

New Jersey Student Health Survey 2007

Conducted for:

New Jersey Department of Education | Division of Student Services | Office of Educational Support Services

RUTGERS

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BACKGROUND

The 2007 New Jersey Student Health Survey was administered to a sample of public high school students during the spring of 2007 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 biannually 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 other state or national surveys. Questions included in the 2003 to 2007 surveys were chosen to better reflect the data needs of the New Jersey Departments of Education, Health and Senior Services, and 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.

Appendix A of this report includes a 2007 fact sheet that compares findings from students in New Jersey with those in the nation on these various health risk behaviors. The New Jersey findings are based on the survey results compiled for this report while the national findings are

based the results of the CDC's Youth Risk Behavior Survey administered to a national sample of public and private schools.

Beginning in the year 2000, NJDOE began exploring means to expand the scope of the survey to address needs of several New Jersey state agencies and reduce duplication of effort in conducting student surveys in New Jersey schools. As a result, the 2003 questionnaire used for the New Jersey Student Health Survey contained 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. In order to keep up with the trends of adolescent behavior, questions are added or rotated on a regular basis. For example, questions were added in the 2005 survey to measure student attitudes toward the use of tobacco, alcohol, and marijuana. Questions were also added in 2007, regarding online communication and self-mutilation. For further details on the 2007 questionnaire, see Appendix B.

The NJDOE provides the findings of these surveys in both a detailed report and 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** at the state and local levels 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 benchmarks** for reducing adolescent risks and increasing pro-social behaviors.
- ▶ **Recognize program successes** in influencing adolescent behaviors
- ▶ **Provide teachers with a basis for allocating instructional time** in the health and physical education curriculum.
- ▶ **Provide teens with peer norms** rather than inflated perceptions of what their peers are doing.

The detailed report and summary brochure are distributed in printed form and made available for download from the NJDOE web site at <http://www.nj.gov/education/students/yrbs/>. These materials may be copied and distributed without permission.

Wording of questions and frequency distributions for all 88 items in the high school questionnaire for the 2007 New Jersey Student Health Survey are included in Appendix B of this report.

Data from the spring 2007 New Jersey Student Health Survey are highly comparable to those collected during the fall 2006 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 slightly 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' (NJHHS) Division of Addiction Services also collects data concerning student use of alcohol, tobacco and other substances in the seventh through twelfth grades. While the questions are asked differently from those on the high school New Jersey Student Health Survey, the responses do provide a means to examine changes in student use with increasing age and grade. Reports can be found at http://www.state.nj.us/humanservices/das/das_reports.html.

Finally, from 1980 to 1998, the New Jersey Department of Law and Public Safety's 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 2007 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's Elementary and Secondary Education Act, as amended (Title IV, Part A of the No Child Left Behind Act); Safe and Drug-Free Schools and Communities grant

awarded to the New Jersey Department of Education; and by the New Jersey Department of Health and Senior Services' Comprehensive Tobacco Control Program.

Survey Methods

The following section outlines major aspects of survey administration. More detailed information can be found in a technical report on the administration of the 2007 survey, entitled "2007 New Jersey Student Health Survey of High School Students, Technical Report: Survey Process, Observations and Recommendations," provided to the NJDOE by BCSR.

In 2007, as with all NJSHS studies since 2003, the administration of the survey was conducted under standards established by *N.J.S.A.* 18A:36-34. The law requires active parental consent for student participation which means that students could only participate if they returned a signed consent form from a parent/guardian.

The majority of all high school students (65%) returned a parental consent form that permitted participation, while 7% returned a form that did not consent to participation and 28% did not return a form at all. It should be noted that 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 criterion for inclusion in this study. However, both of these nonparticipating groups are small.

School Recruitment

BCSR staff members began contacting school district superintendents and principals in November 2006 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.

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. Some of the participating schools provided addresses to BCSR to complete this mailing. Most schools elected to do the mailing themselves - using postage-paid envelopes which were stuffed with the survey fact sheet and parental consent form. 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.

Field Administration

BCSR staff administered the survey in each randomly selected classroom at sampled high schools during the spring semester of 2007 between January and June.

Sampling

During previous years, the NJDOE had a goal of obtaining a sample of 1,500 students by sampling a total of 2,000 students. However, in 2007, the NJDOE increased the number of students asked to participate in the survey to about 2,700 students, or about 90 students per school, with a goal of obtaining 2,000 completed surveys. The increased sample size enables a more accurate analysis of the survey results using demographic groups such as race and ethnicity.

School Level – All of the state’s 409 public regular, 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. Westat, Inc., a national firm hired by CDC to provide technical assistance to states administering the YRBS, drew the sample. Thirty-five high schools were selected, of which one was ineligible.

Class Level – All classes in a required subject or, depending on the school’s choice, all classes meeting during a particular period of the day were included in the

sampling frame. Westat, Inc. generated random numbers that were used to select the sample classes. The random numbers were based on the total enrollment of the school and an assumed number of students in each class for class selection. The number of classes selected ranged from three to seven, with most schools having four classes selected. Student enrollment averaged 23 students per class.

Response Rate

Overall, 1,677 students in 29 public high schools completed the New Jersey Student Health Survey in the spring of 2007. The school response rate was 85% (29 of the 34 sampled schools participated) and the student response rate was 61% (1,677 of the 2,729 sampled students completed usable questionnaires), yielding an overall response rate of 52% (85% x 61%=52%). Seventy-two percent (1,972 of 2,729) of sampled students returned a consent form, and of those, 10% (200 of 1,972) of students refused to participate.

Weighting

In order to consider the survey findings representative of the New Jersey high school student population, the CDC established a threshold of 60% combined participation rate (school rate x student rate) for the NJSHS survey. In 2007, the combined response rate was 52% (85% x 61%, respectively), which was not high enough to meet the CDC threshold. The threshold of 60% was achieved in 1995, 2001, and 2005, but not in 1993, 1997, 1999, and 2003. Only surveys that meet the 60% threshold are included among CDC’s reporting of findings available on their web site at <http://www.cdc.gov/healthyouth>.

Since the combined participation rate of 60% was not achieved, CDC will not apply weights to data collected for the NJSHS. Instead, the NJDOE requested that the Bloustein Center for Survey Research (BCSR) attempt to replicate the CDC weighting procedure. BCSR developed a weighting procedure, which is outlined below, for use with the 2007 high school data. The following outlines the steps used to generate the school/student weights. More detail on the weighting procedure is included in the “2007 New Jersey Student Health Survey of High School Students, Weighting Procedure and Statistical Tabulations”.

The weighting procedure includes two components: (a) one adjustment that is associated with school/student probability of selection, and (b) one adjustment to insure demographic comparability. A weight is 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 post-stratification 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. Although the response rate did not reach 60%, weighting the data in this manner allows the weighted results to 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.

Once the final probability weights are calculated, the sampled data is adjusted with these probability weights, and the resulting sample demographics are compared to population parameters. Weighting on student demographic characteristics is necessary to bring the sample in line with the state's high school student population. The demographic variables used for

weighting are based on grade/gender (8 categories based on grade level – 9th thru 12th; and gender – male and female) and race/ethnicity (4 categories based on White, Black, Hispanic and Asian).

Overall, the weighting procedure employed by BCSR does account for the students' and schools' probability of selection, as well as adjustment to match the state's demographic profile of students. The procedures outlined and used here for weighting are a close replication of the CDC procedures that would have been used had the response rate reached 60% on the study. While an exact replication is impossible, since BCSR did not have access to all of CDC's statistical tools used in their weighting process, the resulting weighted percentages derived through this weighting process are a much better depiction of the state's student population than using the data in its unweighted form.

Profile of High School Students

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 13 years old to 18 years old or older. Overall, 37.5% of the students were 15 or younger, 46.7% were between 16 and 17 years old, and 15.8% were 18 or older.

Grade

Based on weighted demographic data, more than one-fourth of the students were in 9th grade (27.3%) or 10th grade (26.3%), and less than one-fourth were in 11th grade (23.9%) or 12th grade (22.5%).

Gender

Overall, approximately an equal number of males (50.4%) and females (49.6%) completed the survey.

Table 1: Profile of High School Students in the 2007 New Jersey Student Health Survey

Sex	Sample (n)	Sample %	Weighted %	Grade	Sample (n)	Sample %	Weighted %
<i>Female</i>	885	52.9%	49.6%	<i>9th</i>	409	24.5%	27.3%
<i>Male</i>	787	47.1%	50.4%	<i>10th</i>	391	23.5%	26.3%
Age				<i>11th</i>	432	25.9%	23.9%
<i>13 Years Old or Younger</i>	7	0.4%	0.4%	<i>12th</i>	434	26.0%	22.5%
<i>14 Years Old</i>	145	8.7%	9.1%	Ethnicity			
<i>15 Years Old</i>	419	25.1%	28.0%	<i>Black</i>	210	12.8%	15.7%
<i>16 Years Old</i>	410	24.5%	25.1%	<i>Hispanic/Latino</i>	260	15.8%	15.3%
<i>17 Years Old</i>	400	23.9%	21.6%	<i>White</i>	1010	61.4%	57.0%
<i>18 Years Old or Older</i>	290	17.4%	15.8%	<i>All other races</i>	166	10.0%	12.0%

Ethnicity

Based on weighted demographic data, 57.0% were White, 15.7% were Black or African American, 15.3% were Hispanic or Latino (including Hispanics who also identified with a race or multiple races), 8.2% were Asians or Native Hawaiian/Pacific Islanders and 3.9% were Other (including American Indian/Alaskan Natives and non-Hispanic students who identified with multiple races).

Language

English was the primary language spoken at home for the majority of students (82.2%) while 7.3% spoke Spanish at home. The remaining students (10.5%) primarily used some other language.

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.

Throughout the report, differences between the current results and those of 1995, 2001, and 2005 – years where CDC permitted the weighting of data because the 60%

response rate was reached – are shown as trend lines. All references to 2007 in the tables are followed by an asterisk (*). It is important to note that the 2007 results use an alternative weighting technique that is close, but not identical, to the CDC weighting procedure.

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 Educational 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 <http://www.nj.gov/education/students/yrbs/>.

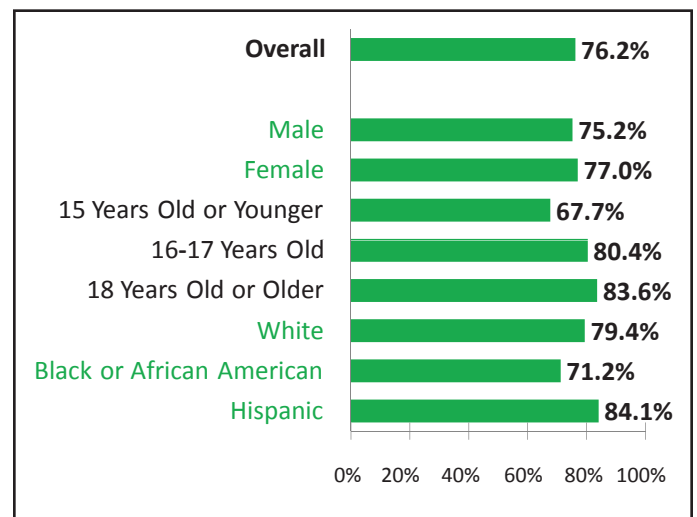
CHAPTER 1: HIGH SCHOOL STUDENT ALCOHOL AND OTHER DRUG USE

Alcohol Use

These questions measure lifetime and current use of alcohol, age of initiation, episodic heavy drinking, access to alcohol, and drinking on school property. Motor vehicle crashes are the leading cause of death among youth aged 15–19 years in the United States¹ and alcohol use is associated with 9% of all motor vehicle crashes that result in injury and more than one-third of all motor vehicle crash fatalities.² Heavy drinking among youth is associated with risky sexual behavior (including sexual initiation, multiple sex partners, condom use, and pregnancy)³ and use of cigarettes,^{4,5} marijuana, cocaine, and other illegal drugs.⁶ Limiting youth access to alcohol has reduced underage drinking and alcohol-related problems.⁷ However, youth continue to obtain alcohol from a variety of sources, reflecting the need for improved enforcement of underage drinking laws as well as greater public awareness of restrictions on drinking by underage youth. Among high school students nationwide in 2005, 74% had had at least one drink of alcohol on ≥ 1 day during their life and 43% had had at least one drink of alcohol and 26% had had ≥ 5 drinks of alcohol in a row on

≥ 1 of the 30 days preceding the survey.⁸ The percentage of high school students who had had at least one drink of alcohol did not change significantly during 1991–1999 (82%–81%) and then decreased during 1999–2005 (81%–74%).⁹

Figure 1.1: Lifetime Use of Alcohol



- ▶ In 2007, overall, over three-fourths of New Jersey high school students (76.2%) reported drinking alcohol in their lifetime (Figure 1.1).
- ▶ Little variation was shown by gender (75.2–77.0%).
- ▶ More than eight in 10 of both 16–17 year olds (80.4%) and those 18 years of age or older (83.6%) used alcohol, as compared to about two-thirds (67.7%) of those 15 years of age or younger.
- ▶ Hispanic students (84.1%) were most likely to have used alcohol in their lifetime. More than three-fourths of White (79.4%) and fewer Black students (71.2%) reported lifetime alcohol use.

1 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

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

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

4 Everett 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;50:33-38.

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

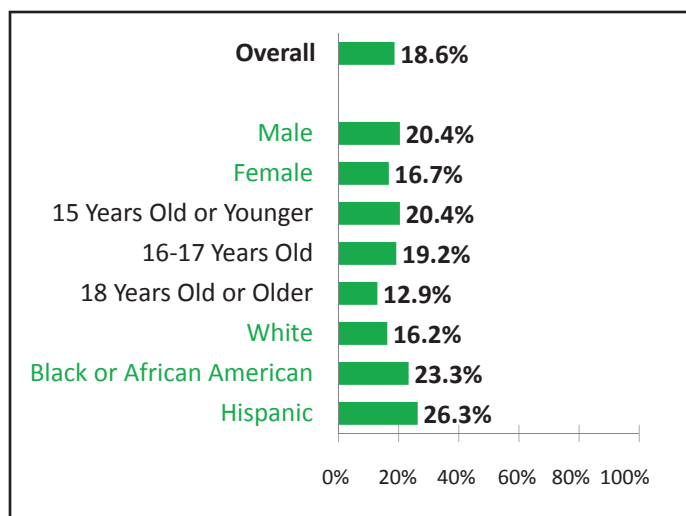
6 Everett SA, Oeltmann J, Wilson TW, Brener ND, Hill CV. Binge drinking among undergraduate college students in the United States: Implications for other substance use. *Journal of American College Health* 2001;50:33-38.

7 Klepp KI, Schmid LA, Murray DM. Effects of the increased minimum drinking age law on drinking and driving behavior among adolescents. *Addiction Research* 1996;4:237-244.

8 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

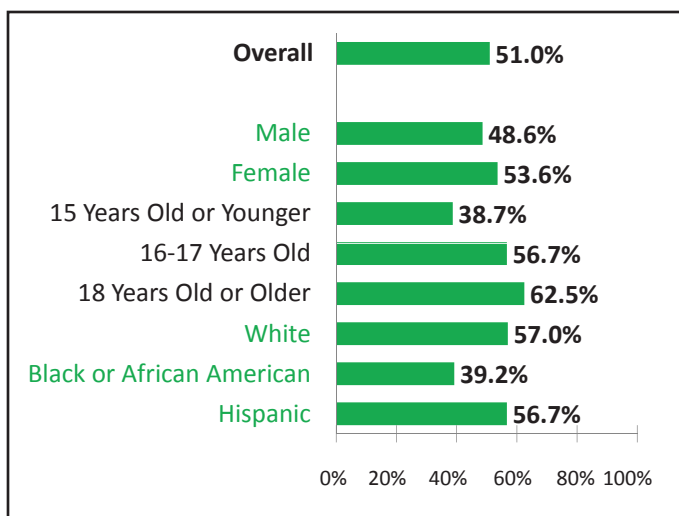
9 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

Figure 1.2: Lifetime Alcohol Use Before Age 13



- ▶ Less than one in five students (18.6%) drank alcohol before they were 13 years old (Figure 1.2).
- ▶ While there was little variation in the proportion of females and males who had ever drunk alcohol, males were more likely to have started drinking before age 13 (20.4% versus 16.7%).
- ▶ About one in five students aged 15 or younger and aged 16-17 years old (20.4% and 19.2%, respectively) started drinking before the age of 13.
- ▶ Consistent with the finding reported above that Hispanic students are more likely to report having used alcohol in their lifetime than both White and Black students, more than one-fourth (26.3%) of this group indicated having their first drink before age 13 which was greater than the proportion of White (16.2%) and Black (23.3%) students.

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



- ▶ Overall, half (51.0%) of the students drank alcohol on at least one day during the prior 30 days (Figure 1.3). Further, 5.3% of students had drunk alcohol on 10 or more of the last 30 days. Students reported that they primarily obtained alcohol by giving someone money to buy it for them (17.4%) or someone gave it to them (16.1%).
- ▶ Females (53.6%) were slightly more likely than males (48.6%) to report having used alcohol at least once during the past 30 days.
- ▶ 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, nearly two-thirds (62.5%) reported drinking on at least one day during the previous month, as compared to substantially fewer 15 year old or younger students (38.7%).
- ▶ White and Hispanic students were much more likely than Blacks to report having used alcohol during the past 30 days (57.0%, 56.7%, and 39.2%, respectively).

HEALTHY NEW JERSEY 2010 GOAL¹⁰

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

2007 NEW JERSEY SHS RESULTS

None of the grade levels met the 2010 goal. Sophomores (48.9%), juniors (58.4%), and seniors (62.5%) reported higher levels of recent alcohol use than the goal specifies.

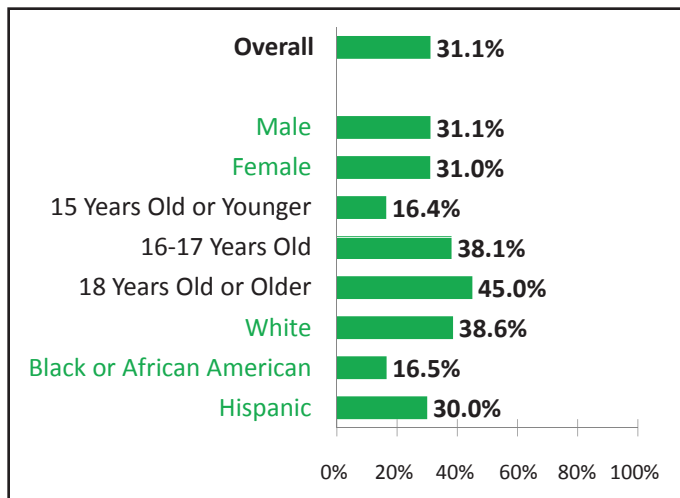
HEALTHY NEW JERSEY 2010 GOAL

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.

2007 NEW JERSEY SHS RESULTS

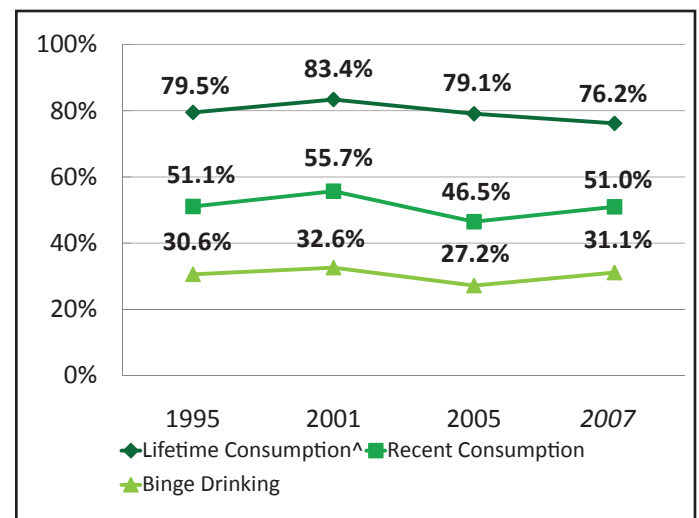
Almost one in three high school students (31.1%) reported drinking five or more alcoholic drinks on an occasion in the past 30 days. Whites (38.6%), Blacks (16.5%), and Hispanics (30.0%) in high school all binge drink at rates above this goal

Figure 1.4: Five or more Drinks of Alcohol in a Row on at least One Day, Last 30 Days



- ▶ Nearly one-third (31.1%) of the students indicated having five or more drinks on a least one day in the last 30 days (Figure 1.4).
- ▶ There was no notable difference by gender.
- ▶ Students 18 and over (45.0%) 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, as compared to 16.4% of students aged 15 or younger.
- ▶ White students (38.6%) and Hispanic students (30.0%) were more likely than Black students (16.5%) to have consumed five or more drinks on a least one day in the last 30 days.

Figure 1.5: Trends in Alcohol Use: 1995, 2001, 2005, and 2007



*Data for 2007 are weighted using an alternative weighting technique since adequate participation rates were not achieved. All references to “2007” in the figures of this report appear in italics to note that data (This note applies to all tables where 2007 data is compared to prior years, but is only shown here.)

^NOTE: Percentage for lifetime alcohol use have been recalculated from previous reports to correspond to CDC calculation of prevalence. In prior years, NJ determined lifetime alcohol use based on whether students indicated an age on the questionnaire for when they first used alcohol. Lifetime alcohol use has been adjusted based on whether students indicated they used alcohol in their life one or more times.

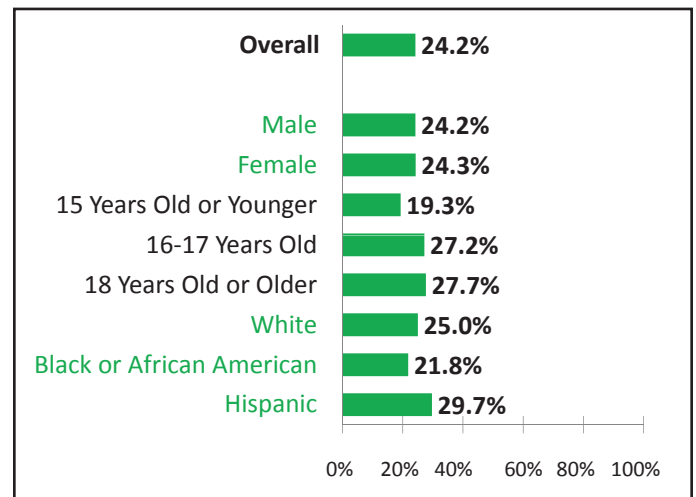
10 All references to “Healthy New Jersey 2010 Goal” refer to *Healthy New Jersey 2010: A Health Agenda for the First Decade of the New Millennium, Vol. I*. New Jersey Department of Health and Senior Services, June 2001.

- ▶ Reporting of lifetime alcohol consumption declined in 2007 from levels in past surveys (Figure 1.5). This proportion was the lowest of all four years at 76.2%.
- ▶ Rates of recent and binge drinking both increased from 2005. Both percentages were comparable to the rates in 1995.

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 2004, 5% of 15- to 20-year-old drivers who were involved in crashes that resulted in injuries had been drinking alcohol and 22% of 15- to 20-year-old drivers involved in fatal crashes had been drinking alcohol.¹¹ Alcohol use is associated with 24% of fatalities among those less than 15 years old.¹² In 2005, 10% of high school students nationwide had driven a car or other vehicle one or more times when they had been drinking alcohol and 29% of high school students nationwide had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol during the 30 days preceding the survey.¹³ During 1991–2005, a significant linear decrease occurred in the percentage of students who rode with a driver who had been drinking alcohol (40%–29%).¹⁴

Figure 1.6: NJSHS: Rode in a Car with a Driver Who Had Been Drinking At Least Once, Last 30 Days



- ▶ During the past 30 days, about one-fourth (24.2%) of the students rode at least once in a vehicle with someone who had been drinking (Figure 1.6). Further, 12.8% of students did so on two or more occasions during this period.
- ▶ No substantial differences were found between genders.
- ▶ Older students were slightly more likely than younger students to ride in cars with drinking drivers. More than one-fourth of students 18 years of age or older and ages 16-17 (27.7% and 27.2%, respectively) rode in cars with drinking drivers at least once during the previous 30 days, as compared to 19.3% of those 15 years of age or younger.
- ▶ Hispanic students reported the greatest proportion of those to have been a passenger in a car with a drinking driver at least once during the previous 30 days (29.7%) and to have done so on six or more occasions (6.2%).

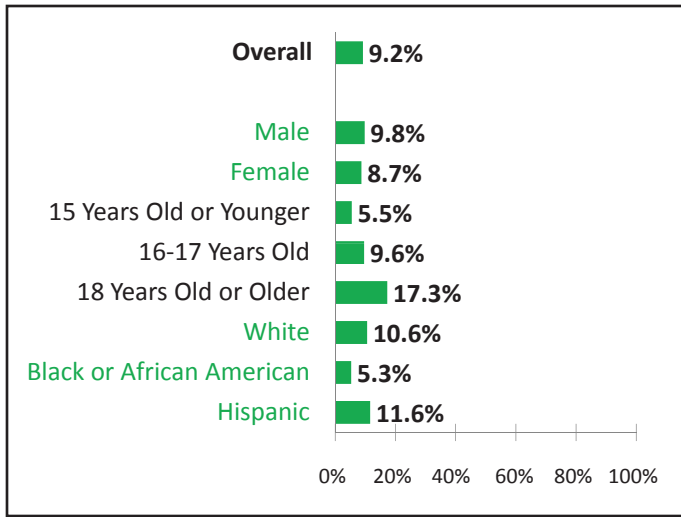
11 National Highway Traffic Safety Administration. Traffic Safety Facts 2004: A Compilation of motor vehicle crash data from the Fatality Analysis Reporting System and the General Estimates System. National Highway Traffic Safety Administration Web site. Available at: <http://www.nrd.nhtsa.dot.gov/pdf/nrd-30/NCSA/TSFAnn/TSF2004.pdf>. Accessed June 5, 2006.

12 Centers for Disease Control and Prevention. Child Passenger Deaths Involving Drinking Drivers, 1997-2002. *Morbidity and Mortality Weekly Report* 2004; 53(04):77-79.

13 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

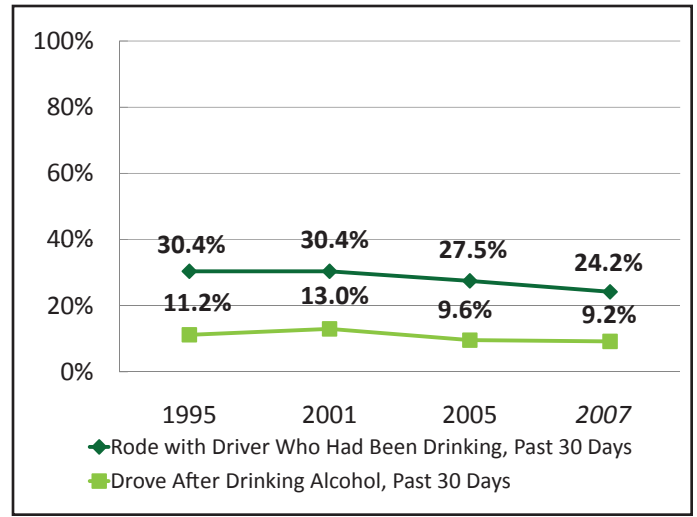
14 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

Figure 1.7: Drove a Vehicle after Drinking Alcohol, One or More Times, Last 30 Days



- ▶ Overall, 9.2% 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; 4.9% drove a vehicle after using alcohol only once and another 4.3% did so more than once (Figure 1.7).
- ▶ Results were similar by gender.
- ▶ Older students were more likely than younger students to have operated a vehicle after drinking. Students 18 years of age or older (17.3%) were twice as likely as 16-17-year-olds (9.6%) and three times as likely as students 15 years of age or younger (5.5%) to report having driven after drinking during the previous 30 days.
- ▶ White and Hispanic students (10.6% and 11.6%, respectively) were twice as likely as Black students (5.3%) to report having driven after drinking alcohol at least once during the past 30 days.

Figure 1.8: Trends in Drinking and Driving: 1995, 2001, 2005, and 2007



- ▶ Fewer students indicated incidents of drinking and driving than in previous survey years (Figure 1.8). In 2007, 9.2% of students reported drinking and driving within the previous 30 days.
- ▶ The percentage of students who rode with a driver who had been drinking during the previous 30 days was also slightly lower in 2007 (24.2%) than in previous survey years.

HEALTHY PEOPLE 2010 NATIONAL GOAL¹⁵

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%.

2007 NEW JERSEY SHS RESULTS

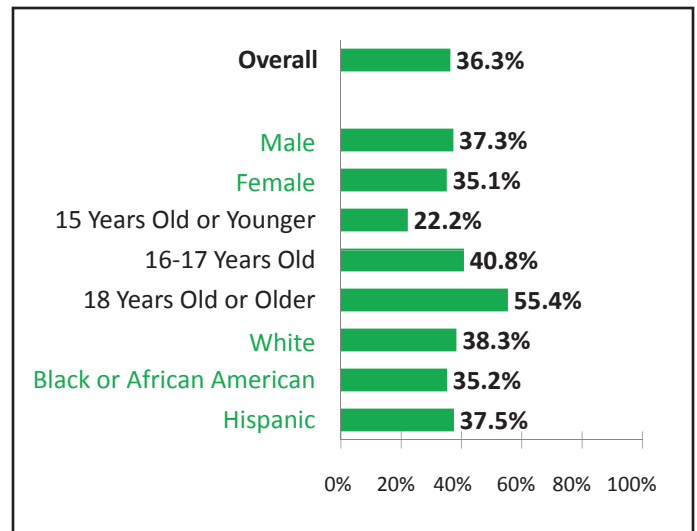
New Jersey met the 2010 goal with less than 30% of New Jersey high school students (24.2%) reporting that they had been a passenger in a car with a drinking driver during the previous month.

15 All 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.* Washington D.C., Government Printing Office, 2004.

Marijuana Use

These questions measure lifetime and current use of marijuana and cocaine, and lifetime use of inhalants, heroin, methamphetamines, ecstasy, steroids, and injected drugs. Among youth, illicit drug use is associated with heavy alcohol and tobacco use,¹⁶ violence and delinquency,^{17;18;19} and suicide.²⁰ Among high school students nationwide in 2005, 38% had used marijuana, 8% had used any form of cocaine, 2% had injected drugs, 12% had used inhalants, 4% had used steroids, 9% had used hallucinogenic drugs, 2% had used heroin, 6% had used methamphetamines, and 6% had used ecstasy one or more times during their lives.²¹ The percentage of high school students who had used marijuana during their lives increased during 1991–1999 (31%–47%) and then decreased during 1999–2005 (47%–38%).²²

Figure 1.9: Lifetime Use of Marijuana



- ▶ Overall, more than one-third (36.3%) of all students reported having tried marijuana in their lifetimes (Figure 1.9). Further, 14.8% of students had done so on 20 or more occasions in their lives.
- ▶ Little variation in lifetime marijuana use was noted by gender and ethnicity.
- ▶ Four in 10 of both 16-17 year olds (40.8%) and over half of those 18 years of age or older (55.4%) reported having tried marijuana, as compared to less than one-fourth (22.2%) of those 15 years of age or younger.

16 Substance Abuse and Mental Health Services Administration. Results from the 2004 National Survey on Drug Use and Health: National Findings. (Office of Applied Studies, NSDUH Series H-28, DHHS Publication No. SMA 05-4062). Rockville, MD, 2005.

17 Substance Abuse and Mental Health Services Administration. Youth violence and illicit drug use. The NSDUH Report 2006;5:1-4. Available at: <http://oas.samhsa.gov/youth.htm>. Accessed June 5, 2006.

18 Substance Abuse and Mental Health Services Administration. Marijuana use and delinquent behaviors among youths. The NSDUH Report January 9, 2004. Available at: <http://oas.samhsa.gov/youth.htm>. Accessed June 5, 2006.

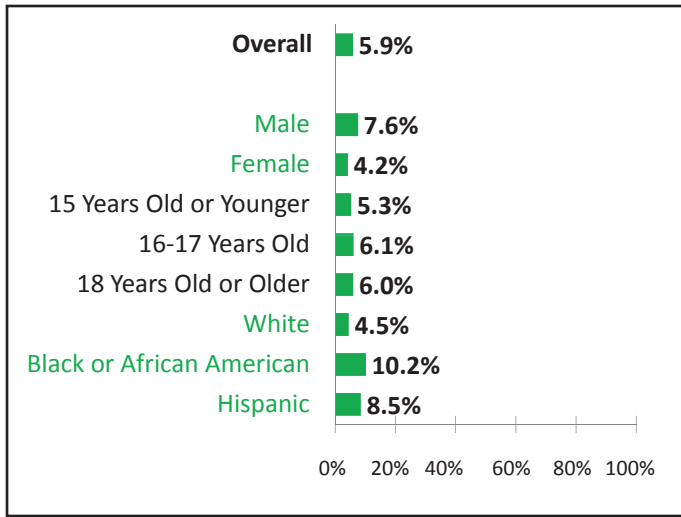
19 Substance Abuse and Mental Health Services Administration. Inhalant use and delinquent behaviors among young adolescents. The NSDUH Report March 17, 2005. Available at: <http://oas.samhsa.gov/youth.htm>. Accessed June 5, 2006.

20 Substance Abuse and Mental Health Services Administration. Substance use and the risk of suicide among youths. The NHSDA Report July 12, 2002. Available at: <http://oas.samhsa.gov/youth.htm>. Accessed June 5, 2006.

21 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

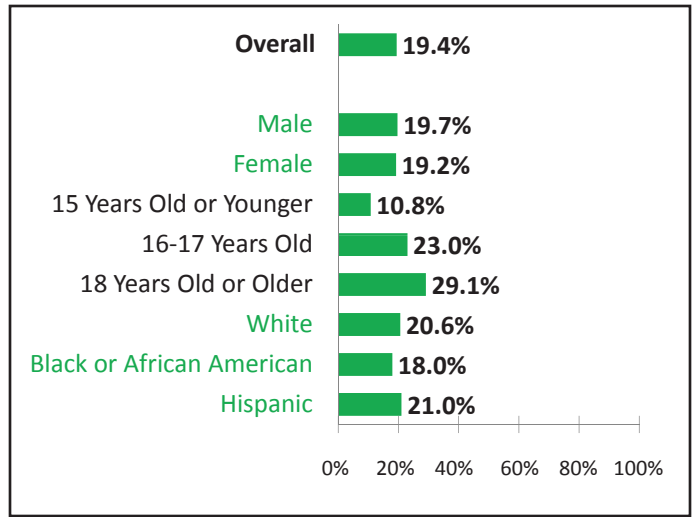
22 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

Figure 1.10: Lifetime Marijuana Use Before Age 13



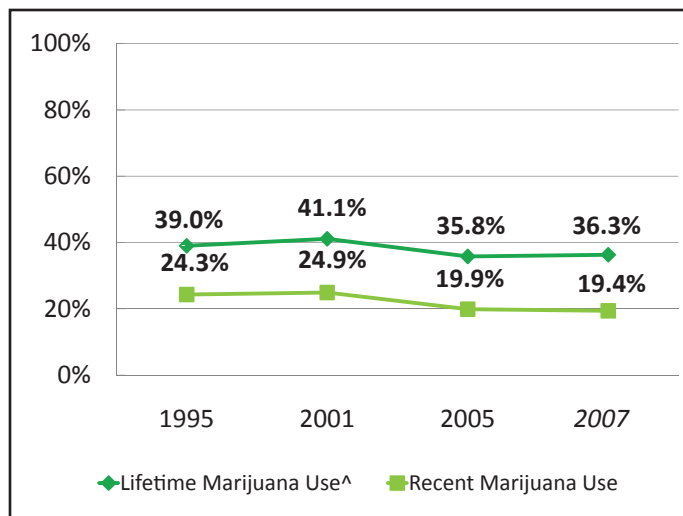
- ▶ Overall, 5.9% of students tried marijuana before the age of 13 (Figure 1.10).
- ▶ A greater percentage of males than females reported first use of marijuana before age 13 (7.6% and 4.2%, respectively).
- ▶ Little variation was noted for marijuana by age group.
- ▶ A greater proportion of Black students (10.2%) and Hispanic students (8.5%) reported having tried marijuana before age 13 than White students (4.5%).

Figure 1.11: Used Marijuana One or More Times, Last 30 Days



- ▶ Overall, about one in five students (19.4%) reported marijuana use over the last 30 days (Figure 1.11). Further, 6.6% of students had used marijuana 10 or more times during this period.
- ▶ Little variation was noted by gender (19.2% vs. 19.7%) and race/ethnicity (18.0%-21.0%).
- ▶ Older students were more likely than younger students to have used marijuana during the past month. About one-fourth of students 18 years old or older (29.1%) and 16 to 17 years old (23.0%) used marijuana during the previous month, as compared to 10.8% of those 15 years of age or younger.

Figure 1.12: Trends in Marijuana Use: 1995, 2001, 2005, and 2007



^NOTE: Percentage for lifetime marijuana use have been recalculated from previous reports to correspond to CDC calculation of prevalence. In prior years, NJ determined marijuana use based on whether students indicated an age on the questionnaire for when they first used marijuana. Lifetime marijuana use has been adjusted based on whether students indicated they used marijuana in their life one or more times.

- ▶ The percentage of New Jersey students who reported both lifetime and recent marijuana use was lower in 2005 and 2007 than in previous years (Figure 1.12). In 2007, 36.3% of students reported lifetime use of marijuana, which was comparable to 2005 results. This figure was highest in 2001 (41.1%).
- ▶ About one in five students (19.4%) in 2007 reported recent marijuana use.

HEALTHY NEW JERSEY 2010 GOAL

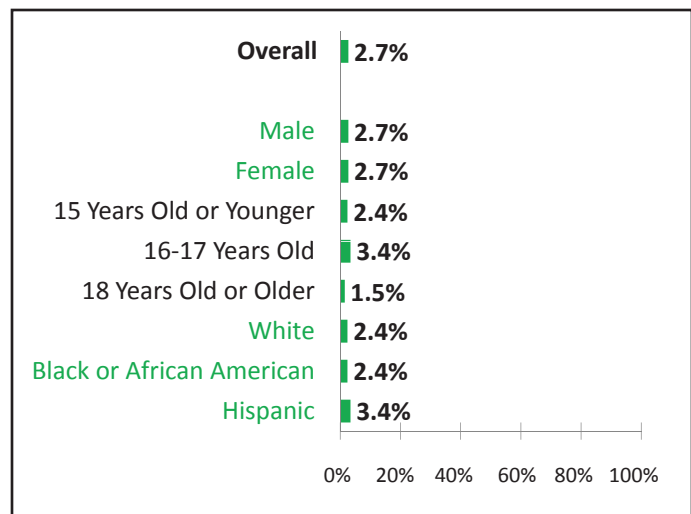
A goal of Healthy New Jersey 2010 is to decrease the percentage of public high school sophomores, juniors and seniors who have used marijuana in the past 30 days to 11%.

2007 NEW JERSEY SHS RESULTS

Sophomores (18.5%), juniors (23.6%) and seniors (28.4%) all used marijuana during the past 30 days at rates higher than the specified goal.

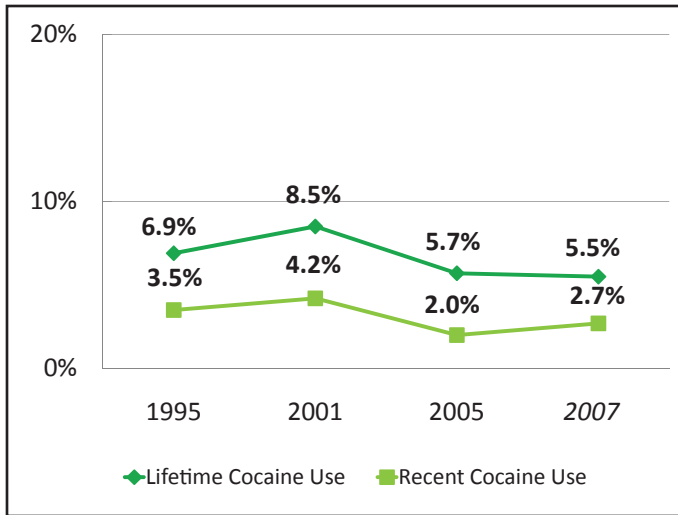
Cocaine Use

Figure 1.13: Use of Any Cocaine or Crack, One or More Times, Last 30 Days



- ▶ In the previous 30 days, 2.7% of students used a form of cocaine one or more times (Figure 1.13).
- ▶ Cocaine or crack use during the past 30 days did not vary by gender.
- ▶ Of the three age groups, students aged 16-17 years old (3.4%) reported most frequently that they had used cocaine at least once during the previous month.
- ▶ Hispanic students (3.4%) reported more recent cocaine use than students of all other racial/ethnic backgrounds.

Figure 1.14: Trends in Cocaine Use: 1995, 2001, 2005, and 2007



- ▶ The percentage of students reporting lifetime cocaine use was fairly consistent across survey years, with a high of 8.5% in 2001 and a low of 5.5% in 2007 (Figure 1.14).
- ▶ The percentage of students reporting recent cocaine use was also consistent across years. In 2007, 2.7% of students reported having used cocaine at least once during the previous month. This figure was at a high of 4.2% in 2001 and a low of 2.0% in 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%.

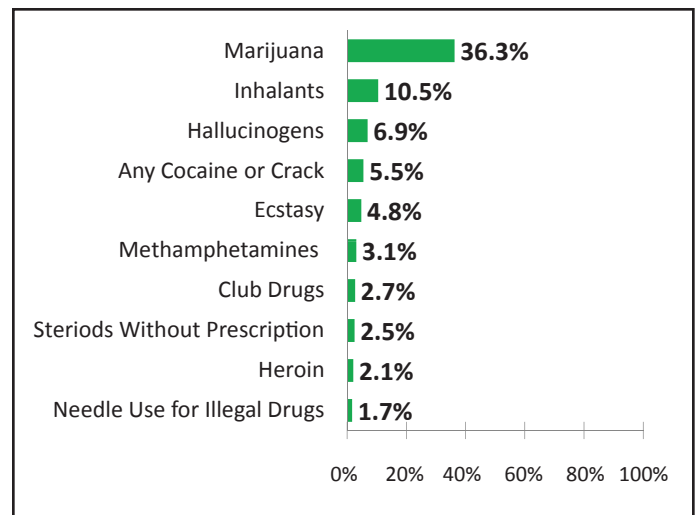
2007 NEW JERSEY SHS RESULTS

Recent cocaine use is at the established goal among sophomores (2.0%), while cocaine use among juniors (3.4%) and seniors (3.4%) in the past 30 days exceeds the established goal.

Other Drug Use

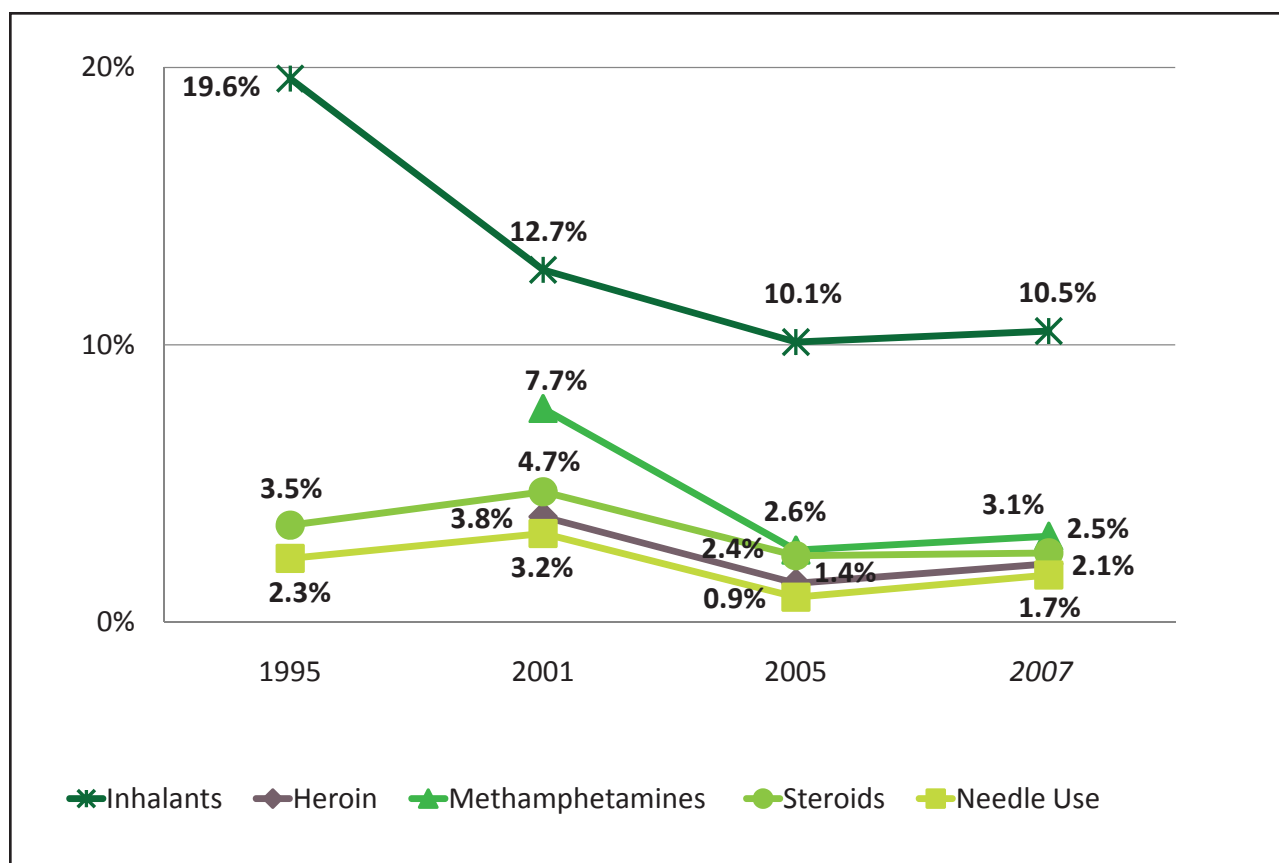
Ten questions on the New Jersey Student Health Survey addressed other lifetime drug use of inhalants, heroin, methamphetamines, ecstasy, other club drugs, hallucinogenic drugs (LSD, acid, PCP, angel dust, mescaline, or mushrooms), steroid pills or shots without a doctor’s prescription, or needle used to inject any illicit drug.

Figure 1.15: Lifetime Use of Illicit Drugs (Used One or More Times)



- ▶ Among all illicit drugs used by students during their lifetime, marijuana was the most frequently used (36.3%) (Figure 1.15).
- ▶ The percentage of students who believed they had been given a club drug without their knowledge (13.9%) was more than five times the percentage who voluntarily used these substances (2.7%).

Figure 1.16: Trends in Other Drug Use: 1995, 2001, 2005, and 2007



	1995	2001	2005	2007*
Inhalants	19.6%	12.7%	10.1%	10.5%
Heroin		3.8%	1.4%	2.1%
Methamphetamines		7.7%	2.6%	3.1%
Steroids	3.5%	4.7%	2.4%	2.5%
Needle Use	2.3%	3.2%	0.9%	1.7%

- ▶ Overall, lifetime use of these other illicit drugs has declined since 1995, despite slight increases from 2005 to 2007 (Figure 1.16). The use of inhalants was reported by one in 10 students and virtually remained the same between 2005 and 2007 (10.1% and 10.5%, respectively).
- ▶ The use of heroin increased slightly to 2.1% up from 1.4% in 2005.
- ▶ Methamphetamine use also increased slightly to 3.1% in 2007 from 2.6% in 2005.²³
- ▶ The percentage of students who used steroid pills or shots without a doctor’s prescription remained essentially unchanged in 2007 (2.5%).
- ▶ The proportion of students who reported needle use for an illegal drug was at a low of 0.9% in 2005 but doubled in 2007 to 1.7%.

23 Results 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 2001-2007, 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”.

Figure 1.17: Lifetime Use of One or More Substances

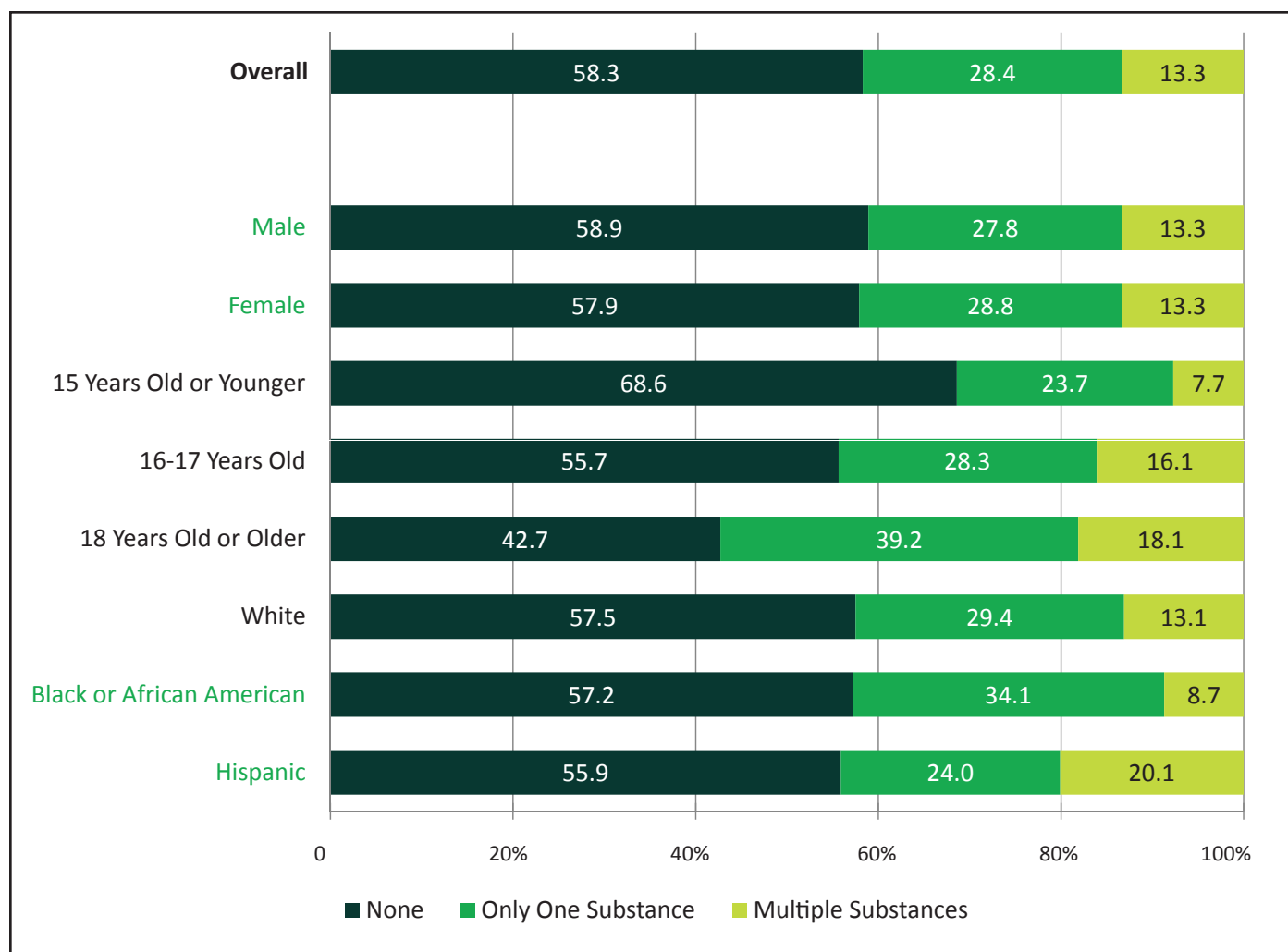


Figure 1.17 combines all 10 lifetime substance use questions regarding marijuana, crack/cocaine, heroin, methamphetamines, hallucinogens, ecstasy, other club drugs, steroids, inhalants and injection drug use.

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.

- ▶ Overall, the majority of students (58.3%) have not used any drugs in their lifetime. Slightly more than one-fourth (28.4%) have used only one drug and another 13.3% have used more than one drug (Figure 1.17).
- ▶ Results varied only slightly by gender.
- ▶ 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 (68.6%) have never used drugs. This figure dropped to 55.7% among 16-17 year olds and 42.7% among students 18 years of age or older. Students aged 16-17 (39.2%) were much more likely than other age groups to have used multiple substances.

- ▶ When grouped by ethnicity, similar proportions of students had not used any drugs in their lifetime (55.9%-57.5%). Black students were most likely to have used one substance (34.1%), while Hispanic students were most likely to have used more than one substance (20.1%).

CHAPTER 2: HIGH SCHOOL STUDENT USE OF CIGARETTES AND TOBACCO

Cigarette Use

These questions measure lifetime and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Cigarette smoking is the leading cause of preventable death in the United States²⁴ and accounts for approximately 440,000 deaths each year.²⁵ 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.²⁶ In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fighting, carry a weapon, and attempt suicide.^{27; 28} 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.²⁹ Approximately 64% of school districts in the United States prohibit tobacco use by students, all school staff, and visitors on school property, in school vehicles, and

during school events on or off campus.³⁰ Among high school students nationwide in 2005, 54% had ever tried cigarette smoking, 23% had smoked cigarettes on ≥ 1 of the 30 days preceding the survey, and 7% had smoked cigarettes on school property on ≥ 1 of the 30 days preceding the survey. The percentage of high school students who had ever tried cigarettes did not change significantly during 1991–1999 (70%–70%) and then decreased during 1999–2005 (70%–54%).³¹ Current cigarette use among high school students increased significantly during 1991–1997 (28%–36%) and then decreased during 1997–2005 (36%–23%).³²

24 U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. 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, 2004.

25 Centers for Disease Control and Prevention. Annual smoking-attributable mortality, years of potential life lost, and productivity losses—United States, 1997–2001. *Morbidity and Mortality Weekly Report* 2002;54:625–8.

26 U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. 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, 2004.

27 Everett 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;70:234–240.

28 Substance Abuse and Mental Health Services Administration. Results from the 2004 National Survey on Drug Use and Health: National Findings. (Office of Applied Studies, NSDUH Series H-28, DHHS Publication No. SMA 05-4062). Rockville, MD, 2005.

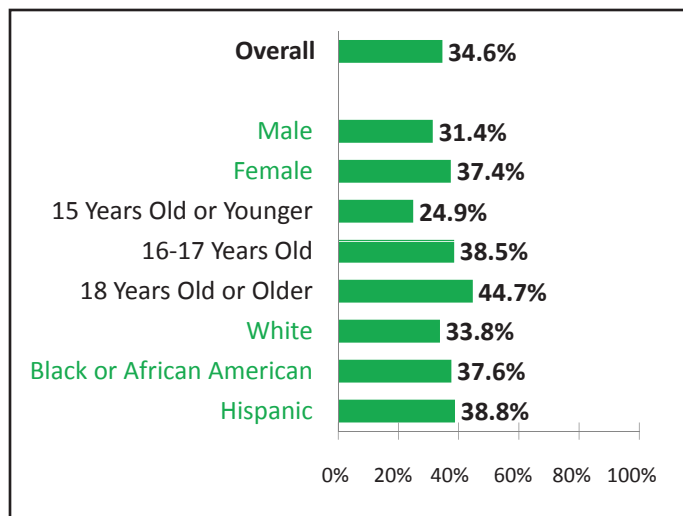
29 Hahn EJ, Rayens MK, Chaloupka FJ, Okoli CTC, Yang J. Projected smoking-related deaths among U.S. youth: A 2000 update. *Impact Teen. Research Paper Series* 2002;22.

30 Small MI, Jones SE, Barrios LC, Crosssett 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;71:325–334.

31 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1–108.

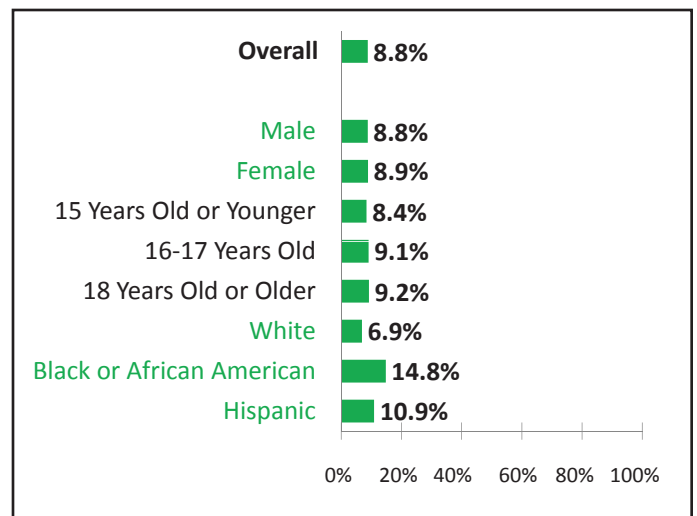
32 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1–108.

Figure 2.1: Smoked at Least One Whole Cigarette in Lifetime



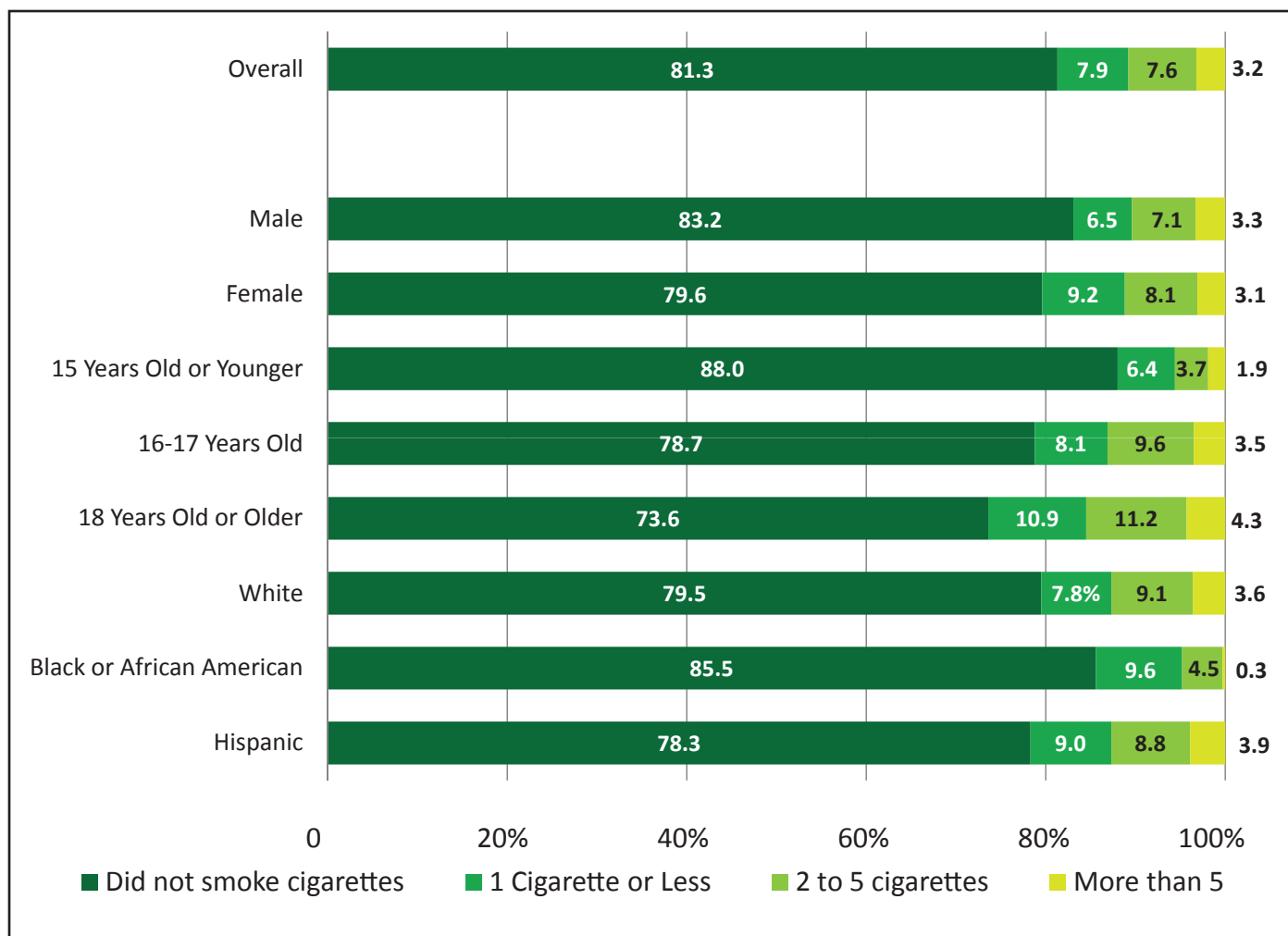
- ▶ Overall, the findings show that more than one-third (34.6%) of New Jersey high school students had smoked at least one whole cigarette in their lifetime (Figure 2.1). Reciprocally, the majority of students (65.4%) indicated that they had never smoked a whole cigarette.
- ▶ Females (37.4%) were slightly more likely than males (31.4%) to have smoked a cigarette in their lifetime.
- ▶ The likelihood of cigarette use increased with age. Only one-fourth of students 15 years of age or younger (24.9%) had smoked at least one whole cigarette in their life. This figure was 38.5% among 16-17 year olds and 44.7% among those 18 years of age or older.
- ▶ Lifetime cigarette smoking varied little by race/ethnicity though White (33.8%) students were least likely to have smoked a whole cigarette in their lifetime.

Figure 2.2: Smoked at Least One Whole Cigarette before Age 13



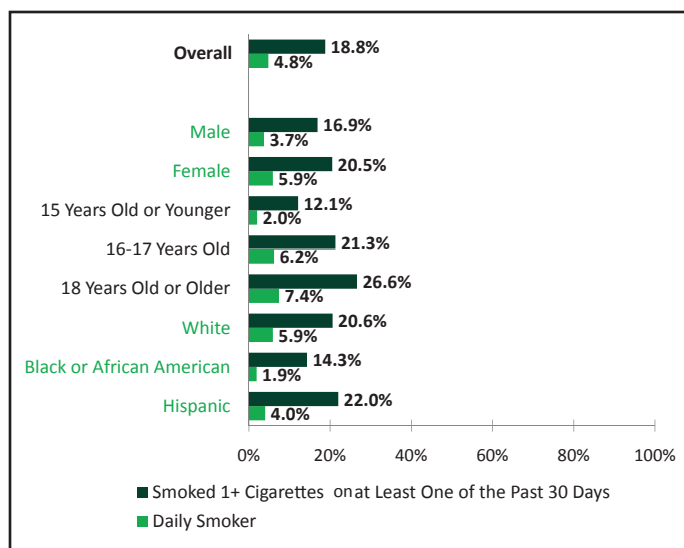
- ▶ Overall, the findings show that less than one in 10 New Jersey high school students (8.8%) had first tried cigarette smoking before age 13 (Figure 2.2).
- ▶ An equal percentage of males and females first tried cigarette smoking before age 13.
- ▶ The proportion of students who had tried smoking before age 13 varied only slightly by age (8.4%-9.2%).
- ▶ A greater proportion of Black students (14.8%) than Hispanic (10.9%) and White (6.9%) students reporting first trying cigarette smoking before age 13.

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



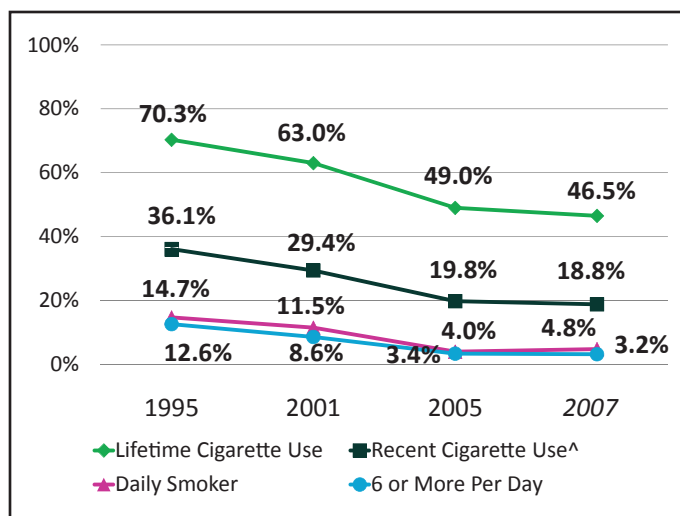
- ▶ Overall, more than four-fifths of students (81.3%) had not smoked cigarettes in the last 30 days (Figure 2.3). Less than one in 10 students (7.9%) smoked one cigarette or less per day during the previous month while a similar percentage (7.6%) had smoked two to five cigarettes. Far fewer students (3.2%) smoked more than five cigarettes a day during the previous month.
- ▶ More males than females (83.2% vs. 79.6%) reported not smoking during the last 30 days.
- ▶ Nearly nine of 10 students 15 years of age or younger (88.0%) reported not smoking during the previous 30 days, as compared to three-fourths of 16-17 year olds (78.7%) and those 18 years of age or older (73.6%).
- ▶ Black students (85.5%) were much more likely than White (79.5%) and Hispanic (78.3%) students to have not smoked during the past 30 days.

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



- ▶ Overall, 18.8% of New Jersey high school students reported smoking on at least one of the last 30 days and 4.8% of students were daily smokers (Figure 2.4). The vast majority of students (81.2%) had not smoked in the last 30 days.
- ▶ Slightly fewer males (16.9%) than females (20.5%) smoked on at least one of the previous 30 days. Females (5.9%) more frequently were daily smokers during that period than males were (3.7%).
- ▶ The percentage of students who smoked on one or more of the past 30 days increased with age. The percentage of those 15 years of age or younger who smoked on one or more of the past 30 days was 12.1%, as compared to 21.3% of 16-17 year olds and 26.6% of those 18 or older. A greater proportion of students aged 18 years old or older smoked daily (7.4%) as compared to 6.2% of 16-17 year olds and 2.0% of those 15 years of age or younger.
- ▶ Only 14.3% of Black students had smoked on at least one day in the past 30 days versus more than one in five White (20.6%) and Hispanic students (22.0%).

Figure 2.5: Trends in Cigarette Use: 1995, 2001, 2005 and 2007



[^]NOTE: Percentages for recent cigarette use have been recalculated from previous reports to correspond to CDC calculation of prevalence. In prior years, NJ calculated recent cigarette use based on whether students indicated a number on the questionnaire for the number of cigarettes they smoked per day in the past 30 days. Recent cigarette use has been adjusted based on how many days students indicated they smoked in the past 30 days.

- ▶ Overall, reports of lifetime, recent, and daily cigarette use among New Jersey high school students declined in 2007 from levels reported in previous years (Figure 2.5). In 2007, 46.5% of students had tried cigarette smoking, even one or two puffs, as compared to 49.0% in 2005, 63.0% in 2001, and 70.3% in 1995.
- ▶ The number of students reporting cigarette use during the previous month reached a low of 18.8% in 2007. This figure was 19.5% in 2005, 29.8% in 2001, and 36.7% in 1995.
- ▶ Students were slightly more likely in 2007 (4.8%) than in 2005 (4.0%) 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 3.2% in 2007, from 3.4% in 2005, 8.6% in 2001 and 12.6% in 1995.

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.

2007 NEW JERSEY SHS RESULTS

High school students overall (18.8%), White students (20.6%), Black students (14.3%) and Hispanic students (22.0%) all smoked at rates below the objective set for their racial/ethnic group.

HEALTHY NEW JERSEY 2010 GOAL

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

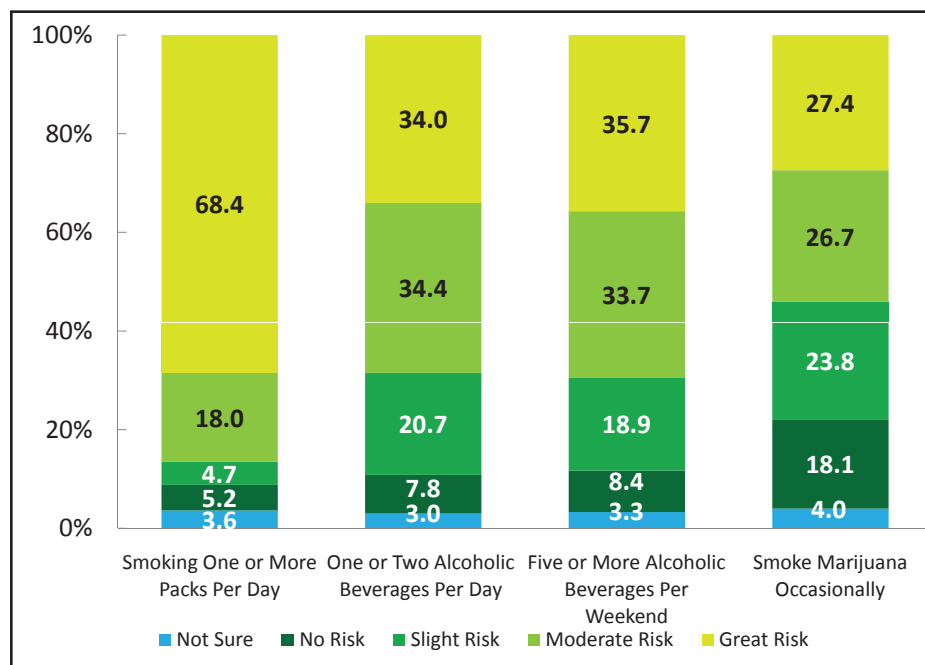
2007 NEW JERSEY SHS RESULTS

Recent cigarette use among New Jersey High School students (18.8%) was higher than the 2010 goal.

CHAPTER 3: HIGH SCHOOL STUDENT ATTITUDES ABOUT USE OF TOBACCO, ALCOHOL AND MARIJUANA

Several 2007 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: Perceptions of Physical Harm from Cigarettes, Alcohol, and Marijuana



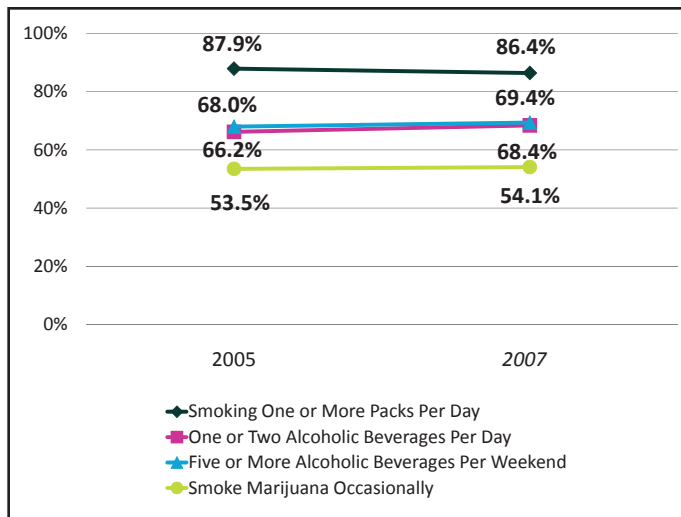
Overall, more than two-thirds of New Jersey high school students (68.4%) believed that smoking one or more packs of cigarettes each day placed one at great risk of physical harm (Figure 3.1). A small percentage of students held the opinion that smoking one or more packs a day presented a slight risk (4.7%) or no risk (5.2%). Females (73.4%) were more likely than males (63.7%) to associate a great risk of physical harm from smoking one or more packs per day. More than seven of ten 16-17 year olds (70.8%) and those 18

or older (70.6%) associate a great risk of physical harm from smoking one or more packs a day, as compared to 64.6% 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 (68.4%) than drinking one or two drinks per day (34.0%), consuming five or more drinks per weekend (35.7%) or smoking marijuana occasionally (27.4%).
- ▶ Students were equally likely to perceive a great risk from daily drinking (34.0%) as they were to perceive a great risk from having five or more drinks per weekend (35.7%). Females (38.3%) were more likely than males (29.9%) to perceive a great risk from drinking one or two alcoholic beverages per day. Gender differences in perceptions of great risk associated with having five or more drinks per weekend were less notable (36.7% among females vs. 34.5% among males). Black students were more likely than White and Hispanic students to perceive a great risk from daily drinking (40.5% vs. 30.8% and 34.7%, respectively) and from having five or more drinks per weekend (44.3% vs. 31.3% and 36.1%, respectively).

About one in four students (27.4%) perceived a great risk of physical harm in occasional use of marijuana, while 18.1% perceived no risk in occasional use. Those 15 or younger (36.8%) were most likely to perceive great risk in occasional use of marijuana, followed by 16-17 year olds (22.5%) and those 18 or older (18.6%). Nearly one-third of Black and Hispanic (30.7% and 31.0%, respectively) students perceived a great risk in occasional marijuana use, while only 23.6% of White students expressed such perceptions.

Figure 3.2: Trends in Perceptions of Physical Harm from Cigarettes, Alcohol, and Marijuana: 2005 and 2007*



* Percentages based on those answering 'great' or 'moderate' risk.

- ▶ The percentage of New Jersey high school students who consider each of these activities as great or moderate risks to their health remained very consistent from 2005 to 2007 (Figure 3.2). Almost nine in 10 viewed smoking one or more packs of cigarettes a day as a great or moderate risk (87.9% in 2005 compared to 86.4% in 2007); consuming five or more drinks per weekend was considered a great or moderate risk by over two-thirds of students (68.0% in 2005 and 69.4% in 2007); two-thirds of students also rated drinking one or two drinks per day as a great or moderate risk (66.2% in 2005 and 68.4% in 2007); and about half of students considered it a great or moderate risk to health to smoke marijuana occasionally (53.5% in 2005 and 54.1% in 2007).

CHAPTER 4: STUDENT WEAPONS USE AND VIOLENCE

Weapons

These questions measure violence-related behaviors and school-related violent behaviors. Homicide is the second leading cause of death among all youth aged 15-19 years (9.5 per 100,000) and is the leading cause of death among black youth aged 15-19 years (33.2 per 100,000).³³ Approximately 84% of homicide victims in the United States in 2004 were killed with a weapon, such as a gun, knife, or club.³⁴ In 2003, 82% of homicide victims 15 to 19 years old were killed with firearms.³⁵ Firearms intensify violence and increase the likelihood of fatality in a conflict.³⁶ Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms.³⁷ Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property.³⁸ Among high school students nationwide in 2005, 19% had carried a weapon, 5% had carried a gun, and 7% had carried a weapon on school property on ≥ 1 of the 30 days preceding the survey.³⁹ The percentage of students who carried a weapon decreased during 1991-1999 (26%-17.3%) and then did not change significantly during 1999-2005 (17%-19%).⁴⁰

33 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

34 Department of Justice. Crime in the United States, 2004. Uniform Crime Reports. Federal Bureau of Investigation Web site. Available at: http://www.fbi.gov/ucr/cius_04/. Accessed June 5, 2006.

35 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

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

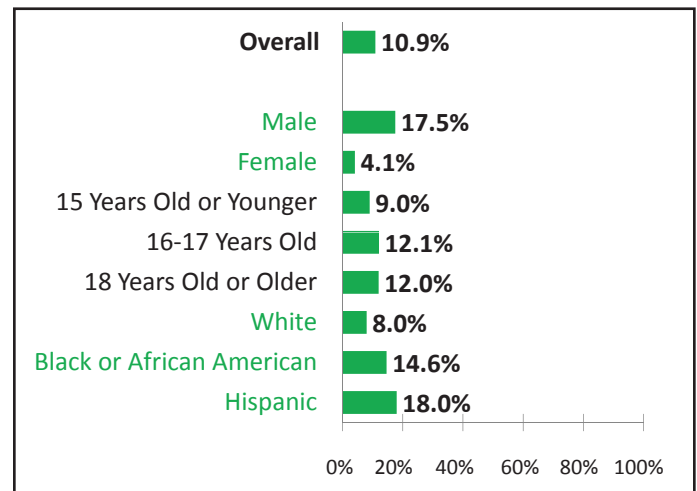
37 Anderson M, Kaufman J, Simon TR, et al. School-associated violent deaths in the United States, 1994-1999. *Journal of the American Medical Association* 2001; 286:2695- 2702.

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

39 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

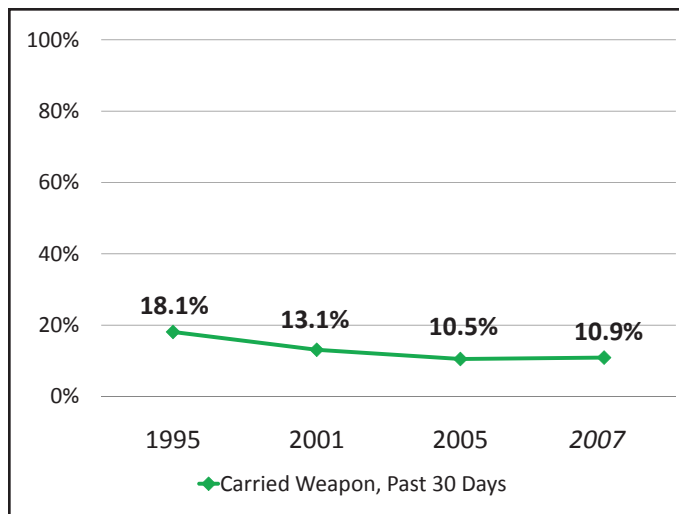
40 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

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



- ▶ Overall, about one in 10 New Jersey high school students (10.9%) reported carrying a weapon such as a gun, knife or club during the past 30 days (Figure 4.1); and 3.9% of all students carried one on six or more days of the last 30.
- ▶ Four times more males (17.5%) than females (4.1%) reported carrying a weapon at least once during the previous month.
- ▶ Students aged 16-17 and 18 years or older had higher frequencies (12.1% and 12.0%, respectively) than students 15 years old or younger (9.0%) of carrying a weapon during the previous month.
- ▶ Hispanic students (18.0%) had the highest frequency of weapon carrying during the previous month followed by Black (14.6%) and White (8.0%) students.

Figure 4.2: Trends in Weapon Carrying: 1995, 2001, 2005, and 2007



- ▶ The percentage of New Jersey high school students who had carried a weapon during the past 30 days decreased steadily across survey years (Figure 4.2). In 2005 and 2007, about one in 10 students (10.5% and 10.9%, respectively) reported that they had carried a weapon, down from 13.1% in 2001 and 18.1% in 1995.

Physical Fights

These questions measure the frequency and severity of physical fights, school-related fights, and abusive behavior. Physical fighting is a marker for other problem behaviors⁴¹ and is associated with serious injury-related health outcomes.^{42;43} Among high school students nationwide in 2005, 36% had been in a physical fight and 14% had been in a physical fight on school property one or more times during the 12 months preceding the survey.⁴⁴ The percentage of high school students who were in a physical fight decreased during 1991–2003 (43%–33%)

41 Sosin DM, Koepsell TD, Rivara FP, Mercy JA. Fighting as a marker for multiple problem behaviors in adolescents. *Journal of Adolescent Health* 1995;16:209-215.

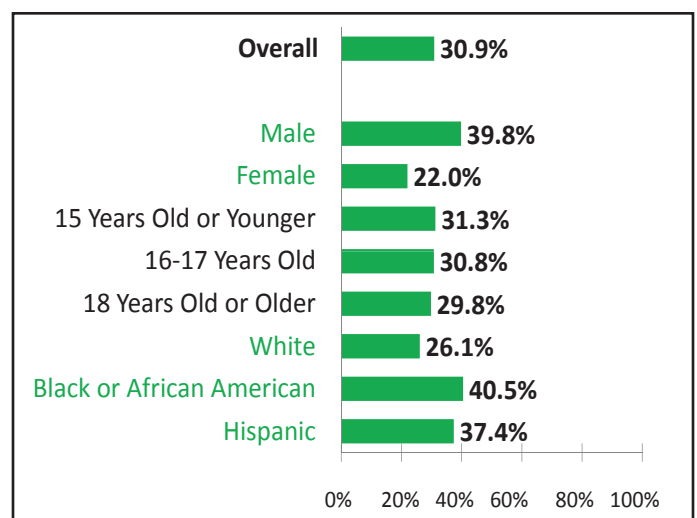
42 Borowsky IW, Ireland M. Predictors of future fight-related injury among adolescents. *Pediatrics* 2004;113:530-536.

43 Pickett W, Craig W, Harel Y, et al. Cross-national study of fighting and weapon carrying as determinants of adolescent injury. *Pediatrics* 2005;116:855-863.

44 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

and then increased during 2003–2005 (33%–36%).⁴⁵ Intimate partner abuse victimization is associated with participation in other high risk behaviors.⁴⁶ In 2005, 9% of high school students nationwide had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months preceding the survey.⁴⁷ Forced sexual intercourse is associated with negative psychosocial and mental health consequences.^{48;49} In 2005, 7.5% of high school students nationwide had ever been physically forced to have sexual intercourse when they did not want to.

Figure 4.3: Involved in One or More Physical Fights, Last 12 Months



- ▶ Overall, three in 10 New Jersey high school students (30.9%) reported having been involved in at least one physical fight during the past year (Figure 4.3), while 2.9% of students were involved in more than five fights during that period.

45 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

46 Roberts TA, Klein J, Fisher S. Longitudinal effect of intimate partner abuse and high-risk behavior among adolescents. *Archives of Pediatrics & Adolescent Medicine* 2003; 157:875-881.

47 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

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

49 Howard DE, Wang MQ. Psychosocial correlates of U.S. adolescents who report a history of forced sexual intercourse. *Journal of Adolescent Health* 2005;36:372-379.

- ▶ A greater proportion of males (39.8%) than females (22.0%) were involved in one or more physical fights during the past year. A small proportion of males (4.0%) and females (1.7%) were involved in more than five fights during the previous year.
- ▶ Little variation was noted by age (29.8%-31.3%).
- ▶ A greater proportion of Black (40.5%) and Hispanic students (37.4%) than White (26.1%) students had been in at least one physical fight within the last 12 months. A greater percentage of Black (4.5%) and Hispanic (4.8%) students than White students (1.9%) also reported having fought more than five times during the last 12 months.

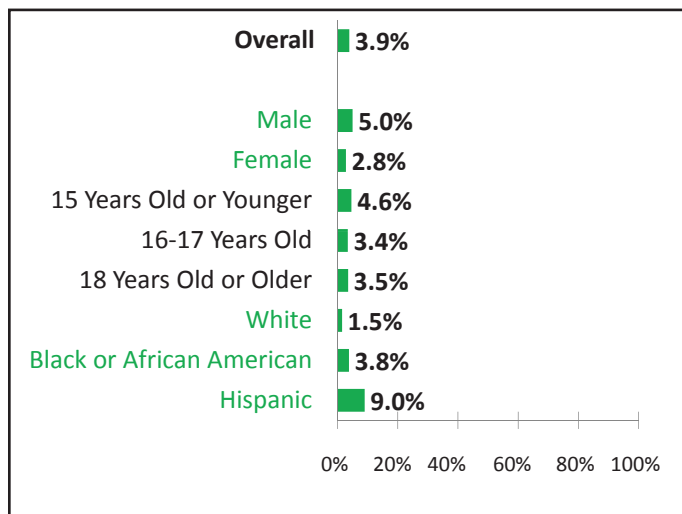
HEALTHY NEW JERSEY 2010 GOAL

Reduce physical fighting among adolescent students to 32%.

2007 NEW JERSEY SHS RESULTS

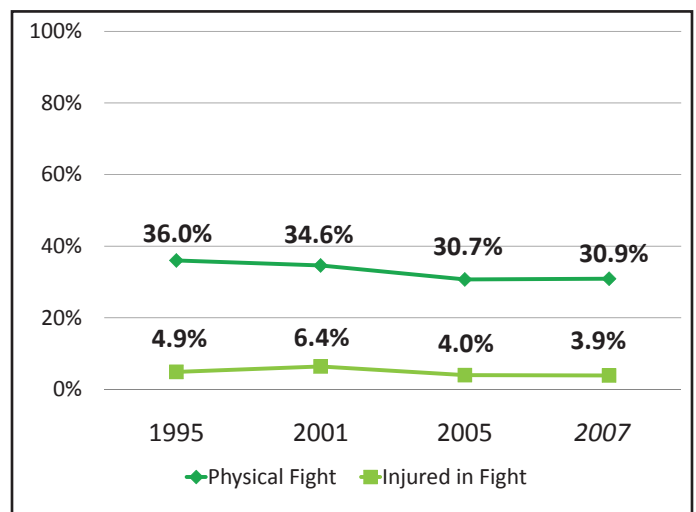
Satisfying the 2010 objective, 30.9% of New Jersey high school had been in a physical fight during the previous year.

Figure 4.4: Injured in Fight and Treated by Doctor or Nurse



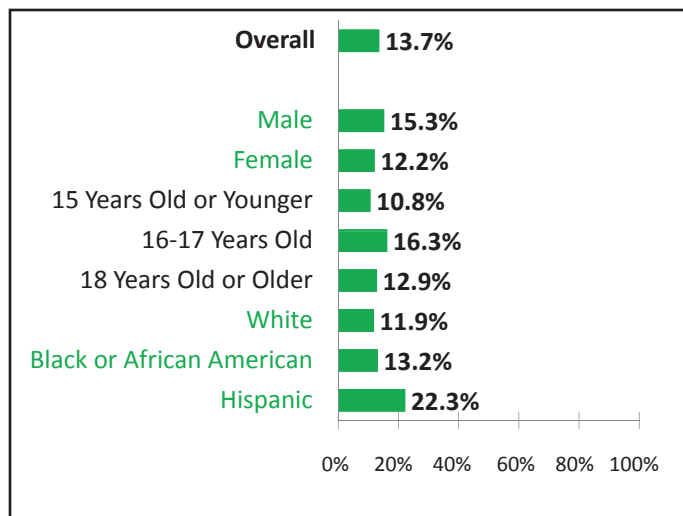
- ▶ During the past year, 3.9% of New Jersey high school students were injured in a physical fight that required treatment by a doctor or nurse (Figure 4.4).
- ▶ Males (5.0%) were more likely than females (2.8%) to have been in a fight during the past year that required treatment for injury.
- ▶ There was no substantial variation by age (3.4%-4.6%).
- ▶ Hispanic students (9.0%) were most likely and White students least likely (1.5%) to report having needed medical care following a fight.

Figure 4.5: Trends in Physical Fighting: 1995, 2001, 2005, and 2007



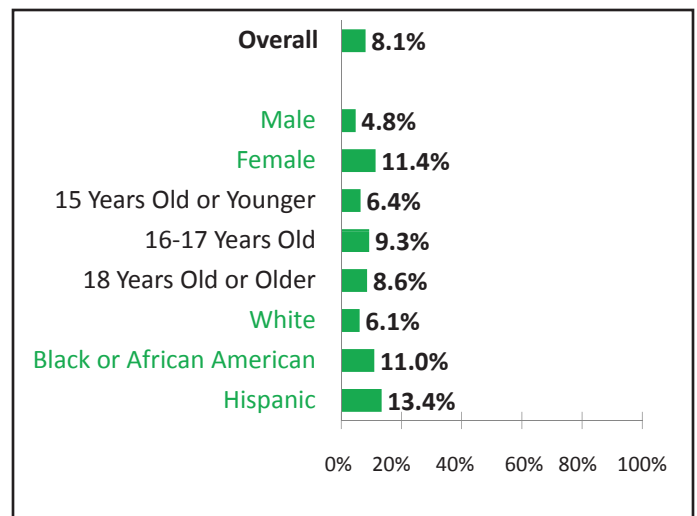
- ▶ The percentage of students reporting involvement in a physical fight during the previous year in 2007 was comparable to levels in 2005 (Figure 4.5). In 2005 and 2007, three in 10 students (30.7% and 30.9%, respectively) had been in a fight during the previous year, as compared to more than one-third of students in 2001 (34.6%) and 1995 (36.0%).
- ▶ Similar proportions of students required medical attention from injuries sustained from fighting in 2007 (3.9%) as in 2005 (4.0%), after high of 6.4% in 2001.

Figure 4.6: Had Been Hit by Boyfriend/ Girlfriend, in Last 12 Months



- ▶ More than one in 10 New Jersey high school students (13.7%) reported that they had been hit by their boyfriend or girlfriend in the last 12 months (Figure 4.6).
- ▶ Slightly more males (15.3%) than females (12.2%) reported that they had been hit by their boyfriend or girlfriend in the last 12 months.
- ▶ The frequency of partner violence varied slightly by age, with students 16-17 years old (16.3%) reporting the most and those 15 years old and younger (10.8%) reporting the least.
- ▶ Hispanic students (22.3%) were most likely and White students (11.9%) least likely to have experienced partner violence in the last 12 months.

Figure 4.7: Had Been Physically Forced to Have Sex against Your Will, In Lifetime



- ▶ Nearly one in 10 New Jersey high school students (8.1%) reported that they had ever been physically forced to have sex (Figure 4.7).
- ▶ Nearly three times more females (11.4%) than males (4.8%) had been forced to have sex.
- ▶ Overall, the frequency of physically forced sexual contact varied slightly by age. Students aged 16-17 reported the greatest proportion (9.3%) while students 15 years old and younger (6.4%) reported less.
- ▶ Hispanic students (13.4%) were most likely and White students (6.1%) least likely to have experienced sexual contact against their will.

CHAPTER 5: HIGH SCHOOL STUDENT PERSONAL SAFETY AND SUICIDE

Internet Safety

The 2007 survey included five questions measuring the frequency of communication with strangers “online” and subsequent steps to meet that person face-to-face. “Online” communication includes email, instant messaging (IM-ing), social networking web sites such as Facebook and MySpace, chat rooms, and game sites.

The use of the Internet has created new dangers for adolescents. A report by the Pew Internet & American Life Project estimates that about 17 million youth ages 12-17 use the Internet, which is about 73% of those in this age bracket.⁵⁰ Moreover, several data collection agencies have conducted surveys of young people to assess the extent to which young people are communicating and meeting with unknown individuals. One survey, commissioned by Cox Communications and The National Center for Missing & Exploited Children (NCMEC)⁵¹, found that 71% of respondents reported receiving messages online from someone they don’t know and 14% had actually met a person face-to-face that they’d only spoken to over the Internet (9% of 13-15s; 22% of 16-17s).⁵² In another study conducted by the Polly Klaas Foundation, more than one-fourth (27%) of the surveyed teens aged 13-18 said they know a friend who has actually met someone that they only knew online and one-third of these youth have talked about meeting someone they have only met through the Internet.⁵³ In a survey conducted by the Intelligence Group, Dateline questioned 500 teenagers

50 Pew Internet & American Life Project. Teenage Life Online: The rise of the instant-message generation and the Internet’s impact on freindships and family relationships. Reports 2001. Available at: http://www.pewinternet.org/pdfs/PIP_Teens_Report.pdf. Accessed June 20, 2007.

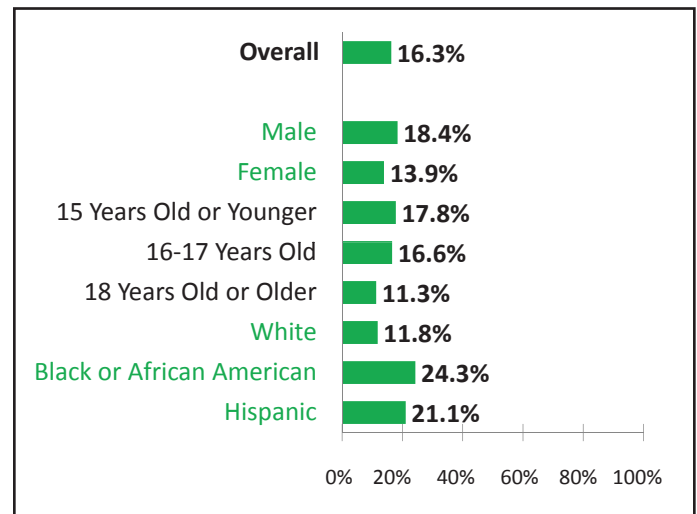
51 Cox Communications, The National Center for Missing & Exploited Children. Teen Internet Safety Survey: Research Findings. 2006. Power-point presentation presented at *Teen Summit on Internet Safety*, Washington, DC.

52 Cox Communications, The National Center for Missing & Exploited Children. New Study Reveals 14% of Teens Have Had Face-to-Face Meetings with People They’ve. Netz Smartz Workshop 2006. Available at: http://www.netzsmartz.org/pdf/cox_teenurvey_may2006.pdf. Accessed June 20, 2007.

53 Polly Klaas Foundation, Teenage Research Unlimited. Topline Findings from Omnibuzz® Research. Internet Safety 2006. Available at: <http://www.pollyklaas.org/internet-safety/internet-pdfs/PollingSummary.pdf>. Accessed June 20, 2007.

across the country, ages 14-18, about their computer habits. When asked if someone they’ve met online has wanted to meet them in person, 58% said “yes”.⁵⁴

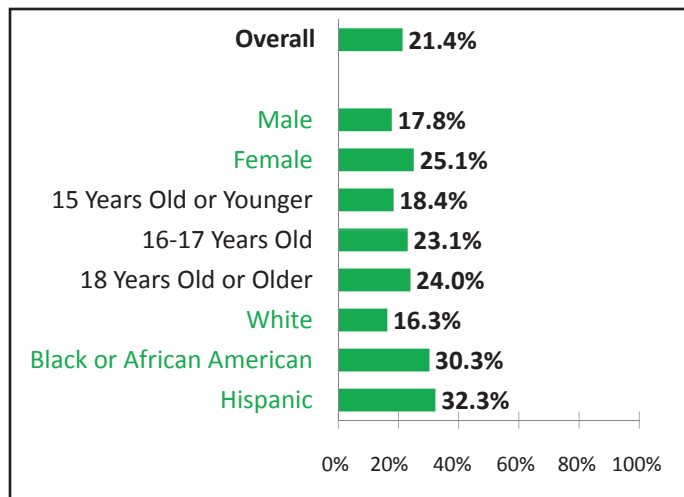
Figure 5.1: Received/Sent Messages with Someone They Had Never Met in Person Most of the Time or Always, in the Last 12 Months



- ▶ About one in six New Jersey high school students (16.3%) communicated with a stranger most of the time or always when online, as opposed to 23.8% who did so sometimes and 59.9% who did so rarely or never. (Figure 5.1).
- ▶ Males (18.4%) were more likely than females (13.9%) to report communicating with strangers most of the time or always.
- ▶ Students aged 15 and younger (17.8%) and those 16-17 (16.6%) were more likely than those 18 years old and older (11.3%) to report communicating with strangers most of the time or always.
- ▶ More than two in 10 Black and Hispanic students (24.3% and 21.1%, respectively) had communicated with someone that they did not know in person most of the time or always, as compared to 11.8% of White students.

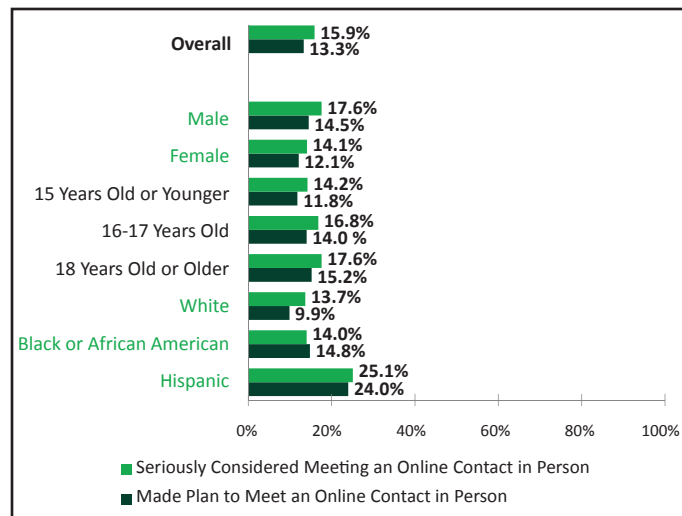
54 MSNBC. Most Teens Say They’ve Met Strangers Online. Dateline NBC 2006. Available at: <http://www.msnbc.msn.com/id/12502825/from/ET/>. Accessed June 20, 2007.

Figure 5.2: Was Asked to Meet an Unknown Online Contact in Person, in the Last 12 Months



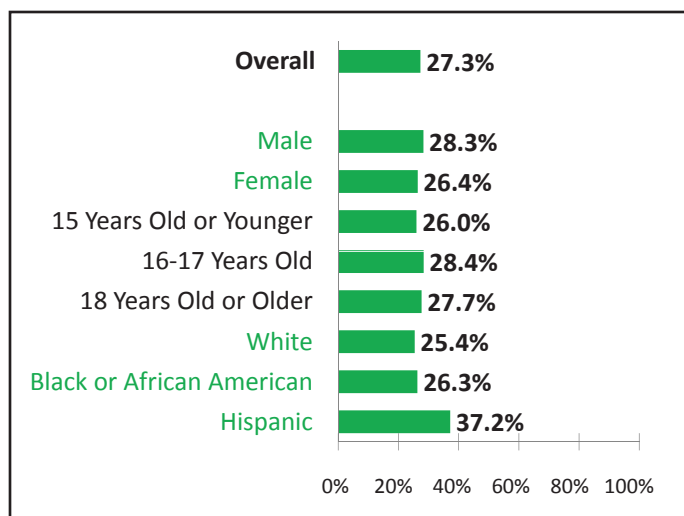
- ▶ More than one of five New Jersey high school students (21.4%) had been asked to meet an online contact (who they only knew online) in person (Figure 5.2).
- ▶ A greater proportion of females (25.1%) than males (17.8%) had been asked to meet an unknown online contact in person.
- ▶ Nearly one in four students 18 years old and older and those aged 16-17 (24.0% and 23.1%, respectively) had been asked to meet an unknown online contact in person, as compared to 18.4% of those age 15 and younger.
- ▶ Nearly one-third of Black and Hispanic students (30.3% and 32.3%, respectively) had been asked to meet an online contact (who they only knew online) in person, as compared to only 16.3% of White students.

Figure 5.3: Considered Meeting/Planned to Meet an Unknown Online Contact in Person, in the Last 12 Months



- ▶ More than one in 10 New Jersey high school students (15.9%) had considered meeting someone that they did not know in person, though a lesser proportion (13.3%) had actually made a plan to meet someone (Figure 5.3).
- ▶ Males were slightly more likely than females to consider meeting someone that they did not know in person and make a plan to meet someone (17.6% vs. 14.1% and 14.5% vs. 12.1%, respectively).
- ▶ Students 18 years old and older were most likely to report considering meeting someone that they did not know in person and making a plan to meet someone (17.6% and 15.2%, respectively) while students 15 and younger were least likely (14.2% and 11.8%, respectively).
- ▶ Hispanic students were most likely to report that they had considered meeting someone that they did not know in person and made a plan to meet someone (25.1% and 24.0%, respectively).

Figure 5.4: Ever Met One or More Unknown Online Contacts in Person, in Lifetime



- ▶ More than one-fourth of New Jersey high school students (27.3%) had ever met one or more online contacts in person that they previously only knew online (Figure 5.4).
- ▶ There were no notable distinctions by gender (26.4%-28.3%) or age (26.0%-28.4%).
- ▶ More than one-third of Hispanic students (37.2%) met one or more online contacts in person that they previously only knew online, as compared to about one-fourth of White students and Black students (25.4% and 26.3%, respectively).

Suicide and Cutting

These questions measure sadness, suicide ideation, attempted suicide, and the seriousness of those attempts. Suicide is the third leading cause of death among youth aged 15-19.⁵⁵ The suicide rate for persons aged 15-19 was 7.3 per 100,000 in 2003 down from a high of 10.9 per 100,000 in 1994.⁵⁶ Among high school students nationwide in 2005, 17% had seriously considered attempting suicide, 13% had made a plan about how they would attempt suicide, and 8% had actually attempted suicide one or more times during the 12 months preceding

55 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

56 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

the survey.⁵⁷ The percentage of high school students who seriously considered attempting suicide decreased during 1991–2003 (29%–17%) and then did not change significantly during 2003–2005 (17%-17%).⁵⁸

Since rates of adolescent cutting and/or self-mutilation practices have been on the rise, a question was added to address these occurrences. Estimating the rate of self-mutilation among adolescents is difficult, but studies generally estimate a incidence rate of 15-20%.^{59;60;61;62;63}

57 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

58 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

59 S.A.F.E Alternatives. Are there statistics on who self-injures and how prevalent this behavior is? FAQs 2009. Available at: http://www.selfinjury.com/resources_faq.html. Accessed February 18, 2009.

60 McDonald, C. Self-Mutilation in adolescents. *The Journal of School Nursing* 2006;22(4):193-200.

61 Muehlenkamp, JJ. Self-Injurious Behavior as a Separate Clinical Syndrome. *American Journal of Orthopsychiatry* 2005;75(2): 324–333.

62 Muehlenkamp JJ, Gutierrez PM. An investigation of differences between self-injurious behavior and suicide attempts in a sample of adolescents. *Suicide & Life-Threatening Behavior* 2004; 34:12-24.

63 Ross, S, Heath NL. Two Models of Adolescent Self-Mutilation. *Suicide & Life-Threatening Behavior* 2003; 33(3):277-287.

Figure 5.5: Suicidal Thoughts in Last 12 Months

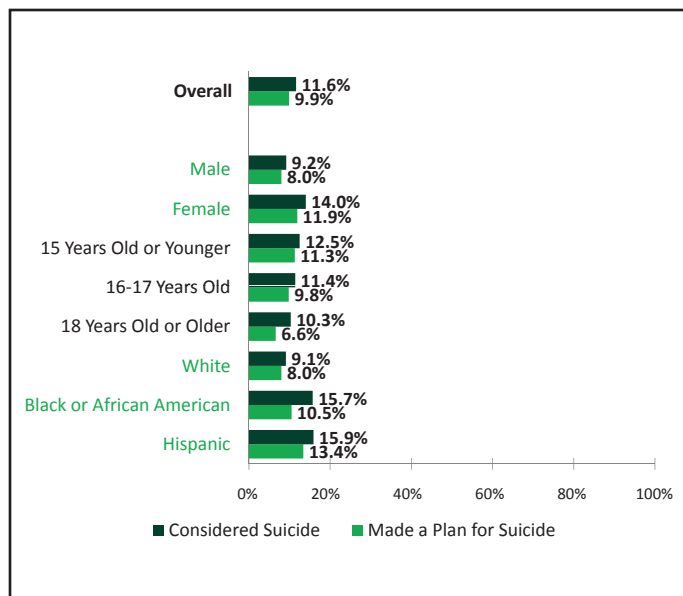
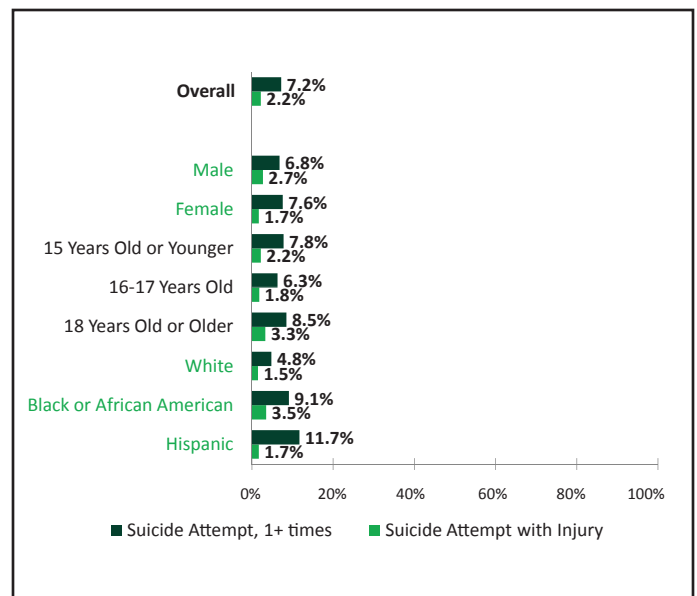


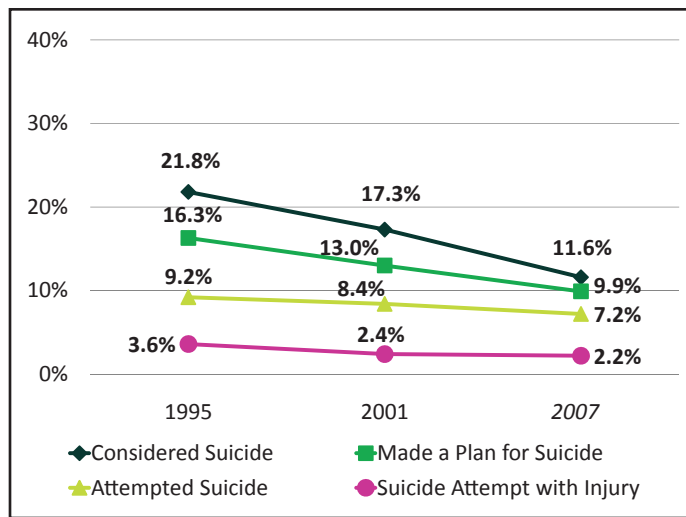
Figure 5.6: Suicide Attempts in Last 12 Months



- ▶ Only about one in 10 New Jersey high school students considered or made a plan for suicide (11.6% and 9.9%, respectively) (Figure 5.5).
- ▶ A greater proportion of females than males considered suicide (14.0% vs. 9.2%) and had made a plan for suicide (11.9% vs. 8.0%).
- ▶ The frequency of students who had considered suicide did not vary much by age (10.3%-12.5%). The proportion of those who had made a plan for suicide decreased slightly as age increased. Over one in 10 students 15 and younger had made a plan for suicide (11.3%) in the last 12 months, as compared to 9.8% of students 16-17, and 6.6% of those 18 and older.
- ▶ A greater proportion of Hispanic and Black students (15.9% and 15.7%, respectively) than White students (9.1%) had considered suicide in the last 12 months. This trend was similar for those who had made plans to commit suicide, with Hispanic students most likely (13.4%) and White students least likely (8.0%).

- ▶ Overall, less than one in 10 New Jersey high school students (7.2%) had attempted suicide in the last 12 months (Figure 5.6). A small percentage of students (2.2%) had to be treated by a doctor or nurse as a result of their injuries. Further, 2.1% had attempted suicide more than once in the last 12 months.
- ▶ The frequency of suicide attempts varied very little by gender or age.
- ▶ A greater proportion of Hispanic and Black students (11.7% and 9.1%, respectively) than White students (4.8%) had attempted suicide in the last 12 months. Black students (3.5%) were most likely to report that they had to be treated by a doctor or nurse as a result of their injuries.

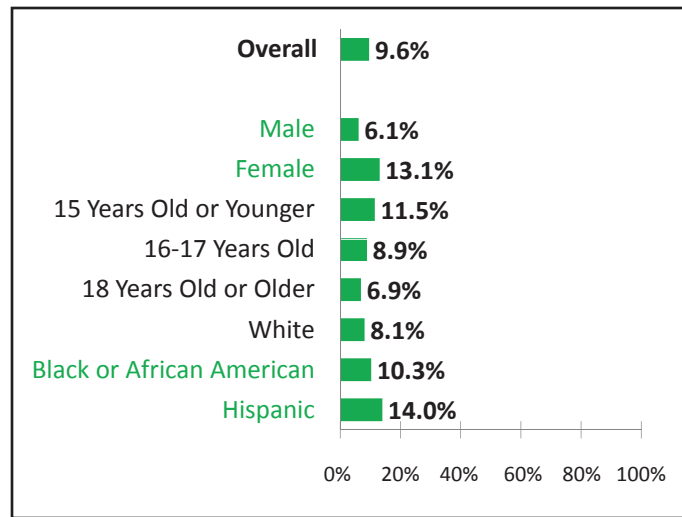
Figure 5.7: Trends in Suicide: 1995, 2001, and 2007*



* Questions on suicide were not asked in 2005.

- ▶ Overall, self-reported rates of suicide among high school students have been on the decline since 1995 (Figure 5.7). In 2007, all time lows were reached for the percentage of students who had considered suicide (11.6%), made a plan for suicide (9.9%), attempted suicide (7.2%), and had been injured in a suicide attempt (2.2%).

Figure 5.8: Self-Injurious Scratching or Cutting in Last 12 Months



- ▶ Overall, about one in 10 New Jersey high school students (9.6%) had purposely injured themselves in the last 12 months by using a sharp object to cut themselves deep enough to draw blood (Figure 5.8).
- ▶ Females (13.1%) were twice as likely as males (6.1%) to self-injure.
- ▶ Students 15 years old and younger (11.5%) were most likely to self-injure, followed by students aged 16-17 (8.9%) and those 18 or older (6.9%).
- ▶ A greater proportion of Hispanic students (14.0%) than Black or White students (10.3% and 8.1%, respectively) had cut themselves in the last 12 months.

HEALTHY PEOPLE 2010 NATIONAL GOAL

Reduce the rate of suicide attempts by adolescents to 1%.⁶⁴

2007 NEW JERSEY SHS RESULTS

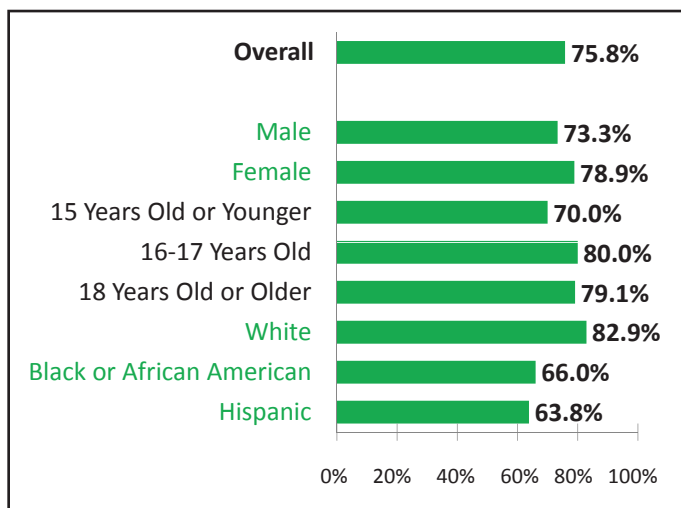
The proportion of New Jersey high school students (7.2%) who had attempted suicide in the last 12 months fell short of the goal.

64 U.S. Department of Health and Human Services. *Healthy People 2010. 2nd ed. With understanding and improving health and objectives for improving health.* Washington D.C., Government Printing Office, 2004.

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 to 19 years than any other single cause in the United States.⁶⁵ Safety belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate-to-critical injury by 50%.⁶⁶ In 2005, 10% of high school students nationwide had rarely or never worn a seat belt when riding in a car driven by someone else.⁶⁷ During 1991–2005, a significant linear decrease occurred in the percentage of students who rarely or never wore a seat belt (26%–10%).⁶⁸

Figure 5.9: Most of the Time/Always Wore a Seat Belt, When Passenger



- ▶ Overall, more than three-fourths of New Jersey high school students most of the time (31.8%) or always (44.0%) used seat belts when riding in a car driven by someone else (Figure 5.9), while about one in 10 students reported never (3.6%) or rarely (7.4%) using them.
- ▶ Females (78.9%) were more likely than males (73.3%) to report using seat belts most of the time or always.
- ▶ A greater proportion of students aged 16 to 17 years of age (80.0%) and 18 years of age or older (79.1%) reported that they use seat belts most of the time or always when riding in a car driven by someone else, as compared to 70% of students aged 15 or younger.
- ▶ White students (82.9%) were most likely to report that they most of the time or always used seat belts when riding as a passenger, followed by Black and Hispanic students (66.0% and 63.8%, respectively).

HEALTHY NEW JERSEY 2010 GOAL

Increase use of seat belts to 92%.

2007 NEW JERSEY SHS RESULTS

Although three-fourths of students (75.8%) wear their seat belts either always (44.0%) or most of the time (31.8%), seat belt use among New Jersey high school students falls short of the objective set for adults.

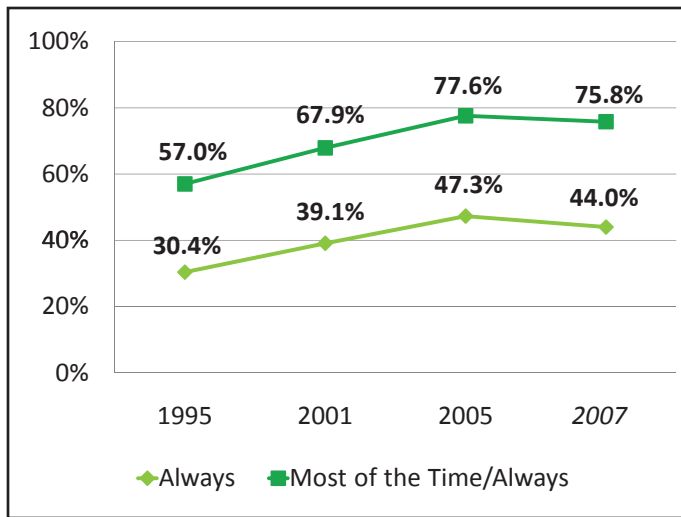
65 Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2006. Updated March 30, 2006.

66 National Highway Traffic Safety Administration. Traffic Safety Facts 2004: Occupant protection. National Highway Traffic Safety Administration Web site. Available at: <http://www.nrd.nhtsa.dot.gov/pdf/nrd-30/NCSA/TSF2004/809909.pdf>. Accessed June 5, 2006.

67 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

68 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

Figure 5.10: Trends in Seat Belt Use: 1995, 2001, 2005, and 2007



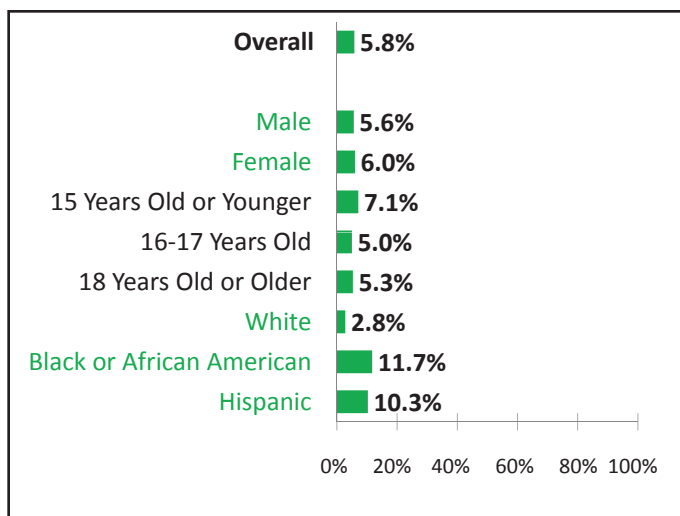
- ▶ Students' reporting of seat belt use increased across survey years until slight declines in 2007 (Figure 5.10). In 2007, 44.0% of students reported that they always wore a seat belt when riding as a passenger. This figure was 47.3% in 2005, 39.1% in 2001, and 30.4% in 1995.
- ▶ Similarly, more than three-fourths of students (75.8%) wore their seat belts either always or most of the time, as compared to 77.6% in 2005, 67.9% in 2001, and 57.0% in 1995.

CHAPTER 6: SUBSTANCE USE, WEAPONS, AND VIOLENCE ON SCHOOL PROPERTY

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. About 1.2 million thefts of student property occurred at school in 2003.⁶⁹ In 2005, 30% of high school students nationwide had their property stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey.⁷⁰ Among high school students nationwide in 2005, 36% had been in a physical fight and 14% had been in a physical fight on school property one or more times during the 12 months preceding the survey.⁷¹

Figure 6.1: Missed One or More Days of Last 30, Because Felt Unsafe



- ▶ Overall, about one in 20 New Jersey high school students (5.8%) 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/from school (Figure 6.1). Only 2.8% of students felt unsafe and missed school on two or more days.

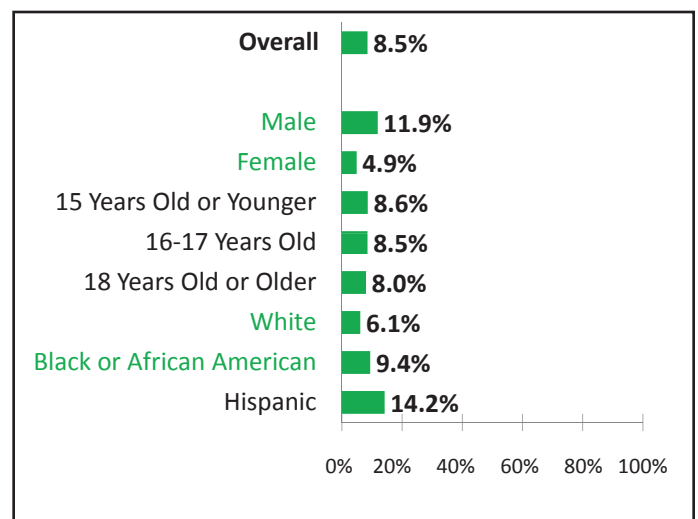
69 DeVoe JF, Peter K, Kaufman P, et al. Indicators of School Crime and Safety: 2005. NCES 2006-001/NCJ 210697. Washington, D.C., U.S. Departments of Education and Justice, 2006.

70 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

71 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

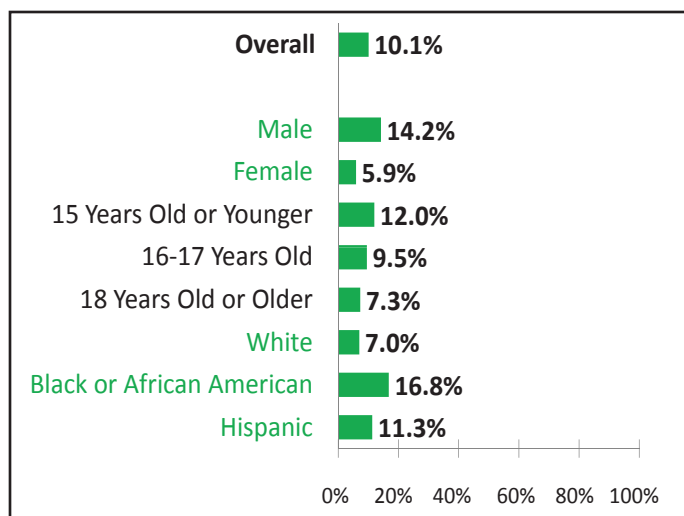
- ▶ Little variation was noted by gender (5.6%-6.0%) and by age (5.0%-7.1%).
- ▶ Five times more Black (11.7%) and Hispanic (10.3%) students than White students (2.8%) reported missing one or more days during the previous month because they felt unsafe.

Figure 6.2: Threatened or Injured With a Weapon on School Property, One or More Times, Last 12 Months



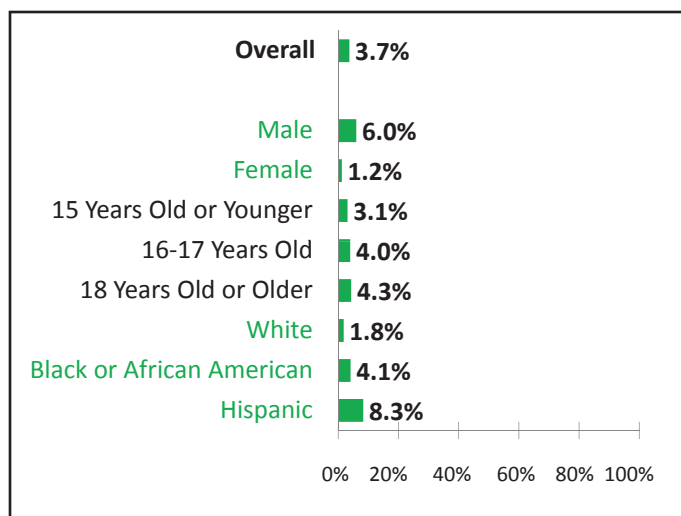
- ▶ Less than one in 10 New Jersey high school students (8.5%) reported that someone had threatened or injured them with a weapon such as a gun, knife, or a club on school property during the past 12 months (Figure 6.2). More than half (4.8%) of these students were threatened or injured with a weapon such as a gun, knife, or a club on school property on more than one occasion.
- ▶ Males (11.9%) were more than twice as likely as females (4.9%) to report being threatened or injured on school property during the previous 12 months.
- ▶ There was little variation by age (8.0%-8.6%).
- ▶ Hispanic students (14.2%) were most likely to report being threatened or injured at school during the past 12 months, as compared to White (6.1%) and Black (9.4%) students.

Figure 6.3: 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 6.3). A small percentage of students (3.5%) reported being in multiple fights on school property in the last 12 months.
- ▶ Males (14.2%) were twice as likely as females (5.9%) 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 (12.0%) were the most likely to have been in a fight on school property, followed by those 16 to 17 years old (9.5%) and 18 years old or older (7.3%).
- ▶ A greater proportion of Black (16.8%) and Hispanic (11.3%) students than White (7.0%) students were involved in at least one physical fight on school property during the last 12 months.

Figure 6.4: Carried Any Weapon on School Property, One or More Times, Last 30 Days



- ▶ Overall, 3.7% of New Jersey high school students carried a weapon, such as a gun, knife, or club on school property during the previous month (Figure 6.4). A small percentage of students (1.3%) reported carrying a weapon on school property on six or more of the previous 30 days.
- ▶ Males (6.0%) were almost six times more likely than females (1.2%) to report having carried a weapon on school property at least once during the past month.
- ▶ There was little variation by age.
- ▶ Hispanic students (8.3%) were more likely than both Black (4.1%) and White (1.8%) students to report having carried a weapon on school property at least once.

HEALTHY NEW JERSEY 2010 GOAL

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

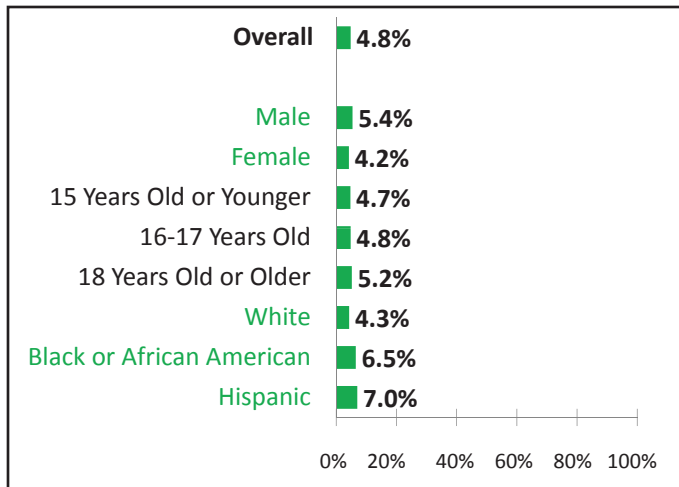
2007 NEW JERSEY SHS RESULTS

Meeting the 2010 goal, 3.7% of New Jersey high school students carried a weapon on school property during the previous month.

Substances on School Property

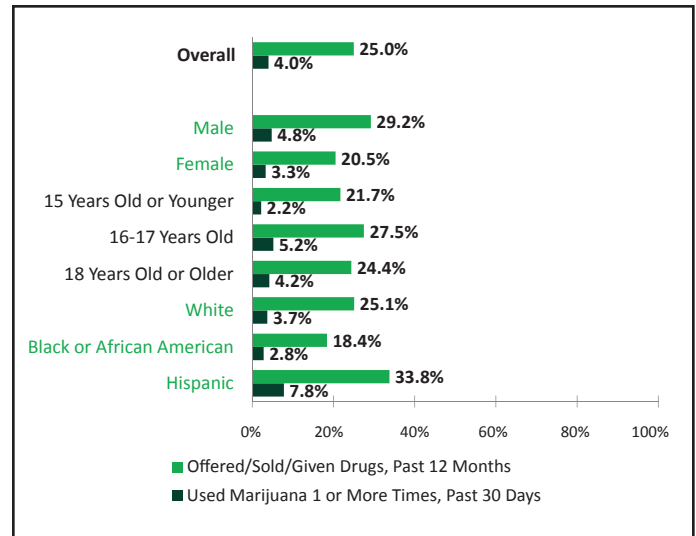
The survey included two questions concerning student use of alcohol on school property.

Figure 6.5: Alcohol Use on School Property, Last 30 Days



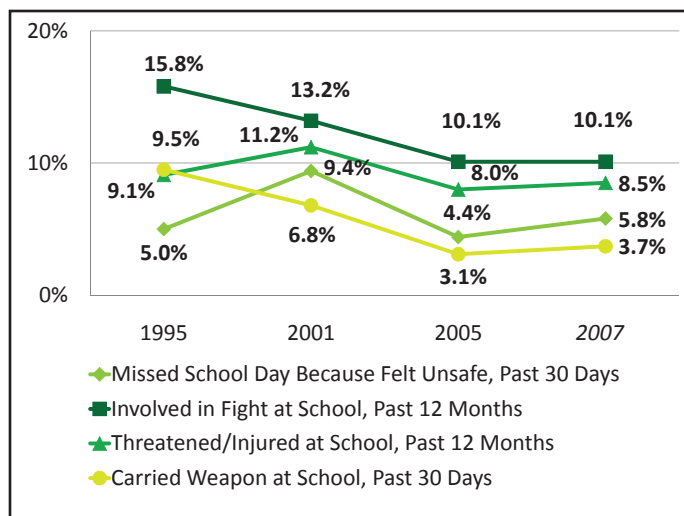
- ▶ Regarding the use of alcohol on school property during the past 30 days, 4.8% of New Jersey high school students had one or more drinks of alcohol on one or more of the previous 30 days while on school property (Figure 6.5).
- ▶ The use of alcohol on school property did not vary by gender or age.
- ▶ Hispanic and Black students were most likely to report consuming alcohol (7.0% and 6.5%, respectively) on school property.

Figure 6.6: Illicit Drugs on School Property



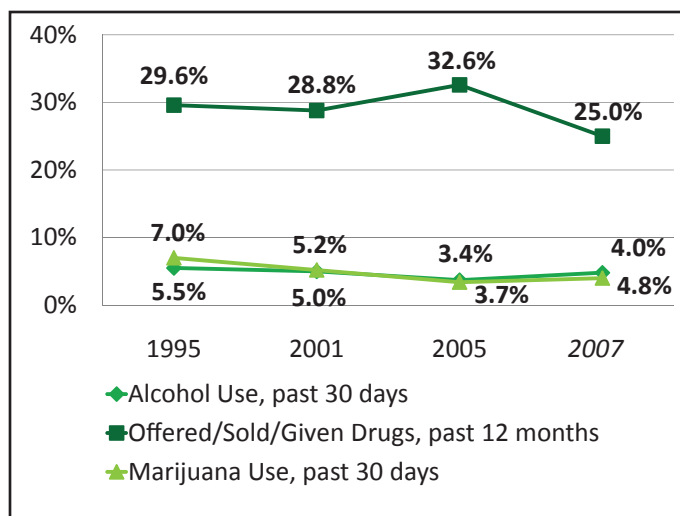
- ▶ Four percent of New Jersey high school students used marijuana at least once on school property during the previous month, while one-fourth of students (25.0%) were offered, sold, or given illegal drugs on school property during the past year (Figure 6.6).
- ▶ There was little variation by gender in terms of marijuana use on school property. However, more males (29.2%) than females (20.5%) were offered, sold, or given an illegal drug on school property during the past year.
- ▶ When compared by age, students 16 to 17 years old were slightly more likely than others to have used marijuana on school property during the previous month (5.2%) and to have been offered, sold, or given drugs during the past year (27.5%). Fewer students 15 years old or younger and 18 or older used marijuana on school property (2.2% and 4.2%, respectively) and were offered, sold, or given illegal drugs on school property (21.7% and 24.4%, respectively).
- ▶ Hispanic students were more likely than students of other racial/ethnic backgrounds to have used marijuana on school property during the past month (7.8%) and to have been offered, sold, or given illegal drugs on school property during the past year (33.8%).

Figures 6.7: Trends in Weapons and Violence on School Property: 1995, 2001, 2005, and 2007



- ▶ Rates of violence and weapon possession on school property increased slightly in 2007 from 2005, with the exception of the percentage of students involved in fights (Figure 6.7).
- ▶ In 2007, the percentage of high school students who did not attend at least one out of the last 30 days of school because they felt unsafe going to or from school increased to 5.8% from a low of 4.4% in 2005.
- ▶ The proportion of students who were involved in fights on school property during the previous 12 months remained the same as the low of 10.1% that was achieved in 2005.
- ▶ In 2007, 8.5% of students had been threatened or injured on school grounds during the previous year, as compared to 8.0% in 2005.
- ▶ The proportion of students who carried a weapon on school property during the previous month in 2007 was similar to the low reached in 2005 (3.7% and 3.1%, respectively).

Figures 6.8: Trends in Substance Use on School Property: 1995, 2001, 2005, and 2007



- ▶ Regarding the use of alcohol and marijuana on school property, there was a slight increase in 2007 (4.8% and 4.0%, respectively). Previously the use of alcohol decreased across survey years, from 5.5% in 1995 to 5.0% in 2001 to 3.7% in 2005 (Figure 6.8). Marijuana use also increased slightly in 2007 to 4.0%, following a high of 7.0% in 1995 to a low of 3.4% in 2005.
- ▶ The percentage of students who were offered, sold, or given an illegal drug on school property during the previous year decreased to 25.0% in 2007, which was down from a high of 32.6% in 2005.

CHAPTER 7: HIGH SCHOOL STUDENT SEXUAL BEHAVIORS, PREGNANCY, AND HIV/AIDS

Sexual Behaviors

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. Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners.^{72,73} In addition, adolescents who initiate sexual intercourse early are less likely to use contraception⁷⁴ and are at higher risk for pregnancy.^{75,76} Each year, there are an estimated 9.1 million cases of sexually transmitted diseases among persons aged 15–24 years.⁷⁷ Gonorrhea rates are highest among females between the ages of 15 and 19 years (610.9 cases per 100,000 females) and males between the ages of 20 and 24 years (430.6 cases per 100,000 males).⁷⁸ In 2004, there were an estimated 4,842 cases of HIV/AIDS among persons aged 15–24 years.⁷⁹ Among high school students nationwide, 47% had had sexual intercourse and 14% had had sexual intercourse with ≥ 4 persons during their life and 34% had had sexual intercourse with ≥ 1

72 Shrier LA, Emans SJ, Woods ER, DuRant RH. The association of sexual risk behaviors and problem drug behaviors in high school students. *Journal of Adolescent Health* 1996; 20:377–383.

73 Smith CA (1997). Factors associated with early sexual activity among urban adolescents. *Social Work* 1997;42:334–346.

74 Manlove J, Terry E, Gitelson L, Papillo AR, Russell S. Explaining demographic trends in teenage fertility, 1980–1995. *Family Planning Perspectives* 2000;32(4):166–175.

75 Manlove J, Terry E, Gitelson L, Papillo AR, Russell S. Explaining demographic trends in teenage fertility, 1980–1995. *Family Planning Perspectives* 2000;32(4):166–175.

76 Thornberry TP, Smith CA, Howard GJ. Risk factors for teenage fatherhood. *Journal of Marriage & the Family* 1997;59:505–522.

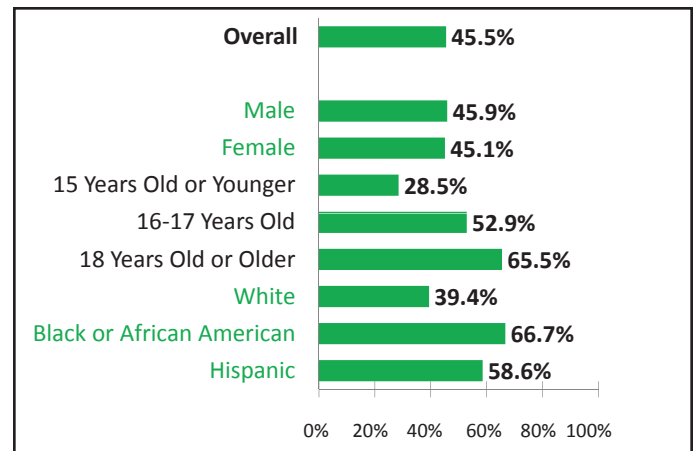
77 Weinstock H, Berman S, Cates W. Sexually transmitted disease among American youth: Incidence and prevalence estimates, 2000. *Perspect Sex Reprod Health* 2004;36(1):6–10.

78 Centers for Disease Control and Prevention. Sexually Transmitted Disease Surveillance, 2004. September 2005; Atlanta, GA: U.S. Department of Health and Human Services. Available at: <http://www.cdc.gov/std/stats/default.htm>. Accessed June 9, 2006.

79 CDC. HIV/AIDS Surveillance Report, 2004. Vol. 16. Atlanta: US Department of Health and Human Services, Centers for Disease Control and Prevention; 2005. Also available at: <http://www.cdc.gov/hiv/stats/hasrlink.htm>.

persons during the 3 months preceding the survey. During 1991–2005, a significant linear decrease occurred in the percentage of students who ever had sexual intercourse (54%–47%) and a significant linear increase occurred in the percentage of currently sexually active students who used a condom at last sexual intercourse (46%–63%).⁸⁰ In 2000, 73% of senior high schools taught HIV prevention education in a required health education course.⁸¹

Figure 7.1: Sexual Intercourse in Lifetime



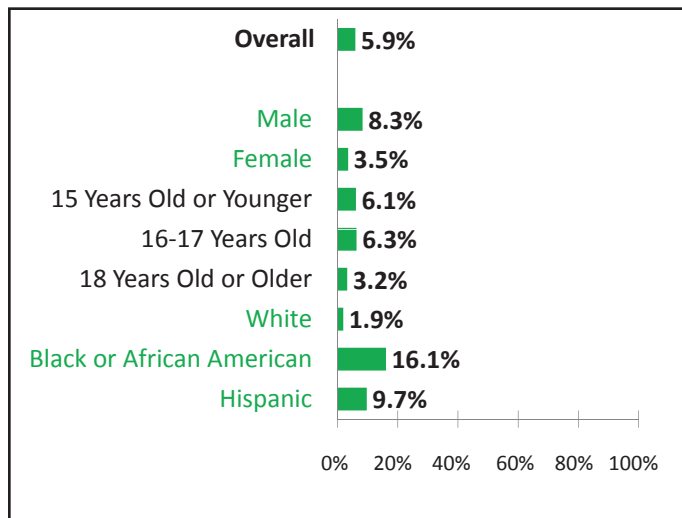
- ▶ Overall, less than half of New Jersey high school students (45.5%) had sexual intercourse in their lifetime (Figure 7.1).
- ▶ Males and females (45.9% and 45.1%, respectively) were equally likely to have had sexual intercourse.
- ▶ The likelihood that students had sexual intercourse increased with age. Almost two-thirds of students 18 years old or older (65.5%) had ever had intercourse, as compared to more than half of 16-17 year olds (52.9%) and more than one-fourth (28.5%) of those 15 years old and younger.

80 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

81 Kann 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.

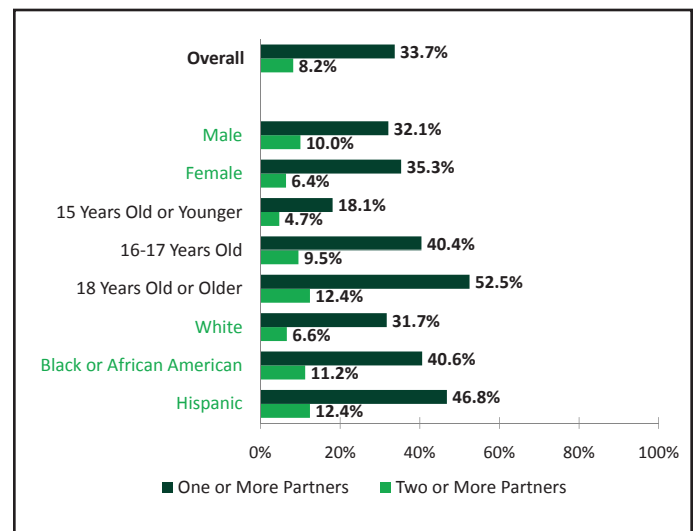
- ▶ A greater proportion of Black (66.7%) and Hispanic (58.6%) students than White (39.4%) students indicated they had engaged in sexual intercourse.

Figure 7.2: First Sexual Intercourse before Age 13



- ▶ Overall, 5.9% of New Jersey high school students had sexual intercourse for the first time before the age of 13 (Figure 7.2).
- ▶ While Figure 7.1 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 (3.5% vs. 8.3%, respectively).
- ▶ Students 18 years old or older (3.2%) less frequently reported having intercourse for the first time before the age of 13, as compared to approximately 6% of younger students.
- ▶ Much higher percentages of Black (16.1%) and Hispanic (9.7%) students than White students (1.9%) reported having sexual intercourse for the first time before the age of 13.

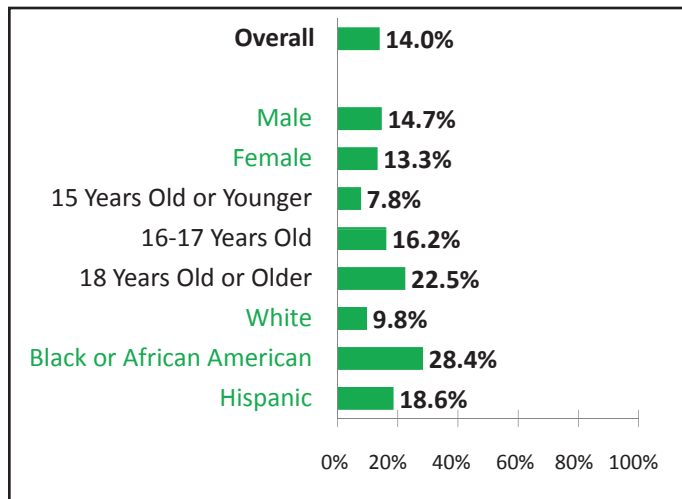
Figure 7.3: One or More Sexual Partners, Past Three Months



- ▶ While more than four in 10 New Jersey high school students (45.5%) reported having had sexual intercourse in their lifetime, only one in three (33.7%) was “sexually active” – meaning they had sexual intercourse during the past three months (Figure 7.3). Less than one in 10 students (8.2%) had sex with multiple sexual partners in the last three months.
- ▶ Females (35.3%) were slightly more likely than males (32.1%) to have had sex within the last three months. A greater proportion of males (10.0%) than females (6.4%) reported having more than one sexual partner during the past three months.
- ▶ The proportion of students who had sex during the past three months increased with age. More than one-half of students 18 or older (52.5%) had sex during the past three months. This figure dropped to 40.4% among 16-17 year olds and 18.1% among those 15 or younger. Older students were also more likely to have had multiple partners in this period than were younger students. Those 18 and older (12.4%) and 16 to 17 years old (9.5%) more frequently reported having two or more sexual partners. This number dropped notably among students 15 years of age and younger (4.7%).

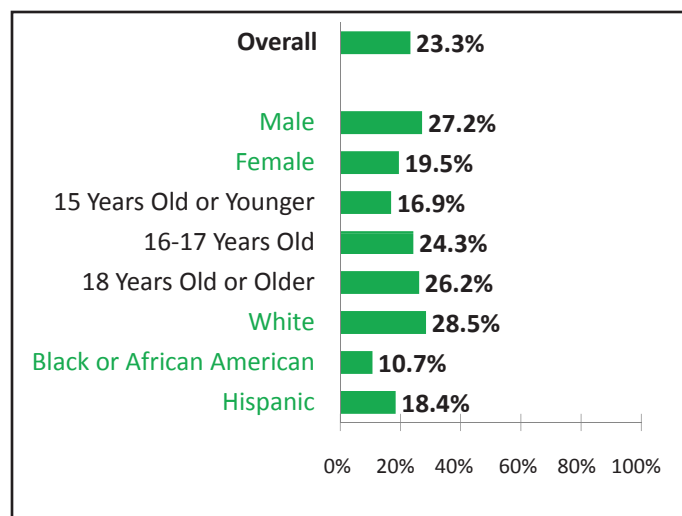
- ▶ Hispanic students (46.8%) were more likely than Black (40.6%) and White (31.7%) students to have engaged in sexual intercourse during the past three months. Hispanic and Black students (12.4% and 11.2%, respectively) were more likely than White students (6.6%) to have had multiple partners.

Figure 7.4: Four or More Sexual Partners in Lifetime



- ▶ Overall, a similar percentage of New Jersey high school students had only one sexual partner in their lifetime or two to three partners (16.2% and 15.4%, respectively). More than one in 10 students (14.0%) had four or more sexual partners in their lifetime (Figure 7.4).
- ▶ There was little variation in the number of lifetime sexual partners by gender (13.3%-14.7%).
- ▶ Older students were much more likely than younger students to report multiple sexual partners. Nearly one-fourth of students 18 years old or older (22.5%) reported having four or more sexual partners in their lifetime, as compared to 16.2% of 16-17 year olds and 7.8% of those 15 or younger.
- ▶ More than one-fourth of Black students (28.4%) indicated having four or more sexual partners in their lifetime, compared to about one in five Hispanic (18.6%) and one in 10 White students (9.8%).

Figure 7.5: Used Alcohol or Drugs Prior to Last Sexual Encounter*

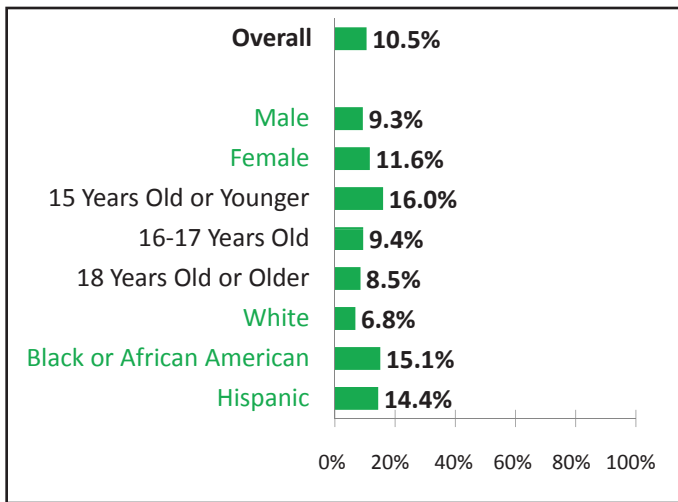


*Among students who had sexual intercourse in the past 3 months.

- ▶ Among students who had sexual intercourse in the past 3 months, nearly one-fourth (23.3%) reported that they used drugs or alcohol prior to their last sexual encounter (Figure 7.5).
- ▶ Among sexually active students, a greater proportion of males (27.2%) than females (19.5%) reported using alcohol or drugs when last having sex.
- ▶ The use of alcohol or drugs prior to having sex increased with age. More than one-fourth (26.2%) of students 18 and over reported using alcohol or drugs prior to their last sexual encounter, as compared to 16.9% of those 15 or younger.
- ▶ More than one in four White students (28.5%) reported the use of alcohol or drugs prior to their last sexual encounter, as compared to fewer Black and Hispanic students (10.7% and 18.4%, respectively).

Contraceptives and Pregnancy

Figure 7.6: No Birth Control Method, Last Sexual Encounter*

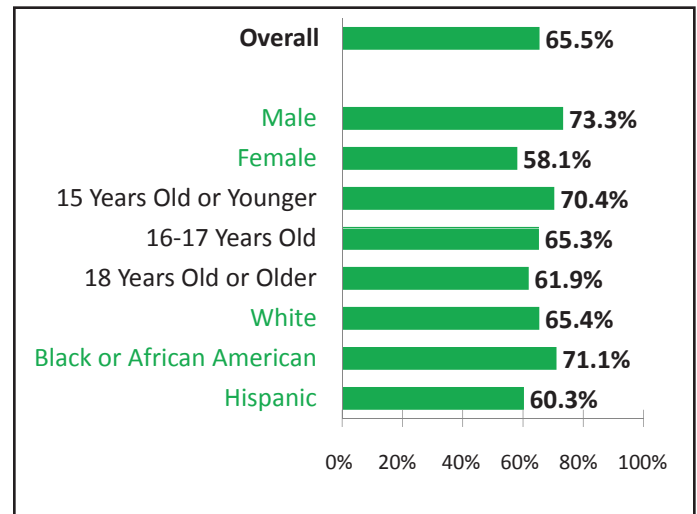


*Among students who had sexual intercourse in the past 3 months.

- ▶ One in 10 sexually active students (10.5%) reported that they used no form of birth control the last time they had sex (Figure 7.6). “No birth control” refers to those who used no listed method. (Options were condom, pill, Depo-Provera, withdrawal, some other method or not sure.)
- ▶ A greater proportion of females (11.6%) than males (9.3%) reported that they did not use any form of birth control the last time they had sex.
- ▶ Sixteen percent of students aged 15 years or younger did not use birth control during their last sexual encounter, as compared to 9.4% of students 16-17 and 8.5% of those 18 or older.
- ▶ A greater proportion of Black or Hispanic students (15.1% and 14.4%, respectively) than White students (6.8%) reported that they did not use some form of birth control the last time they had sex.
- ▶ The primary method of birth control among sexually active students during their last sexual encounter was condoms (53.1%). Birth control pills (17.0%) were the second most used method.
- ▶ Almost three in 10 sexually active students (28.8%) used either no method of birth control (10.5%) during their last sexual encounter or used

an inadequate pregnancy prevention method; students identified the withdrawal method (12.1%), some other method (2.4%), or were not sure (3.8%). (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.)⁸²

Figure 7.7: Used Condom, Last Sexual Encounter*

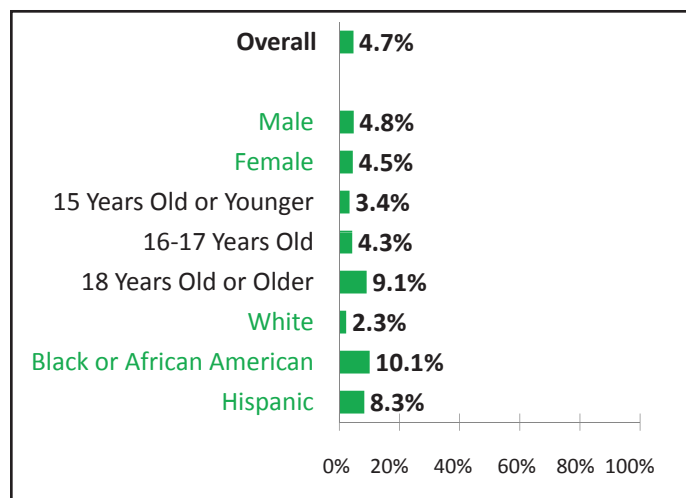


*Among students who had sexual intercourse in the last three months.

- ▶ 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 7.7). The majority of sexually active students reported that they, or their partner, used a condom during their last sexual encounter (65.5%).
- ▶ A greater proportion of males (73.3%) than females (58.1%) reported condom use during their last sexual encounter.
- ▶ Students 15 years old or younger (70.4%) reported the greatest frequency of condom use the last time they had sex followed by those aged 16-17 (65.3%) and those 18 or older (61.9%).
- ▶ Black students (71.1%) reported the greatest frequency of condom use the last time they had sex, while Hispanic students (60.3%) reported the least.

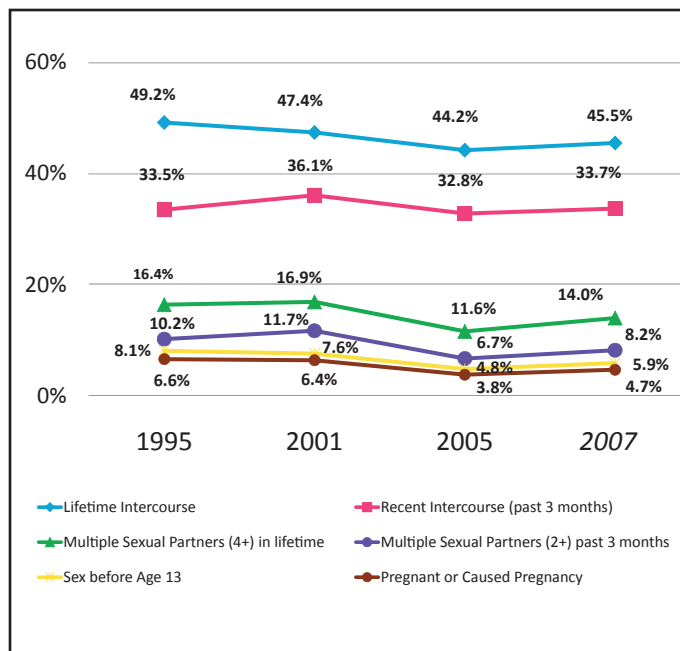
82 J Trussel, D Kowal. *The Essentials of Contraception in Contraceptive Technology*, Seventeenth Revised Edition. Ardent Media Inc., New York, 1998.

Figure 7.8: Ever Pregnant or Caused a Pregnancy



- ▶ About one of twenty students (4.7%) indicated that they had been pregnant or had caused someone to become pregnant (Figure 7.8).
- ▶ There was little difference by gender (4.5%-4.8%).
- ▶ The frequency of pregnancy increased with age. More than two times as many students 18 years of age or older (9.1%) reported ever being pregnant or causing a pregnancy, as compared to 16-17 year olds (4.3%) and those 15 or younger (3.4%).
- ▶ A greater proportion of Black (10.1%) and Hispanic (8.3%) students than White (2.3%) students reported having ever been pregnant or causing a pregnancy.

Figure 7.9: Trends in Sexual Behaviors: 1995, 2001, 2005, and 2007



- ▶ The percentage of New Jersey high school students who had sexual intercourse in their lifetime was 45.5% in 2007, close to a low of 44.2% in 2005 (Figure 7.9). Over the years, about one-third of students had intercourse during the past three months. In 2007, 33.7% had intercourse during the past three months.
- ▶ Overall, the proportion of students who reported having more than one sexual partner in the past three months has been on the decline. This figure increased slightly in 2007 (8.2%) from a low of 6.7% in 2005. Students having four or more sexual partners in their lifetime showed a similar pattern - a high of 16.9% in 2001 followed by a low of 11.6% in 2005 before increasing to 14.0% in 2007.
- ▶ The percentage of students having sex before the age of 13 increased slightly in 2007 (5.9%) from its low in 2005 (4.8%). These levels are below those in 1995 and 2001 (8.1% and 7.6% respectively).
- ▶ The percentage of New Jersey high school students who reported becoming pregnant, or causing a pregnancy, increased slightly to 4.7% from a low of 3.8% in 2005. This figure fell from its high of 6.6% in 1995.

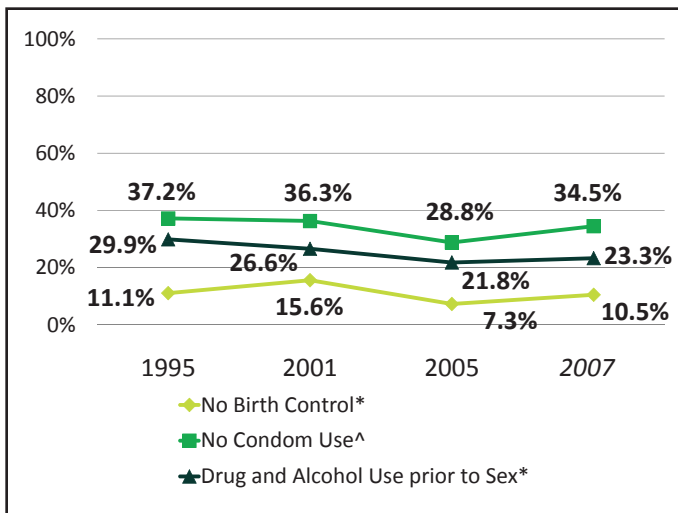
HEALTHY NEW JERSEY 2010 GOAL

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

2007 NEW JERSEY SHS RESULTS

New Jersey high school students abstained from sexual intercourse (54.5%) and used condoms during their last sexual encounter (65.5%) at rates much lower than the 2010 national goal. A total of 85.6% 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.

Figure 7.10: Trends in Birth Control, and Pregnancy: 1995, 2001, 2005, and 2007



*Among students who have had sexual intercourse in the past 3 months.

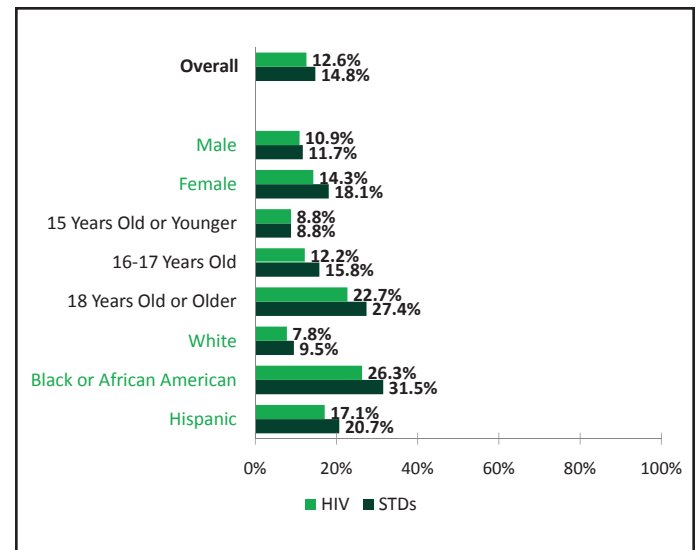
^ “No Birth Control” refers to those who selected no listed method among condom, pill, Depo-provera, withdrawal, some other method or not sure.

- ▶ Fewer sexually active students in 2005 and 2007 (7.3% and 10.5%, respectively) than in 2001 (15.6%) and 1995 (11.1%) reported that they used no form of birth control when they last had sex (Figure 7.10).
- ▶ Of sexually active students, the percentage who used drugs/alcohol prior to their last sexual encounter slightly decreased from 29.9% in 1995 to 21.8% in 2005, and increased slightly to 23.3% in 2007.

- ▶ In 2007, about one-third of sexually active students (34.5%) reported not using a condom the last time they had sexual intercourse, as compared to more than a quarter of students (28.8%) in 2005. The 2007 figure is slightly lower than the proportions found in 2001 (36.3%) and 1995 (37.2%).

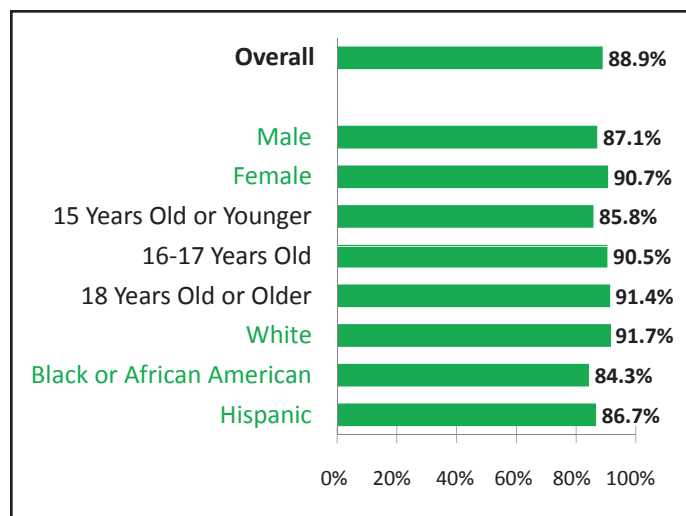
HIV Education and Testing

Figure 7.11: Ever Been Tested for HIV, Other STD, or Both



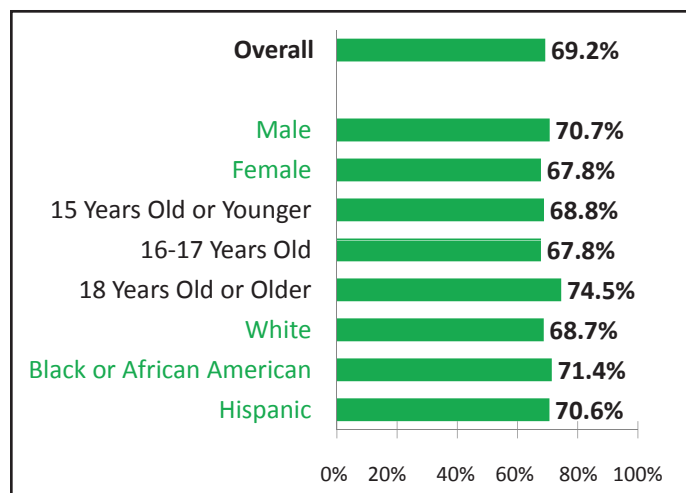
- ▶ Slightly more than one in 10 high school students had ever been tested for HIV (12.6%), and sexually transmitted diseases (STD) (14.8%) (Figure 7.11).
- ▶ A greater proportion of females than males had been tested for HIV (14.3% and 10.9%, respectively) and STDs (18.1% and 11.7%, respectively).
- ▶ The likelihood of having been tested for STDs increased notably with age. Students 18 years old or older were over three times more likely than those 15 or younger to have ever been tested for HIV (22.7% versus 8.8%) or STDs (27.4% versus 8.8%).
- ▶ Black (26.3% and 31.5%) and Hispanic (17.1% and 20.7%) students were more likely than White (7.8% and 9.5%) students to report being tested for HIV and STDs.

Figure 7.12: Had HIV/AIDS Education in High School



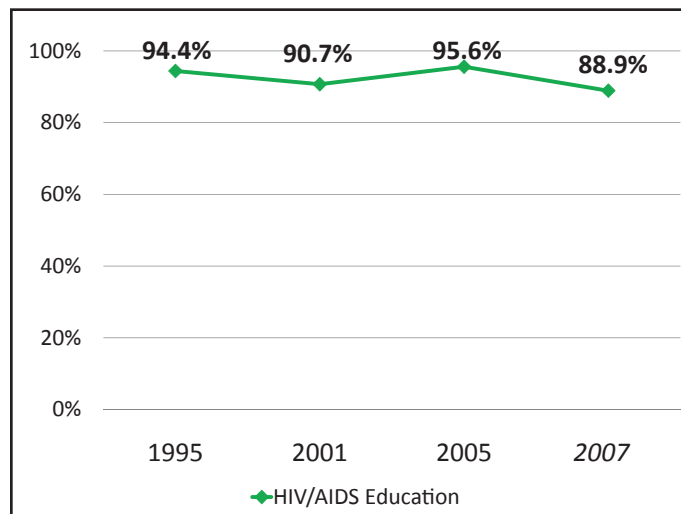
- ▶ The vast majority of New Jersey high school students (88.9%) reported that they have been taught about AIDS or HIV in high school (Figure 7.12).
- ▶ Slightly more females than males reported having HIV/AIDS education in school (90.7% vs. 87.1%).
- ▶ Students aged 15 or younger (85.8%) were least likely to report having HIV/AIDS education in school, as compared to more than nine of 10 students aged 16-17 and 18 or older (90.5% and 91.4%, respectively).
- ▶ White students (91.7%) were most likely to have had AIDS/HIV education in school, followed by Hispanic (86.7%) and Black students (84.3%).

Figure 7.13: Had One or More Lessons on AIDS and STDs in School



- ▶ Through a separate question, more than two-thirds of New Jersey high school students (69.2%) reported that they have had one of more lessons on AIDS in school (Figure 7.13).
- ▶ There was little variation by gender (67.8%-70.7%), age (67.8%-74.5%, or race / ethnicity (68.7%-74.4%)

Figure 7.14: Trends in HIV/AIDS Education: 1995, 2001, 2005, and 2007



- ▶ Finally, the percentage of students who had been taught about AIDS or HIV infection in school dropped to 88.9% in 2007, from a high of 95.6% in 2005 (Figure 7.14).

CHAPTER 8: HIGH SCHOOL STUDENT PHYSICAL ACTIVITY

These questions measure participation in physical activity, physical education classes, sports teams, television watching, and video game/computer use. Participation in regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological wellbeing.⁸³ Over time, regular physical activity decreases the risk of dying prematurely, dying of heart disease, and developing diabetes, colon cancer, and high blood pressure.⁸⁴ The 2005 Dietary Guidelines for Americans recommends that youth engage in at least 60 minutes of physical activity on most, preferably all, days of the week.⁸⁵ In 2005, 44% of male and 28% of female high school students nationwide had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.⁸⁶ School physical education classes can increase adolescent participation in physical activity^{87;88;89;90} and help high

school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity.⁹¹ In 2005, 54% of high school students nationwide went to physical education classes on one or more days in an average week when they were in school.⁹² The percentage of high school students enrolled in physical education class did not change significantly from 1991 (49%) to 2005 (54%).⁹³ Television viewing, computer usage, and video game playing are associated with physical inactivity among adolescents⁹⁴ and young adults.⁹⁵ Television viewing during childhood and adolescence is associated with being overweight.^{96;97} Among high school students nationwide in 2005, 37% watched television ≥ 3 hours/day on an average school day. During 1999–2005, a significant linear decrease occurred in the percentage of high school students who watched ≥ 3 hours/day of television (43%–37%).⁹⁸

The survey asks students to report on types of physical activity that are related to cardio-respiratory endurance or about participation in physical education or sports (see prior surveys). In 2007, the survey did not ask about activities that build muscular strength and endurance. The CDC recommends that Americans engage in at least

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

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

85 US Department of Health and Human Services and US Department of Agriculture: Dietary Guidelines for Americans 2005. Washington, DC, 2005. Available at <http://www.healthierus.gov/dietaryguidelines/>. Accessed June 9, 2006.

86 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

87 McKenzie TL, Nader PR, Strikemiller PK, et al. School physical education: Effect of the Child and Adolescent Trial for Cardiovascular Health. *Preventive Medicine* 1996;25:423-431.

88 McKenzie 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;30:447-462.

89 Sallis J, McKenziem 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.

90 McKenzie TL, Sallis JF, Prochaska JJ, Conway TL, Marshall SJ, Rosengard P. Evaluation of a two-year middle-school physical education intervention: M-SPAN. *Medicine & Science in Sports & Exercise* 2004;36:1382-1388.

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93 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

94 Gordon-Larson P, Adair LS, Popkin BM. Ethnic differences in physical activity and inactivity patterns and overweight status. *Obesity Research* 2002;10(3):141-149.

95 Fotheringham MJ, Wonnacott RL, Owen N. Computer use and physical inactivity in young adults: public health perils and potentials of new information technologies. *Annals of Behavioral Medicine* 2000;22:269-275.

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

97 Kaur 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.

98 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

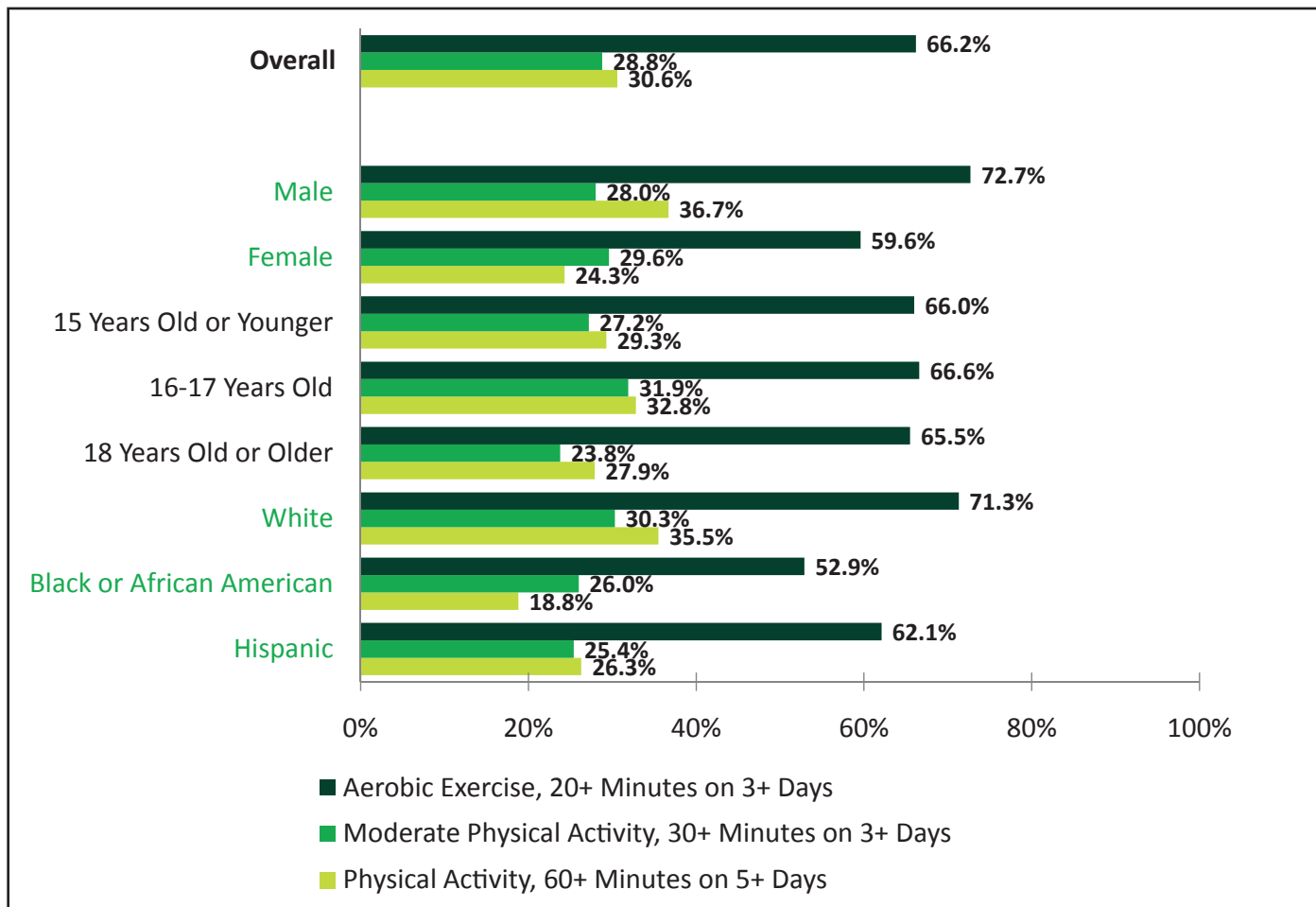
20 minutes of aerobic exercise on three days per week or 30 minutes of moderate physical activity on at least five days per week.

Physical Fitness

Figure 8.1: Comparison of Exercise Practices

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 (72.7%



- ▶ Overall, about two-thirds of New Jersey high school students (66.2%) 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 8.1).
- ▶ Fewer students (28.8%) participated in mild exercise – 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.
- ▶ Three in 10 (30.6%) 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 (36.7% vs. 24.3%). A similar proportion of males and females did mild exercise on five or more days (28.0% and 29.6%, respectively).
- ▶ The amount of exercising did not vary much by age. About three of 10 students indicated that they had participated in physical activity (27.9%-32.8%), while about two-thirds of students had engaged in aerobic exercise (65.5%-66.6%). Student participation in mild exercise had the greatest degree of variation (23.8%-31.9%) with students 16-17 years old reporting the greatest frequency and students aged 18 or older reporting the least.
- ▶ White students were more likely than Black and Hispanic students to have engaged in all types of exercise. Black students reported the least amount of exercise.

HEALTHY NEW JERSEY 2010 GOAL

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

2007 NEW JERSEY SHS RESULTS

Fewer students than the 2010 objective specifies (30.6%) engaged in 30 minutes of mild aerobic exercise on five or more of the previous seven days.

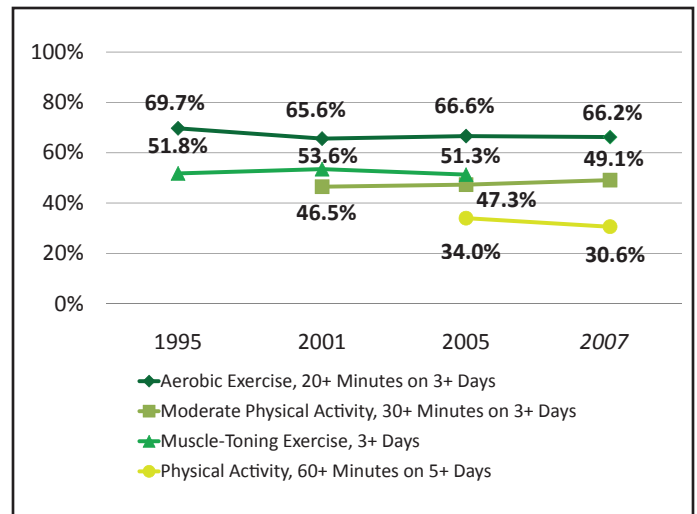
HEALTHY NEW JERSEY 2010 GOAL

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

2007 NEW JERSEY SHS RESULTS

Two-thirds of all New Jersey high school students (66.2%) engaged in 20 minutes of vigorous aerobic exercise on three or more of the previous seven days, falling short of the objective. Males (72.7%) and Whites (71.3%) were the groups most likely to report aerobic exercise.

Figure 8.2: Trends in Physical Activity: 1995, 2001, 2005, and 2007

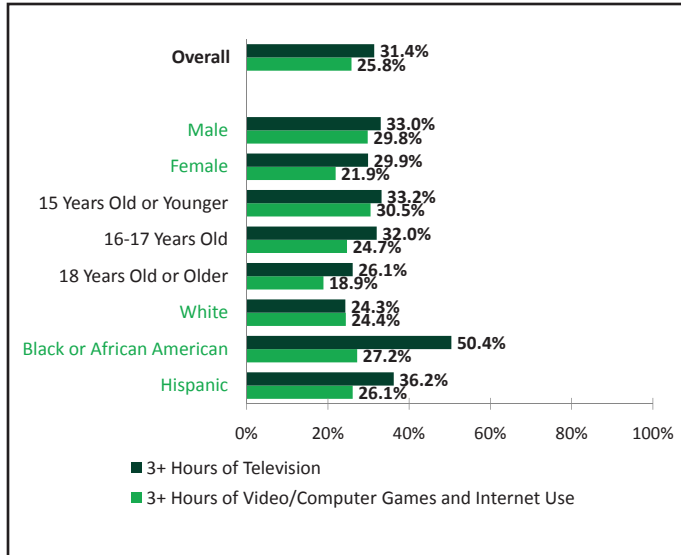


- ▶ Over all survey years, approximately two-thirds of students (65.6%-69.7%) reported engaging in aerobic exercise for 20 or more minutes on three or more days per week (Figure 8.2).
- ▶ A relatively equal percentage of students engaged in mild physical activity for 30 or more minutes on three or more days per week in 2005 (47.3%) and 2001 (46.5%).⁹⁹ This figure increased in 2007 to 49.1%.
- ▶ About half of New Jersey high school students engaged in tone-up exercising three or more days per week (51.3% in 2005 vs. 53.6% in 2001 vs. 51.8% in 1995). This question was not asked in 2007.
- ▶ In 2007, less than one-third of students (30.6%) had been physically active for at least 60 minutes per day in the previous week, as compared to 34% of students in 2005.

⁹⁹ Some 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;2007) (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;2007).

Watching Television and Playing Video Games/Computer Use

Figure 8.3: Three or More Hours of Electronic Viewing, Average School Day



- ▶ Overall, more than three in 10 of New Jersey high school students (31.4%) watched three or more hours of television on an average school day. One in four (25.8%) students reported playing video games or using the computer for three or more hours on an average school day (Figure 8.3).
- ▶ On an average school day, females generally watched fewer hours of TV and played video games or used the computer less than males (29.9% vs. 33.0% and 21.9% vs. 29.8%, respectively).
- ▶ The number of hours spent watching television and playing video games or using the computer tended to decrease with age. One in three students 15 years old or younger and 16-17 years old (33.2% and 32.0%, respectively) reported watching three or more hours of television on an average school day, as compared to about one-fourth of those 18 years old and older (26.1%).

- ▶ Black students (50.4%) were most likely and White students (24.3%) least likely to report watching three or more hours of TV on an average school day. Number of hours spent playing video games or using the computer did not vary much by race (24.4%-27.2%).

HEALTHY NEW JERSEY 2010 GOAL

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

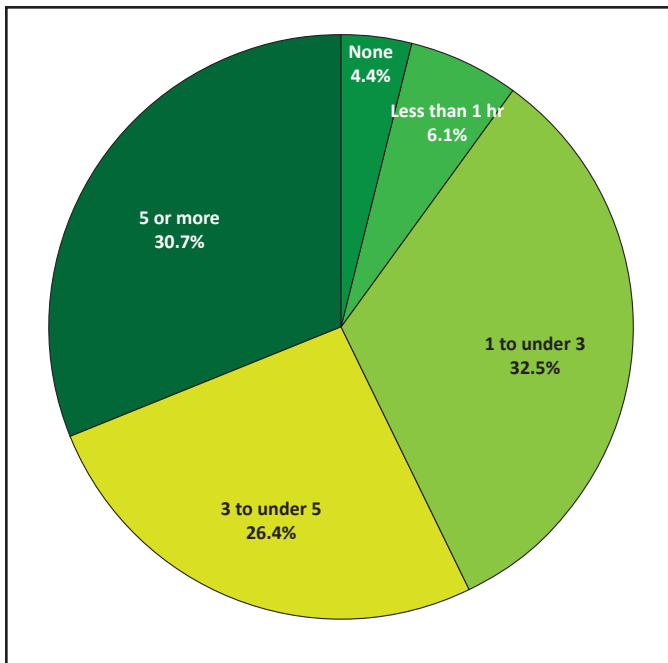
2007 NEW JERSEY SHS RESULTS

Six in 10 New Jersey high school students (68.6 %) viewed television two or fewer hours per day, falling short of the objective.

- ▶ Fewer New Jersey high school students watched three or more hours of television on an average school day in 2007 (31.4%) than in previous years (35.8% in 2005; 40.6% in 2001). This, of course, could be due to more hours spent on other computer/video sources. The 2007 survey was the first year to include questions on the use of video games and computers.

Student responses to these activities were combined to analyze how much time students spent watching television or playing video games or using the Internet. Results of this analysis are presented in Figure 8.4.

Figure 8.4: NJSHS: Total Hours of Electronic Viewing on an Average School Day



- ▶ More than half of NJ students reported (57.1%) watching TV, playing video games, or using the Internet for three or more hours including 30.7% who did so for five or more hours on an average school day (Figure 8.4).

CHAPTER 9: 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,^{100;101} they can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight¹⁰² have been consistent with trend data from national surveys using measured heights and weights.¹⁰³ In 2003–2004, 66% of persons aged 20 years or older were either overweight or obese and 17% of adolescents aged 12–19 years were overweight.¹⁰⁴ In 2003–2004, there were more than three times as many overweight adolescents as there were in 1976–1980 (17% versus 5%, respectively).¹⁰⁵ Overweight or obesity acquired during childhood or adolescence

may persist into adulthood.^{106;107;108} Overweight during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and the metabolic syndrome.¹⁰⁹ Studies have shown high rates of body dissatisfaction and dieting among adolescents, with many engaging in unhealthy weight control behaviors, such as fasting and self-induced vomiting which can lead to abnormal physical and psychological development.^{110;111} It is estimated that 5 million Americans are affected by eating disorders every year.¹¹² Among high school students nationwide in 2005, 12% had gone without eating for ≥ 24 hours, 6% had taken diet pills, powders, or liquids without a doctor's advice, and 5% had vomited or taken laxatives to lose weight or keep from gaining weight during the 30 days preceding the survey.¹¹³ Questions about body weight self-perception and dieting were asked in 2005 but not in 2007.

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101 Goodman E, Hinden BR. Accuracy of teen and parental reports of obesity and body mass index. *Pediatrics* 2000;106:52-58.

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

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106 Freedman DS, Khan, LK, Serdula MK, Dietz WH, Srinivasan SR, Berenson GS. The relation of childhood BMI to adult adiposity: *The Bogalusa Heart Study*. *Pediatrics* 2005; 115(1):22-27.

107 Sandhu J, Ben-Shlomo Y, Cole TJ, Holly J, Smith GD. The impact of childhood body mass index on timing of puberty, adult stature and obesity: a follow-up study based on adolescent anthropometry recorded at Christ's Hospital (1936-1964). *International Journal of Obesity* 2006;30:14-22.

108 Guo SS, Wu W, Cameron W, Roche AF. Predicting overweight and obesity in adulthood from body mass index values in childhood and adolescence. *American Journal of Clinical Nutrition* 2002;76:653-658.

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

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

112 Becker AE, Grinspoon SK, Klibanski A, Herzog DB. Eating disorders. *The New England Journal of Medicine* 1999;340:1092-1098.

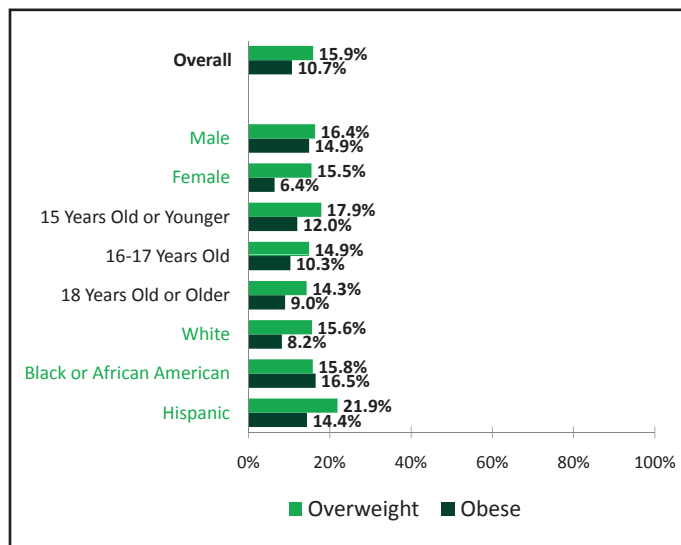
113 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

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 **overweight**, while a BMI greater than the 95th percentile is considered as **obese**. For example, a 15-year-old boy with a height of 5 feet 7 inches and a weight of 175 pounds would have a BMI of 27.4. A BMI of 27 or greater for a boy of this age is at the 95th percentile and considered obese. For a 15-year-old girl of the same height (5 feet 7 inches) to meet the 95th percentile level marking obesity, she would have to weigh 179 pounds for a BMI of 28. If these teens each lost five pounds, they would be classified as overweight.

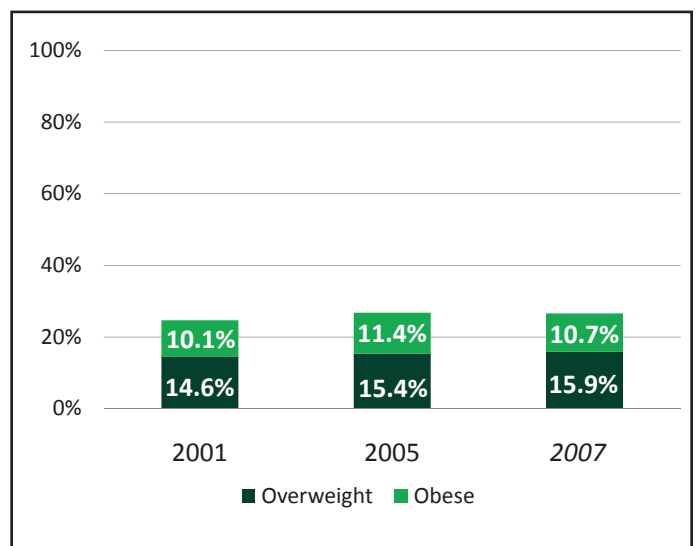
These BMI findings may under-identify overweight/obese students. Thus, a greater percentage of students may be overweight/obese than are indicated in the following table.

Figure 9.1: Student Body Mass Index (BMI)



- ▶ Overall, more than one-fourth of New Jersey high school students (26.6%) have a Body Mass Index (BMI) that would classify them as either obese (10.7%) or overweight (15.9%) (Figure 9.1).
- ▶ More males than females were classified as both obese (14.9% vs. 6.4%) and overweight (16.4% vs. 15.5%).
- ▶ Frequencies of being obese (9.0%-12.0%) or overweight (14.3%-17.9%) did not vary much by age, though a slight decline is demonstrated with increasing age.
- ▶ More Black and Hispanic students were classified as being obese (16.5% and 14.4%, respectively) than White students (8.2%). Hispanic students (21.9%) were more likely than Black and White students (15.8% and 15.6%, respectively) to be overweight.

Figure 9.2: Trends in Student Body Mass Index (BMI): 2001, 2005, and 2007



- ▶ The percentage of New Jersey high school students who have a BMI that would classify them as overweight has mostly remained the same over the 2001, 2005, and 2007 periods (a range of 14.6%-15.9%) (Figure 9.2).
- ▶ New Jersey high school students who have a BMI that would classify them as obese has also stayed about the same over this time period (a range of 10.1%-11.4%).
- ▶ Overall, the combined percentages of students having a BMI outside the normal range has remained consistent from 2005 to 2007 (26.8% to 26.6%) after an increase from 2001 (24.7%).

Dietary Habits

These questions measure food choices. Six of the questions address fruit and vegetable consumption, one newly introduced in 2007 addresses soda or pop 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.¹¹⁴ 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,^{115;116;117} cardiovascular disease,¹¹⁸ and stroke.¹¹⁹ Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of overweight.^{120;121;122} In 2005, 20% of high school students nationwide ate fruits and vegetables

five or more times per day.¹²³ During 1999–2005, a significant linear decrease occurred in the percentage of students who ate fruits and vegetables ≥ 5 times/day (24%–20%). Milk is an important source of calcium for adolescents.^{124;125} Calcium is essential for the forming and maintaining healthy bones and low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.¹²⁶ Although the recommended intake of calcium is 1,300 mg/day,¹²⁷ most adolescents consume far less. National data indicate that the average calcium intake per day among persons aged 12 to 19 years was 1125 mg/day (among males) and 814 mg/day (among females).¹²⁸ In 2005, 21% of male and 12% of female high school students nationwide had drunk ≥ 3 glasses of milk per day.¹²⁹ In recent years, soft drink consumption has significantly increased among children and adolescents. Among persons aged 2 to 18 years, soft drinks comprised 3% of the total daily calories consumed in 1977–1978 compared to 7% in 1999–2001.¹³⁰ Consumption of sugar-sweetened drinks, including soft drinks, appears to be associated with being at increased risk for overweight in children.¹³¹

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118 Bazzano LA, He J, Ogden LG, Loria CM, Vupputuri S, Myers L, Whelton PK. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiologic Follow-up Study. *American Journal of Clinical Nutrition* 2002;76(1):93-99.

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124 US Department of Health and Human Services and US Department of Agriculture. Dietary Guidelines for Americans 2005. Washington, DC, 2005. Available at <http://www.healthierus.gov/dietaryguidelines/>. Accessed June 9, 2006.

125 Forshee RA, Anderson PA, Storey ML. Changes in calcium intake and association with beverage consumption and demographics: Comparing data from CSFII 1994-1996, 1998 and NHANES 1999-2002. *Journal of the American College of Nutrition* 2006;25(20):108-116.

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127 Institute of Medicine, Food and Nutrition Board. *Dietary Reference Intakes for Calcium, Phosphorus, Magnesium, Vitamin D, and Fluoride*. Washington, DC: National Academy Press; 1997

128 Forshee RA, Anderson PA, Storey ML. Changes in calcium intake and association with beverage consumption and demographics: Comparing data from CSFII 1994-1996, 1998 and NHANES 1999-2002. *Journal of the American College of Nutrition* 2006;25(20):108-116.

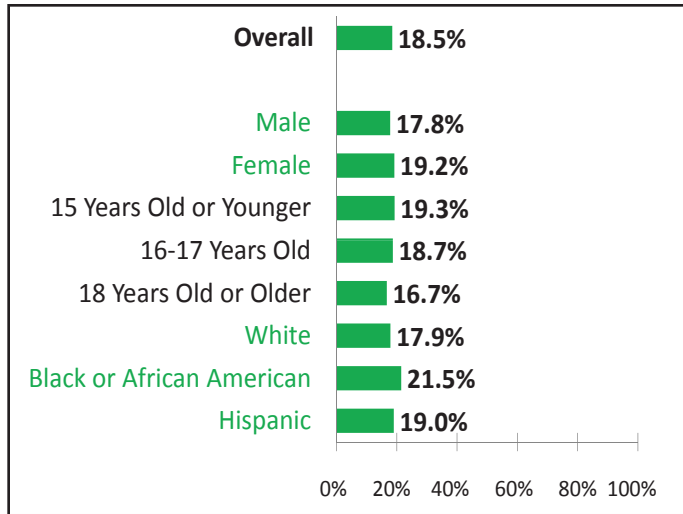
129 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. *Morbidity and Mortality Weekly Report* 2006;55(SS-5):1-108.

130 Nielsen SJ, Popkin BS. Changes in beverage intake between 1977 and 2001. *American Journal of Preventive Medicine*;2004;27(3):205-210.

131 Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugarsweetened drinks and childhood obesity: A prospective, observational analysis. *Lancet* 2001;357:505-508.

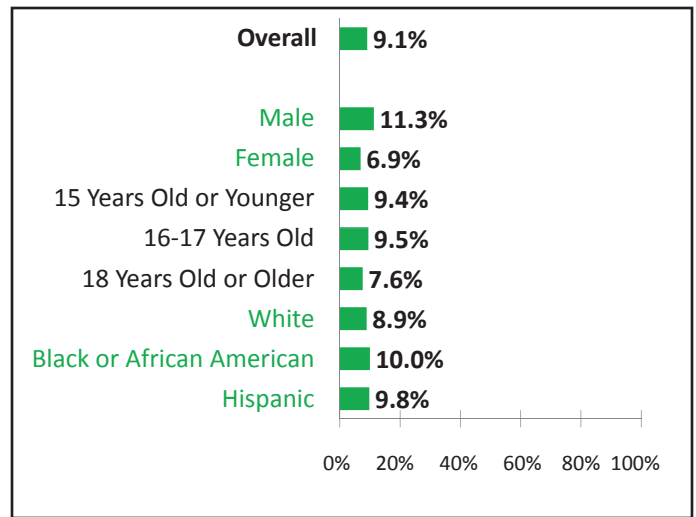
A composite item for fruit and vegetable consumption was created by combining the six questions included in the survey. The composite item was created by averaging the daily intake in the past week of the following six fruits or vegetables: fruits, 100% fruit juices, potatoes, carrots, green salad and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

Figure 9.3: Combined Fruit and Vegetable Consumption, Five or More Servings Per Day



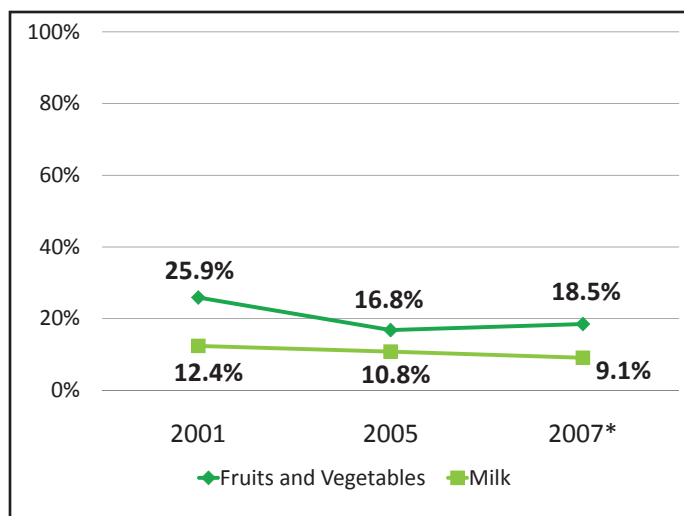
- ▶ During the past seven days, 18.5% of students consumed five or more servings of fruits and vegetables per day (Figure 9.3).
- ▶ A similar proportion of males (17.8%) and females (19.2%) reported daily consumption of five or more servings of fruits and vegetables.
- ▶ Daily consumption of five or more servings of fruits and vegetables did not vary substantially by age, or race (16.7%-19.3% and 17.9%-21.5%, respectively).

Figure 9.4: Three or More Glasses of Milk Per Day, Past Seven Days



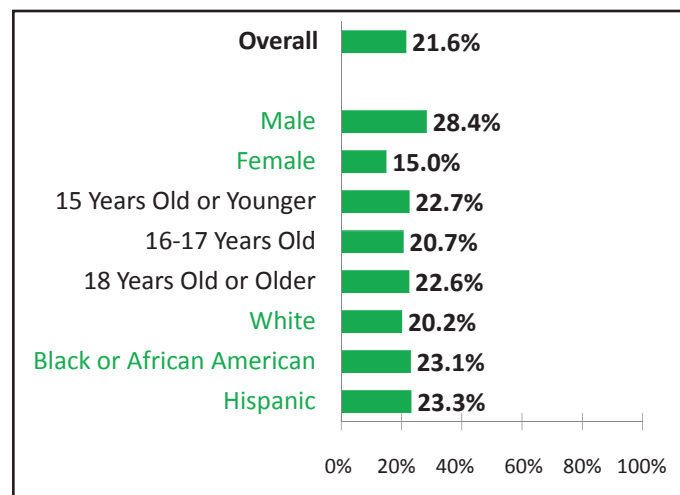
- ▶ Overall, about one in 10 students (9.1%) drank three or more glasses of milk per day during the past week though about one-fourth of students (24.4%) indicated not drinking any milk at all (Figure 9.4).
- ▶ A greater proportion of males (11.3%) than females (6.9%) had consumed three or more glasses of milk per day.
- ▶ There were no notable differences in milk consumption by age or race (7.6%-9.5% and 8.9%-10.0%, respectively).

Figure 9.5: Trends in Fruits, Vegetables and Milk Consumption: 2001, 2005, and 2007



- ▶ Fruit and vegetable consumption (5+ servings per day) increased slightly in 2007 (18.5%) from 2005 (16.8%) after declining from 2001 levels (25.9%) (Figure 9.5). Milk consumption (3+ glasses per day) has slowly declined from 2001 (12.4%) to 2005 (10.8%) and 2007 (9.1%)

Figure 9.6: Drank Soda/Pop One or More Times Per Day, Past Seven Days (Not Including Sugar-Free)



- ▶ Overall, more than one in five New Jersey high school students (21.6%) indicated that they drank soda/pop (excluding diet) one or more times per day in the past seven days (Figure 9.6).
- ▶ A greater proportion of males (28.4%) than females (15.0%) drank soda/pop one or more times per day in the past seven days.
- ▶ There were no notable differences in soda consumption by age (20.7%-22.7%).
- ▶ Slightly more Black and Hispanic students (23.3% and 23.1%, respectively) than White students (20.2%) drank soda/pop one or more times per day in the past seven days.

Health Conditions

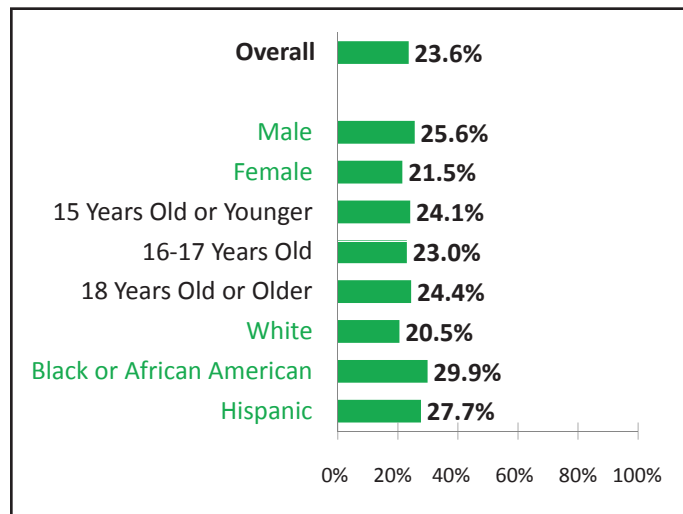
Approximately 9 million (13%) U.S. children under 18 years of age have been diagnosed with asthma at some time in their lives.¹³² In 2002, children made 5 million visits to doctors' offices and hospital outpatient departments, made 727,000 visits to hospital emergency departments, and had 196,000 hospitalizations due to asthma.¹³³ Also, an estimated 14.7 million school days were lost due

132 Dey AN, Bloom B. Summary health statistics for U.S. children: National Health Interview Survey, 2003. *Vital Health Statistics* 2005;10(223).

133 CDC. Asthma prevalence, health care use, and mortality, 2002. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2004. Available at: <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/asthma/asthma.htm>. Accessed June 9, 2006.

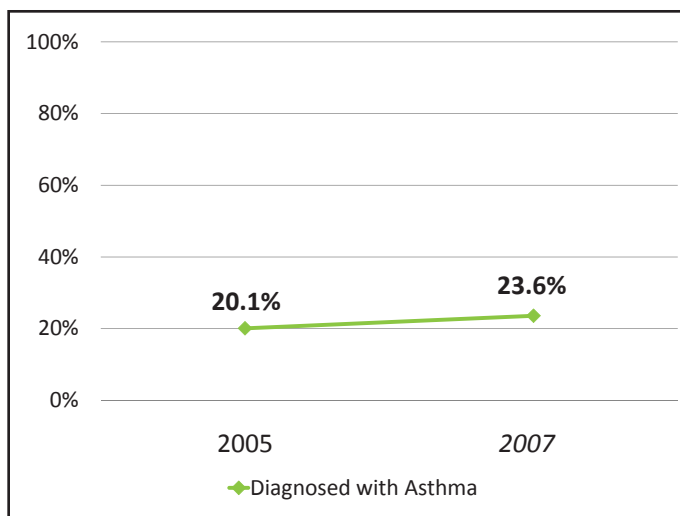
to asthma among school-aged children.¹³⁴ Among high school students nationwide, 17% had ever been told by a doctor or nurse that they had asthma.¹³⁵

Figure 9.7: Doctor or Nurse Confirmed Asthma



- ▶ Students were asked whether a doctor or nurse has ever told them that they have asthma. Overall, nearly one-fourth of New Jersey high school students (23.6%) have been diagnosed with asthma (Figure 9.7).
- ▶ A slightly greater proportion of males (25.6%) than females (21.5%) reported having been diagnosed with asthma.
- ▶ The frequency of asthma diagnoses did not vary by age (23.0%-24.4%).
- ▶ A slightly greater proportion of Black and Hispanic students (29.9% and 27.7%, respectively) than White students (20.5%) reported having been diagnosed with asthma.

Figure 9.8: Trends in Asthma Diagnoses: 2005 and 2007



- ▶ Nearly one in four of New Jersey high school students (23.6%) had been diagnosed with asthma by a doctor or nurse, as compared with one in five (20.1%) students in 2005 (Figure 9.8).

134 CDC. Asthma prevalence, health care use, and mortality, 2002. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2004. Available at: <http://www.cdc.gov/nchs/products/pubs/pubd/hestats/asthma/asthma.htm>. Accessed June 9, 2006.

135 Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. Morbidity and Mortality Weekly Report 2006;55(SS-5):1-108.

APPENDIX A: 2007 NEW JERSEY - U.S. COMPARISON FACT SHEET: Comparison Between New Jersey Students And U.S. Students on Health Risk Behaviors

The Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States. The New Jersey Student Health Survey also is conducted every two years, using items from the YRBS, and provides data representative of 9th through 12th grade students in public schools throughout New Jersey.

Following the CDC's format¹ for fact sheets comparing state to national results, BCSR at Rutgers - under contract with NJ DOE - constructed a replication of this comparison table which presents risk comparisons of New Jersey students (the New Jersey sample) to similarly situated students throughout the United States (the national sample). While CDC only produces these comparisons tables for states that obtained a survey response rate exceeding 60%, BCSR weighted the NJ Student Health Survey data using methods similar, but not identical to the CDC. BCSR followed the CDC approach to generate a similar risk comparison fact sheet for New Jersey. For each behavior reported within each sample, the mean score and the 95% confidence interval are given. The "two-tailed t-test" is a common statistical technique for testing whether mean scores drawn from different samples are equal or different - and, if different, which is greater or lesser. By using this test to compare the mean scores of each sample, we were able to easily and robustly determine for each risk behavior whether New Jersey students were at "less," "equal" or "greater" risk than their national counterparts.

	New Jersey Students ² %	U.S. Students ³ %	New Jersey Students Are At: ⁴
Behaviors that Contribute to Unintentional Injuries and Violence			
Rarely or never wore a seat belt (When riding in a car driven by someone else.)	11.0 (8.9 - 13.2) ⁵	11.1 (8.9 - 13.8)	Equal risk
Rode with a driver who had been drinking alcohol (In a car or other vehicle one or more times during the 30 days before the survey.)	24.2 (21.5 - 27.0)	29.1 (27.2 - 31.2)	Less risk
Carried a weapon (For example, a gun, knife, or club on at least 1 day during the 30 days before the survey.)	10.9 (8.1 - 13.7)	18.0 (16.3 - 19.8)	Less risk
In a physical fight (One or more times during the 12 months before the survey.)	30.9 (27.6 - 34.2)	35.5 (34.0 - 37.1)	Less risk
Did not go to school because they felt unsafe at school or on their way to or from school (On at least 1 day during the 30 days before the survey.)	5.8 (3.5 - 8.1)	5.5 (4.7 - 6.3)	Equal risk
Seriously considered attempting suicide (During the 12 months before the survey.)	11.6 (9.8 - 13.5)	14.5 (13.4 - 15.6)	Equal risk
Attempted suicide (One or more times during the 12 months before the survey.)	7.2 (5.1 - 9.3)	6.9 (6.3 - 7.6)	Equal risk
Tobacco Use			
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs.)	46.5 (42.1 - 51.0)	50.3 (47.2 - 53.5)	Less risk
Current cigarette use (Smoked cigarettes on a least 1 day during the 30 days before the survey.)	18.8 (16.0 - 21.5)	20.0 (17.6 - 22.6)	Equal risk
Current smokeless tobacco use (Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.)	Not Asked	7.9 (6.3 - 9.8)	

1 Table format duplicated from: http://www.cdc.gov/HealthyYouth/yrbs/state_district_comparisons.htm.

2 Source, 2007 *NJ Student Health Survey* conducted by BCSR-Rutgers for NJ DOE.

3 Source, 2007 *National Youth Risk Behavior Survey* conducted by CDC.

4 Compared to US students, based on t-test analyses, p < .05.

5 95% confidence interval.

	New Jersey Students %	U.S. Students %	New Jersey Students Are At:
Alcohol and Other Drug Use			
Lifetime alcohol use (Had at least one drink of alcohol on at least 1 day during their life.)	76.2 (72.9 - 79.4)	75.0 (72.4 - 77.4)	Equal risk
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	51.0 (46.0 - 56.1)	44.7 (42.4 - 47.0)	Greater risk
Episodic heavy drinking (Had five or more drinks of alcohol in a row within a couple hours on at least 1 day during the 30 days before the survey.)	31.1 (25.9 - 36.3)	26.0 (24.0 - 28.0)	Greater risk
Lifetime marijuana use (Used marijuana one or more times during their life.)	36.3 (32.5 - 40.0)	38.1 (35.5 - 40.7)	Equal risk
Lifetime cocaine use (Used any form of cocaine, including powder, crack, or freebase one or more times during their life.)	5.5 (4.0 - 7.0)	7.2 (6.2 - 8.2)	Equal risk
Lifetime methamphetamine use (Used methamphetamines [also called speed, crystal, crank, or ice] one or more times during their life.)	3.1 (2.0 - 4.2)	4.4 (3.7 - 5.3)	Equal risk
Lifetime inhalant use (Sniffed glue, breathed the contents of aerosol spray can, or inhaled any paints or sprays to get high one or more times during their life.)	10.5 (8.8 - 12.3)	13.3 (12.1 - 14.6)	Equal risk
Offered, sold, or given an illegal drug by someone on school property (During the 12 months before the survey.)	25.0 (22.1 - 28.0)	22.3 (20.3 - 24.4)	Equal risk
Sexual Behaviors that Contribute to Unintended Pregnancy and STDs, including HIV Infection			
Ever had sexual intercourse	45.5 (39.3 - 51.6)	47.8 (45.1 - 50.6)	Equal risk
Currently sexually active (Had sexual intercourse with at least one person during the 3 months before the survey.)	33.7 (29.7 - 37.7)	35.0 (32.8 - 37.2)	Equal risk
Had sexual intercourse with four or more persons during their life	14.0 (10.4 - 17.5)	14.9 (13.4 - 16.5)	Equal risk
Did not use a condom during the last sexual intercourse (Among students who were currently sexually active.)	34.5 (29.9 - 39.1)	38.5 (36.4 - 40.6)	Equal risk
Physical Activity			
Did not meet recommended levels of physical activity (Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on 5 or more days during the 7 days before the survey.)	69.4 (65.8 - 73.0)	65.3 (63.0 - 67.5)	Greater risk
Watched television 3 or more hours per day (On an average school day.)	31.4 (26.5 - 36.2)	35.4 (33.1 - 37.7)	Less risk
Did not attend physical education classes daily (5 days in an average week when they were in school.)	Not Asked	69.7 (64.2 - 74.6)	

	New Jersey Students %	U.S. Students %	New Jersey Students Are At:
Obesity and Dietary Behaviors			
Were obese (Students who were ≥ 95th percentile for body mass index, by age and sex, based on reference data.)	10.7 (7.8 - 13.6)	13.0 (11.9 - 14.1)	Equal risk
Ate fruits and vegetables less than five times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey.)	81.5 (79.7 - 83.3)	78.6 (76.9 - 80.2)	Equal risk
Drank a can, bottle, or glass of soda or pop at least one time per day (Not including diet soda or diet pop, during the 7 days before the survey.)	21.6 (18.6 - 24.7)	33.8 (31.0 - 36.8)	Less risk

APPENDIX B: 2007 NEW JERSEY STUDENT HEALTH SURVEY - FREQUENCY DISTRIBUTIONS

Student Health Survey: High School

Frequency distributions included in this Appendix are based on a random sample of 1,676 New Jersey high school students, conducted in the Spring of 2007 school year. BCSR weighted results by age, gender, and race so that they represent the entire New Jersey high school population. Therefore, percentages in the tables below are based on weighted results. (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.)

Q1 How old are you?

		Frequency	Valid Percent
Valid	1 12 years old or younger	1098	.3
	2 13 years old	647	.2
	3 14 years old	36696	9.1
	4 15 years old	113599	28.0
	5 16 years old	101810	25.1
	6 17 years old	87324	21.6
	7 18 years old or older	63922	15.8
	Total	405096	100.0
Missing	System	1650	
Total		406746	

Q2 What is your sex?

		Frequency	Valid Percent
Valid	1 Female	201300	49.6
	2 Male	204317	50.4
	Total	405617	100.0
Missing	System	1129	
Total		406746	

Q3 In what grade are you?

		Frequency	Valid Percent
Valid	1 9th grade	110138	27.3
	2 10th grade	106185	26.3
	3 11th grade	96723	23.9
	4 12th grade	90733	22.5
	5 Ungraded or other grade	198	.0
	Total	403977	100.0
Missing	System	2768	
Total		406746	

Q4 Are you Hispanic/Latino?

		Frequency	Valid Percent
Valid	1 Yes	62323	15.4
	2 No	341106	84.6
	Total	403429	100.0
Missing	System	3316	
Total		406746	

Q5 What is your race?

		Frequency	Valid Percent
Valid	1 White	227568	57.0
	2 Black	62703	15.7
	3 Hispanic	60941	15.3
	4 Other	48086	12.0
	Total	399298	100.0
Missing	System	7447	
Total		406746	

Q6 How tall are you without your shoes on?

		Frequency	Valid Percent
Valid	1 Under 5 feet	15647	4.1
	2 5 ft - 5 ft 3 in	74845	19.5
	3 5 ft 4 in - 5 ft 6 in	96881	25.3
	4 5 ft 7 in - 5 ft 9 in	96765	25.3
	5 5 ft 10 in - 6 ft	69583	18.2
	6 6 ft - 6 ft 3 in	24008	6.3
	7 Over 6 ft 3 in	5161	1.3
	Total	382890	100.0
Missing	System	23856	
Total		406746	

Q7 How much do you weigh without your shoes on?

		Frequency	Valid Percent
Valid	1 Under 110 lbs	30462	8.0
	2 110 to 125 lbs	89864	23.5
	3 125 to 140 lbs	82704	21.6
	4 141 to 155 lbs	64915	17.0
	5 156 to 170 lbs	41268	10.8
	6 171 to 185 lbs	23268	6.1
	7 186 to 200 lbs	18990	5.0
	8 201 to 220 lbs	13004	3.4
	9 Over 220 lbs	18095	4.7
	Total	382570	100.0
Missing	System	24176	
Total		406746	

Q8 During the past 12 months, how would you describe your grades in school?

		Frequency	Valid Percent
Valid	1 Mostly A's	115294	29.4
	2 Mostly B's	164321	41.9
	3 Mostly C's	82302	21.0
	4 Mostly D's	11246	2.9
	5 Mostly F's	2541	.6
	6 None of these grades	1102	.3
	7 Not sure	15735	4.0
	Total	392542	100.0
Missing	System	14203	
Total		406746	

Q9 What language did you first learn to speak at home?

		Frequency	Valid Percent
Valid	1 English	321957	82.2
	2 Spanish	28685	7.3
	3 Korean	1989	.5
	4 Portuguese	2334	.6
	5 Arabic	1184	.3
	6 Gujarati	6610	1.7
	7 Mandarin (Chin, Kuoyu, others)	4614	1.2
	8 Other	24327	6.2
	Total	391698	100.0
Missing	System	15047	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Never	14558	3.6
	2 Rarely	30067	7.4
	3 Sometimes	52939	13.1
	4 Most of the time	128623	31.8
	5 Always	177982	44.0
	Total	404169	100.0
Missing	System	2577	
Total		406746	

Q11 During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

		Frequency	Valid Percent
Valid	1 0 times	307933	75.8
	2 1 time	46424	11.4
	3 2 or 3 times	31242	7.7
	4 4 or 5 times	6282	1.5
	5 6 or more times	14486	3.6
	Total	406366	100.0
Missing	System	380	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 0 times	362179	90.8
	2 1 time	19356	4.9
	3 2 or 3 times	11723	2.9
	4 4 or 5 times	2545	.6
	5 6 or more times	3226	.8
	Total	399028	100.0
Missing	System	7718	
Total		406746	

Q15 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	382047	94.2
	2 1 day	11884	2.9
	3 2 or 3 days	6954	1.7
	4 4 or 5 days	2223	.5
	5 6 or more days	2387	.6
	Total	405495	100.0
Missing	System	1251	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 0 days	359208	89.1
	2 1 day	10955	2.7
	3 2 or 3 days	13946	3.5
	4 4 or 5 days	3298	.8
	5 6 or more days	15640	3.9
	Total	403047	100.0
Missing	System	3698	
Total		406746	

Q16 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	370706	91.5
	2 1 time	14943	3.7
	3 2 or 3 times	11279	2.8
	4 4 or 5 times	1018	.3
	5 6 or 7 times	1949	.5
	6 8 or 9 times	510	.1
	7 10 or 11 times	403	.1
	8 12 or more times	4186	1.0
	Total	404994	100.0
Missing	System	1751	
Total		406746	

Q14 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	390129	96.3
	2 1 day	5816	1.4
	3 2 or 3 days	3599	.9
	4 4 or 5 days	192	.0
	5 6 or more days	5331	1.3
	Total	405067	100.0
Missing	System	1678	
Total		406746	

Q17 During the past 12 months, how many times were you in a physical fight?

		Frequency	Valid Percent
Valid	1 0 times	272009	69.1
	2 1 time	61783	15.7
	3 2 or 3 times	38754	9.8
	4 4 or 5 times	9683	2.5
	5 6 or 7 times	2212	.6
	6 8 or 9 times	2309	.6
	7 10 or 11 times	940	.2
	8 12 or more times	5809	1.5
	Total	393499	100.0
Missing	System	13247	
Total		406746	

Q18 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	384798	96.1
	2 1 time	13009	3.3
	3 2 or 3 times	1677	.4
	4 4 or 5 times	287	.1
	5 6 or more times	490	.1
	Total	400260	100.0
Missing	System	6486	
Total		406746	

Q19 During the past 12 months, how many times were you in a physical fight on school property?

		Frequency	Valid Percent
Valid	1 0 times	353928	89.9
	2 1 time	25466	6.5
	3 2 or 3 times	10746	2.7
	4 4 or 5 times	1328	.3
	5 6 or 7 times	747	.2
	8 12 or more times	1373	.3
	Total	393588	100.0
Missing	System	13158	
Total		406746	

Q20 During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

		Frequency	Valid Percent
Valid	1 Yes	55763	13.7
	2 No	349909	86.3
	Total	405672	100.0
Missing	System	1074	
Total		406746	

Q21 Have you ever been physically forced to have sexual intercourse when you did not want to?

		Frequency	Valid Percent
Valid	1 Yes	32666	8.1
	2 No	371889	91.9
	Total	404555	100.0
Missing	System	2191	
Total		406746	

Q22 During the past 12 months, did you purposely injure yourself by using a sharp object to scratch or cut your skin deep enough to draw blood?

		Frequency	Valid Percent
Valid	1 Yes	37660	9.6
	2 No	355005	90.4
	Total	392665	100.0
Missing	System	14081	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Yes	106244	26.2
	2 No	299570	73.8
	Total	405814	100.0
Missing	System	932	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Yes	47181	11.6
	2 No	358840	88.4
	Total	406020	100.0
Missing	System	725	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Yes	40194	9.9
	2 No	365023	90.1
	Total	405217	100.0
Missing	System	1529	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 0 times	323100	92.8
	2 1 time	17498	5.0
	3 2 or 3 times	4672	1.3
	4 4 or 5 times	848	.2
	5 6 or more times	2061	.6
	Total	348178	100.0
Missing	System	58568	
Total		406746	

Q27 If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

		Frequency	Valid Percent
Valid	1 Did not attempt suicide	321104	92.6
	2 Yes	7563	2.2
	3 No	17949	5.2
	Total	346615	100.0
Missing	System	60131	
Total		406746	

Q28 During the past 12 months when you were online, how often did you send or receive messages with someone you had never met in person?

		Frequency	Valid Percent
Valid	1 Never	114557	31.5
	2 Rarely	102961	28.4
	3 Sometimes	86571	23.8
	4 Most of the time	32142	8.9
	5 Always	26886	7.4
	Total	363117	100.0
Missing	System	43629	
Total		406746	

Q29 During the past 12 months, did someone who you only knew online ask you to meet in person?

		Frequency	Valid Percent
Valid	1 Yes	83667	21.4
	2 No	307744	78.6
	Total	391411	100.0
Missing	System	15335	
Total		406746	

Q30 During the past 12 months, did you seriously consider meeting with someone who you only knew online?

		Frequency	Valid Percent
Valid	1 Yes	61496	15.9
	2 No	325935	84.1
	Total	387431	100.0
Missing	System	19315	
Total		406746	

Q31 During the past 12 months, did you make a plan to meet with someone who you only knew online?

		Frequency	Valid Percent
Valid	1 Yes	51749	13.3
	2 No	336343	86.7
	Total	388092	100.0
Missing	System	18653	
Total		406746	

Q32 During your life, how many people have you met in person that you previously only knew online?

		Frequency	Valid Percent
Valid	1 None	270691	72.7
	2 1 person	50448	13.5
	3 2 people	22412	6.0
	4 3 or more people	28765	7.7
	Total	372317	100.0
Missing	System	34429	
Total		406746	

Q33 Have you ever tried smoking, even one or two puffs?

		Frequency	Valid Percent
Valid	1 Yes	185920	46.5
	2 No	213574	53.5
	Total	399494	100.0
Missing	System	7252	
Total		406746	

Q34 How old were you when you smoked a whole cigarette for the first time?

		Frequency	Valid Percent
Valid	1 Never smoked a cigarette	261247	65.4
	2 8 years old or younger	7845	2.0
	3 9 or 10 years old	7969	2.0
	4 11 or 12 years old	19408	4.9
	5 13 or 14 years old	48545	12.2
	6 15 or 16 years old	46428	11.6
	7 17 years old or older	7759	1.9
	Total	399201	100.0
Missing	System	7544	
Total		406746	

Q35 During the past 30 days, on how many days did you smoke cigarettes?

		Frequency	Valid Percent
Valid	1 0 days	324478	81.2
	2 1 or 2 days	20633	5.2
	3 3 to 5 days	13103	3.3
	4 6 to 9 days	7295	1.8
	5 10 to 19 days	8125	2.0
	6 20 to 29 days	6585	1.6
	7 All 30 days	19208	4.8
	Total	399426	100.0
Missing	System	7320	
Total		406746	

Q36 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	323166	81.3
	2 Less than 1 cigarette	17988	4.5
	3 1 cigarette	13615	3.4
	4 2 to 5 cigarettes	30237	7.6
	5 6 to 10 cigarettes	6633	1.7
	6 11 to 20 cigarettes	4653	1.2
	7 More than 20 cigarettes	1142	.3
	Total	397434	100.0
Missing	System	9312	
Total		406746	

Q37 During your life, on how many days have you had at least one drink of alcohol?

		Frequency	Valid Percent
Valid	1 0 days	93855	23.8
	2 1 or 2 days	62950	16.0
	3 3 to 9 days	65066	16.5
	4 10 to 19 days	47358	12.0
	5 20 to 39 days	43361	11.0
	6 40 to 99 days	41051	10.4
	7 100 or more days	40156	10.2
	Total	393797	100.0
Missing	System	12948	
Total		406746	

Q38 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	111395	27.4
	2 8 years old or younger	18693	4.6
	3 9 or 10 years old	17810	4.4
	4 11 or 12 years old	39057	9.6
	5 13 or 14 years old	118728	29.3
	6 15 or 16 years old	86770	21.4
	7 17 years old or older	13407	3.3
	Total	405860	100.0
Missing	System	886	
Total		406746	

Q39 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	181997	49.0
	2 1 or 2 days	85198	22.9
	3 3 to 5 days	52301	14.1
	4 6 to 9 days	32872	8.8
	5 10 to 19 days	15130	4.1
	6 20 to 29 days	2434	.7
	7 All 30 days	1821	.5
	Total	371753	100.0
Missing	System	34992	
Total		406746	

Q40 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	274590	68.9
	2 1 day	43758	11.0
	3 2 days	27634	6.9
	4 3 to 5 days	30219	7.6
	5 6 to 9 days	15263	3.8
	6 10 to 19 days	5220	1.3
	7 20 or more days	1883	.5
	Total	398566	100.0
Missing	System	8179	
Total		406746	

Q41 During the past 30 days, how did you usually get the alcohol you drank?

		Frequency	Valid Percent
Valid	1 Did not drink in past 30 days	182192	48.3
	2 Bought in store	13405	3.6
	3 Bought in restaurant	1335	.4
	4 Bought at public event	453	.1
	5 I gave someone money to buy	65744	17.4
	6 Someone gave it to me	60678	16.1
	7 Took from store/family	20016	5.3
	8 I got it some other way	33304	8.8
	Total	377126	100.0
Missing	System	29620	
Total		406746	

Q42 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	382214	95.2
	2 1 or 2 days	13824	3.4
	3 3 to 5 days	2840	.7
	4 6 to 9 days	1695	.4
	5 10 to 19 days	257	.1
	7 All 30 days	652	.2
	Total	401482	100.0
Missing	System	5264	
Total		406746	

Q43 During your life, how many times have you used marijuana?

		Frequency	Valid Percent
Valid	1 0 times	251706	63.7
	2 1 or 2 times	34437	8.7
	3 3 to 9 times	34834	8.8
	4 10 to 19 times	15571	3.9
	5 20 to 39 times	18647	4.7
	6 40 to 99 times	13782	3.5
	7 100 or more times	26062	6.6
	Total	395039	100.0
Missing	System	11707	
Total		406746	

Q44 How old were you when you tried marijuana for the first time?

		Frequency	Valid Percent
Valid	1 Never tried marijuana	256654	64.0
	2 8 years old or younger	5142	1.3
	3 9 or 10 years old	4522	1.1
	4 11 or 12 years old	13848	3.5
	5 13 or 14 years old	49751	12.4
	6 15 or 16 years old	58361	14.6
	7 17 years old or older	12679	3.2
	Total	400957	100.0
Missing	System	5788	
Total		406746	

Q45 During the past 30 days, how many times did you use marijuana?

		Frequency	Valid Percent
Valid	1 0 times	322730	80.6
	2 1 or 2 times	31261	7.8
	3 3 to 9 times	20394	5.1
	4 10 to 19 times	8656	2.2
	5 20 to 39 times	7013	1.8
	6 40 or more times	10395	2.6
	Total	400448	100.0
Missing	System	6298	
Total		406746	

Q46 During the past 30 days, how many times did you use marijuana on school property?

		Frequency	Valid Percent
Valid	1 0 times	383407	96.0
	2 1 or 2 times	8144	2.0
	3 3 to 9 times	4609	1.2
	4 10 to 19 times	898	.2
	5 20 to 39 times	1020	.3
	6 40 or more times	1417	.4
	Total	399495	100.0
Missing	System	7251	
Total		406746	

Q47 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	379966	94.5
	2 1 or 2 times	10478	2.6
	3 3 to 9 times	3259	.8
	4 10 to 19 times	3360	.8
	5 20 to 39 times	1209	.3
	6 40 or more times	3784	.9
	Total	402057	100.0
Missing	System	4689	
Total		406746	

Q48 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	391411	97.3
	2 1 or 2 times	6083	1.5
	3 3 to 9 times	1739	.4
	4 10 to 19 times	472	.1
	5 20 to 39 times	960	.2
	6 40 or more times	1586	.4
	Total	402250	100.0
Missing	System	4496	
Total		406746	

Q49 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	359359	89.5
	2 1 or 2 times	26682	6.6
	3 3 to 9 times	8931	2.2
	4 10 to 19 times	2866	.7
	5 20 to 39 times	1436	.4
	6 40 or more times	2252	.6
	Total	401527	100.0
Missing	System	5218	
Total		406746	

Q50 During your life, how many times have you used heroin (also called smack, junk, or China White)?

		Frequency	Valid Percent
Valid	1 0 times	396161	97.9
	2 1 or 2 times	3297	.8
	3 3 to 9 times	1178	.3
	4 10 to 19 times	1656	.4
	5 20 to 39 times	659	.2
	6 40 or more times	1592	.4
	Total	404544	100.0
Missing	System	2202	
Total		406746	

Q51 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

		Frequency	Valid Percent
Valid	1 0 times	392192	96.9
	2 1 or 2 times	6142	1.5
	3 3 to 9 times	2177	.5
	4 10 to 19 times	1445	.4
	5 20 to 39 times	681	.2
	6 40 or more times	2106	.5
	Total	404743	100.0
Missing	System	2003	
Total		406746	

Q52 During your life, how many times have you used ecstasy (also called MDMA)?

		Frequency	Valid Percent
Valid	1 0 times	384586	95.2
	2 1 or 2 times	10402	2.6
	3 3 to 9 times	3903	1.0
	4 10 to 19 times	1815	.4
	5 20 to 39 times	723	.2
	6 40 or more times	2433	.6
	Total	403862	100.0
Missing	System	2884	
Total		406746	

Q53 During your life, how many times have you purposely used club drugs, such as Rohypnol, GHB, ketamine, Soap, Georgia Home Boy, roofies, rope, Special K, or Vitamin K? (Do not count Ecstasy or MDMA.)

		Frequency	Valid Percent
Valid	1 0 times	383553	97.3
	2 1 or 2 times	4692	1.2
	3 3 to 9 times	1945	.5
	4 10 to 19 times	1813	.5
	5 20 to 39 times	198	.1
	6 40 or more times	1924	.5
	Total	394126	100.0
Missing	System	12620	
Total		406746	

Q54 During your life, has anyone given you a club drug without your knowledge, such as by slipping it into your drink?

		Frequency	Valid Percent
Valid	1 Yes	54793	13.9
	2 No	317374	80.8
	3 Not sure	20844	5.3
	Total	393011	100.0
Missing	System	13735	
Total		406746	

Q55 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	362678	93.1
	2 1 or 2 times	16649	4.3
	3 3 to 9 times	5223	1.3
	4 10 to 19 times	933	.2
	5 20 to 39 times	1480	.4
	6 40 or more times	2460	.6
	Total	389423	100.0
Missing	System	17323	
Total		406746	

Q56 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	395854	97.5
	2 1 or 2 times	4245	1.0
	3 3 to 9 times	1398	.3
	4 10 to 19 times	1725	.4
	5 20 to 39 times	842	.2
	6 40 or more times	2114	.5
	Total	406178	100.0
Missing	System	568	
Total		406746	

Q57 During your life, how many times have you used a needle to inject any illegal drug into your body?

		Frequency	Valid Percent
Valid	1 0 times	398678	98.3
	2 1 time	3058	.8
	3 2 or more times	3701	.9
	Total	405436	100.0
Missing	System	1309	
Total		406746	

Q58 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

		Frequency	Valid Percent
Valid	1 Yes	100840	25.0
	2 No	301807	75.0
	Total	402647	100.0
Missing	System	4098	
Total		406746	

Q59 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	20572	5.2
	2 Slight risk	18386	4.7
	3 Moderate risk	70993	18.0
	4 Great risk	269109	68.4
	5 Not sure	14319	3.6
	Total	393380	100.0
Missing	System	13366	
Total		406746	

Q60 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	30785	7.8
	2 Slight risk	81294	20.7
	3 Moderate risk	135478	34.4
	4 Great risk	133880	34.0
	5 Not sure	11940	3.0
	Total	393376	100.0
Missing	System	13369	
Total		406746	

Q61 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	32762	8.4
	2 Slight risk	73785	18.9
	3 Moderate risk	131740	33.7
	4 Great risk	139417	35.7
	5 Not sure	12715	3.3
	Total	390420	100.0
Missing	System	16326	
Total		406746	

Q62 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	71162	18.1
	2 Slight risk	93694	23.8
	3 Moderate risk	105288	26.7
	4 Great risk	108007	27.4
	5 Not sure	15579	4.0
	Total	393729	100.0
Missing	System	13016	
Total		406746	

Q63 Have you ever had sexual intercourse?

		Frequency	Valid Percent
Valid	1 Yes	166133	45.5
	2 No	199260	54.5
	Total	365392	100.0
Missing	System	41354	
Total		406746	

Q64 How old were you when you had sexual intercourse for the first time?

		Frequency	Valid Percent
Valid	1 Never had sex	199299	54.5
	2 11 years old or younger	11013	3.0
	3 12 years old	10431	2.9
	4 13 years old	19491	5.3
	5 14 years old	35728	9.8
	6 15 years old	43392	11.9
	7 16 years old	29645	8.1
	8 17 years old or older	16745	4.6
	Total	365745	100.0
Missing	System	41001	
Total		406746	

Q65 During your life, with how many people have you had sexual intercourse?

		Frequency	Valid Percent
Valid	1 Never had sex	199555	54.5
	2 1 person	59282	16.2
	3 2 people	31436	8.6
	4 3 people	24751	6.8
	5 4 people	14758	4.0
	6 5 people	11500	3.1
	7 6 or more people	24962	6.8
	Total	366244	100.0
Missing	System	40501	
Total		406746	

Q66 During the past 3 months, with how many people did you have sexual intercourse?

		Frequency	Valid Percent
Valid	1 Never had sex	199555	54.5
	2 None during past 3 months	43143	11.8
	3 1 person	93594	25.6
	4 2 people	14970	4.1
	5 3 people	7258	2.0
	6 4 people	2518	.7
	7 5 people	1099	.3
	8 6 or more people	4020	1.1
	Total	366156	100.0
Missing	System	40590	
Total		406746	

SQ67 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

		Frequency	Valid Percent
Valid	1 Never had sex	199284	54.6
	2 Yes	36593	10.0
	3 No	129096	35.4
	Total	364973	100.0
Missing	System	41773	
Total		406746	

Q68 The last time you had sexual intercourse, did you or your partner use a condom?

		Frequency	Valid Percent
Valid	1 Never had sex	199555	54.9
	2 Yes	111747	30.8
	3 No	51983	14.3
	Total	363285	100.0
Missing	System	43461	
Total		406746	

Q69 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

		Frequency	Valid Percent
Valid	1 Never had sex	199555	55.1
	2 No method was used	18189	5.0
	3 Birth control pills	22671	6.3
	4 Condoms	91972	25.4
	5 Depo-Provera	1371	.4
	6 Withdrawal	17487	4.8
	7 Some other method	4309	1.2
	8 Not sure	6776	1.9
	Total	362331	100.0
Missing	System	44415	
Total		406746	

Q70 How many times have you been pregnant or gotten someone pregnant?

		Frequency	Valid Percent
Valid	1 0 times	371666	94.6
	2 1 time	13025	3.3
	3 2 or more times	5294	1.3
	4 Not sure	2737	.7
	Total	392721	100.0
Missing	System	14025	
Total		406746	

Q71 Have you ever been tested for a sexually transmitted disease (STD) such as genital herpes, gonorrhea, Chlamydia, syphilis, or genital warts?

		Frequency	Valid Percent
Valid	1 Yes	58197	14.8
	2 No	319860	81.5
	3 Not sure	14552	3.7
	Total	392610	100.0
Missing	System	14136	
Total		406746	

Q72 Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

		Frequency	Valid Percent
Valid	1 Yes	49244	12.6
	2 No	321785	82.4
	3 Not sure	19428	5.0
	Total	390456	100.0
Missing	System	16289	
Total		406746	

Q73 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	75329	19.0
	2 1 to 3 times	144301	36.4
	3 4 to 6 times	66873	16.9
	4 1 time per day	33205	8.4
	5 2 times per day	34391	8.7
	6 3 times per day	18108	4.6
	7 4 or more times per day	24668	6.2
	Total	396875	100.0
Missing	System	9871	
Total		406746	

Q74 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	66881	16.6
	2 1 to 3 times	159132	39.4
	3 4 to 6 times	72667	18.0
	4 1 time per day	39875	9.9
	5 2 times per day	35543	8.8
	6 3 times per day	18070	4.5
	7 4 or more times per day	11475	2.8
	Total	403642	100.0
Missing	System	3104	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Did not eat green salad	126853	31.4
	2 1 to 3 times	167723	41.6
	3 4 to 6 times	57664	14.3
	4 1 time per day	36516	9.0
	5 2 times per day	8734	2.2
	6 3 times per day	3410	.8
	7 4 or more times per day	2690	.7
	Total	403590	100.0
Missing	System	3156	
Total		406746	

Q76 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	128317	32.1
	2 1 to 3 times	208167	52.0
	3 4 to 6 times	40792	10.2
	4 1 time per day	15081	3.8
	5 2 times per day	4787	1.2
	6 3 times per day	1477	.4
	7 4 or more times per day	1651	.4
	Total	400273	100.0
Missing	System	6473	
Total		406746	

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

		Frequency	Valid Percent
Valid	1 Did not eat carrots	204059	50.5
	2 1 to 3 times	155386	38.5
	3 4 to 6 times	24450	6.1
	4 1 time per day	11329	2.8
	5 2 times per day	4932	1.2
	6 3 times per day	793	.2
	7 4 or more times per day	2854	.7
	Total	403802	100.0
Missing	System	2944	
Total		406746	

Q78 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	65759	16.3
	2 1 to 3 times	160770	39.8
	3 4 to 6 times	87822	21.7
	4 1 time per day	52987	13.1
	5 2 times per day	25048	6.2
	6 3 times per day	6207	1.5
	7 4 or more times per day	5347	1.3
	Total	403940	100.0
Missing	System	2806	
Total		406746	

Q79 During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

		Frequency	Valid Percent
Valid	1 Did not drink soda or pop	100294	25.0
	2 1 to 3 times	137930	34.4
	3 4 to 6 times	75504	18.9
	4 1 time per day	28015	7.0
	5 2 times per day	20550	5.1
	6 3 times per day	14406	3.6
	7 4 or more times per day	23697	5.9
	Total	400397	100.0
Missing	System	6349	
Total		406746	

Q80 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	97851	24.4
	2 1 to 3 glasses	103615	25.8
	3 4 to 6 glasses	61563	15.3
	4 1 glass per day	56622	14.1
	5 2 glasses per day	45361	11.3
	6 3 glasses per day	18023	4.5
	7 4 or more glasses per day	18520	4.6
	Total	401555	100.0
Missing	System	5190	
Total		406746	

Q81 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	51639	13.3
	2 1 day	39342	10.1
	3 2 days	40422	10.4
	4 3 days	50810	13.1
	5 4 days	42955	11.1
	6 5 days	49094	12.6
	7 6 days	32665	8.4
	8 7 days	81431	21.0
	Total	388358	100.0
Missing	System	18388	
Total		406746	

Q82 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 breath hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

		Frequency	Valid Percent
Valid	1 0 days	89387	23.5
	2 1 day	45949	12.1
	3 2 days	58197	15.3
	4 3 days	45235	11.9
	5 4 days	31962	8.4
	6 5 days	30278	8.0
	7 6 days	15663	4.1
	8 7 days	63642	16.7
	Total	380312	100.0
Missing	System	26434	
Total		406746	

Q83 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	102523	25.6
	2 1 day	50721	12.7
	3 2 days	41292	10.3
	4 3 days	43151	10.8
	5 4 days	39936	10.0
	6 5 days	32695	8.2
	7 6 days	28574	7.1
	8 7 days	60984	15.3
	Total	399877	100.0
Missing	System	6869	
Total		406746	

Q84 On an average school day, how many hours do you watch TV?

		Frequency	Valid Percent
Valid	1 No TV on average school day	39872	10.1
	2 Less than 1 hour per day	66342	16.8
	3 1 hour per day	65403	16.6
	4 2 hours per day	99495	25.2
	5 3 hours per day	58671	14.8
	6 4 hours per day	31808	8.1
	7 5 or more hours per day	33530	8.5
	Total	395122	100.0
Missing	System	11624	
Total		406746	

Q85 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

		Frequency	Valid Percent
Valid	1 No playing video/computer games	74407	18.8
	2 Less than 1 hour per day	84340	21.4
	3 1 hour per day	71724	18.2
	4 2 hours per day	62564	15.8
	5 3 hours per day	44486	11.3
	6 4 hours per day	23578	6.0
	7 5 or more hours per day	33929	8.6
	Total	395029	100.0
Missing	System	11717	
Total		406746	

Q86 Have you been taught about AIDS or HIV infection in high school?

		Frequency	Valid Percent
Valid	1 Yes	326922	88.9
	2 No	30832	8.4
	3 Not sure	9915	2.7
	Total	367670	100.0
Missing	System	39076	
Total		406746	

Q87 The last time you were taught about AIDS or HIV infection or other sexually transmitted diseases (STDs) in school, how many lessons did you get?

		Frequency	Valid Percent
Valid	1 Never been taught	17685	4.8
	2 1 lesson	47164	12.8
	3 2 lessons	54544	14.7
	4 3 lessons	50536	13.7
	5 4 lessons	28374	7.7
	6 5 lessons	14662	4.0
	7 6 or more lessons	60563	16.4
	8 Not sure	96293	26.0
	Total	369822	100.0
Missing	System	36924	
Total		406746	

Q88 Has a doctor or nurse ever told you that you have asthma?

		Frequency	Valid Percent
Valid	1 Yes	91352	23.6
	2 No	281608	72.6
	3 Not sure	14849	3.8
	Total	387809	100.0
Missing	System	18937	
Total		406746	

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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

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