

2003 New Mexico Youth Risk and Resiliency Survey (YRRS)

County Results

Sierra County

New Mexico Department of Health

New Mexico Public Education Department

University of New Mexico Center for
Health Promotion and Disease Prevention

Public Education



The University of New Mexico

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Public Education Department



The University of New Mexico

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County Level Results

Sierra County

Introduction

This report contains county-level results from the 2003 New Mexico Youth Risk and Resiliency Survey (YRRS), a statewide survey of public school students, grades 9-12. A companion document, *2003 New Mexico Youth Risk and Resiliency Survey: Statewide Results*, presents results for the state. Together, these documents comprise a useful tool for those working on youth-related issues at the state and local level.

The YRRS is organized into two major content areas: risk behaviors and resiliency factors. Risk behaviors include behaviors associated with personal safety, violence, depression and suicidal ideation, tobacco use, alcohol use, drug use, sexual activity, physical activity, and nutrition (Appendix A). Resiliency factors, or protective factors, are measures of the positive and supportive relationships, experiences, activities, and values that encourage healthy youth development. Resiliency factors include caring and supportive relationships in the family, school, community and with peers; boundaries and expectations set by the family, school, and community; positive peer support; meaningful participation/constructive use of time; commitment to learning; life skills/social competencies; and perception of community norms related to alcohol use by high school age youth (Appendix B).

How to Read this Report

This report has three main sections, each of which consists of a set of bar charts. The first section presents the results of the major risk behaviors examined in the survey. Each category of risk behavior is presented as a pair of two bar charts. The first chart compares results for the county to results for the entire state, and the second compares the risk behaviors of boys to those of girls within the county. All risk behaviors are defined in Appendix A.

NOTE: County level YRRS reports are freely available. School district reports have been distributed to school district offices. School districts are encouraged to reproduce and share these reports with community groups concerned with prevention and health promotion. However, school district level results will not be released without express permission of the school district superintendent.

The second section presents the results of the resiliency section of the survey. As with the risk behaviors, each set of resiliency factors is presented with two charts, one comparing the county to the state, and the other comparing boys to girls within the county.

The third section explores the relationship between each resiliency factor and each of four different risk factors. This section presents results for the state as a whole, rather than for the county. As can be seen repeatedly, students with resiliency factors were less likely to engage in risky behaviors than those who did not have the resiliency factors.

The third section of the report is followed by a chart illustrating the relationships between selected risk behaviors and the academic success of students (academic success is indicated when students report they receive mostly A's and B's in their classes). Results show that students who do not engage in risky behaviors are more likely to report academic success.

Understanding The Charts, and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given resiliency factor. The height of the bars conveys the approximate percentage reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. Underneath each set of bars is a table that presents the percentage of students who reported each trait. For instance, the chart on page 8, Vehicle Safety, shows that 11.5% of students in New Mexico rarely or never wear seatbelts, while 11.9% of students in Sierra do the same.

Because of the high cost and logistical complications involved in conducting a statewide survey, the YRRS was administered to a sample of students, rather than to every single student in each school district. Because YRRS data are about a *sample* of students, and not the entire student body, the results in this report are *estimates*. As with all estimates, there is some uncertainty associated with each of these estimates. On the charts in this report, this degree of uncertainty is represented by an error bar (or confidence interval). The error bar is the thin 'I' shaped line that extends above and below the end of each bar in a chart. One of the major influences on the confidence interval or error bar is the number of participants in the survey. In general, this means that with more students participating in the survey, there will be a higher degree of confidence in the results (i.e., error bars will be smaller).

The proper interpretation of an error bar can be illustrated by looking at the chart on page 46. This chart illustrates the relationship between various risk factors and the resiliency factor, Caring and Supportive Relationships in the Family. The chart demonstrates that among students with the resiliency factor, 25.5% were current smokers, while among those without the resiliency factor, 38.7% were current smokers. The error bar for the estimate of those with the resiliency factor (25.5%) extends approximately 2.5 percentage points in either direction, meaning that we are confident that the actual percentage of smokers in this group of students was between 23.0% and 28.0%. The error bar for the estimate of those without the resiliency factor (38.7%) extends approximately 4 percentage points in either direction, so we are confident that the actual percentage of smokers among this group was between 34.7% and 42.7%.

How does knowing the upper and lower limits of our error bars help us? In the same example, the error bar for those with the resiliency factor extends from 23.0% to 28.0%, and the error bar for those without the resiliency factor extends from 34.7% to 42.7%. Because these two intervals do not overlap, we have a high degree of confidence that those with the resiliency factor are less likely to be smokers than those without the resiliency factor. The same can be visually confirmed by looking at the error bars themselves on the bar charts--the error bars do not overlap, therefore we are confident that students in one group were less likely to be current smokers than students in the other group.

The importance of the error bar is further demonstrated in the chart on page 47. Of those with the resiliency factor, Caring and Supportive Relationships in the School, 26.7% reported being current smokers. Of those without the resiliency factor, 32.8% reported being current smokers. While at first it appears that there may be an important difference between those with and without the resiliency factor with regard to smoking cigarettes, it is also apparent that the error bars for these two groups overlap. In this case, we cannot confidently say that those with the resiliency factor were less likely to be smokers than those without the resiliency factor. In other words, the estimates (26.7% and 32.8%) are not statistically different from each other.

For some small counties, error bars have been removed from this report. In small counties, the number of students sampled can approach the total student population. In these cases, error bars have limited meaning because with a high percentage of students surveyed, there is less uncertainty around the estimates than error bars suggest.

Methodology

The YRRS was implemented in fall and spring semesters of the 2003-2004 school year. All public school districts in New Mexico were invited to participate in the 2003 YRRS. Of 89 districts statewide, 71 districts participated. From each participating school district, schools with students from 9th to 12th grades were selected to participate. The probability of selection of each school was proportional to the size of its 9th-12th grade population. In large school districts, this meant that only some of the schools were selected to participate, while in small districts, all schools were selected. Classrooms were systematically selected from each school, and all students in each selected classroom were asked to participate.

In each participating school, a single day was arranged on which to administer the survey. Questionnaire forms and pencils were distributed to each student in participating classes, and students were asked to fill out the questionnaires independently of other students and without teacher assistance.

Questionnaires were electronically scanned, and data were analyzed using STATA 8.2, a statistical software program.

Limitations of the YRRS

All information from the YRRS was self-reported by the participating students. While most questions on the YRRS come from nationally validated surveys, and data quality has been demonstrated to be very high in national surveys, there is no way to guarantee the truthfulness of the participants in any survey that relies on self-reporting.

A good response rate is one of the most important goals in conducting a survey. At the school district level, a response rate is the percentage of all students selected for the survey who complete and return a useable questionnaire form. At the state level, the response rate incorporates the participation of school districts and schools as well as the participation of students. An adequate response rate means that survey results are more likely to represent the statewide grade 9-12 public school population. The statewide response rate for the 2003 YRRS was 56%, just short of our target of 60%.

In order to achieve a 60% statewide response rate, we aimed for a 75% response rate from each participating school district. Most participating school districts met this target or were close to it, with response rates ranging from 15% to 96%. While the response rate was generally very good in participating schools, the weakness in the statewide response rate stemmed from entire school districts and schools declining to participate.

Participation in Sierra County

The response rate in Sierra County was 65%.

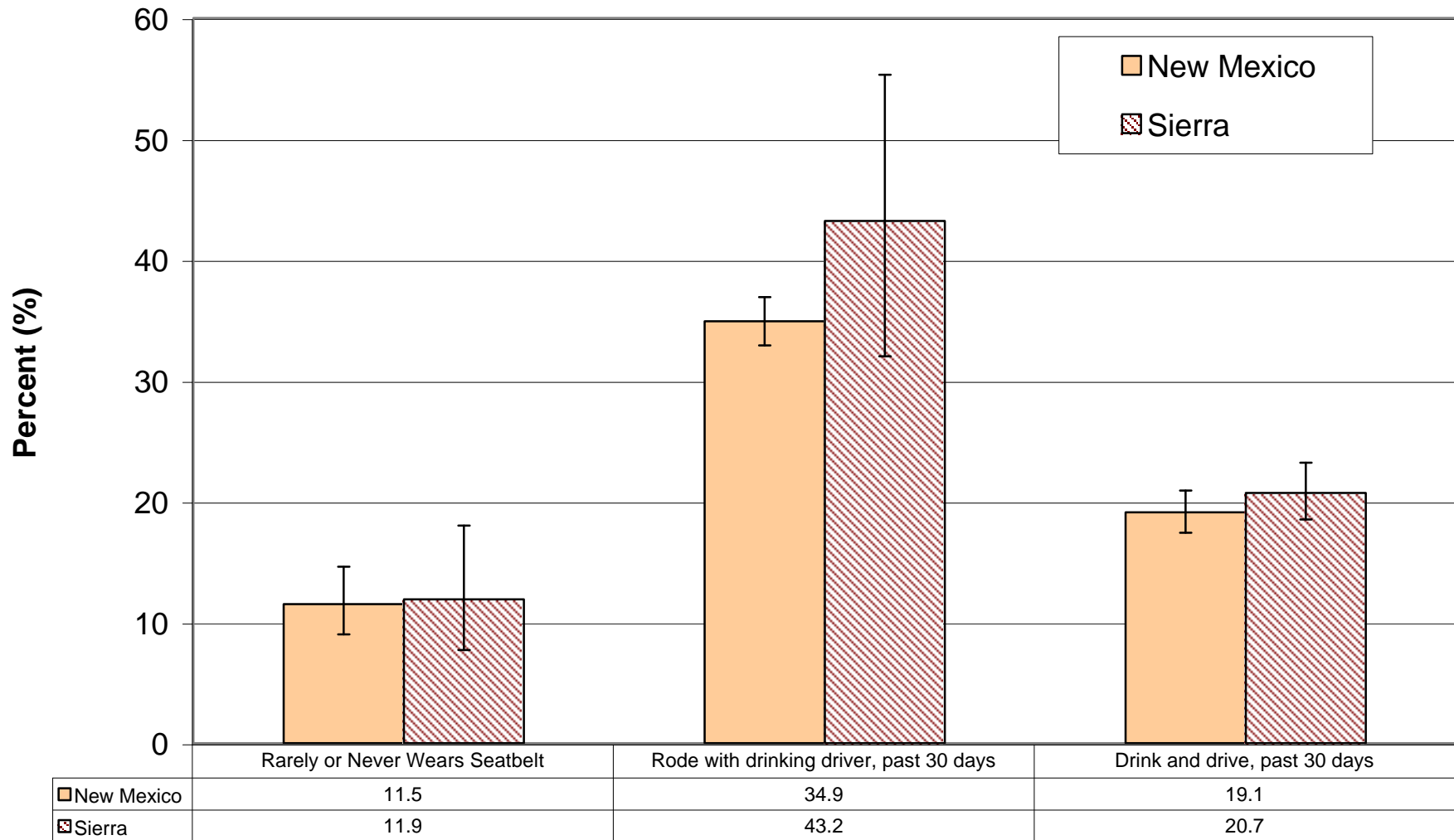
A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 75% is excellent and allows a high degree of confidence in results. Because a high response rate means that more students have been surveyed, a high response rate will also be reflected in the error bars (i.e., with a higher response rate and more students included in the survey, error bars will be smaller and confidence intervals will be narrower). Response rates below 60% are considered low, and caution should be exercised in interpreting results. Low response rates indicate that the data is likely only representative of students who participated in the survey and may not necessarily represent the entire student body.

Profile of students surveyed

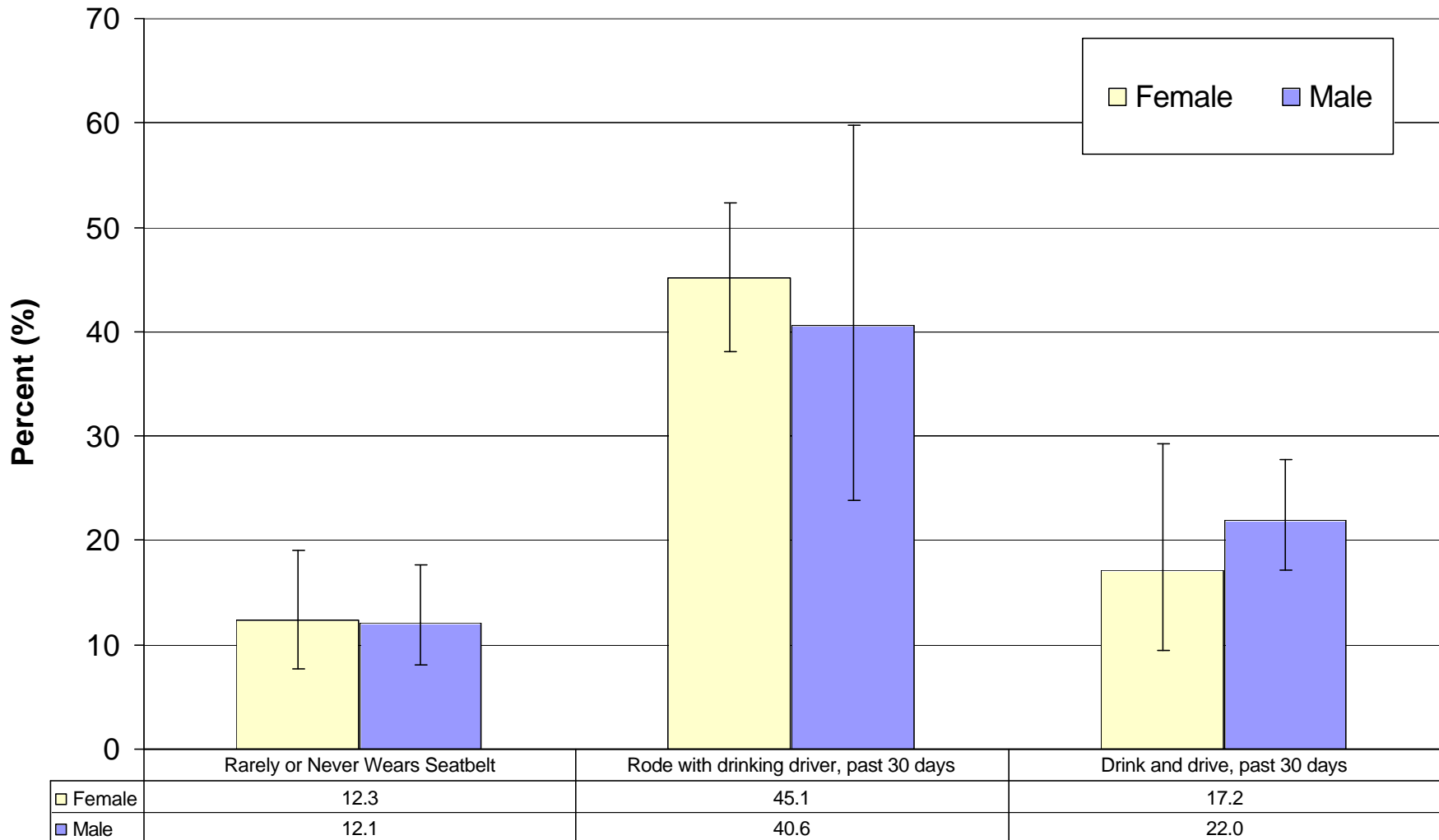
	<u>Percent (%)</u>	<u>Number of students</u>
<u>Total:</u>	100%	143
<u>Gender</u>		
Boys:	52.86%	74
Girls:	47.14%	66
<u>Race/Ethnicity</u>		
Hispanic, single ethnicity:	29.2%	40
White, single ethnicity:	52.6%	72
American Indian, single ethnicity:	2.9%	4
Hispanic, multiple ethnicity:	4.4%	6
Non-Hispanic, multiple ethnicity	5.1%	7
Other:	5.8%	8
<u>Grade Level</u>		
9th	29.8%	42
10th	31.2%	44
11th	27%	38
12th	11.4%	16
Other:	0.7%	1

Risk Behaviors

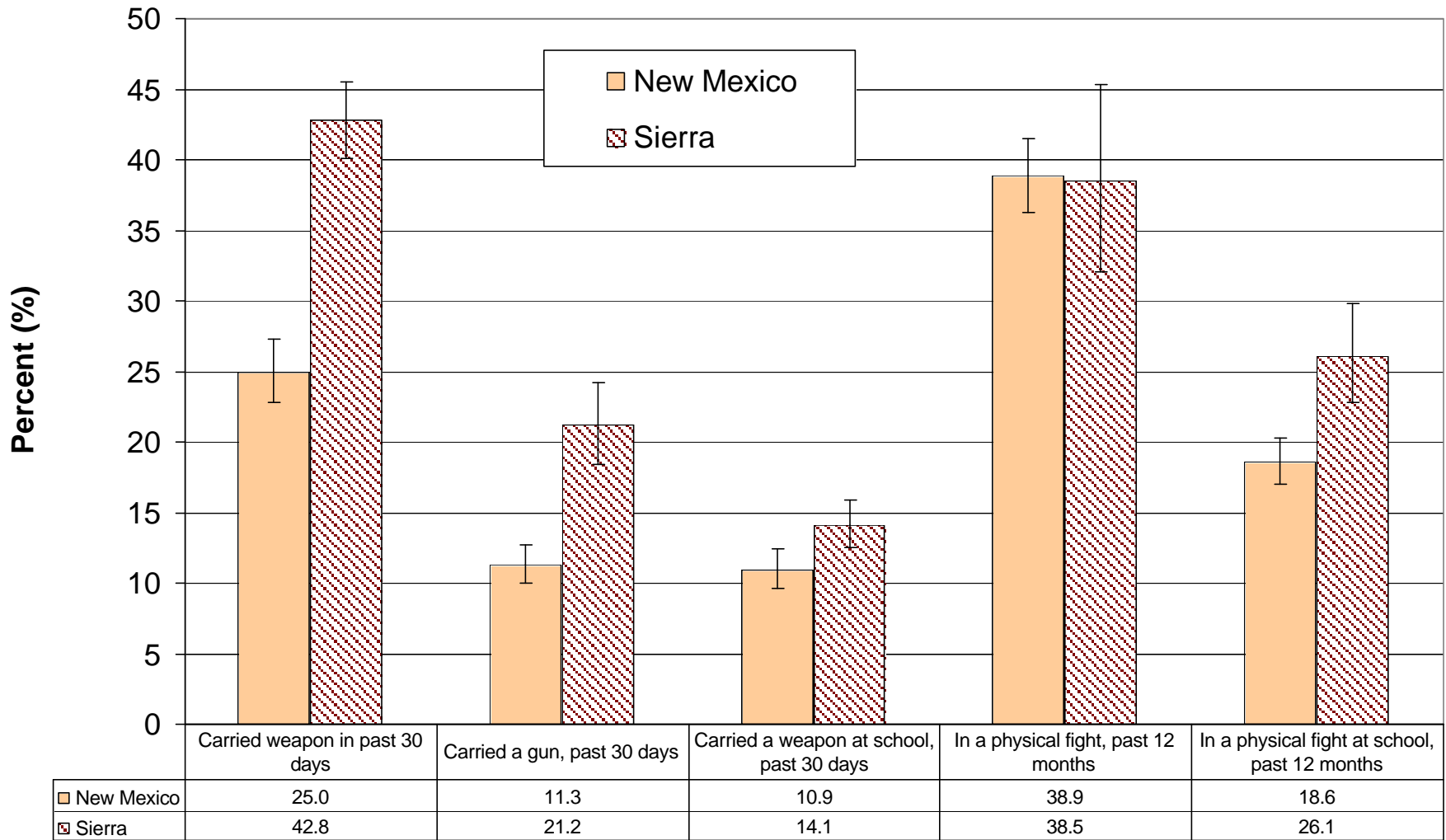
Vehicle Safety Sierra and New Mexico Grades 9 - 12, YRRS, 2003



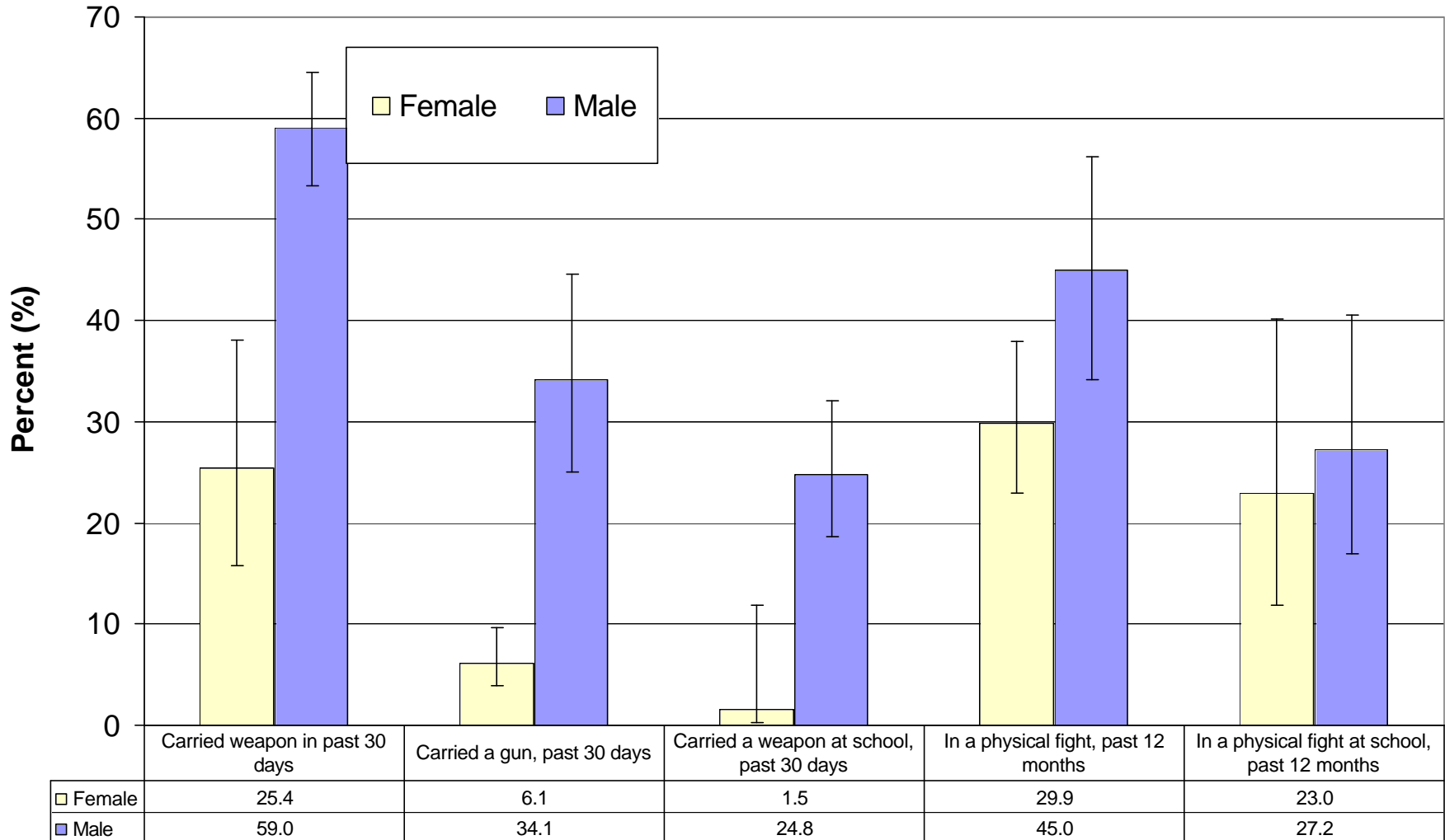
Vehicle Safety by Gender in Sierra County Grades 9 - 12, YRRS, 2003



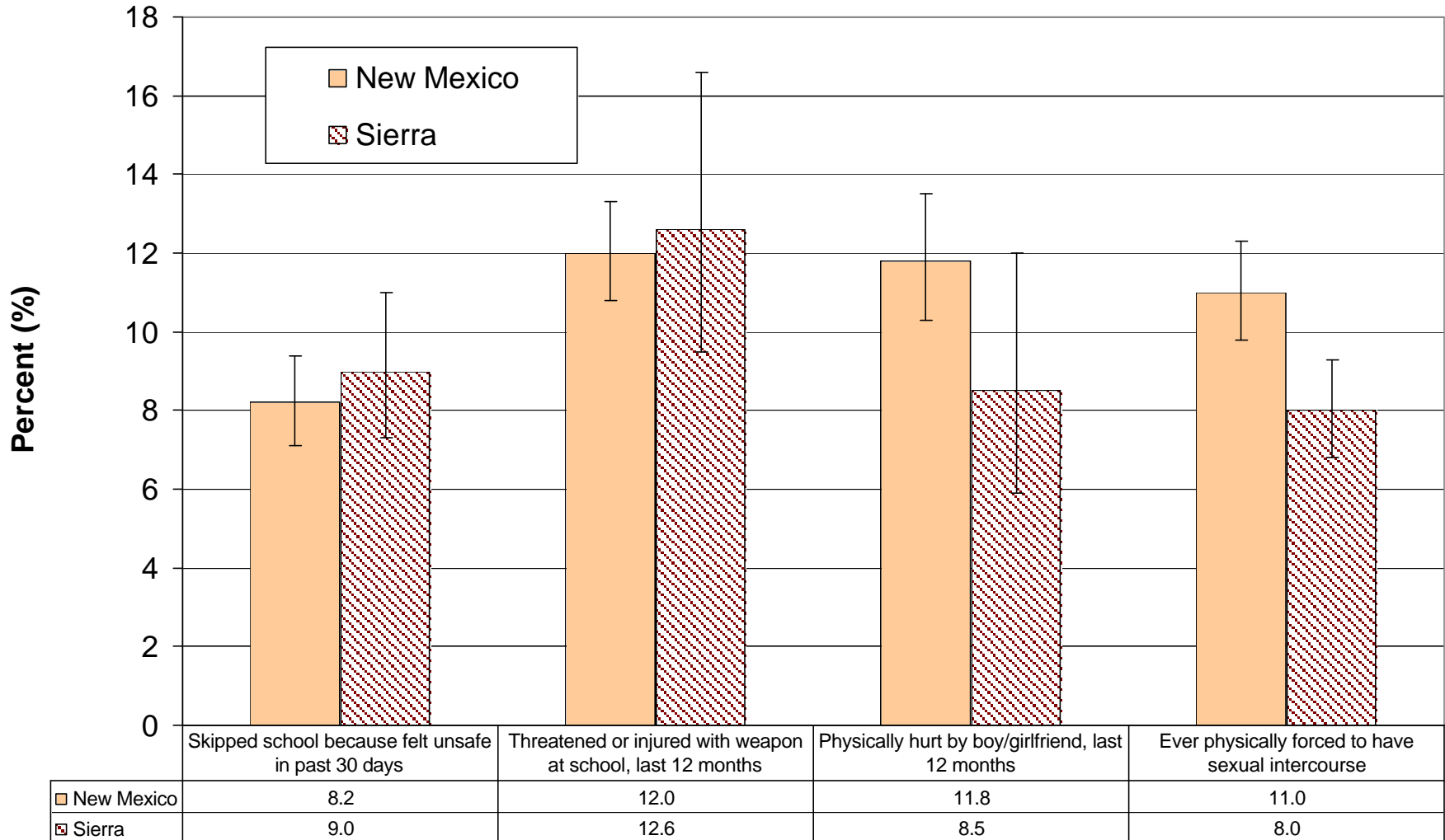
Violence-Related Behaviors Sierra and New Mexico Grades 9 - 12, YRRS, 2003



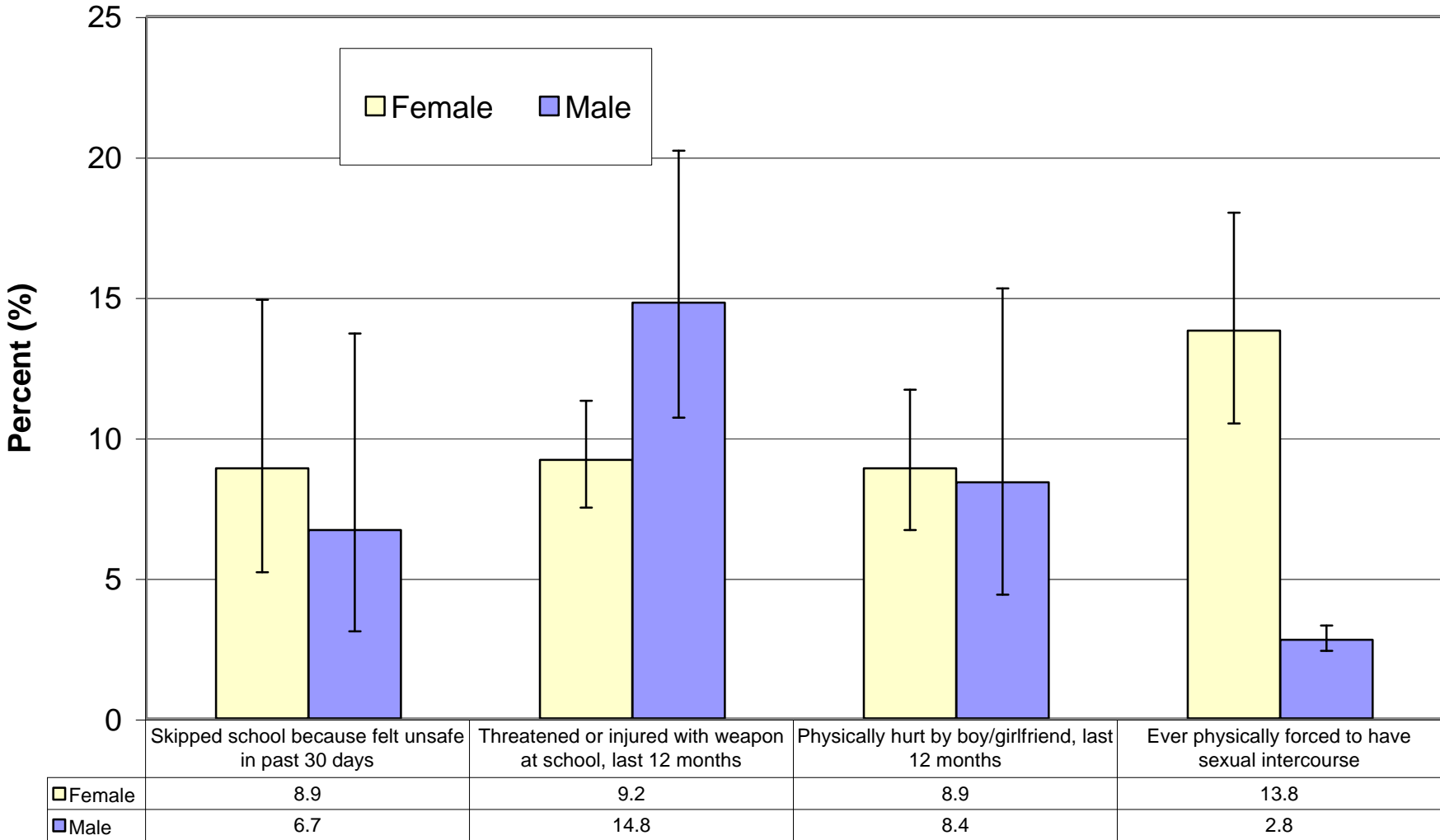
Violence-Related Behaviors by Gender in Sierra County Grades 9 - 12, YRRS, 2003



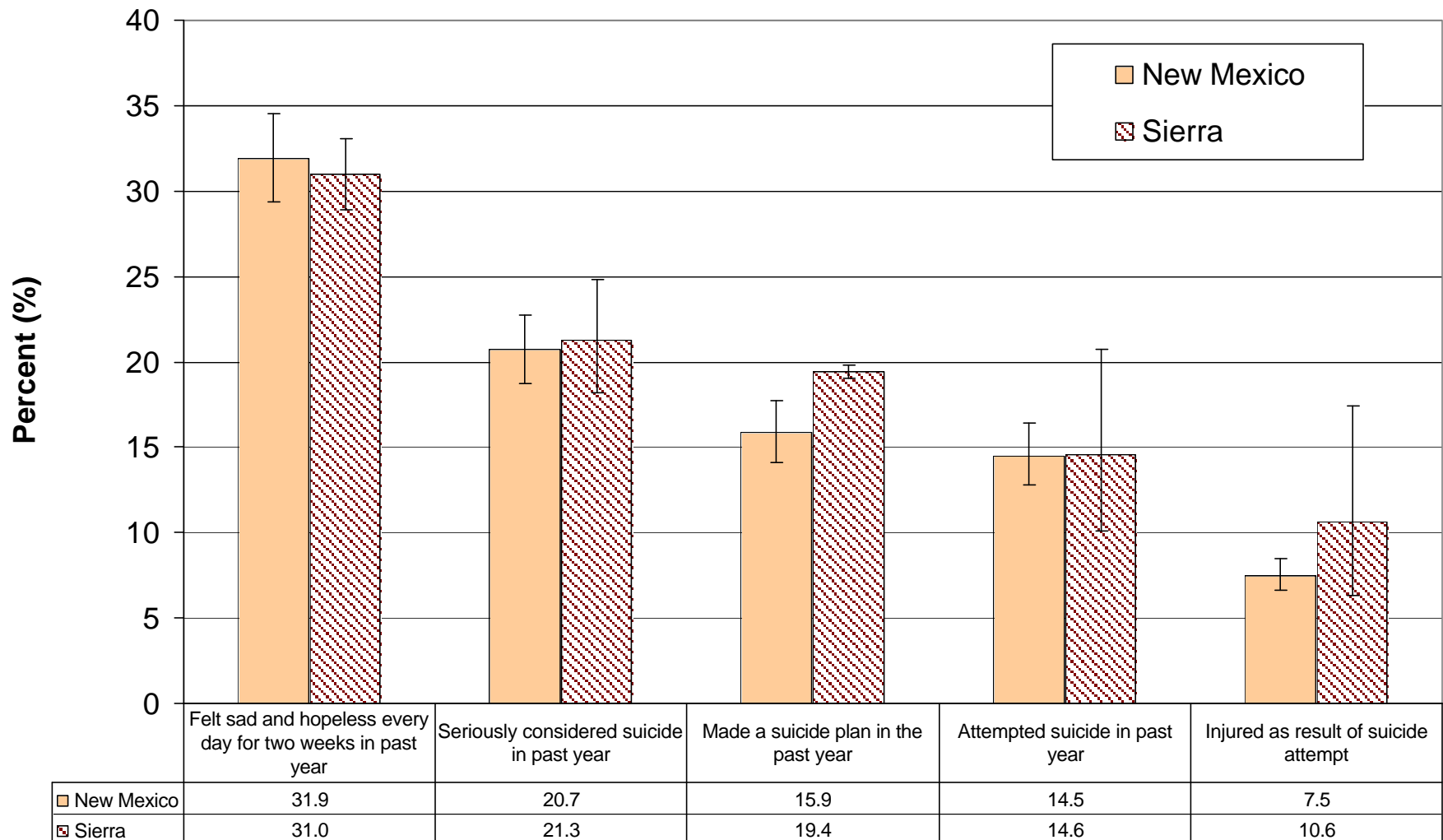
Violence-Related Behaviors: Victimization Sierra and New Mexico Grades 9 - 12, YRRS, 2003



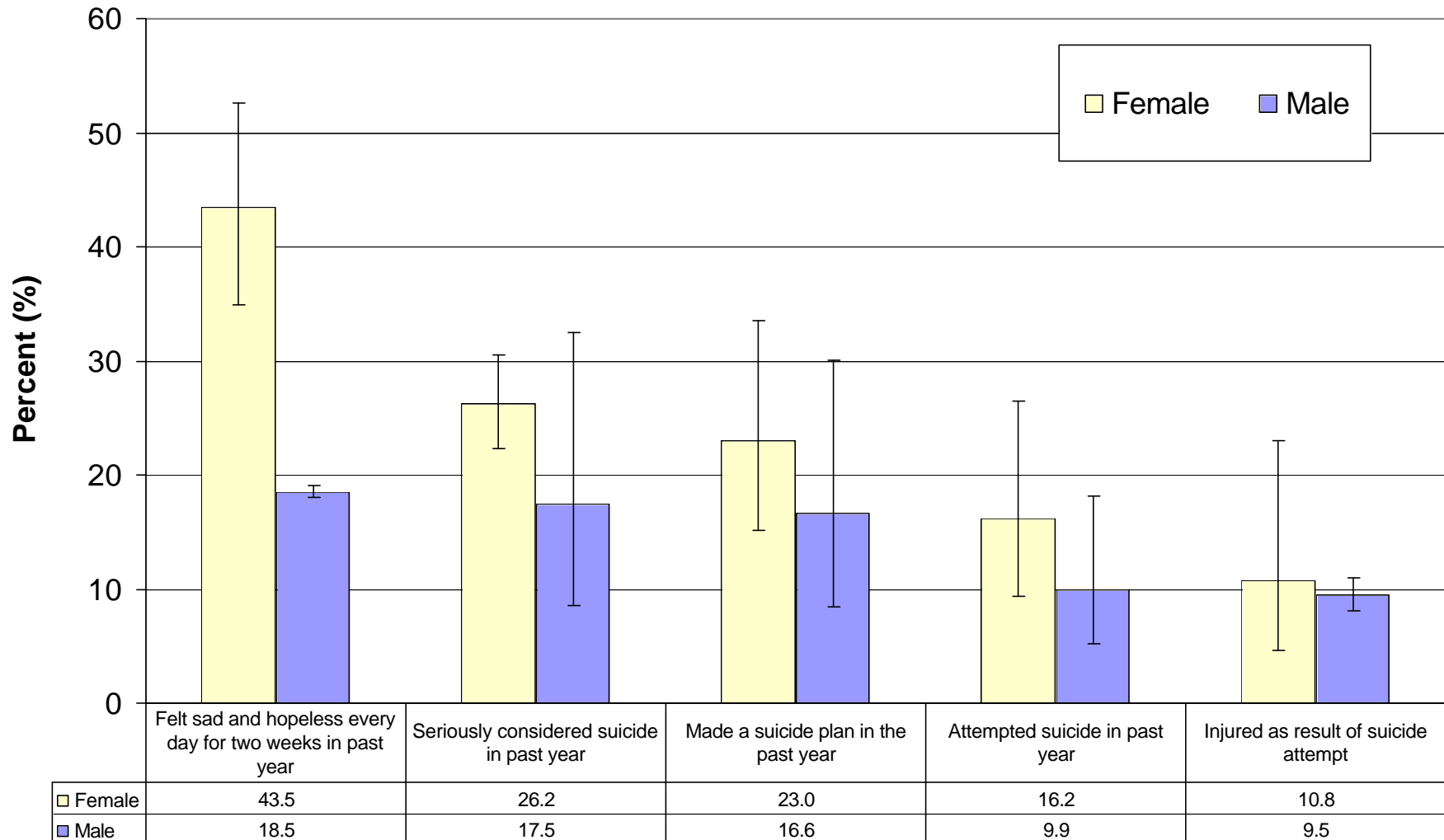
Violence-Related Behaviors: Victimization by Gender in Sierra County Grades 9 - 12, YRRS, 2003



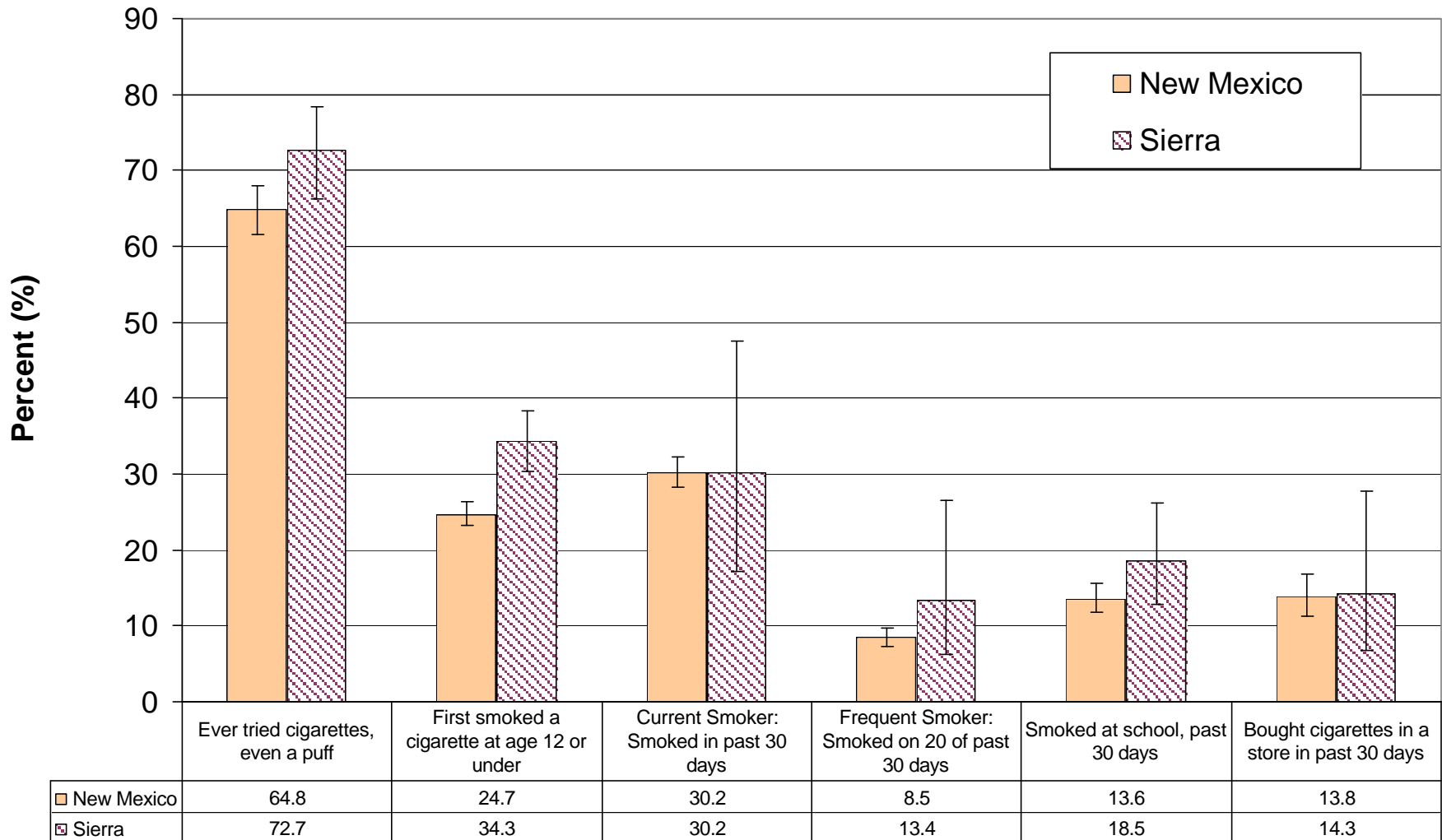
Depression and Suicidal Ideation Sierra and New Mexico Grades 9 - 12, YRRS, 2003



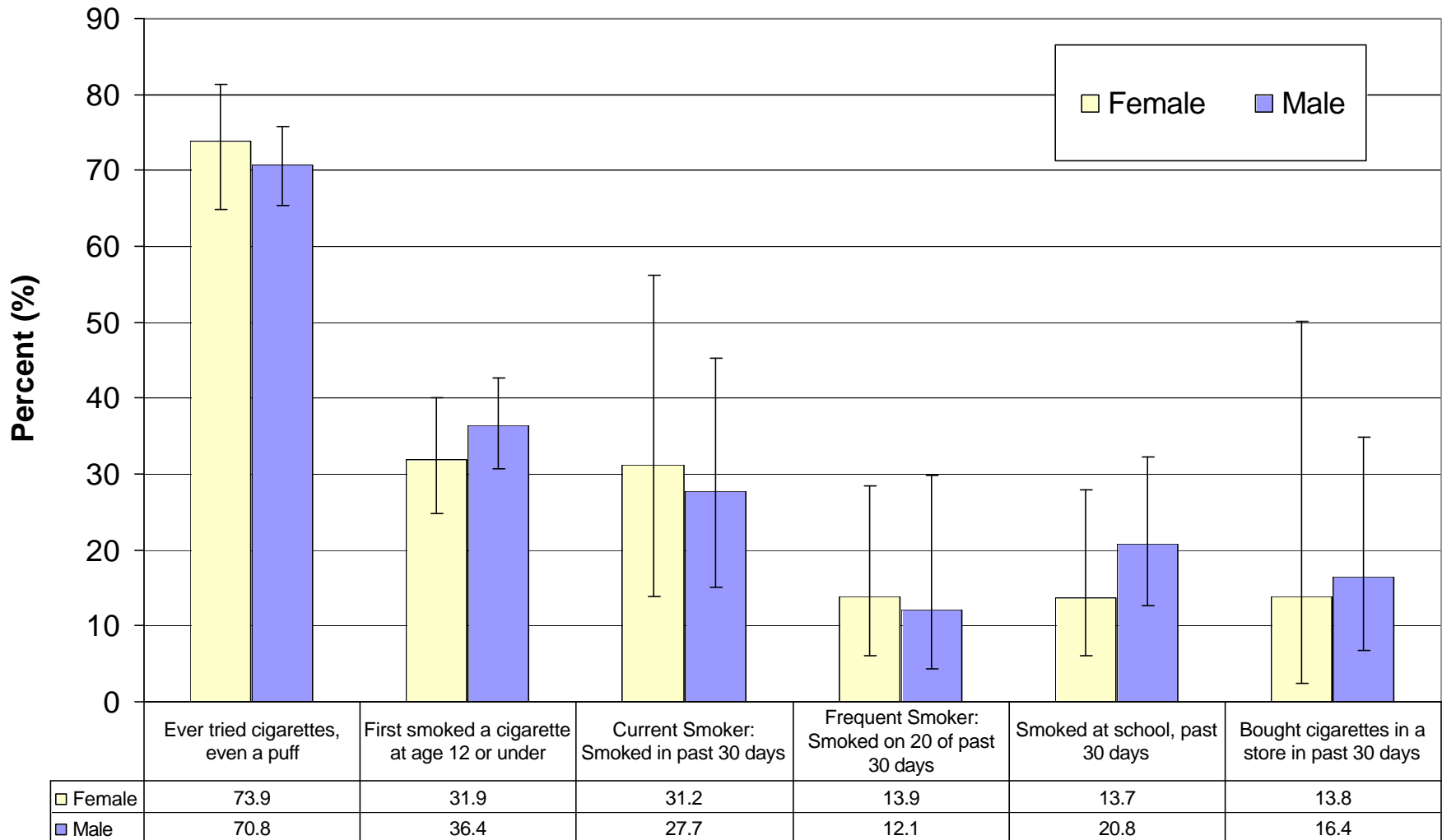
Depression and Suicidal Ideation by Gender in Sierra County Grades 9 - 12, YRRS, 2003



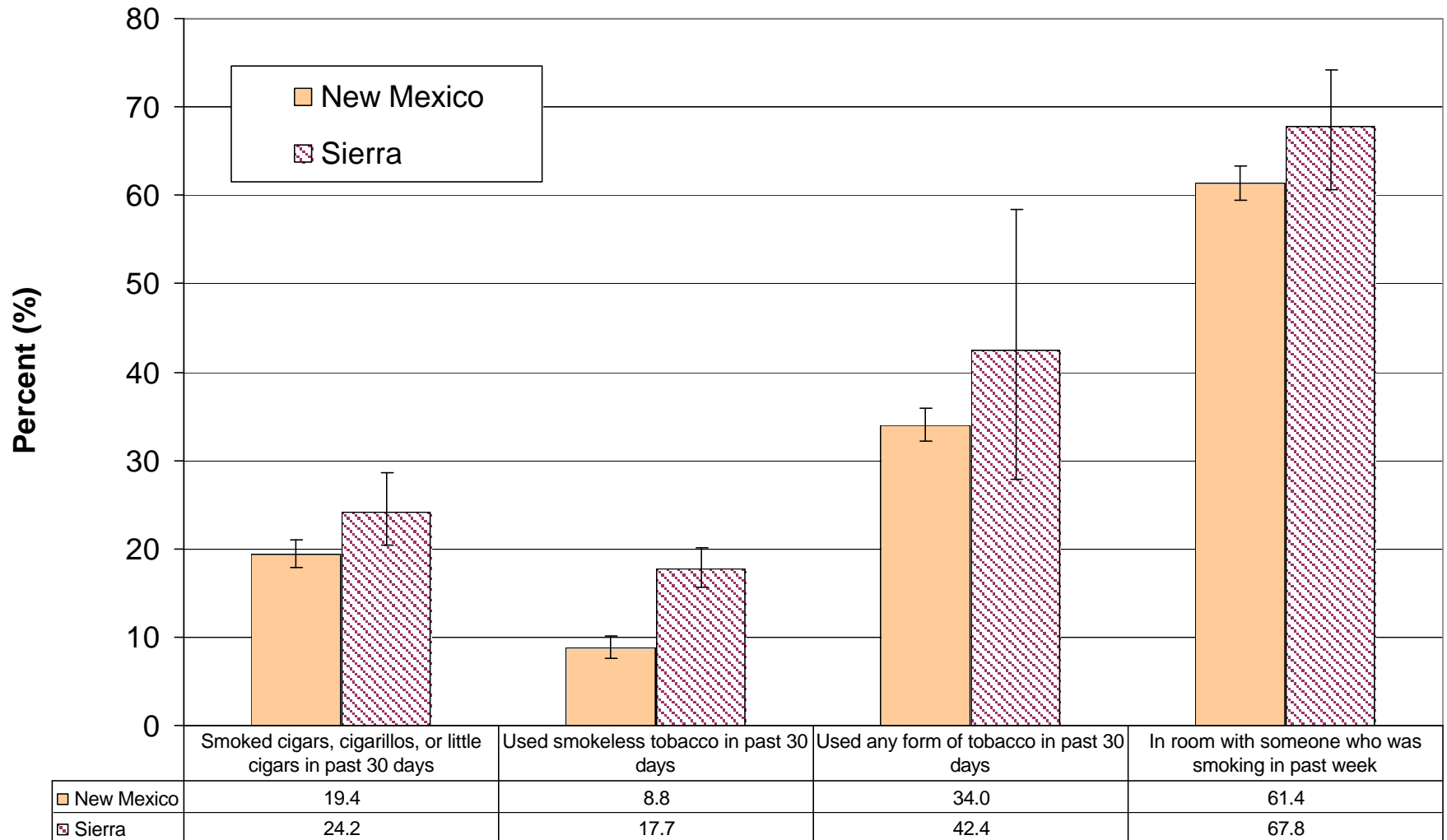
Cigarette Smoking Sierra and New Mexico Grades 9 - 12, YRRS, 2003



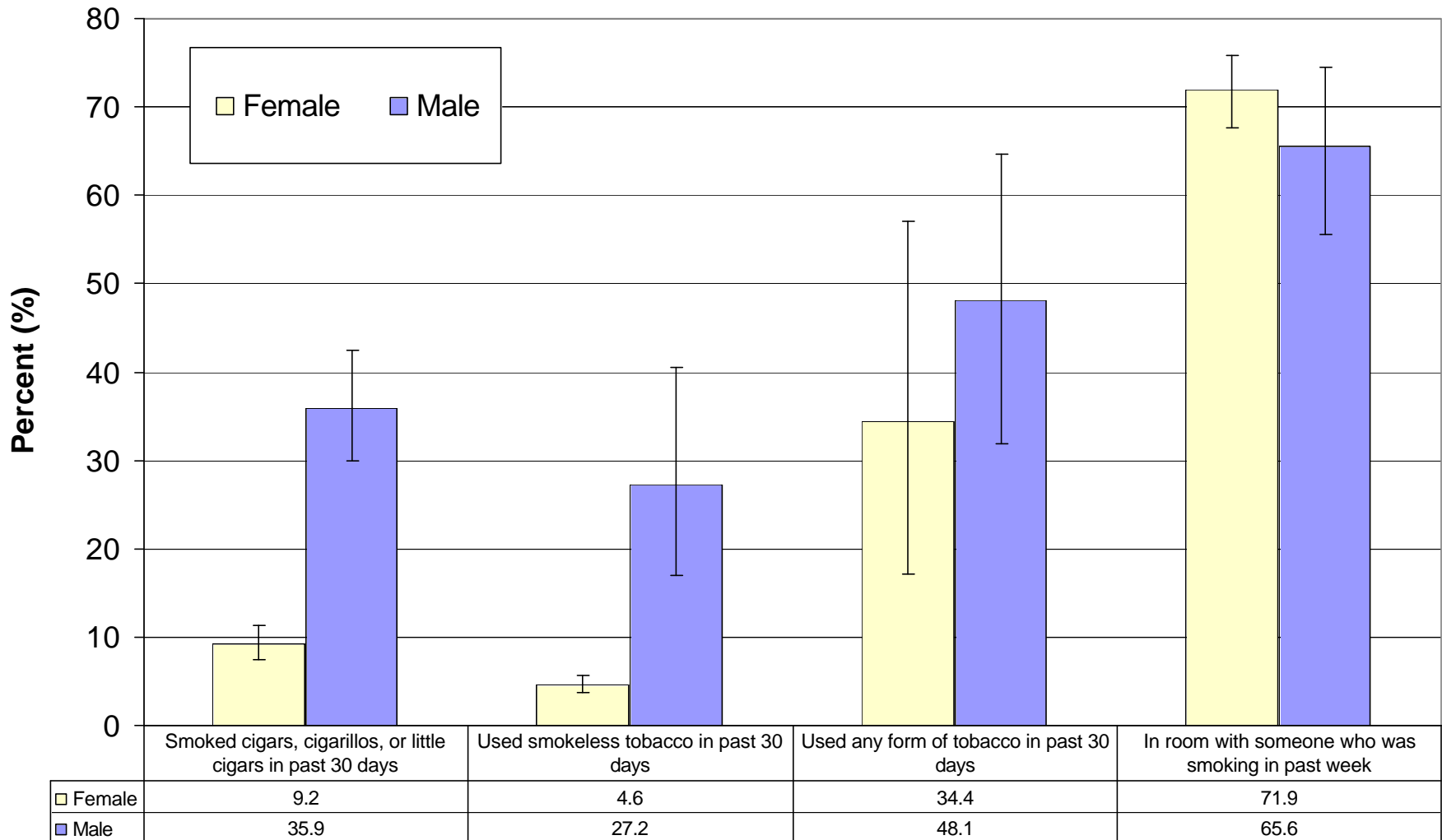
Cigarette Smoking by Gender in Sierra County Grades 9 - 12, YRRS, 2003



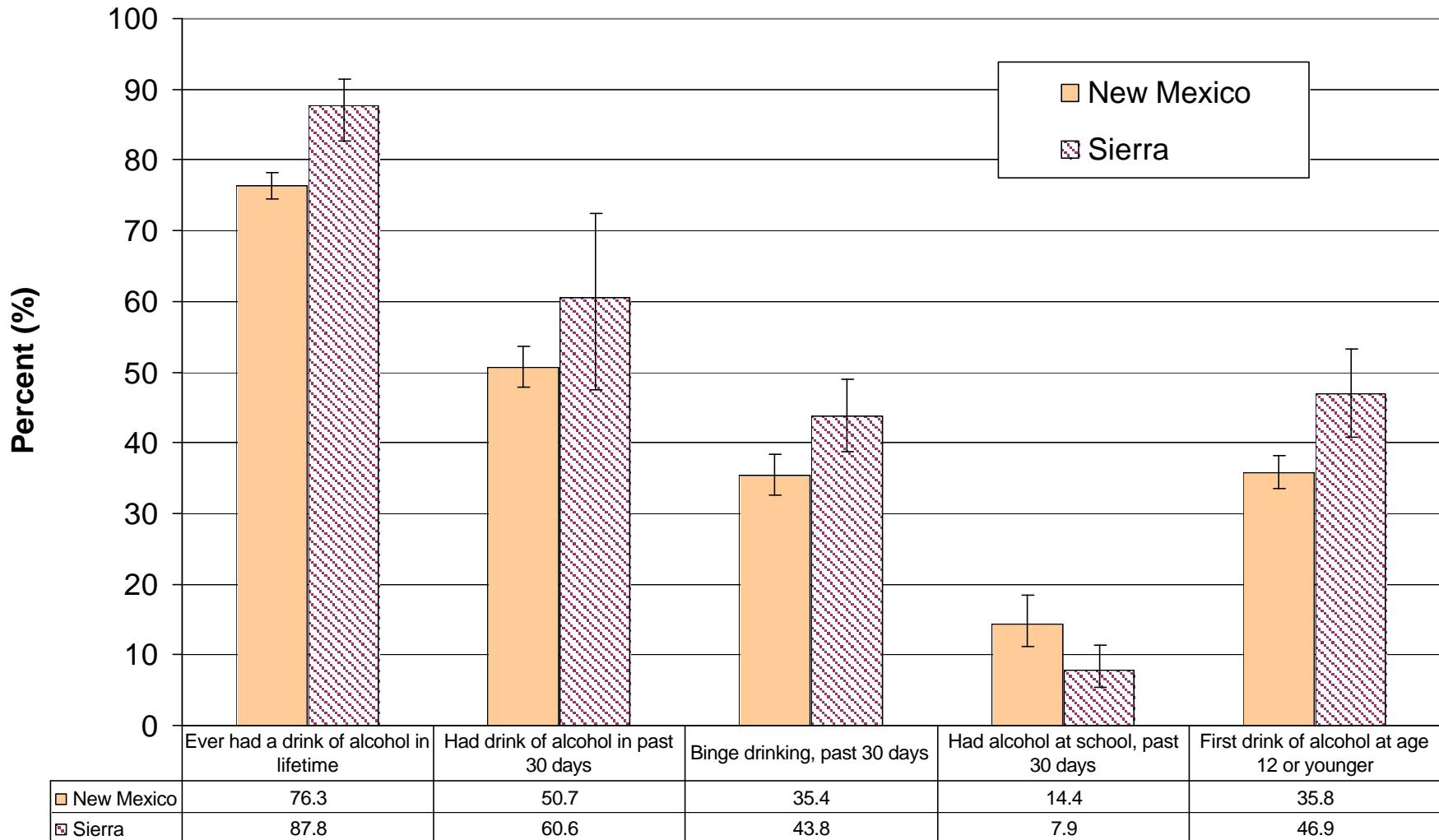
Other Tobacco Use Sierra and New Mexico Grades 9 - 12, YRRS, 2003



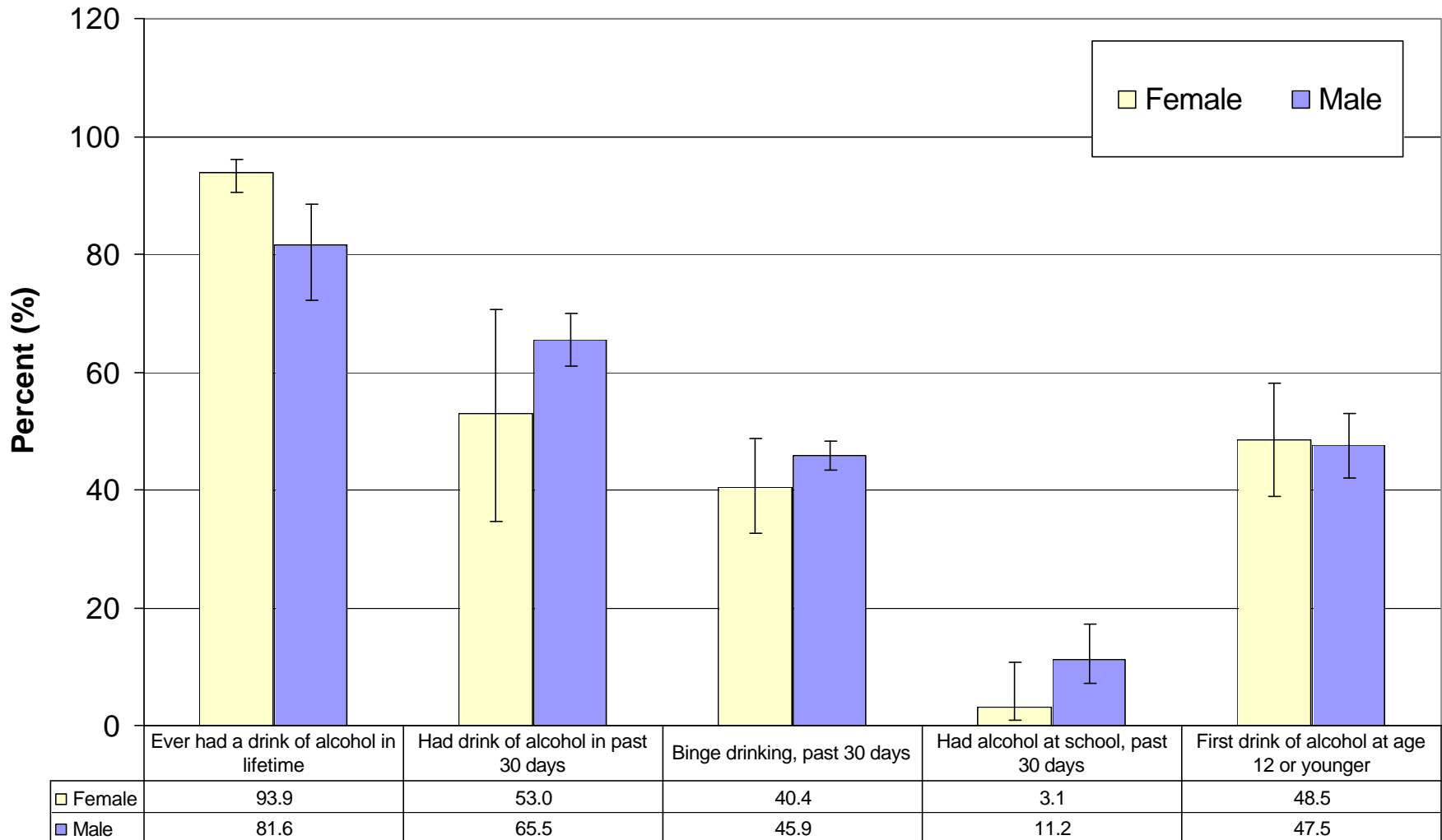
Other Tobacco Use by Gender in Sierra County Grades 9 - 12, YRRS, 2003



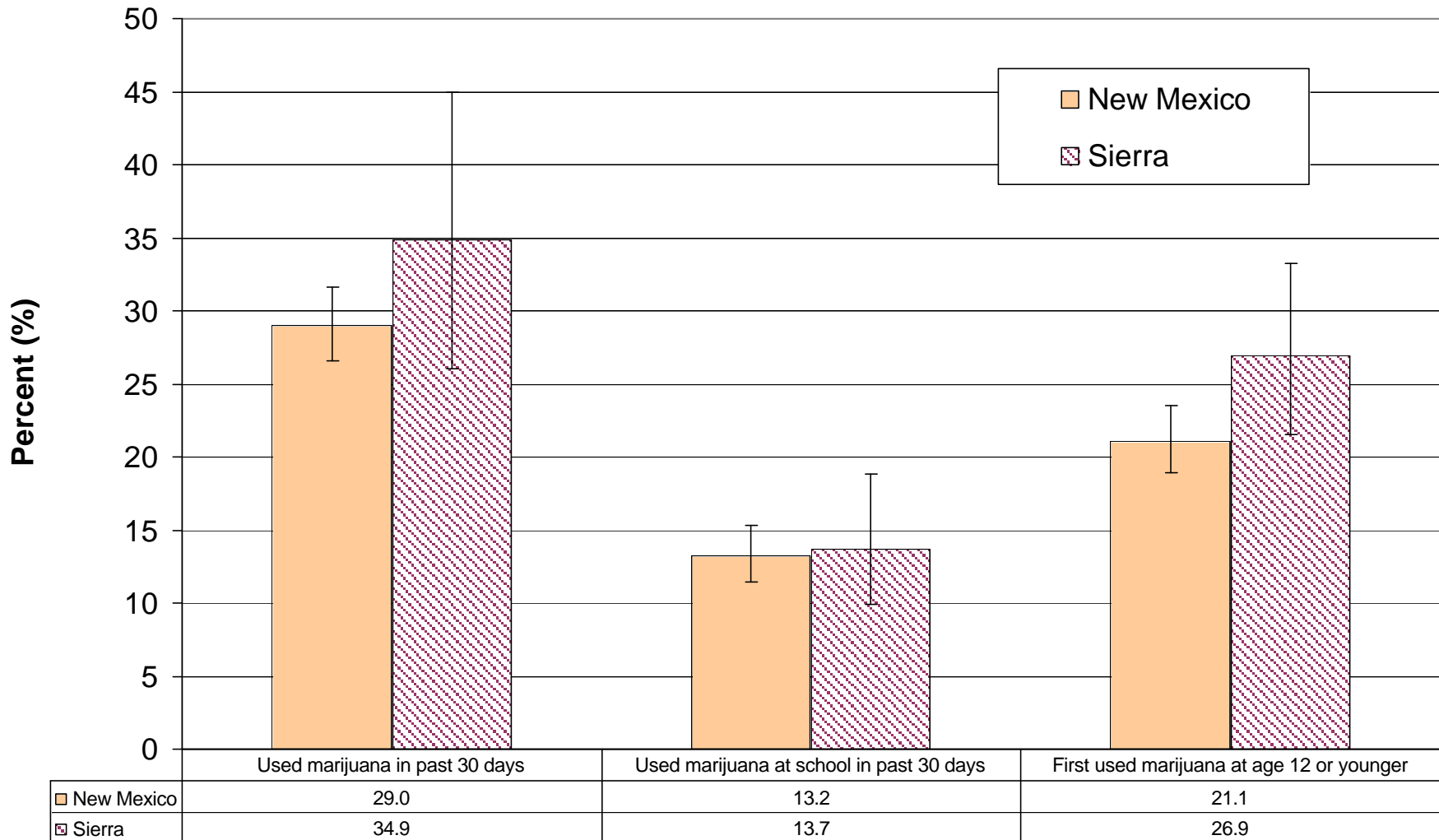
Alcohol Use Sierra and New Mexico Grades 9 - 12, YRRS, 2003



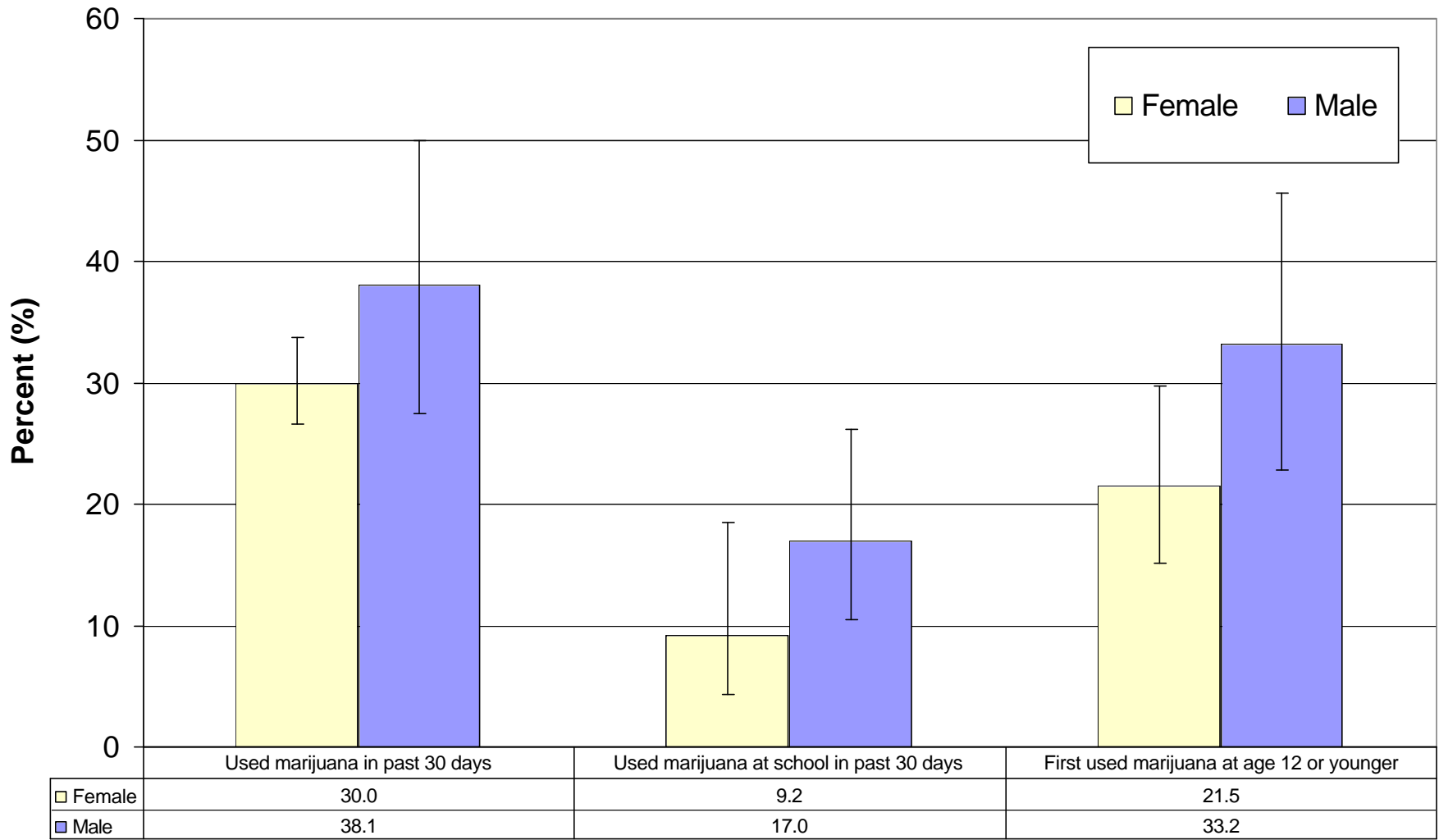
Alcohol Use by Gender in Sierra County Grades 9 - 12, YRRS, 2003



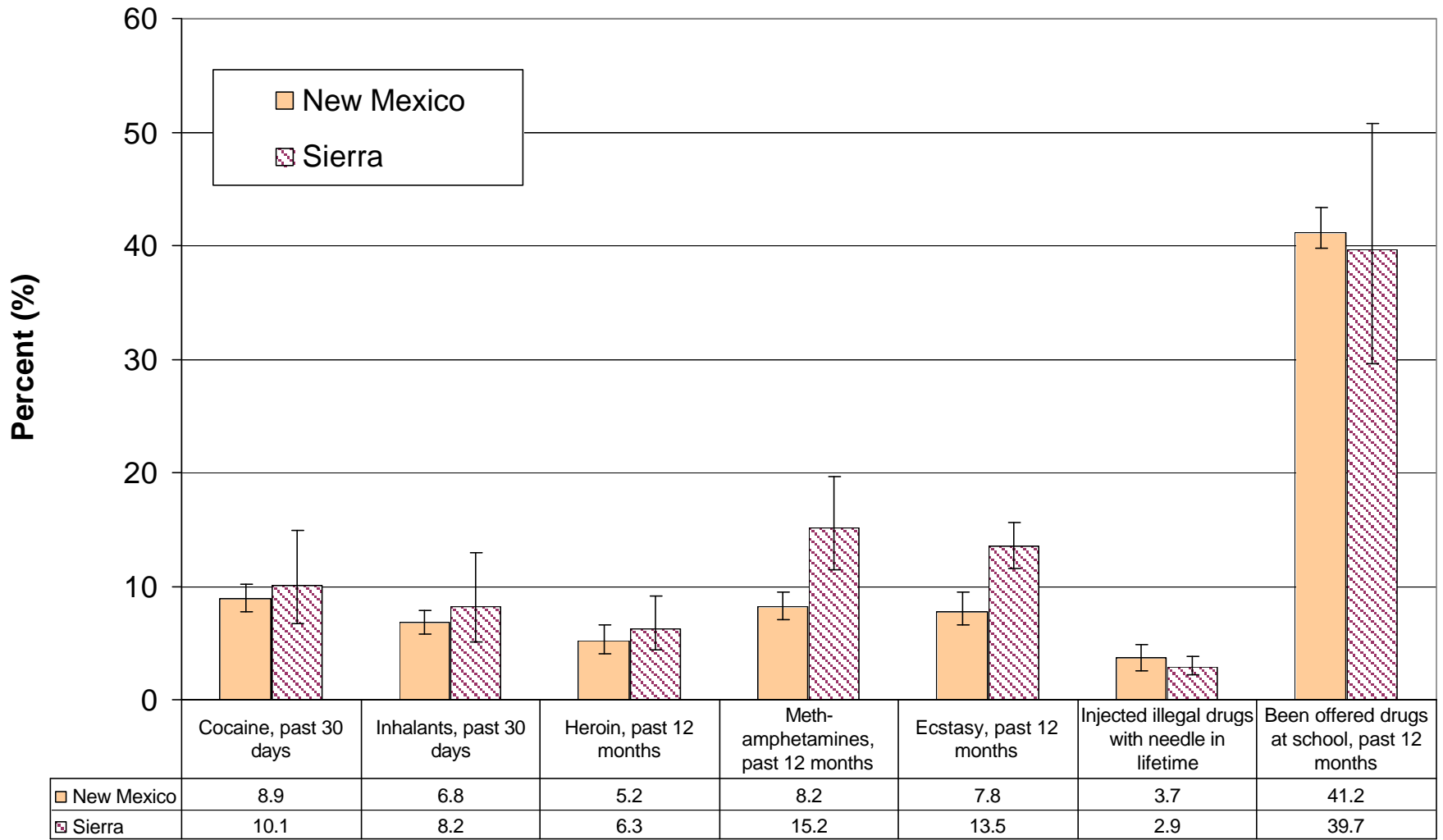
Marijuana Use Sierra and New Mexico Grades 9 - 12, YRRS, 2003



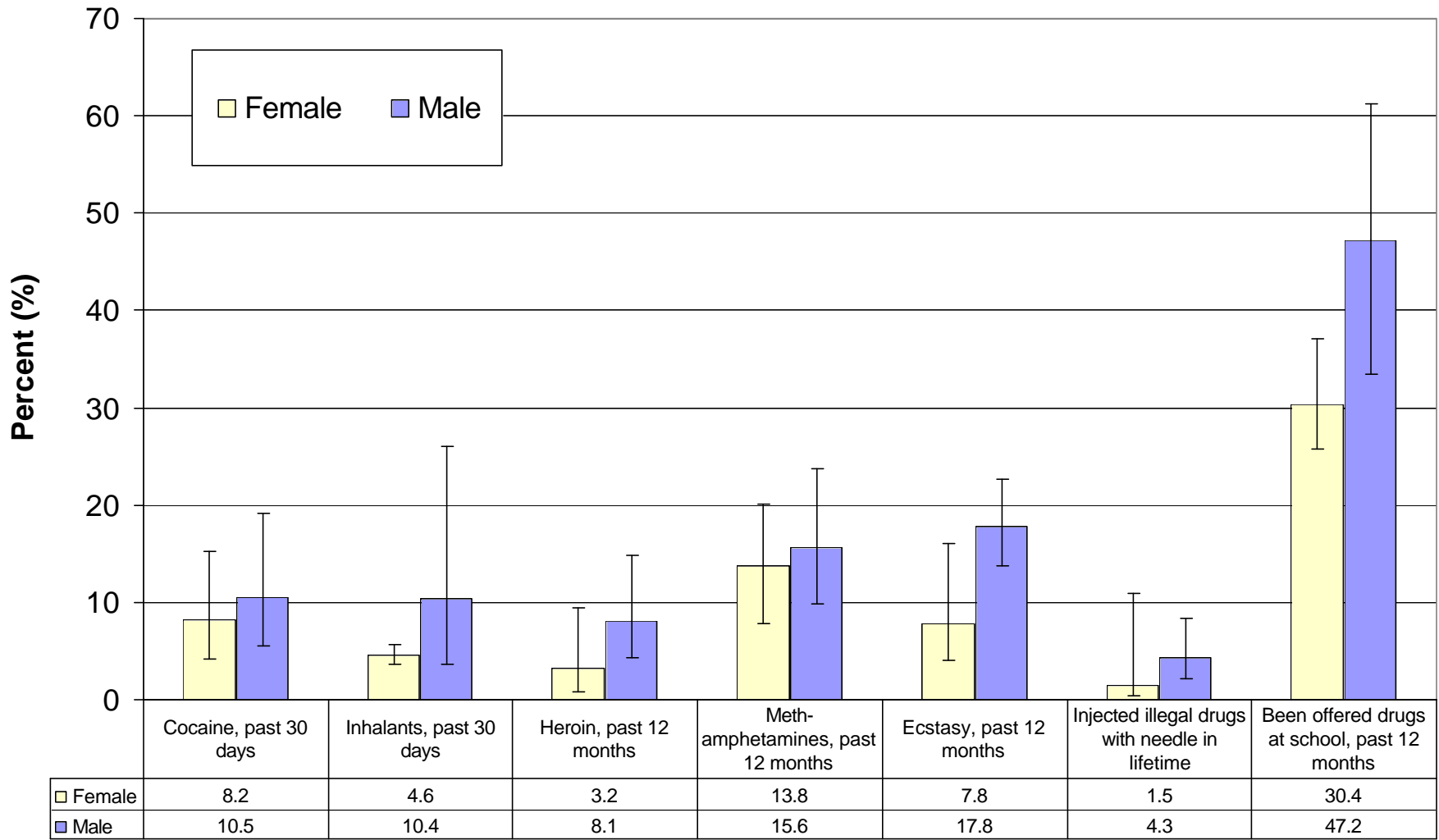
Marijuana Use by Gender in Sierra County Grades 9 - 12, YRRS, 2003



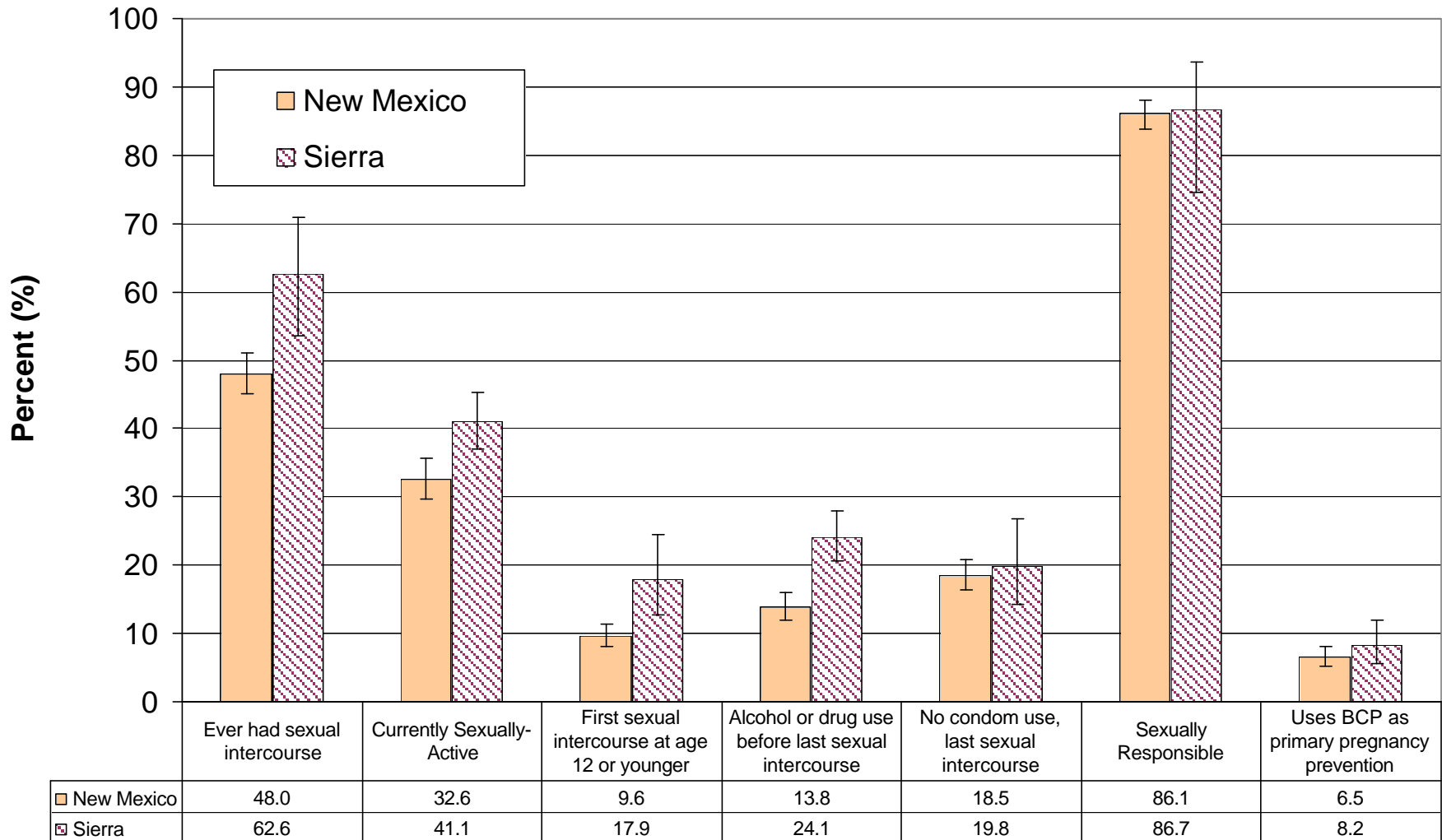
Other Drug Use Sierra and New Mexico Grades 9 - 12, YRRS, 2003



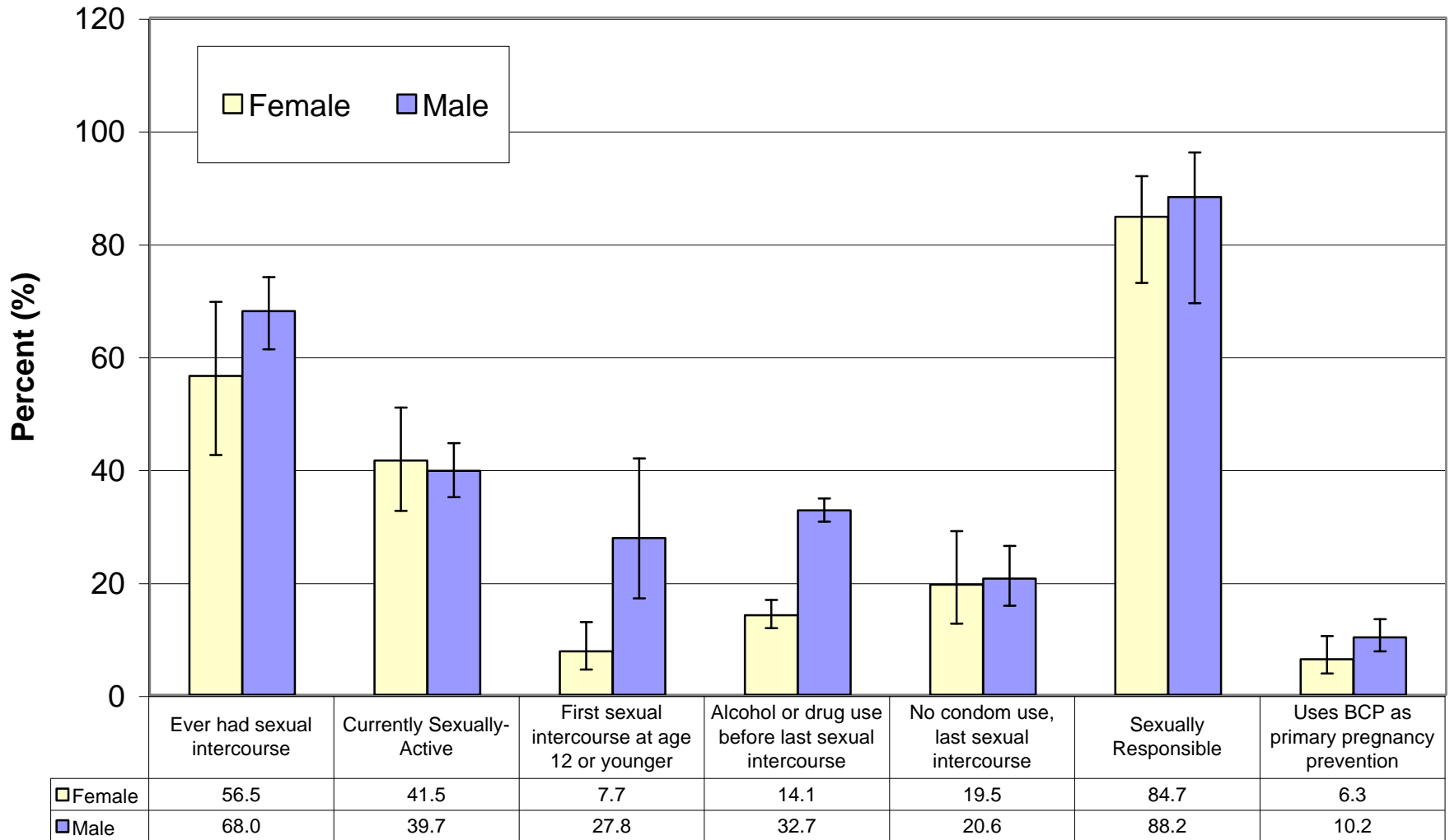
Other Drug Use by Gender in Sierra County Grades 9 - 12, YRRS, 2003



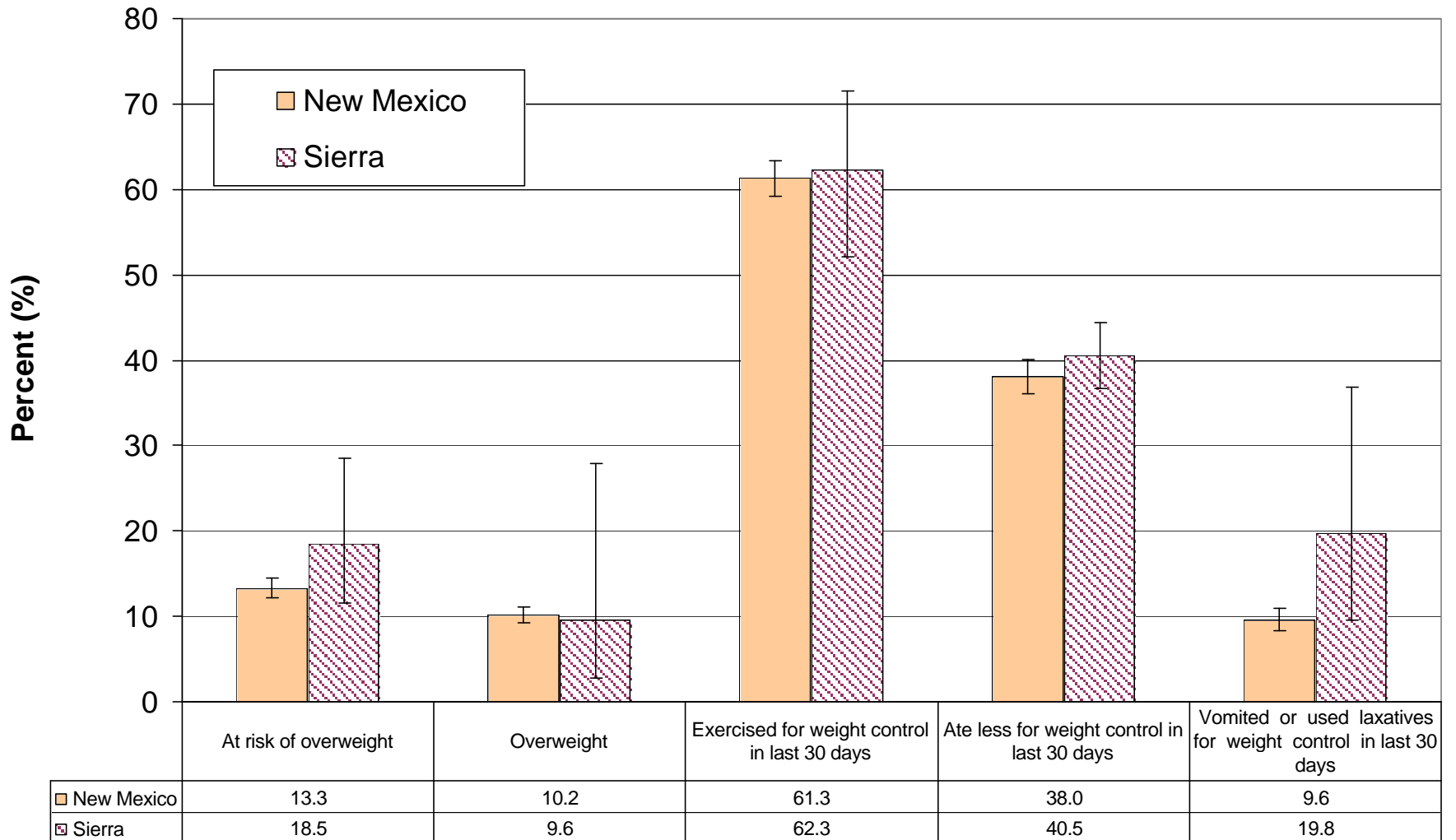
Sexual Activity Sierra and New Mexico Grades 9 - 12, YRRS, 2003



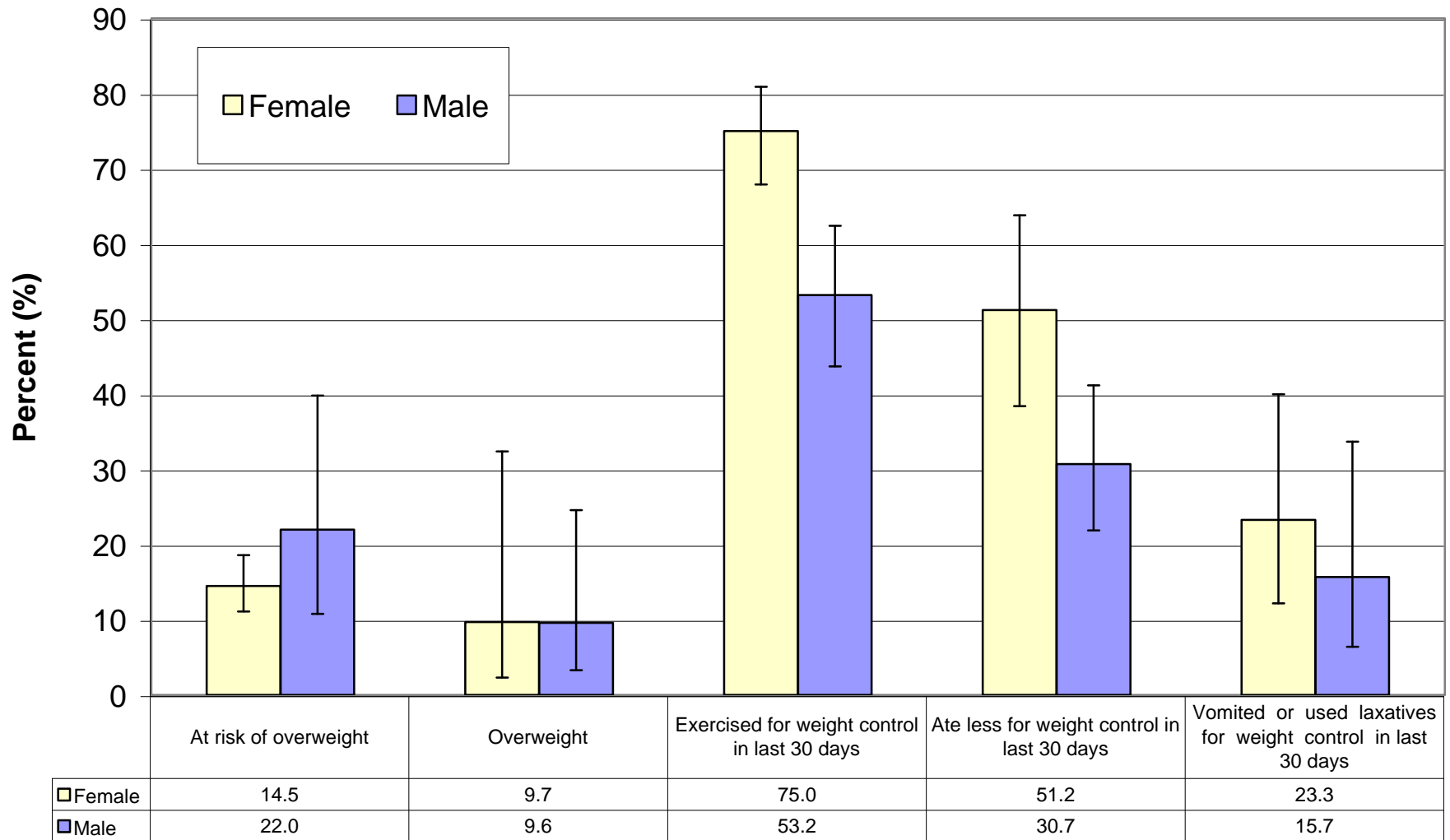
Sexual Activity by Gender in Sierra County Grades 9 - 12, YRRS, 2003



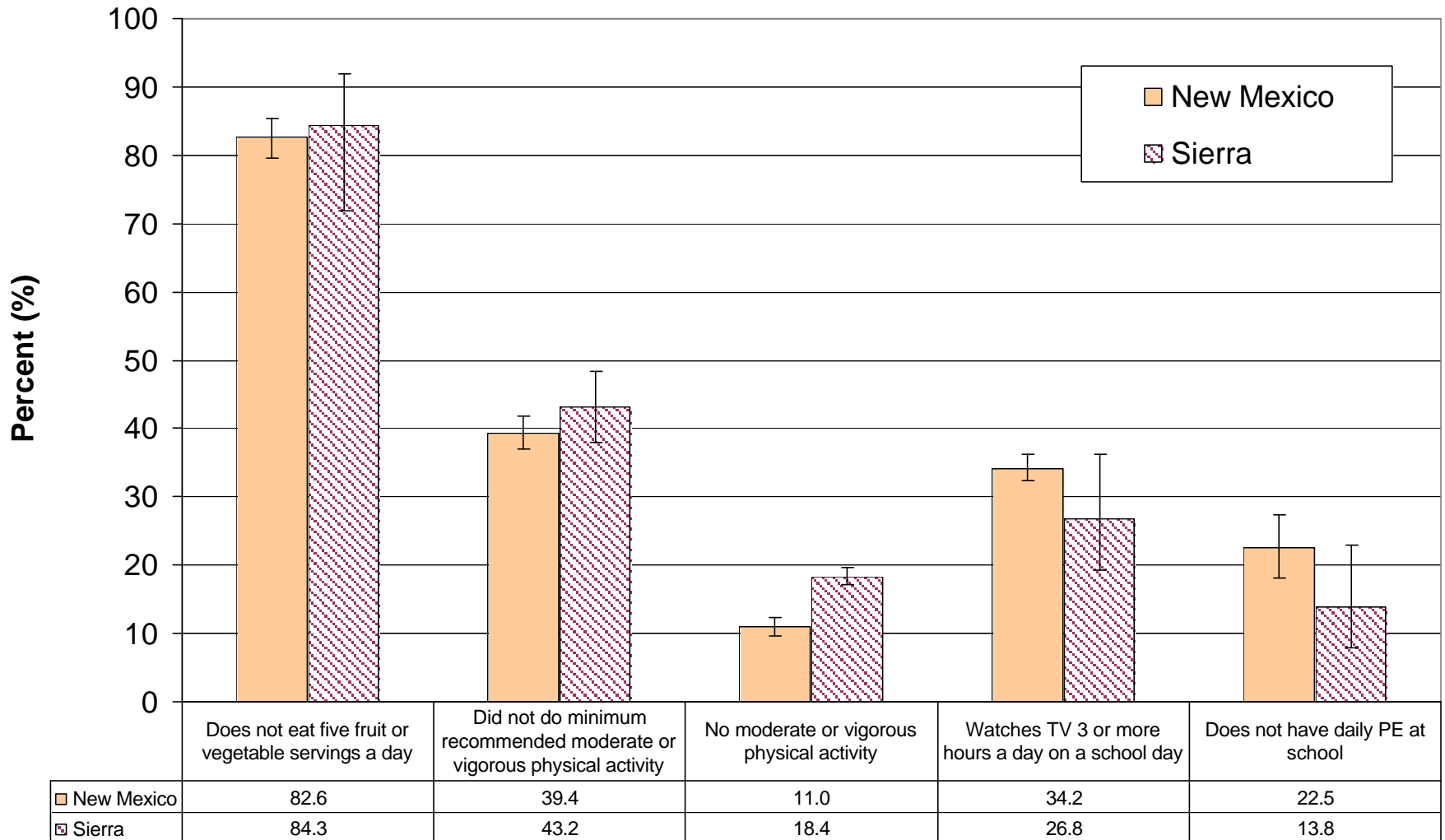
Body Weight and Weight Control Sierra and New Mexico Grades 9 - 12, YRRS, 2003



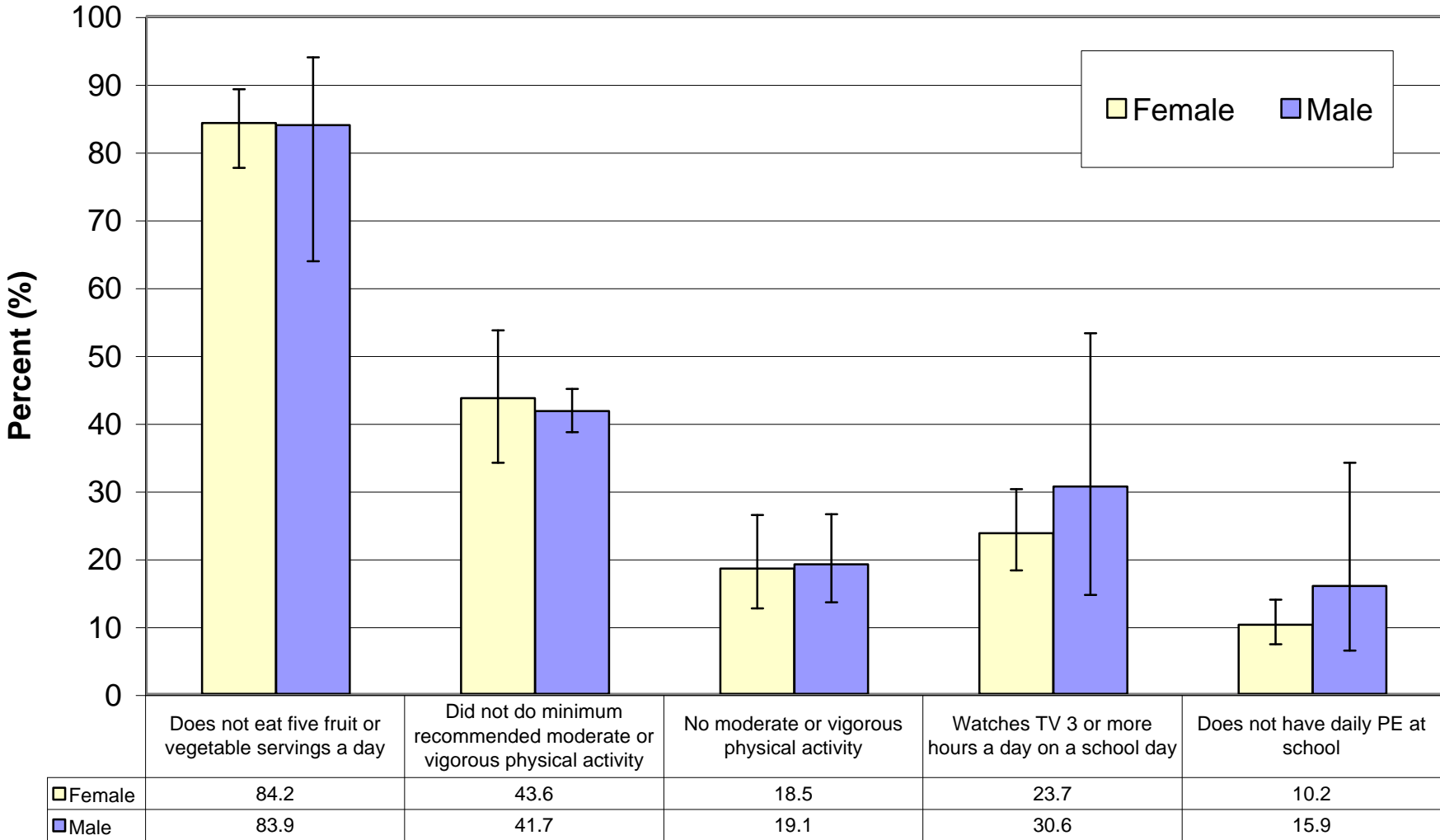
Body Weight and Weight Control by Gender in Sierra County Grades 9 - 12, YRRS, 2003



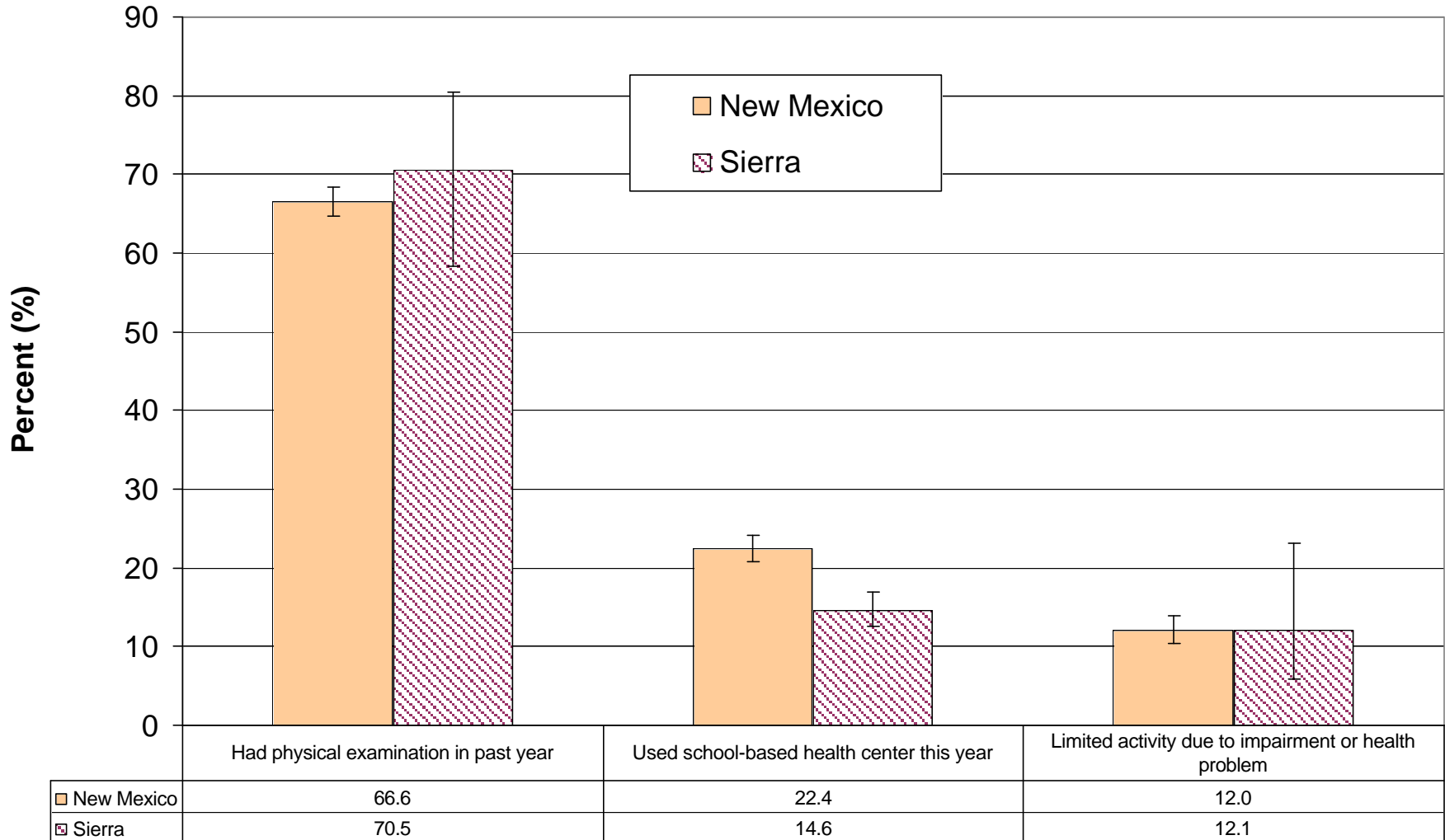
Physical Activity and Nutrition Sierra and New Mexico Grades 9 - 12, YRRS, 2003



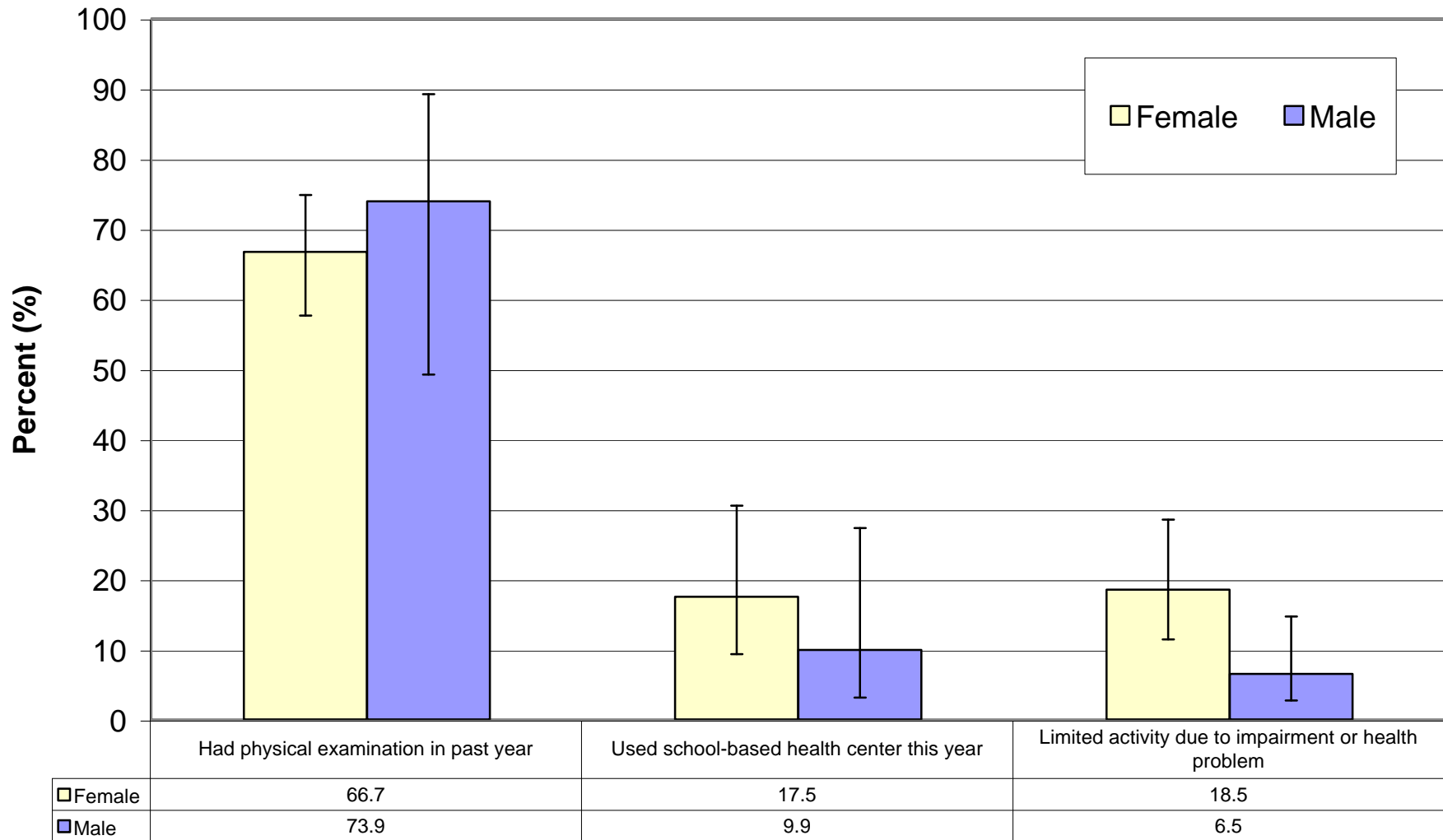
Physical Activity and Nutrition by Gender in Sierra County Grades 9 - 12, YRRS, 2003



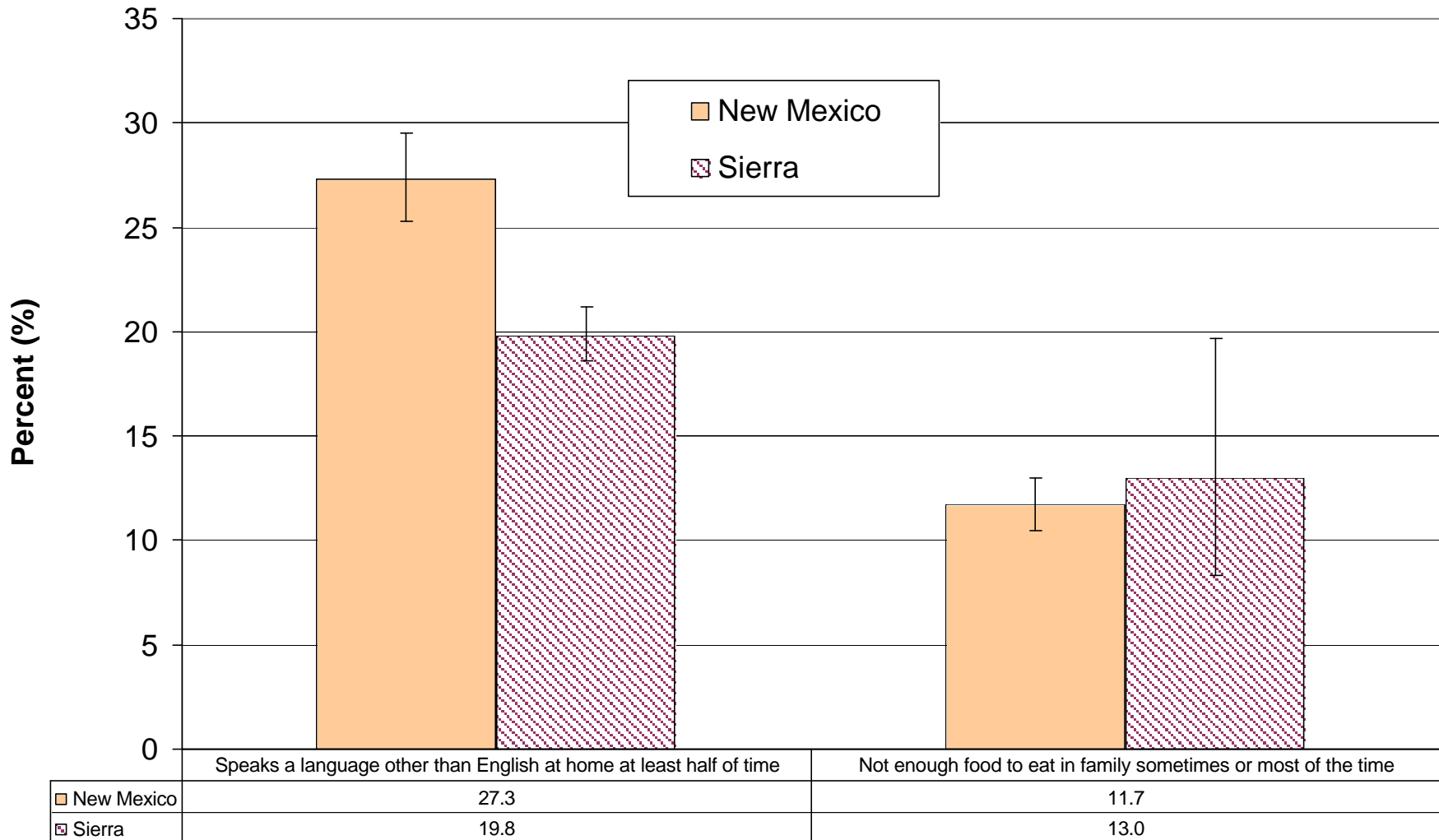
Health Care Utilization and Special Needs Sierra and New Mexico Grades 9 - 12, YRRS, 2003



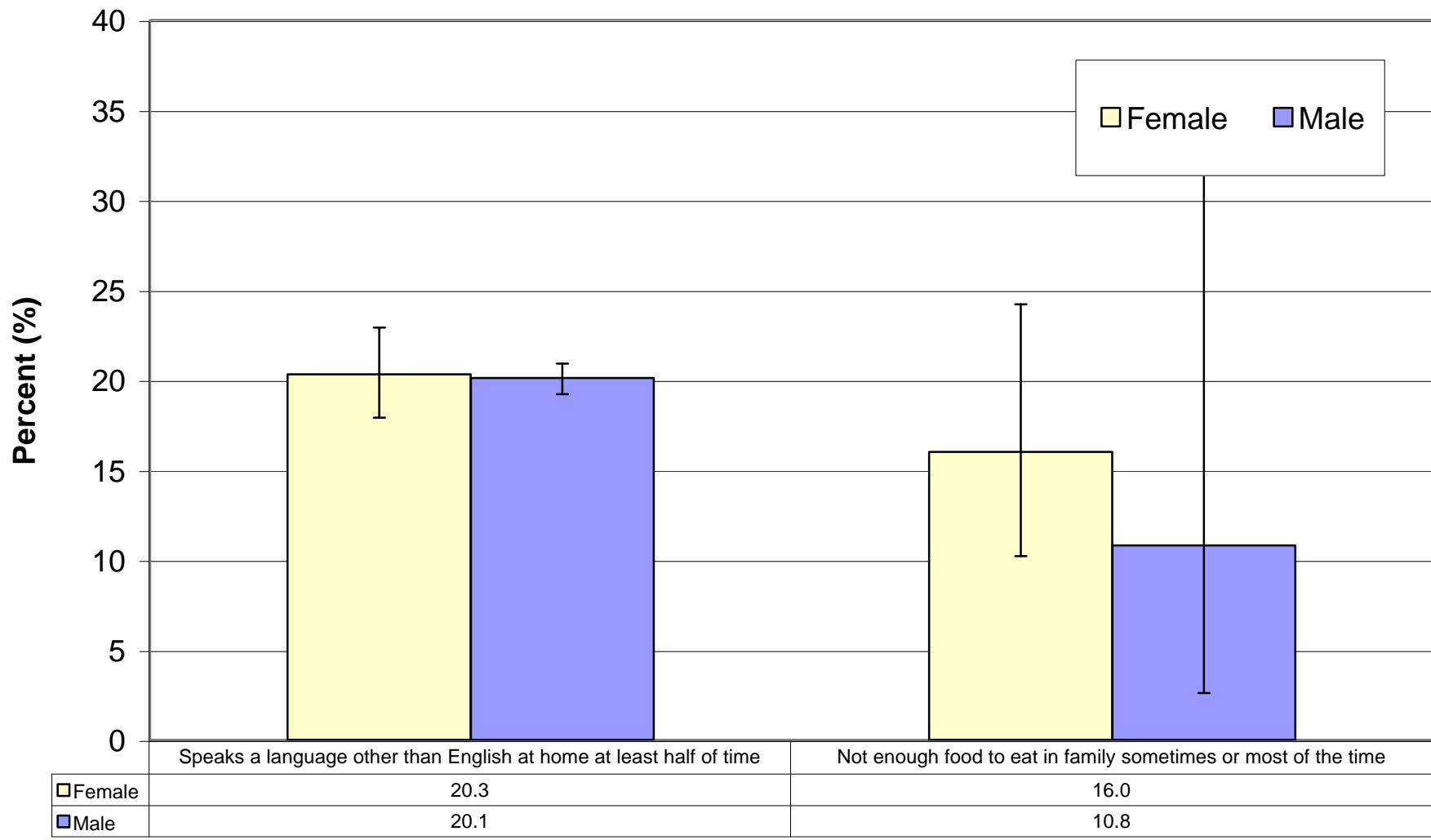
Health Care Utilization and Special Needs by Gender in Sierra County Grades 9 - 12, YRRS, 2003



Other Characteristics Sierra and New Mexico Grades 9 - 12, YRRS, 2003

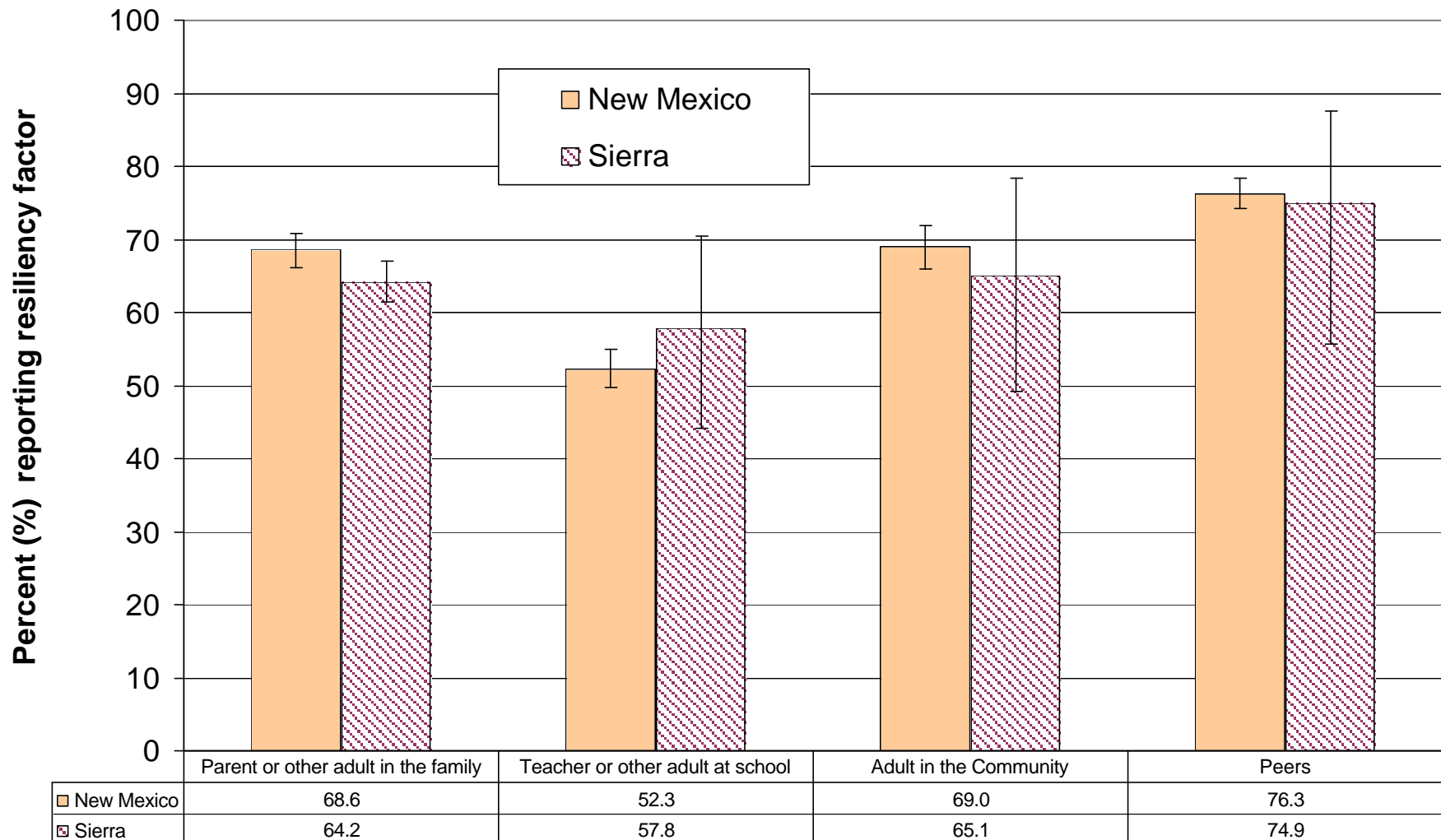


Other Characteristics by Gender in Sierra County Grades 9 - 12, YRRS, 2003

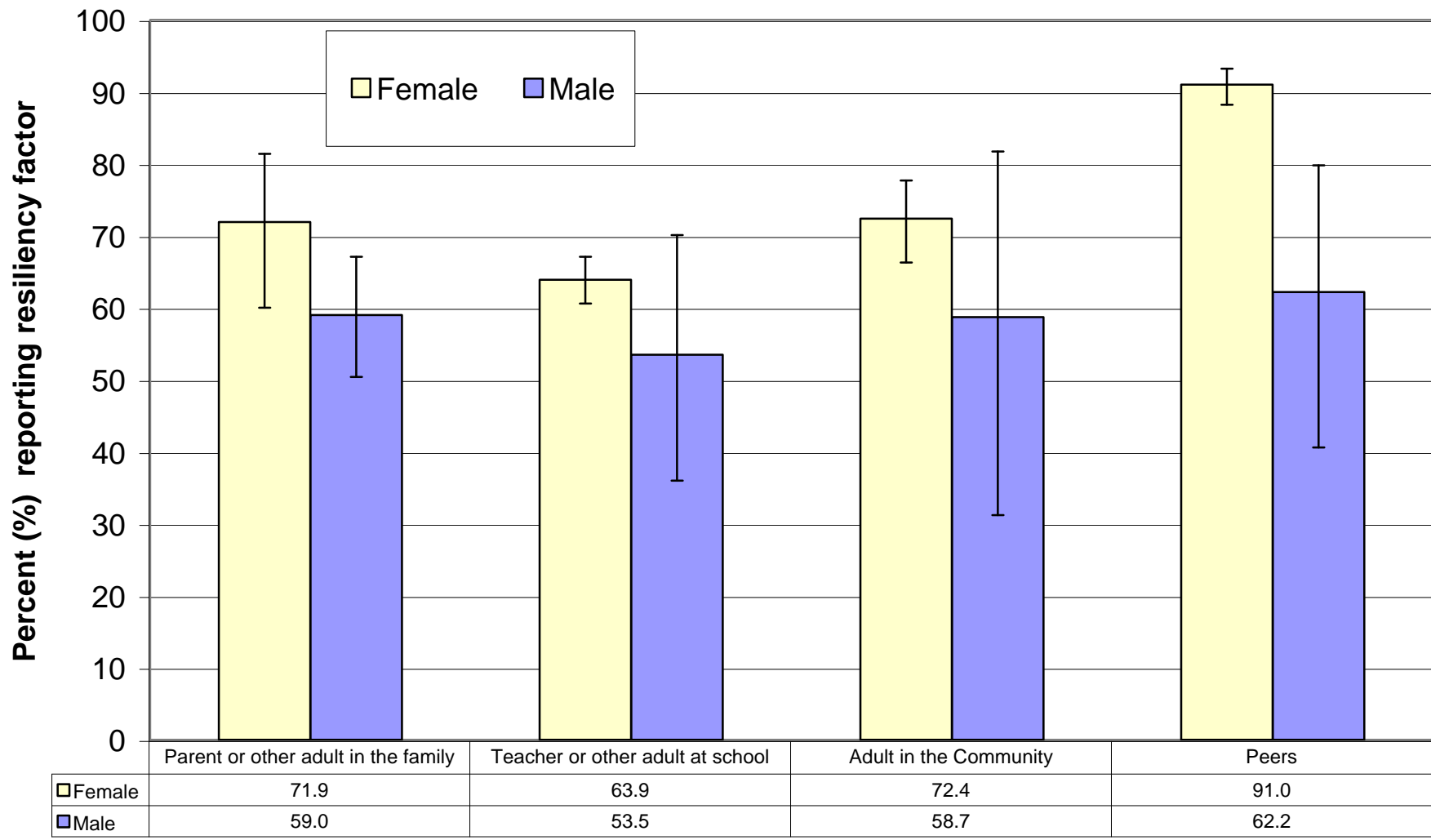


Resiliency Factors

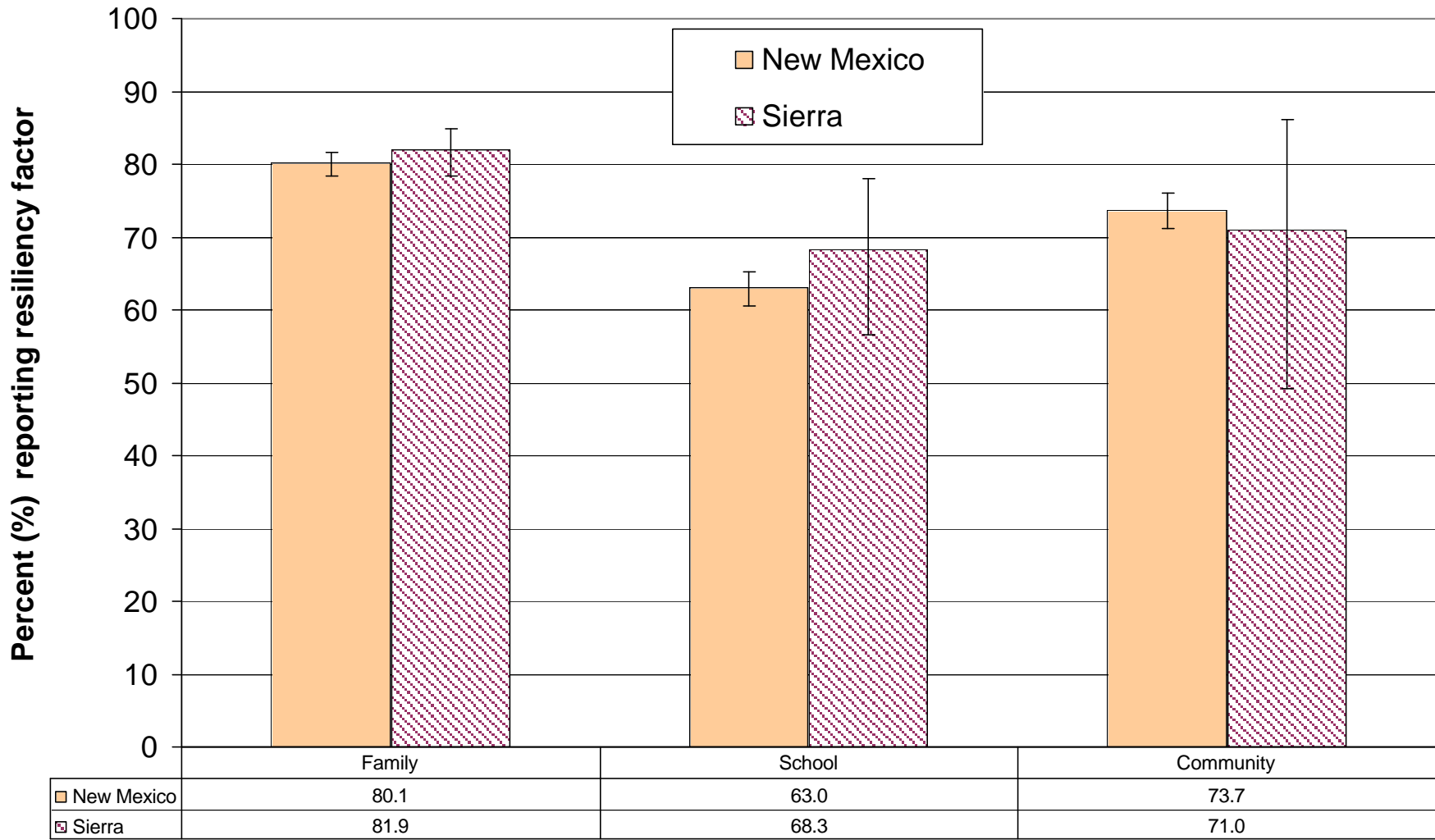
Resiliency Factors: Caring and Supportive Relationships Sierra and New Mexico Grades 9 - 12, YRRS, 2003



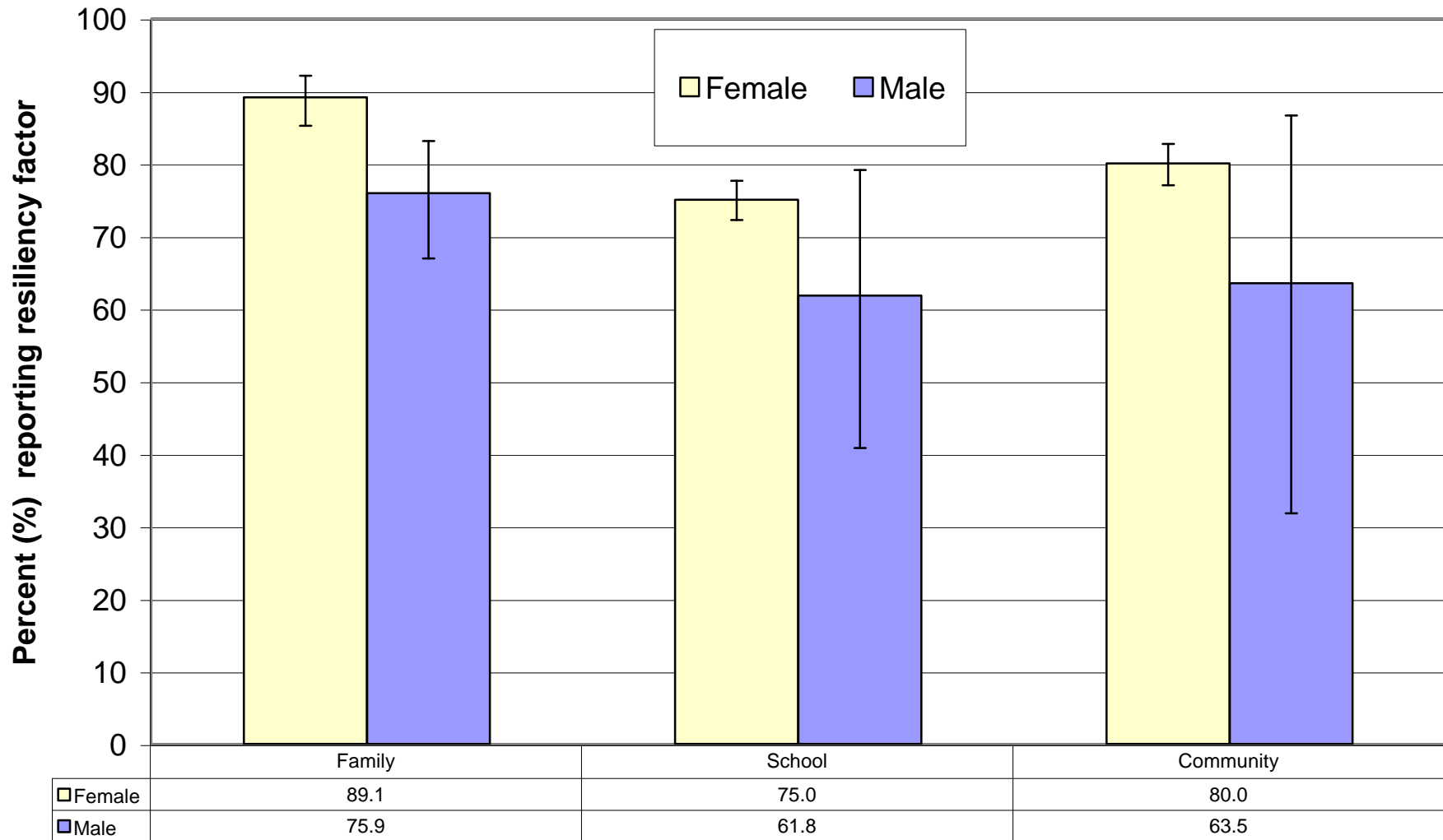
Resiliency Factors: Caring and Supportive Relationships by Gender in Sierra County Grades 9 - 12, YRRS, 2003



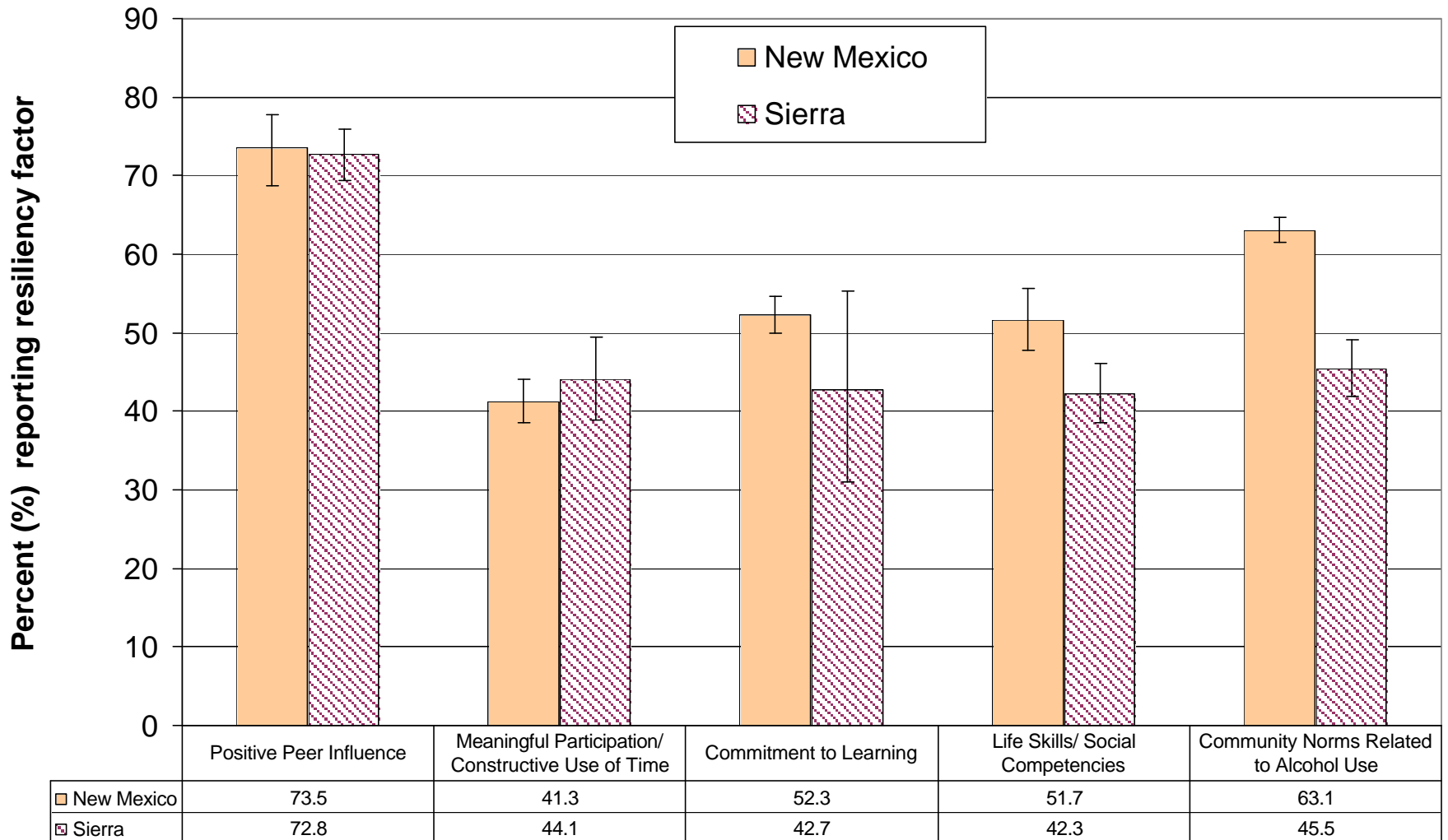
**Resiliency Factors: Boundaries and Expectations
Sierra and New Mexico
Grades 9 - 12, YRRS, 2003**



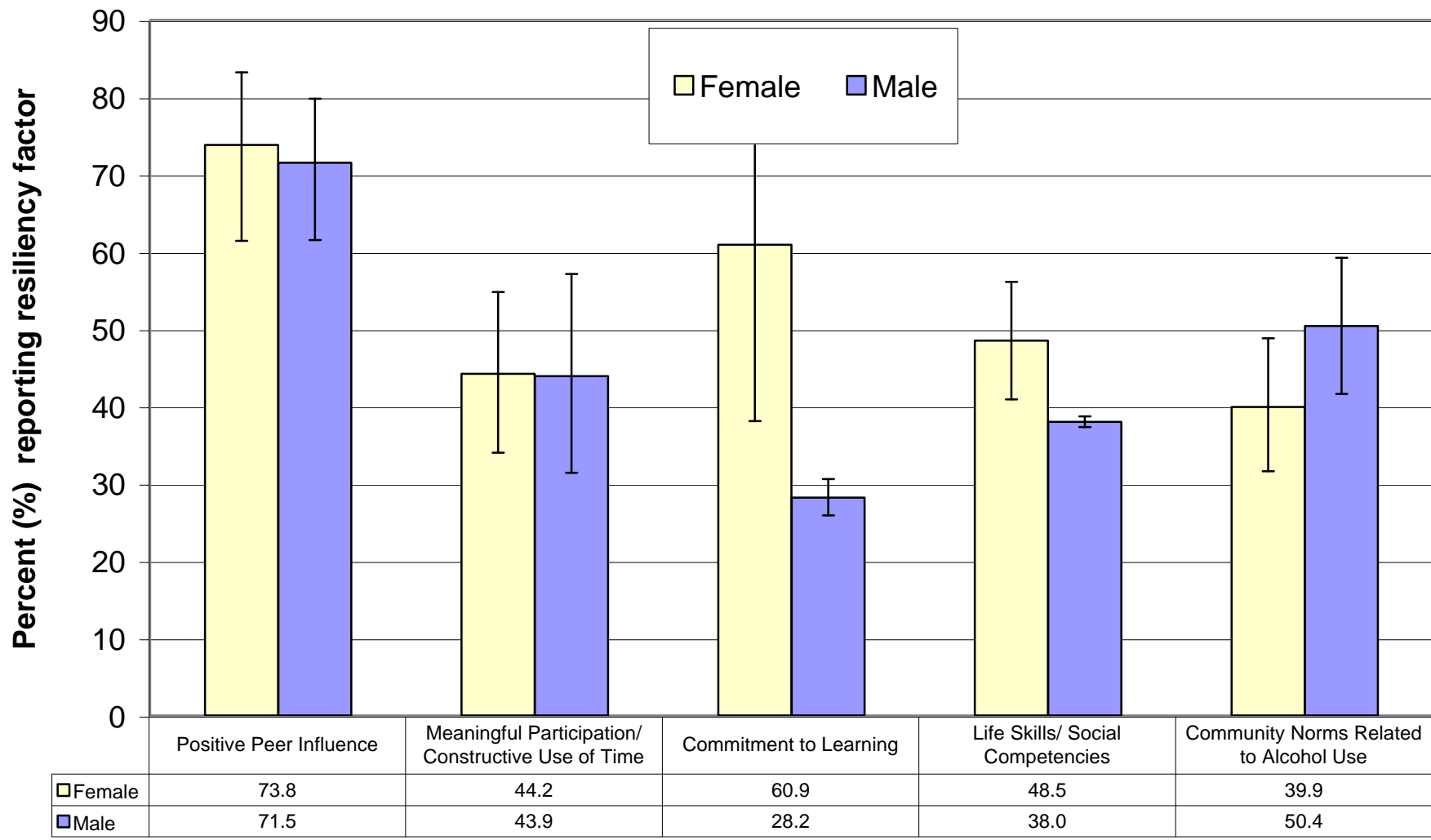
Resiliency Factors: Boundaries and Expectations by Gender in Sierra County Grades 9 - 12, YRRS, 2003



Resiliency Factors Sierra and New Mexico Grades 9 - 12, YRRS, 2003



Resiliency Factors by Gender in Sierra County Grades 9 - 12, YRRS, 2003

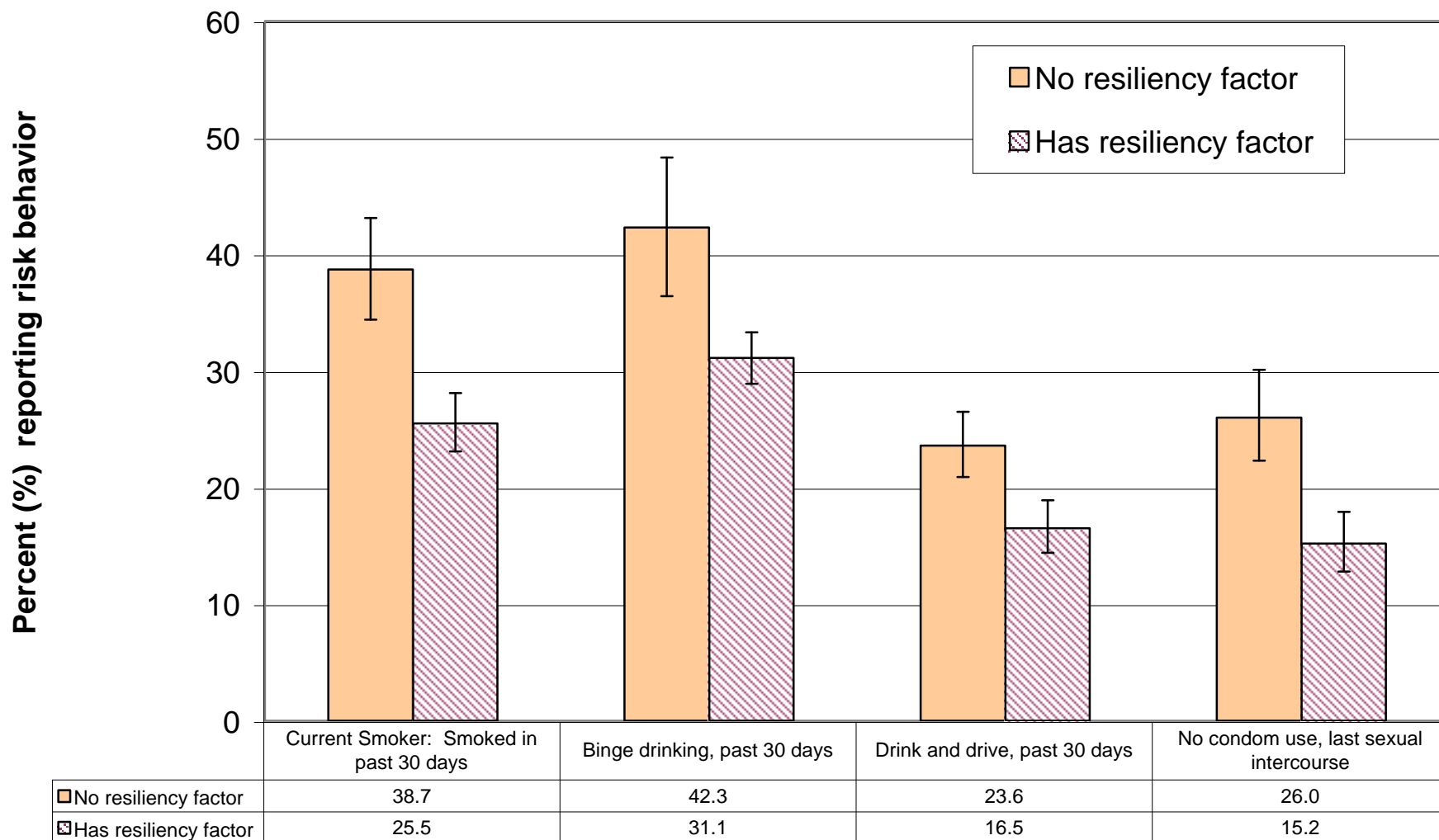


**Relationships between Risk Behaviors
and Resiliency Factors
Statewide Results**

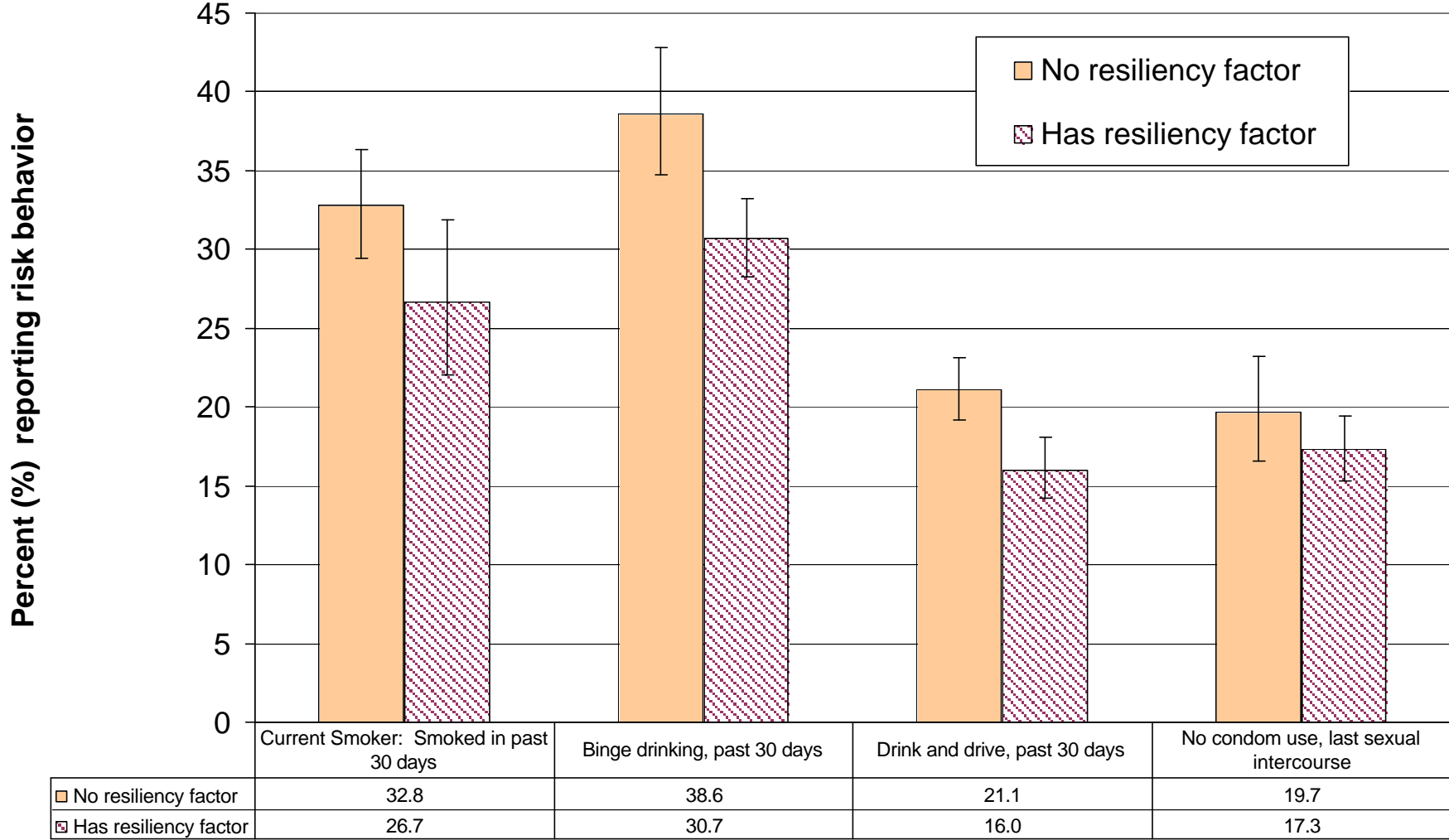
Resiliency Factors and Risk Behaviors

Caring and Supportive Relationship with Parent or Adult in the Family

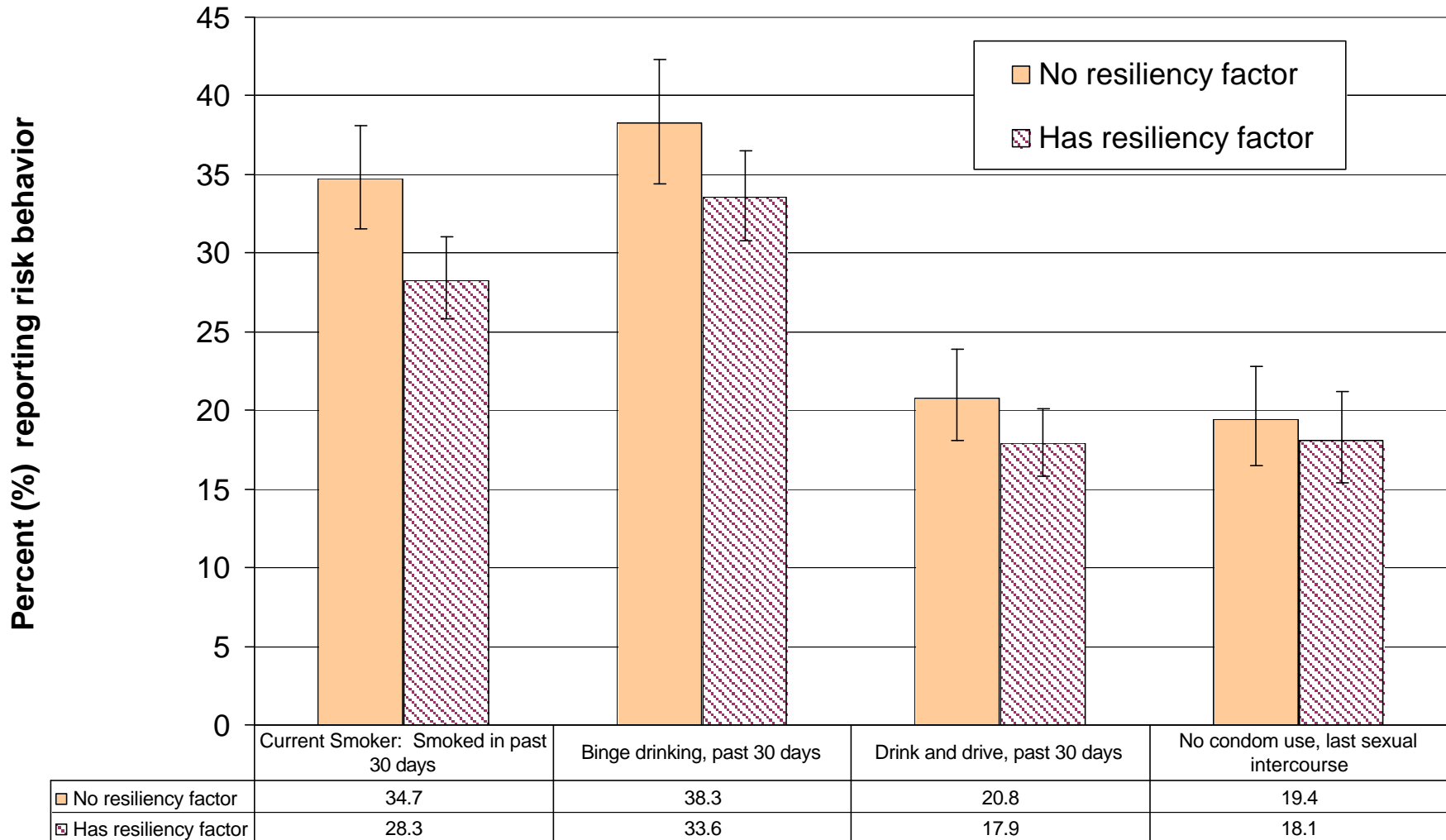
New Mexico, Grades 9 - 12, YRRS, 2003



Resiliency Factors and Risk Behaviors
Caring and Supportive Relationship with Teacher or Other Adult at School
New Mexico, Grades 9 - 12, YRRS, 2003



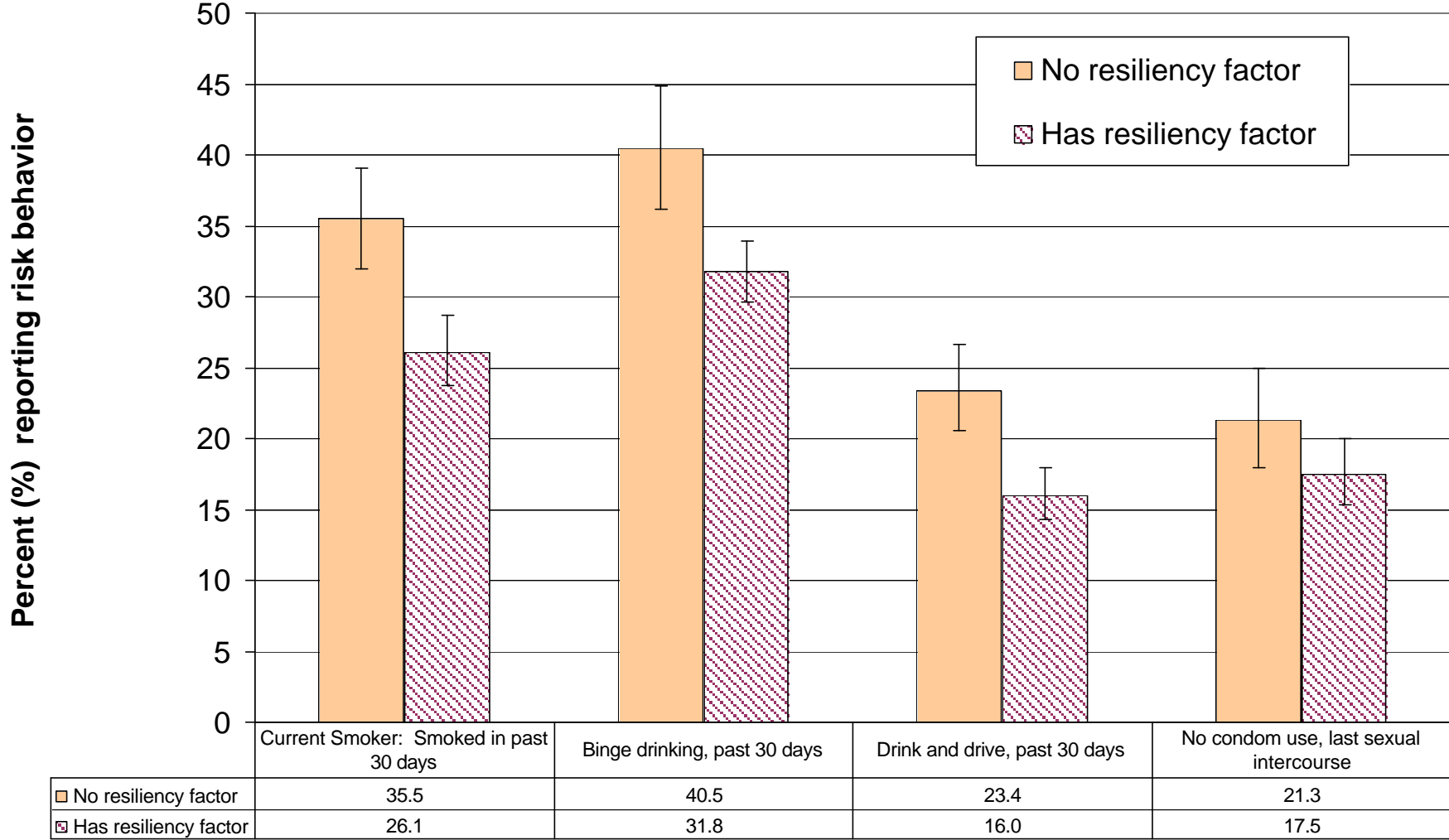
Resiliency Factors and Risk Behaviors Caring and Supportive Relationship with Peers New Mexico, Grades 9 - 12, YRRS, 2003



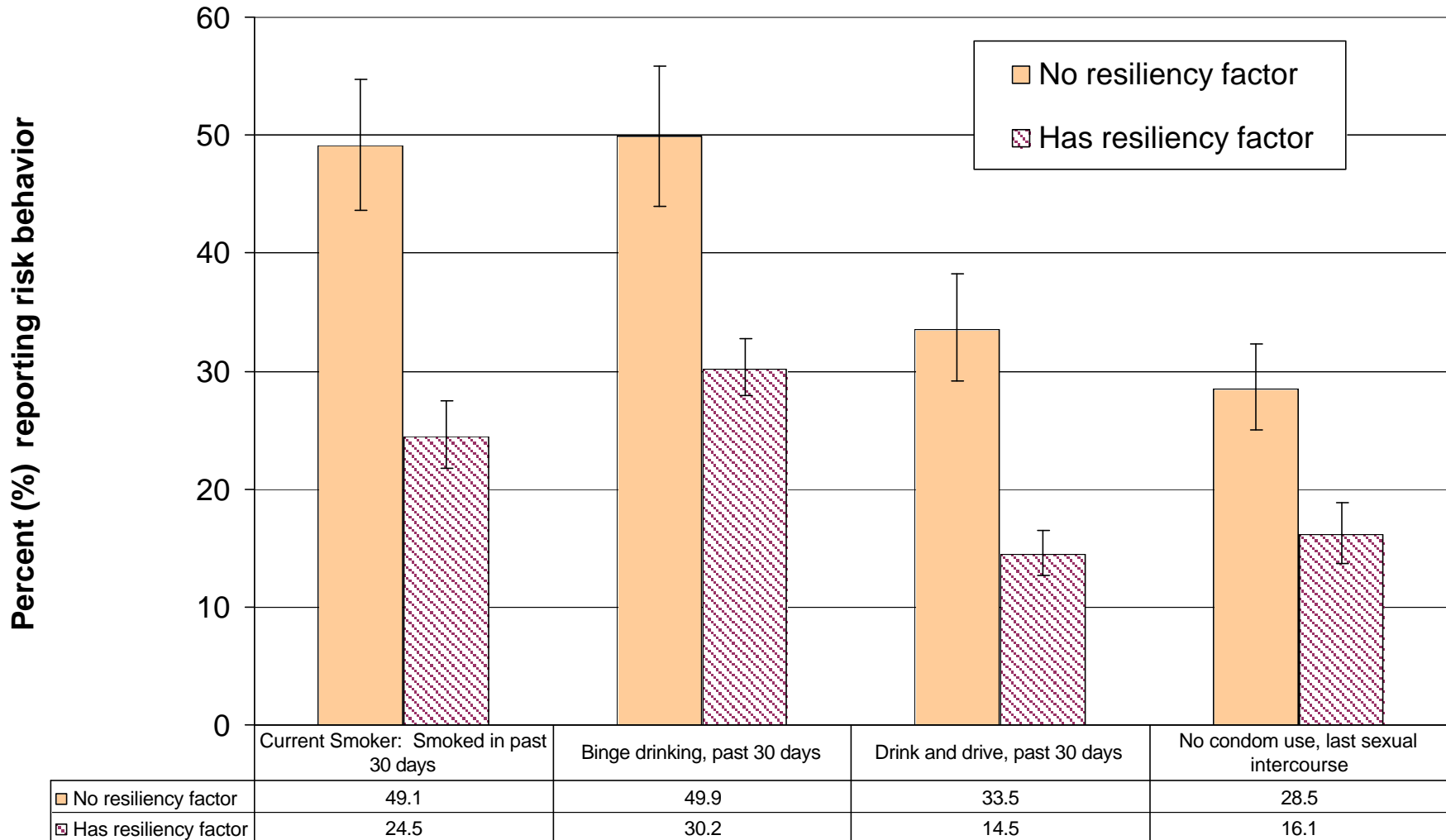
Resiliency Factors and Risk Behaviors

Caring and Supportive Relationship with Adult in the Community

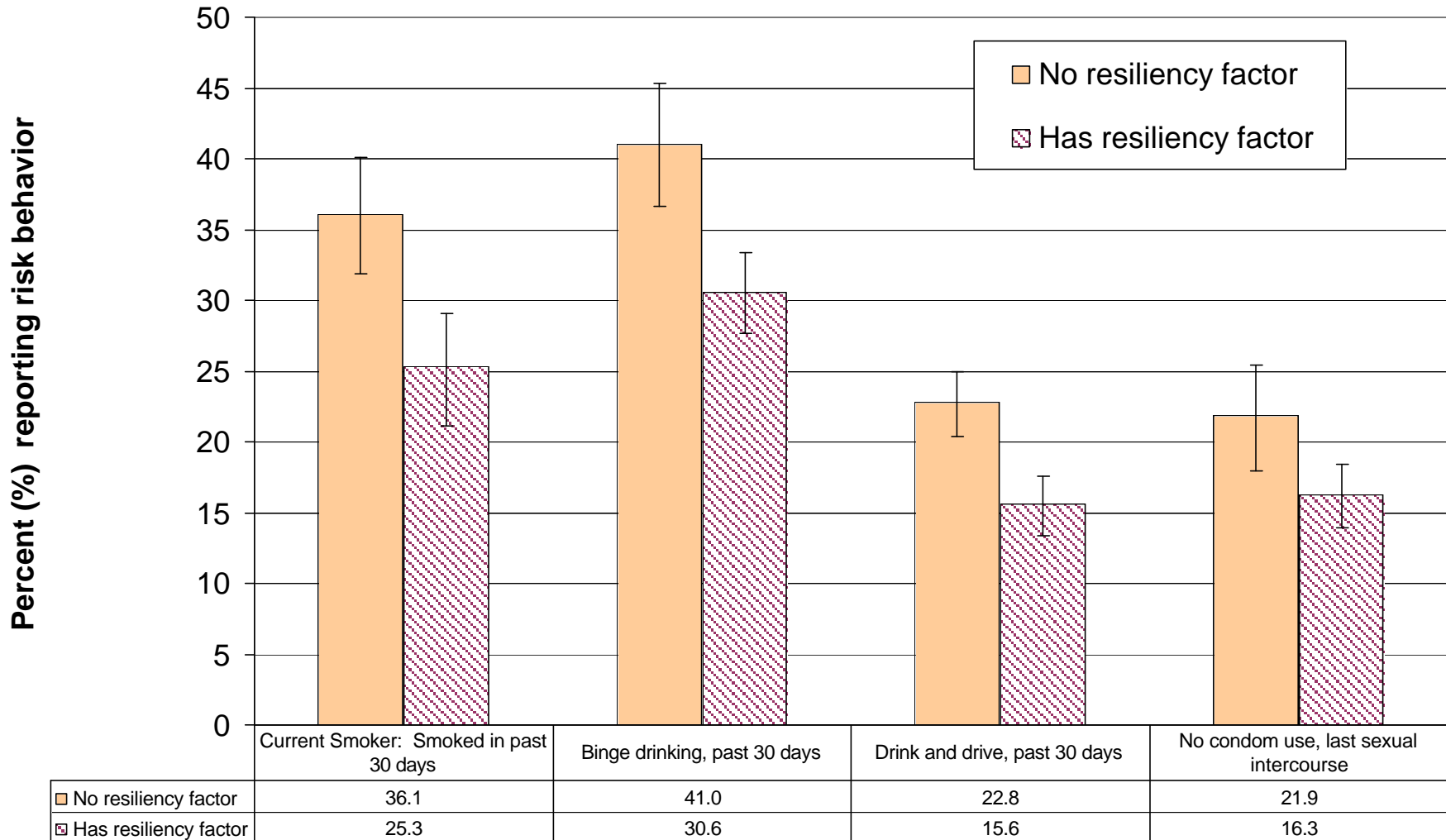
New Mexico, Grades 9 - 12, YRRS, 2003



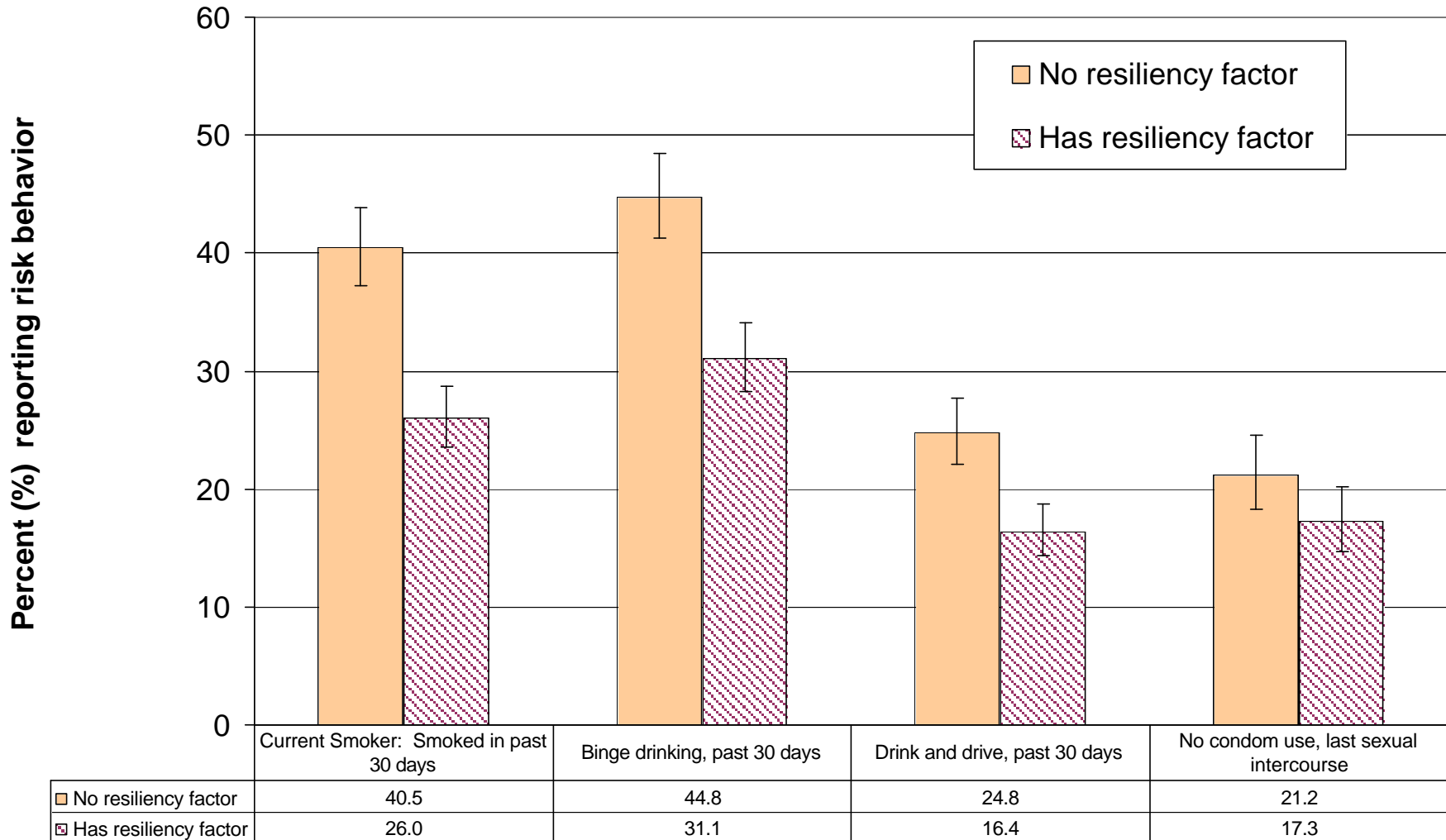
Resiliency Factors and Risk Behaviors Boundaries and Expectations at Home New Mexico, Grades 9 - 12, YRRS, 2003



Resiliency Factors and Risk Behaviors Boundaries and Expectations at School New Mexico, Grades 9 - 12, YRRS, 2003



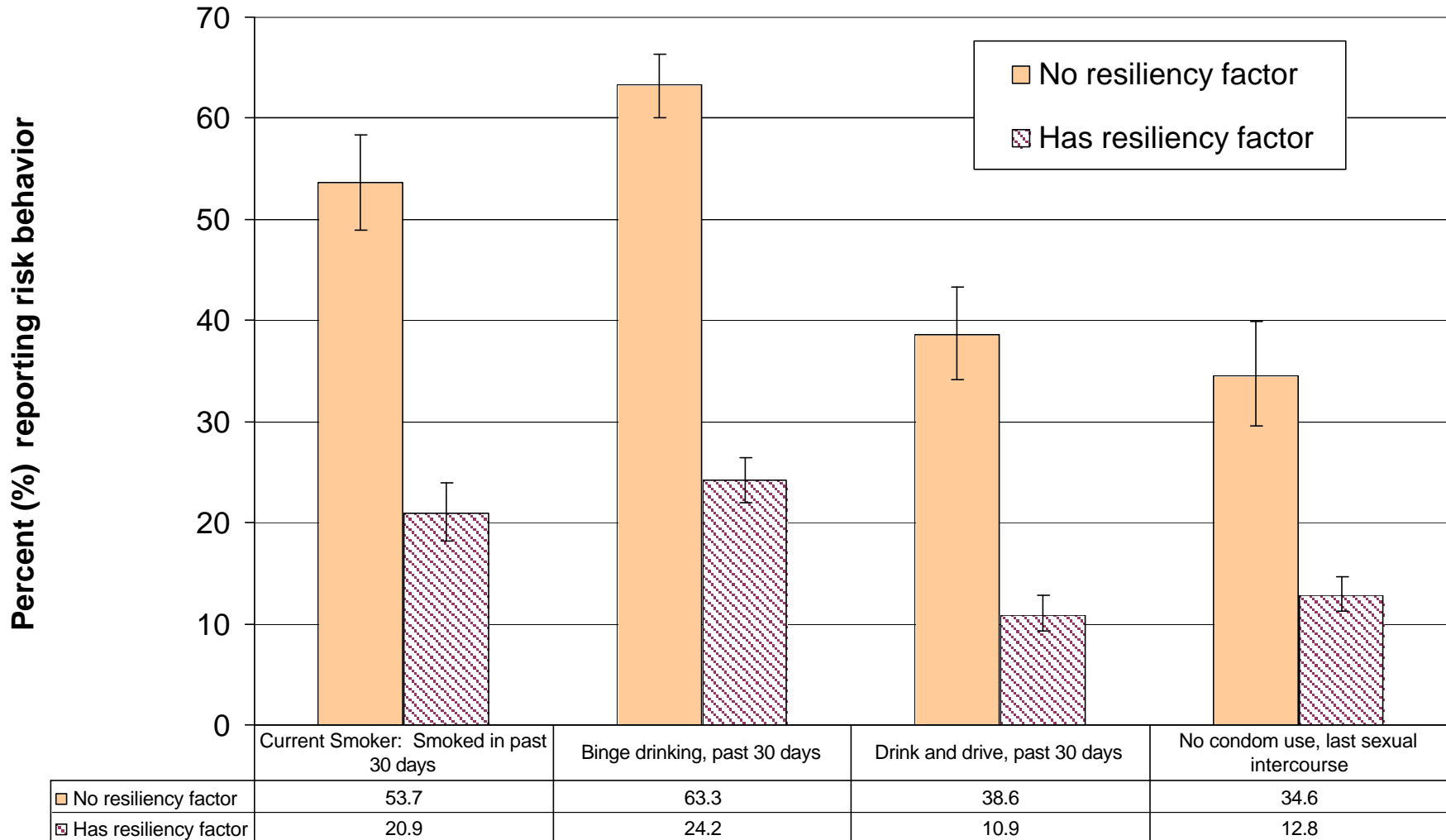
Resiliency Factors and Risk Behaviors Boundaries and Expectations in the Community New Mexico, Grades 9 - 12, YRRS, 2003



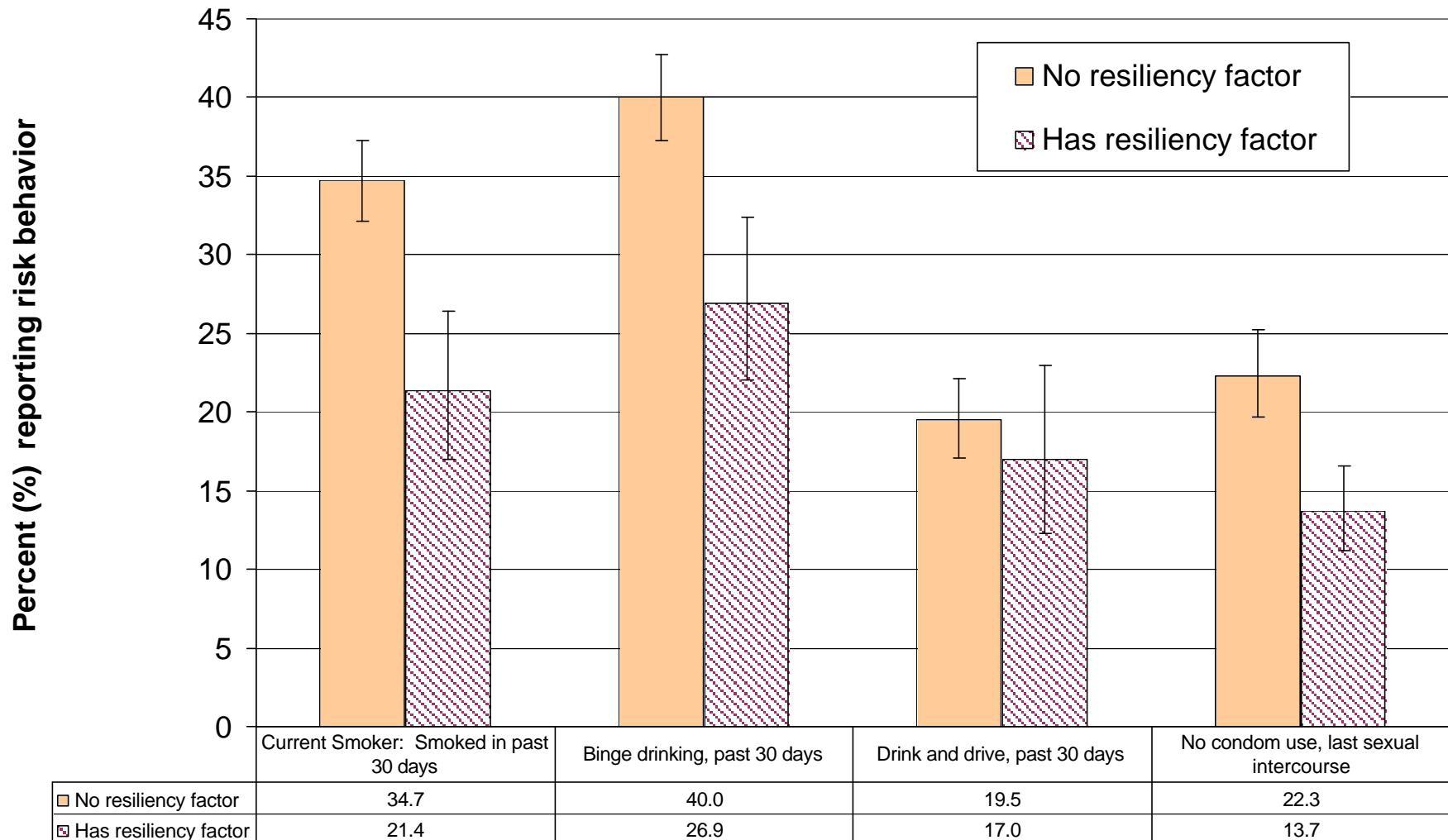
Resiliency Factors and Risk Behaviors

Positive Peer Influence

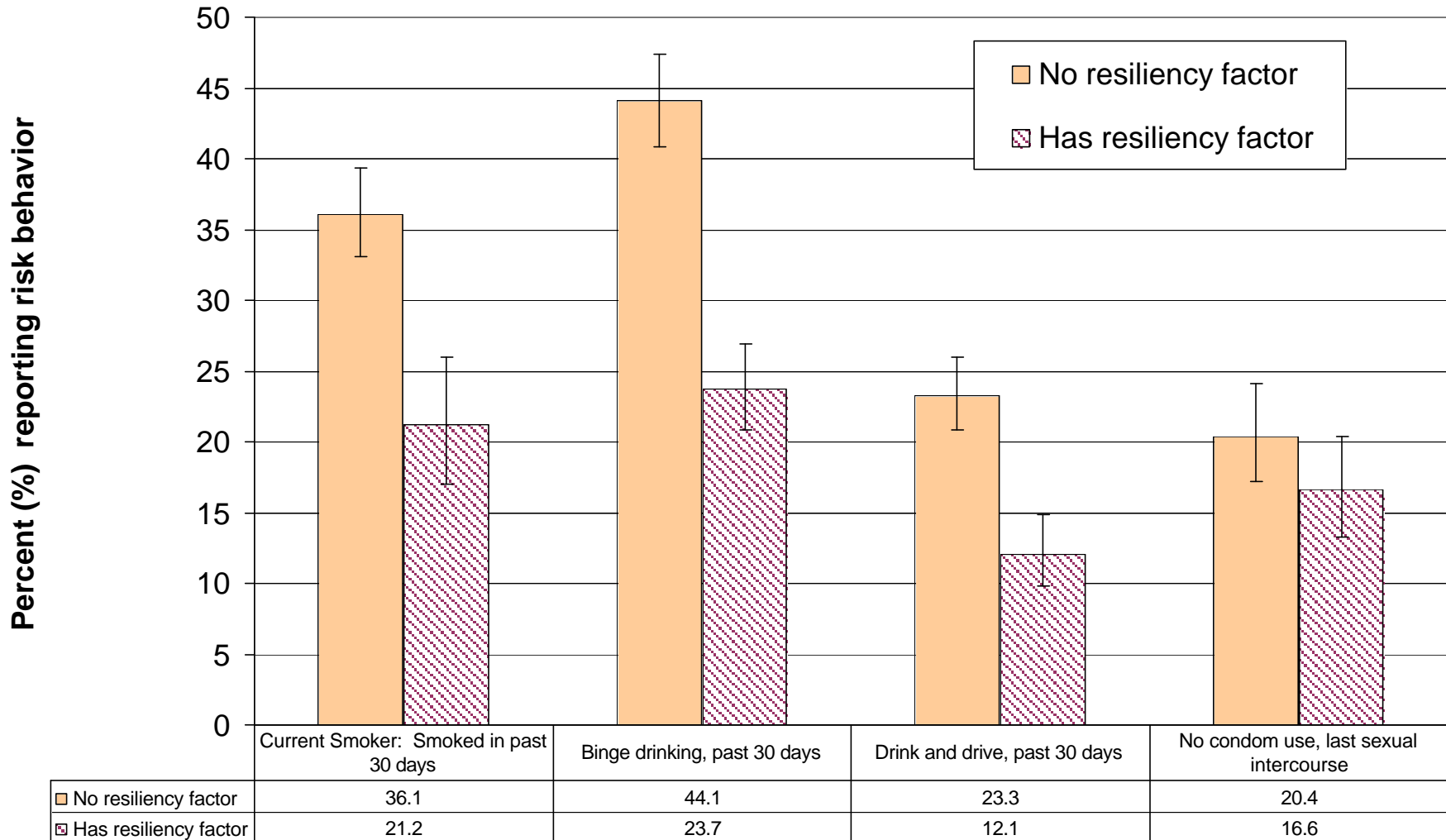
New Mexico, Grades 9 - 12, YRRS, 2003



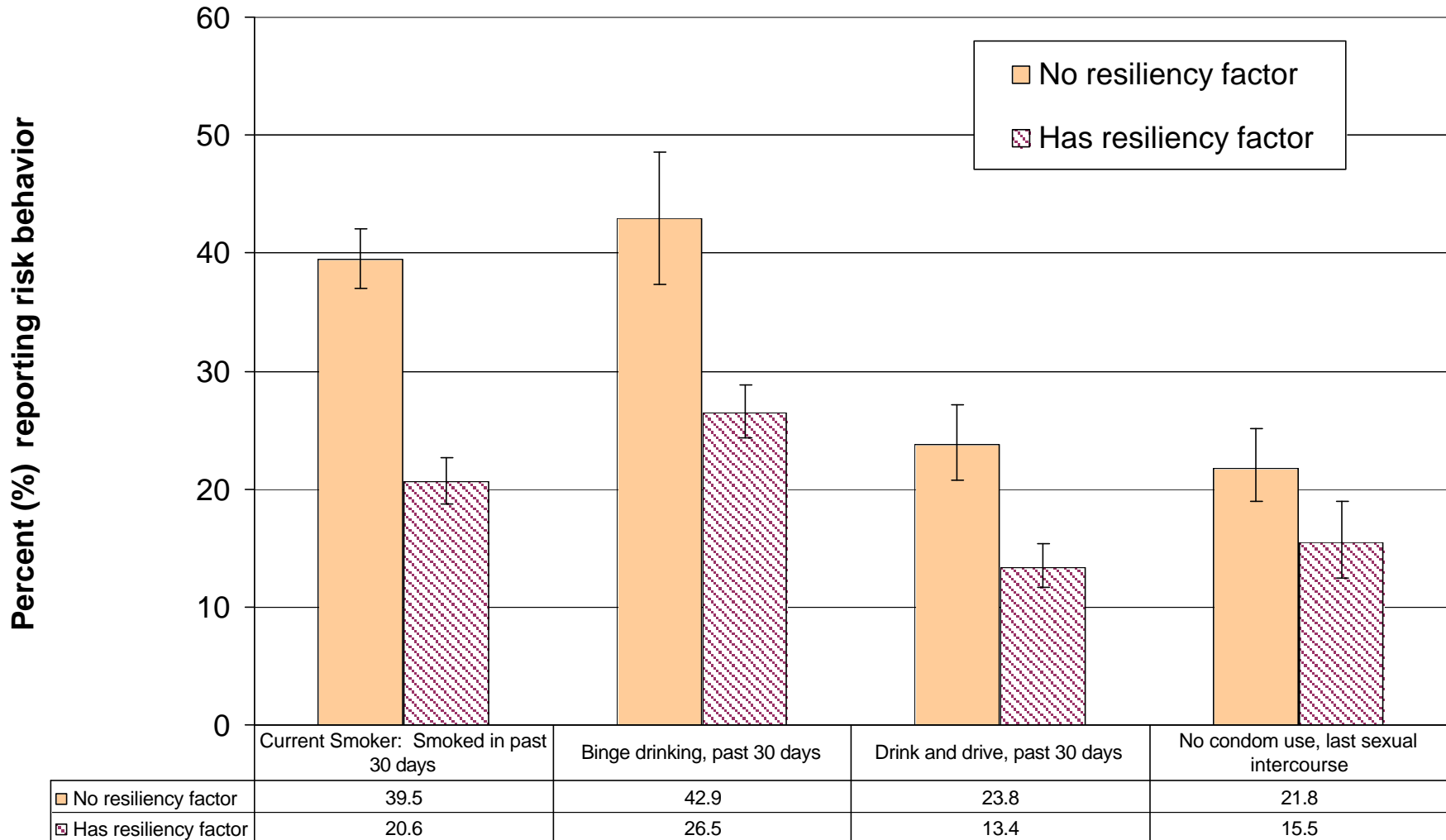
Resiliency Factors and Risk Behaviors
Meaningful Participation/Constructive Use of time
New Mexico, Grades 9 - 12, YRRS, 2003



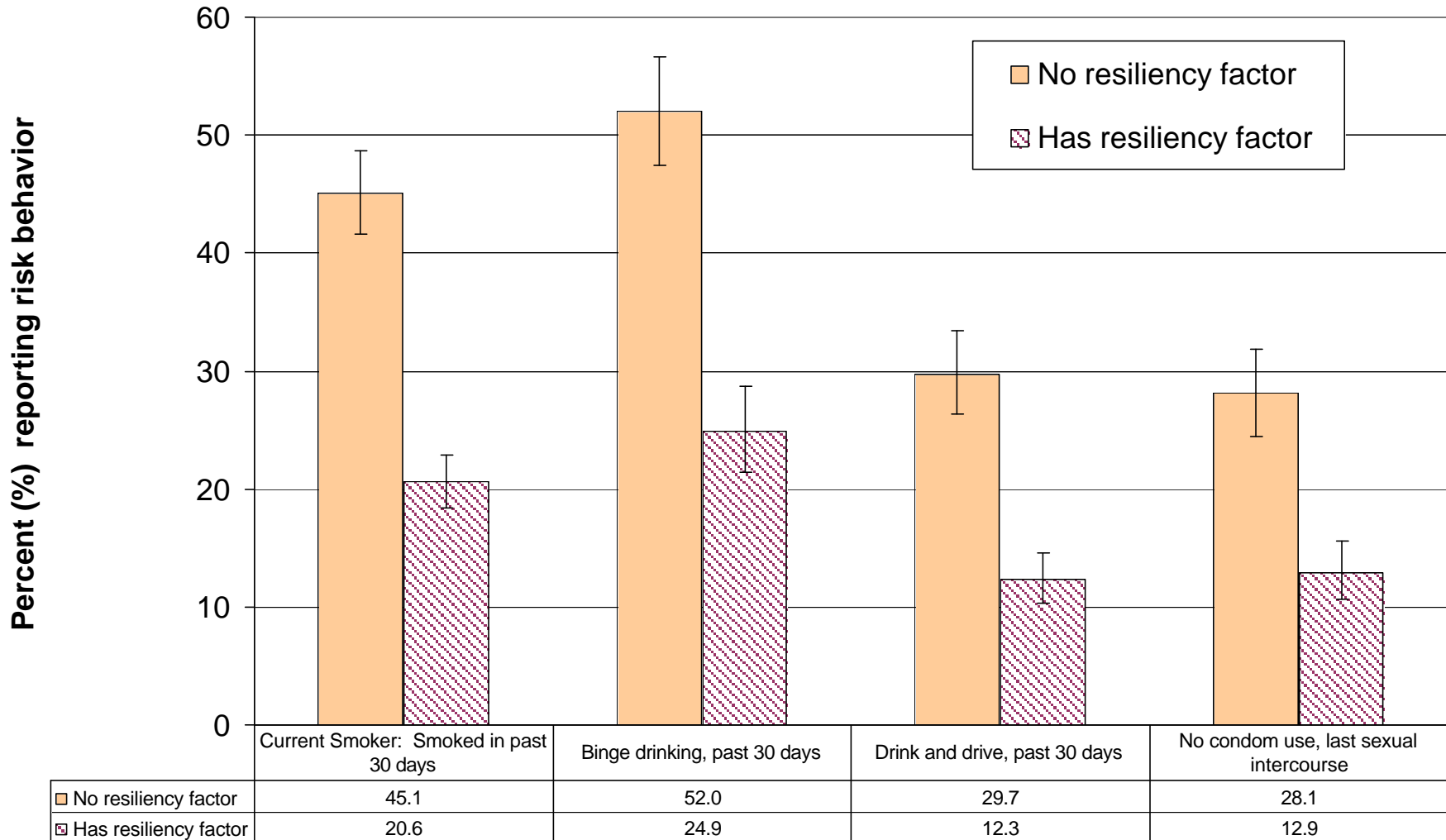
Resiliency Factors and Risk Behaviors Commitment to Learning New Mexico, Grades 9 - 12, YRRS, 2003



Resiliency Factors and Risk Behaviors
Life Skills/Social Competencies
New Mexico, Grades 9 - 12, YRRS, 2003



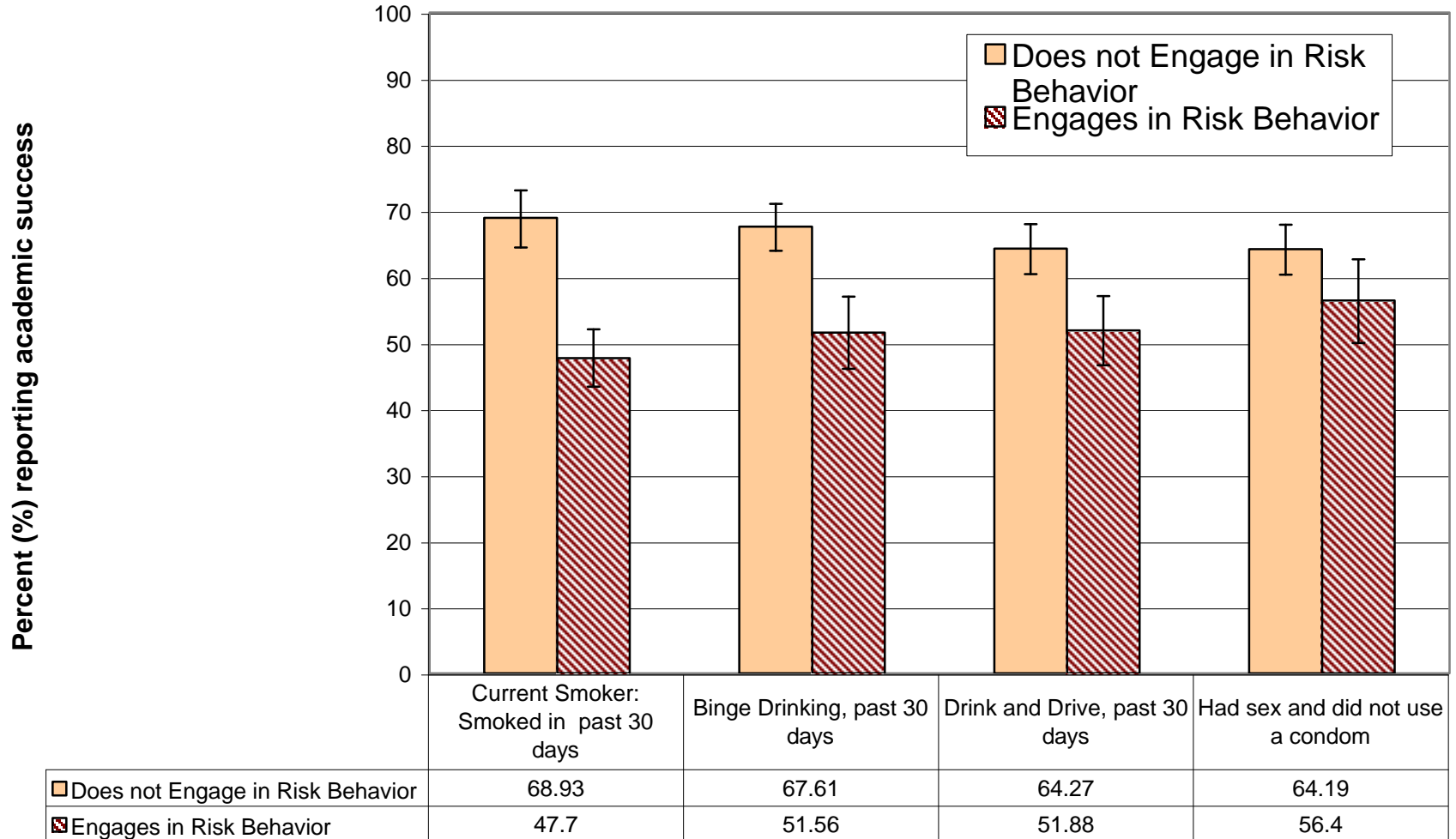
Resiliency Factors and Risk Behaviors Community Norms Related to Alcohol Use by Youth New Mexico, Grades 9 - 12, YRRS, 2003



**Relationships between Risk Behaviors
and Academic Success**

Statewide Results

Students Reporting Academic Success (A's and B's in School) by Risk Behaviors, Grades 9 - 11, YRRS, 2003



Students who do not engage in risk behaviors such as smoking, binge drinking, drinking and driving, and unsafe sex are more likely to get high grades in school (A's and B's).

Appendix A: Definitions of Risk Behaviors

Vehicle Safety

Rarely or Never Wears Seatbelt

Answered '*Rarely*' or '*Never*' to the question, *How often do you wear a seat belt when riding in a car driven by someone else?*

Rode with drinking driver in past 30 days

Answered *one or more times* to the question, *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?*

Drink and drive in past 30 days

Answered *one or more times* to the question, *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

Violence-Related Behaviors

Carried weapon in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

Carried a gun in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you carry a gun?*

Carried a weapon at school in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?*

In a physical fight in past 12 months

Answered *one or more times* to the question, *During the past 12 months, how many times were you in a physical fight?*

In a physical fight at school in past 12 months

Answered *one or more times* to the question, *During the past 12 months, how many times were you in a physical fight on school property?*

Violence-Related Behaviors: Victimization

Skipped school because felt unsafe in past 30 days

Answered *one or more days* to the question, *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?*

Answered *one or more times* to the question, *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?*

Physically hurt by boy/girlfriend in last 12 months

Answered '*Yes*' to the question, *During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?*

Ever physically forced to have sexual intercourse

Answered '*Yes*' to the question, *Have you ever been physically forced to have sexual intercourse when you did not want to?*

Depression and Suicidal Ideation

Felt sad and hopeless every day for two weeks in past year

Answered 'Yes' to the question, *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?*

Seriously considered suicide in past year

Answered 'Yes' to the question. *During the past 12 months, did you ever seriously consider*

Made a suicide plan in the past year

Answered 'Yes' to the question, *During the past 12 months, did you make a plan about how you would attempt suicide?*

Attempted suicide in past year

Answered *one or more time* to the question, *During the past 12 months, how many times did you actually attempt suicide?*

Injured as result of suicide attempt

Answered 'Yes' to the question, *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?*

Cigarette Smoking

Ever tried cigarettes, even a puff

Answered 'Yes' to the question, *Have you ever tried cigarette smoking, even one or two puffs?*

First smoked a cigarette at age 12 or under

Answered *12 years old or younger* to the question, *How old were you when you smoked a whole cigarette for the first time?*

Current Smoker: Smoked in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Frequent Smoker: Smoked on 20 of past 30 days

Answered *20 or more days* to the question, *During the past 30 days, on how many days did you smoke cigarettes?*

Smoked at school in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you smoke cigarettes on school property?*

Bought cigarettes in a store in past 30 days

Answered *'I bought them in a store such as a convenience store, supermarket, discount store, or gas station'* to the question, *During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)*

Other Tobacco Use

Smoked cigars, cigarillos, or little cigars in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?*

Used smokeless tobacco in past 30 days

Answered *'one or more days'* to the question, *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?*

Used any form of tobacco in past 30 days

Respondent reported any form of tobacco use in the previous 30 days (i.e., smoking cigarettes, cigars, cigarillos, or little cigars, or using smokeless tobacco).

In room with someone who was smoking in past week

Answered *one or more days* to the question, *During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?*

Alcohol Use

Ever had a drink of alcohol in lifetime

Gave any response other than *'I have never had a drink of alcohol other than a few sips'* to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Had drink of alcohol in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol?*

Binge drinking* in past 30 days

Answered *one or more days* to the question, *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?*

Had a drink of alcohol at school in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you have at least one drink of alcohol on school property?*

First drink of alcohol at age 12 or younger

Answered *12 years old or younger* to the question, *How old were you when you had your first drink of alcohol other than a few sips?*

Marijuana Use

Used marijuana in past 30 days

Answered *one or more days* to the question, *During the past 30 days, how many times did you use marijuana?*

Used marijuana at school in past 30 days

Answered *one or more days* to the question, *During the past 30 days, how many times did you use marijuana on school property?*

First used marijuana at age 12 or younger

Answered *12 years old or younger* to the question, *How old were you when you tried marijuana for the first time?*

Other Drug Use

Used cocaine in past 30 days

Answered *one or more times* to the question, *During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?*

Used inhalants in past 30 days

Answered *one or more times* to the question, *During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?*

Used heroin in past 12 months

Answered *one or more times* to the question, *During the past 12 months, how many times have you used heroin (also called smack, junk, or China White)?*

Used methamphetamines in past 12 months

Answered *one or more times* to the question, *During the past 12 months, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?*

Used ecstasy in past 12 months

Answered *one or more times* to the question, *During the past 12 months, how many times have you used ecstasy?*

Injected illegal drugs with needle in lifetime

Answered *one or more times* to the question, *During your life, how many times have you used a needle to inject any illegal drug into your body?*

Been offered illegal drugs at school in past 12 months

Answered *'Yes'* to the question, *During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?*

Sexual Activity

Ever had sexual intercourse

Gave any responses other than *'I have never had sexual intercourse'* to the question, *How old were you when you had sexual intercourse for the first time?*

Currently Sexually Active

Respondent reported having sexual intercourse within the previous 3 months. Answered *one or more people* to the question, *During the past 3 months, with how many people did you have sexual intercourse?*

First sexual intercourse at age 12 or younger

Answered *12 years old or younger* to the question, *How old were you when you had sexual intercourse for the first time?*

Used alcohol or drugs before last sexual intercourse

Answered *'Yes'* to the question, *Did you drink alcohol or use drugs before you had sexual intercourse the last time?*

Had sexual intercourse without using condom

Answered *'No'* to the question, *The last time you had sexual intercourse, did you or your partner use a condom?*

Sexually Responsible

Respondent reported either never having had sexual intercourse, not having sexual intercourse within the previous 3 months, or using a condom the last time she/he had sexual intercourse.

Uses BCP as primary pregnancy prevention

Answered *'Birth control pills'* to the question, *The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)*

Body Weight and Weight Control

Overweight and At risk of overweight

Body Mass Index (BMI) was calculated from self-reported height and weight. The categories *'Overweight'* and *'At risk of overweight'* were based on age- and sex-specific BMI values. These values were determined from national, multi-year height, weight, and BMI data.

At risk of Overweight: Greater than or equal to the 85th national BMI percentile for age and sex, and less than the 95th percentile.

Overweight: Greater than or equal to the 95th national BMI percentile for age and sex.

Exercised for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you exercise to lose weight or to keep from gaining weight?*

Ate less for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?*

Vomited or used laxatives for weight control in last 30 days

Answered *'Yes'* to the question, *During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?*

Physical Activity and Nutrition

Does not eat five fruit or vegetable servings a day

Reported consuming fewer than five daily servings of fruit juice, fruit, green salad, potatoes, carrots, or other vegetables over the previous five days.

Did not do minimum recommended moderate or vigorous physical activity*

Reported less than 20 minutes of vigorous activity on 3 of the last 7 days and less than 30 minutes of moderate activity on 5 of the last 7 days.

Answered *2 days or less* to the question, *On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, , fast dancing, or similar aerobic activities?*

AND

Answered *4 days or less* to the question, *On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?*

No moderate or vigorous physical activity

Reported no vigorous activity in the last 7 days and no moderate activity in the last 7 days.

Answered *'0 days'* to the question, *On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, , fast dancing, or similar aerobic activities?*

AND

Answered *'0 days'* to the question, *On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?*

Watches TV 3 or more hours a day on a school day

Answered *3 hours per day or more* to the question, *On an average school day, how many hours do you watch TV?*

Does not have daily PE at school

Answered *less than 5 hours per day* to the question, *In an average week when you are in school, on how many days do you go to physical education (PE) classes?*

Health Care Utilization and Special Needs

Had physical examination in past year

Answered *'Within the last 12 months'* to the question, *When did you last have a physical exam?*

Used school-based health center this year

Answered *one or more times* to the question, *If your school has a school-based health center, how many times did you use it for services this year?*

Limited Activity due to impairment or health problem

Answered *'Yes'* to the question, *Are you limited in any way in any activities because of any impairment or health problem?*

Speaks a language other than English at home at least half of time

Answered *'About half the time' or more often* to the question, *How often do you speak a language other than English at home?*

Not enough food to eat in family sometimes or most of the time

Answered *'Sometimes not enough food to eat' or 'Often not enough food to eat'* to the question, *During the past 12 months, which of the following statements best describes the food eaten by you and your family?*

Appendix B: Definitions of Resiliency Factors

Each resiliency factor is briefly described below. The measure of resiliency is constructed from the responses to the survey questions listed below its description.

Caring and Supportive Relationships

Caring and supportive relationships refer to the interactions between youth and parents, peers, and adults in the school and community that convey love, acceptance, and affirmation. These resiliency factors are constructed from responses to the following survey questions.

Parent or other adult in the family

How true do you feel these statements are for you?

In my home, there is a parent or some other adult...

Who is interested in my school work.

Who talks with me about my problems.

Who listens to me when I have something to say.

Teacher or other adult at school

How true do you feel these statements are for you?

At my school, there is a teacher or some other adult...

Who really cares about me.

Who notices when I'm not there.

Who listens to me when I have something to say.

Adult in the Community

How true do you feel these statements are for you?

Outside of my home and school, there is at least one adult...

Who really cares about me.

Who notices when I am upset about something.

Who I trust.

There is at least one adult in my community I could talk to about something important.

Peers

How true do you feel these statements are for you?

I have a friend about my own age...

Who really cares about me.

Who talks with me about my problems.

Who helps me when I'm having a hard time.

Boundaries and Expectations

Boundaries and expectations refer to interactions with parents, school, and the community that convey standards for acceptable and appropriate behavior.

Family

In my home, there is a parent or some other adult...

How true do you feel these statements are for you?

Who expects me to follow the rules.

Who believes that I will be a success.

Who always wants me to do my best.

When I am not at home, one of my parents/guardians knows where I am and who I am with.

My family has clear rules about drug and alcohol use.

My family has clear rules and standards for my behavior.

School

How true do you feel these statements are for you?

At my school, there is a teacher or some other adult...

Who tells me when I do a good job.

Who always wants me to do my best.

Who believes that I will be a success.

In my school, there are clear rules about what students can and cannot do.

Community

How true do you feel these statements are for you?

Outside of my home and school, there is at least one adult...

Who tells me when I do a good job.

Who always wants me to do my best.

Who believes that I will be a success.

Other Resiliency Factors

Positive Peer Influence

Peer influence is related to boundaries and expectations. Youth standards for acceptable behavior are influenced by their peers and close friends.

How true do you feel these statements are for you?

My friends get into a lot of trouble.

My friends do well in school.

Among the people you consider to be your closest friends, how many would you say do the following?

Drink alcohol once a week or more?

Have used drugs such as marijuana or cocaine?

Meaningful Participation / Constructive Use of Time

This is a measure of constructive and structured activities in the school and in the community that are available to youth, and in which youth choose to participate.

How true do you feel these statements are for you?

At school, I help decide things like class activities or rules.

At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).

Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.

Outside of my home and school, I am involved in music, art, literature, sports or a hobby.

Outside of my home and school, I help other people.

Commitment to Learning

A strong commitment to learning is essential to a student's current and future academic success, and to future success as part of an ever-changing workforce.

At school, I try hard to do my best work.

I plan to go to college or some other school after high school.

How often do you come to classes without bringing paper or something to write with?

How often do you come to classes without your homework finished?

Life Skills / Social Competencies

This reflects the personal skills a young person uses in confronting the many options available to her or him. It is a measure of thoughtfulness, persistence, empathy, and impulsivity involved in making decisions.

How true do you feel these statements are for you?

I try to understand what other people feel and think.

It is important to think before you act.

I have to have everything right away.

I often do things without thinking about what will happen.

It's hard for me to stick with one thing even when it's fun.

Community Norms Related to Alcohol Use by High School Students

This is a measure of the extent to which a young person perceives negative attitudes in the community towards the use of alcohol by high school aged youth.

How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?

How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?

How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?

Appendix C. 2003 YRRS Survey, Sierra County

2003 YRRS High School Questionnaire and Results

1. How old are you?		
A. 12 years old or younger	0.7%	(1 students)
B. 13 years old	0%	(0 students)
C. 14 years old	7.75%	(11 students)
D. 15 years old	30.28%	(43 students)
E. 16 years old	31.69%	(45 students)
F. 17 years old	22.54%	(32 students)
G. 18 years old or older	7.04%	(10 students)
2. What is your sex?		
A. Female	47.14%	(66 students)
B. Male	52.86%	(74 students)
3. In what grade are you?		
A. 9th grade	29.79%	(42 students)
B. 10th grade	31.21%	(44 students)
C. 11th grade	26.95%	(38 students)
D. 12th grade	11.35%	(16 students)
E. Ungraded or other grade	0.71%	(1 students)
4. How do you describe yourself? (Select one or more responses.)		
A. American Indian or Alaska Native	4.9%	(7 students)
B. Asian	3.5%	(5 students)
C. Black or African American	4.2%	(6 students)
D. Hispanic or Latino	32.17%	(46 students)
E. Native Hawaiian or Other Pacific Islander	1.4%	(2 students)
F. White	58.74%	(84 students)
5. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's	14.7	[6.7,29.5]
B. Mostly B's	43.7	[39.2,48.3]
C. Mostly C's	18.8	[15.8,22.3]
D. Mostly D's	5.9	[4.5,7.6]
E. Mostly F's	2.8	[1.7,4.5]
F. None of these grades	2.9	[1.0,8.5]
G. Not sure	11.1	[5.8,20.2]
6. How tall are you without your shoes on?		
Mean (average) height in feet and inches:	5 ft, 7 in	
Mean (average) height in meters:	1.7	
7. How much do you weigh without your shoes on?		
Mean (average) weight in pounds	144	
Mean (average) weight in kilograms	66	

The next 3 questions ask about personal safety.

8. How often do you wear a seat belt when **riding** in a car driven by someone else?
- | | |
|---------------------|------------------|
| A. Never | 4.3 [1.6,10.9] |
| B. Rarely | 7.7 [6.6,8.8] |
| C. Sometimes | 11.4 [8.4,15.2] |
| D. Most of the time | 38.3 [33.5,43.3] |
| E. Always | 38.4 [35.1,41.8] |

9. 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 | 56.8 [44.7,68.0] |
| B. 1 time | 13.4 [7.7,22.3] |
| C. 2 or 3 times | 13.8 [8.5,21.8] |
| D. 4 or 5 times | 4.3 [2.8,6.6] |
| E. 6 or more times | 11.7 [9.0,15.1] |

10. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- | | |
|--------------------|------------------|
| A. 0 times | 79.3 [76.8,81.5] |
| B. 1 time | 8 [5.5,11.5] |
| C. 2 or 3 times | 6.4 [5.2,7.7] |
| D. 4 or 5 times | 2.2 [0.5,9.7] |
| E. 6 or more times | 4.2 [2.5,7.0] |

The next 11 questions ask about violence-related behaviors.

11. If you wanted to get a gun, how quickly could you get it?
- | | |
|-------------------------------|------------------|
| A. Could not get a gun at all | 29.2 [23.9,35.1] |
| B. Within 15 minutes | 34.6 [30.6,38.9] |
| C. Within one hour | 8.4 [2.6,23.7] |
| D. Within one day | 12.3 [7.1,20.4] |
| E. Within one week | 8.5 [5.6,12.8] |
| F. Within one month | 4.8 [3.7,6.2] |
| G. More than a month | 2.1 [1.0,4.5] |

12. Is there a gun in your home?
- | | |
|-------------|------------------|
| A. Yes | 70.9 [66.4,75.0] |
| B. No | 25.5 [20.1,31.7] |
| C. Not sure | 3.6 [2.1,6.3] |

13. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- | | |
|-------------------|------------------|
| A. 0 days | 57.2 [54.5,59.9] |
| B. 1 day | 6.6 [4.2,10.3] |
| C. 2 or 3 days | 7.4 [5.9,9.2] |
| D. 4 or 5 days | 5 [3.4,7.3] |
| E. 6 or more days | 23.8 [18.2,30.5] |

14. During the past 30 days, on how many days did you carry a gun ?	
A. 0 days	78.8 [75.8,81.6]
B. 1 day	4.8 [2.4,9.6]
C. 2 or 3 days	6.4 [5.4,7.5]
D. 4 or 5 days	1.4 [0.3,6.4]
E. 6 or more days	8.5 [5.6,12.8]
15. 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	85.9 [84.1,87.5]
B. 1 day	3.6 [2.9,4.4]
C. 2 or 3 days	2 [0.4,9.1]
D. 4 or 5 days	0 0
E. 6 or more days	8.6 [7.1,10.3] 0
16. 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	91 [89.0,92.7]
B. 1 day	4.1 [1.9,8.6]
C. 2 or 3 days	2.7 [0.5,12.4]
D. 4 or 5 days	0 0
E. 6 or more days	2.1 [1.4,3.3]
17. 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	87.4 [83.4,90.5]
B. 1 time	3.6 [2.0,6.1]
C. 2 or 3 times	4.3 [3.3,5.4]
D. 4 or 5 times	2 [0.6,6.6]
E. 6 or 7 times	2.1 [0.3,13.1]
F. 8 or 9 times	0 0
G. 10 or 11 times	0 0
H. 12 or more times	0.7 [0.2,3.2]
18. During the past 12 months, how many times were you in a physical fight?	
A. 0 times	61.5 [54.7,67.9]
B. 1 time	12.4 [8.5,17.8]
C. 2 or 3 times	10.8 [4.9,22.2]
D. 4 or 5 times	3.5 [1.9,6.6]
E. 6 or 7 times	4.3 [3.3,5.6]
F. 8 or 9 times	0.7 [0.1,4.7]
G. 10 or 11 times	1.5 [0.3,6.8]
H. 12 or more times	5.2 [2.9,9.3]
19. During the past 12 months, how many times were you in a physical fight on school property ?	
A. 0 times	73.9 [70.2,77.2]
B. 1 time	12.1 [8.7,16.6]
C. 2 or 3 times	10.7 [8.5,13.3]
D. 4 or 5 times	1.3 [0.3,6.1]
E. 6 or 7 times	1.4 [1.1,1.8]
F. 8 or 9 times	0 0
G. 10 or 11 times	0 0
H. 12 or more times	0.7 [0.2,3.2]

20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes 8.5 [5.9,12.0]
 - B. No 91.5 [88.0,94.1]

21. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes 8 [6.8,9.3]
 - B. No 92 [90.7,93.2]

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.

22. 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 31 [28.9,33.1]
 - B. No 69 [66.9,71.1]

23. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes 21.3 [18.2,24.8]
 - B. No 78.7 [75.2,81.8]

24. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes 19.4 [19.0,19.8]
 - B. No 80.6 [80.2,81.0]

25. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times 85.4 [79.3,89.9]
 - B. 1 time 9.5 [4.3,19.7]
 - C. 2 or 3 times 1.8 [1.4,2.2]
 - D. 4 or 5 times 0 0
 - E. 6 or more times 3.3 [1.5,7.2]

26. 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 76.9 [71.3,81.6]
 - B. Yes 10.6 [6.3,17.4]
 - C. No 12.5 [9.7,15.9]

The next 10 questions ask about tobacco use.

27. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes 72.7 [66.3,78.3]
 - B. No 27.3 [21.7,33.7]

28. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette 45.5 [39.8,51.3]
 - B. 8 years old or younger 9.1 [4.9,16.4]
 - C. 9 or 10 years old 10.8 [5.8,19.4]
 - D. 11 or 12 years old 14.3 [11.4,17.7]
 - E. 13 or 14 years old 11.7 [7.1,18.5]
 - F. 15 or 16 years old 7.2 [2.1,21.5]
 - G. 17 years old or older 1.4 [0.2,9.1]

29. During the past 30 days, on how many days did you smoke cigarettes?	
A. 0 days	69.8 [52.5,82.8]
B. 1 or 2 days	5.9 [4.6,7.6]
C. 3 to 5 days	5.9 [3.1,11.2]
D. 6 to 9 days	2.8 [0.8,9.3]
E. 10 to 19 days	2.2 [1.5,3.2]
F. 20 to 29 days	1.5 [1.1,1.9]
G. All 30 days	11.9 [4.9,26.3]
30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day ?	
A. I did not smoke cigarettes during the past 30 days	69.4 [53.8,81.5]
B. Less than 1 cigarette per day	4.2 [3.2,5.5]
C. 1 cigarette per day	5.9 [4.4,7.8]
D. 2 to 5 cigarettes per day	10.5 [6.7,16.1]
E. 6 to 10 cigarettes per day	6.3 [3.6,10.9]
F. 11 to 20 cigarettes per day	2.9 [0.6,12.7]
G. More than 20 cigarettes per day	0.7 [0.2,3.3]
31. During the past 30 days, on how many days did you smoke cigarettes on school property ?	
A. 0 days	81.5 [73.9,87.2]
B. 1 or 2 days	3.6 [2.1,6.1]
C. 3 to 5 days	2.9 [2.3,3.6]
D. 6 to 9 days	4.1 [1.9,8.6]
E. 10 to 19 days	0.7 [0.1,4.6]
F. 20 to 29 days	2 [0.6,6.7]
G. All 30 days	5.2 [2.0,12.9]
32. During the past 12 months, did you ever try to quit smoking cigarettes?	
A. I did not smoke during the past 12 months	68.7 [54.1,80.4]
B. Yes	16.8 [9.4,28.4]
C. No	14.4 [10.1,20.3]
33. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)	
A. I did not smoke cigarettes during the past 30 days	68.5 [55.5,79.1]
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	6.6 [2.8,15.0]
C. I bought them from a vending machine	0.7 [0.1,4.5]
D. I gave someone else money to buy them for me	5.6 [3.8,8.3]
E. I borrowed (or bummed) them from someone else	6.4 [3.3,11.8]
F. A person 18 years old or older gave them to me	1.5 [1.2,1.8]
G. I took them from a store or family member	3.6 [0.7,16.0]
H. I got them some other way 4.8% [3.9,5.9]	7.1 [3.4,14.3]
34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars ?	
A. 0 days	75.8 [71.4,79.6]
B. 1 or 2 days	10.5 [5.4,19.4]
C. 3 to 5 days	3.9 [2.0,7.7]
D. 6 to 9 days	3.6 [2.0,6.1]
E. 10 to 19 days	1.3 [0.3,6.1]
F. 20 to 29 days	0.7 [0.2,3.2]
G. All 30 days	4.3 [0.9,18.0]

35. 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 | 82.3 [79.9,84.4] |
| B. 1 or 2 days | 3.6 [2.8,4.5] |
| C. 3 to 5 days | 2.1 [1.0,4.5] |
| D. 6 to 9 days | 0.7 [0.1,4.6] |
| E. 10 to 19 days | 2.7 [1.6,4.5] |
| F. 20 to 29 days | 0.7 [0.1,4.6] |
| G. All 30 days | 7.9 [4.2,14.4] |

36. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- | | |
|----------------|------------------|
| A. 0 days | 32.2 [25.8,39.3] |
| B. 1 or 2 days | 13.6 [11.3,16.3] |
| C. 3 or 4 days | 8.6 [5.2,13.7] |
| D. 5 or 6 days | 4.8 [2.4,9.6] |
| E. 7 days | 40.8 [27.1,56.1] |

The next 4 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.

37. How old were you when you had your first drink of alcohol other than a few sips?
- | | |
|--|------------------|
| A. I've never had a drink of alcohol other than a few sips | 12.2 [8.5,17.3] |
| B. 8 years old or younger | 17.7 [15.7,19.9] |
| C. 9 or 10 years old | 10.1 [8.5,12.0] |
| D. 11 or 12 years old | 19.1 [14.8,24.3] |
| E. 13 or 14 years old | 23.9 [20.1,28.1] |
| F. 15 or 16 years old | 14.8 [13.6,16.1] |
| G. 17 years old or older | 2.2 [1.0,4.6] |

38. During the past 30 days, on how many days did you have at least one drink of alcohol?
- | | |
|------------------|------------------|
| A. 0 days | 39.4 [27.6,52.6] |
| B. 1 or 2 days | 21.8 [17.1,27.4] |
| C. 3 to 5 days | 12.3 [5.8,24.3] |
| D. 6 to 9 days | 8.1 [4.6,13.6] |
| E. 10 to 19 days | 9.8 [6.6,14.3] |
| F. 20 to 29 days | 4.7 [3.1,7.0] |
| G. All 30 days | 3.9 [3.2,4.8] |

39. 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 | 56.2 [51.1,61.2] |
| B. 1 day | 7.7 [4.8,11.9] |
| C. 2 days | 11.2 [10.4,12.1] |
| D. 3 to 5 days | 11.8 [8.6,15.9] |
| E. 6 to 9 days | 5.5 [3.6,8.4] |
| F. 10 to 19 days | 5.5 [4.8,6.3] |
| G. 20 or more days | 2.1 [1.0,4.5] |

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

- | | |
|------------------|------------------|
| A. 0 days | 92.1 [88.7,94.6] |
| B. 1 or 2 days | 3.6 [2.1,6.1] |
| C. 3 to 5 days | 1.4 [1.1,1.8] |
| D. 6 to 9 days | 0.7 [0.2,3.3] |
| E. 10 to 19 days | 1.4 [0.2,8.9] |
| F. 20 to 29 days | 0 0 |
| G. All 30 days | 0.7 [0.2,3.3] |

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

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

- | | |
|----------------------------|------------------|
| A. I never tried marijuana | 42.7 [29.6,57.0] |
| B. 8 years old or younger | 7 [2.6,17.3] |
| C. 9 or 10 years old | 6.4 [5.0,8.1] |
| D. 11 or 12 years old | 13.5 [10.2,17.8] |
| E. 13 or 14 years old | 18.1 [9.7,31.2] |
| F. 15 or 16 years old | 11.5 [6.9,18.6] |
| G. 17 years old or older | 0.7 [0.1,4.7] |

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

- | | |
|---------------------|------------------|
| A. 0 times | 65.1 [55.0,74.0] |
| B. 1 or 2 times | 6.3 [3.5,11.1] |
| C. 3 to 9 times | 9.2 [7.6,11.1] |
| D. 10 to 19 times | 5.6 [2.4,12.8] |
| E. 20 to 39 times | 4.9 [3.8,6.3] |
| F. 40 or more times | 8.9 [5.1,15.0] |

43. During the past 30 days, how many times did you use marijuana **on school property**?

- | | |
|---------------------|------------------|
| A. 0 times | 86.3 [81.2,90.1] |
| B. 1 or 2 times | 5 [2.8,8.7] |
| C. 3 to 9 times | 2.7 [1.6,4.5] |
| D. 10 to 19 times | 2.7 [1.6,4.5] |
| E. 20 to 39 times | 1.4 [0.2,8.9] |
| F. 40 or more times | 2 [0.6,6.6] |

The next 9 questions ask about other drugs.

44. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

- | | |
|---------------------|------------------|
| A. 0 times | 89.9 [85.1,93.3] |
| B. 1 or 2 times | 5 [3.4,7.5] |
| C. 3 to 9 times | 0.7 [0.2,3.5] |
| D. 10 to 19 times | 2.2 [1.4,3.5] |
| E. 20 to 39 times | 0.7 [0.1,4.6] |
| F. 40 or more times | 1.3 [0.3,5.2] |

45. During the past 30 days, 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 | 91.8 [87.0,94.9] |
| B. 1 or 2 times | 3.4 [1.8,6.2] |
| C. 3 to 9 times | 2.1 [1.4,3.2] |
| D. 10 to 19 times | 1.3 [0.3,4.9] |
| E. 20 to 39 times | 0.7 [0.1,4.6] |
| F. 40 or more times | 0.7 [0.2,3.2] |
46. During the past **30 days**, how many times have you used heroin (also called smack, junk, or China White)?
- | | |
|---------------------|------------------|
| A. 0 times | 93.1 [92.5,93.5] |
| B. 1 or 2 times | 2.8 [2.2,3.6] |
| C. 3 to 9 times | 2 [1.0,3.9] |
| D. 10 to 19 times | 0.7 [0.2,3.2] |
| E. 20 to 39 times | 0.7 [0.1,4.6] |
| F. 40 or more times | 0.7 [0.2,3.2] |
47. During the past **12 months**, how many times have you used heroin (also called smack, junk, or China White)?
- | | |
|---------------------|------------------|
| A. 0 times | 93.7 [90.9,95.6] |
| B. 1 or 2 times | 3.5 [1.9,6.6] |
| C. 3 to 9 times | 0.6 [0.0,8.7] |
| D. 10 to 19 times | 0.7 [0.1,4.7] |
| E. 20 to 39 times | 0.7 [0.1,4.7] |
| F. 40 or more times | 0.7 [0.2,3.4] |
48. During the past **30 days**, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?
- | | |
|---------------------|------------------|
| A. 0 times | 90.4 [82.9,94.8] |
| B. 1 or 2 times | 4.1 [1.1,14.4] |
| C. 3 to 9 times | 2 [1.0,3.9] |
| D. 10 to 19 times | 2.1 [1.4,3.2] |
| E. 20 to 39 times | 0.7 [0.1,4.6] |
| F. 40 or more times | 0.7 [0.2,3.2] |
49. During the past **12 months**, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?
- | | |
|---------------------|------------------|
| A. 0 times | 84.8 [80.3,88.5] |
| B. 1 or 2 times | 4.8 [2.0,10.9] |
| C. 3 to 9 times | 5.4 [3.2,8.9] |
| D. 10 to 19 times | 0.7 [0.1,4.6] |
| E. 20 to 39 times | 1.4 [0.2,8.9] |
| F. 40 or more times | 2.8 [1.4,5.6] |
50. During the past 12 months, how many times have you used ecstasy?
- | | |
|---------------------|------------------|
| A. 0 times | 86.5 [84.4,88.4] |
| B. 1 or 2 times | 6.4 [5.3,7.6] |
| C. 3 to 9 times | 3.6 [1.5,8.6] |
| D. 10 to 19 times | 0.7 [0.2,3.4] |
| E. 20 to 39 times | 1.5 [0.2,8.8] |
| F. 40 or more times | 1.3 [0.3,5.0] |

51. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- A. 0 times 97.1 [96.2,97.8]
 - B. 1 time 1.5 [1.1,1.9]
 - C. 2 or more times 1.5 [1.1,1.9]

52. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes 39.7 [29.6,50.8]
 - B. No 60.3 [49.2,70.4]

The next 3 questions ask about what people think about kids your age drinking alcohol.

53. How wrong would **most adults** in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 28.9 [23.9,34.5]
 - B. Wrong 35.1 [29.0,41.8]
 - C. A little bit wrong 27.5 [22.8,32.7]
 - D. Not wrong at all 8.5 [5.0,14.0]

54. How wrong do **your parents** feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 49.1 [46.9,51.3]
 - B. Wrong 23 [20.9,25.1]
 - C. A little bit wrong 18.9 [16.4,21.6]
 - D. Not wrong at all 9.1 [8.3,9.9]

55. How wrong do **YOU** think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 25.8 [21.9,30.2]
 - B. Wrong 10 [8.4,11.9]
 - C. A little bit wrong 39.3 [32.8,46.1]
 - D. Not wrong at all 24.9 [21.6,28.5]

If you wanted to, how easy would each of the following be to get? Use the following scale:

56. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?
- A. Very hard 12.7 [11.5,14.0]
 - B. Sort of hard 11.4 [9.7,13.5]
 - C. Sort of easy 19.4 [14.8,25.0]
 - D. Very easy 56.4 [53.8,59.0]

57. Marijuana?
- A. Very hard 21.1 [12.5,33.5]
 - B. Sort of hard 10.6 [6.8,16.0]
 - C. Sort of easy 13.3 [8.1,21.0]
 - D. Very easy 55 [54.2,55.9]

58. Cocaine, LSD, methamphetamines, or other illegal drug
- A. Very hard 34.4 [29.3,39.8]
 - B. Sort of hard 21.6 [18.6,24.9]
 - C. Sort of easy 16.2 [7.0,33.3]
 - D. Very easy 27.8 [19.0,38.8]

59. About how many adults have you known personally who, in the past year, have used marijuana, cocaine or other drugs?	
A. None	32.6 [26.7,39.0]
B. 1 adult	10.7 [4.8,22.4]
C. 2 adults	11.3 [5.0,23.4]
D. 3 to 4 adults	13.4 [7.5,22.8]
E. 5 or more adults	32 [27.4,36.9]
60. About how many adults have you known personally who, in the past year, have sold or dealt drugs?	
A. None	47.4 [40.7,54.1]
B. 1 adult	13.6 [8.1,21.7]
C. 2 adults	12.1 [10.4,14.1]
D. 3 to 4 adults	5.5 [3.3,9.0]
E. 5 or more adults	21.4 [17.4,26.2]

The next 6 questions ask about sexual behavior.

61. How old were you when you had sexual intercourse for the first time?	
A. I never had sexual intercourse	37.4 [29.0,46.5]
B. 11 years old or younger	13.5 [9.4,19.0]
C. 12 years old	4.3 [3.3,5.6]
D. 13 years old	10.5 [5.8,18.2]
E. 14 years old	9.6 [8.0,11.4]
F. 15 years old	13.3 [8.2,20.8]
G. 16 years old	10.7 [5.1,21.2]
H. 17 years old or older	0.7 [0.2,3.4]
62. During your life, with how many people have you had sexual intercourse?	
A. I never had sexual intercourse	36.1 [29.1,43.7]
B. 1 person	24 [16.4,33.6]
C. 2 people	13.7 [10.0,18.4]
D. 3 people	7.2 [6.7,7.7]
E. 4 people	3.5 [1.9,6.4]
F. 5 people	2 [1.0,4.0]
G. 6 or more people	13.5 [7.4,23.4]
63. During the past 3 months, with how many people did you have sexual intercourse?	
A. I never had sexual intercourse	36.1 [27.5,45.7]
B. I had sexual intercourse, but not during the past 3 months	22.8 [17.1,29.7]
C. 1 person	27.2 [19.6,36.4]
D. 2 people	3.6 [1.9,6.8]
E. 3 people	2.3 [0.5,10.2]
F. 4 people	0 0
G. 5 people	2.3 [1.4,3.5]
H. 6 or more people	5.8 [5.0,6.8]
64. Did you drink alcohol or use drugs before you had sexual intercourse the last	
A. I never had sexual intercourse	36.6 [30.6,43.0]
B. Yes	24.1 [20.7,27.9]
C. No	39.3 [35.1,43.6]

65. The **last time** you had sexual intercourse, did you or your partner use a condom?
- | | |
|-----------------------------------|------------------|
| A. I never had sexual intercourse | 37.4 [31.4,43.8] |
| B. Yes | 42.8 [38.3,47.5] |
| C. No | 19.8 [14.3,26.7] |
66. 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 never had sexual intercourse | 36.4 [29.1,44.3] |
| B. No method was used to prevent pregnancy | 11.4 [8.3,15.5] |
| C. Birth control pills | 8.2 [5.5,11.9] |
| D. Condoms | 33.6 [26.4,41.7] |
| E. Depo-Provera | 2.8 [0.8,9.4] |
| F. Withdrawal | 0.6 [0.0,8.7] |
| G. Some other method | 3.5 [1.9,6.5] |
| H. Not sure | 3.5 [2.5,5.1] |

The following questions ask about your family, your school, other adults, your friends and yourself. Use the following scale:

In my home, there is a parent or some other adult ...

67. who is interested in my school work.
- | | |
|---------------------|------------------|
| A. Not true at all | 9.2 [8.5,10.0] |
| B. A little true | 10.6 [7.0,15.9] |
| C. Pretty much true | 25.5 [24.2,26.7] |
| D. Very much true | 54.7 [49.9,59.3] |
68. who talks with me about my problems.
- | | |
|---------------------|------------------|
| A. Not true at all | 17.9 [16.4,19.4] |
| B. A little true | 18.6 [15.7,21.8] |
| C. Pretty much true | 25.5 [18.0,34.7] |
| D. Very much true | 38.1 [31.6,45.1] |
69. who listens to me when I have something to say.
- | | |
|---------------------|------------------|
| A. Not true at all | 13.1 [9.8,17.2] |
| B. A little true | 17.7 [13.5,22.8] |
| C. Pretty much true | 31 [28.2,34.0] |
| D. Very much true | 38.2 [35.2,41.3] |
70. who expects me to follow the rules.
- | | |
|---------------------|------------------|
| A. Not true at all | 8.4 [6.0,11.5] |
| B. A little true | 6.2 [3.4,11.2] |
| C. Pretty much true | 21.3 [10.5,38.4] |
| D. Very much true | 64.1 [50.6,75.7] |
71. who believes that I will be a success.
- | | |
|---------------------|------------------|
| A. Not true at all | 8.9 [7.2,11.0] |
| B. A little true | 6.4 [5.4,7.5] |
| C. Pretty much true | 24.7 [16.4,35.5] |
| D. Very much true | 60 [49.9,69.3] |

72. who always wants me to do my best.
- | | |
|---------------------|------------------|
| A. Not true at all | 5.6 [3.7,8.5] |
| B. A little true | 6.5 [5.5,7.6] |
| C. Pretty much true | 13.7 [5.7,29.3] |
| D. Very much true | 74.2 [58.6,85.4] |

At my school, there is a teacher or some other adult...

73. who really cares about me.
- | | |
|---------------------|------------------|
| A. Not true at all | 19.4 [10.6,32.9] |
| B. A little true | 17.7 [14.7,21.2] |
| C. Pretty much true | 22 [14.4,32.1] |
| D. Very much true | 40.9 [21.6,63.4] |

74. who notices when I'm not there.
- | | |
|---------------------|------------------|
| A. Not true at all | 17.6 [10.9,27.2] |
| B. A little true | 17.8 [11.5,26.4] |
| C. Pretty much true | 20.8 [18.0,24.0] |
| D. Very much true | 43.8 [27.6,61.5] |

75. who listens to me when I have something to say.
- | | |
|---------------------|------------------|
| A. Not true at all | 14.3 [7.5,25.4] |
| B. A little true | 16.4 [9.9,26.0] |
| C. Pretty much true | 30.3 [23.8,37.8] |
| D. Very much true | 39 [19.2,63.2] |

76. who tells me when I do a good job.
- | | |
|---------------------|------------------|
| A. Not true at all | 14.5 [9.3,21.9] |
| B. A little true | 12.9 [7.6,21.0] |
| C. Pretty much true | 27.1 [16.7,40.8] |
| D. Very much true | 45.5 [23.6,69.2] |

77. who always wants me to do my best.
- | | |
|---------------------|------------------|
| A. Not true at all | 10.8 [7.5,15.4] |
| B. A little true | 13 [6.9,23.1] |
| C. Pretty much true | 26.9 [16.8,40.1] |
| D. Very much true | 49.3 [27.9,71.0] |

78. who believes that I will be a success.
- | | |
|---------------------|------------------|
| A. Not true at all | 10.6 [5.5,19.7] |
| B. A little true | 20 [17.2,23.1] |
| C. Pretty much true | 25.5 [14.5,40.8] |
| D. Very much true | 43.9 [23.8,66.2] |

Outside of my home and school, there is an adult...

79. who really cares about me.
- | | |
|---------------------|------------------|
| A. Not true at all | 17.1 [8.3,32.2] |
| B. A little true | 4.2 [1.4,12.0] |
| C. Pretty much true | 25.3 [18.5,33.5] |
| D. Very much true | 53.4 [30.9,74.6] |

80. who notices when I am upset about something.	
A. Not true at all	16.3 [11.4,22.8]
B. A little true	9.9 [7.1,13.5]
C. Pretty much true	26.7 [17.0,39.4]
D. Very much true	47.1 [28.5,66.6]
81. whom I trust.	
A. Not true at all	15.4 [12.6,18.8]
B. A little true	9.1 [3.3,23.1]
C. Pretty much true	21.7 [10.8,38.8]
D. Very much true	53.7 [28.9,76.9]
82. who tells me when I do a good job.	
A. Not true at all	14.1 [8.8,21.9]
B. A little true	12.9 [3.8,35.7]
C. Pretty much true	25.5 [19.3,32.9]
D. Very much true	47.5 [24.9,71.1]
83. who always wants me to do my best.	
A. Not true at all	13.4 [7.5,22.8]
B. A little true	12.7 [4.2,32.8]
C. Pretty much true	18.7 [11.9,28.1]
D. Very much true	55.2 [28.1,79.5]
84. who believes that I will be a success.	
A. Not true at all	13.3 [6.2,26.2]
B. A little true	11.9 [5.2,24.9]
C. Pretty much true	19.8 [14.4,26.6]
D. Very much true	54.9 [32.5,75.6]
I have a friend about my own age...	
85. who really cares about me.	
A. Not true at all	9.6 [4.7,18.9]
B. A little true	8.2 [3.6,17.7]
C. Pretty much true	28.8 [18.9,41.3]
D. Very much true	53.4 [30.1,75.2]
86. who talks with me about my problems.	
A. Not true at all	13.1 [9.8,17.4]
B. A little true	8.6 [2.1,28.9]
C. Pretty much true	25.8 [21.6,30.5]
D. Very much true	52.5 [34.8,69.6]
87. who helps me when I'm having a hard time.	
A. Not true at all	15.3 [11.3,20.3]
B. A little true	7.6 [2.7,19.6]
C. Pretty much true	22.4 [15.7,30.9]
D. Very much true	54.8 [35.5,72.7]

How true do you feel these statements are for you?

88. When I am not at home, one of my parents/guardians knows where I am and who I am.
- A. Not true at all 14.2 [11.1,18.0]
 - B. A little true 10.7 [6.9,16.0]
 - C. Pretty much true 28.7 [12.0,54.2]
 - D. Very much true 46.5 [27.2,66.8]
89. My family has clear rules about drug and alcohol use.
- A. Not true at all 7.8 [2.9,19.5]
 - B. A little true 11.2 [6.7,18.2]
 - C. Pretty much true 24.4 [22.3,26.7]
 - D. Very much true 56.6 [41.3,70.7]
90. My family has clear rules and standards for my behavior.
- A. Not true at all 9.4 [6.7,13.0]
 - B. A little true 9.4 [7.9,11.1]
 - C. Pretty much true 25.9 [20.5,32.0]
 - D. Very much true 55.4 [48.2,62.4]
91. In my school, there are clear rules about what students can and cannot do.
- A. Not true at all 11.4 [8.2,15.5]
 - B. A little true 5.8 [4.4,7.5]
 - C. Pretty much true 25.3 [19.9,31.5]
 - D. Very much true 57.6 [47.2,67.3]
92. At school, I help decide things like class activities or rules.
- A. Not true at all 33.6 [28.2,39.6]
 - B. A little true 16.4 [12.3,21.4]
 - C. Pretty much true 22 [10.9,39.4]
 - D. Very much true 28 [16.9,42.6]
93. At school, I try hard to do my best work.
- A. Not true at all 11.9 [5.6,23.7]
 - B. A little true 9.2 [7.5,11.3]
 - C. Pretty much true 35.5 [21.5,52.6]
 - D. Very much true 43.3 [20.6,69.3]
94. I plan to go to college or some other school after high school.
- A. Not true at all 13.5 [11.8,15.3]
 - B. A little true 10.9 [5.0,22.3]
 - C. Pretty much true 20.4 [15.2,26.8]
 - D. Very much true 55.2 [43.4,66.5]
95. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).
- A. Not true at all 32.5 [26.6,39.0]
 - B. A little true 9.1 [6.5,12.7]
 - C. Pretty much true 15.4 [10.7,21.7]
 - D. Very much true 42.9 [35.9,50.2]

96. There is at least one adult in my community I could talk to about something	
A. Not true at all	16.7 [15.4,18.0]
B. A little true	11.4 [3.7,30.0]
C. Pretty much true	18.7 [17.7,19.7]
D. Very much true	53.3 [39.7,66.4]
97. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.	
A. Not true at all	38.7 [31.3,46.7]
B. A little true	5.9 [4.5,7.8]
C. Pretty much true	16.7 [10.6,25.5]
D. Very much true	38.6 [27.9,50.5]
98. Outside of my home and school, I am involved in music, art, literature, sports or a	
A. Not true at all	32.5 [26.6,38.9]
B. A little true	9.2 [7.5,11.2]
C. Pretty much true	10.5 [5.8,18.1]
D. Very much true	47.9 [43.8,52.0]
99. Outside of my home and school, I help other people.	
A. Not true at all	19.1 [17.4,21.0]
B. A little true	16.5 [12.0,22.3]
C. Pretty much true	34.7 [25.3,45.4]
D. Very much true	29.7 [19.5,42.5]
100. I try to understand what other people feel and think.	
A. Not true at all	16.4 [15.5,17.3]
B. A little true	12.2 [7.3,19.7]
C. Pretty much true	28.1 [21.1,36.4]
D. Very much true	43.2 [30.6,56.8]
101. It is important to think before you act.	
A. Not true at all	9.4 [5.2,16.4]
B. A little true	9.3 [7.9,10.9]
C. Pretty much true	23.6 [16.9,31.9]
D. Very much true	57.7 [43.2,71.0]
102. I have to have everything right away.	
A. Not true at all	23.1 [18.0,29.2]
B. A little true	34.1 [21.7,49.2]
C. Pretty much true	21.1 [16.7,26.4]
D. Very much true	21.6 [10.7,38.9]
103. I often do things without thinking about what will happen.	
A. Not true at all	17.6 [11.3,26.5]
B. A little true	24.7 [22.3,27.3]
C. Pretty much true	30.8 [26.9,35.0]
D. Very much true	26.9 [17.4,39.1]

104. It's hard for me to stick with one thing even when it's fun.
- | | | |
|---------------------|------|-------------|
| A. Not true at all | 39 | [31.9,46.5] |
| B. A little true | 20.9 | [18.5,23.4] |
| C. Pretty much true | 19.6 | [13.7,27.1] |
| D. Very much true | 20.6 | [10.8,35.7] |

105. My friends get into a lot of trouble.
- | | | |
|---------------------|------|-------------|
| A. Not true at all | 36.1 | [35.0,37.3] |
| B. A little true | 28.5 | [26.5,30.5] |
| C. Pretty much true | 20.6 | [13.9,29.4] |
| D. Very much true | 14.8 | [9.0,23.3] |

106. My friends do well in school.
- | | | |
|---------------------|------|-------------|
| A. Not true at all | 8.8 | [8.4,9.2] |
| B. A little true | 21.9 | [20.0,23.9] |
| C. Pretty much true | 39.6 | [29.6,50.6] |
| D. Very much true | 29.7 | [20.5,40.8] |

Among the people you consider to be your closest friends, how many would you say do the following?

107. Drink alcohol once a week or more?
- | | | |
|----------|------|-------------|
| A. None | 28.8 | [24.7,33.2] |
| B. A few | 29.3 | [27.8,31.0] |
| C. Some | 18.2 | [9.1,33.0] |
| D. Most | 19.4 | [13.6,26.9] |
| E. All | 4.3 | [2.0,9.0] |

108. Have used drugs such as marijuana or cocaine?
- | | | |
|----------|------|-------------|
| A. None | 34.3 | [25.1,44.8] |
| B. A few | 32.8 | [25.1,41.6] |
| C. Some | 11.9 | [7.2,19.1] |
| D. Most | 13.2 | [10.4,16.7] |
| E. All | 7.8 | [4.6,12.9] |

The next 8 questions ask about how many times you have done the following things.

109. How many times have you done what feels good no matter what?
- | | | |
|--------------------------------------|------|-------------|
| A. I've never done this | 23.2 | [19.9,26.9] |
| B. I've done it but not in past year | 6.7 | [5.7,7.8] |
| C. Less than once a month | 22.6 | [18.7,27.0] |
| D. About once a month | 14.4 | [12.0,17.2] |
| E. 2 to 3 times a month | 10.5 | [10.4,10.6] |
| F. Once a week or more | 22.7 | [16.2,30.8] |

110. How many times have you done something dangerous because someone dared
- | | | |
|--------------------------------------|------|-------------|
| A. I've never done this | 31.2 | [20.8,43.9] |
| B. I've done it but not in past year | 21.2 | [16.3,27.2] |
| C. Less than once a month | 16.5 | [12.9,20.9] |
| D. About once a month | 8.8 | [5.5,13.6] |
| E. 2 to 3 times a month | 11.5 | [7.2,18.0] |
| F. Once a week or more | 10.8 | [9.4,12.4] |

111. How many times have you done crazy exciting things even if they are a little	
A. I've never done this	18.6 [13.2,25.6]
B. I've done it but not in past year	19.7 [14.3,26.5]
C. Less than once a month	8.2 [4.3,15.0]
D. About once a month	17.6 [12.0,25.1]
E. 2 to 3 times a month	13.8 [7.4,24.3]
F. Once a week or more	22.1 [17.7,27.3]
112. How often do you attend religious or spiritual services?	
A. Every day	10.9 [4.1,25.8]
B. 1 to 6 times a week	17 [13.0,21.9]
C. 1 to 3 times a month	17.2 [14.4,20.4]
D. 3 to 11 times a year	12 [9.7,14.6]
E. Only once or twice a year	14.9 [9.1,23.3]
F. Never	28.1 [19.2,39.0]
113. During the school year, how many hours a week do you work at a part-time job?	
A. I don't work	59.4 [52.9,65.7]
B. 1 to 4 hours per week	8.9 [5.7,13.6]
C. 5 to 9 hours per week	8.2 [6.8,9.7]
D. 10 to 20 hours per week	10.1 [6.5,15.2]
E. Over 20 hours per week	13.4 [8.1,21.5]
114. During the last four weeks, how many days of school have you missed because you skipped or ditched?	
A. None	55.8 [50.9,60.6]
B. 1 day	9 [7.2,11.3]
C. 2 days	11 [4.2,25.8]
D. 3 days	7.4 [3.7,14.0]
E. 4 to 5 days	8.3 [4.4,15.2]
F. 6 to 10 days	4.4 [3.3,5.7]
G. 11 or more days	4.2 [1.8,9.2]
115. How often do you come to classes without bringing paper or something to write	
A. Never	60.4 [54.4,66.0]
B. Sometimes	25.8 [20.2,32.4]
C. Usually	13.8 [13.3,14.3]
116. How often do you come to classes without your homework finished?	
A. Never	23 [16.3,31.5]
B. Sometimes	58.3 [56.8,59.9]
C. Usually	18.6 [12.5,26.8]
The next 3 questions ask about body weight.	
117. During the past 30 days, did you exercise to lose weight or to keep from gaining	
A. Yes	62.3 [52.1,71.5]
B. No	37.7 [28.5,47.9]
118. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?	
A. Yes	40.5 [36.7,44.4]
B. No	59.5 [55.6,63.3]

119. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes 19.8 [9.5,36.9]
 - B. No 80.2 [63.1,90.5]

The next 7 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, at school, at restaurants, or anywhere else.

120. 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 29.7 [22.4,38.3]
 - B. 1 to 3 times during past 7 days 31.8 [26.9,37.1]
 - C. 4 to 6 times during past 7 days 16.7 [12.1,22.4]
 - D. 1 time per day 8.2 [5.6,12.0]
 - E. 2 times per day 3.8 [2.8,5.3]
 - F. 3 times per day 3.1 [2.5,3.7]
 - G. 4 or more times per day 6.7 [3.2,13.4]
121. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I didn't eat fruit during past 7 days 25.7 [23.2,28.3]
 - B. 1-3 times during the past 7 days 30.3 [25.3,35.9]
 - C. 4-6 times during the past 7 days 20.3 [18.3,22.4]
 - D. 1 time per day 11.5 [8.7,14.9]
 - E. 2 times per day 5.4 [3.7,7.8]
 - F. 3 times per day 0 0
 - G. 4 or more times per day 6.9 [4.1,11.3]
122. 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 39.2 [35.5,43.1]
 - B. 1-3 times during the past 7 days 31.7 [21.7,43.8]
 - C. 4-6 times during the past 7 days 15.2 [8.3,26.1]
 - D. 1 time per day 8.2 [7.1,9.4]
 - E. 2 times per day 3.6 [1.9,6.9]
 - F. 3 times per day 0.8 [0.2,3.6]
 - G. 4 or more times per day 1.3 [0.3,5.3]
123. 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 26 [16.3,38.8]
 - B. 1-3 times during the past 7 days 42.7 [39.5,46.0]
 - C. 4-6 times during the past 7 days 17 [12.6,22.5]
 - D. 1 time per day 8.3 [5.4,12.4]
 - E. 2 times per day 3.8 [2.8,5.1]
 - F. 3 times per day 0 0
 - G. 4 or more times per day 2.3 [1.4,3.7]

124. During the past 7 days, how many times did you eat **carrots**?
- | | |
|---|------------------|
| A. I did not eat carrots during the past 7 days | 47.4 [37.0,58.0] |
| B. 1-3 times during the past 7 days | 28.1 [24.5,32.1] |
| C. 4-6 times during the past 7 days | 11.3 [4.2,27.0] |
| D. 1 time per day | 8.7 [5.0,14.8] |
| E. 2 times per day | 1.5 [1.2,1.8] |
| F. 3 times per day | 0.8 [0.1,4.4] |
| G. 4 or more times per day | 2.3 [1.4,3.7] |

125. 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 | 30 [25.4,35.1] |
| B. 1-3 times during the past 7 days | 33.6 [26.0,42.0] |
| C. 4-6 times during the past 7 days | 20.8 [12.2,33.0] |
| D. 1 time per day | 8.1 [7.2,9.2] |
| E. 2 times per day | 4.5 [2.2,9.0] |
| F. 3 times per day | 1.5 [0.3,7.2] |
| G. 4 or more times per day | 1.5 [0.3,7.2] |

126. During the past 7 days, how many **glasses of milk** did you drink? (Include 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 | 25.3 [24.3,26.2] |
| B. 1-3 glasses during past 7 days | 17.2 [11.4,25.0] |
| C. 4-6 glasses during past 7 days | 21.9 [16.1,29.1] |
| D. 1 glass per day | 15.6 [14.0,17.4] |
| E. 2 glasses per day | 10.4 [6.5,16.2] |
| F. 3 glasses per day | 1.5 [1.2,1.8] |
| G. 4 or more glasses per day | 8.1 [3.4,18.4] |

The next 8 questions ask about physical activity, personal care and health habits.

127. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- | | |
|-----------|------------------|
| A. 0 days | 22.1 [19.9,24.5] |
| B. 1 day | 12.7 [6.9,22.3] |
| C. 2 days | 12.6 [9.3,16.8] |
| D. 3 days | 10.6 [4.6,22.5] |
| E. 4 days | 9.2 [7.0,12.0] |
| F. 5 days | 8.5 [5.5,12.9] |
| G. 6 days | 4.6 [2.4,8.7] |
| H. 7 days | 19.7 [16.0,23.9] |

128. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
- | | |
|-----------|------------------|
| A. 0 days | 30.5 [26.6,34.8] |
| B. 1 day | 18.9 [15.4,22.9] |
| C. 2 days | 10.4 [8.4,12.8] |
| D. 3 days | 11.1 [6.0,19.8] |
| E. 4 days | 3.8 [2.4,6.0] |
| F. 5 days | 6.8 [4.9,9.4] |
| G. 6 days | 0.8 [0.1,4.4] |
| H. 7 days | 17.7 [13.9,22.3] |

129. On an average school day, how many hours do you watch TV?	
A. I do not watch TV on an average school day	19.1 [14.2,25.1]
B. Less than 1 hour per day	21.1 [18.3,24.2]
C. 1 hour per day	15 [12.4,18.1]
D. 2 hours per day	18 [11.5,27.1]
E. 3 hours per day	10.6 [8.8,12.8]
F. 4 hours per day	7.3 [3.0,16.3]
G. 5 or more hours per day	8.9 [7.1,11.1]
130. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	
A. 0 days	63.9 [57.4,69.9]
B. 1 day	11.5 [9.6,13.7]
C. 2 days	7.8 [5.0,11.7]
D. 3 days	0.8 [0.1,4.0]
E. 4 days	2.3 [1.4,4.0]
F. 5 days	13.8 [7.9,22.9]
131. When did you last have a physical exam?	
A. Within the last 12 months	56.8 [47.5,65.8]
B. 1-2 years ago	10.3 [6.8,15.4]
C. More than 2 years ago	9.6 [5.1,17.3]
D. I don't remember	19.4 [15.7,23.6]
E. I've never had a physical exam	3.9 [1.5,9.8]
132. If your school has a school-based health center, how many times did you use it for services this year?	
A. My school does not have a school-based health center	57.2 [42.8,70.5]
B. 0 times	28.2 [17.8,41.7]
C. 1 time	10.1 [5.2,18.6]
D. 2 times	2.9 [0.7,11.9]
E. 3 or more times	1.6 [1.3,1.9]
133. Are you limited in any way in any activities because of any impairment or health problem?	
A. Yes	12.1 [5.9,23.1]
B. No	74.7 [71.2,77.9]
C. Not sure	13.2 [9.0,19.0]
134. Because of any impairment or health problem do you have any trouble learning, remembering, or concentrating?	
A. I do not have any impairment or health problem	50.8 [48.2,53.4]
B. Yes	12.3 [9.6,15.7]
C. No	29.8 [25.9,34.1]
D. Not sure	7 [5.1,9.7]

These last 3 questions ask for some information about you and your family.

135. How often do you speak a language other than English at home?
- | | |
|--|------------------|
| A. Never | 59.7 [58.0,61.4] |
| B. Less than half the time | 20.4 [18.4,22.7] |
| C. About half the time | 7.8 [4.9,12.0] |
| D. More than half the time but not all of the time | 4.5 [1.9,10.2] |
| E. All of the time | 7.6 [5.9,9.7] |
136. Were you born in the USA or did you move here from another country?
- | | |
|--|------------------|
| A. Born in the USA | 83.6 [81.1,85.8] |
| B. Moved to USA 10 or more years ago | 6.3 [3.8,10.3] |
| C. Moved to USA between 5 and 9years ago | 7.1 [2.8,17.1] |
| D. Moved to USA less than 5 years ago | 3 [1.5,5.7] |
137. During the past 12 months, which of the following statements best describes the food eaten by you and your family?
- | | |
|-------------------------------------|----------------|
| A. Enough food to eat | 87 [80.3,91.7] |
| B. Sometimes not enough food to eat | 7.3 [5.5,9.6] |
| C. Often not enough food to eat | 5.7 [1.7,17.7] |

