

2010 Pima County YRBS Overview

The Youth Risk Behavior Survey (YRBS) consists of questions related to health risk behaviors such as tobacco use, physical activity and education, nutrition, obesity and weight management activities, alcohol and substance use, risky sexual behaviors, and behaviors that contribute to unintentional injuries and violence. The results are representative of all students in grades 9-12. The following fact sheet highlights the results found in the questionnaire.

FACTORS THAT RELATE TO CHRONIC DISEASE

Overweight and Obesity

- * 12.1% of students are overweight (i.e., at or above the 85th percentile but less than the 95th percentile for body mass index, by age and sex, based on reference data).
- * 11.9% of students are obese (i.e., at or above the 95th percentile for body mass index, by age and sex).
- * 29.3% of students describe themselves as slightly or very overweight.

Nutrition

- * 21.5% of students drink a can, bottle, or glass of soda pop or pop **one or more times per day** during the past seven days.
- * 14.2% of students eat fruits and vegetables **five or more times per day** during the past seven days.

Weight Loss Behaviors

- * 43.9% of students are trying to lose weight.
- * 13.1% of students have gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.
- * 5.6% of students have taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.
- * 5.0% of students have vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.

Physical Activity and Education

- * 45.2% of students were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- * 47.5% of students played on one or more sports teams during the past 12 months.
- * 22.6% of students attended physical education (PE) classes daily in an average week when they were in school.
- * 3.7% of students attended physical education classes on one or more days in an average week when they were in school.

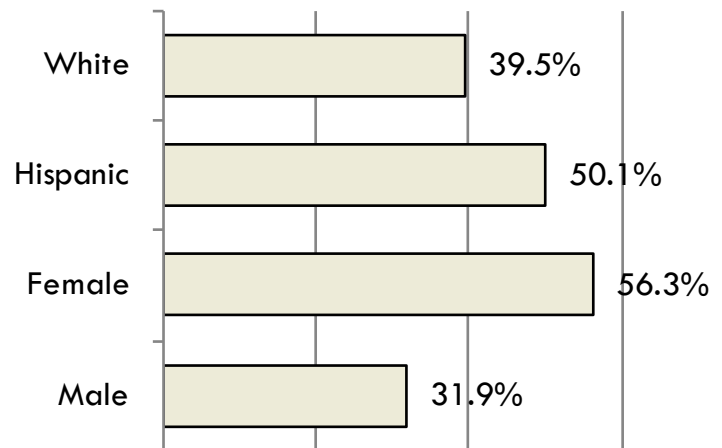
Sedentary Behavior

- * 26.4% of students watched three or more hours per day of TV on an average school day.
- * 25.7% of students played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.

Tobacco Use

- * 45.7% of students have ever tried cigarette smoking, even one or two puffs.
- * 15.8% of students have smoked cigarettes on one or more of the past 30 days.
- * 9.6% of students smoked cigarettes daily, that is, at least one cigarette every day for 30 days.
- * 8.9% of students smoked a whole cigarette for the first time before age 13 years.
- * 3.3% of students have smoked cigarettes on school property on one or more of the past 30 days.

Percentage of students who were trying to lose weight.



2010 Pima County YRBS Overview

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES AND VIOLENCE

Emotional Health

- * 33.1% of students have felt so sad or hopeless almost every day for 2 weeks or more in a row, that they stopped doing some usual activities during the past 12 months.
- * 22.3% of students did something (e.g. cutting or burning themselves on purpose) to purposely hurt themselves without wanting to die one or more times during the past 12 months.
- * 18.1% of students seriously considered attempting suicide during the past 12 months.
- * 15.7% of students made a plan about how they would attempt suicide during the past 12 months.
- * 9% of students actually attempted suicide on or more times during the past 12 months.
- * 3.0% of students made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Safety

- * 17.6% of students carried a weapon such as a gun, knife, or club on one or more of the past 30 days.
- * 5.4% of students carried a gun on one or more of the past 30 days.
- * 5.5% of students carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.
- * 7.3% of students had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.
- * 4.6% of students did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school.

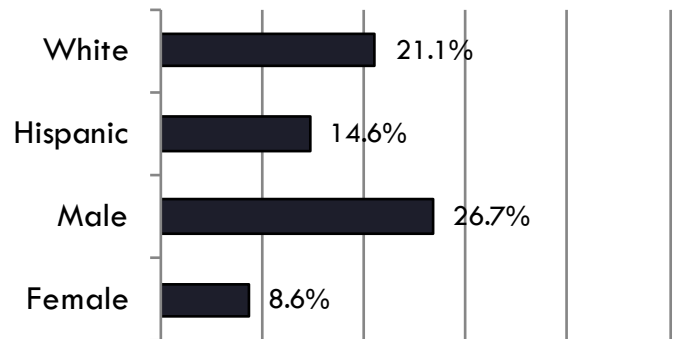
Violence

- * 29% of students were in a physical fight one or more times during the past 12 months.
- * 10.3% of students were in a physical fight on school property one or more times during the past 12 months.
- * 10.8% of students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months.
- * 9% of students had been physically forced to have sexual intercourse when they did not want to.

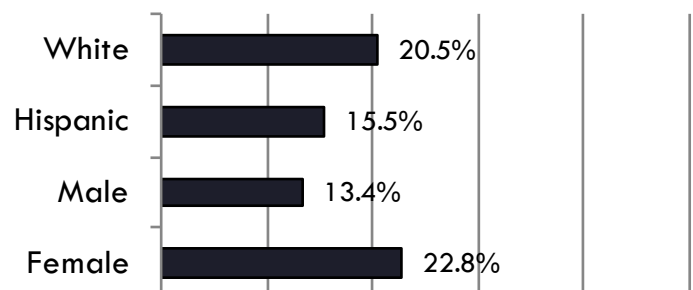
Bullying

- * 5.5% of students have been harassed or bullied on school property weekly or daily during the past 12 months.
- * 4.5% of students have harassed or bullied someone else on school property weekly or daily during the past 12 months.
- * 2% of students have been electronically bullied, such as through e-mail, chat rooms, instant messaging, web sites, or text messaging, weekly or daily during the past 12 months.
- * 1.7% of students have electronically bullied someone else, such as through e-mail, chat rooms, instant messaging, web sites, or text messaging, weekly or daily during the past 12 months.
- * 1.3% of students' property such as their car, clothing, or books was stolen or deliberately damaged on school property weekly or daily during the past 12 months.

Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.



Percentage of students who seriously considered attempting suicide during the past 12 months.



2010 Pima County YRBS Overview

ALCOHOL AND OTHER DRUG USE

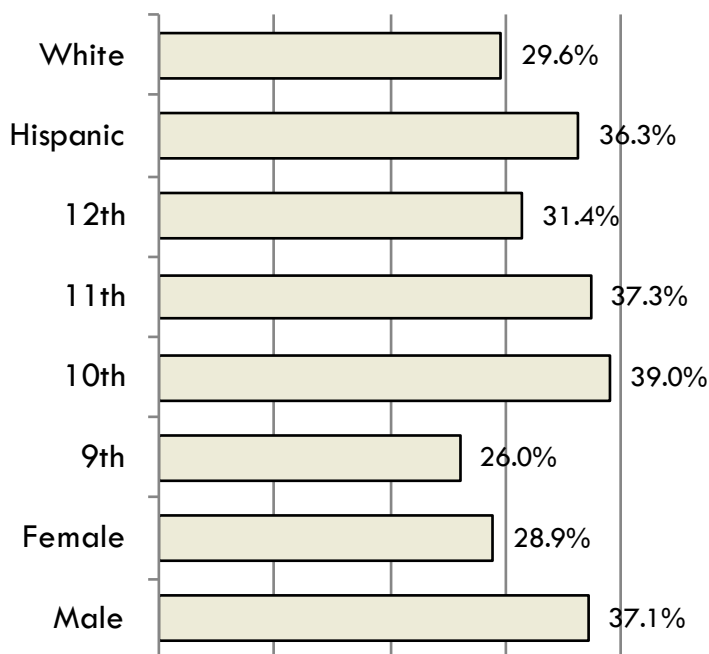
Alcohol Use

- * 21.2 % of students had their first drink of alcohol other than a few sips before age 13 years.
- * 38.2% of students had at least one drink of alcohol on one or more of the past 30 days.
- * 22.4% of students had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.
- * 7.3 % of students drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol.
- * 4.6% of students had at least one drink of alcohol on school property on one or more of the past 30 days.

Marijuana Use

- * 42.1 % of students used marijuana one or more times during their life.
- * 11.7% of students tried marijuana for the first time before age 13 years.
- * 21.4% of students used marijuana one or more times during the past 30 days.
- * 6.6% of students used marijuana on school property one or more times during the past 30 days.

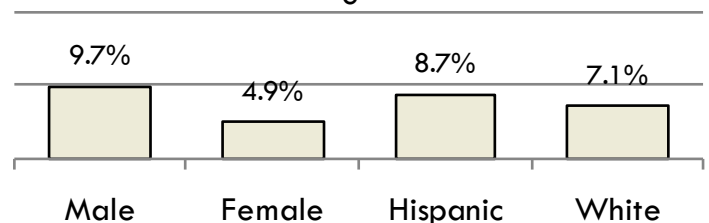
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months.



Other Drugs

- * 33% of students were offered, sold, or given an illegal drug by someone on school property during the past 12 months.
- * 18.3% of students have attended school under the influence of alcohol or other illegal drugs, such as marijuana or cocaine, one or more times during the past 12 months.
- * 11.7% of students have taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during the past 30 days.
- * 2.4% of students have used methamphetamines (also called speed, crystal, crank, or ice) one or more times during the past 30 days.
- * 3.1% of students used heroin one or more times during their life.
- * 3.3% of students used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.
- * 4.2% of students used methamphetamines one or more times during their life.
- * 4.3% of students took steroid pills or shots without a doctor's prescription one or more times during their life.
- * 4.8% of students have used ecstasy (also called MDMA) one or more times during the past 30 days.
- * 5% of students have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days.
- * 9.2% of students have taken over-the-counter drugs to get high one or more times during the past 30 days.
- * 9.5% of students used any form of cocaine, including powder, crack, or freebase one or more times during their life.
- * 12.2% of students 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.

Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol.



2010 Pima County YRBS Overview

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCIES AND SEXUALLY TRANSMITTED DISEASES

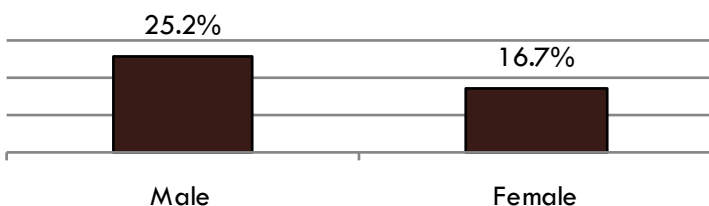
Sexual Activity and Awareness

- * 42.5% of students have had sexual intercourse.
- * 26.9% of students have had sexual intercourse with one or more people during the past three months.
- * 11.7% of students have had sexual intercourse with four or more people during their life.
- * 70.7 % of students' parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex.
- * 16.5 % of students received the most information during their life about sexual activity from a health teacher, school nurse, counselor, or some other adults at school.
- * 21.1% of students have had sexual intercourse during the past three months drank alcohol or used drugs before last sexual intercourse.
- * 9.2% of students' first sexual intercourse partner was three or more years older.
- * 5% of students have had sexual intercourse for the first time before age 13 years.

Pregnancy and STD Prevention

- * 57.4% of students have had sexual intercourse during the past three months used a condom during last sexual intercourse.
- * 20.9% of students have had sexual intercourse during the past three months, used Depo-Provera (injectable birth control) or birth control pills to prevent pregnancy before last sexual intercourse.
- * 7% of students have had sexual intercourse during the past three months, used a condom during last sexual intercourse and used birth control pills or Depo-Provera before last sexual intercourse to prevent pregnancy.

Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse.



COMMUNITY AND SCHOOL CONNECTEDNESS

- * 20.5% of students disagree or strongly disagree that students help decide what goes on in their school.
- * 73.7% of students most of the time feel safe and secure in their neighborhoods.
- * 59.9% of students participate in school activities such as sports, or clubs one or more hours during an average week when they are in school.
- * 34.1% of students participate in activities run by community groups for one or more hours during an average week when they are in school.

METHODOLOGY

SAMPLING:

In 2010, the YRBSS was completed by 1300 students in 21 traditional public high schools in Pima County, during the fall of 2010, as part of the Communities Putting Prevention to Work (CPPW) obesity prevention initiative.

QUESTIONNAIRE:

The questionnaire contained 99 questions that assessed demographics, six categories of health-risk behaviors and other health-related topics.

RESPONSE RATE:

The school response rate in Pima County was 78%, the student response rate was 79%, and the overall response rate was 61%. The results are representative of all students in grades 9-12.



MEL AND ENID
ZUCKERMAN COLLEGE
OF PUBLIC HEALTH

For more information contact Rebecca Drummond:
drummond@email.arizona.edu/520-626-3668

Prepared for the Pima County Health Department's Communities Putting Prevention to Work Program, with funding from the U.S. Department of Health and Human Services.