



2021 New Jersey Student Health Survey



New Jersey Department of Education
Division of Educational Services
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 fall of 2021 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 at Rutgers University. The NJSHS is part of the Centers for Disease Control and Prevention's (CDC) national Youth Risk Behavior Surveillance System (YRBSS) (<http://www.cdc.gov/HealthyYouth/yrbs/>) that provides information about health behaviors, conditions, and experiences that contribute to the leading causes of mortality, morbidity, and social problems among youths and adults.

Alcohol Use
Cigarette Use
Electronic Vapor Use
Drug Use
Marijuana Use
Sexual Behavior
Violence / Bullying / Suicide
Student Health
Vehicle Safety
Risk Perceptions

Methodology

The 2021 NJ Student Health Survey represents the first NJSHS data collected since the start of the COVID-19 pandemic. Although most schools had returned to in-person instruction by the time of the survey, disruptions in daily life remained common during the time of collection.⁽¹⁾ In addition to schools declining survey participation because of COVID concerns, there were also numerous obstacles to administering the survey in the participating schools. Many schools experienced high student absenteeism, and due to school and district changes related to COVID, they also experienced staffing issues and temporary closures. Additionally, the time spent out of school for many students may have impacted the school-related survey variables.⁽¹⁾

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, 49% of sampled schools (19 out of 39) agreed to participate and 53% of sampled students (690 out of 1,309) provided parental consent and completed the survey, yielding an overall response rate of 26% (49% school rate x 53% student

rate = 26% overall rate). In 2019, the CDC adopted a nonresponse bias analysis to determine data representativeness for data weighting. In the past, the CDC used a minimum of 60% combined participation rate to weight data collected as part of the YRBSS. A nonresponse bias analysis was performed on the 2021 data and the CDC concluded that there were no statistically significant biases and the data could be considered representative of the New Jersey student population. The 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 the comparison of findings related to priority health-risk behaviors to results from prior surveys. In addition to the 2021 NJSHS, a weighted sample was obtained for the NJSHS data in 2001, 2005, 2009, 2011, 2013, and 2019. The study was also conducted in 2015 and 2017 with response rates lower than necessary for study findings to be considered representative of the population of the state.

Profile of Participating Students

The purpose of applying weights to data is to produce results that can be considered representative of the full population being studied. The table below depicts demographic figures for the sample of high school students before and after the weighting process.






	Sample (n)	Sample %	Weighted %		Sample (n)	Sample %	Weighted %
Sex				Grade			
<i>Female</i>	375	54	55.1	<i>9th</i>	158	22.7	25.1
<i>Male</i>	314	45.2	44.9	<i>10th</i>	161	23.2	25.1
				<i>11th</i>	200	28.8	25
Age				<i>12th</i>	174	25	24.7
<i>13 Years Old or Younger</i>	2	0.3	0.7	Race/Ethnicity			
<i>14 Years Old</i>	110	15.8	17.4	<i>Black</i>	69	9.9	12.9
<i>15 Years Old</i>	154	22.2	23.8	<i>Hispanic/Latino</i>	209	30.1	27.9
<i>16 Years Old</i>	205	29.5	26.3	<i>White</i>	319	45.9	46
<i>17 Years Old</i>	159	22.9	22.1	<i>All Other Races</i>	3	0.4	0.1
<i>18 Years Old or Older</i>	65	9.4	9.7	<i>Multiple Races</i>	51	7.3	2.1

How to Interpret These Fact Sheets

This report presents data as a series of fact sheets for nine 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 New Jersey 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 2011-2021 to determine which differences across survey years were statistically significant. For questions not asked in all years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked. For example, if a question was not asked in 2013, the analysis would only be from 2019 to 2021. 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 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
					--

2021 New Jersey Student Health Survey

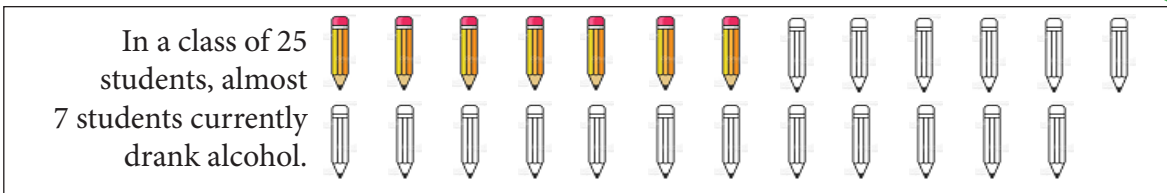
ALCOHOL USE

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⁾ Persons who begin drinking alcohol before the age of 15 years are three times as likely to report alcohol dependence or abuse as those who first drank alcohol at age 21 or older.⁽³⁾

26%

of high school students currently drank alcohol
(on at least 1 day during the 30 days before the survey)

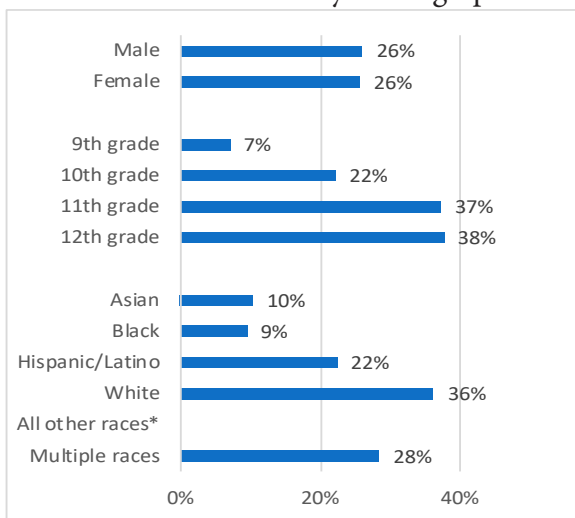
10-Year Linear Trend: Decreasing



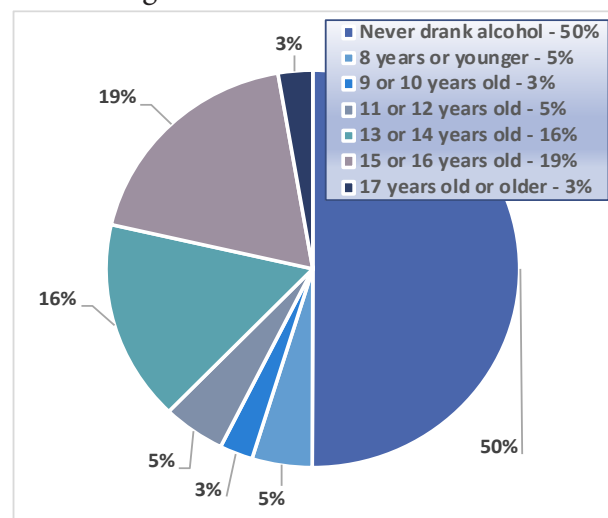
New Jersey Student Health Survey Highlights

- *Current Alcohol Use:* 26% had at least one drink of alcohol on one or more of the past 30 days.
- *Recent Binge Drinking:* 15% had five drinks (for males) or four drinks (for females) in a row within a couple of hours, on one or more of the past 30 days.
- *Alcohol Before Age 13:* 12% had their first drink of alcohol before the age of 13.
- *School Under the Influence:* 10% attended school under the influence of alcohol or other illegal drugs during the past 12 months.

Current Alcohol Use by Demographic



Age at First Drink of Alcohol



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Alcohol Use

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
Had their first drink of alcohol before age 13	14%	15%	13%	12%	
Currently drank alcohol (30 days)	43%	39%	30%	26%	
Currently were binge drinking (30 days)	—	—	15%	15%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					—

Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.

Additional New Jersey Student Health Survey Findings

- The occurrence of binge drinking was highest in 11th grade - 5% in 9th grade, 10% in 10th grade, 26% in 11th grade, and 21% in 12th grade.
- The percentage of students who had their first drink of alcohol before Age 13 was highest for Hispanic/Latino students at 15%. The second highest race/ethnicity category was Asian at 13%.
- The rate of students who currently drank alcohol and students who currently were binge drinking were similar for students self-identified as heterosexual (27% current, 16% binge) and students self-identified as gay, lesbian, or bisexual (26% current and 15% binge). The rates were lower for other/questioning students (22% current and 11% binge).

Definitions

- Current alcohol use is defined as having at least one drink of alcohol, on at least 1 day during the 30 days before the survey.
- Binge drinking is defined as having four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 2 days during the 30 days before the survey.
- A first drink of alcohol is a drink other than a few sips.

Resources

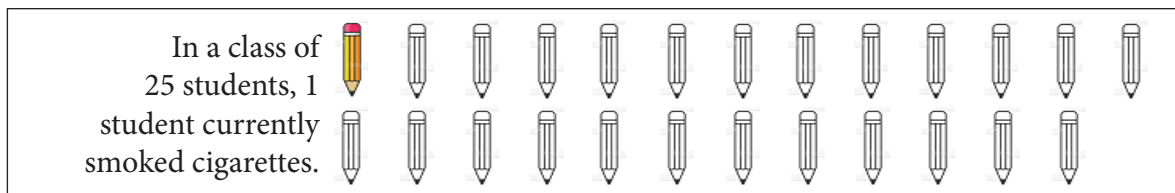
- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- Substance Abuse Prevention Parent Education Program: <http://drugfreenj.org/child-break/15-minute-child-break/>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- New Jersey Prevention Network: <https://www.njpn.org>
- Talk, They Hear You -- Underage Drinking Campaign: <https://www.samhsa.gov/talk-they-hear-you>

2021 New Jersey Student Health Survey

CIGARETTE USE

Cigarette smoking is the leading cause of preventable death in the United States and accounts for more than 480,000 deaths each year in the United States.⁽¹⁾ Smoking and smokeless tobacco use are initiated and established primarily during adolescence while nearly nine out of ten smokers started smoking by age 18.^(2,3) 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.^(3,4) 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.⁽³⁾

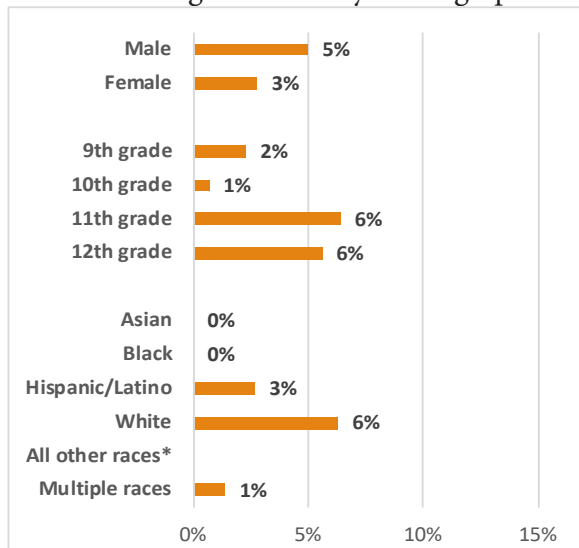
4%
of high school students currently smoked cigarettes
(on at least 1 day during the 30 days before the survey)
10-Year Linear Trend: Decreasing ↘



New Jersey Student Health Survey Highlights

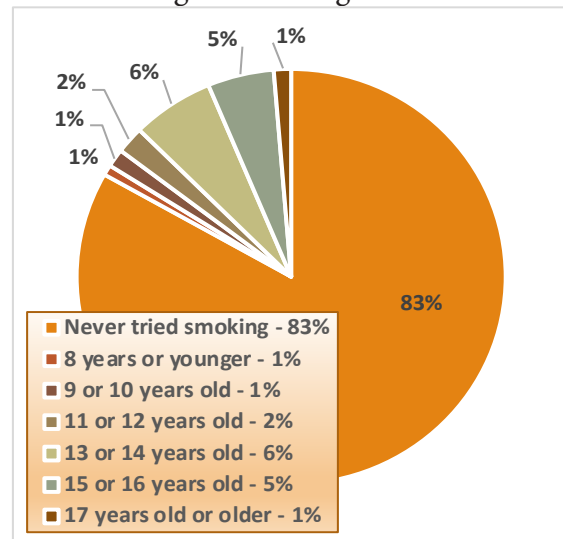
- *Current Cigarette Use:* 4% smoked at least one cigarette on one or more of the past 30 days.
- *Frequent Cigarette Use:* 1% smoked on 20 or more of 30 days before the survey.
- *Daily Cigarette Use:* 1% smoked cigarettes daily.
- *Cigarette Before Age 13:* 4% had their first cigarette before the age of 13.

Current Cigarette Use by Demographic












*Fewer than 30 students in this subgroup.

Age at First Cigarette



NJSHS 10-Year Trend Analysis: 2011-2021 Cigarette Use

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
First tried cigarette smoking before age 13 (even one or two puffs)	—	—	5%	4%	
Currently smoked cigarettes	16%	13%	4%	4%	
Currently smoked cigarettes frequently	5%	5%	1%	1%	
Currently smoked cigarettes daily	4%	4%	1%	1%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					—
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.					

Additional New Jersey Student Health Survey Findings

- Daily smoking was most frequently seen in 11th and 12th grades (1%). 9th and 10th grade students had a reported daily smoking frequency of 0%.
- Current smoking was reported by 5% of males compared to 3% of females.
- The percentage of current smokers increased from about 1% for ages 15 or younger to 5% for students 16 or older.

Definitions

- Current cigarette use is defined as smoking on at least one day during the 30 days before the survey.
- Frequent smoking is defined as smoking cigarettes on 20 or more days during the 30 days before the survey.
- Daily smoking is defined as smoking cigarettes on all 30 days during the 30 days before the survey.
- Trying a cigarette for the first time counts as smoking even with one or two puffs.

Resources

- ReachNJ - Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- Partnership for Drug-Free Kids: <https://drugfree.org/>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- FDA's Youth Tobacco Prevention Plan: <https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>

2021 New Jersey Student Health Survey

ELECTRONIC VAPOR

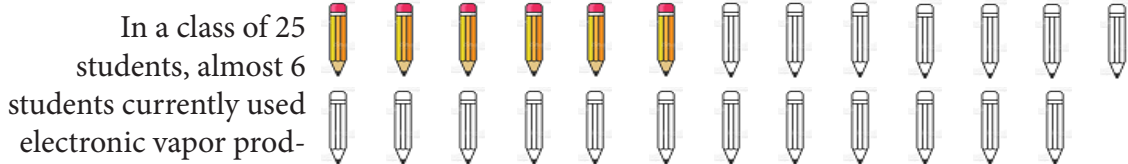
Despite downward trends in cigarette smoking among youths, a dramatic increase in electronic vapor product use has led to an increase in overall tobacco product use for high school students.⁽¹⁾ Among high school students nationwide in 2021, 36%⁽²⁾ had ever used an electronic vapor product while 18% currently used an electronic vapor product.⁽³⁾ 5% of students nationwide use electronic vapor products daily.⁽²⁾

22%

of students currently used an electronic vapor product
(on at least 1 day during the 30 days before the survey)

2-Year* Linear Trend: No Change

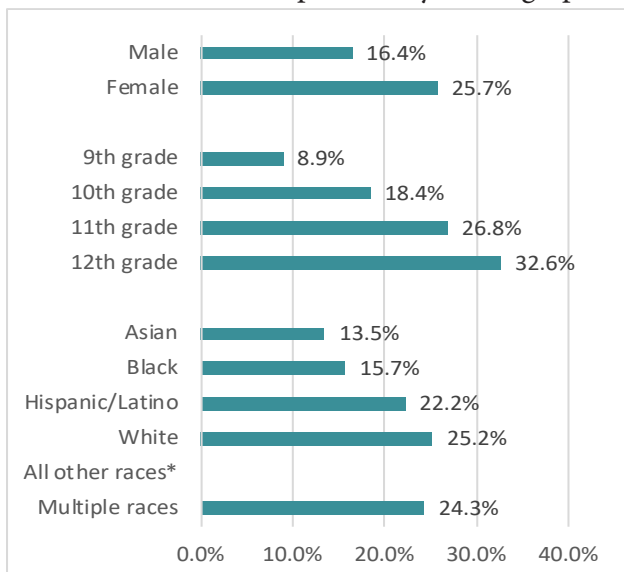
*10-Year trend data unavailable. Electronic vapor questions were added in 2015.



New Jersey Student Health Survey Highlights

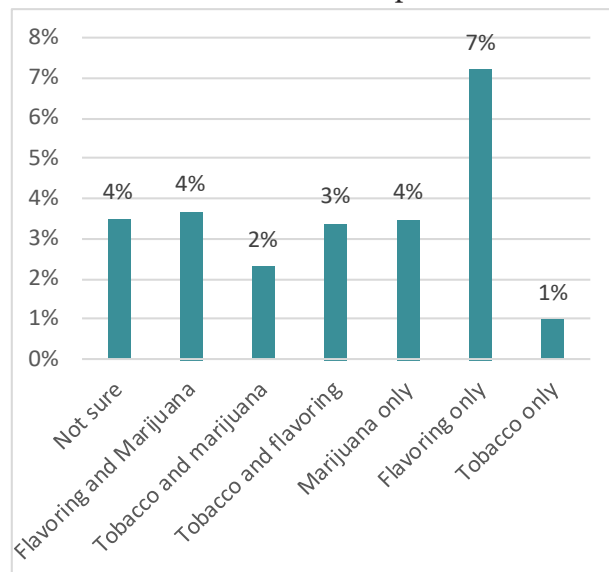
- *Ever Used E-Vapor Product:* 36% ever used an electronic vapor product.
- *Current E-Vapor Use:* 22% used an electronic vapor product on one or more of the past 30 days.
- *Frequent E-Vapor Use:* 7% frequently used electronic vapor products on at least 20 of the past 30 days.
- *Purchased themselves:* 31% bought e-vapor products themselves.

Current Electronic Vapor Use by Demographic













*Fewer than 30 students in this subgroup.

Contents of Electronic Vapor Product



NJSHS 10-Year Trend Analysis: 2019-2021 Electronic Vapor Use

Percentage of New Jersey Youth Who:			2019	2021	Trend Analysis 2019-2021
Ever used an electronic vapor product			45%	36%	
Currently used an electronic vapor product			28%	22%	
Currently used an electronic vapor product frequently			6%	7%	
Currently used electronic vapor products daily			4%	5%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.					

Additional New Jersey Student Health Survey Findings

- 22% of students currently smoked cigarettes or used electronic vapor products on at least one day during the 30 days before the survey.
- 41% of female students have ever used an electronic vapor product as compared to 32% of males.
- All frequencies of e-vapor use (current, frequently, daily) increased with grade. Daily use increased from 2% of 9th grade students to 9% of 12th grade students.

Definitions

- Examples given for electronic vapor products are e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens (such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo)
- Current e-vapor use is defined as use on at least one day during the 30 days before the survey.
- Frequent e-vapor use is defined as use on 20 or more days during 30 days before the survey.
- Daily e-vapor use is defined as use on all 30 days during the 30 days before the survey.
- Locations for purchase listed: convenience store, supermarket, discount store, or gas station.

Resources

- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- Rutgers -- SECD Lab: <https://www.secdlab.org/>
- Partnership for Drug-Free Kids: <https://drugfree.org/>

2021 New Jersey Student Health Survey

DRUG USE

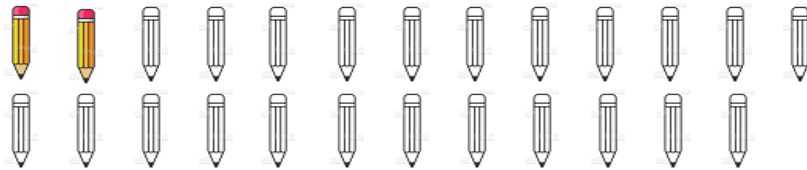
Among youth in the United States, illicit drug use is associated with heavy alcohol and tobacco use,⁽¹⁾ violence, delinquency, and suicide.⁽³⁾ All school districts prohibit illegal drug possession or use by students on school property.⁽²⁾ Among high school students nationwide in 2021, 2.5% had used any form of cocaine, 1.3% had used heroin, 1.8% had used methamphetamines, 2.9% had used ecstasy one or more times during their life, and 12.2% had misused prescription opioids.⁽⁴⁾

7%

of high school students ever took a prescription drug without a doctor's prescription

10-Year Linear Trend: Decreasing

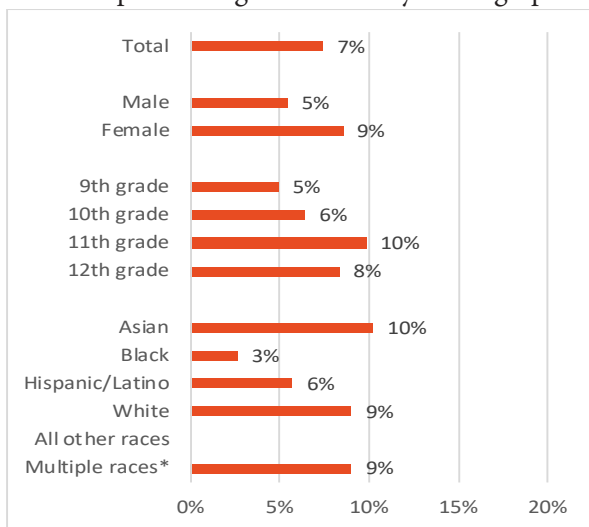
In a class of 25, almost 2 students currently took a prescription drug without a doctor's prescription.



New Jersey Student Health Survey Highlights

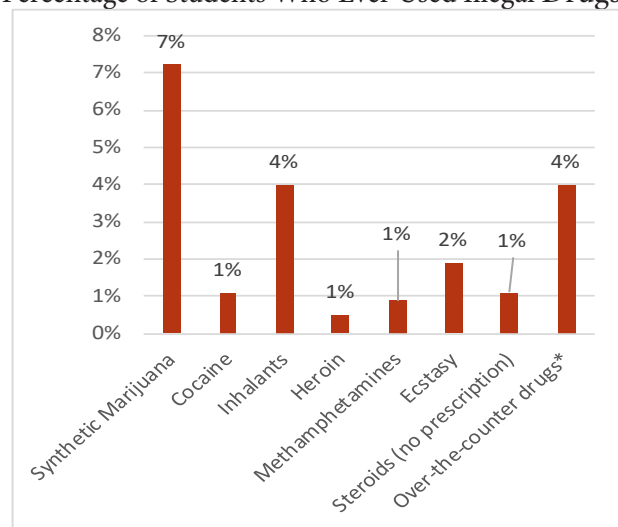
- *Injected Drug Use:* 1% ever injected any illegal drug.
- *Steroid Use:* 1% ever took steroid pills or shots without doctor's prescription.
- *Lifetime Prescription Drugs:* 7% ever took prescription drugs without a doctor's prescription.
- *Current Prescription Drugs:* 4% currently took prescription drug without a doctor's prescription.
- *Lifetime Over-the-counter Drugs:* 4% ever took over-the-counter drugs to get high.

Prescription Drug Use No Rx by Demographic



*Fewer than 100 students in this subgroup.

Percentage of Students Who Ever Used Illegal Drugs



*Over-the-counter drugs used to get high

NJSHS 10-Year Trend Analysis: 2011-2021 Drug Use

Percentage of New Jersey Youth Who:			2011	2013	2019	2021	Trend Analysis 2011-2021
Ever took steroid pills or shots without a doctor's prescription			2%	2%	2%	1%	
Ever took prescription drugs without a doctor's prescription			15%	12%	7%	7%	
Currently took a prescription drug without a doctor's prescription			—	—	3%	4%	
Ever took over the-counter-drugs to get high			8%	8%	4%	4%	
Ever injected any illegal drug			2%	2%	1%	1%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.							

Additional New Jersey Student Health Survey Findings

- The largest age group to report injecting an illegal drug is students 15 years old or younger, with 1% reporting needle use.
- In the 12 months before the survey, 10% of students attended school under the influence of alcohol or other illegal drugs 1 or 2 times.
- Current prescription drug use without a prescription was at 3% for students self-identified as heterosexual and 7% for students self-identified as gay, lesbian, or bisexual. Lifetime usage rates are 7% and 10%, respectively.

Definitions

- Prescription drug examples given in the survey are OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, and Xanax.
- Injecting an illegal drug is defined as the student using a needle to inject any illegal drug into their body, one or more times during their life.
- The survey asks about steroids taken without a doctor's prescription, either pills or shots, taken one or more times during the student's life.

Resources

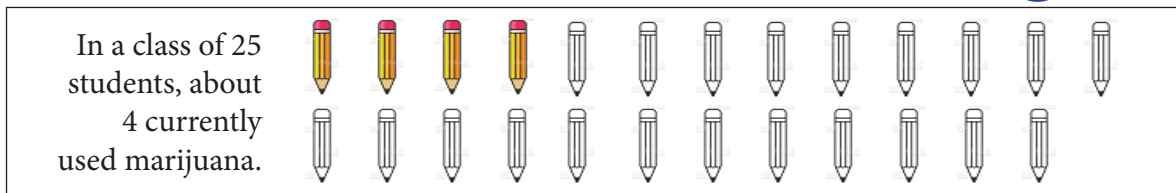
- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- DEA Parent Resource -- How Teens Misuse Medicine: https://www.dea.gov/sites/default/files/2018-11/DEA_PrescriptionForDisaster-2018ed_508.pdf
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- L.E.A.D -- Law Enforcement Against Drugs: <https://www.leadrugs.org/>
- School Based Programs -- Partnership for a Drug-Free New Jersey: <http://drugfreenj.org/school/school-based-programs/>

2021 New Jersey Student Health Survey

MARIJUANA USE

Nationwide, marijuana remains the most widely used federally illegal drug.⁽¹⁾ The percentage of high school students who view marijuana use as risky is decreasing.⁽²⁾ Among high school students nationwide in 2021, 27.8% had ever used marijuana, 15.8% currently used marijuana (one or more times in the 30 days before the survey), and 4.9% tried marijuana for the first time before age 13.⁽³⁾

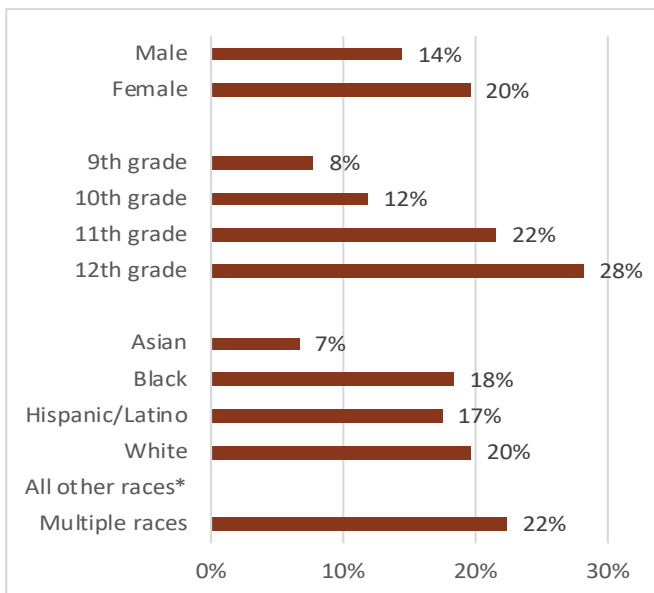
17%
of high school students currently used marijuana
(one or more times during the 30 days before the survey)
10-Year Linear Trend: No Change



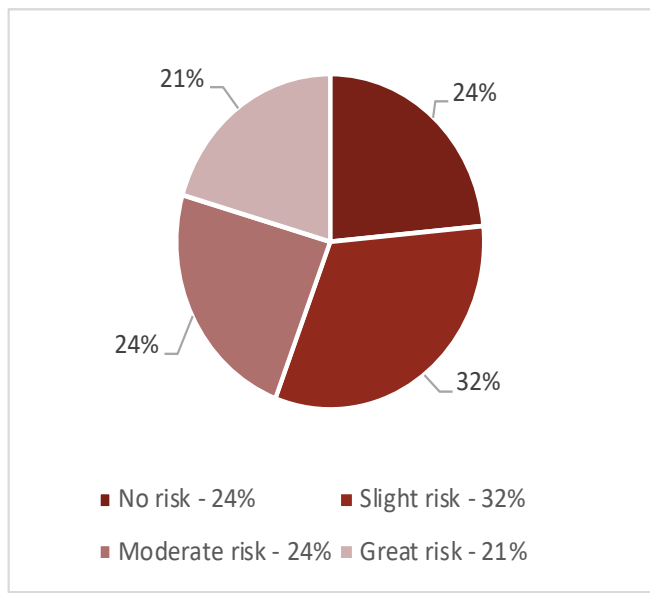
New Jersey Student Health Survey Highlights

- *Current Marijuana Use:* 17% used marijuana at least one time on one or more of the past 30 days.
- *Lifetime Marijuana Use:* 30% have ever used marijuana.
- *Marijuana Before Age 13:* 3% tried marijuana for the first time before the age of 13.
- *E-vapor Products:* 10% used marijuana only, tobacco and marijuana, or flavoring and marijuana in e-vapor product during past 30 days.

Current Marijuana Use by Demographic













Student Perception of Harm with Weekly Use



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Marijuana Use

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
Ever used marijuana	37%	39%	33%	30%	
Tried marijuana for the first time before age 13 years	4%	5%	3%	3%	
Currently used marijuana	21%	21%	20%	17%	
Used marijuana only, or tobacco and marijuana, or flavoring and marijuana in the electronic vapor products they used	—	—	13%	10%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.					

Additional New Jersey Student Health Survey Findings

- 26% of male students have ever used marijuana compared to 32% of female students.
- Current marijuana use by students self-identified as heterosexual is 16%. The rate of current use for students self-identified as gay, lesbian, bisexual is 26%, and the rate for students self-identified as other/questioning is 17%.
- For students trying marijuana before the age of 13, the highest racial category was Hispanic/Latino at 4%. All other race/ethnicity categories were at 2% or 3%.

Definitions

- Current marijuana use is defined as use on at least one day during the 30 days before the survey.

Resources

- ReachNJ -- Facing Addiction Taskforce: 1-844-ReachNJ (New Jersey's 24/7 Addiction Helpline), <https://nj.gov/humanservices/reachnj/>
- New Jersey Prevention Network: <https://www.njpn.org>
- Parent-To-Parent: <http://www.parent2parentnj.org/index.php>
- Partnership for Drug-Free Kids: <https://drugfree.org/>
- Resource Manual For Intervention And Referral Services (I&RS): <https://www.nj.gov/education/students/irs/>
- Substance Abuse Prevention Parent Education Program: <http://drugfreenj.org/child-break/15-minute-child-break/>

2021 New Jersey Student Health Survey

SEXUAL BEHAVIOR

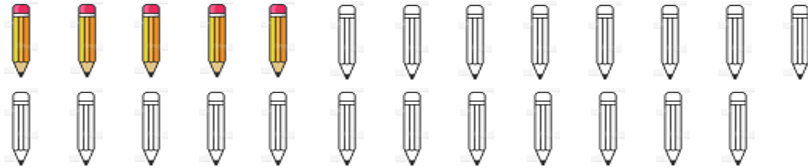
Nationwide, early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners, increased risk of STDs and pregnancy, and decreased condom usage.⁽¹⁾ Prevalence estimates suggest that young people aged 15–24 years acquire half of all new STDs.⁽²⁾ Among high school students nationwide in 2021, 30% had sexual intercourse during their life, 6% had sexual intercourse with four or more persons during their life, and 20.7% had sexual intercourse with at least one person during the three months before the survey.⁽³⁾ The percentage of sexually active students who used a condom during last sexual intercourse has been declining since 2003 (63% - 52%).⁽⁴⁾

18%

of high school students were currently sexually active
(at least one time during the 3 months before the survey)

10-Year Linear Trend: Decreasing ↘

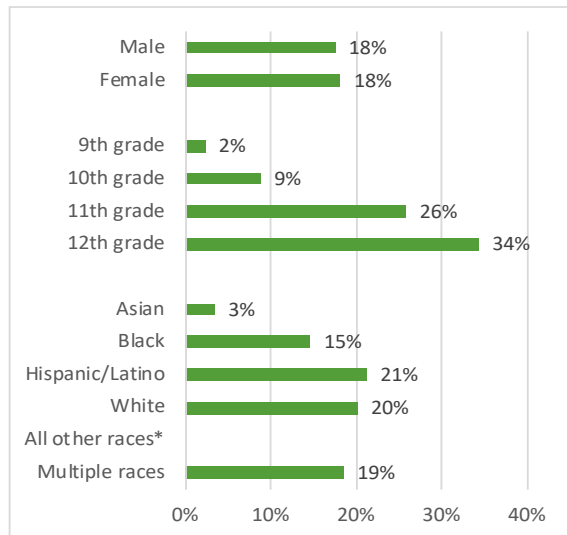
In a class of 25 students,
almost 5 were currently
sexually active.



New Jersey Student Health Survey Highlights

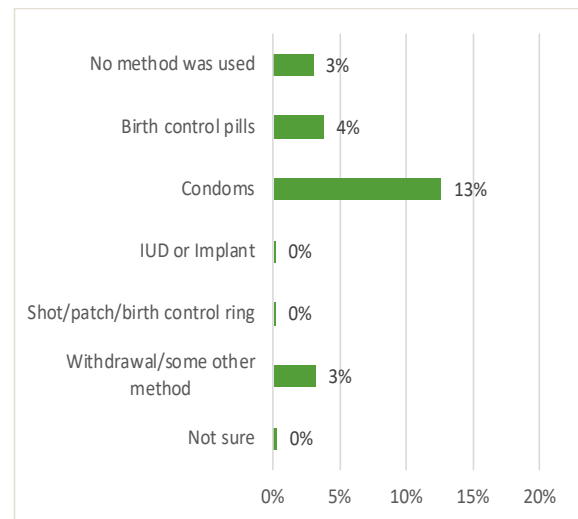
- *Currently Sexually Active:* 18% had sexual intercourse at least one time during the 3 months before the survey.
- *Sex Before Age 13:* 2% had sexual intercourse for the first time before the age of 13.
- *Condom During Last Sexual Intercourse:* 52% used a condom during last sexual intercourse.

Currently Sexually Active by Demographic



*Fewer than 30 students in this subgroup.

One Contraception Used During Last Sexual Intercourse*



*Among sexually active students

NJSHS 10-Year Trend Analysis: 2011-2021 Sexual Activity

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
Had sexual intercourse for the first time before age 13 years	5%	5%	3%	2%	
Had sexual intercourse with four or more persons during their life	14%	12%	7%	4%	
Were currently sexually active (3 months)	32%	29%	24%	18%	
Used a condom during the last sexual intercourse	63%	59%	63%	52%	
Were ever tested for human immunodeficiency virus (HIV)	10%	9%	8%	4%	
Were tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea	—	—	7%	4%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					—

Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.

Additional New Jersey Student Health Survey Findings

- Sexual intercourse with four or more persons during their life is under 4% for 9th - 11 grade, and increases to 10% for 12th grade.
- 8% of students have texted, e-mailed, or posted electronically a revealing or sexual photo of themselves during the 30 days before the survey. 21% of students have received this type of photo.
- Sexual intercourse before the Age of 13 was highest for black students at 6%. The percentage for students of multiple races is 4%, Hispanic/Latino is 3%, 1% for white students, and 0% for Asian students.

Definitions

- Types of contraception asked about are birth control pills; IUD or implant; shot, patch, or birth control ring.

Resources

- Family Life and Health Education FAQ:
https://www.mhrd.org/cms/lib/NJ01000236/Centricity/Domain/100/Family_Life_Education_FAQ.pdf
- New Jersey Resources for Instruction:
<https://www.nj.gov/education/safety/wellness/prevention/curr.shtml>
- ETR Resource Center for Adolescent Pregnancy Prevention (ReCAPP):
<http://recapp.etr.org/recapp/index.cfm?fuseaction=pages.home>
- RAND Promising Practices Network on Children, Families and Communities:
<https://www.rand.org/well-being/social-and-behavioral-policy/projects/promising-practices.html>

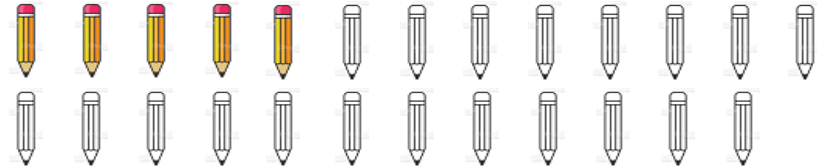
2021 New Jersey Student Health Survey

VIOLENCE/BULLYING/SUICIDE

Adolescents who experience violence are at increased risk of behavioral and mental health difficulties, including future violence perpetration and victimization, smoking, substance use, obesity, high-risk sexual behavior, depression, academic difficulties, school dropout, and suicide. ⁽¹⁾ Bullying victimization is associated with depression, suicidal ideation, self-injury, suicide attempts, school absenteeism or dropping out, and psychological distress. ⁽²⁾ Suicide is the second leading cause of death among people ages 10-14 and 20-34 in the United States. ⁽³⁾

20%
of students seriously considered attempting suicide
(at least one time during the 12 months before the survey)
10-Year Linear Trend: Increasing 

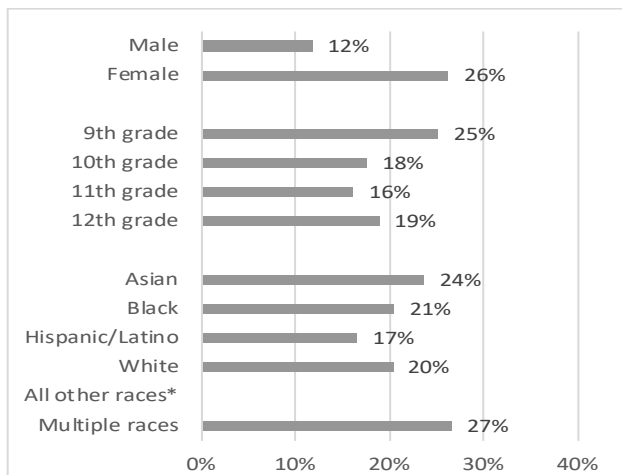
In a class of 25 students,
5 students seriously
considered attempting
suicide.



New Jersey Student Health Survey Highlights

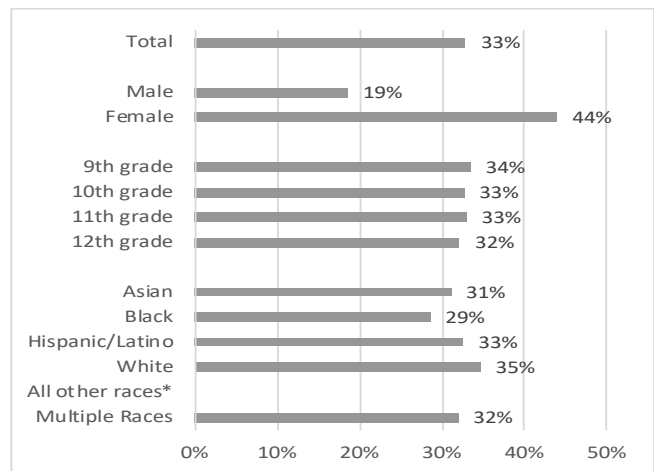
- *Considered suicide:* 20% had seriously considered attempting suicide during the past 12 months.
- *Hurt Themselves:* 22% purposely hurt themselves without wanting to die during the past 12 months.
- *Sexual and Dating Violence:* 11% of students experienced sexual violence (15% of females and 6% of males), and 10% have experienced dating violence (8% of females and 10% of males).
- *Electronically Bullied:* 15% of students reported that they were electronically bullied during the 12 months before the survey (11% of males and 19% of females).

Seriously Considered Suicide by Demographic



*Fewer than 30 students in this subgroup.

Mental Health was Not Good Most of the Time or Always



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Violence/Bullying/Suicide

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
Felt sad or hopeless	26%	29%	36%	42%	
Seriously considered attempting suicide	13%	14%	15%	20%	
Made a plan about how they would attempt suicide	11%	12%	12%	13%	
Actually attempted suicide	6%	10%	6%	10%	
Did something to purposely hurt themselves without wanting to die	18%	18%	14%	22%	
Did not go to school because they felt unsafe	4%	6%	8%	11%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC

Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.

Additional New Jersey Student Health Survey Findings

- 33% of students reported that their mental health was not good during the 30 days before the survey. 44% of females and 19% of males identified this feeling.
- 13% of students made a plan about how they would attempt suicide, and 10% actually attempted suicide during the past 12 months.
- 42% of students felt sad or hopeless almost every day for more than 2 weeks in a row and stopped doing some usual activities. 53% of females reported this feeling compared to 28% of males.
- 21% of students who reported feeling sad, empty, hopeless, angry, or anxious were able to get the kind of help they needed most of the time or always.
- 5% of students felt they were treated badly or unfairly because of their race or ethnicity.
- 5% of students felt they were treated badly or unfairly because of their sexual orientation.

Definitions

- Mental health includes stress, depression, and problems with emotions.
- Sexual violence is explained as being forced to do sexual things you did not want to do, (things such as kissing, touching, or being forced to have sexual intercourse).
- Dating violence is explained in the survey as someone you were dating or going out with physically hurting you on purpose, counting things such as being hit, slammed into something, or injured with an object or weapon.
- Suicide is explained as people sometimes feeling so depressed about the future that they may consider attempting suicide (taking some action to end their own life).

Resources

- Suicide Prevention Hotline: Call or Text 988
- NJ Hopeline: Call or Text 855-654-6735, <https://njhopeline.com>
- Prevent Suicide New Jersey: <https://preventsuicidenj.org/>
- American Foundation for Suicide Prevention (AFSP): <https://afsp.org>
- Suicide Prevention Resource Center (SPRC): <https://www.sprc.org/states/new-jersey>
- Society for the Prevention of Teen Suicide (SPTS): <https://sptsusa.org>

2021 New Jersey Student Health Survey

STUDENT HEALTH

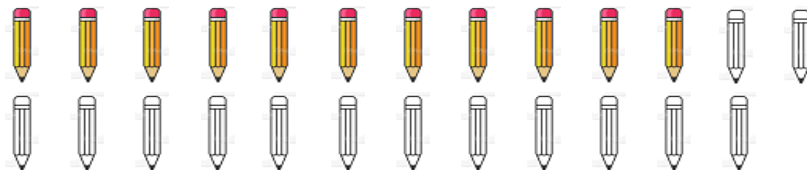
Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.⁽¹⁾ Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer and premature death.⁽¹⁾ The American Academy of Sleep Medicine recommends that youth ages 13-18 get 8 to 10 hours of sleep per day.⁽²⁾ Among high school students nationwide in 2021, 77.3% did not get the recommended 8 to 10 hours of sleep on school nights.⁽³⁾

45%

of high school students were physically active for 60 minutes on 5 or more days (during the 7 days before the survey)

10-Year Linear Trend: No Change

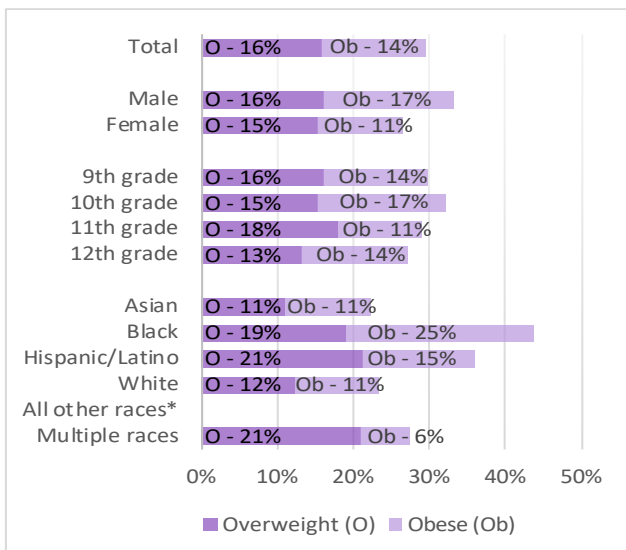
In a class of 25 students, about 11 were physically active for 60 minutes on 5 or more days per week.



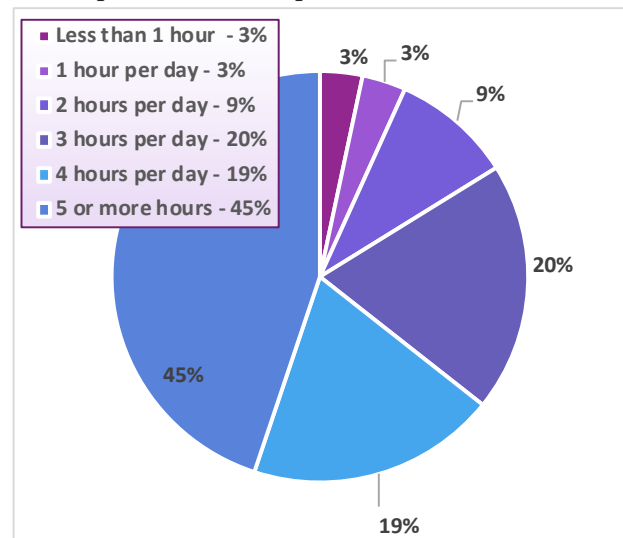
New Jersey Student Health Survey Highlights

- *Physically Active:* 45% were physically active at least 60 minutes on 5 or more days during the past 7 days.
- *Screen Time:* 84% spent 3 or more hours per day on screen time on an average school day (not counting homework).
- *Concussion:* 10% had a concussion from sport or activity during past 12 months.
- *Breakfast:* 19% did not eat breakfast during the past 7 days.

Overweight and Obesity by Demographic














Hours Spent on the Computer (other than school work)



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Student Health

Percentage of New Jersey Youth Who:			2011	2013	2019	2021	Trend Analysis 2011-2021
Were overweight			15%	14%	15%	16%	
Were obese			11%	9%	12%	14%	
Were physically active at least 60 minutes per day on 5 or more days			50%	49%	45%	45%	
Were physically active at least 60 minutes on all 7 days			28%	28%	23%	22%	
Got 8 or more hours of sleep			26%	27%	16%	23%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior		No change in behavior		Trend not reported by CDC
							
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.							

Additional New Jersey Student Health Survey Findings

- While 30% of students were identified as overweight or obese based on BMI, 31% (34% of females and 28% of males) described themselves as slightly or very overweight.
- The percentage of students getting 8 hours of sleep per night decreased as grade increased, from 29% for 9th grade students to 18% for 12th grade students.
- 27% of students ate breakfast on all 7 days before the survey. This percentage decreased as age increased, from 31% for 15 or younger to 22% for 18 or older.

Definitions

- Computer use is described in the survey as time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Facebook, or other social media, for something that was not school work, on an average school day.
- Obesity is defined as body mass index being greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts. Overweight is greater than or equal to the 85th percentile but less than the 95th percentile.

Resources

- New Jersey Association for Health, Physical Education, Recreation and Dance: <http://www.njahperd.org/>
- State Obesity Fact Sheets-National Initiative for Children's Healthcare Quality (NICHQ): <https://www.nichq.org/>
- New Jersey State Interscholastic Athletic Association: <https://www.njsiaa.org/>
- Alliance for a Healthier Generation-Promotes Healthy Eating and Physical Activity: <https://www.healthiergeneration.org/>

2021 New Jersey Student Health Survey

VEHICLE SAFETY

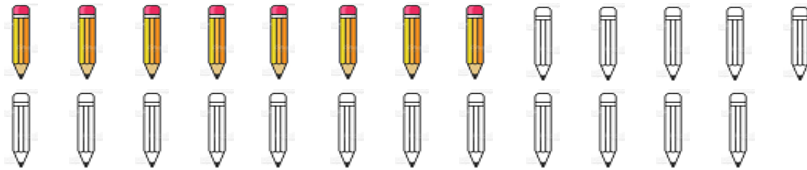
Motor vehicle crashes are one of the leading causes of death among youth aged 15 to 19 in the United States⁽¹⁾ and alcohol use is associated with 19% of all traffic fatalities among drivers 16 to 20 years of age.⁽²⁾ Among high school students nationwide in 2021, 39.9% did not always wear a seat belt while 14.1% rode with a driver who had been drinking in the 30 days before the survey.⁽³⁾

31%

of students texted or e-mailed while driving
(on at least 1 day during the 30 days before the survey)

8-Year Linear Trend: Decreasing

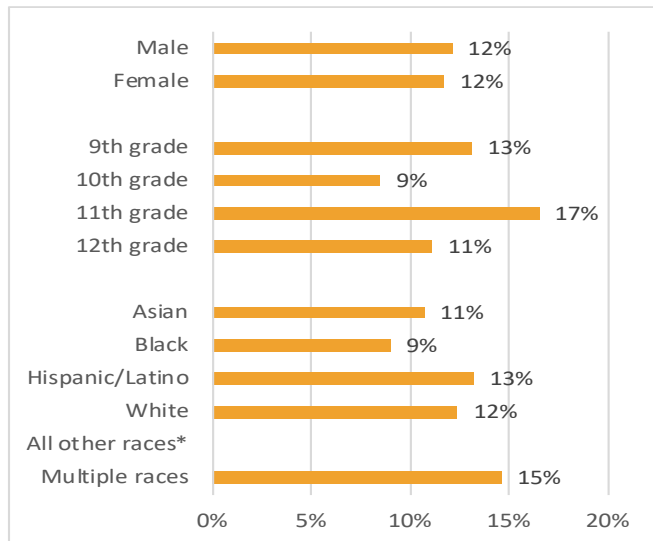
In a class of 25 students,
almost 8 students texted
or e-mailed while driving.



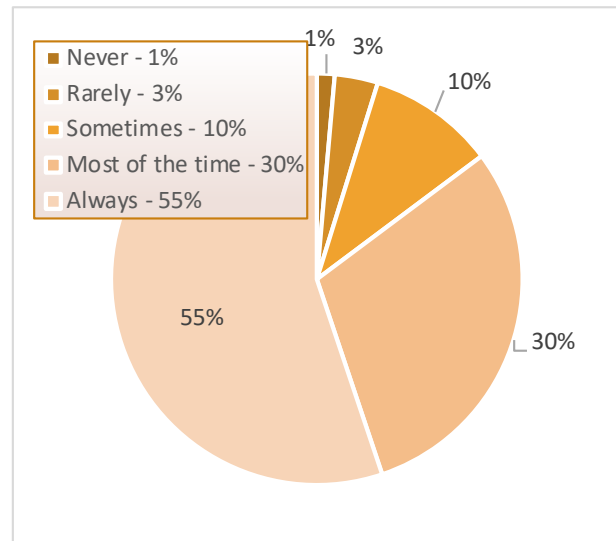
New Jersey Student Health Survey Highlights

- *Seat Belt Use:* 45% did not always use a seat belt when riding in a car driven by someone else.
- *Drinking and Driving:* 2% drove after drinking alcohol during the past 30 days.
- *Drinking and Riding:* 12% rode with a driver who had been drinking alcohol in the past 30 days.
- *Texting and Driving:* 31% texted or e-mailed while driving during the past 30 days.

Rode in a Car with Someone who had been Drinking Alcohol by Demographic












Frequency Wearing a Seat Belt Riding in a Car



*Fewer than 30 students in this subgroup.

NJSHS 10-Year Trend Analysis: 2011-2021 Vehicle Safety

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis
Did not always wear a seat belt	53%	50%	46%	45%	
Rode with a driver who had been drinking alcohol	21%	20%	12%	12%	
Drove a car or other vehicle when they had been drinking alcohol	—	9%	3%	2%	
Texted or e-mailed while driving a car or other vehicle	—	36%	29%	31%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC
					—
Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.					

Additional New Jersey Student Health Survey Findings

- The percentage of students who did not always wear a seatbelt decreased with grade from 51% for 9th grade students to 37% for 12th grade students.
- Among students who had driven a car in the 30 days before the survey, 20% of 11th graders and 52% of 12th graders texted or e-mailed while driving.
- The percentage of students who drove a car or other vehicle when they had been drinking alcohol was higher for males at 3%, compared to 1% for females.
- The percentage of students who texted or emailed while driving was higher for females at 33%, compared to 29% for males.

Definitions

- Statistics about student drivers are in reference to the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey.
- Questions about seatbelt wearing are in reference to riding in a car driven by someone else.

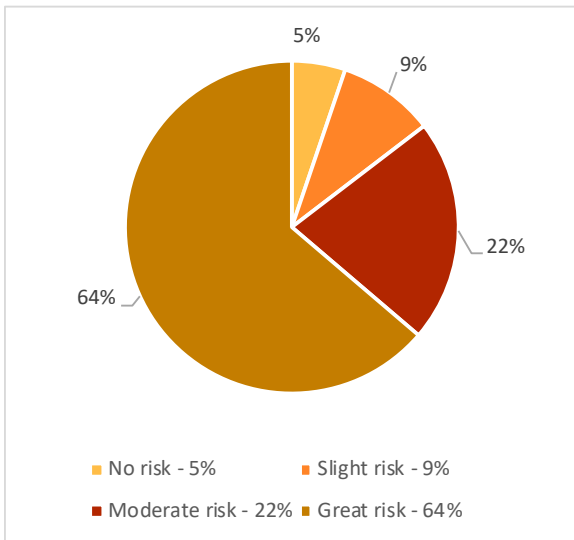
Resources

- Teen Driving | NHTSA: <https://www.nhtsa.gov/road-safety/teen-driving>
- NJ MVC: <https://www.state.nj.us/mvc/press/archives/2017/101817.htm>
- Parents -- New Jersey Drives: <https://jerseydrives.com/parents/#anchor4>
- Teen Driver Safety Programs | NJM: <https://www.njm.com/teen-driver-safety>

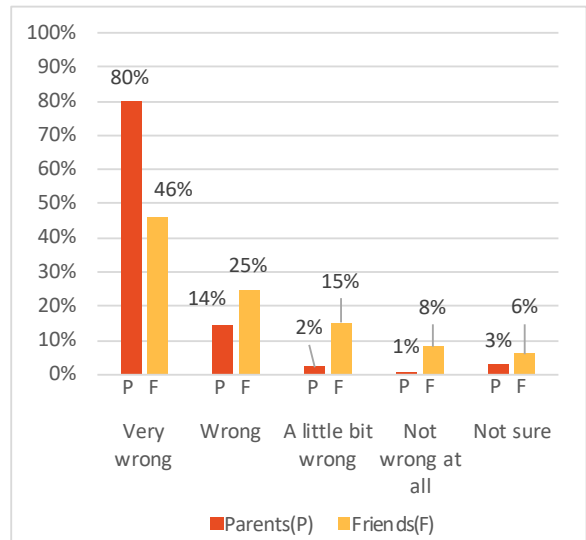
RISK PERCEPTIONS

Cigarette Smoking

How much do you think people risk harming themselves if they smoke one or more packs of cigarettes per day?

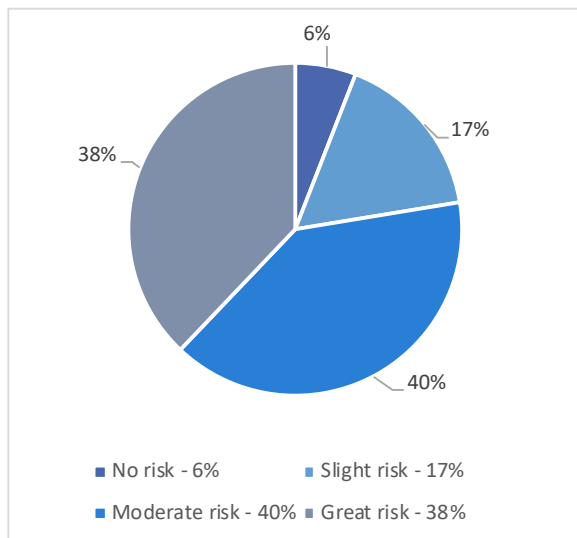


How wrong do your parents and friends feel it would be for you to smoke cigarettes?

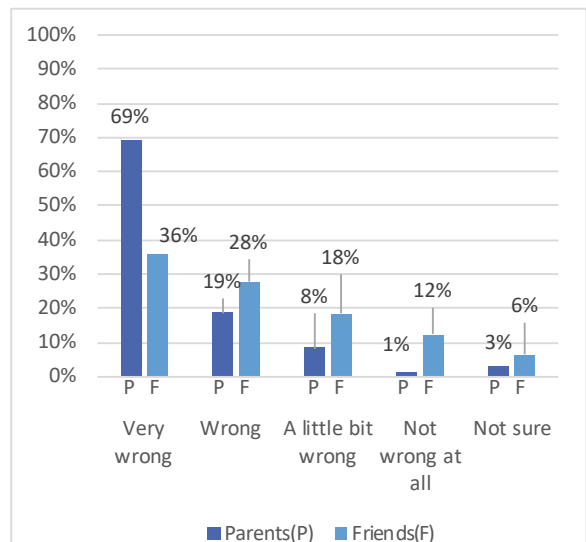


Alcohol

How much do you think people risk harming themselves if they have five or more drinks of alcohol once or twice a week?

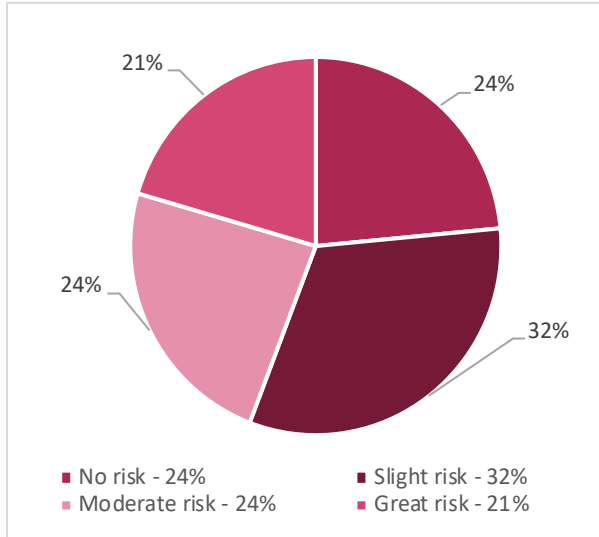


How wrong do your parents and friends feel it would be for you have one or two drinks of alcohol nearly every day?

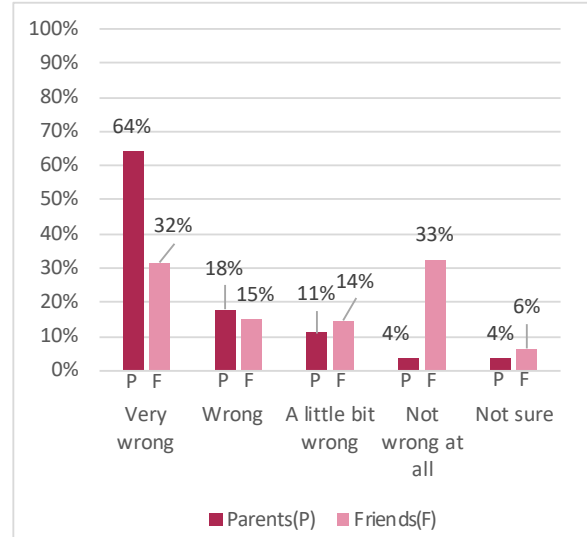


Marijuana Use

How much do you think people risk harming themselves if they use marijuana once or twice a week?

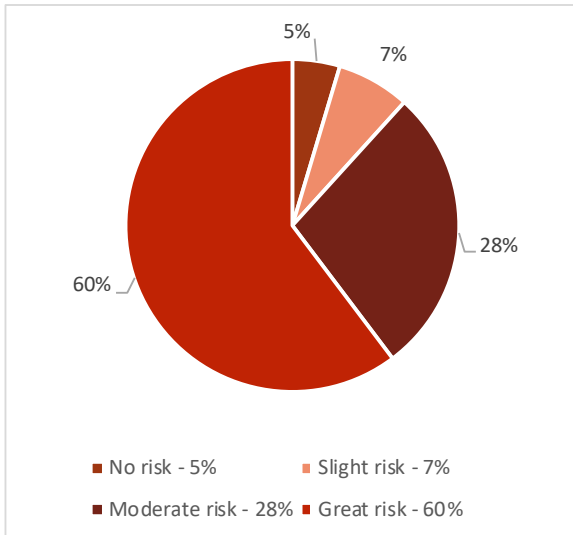


How wrong do your parents and friends feel it would be for you to use marijuana?

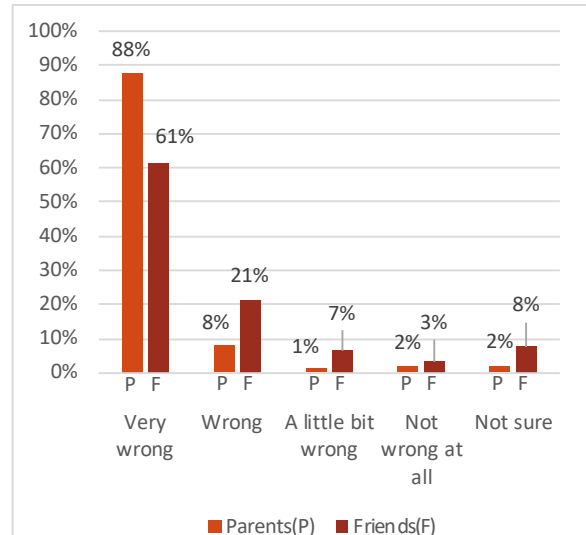


Prescription Drugs

How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?



How wrong do your parents and friends feel it would be for you to take prescription drugs without a prescription?



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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
<https://www.nj.gov/education/safety/survey/index.shtml>

More information about the CDC and 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 Educational Services
Office of Student Support Services
PO Box 500
Trenton, NJ 08625-0500

<https://www.nj.gov/education/>



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