

2003 New Mexico Youth Risk and Resiliency Survey (YRRS)

County Results

Mora County

New Mexico Department of Health

New Mexico Public Education Department

University of New Mexico Center for
Health Promotion and Disease Prevention

Public Education



NEW MEXICO
DEPARTMENT OF
HEALTH



The University of New Mexico

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Public Education Department



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2003 New Mexico Youth Risk and Resiliency Survey (YRRS)

County Level Results

Mora County

Introduction

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

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

How to Read this Report

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

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

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

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

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

Understanding The Charts, and A Word about Error Bars

The bar charts in this report present the percentage of students who reported engaging in any given risk behavior or who reported having any given resiliency factor. The height of the bars conveys the approximate percentage reporting each trait, and provides a quick visual comparison between different groups of students reporting that trait. Underneath each set of bars is a table that presents the percentage of students who reported each trait. For instance, the chart on page 8, Vehicle Safety, shows that 11.5% of students in New Mexico rarely or never wear seatbelts, while 23% of students in Mora do the same.

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

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

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

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

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

Methodology

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

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

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

Limitations of the YRRS

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

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

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

Participation in Mora County

The response rate in Mora County was 63%.

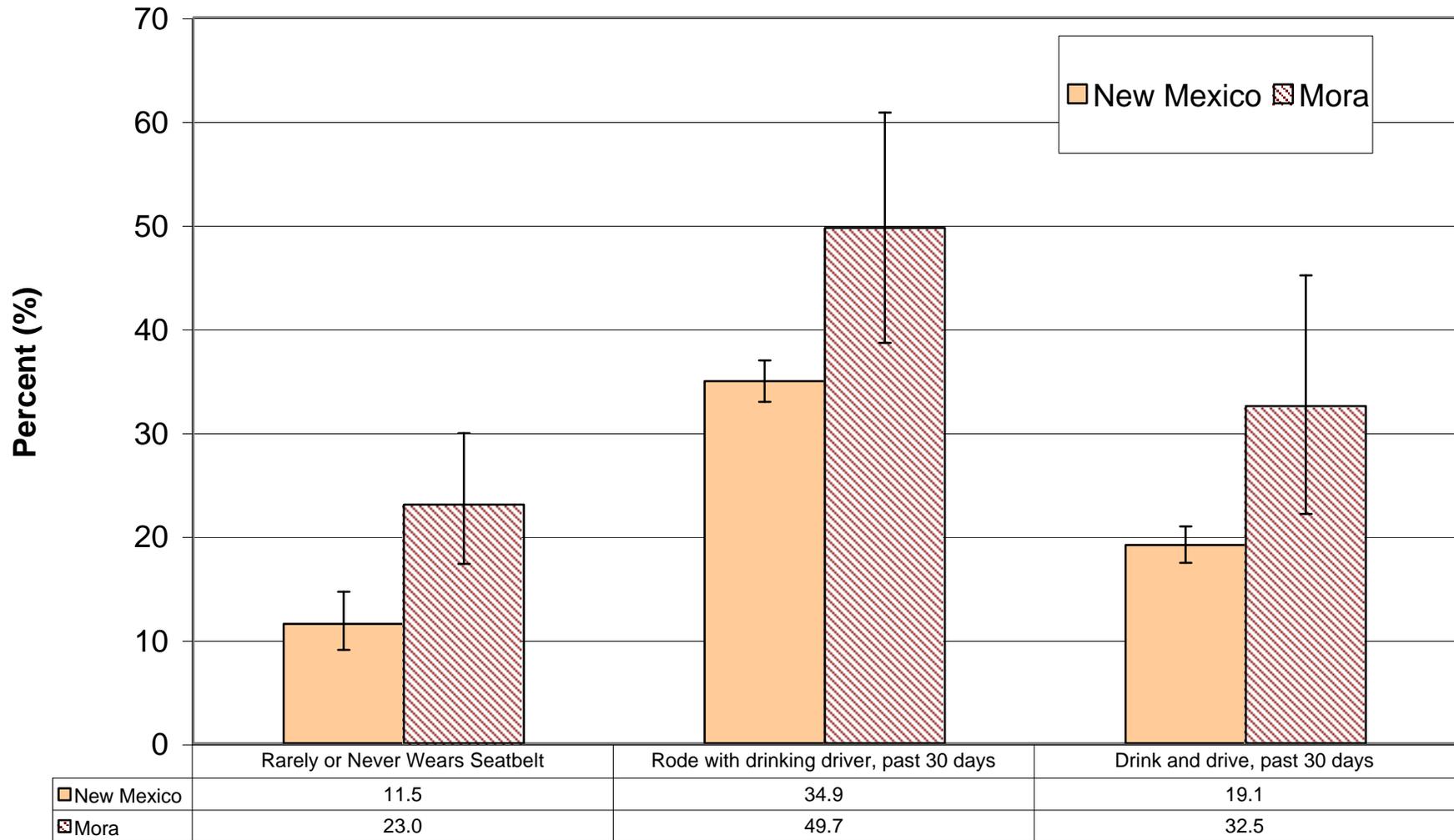
A high response rate produces survey results that are more representative of the student population. A response rate of at least 60% allows generalization of results to the entire student body. A response rate of 75% is excellent and allows a high degree of confidence in results. Because a high response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

Profile of students surveyed

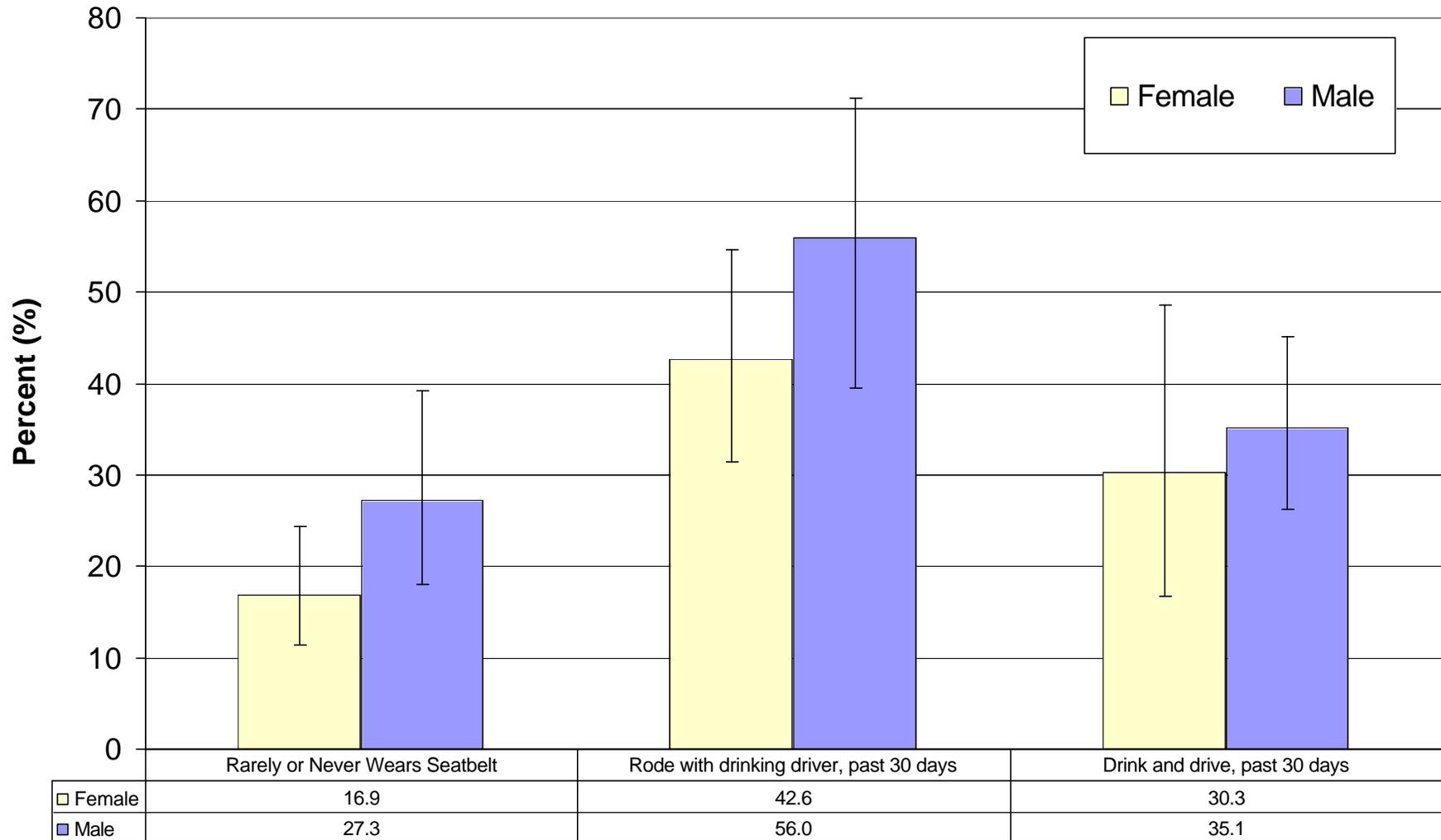
	<u>Percent (%)</u>	<u>Number of students</u>
<u>Total:</u>	100%	133
<u>Gender</u>		
Boys:	55.38%	72
Girls:	44.62%	58
<u>Race/Ethnicity</u>		
Hispanic, single ethnicity:	90.9%	120
White, single ethnicity:	4.6%	6
American Indian, single ethnicity:	0.8%	1
Hispanic, multiple ethnicity:	2.3%	3
Non-Hispanic, multiple ethnicity	0.8%	1
Other:	0.8%	1
<u>Grade Level</u>		
9th	22.9%	30
10th	29.8%	39
11th	24.4%	32
12th	22.9%	30
Other:	0%	0

Risk Behaviors

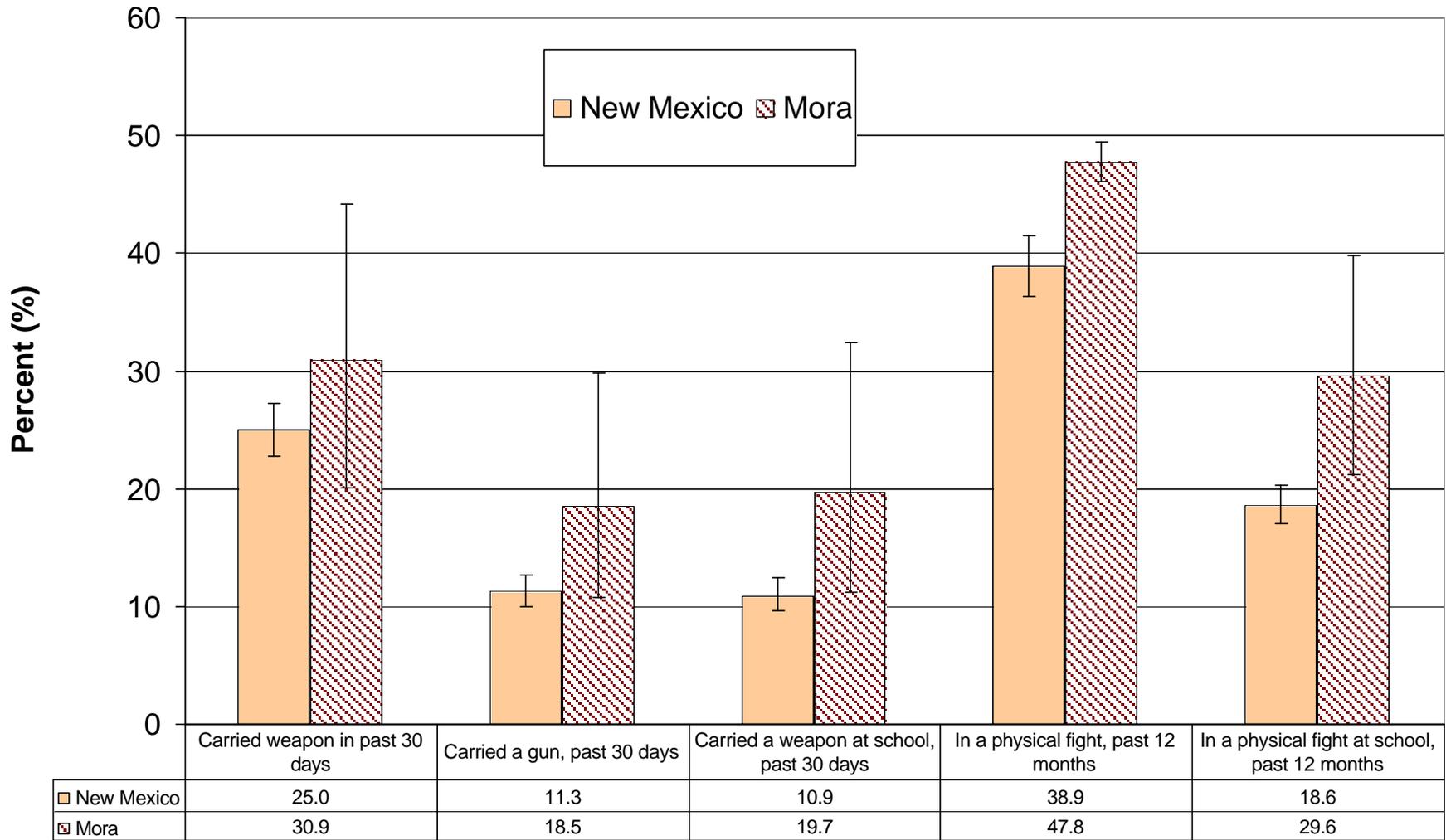
Vehicle Safety Mora and New Mexico Grades 9 - 12, YRRS, 2003



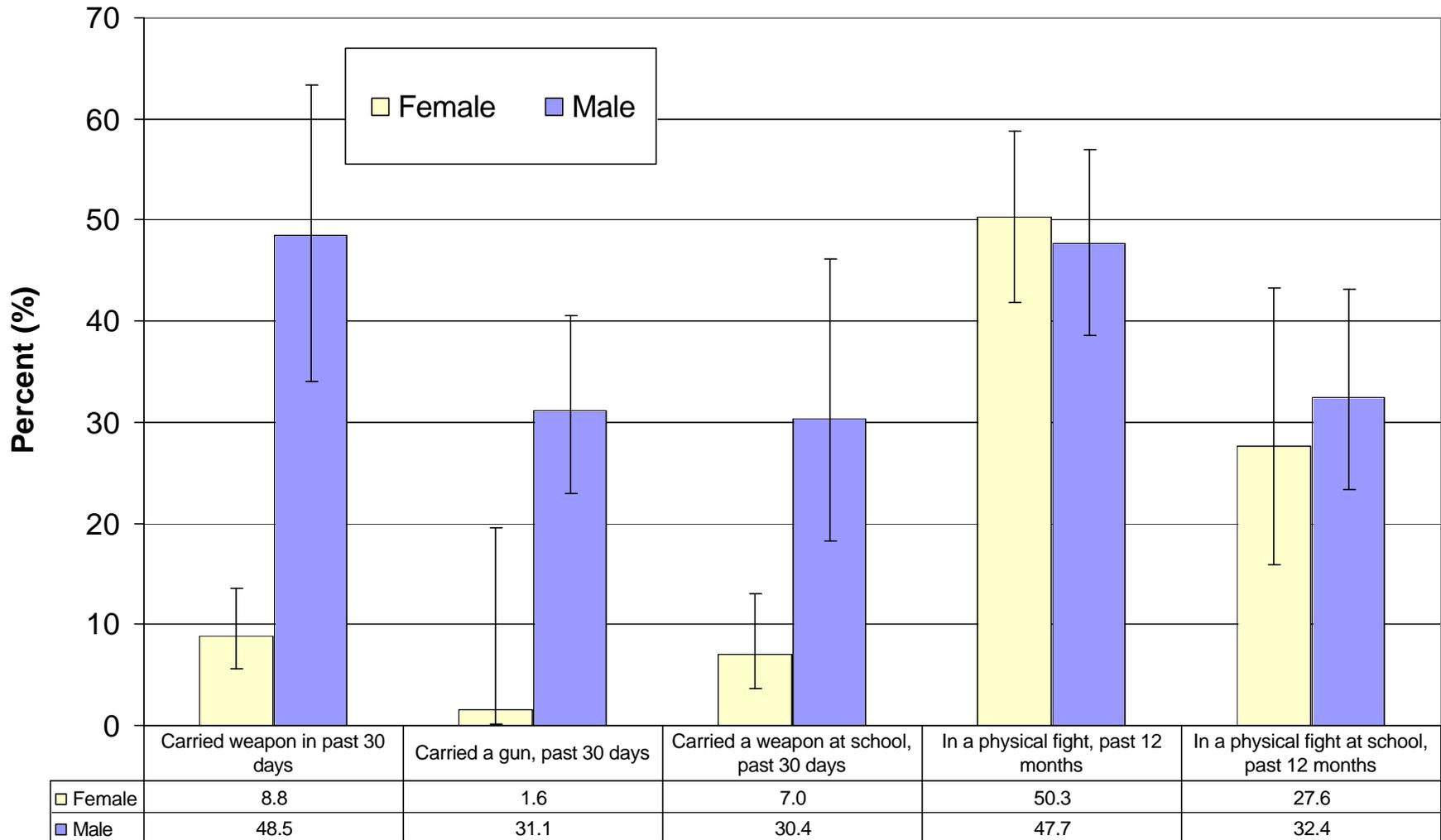
Vehicle Safety by Gender in Mora County Grades 9 - 12, YRRS, 2003



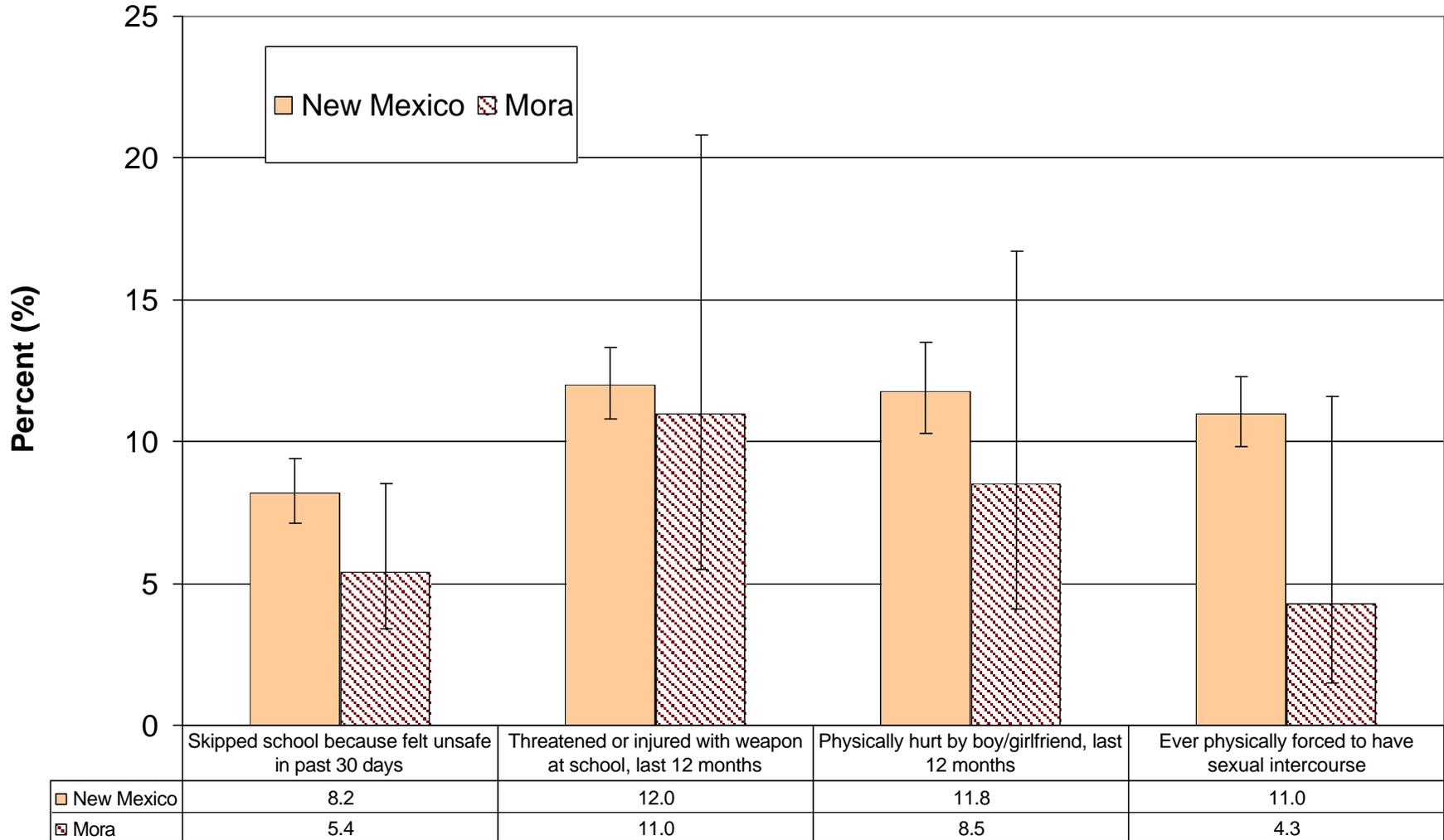
Violence-Related Behaviors Mora and New Mexico Grades 9 - 12, YRRS, 2003



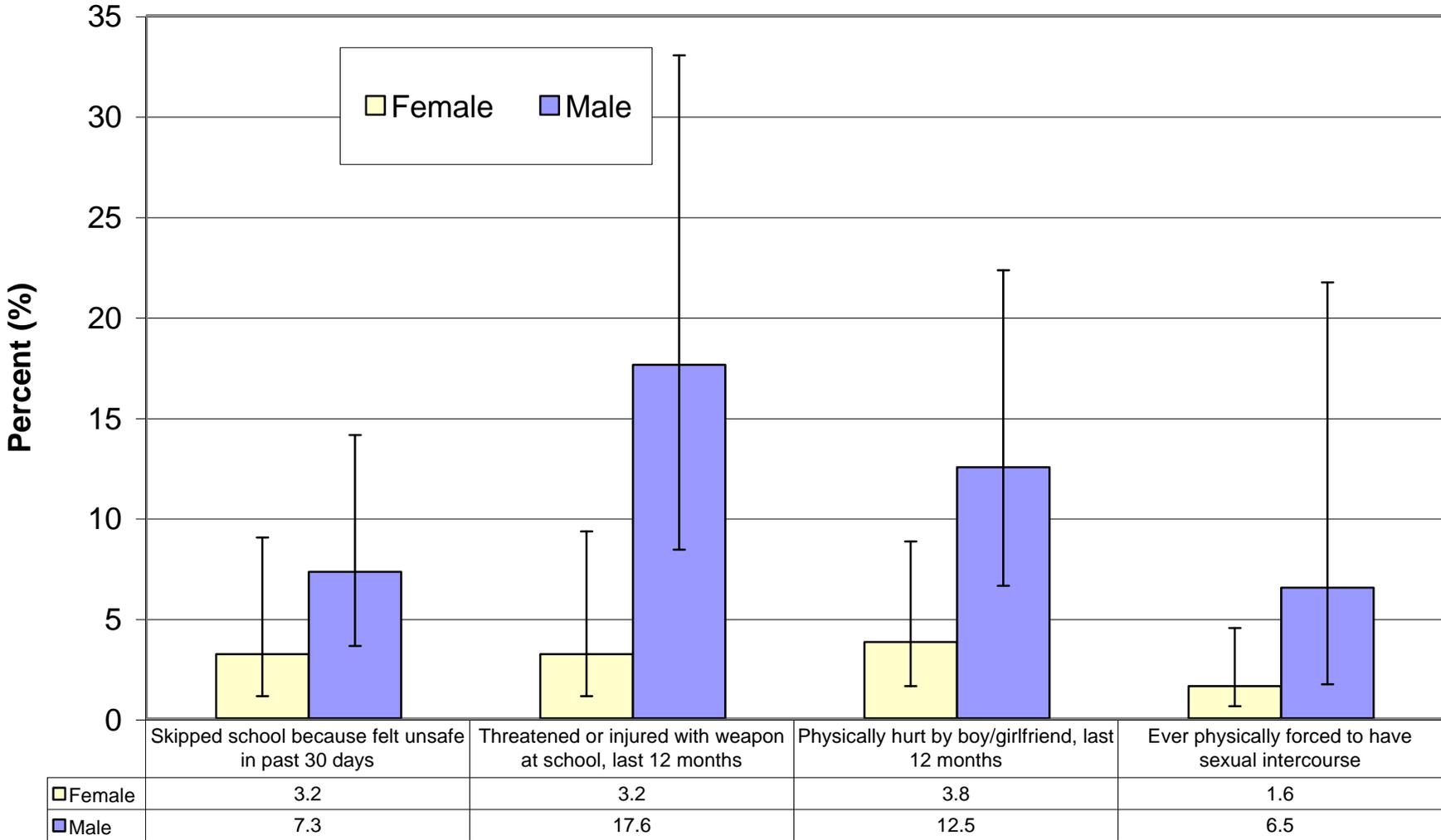
Violence-Related Behaviors by Gender in Mora County Grades 9 - 12, YRRS, 2003



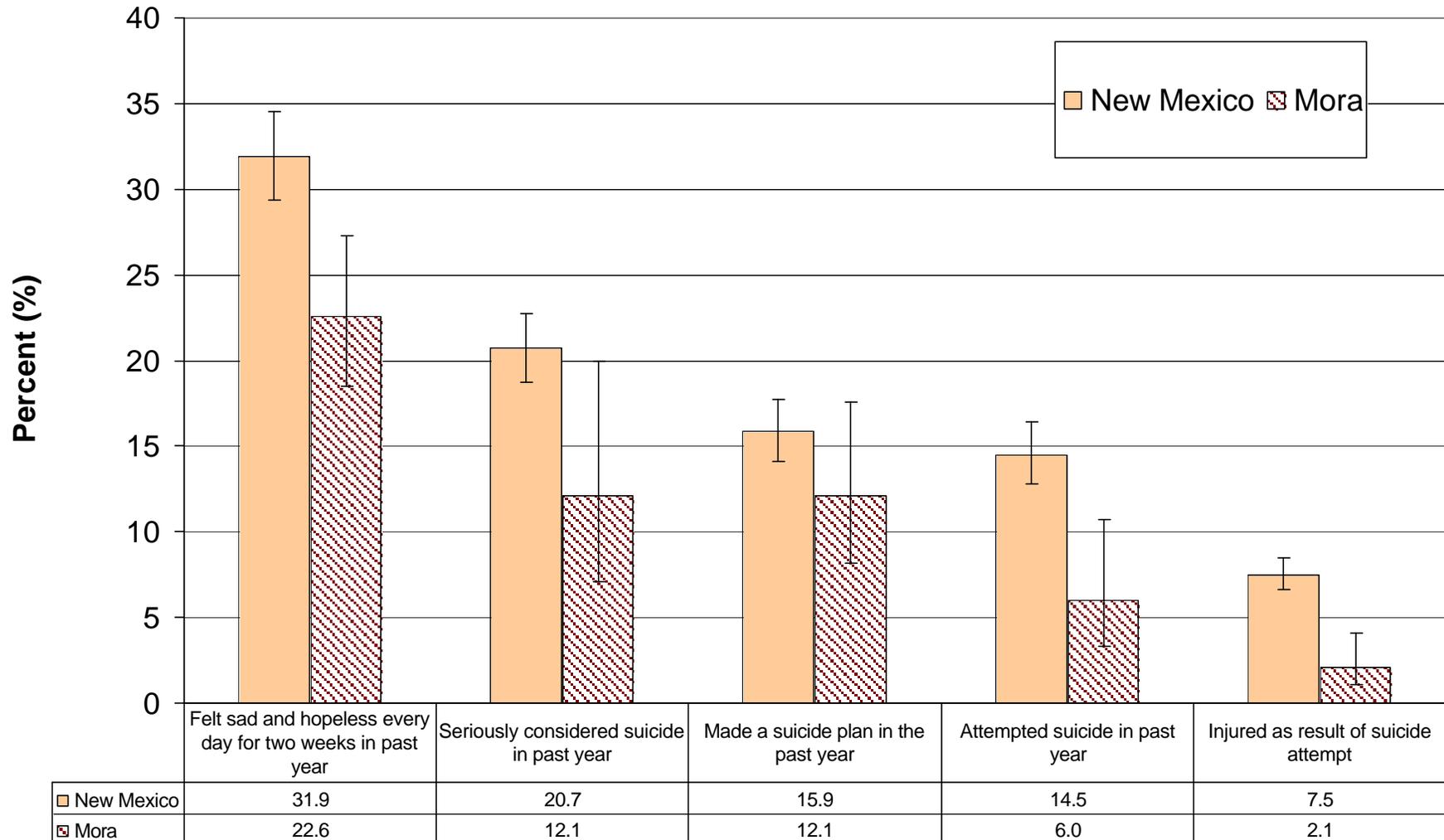
Violence-Related Behaviors: Victimization Mora and New Mexico Grades 9 - 12, YRRS, 2003



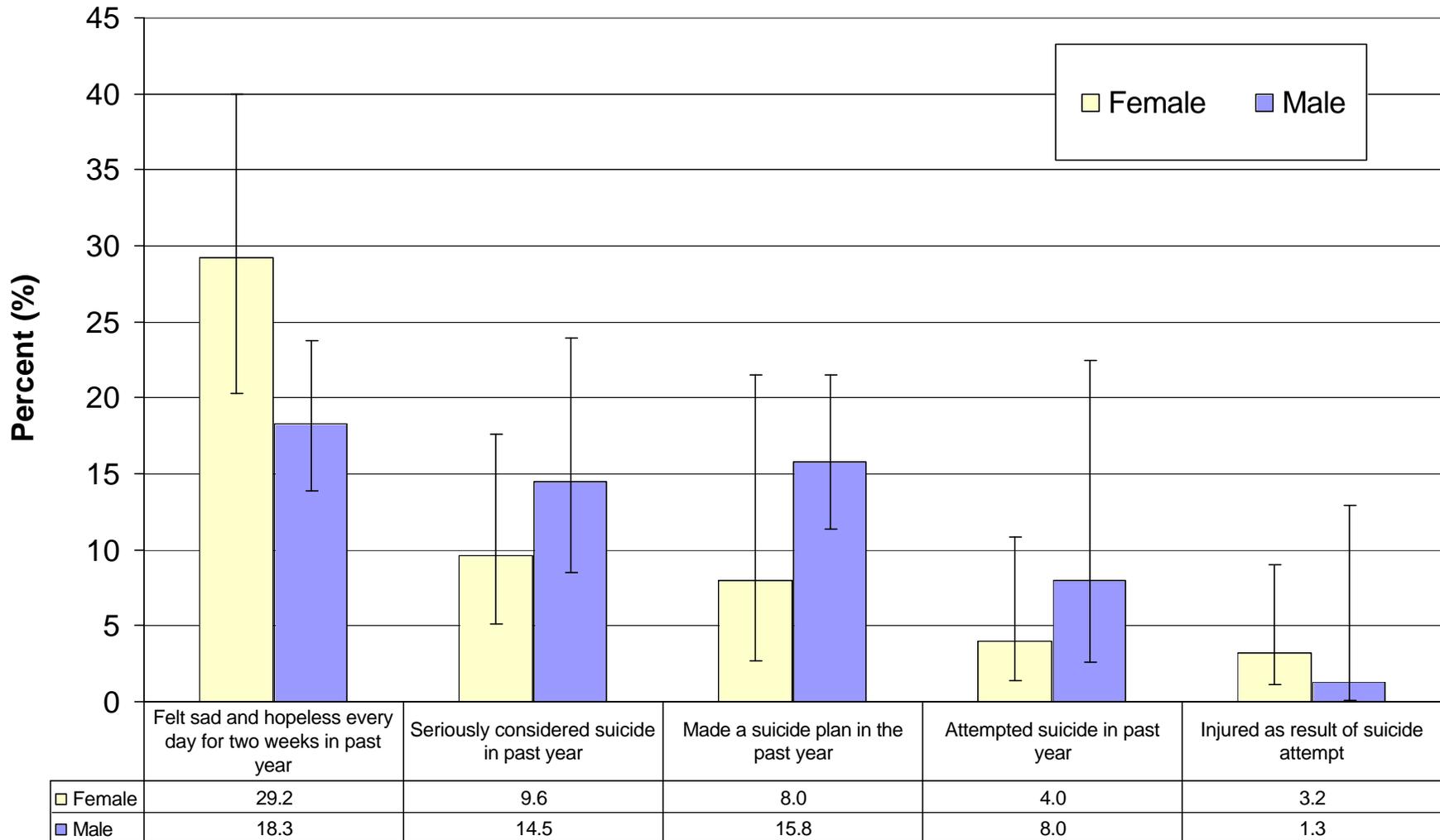
Violence-Related Behaviors: Victimization by Gender in Mora County Grades 9 - 12, YRRS, 2003



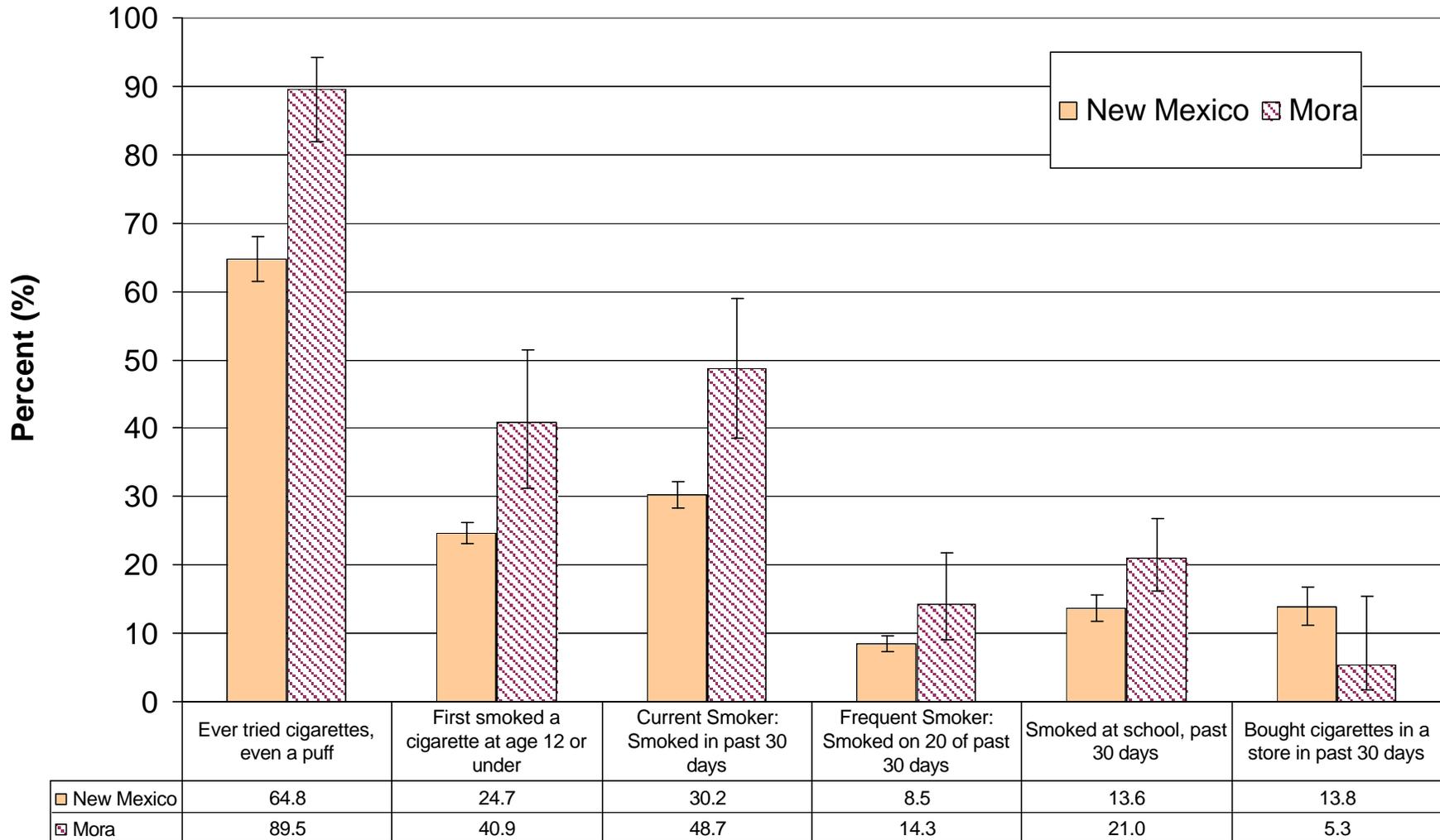
Depression and Suicidal Ideation Mora and New Mexico Grades 9 - 12, YRRS, 2003



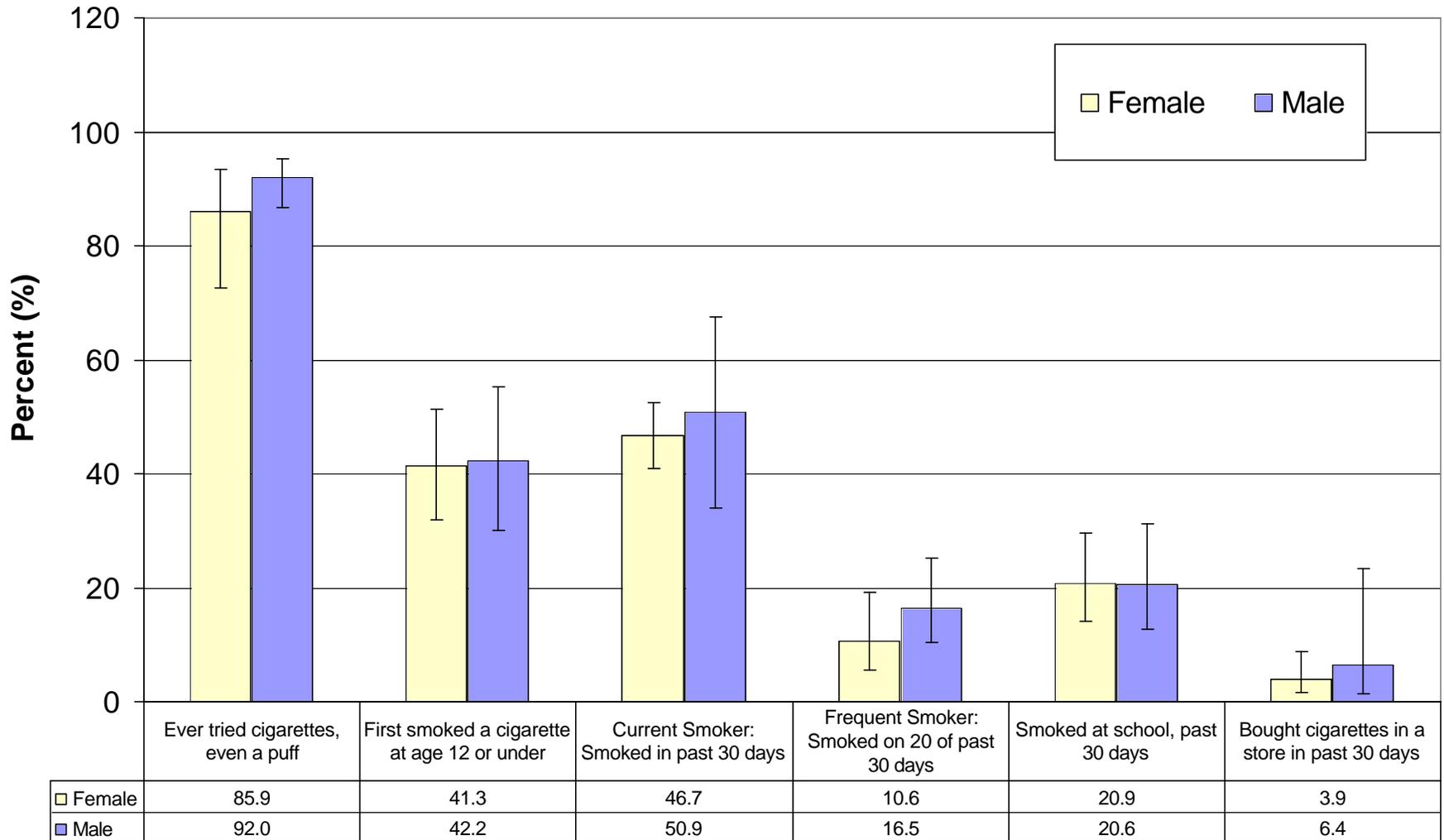
Depression and Suicidal Ideation by Gender in Mora County Grades 9 - 12, YRRS, 2003



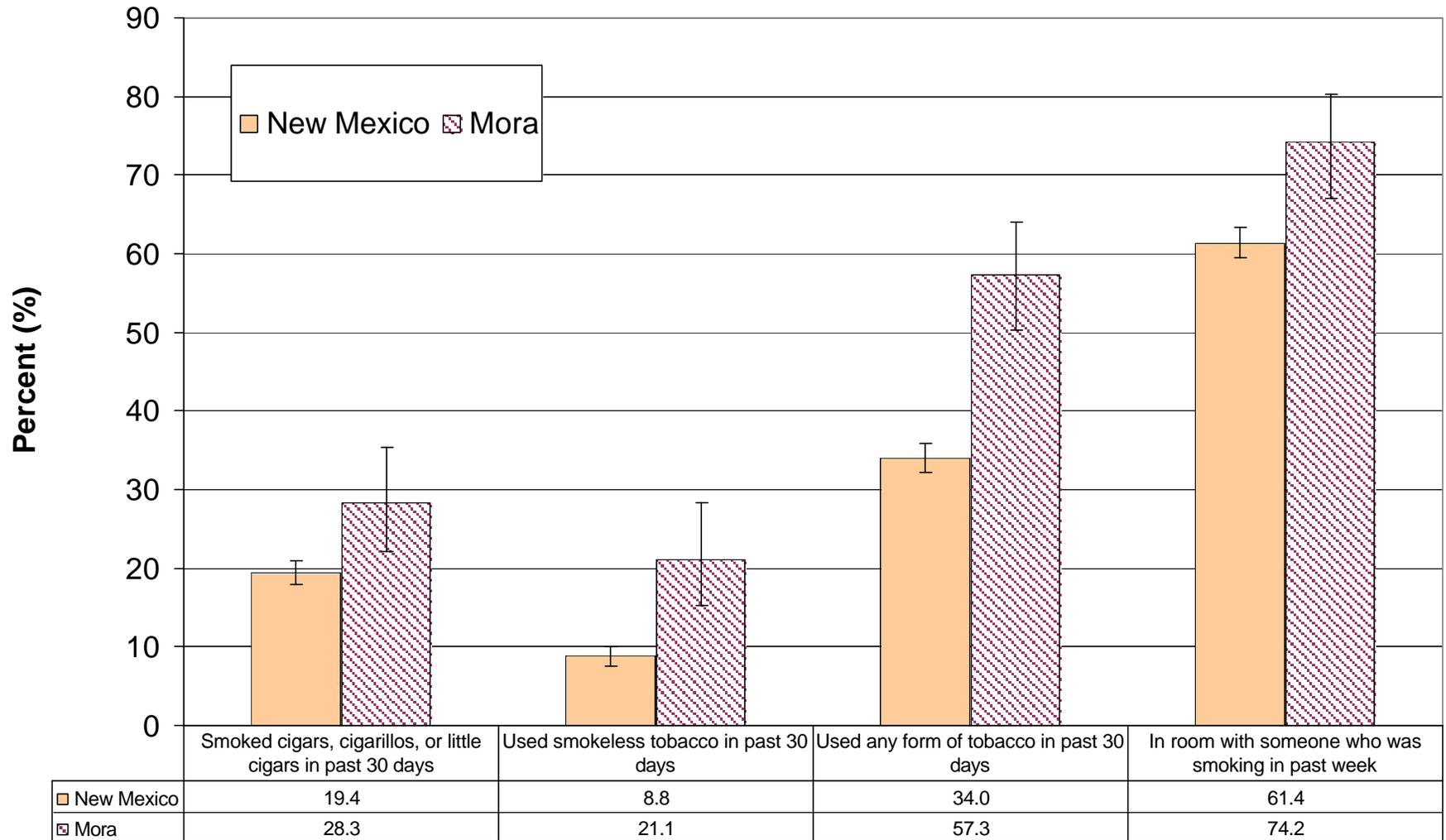
Cigarette Smoking Mora and New Mexico Grades 9 - 12, YRRS, 2003



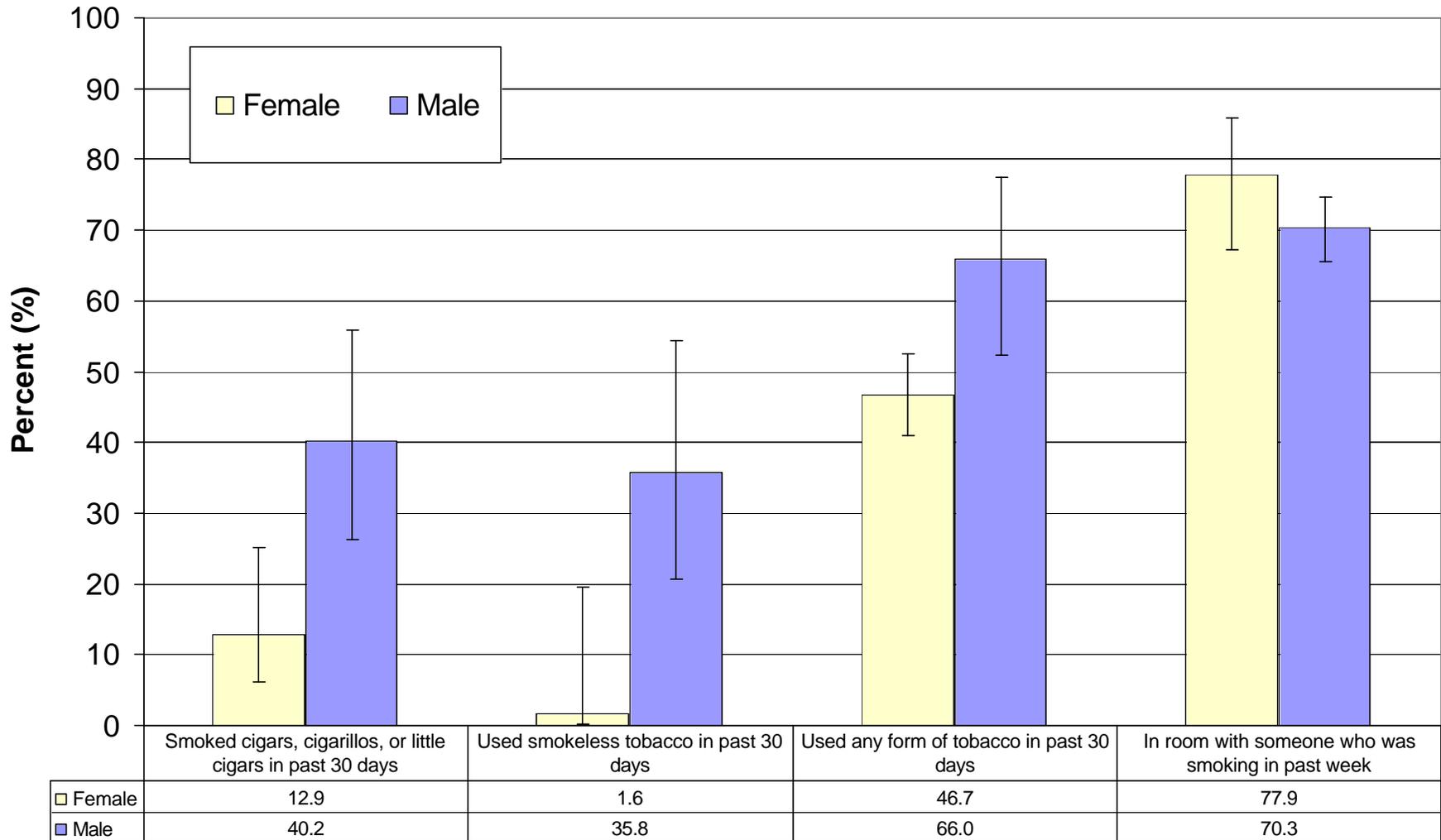
Cigarette Smoking by Gender in Mora County Grades 9 - 12, YRRS, 2003



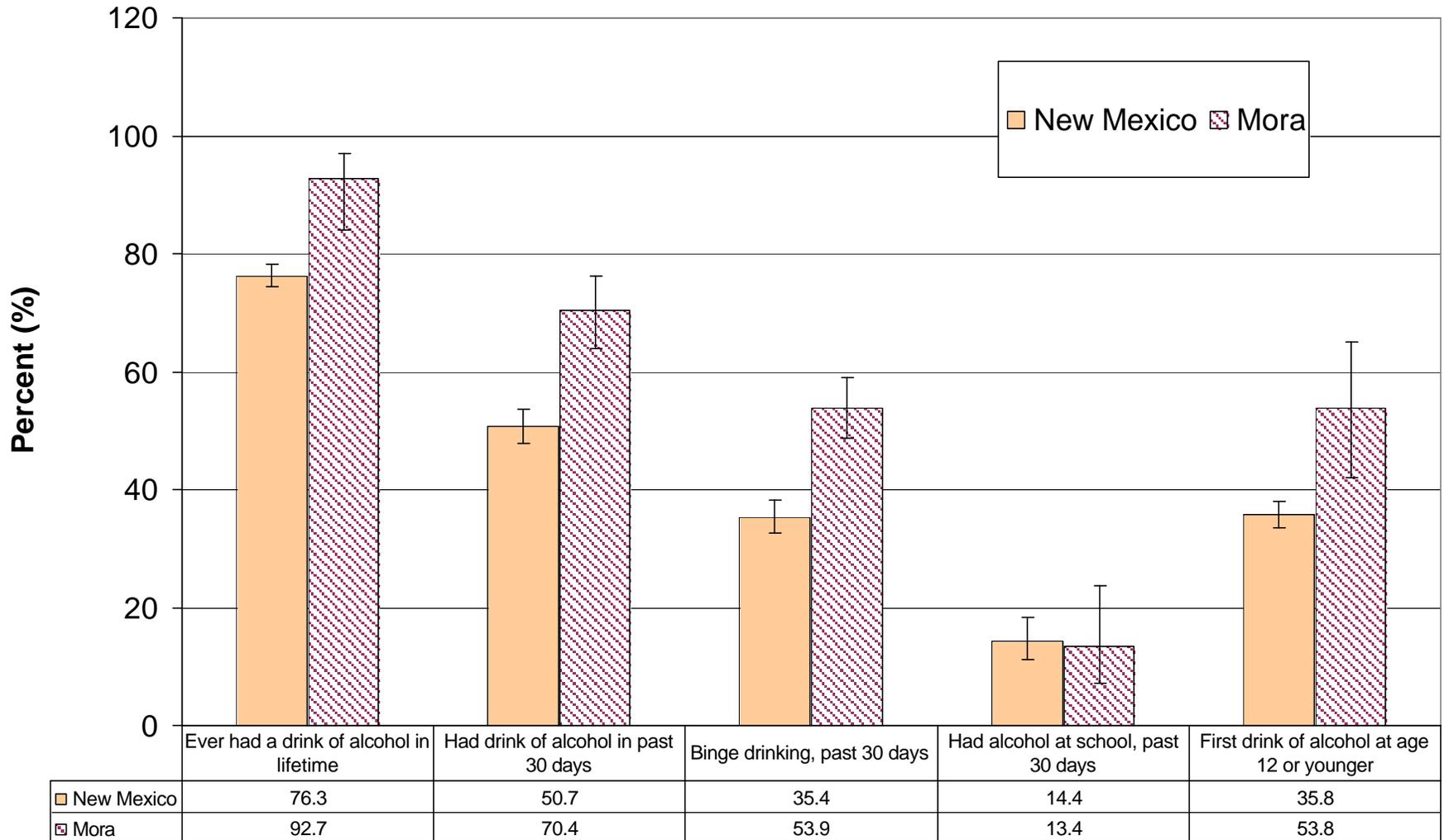
Other Tobacco Use Mora and New Mexico Grades 9 - 12, YRRS, 2003



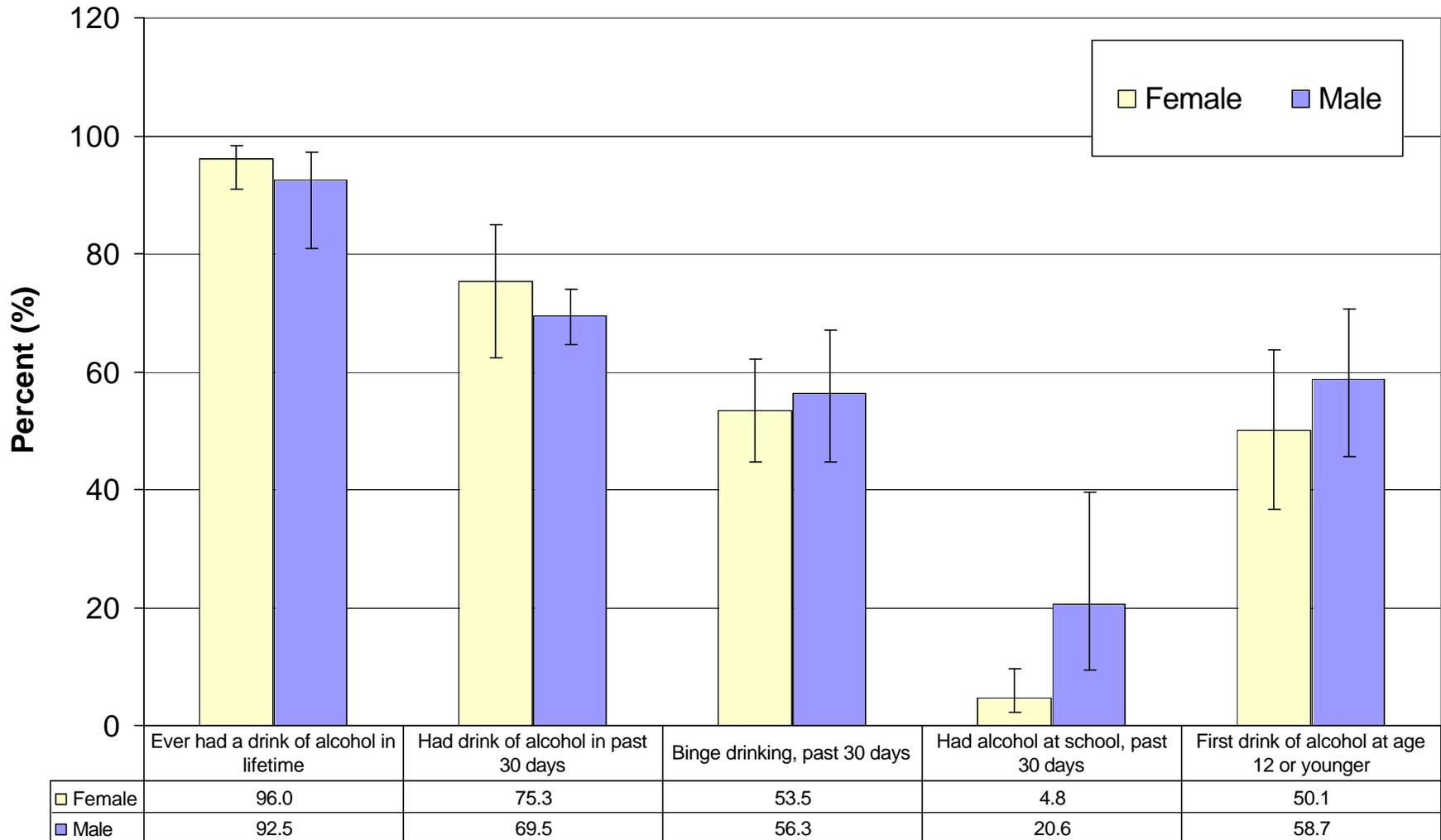
Other Tobacco Use by Gender in Mora County Grades 9 - 12, YRRS, 2003



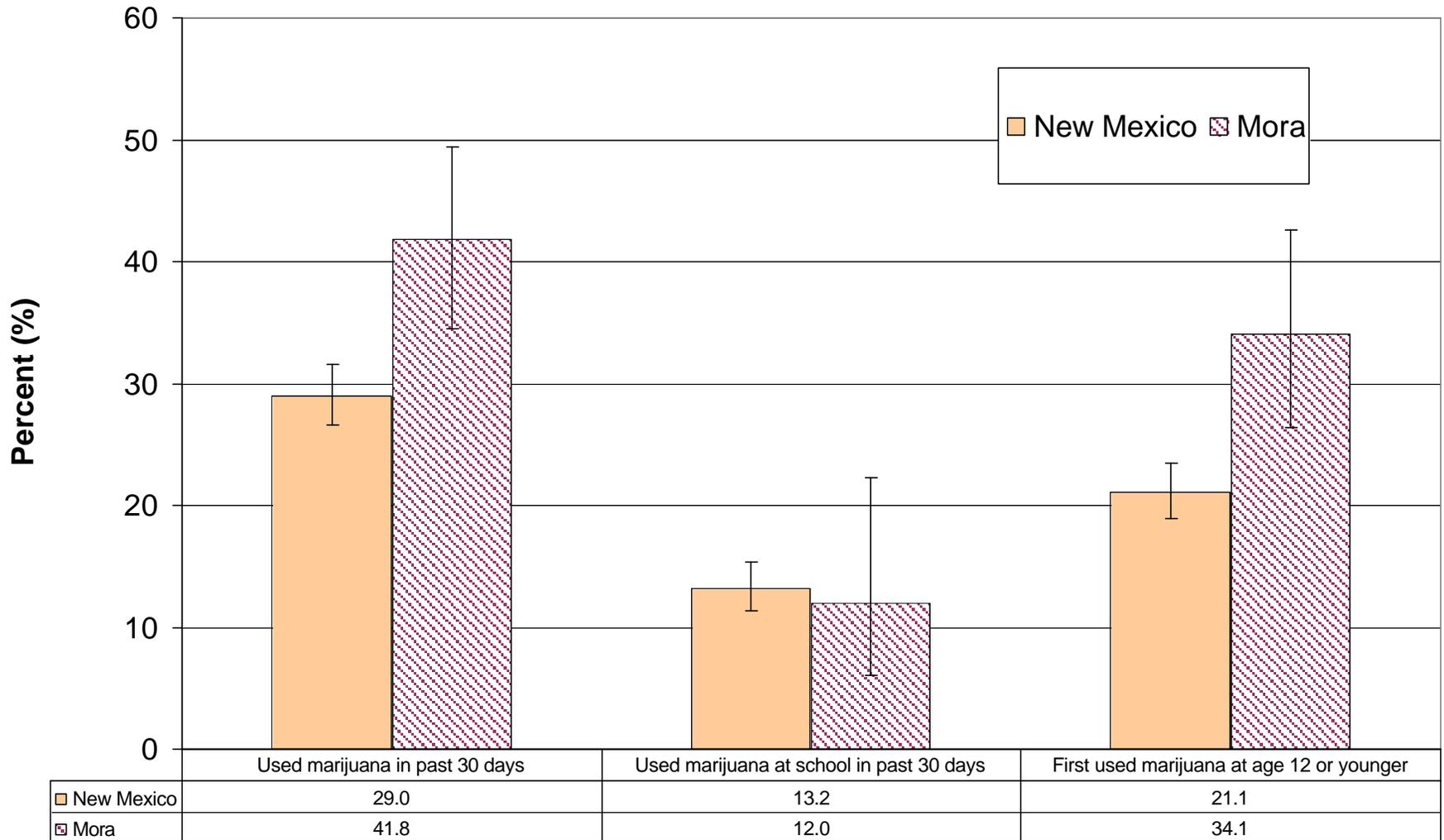
Alcohol Use Mora and New Mexico Grades 9 - 12, YRRS, 2003



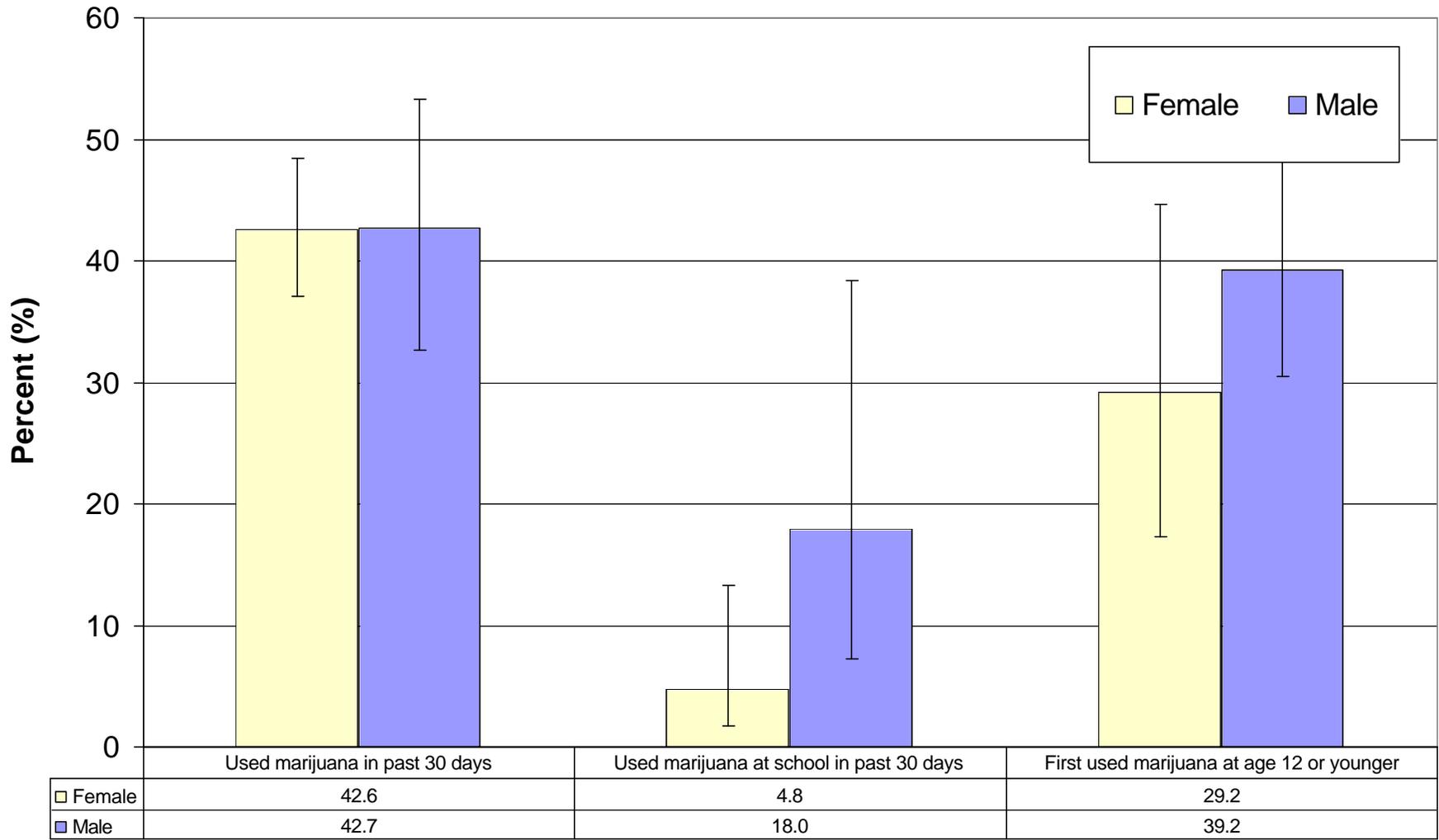
Alcohol Use by Gender in Mora County Grades 9 - 12, YRRS, 2003



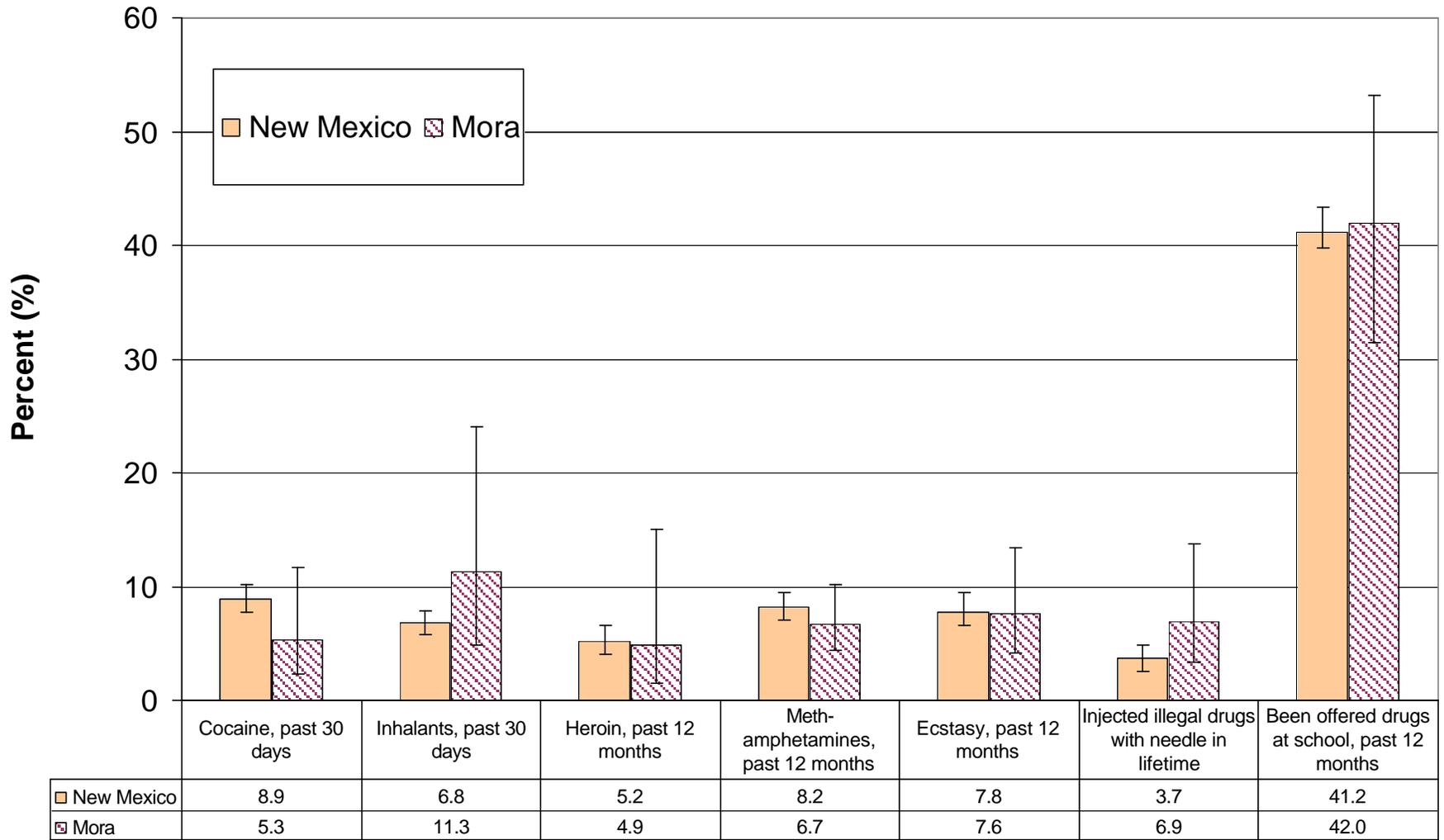
Marijuana Use Mora and New Mexico Grades 9 - 12, YRRS, 2003



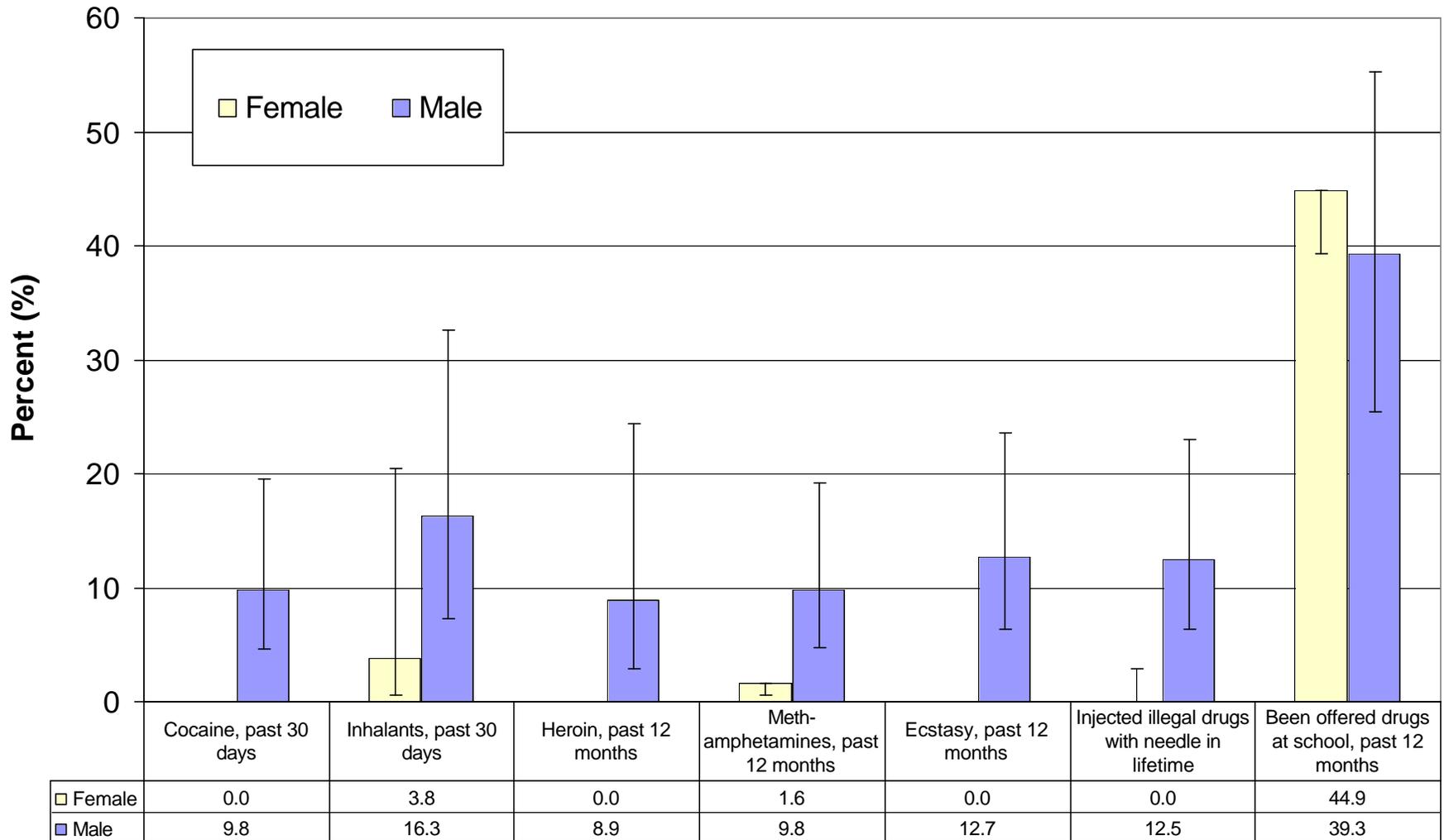
Marijuana Use by Gender in Mora County Grades 9 - 12, YRRS, 2003



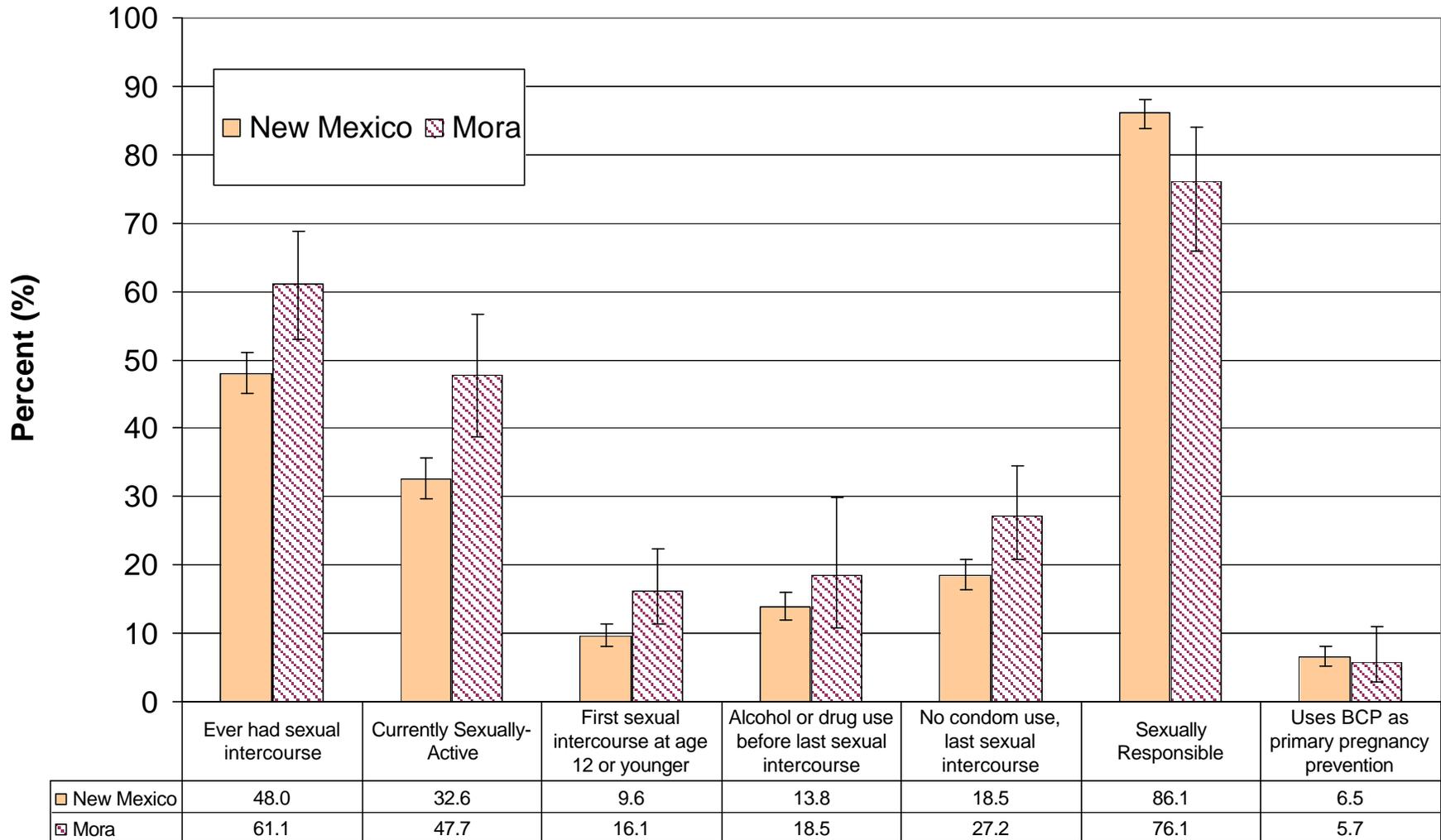
Other Drug Use Mora and New Mexico Grades 9 - 12, YRRS, 2003



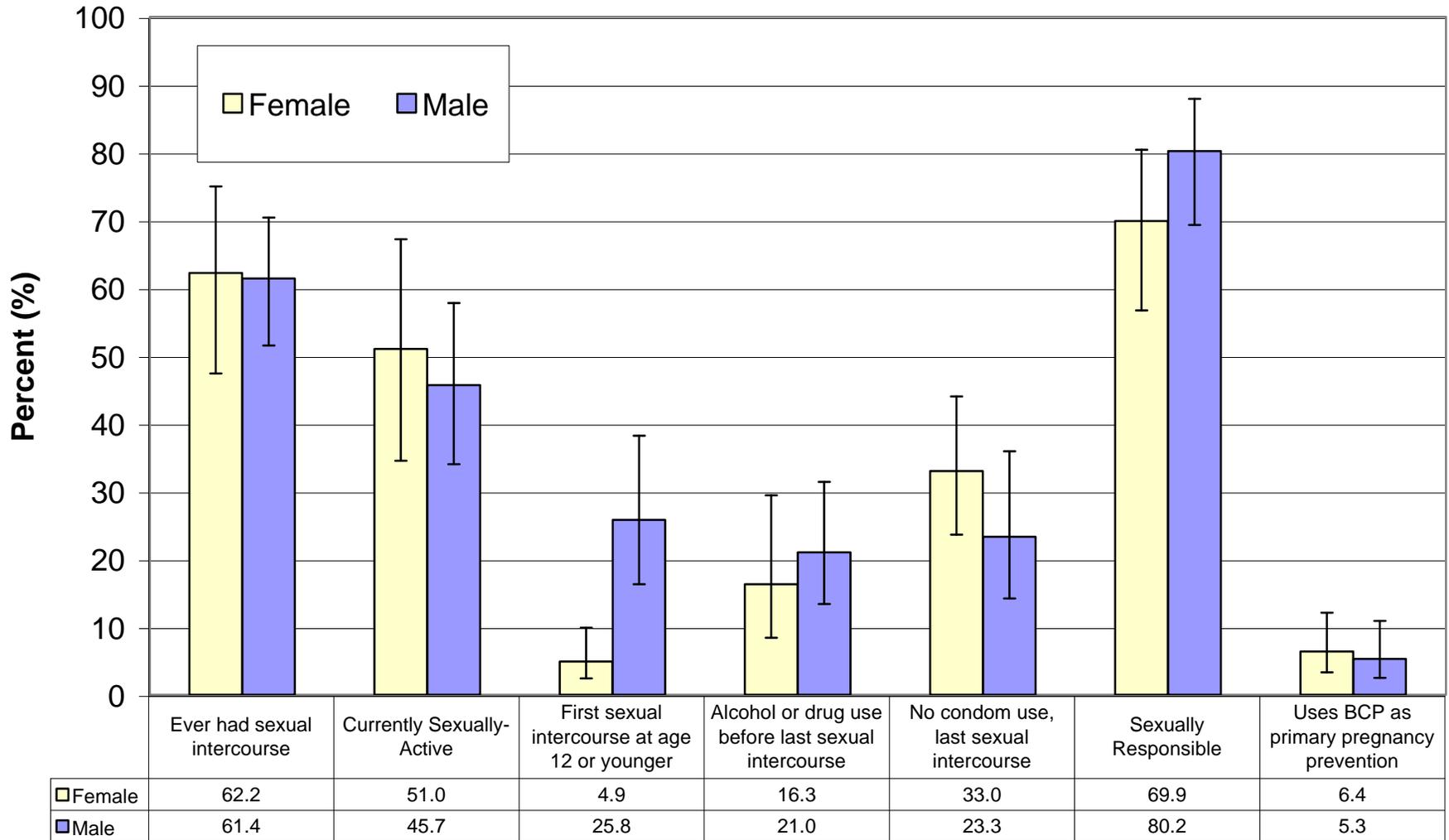
Other Drug Use by Gender in Mora County Grades 9 - 12, YRRS, 2003



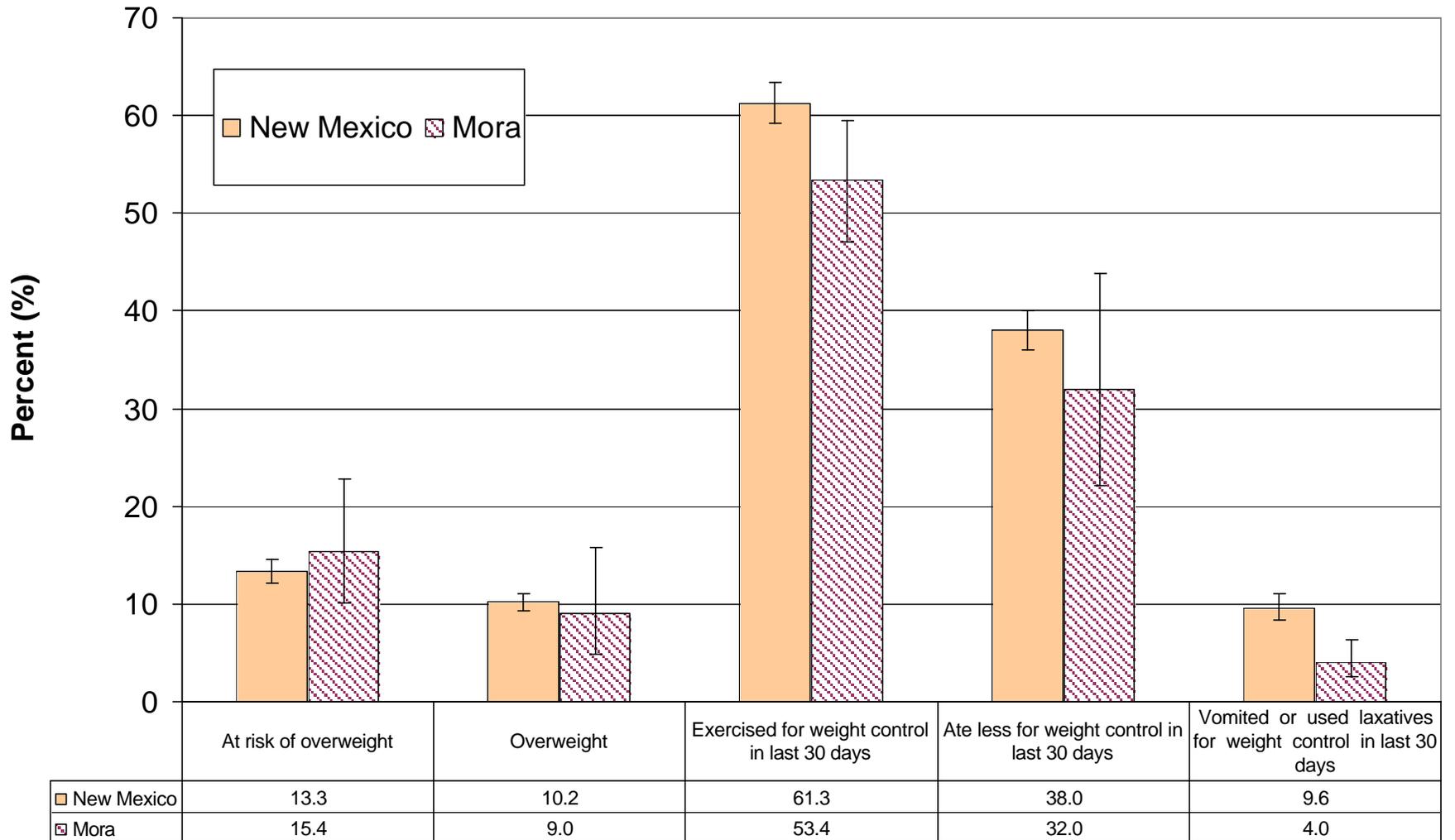
Sexual Activity Mora and New Mexico Grades 9 - 12, YRRS, 2003



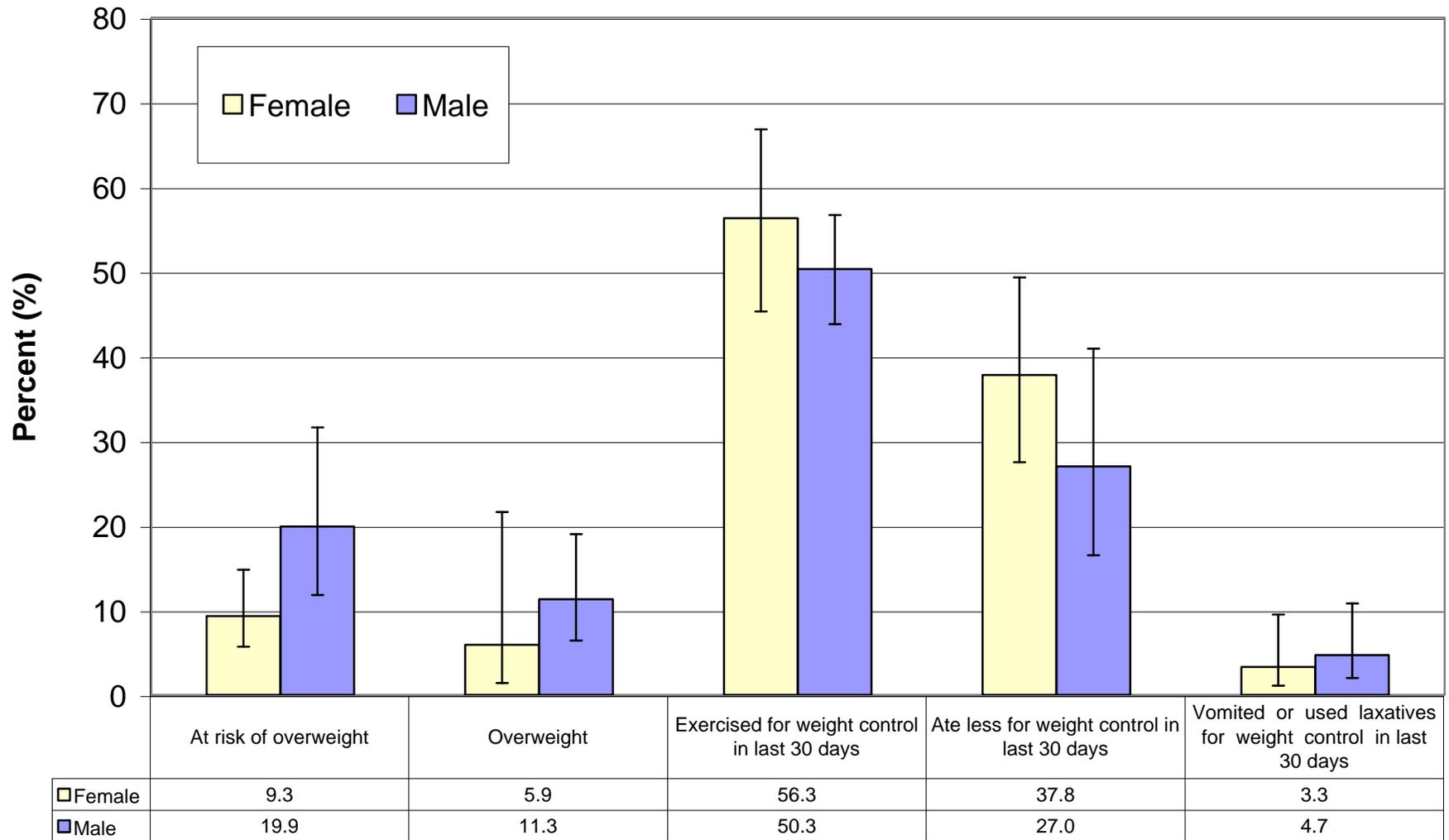
Sexual Activity by Gender in Mora County Grades 9 - 12, YRRS, 2003



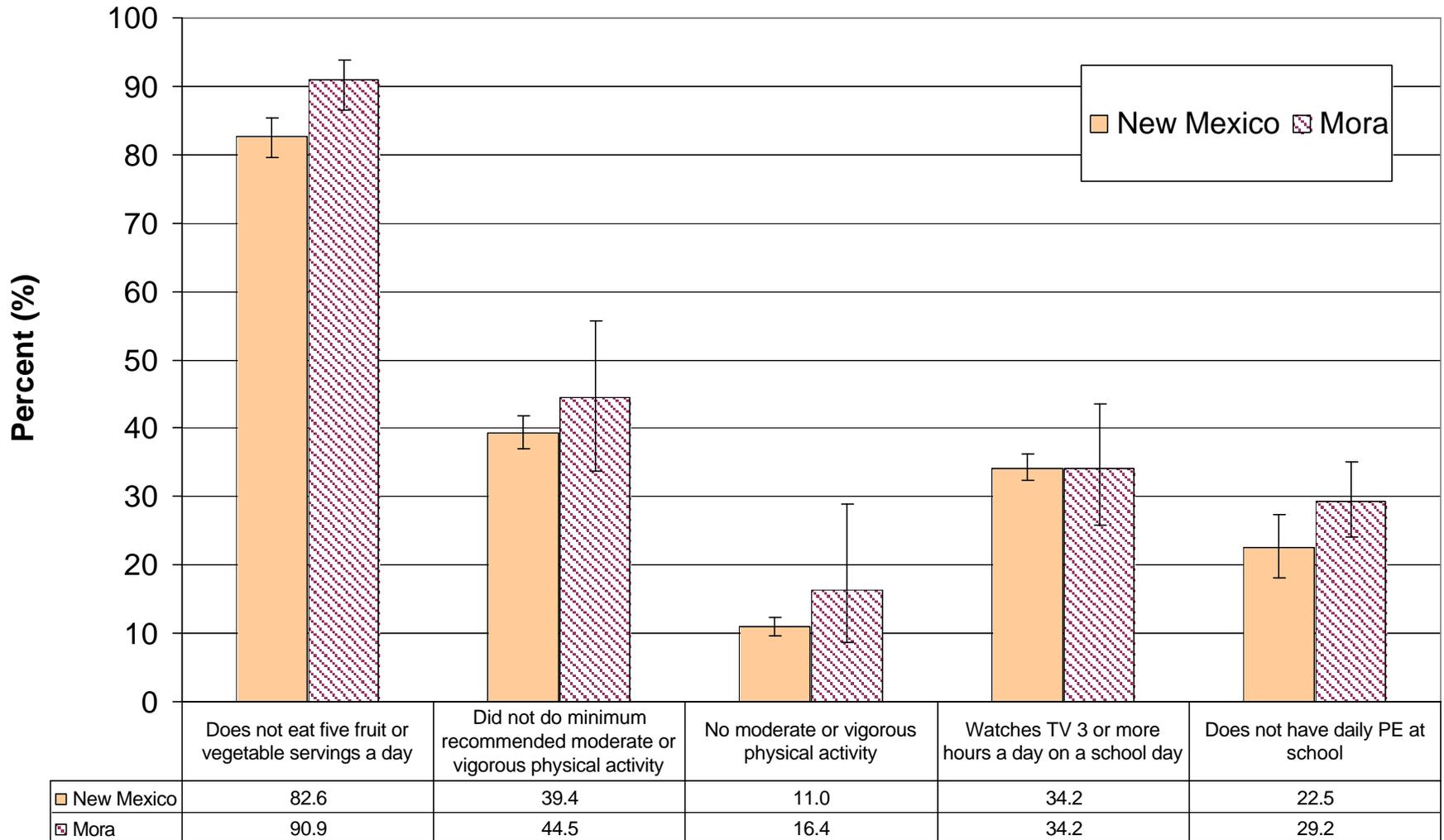
Body Weight and Weight Control Mora and New Mexico Grades 9 - 12, YRRS, 2003



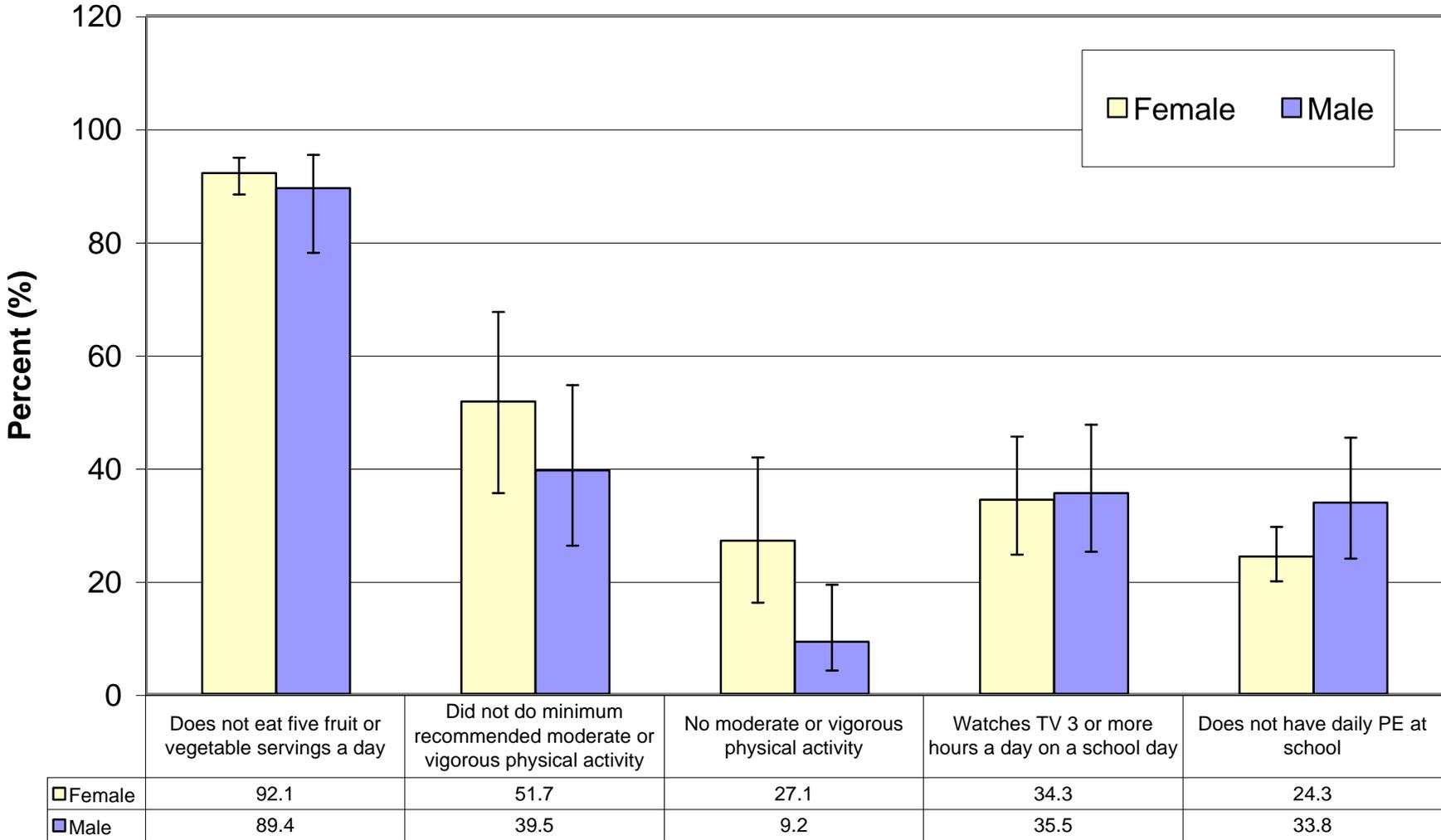
Body Weight and Weight Control by Gender in Mora County Grades 9 - 12, YRRS, 2003



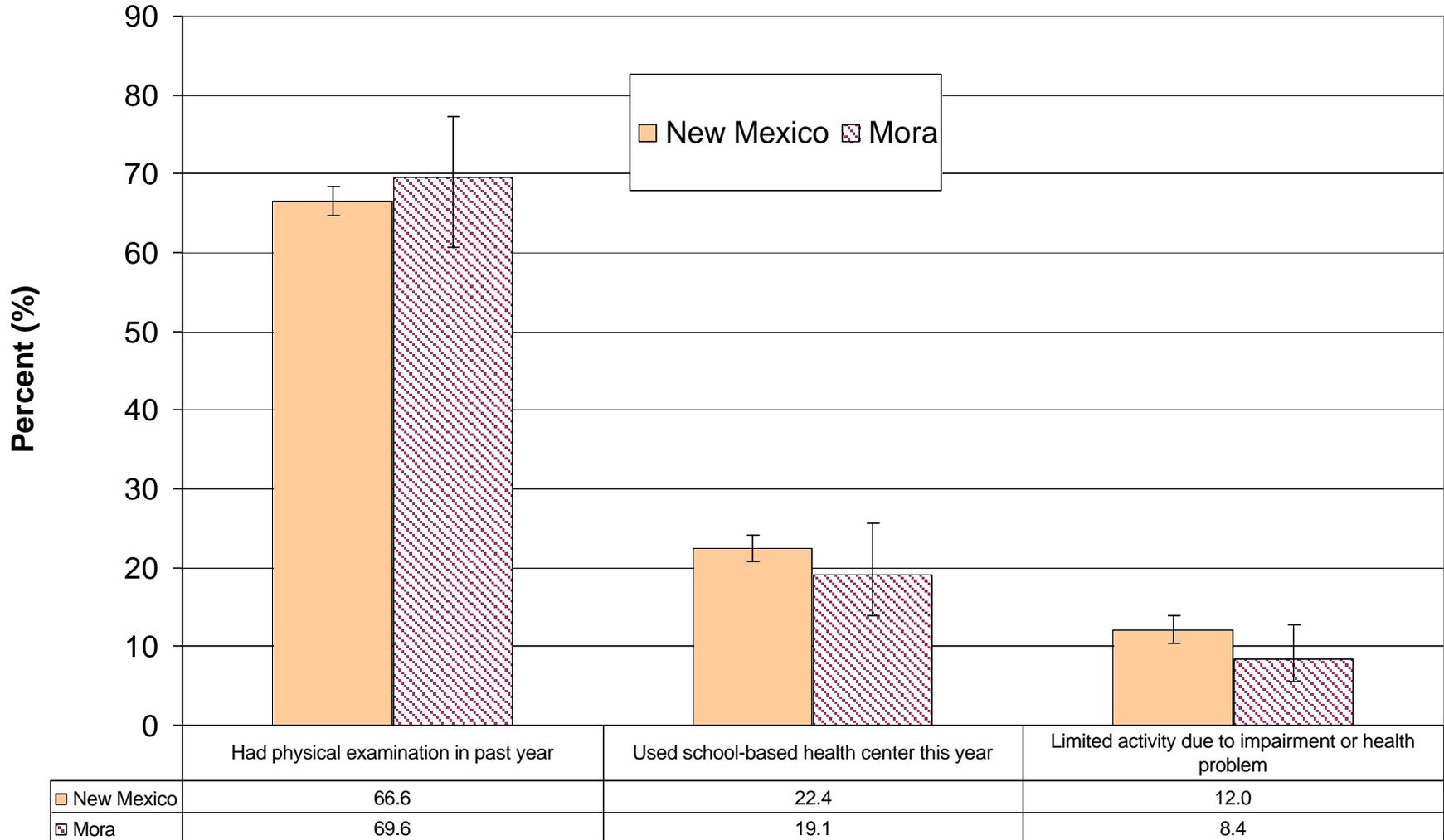
Physical Activity and Nutrition Mora and New Mexico Grades 9 - 12, YRRS, 2003



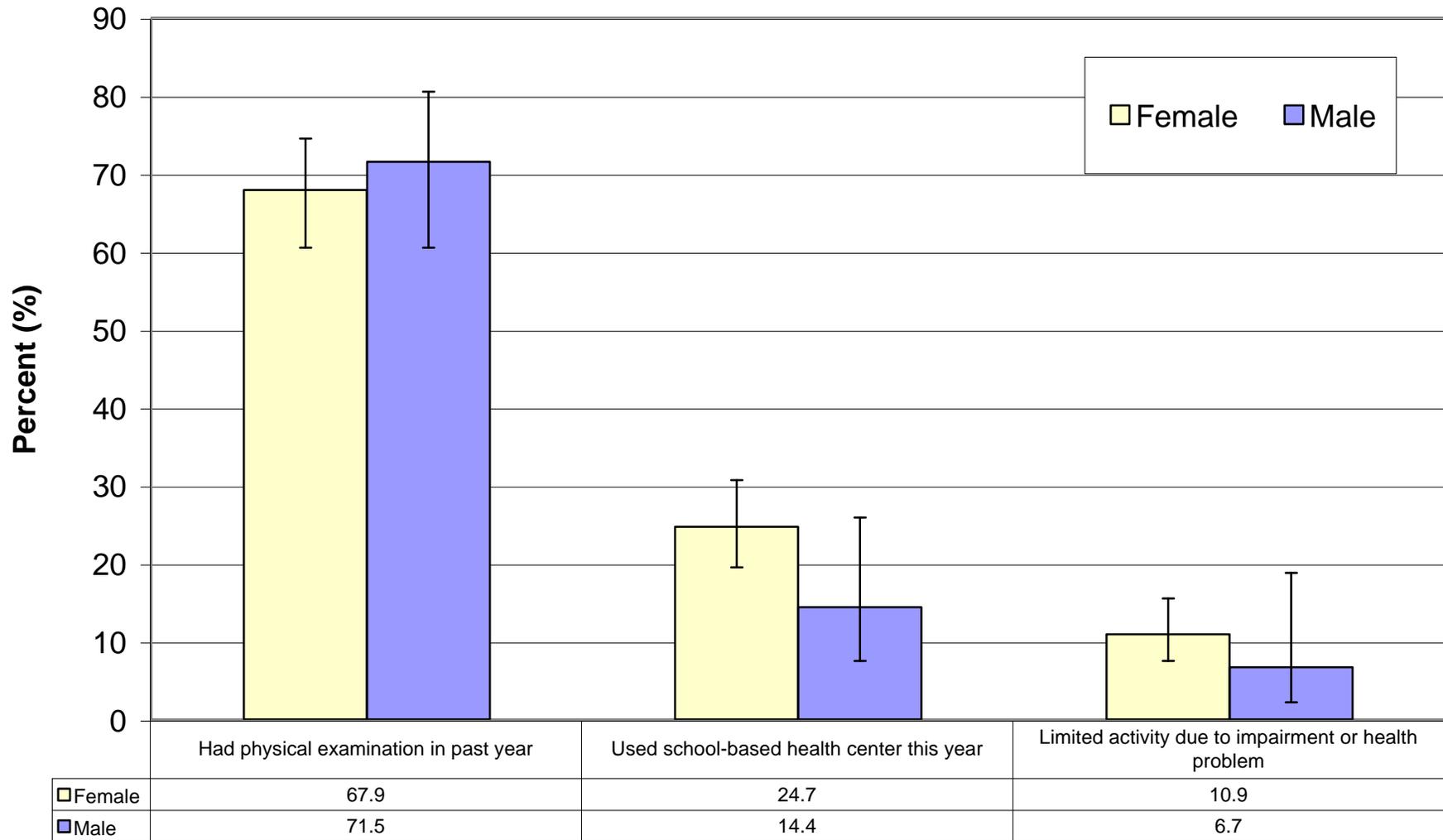
Physical Activity and Nutrition by Gender in Mora County Grades 9 - 12, YRRS, 2003



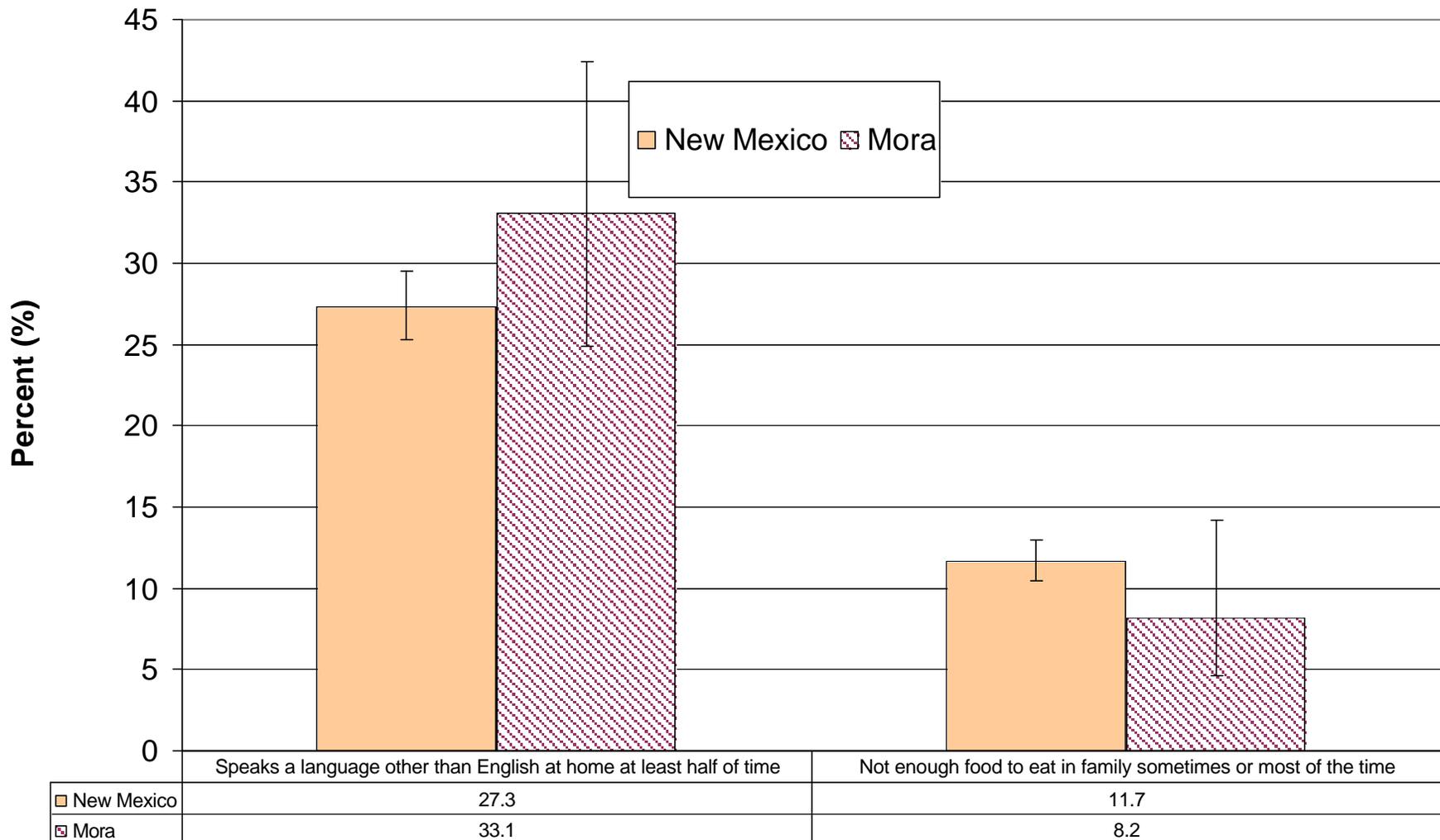
Health Care Utilization and Special Needs Mora and New Mexico Grades 9 - 12, YRRS, 2003



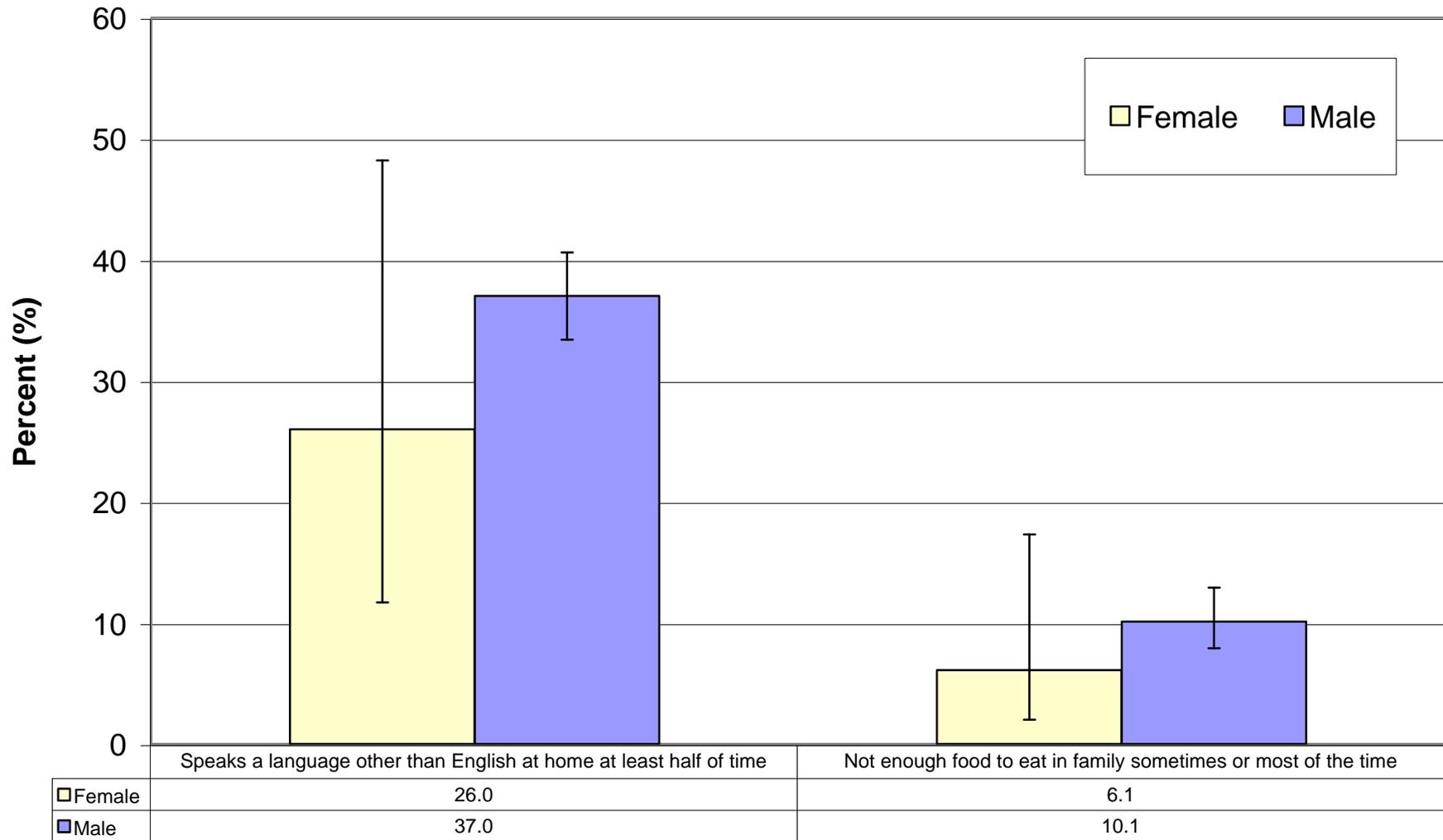
Health Care Utilization and Special Needs by Gender in Mora County Grades 9 - 12, YRRS, 2003



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

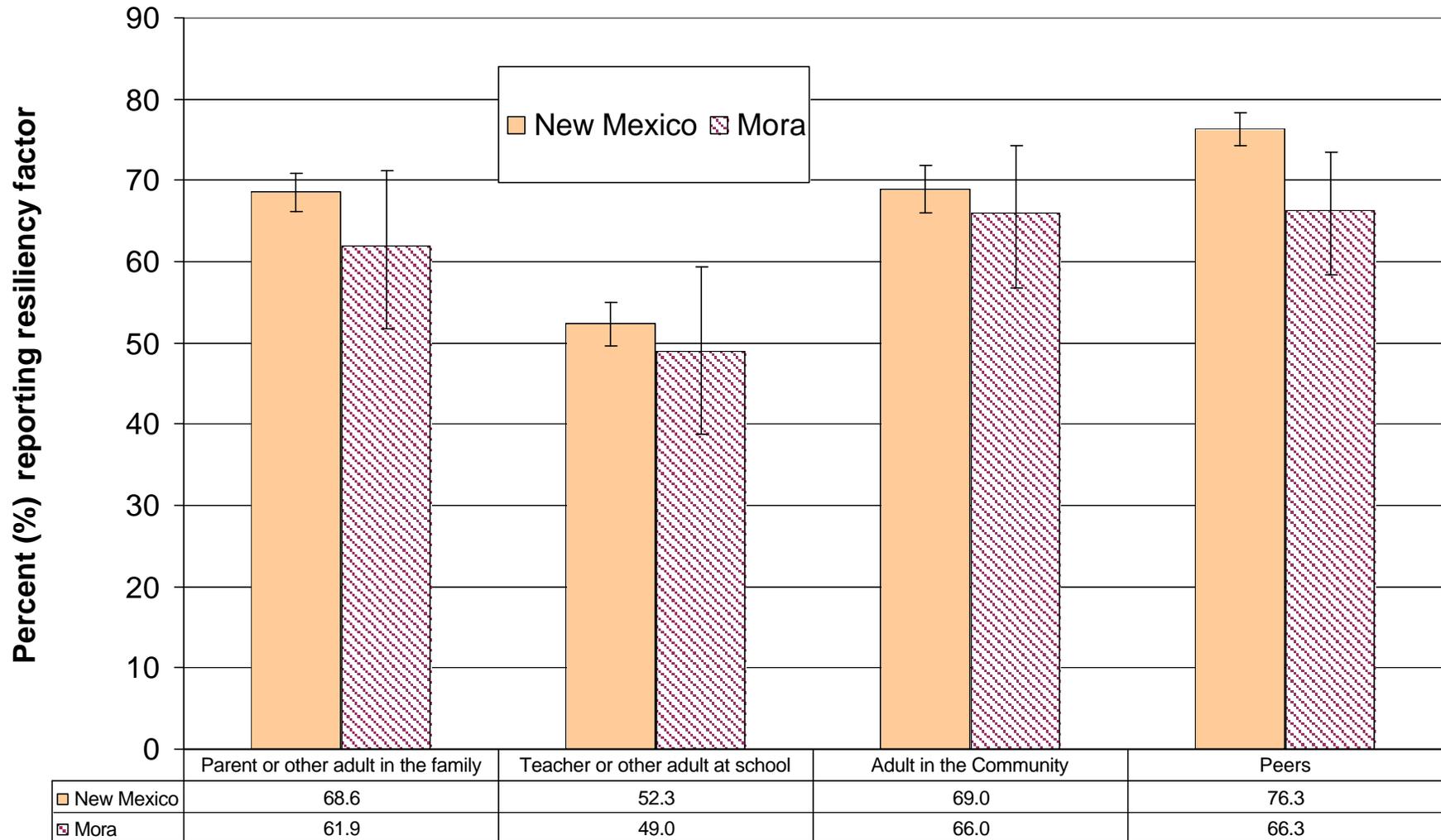


Other Characteristics by Gender in Mora County Grades 9 - 12, YRRS, 2003

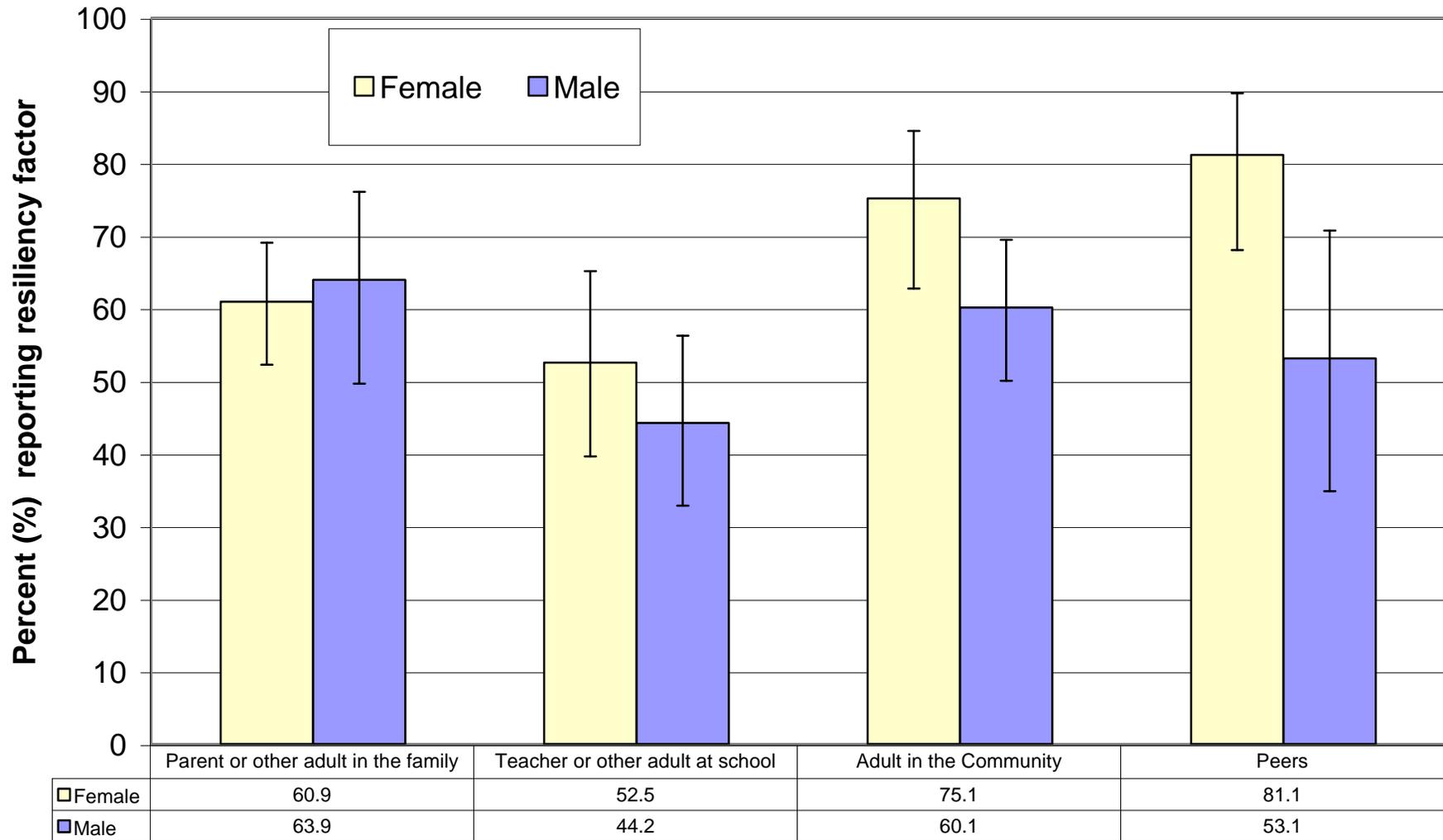


Resiliency Factors

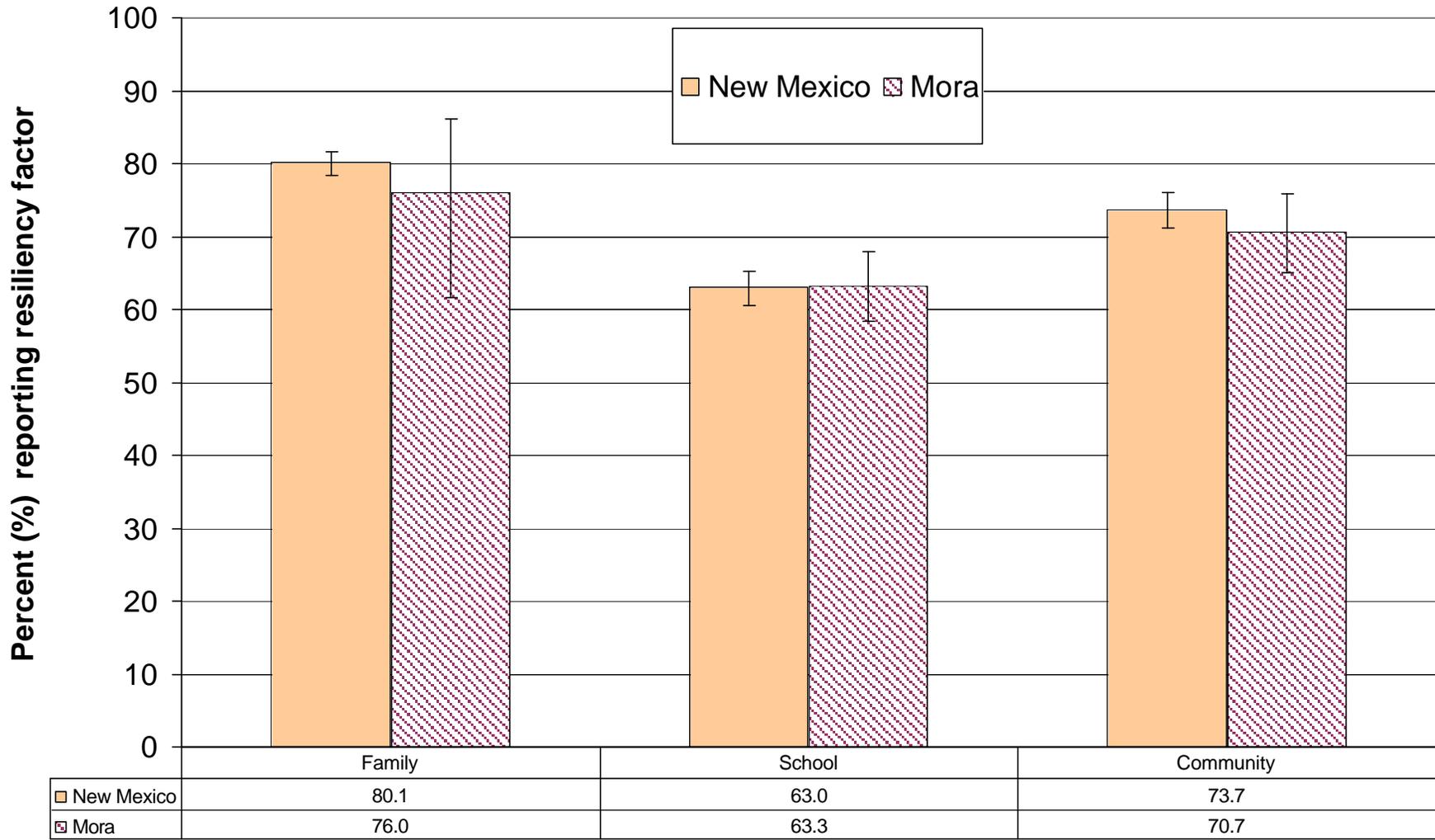
Resiliency Factors: Caring and Supportive Relationships Mora and New Mexico Grades 9 - 12, YRRS, 2003



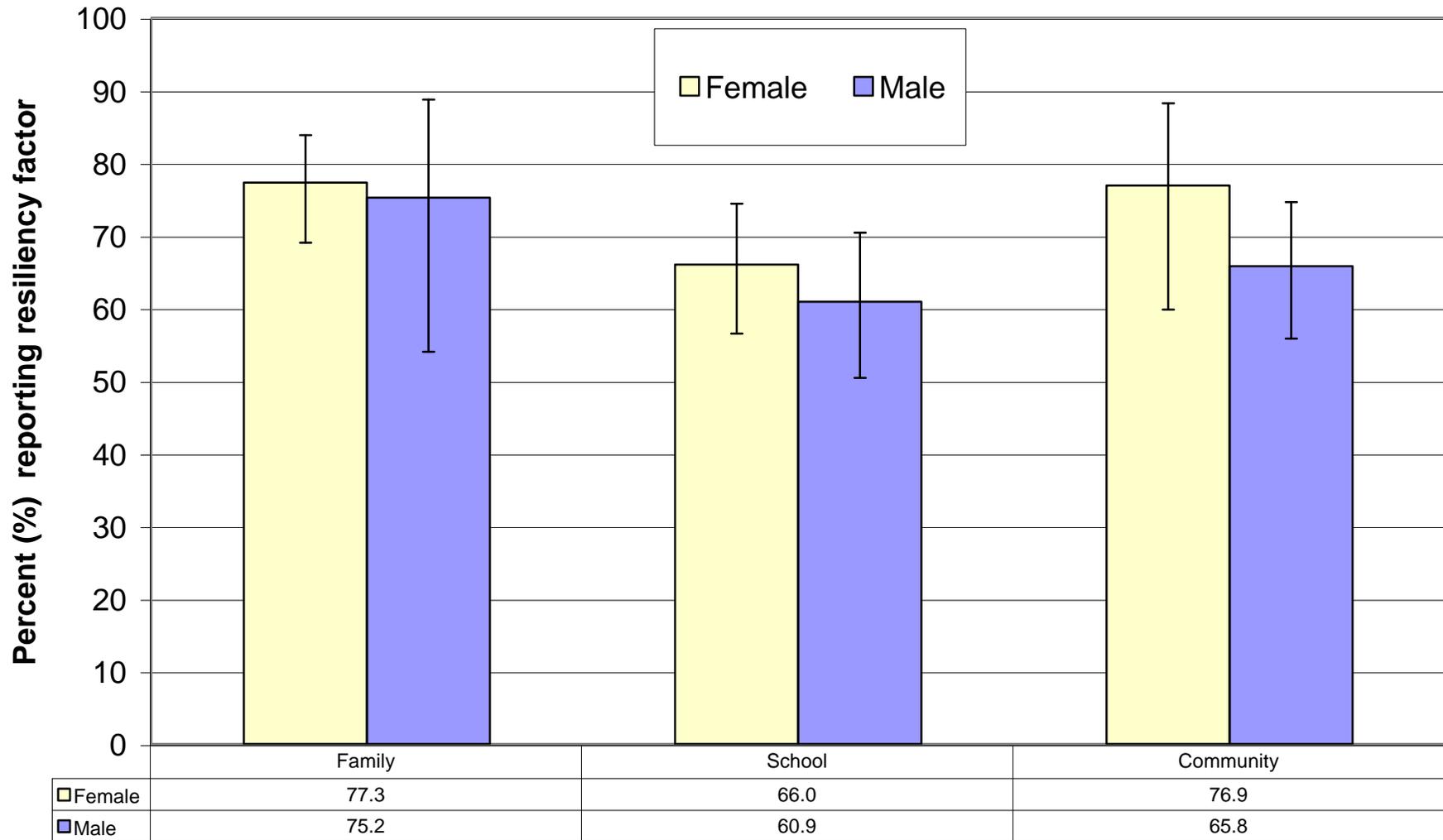
Resiliency Factors: Caring and Supportive Relationships by Gender in Mora County Grades 9 - 12, YRRS, 2003



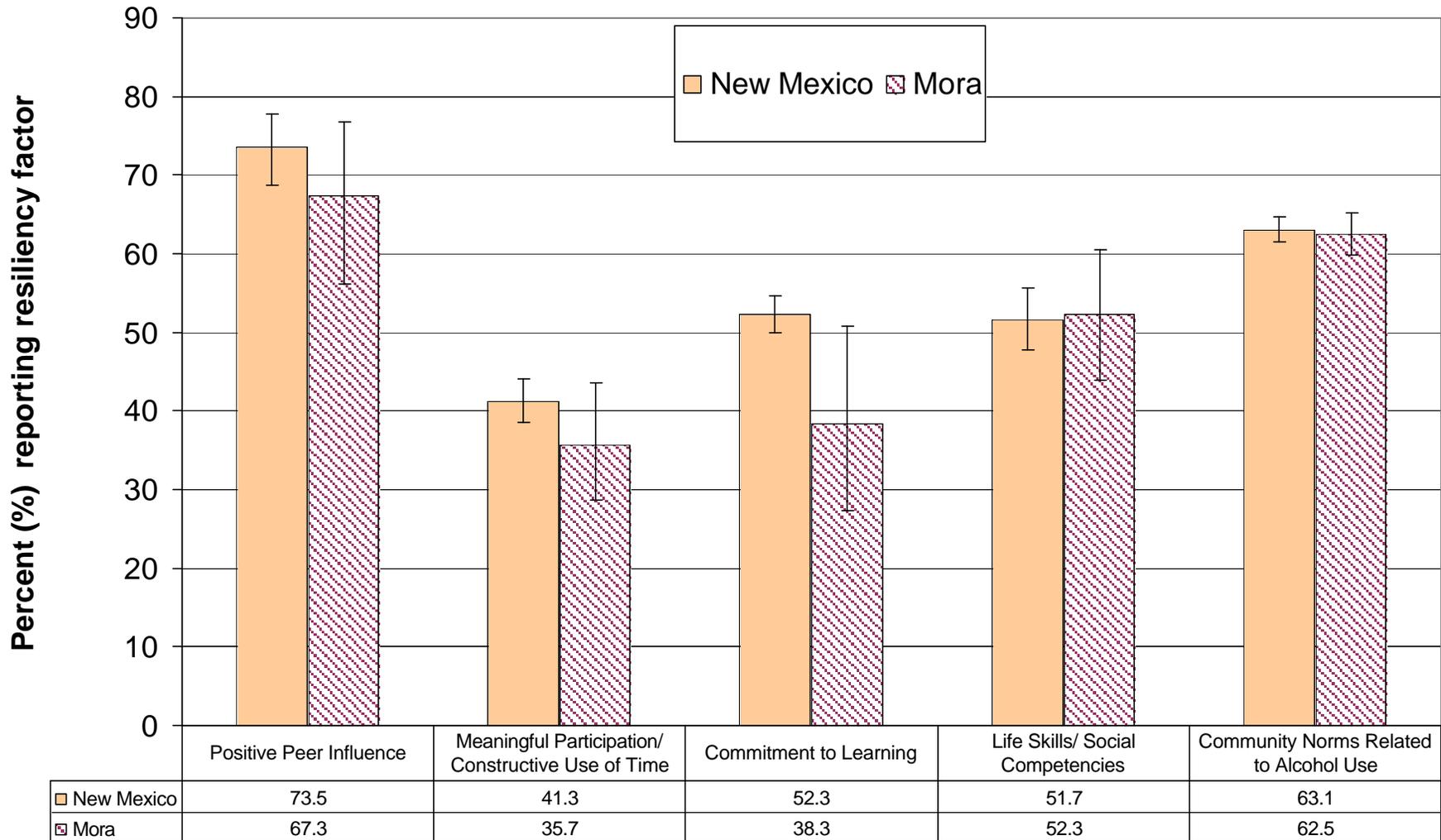
Resiliency Factors: Boundaries and Expectations Mora and New Mexico Grades 9 - 12, YRRS, 2003



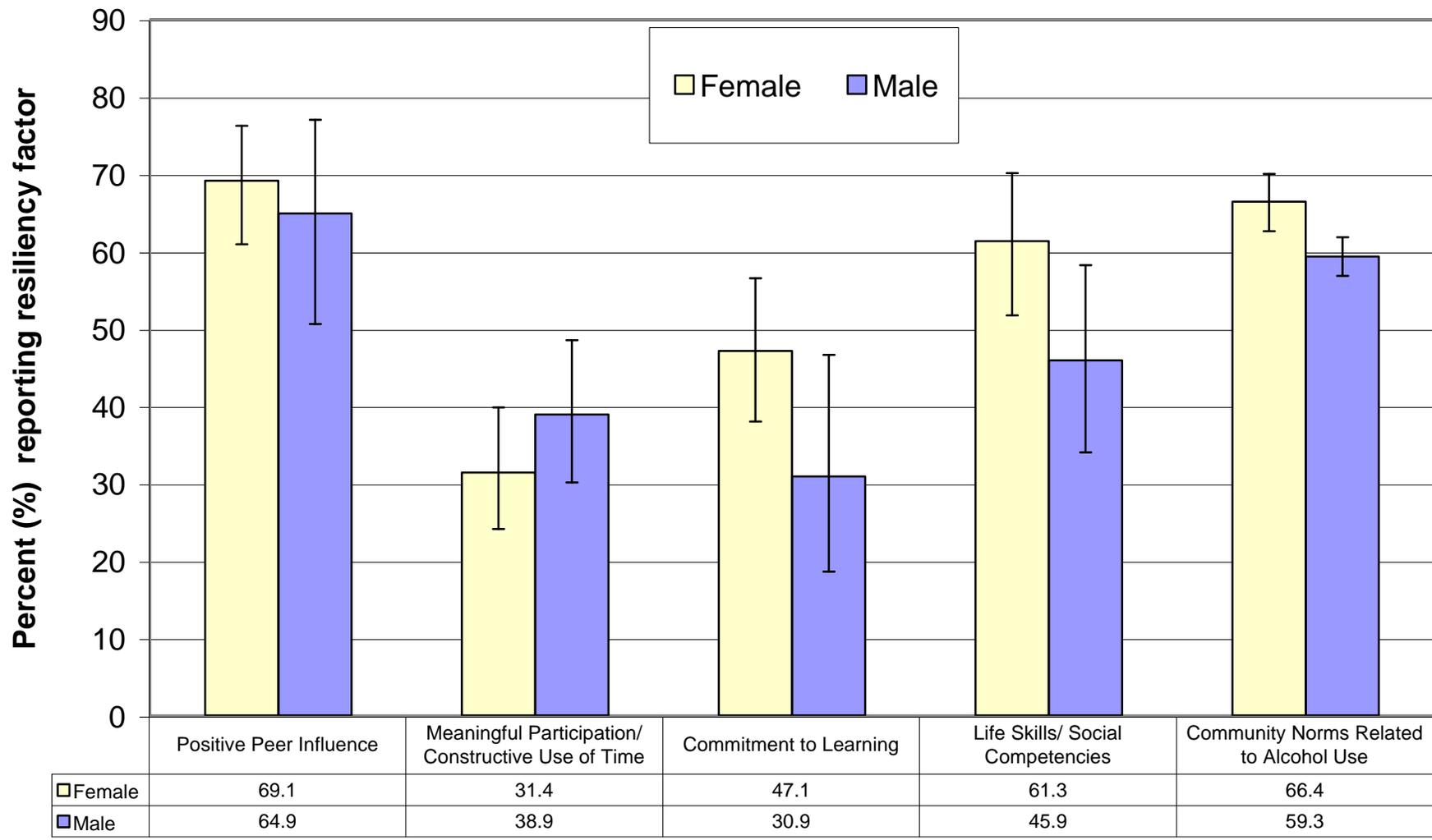
Resiliency Factors: Boundaries and Expectations by Gender in Mora County Grades 9 - 12, YRRS, 2003



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



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

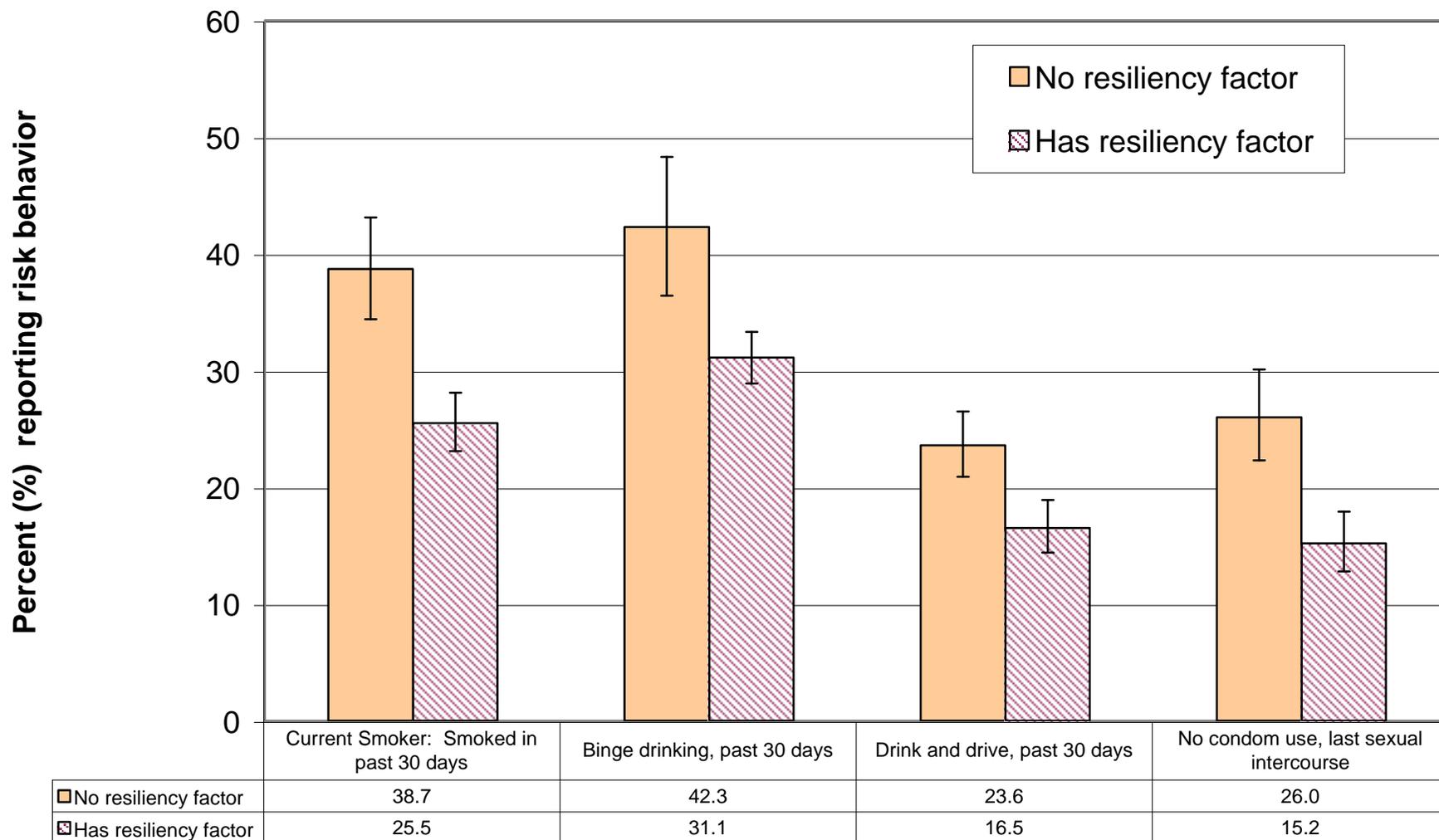


**Relationships between Risk Behaviors
and Resiliency Factors
Statewide Results**

Resiliency Factors and Risk Behaviors

Caring and Supportive Relationship with Parent or Adult in the Family

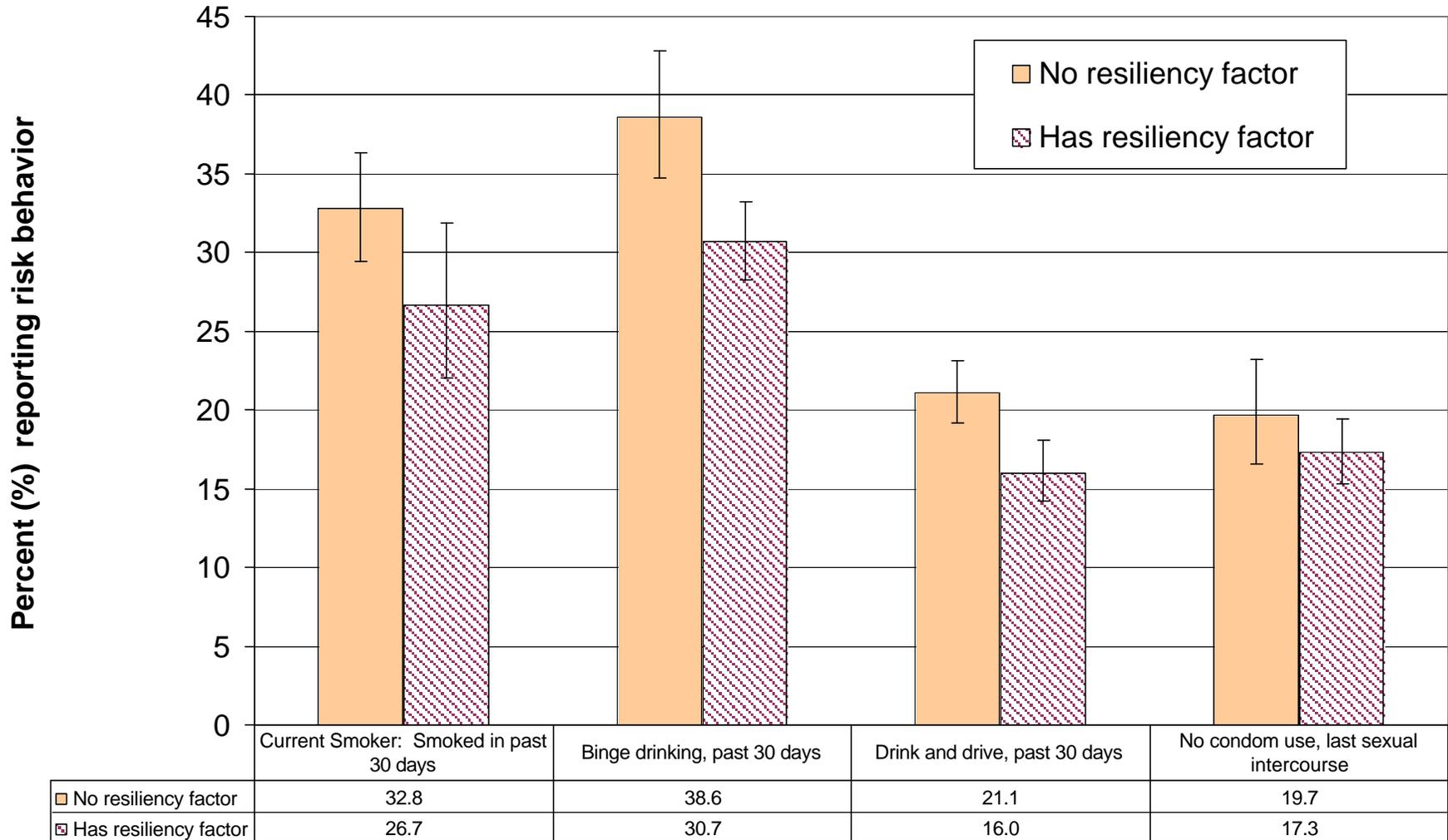
New Mexico, Grades 9 - 12, YRRS, 2003



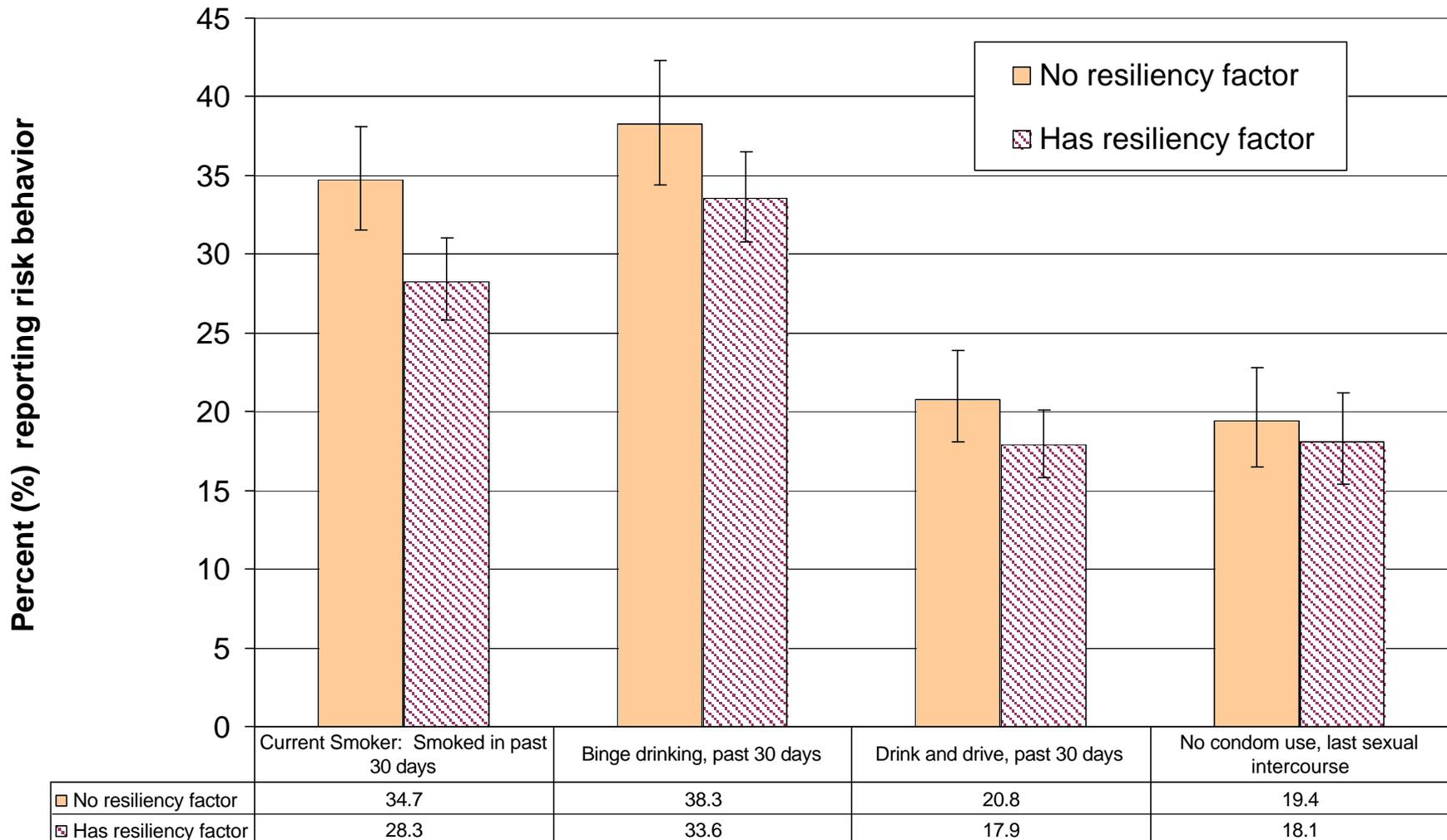
Resiliency Factors and Risk Behaviors

Caring and Supportive Relationship with Teacher or Other Adult at School

New Mexico, Grades 9 - 12, YRRS, 2003



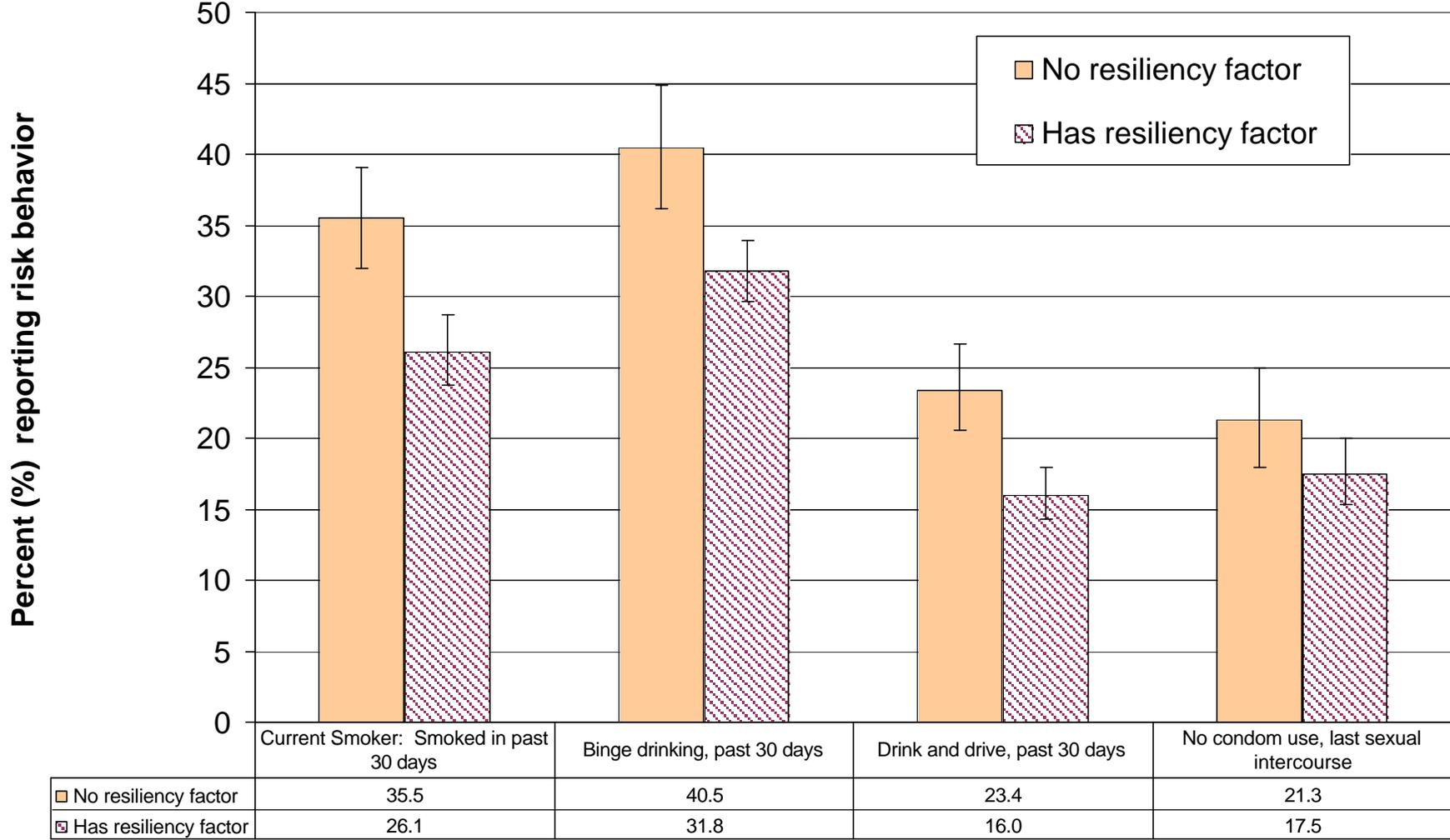
Resiliency Factors and Risk Behaviors Caring and Supportive Relationship with Peers New Mexico, Grades 9 - 12, YRRS, 2003



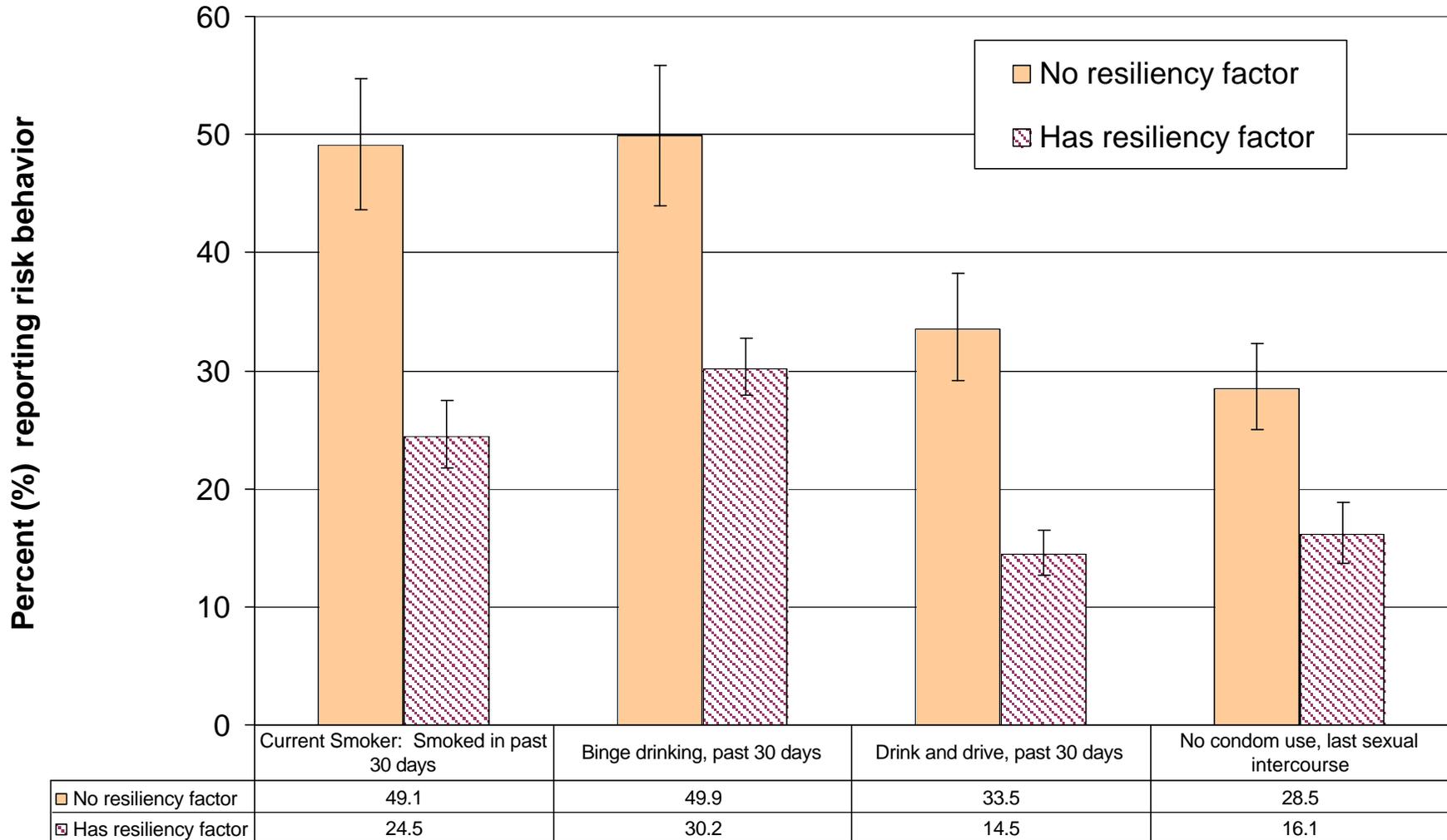
Resiliency Factors and Risk Behaviors

Caring and Supportive Relationship with Adult in the Community

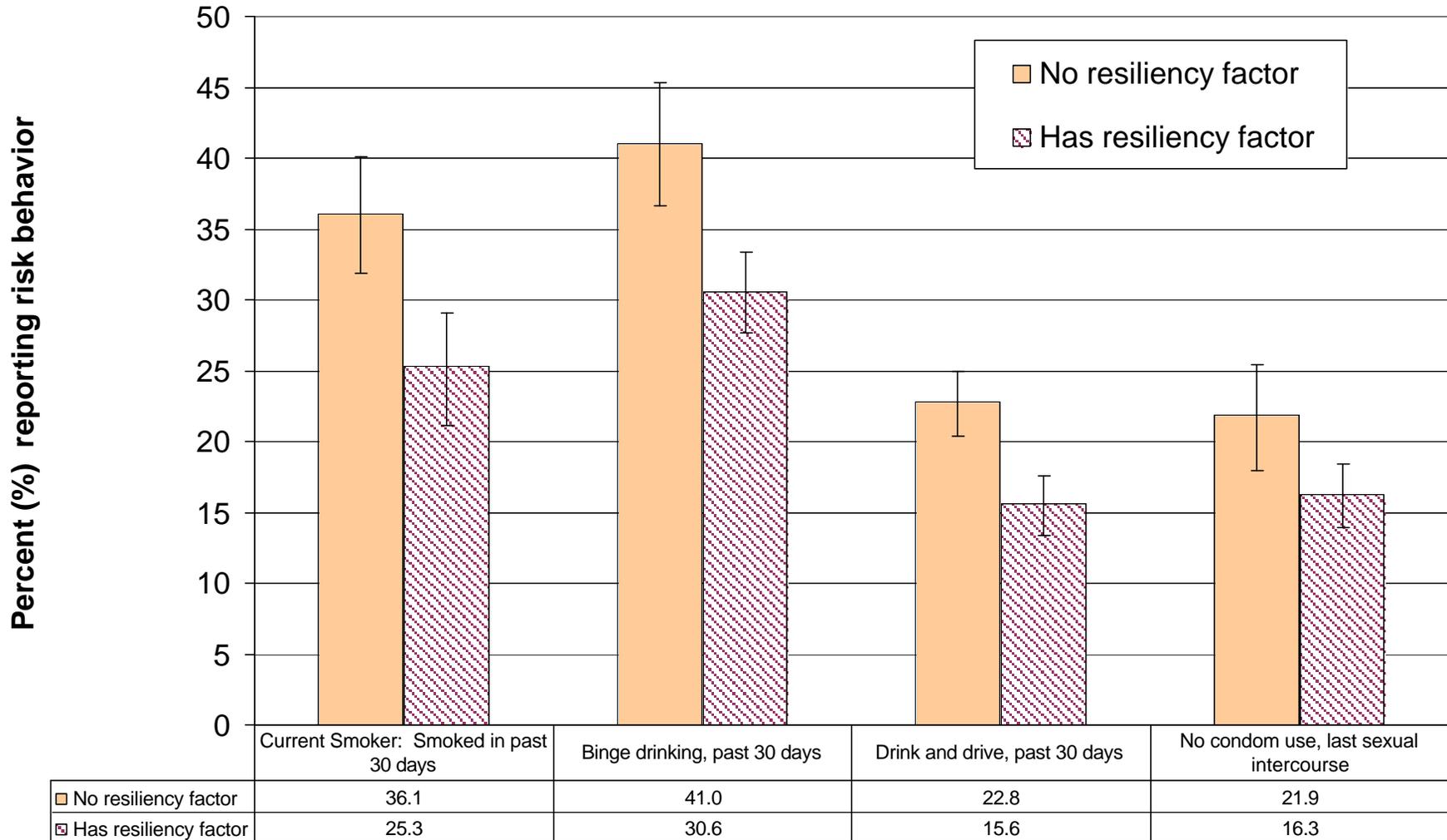
New Mexico, Grades 9 - 12, YRRS, 2003



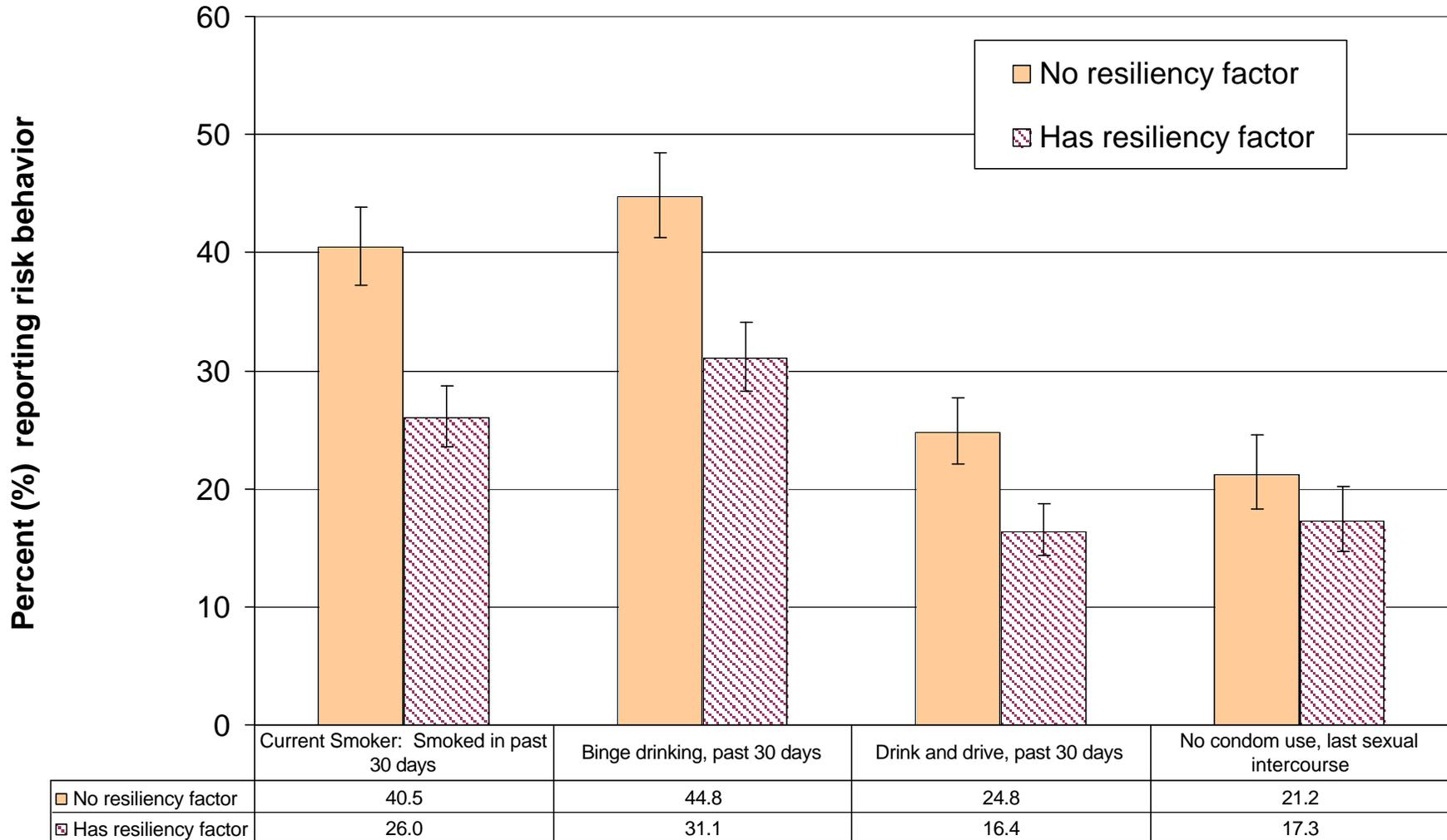
Resiliency Factors and Risk Behaviors Boundaries and Expectations at Home New Mexico, Grades 9 - 12, YRRS, 2003



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



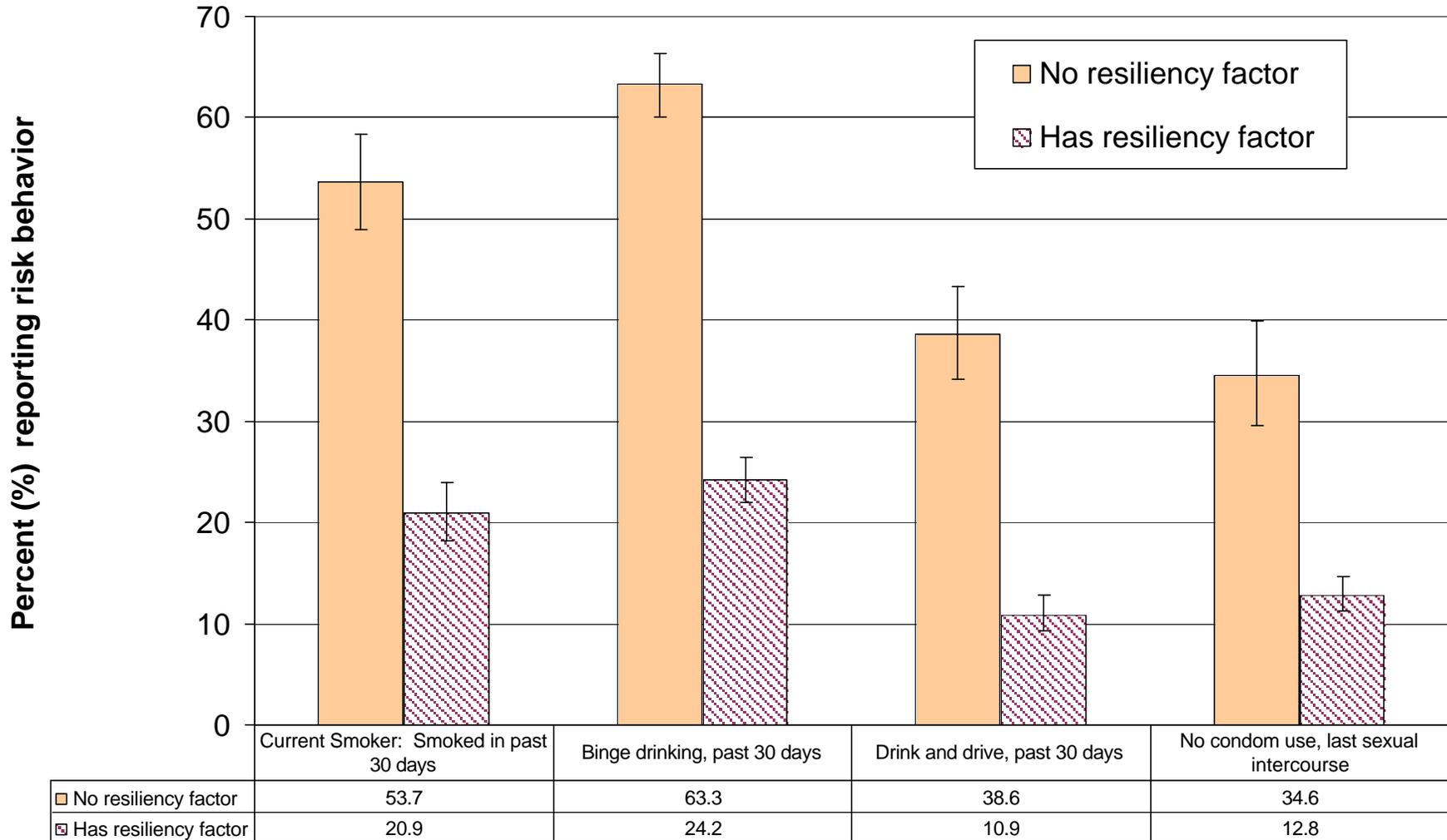
Resiliency Factors and Risk Behaviors Boundaries and Expectations in the Community New Mexico, Grades 9 - 12, YRRS, 2003



Resiliency Factors and Risk Behaviors

Positive Peer Influence

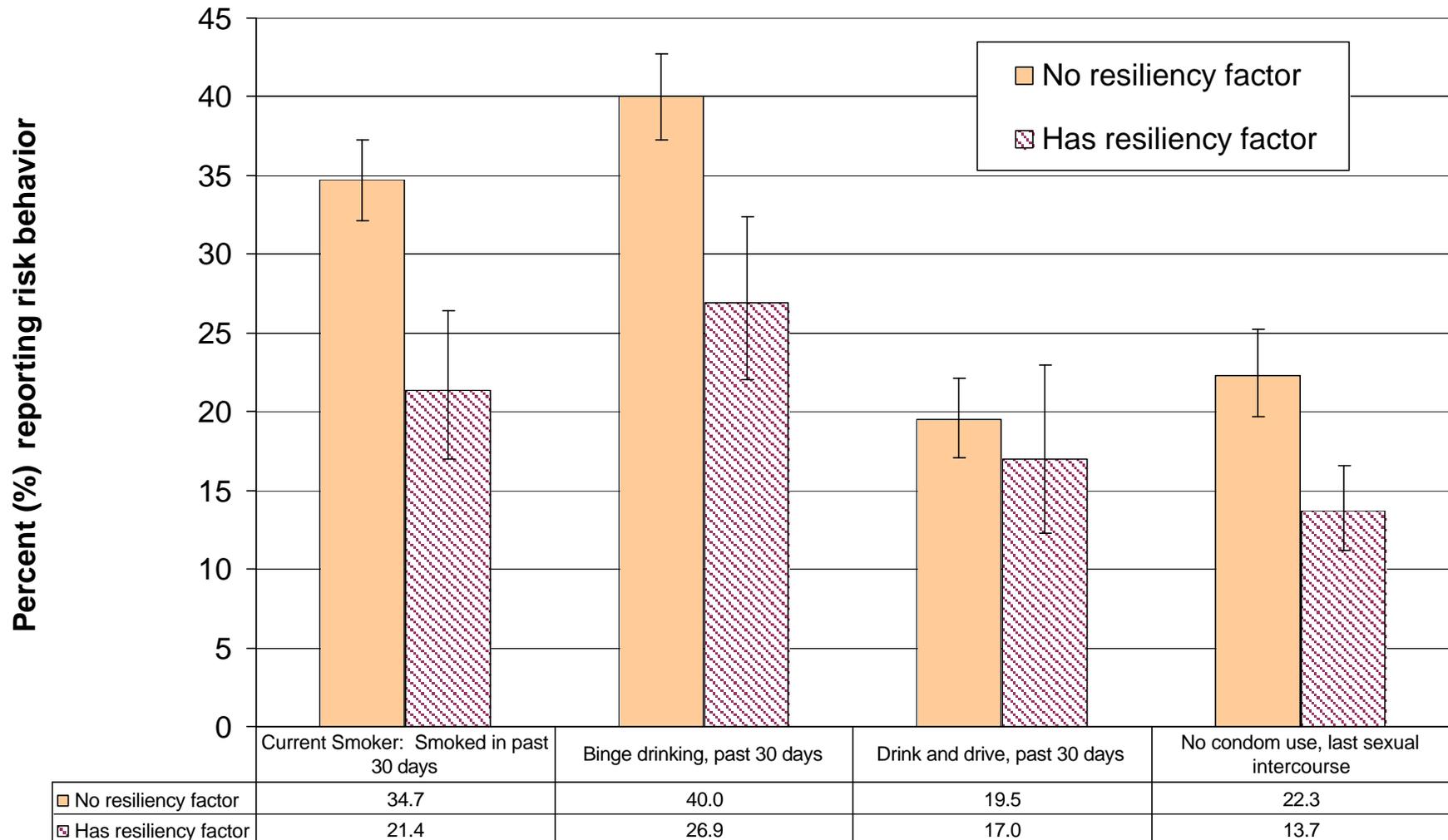
New Mexico, Grades 9 - 12, YRRS, 2003



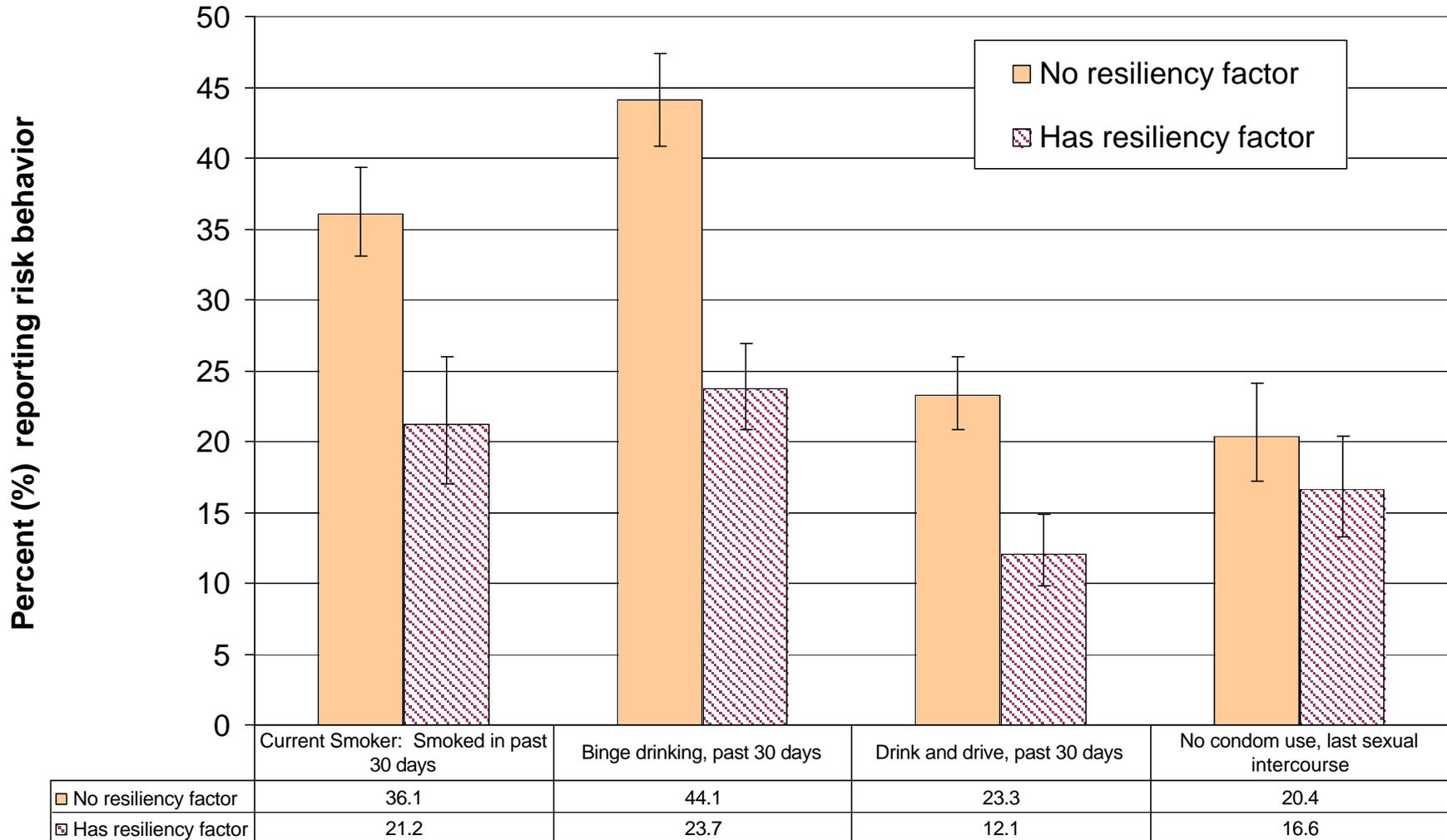
Resiliency Factors and Risk Behaviors

Meaningful Participation/Constructive Use of time

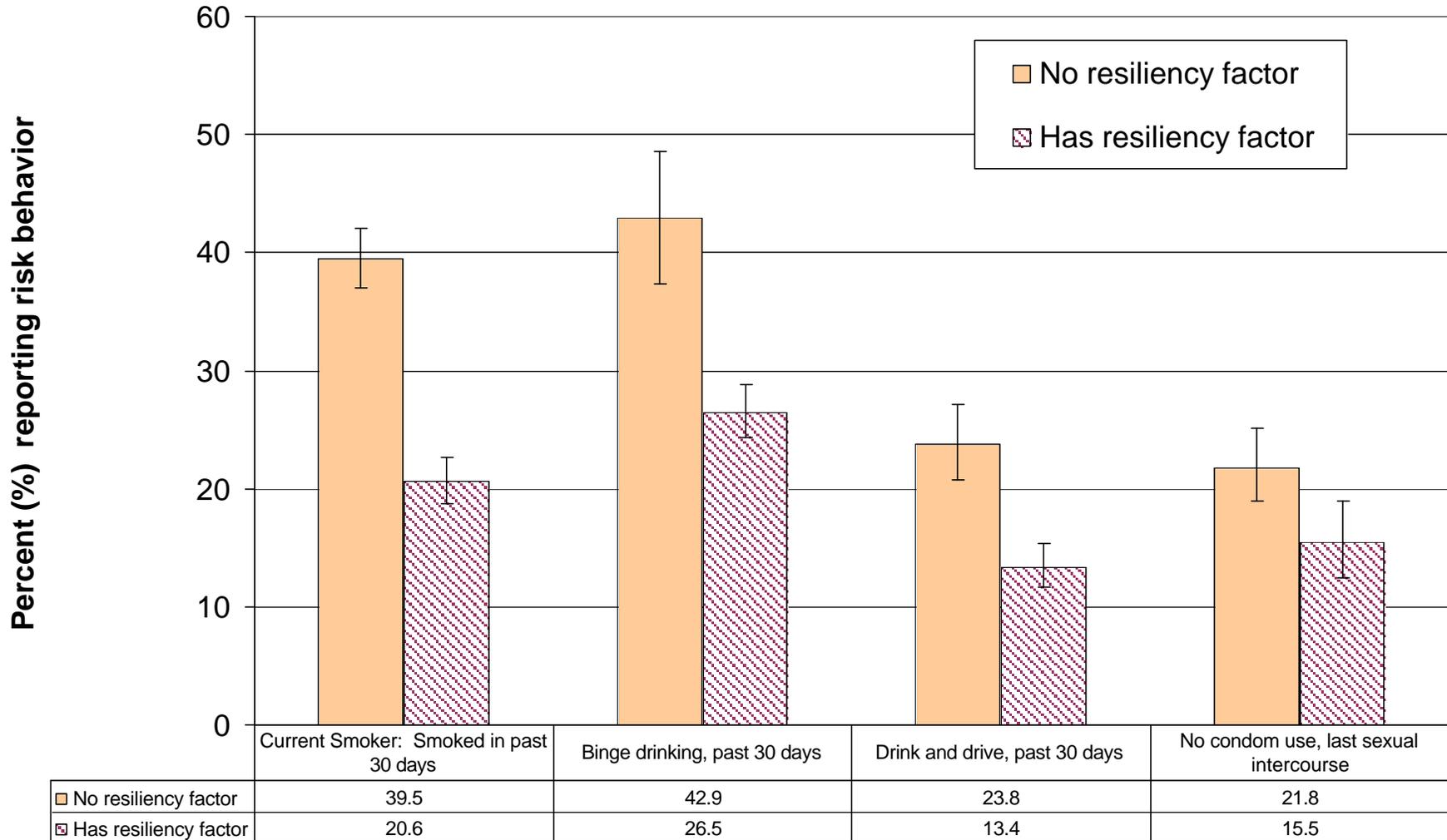
New Mexico, Grades 9 - 12, YRRS, 2003



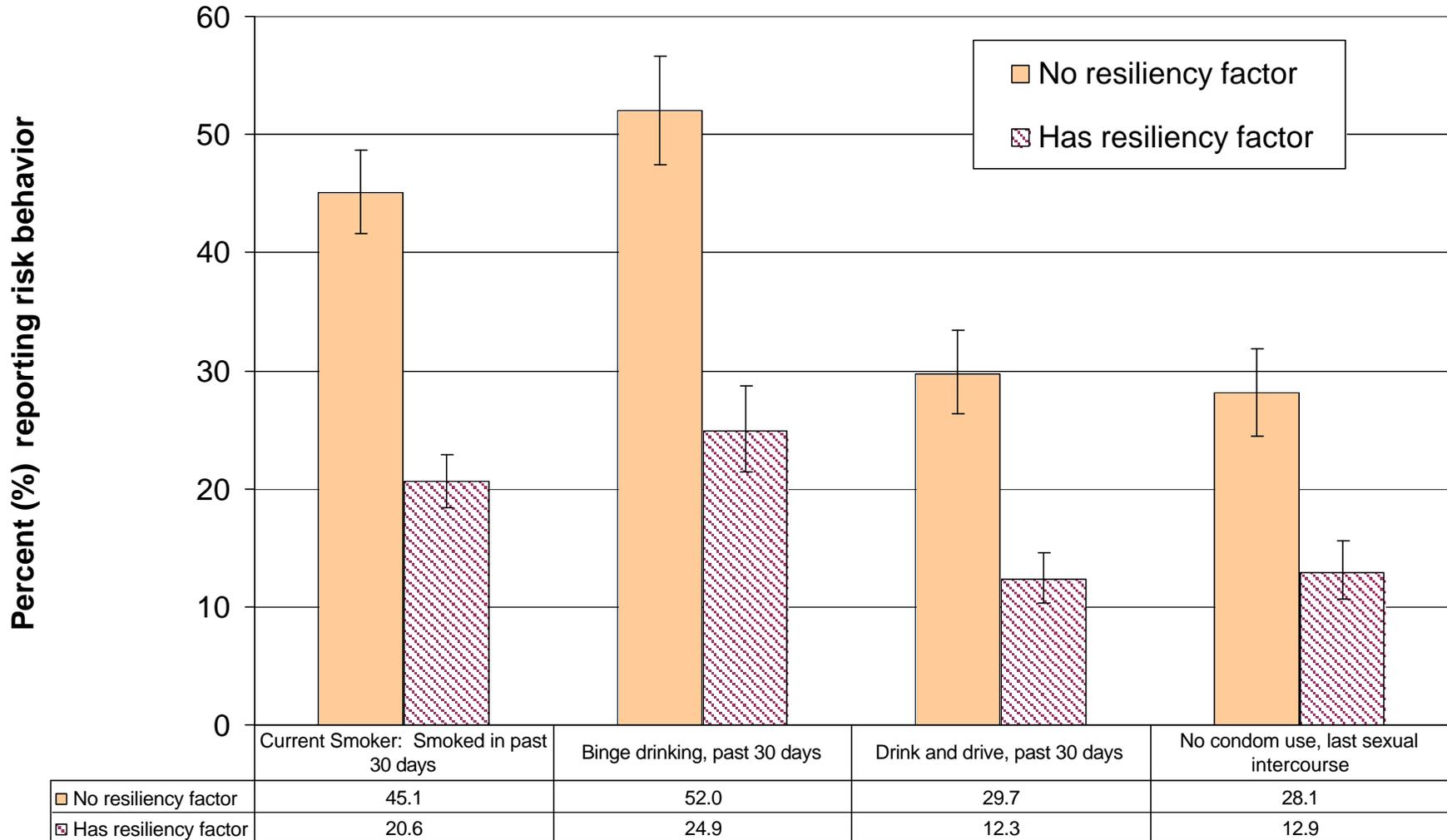
Resiliency Factors and Risk Behaviors Commitment to Learning New Mexico, Grades 9 - 12, YRRS, 2003



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



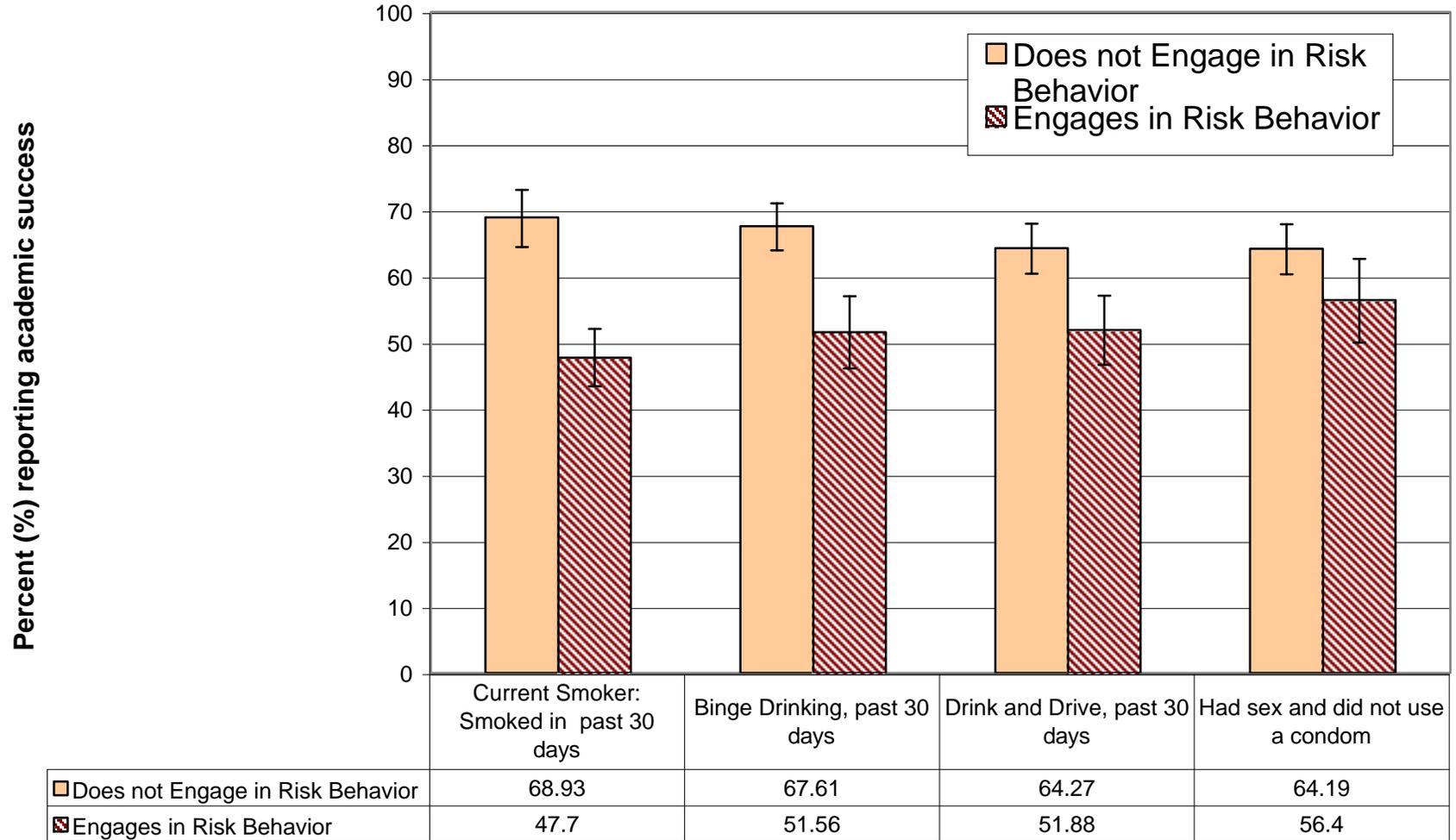
Resiliency Factors and Risk Behaviors Community Norms Related to Alcohol Use by Youth New Mexico, Grades 9 - 12, YRRS, 2003



**Relationships between Risk Behaviors
and Academic Success**

Statewide Results

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



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

Appendix A: Definitions of Risk Behaviors

Vehicle Safety

Rarely or Never Wears Seatbelt

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

Rode with drinking driver in past 30 days

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

Drink and drive in past 30 days

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

Violence-Related Behaviors

Carried weapon in past 30 days

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

Carried a gun in past 30 days

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

Carried a weapon at school in past 30 days

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

In a physical fight in past 12 months

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

In a physical fight at school in past 12 months

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

Violence-Related Behaviors: Victimization

Skipped school because felt unsafe in past 30 days

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

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

Physically hurt by boy/girlfriend in last 12 months

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

Ever physically forced to have sexual intercourse

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

Depression and Suicidal Ideation

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

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

Seriously considered suicide in past year

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

Made a suicide plan in the past year

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

Attempted suicide in past year

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

Injured as result of suicide attempt

Answered 'Yes' to the question, *If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?*

Cigarette Smoking

Ever tried cigarettes, even a puff

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

First smoked a cigarette at age 12 or under

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

Current Smoker: Smoked in past 30 days

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

Frequent Smoker: Smoked on 20 of past 30 days

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

Smoked at school in past 30 days

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

Bought cigarettes in a store in past 30 days

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

Other Tobacco Use

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

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

Used smokeless tobacco in past 30 days

Answered *'one or more days'* to the question, *During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?*

Used any form of tobacco in past 30 days

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

In room with someone who was smoking in past week

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

Alcohol Use

Ever had a drink of alcohol in lifetime

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

Had drink of alcohol in past 30 days

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

Binge drinking* in past 30 days

Answered *one or more days* to the question, *During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?*

Had a drink of alcohol at school in past 30 days

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

First drink of alcohol at age 12 or younger

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

Marijuana Use

Used marijuana in past 30 days

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

Used marijuana at school in past 30 days

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

First used marijuana at age 12 or younger

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

Other Drug Use

Used cocaine in past 30 days

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

Used inhalants in past 30 days

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

Used heroin in past 12 months

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

Used methamphetamines in past 12 months

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

Used ecstasy in past 12 months

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

Injected illegal drugs with needle in lifetime

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

Been offered illegal drugs at school in past 12 months

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

Sexual Activity

Ever had sexual intercourse

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

Currently Sexually Active

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

First sexual intercourse at age 12 or younger

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

Used alcohol or drugs before last sexual intercourse

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

Had sexual intercourse without using condom

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

Sexually Responsible

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

Uses BCP as primary pregnancy prevention

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

Body Weight and Weight Control

Overweight and At risk of overweight

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

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

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

Exercised for weight control in last 30 days

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

Ate less for weight control in last 30 days

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

Vomited or used laxatives for weight control in last 30 days

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

Physical Activity and Nutrition

Does not eat five fruit or vegetable servings a day

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

Did not do minimum recommended moderate or vigorous physical activity*

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

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

AND

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

No moderate or vigorous physical activity

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

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

AND

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

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

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

Does not have daily PE at school

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

Health Care Utilization and Special Needs

Had physical examination in past year

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

Used school-based health center this year

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

Limited Activity due to impairment or health problem

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

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

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

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

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

Appendix B: Definitions of Resiliency Factors

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

Caring and Supportive Relationships

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

Parent or other adult in the family

How true do you feel these statements are for you?

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

Who is interested in my school work.

Who talks with me about my problems.

Who listens to me when I have something to say.

Teacher or other adult at school

How true do you feel these statements are for you?

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

Who really cares about me.

Who notices when I'm not there.

Who listens to me when I have something to say.

Adult in the Community

How true do you feel these statements are for you?

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

Who really cares about me.

Who notices when I am upset about something.

Who I trust.

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

Peers

How true do you feel these statements are for you?

I have a friend about my own age...

Who really cares about me.

Who talks with me about my problems.

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

Boundaries and Expectations

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

Family

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

How true do you feel these statements are for you?

Who expects me to follow the rules.

Who believes that I will be a success.

Who always wants me to do my best.

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

My family has clear rules about drug and alcohol use.

My family has clear rules and standards for my behavior.

School

How true do you feel these statements are for you?

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

Who tells me when I do a good job.

Who always wants me to do my best.

Who believes that I will be a success.

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

Community

How true do you feel these statements are for you?

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

Who tells me when I do a good job.

Who always wants me to do my best.

Who believes that I will be a success.

Other Resiliency Factors

Positive Peer Influence

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

How true do you feel these statements are for you?

My friends get into a lot of trouble.

My friends do well in school.

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

Drink alcohol once a week or more?

Have used drugs such as marijuana or cocaine?

Meaningful Participation / Constructive Use of Time

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

How true do you feel these statements are for you?

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

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

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

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

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

Commitment to Learning

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

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

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

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

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

Life Skills / Social Competencies

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

How true do you feel these statements are for you?

I try to understand what other people feel and think.

It is important to think before you act.

I have to have everything right away.

I often do things without thinking about what will happen.

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

Community Norms Related to Alcohol Use by High School Students

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

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

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

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

Appendix C. 2003 YRRS Survey, Mora County

2003 YRRS High School Questionnaire and Results

1. How old are you?		
A. 12 years old or younger		0% (0 students)
B. 13 years old		0% (0 students)
C. 14 years old		12.12% (16 students)
D. 15 years old		26.52% (35 students)
E. 16 years old		24.24% (32 students)
F. 17 years old		23.48% (31 students)
G. 18 years old or older		13.64% (18 students)
2. What is your sex?		
A. Female		44.62% (58 students)
B. Male		55.38% (72 students)
3. In what grade are you?		
A. 9th grade		22.9% (30 students)
B. 10th grade		29.77% (39 students)
C. 11th grade		24.43% (32 students)
D. 12th grade		22.9% (30 students)
E. Ungraded or other grade		0% (0 students)
4. How do you describe yourself? (Select one or more responses.)		
A. American Indian or Alaska Native		1.5% (2 students)
B. Asian		1.5% (2 students)
C. Black or African American		0.75% (1 students)
D. Hispanic or Latino		92.48% (123 students)
E. Native Hawaiian or Other Pacific Islander		0% (0 students)
F. White		6.77% (9 students)
5. During the past 12 months, how would you describe your grades in school?		
A. Mostly A's		20.2 [12.2,31.5]
B. Mostly B's		35 [26.5,44.6]
C. Mostly C's		29.2 [25.8,32.8]
D. Mostly D's		7.4 [3.8,13.9]
E. Mostly F's		0.7 [0.2,2.4]
F. None of these grades		0 0
G. Not sure		7.4 [2.3,21.6]
6. How tall are you without your shoes on?		
	Mean (average) height in feet and inches:	5 ft, 6 in
	Mean (average) height in meters:	1.7
7. How much do you weigh without your shoes on?		
	Mean (average) weight in pounds	141
	Mean (average) weight in kilograms	64

The next 3 questions ask about personal safety.

8. How often do you wear a seat belt when **riding** in a car driven by someone else?
- | | |
|---------------------|------------------|
| A. Never | 5.9 [2.2,15.0] |
| B. Rarely | 17.1 [15.5,18.7] |
| C. Sometimes | 18.8 [11.7,28.8] |
| D. Most of the time | 38.7 [35.3,42.3] |
| E. Always | 19.5 [14.4,25.8] |

9. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- | | |
|--------------------|------------------|
| A. 0 times | 50.3 [39.2,61.4] |
| B. 1 time | 18.7 [7.8,38.6] |
| C. 2 or 3 times | 14.6 [12.1,17.5] |
| D. 4 or 5 times | 5.7 [2.6,11.9] |
| E. 6 or more times | 10.7 [5.6,19.5] |

10. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- | | |
|--------------------|------------------|
| A. 0 times | 67.5 [54.9,77.9] |
| B. 1 time | 14.4 [8.2,23.9] |
| C. 2 or 3 times | 10.4 [6.5,16.1] |
| D. 4 or 5 times | 5.1 [3.3,7.9] |
| E. 6 or more times | 2.7 [0.8,8.5] |

The next 11 questions ask about violence-related behaviors.

11. If you wanted to get a gun, how quickly could you get it?
- | | |
|-------------------------------|------------------|
| A. Could not get a gun at all | 27.3 [20.9,34.8] |
| B. Within 15 minutes | 35.4 [28.3,43.1] |
| C. Within one hour | 11.5 [7.9,16.3] |
| D. Within one day | 13.7 [11.8,16.0] |
| E. Within one week | 3.8 [1.8,7.7] |
| F. Within one month | 4.5 [2.0,9.7] |
| G. More than a month | 3.8 [1.6,8.9] |

12. Is there a gun in your home?
- | | |
|-------------|------------------|
| A. Yes | 71.5 [66.0,76.4] |
| B. No | 26.9 [23.9,30.0] |
| C. Not sure | 1.6 [0.3,8.0] |

13. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- | | |
|-------------------|------------------|
| A. 0 days | 69.1 [55.8,79.9] |
| B. 1 day | 4.3 [2.0,9.1] |
| C. 2 or 3 days | 9 [5.6,14.3] |
| D. 4 or 5 days | 3.3 [1.0,10.3] |
| E. 6 or more days | 14.3 [7.8,24.9] |

14. During the past 30 days, on how many days did you carry a gun ?	
A. 0 days	81.5 [70.2,89.2]
B. 1 day	6.1 [1.1,27.5]
C. 2 or 3 days	3 [1.6,5.8]
D. 4 or 5 days	3.7 [1.8,7.6]
E. 6 or more days	5.6 [3.3,9.5]
15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property ?	
A. 0 days	80.3 [67.6,88.8]
B. 1 day	4.9 [3.2,7.7]
C. 2 or 3 days	5.1 [2.1,12.1]
D. 4 or 5 days	0.7 [0.2,2.4]
E. 6 or more days	8.9 [3.9,19.3]
	0
16. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?	
A. 0 days	94.6 [91.5,96.6]
B. 1 day	0.7 [0.2,2.4]
C. 2 or 3 days	2.3 [1.0,5.4]
D. 4 or 5 days	0 0
E. 6 or more days	2.3 [1.2,4.4]
17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property ?	
A. 0 times	89 [79.2,94.5]
B. 1 time	4.4 [2.5,7.6]
C. 2 or 3 times	4.9 [1.9,12.3]
D. 4 or 5 times	0.7 [0.2,2.4]
E. 6 or 7 times	0 0
F. 8 or 9 times	0 0
G. 10 or 11 times	0 0
H. 12 or more times	1 [0.2,5.8]
18. During the past 12 months, how many times were you in a physical fight?	
A. 0 times	52.2 [50.5,53.9]
B. 1 time	24.8 [21.0,29.0]
C. 2 or 3 times	12 [9.0,15.8]
D. 4 or 5 times	3.8 [2.5,5.7]
E. 6 or 7 times	2.9 [0.5,16.4]
F. 8 or 9 times	0.7 [0.2,2.4]
G. 10 or 11 times	0 0
H. 12 or more times	3.6 [1.3,9.7]
19. During the past 12 months, how many times were you in a physical fight on school property ?	
A. 0 times	70.4 [60.2,78.8]
B. 1 time	19.5 [12.3,29.5]
C. 2 or 3 times	4.9 [3.2,7.6]
D. 4 or 5 times	0.7 [0.2,2.4]
E. 6 or 7 times	1.9 [0.3,11.2]
F. 8 or 9 times	1 [0.1,9.8]
G. 10 or 11 times	0 0
H. 12 or more times	1.6 [0.3,7.9]

20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- A. Yes 8.5 [4.1,16.7]
 - B. No 91.5 [83.3,95.9]

21. Have you ever been physically forced to have sexual intercourse when you did not want to?
- A. Yes 4.3 [1.5,11.6]
 - B. No 95.7 [88.4,98.5]

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

22. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- A. Yes 22.6 [18.5,27.3]
 - B. No 77.4 [72.7,81.5]

23. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes 12.1 [7.1,20.0]
 - B. No 87.9 [80.0,92.9]

24. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes 12.1 [8.2,17.6]
 - B. No 87.9 [82.4,91.8]

25. During the past 12 months, how many times did you actually attempt suicide?
- A. 0 times 94 [89.3,96.7]
 - B. 1 time 1.8 [0.6,5.1]
 - C. 2 or 3 times 1.8 [0.6,5.6]
 - D. 4 or 5 times 1.2 [0.2,7.4]
 - E. 6 or more times 1.2 [0.2,7.4]

26. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
- A. I did not attempt suicide during the past 12 months 80.7 [74.6,85.5]
 - B. Yes 2.1 [1.1,4.1]
 - C. No 17.2 [12.3,23.7]

The next 10 questions ask about tobacco use.

27. Have you ever tried cigarette smoking, even one or two puffs?
- A. Yes 89.5 [81.9,94.2]
 - B. No 10.5 [5.8,18.1]

28. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette 26.8 [18.3,37.5]
 - B. 8 years old or younger 12.4 [4.2,31.8]
 - C. 9 or 10 years old 9.3 [5.7,14.7]
 - D. 11 or 12 years old 19.2 [12.3,28.7]
 - E. 13 or 14 years old 18.7 [9.5,33.4]
 - F. 15 or 16 years old 12.9 [5.0,29.7]
 - G. 17 years old or older 0.7 [0.2,2.4]

29. During the past 30 days, on how many days did you smoke cigarettes?	
A. 0 days	51.3 [41.0,61.5]
B. 1 or 2 days	15.5 [10.4,22.4]
C. 3 to 5 days	6.3 [4.5,8.8]
D. 6 to 9 days	7.5 [3.7,14.4]
E. 10 to 19 days	5.1 [2.0,12.8]
F. 20 to 29 days	3.9 [1.8,8.1]
G. All 30 days	10.4 [6.8,15.7]
30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day ?	
A. I did not smoke cigarettes during the past 30 days	50.8 [41.1,60.4]
B. Less than 1 cigarette per day	14.8 [7.6,26.7]
C. 1 cigarette per day	7.9 [4.6,13.4]
D. 2 to 5 cigarettes per day	22.4 [18.4,26.9]
E. 6 to 10 cigarettes per day	3.1 [1.6,6.0]
F. 11 to 20 cigarettes per day	0 0
G. More than 20 cigarettes per day	1 [0.2,5.9]
31. During the past 30 days, on how many days did you smoke cigarettes on school property ?	
A. 0 days	79 [73.2,83.9]
B. 1 or 2 days	9.4 [8.4,10.4]
C. 3 to 5 days	2.1 [0.5,8.2]
D. 6 to 9 days	2.1 [1.0,4.1]
E. 10 to 19 days	3.3 [1.4,7.5]
F. 20 to 29 days	2.8 [0.8,9.2]
G. All 30 days	1.4 [0.5,3.6]
32. During the past 12 months, did you ever try to quit smoking cigarettes?	
A. I did not smoke during the past 12 months	46.5 [35.6,57.8]
B. Yes	28.3 [17.7,42.0]
C. No	25.2 [18.3,33.6]
33. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)	
A. I did not smoke cigarettes during the past 30 days	50.1 [40.4,59.7]
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station	8.1 [4.0,15.7]
C. I bought them from a vending machine	0.7 [0.2,2.4]
D. I gave someone else money to buy them for me	11.3 [5.5,22.1]
E. I borrowed (or bummed) them from someone else	16.1 [13.1,19.5]
F. A person 18 years old or older gave them to me	1.4 [0.2,8.0]
G. I took them from a store or family member	1.7 [0.7,3.8]
H. I got them some other way 4.8% [3.9,5.9]	10.6 [5.1,20.8]
34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars ?	
A. 0 days	71.7 [64.7,77.9]
B. 1 or 2 days	12.6 [9.7,16.1]
C. 3 to 5 days	5.6 [2.6,11.6]
D. 6 to 9 days	7 [3.7,13.1]
E. 10 to 19 days	0.7 [0.2,2.4]
F. 20 to 29 days	0.7 [0.2,2.4]
G. All 30 days	1.6 [0.7,3.8]

35. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- | | |
|------------------|------------------|
| A. 0 days | 78.9 [71.6,84.8] |
| B. 1 or 2 days | 4.2 [2.9,6.0] |
| C. 3 to 5 days | 5.9 [3.1,10.9] |
| D. 6 to 9 days | 1.4 [0.4,4.7] |
| E. 10 to 19 days | 0 0 |
| F. 20 to 29 days | 3.5 [1.7,7.3] |
| G. All 30 days | 6 [2.2,15.5] |

36. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- | | |
|----------------|------------------|
| A. 0 days | 25.8 [19.8,32.9] |
| B. 1 or 2 days | 24 [21.6,26.6] |
| C. 3 or 4 days | 18.9 [15.4,23.0] |
| D. 5 or 6 days | 7.9 [6.1,10.1] |
| E. 7 days | 23.4 [17.4,30.7] |

The next 4 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

37. How old were you when you had your first drink of alcohol other than a few sips?
- | | |
|--|------------------|
| A. I've never had a drink of alcohol other than a few sips | 7.3 [3.1,16.0] |
| B. 8 years old or younger | 19.7 [14.6,26.0] |
| C. 9 or 10 years old | 10.4 [6.6,16.0] |
| D. 11 or 12 years old | 23.7 [19.5,28.5] |
| E. 13 or 14 years old | 20.2 [13.0,29.9] |
| F. 15 or 16 years old | 18.7 [11.9,28.3] |
| G. 17 years old or older | 0 |

38. During the past 30 days, on how many days did you have at least one drink of alcohol?
- | | |
|------------------|------------------|
| A. 0 days | 29.6 [23.9,36.1] |
| B. 1 or 2 days | 33.9 [26.0,42.8] |
| C. 3 to 5 days | 14.3 [10.9,18.5] |
| D. 6 to 9 days | 8.4 [6.2,11.4] |
| E. 10 to 19 days | 8.7 [6.9,11.0] |
| F. 20 to 29 days | 1.5 [0.4,5.0] |
| G. All 30 days | 3.5 [1.2,9.8] |

39. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- | | |
|--------------------|------------------|
| A. 0 days | 46.1 [40.9,51.3] |
| B. 1 day | 19.5 [15.2,24.6] |
| C. 2 days | 9.8 [7.0,13.5] |
| D. 3 to 5 days | 11.4 [7.8,16.5] |
| E. 6 to 9 days | 8.5 [5.6,12.8] |
| F. 10 to 19 days | 1.4 [0.4,4.7] |
| G. 20 or more days | 3.3 [1.4,7.5] |

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

- | | |
|------------------|------------------|
| A. 0 days | 86.6 [76.4,92.9] |
| B. 1 or 2 days | 6.8 [4.4,10.1] |
| C. 3 to 5 days | 3 [1.8,5.0] |
| D. 6 to 9 days | 1.6 [0.7,3.8] |
| E. 10 to 19 days | 1 [0.2,5.8] |
| F. 20 to 29 days | 0 0 |
| G. All 30 days | 1 [0.2,5.8] |

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

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

- | | |
|----------------------------|------------------|
| A. I never tried marijuana | 32.5 [22.5,44.5] |
| B. 8 years old or younger | 8.4 [3.6,18.2] |
| C. 9 or 10 years old | 9.4 [5.6,15.1] |
| D. 11 or 12 years old | 16.3 [11.4,22.7] |
| E. 13 or 14 years old | 19.1 [16.8,21.6] |
| F. 15 or 16 years old | 12.7 [5.7,25.9] |
| G. 17 years old or older | 1.6 [0.7,3.8] |

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

- | | |
|---------------------|------------------|
| A. 0 times | 58.2 [50.6,65.5] |
| B. 1 or 2 times | 16.6 [10.8,24.6] |
| C. 3 to 9 times | 11.2 [6.7,18.1] |
| D. 10 to 19 times | 5.5 [3.7,8.0] |
| E. 20 to 39 times | 2.7 [0.8,8.4] |
| F. 40 or more times | 5.9 [3.7,9.2] |

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

- | | |
|---------------------|----------------|
| A. 0 times | 88 [77.7,93.9] |
| B. 1 or 2 times | 3.3 [1.4,7.5] |
| C. 3 to 9 times | 3 [1.6,5.8] |
| D. 10 to 19 times | 4 [2.0,7.9] |
| E. 20 to 39 times | 1 [0.2,5.8] |
| F. 40 or more times | 0.7 [0.1,7.7] |

The next 9 questions ask about other drugs.

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

- | | |
|---------------------|------------------|
| A. 0 times | 94.7 [88.3,97.7] |
| B. 1 or 2 times | 1.4 [0.5,3.6] |
| C. 3 to 9 times | 2.9 [1.2,6.9] |
| D. 10 to 19 times | 0 0 |
| E. 20 to 39 times | 0 0 |
| F. 40 or more times | 1 [0.2,6.0] |

45. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?	
A. 0 times	88.7 [76.0,95.1]
B. 1 or 2 times	5.4 [1.8,14.9]
C. 3 to 9 times	2.6 [0.8,8.2]
D. 10 to 19 times	3.3 [1.1,9.4]
E. 20 to 39 times	0 0
F. 40 or more times	0
46. During the past 30 days , how many times have you used heroin (also called smack, junk, or China White)?	
A. 0 times	95 [87.6,98.0]
B. 1 or 2 times	3.4 [0.6,16.1]
C. 3 to 9 times	0 0
D. 10 to 19 times	1.7 [0.4,6.7]
E. 20 to 39 times	0 0
F. 40 or more times	0
47. During the past 12 months , how many times have you used heroin (also called smack, junk, or China White)?	
A. 0 times	95.1 [85.0,98.5]
B. 1 or 2 times	1 [0.2,5.9]
C. 3 to 9 times	2.9 [0.5,16.7]
D. 10 to 19 times	1 [0.1,10.1]
E. 20 to 39 times	0 0
F. 40 or more times	0
48. During the past 30 days , how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?	
A. 0 times	94.8 [88.7,97.7]
B. 1 or 2 times	1.6 [0.3,8.0]
C. 3 to 9 times	1.6 [0.4,6.8]
D. 10 to 19 times	1 [0.2,5.8]
E. 20 to 39 times	1 [0.2,5.8]
F. 40 or more times	0
49. During the past 12 months , how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?	
A. 0 times	93.3 [89.8,95.6]
B. 1 or 2 times	1.7 [0.7,3.9]
C. 3 to 9 times	1.7 [0.3,8.2]
D. 10 to 19 times	2.4 [0.7,7.4]
E. 20 to 39 times	1 [0.2,6.0]
F. 40 or more times	0
50. During the past 12 months, how many times have you used ecstasy?	
A. 0 times	92.4 [86.6,95.8]
B. 1 or 2 times	3.1 [1.1,8.3]
C. 3 to 9 times	0.7 [0.2,2.3]
D. 10 to 19 times	1.9 [0.3,11.3]
E. 20 to 39 times	0 0
F. 40 or more times	1.9 [0.3,11.3]

51. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- A. 0 times 93.1 [86.2,96.7]
 - B. 1 time 3.6 [1.2,9.8]
 - C. 2 or more times 3.3 [1.4,7.5]

52. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes 42 [31.5,53.2]
 - B. No 58 [46.8,68.5]

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

53. How wrong would **most adults** in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 25.3 [18.8,33.1]
 - B. Wrong 46.9 [34.7,59.6]
 - C. A little bit wrong 23.7 [19.7,28.3]
 - D. Not wrong at all 4 [1.9,8.4]

54. How wrong do **your parents** feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 65.3 [59.5,70.7]
 - B. Wrong 21.3 [16.0,27.9]
 - C. A little bit wrong 9.1 [6.6,12.4]
 - D. Not wrong at all 4.3 [3.5,5.2]

55. How wrong do **YOU** think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong 15.6 [8.2,27.5]
 - B. Wrong 31.8 [23.7,41.1]
 - C. A little bit wrong 34.8 [27.8,42.4]
 - D. Not wrong at all 17.9 [14.0,22.5]

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

56. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?
- A. Very hard 9.2 [3.4,22.8]
 - B. Sort of hard 12.3 [9.0,16.6]
 - C. Sort of easy 29.8 [20.0,41.8]
 - D. Very easy 48.7 [42.4,55.0]

57. Marijuana?
- A. Very hard 16.5 [6.1,37.4]
 - B. Sort of hard 9.1 [7.7,10.7]
 - C. Sort of easy 23.6 [17.0,31.9]
 - D. Very easy 50.8 [37.9,63.6]

58. Cocaine, LSD, methamphetamines, or other illegal drug
- A. Very hard 49.3 [40.0,58.6]
 - B. Sort of hard 25.2 [19.0,32.6]
 - C. Sort of easy 13.3 [10.0,17.4]
 - D. Very easy 12.2 [10.9,13.7]

59. About how many adults have you known personally who, in the past year, have used marijuana, cocaine or other drugs?	
A. None	20.3 [16.7,24.4]
B. 1 adult	14.5 [6.6,28.9]
C. 2 adults	13.5 [10.0,18.0]
D. 3 to 4 adults	14.1 [10.6,18.6]
E. 5 or more adults	37.5 [26.9,49.4]
60. About how many adults have you known personally who, in the past year, have sold or dealt drugs?	
A. None	42.4 [36.2,48.9]
B. 1 adult	15.2 [9.8,22.9]
C. 2 adults	11.8 [6.2,21.5]
D. 3 to 4 adults	13.8 [10.6,17.8]
E. 5 or more adults	16.7 [13.2,21.0]

The next 6 questions ask about sexual behavior.

61. How old were you when you had sexual intercourse for the first time?	
A. I never had sexual intercourse	38.9 [31.3,47.0]
B. 11 years old or younger	10.6 [8.1,13.8]
C. 12 years old	5.5 [3.4,8.8]
D. 13 years old	4.4 [3.6,5.3]
E. 14 years old	11.4 [6.1,20.2]
F. 15 years old	14.1 [8.9,21.5]
G. 16 years old	7.4 [4.6,11.6]
H. 17 years old or older	7.8 [4.4,13.4]
62. During your life, with how many people have you had sexual intercourse?	
A. I never had sexual intercourse	40.2 [31.5,49.7]
B. 1 person	18.4 [15.6,21.4]
C. 2 people	16.6 [8.9,28.9]
D. 3 people	4.7 [3.2,6.8]
E. 4 people	5 [2.7,9.0]
F. 5 people	4.7 [3.2,6.8]
G. 6 or more people	10.4 [5.3,19.3]
63. During the past 3 months, with how many people did you have sexual intercourse?	
A. I never had sexual intercourse	39.2 [32.5,46.5]
B. I had sexual intercourse, but not during the past 3 months	13 [9.5,17.7]
C. 1 person	33.8 [27.3,41.0]
D. 2 people	5.6 [3.4,9.0]
E. 3 people	3.4 [1.7,6.9]
F. 4 people	2.7 [0.8,8.5]
G. 5 people	0.7 [0.2,2.5]
H. 6 or more people	1.4 [0.4,4.9]
64. Did you drink alcohol or use drugs before you had sexual intercourse the last	
A. I never had sexual intercourse	39.2 [32.3,46.7]
B. Yes	18.5 [10.8,29.8]
C. No	42.3 [31.7,53.7]

65. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I never had sexual intercourse 39.6 [31.5,48.4]
 - B. Yes 33.2 [30.2,36.2]
 - C. No 27.2 [20.9,34.5]

66. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
- A. I never had sexual intercourse 38.7 [31.8,46.1]
 - B. No method was used to prevent pregnancy 11.9 [8.2,16.8]
 - C. Birth control pills 5.7 [2.9,10.9]
 - D. Condoms 29.5 [26.2,33.1]
 - E. Depo-Provera 4.1 [2.8,5.9]
 - F. Withdrawal 4.4 [3.5,5.4]
 - G. Some other method 0.7 [0.2,2.4]
 - H. Not sure 5.1 [1.9,12.7]

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

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

67. who is interested in my school work.
- A. Not true at all 1.7 [0.7,3.9]
 - B. A little true 13.4 [7.9,21.8]
 - C. Pretty much true 25.7 [23.0,28.5]
 - D. Very much true 59.3 [53.7,64.7]

68. who talks with me about my problems.
- A. Not true at all 11.8 [4.8,26.5]
 - B. A little true 27.7 [23.5,32.3]
 - C. Pretty much true 25.5 [20.2,31.6]
 - D. Very much true 35 [33.7,36.4]

69. who listens to me when I have something to say.
- A. Not true at all 8.6 [4.7,15.3]
 - B. A little true 17.8 [14.8,21.1]
 - C. Pretty much true 32.2 [29.6,34.9]
 - D. Very much true 41.5 [35.2,48.0]

70. who expects me to follow the rules.
- A. Not true at all 6.2 [3.9,9.6]
 - B. A little true 9 [7.2,11.0]
 - C. Pretty much true 24.7 [20.1,30.0]
 - D. Very much true 60.2 [51.4,68.3]

71. who believes that I will be a success.
- A. Not true at all 6.8 [2.9,14.8]
 - B. A little true 7.9 [5.6,11.1]
 - C. Pretty much true 21.3 [15.9,27.9]
 - D. Very much true 64 [53.3,73.6]

72. who always wants me to do my best.
- | | |
|---------------------|------------------|
| A. Not true at all | 5.5 [3.4,8.8] |
| B. A little true | 6.1 [3.4,10.6] |
| C. Pretty much true | 17 [11.8,23.9] |
| D. Very much true | 71.4 [59.3,81.0] |

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

73. who really cares about me.
- | | |
|---------------------|------------------|
| A. Not true at all | 13.4 [8.4,20.7] |
| B. A little true | 22.1 [14.4,32.2] |
| C. Pretty much true | 35.4 [29.6,41.6] |
| D. Very much true | 29.1 [21.5,38.1] |

74. who notices when I'm not there.
- | | |
|---------------------|------------------|
| A. Not true at all | 15.4 [12.4,18.9] |
| B. A little true | 18.8 [10.5,31.3] |
| C. Pretty much true | 31.5 [25.4,38.2] |
| D. Very much true | 34.4 [21.3,50.3] |

75. who listens to me when I have something to say.
- | | |
|---------------------|------------------|
| A. Not true at all | 14.8 [11.8,18.3] |
| B. A little true | 23.3 [14.8,34.5] |
| C. Pretty much true | 33.5 [21.7,47.9] |
| D. Very much true | 28.4 [19.8,39.0] |

76. who tells me when I do a good job.
- | | |
|---------------------|------------------|
| A. Not true at all | 13.5 [11.2,16.3] |
| B. A little true | 12.6 [8.6,18.1] |
| C. Pretty much true | 41.2 [35.6,47.2] |
| D. Very much true | 32.7 [29.1,36.4] |

77. who always wants me to do my best.
- | | |
|---------------------|------------------|
| A. Not true at all | 10 [7.1,14.0] |
| B. A little true | 13.8 [9.9,18.9] |
| C. Pretty much true | 31.1 [23.8,39.5] |
| D. Very much true | 45.1 [35.9,54.6] |

78. who believes that I will be a success.
- | | |
|---------------------|------------------|
| A. Not true at all | 11.1 [6.8,17.5] |
| B. A little true | 19.4 [14.2,25.9] |
| C. Pretty much true | 34.8 [30.1,39.8] |
| D. Very much true | 34.7 [26.2,44.3] |

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

79. who really cares about me.
- | | |
|---------------------|------------------|
| A. Not true at all | 8.8 [4.5,16.4] |
| B. A little true | 13.4 [11.4,15.8] |
| C. Pretty much true | 26 [22.2,30.2] |
| D. Very much true | 51.8 [45.8,57.7] |

80. who notices when I am upset about something.	
A. Not true at all	9 [4.6,16.8]
B. A little true	17.8 [11.5,26.4]
C. Pretty much true	28.2 [23.4,33.6]
D. Very much true	45.1 [34.3,56.3]
81. whom I trust.	
A. Not true at all	7.1 [3.5,14.0]
B. A little true	12.6 [7.5,20.4]
C. Pretty much true	23.9 [20.7,27.4]
D. Very much true	56.4 [47.8,64.6]
82. who tells me when I do a good job.	
A. Not true at all	12.5 [7.9,19.1]
B. A little true	12.6 [10.5,15.0]
C. Pretty much true	32.2 [28.2,36.4]
D. Very much true	42.8 [37.0,48.8]
83. who always wants me to do my best.	
A. Not true at all	10.6 [7.1,15.5]
B. A little true	16.1 [11.8,21.5]
C. Pretty much true	22.5 [17.2,28.8]
D. Very much true	50.8 [42.2,59.4]
84. who believes that I will be a success.	
A. Not true at all	9 [6.3,12.8]
B. A little true	14.8 [10.0,21.3]
C. Pretty much true	26.5 [18.9,35.8]
D. Very much true	49.7 [39.9,59.5]
I have a friend about my own age...	
85. who really cares about me.	
A. Not true at all	8.5 [4.4,16.0]
B. A little true	12.6 [7.5,20.4]
C. Pretty much true	31.9 [24.3,40.5]
D. Very much true	47 [41.9,52.1]
86. who talks with me about my problems.	
A. Not true at all	10.1 [7.0,14.4]
B. A little true	18.3 [15.9,20.9]
C. Pretty much true	27 [24.9,29.1]
D. Very much true	44.6 [37.9,51.5]
87. who helps me when I'm having a hard time.	
A. Not true at all	10.6 [7.8,14.3]
B. A little true	14.2 [10.0,19.9]
C. Pretty much true	25.5 [21.4,30.1]
D. Very much true	49.6 [39.7,59.6]

How true do you feel these statements are for you?

88. When I am not at home, one of my parents/guardians knows where I am and who I am.
- A. Not true at all 8.9 [6.2,12.5]
 - B. A little true 14.6 [8.1,24.9]
 - C. Pretty much true 26.6 [20.5,33.8]
 - D. Very much true 49.9 [39.1,60.6]
89. My family has clear rules about drug and alcohol use.
- A. Not true at all 7.9 [7.2,8.6]
 - B. A little true 12 [8.0,17.5]
 - C. Pretty much true 26.7 [20.7,33.7]
 - D. Very much true 53.4 [43.9,62.7]
90. My family has clear rules and standards for my behavior.
- A. Not true at all 5.5 [2.8,10.4]
 - B. A little true 13.3 [9.4,18.4]
 - C. Pretty much true 24.6 [21.0,28.6]
 - D. Very much true 56.7 [50.3,62.8]
91. In my school, there are clear rules about what students can and cannot do.
- A. Not true at all 13.3 [9.0,19.1]
 - B. A little true 15.2 [12.3,18.7]
 - C. Pretty much true 31.7 [25.7,38.3]
 - D. Very much true 39.8 [32.4,47.8]
92. At school, I help decide things like class activities or rules.
- A. Not true at all 35.4 [28.4,43.1]
 - B. A little true 27.6 [26.3,29.0]
 - C. Pretty much true 20 [17.7,22.6]
 - D. Very much true 17 [11.4,24.7]
93. At school, I try hard to do my best work.
- A. Not true at all 7.2 [2.9,16.7]
 - B. A little true 15.6 [10.8,22.2]
 - C. Pretty much true 35.1 [30.2,40.4]
 - D. Very much true 42 [36.9,47.3]
94. I plan to go to college or some other school after high school.
- A. Not true at all 13.5 [8.0,22.0]
 - B. A little true 6.4 [5.2,7.9]
 - C. Pretty much true 13.7 [10.0,18.5]
 - D. Very much true 66.3 [53.7,77.0]
95. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).
- A. Not true at all 25.2 [14.7,39.7]
 - B. A little true 5.6 [2.2,13.5]
 - C. Pretty much true 17.2 [11.1,25.6]
 - D. Very much true 52 [38.2,65.5]

96. There is at least one adult in my community I could talk to about something	
A. Not true at all	13.7 [8.7,20.8]
B. A little true	19.6 [16.0,23.8]
C. Pretty much true	20.1 [17.5,22.9]
D. Very much true	46.7 [39.3,54.1]
97. Outside of my home and school, I am a part of clubs, sports teams, church/temple, or other group activities.	
A. Not true at all	30.8 [25.4,36.7]
B. A little true	18.7 [14.3,24.1]
C. Pretty much true	19.3 [15.2,24.2]
D. Very much true	31.2 [23.5,40.1]
98. Outside of my home and school, I am involved in music, art, literature, sports or a	
A. Not true at all	36.6 [26.4,48.2]
B. A little true	15.5 [11.4,20.8]
C. Pretty much true	19.9 [17.7,22.3]
D. Very much true	28 [15.9,44.4]
99. Outside of my home and school, I help other people.	
A. Not true at all	12.6 [7.4,20.5]
B. A little true	23.9 [15.5,34.9]
C. Pretty much true	34.7 [28.7,41.2]
D. Very much true	28.9 [20.1,39.5]
100. I try to understand what other people feel and think.	
A. Not true at all	9.9 [6.6,14.7]
B. A little true	19.9 [13.0,29.2]
C. Pretty much true	40.3 [37.9,42.8]
D. Very much true	29.9 [26.6,33.4]
101. It is important to think before you act.	
A. Not true at all	4.5 [1.7,11.1]
B. A little true	8.8 [7.2,10.7]
C. Pretty much true	23.5 [13.1,38.3]
D. Very much true	63.3 [49.9,74.8]
102. I have to have everything right away.	
A. Not true at all	29.1 [22.5,36.7]
B. A little true	38 [24.3,54.1]
C. Pretty much true	22.4 [17.0,28.9]
D. Very much true	10.5 [5.5,18.9]
103. I often do things without thinking about what will happen.	
A. Not true at all	17.9 [14.4,22.1]
B. A little true	31.7 [28.7,34.8]
C. Pretty much true	28.3 [25.7,31.0]
D. Very much true	22.1 [19.2,25.4]

104. It's hard for me to stick with one thing even when it's fun.
- | | |
|---------------------|------------------|
| A. Not true at all | 44.6 [28.3,62.1] |
| B. A little true | 26.3 [18.4,36.1] |
| C. Pretty much true | 19.4 [15.0,24.7] |
| D. Very much true | 9.7 [4.2,20.6] |

105. My friends get into a lot of trouble.
- | | |
|---------------------|------------------|
| A. Not true at all | 35.8 [31.7,40.2] |
| B. A little true | 37.6 [30.3,45.6] |
| C. Pretty much true | 14.4 [10.6,19.3] |
| D. Very much true | 12.1 [7.8,18.4] |

106. My friends do well in school.
- | | |
|---------------------|------------------|
| A. Not true at all | 9.4 [4.4,19.1] |
| B. A little true | 28.8 [24.0,34.0] |
| C. Pretty much true | 41.1 [33.8,48.9] |
| D. Very much true | 20.7 [17.6,24.2] |

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

107. Drink alcohol once a week or more?
- | | |
|----------|------------------|
| A. None | 25 [21.8,28.5] |
| B. A few | 39.6 [32.2,47.5] |
| C. Some | 17.7 [13.7,22.7] |
| D. Most | 12.1 [4.1,31.0] |
| E. All | 5.5 [3.4,8.9] |

108. Have used drugs such as marijuana or cocaine?
- | | |
|----------|------------------|
| A. None | 22.3 [17.5,27.8] |
| B. A few | 30.3 [24.7,36.6] |
| C. Some | 19.5 [13.2,27.7] |
| D. Most | 22.1 [15.5,30.6] |
| E. All | 5.8 [4.5,7.5] |

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

109. How many times have you done what feels good no matter what?
- | | |
|--------------------------------------|------------------|
| A. I've never done this | 26.1 [21.5,31.2] |
| B. I've done it but not in past year | 12.7 [7.1,21.8] |
| C. Less than once a month | 8.4 [4.3,15.8] |
| D. About once a month | 11.8 [8.8,15.8] |
| E. 2 to 3 times a month | 19.6 [13.9,27.0] |
| F. Once a week or more | 21.4 [13.4,32.3] |

110. How many times have you done something dangerous because someone dared
- | | |
|--------------------------------------|------------------|
| A. I've never done this | 40 [33.2,47.2] |
| B. I've done it but not in past year | 22.9 [20.0,26.2] |
| C. Less than once a month | 20.9 [16.5,26.1] |
| D. About once a month | 9.3 [7.1,12.1] |
| E. 2 to 3 times a month | 5.2 [3.3,8.2] |
| F. Once a week or more | 1.7 [0.7,3.9] |

111. How many times have you done crazy exciting things even if they are a little	
A. I've never done this	20.6 [18.8,22.5]
B. I've done it but not in past year	14.2 [11.4,17.5]
C. Less than once a month	31.6 [29.8,33.6]
D. About once a month	12.6 [6.8,22.0]
E. 2 to 3 times a month	11.2 [8.2,15.1]
F. Once a week or more	9.8 [5.9,15.8]
112. How often do you attend religious or spiritual services?	
A. Every day	3.1 [1.0,9.8]
B. 1 to 6 times a week	31.6 [24.0,40.5]
C. 1 to 3 times a month	31.3 [25.6,37.5]
D. 3 to 11 times a year	10 [8.3,12.0]
E. Only once or twice a year	13.3 [10.1,17.4]
F. Never	10.7 [8.1,13.9]
113. During the school year, how many hours a week do you work at a part-time job?	
A. I don't work	61.4 [54.9,67.5]
B. 1 to 4 hours per week	9.8 [4.5,20.0]
C. 5 to 9 hours per week	11.5 [6.3,20.1]
D. 10 to 20 hours per week	11.2 [7.2,17.0]
E. Over 20 hours per week	6.1 [2.0,17.2]
114. During the last four weeks, how many days of school have you missed because you skipped or ditched?	
A. None	55.7 [48.0,63.1]
B. 1 day	12.1 [7.3,19.5]
C. 2 days	10.5 [7.8,14.1]
D. 3 days	8.2 [4.1,15.8]
E. 4 to 5 days	7.1 [4.7,10.5]
F. 6 to 10 days	3.2 [1.0,9.5]
G. 11 or more days	3.2 [1.8,5.5]
115. How often do you come to classes without bringing paper or something to write	
A. Never	30 [21.1,40.6]
B. Sometimes	57.7 [52.8,62.4]
C. Usually	12.4 [7.7,19.3]
116. How often do you come to classes without your homework finished?	
A. Never	14.9 [12.2,18.2]
B. Sometimes	68.3 [62.2,73.9]
C. Usually	16.7 [10.7,25.2]
The next 3 questions ask about body weight.	
117. During the past 30 days, did you exercise to lose weight or to keep from gaining	
A. Yes	53.4 [47.1,59.5]
B. No	46.6 [40.5,52.9]
118. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?	
A. Yes	32 [22.1,43.8]
B. No	68 [56.2,77.9]

119. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes 4 [2.5,6.4]
 - B. No 96 [93.6,97.5]

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

120. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A. I did not drink 100% fruit juice during the past 7 days 24.8 [16.8,35.0]
 - B. 1 to 3 times during past 7 days 39.4 [32.2,47.2]
 - C. 4 to 6 times during past 7 days 12 [9.6,14.9]
 - D. 1 time per day 11.4 [7.0,17.9]
 - E. 2 times per day 7.1 [4.6,10.7]
 - F. 3 times per day 3.9 [1.4,10.7]
 - G. 4 or more times per day 1.4 [0.6,3.6]
121. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I didn't eat fruit during past 7 days 14.1 [8.1,23.3]
 - B. 1-3 times during the past 7 days 50 [42.4,57.6]
 - C. 4-6 times during the past 7 days 20.9 [14.1,29.8]
 - D. 1 time per day 7.1 [3.3,14.8]
 - E. 2 times per day 6.4 [3.5,11.4]
 - F. 3 times per day 0.8 [0.2,2.4]
 - G. 4 or more times per day 0.8 [0.1,8.3]
122. During the past 7 days, how many times did you eat **green salad**?
- A. I did not eat green salad during the past 7 days 32.9 [28.0,38.1]
 - B. 1-3 times during the past 7 days 52.8 [49.1,56.4]
 - C. 4-6 times during the past 7 days 6.2 [3.7,10.0]
 - D. 1 time per day 5.7 [3.4,9.6]
 - E. 2 times per day 1 [0.1,10.3]
 - F. 3 times per day 1.5 [0.4,4.7]
 - G. 4 or more times per day 0
123. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
- A. I did not eat potatoes during the past 7 days 34.9 [28.3,42.2]
 - B. 1-3 times during the past 7 days 39.6 [34.5,44.8]
 - C. 4-6 times during the past 7 days 18.8 [13.2,26.0]
 - D. 1 time per day 6 [2.8,12.6]
 - E. 2 times per day 0 0
 - F. 3 times per day 0 0
 - G. 4 or more times per day 0.7 [0.2,2.4]

124. During the past 7 days, how many times did you eat **carrots**?
- | | |
|---|------------------|
| A. I did not eat carrots during the past 7 days | 62 [56.2,67.5] |
| B. 1-3 times during the past 7 days | 28.5 [20.4,38.3] |
| C. 4-6 times during the past 7 days | 7 [3.9,12.1] |
| D. 1 time per day | 1.8 [0.2,12.5] |
| E. 2 times per day | 0.7 [0.2,2.4] |
| F. 3 times per day | 0 0 |
| G. 4 or more times per day | 0 |

125. During the past 7 days, how many times did you eat **other vegetables**? (Do not count green salad, potatoes, or carrots.)
- | | |
|--|------------------|
| A. I did not eat other vegetables during the past 7 days | 30 [19.4,43.3] |
| B. 1-3 times during the past 7 days | 50 [40.8,59.2] |
| C. 4-6 times during the past 7 days | 15.7 [12.4,19.7] |
| D. 1 time per day | 3.3 [2.0,5.3] |
| E. 2 times per day | 0 0 |
| F. 3 times per day | 1 [0.2,6.5] |
| G. 4 or more times per day | 0 |

126. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
- | | |
|--|------------------|
| A. I did not drink milk during the past 7 days | 19.4 [12.9,28.1] |
| B. 1-3 glasses during past 7 days | 28.9 [23.5,35.0] |
| C. 4-6 glasses during past 7 days | 19.1 [15.6,23.3] |
| D. 1 glass per day | 14.5 [6.6,28.8] |
| E. 2 glasses per day | 9.9 [5.4,17.6] |
| F. 3 glasses per day | 2.3 [1.3,4.0] |
| G. 4 or more glasses per day | 5.9 [3.7,9.2] |

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

127. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- | | |
|-----------|------------------|
| A. 0 days | 24.7 [18.7,31.7] |
| B. 1 day | 13.1 [10.3,16.5] |
| C. 2 days | 11.1 [8.3,14.7] |
| D. 3 days | 13.6 [7.6,23.0] |
| E. 4 days | 3.3 [1.2,8.9] |
| F. 5 days | 14.3 [10.5,19.3] |
| G. 6 days | 5.6 [2.6,11.9] |
| H. 7 days | 14.3 [7.5,25.5] |

128. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
- | | |
|-----------|------------------|
| A. 0 days | 39.6 [27.3,53.4] |
| B. 1 day | 12.8 [6.7,23.2] |
| C. 2 days | 16.4 [12.6,21.0] |
| D. 3 days | 13.6 [8.5,20.9] |
| E. 4 days | 3 [1.2,7.1] |
| F. 5 days | 4 [2.1,7.7] |
| G. 6 days | 3.3 [0.9,10.9] |
| H. 7 days | 7.3 [4.9,10.7] |

129. On an average school day, how many hours do you watch TV?	
A. I do not watch TV on an average school day	10.6 [5.9,18.2]
B. Less than 1 hour per day	14.9 [12.2,18.0]
C. 1 hour per day	13.3 [7.8,21.9]
D. 2 hours per day	27 [19.9,35.4]
E. 3 hours per day	14.3 [8.4,23.2]
F. 4 hours per day	8.4 [6.0,11.6]
G. 5 or more hours per day	11.5 [8.4,15.6]
130. In an average week when you are in school, on how many days do you go to physical education (PE) classes?	
A. 0 days	55.8 [45.3,65.9]
B. 1 day	7.2 [5.4,9.6]
C. 2 days	4.1 [1.7,9.7]
D. 3 days	1.8 [0.2,13.1]
E. 4 days	1.8 [0.2,12.3]
F. 5 days	29.2 [24.0,35.0]
131. When did you last have a physical exam?	
A. Within the last 12 months	57.7 [51.2,63.9]
B. 1-2 years ago	15.9 [12.0,20.8]
C. More than 2 years ago	3 [1.1,8.4]
D. I don't remember	17.2 [9.9,28.0]
E. I've never had a physical exam	6.2 [2.2,16.2]
132. If your school has a school-based health center, how many times did you use it for services this year?	
A. My school does not have a school-based health center	33.1 [21.8,46.8]
B. 0 times	47.8 [35.2,60.6]
C. 1 time	9.3 [4.7,17.6]
D. 2 times	6.6 [4.0,10.5]
E. 3 or more times	3.3 [1.0,9.9]
133. Are you limited in any way in any activities because of any impairment or health problem?	
A. Yes	8.4 [5.5,12.7]
B. No	83.6 [79.8,86.9]
C. Not sure	7.9 [4.7,13.1]
134. Because of any impairment or health problem do you have any trouble learning, remembering, or concentrating?	
A. I do not have any impairment or health problem	42.5 [32.7,52.9]
B. Yes	15.9 [10.5,23.4]
C. No	35.2 [24.4,47.8]
D. Not sure	6.4 [3.5,11.3]

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

135. How often do you speak a language other than English at home?
- | | | |
|--|------|-------------|
| A. Never | 20.6 | [11.9,33.2] |
| B. Less than half the time | 46.3 | [42.6,50.1] |
| C. About half the time | 21.7 | [18.0,26.0] |
| D. More than half the time but not all of the time | 7.8 | [5.8,10.4] |
| E. All of the time | 3.6 | [1.1,10.9] |
136. Were you born in the USA or did you move here from another country?
- | | | |
|--|------|-------------|
| A. Born in the USA | 91.9 | [86.5,95.3] |
| B. Moved to USA 10 or more years ago | 5.9 | [2.4,13.6] |
| C. Moved to USA between 5 and 9years ago | 2.3 | [1.3,4.0] |
| D. Moved to USA less than 5 years ago | 0 | |
137. During the past 12 months, which of the following statements best describes the food eaten by you and your family?
- | | | |
|-------------------------------------|------|-------------|
| A. Enough food to eat | 91.8 | [85.8,95.4] |
| B. Sometimes not enough food to eat | 3.8 | [2.0,7.2] |
| C. Often not enough food to eat | 4.4 | [1.5,12.4] |

