

SITKA 2005 YOUTH RISK BEHAVIOR SURVEY

In the spring of 2005, 283 high school students and 87 middle school students took the national Youth Risk Behavior Survey (YRBS). The following narrative answers some questions about the results and the report sent to us from the state YRBS coordinator, followed by a summary of Sitka's results, and charts that compare Sitka's 2005 results to Alaska statewide results of 2003 and nationwide results of 2001.

Why does the total number of student responses change in different questions?

There were 283 valid high school surveys completed, and 87 valid middle school surveys. In some cases, a student may have skipped a question, making the total number of responses lower than 283.

Why does the ethnicity total 302? Students were allowed to select more than one ethnicity on their survey.

Will we be getting a state summary?

No. While Sitka achieved the minimum number of responses for a valid YRBS survey, the statewide survey did not.

What data can we compare our Sitka data to?

Sitka participated in the local survey this year and we have received the results of that survey. As far as the state YRBS person could tell, this is the first time Sitka has taken the localized version of this survey. In the past, we have participated in the statewide survey, and received the published results from that. Our closest comparison is the statewide data from 2003.

Why is the data only presented in the context of gender (instead of by grade, age, or ethnicity)?

The YRBS has a national policy that a group must have at least 100 responses from a subgroup (like, race, or grade level) before they will report the results. The only grouping that exceeded 100 students were gender groupings; there were less than 100 per grade, age, and ethnicity.

Can we analyze any of the data by age or ethnicity?

Perhaps. We do have the raw data, so we can run other calculations on it, provided we have access to the right statistical program. We would need to take care in interpreting the results to assure that they are statistically valid.

Will the state be providing any further analysis of this data?

No. Because Sitka participated in the local survey, not the statewide survey, they have provided us with this report, and the raw data to analyze more deeply if we wish.

PERSONAL SAFETY

All percentages in this summary refer to actual survey results. These results have not been weighted.

- Of students who rode a bicycle in the last 12 months, 60% of high school students and 30% of middle school students said they **never or rarely wore a bicycle helmet**.
- 22% of high school students and 10.5% of middle school students said they **never or rarely wear seat belts** when riding in a car driven by someone else.
- 27.5% of high school students and 21% of middle school students said that within the 30 days preceding the survey, **they rode with a driver who had been drinking**.
- 11.7% of high school students **drove a vehicle after they had been drinking** at least once in the 30 days preceding the survey.

VIOLENCE-RELATED BEHAVIORS

All percentages in this summary refer to actual survey results. These results have not been weighted.

In the 30 days preceding the survey:

- 5.5% of high school females and 11.6% of high school males had **carried a weapon (such as a gun, knife, or club) on school property** at least once.
- 3.5% of high school females and 4.7% of high school males said they **did not go to school on one or more days because they felt unsafe**.
- 6.3% of high school females and 11.4% of high school males said they had been **threatened or injured on school property**.

In the 12 months preceding the survey:

- 4.9% of high school females and 14.9% of high school males had been in a **fight on school property** at least once.
- 9% of high school females and 11% of high school males had been **hit by their boyfriend/girlfriend**.

In addition, 14.7% of high school females and 6.7% of high school males have been **forced to have sexual intercourse without their consent**.

SUICIDE

All percentages in this summary refer to actual survey results. These results have not been weighted.

In the 12 months preceding the survey:

- 22.4% of high school females, 17% of high school males, and 27.9% of middle school students have **seriously thought about suicide**.
- 16% of high school females, 14.5% of high school males, and 16.3% of middle school students have **made a plan** about how they would attempt suicide.
- 13% of high school females, 8.7% of high school males, and 12.8% of middle school students have **attempted suicide** at least once.

TOBACCO USE

All percentages in this summary refer to actual survey results. These results have not been weighted.

Overall, on at least one of the 30 days preceding the survey, **32% of the high school students surveyed had smoked cigarettes or cigars or used chewing tobacco, snuff, or dip.**

56.9% of high school students and 32.1% of middle school students have **tried cigarette smoking.**

22.1% of high school students say they **smoked their first whole cigarette between the ages of 11 and 14.**

25% of high school students and 4.7% of middle school students are **current smokers** (i.e. they smoked on one or more of the 30 days preceding the survey).

8% of high school students are **frequent smokers** (i.e. they smoked on 20 or more of the 30 days preceding the survey). There are no frequent smokers among middle school students.

8% of high school students **smoked on school property** one or more days of the 30 days preceding the survey.

18% of high school students have **smoked daily** for 30 days.

68% of the students who smoked in the last 12 months have **tried to quit smoking cigarettes.**

8% of high school females and 19% of high school males **used chewing tobacco or snuff** at least one of the 30 days preceding the survey. No middle school students reported use of chewing tobacco.

4.9% of high school females and 11.7% of high school males smoked **cigars** on one or more of the 30 days preceding the survey.

ALCOHOL USE

All percentages in this summary refer to actual survey results. These results have not been weighted.

81% of high school females, 76% of high school males, and 40% of middle school students **have had at least one drink of alcohol in their lifetimes.**

36% of high school students say they **had their first drink at age 13 or 14**; 19% at age 15 or 16.

In the 30 days preceding the survey:

- 55% of high school females and 47% of high school males had **at least one drink**
- 36.5% of high school students drank **five or more drinks within a couple of hours.**
- 4.4% of high school students had at least one drink on school property

MARIJUANA USE

All percentages in this summary refer to actual survey results. These results have not been weighted.

55% of high school students and 13% of middle school students **have tried marijuana** at least once in their lifetimes.

25% of high school students **first tried marijuana at age 13 or 14**.

In the 30 days preceding the survey:

- 25% of high school students used marijuana **at least once**
- 7% of high school students used marijuana **40 or more times**
- 5% of high school students used marijuana **on school property** at least once

OTHER DRUG USE

All percentages in this summary refer to actual survey results. These results have not been weighted.

12.5% of high school females, 30% of high school males, and 1.2% of middle school students have **tried some form of cocaine** (including powder, crack, and freebase). 3.5% of high school females and 9% of high school males used some form of cocaine at least once in the 30 days preceding the survey.

17.4% of high school students and 11.6% of middle school students have **sniffed glue or inhalants** at least once in their lives.

1.8% of high school students have used **heroin** at least once.

11.7% of high school students have used **methamphetamines**.

8% of high school students have used **ecstasy** (MDMA).

2.9% of high school students have used **steroids** without a doctor's prescription.

0.36% of high school students have **injected an illegal drug** into their body.

In the 12 months preceding the survey, 23% of high school females and 36% of high school males were **offered, sold, or given an illegal drug on school property**.

SEXUAL BEHAVIOR

54% of high school females, 42% of high school males, and 11% of middle school students have had **sexual intercourse**.

20% of high school females and 12% of high school males have **had sex with four or more people during their lives**.

41% of high school females and 31% of high school males had **sex with one or more people in the 3 months preceding the survey**.

Of students that have had sexual intercourse, 62% of high school females and 83% of high school males say they **used a condom** the last time they had intercourse.

Of students that have had sexual intercourse, 74% used either a condom or birth control pills to **prevent pregnancy**. 4.3% did not use any birth control method.

BODY WEIGHT

All percentages in this summary refer to actual survey results. These results have not been weighted.

As determined by Body Mass Index, 15% of high school students and 18% of middle school students are **at risk for becoming overweight**; 9.5% of high school students and 18% of middle school students **are overweight**.

46.9% of high school females, 25% of high school males, and 36% of middle school students **describe themselves as slightly or very overweight**.

49.8% of high school students and 53.5% of middle school students are **trying to lose weight**.

In the 30 days preceding the survey:

- 41% of high school students and 20% of middle school students **went without eating for 24 hours or more to lose weight**.
- 4% of high school students and 3.5% of middle school students took **diet pills** without a doctor's advice
- 8% of high school students and 7% of middle school students **vomited or took laxatives** to lose weight

FOOD (high school survey only)

All percentages in this summary refer to actual survey results. These results have not been weighted.

In the 7 days preceding the survey:

- 82.8% drank 100% fruit juices at least once
- 95.3% ate fruit at least once
- 76.8% ate green salad at least once
- 66.4% ate potatoes at least once
- 67.1% ate carrots at least once
- 86.1% ate other vegetables at least once
- 25% ate five or more servings of fruits and vegetables

PHYSICAL ACTIVITY

All percentages in this summary refer to actual survey results. These results have not been weighted.

In the last 7 days:

- 62% of high school females, 73% of high school males, and 84% of middle school students **exercised vigorously** for at least 20 minutes on three or more days (i.e. they broke a sweat)
- 40% of high school females and 53% of high school males were **physically active for a total of 60 minutes or more** on five or more days

84% of high school students and 78% of middle school students **watch television for 2 hours or less** on an average school day.

66% of high school students and 73% of middle school students **played on at least one sports team** in the 12 months preceding the survey.

HEALTH-RELATED TOPICS

All percentages in this summary refer to actual survey results. These results have not been weighted.

78% of high school students and 58% of middle school students have been **taught about AIDS or HIV infection** in school.

16% of high school students and 14% of middle school students have been told by a doctor or nurse that they have **asthma**.

4.5% of high school students have been told by a doctor or nurse that they have **diabetes**.

8.8% of high school students and 5.8% of middle school students **describe their general health as fair or poor**.

GENERAL IMPRESSIONS (high school survey only)

All percentages in this summary refer to actual survey results. These results have not been weighted.

75% of surveyed students say their **parents talk with them about what they're doing in school** at least once a week; 5.8% say their parents never discuss school with them.

54% of the females and 68% of the males **think their teachers care about them and give them encouragement**.

90.4% of the students **have at least one adult other than their parents with whom they would feel comfortable seeking help**; 24% have five or more.

65% of the students spend at least one hour per week **helping others without getting paid**.

63% of the females and 49.7% of the males **participate in organized after school activities** at least one day per week.

15% of the females and 18% of the males **feel alone in their life**.

46% of the females and 54% of the males **feel they matter to people in the community**.

58% of the females and 67% of the males **feel their school has clear rules and consequences for behavior**.

