

# Wyoming Youth Risk Behavior Survey 2003

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State Superintendent  
of Public Instruction  
Wyoming Department of Education



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# RESULTS OF THE 2003 WYOMING YOUTH RISK BEHAVIOR SURVEY

Prepared for

The Wyoming Department of Education  
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This 2003 Wyoming YRBS report, a summary document, and detailed tables and graphs can be found at the Wyoming Department of Education's web site at [www.k12.wy.us](http://www.k12.wy.us). For additional hard copies or for further information, contact the Wyoming Department of Education at (307) 777-5315.

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## **Acknowledgements**

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We credit the success of the 2003 survey to the many individuals who worked with us throughout the survey process, including school district superintendents, principals, teachers, school health personnel, and especially the individuals who agreed to be survey coordinators and administrators. We also thank the middle school and high school students who participated in this year's survey.

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Martha C. Engstrom  
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## **Executive Summary**

The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention to measure the major health risk behaviors performed by youth. These health risk behaviors include: behaviors that contribute to intentional and unintentional injuries; the use of tobacco, alcohol, and other drugs; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; unhealthy dietary behaviors; and inadequate physical activity. These health risk behaviors are known to cause premature morbidity and mortality among youth, and to lead to chronic disease and the leading causes of morbidity and mortality among adults.

In Wyoming, the YRBS high school survey has been conducted every other year since 1991, and the YRBS middle school survey has been conducted every other year since 1999. The 2003 statewide high school survey was completed by 1552 students in 45 public schools in Wyoming during the spring semester. The 2003 statewide middle school survey was completed by 1945 students in 45 public schools in Wyoming during the spring semester. The results of the 2003 statewide high school survey are representative of all students in grades 9 through 12, and the results of the 2003 statewide middle school survey are representative of all students in grades 6 through 8. See the Appendix 1 and Appendix 2 of the 2003 Youth Risk Behavior Survey report for a detailed discussion of the survey methods and a description of the demographic characteristics of the sample.

### Why Are the Results of the YRBS Important?

The Wyoming Department of Education uses the YRBS results to help determine how many Wyoming youth engage in health risk behaviors and to create school health programs to help reduce these behaviors. For example, the Wyoming Departments of Education, Health, and Family Services have collaborated to fund pilot projects in six school districts as part of the Healthy Living, Healthy Learning program. This school health program is designed to coordinate services in schools and communities that support the physical, social, and cognitive development of children.

As shown in the charts in this report, the YRBS results can be used to explore age and gender differences in the health risk behaviors performed by Wyoming students. Some behaviors are more likely to be performed by younger students (e.g., inhalant use), and some behaviors are more likely to be performed by older students (e.g., sexual activity). Similarly, some behaviors are more likely to be performed by males (e.g., carrying a weapon on school property), and some behaviors are more likely to be performed by females (e.g., weight control behaviors such as fasting, using diet aids, and vomiting or using laxatives).

The YRBS results also can be used to explore relationships among different health risk behaviors performed by youth. For example, the YRBS data can be analyzed to determine if students who reported having been taught about AIDS or HIV were more likely to have used a condom the last time they had sexual intercourse. Later this year, the Wyoming Department of Education will publish a series of Fact Sheets describing the relationships among different health risk behaviors measured by the YRBS.

The Wyoming Department of Education also uses the YRBS data to explore trends over time and to make comparisons with other states. In 2002, the Wyoming Department of Education published “Wyoming Youth Risk Behavior Survey Ten-Year Comparison, 1991-2001,”<sup>1</sup> which compared the results of the Wyoming High School Youth Risk Behavior Surveys from the years 1991 through 2001. Later this year, the Wyoming Department of Education will publish a series of Fact Sheets comparing Wyoming’s YRBS data to data from other states and to national data.

### How Can You Use the Results of the YRBS?

Because the statewide YRBS data are representative of students throughout the state, you can use the statewide results to determine the health risk behaviors that are most likely to be performed by students at your own school, and you can then target these problem behaviors with prevention and intervention programs.

Additionally, in 2001, the Wyoming Department of Education started offering a school-level survey option for high schools. With this option, high schools that choose to survey all of their students (instead of a sample of students) receive high school level reports that were created from the survey responses of their own students. In 2003, 49 high schools chose to participate in this option. The high schools that chose to survey all of their students can compare their own high school data to the state and national YRBS data. If these schools continue to survey all of their students in future years, the data from the high school level reports can be compared over time, and these data can be used for program planning and evaluation at the school level.

Specific examples of ways that you can use the data from the statewide and local Youth Risk Behavior Surveys include:

- Developing targeted at-risk plans to address the health risk behaviors of youth
- Developing nutrition and physical education programs
- Selecting health education curricula
- Evaluating Safe and Drug Free Schools programs
- Tracking outcomes of projects such as the Coordinated School Health pilots and 21<sup>st</sup> Century State Incentive Grant programs
- Developing grant proposals

### How This Report is Organized

This report includes an executive summary section and four sections presenting results for each of the major content areas of the YRBS. This executive summary includes highlights of the 2003 survey and a comparison of the survey results over time. In the “Highlights,” the percentages are rounded to the nearest whole number.

Each of the content area sections includes a “Wyoming Fast Facts” section, charts of the middle school survey results, and charts of the high school survey results. Some charts present results for only one question, and other charts present results for more than one question. The single question bar charts show the results by gender and by grade in the same chart. Questions that are presented in multiple question bar charts are presented in two different charts: one with gender breakdowns, and one with grade breakdowns.

## **Highlights of the 2003 YRBS**

### **MOST STUDENTS ARE ENGAGING IN POSITIVE HEALTH BEHAVIORS:**

#### **Intentional and Unintentional Injuries**

- 77% of middle school students have never seriously thought about killing themselves
- 79% of high school students did not seriously consider attempting suicide during the past 12 months
- 81% of high school students did not drink and drive during the past 30 days
- 75% of high school students did not carry a weapon during the past 30 days
- 69% of high school students were not in a physical fight during the past 12 months

#### **Use of Tobacco, Alcohol, and Other Drugs**

- 85% of middle school students have not used any tobacco during the past 30 days
- 87% of middle school students have never used marijuana
- 96% of middle school students have never used steroids
- 88% of high school students have never used methamphetamines
- 94% of high school students have never used ecstasy

#### **Sexual Behaviors**

- 84% of middle school students have never had sexual intercourse
- 75% of middle school students were taught about AIDS/HIV in school
- 88% of high school students were taught about AIDS/HIV in school

#### **Nutrition, Weight, and Physical Activity**

- Only 9% of middle school students are overweight based on the Body Mass Index
- Only 7% of high school students are overweight based on the Body Mass Index
- 81% of middle school students participated in 20 minutes of aerobic activities on three or more of the past seven days



## Highlights of the 2003 YRBS

### THE CHALLENGES AHEAD:

#### **Intentional and Unintentional Injuries**

- Only 31% of middle school students always wore a seatbelt when riding in a car
- Only 38% of high school students always wore a seatbelt when riding in a car driven by someone else
- Only 10% of middle school students always wore a helmet when riding a bicycle (of students who rode a bicycle)
- Only 5% of high school students always wore a helmet when riding a bicycle (of students who rode a bicycle during the past 12 months)
- 40% of middle school students had ridden in a car driven by someone who had been drinking alcohol
- 55% of middle school students had ever been in a physical fight
- 31% of high school students were in a physical fight during the past 12 months

#### **Use of Tobacco, Alcohol, and Other Drugs**

- 35% of middle school students have tried cigarette smoking
- 33% of high school students have used tobacco during the past 30 days
- 46% of middle school students have ever had a drink of alcohol
- 49% of high school students have had a drink of alcohol during the past 30 days
- 39% of high school students have ever used marijuana

#### **Sexual Behaviors**

- 16% of middle school students ever had sexual intercourse
- 46% of high school students ever had sexual intercourse
- 64% of high school students used a condom at last sexual intercourse (of those who had had sexual intercourse during the past three months)
- 27% of high school students drank alcohol or used drugs before last sexual intercourse (of those who had had sexual intercourse during the past three months)

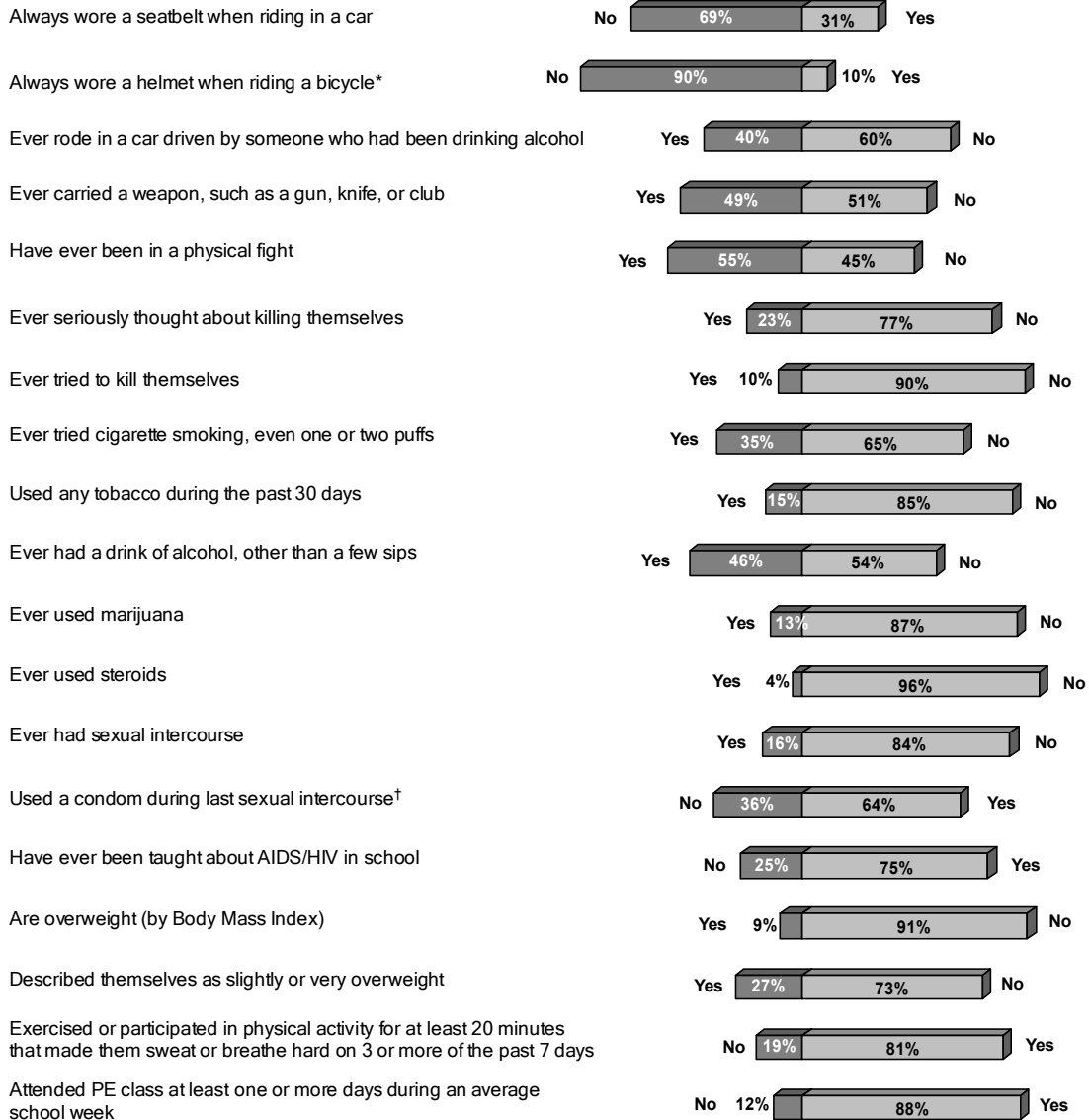
#### **Nutrition, Weight, and Physical Activity**

- 41% of middle school students are trying to lose weight, although only 9% are overweight based on the Body Mass Index
- 43% of high school students are trying to lose weight, although only 7% are overweight based on the Body Mass Index
- Only 23% of high school students ate five or more servings of fruits and vegetables per day during the last seven days
- Only 24% of high school students drank three or more glasses of milk per day
- 31% of middle school students watched three or more hours of TV per day on an average school day
- 27% of high school students watched three or more hours of TV per day on an average school day

# Highlights of 2003 Wyoming Middle School Survey

## Positive vs. Negative Health Behaviors

### Percentage of participants who:



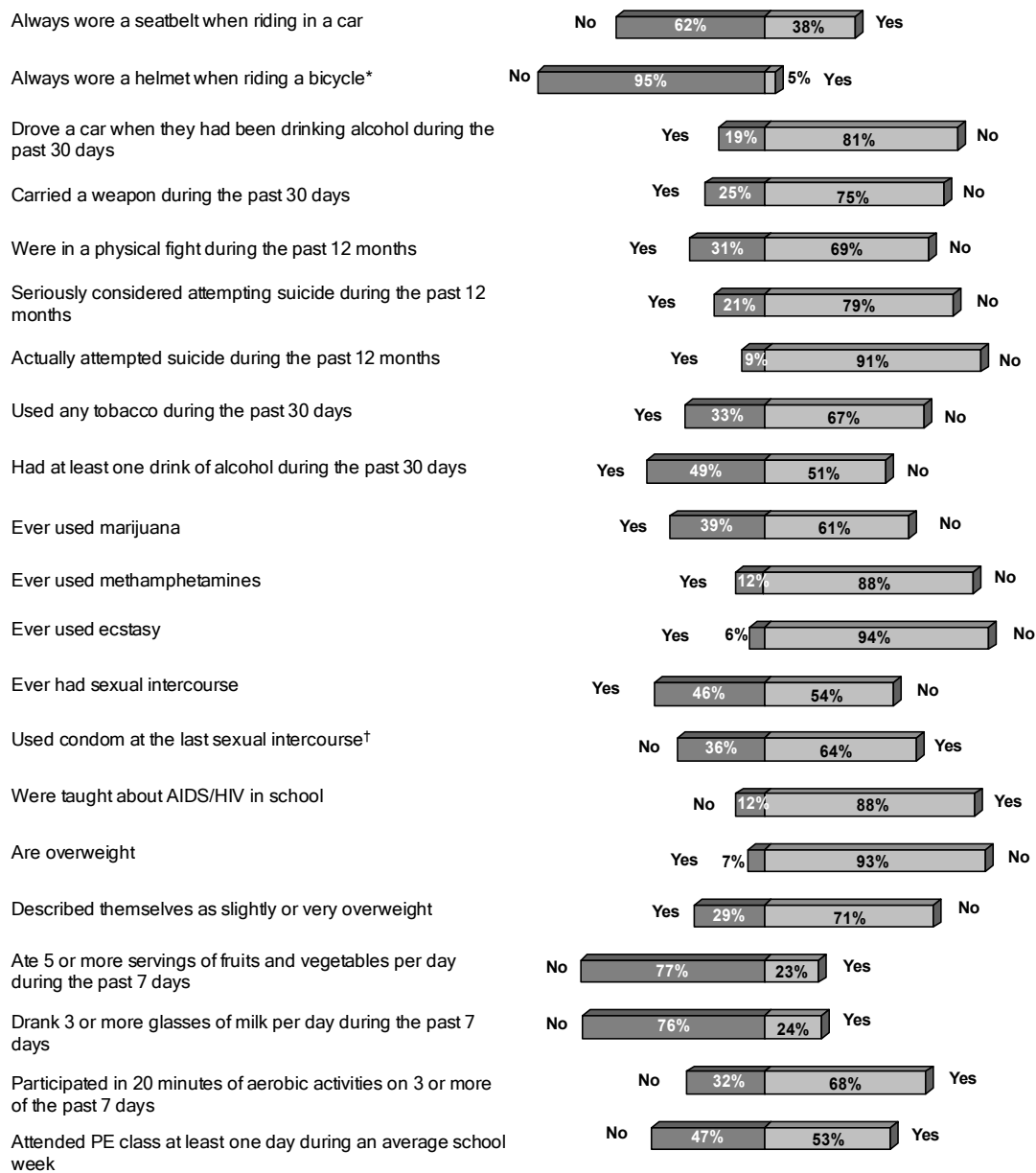
\* Of students who rode a bicycle

† Of students who had sexual intercourse

# Highlights of 2003 Wyoming High School Survey

## Positive vs. Negative Health Behaviors

### Percentage of participants who:



\* Of students who rode a bicycle during the past 12 months

† Of students who had sexual intercourse during the past 3 months

■ Negative □ Positive

## A Comparison of the YRBS Results Over Time\*

Middle School Survey				2001	2003	
Intentional and Unintentional Injuries						
Of students who rollerbladed or rode a skateboard, the percentage who never or rarely wore a helmet				77.3	74.1	
Percentage of students who ever carried a weapon, such as a gun, knife, or club				43.5	49.3	
Use of Tobacco, Alcohol, and Other Drugs						
Percentage of students who ever tried cigarette smoking, even one or two puffs				40.4	35.0	
Percentage of students who smoked a whole cigarette for the first time before age 11				12.5	10.6	
Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days				8.4	6.8	
Percentage of students who had their first drink of alcohol other than a few sips before age 11				22.3	19.7	
High School Survey		1995	1997	1999	2001	2003
Intentional and Unintentional Injuries						
Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else		33.4	32.9	24.0	20.0	18.6
Percentage of students who, during the past 30 days, rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol		42.3	40.9	38.7	35.9	32.2
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days		14.1	13.1	11.8	8.4	10.1
Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school		3.4	4.3	3.0	8.0	5.4
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months		7.3	7.3	8.1	9.4	9.7
Percentage of students who were in a physical fight one or more times during the past 12 months		35.6	34.0	31.5	31.4	31.2
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		16.8	14.0	12.9	13.5	12.7
Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities		N/A	N/A	22.9	26.2	30.2
Percentage of students who made a plan about how they would attempt suicide during the past 12 months		17.4	19.0	13.3	14.2	15.8

<b>High School Survey</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>
<b>Use of Tobacco, Alcohol, and Other Drugs</b>					
Percentage of students who smoked a whole cigarette for the first time before age 13	30.9	29.1	25.9	24.1	21.5
Percentage of students who smoked cigarettes on one or more of the past 30 days	39.5	37.4	35.2	28.4	26.0
Percentage of students who smoked cigarettes on 20 or more of the past 30 days	19.4	20.3	19.3	13.6	13.3
Percentage of students who smoked more than 10 cigarettes per day on the days that they smoked during the past 30 days	5.7	6.3	5.3	3.4	3.2
Percentage of students who smoked two or more cigarettes per day on the days they smoked during the past 30 days	25.9	26.6	24.6	19.3	18.8
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	17.2	16.6	15.9	10.7	10.2
Percentage of students who ever smoked at least one cigarette per day every day for 30 days	N/A	N/A	28.1	20.7	18.9
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	25.1	22.5	17.7	18.1	13.3
Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days	18.3	15.2	10.7	11.5	9.3
Percentage of students who used any tobacco during the past 30 days	N/A	N/A	43.9	38.4	32.8
Percentage of students who had their first drink of alcohol other than a few sips before age 13	42.0	40.5	36.3	33.9	34.7
Percentage of students who used marijuana on school property one or more times during the past 30 days	6.7	8.0	4.7	4.4	5.1
Percentage of students who used inhalants one or more times during their life	28.0	25.7	17.6	16.0	14.0
Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months	24.3	31.5	20.3	18.9	18.1
<b>Sexual Behaviors</b>					
Percentage of students who have ever had sexual intercourse but not had sexual intercourse during the past three months	34.6	32.2	28.0	29.1	30.6
Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse	53.7	49.5	57.2	61.8	64.0
Percentage of students who had been pregnant or gotten someone pregnant one or more times	5.7	5.7	4.8	4.1	3.7
Percentage of students who have never had sex, have not had sex in the last three months, or used a condom the last time they had sex	85.2	85.0	85.3	87.5	88.6

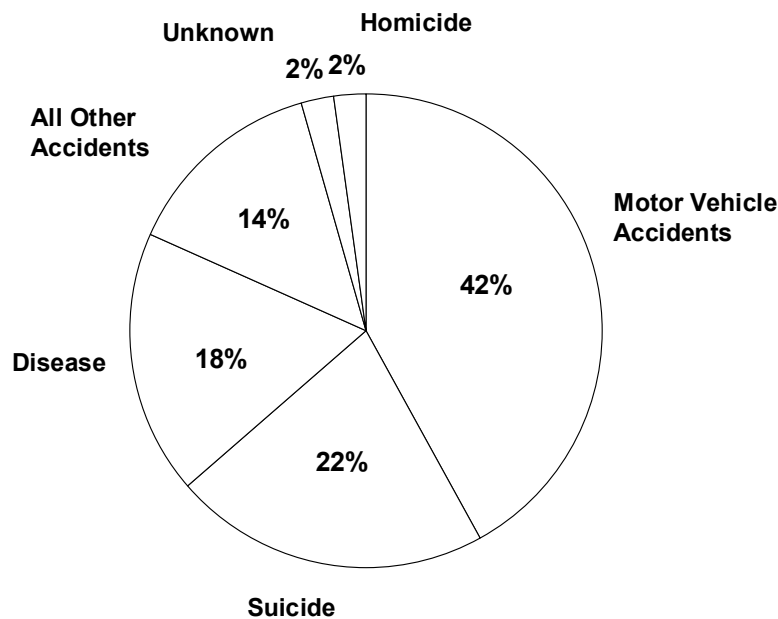
<b>High School Survey</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>
<b>Nutrition, Weight, and Physical Activity</b>					
Percentage of students who were trying to lose weight	40.3	42.0	40.4	41.7	43.1
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days	55.7	53.6	58.6	59.3	59.0
Percentage of students who drank three or more glasses of milk per day during the past seven days	N/A	N/A	27.7	25.0	23.5
Percentage of students who attended P.E. class daily	36.4	29.2	33.1	30.9	23.2

\*This table includes behaviors on the YRBS that significantly increased or decreased over time (behaviors that exhibit linear trends). All of these linear trends are statistically significant based on a logistic regression analysis. Behaviors with significant quadratic trends are not included here. Note that the middle school survey does not include as many behaviors that have shown statistically significant increases or decreases over time as does the high school survey. This is likely due to the short time frame in which the middle school survey has yielded representative data that could be used for these comparisons (2001 and 2003). The prevalence of any particular health risk behavior in a population (e.g., middle school students) is unlikely to show a statistically significant change in only a two-year time period.

## Intentional and Unintentional Injuries WYOMING FAST FACTS

The YRBS measures behaviors related to intentional and unintentional injuries including drinking and driving, seatbelt use, suicide, helmet use, and violence. These behaviors are related to many of the causes of premature death for youth. The pie chart below shows the percent of deaths by cause among Wyoming citizens aged 5 – 24.<sup>2</sup> As shown in the chart, motor vehicle accidents and suicide are the most common causes of death of individuals in this age group.

Percent of Deaths by Cause Among Wyoming Citizens Aged 5-24



Source: Wyoming Vital Statistics, 2002

### Motor Vehicle Accidents

- In Wyoming in 2002, there were 4,677 motor vehicle accidents involving drivers aged 14 – 20. This is equal to 29.8% of the total (15,703) number of motor vehicle accidents in Wyoming during this year.<sup>3</sup>
- 188 motor vehicle accidents involved one or more drinking drivers aged 14 – 20. This is equal to 18.6% of the total (1,103) number of motor vehicle accidents involving alcohol in Wyoming in 2002.<sup>3</sup>

### Suicide

- 21 males aged 15 – 24 completed suicide in Wyoming in 2002, and 16 of these involved the use of firearms.<sup>2</sup>
- 3 females aged 15 – 24 completed suicide in Wyoming in 2002, and none of these involved the use of firearms.<sup>2</sup>

## **What We Know About Intentional and Unintentional Injuries from the YRBS**

### **Middle School Students (6<sup>th</sup> – 8<sup>th</sup> grade)**

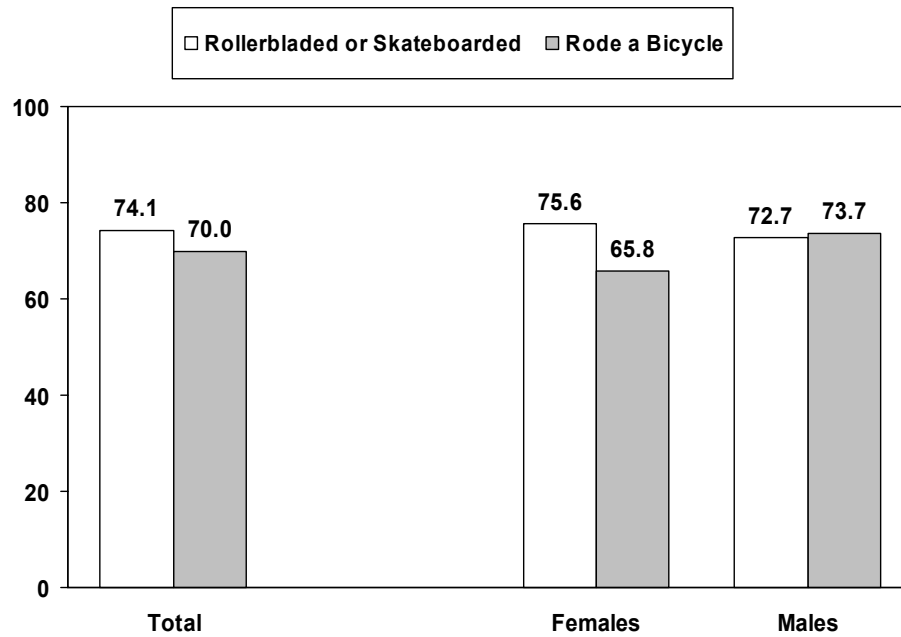
- 70% of middle school students never or rarely wore a helmet when riding a bicycle (of those who rode a bicycle)
- 15.7% of middle school students never or rarely wore a seatbelt when riding in a car
- 40.1% of middle school students had ever ridden in a vehicle driven by someone who had been drinking alcohol
- 49.3% of middle school students had ever carried a weapon, such as a gun, knife, or club
- 55.3% of middle school students had ever been in a physical fight
- 22.6% of middle school students had ever seriously considered suicide, and 16.3% had ever made a plan about how they would attempt suicide
- 9.6% of middle school students had ever actually attempted suicide

### **High School Students (9<sup>th</sup> – 12<sup>th</sup> grade)**

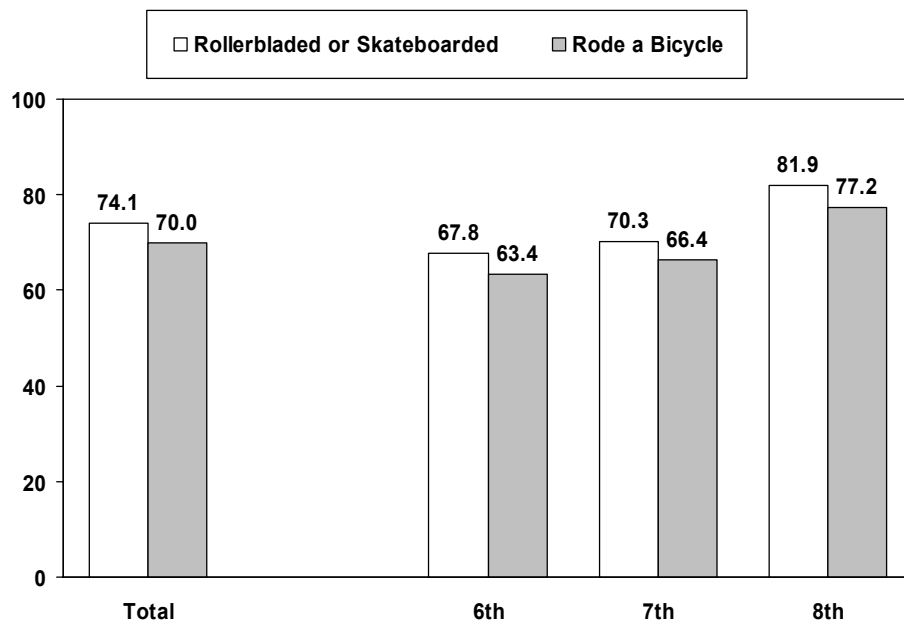
- 87.3% of high school students never or rarely wore a helmet when riding a bicycle (of those who rode a bicycle during the past 12 months)
- 18.6% of high school students never or rarely wore a seatbelt when riding in a car driven by someone else
- 32.2% of high school students rode in a vehicle driven by someone who had been drinking alcohol during the past 30 days, and 19.2% drove a car when they had been drinking alcohol during the past 30 days
- 10.1% of high school students carried a weapon on school property during the past 30 days
- 31.2% of high school students had been in a physical fight during the past 12 months
- 7.9% of high school students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months
- 9.2% of high school students have ever been physically forced to have sexual intercourse when they did not want to
- 5.4% of high school students did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school
- 9.7% of high school students were threatened or injured with a weapon such as a gun, knife, or club on school property during the past 12 months
- 30.2% of high school students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months
- 21% of high school students seriously considered suicide during the past 12 months, and 15.8% made a plan about how they would attempt suicide during the past 12 months
- 9.1% of high school students actually attempted suicide during the past 12 months



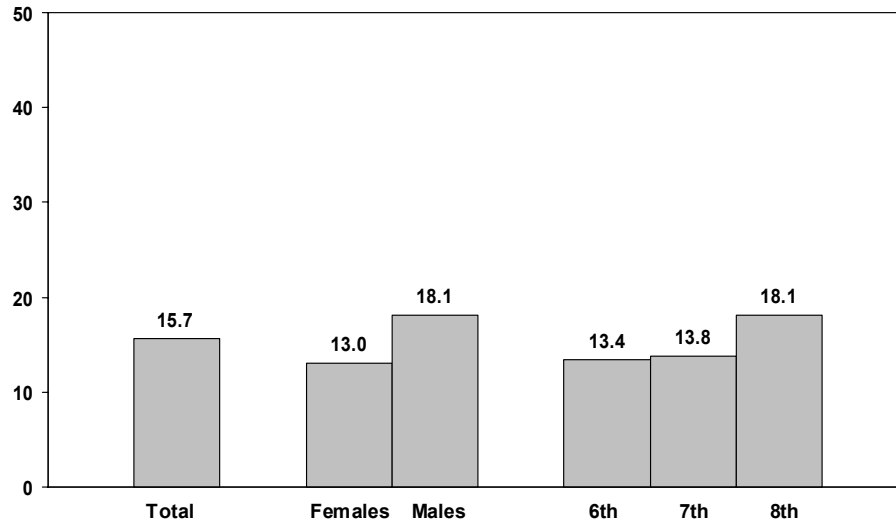
Of Wyoming middle school students who rollerbladed or skateboarded and rode a bicycle, the percentage who never or rarely wore a helmet



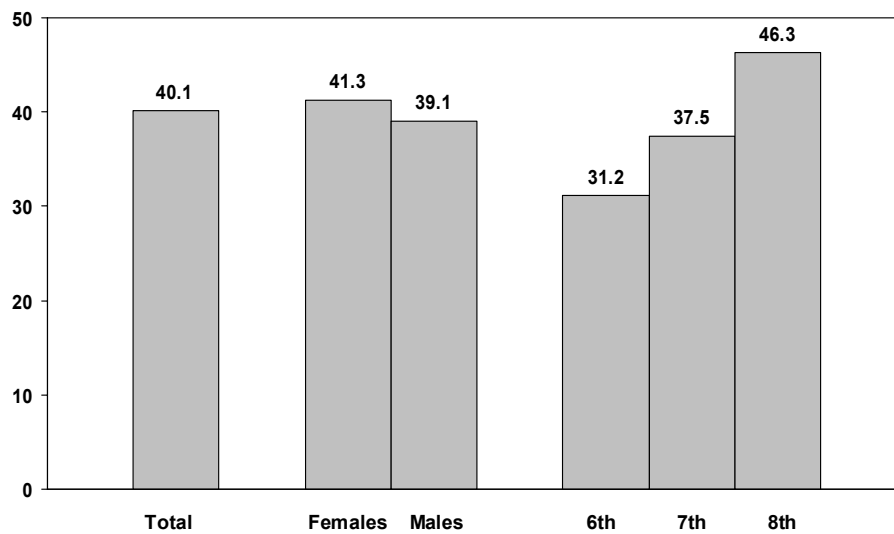
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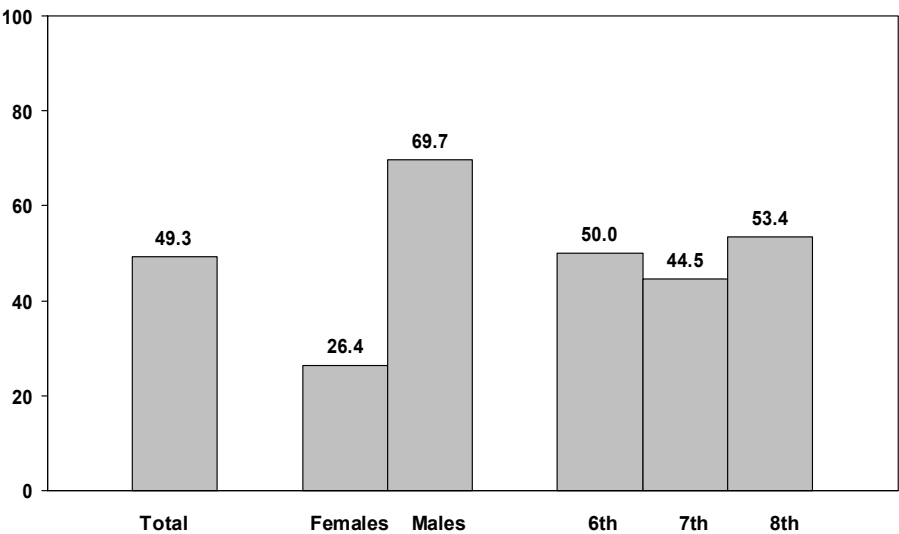
**Percentage of Wyoming middle school students who never or rarely wore a seat belt when riding in a car**



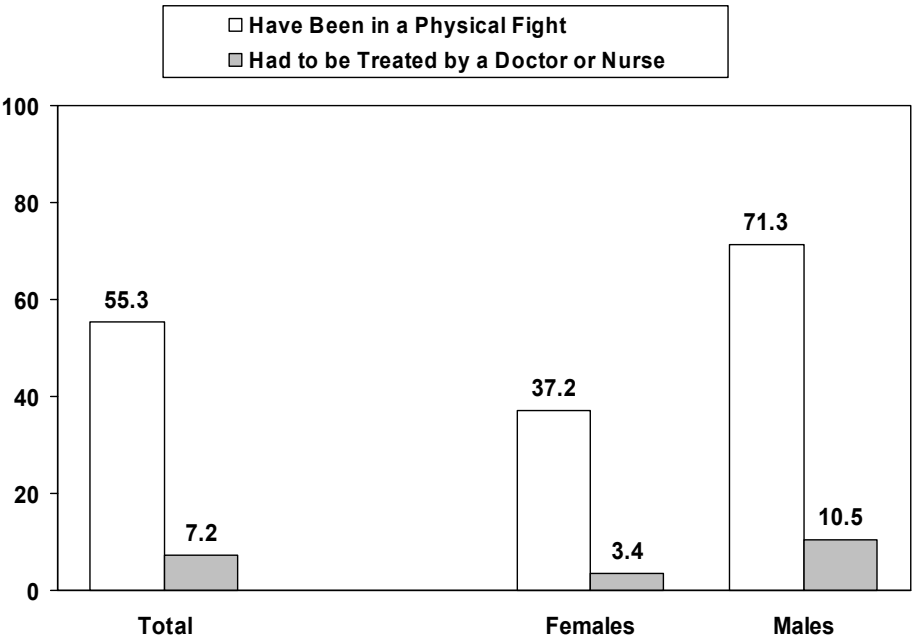
**Percentage of Wyoming middle school students who ever rode in a car driven by someone who had been drinking alcohol**



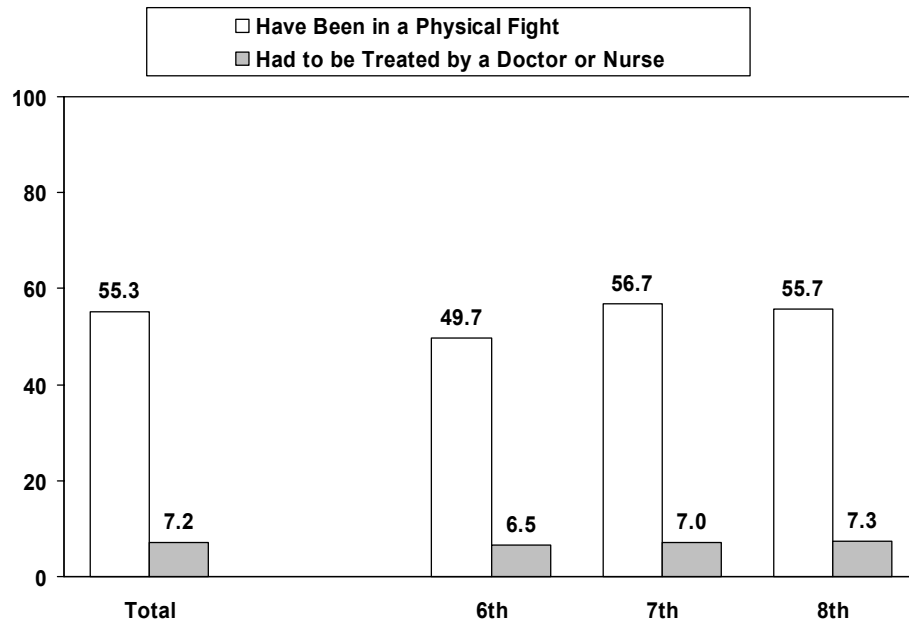
Percentage of Wyoming middle school students who ever carried a weapon, such as a gun, knife, or club



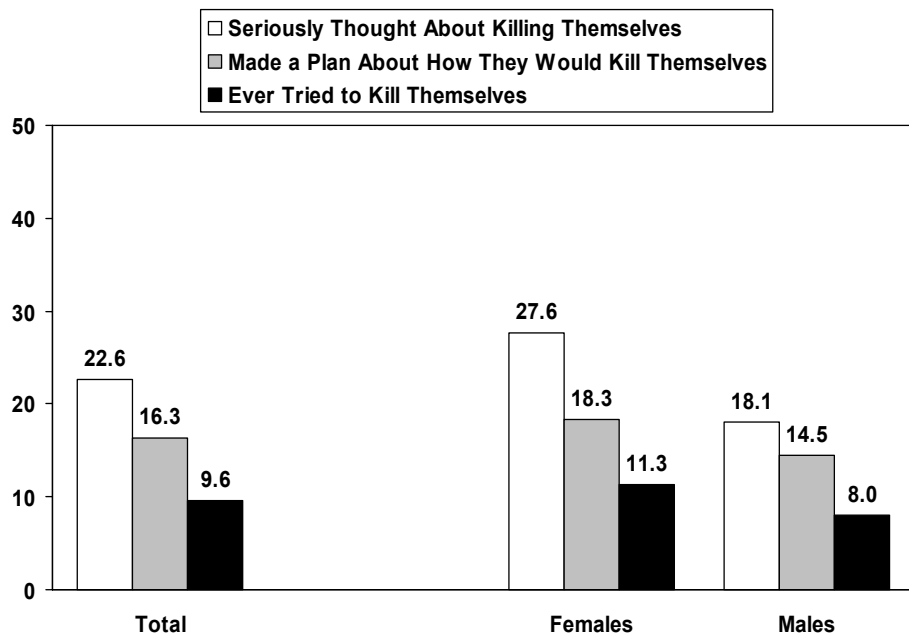
Percentage of Wyoming middle school students who have ever been in a physical fight, and have ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse



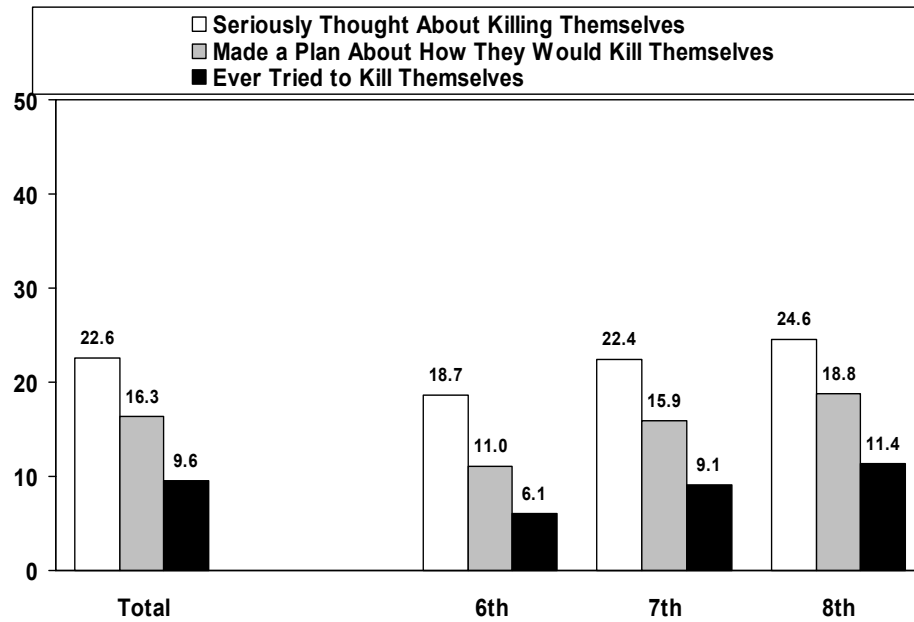
Percentage of Wyoming middle school students who have ever been in a physical fight, and have ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse



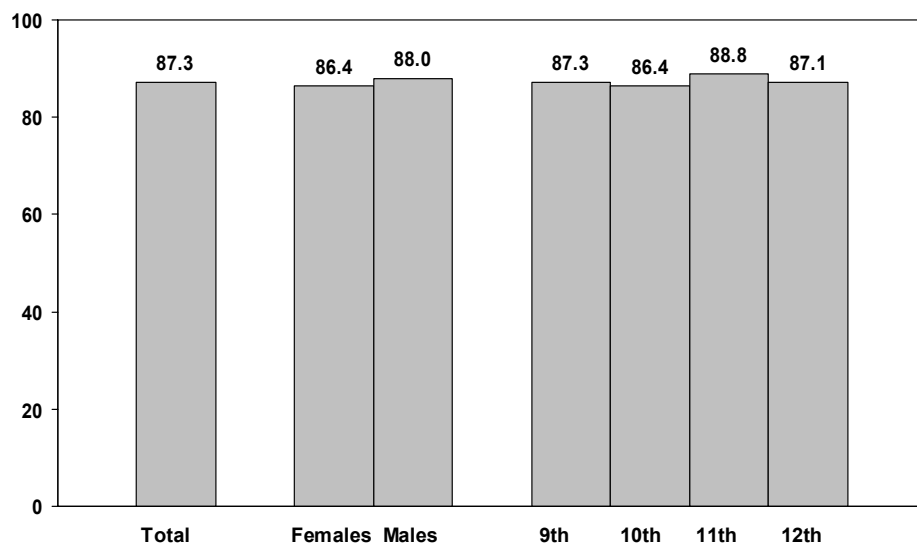
Percentage of Wyoming middle school students who ever seriously thought about killing themselves, ever made a plan about how they would kill themselves, and ever tried to kill themselves



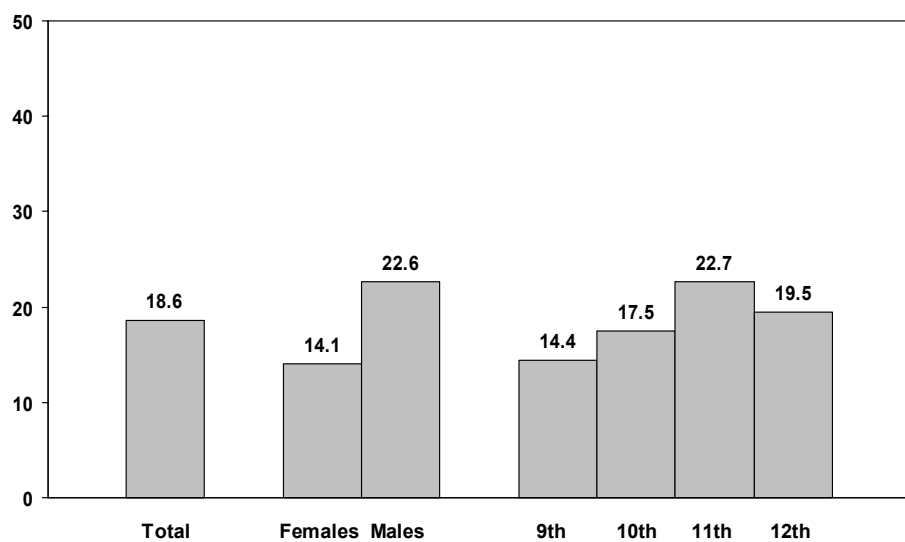
Percentage of Wyoming middle school students who ever seriously thought about killing themselves, ever made a plan about how they would kill themselves, and ever tried to kill themselves



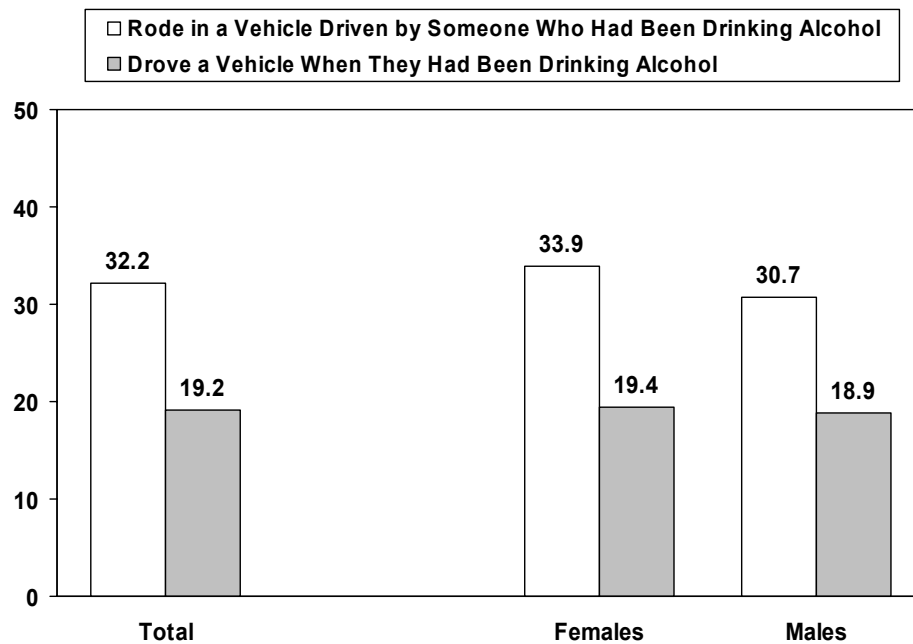
**Of Wyoming high school students who rode a bicycle during the past 12 months,  
the percentage who never or rarely wore a helmet**



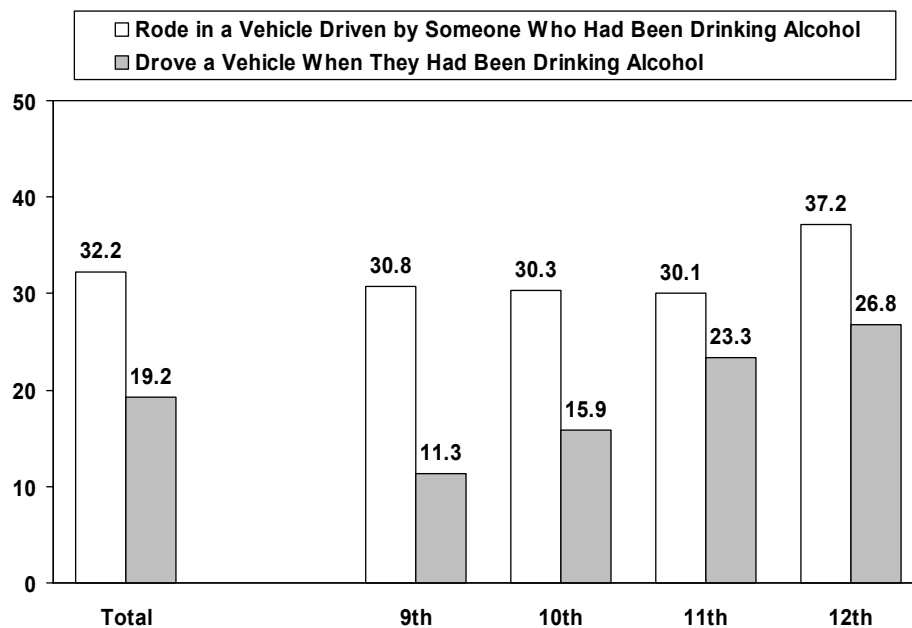
**Percentage of Wyoming high school students who never or rarely wore a seat belt when riding in a car**



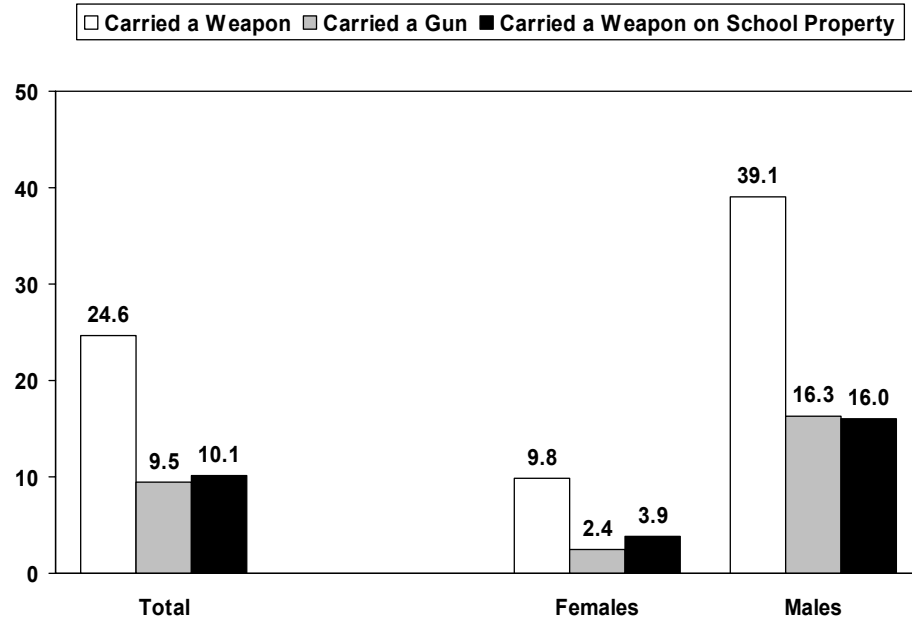
Percentage of Wyoming high school students who, during the past 30 days, rode in a vehicle driven by someone who had been drinking alcohol and drove a vehicle when they had been drinking alcohol



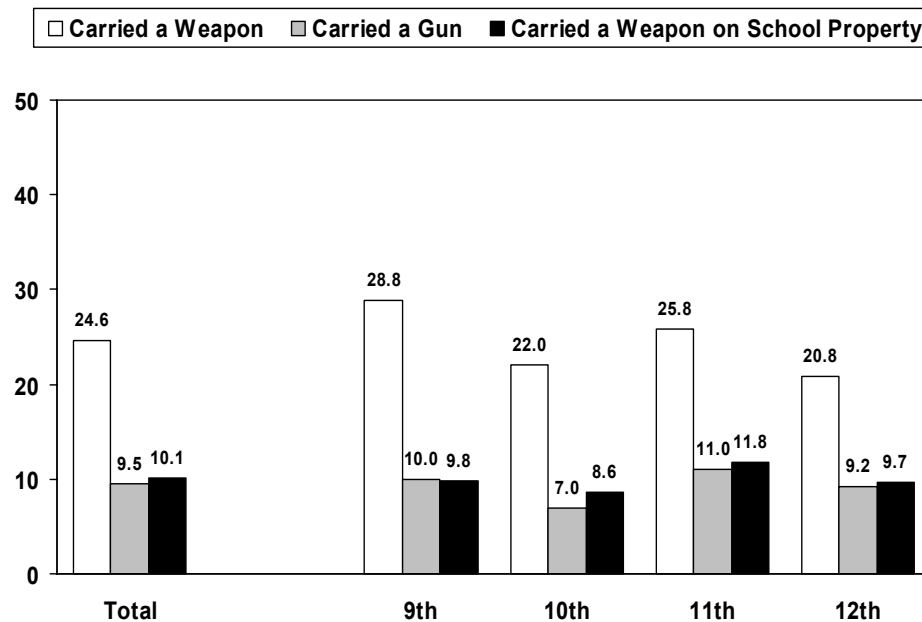
Percentage of Wyoming high school students who, during the past 30 days, rode in a vehicle driven by someone who had been drinking alcohol and drove a vehicle when they had been drinking alcohol



Percentage of Wyoming high school students who, during the past 30 days, carried a weapon, carried a gun, and carried a weapon on school property

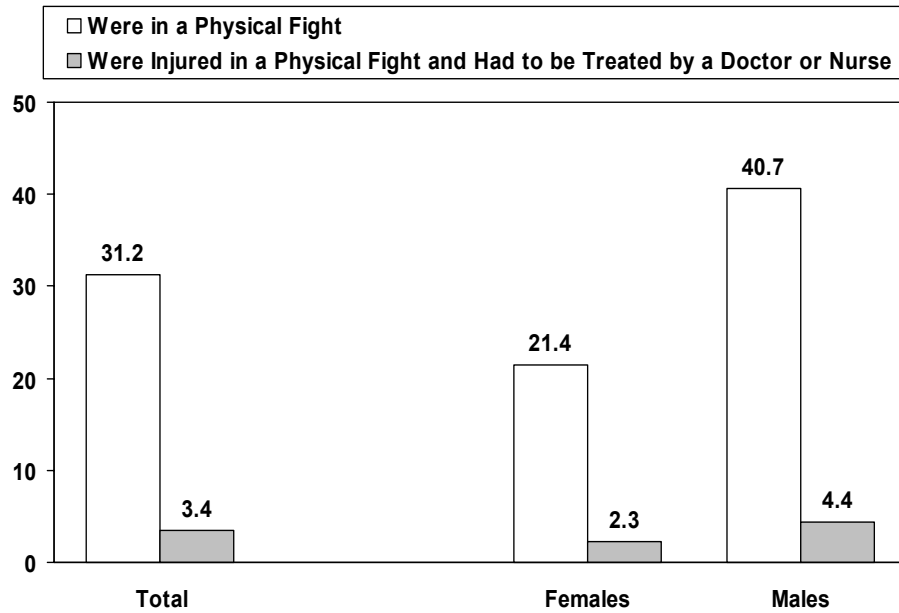


Percentage of Wyoming high school students who, during the past 30 days, carried a weapon, carried a gun, and carried a weapon on school property

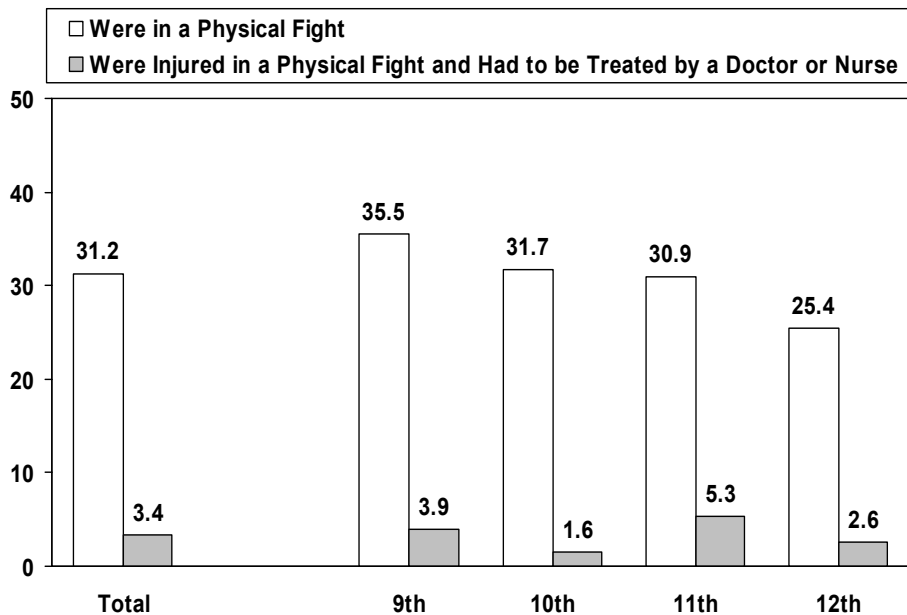




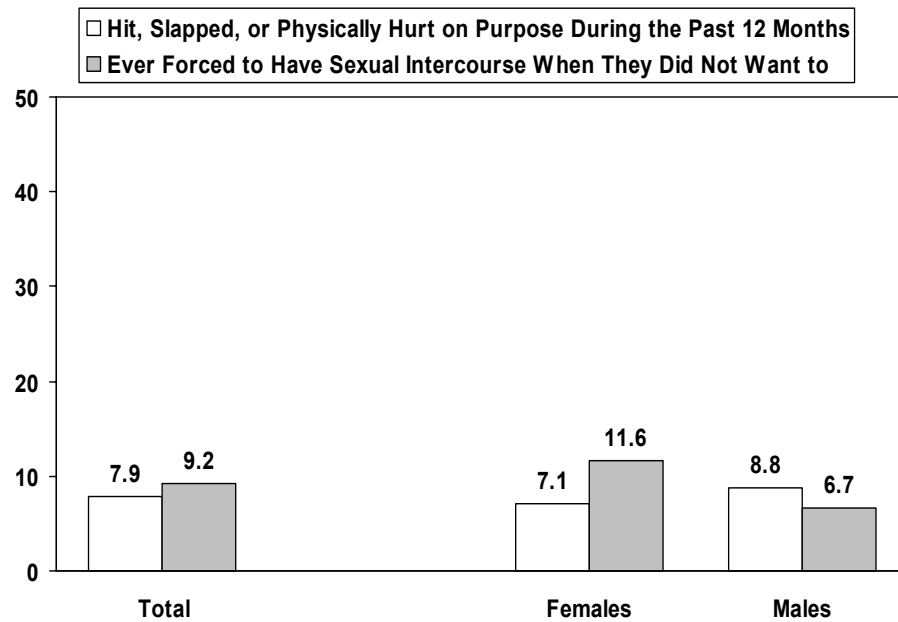
**Percentage of Wyoming high school students who, during the past 12 months, were in a physical fight, and were injured in a physical fight and had to be treated by a doctor or nurse**



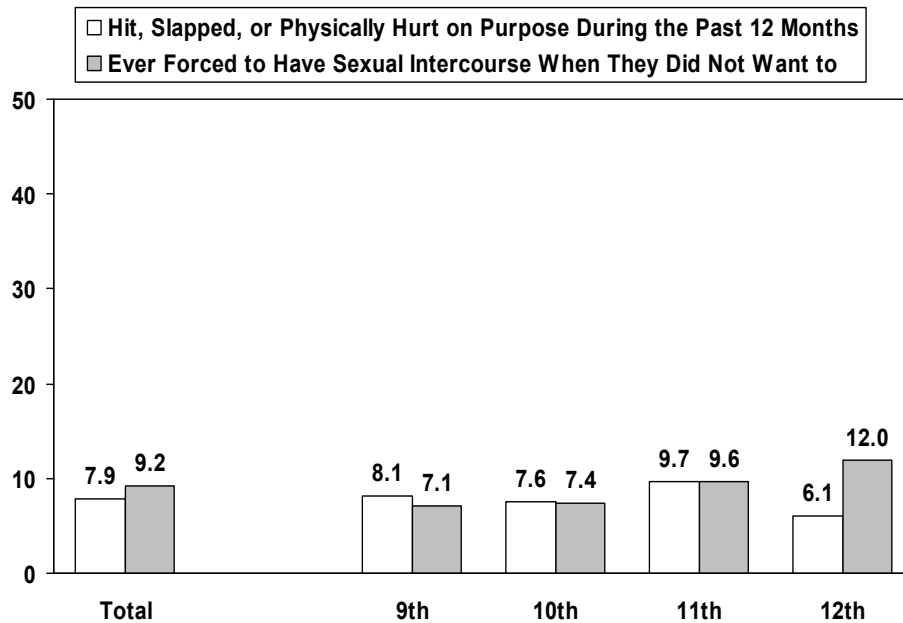
**Percentage of Wyoming high school students who, during the past 12 months, were in a physical fight one or more times, and were injured in a physical fight and had to be treated by a doctor or nurse**



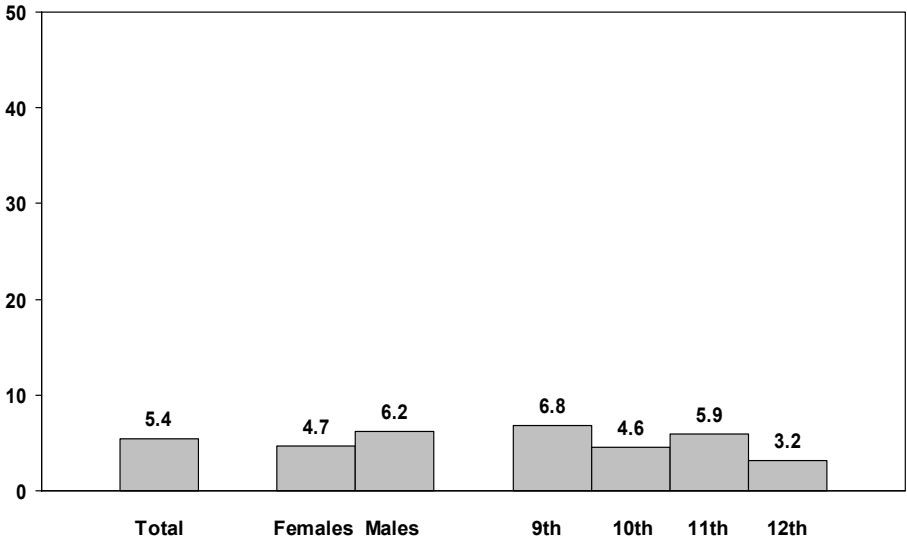
Percentage of Wyoming high school students who, during the past 12 months, were hit, slapped or physically hurt on purpose by their boyfriend or girlfriend and have ever been physically forced to have sexual intercourse when they did not want to



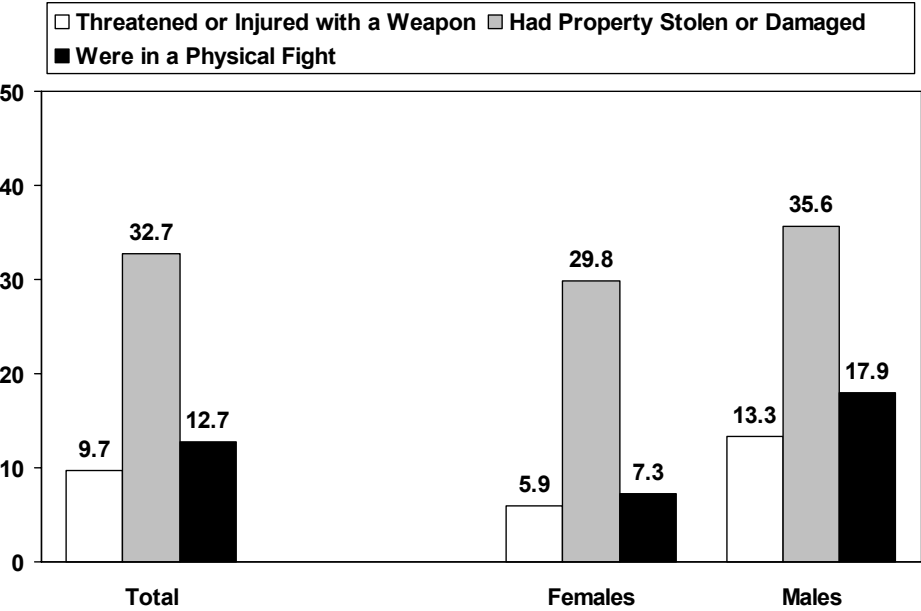
Percentage of Wyoming high school students who, during the past 12 months, were hit, slapped or physically hurt on purpose by their boyfriend or girlfriend and have ever been physically forced to have sexual intercourse when they did not want to



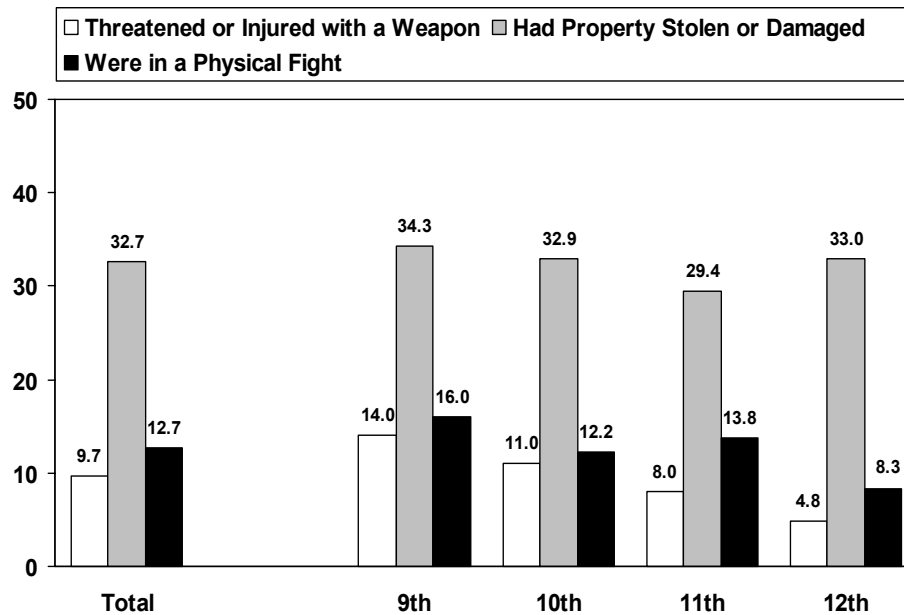
Percentage of Wyoming high school students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school



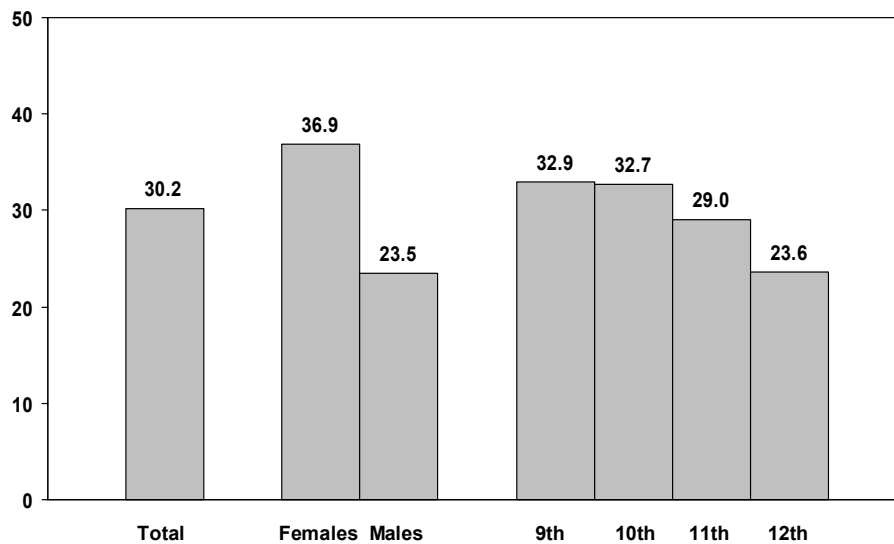
Percentage of Wyoming high school students who, during the past 12 months on school property, were threatened or injured with a weapon, had their property stolen or damaged, and were in a physical fight



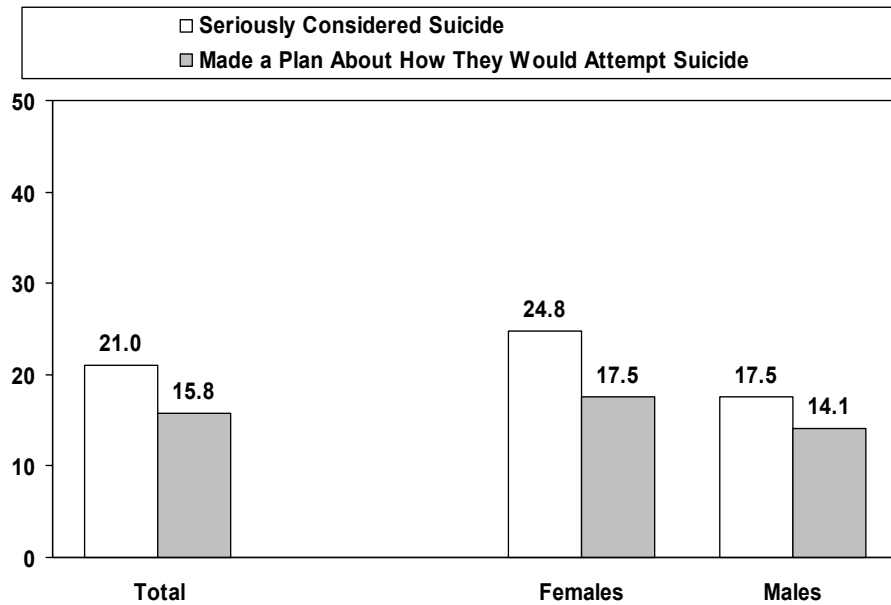
Percentage of Wyoming high school students who, during the past 12 months on school property, were threatened or injured with a weapon, had their property stolen or damaged, and were in a physical fight



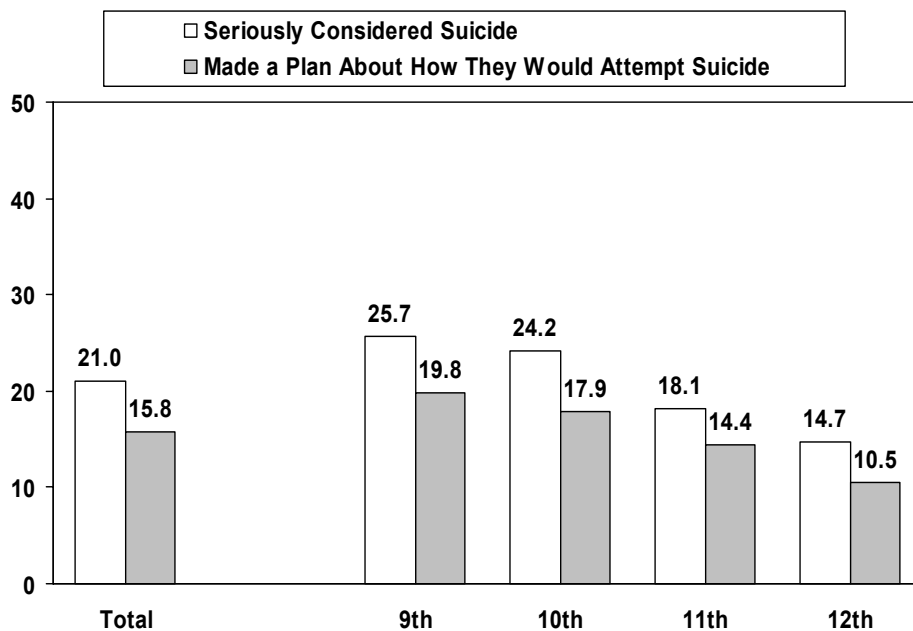
Percentage of Wyoming high school students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities



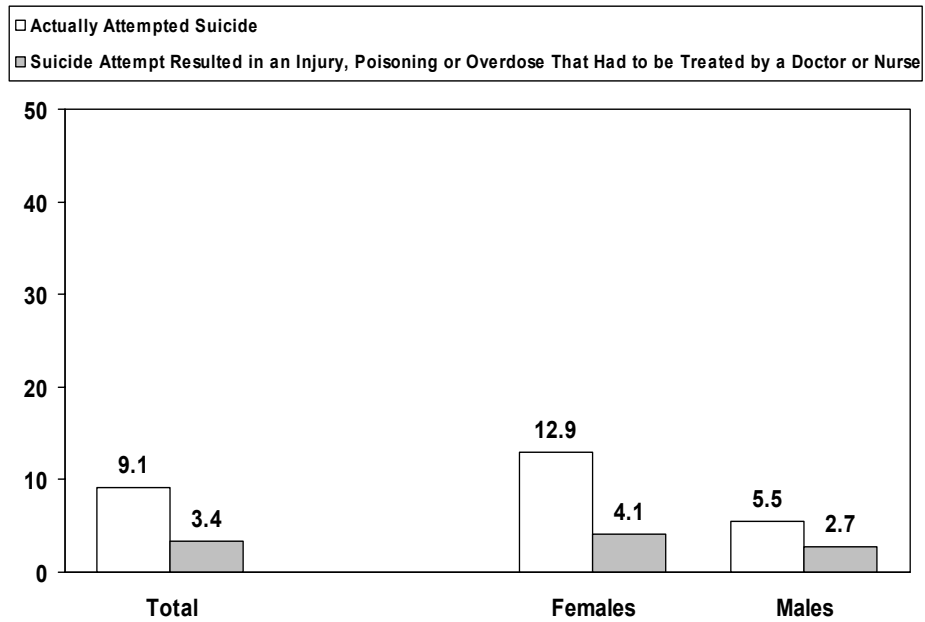
Percentage of Wyoming high school students who, during the past 12 months, seriously considered suicide and made a plan about how they would attempt suicide



Percentage of Wyoming high school students who, during the past 12 months, seriously considered suicide and made a plan about how they would attempt suicide



**Percentage of Wyoming high school students who, during the past 12 months, actually attempted suicide and whose attempted suicide resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse**



**Percentage of Wyoming high school students who, during the past 12 months, actually attempted suicide and whose attempted suicide resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse**



## **Use of Tobacco, Alcohol, and Other Drugs**

### **WYOMING FAST FACTS**

The YRBS measures behaviors related to the use of tobacco, alcohol, and many other drugs, including marijuana, inhalants, and methamphetamines. The use of tobacco is the number one preventable cause of death in the United States.<sup>4</sup> In 2002, an estimated 7.9% of Americans aged 12 or older needed treatment for an alcohol problem, and 3.3% of Americans aged 12 or older needed treatment for an illegal drug problem.<sup>5</sup>

#### **Tobacco**

- 23.7% of Wyoming adults smoke cigarettes, and 16.8% of Wyoming adult men use smokeless tobacco (e.g., chewing tobacco or snuff).<sup>6</sup>
- In Wyoming, smoking leads to approximately 700 deaths each year, and approximately \$100 million are spent on health care costs directly related to smoking.<sup>7</sup>
- All Wyoming school districts report that they enforce policies prohibiting smoking by students in school buildings (including cigarettes, cigars, and pipes).<sup>8</sup>
- Approximately 90% of Wyoming school districts report that they enforce policies prohibiting smokeless tobacco use by students in school buildings.<sup>8</sup>

#### **Alcohol**

- 18.1% of Wyoming adults engage in binge drinking behaviors.<sup>6</sup>
- In Wyoming, there were 1327 arrests of juveniles for alcohol-related offenses (i.e., liquor law violations and drunkenness) in 2002.<sup>9</sup>
- In Wyoming, there were 68 arrests of juveniles for driving while under the influence in 2002.<sup>9</sup>

#### **Illegal Drugs**

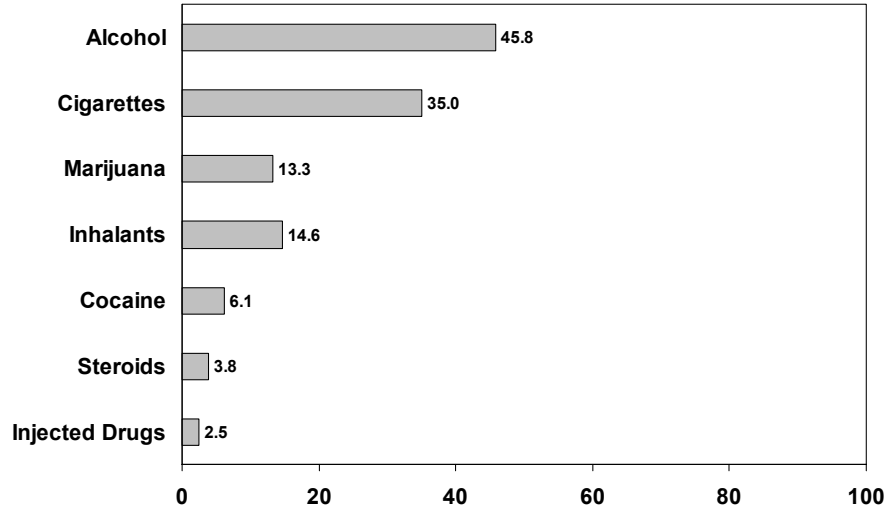
- Approximately 16% of Wyoming adults aged 18 - 25 reported using any illegal drug during the past month.<sup>10</sup>
- There were 487 arrests of juveniles for drug offenses in 2002.<sup>9</sup>
- Of these 487 arrests, 49 were for the sale/manufacturing of illegal drugs, and 438 were for the possession of illegal drugs.<sup>9</sup>

**What We Know About the Use of Tobacco, Alcohol, and Other Drugs**  
**From the YRBS**

**2003 Wyoming Middle School Survey**

**Ever Used Drugs**

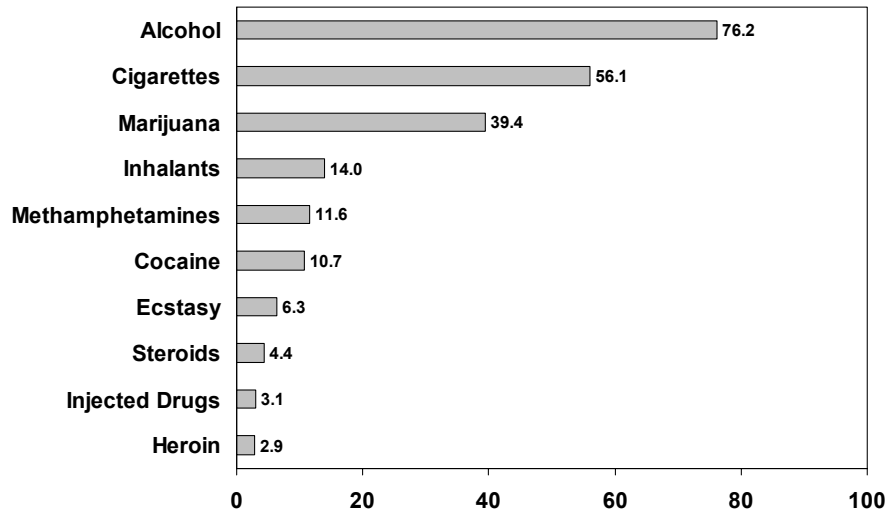
Percentage of participants who ever used:



**2003 Wyoming High School Survey**

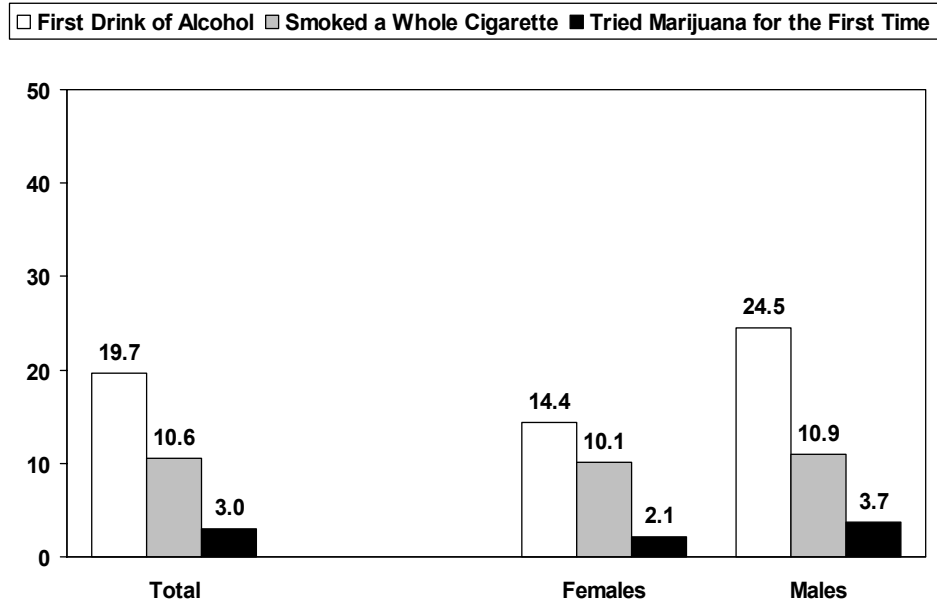
**Ever Used Drugs**

Percentage of participants who ever used:

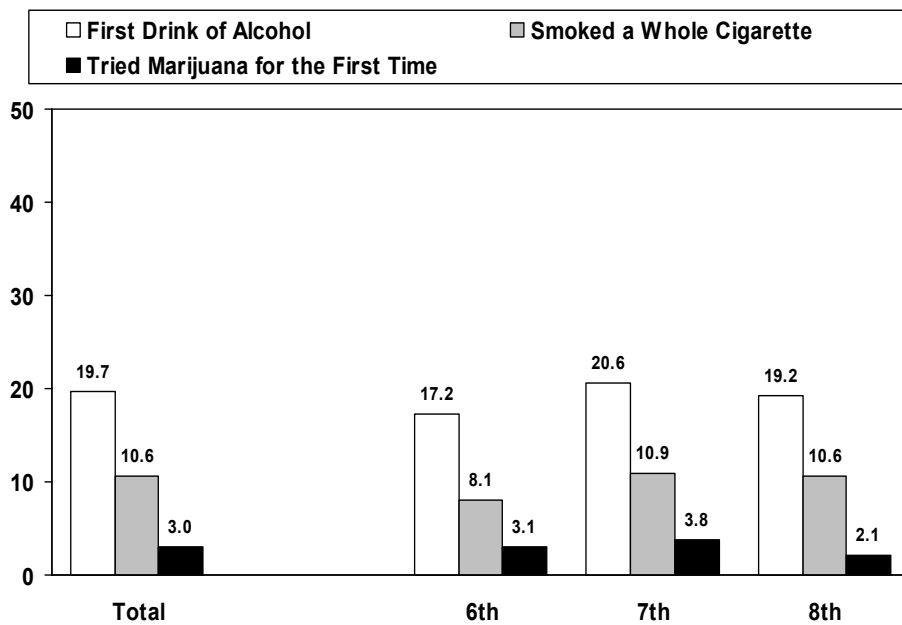




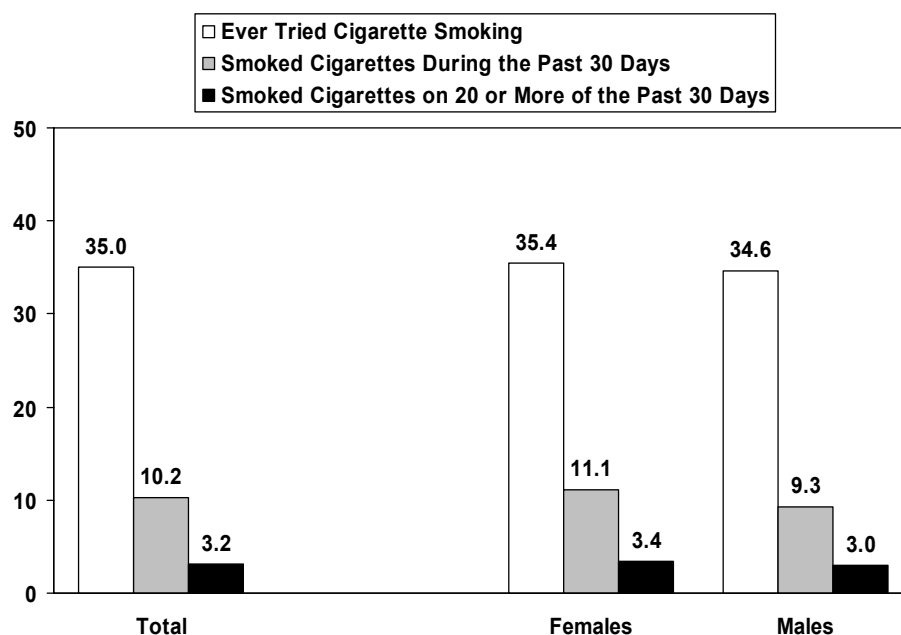
Percentage of Wyoming middle school students who, before age 11, had their first drink of alcohol other than a few sips, smoked a whole cigarette for the first time, and tried marijuana for the first time



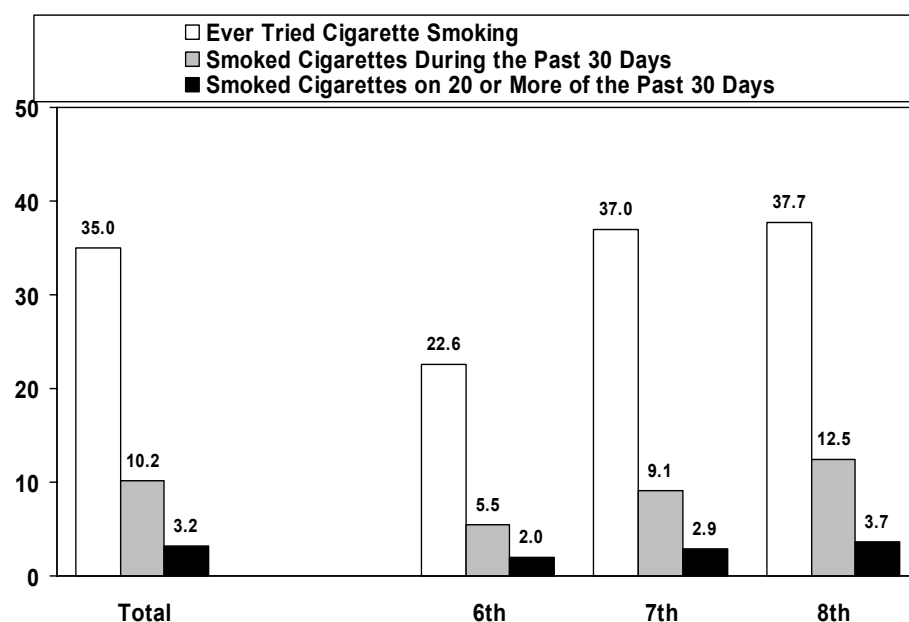
Percentage of Wyoming middle school students who, before age 11, had their first drink of alcohol other than a few sips, smoked a whole cigarette for the first time, and tried marijuana for the first time



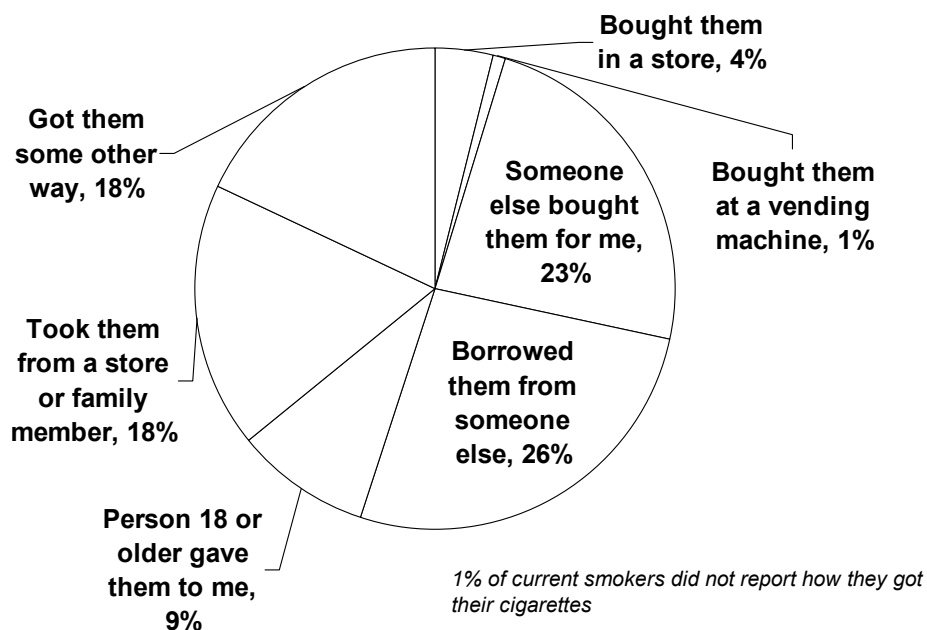
Percentage of Wyoming middle school students who ever tried cigarette smoking, even one or two puffs, smoked cigarettes during the past 30 days, and smoked cigarettes on 20 or more of the past 30 days



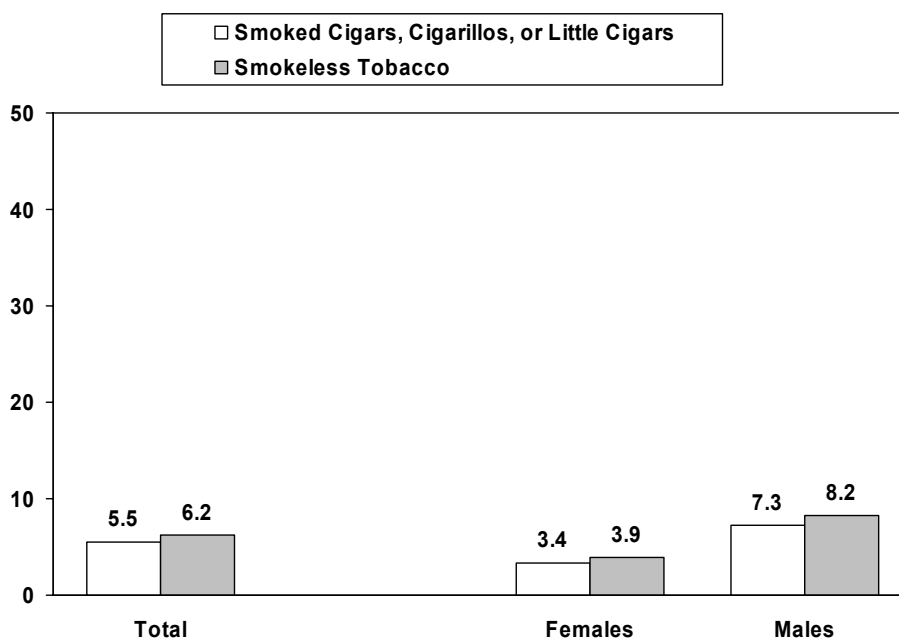
Percentage of Wyoming middle school students who ever tried cigarette smoking, even one or two puffs, smoked cigarettes during the past 30 days, and smoked cigarettes on 20 or more of the past 30 days



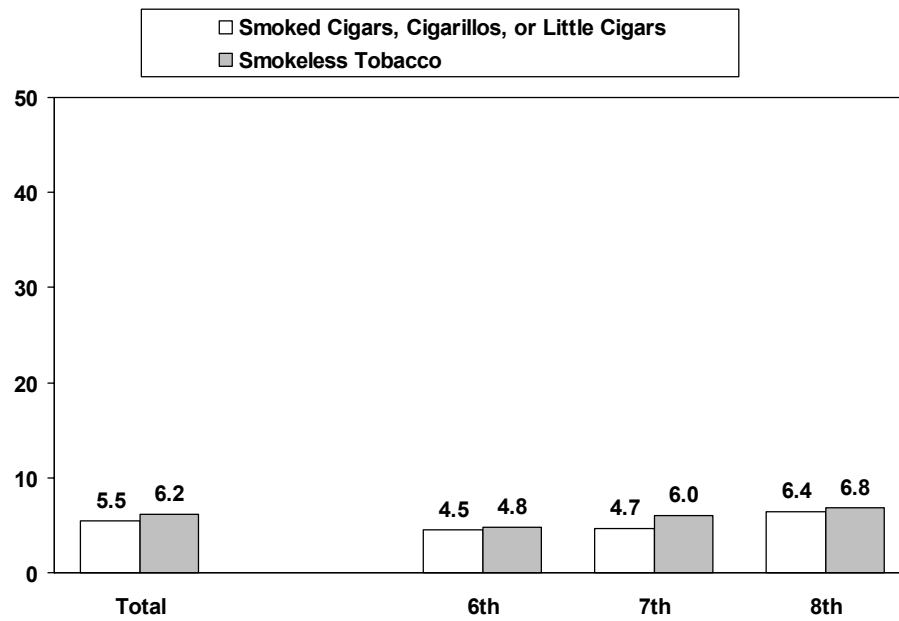
How Wyoming middle school students who are current smokers got their cigarettes\*



Percentage of Wyoming middle school students who, during the past 30 days, smoked cigars, cigarillos, or little cigars and who used smokeless tobacco

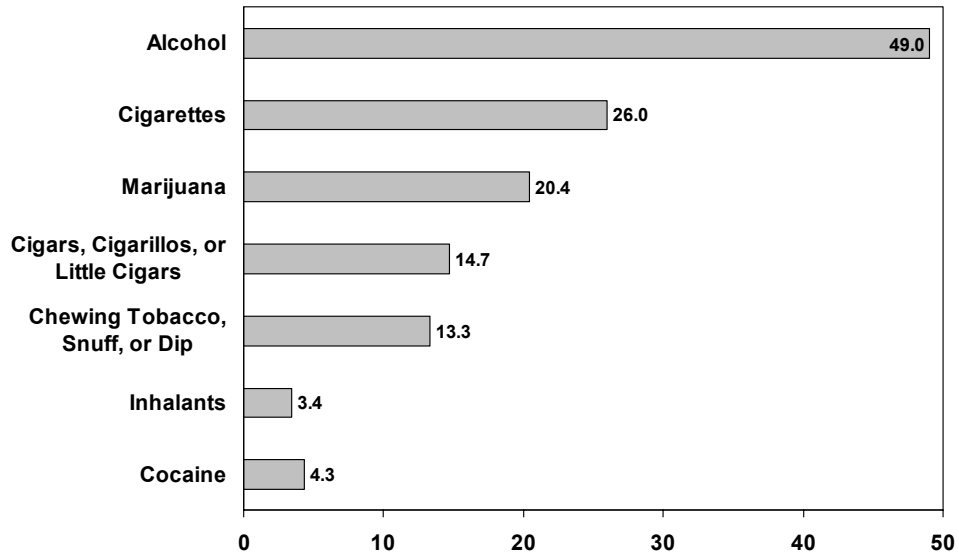


Percentage of Wyoming middle school students who, during the past 30 days, smoked cigars, cigarillos, or little cigars and who used smokeless tobacco

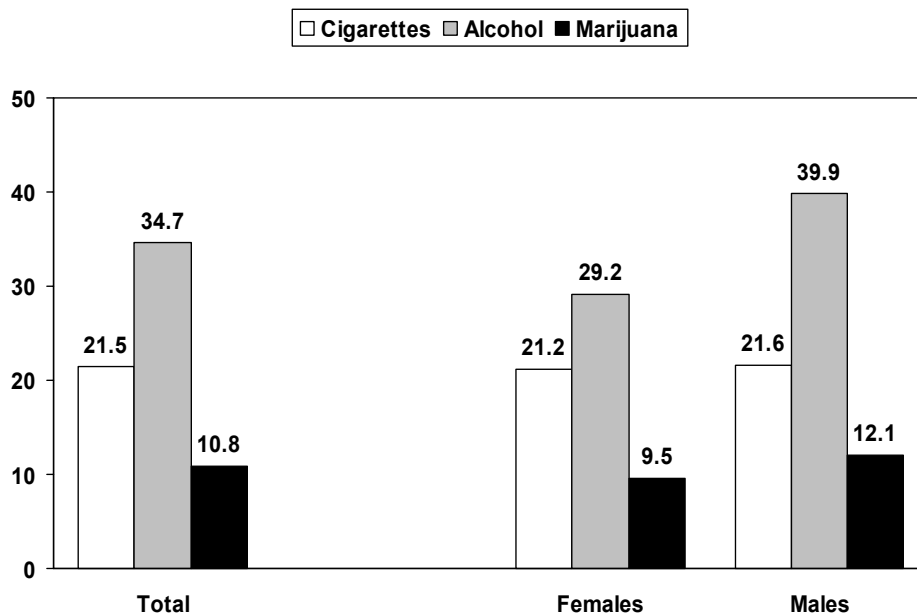


# **2003 Wyoming High School Survey** **Used Drugs at Least Once During the Past 30 Days**

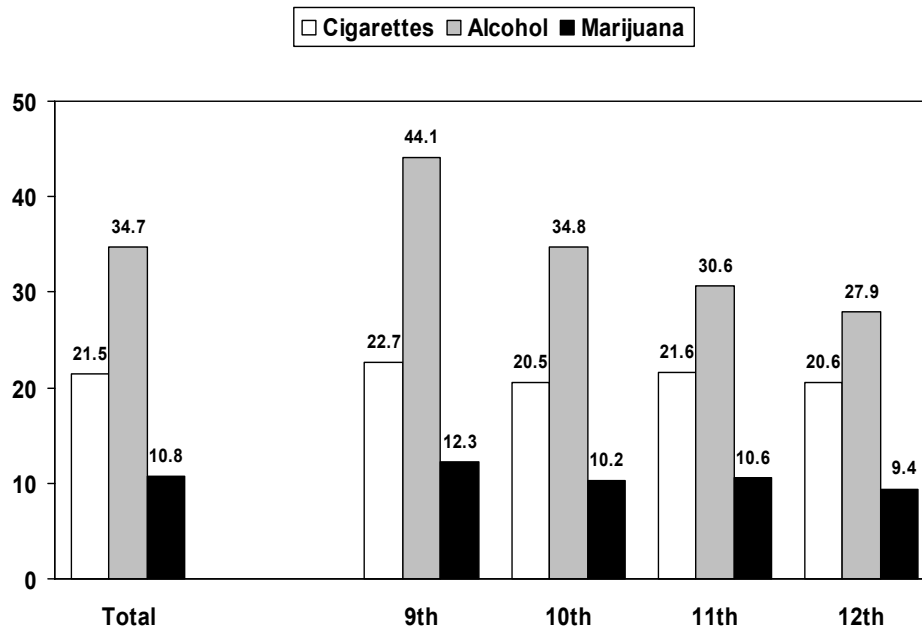
Percentage of participants who used:



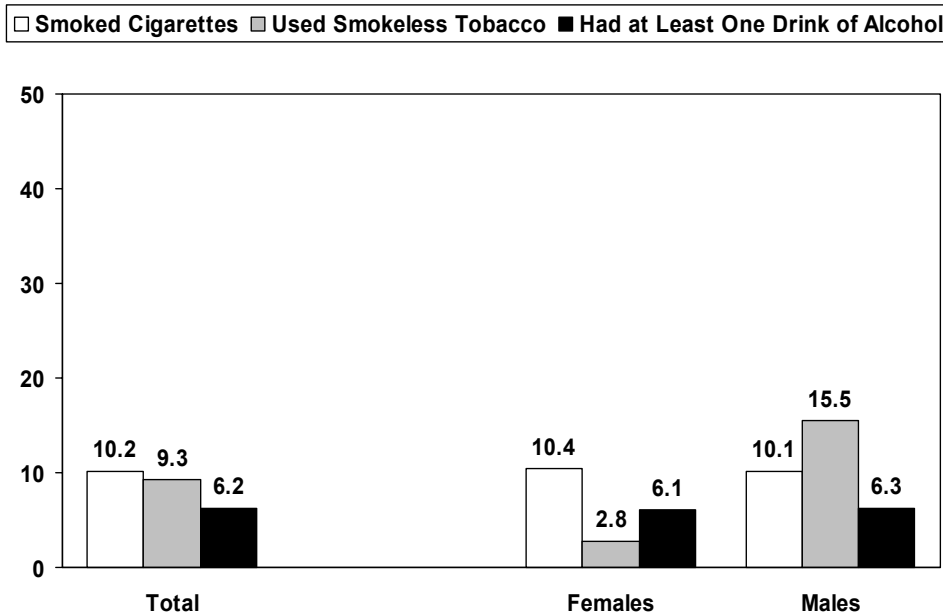
Percentage of Wyoming high school students who, before age 13, smoked a whole cigarette for the first time, had their first drink of alcohol other than a few sips, and tried marijuana



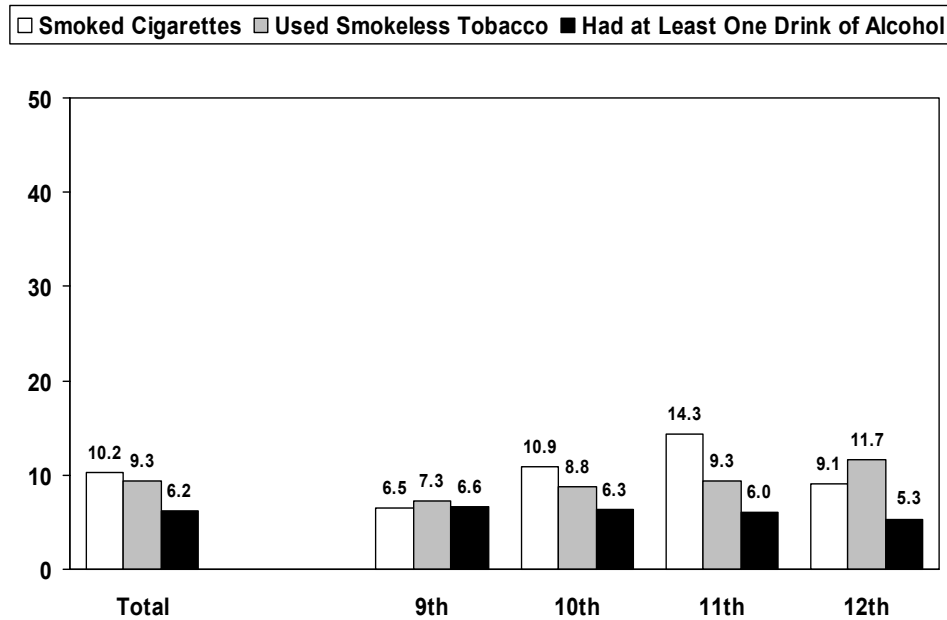
Percentage of Wyoming high school students who, before age 13, smoked a whole cigarette for the first time, had their first drink of alcohol other than a few sips, and tried marijuana



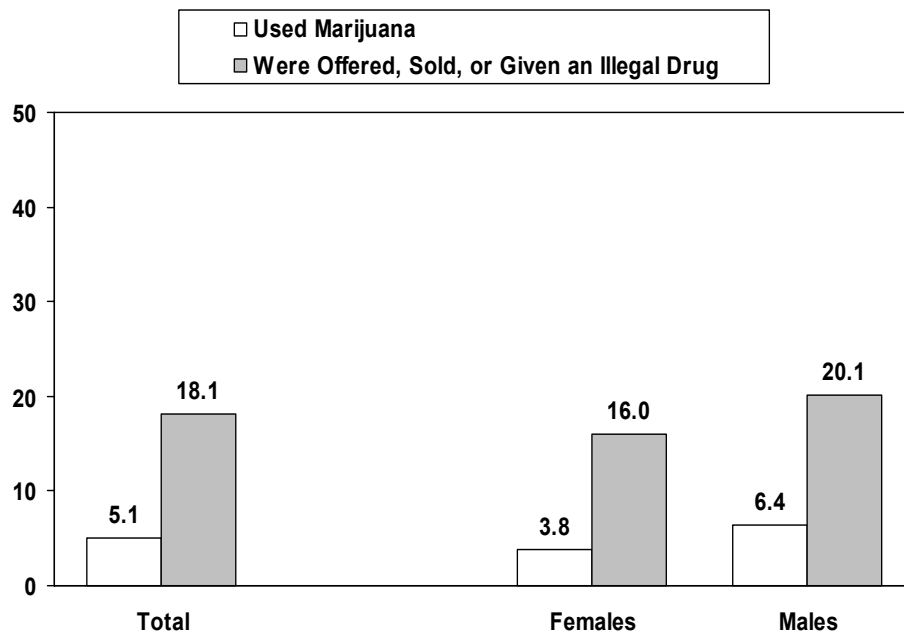
Percentage of Wyoming high school students who, during the past 30 days on school property, smoked cigarettes, used smokeless tobacco, and had at least one drink of alcohol



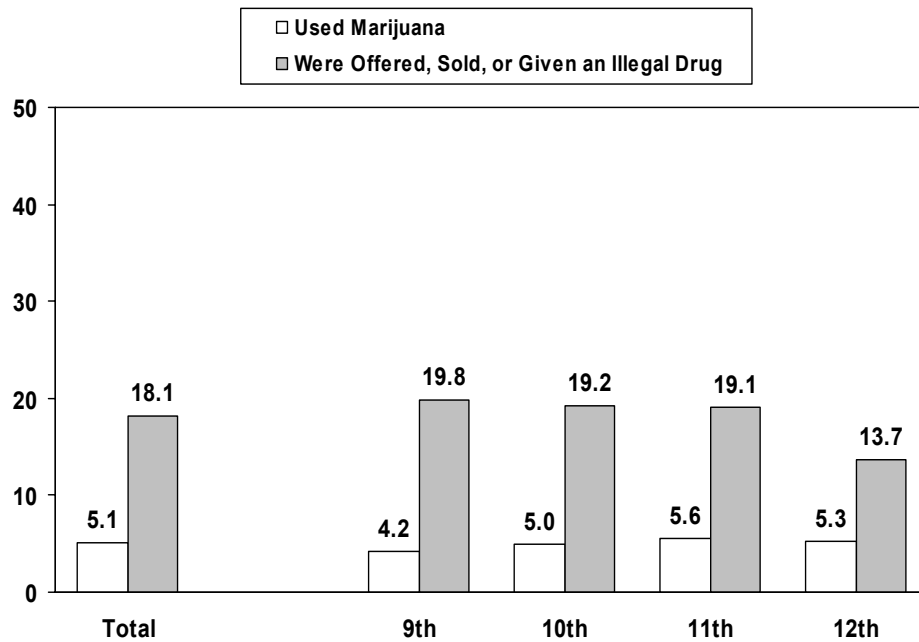
Percentage of Wyoming high school students who, during the past 30 days on school property, smoked cigarettes, used smokeless tobacco, and had at least one drink of alcohol



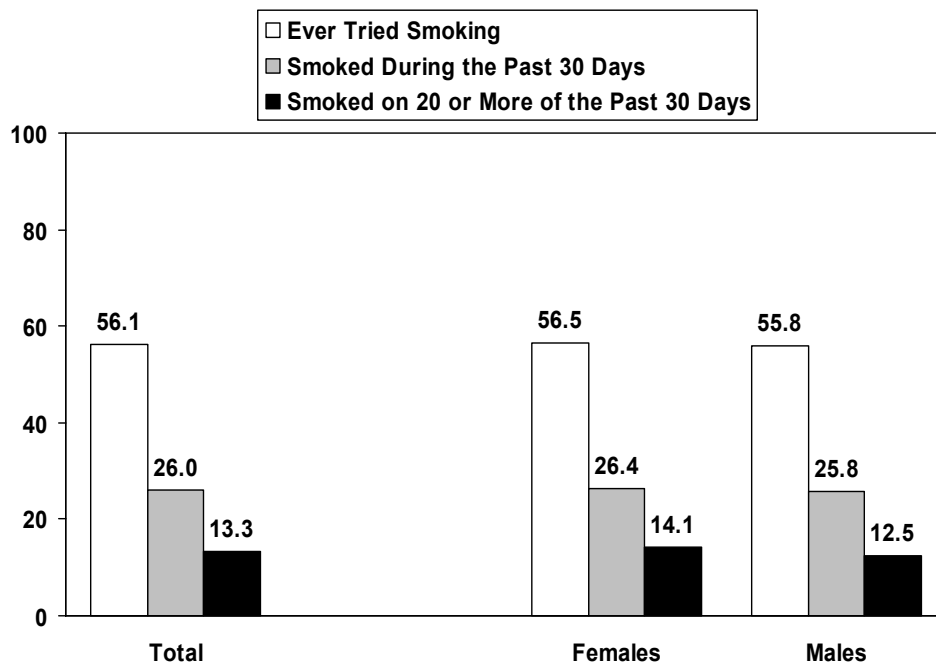
Percentage of Wyoming high school students who, on school property, used marijuana during the past 30 days and were offered, sold, or given an illegal drug during the past 12 months



Percentage of Wyoming high school students who, on school property, used marijuana during the past 30 days and were offered, sold, or given an illegal drug during the past 12 months

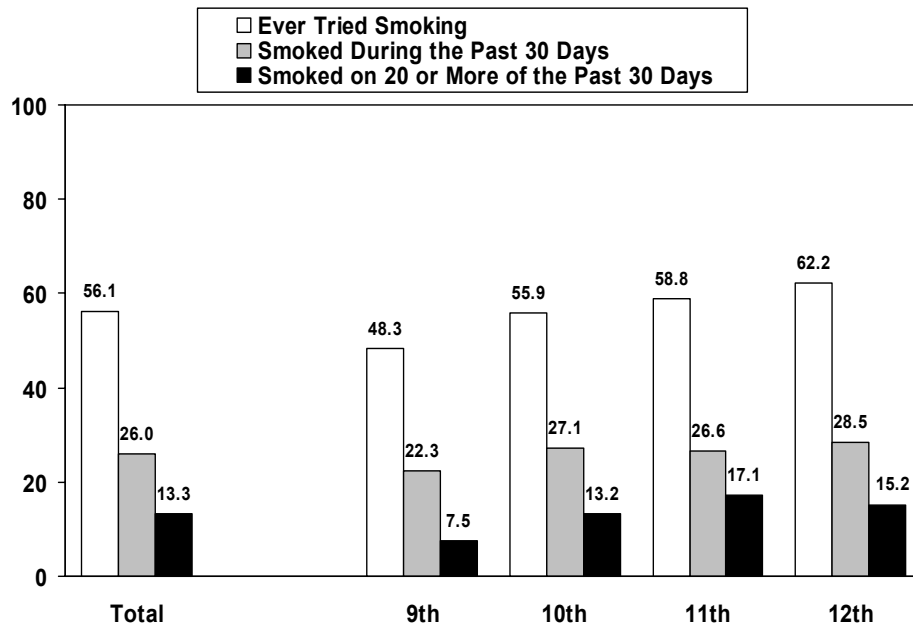


Percentage of Wyoming high school students who ever tried cigarette smoking, even one or two puffs, smoked cigarettes during the past 30 days, and smoked cigarettes on 20 or more of the past 30 days

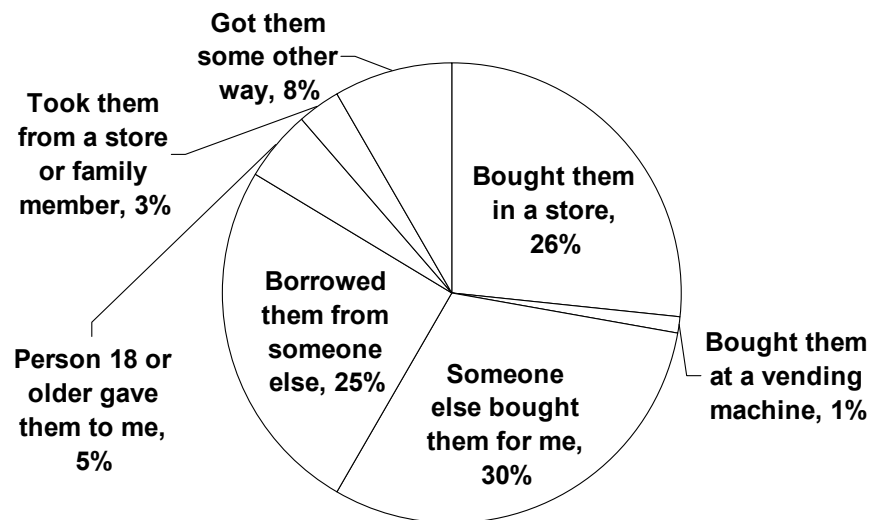




Percentage of Wyoming high school students who ever tried cigarette smoking, even one or two puffs, smoked cigarettes during the past 30 days, and smoked cigarettes on 20 or more of the past 30 days

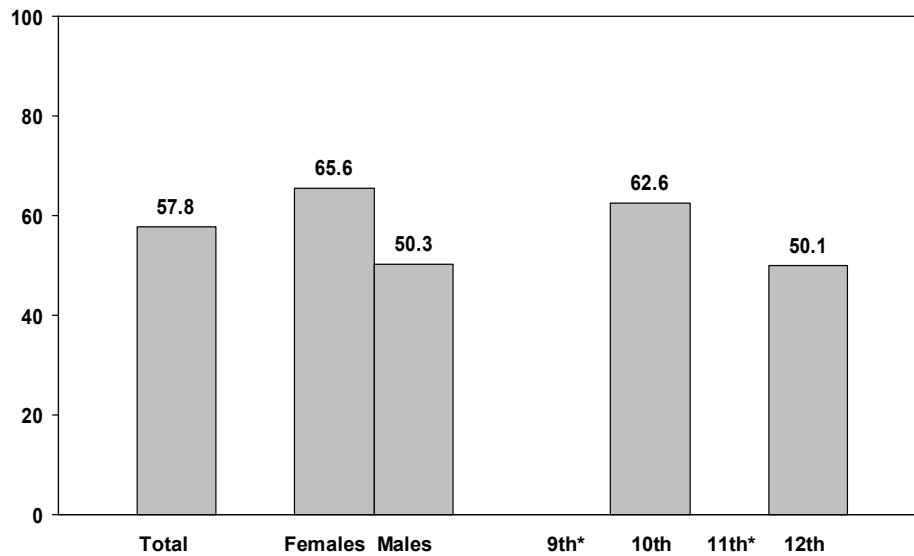


How Wyoming high school students who are current smokers got their cigarettes during the past 30 days



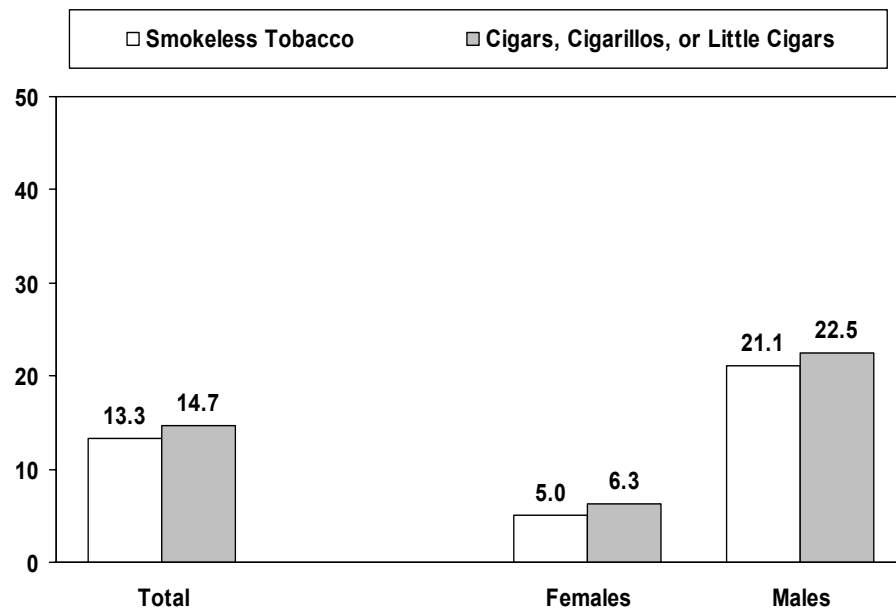
2% of current smokers did not report how they got their cigarettes

**Of Wyoming high school students who are current smokers,  
the percentage who tried to quit smoking during the past 12 months**

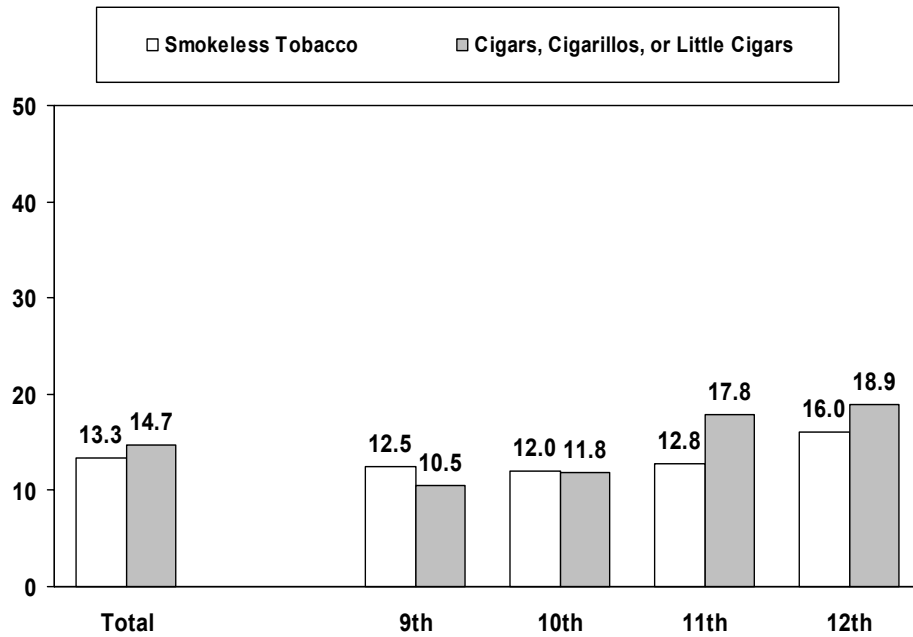


\* Less than 100 responses

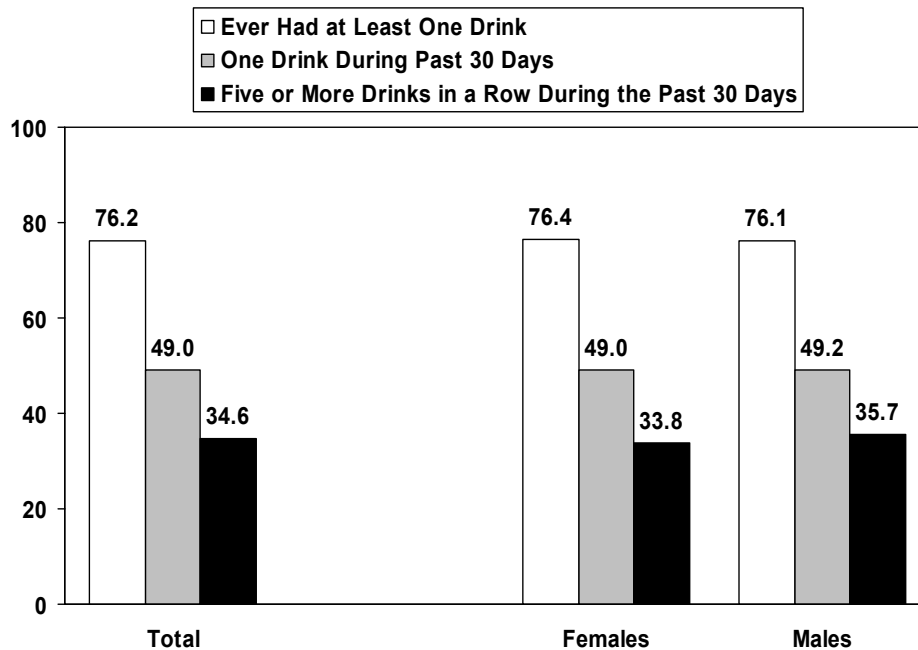
**Percentage of Wyoming high school students who, during the past 30 days, used smokeless tobacco,  
and smoked cigars, cigarillos, or little cigars**



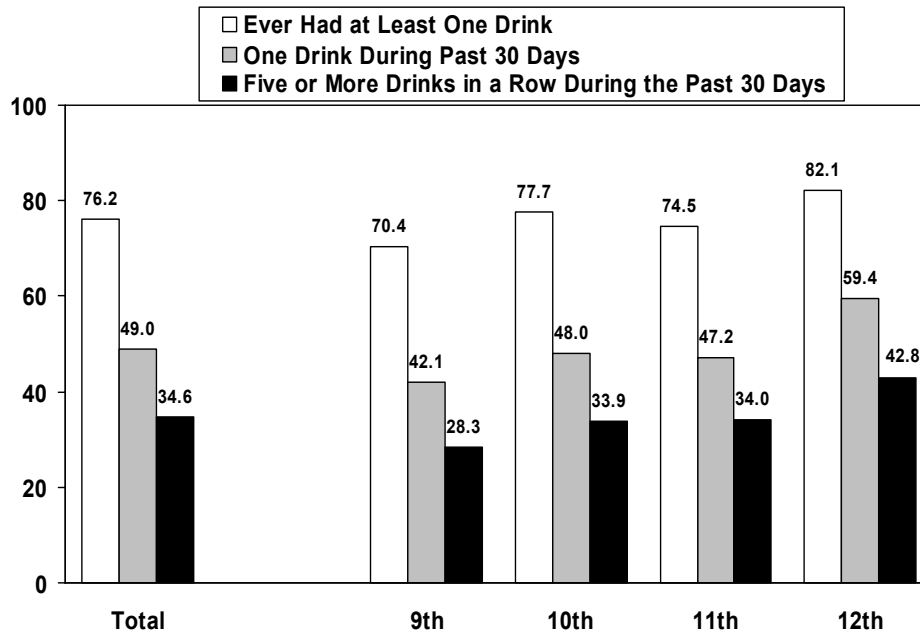
Percentage of Wyoming high school students who, during the past 30 days, used smokeless tobacco, and smoked cigars, cigarillos, or little cigars



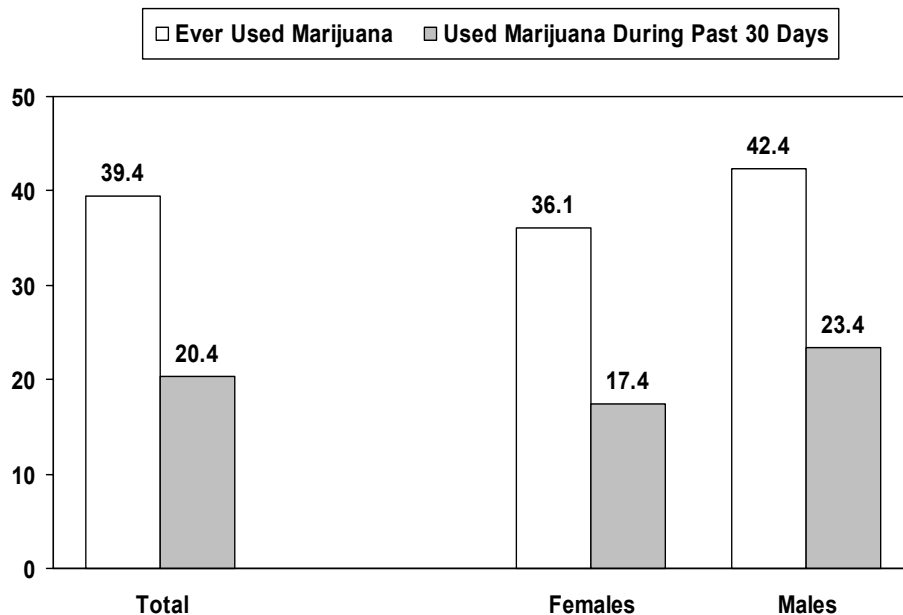
Percentage of Wyoming high school students who ever had at least one drink of alcohol, had at least one drink of alcohol during the past 30 days, and had five or more drinks of alcohol in a row (that is, within a couple of hours) during the past 30 days



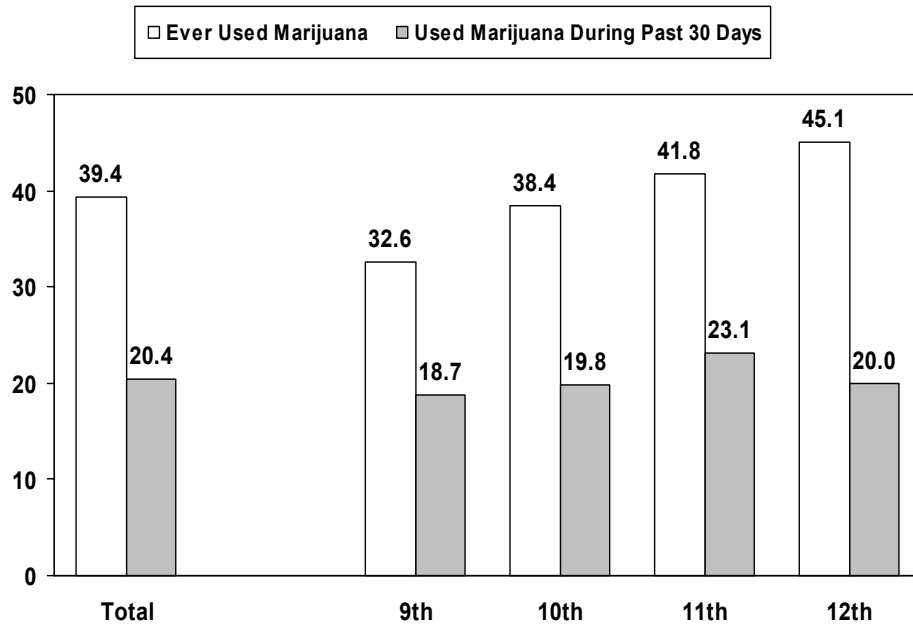
Percentage of Wyoming high school students who ever had at least one drink of alcohol, had at least one drink of alcohol during the past 30 days, and had five or more drinks of alcohol in a row (that is, within a couple of hours) during the past 30 days



Percentage of Wyoming high school students who ever used marijuana and have used marijuana during the past 30 days



Percentage of Wyoming high school students who ever used marijuana and have used marijuana during the past 30 days



## **Sexual Behaviors that Contribute to HIV, STDs, and Unintended Pregnancy WYOMING FAST FACTS**

The YRBS measures behaviors that are related to sexually transmitted diseases and unintended pregnancy, including sexual activity with multiple partners and the use of contraception. The YRBS also asks students whether or not they had been taught about AIDS or HIV in school.

### **AIDS and HIV Infection in Wyoming**

- There have been 204 reported cases of AIDS in Wyoming.<sup>11</sup>
- There have been 90 reported cases of HIV infection that have not developed into AIDS in Wyoming.<sup>11</sup>
- There have been 4 cases of HIV/AIDS in 13 to 19-year-olds, and 34 cases in 20 to 29-year-olds since 1984 in Wyoming.<sup>11</sup>

### **Other Sexually Transmitted Diseases in Wyoming**

- In 1999, 43% of reported STDs were among individuals aged 15 to 19 years old.
- Wyoming ranked 43<sup>rd</sup> in the nation in the number of cases of chlamydia in 2002, with 944 reported cases.<sup>12</sup>
- Wyoming ranked 46<sup>th</sup> in the nation in the number of cases of gonorrhea in 2002, with 65 reported cases.<sup>12</sup>

### **Births to Teenage Mothers in Wyoming**

- The Wyoming teen birth rate has declined by 26% since 1989.
- There were 211 births to females aged 15 – 17, and 593 births to females aged 18 – 19 in 2002 (total number of births = 6550).<sup>2</sup>
- Of mothers aged 15 – 17, nine reported receiving either no prenatal care or receiving prenatal care for the first time during their third trimester in 2002.<sup>2</sup>
- Of mothers aged 18 – 19, 26 reported receiving either no prenatal care or receiving prenatal care for the first time during their third trimester in 2002.<sup>2</sup>

## **What We Know About Risky Sexual Behaviors from the YRBS**

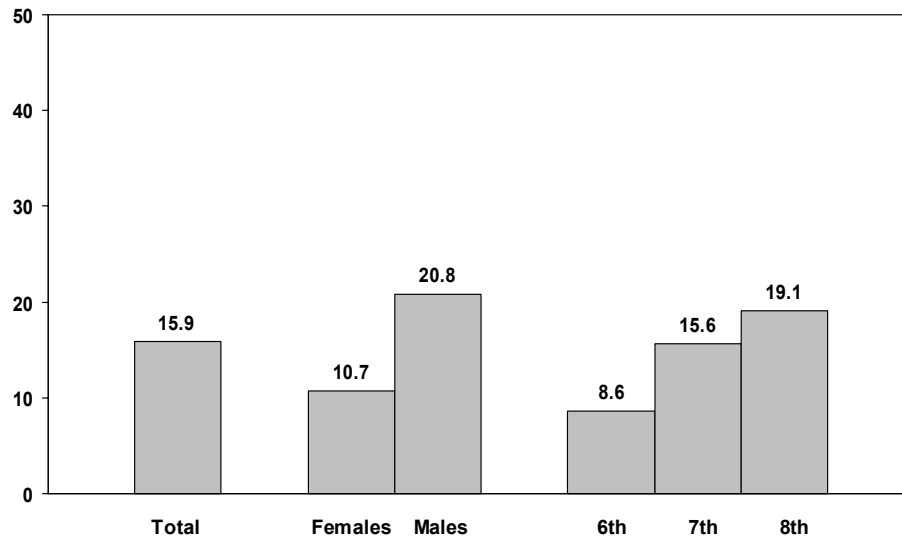
### **Middle School Students (6<sup>th</sup> – 8<sup>th</sup> grade)**

- 15.9% of middle school students have ever had sexual intercourse
- 5.4% of middle school students have had sexual intercourse with three or more people during their lifetime
- 63.7% of middle school students used a condom during their last sexual intercourse (of middle school students who had ever had sexual intercourse)
- 74.6% of middle school students had ever been taught about AIDS or HIV infection in school

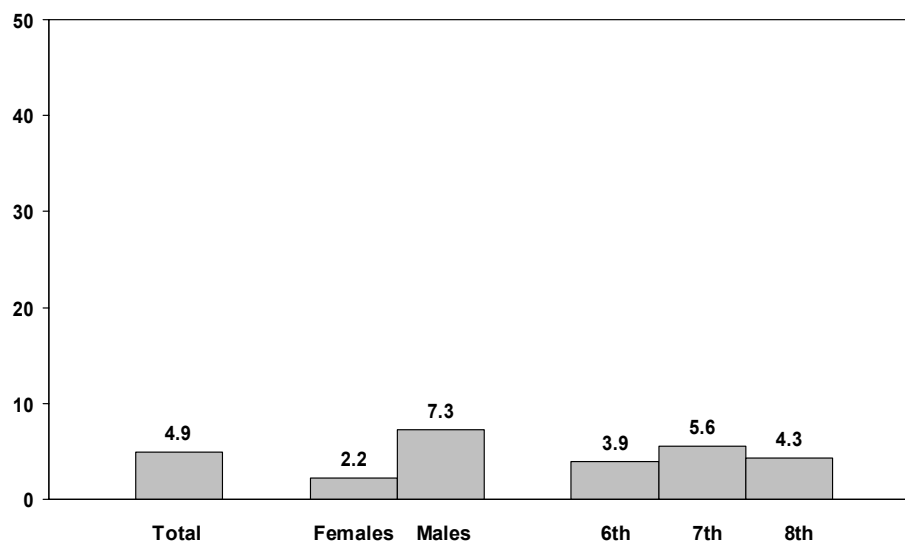
### **High School Students (9<sup>th</sup> – 12<sup>th</sup> grade)**

- 45.8% of high school students have ever had sexual intercourse
- 5.8% of high school students had sexual intercourse for the first time before age 13
- 31.8% of high school students have had sexual intercourse with one or more people during the past three months
- 64% of high school students used a condom during their last sexual intercourse (of students who had had sexual intercourse during the past three months)
- 22.7% of high school students used birth control pills during their last sexual intercourse (of students who had had sexual intercourse during the past three months)
- 3.7% of high school students had been pregnant or gotten someone pregnant one or more times (of students who had had sexual intercourse during the past three months)
- 88.6% of high school students reported behaving in ways that protected them from sexually transmitted diseases during the past three months (they had either never had sex, not had sex in the last three months, or used a condom the last time they had sex)
- 88.3% of high school students had ever been taught about AIDS or HIV infection in school

**Percentage of Wyoming middle school students who ever had sexual intercourse**

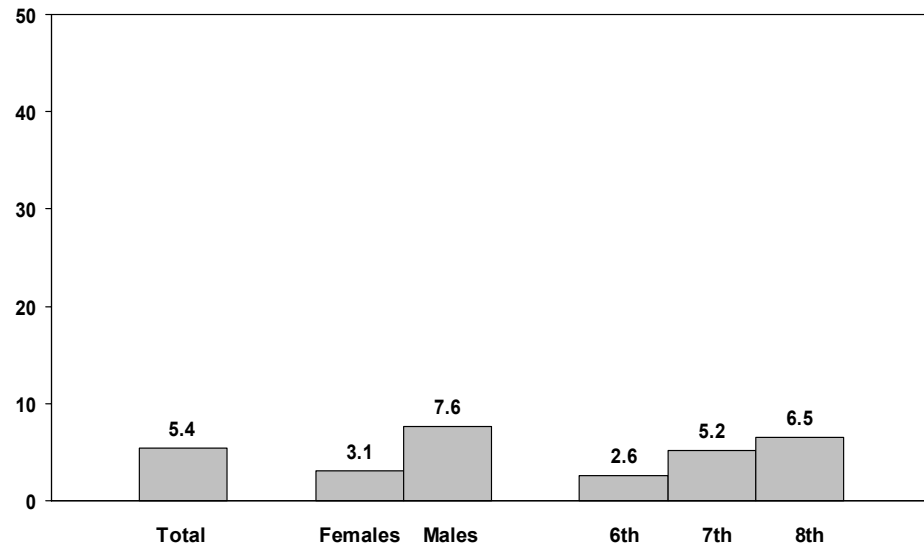


**Percentage of Wyoming middle school students who had sexual intercourse for the first time before age 11**

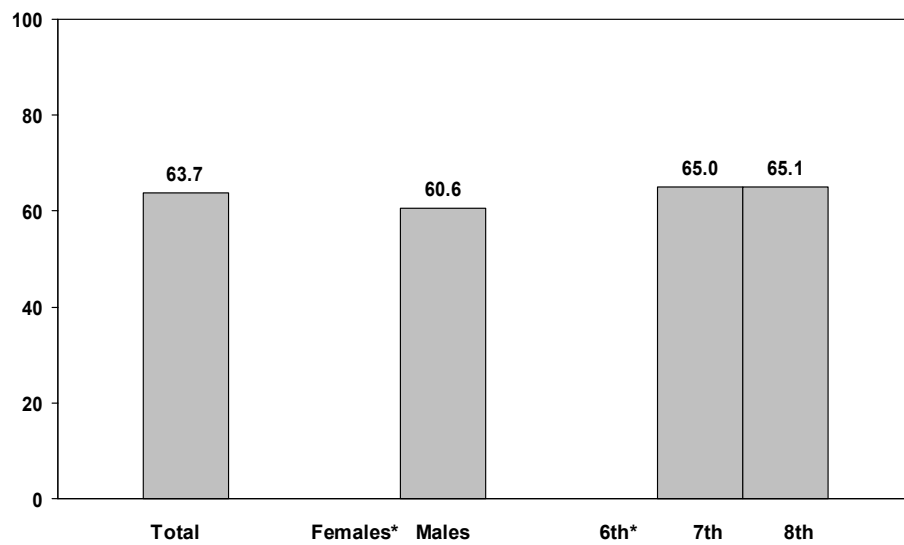




**Percentage of Wyoming middle school students who ever had sexual intercourse with three or more people**

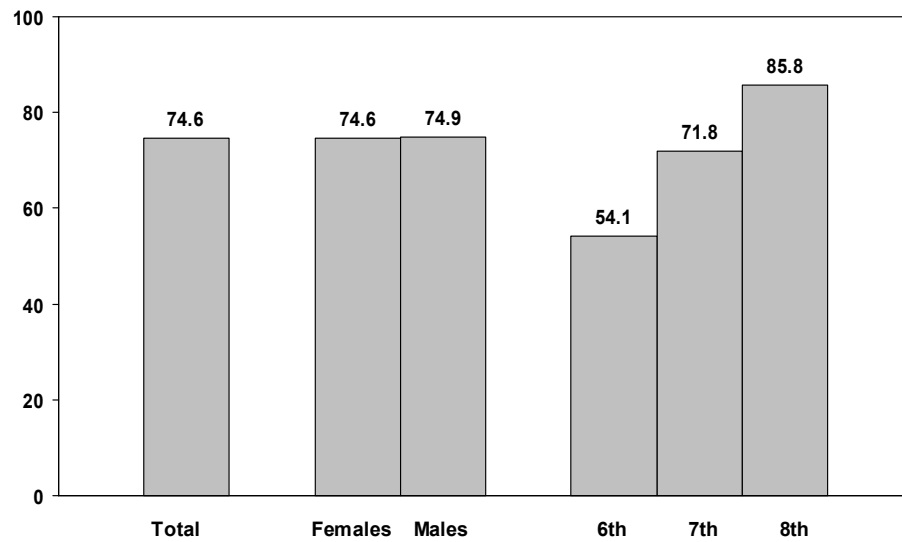


**Of Wyoming middle school students who had sexual intercourse, the percentage who used a condom during last sexual intercourse**

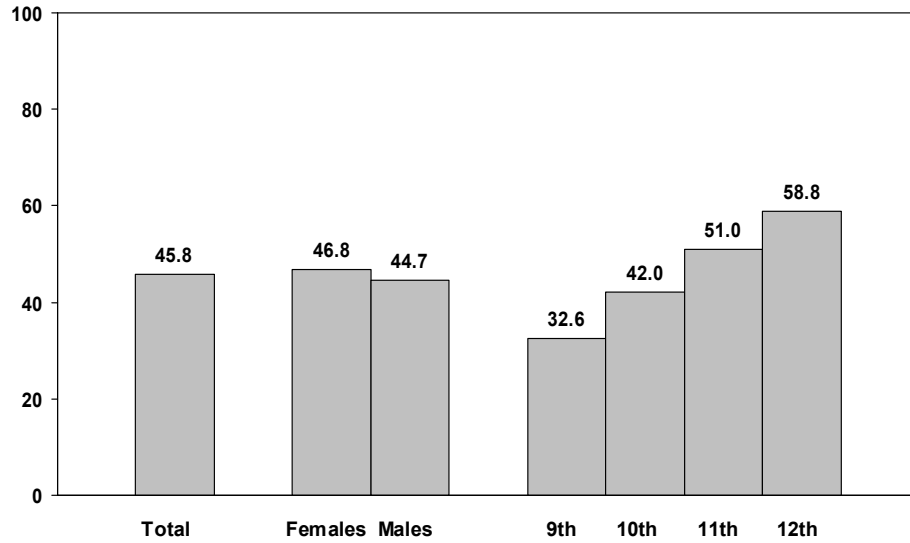


\* Less than 100 responses

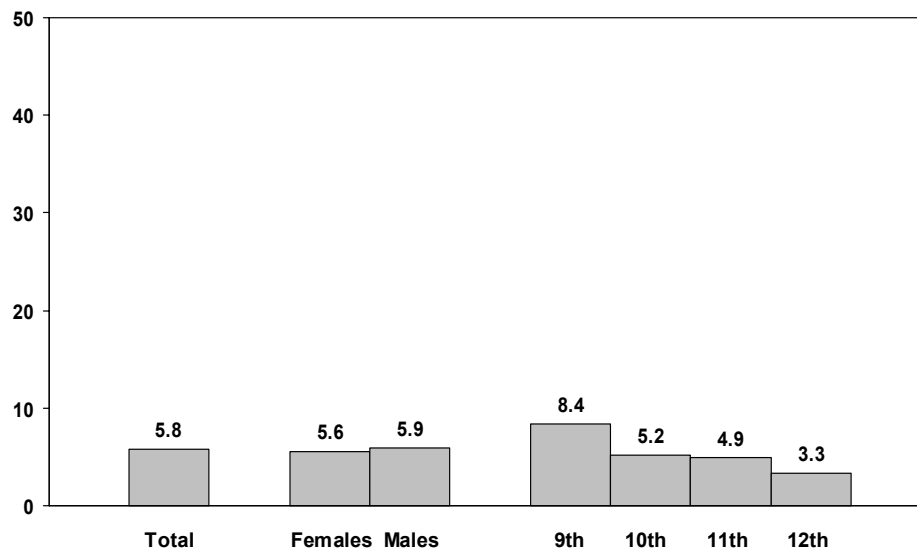
**Percentage of Wyoming middle school students who had ever been taught about AIDS or HIV infection in school**



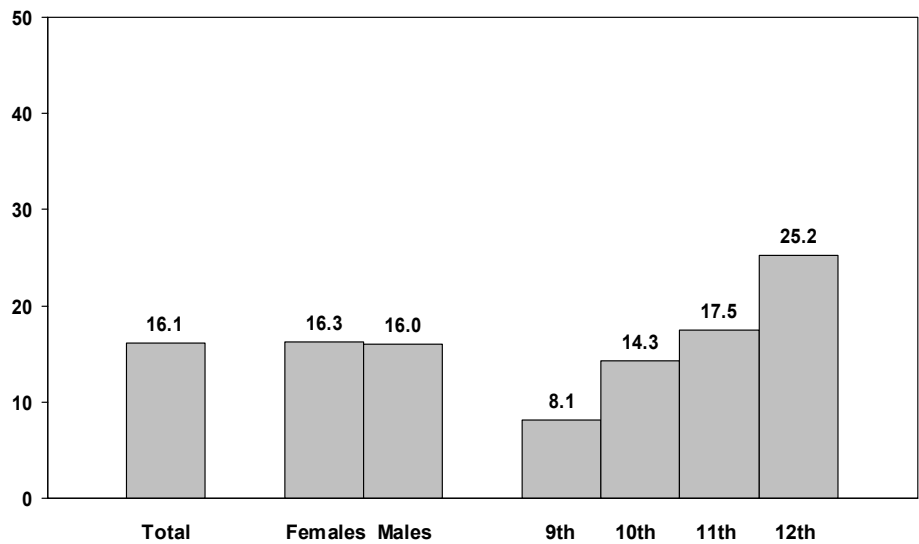
**Percentage of Wyoming high school students who have ever had sexual intercourse**



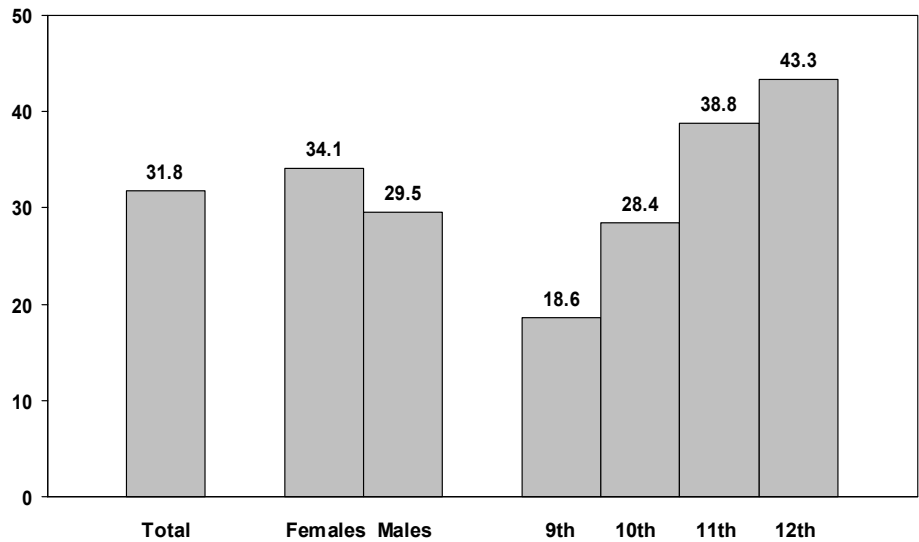
**Percentage of Wyoming high school students who had sexual intercourse for the first time before age 13**



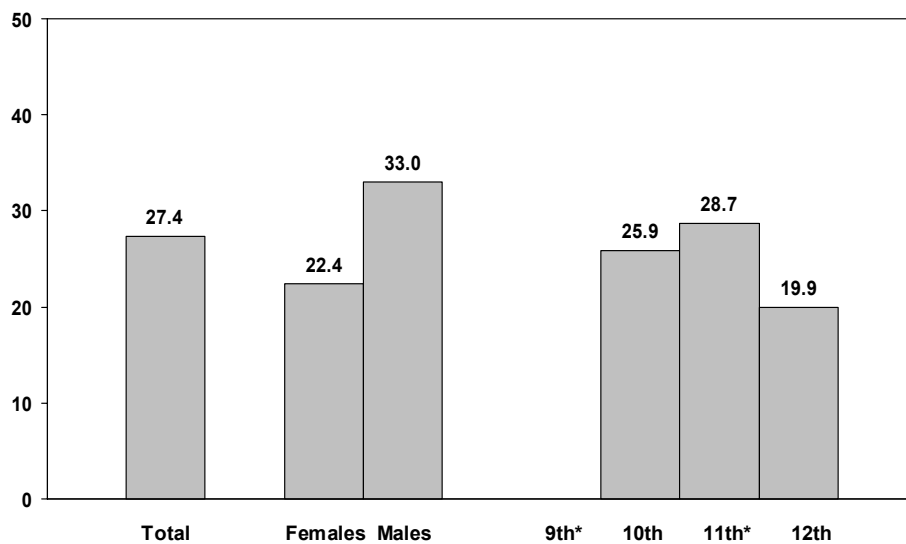
Percentage of Wyoming high school students who ever had sexual intercourse with four or more people



Percentage of Wyoming high school students who have had sexual intercourse with one or more people during the past three months

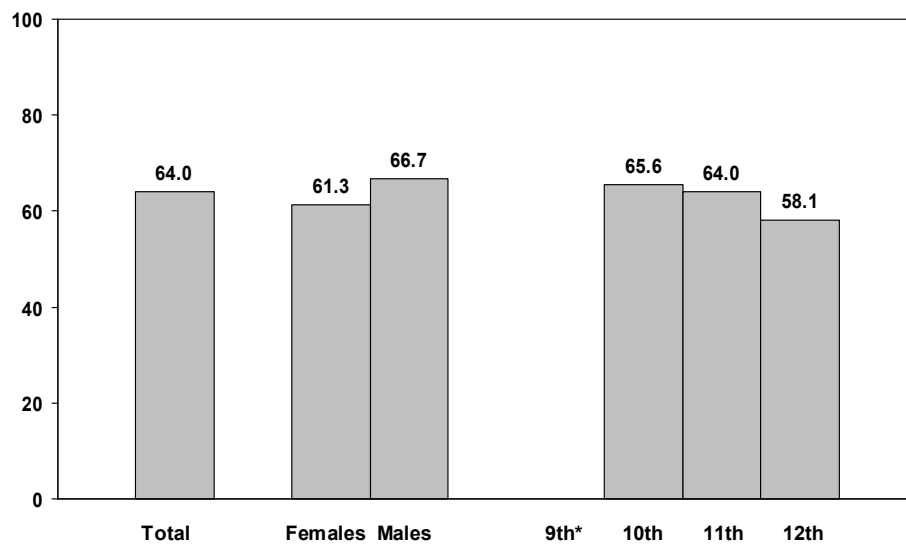


**Of Wyoming high school students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before their last sexual intercourse**



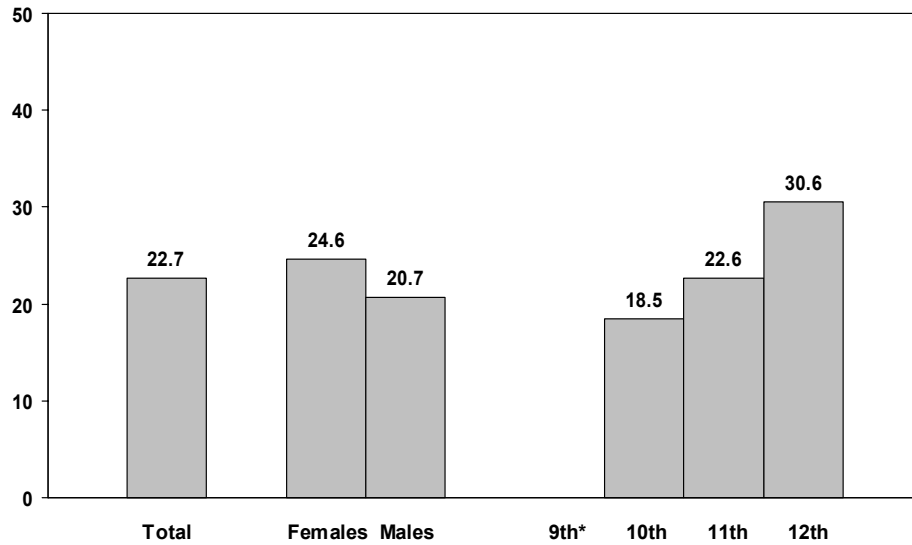
\* Less than 100 responses

**Of Wyoming high school students who had sexual intercourse during the past three months, the percentage who used a condom during their last sexual intercourse**



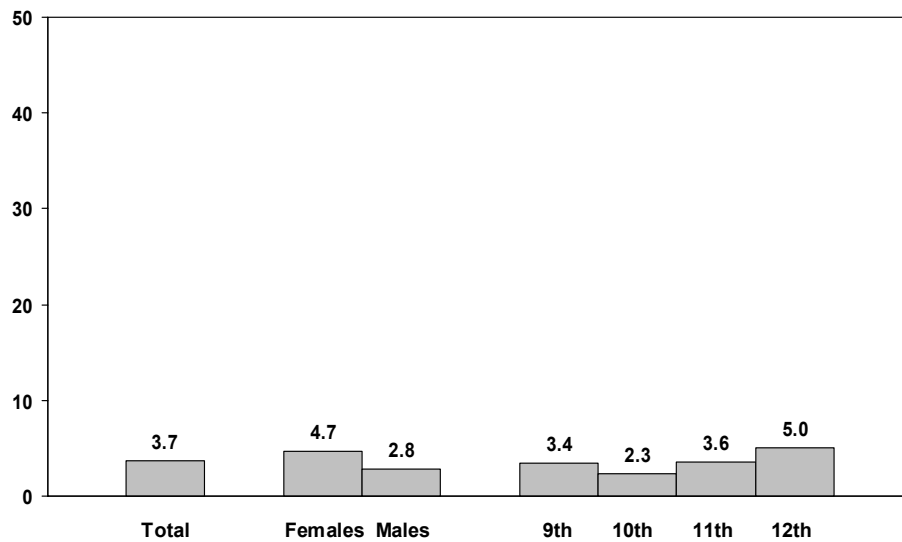
\* Less than 100 responses

**Of Wyoming high school students who had sexual intercourse during the past three months, the percentage who used birth control pills during the last sexual intercourse**

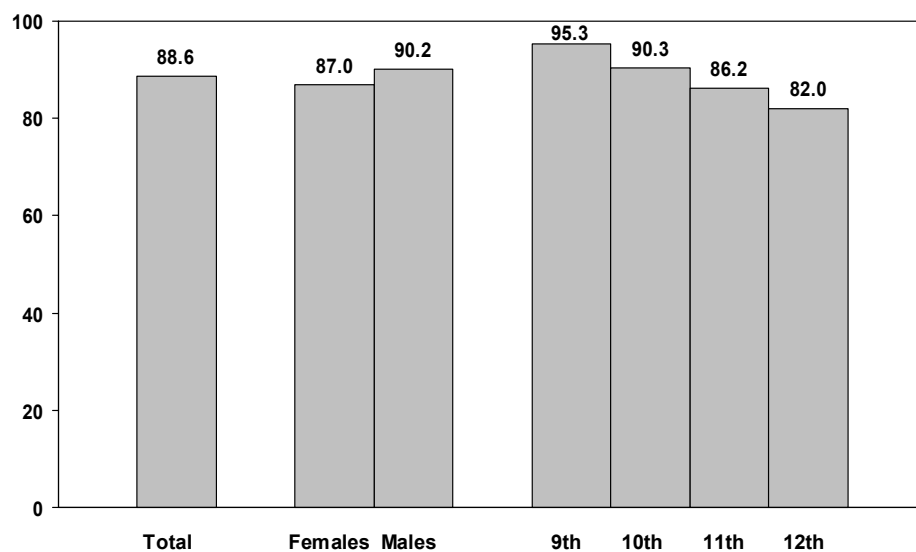


\* Less than 100 responses

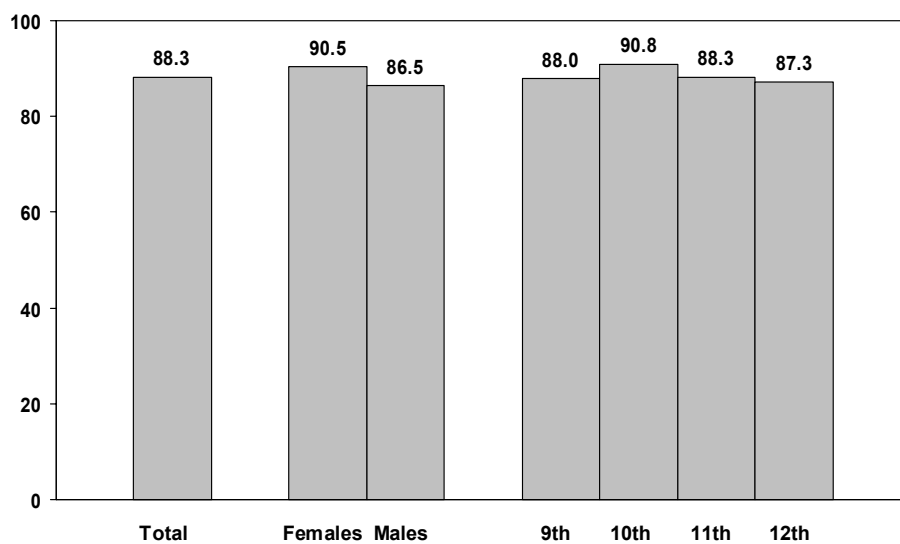
**Percentage of Wyoming high school students who had ever been pregnant or gotten someone pregnant**



**Percentage of Wyoming high school students who have never had sex, haven't had sex in the last three months, or used a condom the last time they had sex**

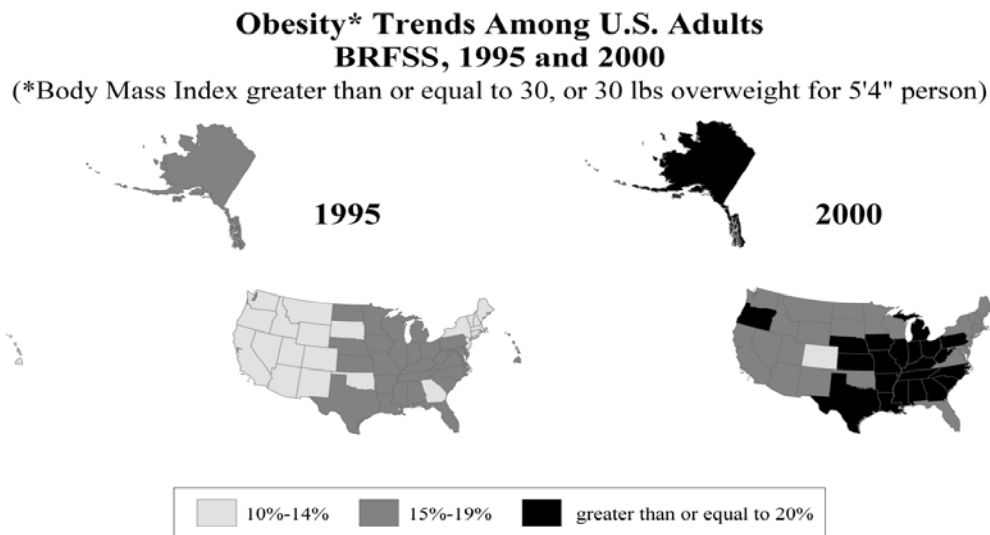


**Percentage of Wyoming high school students who had ever been taught about AIDS or HIV infection in school**



## Nutrition, Weight, and Physical Activity WYOMING FAST FACTS

The YRBS measures behaviors that are related to nutrition, weight, and physical activity. These behaviors are important for children's physical health, development, and readiness to learn. Poor dietary habits, being overweight and obese, and physical inactivity contribute to chronic disease in adulthood. Obesity in both childhood and adulthood is quickly becoming a national epidemic. According to the Surgeon General, the unhealthy eating behaviors and sedentary behaviors of Americans account for over 300,000 deaths and \$100 billion in health care costs annually.<sup>13</sup>



Graph obtained from a presentation created by  
the Centers for Disease Control and Prevention

Source: Mokdad, A H, et al. *JAMA* 1999;282:16,2001;286:10.

### Nutrition and Weight

- 77.9% of Wyoming adults reported that they were not consuming five or more servings of fruits and vegetables a day in 2002.<sup>6</sup>
- 47,123 Wyoming students are served meals in schools daily, and 8,655 Wyoming children are served meals in childcare daily through child nutrition programs administered by the Wyoming Department of Education at an annual cost of \$15,707,570.
- 55.9% of Wyoming adults were overweight or obese based on the Body Mass Index in 2002.<sup>6</sup>
- 19.5% of Wyoming adults were obese based on the Body Mass Index in 2002.<sup>6</sup>

### Physical Activity

- 20.4% of Wyoming adults participated in no leisure time physical activity in 2002.<sup>6</sup>



## **What We Know About Nutrition, Weight, and Physical Activity from the YRBS**

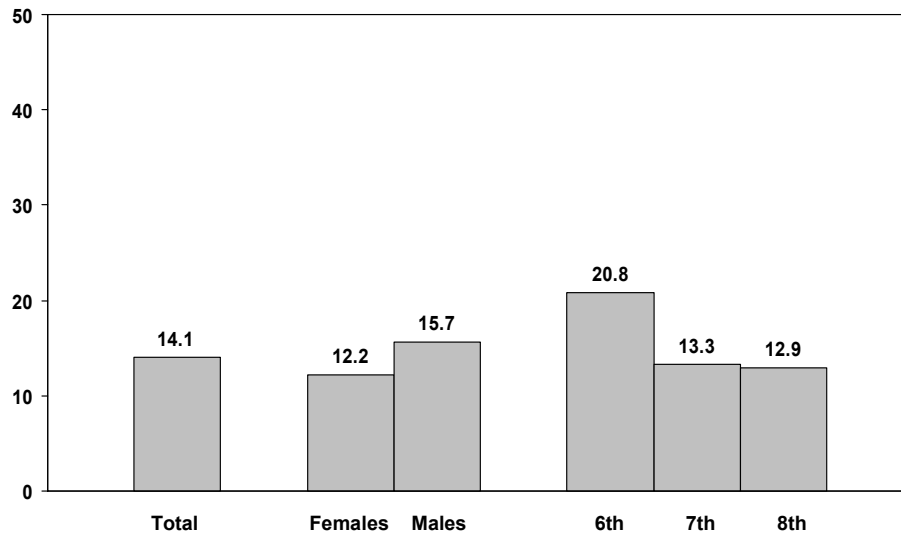
### **Middle School Students (6<sup>th</sup> – 8<sup>th</sup> grade)**

- 9% of middle school students are overweight based on the Body Mass Index
- 27% of middle school students describe themselves as slightly or very overweight
- 40.6% of middle school students (52.8% of females) are trying to lose weight
- 19.9% of middle school students ever went without eating for 24 hours or more
- 7.7% of middle school students (11.3% of females) ever took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight
- 6.2% of middle school students (8.8% of females) ever vomited or took laxatives to lose weight or to keep from gaining weight
- 81.2% of middle school students exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days
- 31.4% of middle school students watched three hours or more of TV per day on an average school day
- 55.9% of middle school students attended P.E. class daily
- 71.6% of middle school students played on some sports teams

### **High School Students (9<sup>th</sup> – 12<sup>th</sup> grade)**

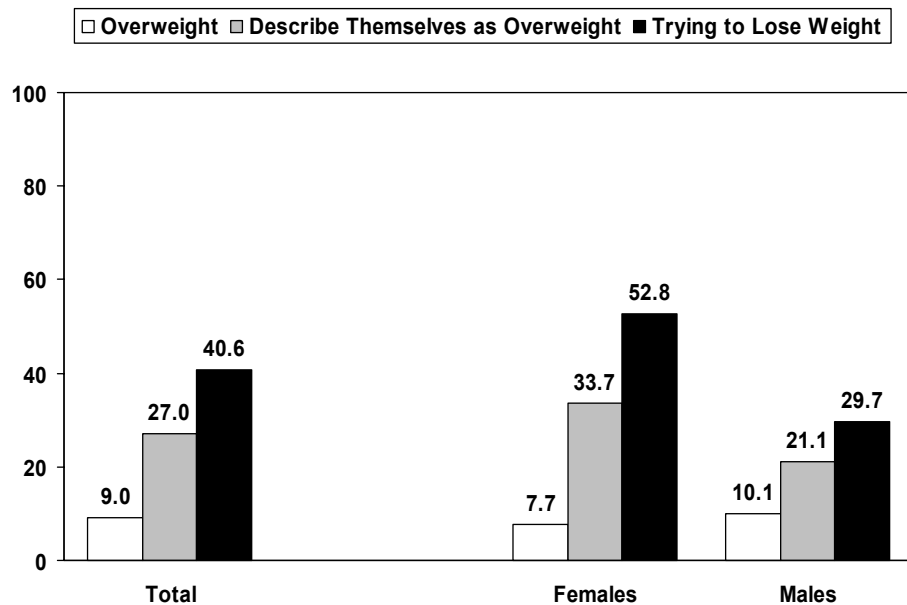
- 7.2% of high school students are overweight based on the Body Mass Index
- 29.2% of high school students describe themselves as slightly or very overweight
- 43.1% of high school students (61.6% of females) are trying to lose weight
- 12.7% of high school students went without eating for 24 hours or more during the past 30 days to lose weight or to keep from gaining weight
- 7.7% of high school students (10.0% of females) took diet pills, powders, or liquids without a doctor's advice during the past 30 days to lose weight or to keep from gaining weight
- 5.5% of high school students (8.3% of females) vomited or took laxatives during the past 30 days to lose weight or to keep from gaining weight
- 22.5% of high school students ate five or more servings of fruits and vegetables per day during the past seven days
- 23.5% of high school students drank three or more glasses of milk per day during the past seven days
- 67.7% of high school students exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days
- 54.6% of high school students did exercises to strengthen or tone their muscles on three or more of the past seven days
- 26.6% of high school students watched three hours or more of TV per day on an average school day
- 23.2% of high school students attended P.E. class daily
- 56.3% of high school students played on one or more sports teams during the past 12 months

**Percentage of Wyoming middle school students who are at risk\* for becoming overweight**



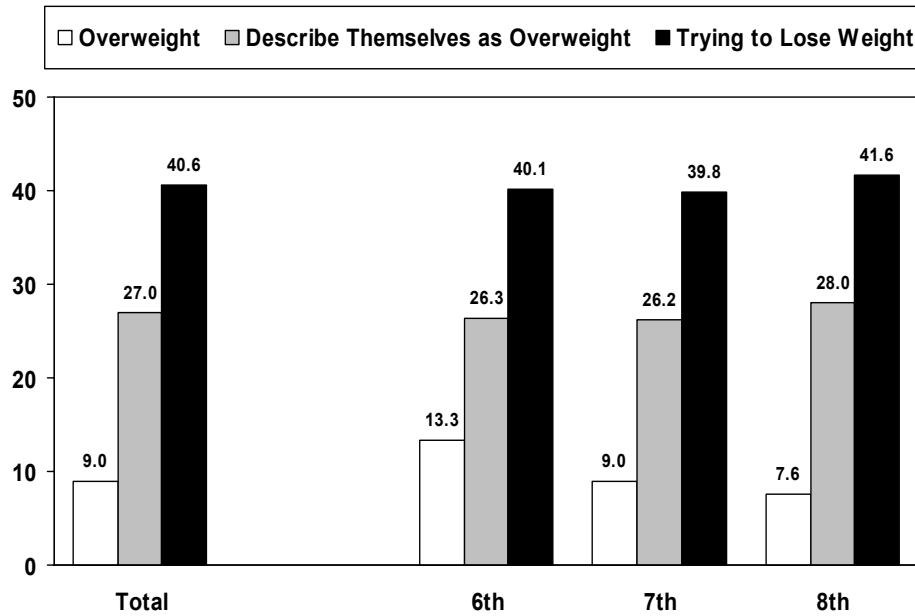
\*Students who were at or above the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

**Percentage of Wyoming middle school students who are overweight\*, describe themselves as slightly or very overweight, and are trying to lose weight**



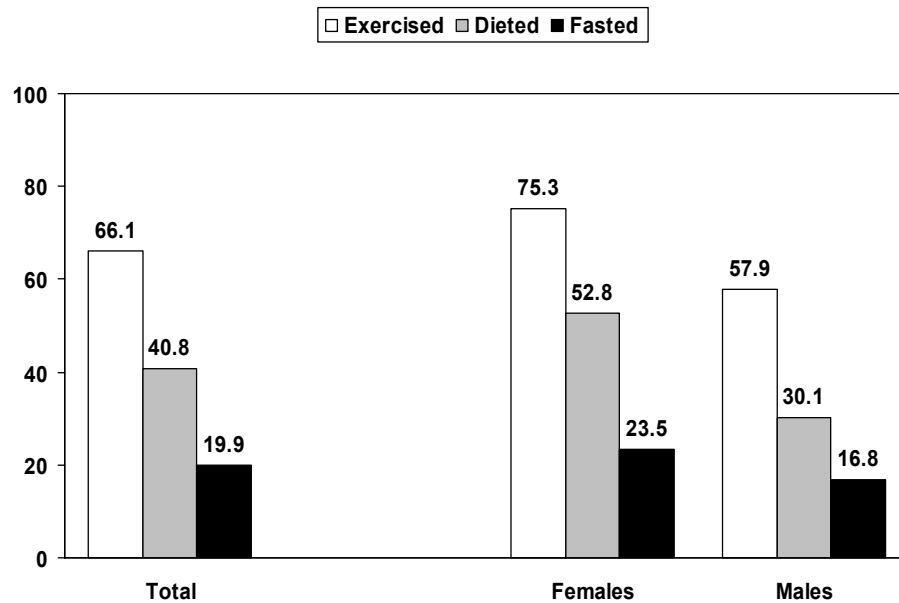
\*Students who were at or above the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

Percentage of Wyoming middle school students who are overweight\*, describe themselves as slightly or very overweight, and are trying to lose weight

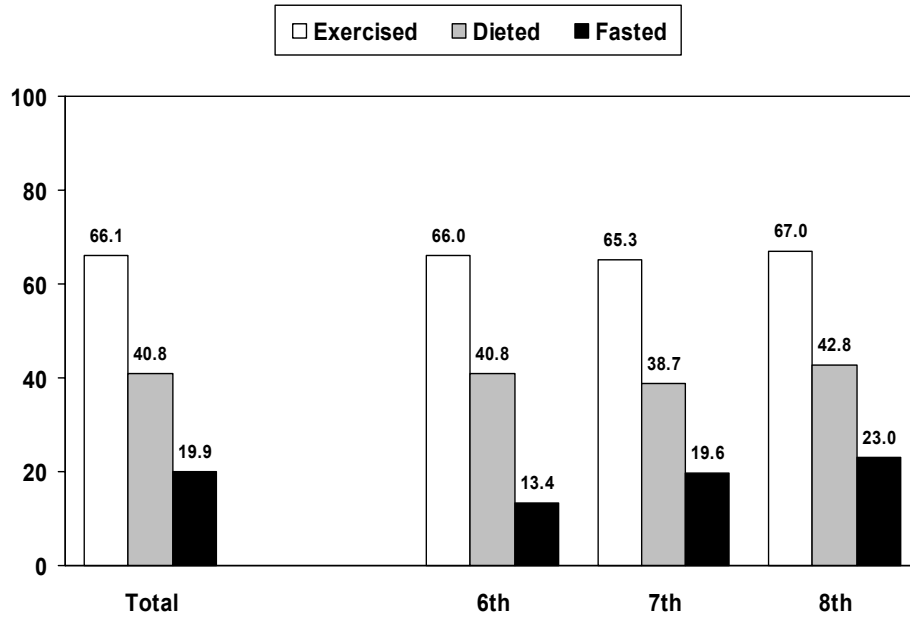


\*Students who were at or above the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

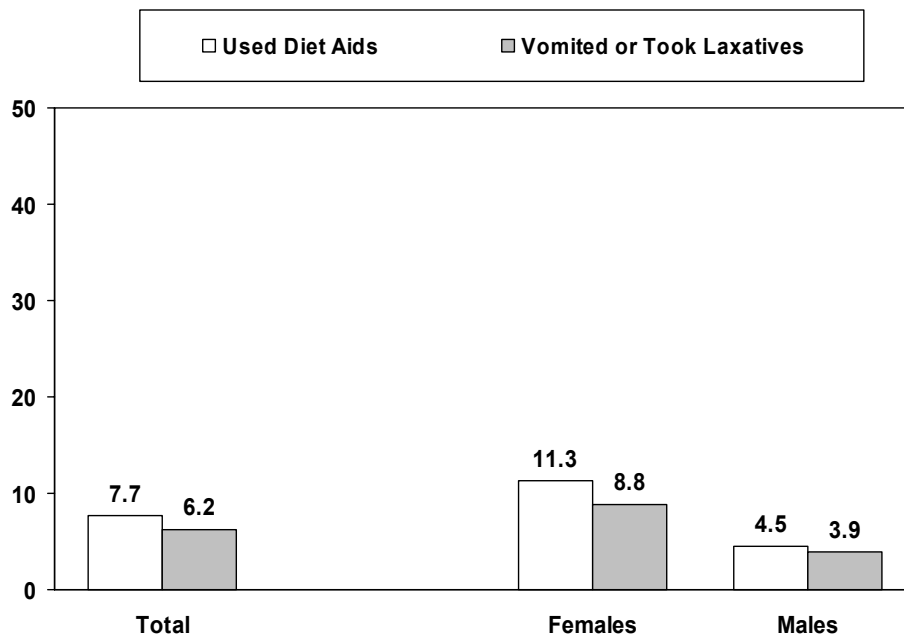
Percentage of Wyoming middle school students who, to lose weight or keep from gaining weight, ever exercised, dieted (ate less food, fewer calories or foods low in fat), and fasted (went without eating for 24 hours or more)



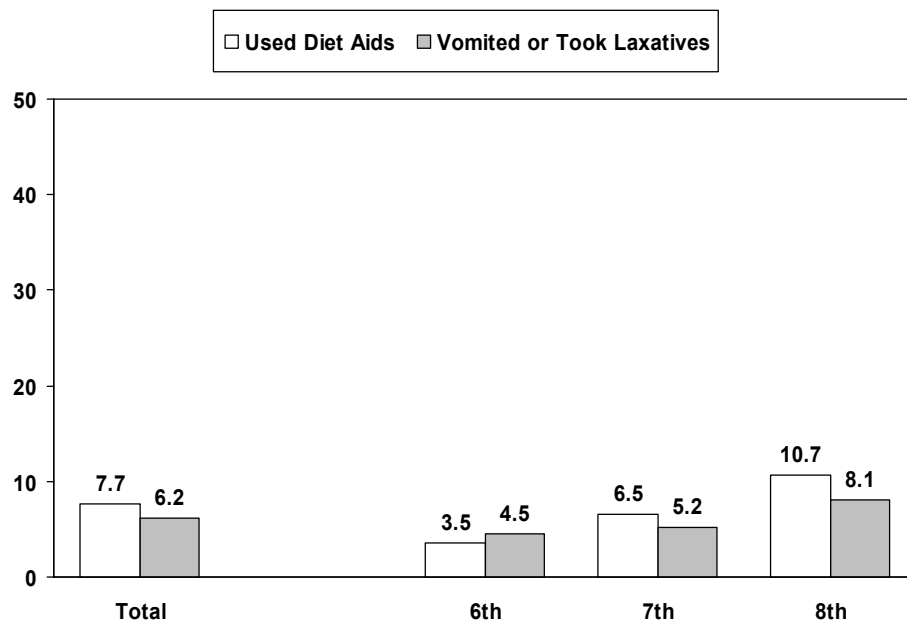
Percentage of Wyoming middle school students who, to lose weight or keep from gaining weight, ever exercised, dieted (ate less food, fewer calories or foods low in fat), and fasted (went without eating for 24 hours or more)



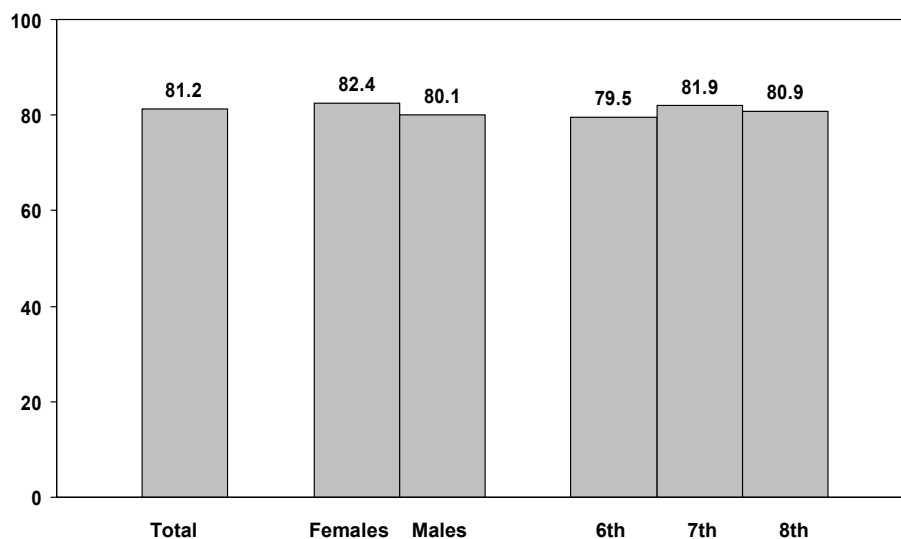
Percentage of Wyoming middle school students who, to lose weight or keep from gaining weight, ever used diet aids (diet pills, powders, or liquids) without a doctor's advice, and vomited or took laxatives.



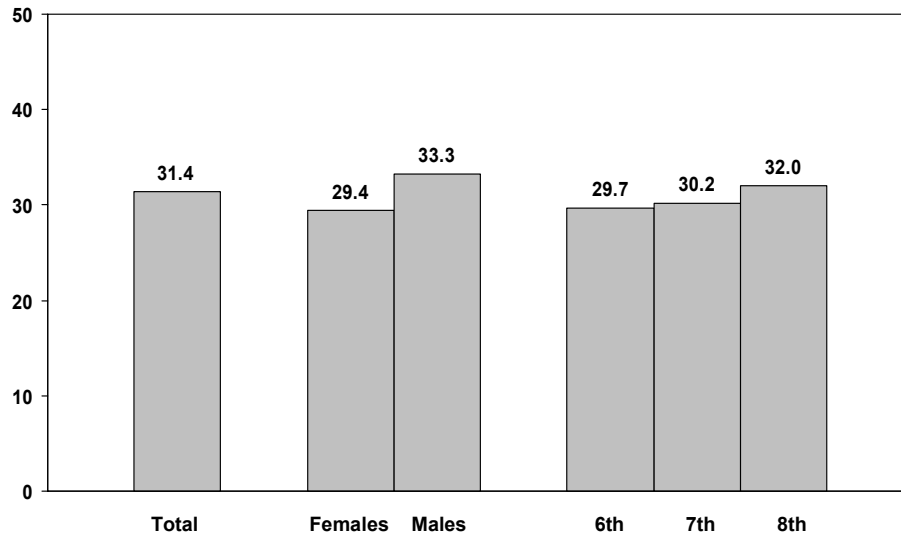
Percentage of Wyoming middle school students who, to lose weight or keep from gaining weight, ever used diet aids (diet pills, powders, or liquids) without a doctor's advice, and vomited or took laxatives.



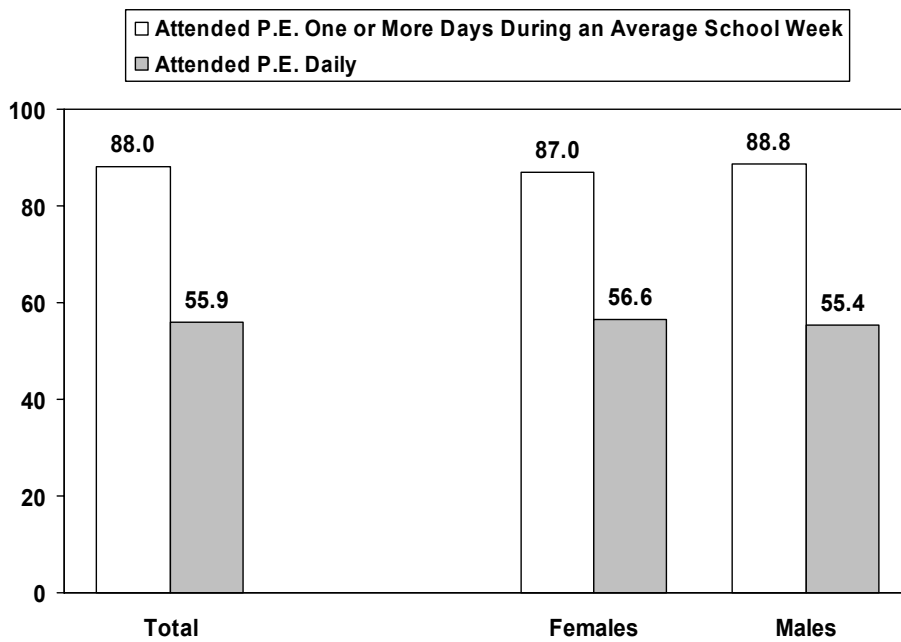
Percentage of Wyoming middle school students who exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days



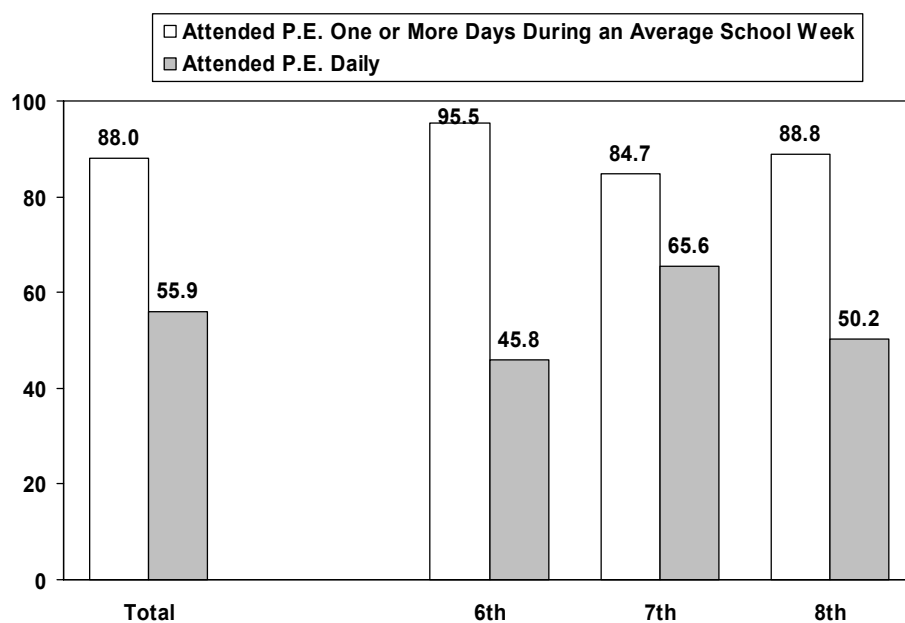
**Percentage of Wyoming middle school students who watched three hours or more of TV per day on an average school day**



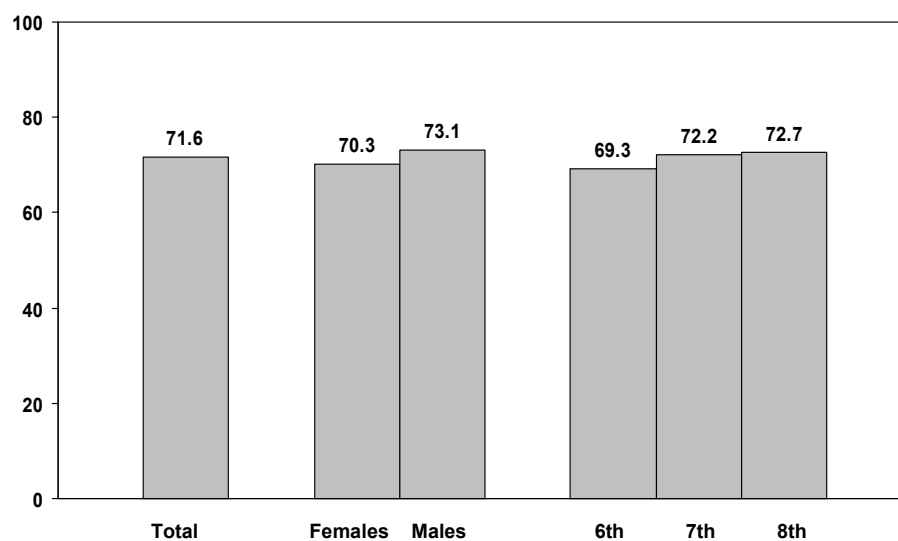
**Percentage of Wyoming middle school students who attended P.E. class one or more days during an average school week and attended P.E. class daily**



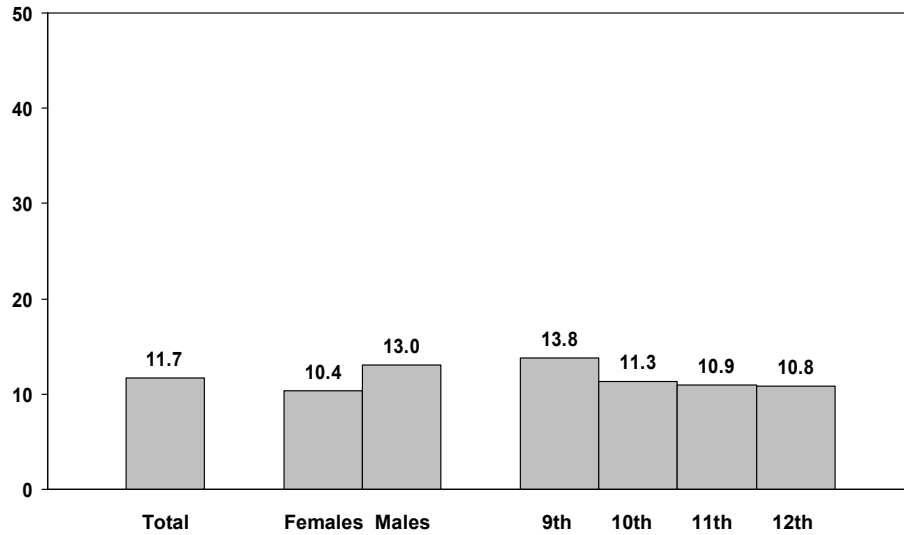
**Percentage of Wyoming middle school students who attended P.E. class one or more days during an average school week and attended P.E. class daily**



**Percentage of Wyoming middle school students who played on some sports teams**

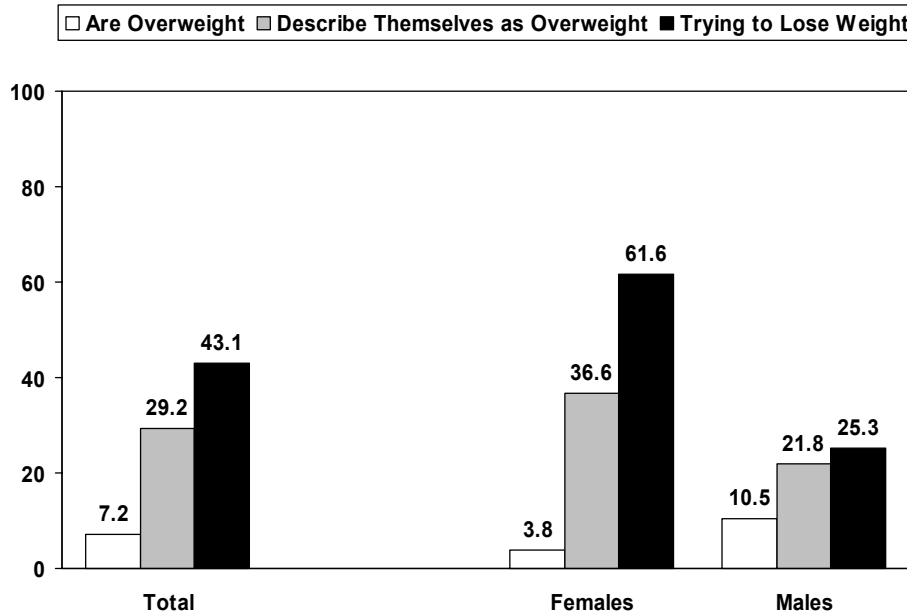


**Percentage of Wyoming high school students who are at risk\* for becoming overweight**



\*Students who were at or above the 85<sup>th</sup> percentile but below the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

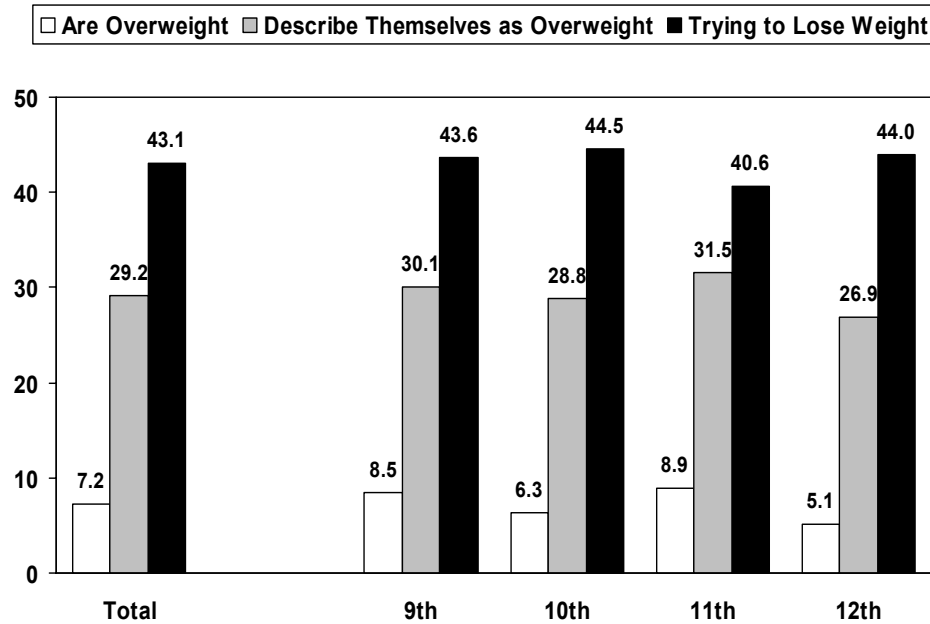
**Percentage of Wyoming high school students who are overweight\*, described themselves as slightly or very overweight, and who are trying to lose weight**



\*Students who were at or above the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

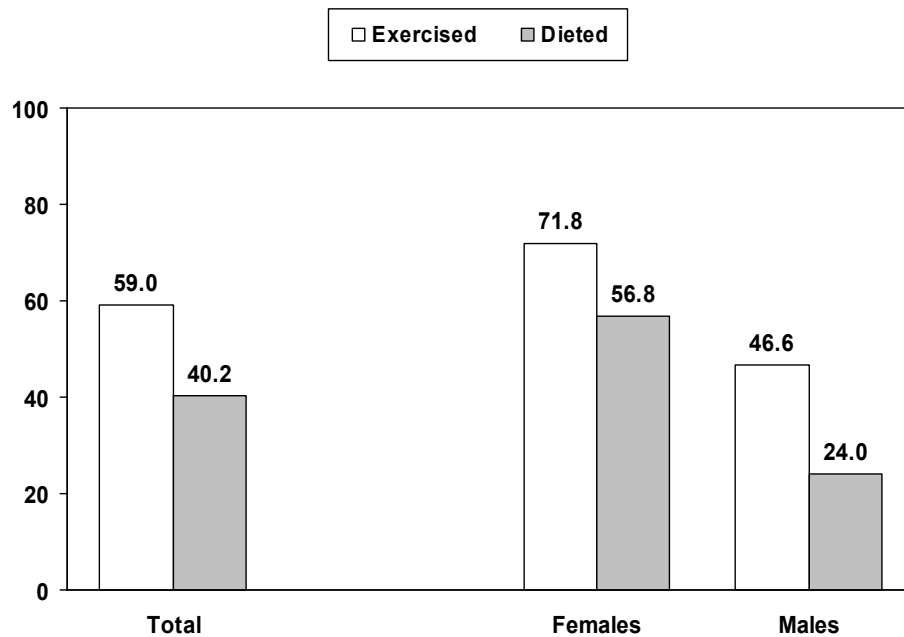


Percentage of Wyoming high school students who are overweight\*, described themselves as slightly or very overweight, and who are trying to lose weight

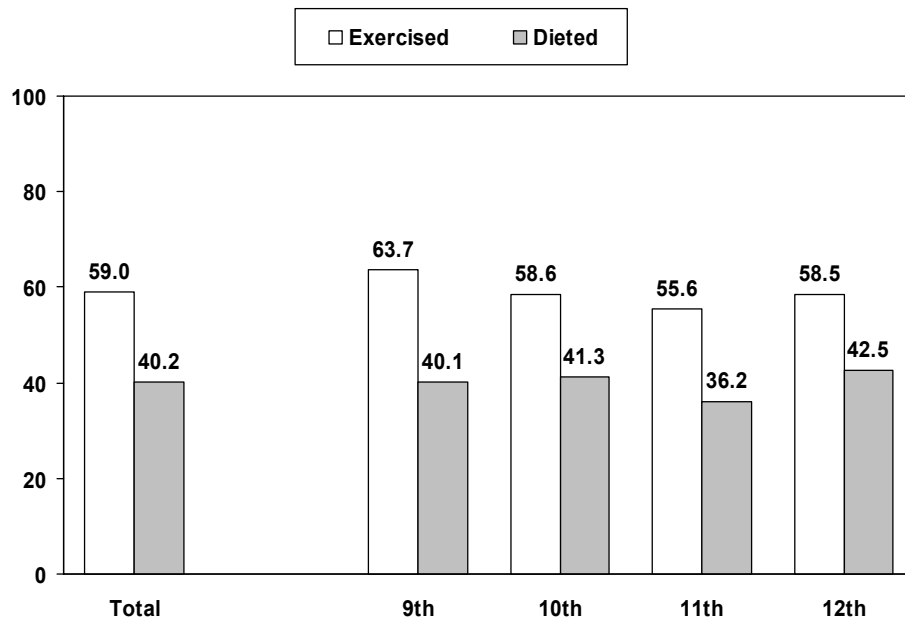


\*Students who were at or above the 95<sup>th</sup> percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

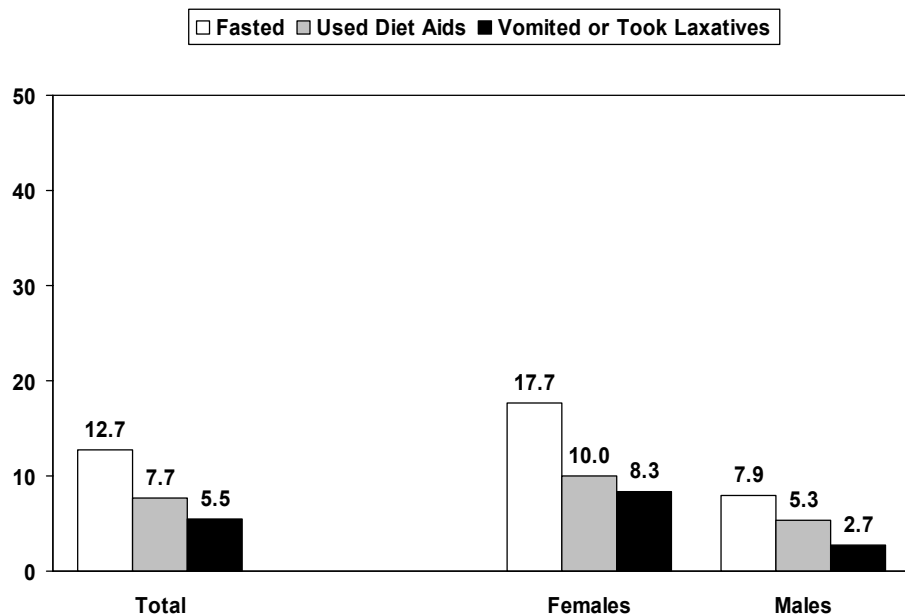
Percentage of Wyoming high school students who, during the past 30 days, to lose weight or to keep from gaining weight, exercised, and who dieted (ate less food, fewer calories, or foods low in fat)



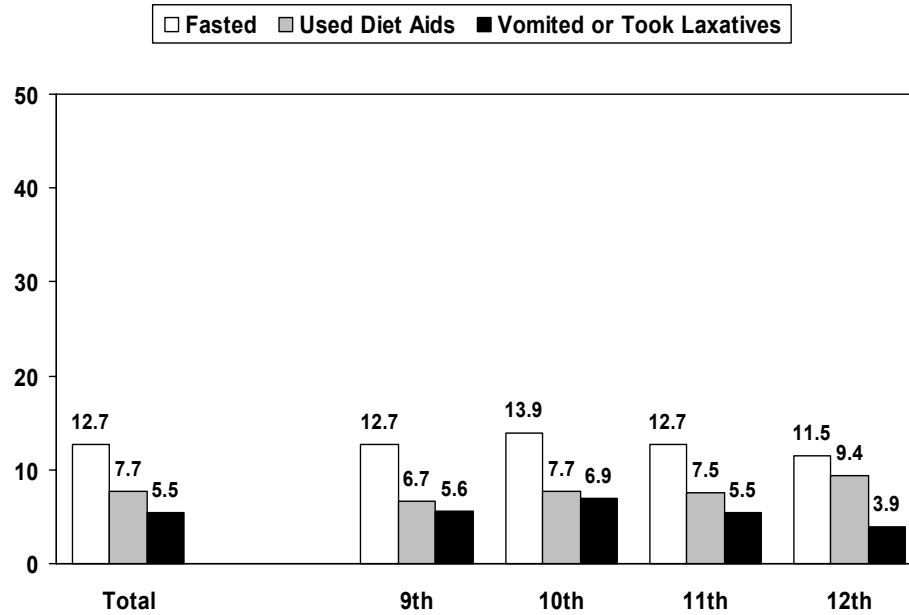
Percentage of Wyoming high school students who, during the past 30 days, to lose weight or to keep from gaining weight, exercised, and who dieted (ate less food, fewer calories, or foods low in fat)



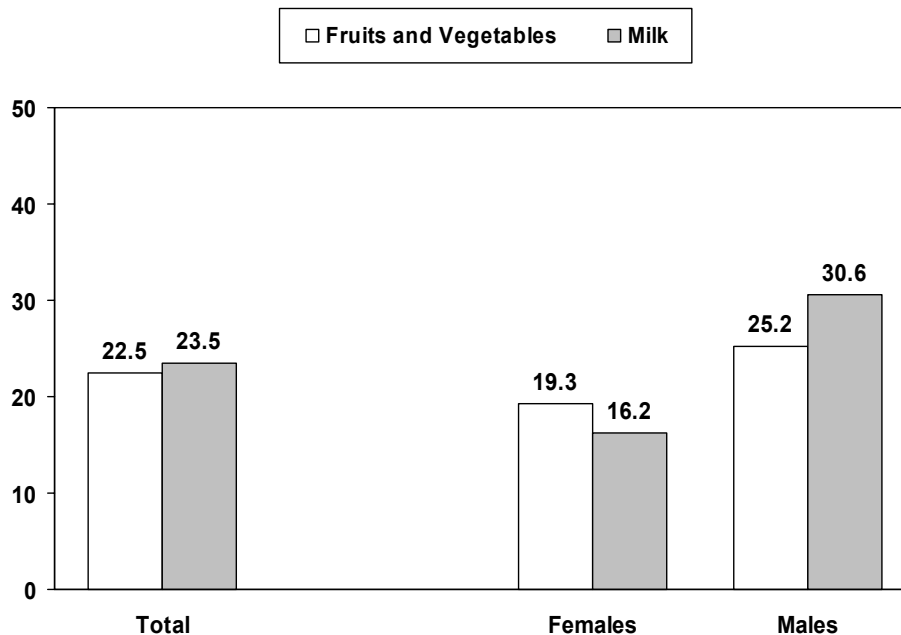
Percentage of Wyoming high school students who, during the past 30 days to lose weight or keep from gaining weight, fasted (went without eating for 24 hours or more), used diet aids (diet pills, powders, or liquids) without a doctor's advice, and vomited or took laxatives



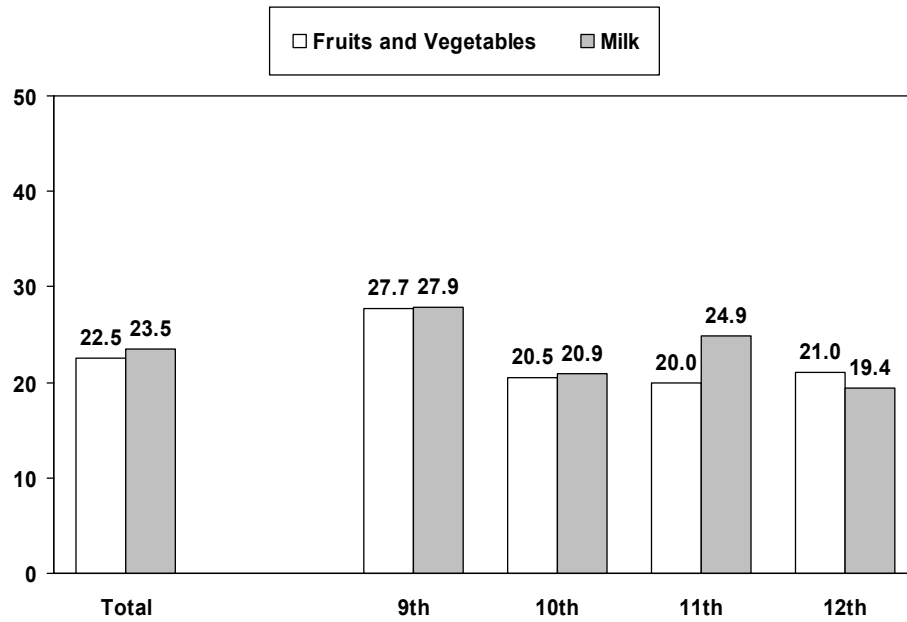
Percentage of Wyoming high school students who, during the past 30 days to lose weight or keep from gaining weight, fasted (went without eating for 24 hours or more), used diet aids (diet pills, powders, or liquids) without a doctor's advice, and vomited or took laxatives



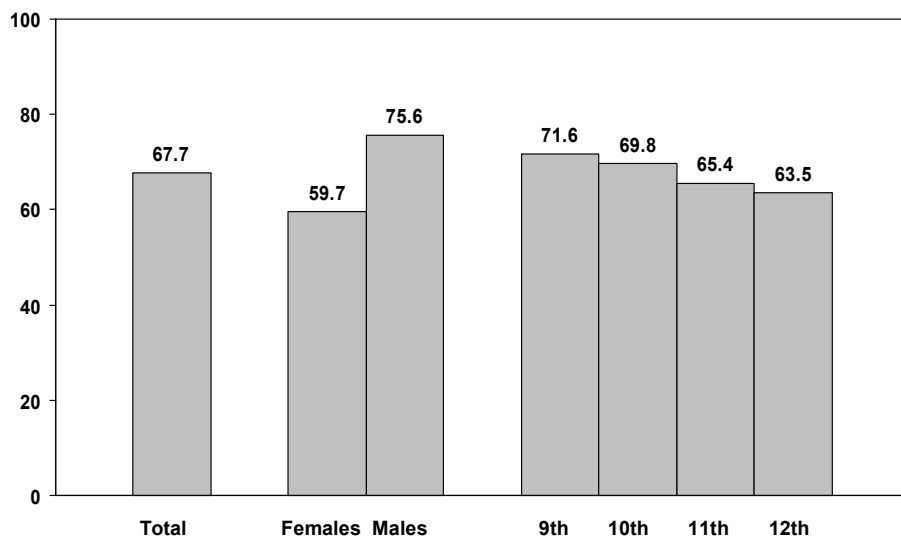
Percentage of Wyoming high school students who, during the past 7 days, ate five or more servings of fruits and vegetables per day, and drank three or more glasses of milk per day



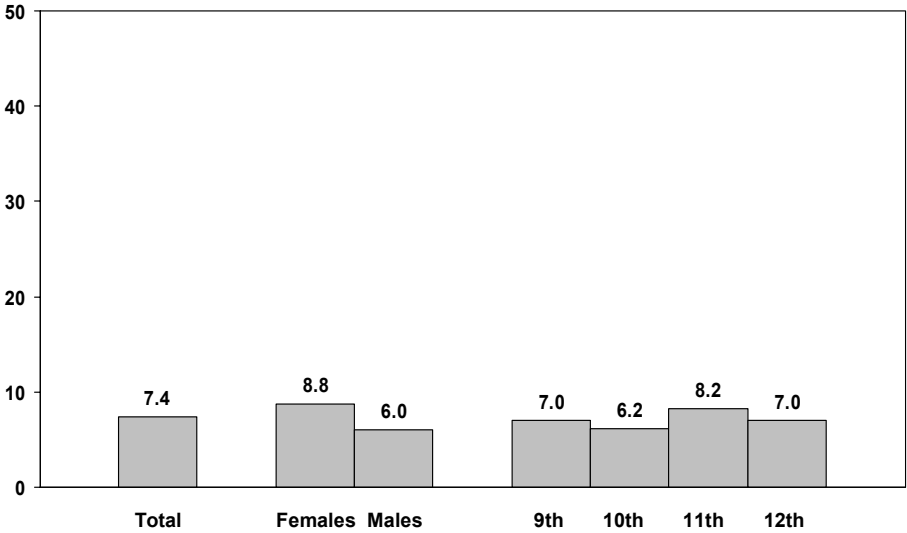
Percentage of Wyoming high school students who, during the past 7 days, ate five or more servings of fruits and vegetables per day, and drank three or more glasses of milk per day



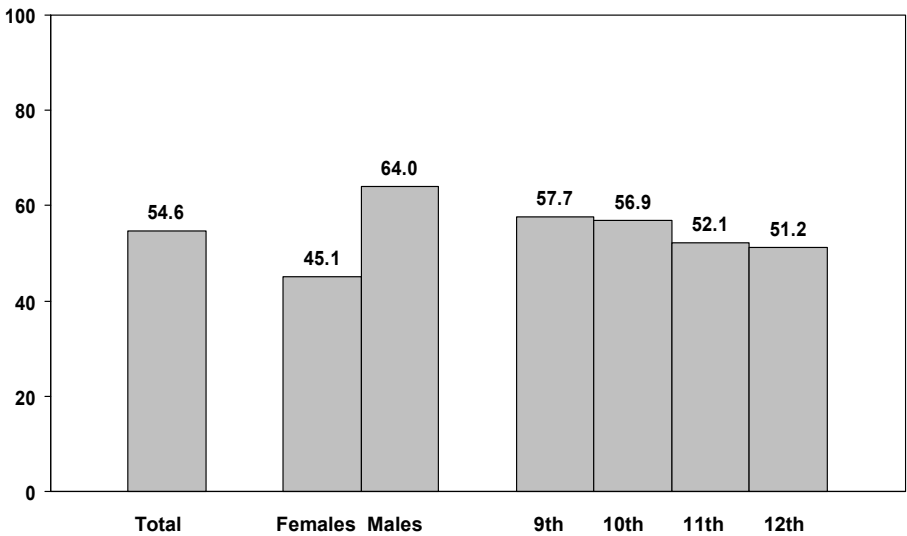
Percentage of Wyoming high school students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days



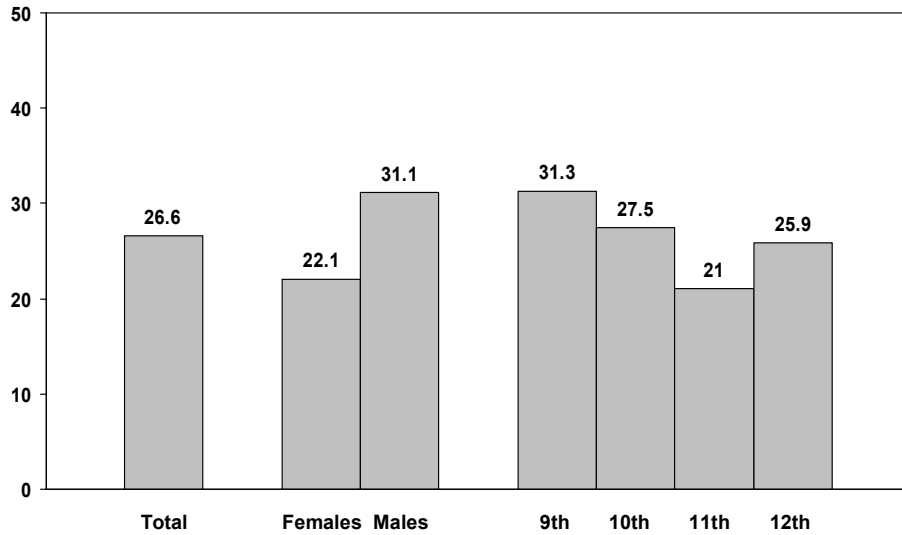
**Percentage of Wyoming high school students who participated in no vigorous or moderate physical activity during the past 7 days**



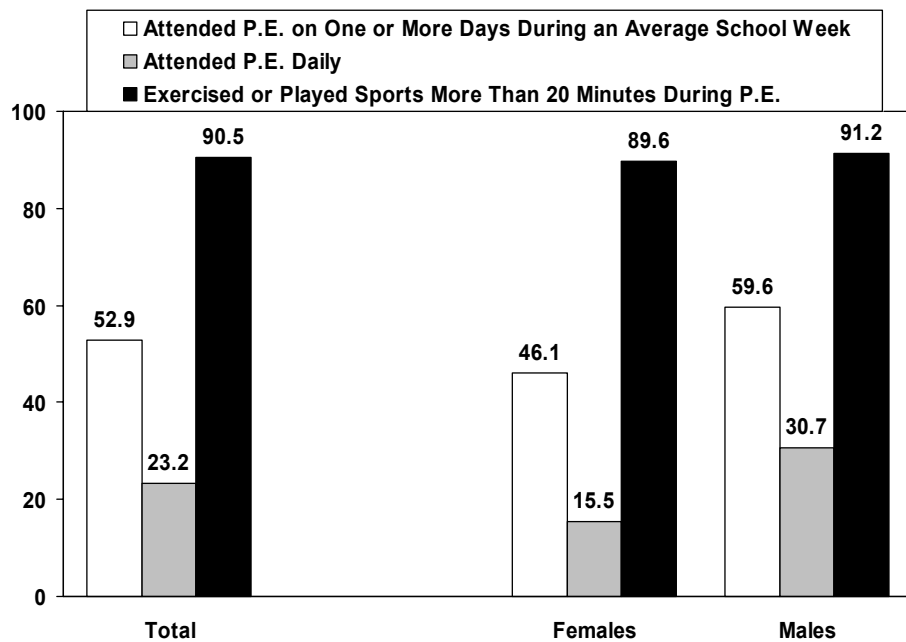
**Percentage of Wyoming high school students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days**



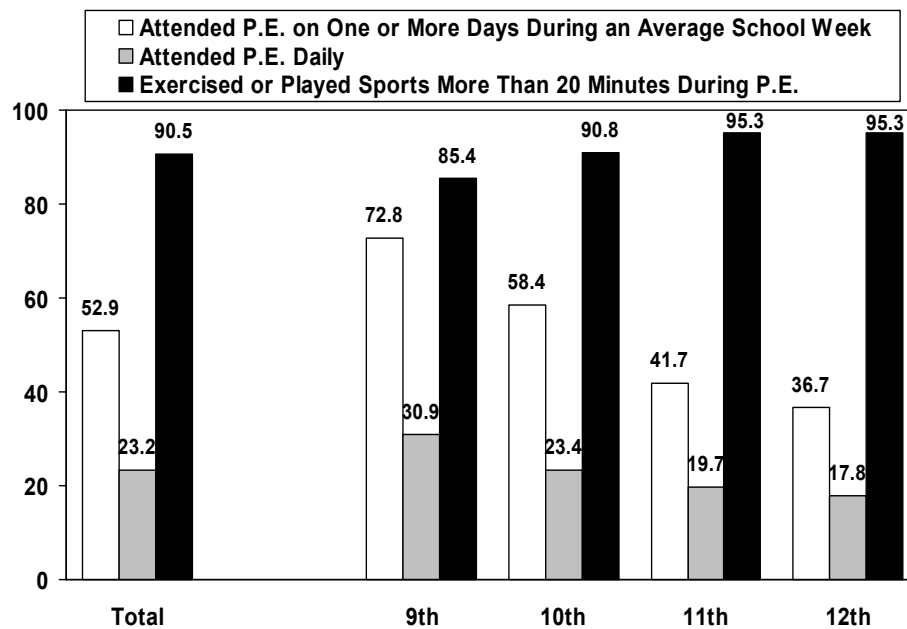
**Percentage of Wyoming high school students who watched three or more hours of TV per day on an average school day**



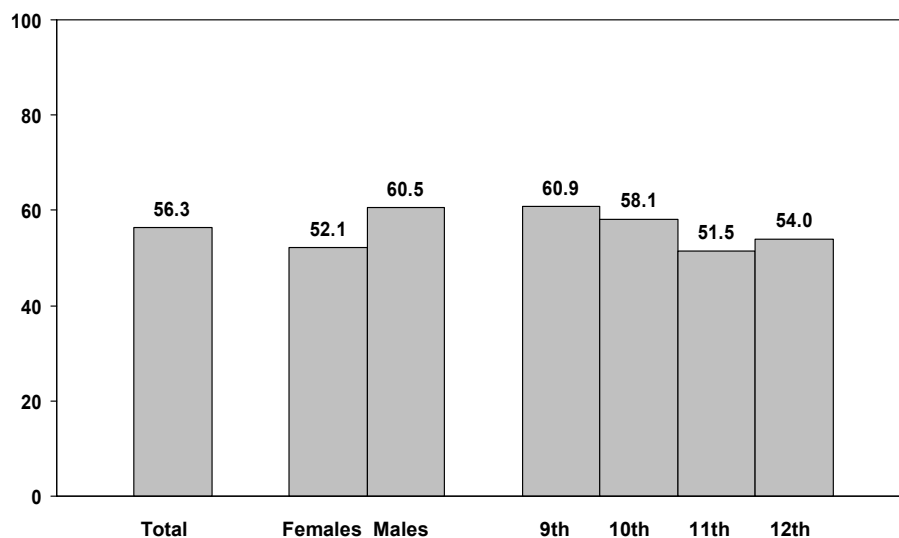
**Percentage of Wyoming high school students who attended P.E. class on one or more days during an average school week, who attended P.E. class daily, and (of students enrolled in P.E.) who exercised or played sports for more than 20 minutes during an average physical education class**



Percentage of Wyoming high school students who attended P.E. class on one or more days during an average school week, who attended P.E. class daily, and (of students enrolled in P.E.) who exercised or played sports for more than 20 minutes during an average physical education class



Percentage of Wyoming high school students who played on one or more sports teams during the past 12 months



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## **APPENDIX 1:**

### **YRBS Methods**

The 2003 Wyoming Youth Risk Behavior Survey included a statewide middle school survey, a statewide high school survey, and local high school surveys.

#### Middle School Survey

Schools were selected randomly from a list of public schools with grades 6 – 8 in Wyoming. Within schools, students were selected by classes to participate. This survey was completed by 1945 students in 45 public middle schools in Wyoming during the spring of 2003. The school response rate was 76%, the student response rate was 90%, and the overall response rate was 69%. Data from all students surveyed were combined and weighted to yield data that are representative of all students in grades 6 – 8 throughout the state.

Students completed a self-administered, anonymous, 49-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Passive parental permission procedures were followed, and parents could request that their children not take the survey.

#### High School Survey

Schools were selected randomly from a list of public schools with grades 9 – 12 in Wyoming. Within schools, students were selected by classes to participate. This survey was completed by 1552 students in 45 public high schools in Wyoming during the spring of 2003. The school response rate was 80%, the student response rate was 85%, and the overall response rate was 68%. Data from all students surveyed were combined and weighted to yield data that are representative of all students in grades 9 – 12 throughout the state.

Students completed a self-administered, anonymous, 87-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Passive parental permission procedures were followed, and parents could request that their children not take the survey.

#### Local High School Surveys

Principals of schools with grades 9 – 12 or 10 – 12 could choose to participate in the local high school survey option. In high schools that participated in the local option, all students in the school were asked to take the survey. Forty-nine high schools chose to participate in the local high school survey option. These high school principals were given a report based on the responses provided by their own students. This report was developed to ensure confidentiality and anonymity for students.

Students completed a self-administered, anonymous, 87-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Passive parental permission procedures were followed, and parents could request that their children not take the survey.

## APPENDIX 2:

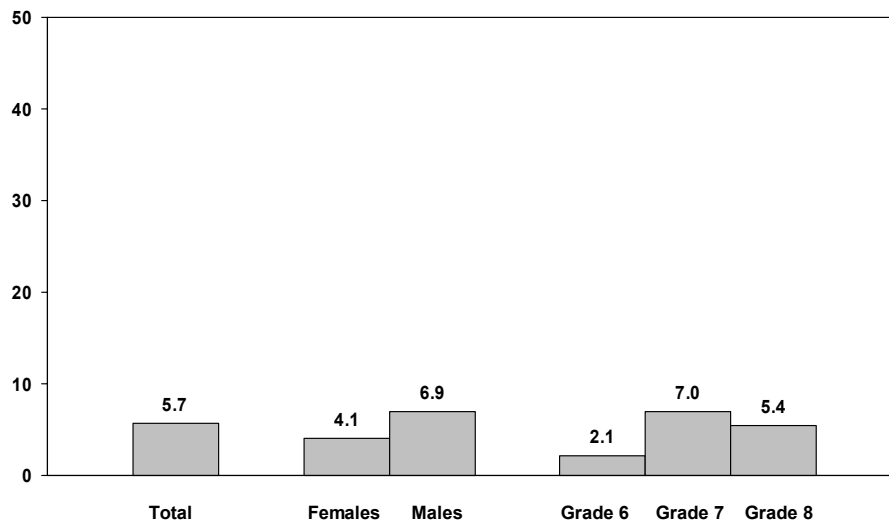
### YRBS Demographics

#### Middle School Survey

The weighted demographics of the sample of the statewide middle school survey are as follows:

Females	52.8%
Males	47.2%
6 <sup>th</sup> grade	17.2%
7 <sup>th</sup> grade	41.4%
8 <sup>th</sup> grade	40.4%
African American	0.7%
Hispanic/Latino	8.1%
White	86.5%
All other races	2.4%
Multiple races	2.3%

Percentage of Wyoming middle school students who got mostly D's and F's in school



## High School Survey

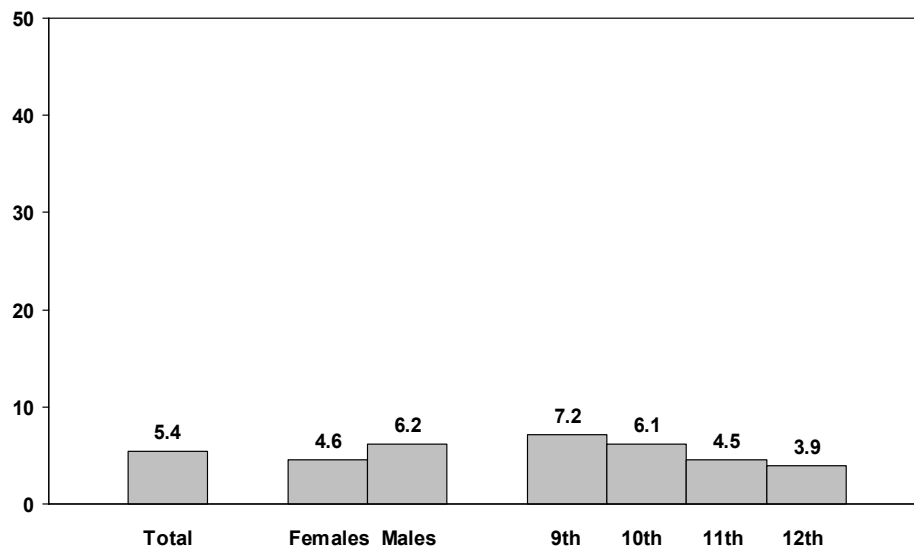
The weighted demographics of the sample of the statewide high school survey are as follows:

Females	48.8%
Males	51.2%

9 <sup>th</sup> grade	25.9%
10 <sup>th</sup> grade	25.4%
11 <sup>th</sup> grade	24.2%
12 <sup>th</sup> grade	23.5%

African American	0.7%
Hispanic/Latino	7.2%
White	88.8%
All other races	2.3%
Multiple races	1.0%

**Percentage of Wyoming high school students who received grades of mostly D's and F's during the past 12 months**



## APPENDIX 3:

### **Do Students Tell the Truth on the Youth Risk Behavior Survey?**

*(This document was obtained from the Centers for Disease Control and Prevention)*

While a very small number of students do not answer the YRBS honestly, most students tell the truth. We have confidence in the YRBS data for the following reasons.

**Survey environment.** Survey administration procedures are designed to protect the confidentiality of schools and the anonymity of students.

- Students sit as far apart as possible throughout the classroom and have a piece of paper to cover their responses.
- Neither survey administrators nor classroom teachers wander around the classroom while students are taking the survey.
- Students are told the importance of providing honest answers, no one will know how they respond, and how the data will be used to improve programs and policies for students.
- Make-ups are done only when the privacy of students can be protected.

**Questionnaire design and content.** The YRBS questionnaire is designed to protect the anonymity of students.

- No names or other types of personally identifying information are ever requested.
- Skip patterns are not used to make sure all students complete the questionnaire in about the same amount of time. If skip patterns were used, some students who engaged in few risk behaviors would complete the questionnaire far faster than those students who engaged in many risk behaviors. All students are expected to answer every question.
- The YRBS questionnaire has about a 7<sup>th</sup> grade reading level. This helps students accurately comprehend questions and response options. The total number of questions is kept low to help ensure students have an adequate amount of time to respond to every question. Questions are written in a straightforward and direct manner and require only one response.

**Edit checks.** YRBS data are edited for inconsistent responses.

- More than 100 edit checks are conducted on each YRBS data set to remove inconsistent responses. For example, students who report carrying a weapon on school property also must have reported carrying a weapon anywhere, or the responses to these two questions will be deleted. Only a very small percentage of responses to each question are identified as inconsistent and removed from the data sets.
- Though it rarely occurs, questionnaires with only a few valid responses are removed entirely from the data set.

**Logic within groups of questions.** Questions on similar topics produce logical responses. For example, more students have thought about attempting suicide than have made a plan to attempt suicide. Fewer still have actually attempted suicide, and very few have made an injurious suicide attempt. This logical pattern of responses within groups of questions has occurred since the first surveys were conducted.

**Comparison of YRBS data with data from other surveys.** When YRBS results are compared to results from other national, state, and local surveys on the same topics, the results are generally quite similar, particularly when differences in survey administration, sample selection, and question wording are taken into consideration.

**Consistency over time.** YRBS results have been fairly consistent since 1991. While the prevalence of some behaviors has increased or decreased significantly over time, most changes have been gradual and in one direction, either up or down, and have not bounced around from year to year.

**Health outcome data.** YRBS results are consistent with health outcome data. For example, YRBS data from the past decade indicate that the prevalence of sexual experience is decreasing, and the prevalence of condom use is increasing. During this same time period, decreases in teen pregnancies, teen births, and sexually transmitted disease rates among adolescents also occurred.

**Subgroup differences.** Subgroup differences are logical and have remained generally constant over time. For example, many behaviors like drug use and sexual experience consistently increase by grade, while others like physical fighting consistently decrease by grade. Other behaviors vary consistently by gender. Males are always far more likely than females to use smokeless tobacco.

**Psychometric studies.** The Centers for Disease Control and Prevention (CDC) has conducted a series of psychometric tests to better understand the quality of the questionnaire and the data collected with it. Based on the data available, the YRBS data appear to be generally reliable and valid.

- When the YRBS questionnaire was developed, psychometric tests were conducted in a cognitive laboratory setting, in focus groups, and in regular classrooms among diverse groups of students.
- In 1992 and 2000, the CDC conducted reliability studies to measure the stability of responses during a two-week interval.
- In 2000 and 2002, the CDC conducted additional methodological studies to examine other factors affecting the reliability and validity of YRBS data.
- Researchers not associated with the CDC also have conducted psychometric tests using the YRBS questionnaire and similar questionnaires.