

Macon County

Youth Risk Behavior Survey (YRBS) Results

February 2008



The Richard L. Hoffman
Center for Assessment and
Research Alliances
at
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Macon County Schools

Youth Risk Behavior Survey – Spring 2008

Executive Summary

The Youth Risk Behavior Survey (YRBS) is a national school-based survey developed by the Centers for Disease Control and Prevention (CDC) in 1990. At the national level, the survey is administered to adolescent youth every two years to monitor health risk behaviors that contribute to deaths, disability, and social problems among young Americans. For Macon County Schools, the YRBS is seen as a tool for needs assessment and curriculum planning and has been conducted before. The Macon County School System administered the YRBS in the middle and high schools in the spring of 2007.

A total of 1,707 students responded to the surveys in this report, 797 middle school respondents and 910 high school respondents. These numbers do not include the 25 respondents that researchers considered invalid due to incorrect survey completion. The survey was administered to Macon County high school students and Macon County middle school students in the spring of 2007. The survey was voluntary for all students present that day. Students were given the opportunity to do other activities if they indicated they did not want to take the survey. Completed questionnaires were sent to the Richard L. Hoffman Center for Assessment and Research Alliances (CARA) at Mars Hill College for aggregation and preliminary analysis.

The middle school survey contained 95 questions. Questions 1-6 covered the demographics, such as age, gender, grade level, academic performance, and ethnicity. Questions 7-20 dealt with school and personal safety, weapons, and violence. Questions 21-23 queried suicidal thoughts and actions. Questions 24-43 explored the use of tobacco, alcohol, and other drugs. Questions 44-51 dealt with sexual activity and sexual education. The remaining questions covered nutrition, exercise and lifestyle, and perceptions of the school as a safe place. The middle school questionnaire is attached in Appendix 1.

The high school survey contained 99 questions. The sections concerning tobacco, drug, and alcohol use were extended and more detailed, as well as the section on sexual activity. Questions 1-8 covered the demographics, such as age, gender, grade level, academic performance, ethnicity, and height and weight. Questions 9-24 dealt with school and personal safety, weapons, violence, and abuse. Questions 25-28 asked about suicidal thoughts and actions. Questions 29-50 explored the use of tobacco, alcohol, and other drugs. Questions 51-59 asked about sexual activity and sexual education. The remaining questions covered nutrition, exercise and lifestyle, and perceptions of the school as a safe place. The high school questionnaire is attached in Appendix 2.

Since participation in the 2005 YRBS, Macon County has shown several significant improvements within the school system. These results also compared favorably with North Carolina statewide averages in several areas. Areas of improvement include, but are not limited to:

- Perceptions of personal safety
- Students trying tobacco and alcohol at an older age
- Drug use on and off school property
- Abuse of prescription medications
- Spent more time being physically active
- Spent less time on television and videogames

Many of the High School results are consistent with 2005 data, however, this also means that the advancements made between 2002 and 2005, such as drug solicitation on school property, are showing little or no regression. Although notable progress has been made in the area of nutrition, it should still be considered an educational priority. Areas of improvement include, but are not limited to:

- Alcohol use
- Abstinence
- Fewer sexual partners
- Improved nutrition
- Spent less time on television

The data also suggests several challenges for both the middle schools and high schools, when compared to past Macon County reports as well as statewide information. Middle schools may consider providing students with information, educational materials and counseling in regards to:

- The dangers of tobacco and alcohol use
- The risks and dangers of carrying weapons
- Conflict resolution without the use of violence
- The consequences and results of harassment and bullying
- The dangers of inhalants and other narcotics

The high schools may consider providing students with information, educational materials, and counseling in regards to:

- The dangers of tobacco and alcohol use
- The risks and dangers of carrying weapons
- The importance of nutrition in maintaining a healthy weight
- The importance of physical activity in maintaining a healthy weight
- The dangers of inhalants and other narcotics
- The dangers of abusing prescription medications

Macon County's YRBS data was compared with the NC 2010 Health Objectives and are close to achieving three of the eleven goals set forth. Middle school students are smoking less and trying cigarettes at an older age. High School students are choosing to abstain from sexual relations.

Contributors to the 2007 Macon County Youth Risk Behavior Survey

Thank you to the administration and staff of the Macon County School System for allowing students to take the YRBS. With special thanks to:

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Jennifer Garrett, R.N., B.S.N., C.P.N., C.S.N. – Lead School Nurse, Macon County Public Health Center

Kathy McGaha – Program Director, Healthy Carolinians of Macon County

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Sponsors of the 2007 Macon County Youth Risk Behavior Survey

Healthy Carolinians of Macon County

Macon County Schools

Macon County School Health Advisory Council

Macon County Public Health Center

Western North Carolina Safe & Drug Free Communities

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An Overview of the Youth Risk Behavior Survey

What is the Youth Risk Behavior Survey?

The YRBS is a national school-based survey developed by the Centers for Disease Control and Prevention (CDC). First developed in 1990, the survey is typically administered to adolescent youth every two years to monitor health risk behaviors that contribute to deaths, disability, and social problems among youth in the United States. The CDC has grouped the behaviors often established during childhood and early adolescence into six general health risk areas:

- Behaviors that contribute to unintentional injuries or violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that contribute to unintended pregnancy and/or sexually transmitted disease
- Unhealthy dietary behaviors
- Inadequate physical activity

Practicing healthy behaviors, such as maintaining a diet that is low in fat, high in fruit and vegetables, getting regular physical activity, and refraining from tobacco and alcohol use would prevent many premature deaths. With health-related behaviors beginning during childhood, a healthy lifestyle needs to be promoted before unhealthy behaviors become a habit.

The YRBS obtains information on student age, gender, grade, and ethnicity. Student concerns about safety, weapons, and violence on school property are explored. Some questions focus on mental health; others explore the use of tobacco, alcohol, and other drugs. The remaining questions deal with body weight, nutrition, exercise and lifestyle, and perceptions of the school as a safe place. The high school YRBS has additional questions about tobacco, drug and alcohol use, height and weight, and a section about sexual activity.

Why conduct the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey enables educators and program planners to:

- Determine the prevalence of health risk behaviors;
- Create awareness about and action toward priority health risk behaviors and related health problems;
- Set program goals and objectives and monitor progress toward those goals; and
- Provide comparable national, state, and local data.

YRBS Limitations, Validity and Reliability

Recognizing that data from the YRBS will be used to guide the development, implementation, and evaluation of interventions designed to prevent and reduce risky behaviors, it is important not only to understand how to interpret the findings, but also to have confidence in the validity and reliability of the data.

As with the statewide and national YRBS, the findings in this report are subject to several limitations. The survey may not accurately reflect the behaviors among youth who attend private school and those who have dropped out of school. Studies conducted among alternative education students and dropouts have shown a significantly higher incidence of behaviors that put children at risk.

One of the more significant limitations of the YRBS, whether conducted at the local, state, or national level, is that the data are self-reported by respondents, rather than the product of direct observation. However, direct observation of risk behaviors in young people would be difficult and random at best. Although there is the possibility that students, intentionally or unintentionally, may inaccurately report information, survey experts believe that the number of students responding more or less than the true value is probably about the same and balance each other out. While the extent of underreporting or overreporting of behaviors cannot be measured, similarities in the percentages of responses year after year and across locations suggest satisfactory reliability.

The YRBS solicits self-reported descriptive data on the ‘who, what, when, and where’ of health risk behaviors across six major categories. What is lacking, however, is information on the how and why of a particular behavior. These are important areas for further investigation and are of great importance in developing and establishing effective interventions for reducing the prevalence of unhealthy behaviors among adolescents living in Macon County.

Macon County Respondents and the Local Survey

This report for Macon County results of 2007 includes comparisons with past data. The Macon County 2007 middle school results are compared to the 2005 and 2002 Macon County middle school results. The 2007 Macon County high school results are compared to the 2005 and 2002 Macon County high school results. Also, the Macon County 2007 middle school results are compared to the 2007 high school results in order to explore any progressions of risky behavior. The Macon County data set are compared to aggregate 2007 statewide YRBS results, and is also viewed in comparison to the Healthy Carolinians 2010 objectives. There will also be comparisons of gender from 2005 and 2007.

A total of 1,707 students responded to the surveys in this report, 797 middle school respondents and 910 high school respondents. These numbers do not include the 25 respondents that researchers considered invalid due to incorrect survey completion. The survey was administered to Macon County high school students and Macon County middle school students in the spring of 2007. The survey was voluntary for all students present that day. Students were given the opportunity to do other activities if they indicated they did not want to take the survey. Completed questionnaires were sent to the Richard L. Hoffman Center for Assessment and Research Alliances (CARA) at Mars Hill College for aggregation and preliminary analysis.

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Macon County and the Middle School Results

Grade Level

There were 797 respondents in the middle school survey. Seven middle school students did not report their grade, and one listed “other” as his/her grade. The breakdown of grade level from 2002, 2005, and 2007 seem to be about the same.

Table 1. Respondents’ Grade Level by Report Year

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
6th	240	30.4	258	34.7	214	30.2
7th	272	34.4	275	37.0	233	32.9
8th	277	35.1	209	28.1	261	36.9
Other	1	0.1	1	0.1	N/A	N/A
Total	790	100.0	743	100.0	708	100.0

Gender

There was a close balance between males and females (47.7% and 52.3% respectively). This ratio can be traced from 2002 until today. There were a slightly higher percentage of males in 2002. However, in 2005 there were more females, and there are more females today.

Table 2. Respondents’ Gender by Report Year

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Female	414	52.3	394	52.5	347	49.0
Male	378	47.7	356	47.5	361	51.0
Total	792	100.0	750	100.0	708	100.0

Age

About one third (239 students or 30.0%) of the respondents reported being 12 years old. Just over a third (34.0%) of the students reported being 13 years old. Almost one quarter (24.5%) of the respondents reported being 14 years old or older. The remaining 11.5% are the students that reported being 11 years old. This same breakdown can be seen in 2005 and 2002.

Table 3. Respondents' Age by Report Year

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
10 years old or younger	N/A	N/A	N/A	N/A	1	0.1
11 years old	92	11.5	75	10.0	51	7.2
12 years old	239	30.0	225	30.0	206	29.1
13 years old	271	34.0	265	35.3	254	35.9
14 years old	166	20.8	166	22.1	177	25.0
15 years old	26	3.3	17	2.3	16	2.3
16 years old or older	3	0.4	2	0.3	2	0.3
Total	797	100.0	750	100.0	707	100.0

Safety and Violence-Related Behaviors

Less than one quarter (21.1%) of students reported wearing a helmet “most of the time” or “always” when they were riding a four-wheeler during the past 12 months. This is down from 2005’s 22.3%, but is still higher than the 14.1% reported in 2002.

Table 4: Helmet Use When Riding a Four-Wheeler

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Never	234	29.6	240	32.0	236	33.6
Rarely	54	6.8	52	6.9	44	6.3
Sometimes	32	4.1	35	4.7	22	3.1
Most of the time	39	4.9	54	7.2	35	5.0
Always	128	16.2	113	15.1	64	9.1
Total	487	61.6	494	65.9	401	57.1

When students were asked if they had ever ridden in a car driven by someone who had been drinking alcohol, 270 students (34.0%) said “yes.” This is a slight increase from 2005’s reported 32.0% and a decrease from 2002’s 35.5%.

Table 5: Have you ever ridden in a car driven by someone who had been drinking alcohol?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	270	34.0	240	32.0	249	35.5
No	410	51.6	406	54.1	334	47.6
Not sure	114	14.4	104	13.9	118	16.8
Total	794	100.0	750	100.0	701	100.0

Please note that in 2005 and 2002 the students were asked how many times they had been threatened or injured with a weapon on school property during the past 12 months, but in 2007 they were only asked whether or not they had been threatened or injured on school property at all during the last 12 months.

Students were asked whether or not they had been threatened or injured with a weapon on school property during the past 12 months. “Weapons” has been defined as a gun, knife, or club. The percentage of students who reported they had been threatened or injured has been decreasing since 2002. This year’s reported 6.6% is the lowest it has been since the question was first asked in 2002.

Table 6: Threats or Injuries with a Weapon on School Property

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	52	6.6	82	11.1	87	12.3
No	740	93.4	657	88.9	620	87.7
Total	792	100.0	739	100.0	707	100.0

The percentage of students who reported not going to school because they felt they would be unsafe at school or on their way to or from school during the past 30 days has reached its lowest point of 4.1%.

The format of this question has changed since it was first asked in 2002. In 2002 and 2005 students were again asked how many times they did not attend school because they felt they would be unsafe at school or on their way to or from school. In 2007, they were only asked whether or not they missed school for the same reason.

Table 7: Missed School Because Felt Unsafe

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	32	4.1	73	9.8	60	8.5
No	758	95.9	672	90.2	647	91.5
Total	790	100.0	745	100.0	707	100.0

In 2002 and 2005 students were asked how many times their property had been deliberately stolen or damaged during the past 12 months. In 2007, they were only asked whether or not they believed their property had been deliberately stolen or damaged during the past 12 months.

Students who believed someone had deliberately stolen or damaged their property (“property” being defined as clothing or books) on school property during the past 12 months have reached an all-time low of 29.6%. There was an increase from 2002 to 2005 (36.9% and 41.5% respectively), but has since come down.

Table 8: Perceptions of Deliberate Theft or Damage to Personal Property

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	236	29.6	312	41.5	260	36.9
No	560	70.4	439	58.5	444	63.1
Total	796	100.0	751	100.0	704	100.0

There has been a slight increase (from 5.5% in 2005 to 6.7% in 2007) in the percentage of students who reported being forced to have sexual intercourse when they did not want to.

Table 9: Forced Sexual Intercourse

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	53	6.7	41	5.5	54	7.7
No	741	93.3	701	94.5	643	92.3
Total	794	100.0	742	100.0	697	100.0

There has been a decrease in the percentage of students who reported being harassed or bullied on school property during the past 12 months.

The format of this question has also changed since it was first asked in 2005. In 2005, students were asked how many times they had been harassed or bullied on school property during the past 12 months, but in 2007, they were simply asked whether or not it had happened at all during the past 12 months. There is no comparison with 2002 because the question was not asked that year.

Table 10: Harassment and Bullying on School Property**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	263	33.2	282	37.5
No	530	66.8	469	62.5
Total	793	100.0	751	100.0

This question was not asked in 2002

Depression and Suicide

Less than one third (252 students or 31.8%) reported feeling so depressed at some point during the past 12 months. Feelings of depression have been defined as feeling sad or hopeless almost every day for two weeks or more in a row that one has stopped doing some usual activities. The percentage of students who have reported feeling depressed has been increasing since 2002.

Table 11: Feelings of Depression **

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	252	31.8	224	29.9	179	25.5
No	426	53.7	526	70.1	522	74.5
Not sure	115	14.5	N/A	N/A	N/A	N/A
Total	793	100.0	750	100.0	701	100.0

** The option of "Not sure" was not given in 2005 or 2002. **

When asked if they had ever seriously thought about committing suicide, less than one quarter (22.1%) answered "Yes." This has decreased slightly from 2005's 23.9% and 2002's reported 22.6%.

Table 12: Suicidal Thoughts

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	175	22.1	177	23.9	158	22.6
No	617	77.9	563	76.1	540	77.4
Total	792	100.0	740	100.0	698	100.0

Also on the decline is the percentage of students who reported making a plan about how they would commit suicide. It has decreased from 15.4% in 2005 to 14.4% in 2007.

Table 13: Planned Suicide**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	114	14.4	115	15.4
No	678	85.6	633	84.6
Total	792	100.0	748	100.0

** This question was not asked in 2002. **

Tobacco Use

Researchers were able to establish two things from the following table: 1) The average age at which students smoked a whole cigarette for the first time and; 2) The percentage of students who have smoked at least one whole cigarette.

The average age at which students reported smoking a whole cigarette for the first time has not changed drastically since 2002. The average age in 2007 is 10.5 years old, which is only slightly higher than the average age of 10.3 years old in 2005, and slightly lower than the average age of 10.7 years old in 2002.

The percentage of students that have reported smoking a whole cigarette by the time the survey was administered has been declining since 2002. More than one third (34.2%) of students reported smoking a whole cigarette in 2002. Then, in 2005, it decreased to 27.3%, and in 2007, it is now at its lowest point with 23.6% of students.

Table 14: Age at which Smoked a Whole Cigarette for the First Time

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never smoked a whole cigarette	600	76.4	536	72.7	456	65.8
9 years old or younger	67	8.6	72	9.7	83	12
10 years old	18	2.3	35	4.7	37	5.3
11 years old	30	3.8	36	4.9	36	5.2
12 years old	39	5.0	33	4.5	47	6.8
13 years old or older	31	3.9	25	3.4	34	4.9
Total	785	100.0	737	100.0	693	100.0

The number of students who have reported smoking a cigarette during the past 30 days has also been decreasing since 2002. It has gone from 18.9% in 2002 to 12.8% in 2007. The percentage of students who reported smoking ten or more days during the past 30 days has decreased since 2005 (6.3% in 2005 and 5.4% in 2007).

Table 15: How Many Days Students Smoked Cigarettes During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	690	87.2	635	84.6	568	81.1
1 or 2 days	33	4.2	39	5.2	50	7.1
3 to 5 days	12	1.5	17	2.3	23	3.3
6 to 9 days	14	1.8	13	1.7	16	2.3
10 to 19 days	10	1.3	17	2.3	16	2.3
20 to 29 days	11	1.4	13	1.7	7	1.0
All 30 days	21	2.7	17	2.3	20	2.9
Total	791	100.0	751	100.0	700	100.0

While the percentage of students that have reported smoking has decreased, the percentage of those students who do smoke who reported trying to quit during the past 12 months has increased. Among those who did smoke cigarettes in the past 12 months, in 2007 61.7% tried to quit smoking. This compared slightly favorably to 2005, when 57.8% of smokers had tried to quit smoking.

Table 16: Tried to Quit Smoking During the Past 12 Months**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
I did not smoke	665	84.4	606	81.2
Yes	76	9.6	81	10.9
No	47	6.0	59	7.9
Total	788	100.0	746	100.0

This question was not asked in 2002

Consumption of Alcohol

Thirty-eight point two percent of the middle school students reported consuming a drink of alcohol other than a few sips. This is a slight increase from the 36.7% in 2005, but it is still lower than the reported 45.6% in 2002.

Table 17: Have you ever had a drink of alcohol, other than a few sips?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	302	38.2	273	36.7	309	45.6
No	488	61.8	470	63.3	368	54.4
Total	790	100.0	743	100.0	677	100.0

The average age at which students have reported having their first drink has been slightly increasing since 2002. The average age in 2002 was 10.5 years of age, which moved up to 10.9 years of age in 2005, and has now crept up to 11.0 years of age in 2007.

Table 18: Age at Which First Alcoholic Beverage was Consumed

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
9 years old or younger	79	10.0	90	12.0	121	17.9
10 years old	45	5.7	40	5.4	39	5.8
11 years old	49	6.2	47	6.3	52	7.7
12 years old	61	7.8	51	6.8	64	9.5
13 years old or older	77	9.8	68	9.1	33	4.8
Total	311	39.5	296	39.6	309	45.7

Marijuana and Other Drug Use

Fewer middle school students have reported using marijuana in 2007 than in previous years, thus continuing a six-year trend. The percentage has steadily dropped since 2002, from 18.9% then to 12.4% in 2007.

Table 19: Have you ever used marijuana?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	98	12.4	105	14.1	132	18.9
No	693	87.6	641	85.9	566	81.1
Total	791	100	746	100	698	100

In Table 20 below, of the 104 people that reported using marijuana at least once by the time the survey was administered 33.7% reported trying marijuana at the age of ten or younger. This is a slight decrease of the reported 35.3% from 2002 and is an increase from the 28.8% of 2002.

Among middle school students who have tried marijuana, the average age at which they reported trying marijuana for the first time has not changed drastically since 2005. The average age in 2005 was 10.97 years of age, which has decreased slightly and is now 10.91 years of age.

Table 20: Age at Which Student Tried Marijuana for the First Time

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
9 years old or younger	29	3.7	25	3.3	19	2.7
10 years old	6	0.8	11	1.5	19	2.7
11 years old	18	2.3	18	2.4	18	2.6
12 years old	22	2.8	24	3.2	30	4.3
13 years old or older	29	3.7	24	3.2	46	6.6
Total	104	13.3	102	13.6	132	18.9

The format of the question pertaining to recent marijuana use has changed since it was first asked in 2002. In 2005 and 2002, students were asked how many times they used marijuana during the past 30 days, whereas in 2007, they were only asked if they had used the drug during the past 30 days.

The number of students who have reported using marijuana during the past 30 days has steadily declined, from 12.8% in 2002 to 5.4% in 2007.

Table 21: Marijuana Use During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	43	5.4	57	7.6	89	12.8
No	747	94.6	690	92.4	609	87.2
Total	790	100.0	747	100.0	698	100.0

In 2005, students were asked how many times they used marijuana on school property during the past 30 days, but in 2007 they were simply asked whether or not they had used marijuana on school property during the past 30 days.

Fewer students have also reported using marijuana on school property during the past 30 days.

Table 22: Have Used Marijuana on School Property During the Past 30 Days**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	10	1.3	18	2.4
No	781	98.7	730	97.6
Total	791	100.0	748	100.0

This question was not asked in 2002

Macon County middle school students were asked if they had ever used any of the following drugs during their lifetime. The forms of cocaine were described as powder, crack, or freebase. Hallucinogens were defined as LSD (acid), PCP (angel dust), mushrooms, or ecstasy. When asked about inhalants, they were specifically asked if they had ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high. Steroids were described as pills or shots that were not given with a doctor’s prescription. A list of prescription medications was given which included, OxyContin, Percocet, Demerol, Adderall, Ritalin, and Xanax. Different names for methamphetamines included speed, crystal, crank, and ice.

In 2005, students were not asked about prescription drug use and in 2002, students were not asked about prescription drug use or methamphetamines.

There has been a decrease in the reported use of all the individual drugs listed below, except for the use of inhalants, which increased from 12.9% in 2005 to 15.2% in 2007.

Table 23: Other Drug Use

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Cocaine	33	4.2	55	7.3	67	9.7
Hallucinogens	30	3.8	48	6.4	75	10.8
Inhalants	121	15.2	96	12.9	136	19.5
Steroids	19	2.4	28	3.7	52	7.4
Prescription medications	53	6.7	82	10.9	N/A	N/A
Methamphetamines	23	2.9	N/A	N/A	N/A	N/A

Three point one percent of middle school students reported using a needle to inject an illegal drug into their bodies in 2005. This number has since come down to 2.0%, but this change is not considered statistically significant.

Table 24: Have you ever used a needle to inject any illegal drug into your body?*

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	16	2.0	23	3.1
No	779	98.0	726	96.9
Total	795	100.0	749	100.0

This question was not asked in 2002

Students were asked whether or not they have ever been offered, sold, or given an illegal drug on school property. The reported 8.7% has not changed since 2005, but is still quite a bit less than the 18.3% reported in 2002.

Table 25: Students who Have Been Offered, Sold, or Given an Illegal Drug on School Property

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	69	8.7	65	8.7	127	18.3
No	726	91.3	679	91.3	567	81.7
Total	795	100.0	744	100.0	694	100.0

Sexual Behaviors and Education

Twenty point eight percent of middle school students reported having sexual intercourse by the time the survey was administered. That percentage is slightly higher than the 19.1% reported, but is not statistically significant. The 20.8% of 2007 is also lower than the 21.1% from 2002. Therefore, the percentage of students who have reported having had sexual intercourse has been generally consistent since the question was first asked in 2002.

Table 26: Students and Sexual Intercourse

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	165	20.8	142	19.1	145	21.1
No	627	79.2	603	80.9	541	78.9
Total	792	100.0	745	100.0	686	100.0

Among middle school students who report having had sex, the average reported age of first having sex is 11.92 years old. Forty-two point seven percent of these students reported losing their virginity at 11 years old or younger. This is higher than the percentage of students who reported being 12 years old or 13 years or older (22.2% and 35.1% respectively), when they first had sex.

Table 27: Age at Which Students Reported Having Sexual Intercourse for the First Time

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
11 years old or younger	79	10.0	56	7.5	53	7.7
12 years old	41	5.2	33	4.4	44	6.4
13 years old or older	65	8.2	45	6	45	6.5
Total	185	23.4	134	17.9	142	20.6

There has been a slight, but not statistically significant, increase in the percentage of students that have reported being pregnant or have gotten someone else pregnant (2.4% in 2005 to 3.5% in 2007).

Table 28: Students Reporting They Have Been Pregnant or Have Gotten Someone Else Pregnant

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	755	95.4	720	96.4	661	95.0
1 time	17	2.1	11	1.5	15	2.2
2 or more times	11	1.4	7	0.9	6	0.9
Not sure	8	1.0	9	1.2	14	2.0
Total	791	100.0	747	100.0	696	100.0

The following numbers are for the students that answered "Yes" when asked if they were taught about abstaining from sexual intercourse, AIDS or HIV, and other STDs. "Other STDs" are described as Chlamydia, gonorrhea, syphilis, Human Papilloma Virus/genital warts.

Table 29: Questions Pertinent to Sexual Education. **

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Abstaining from sexual activity	355	45.2	444	59.4
AIDS or HIV infection	395	49.7	533	71.2
Other STDs	284	35.8	256	34.2

These questions were not asked in 2002

The percentage of students that have talked with a parent or guardian about what they are expected to do or not to do when it comes to sex has decreased significantly since 2005.

Table 30: Parent(s)/Guardian(s) Talk About Expectations of Sex Behavior

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	442	55.9	464	62.6
No	276	34.9	277	37.4
Not sure	73	9.2	N/A	N/A
Total	791	100.0	741	100.0

Overall, fewer middle school students are trying Marijuana and other drugs such as: hallucinogens, cocaine, steroids and prescription medications. Tobacco use has also improved, students are less likely to try and/or regularly use cigarettes and chewing tobacco products. Students also reported feeling safer on school property as evidenced by decreased absences, theft and destruction of personal property, threats and injuries (including injuries resulting in a need for medical attention) with a weapon at school, and bullying on school property. Nutrition and general health improved with fewer students purchasing items from vending machines, improved perceptions of weight, higher attendance in Physical Education classes, and choosing to use parents rather than peers as a resource for obtaining health related information.

Table 31. Middle School Positive Trends

QUESTION (Macon County 2007 numbers in parentheses)	2007%	2005%	2005 - 2007	% Variance
15. Did not go to school 1+ days because student did not feel safe there or traveling to and from (32)	4.1	9.8	5.7	-139.0%
66. Bought food/drinks from school vending machines during the past 7 days (193)	24.8	49.7	24.9	-100.4%
35. Used marijuana 1+ times on school property in the last 30 days (10)	1.3	2.4	1.1	-84.6%
36. Has ever used a form of cocaine (33)	4.2	7.3	3.1	-73.8%
37. Has ever used a form of hallucinogen (including ecstasy) (30)	3.8	6.4	2.6	-68.4%
12. Threatened or injured with a weapon on school property in the past 12 months (52)	6.6	11.1	4.5	-68.2%
41. Has ever used prescription drugs without a prescription (53)	6.7	10.9	4.2	-62.7%
40. Has ever used needles to inject illegal drugs (16)	2.0	3.1	1.1	-55.0%
39. Has ever used a form of steroids without a prescription (19)	2.4	3.7	1.3	-54.2%
34. Used marijuana 1+ times in the last 30 days (43)	5.4	7.6	2.2	-40.7%
16. Had something stolen/damaged on school property in past 12 months (207)	29.6	41.5	11.9	-40.2%
24. Aged 11 or younger when first smoked whole cigarette (115)	14.7	19.3	4.6	-31.3%
28. Used chewing tobacco products 1+ days in the past 30 days (56)	7.1	8.7	1.6	-22.5%
21. Has felt sad or hopeless for 2+ weeks in the past 12 months (193)	24.5	29.9	5.4	-22.0%
25. Smoked cigarettes 1+ days during the past 30 days (101)	12.8	15.4	2.6	-20.3%
52. Students felt they were very overweight/overweight (235)	29.6	33.7	4.1	-13.9%
32. Has ever used marijuana (98)	12.4	14.1	1.7	-13.7%
19. Was harassed or bullied 1+ times on school property during the last year (263)	33.2	37.5	4.3	-13.0%
90B. Friends/Peers influence decisions about health the most (125)	16.6	18.7	2.1	-12.7%
14. Required medical treatment for injury sustained in fight (60)	7.5	8.4	0.9	-12.0%
91A. Prefer to get information about health from parents/family (313)	41.1	37.0	-4.1	10.0%
70B. Attended PE classes daily during the average school week (669)	86.0	73.7	-12.3	14.3%

Fewer students reported that they had been taught about sexually transmitted diseases. Also, students reported fewer conversations with adult family members about appropriate sexual behaviors. Students had more sexual partners, higher pregnancy rates and reported more instances of forced sexual relations. Bullying was seen as a greater problem than in the past and incidents in which a student was harassed for their appearance nearly doubled. Use of inhalants and diet pills increased by approximately 15.0% while

reports of low grades and difficulty learning both increased by nearly 25.0%. Students were less likely to wear a seatbelt, spent more time watching television, and reports of feeling alone in life increased significantly.

Table 32. Middle School Negative Trends

QUESTION (Macon County 2007 numbers in parentheses)	2007%	2005%	2005 - 2007	% Variance
49. Taught about AIDS or HIV infection in school (395)	49.7	71.2	21.5	-43.3%
48. Taught about abstaining from sexual activity (355)	45.2	59.4	14.2	-31.4%
26. Attempted to quit smoking cigarettes in the past 12 months (76)	9.6	10.9	1.3	-13.5%
51. Adult family members discussed expectations for appropriate sexual behavior (442)	55.9	62.6	6.7	-12.0%
7. Never/rarely wore seatbelt when riding in car driven by another (110)	13.8	12.2	-1.6	11.6%
78. Considers self to have a disability (95)	12.4	10.9	-1.5	12.1%
71. Spends 3+ hours watching TV on an average school day (282)	36.1	31.6	-4.5	12.5%
47. Has had sexual intercourse with more than 4 people (38)	4.8	4.2	-0.6	12.5%
94. Agrees/ strongly agrees harassment/bullying is a problem at school (443)	58.3	49.6	-8.7	14.9%
38. Has used a form of inhalant (121)	15.2	12.9	-2.3	15.1%
57. Has taken diet pills/powders/liquids to lose weight (59)	7.5	6.3	-1.2	16.0%
18. Victim of forced sexual intercourse (53)	6.7	5.5	-1.2	17.9%
92. Agrees/strongly agrees with feeling alone in life (144)	19.1	15.6	-3.5	18.3%
45. Aged 12 or younger when first had sexual intercourse (120)	15.2	11.9	-3.3	21.7%
6. Received mostly D's or F's in school during past 12 months (95)	12.1	9.3	-2.8	23.1%
80. Has trouble learning , concentrating, or remembering because of impairment (135)	17.5	13.3	-4.2	24.0%
46. Has been pregnant or gotten someone else pregnant (28)	3.6	2.4	-1.2	33.3%
20. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (252)	31.8	18.0	-13.8	43.4%

Macon County and the High School Results

Grade Level

There were a total of 935 respondents to the high school questionnaire. Researchers removed 25 surveys and considered them to be invalid due to incorrect survey completion, leaving a total of 910 high school respondents. The breakdown of grade level from 2002, 2005, and 2007 has not changed drastically over time.

Table 1: Respondents' Grade Level

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
9th grade	233	26.3	280	31.2	240	31.9
10th grade	260	29.3	249	27.7	196	26.0
11th grade	218	24.6	204	22.7	191	25.4
12th grade	175	19.7	163	18.2	124	16.5
Ungraded or other grade	1	0.1	2	0.2	2	0.3
Total	887	100.0	898	100.0	753	100.0

Gender

As seen in the middle school results, the gender breakdown is closely balanced (456 females or 50.4% and 449 males or 49.6%).

Table 2: Gender

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Female	456	50.4	448	49.6	370	49.2
Male	449	49.6	455	50.4	382	50.8
Total	905	100.0	903	100.0	752	100.0

Age

More than three quarters (78.9%) of the respondents reported being from 15 to 17 years old. The remaining are the students that reported being 13 years old or younger, 14 years old, and 18 years old or older.

Table 3: Age

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
13 years old or younger	3	0.3	2	0.2	4	0.5
14 years old	93	10.2	82	9.1	66	8.8
15 years old	223	24.6	257	28.4	185	24.6
16 years old	269	29.6	256	28.3	214	28.4
17 years old	224	24.7	201	22.2	185	24.6
18 years old or older	96	10.6	106	11.7	99	13.1
Total	908	100.0	904	100.0	753	100.0

Safety and Violence-Related Behaviors

Twenty-five point three percent of students said at least once during the past 30 days they had ridden in a car or other vehicle that was driven by someone who had been drinking alcohol. This is the lowest recorded percent to date. In 2005, 30.1% said they had been the passenger, which is higher than the 25.6% reported in 2002.

Table 4: 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?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	773	74.7	624	69.6	559	74.4
1 time	62	8.7	94	10.5	75	10.0
2 or 3 times	37	7.6	92	10.3	64	8.5
4 or 5 times	11	3.2	26	2.9	12	1.6
6 or more times	25	4.8	61	6.8	41	5.5
Total	909	100.0	897	100.0	751	100.0

Since 2002, there has been a slight increase each year of the percentage of students who have reported operating a vehicle after consuming alcohol at least once during the past 30 days. It has increased from 14.3% in 2002 to 14.9% in 2007.

Table 5: Student who have Reported Driving After Drinking Alcohol During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	773	85.1	773	85.5	642	85.7
1 time	62	6.8	51	5.6	41	5.5
2 or 3 times	37	4.1	43	4.8	28	3.7
4 or 5 times	11	1.2	11	1.2	7	0.9
6 or more times	25	2.8	26	2.9	31	4.1
Total	908	100.0	904	100.0	749	100.0

The total percentage of students who have reported being bullied or harassed on school property at least once during the past 12 months has decreased, from 29.2% in 2005 to 24% in 2007.

Table 6: Harassment and Bullying on School Property During the Past 12 Months**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
0 times	692	76.0	640	70.8
1 time	64	7.0	73	8.1
2 or 3 times	76	8.4	84	9.3
4 or 5 times	23	2.5	24	2.7
6 or 7 times	11	1.2	21	2.3
8 or 9 times	1	0.1	5	0.6
10 or 11 times	6	0.7	4	0.4
12 or more times	37	4.1	53	5.9
Total	910	100.0	904	100.0

This question was not asked in 2002

Students were asked whether or not they had been the victim or teasing or name-calling because of their weight, size, or physical appearance during the past 30 days. Twenty-one point three percent of students reported they had been the victims of teasing or name-calling. This is not a statistically significant increase from the reported 18.0% of 2005.

Table 7: Students Reporting on Being a Victim of Teasing or Name-Calling During the Past 30 Days**

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	193	21.3	162	18.0
No	625	69.0	647	71.9
Not sure	88	9.7	91	10.1
Total	906	100.0	900	100.0

This question was not asked in 2002

From 2002 to 2007 there was a decrease in the percentage of students who reported carrying a weapon during the past 30 days (from 37.2% to 31% respectively).

Table 8: During the past 30 days, on how many days did you carry a weapon?***

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	627	69	614	68.3	472	62.8
1 day	38	4.2	26	2.9	24	3.2
2 or 3 days	39	4.3	49	5.5	47	6.3
4 or 5 days	21	2.3	16	1.8	17	2.3
6 or more days	184	20.2	194	21.6	192	25.5
Total	910	100.0	899	100.0	752	100.0

***A weapon has been described as a gun, knife, or club**

The same pattern that was discussed above can also be seen in the table below. There was a fairly large decrease from 2002 to 2005 in the percentage of students who reported carrying a weapon on school property during the past 30 days. That percentage has increased slightly since 2005, but is still lower than in 2002.

Table 9: During the past 30 days, on how many days did you carry a weapon on school property?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	713	78.9	718	79.7	554	73.8
1 day	15	1.7	11	1.2	24	3.2
2 or 3 days	25	2.8	31	3.4	18	2.4
4 or 5 days	19	2.1	7	0.8	20	2.7
6 or more days	132	14.6	134	14.9	135	18.0
Total	904	100.0	901	100.0	751	100.0

Students were asked how many times they did not go to school during the past 30 days because they felt they would be unsafe at school or on their way to or from school. The percentage of students who reported they had missed school at least once was at its lowest point in 2005. Since 2005, it has increased to 6.1%, but this change is not statistically significant.

Table 10: Skipped School because Felt Unsafe

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	863	94.9	861	96.0	700	93.3
1 day	21	2.3	13	1.4	21	2.8
2 or 3 days	15	1.7	6	0.7	15	2.0
4 or 5 days	6	0.7	4	0.4	3	0.4
6 or more days	4	.4	13	1.4	11	1.5
Total	909	100.0	897	100.0	750	100.0

The total percentage of students who reported being threatened or injured on school property during the past 12 months has remained almost constant since 2005 (6.9% in 2005 and 6.3% in 2007). The reported 6.3% in 2007 is still lower than the 11.0% from 2002.

Table 11: Threatened or Injured with a Weapon on School Property During the Past 12 Months

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	848	93.7	842	93.1	670	89.0
1 time	23	2.5	22	2.4	28	3.7
2 or 3 times	14	1.5	15	1.7	20	2.7
4 or 5 times	9	1.0	5	0.6	6	0.8
6 or 7 times	5	0.5	5	0.6	6	0.8
8 or 9 times	3	0.3	2	0.2	2	0.3
10 or 11 times	0	0.0	1	0.1	1	0.1
12 or more times	3	0.3	12	1.3	20	2.7
Total	905	100.0	904	100.0	753	100.0

Question 19 of the high school questionnaire asks, “During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property?**” The percentage of students who reported being victimized has declined from 2002 to 2007 (33.3% and 23.1% respectively).

Table 12: Perceptions of Victimization on School Property During the Past 12 Months

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	691	76.9	675	74.8	502	66.7
1 time	116	12.9	119	13.2	120	15.9
2 or 3 times	65	7.2	68	7.5	75	10.0
4 or 5 times	8	.9	20	2.2	20	2.7
6 or 7 times	3	0.3	6	0.7	6	0.8
8 or 9 times	1	0.1	1	0.1	3	0.4
10 or 11 times	3	0.3	2	0.2	4	0.5
12 or more times	11	1.2	12	1.3	23	3.1
Total	898	100.0	903	100.0	753	100.0

Students were asked how many times they had been in a physical fight and sustained injuries serious enough to be treated by a doctor or nurse during the past 12 months. The percentage decreased from 5.7% in 2002 to 3.0% in 2005, but has since increased to 5.2% in 2007.

Table 13: Fights Resulting in Injuries that Needed to be Treated by a Professional During the Past 12 Months

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	861	94.8	877	97.0	706	94.3
1 time	31	3.4	11	1.2	24	3.2
2 or 3 times	10	1.1	4	0.4	7	0.9
4 or 5 times	4	0.4	5	0.6	3	0.4
6 or more times	2	0.2	7	0.8	9	1.2
Total	908	100.0	904	100.0	749	100.0

The total percentage of students who have reported being forced to have sexual intercourse when they did not want to has been fluctuating since 2002. The 10.2% reported in 2007 is lower than 2002's 12.1%, but is still higher than the reported 8.7% in 2005.

However, when just looking at the frequencies (the number of students who filled in a particular answer choice on the bubble sheet), researchers noticed rape is at a reported all time high of 92 students.

Table 14: Forced Sexual Intercourse

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	92	10.2	79	8.7	90	12.1
No	812	89.8	824	91.3	653	87.9
Total	904	100.0	903	100.0	743	100.0

Depression and Suicide

Less than a third (268 students or 30%) of the students reported feeling depressed at some point during the past 12 months. “Depression” has been defined as feeling so sad or hopeless almost everyday for two weeks or more in a row that one stopped doing some usual activities. This year’s 30% is higher than the 27.4% in 2005, but is still lower than 2002’s 34.6%.

In terms of actual frequencies, depression is at an all time high of 268 students.

Table 15: Depression

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	268	30.0	248	27.4	258	34.6
No	626	70.0	656	72.6	487	65.4
Total	894	100.0	904	100.0	745	100.0

The percentage of students who reported they have seriously considered attempting suicide during the past 12 months is nearly identical to 2005. However, this year’s 17% is still lower than the 23.2% reported in 2002.

Table 16: Seriously Considered Attempting Suicide During the Past 12 Months

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	153	17.0	153	17.0	172	23.2
No	747	83.0	748	83.0	570	76.8
Total	900	100.0	901	100.0	742	100.0

The percentage and number of students who reported making a plan during the past 12 months about how they would attempt suicide has slightly increased since 2005, but remains below 2002 levels.

Table 17: Planned Suicide

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	143	15.9	133	14.7	127	17.1
No	758	84.1	770	85.3	614	82.9
Total	910	100.0	903	100.0	741	100.0

Students were asked how many times they actually attempted suicide during the past 12 months. The total percentage of students who reported they tried to attempt suicide at least once during the past 12 months has decreased insignificantly since this question was first asked in 2002 (16.7% in 2002 and 16.1% in 2007).

Table 18: During the past 12 months, how many times did you actually attempt suicide?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	759	84.0	779	86.4	624	83.3
1 time	100	11.1	87	9.6	76	10.1
2 or 3 times	27	3.0	19	2.1	16	2.1
4 or 5 times	5	0.6	3	0.3	12	1.6
6 or more times	13	1.4	14	1.6	21	2.8
Total	904	100.0	902	100.0	749	100.0

Tobacco Use

The percentage of students that had reported smoking a whole cigarette by the time the survey was administered has been fluctuating since 2002. More than half of the students (56.7%) had reported smoking at least one whole cigarette in 2002. This dropped to 48.7% in 2005 and increased to 49% now, however this change is insignificant.

Table 19: Age at Which Smoked a Whole Cigarette for the First Time

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never smoked a whole cigarette	464	51	463	51.3	324	43.3
8 years old or younger	67	7.4	59	6.5	57	7.6
9 or 10 years old	62	6.8	74	8.2	52	7.0
11 or 12 years old	96	10.6	96	10.6	91	12.2
13 or 14 years old	127	14.0	114	12.6	109	14.6
15 or 16 years old	72	7.9	76	8.4	88	11.8
17 years old or older	21	2.3	21	2.3	27	3.6
Total	909	100.0	903	100.0	748	100.0

There has been a decrease in the total percentage of students who have reported smoking a cigarette during the past 30 days since 2005, but the 30.3% reported in 2007 is still higher than the 25.4% reported in 2002. *

Table 20: During the past 30 days, on how many days did you smoke cigarettes?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	643	70.7	606	67.3	499	74.6
1 or 2 days	71	7.8	65	7.2	66	9.9
3 to 5 days	24	2.6	29	3.2	38	5.7
6 to 9 days	22	2.4	13	1.4	21	3.1
10 to 19 days	22	2.4	28	3.1	23	3.4
20 to 29 days	28	3.1	36	4.0	21	3.1
All 30 days	99	10.9	124	13.8	1	0.1
Total	909	100.0	901	100.0	669	100.0

*Researchers doubt the accuracy of 2002 data.

Seventeen percent of students said they have tried to quit smoking cigarettes during the past 12 months, which is just slightly lower than the reported 17.5% of 2005. Just over half of all students who indicated smoking during the past 12 months report having tried to quit.

Table 21: Tried to Quit Smoking Cigarettes During the Past 12 Months

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
I did not smoke during the past 12 months	597	66.3	575	64.2
Yes	153	17.0	157	17.5
No	151	16.8	163	18.2
Total	901	100.0	895	100.0

Students were asked how many days they used chewing tobacco during the past 30 days. Chewing tobacco was also called “snuff” and “dip,” and the brands listed were Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, and Copenhagen.

Sixteen point three percent of the high school students reported using chewing tobacco at least one day during the past 30 days. This is an increase when compared to the 14.5% reported in 2005, but is still lower than the 22.6% of 2002.

Table 22: Chewing Tobacco Use During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	760	83.7	773	85.5	580	77.4
1 or 2 days	35	3.8	29	3.2	48	6.4
3 to 5 days	13	1.4	12	1.3	8	1.1
6 to 9 days	11	1.2	8	0.9	14	1.9
10 to 19 days	16	1.8	17	1.9	19	2.5
20 to 29 days	16	1.8	17	1.9	10	1.3
All 30 days	57	6.3	48	5.3	70	9.3
Total	908	100.0	904	100.0	749	100.0

Consumption of Alcohol

It appears that many students are having their first drink of alcohol other than a few sips while they are still in middle school. The percentage of students who have reported having a drink of alcohol has increased since 2005 but remains lower than 2002 levels.

Table 23: Age at Which Consumed First Alcoholic Beverage

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never had a drink of alcohol other than a few sips	258	28.5	287	31.9	196	26.2
8 years old or younger	79	8.7	78	8.7	82	10.9
9 or 10 years old	61	6.7	54	6.0	57	7.6
11 or 12 years old	104	11.5	102	11.3	88	11.7
13 or 14 years old	226	24.9	212	23.5	189	25.2
15 or 16 years old	157	17.3	144	16.0	108	14.4
17 years old or older	21	2.3	24	2.7	29	3.9
Total	906	100.0	901	100.0	749	100.0

The total percentage of students who have reported having at least one drink of alcohol during the past 30 days has been on the decline since 2002. More than half (51.3%) of students reported drinking during the past 30 days in 2002. The percentage then dropped to 48.3% in 2005, and dropped again in 2007 to 45.2%.

Table 24: Alcohol Consumption During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	495	54.7	465	51.7	363	48.7
1 or 2 days	178	19.6	163	18.1	152	20.4
3 to 5 days	90	9.9	103	11.5	95	12.7
6 to 9 days	61	6.7	61	6.8	70	9.4
10 to 19 days	47	5.2	62	6.9	34	4.6
20 to 29 days	18	2.0	25	2.8	9	1.2
All 30 days	16	1.8	20	2.2	23	3.1
Total	905	100.0	899	100.0	746	100.0

Students were asked on how many days they engaged in binge drinking behaviors during the past 30 days. “Binge drinking” is defined as having five or more drinks of alcohol in a row, that is, within a couple of hours.

The total percentage of high school students who have reported engaging in binge drinking behaviors during the past 30 days has reached an all time low of 28.5%. It was at its highest in 2005 with 33.0%, which only a slight increase from the reported 32.1% of 2002.

Table 25: Reports of Binge Drinking

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	650	71.5	606	67.0	507	67.9
1 day	84	9.2	78	8.6	67	9.0
2 days	40	4.4	60	6.6	49	6.6
3 to 5 days	61	6.7	62	6.9	57	7.6
6 to 9 days	36	4.0	47	5.2	24	3.2
10 to 19 days	24	2.6	24	2.7	21	2.8
20 days or more	14	1.5	27	3.0	22	2.9
Total	909	100.0	904	100.0	747	100.0

The total percentage of high school students who reporting having a drink of alcohol on school property during the past 30 days has reached an all time high of 9.6%, with the number of students drinking one or two days only more than doubling from 2005 levels.

Table 26: Consuming Alcohol on School Property

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 days	816	90.4	849	93.9	679	90.8
1 or 2 days	41	4.5	20	2.2	27	3.6
3 to 5 days	19	2.1	10	1.1	13	1.7
6 to 9 days	13	1.4	7	0.8	5	0.7
10 to 19 days	2	0.2	4	0.4	5	0.7
20 to 29 days	2	0.2	4	0.4	1	0.1
All 30 days	10	1.1	10	1.1	18	2.4
Total	903	100.0	904	100.0	748	100.0

Students were asked how they got the alcohol they consumed during the past 30 days. In the table below “I bought it at a store” was actually worded as “I bought it at a store such as a liquor store, convenience store, gas station or supermarket” in the questionnaire. Almost twice as many students reported taking alcohol from home in 2007 compared to 2005.

Table 27: If you drank alcohol during the past 30 days, how did you usually get your alcohol?*

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
I did not drink alcohol during the past 30 days	498	54.7	473	52.8
I bought it at a store	15	1.6	18	2.0
I bought it at a restaurant, bar, or club	8	.9	6	0.7
I took it from home	48	5.3	26	2.9
My parent(s)/guardian(s) gave it to me	33	3.6	51	5.7
I gave someone else the money to buy it for me	90	9.9	108	12.1
A person over 21 years old gave it to me.	72	7.9	95	10.6
I got it some other way	138	15.2	118	13.2
Total	902	100.0	895	100.0

This question was not asked in 2002

Marijuana and Other Drug Use

There has been a slight decrease in the percentage of students who have reported smoking marijuana at least once during their lives from 37.5% in 2005 to 38.0% in 2007. Although the numbers remain fairly consistent from 2005 to 2007, they establish a trend of decreased marijuana use over the 44.4% reported in 2002.

Table 28: Marijuana Use During Lifetime

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	563	62	564	62.5	416	55.6
1 or 2 times	79	8.7	81	9.0	58	7.8
3 to 9 times	58	6.4	56	6.2	66	8.8
10 to 19 times	29	3.2	26	2.9	40	5.3
20 to 39 times	31	3.4	30	3.3	38	5.1
40 to 99 times	35	3.9	42	4.7	38	5.1
100 or more times	113	12.4	103	11.4	92	12.3
Total	908	100.0	902	100.0	748	100.0

13.3% of students have reported trying marijuana for the first time between the ages of 13 and 14 years old. Although reports of marijuana use for the middle school have decreased, it appears that most high school students who smoke marijuana smoked it for the first time while in middle school.

Table 29: How old were you when you tried marijuana for the first time?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never tried marijuana	550	60.8	560	62.1	410	54.9
8 years old or younger	28	3.1	25	2.8	24	3.2
9 to 10 years old	33	3.7	24	2.7	20	2.7
11 to 12 years old	67	7.4	75	8.3	46	6.2
13 to 14 years old	120	13.3	126	14.0	116	15.5
15 to 16 years old	86	9.5	73	8.1	104	13.9
17 years old or older	20	2.2	19	2.1	27	3.6
Total	904	100.0	902	100.0	747	100.0

There has been an increase in the percentage of students who have reported using marijuana at least once during the past 30 days, but this increase is not statistically significant. The 18.2% reported in 2005 has jumped to 22.1% in 2007.

Table 30: Marijuana Use During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	709	77.9	726	81.8	559	75.4
1 or 2 times	46	5.1	46	5.1	70	9.4
3 to 9 times	50	5.5	30	3.4	26	3.5
10 to 19 times	26	2.9	23	2.6	26	3.5
20 to 39 times	24	2.7	29	3.2	17	2.3
40 or more times	50	5.5	41	4.6	43	5.8
Total	905	100.0	895	100.0	741	100.0

There has also been an increase in the percentage of students who have reported using marijuana on school property during the past 30 days. The recorded 7.9% is higher than 2005 but lower than 9% reported in 2002.

Table 31: Marijuana Use on School Property During the Past 30 Days

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	838	92.2	846	93.6	680	91.0
1 or 2 times	27	3.0	17	1.9	17	2.3
3 to 9 times	19	2.1	12	1.3	23	3.1
10 to 19 times	13	1.4	14	1.5	7	0.9
20 to 39 times	6	0.7	5	0.6	5	0.7
40 or more times	6	0.7	10	1.1	15	2.0
Total	909	100.0	904	100.0	747	100.0

Students were asked specifically how many times they have done the following drugs during their lifetimes. The table below represents the people that said they had done these drugs at least one time. Students were not asked about ecstasy or prescription medication use in 2002. Students were asked about any form of cocaine, including powder, crack, or freebase. Question 43 asked, “During your lifetime, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?” Researchers shortened this to “Inhalants” in the table below. The nicknames given to heroin were smack, junk, and China White. Methamphetamines were also called speed, crystal, crank, and ice. Ecstasy is also known as MDMA. When asked about steroid use, students were to include steroid pills or shots that were taken without a doctor’s prescription. Prescription medications listed included OxyContin, Percocet, Demerol, Adderall, Ritalin, and Xanax.

There has been a slight increase in all use of all drugs except methamphetamines since 2005. More than a quarter of respondents (26.2%) have reported using prescription medications, and over a fifth (20.4%) have reported using inhalants. In general, drug use is up compared to 2005 but remains lower than 2002. The most positive development appears to be a consistent drop in methamphetamine use, from 15.5% in 2002 to 8% in 2007.

Table 32: Other Drugs

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Cocaine	105	11.6	102	11.3	97	13.0
Inhalants	185	20.4	156	17.4	171	22.9
Heroin	45	5.0	34	3.8	47	6.3
Methamphetamines	73	8.0	76	8.4	116	15.5
Ecstasy	104	11.5	92	10.2	N/A	N/A
Steroids	60	6.6	59	6.5	69	9.2
Used a needle	45	5.0	30	3.3	62	6.7
Prescription medications	238	26.2	220	24.4	N/A	N/A

The percentage of students who said someone has offered, sold, or given them an illegal drug on school property has decreased since 2002, but has increased insignificantly since 2005.

Table 33: Drug Solicitation on School Property

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	203	22.5	202	22.4	254	34.6
No	700	77.5	699	77.6	481	65.4
Total	903	100.0	901	100.0	735	100.0

Sexual Behaviors and Education

Since 2002, the percentage of students who have reported having had sexual intercourse by the time the survey was administered has remained fairly consistent.

Table 34: Students and Sexual Intercourse

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Yes	440	49.0	430	48.0	380	51.4
No	458	51.0	466	52.0	360	48.6
Total	898	100.0	896	100.0	740	100.0

The total percentage of students who reported losing their virginity by the time the survey was administered has been fairly consistent since the question was first asked in 2002. The average has also been steady since 2005 (Average age in 2005 being 14.24 years and 14.25 years in 2007).

Table 35: Age at which Virginity was Lost

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never had sexual intercourse	454	50.1	464	51.8	362	48.6
11 years old or younger	38	4.2	40	4.5	51	6.8
12 years old	37	4.1	31	3.5	20	2.7
13 years old	56	6.2	66	7.4	39	5.2
14 years old	111	12.3	89	9.9	65	8.7
15 years old	97	10.7	92	10.3	83	11.1
16 years old	77	8.5	78	8.7	79	10.6
17 years old or older	36	4.0	35	3.9	46	6.2
Total	906	100.0	895	100.0	745	100.0

Students were asked how many people they have had sexual intercourse with during their lifetimes. Eight point six percent of students said they have had sexual intercourse with six or more people during their lifetime. This is the highest recorded percentage to date.

Table 36: Number of Sexual Partners During Lifetime

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have not had sexual intercourse	456	50.4	471	52.4	367	49.2
1 person	159	17.6	153	17.0	155	20.8
2 people	89	9.8	93	10.3	79	10.6
3 people	60	6.6	52	5.8	42	5.6
4 people	33	3.6	33	3.7	23	3.1
5 people	30	3.3	23	2.6	17	2.3
6 or more people	78	8.6	74	8.2	63	8.4
Total	905	100.0	899	100.0	746	100.0

Fifteen percent of high school students reported drinking alcohol or using drugs before they had sexual intercourse the last time. This is not a statistically significant increase from the reported 14.2% and 14.6% of 2005 and 2002 respectively.

Table 37: Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never had sexual intercourse	448	49.8	466	51.7	367	49.5
Yes	135	15.0	128	14.2	108	14.6
No	317	35.2	307	34.1	267	36.0
Total	900	100.0	901	100.0	742	100.0

The percentage of students who reported using a condom the last time they had sexual intercourse has decreased slightly since 2005, but is still slightly higher than the reported 29.7% of 2002.

Table 38: Condom Use During Last Sexual Encounter

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never had sexual intercourse	461	51.1	478	53.2	372	50.5
Yes	274	30.4	275	30.6	219	29.7
No	167	18.5	145	16.1	146	19.8
Total	902	100.0	898	100.0	737	100.0

Question 57 asks what one method of birth control students used to prevent pregnancy the last time they had sexual intercourse. The percentage of students who said they did not use any form of birth control to prevent pregnancy has increased since 2005 (6.3% in 2007 and 4.8% in 2005), but is still slightly lower than 2002 (7.4%). In the final report, further analysis will be done by gender.

Table 39: Method of Birth Control Used Last

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
I have never had sexual intercourse	463	51.2	470	52.2	373	50.1
No method was used to prevent pregnancy	57	6.3	43	4.8	55	7.4
Birth control pills	77	8.5	69	7.7	62	8.3
Condoms	214	23.7	241	26.7	174	23.4
Depo-Provera	14	1.5	15	1.7	13	1.7
Withdrawal	43	4.8	41	4.6	41	5.5
Some other method	14	1.5	14	1.6	9	1.2
Not sure	22	2.4	8	0.9	17	2.3
Total	904	100.0	901	100.0	744	100.0

Students were asked how many times they have been pregnant or gotten someone else pregnant. Six point two percent of the 2007 students reported they have been pregnant or have gotten someone pregnant at least once. In real numbers, fifty six 2007 respondents report at least one pregnancy and is the highest frequency recorded.

Table 40: How many times have you been pregnant or gotten someone pregnant?

	2007		2005		2002	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
0 times	831	92.2	845	93.8	674	90.2
1 time	34	3.8	19	2.1	35	4.7
2 or more times	22	2.4	17	1.9	14	1.9
Not sure	14	1.6	20	2.2	24	3.2
Total	901	100.0	901	100.0	747	100.0

The percentage of students who said their parents or other adults in their family talked with them about what they are expected to do or not to do when it comes to see has decreased, but not significantly, since this question was first asked in 2005.

Table 41: Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex? **

	2007		2005	
	Frequency	Percentage	Frequency	Percentage
Yes	632	70.1	666	74.1
No	198	22.0	199	22.1
Not sure	71	7.9	34	3.8
Total	923	100.0	899	100.0

This question was not asked in 2002

Students exhibited safer drinking behaviors by choosing not to binge drink or ride in a vehicle with a driving that had been drinking. They reported being less likely to obtain their alcohol from parents, a person of age, self-purchase or by giving someone money to buy it for them. Fewer students reported smoking cigarettes during the past 30 days in 2007. Reports of having and/or feeling limited by a disability decreased and fewer students reported receiving mostly grades of D's or F's in school. Students did not believe that bullying at school was as large a problem as in the past and also reported fewer physical fights on school property.

Table 42: High School Positive Trends

QUESTION (2007 numbers in parentheses)	2007%	2005%	2007-2005	% Variance
37D. Typically obtained alcohol from parents (33)	3.7	5.7	-2.0	-54.1%
37F. Typically obtained alcohol from a person of age (72)	8.0	10.6	-2.6	-32.5%
30B. Smoked cigarettes on 20+ of the past 30 days (127)	14.0	17.8	-3.8	-27.1%
8. Received mostly D's or F's in school during past year (54)	6.3	8.0	-1.7	-27.0%
11. Rode in car driven by someone who had been drinking in past 30 days (221)	24.3	30.4	-6.1	-25.1%
73. Bought food/drinks from school vending machines during the past 7 days (488)	54.5	67.8	-13.3	-24.4%
99. Agrees/strongly agrees drugs are a problem at school (429)	47.5	59.0	-11.5	-24.2%
22. Was in a physical fight on school property in past 12 months (117)	12.9	15.8	-2.9	-22.5%
13. Was harassed or bullied 1+ times on school property during the last year (218)	24.0	29.2	-5.2	-21.7%
94. Has had an asthma attack within the past 12 months (63)	7.0	8.5	-1.5	-21.4%
37E. Typically obtained alcohol by giving someone else money to purchase it (90)	10.0	12.1	-2.1	-21.0%
37A. Typically obtained alcohol through store purchase (15)	1.7	2.0	-0.3	-17.6%
87. Limited by disability (110)	12.3	14.4	-2.1	-17.1%
35. Drank 5+ alcoholic beverages in one sitting during the past 30 days (259)	28.5	33.0	-4.5	-15.8%
00. Students at risk for becoming overweight	17.1	19.5	-2.4	-14.0%
10. Never/rarely wore seatbelt as a passenger in a car (112)	12.3	14.0	-1.7	-13.8%
86. Considers self to have a disability (119)	13.3	15.0	-1.7	-12.8%
30A. Smoked cigarettes 1+ days during the past 30 days (266)	29.3	32.7	-3.4	-11.6%

Sexual behavior trends revealed several problem areas for high school students. Since 2005, condom use decreased, using no method of birth control increased, pregnancies increased, number of sexual partners increased and reports of forced sexual intercourse increased. Although student perceptions of drugs at school being a problem improved significantly use of marijuana, inhalants, heroin and needles also increased significantly. Students were more likely to drink on school property and obtain their alcohol by taking it from home or purchasing it at a bar, club or restaurant. Bullying and harassment was viewed as being more of a problem than in the past and resultantly students reported increased absences and incidents in which they felt victimized on school property. The higher percentage of students that attempted suicide coincided with reports of more time spent alone after school and feeling alone in life. Students reported a less healthy lifestyle in that they spent less time being physically active, more time watching television, ate less fruit and more French fries.

Table 43: High School Negative Trends

QUESTION (2007 numbers in parentheses)	2007%	2005%	2007-2005	% Variance
66. Ate fruit 3+ times on a typical day (87)	9.6	26.0	-16.4	-170.8%
78. Spends 60+ minutes being physically active on a typical weekend day. (373)	41.2	53.1	-11.9	-28.9%
57C. Used condoms to prevent pregnancy (214)	23.7	26.7	-3.0	-12.7%
85. Gets 8 hours of sleep on an average school night (292)	25.8	28.9	-3.1	-12.0%
57B. Used birth control pills to prevent pregnancy (77)	8.5	9.4	-0.9	-10.6%
40. Used marijuana 1+ times in the last 30 days (196)	21.7	18.9	2.8	12.9%
56. Did not use a condom last time had sexual intercourse (167)	18.5	16.1	2.4	13.0%
80. Spends 3+ hours watching TV on an average school day (257)	28.3	24.6	3.7	13.1%
89. Alone for 3+ hours per day after school (322)	35.7	31.0	4.7	13.2%
37G. Typically obtained alcohol some other way (138)	15.3	13.2	2.1	13.7%
24. Victim of forced sexually intercourse (92)	10.2	8.7	1.5	14.7%
43. Used a form of inhalant 1+ times during lifetime (185)	20.4	17.4	3.0	14.7%
28. Attempted suicide 1+ times in the past 12 months (145)	16.0	13.6	2.4	15.0%
14. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (193)	21.3	18.0	3.3	15.5%
41. Used marijuana 1+ times at school in the last 30 days (71)	7.8	6.4	1.4	17.9%
67. Ate french fries 4+ times during the past week (150)	16.6	13.4	3.2	19.3%
58. Been pregnant or gotten someone else pregnant 1+ times (56)	7.8	6.2	1.6	20.5%
98. Agrees/strongly agrees bullying is a problem at school (347)	38.2	30.0	8.2	21.5%
17. Did not go to school 1+ days because student did not feel safe there or traveling to and from (46)	5.1	4.0	1.1	21.6%
37B. Typically obtained alcohol through purchase at a restaurant/bar/club (8)	0.9	0.7	0.2	22.2%
57A. No method used to prevent pregnancy (57)	6.3	4.8	1.5	23.8%
44. Used heroin 1+ times during lifetime (45)	5.0	3.8	1.2	24.0%
65. Has vomited/taken laxatives to lose/keep from gaining weight in past 30 days (58)	6.4	4.7	1.7	26.6%
95. Rates health as poor (25)	2.8	1.9	0.9	32.1%
48. Used needles to inject illegal drugs 1+ times during lifetime (45)	5.0	3.3	1.7	34.0%
36. Drank alcohol on school property in the past 30 days (87)	9.6	6.1	3.5	36.5%
53. Has had sexual intercourse with 2 or more people (290)	32.0	20.2	11.8	36.9%
96. Agrees/strongly agrees with feeling alone in life (201)	22.2	13.6	8.6	38.7%
21. Required medical treatment for injury sustained in fight in past 12 months (47)	5.2	3.0	2.2	42.3%
37C. Typically obtained alcohol by taking it at home (48)	5.3	2.9	2.4	45.3%

Macon County Health and Nutrition

Body Mass Index and Perceptions of Weight

The Body Mass Index (BMI) is a number calculated from a person’s height and weight. The BMI is used as an indicator of body fatness for people. It does not measure body fat directly, but it does correlate with direct measures of body fat. The BMI is an inexpensive, easy-to-perform alternative for screening weight categories that may lead to health problems.

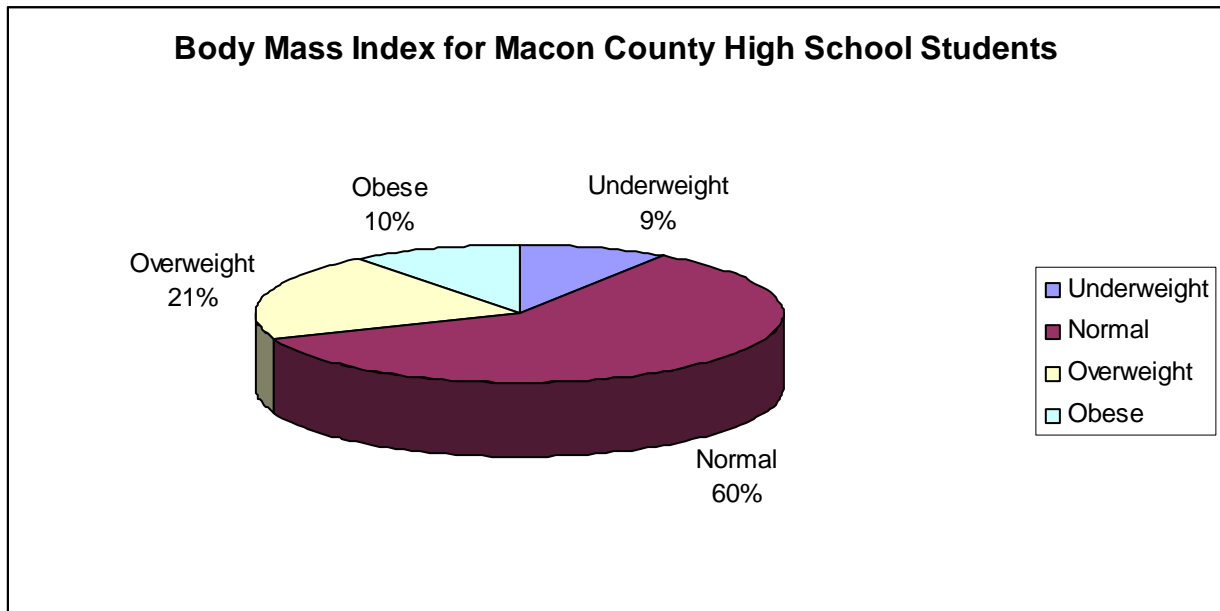
For this report, the BMI was calculated using the formula of: $\text{Weight (lbs)}/[\text{height(in)}]^2 \times 703$. For example, if one’s height is 5’1” and weight is 130 lbs, his/her BMI would look like this: $130/(61)^2 \times 703 = 24.6$, putting this person’s BMI within the normal range.

The ranges for the BMI include underweight, normal, overweight, and obese. These ranges are as follows:

- Underweight – below 18.5
- Normal – 18.5-24.9
- Overweight – 25.0-29.9
- Obese – 30.0 or higher.

For Macon County schools, height and weight were only asked of the high school respondents. Almost two thirds (60.1%) of the high school students are within a normal according to the BMI. The percentage of students who are considered “underweight” and “obese” are close at 9% and 10% respectively. The remaining 21% consists of the students who are considered to be overweight.

Figure 1: Body Mass Index for Macon County High School Students



When asked how they viewed their weight, more students answered being underweight or overweight than was actually the case when compared to the BMI results. Eleven point nine percent reported feeling as if they are very or slightly underweight; whereas 32.1% said they feel very or slightly overweight. Still, more than half (56.0%) reported feeling they are about the right weight.

Table 42: Self Perceptions of Weight as Seen by High School Respondents

	2007	
	Frequency	Percentage
Very underweight	22	2.4
Slightly underweight	86	9.5
About the right weight	507	56.0
Slightly overweight	249	27.5
Very overweight	42	4.6
Total	906	100.0

Macon County Comparison with 2007 Statewide YRBS Results

Macon County’s responses were compared to the 2007 North Carolina YRBS Survey. Due to the limitations on statewide data available to the public significance testing was limited in comparison to year to year testing. A complete list of comparisons is available in Appendix 3.

I. Middle School Students

Macon County students were more likely to wear a helmet while riding a bicycle, but were less likely to practice safe behavior when riding in a vehicle. Students statewide reported fewer instances (40.7%) of receiving poor grades in school than did Macon County students.

Table 1. Middle School Personal Safety

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
8. Never/rarely wore a helmet when riding bike in the past year (480)	77.3	60.3	-17.0	-22.0%
7. Never/rarely wore seatbelt when riding in car driven by other (110)	12.4	13.8	1.4	11.3%
10. Rode in car driven by someone who was drinking in the past month (270)	26.9	34.0	7.1	26.4%
6. Received mostly D's or F's in school during past 12 months (95)	8.6	12.1	3.5	40.7%

Students in Macon County reported fewer instances of being threatened or attempting to avoid a potentially threatening situation by not going to school. However, 30 percent more Macon County students carried weapons and more than 40 percent more required medical attention if they had been involved in a fight. No difference was found between Macon County students and statewide averages on having been in a fight or having loss of or damage to personal property.

Table 2. Middle School Violence-related Behaviors

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon- NC	% Variance
15. Did not go to school 1+ days because student did not feel safe there or traveling to and from (32)	5.7	4.1	-1.6	-28.1%
12. Threatened or injured with a weapon on school property in the past 12 months (52)	7.6	6.6	-1.0	-13.2%
13. Was in a physical fight (440)	56.5	55.3	-1.2	-2.1%
16. Had something stolen/damaged on school property in past 12 months (207)	27.8	29.6	1.8	6.5%
14. Required medical treatment for injury sustained in fight (60)	5.3	7.5	2.2	41.5%
11. Has ever carried a weapon (383)	37.2	48.1	10.9	29.3%

Being harassed on school property was a larger problem in Macon with approximately 20 percent more reported cases than in statewide averages, however, no real difference was noted between Macon and the state as to students being victimized due to appearance or reporting that bullying at school was a problem.

Table 3. Middle School Bullying and Harassment

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
20. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (252)	32.9	31.8	-1.1	-3.3%
94. Agrees/strongly agrees harassment/bullying is a problem at school (443)	54.1	58.3	4.2	7.8%
19. Was harassed or bullied 1+ times on school property during the last year (263)	27.1	33.2	6.1	22.5%

No difference was found between Macon County statistics and statewide averages in regards to depression and suicidal thoughts and behaviors.

Table 4. Middle School Depression and Suicide

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
23. Planned a suicide attempt in the past 12 months (114)	15.5	14.4	-1.1	-7.1%
22. Seriously considered suicide in the past 12 months (175)	22.0	22.1	0.1	0.5%
21. Has felt sad or hopeless for 2+ weeks in the past 12 months (193)	22.7	24.5	1.8	7.9%

Macon County middle school students were more likely to have tried drinking and smoking at a younger age than state averages, but were less likely to attempt to purchase their own alcohol and more likely to attempt to quit smoking. Disturbingly, 86.8 % more Macon middle school students imbibed alcohol prior to the age of 12 than did so statewide.

Table 5. Middle School Tobacco and Alcohol Use

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
31. Typically obtained alcohol through purchase at a store (7)	1.6	1.0	-0.6	-37.5%
25. Smoked cigarettes 1+ days during the past 30 days (101)	11.7	12.8	1.1	9.4%
29. Has drank alcohol other than just a few sips (302)	33.6	38.2	4.6	13.7%
26. Attempted to quit smoking cigarettes in the past 12 months (76)	7.6	9.6	2.0	26.3%
24. Aged 11 or younger when smoked whole cigarette for first time (115)	8.8	14.7	5.9	67.0%
30. Aged 12 or younger when first drank alcohol (234)	15.9	29.7	13.8	86.8%

No difference was found between Macon County students and statewide averages for using marijuana. Macon middle school students were a quarter less likely to obtain (-23.7%) and half as likely to use (48.0%) drugs on school property and were less likely to abuse prescription medications. Statewide, middle school students reported using fewer street drugs and trying them initially at an older age than Macon County students.

Table 6. Middle School Drug Use

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
35. Used marijuana 1+ times on school property in the last 30 days (10)	2.5	1.3	-1.2	-48.0%
43. Student was offered/sold/given illegal drugs on school property in past 12 months (69)	11.4	8.7	-2.7	-23.7%
39. Used a form of steroids without a prescription 1+ times (19)	3.0	2.4	-0.6	-20.0%
41. Used prescription drugs without a prescription 1+ times (53)	7.9	6.7	-1.2	-15.2%
34. Used marijuana 1+ times in the last 30 days (43)	5.7	5.4	-0.3	-5.3%
95. Agrees/ strongly agrees drugs are a problem at school (236)	32.1	31.5	-0.6	-1.9%
32. Used marijuana (98)	11.9	12.4	0.5	4.2%
38. Used a form of inhalant 1+ times (121)	13.6	15.2	1.6	11.8%
36. Used a form of cocaine 1+ times (33)	3.4	4.2	0.8	23.5%
33. Aged 11 or younger when first tried marijuana (53)	3.6	6.6	3.0	83.3%

Macon County middle school students reported knowing less about sexually transmitted diseases and having fewer discussions with family members about appropriate sexual behaviors. Statewide, an additional 30% of students were taught about abstaining from sexual relations. Statewide information on middle school student involvement in sexual activities was not available.

Table 7. Middle School Sexual Abstinence, AIDS, and STDs

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
48. Taught about abstaining from sexual activity (355)	67.7	45.2	-22.5	-33.2%
49. Taught about AIDS or HIV infection in school (395)	70.7	49.7	-21.0	-29.7%
50. Taught about chlamydia, gonorrhea, syphilis or HPV (284)	43.6	35.8	-7.8	-17.9%
51. Adult family members discussed expectations for appropriate sexual behavior (442)	62.2	55.9	-6.3	-10.1%

A larger percentage, nearly 30.0% more, of Macon County students reported being overweight and more of them reported fasting in an attempt to lose the weight. Statewide, students used diet pills to lose weight while Macon students were more likely to maintain a healthy diet in order to lose/maintain weight.

Table 8. Middle School Body Weight

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
57. Has taken diet pills/powders/liquids to lose weight (59)	9.2	7.5	-1.7	-18.5%
58. Has vomited/taken laxatives to lose (57)	7.8	7.3	-0.5	-6.4%
53. Trying to lose weight (370)	44.1	46.7	2.6	5.9%
54. Exercised to lose weight during the past 30 days (569)	68.3	72.8	4.5	6.6%
55. Has eaten less food/fewer calories/foods low in fat to lose weight (406)	43.1	51.3	8.2	19.0%
52. Students felt they were very overweight/overweight (235)	23.2	29.6	6.4	27.6%
56. Has gone without eating for 24+ hours to lose weight (169)	16.4	21.4	5.0	30.5%

Students in Macon County purchased fewer items from vending machines. Similar numbers were reported statewide and in Macon County for meals prepared and eaten with the family and for eating breakfast daily.

Table 9. Middle School Food Consumed in the Past 7 Days

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
66. Bought food/drinks from school vending machines (193)	41.0	24.8	-16.2	-39.5%
68. Ate home prepared dinner with family 4+ days (593)	76.8	75.4	-1.4	-1.8%
67. Ate breakfast everyday (335)	40.5	42.5	2.0	4.9%

Macon County students spent less time watching TV and more than twice as much time participating in physical education classes and physical activities. Statewide comparisons showed little or no difference in time spent watching TV on the weekends and participation in a sports team.

Table 10. Middle School Physical Activity

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
74. Spends 3+ hours playing video games/computer games/internet on an average school day (157)	25.0	20.0	-5.0	-20.0%
71. Spends 3+ hours watching TV on an average school day (282)	43.5	36.1	-7.4	-17.0%
72. Spends 3+ hours watching TV on an average weekend day (433)	58.9	55.4	-3.5	-5.9%
73. Participated in 1+ sports teams during the past 12 months (482)	61.2	61.6	0.4	0.7%
69. Spends more than one hour being physical active 5+ days in the past 7 days (522)	55.0	67.3	12.3	22.4%
70A. Attends PE class 1+ days per week (770)	79.2	99.0	19.8	25.0%
70B. Attended PE classes daily during the average school week (669)	37.2	86.0	48.8	131.2%

Few differences were found between Macon County and statewide averages in overall health. Macon students were less likely to wear sunscreen, spend more time alone after school, and feel poorly about their own health. However, they were also more likely to have visited a dentist within the past 12 months.

Table 11. Sun Safety, Sleep, and General Health

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
75. Always/usually use sunscreen when outside for 1+ hours (81)	12.2	10.4	-1.8	-14.8%
92. Agrees/strongly agrees with feeling alone in life (144)	21.2	19.1	-2.1	-9.9%
86. Diagnosed by doctor or nurse with asthma (144)	20.3	18.8	-1.5	-7.4%
76. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	15.9	14.9	-1.0	-6.3%
79. Limited by disability (91)	12.4	11.7	-0.7	-5.6%
78. Considers self to have a disability (95)	12.8	12.4	-0.4	-3.1%
93. Agree/strongly agrees with feeling good about self (552)	74.8	72.6	-2.2	-2.9%
80. Has trouble learning , concentrating, or remembering because of impairment (135)	17.8	17.5	-0.3	-1.7%
77. Gets 8 hours of sleep on an average school night (241)	30.0	31.1	1.1	3.7%
82. Participates in extracurricular activities (540)	66.9	71.0	4.1	6.1%
84. Had a check-up or physical exam when not ill during the last 12 months (424)	51.6	55.5	3.9	7.6%
85. Saw a dentist during the past 12 months (485)	57.2	63.0	5.8	10.1%
81. Alone for 3+ hours per day after school (171)	17.5	22.7	5.2	29.7%
89. Rates health as fair or poor (86)	8.7	11.3	2.6	29.9%

II. High School Students

When Macon County high school students were compared with statewide averages, 46.0% more wore a helmet when riding a bicycle. They also reported practicing significantly more unsafe behaviors while driving or riding in a vehicle such as, drinking and driving (55.7%) or not wearing a seatbelt (62.0%). Students both in Macon and statewide reported similar percentages of students who received poor grades and instances of students that rode in a car with a driver that had been drinking.

Table 12. High School Personal Safety

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
9. Never/rarely wore a helmet when riding bike in past 12 months (433)	88.0	47.5	-40.5	-46.0%
11. Rode in car driven by someone who had been drinking in past 30 days (221)	24.7	24.3	-0.4	-1.6%
8. Received mostly D's or F's in school during past 12 months (54)	6.1	6.3	0.2	3.3%
10. Never/rarely wore seatbelt when riding in car driven by other (112)	7.9	12.3	4.4	55.7%
12. Drove a car when had been drinking in past 30 days (135)	9.2	14.9	5.7	62.0%

Student views that harassment was an issue at school were 11.8% lower in Macon County than statewide. Teasing, name calling, and being bullied on school property scored similarly both in Macon County and Statewide.

Table 13. High School Harassment and Bullying

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
13. Was harassed or bullied 1+ times on school property during the last year (218)	22.3	24.0	1.7	7.6%
14. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (193)	20.4	21.3	0.9	4.4%
98. Agrees/strongly agrees harassment/bullying is a problem at school (347)	43.3	38.2	-5.1	-11.8%

Students in Macon County reported feeling significantly safer traveling to and from school, fewer instances of theft or damage to personal property at school and fewer instances of physical abuse by a partner. They also reported carrying weapons more frequently both on (210.3%) and off (46.2%) school property than did students statewide. Physical fights in Macon occurred more often on school property and more often resulted in a need for medical attention than statewide averages.

Table 14. High School Violence Related Behaviors

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
17. Did not go to school 1+ days because student did not feel safe there or traveling to and from (46)	7.0	5.1	-1.9	-27.1%
23. Victim of physical abuse by boyfriend/girlfriend in the past 12 months (100)	13.2	11.1	-2.1	-15.9%
19. Had something stolen/damaged on school property in past 12 months (207)	26.9	23.1	-3.8	-14.1%
18. Threatened or injured with a weapon on school property in the past 12 months (57)	6.6	6.3	-0.3	-4.5%
20. Was in a physical fight during past 12 months (272)	30.1	29.9	-0.2	-0.7%
24. Victim of forced sexually intercourse (92)	9.3	10.2	0.9	9.7%
22. Was in a physical fight on school property in past 12 months (117)	10.4	12.9	2.5	24.0%
21. Required medical treatment for injury sustained in fight in past 12 months (47)	3.7	5.2	1.5	40.5%
15. Carried a weapon 1+ days in the past 30 days (282)	21.2	31.0	9.8	46.2%
16. Carried a weapon on school property 1+ days in the past 30 days (191)	6.8	21.1	14.3	210.3%

Compared to statewide averages, Macon County students reported higher levels of depression, suicidal thoughts and suicidal behaviors. Students in Macon reported 20.3% more suicide attempts.

Table 15. High School Depression and Suicidal Behaviors

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
25. Has felt sad or hopeless for 2+ weeks in the past 12 months (268)	26.9	30.0	3.1	11.5%
28. Attempted suicide 1+ times in the past 12 months (145)	13.3	16.0	2.7	20.3%
26. Seriously considered suicide in the past 12 months (153)	12.5	17.0	4.5	36.0%
27. Planned a suicide attempt in the past 12 months (143)	9.5	15.9	6.4	67.4%

Compared with statewide averages, Macon high school students reported starting smoking younger and more often. An additional 50.5% of Macon students reported that they smoked cigarettes on 20 or more of the past 30 days. Question 32 on the Macon County 2007 Questionnaire (use of chewing tobacco) could not be compared due to limitations in statewide information available in incompatibility in the phrasing of the question.

Table 16. High School Tobacco Use

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
31. Of smokers, those who attempted to quit smoking (153)	54.6	50.3	-4.3	-7.9%
30A. Smoked cigarettes 1+ days during the past 30 days (266)	22.5	29.3	6.8	30.2%
29. Aged 12 or younger when smoked first whole cigarette (225)	17.3	24.8	7.5	43.4%
30B. Students who smoked cigarettes on 20 or more of the past 30 days	9.3	14.0	4.7	50.5%

Macon County students were 73.0% less likely to attempt to obtain alcohol by purchasing it themselves at a store. However, they reported drinking larger amounts and more frequently than statewide averages. Macon high school students also reported drinking for the first time at a younger age and were twice as likely to drink alcohol on school grounds.

Table 17. High School Alcohol Use

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
37A. Typically obtained alcohol through purchase at a store (15)	6.3	1.7	-4.6	-73.0%
34. Drank alcohol 1+ days during the past 30 days (410)	37.7	45.3	7.6	20.2%
35. Drank 5+ alcoholic beverages in one sitting during the past 30 days (259)	21.1	28.5	7.4	35.1%
33. Aged 12 or younger when first drank alcohol (244)	19.7	26.9	7.2	36.5%
36. Drank alcohol on school property in the past 30 days (87)	4.7	9.6	4.9	104.3%

Students statewide reported lower drug usage than Macon county students for all drug types including: marijuana, abuse of prescriptions, and heavy narcotics. More Macon students reported having used marijuana before the age of 12 and, compared with statewide averages, two times the percentage of students used needles to inject illegal drugs. Conversely, Macon high school students report obtaining fewer drugs on school property and did not feel as strongly that drugs were a problem at school.

Table 18. High School Drug Use

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
50. Student was offered/sold/given illegal drugs on school property in past 12 months (203)	28.5	22.5	-6.0	-21.1%
99. Agrees/ strongly agrees drugs are a problem at school (429)	52.9	47.5	-5.4	-10.2%
38. Used marijuana (345)	36.4	38.0	1.6	4.4%
40. Used marijuana 1+ times in the last 30 days (196)	19.1	21.7	2.6	13.6%
43. Used a form of inhalant 1+ times during lifetime (185)	13.8	20.4	6.6	47.8%
49. Used prescription drugs without a prescription 1+ times during lifetime (238)	17.0	26.2	9.2	54.1%
42. Used a form of cocaine 1+ times during lifetime (105)	7.0	11.6	4.6	65.7%
47. Used a form of steroids without a prescription 1+ times during lifetime (60)	3.9	6.6	2.7	69.2%
45. Used methamphetamines 1+ times during lifetime (73)	4.7	8.0	3.3	70.2%
39. Aged 12 or younger when first tried marijuana (128)	8.3	14.2	5.9	71.1%
44. Used heroin 1+ times during lifetime (45)	2.8	5.0	2.2	78.6%
46. Used ecstasy 1+ times during lifetime (104)	6.4	11.5	5.1	79.7%
41. Used marijuana 1+ times on school property in the last 30 days (71)	4.3	7.8	3.5	81.4%
48. Used needles to inject illegal drugs 1+ times during lifetime (45)	2.5	5.0	2.5	100.0%

Macon County students reported higher levels of abstinence and fewer sexual partners. They were also 27.5% less likely to consume drugs or alcohol prior to engaging in sex. Statewide, students were more likely to use birth control pills, condoms, and discuss appropriate sexual behaviors with an adult family member. Student reports of engaging in sex prior to the age of 12 did not differ significantly between Macon County and statewide averages.

Table 19. High School Sexual Abstinence, AIDS, and STDs

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
57B. Used birth control pills to prevent pregnancy (77)	17.4	8.5	-8.9	-51.1%
56. Used a condom last time had sexual intercourse (274)	61.5	30.4	-31.1	-50.6%
55. Used drugs/alcohol prior to last sexual intercourse (135)	20.7	15.0	-5.7	-27.5%
54. Has had sexual intercourse with 1+ people in the past 3 months (313)	37.5	34.5	-3.0	-8.0%
59. Adult family members discussed expectations for appropriate sexual behavior (632)	75.3	70.1	-5.2	-6.9%
51. Have had sexual intercourse (440)	52.1	49.0	-3.1	-6.0%
52. Aged 12 or younger when first had sexual intercourse (75)	8.3	8.3	0.0	0.0%

No difference was found in student reports of trying to lose weight or exercising to lose weight. In Macon County there were students reported using a low fat low calorie diet in order to achieve weight loss goals. Twenty-two point one percent more Macon students responded that they felt they were overweight and tried vomiting/taking laxatives or using diet pills and powders to lose weight.

Table 20. High School Body Weight

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
62. Exercised to lose weight during the past 30 days (554)	61.1	61.1	0.0	0.0%
61A. Trying to lose weight (429)	44.7	47.6	2.9	6.5%
63. Has eaten less food/fewer calories/foods low in fat to lose weight (381)	38.4	42.3	3.9	10.2%
64. Has taken diet pills/powders/liquids to lose (82)	8.1	9.2	1.1	13.6%
60C. Students felt they were very overweight/overweight (291)	26.3	32.1	5.8	22.1%
65. Has vomited/taken laxatives to lose weight (58)	4.9	6.4	1.5	30.6%

Student responses to the nutrition question portion of the survey in Macon County were very positive. Differences between Macon County high school students and statewide student averages of consumption of sodas and sweetened drinks were negligible (less than 5%). Although Macon students were more likely to purchase items from vending machines, they were also had notably higher reports of drinking milk (69.5%), eating breakfast daily, consuming fruit, and eating dinner at home with their families. Additional nutrition questions included consumption of vegetables, junk food, and French fries. This information was either unavailable for statewide or the coding was incompatible.

Table 21. High School Students Food Consumed in the Past 7 Days

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
71. Drank sweetened drinks 1+ times on a typical day (356)	38.8	39.2	0.4	1.0%
70. Drank soda 1+ times on a typical day (349)	36.9	38.6	1.7	4.6%
75. Ate home prepared dinner with family 4+ days (548)	56.2	60.5	4.3	7.7%
74. Ate breakfast everyday (316)	31.9	34.8	2.9	9.1%
66. Ate fruit 1+ times (803)	79.3	88.5	9.2	11.6%
73. Bought food/drinks from school vending machines (488)	46.9	54.5	7.6	16.2%
72. Drank 3+ glasses of milk on a typical day (126)	8.2	13.9	5.7	69.5%

Macon County students spent less time watching TV during the week (19.8%) and on weekends (14.5%). They spent less time playing video games or surfing the internet (-7.1%) and more time being physically active (7.7%). Little difference was found between Macon and statewide for participation in 30 or more minutes a day of activity, the difference was in students who participated in an hour or more of activity five or more days a week. High school students statewide attended physical education classes more often than Macon students (-8.6%).

Table 22. High School Physical Activity

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
80. Spends 3+ hours watching TV on an average school day (257)	35.3	28.3	-7.0	-19.8%
81. Spends 3+ hours watching TV on an average weekend day (372)	48.2	41.2	-7.0	-14.5%
79B. Attended PE classes daily during the average school week (238)	29.0	26.5	-2.5	-8.6%
82. Spends 3+ hours playing video games/computer games/internet on an average school day (177)	21.2	19.7	-1.5	-7.1%
78. Spends 30+ minutes being physically active on a typical weekend day. (610)	70.3	67.5	-2.8	-4.0%
77. Spends 30+ minutes being physically active on a typical school day (608)	69.2	67.8	-1.4	-2.0%
79A. Attends PE class 1+ days per week (380)	41.7	42.3	0.6	1.4%
76. Spends more than one hour being physical active 5+ days in the past 7 days (427)	44.3	47.7	3.4	7.7%

Students in Macon County reported using sunscreen more frequently (8.9%) but did not utilize other means of protection from the sun as well as students statewide (-18.4). High school students from Macon did not have as much difficulty with paying attention and 36.5% more students reported getting the recommended eight hours of sleep when compared to statewide. Students in Macon had higher rates of feeling alone in life, being left alone for more than 3 hours after school and lower rates of feeling good about themselves. No comparison could be made between Macon County and statewide data on self-reported health ratings due to insufficient data from the state.

Table 23. High School Sun Safety, Sleep, and General Health

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
94. Has had an asthma attack within the past 12 months (63)	9.5	7.0	-2.5	-26.3%
84. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	15.8	12.9	-2.9	-18.4%
88. Has trouble learning , concentrating, or remembering because of impairment (128)	16.0	14.4	-1.6	-10.0%
97. Agree/strongly agrees with feeling good about self (620)	75.3	68.5	-6.8	-9.0%
87. Limited by disability (110)	13.0	12.3	-0.7	-5.4%
90. Participates in extracurricular activities (544)	62.4	61.8	-0.6	-1.0%
91. Had a check-up or physical exam when not ill during the last 12 months (536)	60.2	59.7	-0.5	-0.8%
92. Saw a dentist during the past 12 months (599)	66.5	66.3	-0.2	-0.3%
86. Considers self to have a disability (119)	13.2	13.3	0.1	0.8%
96. Agrees/strongly agrees with feeling alone in life (201)	20.4	22.2	1.8	8.8%
83. Always/usually use sunscreen when outside for 1+ hours (78)	7.9	8.6	0.7	8.9%
89. Alone for 3+ hours per day after school (322)	32.4	35.7	3.3	10.2%
93. Diagnosed by doctor or nurse with asthma (201)	20.3	22.6	2.3	11.3%
85. Gets 8 hours of sleep on an average school night (292)	18.9	25.8	6.9	36.5%

Differences between High School and Middle School Results

Table 43 reports the most notable differences between the middle school and high school results in which the middle school had the most favorable results. Middle school students spend more time being physically active and participating in Physical Education classes and extracurricular activities. They also reported lower instances of drug, alcohol and tobacco use as well as fewer sexual encounters.

Table 43. Middle School Outperforms High School

QUESTION	Macon MS %	Macon HS %	MS vs. HS %
Attended PE classes daily during the average school week	86.0	26.5	-69.2%
Attends PE class 1+ days per week	99.0	42.3	-57.3%
Spends more than one hour being physical active 5+ days in the past 7 days	67.3	47.7	-29.1%
Ate home prepared dinner with family 4+ days for the past 7 days	75.4	60.5	-19.8%
Drank 1+ glasses of milk on a typical day	51.3	41.7	-18.7%
Of those who smoked, those who attempted to quit smoking cigarettes in the past 12 months	61.8	50.3	-18.6%
Ate breakfast everyday for the past 7 days	42.5	34.8	-18.1%
Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight in past 30 days	51.3	42.3	-17.5%
Gets 8 hours of sleep on an average school night	31.1	25.8	-17.0%
Exercised to lose weight during the past 30 days	72.8	61.1	-16.1%
Participates in extracurricular activities	71.0	61.8	-13.0%
Drank sweetened drinks 1+ times on a typical day	34.6	39.2	13.3%
Drank soda 1+ times on a typical day	32.5	38.6	18.8%
Has felt sad or hopeless for 2+ weeks in the past 12 months	24.5	30.0	22.4%
Aged 12 or younger when smoked whole cigarette for first time	19.7	24.8	25.9%
Used a form of inhalant 1+ times during lifetime	15.2	20.4	34.2%
Agrees/strongly agrees drugs are a problem at school	31.5	47.5	50.8%
Aged 12 or younger when first tried marijuana	9.4	14.2	51.1%
Victim of forced sexually intercourse	6.7	10.2	52.2%
Alone for 3+ hours per day after school	22.7	35.7	57.3%
Ate french fries 4+ times during the past week	9.8	16.6	69.4%
Been pregnant or gotten someone else pregnant 1+ times	3.6	7.8	116.7%
Bought food/drinks from school vending machines during the past 7 days	24.8	54.5	119.8%
Smoked cigarettes 1+ days during the past 30 days	12.8	29.3	128.9%
Used chewing tobacco products 1+ days in the past 30 days	7.1	16.3	129.6%
Have had sexual intercourse	20.8	49.0	135.6%
Used needles to inject illegal drugs 1+ times during lifetime	2.0	5.0	150.0%
Student was offered/sold/given illegal drugs on school property in past 12 months	8.7	22.5	158.6%
Used a form of steroids without a prescription 1+ times during lifetime	2.4	6.6	175.0%
Used methamphetamines 1+ times during lifetime	2.9	8.0	175.9%
Used a form of cocaine 1+ times during lifetime	4.2	11.6	176.2%
Used ecstasy 1+ times during lifetime	3.8	11.5	202.6%
Has had sexual intercourse with 2 or more people	10.5	32.0	204.8%
Used marijuana	12.4	38.0	206.5%
Students who smoked cigarettes on 20 or more of the past 30 days	4.1	14.0	241.5%
Used prescription drugs without a prescription 1+ times during lifetime	6.7	26.2	291.0%
Used marijuana 1+ times in the last 30 days	5.4	21.7	301.9%
Used marijuana 1+ times on school property in the last 30 days	1.3	7.8	500.0%

Table 44 reports the most notable differences between the middle school and high school results in which the high school had the most favorable results. High school students reported fewer problems with bullying and harassment including fewer fights and injuries sustained therein. They also spent less time watching television although middle school students still reported being more physically active. In nutrition, the high schools outperformed the middle schools in some areas but not all. Overall, nutrition information was highly comparable between schools.

Table 44. High School Outperforms Middle School

QUESTION	Macon MS %	Macon HS %	MS vs. HS %
Received mostly D's or F's in school during past 12 months	12.1	6.3	-47.9%
Was in a physical fight during past 12 months	55.3	29.9	-45.9%
Aged 12 or younger when first had sexual intercourse	15.2	8.3	-45.4%
Agrees/ strongly agrees harassment/bullying is a problem at school	58.3	38.2	-34.5%
Victim of teasing or name calling due to weight, size or appearance in the past 30 days	31.8	21.3	-33.0%
Required medical treatment for injury sustained in fight in past 12 months	7.5	5.2	-30.7%
Rode in car driven by someone who had been drinking in past 30 days	34.0	24.3	-28.5%
Was harassed or bullied 1+ times on school property during the last 12 months	33.2	24.0	-27.7%
Spends 3+ hours watching TV on an average weekend day	55.4	41.2	-25.6%
Seriously considered suicide in the past 12 months	22.1	17.0	-23.1%
Had something stolen/damaged on school property in past 12 months	29.6	23.1	-22.0%
Spends 3+ hours watching TV on an average school day	36.1	28.3	-21.6%
Never/rarely wore a helmet when riding bike in past 12 months	60.3	47.5	-21.2%
Has trouble learning , concentrating, or remembering because of impairment	17.5	14.4	-17.7%
Has vomited/taken laxatives to lose/keep from gaining weight in past 30 days	7.3	6.4	-12.3%
Ate junk food 1+ times on a typical day	38.8	34.5	-11.1%
Never/rarely wore seatbelt when riding in car driven by other	13.8	12.3	-10.9%
Ate vegetables 4+ times during the past week	49.0	59.8	22.0%
Adult family members discussed expectations for appropriate sexual behavior	55.9	70.1	25.4%

Macon County Results in Light of the North Carolina 2010 Health Objectives

The 2010 Health Objectives provide direction for improving the health and well being of all North Carolinians over the decade between years 2000 and 2010. Through an Executive Order of Governor James B. Hunt, Jr., the Governor's Task Force for Healthy Carolinians was established in 1999. The Task Force produced North Carolina's 2010 Health Objectives in 12 major focus areas:

- Access to Health Care
- Chronic Disease
- Community Health
- Disability
- Environmental Health
- Health Promotion
- Infant Mortality
- Infectious Diseases
- Injuries
- Mental Health
- Older Adult Health
- Oral Health

In comparing *youth related* NC 2010 Health Objectives to the 2005 YRBS results, Macon County has not yet successfully completed the goals that targeted middle and high school students. Macon County students are close to reaching 3 goals, with less than 5 percent to go, as marked by an asterisk. Macon County has moved closer to obtaining 6 of the goals including: use of condoms, 2 goals involving alcohol consumption and 3 goals pertaining to smoking. In regards to the seven remaining goals (weight, nutrition, abstaining from sexual intercourse, and drug use), Macon County has digressed. Information on two of the objectives, marked by a double asterisk, did not exactly match the phrasing in the questionnaire. Students were asked not to include fruit juices consumed when asked how much fruit they ate on a given day. Also, Macon County middle school student responses could not be included for both how many fruits and how many vegetables were eaten on a given day as the questionnaire simply asked how many days in the past week the student had eaten these items and students maximum amount response was 5+ days in the past week.

NC 2010 Health Objective	2010 Target	2005 MC YRBS	2007 MC YRBS	Goal Met
Reduce the percentage of children and adolescents who are overweight or obese, age 12-18 years old.	10.0	14.0	29.7	
Increase the percentage of middle and high school students who eat any fruit or fruit juices on a given day.	95.0	93.4	29.6**	
Increase the percentage of middle and high school students who eat any vegetables on a given day.	95.0	91.3	34.4**	
Increase the proportion of adolescents, grades 9-12 , who abstain from sexual intercourse.	50.8	65.1	51.0	*
Increase the proportion of adolescents, grades 9-12 , who use condoms if sexually active.	75.0	66.2	62.1	
Reduce the percentage of high school students who consumed alcohol within the past 30 days.	28.8	48.3	45.3	
Reduce the percentage of high school students who had five or more drinks of alcohol within the past 30 days.	15.0	33.0	28.5	
Reduce the percentage of high school students who used marijuana within the past 30 days.	16.0	18.9	21.7	
Reduce the percentage of middle and high school students who sniffed glue or spray containers to get high at some time in their life.	13.0	15.4	20.4	
Reduce the percentage of middle and high school students who have ever used any form of cocaine.	4.0	9.5	11.6	
Reduce cigarette smoking by middle school students, grades 6-8 .	7.5	15.4	12.8	*
Reduce cigarette smoking by high school students, grades 9-12 .	15.8	32.7	29.3	
Decrease the percentage of children, grades 6-12 , who begin smoking before age 11.	10.0	14.6	14.4	*

Discussion

The 2007 Macon County School System's YRBS provides educators, health officials, and policy makers with data on self-reported health risk behaviors, mental health, and nutrition among adolescent youth enrolled in Macon County Schools.

Since participation in the 2005 YRBS, Macon County has shown several significant improvements within the school system. Middle school results indicate higher levels of perceived personal safety especially at school. Students are older when they first try alcohol and tobacco and are using fewer drugs with a lower frequency of use on school property. The number of Macon County high school students that reported drinking decreased and those that do drink are doing so at a lesser frequency. Many of the High School results are consistent with 2005 data, however, this also means that the improvements made between 2002 and 2005, such as drug solicitation on school property, are showing little or no regression.

Macon County results also compared favorably with North Carolina statewide averages in several areas. Middle school students reported improved perceptions of personal safety on school property and were less likely to abuse prescription medications. They spent less time watching television and playing video games and more time being physically active. High School students in Macon were more apt to abstain from sexual relations or report having fewer partners than the state. Overall, Macon high school students reported healthier dietary habits and spent less time watching television.

As was the case in 2005, children's weight continues to be of vital concern among medical and public health officials. Based on information released by the Center for Disease Control, Macon County high school students have lower rates of obesity. However, the number of overweight or at-risk students is well above state averages.

Macon County's YRBS data was compared with the NC 2010 Health Objectives and are close to achieving three of the eleven goals set forth. Middle school students are smoking less and trying cigarettes at an older age. High School students are choosing to abstain from sexual relations.

The data suggests several challenges for both the middle schools and high schools, when compared to past Macon County reports as well as statewide information. Middle schools may consider providing students with information, educational materials and counseling in regards to:

- The dangers of tobacco and alcohol use
- The risks and dangers of carrying weapons
- Conflict resolution without the use of violence
- The consequences and results of harassment and bullying
- The dangers of inhalants and other narcotics

The high schools may consider providing students with information, educational materials, and counseling in regards to:

- The dangers of tobacco and alcohol use
- The risks and dangers of carrying weapons
- The importance of nutrition in maintaining a healthy weight
- The importance of physical activity in maintaining a healthy weight
- The dangers of inhalants and other narcotics
- The dangers of abusing prescription medications

The Hoffman Center for Assessment and Research Alliances commends the Macon County School System on their successes to date in improving student risk behaviors. Also we would like to thank them for participating in Youth Risk Behavior Survey Analysis and look forward to a continuing partnership aimed at saving the lives and health of school children.

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Appendix 1: Middle School Questionnaire

DRAFT

**2007
MACON COUNTY
YOUTH RISK BEHAVIOR SURVEY
MIDDLE SCHOOL QUESTIONNAIRE**

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

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

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

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

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

Thank you very much for your help.

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Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D
- To change your answer, erase completely.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Other
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? **(Select one or more responses.)**
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

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

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

The next 12 questions ask about personal safety and violence-related behaviors.

7. How often do you wear a seat belt when **riding in a car**?

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

8. When you ride a **bicycle**, how often did you wear a helmet?

- A. I do not ride a bicycle
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

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

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

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10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

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

11. Have you ever carried a weapon such as a gun, knife, or club?

- A. Yes
- B. No

12. During the past 12 months, did someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

- A. Yes
- B. No

13. Have you ever been in a physical fight?

- A. Yes
- B. No

14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

- A. Yes
- B. No

15. During the past 30 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. Yes
- B. No

16. During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, **on school property**?

- A. Yes
- B. No

17. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

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

- A. Yes
- B. No

The next 2 questions ask about bullying.

19. During the past 12 months, have you been harassed or bullied **on school property**?

- A. Yes
- B. No

20. During the past 30 days, have you been the victim of teasing or name calling because of your weight, size, or physical appearance?

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

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

21. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?

- A. Yes
- B. No

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22. Have you ever **seriously** thought about killing yourself?

- A. Yes
- B. No

23. Have you ever made a plan about how you would kill yourself?

- A. Yes
- B. No

The next 5 questions ask about tobacco use.

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

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

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

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

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

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

27. 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.
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station.
- C. I bought them from a vending machine.
- D. I gave someone else money to buy them for me.
- E. I borrowed (or bummed) them from someone else.
- F. A person 18 years or older gave them to me.
- G. I took them from a store or family member.
- H. I got them some other way.

28. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

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

The next 3 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.

29. Have you ever had a drink of alcohol, other than a few sips?

- A. Yes
- B. No

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

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

31. If you drank alcohol during the past 30 days, how did you usually get your alcohol?

- A. I did not drink alcohol during the past 30 days
- B. I bought it at a store such as a liquor store, convenience store, gas station or supermarket
- C. I bought it at a restaurant, bar, or club
- D. I took it from home
- E. My parent(s)/guardian(s) gave it to me
- F. I gave someone else the money to buy it for me
- G. A person over 21 years old gave it to me
- H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

32. Have you ever used marijuana?

- A. Yes
- B. No

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

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

34. During the past 30 days, did you use marijuana?

- A. Yes
- B. No

35. During the past 30 days, did you use marijuana on school property?

- A. Yes
- B. No

The next 8 questions ask about other drugs.

36. Have you ever used **any** form of cocaine, including powder, crack, or freebase?

- A. Yes
- B. No

37. Have you ever used LSD (acid), PCP (angel dust), mushrooms, ecstasy or other hallucinogens?

- A. Yes
- B. No

38. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- A. Yes
- B. No

39. Have you ever used **steroid pills or shots** without a doctor's prescription?

- A. Yes
- B. No

40. Have you ever used a needle to inject any **illegal** drug into your body?

- A. Yes
- B. No

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41. Have you ever taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax **without a doctor's prescription**?

- A. Yes
- B. No

42. Have you ever used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. Yes
- B. No

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

- A. Yes
- B. No

The next 4 questions ask about sexual behavior.

44. Have you ever had sexual intercourse?

- A. Yes
- B. No

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

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old or older

46. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

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

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

The next 4 questions ask about abstinence, AIDS and STD education and information you have learned in school.

48. Have you ever been taught about abstaining from sexual activity?

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

49. Have you ever been taught about AIDS or HIV infection in school?

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

50. Have you ever been taught about chlamydia, gonorrhea, syphilis, or Human Papilloma Virus/genital warts?

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

51. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?

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

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The next 7 questions ask about body weight.

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

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

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

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

54. Have you ever **exercised** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

55. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

56. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or keep from gaining weight?

- A. Yes
- B. No

57. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

58. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 10 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.

59. During the past 7 days, how many times do you eat **fruit**? (Include raw, cooked, frozen, canned or dried fruit and 100% fruit juice.)

- A. I do not eat fruit
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

60. During the past 7 days, how many times do you eat **french fries**?

- A. I did not eat french fries during the past 7 days
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

61. During the past 7 days, how many times do you eat **vegetables**? (Include raw, cooked, frozen, canned vegetables, salad greens and 100% vegetable juice, BUT do **not count** french fries.)

- A. I do not eat vegetables
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

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62. During the past 7 days, how many times did you eat junk food such as sweet or salty snack foods? (Include chips, crackers, cookies, candy, cakes, or donuts.)

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

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

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

64. During the past 7 days, how many times do you drink a can, bottle, or glass of any other sweetened beverage? (Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, and sports drinks. Do **not** include diet soda or diet pop.)

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

65. 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 milk served at school as equal to 1 glass.)

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

66. During the past 7 days, how many times did you buy food and/or drinks from vending machines at school?

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

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

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

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68. During the past 7 days, how many times did you eat dinner prepared at home with your family?

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

The next 6 questions ask about physical activity.

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

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

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

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

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

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

72. On an average weekend day, how many hours do you watch TV?

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

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

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

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74. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet)

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

The next 2 questions ask about sun safety.

75. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

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

76. When you are outside for more than one hour on a sunny day, how often do you do **one or more** of the following to protect yourself from the sun: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades your face, ears, and neck?

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

The next question asks about sleep.

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

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

The next 14 questions are general items about you.

78. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

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

79. Are you limited in any way in any activities because of any impairment or health problem?

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

80. Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating?

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

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81. On an average school day, how long after school are you alone without a parent or trusted adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

82. Do you participate in any extracurricular activities (such as sports, band, drama, clubs)?

- A. Yes
- B. No

83. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer (for example, serving meals to elderly, picking up litter, helping out at a hospital, building homes for the poor, etc.)?

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

84. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

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

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

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

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

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

87. During the past 12 months, have you had an episode of asthma or an asthma attack?

- A. I do not have asthma
- B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- D. Not sure

88. How often do you feel stress in your life?

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

89. How would you rate your health in general?

- A. Excellent
- B. Very good
- C. Good
- D. Fair
- E. Poor

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90. Based on your answers to this survey, which of the following **influences your decisions** about health the most? (**Choose One**)

- A. Parents/Family
- B. School
- C. Friends/Peers
- D. Church/Youth Groups
- E. Media:TV/Movies/Books/Magazines
- F. Computer/Internet
- G. Doctor
- H. Other

91. From which of the following would **you prefer** to get information about health? (**Choose One**)

- A. Parents/Family
- B. School
- C. Friends/Peers
- D. Church/Youth Groups
- E. Media:TV/Movies/Books/Magazines
- F. Computer/Internet
- G. Doctor
- H. Other

For the next 4 statements, indicate whether you agree or disagree with each statement.

92. Do you agree or disagree that you feel alone in your life?

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

93. Do you agree or disagree that you feel good about yourself?

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

94. Do you agree or disagree that harassment and bullying by other students is a problem at your school?

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

95. Do you agree or disagree that illegal drugs are a problem at your school?

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

**This is the end of the survey
Thank you very much for your help**

Appendix 2: High School Questionnaire

2007
MACON COUNTY
YOUTH RISK BEHAVIOR SURVEY
HIGH SCHOOL QUESTIONNAIRE

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

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

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

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

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

Thank you very much for your help.

Directions:

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D
- To change your answer, erase completely.

1. How old are you?
A. 12 years old or younger
B. 13 years old
C. 14 years old
D. 15 years old
E. 16 years old
F. 17 years old
G. 18 years old or older
2. What is your sex?
A. Female
B. Male
3. In what grade are you?
A. 9th grade
B. 10th grade
C. 11th grade
D. 12th grade
E. Ungraded or other grade
4. Are you Hispanic or Latino?
A. Yes
B. No
5. What is your race? (Select one or more responses.)
A. American Indian or Alaska Native
B. Asian
C. Black or African American
D. Native Hawaiian or Other Pacific Islander
E. White

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes on your answer sheet. Fill in the matching circles below each number.

Example

Height	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

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

Directions: Write your weight in the shaded blank boxes on your answer sheet. Fill in the matching circles below each number.

Example

Weight		
Pounds		
1	5	3
●	⑩	⑩
②	①	①
③	②	②
	③	●
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

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

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

The next 4 questions ask about personal safety.

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

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

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

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

11. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?

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

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

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

The next 2 questions ask about bullying.

13. During the past 12 months, how many times have you been harassed or bullied **on school property**?

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

14. During the past 30 days, have you been the victim of teasing or name calling because of your weight, size or physical appearance?

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

The next 10 questions ask about violence-related behaviors.

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

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

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

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

17. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

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

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

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

19. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property**?

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

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

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

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

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

22. During the past 12 months, how many times were you in a physical fight **on school property**?

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

23. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

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

- A. Yes
- B. No

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

25. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?

- A. Yes
- B. No

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

- A. Yes
- B. No

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

- A. Yes
- B. No

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

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

The next 4 questions ask about tobacco use.

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

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

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

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

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

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

32. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

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

The next 5 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.

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

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

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

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

35. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

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

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

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

37. If you drank alcohol during the past 30 days, how did you usually get your alcohol?

- A. I did not drink alcohol during the past 30 days
- B. I bought it at a store such as a liquor store, convenience store, gas station or supermarket
- C. I bought it at a restaurant, bar, or club
- D. I took it from home
- E. My parent(s)/guardian(s) gave it to me
- F. I gave someone else the money to buy it for me
- G. A person over 21 years old gave it to me
- H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

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

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

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

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

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

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

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

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

The next 9 questions ask about other drugs.

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

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

43. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

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

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

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

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

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

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

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

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

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

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

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

49. During your life, how many times have you taken a prescription drug such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Zanax **without a doctor's prescription**?

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

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

- A. Yes
- B. No

The next 9 questions ask about sexual behavior.

51. Have you ever had sexual intercourse?

- A. Yes
- B. No

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

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

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

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

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

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

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

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

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

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

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

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo-Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

58. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

59. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?

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

The next 6 questions ask about body weight.

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

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

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

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

62. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

63. 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
- B. No

64. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

65. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 9 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.

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

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

67. During the past 7 days, how many times did you eat **french fries**?

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

68. During the past 7 days, how many times do you eat **vegetables**? (Include raw, cooked, frozen, canned vegetables, salad greens and 100% vegetable juice, BUT **do not count** french fries.)

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

69. During the past 7 days, how many times did you eat junk food such as sweet or salty snack foods? (Include chips, crackers, cookies, candy, cakes, or donuts.)

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

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

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

71. During the past 7 days, how many times do you drink a can, bottle, or glass of any other sweetened beverage? (Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, and sports drinks. Do **not** include diet soda or diet pop.)

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

72. During the past 7 days, how many **glasses of milk** did you drink (include the milk you drank in a glass or a cup, from a carton, or with cereal. Count the half pint milk served at school as equal to 1 glass.)?

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

73. During the past 7 days, how many times did you buy food and/or drinks from vending machines at school?

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

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

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

75. During the past 7 days, how many times did you eat dinner prepared at home with your family?

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

The next 8 questions ask about physical activity. Physical Activity is any activity that increases your heart rate and makes you breathe hard some of the time.

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

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

77. On a average school day, how much total time do you spend being physically active? (Include all physical activity both in and out of school.)

- A. I am not physically active on a average school day
- B. Less than 30 minutes
- C. 30 minutes to 1 hour
- D. More than 1 hour and up to 2 hours
- E. More than 2 hours

78. On an average weekend day, how much total time do you spend being physically active?

- A. I am not physically active on an average weekend day
- B. Less than 30 minutes
- C. 30 minutes to 1 hour
- D. More than 1 hour and up to 2 Hours
- E. More than 2 hours

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

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

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

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

81. On an average weekend day, how many hours do you watch TV?

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

82. On an average school day, how many hours do you play video games or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet)

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

The next 2 questions ask about sun safety.

83. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

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

84. When you are outside for more than one hour on a sunny day, how often do you do **one or more** of the following to protect yourself from the sun: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades your face, ears, and neck?

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

The next question asks about sleep.

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

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

The next 10 questions are general items about you.

86. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

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

87. Are you limited in any way in any activities because of any impairment or health problem?

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

88. Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating?

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

89. On an average school day, how long after school are you alone without a parent or trusted adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 1 to 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

90. Do you participate in any extracurricular activities at school (such as sports, band, drama, clubs)?

- A. Yes
- B. No

91. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

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

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

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

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

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

94. During the past 12 months, have you had an episode of asthma or an asthma attack?

- A. I do not have asthma
- B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- D. Not sure

95. How do you rate your health in general?
- A. Excellent
 - B. Very good
 - C. Good
 - D. Fair
 - E. Poor

For the next 4 statements, indicate whether you agree or disagree.

96. Do you agree or disagree that you feel alone in your life?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

97. Do you agree or disagree that you feel good about yourself?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

98. Do you agree or disagree that harassment and bullying by other students is a problem at your school?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

99. Do you agree or disagree that illegal drugs are a problem at your school?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

**This is the end of the survey.
Thank you very much for your help.**

**Appendix 3:
Significant Results for Macon County Middle School Students**

6.) During the past 12 months, how would you describe your grades in school?				
		Sex		Total
		Female	Male	
Mostly A's	Count	141.0	83.0	224.0
	% within Sex	34.1%	22.2%	28.5%
Mostly B's	Count	134.0	111.0	245.0
	% within Sex	32.4%	29.8%	31.2%
Mostly C's	Count	51.0	76.0	127.0
	% within Sex	12.3%	20.4%	16.2%
Mostly D's	Count	20.0	35.0	55.0
	% within Sex	4.8%	9.4%	7.0%
Mostly F's	Count	17.0	21.0	38.0
	% within Sex	4.1%	5.6%	4.8%
None of these grades	Count	2.0	2.0	4.0
	% within Sex	0.5%	0.5%	0.5%
Not sure	Count	48.0	45.0	93.0
	% within Sex	1.2%	1.2%	1.2%
Total	Count	413.0	373.0	786.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	24.735	6	0.000
Likelihood Ratio	24.932	6	0.000
Linear-by-Linear Association	7.024	1	0.008
N of Valid Cases	786		
a. 2 cells (14.3%) have expected count less than 5. The minimum expected count is 1.90.			

7.) How often do you wear a seat belt when riding in a car?				
		Sex		Total
		Female	Male	
Never	Count	10.0	20.0	30.0
	% within Sex	2.4%	5.3%	3.8%
Rarely	Count	36.0	42.0	78.0
	% within Sex	8.7%	11.1%	9.9%
Sometimes	Count	40.0	55.0	95.0
	% within Sex	9.7%	14.6%	12.0%
Most of the time	Count	154.0	130.0	284.0
	% within Sex	37.3%	34.5%	35.9%
Always	Count	173.0	130.0	303.0
	% within Sex	41.9%	34.5%	38.4%
Total	Count	413.0	377.0	790.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	12.680	4	0.013
Likelihood Ratio	12.751	4	0.013
Linear-by-Linear Association	10.589	1	0.001
N of Valid Cases	790		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 14.32.

8.) When you ride a bicycle, how often did you wear a helmet?				
		Sex		Total
		Female	Male	
I do not ride a bicycle	Count	108.0	52.0	160.0
	% within Sex	26.1%	13.8%	20.2%
Never wear a helmet	Count	159.0	188.0	347.0
	% within Sex	38.4%	49.9%	43.9%
Rarely wear a helmet	Count	63.0	67.0	130.0
	% within Sex	15.2%	17.8%	16.4%
Sometimes wear a helmet	Count	43.0	32.0	75.0
	% within Sex	10.4%	8.5%	9.5%
Most of the time wear a helmet	Count	25.0	20.0	45.0
	% within Sex	6.0%	5.3%	5.7%
Always wear a helmet	Count	16.0	18.0	34.0
	% within Sex	3.9%	4.8%	4.3%
Total	Count	414.0	377.0	791.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	22.752	5	0.000
Likelihood Ratio	23.133	5	0.000
Linear-by-Linear Association	1.807	1	0.179
N of Valid Cases	791		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 16.20.

10.) Have you ever ridden in a car driver by someone who had been drinking alcohol?				
		Sex		Total
		Female	Male	
Yes	Count	157.0	110.0	267.0
	% within Sex	37.9%	29.3%	33.8%
No	Count	200.0	208.0	408.0
	% within Sex	48.3%	55.5%	51.7%
Not sure	Count	57.0	57.0	114.0
	% within Sex	13.8%	15.2%	14.4%
Total	Count	414.0	375.0	789.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	6.518	2	0.038
Likelihood Ratio	6.545	2	0.038
Linear-by-Linear Association	4.432	1	0.035
N of Valid Cases	789		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 54.18.

11.) Have you ever carried a weapon such as a gun, knife, or club?				
		Sex		Total
		Female	Male	
Yes	Count	108.0	270.0	378.0
	% within Sex	26.1%	71.6%	47.8%
No	Count	306.0	107.0	413.0
	% within Sex	73.9%	28.4%	52.2%
Total	Count	414.0	377.0	791.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	163.943	1	0.000		
Continuity Correction(a)	162.123	1	0.000		
Likelihood Ratio	169.987	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	163.735	1	0.000		
N of Valid Cases	791.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 180.16.

12.) During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club on school property?				
		Sex		Total
		Female	Male	
Yes	Count	15.0	35.0	50.0
	% within Sex	3.6%	9.4%	6.4%
No	Count	398.0	339.0	737.0
	% within Sex	96.4%	90.6%	93.6%
Total	Count	413.0	374.0	787.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	10.817	1	0.001		
Continuity Correction(a)	9.876	1	0.002		
Likelihood Ratio	11.023	1	0.001		
Fisher's Exact Test				0.001	0.001
Linear-by-Linear Association	10.803	1	0.001		
N of Valid Cases	787.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 23.76.

13.) Have you ever been in a physical fight?				
		Sex		Total
		Female	Male	
Yes	Count	171.0	265.0	436.0
	% within Sex	41.3%	70.5%	55.2%
No	Count	243.0	111.0	354.0
	% within Sex	58.7%	29.5%	44.8%
Total	Count	414.0	376.0	790.0

	% within Sex	100.0%	100.0%	100.0%
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Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	67.815	1	0.000		
Continuity Correction(a)	66.641	1	0.000		
Likelihood Ratio	69.027	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	67.730	1	0.000		
N of Valid Cases	790.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 168.49.

18.) Have you ever been physically forced to have sexual intercourse when you did not want to?				
		Sex		Total
		Female	Male	
Yes	Count	38.0	13.0	51.0
	% within Sex	9.2%	3.5%	6.5%
No	Count	376.0	362.0	738.0
	% within Sex	90.8%	96.5%	93.5%
Total	Count	414.0	375.0	789.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	10.619	1	0.001		
Continuity Correction(a)	9.695	1	0.002		
Likelihood Ratio	11.137	1	0.001		
Fisher's Exact Test				0.001	0.001
Linear-by-Linear Association	10.605	1	0.001		
N of Valid Cases	789.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 24.24.

19.) During the past 12 months, have you been harassed or bullied on school property?				
		Sex		Total
		Female	Male	
Yes	Count	122.0	139.0	261.0
	% within Sex	29.6%	37.0%	33.1%
No	Count	290.0	237.0	527.0
	% within Sex	70.4%	63.0%	66.9%
Total	Count	412.0	376.0	788.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	4.803	1	0.028		
Continuity Correction(a)	4.476	1	0.034		
Likelihood Ratio	4.802	1	0.028		
Fisher's Exact Test				0.034	0.017
Linear-by-Linear Association	4.797	1	0.029		
N of Valid Cases	788.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 124.54.

21.) 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?				
		Sex		Total
		Female	Male	
Yes	Count	121.0	69.0	190.0
	% within Sex	29.4%	18.6%	24.3%
No	Count	291.0	301.0	592.0
	% within Sex	70.6%	81.4%	75.7%
Total	Count	412.0	370.0	782.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	12.180	1	0.000		
Continuity Correction(a)	11.604	1	0.001		
Likelihood Ratio	12.327	1	0.000		
Fisher's Exact Test				0.001	0.000
Linear-by-Linear Association	12.164	1	0.000		
N of Valid Cases	782.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 89.90.

22.) Have you ever seriously thought about killing yourself?				
		Sex		Total
		Female	Male	
Yes	Count	113.0	59.0	172.0
	% within Sex	27.3%	15.8%	21.9%
No	Count	301.0	314.0	615.0
	% within Sex	72.7%	84.2%	78.1%
Total	Count	414.0	373.0	787.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	15.133	1	0.000		
Continuity Correction(a)	14.469	1	0.000		
Likelihood Ratio	15.381	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	15.114	1	0.000		
N of Valid Cases	787.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 81.52.

23.) Have you ever made a plan about how you would kill yourself?				
		Sex		Total
		Female	Male	
Yes	Count	71.0	41.0	112.0
	% within Sex	17.2%	10.9%	14.2%
No	Count	341.0	334.0	675.0
	% within Sex	82.8%	89.1%	85.8%
Total	Count	412.0	375.0	787.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.383	1	0.012		
Continuity Correction(a)	5.877	1	0.015		
Likelihood Ratio	6.467	1	0.011		
Fisher's Exact Test				0.014	0.007
Linear-by-Linear Association	6.375	1	0.012		
N of Valid Cases	787.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 53.37.

28.) 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?				
		Sex		Total
		Female	Male	
0 days	Count	409.0	323.0	732.0
	% within Sex	98.8%	86.4%	92.9%
1 or 2 days	Count	1.0	19.0	20.0
	% within Sex	0.2%	5.1%	2.5%
3 to 5 days	Count	3.0	9.0	12.0
	% within Sex	0.7%	2.4%	1.5%
6 to 9 days	Count	0.0	2.0	2.0
	% within Sex	0.0%	0.5%	0.3%
10 to 19 days	Count	0.0	6.0	6.0
	% within Sex	0.0%	1.6%	0.8%
20 to 29 days	Count	0.0	2.0	2.0
	% within Sex	0.0%	0.5%	0.3%
All 30 days	Count	1.0	13.0	14.0
	% within Sex	0.2%	3.5%	1.8%
Total	Count	414.0	374.0	788.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	47.682	6	0.000
Likelihood Ratio	57.087	6	0.000
Linear-by-Linear Association	32.403	1	0.000
N of Valid Cases	788		

a. 6 cells (42.9%) have expected count less than 5. The minimum expected count is .95.

38.) Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?				
		Sex		Total
		Female	Male	
Yes	Count	75.0	45.0	120.0
	% within Sex	18.1%	11.9%	15.2%
No	Count	339.0	332.0	671.0
	% within Sex	81.9%	88.1%	84.8%
Total	Count	414.0	377.0	791.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	5.855	1	0.016		
Continuity Correction(a)	5.385	1	0.020		
Likelihood Ratio	5.922	1	0.015		
Fisher's Exact Test				0.017	0.010
Linear-by-Linear Association	5.848	1	0.016		
N of Valid Cases	791.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 57.19.

41.) Have you ever taken a prescription drug such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Zanax without a doctor's prescription?				
		Sex		Total
		Female	Male	
Yes	Count	36.0	16.0	52.0
	% within Sex	8.7%	4.3%	6.6%
No	Count	378.0	359.0	737.0
	% within Sex	91.3%	95.7%	93.4%
Total	Count	414.0	375.0	789.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.270	1	0.012		
Continuity Correction(a)	5.571	1	0.018		
Likelihood Ratio	6.455	1	0.011		
Fisher's Exact Test				0.014	0.009
Linear-by-Linear Association	6.262	1	0.012		
N of Valid Cases	789.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 24.71.

51.) Have your parents or other adults in your family ever talked with you about what the expect you to do or not to do when it comes to sex?				
		Sex		Total
		Female	Male	
Yes	Count	257.0	181.0	438.0
	% within Sex	63.0%	47.9%	55.7%
No	Count	114.0	161.0	275.0
	% within Sex	27.9%	42.6%	35.0%
Not sure	Count	37.0	36.0	73.0
	% within Sex	9.1%	9.5%	9.3%
Total	Count	408.0	378.0	786.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	20.118	2	0.000
Likelihood Ratio	20.195	2	0.000
Linear-by-Linear Association	10.923	1	0.001
N of Valid Cases	786		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 35.11.

53.) Which of the following are you trying to do about your weight?				
		Sex		Total
		Female	Male	
Lose weight	Count	232.0	134.0	366.0
	% within Sex	56.2%	35.6%	46.4%
Gain weight	Count	18.0	54.0	72.0
	% within Sex	4.4%	14.4%	9.1%
Stay the same weight	Count	88.0	92.0	180.0
	% within Sex	21.3%	24.5%	22.8%
I am not trying to do anything about my weight	Count	75.0	96.0	171.0
	% within Sex	18.2%	25.5%	21.7%
Total	Count	413.0	376.0	789.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	45.273	3	0.000
Likelihood Ratio	46.339	3	0.000
Linear-by-Linear Association	19.112	1	0.000
N of Valid Cases	789		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is

34.31.

54.) Have you ever exercised to lose weight or to keep from gaining weight?				
		Sex		Total
		Female	Male	
Yes	Count	323.0	243.0	566.0
	% within Sex	79.0%	65.9%	72.8%
No	Count	86.0	126.0	212.0
	% within Sex	21.0%	34.1%	27.2%
Total	Count	409.0	369.0	778.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	16.843	1	0.000		
Continuity Correction(a)	16.187	1	0.000		
Likelihood Ratio	16.881	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	16.821	1	0.000		
N of Valid Cases	778.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 100.55.

55.) Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?				
		Sex		Total
		Female	Male	
Yes	Count	252.0	152.0	404.0
	% within Sex	61.2%	40.4%	51.3%
No	Count	160.0	224.0	384.0
	% within Sex	38.8%	59.6%	48.7%
Total	Count	412.0	376.0	788.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	33.845	1	0.000		
Continuity Correction(a)	33.020	1	0.000		
Likelihood Ratio	34.083	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	33.802	1	0.000		
N of Valid Cases	788.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 183.23.

56.) Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?				
		Sex		Total
		Female	Male	
Yes	Count	112.0	55.0	167.0
	% within Sex	27.3%	14.7%	21.2%
No	Count	299.0	320.0	619.0
	% within Sex	72.7%	85.3%	78.8%
Total	Count	411.0	375.0	786.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	18.558	1	0.000		
Continuity Correction(a)	17.813	1	0.000		
Likelihood Ratio	18.915	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	18.534	1	0.000		
N of Valid Cases	786.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 79.68.

57.) Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? Do not include meal replacement products such as Slim fast.				
		Sex		Total
		Female	Male	
Yes	Count	45.0	13.0	58.0
	% within Sex	10.9%	3.5%	7.4%
No	Count	366.0	360.0	726.0
	% within Sex	89.1%	96.5%	92.6%
Total	Count	411.0	373.0	784.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	15.900	1	0.000		
Continuity Correction(a)	14.829	1	0.000		
Likelihood Ratio	16.889	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	15.880	1	0.000		
N of Valid Cases	784.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 27.59.

58.) Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?				
		Sex		Total
		Female	Male	
Yes	Count	42.0	13.0	55.0
	% within Sex	10.2%	3.5%	7.0%
No	Count	370.0	357.0	727.0
	% within Sex	89.8%	96.5%	93.0%
Total	Count	412.0	370.0	782.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	13.306	1	0.000		
Continuity Correction(a)	12.304	1	0.000		
Likelihood Ratio	14.068	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	13.289	1	0.000		
N of Valid Cases	782.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 26.02.

63.) During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? Do not include diet soda or diet pop.				
		Sex		Total
		Female	Male	
I did not drink soda or pop during the past 7 days	Count	66.0	47.0	113.0
	% within Sex	16.1%	12.7%	14.5%
1 to 3 times during the past 7 days	Count	158.0	116.0	274.0
	% within Sex	38.4%	31.4%	35.1%
4 to 6 times during the past 7 days	Count	66.0	74.0	140.0
	% within Sex	16.1%	20.1%	17.9%
1 time per day	Count	30.0	25.0	55.0
	% within Sex	7.3%	6.8%	7.5%
2 times per day	Count	41.0	33.0	74.0
	% within Sex	10.0%	8.9%	9.5%
3 times per day	Count	24.0	27.0	51.0
	% within Sex	5.8%	7.3%	6.5%
4 or more times per day	Count	26.0	47.0	73.0
	% within Sex	6.3%	12.7%	9.4%
Total	Count	411.0	369.0	780.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	15.410	6	0.017
Likelihood Ratio	15.494	6	0.017
Linear-by-Linear Association	9.579	1	0.002
N of Valid Cases	780		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 24.13.

64.) During the past 7 days, how many times did you drink a can, bottle, or glass of any other sweetened beverage? Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, and sports drinks. Do not include diet soda or diet pop.				
		Sex		Total
		Female	Male	
I did not drink any other sweetened beverage during the past 7 days	Count	69.0	49.0	118.0
	% within Sex	16.7%	13.2%	15.0%
1 to 3 times during the past 7 days	Count	159.0	108.0	267.0
	% within Sex	38.5%	29.0%	34.0%
4 to 6 times during the past 7 days	Count	63.0	65.0	128.0
	% within Sex	15.3%	17.5%	16.3%
1 time per day	Count	33.0	31.0	64.0
	% within Sex	8.0%	8.3%	8.2%
2 times per day	Count	40.0	36.0	76.0
	% within Sex	9.7%	9.7%	9.7%
3 times per day	Count	16.0	29.0	45.0
	% within Sex	3.9%	7.8%	5.7%
4 or more times per day	Count	33.0	54.0	87.0
	% within Sex	8.0%	14.5%	11.1%
Total	Count	413.0	372.0	785.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	20.174	6	0.003
Likelihood Ratio	20.299	6	0.002
Linear-by-Linear Association	16.099	1	0.000
N of Valid Cases	785		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 21.32.

65.) 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 milk served at school as equal to 1 glass.				
		Sex		Total
		Female	Male	
I did not drink milk during the past 7 days	Count	42.0	39.0	81.0
	% within Sex	10.2%	10.4%	10.3%
1 to 3 glasses during the past 7 days	Count	98.0	63.0	161.0
	% within Sex	23.8%	16.8%	20.5%
4 to 6 glasses during the past 7 days	Count	87.0	52.0	139.0
	% within Sex	21.1%	13.9%	17.7%
1 glass per day	Count	52.0	51.0	103.0
	% within Sex	12.6%	13.6%	13.1%
2 glasses per day	Count	67.0	54.0	121.0
	% within Sex	16.3%	14.4%	15.4%
3 glasses per day	Count	35.0	65.0	100.0
	% within Sex	8.5%	17.4%	12.7%
4 or more glasses per day	Count	31.0	50.0	81.0
	% within Sex	7.5%	13.4%	10.3%
Total	Count	412.0	374.0	786.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	29.628	6	0.000
Likelihood Ratio	29.899	6	0.000
Linear-by-Linear Association	16.319	1	0.000
N of Valid Cases	786		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 38.54.

74.) On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet.				
		Sex		Total
		Female	Male	
I do not play video or computer games or use a computer for something that is not school work	Count	100.0	48.0	148.0
	% within Sex	24.4%	13.0%	19.0%
Less than 1 hour per day	Count	129.0	103.0	232.0
	% within Sex	31.5%	27.9%	29.8%
1 hour per day	Count	63.0	67.0	130.0
	% within Sex	15.4%	17.2%	16.7%
2 hours per day	Count	58.0	55.0	113.0
	% within Sex	14.1%	14.9%	14.5%
3 hours per day	Count	30.0	47.0	77.0
	% within Sex	7.3%	12.7%	9.9%
4 hours per day	Count	12.0	13.0	25.0
	% within Sex	2.9%	3.5%	3.2%
5 or more hours per day	Count	18.0	36.0	54.0
	% within Sex	4.4%	9.8%	6.9%
Total	Count	410.0	369.0	779.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	29.103	6	0.000
Likelihood Ratio	29.571	6	0.000
Linear-by-Linear Association	24.231	1	0.000
N of Valid Cases	779		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 11.84.

75.) When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?				
		Sex		Total
		Female	Male	
Never	Count	182.0	212.0	394.0
	% within Sex	44.6%	57.9%	50.9%
Rarely	Count	94.0	94.0	188.0
	% within Sex	23.0%	25.7%	24.3%
Sometimes	Count	72.0	39.0	111.0
	% within Sex	17.6%	10.7%	14.3%
Most of the time	Count	40.0	19.0	59.0
	% within Sex	9.8%	5.2%	7.6%
Always	Count	20.0	2.0	22.0
	% within Sex	4.9%	0.5%	2.8%
Total	Count	408.0	366.0	774.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	32.112	4	0.000
Likelihood Ratio	34.702	4	0.000
Linear-by-Linear Association	29.215	1	0.000
N of Valid Cases	774		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10.40.

88.) How often do you feel stress in your life?				
		Sex		Total
		Female	Male	
Never	Count	26.0	50.0	76.0
	% within Sex	6.5%	13.9%	9.9%
Rarely	Count	77.0	112.0	189.0
	% within Sex	19.1%	31.0%	24.7%
Sometimes	Count	159.0	131.0	290.0
	% within Sex	39.5%	36.3%	38.0%
Most of the time	Count	88.0	44.0	132.0
	% within Sex	21.8%	12.2%	17.3%
All of the time	Count	53.0	24.0	77.0
	% within Sex	13.2%	6.6%	10.1%
Total	Count	403.0	361.0	764.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	40.165	4	0.000
Likelihood Ratio	40.774	4	0.000
Linear-by-Linear Association	38.118	1	0.000
N of Valid Cases	764		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 35.91.

89.) How would you rate your health in general?				
		Sex		Total
		Female	Male	
Excellent	Count	85.0	90.0	175.0
	% within Sex	21.2%	25.3%	23.1%
Very good	Count	129.0	135.0	264.0
	% within Sex	32.2%	37.9%	34.9%
Good	Count	129.0	103.0	232.0
	% within Sex	32.2%	28.9%	30.6%
Fair	Count	46.0	23.0	69.0
	% within Sex	11.5%	6.5%	9.1%
Poor	Count	12.0	5.0	17.0
	% within Sex	3.0%	1.4%	2.2%
Total	Count	401.0	356.0	757.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	11.106	4	0.025
Likelihood Ratio	11.308	4	0.023
Linear-by-Linear Association	9.215	1	0.002
N of Valid Cases	757		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 7.99.

93.) Do you agree or disagree that you feel good about yourself?				
		Sex		Total
		Female	Male	
Strongly agree	Count	116.0	120.0	236.0
	% within Sex	29.2%	33.5%	31.3%
Agree	Count	154.0	158.0	312.0
	% within Sex	38.8%	44.1%	41.3%
Not sure	Count	65.0	50.0	115.0
	% within Sex	16.4%	14.0%	15.2%
Disagree	Count	33.0	23.0	56.0
	% within Sex	8.3%	6.4%	7.4%
Strongly disagree	Count	29.0	7.0	36.0
	% within Sex	7.3%	2.0%	4.8%
Total	Count	397.0	358.0	755.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	15.332	4	0.004
Likelihood Ratio	16.300	4	0.003
Linear-by-Linear Association	11.276	1	0.001
N of Valid Cases	755		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 17.07.

**Appendix 4:
Significant Results for Macon County High School Gender Crosstabs**

8.) During the past 12 months, how would you describe your grades in school?				
		Gender		Total
		Female	Male	
Mostly A's	Count	178.0	127.0	305.0
	% within Sex	40.1%	30.2%	35.3%
Mostly B's	Count	165.0	153.0	318.0
	% within Sex	37.2%	36.4%	36.8%
Mostly C's	Count	49.0	80.0	129.0
	% within Sex	11.0%	19.0%	14.9%
Mostly D's	Count	20.0	23.0	43.0
	% within Sex	4.5%	5.5%	5.0%
Mostly F's	Count	4.0	5.0	9.0
	% within Sex	90.0%	1.2%	1.0%
None of these grades	Count	2.0	8.0	10.0
	% within Sex	50.0%	1.9%	1.2%
Not sure	Count	26.0	24.0	50.0
	% within Sex	5.9%	5.7%	5.8%
Total	Count	444.0	420.0	864.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	19.779	6	0.003
Likelihood Ratio	20.133	6	0.003
Linear-by-Linear Association	6.079	1	0.014
N of Valid Cases	864		

a. 3 cells (21.4%) have expected count less than 5. The minimum expected count is 4.38.

b. Significant at the .01 level

9.) When you rode a bicycle during the past 12 months, how often did you wear a helmet?				
		Gender		Total
		Female	Male	
I did not ride a bicycle during the past 12 months	Count	248.0	171.0	419.0
	% within Sex	54.4%	38.1%	46.3%
Never wore a helmet	Count	163.0	222.0	385.0
	% within Sex	35.7%	49.4%	42.5%
Rarely wore a helmet	Count	19.0	24.0	43.0
	% within Sex	4.2%	5.3%	4.8%
Sometimes wore a helmet	Count	12.0	13.0	25.0
	% within Sex	2.6%	2.9%	2.8%
Most of the time wore a helmet	Count	10.0	8.0	18.0
	% within Sex	2.2%	1.8%	2.0%
Always wore a helmet	Count	4.0	11.0	15.0
	% within Sex	0.9%	2.4%	1.7%
Total	Count	456.0	449.0	905.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	27.250	5	0.000
Likelihood Ratio	27.497	5	0.000
Linear-by-Linear Association	11.899	1	0.001
N of Valid Cases	905		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 7.44.

b. Significant at the .01 level

10.) How often do you wear a seat belt when riding in a car driven by someone else?				
		2.) What is your sex?		Total
		Female	Male	
Never	Count	12.0	30.0	42.0
	% within Sex	2.6%	6.7%	4.7%
Rarely	Count	32.0	38.0	70.0
	% within Sex	7.0%	8.5%	7.8%
Sometimes	Count	73.0	71.0	144.0
	% within Sex	16.0%	15.9%	15.9%
Most of the time	Count	138.0	116.0	254.0
	% within Sex	30.3%	26.0%	28.1%
Always	Count	201.0	192.0	393.0
	% within Sex	44.1%	43.0%	43.5%
Total	Count	456.0	447.0	903.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.279	4	0.036
Likelihood Ratio	10.537	4	0.032
Linear-by-Linear Association	4.477	1	0.034
N of Valid Cases	903		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 20.79.

b. Significant at the .05 level.

15.) During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?				
		Gender		Total
		Female	Male	
0 days	Count	381.0	244.0	625.0
	% within Sex	83.7%	54.3%	69.1%
1 day	Count	10.0	28.0	38.0
	% within Sex	2.2%	6.2%	4.2%
2 or 3 days	Count	14.0	24.0	38.0
	% within Sex	3.1%	5.3%	4.2%
4 or 5 days	Count	9.0	12.0	21.0
	% within Sex	2.0%	2.7%	2.3%
6 or more days	Count	41.0	141.0	182.0
	% within Sex	9.0%	31.4%	20.1%
Total	Count	455.0	449.0	904.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	96.526	4	0.000
Likelihood Ratio	100.317	4	0.000
Linear-by-Linear Association	85.953	1	0.000
N of Valid Cases	904		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10.43.

b. Significant at the .01 level.

16.) During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?				
		Gender		Total
		Female	Male	
0 days	Count	404.0	307.0	711.0
	% within Sex	88.8%	69.1%	79.1%
1 day	Count	4.0	11.0	15.0
	% within Sex	0.9%	2.5%	1.7%
2 or 3 days	Count	9.0	16.0	25.0
	% within Sex	2.0%	3.6%	2.8%
4 or 5 days	Count	10.0	8.0	18.0
	% within Sex	2.2%	1.8%	2.0%
6 or more days	Count	28.0	102.0	130.0
	% within Sex	6.2%	23.0%	14.5%
Total	Count	455.0	444.0	899.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	60.680	4	0.000
Likelihood Ratio	63.504	4	0.000
Linear-by-Linear Association	53.367	1	0.000
N of Valid Cases	899		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 7.41.

b. Significant at the .01 level.

20.) During the past 12 months, how many times were you in a physical fight?				
		Gender		Total
		Female	Male	
0 times	Count	351.0	285.0	636.0
	% within Sex	77.0%	63.6%	70.4%
1 time	Count	51.0	72.0	123.0
	% within Sex	11.2%	16.1%	13.6%
2 or 3 times	Count	26.0	55.0	81.0
	% within Sex	5.7%	12.3%	9.0%
4 or 5 times	Count	12.0	14.0	26.0
	% within Sex	2.6%	3.1%	2.9%
6 or 7 times	Count	0.0	5.0	5.0
	% within Sex	0.0%	1.1%	0.6%
8 or 9 times	Count	5.0	5.0	10.0
	% within Sex	1.1%	1.1%	1.1%
10 or 11 times	Count	1.0	3.0	4.0
	% within Sex	0.2%	0.7%	0.4%
12 or more times	Count	10.0	9.0	19.0
	% within Sex	2.2%	2.0%	2.1%
Total	Count	456.0	448.0	904.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	26.955	7	0.000
Likelihood Ratio	29.195	7	0.000
Linear-by-Linear Association	7.797	1	0.005
N of Valid Cases	904		

- a. 5 cells (31.3%) have expected count less than 5. The minimum expected count is 1.98.
b. Significant at the .01 level.

24.) Have you ever been physically forced to have sexual intercourse when you did not want to?				
		Gender		Total
		Female	Male	
Yes	Count	62.0	29.0	91.0
	% within Sex	13.6%	6.5%	10.1%
No	Count	393.0	416.0	809.0
	% within Sex	86.4%	93.5%	89.9%
Total	Count	455.0	445.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	12.511	1	0.000		
Continuity Correction(a)	11.741	1	0.001		
Likelihood Ratio	12.787	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	12.497	1	0.000		
N of Valid Cases	900.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 44.99.

c. Significant at the .01 level.

25.) During the past 12 months, did you ever feel so sad or hopeless almost everyday for two weeks or more in a row that you stopped doing some usual activities?				
		2.) What is your sex?		
		Female	Male	Total
Yes	Count	171.0	97.0	268.0
	% within Sex	38.0%	22.0%	30.1%
No	Count	279.0	343.0	622.0
	% within Sex	62.0%	78.0%	69.9%
Total	Count	450.0	440.0	890.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	26.909	1	0.000		
Continuity Correction(a)	26.156	1	0.000		
Likelihood Ratio	27.185	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	26.879	1	0.000		
N of Valid Cases	890.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 132.49.

c. Significant at the .01 level.

26.) During the past 12 months, did you ever seriously consider attempting suicide?				
		Gender		Total
		Female	Male	
Yes	Count	91.0	61.0	152.0
	% within Sex	20.1%	13.7%	17.0%
No	Count	361.0	383.0	744.0
	% within Sex	79.9%	86.3%	83.0%
Total	Count	452.0	444.0	896.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.501	1	0.011		
Continuity Correction(a)	6.055	1	0.014		
Likelihood Ratio	6.539	1	0.011		
Fisher's Exact Test				0.013	0.007
Linear-by-Linear Association	6.493	1	0.011		
N of Valid Cases	896.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 75.32.

c. Significant at the .05 level.

31.) During the past 12 months, did you ever try to quit smoking cigarettes?				
		Gender		Total
		Female	Male	
I did not smoke during the past 12 months	Count	303.0	291.0	594.0
	% within Sex	67.2%	65.4%	66.3%
Yes	Count	86.0	66.0	152.0
	% within Sex	19.1%	14.8%	17.0%
No	Count	62.0	88.0	150.0
	% within Sex	13.7%	19.8%	16.7%
Total	Count	451.0	445.0	896.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	7.341	2	0.025
Likelihood Ratio	7.371	2	0.025
Linear-by-Linear Association	2.339	1	0.126
N of Valid Cases	896		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 74.50.

b. Significant at the .05 level.

32.) 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?				
		Gender		Total
		Female	Male	
0 days	Count	433.0	324.0	757.0
	% within Sex	95.0%	72.5%	83.8%
1 or 2 days	Count	11.0	24.0	35.0
	% within Sex	2.4%	5.4%	3.9%
3 to 5 days	Count	1.0	12.0	13.0
	% within Sex	0.2%	2.7%	1.4%
6 to 9 days	Count	2.0	8.0	10.0
	% within Sex	0.4%	1.8%	1.1%
10 to 19 days	Count	2.0	13.0	15.0
	% within Sex	0.4%	2.9%	1.7%
20 to 29 days	Count	0.0	16.0	16.0
	% within Sex	0.0%	3.6%	1.8%
All 30 days	Count	7.0	50.0	57.0
	% within Sex	1.5%	11.2%	6.3%
Total	Count	456.0	447.0	903.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	89.856	6	0.000
Likelihood Ratio	103.183	6	0.000
Linear-by-Linear Association	77.445	1	0.000
N of Valid Cases	903		

a. 1 cells (7.1%) have expected count less than 5. The minimum expected count is 4.95.

b. Significant at the .01 level.

33.) How old were you when you had your first drink of alcohol other than a few sips?				
		Gender		Total
		Female	Male	
I have never had more than a few sips	Count	128.0	130.0	258.0
	% within Sex	28.1%	29.1%	28.6%
8 years old or younger	Count	30.0	49.0	79.0
	% within Sex	6.6%	11.0%	8.8%
9 or 10 years old	Count	31.0	29.0	60.0
	% within Sex	6.8%	6.5%	6.7%
11 or 12 years old	Count	43.0	60.0	103.0
	% within Sex	9.5%	13.5%	11.4%
13 or 14 years old	Count	121.0	103.0	224.0
	% within Sex	26.6%	23.1%	24.9%
15 or 16 years old	Count	94.0	62.0	156.0
	% within Sex	20.7%	13.9%	17.3%
17 years old or older	Count	8.0	13.0	21.0
	% within Sex	1.8%	2.9%	2.3%
Total	Count	455.0	446.0	901.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	16.570	6	0.011
Likelihood Ratio	16.687	6	0.011
Linear-by-Linear Association	3.575	1	0.059
N of Valid Cases	901		

- a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10.40.
b. Significant at the .05 level.

47.) During your life, how many times have you taken steroids without a prescription?				
		Gender		Total
		Female	Male	
0 times	Count	438.0	407.0	845.0
	% within Sex	96.1%	90.8%	93.5%
1 or 2 times	Count	7.0	16.0	23.0
	% within Sex	1.5%	3.6%	2.5%
3 to 9 times	Count	6.0	8.0	14.0
	% within Sex	1.3%	1.8%	1.5%
10 to 19 times	Count	2.0	7.0	9.0
	% within Sex	0.4%	1.6%	1.0%
20 to 39 times	Count	0.0	3.0	3.0
	% within Sex	0.0%	0.7%	0.3%
40 or more times	Count	3.0	7.0	10.0
	% within Sex	0.7%	1.6%	1.1%
Total	Count	456.0	448.0	904.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	12.253	5	0.031
Likelihood Ratio	13.718	5	0.018
Linear-by-Linear Association	8.586	1	0.003
N of Valid Cases	904		

a. 5 cells (41.7%) have expected count less than 5. The minimum expected count is 1.49.

b. Significant at the .05 level.

52.) How old were you when you had sexual intercourse for the first time?				
		Gender		Total
		Female	Male	
I have not had sexual intercourse	Count	230.0	221.0	451.0
	% within Sex	50.8%	49.3%	50.1%
11 years old or younger	Count	14.0	24.0	38.0
	% within Sex	3.1%	5.4%	4.2%
12 years old	Count	11.0	25.0	36.0
	% within Sex	2.4%	5.6%	4.0%
13 years old	Count	29.0	27.0	56.0
	% within Sex	6.4%	6.0%	6.2%
14 years old	Count	52.0	59.0	111.0
	% within Sex	11.5%	13.2%	12.3%
15 years old	Count	58.0	38.0	96.0
	% within Sex	12.8%	8.5%	10.7%
16 years old	Count	44.0	33.0	77.0
	% within Sex	9.7%	7.4%	8.5%
17 years old or older	Count	15.0	21.0	36.0
	% within Sex	3.3%	4.7%	4.0%
Total	Count	453.0	448.0	901.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	15.479	7	0.030
Likelihood Ratio	15.697	7	0.028
Linear-by-Linear Association	0.534	1	0.465
N of Valid Cases	901		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 17.90.

b. Significant at the .05 level.

53.) During your life, how many people have you had sexual intercourse with?				
		Gender		Total
		Female	Male	
I have not had sexual intercourse	Count	232.0	221.0	453.0
	% within Sex	51.1%	49.6%	50.3%
1 person	Count	72.0	87.0	159.0
	% within Sex	15.9%	19.5%	17.7%
2 people	Count	54.0	35.0	89.0
	% within Sex	11.9%	7.8%	9.9%
3 people	Count	26.0	32.0	58.0
	% within Sex	5.7%	7.2%	6.4%
4 people	Count	22.0	11.0	33.0
	% within Sex	4.8%	2.5%	3.7%
5 people	Count	17.0	13.0	30.0
	% within Sex	3.7%	2.9%	3.3%
6 or more people	Count	31.0	47.0	78.0
	% within Sex	6.8%	10.5%	8.7%
Total	Count	454.0	446.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.771	6	0.032
Likelihood Ratio	13.901	6	0.031
Linear-by-Linear Association	0.435	1	0.510
N of Valid Cases	900		

- a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 14.87.
b. Significant at the .05 level.

54.) During the past 3 months, with how many people did you have sexual intercourse?				
		Gender		Total
		Female	Male	
I have never had sexual intercourse	Count	232.0	222.0	454.0
	% within Sex	51.1%	49.6%	50.3%
I've had sexual intercourse, but not in the past 3 months	Count	51.0	86.0	137.0
	% within Sex	11.2%	19.2%	15.2%
1 person	Count	119.0	96.0	215.0
	% within Sex	26.2%	21.4%	23.8%
2 people	Count	33.0	18.0	51.0
	% within Sex	7.3%	4.0%	5.7%
3 people	Count	12.0	8.0	20.0
	% within Sex	2.6%	1.8%	2.2%
4 people	Count	3.0	3.0	6.0
	% within Sex	0.7%	0.7%	0.7%
5 people	Count	1.0	3.0	4.0
	% within Sex	0.2%	0.7%	0.4%
6 or more people	Count	3.0	12.0	15.0
	% within Sex	0.7%	2.7%	1.7%
Total	Count	454.0	448.0	902.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	23.195	7	0.002
Likelihood Ratio	23.799	7	0.001
Linear-by-Linear Association	0.049	1	0.824
N of Valid Cases	902		

a. 4 cells (25.0%) have expected count less than 5. The minimum expected count is 1.99.

b. Significant at the .01 level.

60.) How do you describe your weight?				
		Gender		Total
		Female	Male	
Very underweight	Count	9.0	13.0	22.0
	% within Sex	2.0%	2.9%	2.4%
Slightly underweight	Count	33.0	53.0	86.0
	% within Sex	7.2%	11.9%	9.5%
About the right weight	Count	244.0	259.0	503.0
	% within Sex	53.5%	58.2%	55.8%
Slightly overweight	Count	140.0	108.0	248.0
	% within Sex	30.7%	24.3%	27.5%
Very overweight	Count	30.0	12.0	42.0
	% within Sex	6.6%	2.7%	4.7%
Total	Count	456.0	445.0	901.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	17.537	4	0.002
Likelihood Ratio	17.849	4	0.001
Linear-by-Linear Association	16.045	1	0.000
N of Valid Cases	901		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 10.87.

b. Significant at the .01 level.

61.) Which of the following are you trying to do about your weight?				
		Gender		Total
		Female	Male	
Lose weight	Count	282.0	145.0	427.0
	% within Sex	62.0%	32.8%	47.6%
Gain weight	Count	19.0	109.0	128.0
	% within Sex	4.2%	24.7%	14.3%
Stay the same weight	Count	76.0	100.0	176.0
	% within Sex	16.7%	22.6%	19.6%
I am not trying to do anything about my weight	Count	78.0	88.0	166.0
	% within Sex	17.1%	19.9%	18.5%
Total	Count	455.0	442.0	897.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	110.947	3	0.000
Likelihood Ratio	118.368	3	0.000
Linear-by-Linear Association	26.322	1	0.000
N of Valid Cases	897		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 63.07.

b. Significant at the .01 level.

62.) During the past 30 days, did you exercise to lose weight or to keep from gaining weight?				
		Gender		Total
		Female	Male	
Yes	Count	302.0	249.0	551.0
	% within Sex	66.2%	55.7%	61.0%
No	Count	154.0	198.0	352.0
	% within Sex	33.8%	44.3%	39.0%
Total	Count	456.0	447.0	903.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	10.509	1	0.001		
Continuity Correction(a)	10.072	1	0.002		
Likelihood Ratio	10.531	1	0.001		
Fisher's Exact Test				0.001	0.001
Linear-by-Linear Association	10.498	1	0.001		
N of Valid Cases	903.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 174.25.

c. Significant at the .01 level

63.) 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?				
		Gender		
		Female	Male	Total
Yes	Count	251.0	129.0	380.0
	% within Sex	55.2%	29.3%	42.4%
No	Count	204.0	312.0	516.0
	% within Sex	44.8%	70.7%	57.6%
Total	Count	455.0	441.0	896.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	61.569	1	0.000		
Continuity Correction(a)	60.513	1	0.000		
Likelihood Ratio	62.425	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	61.501	1	0.000		
N of Valid Cases	896.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 187.03.

c. Significant at the .01 level

65.) During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?				
		Gender		Total
		Female	Male	
Yes	Count	44.0	14.0	58.0
	% within Sex	9.6%	3.2%	6.5%
No	Count	412.0	427.0	839.0
	% within Sex	90.4%	96.8%	93.5%
Total	Count	456.0	441.0	897.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	15.539	1	0.000		
Continuity Correction(a)	14.487	1	0.000		
Likelihood Ratio	16.313	1	0.000		
Fisher's Exact Test				0.000	0.000
Linear-by-Linear Association	15.522	1	0.000		
N of Valid Cases	897.000				

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 28.52.

c. Significant at the .01 level.

68.) During the past 7 days, how many times did you eat vegetables? Include raw, cooked, frozen, canned vegetables, salad greens, and 100% vegetable juice, but do not count french fries.				
		Gender		Total
		Female	Male	
I did not eat vegetables during the past 7 days	Count	28.0	53.0	81.0
	% within Sex	6.1%	11.8%	9.0%
1 to 3 times during the past 7 days	Count	144.0	140.0	284.0
	% within Sex	31.6%	31.3%	31.4%
4 to 6 times during the past 7 days	Count	108.0	120.0	228.0
	% within Sex	23.7%	26.8%	25.2%
1 time per day	Count	58.0	47.0	105.0
	% within Sex	12.7%	10.5%	11.6%
2 times per day	Count	67.0	49.0	116.0
	% within Sex	14.7%	10.9%	12.8%
3 times per day	Count	28.0	21.0	49.0
	% within Sex	6.1%	4.7%	5.4%
4 or more times per day	Count	23.0	18.0	41.0
	% within Sex	5.0%	4.0%	4.5%
Total	Count	456.0	448.0	904.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.889	6	0.031
Likelihood Ratio	14.035	6	0.029
Linear-by-Linear Association	7.835	1	0.005
N of Valid Cases	904		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 20.32.

b. Significant at the .05 level

70.) During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop such as Coke, Pepsi, or Sprite? Do not include diet soda or diet pop.				
		Gender		Total
		Female	Male	
I did not drink soda or pop during the past 7 days	Count	91.0	56.0	147.0
	% within Sex	20.1%	12.5%	16.3%
1 to 3 times during the past 7 days	Count	136.0	114.0	250.0
	% within Sex	30.0%	25.5%	27.8%
4 to 6 times during the past 7 days	Count	81.0	74.0	155.0
	% within Sex	17.9%	16.6%	17.2%
1 time per day	Count	48.0	56.0	104.0
	% within Sex	10.6%	12.5%	11.6%
2 times per day	Count	36.0	58.0	94.0
	% within Sex	7.9%	13.0%	10.4%
3 times per day	Count	26.0	41.0	67.0
	% within Sex	5.7%	9.2%	7.4%
4 or more times per day	Count	35.0	48.0	83.0
	% within Sex	7.7%	10.7%	9.2%
Total	Count	453.0	447.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	21.705	6	0.001
Likelihood Ratio	21.873	6	0.001
Linear-by-Linear Association	18.640	1	0.000
N of Valid Cases	900		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 33.28.

b. Significant at the .01 level.

72.) 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 milk served at school as equal to 1 glass.				
		Gender		Total
		Female	Male	
I did not drink milk during the past 7 days	Count	93.0	56.0	149.0
	% within Sex	20.4%	12.6%	16.6%
1 to 3 glasses during the past 7 days	Count	120.0	95.0	215.0
	% within Sex	26.4%	21.3%	23.9%
4 to 6 glasses during the past 7 days	Count	79.0	81.0	160.0
	% within Sex	17.4%	18.2%	17.8%
1 glass per day	Count	58.0	69.0	127.0
	% within Sex	12.7%	15.5%	14.1%
2 glasses per day	Count	57.0	67.0	124.0
	% within Sex	12.5%	15.1%	13.8%
3 glasses per day	Count	34.0	37.0	71.0
	% within Sex	7.5%	8.3%	7.9%
4 or more glasses per day	Count	14.0	40.0	54.0
	% within Sex	3.1%	9.0%	6.0%
Total	Count	455.0	445.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	26.417	6	0.000
Likelihood Ratio	27.054	6	0.000
Linear-by-Linear Association	21.306	1	0.000
N of Valid Cases	900		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 26.70.

b. Significant at the .01 level.

76.) During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?				
		Gender		Total
		Female	Male	
0 days	Count	86.0	55.0	141.0
	% within Sex	19.1%	12.5%	15.8%
1 day	Count	46.0	33.0	79.0
	% within Sex	10.2%	7.5%	8.9%
2 days	Count	48.0	37.0	85.0
	% within Sex	10.6%	8.4%	9.5%
3 days	Count	57.0	34.0	91.0
	% within Sex	12.6%	7.7%	10.2%
4 days	Count	41.0	30.0	71.0
	% within Sex	9.1%	6.8%	8.0%
5 days	Count	56.0	72.0	128.0
	% within Sex	12.4%	16.4%	14.4%
6 days	Count	34.0	41.0	75.0
	% within Sex	7.5%	9.3%	8.4%
7 days	Count	83.0	138.0	221.0
	% within Sex	18.4%	31.4%	24.8%
Total	Count	451.0	440.0	891.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	34.106	7	0.000
Likelihood Ratio	34.392	7	0.000
Linear-by-Linear Association	27.774	1	0.000
N of Valid Cases	891		

- a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 35.06.
b. Significant at the .01 level.

77.) On an average school day, how much total time do you spend being physically active? Include all physical activity both in and out of school.				
		Gender		Total
		Female	Male	
I am not physically active on an average school day	Count	92.0	60.0	152.0
	% within Sex	20.3%	13.7%	17.1%
Less that 30 minutes	Count	77.0	59.0	136.0
	% within Sex	17.0%	13.5%	15.3%
30 minutes to 1 hour	Count	117.0	73.0	190.0
	% within Sex	25.8%	16.7%	21.3%
More than 1 hour and up to 2 hours	Count	111.0	150.0	261.0
	% within Sex	24.4%	34.3%	29.3%
More than 2 hours	Count	57.0	95.0	152.0
	% within Sex	12.6%	21.7%	17.1%
Total	Count	454.0	437.0	891.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	34.324	4	0.000
Likelihood Ratio	34.586	4	0.000
Linear-by-Linear Association	24.898	1	0.000
N of Valid Cases	891		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 66.70.

b. Significant at the .01 level.

78.) On an average weekend day, how much total time do you spend being physically active?				
		Gender		Total
		Female	Male	
I am not physically active on an average weekend day	Count	83.0	42.0	125.0
	% within Sex	18.3%	9.4%	13.9%
Less that 30 minutes	Count	102.0	65.0	167.0
	% within Sex	22.5%	14.6%	18.6%
30 minutes to 1 hour	Count	131.0	104.0	235.0
	% within Sex	28.9%	23.4%	26.1%
More than 1 hour and up to 2 hours	Count	69.0	94.0	163.0
	% within Sex	15.2%	21.1%	18.1%
More than 2 hours	Count	69.0	140.0	209.0
	% within Sex	15.2%	31.5%	23.2%
Total	Count	454.0	445.0	899.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	34.324	4	0.000
Likelihood Ratio	34.586	4	0.000
Linear-by-Linear Association	24.898	1	0.000
N of Valid Cases	891		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 66.70.

b. Significant at the .01 level.

79.) In an average week when you are in school, on how many days do you go to physical education (PE) classes?				
		Gender		Total
		Female	Male	
0 days	Count	300.0	217.0	517.0
	% within Sex	66.5%	49.1%	57.9%
1 day	Count	9.0	15.0	24.0
	% within Sex	2.0%	3.4%	2.7%
2 days	Count	7.0	7.0	14.0
	% within Sex	1.6%	1.6%	1.6%
3 days	Count	43.0	52.0	95.0
	% within Sex	9.5%	11.8%	10.6%
4 days	Count	3.0	4.0	7.0
	% within Sex	0.7%	0.9%	0.8%
5 days	Count	89.0	147.0	236.0
	% within Sex	19.7%	33.3%	26.4%
Total	Count	451.0	442.0	893.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	29.987	5	0.000
Likelihood Ratio	30.207	5	0.000
Linear-by-Linear Association	27.430	1	0.000
N of Valid Cases	893		

a. 2 cells (16.7%) have expected count less than 5. The minimum expected count is 3.46.

b. Significant at the .01 level.

82.) On an average school day, how many hours do you play video games or computer games or use a computer for something that is not school work? Include activities such as Nintendo, GameBoy, Play Station, Xbox, computer games, and the Internet.				
		Gender		Total
		Female	Male	
I do not play video or computer games or use a computer for non school work	Count	131.0	77.0	208.0
	% within Sex	28.8%	17.3%	23.1%
Less than 1 hour per day	Count	139.0	115.0	254.0
	% within Sex	30.5%	25.9%	28.3%
1 hour per day	Count	62.0	65.0	127.0
	% within Sex	13.6%	14.6%	14.1%
2 hours per day	Count	54.0	81.0	135.0
	% within Sex	11.9%	18.2%	15.0%
3 hours per day	Count	32.0	40.0	72.0
	% within Sex	7.0%	9.0%	8.0%
4 hours per day	Count	8.0	25.0	33.0
	% within Sex	1.7%	5.6%	3.7%
5 or more hours per day	Count	29.0	41.0	70.0
	% within Sex	6.4%	9.2%	7.8%
Total	Count	455.0	444.0	899.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	33.332	6	0.000
Likelihood Ratio	33.976	6	0.000
Linear-by-Linear Association	25.607	1	0.000
N of Valid Cases	899		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 16.30.

b. Significant at the .01 level.

83.) When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?				
		Gender		Total
		Female	Male	
Never	Count	212.0	266.0	478.0
	% within Sex	46.6%	59.8%	53.1%
Rarely	Count	134.0	108.0	242.0
	% within Sex	29.5%	24.3%	26.9%
Sometimes	Count	63.0	40.0	103.0
	% within Sex	13.8%	9.0%	11.4%
Most of the time	Count	28.0	26.0	54.0
	% within Sex	6.2%	5.8%	6.0%
Always	Count	18.0	5.0	23.0
	% within Sex	4.0%	1.1%	2.6%
Total	Count	455.0	445.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	21.343	4	0.000
Likelihood Ratio	21.855	4	0.000
Linear-by-Linear Association	15.533	1	0.000
N of Valid Cases	900		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 11.37.

b. Significant at the .01 level.

84.) When you are outside for more than one hour on a sunny day, how often do you do one or more of the following to protect yourself from the sun: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades your face?				
		Gender		Total
		Female	Male	
Never	Count	211.0	188.0	399.0
	% within Sex	46.6%	42.2%	44.4%
Rarely	Count	128.0	110.0	238.0
	% within Sex	28.3%	24.7%	26.5%
Sometimes	Count	66.0	79.0	145.0
	% within Sex	14.6%	17.8%	16.1%
Most of the time	Count	38.0	45.0	83.0
	% within Sex	8.4%	10.1%	9.2%
Always	Count	10.0	23.0	33.0
	% within Sex	2.2%	5.2%	3.7%
Total	Count	453.0	445.0	898.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	9.494	4	0.050
Likelihood Ratio	9.639	4	0.047
Linear-by-Linear Association	6.761	1	0.009
N of Valid Cases	898		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 16.35.

b. Significant at the .05 level.

89.) On an average school day, how long after school are you alone without a parent or trusted adult?				
		Gender		Total
		Female	Male	
I am not alone after school	Count	106.0	88.0	194.0
	% within Sex	23.3%	19.7%	21.5%
Less than 1 hour per day	Count	78.0	87.0	165.0
	% within Sex	17.1%	19.5%	18.3%
1 to 2 hours per day	Count	125.0	97.0	222.0
	% within Sex	27.5%	21.7%	24.6%
3 hours per day	Count	48.0	80.0	128.0
	% within Sex	10.5%	17.9%	14.2%
4 hours per day	Count	35.0	27.0	62.0
	% within Sex	7.7%	6.0%	6.9%
5 hours per day	Count	28.0	14.0	42.0
	% within Sex	6.2%	3.1%	4.7%
6 or more hours per day	Count	35.0	54.0	89.0
	% within Sex	7.7%	12.1%	9.9%
Total	Count	455.0	447.0	902.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	23.379	6	0.001
Likelihood Ratio	23.599	6	0.001
Linear-by-Linear Association	2.002	1	0.157
N of Valid Cases	902		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 20.81.

b. Significant at the .01 level.

94.) During the past 12 months, have you had an episode of asthma or an asthma attack?				
		Gender		Total
		Female	Male	
I do not have asthma	Count	348.0	320.0	668.0
	% within Sex	77.2%	73.1%	75.1%
No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months	Count	55.0	80.0	135.0
	% within Sex	12.2%	18.3%	15.2%
Yes, I have had an episode of asthma or an asthma attack during the past 12 months	Count	39.0	24.0	63.0
	% within Sex	8.6%	5.5%	7.1%
Not sure	Count	9.0	14.0	23.0
	% within Sex	2.0%	3.2%	2.6%
Total	Count	451.0	438.0	889.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.274	3	0.016
Likelihood Ratio	10.342	3	0.016
Linear-by-Linear Association	0.466	1	0.495
N of Valid Cases	889		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 11.33.

b. Significant at the .05 level.

95.) How do you rate your health in general?				
		Gender		Total
		Female	Male	
Excellent	Count	62.0	116.0	178.0
	% within Sex	13.7%	26.0%	19.8%
Very good	Count	147.0	154.0	301.0
	% within Sex	32.4%	34.5%	33.4%
Good	Count	165.0	130.0	295.0
	% within Sex	36.3%	29.1%	32.7%
Fair	Count	64.0	38.0	102.0
	% within Sex	14.1%	8.5%	11.3%
Poor	Count	16.0	9.0	25.0
	% within Sex	3.5%	2.0%	2.8%
Total	Count	454.0	447.0	901.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	29.232	4	0.000
Likelihood Ratio	29.601	4	0.000
Linear-by-Linear Association	27.072	1	0.000
N of Valid Cases	901		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 12.40.

b. Significant at the .01 level.

97.) Do you agree or disagree that you feel good about yourself?				
		Gender		Total
		Female	Male	
Strongly agree	Count	77.0	136.0	213.0
	% within Sex	17.0%	30.5%	23.7%
Agree	Count	211.0	194.0	405.0
	% within Sex	46.5%	43.5%	45.0%
Not sure	Count	87.0	72.0	159.0
	% within Sex	19.2%	16.1%	17.7%
Disagree	Count	55.0	27.0	82.0
	% within Sex	12.1%	6.1%	9.1%
Strongly disagree	Count	24.0	17.0	41.0
	% within Sex	5.3%	3.8%	4.6%
Total	Count	454.0	446.0	900.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	29.159	4	0.000
Likelihood Ratio	29.575	4	0.000
Linear-by-Linear Association	21.966	1	0.000
N of Valid Cases	900		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 20.32.

b. Significant at the .01 level.

98.) Do you agree or disagree that harassment and bullying by other students is a problem at your school?				
		Gender		Total
		Female	Male	
Strongly agree	Count	68.0	73.0	141.0
	% within Sex	14.9%	16.3%	15.6%
Agree	Count	117.0	89.0	206.0
	% within Sex	25.7%	19.9%	22.8%
Not sure	Count	152.0	133.0	285.0
	% within Sex	33.4%	29.8%	31.6%
Disagree	Count	84.0	98.0	182.0
	% within Sex	18.5%	21.9%	20.2%
Strongly disagree	Count	34.0	54.0	88.0
	% within Sex	7.5%	12.1%	9.8%
Total	Count	455.0	447.0	902.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.802	4	0.029
Likelihood Ratio	10.855	4	0.028
Linear-by-Linear Association	3.901	1	0.048
N of Valid Cases	902		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 43.61.

b. Significant at the .05 level.

99.) Do you agree or disagree that illegal drugs are a problem at your school?				
		Gender		Total
		Female	Male	
Strongly agree	Count	118.0	86.0	204.0
	% within Sex	26.0%	19.3%	22.7%
Agree	Count	120.0	104.0	224.0
	% within Sex	26.5%	23.4%	24.9%
Not sure	Count	120.0	131.0	251.0
	% within Sex	26.5%	29.4%	28.0%
Disagree	Count	55.0	67.0	122.0
	% within Sex	12.1%	15.1%	13.6%
Strongly disagree	Count	40.0	57.0	97.0
	% within Sex	8.8%	12.8%	10.8%
Total	Count	453.0	445.0	898.0
	% within Sex	100.0%	100.0%	100.0%

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	10.734	4	0.030
Likelihood Ratio	10.772	4	0.029
Linear-by-Linear Association	10.536	1	0.001
N of Valid Cases	898		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 48.07.

b. Significant at the .05 level.

Appendix 5: 2007 High School Compared to 2007 Middle School

QUESTION	Macon MS %	Macon HS %	MS vs. HS %
Attended PE classes daily during the average school week	86.0	26.5	-69.2%
Attends PE class 1+ days per week	99.0	42.3	-57.3%
Received mostly D's or F's in school during past 12 months	12.1	6.3	-47.9%
Was in a physical fight during past 12 months	55.3	29.9	-45.9%
Aged 12 or younger when first had sexual intercourse	15.2	8.3	-45.4%
Agrees/ strongly agrees harassment/bullying is a problem at school	58.3	38.2	-34.5%
Victim of teasing or name calling due to weight, size or appearance in the past 30 days	31.8	21.3	-33.0%
Required medical treatment for injury sustained in fight in past 12 months	7.5	5.2	-30.7%
Spends more than one hour being physical active 5+ days in the past 7 days	67.3	47.7	-29.1%
Rode in car driven by someone who had been drinking in past 30 days	34.0	24.3	-28.5%
Was harassed or bullied 1+ times on school property during the last year	33.2	24.0	-27.7%
Spends 3+ hours watching TV on an average weekend day	55.4	41.2	-25.6%
Seriously considered suicide in the past 12 months	22.1	17.0	-23.1%
Had something stolen/damaged on school property in past 12 months	29.6	23.1	-22.0%
Spends 3+ hours watching TV on an average school day	36.1	28.3	-21.6%
Never/rarely wore a helmet when riding bike in past 12 months	60.3	47.5	-21.2%
Ate home prepared dinner with family 4+ days for the past 7 days	75.4	60.5	-19.8%
Drank 1+ glasses of milk on a typical day	51.3	41.7	-18.7%
Of those who smoked, those who attempted to quit smoking cigarettes in the past 12 months	61.8	50.3	-18.6%
Ate breakfast everyday for the past 7 days	42.5	34.8	-18.1%
Has trouble learning , concentrating, or remembering because of impairment	17.5	14.4	-17.7%
Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight in past 30 days	51.3	42.3	-17.5%
Always/usually use sunscreen when outside for 1+ hours	10.4	8.6	-17.3%
Gets 8 hours of sleep on an average school night	31.1	25.8	-17.0%
Exercised to lose weight during the past 30 days	72.8	61.1	-16.1%
Always/usually protect self with shade or clothing when outside for 1+ hours	14.9	12.9	-13.4%
Participates in extracurricular activities	71.0	61.8	-13.0%
Has vomited/taken laxatives to lose/keep from gaining weight in past 30 days	7.3	6.4	-12.3%
Ate junk food 1+ times on a typical day	38.8	34.5	-11.1%
Never/rarely wore seatbelt when riding in car driven by other	13.8	12.3	-10.9%
Planned a suicide attempt in the past 12 months	14.4	15.9	10.4%
Drank sweetened drinks 1+ times on a typical day	34.6	39.2	13.3%
Agrees/strongly agrees with feeling alone in life	19.1	22.2	16.2%
Drank soda 1+ times on a typical day	32.5	38.6	18.8%
Diagnosed by doctor or nurse with asthma	18.8	22.6	20.2%
Ate vegetables 4+ times during the past week	49.0	59.8	22.0%
Has felt sad or hopeless for 2+ weeks in the past 12 months	24.5	30.0	22.4%
Has taken diet pills/powders/liquids to lose/keep from gaining weight in past 30 days	7.5	9.2	22.7%
Did not go to school 1+ days because student did not feel safe there or traveling to and from school	4.1	5.1	24.4%
Adult family members discussed expectations for appropriate sexual behavior	55.9	70.1	25.4%
Aged 12 or younger when smoked whole cigarette for first time	19.7	24.8	25.9%

Rates health as poor	2.2	2.8	27.3%
Used a form of inhalant 1+ times during lifetime	15.2	20.4	34.2%
Victim of physical abuse by boyfriend/girlfriend in the past 12 months	8.2	11.1	35.4%
Agrees/ strongly agrees drugs are a problem at school	31.5	47.5	50.8%
Aged 12 or younger when first tried marijuana	9.4	14.2	51.1%
Victim of forced sexually intercourse	6.7	10.2	52.2%
Alone for 3+ hours per day after school	22.7	35.7	57.3%
Ate french fries 4+ times during the past week	9.8	16.6	69.4%
Typically obtained alcohol through purchase at a store	1.0	1.7	70.0%
Been pregnant or gotten someone else pregnant 1+ times	3.6	7.8	116.7%
Bought food/drinks from school vending machines during the past 7 days	24.8	54.5	119.8%
Smoked cigarettes 1+ days during the past 30 days	12.8	29.3	128.9%
Used chewing tobacco products 1+ days in the past 30 days	7.1	16.3	129.6%
Have had sexual intercourse	20.8	49.0	135.6%
Used needles to inject illegal drugs 1+ times during lifetime	2.0	5.0	150.0%
Student was offered/sold/given illegal drugs on school property in past 12 months	8.7	22.5	158.6%
Used a form of steroids without a prescription 1+ times during lifetime	2.4	6.6	175.0%
Used methamphetamines 1+ times during lifetime	2.9	8.0	175.9%
Used a form of cocaine 1+ times during lifetime	4.2	11.6	176.2%
Used ecstasy 1+ times during lifetime	3.8	11.5	202.6%
Has had sexual intercourse with 2 or more people	10.5	32.0	204.8%
Used marijuana	12.4	38.0	206.5%
Students who smoked cigarettes on 20 or more of the past 30 days	4.1	14.0	241.5%
Used prescription drugs without a prescription 1+ times during lifetime	6.7	26.2	291.0%
Used marijuana 1+ times in the last 30 days	5.4	21.7	301.9%
Used marijuana 1+ times on school property in the last 30 days	1.3	7.8	500.0%

Appendix 6: 2007 Macon County Middle School YRBS Frequencies and Percentages

QUESTION (Macon County 2007 numbers in parentheses)	2007	2005	2005 - 2007	% Variance
6. Received mostly D's or F's in school during past 12 months (95)	12.1	9.3	-2.8	23.1%
7. Never/rarely wore seatbelt when riding in car driven by other (110)	13.8	12.2	-1.6	11.6%
8. Never/rarely wore a helmet when riding bike in past 12 months (480)	60.3	57.8	-2.5	4.1%
9. Never/Rarely wore a helmet when riding a 4-wheeler in the past 12 months (288)	36.4	38.9	2.5	-6.9%
10. Rode in car driven by someone who had been drinking in past 30 days (270)	34.0	32.0	-2.0	5.9%
11. Has ever carried a weapon (383)	48.1	51.1	3.0	-6.2%
12. Threatened or injured with a weapon on school property in the past 12 months (52)	6.6	11.1	4.5	-68.2%
13. Was in a physical fight (440)	55.3	NA	NA	NA
14. Required medical treatment for injury sustained in fight (60)	7.5	8.4	0.9	-12.0%
15. Did not go to school 1+ days because student did not feel safe there or traveling to and from (32)	4.1	9.8	5.7	-139.0%
16. Had something stolen/damaged on school property in past 12 months (207)	29.6	41.5	11.9	-40.2%
17. Victim of physical abuse by boyfriend/girlfriend in the past 12 months (65)	8.2	8.1	-0.1	1.2%
18. Victim of forced sexual intercourse (53)	6.7	5.5	-1.2	17.9%
19. Was harassed or bullied 1+ times on school property during the last year (263)	33.2	37.5	4.3	-13.0%
20. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (252)	31.8	18.0	-13.8	43.4%
21. Has felt sad or hopeless for 2+ weeks in the past 12 months (193)	24.5	29.9	5.4	-22.0%
22. Seriously considered suicide in the past 12 months (175)	22.1	23.9	1.8	-8.1%
23. Planned a suicide attempt in the past 12 months (114)	14.4	15.4	1.0	-6.9%
24. Aged 11 or younger when smoked whole cigarette for first time (115)	14.7	19.3	4.6	-31.3%
25. Smoked cigarettes 1+ days during the past 30 days (101)	12.8	15.4	2.6	-20.3%
26. Attempted to quit smoking cigarettes in the past 12 months (76)	9.6	10.9	1.3	-13.5%
27. Typically obtained cigarettes from a gas station or store (5)	60.0	NA	NA	NA
28. Used chewing tobacco products 1+ days in the past 30 days (56)	7.1	8.7	1.6	-22.5%
29. Has drank alcohol other than just a few sips (302)	38.2	36.7	-1.5	3.9%
30. Aged 12 or younger when first drank alcohol (234)	29.7	30.5	0.8	-2.7%
31. Typically obtained alcohol through purchase at a store (7)	1.0	NA	NA	NA
32. Used marijuana (98)	12.4	14.1	1.7	-13.7%
33. Aged 11 or younger when first tried marijuana (53)	6.6	7.2	0.6	-9.1%
34. Used marijuana 1+ times in the last 30 days (43)	5.4	7.6	2.2	-40.7%
35. Used marijuana 1+ times on school property in the last 30 days (10)	1.3	2.4	1.1	-84.6%
36. Used a form of cocaine 1+ times during lifetime (33)	4.2	7.3	3.1	-73.8%
37. Used a form of hallucinogens (including ecstasy) 1+ times during lifetime (30)	3.8	6.4	2.6	-68.4%
38. Used a form of inhalant 1+ times during lifetime (121)	15.2	12.9	-2.3	15.1%
39. Used a form of steroids without a prescription 1+ times during lifetime (19)	2.4	3.7	1.3	-54.2%
40. Used needles to inject illegal drugs 1+ times during lifetime (16)	2.0	3.1	1.1	-55.0%
41. Used prescription drugs without a prescription 1+ times during lifetime (53)	6.7	10.9	4.2	-62.7%

42. Used methamphetamines 1+ times during lifetime (23)	2.9	NA	NA	NA
43. Student was offered/sold/given illegal drugs on school property in past 12 months (69)	8.7	8.7	0.0	0.0%
44. Have had sexual intercourse (165)	20.8	19.1	-1.7	8.2%
45. Aged 12 or younger when first had sexual intercourse (120)	15.2	11.9	-3.3	21.7%
46. Been pregnant or gotten someone else pregnant 1+ times (28)	3.6	2.4	-1.2	33.3%
47. Has had sexual intercourse with more than 4 people (38)	4.8	4.2	-0.6	12.5%
48. Taught about abstaining from sexual activity (355)	45.2	59.4	14.2	-31.4%
49. Taught about AIDS or HIV infection in school (395)	49.7	71.2	21.5	-43.3%
50. Taught about chlamydia, gonorrhea, syphilis or HPV (284)	35.8	34.2	-1.6	4.5%
51. Adult family members discussed expectations for appropriate sexual behavior (442)	55.9	62.6	6.7	-12.0%
52. Students felt they were very overweight/overweight (235)	29.6	33.7	4.1	-13.9%
53. Trying to lose weight (370)	46.7	49.1	2.4	-5.1%
54. Exercised to lose weight during the past 30 days (569)	72.8	74.2	1.4	-1.9%
55. Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight (406)	51.3	51.3	0.0	0.0%
56. Has gone without eating for 24+ hours to lose or keep from gaining weight (169)	21.4	NA	NA	NA
57. Has taken diet pills/powders/liquids to lose/keep from gaining weight (59)	7.5	6.3	-1.2	16.0%
58. Has vomited/taken laxatives to lose/keep from gaining weight (57)	7.3	7.3	0.0	0.0%
59. Ate fruit 3+ times during the past seven days (579)	73.4	NA	NA	NA
60. Ate french fries 3+ days during the past seven days (172)	21.6	23.5	1.9	-8.8%
61. Ate vegetables 3+ times during the past 7 days (506)	64.2	NA	NA	NA
62. Ate junk food 3+ times on a typical day (122)	15.4	NA	NA	NA
63. Drank soda 1+ times on a typical day (255)	32.5	NA	NA	NA
64. Drank sweetened drinks 1+ times on a typical day (273)	34.6	NA	NA	NA
65. Drank 3+ glasses of milk on a typical day (181)	23.0	23.1	0.1	-0.4%
66. Bought food/drinks from school vending machines during the past 7 days (193)	24.8	49.7	24.9	-100.4%
67. Ate breakfast everyday for the past 7 days. (335)	42.5	45.0	2.5	-5.9%
68. Ate home prepared dinner with family 4+ days for the past 7 days (593)	75.4	79.1	3.7	-4.9%
69. Spends more than one hour being physical active 5+ days in the past 7 days (522)	67.3	NA	NA	NA
70A. Attends PE class 1+ days per week (770)	99.0	NA	NA	NA
70B. Attended PE classes daily during the average school week (669)	86.0	73.7	-12.3	14.3%
71. Spends 3+ hours watching TV on an average school day (282)	36.1	31.6	-4.5	12.5%
72. Spends 3+ hours watching TV on an average weekend day (433)	55.4	NA	NA	NA
73. Participated in 1+ sports teams during the past 12 months (482)	61.6	NA	NA	NA
74. Spends 3+ hours playing video games/computer games/internet on an average school day (157)	20.0	NA	NA	NA
75. Always/usually use sunscreen when outside for 1+ hours (81)	10.4	NA	NA	NA
76. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	14.9	NA	NA	NA
77. Gets 8 hours of sleep on an average school night (241)	31.1	30.9	-0.2	0.6%
78. Considers self to have a disability (95)	12.4	10.9	-1.5	12.1%
79. Limited by disability (91)	11.7	12.1	0.4	-3.4%
80. Has trouble learning , concentrating, or remembering because of impairment (135)	17.5	13.3	-4.2	24.0%

81. Alone for 3+ hours per day after school (171)	22.7	NA	NA	NA
82. Participates in extracurricular activities (540)	71.0	NA	NA	NA
83. Participated in 2 or more community service projects in past 30 days (152)	19.7	NA	NA	NA
84. Had a check-up or physical exam when not ill during the last 12 months (424)	55.5	55.2	-0.3	0.5%
85. Saw a dentist during the past 12 months (485)	63.0	63.4	0.4	-0.6%
86. Diagnosed by doctor or nurse with asthma (144)	18.8	NA	NA	NA
87. Has had an asthma attack within the past 12 months (49)	6.4	NA	NA	NA
88. Always/Usually feels stress in life (210)	27.3	27.0	-0.3	1.1%
89. Rates health as fair or poor (86)	11.3	NA	NA	NA
90A. Parents/Family influence decisions about health the most (390)	51.7	50.3	-1.4	2.7%
90B. Friends/Peers influence decisions about health the most (125)	16.6	18.7	2.1	-12.7%
90C. School influences decisions about health the most (49)	6.6	6.2	-0.4	6.1%
91A. Prefer to get information about health from parents/family (313)	41.1	37.0	-4.1	10.0%
91B. Prefer to get information about health from friends/peers (64)	8.4	8.6	0.2	-2.4%
92. Agrees/strongly agrees with feeling alone in life (144)	19.1	15.6	-3.5	18.3%
93. Agree/strongly agrees with feeling good about self (552)	72.7	73.0	0.3	-0.4%
94. Agrees/ strongly agrees harassment/bullying is a problem at school (443)	58.3	49.6	-8.7	14.9%
95. Agrees/ strongly agrees drugs are a problem at school (236)	31.5	32.2	0.7	-2.2%

Appendix 7: 2007 Macon County High School YRBS Frequencies and Percentages

QUESTION (2007 numbers in parentheses)	2007%	2005%	2007- 2005	% Variance
8. Received mostly D's or F's in school during past 12 months (54)	6.3	8.0	-1.7	-27.0%
9. Never/rarely wore a helmet when riding bike in past 12 months (433)	47.5	48.8	-1.3	-2.7%
10. Never/rarely wore seatbelt when riding in car driven by other (112)	12.3	14.0	-1.7	-13.8%
11. Rode in car driven by someone who had been drinking in past 30 days (221)	24.3	30.4	-6.1	-25.1%
12. Drove a car when had been drinking in past 30 days (135)	14.9	14.5	0.4	2.7%
13. Was harassed or bullied 1+ times on school property during the last year (218)	24.0	29.2	-5.2	-21.7%
14. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (193)	21.3	18.0	3.3	15.5%
15. Carried a weapon 1+ days in the past 30 days (282)	31.0	31.7	-0.7	-2.3%
16. Carried a weapon on school property 1+ days in the past 30 days (191)	21.1	20.3	0.8	3.8%
17. Did not go to school 1+ days because student did not feel safe there or traveling to and from (46)	5.1	4.0	1.1	21.6%
18. Threatened or injured with a weapon on school property in the past 12 months (57)	6.3	6.9	-0.6	-9.5%
19. Had something stolen/damaged on school property in past 12 months (207)	23.1	25.2	-2.1	-9.1%
20. Was in a physical fight during past 12 months (272)	29.9	28.8	1.1	3.7%
21. Required medical treatment for injury sustained in fight in past 12 months (47)	5.2	3.0	2.2	42.3%
22. Was in a physical fight on school property in past 12 months (117)	12.9	15.8	-2.9	-22.5%
23. Victim of physical abuse by boyfriend/girlfriend in the past 12 months (100)	11.1	11.8	-0.7	-6.3%
24. Victim of forced sexually intercourse (92)	10.2	8.7	1.5	14.7%
25. Has felt sad or hopeless for 2+ weeks in the past 12 months (268)	30.0	27.4	2.6	8.7%
26. Seriously considered suicide in the past 12 months (153)	17.0	17.0	0.0	0.0%
27. Planned a suicide attempt in the past 12 months (143)	15.9	14.7	1.2	7.5%
28. Attempted suicide 1+ times in the past 12 months (145)	16.0	13.6	2.4	15.0%
29. Aged 12 or younger when smoked whole cigarette for first time (225)	24.8	25.4	-0.6	-2.4%
30A. Smoked cigarettes 1+ days during the past 30 days (266)	29.3	32.7	-3.4	-11.6%
30B. Students who smoked cigarettes on 20 or more of the past 30 days	14.0	17.8	-3.8	-27.1%
31. Attempted to quit smoking cigarettes in the past 12 months (153)	17.0	17.5	-0.5	-2.9%
32. Used chewing tobacco products 1+ days in the past 30 days (148)	16.3	14.5	1.8	11.0%
33. Aged 12 or younger when first drank alcohol (244)	26.9	26.0	0.9	3.3%
34. Drank alcohol 1+ days during the past 30 days (410)	45.3	48.3	-3.0	-6.6%
35. Drank 5+ alcoholic beverages in one sitting during the past 30 days (259)	28.5	33.0	-4.5	-15.8%
36. Drank alcohol on school property in the past 30 days (87)	9.6	6.1	3.5	36.5%
37A. Typically obtained alcohol through purchase at a store (15)	1.7	2.0	-0.3	-17.6%
37B. Typically obtained alcohol through purchase at a restaurant/bar/club (8)	0.9	0.7	0.2	22.2%

37C. Typically obtained alcohol by taking it at home (48)	5.3	2.9	2.4	45.3%
37D. Typically obtained alcohol from parents (33)	3.7	5.7	-2.0	-54.1%
37E. Typically obtained alcohol by giving someone else money to purchase it (90)	10.0	12.1	-2.1	-21.0%
37F. Typically obtained alcohol by being given it by a person of age (72)	8.0	10.6	-2.6	-32.5%
37G. Typically obtained alcohol some other way (138)	15.3	13.2	2.1	13.7%
38. Used marijuana (345)	38.0	37.5	0.5	1.3%
39. Aged 12 or younger when first tried marijuana (128)	14.2	13.7	0.5	3.5%
40. Used marijuana 1+ times in the last 30 days (196)	21.7	18.9	2.8	12.9%
41. Used marijuana 1+ times on school property in the last 30 days (71)	7.8	6.4	1.4	17.9%
42. Used a form of cocaine 1+ times during lifetime (105)	11.6	11.3	0.3	2.6%
43. Used a form of inhalant 1+ times during lifetime (185)	20.4	17.4	3.0	14.7%
44. Used heroin 1+ times during lifetime (45)	5.0	3.8	1.2	24.0%
45. Used methamphetamines 1+ times during lifetime (73)	8.0	8.4	-0.4	-5.0%
46. Used ecstasy 1+ times during lifetime (104)	11.5	10.2	1.3	11.3%
47. Used a form of steroids without a prescription 1+ times during lifetime (60)	6.6	6.5	0.1	1.5%
48. Used needles to inject illegal drugs 1+ times during lifetime (45)	5.0	3.3	1.7	34.0%
50. Student was offered/sold/given illegal drugs on school property in past 12 months (203)	22.5	22.4	0.1	0.4%
51. Have had sexual intercourse (440)	49.0	48.0	1.0	2.0%
52. Aged 12 or younger when first had sexual intercourse (75)	8.3	7.9	0.4	4.8%
53. Has had sexual intercourse with 2 or more people (290)	32.0	20.2	11.8	36.9%
54. Has had sexual intercourse with 1+ people in the past 3 months (313)	34.5	33.2	1.3	3.8%
55. Used drugs/alcohol prior to last sexual intercourse (135)	15.0	14.2	0.8	5.3%
56. Did not use a condom during last sexual intercourse (167)	18.5	16.1	2.4	13.0%
57A. No method used to prevent pregnancy (57)	6.3	4.8	1.5	23.8%
57B. Used birth control pills to prevent pregnancy (77)	8.5	9.4	-0.9	-10.6%
57C. Used condoms to prevent pregnancy (214)	23.7	26.7	-3.0	-12.7%
58. Been pregnant or gotten someone pregnant 1+ times (56)	7.8	6.2	1.6	20.5%
59. Adult family members discussed expectations for appropriate sexual behavior (632)	70.1	74.1	-4.0	-5.7%
60C. Students felt they were very overweight/overweight (291)	32.1	33.9	-1.8	-5.6%
61A. Trying to lose weight (429)	47.6	49.3	-1.7	-3.6%
62. Exercised to lose weight during the past 30 days (554)	61.1	65.3	-4.2	-6.9%
63. Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight in past 30 days (381)	42.3	42.3	0.0	0.0%
64. Has taken diet pills/powders/liquids to lose/keep from gaining weight in past 30 days (82)	9.2	9.8	-0.6	-6.5%
65. Has vomited/taken laxatives to lose/keep from gaining weight in past 30 days (58)	6.4	4.7	1.7	26.6%
66. Ate fruit 3+ times on a typical day (87)	9.6	26.0	-16.4	-170.8%
67. Ate french fries 4+ times during the past week (150)	16.6	13.4	3.2	19.3%
72. Drank 1+ glasses of milk on a typical day (378)	41.7	42.8	-1.1	-2.6%
73. Bought food/drinks from school vending machines during the past 7 days (488)	54.5	67.8	-13.3	-24.4%
74. Ate breakfast everyday for the past 7 days. (316)	34.8	37.4	-2.6	-7.5%
75. Ate home prepared dinner with family 4+ days for the past 7 days (548)	60.5	63.8	-3.3	-5.5%

77. Spends 60+ minutes being physically active on a typical school day (417)	46.6	50.1	-3.5	-7.5%
78. Spends 60+ minutes being physically active on a typical weekend day. (373)	41.2	53.1	-11.9	-28.9%
79A. Attends PE class 1+ days per week (380)	42.3	40.7	1.6	3.8%
79B. Attended PE classes daily during the average school week (238)	26.5	24.7	1.8	6.8%
80. Spends 3+ hours watching TV on an average school day (257)	28.3	24.6	3.7	13.1%
81. Spends 3+ hours watching TV on an average weekend day (372)	41.2	44.8	-3.6	-8.7%
82. Spends 3+ hours playing video games/computer games/internet on an average school day (177)	19.7	18.4	1.3	6.6%
83. Always/usually use sunscreen when outside for 1+ hours (78)	8.6	8.0	0.6	7.0%
84. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	12.9	12.0	0.9	7.0%
85. Gets 8 hours of sleep on an average school night (292)	25.8	28.9	-3.1	-12.0%
86. Considers self to have a disability (119)	13.3	15.0	-1.7	-12.8%
87. Limited by disability (110)	12.3	14.4	-2.1	-17.1%
88. Has trouble learning , concentrating, or remembering because of impairment (128)	14.4	14.4	0.0	0.0%
89. Alone for 3+ hours per day after school (322)	35.7	31.0	4.7	13.2%
90. Participates in extracurricular activities (544)	61.8	63.7	-1.9	-3.1%
91. Had a check-up or physical exam when not ill during the last 12 months (536)	59.7	60.7	-1.0	-1.7%
92. Saw a dentist during the past 12 months (599)	66.3	71.5	-5.2	-7.8%
93. Diagnosed by doctor or nurse with asthma (201)	22.6	22.5	0.1	0.4%
94. Has had an asthma attack within the past 12 months (63)	7.0	8.5	-1.5	-21.4%
95. Rates health as poor (25)	2.8	1.9	0.9	32.1%
96. Agrees/strongly agrees with feeling alone in life (201)	22.2	13.6	8.6	38.7%
97. Agree/strongly agrees with feeling good about self (620)	68.5	71.7	-3.2	-4.7%
98. Agrees/ strongly agrees harassment/bullying is a problem at school (347)	38.2	30.0	8.2	21.5%
99. Agrees/ strongly agrees drugs are a problem at school (429)	47.5	59.0	-11.5	-24.2%
Students at risk for becoming overweight (above 85% below 95%)	17.1	19.5	-2.4	-14.0%
Students who were overweight (above 95%)	12.8	12.9	-0.1	-0.8%

Question 66 - In 2005 students were asked to include 100% fruit juice in the count, whereas in 2007 they were asked to exclude 100% fruit juice from the count.

Question 68 - In 2005 students were given different options about how often they ate french fries than in 2007. The phrasing made the questions incomparable.

Question 70 and 71 - Cannot be computed between years due to the fact that they were one question in 2005

Appendix 8: Macon County Middle Schools and Statewide Comparisons

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
6. Received mostly D's or F's in school during past 12 months (95)	8.6	12.1	3.5	40.7%
7. Never/rarely wore seatbelt when riding in car driven by other (110)	12.4	13.8	1.4	11.3%
8. Never/rarely wore a helmet when riding bike in past 12 months (480)	77.3	60.3	-17.0	-22.0%
10. Rode in car driven by someone who had been drinking in past 30 days (270)	26.9	34.0	7.1	26.4%
11. Has ever carried a weapon (383)	37.2	48.1	10.9	29.3%
12. Threatened or injured with a weapon on school property in the past 12 months (52)	7.6	6.6	-1.0	-13.2%
13. Was in a physical fight (440)	56.5	55.3	-1.2	-2.1%
14. Required medical treatment for injury sustained in fight (60)	5.3	7.5	2.2	41.5%
15. Did not go to school 1+ days because student did not feel safe there or traveling to and from (32)	5.7	4.1	-1.6	-28.1%
16. Had something stolen/damaged on school property in past 12 months (207)	27.8	29.6	1.8	6.5%
19. Was harassed or bullied 1+ times on school property during the last year (263)	27.1	33.2	6.1	22.5%
20. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (252)	32.9	31.8	-1.1	-3.3%
21. Has felt sad or hopeless for 2+ weeks in the past 12 months (193)	22.7	24.5	1.8	7.9%
22. Seriously considered suicide in the past 12 months (175)	22.0	22.1	0.1	0.5%
23. Planned a suicide attempt in the past 12 months (114)	15.5	14.4	-1.1	-7.1%
24. Aged 11 or younger when smoked whole cigarette for first time (115)	8.8	14.7	5.9	67.0%
25. Smoked cigarettes 1+ days during the past 30 days (101)	11.7	12.8	1.1	9.4%
26. Attempted to quit smoking cigarettes in the past 12 months (76)	7.6	9.6	2.0	26.3%
29. Has drank alcohol other than just a few sips (302)	33.6	38.2	4.6	13.7%
30. Aged 12 or younger when first drank alcohol (234)	15.9	29.7	13.8	86.8%
31. Typically obtained alcohol through purchase at a store (7)	1.6	1.0	-0.6	-37.5%
32. Used marijuana (98)	11.9	12.4	0.5	4.2%
33. Aged 11 or younger when first tried marijuana (53)	3.6	6.6	3.0	83.3%
34. Used marijuana 1+ times in the last 30 days (43)	5.7	5.4	-0.3	-5.3%
35. Used marijuana 1+ times on school property in the last 30 days (10)	2.5	1.3	-1.2	-48.0%
36. Used a form of cocaine 1+ times during lifetime (33)	3.4	4.2	0.8	23.5%
38. Used a form of inhalant 1+ times during lifetime (121)	13.6	15.2	1.6	11.8%
39. Used a form of steroids without a prescription 1+ times during lifetime (19)	3.0	2.4	-0.6	-20.0%
41. Used prescription drugs without a prescription 1+ times during lifetime (53)	7.9	6.7	-1.2	-15.2%
43. Student was offered/sold/given illegal drugs on school property in past 12 months (69)	11.4	8.7	-2.7	-23.7%
48. Taught about abstaining from sexual activity (355)	67.7	45.2	-22.5	-33.2%
49. Taught about AIDS or HIV infection in school (395)	70.7	49.7	-21.0	-29.7%
50. Taught about chlamydia, gonorrhea, syphilis or HPV (284)	43.6	35.8	-7.8	-17.9%
51. Adult family members discussed expectations for appropriate sexual behavior (442)	62.2	55.9	-6.3	-10.1%

52. Students felt they were very overweight/overweight (235)	23.2	29.6	6.4	27.6%
53. Trying to lose weight (370)	44.1	46.7	2.6	5.9%
54. Exercised to lose weight during the past 30 days (569)	68.3	72.8	4.5	6.6%
55. Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight (406)	43.1	51.3	8.2	19.0%
56. Has gone without eating for 24+ hours to lose or keep from gaining weight (169)	16.4	21.4	5.0	30.5%
57. Has taken diet pills/powders/liquids to lose/keep from gaining weight (59)	9.2	7.5	-1.7	-18.5%
58. Has vomited/taken laxatives to lose/keep from gaining weight (57)	7.8	7.3	-0.5	-6.4%
66. Bought food/drinks from school vending machines during the past 7 days (193)	41.0	24.8	-16.2	-39.5%
67. Ate breakfast everyday for the past 7 days. (335)	40.5	42.5	2.0	4.9%
68. Ate home prepared dinner with family 4+ days for the past 7 days (593)	76.8	75.4	-1.4	-1.8%
69. Spends more than one hour being physical active 5+ days in the past 7 days (522)	55.0	67.3	12.3	22.4%
70A. Attends PE class 1+ days per week (770)	79.2	99.0	19.8	25.0%
70B. Attended PE classes daily during the average school week (669)	37.2	86.0	48.8	131.2%
71. Spends 3+ hours watching TV on an average school day (282)	43.5	36.1	-7.4	-17.0%
72. Spends 3+ hours watching TV on an average weekend day (433)	58.9	55.4	-3.5	-5.9%
73. Participated in 1+ sports teams during the past 12 months (482)	61.2	61.6	0.4	0.7%
74. Spends 3+ hours playing video games/computer games/internet on an average school day (157)	25.0	20.0	-5.0	-20.0%
75. Always/usually use sunscreen when outside for 1+ hours (81)	12.2	10.4	-1.8	-14.8%
76. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	15.9	14.9	-1.0	-6.3%
77. Gets 8 hours of sleep on an average school night (241)	30.0	31.1	1.1	3.7%
78. Considers self to have a disability (95)	12.8	12.4	-0.4	-3.1%
79. Limited by disability (91)	12.4	11.7	-0.7	-5.6%
80. Has trouble learning , concentrating, or remembering because of impairment (135)	17.8	17.5	-0.3	-1.7%
81. Alone for 3+ hours per day after school (171)	17.5	22.7	5.2	29.7%
82. Participates in extracurricular activities (540)	66.9	71.0	4.1	6.1%
84. Had a check-up or physical exam when not ill during the last 12 months (424)	51.6	55.5	3.9	7.6%
85. Saw a dentist during the past 12 months (485)	57.2	63.0	5.8	10.1%
86. Diagnosed by doctor or nurse with asthma (144)	20.3	18.8	-1.5	-7.4%
89. Rates health as fair or poor (86)	8.7	11.3	2.6	29.9%
92. Agrees/strongly agrees with feeling alone in life (144)	21.2	19.1	-2.1	-9.9%
93. Agree/strongly agrees with feeling good about self (552)	74.8	72.6	-2.2	-2.9%
94. Agrees/ strongly agrees harassment/bullying is a problem at school (443)	54.1	58.3	4.2	7.8%
95. Agrees/ strongly agrees drugs are a problem at school (236)	32.1	31.5	-0.6	-1.9%

Appendix 9: Macon County High School and Statewide Comparisons

QUESTION (Macon County numbers in parentheses)	NC %	Macon %	Macon - NC	% Variance
8. Received mostly D's or F's in school during past 12 months (54)	6.1	6.3	0.2	3.3%
9. Never/rarely wore a helmet when riding bike in past 12 months (433)	88.0	47.5	-40.5	-46.0%
10. Never/rarely wore seatbelt when riding in car driven by other (112)	7.9	12.3	4.4	55.7%
11. Rode in car driven by someone who had been drinking in past 30 days (221)	24.7	24.3	-0.4	-1.6%
12. Drove a car when had been drinking in past 30 days (135)	9.2	14.9	5.7	62.0%
13. Was harassed or bullied 1+ times on school property during the last year (218)	22.3	24.0	1.7	7.6%
14. Victim of teasing or name calling due to weight, size or appearance in the past 30 days (193)	20.4	21.3	0.9	4.4%
15. Carried a weapon 1+ days in the past 30 days (282)	21.2	31.0	9.8	46.2%
16. Carried a weapon on school property 1+ days in the past 30 days (191)	6.8	21.1	14.3	210.3%
17. Did not go to school 1+ days because student did not feel safe there or traveling to and from (46)	7.0	5.1	-1.9	-27.1%
18. Threatened or injured with a weapon on school property in the past 12 months (57)	6.6	6.3	-0.3	-4.5%
19. Had something stolen/damaged on school property in past 12 months (207)	26.9	23.1	-3.8	-14.1%
20. Was in a physical fight during past 12 months (272)	30.1	29.9	-0.2	-0.7%
21. Required medical treatment for injury sustained in fight in past 12 months (47)	3.7	5.2	1.5	40.5%
22. Was in a physical fight on school property in past 12 months (117)	10.4	12.9	2.5	24.0%
23. Victim of physical abuse by boyfriend/girlfriend in the past 12 months (100)	13.2	11.1	-2.1	-15.9%
24. Victim of forced sexually intercourse (92)	9.3	10.2	0.9	9.7%
25. Has felt sad or hopeless for 2+ weeks in the past 12 months (268)	26.9	30.0	3.1	11.5%
26. Seriously considered suicide in the past 12 months (153)	12.5	17.0	4.5	36.0%
27. Planned a suicide attempt in the past 12 months (143)	9.5	15.9	6.4	67.4%
28. Attempted suicide 1+ times in the past 12 months (145)	13.3	16.0	2.7	20.3%
29. Aged 12 or younger when smoked whole cigarette for first time (225)	17.3	24.8	7.5	43.4%
30A. Smoked cigarettes 1+ days during the past 30 days (266)	22.5	29.3	6.8	30.2%
30B. Students who smoked cigarettes on 20 or more of the past 30 days	9.3	14.0	4.7	50.5%
31. Of smokers, those who attempted to quit smoking cigarettes in the past 12 months (153)	54.6	50.3	-4.3	-7.9%
33. Aged 12 or younger when first drank alcohol (244)	19.7	26.9	7.2	36.5%
34. Drank alcohol 1+ days during the past 30 days (410)	37.7	45.3	7.6	20.2%
35. Drank 5+ alcoholic beverages in one sitting during the past 30 days (259)	21.1	28.5	7.4	35.1%
36. Drank alcohol on school property in the past 30 days (87)	4.7	9.6	4.9	104.3%
37A. Typically obtained alcohol through purchase at a store (15)	6.3	1.7	-4.6	-73.0%
38. Used marijuana (345)	36.4	38.0	1.6	4.4%
39. Aged 12 or younger when first tried marijuana (128)	8.3	14.2	5.9	71.1%

40. Used marijuana 1+ times in the last 30 days (196)	19.1	21.7	2.6	13.6%
41. Used marijuana 1+ times on school property in the last 30 days (71)	4.3	7.8	3.5	81.4%
42. Used a form of cocaine 1+ times during lifetime (105)	7.0	11.6	4.6	65.7%
43. Used a form of inhalant 1+ times during lifetime (185)	13.8	20.4	6.6	47.8%
44. Used heroin 1+ times during lifetime (45)	2.8	5.0	2.2	78.6%
45. Used methamphetamines 1+ times during lifetime (73)	4.7	8.0	3.3	70.2%
46. Used ecstasy 1+ times during lifetime (104)	6.4	11.5	5.1	79.7%
47. Used a form of steroids without a prescription 1+ times during lifetime (60)	3.9	6.6	2.7	69.2%
48. Used needles to inject illegal drugs 1+ times during lifetime (45)	2.5	5.0	2.5	100.0%
49. Used prescription drugs without a prescription 1+ times during lifetime (238)	17.0	26.2	9.2	54.1%
50. Student was offered/sold/given illegal drugs on school property in past 12 months (203)	28.5	22.5	-6.0	-21.1%
51. Have had sexual intercourse (440)	52.1	49.0	-3.1	-6.0%
52. Aged 12 or younger when first had sexual intercourse (75)	8.3	8.3	0.0	0.0%
53. Has had sexual intercourse with more than 4 people (25)	16.1	15.5	-0.6	-3.7%
54. Has had sexual intercourse with 1+ people in the past 3 months (313)	37.5	34.5	-3.0	-8.0%
55. Used drugs/alcohol prior to last sexual intercourse (135)	20.7	15.0	-5.7	-27.5%
56. Used a condom last time had sexual intercourse (274)	61.5	30.4	-31.1	-50.6%
57B. Used birth control pills to prevent pregnancy (77)	17.4	8.5	-8.9	-51.1%
59. Adult family members discussed expectations for appropriate sexual behavior (632)	75.3	70.1	-5.2	-6.9%
60C. Students felt they were very overweight/overweight (291)	26.3	32.1	5.8	22.1%
61A. Trying to lose weight (429)	44.7	47.6	2.9	6.5%
62. Exercised to lose weight during the past 30 days (554)	61.1	61.1	0.0	0.0%
63. Has eaten less food/fewer calories/foods low in fat to lose/keep from gaining weight in past 30 days (381)	38.4	42.3	3.9	10.2%
64. Has taken diet pills/powders/liquids to lose/keep from gaining weight in past 30 days (82)	8.1	9.2	1.1	13.6%
65. Has vomited/taken laxatives to lose/keep from gaining weight in past 30 days (58)	4.9	6.4	1.5	30.6%
70. Drank soda 1+ times on a typical day (349)	36.9	38.6	1.7	4.6%
71. Drank sweetened drinks 1+ times on a typical day (356)	38.8	39.2	0.4	1.0%
72. Drank 3+ glasses of milk on a typical day (126)	8.2	13.9	5.7	69.5%
73. Bought food/drinks from school vending machines during the past 7 days (488)	46.9	54.5	7.6	16.2%
74. Ate breakfast everyday for the past 7 days. (316)	31.9	34.8	2.9	9.1%
75. Ate home prepared dinner with family 4+ days for the past 7 days (548)	56.2	60.5	4.3	7.7%
76. Spends more than one hour being physical active 5+ days in the past 7 days (427)	44.3	47.7	3.4	7.7%
77. Spends 30+ minutes being physically active on a typical school day (608)	69.2	67.8	-1.4	-2.0%
78. Spends 30+ minutes being physically active on a typical weekend day. (610)	70.3	67.5	-2.8	-4.0%
79A. Attends PE class 1+ days per week (380)	41.7	42.3	0.6	1.4%
79B. Attended PE classes daily during the average school week (238)	29.0	26.5	-2.5	-8.6%
80. Spends 3+ hours watching TV on an average school day (257)	35.3	28.3	-7.0	-19.8%

81. Spends 3+ hours watching TV on an average weekend day (372)	48.2	41.2	-7.0	-14.5%
82. Spends 3+ hours playing video games/computer games/internet on an average school day (177)	21.2	19.7	-1.5	-7.1%
83. Always/usually use sunscreen when outside for 1+ hours (78)	7.9	8.6	0.7	8.9%
84. Always/usually protect self with shade or clothing when outside for 1+ hours (116)	15.8	12.9	-2.9	-18.4%
85. Gets 8 hours of sleep on an average school night (292)	18.9	25.8	6.9	36.5%
86. Considers self to have a disability (119)	13.2	13.3	0.1	0.8%
87. Limited by disability (110)	13.0	12.3	-0.7	-5.4%
88. Has trouble learning , concentrating, or remembering because of impairment (128)	16.0	14.4	-1.6	-10.0%
89. Alone for 3+ hours per day after school (322)	32.4	35.7	3.3	10.2%
90. Participates in extracurricular activities (544)	62.4	61.8	-0.6	-1.0%
91. Had a check-up or physical exam when not ill during the last 12 months (536)	60.2	59.7	-0.5	-0.8%
92. Saw a dentist during the past 12 months (599)	66.5	66.3	-0.2	-0.3%
93. Diagnosed by doctor or nurse with asthma (201)	20.3	22.6	2.3	11.3%
96. Agrees/strongly agrees with feeling alone in life (201)	20.4	22.2	1.8	8.8%
97. Agree/strongly agrees with feeling good about self (620)	75.3	68.5	-6.8	-9.0%
98. Agrees/ strongly agrees harassment/bullying is a problem at school (347)	43.3	38.2	-5.1	-11.8%
99. Agrees/ strongly agrees drugs are a problem at school (429)	52.9	47.5	-5.4	-10.2%