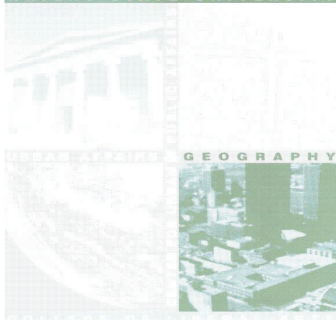


**Darke County
Youth Risk
Behavior Survey
2011**

WRIGHT STATE UNIVERSITY



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CHAPTER ONE – INTRODUCTION

In 2011, the Center for Urban and Public Affairs (CUPA) at Wright State University (WSU) partnered with the Darke County General Health District to conduct a youth health assessment with students at Darke County schools. The assessment is a portion of a larger community health assessment which will also include a survey of adults in Darke County and strategic planning based upon the outcome of the two survey instruments.

The youth survey instrument contains questions from the Youth Behavioral Risk Surveillance System (YBRSS) survey conducted by the Centers for Disease Control and Prevention (CDC), as well as other topics that were pertinent to youth in Darke County. The assessment addresses risk behaviors and health of students in grades 7-12.

Objectives

The overall goal of the youth health assessment is to assess risk behaviors of Darke County youth that could be prevented through education and prevention. The following paragraphs will detail the survey methodology and will profile the analysis that can be seen in this summary report. (The findings in this study will be included in a large Community Health Assessment report that will also profile adult risk behaviors.)

Methodology

The assessment is based on a pen and paper survey of 7th – 12th graders in Darke County. As stated previously, the survey contains portions of the YBRSS that is conducted annually by each state to assess health behaviors of youth. The middle school survey (72 questions) is very similar to the high school survey (88 questions) but contains slightly less detail on some topics. The survey instruments were approved by the Darke County General Health District and the participating school districts prior to implementation.

Sampling Design

At all schools, surveys were provided to teachers who administered the survey with students in a homeroom period at the beginning of the school day. In all cases, enough surveys were provided to each district to survey all students in the population, grades 7-12; however, some students at each district declined to participate.

Survey Implementation

Interviews were conducted with students in May 2011. Staff from CUPA provided the survey instruments to each participating school district and staff from each district implemented the survey with their students. CUPA staff then collected completed surveys from each district after they had been administered for scanning and analysis.

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Prior to administration of the survey, a passive permission form was sent home to parents giving them the choice of having their child not participate in the survey. Students were also given the opportunity to opt out of participating the day of the survey.

In total, 1,269 students participated, with 834 coming from Darke County high schools and 435 coming from Darke County middle schools. Given the number of students in grades 7-12 in Darke County, this equates to a margin of error of approximately 2.3 percent at the 95 percent confidence level.

Data Analysis

The data from Darke County students was crosstabbed by other survey questions in order to compare perceptions with reality (i.e. perceptions of weight vs. BMI), as well as to offer potential explanations for other responses. BMI data was used to crosstab some questions, to see if, for instance, lack of physical activity translates to students who are overweight or obese. Crosstabs by state and national data, where applicable, will be included in the final community health assessment report to provide a more detailed picture of risk behaviors in Darke County.

Limitations

The assessment has several limitations. First, the survey was a survey of 7th – 12th graders; while analysis of the data suggests that the survey was taken seriously by students (there were no questions with outlandish results), there still may have been questions with which students were unclear (and may not have asked for clarification). There were 34 surveys that were discarded because students did not take the survey seriously.

Secondly, teachers at the high school who implemented the survey themselves were provided with detailed instructions regarding implementation in their classrooms. It is our belief that teachers followed the guidelines for implementation, though we cannot be certain that this occurred, as districts chose to not have CUPA staff on site during implementation.

Sample Demographics

A series of demographic questions were asked of students in order to conduct analysis by age, grade, race and gender.

Grade

According to Middle school responses, 46.4 percent of students were in the 7th grade, while 52.9 percent of respondents were in the 8th grade. Among high school students, 30.8 percent were in the 9th grade, 27.8 percent were in the 10th grade, 20.0 percent were in the 11th grade, and 21.5 percent were in 12th grade.

Gender

Respondents were split almost evenly by gender. A slight majority of middle school respondents (51.4 percent) was male, while a slight majority of high school students (50.4 percent) was female.

Age

Students were also asked to identify their age. This is important when calculating Body Mass Index, as older students would be expected to have different heights and weights than younger students. Students at Darke County middle schools and high schools ranged in age from 12 to 18+. The table below details all responses.

Age	Students	Percentage
12	22	1.7%
13	178	14.0%
14	228	18.0%
15	252	19.9%
16	237	18.7%
17	193	15.2%
18+	158	12.5%

Race and Ethnicity

The final question in the demographic section of the survey asked students to identify their race. The majorities of both Middle school (88.6 percent) and High school (94.1 percent) students were white. Around four percent of middle school students (4.2 percent) and about 2.4 percent of high school students were Black, while the remaining students (7.2 percent at the Middle school and 3.5 percent at the High school) classified themselves as some other race.

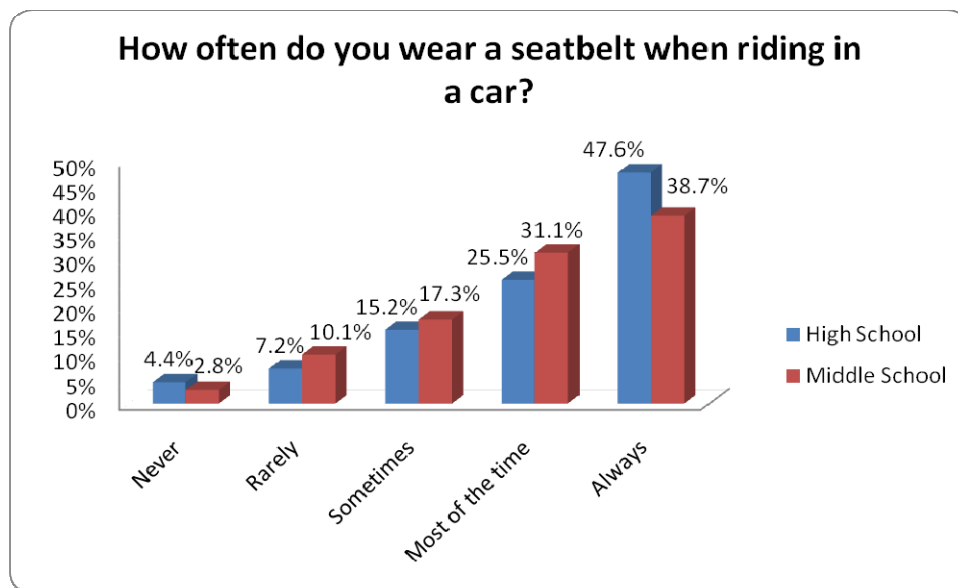
CHAPTER TWO – SAFETY

This chapter addresses safety issues related to middle school and high school students in Darke County, including motor vehicle safety and other reckless activities that can lead to injury.

Motor Vehicle Safety

Seatbelt Usage

High school and middle school students were asked to indicate how often they wear a seat belt when riding in a car. There were five responses possible in the question: “always”, “most of the time”, “sometimes”, “rarely”, or “never”. The figure below shows that 38.7 percent of middle school students and 47.6 percent of high school students always wear a seat belt when riding in a car, while 31.1 percent of middle school students and 25.5 percent of high school students indicated that they wear a seat belt most of the time. Of the students surveyed, 30.2 percent of middle school students and 26.8 percent of high school students represent those who only “sometimes, rarely, or never” wear a seatbelt while riding in a car.



Reckless Driving

The CDC¹ indicates that teenage drivers aged 16-19 are more likely to be in a motor vehicle accident than any other age group. The CDC identifies several contributing factors that make teenage drivers the most susceptible to accidents and poor driving habits which include:

¹ “Injury Prevention & Control: Motor Vehicle Safety,” Centers for Disease Control and Prevention, 26 April 2010, 30 June 2010, < http://www.cdc.gov/MotorVehicleSafety/Teen_Drivers/teendrivers_factsheet.html >

inexperience in handling dangerous situations while driving, lack of seat belt usage, cell phone usage and texting while driving, and underage drinking. These factors as well as others will be addressed throughout the following report.

High school students were asked how often during the week they use their cell phone while driving. While nearly half of respondents (45.0 percent) indicated that they do not have a driver's license, almost two-thirds of those who do have a driver's license (61.8 percent) indicated that they use their cell phone while driving at least once a week, with 105 students (22.9 percent of those who do have their driver's license) indicating that they use their cell phone while driving more than ten times per week.

Over half of respondents who have their driver's license (51.0 percent) reported that they have texted while driving in the past week. Almost 40 percent (39.7 percent) of those who indicated that they had texted while driving indicated that they had done so ten times or more in the past week.

Impaired Driving

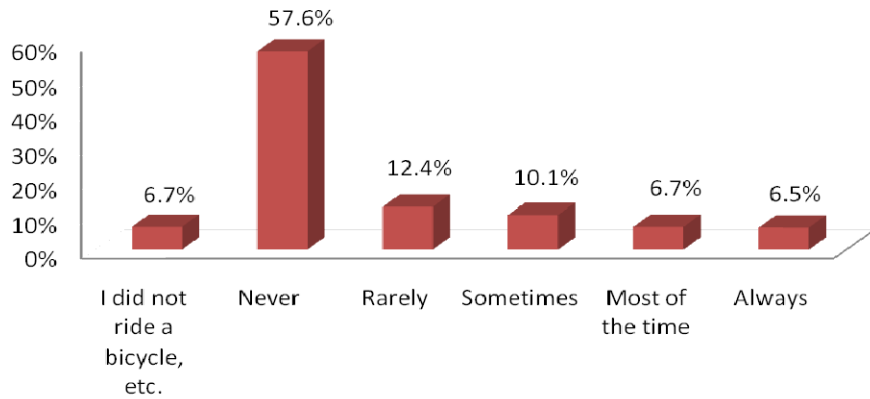
Middle school students were asked if they had ever been in a vehicle driven by someone who had been drinking alcohol. About one-third of middle school respondents (33.6 percent) indicated that they have been a passenger within a vehicle operated by someone under the influence of alcohol.

High school students were asked a slightly different question; specifically, if in the **past 30 days** they had been in a vehicle driven by someone who had been drinking alcohol. Responses indicated that 80.9 percent of high school students had not been in a vehicle with a person who had consumed alcohol in the past 30 days, while 19.1 percent stated they had been a passenger in a vehicle operated by a driver who had recently consumed alcohol in the past month, some on multiple occasions. About 8 percent of respondents (7.9 percent) indicated that they personally have driven a vehicle while under the influence of alcohol in the past 30 days.

Bicycle Safety

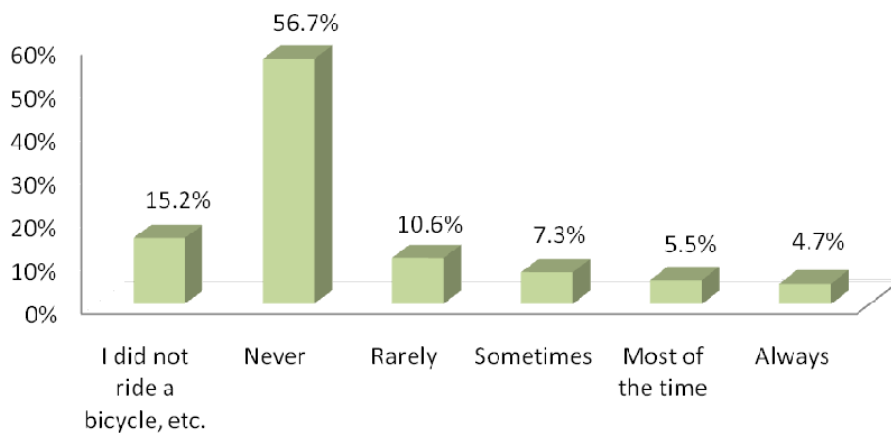
Middle school students were asked how often they wear helmets when riding a bicycle, rollerblades, skateboard, or a four wheeler (ATV) during the past 12 months. Student responses indicated that more than half (57.6 percent) of middle school students "never" wear a helmet. This percentage is significantly different from the percentage of students who indicated that they always wore a helmet while riding a bicycle, rollerblades, skateboard, or a four wheeler (ATV) (6.5 percent). The figure on the following page profiles all responses given by middle school students.

When you rode a bicycle, rollerblades, skateboard or four wheeler during the past 12 months, how often did you wear a helmet? (Middle School)



High school students showed similar tendencies in not wearing helmet when riding a bicycle, rollerblades, skateboard, ATV or dirt bike. Specifically, 56.7 percent of high school students surveyed indicated that they never wore a helmet, while just 4.7 percent indicated that they always wear a helmet. The figure below profiles all high school responses.

When you rode a bicycle, rollerblades, skateboard or four wheeler during the past 12 months, how often did you wear a helmet? (High School)



CHAPTER THREE – VIOLENCE

Both high school and middle school students were asked a series of questions focused on violence-related behaviors, both on and off school property. This chapter will profile responses related to carrying weapons and bullying in Darke County schools.

Violence-Related Behaviors

High school students were presented with several different questions about violence-related behaviors. First, respondents were asked if they had carried a weapon, such as a gun, knife, or club in the past thirty days and, if so, at what frequency.

Almost one in five respondents (18.0 percent of respondents) indicated that they had carried a weapon on at least one occasion in the past 30 days. Since a few respondents indicated in an open-ended question that they hunt for fun, this statistic in itself may not be alarming. However, crosstabs reveal that individuals who have carried a weapon in the past month were significantly more likely than those who have not carried a weapon to have been in a physical fight.

High school students were also presented with three additional questions related to violent activities. First, students were asked if they have been in a physical fight in the past 12 months. More than one-quarter of respondents (27.2 percent) indicated that they had been in a physical fight, some on multiple occasions.

Crosstabs by demographic variables revealed significant disparities. First, a crosstab by gender indicated a significant difference between the number of males and females who have been in a physical fight in the past 12 months. 33.6 percent of male respondents indicated that they had been in a physical fight, while only 21.0 percent of female respondents indicated that they had been in a physical fight. The crosstab run by grade also revealed a statistically significant disparity; freshmen were significantly more likely than students in other grades to have been in a physical fight. Specifically, 34.0 percent of 9th grade students indicated that they had been in a physical fight, compared to 27.8 percent of 10th grade students, 17.2 percent of 11th grade students, and 25.6 percent of 12th grade students.

Almost four percent of respondents (3.6 percent) indicated that they'd been in a physical fight that caused an injury so severe that they had to be treated by a medical professional.

Middle school students were asked three questions concerning violence-related behaviors. First, middle school students were asked if they had ever carried a weapon, such as a gun, knife, or club. Over one in three respondents (34.2 percent) indicated they had carried a weapon at some point in their lives. When asked if they have ever been in a physical fight, 46.0 percent of middle school students answered "yes". A crosstab by gender indicated a significant difference between the percentage of males (61.9 percent) and females (29.4 percent) that have ever been

in a physical fight. Over four percent of middle school students (4.1 percent) indicated have required treatment by a doctor or nurse for their injuries because of a physical fight.

Bullying Issues

The National Center for Victims of Crime estimates that 30 percent of youth in the United States are either active bullies or are targeted by bullies.² Over one-third (37.7 percent) of Darke County middle school students indicated that they had been bullied at some point in their lives. In the past 12 months, almost one in three (30.4 percent) high school students have been victims of bullying.

New technologies including social networking sites such as Facebook, MySpace and Twitter have caused a notable shift from in-person bullying to on-line bullying. Students were first asked if they use any social networking sites like Facebook, MySpace, or Twitter. Because of these sites, cyber-bullying is an increasing trend across the country. More than four in five middle school students (82.1 percent) and high school students (85.0 percent) indicated that they do use social networking sites.

Middle school and High school students were then asked to indicate how many times during the past 6 months they have been the victim of cyber-bullying. More than one in five (22.3 percent) Darke County middle school students indicated that they had been the victim of cyber-bullying at least once in the past 6 months. A slightly smaller number of high school students (16.3 percent) indicated that they had been victims of cyber-bullying. The majority of both middle school and high school students who indicated that they had been the victim of cyber-bullying indicated that the activity had taken place more than once.

Crosstabs indicated that, in general, both middle school and high school female students are more likely than male students to be victims of cyber-bullying. Specifically, 24.4 percent of high school female students reported being the victim of cyber-bullying, compared to just 7.9 percent of high school males. Among middle school responses, 34.0 percent of middle school females have experienced cyber-bullying, compared to just 11.3 percent of middle school males.

Dating Violence

The final tier of questions in the violence-related section of the survey asked students questions pertaining to dating violence. Specifically, students were asked if a boyfriend or girlfriend had ever hit, slapped, or physically hurt them on purpose in the past 12 months, as well as if they have ever been forced to have sexual intercourse when they did not want to.

² "Bullying and Harassment," The National Center for Victims of Crime, 2010, 30 June 2010, < <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=45311> >

In responses from high school students, 11.3 percent of students indicated that a boyfriend or girlfriend had hit, slapped, or physically hurt them in the past year. Crosstabs by gender revealed no significant difference between male and female respondents. Alarming, 8.6 percent of high school students (or 70 students) indicated that they have been forced to have sexual intercourse when they did not want to. The percentage of female students who indicated that they have been forced to have unwanted sexual intercourse (13.0 percent) is significantly higher than the percentage of their male counterparts (4.0 percent).

Fewer middle school students (4.0 percent) indicated that they have been hit by a boyfriend or girlfriend, while 4.7 percent of middle school students (20 students) have been forced to have sexual intercourse when they did not want to. Crosstabs revealed no significant difference between male and female respondents who had been hit by a boyfriend or girlfriend. However, female respondents (8.6 percent, or 18 respondents) were significantly more likely than male respondents (0.9 percent, or 2 respondents) to indicate that they have been forced to have unwanted sexual intercourse.

CHAPTER FOUR – MENTAL HEALTH

The following chapter will detail middle school and high school student responses in regards to questions dealing with mental health and suicide.

Mental Health

First, all respondents were asked if they had ever had a hard time concentrating on tasks in the past 12 months. More than half of both high school respondents (58.8 percent) and middle school respondents (55.6 percent) said that they have had a hard time concentrating.

Next, students were asked if, in the last 12 months, they had felt so sad or hopeless every day for two weeks in a row or more that they stopped doing some usual activities. Almost one quarter of high school respondents (27.2 percent) and middle school respondents (25.4 percent) indicated that this had taken place. Crosstabs by gender reveal a significant difference between females and males who indicated feeling these emotions in the last twelve months, with 32.7 percent of females indicating that they had felt this way compared to only 21.3 percent of males.

Respondents were also asked to whom they would speak if they were depressed, or felt sad or hopeless. The highest percentage of respondents (both in high school and middle school) indicated that they would talk to their friends. Middle school and high school students were equally likely to talk to their parents, while high school students were also likely to talk to a significant other. The table below profiles all responses.

<u>Source of Information</u>	<u>Middle School Students</u>	<u>High School Students</u>
No one	30.5%	23.8%
Pastor / priest	1.6%	2.2%
Youth minister	1.4%	4.3%
School counselor	1.6%	2.1%
Best friend	47.0%	54.1%
Sibling	13.3%	15.5%
Scout master	1.2%	0.4%
Professional counselor	2.6%	3.6%
Boyfriend / girlfriend	18.1%	32.4%
Parents	29.5%	30.6%
Teacher	2.8%	4.3%
Someone else	2.6%	4.5%

Suicide

Responses related to thoughts of suicide among Darke County youth were somewhat alarming. Almost 17 percent (16.9 percent) of Darke County high school students and 14.0 percent of

middle school students indicated that they had seriously considered committing suicide in the past 12 months. When asked if they had actually attempted suicide, 8.6 percent of high school students indicated that they had done so at some point in the past 12 months, while 7.9 percent of middle school students have done so at some point in the past 12 months, many on more than one occasion. When asked if they have tried to purposely hurt themselves during their life, 30.5 percent of high school students and 34.9 percent of middle school students responded “yes”.

Of those students who had attempted suicide, 16 of 71 high school students and 11 of 34 middle school students indicated that their suicide attempt resulted in an injury that caused them to need to see a doctor.

CHAPTER FIVE – TOBACCO, ALCOHOL, AND DRUG USE

The next section of the survey asked about tobacco, alcohol, and drug use among Darke County youth.

Tobacco Use

Cigarettes

First, respondents were asked if they had ever tried cigarette smoking, even one or two “puffs”. Over one in four (28.6 percent) middle school students and almost half (49.4 percent) of high school students indicated that they have tried cigarette smoking at some point.

Students were then asked if anyone in their household smoked cigarettes. Over half (56.8 percent) of middle school students and almost half (48.8 percent) of high school students indicated that someone in their household smokes cigarettes.

When asked how old they were when they smoked a whole cigarette for the first time, the highest percentage of respondents who had smoked a whole cigarette indicated that they were between 11 and 13 years of age. The table below profiles all responses.

	Percentage of middle school Students	Percentage of high school Students
I have never smoked a whole cigarette	78.1%	57.4%
8 or younger	3.9%	2.4%
9	0.5%	3.9%
10	1.8%	7.1%
11	3.0%	13.2%
12	3.7%	12.4%
13 or older	9.0%	3.6%

About twelve percent of middle school students (12.4 percent) and 26.0 percent of high school students indicated that they had smoked a cigarette on at least one day in the past 30 days, with 2.8 percent of middle school students and 13.3 percent of high school students indicating that they have smoked at least 20 of the past 30 days.

Students were then asked if they smoke cigarettes daily or at least one cigarette every day for 30 days. Almost 5 percent (4.9 percent) of middle school students and 14.0 percent of high school students indicated that they do smoke daily.

When asked how many cigarettes they smoked on days that they smoked in the past 30 days, 3.9 percent of middle school students said less than one per day, 2.3 percent said one per day, and another 3.5 percent indicated that they smoke 2-5 cigarettes per day. The highest

percentage of high school students who indicated that they smoke smokes 2-5 cigarettes per day (8.6 percent), while 6.1 percent smoke 6 to 10 cigarettes per day, 2.2 percent smoke 11 to 20 cigarettes per day, and 6 students (0.7 percent) indicated that they smoke more one pack of cigarettes per day on the days they smoke.

When asked how they obtained their cigarettes, the most common response among middle school students who smoked in the past 30 days was “I borrowed or bummed them off of someone”, which was cited by 5.3 percent of middle school students. Almost 7 percent (6.8 percent) of high school students who smoked in the past 30 days indicated that they “borrowed or bummed them from someone” while 8.2 percent of high school students and 0.2 percent of middle school students indicated that they bought them from store such as a convenience store, supermarket, discount store, or gas station. Another 5.2 percent of high school students and 2.5 percent of middle school students gave someone money to buy them cigarettes, while 4.2 percent of high school students and 2.1 middle school students indicated that their parents or another person 18 years old or older gave them cigarettes.

High school students were then asked how much they think people risk harming themselves by smoking cigarettes. Over two-fifths of respondents (43.8 percent) believe that cigarettes pose great risk, 34.7 believe cigarettes pose moderate risk, and 21.4 percent believe that cigarettes pose little to no risk.

High school students were also asked if they have tried to quit smoking in the past 12 months. More than half of students who have smoked in the past twelve months (52.7 percent of those who had smoked) indicated that they have tried to quit smoking.

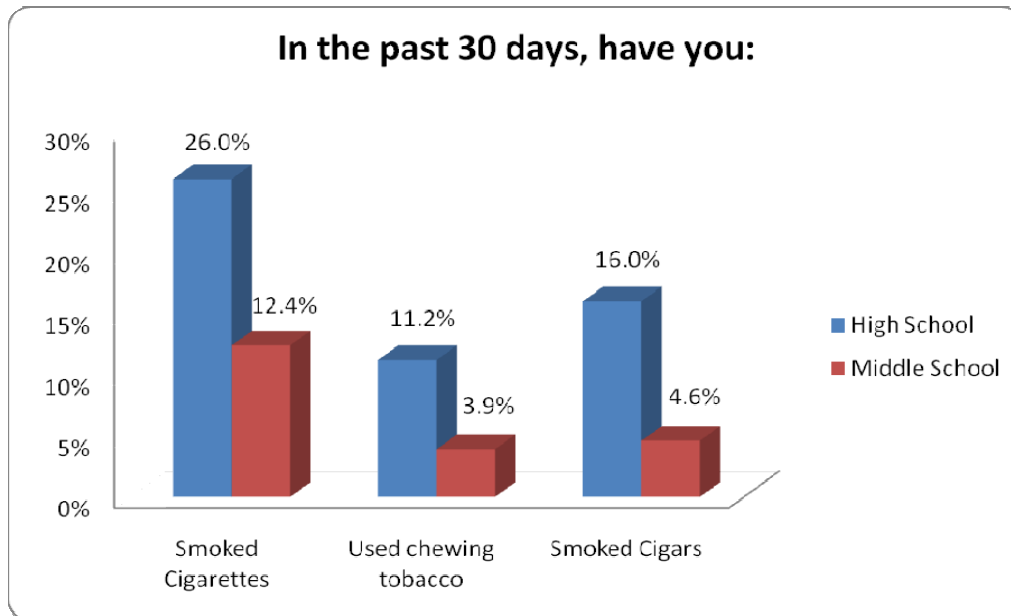
Finally, high school students were asked how they believe their parents or guardians would feel about them smoking cigarettes. The majority of respondents (70.1 percent) believe their parents would strongly disapprove of them smoking cigarettes, 19.6 percent believe their parents would disapprove somewhat, and 10.3 percent believe their parents would not care or would approve of them smoking.

Cigars

Respondents were also asked about their use of cigars, cigarillos and little cigars in the past 30 days. Almost 5 percent of middle school students (4.6 percent) and 16.0 percent of high school students indicated that they have smoked cigars, cigarillos, or little cigars in the past month.

Chewing Tobacco

Next, respondents were asked if they have used any sort of chewing tobacco, snuff, or dip in the past 30 days. Less than four percent of middle school students (3.9 percent) and 11.2 percent of high school students indicated that they had used chewing tobacco in the past month.



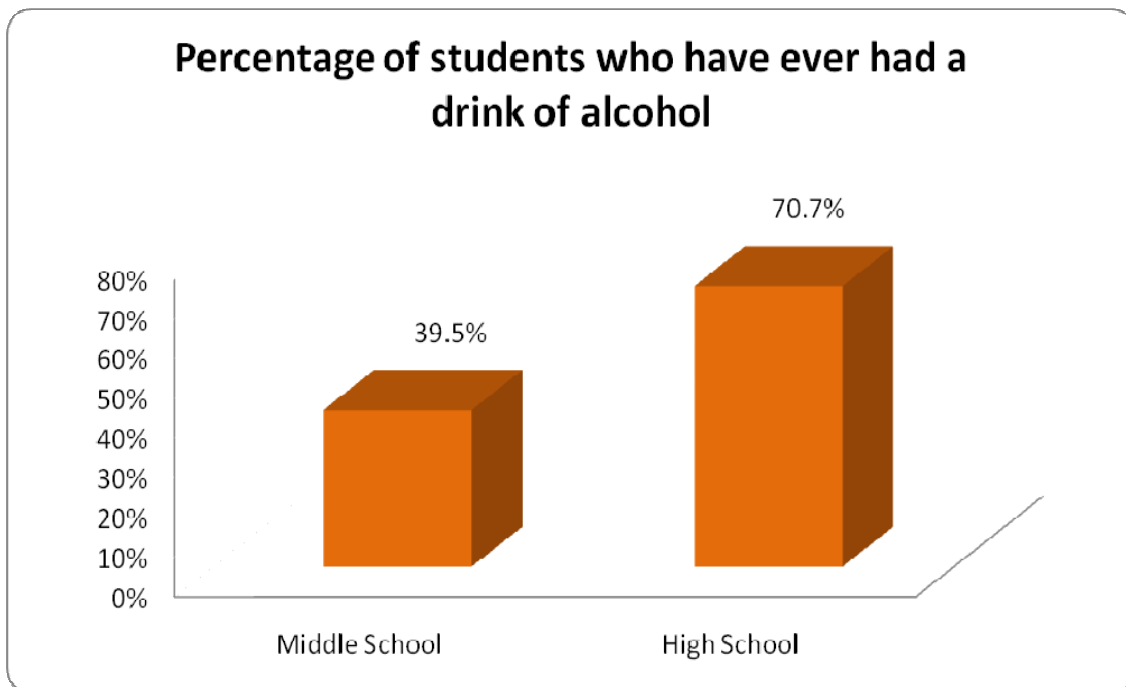
Alcohol Use

Next, respondents were asked a series of questions pertaining to alcohol consumption. High school students were asked five questions to profile their use of alcohol, while middle school students were asked a slightly scaled-back series of three questions.

First, middle school students were asked if they had ever had a drink of alcohol, other than a few sips. Well over one-third of respondents (39.7 percent) indicated that they had had at least one drink of alcohol. Over two-thirds of high school students (70.7 percent) indicated that they had had at least one drink of alcohol in their lives, with more than one-third of all high school students (37.0 percent) indicating that they have consumed alcohol on 10 or more occasions.

High school students were also asked if they had consumed alcohol in the past 30 days. Almost forty percent of respondents (39.4 percent) indicated that they had had at least one drink of alcohol in the past month. Almost twenty percent of high school students consumed alcohol 1 or 2 days in the past month (18.3 percent), while 21.1 percent of students who drank did so on 3 days or more within the past month.

High school students were asked about their experience with binge drinking, defined as consuming 5 or more drinks of alcohol in a row within a couple of hours. Alarming, almost thirty percent of Darke County high school students surveyed (28.1 percent) indicated that they have participated in binge drinking at least once in the past 30 days, with many doing so on multiple occasions.



Next, both high school and middle school students were asked the age at which they first tried alcohol, other than a few sips. The highest percentage of both middle school students (13.9 percent) and high school students (23.8 percent) first tried alcohol when they were 13 or 14. The table below profiles all responses.

	Percentage of Middle school Students	Percentage of High school Students
I have never had a drink of alcohol	60.4%	30.1%
8 or younger	6.3%	5.2%
9-10	6.7%	4.1%
11-12	12.0%	10.3%
13-14	13.9%	23.8%
15-16	0.7%	22.4%
17+	-	4.1%

High school students were then asked how much they think people risk harming themselves by drinking alcohol. About one-fourth of respondents (26.2 percent) believe that drinking alcohol poses a great risk, 38.2 percent believe it poses moderate risk, and 35.7 percent believe it poses little to no risk.

High school students were then asked how they thought their parents or guardians would feel about them drinking alcohol. Over two-fifths of respondents (41.6 percent) indicated that they

believe their parents would strongly disapprove of them drinking alcohol, 35.5 percent believe their parents would disapprove somewhat, and 23.0 percent believe their parents would approve or would not care.

Finally, both middle school and high school students were asked how they received the alcohol that they drank in the past 30 days. When asked how they receive the alcohol that they drink, the highest percentage of high school students indicated that “I gave someone else money to buy it for me” (14.7 percent) or “someone gave it to me” (12.9 percent). Middle school students were most likely to indicate that someone gave them alcohol (9.2 percent), or they took it from a store of family member (4.4 percent).

Drug Use

All respondents were asked a series of questions pertaining to drug use. High school students were asked 16 questions concerning the frequency of specific drug use, while middle school students were asked 11 questions with a more general focus on drug use.

First, all students were asked if anyone has ever tried to sell or give them any illegal drugs. Almost one-half of high school students (44.7 percent) and almost one-fifth of middle school students (19.9 percent) indicated that someone at some point had tried to sell or give them illegal drugs.

Marijuana

First, high school respondents were asked if they believe people risk harming themselves by smoking marijuana. About one in three respondents (33.7 percent) indicated that they believe marijuana poses a great risk, while 19.2 percent said marijuana use poses a moderate risk, 23.8 percent said marijuana use poses a slight risk and 23.2 percent said marijuana use poses no risk at all.

High school students were also asked how they believe their parents would feel about them smoking marijuana. Most respondents (79.3 percent) said that their parents would strongly disapprove, while 12.6 percent believe their parents would disapprove some. Of the remaining respondents, 5.5 percent indicated that their parents would not care, while 2.6 percent said that their parents would approve.

Next, high school and middle school respondents were asked if they had ever used marijuana. Over one-third of high school students (39.4 percent) and almost one-tenth of middle school students (9.7 percent) indicated that they had used marijuana before. Of high school students who had used marijuana, most had done so on 3 or more occasions in their lifetimes.

As was the case with cigarette and alcohol use, respondents were asked to indicate their age when they tried marijuana for the first time. The highest percentage of middle school students

indicated that they were 13 years of age or older, while high school students were most likely to say 13 or 14 years of age. The table below profiles all responses.

	Percentage of Middle school Students	Percentage of High school Students
I have never tried marijuana	90.3%	60.8%
8 or younger	-	1.2%
9-10	0.5%	1.7%
11-12	3.5%	4.2%
13-14	5.3%	14.6%
15-16	0.5%	13.7%
17+	-	3.8%

High school students were then asked how many times they had smoked marijuana in the past 30 days. Nearly one in five respondents (19.4 percent) have smoked marijuana in the past 30 days, with 7.1 percent smoking 1 or 2 times, and the remaining 12.3 percent of students smoking 3 times or more over the course of the past 30 days.

Other Drugs

Finally, respondents were asked a series of questions pertaining to the use of other illegal drugs. Respondents were provided with a list of drugs and were asked to indicate if they had ever used these drugs in their lifetimes.

The most commonly used drug among those discussed was prescription pills not prescribed to the respondent, with 15.6 percent of high school students and 4.4 percent of middle school students indicating that they had used these drugs at some point in their lives. Respondents who indicated that they had abused prescription drugs were most likely to indicate that a friend gave them the drugs, or that they took them from the medicine cabinet without their parents' knowledge.

Other responses included:

- Cocaine (used by 6.4 percent of high school students during their lifetimes and by 2.3 percent in the past 30 days, 1.4 percent of middle school students)
- Sniffed glue or contents of an aerosol can to get high (used by 11.7 percent of high school students and 9.7 percent of middle school students)
- Heroin (used by 2.2 percent of high school students and 0.2 percent of middle school students (1 student))
- Methamphetamines (used by 3.5 percent of high school students and 0.9 percent of middle school students)
- Ecstasy (used by 5.2 percent of high school students and 0.5 percent of middle school students)

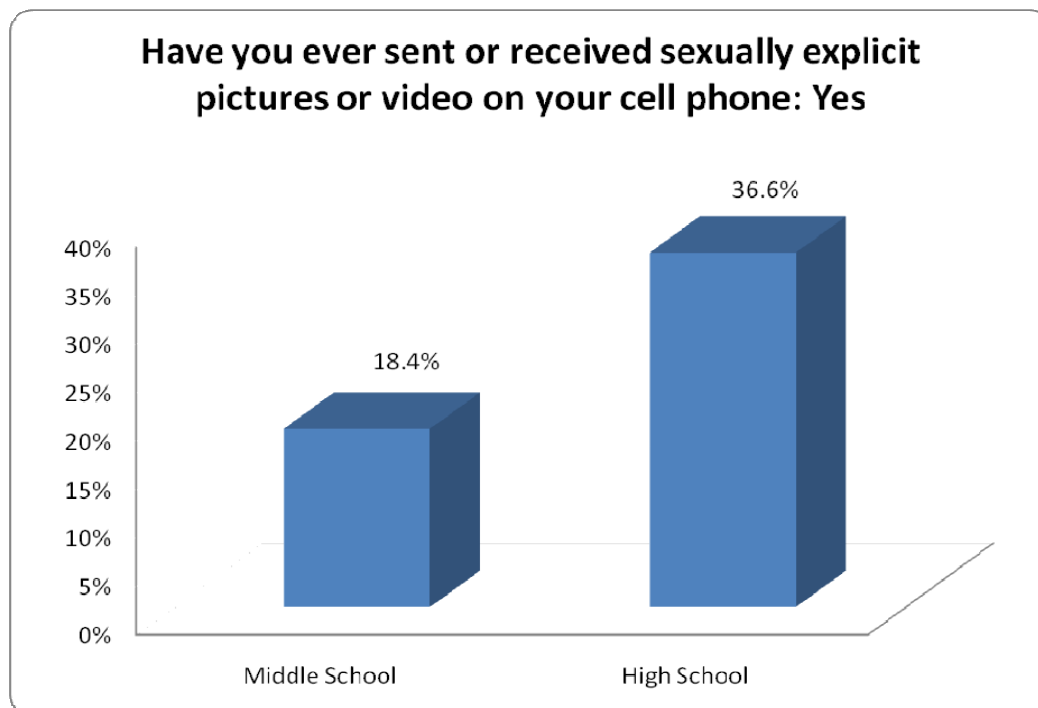
- Steroid pills or shots (used by 3.5 percent of high school students and 1.2 percent of middle school students)
- Illegal drugs injected by a needle (used by 1.7 percent of high school students)

CHAPTER SIX – SEXUAL BEHAVIOR

The following chapter discusses sexual behaviors of middle and high school students in Darke County. Students were first given a definition of what is considered sexual behavior- having sex, including oral sex or anal sex, with another person. High school students were presented with two questions concerning sexual activity, while middle school students were asked one question concerning sexual activity.

High school students were first asked if they planned to abstain from sexual activity until marriage. Nearly one-third of high school students (31.9 percent) indicated that they do plan to abstain from sexual activity until marriage.

Both high school and middle school students were asked if they had ever sent or received sexually explicit pictures or videos on their cell phone, also known as “sexting”. More than one-third of high school students (36.6 percent) and 18.4 percent of middle school students indicated that they had participated in sexting.



CHAPTER SEVEN – DIET AND EXERCISE

This chapter discusses the physical health of Darke County youth. To assess overall physical health, questions were asked pertaining to diet and exercise. Specifically, students were asked questions pertaining to their perception of their weight, the amount of physical activity they get, and the types of foods that they eat regularly. In order to assess whether student perceptions of weight were accurate, students were asked to provide their heights and weights so that a Body Mass Index (BMI) could be calculated.

Body Weight

The first question posed to both middle school and high school students asked them to describe themselves as “very underweight”, “slightly underweight”, “about the right weight”, “slightly overweight”, or “very overweight”.

Over half of high school (53.5 percent) and middle school (58.4 percent) respondents indicated they were “about the right weight”. Nearly one third of high school (33.1 percent) and one fourth of middle school (25.4 percent) students reported being “slightly overweight” or “very overweight”. When asked what they are trying to do about their weight, high school and middle school answers were noticeably similar, as profiled in the table below.

	Percentage of Middle school Students	Percentage of High school Students
<i>Lose weight</i>	44.0%	47.0%
<i>Gain weight</i>	10.6%	14.0%
<i>Stay the same weight</i>	24.1%	21.4%
<i>I'm not trying to do anything about my weight</i>	21.3%	17.6%

Next, students were presented with a series of questions concerning weight loss and exercise methods they had employed or are currently employing. High school students were asked to read five statements that described varying weight loss methods and to identify which they had used in the past 30 days. The statements included:

- During the past 30 days, did you exercise to lose weight or to keep from gaining weight?
- During the past 30 days, did you eat less food, fewer calories, fewer carbs, or foods low in fat to lose weight or to keep from gaining weight?
- During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?
- 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.)

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

Most high school students (60.0 percent) indicated they have exercised to lose weight or keep from gaining weight- more than any other weight loss method. Almost 40 percent (38.4 percent) of high school students indicated that they ate less food, fewer calories, fewer carbs, or foods low in fat to lose weight or to keep from gaining weight. Less than 20 percent of students indicated using the remaining weight loss methods within the past 30 days. Specifically, 10.3 percent of high school students have fasted to lose weight or keep from gaining weight, 5.5 percent have used diet pills or products and 4.0 percent have vomited or used laxatives. Crosstabs by gender indicate a significant difference between the percentage of females and males who exercised to lose weight or keep from gaining weight, with 67.4 percent of females indicating that they had compared to only 52.3 percent of males.

Middle school students were presented with statements similar to those above, but were asked if they had ever used any of the weight loss methods as opposed to having only used them in the past 30 days. Nearly two-thirds of middle school students (64.3 percent) indicated that they had used exercise as a weight loss method or to keep from gaining weight and almost half of middle school students (41.0 percent) reported eating less food, fewer calories, or less fat to lose weight or keep from gaining weight.

Middle school students were more likely than high school students to report fasting to lose weight (though, it should be noted that the middle school survey asked “ever”, while the high school survey asked about the past 30 days). Specifically, 18.0 percent of middle school students report fasting to lose or maintain their weight. Five percent (5.0 percent) reported using diet pills, and 4.3 percent have vomited or taken laxatives. Crosstabs by gender indicate that female middle school students are much more likely to exercise or consume fewer calories in order to lose weight. Crosstabs by BMI indicate that individuals who are overweight or obese are more likely to exercise or consume fewer calories to lose weight compared to individuals who have a healthy BMI.

In order to assess whether student perceptions of weight are accurate, respondents were asked to provide their height and weight. While approximately 9 percent of all students declined to provide this information, many students answered these questions, allowing researchers to calculate the Body Mass Index of students in Darke County. This measurement is taken using the CDC’s protocol for calculating teenage BMI, which takes into account the age, gender, height and weight of the respondent. For more information, please visit <http://apps.nccd.cdc.gov/dnpabmi>.

The BMI calculations revealed that 69.1 percent of Darke County middle school students are at a healthy weight, while slightly fewer (65.3 percent) high school students are at a healthy weight. Of the remaining middle school students, 3.5 percent are underweight, 18.7 percent are

overweight, and 8.7 percent are obese. Of the remaining high school students, 2.9 percent are underweight, 16.8 percent are overweight and 15.0 percent are obese.

Physical Activity

The next section of the survey asked students questions pertaining to physical activity. Students were first asked on how many days they were physically active for at least 60 minutes or more during the past 7 days. The majority of high school (88.9 percent) and middle school students (93.6 percent) were active at least one day or more for at least 60 minutes. Most high school students (73.2 percent) do not take any PE classes in a week, while just 18.4 percent have a PE class five days per week. Less than one-third of middle school students (30.9 percent) indicated that they do not have PE classes at all in a week, while 63.4 percent indicated that they have PE classes 5 days in the average school week.

Students were then asked how many hours they watch television on an average school day. More than half of high school (58.6 percent) and middle school students (54.9 percent) indicated watching 1 to 3 hours of television on an average school day, while 7.3 percent of high school students and 9.0 percent of middle school students do not watch any television.

Students were also asked how many hours they spend on a computer or playing video games on the average school day. Almost 19 percent of high school students (18.8 percent) indicated that they do not play video games or spend time on the computer, while 25.1 percent indicated spending less than one hour playing video games or spending time on the computer. Middle school responses indicated that 22.8 percent of middle school students spend less than one hour or more playing video or computer games on the average school day. Over half (54.0 percent) spend 1 to 4 hours playing video or computer games, while just 12.5 percent indicated that they never play video or computer games on the average school day.

When asked to indicate how many different sports teams they were a part in the past 12 months, 35.8 percent of middle school students indicated none, while 64.2 percent indicated being on at least one or more, with 21.0 percent of respondents participating on three or more teams. More than one-third of high school students (41.9 percent) indicated not being a part of a sports team, while 58.1 percent were a part of one or more teams, with 14.8 percent being a part of three or more teams. A crosstab by BMI shows that students who are classified as being at a “healthy weight” are significantly more likely than students who are overweight or obese to report participation on a sports team.

Diet

Students were then asked a series of questions about eating and drinking habits. Students were asked to identify how many times during the past 7 days they ate or drank a specific type of food or drink.

Students were first asked how many times they ate fruit. Less than one-third of high school respondents (30.2 percent) eat fruit at least once a day, with 4.4 percent of students having 4 or more servings of fruit daily. Middle school students responded similarly with 29.7 percent of respondents indicating that they eat fruit at least once a day, with 6.0 percent having 4 or more servings of fruit daily. Students were slightly more likely to indicate that they eat vegetables (other than potatoes), with 36.4 percent of high school respondents and 32.5 percent of middle school respondents indicating that they eat vegetables at least once a day, and 4.9 percent of high school respondents and 4.5 percent of middle school respondents eating at least 4 servings daily.

Students were also asked how many times during the past 7 days they ate potatoes, other than French fries, fried potatoes, or potato chips. The majority of high school respondents (50.4 percent) and middle school respondents (42.1 percent) indicated that they ate potatoes 1 to 3 times during the past 7 days, while only 15.9 percent of high school students and 13.7 percent of middle school students ate potatoes at least once daily.

When asked about beverage consumption, about half of high school (51.1 percent) and middle school (47.0 percent) respondents report drinking milk at least once daily, while far fewer high school students (21.8 percent) and middle school students (21.2 percent) reported drinking fruit juices such as apple, orange, or grape juice daily. About 40 percent of high school students (37.3 percent) and middle school students (40.6 percent) reported drinking at least one can, bottle, or glass of soda or pop daily, while 6.1 percent of high school students and 8.5 percent of middle school students indicated that they drink at least one energy drink per day. The percentage of respondents consuming each of these products, and their regularity in doing so, can be found in the appropriate appendix for the middle school and high school surveys.

CHAPTER EIGHT – ADDITIONAL TOPICS

The survey also included several other questions pertaining to other health topics. These questions will be profiled briefly in this chapter.

Other Health Topics

The final questions posed to students addressed a variety of health concerns. First, students were asked if they had ever been taught AIDS or HIV infection in school. Eighty percent of high school students (80.0 percent) and 66.4 percent of middle school students indicated that they had received this education.

Students were also asked if they had ever been told by a doctor or nurse that they have asthma. About 20 percent of high school students (20.4 percent) and 16.0 percent of middle school students have been told they have asthma. Forty middle school students (57.9 percent) and 93 high school students (55.7 percent) indicated that they still have asthma, which constitutes the majority of each group.

Finally, students were asked about the length of time since they had last visited the dentist of a dental clinic. The majority of high school students (70.1 percent) and middle school students (72.7 percent) indicated that they had last visited a dentist or dental clinic less than one year ago, while 5.3 percent of high school students and 4.2 percent of middle school students indicated that it had been more than 5 years since they had last visited a dentist or dental clinic.

