



Youth Risk Behavior Surveillance System: 2011 National Overview

The national Youth Risk Behavior Survey (YRBS) monitors six priority health-risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include

- Behaviors that contribute to unintentional injuries and violence.
- Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection.
- Alcohol and other drug use.
- Tobacco use.
- Unhealthy dietary behaviors.
- Inadequate physical activity.
- In addition the YRBSS monitors the prevalence of obesity and asthma.

The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States.

Behaviors that Contribute to Unintentional Injuries

- Among the 70.2% of students who had ridden a bicycle during the 12 months before the survey, 87.5% had rarely or never worn a bicycle helmet.
- 7.7% of students rarely or never wore a seat belt when riding in a car driven by someone else.
- During the 30 days before the survey, 24.1% of students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol.
- During the 30 days before the survey, 8.2% of students had driven a car or other vehicle one or more times when they had been drinking alcohol.
- 32.8% of students had texted or e-mailed while driving a car or other vehicle on at least 1 day during the 30 days before the survey.

Behaviors that Contribute to Violence

Violence

- 16.6% of students had carried a weapon (e.g., a gun, knife, or club) on at least 1 day during the 30 days before the survey.
- 5.1% of students had carried a gun on at least 1 day during the 30 days before the survey.
- 32.8% of students had been in a physical fight one or more times during the 12 months before the survey.
- During the 12 months before the survey, 3.9% of students had been in a physical fight one or more times in which they were injured and had to be treated by a doctor or nurse.
- During the 12 months before the survey, 9.4% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence).
- 8.0% of students had ever been physically forced to have sexual intercourse when they did not want to.
- 5.9% of students had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school.



Behaviors that Contribute to Violence (continued)

Bullying

- 16.2% of students had been electronically bullied, including being bullied through e-mail, chat rooms, instant messaging, web sites, or texting, during the 12 months before the survey.
- 20.1% of students had been bullied on school property during the 12 months before the survey.

Suicide

- 15.8% of students had seriously considered attempting suicide during the 12 months before the survey.
- 7.8% of students had attempted suicide one or more times during the 12 months before the survey.

Tobacco Use

- 44.7% of students had ever tried cigarette smoking (even one or two puffs) (i.e., ever smoked cigarettes).
- 10.3% of students had smoked a whole cigarette for the first time before age 13 years.
- 18.1% of students had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette use).
- 7.7% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey.

Alcohol and Other Drug Use

Alcohol Use

- 70.8% of students had had at least one drink of alcohol on at least 1 day during their life (i.e., ever drank alcohol).
- 38.7% of students had had at least one drink of alcohol on at least 1 day during the 30 days before the survey (i.e., current alcohol use).
- 21.9% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey (i.e., binge drinking).

Marijuana Use

- 39.9% of students had used marijuana one or more times during their life (i.e., ever used marijuana).
- 23.1% of students had used marijuana one or more times during the 30 days before the survey (i.e., current marijuana use).

Other Drug Use

- 6.8% of students had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life (i.e., ever used cocaine).
- 11.4% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., ever used inhalants).
- 2.9% of students had used heroin (also called "smack," "junk," or "China White") one or more times during their life (i.e., ever used heroin).
- 3.8% of students had used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life (i.e., ever used methamphetamines).
- 3.6% of students had taken steroid pills or shots without a doctor's prescription one or more times during their life (i.e., ever took steroids without a doctor's prescription).
- 20.7% of students had taken prescription drugs (e.g., Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life (i.e., ever took prescription drugs without a doctor's prescription).
- 2.3% of students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., ever injected any illegal drug).
- 25.6% of students had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey.



Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

- 47.4% of students had ever had sexual intercourse.
- 6.2% of students had had sexual intercourse for the first time before age 13 years.
- 15.3% of students had had sexual intercourse with four or more persons during their life.
- 33.7% of students had had sexual intercourse with at least one person during the 3 months before the survey (i.e., currently sexually active).
- Among the 33.7% of currently sexually active students
 - 60.2% reported that either they or their partner had used a condom during last sexual intercourse.
 - 23.3% reported that either they or their partner had used birth control pills, Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD to prevent pregnancy before last sexual intercourse.
 - 12.9% had not used any method to prevent pregnancy during last sexual intercourse.
 - 22.1% had drunk alcohol or used drugs before last sexual intercourse.
- 12.9% of students had been tested for HIV, not counting tests done when donating blood.

Dietary Behaviors

- 4.8% of students had not eaten fruit or drunk 100% fruit juices during the 7 days before the survey.
- 5.7% of students had not eaten vegetables (Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables) during the 7 days before the survey.
- 17.3% of students had not drunk milk during the 7 days before the survey.
- 11.3% of students had drunk a can, bottle, or glass of soda or pop (not counting diet soda or diet pop) three or more times per day during the 7 days before the survey.
- 13.1% of students had eaten breakfast on 0 days during the 7 days before the survey.

Physical Activity

Physical Activity

- 13.8% of students had not participated in at least 60 minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey (i.e., did not participate in at least 60 minutes of physical activity on any day).
- 28.7% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of least 60 minutes per day on each of the 7 days before the survey (i.e., physically active at least 60 minutes on all 7 days).
- 51.8% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., attended PE classes).
- 31.5% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily).

Sedentary Behaviors

- 31.1% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day (i.e., used computers 3 or more hours per day).
- 32.4% of students watched television 3 or more hours per day on an average school day.



Obesity, Overweight, and Weight Control

- 13.0% of students were obese (were \geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts).
- 15.2% of students were overweight (were \geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts).
- 12.2% of students had not eaten for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey.
- 5.1% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days before the survey.
- 4.3% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey.

Other Health-Related Topics

- 23.0% of students had ever been told by a doctor or nurse that they had asthma (i.e., ever had asthma).
- 10.8% of students most of the time or always wore sunscreen with an SPF of 15 or higher when outside for more than 1 hour on a sunny day (i.e., routine sunscreen use).
- 13.3% of students had used an indoor tanning device, such as a sunlamp, sunbed, or tanning booth, one or more times during the 12 months before the survey (i.e., indoor tanning device use).
- 31.4% of students got 8 or more hours of sleep on an average school night.

Methods

Sampling: The sampling frame for the 2011 national YRBS consisted of all public and private schools with students in at least one of grades 9–12 in the 50 states and the District of Columbia. A three-stage cluster sample design produced a nationally representative sample of students in grades 9–12 who attended public and private schools. Black and Hispanic students were oversampled.

Data Collection Procedures: Survey procedures for the national survey were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures were followed. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable booklet or answer sheet.

Questionnaire: The national questionnaire contained 97 questions that assessed demographics, six categories of health-risk behaviors, obesity, and other health-related topics.

Response Rates: For the 2011 national YRBS, the school response rate was 81%; the student response rate was 87%; and the overall response rate was 71%.

Where can I get more information? Visit www.cdc.gov/yrbss or call 800–CDC–INFO (800–232–4636).

