



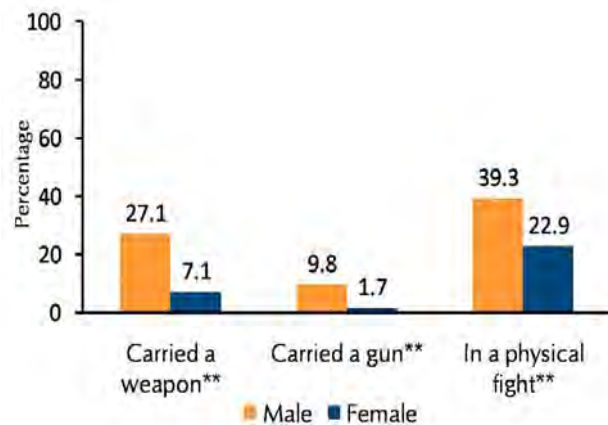
## 2009 National Youth Risk Behavior Survey Overview

The national Youth Risk Behavior Survey (YRBS) monitors six categories of priority health-risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; and physical inactivity. In addition, the national YRBS monitors the prevalence of obesity and asthma. The national YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup>- through 12<sup>th</sup>- grade students in public and private schools in the United States.

### Behaviors that Contribute to Unintentional Injury and Violence

- 9.7% of students had rarely or never wore a seat belt when riding in a car driven by someone else.
- Among the 69.5% of students who had ridden a bicycle during the 12 months before the survey, 84.7% had rarely or never worn a bicycle helmet.
- 28.3% of students rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the 30 days before the survey.
- 9.7% of students had driven a car or other vehicle one or more times when they had been drinking alcohol during the 30 days before the survey.
- 17.5% of students had carried a weapon, (e.g., a gun, knife, or club) on at least 1 day during the 30 days before the survey.
- 5.9% of students had carried a gun on at least 1 day during the 30 days before the survey.
- 31.5% of students had been in a physical fight one or more times during the 12 months before the survey.
- 5.6% of students had carried a weapon (e.g., a gun, knife, or club) on school property on at least 1 day during the 30 days before the survey.
- 7.7% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times during the 12 months before the survey.
- 19.9% of students had been bullied on school property during the 12 months before the survey.

**Percentage of Students Who Carried a Weapon\* or a Gun on at Least 1 Day During the 30 Days Before the Survey or Who Had Been in A Physical Fight One or More Times During the 12 Months Before the Survey, by Sex**



\* For example, a gun, knife, or club.

\*\* Differences between males and females are statistically significant based on t-test analyses, p<.05

## Behaviors that Contribute to Unintentional Injury and Violence (continued)

- 5.0% of students did not go to school because they felt they would be unsafe at school or on their way to or from school on at least 1 day during the 30 days before the survey.
- 13.8% of students had seriously considered attempting suicide and 6.3% of students had attempted suicide one or more times during the 12 months before the survey.

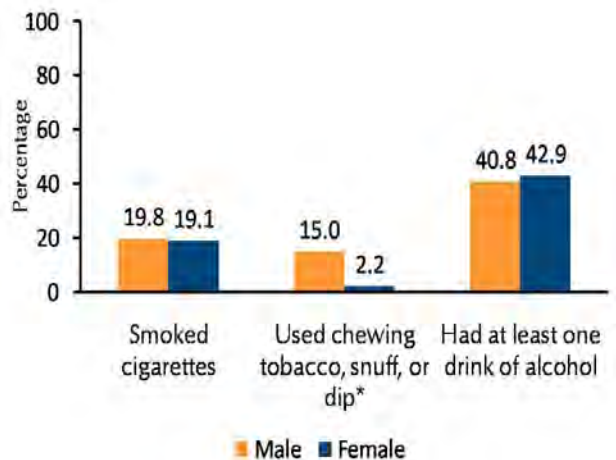
## Tobacco Use

- 46.3% of students had ever tried cigarette smoking (even one or two puffs).
- 19.5% of students smoked cigarettes on at least 1 day during the 30 days before the survey.
- 8.9% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey.
- 5.1% of students had smoked cigarettes on school property on at least 1 day during the 30 days before the survey.

## Alcohol and Other Drug Use

- 72.5% of students had had at least one drink of alcohol on at least 1 day during their life and 41.8% of students had had at least one drink of alcohol on at least 1 day during the 30 days before the survey.
- 4.5% of students had drunk at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey.
- 24.2% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey.
- 36.8% of students had used marijuana one or more times during their life.
- 20.8% of students had used marijuana one or more times during the 30 days before the survey.
- 2.8% of students had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during the 30 days before the survey.
- 11.7% of students had ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.
- 4.1% of students had used methamphetamines (also called “speed”, “crystal”, “crank”, or “ice”) one or more times during their life.
- 3.3% of students had taken steroid pills or shots without a doctor’s prescription one or more times during their life.

**Percentage of Students Who Smoked Cigarettes; Used Chewing Tobacco, Snuff, or Dip; or Had at Least One Drink of Alcohol on at Least one Day During the 30 Days Before the Survey, By Sex**



\* Differences between males and females are statistically significant based on t-test analyses,  $p < .05$



## Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

- 46.0% of students had ever had sexual intercourse.
- 13.8% of students had had sexual intercourse with four or more persons during their life.
- 34.2% of students had had sexual intercourse with at least one person during the 3 months before the survey.
- Among the 34.2% of currently sexually active students, 61.1% reported that either they or their partner had used a condom during last sexual intercourse.
- Among the 34.2% of currently sexually active students, 22.9% reported that either they or their partner had used birth control pills or Depo-Provera to prevent pregnancy before last intercourse.

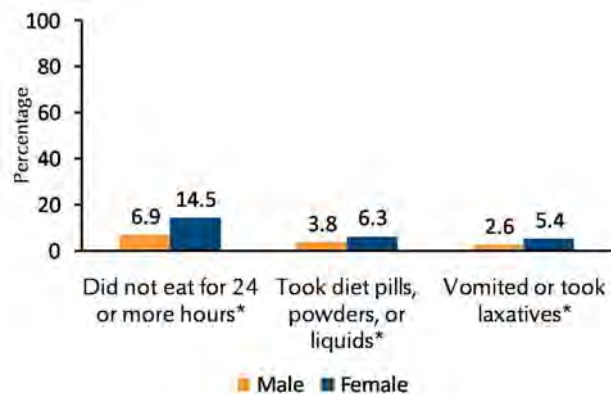
## Physical Activity

- 18.4% of students were physically active at least 60 minutes per day on each of the 7 days during the 7 days before the survey.
- 23.1% of students did not participate in at least 60 minutes of physical activity on at least 1 day during the 7 days before the survey.
- 24.9% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day.
- 32.8% of students watched television 3 or more hours per day on an average school day.
- 56.4% of students attended physical education (PE) classes on 1 or more days in an average week when they were in school and 33.3% of students attended PE classes daily in an average week when they were in school.

## Dietary Behaviors and Obesity

- 33.9% of students had eaten fruit or drank 100% fruit juices two or more times per day during the 7 days before the survey.
- 13.8% of students ate vegetables<sup>1</sup> three or more times per day during the 7 days before the survey.
- 22.3% of students had eaten fruits and vegetables<sup>2</sup> five or more times per day during the 7 days before the survey.
- 29.2% of students had drunk a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.
- 12.0% of students were obese<sup>3</sup> and 15.8% of students were overweight.<sup>4</sup>

Percentage of Students Who Did Not Eat for 24 or More Hours; Took Diet Pills, Powders, or Liquids; or Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight During the 30 Days Before the Survey, By Sex



\* Differences between males and females are statistically significant based on t-test analyses,  $p < .05$

<sup>1</sup> Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

<sup>2</sup> 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

<sup>3</sup> Students who were  $\geq 95^{\text{th}}$  percentile for body mass index, by age and sex, based on reference data.

<sup>4</sup> Students who were  $\geq 85^{\text{th}}$  percentile and  $<95^{\text{th}}$  percentile for body mass index, by age and sex, based on reference data

## Dietary Behaviors and Obesity (continued)

- 10.6% of students went without eating for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey.
- 5.0% of students took diet pills, powders, or liquids to lose weight or keep from gaining weight during the 30 days before the survey.
- 4.0% of students vomited or took laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.

## Other Health-Related Topics

- 22.0% of students had ever been told by a doctor or nurse that they had asthma and 10.8% of students still have asthma.
- 9.3% of students most of the time or always wore sunscreen with an SPF of 15 or higher when outside for more than 1 hour on a sunny day.
- 15.6% of students had used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the 12 months before the survey.
- 30.9% of students had 8 or more hours of sleep on an average school night.

### Methods

**Sampling:** The sampling frame for the 2009 national YRBS consisted of all public and private schools with students in at least one of grades 9–12 in the 50 states and the District of Columbia. A three-stage cluster sample design produced a nationally representative sample of students in grades 9–12 who attended public and private schools. Black and Hispanic students were oversampled.

**Data Collection Procedures:** Survey procedures for the national survey were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures were followed. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable booklet or answer sheet.

**Questionnaire:** The national questionnaire contained 98 questions that assessed demographics, six categories of health-risk behaviors, obesity, and other health-related topics.

**Response Rates:** For the 2009 national YRBS, the school response rate was 81%; the student response rate was 88%; and the overall response rate was 71%.

Where can I get more information? Visit [www.cdc.gov/healthyouth](http://www.cdc.gov/healthyouth) or call 800-CDC-INFO (800-232-4636).