



NEW JERSEY STUDENT HEALTH SURVEY

| 2005



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 locations can be found at
www.cdc.gov/nccdphp/dash/yrbs

Special requests for data should be directed to
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THE 2005 NEW JERSEY STUDENT HEALTH SURVEY OF MIDDLE AND HIGH SCHOOL STUDENTS

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The 2005 New Jersey Student Health Survey of Middle and High School Students

Executive Summary of Findings

Introduction

The 2005 New Jersey Student Health Survey (NJSHS) was administered to high school and middle school students during the spring of 2005 by the New Jersey Department of Education (NJDOE). The study was conducted collaboratively with NJDOE and supported under contract with the Bloustein Center for Survey Research (BCSR) at the Edward J. Bloustein School of Planning and Public Policy, Rutgers University. NJDOE has conducted a similar survey biennially since 1993.

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

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

The New Jersey Department of Education (NJDOE) has conducted a high school student health survey every other year since 1993. The information collected through this survey is used for planning intervention programs and is an important means of demonstrating the need for prevention initiatives targeted to youth. The Department of Education conducts the survey every other spring under a cooperative agreement with CDC. Results of the survey are made available to schools, communities, and other state agencies through printed and web-based reports. Special requests for data should be directed to NJDOE, Office of Program Support Services, PO Box 500, Trenton, NJ 08625-0500, or by phone at 609-292-5935. Reports on the survey can be downloaded at www.state.nj.us/njded/students/safety/health/reporting.shtml. More information about the CDC survey and tools for comparing results from various locations can be found at www.cdc.gov/nccdphp/dash/yrbs.

For the first time, NJDOE administered the middle school version of the YRBS to a sample of students in grades 7 and 8 across the state. All questions used in the middle school survey come from the CDC version of the YRBS. The middle school version of the YRBS is similar to the high school version except that all questions related to sexual activity are excluded and the set of questions related to drug use is shortened.



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 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.

Question wording and frequency distributions for all 92 items in the high school questionnaire and 52 items in the middle school questionnaire for the 2005 New Jersey Student Health Survey are included in Appendix A.

The survey was administered to 1,495 students in 29 New Jersey public high schools and 1,409 students in 30 New

Jersey public middle schools in the spring of 2005. Survey procedures were designed to protect the privacy of all students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before the survey was administered. Overall, for high schools, 73% of all sampled students and 83% of all sampled schools participated in the study, yielding an overall response rate of 61%.¹ For middle schools, 65% of all sampled students and 83% of all sampled schools participated in the study, yielding an overall response rate of 54%. The CDC has established a combined participation rate of 60% as the minimum rate required to apply weights to data collected for the YRBS. Therefore, the CDC used a weighting procedure for high school data but these weights could not be applied for the middle school survey.

¹The overall response rate is calculated by multiplying the student response rate by the school response rate.

Findings, 2005

High School Student Health Survey

Overview

The following compares the 2005 findings to those of the 1995 and 2001 surveys on items that were comparable across survey years. Overall, reporting of risk behaviors was lower among students in 2005 than in previous survey years. Notable differences were found with respect to tobacco use, sexual behavior, and behaviors associated with unintentional injury in vehicles. Students substantially reduced their use of tobacco across survey years, with the percent reporting past 30-day cigarette smoking dropping to a low of 19.5% in 2005, from 29.8% in 2001 and 36.7% in 1995. At the same time, seat belt use was more prevalent in 2005 than in previous survey years. In 2005, close to one-half (47.3%) of students always wore

a seat belt when riding as a passenger. This figure was 39.1% in 2001 and 30.4% in 1995. Findings for sexual behaviors showed decreased activity in 2005 as compared to previous survey years. New Jersey high school students were less likely to have ever had sexual intercourse in 2005 (44.2%) than in previous survey years (47.4% in 2001 and 49.2% in 1995), and they were also less likely to have had multiple sexual partners in 2005 (6.7%). This figure was 11.7% in 2001 and 10.2% in 1995. The percentage of sexually active students who reported using any form of birth control and condoms in particular increased across survey years.



Substance Use

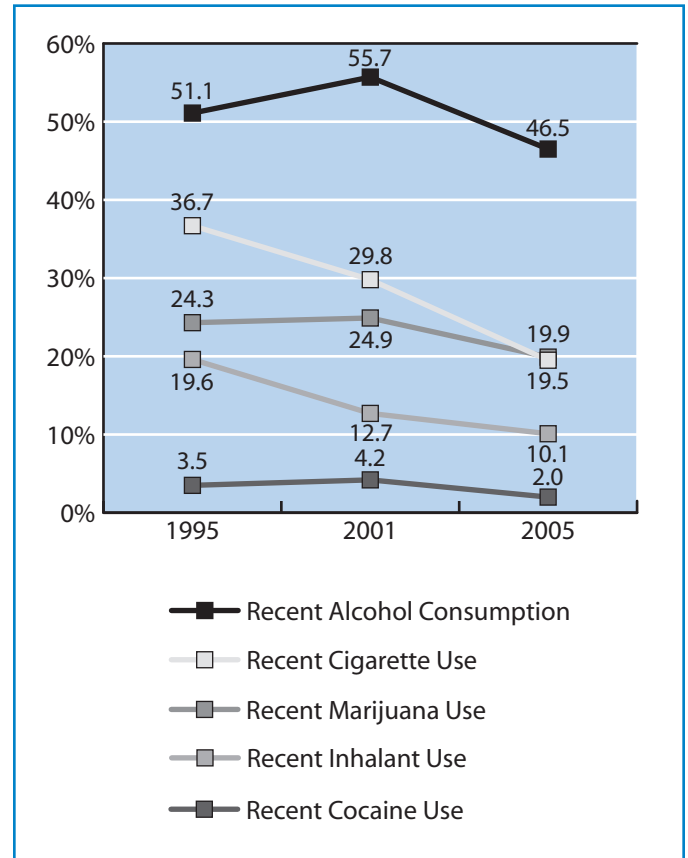
Reporting of recent alcohol consumption, cigarette use, and marijuana use all declined in 2005 from levels in past surveys (Figure 1). Students in 2005 were less likely than those in previous years to report recent alcohol use. A majority of students in 2001 (55.7%) and 1995 (51.1%) had at least one drink of alcohol on one day during the previous 30 days. This figure dropped to 46.5% in 2005.

The number of students reporting cigarette use during the previous month reached a low of 19.5% in 2005. This figure was 29.8% in 2001 and 36.7% in 1995. Students were also less likely in 2005 (4.0%) than in 2001 (11.5%) and 1995 (14.7%) to be classified as daily smokers. About one in five students (19.9%) in 2005 reported recent marijuana use, as compared to 24.9% in 2001 and 24.3% in 1995.

While recent cocaine use remained fairly consistent across survey years, use of inhalants decreased across survey years. The percentage of students reporting recent inhalant use dropped to a low of 10.1% in 2005, a figure half of that reported in 1995 (19.6%). In 2005, 2.0% of students used cocaine at least once during the previous month. This figure was 4.2% in 2001 and 3.5% in 1995.

The proportion of New Jersey high school students using alcohol on school property decreased slightly across survey years, from 5.5% in 1995 to 3.7% in 2005. The percentage of students who were offered, sold, or given an illegal drug on school property during the previous year increased to a high of 32.6% in 2005, from 28.8% in 2001 and 29.6% in 1995.

Figure 1: NJHS: Substance Use

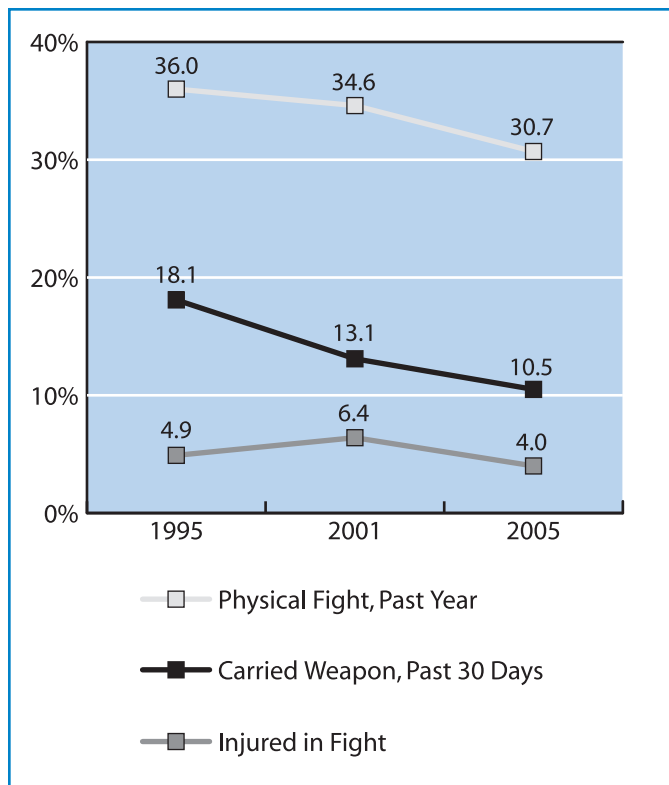


Violence and Weapons Possession

The percentage of New Jersey high school students who had carried a weapon during the past 30 days decreased steadily across survey years (Figure 2). In 2005, about one in 10 students (10.5%) carried a weapon, down from 13.1% in 2001 and 18.1% in 1995.

The percentage of students reporting involvement in a physical fight during the previous year dropped in 2005 from levels in previous years. In 2005, three in 10 students (30.7%) had been in a fight during the previous year, as compared to more than one-third of students in 2001 (34.6%) and 1995 (36.0%). Similar proportions of students required medical attention from injuries sustained from fighting in 2005 (4.0%), 2001 (6.4%), and 1995 (4.9%).

Figure 2: NJHS: Physical Violence and Weapons

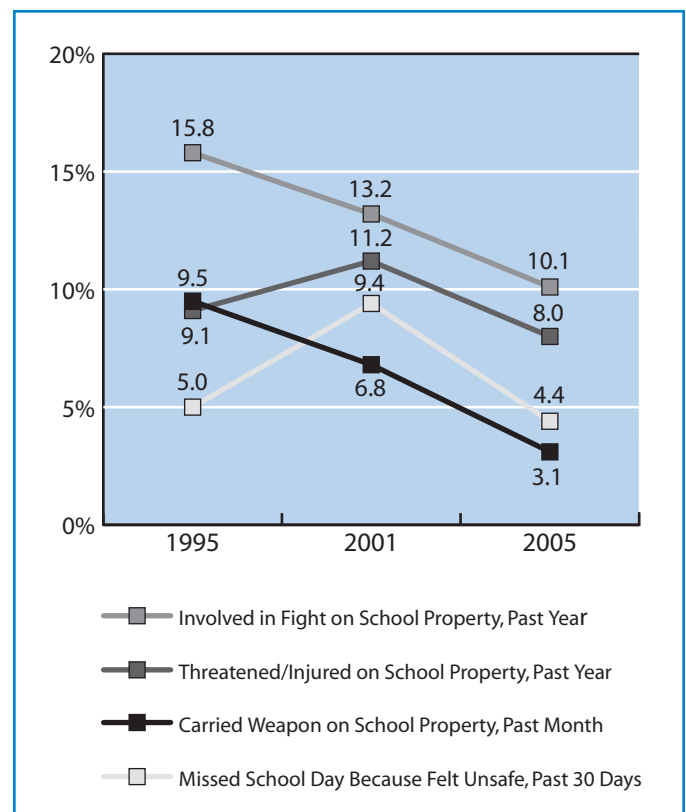


Violence and Weapons Possession on School Property

Reports of violence on school property were lower in 2005 than in previous survey years (Figure 3). The proportion of students who carried a weapon on school property during the previous month declined steadily to a low of 3.1% in 2005, from 6.8% in 2001 and 9.5% in 1995.

The proportion of students who were involved in fights on school property during the previous 12 months declined steadily across survey years to a low of 10.1% in 2005, from 13.2% in 2001 and 15.8% in 1995. In 2005, 8.0% of students had been threatened or injured on school grounds during the previous year, as compared to 11.2% in 2001 and 9.1% in 1995. In 2005, the percentage of high school students who did not attend at least one out of the last 30 days of school because they felt unsafe going to or from school dropped to a low of 4.4% from 9.4% in 2001 and 5.0% in 1995.

Figure 3: NJHS: Violence on School Property

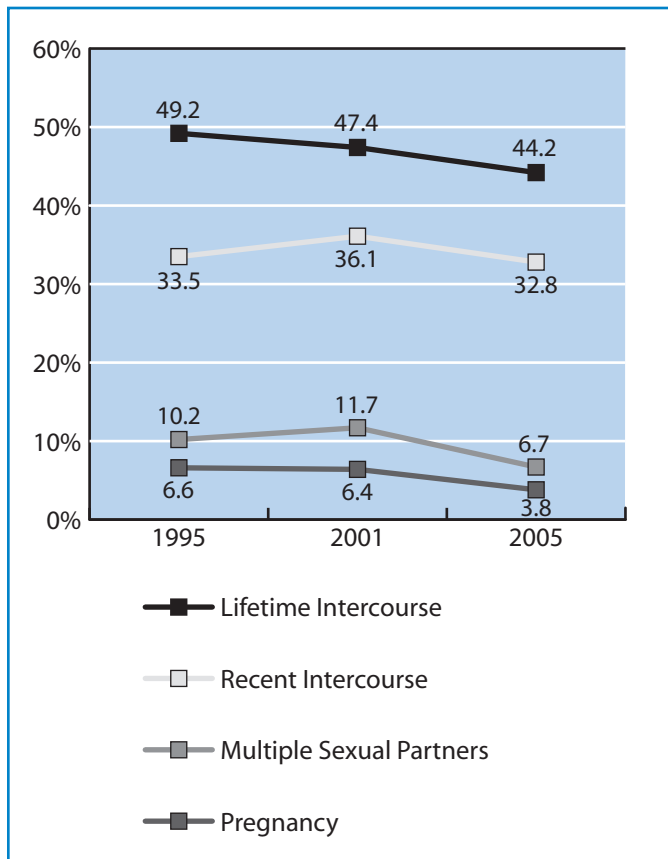


Sexual Behavior

The percentage of New Jersey high school students who had sexual intercourse at least once in their lifetime decreased to 44.2% in 2005 from 47.4% in 2001 and 49.2% in 1995 (Figure 4). The number of students who had intercourse during the past three months was slightly lower in 2005 (32.8%) than in 2001 (36.1%), but was about equal to that in 1995 (33.5%). Students were slightly less likely to have had multiple sexual partners in 2005 (6.7%) than in both 2001 and 1995 (11.7% and 10.2%, respectively).

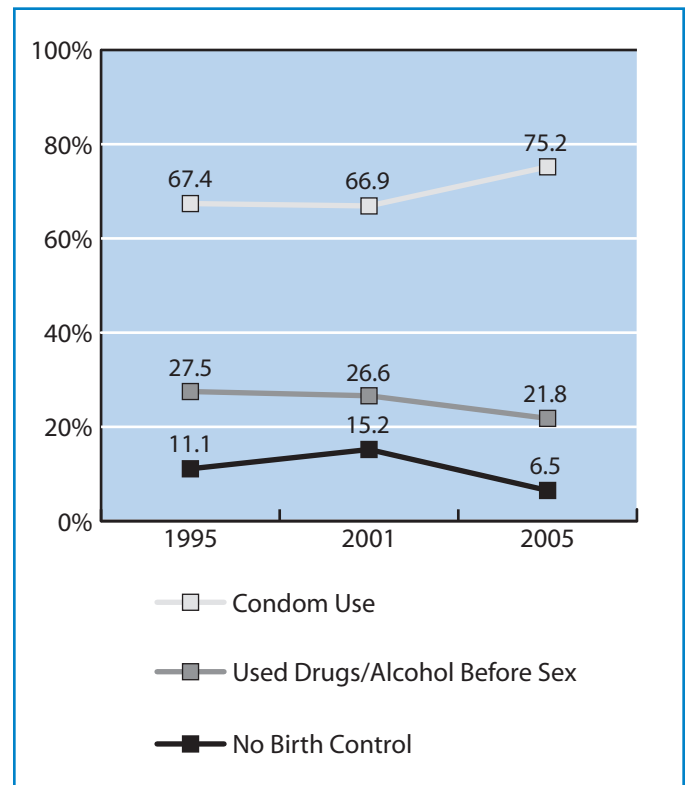
The percentage of New Jersey high school students who reported becoming pregnant, or causing a pregnancy, decreased slightly to 3.8% in 2005, from 6.4% in 2001 and 6.6% in 1995.

Figure 4: NJHS: Sexual History and Pregnancy



The percentage of students ever having sex who used any form of birth control and condoms in particular increased across survey years (Figure 5). Fewer students in 2005 (6.5%) than in 2001 (15.2%) and 1995 (11.1%) used no form of birth control when they last had sex. In 2005, slightly more than seven in 10 (75.2%) students who ever had sex used a condom the last time they had sexual intercourse, up from 66.9% in 2001 and 67.4% in 1995. Students were slightly less likely to have used drugs or alcohol before sex in 2005 (21.8%) than in 2001 (26.6%) and 1995 (27.5%).

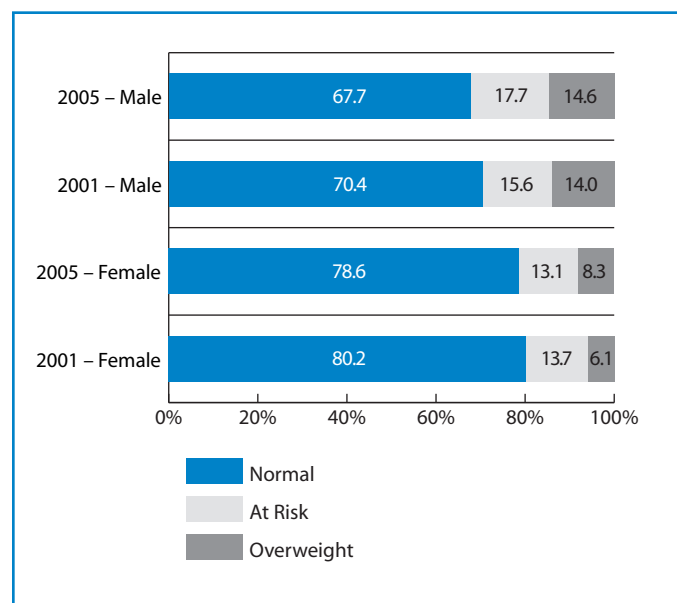
Figure 5: NJHS: Sexual Behavior



Weight and Dieting Behavior

Students' self-reported height and weight was used to calculate a body mass index (BMI). BMI is calculated as weight in kilograms divided by height in meters squared. A child's BMI that is greater than the 95th percentile of the index population for gender and age is considered "overweight," while a child in the 85th to 95th percentile is considered "at risk" for being overweight. All others who are at the 85th percentile or below are considered "normal." Overall, slightly more New Jersey high school students were classified as having a body mass index outside the normal range in 2005 (26.9%) than in 2001 (24.7%). Males (14.6%) were more likely than females (8.3%) to be classified overweight. (Figure 6)

Figure 6: NJHS: Weight and Weight Control



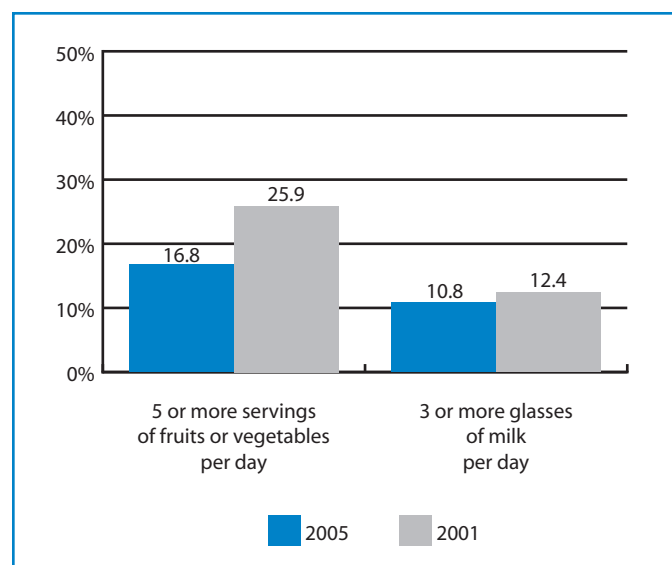
New Jersey high school students were equally likely to be trying to lose weight in 2005 (45.5%), 2001 (46.4%) and 1995 (43.1%). Students were more likely to use exercise as a means for losing weight in 2005 (63.2%) than in 2001

(58.9%) and 1995 (55.1%). The percentage of students that were either dieting to lose weight or using diet pills, powders, and liquids that were not prescribed by a doctor decreased in 2005 from levels in 2001. In 2005, 40.4% of students reported being on a diet to lose weight, as compared to 44.7% in 2001. The proportion of students taking diet pills dropped notably to 5.0% in 2005, from 11.1% in 2001.

Dietary Behaviors

The percentage of New Jersey high school students who ate at least five or more servings of fruits and vegetables per day during the previous seven days fell to 16.8% in 2005, down from 25.9% in 2001 (Figure 7). Milk consumption was consistent across survey years, with 10.8% in 2005 and 12.4% in 2001 having consumed milk at three or more glasses of milk per day during the past week.

Figure 7: NJHS: Fruit, Vegetable, and Milk Consumption (During the Past Week)

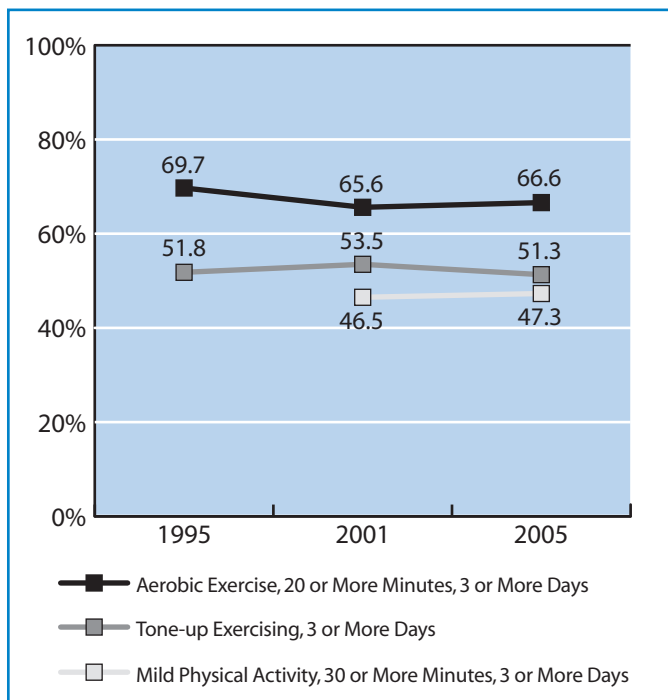


Physical Activity

Levels of exercise and physical activity varied only slightly across survey years (Figure 8). New Jersey high school students were equally likely to engage in aerobic exercise for 20 or more minutes on three or more days per week in 2005 (66.6%) and 2001 (65.6%). This figure was at a high of 69.7% in 1995. Fewer students engaged in tone-up exercising three or more days per week in 2005 (51.3%) than in 2001 (53.5%), but they were slightly more likely to engage in mild physical activity for 30 or more minutes on three or more days per week (47.3% in 2005 vs. 46.5% in 2001).

Although slightly fewer New Jersey students took physical education classes at least one day a week in 2005 (90.9%) than in 2001 (92.4%), they were more likely to actually exercise for more than 20 minutes in their school physical education (PE) classes (76.7% vs. 71.9%, respectively). More high school students played on sport teams in 2005 (61.8%) than in 2001 (59.0%).

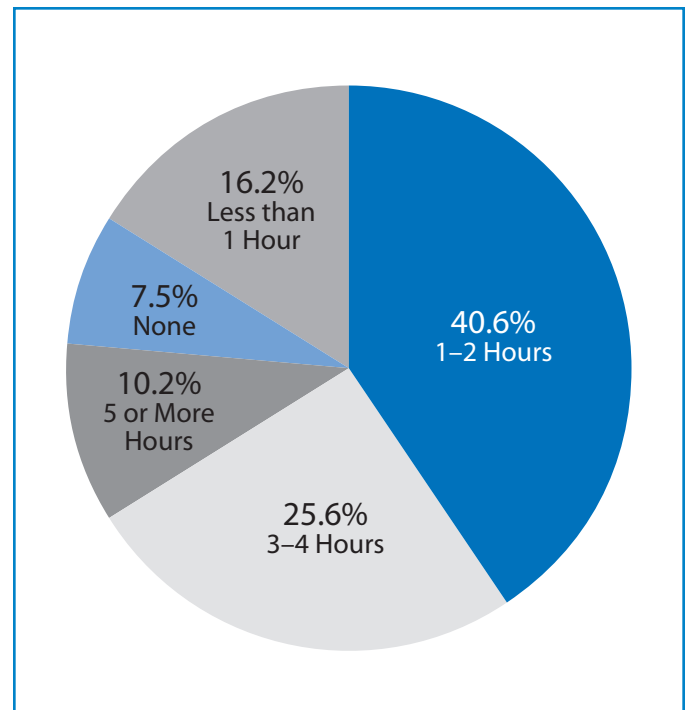
Figure 8: NJHS: Trends in Physical Activity: 1995, 2001, and 2005



Watching Television

New Jersey high school students were less likely to watch three or more hours of television on an average school day in 2005 (35.8%) than in 2001 (40.6%). Just under a quarter (23.7%) of high school students watched none (7.5%) or less than an hour of TV (16.2%) on an average school day (Figure 9). Over four in 10 students (40.6%) watched one to two hours on an average school day. More than a quarter (25.6%) watched three to four hours of TV per school day. Ten percent (10.2%) of New Jersey high school students watched five or more hours of TV on an average school day.

Figure 9: NJHS: Hours of Television Viewing, Average School Day



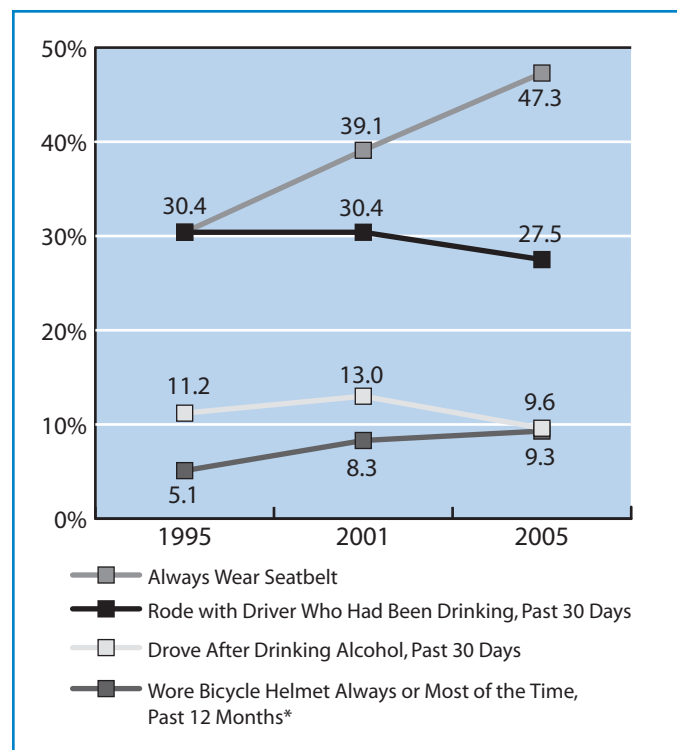
Vehicle Safety

Overall, students in 2005 reported higher rates of vehicle safety than in previous years (Figure 10). In 2005, students were less likely to report both drinking and driving and riding with a driver who had been drinking. In 2005, 9.6% of students reported drinking and driving within the previous 30 days, as compared to 13.0% in 2001 and 11.2% in 1995. The percentage of students who rode with a driver who had been drinking during the previous 30 days dropped slightly to 27.5% in 2005 from previous years' levels (30.4%).

Seat belt use was more prevalent in 2005 than in previous survey years. In 2005, close to one-half (47.3%) of students always wore a seat belt when riding as a passenger. This figure was 39.1% in 2001 and 30.4% in 1995.

Reporting of bicycle helmet use increased across survey years. In 2005, close to one in 10 bike-riding students (9.3%) wore a helmet either always or most of the time when riding a bike during the previous 12 months. This figure is almost twice that reported in 1995 (5.1%).

Figure 10: NJHS: Vehicle Safety

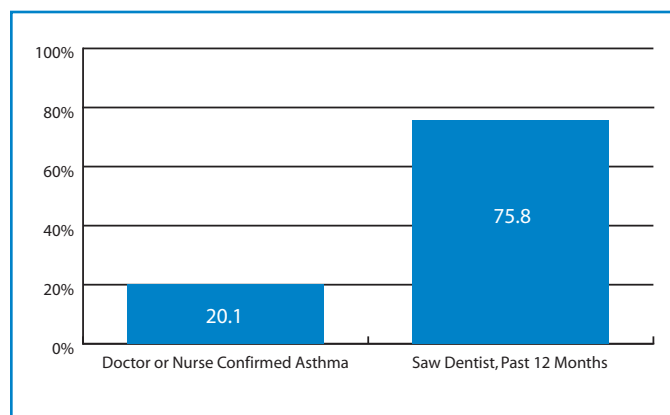


Asthma and Dental Care

In 2005, students were asked about asthmatic and dental history (Figure 11). About one in five New Jersey high school students (20.1%) were diagnosed with asthma by a doctor or nurse.

Regarding dental care, about three-fourths of students (75.8%) visited a dentist for a checkup within the past 12 months.

Figure 11: NJHS: Asthma and Dental Care



Findings, 2005

Middle School Student Health Survey

Beginning in 2005, the New Jersey Student Health Survey was administered to New Jersey public middle school students in grades 7 and 8. Similar to the high school questionnaire, students were asked questions relating to alcohol, tobacco and drug use, weapons, personal safety, attempted suicide, physical activity, and health and dietary patterns. The following presents an overview of the findings from the 2005 New Jersey survey of middle school students.

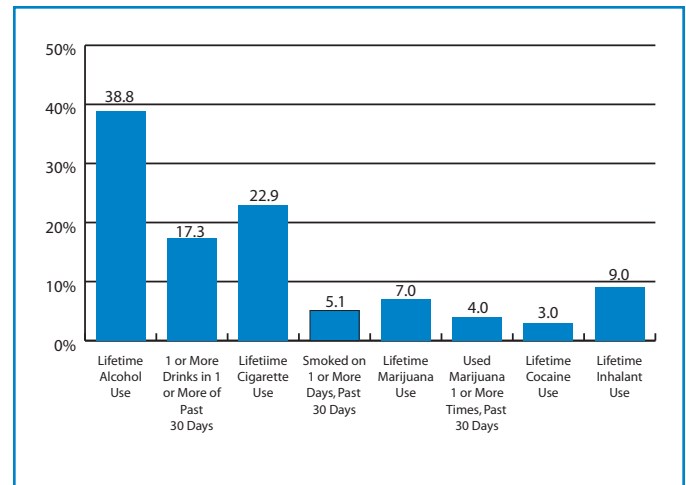
Alcohol, Tobacco, and Drug Use

Close to four in 10 New Jersey middle school students (38.8%) had a drink of alcohol in their lifetime and 17.3% reported one or more drinks on one or more of the past 30 days (Figure 12).

While more than one in five New Jersey middle school students (22.9%) had ever tried cigarette smoking, substantially fewer (5.1%) reported smoking on one or more of the past 30 days.

Less than one in 10 New Jersey middle school students had ever tried marijuana (7.0%) and only 4.0% used the substance one or more times during the previous month. Students were three times as likely to report lifetime inhalants use (9.0%) than lifetime cocaine use (3.0%).

Figure 12: NJMS: Alcohol, Tobacco, and Drug Use

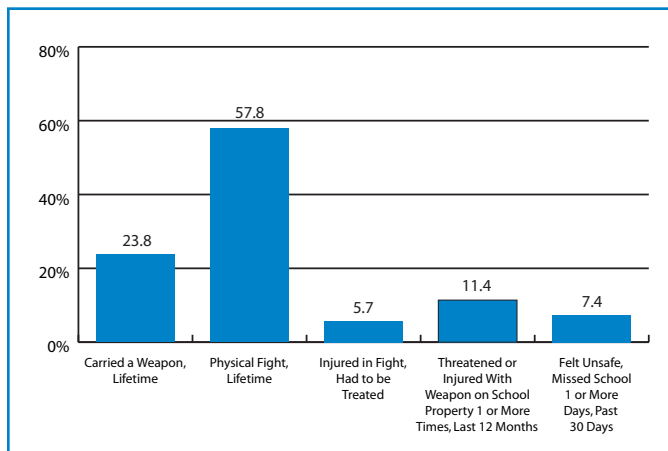


Weapons and Fighting

Close to a quarter of New Jersey middle school students (23.8%) carried a weapon at least once in their lifetime (Figure 13). While the majority of students (57.8%) had been in a physical fight at least once, only 5.7% of students had been in a fight in which they received injuries requiring medical treatment.

More than one in 10 New Jersey middle school students (11.4%) had been threatened or injured with a weapon on school property one or more times during the past 12 months. Slightly fewer (7.4%) missed one or more days of school during the past 30 days because they felt unsafe either at school or on the way to or from school.

Figure 13: NJMS: Weapons and Fighting



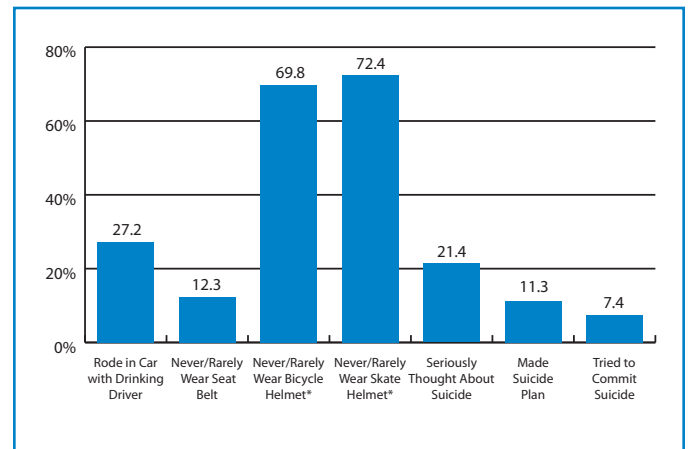
Personal Safety and Attempted Suicide

More than a quarter of New Jersey middle school students (27.2%) had ever ridden in a car with a driver who had been drinking (Figure 14).

Students were much more likely to report regular seat belt use than to report regular bicycle or skate helmet use. While only 12.3% of students never or rarely wore a seat belt, the vast majority never or rarely wore bicycle helmets (69.8%) or skate helmets (72.4%).

About one in five students (21.4%) had thought seriously about suicide. Fewer students had made a suicide plan (11.3%) and even fewer had actually tried to commit suicide (7.4%).

Figure 14: NJMS: Personal Safety and Attempted Suicide



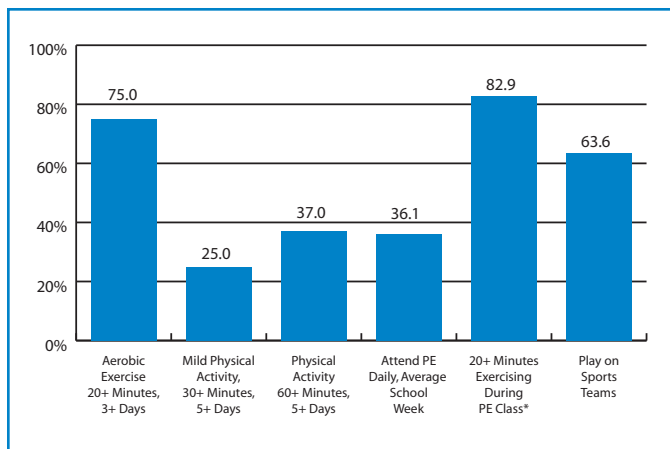
*Among students who ride bicycles/use rollerblades or skateboards.

Physical Activity

Three-fourths of New Jersey middle school students (75.0%) engaged in aerobic exercise for 20 or more minutes on three or more of the previous seven days, 25.0% engaged in mild physical activity for 30 or more minutes on five or more of the past seven days, and 37.0% engaged in physical activity for at least 60 minutes on five or more of the past seven days (Figure 15).

During an average school week, about one-third of students (36.1%) attended physical education (PE) classes daily. Among students who took PE classes, the majority (82.9%) reported that they actually exercised or played sports for at least 20 minutes during an average PE class. Close to two-thirds (63.6%) of students played on sports teams.

Figure 15: NJMS: Physical Activity

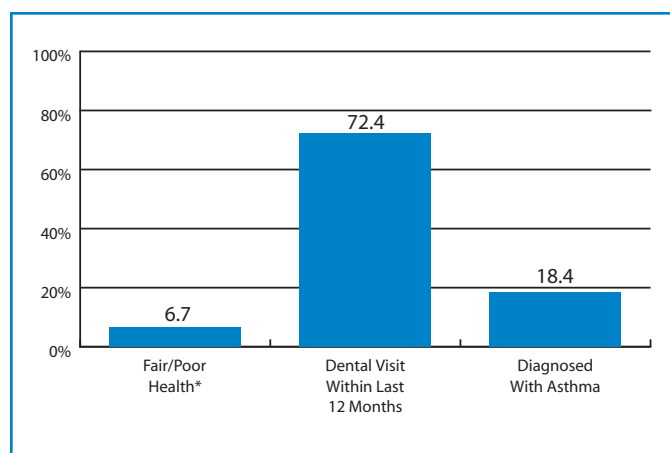


*Among students who took PE classes.

Health

Students were asked to describe their health in general. Very few New Jersey middle school students described their health as either fair (6.3%) or poor (0.4%) (Figure 16). The majority of students (72.4%) had a dental check-up within the past 12 months. Close to one in five students (18.4%) had been diagnosed with asthma.

Figure 16: NJMS: Health



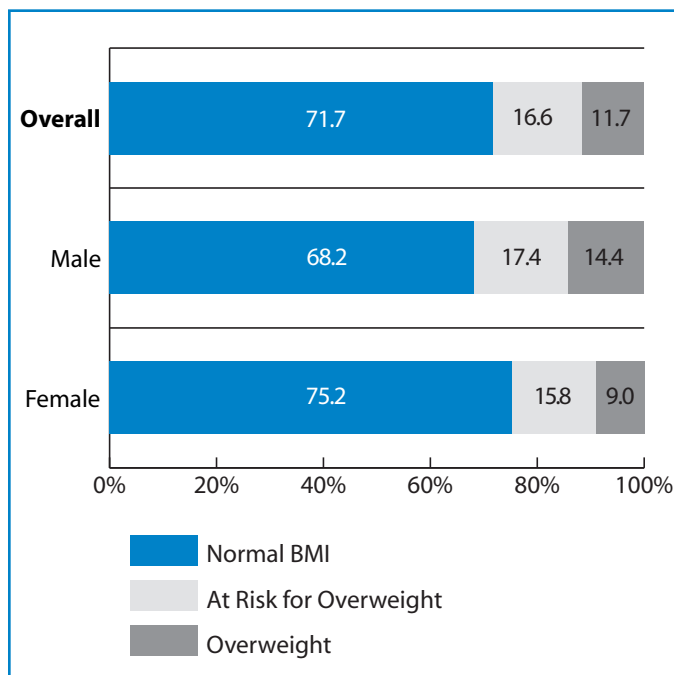
*Self-reported

Weight

Close to three in 10 New Jersey middle school students (28.3%) describe themselves as being overweight. This is equal to the percentage (28.3%) of those classified as overweight (11.7%) or at-risk for being overweight (16.6%) based on the BMI calculation (Figure 17). Males were more likely than females to be classified as both overweight (14.4% vs. 9.0%) and at risk for being overweight (17.4% vs. 15.8%).

More than four in 10 students (44.6%) reported that they were trying to lose weight. Students were most likely to try to lose or maintain their weight through exercise (69.3%) or changing their eating habits (45.4%).

Figure 17: NJMS: Student Body Mass Index (BMI)



Background

Introduction

The 2005 New Jersey Student Health Survey was administered to a sample of public high school and middle school students (grades 7-8) during the spring of 2005 by the New Jersey Department of Education (NJDOE). The study was conducted under contract with the Bloustein Center for Survey Research (BCSR) at the Edward J. Bloustein School of Planning and Public Policy, Rutgers University. NJDOE has conducted a similar survey biennially since 1993.

From 1993 to 2001, the NJDOE administered Youth Risk Behavior Survey questions as promulgated by the Centers for Disease Control and Prevention (CDC) without additions or deletions. While the core questions in the current survey are from the Youth Risk Behavior Survey (YRBS), NJDOE included additional questions previously asked in surveys conducted by other state agencies. Questions included in the 2005 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.

The YRBS is used nationally by CDC and provides information about the self-reported prevalence of 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; and
- ▶ 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, beginning with the 2003 survey, the questionnaire used for the New Jersey Student Health Survey contains the following: two sets of questions concerning attitudes toward substance use; and individual questions concerning primary language, unwanted sexual contact, testing for HIV or other sexually transmitted infection, diagnosis with asthma, and dental care. Several sets of questions that were part of the 2005 national YRBS were not included in the 2005 New Jersey Student Health Survey, but were asked in 2003 and will be periodically repeated in future administrations of the survey. The questions skipped in 2005 relate to depression and suicide; some, but not all, items concerning tobacco use including the use of snuff and cigars; abuse by one's partner and forced sexual activity; diabetes; and overall health assessment.

For the first time, NJDOE administered the middle school version of the YRBS to a sample of public school students in grades 7 and 8 across the state. All questions used in the middle school survey come from the CDC version of the YRBS. The middle school version of the YRBS is similar to the high school version, except that all questions related to sexual activity are excluded and the set of questions related to drug use is shortened.

The NJDOE provides the findings of these surveys 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 website. These materials may be copied and distributed without permission.

Question wording and frequency distributions for all 92 items in the high school questionnaire and 52 items in the middle school questionnaire for the 2005 New Jersey Student Health Survey are included in Appendix A.

Data from the New Jersey Student Health Survey of spring 2005 is highly comparable to that collected during the fall 2005 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/ctcp/research.htm. The New Jersey Department of Human Services (NJ DHS), Division of Addiction Services² also collects data concerning student use of alcohol, tobacco and other substances in the seventh and eighth grades. While

the questions are asked differently from those on the high school Student Health Survey, the responses do provide a means to examine increases in student use with increasing age and grade. Finally, from 1980 to 1998, the New Jersey Department of Law and Public Safety, Division of Criminal Justice conducted the triennial Survey of Drug and Alcohol Use Among New Jersey High School Students. Findings of the spring 1998 survey can be found at www.state.nj.us/lps/dcj/dahs1230.htm.

Funding Sources

The 2005 New Jersey Student Health Survey was made possible through funding from the Centers for Disease Control and Prevention cooperative agreement #U87/CCU222666, 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 Comprehensive Tobacco Control Program.

Survey Methods

The following information outlines the major aspects of survey administration. More detailed information can be found in a technical report on the administration of the 2005 survey, entitled “2005 New Jersey Student Health Survey of High School Students, Technical Report: Survey Process, Observations and Recommendations” provided to NJDOE by BCSR.

The 2005 New Jersey Student Health Survey marked the third time NJDOE has exceeded the 60 percent threshold set by CDC to weight data and be considered representative of all New Jersey high school students. Therefore, throughout the report, key differences between the current results and those of 1995 and 2001 are highlighted in boxed text inserts to allow the reader to compare trends in student behaviors related to these health-risk areas.

²The Division of Addiction Services (DAS) became part of the Department of Human Services (DHS) in 2004.

However, it should be noted that in 2005, the administration of the survey was conducted under standards established by state law *N.J.S.A. 18A:36-34* which requires active parental consent for student participation – meaning that students could only participate if they returned a signed consent form from a parent/guardian. For all schools in 1995 and for most schools in 2001, passive consent was permitted – meaning that students could participate unless a parent objected to their participation. Hence, the parental consent requirement may act as a screening process whereby students not participating in the survey are the students who fail to bring home or return permission forms necessary for participation. At the same time, there is another group of students who are excluded because their parents have chosen not to consent to participation in this survey. While there is no empirical evidence to support the notion that these groups of students differ in any way from students who do return their consent form allowing survey participation, the active parental consent process creates an obvious screening criteria for inclusion in this study. Both of these non-participating groups are small. A vast majority of all high school students returned a form that permitted participation (79%); 8% returned a form that did not consent to participation, and 13% did not return a form at all.

Field Period

BCSR staff members began contacting school superintendents and principals in January, 2005 to obtain permission to conduct the survey at the school. Once a school agreed to participate, a list of all classes was provided to BCSR. Classes were then randomly selected in a manner which assured that all students were eligible for selection into the sample. BCSR staff administered the survey in each randomly-selected classroom at sampled high schools and middle schools during the spring semester of 2005, between February and June.

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 BCSR to complete this mailing. A few schools elected to do the mailing themselves using postage-paid stuffed envelopes. In all cases, documented parental consent was required for a student to participate, consistent with New Jersey statute. Any student who did not want to participate on the day of administration was also excused.

High School Survey – Survey Methods

As mentioned, more detail on the survey administration process is included in the “2005 New Jersey Student Health Survey of High School Students, Technical Report: Survey Process, Observations and Recommendations.” However, the following outlines some of the procedures followed for the high school and middle school administration.

Sampling

School Level – All of the state’s 401 public regular, charter, vocational, and alternative schools containing grades 9, 10, 11, or 12 were included in the sampling frame. Schools serving primarily special education or adult populations were excluded. Schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random start. Thirty-six high schools were sampled, of which one was ineligible.

Class Level – All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. Class level selection was designed to include up to 75 students per school.

Response Rate

Overall, 1,495 students in 29 public high schools completed the New Jersey Student Health Survey in the spring of 2005. The school response rate was 83% (29 of the 35 sampled schools participated), the student response rate was 73% (1,495 of the 2,041 sampled students completed usable questionnaires), and the overall response rate was 61% ($83\% * 73\% = 61\%$). The CDC has established a combined participation rate of 60% as the minimum rate required to apply weights to data collected for the YRBS

– therefore, the CDC weighting procedure outlined below was used for high school data.

Weighting

A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for patterns of nonresponse. The sample is weighted by state student population parameters and by the probability of selection at the school and classroom level. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

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

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



Profile of High School Students

As discussed, the survey results are representative of all New Jersey high school students in grades 9-12. The weighted and unweighted demographic characteristics of the sample are included in Table 1.

Age

The students ranged in age from less than 12 years old to 18 years old or older. Overall, 36.7% of the students were 15 or younger, 48.7% were between 16 and 17 years old, and 14.6% were 18 or older.

Grade

Based on weighted demographic data, 27.9% of the students were in 9th grade, 25.8% were in 10th grade, and approximately the same number were in 11th grade (23.8%) and 12th grade (22.4%).

Gender

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

Ethnicity

Based on weighted demographic data, 16.3% were Black or African American, 16.5% were Hispanic or Latino (including Hispanics who also identified with a race), 61.3% were White, and 5.9% were Other (including American Indian/Alaskan Natives, Asians, Native Hawaiian/Pacific Islanders, and non-Hispanic students who identified with multiple races).

Language

English was the primary language spoken at home for 83.4% of students while 9.9% used Spanish at home. The remaining students (6.7%) primarily used some other language.³

Table 1: Profile of High School Students in the 2005 New Jersey Student Health Survey

SEX	SAMPLE (n)	SAMPLE %	WEIGHTED %	GRADE	SAMPLE (n)	SAMPLE %	WEIGHTED %
Female	774	51.8%	49.8%	9th	366	24.6%	27.9%
Male	721	48.2%	50.2%	10th	432	29.0%	25.8%
AGE				11th	354	23.8%	23.8%
13 Years Old or Younger	2	< 1%	< 1%	12th	337	22.6%	22.4%
14 Years Old	123	8.2%	9.4%	ETHNICITY			
15 Years Old	404	27.1%	27.3%	African American	219	14.7%	16.3%
16 Years Old	409	27.4%	26.2%	Hispanic/Latino	206	13.8%	16.5%
17 Years Old	341	22.9%	22.5%	White	842	56.5%	61.3%
18 Years Old or Older	213	14.3%	14.6%	All other races	224	15.0%	5.9%

³The primary language spoken at home question is not asked in the Middle School Student Health Survey.

Middle School Survey – Survey Methods

Sampling

School Level – All of the state’s 723 public regular, charter, and alternative schools containing grades 7 and 8 were included in the sampling frame. Schools serving primarily special education or adult populations were excluded. Schools were selected systematically with probability proportional to enrollment in grades 7 and 8 using a random start. Thirty-six middle schools were sampled for the survey.

Class Level – All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. Class-level selection was designed to include up to 75 students per school.

Response Rate

Overall, 1,409 students in 30 public middle schools completed the New Jersey Student Health Survey in the spring of 2005. The school response rate was 83% (30 of the 36 sampled schools participated), the student response rate was 65% (1,409 of the 2,156 sampled students completed usable questionnaires), and the overall response rate was 54% ($83\% \times 65\% = 54\%$). The CDC has established a combined participation rate of 60% as the minimum rate required to apply weights to data collected for the YRBS – therefore, BCSR developed its own weighting procedure outlined below for use with middle school data.

Weighting

While CDC weighting methods adjust the data for gender, grade, racial/ethnic categories, and probability of sampling at the school and classroom level, BCSR 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 middle 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.

Four demographic characteristics were used to weight so that the survey data accurately reflect the New Jersey middle school student population: grade, gender, race and ethnicity. Eight strata for each grade (7 and 8) were produced in this process: White, non-Hispanics-Males, White, non-Hispanics-Females, Black, non-Hispanics Males, Black, non-Hispanics Females, Hispanic Males, Hispanic Females, Asian Males and Asian Females.

The weight used for estimation is derived by the following formula:

$$(N_x/N)$$

$$(n_x/n)$$

where N is the total middle school student population in New Jersey, N_x is the total student population of each stratum; n is the total sample size in the survey and n_x is the sample size for each stratum. A weight of “1.0000” was assigned to anyone for whom a demographic profile was not determined (due to refusals to answer the demographic questions) or not part of the stratification process.

Profile of Middle School Students

The weighted and unweighted demographic characteristics of the sample of New Jersey Middle School Students in grades 7 and 8 are included in Table 2.

Age

The students ranged in age from less than 11 years old to 16 years old or older. Overall, 18.6% of the students were 12 or younger, 48.7% were 13 years old, and 32.7% were 14 or older.

Grade

Based on weighted demographic data, 51.4% of the students were in 7th grade, and 48.6% were in 8th grade.

Gender

Overall, approximately an equal number of males (50.0%) and females (50.0%) responded to the survey.

Ethnicity

Based on weighted demographic data, 15.5% were Black or African American, 14.7% were Hispanic or Latino (including Hispanics who also identified with a race), 55.6% were White, and 14.3% were of some other race (including American Indian/Alaskan Natives, Asians, Native Hawaiian/Pacific Islanders, and non-Hispanic students who identified with multiple races).

Table 2: Profile of Middle School Students in the 2005 New Jersey Student Health Survey

SEX	SAMPLE (n)	SAMPLE %	WEIGHTED %	GRADE	SAMPLE (n)	SAMPLE %	WEIGHTED %
Female	752	53.4%	50.0%	7th	804	57.6%	51.4%
Male	655	46.6%	50.0%	8th	591	42.4%	48.6%
AGE				ETHNICITY			
12 Years Old or Younger	292	20.7%	18.6%	African American	284	20.3%	15.5%
13 Years Old	697	49.5%	48.7%	Hispanic/Latino	307	22.0%	14.7%
14 Years Old	383	27.2%	30.4%	White	660	47.2%	55.6%
15 Years Old or Older	36	2.6%	2.3%	All other races	147	10.5%	14.3%

Comparability of Findings

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.

Additional Information

If you would like additional information about this report, or have comments or questions, contact the New Jersey Department of Education, Office of Program Support Services, PO Box 500, Trenton, NJ 08625 or call the office at 609-292-5935. Comments may also be submitted through the NJDOE Parent's Circle web page at <http://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/safety/health/reporting.shtml.

Chapter 1: High School Student Alcohol and Other Drug Use

Alcohol Use

These questions measure lifetime and current use of alcohol, age of initiation, episodic heavy drinking, and drinking on school property. Motor vehicle crashes are the leading cause of death among youth aged 15-19 in the United States.⁴ Alcohol use is associated with 10% of all motor vehicle crashes that result in injury⁵ and more than one-third of all motor vehicle crash fatalities.⁶ Heavy drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use, and pregnancy)⁷ and use of cigarettes,^{8,9} marijuana, cocaine, and other illegal drugs.¹⁰ In 2003, 75% of high school students had one or more drinks of alcohol in their lifetime, 45% had one or more drinks of alcohol in the past 30 days, and 28% had five or more drinks of alcohol in a row on one or more days during the past 30 days.¹¹ Of the 92 items on the 2005 New Jersey Student Health Survey, five addressed students' use of alcohol (questions 26 through 30). These questions measured age of initiation, frequency and amount of alcohol use.

⁴Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

⁵National Highway Traffic Safety Administration. Traffic Safety Facts 2000. 2001. Washington, D.C., U.S. Department of Transportation.

⁶National Highway Traffic Safety Administration. Youth Fatal Crashes and Alcohol Facts 2000. 2000. Washington, D.C., U.S. Department of Transportation.

⁷Dunn MS, Bartee RT, Perko MA. Self-reported alcohol use and sexual behaviors of adolescents. *Psychological Reports* 2003; 92(1):339-348.

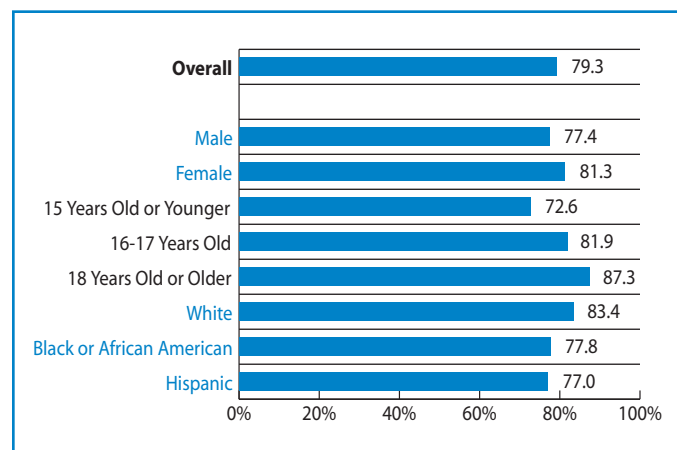
⁸Everett SA, Oeltmann J, Wilson TW, Brener ND, Hill CV. Binge drinking among undergraduate college students in the United States: Implications for other substance use. *Journal of American College Health* 2001; 50(1):33-38.

⁹Johnson P, Boles SM, Vaughan R, Herbert D. The co-occurrence of smoking and binge drinking in adolescence. *Addictive Behaviors* 2000; 25(5):779-783.

¹⁰Everett SA, Oeltmann J, Wilson TW, Brener ND, Hill CV. Binge drinking among undergraduate college students in the United States: Implications for other substance use. *Journal of American College Health* 2001; 50(1):33-38.

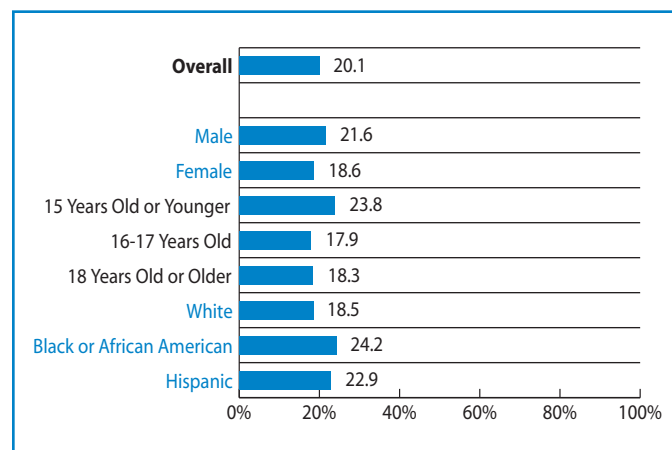
¹¹Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

Figure 1.1: NJHS: Lifetime Use of Alcohol



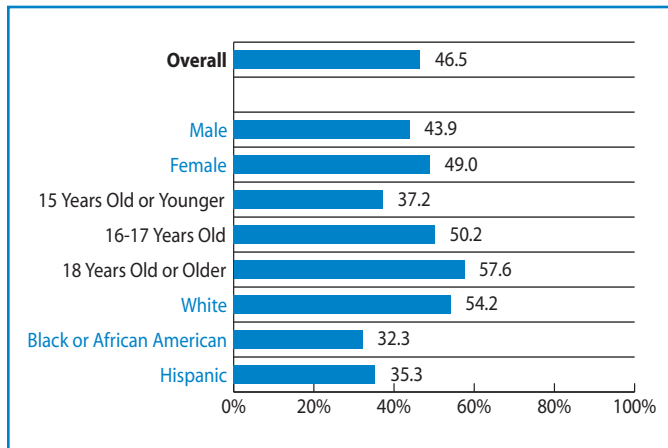
- ▶ Overall, close to eight in 10 New Jersey high school students (79.3%) reported drinking alcohol in their lifetime (Figure 1.1).
- ▶ Females (81.3%) were slightly more likely than males (77.4%) to have used alcohol in their lifetime.
- ▶ More than eight in 10 of both 16- to 17-year-olds (81.9%) and those 18 years of age or older (87.3%) used alcohol, as compared to less than three-fourths (72.6%) of those 15 years of age or younger.
- ▶ White students (83.4%) were most likely to have used alcohol in their lifetime. More than three-fourths of both Black (77.8%) and Hispanic students (77.0%) reported lifetime alcohol use.

Figure 1.2: NJHS: Lifetime Alcohol Use Before Age 13



- ▶ One in five students (20.1%) drank alcohol before they were 13 (Figure 1.2)
- ▶ While it was mentioned in Figure 1.1 that females were slightly more likely than males to have used alcohol in their lifetime, males were slightly more likely to have started drinking earlier. Males were more likely than females to report that they had their first drink of alcohol before the age of 13 (21.6% vs. 18.6%, respectively), while women were more likely than men to report having had their first drink at age 15 or older (28.1% vs. 22.4, respectively).
- ▶ More than one in five students (23.8%) age 15 or younger started drinking before the age of 13. This was higher than the relatively equal number of 16 to 17 year-old, and 18 or older, students who reported drinking before age 13 (17.9% and 18.3%, respectively).
- ▶ It was mentioned previously (Figure 1.1) that White students were more likely to report having used alcohol in their lifetime than both Black and Hispanic students. However, Black (24.2%) and Hispanic students (22.9%) were more likely than White (18.5%) students to have had a drink before the age of 13.

Figure 1.3: NJHS: One or More Drinks of Alcohol on at Least One Day, Last 30 Days



- ▶ Overall, 46.5% of students drank alcohol on at least one day during the prior 30 days (Figure 1.3). Regarding the number of days in the past month that students reported drinking, 22.1% drank on just one or two days, 11.4% drank on three to five days, and 13.0% drank on six or more days.
- ▶ Although females (49.0%) were more likely than males (43.9%) to report having used alcohol at least once during the past 30 days, males tended to report more frequent alcohol use during the previous month. Males (14.1%) were slightly more likely than females (12.0%) to report having consumed alcohol on six or more days in the past month.

- ▶ Older students were more likely than younger students to have used alcohol in the past 30 days. Among students 18 years of age or older, close to six in 10 (57.6%) reported drinking on at least one day during the previous month. Substantially fewer 15 year old or younger students (37.2%) reported any recent alcohol use.
- ▶ White students (54.2%) were much more likely than others to report having used alcohol during the past 30 days. A similar proportion of Black (32.3%) and Hispanic (35.3%) students reported having used alcohol during the past 30 days. White students (16.8%) were also more likely than Hispanic (7.9%) and Black (5.1%) students to have consumed alcohol on six or more of the previous 30 days.

HEALTHY NEW JERSEY 2010 GOAL¹²

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

2005 NEW JERSEY SHS RESULTS

Sophomores (36.4%) reported alcohol consumption that meets the 2010 goal, while juniors (54.4%), and seniors (62.4%) reported higher levels of recent alcohol use than the goal specifies.

¹²All references to “Healthy New Jersey 2010 Goal” refer to - 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.

- ▶ More than one-fourth of students (27.2%) had engaged in binge drinking – having consumed five or more drinks within a couple of hours – in the past 30 days.
- ▶ White students (34.9%) were much more likely than Hispanic (18.5%) and Black (10.5%) students to have engaged in binge drinking in the past 30 days. Males (26.6%) and females (27.8%) were equally likely to have done so. Students 18 and over (38.7%) 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.

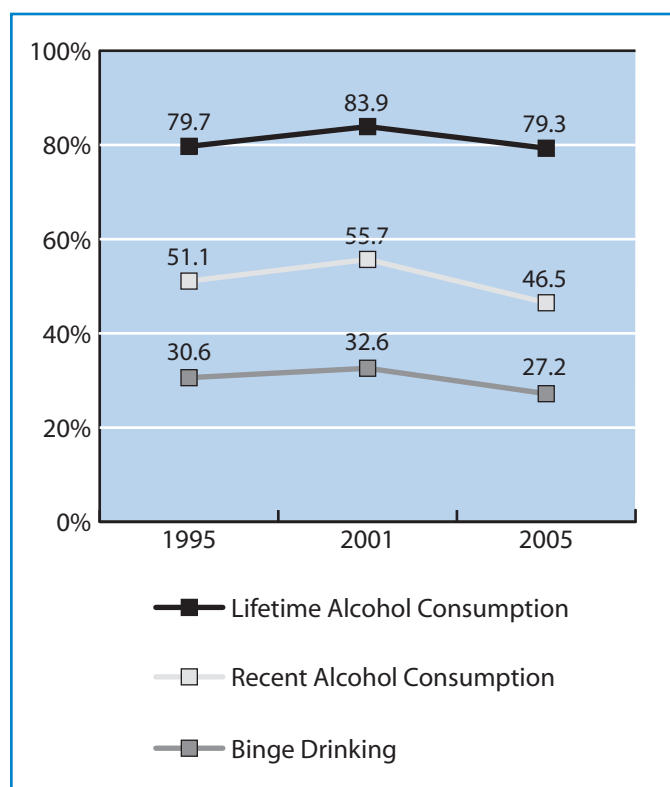
HEALTHY NEW JERSEY 2010 GOAL

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 or African Americans; 8.0% for Hispanics.

2005 NEW JERSEY SHS RESULTS

More than one in four high school students (27.2%) reported drinking five or more alcoholic drinks on an occasion in the past 30 days. Whites (34.9%), Blacks (10.5%), and Hispanics (18.5%) in high school all binge drink at rates above this goal.

Figure 1.4: NJHS: Trends in Alcohol Use: 1995, 2001, and 2005

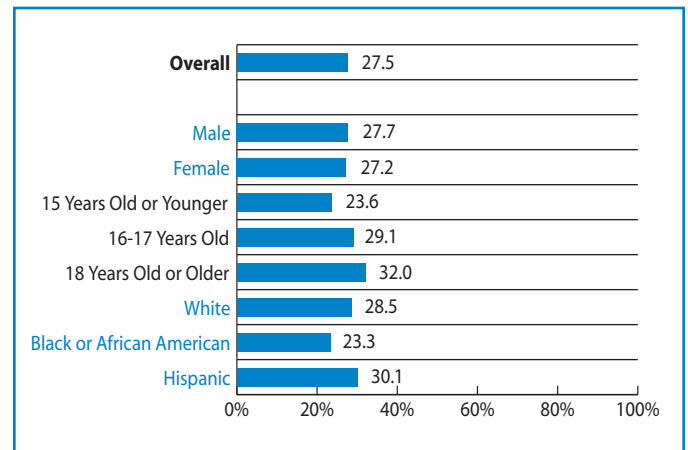


- ▶ Reporting of lifetime and recent alcohol consumption and binge drinking all declined in 2005 from levels in past surveys (Figure 1.4). Overall, 79.3% of students in 2005 said they had consumed alcohol in their lifetime compared to 83.9% in 2001 and 79.7% in 1995. Students in 2005 were less likely than those in previous years to report recent alcohol use. A majority of students in 2001 (55.7%) and 1995 (51.1%) had at least one drink of alcohol on one day during the previous 30 days. This figure dropped to 46.5% in 2005. Binge drinking was also slightly less prevalent in 2005 than in previous years. Thirty percent or more students in 1995 (30.6%) and 2001 (32.6%) reported consuming five or more drinks on one occasion. This figure dropped slightly to 27.2% in 2005.

Drinking and Driving

These questions measure the frequency with which high school students drove a motor vehicle while under the influence of drugs or alcohol or rode as a passenger in a motor vehicle operated by someone who was under the influence of alcohol or drugs. In 2000, 5% of 15-20 year old drivers who were involved in crashes that resulted in injuries had been drinking alcohol. In addition, 22% of 15-20 year old drivers involved in fatal crashes also had been drinking alcohol.¹³ Alcohol use is associated with 20% of fatalities among those less than 15 years old.¹⁴ In 2003, 12% of high school students nationwide reported having driven a vehicle one or more times after drinking alcohol in the past 30 days and 30% 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.¹⁵

Figure 1.5: NJHS: Rode in a Car with a Driver Who Had Been Drinking, At Least Once, Last 30 Days



- ▶ During the past 30 days, more than one-fourth (27.5%) of the students rode at least once in a vehicle with someone who had been drinking and 3.9% of students did so on six or more occasions during this period (Figure 1.5).
- ▶ Males (27.7%) and females (27.2%) were equally likely to have ridden in a car with a driver who had been drinking during the previous 30 days. Among those who had been passengers in a car with a drinking driver, males (17.6%) were much more likely than females (10.7%) to have done so six or more times during the previous month.
- ▶ Older students were slightly more likely than younger students to ride in cars with drinking drivers. Close to one-third (32.0%) of students 18 years of age or older rode in cars with drinking drivers at least once during the previous 30 days, as compared to 23.6% of those 15 years of age or younger. Among students who had been passengers in a car with a drinking driver at least once, older students (17.8%) were only slightly more likely than younger students (15.1%) to have done so on six or more times during the previous 30 days.

¹³National Highway Traffic Safety Administration. Traffic Safety Facts 2000. 2001. Washington, D.C., U.S. Department of Transportation.

¹⁴Centers for Disease Control and Prevention. Alcohol involvement in fatal motor-vehicle crashes - United States, 1997-1998. *Morbidity and Mortality Weekly Report* 1999; 48(47):1086-1087.

¹⁵Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

- Hispanic students (30.1%) were more likely than students of all other racial/ethnic backgrounds to have been a passenger in a car with a drinking driver at least once during the previous 30 days.

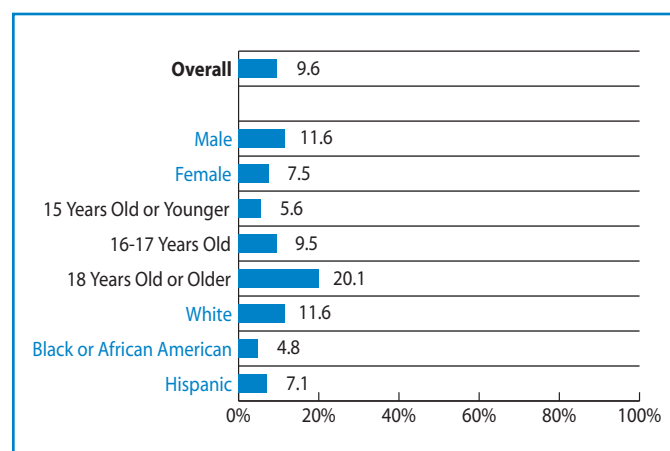
HEALTHY PEOPLE 2010 NATIONAL GOAL¹⁶

Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30 percent.

2005 NEW JERSEY SHS RESULTS

Meeting the 2010 goal, less than 30 percent of New Jersey high school students (27.5%) reported that they had been a passenger in a car with a drinking driver during the previous month.

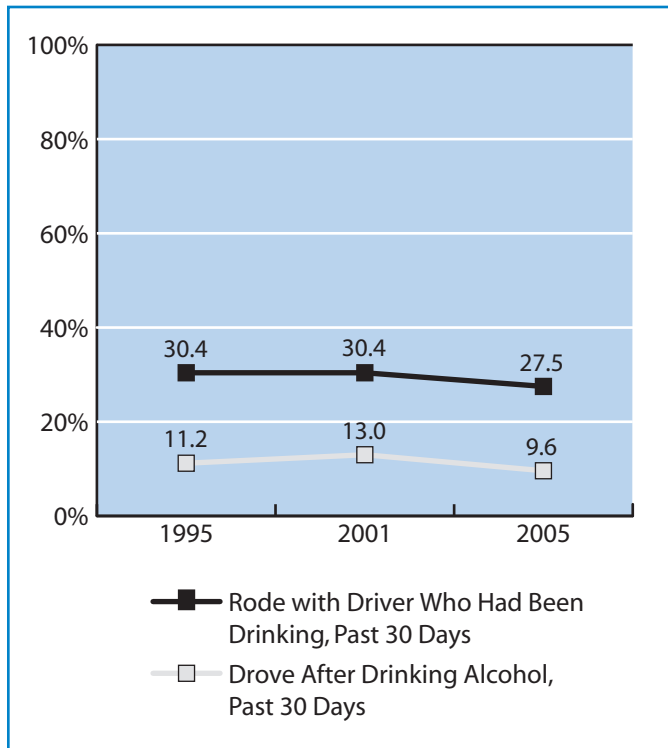
Figure 1.6: NJHS: Drove a Vehicle After Drinking Alcohol, One or More Times, Last 30 Days



- Overall, 9.6% of New Jersey high school students reported they drove a car or other vehicle after they had been drinking alcohol during the past 30 days; 5.0% drove a vehicle after using alcohol only once and another 4.6% did so more than once (Figure 1.6).
- Males (11.6%) were more likely than females (7.5%) to have driven a vehicle after drinking alcohol during the past 30 days and to have done so six or more times (2.4% vs. 0.3%, respectively).
- Older students were more likely than younger students to have operated a vehicle after drinking. Students 18 years of age or older (20.1%) were twice as likely as 16- to 17-year-olds (9.5%) and three and one-half times as likely as those 15 years of age or younger (5.6%) to report having driven after drinking during the previous 30 days.
- White students (11.6%) were more likely than students of all other racial/ethnic backgrounds to report having driven after drinking alcohol at least once during the past 30 days.

¹⁶All references to “Healthy People 2010 National Goal” refer to - U.S. Department of Health and Human Services. Healthy People 2010. 2nd ed. With understanding and improving health and objectives for improving health. 2004. Washington D.C., Government Printing Office.

Figure 1.7: NJHS: Trends in Drinking and Driving: 1995, 2001, and 2005



- Students were slightly less likely to report instances of drinking and driving in 2005 than in previous survey years (Figure 1.7). In 2005, 9.6% of students reported drinking and driving within the previous 30 days, as compared to 13.0% in 2001 and 11.2% in 1995. The percentage of students who rode with a driver who had been drinking during the previous 30 days was also slightly lower in 2005 (27.5%) than in previous survey years (30.4%).

Marijuana Use

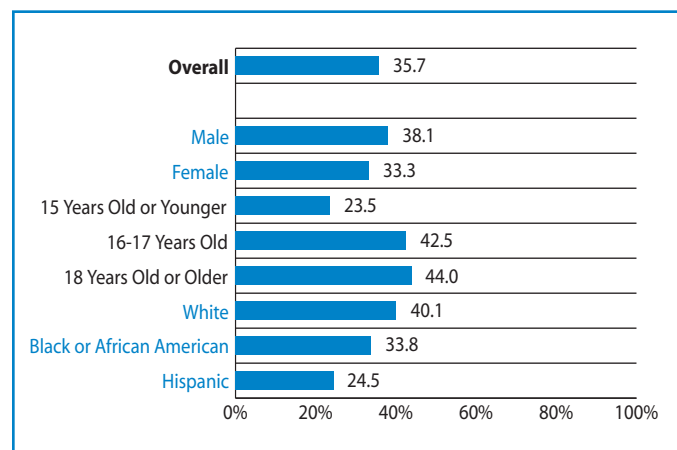
There were 18 items that addressed student use of drugs other than alcohol questions (questions 32 through 49). These questions measure lifetime and current use of marijuana and cocaine, and lifetime use of inhalants, heroin, methamphetamines, ecstasy, steroids, and injected drugs. Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmissions of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection.¹⁷ Drug use is greater among youth in the U.S. than has been documented in any other industrialized nation in the world.¹⁸ In 2003, 40% of high school students had used marijuana in their lifetime and 9% had used some form of cocaine in their lifetime. From 1991 to 2003, the percentage of high school students who used cocaine during the past 30 days increased significantly from 2% to 4%.¹⁹

¹⁷Substance Abuse and Mental Health Services Administration. Summary of Findings from the 2000 National Household Survey on Drug Abuse (NHSDA). Rockville, MD. 2001; H-13, (SMA 01-3549).

¹⁸Blanken AJ. Measuring use of alcohol and other drugs among adolescents. *Public Health Reports* 1993; 108:25-30.

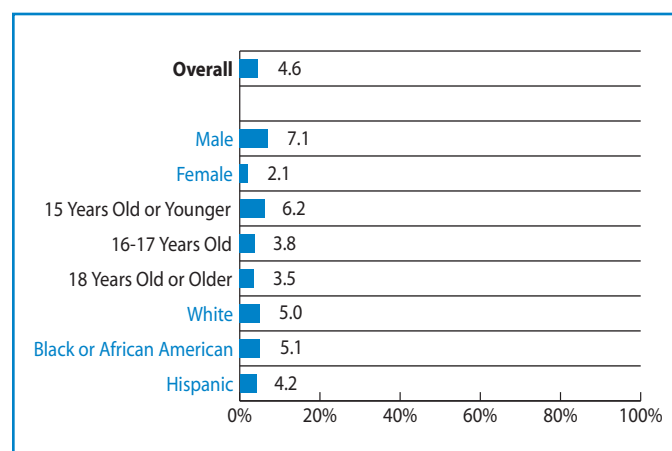
¹⁹Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

Figure 1.8: NJHS: Lifetime Use of Marijuana



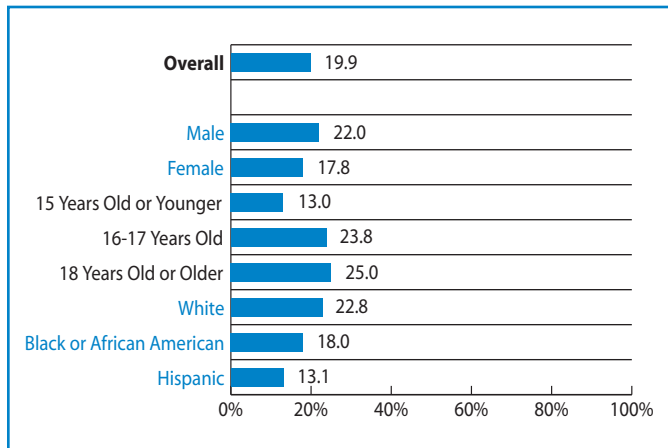
- ▶ Overall, 35.7% of all students reported having tried marijuana in their lifetime (Figure 1.8).
- ▶ Males (38.1%) were more likely than females (33.3%) to have tried marijuana in their lifetime.
- ▶ More than four in 10 of both 16- to 17-year-olds (42.5%) and those 18 years of age or older (44.0%) reported having tried marijuana, as compared to less than one-fourth (23.5%) of those 15 years of age or younger.
- ▶ White students (40.1%) were more likely than Black (33.8%) and Hispanic (24.5%) students to have tried marijuana.

Figure 1.9: NJHS: Lifetime Marijuana Use Before Age 13



- ▶ Overall, 4.6% of students tried marijuana before the age of 13 (Figure 1.9).
- ▶ Males were much more likely to report first use of marijuana at an earlier age; 7.1% used it before the age of 13, compared to 2.1% of females.
- ▶ About the same percentage of students aged 16 to 17 (3.8%) and those 18 years of age or older (3.5%) reported having tried marijuana before age 13, as compared to 6.2% of those 15 years of age or younger.
- ▶ White students (5.0%) were about as likely as Black (5.1%) students to have tried marijuana before age 13. Slightly fewer Hispanic (4.2%) students tried marijuana before the age of 13.

Figure 1.10: NJHS: Used Marijuana One or More Times, Last 30 Days



- ▶ Overall, about one in five students (19.9%) reported marijuana use over the last 30 days (Figure 1.10), with 6.4% having used it 10 or more times in that period. Of students who used marijuana recently, close to one-third (32.1%) used it 10 or more times during the past 30 days.
- ▶ Males (22.0%) were more likely than females (17.8%) to report recent marijuana use. Among marijuana users, males (39.2%) were much more likely than females (23.1%) to report using marijuana 10 or more times during the past 30 days.

- ▶ Older students were more likely than younger students to have used marijuana during the past month. At or close to one-fourth of students 18 years old or older (25.0%) and 16 to 17 years old (23.8%) used marijuana during the previous month, as compared to 13.0% of those 15 years of age or younger. Among marijuana users, 38.1% of students 18 years of age or older used marijuana 10 or more times during the previous 30 days, as compared to 32.2% of 16- to 17-year-olds and 27.3% of those 15 years of age or younger.
- ▶ White students (22.8%) were more likely than students of all other racial/ethnic backgrounds to have used marijuana during the past 30 days. Among marijuana users, more than one-third of Hispanic (36.1%) and Black (34.7%) students used the drug 10 or more times during the previous 30 days. This was true for slightly fewer White students (31.9%).

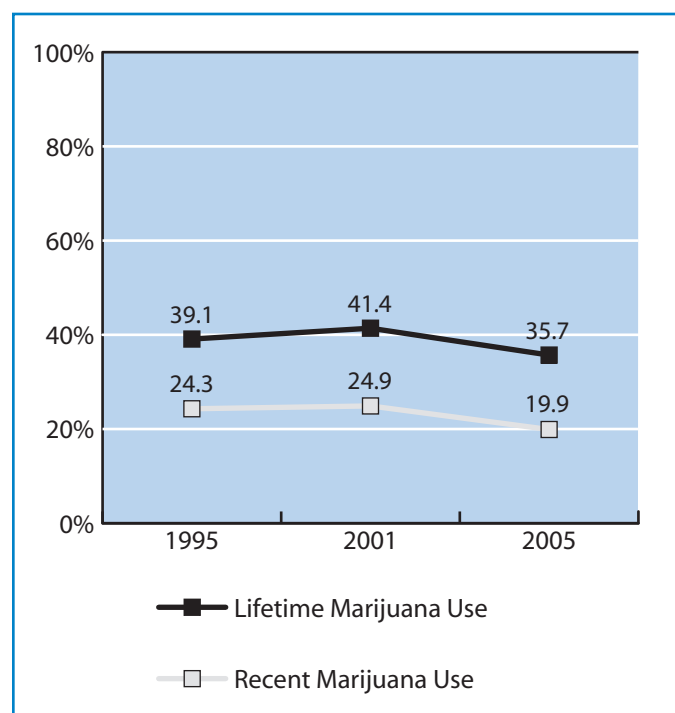
HEALTHY NEW JERSEY 2010 GOAL

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

2005 NEW JERSEY SHS RESULTS

Sophomores (15.1%), juniors (25.7%) and seniors (28.0%) all used marijuana during the past 30 days at rates higher than the specified goal.

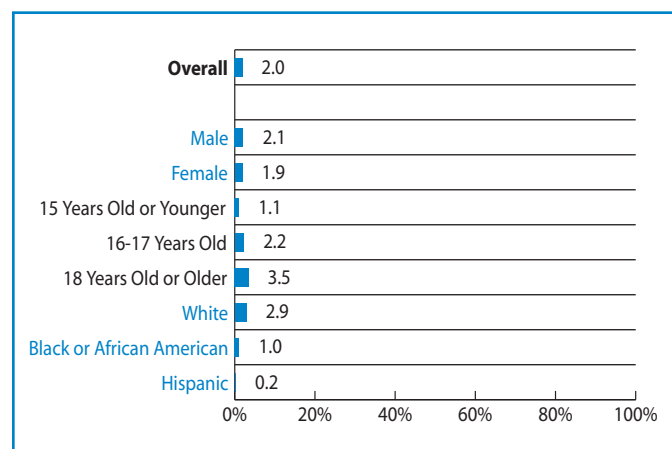
Figure 1.11: NJHS: Trends in Marijuana Use: 1995, 2001, and 2005



- ▶ The percentage of New Jersey students who reported both lifetime and recent marijuana use was lower in 2005 than in previous years (Figure 1.11). In 2005, 35.7% of students reported lifetime use of marijuana. This figure was 41.4% in 2001 and 39.1% in 1995. About one in five students (19.9%) in 2005 reported recent marijuana use, as compared to 24.9% in 2001 and 24.3% in 1995.

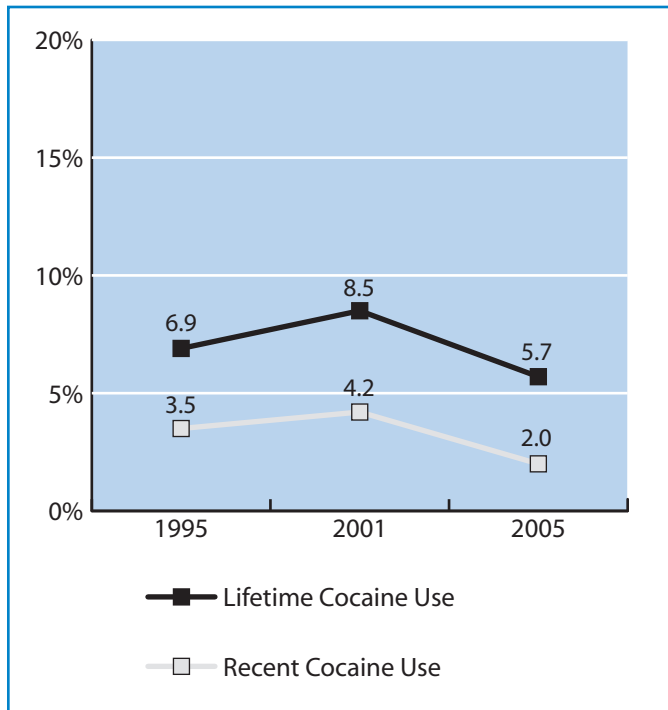
Cocaine Use

Figure 1.12: NJHS: Use of Any Cocaine or Crack, One or More Times, Last 30 Days



- ▶ In the previous 30 days, 2.0% of students used a form of cocaine one or more times (Figure 1.12). Among those who used cocaine at least once, 13.9% used the drug 10 or more times during the previous month.
- ▶ Males (2.1%) and females (1.9%) were equally likely to report cocaine use during the past 30 days.
- ▶ Students 18 years of age or older (3.5%) were slightly more likely than other age groups to report that they had used cocaine at least once during the previous month.
- ▶ White students (2.9%) were more likely than students of all other racial/ethnic backgrounds to report recent cocaine use.

Figure 1.13: NJHS: Trends in Cocaine Use: 1995, 2001, and 2005



HEALTHY NEW JERSEY 2010 GOAL

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

2005 NEW JERSEY SHS RESULTS

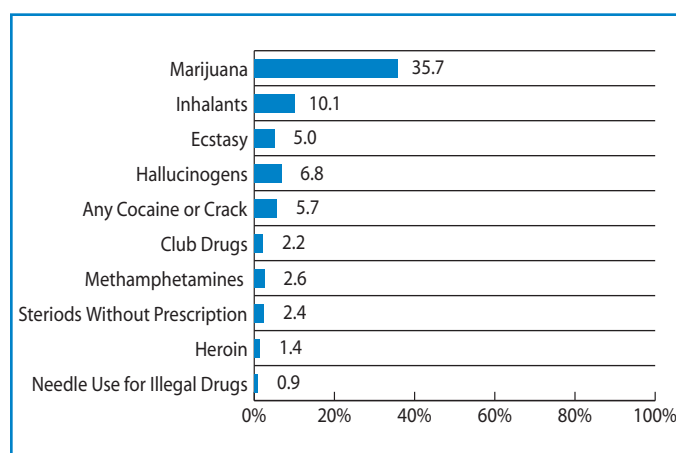
Recent cocaine use is at or near the established goal among sophomores (2.0%) and juniors (2.1%), while cocaine use among seniors (3.2%) in the past 30 days exceeds the established goal.

- ▶ The percentage of students reporting lifetime cocaine use was fairly consistent across survey years, with 5.7% of students in 2005, 8.5% in 2001, and 6.9% in 1995 having used cocaine at least once in their lifetime (Figure 1.13). The percentage of students reporting recent cocaine use varied across survey years. In 2005, 2.0% of students reported having used cocaine at least once during the previous month. This figure was 4.2% in 2001 and 3.5% in 1995.

Other Drug Use

Twelve 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 or shots without a doctor's prescription, or needle used to inject any illicit drug.

Figure 1.14: NJHS: Lifetime Use of Illicit Drugs (Used One or More Times)



- ▶ Among all drugs used by students during their lifetime, marijuana was both the most prevalent (35.8%) and most frequently used after alcohol (Figure 1.14). Among students who had used marijuana at least once during their lifetime, close to thirty percent (28.9%) reported using it 40 or more times.
- ▶ The percentage of students who believed they had been given a club drug without their knowledge (12.9%) was more than five times the percentage who voluntarily used these substances (2.2%).
- ▶ Among students who used club drugs, 59.7% used them at a party, 17.0% at clubs, and 10.0% at home.

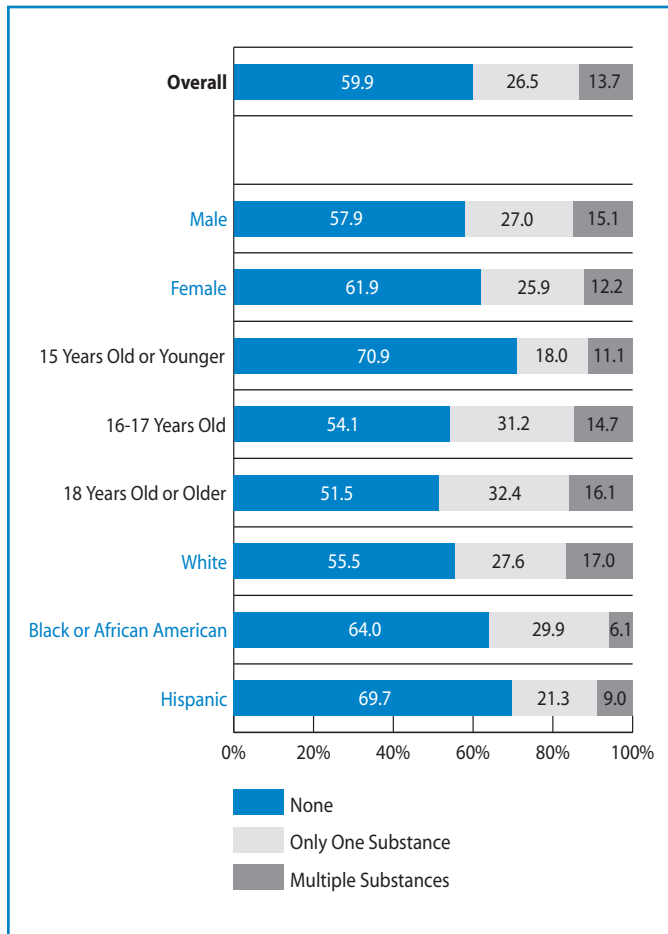
HEALTHY NEW JERSEY 2010 GOAL

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

2005 NEW JERSEY SHS RESULTS

Sophomores (3.8%), juniors (3.0%), and seniors (0.4%) each satisfy the 2010 goal to reduce use of inhalants in the past 30 days.

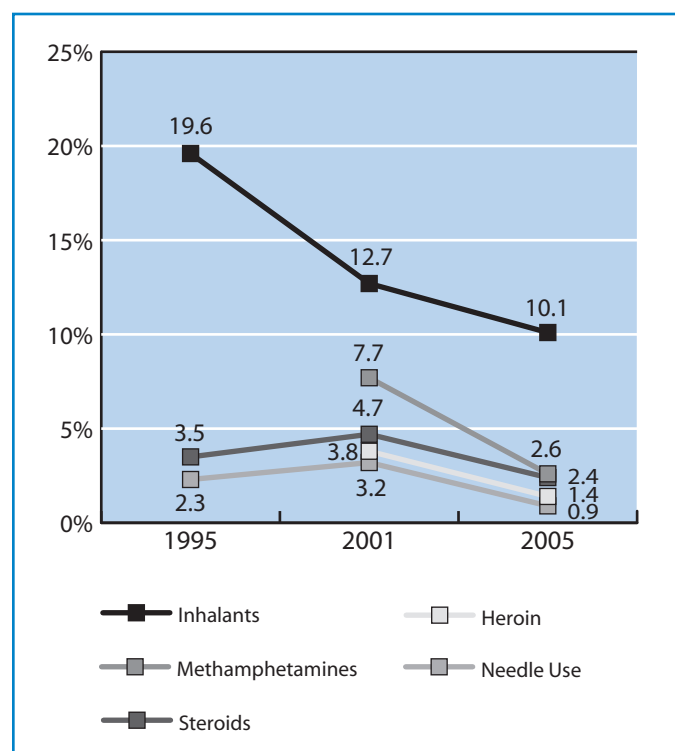
Figure 1.15: NJHS: Lifetime Use of One or More Substances



- ▶ Overall, the majority of students (59.9%) have not used any drugs in their lifetime. Slightly more than one-fourth (26.5%) have used only one drug and another 13.7% have used more than one drug. Among students who had used only one drug, the vast majority (84.4%) used marijuana.
- ▶ Males (42.1%) were slightly more likely than females (38.1%) to have used one or more substances in their lifetime. Males (15.1%) were also more likely than females (12.2%) to have used multiple substances.
- ▶ Older students were more likely to have used substances in their lifetime than younger students. The vast majority of students 15 years of age or younger (70.9%) have never used drugs. This figure drops to 54.1% among 16- to 17-year-olds and 51.5% among students 18 years of age or older.
- ▶ White students (44.5%) were most likely and Hispanic students (30.3%) least likely of all racial/ethnic groups to have used drugs in their lifetime. White students (17.0%) were much more likely than students of other racial/ethnic backgrounds to have used multiple substances.

- ▶ Figure 1.15 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 used only one drug, and those who have used multiple drugs.

Figure 1.16: NJHS: Trends in Other Drug Use: 1995, 2001, and 2005



- ▶ Lifetime use of these other illicit drugs has varied. Among those drugs or behaviors where there has been improvement, the use of inhalants has decreased to 10.1% in 2005, from 12.7% in 2001 and 19.6% in 1995. The use of heroin dropped to 1.4% in 2005, from 3.8% in 2001 and the use of methamphetamines dropped to 2.6% in 2005, from 7.7% in 2001.²⁰
- ▶ The percentage of students who used steroid pills or shots without a doctor's prescription decreased slightly to 2.4% in 2005, from 4.7% in 2001 and 3.5% in 1995. The percentage of students who reported needle use for an illegal drug was at a low of 0.9% in 2005, as compared to 3.2% in 2001 and 2.3% in 1995.

²⁰Results for 1995 were excluded due to differences in question wording. In 1995, a single question asked about the use of "LSD, PCP, ecstasy, mushrooms, speed, ice or heroin;" while in 2001 and 2005, separate questions were asked about the use of "heroin, also called smack, junk or China White" and "methamphetamines, also called speed, crystal, crank or ice."

Chapter 2: High School Student Use of Cigarettes and Tobacco

Cigarette Use

These questions measure lifetime and current smoking patterns and age of initiation. Tobacco use is considered the chief preventable cause of death in the United States²¹ with 18% of all deaths attributable to tobacco use.²² Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.²³ In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in a physical fight, carry a weapon, and attempt suicide.²⁴ If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses.²⁵ Approximately 46% of school districts in the United States prohibit tobacco use by students, staff, and visitors in buildings, on all school property, in school vehicles, and during school events on or off campus.²⁶ In 2003, 8% 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 (70%) and then decreased significantly from 70% in 1999 to 58% in 2003. Current cigarette use among high school students increased significantly from 1991 (28%) to 1997 (36%) and then decreased by 2003 to 22%.²⁷

The following presents lifetime, recent, and daily smoking rates among New Jersey high school students. Lifetime figures include students who have ever smoked one whole cigarette. Recent smoking figures include those who have smoked on one or more of the previous 30 days and daily smoking figures include those who reported smoking on all of the previous 30 days.

²¹U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. 2004. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion; Office on Smoking and Health.

²²Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States. *Journal of the American Medical Association* 2004; 291(10):1238-1245.

²³U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. 2004. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion; Office on Smoking and Health.

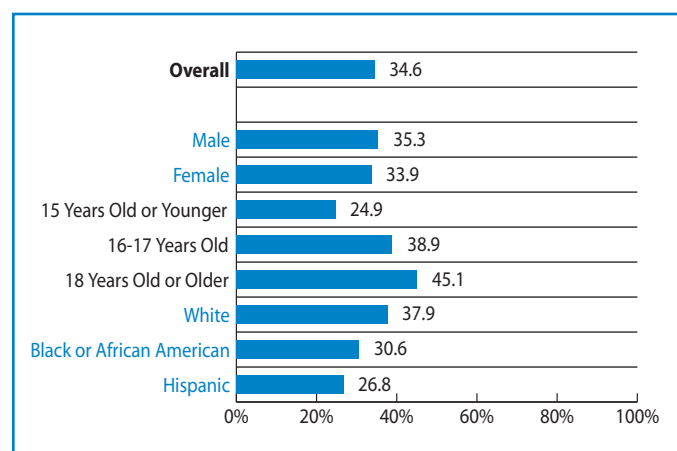
²⁴Everett SA, Malarcher AM, Sharp DJ, Husten CG, Giovino GA. Relationship between cigarette, smokeless tobacco, and cigar use, and other health risk behaviors among U.S. high school students. *Journal of School Health* 2000; 70(6):234-240.

²⁵Hahn EJ, Rayens MK, Chaloupka FJ, Okoli CTC, Yang J. Projected Smoking-Related Deaths Among U.S. Youth: A 2000 Update. *ImpacTeen. Research Paper Series* 2002;22.

²⁶Small MI, Jones SE, Barrios LC, Crossett LS, Dahlberg LL, Albuquerque MS et al. School policy and environment; results from the School Health Policies and Programs Study 2000. *Journal of School Health* 2001; 71(7):325-334.

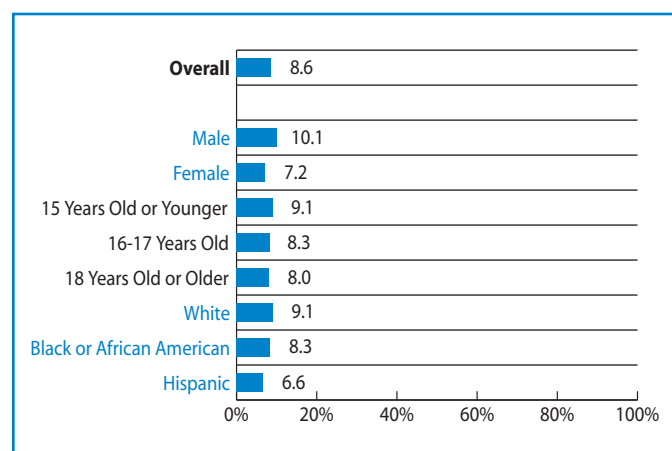
²⁷Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

Figure 2.1: NJHS: Smoked at Least One Whole Cigarette in Lifetime



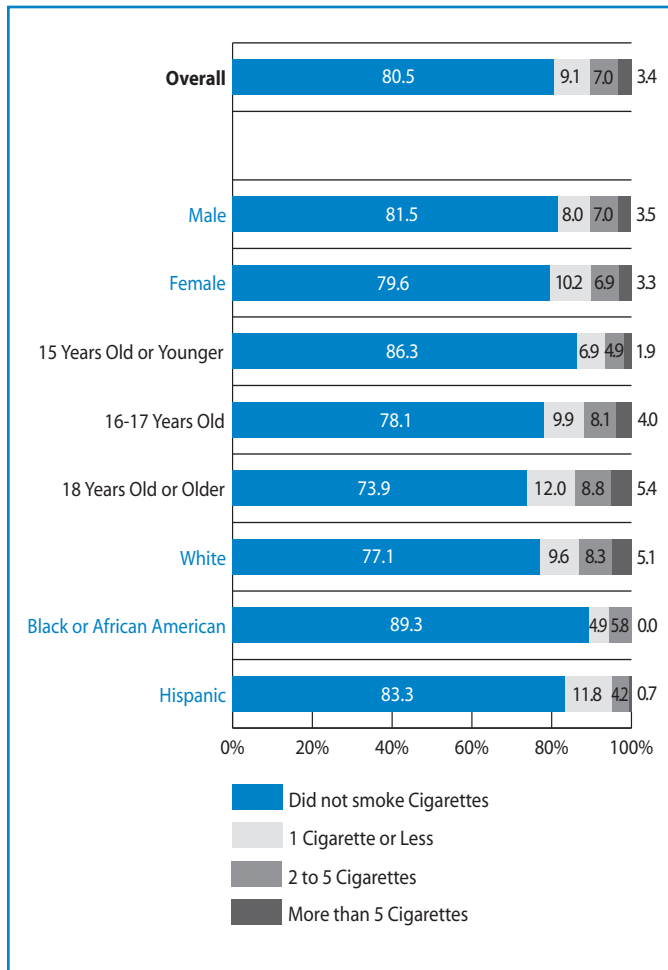
- ▶ Overall, the findings show that 34.6% of New Jersey high school students smoked at least one whole cigarette in their lifetime (Figure 2.1).
- ▶ Males (35.3%) were slightly more likely than females (33.9%) to have smoked a cigarette in their lifetime.
- ▶ The likelihood of cigarette use increased with age. About one-fourth of students 15 years of age or younger (24.9%) had smoked at least a whole cigarette in their life. This figure was 38.9% among 16- to 17-year-olds and 45.1% among those 18 years of age or older.
- ▶ White (37.9%) students were most likely to have smoked a whole cigarette, followed by Hispanic (30.6%) and Black (26.8%) students.

Figure 2.2: NJHS: Smoked at Least One Whole Cigarette Before Age 13



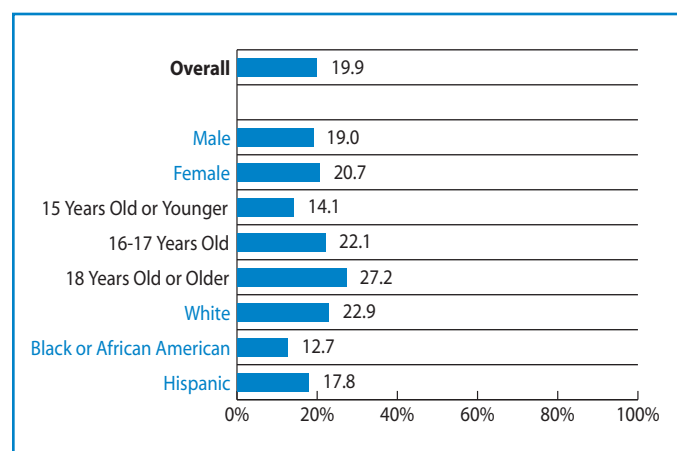
- ▶ Overall, the findings show that 8.6% of New Jersey high school students were under 13 years old when they first smoked a whole cigarette (Figure 2.2).
- ▶ Males were more likely than females to have smoked their first cigarette at an early age. Overall, 10.1% of males and 7.2% of females were younger than 13 years of age when they first smoked a whole cigarette.
- ▶ Among students 15 years of age or younger, 9.1% had smoked at least a whole cigarette before the age of 13. This figure was 8.3% among 16- to 17-year-olds and 8.0% among those 18 years of age or older.
- ▶ White (9.1%) and Black (8.3%) students were more likely than Hispanic students (6.6%) to have had their first whole cigarette before the age of 13.

Figure 2.3: NJHS: Number of Cigarettes Smoked Per Day, Last 30 Days



- ▶ Overall, 19.5% of all students smoked at least part of a cigarette per day in the last 30 days (Figure 2.3). Close to one in 10 students (9.1%) smoked one cigarette or less per day during the previous month. Among student smokers, slightly less than one-half (46.6%) only smoked one cigarette a day or less during the previous 30 days. Far fewer student smokers (6.7%) smoked more than 10 cigarettes a day during the previous month.
- ▶ Males (18.5%) were slightly less likely than females (20.4%) to have smoked during the last 30 days. However, male smokers (9.1%) were twice as likely as female smokers (4.5%) to have smoked over half a pack a day during the previous month.
- ▶ Slightly more than one-fourth of students 18 years of age or older (26.1%) reported smoking at least one cigarette during the previous 30 days, as compared to 21.9% of 16- to 17-year-olds and 13.7% of those 15 years of age or younger. Smokers 18 years of age or older (8.1%) were most likely to smoke over a half a pack of cigarettes per day, followed by 16- to 17-year-olds (7.0%) and those 15 years of age or younger (5.0%).
- ▶ White students (22.9%) were much more likely than Hispanic (16.7%) and Black (10.7%) students to have smoked during the past 30 days. Among smokers, 8.6% of White students smoked more than half a pack a day during the previous month compared to no Black or Hispanic students who reported similar behavior in the survey.

Figure 2.4: NJHS: Smoked One or More Cigarettes on One or More of the Past 30 Days



- ▶ Overall, 19.9% of New Jersey high school students reported smoking on at least one of the last 30 days and 4.0% of students were daily smokers (Figure 2.4). Among smokers, one-fifth reported being daily smokers (20.2%), while another four in 10 (41.2%) smoked rather infrequently (one to five days).
- ▶ Males (19.0%) were slightly less likely than females (20.7%) to have smoked on at least one of the previous 30 days. Male (19.4%) and female (20.8%) smokers were equally likely to have been daily smokers during that period.
- ▶ The percentage of students who smoked on one or more of the past 30 days increases with age. The percentage of those 15 years of age or younger who smoked on one or more of the past 30 days was 14.1%, as compared to 22.1% of 16- to 17-year-olds and 27.2% of those 18 or older. However, among smokers, 16 to 17 year old students were more likely than other ages to smoke daily. About one-fourth of 16- to 17-year-old student smokers (24.8%) smoked daily, as compared to 20.7% of students 18 years of age or older and 10.3% of those 15 years of age or younger.
- ▶ Black students were least likely to have smoked on at least one day in the past 30 days (12.7%).

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.

2005 NEW JERSEY SHS RESULTS

High school students overall (19.9%), White students (22.9%), Black students (12.7%) and Hispanic students (17.8%) all smoked at rates below the objective set for their racial/ethnic group.

HEALTHY PEOPLE 2010 NATIONAL GOAL

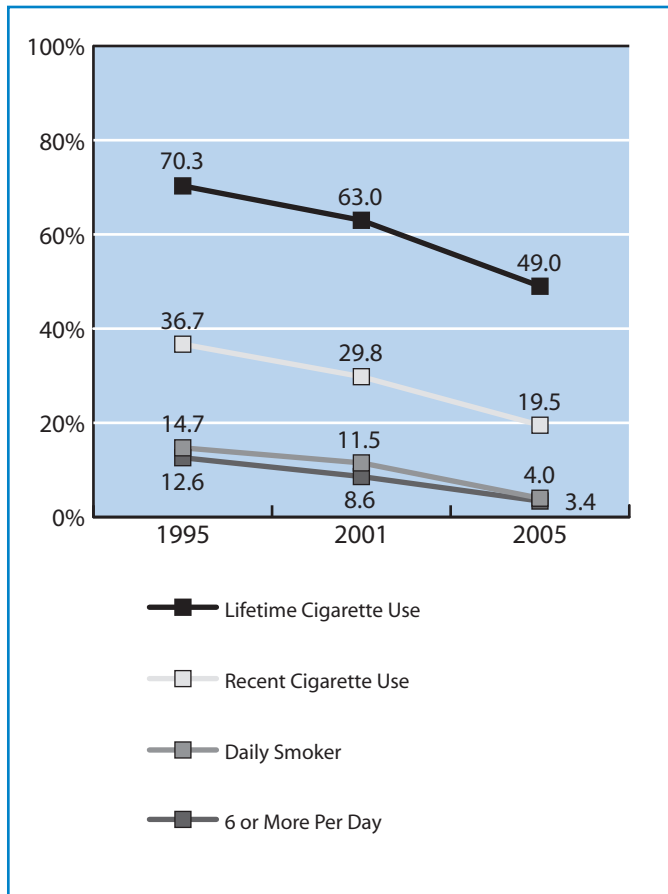
Reduce use of cigarettes in the past month by adolescents to 16%.

2005 NEW JERSEY SHS RESULTS

Recent cigarette use among New Jersey High School students (19.9%) was higher than the 2010 goal.



Figure 2.5: NJHS: Trends in Cigarette Use: 1995, 2001, and 2005

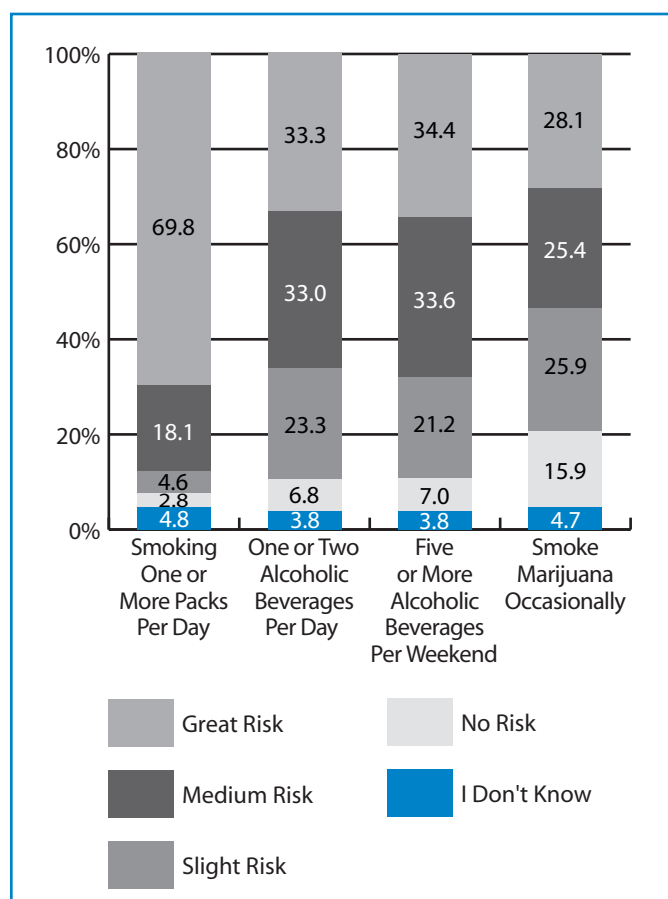


- Overall, reports of lifetime, recent, and daily cigarette use among New Jersey high school students declined in 2005 from levels reported in previous years (Figure 2.5). In 2005, 49.0% of students had tried cigarette smoking, even one or two puffs, as compared to 63.0% in 2001 and 70.3% in 1995. The number of students reporting cigarette use during the previous month reached a low of 19.5% in 2005. This figure was 29.8% in 2001 and 36.7% in 1995. Students were also less likely in 2005 (4.0%) than in 2001 (11.5%) and 1995 (14.7%) to report being daily smokers. The number of students smoking six or more cigarettes each day they smoked during the previous month reached a low of 3.4% in 2005, from 8.6% in 2001 and 12.6% in 1995.

Chapter 3: High School Student Attitudes about Use of Tobacco, Alcohol and Marijuana

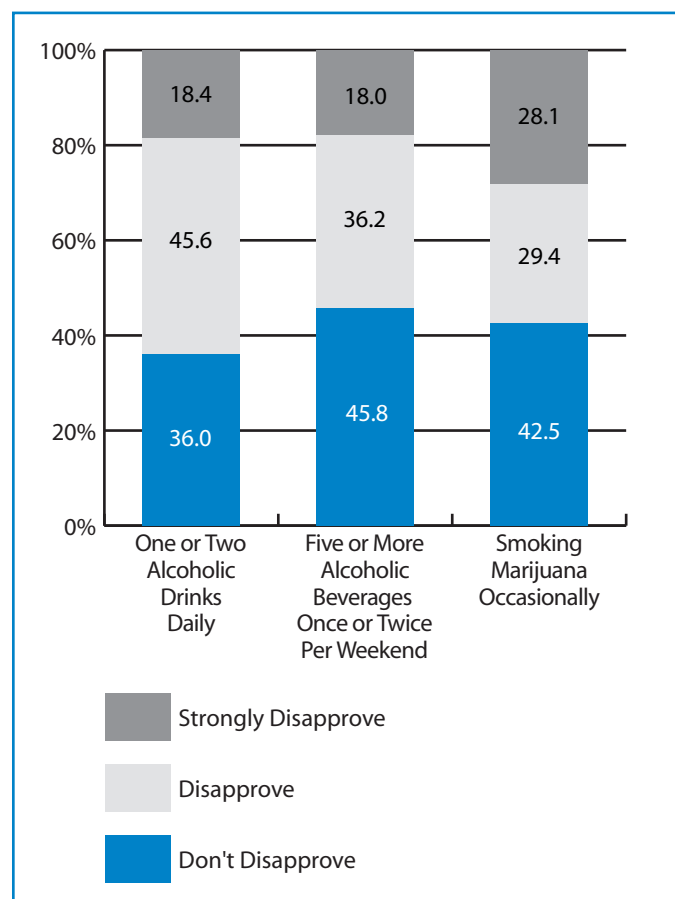
Several 2005 survey questions were directed at students' perceptions of the potential physical harm attached to tobacco, alcohol and marijuana use. Individual values and standards of conduct play an important role in the manner in which high school students confront the issue of substance use. Four questions 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 US Department of Health and Human Services' *Monitoring the Future Study*.

Figure 3.1: NJHS: Perceptions of Physical Harm from Cigarettes, Alcohol, and Marijuana



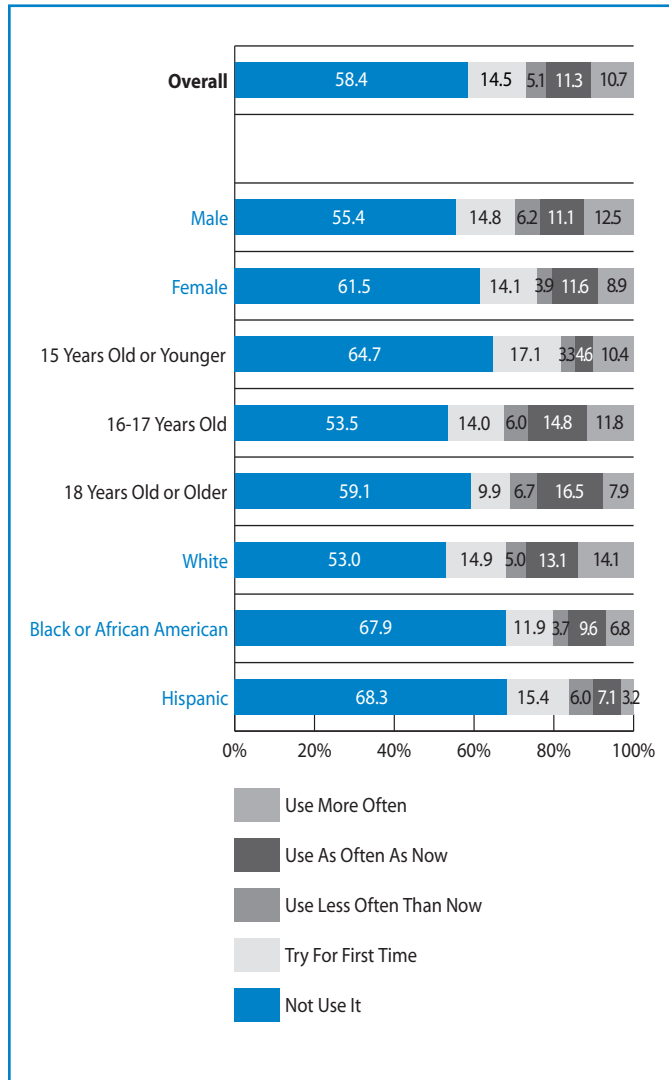
- Overall, more than two-thirds of New Jersey high school students (69.8%) believed that smoking one or more packs of cigarettes each day placed one at great risk of physical harm (Figure 3.1). A small percentage of students held the opinion that smoking one or more packs a day presented a slight risk (4.6%) or no health risk (2.8%). Females (75.9%) were more likely than males (63.8%) to associate a great risk of physical harm from smoking one or more packs per day. Close to three-fourths or more 16- to 17-year-olds (73.4%) and those 18 or older (75.5%) associate a great risk of physical harm from smoking one or more packs a day, as compared to 63.3% of students 15 years of age or younger.

- ▶ In general, students were more likely to believe that smoking a pack per day was a great health risk (69.8%) than drinking one or two drinks per day (33.3%), consuming five or more drinks per weekend (34.4%) or smoking marijuana occasionally (28.1%).
- ▶ Students were equally likely to perceive a great risk from daily drinking (33.3%) as they were to perceive a great risk from having five or more drinks per weekend (34.4%). Females (39.0%) were more likely than males (27.6%) to perceive a great risk from drinking one or two alcoholic beverages per day. Gender differences in perceptions of risk associated with having five or more drinks per weekend were less notable (36.2% among females; 32.6% among males). Black and Hispanic students were more likely than White students to perceive a great risk from daily drinking (44.5% and 43.8% vs. 27.2%, respectively) and from having five or more drinks per weekend (49.5% and 36.5% vs. 29.0%, respectively).
- ▶ About one in four students (28.1%) perceived a great risk of physical harm in occasional use of marijuana. Comparable numbers believed there was a medium (25.4%) or slight risk (25.9%) associated with occasional marijuana use, while only 15.9% perceived no risk in occasional use. Younger students were more likely than older students to perceive a great risk of physical harm in occasional use of marijuana. Those 15 or younger (34.1%) were most likely to perceive great risk in occasional use of marijuana, followed by those 18 or older (27.7%) and 16- to 17-year-olds (24.0%). While more than one-third of Black (36.1%) and Hispanic (37.6%) students perceived a great risk in occasional marijuana use, only 22.6% of White students expressed such perceptions.

Figure 3.2: NJHS: Disapproval of Alcohol and Marijuana Use

- ▶ New Jersey high school students were more likely to disapprove or strongly disapprove of consuming one or two alcoholic drinks per day (64.0%) than consuming five or more alcoholic beverages once or twice per weekend (54.2%). Females were more likely than males to disapprove or strongly disapprove of having one or two alcoholic beverages per day (69.8% vs. 58.1%, respectively) and having five or more drinks once or twice per weekend (57.4% vs. 51.0%, respectively). Students 15 or younger (59.0%) were more likely than 16- to 17-year-olds (52.1%) and those 18 or older (48.2%) to disapprove or strongly disapprove of having five or more drinks once or twice per weekend. As compared to more than six in 10 Black (61.3%) and Hispanic (63.9%) students, only 48.9% of White students disapprove or strongly disapprove of having five or more drinks once or twice per weekend.
- ▶ The majority of students either disapproved (29.4%) or strongly disapproved (28.1%) of smoking marijuana occasionally, leaving 42.6% who did not disapprove of such behavior. Females (60.3%) were more likely than males (54.7%) and Hispanic (71.8%) students more likely than both White (52.5%) and Black (58.5%) students to disapprove or strongly disapprove of occasional marijuana use. Students 15 or younger (66.2%) were more likely than those 16 to 17 (52.6%) and those 18 or older (52.0%) to disapprove or strongly disapprove of such behavior.

Figure 3.3: NJHS: Marijuana Use, If Legalized



- ▶ Six in 10 students (58.4%) reported that they would not use marijuana even if it were legal to use and legally available (Figure 3.3). If marijuana were to be legalized, 25.2 percent of New Jersey high school students reported that they would use the substance either for the first time (14.5%) or more often (10.7%) than they currently use. If marijuana were to be legalized, 16.4 percent of New Jersey high school students reported that they would use the substance either less often (5.1%), or as often (11.3%) as they currently use.
- ▶ Males (27.3%) were slightly more likely than females (23.0%) to report that they would use marijuana more often or try it for the first time if the substance were to become legal for use and legally available.
- ▶ Students 15 years old and younger (27.5%), and 16 to 17 years of age (25.8%), were more likely than the 18 and older (17.8%) students to report that they would try marijuana for the first time, or use it more often, if legalized.
- ▶ White students (29.0%) were more likely than Black (18.7%) and Hispanic (18.6%) students to have reported they would try marijuana or use it more if legalized and made legally available. White (14.1%) students were twice as likely as Black students (6.8%) and four times more likely than Hispanic students (3.2%) to report that they would use marijuana more often if legalized.

Chapter 4: High School Student Weapons and Personal Safety

Weapons

These questions measure violence-related behaviors and school-related violent behaviors. Approximately nine of 10 homicide victims in the United States are killed with a weapon, such as a gun, knife, or club.²⁸ Homicide is the second leading cause of death among all youth aged 15-19 years (9.4 per 100,000) and is the leading cause of death among black youth aged 15-19 years (32.7 per 100,000).²⁹ Firearms intensify violence and increase the likelihood of fatality in a conflict.³⁰ In 2001, 83% of homicide victims 15 to 19 years old were killed with firearms.³¹ Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms.³² In 2003, 6% of high school students reported carrying a gun.³³ Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property.³⁴ A significant decrease occurred in weapon carrying (e.g. a gun, knife, or club) among high school students on school property from 1993 to 2003 (12%-6%). In 2003, 5% of high school students felt unsafe at school or traveling to or from school.³⁵ In 2001, about 1.2 million thefts of student property occurred at school.³⁶

²⁸Anderson M, Kaufman J, Simon TR, Barrios L, Paulozzi L, Ryan G et al. School-Associated Violent Deaths Study Group. School-associated violent deaths in the United States, 1994-1999. *Journal of the American Medical Association* 2001; 286(21):2695-2702.

²⁹Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

³⁰Cook PJ, Ludwig J. The costs of gun violence against children. *Future of Children* 2002; 12(2):87-99.

³¹Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

³²Anderson M, Kaufman J, Simon TR, Barrios L, Paulozzi L, Ryan G et al. School-Associated Violent Deaths Study Group. School-associated violent deaths in the United States, 1994-1999. *Journal of the American Medical Association* 2001; 286(21):2695-2702.

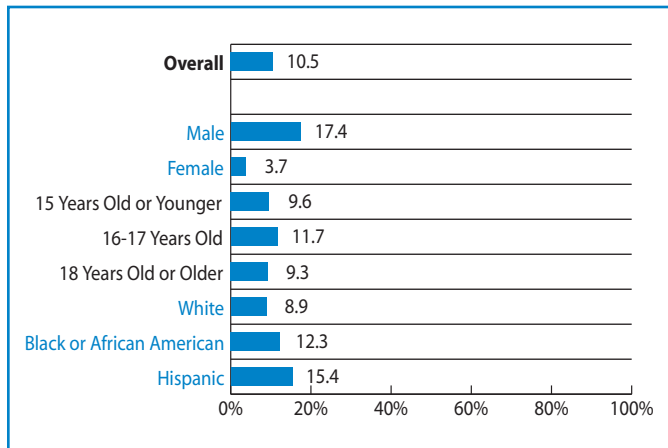
³³Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

³⁴Kolbe LJ, Kann L, Brener ND. School Health Policies and Programs Study: A summary report. *Journal of School Health* 2001; 71(7):253-259.

³⁵Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

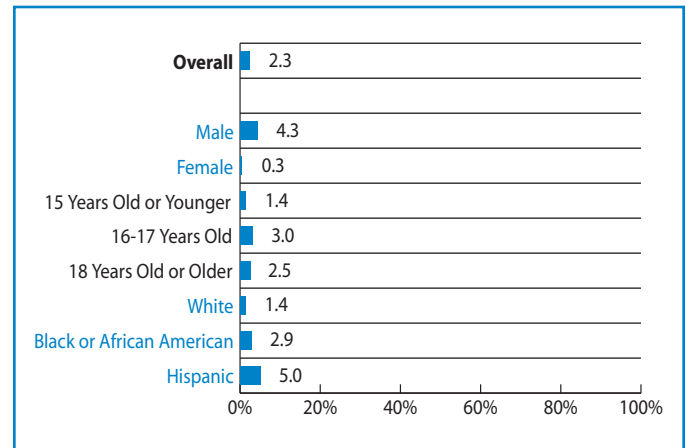
³⁶DeVoe JF, Peter K, Kaufman P, Ruddy SA, Miller AK, Planty M et al. Indicators of School Crime and Safety: 2003. NCES 2004-004/NCJ 201257. 2003. Washington, D.C., U.S. Departments of Education and Justice.

Figure 4.1: NJHS: Carrying Any Weapon, One or More Days, Last 30 Days



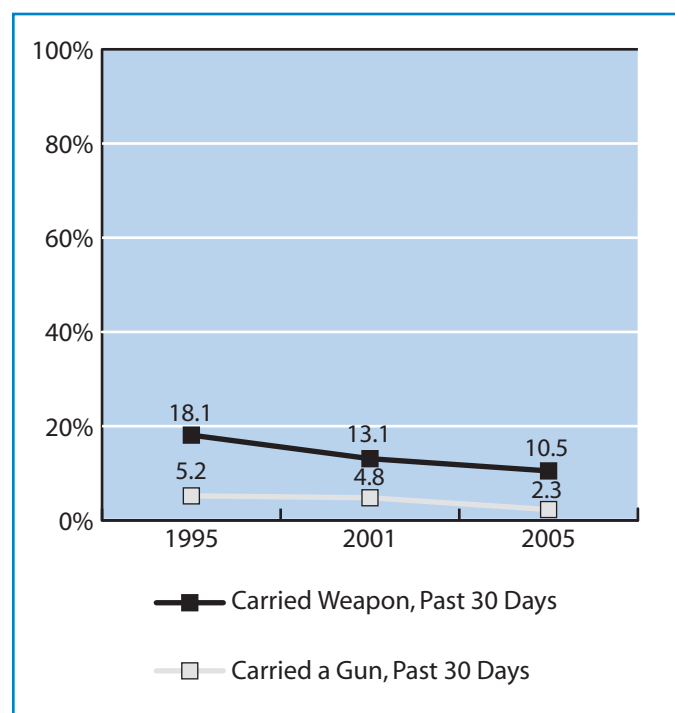
- ▶ Overall, about one in 10 New Jersey high school students (10.5%) reported carrying a weapon such as a gun, knife or club during the past 30 days (Figure 4.1); and 3.2% of all students carried one on six or more days. Among students who carried a weapon at least once, 30.1% carried one on six or more days of the previous month.
- ▶ Males (17.4%) were four times more likely than females (3.7%) to have carried a weapon at least once during the previous month. Among students who carried a weapon at least once, males (30.6%) and females (27.7%) were equally likely to have carried a weapon on six or more days of the previous month.
- ▶ The oldest and youngest New Jersey high schools students were slightly less likely to have carried a weapon during the past 30 days. Students 16 to 17 years old (11.7%) were more likely than both younger (9.6%) and older (9.3%) students to have carried a weapon during the previous month.
- ▶ Hispanic students (15.4%) were most likely and White students (8.9%) least likely to report carrying a weapon during the previous month.

Figure 4.2: NJHS: Carried a Gun, One or More Days, Last 30 Days



- ▶ Overall, 2.3% New Jersey high school students reported carrying a gun during the past 30 days (Figure 4.2).
- ▶ Males (4.3%) were far more likely than females (0.3%) to have carried a gun at least once during the previous month.
- ▶ Students 16 to 17 years old (3.0%) were about twice as likely to carry a gun in the past 30 days when compared to their 15 year-old and younger (1.4%) counterparts. Those 18 years of age and older (2.5%) were slightly less likely to have carried a gun during the past 30 days than the 16 to 17 year-old group.
- ▶ Hispanic students (5.0%) were most likely and White students (1.4%) least likely to report carrying a gun during the previous month.

Figure 4.3: NJHS: Trends in Weapon Carrying: 1995, 2001, and 2005



- ▶ The percentage of New Jersey high school students who had carried a weapon during the past 30 days decreased steadily across survey years (Figure 4.3). In 2005, about one in 10 students (10.5%) reported that they had carried a weapon, down from 13.1% in 2001 and 18.1% in 1995.
- ▶ In 2005, 2.3% of students reported carrying a gun in the past 30 days. This figure was lower than those in 2001 (4.8%) and 1995 (5.2%).

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.³⁷ In 2003, 33% of high school students reported that they had been in a physical fight anywhere and 13% had been in a physical fight on school property.³⁸ Forced sexual intercourse has been associated with poorer physical³⁹ and mental health among women.^{40;41} In 2003, 9% 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, and 9% ever experienced forced sex.⁴²

³⁷Cotten NU, Resnick J, Browne DC, Martin SL, McCarragher DR, Woods J. Aggression and fighting behavior among African-American adolescents: Individual and family factors. *American Journal of Public Health* 1994; 84:618-622.

³⁸Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

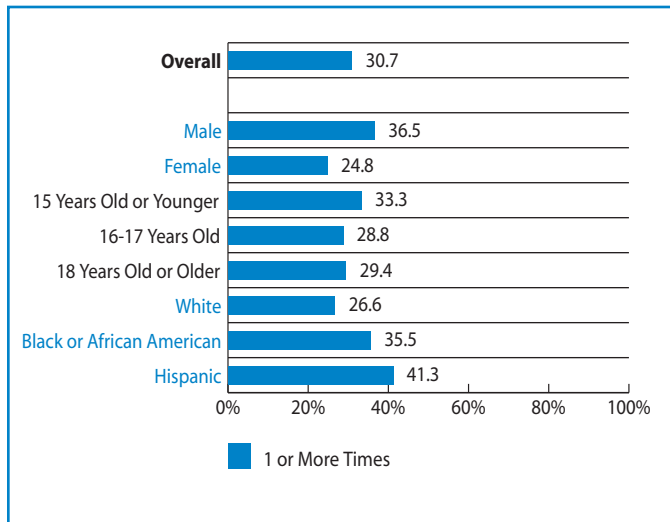
³⁹Plichta SB, Falik M. Prevalence of violence and its implications for women's health. *Women's Health Issues* 2001; 11(3):244-258.

⁴⁰Ackard DM, Neumark-Sztainer D. Date violence and date rape among adolescents: associations with disordered eating behaviors and psychological health. *Child Abuse & Neglect* 2002; 26(5):455-473.

⁴¹Plichta SB, Falik M. Prevalence of violence and its implications for women's health. *Women's Health Issues* 2001; 11(3):244-258.

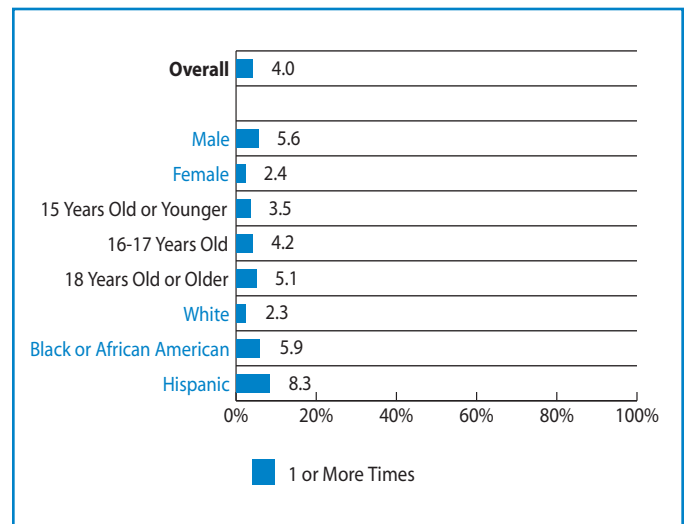
⁴²Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

Figure 4.4: NJHS: Involved in a Physical Fight, Last 12 Months



- ▶ Overall, 30.7% of New Jersey high school students reported having been involved in at least one physical fight during the past year (Figure 4.4), while 3.5% of students were involved in more than five fights during that period. Among students who fought at least once, 11.4% fought more than five times while the vast majority (81.4%) were involved in only one to three fights during the previous 12 months.
- ▶ Males (36.5%) were more likely than females (24.8%) to be involved in one or more physical fights during the past year. Among those who had been in a fight, males (14.3%) were about twice as likely as females (7.2%) to have been involved in more than five fights during the previous year.
- ▶ Younger students were more likely than older students to be involved in a physical fight during the past 12 months. As compared to one-third of students 15 years old or younger (33.3%), less than three in 10 of both 16- to 17-year-olds (28.8%) and students 18 years of age or older (29.4%) had been in a fight during the previous year.
- ▶ Hispanic students (41.3%) were more likely than Black (35.5%) and White (26.6%) students to have been in at least one physical fight within the last 12 months. Among those who had been in a fight, Black (12.6%) and White (12.3%) students were equally likely to have fought more than five times during the last 12 months. This figure dropped to 9.9% among Hispanic students.

Figure 4.5: NJHS: Injured in Fight and Treated by Doctor or Nurse



- ▶ During the past year, 4.0% of New Jersey high school students were injured in a physical fight that required treatment by a doctor or nurse (Figure 4.5).
- ▶ Males (5.6%) were more than twice as likely as females (2.4%) to have been in a fight during the past year that required treatment for injury.
- ▶ Older students were more likely than younger students to report such events. Those 18 years of age or older (5.1%) were injured in fights more than both 16- to 17-year-olds (4.2%) and students 15 years and younger (3.5%).

- Hispanic students (8.3%) were most likely and White students least likely (2.3%) to report having needed medical care following a fight.

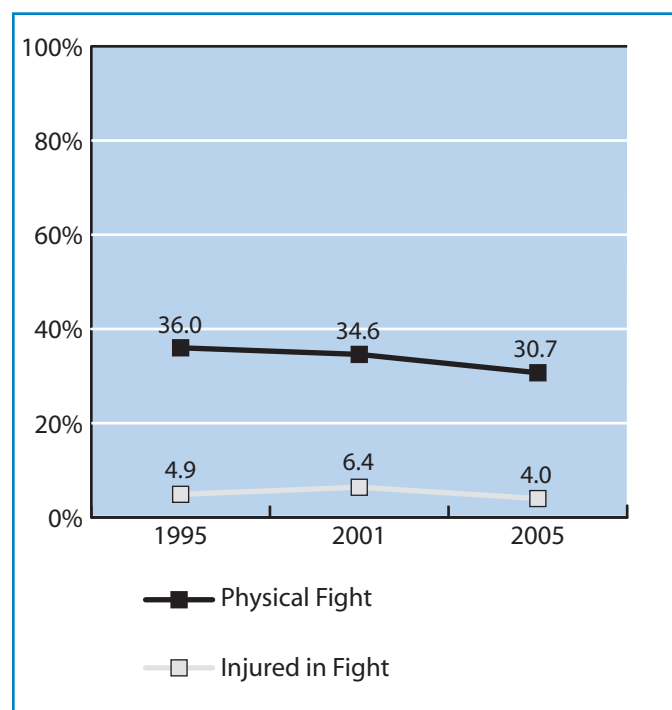
HEALTHY PEOPLE 2010 NATIONAL GOAL

Reduce physical fighting among adolescent students to 32%.

2005 NEW JERSEY NJSHS RESULTS

Satisfying the 2010 objective, 30.7% of New Jersey high school had been in a physical fight during the previous year.

Figure 4.6: NJHS: Trends in Physical Fighting: 1995, 2001, and 2005

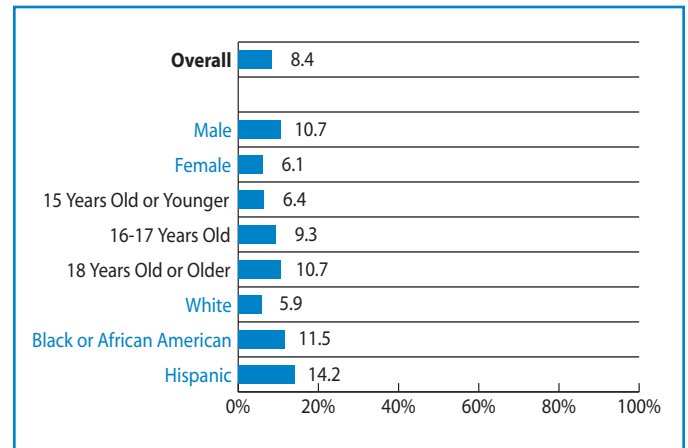


- The percentage of students reporting involvement in a physical fight during the previous year dropped in 2005 from levels in prior years (Figure 4.6). In 2005, three in 10 students (30.7%) had been in a fight during the previous year, as compared to more than one-third of students in 2001 (34.6%) and 1995 (36.0%). Similar proportions of students required medical attention from injuries sustained from fighting in 2005 (4.0%), 2001 (6.4%), and 1995 (4.9%).

Automobile Seatbelt Use

This question measures the frequency with which seat belts are worn when riding in a car. Motor vehicle-related injuries kill more young adults aged 15-19 years than any other single cause in the United States.⁴³ Proper use of lap and shoulder belts reduces the risk of fatal injury to front-seat passengers by 45% and the risk of moderate-to-critical injury by 50%.⁴⁴ In 2003, 18% of high school students reported rarely or never wearing a seat belt while riding in a car driven by someone else.⁴⁵

Figure 4.7: NJHS: Never/Rarely Wore a Seat Belt, When Passenger



- ▶ Overall, less than one in 10 New Jersey high school students never (2.4%) or rarely (6.0%) used seat belts when riding in a car driven by someone else (Figure 4.7), while more than three-fourths of students reported using them either most of the time (30.0%) or always (47.3%).
- ▶ Males (10.7%) were more likely than females (6.1%) to report never or rarely using seat belts. Accordingly, more than eight in 10 females use seat belts either most of the time (31.6%) or always (51.4%) while less than three-fourths of males use seat belts either most of the time (29.1%) or always (43.3%).
- ▶ Older students (10.7%) were more likely than those 16 to 17 years of age (9.3%) and 15 years of age or younger (6.4%) to report that they never or rarely used seat belts when riding in a car driven by someone else.
- ▶ Hispanic (14.2%) students were most likely and White students (5.9%) least likely to report that they never or rarely used seat belts when riding as a passenger.

⁴³Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

⁴⁴National Highway Traffic Safety Administration. Traffic Safety Facts 2002: Occupant Protection. 2002. Washington, D.C., U.S. Department of Transportation.

⁴⁵Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

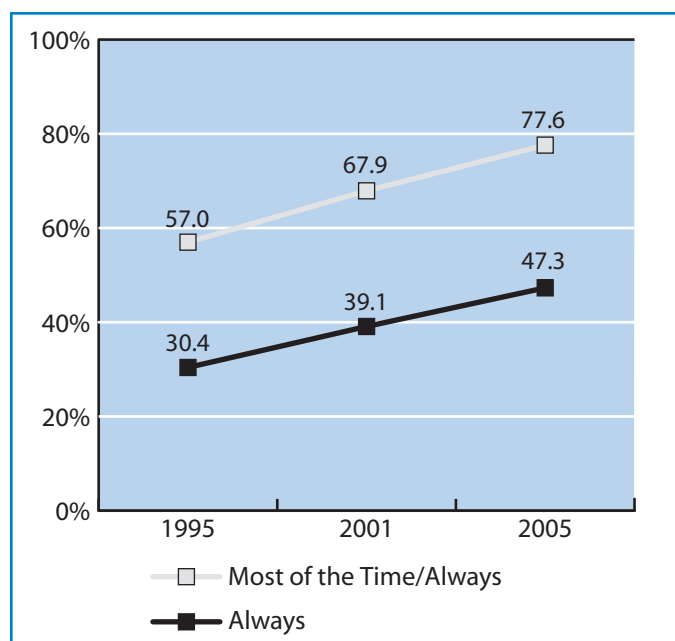
HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase use of seat belts to 92%.

2005 NEW JERSEY NJSHS RESULTS

Although more than three quarters of students (77.6%) wear their seat belts either always (47.3%) or most of the time (30.3%), seat belt use among New Jersey high school students falls short of the objective set for adults.

Figure 4.8: NJHS: Trends in Seat Belt Use: 1995, 2001, and 2005



- Students' reporting of seat belt use increased across survey years (Figure 4.8). In 2005, close to one-half (47.3%) of students reported that they always wore a seat belt when riding as a passenger. This figure was 39.1% in 2001 and 30.4% in 1995. Similarly, the percentage of students who wore their seat belts either always or most of the time reached a high of 77.6% in 2005 from 67.9% in 2001 and 57.0% in 1995.

Bicycle Helmet Use

This question measures the frequency of helmet use while riding a bicycle. In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15- to 19-year-old males were injured and treated at an emergency department.⁴⁶ Head injury is the leading cause of death in bicycle crashes,^{47;48} and helmet use protects against head injury.^{49;50} Estimates indicate bicycle helmets might prevent approximately 56% of bicycle-related deaths,⁵¹ 65%-88% of bicycle-related brain injuries, and 65% of serious (i.e., facial fractures and lacerations seen in the emergency department) injuries to the upper and middle regions of the face.^{52;53;54} In 2003, 62% of high school students reported riding a bicycle in the previous 12 months and 86% of those students reported never or rarely wearing a bicycle helmet.⁵⁵

⁴⁶Centers for Disease Control and Prevention. Nonfatal sports- and recreation-related injuries treated in Emergency Departments - United States, July 2000-July 2001. *Morbidity and Mortality Weekly Report* 2002; 51(33): 736-740.

⁴⁷Centers for Disease Control and Prevention. Injury-control recommendations: Bicycle helmets. *Morbidity and Mortality Weekly Report* 1995; 44(RR-1):1-17.

⁴⁸Sosin DM, Sacks JJ, Webb KW. Pediatric head injuries and deaths from bicycling in the United States. *Pediatrics* 1996; 98:868-870.

⁴⁹Cook A, Sheikh A. Trends in serious head injuries among cyclists in England: analysis of routinely collected data. *British Medical Journal* 2000; 321:1055.

⁵⁰Langlois JA, Kegler SR, Butler JA, Gotsch KE, Jounhson RL, Reichard AA et al. Traumatic Brain Injury-Related Hospital Discharges. Results from a 14-State Surveillance System, 1997. *Morbidity and Mortality Weekly Report* 2003; 52(SS04):1-18.

⁵¹Rivara FP. Traumatic deaths of children in the United States: currently available prevention strategies. *Pediatrics* 1985; 75:456-462.

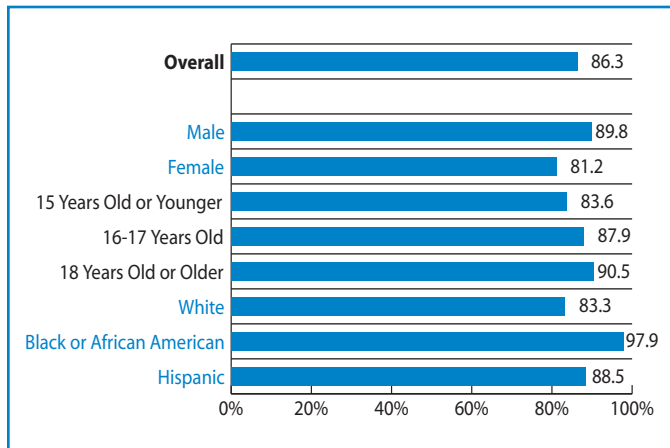
⁵²Thompson DC, Nunn MW, Thompson RS, Rivara FP. Effectiveness of bicycle safety helmets in preventing serious facial injury. *Journal of the American Medical Association* 1989; 276:1974-1975.

⁵³Thompson DC, Rivara FP, Thompson RS. Effectiveness of bicycle safety helmets in preventing head injuries: a case-control study. *Journal of the American Medical Association* 1996; 276:1968-1973.

⁵⁴Thompson RS, Rivara FP, Thompson DC. A case-control study of the effectiveness of bicycle safety helmets. *New England Journal of Medicine* 1989; 320:1361-1367.

⁵⁵Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

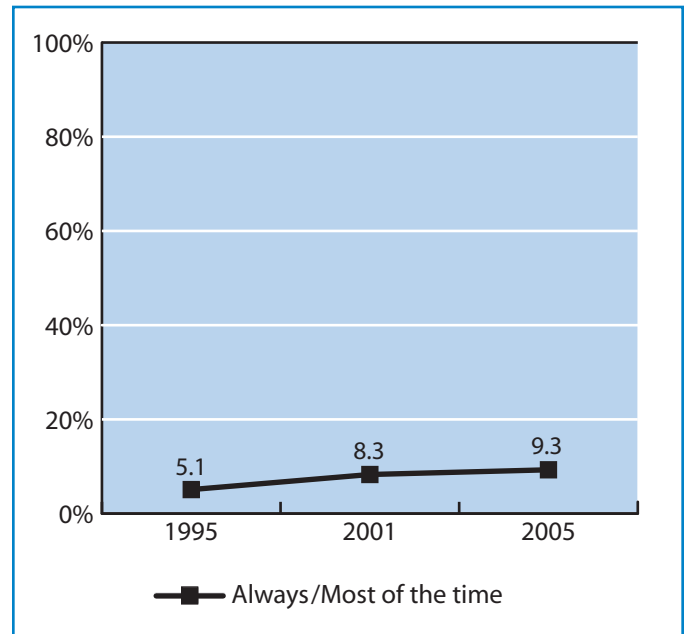
Figure 4.9: NJHS: Never/Rarely Wore a Helmet While Riding a Bicycle, Last 12 Months*



*Among students who rode bicycles during the past 12 months.

- ▶ Among the 62.9 percent of New Jersey high school students who rode bicycles during the last 12 months, the vast majority either never (76.1%) or rarely (10.2%) wore helmets (Figure 4.9) and only 9.3% of students wore a helmet most of the time or always.
- ▶ Males (73.7%) were much more likely than females (52.0%) to report that they rode bicycles during the last 12 months. Among those who rode bicycles, males (89.8%) were more likely than females (81.2%) to report that they never or rarely wore a helmet. Females (6.5%) were more than twice as likely as males (2.6%) to report that they always wore a helmet.
- ▶ Older students were less likely to ride a bike and less likely to wear a helmet. Among bikers, those 18 years old or older (90.5%) were more likely than those 16 to 17 years old (87.9%) and 15 years old or younger (83.6%) to report that they never or rarely wore a helmet.
- ▶ Close to 100 percent of Black student bikers (97.9%) reported that they never or rarely wore a helmet. Fewer Hispanic (88.5%) and White (83.3%) student bikers gave such reports.

Figure 4.10: NJHS: Trends in Helmet Use: 1995, 2001, and 2005*



* Among students who rode bicycles during the past 12 months.

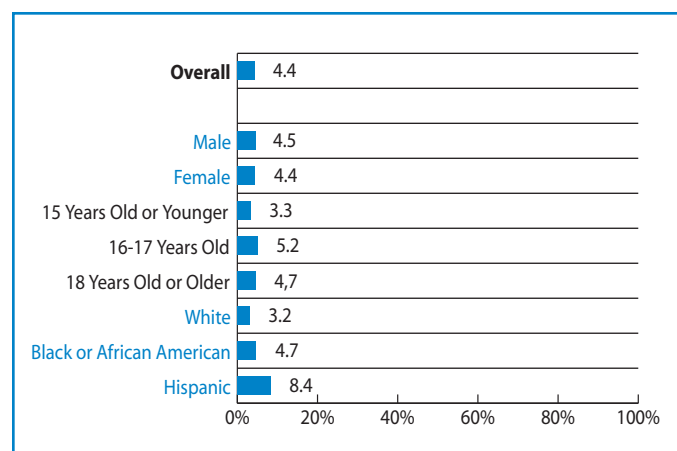
- ▶ Reporting of bicycle helmet use among New Jersey high school students increased across survey years. In 2005, close to one in 10 bike-riding students (9.3%) reported using a helmet (Figure 4.10) either always or most of the time when riding a bike during the previous 12 months. This figure is almost twice that reported in 1995 (5.1%).

Chapter 5: High School Occurrences: Substance Use, Weapons, Violence and Impressions of School Work

Weapons and Violence on School Property

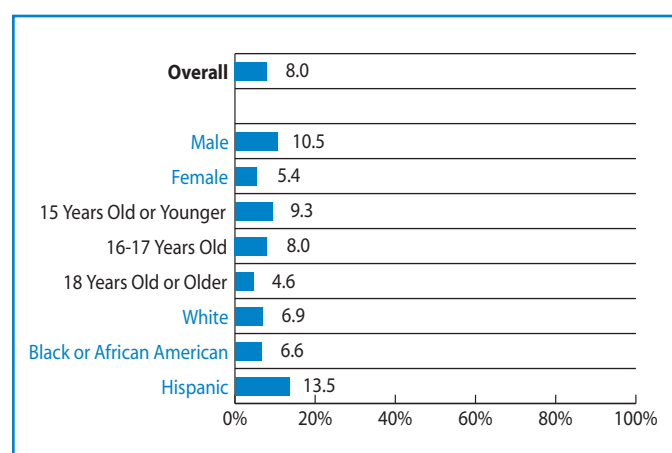
These questions examine the possession of weapons, violence-related behaviors, and safety of students while they are on school property.

Figure 5.1: NJHS: Missed One or More Days of Last 30, Because Felt Unsafe on School Property



- ▶ Overall, fewer than one in 20 New Jersey high school students (4.4%) reported that on at least one occasion during the last 30 days they did not attend school because they felt they would be unsafe at school or on the way to school (Figure 5.1).
- ▶ Males (4.5%) and females (4.4%) were equally likely to have missed school one or more days during the previous month because they felt unsafe on school property.

Figure 5.2: NJHS: Threatened or Injured With a Weapon on School Property, One or More Times, Last 12 Months

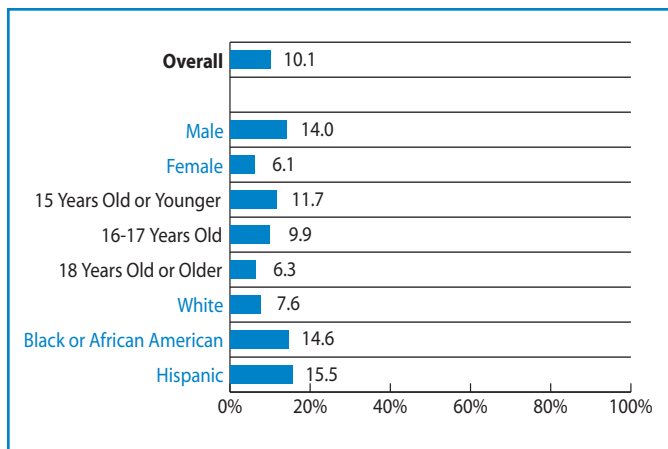


- ▶ Eight percent of New Jersey high school students reported that someone had threatened or injured them with a weapon such as a gun, knife, or a club on school property during the past 12 months (Figure 5.2). Among those who had been threatened or injured at least once, 45.9% were threatened or injured only once, 39.5% two to five times, and another 14.6% were threatened or injured at school more than five times during the previous 12 months.
- ▶ Males (10.5%) were about twice as likely as females (5.4%) to report being threatened or injured on school property during the previous 12 months. Among those

who had been threatened or injured, males were threatened more frequently. Males (18.0%) were more than twice as likely as females (8.0%) to be threatened or injured more than five times during the past year.

- ▶ Students 15 years old or younger (9.3%) were twice as likely as those 18 years old or older (4.6%) to have been threatened or injured at school during the last year.
- ▶ Hispanic students (13.5%) were twice as likely as students of all other ethnic/racial groups to have been threatened or injured at school during the past 12 months. A similar proportion of White (6.9%) and Black (6.6%) students reported such experiences.

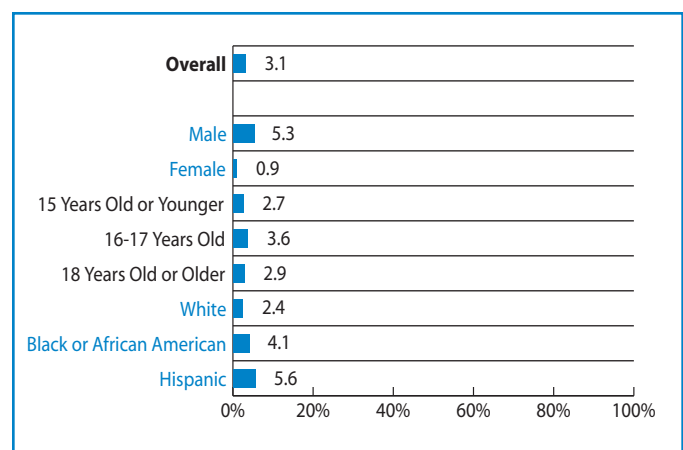
Figure 5.3: NJHS: Involved in At Least One Physical Fight on School Property, Last 12 Months



- ▶ About one in 10 New Jersey high school students (10.1%) reported being involved in at least one physical fight on school property during the past 12 months (Figure 5.3). The vast majority (76.4%) of those who fought on school property had done so only once.
- ▶ Males (14.0%) were twice as likely as females (6.1%) to have been involved in at least one physical fight on school property during the previous year.

- ▶ The likelihood that a student had been in a fight on school property during the past 12 months decreased with age. Students 15 years old or younger (11.7%) were the most likely to have been in a fight on school property, followed by those 16 to 17 years old (9.9%) and 18 years old or older (6.3%). However, among those who had been in at least one fight on school property during the previous year, 16- to 17-year-olds (28.2%) were more likely than both younger (19.8%) and older (19.3%) students to have been in more than one fight.
- ▶ Hispanic (15.5%) and Black (14.6%) students were much more likely than White (7.6%) students to have been involved in at least one physical fight on school property during the last 12 months. In contrast, White students reported more frequent fighting on school property than both Black and Hispanic students. Among those who had been in at least one fight on school property during the past year, 12.7% of White students were involved in more than five fights. No Black or Hispanic students reported being in more than five fights on school property during the past year.

Figure 5.4: NJHS: Carried Any Weapon on School Property, One or More Times, Last 30 Days



- ▶ Overall, 3.1% of New Jersey high school students carried a weapon, such as a gun, knife, or club on school property during the previous month (Figure 5.4).

Among those who did carry a weapon, more than one-fourth (27.2%) did so on six or more of the previous 30 days.

- ▶ Males (5.3%) were almost six times more likely than females (0.9%) to report having carried a weapon on school property at least once during the past month. However, among those who had carried a weapon, the proportion of males (27.6%) who did so on six or more of the previous 30 days was similar to that for females (25.1%).
- ▶ Students 16 to 17 years old (3.6%) were slightly more likely than both younger (2.7%) and older students (2.9%) to report having carried a weapon to school at least once during the past month. Among students who had carried a weapon, those 18 years of age or older (44.2%) were much more likely than both 16- to 17-year-olds (24.3%) and those 15 years old and younger (25.1%) to have done so on six or more of the previous 30 days.
- ▶ Although Hispanic students (5.6%) were more likely than both White (2.4%) and Black (4.1%) students to report having carried a weapon on school property at least once, they were less likely to have done so on six or more of the previous 30 days. Among those who carried weapons, only 14.6% of Hispanic students reported doing so on six or more of the previous 30 days, as compared to 22.5% of White students and 49.8% of Black students.

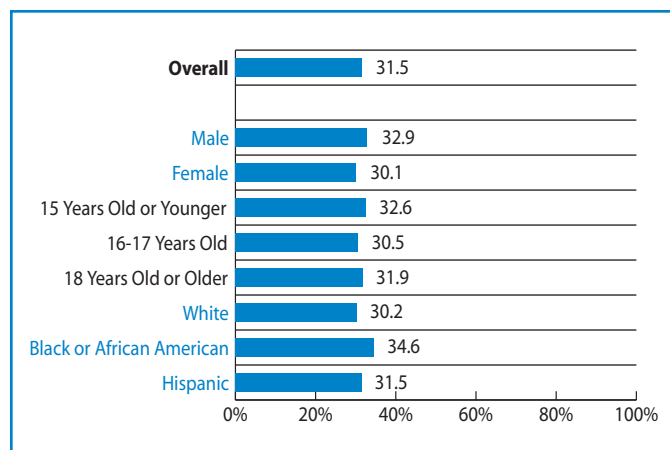
HEALTHY PEOPLE 2010 NATIONAL GOAL

Reduce weapon carrying by adolescents on school property to 4.9%.

2005 NEW JERSEY SHS RESULTS

Meeting the 2010 goal, 3.1% of New Jersey high school students carried a weapon on school property during the previous month.

Figure 5.5: NJHS: Stolen or Damaged Personal Property on School Property, One or More Times, Last 12 Months

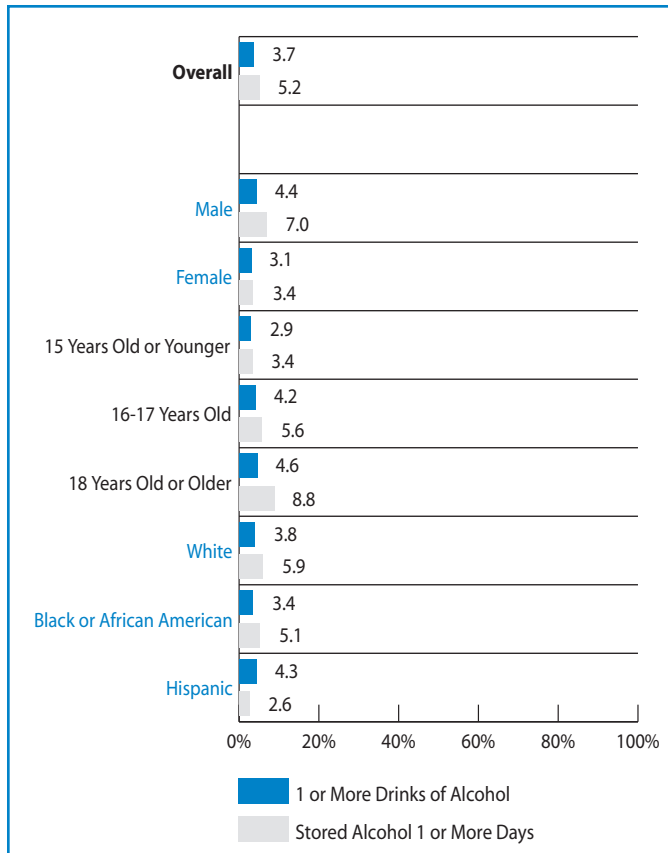


- ▶ Overall, 31.5 percent of New Jersey high school students reported stolen or damaged property, such as car, clothing, or books on school property during the past year (Figure 5.5). Among those who had property stolen or damaged, 44.7% had property stolen or damaged on more than one occasion.
- ▶ Males (32.9%) were slightly more likely than females (30.1%) to report having personal property stolen or damaged at school during the previous year.
- ▶ Black students (34.6%) were slightly more likely than White (30.2%) and Hispanic (31.5%) students to report damaged or stolen personal property while at school.

Substances on School Property

The survey included two questions concerning student use or storage of alcohol on school property.

Figure 5.6: NJHS: Alcohol Use or Storage on School Property, Last 30 Days

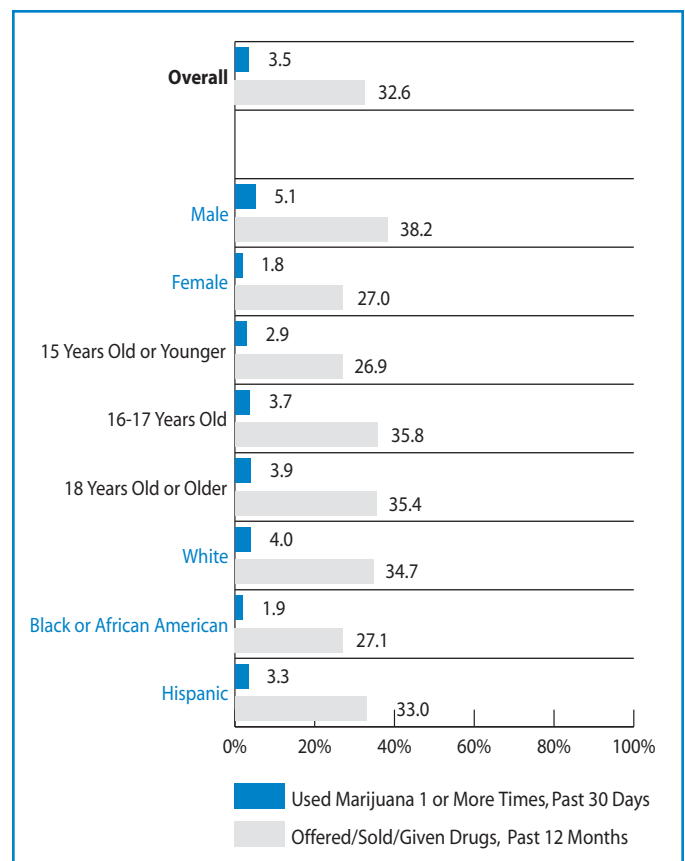


- ▶ Regarding possession and use of alcohol on school property during the past 30 days, a very small percentage (3.7%) of New Jersey high school students had one or more drinks of alcohol on one or more of the previous 30 days while on school property (Figure 5.6). Slightly more students (5.2%) carried or stored alcoholic beverages in a locker, backpack, purse, jacket or car while on school property on one or more days during this period.
- ▶ Males were more likely than females to report consuming (4.4% vs. 3.1%, respectively) and storing (7.0%

vs. 3.4%, respectively) alcohol on school property during the past month.

- ▶ Older students were more likely than younger students to report consuming and storing alcohol on school property during the past month.
- ▶ Hispanic students were most likely to report consuming alcohol (4.3%), but least likely to report storing alcohol (2.6%) on school property during the previous month.

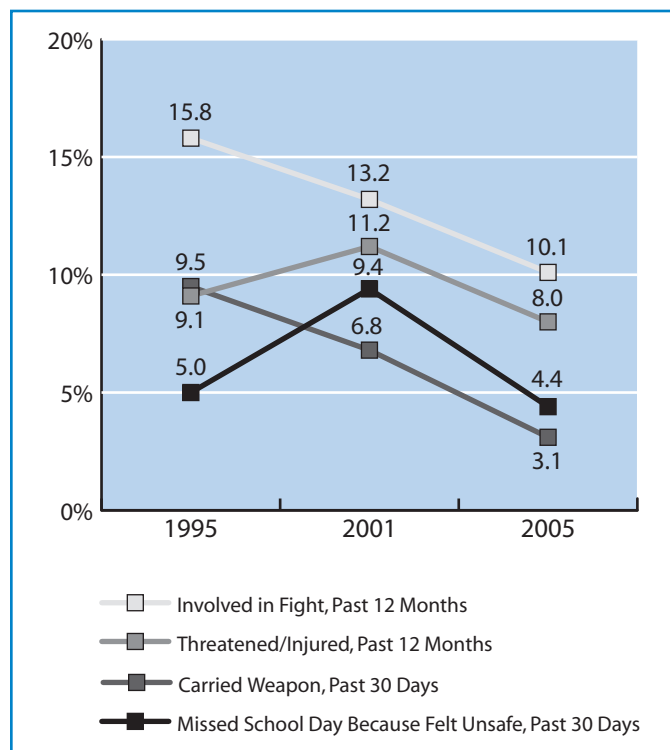
Figure 5.7: NJHS: Illicit Drugs on School Property



- ▶ A small number of New Jersey high school students (3.5%) used marijuana at least once on school property during the previous month, while almost one-third of students (32.6%) were offered, sold, or given illegal drugs on school property during the past year (Figure 5.7).

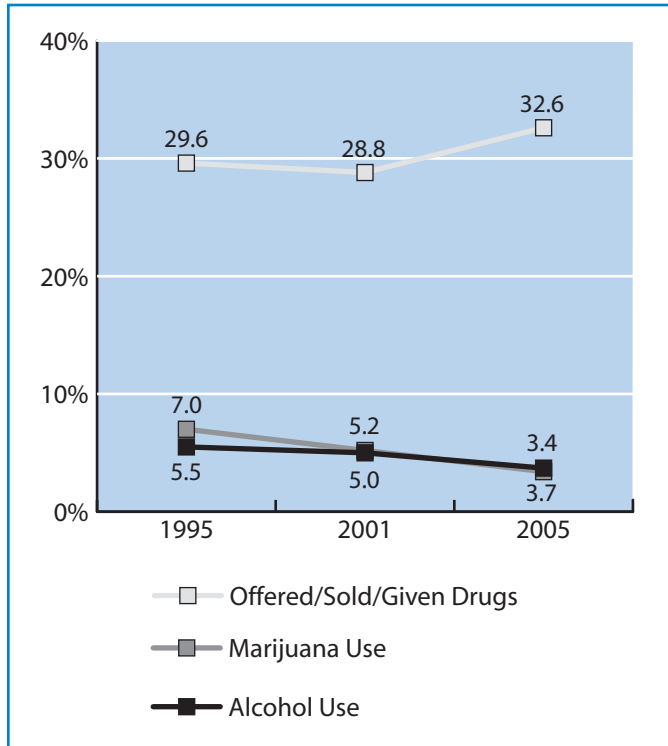
- ▶ Males (5.1%) were more likely than females (1.8%) to have used marijuana on school property during the past 30 days. They were also more likely to have been offered, sold, or given an illegal drug on school property during the past year (38.2% vs. 27.0%, respectively).
- ▶ Older students were more likely than younger students to have used marijuana and to have been offered, sold, or given illegal drugs on school property. Students 16 to 17 years old were equally as likely as those 18 years old or older to have used marijuana on school property during the previous month (3.7% and 3.9%, respectively) and to have been offered, sold, or given drugs during the past year (35.8% and 35.4%, respectively). Fewer students 15 years old or younger used marijuana on school property (2.9%) and were offered, sold, or given illegal drugs on school property (26.9%).
- ▶ White students were more likely than students of other racial/ethnic backgrounds to have used marijuana on school property during the past month (4.0%) and to have been offered, sold, or given illegal drugs on school property during the past year (34.7%).

Figures 5.8: NJHS: Trends in Weapons and Violence on School Property: 1995, 2001, and 2005



- ▶ Overall, rates of violence and weapon possession on school property were lower in 2005 than in previous survey years (Figure 5.8). In 2005, the percentage of high school students who did not attend at least one out of the last 30 days of school because they felt unsafe going to or from school dropped to a low of 4.4% from 9.4% in 2001 and 5.0% in 1995. The proportion of students who were involved in fights on school property during the previous 12 months declined steadily across survey years to a low of 10.1% in 2005, from 13.2% in 2001 and 15.8% in 1995. In 2005, 8.0% of students had been threatened or injured on school grounds during the previous year, as compared to 11.2% in 2001 and 9.1% in 1995. The proportion of students who carried a weapon on school property during the previous month declined steadily to a low of 3.1% in 2005, from 6.8% in 2001 and 9.5% in 1995.

Figures 5.9: NJHS: Trends in Substance Use on School Property: 1995, 2001, and 2005



- ▶ Regarding the use of substances on school property, the use of alcohol decreased across survey years, from 5.5% in 1995 to 5.0% in 2001 to 3.7% in 2005 (Figure 5.9). Marijuana use also decreased across survey years, from 7.0% in 1995 to 5.2% in 2001 to 3.4% in 2005. However, the percentage of students who were offered, sold, or given an illegal drug on school property during the previous year increased to a high of 32.6% in 2005, from 28.8% in 2001 and 29.6% in 1995.

Chapter 6: High School Student Sexual Behaviors, Pregnancy, and HIV/AIDS

These questions measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, condom use, contraceptive use, and whether high school students received HIV prevention education. Age at first intercourse and number of sexual partners is associated with increased risk for unwanted pregnancy and other sexually transmitted diseases, including HIV infection.⁵⁶ Gonorrhea rates are highest among females between the ages of 15 and 19 (715.8 cases per 100,000 females) and males between the ages of 20 and 24 (589.7 cases per 100,000 males).⁵⁷ Through 2002, 13% of persons diagnosed with HIV/AIDS were 13-24 years old at diagnosis.⁵⁸ The percentage of high school students who ever had sexual intercourse decreased significantly from 54% in 1991 to 47% in 2003, while condom use among currently sexually active students increased significantly from 46% in 1991 to 63% in 2003.⁵⁹ In 2000, 73% of senior high schools taught HIV prevention education in a required health education course.⁶⁰

⁵⁶Abma JC, Sonenstein FL. Sexual activity and contraception practices among teenagers in the United States, 1988 and 1995. *Vital Health Statistics Series* 2001; 23:1-26.

⁵⁷Centers for Disease Control and Prevention. 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. 2002.

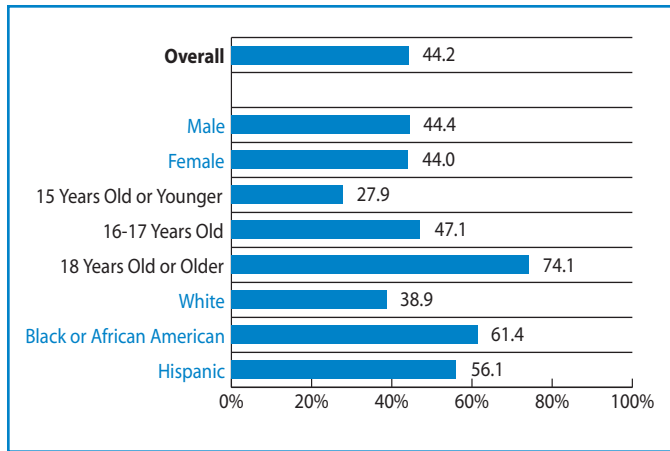
⁵⁸Centers for Disease Control and Prevention. Cases of HIV infection and AIDS cases, 2002. *Surveillance Report* 2002; 14:1-40.

⁵⁹Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

⁶⁰Kann L, Brener ND, Allensworth DD. Health Education: Results from the School Health Policies and Programs Study 2000. *Journal of School Health* 2001; 71(7):266-278.

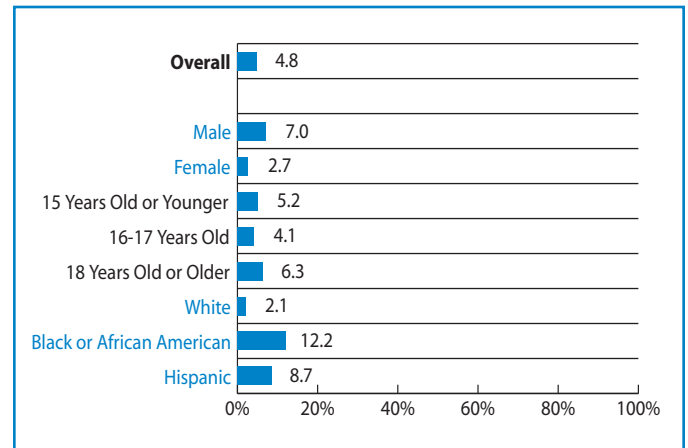


Figure 6.1: NJHS: Sexual Intercourse in Lifetime

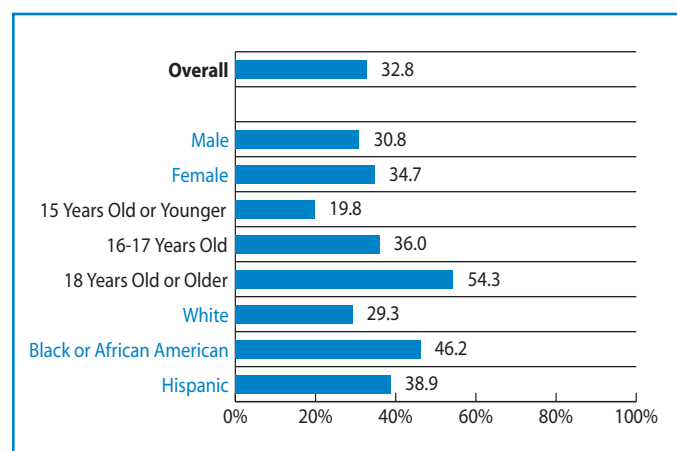


- ▶ Overall, 44.2 percent of New Jersey high school students had sexual intercourse in their lifetime (Figure 6.1).
- ▶ Males (44.4%) were equally as likely as females (44.0%) to have had sexual intercourse.
- ▶ The likelihood that students had sexual intercourse increased with age. Almost three-fourths of students 18 years old or older (74.1%) had ever had intercourse, as compared to 47.1% of 16- to 17-year-olds and 27.9% of those 15 years old and younger.
- ▶ Black (61.4%) and Hispanic (56.1%) students were much more likely than White (38.9%) students to have had sexual intercourse.

Figure 6.2: NJHS: First Sexual Intercourse Before Age 13



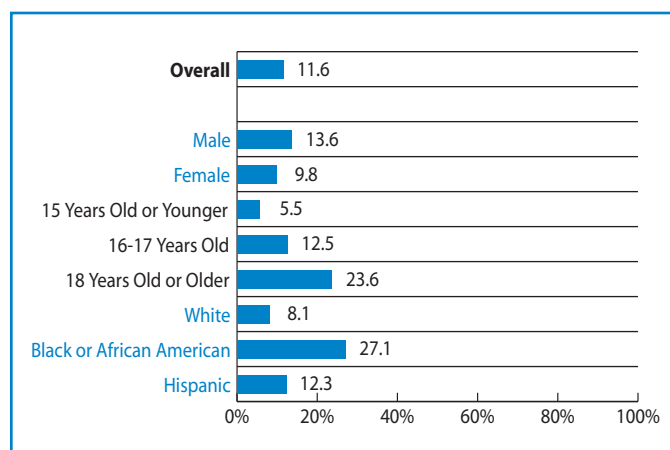
- ▶ Overall, 4.8 percent of New Jersey high school students had sexual intercourse for the first time before the age of 13 (Figure 6.2).
- ▶ While Figure 6.1 shows that males were equally as likely as females to have had sexual intercourse, males were more than twice as likely to have had it for the first time before the age of 13 (7.0% vs. 2.7%, respectively).
- ▶ Students 16 to 17 years old (4.1%) were less likely than both younger (5.2%) and older (6.3%) students to report having intercourse for the first time before the age of 13.
- ▶ Black (12.2%) and Hispanic (8.7%) students were much more likely than White (2.1%) students to have had sexual intercourse for the first time before the age of 13.

Figure 6.3: NJHS: One or More Sexual Partners, Past Three Months

- ▶ While more than four in 10 New Jersey high school students (44.2%) reported having had sexual intercourse in their lifetime, one in three (32.8%) had sexual intercourse during the past three months (Figure 6.3). Among those who had sex during the past three months, the vast majority (79.7%) had sex with one partner, leaving about one in five students (20.3%) who had multiple sexual partners.
- ▶ Females (34.7%) were slightly more likely than males (30.8%) to have had sex within the last three months. Among those who had sex during the past three months, males (26.1%) were much more likely than females (15.3%) to report having multiple sexual partners during the past three months.
- ▶ The likelihood of having sex during the past three months increased with age. More than one-half of students 18 or older (54.3%) had sex during the past three months. This figure dropped to 36.0% among 16- to 17-year-olds and 19.8% among those 15 or younger. Older students were also more likely to have had multiple partners in this period than were younger students. Among sexually active students, those 18 and older (40.9%) and 16 to 17 years old (41.1%) were

equally likely to have had multiple sexual partners. This number dropped notably among students 15 years of age and younger (16.4%).

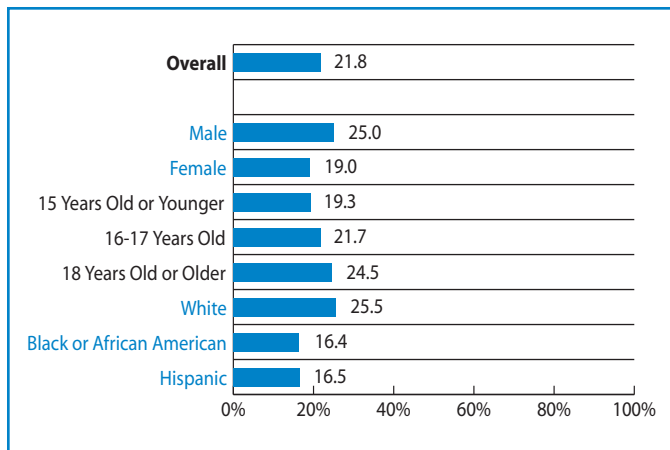
- ▶ Black (46.2%) students were more likely than Hispanic (38.9%) and White (29.3%) students to have engaged in sexual intercourse during the past three months. Among students who had engaged in sexual intercourse during the previous three months, Black students (32.4%) were more likely than Hispanic (17.6%) and White students (16.3%) to have had multiple partners.

Figure 6.4: NJHS: Four or More Sexual Partners in Lifetime

- ▶ Overall, 17.4 percent of New Jersey high school students had only one sexual partner in their lifetime and another 15.6 percent had two or three partners. Slightly more than one in 10 students (11.6%) had four or more sexual partners in their lifetime (Figure 6.4). Among those who had ever had sex, slightly more than one-fourth (26.1%) reported having four or more partners in their lifetime.
- ▶ Males (13.6%) were more likely to have had four or more partners in their lifetime than were females (9.8%).

- ▶ Older students were much more likely than younger students to report multiple sexual partners. Students 18 years old or older (23.6%) were almost twice as likely as 16- to 17-year-olds (12.5%) and four times more likely than those 15 or younger (5.5%) to have had four or more sexual partners in their lifetime.
- ▶ Black students (27.1%) were twice as likely as Hispanic students (12.3%) students and three times more likely than White (8.1%) students to report having four or more sexual partners in their lifetime.

Figure 6.5: NJHS: Used Alcohol or Drugs Prior to Last Sexual Encounter*



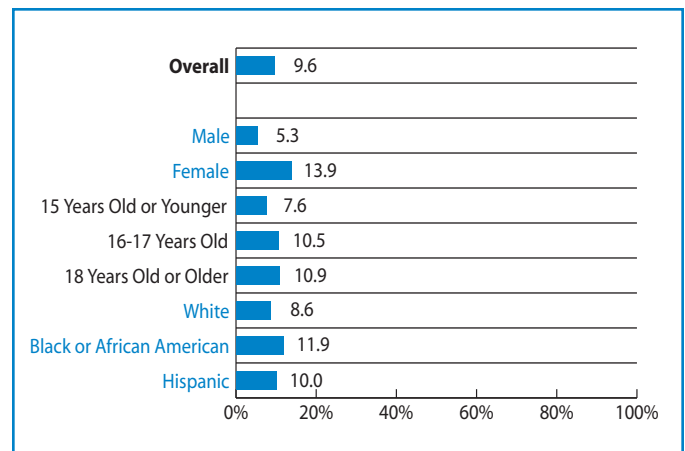
*Among students who have had sexual intercourse in their lifetime.

- ▶ Among students who have had sex at least once, about one in five (21.8%) reported that they used drugs or alcohol prior to their last sexual encounter (Figure 6.5).
- ▶ A greater proportion of males (25.0%) than females (19.0%) reported using alcohol or drugs when last having sex.
- ▶ The likelihood of substance use prior to having sex increased with age. About one-fourth (24.5%) of stu-

dents 18 and over reported using alcohol or drugs prior to their last sexual encounter, as compared to 19.3% of those 15 or younger.

- ▶ White students (25.5%) were more likely than students of all other racial/ethnic backgrounds to report the use of alcohol or drugs prior to their last sexual encounter.

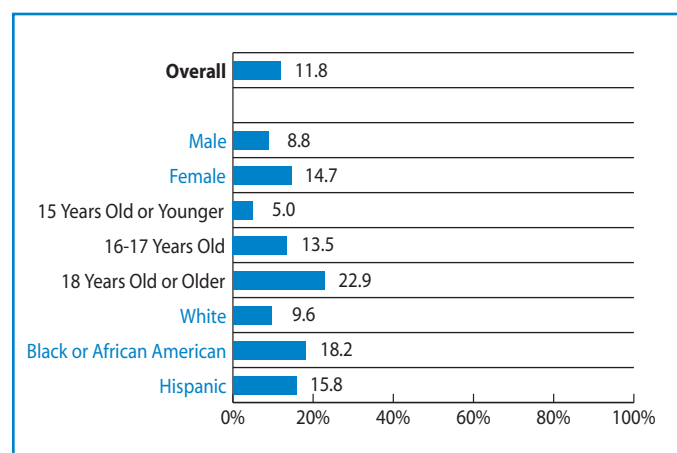
Figure 6.6: NJHS: Had Sexual Contact Against Your Will, In Lifetime



- ▶ Approximately one in 10 New Jersey high school students (9.6%) reported that they have been sexually violated, i.e., someone has had sexual contact with them against their will (Figure 6.6). Among those who had experienced such incidents, 31.9 percent reported that at least one incident occurred within the past 12 months.
- ▶ Females (13.9%) were more than twice as likely as males (5.3%) to have ever been sexually violated. Among those who had been sexually violated, females (34.4%) were more likely than males (25.7%) to have had at least one such experience within the past 12 months.

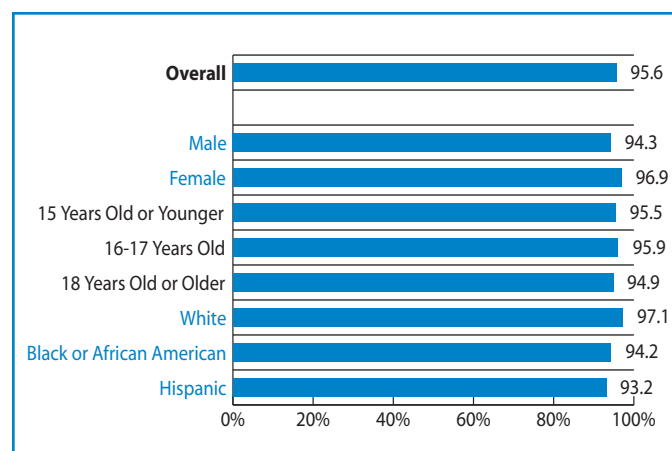
- ▶ Overall, the likelihood of unwanted sexual contact increased with age. Among students 18 years of age or older, 10.9% had experienced sexual contact against their will, as compared to 7.6% of those 15 years old and younger. Younger students were more likely than older students to have recently experienced unwanted sexual contact. Among those who had experienced unwanted sexual contact, more than forty percent (43.0%) of those 15 years of age or younger had at least one such experience within the past 12 months, as compared to 30.6% of 16- to 17-year-olds and 19.2% of those 18 or older.
- ▶ Black students (11.9%) were most likely and White students (8.6%) least likely to have experienced sexual contact against their will. Among those who had been sexually violated, Black students (73.8%) were more likely than White (45.7%) and Hispanic (44.8%) students to have had at least one such experience within the past 12 months.
- ▶ Females (14.7%) were more likely than males (8.8%) to have ever been tested for HIV, other STDs, or both.
- ▶ The likelihood of having been tested for STDs increased notably with age. Students 18 years old or older (22.9%) were over four times more likely than those 15 or younger (5.0%) to have ever been tested for any sexually transmitted diseases.
- ▶ Black (18.2%) and Hispanic (15.8%) students were more likely than White (9.6%) students to have reported being tested for any sexually transmitted diseases.

Figure 6.7: NJHS: Ever Been Tested for HIV, Other STD, or Both



- ▶ Slightly more than one in 10 high school students (11.8%) have ever been tested for HIV, another sexually transmitted disease (STD), or both (Figure 6.7). Among those who have been tested, the majority (64.2%) were tested for both HIV and STDs.

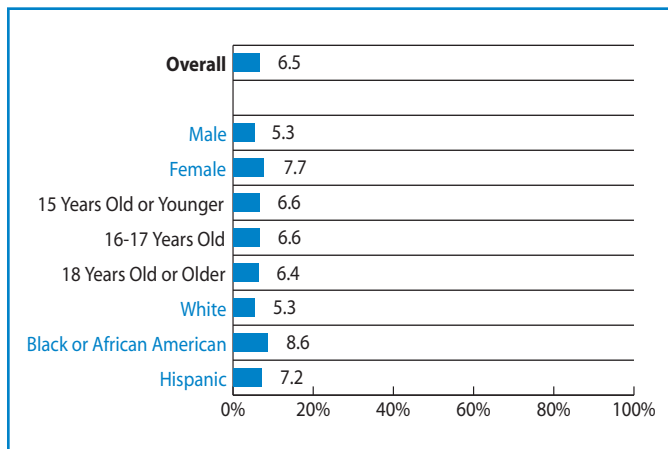
Figure 6.8: NJHS: Had HIV/AIDS Education in School



- ▶ The vast majority of New Jersey high school students (95.6%) reported that they have been taught about AIDS or HIV in school (Figure 6.8), leaving a very small percentage who reported that either their parents did not want them to participate in such classes (0.7%), that they had missed class on those days (0.3%), or that the teacher skipped lessons devoted to HIV/AIDS (0.7%). Close to two-thirds of those who had received HIV/AIDS education reported receiving such education during the current academic year.

Contraceptives and Pregnancy

Figure 6.9: NJHS: No Birth Control Method, Last Sexual Encounter*

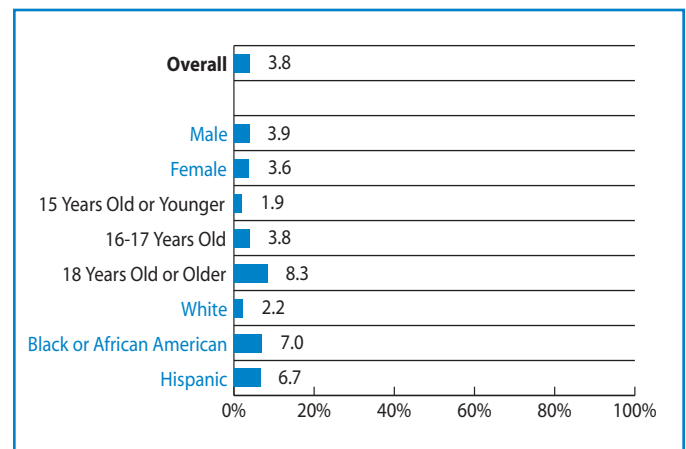


*Among students who have had sexual intercourse in their lifetime.

- ▶ The vast majority of New Jersey high school students who had ever had sexual intercourse (93.5%) reported that they used some form of birth control the last time they had sex (Figure 6.9). Sexually active students were asked which birth control method they used the *last* time they had sexual intercourse. Among these students, condoms (66.3%) were the primary method of birth control. Birth control pills (12.9%) were the second most popular method. About one in five used either no method of birth control (6.5%) during their last sexual encounter, the uncertain withdrawal method (10.0%), some other method (2.5%), or were not sure (0.7%). (For this analysis, use of “some other method” is classified as inadequate protection because use of other effective methods such as the diaphragm and intrauterine device is low among teens.)⁶¹
- ▶ Females (7.7%) were more likely than males (5.3%) to report that they did not use any form of birth control the last time they had sex.
- ▶ There were no notable age differences regarding recent use of birth control.

- ▶ White students (5.3%) were less likely than students of all other racial/ethnic backgrounds to report that they did not use some form of birth control last time they had sex.

Figure 6.10: NJHS: Ever Pregnant or Caused a Pregnancy

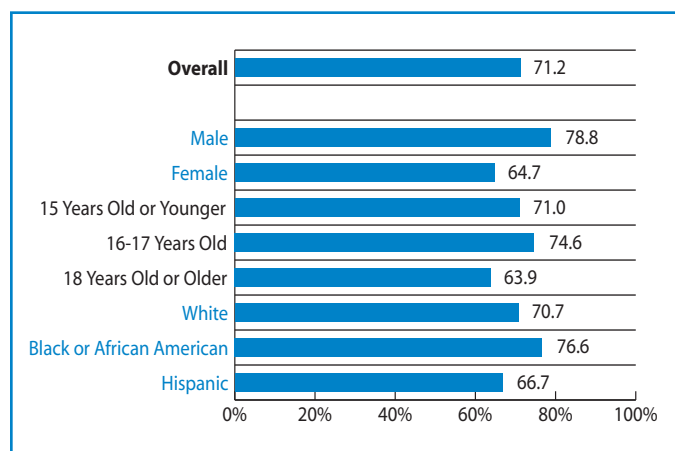


- ▶ About four percent (3.8%) of students indicated that they had been pregnant or had caused someone to become pregnant (Figure 6.10). Among those who had been pregnant or had caused a pregnancy, more than one in four reported having this experience two or more times (28.9%).
- ▶ The likelihood of pregnancy increased with age. Students 18 years of age or older (8.3%) were twice as likely as 16- to 17-year-olds (3.8%) and four times more likely than those 15 or younger (1.9%) to have ever been pregnant or caused a pregnancy.
- ▶ Black (7.0%) and Hispanic (6.7%) students were more likely than White (2.2%) students to have become pregnant or caused a pregnancy at least once.

⁶¹J Trussel, D Kowal. *The Essentials of Contraception in Contraceptive Technology*, Seventeenth Revised Edition. Ardent Media Inc., New York. 1998.

Risk of Sexually Acquired Infection

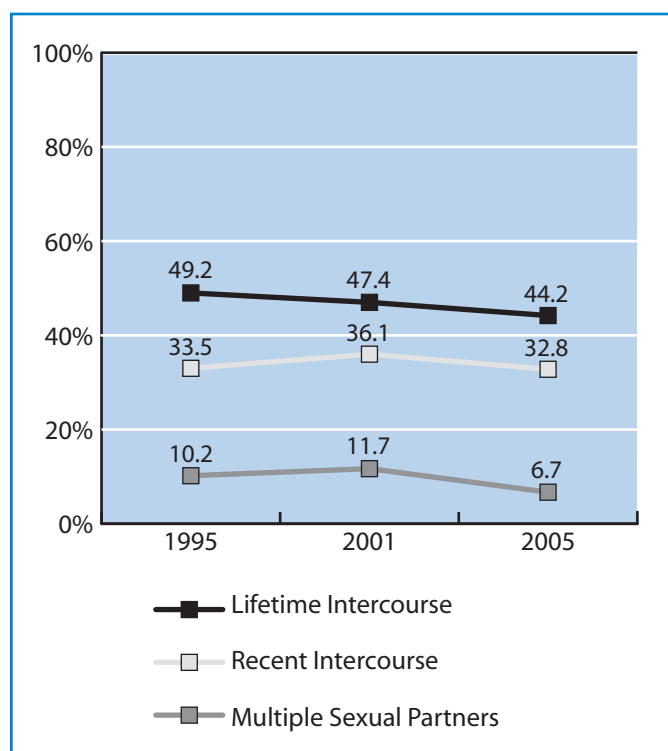
Figure 6.11: NJHS: Used Condom, Last Sexual Encounter*



*Among students who have had sexual intercourse in the last three months.

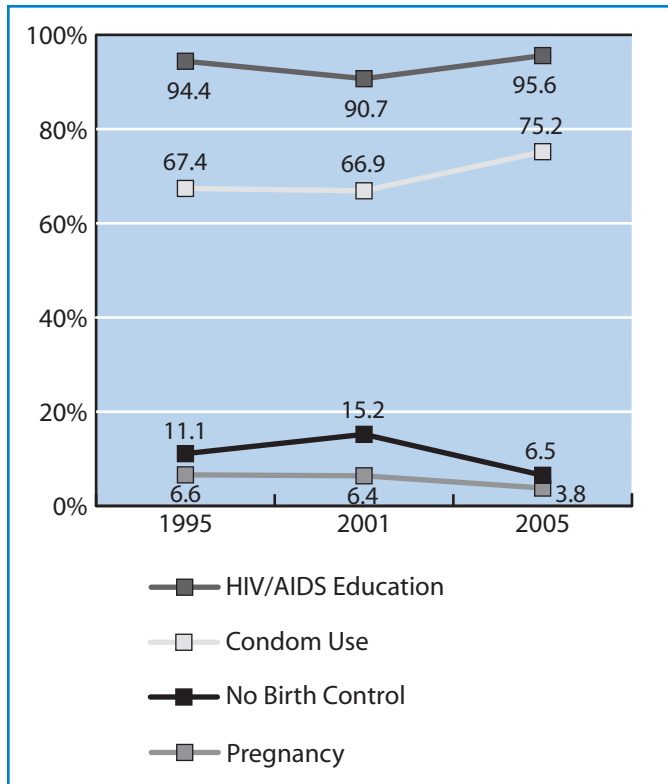
- ▶ Regardless of what birth control method they primarily depended on during their last sexual encounter, students were also asked whether they or their partner used a condom the last time (Figure 6.11). The vast majority of sexually active students – those who have had sex in the last three months (71.2%) – reported that they, or their partner, used a condom during their last sexual encounter.
- ▶ Males (78.8%) were more likely than females (64.7%) to report condom use during their last sexual encounter.
- ▶ Students 16 to 17 years old (74.6%) were most likely and those 18 or older (63.9%) least likely to report that they used a condom the last time they had sex.
- ▶ Black students (76.6%) were more likely than students of all other racial/ethnic backgrounds to have used a condom the last time they had sex.

Figure 6.12: NJHS: Trends in Sexual Behaviors: 1995, 2001, and 2005



- ▶ The percentage of New Jersey high school students who had sexual intercourse in their lifetime decreased to 44.2% in 2005 from 47.4% in 2001 and 49.2% in 1995 (Figure 6.12). The number of students who had intercourse during the past three months was lower in 2005 (32.8%) than in 2001 (36.1%), but was equal to that in 1995 (33.5%). Students were less likely to report having had multiple sexual partners in the past three months in 2005 (6.7%) than in both 2001 and 1995 (11.7% and 10.2%, respectively).

Figure 6.13: NJHS: Trends in Birth Control, Pregnancy, and HIV/AIDS: 1995, 2001, and 2005



HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active to 95%.

2005 NEW JERSEY SHS RESULTS

New Jersey high school students abstained from sexual intercourse (55.8%) and used condoms during their last sexual encounter (75.2%) at rates much lower than the 2010 national goal. A total of 89.0% of New Jersey high school students either have not had sex in their lifetime or they or their partner used a condom during their last sexual encounter.

- ▶ The percentage of students who reported using any form of birth control and condoms in particular increased across survey years (Figure 6.13). Fewer students in 2005 (6.5%) than in 2001 (15.2%) and 1995 (11.1%) reported that they used no form of birth control when they last had sex. In 2005, slightly more than three quarters (75.2%) students reported using a condom the last time they had sexual intercourse, up from two thirds of students (66.9%) in 2001 and 1995 (67.4%). The percentage of New Jersey high school students who reported becoming pregnant, or causing a pregnancy, decreased to 3.8% in 2005, from 6.4% in 2001 and 6.6% in 1995. Finally, the percentage of students who had been taught about AIDS or HIV infection in school reached a high of 95.6% from 90.7% in 2001 and 94.4% 1995.

Chapter 7:

High School Student 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; reduces feelings of depression and anxiety; and promotes psychological well-being.⁶² Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁶³ 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.⁶⁴ School physical education classes can increase adolescent participation in moderate to vigorous physical activity^{65;66;67} and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁶⁸ The percentage of high school students enrolled in physical education class did not change significantly from 1991 – 2003 (49% vs 56%, respectively).⁶⁹ Television viewing is the principal sedentary leisure time behavior in the U.S. and television viewing in young people is related to obesity.^{70;71}

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

⁶²U.S. Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General. 1996. Atlanta, GA, Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion.

⁶³U.S. Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General. 1996. Atlanta, GA, Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion.

⁶⁴Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

⁶⁵McKenzie TL, Nader PR, Strikemiller PK, Yang M, Stone EJ, Perry CL et al. School physical education: Effect of the Child and Adolescent Trial for Cardiovascular Health. *Preventive Medicine* 1996; 25:423-31.

⁶⁶McKenzie TL, Li DL, Derby CA, Webber LS, Luepker RV, Cribb P. Maintenance of effects of the CATCH Physical Education Program: Results from the CATCH-ON Study. *Health Education & Behavior* 2003; 30(4):447-462.

⁶⁷Sallis J, McKeziem TL, Alcaraz J, Kolody B, Faucette N, Hovell M. The effects of a 2-year physical education program (SPARK) on physical activity and fitness in elementary school students. *American Journal of Public Health* 1997; 87:1328-1334.

⁶⁸Centers for Disease Control and Prevention. Guidelines for school and community programs to promote lifelong physical activity among young people. *Morbidity and Mortality Weekly Report* 1997; 46(RR-6):1-36.

⁶⁹Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

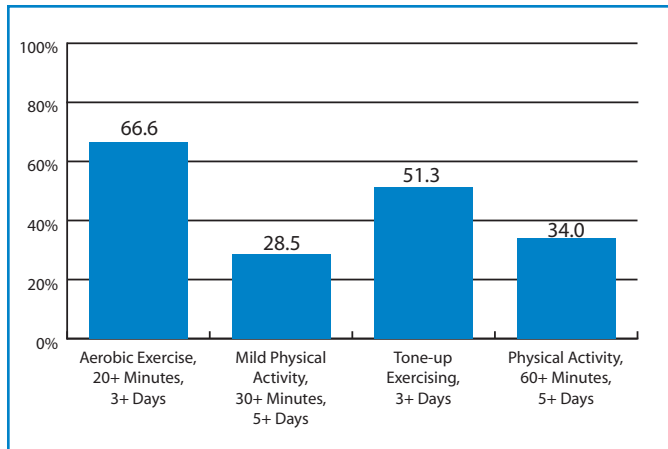
⁷⁰Crespo CJ, Smith E, Troian RP, Bartlett SJ, Macera CA, Anderson RE. Television watching, energy intake, and obesity in US children. *Archives of Pediatric and Adolescent Medicine* 2001; 155:360-365.

⁷¹Kaur H, Choi WS, Mayo MS, Harris KJ. Duration of television watching is associated with increased body mass index. *Journal of Pediatrics* 2003; 143(4):506-511.



Physical Fitness

Figure 7.1: NJHS: Comparison of Exercise Practices



- ▶ Overall, two-thirds of New Jersey high school students (66.6%) performed *aerobic exercise* – that is they spent three or more of the past seven 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 (Figure 7.1). Fewer students (28.5%) participated in *mild physical activity* – that is they spent five or more of the past seven days engaging in at least 30 minutes of 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. About half of high school students (51.3%) did *tone-up exercising* – that is they spent three or more of the past seven days doing exercises to strengthen or tone their muscles, such as push-ups, sit-ups or weightlifting. Slightly more than one-third (34.0%) participated in some *physical activity* – that is stayed physically active for at least 60 minutes or more during an activity that increased their heart rate and made them breathe hard some of the time on five or more of the previous seven days.
- ▶ Males were more likely than females to engage in *aerobic exercise* on three or more days (73.7% vs. 59.5%), *mild physical activity* on five or more days (32.1% vs. 24.8%), *tone-up exercising* on three or more days (58.4% vs. 44.2%), and *physical activity* five or more days (39.8% vs. 28.3%).
- ▶ The amount of exercising generally decreased with progression of age whether considering aerobic or toning exercise. About seven in 10 students 15 or younger (69.5%) engaged in *aerobic exercise* on at least three of the past seven days. This figure dropped slightly among 16- to 17-year-olds (65.0%) and those 18 or older (63.6%). As compared to almost three in 10 of both 16- to 17-year-olds (28.8%) and those 15 or younger (29.2%), less than one in four students 18 or older (24.1%) engaged in *mild physical activity* on at least five of the past seven days. Students 15 years old or younger were more likely than older students to engage in *tone-up exercising* on at least three of the past seven days (55.2%). This figure was 48.9% among the 16- to 17-year-olds and 49.1% for those 18 and older. Students 15 years old or younger were also more likely than older students to engage in *physical activity* on at least five of the previous seven days (38.8%). This figure was 31.8% among the 16- to 17-year-olds and 29.0% for those 18 and older.
- ▶ White students were more likely than Black and Hispanic students to have engaged in *aerobic exercise* (70.1% vs. 61.3% and 60.7%, respectively), *tone-up exercising* (53.2% vs. 48.9% and 48.3%, respectively), and *physical activity* (36.1% vs. 31.0% and 30.2%, respectively). Black students (26.0%) were less likely than White (29.6%) and Hispanic (29.0%) students to have engaged in *mild physical activity*.

HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on five or more of the previous seven days to 35%.

2005 NEW JERSEY SHS RESULTS

Fewer students than the 2010 objective specifies (28.5%) engaged in 30 minutes of moderate aerobic exercise on five or more of the previous seven days.

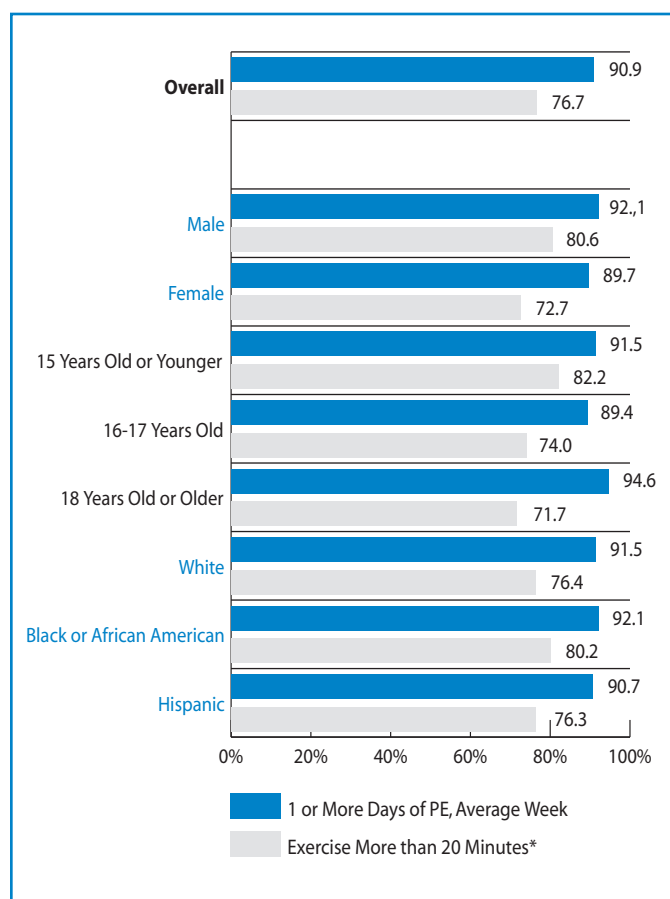
HEALTHY PEOPLE 2010 NATIONAL GOAL

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

2005 NEW JERSEY SHS RESULTS

Two-thirds of all New Jersey high school students (66.6%) engaged in 20 minutes of vigorous aerobic exercise on three or more of the previous seven days, falling short of the objective. Males (73.7%), students 15 years old and younger (69.5%), and Whites (70.1%) were the groups most likely to report vigorous exercise.

Figure 7.2: NJHS: Physical Education (PE) Classes and Exercise



*Among students who were enrolled in PE classes

- ▶ The vast majority of New Jersey high school students (90.9%) took a physical education (PE) class on one or more days of an average school week (Figure 7.2). Among students who took PE, more than three-fourths (76.7%) actually exercised or played sports more than 20 minutes during an average PE class.
- ▶ Males were more likely than females to take a PE class on one or more days (92.1% vs. 89.7%, respectively) and to actually exercise during the PE class (80.6% vs. 72.7%, respectively).

- ▶ While students 18 years old or older were most likely to take a PE class on at least one day of an average school week (94.6%), they were least likely to actually exercise or play sports during their PE classes (71.7%).
- ▶ Black (92.1%) and White (91.5%) students were slightly more likely than Hispanic (90.7%) students to take PE on at least one day during an average school week. Among students who took PE classes, Black students (80.2%) were more likely than both White (76.4%) and Hispanic (76.3%) students to actually exercise or play sports during their PE classes.

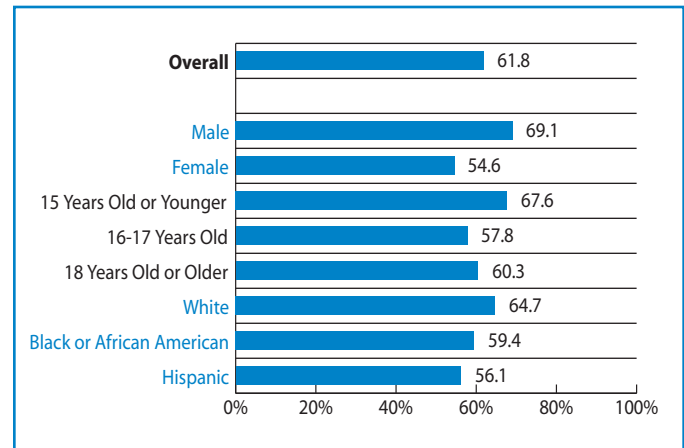
HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who participate in daily school physical education to 50%.

2005 NEW JERSEY SHS RESULTS

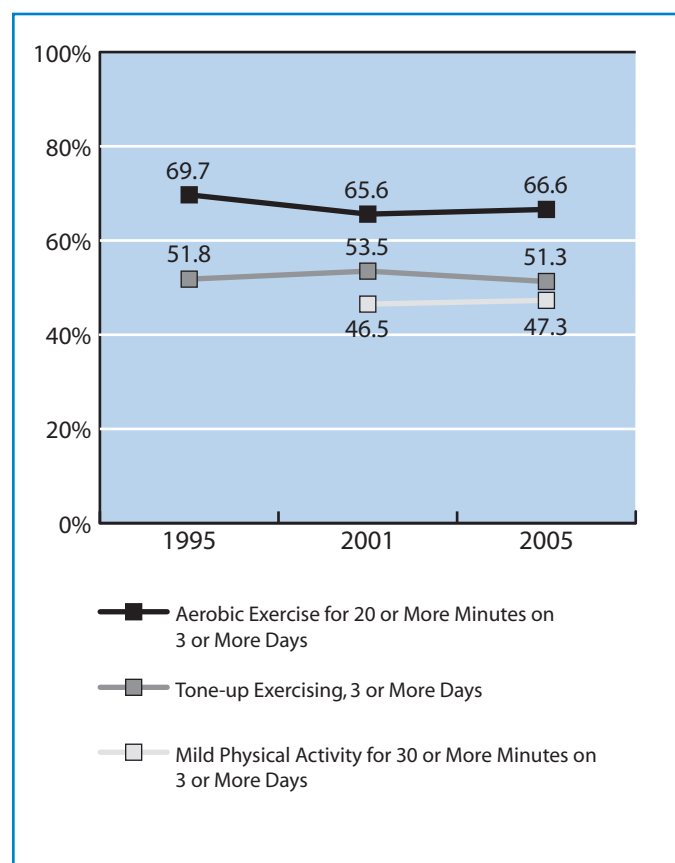
Meeting the 2010 objective, 60.7% of New Jersey high school students attended daily physical education classes.

Figure 7.3: NJHS: Participation on One or More Sports Teams, Past 12 Months



- ▶ Overall, about six in 10 New Jersey high school students (61.8%) played on one or more sports teams during the previous 12 months (Figure 7.3).
- ▶ Males (69.1%) were more likely than females (54.6%) to have played on one or more sports teams during the previous year.
- ▶ Students 15 years old or younger (67.6%) were more likely than 16 to 17 years olds (57.8%) and those 18 or older (60.3%) to report having played on at least one sports team during past 12 months.
- ▶ White students (64.7%) were most likely to have played on a sports team during the previous year, followed by Black (59.4%) and Hispanic (56.1%) students.

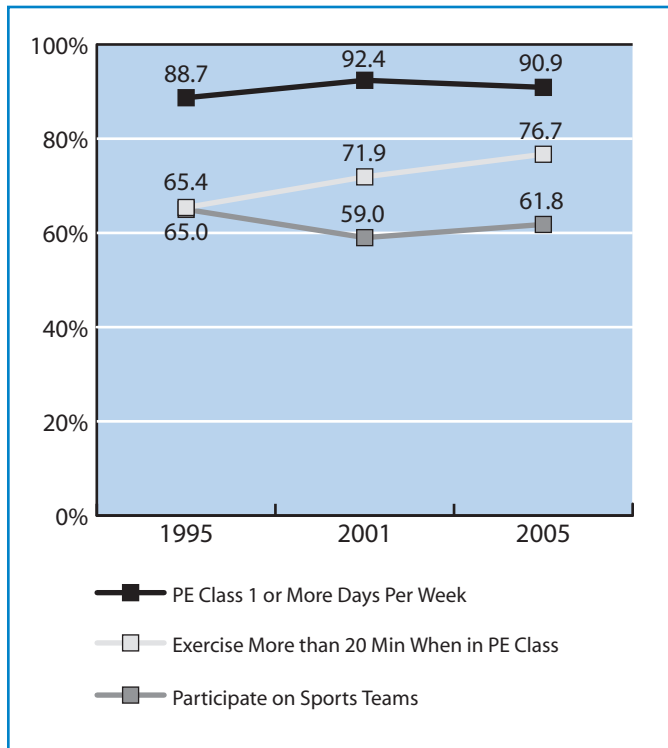
Figure 7.4: NJHS: Trends in Physical Activity: 1995, 2001, and 2005



- New Jersey high school students were equally likely to engage in *aerobic exercise* for 20 or more minutes on three or more days per week in 2005 (66.6%) and 2001 (65.6%) (Figure 7.4). This figure was at a high of 69.7% in 1995. A relatively equal percentage of students engaged in *mild physical activity* for 30 or more minutes on three or more days per week in 2005 (47.3%) and 2001 (46.5%)⁷². About the same percentage of students engaged in *tone-up exercising* three or more days per week (51.3% in 2005 vs. 53.5% in 2001 vs. 51.8% in 1995).

⁷²Some exercise questions were asked differently in 1995 than in later years: (a) *aerobic exercise*: “On how many days in the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?” (1995); “On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?” (2001;2005) (b) *mild physical activity*: “On how many days in the past 7 did you do stretching exercises, such as toe touching, knee bending, or leg stretching?” (1995); “On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?” (2001;2005).

Figure 7.5: NJHS: Trends in Physical Education and Sports Participation: 1995, 2001, and 2005



HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who spend at least half of school physical education class time being physically active to 50%.

2005 NEW JERSEY SHS RESULTS

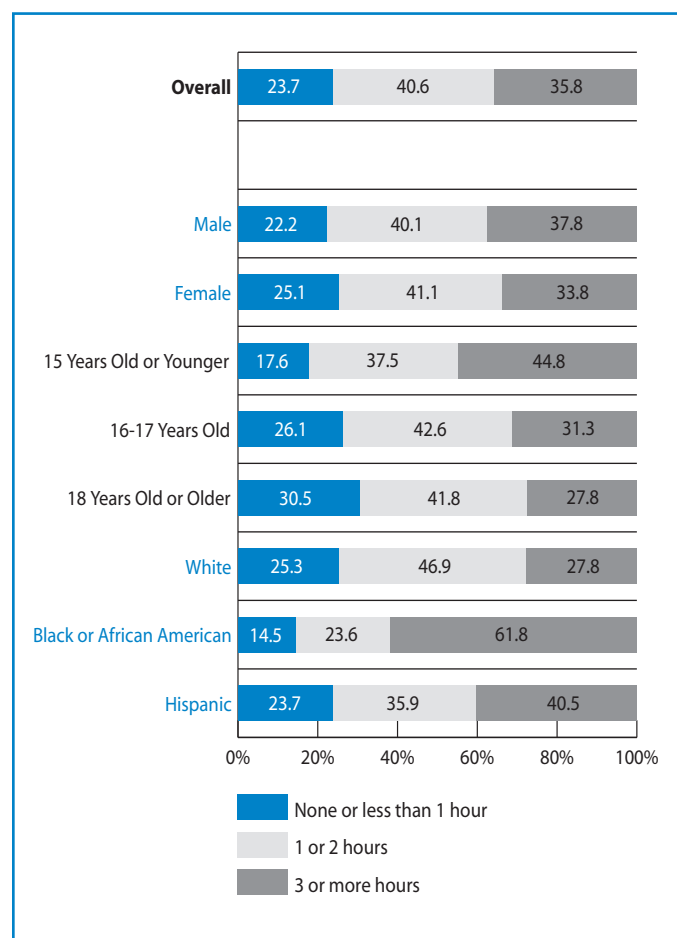
More than three-fourths of New Jersey high school students who took physical education (76.7%) reported that they spent more than 20 minutes being physically active in their PE classes.

- ▶ Although slightly fewer New Jersey students took Physical Education classes at least one day a week in 2005 (90.9%) than in 2001 (92.4%), they were more likely to actually exercise for more than 20 minutes when in a PE class (76.7% vs. 71.9%, respectively) (Figure 7.5). More high school students reported playing on sport teams in 1995 (65.0%) than in 2001 (59.0%) and 2005⁷³ (61.8%).

⁷³In 2001 and 2005 the question was asked as: “During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)” This question was asked as two separate questions in 1995: “During the past 12 months, on how many sports teams run by your school, did you play (Do not include PE classes.)”; “During the past 12 months, on how many sports teams run by organizations outside of your school, did you play?”

Watching Television

Figure 7.6: NJHS: Three or More Hours of Television Viewing, Average School Day



- Overall, more than one-third of New Jersey high school students (35.8%) watched three or more hours of television on an average school day (Figure 7.6). Only 7.5 percent of students reported watching no television on an average school day.

- Females generally watched fewer hours of TV on an average school day than males. Males (37.8%) were more likely than females (33.8%) to watch three or more hours of TV per average school day.
- Number of hours spent watching television tended to decrease with age. Students 15 years old or younger (44.8%) were more likely than 16- to 17-year-olds (31.3%) and those 18 or older (27.8%) to watch three or more hours of television on an average school day.
- Black students (61.8%) were most likely and White students (27.8%) least likely to report watching three or more hours of TV on an average school day.

HEALTHY PEOPLE 2010 NATIONAL GOAL

Increase the proportion of adolescents who view television two or fewer hours on an average school day to 75%.

2005 NEW JERSEY SHS RESULTS

Six in 10 New Jersey high school students (64.2%) viewed television two or fewer hours per day, falling short of the objective.

Chapter 8: High School Student Health and Dietary Patterns

Weight and Dieting

These questions measure self-reported height and weight, self-perception of body weight status, and specific weight control behaviors. Data on self-reported height and weight can be used to calculate body mass index and provide a proxy measure of whether high school students are overweight. Although overweight prevalence estimates derived from self-reported data are likely to be low,^{74,75} 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.⁷⁶ Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, 66% of adults were either overweight or obese and 16% of adolescents aged 12-19 years were overweight. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980.⁷⁷ Approximately 400,000 deaths a year in the U.S. are currently associated with overweight and obesity and, left unabated, overweight and obesity may soon overtake tobacco as the leading cause of death.⁷⁸ Overweight or obesity acquired during childhood or adolescence may persist into adulthood.⁷⁹ In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁸⁰ Studies have shown high rates of body dissatisfaction and dieting among adolescent females, with many engaging in un-

healthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.^{81,82} It is estimated that as many as seven to eight percent of females in the U.S. suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.⁸³

⁷⁴Brener 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* 2003; 32:281-287.

⁷⁵Goodman E, Hinden BR. Accuracy of teen and parental reports of obesity and body mass index. *Pediatrics* 2000; 106:52-8.

⁷⁶Galuska DA, Serdula M, Pamuk E, Siegel PZ, Byers T. Trends in overweight among US adults from 1987 to 1993: a multistate telephone survey. *American Journal of Public Health* 1996; 86:1729-1735.

⁷⁷Hedley AA, Ogden CL, Johnson CL, Carroll MD, Curtin LR, Flegal KM. Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. *Journal of the American Medical Association* 2004; 291(23):2847-2850.

⁷⁸Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual causes of death in the United States. *Journal of the American Medical Association* 2004; 291(10):1238-1245.

⁷⁹Wright CM, Parker L, Lamont D, Craft AW. Implications of childhood obesity for adult health: findings from thousand families cohort study. *British Medical Journal* 2001; 323:1280-1284.

⁸⁰Dietz WH. Health consequences of obesity in youth: Childhood predictors of adult disease. *Pediatrics* 1998; 101:518-252.

⁸¹Neumark-Sztainer D, Hannan PJ. Weight-related behaviors among adolescent girls and boys. *Archives of Pediatric and Adolescent Medicine* 2000; 154:569-577.

⁸²Neumark-Sztainer D, Story M, Hannan PJ, Perry CL, Irving LM. Weight-related concerns and behaviors among overweight and nonoverweight adolescents: Implications for preventing weight-related disorders. *Archives of Pediatric and Adolescent Medicine* 2002; 156(2):1-21.

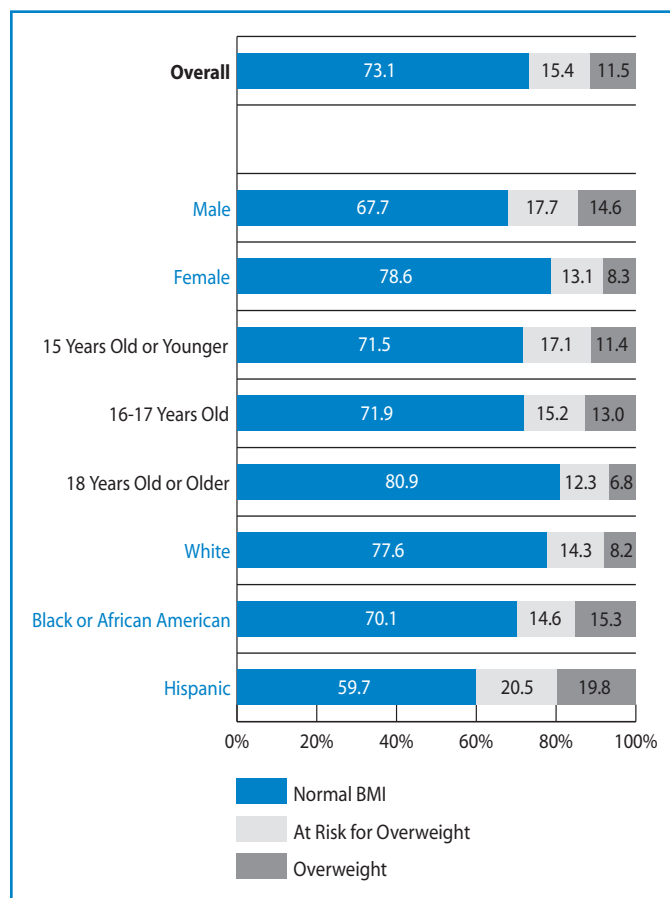
⁸³American Psychiatric Association. Practice guideline for the treatment of patients with eating disorders (revision). *American Journal of Psychiatry* 2004; 154(1):1-39.

Body Mass Index

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

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

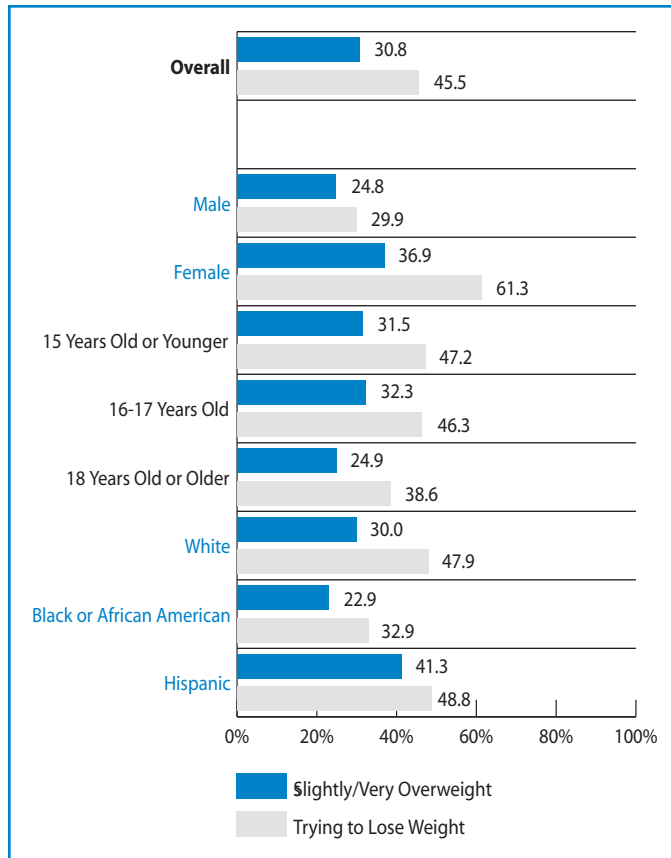
Figure 8.1: NJHS: Student Body Mass Index (BMI)



- ▶ Overall, more than a quarter of New Jersey high school students (26.9%) have a Body Mass Index (BMI) that would classify them as either overweight (11.5%) or at risk for being overweight (15.4%) (Figure 8.1).
- ▶ Males were more likely than females to be classified as both overweight (14.6% vs. 8.3%) and at risk for being overweight (17.7% vs. 13.1%).
- ▶ Students 18 years of age or older (80.9%) were more likely than younger students to have a normal BMI. Students 15 or younger (28.5%) and 16- to 17-year-olds (28.2%) were equally likely to be classified as either overweight or at risk for being overweight.

- ▶ Hispanic students (40.3%) were most likely and White students (22.5%) least likely to be classified as either overweight or at risk of being overweight.

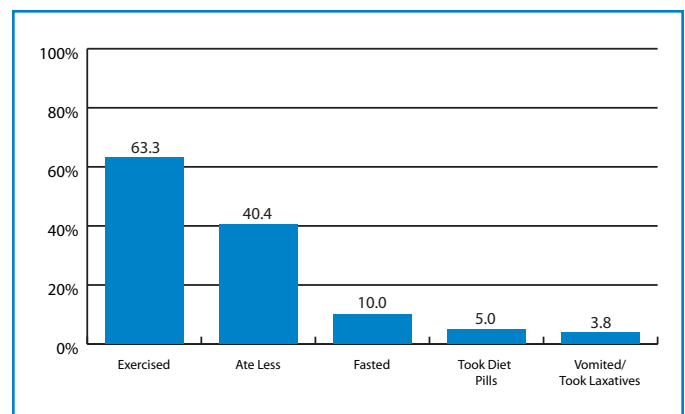
Figure 8.2: NJHS: Self-Perception of Weight



- ▶ About three in 10 New Jersey high school students described themselves as either slightly (27.4%) or very overweight (3.4%) and more than four in 10 (45.5%) reported that they were trying to lose weight (Figure 8.2).
- ▶ Although males were more likely than females to be overweight or at risk of being overweight (Figure 8.1), females (36.9%) were more likely than males (24.8%) to perceive themselves as slightly or very overweight. In addition, females (61.3%) were more than twice as likely as males (29.9%) to report that they were trying to lose weight.

- ▶ Older students were less likely than younger students to perceive themselves as slightly or very overweight (24.9%). They were also less likely to be trying to lose weight (38.6%).
- ▶ Black students (22.9%) were least likely and Hispanic students (41.3%) most likely to perceive themselves as being overweight. Consistent with this finding, Black students (32.9%) were least likely and Hispanic students (48.8%) most likely to be trying to lose weight.

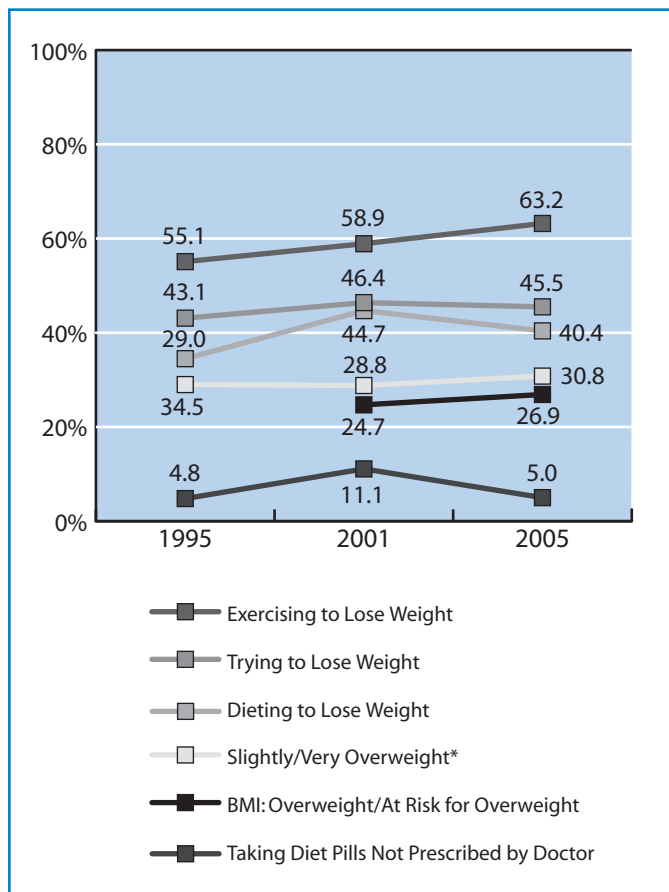
Figure 8.3: NJHS: Behaviors to Lose Weight, Past 30 Days



- ▶ Overall, exercise (63.3%) and eating less (40.4%) were the primary methods used by New Jersey high school students to lose weight or keep from gaining weight (Figure 8.3). However, a small percentage of students engaged in risky weight control behaviors such as fasting (10.0%) and using diet pills, powders, or liquids (5.0%). Another 3.8 percent used laxatives or vomiting to try to control their weight.
- ▶ Females were more likely than males to use all methods of weight control. Females were about twice as likely as males to use the three most dangerous forms of weight control: fasting (13.2% versus 6.9%); using diet pills, powders, and liquids (6.7% versus 3.3%); and using laxatives or vomiting (5.7% versus 2.0%).

- ▶ Black students were less likely than students of all other racial/ethnic backgrounds to report that they had exercised (56.8%) or eaten less (31.7%) during the previous month in order to lose weight. Fasting to control weight was more common among Black (10.6%) and White (10.2%) students, use of diet pills was more common among Hispanic (5.8%) and White (5.3%) students, and use of laxatives or vomiting was more common among White students (4.3%).

Figure 8.4: NJHS: Trends in Weight and Weight Control: 1995, 2001, and 2005



*Self-description

- ▶ Slightly more New Jersey high school students were classified as having a body mass index that was overweight or at risk for being overweight in 2005 (26.9%)

as in 2001 (24.7%) (Figure 8.4). Similarly, somewhat more students described themselves as slightly or very overweight in 2005 (30.8%) as in 2001 (28.8%).

- ▶ New Jersey high school students were equally likely to be trying to lose weight in 2005 (45.5%) and 2001 (46.4%). This figure was slightly lower in 1995 (43.1%). Students were more likely to report using exercise as a means for losing weight in 2005 (63.2%) than in 2001 (58.9%) and 1995 (55.1%). The percentage of students that were either dieting to lose weight or using diet pills, powders, and liquids that were not prescribed by a doctor decreased in 2005 from levels in 2001. In 2005, 40.4% of students were dieting, as compared to 44.7% in 2001⁸⁴. The number of students taking diet pills in 2005 (5.0%) was similar to 1995 (4.8%) after spiking to 11.1% in 2001⁸⁵.

⁸⁴In 2001 and 2005 the question was asked as: "During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?" In 1995, it was: "During the past 30 days, did you diet to lose weight or to keep from gaining weight?"

⁸⁵In 2001 and 2005 the question was asked as: "During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)" In 1995, it was: "During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?"

Dietary Habits

These questions measure food choices. Six of the questions address fruit and vegetable consumption, and one addresses milk consumption. The fruit and vegetable questions are similar to questions asked of adults on CDC's Behavioral Risk Factor Survey.⁸⁶ Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer.^{87;88;89;90;91;92} Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of overweight.^{93;94;95} In 2003, only 24% of male high school students and 20% of female high school students met the minimum average daily goal of at least five servings per day of vegetables and fruits.⁹⁶ Milk is by far the largest single source of calcium for high school students.⁹⁷ Only 55% of females aged 14 – 18 years old consumed the recommended daily amount of calcium (1300mg/day) with the average intake of calcium for girls in this age group being 713 mg/day.⁹⁸ Calcium is essential for the forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.^{99;100}

⁸⁶Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Questionnaire. 2003. Atlanta, GA, U.S. Department of Health and Human Services; Centers for Disease Control and Prevention.

⁸⁷Key T, Schatzkin A, Willet WC, Allen NE, Spencer EA, Travis RC. Diet, nutrition, and the prevention of cancer. *Public Health Nutrition* 2004; 7(1A):187-200.

⁸⁸National Cancer Institute. 5 A Day for Better Health Program. NIH Publication 01-5019. 2001.

⁸⁹Ness AR, Powles JW. Fruits and vegetables and cardiovascular disease: A review. *International Journal of Epidemiology* 1997; 26(1):1-13.

⁹⁰Terry P, Terry JB, Wolk A. Fruit and vegetable consumption in the prevention of cancer: An update. *Journal of Internal Medicine* 2001; 250(4):280-290.

⁹¹U.S. Department of Agriculture, Agricultural Research Service. Unpublished data from the 1994-1996 Continuing Survey of Food Intakes by Individuals. 1998.

⁹²Van Duyn MA, Pivonka E. Overview of the health benefits of fruit and vegetable consumption for the dietetics professional: selected literature. *Journal of the American Dieticians Association* 2000; 100(2):1511-1521.

⁹³Epstein LH, Gordy CC, Raynor HA, Beddome M, Kilanowski CK, Paluch R. Increasing fruit and vegetable intake and decreasing fat and sugar intake in families at risk for childhood obesity. *Obesity Research* 2004; 9(3):171-178.

⁹⁴Lin B, Morrison RM. Higher fruit consumption linked with lower body mass index. *Food Review* 2004; 25(3):28-32.

⁹⁵Rolls BJ, Ello-Martin JA, Tohill BC. What can intervention studies tell us about the relationship between fruit and vegetable consumption and weight management. *Nutrition Reviews* 2004; 62(1):17.

⁹⁶Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

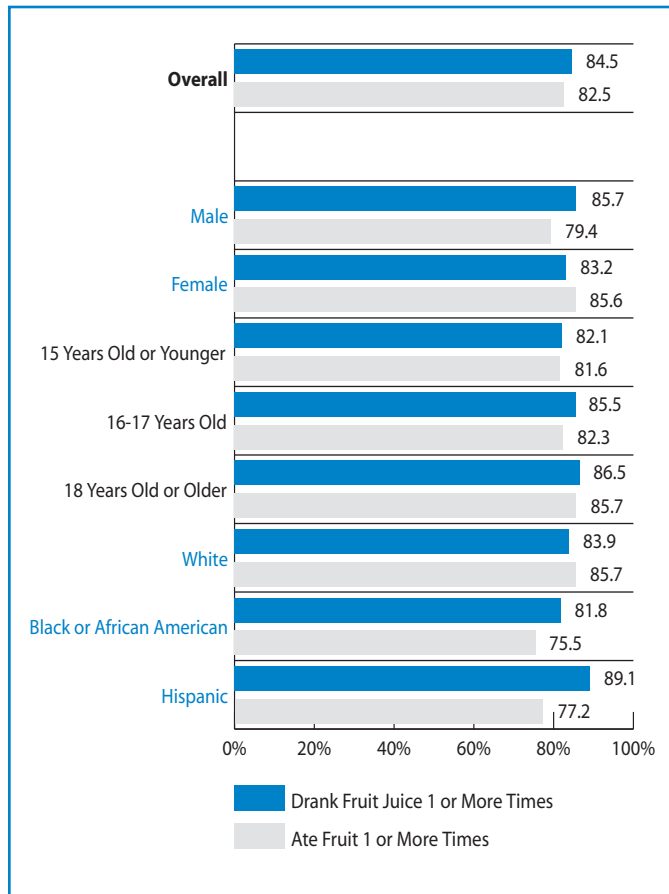
⁹⁷Weaver CM, Peacock M, Johnston CC. Adolescent nutrition in the prevention of postmenopausal osteoporosis. *Journal of Clinical Endocrinology and Metabolism* 1999; 84(6):1839-1843.

⁹⁸Smiciklas-Wright H, Mitchell DC, Mickle SJ, Cook AJ, Goldman JD. Foods commonly eaten in the United States: quantities consumed per eating occasion and in a day, 1994-1996. 2002. U.S. Department of Agriculture.

⁹⁹U.S. Department of Agriculture, Agricultural Research Service. Unpublished data from the 1994-1996 Continuing Survey of Food Intakes by Individuals. 1998.

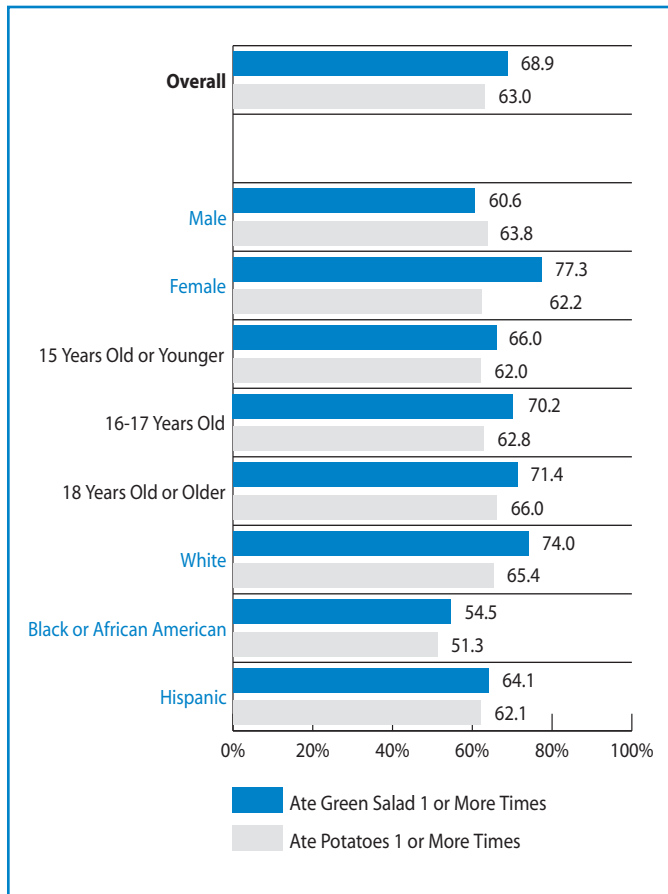
¹⁰⁰NIH Consensus Development on Optimal Calcium Intake. Optimal calcium intake. *Journal of the American Dieticians Association* 1994; 272:1942-1948.

Figure 8.5: NJHS: Fruit Consumption, Past Seven Days



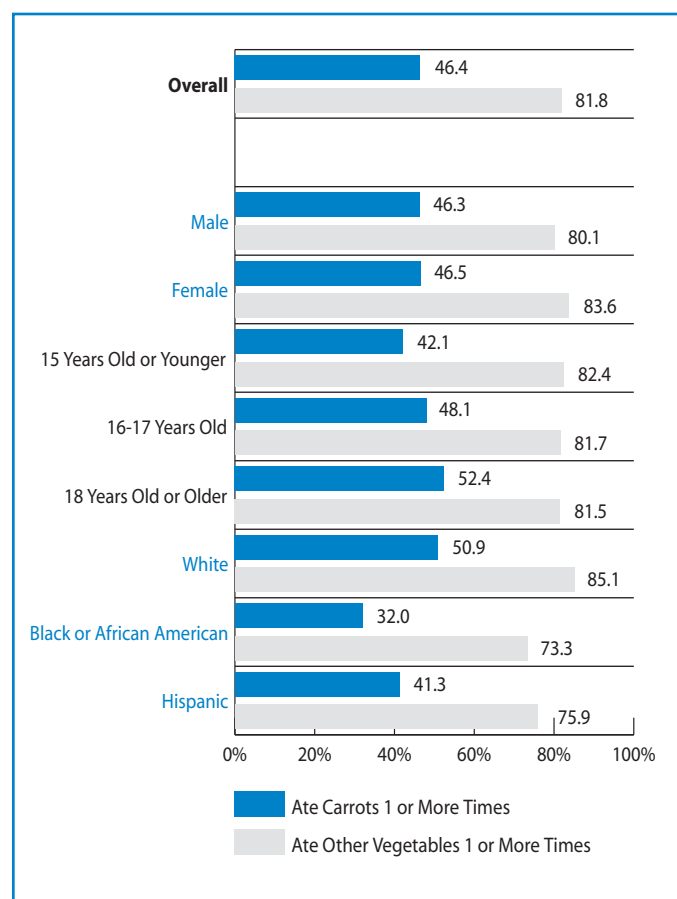
- ▶ Overall, the vast majority of New Jersey high school students drank fruit juice (84.5%) and ate fruit (82.5%) at least once during the past seven days (Figure 8.5). More than a quarter of students (27.1%) drank fruit juice and about one in five (21.9%) ate fruit at least once daily, during the past seven days.
- ▶ While males (85.7%) were slightly more likely than females (83.2%) to have consumed fruit juice, females (85.6%) were more likely than males (79.4%) to have eaten fruit at least once during the previous week.
- ▶ Older students were more likely than younger students to have consumed fruit juice and fruit at least once during the previous week. Students 15 years of age or younger were most likely to report that they had not consumed any fruit juice (17.9%) or eaten any fruit during the past seven days (18.4%).
- ▶ Hispanic students (89.1%) were most likely and Black students (81.8%) least likely to have consumed fruit juice at least once during the previous week. White students (85.7%) were most likely and Black students (75.5%) least likely to have eaten fruit at least once during the previous week.

Figure 8.6: NJHS: Vegetable Consumption – Salads and Potatoes, Past Seven Days



- ▶ In the past seven days, three in 10 students (31.1%) did not eat green salad and almost four in 10 (37.0%) did not eat potatoes (Figure 8.6). In addition, few students had one or more servings a day of green salad (12.1%) or potatoes (4.6%) over the past seven days.
- ▶ Females (77.3%) were more likely than males (60.6%) to have eaten at least one green salad during the previous week. Males (63.8%) and females (62.2%) were equally likely to have eaten potatoes at least once during the past seven days.
- ▶ Older students were slightly more likely than younger students to have eaten either a green salad or potatoes at least once during the prior week. Seventy percent of students 18 or older (71.4%) ate a green salad at least once during the previous week, as compared to 66.0% of those 15 years old or younger. Similarly, two-thirds of students 18 or older (66.0%) ate potatoes, as compared to 62.0% of those 15 or younger.
- ▶ Black students were less likely than students of all other racial/ethnic backgrounds to have eaten either a green salad (54.5%) or potatoes (51.3%) at least once during the previous week.

Figure 8.7: NJHS: Vegetable Consumption – Carrots and Other Vegetables, Past Seven Days

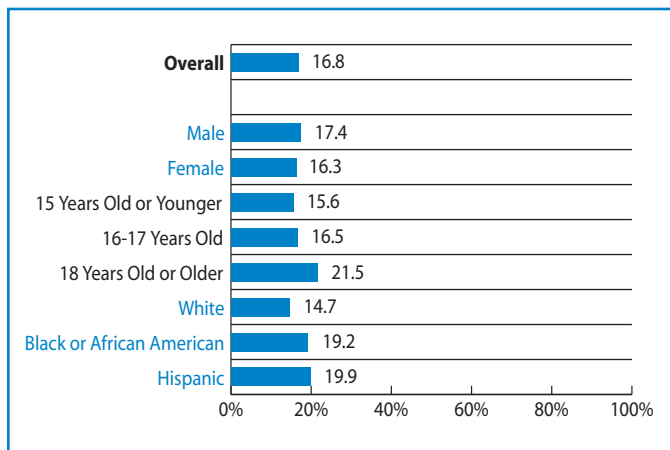


- ▶ Less than one-half of New Jersey high school students ate carrots (46.4%) at least once during the past seven days (Figure 8.7) and very few (5.3%) ate one or more servings of carrots per day. Students were much more likely to have eaten other vegetables (81.8%) at least once during the previous week. One in five students (20.2%) ate at least one serving daily of other vegetables.
- ▶ Males (46.3%) and females (46.5%) were equally likely to have eaten carrots, while females (83.6%) were slightly more likely than males (80.1%) to have eaten other vegetables during the past seven days.
- ▶ Carrot consumption increased slightly with age. Students 15 years of age or younger (42.1%) were slightly less likely than those 16-17 years old (48.1%), and those 18 or older (52.4%), to have eaten carrots at least once during the previous week. The consumption of other vegetables did not vary notably by age.
- ▶ White students were more likely than Black and Hispanic students to have at least one serving of both carrots and other vegetables during the past week.

Fruit and Vegetable Consumption

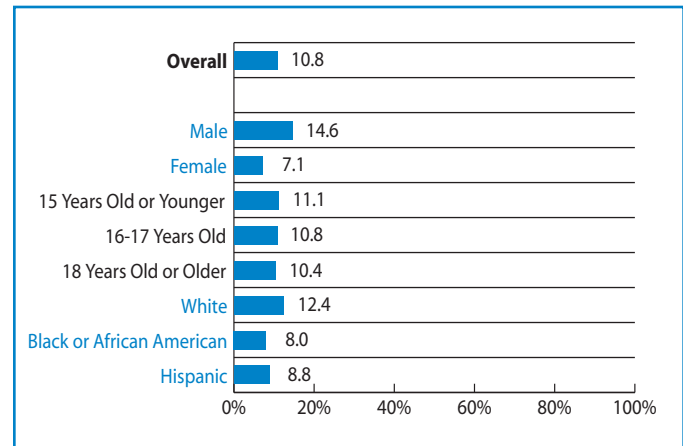
A composite item for fruit and vegetable consumption was created by combining the six questions included in the survey. The composite item was created by averaging the daily intake in the past week so that fruits or vegetables include the following six items: fruits, 100% fruit juices, potatoes, carrots, green salad and other vegetables.

Figure 8.8: NJHS: Combined Fruit and Vegetable Consumption, Five or More Servings Per Day



- ▶ During the past seven days, 16.8% of students consumed five or more servings of fruits and vegetables per day (Figure 8.8).
- ▶ A similar proportion of males (17.4%) and females (16.3%) reported daily consumption of five or more servings of fruits and vegetables.
- ▶ Students 18 years of age or older (21.5%) were more likely than both 16- to 17-year-olds (16.5%) and those 15 and younger (15.6%) to report daily consumption of five or more servings of fruits and vegetables.
- ▶ Black (19.2%) and Hispanic (19.9%) were both more likely than White (14.7%) students to consume five or more servings of fruits and vegetables per day.

Figure 8.9: NJHS: Three or More Glasses of Milk Per Day, Past Seven Days

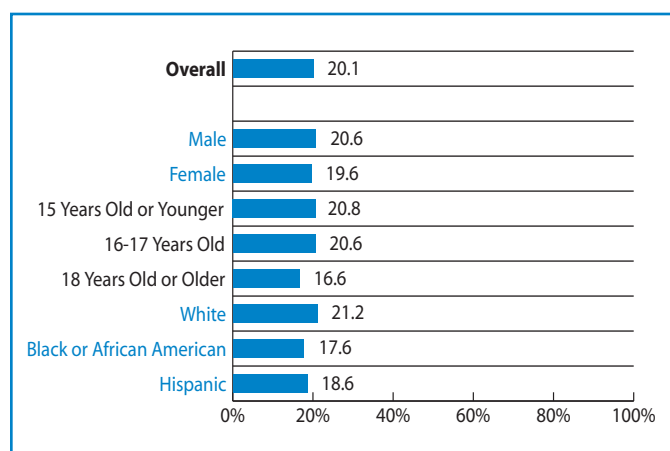


- ▶ Overall, one in five students (20.9%) did not drink any milk and about one in 10 students (10.8%) drank three or more glasses of milk per day during the past week (Figure 8.9).
- ▶ Males (85.2%) were more likely than females (73.0%) to have consumed any milk during the previous week and they were twice as likely as females to have had three or more glasses of milk per day (14.6% vs. 7.1%, respectively).
- ▶ There were no notable differences in milk consumption by age.
- ▶ Hispanic (80.9%) and White (80.0%) students were slightly more likely than Black (74.0%) students to report any milk consumption over the previous week. White students (12.4%) were more likely than students of other racial/ethnic backgrounds to have consumed three or more glasses of milk per day during the past seven days.

Health Conditions and Dental Care

In 2001, 6.3 million (9%) U.S. children had asthma as diagnosed by a health professional. In addition, children made 4.6 million visits to doctors' offices and hospital outpatient departments, made 728,000 visits to hospital emergency departments, and had 214,000 hospitalizations due to asthma.¹⁰¹ An estimated 14 million lost school days are attributed to asthma among school-aged children.¹⁰² The impact of illness and death due to asthma is disproportionately higher among low-income populations, racial and ethnic minorities, and children in inner cities than in the general population.¹⁰³

Figure 8.10: NJHS: Doctor or Nurse Confirmed Asthma

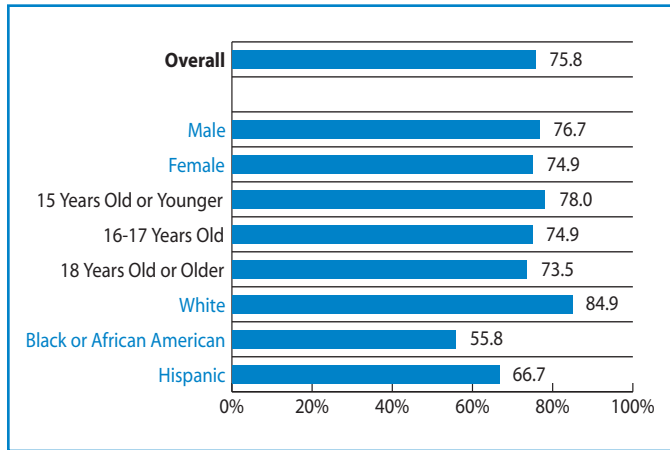


- ▶ Students were asked whether a doctor or nurse has ever told them that they have asthma. Overall, one in five New Jersey high school students (20.1%) have been diagnosed with asthma (Figure 8.10).
- ▶ Similar proportions of males (20.6%) and females (19.6%) reported having been diagnosed with asthma.
- ▶ Students 18 years old or older (16.6%) were least likely to have been diagnosed with asthma. Students 16 to 17 years old (20.6%) and those 15 or younger (20.8%) were equally likely to have asthma.
- ▶ White students (21.2%) were more likely than Hispanic (18.6%) and Black (17.6%) students to have been diagnosed with asthma.

¹⁰¹Centers for Disease Control and Prevention. Surveillance for asthma - United States, 1980-1999. *Morbidity and Mortality Weekly Report* 2002; 51(SS-1):1-13.

¹⁰²National Center for Health Statistics. Asthma prevalence, health-care use and mortality, 2000-2001. 2003; [On-line] Available: www.cdc.gov/nchs/products/pubs/hestats/asthma/asthma.htm

¹⁰³National Center for Health Statistics. Asthma prevalence, health-care use and mortality, 2000-2001. 2003; [On-line] Available: www.cdc.gov/nchs/products/pubs/hestats/asthma/asthma.htm

Figure 8.11: NJHS: Dental Check-Up, Past 12 Months

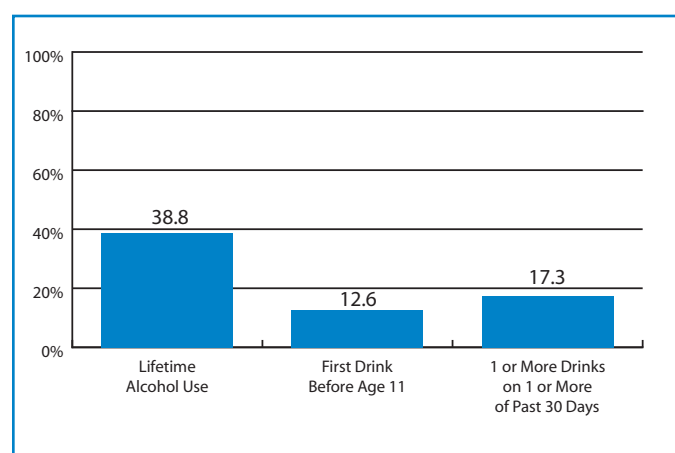
- ▶ About three quarters of New Jersey high school students (75.8%) had been to a dentist for a check-up, exam, cleaning, or other dental work within the past 12 months (Figure 8.11). Another 11.5% of students had been for a dental check-up, but it was between one and two years ago. More than one in 10 students have either never been to a dentist for a check-up (1.6%), don't remember when they last went (6.4%) or last went to the dentist more than two years ago (4.8%).

- ▶ Females (74.9%) were slightly less likely than males (76.7%) to have had a dental check-up within the previous 12 months.
- ▶ Students 15 years old or younger (78.0%) were more likely than older students to have had a dental check-up within the past year.
- ▶ Among racial/ethnic groups, White students (84.9%) were most likely and Black students (55.8%) least likely to have been to the dentist for a check-up within the past year.

Chapter 9: Middle School Student Health Survey

Alcohol and Other Drug Use

Figure 9.1: NJMS: Alcohol Use

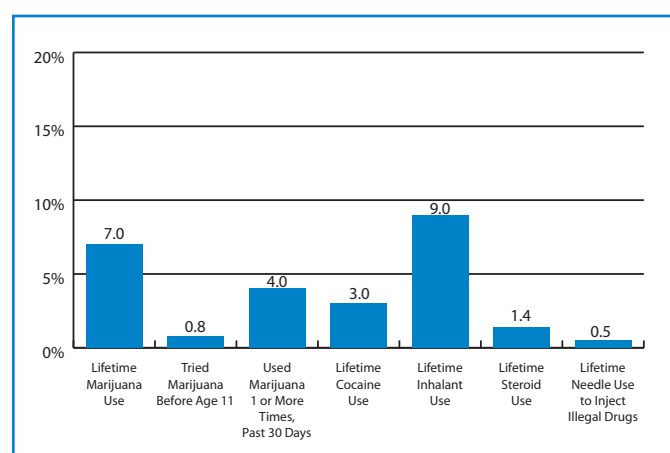


- ▶ Close to four in 10 New Jersey middle school students (38.8%) had a drink of alcohol in their lifetime, 12.6% had their first drink before the age of 11, and 17.3% had one or more drinks on one or more of the past 30 days (Figure 9.1).
- ▶ Lifetime alcohol use was more likely among males (41.9%) than females (35.8%). Males (14.6%) were also more likely than females (10.6%) to have first tried alcohol before the age of 11.
- ▶ Students 14 years old or older (50.5%) were more than twice as likely as 11- to 12-year-olds (20.8%) to have had a drink of alcohol in their lifetime and they

were three times more likely to have had one or more drinks on one or more of the previous 30 days (22.9% vs. 6.8%, respectively).

- ▶ Hispanic students (53.5%) were much more likely than both Black (39.9%) and White (34.5%) students to have had alcohol in their lifetime. They were also more likely to have had their first drink before the age of 11 (18.8% vs. 13.2% and 9.1%, respectively) and to have had one or more drinks on one or more of the previous 30 days (25.9% vs. 13.5% and 16.0%, respectively).

Figure 9.2: NJMS: Illegal Drug Use

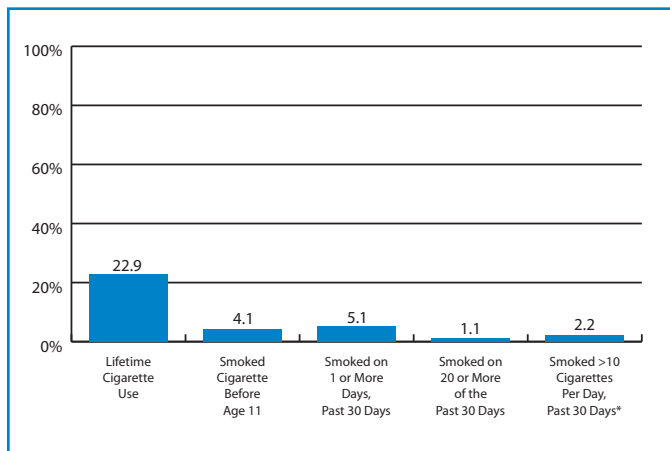


- ▶ Less than one in 10 New Jersey middle school students had ever tried marijuana (7.0%), cocaine (3.0%), inhalants (9.0%), steroids (1.4%), or used needles to inject illegal drugs (0.5%) (Figure 9.2).
- ▶ Less than one percent of students tried marijuana before age 11. Four percent of New Jersey middle school students used marijuana one or more times in the past 30 days. The majority of students who used marijuana at least once during the previous month (60.2%) used the drug only one or two times. Another one in five (21.5%) used the drug 20 or more times during this period.



- ▶ While lifetime marijuana use was higher among males (8.3%) than females (5.8%), lifetime inhalant use was higher among females (10.4%) than males (7.5%).
- ▶ Black students were more likely than students of all other racial/ethnic backgrounds to have used marijuana in their lifetime (13.2%), to have used marijuana one or more times during the past 30 days (7.3%), and to have used cocaine in their lifetime (5.9%). Hispanic students were more likely than others to have used inhalants (12.4%) or steroids (2.6%) in their lifetime.

Figure 9.3: NJMS: Use of Cigarettes



*Among current smokers.

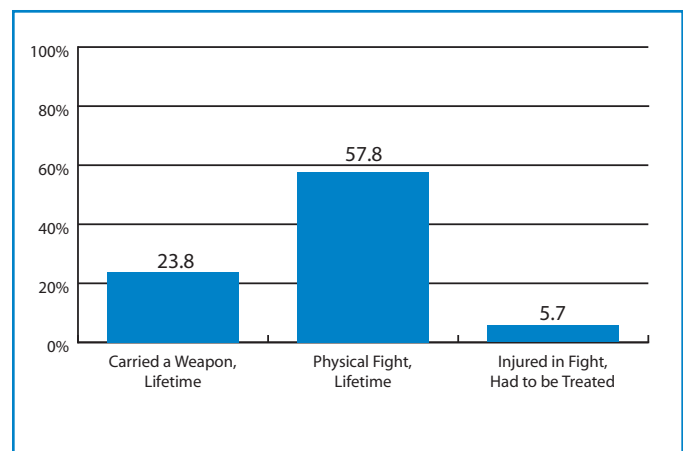
- ▶ More than one in five New Jersey middle school students (22.9%) had ever tried cigarette smoking and 4.1% smoked for the first time before 11 years of age (Figure 9.3). Only one in 20 students (5.1%) reported smoking on one or more of the past 30 days. Among current smokers, 2.2% smoked more than one-half a pack per day during the past 30 days.
- ▶ Females (23.7%) were slightly more likely than males (22.1%) to have ever tried cigarettes.
- ▶ The likelihood of lifetime cigarette use and the frequency of use increased with age. Students 14 years old or older (34.2%) were three times as likely as

those 11 to 12 years old (10.8%) to have tried cigarette smoking.

- ▶ Hispanic students (35.8%) were more likely than both Black (28.7%) and White (18.1%) students to have ever tried cigarettes.

Weapons, Personal Safety, and Attempted Suicide

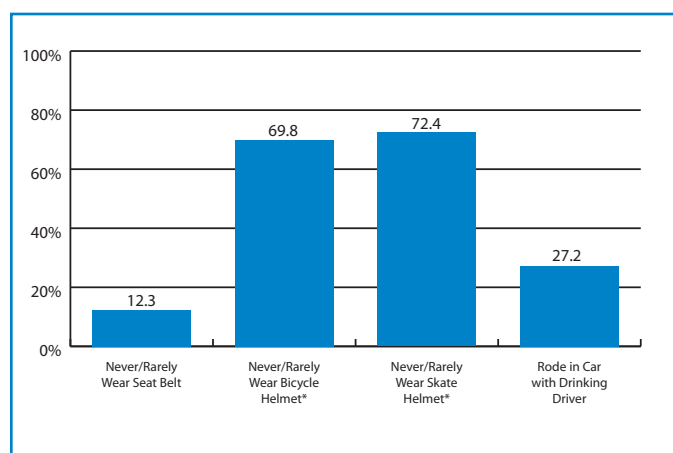
Figure 9.4: NJMS: Weapons and Physical Fights



- ▶ Close to a quarter of New Jersey middle school students (23.8%) carried a weapon at least once in their lifetime (Figure 9.4). While the majority of students (57.8%) have been in a physical fight at least once, less than one in 10 (5.7%) have been in a fight in which they received injuries requiring medical treatment.
- ▶ Males were more likely than females to have carried a weapon at least once (35.1% vs. 12.5%, respectively), to have been in at least one fight (71.2% vs. 44.5%, respectively), and to have been in a fight that required medical treatment (7.0% vs. 4.5%, respectively).
- ▶ Black students were more likely than Hispanic and White students to have been in at least one fight (77.6% vs. 67.4% and 48.9%, respectively) and to have

received injuries in a fight that required medical treatment (11.3% vs. 6.7% and 4.5%, respectively).

Figure 9.5: NJMS: Personal Safety



*Among students who ride bicycles/use rollerblades or skateboards.

- ▶ New Jersey middle school students were much more likely to report regular seat belt use than to report regular bicycle or skate helmet use (Figure 9.5). While only 12.3% of students reported that they never or rarely wear a seat belt, the vast majority never or rarely wear bicycle helmets (69.8%) or skate helmets (72.4%). More than a quarter of students (27.2%) reported that they have been a passenger in a car with a driver who had been drinking.
- ▶ Males were more likely than females to report that they never or rarely wear a seat belt (15.0% vs. 9.5%, respectively) or a bicycle helmet (74.2% vs. 65.1%, respectively). Females (29.9%) were more likely than males (24.6%) to report that they had ever ridden in a car with a driver who had been drinking.
- ▶ White students were less likely than Hispanic and Black students to report that they never or rarely wear a seat belt (9.7% vs. 15.9% and 17.3%, respectively), a bicycle helmet (62.1% vs. 84.9% and 90.2%, respectively), or a skate helmet (69.8% vs. 80.6% and 86.5%,

respectively). Hispanic students (33.3%) were more likely than both White (25.0%) and Black (23.1%) students to have ever been a passenger in a car with a driver who had been drinking.

Depression and Suicide

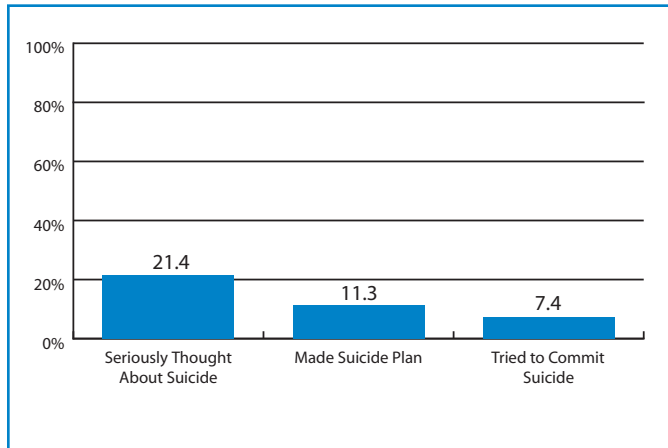
These questions measure sadness, suicide ideation, attempted suicides, and the seriousness of those attempts. Suicide is the third leading cause of death among youth aged 15-19.¹⁰⁴ The suicide rate for persons aged 15-19 was 7.9 per 100,000 in 2001 down from a high of 10.9 per 100,000 in 1994.¹⁰⁵ Nationally in 2003, 17% of high school students had made a specific plan to attempt suicide and 9% had attempted suicide one or more times in the past year. From 1991 to 2003, the percentage of high school students who seriously considered attempting suicide decreased significantly from 29% to 17%.¹⁰⁶

¹⁰⁴Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

¹⁰⁵Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, Centers for Disease Control and Prevention (producer). 2004. [On-line] Available: <http://www.cdc.gov/ncipc/wisqars/default.htm>.

¹⁰⁶Centers for Disease Control and Prevention. Surveillance Summaries. *Morbidity and Mortality Weekly Report* 53[SS-2], 1-96. 2004.

Figure 9.6: NJMS: Depression and Suicide



- ▶ About one in five New Jersey middle school students (21.4%) had seriously thought about suicide (Figure 9.6). Fewer students had made a suicide plan (11.3%) and even fewer had actually tried to commit suicide (7.4%).
- ▶ Females (28.0%) were almost twice as likely as males (14.6%) to have seriously thought about suicide. They were also more likely to have made a suicide plan (14.6% vs. 7.9%, respectively), and to have actually tried to commit suicide (9.0% vs. 5.9, respectively).
- ▶ Hispanic students (29.7%) were more likely than both Black (21.0%) and White (18.8%) students to have seriously thought about suicide and to have actually tried to commit suicide (13.5% vs. 8.4% and 5.8%, respectively).

HEALTHY PEOPLE 2010 NATIONAL GOAL

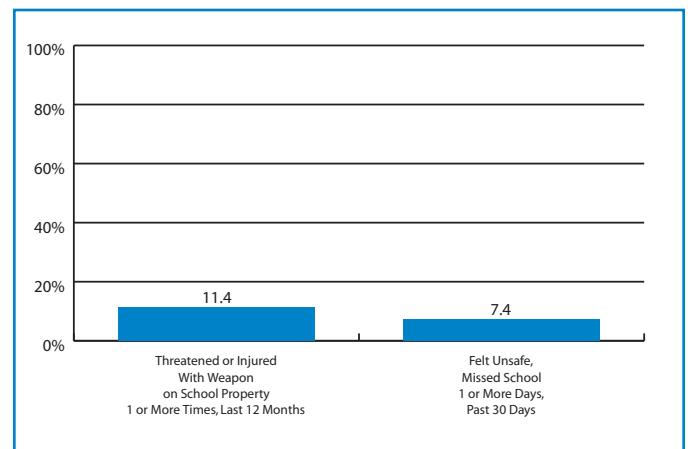
Reduce the rate of suicide attempts by adolescents to 1%.

2005 NEW JERSEY SMS RESULTS

The number of New Jersey middle school students who attempted suicide (7.4%) was seven times that specified by the 2010 objective.

School Occurrences: Weapons and Violence

Figure 9.7: NJMS: Weapons and Violence on School Property



- ▶ More than one in 10 New Jersey middle school students (11.4%) had been threatened or injured with a weapon on school property one or more times during the past 12 months (Figure 9.7). Slightly fewer (7.4%) missed one or more days of school during the past 30 days because they felt unsafe either at school or on the way to or from school.
- ▶ Males (13.8%) were slightly more likely than females (9.0%) to have been threatened or injured with a weapon on school property during the previous year.

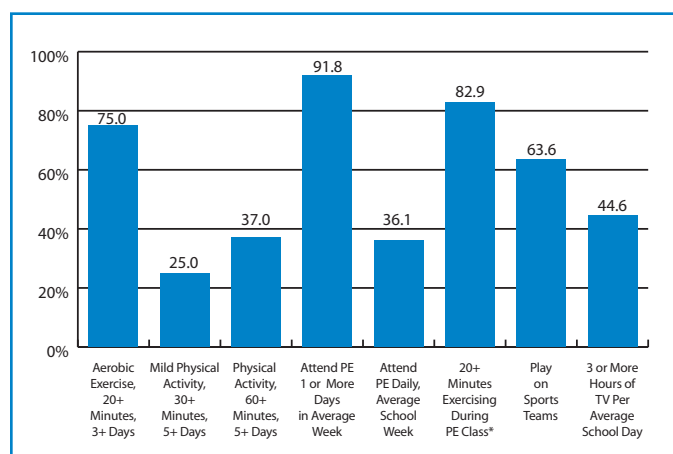
However, a similar proportion of males (7.0%) and females (7.8%) missed school on one or more days during the past month because they felt unsafe.

- ▶ The likelihood that a student had been threatened or injured with a weapon on school property or had missed school because they felt unsafe increased with age. Students 14 or older (15.5%) were more likely than 11- to 12-year-olds (8.2%) to have been threatened or injured on school property during the past year. They were also more likely to have missed at least one day of school because they felt unsafe (9.6% vs. 7.0%, respectively).
- ▶ Of all racial/ethnic groups, White students were least likely to have been threatened or injured with a weapon on school property (10.9%) or to have missed school because they felt unsafe (5.7%).

Physical Activity

Figure 9.8: NJMS: Physical Activity

*Among students who took Physical Education classes.



- ▶ Three-fourths of New Jersey middle school students (75.0%) engaged in aerobic exercise for at least 20 minutes on three or more of the previous seven days, 25.0% engaged in mild physical activity for at least 30

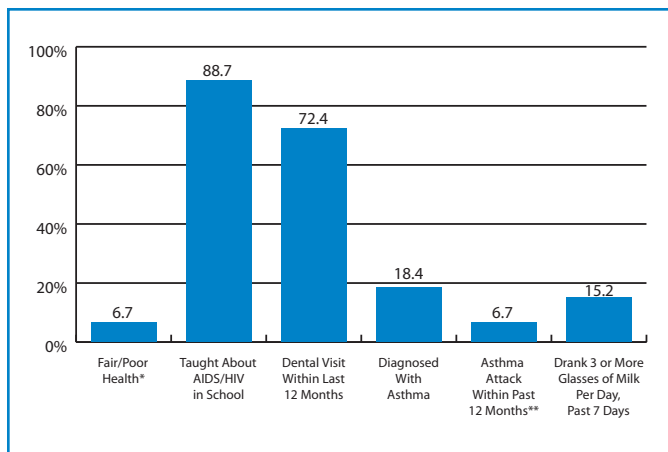
minutes on five or more days, and 37.0% engaged in physical activity for at least 60 minutes on five or more of the past seven days (Figure 9.8). White students were more likely than students of other racial/ethnic backgrounds to engage in aerobic exercise (80.9%), mild physical activity (26.8%), and physical activity (40.5%).

- ▶ While the vast majority of students (91.8%) attended a Physical Education (PE) class one or more days in an average school week, only about one-third of students (36.1%) attended PE daily. Among students who took PE classes, the majority (82.9%) reported that they actually exercised or played sports for at least 20 minutes during an average PE class. There were no notable gender or age differences in terms of how often students attended PE. Black students (88.7%), however, were slightly less likely than Hispanic (92.1%) and White (92.9%) students to attend PE one or more days during an average school week. They were also much less likely to attend PE classes daily (15.0% vs. 38.6% and 42.4%, respectively).
- ▶ Close to two-thirds (63.6%) of students reported playing on sports teams. Participation on sports teams was more common among males (67.6%) than females (59.8%). White students (69.6%) were most likely and Hispanic students (49.8%) least likely to play on sports teams.
- ▶ More than four in 10 students (44.6%) reported watching three or more hours of television on an average school day. Although there were no notable gender or age differences in time spent watching television, there were racial/ethnic differences. As compared to Black (64.1%) and Hispanic (61.8%) students, White students (33.2%) were much less likely to watch three or more hours of television on an average school day.

Health and Dietary Patterns

- ▶ The middle school survey included a question about health in general. Perceived health status is a simple and easily understood measure that correlates very well with actual overall health status and is an important quality of life component. Perceived health status is measured as a part of the Behavioral Risk Factor Surveillance System.⁸⁶ It also is considered a key measure of accountability in the new accountability plan developed by the National Center for Chronic Disease Prevention and Health Promotion. The survey also included questions about milk consumption, asthma, dental care and AIDS or HIV education in school.

Figure 9.9: NJMS: Health and Diet



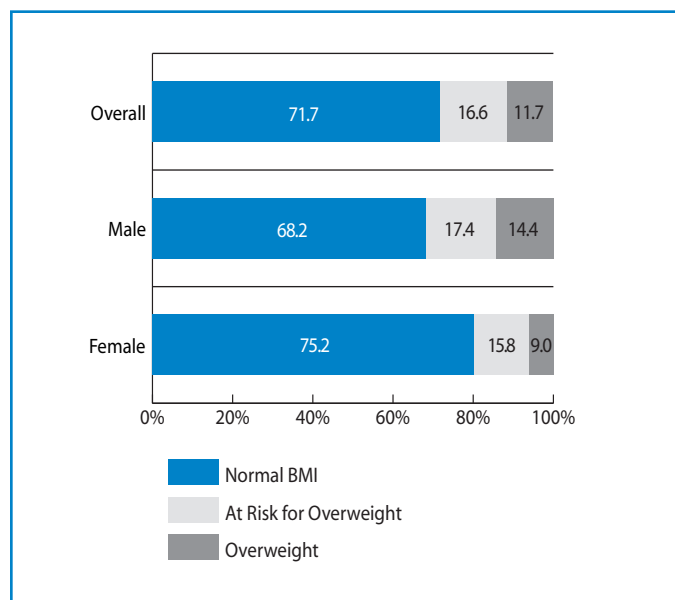
*Self-description

**Among students who have been diagnosed with asthma

- ▶ Less than one in 10 New Jersey middle school students described their health as either fair (6.3%) or poor (0.4%) (Figure 9.9).

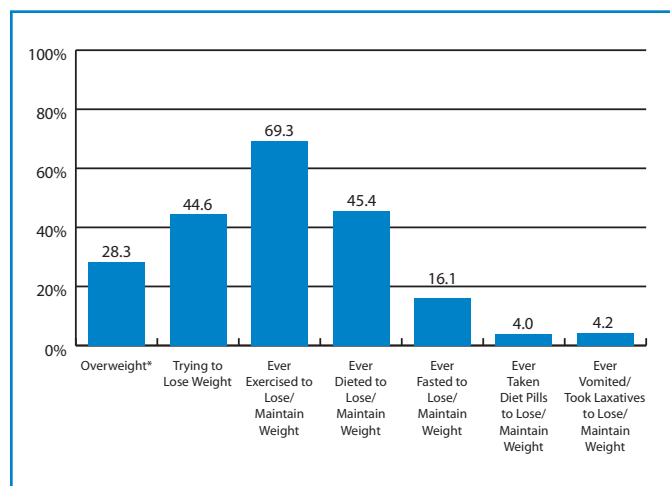
- ▶ The vast majority of students (88.7%) had been taught about AIDS/HIV in school. A very small percentage of students reported that they had not been taught about AIDS/HIV either because their parents did not want them to participate (0.5%), they were not in class on those days (0.3%), or the teacher skipped those lessons (2.2%).
- ▶ Slightly more than seven in 10 students (72.4%) had a dental check-up within the past 12 months. White students (79.4%) were much more likely than both Hispanic (61.1%) and Black (58.7%) students to have been to the dentist in the past year.
- ▶ Close to one in five students (18.4%) have been diagnosed with asthma. And 6.7% have had an asthma attack within the past 12 months. White students (15.6%) were less likely to have been diagnosed with asthma than both Hispanic (23.5%) and Black (21.3%) students. However, among those with asthma, White students (7.5%) were equally likely as both Black (6.8%) and Hispanic (6.2%) to report having had an asthma attack within the previous 12 months.
- ▶ 15.2% of students drank three or more glasses of milk per day during the past seven days. Females (11.5%) were less likely than males (18.9%) and Black students (9.1%) less likely than White (16.0%) and Hispanic (16.1%) students to have consumed three or more glasses of milk per day during the previous week.

Figure 9.10: NJMS: Student Body Mass Index (BMI)



- ▶ Overall, close to three in 10 New Jersey middle school students (28.3%) have a Body Mass Index (BMI) that would classify them as either overweight (11.7%) or at risk for being overweight (16.6%) (Figure 9.10).
- ▶ Males were more likely than females to be classified as both overweight (14.4% vs. 9.0%) and at risk for being overweight (17.4% vs. 15.8%).

Figure 9.11: NJMS: Weight Perception and Dieting



*Self-description

- ▶ Close to three in 10 New Jersey middle school students (28.3%) describe themselves as being overweight (Figure 9.11). This is similar to the percentage (28.3%) of those classified as overweight (11.7%) or at-risk for being overweight (16.6%) in the BMI calculation from Figure 9.10. More than four in 10 students (44.6%) reported that they were trying to lose weight. Students were most likely to try to lose or maintain their weight through exercise (69.3%) or changing their eating habits (45.4%). Fewer students relied on more dangerous methods of weight control, such as fasting (16.1%), taking diet pills, powders, or liquids (4.0%), or vomiting or taking laxatives (4.2%).
- ▶ Although female students (9.0%) were less likely than male students (14.3%) to be overweight according to their BMI, they were more likely than males to describe themselves as overweight (30.6% vs. 26.1%, respectively) and to be trying to lose weight (56.3% vs. 33.0%, respectively). Females were more likely than males to engage in all methods of weight loss, especially the more dangerous methods. Females were almost twice as likely as males to have ever fasted

(21.0% vs. 11.2%, respectively) or taken diet pills, powders, or liquids (5.2% vs. 2.9%, respectively) and they were more than three times as likely as males to have ever vomited or taken laxatives (6.6% vs. 1.7%, respectively) to lose or maintain their weight.

Appendix A: 2005 New Jersey Student Health Survey — Frequency Distributions

Student Health Survey High School

Frequency distributions included in this column of the Appendix are based on a random sample of 1,495 New Jersey high school students, conducted in the Spring Semester of 2005. For the high school sample, CDC weighted results so that they represent the entire New Jersey high school population. Therefore, percentages in the tables below are based on weighted results while the frequencies sum to approximately 388,000, which is the approximate New Jersey high school population.

SQ1 How old are you?

		Frequency	Valid Percent
Valid	1 12 years old or younger	92	.0
	2 13 years old	80	.0
	3 14 years old	36614	9.4
	4 15 years old	105774	27.3
	5 16 years old	101567	26.2
	6 17 years old	87134	22.5
	7 18 years old or older	56857	14.6
	Total	388119	100.0
Missing	System	1039	
Total		389158	

SQ2 What is your sex?

		Frequency	Valid Percent
Valid	1 Female	193733	49.8
	2 Male	195424	50.2
	Total	389158	100.0

Student Health Survey Middle School

Frequency distributions included in this column of the Appendix are based on a random sample of 1,408 New Jersey middle school students, conducted in the Spring Semester of 2005. For the middle school sample, BCSR weighted results so that they represent the entire New Jersey high school population. (CDC did not weight survey results because the response rates fell below the threshold required for weighting. See discussion in the introduction of this report.) Therefore, percentages in the tables below are based on weighted results.

SQ1 How old are you?

		Frequency	Valid Percent
Valid	2 11 years old	7	.5
	3 12 years old	253	18.1
	4 13 years old	681	48.7
	5 14 years old	426	30.4
	6 15 years old	31	2.2
	7 16 years old or older	1	.1
	Total	1399	100.0

SQ2 What is your sex?

		Frequency	Valid Percent
Valid	1 Female	699	50.0
	2 Male	699	50.0
	Total	1398	100.0
Missing	System	1	
Total		1399	

Student Health Survey High School

SQ3 In what grade are you?

		Frequency	Valid Percent
Valid	1 9th grade	108416	27.9
	2 10th grade	100178	25.8
	3 11th grade	92465	23.8
	4 12th grade	87053	22.4
	5 Ungraded or other grade	716	.2
	Total	388828	100.0
Missing	System	330	
Total		389158	

SQ4 How do you describe yourself?

		Frequency	Valid Percent
Valid	1 Am Indian / Alaska Native	1486	.4
	2 Asian	11873	3.1
	3 Black or African American	63298	16.3
	4 Hispanic or Latino	58446	15.1
	5 Native Hawaiian/other PI	1902	.5
	6 White	237683	61.3
	7 Multiple - Hispanic	5515	1.4
	8 Multiple - Non-hispanic	7640	2.0
	Total	387842	100.0
Missing	System	1315	
Total		389158	

Student Health Survey Middle School

SQ3 In what grade are you?

		Frequency	Valid Percent
Valid	2 7th grade	713	51.2
	3 8th grade	674	48.3
	4 Other	7	.5
	Total	1393	100.0
Missing	System	6	
Total		1399	

SQ4 How do you describe yourself?

		Frequency	Valid Percent
Valid	1 Am Indian / Alaska Native	15	1.1
	2 Asian	80	5.8
	3 Black or African American	215	15.5
	4 Hispanic or Latino	158	11.4
	5 Native Hawaiian/other PI	6	.4
	6 White	772	55.6
	7 Multiple - Hispanic	46	3.3
	8 Multiple - Non-hispanic	97	7.0
	Total	1389	100.0
Missing	System	10	
Total		1399	

Student Health Survey High School

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

		Frequency	Valid Percent
Valid	1 English	323014	83.4
	2 Spanish	38259	9.9
	3 Korean	2030	.5
	4 Portuguese	866	.2
	5 Arabic	999	.3
	6 Gujarati	2295	.6
	7 Mandarin (Chin, Kuoyu, others)	1452	.4
	8 Other	18306	4.7
	Total	387220	100.0
Missing	System	1937	
Total		389158	

Student Health Survey Middle School

SQ5 How do you describe your health in general?

		Frequency	Valid Percent
Valid	1 Excellent	300	21.7
	2 Very good	559	40.5
	3 Good	428	31.0
	4 Fair	87	6.3
	5 Poor	6	.4
	Total	1381	100.0
Missing	System	18	
Total		1399	



Student Health Survey High School

SQ6 How tall are you without your shoes on?

		Frequency	Valid Percent
Valid	1.00 Under 5 feet	15673	4.2
	2.00 5 ft - 5 ft 3 in	74137	19.9
	3.00 5 ft 4 in - 5 ft 6 in	99051	26.6
	4.00 5 ft 7 in - 5 ft 9 in	85270	22.9
	5.00 5 ft 10 in - 6 ft	71498	19.2
	6.00 6 ft - 6 ft 3 in	22846	6.1
	7.00 Over 6 ft 3 in	3493	.9
	Total	371969	100.0
Missing	System	17188	
Total		389158	

SQ7 How much do you weigh without your shoes on?

		Frequency	Valid Percent
Valid	1.00 Under 110 lbs	30776	8.3
	2.00 110 to 125 lbs	85913	23.1
	3.00 125 to 140 lbs	79869	21.5
	4.00 141 to 155 lbs	58871	15.8
	5.00 156 to 170 lbs	46766	12.6
	6.00 171 to 185 lbs	26654	7.2
	7.00 186 to 200 lbs	15963	4.3
	8.00 201 to 220 lbs	14435	3.9
	9.00 Over 220 lbs	12616	3.4
	Total	371862	100.0
Missing	System	17296	
Total		389158	

Student Health Survey Middle School

SQ6 How tall are you without your shoes on?

		Frequency	Valid Percent
Valid	1.00 Under 4 ft 9 in	22	1.9
	2.00 4 ft 9 in - 4 ft 11 in	138	11.7
	3.00 5 ft - 5 ft 3 in	402	33.9
	4.00 5 ft 4 in - 5 ft 6 in	360	30.4
	5.00 5 ft 7 in - 5 ft 9 in	189	15.9
	6.00 5 ft 10 in - 6 ft	64	5.4
	7.00 Over 6 ft	9	.8
	Total	1185	100.0
Missing	System	214	
Total		1399	

SQ7 How much do you weigh without your shoes on?

		Frequency	Valid Percent
Valid	1.00 Under 80 lbs	14	1.2
	2.00 80 to 95 lbs	84	7.1
	3.00 96 to 110 lbs	310	26.1
	4.00 111 to 125 lbs	328	27.7
	5.00 126 to 140 lbs	187	15.8
	6.00 141 to 155 lbs	115	9.7
	7.00 156 to 170 lbs	57	4.8
	8.00 171 to 185 lbs	36	3.0
	9.00 186 to 200 lbs	22	1.9
	10.00 Over 200 lbs	32	2.7
	Total	1185	100.0
Missing	System	215	
Total		1399	

Student Health Survey High School

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

		Frequency	Valid Percent
Valid	1 Mostly A's	101177	26.1
	2 Mostly B's	174041	44.8
	3 Mostly C's	86363	22.3
	4 Mostly D's	11368	2.9
	5 Mostly F's	3320	.9
	6 None of these grades	1013	.3
	7 Not sure	10819	2.8
	Total	388101	100.0
Missing	System	1057	
Total		389158	

SQ9 When you rode a bicycle during the past 12 months, how often did you wear a helmet?

		Frequency	Valid Percent
Valid	1 Did not ride a bicycle	144434	37.1
	2 Never wore a helmet	185907	47.8
	3 Rarely wore a helmet	24924	6.4
	4 Sometimes wore a helmet	10928	2.8
	5 Most of the time wore a helmet	12295	3.2
	6 Always wore a helmet	10385	2.7
	Total	388873	100.0
Missing	System	285	
Total		389158	

Student Health Survey Middle School

SQ9 When you ride a bicycle, how often do you wear a helmet?

		Frequency	Valid Percent
Valid	1 Do not ride a bicycle	125	9.0
	2 Never wear a helmet	693	49.9
	3 Rarely wear a helmet	190	13.6
	4 Sometimes wear a helmet	124	8.9
	5 Most of the time wear a helmet	127	9.2
	6 Always wear a helmet	130	9.4
	Total	1390	100.0
Missing	System	10	
Total		1399	



Student Health Survey High School

SQ10 How often do you wear a seat belt when riding in a car driven by someone else?

		Frequency	Valid Percent
Valid	1 Never	9521	2.4
	2 Rarely	23161	6.0
	3 Sometimes	54371	14.0
	4 Most of the time	117917	30.3
	5 Always	184109	47.3
	Total	389078	100.0
Missing	System	80	
Total		389158	

Student Health Survey Middle School

SQ10 When you rollerblade or ride a skateboard, how often do you wear a helmet?

		Frequency	Valid Percent
Valid	1 Do not rollerblade/skateboard	619	44.7
	2 Never wear a helmet	423	30.5
	3 Rarely wear a helmet	132	9.5
	4 Sometimes wear a helmet	78	5.7
	5 Most of the time wear a helmet	62	4.5
	6 Always wear a helmet	71	5.1
	Total	1385	100.0
Missing	System	14	
Total		1399	

SQ8 How often wear seat belt when riding in a car?

		Frequency	Valid Percent
Valid	1 Never	45	3.2
	2 Rarely	126	9.0
	3 Sometimes	272	19.5
	4 Most of the time	493	35.3
	5 Always	459	32.9
	Total	1395	100.0
Missing	System	4	
Total		1399	

Student Health Survey High School

SQ11 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	Valid Percent
Valid	1 0 times	282017	72.5
	2 1 time	43214	11.1
	3 2 or 3 times	41007	10.5
	4 4 or 5 times	7365	1.9
	5 6 or more times	15155	3.9
	Total	388757	100.0
Missing	System	401	
Total		389158	

SQ12 During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

		Frequency	Valid Percent
Valid	1 0 times	349403	90.4
	2 1 time	19312	5.0
	3 2 or 3 times	9823	2.5
	4 4 or 5 times	2773	.7
	5 6 or more times	5111	1.3
	Total	386422	100.0
Missing	System	2735	
Total		389158	

SQ13 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

		Frequency	Valid Percent
Valid	1 0 days	345158	89.5
	2 1 day	12005	3.1
	3 2 or 3 days	12149	3.1
	4 4 or 5 days	4254	1.1
	5 6 or more days	12234	3.2
	Total	385800	100.0
Missing	System	3358	
Total		389158	

Student Health Survey Middle School

SQ11 Have you ever ridden in a car driven by someone who had been drinking alcohol?

		Frequency	Valid Percent
Valid	1 Yes	378	27.2
	2 No	749	53.9
	3 Not sure	262	18.9
	Total	1389	100.0
Missing	System	10	
Total		1399	

SQ12 Have you ever carried a weapon, such as a gun, knife, or club?

		Frequency	Valid Percent
Valid	1 Yes	331	23.8
	2 No	1061	76.2
	Total	1391	100.0
Missing	System	8	
Total		1399	



Student Health Survey High School

SQ14 During the past 30 days, on how many days did you carry a gun?

		Frequency	Valid Percent
Valid	1 0 days	378934	97.7
	2 1 day	3287	.8
	3 2 or 3 days	2394	.6
	4 4 or 5 days	1625	.4
	5 6 or more days	1613	.4
	Total	387854	100.0
Missing	System	1304	
Total		389158	

SQ15 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	Valid Percent
Valid	1 0 days	375671	96.9
	2 1 day	4444	1.1
	3 2 or 3 days	3300	.9
	4 4 or 5 days	1066	.3
	5 6 or more days	3295	.8
	Total	387776	100.0
Missing	System	1381	
Total		389158	

Student Health Survey Middle School

Student Health Survey High School

SQ16 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	Valid Percent
Valid	1 0 days	369618	95.6
	2 1 day	11467	3.0
	3 2 or 3 days	2811	.7
	4 4 or 5 days	1575	.4
	5 6 or more days	1272	.3
	Total	386742	100.0
Missing	System	2415	
Total		389158	

SQ17 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	Valid Percent
Valid	1 0 times	358165	92.0
	2 1 time	14237	3.7
	3 2 or 3 times	9046	2.3
	4 4 or 5 times	3188	.8
	5 6 or 7 times	1392	.4
	7 10 or 11 times	399	.1
	8 12 or more times	2730	.7
	Total	389158	100.0

Student Health Survey Middle School

SQ16 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	Valid Percent
Valid	1 0 days	1284	92.6
	2 1 day	57	4.1
	3 2 or 3 days	31	2.3
	4 4 or 5 days	6	.5
	5 6 or more days	8	.6
	Total	1387	100.0
Missing	System	12	
Total		1399	

SQ15 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	Valid Percent
Valid	1 0 times	1230	88.6
	2 1 time	94	6.8
	3 2 or 3 times	37	2.6
	4 4 or 5 times	12	.9
	5 6 or 7 times	8	.6
	6 8 or 9 times	3	.2
	8 12 or more times	5	.4
	Total	1388	100.0
Missing	System	11	
Total		1399	



Student Health Survey High School

SQ18 During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

		Frequency	Valid Percent
Valid	1 0 times	266521	68.5
	2 1 time	67699	17.4
	3 2 or 3 times	37498	9.6
	4 4 or 5 times	9242	2.4
	5 6 or 7 times	4092	1.1
	6 8 or 9 times	1088	.3
	8 12 or more times	2749	.7
	Total	388888	100.0
Missing	System	269	
Total		389158	

SQ19 During the past 12 months, how many times were you in a physical fight?

		Frequency	Valid Percent
Valid	1 0 times	265518	69.3
	2 1 time	58002	15.1
	3 2 or 3 times	37494	9.8
	4 4 or 5 times	8466	2.2
	5 6 or 7 times	4955	1.3
	6 8 or 9 times	2035	.5
	7 10 or 11 times	536	.1
	8 12 or more times	5874	1.5
	Total	382880	100.0
Missing	System	6277	
Total		389158	

Student Health Survey Middle School

SQ13 Have you ever been in a physical fight?

		Frequency	Valid Percent
Valid	1 Yes	792	57.8
	2 No	579	42.2
	Total	1370	100.0
Missing	System	29	
Total		1399	

Student Health Survey High School

SQ20 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	Valid Percent
Valid	1 0 times	371074	96.0
	2 1 time	11932	3.1
	3 2 or 3 times	2177	.6
	4 4 or 5 times	1236	.3
	5 6 or more times	242	.1
	Total	386660	100.0
Missing	System	2498	
Total		389158	

SQ21 During the past 12 months, how many times were you in a physical fight on school property?

		Frequency	Valid Percent
Valid	1 0 times	348334	89.9
	2 1 time	29841	7.7
	3 2 or 3 times	6017	1.6
	4 4 or 5 times	821	.2
	5 6 or 7 times	575	.1
	8 12 or more times	1788	.5
	Total	387376	100.0
Missing	System	1782	
Total		389158	

Student Health Survey Middle School

SQ14 Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

		Frequency	Valid Percent
Valid	1 Yes	79	5.7
	2 No	1301	94.3
	Total	1380	100.0
Missing	System	19	
Total		1399	

SQ17 Have you ever seriously thought about killing yourself?

		Frequency	Valid Percent
Valid	1 Yes	297	21.4
	2 No	1094	78.6
	Total	1391	100.0
Missing	System	9	
Total		1399	



Student Health Survey High School

SQ22 Have you ever tried cigarette smoking, even one or two puffs?

		Frequency	Valid Percent
Valid	1 Yes	187341	49.0
	2 No	194685	51.0
	Total	382027	100.0
Missing	System	7131	
Total		389158	

Student Health Survey Middle School

SQ18 Have you ever made a plan about how you would kill yourself?

		Frequency	Valid Percent
Valid	1 Yes	158	11.3
	2 No	1236	88.7
	Total	1394	100.0
Missing	System	5	
Total		1399	

SQ19 Have you ever tried to kill yourself?

		Frequency	Valid Percent
Valid	1 Yes	104	7.4
	2 No	1293	92.6
	Total	1396	100.0
Missing	System	3	
Total		1399	

SQ20 Have you ever tried cigarette smoking, even one or two puffs?

		Frequency	Valid Percent
Valid	1 Yes	314	22.9
	2 No	1059	77.1
	Total	1373	100.0
Missing	System	26	
Total		1399	

Student Health Survey High School

SQ23 How old were you when you smoked a whole cigarette for the first time?

		Frequency	Valid Percent
Valid	1 Never smoked a cigarette	249715	65.4
	2 8 years old or younger	4669	1.2
	3 9 or 10 years old	8856	2.3
	4 11 or 12 years old	19454	5.1
	5 13 or 14 years old	49058	12.8
	6 15 or 16 years old	41869	11.0
	7 17 years old or older	8381	2.2
	Total	382001	100.0
Missing	System	7156	
Total		389158	

SQ24 During the past 30 days, on how many days did you smoke cigarettes?

		Frequency	Valid Percent
Valid	1 0 days	305932	80.2
	2 1 or 2 days	22744	6.0
	3 3 to 5 days	8462	2.2
	4 6 to 9 days	8011	2.1
	5 10 to 19 days	9828	2.6
	6 20 to 29 days	11428	3.0
	7 All 30 days	15276	4.0
	Total	381681	100.0
Missing	System	7477	
Total		389158	

Student Health Survey Middle School

SQ21 How old were you when you smoked a whole cigarette for the first time?

		Frequency	Valid Percent
Valid	1 Never smoked a cigarette	1195	87.2
	2 8 years old or younger	21	1.5
	3 9 years old	12	.9
	4 10 years old	23	1.6
	5 11 years old	23	1.7
	6 12 years old	46	3.4
	7 13 years old	43	3.1
	8 14 years old or older	7	.5
	Total	1370	100.0
Missing	System	29	
Total		1399	

SQ22 During the past 30 days, on how many days did you smoke cigarettes?

		Frequency	Valid Percent
Valid	1 0 days	1294	94.9
	2 1 or 2 days	29	2.2
	3 3 to 5 days	7	.5
	4 6 to 9 days	11	.8
	5 10 to 19 days	8	.6
	6 20 to 29 days	3	.2
	7 All 30 days	11	.8
	Total	1364	100.0
Missing	System	35	
Total		1399	

Student Health Survey High School

SQ25 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

		Frequency	Valid Percent
Valid	1 Did not smoke cigarettes	305067	80.5
	2 Less than 1 cigarette	18959	5.0
	3 1 cigarette	15423	4.1
	4 2 to 5 cigarettes	26449	7.0
	5 6 to 10 cigarettes	7963	2.1
	6 11 to 20 cigarettes	3584	.9
	7 More than 20 cigarettes	1345	.4
	Total	378792	100.0
Missing	System	10366	
Total		389158	

SQ26 During your life, on how many days have you had at least one drink of alcohol?

		Frequency	Valid Percent
Valid	1 0 days	73645	20.9
	2 1 or 2 days	50244	14.3
	3 3 to 9 days	72740	20.6
	4 10 to 19 days	45846	13.0
	5 20 to 39 days	34929	9.9
	6 40 to 99 days	38726	11.0
	7 100 or more days	36201	10.3
	Total	352330	100.0
Missing	System	36827	
Total		389158	

Student Health Survey Middle School

SQ23 During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

		Frequency	Valid Percent
Valid	1 Did not smoke cigarettes	1291	94.8
	2 Less than 1 cigarette	25	1.8
	3 1 cigarette	16	1.2
	4 2 to 5 cigarettes	23	1.7
	5 6 to 10 cigarettes	5	.4
	6 11 to 20 cigarettes	1	.1
	Total	1361	100.0
Missing	System	39	
Total		1399	

SQ24 Have you ever had a drink of alcohol, other than a few sips?

		Frequency	Valid Percent
Valid	1 Yes	502	38.8
	2 No	792	61.2
	Total	1295	100.0
Missing	System	104	
Total		1399	

Student Health Survey High School

SQ27 How old were you when you had your first drink of alcohol other than a few sips?

		Frequency	Valid Percent
Valid	1 Never drank alcohol	73740	20.7
	2 8 years old or younger	15407	4.3
	3 9 or 10 years old	15465	4.3
	4 11 or 12 years old	40950	11.5
	5 13 or 14 years old	121296	34.0
	6 15 or 16 years old	77007	21.6
	7 17 years old or older	12842	3.6
	Total	356707	100.0
Missing	System	32451	
Total		389158	

SQ28 During the past 30 days, on how many days did you have at least one drink of alcohol?

		Frequency	Valid Percent
Valid	1 0 days	199450	53.5
	2 1 or 2 days	82135	22.0
	3 3 to 5 days	42356	11.4
	4 6 to 9 days	29695	8.0
	5 10 to 19 days	16014	4.3
	6 20 to 29 days	1771	.5
	7 All 30 days	1095	.3
	Total	372514	100.0
Missing	System	16643	
Total		389158	

Student Health Survey Middle School

SQ25 How old were you when you had your first drink of alcohol other than a few sips?

		Frequency	Valid Percent
Valid	1 Never drank alcohol	787	61.1
	2 8 years old or younger	85	6.6
	3 9 years old	31	2.4
	4 10 years old	47	3.7
	5 11 years old	56	4.3
	6 12 years old	131	10.2
	7 13 years old	118	9.2
	8 14 years old or older	33	2.6
	Total	1288	100.0
Missing	System	112	
Total		1399	

SQ26 During the past 30 days, on how many days did you have at least one drink of alcohol?

		Frequency	Valid Percent
Valid	1 0 days	1155	82.8
	2 1 or 2 days	183	13.1
	3 3 to 5 days	33	2.4
	4 6 to 9 days	12	.8
	5 10 to 19 days	5	.4
	6 20 to 29 days	5	.3
	7 All 30 days	2	.2
	Total	1396	100.0
Missing	System	4	
Total		1399	



Student Health Survey High School

SQ29 During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

		Frequency	Valid Percent
Valid	1 0 days	371857	96.3
	2 1 or 2 days	10260	2.7
	3 3 to 5 days	1079	.3
	4 6 to 9 days	887	.2
	5 10 to 19 days	1905	.5
	7 All 30 days	258	.1
	Total	386247	100.0
Missing	System	2911	
Total		389158	

SQ30 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	Valid Percent
Valid	1 0 days	277883	72.8
	2 1 day	36247	9.5
	3 2 days	19464	5.1
	4 3 to 5 days	28134	7.4
	5 6 to 9 days	12794	3.4
	6 10 to 19 days	6712	1.8
	7 20 or more days	506	.1
	Total	381740	100.0
Missing	System	7417	
Total		389158	

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SQ31 During the past 30 days, on how many days did you carry or store alcohol on school property, including places as a locker, backpack, purse, jacket, or car?

		Frequency	Valid Percent
Valid	1 0 days	367820	94.8
	2 1 or 2 days	11748	3.0
	3 3 to 5 days	2153	.6
	4 6 to 9 days	1994	.5
	5 10 to 19 days	1719	.4
	6 20 to 29 days	803	.2
	7 All 30 days	1846	.5
	Total	388082	100.0
Missing	System	1075	
Total		389158	

SQ32 During your life, how many times have you used marijuana?

		Frequency	Valid Percent
Valid	1 0 times	246702	64.2
	2 1 or 2 times	35464	9.2
	3 3 to 9 times	26708	7.0
	4 10 to 19 times	19149	5.0
	5 20 to 39 times	16389	4.3
	6 40 to 99 times	16242	4.2
	7 100 or more times	23494	6.1
	Total	384148	100.0
Missing	System	5010	
Total		389158	

Student Health Survey Middle School

SQ27 Have you ever used marijuana?

		Frequency	Valid Percent
Valid	1 Yes	96	7.0
	2 No	1265	93.0
	Total	1361	100.0
Missing	System	39	
Total		1399	



Student Health Survey High School

SQ33 How old were you when you tried marijuana for the first time?

		Frequency	Valid Percent
Valid	1 Never tried marijuana	248158	64.3
	2 8 years old or younger	1337	.3
	3 9 or 10 years old	1893	.5
	4 11 or 12 years old	14622	3.8
	5 13 or 14 years old	52531	13.6
	6 15 or 16 years old	59036	15.3
	7 17 years old or older	8458	2.2
	Total	386035	100.0
Missing	System	3123	
Total		389158	

SQ34 During the past 30 days, how many times did you use marijuana?

		Frequency	Valid Percent
Valid	1 0 times	307722	80.1
	2 1 or 2 times	30187	7.9
	3 3 to 9 times	21712	5.7
	4 10 to 19 times	13131	3.4
	5 20 to 39 times	3398	.9
	6 40 or more times	7970	2.1
	Total	384119	100.0
Missing	System	5039	
Total		389158	

Student Health Survey Middle School

SQ28 How old were you when you tried marijuana for the first time?

		Frequency	Valid Percent
Valid	1 Never tried marijuana	1258	93.0
	2 8 years old or younger	7	.5
	3 9 years old	1	.1
	4 10 years old	4	.3
	5 11 years old	10	.7
	6 12 years old	26	1.9
	7 13 years old	34	2.5
	8 14 years old or older	14	1.0
	Total	1353	100.0
Missing	System	46	
Total		1399	

SQ29 During the past 30 days, how many times did you use marijuana?

		Frequency	Valid Percent
Valid	1 0 times	1339	96.0
	2 1 or 2 times	33	2.4
	3 3 to 9 times	7	.5
	4 10 to 19 times	4	.3
	5 20 to 39 times	5	.4
	6 40 or more times	7	.5
	Total	1394	100.0
Missing	System	5	
Total		1399	

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SQ35 During the past 30 days, how many times did you use marijuana on school property?

		Frequency	Valid Percent
Valid	1 0 times	374533	96.6
	2 1 or 2 times	9106	2.3
	3 3 to 9 times	3261	.8
	4 10 to 19 times	743	.2
	6 40 or more times	258	.1
	Total	387902	100.0
Missing	System	1255	
Total		389158	

SQ36 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

		Frequency	Valid Percent
Valid	1 0 times	362943	94.3
	2 1 or 2 times	11107	2.9
	3 3 to 9 times	4044	1.1
	4 10 to 19 times	1981	.5
	5 20 to 39 times	1785	.5
	6 40 or more times	3008	.8
	Total	384869	100.0
Missing	System	4289	
Total		389158	

SQ37 During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

		Frequency	Valid Percent
Valid	1 0 times	377355	98.0
	2 1 or 2 times	4750	1.2
	3 3 to 9 times	1829	.5
	4 10 to 19 times	805	.2
	6 40 or more times	258	.1
	Total	384998	100.0
Missing	System	4160	
Total		389158	

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SQ30 Have you ever used any form of cocaine, including powder, crack, or freebase?

		Frequency	Valid Percent
Valid	1 Yes	42	3.0
	2 No	1351	97.0
	Total	1392	100.0
Missing	System	7	
Total		1399	



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SQ38 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	Valid Percent
Valid	1 0 times	348648	89.9
	2 1 or 2 times	23095	6.0
	3 3 to 9 times	8839	2.3
	4 10 to 19 times	2430	.6
	5 20 to 39 times	1628	.4
	6 40 or more times	3062	.8
	Total	387702	100.0
Missing	System	1456	
Total		389158	

SQ39 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? How many times sniffed glue 30 days

		Frequency	Valid Percent
Valid	1 0 times	376458	96.9
	2 1 or 2 times	6821	1.8
	3 3 to 9 times	2531	.7
	4 10 to 19 times	1014	.3
	5 20 to 39 times	978	.3
	6 40 or more times	840	.2
	Total	388641	100.0
Missing	System	516	
Total		389158	

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SQ31 Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

		Frequency	Valid Percent
Valid	1 Yes	125	9.0
	2 No	1266	91.0
	Total	1391	100.0
Missing	System	8	
Total		1399	

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SQ40 During your life, how many times have you used heroin (also called smack, junk, or China White)?

		Frequency	Valid Percent
Valid	1 0 times	381494	98.6
	2 1 or 2 times	2633	.7
	3 3 to 9 times	1148	.3
	4 10 to 19 times	1012	.3
	6 40 or more times	525	.1
	Total	386812	100.0
Missing	System	2346	
Total		389158	

SQ41 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

		Frequency	Valid Percent
Valid	1 0 times	377465	97.4
	2 1 or 2 times	6794	1.8
	3 3 to 9 times	1718	.4
	4 10 to 19 times	454	.1
	5 20 to 39 times	258	.1
	6 40 or more times	1012	.3
	Total	387702	100.0
Missing	System	1456	
Total		389158	

SQ42 During your life, how many times have you used ecstasy (also called MDMA)?

		Frequency	Valid Percent
Valid	1 0 times	367993	95.0
	2 1 or 2 times	11362	2.9
	3 3 to 9 times	3936	1.0
	4 10 to 19 times	1192	.3
	5 20 to 39 times	731	.2
	6 40 or more times	2159	.6
	Total	387373	100.0
Missing	System	1784	
Total		389158	



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SQ43 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	Valid Percent
Valid	1 0 times	378876	97.8
	2 1 to 2 times	3140	.8
	3 3 to 9 times	3699	1.0
	4 10 to 19 times	1478	.4
	6 40 or more times	341	.1
	Total	387532	100.0
Missing	System	1625	
Total		389158	

SQ44 Have you ever been given any club drug without your knowledge (e.g., someone slipped it into your drink)?

		Frequency	Valid Percent
Valid	1 Yes	50251	12.9
	2 No	316754	81.5
	3 Not sure	21653	5.6
	Total	388657	100.0
Missing	System	500	
Total		389158	

SQ45 When using club drugs, where are you most likely to use them?

		Frequency	Valid Percent
Valid	1 I have never used a club drug	361516	93.4
	2 At school	1181	.3
	3 At home	2553	.7
	4 At a party	15151	3.9
	5 At raves/trances	2200	.6
	6 At clubs	4315	1.1
	Total	386916	100.0
Missing	System	2241	
Total		389158	

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SQ46 During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?

		Frequency	Valid Percent
Valid	1 0 times	360511	93.2
	2 1 or 2 times	16048	4.1
	3 3 to 9 times	4558	1.2
	4 10 to 19 times	3051	.8
	5 20 to 39 times	738	.2
	6 40 or more times	2091	.5
	Total	386998	100.0
Missing	System	2160	
Total		389158	

SQ47 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

		Frequency	Valid Percent
Valid	1 0 times	379077	97.6
	2 1 or 2 times	4304	1.1
	3 3 to 9 times	2388	.6
	4 10 to 19 times	444	.1
	5 20 to 39 times	1165	.3
	6 40 or more times	1128	.3
	Total	388506	100.0
Missing	System	652	
Total		389158	

SQ48 During your life, how many times have you used a needle to inject any illegal drug into your body?

		Frequency	Valid Percent

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SQ32 Have you ever used steroids?

		Frequency	Valid Percent
Valid	1 Yes	19	1.4
	2 No	1373	98.6
	Total	1392	100.0
Missing	System	8	
Total		1399	

SQ33 Have you ever used a needle to inject any illegal drug into your body?

		Frequency	Valid Percent
Valid	1 Yes	8	.5
	2 No	1384	99.5
	Total	1391	100.0
Missing	System	8	
Total		1399	



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SQ49 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

		Frequency	Valid Percent
Valid	1 Yes	125814	32.6
	2 No	260345	67.4
	Total	386159	100.0
Missing	System	2999	
Total		389158	

SQ50 How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?

		Frequency	Valid Percent
Valid	1 No risk	10792	2.8
	2 Slight risk	17705	4.6
	3 Medium risk	70258	18.1
	4 Great risk	271379	69.8
	5 I don't know	18647	4.8
	Total	388780	100.0
Missing	System	378	
Total		389158	

SQ51 How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of an alcoholic beverage (beer, wine, or hard liquor) almost every day?

		Frequency	Valid Percent
Valid	1 No risk	26290	6.8
	2 Slight risk	90361	23.2
	3 Medium risk	128159	33.0
	4 Great risk	129216	33.2
	5 I don't know	14624	3.8
	Total	388651	100.0
Missing	System	507	
Total		389158	

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SQ52 How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcoholic beverage once or twice each weekend?

		Frequency	Valid Percent
Valid	1 No risk	27248	7.0
	2 Slight risk	82446	21.2
	3 Medium risk	130581	33.6
	4 Great risk	133564	34.4
	5 I don't know	14795	3.8
	Total	388634	100.0
Missing	System	524	
Total		389158	

SQ53 How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana occasionally?

		Frequency	Valid Percent
Valid	1 No risk	61536	15.8
	2 Slight risk	100721	25.9
	3 Medium risk	98504	25.4
	4 Great risk	109281	28.1
	5 I don't know	18258	4.7
	Total	388300	100.0
Missing	System	858	
Total		389158	

SQ54 Do you disapprove of people trying one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

		Frequency	Valid Percent
Valid	1 Don't disapprove	139217	36.0
	2 Disapprove	176173	45.6
	3 Strongly disapprove	70888	18.4
	Total	386277	100.0
Missing	System	2880	
Total		389158	



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SQ55 Do you disapprove of people having five or more drinks of an alcoholic beverage (beer, wine, liquor) once or twice each weekend?

		Frequency	Valid Percent
Valid	1 Don't disapprove	175104	45.8
	2 Disapprove	138430	36.2
	3 Strongly disapprove	68875	18.0
	Total	382409	100.0
Missing	System	6749	
Total		389158	

SQ56 Do you disapprove of people smoking marijuana occasionally?

		Frequency	Valid Percent
Valid	1 Don't disapprove	164640	42.5
	2 Disapprove	114089	29.4
	3 Strongly disapprove	108908	28.1
	Total	387637	100.0
Missing	System	1520	
Total		389158	

SQ57 If marijuana were legal to use and legally available, which of the following would you be most likely to do?

		Frequency	Valid Percent
Valid	1 Not use it if legal/available	227086	58.4
	2 Try it for the first time	56268	14.5
	3 Use it less often than I do	19653	5.1
	4 Use it as often as I do now	44006	11.3
	5 Use it more than I do now	41621	10.7
	Total	388635	100.0
Missing	System	523	
Total		389158	

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SQ58 Have you ever had sexual intercourse?

		Frequency	Valid Percent
Valid	1 Yes	159834	44.2
	2 No	201858	55.8
	Total	361691	100.0
Missing	System	27466	
Total		389158	

SQ59 How old were you when you had sexual intercourse for the first time?

		Frequency	Valid Percent
Valid	1 Never had sex	202505	55.4
	2 11 years old or younger	8952	2.5
	3 12 years old	8657	2.4
	4 13 years old	18827	5.2
	5 14 years old	35800	9.8
	6 15 years old	41408	11.3
	7 16 years old	27732	7.6
	8 17 years old or older	21354	5.8
	Total	365235	100.0
Missing	System	23923	
Total		389158	

SQ60 During your life, with how many people have you had sexual intercourse?

		Frequency	Valid Percent
Valid	1 Never had sex	202596	55.4
	2 1 person	63414	17.3
	3 2 people	34613	9.5
	4 3 people	22439	6.1
	5 4 people	11011	3.0
	6 5 people	8147	2.2
	7 6 or more people	23338	6.4
	Total	365559	100.0
Missing	System	23598	
Total		389158	



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SQ61 During the past 3 months, with how many people did you have sexual intercourse?

		Frequency	Valid Percent
Valid	1 Never had sex	202251	55.5
	2 None during past 3 months	42807	11.7
	3 1 person	95194	26.1
	4 2 people	14174	3.9
	5 3 people	5109	1.4
	6 4 people	1032	.3
	7 5 people	1073	.3
	8 6 or more people	2808	.8
	Total	364447	100.0
Missing	System	24710	
Total		389158	

SQ62 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

		Frequency	Valid Percent
Valid	1 Never had sex	202596	55.6
	2 Yes	31164	8.5
	3 No	130787	35.9
	Total	364547	100.0
Missing	System	24611	
Total		389158	

SQ63 The last time you had sexual intercourse, did you or your partner use a condom?

		Frequency	Valid Percent
Valid	1 Never had sex	202198	55.6
	2 Yes	121446	33.4
	3 No	39945	11.0
	Total	363589	100.0
Missing	System	25569	
Total		389158	

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SQ64 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

		Frequency	Valid Percent
Valid	1 Never had sex	201785	55.8
	2 No method was used	10424	2.9
	3 Birth control pills	20605	5.7
	4 Condoms	105736	29.3
	5 Depo-Provera	1749	.5
	6 Withdrawal	15890	4.4
	7 Some other method	3962	1.1
	8 Not sure	1151	.3
	Total	361302	100.0
Missing	System	27855	
Total		389158	

SQ65 How many times have you been pregnant or gotten someone pregnant?

		Frequency	Valid Percent
Valid	1 0 times	372946	95.9
	2 1 time	10375	2.7
	3 2 or more times	4210	1.1
	4 Not sure	1487	.4
	Total	389018	100.0
Missing	System	140	
Total		389158	

SQ66 During your life, has anyone ever had sexual contact with you against your will?

		Frequency	Valid Percent
Valid	1 No	351871	90.4
	2 Yes, within the past 12 months	11907	3.1
	3 Yes, more than 12 months ago	18087	4.6
	4 Yes, both "B" and "C"	7293	1.9
	Total	389158	100.0



Student Health Survey High School

SQ67 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	Valid Percent
Valid	1 No testing for HIV or STDs	342545	88.3
	2 Yes, been tested for HIV	8326	2.1
	3 Yes, been tested for STDs	7984	2.1
	4 Yes, tested for HIV and STDs	29284	7.5
	Total	388139	100.0
Missing	System	1019	
Total		389158	

SQ68 How do you describe your weight?

		Frequency	Valid Percent
Valid	1 Very underweight	8607	2.2
	2 Slightly underweight	55056	14.2
	3 About the right weight	205363	52.8
	4 Slightly overweight	106592	27.4
	5 Very overweight	13354	3.4
	Total	388972	100.0
Missing	System	185	
Total		389158	

SQ69 Which of the following are you trying to do about your weight?

		Frequency	Valid Percent
Valid	1 Lose weight	176404	45.5
	2 Gain weight	63744	16.5
	3 Stay the same weight	86444	22.3
	4 Not trying to do anything	60840	15.7
	Total	387432	100.0
Missing	System	1726	
Total		389158	

Student Health Survey Middle School

SQ34 How do you describe your weight?

		Frequency	Valid Percent
Valid	1 Very underweight	33	2.4
	2 Slightly underweight	227	16.8
	3 About the right weight	706	52.4
	4 Slightly overweight	334	24.8
	5 Very overweight	48	3.6
	Total	1348	100.0
Missing	System	51	
Total		1399	

SQ35 Which of the following are you trying to do about your weight?

		Frequency	Valid Percent
Valid	1 Lose weight	622	44.6
	2 Gain weight	223	16.0
	3 Stay the same weight	316	22.7
	4 Not trying to do anything	232	16.7
	Total	1393	100.0
Missing	System	7	
Total		1399	

Student Health Survey High School

SQ70 During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	244984	63.2
	2 No	142356	36.8
	Total	387340	100.0
Missing	System	1818	
Total		389158	

SQ71 During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	156312	40.4
	2 No	230986	59.6
	Total	387298	100.0
Missing	System	1859	
Total		389158	

SQ72 During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	38833	10.0
	2 No	348510	90.0
	Total	387343	100.0
Missing	System	1815	
Total		389158	

Student Health Survey Middle School

SQ36 Have you ever exercised to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	957	69.3
	2 No	425	30.7
	Total	1382	100.0
Missing	System	17	
Total		1399	

SQ37 Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	629	45.4
	2 No	756	54.6
	Total	1386	100.0
Missing	System	14	
Total		1399	

SQ38 Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	224	16.1
	2 No	1169	83.9
	Total	1393	100.0
Missing	System	6	
Total		1399	

Student Health Survey High School

SQ73 During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

		Frequency	Valid Percent
Valid	1 Yes	19331	5.0
	2 No	367590	95.0
	Total	386921	100.0
Missing	System	2236	
Total		389158	

SQ74 During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	14576	3.8
	2 No	368668	96.2
	Total	383244	100.0
Missing	System	5914	
Total		389158	

SQ75 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	Valid Percent
Valid	1 Did not drink fruit juice	60279	15.5
	2 1 to 3 times	143726	37.1
	3 4 to 6 times	78805	20.3
	4 1 time per day	34666	8.9
	5 2 times per day	34031	8.8
	6 3 times per day	17371	4.5
	7 4 or more times per day	18912	4.9
	Total	387789	100.0
Missing	System	1368	
Total		389158	

Student Health Survey Middle School

SQ39 Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

		Frequency	Valid Percent
Valid	1 Yes	56	4.0
	2 No	1335	96.0
	Total	1391	100.0
Missing	System	9	
Total		1399	

SQ40 Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

		Frequency	Valid Percent
Valid	1 Yes	57	4.2
	2 No	1313	95.8
	Total	1370	100.0
Missing	System	29	
Total		1399	

Student Health Survey High School

SQ76 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

		Frequency	Valid Percent
Valid	1 Did not eat fruit	67521	17.5
	2 1 to 3 times	162617	42.2
	3 4 to 6 times	70863	18.4
	4 1 time per day	32440	8.4
	5 2 times per day	31214	8.1
	6 3 times per day	11199	2.9
	7 4 or more times per day	9780	2.5
	Total	385633	100.0
Missing	System	3525	
Total		389158	

SQ77 During the past 7 days, how many times did you eat green salad?

		Frequency	Valid Percent
Valid	1 Did not eat green salad	120433	31.1
	2 1 to 3 times	167836	43.4
	3 4 to 6 times	52208	13.5
	4 1 time per day	32964	8.5
	5 2 times per day	8479	2.2
	6 3 times per day	2668	.7
	7 4 or more times per day	2546	.7
	Total	387134	100.0
Missing	System	2024	
Total		389158	



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SQ78 During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

		Frequency	Valid Percent
Valid	1 Did not eat potatoes	143377	37.0
	2 1 to 3 times	191915	49.5
	3 4 to 6 times	34440	8.9
	4 1 time per day	12112	3.1
	5 2 times per day	2709	.7
	6 3 times per day	434	.1
	7 4 or more times per day	2509	.6
	Total	387496	100.0
Missing	System	1662	
Total		389158	

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

		Frequency	Valid Percent
Valid	1 Did not eat carrots	207284	53.6
	2 1 to 3 times	136489	35.3
	3 4 to 6 times	22586	5.8
	4 1 time per day	13476	3.5
	5 2 times per day	3830	1.0
	6 3 times per day	594	.2
	7 4 or more times per day	2419	.6
	Total	386678	100.0
Missing	System	2479	
Total		389158	

Student Health Survey High School

SQ80 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

		Frequency	Valid Percent
Valid	1 Did not eat other vegetables	70351	18.2
	2 1 to 3 times	158690	41.0
	3 4 to 6 times	80019	20.7
	4 1 time per day	47347	12.2
	5 2 times per day	20946	5.4
	6 3 times per day	3402	.9
	7 4 or more times per day	6582	1.7
	Total	387337	100.0
Missing	System	1821	
Total		389158	

SQ81 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	Valid Percent
Valid	1 Did not drink milk	80769	20.9
	2 1 to 3 glasses past 7 days	101618	26.3
	3 4 to 6 glasses past 7 days	69845	18.1
	4 1 glass per day	47373	12.3
	5 2 glasses per day	45081	11.7
	6 3 glasses per day	26563	6.9
	7 4 or more glasses per day	15325	4.0
	Total	386574	100.0
Missing	System	2583	
Total		389158	

Student Health Survey Middle School

SQ48 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	Valid Percent
Valid	1 Did not drink milk	248	18.1
	2 1 to 3 glasses past 7 days	394	28.8
	3 4 to 6 glasses past 7 days	220	16.0
	4 1 glass per day	131	9.5
	5 2 glasses per day	171	12.5
	6 3 glasses per day	117	8.6
	7 4 or more glasses per day	91	6.6
	Total	1372	100.0
Missing	System	27	
Total		1399	



Student Health Survey High School

SQ82 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	Valid Percent
Valid	1 0 days	52683	13.8
	2 1 day	32110	8.4
	3 2 days	42588	11.2
	4 3 days	39371	10.3
	5 4 days	38368	10.1
	6 5 days	55834	14.7
	7 6 days	32816	8.6
	8 7 days	87091	22.9
	Total	380862	100.0
Missing	System	8296	
Total		389158	

SQ83 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 lawnmower, or mopping floors?

		Frequency	Valid Percent
Valid	1 0 days	104150	26.9
	2 1 day	46934	12.1
	3 2 days	52822	13.6
	4 3 days	42382	10.9
	5 4 days	30737	7.9
	6 5 days	32448	8.4
	7 6 days	13475	3.5
	8 7 days	64224	16.6
	Total	387173	100.0
Missing	System	1984	
Total		389158	

Student Health Survey Middle School

SQ41 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	Valid Percent
Valid	1 0 days	121	8.7
	2 1 day	120	8.6
	3 2 days	107	7.7
	4 3 days	160	11.5
	5 4 days	146	10.5
	6 5 days	184	13.2
	7 6 days	130	9.4
	8 7 days	424	30.5
	Total	1391	100.0
Missing	System	9	
Total		1399	

SQ42 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	Valid Percent
Valid	1 0 days	430	31.0
	2 1 day	202	14.5
	3 2 days	187	13.5
	4 3 days	131	9.5
	5 4 days	92	6.6
	6 5 days	86	6.2
	7 6 days	46	3.3
	8 7 days	214	15.4
	Total	1388	100.0
Missing	System	11	
Total		1399	

Student Health Survey High School

SQ84 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	Valid Percent
Valid	1 0 days	96547	25.0
	2 1 day	39373	10.2
	3 2 days	51828	13.4
	4 3 days	45062	11.7
	5 4 days	42190	10.9
	6 5 days	42201	10.9
	7 6 days	18910	4.9
	8 7 days	49415	12.8
	Total	385526	100.0
Missing	System	3631	
Total		389158	

SQ85 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

		Frequency	Valid Percent
Valid	1 0 days	95291	24.8
	2 1 day	49182	12.8
	3 2 days	43885	11.4
	4 3 days	33392	8.7
	5 4 days	32161	8.4
	6 5 days	39348	10.2
	7 6 days	31577	8.2
	8 7 days	59938	15.6
	Total	384773	100.0
Missing	System	4385	
Total		389158	

Student Health Survey Middle School

SQ43 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

		Frequency	Valid Percent
Valid	1 0 days	267	19.5
	2 1 day	154	11.2
	3 2 days	148	10.7
	4 3 days	169	12.3
	5 4 days	128	9.3
	6 5 days	159	11.6
	7 6 days	94	6.9
	8 7 days	255	18.6
	Total	1374	100.0
Missing	System	26	
Total		1399	

Student Health Survey High School

SQ86 On an average school day, how many hours do you watch TV?

		Frequency	Valid Percent
Valid	1 No TV on average school day	28839	7.5
	2 Less than 1 hour per day	62338	16.2
	3 1 hour per day	67132	17.4
	4 2 hours per day	89417	23.2
	5 3 hours per day	67726	17.6
	6 4 hours per day	30858	8.0
	7 5 or more hours per day	39525	10.2
	Total	385837	100.0
Missing	System	3321	
Total		389158	

SQ87 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

		Frequency	Valid Percent
Valid	1 0 days	32109	9.1
	2 1 day	5861	1.7
	3 2 days	6761	1.9
	4 3 days	23734	6.7
	5 4 days	70906	20.0
	6 5 days	214922	60.7
	Total	354294	100.0
Missing	System	34864	
Total		389158	

Student Health Survey Middle School

SQ44 On an average school day, how many hours do you watch TV?

		Frequency	Valid Percent
Valid	1 No TV on average school day	64	4.6
	2 Less than 1 hour per day	162	11.7
	3 1 hour per day	220	15.8
	4 2 hours per day	323	23.3
	5 3 hours per day	245	17.6
	6 4 hours per day	154	11.1
	7 5 or more hours per day	221	15.9
	Total	1389	100.0
Missing	System	10	
Total		1399	

SQ45 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

		Frequency	Valid Percent
Valid	1 0 days	113	8.2
	2 1 day	131	9.5
	3 2 days	209	15.2
	4 3 days	261	18.9
	5 4 days	166	12.0
	6 5 days	498	36.1
	Total	1379	100.0
Missing	System	21	
Total		1399	

Student Health Survey High School

SQ88 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

		Frequency	Valid Percent
Valid	1 Do not take PE	32037	9.0
	2 Less than 10 minutes	21873	6.1
	3 10 to 20 minutes	53841	15.1
	4 21 to 30 minutes	98570	27.6
	5 31 to 40 minutes	87498	24.5
	6 41 to 50 minutes	35258	9.9
	7 51 to 60 minutes	11914	3.3
	8 More than 60 minutes	16536	4.6
	Total	357527	100.0
Missing	System	31631	
Total		389158	

SQ89 During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

		Frequency	Valid Percent
Valid	1 0 teams	147296	38.2
	2 1 team	100132	26.0
	3 2 teams	71129	18.4
	4 3 or more teams	67003	17.4
	Total	385560	100.0
Missing	System	3597	
Total		389158	

Student Health Survey Middle School

SQ46 During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

		Frequency	Valid Percent
Valid	1 Do not take PE	87	6.2
	2 Less than 10 minutes	74	5.3
	3 10 to 20 minutes	148	10.7
	4 21 to 30 minutes	295	21.3
	5 31 to 40 minutes	342	24.6
	6 41 to 50 minutes	187	13.5
	7 51 to 60 minutes	89	6.4
	8 More than 60 minutes	165	11.9
	Total	1387	100.0
Missing	System	13	
Total		1399	

SQ47 Do you play on any sports teams? (Include any teams run by your school or community groups.)

		Frequency	Valid Percent
Valid	1 Yes	882	63.6
	2 No	504	36.4
	Total	1386	100.0
Missing	System	14	
Total		1399	

Student Health Survey High School

SQ90 Have you ever been taught about AIDS or HIV infection in school?

		Frequency	Valid Percent
Valid	1 Yes, this school year	231491	59.8
	2 Yes, not in this school year	138458	35.8
	3 No, parents did not want me	2715	.7
	4 No, was not in class	1122	.3
	5 No, teacher skipped lessons	2597	.7
	6 Not sure	10614	2.7
	Total	386997	100.0
Missing	System	2160	
Total		389158	

SQ91 When was the last time you saw a dentist for a checkup, exam, teeth cleaning, or other dental work?

		Frequency	Valid Percent
Valid	1 During the past 12 months	292584	75.8
	2 Between 12 and 24 months ago	44217	11.5
	3 More than 24 months ago	18607	4.8
	4 Never	6079	1.6
	5 Not sure	24678	6.4
	Total	386164	100.0
Missing	System	2993	
Total		389158	

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

		Frequency	Valid Percent
Valid	1 Yes	76417	20.1
	2 No	289684	76.1
	3 Not sure	14667	3.9
	Total	380768	100.0
Missing	System	8389	
Total		389158	

Student Health Survey Middle School

SQ49 Have you ever been taught about AIDS or HIV infection in school?

		Frequency	Valid Percent
Valid	1 Yes, this school year	955	70.0
	2 Yes, not in this school year	255	18.7
	3 No, parents did not want to	7	.5
	4 No, I was not in class	5	.3
	5 No, teachers skipped lessons	30	2.2
	6 Not sure.	114	8.3
	Total	1364	100.0
Missing	System	35	
Total		1399	

SQ50 When was the last time you saw a dentist for a checkup, exam, teeth cleaning, or other dental work?

		Frequency	Valid Percent
Valid	1 During the past 12 months	991	72.3
	2 Between 12 and 24 months ago	133	9.7
	3 More than 24 months ago	43	3.2
	4 Never	22	1.6
	5 Not sure	180	13.1
	Total	1370	100.0
Missing	System	29	
Total		1399	

SQ51 Has a doctor or nurse ever told you that you have asthma?

		Frequency	Valid Percent
Valid	1 Yes	251	18.4
	2 No	1037	76.1
	3 Not sure	75	5.5
	Total	1363	100.0
Missing	System	36	
Total		1399	

Student Health Survey High School

Student Health Survey Middle School

SQ52 During the past 12 months, have you had an episode of asthma or an asthma attack?

		Frequency	Valid Percent
Valid	1 I do not have asthma	1049	77.5
	2 Have asthma/no episode 12 mos	154	11.4
	3 Had episode in the past 12 mos	91	6.7
	4 Not sure	59	4.4
	Total	1353	100.0
Missing	System	46	
Total		1399	



