

# 2015 DeKalb County Youth Risk Behavior Survey



Your  
Public Health  
Resource



February 2017

Dear Students, Parents and Colleagues:

This report presents findings from the 2015 DeKalb County Youth Risk Behavior Survey. The survey was funded by the U.S. Centers for Disease Control and Prevention through a Promoting Adolescent Health Through School-Based Surveillance grant. Students at the DeKalb County School District's and City Schools of Decatur's traditional high schools participated. The DeKalb County Board of Health collaborates with these two school systems and administers the survey, compiles the data and disseminates the findings.

The report highlights behaviors among youth in DeKalb County in 2015. It provides critical insights into actions that impact teens' health, safety and well-being. High rates of healthy behaviors attest to the success of the focused efforts of students, families, schools and communities. On the other hand, high rates of risky behaviors indicate where more work is needed.

We encourage you to use this report's data to establish collaborations among faith, civic and business organizations. These teams can develop new policies and interventions, generate awareness among youth and parents, and seek funding opportunities to enhance wellness.

By working together to improve the health and safety of our teens, we can help them to reach their full potential.

Sincerely,



R. Stephen Green, Ed.D.  
Superintendent  
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## Introduction

This report discusses a wide range of health-related behaviors among public high school students in DeKalb County, Georgia. The Youth Risk Behavior Survey (YRBS) is a random, anonymous, school-based survey of risk behaviors among high school students. It is conducted nationally, statewide and in U.S. territories and selected urban districts in alternate years. The purpose of the YRBS is to assess behaviors related to the leading causes of illness, injury and death among teens. These include poor nutrition, inadequate physical activity, illegal drug use and violence.

The year 2015 marks the seventh successful administration of the YRBS in DeKalb County. It has been conducted biennially since 2003.

## Methodology

### Sample selection

Public high schools in DeKalb County, Georgia, belong to one of three school systems: the DeKalb County School District, the City Schools of Decatur and the Atlanta Public Schools. The county system has 21 traditional and five non-traditional high schools. The Decatur system has one traditional high school and the Atlanta system has two traditional high schools in the county.

DeKalb County's 21 traditional high schools and Decatur's one traditional high school participated in the YRBS. DeKalb's five non-traditional high schools (alternative, international, and schools with non-traditional hours) were excluded. Atlanta's high schools were also excluded because they serve some students who do not live in DeKalb County. All private high schools were excluded, based on the original design of the YRBS.

Classes from each of the 22 schools were randomly selected to participate in the survey through a scientific sampling process. The number of classes selected from each school varied from one to seven depending on the school size. English for Speakers of Other Languages (ESOL) classes, special education classes and classes comprised of one sex were excluded from the sample. All students within a selected class were eligible to participate. This process helps to ensure that survey results are representative of the general population of DeKalb County's and Decatur's traditional public high schools.

Administration of the YRBS in 2015 was different from previous years. DeKalb County's charter high schools and Decatur's high school were added in 2015. Therefore, this report discusses only 2015 YRBS data. These 2015 findings cannot be compared to findings in previous YRBS reports.

## Survey administration

Because some survey questions could be viewed as sensitive, information describing the survey was sent to all parents of students in the selected classes at least one week before the survey was administered. A parent could exclude their child from taking the survey. In addition, a student who took the survey could choose to skip any question. Participation was completely anonymous. Personal identifiable information was not collected and data are reported in an 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 E. DeKalb County Board of Health employees administered the survey in the classrooms.

## Data analysis and interpretation

### Response rate

The 2015 DeKalb County YRBS response rate was 83 percent. This rate means that the results are robust enough that they can be weighted to apply to the entire population.<sup>1</sup> In other words, the prevalence rates (percentages) can be interpreted to represent all students in DeKalb County's and Decatur's traditional public high schools (not just the ones surveyed).

### Race and ethnicity

The race/ethnicity variable for the 2015 YRBS used in this analysis is computed from the responses to two questions:

4. Are you Hispanic or Latino?
  - A. Yes
  - B. No
5. What is your race? (Select one or more responses.)
  - A. American Indian or Alaska Native
  - B. Asian
  - C. Black or African American
  - D. Native Hawaiian or Other Pacific Islander
  - E. White

<sup>1</sup> A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response. The weight (W) is given by:  $W = W1 \times f1 \times f2$  where  $W1$  = inverse

probability of selecting the classroom within the school,  $f1$  = a student-level non-response factor calculated for the class and  $f2$  = a post-stratification adjustment factor calculated by sex within grade and by race/ethnicity.



In this report, a student responding “yes” to the question about being Hispanic or Latino is categorized only as Hispanic regardless of the response about race. Therefore, throughout the report, there is no overlap between Hispanic ethnicity and the racial groups.

### Prevalence rate (percentage)

The prevalence rates, or percentages, of students’ behaviors and health indicators are presented in this report. The prevalence rate of a specific behavior is defined as the percentage of students who reported this behavior among all students at the time of the survey.<sup>2</sup>

### Statistical significance

In the data interpretations, the word “significantly” is used to indicate differences that are statistically significant. When results are being compared, a difference is considered statistically significant when there is no overlap in the 95 percent confidence intervals of the results. In other

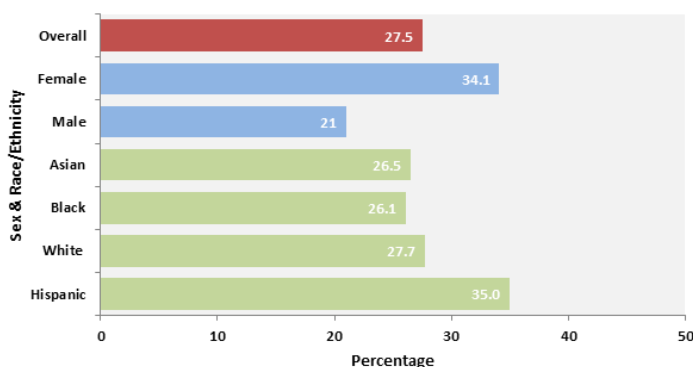
words, there is a 95 percent probability that the difference is not due to chance. The data interpretations also discuss differences that are of interest, but are not statistically significant.

Data are presented in this report as shown in the graphics on the next page. In the fourth sentence of this example, the word “significantly” refers to a statistically significant difference. This means that we can say with 95% confidence that Hispanic students felt more sad or hopeless than other race/ethnic groups. In the third sentence, the phrase “more likely” does not indicate a statistical difference, but a large difference that is noteworthy.

## Depression

One risk factor for suicide is depression. More than one in four students reports **feeling sad or hopeless** for at least two weeks in the 12 months before the survey. Females are more likely than males report feeling depressed. Hispanic students are significantly more likely to report depression than students of other racial/ethnic groups. There are no differences among grades.

Figure 29: Percentage of Students who Felt Sad or Hopeless for At Least 2 Weeks in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015



<sup>2</sup> Unless otherwise noted. For example, the prevalence of condom use is calculated only among students who are sexually active.

## New survey questions in 2015

A number of new questions were added to the 2015 YRBS on the following topics and behaviors:

- *Sexual identity*: with whom student has had sexual contact, preference, how student identifies themselves, teasing because of perceived sexuality.
- *Protective factors*: presence of rules and consequences in family, adult to go to with important questions, level of feeling safe in neighborhood, plans for post-secondary education.
- *Personal health*: flu-shot use, amount of sleep, HIV-test use, date of last dental visit.

## Healthy People 2020

The Healthy People initiative provides science-based, 10-year national objectives for improving the health of all Americans. For three decades, Healthy People has established benchmarks and monitored progress over time. The objectives are developed to encourage collaborations across communities and sectors, to empower individuals to make informed health decisions and to measure the impact of prevention activities.

YRBS data are used to measure progress toward achieving the Healthy People objectives. The topic of Adolescent Health is new to Healthy People 2020.

Adolescents and young adults now make up one in five people in the U.S. The behavioral patterns established during adolescence and early adulthood affect young people's current health status and their risk for developing chronic diseases and other health issues later in life. Several important public health and social problems either begin or peak during these years.

Protective factors, new to the DeKalb County YRBS in 2015, increase the likelihood of positive outcomes and decrease the likelihood of negative outcomes. Risk factors have the reverse effect. While the DeKalb County YRBS does ask questions about students' protective factors, they are not the measurement tool used by HP 2020.

This report discusses DeKalb County and Decatur public high school students' progress toward achieving the Healthy People 2020 objectives in the following areas: injuries; tobacco, alcohol and illegal drug use; sexual behaviors; dietary behaviors; and physical activity. When a YRBS question relates to a Healthy People 2020 objective, this is noted in Appendix A.

## Demographics

**Table 1.**  
Distribution of Youth Risk Behavior Survey Respondents by Sex, DeKalb County, 2015

Sex	Number	Percentage
Female	979	50.5
Male	882	49.5

**Table 2.**  
Distribution of Youth Risk Behavior Survey Respondents by Grade, DeKalb County, 2015

Grade	Number	Percentage
9 <sup>th</sup>	643	30.6
10 <sup>th</sup>	512	24.8
11 <sup>th</sup>	336	22.2
12 <sup>th</sup>	351	21.7

**Table 3.**  
Distribution of Youth Risk Behavior Survey Respondents by Race/Ethnicity, DeKalb County, 2015

Race/Ethnicity	Number	Percentage
Black*	1,095	69.8
White*	208	11.7
Asian*	123	5.4
Hispanic	276	11.1
Multiracial*	97	1.5

\* Non-Hispanic.

Note: Total numbers of respondents differ across tables due to respondents not answering all questions. Percentages in tables 2 and 3 do not total 100% due to rounding.



## Injury

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**Distracted driving**

**Alcohol use and cars**

**Seat belt use**

**Bicycle helmet use**

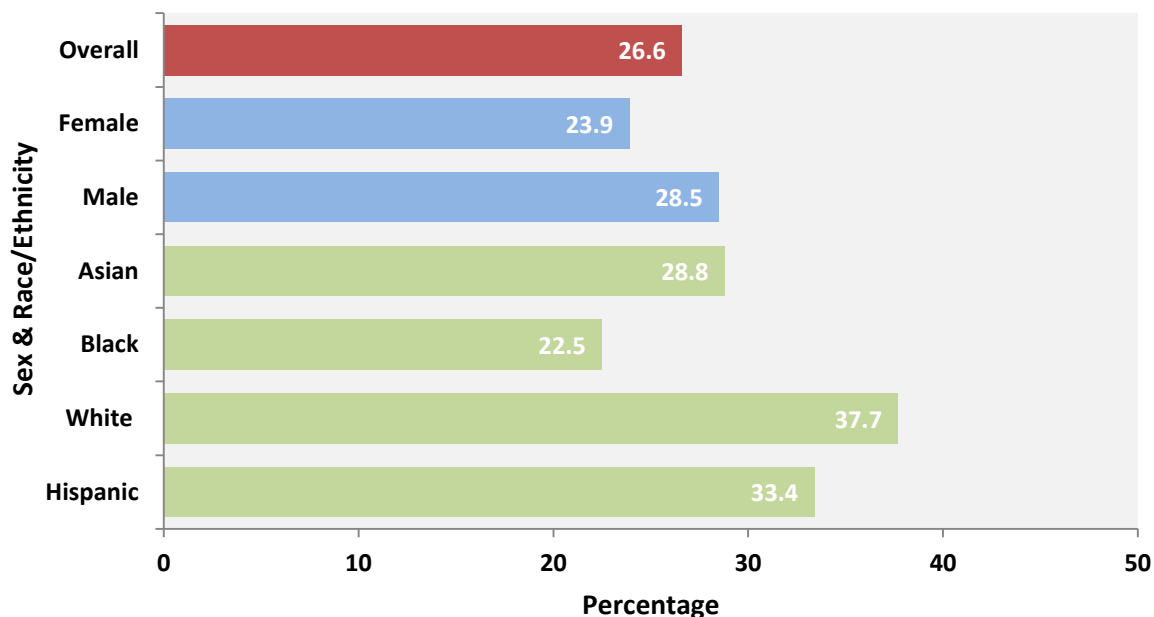
Deaths from motor vehicle injuries are the leading cause of death in DeKalb County youth ages 15 to 19 (Georgia Department of Public Health, 2016). Driving while intoxicated, not wearing a seatbelt and using cellular devices can all be factors in adolescent motor vehicle deaths.

In 2010, in the U.S., 800 bicyclists were killed and an estimated 515,000 sustained bicycle-related injuries that required emergency department care. Roughly half of these cyclists were children and adolescents under the age of 20 (Centers for Disease Control and Prevention, 2011). Any bicyclist who does not wear a helmet is at risk for a head injury.

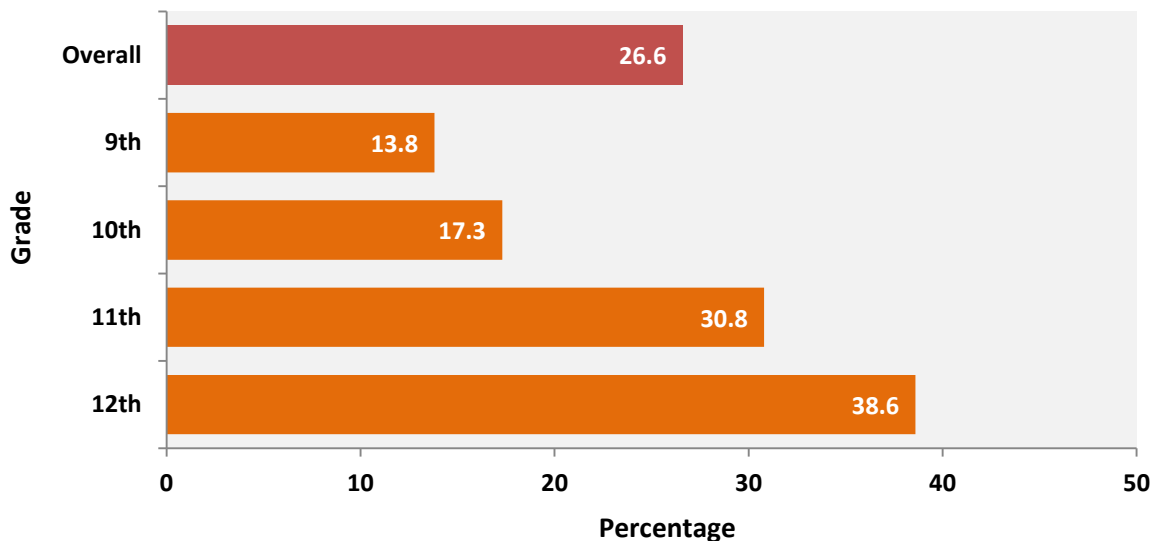
## Distracted driving

More than one in four students who had driven in the 30 days before the survey reports that they **texted or emailed while driving a car or other vehicle**. White students are more likely than those in other racial/ethnic groups to report this. Older students are significantly more likely than younger students to have texted or emailed when driving.

**Figure 1: Percentage of Students who Texted or Emailed while Driving in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



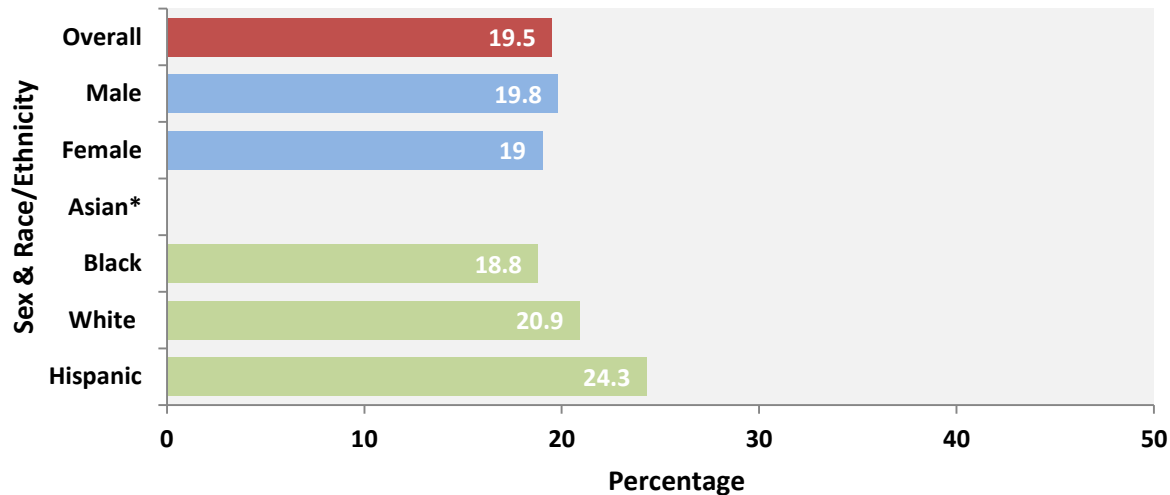
**Figure 2: Percentage of Students who Texted or Emailed while Driving in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



## Alcohol use and cars

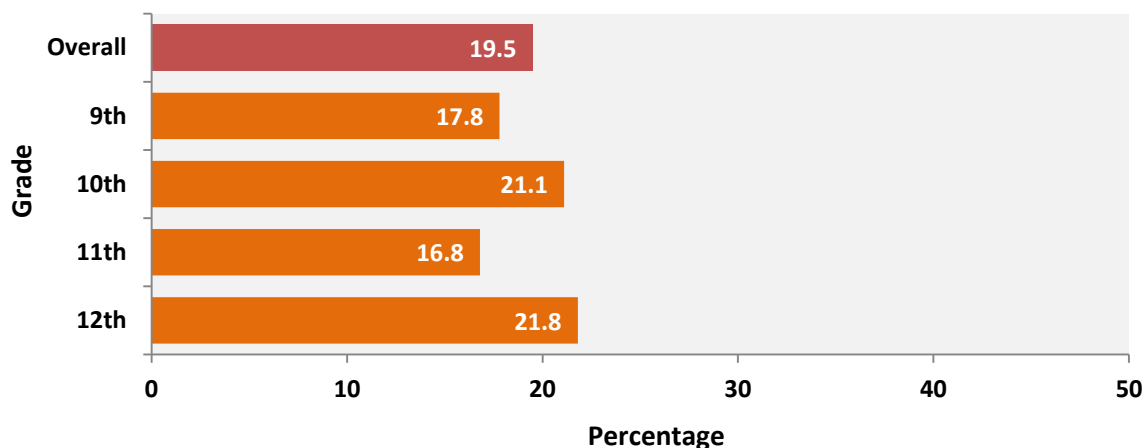
One in five students **rode in a car or other vehicle with a driver who had been drinking** in the 30 days before the survey. Hispanic students are slightly more likely than those in other racial/ethnic groups to have been in a car with a driver who had been drinking.

**Figure 3: Percentage of Students who Rode in a Vehicle with a Driver who had been Drinking in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 4: Percentage of Students who Rode in a Vehicle with a Driver who had been Drinking in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



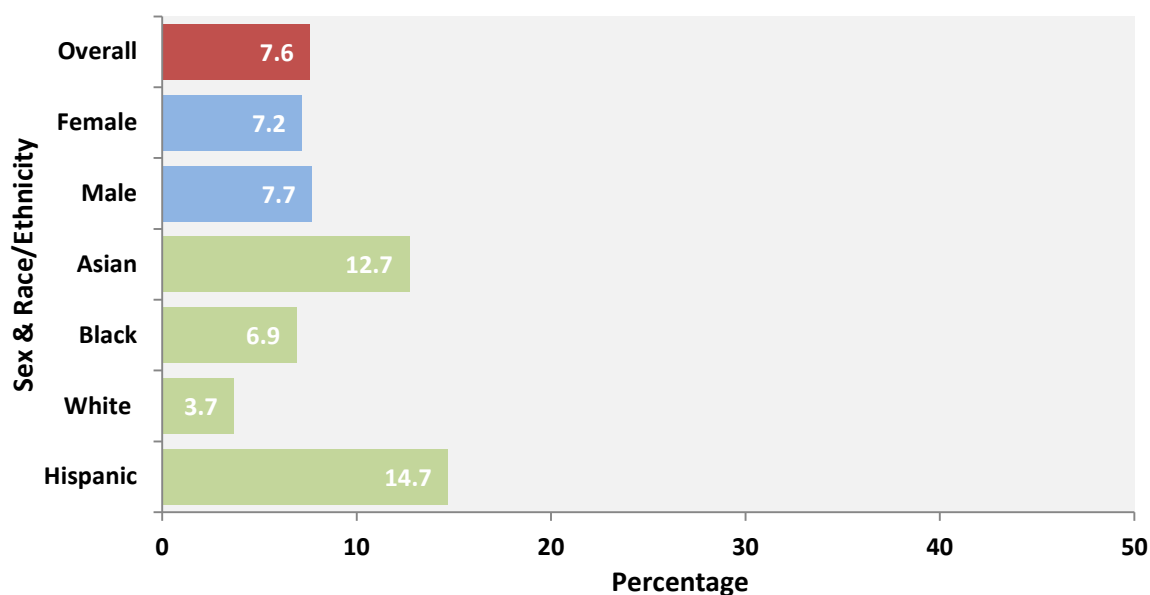
One in 20 students who had driven in the 30 days before the survey reports **driving while drinking**. Black students are significantly less likely than white and Hispanic students to drink and drive. Drinking and driving is significantly higher among 12<sup>th</sup> graders than among students in other grades.



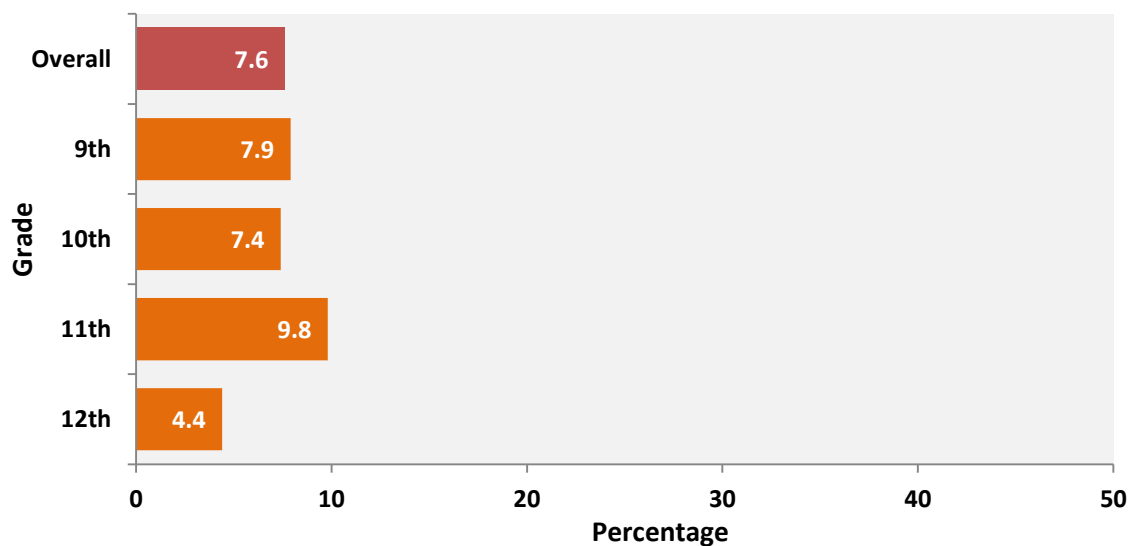
## Seat belt use

One in 13 students **rarely or never wears a seat belt while a passenger in a vehicle**. Asian and Hispanic students are more likely than their peers to not wear a seat belt.

**Figure 5: Percentage of Students who Rarely or Never Wear a Seat Belt while a Passenger in a Vehicle by Sex and Race/Ethnicity, DeKalb County, 2015**



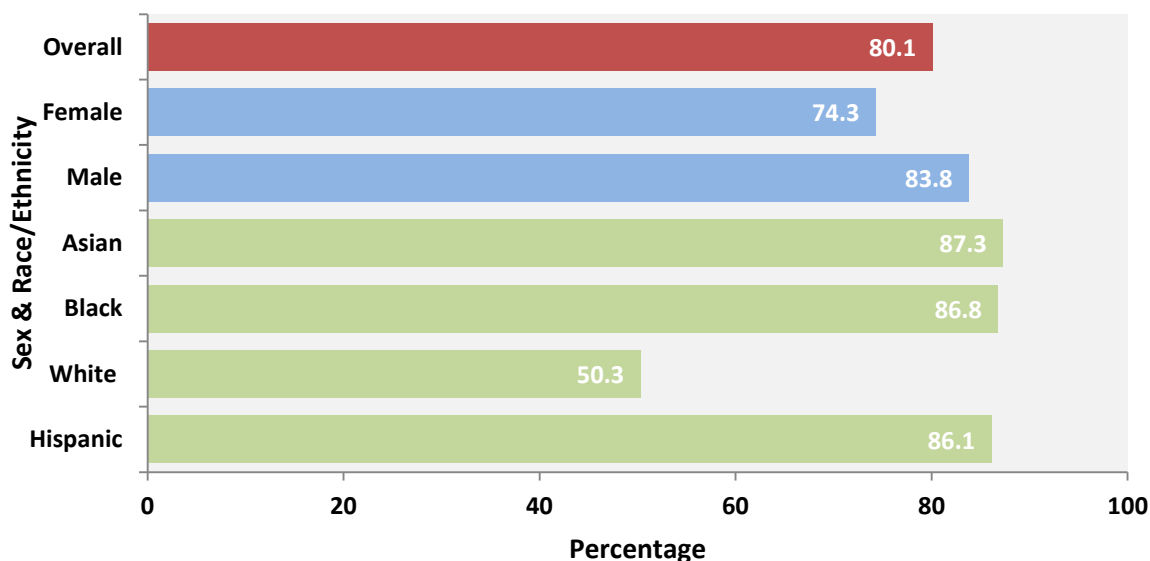
**Figure 6: Percentage of Students who Rarely or Never Wear a Seat Belt while a Passenger in a Vehicle by Grade, DeKalb County, 2015**



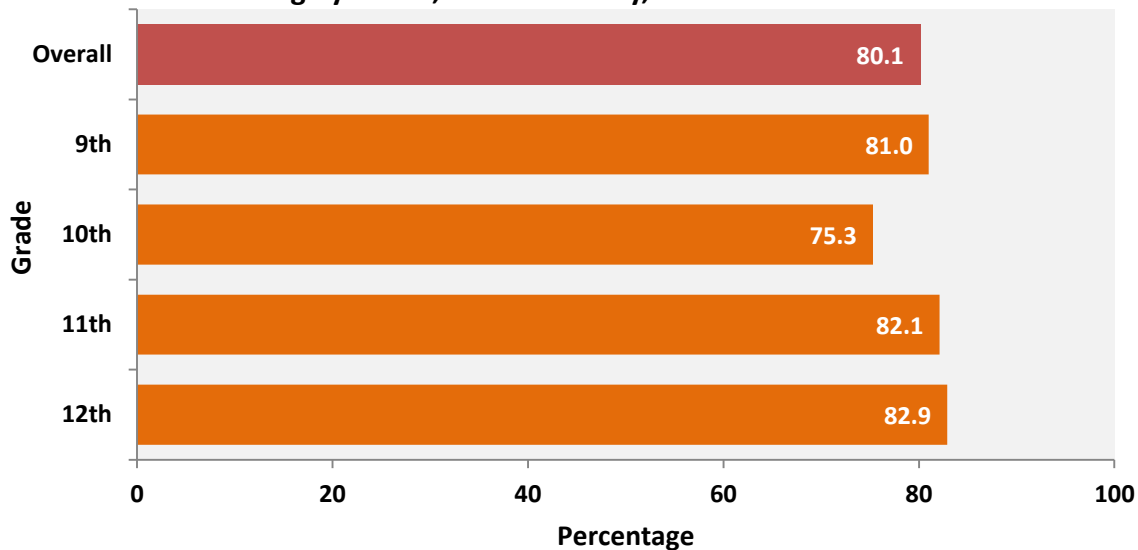
## Bicycle helmet use

Eight in 10 students who rode a bicycle in the 12 months before the survey reports that they **rarely or never wore a helmet**. White students are significantly less likely than their peers to rarely or never wear a bicycle helmet. There are no differences in other groups.

**Figure 7: Percentage of Students who Rarely or Never Wear Bicycle Helmet when Biking by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 8: Percentage of Students who Rarely or Never Wear Bicycle Helmet when Biking by Grade, DeKalb County, 2015**





# Violence

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**Weapon carrying**

**Weapons on school property**

**Feeling unsafe at or going to or from school**

**Fighting**

**Gang activity**

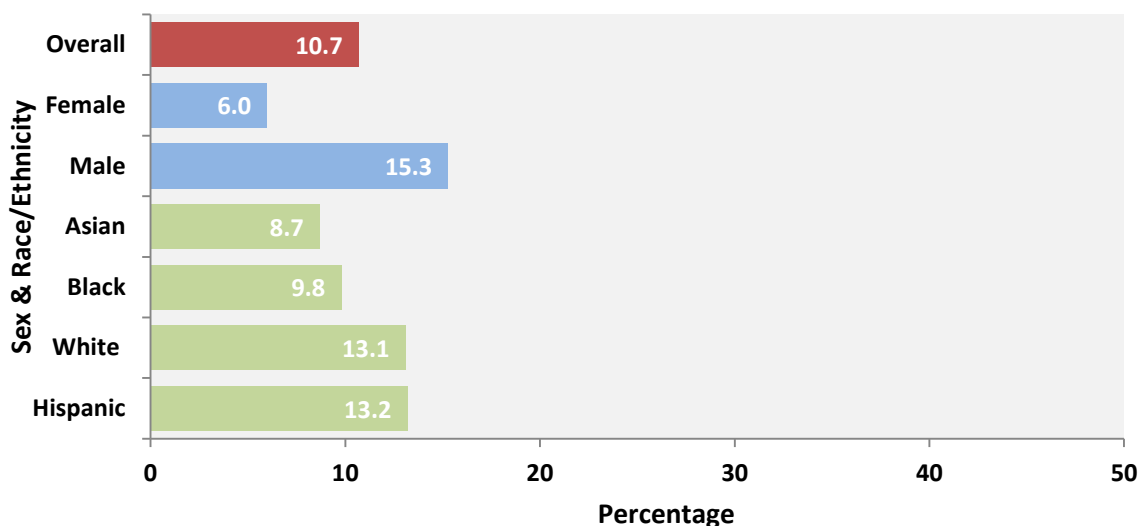
In DeKalb County, homicide is the second leading cause of death among teens ages 15 to 19. In 2014, 85% of homicide deaths in this age group were related to firearms and 8% were due to a cut or piercing wound (Georgia Department of Public Health, 2016).

For the first time, in 2015, the YRBS asked if students had carried a gun in the 30 days before the survey. In DeKalb County, the percentage of students who had carried a gun was about 4%.

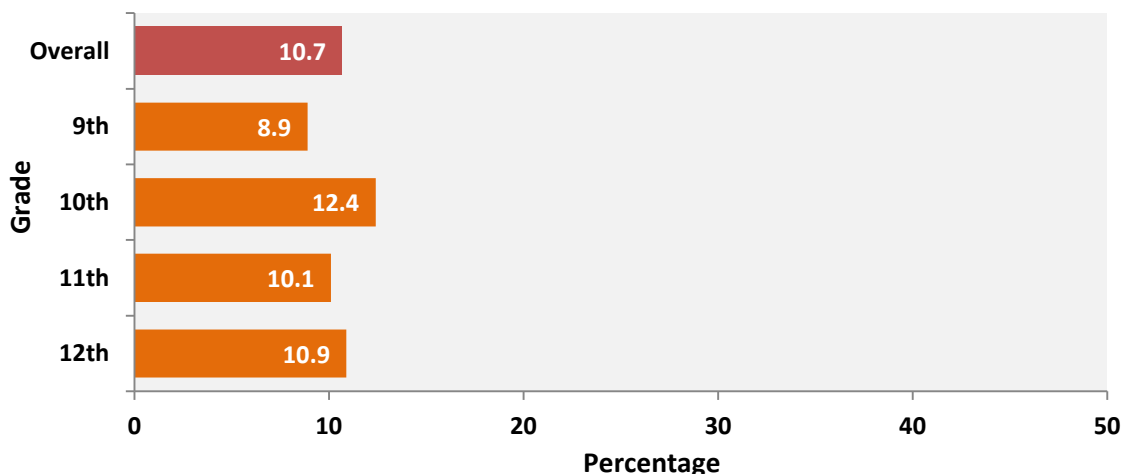
## Weapon carrying

One in nine students reports that they **carried a weapon (such as a gun, knife or club)** in the 30 days before the survey. Males are more than twice as likely as females to have carried a weapon. White and Hispanic students are more likely to have carried a weapon than those of other races/ethnicities. There are no differences among grades.

**Figure 9: Percentage of Students who Carried a Weapon in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 10: Percentage of Students who Carried a Weapon in the 30 Days Before the Survey by Grade, DeKalb County, 2015**

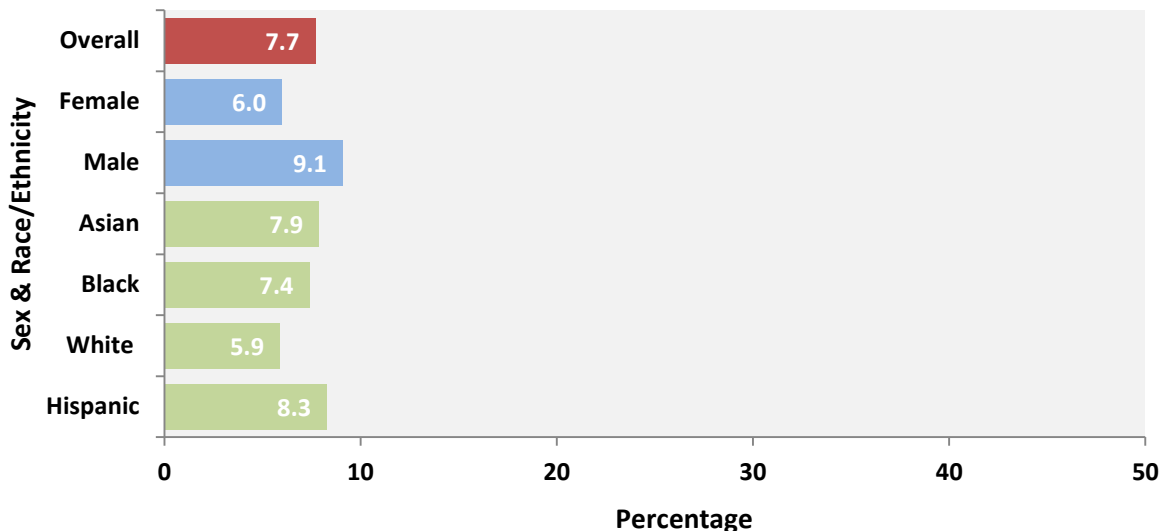


Almost one in 20 students reports that they **carried a gun** in the 30 days before the survey. Males are significantly more likely than females to report this. There are no differences between races/ethnicities or grades.

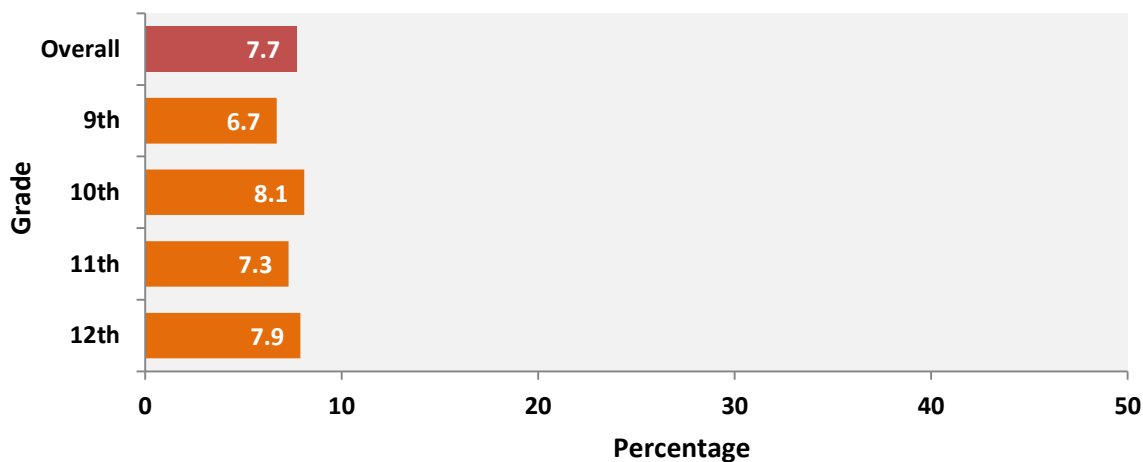
## Weapons on school property

One in 13 students reports that they were **threatened or injured with a weapon while on school property** in the 12 months before the survey. Males are more likely than females to have been threatened or injured with a weapon. There are no differences between races/ethnicities or grades.

**Figure 11: Percentage of Students who were Threatened or Injured with a Weapon on School Property in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 12: Percentage of Students who were Threatened or Injured with a Weapon on School Property in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

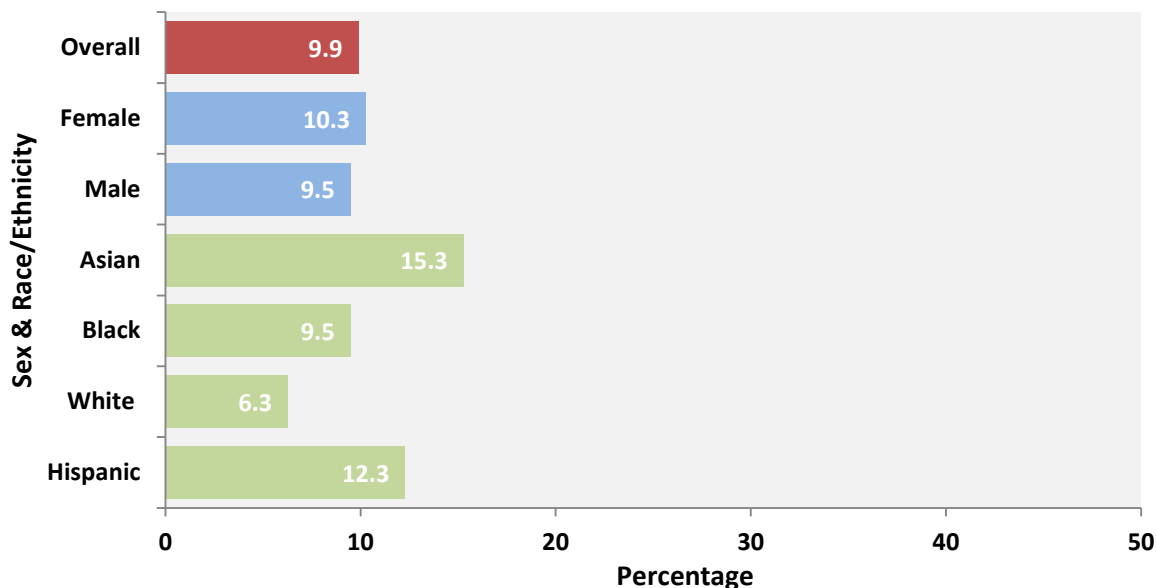




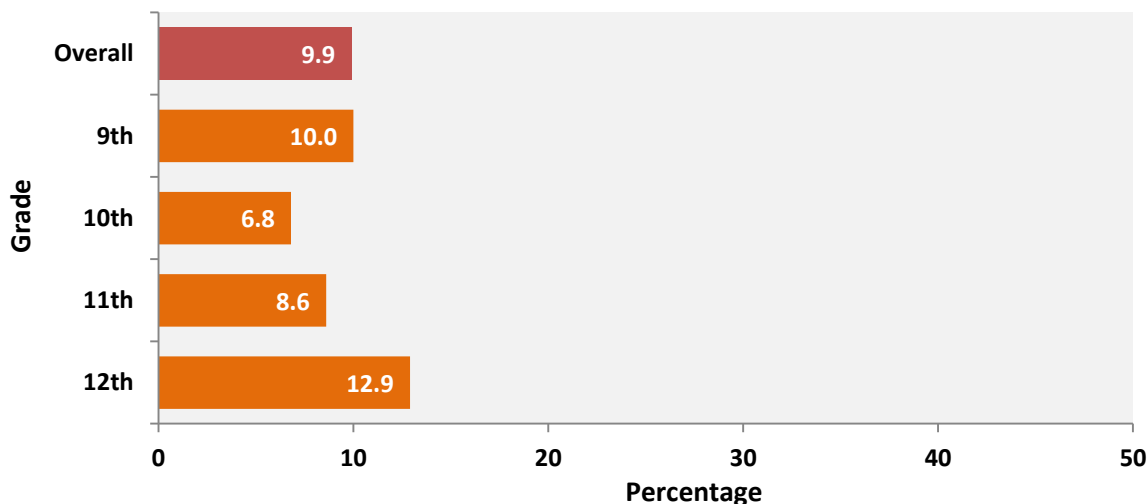
## Feeling unsafe at or going to or from school

One in 10 students **did not attend school because they felt unsafe at school or going to or from school** in the 30 days before the survey. White students are the least likely of the racial/ethnic groups to miss school because they feel unsafe.

**Figure 13: Percentage of Students who Did Not Attend School Because They Felt Unsafe At or Going To or From School in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



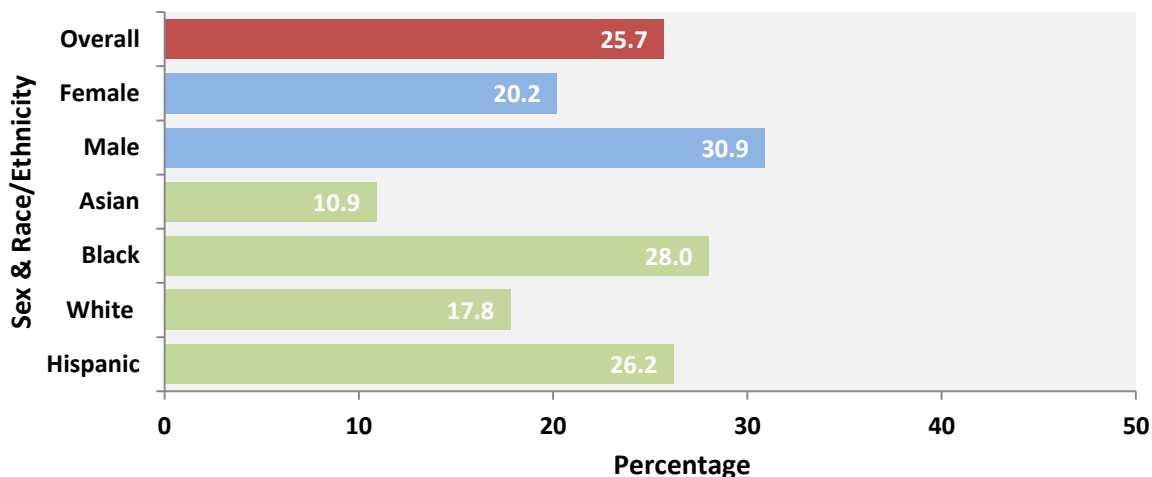
**Figure 14: Percentage of Students who Did Not Attend School Because They Felt Unsafe At or Going To or From School in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



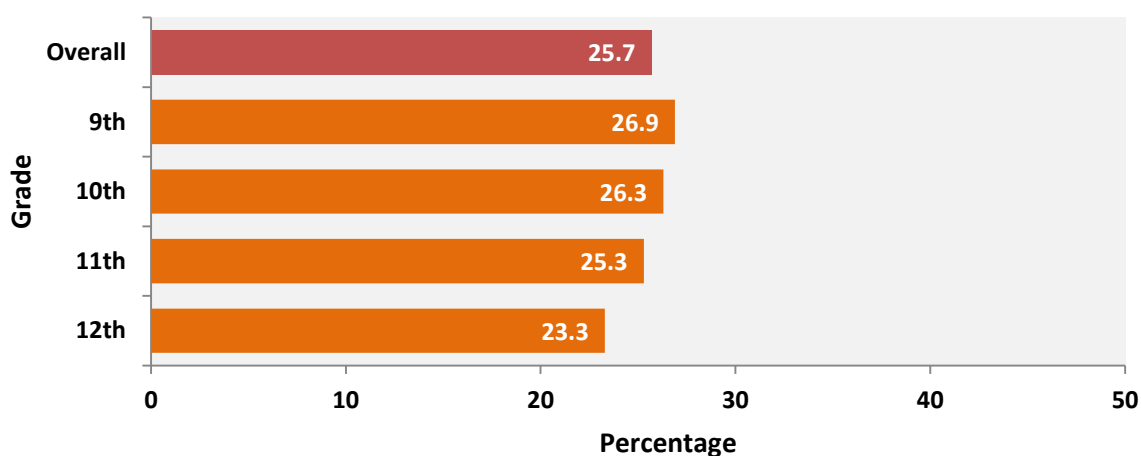
## Fighting

More than one in four students reports that they had been **in a physical fight** in the 12 months before the survey. Males are more likely than females to report this. Also, Hispanic and black students are almost three times as likely as Asian students to have been in a physical fight in the last 12 months. There are no differences among grades.

**Figure 15: Percentage of Students who were in a Physical Fight in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 16: Percentage of Students who were in a Physical Fight in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

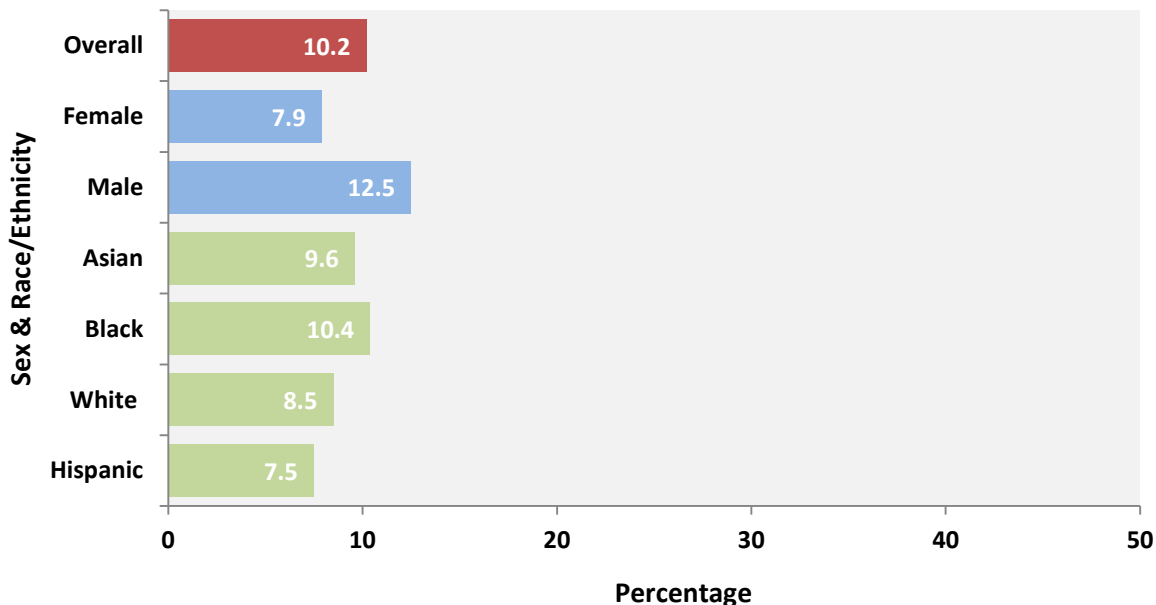


In the 12 months before the survey, three in 100 students were **injured in a fight where medical treatment was required**. Males are significantly more likely than females to report this. Although Asians are the least likely racial/ethnic group to be involved in a physical fight, they are the most likely to be injured in a fight and require medical treatment.

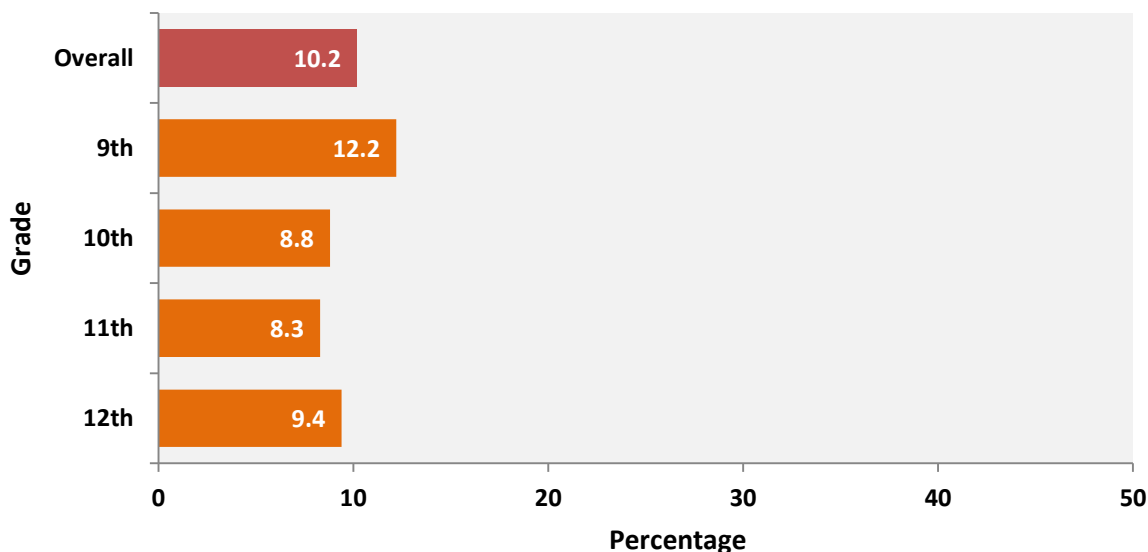
## Gang activity

One in 10 students reports that they **felt threatened by gang activity** in the 12 months before the survey. Males are more likely than females and 9<sup>th</sup> graders are more likely than older students to report this.

**Figure 17: Percentage of Students who felt Threatened by Gang Activity in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 18: Percentage of Students who felt Threatened by Gang Activity in the 12 Months Before the Survey by Grade, DeKalb County, 2015**





The term “personal violence” in this report refers to dating violence and sexual violence.

Dating violence occurs between two people in a close relationship. The violence can be physical, mental or emotional and can include being hit or slammed into something. Sexual violence refers to unwanted kissing, touching or being forced to have sexual intercourse.

Many teens do not report dating or sexual violence due to being embarrassed or thinking that violence is a normal part of a relationship.

## Personal Violence

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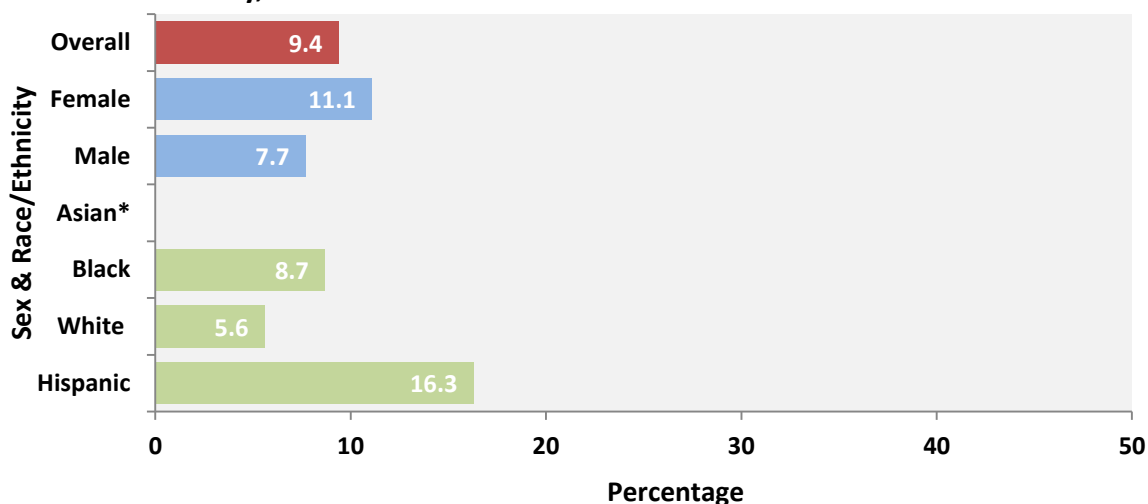
**Dating violence**

**Sexual violence**

## Dating violence

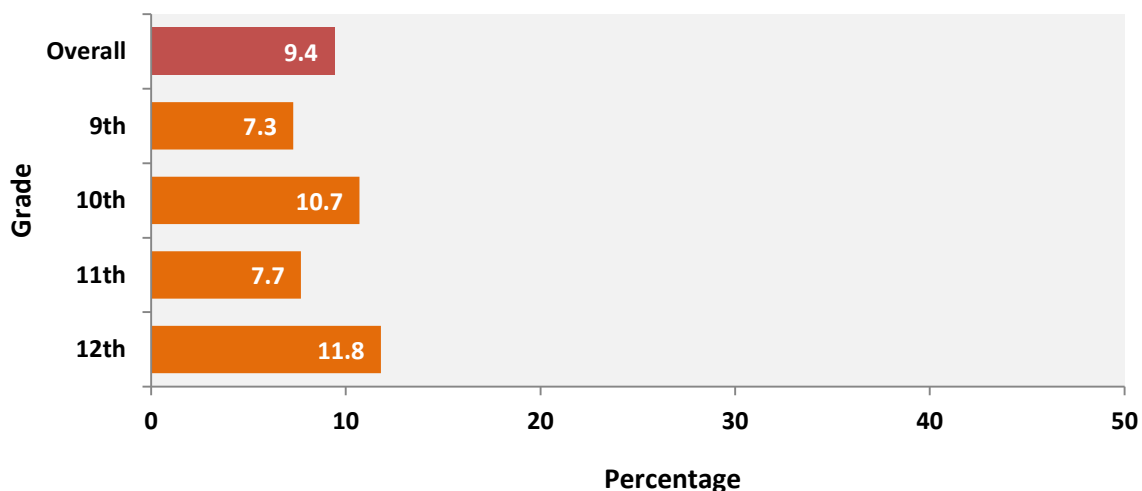
More than one in 11 students who had dated in the 12 months before the survey reports that they had been **physically hurt by their partner**. Females and Hispanics are more likely to report dating violence than their peers. There are no differences among grades.

**Figure 19. Percentage of Students who were Physically Hurt by a Partner in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 20. Percentage of Students who were Physically Hurt by a Partner in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

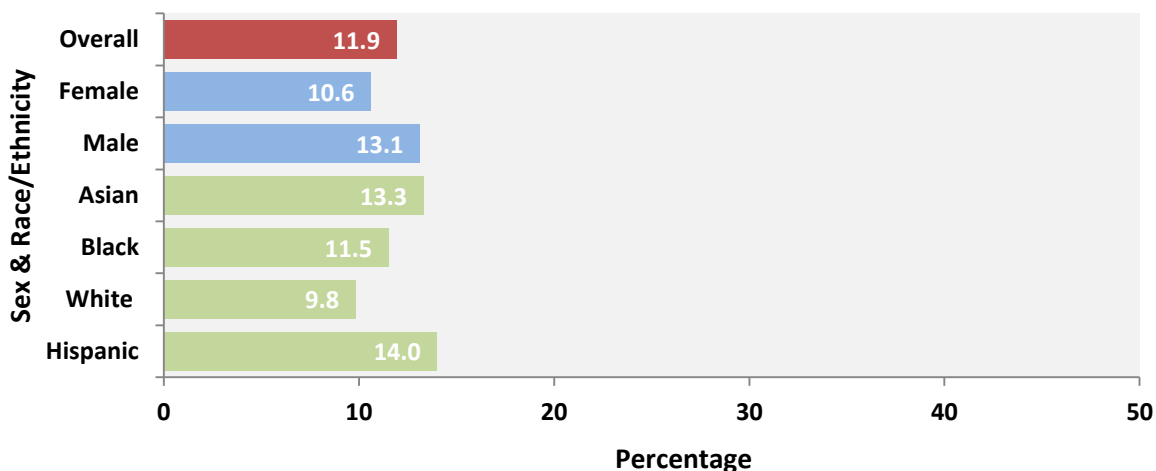




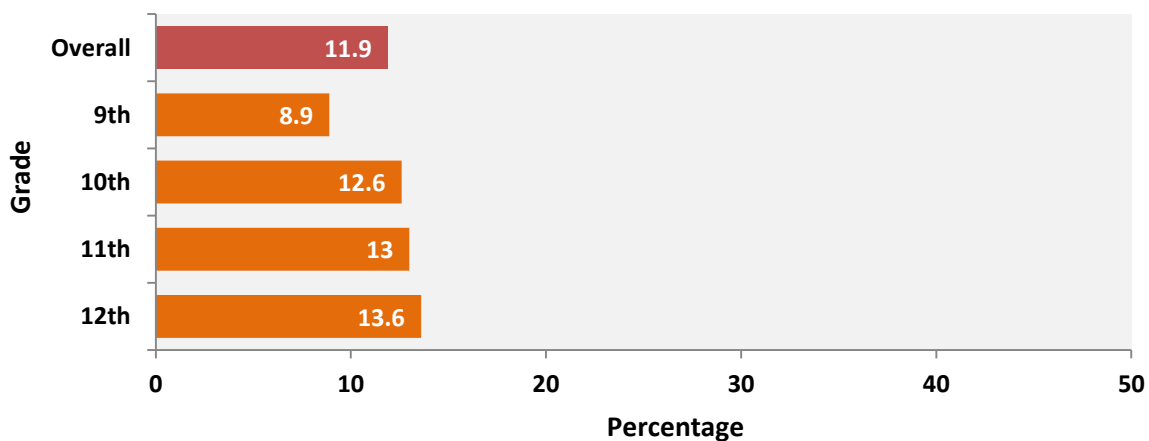
## Sexual violence

More than one in eight students reports that they have ever been **forced to have sex**. Hispanic students are more likely to report this than other racial/ethnic groups. Twelfth grade students are more likely than 9<sup>th</sup> grade students to have been forced to have sex.

**Figure 21: Percentage of Students who have ever been Forced to have Sex by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 22: Percentage of Students who have ever been Forced to have Sex by Grade, DeKalb County, 2015**



One in 11 students in a relationship reports that they had been **forced to do sexual things** in the 12 months preceding the survey, including unwanted kissing, touching or being forced to have sexual intercourse. Males and black students are the least likely to report sexual violence among their peer groups. Older students are more likely to report sexual violence than younger students.



# Bullying

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**Bullying on school property**

**Bullying off school property**

**Teasing due to perceived sexuality**

Bullying includes a written, verbal or physical act that a reasonable person would perceive as being intended to threaten, harass or intimidate another person.

The Georgia Department of Education has a strong anti-bullying policy that requires school districts to create and enforce their own policies. Each local school board's student code of conduct must prohibit bullying (Georgia Department of Education, 2015).

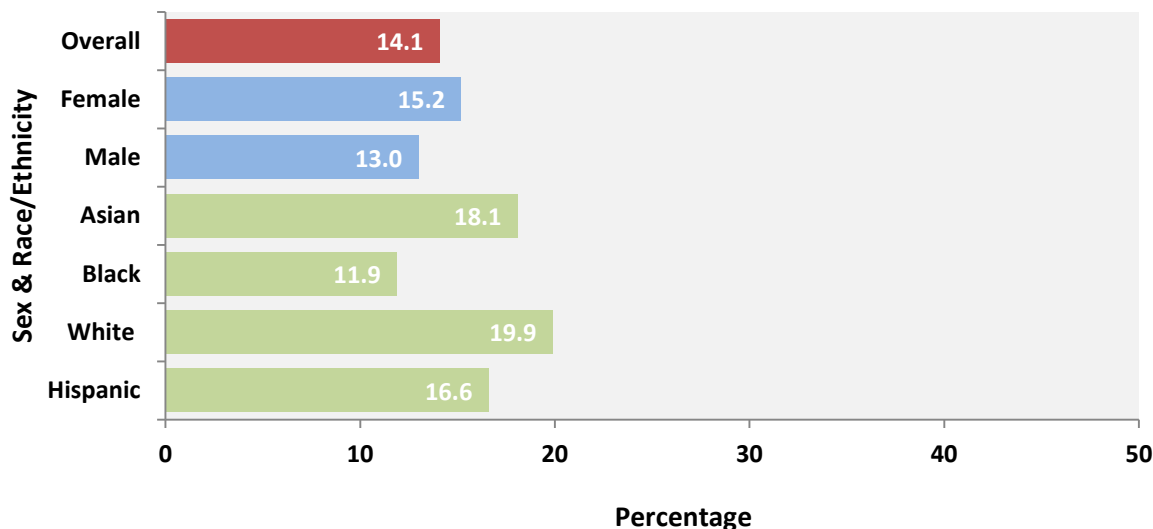
According to the DeKalb County School District, bullying can occur on school property, in a school vehicle or at an off-campus, school-related function. It can also involve using a computer (DeKalb County School District, n.d).

For the first time in 2015, the YRBS added a question asking students if they had been teased or called names due to their perceived sexuality.

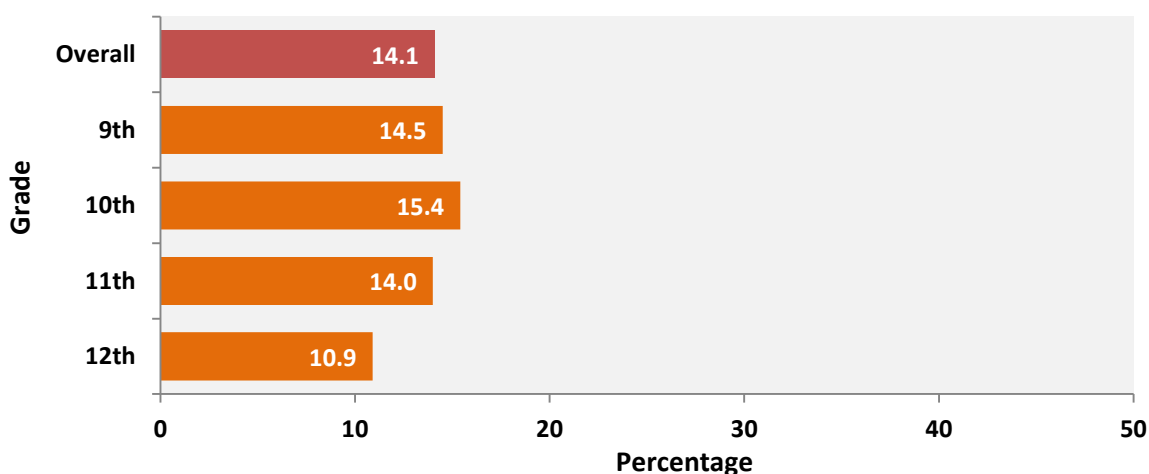
## Bullying on school property

One in seven students reports that they had been **bullied on school property** in the 12 months before the survey. Black students and 12<sup>th</sup> graders are the least likely among their peers to report being bullied.

**Figure 23: Percentage of Students who were Bullied on School Property in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 24: Percentage of Students who were Bullied on School Property in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

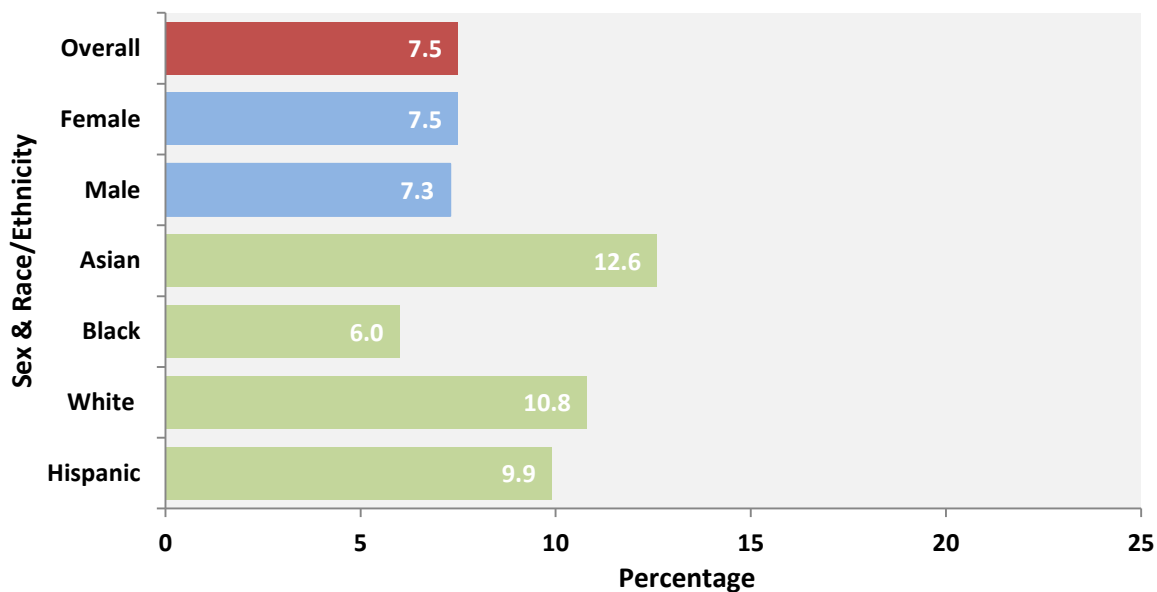


Electronic bullying refers to bullying through texts, emails, chat rooms, websites, cell phone apps and instant messages. Almost one in 10 students reports being **electronically bullied** in the 12 months before the survey. Female and Hispanic students are more likely to report being electronically bullied than their peers. There are no differences between grades.

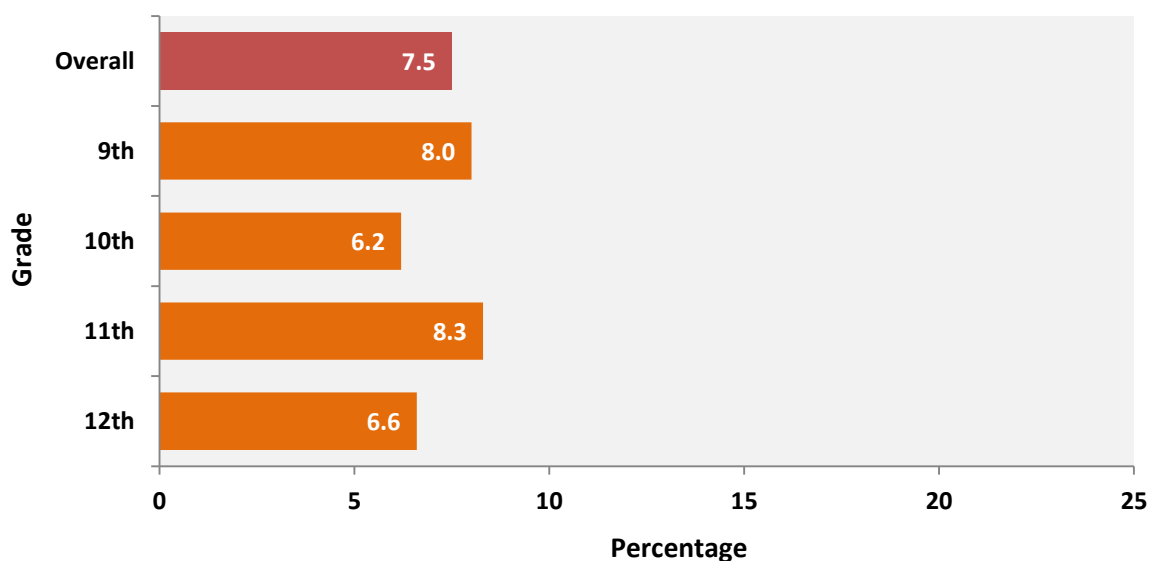
## Bullying off school property

Nearly one in 13 students reports being **bullied while not on school property** in the 12 months before the survey. There are no significant differences between peer groups.

**Figure 25: Percentage of Students who were Bullied Off School Property in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



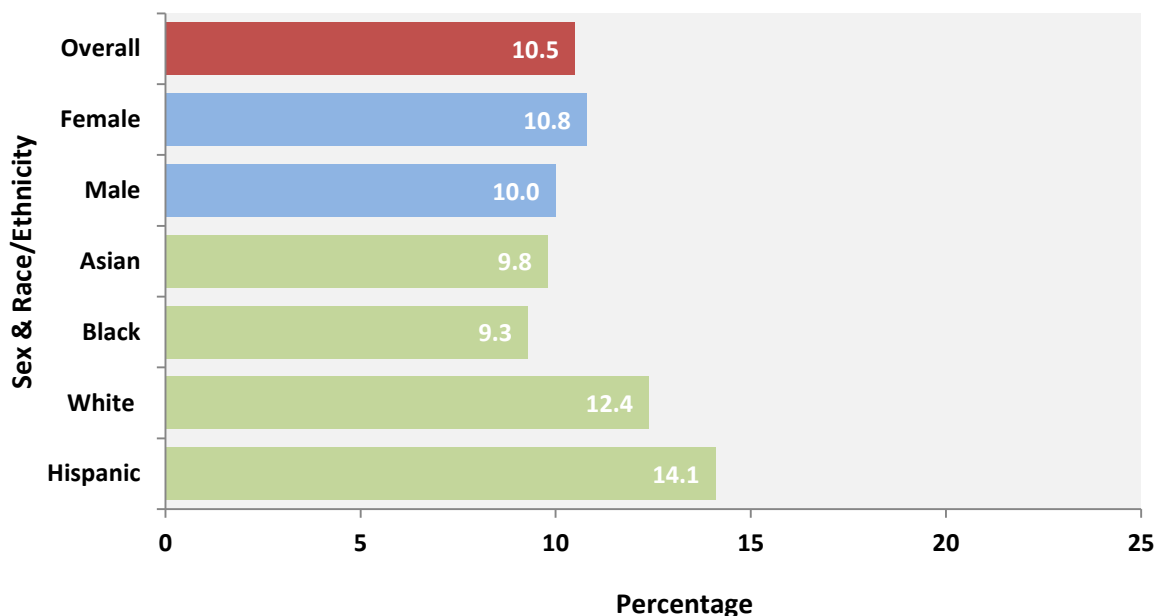
**Figure 26: Percentage of Students who were Bullied Off School Property in the 12 Months Before the Survey by Grade, DeKalb County, 2015**



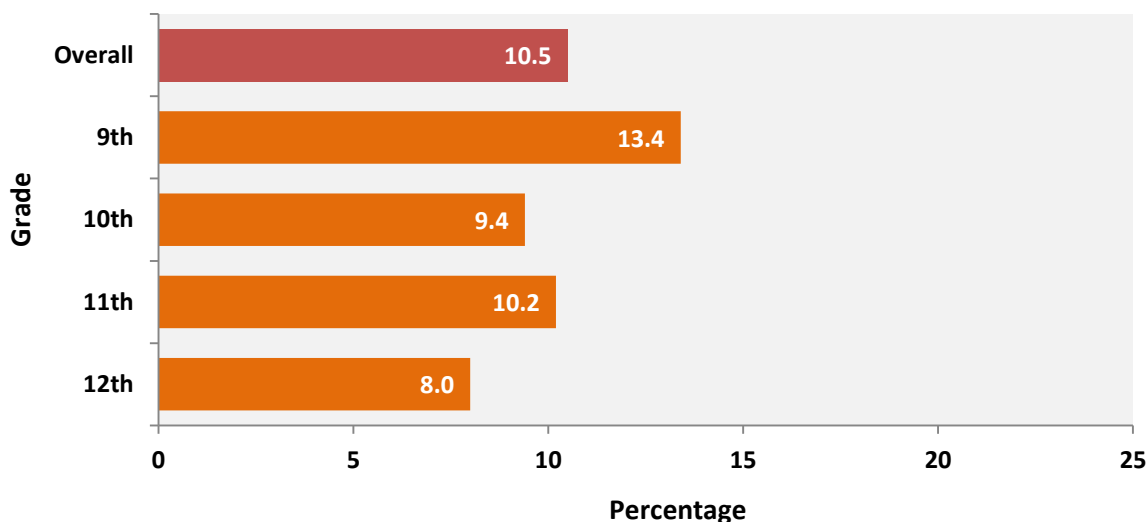
## Teasing due to perceived sexuality

One in 10 students reports that in the 12 months before the survey they had been the **victim of teasing or name calling because someone thought they were gay, lesbian or bisexual**. Hispanic students are more likely to report being teased than their peers. Students in 9<sup>th</sup> grade are more likely to report being teased than students in other grades.

**Figure 27: Percentage of Students who were the Victim of Teasing in the 12 Months Before the Survey Because of Perceived Sexuality by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 28: Percentage of Students who were the Victim of Teasing in the 12 Months Before the Survey Because of Perceived Sexuality by Grade, DeKalb County, 2015**







# Suicide

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**Depression**

**Suicidal thoughts**

**Suicide attempts and injury**

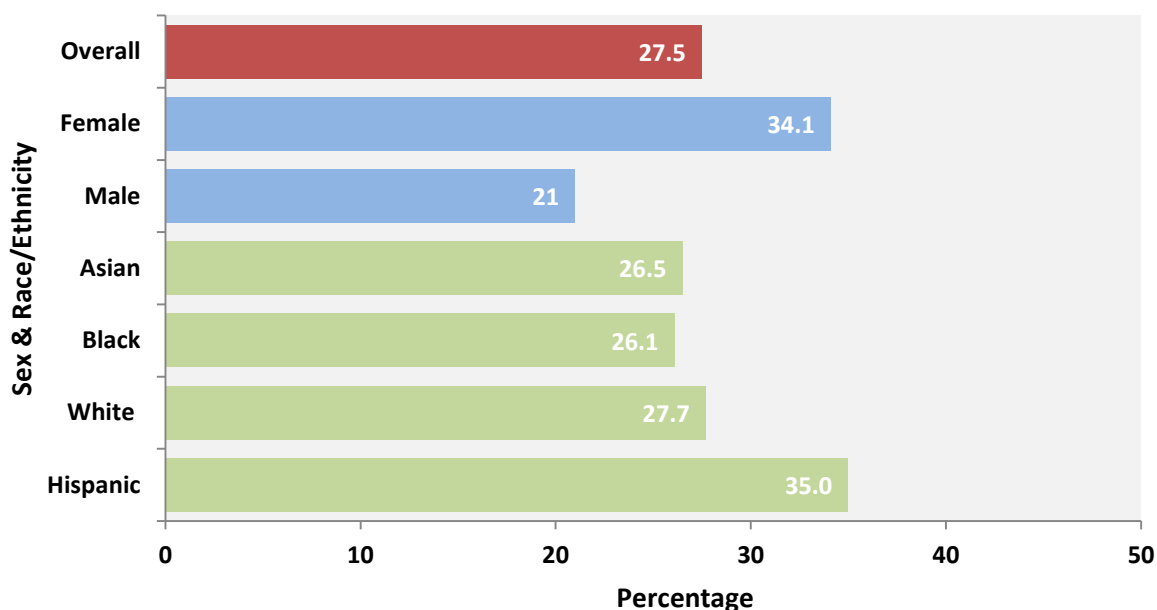
Teen suicide is a growing health concern. It is the third leading cause of death for young people ages 15 to 19, surpassed only by homicide and accidents (Centers for Disease Control and Prevention, 2015a).

The risk for suicide frequently occurs in combination with external factors that seem to overwhelm at-risk teens who are unable to cope with the challenges of adolescence. At-risk teens include those with mental disorders (like depression) and substance abuse disorders. Examples of stressors are disciplinary problems, interpersonal losses, family violence, sexual orientation confusion, physical and sexual abuse, and being the victim of bullying (American Psychological Association, 2016).

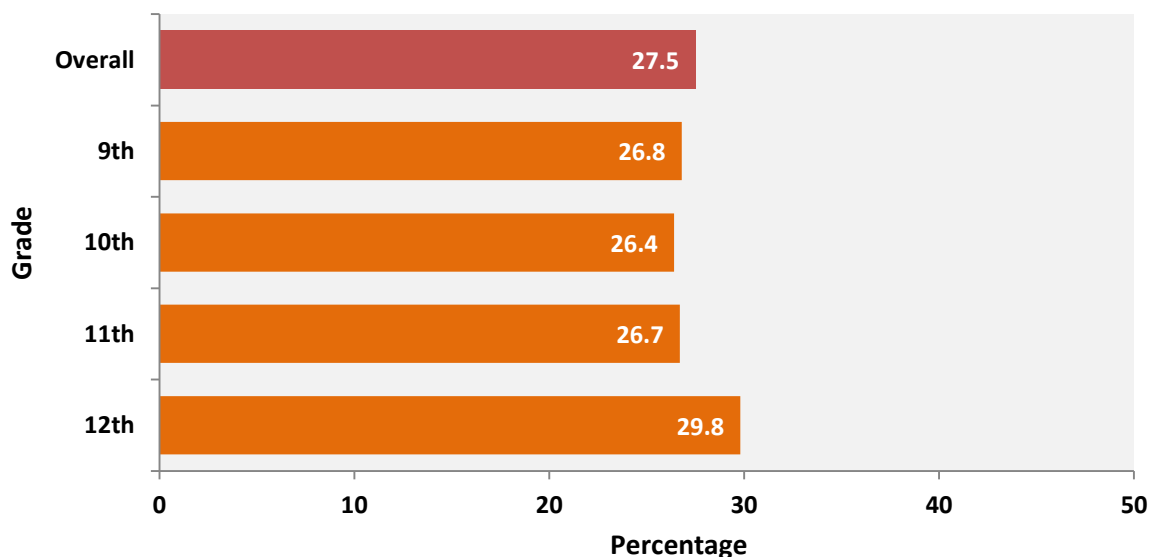
## Depression

One risk factor for suicide is depression. More than one in four students reports **feeling sad or hopeless** for at least two weeks in the 12 months before the survey. Females are more likely than males to report feeling depressed. Hispanic students are significantly more likely to report depression than students of other racial/ethnic groups. There are no differences among grades.

**Figure 29: Percentage of Students who Felt Sad or Hopeless for At Least 2 Weeks in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



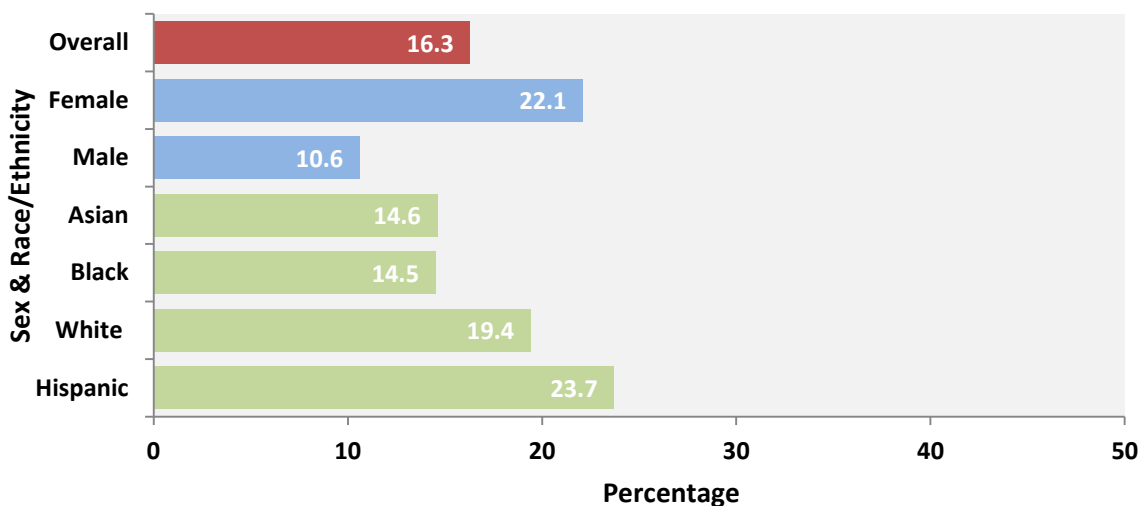
**Figure 30: Percentage of Students who Felt Sad or Hopeless for At Least 2 Weeks in the 12 Months Before the Survey by Grade, DeKalb County, 2015**



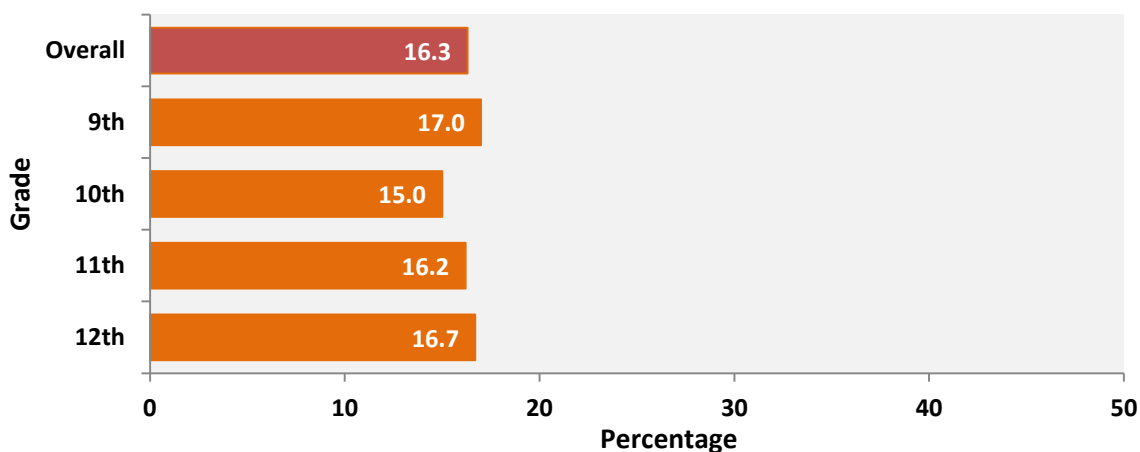
## Suicidal thoughts

Almost one in six students reports that they **seriously considered attempting suicide** in the 12 months before the survey. Female students and Hispanic students are more likely than their peers to have seriously considered suicide.

**Figure 31: Percentage of Students who Seriously Considered Attempting Suicide in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 32: Percentage of Students who Seriously Considered Attempting Suicide in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

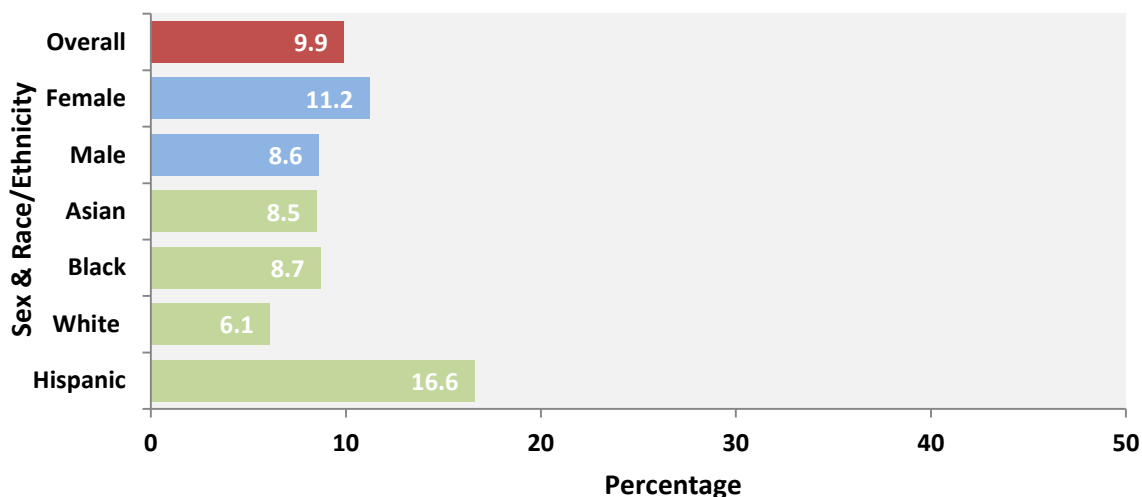


In the 12 months before the survey, almost 16 in 100 students **made a plan about how they would attempt suicide**. Females were 1½ times more likely than males to make a suicide plan. Black students and 11<sup>th</sup> graders were less likely than their peers to make a plan to attempt suicide.

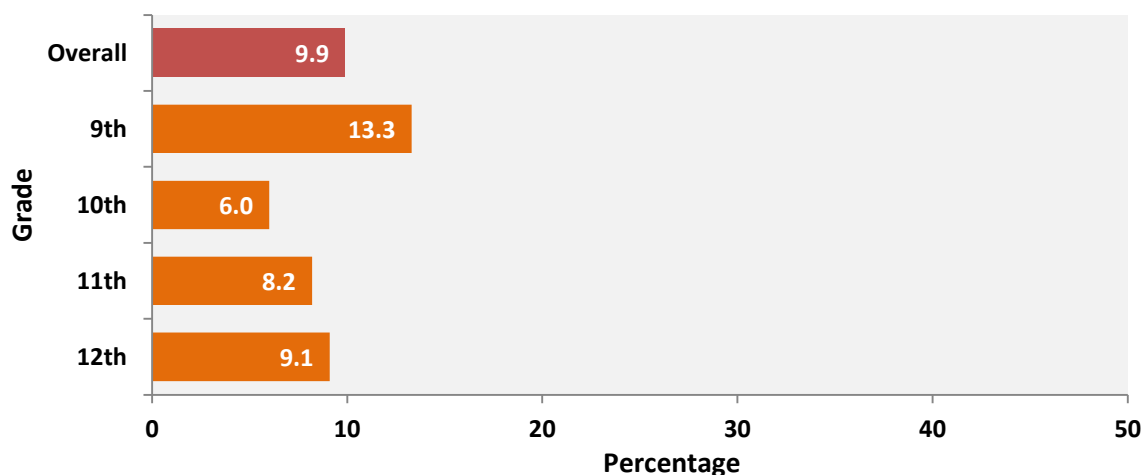
## Suicide attempts and injury

One in 10 students **actually attempted suicide** in the 12 months before the survey. Hispanic students are significantly more likely than their peers to attempt suicide. Ninth grade students are more likely than students in other grades to have attempted suicide.

**Figure 33: Percentage of Students who Actually Attempted Suicide in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 34: Percentage of Students who Actually Attempted Suicide in the 12 Months Before the Survey by Grade, DeKalb County, 2015**



Of the attempted suicides in the 12 months before the survey, **one in 20 attempts resulted in an injury, poisoning or overdose** that had to be treated by a medical professional. Hispanic students were twice as likely as students in other racial/ethnic groups to have experienced an injury, poisoning or overdose from a suicide attempt.



## Tobacco Use

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**Current cigarette use**

**Early cigarette use**

**Smokeless tobacco use**

**Cigar, cigarillo and little cigar use**

**Electronic vapor product use**

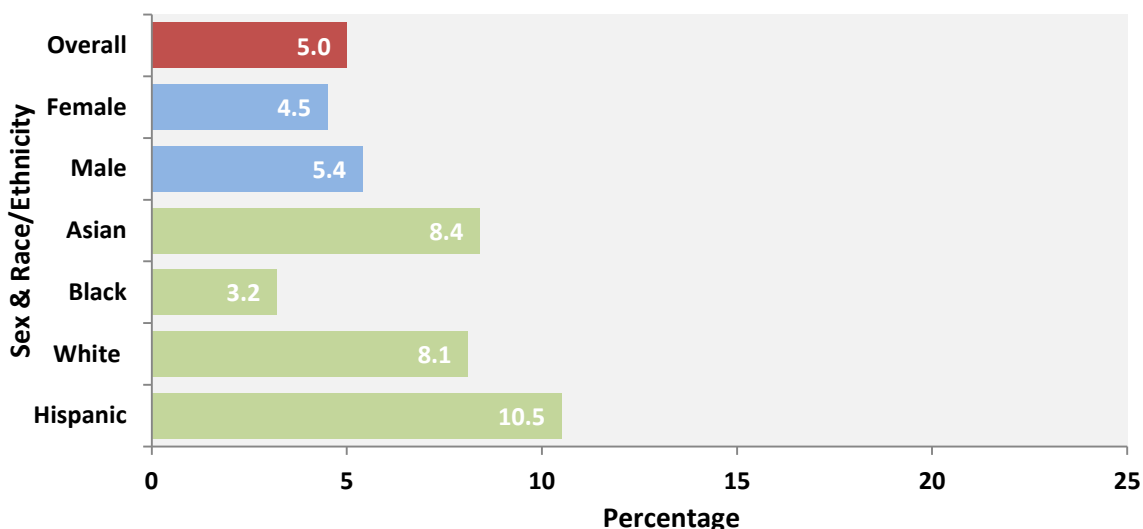
Nationally, from 2011 to 2014, cigarette smoking declined among middle and high school students. However, the use of electronic vapor products and smokeless tobacco increased (Centers for Disease Control and Prevention, 2015b).

The recent increase in the popularity of electronic vapor products among teens prompted the Centers for Disease Control and Prevention to address this issue in the 2015 YRBS. There is concern that e-cigarette use may be a starting point for nicotine use (Centers for Disease Control and Prevention, 2015b).

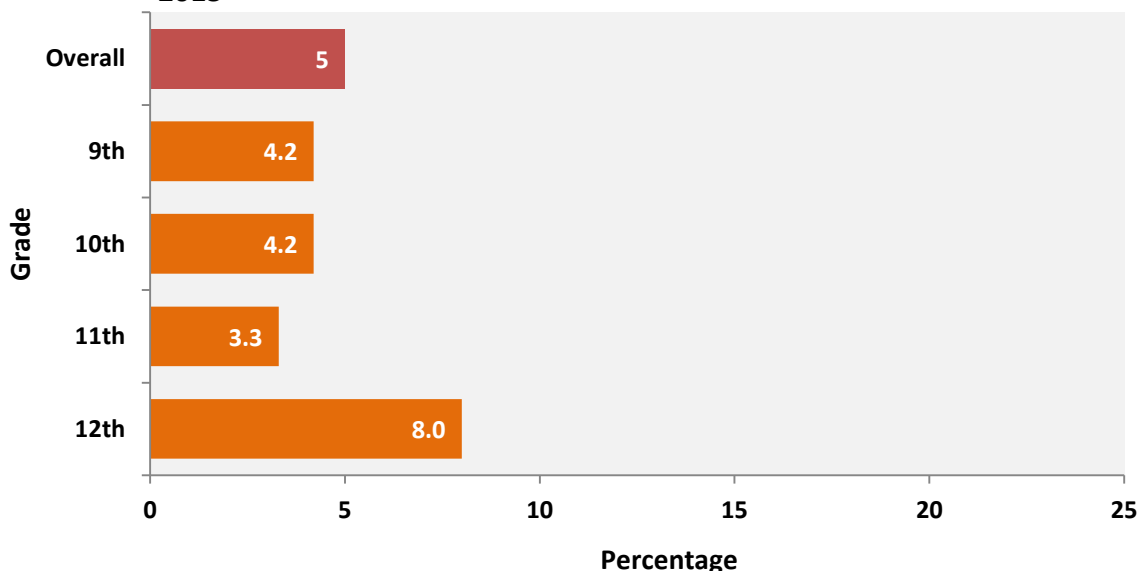
## Current cigarette use

One in 20 students had **smoked at least one cigarette** in the 30 days before the survey. Males were more likely to report this behavior than females and Hispanics were more likely to report this than students of other races/ethnicities.

**Figure 35: Percentage of Students who had Smoked at Least One Cigarette in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



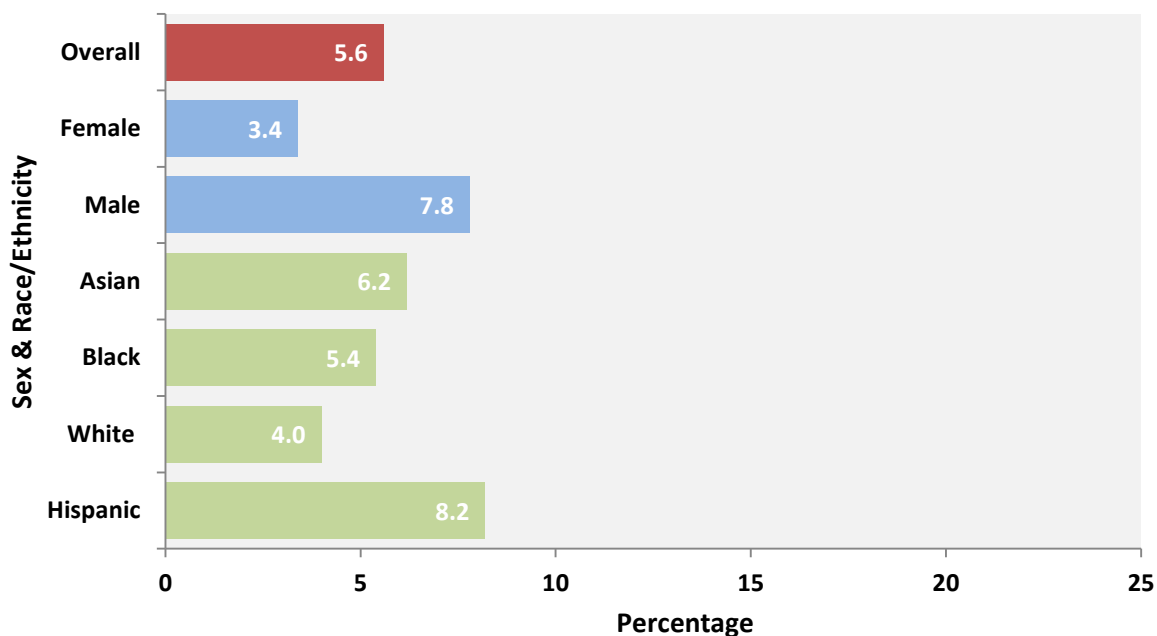
**Figure 36: Percentage of Students who had Smoked at Least One Cigarette in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



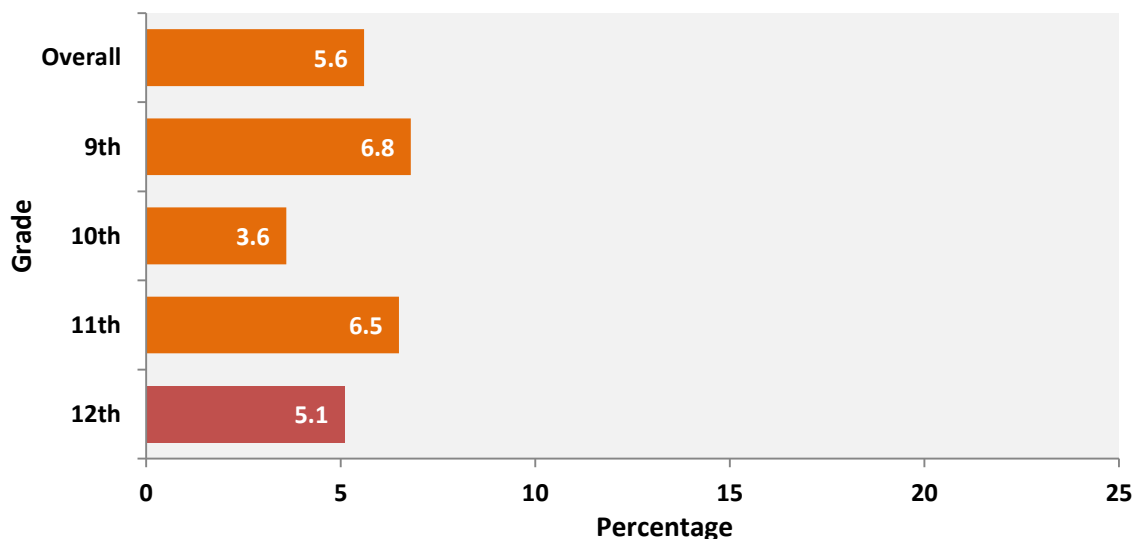
## Early cigarette use

More than one in 20 students reports that they **first smoked a whole cigarette before age 13**. Males are more than twice as likely as females to report smoking before age 13. Hispanic students are more likely than students of other racial/ethnic groups to report smoking before age 13.

**Figure 37: Percentage of Students who First Smoked a Cigarette Before Age 13 by Sex and Race/Ethnicity, DeKalb County, 2015**



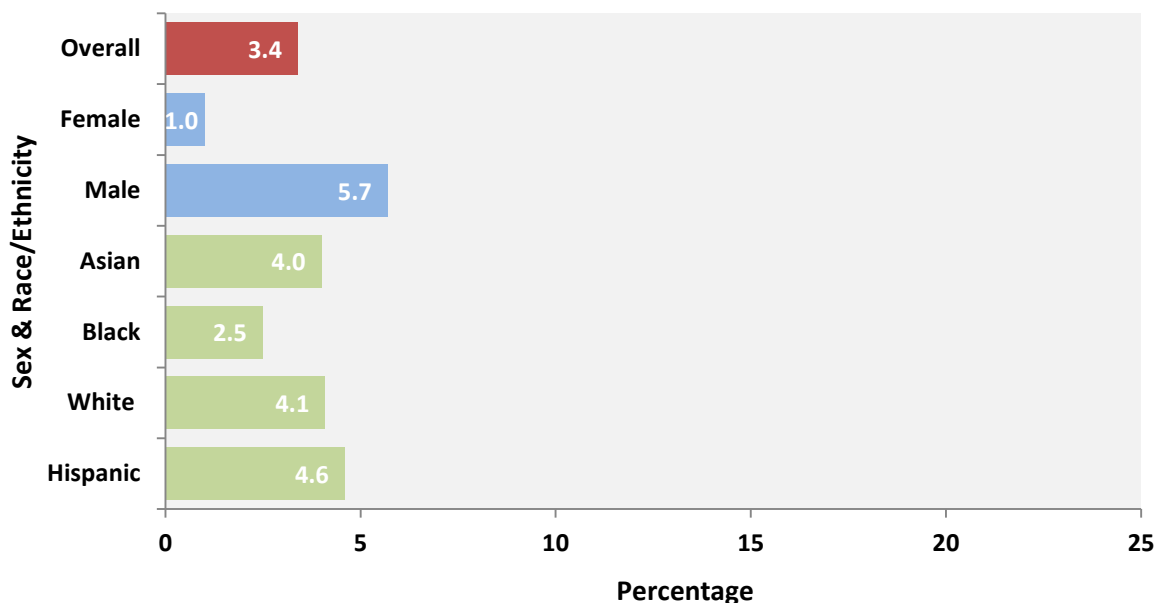
**Figure 38: Percentage of Students who First Smoked a Cigarette Before Age 13 by Grade, DeKalb County, 2015**



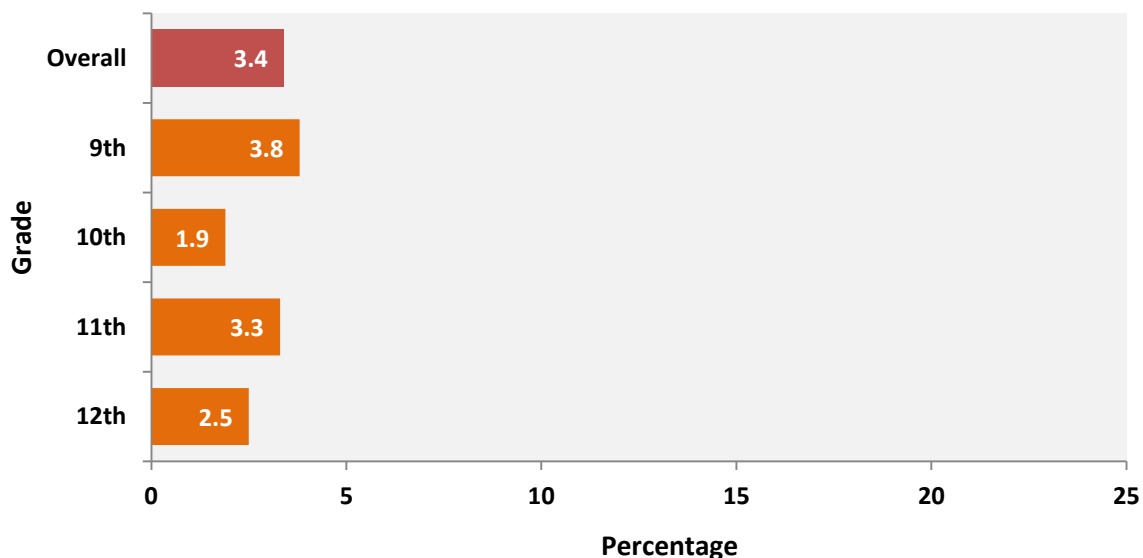
## Smokeless tobacco use

More than three in 10 students reports that they **used a smokeless tobacco product** in the 30 days before the survey. Males are five times more likely than females to have used smokeless tobacco.

**Figure 39: Percentage of Students who used Smokeless Tobacco in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 40: Percentage of Students who used Smokeless Tobacco in the 30 Days Before the Survey by Grade, DeKalb County, 2015**

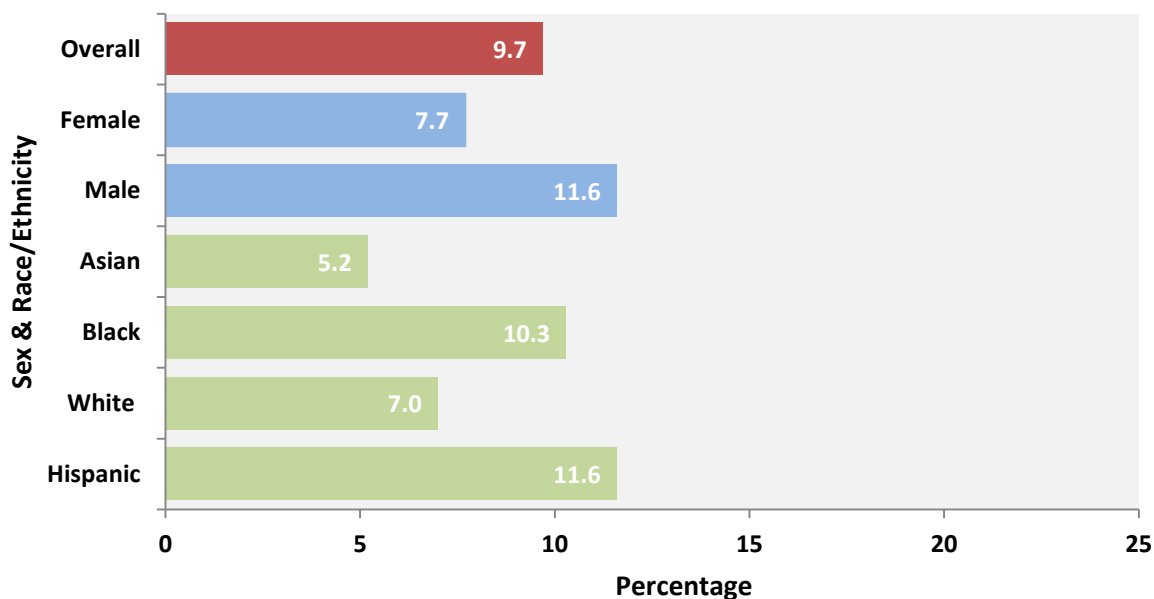




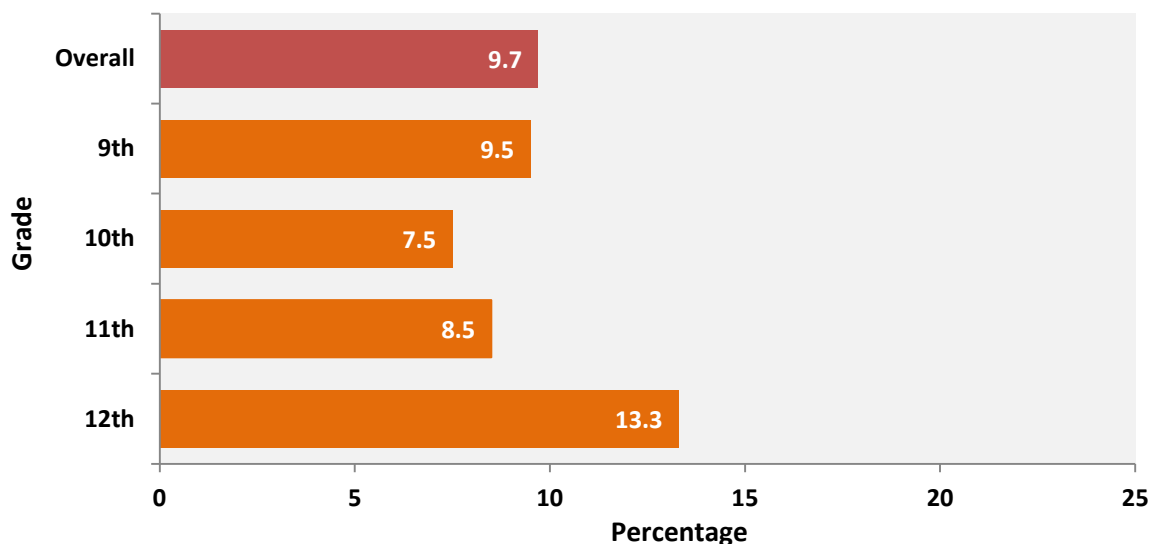
## Cigar, cigarillo and little cigar use

Almost one in 10 students reports that they **smoked cigars, cigarillos or little cigars** in the 30 days before the survey. Males are more likely than females to have smoked these. There are no significant differences between racial/ethnic groups.

**Figure 41: Percentage of Students who Smoked Cigars, Cigarillos or Little Cigars in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



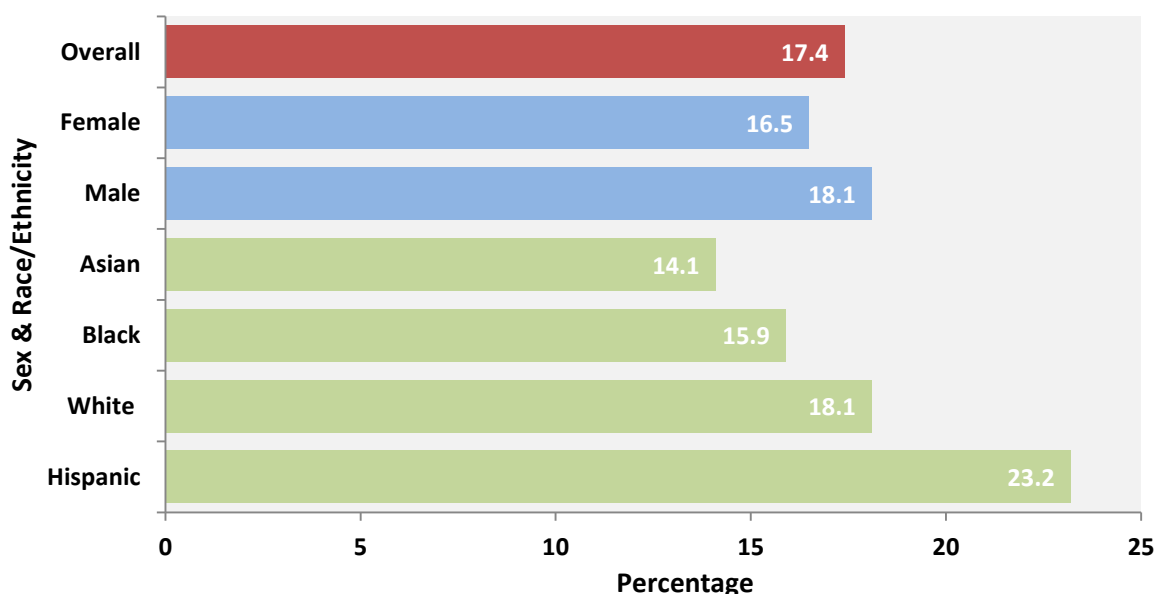
**Figure 42: Percentage of Students who Smoked Cigars, Cigarillos or Little Cigars in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



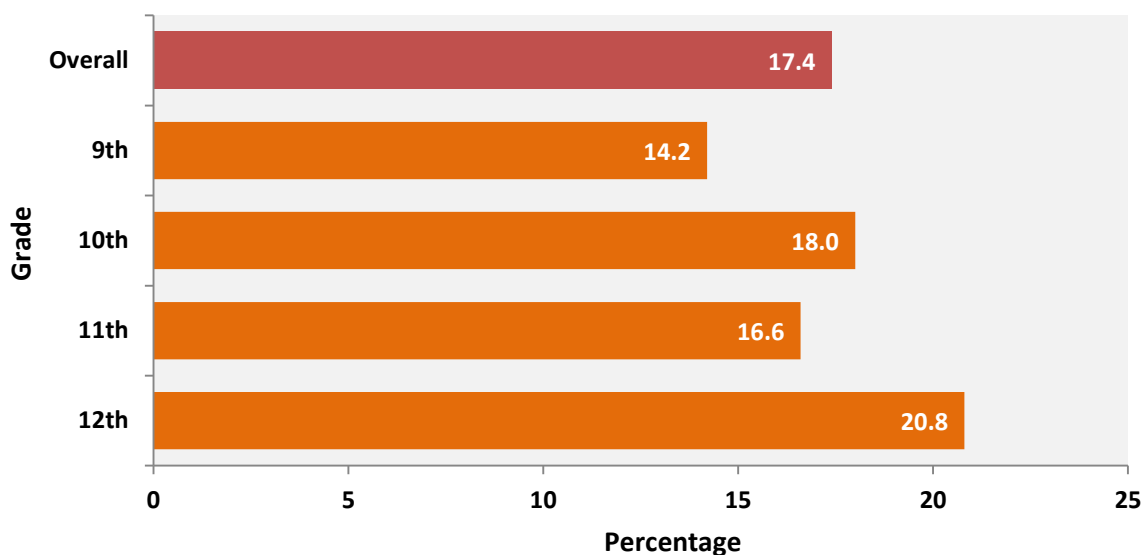
## Electronic vapor product use

One in six students **used an electronic vapor product** in the 30 days before the survey. These products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs and hookah pens.

**Figure 43: Percentage of Students who used an Electronic Vapor Product in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 44: Percentage of Students who used an Electronic Vapor Product in the 30 Days Before the Survey by Grade, DeKalb County, 2015**





Alcohol is the most commonly abused drug among adolescents in the U.S. Excessive drinking is responsible for more than 4,300 deaths among underage youth each year. Nationally, one in three high school students reports drinking alcohol within the past month and one in six reports binge drinking within the past two weeks (Centers for Disease Control and Prevention, 2016a).

Limiting adolescents' access to alcohol can reduce underage drinking and alcohol-related problems. However, studies have shown that adolescents continue to easily obtain alcohol from a variety of sources, particularly from adults (DeJong & Blanchette, 2014). The 2015 YRBS asks, for the first time, where students obtain alcohol.

Another first-time question is the type of alcohol consumed. Relatively little is known about the type of alcoholic beverages preferred by high school students. This information could be used, for example, to assess the impact of advertising on teens' preferences. Also, monitoring beverage-specific consumption among adolescents could be used to develop strategies to reduce underage drinking (Centers for Disease Control and Prevention, 2007).

## Alcohol Use

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**Current alcohol use**

**Early alcohol use**

**Binge drinking**

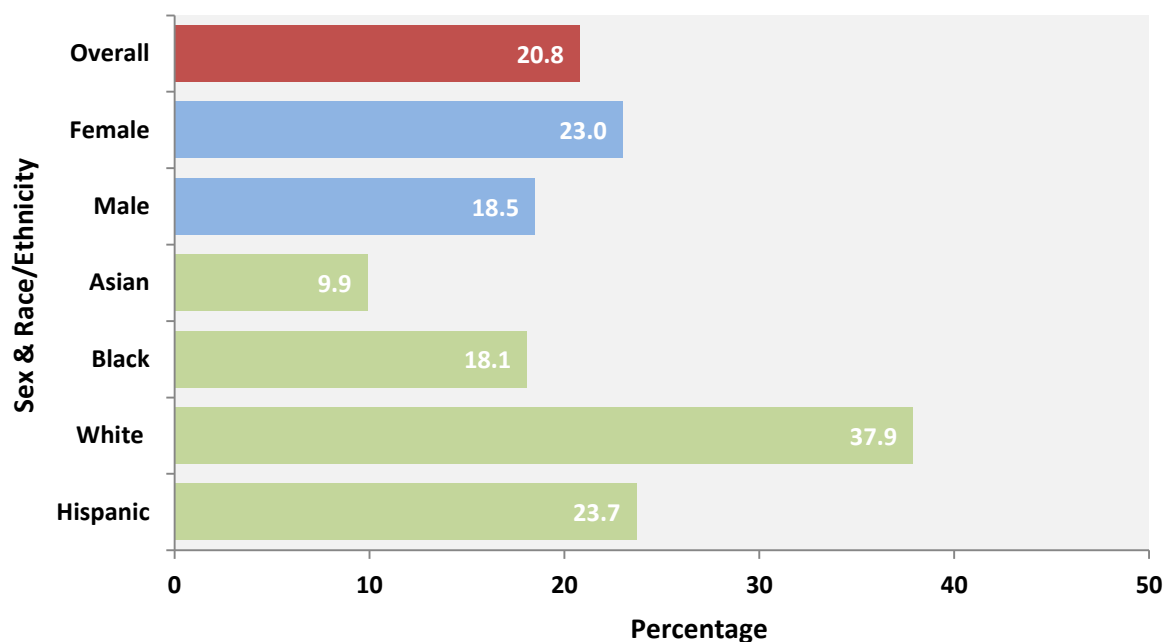
**Sources of alcohol**

**Types of alcoholic beverages consumed**

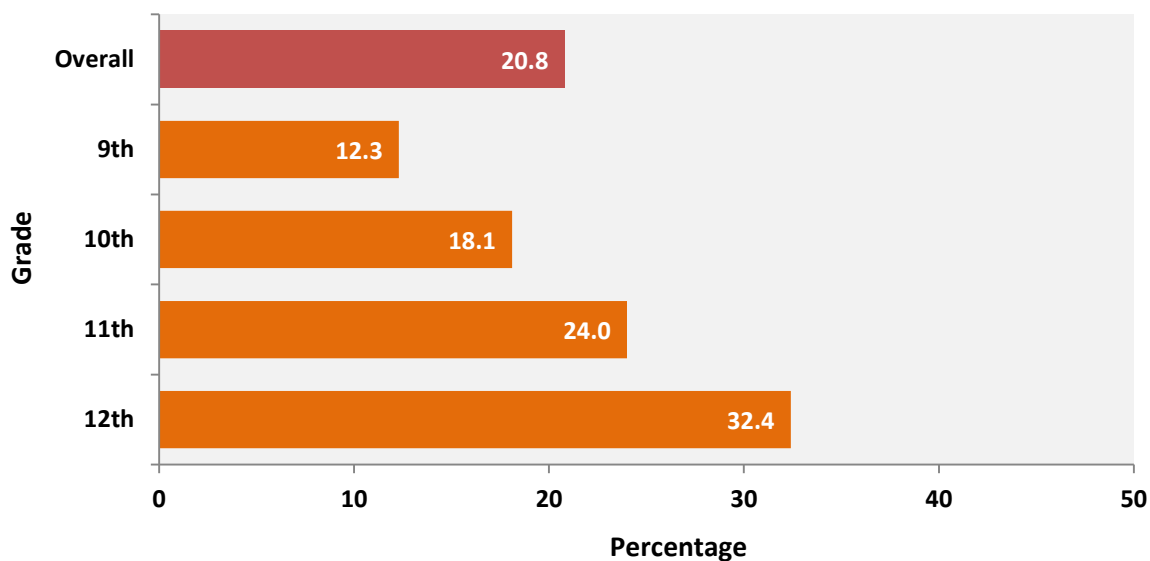
## Current alcohol use

One in five students is considered a **current drinker**, defined as having had at least one drink of alcohol in the 30 days before the survey. White students are significantly more likely than their peers to be **current drinkers**, while Asian students are significantly less likely than their peers.

**Figure 45: Percentage of Students who are Current Drinkers by Sex and Race/Ethnicity, DeKalb County, 2015**



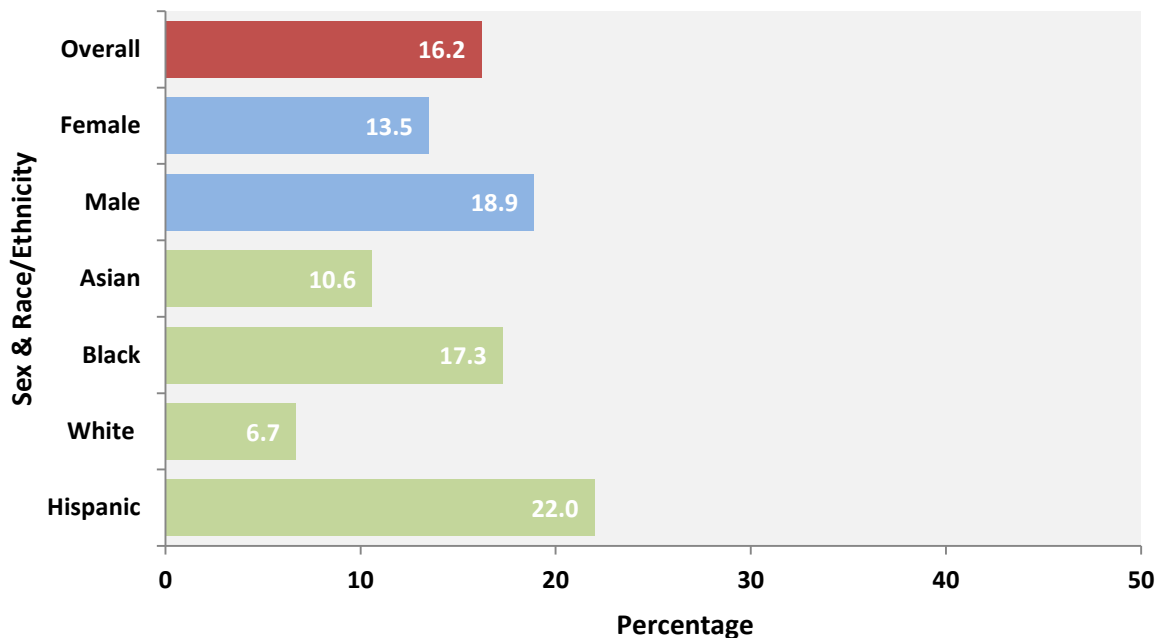
**Figure 46: Percentage of Students who are Current Drinkers by Grade, DeKalb County, 2015**



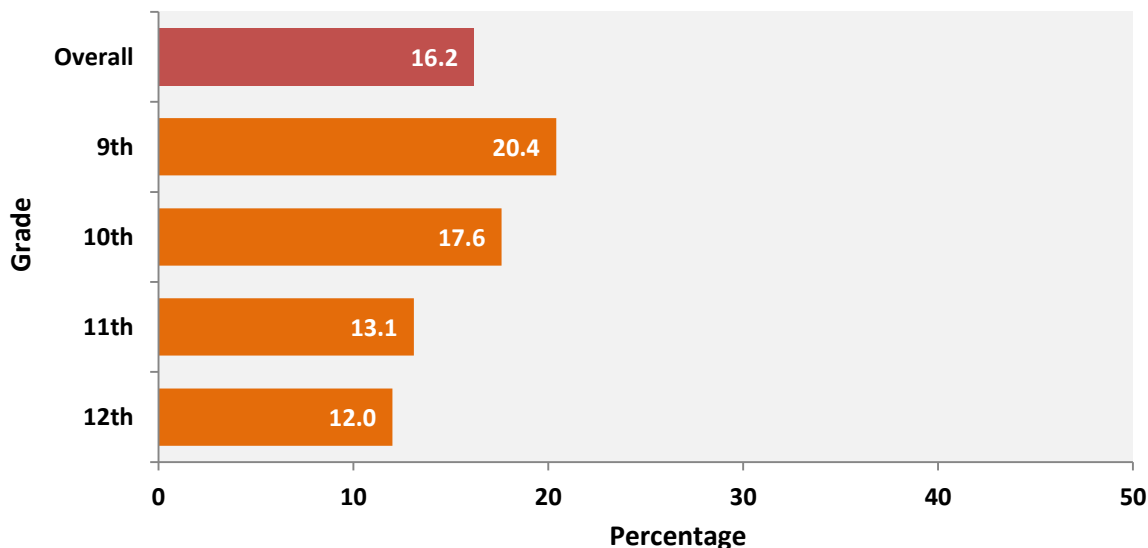
## Early alcohol use

Approximately one in seven students reports that they had their **first full drink of alcohol before age 13**. White students are significantly less likely to report drinking at an early age, while Hispanic students are significantly more likely to report this.

**Figure 47: Percentage of Students who Tried a Full Drink of Alcohol Before Age 13 by Sex and Race/Ethnicity, DeKalb County, 2015**



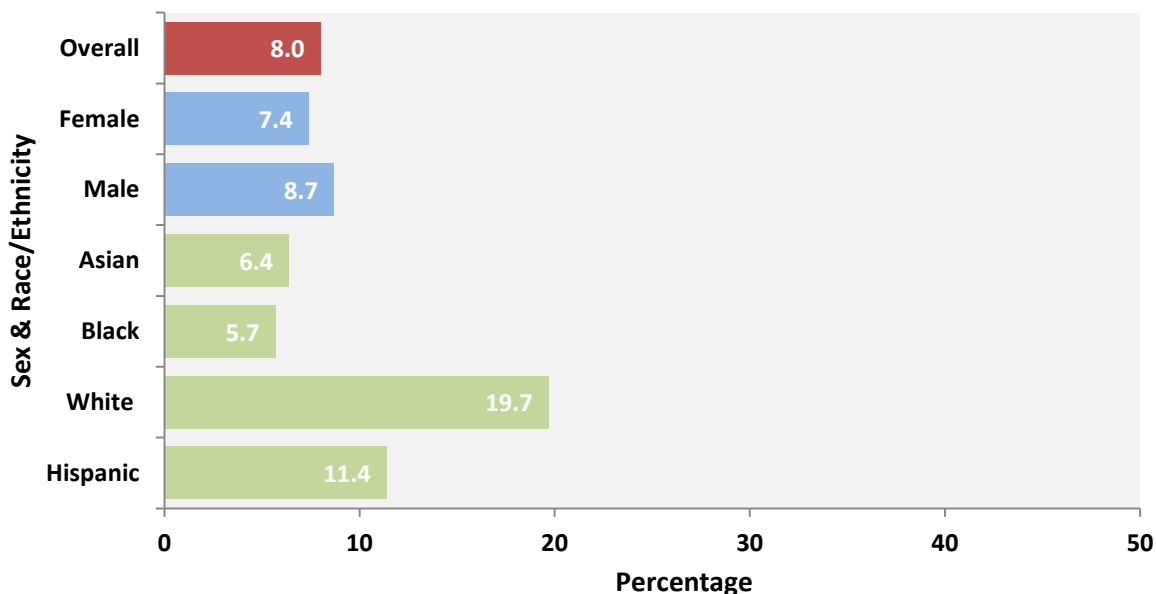
**Figure 48: Percentage of Students who Tried a Full Drink of Alcohol Before Age 13 by Grade, DeKalb County, 2015**



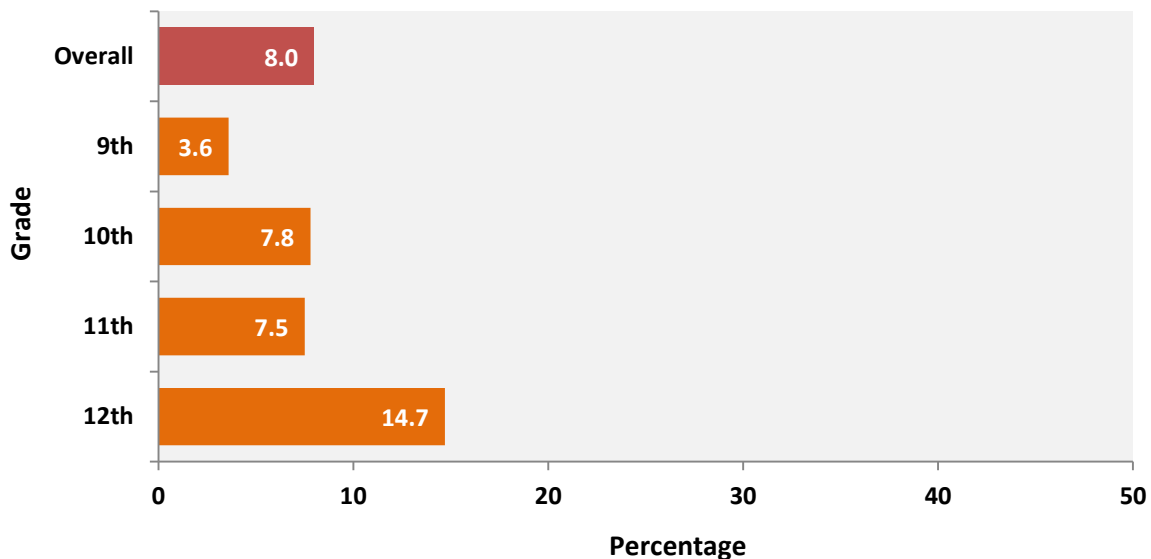
## Binge drinking

One in 12 students is considered a **binge drinker**, which is defined as consuming five or more drinks in a row in the 30 days before the survey. White students are significantly more likely than their peers to be binge drinkers. Also, 12th graders are more likely to binge drink than younger students.

**Figure 49: Percentage of Students who Engaged in Binge Drinking in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



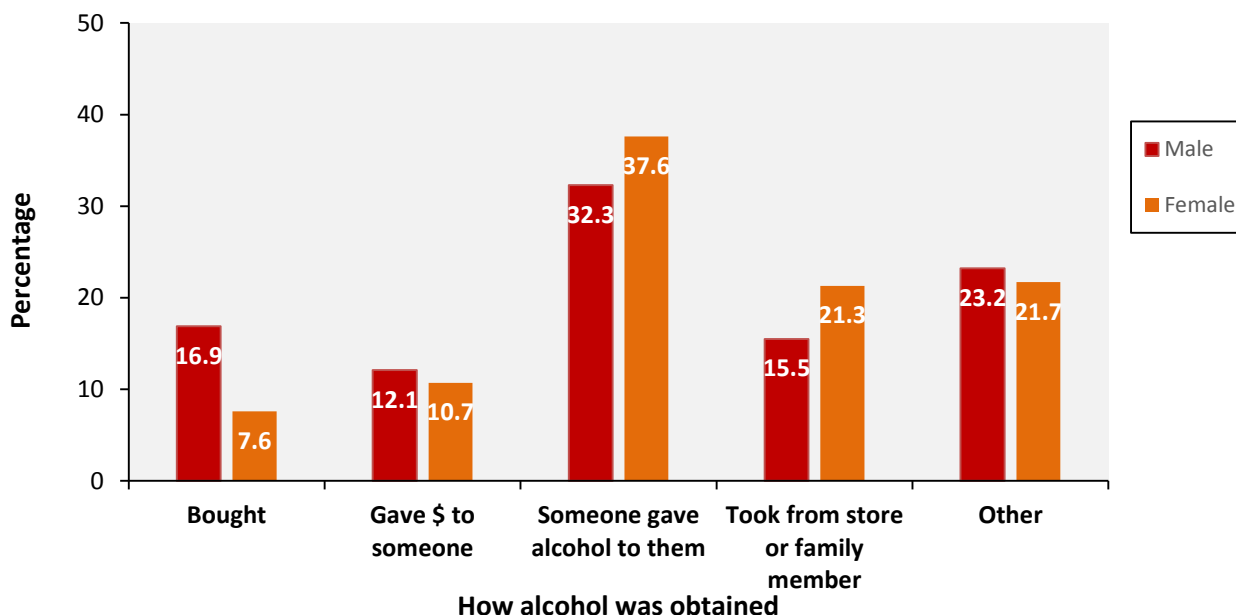
**Figure 50: Percentage of Students who Engaged in Binge Drinking in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



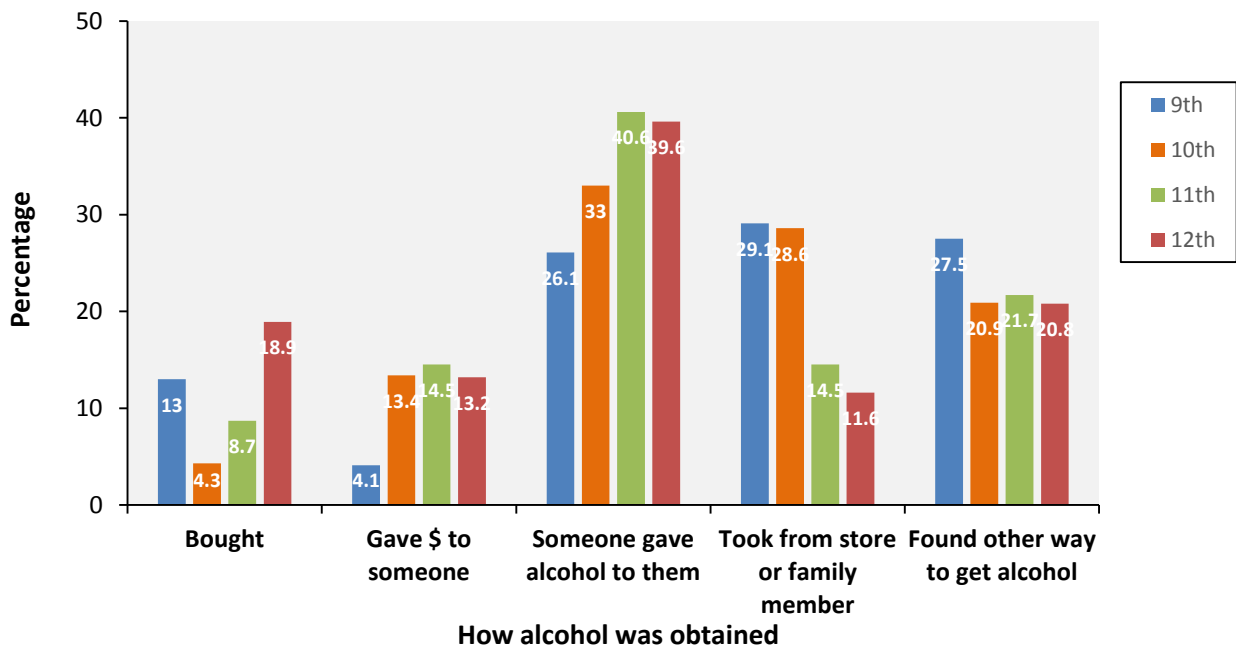
## Sources of alcohol

Students who reported that they drank in the 30 days before the survey also reported **how they got the alcohol they usually drank**. Overall, students are most likely to obtain alcohol by having someone give it to them. However, 9<sup>th</sup> grade students are most likely to take alcohol from a store or family member.

**Figure 51: How Alcohol was Obtained by Students who Drank in the 30 Days Before the Survey by Sex, DeKalb County, 2015**



**Figure 52: How Alcohol was Obtained by Students who Drank in the 30 Days Before the Survey by Grade, DeKalb County, 2015**



## Types of alcoholic beverages consumed

Liquor is the most common **type of alcoholic beverage consumed**. Almost four in 10 students who drank alcohol in the 30 days before the survey report that liquor is their usual type of alcohol.

Figure 53: Type of Alcoholic Beverages Usually Drank in the 30 Days Before the Survey by Sex, DeKalb County, 2015

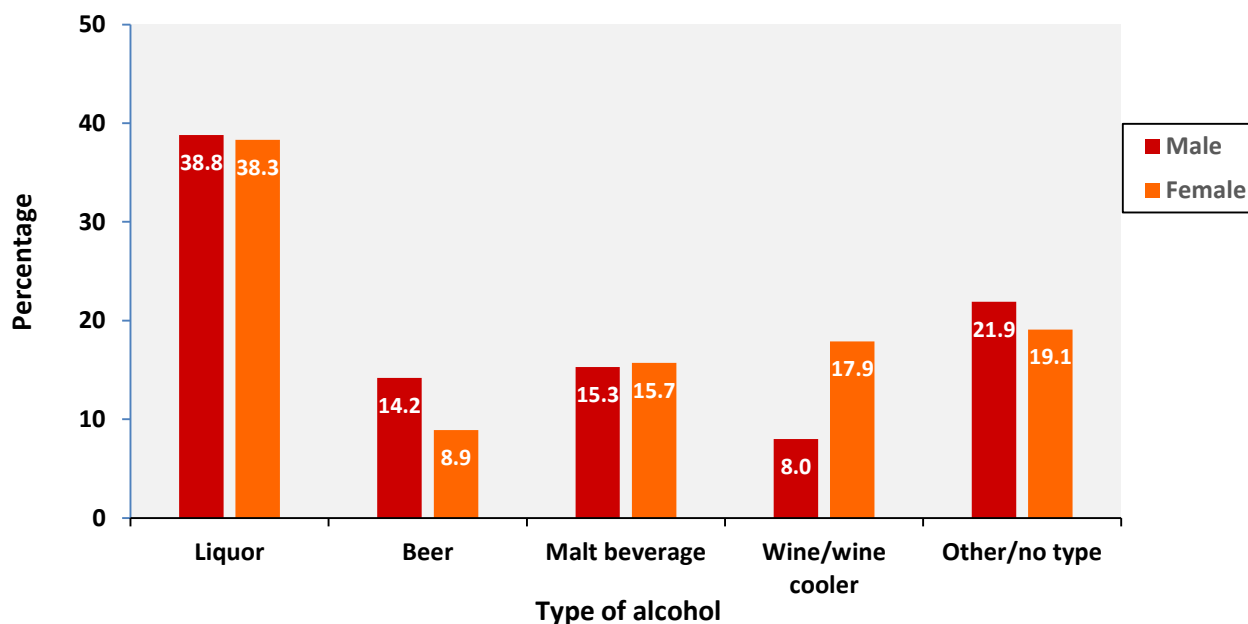
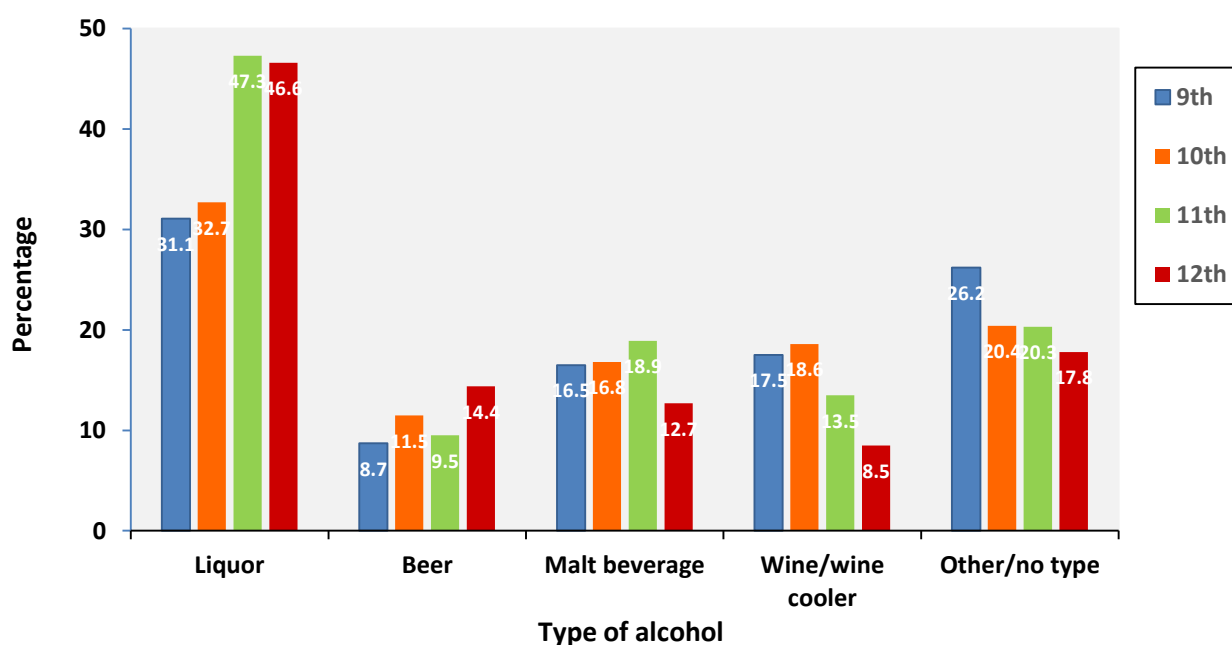


Figure 54: Type of Alcoholic Beverages Usually Drank in the 30 Days Before the Survey by Grade, DeKalb County, 2015







Nationwide, 38.6% of high school students have used marijuana at least once. Marijuana is the most commonly used illegal drug consumed by adolescents. It is particularly dangerous for its allure and ease of availability (National Institute on Drug Abuse, 2016a).

While marijuana is a plant that causes mind-altering effects from a chemical known as THC, synthetic marijuana can create the same effects with THC-mimicking chemicals (National Institute on Drug Abuse, 2016a).

## Marijuana Use

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**Current marijuana use**

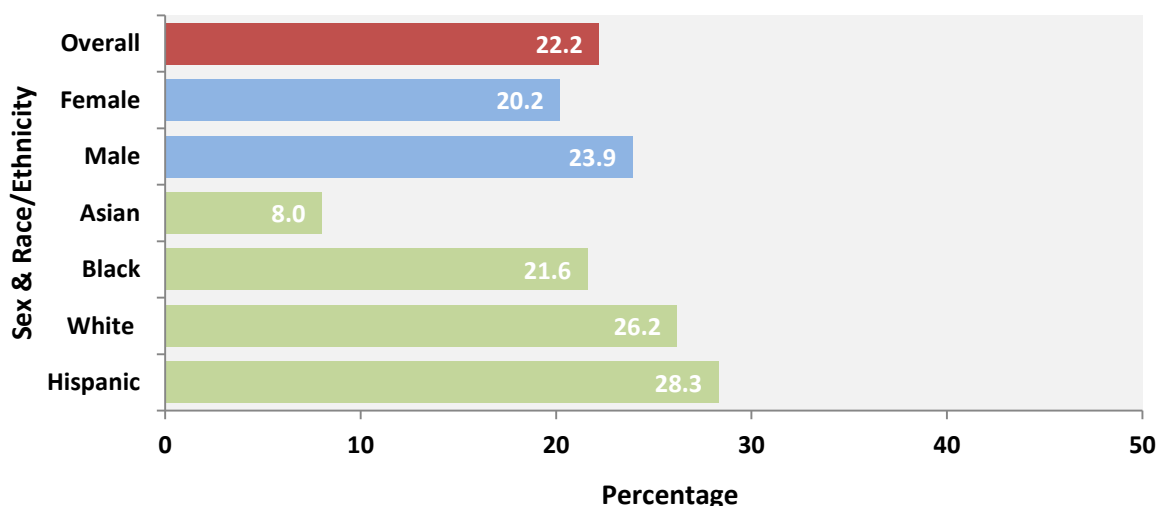
**Early marijuana use**

**Synthetic marijuana use**

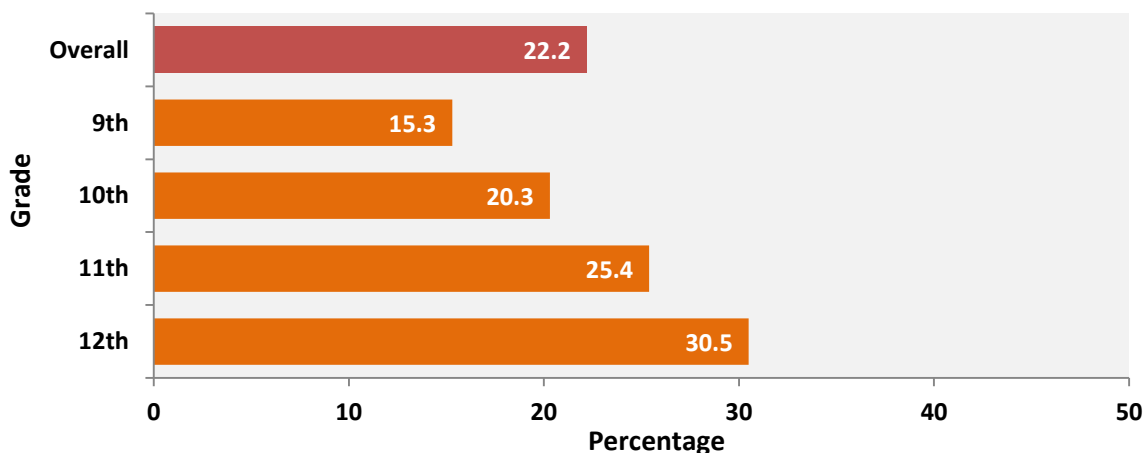
## Current marijuana use

More than one in five students reports **using marijuana** at least once in the 30 days before the survey. Asian students are significantly less likely to be current marijuana users than their peers. Current marijuana use increases by grade; 12<sup>th</sup> graders are significantly more likely to be current marijuana users than 9<sup>th</sup> graders.

**Figure 55: Percentage of Students who Used Marijuana in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 56: Percentage of Students who Used Marijuana in the 30 Days Before the Survey by Grade, DeKalb County, 2015**

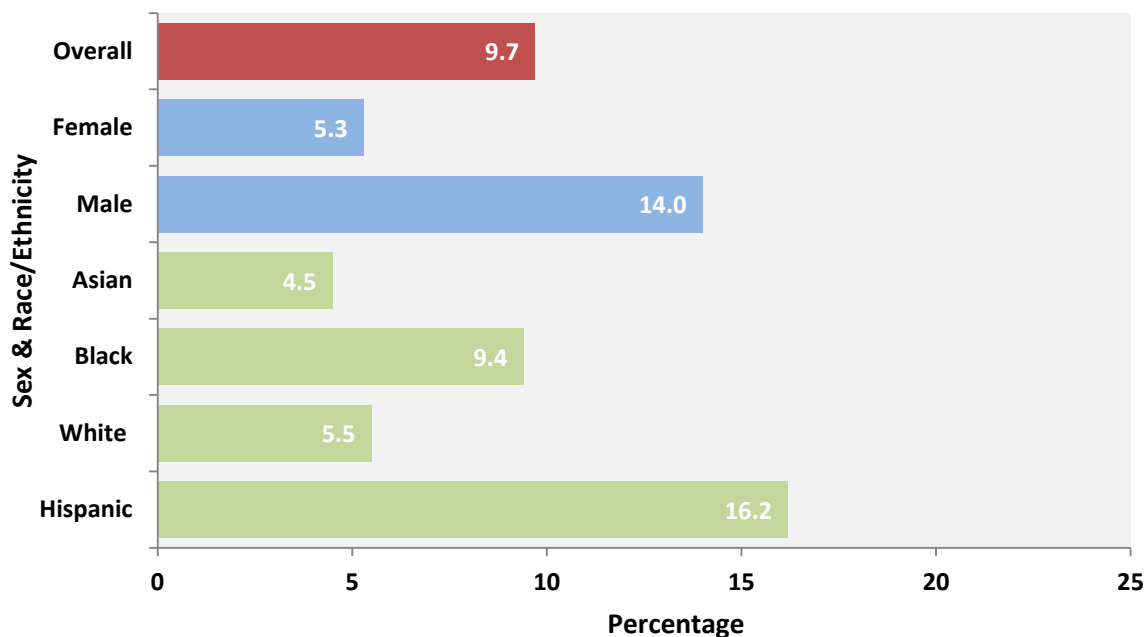


Four in 10 students report that they have ever **smoked marijuana**. One in two Hispanic students has ever smoked marijuana, compared with fewer than one in five Asian students. Marijuana use increases significantly with age. Twelfth graders are almost twice as likely as 9<sup>th</sup> graders to have ever smoked marijuana.

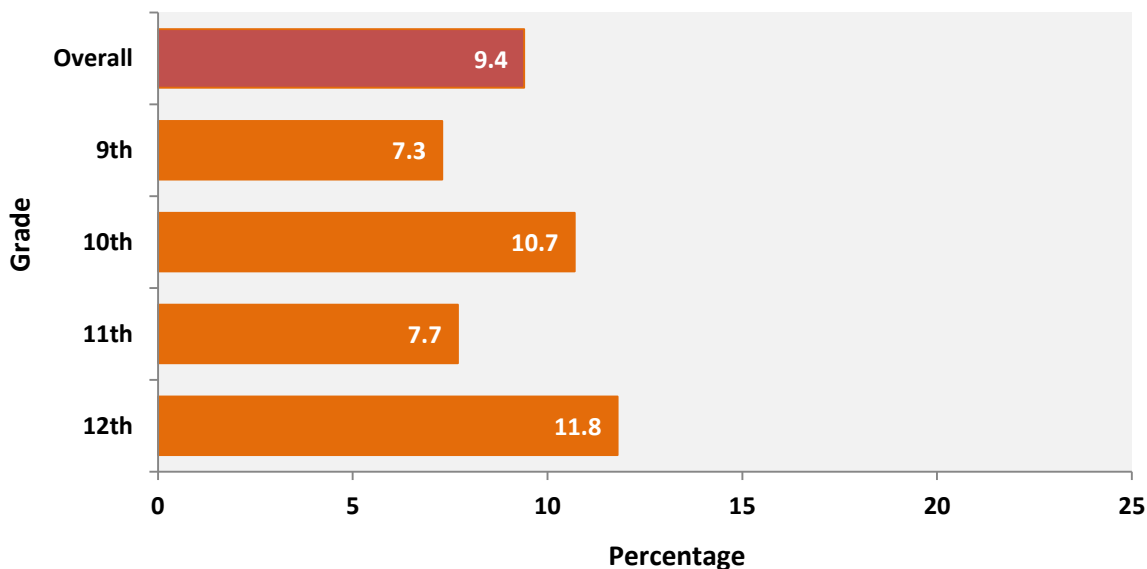
## Early marijuana use

One in 10 students reports having **first tried marijuana before age 13**. Males are significantly more likely to be early users than females.

**Figure 57: Percentage of Students who First Used Marijuana Before Age 13 by Sex and Race/Ethnicity, DeKalb County, 2015**



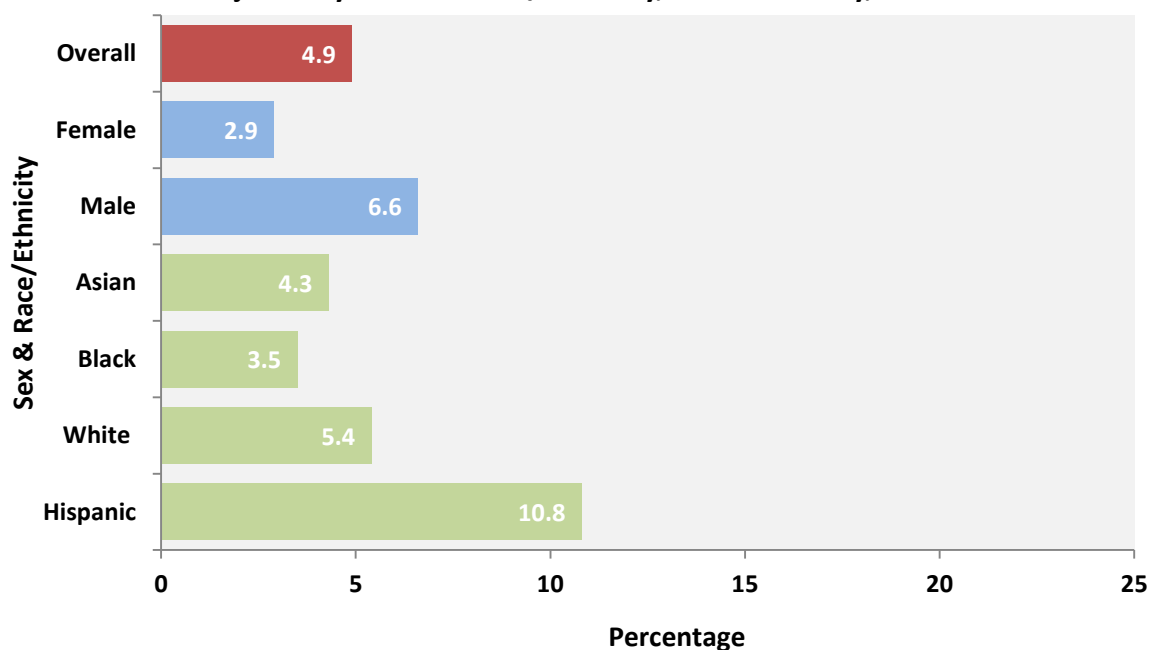
**Figure 58: Percentage of Students who First Used Marijuana Before Age 13 by Grade, DeKalb County, 2015**



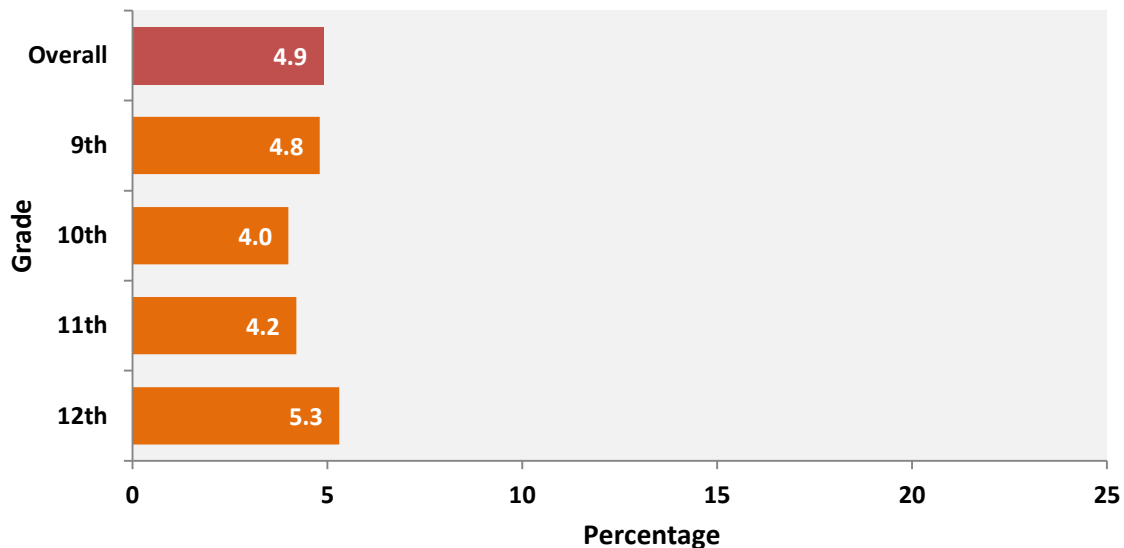
## Synthetic marijuana use

One in 20 students reports ever **using synthetic marijuana**. Males and Hispanic students are significantly more likely than their peers to have used synthetic marijuana. There are no significant differences among grades.

**Figure 59: Percentage of Students who have ever Used Synthetic Marijuana by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 60: Percentage of Students who have ever Used Synthetic Marijuana by Grade, DeKalb County, 2015**





The use of illegal drugs is increasing, especially among young teens. People are most likely to begin abusing drugs during adolescence and young adulthood. Prescription and over-the-counter medications are the drugs most commonly abused by high school seniors (NIDA, 2016b).

Teen users are at a significantly higher risk of developing an addictive disorder compared to adults, and the earlier they begin using, the higher the risk. Nine out of 10 people who met the clinical criteria for substance use disorders began using drugs before age 18 (National Center on Addiction and Substance Abuse, 2011).

## Other Drug Use

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**Hard drug use**

**Inhalant misuse**

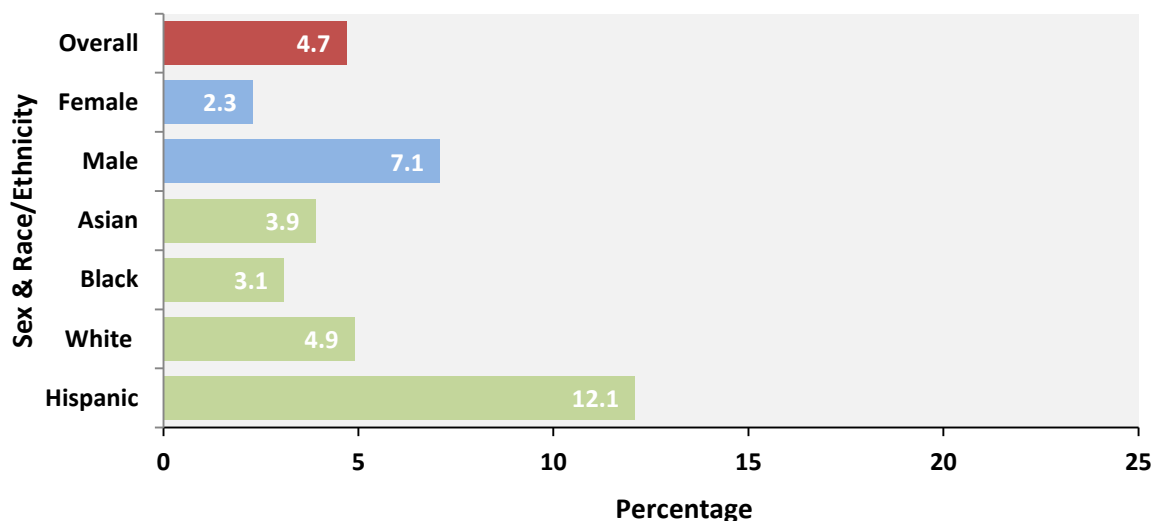
**Prescription drug misuse**

**Drug access on school property**

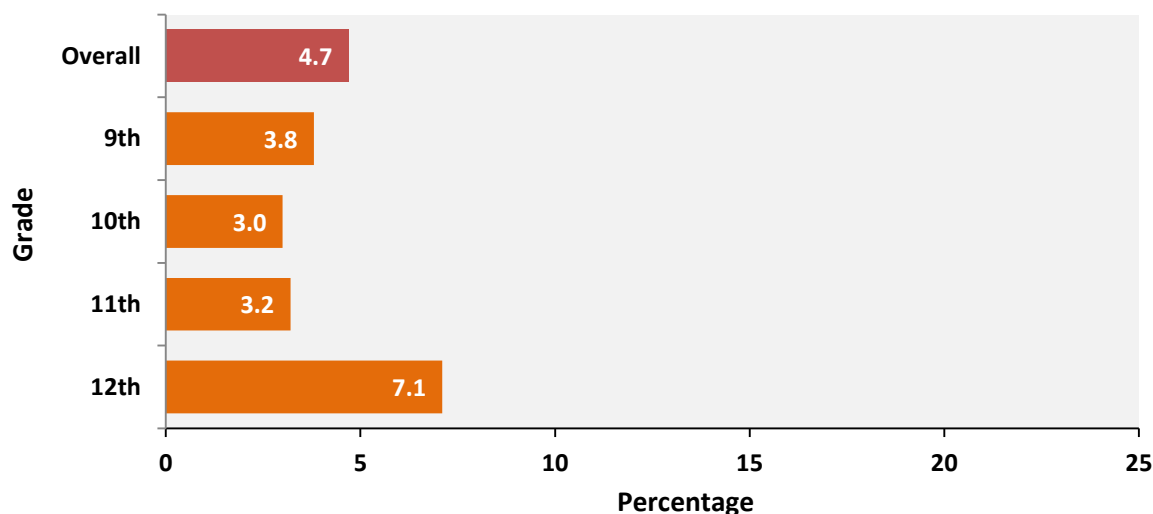
## Hard drug use

Almost one in 20 students reports **using ecstasy at least once**. Males are significantly more likely than females to report this behavior.

**Figure 61: Percentage of Students who have ever Used Ecstasy by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 62: Percentage of Students who have ever Used Ecstasy by Grade, DeKalb County, 2015**



One in 22 students has **used cocaine at least once**. One in 28 students has **used methamphetamines at least once**. One in 50 students has **used a needle to inject an illegal drug** into their body.

## Inhalant misuse

One in 11 students reports having **used an inhalant to get high**. Hispanics are more likely than their peers to report this behavior.

Figure 63: Percentage of Students who have ever Used an Inhalant to Get High by Sex and Race/Ethnicity, DeKalb County, 2015

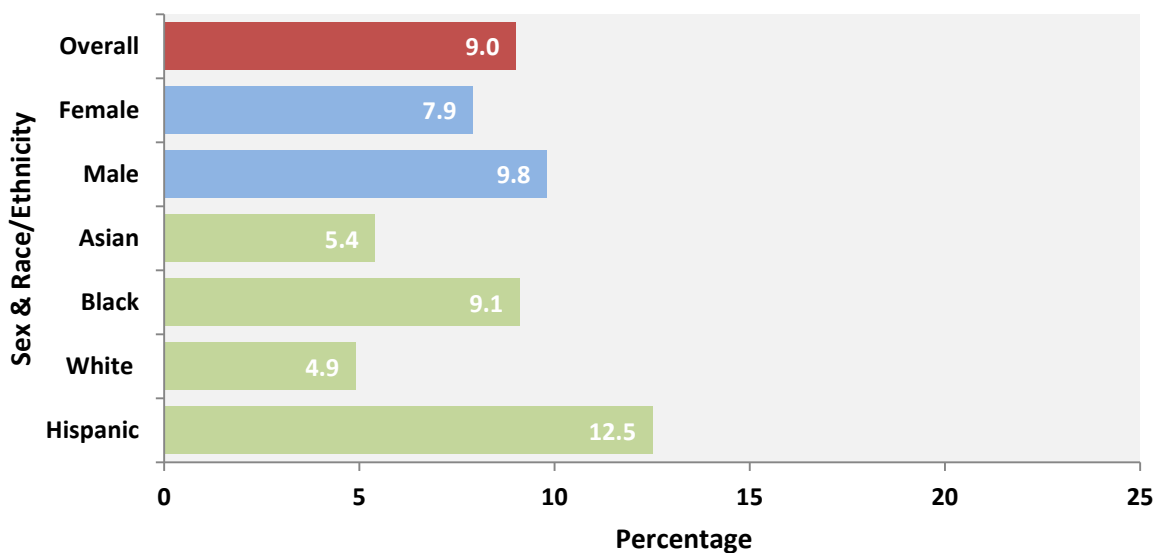
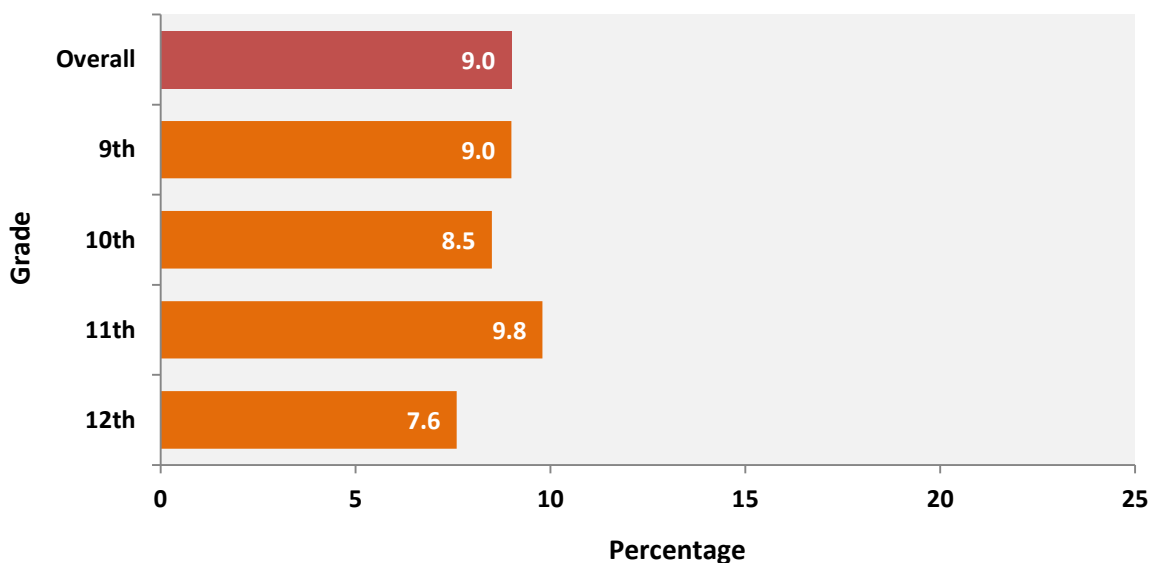


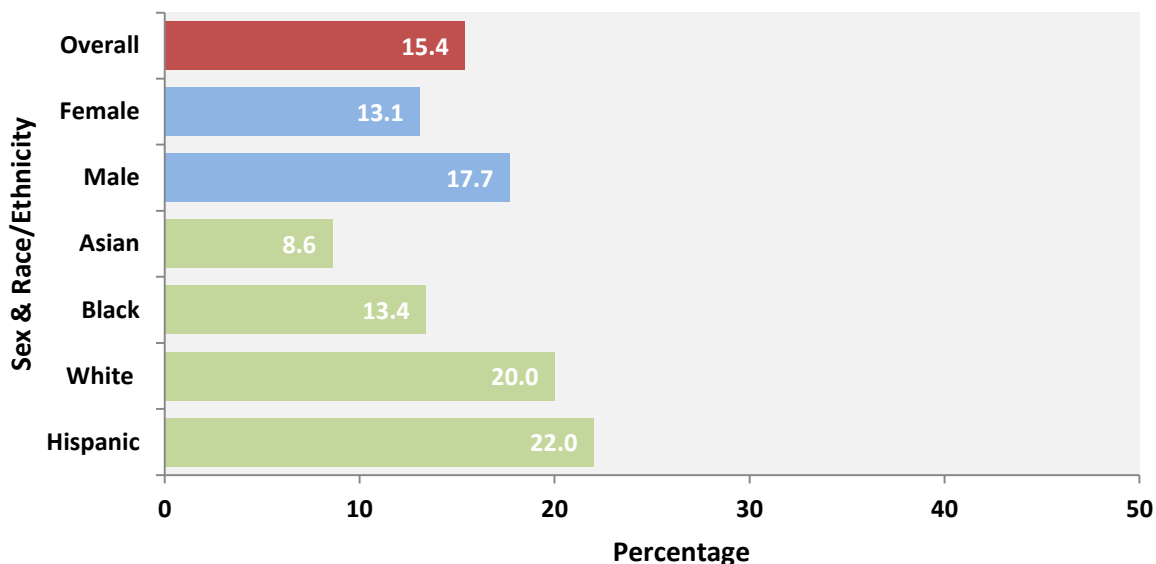
Figure 64: Percentage of Students who have ever Used an Inhalant to Get High by Grade, DeKalb County, 2015



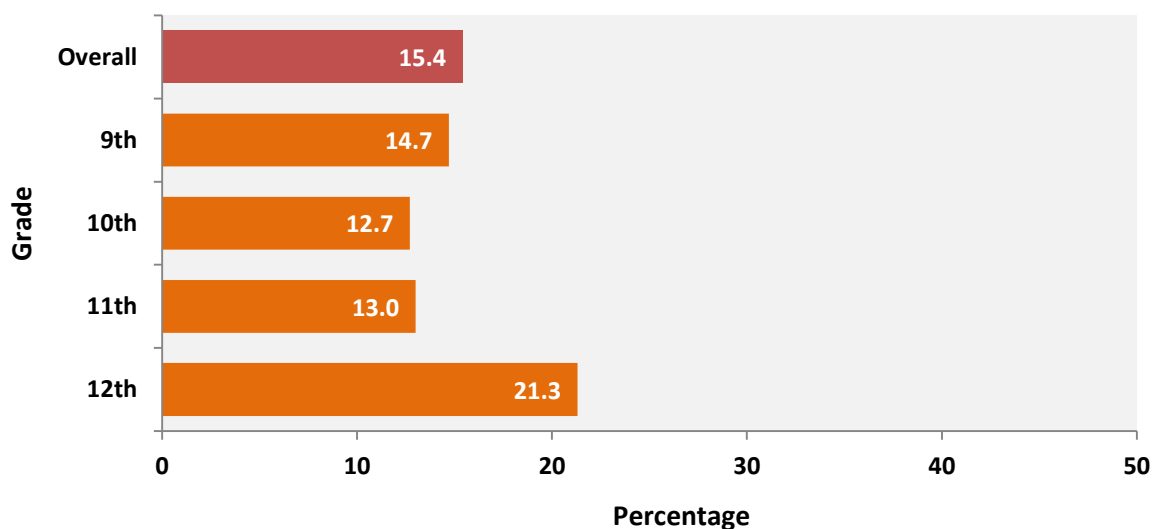
## Prescription drug misuse

One in seven students has **used a prescription drug without a doctor's prescription**. Hispanics and 12<sup>th</sup> graders are slightly more likely than their peers to report this behavior.

**Figure 65: Percentage of Students who Have Used a Prescription Drug without a Doctor's Prescription by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 66: Percentage of Students who Have Used a Prescription Drug without a Doctor's Prescription by Grade, DeKalb County, 2015**



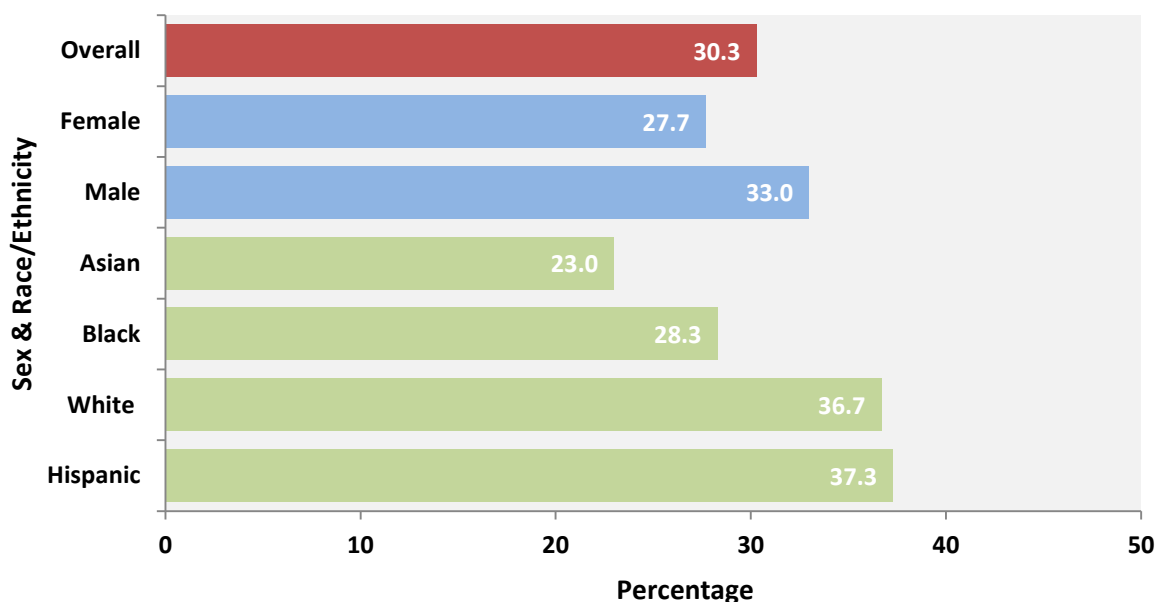
Three in 100 students have ever **taken steroids without a doctor's prescription**. Males and Hispanic students are more likely than their peers to report steroid use.



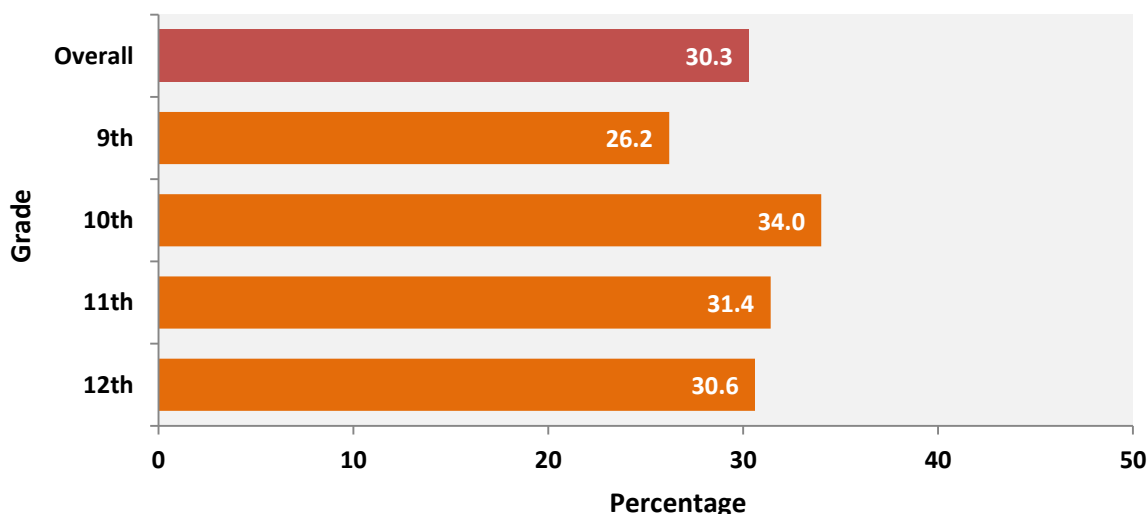
## Drug access on school property

Three in 10 students were **offered, sold or given an illegal drug on school property** in the 12 months before the survey. Males are more likely than females to report drug exposure on campus. There are no significant differences between racial/ethnic groups or grades.

**Figure 67: Percentage of Students who were Offered, Sold or Given an Illegal Drug on School Property in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 68: Percentage of Students who were Offered, Sold or Given an Illegal Drug on School Property in the 12 Months Before the Survey by Grade, DeKalb County, 2015**





Some young people engage in sexual risk behaviors that can result in unintended health outcomes. Having sex at an early age, having multiple sexual partners and not using birth control are associated with unintended pregnancy and sexually transmitted infections.

Nationally, almost one in two high school students surveyed has had sex. Four in 10 sexually active adolescents did not use a condom the last time they had sex. More than one in seven sexually active teens has had sex with four or more partners (Centers for Disease Control and Prevention, 2016b).

## Sexual Behaviors

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**Sexual activity**

**Early sexual activity**

**Four or more partners**

**Birth control use**

**Unprotected sex**

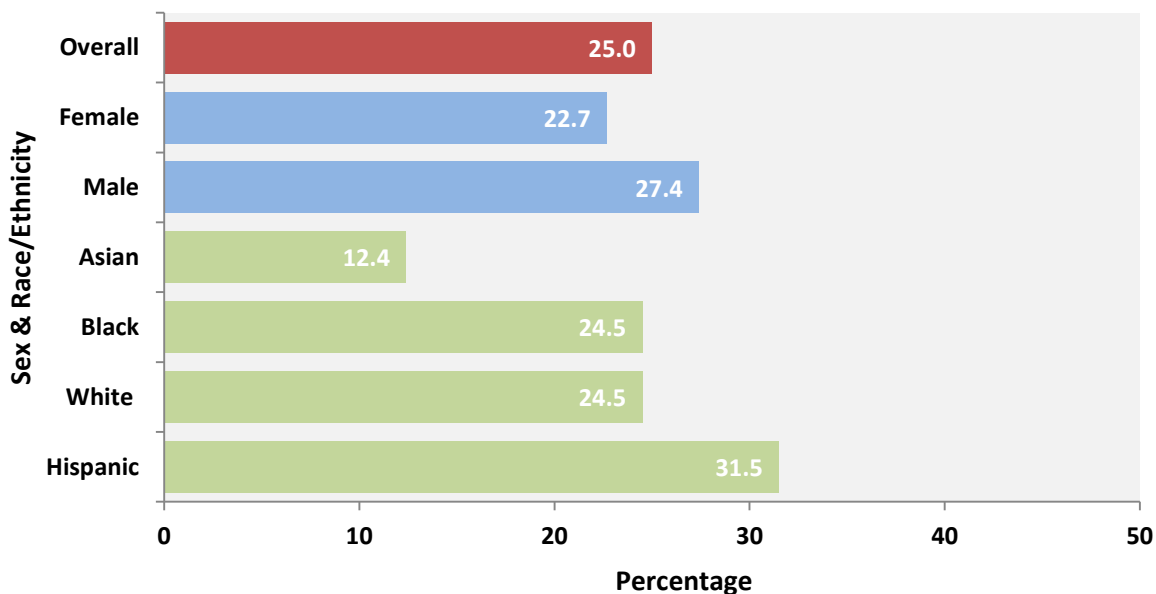
**Sexually transmitted infections**

**Alcohol/drug use and sex**

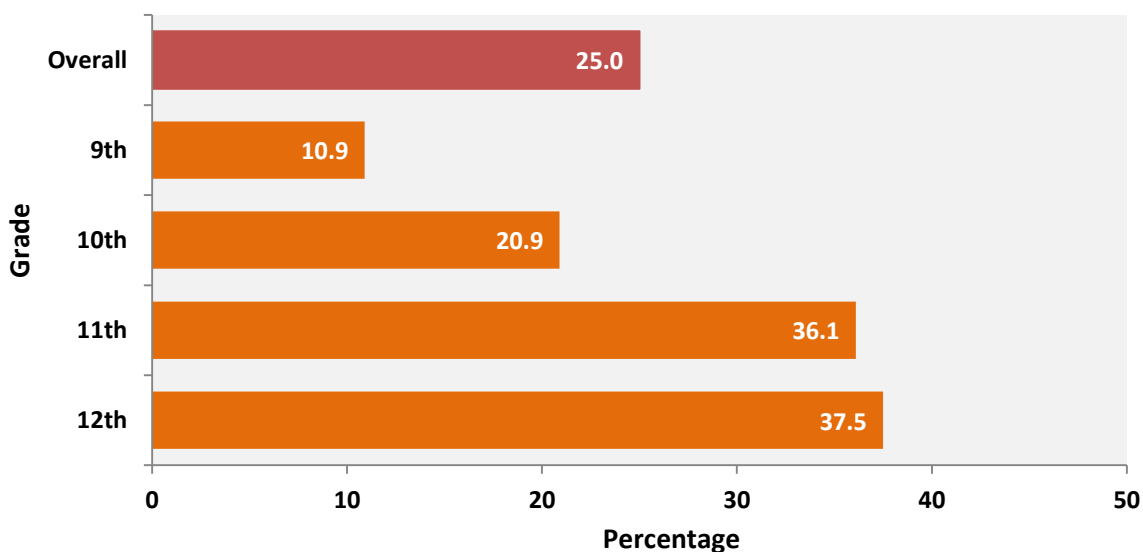
## Current sexual activity

Four in 10 students have **ever had sex**. One in four students reports that they are **currently sexually active**, defined as having had sex at least once in the three months before the survey. Hispanic students are more likely to be sexually active than their peers.

**Figure 69: Percentage of Students who are Currently Sexually Active by Sex and Race/Ethnicity DeKalb County, 2015**



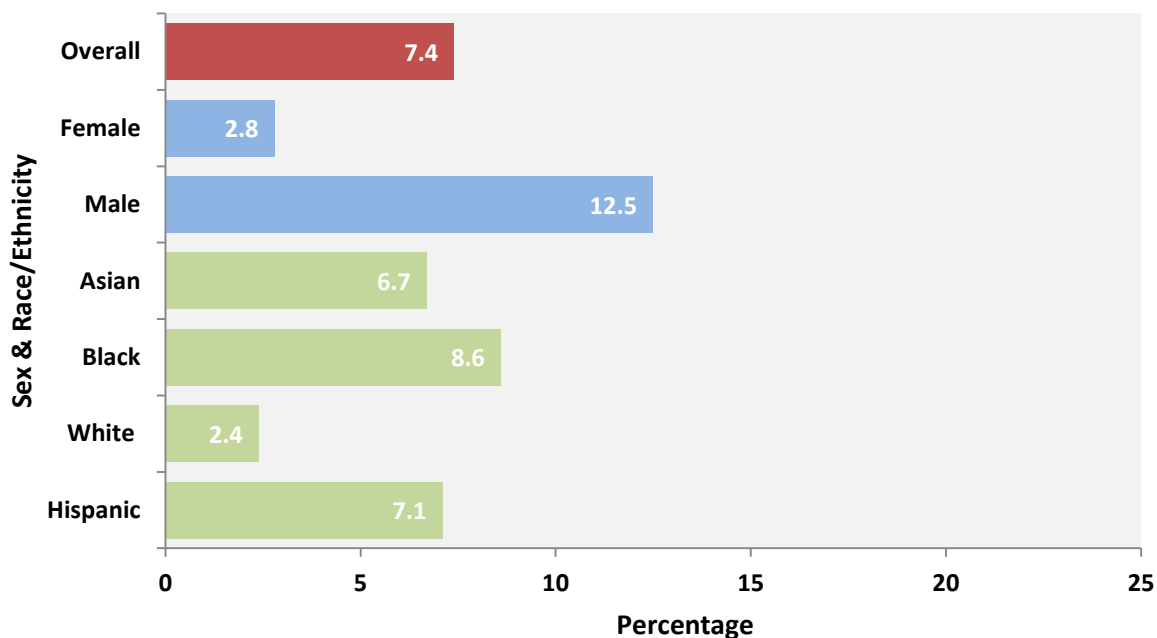
**Figure 70: Percentage of Students who are Currently Sexually Active by Grade, DeKalb County, 2015**



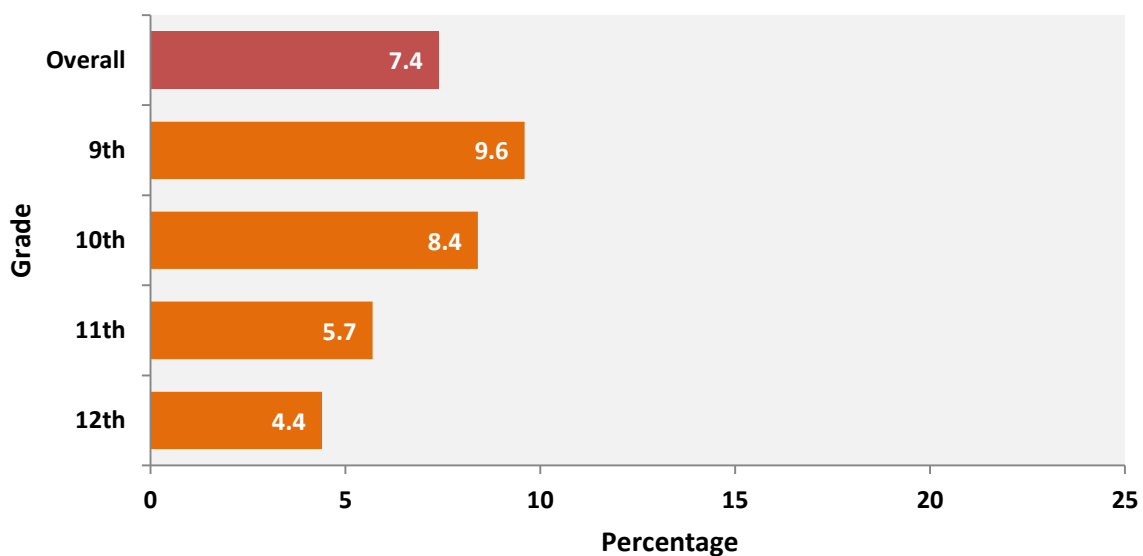
## Early sexual activity

One in 14 students **first had sex before the age of 13**. Males are more than four times more likely than females to have had early sex. White students are the least likely among their peers to have had early sex.

**Figure 71: Percentage of Students who first had Sex Before Age 13 by Sex and Race/Ethnicity, DeKalb County, 2015**



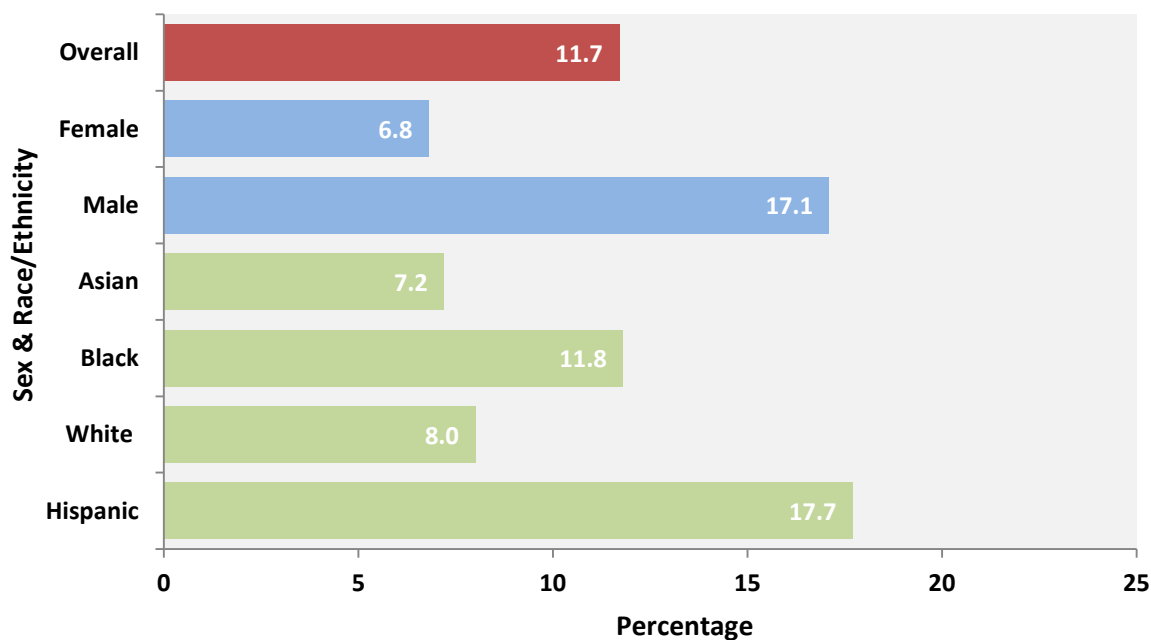
**Figure 72: Percentage of Students who first had Sex Before Age 13 by Grade, DeKalb County, 2015**



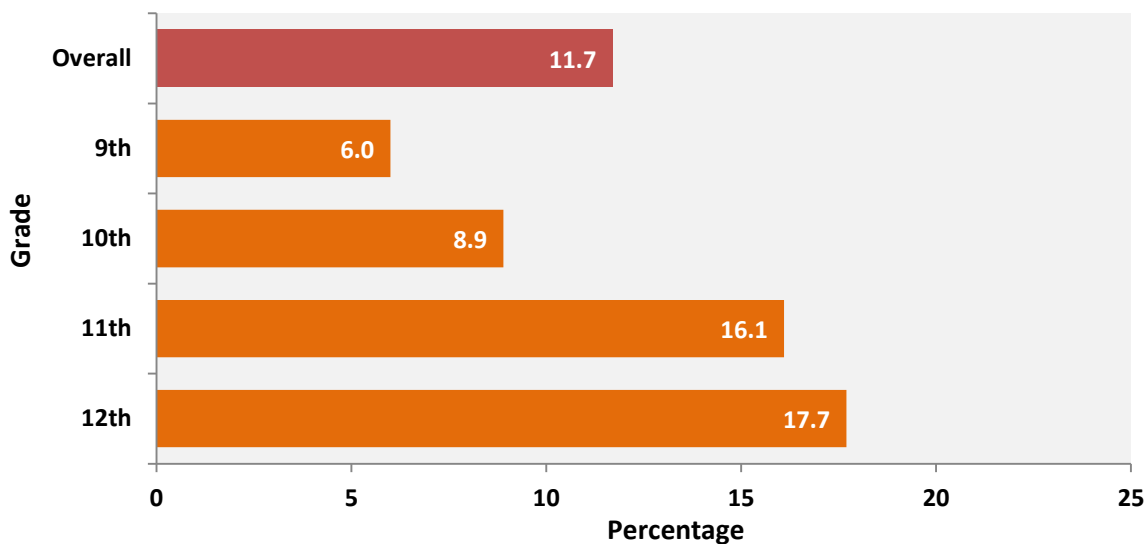
## Four or more partners

One in nine students reports **having had at least four sex partners**. Males are almost three times more likely than females to report having four or more partners. The percentage of students having four or more partners increases with age (grade).

**Figure 73: Percentage of Students who have had  $\geq 4$  Partners During Their Lifetime by Sex and Race/Ethnicity, DeKalb County, 2015**



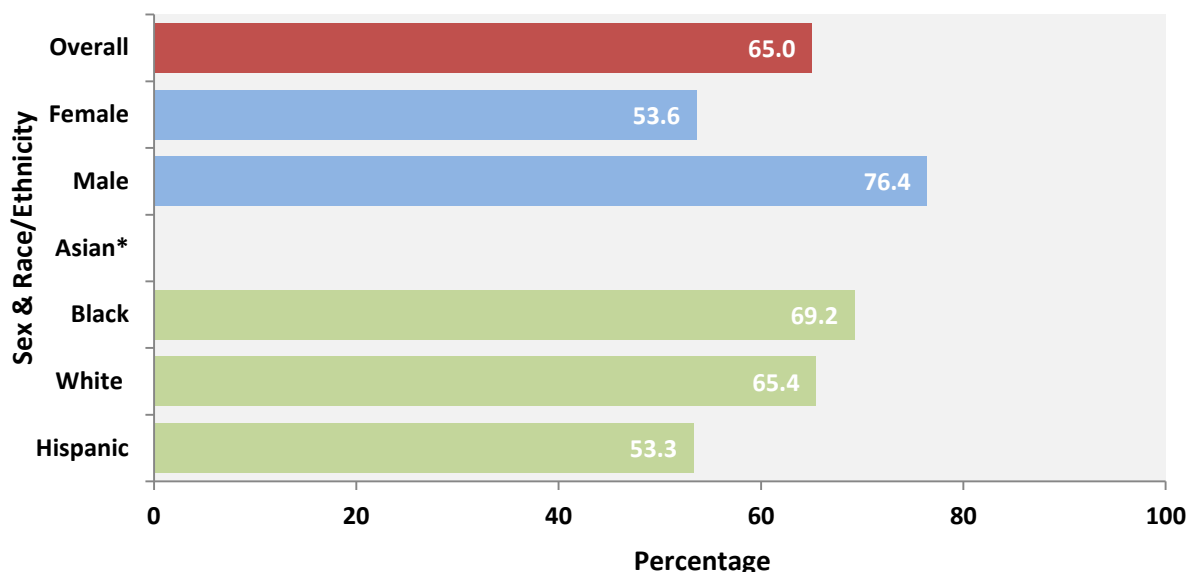
**Figure 74: Percentage of Students who have had  $\geq 4$  Partners During Their Lifetime by Grade, DeKalb County, 2015**



## Birth control use

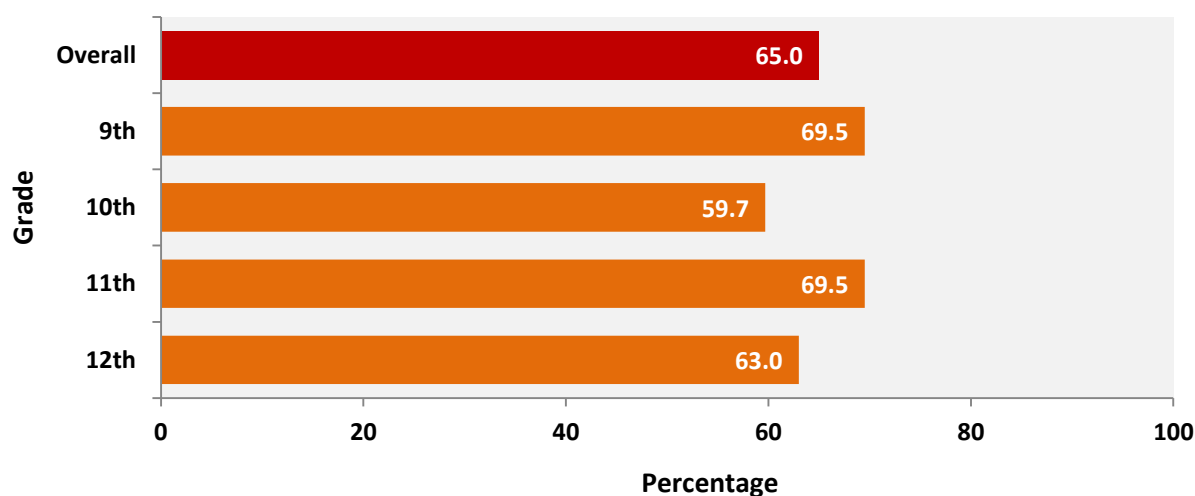
More than six in 10 sexually active students report that they or their partner **used a condom the last time they had sex**. Males are more likely than females to report that they or their partner used a condom.

**Figure 75: Percentage of Sexually Active Students or Their Partners who Used a Condom the Last Time they had Sex by Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 76: Percentage of Sexually Active Students or Their Partners who Used a Condom the Last Time they had Sex by Grade, DeKalb County, 2015**

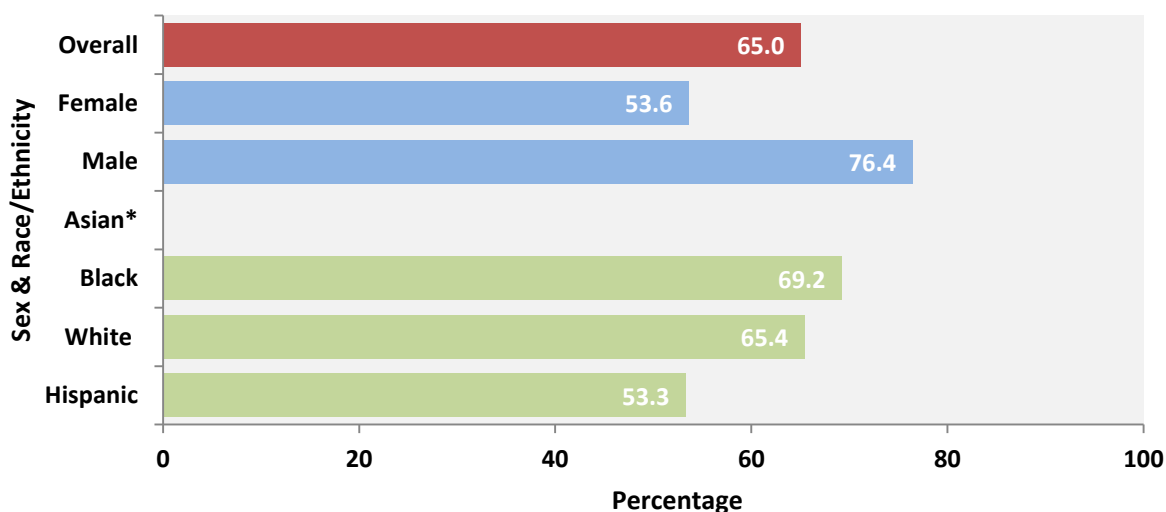


Among sexually active students and their partners, more than one in six **used birth control pills; an IUD or implant; or a birth control shot, patch or ring** the last time they had sex. One in 12 students or their partner used a condom in addition to the one of these methods.

## Unprotected sex

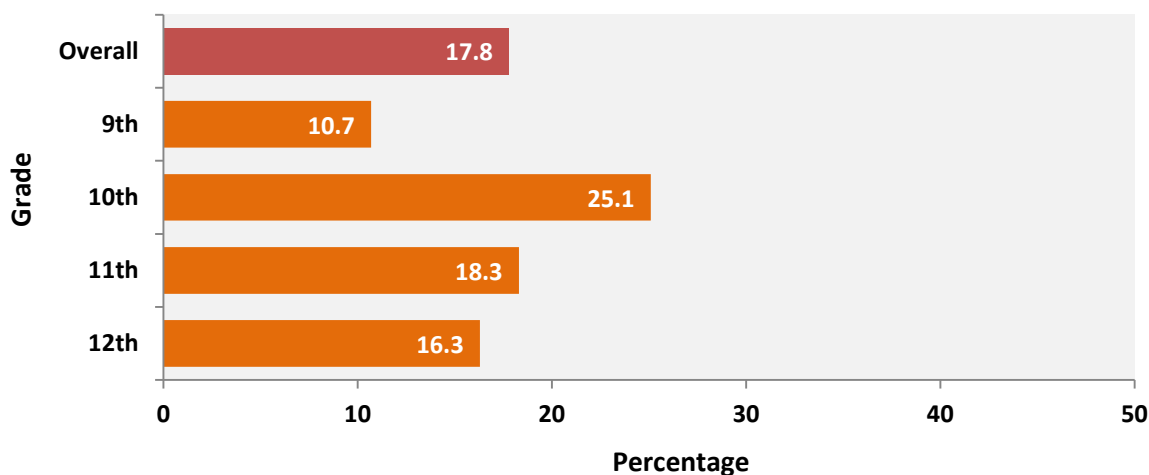
More than one in six sexually active students reports that neither they nor their partner **used birth control the last time they had sex**. Females are more likely than males to report this.

**Figure 77: Percentage of Sexually Active Students or Their Partners who Used a Condom the Last Time they had Sex by Race/Ethnicity and Sex, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

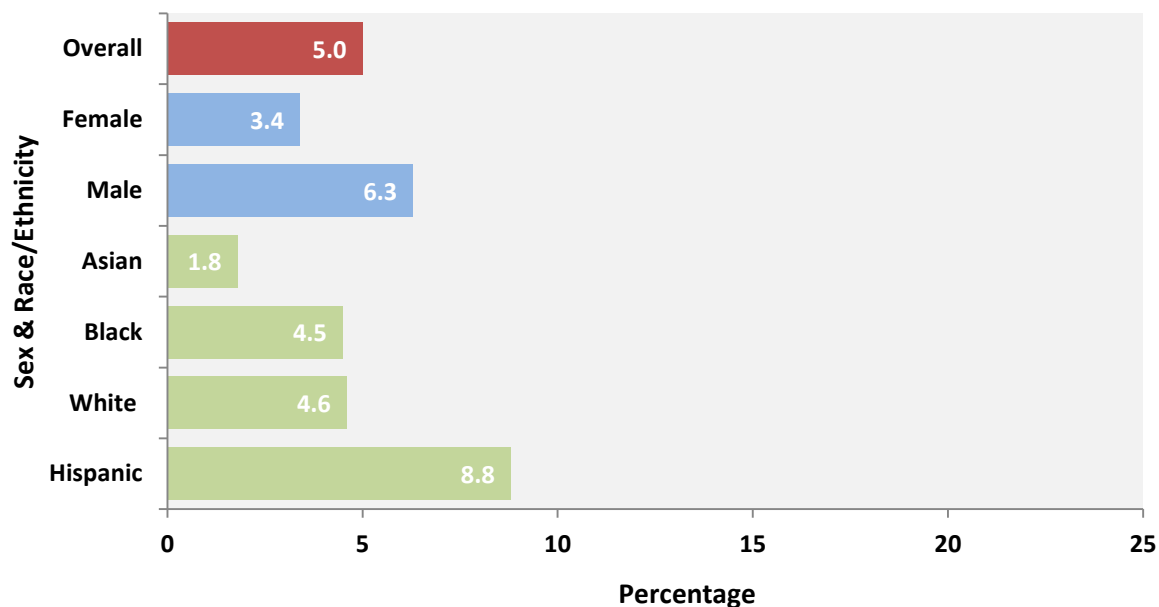
**Figure 78: Percentage of Sexually Active Students or Their Partners who Did Not Use Birth Control the Last Time They Had Sex by Grade, DeKalb County, 2015**



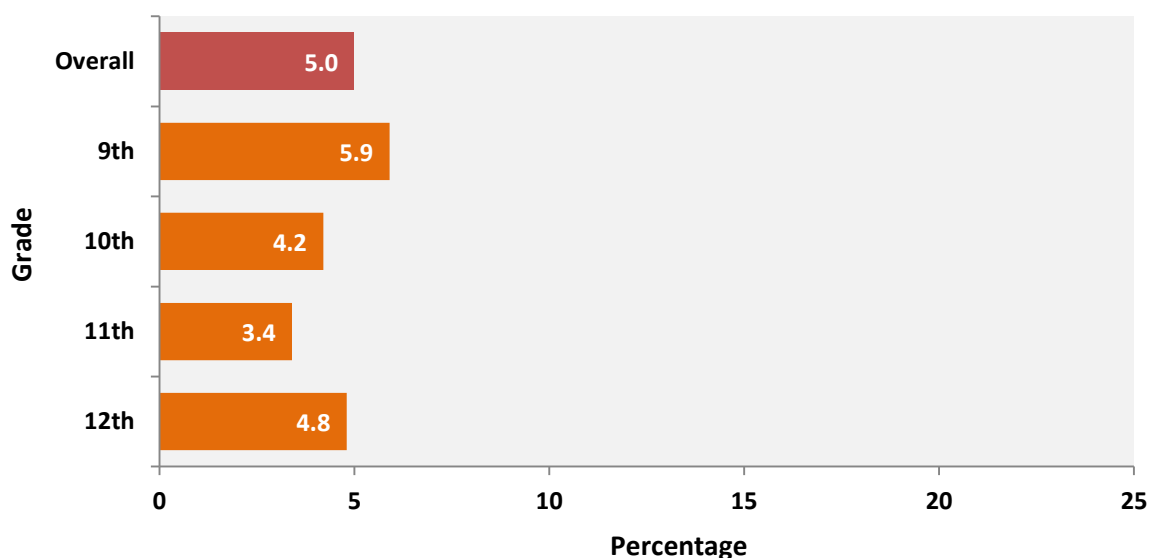
## Sexually transmitted infections

One in 20 students has ever been **diagnosed with a sexually transmitted infection (STI)**. Male students and Hispanic students are more likely than their peers to have been diagnosed with an STI.

**Figure 79: Percentage of Students who have ever been Diagnosed with a Sexually Transmitted Infection by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 80: Percentage of Students who have ever been Diagnosed with a Sexually Transmitted Infection by Grade, DeKalb County, 2015**

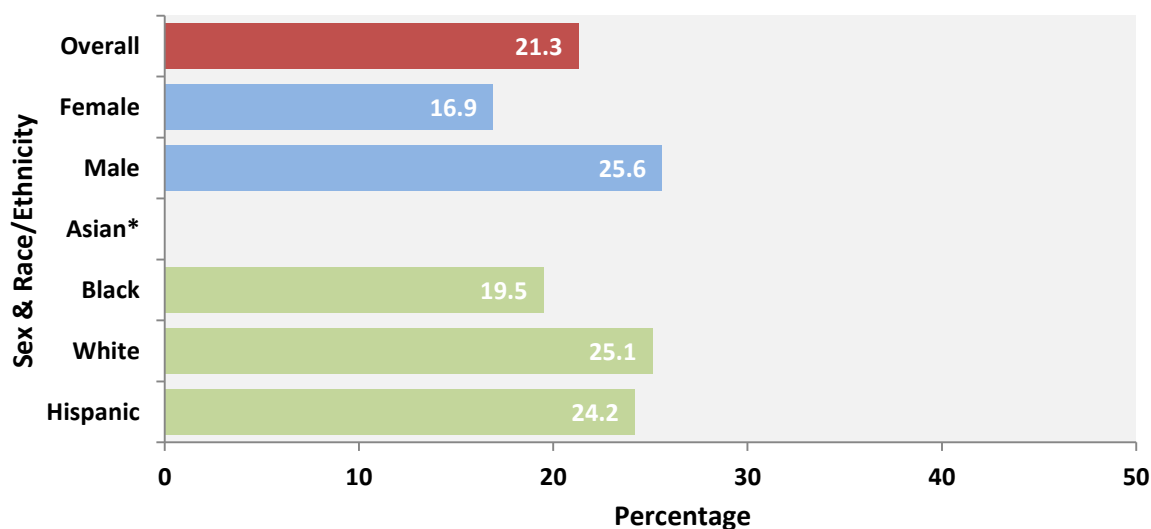




## Alcohol/drug use and sex

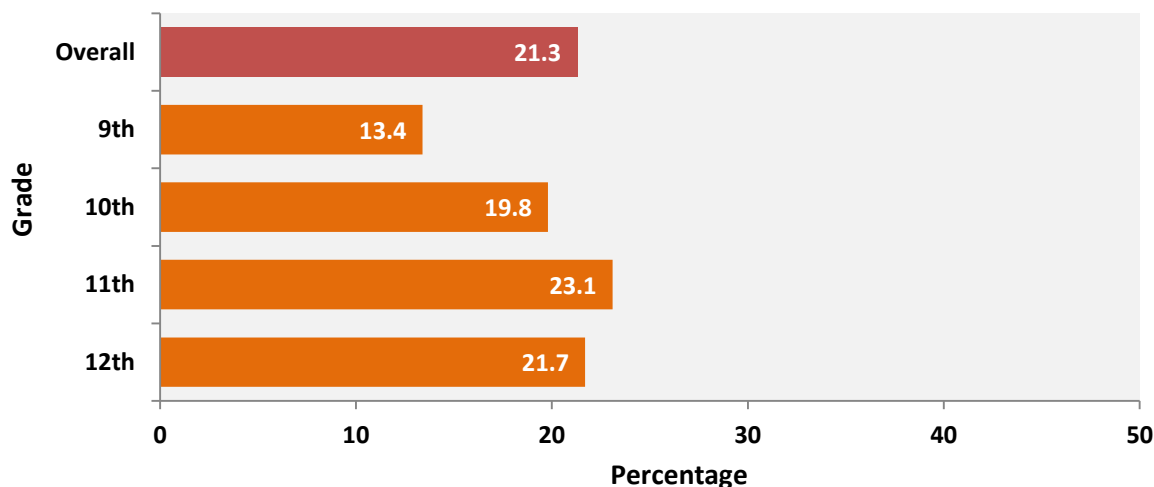
More than one in five sexually active students reports that they **drank alcohol or used drugs before the last time they had sex**. Males are significantly more likely than females to have used alcohol or drugs before sex. There are no significant differences among racial/ethnic groups or grades.

**Figure 81: Percentage of Sexually Active Students who Drank Alcohol or Used Drugs Before the Last Time they had Sex by Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 82: Percentage of Sexually Active Students who Drank Alcohol or Used Drugs Before the Last Time they had Sex by Grade, DeKalb County, 2015**





## Sexual Identity and Contact

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**Sexual identity**

**Sexual contact**

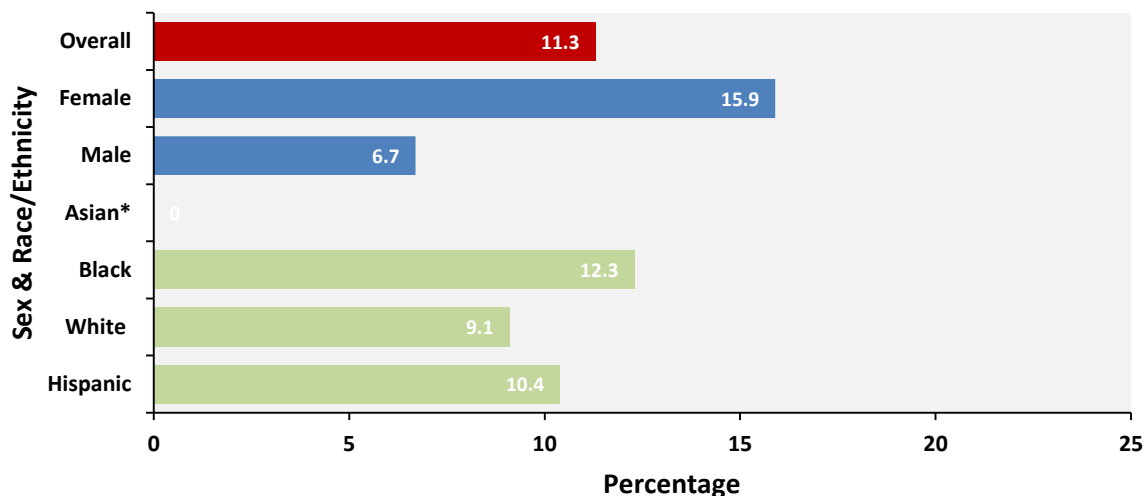
For the first time, the 2015 YRBS asked students how they identify themselves sexually and with whom they've had sexual contact.

A student's sexual identity and their sexual experience can be two different things. For example, a student who self-identifies as heterosexual may have had sexual contacts of the same sex. Or, a student who self-identifies as gay/lesbian or bisexual may not have had any sexual contact (Centers for Disease Control and Prevention, 2015c). Students who identify as LGBT are more likely to engage in risky health behaviors. Therefore, data on sexual identity on young people are critical for continuing to identify risky behaviors as well as to develop policies and programs designed to mitigate the disparities between heterosexual and non-heterosexual youth (Centers for Disease Control and Prevention, 2015c).

## Sexual identity

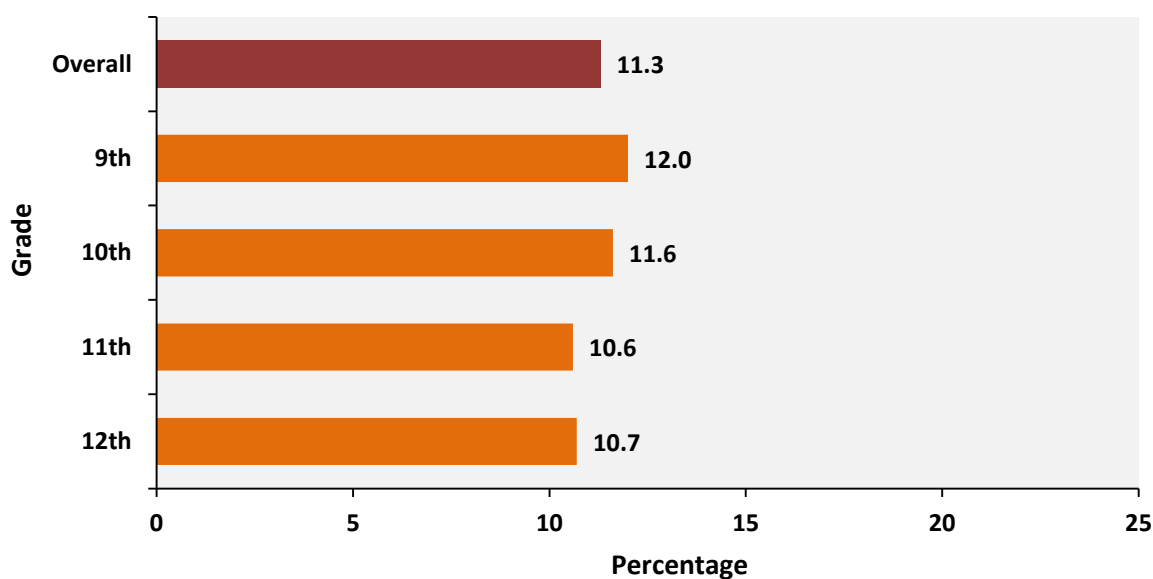
Eleven in 100 students **describe themselves as gay/lesbian or bisexual**. Of these 11 students, three identify as gay/lesbian and eight identify as bisexual.

**Figure 83: Percentage of Students who Describe Themselves as Gay/Lesbian or Bisexual by Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 84: Percentage of Students who Describe Themselves as Gay/Lesbian or Bisexual by Grade, DeKalb County, 2015**

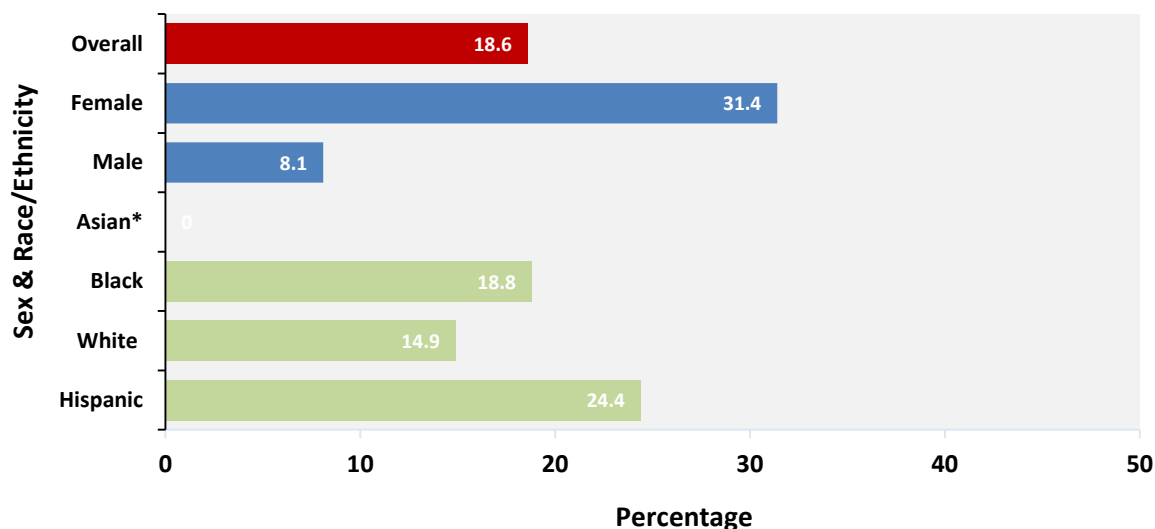


Five in 100 students answered “not sure” to the question about their sexual identity.

## Sexual contact

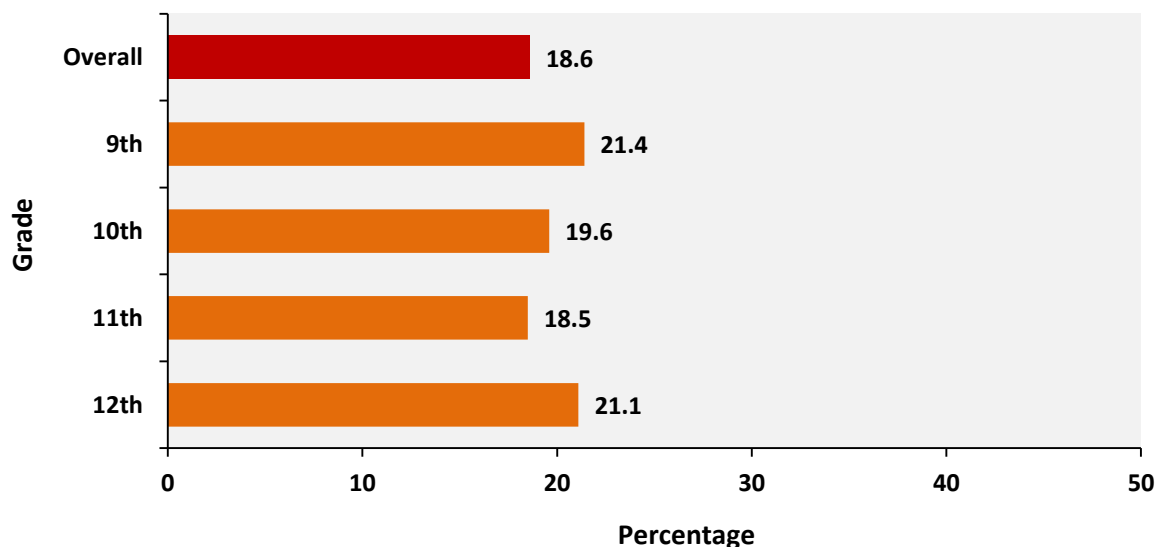
Of the students who have had sexual contact, more than one in six reports having had **sexual contact with a member of the same sex or with members of both sexes**. Females are significantly more likely than males to report this. There are no differences among races/ethnicities or grades.

**Figure 85: Percentage of Students who have had Sexual Contact with Members of the Same Sex and/or Both Sexes By Sex and Race/Ethnicity, DeKalb County, 2015**



\* Data for Asian students were insufficient to produce a percentage

**Figure 86: Percentage of Students who have had Sexual Contact with Members of the Same Sex and/or Both Sexes By Grade, DeKalb County, 2015**





Obesity and overweight are a public health concern, given their high rates and medical consequences.

For the first time in 2015, the YRBS asked students about behaviors to control weight, such as purging, skipping meals and using diet products.

# Weight Control

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**Obesity and overweight**

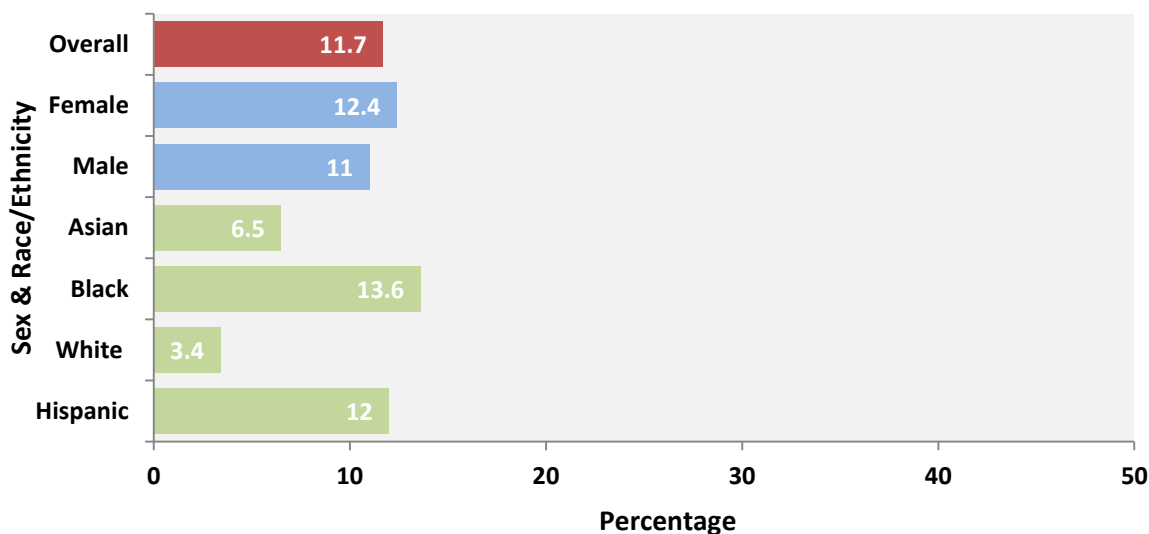
**Weight perceptions and goals**

**Unhealthy weight-related behaviors**

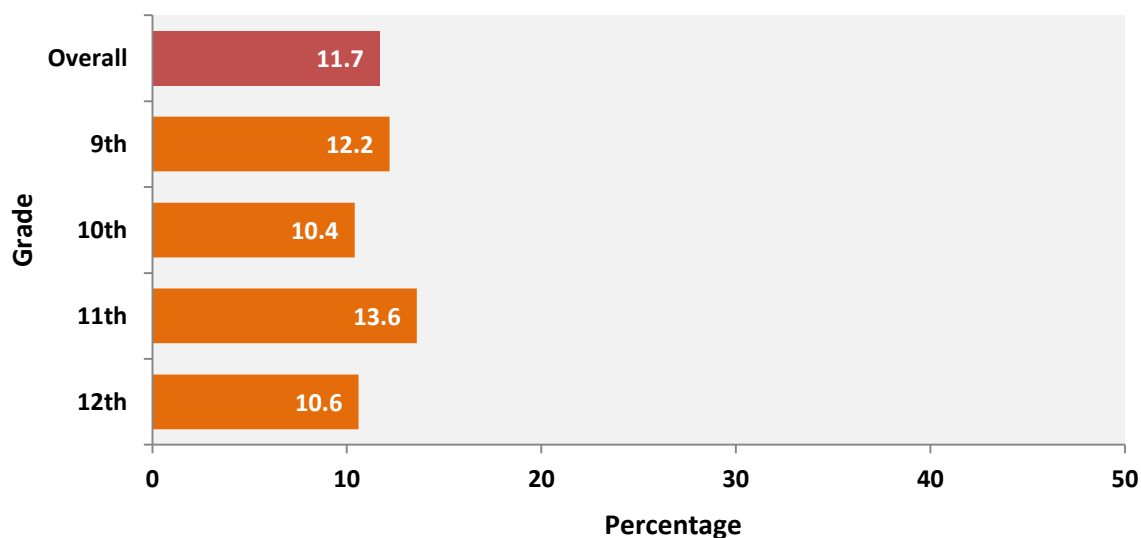
## Obesity and overweight

One in eight students is **obese**, based on their self-reported height and weight. White students are significantly less likely than students of other races/ethnicities to be obese.

**Figure 87: Percentage of Students who are Obese by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 88: Percentage of Students who are Obese by Grade, DeKalb County, 2015**

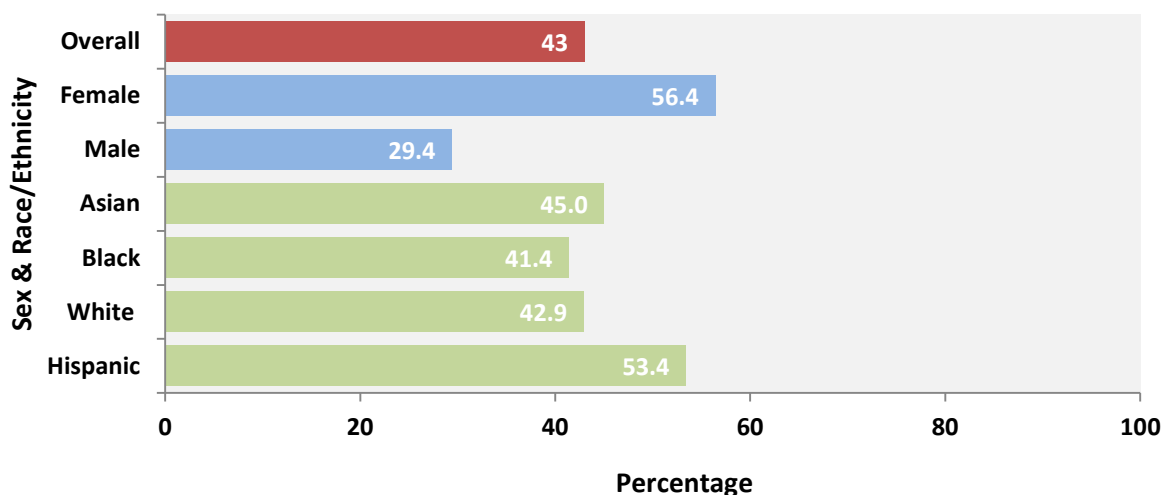


One in seven students is **overweight**, as calculated from their reported height and weight. Males are less likely than females and white students are less likely than students of other races/ethnicities to be overweight.

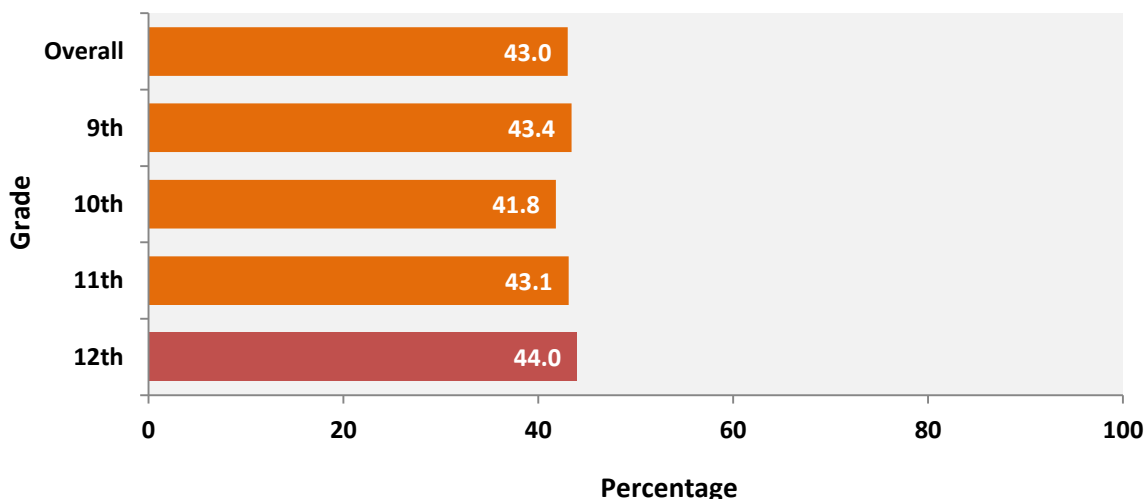
## Weight perceptions and goals

More than four in 10 students report that they **are trying to lose weight**. Females are more likely than males and Hispanic students are more likely than students of other races/ethnicities to report this. There are no differences among grades.

**Figure 89: Percentage of Students who are Trying to Lose Weight by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 90: Percentage of Students who are Trying to Lose Weight by Grade, DeKalb County, 2015**

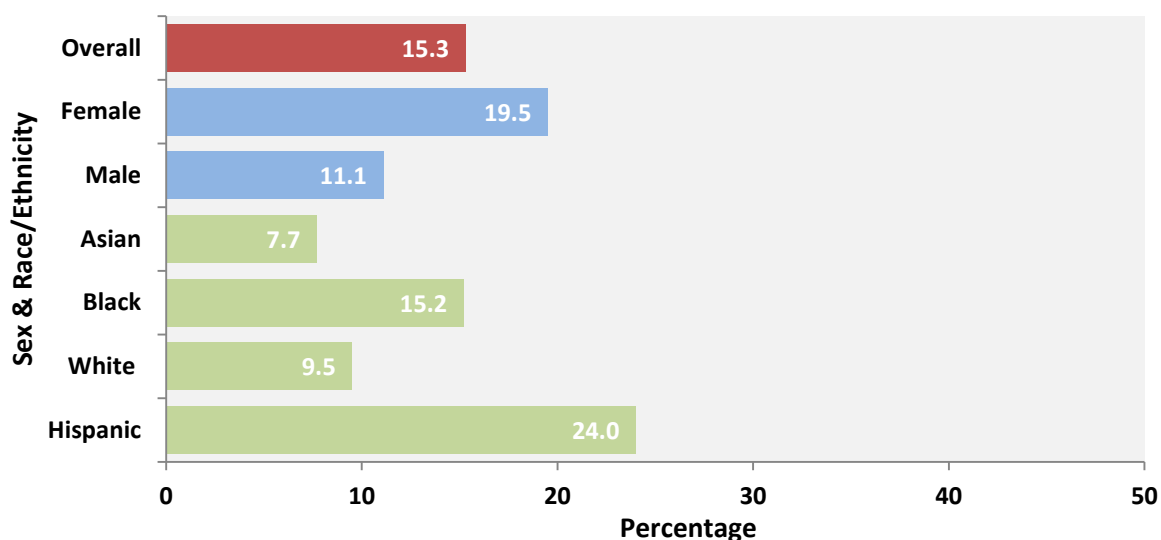


One in four students describes **themselves as overweight**. Females are significantly more likely than males to perceive themselves as overweight.

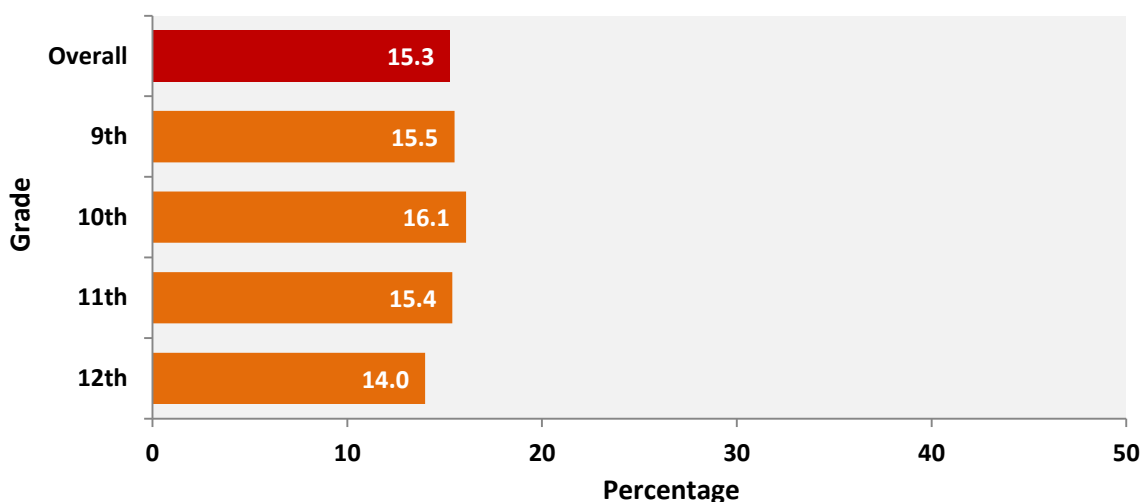
## Unhealthy weight-related behaviors

More than one in seven students reports engaging in an **unhealthy weight-related behavior** in the 30 days before the survey. These behaviors include trying to lose weight or maintain the same weight by going without eating for at least 24 hours, vomiting, using laxatives, using diet products, smoking and skipping meals. Females and Hispanic students are more likely to report an unhealthy weight control behavior than their peers.

**Figure 91: Percentage of Students who Engaged in an Unhealthy Weight-Related Behavior in the 30 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 92: Percentage of Students who Engaged in an Unhealthy Weight-Related Behavior in the 30 Days Before the Survey by Grade, DeKalb County, 2015**







Proper nutrition promotes the optimal growth and development of adolescents. Healthy eating helps prevent high cholesterol and high blood pressure, and helps reduce the risk of chronic diseases such as cardiovascular disease, cancer and diabetes.

The YRBS asks questions about students' eating and drinking habits to determine how closely they meet recommended daily allowances for fruits, vegetables and dairy.

## Dietary Habits

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### Fruit and vegetable consumption

### Breakfast

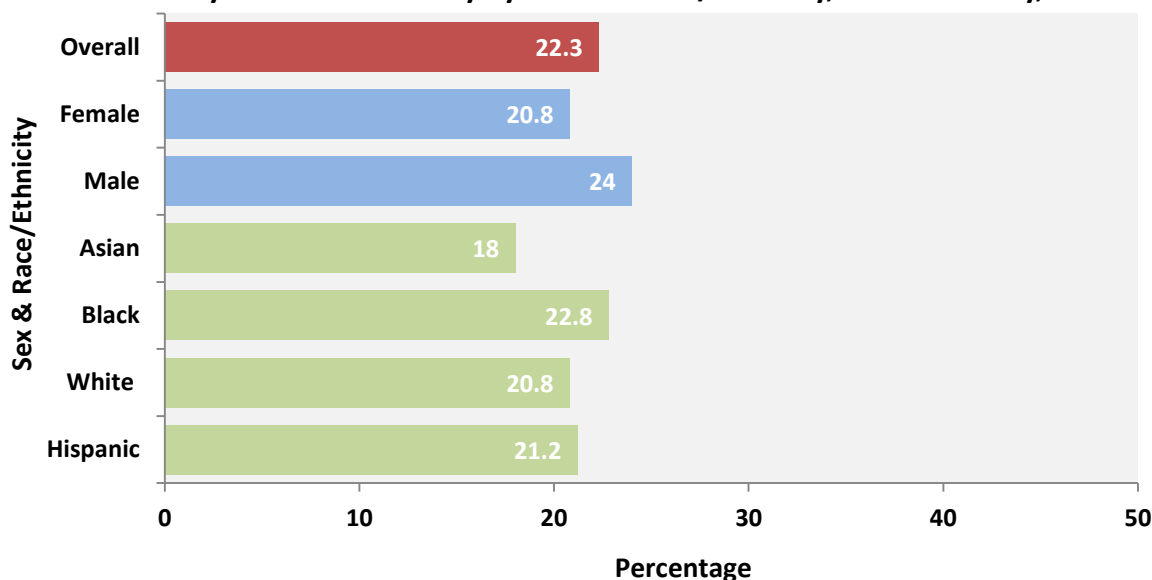
### Water and milk intake

### Soda and energy drink consumption

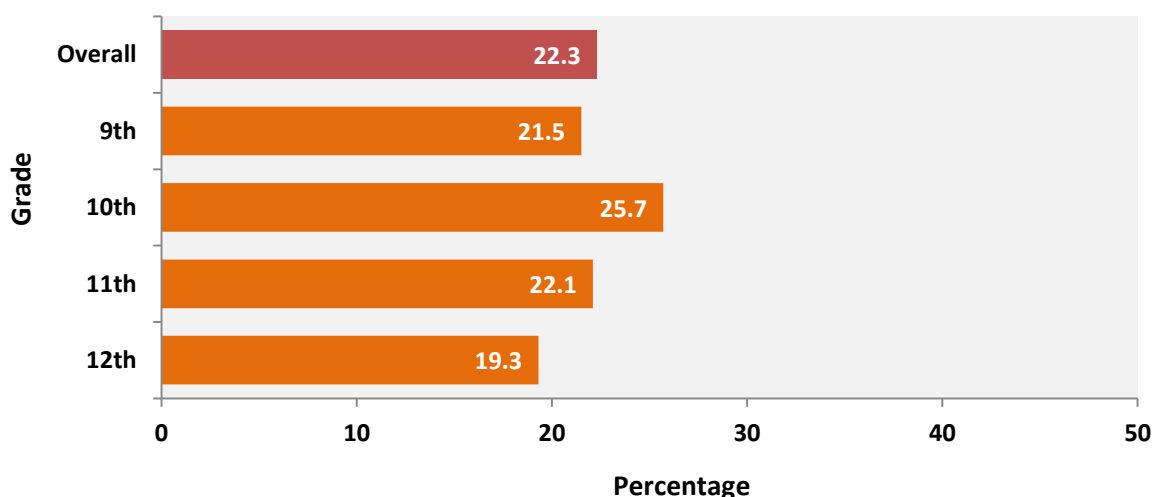
## Fruit and vegetable consumption

Three servings of fruits a day are recommended for high-school students. Only one in five students reports that they **ate three or more fruit servings daily** in the seven days before the survey.

**Figure 93: Percentage of Students who Ate  $\geq 3$  Fruit Servings Daily in the 7 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 94: Percentage of Students who Ate  $\geq 3$  Fruit Servings Daily in the 7 Days Before the Survey by Grade, DeKalb County, 2015**

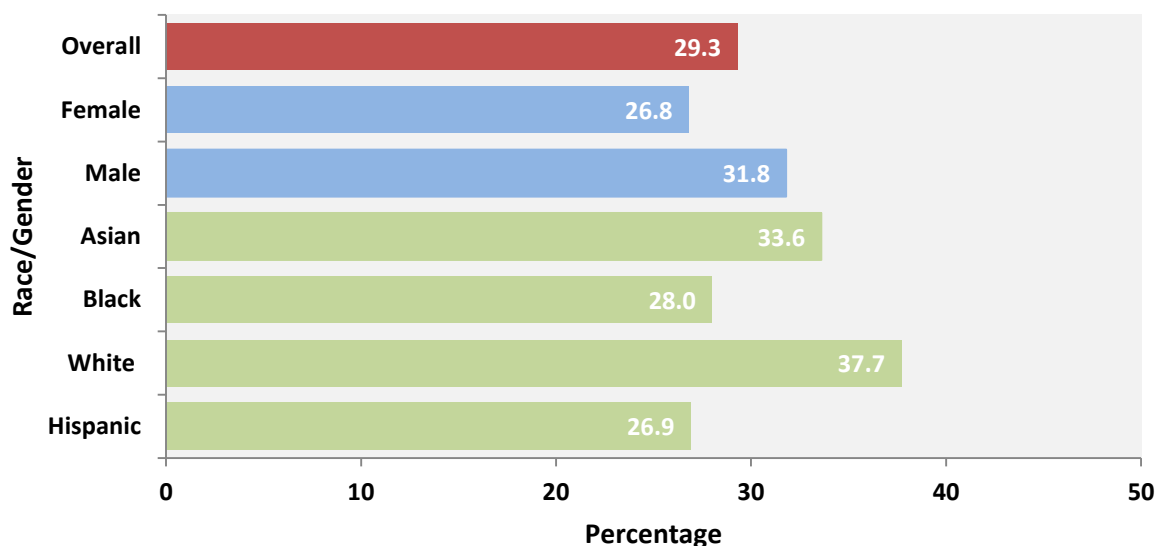


Three servings of vegetables are recommended daily for teens. One in eight students **eats three servings of vegetables daily**. More than half of students report that they **had a green salad** in the week before the survey.

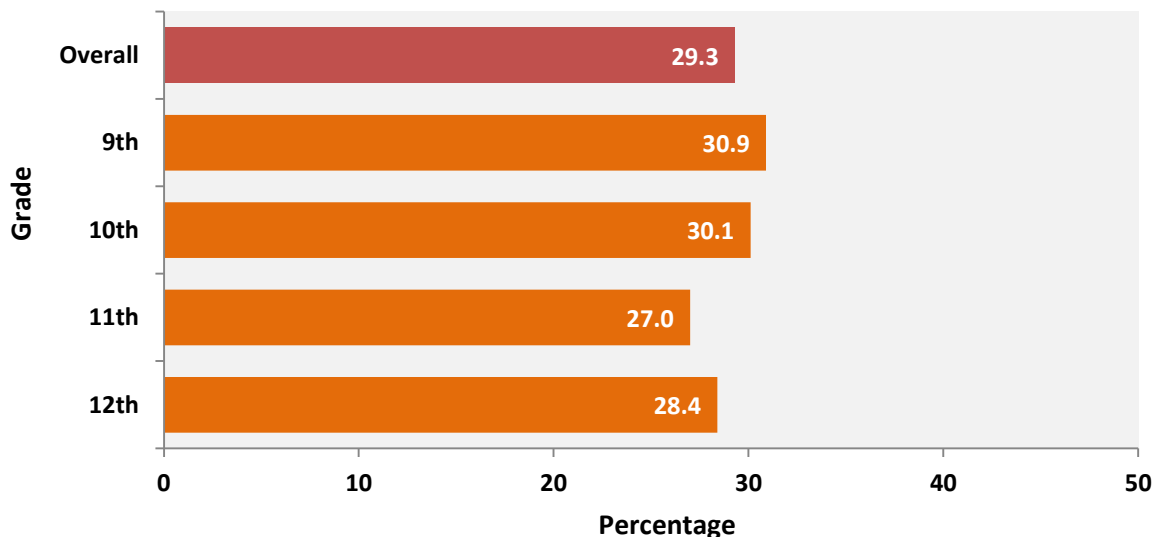
## Breakfast

Three in 10 students report that they **ate breakfast** daily on all of the seven days before the survey. Almost one in five students reports that they did not eat breakfast on any day of the preceding week.

**Figure 95: Percentage of Students who Ate Breakfast Daily in the 7 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



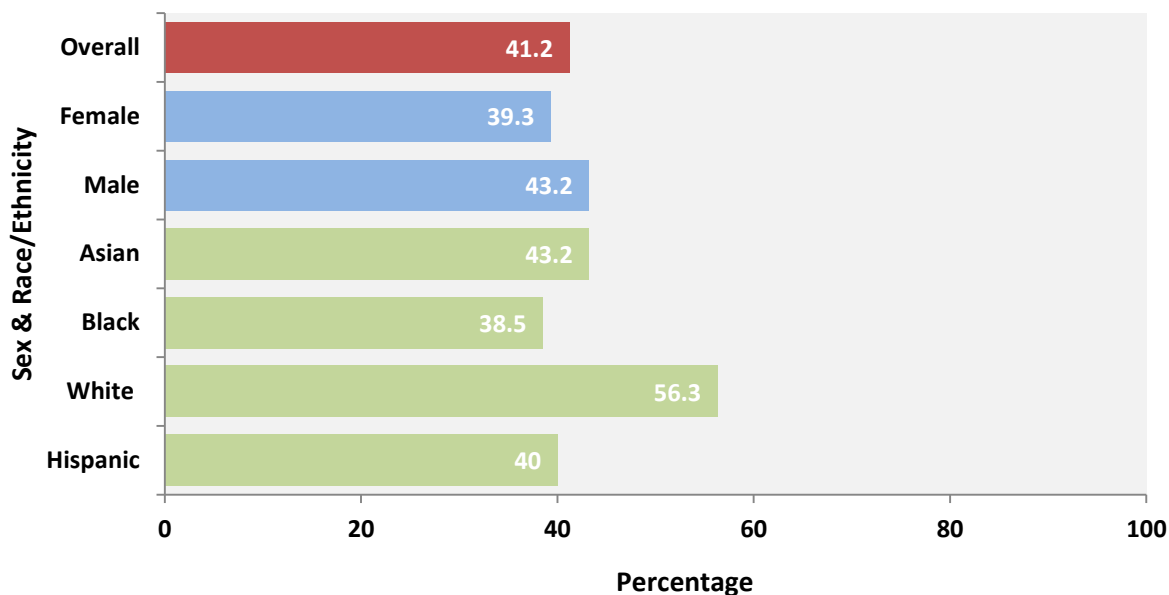
**Figure 96: Percentage of Students who Ate Breakfast Daily in the 7 Days Before the Survey by Grade, DeKalb County, 2015**



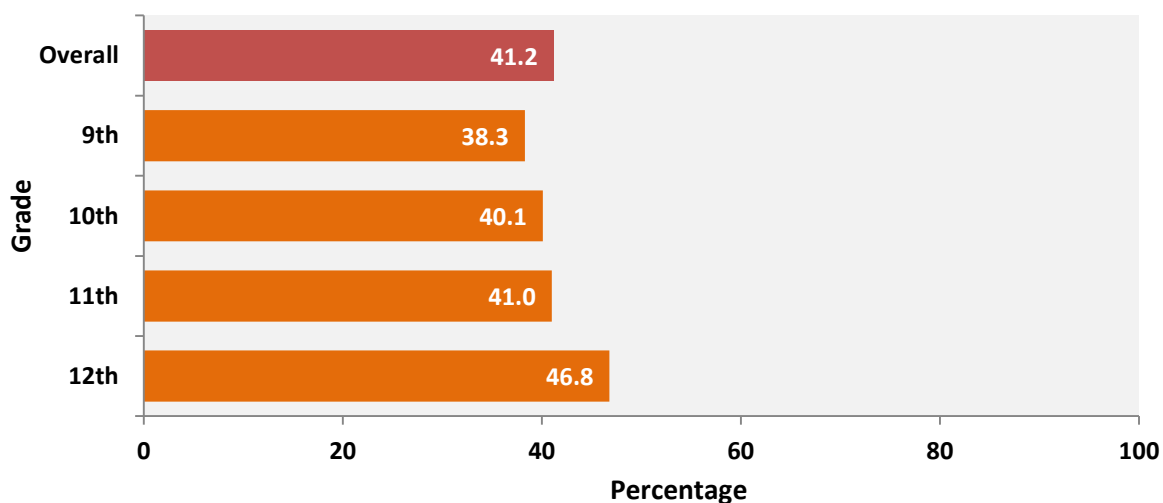
## Water and milk consumption

Four in 10 students **drank three or more bottles or glasses of water daily** in the seven days preceding the survey. White students are significantly more likely than their peers to do so.

**Figure 97: Percentage of Students who Drank  $\geq 3$  Servings of Water Daily in the 7 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 98: Percentage of Students who Drank  $\geq 3$  Servings of Water Daily in the 7 Days Before the Survey by Grade, DeKalb County, 2015**

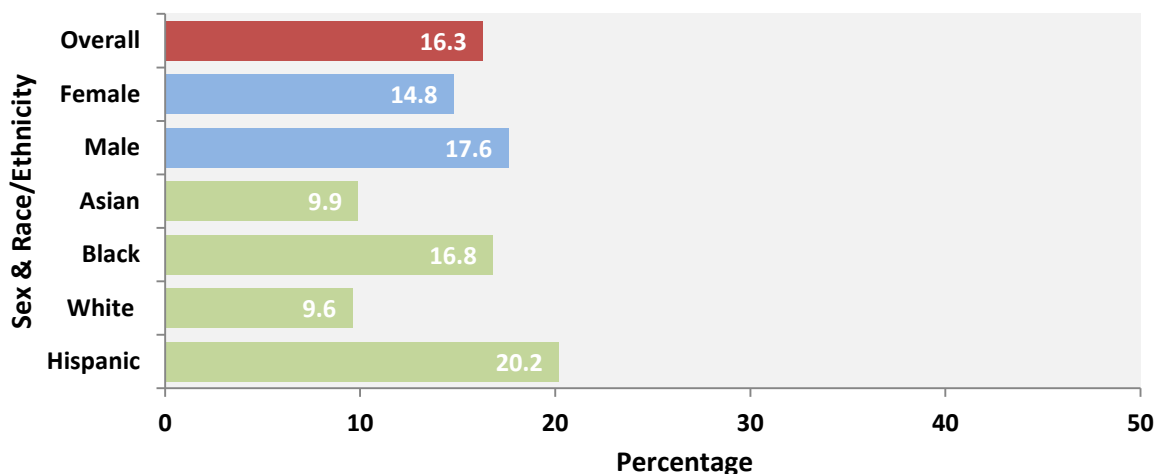


One in 20 students reported that they **drank three or more glasses of milk a day** in the seven days preceding the survey.

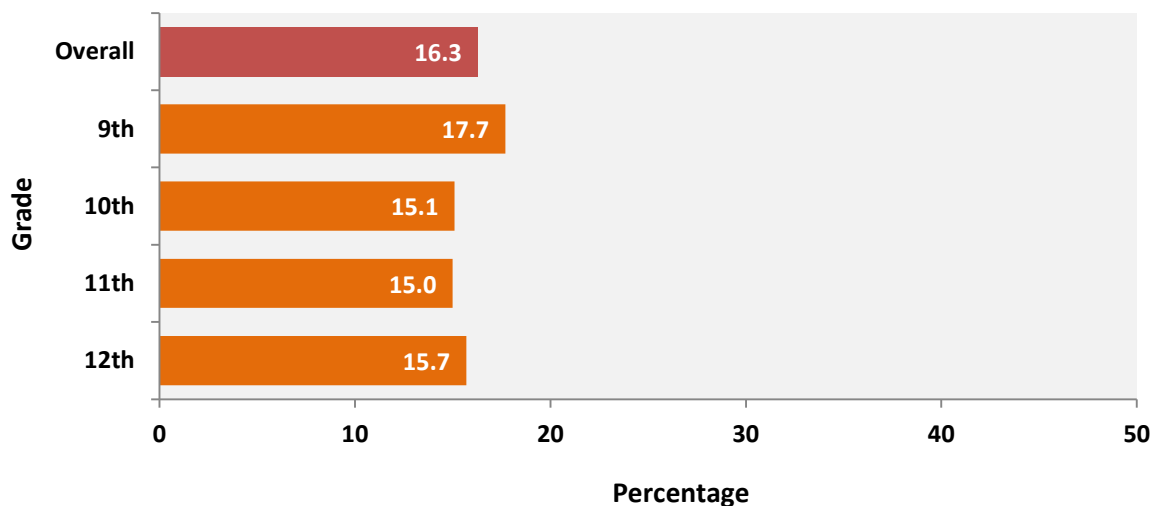
## Soda and energy drink consumption

One in six students reports **drinking one or more sodas daily** in the seven days preceding the survey.

**Figure 99: Percentage of Students who Drank  $\geq 1$  Soda Daily in the 7 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 100: Percentage of Students who Drank  $\geq 1$  Soda Daily in the 7 Days Before the Survey by Grade, DeKalb County, 2015**



One in 20 students reports that they **drank one or more energy drinks daily** in the week before the survey. Males are twice as likely as females to consume energy drinks frequently. There are no differences between other peer groups.



Regular physical activity improves strength and endurance, builds bones and muscles and helps to control weight. It may improve blood pressure and cholesterol levels. Reduced stress and increased self-esteem are also benefits of routine exercise.

Youth ages 6 through 17 should participate in at least 60 minutes of physical activity daily (U.S. Department of Health and Human Services, 2008).

Schools can promote physical activity through programs that include recess, classroom activities, sports and physical education.

# Physical Activity

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**Physical activity**

**Physical education (PE) classes**

**Sports team participation**

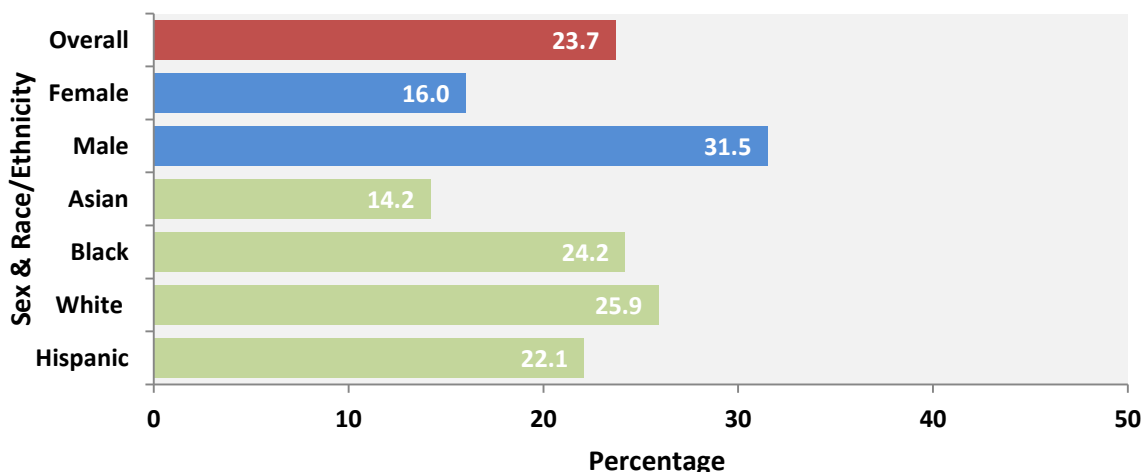
**Getting to school**

**Sedentary behaviors**

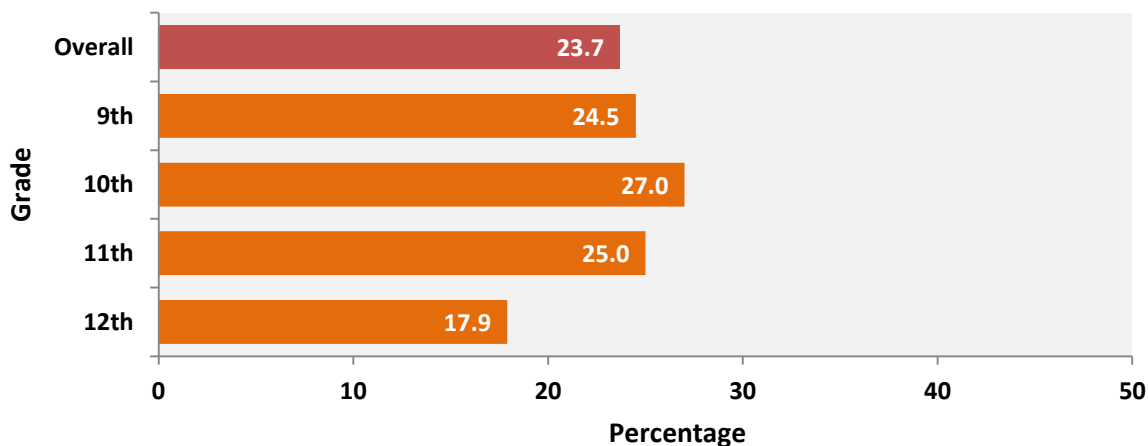
## Physical activity

One in four students reports that they **exercised 60 minutes or more daily** in the week before the survey. Males are significantly more likely than females to exercise daily. Asian students and 12<sup>th</sup> graders are significantly less likely than their peers to exercise daily.

**Figure 101: Percentage of Students who were Physically Active  $\geq 60$  Minutes Daily in the 7 Days Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 102: Percentage of Students who were Physically Active  $\geq 60$  Minutes Daily in the 7 Days Before the Survey by Grade, DeKalb County, 2015**

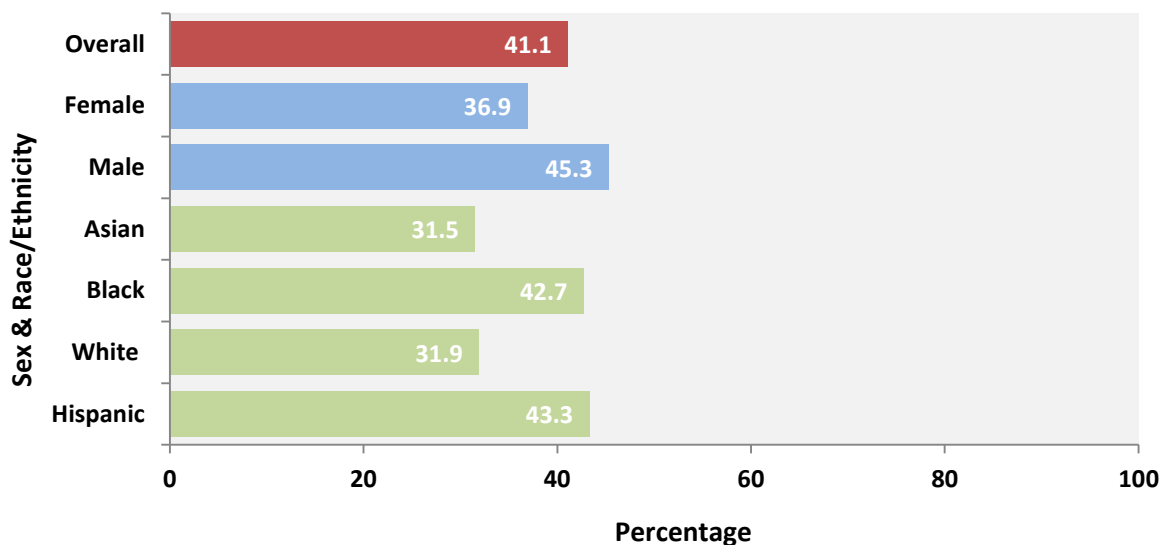


More than one in five students reports that **they did not exercise on any day in the week before the survey**. Females are significantly less likely to exercise than males. Asian students are significantly less likely to exercise than their peers. There are no differences among grades.

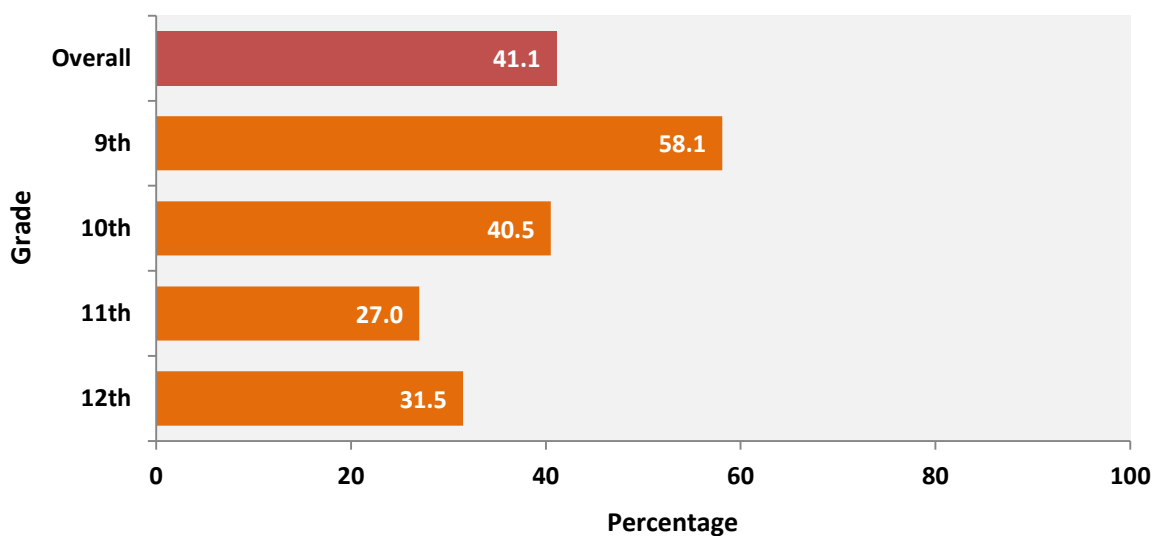
## Physical education (PE) classes

Four in 10 students **have PE one or more days per week**. Males attend PE classes more frequently than females.

**Figure 103: Percentage of Students who have PE Classes  $\geq 1$  Day a Week by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 104: Percentage of Students who have PE Classes  $\geq 1$  Day a Week by Grade, DeKalb County, 2015**

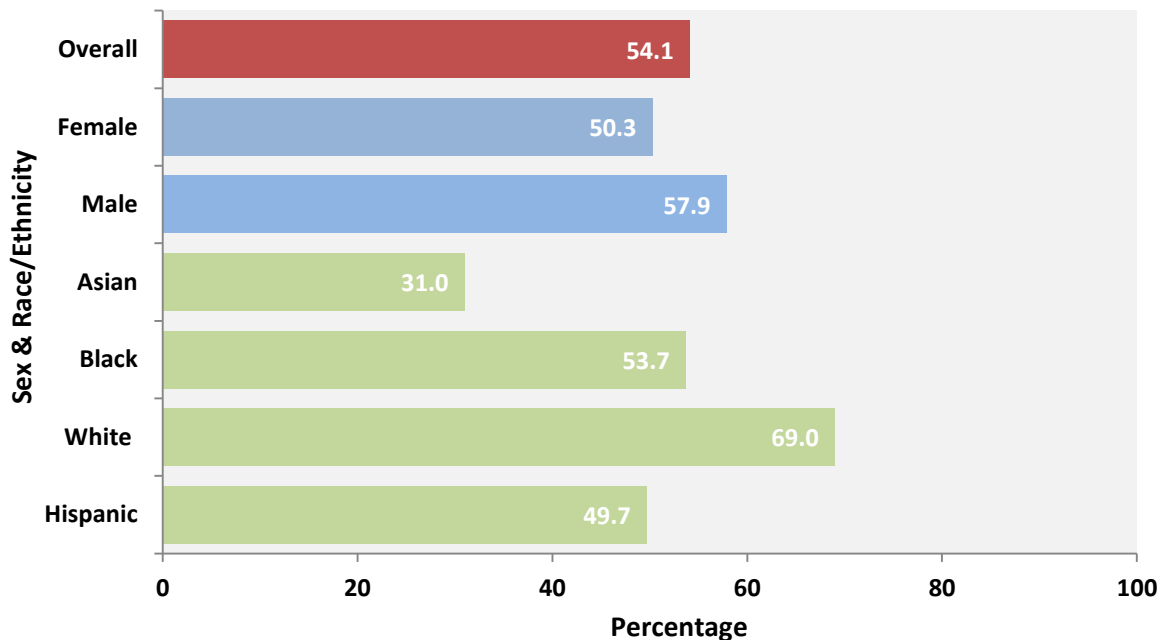




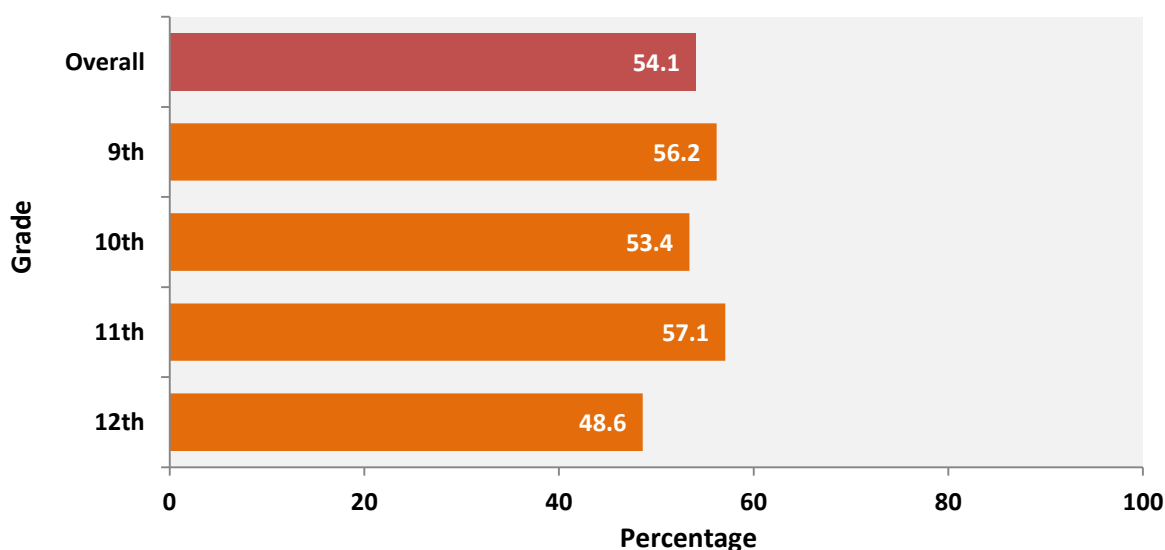
## Sports team participation

Over half of all students report that they were **on a sports team** in the 12 months before the survey. Males are more likely than females to be on a team. White students are more likely than their peers to be on a team. There are no notable differences among grades.

**Figure 105: Percentage of Students who were on a Sports Team in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



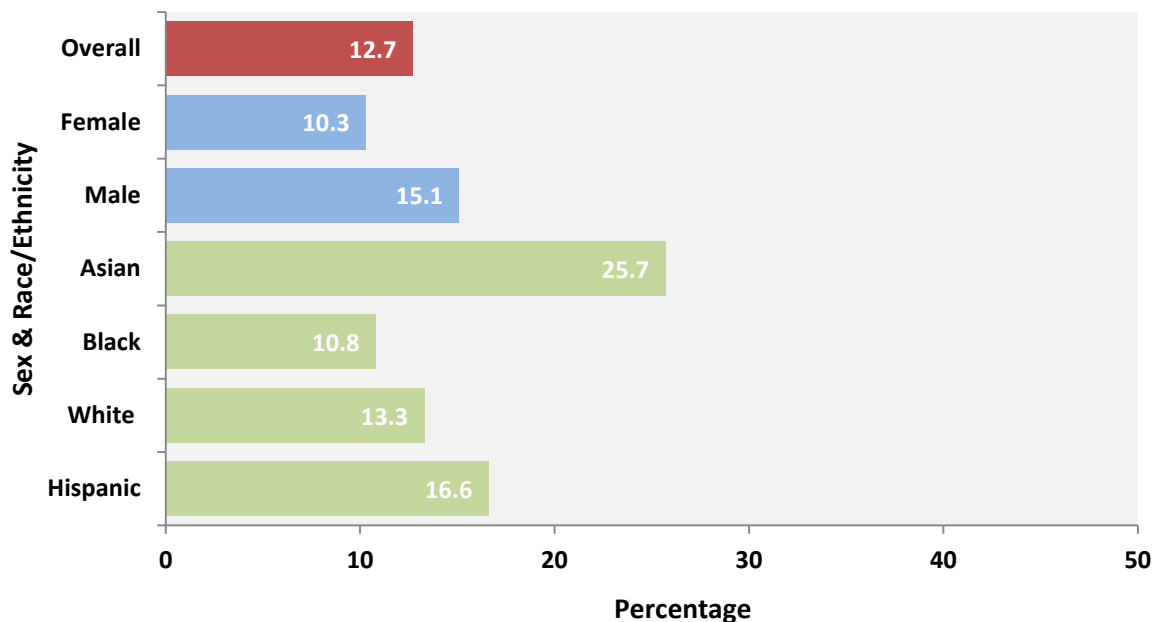
**Figure 106: Percentage of Students who were on a Sports Team in the 12 Months Before the Survey by Grade, DeKalb County, 2015**



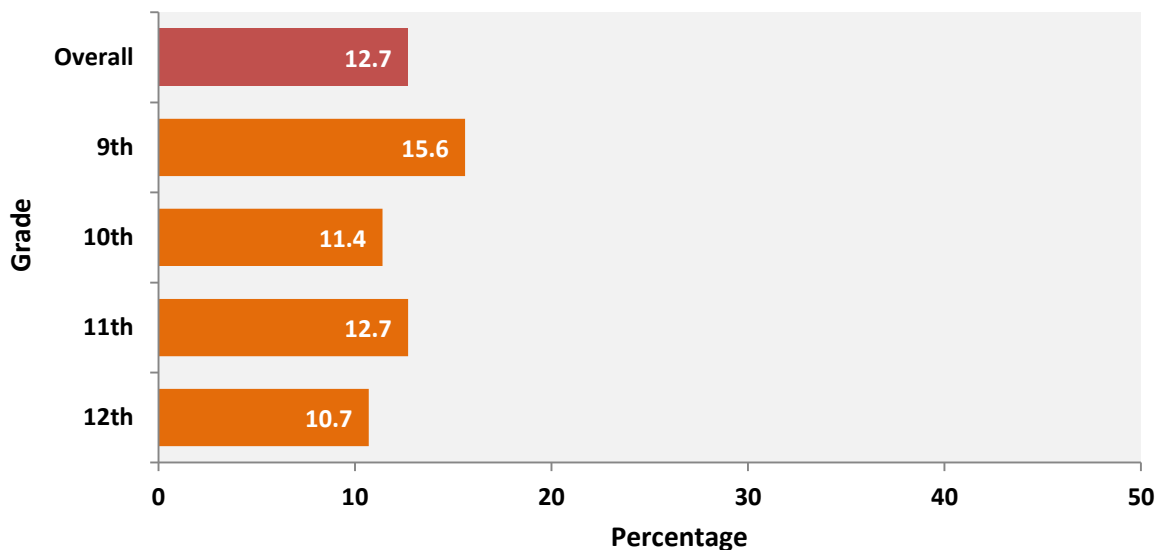
## Getting to school

Almost one in eight students reports **walking or biking to school most school days**. Males and Asian students are more likely to report this than their peers. There are no notable differences among grades.

**Figure 107: Percentage of Students who Walk or Bike to School Most School Days by Sex and Race/Ethnicity, DeKalb County, 2015**



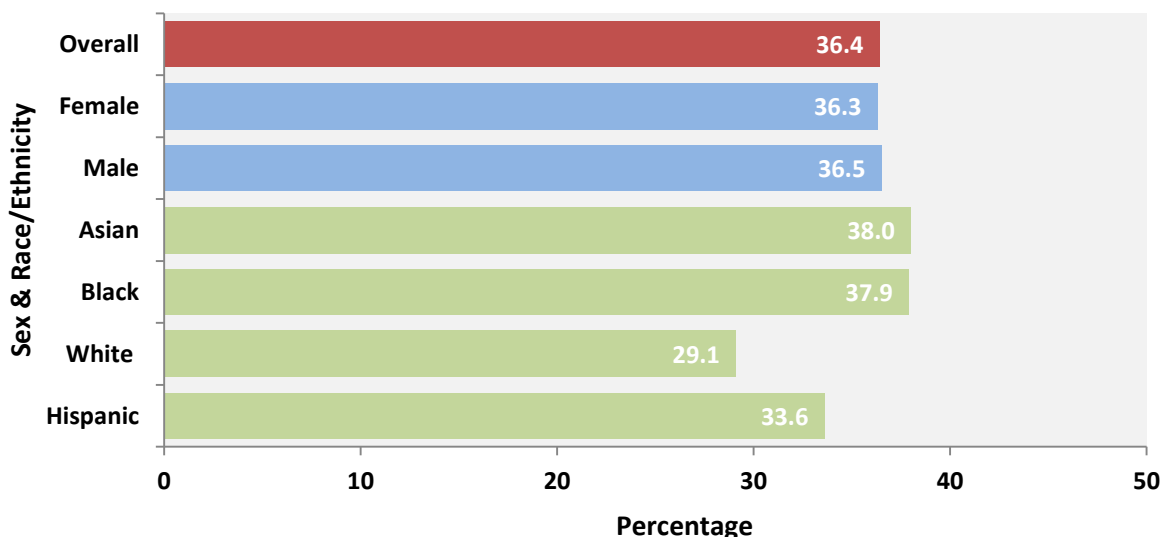
**Figure 108: Percentage of Students who Walk or Bike to School Most School Days by Grade, DeKalb County, 2015**



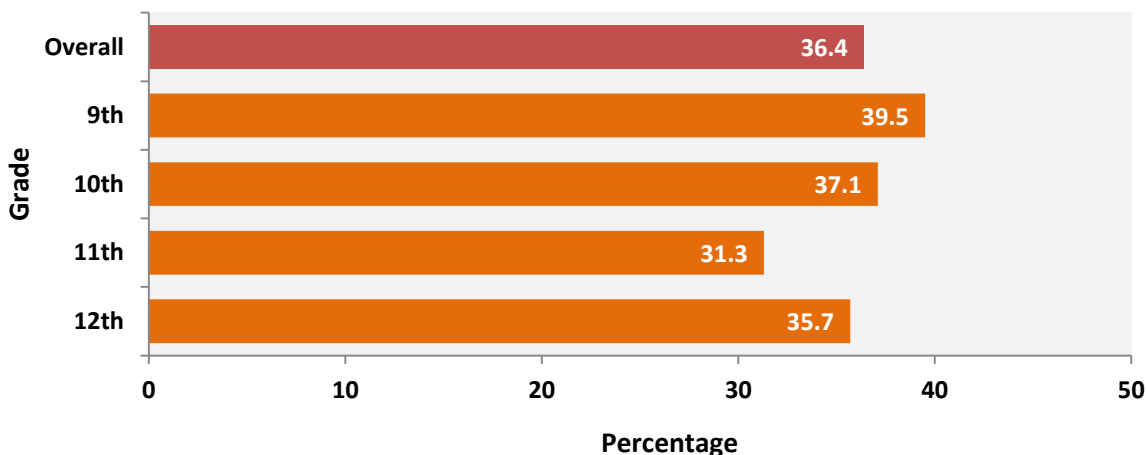
## Sedentary behaviors

More than one in three students **plays video games or uses a computer for at least three hours daily on school days**. Screen time can contribute to obesity in several ways: by displacing time for physical activity, by promoting opportunities for unhealthy snacking and even by interfering with sleep (Strasburger, 2011).

**Figure 109: Percentage of Students who Play Video Games or Use a Computer for  $\geq 3$  Hours on School Days by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 110: Percentage of Students who Play Video Games or Use a Computer for  $\geq 3$  Hours on School Days by Grade, DeKalb County, 2015**



Three in 10 students **watch television (TV) three or more hours on an average school day**. Black students are significantly more likely to report excessive TV watching than their peers.



Adolescence is an important time for developing positive health behaviors that can improve health and delay disease. These include adequate sleep, screenings and vaccinations.

## Personal Health

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**Asthma**

**Oral health**

**Sleep**

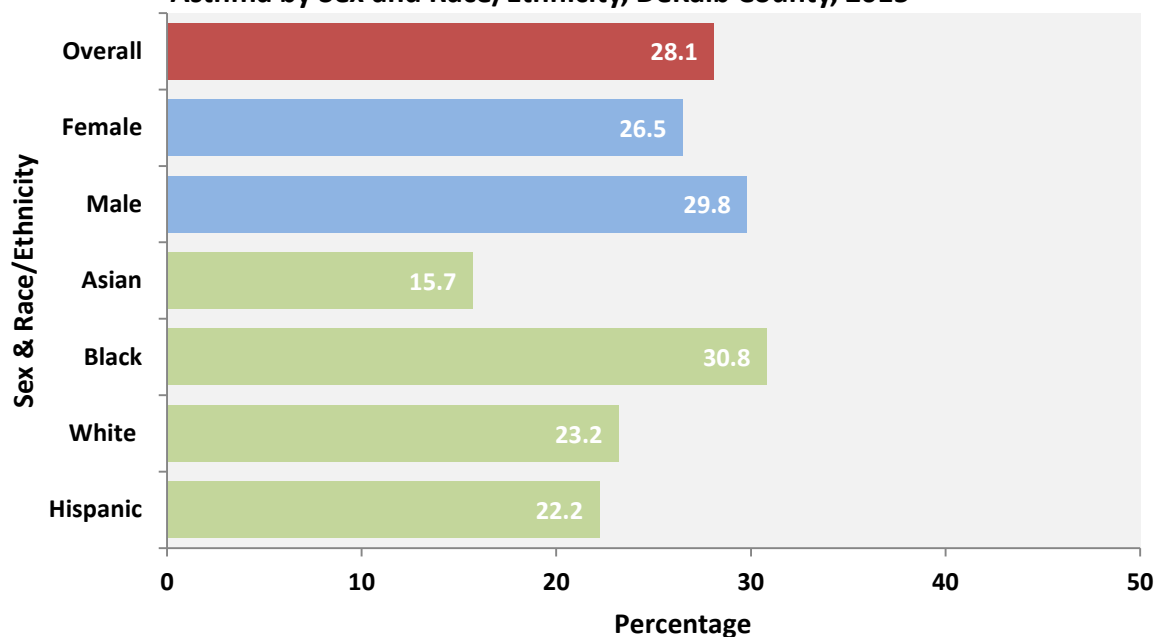
**Flu vaccination**

**HIV test**

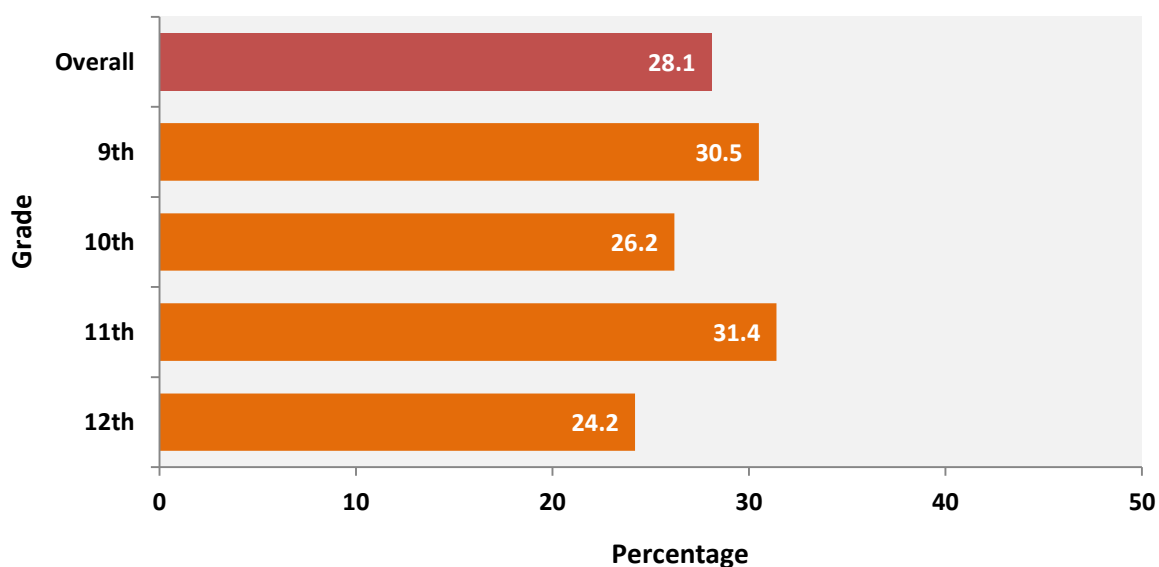
## Asthma

Almost three in 10 students have ever been **diagnosed with asthma**. Black students are more likely to report being diagnosed with asthma compared to other races/ethnicities.

**Figure 111: Percentage of Students who have ever Been Told They Have Asthma by Sex and Race/Ethnicity, DeKalb County, 2015**



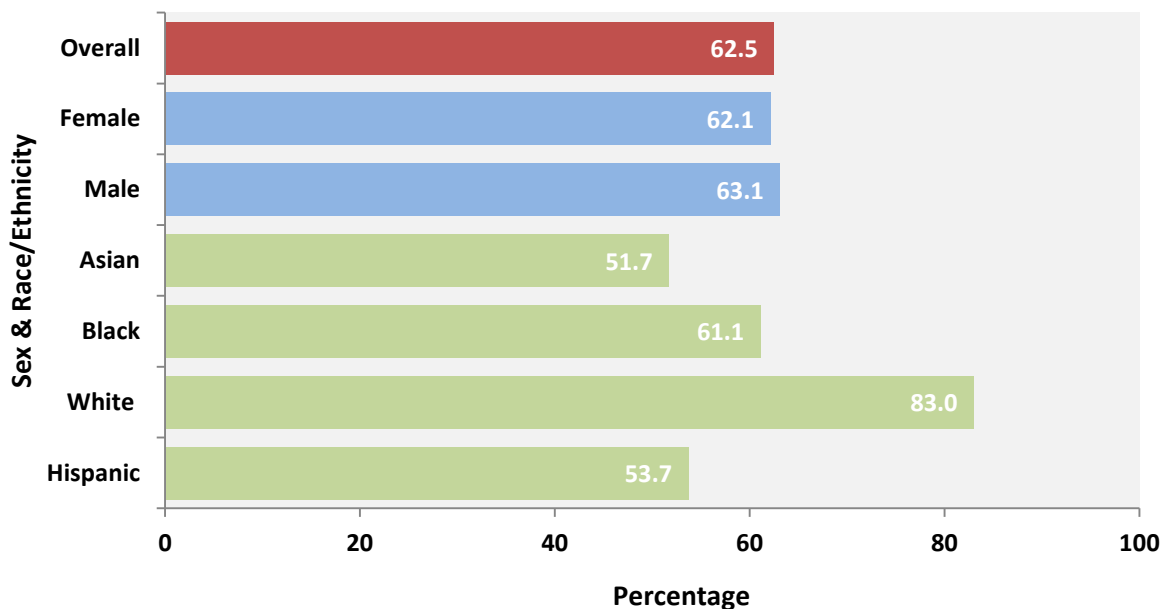
**Figure 112: Percentage of Students who have ever Been Told They Have Asthma by Grade, DeKalb County, 2015**



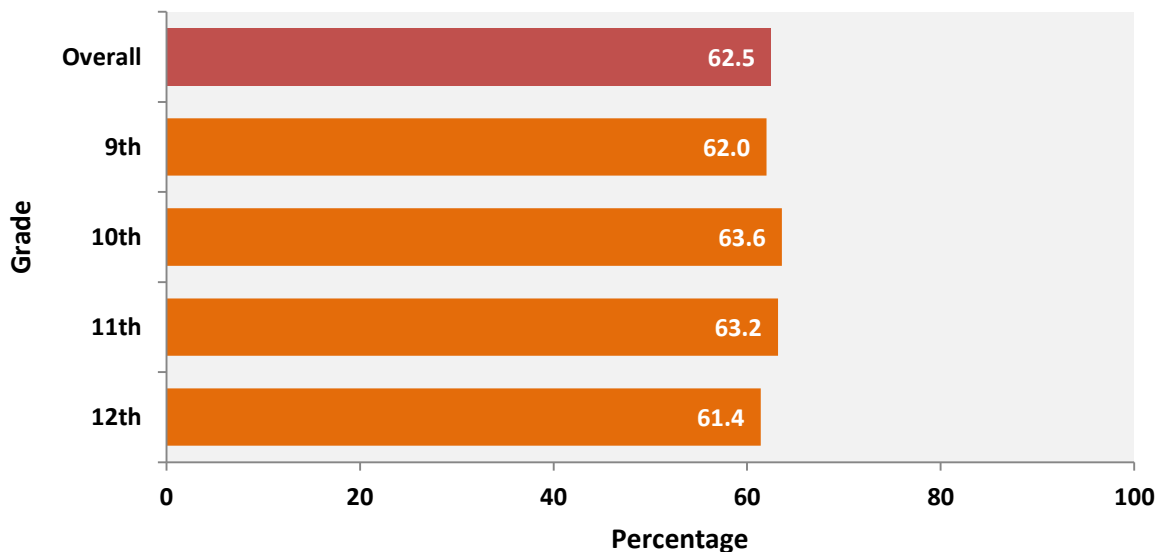
## Oral health

More than six in 10 students **saw a dentist** in the 12 months before the survey. Among white students, the rate is more than eight in 10 students.

**Figure 113: Percentage of Students who Visited a Dentist in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



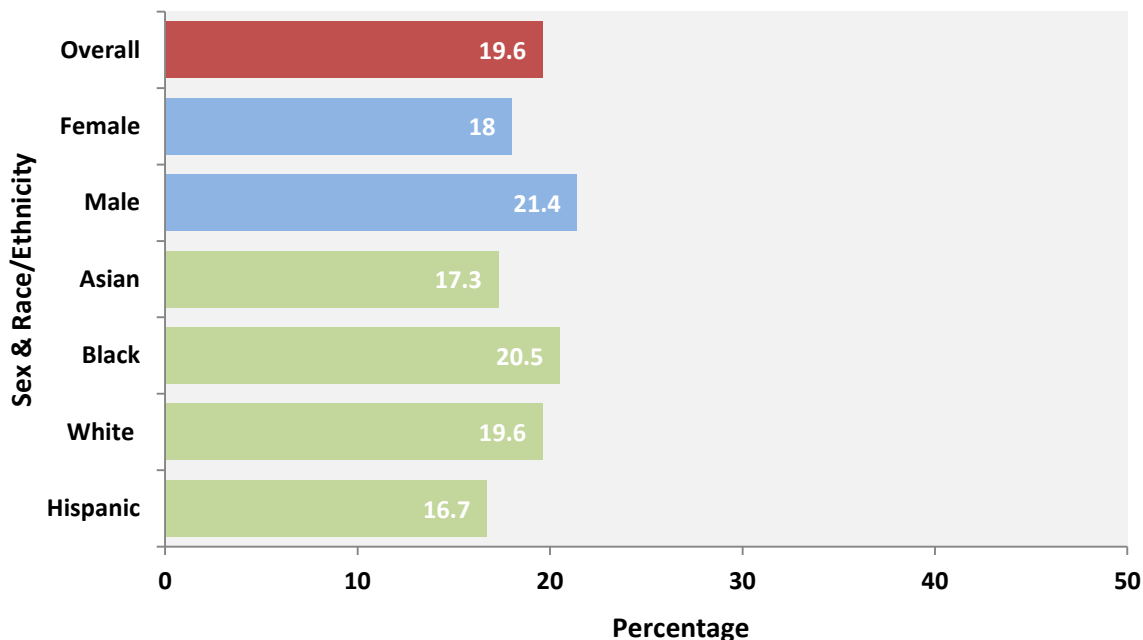
**Figure 114: Percentage of Students who Visited a Dentist in the 12 Months Before the Survey by Grade, DeKalb County, 2015**



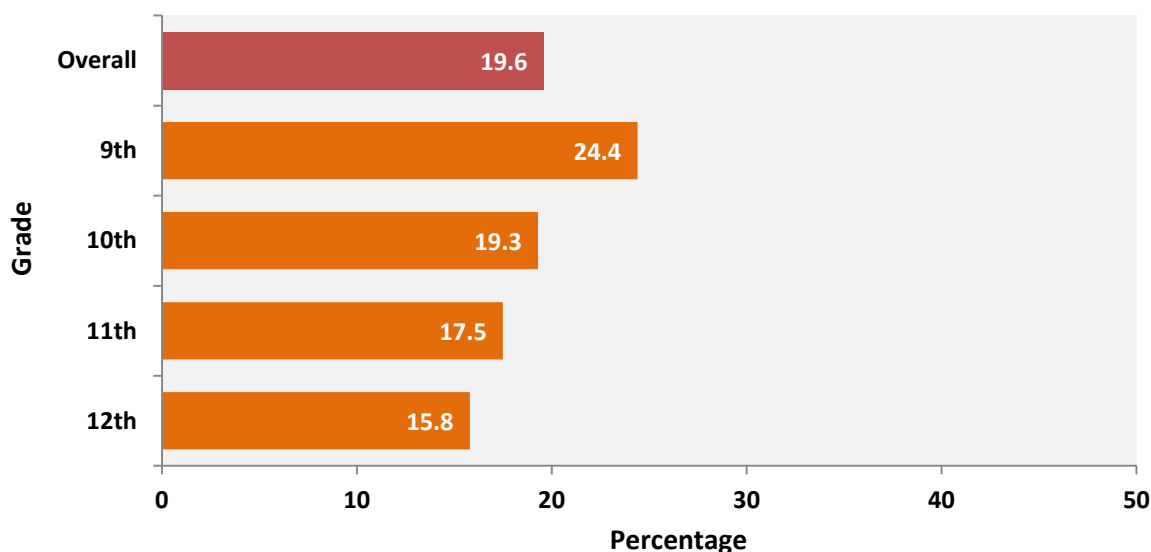
## Sleep

Sleep contributes significantly to several important cognitive, emotional and performance-related functions. Only one in five students **gets eight or more hours of sleep on an average school night**. There are no significant differences among peer groups.

**Figure 115: Percentage of Students who get  $\geq 8$  Hours of Sleep on an Average School Night by Sex and Race/Ethnicity, DeKalb County, 2015**



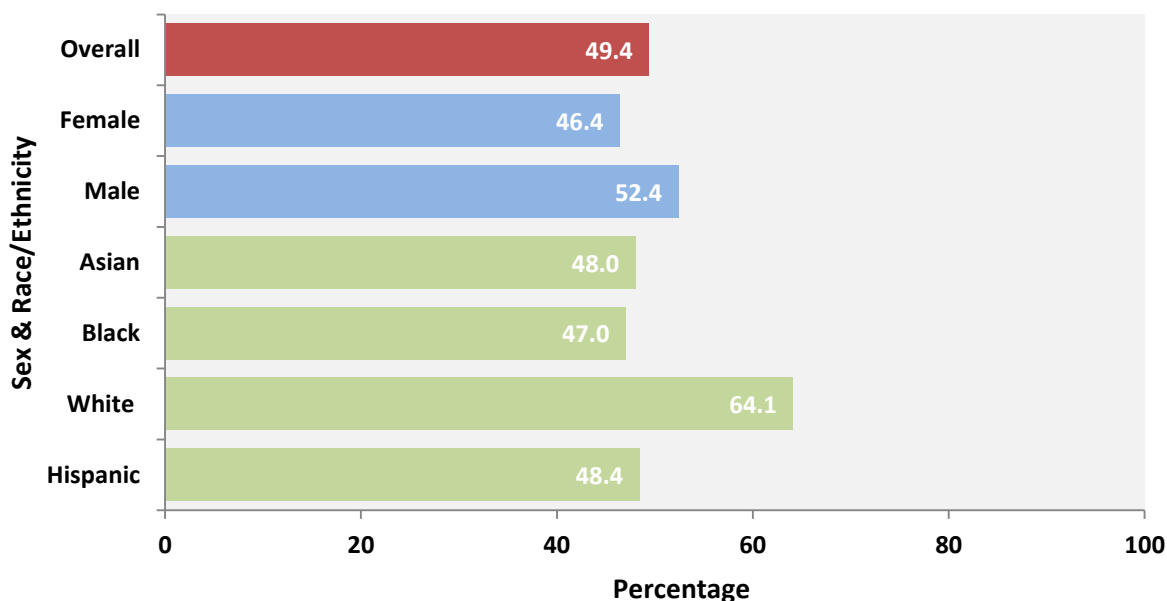
**Figure 116: Percentage of Students who get  $\geq 8$  Hours of Sleep on an Average School Night by Grade, DeKalb County, 2015**



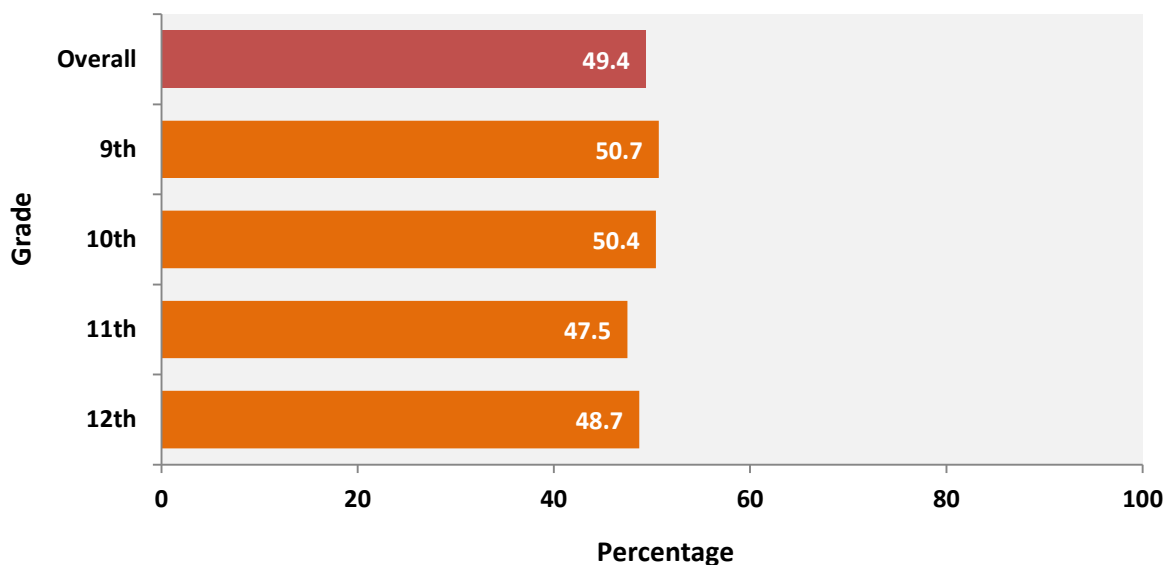
## Flu vaccination

An influenza (flu) vaccination is recommended for persons ages six months and older. Five in 10 students **received a flu shot or spray** in the 12 months before the survey. Among white students, this rate is more than six in 10.

**Figure 117: Percentage of Students who had a Flu Shot or Spray in the 12 Months Before the Survey by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 118: Percentage of Students who had a Flu Shot or Spray in the 12 Months Before the Survey by Grade, DeKalb County, 2015**

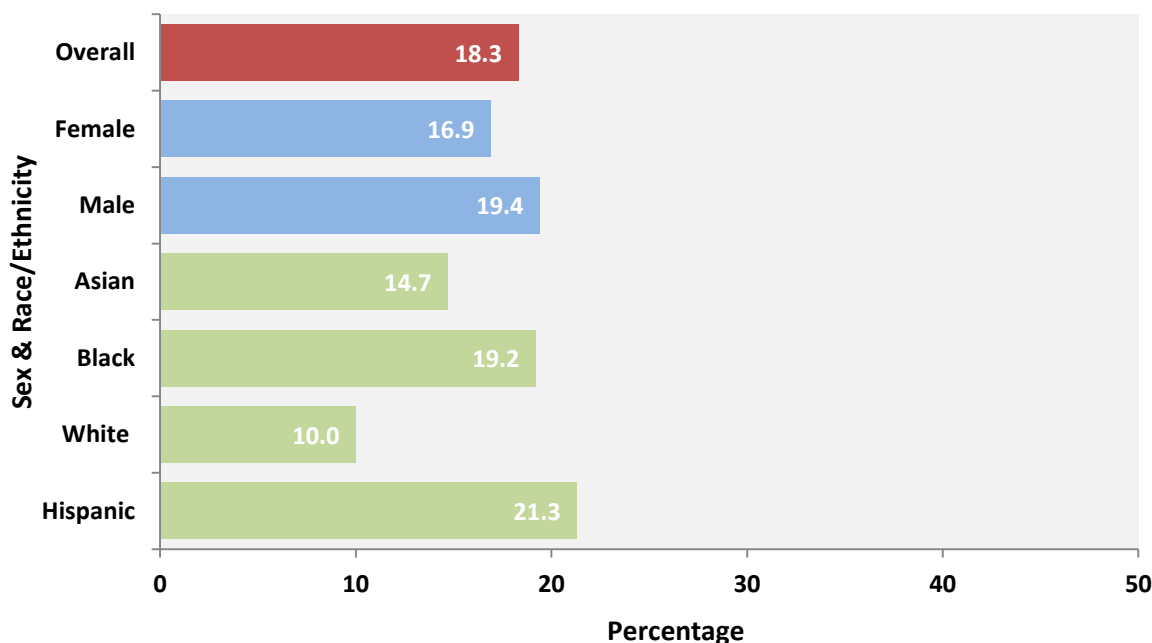




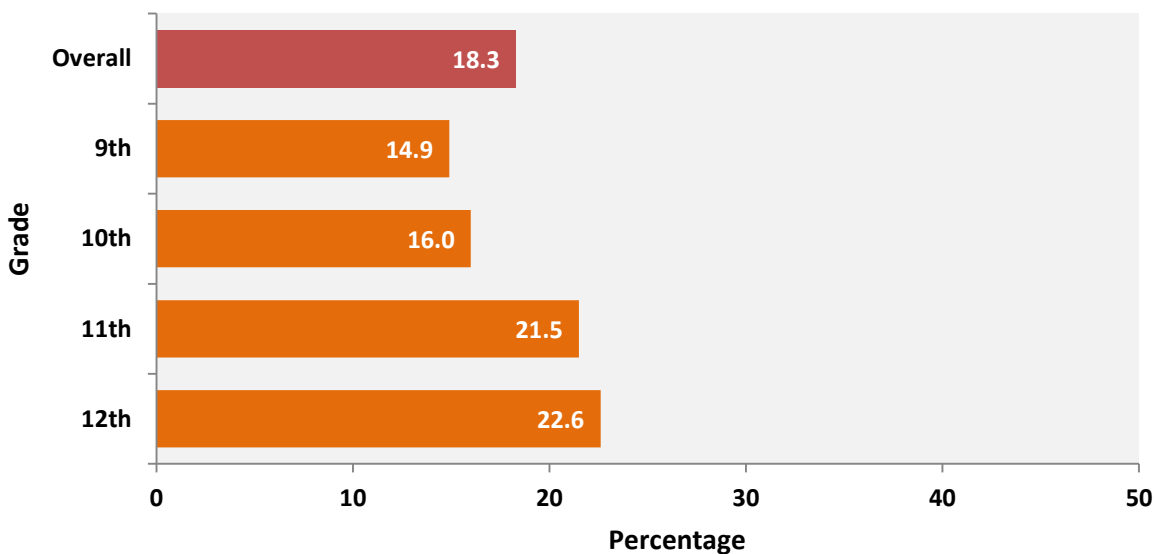
## HIV test

Routine HIV testing for persons 13 through 64 years of age is one of the Centers for Disease Control and Prevention's key recommendations for reducing the spread of HIV. One in six students has ever been **tested for HIV**. Black students and Hispanic students are more likely to have been tested than students of other races/ethnicities. The percentage of students who have been tested increases with age (grade).

**Figure 119: Percentage of Students who have ever been Tested for HIV by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 120: Percentage of Students who have ever been Tested for HIV by Grade, DeKalb County, 2015**





For the first time in 2015, the YRBS asked about students' adult support, feeling of safety and plans for the future.

Protective factors like these increase the likelihood of positive outcomes and decrease the likelihood of negative outcomes. Risk factors have the reverse effect (Centers for Disease Control and Prevention, 2016c).

## Protective Factors

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**Adult support**

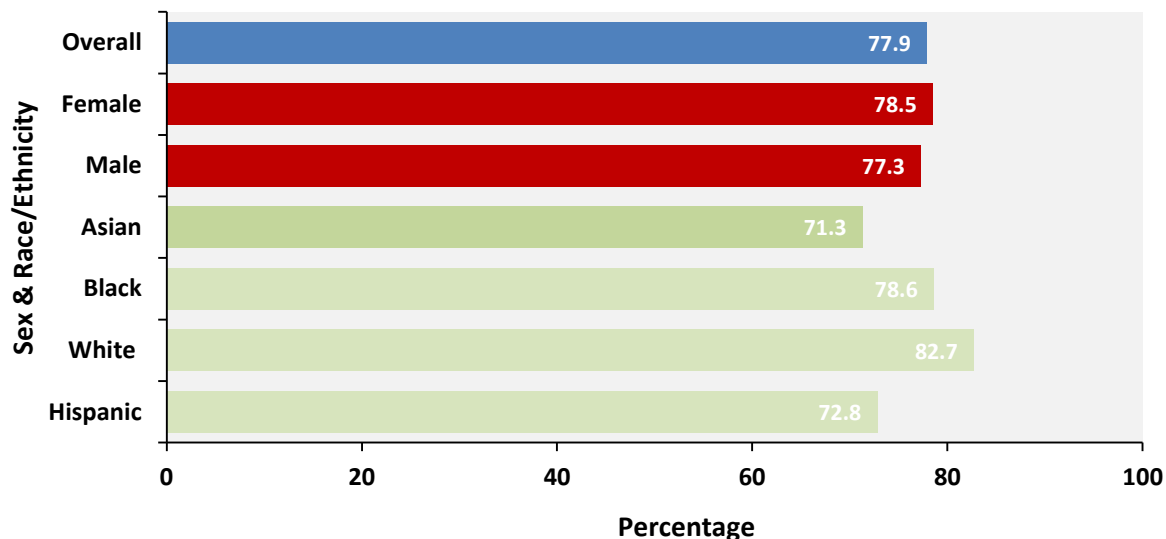
**Neighborhood safety**

**Post-high school plans**

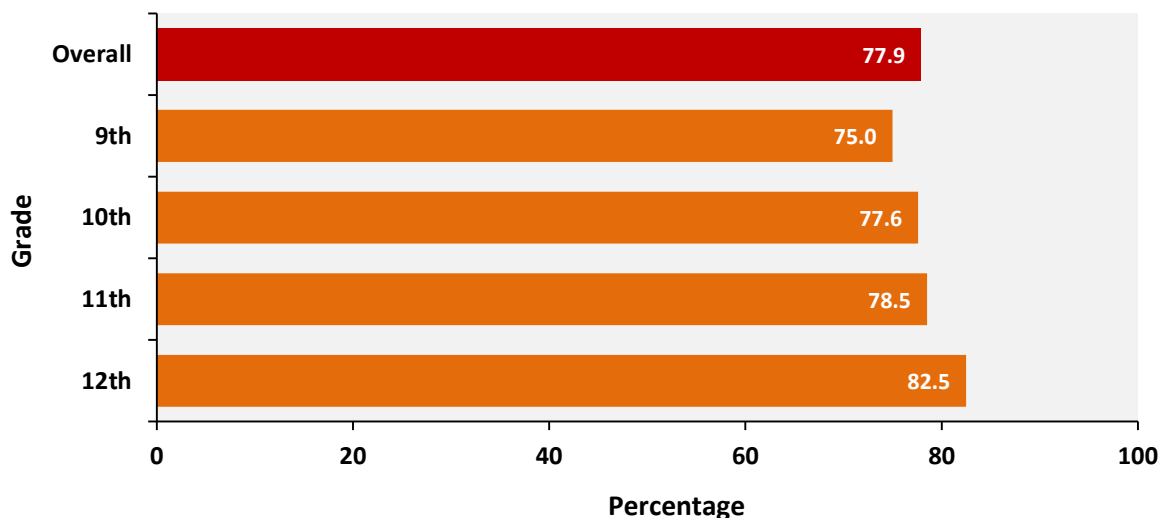
## Adult support

More than three in four students report that they **have at least one adult besides their parents that they can go to for help with an important question**. There are no differences among peer groups.

**Figure 121: Percentage of Students who have an Adult Other than their Parents to Ask for Help by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 122: Percentage of Students who have an Adult Other than their Parents to Ask for Help by Grade, DeKalb County, 2015**

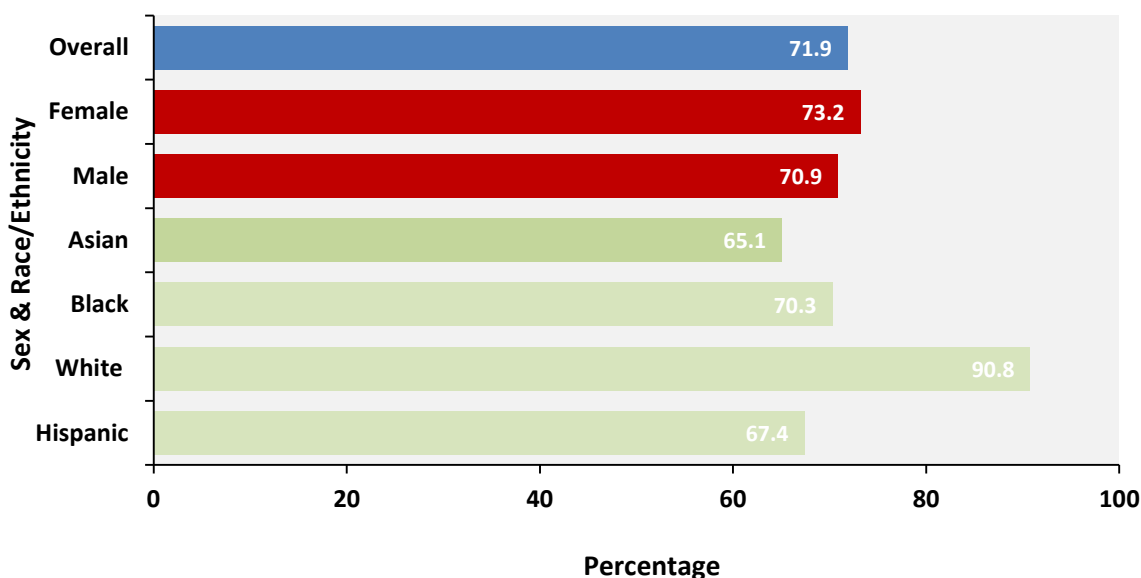


Four in five students report that their **parents or other adults in the family have clear rules and consequences for their behavior**. There are no differences among peer groups.

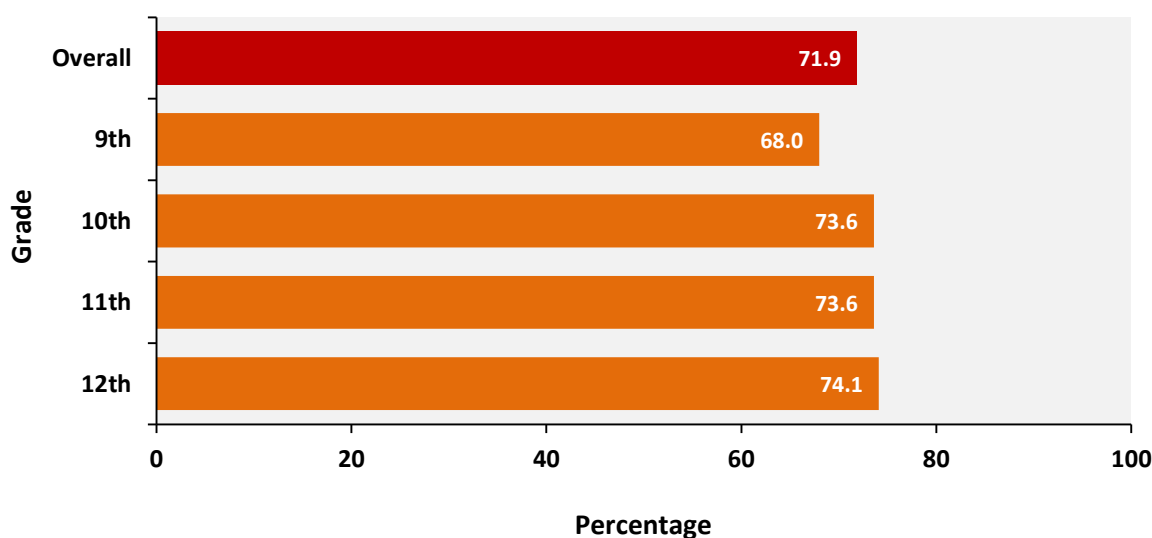
## Neighborhood safety

Seven in ten students report that they **feel safe and secure in their neighborhood most or all of the time**. White students are significantly more likely than those in other racial/ethnic groups to report this. There are no differences among other groups.

**Figure 123: Percentage of Students who Feel Safe and Secure in their Neighborhood Most or All of the Time by Sex and Race/Ethnicity, DeKalb County, 2015**



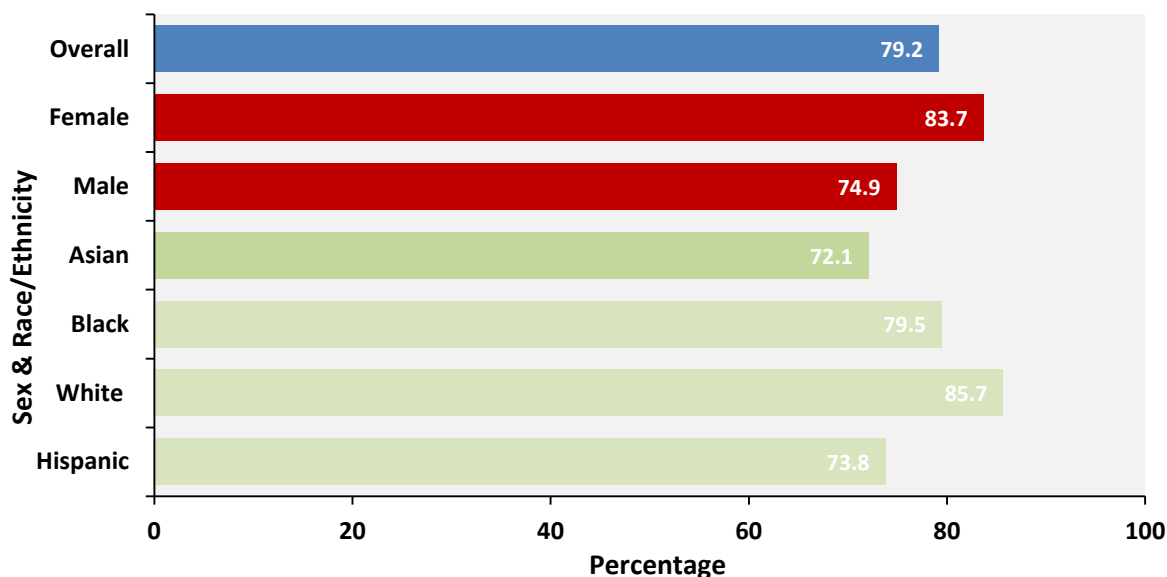
**Figure 124: Percentage of Students who Feel Safe and Secure in their Neighborhood Most or All of the Time by Grade, DeKalb County, 2015**



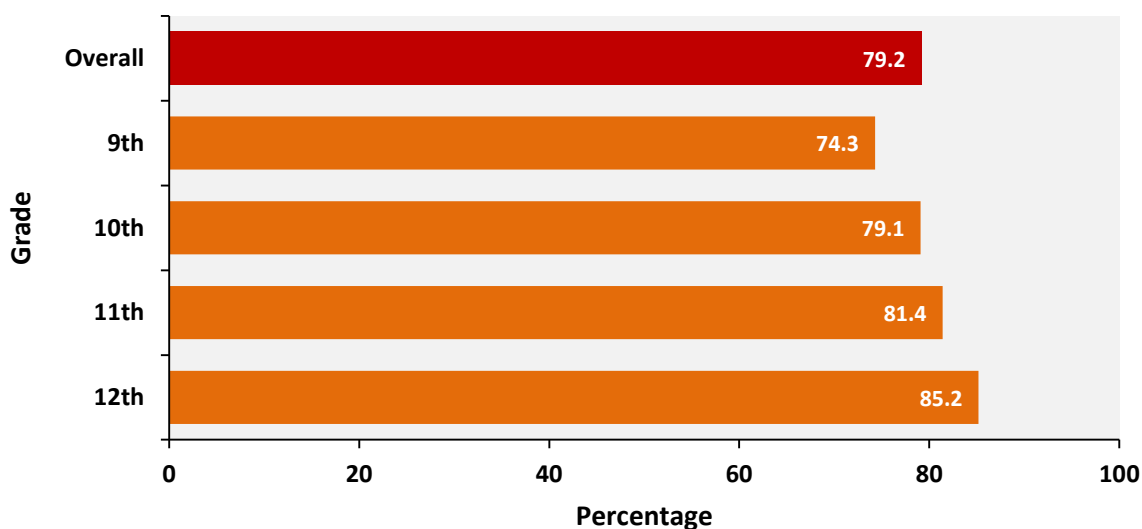
## Post-high school plans

Almost eight in 10 students report that they probably or definitely **will complete a post-high school program**, such as vocational training, military service, or two- or four-year college. Females are significantly more likely than males to report this. Older students are more likely than younger students to report this.

**Figure 125: Percentage of Students who Plan to attend a Post-High School Program by Sex and Race/Ethnicity, DeKalb County, 2015**



**Figure 126: Percentage of Students who Plan to attend a Post-High School Program by Grade, DeKalb County, 2015**





## Health Behaviors and Academic Achievement

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**Injuries and violence**

**Drug, alcohol and tobacco use**

**Threat of harm**

**Physical inactivity and poor dietary behaviors**

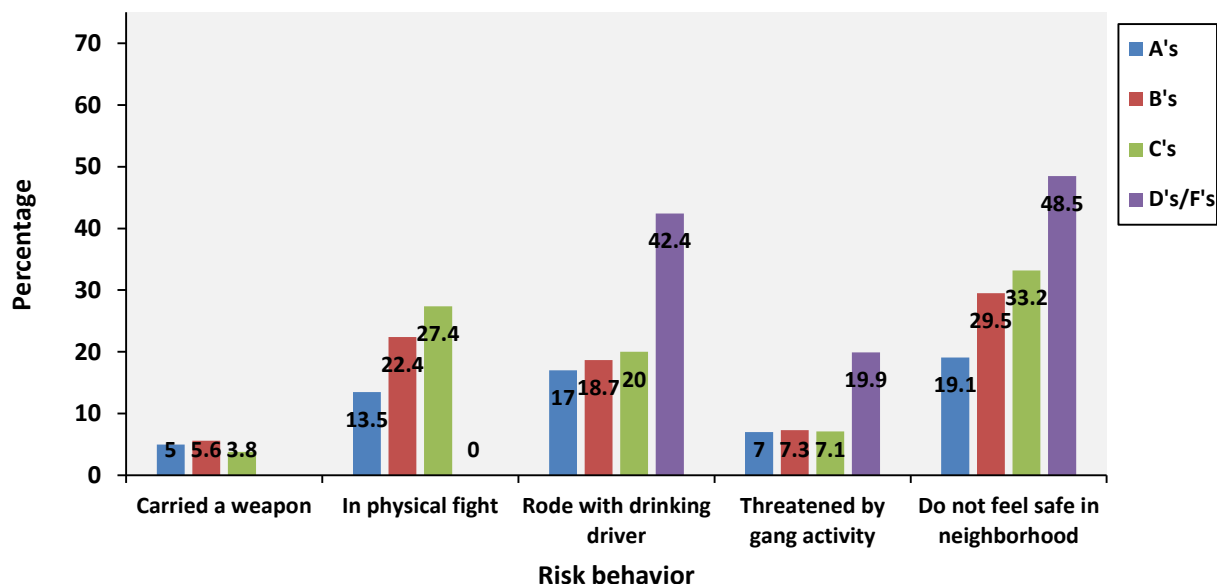
This section looks at DeKalb County students' health behaviors and their grades.

The data in this report show an association between students' health behaviors and the grades they earn in school. For example, the students who engage in risky behaviors are more likely to have low grades than those who engage in healthy behaviors. This pattern does not prove causation. More research is needed to determine whether poor behaviors lead to low grades, low grades lead to poor behaviors, or some other factors lead to both of these (Centers for Disease Control and Prevention, 2009).

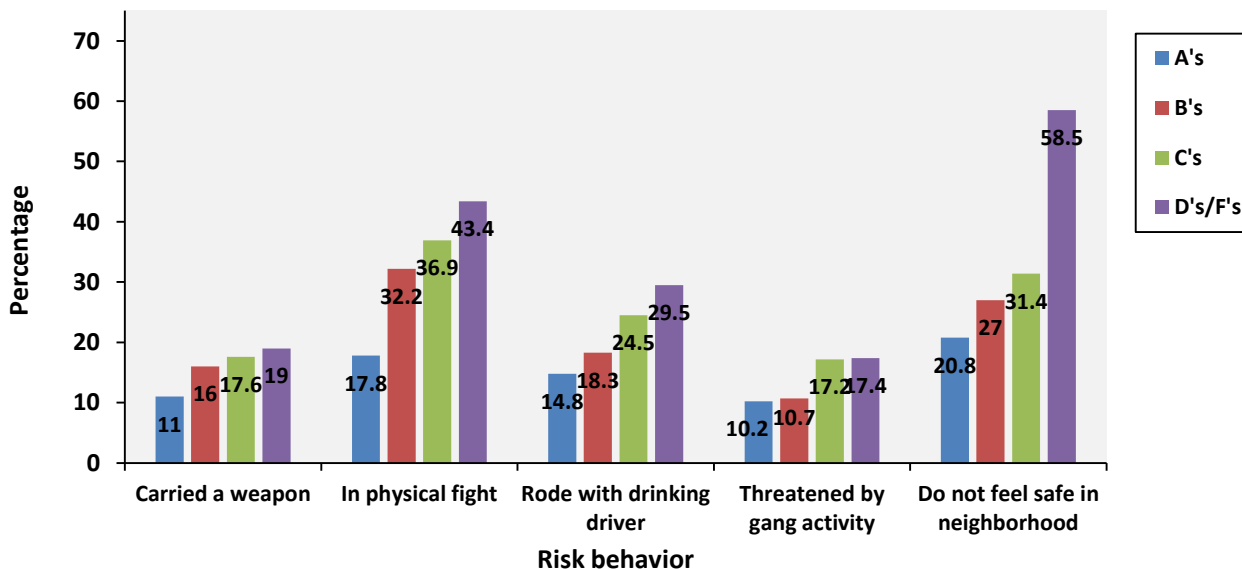
## Injuries and violence

Among females, there are significant associations between both riding with a driver who had been drinking and feeling unsafe in their neighborhood and academic achievement. Among males, there are significant associations between several behaviors and academic achievement. These are: having carried a weapon, having been in a fight, riding in a car with a driver who had been drinking, having felt threatened by gang activity and not feeling safe in their neighborhood.

**Figure 127: Health Risk Behaviors and Academic Achievement: Injuries and Violence, Females, DeKalb County, 2015**



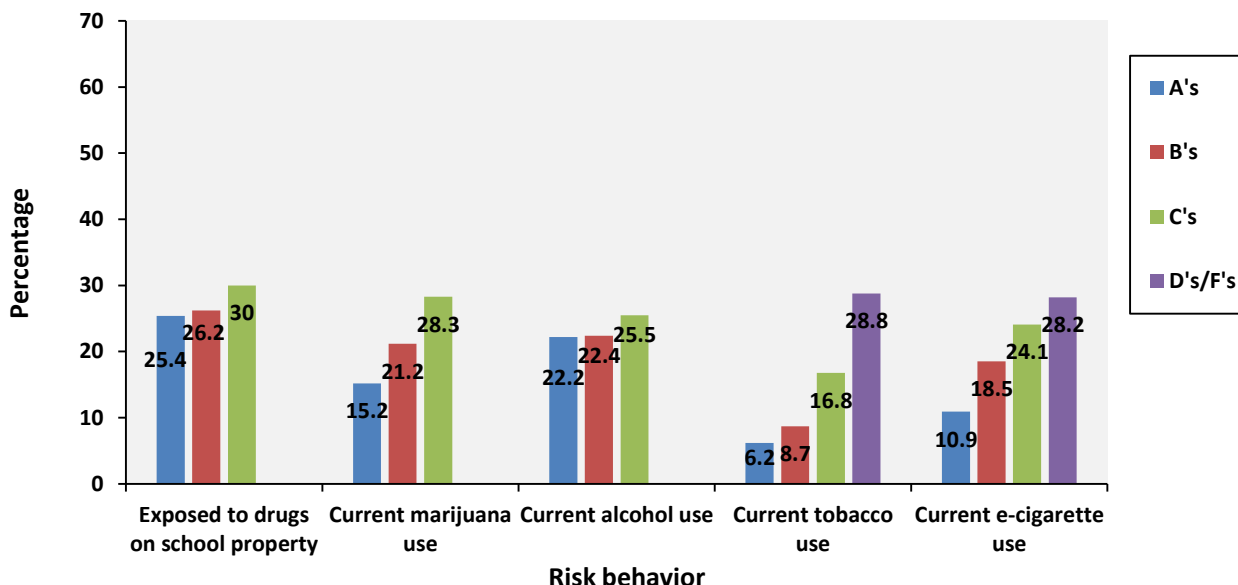
**Figure 128: Health Risk Behaviors and Academic Achievement: Injuries and Violence, Males, DeKalb County, 2015**



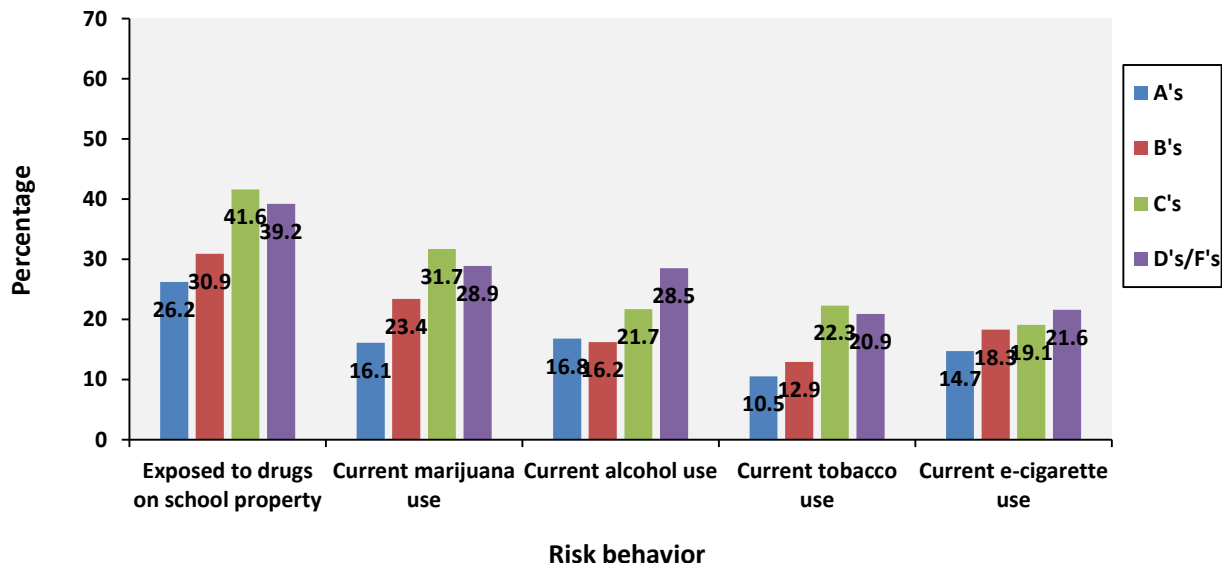
## Drug, alcohol and tobacco use

Among females, there are significant associations between both current tobacco use and e-cigarette use and academic achievement. Among males, there are significant associations between several behaviors and academic achievement. These include: drug exposure on school property, current marijuana use, current alcohol use and current tobacco use.

**Figure 129: Health Risk Behaviors and Academic Achievement: Drug, Alcohol and Tobacco Use, Females, DeKalb County, 2015**



**Figure 130: Health Risk Behaviors and Academic Achievement: Drug, Alcohol and Tobacco Use, Males, DeKalb County, 2015**

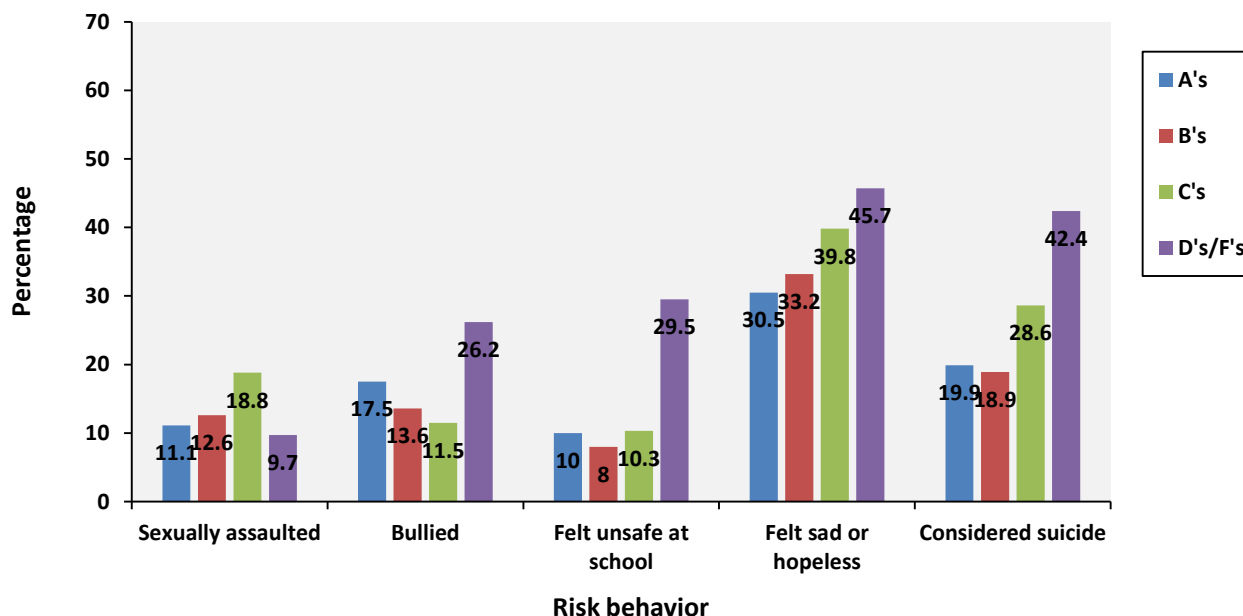




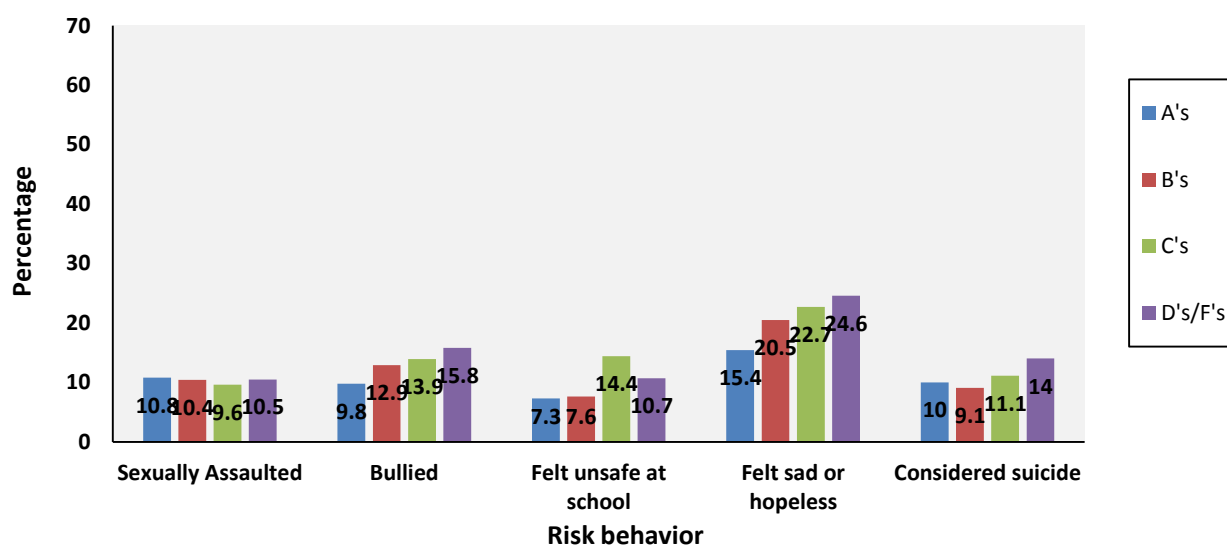
## Threat of harm

Among females, there are significant associations between being bullied, feeling unsafe at school and having considered suicide and academic achievement. Among males, feeling unsafe at school is significantly associated with academic achievement.

**Figure 131: Health Risk Behaviors and Academic Achievement: Threat of Harm, Females, DeKalb County, 2015**



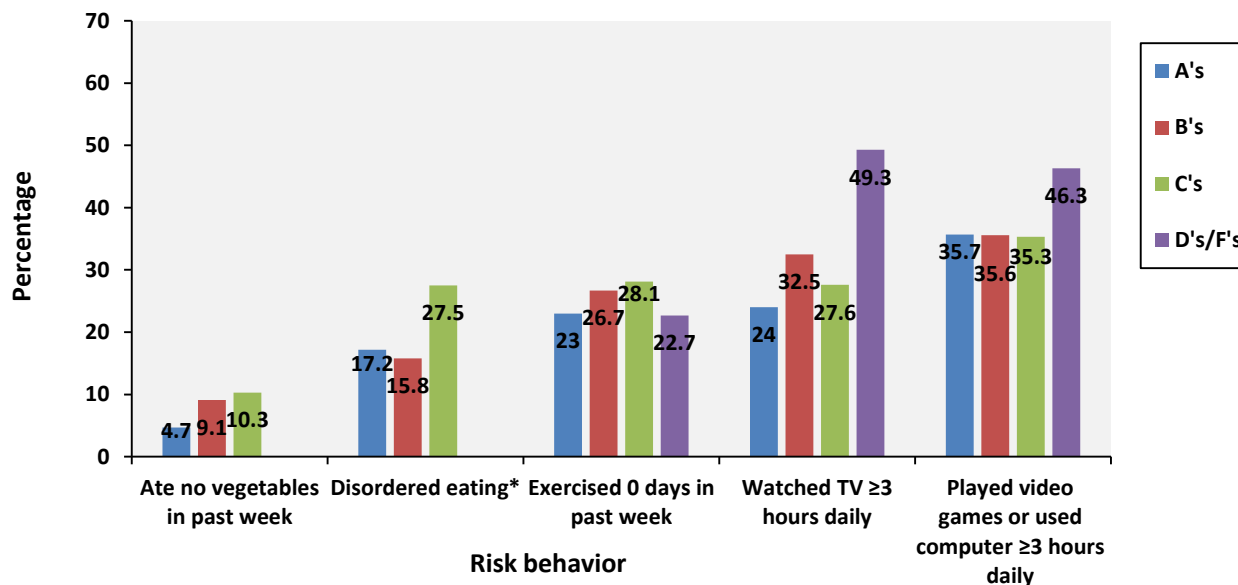
**Figure 132: Health Risk Behaviors and Academic Achievement: Threat of Harm, Males, DeKalb County, 2015**



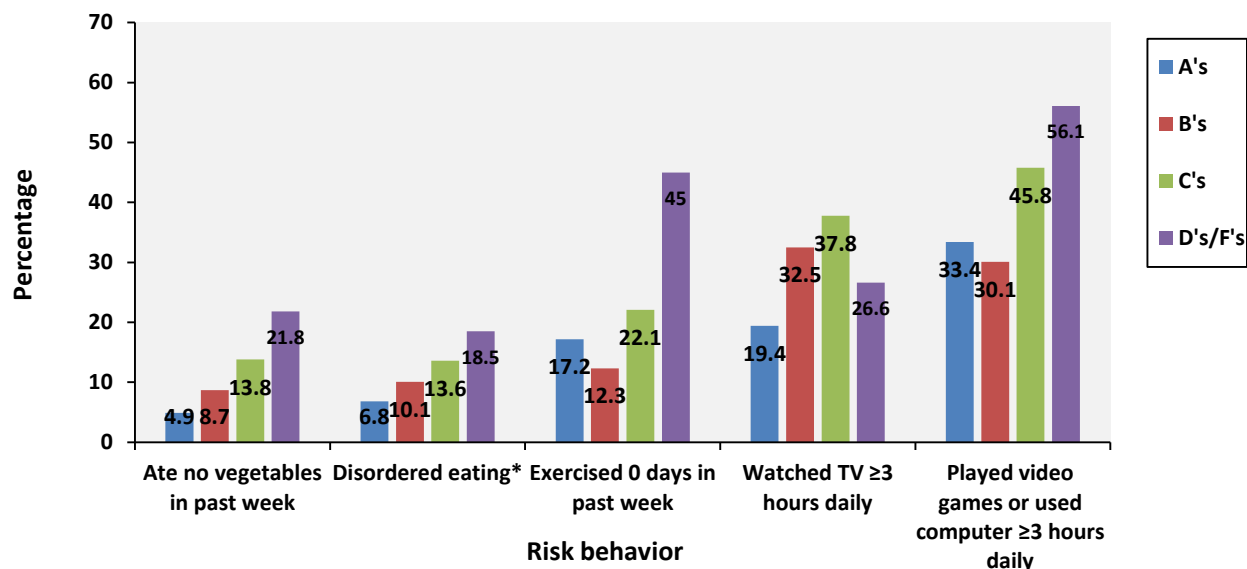
## Physical inactivity and poor dietary behaviors

Among females, there are no significant associations between the selected behaviors and academic achievement. Among males, there are significant associations between several behaviors and academic achievement. These include: not eating vegetables, not exercising and engaging in screen time at least three hours a day.

**Figure 133: Health Risk Behaviors and Academic Achievement: Physical Inactivity and Poor Dietary Behaviors, Females, DeKalb County, 2015**



**Figure 134: Health Risk Behaviors and Academic Achievement: Physical Inactivity and Poor Dietary Behaviors, Males, DeKalb County, 2015**



<sup>1</sup> Screen time is defined as watching a TV, playing video games or using a computer for something that is not school work, including Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media.

\*Disordered eating is defined as trying to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals.

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## Appendix A: How does DeKalb County compare to the Healthy People 2020 (HP2020) national objectives?

Objective Number	HP 2020 Objective	YRBS Question	HP 2020 Objective	2015 DeKalb County Rate	HP 2020 Objective Met?
			% students grades 9-12		
IVP-34	Reduce physical fighting among adolescents (in the last 12 months)	In a physical fight in the last 12 months	28.4	25.7	YES
IVP-35	Reduce bullying among adolescents (in the last 12 months)	Bullied on school property in the last 12 months	17.9	14.1	YES
IVP-36	Reduce weapon carrying by adolescents on school property (in the past 30 days)	Carried a weapon on school property in the past 30 days	4.6	3.0	YES
MHMD-2	Reduce suicide attempts by adolescents (that required medical attention)	Made a suicide attempt that resulted in injury that had to be medically treated	1.7	4.6	NO
MHMD-3	Reduce proportion of students who engage in disordered eating behaviors in order to lose weight	Did not eat for 24 hours; took diet pills, powders, or liquids without a doctor's advice; or vomited or used laxatives to keep from gaining weight	12.9	15.3	NO
PA-5	Increase the proportion of adolescents who participate in daily PE classes	Went to PE classes 5 days a week	36.6	26.1	NO
PA-3.1	Increase the proportion of adolescents who meet current federal physical activity guidelines for aerobic physical activity	Physically active daily for a total of at least 60 minutes, in the past 7 days	36.1	23.7	NO
PA-8.2.3	Increase the proportion of adolescents who view television or play video games no more than 2 hours per day	Watched television for no more than 2 hours per day	73.9	69.1	NO
PA-8.3.3	Increase the proportion of adolescents who use a computer or play computer games outside of school for no more than 2 hours per day	Played computer games or used computers no more than 2 hours per day	82.6	63.6	NO
SA-1	Reduce the proportion of adolescents who report that they had ridden, during the previous 30 days, with a driver who had been drinking alcohol	Rode in a car or other vehicle, in the past 30 days, with someone who had been drinking alcohol	25.5	19.5	YES
TU-2.1	Reduce use of tobacco products by adolescents (in past month)	Smoked cigarettes; used tobacco products; smoked cigars	21.0	12.8	YES
TU-2.2	Reduce use of cigarettes by adolescents (in past month)	Smoked cigarettes in past 30 days	16.0	5.0	YES
TU-2.3	Reduce use of smokeless tobacco products by adolescents (in past month)	Used chewing tobacco, snuff, or dip in past 30 days	6.9	3.4	YES
TU-2.4	Reduce use of cigars by adolescents (in past month)	Smoked cigars in past 30 days	8.0	9.7	NO
AH-7	Reduce the proportion of adolescents who have been offered, sold, or given an illegal drug on school property	Were offered, sold, or given an illegal drug on school property	20.4	30.3	NO

## Appendix B: DeKalb County Board of Health Programs

### Health Centers

The Board of Health operates five centers across the county that offer clinical services. These include STI/HIV education and testing, family planning services and sports physicals. For a map and list of locations, please see <http://dekalbhealth.net/health-centers/>.

### Adolescent Health and Youth Development

The Adolescent Health and Youth Development program serves youth ages 10 to 19. The program administers both health education and youth development programs, like the Personal Responsibility and Education Program (PREP). PREP targets youth ages 10 to 19 or up to age 21 if pregnant or parenting. It uses evidence-based curricula to teach the skills necessary for healthy physical and emotional development. In addition, training and workshops are provided for parents, guardians, youth-serving agencies and others in the community.

### Injury and Violence Prevention

The Office of Injury Prevention strives to increase awareness among DeKalb residents on how to reduce the chance of being injured. Programs include fire/smoke prevention, teen safe driving initiatives and pedestrian safety planning. A minority youth violence prevention program builds partnerships to prevent youth violence among at-risk minority males in distressed neighborhoods. The project combines community policing approaches with preventive public health measures.

### Nutrition and Physical Activity

Local Efforts towards Addressing Disparities in DeKalb aims to improve African Americans' health by improving the accessibility, availability and affordability of nutritious foods and physical activity opportunities. Live Healthy DeKalb is a coalition of community organizations, faith-based groups, businesses and residents whose vision is "healthy people living in healthy communities." The coalition includes four action groups: health equity, tobacco use prevention, go green, and physical activity and nutrition.

### STI/HIV Prevention and Outreach

The STI/HIV Prevention and Outreach program provides clinic- and community-based STI and HIV education, counseling and testing; partner services; and linkage to care for HIV-positive persons. The program works with community organizations and health care providers to increase access to HIV testing.

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## Appendix D: Acknowledgments

The DeKalb County Board of Health would like to extend our appreciation to the many persons and organizations that helped to make this survey possible:

- DeKalb County School District
- City Schools of Decatur
- Principals, staff and students at the following high schools:
 

Arabia Mountain	Lakeside
Cedar Grove	Lithonia
Chamblee	Martin Luther King, Jr.
Clarkston	Miller Grove
Columbia	Redan
Cross Keys	Ronald E. McNair
Decatur	Southwest DeKalb
DeKalb Early College Academy	Stephenson
DeKalb School of the Arts	Stone Mountain
Druid Hills	Towers
Dunwoody	Tucker
- Westat Corporation
- U.S. Centers for Disease Control and Prevention, Division of Adolescent and School Health



## **Appendix E: 2015 YRBS Questionnaire**

Questions from the 2015 YRBS Questionnaire can be found on the following pages.

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

**1. How old are you?**

- A. 12 years old or younger
- B. 13 years old
- C. 14 years old
- D. 15 years old
- E. 16 years old
- F. 17 years old
- G. 18 years old or older

**2. What is your sex?**

- A. Female
- B. Male

**3. In what grade are you?**

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded or other grade

**4. Are you Hispanic or Latino?**

- A. Yes
- B. No

**5. What is your race? (Select one or more responses.)**

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

**6. How tall are you without your shoes on?**

**Directions: Write your height in the blanks below.**

Feet      Inches  
 \_\_\_\_\_ , \_\_\_\_\_ "

**7. How much do you weigh without your shoes on?**

**Directions: Write your weight in the blank below.**

Weight in Pounds  
 \_\_\_\_\_ lbs.

**8. During the past 12 months, how would you describe your grades in school?**

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

**The next 5 questions ask about safety.**

**9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?**

- A. I did not ride a bicycle during the past 12 months
- B. Never wore a helmet
- C. Rarely wore a helmet
- D. Sometimes wore a helmet
- E. Most of the time wore a helmet
- F. Always wore a helmet

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

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

**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?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**12. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?**

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

**13. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?**

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 days
- C. 1 or 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 to 29 days
- H. All 30 days

(Continued)

The next 11 questions ask about violence-related behaviors.

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

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

**15. During the past 30 days, on how many days did you carry a gun?**

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

**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?**

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

**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?**

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

**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?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

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

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

**20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**21. During the past 12 months, how many times have you felt threatened as a result of gang activity?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**22. Have you ever been physically forced to have sexual intercourse when you did not want to?**

- A. Yes
- B. No

**23. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)**

- A. I did not date or go out with any one during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

**24. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)**

- A. I did not date or go out with anyone during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

The next 4 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

**25. During the past 12 months, have you ever been bullied on school property?**

- A. Yes
- B. No

**26. During the past 12 months, have you ever been bullied when you were not on school property, such as on your way to or from school or wherever you spend your free time?**

- A. Yes
- B. No

**27. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)**

- A. Yes
- B. No

(Continued)

**28. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?**

- A. Yes
- B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

**29. 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?**

- A. Yes
- B. No

**30. During the past 12 months, did you ever seriously consider attempting suicide?**

- A. Yes
- B. No

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

- A. Yes
- B. No

**32. During the past 12 months, how many times did you actually attempt suicide?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**33. 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?**

- A. I did not attempt suicide during the past 12 months
- B. Yes
- C. No

The next 6 questions ask about tobacco use.

**34. Have you ever tried cigarette smoking, even one or two puffs?**

- A. Yes
- B. No

**35. How old were you when you smoked a whole cigarette for the first time?**

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

**36. During the past 30 days, on how many days did you smoke cigarettes?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

**37. During the past 12 months, did you ever try to quit smoking cigarettes?**

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

**38. 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?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

**39. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 2 questions ask about electronic vapor products, such as blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.

**40. Have you ever used an electronic vapor product?**

- A. Yes
- B. No

**41. During the past 30 days, on how many days did you use an electronic vapor product?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 6 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

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

- A. 0 days
- B. 1 or 2 days
- C. 3 to 9 days
- D. 10 to 19 days
- E. 20 to 39 days
- F. 40 to 99 days
- G. 100 or more days

(Continued)

**43. How old were you when you had your first drink of alcohol other than a few sips?**

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

**44. During the past 30 days, on how many days did you have at least one drink of alcohol?**

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

**45. 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?**

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

**46. During the past 30 days, how did you usually get the alcohol you drank?**

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- C. I bought it at a restaurant, bar, or club
- D. I bought it at a public event such as a concert or sporting event
- E. I gave someone else money to buy it for me
- F. Someone gave it to me
- G. I took it from a store or family member
- H. I got it some other way

**47. During the past 30 days, what type of alcohol did you usually drink? (Select only one response.)**

- A. I did not drink alcohol during the past 30 days
- B. I do not have a usual type
- C. Beer
- D. Flavored malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade
- E. Wine coolers, such as Bartles & Jaymes or Seagrams
- F. Wine
- G. Liquor, such as vodka, rum, scotch, bourbon, or whiskey
- H. Some other type

**The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.**

**48. During your life, how many times have you used marijuana?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 to 99 times
- G. 100 or more times

**49. How old were you when you tried marijuana for the first time?**

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

**50. During the past 30 days, how many times did you use marijuana?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**The next 10 questions ask about other drugs.**

**51. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**52. 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?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

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

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

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

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

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

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

(Continued)

**56. During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yu catan Fire, Skunk, or Moon Rocks)?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**57. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**58. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?**

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

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

- A. 0 times
- B. 1 time
- C. 2 or more times

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

- A. Yes
- B. No

The next 10 questions ask about sexual behavior.

**61. Have you ever had sexual intercourse?**

- A. Yes
- B. No

**62. How old were you when you had sexual intercourse for the first time?**

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

**63. During your life, with how many people have you had sexual intercourse?**

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

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

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

**65. Did you drink alcohol or use drugs before you had sexual intercourse the last time?**

- A. I have never had sexual intercourse
- B. Yes
- C. No

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

- A. I have never had sexual intercourse
- B. Yes
- C. No

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

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- G. Withdrawal or some other method
- H. Not sure

**68. Have you ever been told by a doctor or nurse that you had a sexually transmitted disease (STD)?**

- A. Yes
- B. No
- C. Not sure

**69. During your life, with whom have you had sexual contact?**

- A. I have never had sexual contact
- B. Females
- C. Males
- D. Females and males

**70. Which of the following best describes you?**

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. Not sure

(Continued)



The next 3 questions ask about body weight.

**71. How do you describe your weight?**

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

**72. Which of the following are you trying to do about your weight?**

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

**73. During the past 30 days, did you try to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals?**

- A. Yes
- B. No
- C. Not sure

The next 11 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, school, restaurants, or anywhere else.

**74. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)**

- A. I did not drink 100% fruit juice during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**75. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)**

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**76. During the past 7 days, how many times did you eat green salad?**

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**77. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)**

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**78. During the past 7 days, how many times did you eat carrots?**

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**79. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)**

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**80. During the past 7 days, how many times did you drink a bottle or glass of plain water? (Count tap, bottled, and unflavored sparkling water.)**

- A. I did not drink water during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

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

- A. I did not drink soda or pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

(Continued)

**82. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet energy drinks or sports drinks such as Gatorade or PowerAde.)**

- A. I did not drink energy drinks during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

**83. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)**

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the last 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

**84. During the past 7 days, on how many days did you eat breakfast?**

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

**The next 6 questions ask about physical activity.**

**85. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)**

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

**86. On an average school day, how many hours do you watch TV?**

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

**87. 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? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)**

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

**88. In an average week when you are in school, on how many days do you go to physical education (PE) classes?**

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

**89. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)**

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

**90. How do you usually get to school most days of the week?**

- A. Walk
- B. Bicycle
- C. School bus
- D. Driven by an adult
- E. Driven by another student
- F. Some other way

**The next 9 questions ask about other health-related topics.**

**91. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?**

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

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

- A. Yes
- B. No
- C. Not sure

(Continued)



**93. Has a doctor or nurse ever told you that you have asthma?**

- A. Yes
- B. No
- C. Not sure

**94. During the past 12 months, where did you receive a flu shot or a spray, drop, or mist in the nose called FluMist®?**

- A. I did not receive a flu shot or a spray, drop, or mist during the past 12 months
- B. At my doctor's office
- C. At a pharmacy (such as CVS or Walgreens)
- D. At my school
- E. In an emergency room
- F. At a health department
- G. Somewhere else
- H. Not sure

**95. On an average school night, how many hours of sleep do you get?**

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 or more hours

**96. Do you agree or disagree that your parents or other adults in your family have clear rules and consequences for your behavior?**

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

**97. Besides your parents, how many adults would you feel comfortable seeking help from if you had an important question affecting your life?**

- A. 0 adults
- B. 1 adult
- C. 2 adults
- D. 3 adults
- E. 4 adults
- F. 5 or more adults

**98. How often do you feel safe and secure in your neighborhood?**

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

**99. How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?**

- A. Definitely will not
- B. Probably will not
- C. Probably will
- D. Definitely will
- E. Not sure

This is the end of the survey.

Thank you very much for your help.



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