

2009 Broward County Public High School YOUTH RISK BEHAVIOR SURVEY RESULTS

Unintentional Injuries and Violence • Tobacco, Alcohol and Other Drug Use • Sexual Risk Behaviors • Dietary Behaviors • Physical Activity



YOUTH RISK BEHAVIOR SURVEY (YRBS)

RESULTS

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YOUTH RISK BEHAVIOR SURVEY SUMMARY

The 2009 Youth Risk Behavior Survey (YRBS) was completed by 1,526 students in 26 public high schools in Broward County, Florida during the spring of 2009. The school response rate was 93%, the student response rate was 76%, and the overall response rate was 71%. The results are representative of all students in grades 9-12 in Broward County, Florida

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. Local parental permission procedures were followed before survey administration.

The weighted demographic characteristics of the sample are as follow:

Female	49.8%
Male	50.2%
9th grade	27.0%
10th grade	25.8%
11th grade	23.9%
12th grade	23.0%
Other	0.3%
Black*	37.9%
Hispanic/Latino	25.3%
White*	31.2%
All other races	3.9%
Multiple races	1.8%
*(Non-Hispanic)	



YOUTH RISK BEHAVIOR SURVEY SUMMARY

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC), in collaboration with over 800 representatives from state and local health and education agencies and other federal agencies to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity and social problems among youth and adults in the United States. Their behaviors fall into six categories.

- Behaviors that result in unintentional injuries and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies
- Dietary behaviors
- Physical activity

The YRBS also measures asthma and self-reported height and weight to allow calculation of body mass index for assessment of overweight and obesity.

A limited number of health-risk behaviors contribute to the leading causes of mortality, morbidity, and social problems. To determine the level of risk among adolescents, priority health-risk behaviors must be measured directly. Measuring only relevant knowledge, attitudes, beliefs, intentions or other determinants of health-risk behaviors will not provide an accurate description of the level of risk because the relationship between these factors and the priority health-risk behaviors themselves often is weak, unproven, or varies substantially by subgroup. For example, though most people know that



YOUTH RISK BEHAVIOR SURVEY SUMMARY

smoking causes lung cancer, many people still continue to smoke. The causes and determinants of health-risk behaviors are very complex. Students are exposed regularly to information about tobacco, alcohol, and other drug use, violence, and sexuality through the media, parents, friends, and community organizations.

The YRBS measures these topics. Responding to a small number of questions on any topic is not likely to cause significant changes in behavior, either good or bad.

Whenever possible, questions have been selected that have been successfully answered in their school-based surveys of high school students. Evidence from previous surveys indicated that high school students can understand and appropriately respond to the questions. Health experts in their respective fields, with the national health objectives in mind, developed the questions.

Extensive focus group and field test work was conducted on the questionnaire. A review of student responses led to recommendations for improving the working of questions, setting recall periods, and identifying response options. The field-testing also sought to identify survey conditions that would encourage honest responses.

CDC also has conducted two studies assessing the test-retest reliability of the questions on the YRBS. These studies demonstrated that the majority of items have substantial reliability. Results of the second study were used to improve the current questionnaire.

This and other research indicated that sensitive data may be gathered as reliably from adolescents as from adults. However, to obtain truthful answers, students must perceive the survey as important and know that procedures have been developed to protect their privacy and allow for anonymous participation.

More information about the Youth Risk Behavior Surveillance System can be obtained from <http://www.cdc.gov/yrbss>.



TREND ANALYSIS REPORT



Behaviors That Contribute To Unintentional Injuries And Violence

QUESTIONS	Prevalence - Survey Year			
	2003	2005	2007	2009
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	88.9	88.8	88.8	88.9
Percentage of students never or rarely wore a seat belt when riding in a car driven by someone else	11.9	10.0	11.0	11.6
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol	24.7	23.7	24.1	28.3
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they were drinking alcohol	8.7	8.8	9.2	10.5
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	11.3	11.9	11.4	11.3
Percentage of students who carried a gun on one or more of the past 30 days	3.4	3.2	4.4	4.8

TREND ANALYSIS REPORT



Behaviors That Contribute To Unintentional Injuries And Violence

QUESTIONS	Prevalence - Survey Year			
	2003	2005	2007	2009
Percentage of students who carried a weapon such as a gun, knife, or club on school property one or more of the past 30 days	3.6	4.2	2.6	4.5
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school	7.0	6.7	6.6	9.1
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	8.5	8.7	8.4	8.1
Percentage of students who were in a physical fight one or more times during the past 12 months	30.8	30.4	33.1	30.7
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse	4.1	4.4	5.2	5.3
Percentage of student who were in a physical fight on school property one or more times during the past 12 months	13.1	12.3	11.5	11.0
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	10.7	10.7	8.2	11.8

TREND ANALYSIS REPORT



Behaviors That Contribute To Unintentional Injuries And Violence

QUESTIONS	Prevalence - Survey Year			
	2003	2005	2007	2009
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to	7.3	7.5	7.4	6.8
Percentage of students who 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	30.9	32.1	28.0	26.6
Percentage of students who seriously considered attempting suicide during the past 12 months	14.5	14.5	10.7	11.0
Percentage of students who made a plan about how they would attempt suicide during the past 12 months	11.1	10.9	8.9	9.2
Percentage of students who actually attempted suicide one or more times during the past 12 months	8.5	8.8	5.1	6.4
Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	2.9	3.5	1.4	2.9

TREND ANALYSIS REPORT



Tobacco Use

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who ever tried cigarette smoking, even one or more puffs	48.2	35.4	38.1	35.4
Percentage of students who smoked a whole cigarette for the first time before age 13 years	12.7	11.1	9.3	8.1
Percentage of students who smoked cigarettes on one or more of the past 30 days	13.4	13.7	14.0	13.1
Percentage of students who smoked cigarettes on 20 or more of the past 30 days	5.3	5.1	5.3	5.0
Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	11.1	11.1	10.6	15.2
Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days	22.5	21.4	16.0	27.7
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	4.5	4.2	3.2	5.1
Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days	9.8	8.2	7.1	7.7

TREND ANALYSIS REPORT



Tobacco And Alcohol Use

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months	48.6	61.4	42.5	36.9
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	3.7	3.6	3.5	5.2
Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days	2.5	2.1	1.8	4.1
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	10.6	9.8	10.9	11.1
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days	17.1	16.3	17.3	16.9
Percentage of students who had at least one drink of alcohol on one or more days during their life	72.9	73.8	71.4	68.9
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	29.3	27.9	25.2	25.8
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days	42.0	38.3	42.6	41.3

TREND ANALYSIS REPORT



Alcohol And Other Drug Use

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days	20.2	17.6	20.5	20.5
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days	N/A	N/A	41.6	36.1
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days	4.3	3.8	4.0	4.9
Percentage of students who used marijuana one or more times during their life	37.87	34.8	34.7	36.6
Percentage of students who tried marijuana for the first time before age 13 years	9.0	8.7	7.5	6.3
Percentage of students who used marijuana one or more times during the past 30 days	17.9	17.3	17.0	23.7
Percentage of students who used marijuana on school property one or more times during the past 30 days	4.0	4.5	3.8	6.9
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life	5.9	5.8	5.9	7.2
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days	2.2	2.9	2.2	4.3

TREND ANALYSIS REPORT



Alcohol And Other Drug Use

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who 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	9.7	8.8	11.4	10.0
Percentage of students who used heroin one or more times during their life	2.3	2.5	1.5	4.5
Percentage of students who used methamphetamines one or more times during their life	4.5	4.0	2.6	5.7
Percentage of students who used ecstasy one or more times during their life	7.8	6.1	6.3	9.1
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life	2.9	3.2	2.5	4.2
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life	1.7	2.3	2.1	3.8
Percentage of students who were offered, sold, or give an illegal drug by someone on school property during the past 12 months	28.1	27.1	21.1	23.2

TREND ANALYSIS REPORT



Sexual Behaviors That Result In HIV Infection, Other Sexually Transmitted Diseases, And Unintended Pregnancies

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who ever had sexual intercourse	52.0	53.0	49.8	52.2
Percentage of students who had sexual intercourse for the first time before age 13 years	7.4	8.5	9.0	9.2
Percentage of students who had sexual intercourse with four or more people during their life	16.2	17.4	16.2	19.8
Percentage of students who had sexual intercourse with one or more people during the past three months	37.5	37.3	34.1	38.4
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	18.7	18.6	19.2	23.7
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse	40.7	75.0	71.6	70.6
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse	8.7	10.8	8.9	9.9
Percentage of students who had ever been taught in school about AIDS or HIV infection	87.1	87.7	89.0	87.2

TREND ANALYSIS REPORT



Weight Management And Dietary Behaviors

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**	16.0	16.2	15.4	15.6
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**	9.3	11.9	8.4	9.7
Percentage of students who described themselves as slightly or very overweight	27.5	29.1	26.6	26.6
Percentage of students who were trying to lose weight	41.6	43.5	39.0	42.1
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days	55.2	56.5	56.2	58.3
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days	38.4	39.5	37.4	37.8
Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days	11.9	10.3	10.3	9.1
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days	7.5	5.5	4.3	6.0

** Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

TREND ANALYSIS REPORT

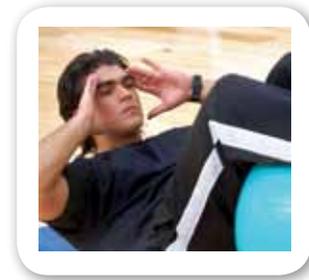


Weight Management And Dietary Behaviors

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days	4.6	5.3	4.0	5.0
Percentage of students who drank 100% fruit juices one or more times during the past seven days	82.0	82.4	81.0	81.8
Percentage of students who ate fruit one or more times during the past seven days	83.8	81.7	85.0	84.6
Percentage of students who ate green salad one or more times during the past seven days	66.8	65.8	63.6	60.3
Percentage of students who ate potatoes one or more times during the past seven days	63.1	61.9	65.2	64.3
Percentage of students who ate carrots one or more times during the past seven days	47.2	43.9	47.0	44.0
Percentage of students who ate other vegetables one or more times during the past seven days	79.1	79.2	79.1	76.6
Percentage of students who ate fruits and vegetables five or more times per days during the past seven days	22.5	22.9	23.1	22.8
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days	N/A	N/A	29.2	26.6
Percentage of students who drank three or more glasses per day of milk during the past seven days	11.2	10.2	10.9	9.9

TREND ANALYSIS REPORT



Physical Activity

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days	N/A	28.3	32.8	36.7
Percentage of students who watched three or more hours per day of TV on an average school day	50.6	45.7	40.7	44.8
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	N/A	N/A	28.5	30.4
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	46.3	41.7	34.0	39.1
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	27.0	22.9	21.6	24.2
Percentage of students who played on one or more sports teams during the past 12 months	46.5	47.9	49.3	46.2

Other

Prevalence - Survey Year

QUESTIONS	2003	2005	2007	2009
Percentage of students who had ever been told by a doctor or nurse that they had asthma	N/A	14.6	19.0	18.1
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma	N/A	NA	7.8	7.6

2009 BROWARD COUNTY HIGH SCHOOL

YOUTH RISK BEHAVIOR SURVEY (YRBS)

RESULTS

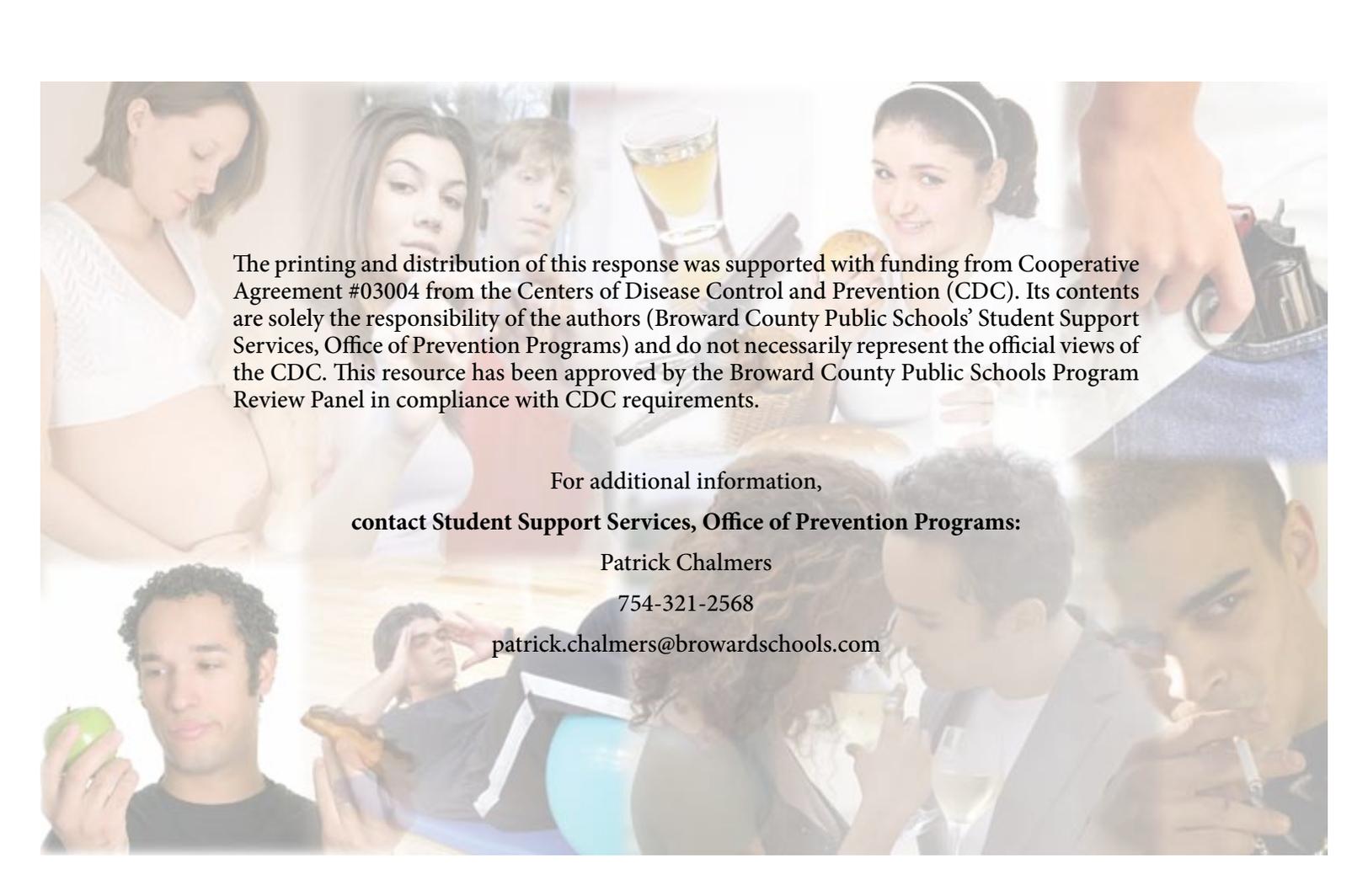
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The printing and distribution of this response was supported with funding from Cooperative Agreement #03004 from the Centers of Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors (Broward County Public Schools' Student Support Services, Office of Prevention Programs) and do not necessarily represent the official views of the CDC. This resource has been approved by the Broward County Public Schools Program Review Panel in compliance with CDC requirements.

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