

New Jersey Department of Education Division of Student Services and Career Readiness Office of Student Support Services





Introduction

The New Jersey Student Health Survey (NJSHS) was administered to a sample of public high school students during the spring of 2013 by the New Jersey Department of Education (NJDOE) and the Bloustein Center for Survey Research (BCSR) at the Edward J. Bloustein School of Planning and Public Policy, Rutgers University. The NJSHS is part of the Centers for Disease Control and Prevention's (CDC) national Youth Risk Behavior Surveillance System (<u>http://www.cdc.gov/HealthyYouth/yrbs/</u>) that provides information about the prevalence of behaviors that are highly related to the most important causes of preventable premature illness and death among youth and young adults including areas listed below.

Alcohol Use
Cigarette Use
Drug Use
Sexual Behavior
Violence / Bullying / Suicide
Student Health
Vehicle Safety

Methodology

Survey procedures were designed to protect the privacy of all students by allowing for anonymous and voluntary participation. As required by New Jersey law, documented active parental consent was obtained. Overall, 82% of sampled schools (31 out of 38) agreed to participate and 73% of sampled students (1,701 out of 2,320) supplied parental consent and completed the survey, yielding an overall response rate of 60% (82% school rate x 73% student rate = 60% overall rate). The CDC has established a threshold of 60% combined participation rate as the minimum rate required to apply weights to data collected for the NJSHS. This threshold was achieved in 2013 and, subsequently, the CDC weighting procedure was used. This weighting procedure includes two components: (a) an adjustment for school and student probability of selection; and (b) an adjustment to provide demographic comparability of the sample to the overall New Jersey student population.

The weighted results are representative of all public school students in grades nine through twelve in New Jersey and, therefore, permit comparison of findings related to priority health-risk behaviors to results from prior surveys. In addition to the 2013 NJSHS, the other years in which a weightable sample was obtained for the NJSHS were 2001, 2005, 2009 and 2011. However, while survey results from five different years are compared in this document, only the surveys after 2001 required written informed consent from a student's parent or legal guardian prior to a student's participation. Because the active parental consent process can eliminate students who would have otherwise participated under the passive consent process that was used in prior years, the survey findings may not be entirely comparable. It is unclear whether the behavior of students participating under the current active consent requirement differs from those who would have participated under the prior consent procedures. Weighted results were obtained in 1995 but are not referenced in this report. The study was also conducted in 2003 and 2007 with response rates lower than necessary for study findings to be considered representative of the state as a whole.

Profile of Participating Students

The purpose of applying weights to data is to produce results that can be considered representative of the entire population. The table below depicts demographic figures for the sample of high school students before and after weights were applied.

	Sample (n)	Sample %	Weighted %		Sample (n)	Sample %	Weighted %
Sex				Grade			
Female	931	54.8	49.6	9^{th}	415	24.5	26.4
Male	767	45.2	50.4	10 th	408	24.1	25.3
				11 th	370	21.9	24.2
Age				12 th	500	29.5	24.1
13 Years Old or Younger	12	0.7	0.7	Race/Ethnicity			
14 Years Old	142	8.4	8.8	Black	142	8.5	15.4
15 Years Old	416	24.5	25.8	Hispanic/Latino	370	22.2	20.3
16 Years Old	397	23.4	25.3	White	908	54.4	54.2
17 Years Old	396	23.3	22.3	Asian	157	9.4	9.2
18 Years Old or Older	337	19.8	17.1	All Other Races	92	5.5	0.9

How to Interpret These Fact Sheets

This report presents data as a series of fact sheets for seven health topics. Each fact sheet frames the findings in three ways. *Highlights* are overall statistics that refer to either the full population of New Jersey students or a non-demographic sub-group of those students. *Demographic Subgroups* depict selected overall statistics by gender, race/ethnicity and grade level and are designed to analyze differences across groups. *Trend Analysis* tables depict overall statistics across survey years to show differences across time. (For some tables and charts, percentages may add up to 99% or 101% due to rounding.)

For *Trend Analysis* tables, a statistical analysis was performed by the CDC on data from 2001-2013 to determine which differences across survey years were statistically significant. For questions not asked in all years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked. For example, if a question was not asked in 2009, the analysis would only be from 2011 to 2013. A dash (--) is used if CDC did not conduct analysis on a particular item. The trends are identified by the following symbols shown below.

Increase in a	Decrease in a	Increase in a	Decrease in a positive behavior	No change	Trend not reported by
negative behavior	negative behavior	positive behavior		in behavior	CDC
7	Z	7			

More Information

The 2013 NJSHS fact sheets replace a brochure format used in prior years. This document and reports on prior surveys can be downloaded at <u>www.state.nj.us/education/students/yrbs/index.html</u>. More information about the CDC Youth Risk Behavior Surveillance System and interactive data tables can be found on the CDC website at <u>http://www.cdc.gov/HealthyYouth/yrbs/index.html</u>

ALCOHOL USE

Alcohol is used by more young people across the country than tobacco or illicit drugs.⁽¹⁾ Heavy alcohol drinking and binge drinking among youth is associated with risky sexual behaviors, being a victim of dating violence, and use of cigarettes, marijuana, cocaine, and other illegal drugs.⁽²⁻⁷⁾ Also, people who begin drinking alcohol before the age of 15 years are five times as likely to report alcohol dependence or abuse as those who first drank alcohol at age 21 or older.⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- Lifetime Alcohol Use: 68% had at least one drink of alcohol on one or more days during their life.
- Recent Alcohol Use: 39% had at least one drink of alcohol on one or more of the past 30 days.
- *Recent Binge Drinking:* 23% had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.
- Alcohol Use Before Age 13: 15% had their first drink of alcohol before the age of 13.



Alcohol Use by Demographic Subgroup

While only minor variation in lifetime and recent alcohol use by gender was observed, grade level and race/ethnicity produced some differences. Specifically, lifetime use of alcohol increased significantly with grade level, such that 49% of ninth graders had tried alcohol as compared to 87% of twelfth graders. Similar contrasts between ninth and twelfth graders were also found for recent use (25% vs. 60%).

Three in four (75%) Hispanic students reported lifetime alcohol use, as compared to just half (50%) of Asian students. Asian students were also the least likely to have used alcohol recently (23%). Additionally, alcohol use before the age of 13 was more prevalent among Hispanic (22%) and Black (20%) students than among Asian (13%) or White (11%) students. These patterns were also similar to those found with recent use of alcohol. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

Additional 2013 NJSHS Highlights: Alcohol Use

Among students who drank in the past 30 days and indicated there was a certain type of alcohol they usually drank, almost half (45%) usually drank hard liquor, as opposed to the nearly three in ten (28%) who drank beer, and nearly two in ten (18%) who consumed flavored malt beverages. Around one in ten (9%) students named some other alcoholic beverage as their usual type.

Additionally, when students who drank in the past 30 days were asked how they got the alcohol that they drank, about one-third (33%) reported that someone gave it to them.

Usual Type of Alcohol among recent drinkers who cited a usual type



Percentage of New Jersey Youth Who:				2005	2009	2011	2013	Trend Analysis
Lifetime Alcohol Consumption had at least one drink of alcohol on 1+ days (lifetime)				79%	75%	69%	68%	\searrow
Recent Alcohol Use had at least one drink of alcohol (past 30 days)				47%	45%	43%	39%	\searrow
Recent Binge Drin had 5+ drinks in a row w	nking ithin a couple of hours (pa	ast 30 days)	33%	27%	27%	24%	23%	7
Alcohol Use Befo had their first drink of alc	re Age 13 sohol before the age of 13		33%	20%	18%	14%	15%	\searrow
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior			l pc	Decrease in a sitive behavior		No change in behavior		Trend not reported by CDC
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Trend analysis was perform questions not asked in all s	ned by the CDC on data from survey years, the trend analy	m 2001 to 2013 to determin sis was performed from 20	e which dif 13 back to	ferences ad the last co	cross years	were stati	stically sigr	nificant. For tion was asked.

NJSHS Trend Analysis: 2001-2013 Alcohol Use

Summary of Trend: In general, New Jersey students consumed less alcohol in 2013 than in the past decade based on several indicators of alcohol use. For example, the rate of lifetime alcohol use among students has fallen from 83% in 2001 to 68% in 2013. During that same time frame, recent alcohol use declined from 56% to 39% and recent binge drinking dropped from 33% to 23%. Additionally, early initiation of alcohol use among students has been halved over this period, falling from 33% to 15%. CDC analysis performed on the data from 2001-2013 confirms that the overall reductions observed for all four indicators are statistically significant.

CIGARETTE USE

Cigarette smoking is the leading cause of preventable death in the United States⁽¹⁾ and accounts for more than 480,000 deaths each year in the United States.⁽²⁻⁵⁾ Smoking and smokeless tobacco use are initiated and established primarily during adolescence.⁽⁶⁻⁸⁾ Nearly nine out of ten smokers started smoking by age 18.⁽⁶⁻⁹⁾ Cigarette smoking increases risk for heart disease, chronic obstructive pulmonary disease (COPD), acute respiratory illness, stroke, and cancers of the bladder, blood, cervix, colon, larynx, liver, lung, oral cavity, pancreas, pharynx, and stomach.^(1,3,4,10) In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in risky sexual behaviors, engage in physical fighting, carry a weapon and attempt suicide.⁽¹⁰⁻¹²⁾ More information about New Jersey students and tobacco use can be found by reading the New Jersey Youth Tobacco Survey report produced by the New Jersey Department of Health. The latest report can be found at the following website: http://www.state.nj.us/health/as/ctcp/research.htm.

2013 New Jersey Student Health Survey (NJSHS) Highlights

- Lifetime Cigarette Use: 34% tried cigarette smoking, even one or two puffs, on one or more days during their life.
- Recent Cigarette Use: 13% smoked a cigarette on one or more of the past 30 days.
- Cigarette Use Before Age 13: 6% smoked a whole cigarette for the first time before the age of 13.



Cigarette Use by Demographic Subgroup

While only minor variation in cigarette use by gender was observed for lifetime and recent use, males were more likely than females to have tried smoking before the age of 13 (8% vs. 4%).

The greatest variation in cigarette use was across student grade level as just 20% of ninth graders had smoked during their life compared to 51% of twelfth graders. Ninth graders had lower rates of recent (6%) and early (3%) smoking than twelfth graders, 21% and 8%, respectively.

In terms of race/ethnicity, the clearest differences were in the area of lifetime cigarette use, where Hispanic (42%) and Black students (40%) exhibited higher rates than White (32%) and Asian (22%) students. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

Additional 2013 NJSHS Highlights: Cigarette Use

Among all New Jersey students, one in twenty (5%) smoked regularly, which is defined as having smoked a cigarette on at least 20 of the 30 days before the survey. A total of 3% of all students smoked six or more cigarettes per day when they smoked.

While few students overall smoked recently, those who had were more likely to have smoked heavily. Among the 13% of students who had smoked during the past 30 days, a total of 13% smoked heavily, which is defined as smoking 11 or more cigarettes per day on the days they smoked.



NJSHS Trend Analysis: 2001-2013 Cigarette Use

Percentage of New Jersey Youth Who:				2005	2009	2011	2013	Trend Analysis
Lifetime Cigarette tried cigarette smoking or	63%	49%	43%	41%	34%	\searrow		
Recent Cigarette I smoked a cigarette on 1+	Jse · days (past 30 days)		29%	20%	17%	16%	13%	\searrow
Cigarette Use Before Age 13 smoked their first cigarette before the age of 13			22%	9%	7%	5%	6%	\searrow
Regular Cigarette smoked cigarettes (on at	Use least 20 of the previous 30) days)	15%	7%	6%	5%	5%	\searrow
Heavy Cigarette U smoked 6+ cigarettes eac	Se - Among All Stu	idents 30 days)	9%	3%	3%	3%	3%	\searrow
Heavy Cigarette Use - Among Recent Smokers smoked 11+ cigarettes each day they smoked (past 30 days)			13%	6%	6%	7%	13%	
Increase in aDecrease in aIncrease in anegative behaviornegative behaviorpositive behavior			[pc	Decrease in a sitive behav	a ior	No ch in bel	nange navior	Trend not reported by CDC
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Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: Between 2001 and 2013, the number of New Jersey students who smoked cigarettes has dropped significantly as evidenced by the decline in lifetime (63% vs. 34%), recent (29% vs. 13%), early (22% vs. 6%), regular (15% vs. 5%) and heavy cigarette use (9% vs. 3%). Conversely, while there was no change from 2001 to 2013 in the overall trend for heavy smoking among recent smokers (13% vs 13%), heavy cigarette use dropped from 2001 to 2005 (13% to 6%) but then increased from 2011 to 2013 (7% to 13%).

DRUG USE

Among youth in the United States, illicit drug use is associated with heavy alcohol and tobacco use,⁽¹⁾ violence, delinquency,⁽²⁻⁵⁾ and suicide.⁽⁶⁾ All school districts prohibit illegal drug possession or use by students on school property.⁽⁷⁾ Among high school students nationwide in 2011, 40% had used marijuana, 7% had used any form of cocaine, 3% had used heroin, 4% had used methamphetamines, 8% had used ecstasy one or more times during their life, and 4% had taken steroid pills or shots without a doctor's prescription.⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights -Marijuana Use

- Lifetime Marijuana Use: 39% used marijuana one or more times during their life.
- Recent Marijuana Use: 21% used marijuana on one or more of the past 30 days.
- Marijuana Use Before Age 13: 5% first used marijuana before the age of 13.
- Lifetime Synthetic Marijuana Use: 10% used synthetic marijuana (also called K2 or Spice) one or more times during their life.



Marijuana Use by Demographic Subgroup

Males were more likely than females to have used marijuana, including lifetime use (42% vs. 36%), recent use (24% vs. 18%) and use before age 13 (7% vs. 3%). Additionally, males were more likely to have used synthetic marijuana during their life (13% vs. 7%). Use of marijuana increased with grade level. Among ninth graders, 23% had tried marijuana and 6% had tried synthetic marijuana, compared to 58% and 16% of twelfth graders, respectively.

While Black students were the most likely to have used marijuana during their life (49%), there was very little difference in terms of either recent marijuana use or synthetic marijuana use between Black, White and Hispanic students. However, Asian students were the least likely to have used marijuana, having the lowest rates of lifetime use (22%), recent use (12%) or synthetic marijuana use (5%). (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

NJSHS Trend Analysis: 2001-2013 Marijuana Use

Percentage of New Jersey Youth Who:			2001	2005	2009	2011	2013	Trend Analysis		
Lifetime Marijuana Use used marijuana 1+ times (lifetime)				36%	35%	37%	39%			
Recent Marijuana Use used marijuana 1+ times (past 30 days)			25%	20%	20%	21%	21%			
Marijuana Use Bet first used marijuana befor	f ore Age 13 re the age of 13		9%	5%	4%	4%	5%	Z		
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	[pc	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC		
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Summary of Trend: Since 2001, rates of lifetime and recent marijuana use for New Jersey students have exhibited little change. Over this period, rates of lifetime use have fluctuated between 35% (2009) and 41% (2001), and recent use has remained between 20% (2005, 2009) and 25% (2001). However, between 2001 and 2013, reductions were observed for early initiation of marijuana use (9% vs. 5%) which is confirmed as a significant reduction by CDC statistical analysis.

2013 NJSHS Highlights – Other Illicit Drug Use

- Lifetime Ecstasy Use: 7% used ecstasy one or more times during their life.
- Lifetime Hallucinogen Use: 6% used hallucinogens one or more times during their life.
- Lifetime Cocaine Use: 5% used cocaine one or more times during their life.
- Lifetime Methamphetamines Use: 3% used methamphetamines one or more times during their life.
- Lifetime Heroin Use: 2% used heroin one or more times during their life.
- Lifetime Needle Use: 2% used a needle to inject an illegal drug one or more times during their life.

Other Illicit Drug Use by Demographic Subgroups

Overall, a small number of students had used any of the five additional drugs (ecstasy, hallucinogens, methamphetamines, cocaine and heroin) asked about in the survey during their life or had injected any illegal drug with a needle. Thus, it is difficult to make meaningful comparisons by demographic subgroups, especially for race/ethnicity. However, the rate of lifetime use for these other illicit drugs was generally higher for male students and students in a higher grade. For example, males were more likely than females to have used cocaine (7% vs. 3%), and twelfth graders were also more likely to have tried cocaine than ninth graders (8% vs. 2%).

Percentage of New Jersey Youth Who:			2001	2005	2009	2011	2013	Trend Analysis
Lifetime Ecstasy Use used Ecstasy 1+ times (lifetime)				5%	5%	7%	7%	~
Lifetime Hallucinogen Use used hallucinogens 1+ times (lifetime)				7%	6%		6%	
Lifetime Cocaine Use used cocaine 1+ times (lifetime)			9%	6%	6%	4%	5%	7
Lifetime Methamp	Shetamine Use s 1+ times (lifetime)		8%	3%	2%	3%	3%	7
Lifetime Heroin U used heroin 1+ times (life	'se etime)		4%	1%	2%	2%	2%	7
Lifetime Needle U injected any illegal drug	lse 1+ times (lifetime)		3%	1%	3%	2%	2%	
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior			po	Decrease in ositive behav	a ior	No change in behavior		Trend not reported by CDC
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Trend analysis was perform questions not asked in all s	ned by the CDC on data fro survey years, the trend ana	m 2001 to 2013 to determin lysis was performed from 20	ne which di 013 back to	fferences a the last co	cross years	s were stat	stically sig	nificant. For stion was asked.

NJSHS Trend Analysis: 2001-2013 Other Illicit Drug Use

Summary of Trend: Use of these five other illicit drugs among New Jersey students has remained low and relatively stable over the years. In 2013, cocaine (5%), methamphetamine (3%) and heroin (2%) use were down from the rates of 9%, 8% and 4%, respectively, in 2001. While the use of cocaine, methamphetamine and heroin has changed little since 2005, the decline in their use was deemed statistically significant from 2001 rates. On the other hand, ecstasy's rise from 5% in 2005 to 7% in 2013 was deemed significant by CDC trend analysis, and hallucinogen use exhibited no overall change in this period.

Additional 2013 NJSHS Highlights: Drug Use

Lifetime substance use questions were asked in 2013 for seven drugs: marijuana, synthetic marijuana, crack/cocaine, heroin, ecstasy, methamphetamines and hallucinogens. Students were then divided into three groups: those who had not used drugs of any kind, those who had used one drug, and those who had used multiple drugs during their life. Overall, the majority of students (60%) had not used any drug, 27% used only one drug, and 13% used two drugs or more.

When asked about illicit drugs on school property, around three in ten students (31%) were offered, sold or given drugs at school during the past 12 months. Additionally, 15% of students attended school while under the influence of alcohol or drugs during the past 12 months. (This question was asked for the first time in 2013.)



2013 NJSHS Highlights - Other Substance Use

- Lifetime Prescription Drug Use: 12% took a prescription drug without a doctor's prescription one or more times during their life.
- Lifetime Inhalant Use: 10% used inhalants to get high one or more times during their life.
- Lifetime Over-the-Counter Use: 8% took over-the-counter drugs to get high one or more times during their life.
- Lifetime Steroid Use: 2% took steroid pills or shots without a doctor's prescription one or more times during their life.

Other Substance Use by Demographic Subgroup

Overall, patterns of other substances by demographic subgroup differed mainly with regards to grade. For example, variation by grade was observed most notably with respect to prescription drug use, which was higher for twelfth graders (18%) than for those in ninth grade (8%). Gender differences were limited to steroid use where males were slightly more likely than females to have used steroids (4% vs. 1%). The small sample size prevents any conclusions from being drawn with respect to race/ethnicity on the use of these other substances.

Percentage of Ne	2001	2005	2009	2011	2013	Trend Analysis		
Lifetime Prescriptor took prescription drug with				15%	12%			
Lifetime Over-the Counter Drug Use took over-the-counter drugs to get high 1+ times (lifetime)						8%	8%	
Lifetime Inhalants Use used inhalants to get high 1+ times (lifetime)			13%	10%	10%	10%	10%	
Lifetime Steroid U took steroid pills/shots wit	Se hout a prescription 1+ time	s (lifetime)	5%	2%	3%	2%	2%	7
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior			Decrease in a positive behavior		a ior	No change in behavior		Trend not reported by CDC
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NJSHS Trend Analysis: 2001-2013 Other Substance Use

questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: While prescription drug use and over-the-counter drug use have only been measured for the last two survey administrations, CDC statistical analysis shows no significant change of use among New Jersey students for these substances. There has also not been a statistically significant change in student use of inhalants during the longer period of 2001 to 2013. Steroid use has been measured since 2001, exhibiting a slight, statistically significant decline from 5% in 2001 to 2% in 2013.

Percentage of Ne	2001	2005	2009	2011	2013	Trend Analysis			
Great Risk From S people at great risk of har		28%		36%	28%	1			
Great Risk From 1 people at great risk of har	-2 Drinks Per Day rm from 1 or 2 drinks of alc	ohol nearly every day		33%		29%	30%		
Great Risk From Smoking 1+ Packs Per Day people at great risk of harm if they smoke 1+ packs of cigarettes per day				70%		69%	68%	•	
Parental Attitude T parents feel it's very wron	Toward Cigarettes	arettes				76%	77%		
Parental Attitude T	Toward Alcohol g for student to drink alcoh	nol once/twice a month				40%	41%		
Parental Attitude T parents feel it's very wron	Toward Marijuana Ig for student to smoke ma	rijuana				77%	72%		
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior			[pc	Decrease in sitive behav	a ior	No cł in bel	nange navior	Trend not reported by CDC	
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rend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For meetions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked									

NJSHS Trend Analysis: 2001-2013: Risk Factors

Summary of Trend: The NJSHS has included questions related to various risk factors that have been shown in past research⁽⁹⁻¹⁴⁾ and in past NJSHS administrations⁽¹⁵⁾ to be correlated with the initiation of substance use and other anti-social behaviors. In 2013, the NJSHS repeated the use of six questions that are common to two risk factors – perceived risks of drug use and parental attitudes toward drug use.

Perceptions of risk among students for smoking cigarettes, drinking alcohol and smoking marijuana have all remained relatively stable since 2005. About seven in ten students considered smoking a pack or more of cigarettes per day to be a great risk – ranging from 70% in 2005 to 68% in 2013. Hispanic (58%), Black (65%) and male (65%) students were least likely to consider smoking a great risk. About three in ten students considered having one or two alcoholic drinks per day to be a great risk – ranging from 33% in 2005 to 30% in 2013. White (25%), twelfth grade (26%) and male (26%) students were least likely to have considered having one or two drinks a day to be a great risk. Smoking marijuana regularly was perceived as a great risk for 28% of students in 2005, up to 36% in 2011, and then back down to 28% in 2013. Twelfth grade (18%) and male (23%) students were least likely to have considered smoking marijuana regularly a great risk.

Student perception of parental attitudes toward smoking cigarettes and drinking alcohol have not changed much since 2011, but there has been a decline in student perception of parental attitudes toward using marijuana. Over three-quarters of students believed their parents consider smoking cigarettes to be very wrong in both 2013 (77%) and 2011 (76%). Twelfth graders (66%) were least likely to think their parents held this view. Four in ten students (41%) thought their parents considered it very wrong if they used alcohol once or twice a month, similar to 2011 (40%). Twelfth grade (23%) and White students (36%) were least likely to think their parents thought drinking was very wrong. Meanwhile, 72% of students thought their parents felt it was very wrong to smoke marijuana, down from 77% in 2011. Twelfth graders (62%) were least likely to have believed this was so.

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SEXUAL BEHAVIOR

Nationwide, early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners.⁽¹⁻²⁾ In addition, adolescents who initiate sexual intercourse early are less likely to use contraception⁽²⁻³⁾ and are at higher risk for STDs⁽⁴⁾ and pregnancy.^(5,6) Prevalence estimates suggest that young people aged 15–24 years acquire half of all new STDs.⁽⁷⁾ Among high school students nationwide in 2011, 47% had sexual intercourse during their life, 15% had sexual intercourse with four or more persons during their life, and 34% had sexual intercourse with at least one person during the three months before the survey.⁽⁸⁾ The percentage of sexually active students who used a condom during last sexual intercourse increased during 1991–2003 (46%-63%) and then did not change significantly during 2003-2011 (63%-60%).⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- Lifetime Sexual Intercourse: 39% engaged in sexual intercourse during their life.
- Recent Sexual Intercourse: 29% engaged in sexual intercourse in the past three months.
- Multiple (4+) Sexual Partners: 12% had four or more sexual partners during their life.
- Sexual Intercourse Before Age 13: 5% first engaged in sexual intercourse before the age of 13.
- Unprotected Sexual Intercourse: 14% of sexually active students did not use any form of birth control to prevent pregnancy when last having sexual intercourse in the past three months.



Sexual Behavior by Demographic Subgroup

Lifetime Sexual Intercourse

Rates of lifetime and recent sexual intercourse did not vary much by gender; however, slightly more males than females had sex before the age of 13 (7% vs. 2%) and engaged in sex with four or more partners during their life (15% vs. 10%). By contrast, grade level and race/ethnicity produced variation across most indicators of sexual behavior. For example, far fewer ninth grade students had lifetime (14%) or recent (9%) sexual intercourse, or had four or more sexual partners (3%) than did students in the twelfth grade. Two thirds of twelfth graders (66%) had lifetime sexual intercourse, 50% had recent sexual intercourse and 27% had four or more sexual partners.

Just over half of Black (52%) and Hispanic (51%) students had sexual intercourse during their life, as

compared to about one-third (35%) of White students and one-fifth (20%) of Asian students. This general pattern also held for recent sexual intercourse, sex with multiple partners and sexual intercourse before the age of 13. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

Additional 2013 NJSHS Highlights: Sexual Behavior

All students were asked about the number of sexual partners they had during their life. Overall, 61% have not had sexual intercourse, 15% had only one partner, 12% had two or three partners, and the remaining 12% had four or more sexual partners during their life.

In addition, students indicated what method of birth control was used to prevent pregnancy during their last sexual encounter. Students were divided into three groups: those who never had sexual intercourse, those who used birth control and those who did not use birth control when last having sex. As indicated, the majority of students (61%) never had sex, 33% used birth control when last having sex, and 6% did not use birth control during their last sexual encounter.

Regarding testing for sexually transmitted diseases (STDs), only about one in eight (12%) students had ever been tested for an STD and just one in eleven (9%) had been tested for HIV during their life.

Eight percent of students had been physically forced to have sex during their life, and 8% reported that their boyfriend or girlfriend hit, slapped, or hurt them on purpose in the last 30 days.

Considering only students who had recent sexual intercourse, almost three in five (59%) used a condom, just over one in five (22%) used birth control pills and 14% used no known method of birth control. Additionally, among those having recent sexual intercourse, about one in five (21%) had used drugs or alcohol before their last encounter.



Among all students, 8% had sexual contact with their own gender only or with both genders during their life. This measure of sexual minority youth was first included in the 2013 survey. While many sexual minority youth cope with the transition from childhood to adulthood successfully and become healthy and productive adults, others struggle as a result of challenges such as stigma, discrimination, family disapproval, social rejection and violence.⁽⁹⁾ Students who engage in sexual contact with their own gender showed a greater tendency to engage in risky health behaviors than other students who had sexual contact solely with the

opposite gender.⁽⁹⁾ For example, in New Jersey, students who had sexual contact with their own gender were more likely than students who had sexual contact solely with the opposite gender to have considered suicide (41% vs 15%), attempted suicide (35% vs 9%), cut or hurt themselves without wanting to die (49% vs 20%), carried a weapon in the past 30 days (29% vs 11%), been bullied on school property (43% vs 21%), smoked cigarettes recently (39% vs 18%), used marijuana during their life (79% vs 56%), or to have used other illicit drugs such as heroin (17% vs 2%), cocaine (25% vs 6%), ecstasy (28% vs 9%) or prescription drugs without a prescription (39% vs 15%).

Percentage of New Jersey Youth Who:				2005	2009	2011	2013	Trend Analysis
Lifetime Sexual In ever had sexual intercou		47%	44%	46%	45%	39%	1	
Recent Sexual Int engaged in sexual interc	ercourse ourse (past 3 months)		36%	33%	34%	32%	29%	7
Multiple Sexual Participation had multiple sexual participation	artners (4+) ners, 4+ (lifetime)		17%	12%	13%	14%	12%	\searrow
Sexual Intercours had sexual intercourse b		8%	5%	4%	5%	5%	\searrow	
Did Not Use a Col did not use a condom the students having sex in th	n dom e last time having sexual ii ie past 3 months)	ntercourse (among	36%	29%	35%	37%	41%	•
Did Not Use any E did not use any birth con students having sex in th	Birth Control trol the last time having se re past 3 months)	exual intercourse (among	16%	7%	10%	15%	14%	
Tested for HIV were ever tested for HIV,	the virus that causes AID)S			12%	10%	9%	1
Tested for STDs were ever tested for STDs such as genital herpes, gonorrhea, chlamydia, syphilis or genital warts					15%	13%	12%	7
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior				Decrease in ositive behav	a rior	No cł in bel	hange havior	Trend not reported by CDC
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NJSHS Trend Analysis: 2001-2013 Sexual Behavior

Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: Most indicators of student sexual behavior have declined since 2001 and the declines are confirmed as significant by CDC statistical analysis. Since 2001, rates of lifetime sexual intercourse among students have declined from almost half (47%) to about four in ten (39%) in 2013. Additionally, rates of recent sexual intercourse fell from 36% to 29%, rates of having multiple sexual partners declined from 17% to 12%, and rates of engaging in sex before the age of 13 dropped from 8% to 5%. However, among those who had recent sexual intercourse, the number of students who did not use a condom during their last intercourse increased from 29% in 2005 to 41% in 2013, although the overall trend from 2001 to 2013 shows no change. Since 2009, fewer students have been tested for HIV (12% vs. 9%) or STDs (15% vs. 12%).

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VIOLENCE / BULLYING / SUICIDE

Physical fighting is a marker for other problem behaviors⁽¹⁾ and is associated with serious injury-related health outcomes.^(2,3) Bullying victimization is associated with depression,^(4,5) suicidal ideation,^(4,5) self-injury,⁽⁵⁾ suicide attempts,⁽⁵⁾ increased odds of repeated common health problems,⁽⁶⁾ school absenteeism,⁽⁷⁾ psychological distress,⁽⁶⁾ and feeling unsafe at school.⁽⁷⁾ Suicide is the third leading cause of death among youth aged 15-19 years in the United States.⁽⁸⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Violence in the Past Year*: 22% had been in a physical fight and 6% were threatened or injured with a weapon on school property during the past 12 months.
- Violence in the Past 30 Days: 10% carried a weapon such as a gun, knife, or club, 6% did not go to school because they felt they would be unsafe, 3% carried a weapon at school, and 3% carried a gun during the past 30 days.
- *Bullying:* During the past year, 21% had been bullied at school and 15% had been electronically bullied. In the same time frame, 15% had bullied someone else at school and 10% had bullied someone else electronically.
- *Suicide*: During the past year, 29% felt sad or hopeless for two weeks straight, 18% hurt themselves on purpose by cutting or burning without wanting to die, 14% considered suicide, 12% made a suicide plan, and 10% attempted suicide at least one time.

Violence, Bullying and Suicide by Demographic Subgroup

Minimal differences existed within grade and racial/ethnic categories with regard to violence, bullying and suicide. The only item of note is that Blacks (30%) and Hispanics (26%) were more likely than Whites (20%) and Asians (13%) to engage in physical fights. Otherwise, most grade and racial/ethnic groups had similar prevalence rates on all other violence, bullying and suicide items. However, male students were generally more likely to report violence, whereas female students were more likely to report being bullied and experiencing suicidal ideation. Examples include the following:

- During the past 12 months, male students were more likely to have been in a physical fight (28% vs. 15%) or to have been threatened or injured with a weapon at school (8% vs. 4%).
- During the past 30 days, males were much more likely than females to carry a weapon (17% vs. 4%) but only slightly more likely to carry a weapon while at school (4% vs. 2%), miss school for safety concerns (7% vs. 4%) or to carry a gun (5% vs. 1%).
- During the past 12 months, female students were somewhat more likely to have been bullied at school (24% vs. 19%) and much more likely to have experienced electronic bullying (20% vs. 10%).
- During the past 12 months, female students were much more likely than male students to have felt sad or hopeless for two weeks straight (37% vs. 21%), to have hurt themselves on purpose without wanting to die (25% vs. 12%), to have considered suicide (18% vs. 10%) or made a suicide plan (15% vs. 8%), but they were only slightly more likely to have actually attempted suicide (11% vs. 9%).

NJSHS Trend Analysis: 2001-2013 Violence, Bullying and Suicide

Percentage of New	Percentage of New Jersey Youth Who:					2011	2013	Trend Analysis
Bullied on School were bullied on school pro	Property perty 1+ times (past 12 m	onths)			21%	20%	21%	
Electronically Bull were electronically bullied	ied 1+ times (past 12 months,)			17%	16%	15%	
Involved in a Physical Fight were involved in 1+ fight (past 12 months)				31%	28%	24%	22%	1
Threatened or Injured on School Property were threatened or injured 1+ times (past 12 months)				8%	7%	6%	6%	1
Carried a Weapon carried a gun, knife or club 1+ times (past 30 days)				11%	10%	10%	10 %	1
Carried a Weapon at School carried a weapon 1+ times at school (past 30 days)				3%	3%		3%	
Missed School Da missed school day for safe	y Because Felt Uns ety fears 1+ times (past 30	afe days)	9%	4%	5%	4%	6 %	>
Carried a Gun carried a gun 1+ times (pa	ist 30 days)		5%	2%	2%		3%	
Felt Sad or Hopele	ss for Two Weeks weeks straight (past 12 mo	nths)	31%			26%	29 %	
Considered Suicid	e es (past 12 months)		17%			13%	14%	
Made a Plan for Superior Super	licide es (past 12 months)		13%			11%	12 %	
Attempted Suicide attempted suicide 1+ times (past 12 months)			8%			6%	10 %	
Increase in a Decrease in a Increase in a negative behavior negative behavior positive behavior		po	Decrease in ositive behav	a ior	No ch in bel	Trend not reported by CDC		
7 と ス				1				
Trend analysis was performed	Trend analysis was performed by the CDC on data from 2001 to 2013 to deter guestions not asked in all survey years, the trend analysis was performed from					ere statistic	ally signific	ant. For was asked.

Summary of Trend: Rates of bullying have changed very little since 2009; however, there have been notable declines in other indicators related to violence and suicide. In terms of past year indicators of violence, the percentage of students who were in a physical fight declined from 2001 to 2013 (35% to 22%) and the percentage of students threatened or injured at school also dropped, from 11% in 2001 to 6% in 2013. Past 30 day indicators of violence fell between 2001 and 2013 as well, with rates of carrying a weapon dropping from 13% to 10%, carrying a weapon at school decreasing from 7% to 3% and missing school due to safety concerns falling from 9% in 2001 to 6% in 2013. The percentage of students carrying guns has changed little between 2001 and 2013. Between 2001 and 2013, the number of students considering suicide declined from 17% to 14% while the rate of students attempting suicide increased from 8% to 10%. (Indicators related to suicide were not asked in either 2005 or 2009.)

STUDENT HEALTH

Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.⁽¹⁾ Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer and premature death.⁽¹⁾ Watching TV and using a computer are considered sedentary behaviors. Among youth, time spent watching TV is associated with childhood and adult obesity,⁽²⁻⁶⁾ consumption of fast food, soft drinks, and high-fat snacks,⁽⁷⁻¹²⁾ and consumption of fewer fruits and vegetables.^(7,13-14) 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,⁽¹⁵⁻¹⁷⁾ cardiovascular disease,⁽¹⁸⁾ and stroke.⁽¹⁹⁾ Milk is an important source of many nutrients, including calcium.⁽²⁰⁾ There is evidence that intake of milk and milk products is associated with bone health in children and adolescents, with a lower risk of cardiovascular disease and type 2 diabetes, and with lower blood pressure in adults.⁽²⁰⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Physical Activity*: 49% engaged in physical activity for 60 minutes a day for at least five days a week; 45% took physical education classes daily; and 13% walked or rode a bike to school.
- *Diet:* During the past week, 19% ate five or more servings of fruits or vegetables each day. However, 16% had gone hungry either "sometimes", "most of the time" or "always" during the past 30 days.
- *Breakfast:* During the past week, 40% ate breakfast daily while 11% ate breakfast on none of those days.
- *Family Meals:* During the past week, 47% ate dinner with their parents or guardians five or more times, and 18% did not eat dinner with their parents or guardians any day during the past week.
- *Beverages:* During the past week, 18% consumed a sugar-sweetened beverage each day, 12% drank soda daily, 4% consumed an energy drink daily, and 7% had three or more glasses of milk on each day.
- Body Mass Index (BMI): Through calculation of the student's ratio of height to weight, 14% were classified as *overweight* and 9% were classified as *obese*.

Student Health by Demographic Subgroup

- Males were much more likely than females to have been physically active for 60 minutes or more on five days or more of the past week (61% vs. 37%).
- Physical activity fell with grade level, such that 56% of ninth graders were active for 60 minutes or more on five days or more of the past week, compared to 43% of twelfth graders.

- Consistent meal time behaviors also fell with grade. In the ninth grade, 59% of students ate with their parents five or more times during the past week, and just 34% of students did this in the twelfth grade. Likewise, ninth graders (46%) were more likely to eat breakfast every day during the past week than twelfth graders (33%).
- Black students were the least likely to have eaten dinner with their parents five or more days during the past week (26%) when compared to Whites (54%), Asians (45%) and Hispanics (43%). Black students were also least likely to eat breakfast on each of the seven days of the past week (27%), compared to Asians (49%), Whites (45%) and Hispanics (35%). (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

Percentage of New Jersey Youth Who:				2005	2009	2011	2013	Trend Analysis
Physical Activity were physically active for at		34%	42%	50%	49%	7		
Walked or Rode a Bicycle to School usually walked or rode a bicycle to school					13%	12%	13%	
Five or More Servings of Fruit and Vegetables ate 5+ servings of fruits and vegetables per day (past 7 days)			26%	17%	20%	19%	19%	1
Drank Soda or Pop Each Day drank 1+ can/bottle of soda/pop* per day (past 7 days) *does not include diet soda/pop					20%	19%	12%	1
Drank 3 or More Gla drank 3+ glasses of milk per	r sses of Milk r day (past 7 days)		12%	11%	9%	8%	7%	1
Increase in a Decrease in a Increase in a negative behavior positive behavior			[pc	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC
↗ ↘ ↗				1				
Frend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.								

NJSHS Trend Analysis: 2001-2013 Student Health

Summary of Trend: Being physically active for 60 or more minutes a day on five or more days in the past week increased sharply between 2005 (34%) and 2013 (49%). New Jersey students were as likely in 2013 as in past years to have walked or ridden a bicycle to school. Over time, fruit and vegetable as well as milk consumption have consistently declined. Fruit and vegetable consumption has fallen from 26% in 2001 to 19% in 2013, and milk consumption has fallen from 12% in 2001 to 7% in 2013. Student rates of daily soda consumption declined to 12% in 2013 compared to 19% and 20% in 2011 and 2009, respectively.

Student Health by Demographic Subgroup

New Jersey	14% 9%							
Male	16% 13%							
Female	12% 5%							
9th grade	15% 9%							
10th grade	18% 9%							
11th grade	10%8%							
12th grade	13% 8%							
White	13% 7%							
Black	18% 9%							
Hispanic	17% 15%							
Asian	9% 3%							
0	% 20% 40% 60% 80% 100%							
Overweight Obese								

Body Mass Index

Students' self-reported height and weight were used to calculate a body mass index (BMI). BMI is calculated as weight in kilograms divided by height in meters squared. A BMI that is greater than the 95th percentile of the index population for gender and age is considered *obese* while a child in the 85th to 95th percentile is considered *overweight*. All others who are at the 85th percentile or below are considered normal. (It is recognized that factors such as muscle mass contribute to an individual's weight.)

Overall, 14% had a BMI that classified them as overweight and 9% were classified as obese. Consequently, 23% of New Jersey high school students had a BMI that is outside the normal range. Males were more likely than females to be overweight (16% vs 12%) and more than twice as likely to be classified as obese (13% vs 5%). There were no differences in obesity rates

between grade levels. In terms of race/ethnicity, Hispanics (32%) and Blacks (27%) were more likely than White (20%) and Asian students (12%) to be outside the normal BMI range.

NJSHS Trend Analysis: 2001-2013 Student Health

Percentage of New Jersey Youth With:			2001	2005	2009	2011	2013	Trend Analysis
BMI: Overweight a calculated BMI that corresponds to being overweight (between 85 th and 95 th percentile for body mass index for age and sex)				15%	14%	15%	14%	
BMI: Obese a calculated BMI that corresponds to being obese (at or above the 95 th percentile for body mass index for age and sex)			10%	11%	10%	11%	9%	•
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC	
7	×	7	1					
Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.								

Summary of Trend: In general, the percentage of New Jersey students classified as being either overweight or obese has remained consistent across all years from 2001 to 2013.

2013 New Jersey Student Health Survey (NJSHS) Highlights

- General Health: 60% of students reported their general health as being "excellent" or "very good".
- Sleep: 27% of students reported receiving eight or more hours of sleep on an average school night.
- Dental Visits: 77% of students visited the dentist during the past year.
- Asthma: 26% of students had been diagnosed with asthma at some point in their life.

Student Health by Demographic Subgroup

- Male students were more likely than female students to describe their general health as "excellent" or "very good" (65% vs. 55%).
- Getting eight hours or more of sleep on an average school night was more prevalent among ninth graders (36%) than among those in the twelfth grade (19%).

NJSHS Trend Analysis: 2001-2013 Student Health

Percentage of New Jersey Youth Who:			2001	2005	2009	2011	2013	Trend Analysis
Been to the Dentist went to the dentist 1+ times (past 12 months)				76%	75%		77%	
Diagnosed with Asthma were diagnosed with asthma (lifetime)				20%	24%		26%	
Eight or More Hours of Sleep slept eight or more hours on an average school night						26%	27%	
Excellent or Very Good Health described their health as "excellent" or "very good"						59%	60%	
Viewed or Used Electronics engaged in three or more hours of TV, video games or internet viewing on an average school day					63%	64%	62%	
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC	
~	7	7	`					
Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For								

I rend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: In general, rates of going to the dentist, getting eight or more hours of sleep on an average school night and students describing their overall health as either excellent or very good have not changed much. Diagnoses of asthma have increased from one in five students (20%) in 2005 to one in four (26%) in 2013. Almost four in ten students (37%) played video games or used the Internet for three or more hours a day and about three in ten (29%) watched television for three or more hours per day. After combining responses for these activities, 62% watched TV, played video games, or were on the Internet for three or more hours per school day in 2013, including 35% who did so for five or more hours. The percentage of students engaging in electronic viewing (three plus hours of TV, Internet or video games on an average school day) has changed little since 2009.

VEHICLE SAFETY

Motor vehicle crashes are the leading cause of death among youth aged 15 to 19 in the United States⁽¹⁾ and alcohol use is associated with 18% of all traffic fatalities among drivers 16 to 20 years of age.⁽²⁾ In 2008, drivers aged 16 to 29 accounted for almost 40% of distracted driving crashes.⁽³⁾ Safety belts, when used appropriately, reduce the risk of fatal injury to front-seat passenger car occupants by 45%.⁽⁴⁾

2013 New Jersey Student Health Survey (NJSHS) Highlights

- *Drinking and Driving:* During the past 30 days, 20% rode with a driver who had been drinking and 9% drove after drinking.
- *Distracted Driving:* During the past 30 days, 38% of those who drove talked on a cell phone while driving and 36% texted or emailed while driving.
- Seat Belts: 10% "never" or "rarely" wore a seat belt when riding in a car.

Vehicle Safety by Demographic Subgroups

By gender, male students were slightly more likely than females (22% vs. 18%) to ride with someone who had been drinking during the past 30 days. By race/ethnicity, among students who drove, White students were the most likely to talk on a cell phone (44%) or text (41%) while driving. Hispanic (17%) and Black (13%) students were the most likely to say that they "never" or "rarely" wore a seat belt. (Due to small sample sizes, conclusions in terms of race/ethnicity should be made with caution.)

NJSHS Trend Analysis: 2001-2013 Vehicle Safety

Percentage of New Jersey Youth Who:			2001	2005	2009	2011	2013	Trend Analysis
Rode with a Driver who was Drinking rode with someone who was drinking and driving (past 30 days)			30%	28%	23%	21%	20%	\searrow
Drove after Drinking drove a vehicle after drinking (past 30 days)				10%	8%	6%	9%	
Seatbelt Use "never" or "rarely" wore a seatbelt while riding in a car				8%	8%	11%	10%	\searrow
Talked on Cellphone While Driving talked on a cellphone while driving (past 30 days)						46%	38%	
Texted/Emailed While Driving texted or emailed while driving (past 30 days)						48%	36%	
Increase in a negative behavior	Decrease in a negative behavior	Increase in a positive behavior	Decrease in a positive behavior			No change in behavior		Trend not reported by CDC
7	Z	7	1					

Trend analysis was performed by the CDC on data from 2001 to 2013 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2013 back to the last consecutive year in which the question was asked.

Summary of Trend: The rates of both riding with a driver who had been drinking and of "never" or "rarely" wearing a seatbelt have exhibited positive trends over the years. Riding with a driver who had been drinking dropped to 20% in 2013 from 30% in 2001. The percentage of people who "never" or "rarely" wore a seatbelt fell to 10% in 2013 from 15% in 2001. Both of these relationships were confirmed as statistically significant by CDC analysis. The percentage of students who drove after drinking has fluctuated over this period and thus was deemed to have no overall linear change. In 2013, rates fell for both talking on a cell phone (46% vs. 38%) and texting or emailing (48% vs. 36%) while driving in the past 30 days. (The decrease in talking on a cell phone while driving was not considered statistically significant, likely due to the small number of high school students who drive.)

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Comments concerning the survey and this report may be directed to the NJDOE through the "Contact Us" button at the bottom of each page on the NJDOE website.

Past reports on the survey can be downloaded at www.nj.gov/njded/students/yrbs/index.html

More information about the CDC Youth Risk Behavior Surveillance System and interactive data tables can be found at http://www.cdc.gov/HealthyYouth/yrbs/index.htm

> Special requests for data should be directed to New Jersey Department of Education Division of Student Services and Career Readiness Offices of Student Support Services PO Box 500 Trenton, NJ 08625-0500

> > http://www.state.nj.us/education PTM # 1510.29



Edward J. Bloustein School of Planning and Public Policy