Providing insight in to behaviors that impact teens' health, safety, and well-being.

After School Seminars

Tobacco Prevention - Rm 101 "Say No to Drugs" - Rm 111 Drinking and Driving - Rm 201 "Eat to Live, Not Live to Eat" - Rm 300



Youth Behavior Checklist

 \checkmark I will eat fruits and vegetables.

✓ I will be Smoke-Free.

🗸 I will exercise regularly.

🗸 I will not abuse alcohol.

 \checkmark I will wear a seatbelt at all times.

 \checkmark I will not bully my classmates.





We are Smoke-Free



Help create a Healthy DeKalb. Join the Live Healthy DeKalb Coalition at www.dekalbhealth.net/DPPW.

YOUTH

NSURVEY

BEHAVIOR

RISK





Televere televere televere televere televere televere televere televere

Dear Students, Parents, and Colleagues:

We are pleased to share the results of the 2010 Youth Risk Behavior Survey. This survey was funded by the U.S. Centers for Disease Control and Prevention through a grant from the Communities Putting Prevention to Work initiative. With support from the DeKalb County School District, the DeKalb County Board of Health serves as a collaborative partner and helps to oversee the survey administration process, compile the data, and disseminate the results.

The survey provides critical insight regarding behaviors that impact teens' health, safety, and well-being. These behaviors include tobacco, alcohol, and illegal drug use; weapon carrying; physical violence; bullying; suicide attempts; drinking and driving; seatbelt and helmet use; sexual activity; nutritional habits; and physical activity.

The report highlights trends in health behaviors among youth in DeKalb between 2003 and 2010. Trends over time reveal where progress has occurred and where critical needs still exist. For example, the percentage of students who ate at least one serving of fruit daily and the percentage of students who were active for a total of at least 60 minutes per day on five or more of the previous seven days increased.

These results attest to the success of the focused efforts of families, schools, and community interventions that impact the well-being of youth. While there is much to celebrate in terms of the considerable gains, the data suggest there is still room for improvement. We must maintain our successes, yet be aggressive in our efforts to reach out to youth who continue to engage in behaviors that are detrimental to their physical and mental health.

We encourage you to use the data from this report to establish collaborations among faith, civic, and business leaders to develop new policies and interventions, to generate awareness among youth and parents, and to seek funding opportunities that can impact wellness.

By working together to improve the health and safety of our teens, we can foster a healthier environment that allows our youth to reach their full potential.

Sincerely,

Cheryl L. H. Atkinson, Ed.D. Superintendent DeKalb County School District S. Elizabeth Ford, M.D., M.B.A. District Health Director DeKalb County Board of Health

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Introduction

This report summarizes the health behaviors of high school students in DeKalb County, Georgia, that put them at risk for injury, illness, and—in some cases—death. Injuries due to external causes account for the largest proportion of deaths among DeKalb County high school students. From 2003 to 2010, these deaths accounted for 67 percents of all deaths among youth aged 13 to 19. Of these, 26 percent were due to homicide and another 26 percent were due to motor vehicles accidents. Additionally, maternal and child health issues arose from an average of 1,193 pregnancies each year among females aged 15-19 years.

The causes of injury, illness, and death are due to six basic types of behavior:

(1) behaviors that result in unintentional injuries and violence
 (2) tobacco use
 (3) alcohol and drug use
 (4) sexual behaviors
 (5) dietary behaviors
 (6) physical activity.

In 1991, the U.S. Centers for Disease Control and Prevention, together with other federal agencies, national education and health organizations, and state and local departments of education and health, developed the Youth Risk Behavior Surveillance System to monitor specific health-risk behaviors that contribute to injury, illness, and death and to assess how the frequency of these behaviors changes over time. In 1991, 26 states and 11 large cities participated in the Youth Risk Behavior Survey. By 2010, this number had risen to 47 states and 23 large cities.

In 2001, the DeKalb County School District contracted with the DeKalb County Board of Health to conduct the first Youth Risk Behavior Survey among students in DeKalb County public high schools (grades 9 to 12). This survey was thereafter administered in 2003, 2005, 2007, 2009, and 2010. The following report summarizes the 2010 findings and highlights any changes that have occurred between 2003 and 2010. The text on each page introduces each question along with the overall percentage of students who indicated they engage in a particular behavior. The graphs on each page break down the responses by sex, race/ethnicity, and grade level.

Methods

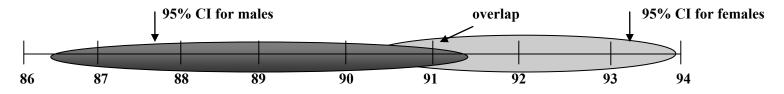
All 20 traditional DeKalb County public high schools participated in the study. A truancy school, a transition academy, a school for students with severe intellectual disabilities, an alternative school, and an open campus high school were excluded.

Classes from each school were chosen to participate in the survey. The number of classes varied from two to nine depending on the population size of the school. The classes were randomly chosen from among all second period classes, with the exception of third and fifth period classes in two schools. English as a Second Language classes, special education classes, and any classes comprised of one sex were excluded. All students within a selected class were eligible to participate.

Information describing the survey was sent to parents of students in selected classes two weeks before survey administration. Parents were given the option to exclude their child from taking the survey. Students could choose not to participate in the entire survey or to skip any question that they did not wish to answer. Participation in the survey was completely anonymous. Personally identifiable data were not collected and data are reported here in aggregate form.

Students completed a self-administered, 99-item questionnaire by recording their answers on a scannable (Scantron) answer sheet. Survey questions can be found in Appendix A starting on page 63. DeKalb County Board of Health employees administered the survey in the classrooms.

Results from the survey were weighted and thus are representative of all students in grades 9 to12 in DeKalb County public high schools. In this report, a result is considered "statistically significant" (indicating a difference) if there was no overlap in the 95% confidence intervals (95% CI) of the percentages being compared. A confidence interval tells us how precise the results are. A 95% CI means that we can say with 95% confidence that any differences that result between two groups are not due to chance, but some other factor. For example, if we visually mapped the confidence intervals for males and females who reported not walking or riding a bicycle to school due to dangerous weather, we see there is an overlap in the confidence intervals. This overlap in the 95% confidence intervals indicates that the results are not statistically significant; therefore we can say with 95% confidence that there is no difference between the two groups.



Only comparisons that are statistically significant are described in the text of the report.

Summary

Demographics

A total of 1,785 students from 20 public high schools in DeKalb County completed the survey. Weighted demographic characteristics of the students are as follows: male (51%), female (49%); grade 9 (31%), grade 10 (25%), grade 11 (23%), and grade 12 (21%); African American (77%), white (9%), Hispanic/Latino (8%), other race (3%), and multiple races (3%). Sixty-eight percent of students reported receiving grades of mostly As or Bs during the previous12 months. Females were significantly more likely than males to report this occurrence.

Healthy People 2010

DeKalb County high school students have consistently met national Healthy People 2010 goals for low tobacco use and not riding in a car with a driver who had been drinking. Between 2005 and 2010 more students started engaging in moderate physical activity, however the Healthy People 2010 goal was still not reached for that objective. Additionally, more work needs to be done to reduce the percentage of students who smoke cigars and to increase the percentage of students engaging in daily physical education classes.

Healthy People 2010 Objective	DeKalb YRBS 2003 %	DeKalb YRBS 2005 %	DeKalb YRBS 2007 %	DeKalb YRBS 2009 %	DeKalb YRBS 2010 %	Healthy People 2010 Goal %
Reduce the use of cigarettes in the past 30 days *	10	9	9	9	7	≤16
Reduce the use of tobacco in the past 30 days	14	14	14	15	13	≤21
Reduce the use of cigars in the past 30 days	9	10	11	13	12	≤8
Reduce the percentage of students who rode with a drunk driver in the past 30 days *	24	20	21	23	19	≤30
Increase the number of students participating in moderate physical activity *	23	24	26	35	37	≥50
Increase the number of students enrolled in daily physical education (PE) classes	26	31	28	27	25	≥50

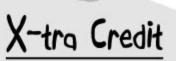
*Trend is statistically significant

BOLD = meets or exceeds the Healthy People 2010 goal



Unplanned injuries that occur over a short period of time and can lead to an unsought, harmful outcome.

Some causes include motor vehicle accidents, falls, and other physical injuries.



Drinking & Driving Seminar RM 201

Ghost Out Seminar RM 205

SECTION 1: UNINTENTIONAL INJURIES AND VIOLENCE

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Summary

Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS,2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Seriously considered attempting suicide during the past 12 months	13.7	13.4	13.3	14.5	15.0
Attempted suicide one or more times during the past 12 months	7.4	9.9	8.9	9.3	9.0
Ever been forced to have sexual intercourse	10.4	8.4	10.0	9.7	9.6
Intentionally physically hurt by boyfriend or girlfriend in past 12 months [‡]	10.9	13.3	13.0	14.6	13.2
Never or rarely wore a seatbelt when riding in a car driven by someone else [‡]	5.4	6.6	6.8	8.9	6.7
In the past 30 days, rode in a car driven by a driver drinking alcohol [‡]	24.4	19.9	21.0	22.9	19.3

‡Trend is statistically significant

<u>**Unintentional Injuries</u>**</u>

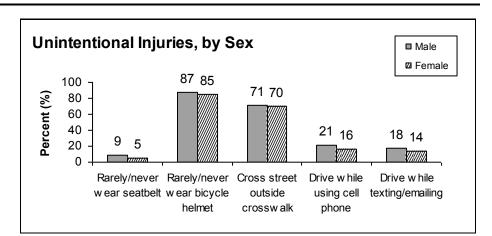
Percentage of DeKalb County high school students who:

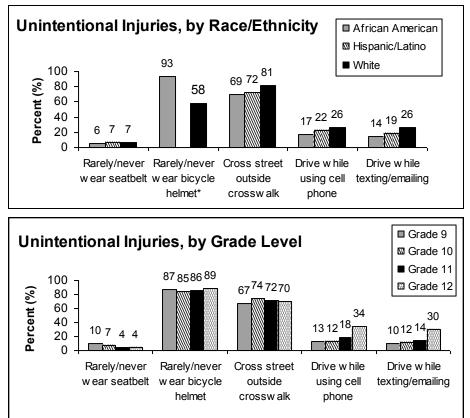
- Rarely/never wore a seatbelt when riding in a car driven by someone else: 6.7%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Of those who rode a bicycle in the past 12 months, those who rarely/never wore a bicycle helmet: 86.4% §
 - \Rightarrow No significant differences existed between sexes or among grade levels.

In the past 30 days, percentage of DeKalb County high school students who:

- Crossed a street in an area other than a marked crosswalk: 70.5%
 - \Rightarrow White students were significantly more likely than African American students to report this behavior.
- Drove a motor vehicle while talking on a cell phone: 18.4%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grades 9, 10, and 11 to report this behavior.
- Drove a motor vehicle while texting or e-mailing: 15.6%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grades 9, 10, and 11 to report this behavior.

§ Small sample size does not allow some comparisons*Note: Missing bars indicate fewer than 100 students in the subgroup





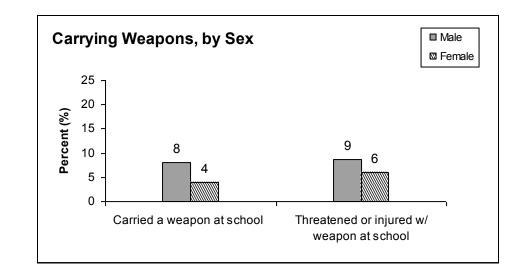
Carrying Weapons

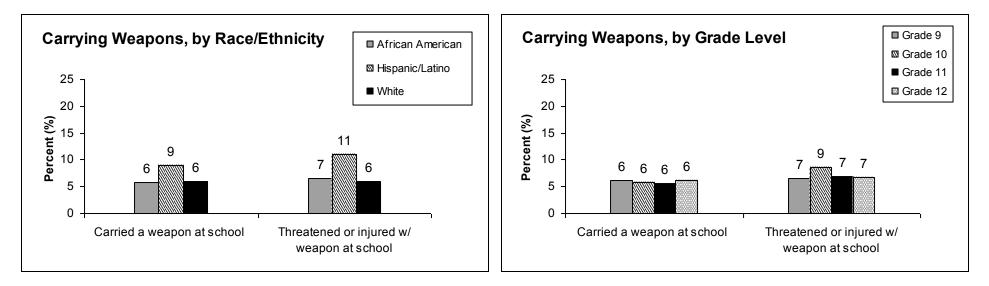
In the past 30 days, percentage of DeKalb County high school students who:

- Carried a weapon, such as a gun, knife, or club on school property: 6.2%
 - \Rightarrow Males were significantly more likely than females to report this behavior.

In the past 12 months, percentage of DeKalb County high school students who:

- Were threatened or injured with a weapon, such as a gun, knife, or club, on school property: 7.4%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.

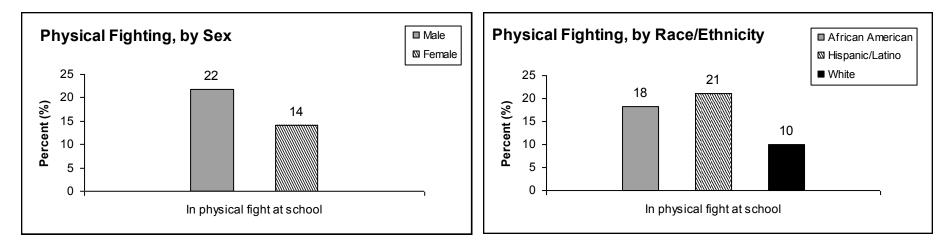


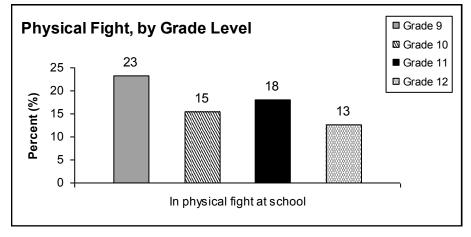


Physical Fighting

In the past 12 months, percentage of DeKalb County high school students who:

- Were in a physical fight one or more times on school property: 18.0%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Students in grade 9 were significantly more likely than students in grade 12 to report this behavior.

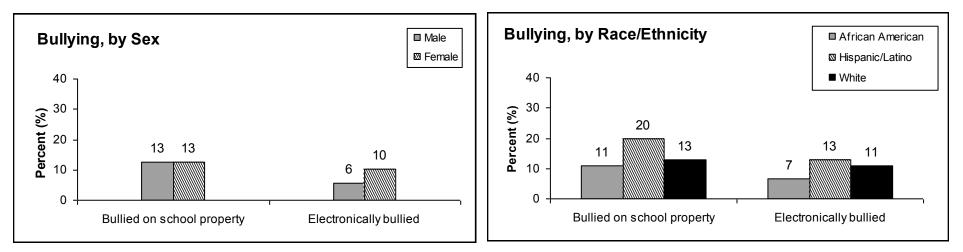


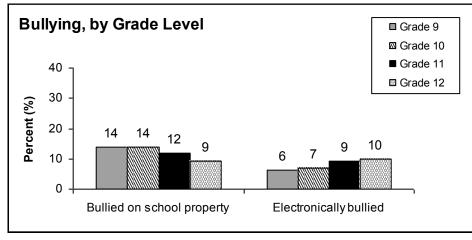


Bullying

In the past 12 months, percentage of DeKalb County high school students who:

- Were bullied on school property: 12.6%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Were electronically bullied: 7.9%
 - \Rightarrow Females were significantly more likely than males to report this behavior.





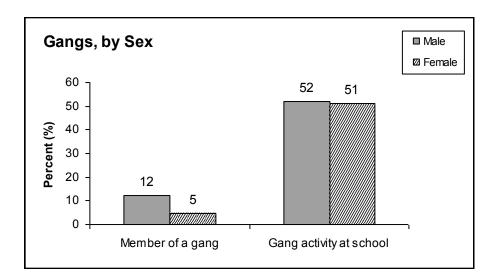
<u>Gangs</u>

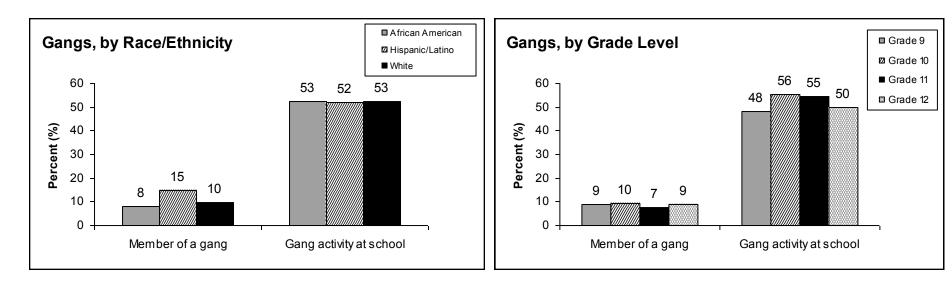
In the past 12 months, percentage of DeKalb high schools students who:

- Were a member of a gang: 8.8%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Hispanic/Latino students were significantly more likely than African American students to report this behavior.

Percentage of DeKalb high school students who:

- Said there was gang activity in their school: 51.7%
 - ⇒ No significant differences existed between sexes or among races/ethnicities or grade levels.





Other Violent Behaviors

Percentage of DeKalb County high school students who:

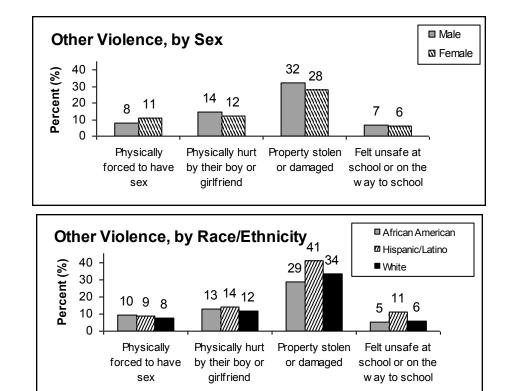
- Were ever physically forced to have sex when they did not want to: 9.6%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.

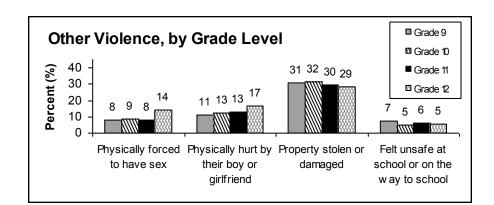
In the past 12 months, percentage of DeKalb County high school students who:

- Were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend: 13.2%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Had property stolen or damaged on school property: 30.4%
 - \Rightarrow Hispanic/Latino students were significantly more likely than African-American students to report this behavior.

In the past 30 days, percentage of DeKalb County high school students who:

- Did not go to school because they felt unsafe at school or on their way to or from school: 6.3%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.



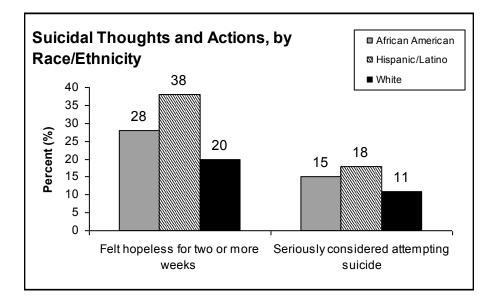


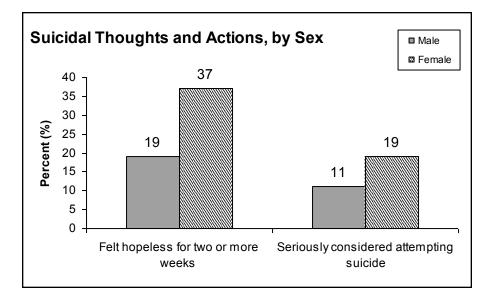
Suicidal Thoughts and Actions

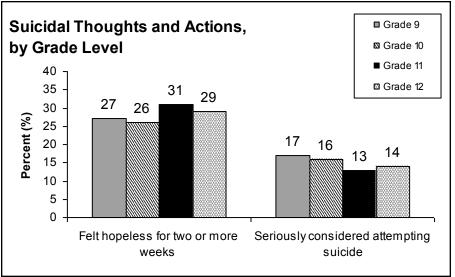
During the past 12 months, percentage of DeKalb County high school students who:

- Felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities: 28.1%
 - \Rightarrow Females were significantly more likely than males to report this behavior.
 - \Rightarrow Hispanic/Latino students were significantly more likely to report this behavior than white students.
- Seriously considered attempting suicide: 15.0%
 - \Rightarrow Females were significantly more likely than males to report this behavior.

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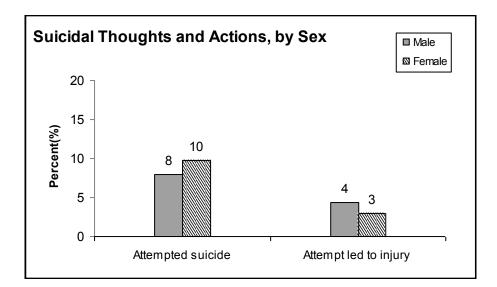


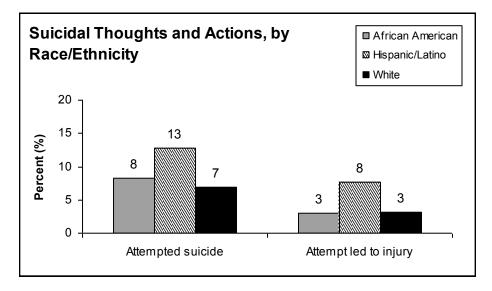


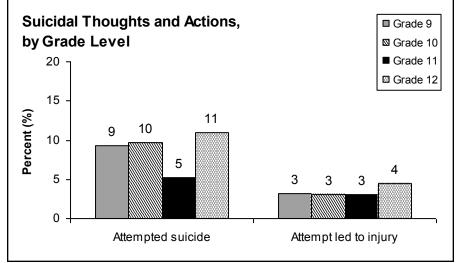
Suicidal Thoughts and Actions continued

During the past 12 months, percentage of DeKalb County high school students who:

- Attempted suicide: 9.0%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Attempted suicide that resulted in injury, poisoning, or overdose and treated by doctor or nurse: 3.6%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.









Summary

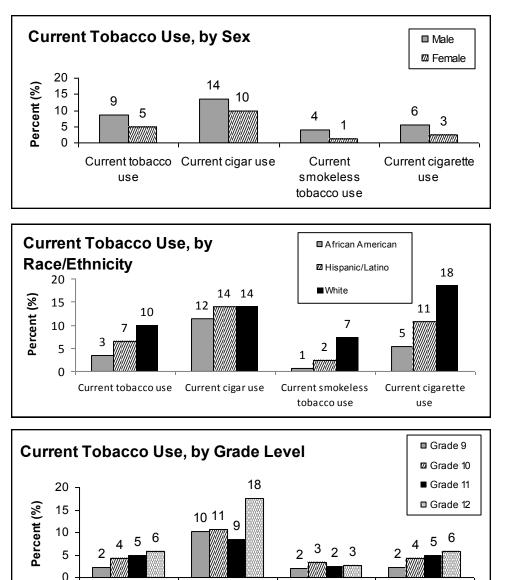
Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS, 2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Ever tried cigarette smoking, even one or two puffs *	51.0	46.7	45.6	44.0	34.2
Smoked cigarettes in the past 30 days [‡]	9.5	8.8	8.5	8.8	6.8
Smoked cigarettes on 20 or more of the past 30 days	2.5	2.5	2.8	2.3	1.8
Current smokers who smoked more than 10 cigarettes per day in the past 30 days	2.1	4.6	7.8	6.3	3.9
Smoked cigarettes on school property in past 30 days [*]	3.0	3.4	2.9	2.8	1.6
Smoked cigars, cigarillos, or little cigars in past 30 days	8.8	10.1	11.4	12.8	11.7

‡Trend is statistically significant

Current Tobacco Use

In the past 30 days, the percentage of DeKalb County high school <u>students who:</u>

- Used tobacco: 12.8%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Smoked cigars, cigarillos, or little cigars on one or more days: 11.7%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 11 to report this behavior.
- Used chewing tobacco, snuff, or dip on one or more days: 2.7%
 - \Rightarrow Whites were significantly more likely than African-American students to report this behavior.
- Smoked cigarettes: 6.8%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 11 to report this behavior.
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.



Current cigar use Current smokeless

tobacco use

Current cigarette

use

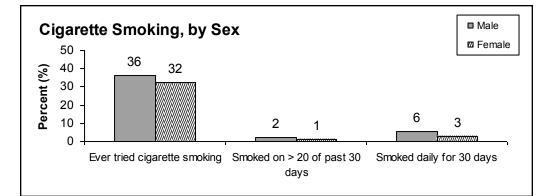
Current tobacco

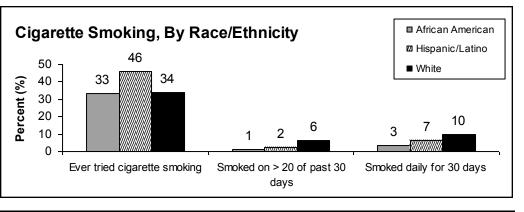
use

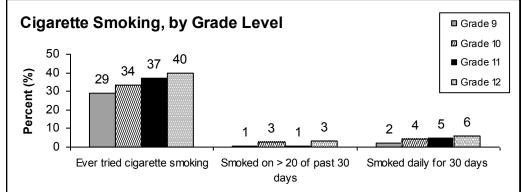
Cigarette Use

Percentage of DeKalb County high school students who:

- Ever tried cigarette smoking: 34.2%
 - ⇒ Hispanic/Latino students were significantly more likely than African-American students to report this behavior.
- Smoked cigarettes on at least 20 of past 30 days: 1.8%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Ever smoked cigarettes daily for 30 days: 4.2%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Of current smokers, tried to quit during past 12 months: 56.1% §
- Of current smokers, smoked ≥10 cigarettes/day on days they smoked: 3.9% §





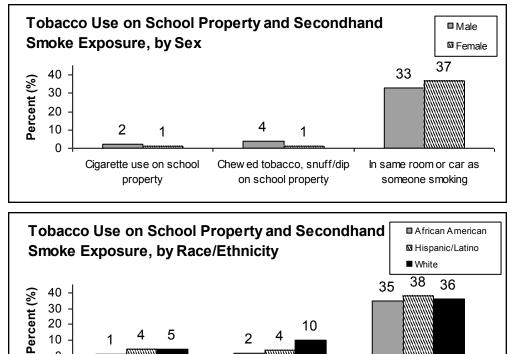


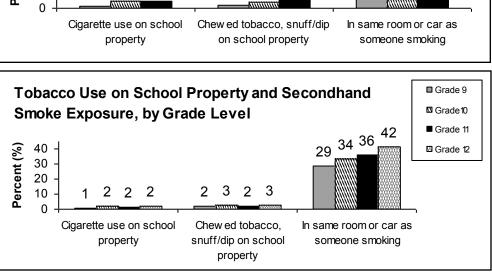
§Small sample size does not allow some comparisons

Tobacco Use on School Property and Secondhand Smoke

Percentage of DeKalb County high school students who:

- Smoked cigarettes on school property on one or more of past 30 days: 1.6%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days: 1.5%
 - \Rightarrow Males were significantly more likely to report this behavior than females.
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Were in the same room or riding in a car with someone who was smoking cigarettes in the past 7 days: 34.7%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 9 to report this behavior.





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SECTION 3: ALCOHOL AND OTHER

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Summary

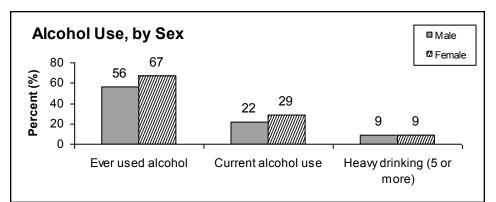
Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS, 2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Consumed their first drink of alcohol before age 13 [‡]	32.9	32.7	28.0	24.7	22.2
Consumed at least one drink of alcohol in the past 30 days	28.7	27.1	26.3	29.0	25.5
Consumed five or more alcoholic drinks in a few hours in the past 30 days	10.1	9.0	8.7	10.4	8.8
Rode in a car (in the past 30 days) driven by someone who had been drinking alcohol [‡]	24.4	19.9	21.0	22.9	19.3
Tried marijuana for the first time before age 13 years	10.8	11.7	11.2	10.4	9.1
Used marijuana in the past 30 days [‡]	17.0	17.4	18.9	20.6	18.6
Used any form of cocaine in their lifetime	3.4	3.6	4.9	3.3	3.9
Used methamphetamines during their life- time	2.9	2.6	2.7	2.8	3.0
Were offered, sold, or given an illegal drug on school property in the past 12 months	33.9	31.3	30.4	35.8	30.7

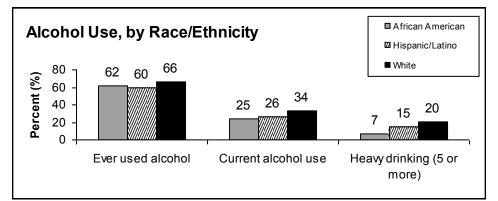
‡Trend is statistically significant

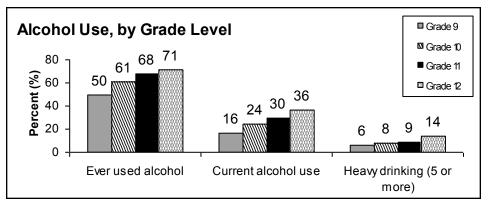
Alcohol Use

Percentage of DeKalb County high school students who:

- Had at least one drink of alcohol during their lifetime: 61.4%
 - \Rightarrow Females were significantly more likely than males to report this behavior.
 - \Rightarrow Students in grades 10, 11, and 12 were significantly more likely than students in grade 9 to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 10 to report this behavior.
- Had at least one drink of alcohol in past 30 days: 25.5%
 - ⇒ Students in grades 11 and 12 were significantly more likely than students in grade 9 to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 10 to report this behavior.
- Had five or more drinks in a row (within a couple of hours) one or more of past 30 days: 8.8%
 - ⇒ Hispanic/Latino and white students were significantly more likely than African-American students to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 9 to report this behavior.



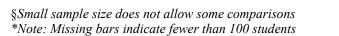


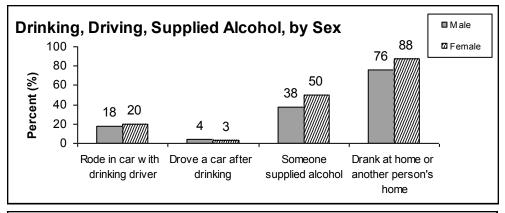


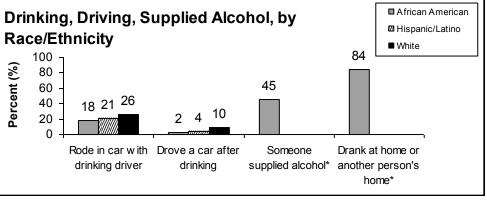
Drinking and Driving and Supplied Alcohol

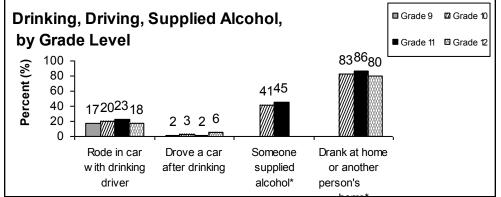
In the past 30 days, the percentage of DeKalb County high school students who:

- Rode in a vehicle driven by someone who had been drinking alcohol: 19.3%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Drove a vehicle after drinking alcohol: 3.3%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Among students who reported current alcohol use, the percentage who got the alcohol they drank from someone who gave it to them: 44.8% §
 - \Rightarrow No significant differences existed between sexes or between students in grades 10 or 11.
- Among students who reported current alcohol use, the percentage that reported their home or another person's home as their usual place to drink: 82.0% §
 - \Rightarrow Females were significantly more likely than males to report this behavior.







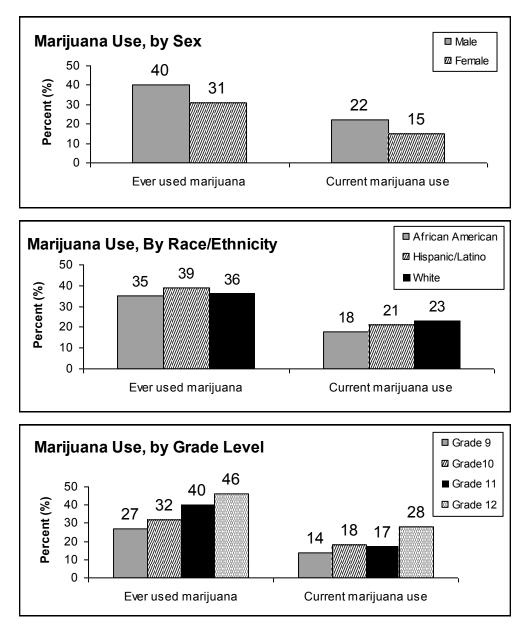


Marijuana, Inhalant, and Cocaine Use

Percentage of DeKalb County high school students who:

- Used marijuana one or more times during their lifetime: 5.5%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Students in grades 11 and 12 were significantly more likely than students in grade 9 to report this behavior.
 - \Rightarrow Students in grade 12 were more likely than students in grade 10 to report this behavior.
- Used marijuana one or more times during past 30 days: 18.6%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely to report this behavior than students in grades 9 and 11.

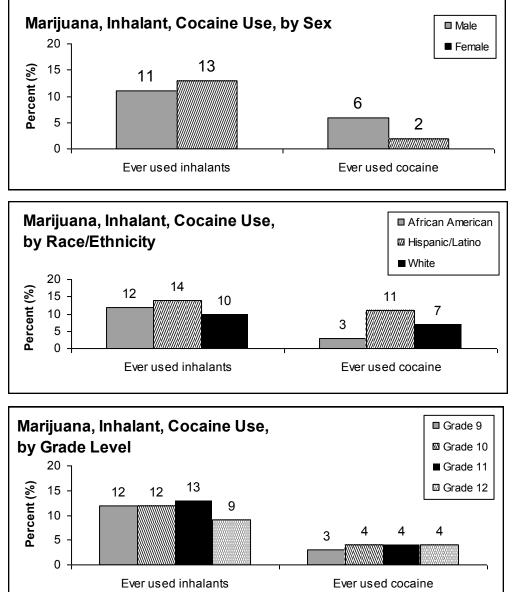
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Marijuana, Inhalant, and Cocaine Use continued

Percentage of DeKalb County high school student who:

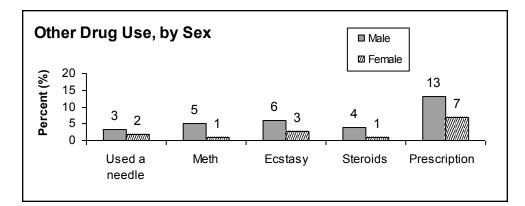
- Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their lifetime: 11.6%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Used any form of cocaine, including powder, crack, and freebase, one or more times during their lifetime: 3.9%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Hispanic/Latino students were significantly more likely than African-American students to report this behavior.

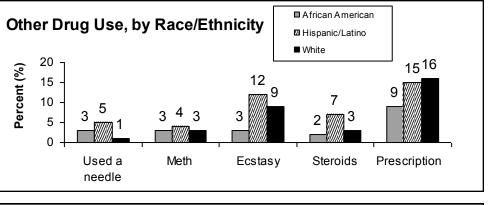


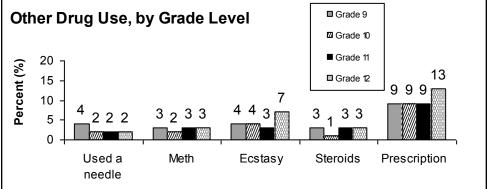
<u>Other Drug Use</u>

Percentage of DeKalb County high school students who:

- Used a needle to inject an illegal drug into their body one or more times during their lifetime: 2.7%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Used methamphetamines one or more times during their lifetime: 3.0%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Used ecstasy one or more times during their lifetime: 4.4%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Hispanic/Latino students were significantly more likely than African-American students to report this behavior.
- Used a steroid pill or shot without a doctor's prescription one or more times during their lifetime: 2.8%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Hispanic students were significantly more likely than African-American students to report this behavior.
- Took a prescription drug (OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times: 10.2%
 - \Rightarrow Males were significantly more likely than females to report this behavior.



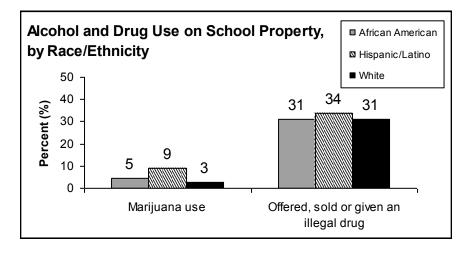


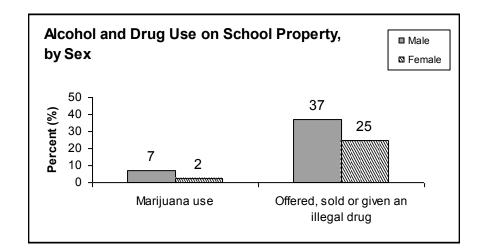


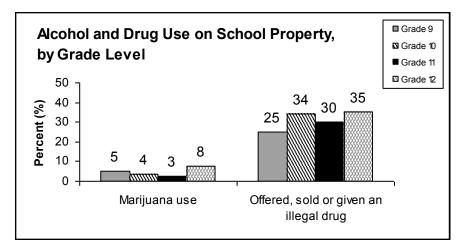
Alcohol and Drug Use on School Property

Percentage of DeKalb County high school students who:

- Used marijuana on school property one or more times during past 30 days: 4.8%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Were offered, sold, or given an illegal drug on school property by someone during past 12 months: 30.7%
 - \Rightarrow Males are significantly more likely than females to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 9 to report this behavior.



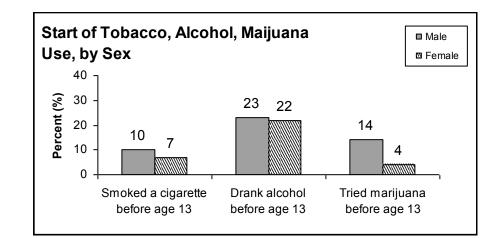




<u>Start of Tobacco, Alcohol, and Marijuana Use</u>

Percentage of DeKalb County high school students who:

- Smoked a whole cigarette before age 13 years: 8.3%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Had their first drink of alcohol (other than a few sips) before . age 13 years: 22.2%
 - \Rightarrow Students in grade 9 were significantly more likely than students in grade 12 to report this behavior.
 - \Rightarrow African-American and Hispanic/Latino students were significantly more likely than white students to report this behavior.
- Tried marijuana for the first time before age 13 years: 9.1% •
 - \Rightarrow Males were significantly more likely than females to report this behavior.



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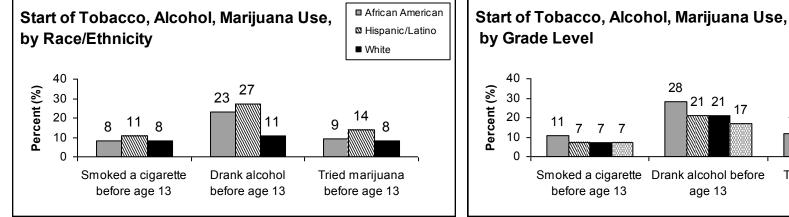
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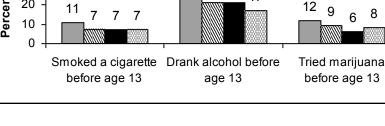
Grade 9

Grade 10

Grade 11 Grade 12

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SECTION 4: SEXUAL BEHAVIORS

Summary	37
Sexual Behaviors	38



Summary

	DeKalb YRBS, 2003	DeKalb YRBS, 2005	DeKalb YRBS, 2007	DeKalb YRBS, 2009	DeKalb YRBS, 2010
Risk Behavior	%	%	%	%	%
Had sexual intercourse for the first time before age 13 years ‡	14.5	15.1	14.1	12.7	11.9
Had sexual intercourse with four or more people during their lifetime	20.8	20.0	21.9	20.9	17.5
Used a condom during last sexual intercourse ‡	71.9	73.5	69.3	64.8	65.6
Used birth control pills before last sexual intercourse	8.5	9.1	9.0	9.8	7.4
Drank alcohol or used drugs before last sexual intercourse	17.2	14.2	14.6	16.0	15.1

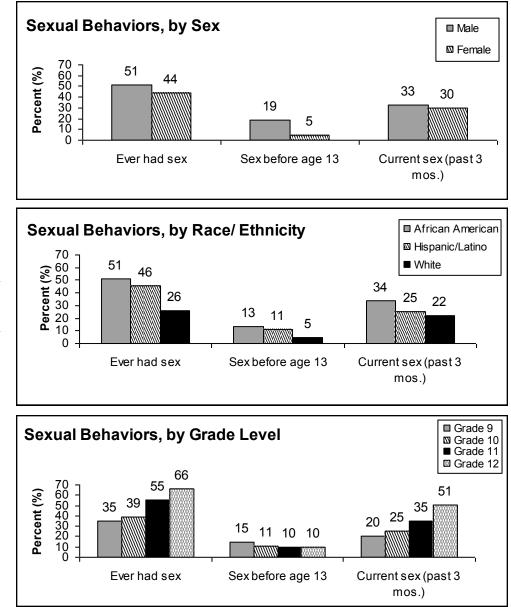
‡Trend is statistically significant

Sexual Behaviors

Percentage of DeKalb County high school students who:

- Ever had sexual intercourse: 47.4%
 - ⇒ Students in grades 11 and 12 were significantly more likely than students in grades 9 and 10 to report this behavior.
 - \Rightarrow African-American students were significantly more likely than white students to report this behavior.
- Had sex for the first time before age 13 years: 11.9%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Had sex in the past three months: 31.6%
 - \Rightarrow Students in grade 12 were significantly more likely than students in grades 9, 10, and 11 to report this behavior.
 - \Rightarrow Students in grade 11 were significantly more likely than students in grade 9 to report this behavior.

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Sexual Behaviors continued

Percentage of DeKalb County high school students who:

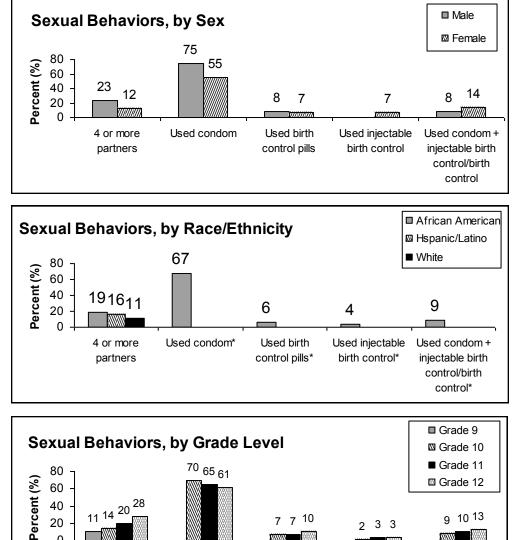
- Had sex with four or more people in their lifetime: 17.5% • \Rightarrow Students in grade 12 were significantly more likely than students in grades 9 and 10 to report this behavior.
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Of those who had sex in the past three months, used a • condom during last sexual intercourse: 65.6% §
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- Of students who had sex in the past three months, used • birth control pills before last sexual intercourse: 7.4% §
- Of students who had sex in the past three months, used ٠ Depo-Provera (injectable birth control) before last sexual intercourse: 3.4%^§

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^Only females were respondents to the question

§ Sample size does not allow comparisons

*Note: Missing bars indicate fewer than 100 students in the subgroup



Used birth

control pills*

Used injectable

birth control*

Used condom +

injectable birth

control/birth

control*

Used condom*

n

4 or more

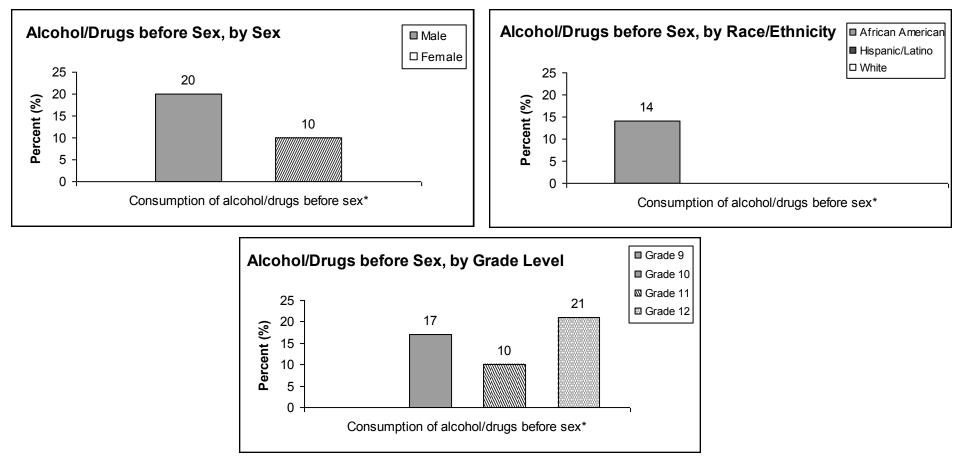
partners

Sexual Behaviors continued

Percentage of DeKalb County high school students who:

- Had sex in the past three months and drank alcohol or used drugs before last sexual intercourse: 15.1% §
 - \Rightarrow No significant differences existed between sexes or among grade levels.

§ Sample size does not allow comparisons



*Note: Missing bar indicates fewer than 100 students in a subgroup

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Obesity is a risk factor for Type 2 diabetes, heart disease, gall bladder disease, arthritis, sleep apnea, respiratory problems, and some types of cancer. Obesity is defined as body mass index (BMI) of 30.0 or more.



SECTION 5: Weight and Dietary Behaviors

- Summary 43
- Weight and Self-Perception of Weight 44
- Strategies for Weight Loss and Control 45
- Dietary Behaviors: Eating Fruits and Vegetables 46
 - Dietary Behaviors: Drinking Beverages 48

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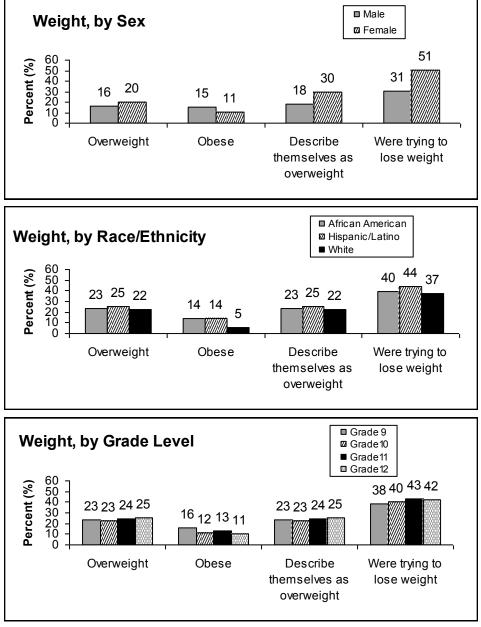
Summary

Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS, 2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Drank three or more glasses of milk during the past seven days	8.2	8.4	8.0	6.8	7.7
Described themselves as slightly or very overweight	23.9	26.6	23.1	25.1	23.5
Were trying to lose weight ‡	36.0	38.2	38.6	39.3	40.4
Exercised to lose weight or to keep from gaining weight during the past 30 days	53.0	55.9	55.6	55.6	53.2
Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	9.8	10.1	9.6	10.1	10.1
Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight in the past 30 days	4.5	4.0	4.5	4.6	3.7

+ Trend is statistically significant

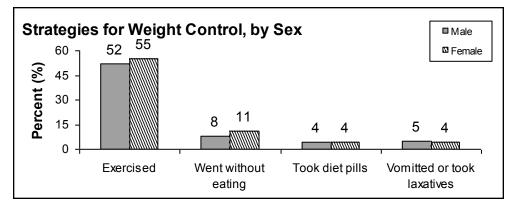
Weight and Self-Perception of Weight

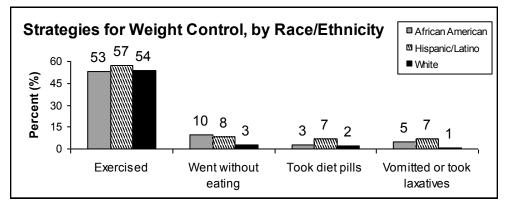
- Were overweight: 17.7%
 - \Rightarrow African-American students were significantly more likely than white students to report this behavior.
- Were obese: 13.0%
 - \Rightarrow African-American students were significantly more likely than white students to report this behavior.
- Described themselves as slightly or very overweight: 23.5%
 - \Rightarrow Females were significantly more likely than males to report this behavior.
- Were trying to lose weight: 40.4%
 - \Rightarrow Females were significantly more likely than males to report this behavior.

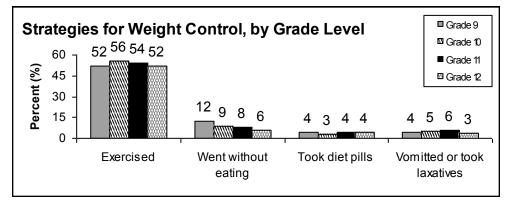


Strategies for Weight Loss and Control

- Exercised to lose weight or to keep from gaining weight during the past 30 days: 53.2%
 - \Rightarrow No significant differences existed between sexes or among race/ethnicities or grade levels.
- Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days: 9.1
 - \Rightarrow African-American students were significantly more likely than white students to report this behavior.
- Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days: 3.7%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days: 4.6%
 - \Rightarrow African-American students were significantly more likely than white students to report this behavior.



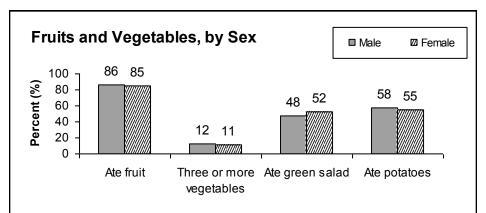


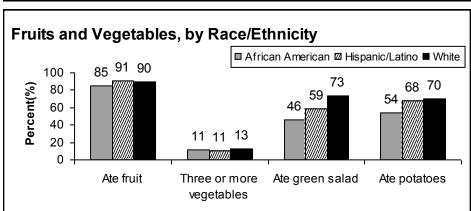


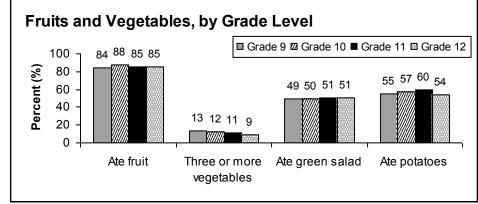
Dietary Behaviors: Eating Fruits and Vegetables

During the past seven days, percentage of DeKalb County high school students who:

- Ate fruit one or more times: 85.4%
 - \Rightarrow No significant differences existed between sexes or among race/ethnicities or grade levels.
- Ate vegetables three or more times per day: 11.5%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Ate green salad one or more times: 49.9%
 - ⇒ White and Hispanic/Latino students were significantly more likely than African-American students to report this behavior.
- Ate potatoes one or more times: 56.3%
 - ⇒ White and Hispanic/Latino students were significantly more likely than African-American students to report this behavior.



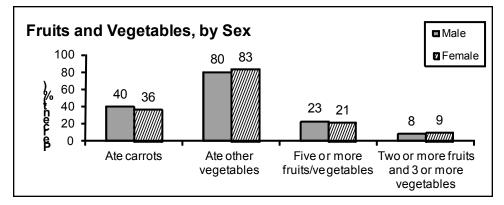


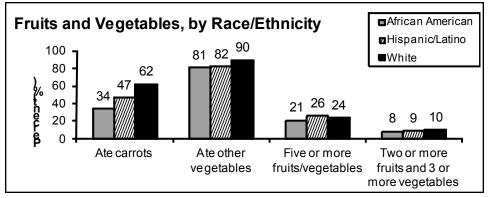


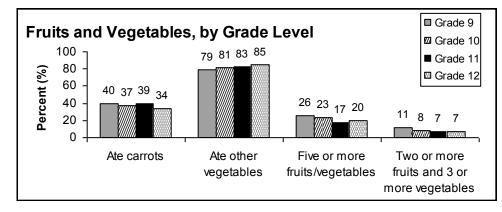
Dietary Behaviors: Eating Fruits and Vegetables continued

During the past seven days, percentage of DeKalb County high school students who:

- Ate carrots one or more times: 37.8%
 - ⇒ White and Hispanic/Latino students were significantly more likely than African-American students to report this behavior.
- Ate vegetables other than green salad, potatoes, or carrots one or more times: 81.6%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Ate fruits or vegetables five or more times per day: 21.6%
 - \Rightarrow Students in grade 9 were significantly more likely than students in grade 11 to report this behavior.
- Ate fruits or vegetables two or more times per day: 8.6%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.



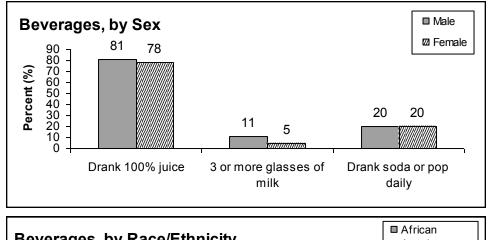


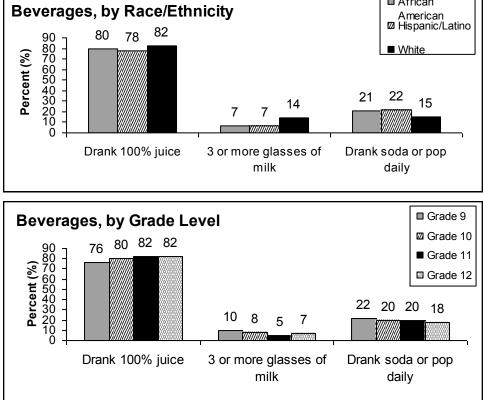


Dietary Behaviors: Drinking Beverages

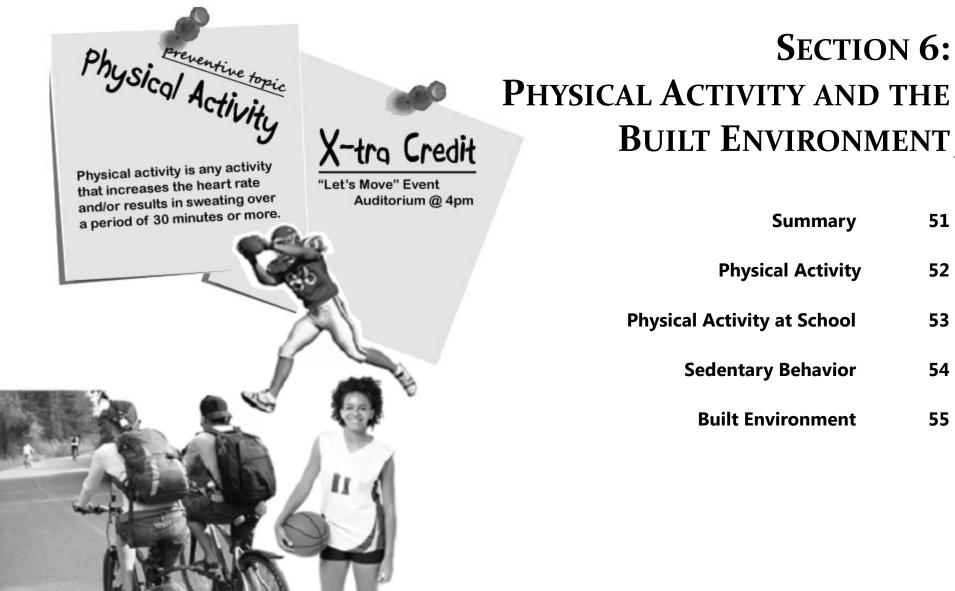
During the past seven days, percentage of DeKalb County high school students who:

- Drank 100% fruit juices one or more times: 79.4%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Drank three or more glasses of milk per day: 7.7%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Drank a can, bottle, or glass of non-diet soda or pop one or more times per day: 20.4%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.





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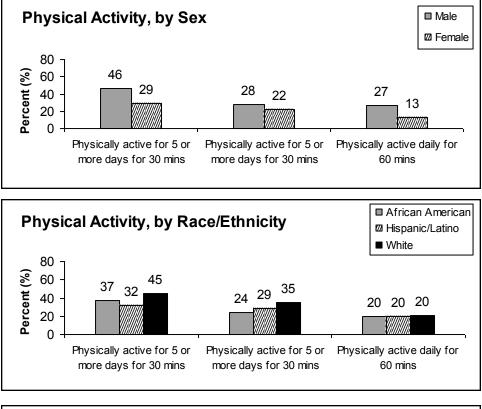
Summary

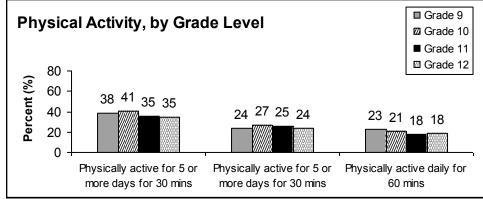
Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS, 2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Met current recommendations for physical activity (at least 60 minutes on five or more days per week) ‡	N/A	30.8	35.7	35.0	37.2
Played on one or more sports teams at school during the past year	55.8	56.3	52.8	54.8	58.5
Watched three or more hours of TV per day on an average school day ‡	55.8	52.0	52.3	49.3	42.7
Attended physical education classes at least one day in an average week	33.8	37.6	40.4	38.5	35.6
Attended physical education classes daily in an average week	25.9	30.9	28.2	27.1	25.2

+ Trend is statistically significant

Physical Activity

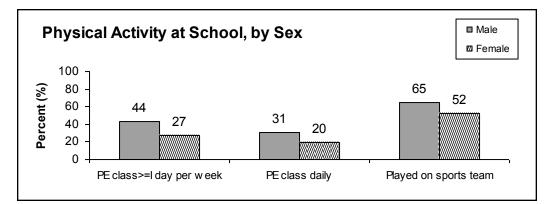
- On five or more of the past seven days participated in physical activity that increased their heart rate and made them breathe hard some of the time for a total of 60 minutes per day: 37.2%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
- On five or more of the past seven days participated in physical activity that did *not* make them sweat or breathe hard for at least 30 minutes: 25.1%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.
- Were physically active for at least 60 minutes per day on seven of the past seven days: 20.1%
 - \Rightarrow Males were significantly more likely than females to report this behavior.

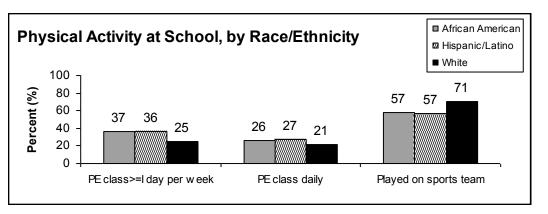


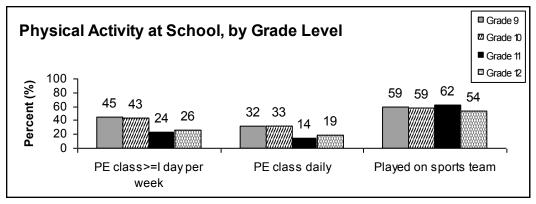


Physical Activity at School

- Attended physical education (PE) class on one or more days during an average school week: 35.6%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Students in grades 9 and 10 were significantly more likely than students in grades 11 and 12 to report this behavior.
- Attended physical education (PE) class daily: 25.2%
 - \Rightarrow Males were significantly more likely than females to report this behavior.
 - \Rightarrow Students in grades 9 and 10 were significantly more likely than students in grades 11 and 12 to report this behavior.
- Played on a sports team in the past 12 months: 58.5%
 - \Rightarrow Males were significantly more likely than females to report this behavior.

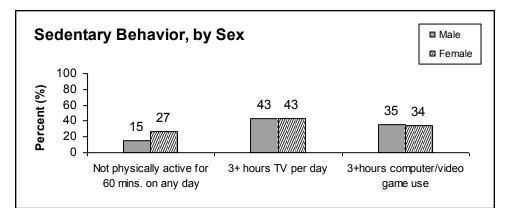


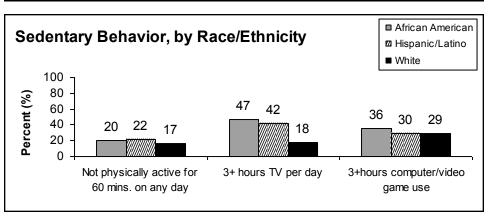


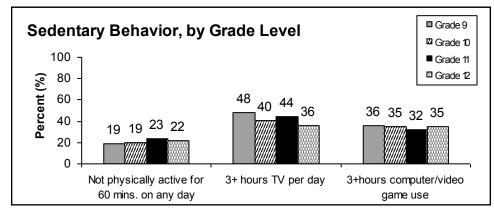


Sedentary Behavior

- Were not physically active for at least 60 minutes on any day of the week: 20.8
 - \Rightarrow Females were significantly more likely than males to report this behavior.
- Watched three or more hours of TV per day on an average school day: 42.7%
 - ⇒ African-American and Hispanic/Latino students were significantly more likely than white students to report this behavior.
- Played video or computer games or used a computer for something that was not school work three or more hours on an average school day: 34.8%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.

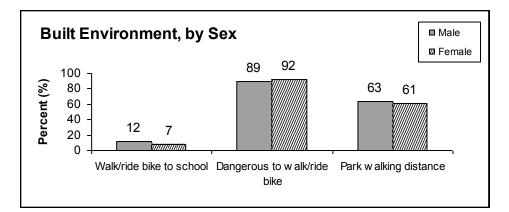


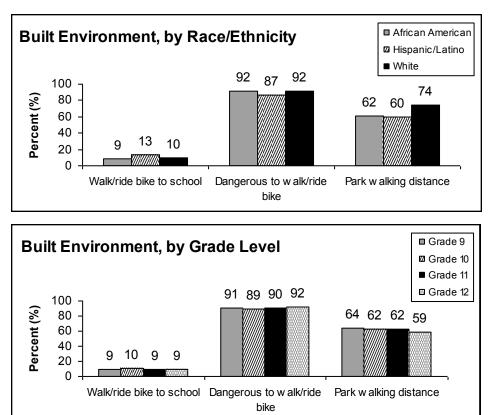


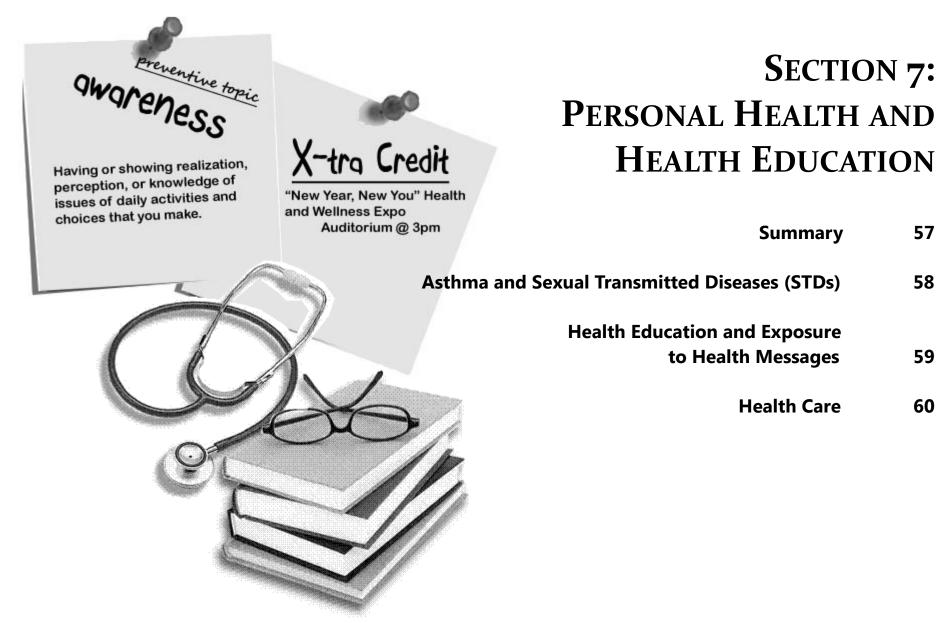


Built Environment

- Walk or ride a bicycle to school most days of the week: 9.7%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- *Do not* walk or ride a bicycle to school because weather is too dangerous: 90.5%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.
- Live within walking distance of a neighborhood park or other public outdoor area: 62.2%
 - \Rightarrow White students were significantly more likely than African-American students to report this behavior.







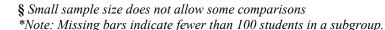
Summary

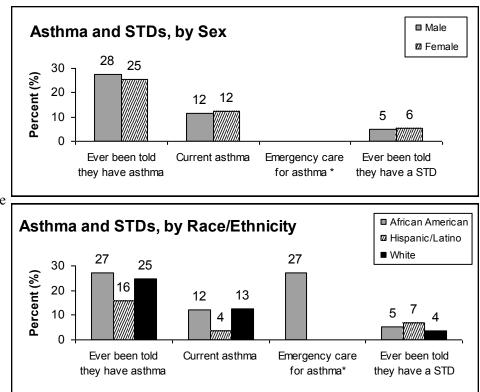
Risk Behavior	DeKalb YRBS, 2003 %	DeKalb YRBS, 2005 %	DeKalb YRBS, 2007 %	DeKalb YRBS, 2009 %	DeKalb YRBS, 2010 %
Had ever been told by a doctor or nurse that they had asthma ‡	21.2	22.9	25.3	25.6	26.4
Had ever been taught in school about AIDS or HIV infection ‡	92.7	90.0	87.8	90.0	87.6

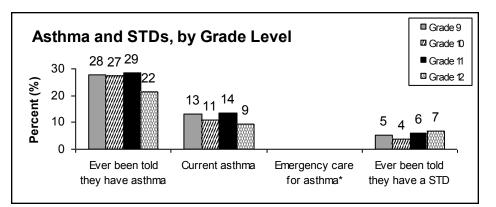
+ Trend is statistically significant

Asthma and Sexually Transmitted Diseases

- Have ever been told by a doctor or nurse that they have asthma: 26.4%
 - ⇒ African-American students were significantly more likely than Hispanic/Latino students to report this behavior.
- Have ever been told by a doctor or nurse that they still have asthma: 11.8%
 - \Rightarrow African-American and white students were significantly more likely than Hispanic/Latino students to report this behavior.
- Among students who currently have asthma, sought emergency care because of their asthma one or more times in the past 12 months: 25.8% §
- Have ever been told by a doctor or nurse that they had a sexually transmitted disease (STD): 5.3%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.







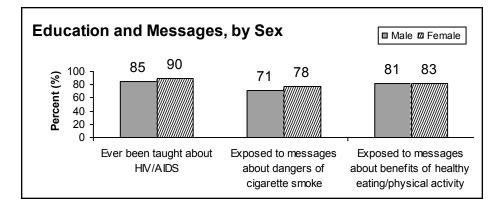
Health Education and Exposure to Health Messages

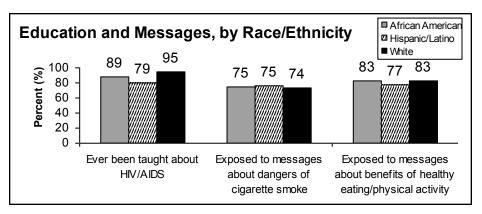
Percentage of DeKalb County high school students who:

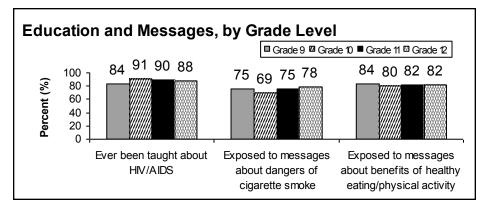
- Reported that they have ever been taught in school about AIDS or HIV infection: 87.6%
 - ⇒ African-American and white students were significantly more likely than Hispanic/Latino students to report this behavior.

In the past 30 days, the percentage of DeKalb County high school students who:

- Have seen or heard messages on TV, the Internet, or on the radio about the dangers of cigarette smoking: 74.4%
 - \Rightarrow Females were significantly more likely than males to report this behavior.
 - \Rightarrow Students in grade 12 were significantly more likely than students in grade 10 to report this behavior.
- Have seen or heard messages on TV, the Internet, or on the radio about the benefits of physical activity and good nutrition: 81.8%
 - \Rightarrow No significant differences existed between sexes or among races/ethnicities or grade levels.

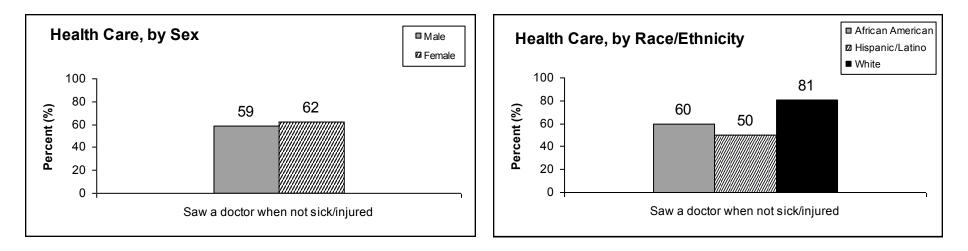


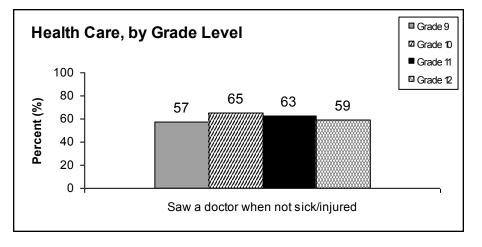




<u>Health Care</u>

- Saw a doctor or nurse in the past 12 months for a check-up or physical exam when they were not sick or injured: 60.7%
 - \Rightarrow White students were significantly more likely than African American and Hispanic/Latino students to report this behavior.





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APPENDIX: A

2010 SURVEY QUESTIONS

2010 Survey Questions

- 1. How old are you?
- 2. What is your sex?
- 3. In what grade are you?
- 4. Are you Hispanic or Latino?
- 5. What is your race?
- 6. How tall are you without your shoes on?
- 7. How much do you weigh without your shoes on?
- 8. During the past 12 months, how would you describe your grades?
- 9. When you rode a bicycle during the past 12 months how often did you wear your helmet?
- 10. How often do you wear a seat belt when riding in a car driven by someone else?
- 11. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- 12. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
- 13. During the past 30 days, how many times did you cross the street in an area other than a marked crosswalk?
- 14. During the past 30 days, on how many days did you talk on a cell phone while driving a car or other vehicle?
- 15. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?
- 16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?
- 17. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
- 18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
- 19. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?
- 20. During the past 12 months, how many times were you in a physical fight on school property?
- 21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- 22. Have you ever been physically forced to have sexual intercourse when you did not want to?
- 23. During the past 12 months, have you been a member of a gang?
- 24. Is there gang activity in your school?
- 25. During the past 12 months, have you ever been bullied on school property?
- 26. During the past 12 months, have you ever been electronically bullied? (Include being bullied through email, chat rooms, instant messaging, Web site or texting).
- 27. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- 28. During the past 12 months, did you ever seriously consider attempting suicide?
- 29. During the past 12 months, how many times did you actually attempt suicide?
- 30. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
- 31. Have you ever tried cigarette smoking, even one or two puffs?
- 32. How old were you when you smoked a whole cigarette for the first time?
- 33. During the past 30 days, on how many days did you smoke cigarettes?
- 34. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
- 35. During the past 30 days, how did you usually get your own cigarettes?

2010 Survey Questions continued

- 36. During the past 30 days, on how many days did you smoke cigarettes on school property?
- 37. Have you ever smoked a cigarette daily, that is, at least one cigarette every day for 30 days?
- 38. During the past 12 months, did you ever try to quit smoking cigarettes?
- 39. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- 40. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?
- 41. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- 42. During the past 7 days, on how many days were you in the same room or riding in a car with someone who was smoking cigarettes?
- 43. During the past 30 days, how often have you seen or heard messages on TV, the Internet, or on the radio about the dangers of cigarette smoking?
- 44. How much do you think people risk harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day?
- 45. During your life, on how many days have you had at least one drink of alcohol?
- 46. How old were you when you had your first drink of alcohol other than a few sips?
- 47. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 48. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- 49. During the past 30 days, how did you usually get the alcohol you drank?
- 50. During the past 30 days, where did you usually drink alcohol?
- 51. During your life, how many times have you used marijuana?
- 52. How old were you when you tried marijuana for the first time?
- 53. During the past 30 days, how many times did you use marijuana?
- 54. During the past 30 days, how many times did you use marijuana on school property?
- 55. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?
- 56. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- 57. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?
- 58. During your life, how many times have you used ecstasy (also called MDMA)?
- 59. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?
- 60. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- 61. During your life, how many times have you used a needle to inject any illegal drug into your body?
- 62. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
- 63. Have you ever had sexual intercourse?
- 64. How old were you when you had sexual intercourse for the first time?
- 65. During your life, with how many people have you had sexual intercourse?
- 66. During the past 3 months, with how many people did you have sexual intercourse?
- 67. Did you drink alcohol or use drugs before you had sexual intercourse the last time?
- 68. The last time you had sexual intercourse, did you or your partner use a condom?
- 69. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?
- 70. Have you ever been told by a doctor or nurse that you had a sexually transmitted disease (STD)?
- 71. How do you describe your weight?
- 72. Which of the following are you trying to do about your weight?
- 73. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

2010 Survey Questions continued

- 74. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
- 75. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?
- 76. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
- 77. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?
- 78. During the past 7 days, how many times did you eat fruit?
- 79. During the past 7 days, how many times did you eat green salad?
- 80. During the past 7 days, how many times did you eat potatoes?
- 81. During the past 7 days, how many times did you eat carrots?
- 82. During the past 7 days, how many times did you eat other vegetables?
- 83. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?
- 84. During the past 7 days, how many glasses of milk did you drink?
- 85. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?
- 86. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
- 87. On an average school day, how many hours do you watch TV?
- 88. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?
- 89. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- 90. During the past 12 months, on how many sports teams did you play?
- 91. During the past 30 days, how often have you seen or heard messages on TV, the Internet, or on the radio about the benefits of physical activity and good nutrition?
- 92. Have you ever been taught about AIDS or HIV infection in school?
- 93. Has a doctor or nurse ever told you that you have asthma?
- 94. Do you still have asthma?
- 95. During the past 12 months, how many times did you go to an emergency room or urgent care center because of your asthma?
- 96. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?
- 97. How do you get to school most days of the week?
- 98. What is the main reason that you do not walk or ride a bicycle to school when weather permits?
- 99. Is there a neighborhood park or other public outdoor area within walking distance of your home?

APPENDIX: B

Resources

Resources

Online Analytical Statistical Information System (OASIS)

http://oasis.state.ga.us/



Youth Risk Behavior Surveillance System

http://www.cdc.gov/yrbss

State and Community Resources	he fits her her her he hit her fits of her fits	Follow on Twitter Close the Loop		
Tobacco Control	Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec	Subscribe to RSS		
Programs		∩ Listen to audio/Podcast		
Media Campaign Resource Center				
		(a) Get syndicated content		
Youth Tobacco Prevention	Sample News Release	1 Send eCards		
Global Tobacco Control	News Release FOR IMMEDIATE RELEASE	Get buttons		
Publications and Products	Contact:	Share widgets		
Interagency Committee on Smoking and Health	Phone: Date:	101		
Stay Connected				
Frequently Asked Questions	In recognition of fobacco-Free Awareness Week, January 22–28, a newly released smoke-free dining guide helps smoker go "cold turkey" and offer nonsmokers a smoke free alternative to dining c "the guide fe s100% cr "ke-free r 'aurant' ith (r 'ber of r' Laurant ' isted	2012		

Healthy People 2010 Leading Health Indicators

http://healthypeople.gov/Document/HTML/uih/uih_4.htm



APPENDIX: C

ACKNOWLEDGEMENTS

Acknowledgements

The DeKalb County School District and the DeKalb County Board of Health extend our appreciation to the many people and organizations that helped to make this survey possible:

DeKalb County Board of Education

Principals, staff, and students at the following high schools: Arabia Mountain, Avondale, Cedar Grove, Chamblee, Clarkston, Columbia, Cross Keys, Druid Hills, Dunwoody, Lakeside, Lithonia, Martin Luther King Jr., Miller Grove, Redan, Ronald McNair, Southwest DeKalb, Stephenson, Stone Mountain, Towers, and Tucker.

Westat Corporation

U.S. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Surveillance Evaluation Research Branch

Project manager (Cagney Stigger), survey administrators, Communities Putting Prevention to Work (CPPW)-Tobacco staff, staff of the Office of Health Assessment and Promotion, DeKalb County Board of Health

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