

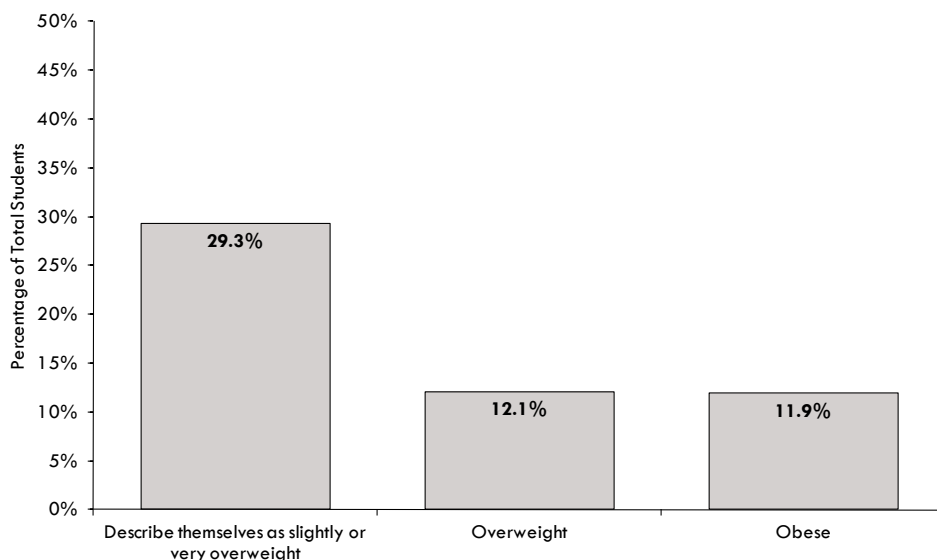
2010 YRBS PIMA COUNTY RESULTS

OBESITY AND WEIGHT LOSS BEHAVIORS

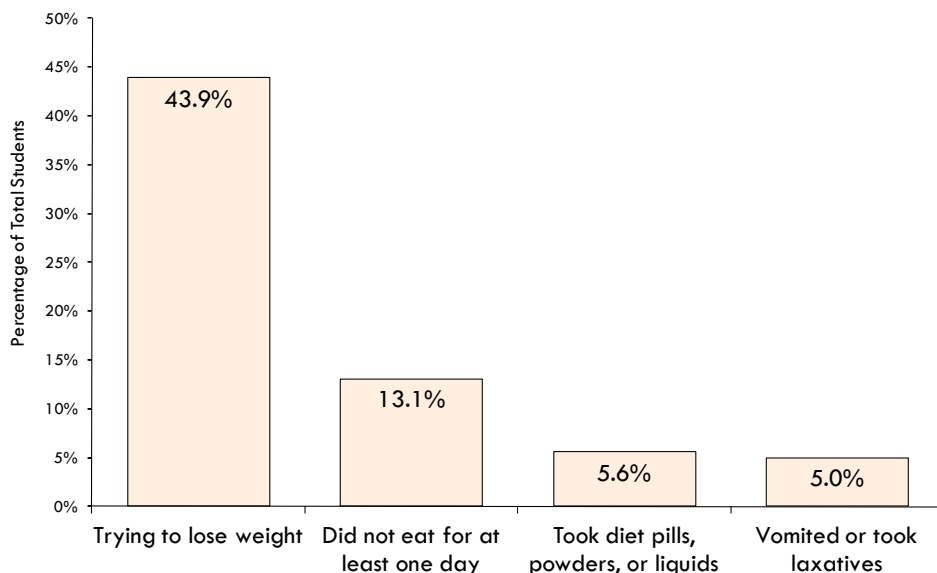
The Youth Risk Behavior Survey (YRBS) consists of questions related to health risk behaviors such as tobacco use, physical activity and education, nutrition, obesity and weight management activities, alcohol and substance use, risky sexual behaviors, and behaviors that contribute to unintentional injuries and violence amongst adolescents. The survey was completed by 1,300 students in 21 public high schools in Pima County, during the fall of 2010, as part of the Communities Putting Prevention to Work (CPPW) obesity prevention initiative. The school response rate 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.

OBESITY/OVERWEIGHT STATUS

- 11.9% of students are obese (i.e., at or above the 95th percentile for body mass index, by age and sex).
- 12.1% of students are overweight (i.e., at or above the 85th percentile for body mass index, by age and sex).
- 29.3% of students described themselves as slightly or very overweight.



*Based on reference data from the CDC Growth Charts



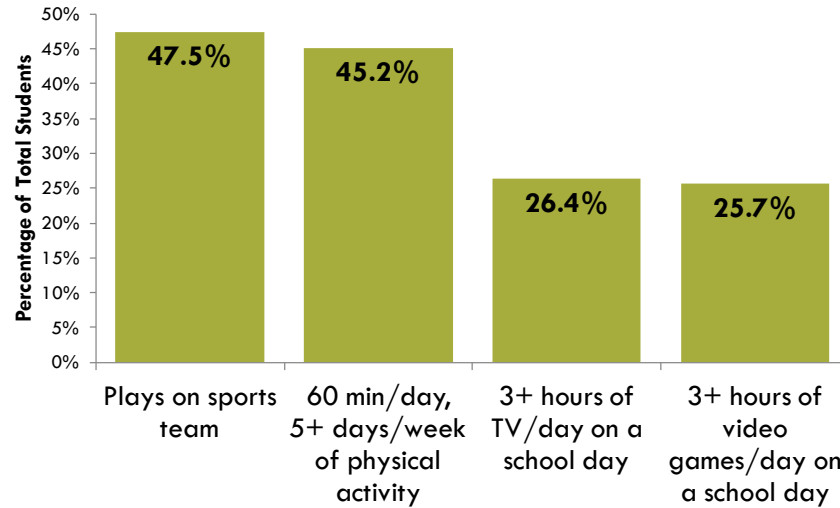
WEIGHT LOSS BEHAVIORS

- 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.

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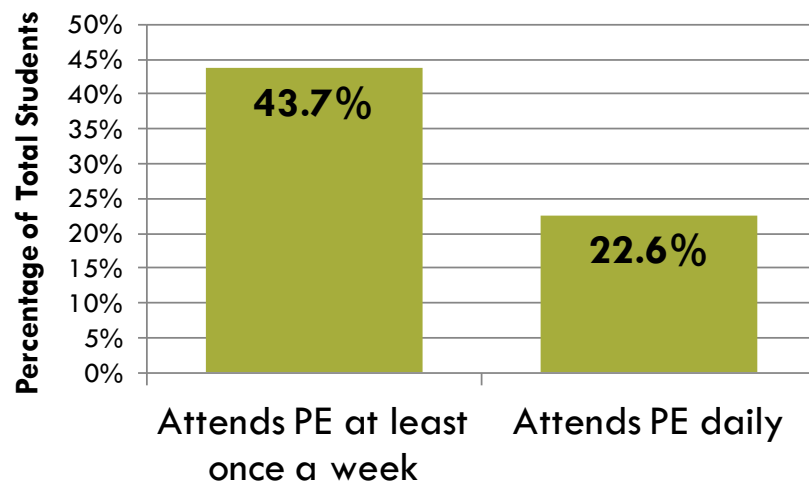
PHYSICAL ACTIVITY AND EDUCATION

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PHYSICAL ACTIVITY

- 47.5% of students played on one or more sports teams during the past 12 months.
- 45.2% of students are physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- 26.4% of students watched three or more hours per day of TV on an average school day.
- 25.7% of students who 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.



PHYSICAL EDUCATION

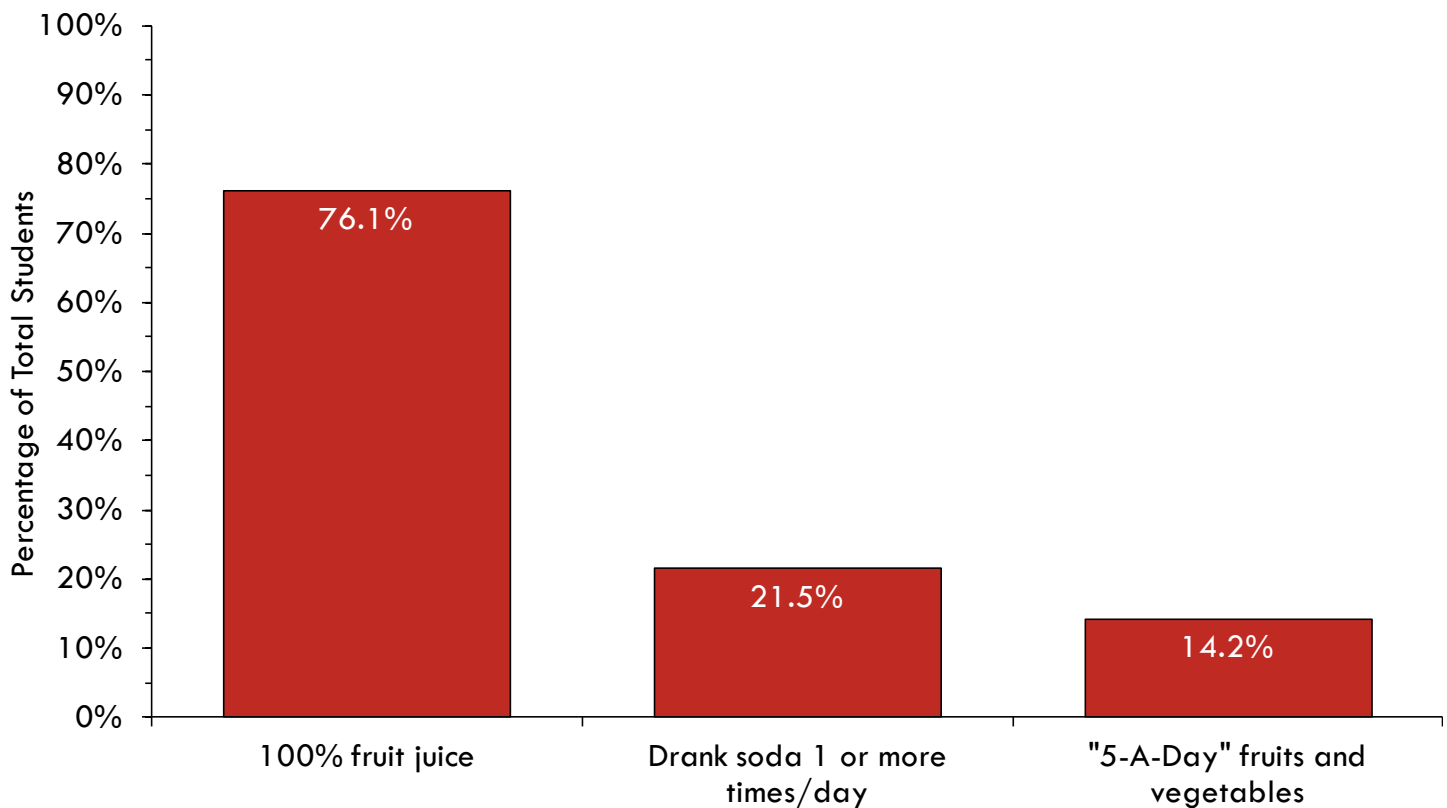
- 22.6% of students attended physical education (PE) classes daily in an average week when they were in school.
- 43.7% of students attended physical education (PE) classes on one or more days in an average week when they were in school.

2010 YRBS PIMA COUNTY RESULTS

DIETARY BEHAVIORS

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 amongst adolescents. The survey was completed by 1,300 students in 21 public high schools in Pima County, during the fall of 2010, as part of the Communities Putting Prevention to Work (CPPW) obesity prevention initiative. The school response rate 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.

What are the dietary behaviors of high school students in Pima County?



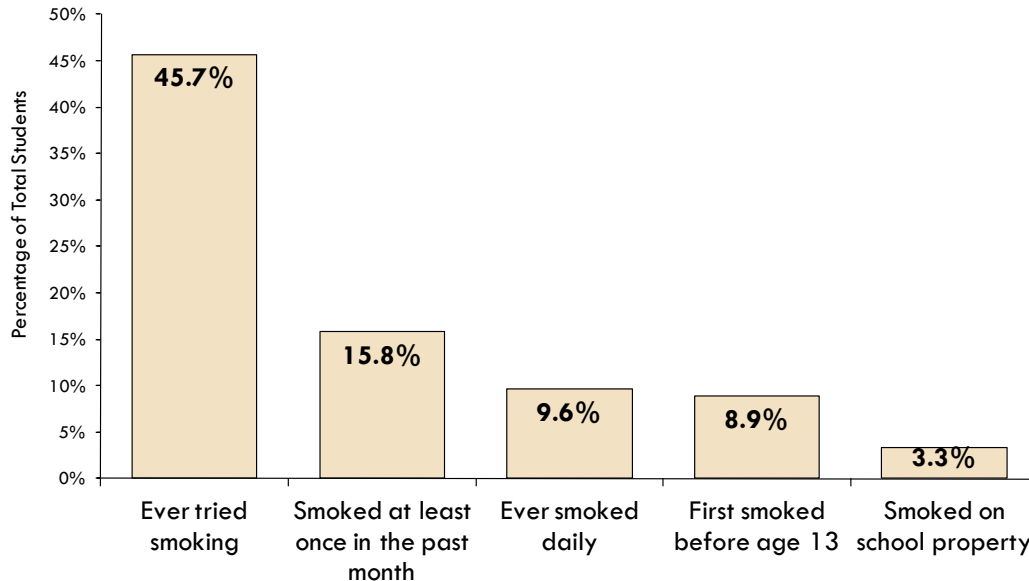
KEY POINTS:

- 76.1% of students drink 100% fruit juices one or more times during the past seven days.
- 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.

2010 YRBS PIMA COUNTY RESULTS

TOBACCO USE

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 amongst adolescents. The survey was completed by 1,300 students in 21 public high schools in Pima County, during the fall of 2010, as part of the Communities Putting Prevention to Work (CPPW) obesity prevention initiative. The school response rate 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.



CIGARETTE SMOKING

- 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 smoke cigarettes daily, that is, at least one cigarette every day for 30 days.
- 8.9% of students smoke 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.

CIGARETTE AVAILABILITY AND SMOKING CESSATION

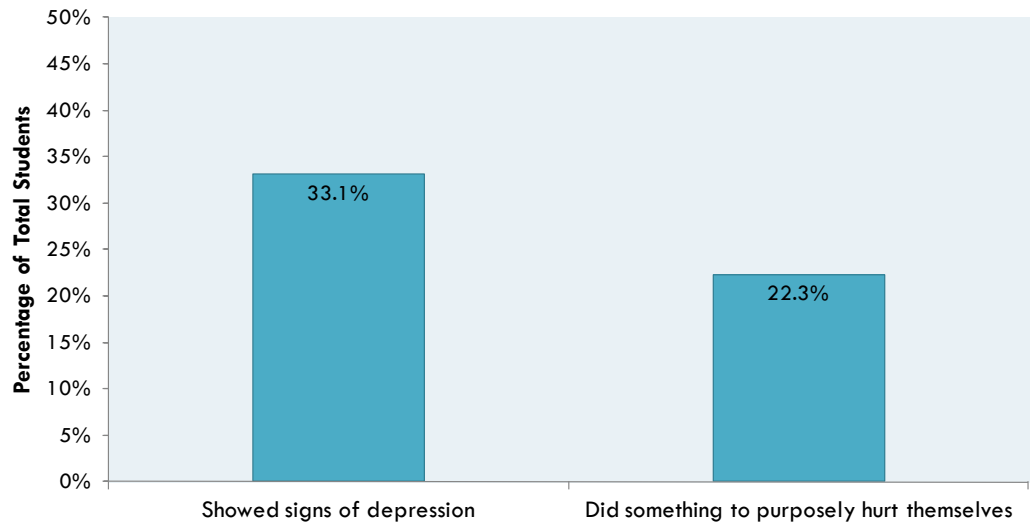
Did not try to quit smoking cigarettes (among students who currently smoked cigarettes, during the 12 months before the survey)	51.6%
Usually obtained their own cigarettes by buying them in a store or gas station	14.2%
OTHER TOBACCO PRODUCT USAGE	
Used chewing tobacco, snuff, or dip on school property on at least 1 day	3.0%
Smoked cigarettes; smoked cigars, cigarillos, or little cigars; or used chewing tobacco, snuff, or dip on at least 1 day	23.7%

2010 YRBS PIMA COUNTY RESULTS

MENTAL HEALTH

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 amongst adolescents. The survey was completed by 1300 students in 21 public high schools in Pima County, during the fall of 2010, as part of the Communities Putting Prevention to Work (CPPW) obesity prevention initiative. The school response rate 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.

What is the mental health status of high school students in Pima County?



DEPRESSION

- 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 time during the past 12 months.

SUICIDE

- 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.

