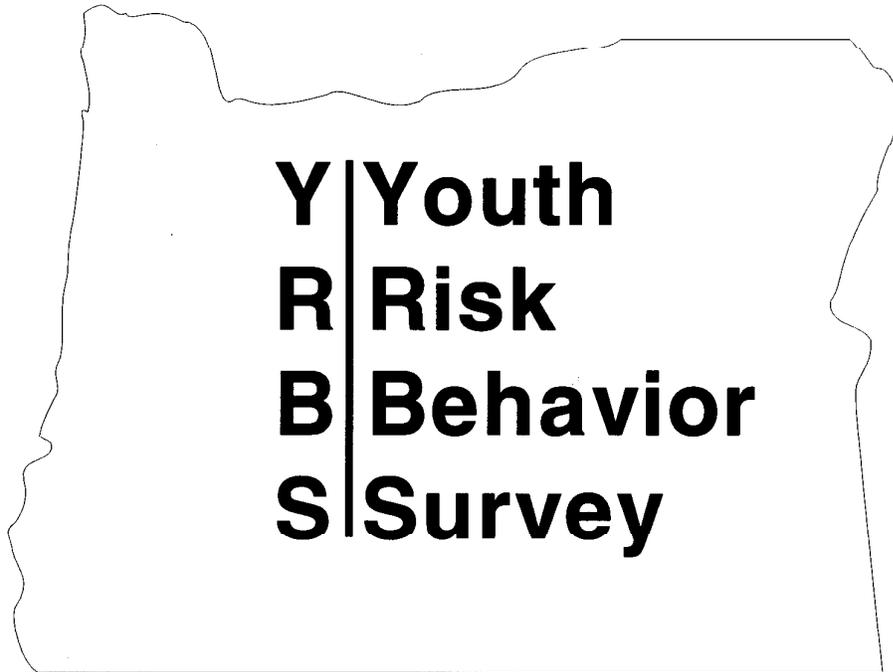


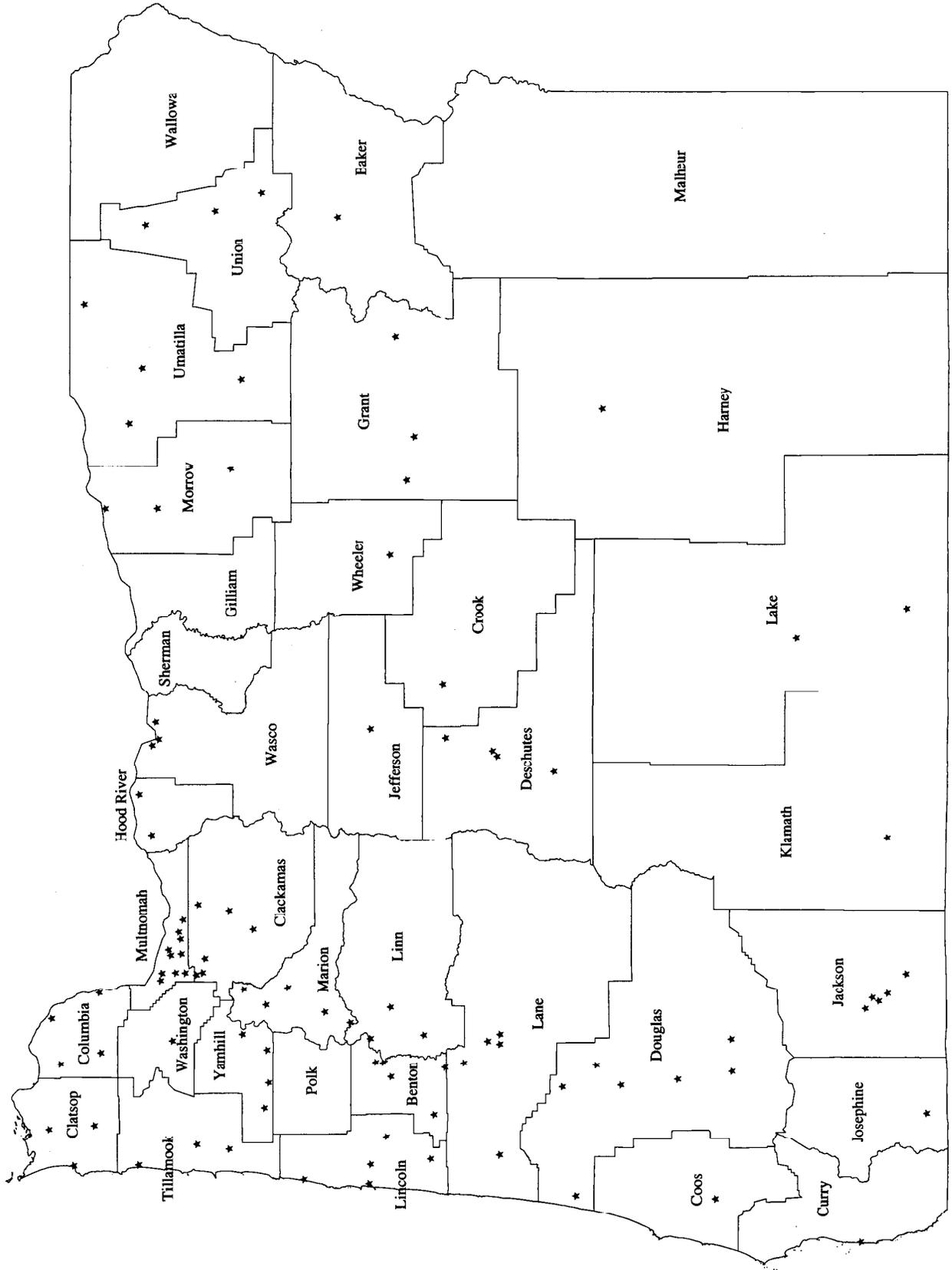
1997 OREGON



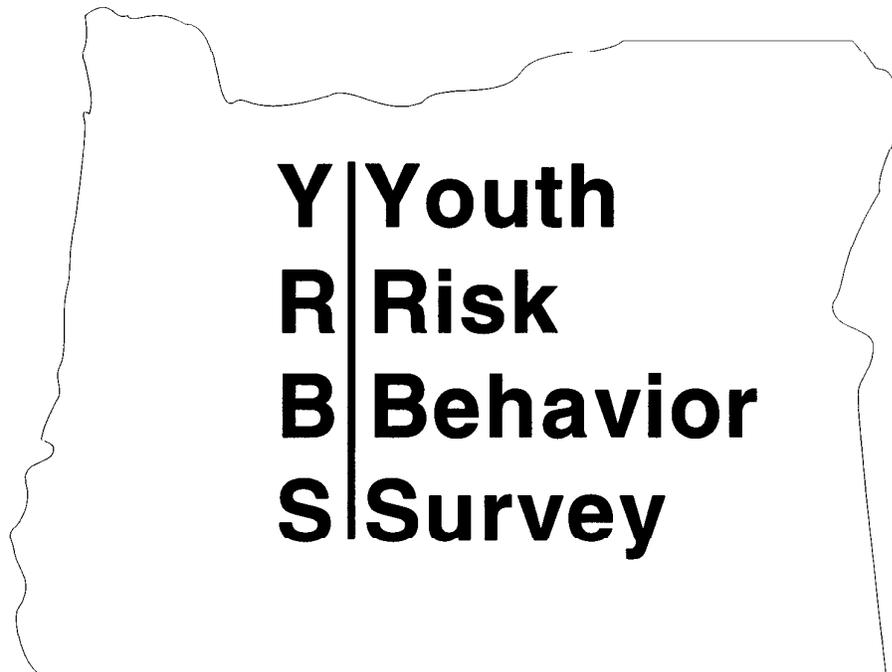
SUMMARY REPORT

Center for Health Statistics
Health Division
Oregon Department of Human Resources

Schools Participating in the 1997 Oregon Youth Risk Behavior Survey



1997 OREGON



SUMMARY REPORT

**A joint project of the Oregon Department of Education;
Oregon Department of Human Resources, Health Division;
and the Centers for Disease Control and Prevention.**

1997 Oregon Youth Risk Behavior Survey

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Oregon Department of Human Resources, Health Division;
and the Centers for Disease Control and Prevention.**

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The Oregon Health Division and the Oregon Department of Education sincerely appreciate the superintendents, principals, counselors, nurses, and teachers who gave their time and energy to administer this survey. Thanks also go to the students at the following schools who participated in the survey (Note: The Oregon Health Division and Oregon Department of Education are releasing YRBS data only on a statewide basis as is summarized in this report. Those schools with asterisks have a School-Based Health Center. Those with a carat participated both in 1995 and 1997).

BAKER

Baker High School*^

COOS

Myrtle Point High School

HARNEY

Burns High School^

BENTON

Alsea High School

Corvallis High School

Crescent Valley High School

Monroe High School

Philomath High School

CROOK

Crook County High School^

CURRY

Gold Beach High School

DESCHUTES

Bend High School

La Pine High School

Marshall High School

Mountain View High School^

HOOD RIVER

Cascade Locks High School

Hood River High School

JACKSON

Ashland High School*^

Crater High School*

North Medford High School

Phoenix High School

South Medford High School

CLACKAMAS

Colton High School

Estacada High School

Gladstone High School

Lake Oswego High School^

Lakeridge High School^

Sandy High School^

DOUGLAS

Days Creek High School^

North Douglas High School^

Oakland High School

Reedsport High School

Roseburg High School*

South Umpqua High School

Yoncalla High School

JEFFERSON

Madras High School^

JOSEPHINE

Illinois Valley High School*^

CLATSOP

Jewell High School^

Seaside High School

KLAMATH

Klamath Union High School

COLUMBIA

Clatskanie High School

Knappa High School

Rainier High School

St Helens High School^

Vernonia High School

GRANT

Dayville High School

Grant High School*

Prairie City High School

LAKE

Paisley High School^

LANE

Churchill High School^
Junction City High School
Mapleton High School^
North Eugene High School*
South Eugene High School*^

LINCOLN

Eddyville High School
Newport High School^
Taft High School*^
Toledo High School*^
Waldport High School^

LINN

Central Linn High School
Lebanon High School
South Albany High School

MARION

Cascade High School
Gervais High School
Jefferson High School
North Marion High School
Silverton High School
Woodburn High School^

MORROW

Heppner High School
Ione High School
Riverside High School

MULTNOMAH

Centennial High School^
Gresham High School
Jefferson High School*^
Lincoln High School
Marshall High School*^
Madison High School*^
Parkrose High School
Roosevelt High School*^
Sam Barlow High School
Wilson High School^

TILLAMOOK

Neah-Kah-Nie High School
Nestucca High School
Tillamook High School

UMATILLA

Echo High School
McLoughlin High School
Pendleton High School*^
Pilot Rock High School^

UNION

Cove High School
Elgin High School
Union High School

WASCO

Petersburg High School
The Dalles High School
Wahntonka High School^

WASHINGTON

Forest Grove High School

WHEELER

Mitchell High School

YAMHILL

Amity High School
Dayton High School
Sheridan High School^
Willamina High School*

Additional thanks go to the agencies, local health departments, local Commissions on Children and Family, and individuals who provided support and cooperation; and to the United States Centers for Disease Control and Prevention, Division of Adolescent and School Health Surveillance Section, which developed the survey, provided technical assistance, and partially funded the project.

The following national organizations endorse the local administration of the Youth Risk Behavior Survey:

American Association of School Administrators;
American Medical Association;
American School Health Association;
Association for the Advancement of Health Education;
Association of State and Territorial Directors of Public Health Education;
Association of State and Territorial Health Officials;
Council of Chief State School Officers;
National Association of State Boards of Education;
National Education Association;
National Education Goals Panel;
National Parent and Teachers Association;
National School Boards Association;
National School Health Education Coalition; and
Society of State Directors of Health, Physical Education, and Recreation.

EXECUTIVE SUMMARY HIGHLIGHTS

Overall, Oregon students' behaviors were relatively healthy. The Youth Risk Behavior Survey (YRBS) identified many statewide strengths, while also pinpointing areas for improvement.

Awareness of the risks of HIV was high and most students did not use drugs. About half reported healthy eating habits, eating fruit and vegetables and avoiding fatty meats, and more than half maintained a healthy level of physical activity.

Key areas for needed improvement include, but are not limited to, alcohol and drug use, physical violence, cigarette smoking, and vehicle safety. During the previous 30 days: 46 percent drank at least one drink of alcohol, 23 percent used marijuana, and 23 percent smoked cigarettes. During the past year: 29 percent had been involved in a physical fight and 33 percent had property stolen or deliberately damaged at school. Fifty percent of motorcyclists and 83 percent of bicyclists didn't always wear a helmet.

The following summaries highlight Oregon students' responses on the Youth Risk Behavior Survey in key areas, and provide an overview of Oregon students' current activities which impact their health.

FINDINGS RELATED TO VEHICLE SAFETY

- C Within the 30 days preceding the survey, 28 percent of the YRBS students had been a passenger in a car or other vehicle driven by someone who had been drinking.
- C Forty-seven percent of the students did not always wear a seatbelt while riding in a car driven by someone else.
- C Twenty-six percent of the students had ridden a motorcycle in the 12 months prior to the survey. Fifty percent of those who rode motorcycles did not always wear a motorcycle helmet.
- C Seventy-nine percent of the students rode a bicycle in the 12 months preceding the survey, but 83 percent of them did not always wear a bicycle helmet.

FINDINGS RELATED TO WEAPON CARRYING AND VIOLENCE

- C During the 30 days preceding the survey, six percent of the YRBS students reported carrying a gun as a weapon. During that same period, seventeen percent of the students reported carrying a weapon other than a gun.
- C During the 30 days preceding the survey, two percent of the students carried a gun (as a weapon) on school property and 11 percent of students carried a weapon other than a gun on school property. Seven percent of the students reported being threatened or injured with a weapon on school property at least once in the previous year. Thirty-one percent of the students reported being harassed at school. Three percent of the students did not get to school on one or more days during the previous month because they felt they would be unsafe at school or on their way to and from school.
- C Twenty-nine percent of the students were in a fight and 13 percent were in a fight on school property, during the year prior to the survey.

FINDINGS RELATED TO PHYSICAL AND SEXUAL ABUSE AND SUICIDE

- C Twenty-seven percent of the YRBS students reported being physically abused at some time.
- C Seventeen percent of the students had been sexually abused (“touched sexually when you did not want to be, or forced to have intercourse when you did not want to”) at some time during their life.
- C Twenty-two percent of respondents had considered suicide and nine percent had attempted suicide, during the prior 12 months.

FINDINGS RELATED TO TOBACCO USE

- C Twenty-one percent of the YRBS students smoked a cigarette for the first time before the age of 13.
- C Twenty-two percent of the students under the age of eighteen smoked in the 30 days preceding the survey.
- C Sixty-nine percent of the students who had ever smoked had quit for three months or longer.
- C During the 30 days prior to the survey, 12 percent of the students used chewing tobacco or snuff.

FINDINGS RELATED TO ALCOHOL

- C Twenty-nine percent of the YRBS students had their first drink of alcohol prior to age 13.
- C During the 30 days prior to the survey, 46 percent of the students had at least one drink of alcohol, 31 percent had five or more drinks of alcohol in a row, and 6 percent reported drinking alcohol on school property.

FINDINGS RELATED TO MARIJUANA, COCAINE, AND OTHER ILLEGAL DRUG USE

- C During the 30 days preceding the survey, 23 percent of the YRBS students used marijuana and 7 percent used marijuana on school property. Eleven percent of the students had tried marijuana before age 13.
- C Three percent of the students ever tried cocaine during their life. Less than one percent tried cocaine prior to age 13.
- C Two percent ever took steroid pills or shots without a doctor's prescription.
- C Fifteen percent of the students used other illegal drugs, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills without a doctor's prescription, one or more times during their life.
- C Thirty-three percent of the students had someone offer, sell, or give them an illegal drug on school property during the 12 months prior to the survey.

FINDINGS RELATED TO SEXUAL ACTIVITY AND PREGNANCY

- C Thirty-five percent of the YRBS students reported having had sexual intercourse. Five percent of the students had sexual intercourse for the first time before age 13.
- C Of the students who had sexual intercourse during the three months preceding the survey, 58 percent used a condom, or their partner used a condom.
- C Seventy-two percent of the students who had sexual intercourse during the three months prior to the survey reported that they or their partner used a method of birth control to prevent pregnancy.
- C Four percent of the students had ever been pregnant or made someone pregnant.

FINDINGS RELATED TO HIV KNOWLEDGE AND ATTITUDES

- C Ninety-five percent of the YRBS students reported that they have been taught about AIDS/HIV infection in school: 93 percent of ninth graders, 95 percent of tenth graders, 96 percent of eleventh graders, and 97 percent of twelfth graders.

KEY FINDINGS RELATED TO EATING BEHAVIORS, NUTRITION, AND EXERCISE

- C Less than half (47%) of the YRBS students thought they were either over or underweight.
- C Sixty percent of female students and 23 percent of male students were trying to lose weight.
- C The day before being surveyed, 38 percent of all students surveyed ate raw or cooked vegetables two or more times and 64 percent ate fruit or drank fruit juice two or more times.
- C The day before being surveyed, 21 percent of the students surveyed had consumed hamburgers, hot dogs, sausage, french fries, or potato chips two or more times and 25 percent had consumed pie, cake, cookies, or doughnuts two or more times.
- C Sixty-four percent of the students participated in 20 minutes of aerobic activity three or more times in the seven days preceding the survey.
- C Twenty-one percent of the students went to physical education class every day in an average school week.
- C During the year prior to the survey, 55 percent of the students played on one or more sports teams.

KEY FINDINGS RELATED TO HEALTH CARE

- C Seventy-eight percent of the YRBS students saw a doctor or nurse in the past year.
- C Twenty-five percent of the participants received their last health care at some location other than a doctor's office: a health clinic, emergency room, or school based health center.
- C Seventy-eight percent of the students saw a dentist in the previous year.

ABOUT THIS REPORT

The *1997 Oregon Youth Risk Behavior Survey Summary Report* summarizes the answers Oregon public high school students reported about health risk behaviors. The multiple choice Youth Risk Behavior Survey (YRBS) questionnaire was developed by the Centers for Disease Control and Prevention (CDC) and conducted in 1997 in 40 states. The survey has been given in Oregon every other year since 1991.

Participation in the survey was entirely *voluntary*. All public school districts were invited to participate as volunteers and receive their own site-specific data (Site-specific data were returned to the schools in forms that protected the anonymity of the participants). Schools were provided a parental notification form and parents could contact the school if they did not wish their child or children to participate. Students could decline to take the survey or skip any part of it. Between February and June 1997, usable questionnaires were completed by 32,378 ninth through twelfth grade students from 100 Oregon public schools [See the Methodology section for details of participation.] The survey contains questions relating to:

1. Behaviors that result in intentional and non-intentional injuries;
2. Tobacco use;
3. Alcohol and other drug use;
4. Sexual behaviors that result in HIV infection, other sexually-transmitted infections (STDs), and unintended pregnancies;
5. Dietary behaviors; and
6. Physical activity.

This report summarizes Oregon's findings on the priority health risks that result in the most significant causes of death and disability among Oregon high school students. Written for concerned educators, policy makers, parents, and youth, this report provides a brief overview of:

1. Methodology,
2. Key findings,
3. Survey questions,
4. Students' answer, and
5. Students' comments.

Your questions, concerns, and comments are invited. For more information contact:

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WHY OREGON CONDUCTED THE YRBS

The Youth Risk Behavior Survey will help Oregonians identify high school students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles of Oregon students mean longer, more productive lives for the state's young people, as well as improved learning in the classroom.

People develop behavior patterns in their teen years which can eventually strengthen or threaten their quality and length of life. Currently, many adolescents in Oregon use tobacco, eat too much fat and too few fruits and vegetables, fail to exercise regularly, and participate in early and unprotected sexual activity. Students often can improve their health by changing what they do each day. Programs such as drug-free schools, regular physical education classes, health and nutrition courses, and safety training can be used to equip students with health promotion and disease prevention skills, and injury prevention information. Many Oregon counties and local communities have started community health assessments, with a great deal of focus on youth interventions. The YRBS can provide a wealth of data for local school and community assessment.

Survey results can serve as a valuable tool for legislators, policy makers, school administrators, and teachers as they make decisions about new disease prevention and health promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health.

YRBS findings form a valuable information base upon which Oregon can strengthen its ability to establish disease prevention and health promotion policies, plan and implement programs and services, and secure funding for programs by providing baseline data for grant writing. The YRBS can also be used to allocate limited resources toward targeted needs and priorities, enact laws to prevent injuries and unnecessary deaths, and provide statewide information for schools to compare their own site's data.

METHODOLOGY

The Health Division and the Department of Education had two operational goals for the 1997 YRBS: 1) to obtain a statistically valid statewide sample of approximately 50 high schools, and 2) to give all Oregon public high schools the opportunity to participate as volunteers and obtain their own site-specific data.

Participation in the Youth Risk Behavior Survey was *voluntary* at every level. District school superintendents for each of Oregon's 233 public schools having grades 9, 10, 11, or 12 were initially contacted in Fall of 1996, to invite their participation and request permission to contact their school principals. A copy of the 1997 questionnaire and a description of the survey's methodology were enclosed. If district approval was obtained, the school's principal was contacted to obtain approval and the name of a survey contact.

Fliers or letters announcing the survey were prepared to provide notification of the survey two weeks before the survey date at each school. Distribution of the notification was up to each school--some sent it home with students, while others mailed it directly to parents with grade reports. If parents did **NOT** wish their student to participate in the survey, they were to return the letter or contact the school. Copies of the survey were available at the school office if parents wanted to read the survey. Oregon SafeNet provided a toll-free number to call for information about the survey. When contacted, the Health Division sent copies of the survey to parents who were unable to go to their school's office to look at the survey. Finally, students could choose not to participate or skip any question they did not wish to answer.

Of the 50 schools randomly selected by Westat, a statistical consulting firm working with the CDC, only 24 chose to participate; a participation rate of 48 percent. The first goal, to obtain a random sample of schools, was not achieved.

Districts and schools declined to participate for various reasons, including a feeling of being over-surveyed by outside groups and competition for use of classroom time. Some did not wish to take the project to their school board because of anticipated controversies over questions concerning sexual activity and because of scheduling, education budgeting, and other local school board issues.

Because of low school participation, the stratified cluster sampling procedure recommended by the CDC and Westat, their technical consultant, was not used for this year's Oregon YRBS. The 22 schools participating from the random sample were considered volunteers and combined with 78 other schools that volunteered. Consequently, the 1997 YRBS data is comprised of 100 *volunteer* Oregon public high schools. Subsequent references to "the sample" or sampled schools refer to the 100 participating volunteer schools, rather than the randomly sampled schools.

The Health Division recommended that schools draw a random number of classes in which every student had an equal chance of being selected to participate. However, participating schools ultimately chose their own sample. In order to obtain meaningful data, some schools chose to do a census or survey their entire enrollment. Not all the schools that participated had a representative sample for doing site-specific analysis.

The YRBS was administered by classroom teachers who were asked to use procedures designed to assure students' privacy and anonymity while taking the survey.

After adjustments for absences and non-participation a total of 34,933 surveys were returned, a response rate of about 80 percent of the students in the volunteer sample.

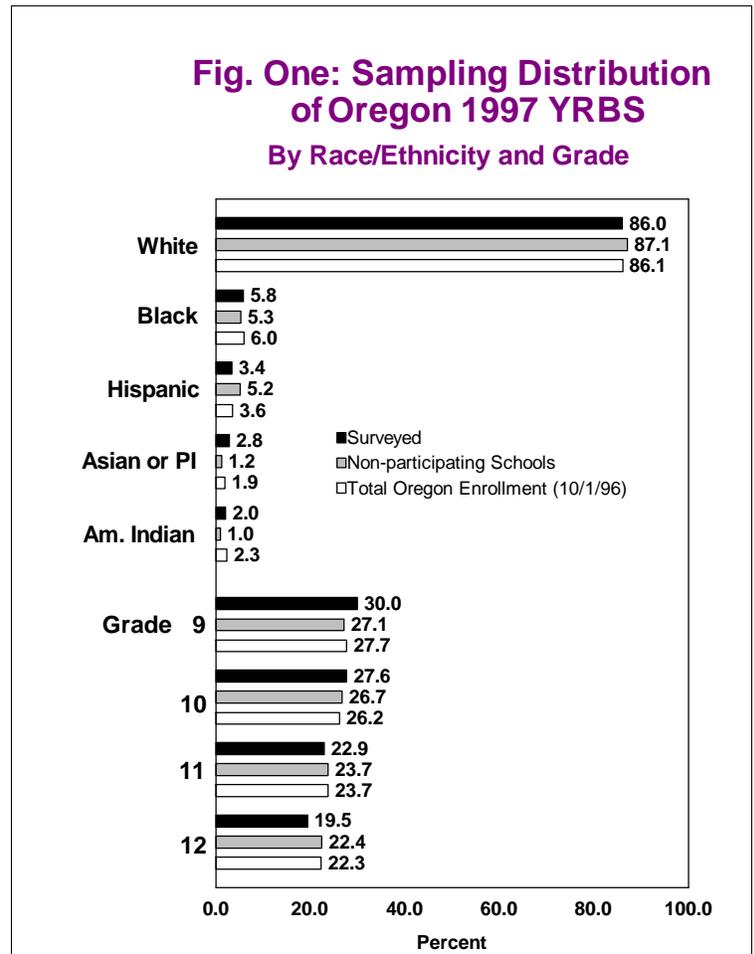
DID OREGON TEENS TELL THE TRUTH?

Perhaps some YRBS participants did misrepresent their true behavior, but they are not included in these data. To verify the validity of responses, surveys were checked visually and then by computer for consistency between questions--32,378 were considered usable surveys. From the original total of 34,933, three percent (1,100 surveys) were not counted because of their answer to a drug-use verification question. Five percent (1,739 surveys) were removed for having eleven or more inconsistencies to related questions (drank more alcohol in the last month than they had drunk in their life), out of range answers (answered H on a question with A to D responses allowed), and/or multiple answers (where only one answer was allowed). Another 434 surveys were not usable because gender and/or grade was missing. Some surveys were rejected for more than one reason. A combined total of seven percent of the surveys (2,555) were eliminated by these methods. The seven percent of surveys eliminated in the YRBS is slightly more than the 5.5 percent eliminated in another statewide survey used in alternate years by the Office of Alcohol and Drug Abuse Programs, Department of Human Resources.

Surveys which had fewer than eleven inconsistencies, out of range answers, or multiple answers, were included in the data set, but answers that contained inconsistent pairs, out of range answers, and multiple answers were counted as missing data for those questions. In addition, if a student reported never using marijuana or cocaine but reported injecting illegal drugs, the response for injection drugs was counted as missing (with the presumption that the report of injection drug use was false).

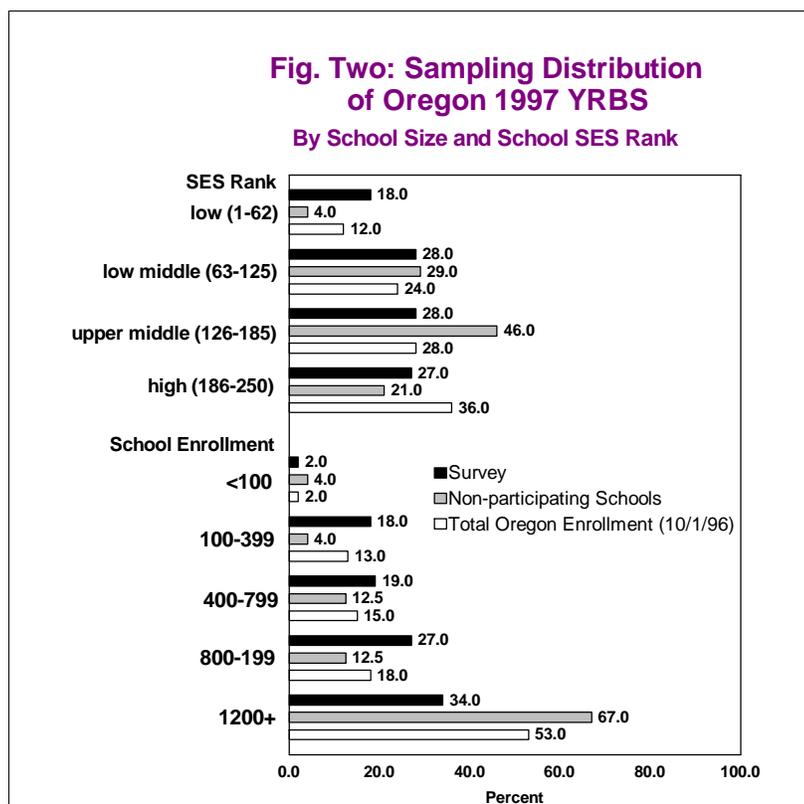
Although the sample obtained for the 1997 Oregon YRBS is not a statistically valid random sample, it is highly representative of the population of Oregon high school students. The graphs below compare the characteristics of the 100 schools that participated in the survey with those that were selected to participate but declined, and with those of the total Oregon high school enrollment as of October 1, 1997.

The demographic characteristics of the surveyed population were found to be very similar to the statewide public school enrollment for grade and race (Fig. 1). Additionally, the school size and socioeconomic level surveyed schools was fairly similar to that of all Oregon public schools (Fig. 2). In terms of geographic distribution, however, Clackamas, Washington, and Marion counties' school enrollments were under represented. No students of Gilliam, Malheur, Polk, Sherman and Wallowa counties (3,850 high school students) participated in the survey.



For tabulations, the survey data were weighted to more accurately represent Oregon's high school students. Each student's survey was assigned a weight based on their school's enrollment and socioeconomic ranking. School socioeconomic status was based on the SES score from the Oregon Department of Education's Statewide Assessment. The school SES score is a rank on a composite index consisting of: the percent of students eligible for free or reduced price lunch, student mobility rate, student attendance rate, and the level of education of the most educated parent (DOE Statewide Assessment).

More than twenty percent of Oregon's 1997 public high school enrollment participated in the YRBS survey. The results are useful in tracking trends and changes in the health risk behaviors of youth in our state. This survey may not be representative of those who dropped out of school or declined to participate in the survey.



The number of participating students is high enough that many survey findings can be said to be valid at the 99 percent confidence level. In other words, if the differences found in the survey are correct and the survey were repeated 100 times, the results would show the correct difference 99 times. When comparing groups in this summary report, if the 99% confidence intervals (or margins of error) for the groups being compared do not overlap, then the percentage difference is considered *statistically significant*, meaning that there is a true difference between the groups being compared. Differences between grades were determined using the Mantel-Haenszel chi-square test. In addition, a distinction must be made between a statistically significant result and a meaningful difference. For example, response differences of two percent or more between genders usually turned out to be statistically significant due to the large number of respondents. However, a behavior engaged in at a rate of two percent more by one gender may or may not represent an important increase in risk for that gender.

For the first time this year the YRBS summary report contains representative comments of the students who took the survey. Over ten thousand comments were collected from students. These comments were then categorized according to the general topic to which they most related. Staff

members in the Center for Health Statistics, Health Promotion and Chronic Disease Prevention Program and the Center for Child and Family Health read the comments and selected those that they felt best represented the opinions of the students. Misspellings were corrected and expletives deleted, and the comments have been edited for readability, but not altered in content. Students commented on some sections of the survey more than others, so the length of the comments portion of each section varies.

Risk behaviors are summarized for grade, gender, and race/ethnicity. Since over 80 percent of the respondents identified themselves as non-Hispanic whites, their answers are the referent group for comparisons of racial and ethnic groups. When a particular ethnic or racial group is referred to as being *significantly* different on a particular question, this means that group was significantly different from non-Hispanic whites. For brevity in the graphs of the report, non-Hispanic whites are referred to as White and African-Americans are referred to as Black.

Goals for the Year 2000 from the *Oregon Benchmarks*,¹ *U.S. Healthy People 2000*,² and the National Education Action Guide for Safe and Drug-Free Schools³ are included at the beginning of each section. When available, telephone survey data from adults responding to the 1995 and 1996 Oregon Behavior Risk Factor Surveys are included for comparison.^{4,5} When available, survey data from the 1995 national YRBS is included for comparison.⁶

VEHICLE SAFETY

SEATBELT USE

U.S. HEALTHY PEOPLE² YEAR 2000 GOALS

9.12 Increase the use of occupant motor vehicle restraint protection

85%

This question measures the prevalence of seatbelt use among Oregon high school students.

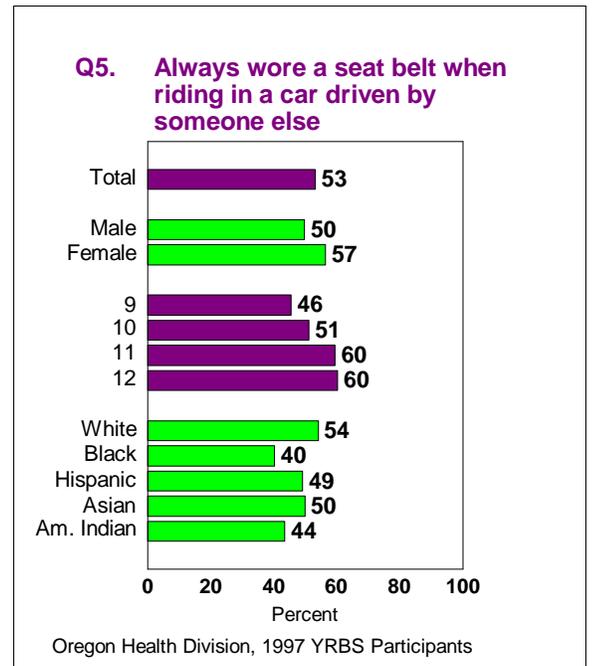
Seatbelt use is estimated to reduce motor vehicle fatalities by 40 percent to 50 percent and serious injuries by 45 percent to 55 percent.⁷ Since 1990, Oregon law has required all drivers and passengers to use seatbelts. In the 1995 adult Behavioral Risk Factor Survey, 75 percent of 18 to 24 year-old Oregonians reported they always wore a seatbelt.⁶

WHAT OREGON STUDENTS REPORTED

Q5. How often do you wear a seatbelt when riding in a car driven by someone else?

Fifty-three percent of Oregon YRBS participants reported they always wore a seatbelt when riding in a car driven by someone else. *Significantly* more female students (57%) than male students (50%) always wore a seatbelt. Seatbelt usage increased *significantly* by grade. African American (40%), Hispanic (49%), and American Indian students (44%) wore seatbelts *significantly* less than non-Hispanic white students (54%).

In 1995, 22 percent of students participating in the national YRBS rarely or never used their seatbelts as compared to seven percent of 1997 Oregon YRBS students.



MOTORCYCLE AND BICYCLE HELMET USE

U.S. HEALTHY PEOPLE² YEAR 2000 GOALS

- | | | |
|------|--|--------------|
| 9.13 | Increase the use of motorcycle helmets to: | at least 80% |
| 9.13 | Increase the use of bicycle helmets to: | at least 50% |

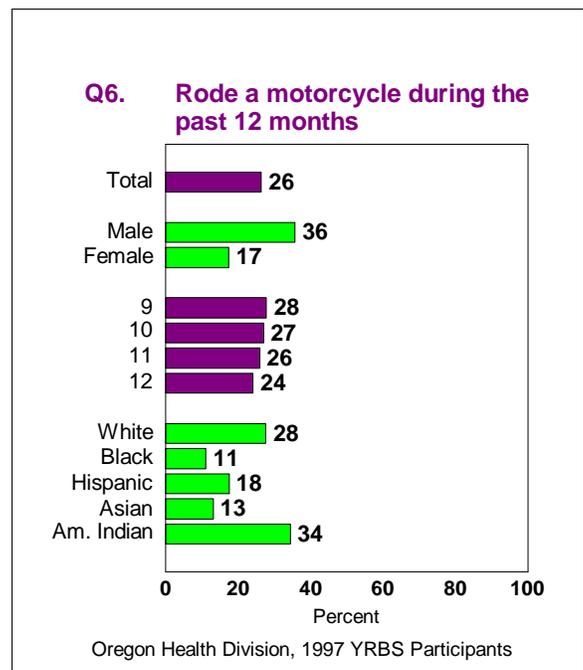
The next four questions measure the prevalence of motorcycle and bicycle helmet use.

Head injury is the leading cause of death in motorcycle and bicycle crashes.⁸ Unhelmeted motorcyclists are two times more likely to have a fatal head injury and three times more likely to have a nonfatal head injury than helmeted riders.⁹ The risk of head injury for unhelmeted bicyclists is more than 6½ times greater than for helmeted riders.¹⁰ Since 1988, all motorcyclists in Oregon have been required to wear a helmet. Since 1994, bicycle riders under the age of 16 have been required to wear a helmet when riding. From 1995 to 1996, the Oregon Trauma Registry reported a total of 19 severe injuries to bicycle riders under 16 who were wearing a helmet and 58 to those who were not.¹¹ The Registry also reported thirteen injuries to motorcycle riders under age 19 who were wearing a helmet and eight to those who were not. Eleven injured bicyclists' and three injured motorcyclists' helmet status was unrecorded. (Note: The Trauma Registry includes only injuries severe enough to require trauma system entry.)

WHAT OREGON STUDENTS REPORTED

Q6. During the past 12 months, how many times did you ride a motorcycle?

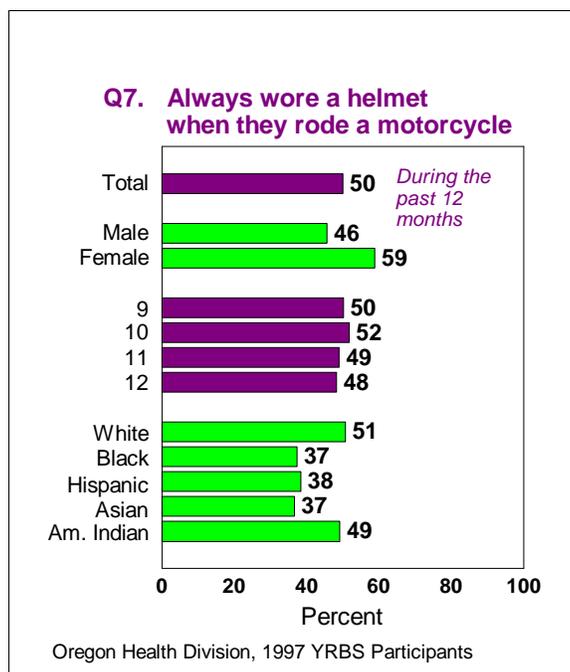
Twenty-six percent of Oregon YRBS participants rode a motorcycle one or more times during the 12 months preceding the survey. *Significantly* more males (36%) than females (17%) rode a motorcycle during the prior year. As grade increased, motorcycle riding *significantly* decreased. *Significantly* fewer African American (11%), Hispanic (18%), and Asian (13%) students rode a motorcycle, compared to non-Hispanic white students (28%). American Indian students rode a motorcycle *significantly* more (34%) than non-Hispanic white students.



Q7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet? [Of YRBS participants who rode a motorcycle one or more times during the past 12 months]

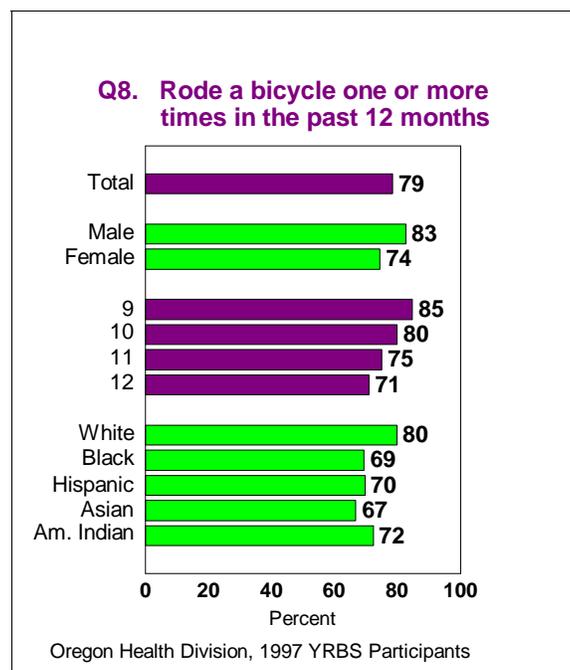
Of YRBS participants who rode a motorcycle during the 12 months preceding the survey, 50 percent always wore a motorcycle helmet. *Significantly* more females (59%) than males (46%) who rode motorcycles always wore a helmet. There was no statistical difference by grade. *Significantly* fewer Hispanic (38%) and Asian (37%) students wore a motorcycle helmet when riding a motorcycle.

In 1995, 44 percent of students participating in the national YRBS rarely or never wore helmets as compared to 29 percent of 1997 Oregon YRBS students.



Q8. During the past 12 months, how many times did you ride a bicycle?

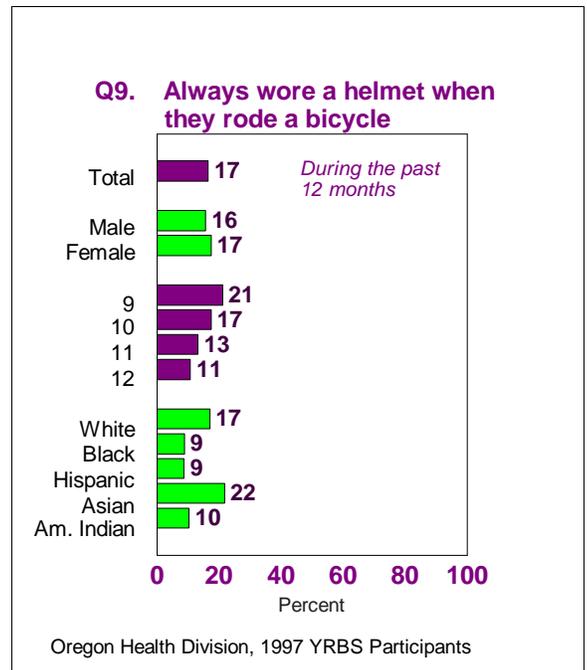
Seventy-nine percent of Oregon YRBS participants rode a bicycle one or more times during the 12 months prior to completing the YRBS. *Significantly* more males (83%) than females (74%) rode bicycles during the preceding year. As grade increased, bicycle riding *significantly* decreased. *Significantly* fewer African American (69%), Hispanic (70%), Asian (67%), and American Indian (72%) students rode a bicycle compared to white students (80%).



Q9. When you rode a bicycle during the past 12 months, how often did you wear a helmet? [Of YRBS participants who rode a bicycle one of more times during the past 12 months]

Of YRBS participants who rode a bicycle during the 12 months prior to the survey, 17 percent always wore a bicycle helmet. There was no statistically significant difference by gender. As grade increased, *significantly* fewer bicyclists wore helmets. *Significantly* fewer African American (9%), Hispanic (9%) and American Indian (10%) bicyclists wore a bicycle helmet than white students (17%). *Significantly* more Asian American students wore helmets when riding a bike (22%).

In 1995, 93 percent of students participating in the national YRBS rarely or never used bicycle helmets as compared to 62 percent of 1997 Oregon YRBS students.



DRINKING AND DRIVING

U.S. HEALTHY PEOPLE² YEAR 2000 GOALS

9.23b Reduce deaths among people aged 15-24 caused by alcohol-related motor vehicle crashes (per 100,000) to:

12.5

The next two questions measure the occurrence of drunk driving among Oregon high school students.

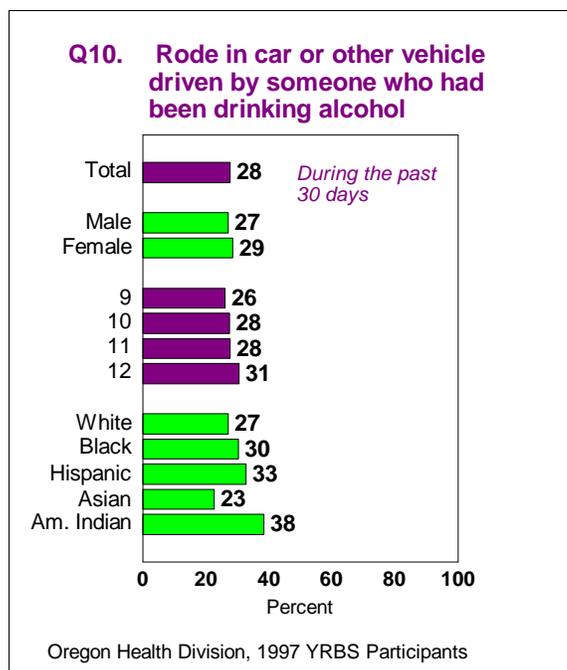
In Oregon during 1996, five Oregonians age 18 and under died while driving drunk. Another 13 Oregonians 18 and under died while riding with a drunk driver.¹² Alcohol-related traffic crashes cause serious injury and permanent disability and rank as the leading cause of spinal cord injury among adolescents and young adults.¹³ In the 1995 adult Behavior Risk Factor Survey, three percent of 18 to 24 year-olds reported drinking and driving in the past 30 days⁴. Based on data from the Fatal Accident Reporting System, it is estimated that Oregon had an alcohol and drug-related motor vehicle death rate of 7.5 per 100,000 population in 1996 among people aged 15-24.¹⁴

WHAT OREGON STUDENTS REPORTED

Q10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

During the 30 days prior to the survey, 28 percent of Oregon YRBS participants rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol. There was no statistically significant difference by gender. Students in upper grades were *significantly* more likely to ride with a drunk driver. *Significantly* more Hispanic (33%) and American Indian (38%) students, and *significantly* fewer Asian students (23%) reported riding with a drunk driver.

In 1995, 39 percent of students participating in the national YRBS reported riding with a driver who had been drinking.

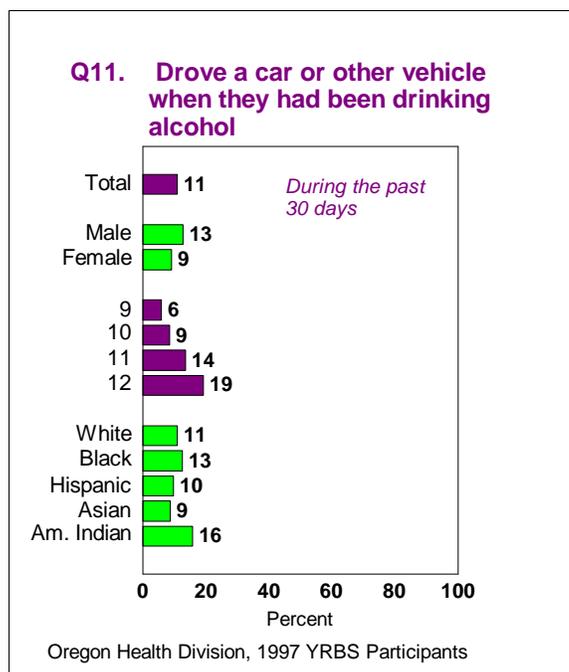


Q11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

During the 30 days prior to the survey, 11 percent of Oregon YRBS participants had driven a car or other vehicle after drinking alcohol. *Significantly* more males (13%) than females (9%) drove a car or other vehicle one or more times when they had been drinking alcohol. Drinking and driving increased *significantly* by grade. *Significantly* more American Indian students (16%) drank and drove during the prior 30 days.

The legal age for drinking in Oregon is 21.

In 1995, 15 percent of students participating in the national YRBS reported driving after drinking.



WHAT OREGON STUDENTS WROTE

One law I really hate is the bicycle law. Barely anybody wears one & I think we should get to choose if we want to wear one or not.

WEAPON CARRYING AND VIOLENCE

WEAPON CARRYING

OREGON BENCHMARKS¹ YEAR 2000 GOALS

66. Reduce the percentage of students who carry weapons to: 15%

U.S. HEALTHY PEOPLE² YEAR 2000 GOALS

7.10 Reduce the incidence of weapon carrying among adolescents age 14-17 to: 8.6%

U.S. NATIONAL EDUCATION Action Guide for Safe and Drug-Free Schools

Every school in the United States will be free of drugs, violence, and the unauthorized presence of firearms and alcohol.

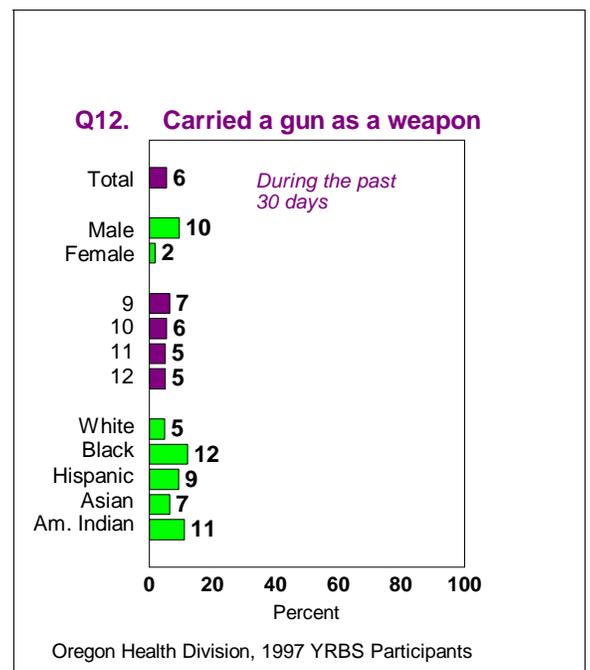
The next six questions measure the occurrence of weapon carrying and related behavior among Oregon high school students.

During 1990-1994, 19 percent of fatalities among Oregon children age 10-17 resulted from firearm injuries: 66 percent of suicides, 66 percent of homicides, and 4 percent of unintentional injuries. In all, 134 Oregon children age 10-17 died as a result of a firearm injury during 1990-1994. Sixty-five percent of suicides involving Oregonians 17 years old or younger in 1995 were committed with guns.¹² Increases in suicide among children and adolescents have been linked to firearms.¹⁵

WHAT OREGON STUDENTS REPORTED

Q12. During the past 30 days, on how many days did you carry a gun as a weapon?

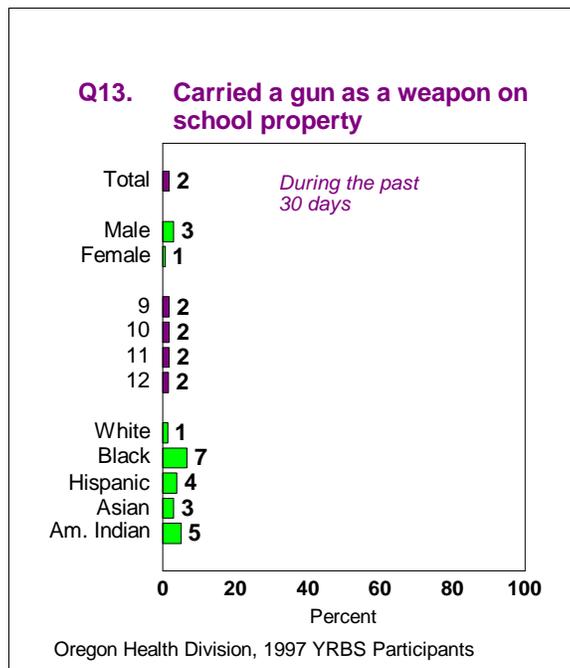
Six percent of participants had carried a gun as a weapon on one or more of the preceding 30 days, including significantly more males (10%) than females (2%). As grade increased significantly fewer students reported carrying a gun. Significantly more African American (12%), Hispanic (9%) and American Indian (11%) students carried a gun during the prior 30 days.



In 1995, eight percent of students participating in the national YRBS reported carrying a gun as a weapon in the preceding 30 days.

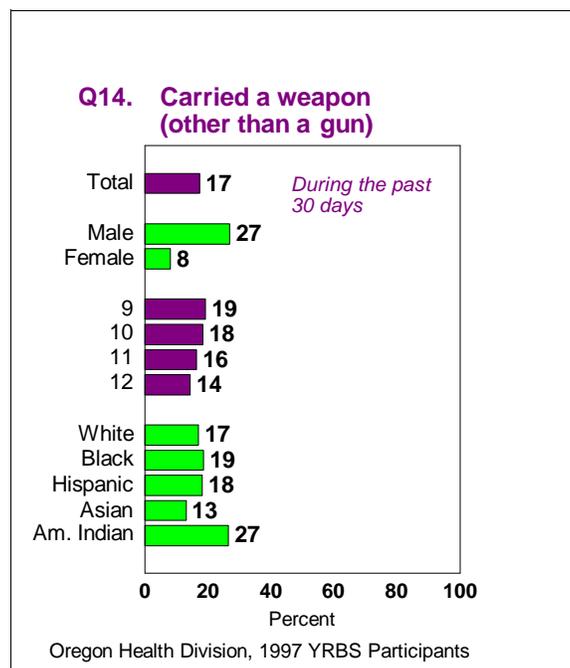
Q13. During the past 30 days, on how many days did you carry a gun as a weapon on school property?

On one or more of the 30 days preceding the survey, two percent of Oregon YRBS participants had carried a gun as a weapon on school property. *Significantly* more males (3%) than females (<1%) carried a gun on school property. There was no statistical difference by grade. *Significantly* more African American (7%), Hispanic (4%), Asian (3%) and American Indian (5%) students carried a gun on school property.



Q14. During the past 30 days, on how many days did you carry a weapon (other than a gun) such as a knife or a club?

On one or more of the 30 days preceding the survey, 17 percent of Oregon YRBS participants had carried a weapon other than a gun (such as a knife or a club). *Significantly* more males (27%) than females (8%) carried such a weapon. Weapon carrying decreased *significantly* as grade level increased. *Significantly* more American Indian students (27%) and *significantly* fewer Asian students (13%) carried a weapon such as a knife or club.

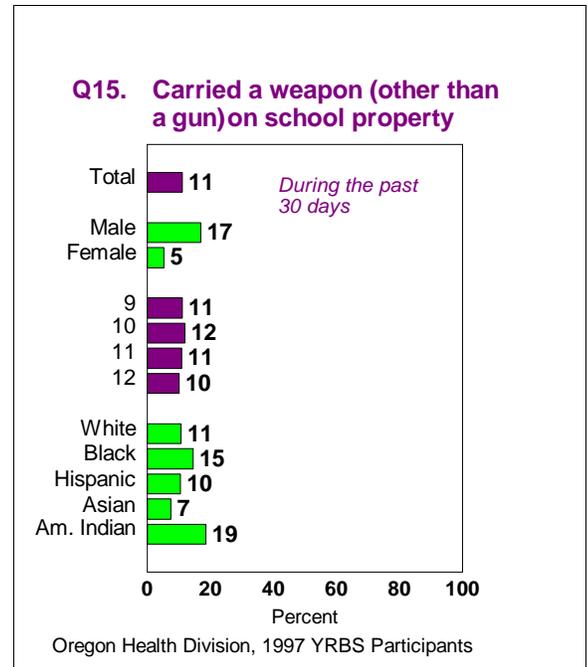


In 1995, 20 percent of students participating in the national YRBS reported carrying a weapon in the preceding thirty days.

Q15. During the past 30 days, on how many days did you carry a weapon (other than a gun) such as a knife or a club on school property?

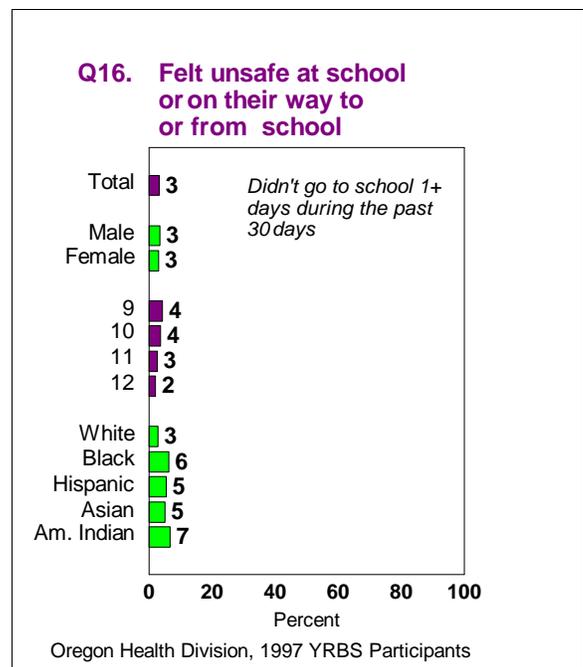
On one or more of the 30 days preceding the survey, 11 percent of Oregon YRBS participants had carried a weapon other than a gun on school property. *Significantly* more males (17%) than females (5%) carried such a weapon on school property. There was no statistical difference by grade. *Significantly* more American Indian students (19%) and *significantly* fewer Asian students (7%) carried such a weapon on school property.

In 1995, 10 percent of students participating in the national YRBS reported carrying a weapon (including a gun) on school property.



Q16. During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

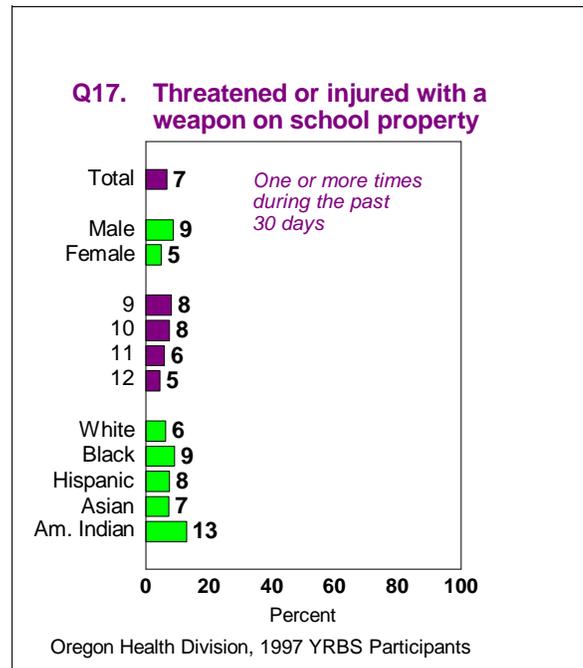
During the 30 days prior to the survey, three percent of Oregon YRBS participants did not go to school because they felt they would be unsafe at school or on their way to or from school. There was no statistically significant difference by gender. As grade level increased, staying away from school because of feeling unsafe *significantly* decreased. *Significantly* more African American (6%), Hispanic (5%), Asian (5%) and American Indian (7%) students stayed home because they felt unsafe.



In 1995, 5 percent of students participating in the national YRBS reported not going to school because they felt unsafe.

Q17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

Seven percent of Oregon YRBS participants reported being threatened or injured with a weapon on school property during the 12 months prior to the survey. *Significantly* more males (9%) than females (5%) were so threatened or injured. As grade level increased, threats and injuries on school property *significantly* decreased. *Significantly* more American Indian (13%) students were threatened or injured.



In 1995, eight percent of students participating in the national YRBS reported being threatened or injured on school property.

WHAT OREGON STUDENTS WROTE

I think our school is pretty safe. I'm not scared to go to school

I have carried a gun on campus twice (2 ½ months ago).

Just last week I heard of a gun threat right outside my high school. It consisted of 5 students that don't even go to the school; because of fights or other reasons who are supposed to go to a different school. They were waiting for their bus waving their gun at innocent kids walking to the high school. The five were all arrested. This incident made me realize how close violence is to my friends and I at school. People who, at least now, have a record of bad behavior, should be kicked out or seriously taken care of.

The school also needs to stop worrying about drug abuse in the school and start worrying more about violence prevention.

First off, I wish to state that I don't consider a knife as a weapon. For too many years, people have used the tool as a weapon. My father has told me about how all through school, being a farm kid he always carried a knife. I do the same, because I use it many times during the day.

The weapons issue, well it's pretty sad people come to school with them for protection. You should feel protected in school and everywhere you go.

I hate how people at school get into physical fights. What makes me even more mad is when people stand around and watch a fight.

I know people who have guns wherever they go and its scary!

PROPERTY DAMAGE

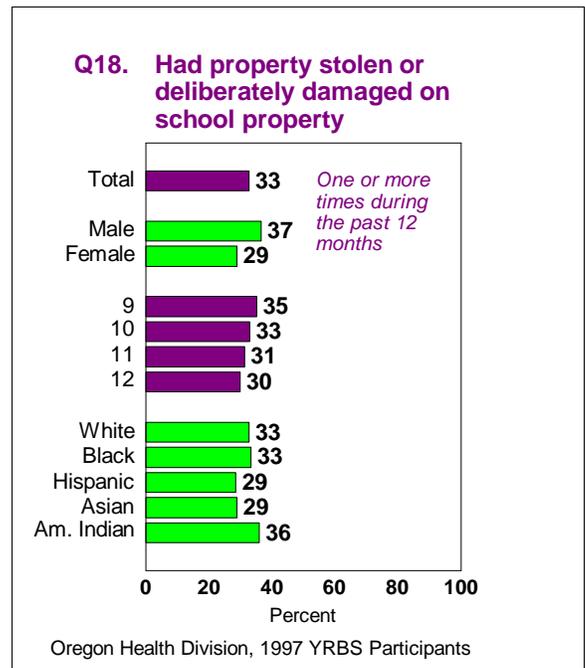
The next question measures the occurrence of property damage and theft among Oregon high school students on school property. Property damage often results from students' feelings of powerlessness or lack of control or routine in their lives.¹⁶

WHAT OREGON STUDENTS REPORTED

Q18. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

Thirty-three percent of Oregon YRBS participants had property stolen or deliberately damaged on school property one or more times, during the 12 months prior to the survey. *Significantly* more males (37%) than females (29%) reported such thefts or damage. As grade level increased, property theft and damage *significantly* decreased. *Significantly* fewer Hispanic (29%) students had property stolen or deliberately damaged.

In 1995, 33 percent of students participating in the national YRBS reported having their property stolen or damaged at school.



PHYSICAL FIGHTING

U.S. HEALTHY PEOPLE² YEAR 2000 GOALS

7.9 Reduce by the incidence of physical fighting among adolescents age 14-17 (incidents per 100 students per month) to:

110

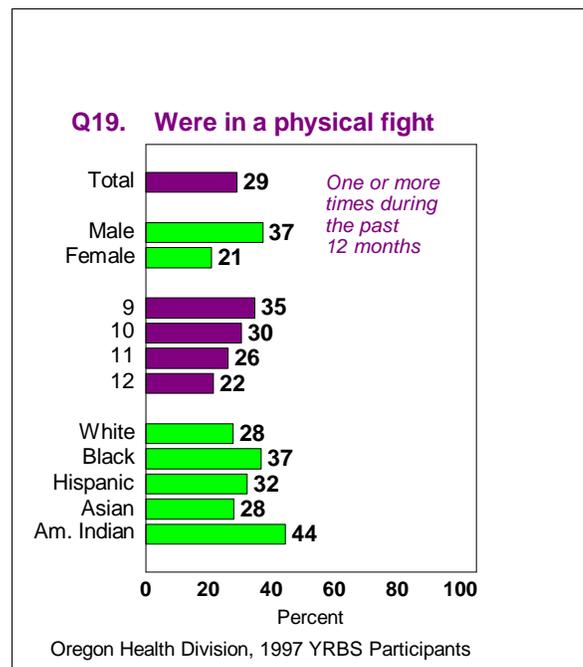
These four questions measure the frequency and severity of physical fights and the persons with whom Oregon high school students fought. Non-fatal fighting often precedes fatal violence.¹⁷ Physical fighting in adolescence has been shown to be a reliable predictor of subsequent health problems for the violent individual.¹⁸

WHAT OREGON STUDENTS REPORTED

Q19. During the past 12 months, how many times were you in a physical fight?

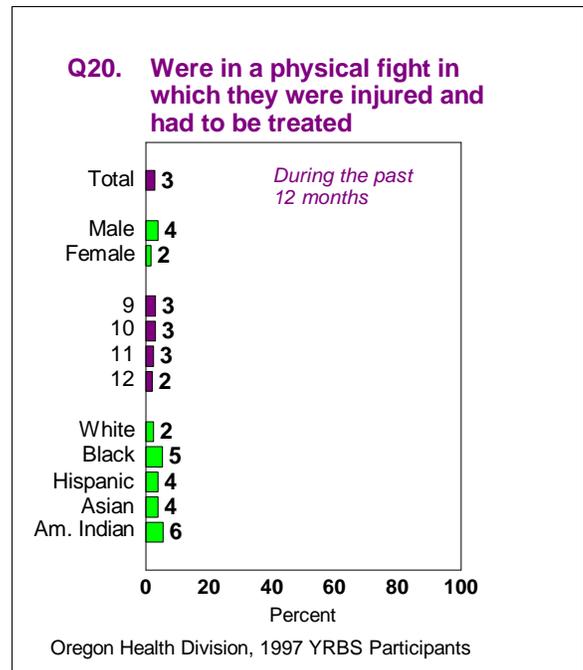
Twenty-nine percent of Oregon YRBS participants were in a physical fight one or more times, during the 12 months prior to completing the YRBS. *Significantly* more males (37%) than females (21%) reported they were in a physical fight. As grade increased, fighting *significantly* decreased. *Significantly* more African American (37%), Hispanic (32%) and American Indian (44%) students were in a fight.

In 1995, 39 percent of students participating in the national YRBS reported being in a physical fight.



Q20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

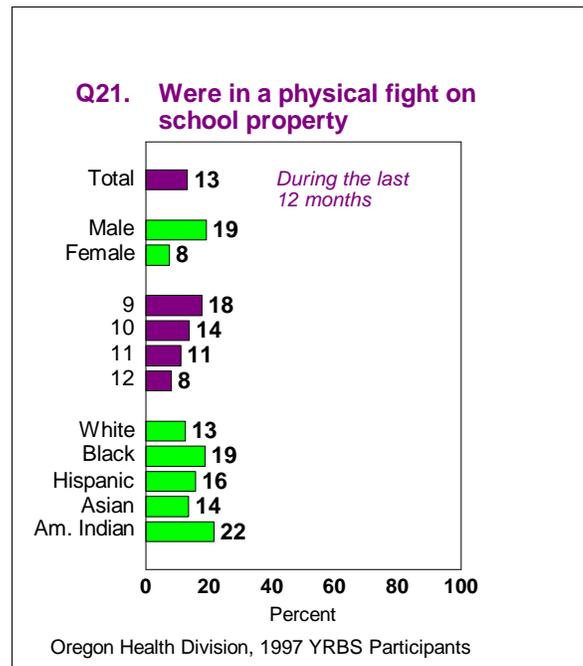
Three percent of Oregon YRBS participants were treated by a doctor or nurse for an injury received in a fight during the preceding year. *Significantly* more males (4%) than females (2%) were treated by a doctor or nurse for a fighting-related injury. The percentage who had to be treated *significantly* decreased as grade increased. *Significantly* more Hispanic (4%) and American Indian students (6%) received medical treatment for an injury received in a fight.



Q21. During the past 12 months, how many times were you in a physical fight on school property?

Thirteen percent of Oregon YRBS participants were in a physical fight on school property during the year preceding the survey. *Significantly* more male (19%) than female (8%) students fought on school property. The percentage decreased *significantly* as grade increased. *Significantly* more African American (19%), Hispanic (16%) and American Indian (22%) students were in a fight at school during the past year.

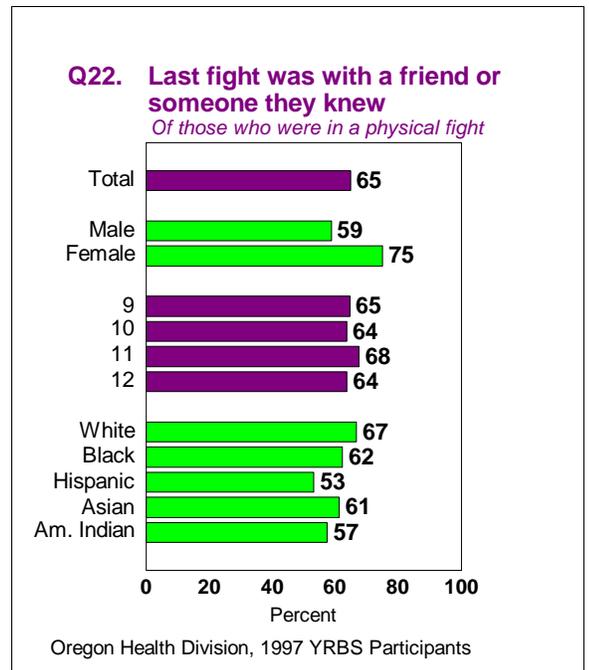
In 1995, 16 percent of students participating in the national YRBS reported fighting on school property.



Q22. The last time you were in a physical fight, with whom did you fight? [Of YRBS participants who were ever in a physical fight]

Sixty-five percent of Oregon YRBS participants who were ever in a fight, fought with a friend or someone they knew-- a boyfriend, girlfriend, or date; or a parent, brother, sister, or other family member--the last time they were in a physical fight. *Significantly* more females (75%) than males (59%) knew the person with whom they fought. There was no statistically significant difference by grade. *Significantly* fewer Hispanic (53%) and American Indian (57%) students fought their last fight with a friend or someone they knew.

NOTE: Of the students who answered this question, 48% reported they had never been in a physical fight.



HARASSMENT

The next three questions measure harassment at school and the reasons for harassment. The most common impact for harassed students is “not wanting to go to school” and “not wanting to talk as much in class.”¹⁹

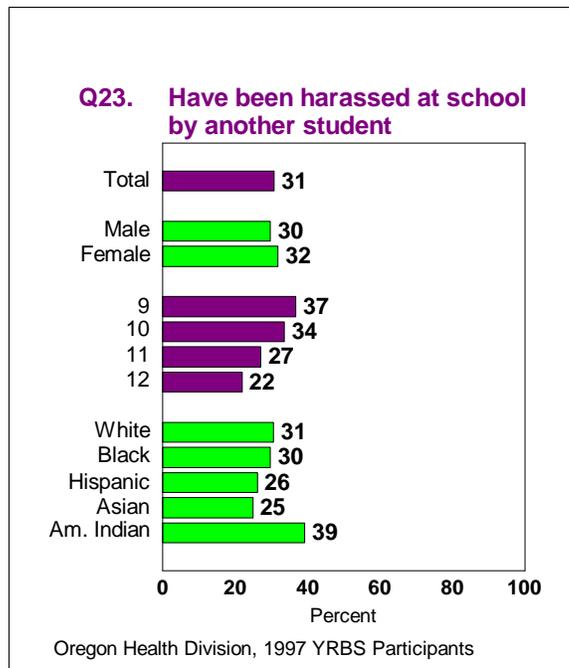
WHAT OREGON STUDENTS REPORTED

Q23. During the past 30 days, have you been harassed at school by another student?

Thirty one percent of Oregon YRBS participants reported being harassed in the past thirty days.

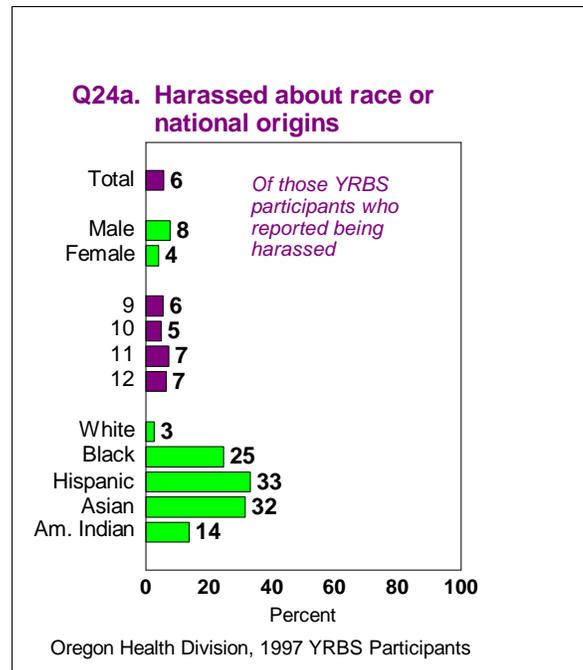
Significantly more females (32%) than males (30%) reported they were harassed. As grade increased, harassment *significantly* decreased. *Significantly* fewer

Hispanic (26%) and Asian (25%) students and *significantly* more American Indian students (39%) reported being harassed at school.



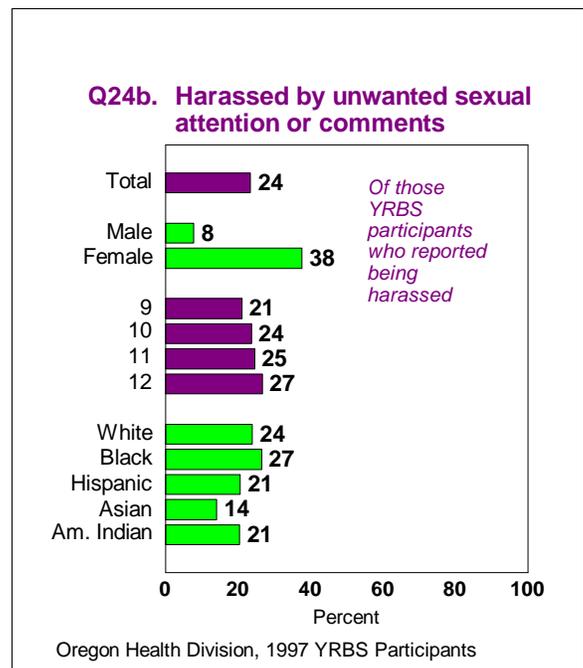
Q24a. In the past 30 days, what were you harassed about (if more than one reason, what was the most upsetting or offensive to you)? [Of YRBS participants who reported being harassed in the past 30 days.]

Race or National Origin Six percent of Oregon YRBS participants reported being harassed about race or national origin in the past thirty days. *Significantly* more males (8%) than females (4%) reported they were harassed. There was no statistical difference by grade. *Significantly* more African American (25%), Hispanic (33%), Asian (32%) and American Indian (14%) students reported harassment about race or national origin.



Q24b. In the past 30 days, what were you harassed about (if more than one reason, what was the most upsetting or offensive to you)? [Of YRBS participants who reported being harassed in the past 30 days.]

Unwanted Sexual Attention or Comments Twenty-four percent of Oregon YRBS participants were harassed with unwanted sexual attention or comments in the past thirty days. *Significantly* more females (38%) than males (8%) reported they were harassed. As grade increased the report of harassment in the form of unwanted sexual attention or comments increased *significantly*. *Significantly* fewer Asian students (14%) reported this type of harassment.

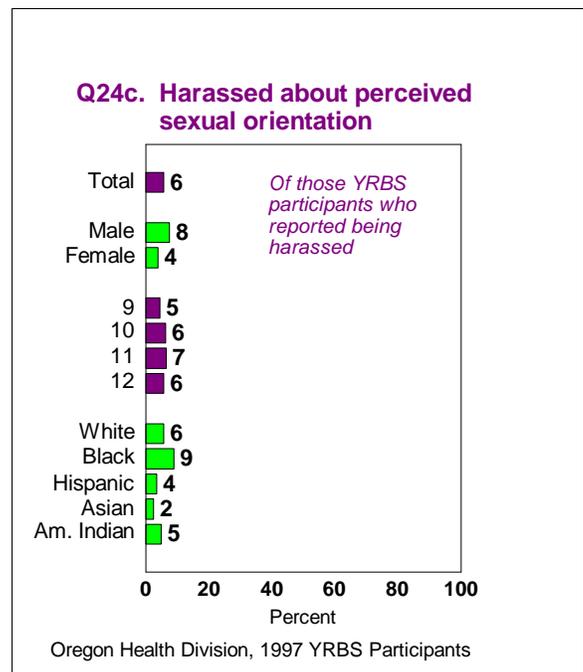


Q24c. In the past 30 days, what were you harassed about (if more than one reason, what was the most upsetting or offensive to you)?

[Of YRBS participants who were harassed in the past 30 days.]

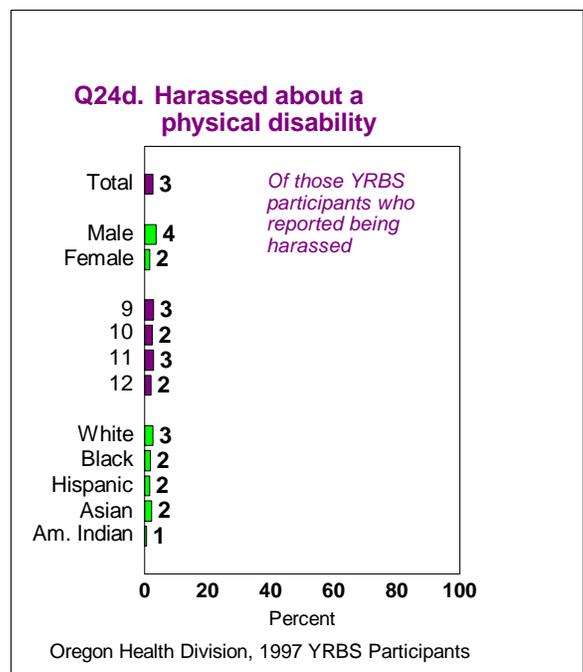
Perceived Sexual Orientation (gay/lesbian

/bisexual) Six percent of Oregon YRBS participants were harassed in the past thirty days because of perceived sexual orientation. *Significantly* more males (8%) than females (4%) reported they were harassed for this reason. There was no statistically significant difference among grades. *Significantly* fewer Asian (2%) students reported this type of harassment.



Q24d. In the past 30 days, what were you harassed about (if more than one reason, what was the most upsetting or offensive to you)? [Of YRBS participants who were harassed in the past 30 days.]

Physical Disability Three percent of Oregon YRBS participants were harassed in the past thirty days because of a physical disability. *Significantly* more males (4%) than females (2%) reported they were harassed due to a physical disability. There was no statistical difference by grade. *Significantly* fewer American Indian students (<1%) reported harassment about a physical disability.



Of those students who reported being harassed, forty-one percent reported a reason other than those listed above. Some alternate reasons can be found in the student's comments on this section. Twenty-three percent of students who reported being harassed said they did not know why they were harassed.

WHAT OREGON STUDENTS WROTE:

I have a problem school with ignorant students. People put me and others down if we are different There is a lot of discrimination in my school with gender, sexuality and financial reasons.

I think that many issues of harassment occur at school. Many are not brought to authority because of the consequences from the person harassing another. I know I've been harassed many times on the bus ride home and I haven't wanted to ride the bus because of it. I have also been physically abused by that same person. And I have brought this problem to a parent, but it didn't help.

Harassment should also be noticed in schools. Walk into my classroom here at this school, and you'll hear a comment or two made towards gender, race, or intelligence.

I think that the school should have a self-defense class for girls or (guys, if they want) because some of us don't know how to defend ourselves very well. I also think that the school should be more aware and into what is going on in their school. I know that a lot of really serious stuff is happening right under their noses.

Also, concerning sexual harassment there should be a slot besides "perceived sexual identity", such as "sexuality". The racial question should have a choose not to answer category, and us gays and lesbians should be acknowledged in the sexual areas.

Anyone who's different is harassed unmercifully. Really, that's the main problem of this school and this town. People live in a little bubble, not willing to be open minded and let people be happy doing whatever they want as long as they aren't hurting anyone.

Harassment from teachers is getting popular.

It is my concern that the questions about sex in this survey are very heterosexist. It don't have spaces available for gay and lesbian youths. There are a lot of us out there.

Students these days need to be taught about tolerance of other races, creeds, and orientations.

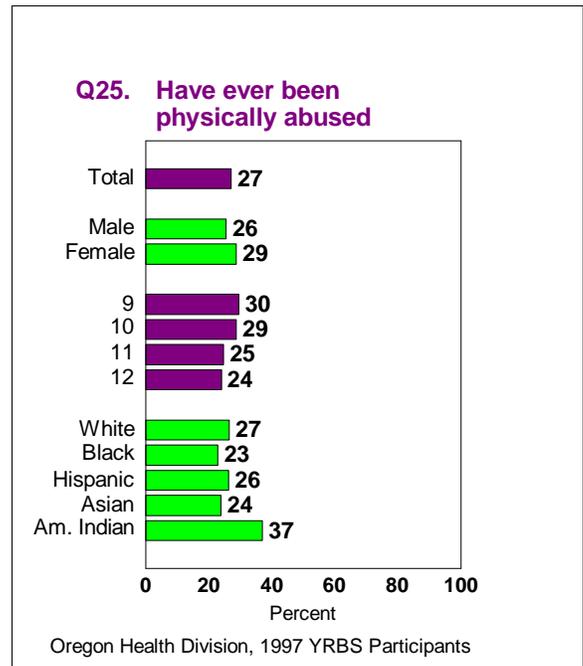
PHYSICAL ABUSE

The next three questions measure the occurrence, recency, and reporting of physical abuse among Oregon high school students. Physically abused adolescents are more likely to engage in high risk health behaviors.²⁰ Youth who report being abused are almost four times more likely to attempt suicide.²¹

WHAT OREGON STUDENTS REPORTED

Q25. Have you ever been physically abused (hit, kicked or struck by someone when you were not involved in a fight)?

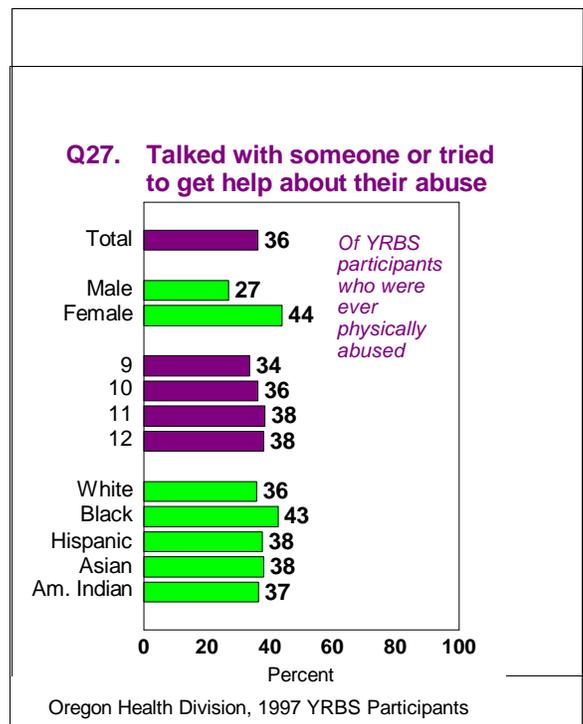
Twenty-seven percent of Oregon YRBS participants had ever been physically abused (hit, kicked or struck by someone when not involved in a fight). *Significantly* more females (29%) than males (26%) reported physical abuse. As grade increased, the report of physical abuse *significantly* decreased. *Significantly* more American Indian students (37%) reported being ever physically abused.



Q26. If you have ever been physically abused, when was the last time this happened to you?

Fifteen percent of Oregon YRBS participants had been physically abused within the preceding year. *Significantly* more females (16%) than males (14%) indicated they had been physically abused. As grade increased, physical abuse in the past year *significantly* decreased. *Significantly* more American Indian students (20%) reported physical abuse within the previous 12 months.

Q27. If you have ever been physically abused, have you ever talked with someone or tried to



get help about this abuse? [Of YRBS participants who were ever physically abused]

Of the students who had ever been physically abused, 36% ever tried to talk with someone or get help about this abuse. Significantly more females (44%) than males (27%) who had been abused tried to talk with someone or get help. As grade increased, students were *significantly* more likely to discuss physical abuse with someone. There was no statistically significant difference between racial and ethnic groups.

WHAT OREGON STUDENTS WROTE:

This survey was very good, but the section on being emotionally abused was completely left off. I know of at least 3 people including myself, who have been physically abused. There are many homophobic people at [school name]. It is very helpful when peers teach each other. It seems to draw more people in.

I think that this survey needed to talk about mental abuse. Mental abuse hurts more than physical abuse.

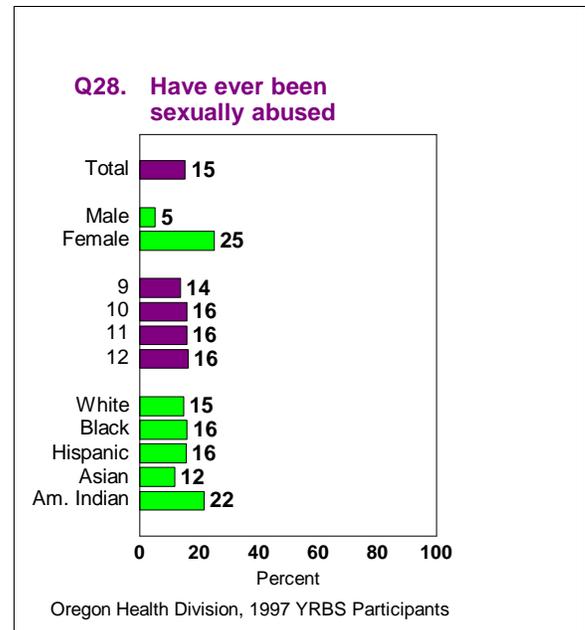
SEXUAL ABUSE

The next three questions measure the occurrence, recency, and reporting of sexual abuse among Oregon high school students. One in 14 Americans aged 18-22 have experienced at least one act of non-consensual sexual activity or rape.²² Students who had unwanted sexual experiences were more likely to report having school and health problems and engaging in risky behaviors, including engaging in unprotected sexual intercourse.²³

WHAT OREGON STUDENTS REPORTED

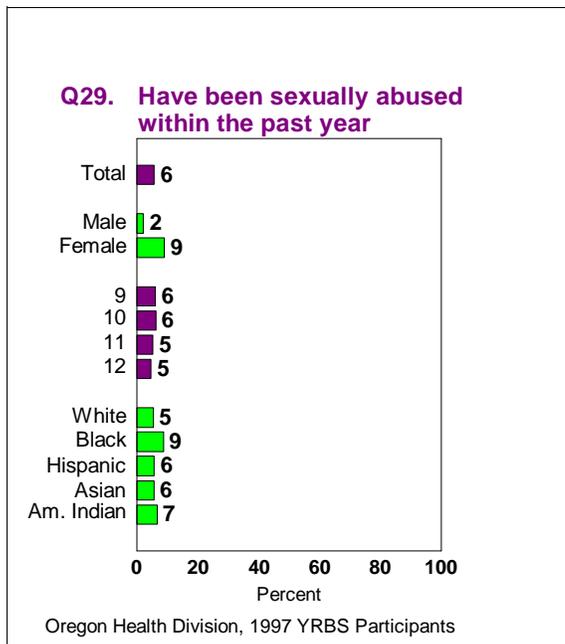
Q28. Have you ever been sexually abused (For example: touched sexually when you did not want to be, or forced to have sexual intercourse when you did not want to)?

Fifteen percent of Oregon YRBS participants reported ever being sexually abused. *Significantly* more female (25%) than male students (5%) were ever sexually abused. As grade level increased, the number of students reporting sexual abuse *significantly* increased. *Significantly* more American Indian students (22%) reported ever being sexually abused.



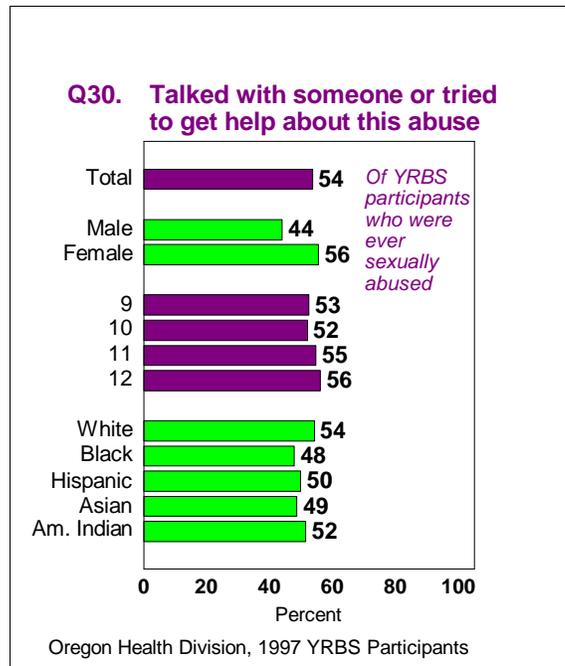
Q29. If you have been sexually abused, when was the last time this happened?

Six percent of Oregon YRBS participants were sexually abused within the preceding year: including *significantly* more female (9%) than male (2%) students. As grade level increased, sexual abuse within the previous year *significantly* decreased. There was no statistically significant difference among racial and ethnic groups.



Q30. If you have been sexually abused, have you ever talked with someone or tried to get help about this abuse? [Of YRBS participants who were ever sexually abused.]

Fifty-four percent of the YRBS participants who were ever sexually abused tried to talk with someone or get help about the abuse. *Significantly* more female (56%) than male (44%) students tried to talk with someone or get help. There was no statistically significant difference by grade or between racial and ethnic groups.



WHAT OREGON STUDENTS WROTE:

I think you need to address sexual abuse more often.

For the record, when I had sex, it was incest.

SUICIDE

U.S. HEALTHY PEOPLE⁴ YEAR 2000 GOALS

6.2, 7.8	Reduce the incidence of injurious suicide attempts people aged 14-17 to:	1.8%
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The next three questions measure the occurrence of suicide attempts and the seriousness of those attempts among Oregon high school students.

Suicide has been the second leading cause of death among Oregonians age 15 to 24 for many years. From 1990-1994, the annual rate of suicide deaths was 2.9 per 100,000 for 10 to 14 year-old and 13.8 per 100,000 for 15 to 17 year-old Oregonians.²⁴

Of the fifty states, Oregon ranks 15th in the overall teen suicide death rate.²⁵

All hospitals who treat youths under age 18 for injuries resulting from a suicide attempt are required to report such injuries to the Oregon Health Division. Among Oregonians 15 to 17, there were 517 suicide attempts reported by hospitals in 1996 (385 attempts per 100,000 Oregonians aged 15 to 17). This compares a rate of 1,934 per 100,000 Oregonians age 15 to 17 reported by 15 to 17 year-old students in the YRBS sample (1,934 attempts per 100,000 Oregonians age 15 to 17). The Adolescent Suicide Attempt Data System records only those attempts that were treated at a hospital and reported.²⁴

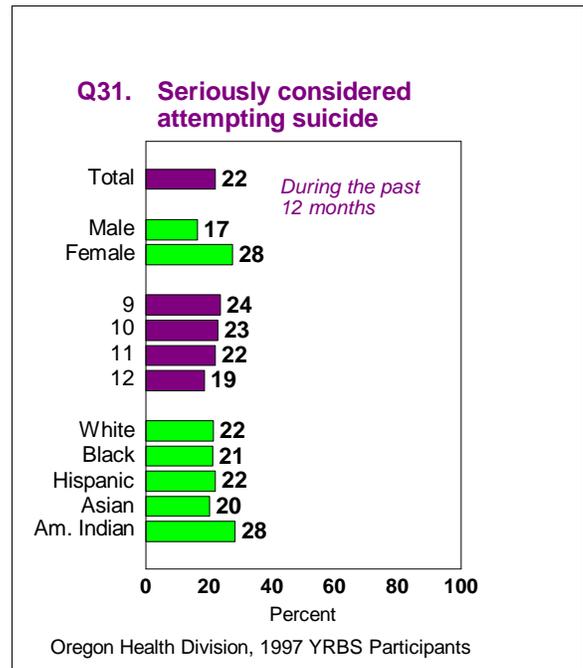
Research has shown, however, that only small percentage of youths who report attempting suicide actually take substantive action to injure themselves.²⁶ The YRBS asked: "If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?" In another portion of the 1997 YRBS, students were asked if they had seen a doctor or nurse practitioner in the previous 12 months. Thirty-two percent of those students who reported a suicide attempt in the past 12 months that required treatment by a doctor or nurse also reported that they had not seen a doctor or nurse practitioner in the previous 12 months.

WHAT OREGON STUDENTS REPORTED

Q31. During the past 12 months, did you ever seriously consider attempting suicide?

Twenty-two percent of Oregon YRBS participants seriously considered attempting suicide during the year preceding the YRBS. *Significantly* more females (28%) than males (17%) seriously considered suicide. As grade increased, *significantly* fewer students considered suicide. *Significantly* more American Indian students (28%) considered suicide.

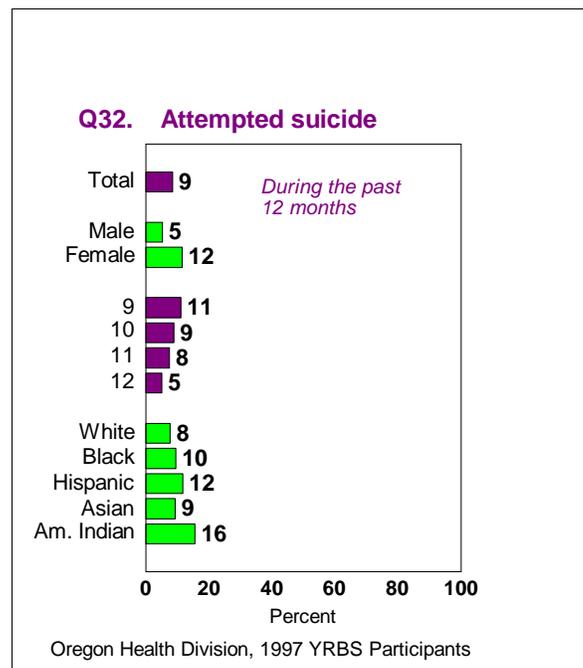
In 1995, 24 percent of students participating in the national YRBS reported considering suicide.



Q32. During the past 12 months, how many times did you actually attempt suicide?

Nine percent of Oregon YRBS participants actually attempted suicide one or more times during the 12 months prior to completing the survey. *Significantly* more females (12%) than males (5%) attempted suicide. As grade increased, *significantly* fewer students attempted suicide. *Significantly* more Hispanic students (12%) and American Indian students (16%) attempted suicide.

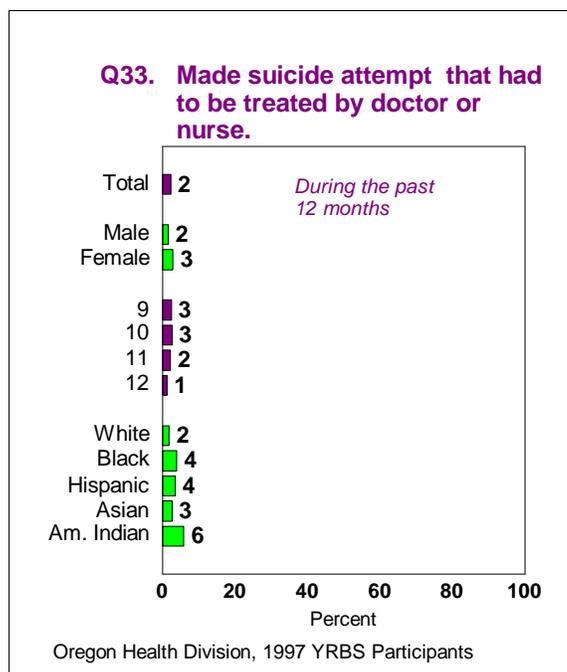
In 1995, nine percent of students participating in the national YRBS reported attempting suicide in the previous 12 months.



Q33. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

During the year preceding the survey, two percent of Oregon YRBS participants made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. *Significantly* more females (3%) than males (2%) made an attempt that was treated by a doctor or nurse. As grade increased, *significantly* fewer suicide attempts were made that had to be treated by a doctor or nurse. *Significantly* more Hispanic (4%) American Indian (6%) students had to be treated for a suicide attempt.

In 1995, three percent of students participating in the national YRBS reported making a suicide attempt that had to be treated by a doctor or nurse.



WHAT OREGON STUDENTS WROTE

I think adults should realize how young our kids are learning to do these things; for example sex, drugs, alcohol, and depression. I think many people close their eyes to the visible; things that their children are screaming silently.

I wish that I knew more about a lot of health issues. I would like someone other than a school counselor to talk to. For instance someone who's almost died because of suicide. I've almost died, and I get really depressed sometimes, I need someone who went through it to talk to.

There are a lot of kids here ready to burst under stress. Inside we're so full of pain - everyone is -even if we don't come across as risk takers. More & more the non-risk takers are edging nearer & nearer to the riskier side. Drugs & alcohol aren't the true problems, they're just how we're dealing w/ things. I'm just surprised that so few are committing suicide

There were not any questions on this survey about how we feel. Just because you haven't attempted suicide doesn't mean you aren't depressed. Likewise, just because you haven't tried drugs and alcohol doesn't mean you don't want to. The way students feel about things is just as important as what they do.

I feel our counseling section should be improved. We should have two sections of counselors; one for emotional problems & one for college & class.

I think that I have wasted my life thus far and so I don't care any more.

Because my life is my life, it is the only one I have and will ever have because I am not a superstitious (expletive) who is scared to die. Let me be sad, let me not care.

Teens today do have a lot of problems. I am a 4.00 Hispanic-American female student. People think I have it all going for me, but I have my problems. So many times I feel like, at school, there is no adult who I can just talk to. They say, "I'm so glad you're such a good student," but no one really wants to listen. I have a wonderful home life, but sometimes, I need a shoulder to cry on - besides them. What I'm trying to say, is that, just because students may not drink, do drugs, or sleep around, they still may be "at risk". How can you help students like me?

I think that there should always be someone that the teens trust because teens always need someone to talk to about problems. If they aren't able to talk about their problems, it all just builds up inside and soon they will explode and eventually, they will end up being very depressed and that usually leads to teen suicide. The fact that they couldn't find some one that they could trust is very sad.

I think that our school and our community is living in fear of the parents. Parents think that they are hiding something from their kids or protecting them by not even mentioning the subject identified in this survey, but actually they are hiding them and making the risk higher. If the parents' family had talked to them when they were in high school it could have cost them a lot less heartache and pain. Wouldn't you think that they would want to give their kids a better life and talk with them about these problems? Our parents are afraid to talk to us when little do they know that we really know a lot.

I put down I had thought about suicide, but who doesn't?

My problem is mine because I am afraid people will find out about me. If my mom ever finds out, she will kick me out of the house. Our school needs more adults that truly understand and care about the students.

The classes should learn more about depression. There are many depressed, confused teenagers out there. They could use some advice. Why do you think so many teens turn to sex, drugs, and violence? It's a way of coping with their fear and confusion. I have observed this from other people, as well as myself.

The kids these days turn to drugs etc. because of the lack of things to do other than sports which cost 100 dollars and more. We need to focus on the kids. I am a teenage girl and I do have an eating disorder along with about 80% of the other teenage girls, because of these druggie supermodels that we have to look up to. It is very depressing world for kids, life is very confusing.

Some questions were in between. You would have to know the circumstances to answer correctly. Our counselor is our basketball coach. You can't tell your coach all your problems and then play for him. Its held against you.

I've had to deal with [suicidal] friends and wasn't quite sure of where to go or whom to ask.

Thanks for listening.

TOBACCO USE

CIGARETTE SMOKING

OREGON BENCHMARKS ¹ YEAR 2000 GOALS

Reduce the percentage of eleventh graders who smoke to: 5%

U.S. HEALTHY PEOPLE ² YEAR 2000 GOALS

- 3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15 percent have become regular cigarette smokers by age 20.
 - 3.8 Reduce the proportion of children aged 6 and younger who are regularly exposed to tobacco smoke at home to: 20%
 - 3.19 Increase by at least 1 year the average age of first use of cigarettes by adolescents aged 12-17.
 - 3.20 Reduce the proportion of people aged 12-17 who have used cigarettes in the past month to: 6%
-

The next nine questions measure smoking experimentation, current smoking patterns, age of initiation, and attempts to quit smoking among Oregon high school students.

Tobacco use is considered the chief preventable cause of death in the United States, accounting for more than one of every five deaths.^{27, 28, 29} Smoking causes heart disease; cancers of the lung, larynx, mouth, esophagus, and bladder; stroke; and chronic obstructive pulmonary disease. In addition, smoking is related to poor academic performance and the use of alcohol and other drugs.³⁰

In 1995, 22 percent of Oregon deaths were linked to tobacco use.¹² (The Oregon death certificate asks "Did tobacco use contribute to the death?")

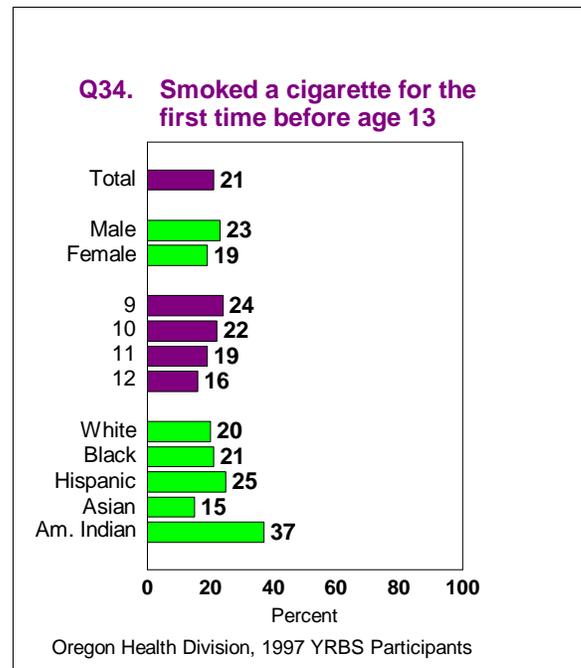
According to the 1996 adult Behavioral Risk Factor Survey (BRFS), 27 percent of Oregonians aged 18-24 were current smokers (smoked within the past 30 days) but 74 percent of these smokers reported they would like to quit smoking. In the same survey, 68 percent of 18- to 24-year-olds who had smoked 100 cigarettes in their life were current smokers.⁵

It is illegal for adults to give or sell tobacco to persons under 18 years (ORS 163.575) and violating this law can result in a fine of from \$100 to \$500.

WHAT OREGON STUDENTS REPORTED

Q34. How old were you when you smoked a whole cigarette for the first time?

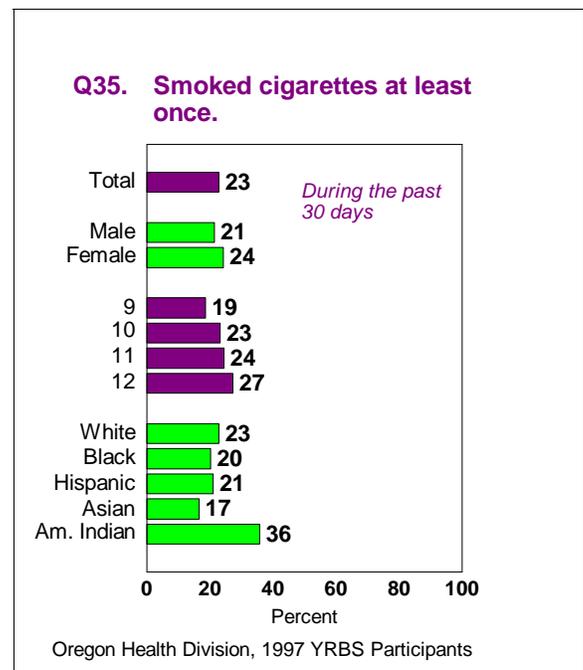
Twenty-one percent of YRBS participants smoked a whole cigarette for the first time prior to age 13. *Significantly* more males (23%) than females (19%) first smoked before age 13. *Significantly* more males (23%) than females (19%) first smoked before age 13. One-fourth (24%) of ninth graders smoked before age 13: As grade increased, the percentage who smoked their first cigarette before age 13 *significantly* decreased. *Significantly* fewer Asian students (15%) and *significantly* more Hispanic (25%) and American Indian students (37%) tried smoking before their thirteenth birthday.



In 1995, 25 percent of students participating in the national YRBS had initiated smoking at an early age.

Q35. During the past 30 days, on how many days did you smoke cigarettes?

On one or more of the 30 days prior to the survey, 23 percent of YRBS participants smoked cigarettes (i.e., were *current smokers*). *Significantly* more females (24%) than males (21%) smoked during the prior month. Approximately one-fifth (19%) of ninth graders were current smokers and the percentage increased *significantly* with grade level. *Significantly* fewer Asian students (17%) and *significantly* more American Indian students (36%) smoked during the 30 days prior to the survey.

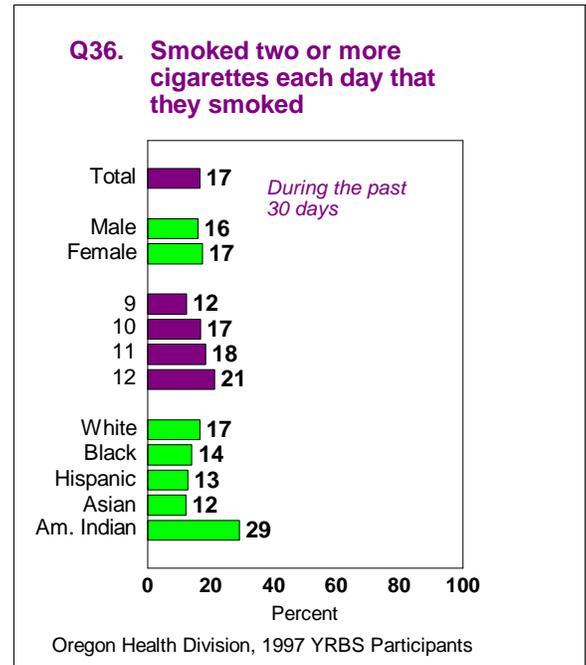


In 1995, 35 percent of students participating in the national YRBS reported current tobacco use.

Q36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

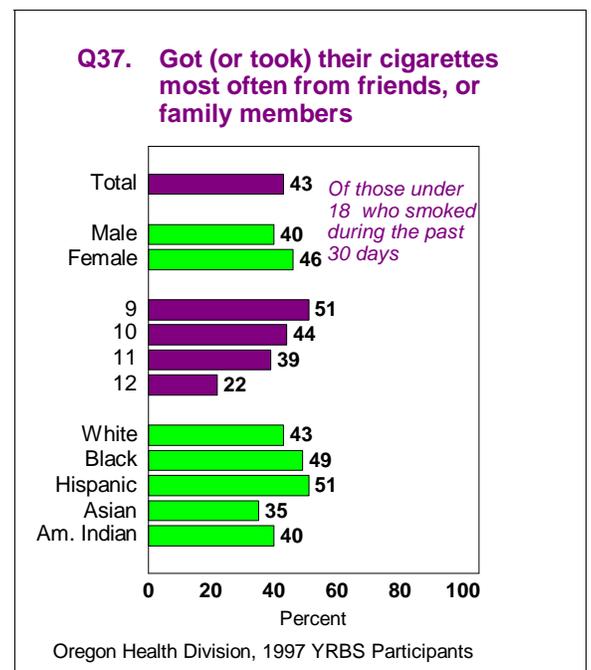
Seventeen percent of YRBS participants smoked during the past 30 days and smoked two or more cigarettes each day that they smoked. There was no statistical differences between genders for this question. The percentage of students who smoked two or more cigarettes per day significantly increased as grade increased. Significantly fewer Hispanic (13%) and Asian (12%) students, and significantly more American Indian students (29%) smoked two or more cigarettes a day.

In twelfth grade one in five (21%) students smoke two cigarettes a day.



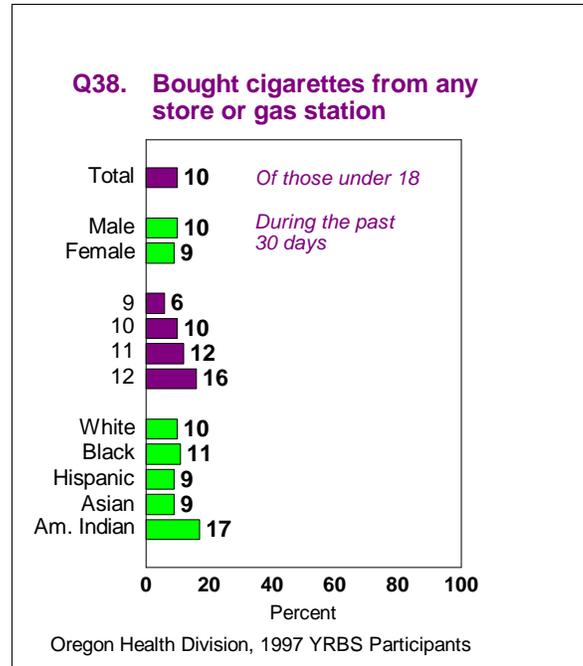
Q37. During the past 30 days, where have you most often gotten your cigarettes? [Of YRBS participants under age 18 who smoked during the 30 days preceding the survey]

Forty-three percent of YRBS participants under age 18 got (or took) their cigarettes most often from friends, parents, or family members. *Significantly* more females (46%) than males (40%) who smoked got their cigarettes from family and friends. Getting cigarettes from friends and family decreased *significantly* with grade level. There was no statistically significant difference between racial and ethnic groups. Other methods of getting cigarettes included giving someone money to buy them (26%), buying from a gas station, convenience or grocery store (18%) and stealing (3%).



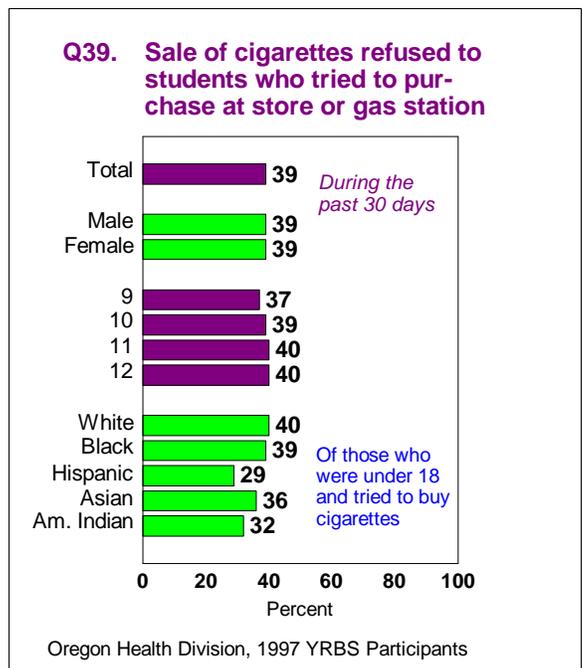
Q38. During the previous 30 days, how many times have you bought cigarettes from any store or gas station? [Of YRBS participants who were under 18]

Ten percent of YRBS participants who were under 18 bought cigarettes from a store or gas station one or more times during the 30 days preceding the survey. *Significantly* more males (10%) than females (9%) bought cigarettes from a grocery store, gas station or convenience store. Buying cigarettes increased *significantly* as grade increased. *Significantly* more American Indian students (17%) purchased cigarettes from a commercial establishment.



Q39. During the previous 30 days, how many times has any store or gas station refused to sell you cigarettes? [Of YRBS participants who were under 18 and tried to buy cigarettes from a store or gas station during the prior 30 days.]

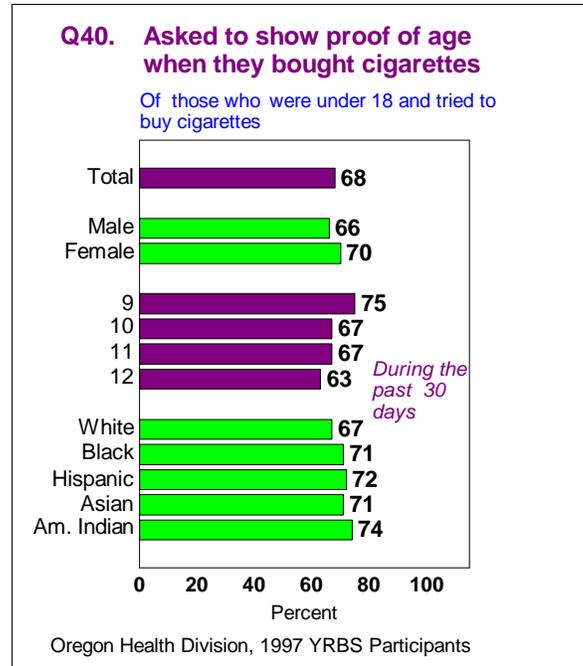
Thirty-nine percent of YRBS participants who were under 18 and tried to buy cigarettes from a store or gas station were refused one or more times. There was no statistically significant difference between genders, by grade or by racial/ethnic group.



Q40. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age? [Of YRBS participants under 18 who tried to buy cigarettes in a store during the 30 days preceding the survey.]

Sixty-eight percent of YRBS participants under 18 who tried to buy cigarettes in a store during the previous month were asked to show proof of age. There was no statistically significant difference between genders or by race/ethnicity. As grade increased, *significantly* fewer students were asked to show proof of age when they tried to buy cigarettes.

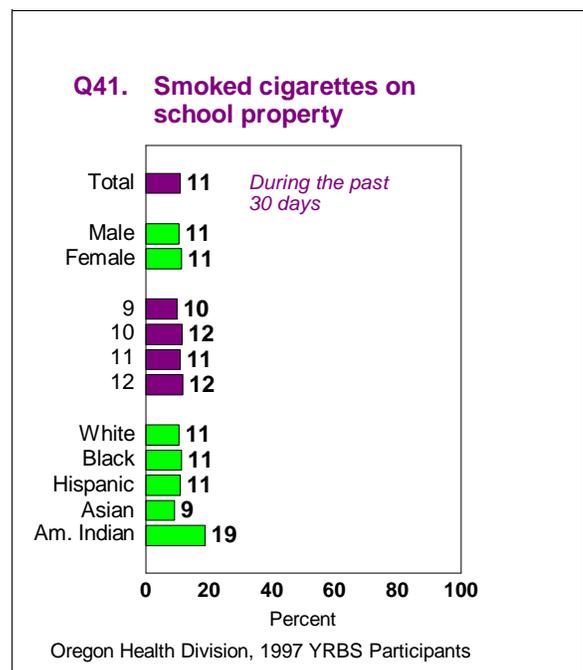
In 1995, 23 percent of students participating in the national YRBS were asked to show proof of age.



Q41. During the past 30 days, on how many days did you smoke cigarettes on school property?

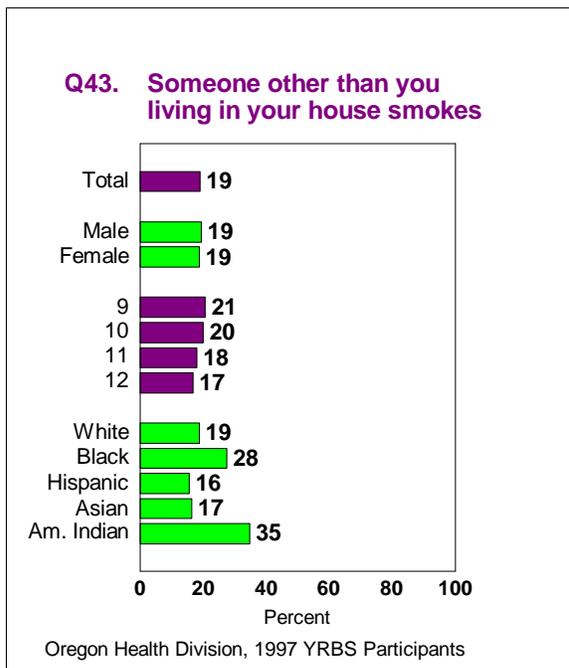
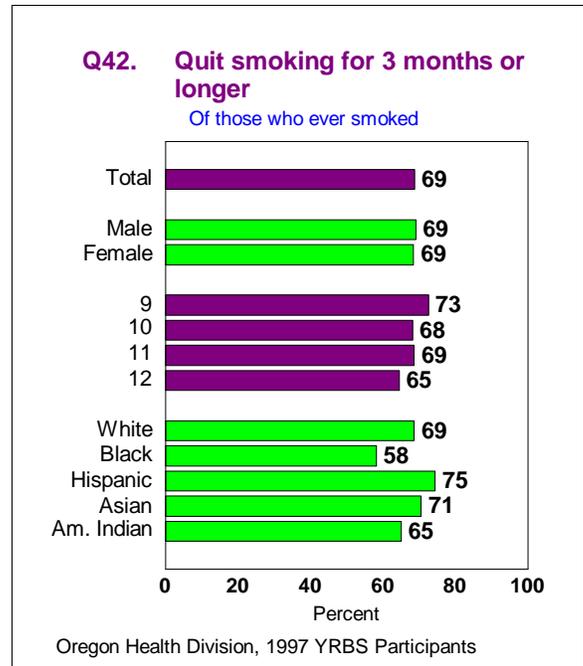
Eleven percent of Oregon YRBS participants smoked cigarettes on school property, during the past 30 days. There was no statistically significant difference by gender, but as grade level increased, *significantly* more students smoked on school property. *Significantly* more American Indian students (19%) smoked cigarettes on school property.

In 1995, 16 percent of students participating in the national YRBS reported smoking on school property.



Q42. Have you ever quit smoking cigarettes for three months or longer? [Of YRBS participants who ever smoked.]

Sixty-nine percent of Oregon YRBS participants who ever smoked were not currently smoking or had quit for at least three months at some time. There was no statistically significant difference by gender or racial/ethnic group. As grade level increased, the number of smokers who had ever quit smoking cigarettes for three months or longer *significantly* decreased.

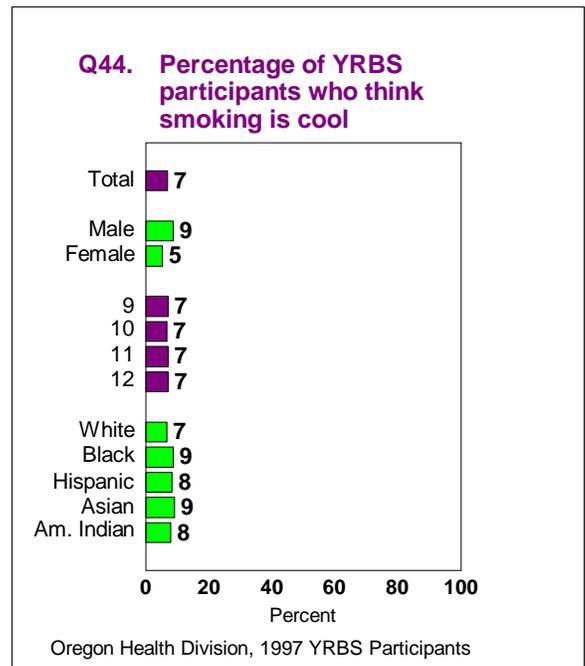


Q43. Does someone living in your house (other than you) smoke cigarettes?

Nineteen percent of Oregon YRBS participants reported living with someone else who smoked cigarettes. There was no statistically significant difference by gender. As grade level increased, *significantly* fewer students reported living with a cigarette smoker. *Significantly* fewer Hispanic students (16%) and more African American (28%) and American Indian students (35%) lived with a smoker.

Q44. Do you think smoking is “cool”?

Seven percent of Oregon YRBS participants think smoking is cool. *Significantly* more males (9%) than females (5%) thought smoking is cool. There was no statistical difference by grade or race/ethnicity.



SMOKELESS TOBACCO USE

U.S. HEALTHY PEOPLE²

YEAR 2000 GOALS

3.9 Reduce the use of smokeless tobacco by males aged 12 to 24 to: no more than 4%

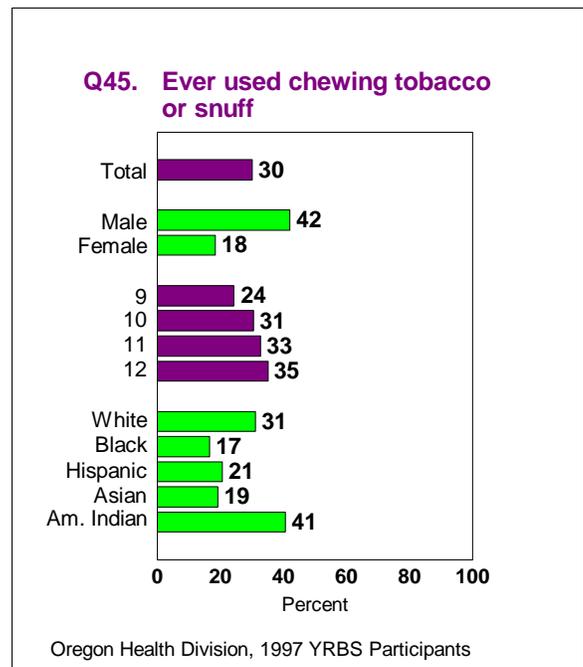
The next two questions measure the occurrence and frequency of smokeless tobacco use among Oregon high school students.

Smokeless tobacco use by adolescents is associated with gum degeneration, discoloration of teeth and fillings, nicotine dependence, and various forms of oral cancer.³¹ Among 1995 Oregon YRBS participants, male adolescent smokeless tobacco users were *significantly* more likely to use cigarettes (more than three times as likely), marijuana (more than two times), or alcohol (more than two times) than nonusers. According to the 1996 BRFs, 10 percent of 18 to 24 year olds chewed tobacco or snuff in the previous 30 days⁵.

WHAT OREGON STUDENTS REPORTED

Q45. Have you ever used chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

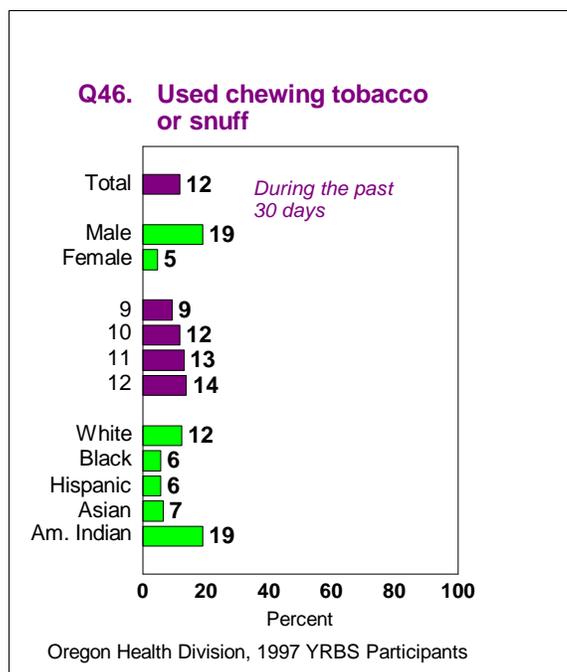
Thirty percent of Oregon YRBS participants had ever used chewing tobacco or snuff. *Significantly* more males (42%) than females (18%) had ever used chewing tobacco or snuff. The use of chewing tobacco or snuff *significantly* increased as grade level increased. *Significantly* fewer African American (17%), Hispanic (21%) and Asian (19%) students and *significantly* more American Indian students (41%) had ever used chewing tobacco or snuff.



Q46. During the past 30 days, on how many days did you use chewing tobacco or snuff?

Twelve percent of Oregon YRBS participants used chewing tobacco or snuff, during the 30 days prior to the survey. *Significantly* more male (19%) than female students (5%) reported using chewing tobacco or snuff. As grade increased, use in the past thirty days *significantly* increased. *Significantly* fewer African American (6%), Hispanic (6%), and Asian (7%) students used chewing tobacco or snuff but was used *significantly* more by American Indian students (19%).

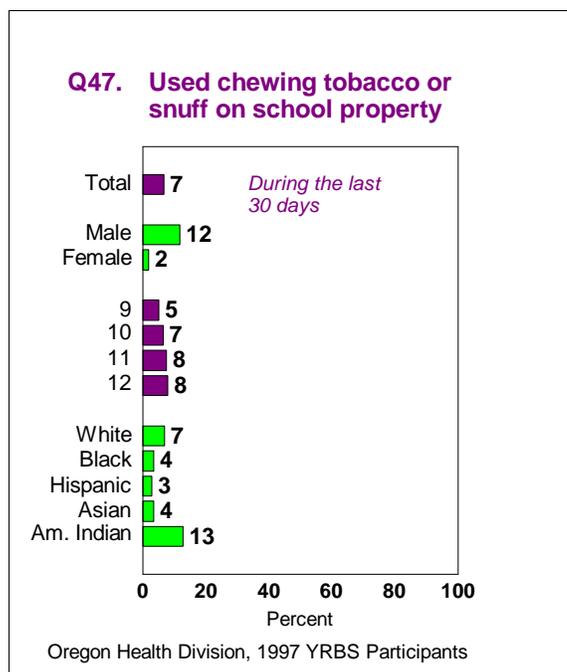
In 1995, 11 percent of students participating in the national YRBS reported using chewing tobacco.



Q47. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

Seven percent of Oregon YRBS participants used chewing tobacco or snuff on school property, during the 30 days preceding the survey, including *significantly* more male students (12%) than female students (2%). As grade level increased, use on school property *significantly* increased. *Significantly* fewer African-American (4%), Hispanic (3%) and Asian (4%) students, and *significantly* more American Indian students (13%) used chewing tobacco or snuff at school.

In 1995, six percent of students participating in the national YRBS used chewing tobacco on school property.



WHAT OREGON STUDENTS WROTE

We don't have great security; kids basically smoke pot and cigarettes on school property every day.

I smoke because I have to have the nicotine, not because I think its cool.

It's expensive, addictive, and disgusting; why would you want to do it?

At lunch the only thing to do for most people is to go and have a cigarette. I think that if the school opened the gym more at lunch to play basketball or put some courts outside it would give people things to do other than smoke and hang out. Also at my school I see people all the time light up a cigarette and smoke it right by the doors to the school and no teachers do anything. If the school really was trying to stop people from smoking they would catch these people and punish them.

I see students probably on an everyday basis at school with cigarettes or chew and have never seen any adult talk to them! They shouldn't be ignored.

Tobacco use is an increasing problem. Teachers seem to take no notice when kids are using snuff and other chewing tobaccos, or when they notice, they make no effort to stop the act. This goes on IN class DURING school, and is a serious health issue. Last year, I refused to drink from the fountains at the school they were so filled with that crap.

I want something to be done to help keep kids from smoking. That's the most important thing right now, next to marijuana. I know of kids ten and eleven years old who smoke cigarettes and pot.

It makes me sad to know that they don't even know what's going to happen to them - especially their lungs. I had to find out the hard way, and now I'm struggling to quit smoking.

I think my school is fine. I don't do anything "bad" except for smoke. I am planning to quit, but every time I try school stresses me out so much I don't want to.

Smoking is a bad habit and you shouldn't do it. I don't think I would do it if my friends didn't and my family didn't.

ALCOHOL USE

U.S. HEALTHY PEOPLE²

YEAR 2000 GOALS

- 4.6 Reduce the percentage of young people age 12-17 who have used alcohol in the past month to:12.6%
- 4.7 Reduce the percentage of high school seniors engaging in recent occasions of heavy drinking of alcoholic beverages to: no more than 28%

The next five questions measure the age of initiation of drinking and the frequency of drinking and heavy drinking among Oregon high school students.

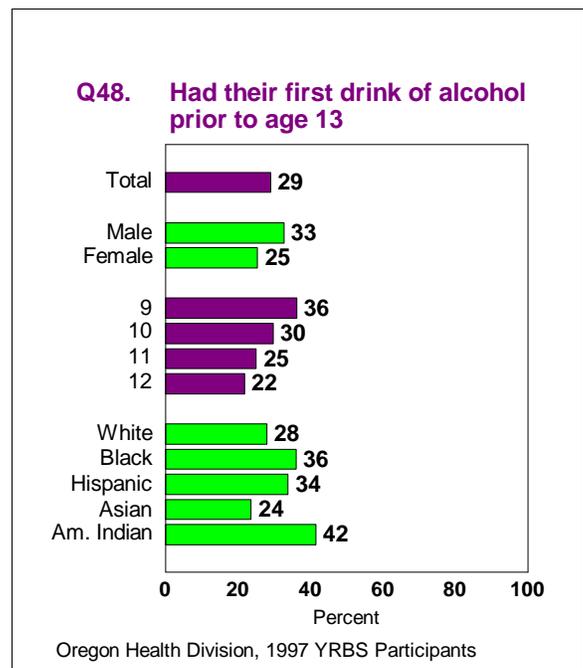
Alcohol is a major factor in approximately half of all motor vehicle crashes, suicides, and homicides — which are the leading causes of death and disability among young people.³² Heavy drinking among youth has been linked conclusively to physical fights, destroyed property, academic and job problems, and trouble with law enforcement authorities.³ In the 1995 adult Behavioral Risk Factor Survey, 55 percent of 18 to 24 year-old Oregonians were current drinkers (during the last 30 days). Among those who were current drinkers in that survey, 56% reported drinking five or more drinks at one sitting in the previous 30 days.⁴

WHAT OREGON STUDENTS REPORTED

Q48. How old were you when you had your first drink of alcohol other than a few sips?

Twenty-nine percent of Oregon YRBS participants had their first drink of alcohol, other than a few sips, prior to age 13, including *significantly* more males (33%) than females (25%). As grade increased, drinking before age 13 *significantly* decreased. *Significantly* fewer Asian students (24%) and *significantly* more African American (36%), Hispanic (34%) and American Indian (42%) students drank alcohol before age 13.

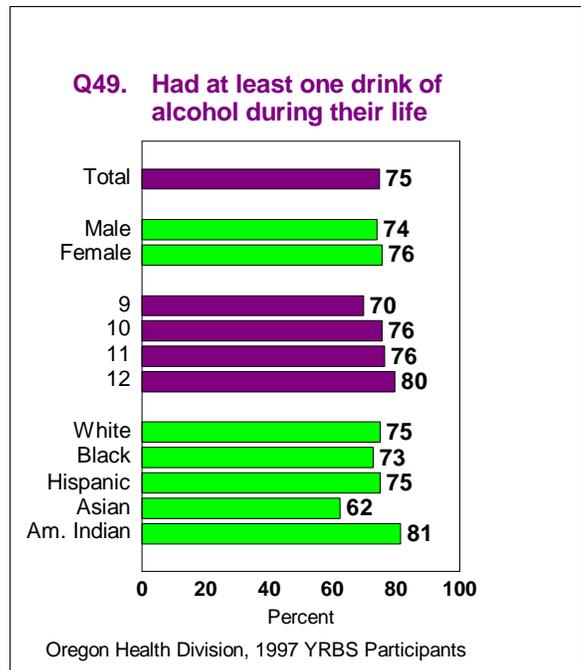
In 1995, 32 percent of students participating in the national YRBS reported having their first drink before age 13.



Q49. During your life, on how many days have you had at least one drink of alcohol?

Seventy-five percent of Oregon YRBS participants had at least one drink of alcohol during their life. There was no statistically significant difference by gender. As grade increased, the number of students who drank alcohol *significantly* increased. *Significantly* fewer Asian students (62%) and *significantly* more American Indian students (81%) ever drank alcohol.

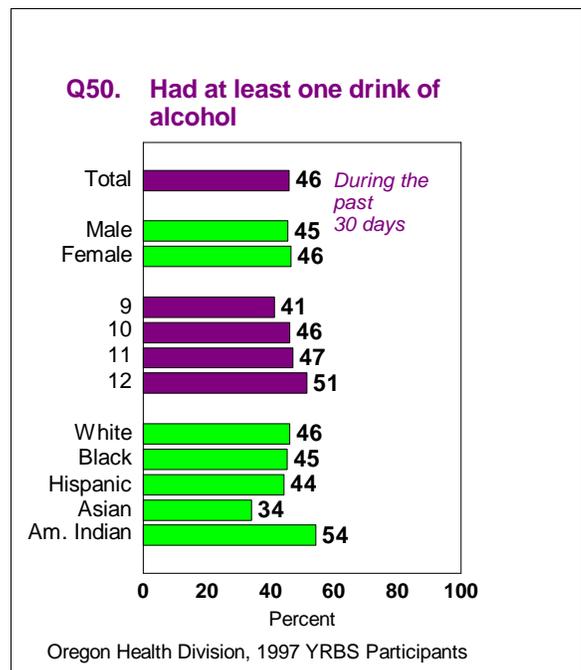
In 1995, 80 percent of students participating in the national YRBS reported having at least one drink in their life.



Q50. During the past 30 days, on how many days did you have at least one drink of alcohol?

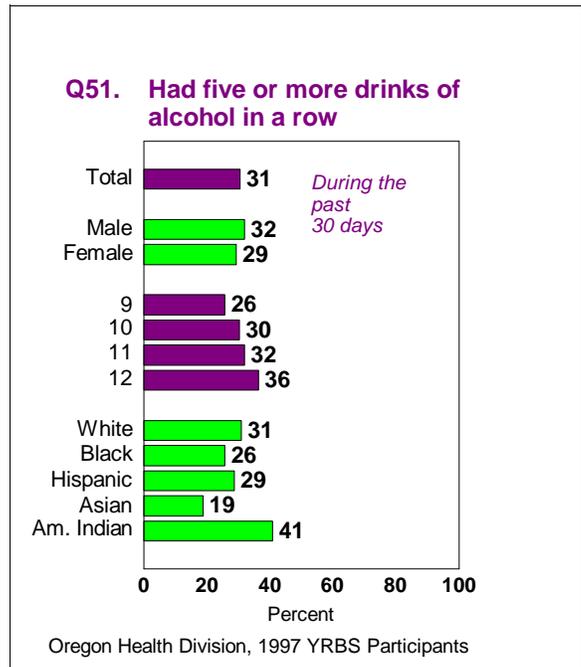
Forty-six percent of Oregon YRBS participants had at least one drink of alcohol during the 30 days prior to the survey. There was no statistically significant difference by gender. As grade increased, the number of students who drank alcohol in the past 30 days *significantly* increased. *Significantly* fewer Asian students (34%) and *significantly* more American Indian students (54%) drank alcohol during the previous month.

In 1995, 52 percent of students participating in the national YRBS reported drinking during the 30 days prior to the survey.



Q51. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours [i.e., binge drinking].

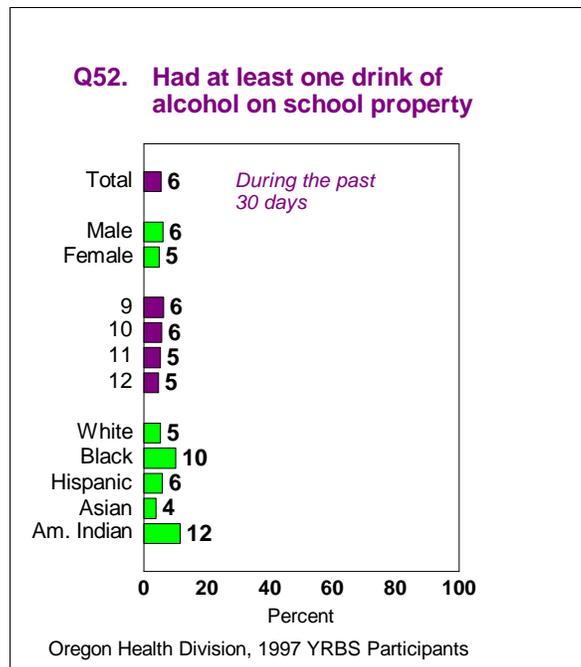
Thirty-one percent of Oregon YRBS participants had five or more drinks of alcohol in a row, during the 30 days preceding the survey. *Significantly* more male (32%) than female students (29%) drank five or more drinks in a row. Binge drinking increased *significantly* by grade level. By twelfth grade, 36 percent of students binge drank within the past 30 days. *Significantly* fewer Asian students (19%) and *significantly* more American Indian students (41%) binge drank.



In 1995, 33 percent of students participating in the national YRBS reported binge drinking.

Q52. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

Six percent of Oregon YRBS participants had at least one drink of alcohol on school property during the 30 days preceding the survey. *Significantly* more male students (6%) than female students (5%) reported they drank on school property. As grade level increased, the number of students reporting drinking on school property *significantly* decreased. *Significantly* more African American (10%) and American Indian (12%) students drank alcohol on school property.



In 1995, six percent of students participating in the national YRBS reported drinking on school property during the 30 days prior to the survey.

WHAT OREGON STUDENTS WROTE

I'd just like to say that I'm very concerned about some friends of mine. They are sexually active, but that's not what I'm worried about. They constantly have parties and get drunk. They don't have their licences yet but they have still messed up other people's lives because of their drinking. They don't care about school and I'm losing them personally. I'm really scared! They don't know what they're doing.

[Things] could be improved by having a School Based Health Center. If there is a problem [kids] can just go there. Also, they could get this thing called Alateen and have meetings for kids who have or their parents have a drinking problem.

I know I don't have to drink and I probably could do without using pot, too, but a lot of times that is my escape from this screwed up society.

I have only had one half a glass of wine on my 16th birthday.

I think [kids] need alcohol education and more sex education for prevention. Once you start, its very hard to stop. [We] need to prevent these things.

I think teens have such an easy access to drugs and alcohol at stores. People don't ask for ID.

After taking this survey I felt like a Miss Goody Two-Shoes. I guess it was because I was taught at an early age that drugs and alcohol are not the greatest things for you, is the reason why I don't do bad things. Or maybe I'm just not stupid enough to lower my standards.

In my opinion, more health education programs and so called "prevention" programs are not what people my age need to keep them from making bad life choices (i.e., using drugs or having sex when they aren't ready). Instead of investing a lot of money in these programs, which don't really influence kids' choices, invest money in things like art and sports programs that will give kids real reasons not to get involved in bad activities.

On thing I feel I'm going to be pressured into doing is drinking.

MARIJUANA, COCAINE, AND OTHER ILLEGAL DRUG USE

In addition to morbidity and mortality due to injury, drug abuse is related to unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV infection.³

MARIJUANA USE

U.S. HEALTHY PEOPLE⁴

YEAR 2000 GOALS

4.6 Reduce the percentage of 12-17 year-olds who have used marijuana in the previous month to: 3.2%

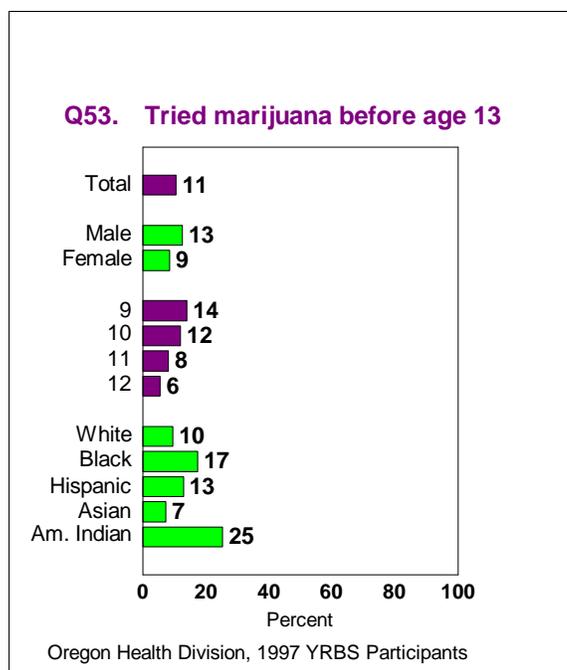
The next four questions measure the initiation, occurrence, and frequency of marijuana use among Oregon high school students.

WHAT OREGON STUDENTS REPORTED

Q53. How old were you when you tried marijuana for the first time?

Eleven percent of Oregon YRBS participants tried marijuana prior to age 13, including *significantly* more males (13%) than females (9%). As grade increased, the number of students who had tried marijuana before age 13 *significantly* decreased. *Significantly* more African American students (17%), Hispanic students (13%) and American Indian students (25%), tried marijuana before age 13.

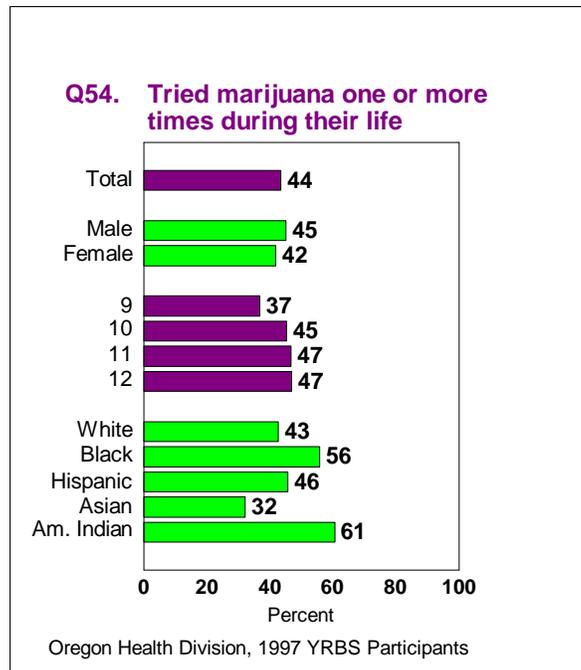
In 1995, eight percent of students participating in the national YRBS reported smoking marijuana for the first time before age 13.



Q54. During your life, how many times have you used marijuana?

Forty-four percent of Oregon YRBS participants ever used marijuana, including *significantly* more male students (45%) than female students (42%). As grade increased, the number of students who ever tried marijuana *significantly* increased. *Significantly* more African American students (56%) and American Indian students (61%), and *significantly* fewer Asian students (32%) ever tried marijuana.

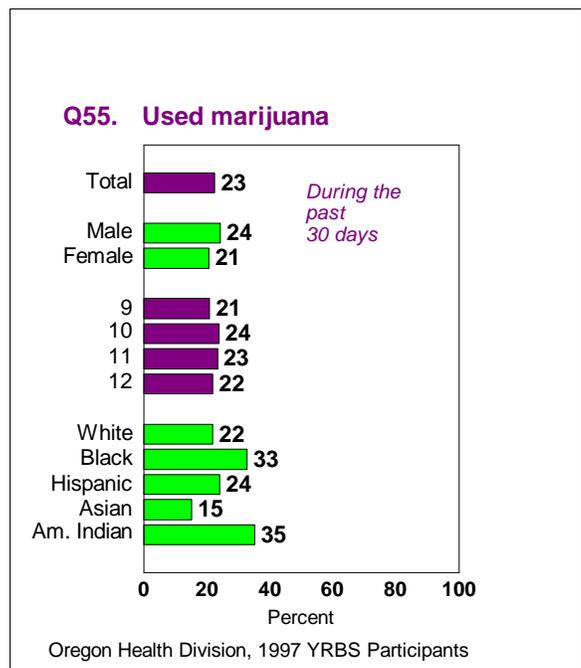
In 1995, 42 percent of students participating in the national YRBS reported using marijuana at least once in their life.



Q55. During the past 30 days, how many times did you use marijuana?

During the 30 days preceding the survey, 23 percent of Oregon YRBS participants used marijuana at least once, including *significantly* more males (24%) than females (21%). There was no statistical difference by grade level. *Significantly* fewer Asian students (15%) and *significantly* more African American (33%) and American Indian (35%) students used marijuana in the past 30 days.

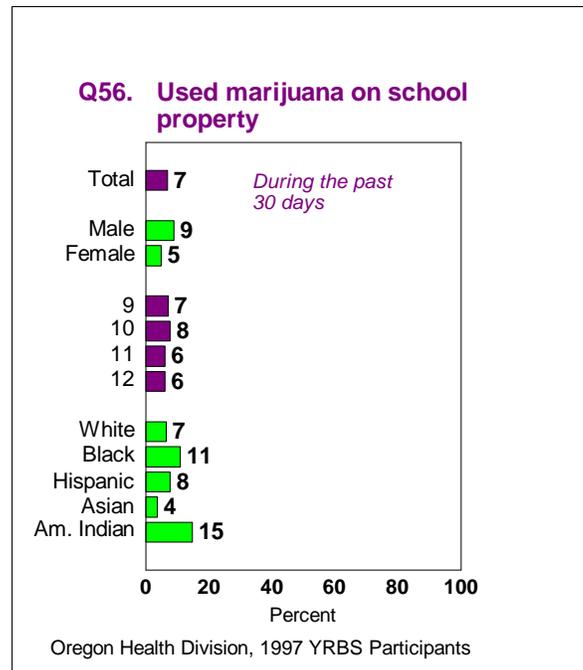
In 1995, 25 percent of students participating in the national YRBS reported using marijuana at least once in the 30 days prior to the survey.



Q56. During the past 30 days, how many times did you use marijuana on school property?

Seven percent of Oregon YRBS participants used marijuana on school property, during the 30 days prior to completing survey. *Significantly* more males (9%) than females (5%) students reported such marijuana use. As grade level increased, using marijuana on school property *significantly* decreased. *Significantly* fewer Asian students (4%) and *significantly* more African American (11%) and American Indian (15%) students used marijuana on school property.

In 1995, nine percent of students participating in the national YRBS reported using marijuana on school property.



COCAINE USE

U.S. HEALTHY PEOPLE²

YEAR 2000 GOALS

4.6 Reduce the percentage of 12-17 year olds who have used cocaine in the previous month to: 0.6%

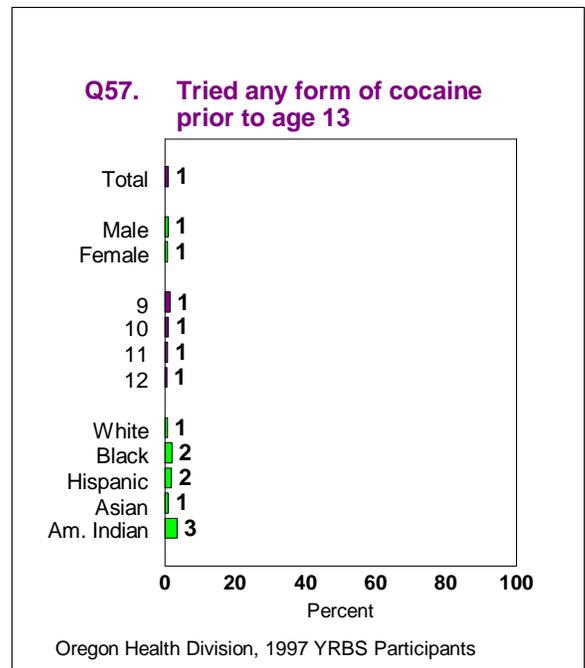
The next three questions measure the initiation, occurrence, and frequency of cocaine use among Oregon high school students.

WHAT OREGON STUDENTS REPORTED

Q57. How old were you when you tried any form of cocaine, including powder, crack, or freebase, for the first time?

Overall, one percent of Oregon YRBS participants reported trying any form of cocaine prior to age 13. There was no statistically significant difference by gender. As grade increased, the percentage who had tried cocaine before the age of 13 *significantly* decreased. *Significantly* more Hispanic (2%) and American Indian (3%) students tried cocaine before the age of 13.

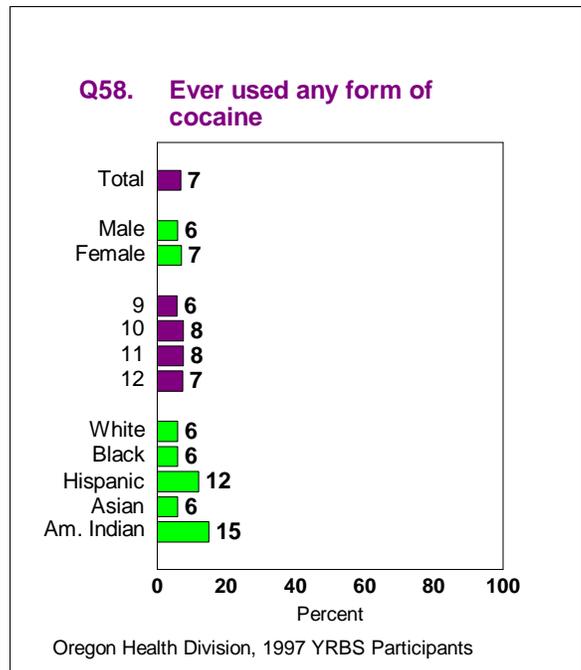
In 1995, one percent of students participating in the national YRBS reported trying some form of cocaine before the age 13.



Q58. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

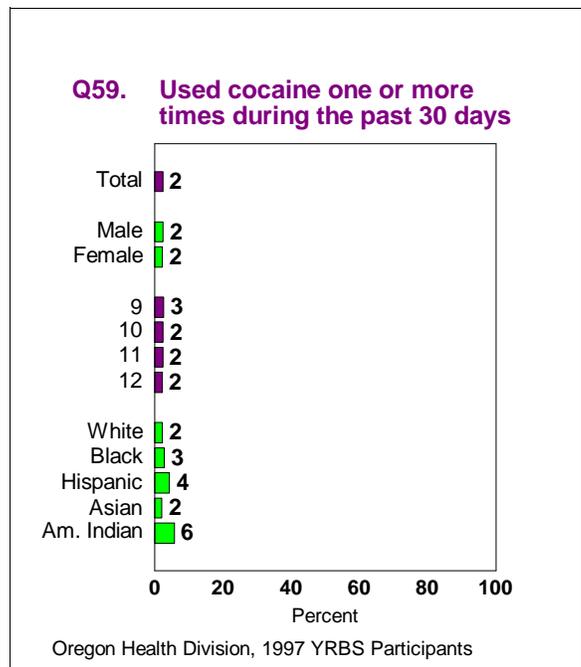
Seven percent of Oregon YRBS participants used any form of cocaine one or more times during their life. There was no statistically significant difference by gender, but as grade increased, students were *significantly* more likely to have tried cocaine. *Significantly* more Hispanic students (12%) and American Indian students (15%) ever used cocaine.

In 1995, seven percent of students participating in the national YRBS reported using some form of cocaine at least once in their life.



Q59. During the past 30 days, how many times have you used any form of cocaine, including powder, crack, or freebase?

Two percent of Oregon YRBS participants used any form of cocaine during the 30 days preceding the survey. There was no statistically significant difference by gender or grade. *Significantly* more Hispanic (4%) and American Indian (6%) students used cocaine in the past 30 days.



OTHER ILLEGAL DRUG USE

U.S. HEALTHY PEOPLE²

YEAR 2000 GOALS

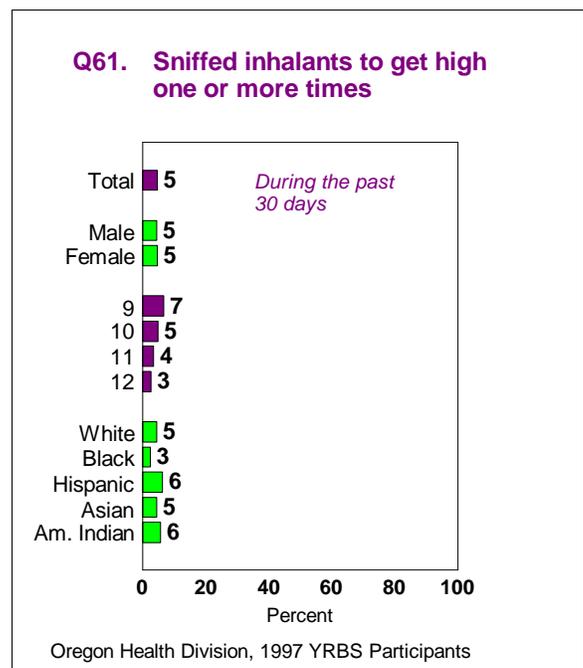
- 4.11 Reduce the percentage of male high school seniors who have used anabolic steroids to: no more than 3%

The next four questions measure the occurrence and frequency of other illegal drug use among Oregon high school students.

WHAT OREGON STUDENTS REPORTED

Q61. During the past 30 days, how many times have you sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

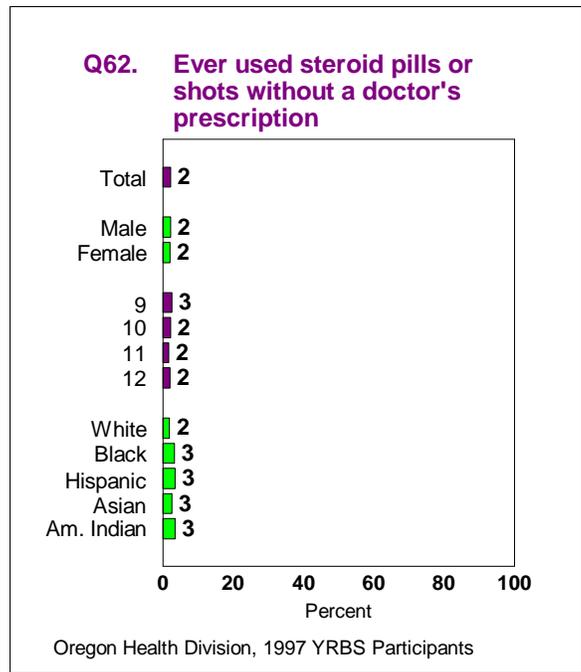
Five percent of Oregon YRBS participants had sniffed inhalants in the past thirty days. There were no significant differences by gender, but as grade increased, the percentage of students who sniffed inhalants *significantly* decreased. There was no statistical difference by race/ethnicity.



Q62. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

Two percent of Oregon YRBS participants had ever used steroid pills or shots without a doctor's prescription. There was no statistically significant difference by gender in reporting ever illegally taking steroid pills or shots. As grade increased, the report of steroid use without a prescription *significantly* decreased. *Significantly* more Hispanic students (3%) reported illegally taking steroids.

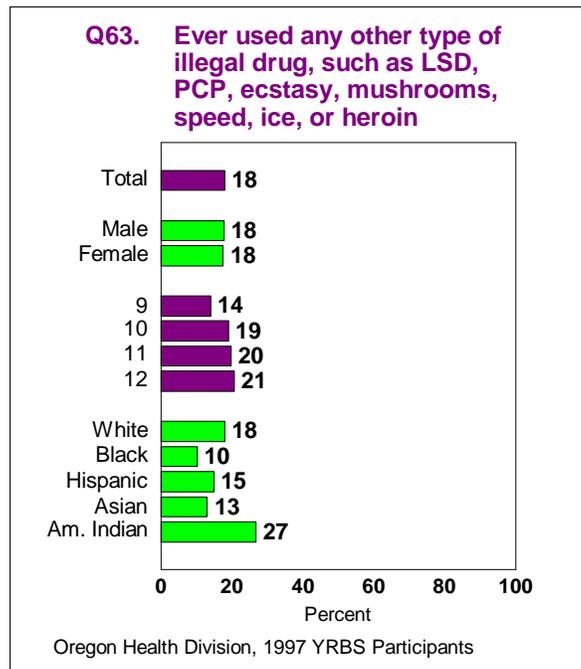
In 1995, four percent of students participating in the national YRBS reported using steroids without a doctor's prescription.



Q63. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin?

Eighteen percent of Oregon YRBS participants ever used any other illegal drug, such as LSD, PCP, ecstasy, mushroom, speed, ice, or heroin without a doctor's prescription. There was no statistically significant difference by gender. As grade increased, the report of other drug use *significantly* increased. *Significantly* fewer African American students (10%) and Asian students (13%) ever used other illegal drugs. *Significantly* more American Indian students (27%) ever used other illegal drugs.

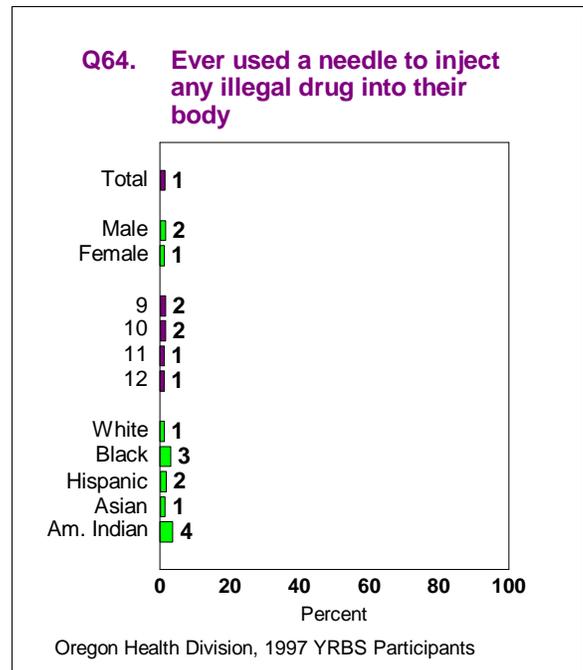
In 1995, 16 percent of students participating in the national YRBS reported using some other illegal drug.



Q64. During your life, how many times have you used a needle to inject any illegal drug into your body?

Overall, one percent of Oregon YRBS participants reported having ever injected an illegal drug. There was no statistically significant difference by gender. As grade level increased, the injection of an illegal drug *significantly* decreased. *Significantly* more American Indian students (4%) reported having injected illegal drugs. In this sample, 155 students reported ever injecting an illegal drug.

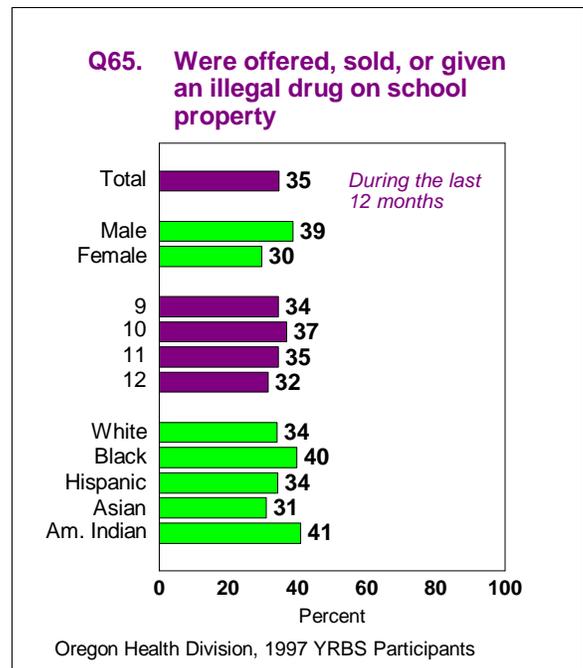
In 1995, two percent of students participating in the national YRBS reported injecting illegal drugs.



Q65. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

During the year prior to completing the YRBS, 35 percent of the participants had someone offer, sell, or give them an illegal drug on school property. *Significantly* more male students (39%) than female students (30%) were offered, given, or sold an illegal drug on school property. As grade increased, being offered drugs *significantly* decreased. *Significantly* more American Indian students (41%) were offered an illegal drug on school property.

In 1995, 32 percent of students participating in the national YRBS reported being offered, sold, or given illegal drugs on school property.



WHAT OREGON STUDENTS WROTE

Many kids probably admitted to using drugs or alcohol, but I think that even though some kids may have a problem, a lot of others are just curious and experimenting. However, I have a younger sister and have been very concerned because it is obvious that every year kids are using drugs and getting into trouble at earlier ages.

Well I know my test has shown that I have used pot in the past. After taking a certain class in school, I have started exercising, stopped using drugs and eating meat. This teacher makes me feel like a winner all the time. I live where there is no violence. I am very lucky. Of all the states I have gone to school in I find Oregon (to be) the best because the teachers care. I am privileged to be able to go to school here.

At our school there are more drugs than most would expect. We live in a generally middle-class upscale suburb and our school is supposedly a good one, but most do not realize the risk behaviors that more and more students start practicing everyday. I myself am a drug user, a drinker, and I smoke cigarettes. I have tried to quit smoking, but I can't. I know I don't have to drink and I probably could do without using pot, too, but a lot of times that is my escape from this screwed up society. I know others feel that way, too. If I could go back a couple years, I wouldn't touch a cigarette, beer, or joint. I just wish those kids that are just beginning, like I did before, could see what I see -- reality.

I wish you would have added 'and never will' cause that's my philosophy of doing drugs and alcohol.

I don't use drugs or alcohol, but they are easily accessible at school. If I wanted them, I could get them within 10 minutes.

I think teens use drugs, alcohol and tobacco because they feel they have too much stress and no one to talk to!

I think that the school needs to stay by the bad kids. If the school doesn't help them no one else will. Their parents don't care, no one else cares. When the school gives up on them they just go out on the streets and do drugs. It makes the streets worse by not trying to be tough in the schools.

There's no longer a clique dubbed the "stoners" because everybody does it.

This survey is a good idea, but a lot of the kids who are having sex, skipping school and doing drugs and alcohol are the ones that didn't take the survey. If you're wondering about getting drugs, let me tell you how easy it is to get them around here. There's at least one person in every one of my eight classes that deals marijuana. And last year during finals, my cousin offered me speed. Half of my friends (who are just your average, everyday students) are interested in getting drunk and a few of them smoke.

I think its a good idea you're surveying us. You need to know what's going on and times are changing. I don't think your section on drugs was adequate, though. Kids my age smoke pot all the time. There's no longer a clique dubbed the "stoners" because everybody does it. We haven't got the inhibition or pressure from society to stay "clean" from drugs and sex that earlier generations had. Drugs and sex aren't bad anymore. They're more like party favors.

Even if my survey looks clean doesn't mean my school is.

Kids need to realize they are special, valuable and (need to) be accepted for who they are; not forced to do drugs, drink to feel accepted, have friends or be in the "in" group.

I think the programs at my school are very satisfactory, and I am very well educated on all subjects of this survey. Any risk behaviors that I choose to partake in are for my own reasons, not because I don't know the dangers and consequences. I am a straight A student [who] comes from a caring family.

SEXUAL ACTIVITY AND PREGNANCY

SEXUAL ACTIVITY

*U.S. HEALTHY PEOPLE*²

YEAR 2000 GOALS

- | | | | |
|-----|--|-------------------|--------------|
| 5.4 | Reduce the percentage of adolescents who have engaged in sexual intercourse: | | |
| | | before age 15 to: | <=15% |
| | | before age 17 to: | <=40% |
| 5.5 | Increase the percentage of ever sexually active adolescents aged 17 or younger who abstained from sexual activity for the previous three months to: | | at least 40% |
| 5.6 | Increase the percentage of sexually active unmarried people aged 19 or younger who use contraception, especially combined methods effectively preventing pregnancy and providing barrier protection against disease: | | at least 90% |
-

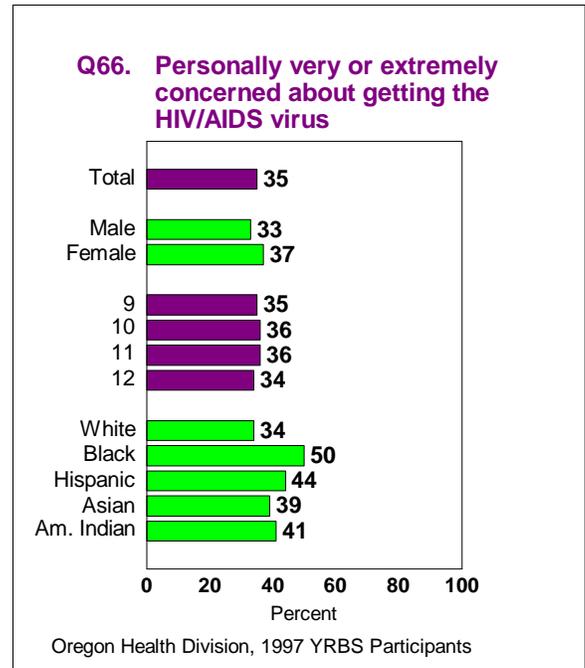
The next eight questions measure the prevalence and perceptions of sexual activity, number of sexual partners, age at first intercourse, alcohol and drug use, and condom use among Oregon high school students. Major risks of early sexual activity include unwanted pregnancy and sexually transmitted diseases (STDs), including HIV, as well as negative effects on social and psychological development. The number of sexual partners and age at first intercourse are associated with STDs. Alcohol and drug use may serve as predisposing factors for initiation of sexual activity and unprotected sexual intercourse.³³

In 1996, among 10- to 19-year-old Oregonians, the combined STD rate was 59 per 10,000. (This total included: primary and secondary syphilis, 0.07 per 10,000; gonorrhea, 6.1 per 10,000; and chlamydia, 52.6 per 10,000.)¹²

WHAT OREGON STUDENTS REPORTED

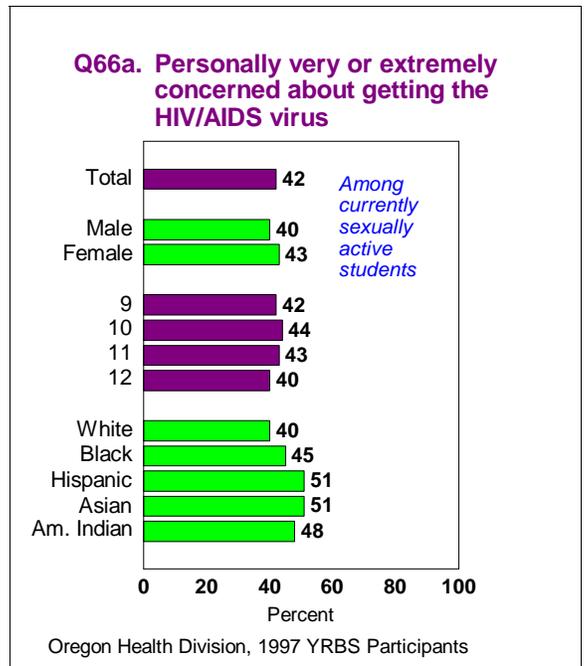
Q66. How concerned are you personally about getting the HIV/AIDS virus?

Thirty-five percent of Oregon YRBS participants were personally very or extremely concerned about getting the HIV/AIDS virus. *Significantly* more females (37%) than males (33%) were very or extremely concerned. There was no statistically significant difference by grade. *Significantly* more African American (50%), Hispanic (44%), Asian (39%) and American Indian (41%) students were extremely concerned about HIV.



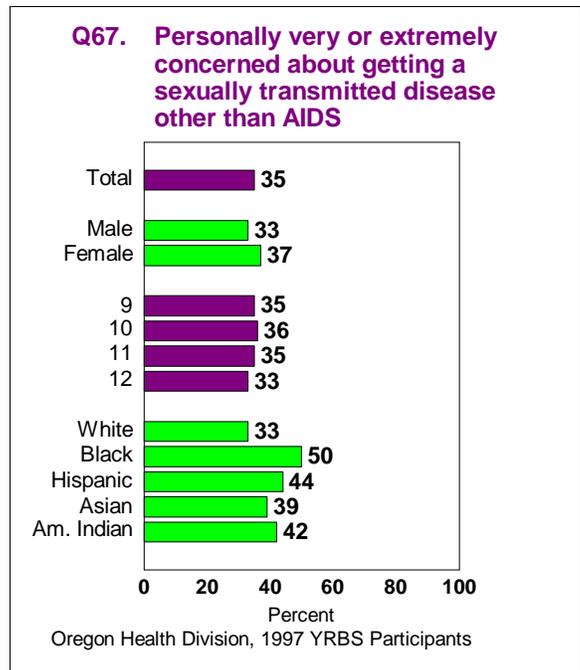
Q66a. How concerned are you personally about getting the HIV/AIDS virus? [Of YRBS participants who were sexually active in the previous three months]

Forty-two percent of Oregon YRBS participants who were sexually active in the previous three months were personally very or extremely concerned about getting the HIV/AIDS virus. There was no statistically significant difference by gender or grade. *Significantly* more African American (45%) and Hispanic (51%) students were extremely concerned about HIV.



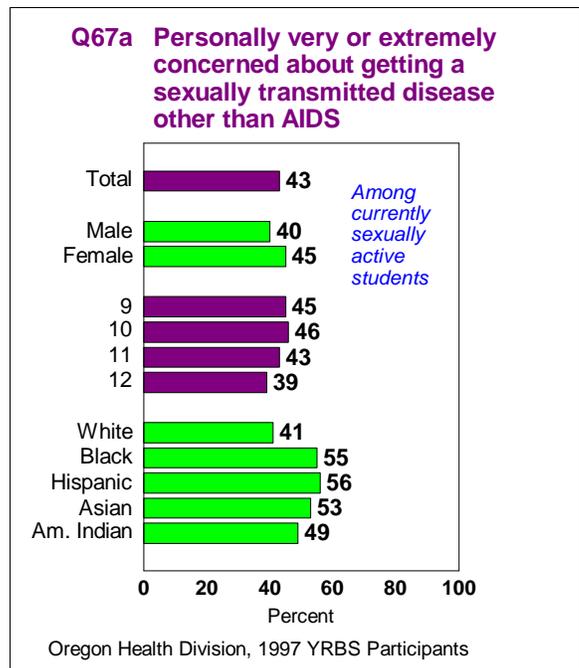
Q67. How concerned are you personally about getting a sexually transmitted disease other than AIDS?

Thirty-five percent of Oregon YRBS participants were personally very or extremely concerned about getting a sexually transmitted disease other than AIDS. *Significantly* more females (37%) than males (33%) were very or extremely concerned. There was no statistically significant difference by grade. *Significantly* more African American (50%), Hispanic (44%), Asian (39%) and American Indian (42%) students were extremely concerned about STDs other than HIV/AIDS.



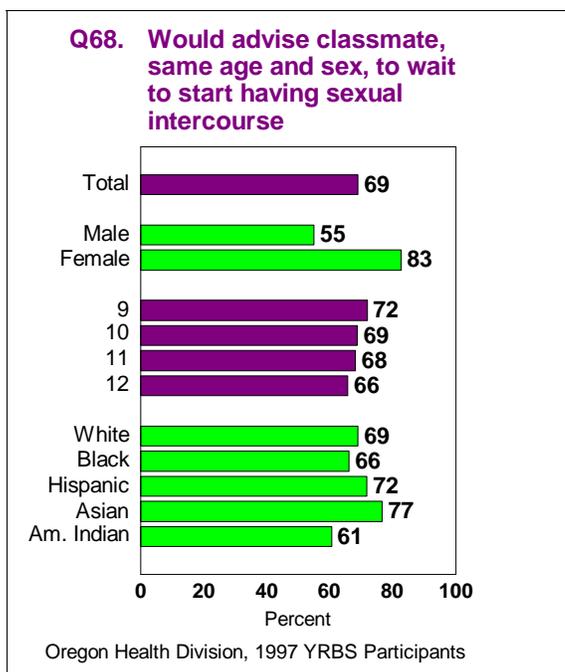
Q67a. How concerned are you personally about getting a sexually transmitted disease other than AIDS? [Of YRBS participants who were sexually active in the previous three months.]

Forty-three percent of Oregon YRBS participants who were sexually active in the previous three months were personally very or extremely concerned about getting a sexually transmitted disease other than AIDS. There was no statistically significant difference by gender. As grade increased, much or extreme concern *significantly* decreased. *Significantly* more African American (55%), Hispanic (56%) and Asian (53%) students were very or extremely concerned about STDs other than HIV/AIDS.



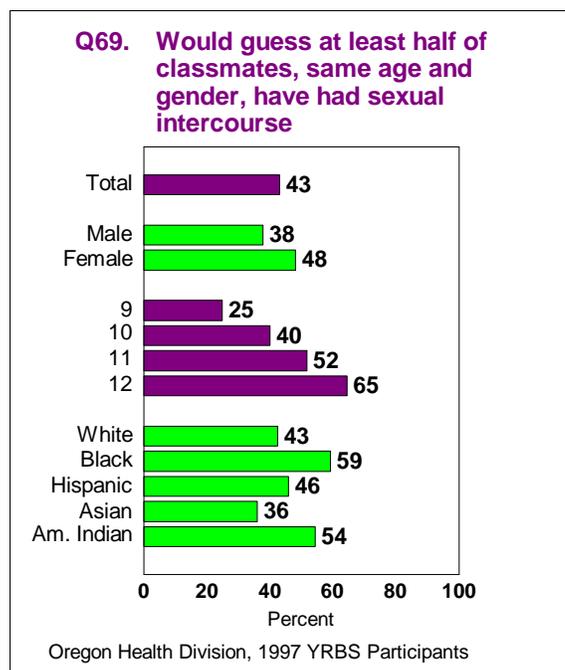
Q68. If a classmate, your same age and sex, asked you for your advice about whether to start having sexual intercourse, what would you probably say?

Sixty-nine percent of Oregon YRBS participants would advise a classmate, their same age and sex, to wait until married or wait until older before beginning to have sexual intercourse: including *significantly* more female students (83%) than male students (55%). Seventy-two percent of ninth graders would advise their classmates to postpone sexual involvement. As grade increased, that advice *significantly* decreased. *Significantly* more Asian students (77%) and *significantly* fewer American Indian students (61%) would advise waiting.



Q69. What percentage of your classmates, your same age and sex, have had sexual intercourse [would you guess]?

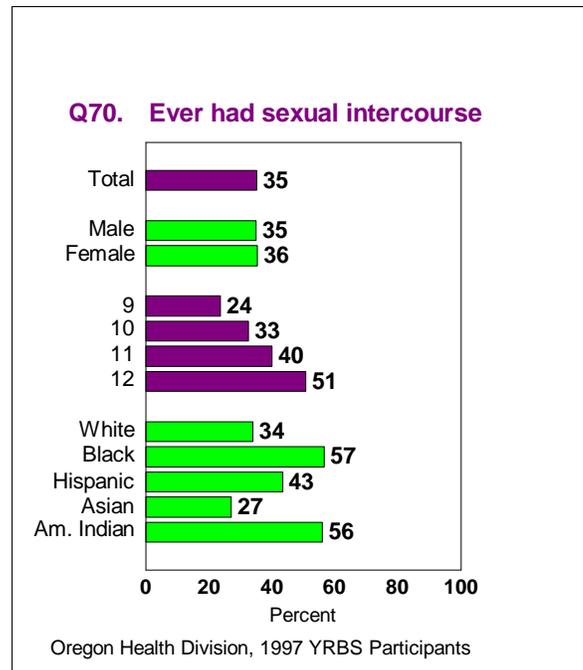
Forty-three percent of Oregon YRBS participants guessed at least half of their classmates (of the same age and gender) have had sexual intercourse. *Significantly* fewer male students (38%) than female students (48%) believe the majority of their classmates have had intercourse. As grade increased, the opinion that more than half of their classmates had intercourse *significantly* increased. *Significantly* more African American students (59%) and American Indian students (54%), and *significantly* fewer Asian students (36%), guessed at least half of their classmates have had intercourse.



Q70. Have you ever had sexual intercourse?

Thirty-five percent of Oregon YRBS participants reported that they ever had sexual intercourse. There was no statistical significance by gender. Sexual activity *significantly* increased from 24 percent of ninth graders to 51 percent of twelfth graders. *Significantly* more African American students (57%), Hispanic students (43%), and American Indian students (56%), and *significantly* fewer Asian students (27%), ever had sexual intercourse.

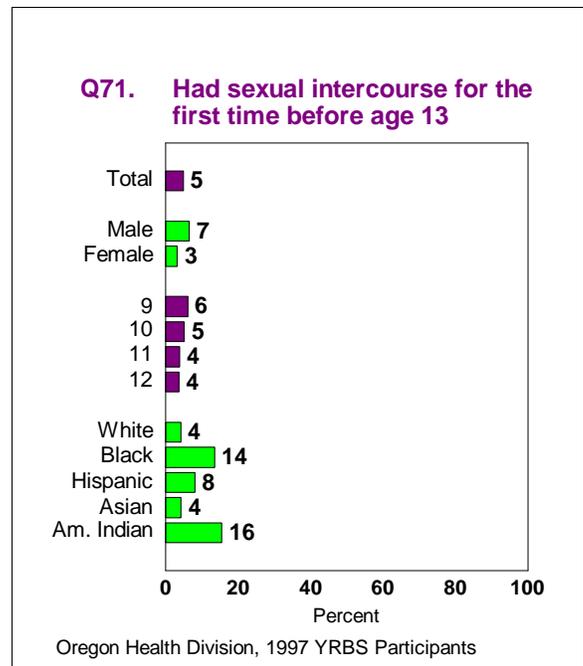
In 1995, 53 percent of students participating in the national YRBS reported having had sexual intercourse at least once in their life.



Q71. How old were you when you had sexual intercourse for the first time?

Five percent of Oregon YRBS participants had sexual intercourse for the first time prior to age 13. *Significantly* more males than female students (7% vs. 3%) engaged in sexual intercourse for the first time prior to age 13. As grade increased, the percentage of students who reported having intercourse before age 13 *significantly* decreased. *Significantly* more African American (14%), Hispanic (8%), and American Indian (16%) students had intercourse before age 13.

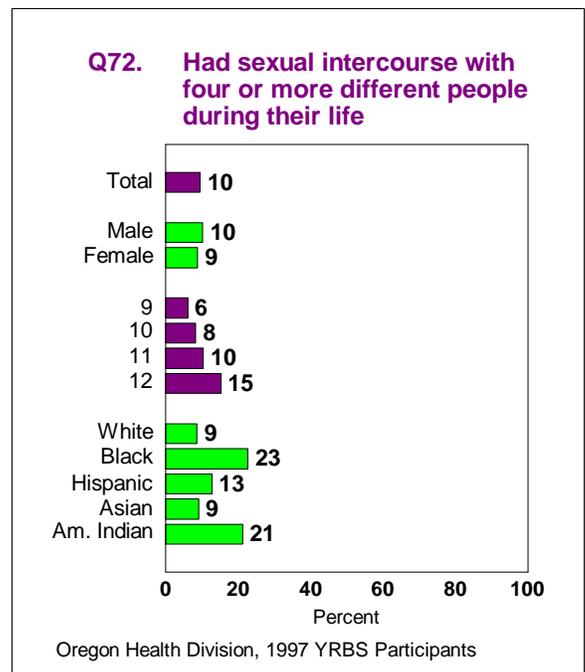
In 1995, nine percent of students participating in the national YRBS reported having had sexual intercourse for the first time before age 13.



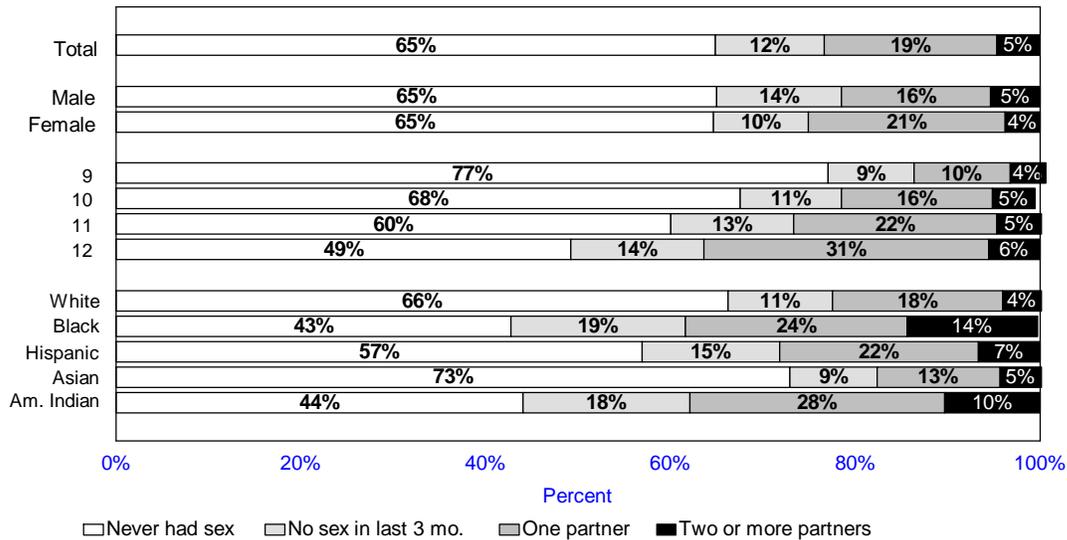
Q72. During your life, with how many people have you had sexual intercourse?

Ten percent of Oregon YRBS participants had sexual intercourse with four or more people during their life. Male students were *significantly* more likely (10%) to report having had sex with four or more people in their lifetime than were females (9%). As grade increased, the number of sexual partners *significantly* increased. *Significantly* more African American (23%), Hispanic (13%), and American Indian (21%) students had four or more sexual partners during their lifetime.

In 1995, 18 percent of students participating in the national YRBS reported having engaged in sexual intercourse with four or more partners in their life.



Q. 73. Sex with two people or more in the past 3 months.



Oregon Health Division, 1997 YRBS Participants

Q73. During the past 3 months, with how many people did you have sexual intercourse?

Twenty-three percent of Oregon YRBS participants reported having had sexual intercourse in the three months preceding the survey. In 1995, 38 percent of students participating in the national YRBS reported having had sexual intercourse in the three months preceding the survey.

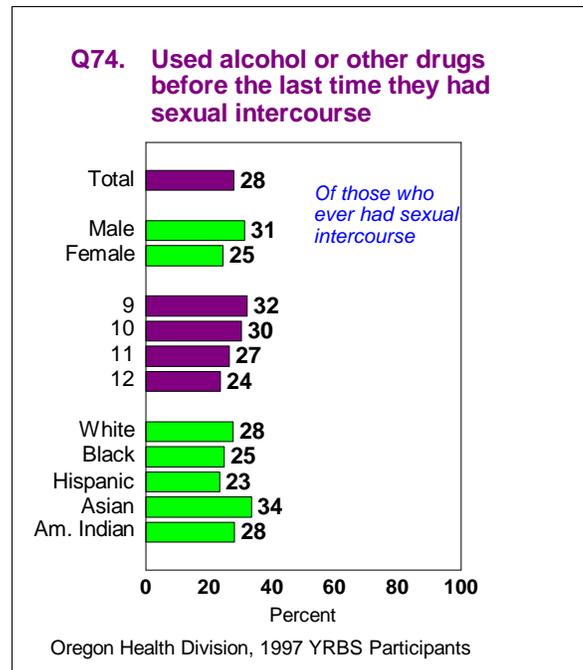
Four percent of Oregon YRBS participants had sexual intercourse with two or more people during the three months preceding the survey, including five percent of the males and four percent of the females (no significant difference). As grade increased, the report of more than two sex partners in the past three months *significantly* increased. *Significantly* more African American (14%), Hispanic (6%) and American Indian (10%) students reported two or more sex partners during the previous three months.

Of those who ever had sexual intercourse, 66 percent had intercourse during the past three months. *Significantly* more females (71%) than males (61%) were sexually active within the past 3 months. As grade increased, *significantly* more students reported sexual activity in the previous three months. There were no statistically significant differences among race/ethnic classes. Thirty-two percent of the students who reported previous sexual activity reported they had abstained, or not had sexual intercourse, during the past three months.

Q74. Did you drink alcohol or use other drugs before you had sexual intercourse the last time?

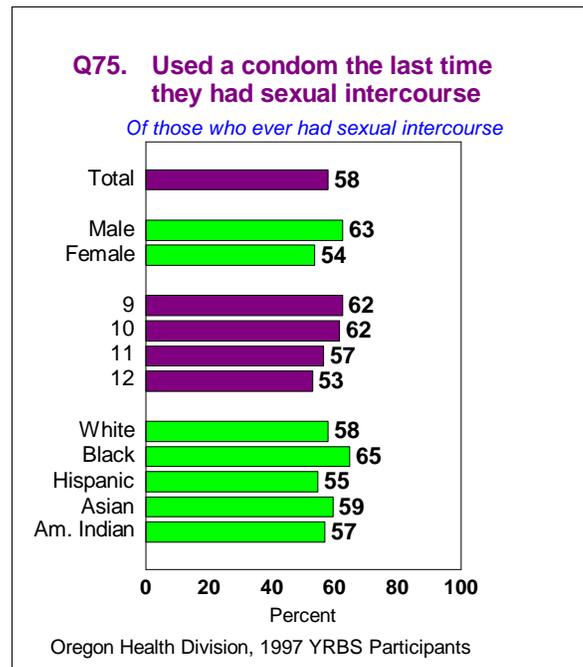
[Of YRBS participants who have ever had sexual intercourse]

Twenty-eight percent of sexually active YRBS participants, drank alcohol or used drugs before their last sexual intercourse. *Significantly* more males (31%) than females (25%) drank alcohol or used drugs before the last time they had intercourse. As grade increased, *significantly* fewer students reported using alcohol or other drugs before intercourse. There was no statistically significant difference by race/ethnicity.



Q75. The last time you had sexual intercourse, did you or your partner use a condom? [Of YRBS participants who ever had sexual intercourse]

Among YRBS participants who ever had sex, 58 percent used a condom, or their partner used a condom, during their last sexual intercourse. *Significantly* more males (63%) than females (54%) reported condom use during their last sexual intercourse. As grade increased, use of a condom before last intercourse *significantly* decreased. There was no statistically significant difference by race/ethnicity.



WHAT OREGON STUDENTS WROTE:

If someone my age asked for my advice about having sexual intercourse, (question 68) has only three choices and none are the responses I would give. I would respond by saying, "If you feel you are emotionally ready to handle the consequences, then do it." This is not a choice (on the question), so I chose to leave the answer box blank.

Question 68 is not a fair question. I had sexual intercourse but only with a virgin that I've been with for two years. He's now 21 and we're planning a future together. If one of my friends asked me (about having sex) I would ask her or him how long they've been dating (their potential partner). Is it really love or just lust? Has his/her partner been tested very recently? How much do you trust them? I would not tell them not to. I'd have them insist on both of them being tested for diseases, the girl put on birth control and a condom used until the tests get back. You need to rewrite that question in a more human way with some grey areas, not just black and white.

Tell the parents to talk to their kids about sex. I feel we need to start sex education earlier. I had sex ed in the 5th grade but they treated us like babies. By the time they told us (what) really goes on, there were people I knew who had already had sex.

I think our school does a good job of making sure people are educated, but most people choose not to heed the warnings and advice given. No matter what is done, some kids will still be doing unsafe things, but at least by (them) giving the education we have a choice.

I do not feel that I am in a good position to guess at the behaviors of my classmates, but I will say this: kids are having and will have sex. Availability of condoms DOES NOT encourage this; it will happen anyway. Some adults feel that having condoms tells us it is okay to have sex. Get real. We know better. Kids are going to do it anyway and they must have the means to protect themselves as best they can.

We have a program at the school where kids teach 6th and 7th graders about sex-before-marriage and its consequences. Its called STARS (Students Today Aren't Ready for Sex) and its a really good program. I think we need to have more programs like this one.

I do not view my sexual activity as a risk, I was in love and still am!

I think elementary and junior high students need to be educated better because I feel that junior high is almost worse than high school. STARS and a Role Model need to be encouraged more and better.

I think our school needs to have more education about sex (not just plumbing), STDs, drugs and alcohol. They also need to start doing it at a younger age. Being a member of a teen theater group that educates people on the aforementioned subjects, I've found that we've educated students more than the school has. As a matter of fact, I've learned more since I've been part in (the theater group) than I ever learned in school.

Our school teaches strictly abstinence, which is not at all working. They can teach abstinence, but should realize that for many, by the time you are in high school its too late. They need to be teaching more about preventative methods and contraception - where and how to get it. Students need to feel like other people are aware of what they are doing, and (that) there are safer ways to do it. Abstinence is a good method; unfortunately it is not always practiced.

I wish I knew more about sex three years ago. I knew barely enough to feel that I had nothing to worry about. Kids need to realize that sex isn't just fun anymore. It's actually pretty dangerous. I now have an STD that will never go away. I can live with it, but I wish I would have been smarter and not have had to be in this situation. Kids definitely need to be better educated.

My friends that are having sex know little about birth control... while it seems that my friends who aren't know a lot.

In the sexual behavior part of the survey, I noticed that there were no other risky behaviors listed except for sexual intercourse. I know that there are many kids out there no having sex, but are doing other things (oral and anal sex) that are just as risky, protected or not. Maybe you should include a few questions about that.

Many students I know participate in sexual activity besides actual sexual contact: oral sex, etc. These are (also) ways sexually transmitted diseases are spread, and students need to know that.

I play sports and volunteer in the community, and I do things that I am not proud of and regret. I always tell myself that the next time will be different, but when the situation arises I'm caught up in the moment and I make the "wrong" decision. To me, its part of growing up.

I think condoms should be distributed in schools; (distribution) does not promote sex, it just makes (sex) safer for some ignorant people.

I think that until teens put themselves through the danger of having sexual intercourse, they don't truly know (how) risky it is. I know, because I've been through it. I think the main issues that they don't understand is getting pregnant and getting an STD. I almost thought that I was pregnant and for a while I was a nervous wreck. Yet I haven't gone for a test to see if I have an STD. I don't believe that I do (and) yet the last and only person that I have had sexual intercourse with didn't use a condom and through our whole relationship he lied to me and told me that he's never slept with anyone but me and I don't know what to believe. I think that in classes, they should focus on this!!

I feel that my school needs more education about sex, drugs, and STDs. I am well educated in these areas but most of my classmates aren't. To understand why students shouldn't use drugs, they need to be told the risks and consequences. A new required class about survival in today's society would help. Also, we need to have more guest speakers come in and tell the students what happened to them. This shows the students in a personal way the negative effects of risky behavior.

Go work with kindergartners and try to save them because it is too late for us.

I think people should also know the good things teens are doing. The news always informs us of bad things involving teens but they forget the good things. That shouldn't happen.

Valentine's Day was the last time I had sex. I was over at his house and we were drinking. One thing led to another and we had sex. I feel real stupid but I like having sex so I won't stop.

We should take a lesson from Sweden and accept that teens will have intercourse and try to make it as safe as possible. Our main goal should be to keep the birth rate down.

I think there should be a lot more education involving abstinence. There wouldn't have to be a survey if people practiced abstinence. On the other hand, I think that if people are going to have "risky" behavior like sexual intercourse or drugs by intravenous needles, the information about how to protect yourself should be available.

PREGNANCY

OREGON BENCHMARKS¹ YEAR 2000 GOALS

Reduce the pregnancy rate among females aged 10-17 to:

15 per 1,000

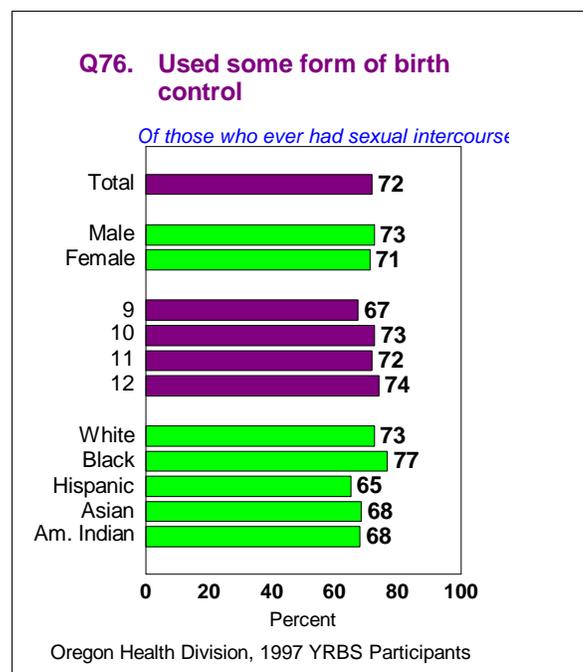
The next three questions measure the use of contraception and occurrence of pregnancy among Oregon high school students.

During 1996, according to Vital Records data, 3,274 Oregon females age 10-17 were pregnant and 2,106 gave birth. The pregnancy rate among 10 to 17 year-old Oregonian girls was 18.8 per 1,000 (the birth rate was 12.1 and the abortion rate was 6.7 per 1,000).¹²

WHAT OREGON STUDENTS REPORTED

Q76. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? [Of YRBS participants who ever had sexual intercourse]

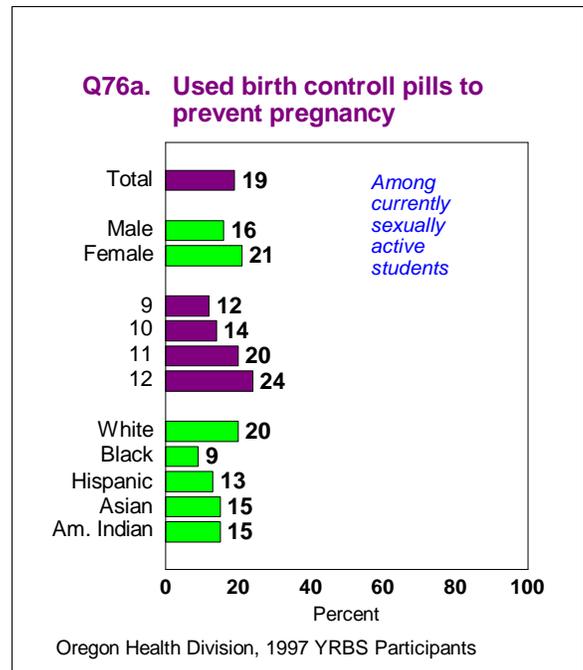
Seventy-two percent of Oregon YRBS participants who ever had sexual intercourse reported that they or a partner used some form of birth control (pills, condoms, or some other method, excluding withdrawal) to prevent pregnancy during their last sexual intercourse. There was no statistically significant difference by gender. As grade level increased, students reported *significantly* greater use of birth control. Hispanic students (65%) were *significantly* less likely to report the use of some form of birth control



Q76a. The last time you had sexual intercourse, did you use birth control pills to prevent pregnancy? [Of YRBS participants who are currently sexually active.]

Nineteen percent of sexually active Oregon YRBS participants used, or their partner used, birth control pills to avoid becoming pregnant. Female students (21%) were *significantly* more likely than male students (16%) to report using birth control pills. Birth control pill use increased *significantly* by grade. *Significantly* fewer African American (8%) and Hispanic (13%) students reported using birth control pills.

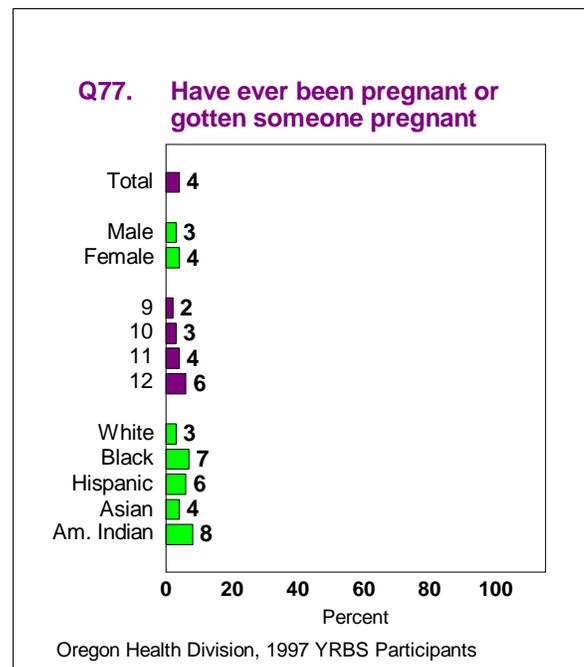
In 1995, 17 percent of sexually active students participating in the national YRBS reported using birth control pills.



Q77. How many times have you been pregnant or gotten someone pregnant?

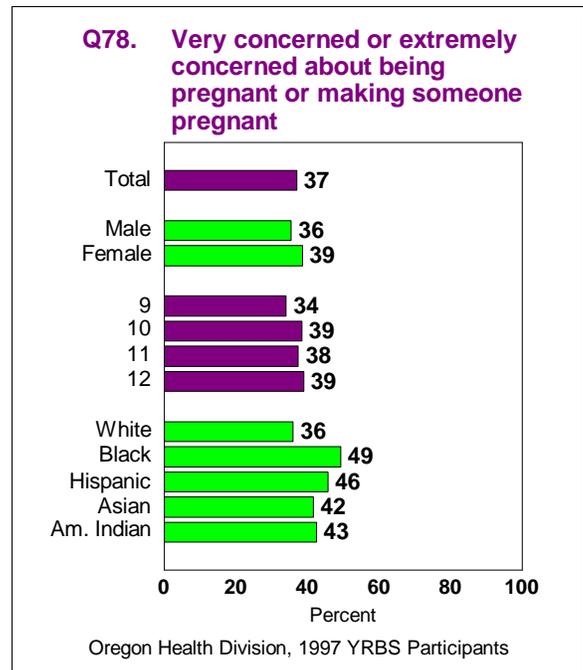
Four percent of Oregon YRBS participants reported having been pregnant or getting someone pregnant one or more times. *Significantly* more females (4%) than males (3%) reported being involved in a pregnancy. Pregnancies increased *significantly* as grade level increased. *Significantly* more African American (7%), Hispanic (6%) and American Indian (8%) students were ever pregnant or got someone pregnant.

In 1995, seven percent of students participating in the national YRBS reported having been pregnant or having made someone pregnant.



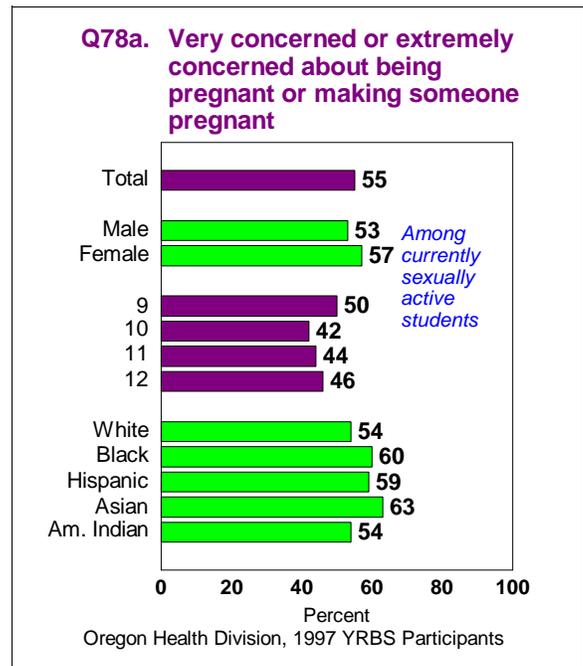
Q78. How concerned are you personally about being pregnant or making someone else pregnant?

Thirty-seven percent of Oregon YRBS participants were very concerned or extremely concerned about being pregnant or making someone pregnant, including significantly more female students (39%) than male students (36%). Concern about pregnancy increased significantly as grade increased. Significantly more African American (49%), Hispanic (46%), Asian (42%) and American Indian (43%) students were very concerned or extremely concerned about pregnancy.



78a. How concerned are you personally about being pregnant or making someone else pregnant? [Of those YRBS participants who reported sexual activity in the past three months]

Among sexually active YRBS participants, 55 percent reported being very or extremely concerned about pregnancy, including significantly more females (57%) than males (53%). There were no statistically significant differences among grade levels or by race/ethnicity.



WHAT OREGON STUDENTS WROTE:

I strongly believe that my school should have condom machines to prevent the risk of pregnancy & HIV. Too many people don't use them and are spreading disease; (condom machines) would make (condoms) much more accessible - people would use (them)! Many school officials don't agree - they think (a condom machine) promotes sex. That is BS and this attitude needs to change.

At our school, sex education is only taught during freshman year. I know when I was a freshman, I didn't pay too much attention to the whole pregnancy issue. Heck, I probably still thought boys had cooties! My suggestion would be to teach a follow-up section of sex ed during the junior year. This way, the "late bloomers" would pay more attention this time and maybe even remember something.

No matter what you tell teens, if they want to have sex they are going to. I only have one partner. We love each other, so we agreed to have sex. We plan to get married after high school. We don't have access to any birth control other than withdrawal. If we did have access, such as a place we got get them (condoms) anonymously, we would. We cannot purchase them, otherwise we would.

I am a seventeen year-old who is married and to my belief questions regarding sexual intercourse should not be valid. I have the IUD as birth control but soon it will be removed. I also have a 20 month old little girl. I think you should have had more questions on teen pregnancy because we (the teen parents) are trying to get a day care facility because many people are getting (pregnant) and dropping out because they do not have other day care providers for their babies. I know its not good to have babies at such a young age but most people don't mean to get pregnant; they just end up doing that. And then 75% of them drop out like flies.

As far as high school is concerned, there is a very good sex education curriculum, but the curriculum for middle schools stinks, and then its too late to reach kids. I think something must be done to inform girls where they can get birth control if they can't go to a doctor - for parental or financial reasons. Most girls don't know (where to get birth control) and few have the initiative to research their options.

There are a lot of teen pregnancies and I think they could be reduced with open health education and on-campus places to get birth control. I also feel that the males at this school don't care about the girl; they just are there to sleep around on which probably causes a lot of (spreading around) of diseases.

Schools should emphasize the importance of abstinence to teens. This year I have attended five baby showers for some of my closest friends and it seems like more and more people think having a baby is “cool” or “necessary.” Also, most people I know are engaged (or plan) to be married. This will only result in divorce, especially at this age. Honestly, I am going to four wedding this year - and those are (weddings) of my best friends!

I know of many of the mothers in the Teen Mother program at my school and many of them never meant to have a child. The program helps them with their children and prevents them from dropping out of school. This program is why some of them don't get abortions.

We don't have much sex education in our school. We have a lot of teen pregnancies here and I think those could be prevented with more education, but not (education) out of a textbook; maybe from someone with experience. (Maybe) someone who has gone through it already, to make teens understand how hard (life) will be with a child.

HIV/AIDS KNOWLEDGE AND ATTITUDES

OREGON BENCHMARKS ¹

YEAR 2000 GOALS

Increase the percentage of HIV cases with an early diagnosis to:

85%

The next twelve questions measure knowledge of the Human Immuno-Deficiency Virus (HIV) and attitudes among Oregon high school students.

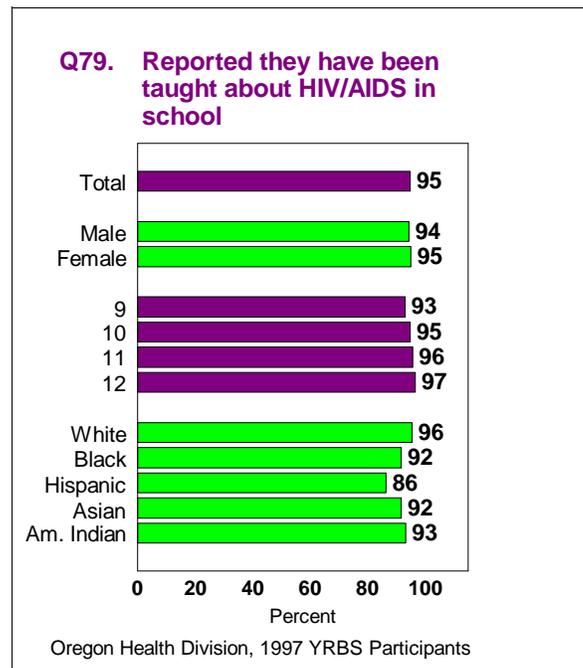
Acquired immunodeficiency syndrome (AIDS) is the fifth leading cause of years of potential life lost before age 65 in Oregon and is the third leading cause of death among young adults age 25 to 34.¹² Seventeen percent of new AIDS cases in Oregon are among people age 20 to 29. Because of the long latency period of the human immunodeficiency virus (as long as 7 to 10 years), these people were very likely infected as teenagers. Since there is currently no cure for AIDS or vaccine to combat the virus, education is the most important prevention strategy.

WHAT OREGON STUDENTS REPORTED

Q79. Have you ever been taught about AIDS or HIV infection in school?

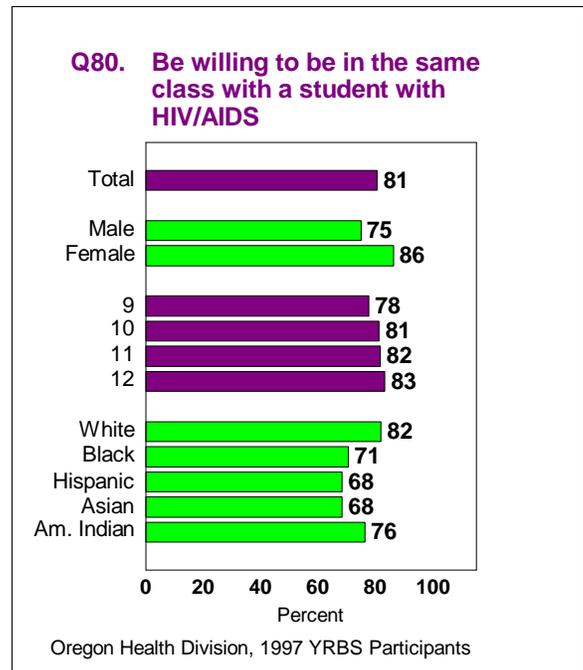
Ninety-five percent of Oregon YRBS participants report having been taught about HIV/AIDS infection in school. There were no statistically significant differences between male and female students. As grade level increased, the number of students who had been taught about HIV *significantly* increased. *Significantly* fewer Hispanic (86%) and Asian students (92%) reported they were taught about HIV in school. (NOTE: Since HIV/AIDS education is required from K-12 in Oregon, this should be 100 percent.)

In 1995, 86 percent of students participating in the national YRBS reported they have been taught about HIV/AIDS in school.



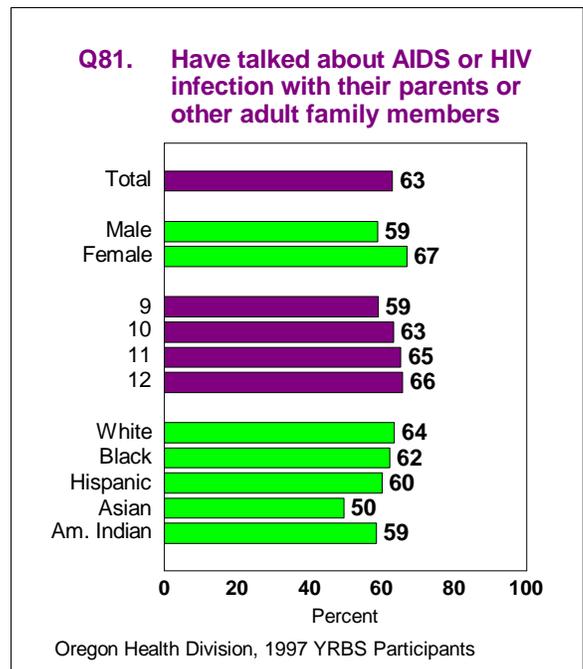
Q80. Would you be willing to be in the same class with a student with HIV/AIDS infection?

Eighty-one percent of Oregon YRBS participants were willing to be in class with a student with HIV/AIDS, including *significantly* more females (86%) than males (75%). As grade increased, the percentage who were willing to be in class with a student with HIV *significantly* increased. *Significantly* fewer African American (71%), Hispanic (68%), Asian (68%), and American Indian (76%) students were willing to be in class with a student with HIV.



Q81. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?

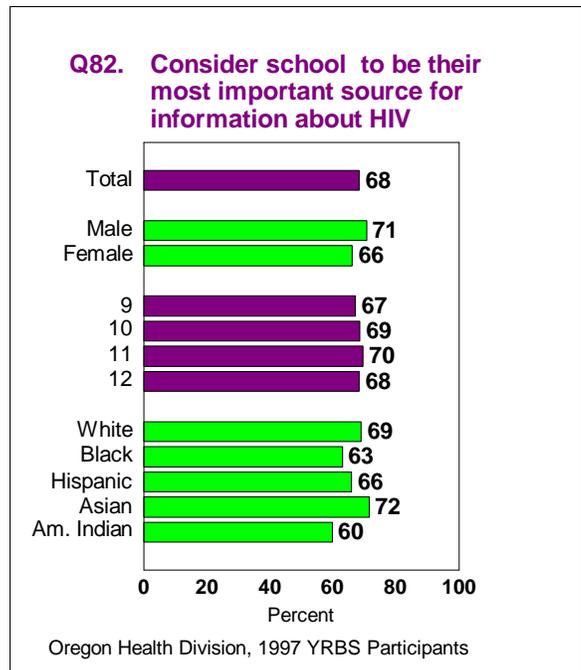
Sixty-three percent of Oregon YRBS participants have talked about the AIDS/HIV infection with their parents or other adults in their family. *Significantly* more females (67%) than males (59%) talked about AIDS/HIV infection with their parents or other adults in their family. As grade increased, the percentage who talked with parents or adult family members about HIV *significantly* increased. *Significantly* fewer Asian (50%) students have talked about HIV with their parents or adult family members.



In 1995, 63 percent of students participating in the national YRBS reported having discussions about HIV with parents or other adult family members.

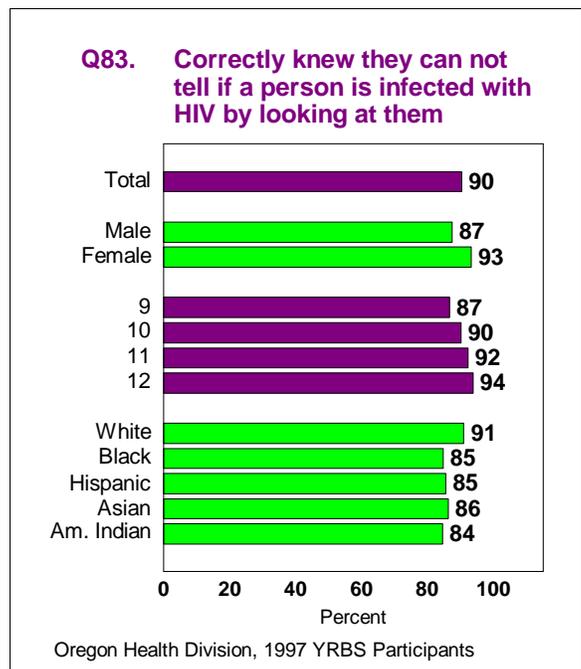
Q82. What do you consider to be the one most important source from where you have gotten your information about AIDS/HIV infection?

Overall, 68 percent of Oregon YRBS participants considered school (classroom instruction, teachers or school counselors, and brochures available at school or school health center) to be their most important source for information about HIV. *Significantly* more males (71%) than females (66%) consider school to be their most important source of information about HIV. There was no statistically significant difference by grade level. *Significantly* fewer American Indian students (60%) named school as the best source of information.



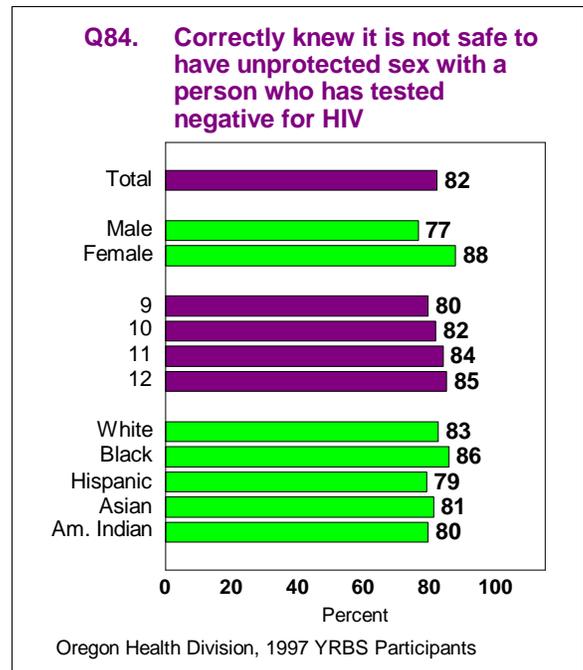
Q83. Can you tell if people are infected with HIV (the AIDS virus) just by looking at them?

Overall, 90 percent of Oregon YRBS participants correctly knew they can not tell if people are infected with HIV by looking at them, including *significantly* more female students (93%) than male students (87%). As grade increased, this knowledge *significantly* increased. *Significantly* fewer African American (85%), Hispanic (85%), Asian (86%), and American Indian (84%) students knew that you can not tell by looking if a person has HIV.



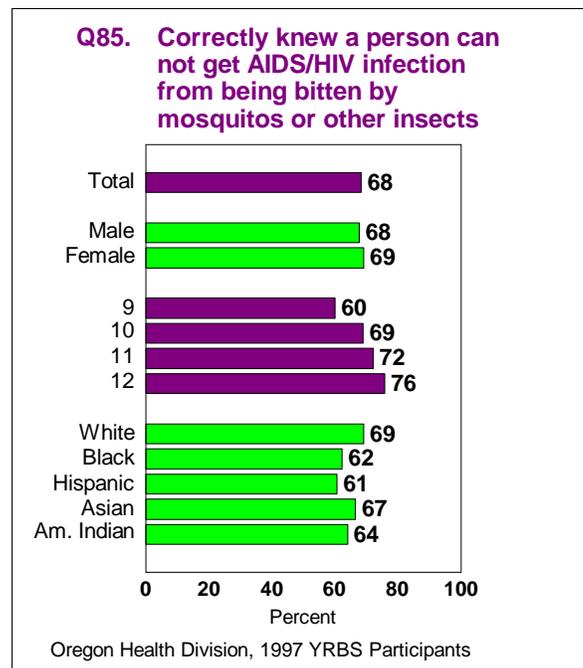
Q84. Is it safe to have unprotected sex (no condom used) with a person who has tested negative for HIV?

Eighty-two percent of Oregon YRBS participants correctly knew it is not safe to have unprotected sex with a person who has tested negative for HIV, including significantly more female students (88%) than male students (77%). As grade increased, the number of students who knew unprotected sex is not safe significantly increased. Significantly fewer Hispanic (79%) students knew unprotected sex is not safe.



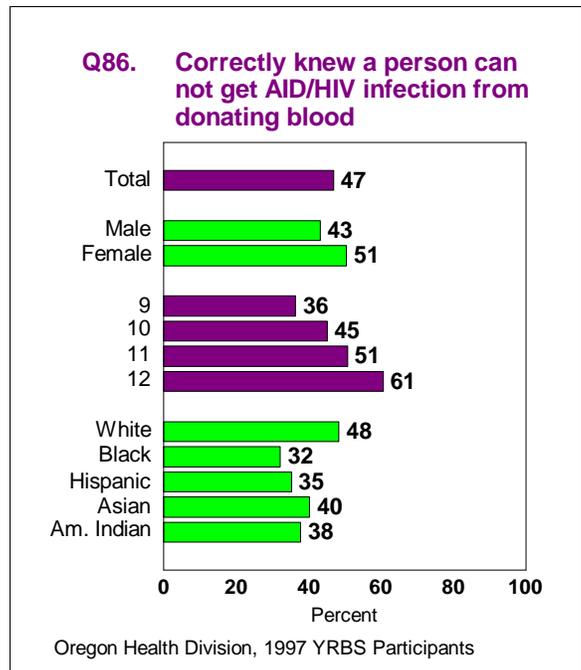
Q85. Can a person get AIDS/HIV infection from being bitten by mosquitoes or other insects?

Sixty-eight percent of Oregon YRBS participants knew a person can not get HIV from being bitten by mosquitos or other insects. There was no statistically significant difference by gender. As grade increased, significantly more students knew HIV can't be transmitted by an insect bite. Significantly fewer African American (62%) and Hispanic (61%) students knew HIV can not be transmitted by an insect bite.



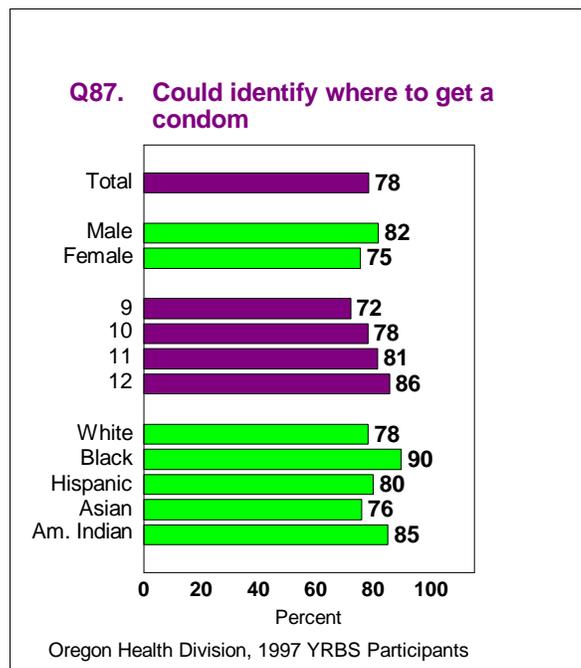
Q86. Can a person get AIDS/HIV infection from donating blood?

Only 47 percent of Oregon YRBS participants correctly knew that a person can not get HIV from donating blood. *Significantly* more female students (51%) than male students (43%) knew the correct answer. As grade increased *significantly* more students knew HIV can not be contracted by donating blood. *Significantly* fewer African American (32%), Hispanic (35%), Asian (40%), and American Indian (38%) students were aware that a person can not get HIV from donating blood.



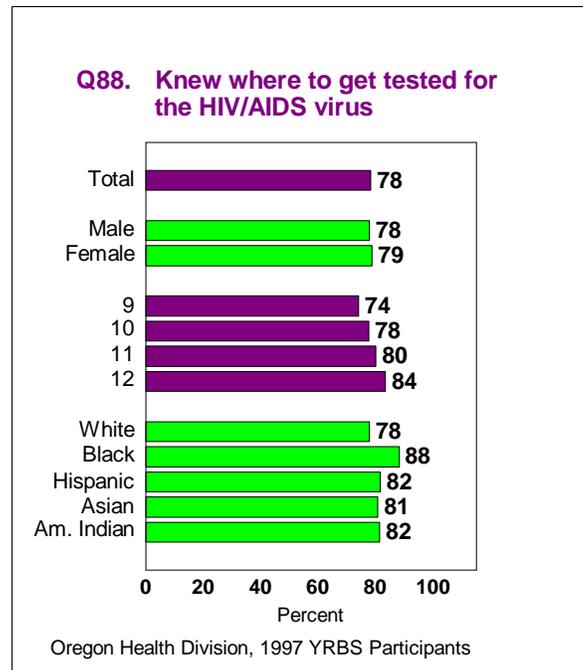
Q87. If you wanted them, where would you go to get condoms?

Seventy-eight percent of Oregon YRBS participants could identify a place to get a condom. *Significantly* more male students (82%) than female students (75%) could identify a source. As grade increased, *significantly* more students knew where to get a condom. *Significantly* more African American students (90%) and American Indian students (85%) knew where to get a condom.



Q88. If you thought you were exposed to the HIV/AIDS virus, where would you go to be tested?

Seventy-eight percent of Oregon YRBS participants could identify a place they could get tested for HIV if they thought they had been exposed. There was no statistically significant difference by gender. As grade increased, *significantly* more students knew a place they could get tested for HIV. *Significantly* more African American (88%) and Hispanic (82%) students knew where they could get tested for HIV.



WHAT OREGON STUDENTS WROTE:

There are many things I think kids are doing right now that definitely need to be talked about. Sex and drugs are the most important because both can kill you. I think its the parent's responsibility to talk to their kids about these issues. If (the parents don't talk to them) then the kid could make a fatal decision. If parents do not want to talk about these subjects then the school or a special counseling center should be made available to make the kids feel comfortable to talk.

I think the biggest problem that health care professionals face is in presenting vital information such as AIDS and sex education in a way that isn't offensive to parents. I think a lot of students want to learn, but its hard to get parents to consent to sex or AIDS education which they themselves are too uncomfortable to talk about. The children pay the price because their parents won't teach them or can't teach them about these issues and also won't allow their children to learn about them from willing educated sources. I was in a teen theater group which worked with issues such as AIDS, sex, STDs and drugs and it was educational and enjoyable for me, but we couldn't perform in any high schools in (this) area.

Some parents don't let their kids take sex ed classes offered. They say "We teach that at home." When sex is brought up at home they say, "Later", or "Why do you need to know", etc. Somehow our schools need to be more open about sex, AIDS and STDs. I was raped. I want to tell others about my problem. The school said "No."

I'm concerned about AIDS and know its serious but I'm not concerned for myself because me and my partner are monogamous. We have been together for three years and he's the only sexual partner I have ever had and I'm the only one he has had. I have seen someone [with] AIDS. Its not glamorous and I think students need to know AIDS is more than an STD, how you get it and that its fatal. We need to know what happens to a person's body who's dying of AIDS.

Kids are having sex whether adults like it or not. I think condoms should be in vending machines. I mean if they're gonna have sex you can at least provide them with condoms. Also if kids ask for condoms give them to them. That shows responsibility and also the desire to prevent AIDS and other things. Don't ignore that. It can be life or death for someone.

Our peer education programs for HIV/AIDS are very good. They make it easy to talk about issues and are more fun than listening to a lecture. We also had an HIV+ speaker come to our school and it was very moving. Our school's policy on condom distribution, however, is not so good. Students can only get condoms if they have a sexually transmitted disease, which kind of defeats the purpose. This ought to be changed.

The most valuable AIDS awareness I've received in high school was an AIDS panel of speakers. Talk about a wake-up call! Condoms should be accessible in schools.

I would like to comment that the survey on sexual intercourse was good but I think you need to add (something) in general about making out. That's a problem today because it leads to oral sex, which is not healthy and very unsafe.

I think our health class is really, really good. I have learned so much (more) in just this year about health topics than I have in most of my life. I think I like (the education) because it covers drug/alcohol abuse, AIDS, sex education and other things teenagers really need to know. I know personally it has really made me think about having sex in high school.

EATING BEHAVIORS, NUTRITION AND EXERCISE

U.S. HEALTHY PEOPLE YEAR 2000 GOALS²

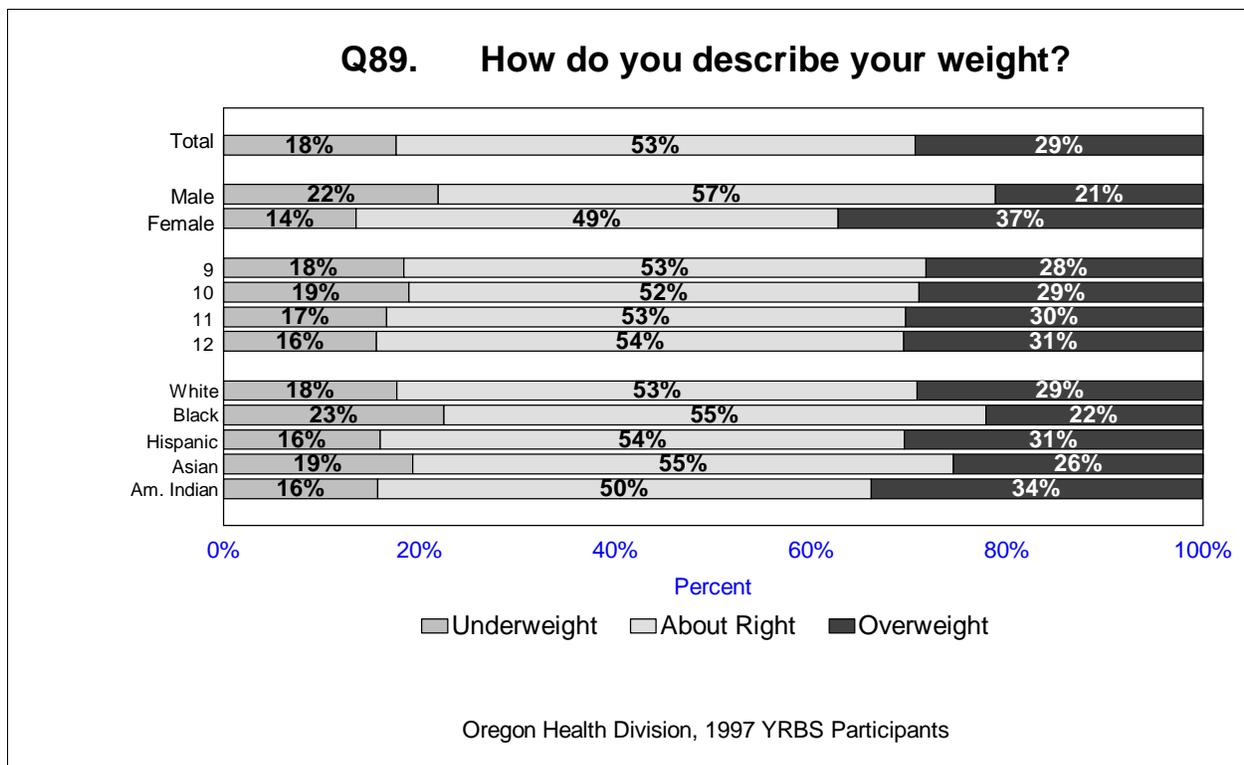
1.2	Reduce prevalence of overweight people aged 12-19 years to:	15%
1.4	Increase the prevalence of vigorous physical activity of people 6-17 years to:	75%
1.7	Increase the percentage of people 12 years and older who use sound weight loss practices to:	50%
1.8	Increase the number of students in grades 1-12 who attend daily school physical education to:	50%

EATING BEHAVIORS

The next six questions measure students' perceptions of their weight and the occurrence of weight control behaviors.

Obesity acquired during childhood or adolescence may persist into adulthood, increasing later risk for chronic conditions such as diabetes, heart disease, high blood pressure, stroke, some types of cancer, and gall bladder disease.³⁴ In addition, children and adolescents often experience social and psychological stress related to obesity.³⁵ Overemphasis on thinness during adolescence may contribute to eating disorders, such as anorexia nervosa and bulimia.³⁴ According to the 1996 adult Behavioral Risk Factors Survey, 40 percent of females and 18 percent of males 18 to 24 year-old were trying to lose weight.⁵

WHAT OREGON STUDENTS REPORTED



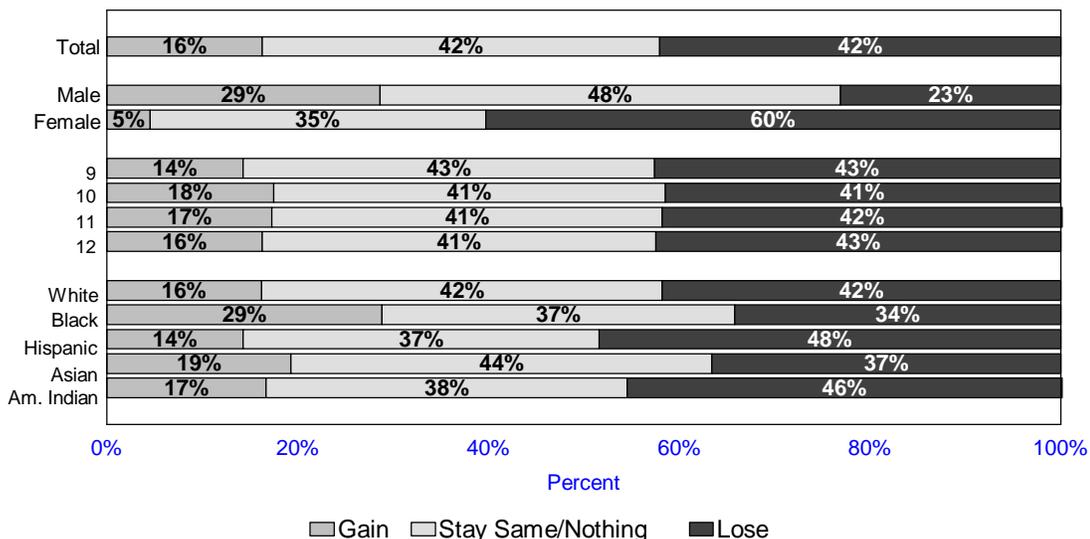
Percentage who described their weight as underweight, about right, and overweight, 1997 Oregon YRBS participants.

Q89. How do you describe your weight?

Among Oregon YRBS participants, 53% reported they were about the right weight, 18% underweight, and 29% overweight. *Significantly* more males (57%) than females (49%) reported they weigh about the right amount. *Significantly* more males (22%) than females (14%) reported they were slightly or very underweight; *significantly* more females (37%) than males (21%) reported they were slightly or very overweight. As grade increased *significantly* more students saw themselves as overweight and *significantly* fewer saw themselves as underweight. *Significantly* fewer African American students (22%) describe themselves as overweight.

In 1995, 28 percent of students participating in the national YRBS reported being overweight.

Q90. What are you trying to do about your weight?



Oregon Health Division, 1997 YRBS Participants

Percentage who were trying to gain weight, stay the same, and lose weight, 1997 Oregon YRBS participants.

Q90. Which of the following are you trying to do about your weight?

A total of 42 percent of Oregon YRBS participants surveyed reported that they were "trying to stay at the same weight" or "do nothing," 42% reported trying to lose weight, and 16% reported trying to gain weight. *Significantly* more male (48%) than female (35%) students were trying to stay the same weight or do nothing.

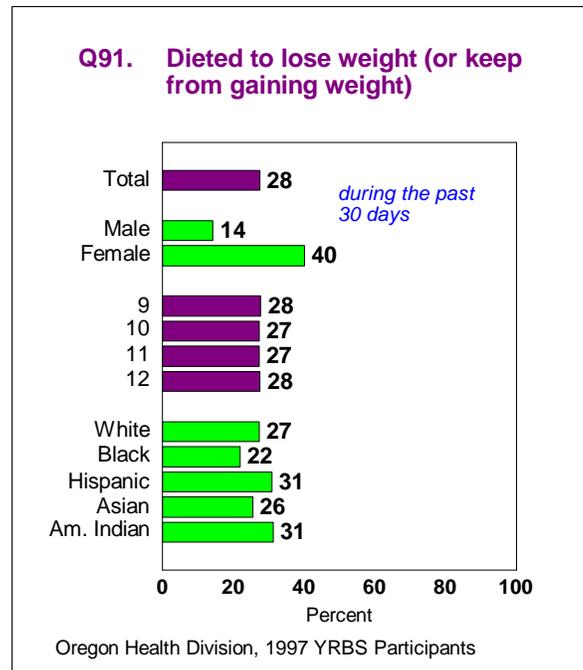
Of those trying to lose weight, *significantly* more were female (60% vs. 23% for males) and *significantly* more were Hispanic (48%). *Significantly* fewer African Americans (34%) and Asian (37%) students were trying to lose weight. There was no statistical differences among grade levels.

In 1995, 41 percent of students participating in the national YRBS reported they were trying to lose weight.

Q91. During the past 30 days, did you diet to lose weight or to keep from gaining weight?

Twenty-eight percent of YRBS participants dieted to lose weight during the 30 days prior to taking the survey, including *significantly* more females (40%) than males (14%). There was no statistically significant difference by grade level or race/ethnicity.

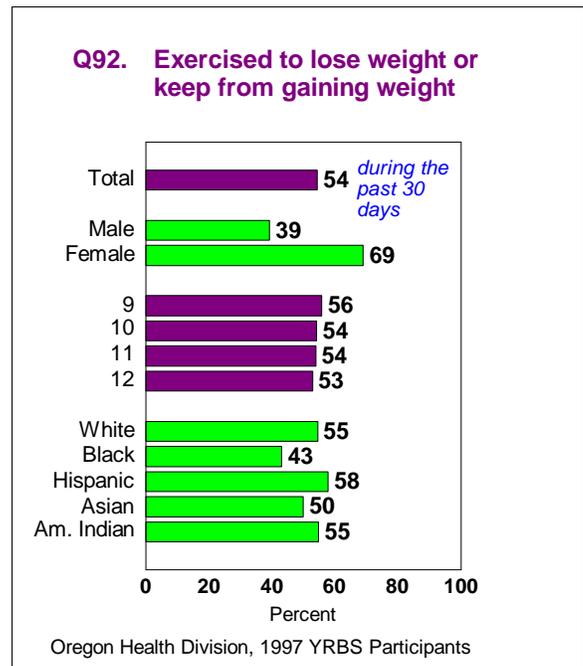
In 1995, 31 percent of students participating in the national YRBS reported dieting to lose weight or to keep from gaining weight.



Q92. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

Fifty-four percent of YRBS participants exercised to lose weight during the 30 days prior to completing the survey, including *significantly* more females (69%) than males (39%). As grade increased *significantly* fewer students reported exercising to lose weight. *Significantly* fewer African American students (43%) exercised to lose weight.

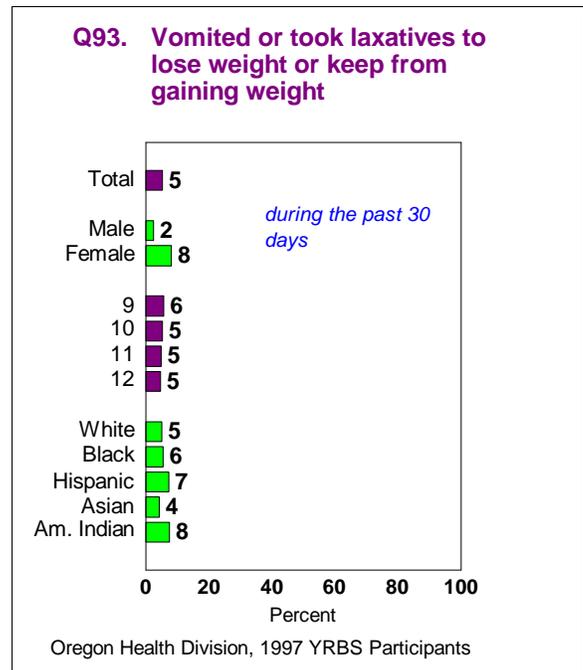
In 1995, 51 percent of students participating in the national YRBS reported exercising to lost weight or to keep from gaining weight.



Q93. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Five percent of YRBS participants vomited or took laxatives to lose weight during the 30 days prior to completing the survey, including *significantly* more females (8%) than males (2%). As grade increased, *significantly* fewer students reported using these methods to lose weight. *Significantly* more Hispanic students (7%) reported vomiting or taking laxatives to lose weight.

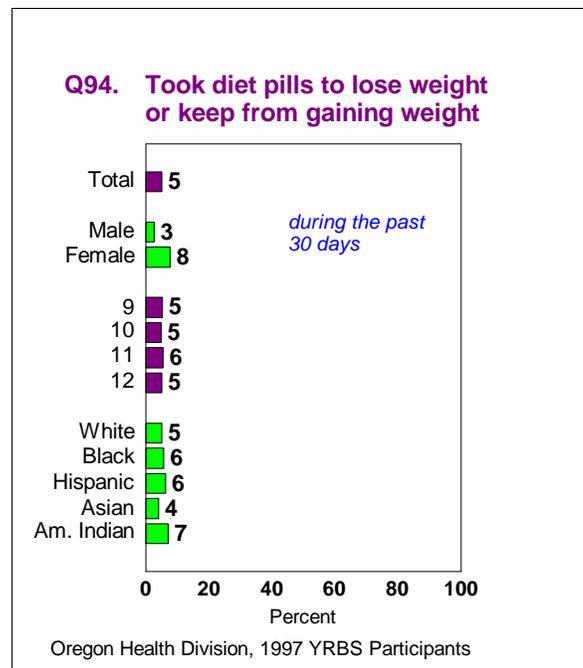
In 1995, five percent of students participating in the national YRBS reported vomiting or taking laxatives to lose or keep from gaining weight.



Q94. During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?

Five percent of YRBS participants took diet pills to lose weight during the 30 days prior to completing the survey, including *significantly* more females (8%) than males (3%). There was no statistically significant difference by grade or race/ethnicity.

In 1995, five percent of students participating in the national YRBS reported taking diet pills to lose or keep from gaining weight.



NUTRITION

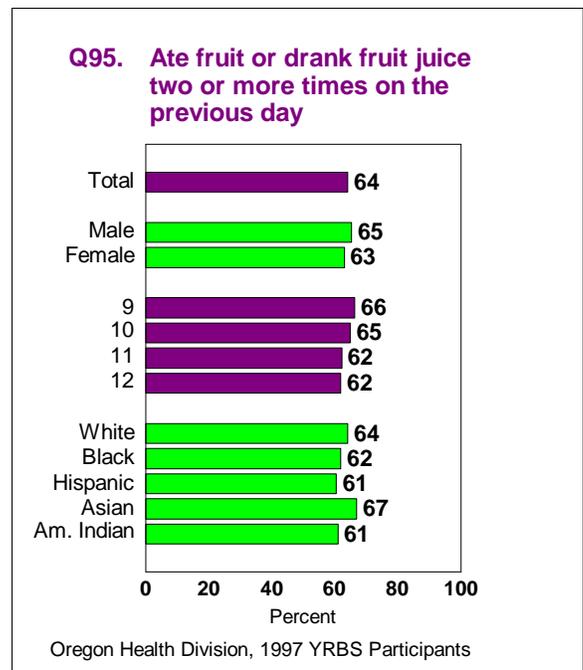
The next four questions measure the frequency of eating fruits, vegetables, high fat foods, and desserts among Oregon high school students.

High fat diets, which are associated with increased risk of obesity, heart disease, some types of cancer, and other chronic conditions, often are consumed at the expense of foods high in complex carbohydrates and dietary fiber, which are considered more conducive to health.³⁵ Because lifetime dietary patterns are established during youth, adolescents should be encouraged to choose nutritious foods and to develop healthy eating habits.³⁴

WHAT OREGON STUDENTS REPORTED

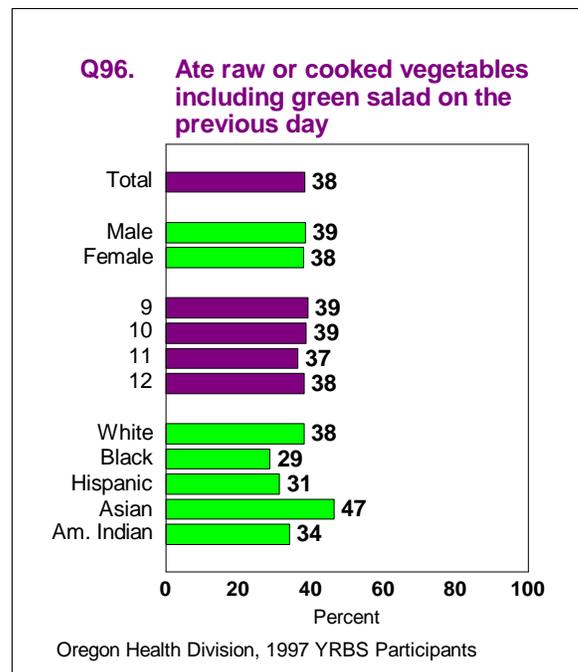
Q95. Yesterday, how many times did you eat fruit or drink fruit juice?

Sixty-four percent of YRBS participants ate fruit or drank fruit juice two or more times on the day prior to the survey, including *significantly* more males (65%) than females (63%). As grade increased, fruit consumption *significantly* decreased. There was no statistically significant difference by race/ethnicity.



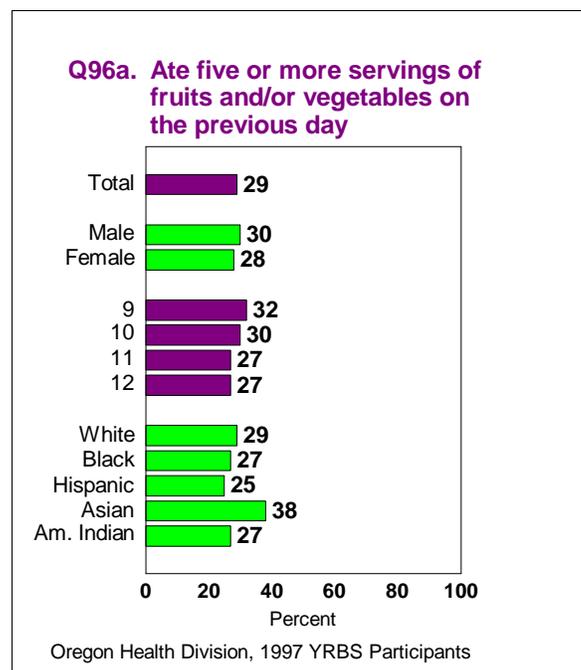
Q96. Yesterday, how many times did you eat raw or cooked vegetables (including green salad)?

Thirty-eight percent of YRBS participants ate raw or cooked vegetables (including green salad) two or more times on the day prior to the survey, with no statistically significant difference found by gender or grade level. *Significantly* fewer African American (29%) and Hispanic (31%) students, and *significantly* more Asian students (47%) ate vegetables or salad two or more times.



Q96a. Yesterday, how many servings of fruits and/or vegetables did you have?

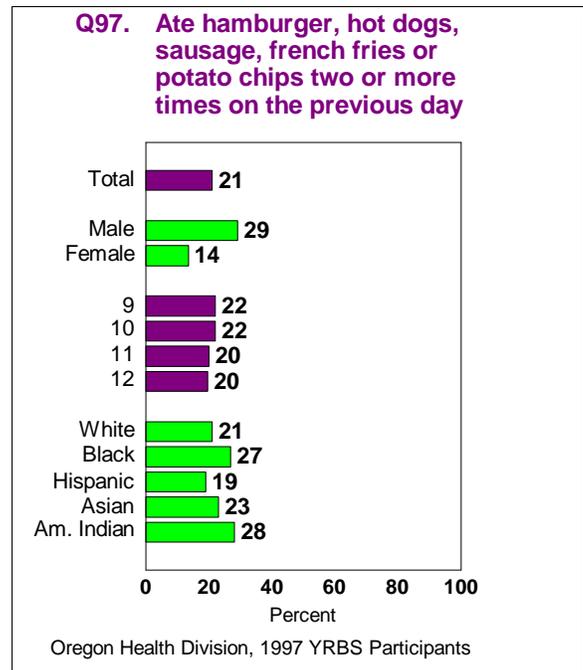
Twenty-nine percent of YRBS participants ate five servings of some combination of fruits or vegetables the day before the survey. There was no statistically significant difference by gender. As grade increased, *significantly* fewer students ate a total of five servings. *Significantly* fewer Hispanic students (24%) and *significantly* more Asian students (38%) ate some combination of five fruits and/or vegetables the day before the survey.



In 1995, 28 percent of students participating in the national YRBS reported eating some combination of five fruits and/or vegetables the day preceding the survey.

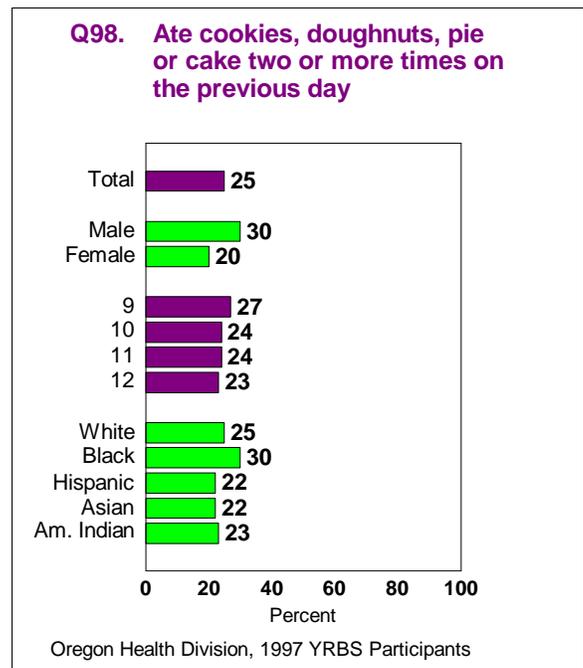
97. Yesterday, did you eat hamburger, hot dogs, sausage, french fries or potato chips?

Twenty-one percent of YRBS participants ate hamburger, hot dogs, sausage, french fries, or potato chips two or more times on the day prior to the survey, including *significantly* more males (29%) than females (14%). As grade increased, consumption of hamburger, hot dogs, sausage, french fries and potato chips *significantly* decreased. *Significantly* more American Indian students (28%) ate hamburger, hot dogs, sausage, french fries or potato chips two or more times.



Q98. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?

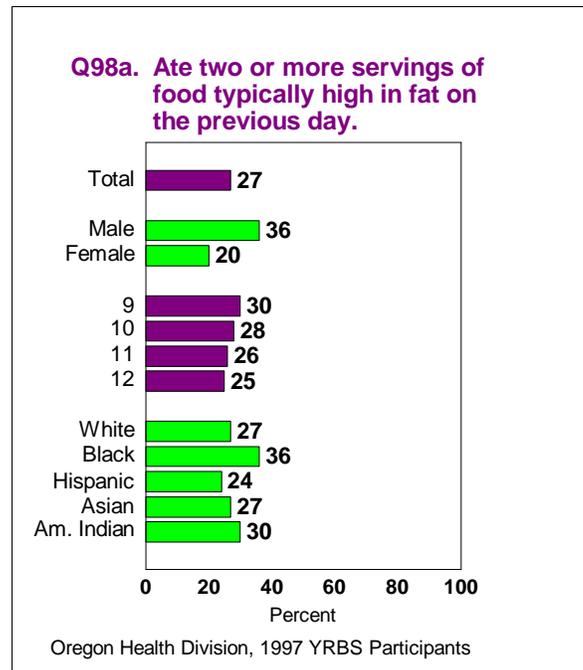
Twenty-five percent of YRBS participants ate cookies, doughnuts, pie or cake two or more times on the day prior to the survey, including *significantly* more males (30%) than females (20%). As grade increased, consumption of cookies, doughnuts, pie or cake *significantly* decreased. There was no statistically significant difference by race/ethnicity.



Q98a. Yesterday, how many servings of food typically high in fat (sweets, snack food, and meat) did you have?

Twenty-seven percent of YRBS participants ate more than two servings of high-fat content food, including *significantly* more males (36%) than females (20%). As grade increased, *significantly* fewer kids ate more than two servings of high-fat food. African-American students (35%) were *significantly* more likely to eat more than two servings of high-fat food.

In 1995, 29 percent of students participating in the national YRBS reported eating more than two servings of high-fat food.



EXERCISE

*U.S. HEALTHY PEOPLE*²

YEAR 2000 GOALS

1.8 Increase the percentage of adolescents participating in daily physical education to: at least 50%

These questions measure the occurrence and frequency of participation in aerobic exercise, physical education classes, and sports teams among Oregon high school students.

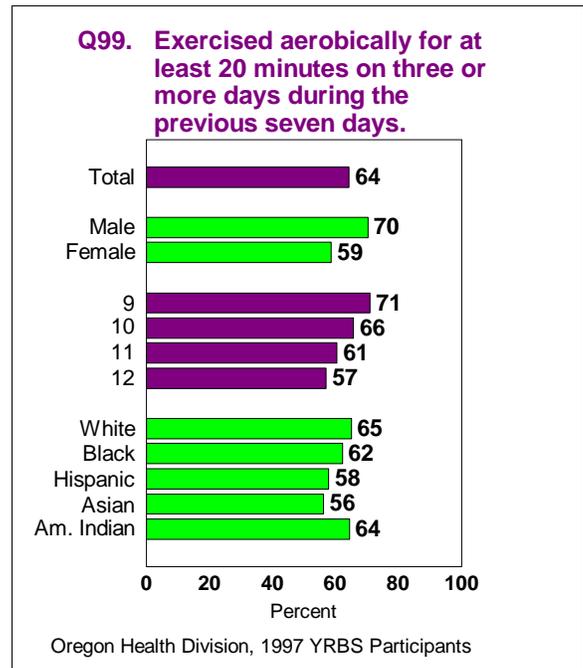
Regular physical activity increases life expectancy.³⁶ It can also assist in the prevention and management of coronary heart disease, hypertension, diabetes, osteoporosis, obesity, and mental health problems.³⁷ The quantity and quality of school physical education programs have a significant positive effect on the health-related fitness of children.^{38,39} According to the 1996 Oregon Adult Behavior Risk Factor Survey, 12 percent of 18 to 24 year-olds exercised aerobically for at least 20 minutes three or more times a week.⁵

WHAT OREGON STUDENTS REPORTED

Q99. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?

Sixty-four percent of Oregon YRBS participants reported that they exercised or participated in sports activities that made them sweat and breathe hard for at least 20 minutes, on three or more days of the previous seven. *Significantly* more males (70%) than females (59%) participated in aerobic activities. As grade increased, regular and sustained aerobic exercise *significantly* decreased. *Significantly* fewer Hispanic (58%) and Asian (56%) students did 20 minutes of aerobic activity three or more times in the previous week.

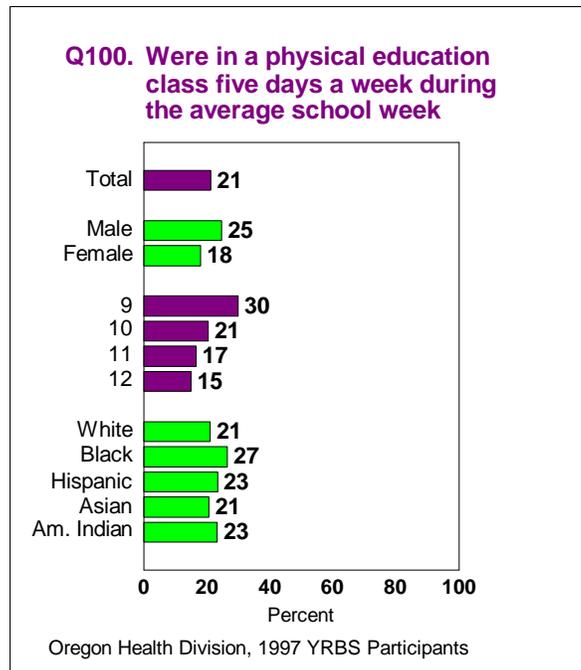
In 1995, 64 percent of students participating in the national YRBS reported exercise that made them sweat and breathe hard for 20 minutes on three or more days of the previous seven.



Q100. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

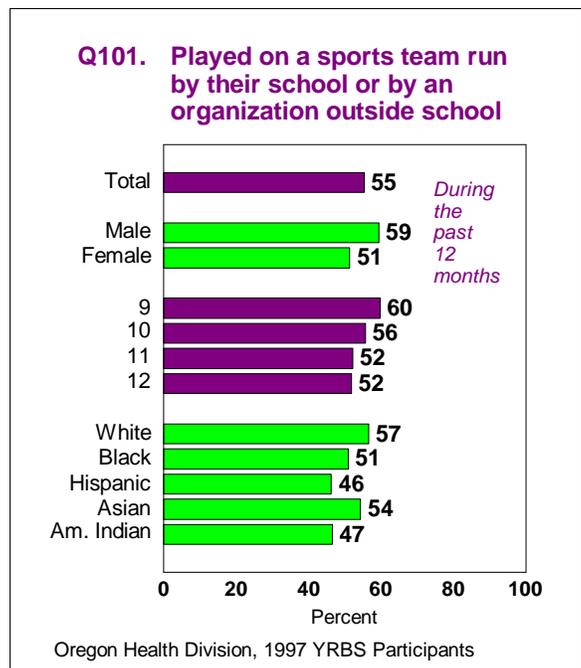
Twenty-one percent of Oregon YRBS participants went to physical education class five days in an average school week. *Significantly* more males (25%) than females (18%) went to PE five days a week. As grade increased, daily participation in physical education *significantly* decreased. There was no statistically significant difference by race/ethnicity.

Note: Different school have different PE class requirements and opportunities.



Q101. During the past 12 months, on how many sports teams run by your school or by an organization outside your school, did you play? (Do not include PE classes.)

During the 12 months prior to completing the survey, 55 percent of Oregon YRBS participants played on one or more sports teams, not including PE classes, run by their school or an organization outside their school. *Significantly* more males (59%) than females (51%) played on one or more sports teams. As grade increased, participation on sports teams *significantly* decreased. *Significantly* fewer Hispanic students (46%) and American Indian students (47%) played on a sports team.



WHAT OREGON STUDENTS WROTE:

The schools need to have sports that are not competitive because I'm good at volleyball, real good, but I'm too short...

Well, you talked about diet and our school doesn't have a very healthy lunch menu. How are we supposed to eat right if (good food) isn't available?

I think that there needs to be much more education on self-image, eating disorders and other teen problems. I think if there were more programs where people such as young women could go and talk about body image, there wouldn't be such a problem with eating disorders such as anorexia, bulimia, and other deadly practices. There needs to be more peer education on these subjects because teens will be more willing to listen to other teens. Many adults also don't understand these problems and conditions.

I know so many kids who would die for a skate part... The guys will build it, too. All they need is permission to do it.

I happen to know quite a few people (including me) who often fast to lose weight or look skinnier.

I ... feel that bulimia and anorexia are increasingly common practices among teen, high school girls due to the expectations placed on them by the media and society in general. More needs to be done to quash images that tell girls that emaciated women are beautiful.

Teens ... need to worry more about nutrition. I have many eating disorders and have found that information on these topics is extremely helpful.

The part about dietary stuff should have thought about wrestlers.

I have to control my weight for wrestling, the rest of the year I do not care about it

... many people at my school use [diet] drugs ... I am a wrestler so I have been cutting weight, so I kind of contradicted myself.

I lost weight for wrestling, not because I am too fat.

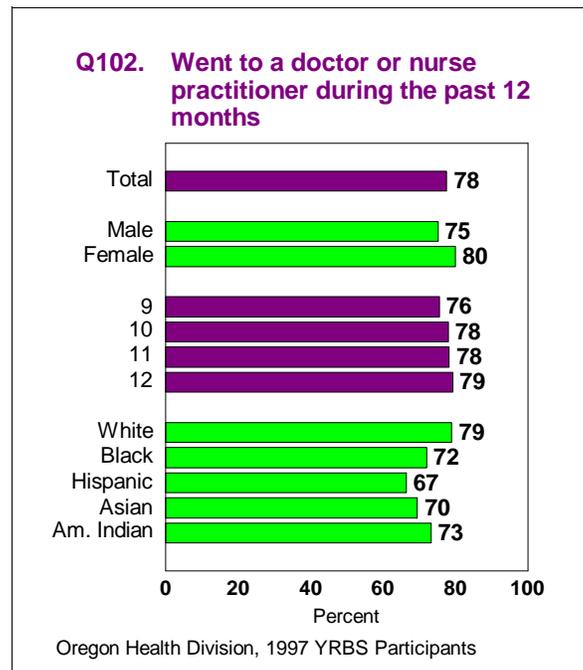
ACCESS TO HEALTH CARE

The next four questions measure the occurrence and site of medical and dental care among Oregon high school students. Although adolescents are generally healthy, many face a broad range of obstacles to receiving health care including limited access because of impoverishment, lack of insurance or a shortage of approved providers, inability to obtain care on their own because of their age or lack of resources, confidentiality concerns, and logistical barriers.⁴⁰

WHAT OREGON STUDENTS REPORTED

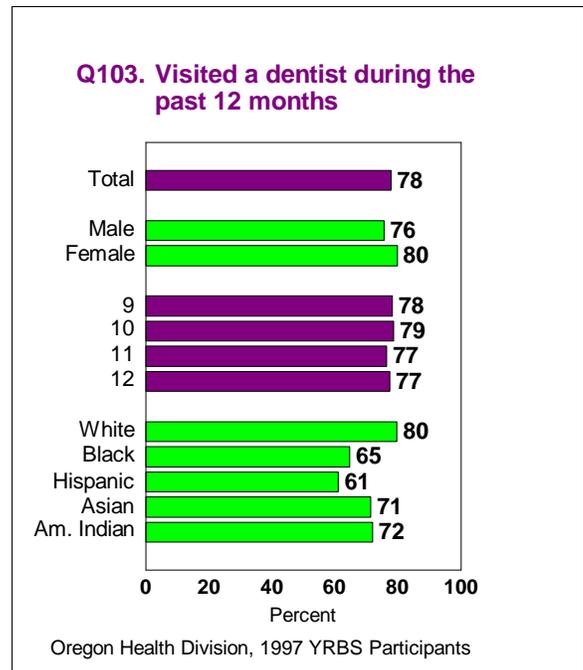
Q102. When did you last go to a doctor or a nurse practitioner?

Overall, 78 percent of Oregon YRBS participants visited a doctor or nurse practitioner during the 12 months before completing the YRBS. *Significantly* fewer male students (75%) than female students (80%) visited a doctor or nurse practitioner. As grade level increased, *significantly* more students reported going to a doctor or nurse practitioner. *Significantly* fewer African American (72%), Hispanic (67%), Asian (70%) and American Indian (73%) students went to a doctor or nurse practitioner in the 12 months preceding the YRBS.



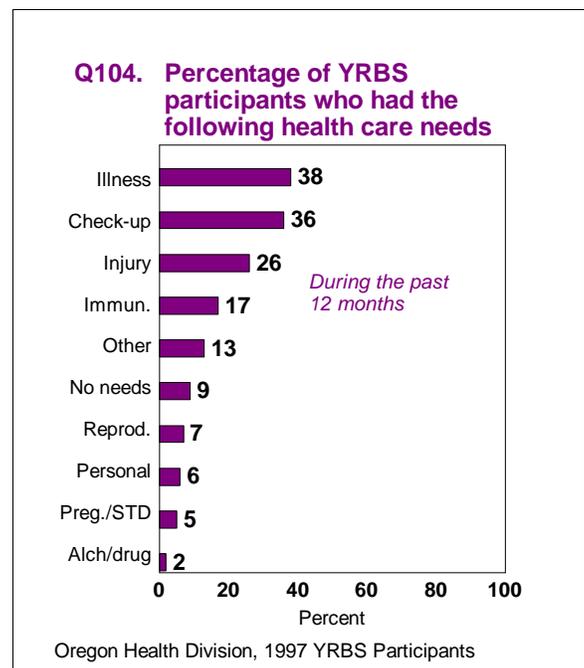
Q103. When did you last go to a dentist?

Seventy-eight percent of Oregon YRBS participants visited a dentist during the previous 12 months, including *significantly* more female (80%) than male (76%) students. There was no statistically significant difference by grade. *Significantly* fewer African American (65%), Hispanic (61%), Asian (71%), and American Indian (72%) students saw a dentist in the previous year.



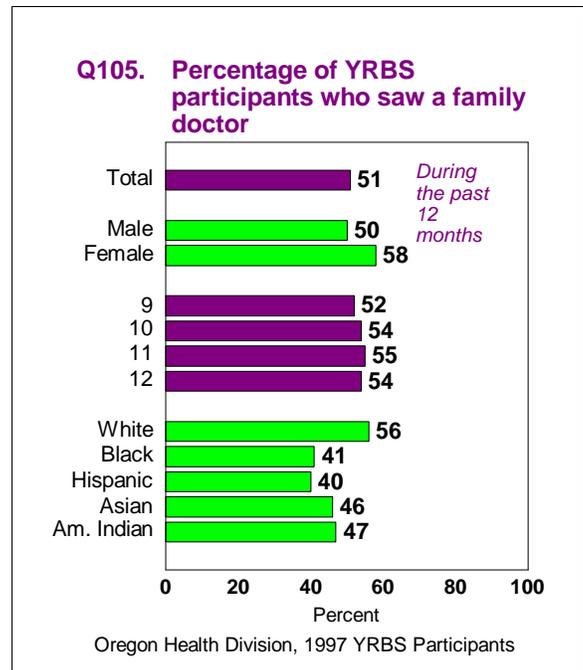
Q104. During the past 12 months, did you have any of the following health care needs (Mark all that apply)? [Percentage figure equals percentage of YRBS participants who reported this health care need.]

- * Illness - 38%
- * Check-up or sports physical - 36%
- * Injury or accident - 26%
- * Immunization - 17%
- * Other problem not listed - 13%
- * I had no health care needs - 9%
- * Reproductive health services (exam or birth control/condoms) - 7%
- * Personal or emotional problem - 6%
- * Pregnancy test or STD test - 5%
- * Alcohol or other drug problem - 2%



Q105. During the past 12 months, where did you go to meet your health care needs (Mark all that apply)?

Fifty-one percent of Oregon YRBS participants visited a family doctor the previous 12 months, including *significantly* more female (58%) than male (50%) students. As grade increased, *significantly* more students saw a family doctor. *Significantly* fewer African American (41%), Hispanic (40%), Asian (46%), and American Indian (47%) students saw a family doctor in the previous year.



In addition, students went to following places for health care needs [Percentages may exceed 100% due to the possibility of multiple responses.]:

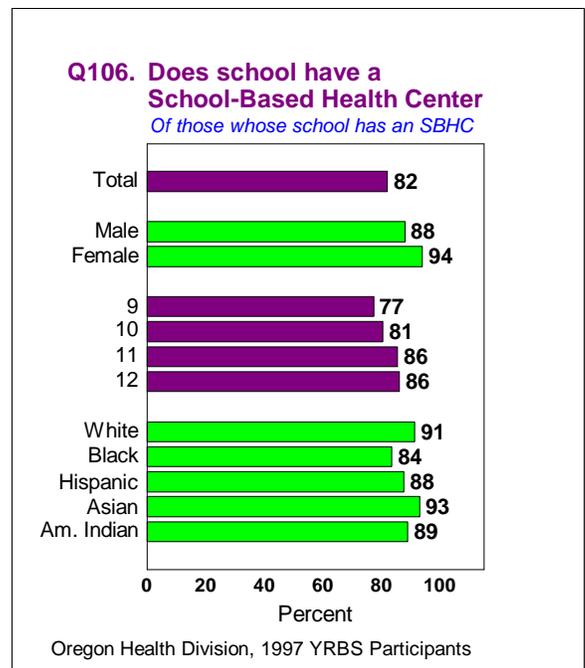
- * Emergency room (15%), including *significantly* more males (17% vs 15% females), and *significantly* fewer Hispanic (11%) and Asian (11%) students. There was no statistically significant difference by grade.
- * County or Community Health Clinic: (15%), including *significantly* more females (18%) than males (13%), *significantly* fewer African Americans (8%) and *significantly* more American Indians (20%). As grade increased, *significantly* fewer students went to a health clinic.
- * Other (15%), including *significantly* more females (18%) than males (13%). There were no statistically significant differences by grade or race/ethnicity.
- * Needed care, but didn't see anyone (2%). Of the YRBS participants, 578 students reported not receiving care when they needed it. There were no statistically significant differences by gender, grade, or race/ethnicity.

SCHOOL-BASED HEALTH CENTERS

These questions address students' knowledge and use of school-based health centers. The State of Oregon began providing support for school-based health centers (SBHCs) in 1985 and has helped support or identify funding for twenty of the thirty-nine SBHCs in operation throughout 13 different counties in Oregon. Of twenty-six SBHCs reporting data for the 1996-97 service year, 10,389 students were seen in for a total of 44,562 primary care visits.⁴¹ Nationally, SBHCs have experienced tremendous growth as a system of delivering comprehensive preventive health services to youth with over 900 centers in operation during the 1995-96 school year.⁴² For these questions, only the responses of those students whose school has a SBHC were included (sixteen sites and 6,893 students. The high schools included in this portion of the summary are noted in the introduction).

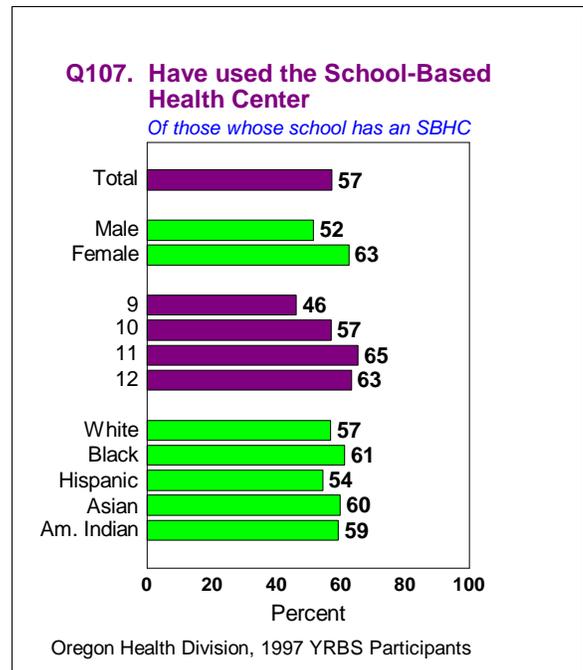
Q106. Does your school have a School Based Health Center? [Of those YRBS participants whose school has an SBHC]

Eighty-two percent of students whose school has an SBHC knew it existed. *Significantly* more females (94%) than males (88%) knew it existed. As grade increased, *significantly* more students knew it existed. There were no differences by race/ethnicity.



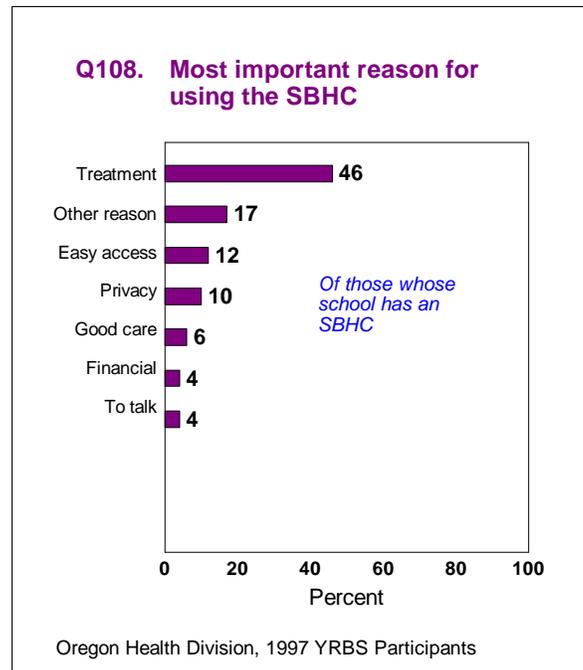
Q107. Have you used the School Based Health Center at this school? [Of those YRBS participants whose school has an SBHC]

Fifty-seven percent of students had used the SBHC, including *significantly* more females (63%) than males (52%). As grade increased, *significantly* more students used the SBHC. There were no differences by race/ethnicity.



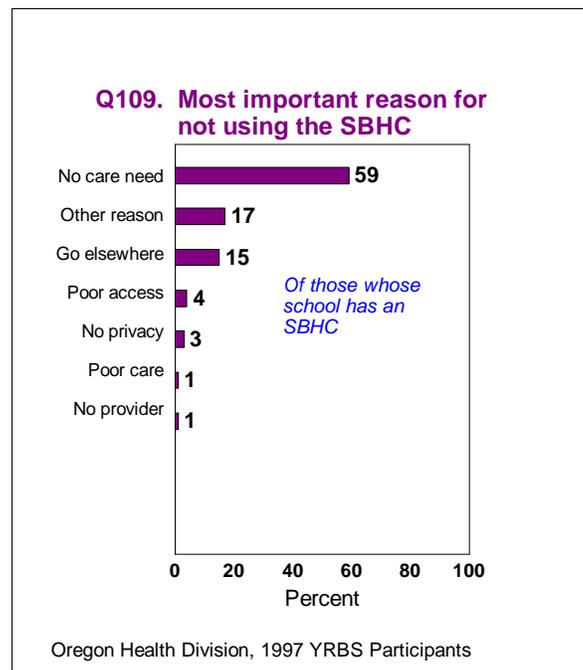
Q108. What's the most important reason for going to the School-Based Health Center? [Of those YRBS participants whose school has an SBHC]

- * Treatment of illness, injury, health problem - 46%
- * Other reason not listed - 17%
- * Ease of access - 12%
- * Privacy is protected - 10%
- * Good care received - 6%
- * Financial reasons - 4%
- * To talk - 4%



Q109. What's the most important reason you have not used the School-based Health Center? [Of those YRBS participants whose school has an SBHC]

- * No need for care - 59%
- * Other reason - 17%
- * I go somewhere else - 15%
- * Difficult to access - 4%
- * Concern for privacy - 3%
- * Poor care received there - 1%
- * No qualified provider - 1%



WHAT OREGON STUDENTS WROTE

I feel we need a health center (at school) because when we can't tell (or go to) our parents, we need somewhere to go and get help if we can't get to a health center or doctor.

I think the health center is good for teens. You're not judged by the things you do, but they do try to show you the right direction. I think all schools should have an opportunity to have the people we have in our health center; they help a lot!

I like our school's student health center, and I hope it will always be there for access now and in the future. I think that condoms should be available for free in our student health center for the large percentage of students having sex. Just because we can't get them doesn't mean we're going to stop having sex.

The one thing at this school that is very commendable is the student health care center. It is very helpful and should most definitely be continued. The two nurses employed there are excellent both at their jobs and at student relations.

I think our school's health center is very good. The staff members are very nice and helpful; for example, they let me borrow crutches when I dislocated my knee at school. They sent me to see a nurse practitioner when I had a cold that turned out to be bronchitis, and the nurse practitioner has also seen me for my kidney problems ...

One thing that could be addressed more is health risks and teen health. I think there should be places available for you to go to when you have a health problem (e.g., sex, pressures, weight concern).

I think that our school needs a health center in it also, so I am able to try to help a friend that is suffering from depression and family/home/life troubles. I believe he is not getting everything he needs (and is not) doing the right thing because of lack of supervision.

A big teen issue at my school is about the clinic: 1) it is not open on Fridays - that sucks because Fridays are hard days for me; 2) they don't give out condoms or birth control there. That is a big reason why some teens go there. They say they can't give them out. Why not?

I don't live with my parents so I don't get any medical needs when I live over here. I need to go to the dentist really bad, but a hard working student like me can't even get my teeth fixed. It's not a good system. There should be some way that I can get some health care. I also need to talk to someone about my problems, but there is no one to talk to. It should be easier for a teen to talk to someone they can trust.

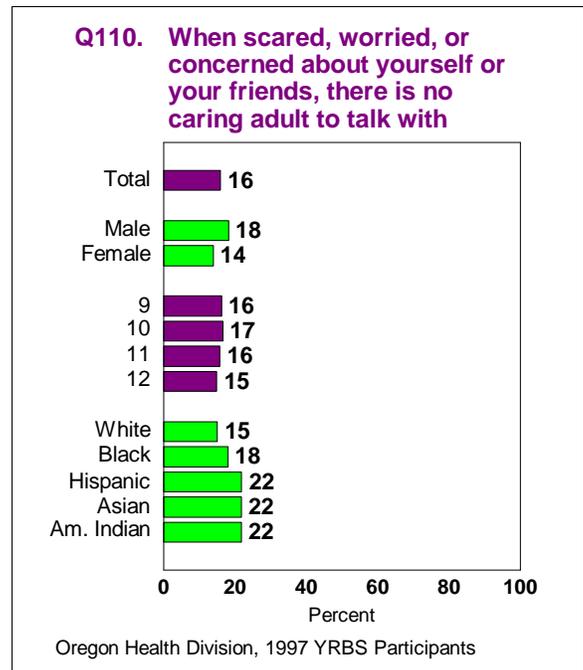
I think that the school should have an insurance program because me and my family don't have insurance and I got cut a couple months (ago) and couldn't pay for it.

I am glad a survey like this is used because it gives us a chance to tell the truth and not be afraid. I think a health center would be great for my school.

Our school needs a school based health center. The rural schools are always ignored. Just because we are in a smaller area does not mean we (are without) kids with problems.

Q110. When you are scared, worried, or concerned about yourself or your friends, is there a caring adult you can talk to?

Sixteen percent of Oregon YRBS participants reported having no caring adult to whom they could talk when worried or scared. *Significantly* more males (18%) than females (14%) had no caring adult. There was no statistically significant difference by grade level. Hispanic (22%), Asian (22%), and American Indian (22%) students were *significantly* more likely to report having no caring adult to whom they could talk.



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APPENDIX A:

**FREQUENCIES FROM THE 1997
YOUTH RISK BEHAVIOR SURVEY
(YRBS)**

1997 Oregon Youth Risk Behavior Survey

HIGH SCHOOL QUESTIONNAIRE

TOTAL SAMPLE = 32,378

1. How old are you?	n	%		
a. 12 years old or younger	6	0.0		
b. 13 years old	360	0.1		
c. 14 years old	3,669	11.5		
d. 15 years old	9,265	29.0		
e. 16 years old	8,850	27.5		
f. 17 years old	7,189	22.2		
g. 18 years old or older	3,29	59.7		
missing = 68				
2. What is your sex?				
a. Female	16,418	50.5		
b. Male	15,960	9.5		
missing = 0				
3. In what grade are you?				
a. 9th grade	9,716	29.6		
b. 10th grade	8,933	28.3		
c. 11th grade	7,413	22.7		
d. 12th grade	6,316	19.5		
e. Ungraded or other	NA	0.0		
missing = 0				
4. How do you describe yourself?				
a. White - not Hispanic	26,342	83.8		
b. Black - not Hispanic	603	1.5		
c. Hispanic or Latino	1,791	4.8		
d. Asian or Pacific Islander	1,042	3.4		
e. American Indian or Alaskan Native	848	2.3		
f. Other	1,379	4.3		
missing = 373				
<i>The next questions ask about safety and violence.</i>				
5. How often do you wear a seat belt when riding in a car driven by someone else?				
a. Never	730	2.1		
b. Rarely	1,634	4.6		
c. Sometimes	3,084	9.0		
d. Most of the time	10,278	31.2		
e. Always	16,531	53.2		
missing = 121				
6. During the past 12 months, how many times did you ride a motorcycle?				
a. 0 times	23,160	73.6		
b. 1 to 10 times	5,599	17.1		
c. 11 to 20 times	1,158	3.5		
d. 21 to 39 times	571	1.8		
e. 40 or more times	1,419	4.0		
missing = 471				
7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?				
a. I did not ride a motorcycle during the past 12 months	22,857	73.3		
b. Never wore a helmet	1,887	5.5		
c. Rarely wore a helmet	712	2.1		
d. Sometimes wore a helmet	638	1.8		
e. Most of the time wore a helmet	1,301	3.9		
f. Always wore a helmet	4,216	13.4		
missing = 767				
8. During the past 12 months, how many times did you ride a bicycle?				
a. 0 times	7,134	21.5		
b. 1 to 10 times	11,899	37.5		
c. 11 to 20 times	4,181	13.5		
d. 21 to 39 times	2,535	8.4		
e. 40 or more times	5,838	19.1		
missing = 791				
9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?				
a. I did not ride a bicycle during the past 12 months	7,020	21.3		
b. Never wore a helmet	13,389	40.6		
c. Rarely wore a helmet	2,719	8.7		
d. Sometimes wore a helmet	2,081	7.0		
e. Most of the time wore a helmet	2,721	9.5		
f. Always wore a helmet	3,551	13.0		
missing = 897				

10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol ?

a.	0 times	22,383	70.0
b.	1 time	3,285	10.2
c.	2 or 3 times	3,321	10.2
d.	4 or 5 times	884	2.7
e.	6 or more times	1,313	3.9
f.	Not sure	1,042	3.0
missing = 150			

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol ?

a.	0 times	28,383	89.0
b.	1 time	1,706	5.3
c.	2 or 3 times	1,166	3.6
d.	4 or 5 times	263	0.8
e.	6 or more times	421	1.3
missing = 439			

12. During the past 30 days, on how many days did you carry a gun as a weapon?

a.	0 days	30,253	94.4
b.	1 day	525	1.6
c.	2 or 3 days	466	1.4
d.	4 or 5 days	190	0.5
e.	6 or more days	784	2.2
missing = 160			

13. During the past 30 days, on how many days did you carry a gun as a weapon on school property ?

a.	0 days	31,602	98.3
b.	1 day	180	0.5
c.	2 or 3 days	121	0.3
d.	4 or 5 days	37	0.1
e.	6 or more days	269	0.8
missing = 169			

14. During the past 30 days, on how many days did you carry a weapon (other than a gun) such as a knife or a club?

a.	0 days	26,447	82.6
b.	1 day	938	3.0
c.	2 or 3 days	1,125	3.5
d.	4 or 5 days	427	1.4
e.	6 or more days	3,187	9.5
missing = 254			

15. During the past 30 days, on how many days did you carry a weapon (other than a gun) such as a knife or club on school property ?

a.	0 days	28,486	89.0
b.	1 day	588	1.9
c.	2 or 3 days	620	2.0
d.	4 or 5 days	247	0.7
e.	6 or more days	2,162	6.4
missing = 275			

16. During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school ?

a.	0 days	31,240	96.8
b.	1 day	515	1.6
c.	2 or 3 days	292	0.9
d.	4 or 5 days	79	0.2
e.	6 or more days	201	0.6
missing = 51			

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property ?

a.	0 times	30,140	93.2
b.	1 time	1,056	3.3
c.	2 or 3 times	584	1.8
d.	4 or 5 times	173	0.6
e.	6 or 7 times	64	0.2
f.	8 or 9 times	46	0.2
g.	10 or 11 times	26	0.1
h.	12 or more times	233	0.7
missing = 56			

18. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property ?

a.	0 times	21,780	67.3
b.	1 time	5,174	16.3
c.	2 or 3 times	3,588	11.1
d.	4 or 5 times	832	2.6
e.	6 or 7 times	305	0.9
f.	8 or 9 times	125	0.4
g.	10 or 11 times	60	0.2
h.	12 or more times	423	1.2
missing = 91			

19. During the past 12 months, how many times were you in a physical fight?

a.	0 times	22,481	71.0
b.	1 time	4,171	12.9
c.	2 or 3 times	2,962	9.2
d.	4 or 5 times	821	2.6
e.	6 or 7 times	351	1.0
f.	8 or 9 times	221	0.7
g.	10 or 11 times	93	0.3
h.	12 or more times	716	2.2
missing = 562			

20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

a.	0 times	30,939	97.2
b.	1 time	642	2.1
c.	2 or 3 times	134	0.4
d.	4 or 5 times	35	0.1
e.	6 or more times	50	0.2
missing = 578			

21. During the past 12 months, how many times were you in a physical fight on school property?

a.	0 times	27,540	86.7
b.	1 time	2,784	8.6
c.	2 or 3 times	1,072	3.2
d.	4 or 5 times	197	0.6
e.	6 or 7 times	85	0.3
f.	8 or 9 times	41	0.1
g.	10 or 11 times	19	0.1
h.	12 or more times	132	0.4
	missing = 508		

22. The last time you were in a physical fight, with whom did you fight?

a.	I have never been in a physical fight	15,235	48.3
b.	A total stranger	1,966	6.4
c.	A friend or someone I know	6,966	21.5
d.	A boyfriend, girlfriend, or date	352	1.1
e.	A parent, brother, sister, or other family member	3,487	11.0
f.	Someone not listed above	2,202	6.9
g.	More than one of the persons listed above	1,566	4.9
	missing = 604		

The next two questions ask about harassment at school. Harassment can include bullying; name calling or obscenities; offensive notes or graffiti; exclusion from groups; and unwanted attention or unwanted touching.

23. During the past 30 days have you been harassed at school by another student?

a.	Yes	9,035	30.8
b.	No	19,805	67.6
c.	Don't know	486	1.6
	missing = 3,052		

24. In the past 30 days, what were you harassed about? (If more than one reason, what was the most upsetting or offensive to you?)

a.	I was not harassed	19,804	67.8
b.	Race or national origin	576	1.9
c.	Unwanted sexual attention or comments	2,213	7.5
d.	Perceived sexual orientation (gay/lesbian/bisexual)	502	1.8
e.	Physical disability	240	0.8
f.	Other not listed	3,796	13.0
g.	Don't know why I was harassed	2,100	7.1
	missing = 3,147		

The following three questions are about physical abuse.

25. Have you ever been physically abused (hit, kicked or struck by someone when you were not involved in a fight)?

a.	Yes	7,768	27.2
b.	No	19,951	71.9
c.	Don't know	277	1.0
	missing = 4,382		

26. If you have ever been physically abused, when was the last time this happened to you?

a.	I have never been physically abused	19,978	71.9
b.	Within the past week	1,001	3.4
c.	Within the past month	1,090	3.8
d.	Within the past year	2,129	7.6
e.	Within the past 5 years	1,758	6.2
f.	Over 5 years ago	1,178	4.1
g.	Don't know	890	3.0
	missing = 4,354		

27. If you have ever been physically abused, have you ever talked with someone or tried to get help about this abuse?

a.	I've never been physically abused	19,969	72.0
b.	Yes	2,872	10.2
c.	No	5,146	17.9
	missing = 4,391		

The next three questions are about sexual abuse.

28. Have you ever been sexually abused (For example: touched sexually when you did not want to be, or forced to have sexual intercourse when you did not want to)?

a.	Yes	4,856	15.2
b.	No	25,300	83.6
c.	Don't know	373	1.2
	missing = 1,849		

29. If you have been sexually abused, when was the last time this happened?

a.	I have never been sexually abused	25,370	83.9
b.	Within the past week	314	1.0
c.	Within the past month	375	1.3
d.	Within the past year	1,048	3.3
e.	Within the past 5 years	1,165	3.7
f.	Over 5 years ago	1,853	5.7
g.	Don't know	368	1.2
	missing = 1,885		

30. If you have been sexually abused, have you ever talked with someone or tried to get help about this abuse?

a.	I've never been sexually abused	25,353	83.9
b.	Yes	2,740	8.6
c.	No	3,368	7.5
	missing =	1,917	

Sometimes people feel so depressed and hopeless about the future that they may consider attempting suicide, that is, taking some action to end their own life.

31. During the past 12 months, did you ever seriously consider attempting suicide?

a.	Yes	6,897	22.1
b.	No	24,035	77.9
	missing =	1,446	

32. During the past 12 months, how many times did you actually attempt suicide?

a.	0 times	28,170	91.5
b.	1 time	1,446	4.5
c.	2 or 3 times	900	2.7
d.	4 or 5 times	152	0.5
e.	6 or more times	262	0.8
	missing =	1,448	

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

a.	I did not attempt suicide during the past 12 months	28,073	91.5
b.	Yes	741	2.3
c.	No	1,984	6.2
	missing =	1,580	

The next fourteen questions ask about tobacco use.

34. How old were you when you smoked a whole cigarette for the first time?

a.	I have never smoked a whole cigarette	15,086	53.3
b.	8 years old or younger	1,317	4.2
c.	9 or 10 years old	1,592	5.2
d.	11 or 12 years old	3,310	11.3
e.	13 or 14 years old	4,725	16.6
f.	15 or 16 years old	2,349	8.3
g.	17 years old or more	360	1.2
	missing =	3,639	

35. During the past 30 days, on how many days did you smoke cigarettes?

a.	0 days	21,971	77.2
b.	1 or 2 days	868	3.0
c.	3 to 5 days	704	2.5
d.	6 to 9 days	608	2.1
e.	10 to 19 days	892	3.0
f.	20 to 29 days	1,190	4.1
g.	All 30 days	2,490	8.1
	missing =	3,655	

36. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

a.	I did not smoke cigarettes during the past 30 days	21,967	77.2
b.	Less than 1 cigarette per day	705	2.4
c.	1 cigarette per day	1,049	3.8
d.	2 to 5 cigarettes per day	2,930	9.9
e.	6 to 10 cigarettes per day	1,199	3.9
f.	11 to 20 cigarettes per day	695	2.3
g.	More than 20 cigarettes per day	178	0.6
	missing =	3,655	

37. During the past 30 days, where have you most often gotten your cigarettes? (Select only one response.)

a.	I did not smoke cigarettes during the past 30 days	20,183	76.3
b.	Friends gave them to me	2,106	7.8
c.	Family members gave them to me	430	1.5
d.	I gave someone else money to buy them for me	1,568	5.5
e.	I bought them from a grocery store	518	1.9
f.	I bought them from a convenience store or gas station	1,128	4.4
g.	I stole them from a store, gas station or convenience store	191	0.8
h.	I got them some other way	516	1.9
	missing =	5,738	

38. During the past 30 days, how many times have you bought cigarettes from any store or gas station?

a.	None	25,053	87.8
b.	1 time	844	2.9
c.	2 times	611	2.1
d.	3 times	440	1.5
e.	4 times	278	0.9
f.	5 times	210	0.8
g.	6 or more times	1,162	4.0
	missing =	3,780	

39. During the past 30 days, how many times has any store or gas station refused to sell you cigarettes?

a.	I did not try to buy cigarettes	25,133	87.7
b.	None (I was able to buy cigarettes each time I tried)	2,456	8.3
c.	1 time	519	1.8
d.	2 times	251	0.9
e.	3 times	123	0.5
f.	4 times	58	0.2
g.	5 times	52	0.2
h.	6 or more times	131	0.4
	missing = 3,655		

40. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

a.	I did not smoke cigarettes during the past 30 days	20,956	74.1
b.	I did not buy cigarettes in a store during the past 30 days	4,0991	3.9
c.	Yes, I was asked to show proof of age	1,610	5.5
d.	No, I was not asked to show proof of age	1,868	6.5
	missing = 3,845		

41. During the past 30 days, on how many days did you smoke cigarettes on school property ?

a.	0 days	25,500	89.0
b.	1 or 2 days	952	3.3
c.	3 to 5 days	492	1.6
d.	6 to 9 days	315	1.1
e.	10 to 19 days	464	1.6
f.	20 to 29 days	459	1.6
g.	All 30 days	516	1.7
	missing = 3,680		

42. Have you ever quit smoking cigarettes for three months or longer?

a.	I have never smoked	18,151	64.9
b.	I smoke and have never quit for 3 months	3,221	11.0
c.	I smoke now, but I have quit for at least 3 months at one time	3,497	12.1
d.	I used to smoke, but I quit 3 or more months ago	3,470	12.0
	missing = 4,039		

43. Does someone living in your house (other than you) smoke cigarettes?

a.	Nobody smokes	19,678	62.9
b.	Someone smokes, but not inside the house	5,799	18.0
c.	Someone smokes inside the house	6,636	19.1
	missing = 265		

44. Do you think smoking is “cool”?

a.	Yes	2,310	7.0
b.	No	29,704	93.0
	missing = 364		

45. Have you ever used chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

a.	Yes	9,840	30.1
b.	No	21,926	70.0
	missing = 612		

46. During the past 30 days, on how many days did you use chewing tobacco or snuff?

a.	0 days	27,890	88.2
b.	1 or 2 days	1,474	4.6
c.	3 to 5 days	558	1.6
d.	6 to 9 days	361	1.2
e.	10 to 19 days	387	1.2
f.	20 to 29 days	336	1.1
g.	All 30 days	757	2.2
	missing = 615		

47. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

a.	0 days	29,519	93.4
b.	1 or 2 days	732	2.2
c.	3 to 5 days	331	1.0
d.	6 to 9 days	237	0.7
e.	10 to 19 days	309	0.9
f.	20 to 29 days	195	0.6
g.	All 30 days	423	1.2
	missing = 632		

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

48. How old were you when you had your first drink of alcohol other than a few sips?

a.	I have never had a drink of alcohol other than a few sips	9,085	29.4
b.	8 years old or younger	3,366	10.3
c.	9 or 10 years old	2,036	6.5
d.	11 or 12 years old	3,905	12.2
e.	13 or 14 years old	7,763	25.1
f.	15 or 16 years old	4,526	14.6
g.	17 years old or older	607	1.9
	missing = 1,090		

49. During your life, on how many days have you had at least one drink of alcohol?

a.	0 days	7,844	25.2
b.	1 or 2 days	3,597	11.4
c.	3 to 9 days	4,796	15.5
d.	10 to 19 days	3,697	11.9
e.	20 to 39 days	3,785	12.0
f.	40 to 99 days	3,543	11.3
g.	100 or more days	4,142	12.8
missing = 974			

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

a.	0 days	16,844	54.1
b.	1 or 2 days	6,259	20.3
c.	3 to 5 days	3,584	11.5
d.	6 to 9 days	2,270	7.4
e.	10 to 19 days	1,684	5.2
f.	20 to 29 days	346	1.0
g.	All 30 days	172	0.5
missing = 1,219			

51. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

a.	0 days	21,772	69.4
b.	1 day	3,138	10.1
c.	2 days	2,216	6.9
d.	3 to 5 days	2,339	7.3
e.	6 or 9 days	1,196	3.8
f.	10 to 19 days	650	1.9
g.	20 or more days	190	0.5
missing = 877			

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

a.	0 days	29,714	94.4
b.	1 or 2 days	1,286	4.0
c.	3 to 5 days	280	0.9
d.	6 to 9 days	120	0.4
e.	10 to 19 days	51	0.2
f.	20 to 29 days	17	0.1
g.	All 30 days	42	0.1
missing = 868			

The next four questions ask about the use of marijuana, which is also called grass or pot.

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

a.	I have never tried marijuana	17,668	56.2
b.	8 years old or younger	538	1.6
c.	9 or 10 years old	621	1.9
d.	11 or 12 years old	2,322	7.1
e.	13 or 14 years old	6,174	19.4
f.	15 or 16 years old	3,961	12.2
g.	17 years old or older	570	1.7
missing = 524			

54. During your life, how many times have you used marijuana?

a.	0 times	17,809	56.5
b.	1 or 2 times	2,579	7.9
c.	3 to 9 times	2,731	8.6
d.	10 to 19 times	1,688	5.3
e.	20 to 39 times	1,722	5.4
f.	40 to 99 times	1,758	5.4
g.	100 or more times	3,614	11.0
missing = 477			

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

a.	0 times	24,488	77.5
b.	1 or 2 times	2,588	8.1
c.	3 to 9 times	1,911	5.8
d.	10 to 19 times	1,101	3.3
e.	20 to 39 times	816	2.5
f.	40 or more times	970	2.8
missing = 504			

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

a.	0 times	29,597	93.1
b.	1 or 2 times	1,030	3.2
c.	3 to 9 times	609	1.8
d.	10 to 19 times	336	1.0
e.	20 to 39 times	172	0.5
f.	40 or more times	152	0.4
missing = 482			

The next nine questions ask about cocaine and other drug use.

57. How old were you when you tried any form of cocaine, including powder, crack, or freebase, for the first time?

a.	I have never tried cocaine	29,575	97.5
b.	8 years old or younger	41	0.1
c.	9 or 10 years old	24	0.1
d.	11 or 12 years old	85	0.3
e.	13 or 14 years old	260	0.8
f.	15 or 16 years old	336	1.0
g.	17 years old or older	70	0.2
missing = 1,987			

58. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

a.	0 times	29,524	97.5
b.	1 or 2 times	136	0.5
c.	3 to 9 times	200	0.6
d.	10 to 19 times	148	0.4
e.	20 to 39 times	120	0.3
f.	40 or more times	209	0.6
missing = 2,041			

59. During the past 30 days, how many times have you used any form of cocaine, including powder, crack, or freebase?

a.	0 times	29,573	97.5
b.	1 or 2 times	441	1.4
c.	3 to 9 times	225	0.7
d.	10 to 19 times	88	0.3
e.	20 to 39 times	19	0.1
f.	40 or more times	42	0.1

missing = 1,990

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

a.	0 times	30,555	95.3
b.	1 or 2 times	1,047	3.3
c.	3 to 9 times	273	0.8
d.	10 to 19 times	80	0.2
e.	20 to 39 times	35	0.1
f.	40 or more times	67	0.2

missing = 321

62. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

a.	0 times	29,839	98.3
b.	1 or 2 times	282	0.9
c.	3 to 9 times	121	0.4
d.	10 to 19 times	47	0.2
e.	20 to 39 times	32	0.1
f.	40 or more times	55	0.2

missing = 2,002

63. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin?

a.	0 times	26,004	85.3
b.	1 or 2 times	1,946	6.6
c.	3 to 9 times	1,240	4.3
d.	10 to 19 times	501	1.7
e.	20 to 39 times	263	0.9
f.	40 or more times	394	1.3

missing = 2,030

64. During your life, how many times have you used a needle to inject any illegal drug into your body?

a.	0 times	30,068	99.5
b.	1 or 2 times	56	0.2
c.	3 to 9 times	27	0.1
d.	10 to 19 times	16	0.0
e.	20 to 39 times	16	0.1
f.	40 or more times	39	0.1

missing = 2,156

65. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

a.	Yes	9,937	33.1
b.	No	20,369	66.9

missing = 2,072

The next sixteen questions ask about sexual behavior.

66. How concerned are you personally about getting the HIV/AIDS virus?

a.	Not concerned	10,196	32.0
b.	Somewhat concerned	8,643	27.9
c.	Very concerned	4,818	15.1
d.	Extremely concerned	6,640	20.1
e.	Don't know how I feel	1,612	4.9

missing = 469

67. How concerned are you personally about getting a sexually transmitted disease other than AIDS?

a.	Not concerned	11,196	35.4
b.	Somewhat concerned	8,258	26.5
c.	Very concerned	5,131	16.0
d.	Extremely concerned	6,226	18.8
e.	Don't know how I feel	1,114	3.3

missing = 453

68. If a classmate, your same age and gender, asked you for your advice about whether to start having sexual intercourse, what would you probably say?

a.	Wait until you're married	10,110	32.4
b.	Wait until you are older	11,159	36.6
c.	Go ahead and do it	9,658	31.0

missing = 1,451

69. What percentage of your classmates, your same age and gender, have had sexual intercourse? Would you guess:

a.	less than 30%	6,033	19.8
b.	30%-39%	6,109	19.9
c.	40%-49%	5,337	17.2
d.	50%-59%	5,370	16.9
e.	60%-69%	4,673	14.2
f.	more than 70%	4,177	12.0

missing = 679

70. Have you ever had sexual intercourse?

a.	Yes	11,250	35.2
b.	No	19,349	64.8

missing = 1,779

71. How old were you when you had sexual intercourse for the first time?

a.	I have never had sexual intercourse	19,307	64.9
b.	11 years old or younger	841	2.5
c.	12 years old	741	2.3
d.	13 years old	1,360	4.1
e.	14 years old	2,533	7.9
f.	15 years old	2,804	9.0
g.	16 years old	1,962	6.3
h.	17 years old or older	955	3.1

missing = 1,875

72. During your life, with how many people have you had sexual intercourse?

a.	I have never had sexual intercourse	19,308	64.9
b.	1 person	4,564	14.7
c.	2 people	2,166	6.9
d.	3 people	1,323	4.1
e.	4 people	838	2.6
f.	5 people	607	1.9
g.	6 or more people	1,655	5.0
	missing = 1,917		

73. During the past 3 months, with how many people did you have sexual intercourse?

a.	I have never had sexual intercourse	19,290	64.8
b.	I have had sexual intercourse, but not during the past 3 months	3,735	11.8
c.	1 person	5,926	18.7
d.	2 people	872	2.6
e.	3 people	276	0.8
f.	4 people	101	0.3
g.	5 people	69	0.2
h.	6 or more people	219	0.7
	missing = 1,890		

74. Did you drink alcohol or use other drugs before you had sexual intercourse the last time ?

a.	I have never had sexual intercourse	19,282	64.8
b.	Yes	3,145	9.8
c.	No	8,039	25.4
	missing = 1,912		

75. The last time you had sexual intercourse, did you or your partner use a condom?

a.	I have never had sexual intercourse	19,283	65.0
b.	Yes	6,383	20.3
c.	No	4,737	14.7
	missing = 1,975		

76. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy ?

a.	I have never had sexual intercourse	19,199	65.4
b.	No method was used to prevent pregnancy	1,789	5.6
c.	Birth control pills	1,638	5.3
d.	Birth control shot (Depo Provera)	643	1.9
e.	Condoms	5,252	16.9
f.	Withdrawal	1,090	3.5
g.	Some other method	244	0.8
h.	Not sure	217	0.7
	missing = 2,306		

77. How many times have you been pregnant or gotten someone pregnant?

a.	0 times	28,888	95.6
b.	1 time	955	2.9
c.	2 or more times	244	0.7
d.	Not sure	276	0.8
	missing = 2,015		

78. How concerned are you personally about being pregnant or making someone else pregnant?

a.	Not concerned	13,026	41.7
b.	Somewhat concerned	5,760	18.4
c.	Very concerned	4,6161	4.5
d.	Extremely concerned	7,3262	2.6
e.	Don't know how I feel	910	2.8
	missing = 740		

The next series of questions asks about sexually transmitted diseases, which includes HIV/AIDS.

79. Have you ever been taught about AIDS or HIV infection in school?

a.	Yes	29,889	94.7
b.	No	1,229	3.6
c.	Not sure	575	1.7
	missing = 685		

80. Would you be willing to be in the same class with a student with HIV/AIDS infection?

a.	Yes	25,268	80.6
b.	No	2,209	6.5
c.	Not sure	4,209	12.9
	missing = 692		

81. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?

a.	Yes	19,740	63.0
b.	No	9,647	30.0
c.	Not sure	2,237	7.0
	missing = 754		

82. What do you consider to be the one most important source from where you have gotten your information about AIDS/HIV infection?

a.	From classroom instruction	16,426	54.0
b.	From a teacher or school counselor	3,769	11.4
c.	From parents or other adults in my family	3,26	10.3
d.	From friends	656	2.0
e.	From brochures available at schools or school health centers	991	2.9
f.	From TV or radio	3,243	10.6
g.	Other sources not mentioned above	2,802	8.7
	missing = 1,230		

83. Can you tell if people are infected with HIV (the AIDS virus) just by looking at them?

- a. Yes 923 2.9
 - b. No 28,314 90.2
 - c. Not sure 2,272 6.9
- missing = 869

84. Is it safe to have unprotected sex (no condom used) with a person who has tested negative for HIV?

- a. Yes, it is safe 3,008 9.3
 - b. No, not safe 25,783 82.4
 - c. Not sure about safety 2,625 8.3
- missing = 962

85. Can a person get AIDS/HIV infection from being bitten by mosquitoes or other insects?

- a. Yes 3,239 10.0
 - b. No 21,283 68.4
 - c. Not Sure 6,908 21.5
- missing = 948

86. Can a person get AIDS/HIV infection from donating blood?

- a. Yes 12,694 40.5
 - b. No 14,465 46.9
 - c. Not sure 4,123 12.6
- missing = 1,096

87. If you wanted them, where would you go to get condoms? (Select only one response.)

- a. Parent or other family member 1,563 4.8
 - b. Friend 2,725 8.7
 - c. Pharmacy or store 13,630 44.4
 - d. Vending machine 2,545 8.4
 - e. School health center 1,112 2.9
 - f. County or Community Health Center 2,604 8.2
 - g. Other community program or place 290 1.0
 - h. Not sure; haven't really thought about it 6,677 21.6
- missing = 1,232

88. If you thought you were exposed to the HIV/AIDS virus, where would you go to be tested?

- a. School health center 2,364 6.9
 - b. County or community health center 6,816 21.6
 - c. Doctor's office 12,815 41.6
 - d. Red Cross 1,067 3.4
 - e. Other place not listed 1,529 4.9
 - f. Don't know where I would go to get tested 6,575 21.7
- missing = 1,212

The next six questions ask about body weight.

89. How do you describe your weight?

- a. Very underweight 750 2.3
 - b. Slightly underweight 4,706 15.3
 - c. About the right weight 16,359 53.0
 - d. Slightly overweight 8,250 26.0
 - e. Very overweight 1,114 3.4
- missing = 1,199

90. Which of the following are you trying to do about your weight?

- a. Lose weight 13,323 42.1
 - b. Gain weight 5,018 16.3
 - c. Stay the same weight 5,943 19.2
 - d. I am not trying to do anything about my weight 6,881 22.5
- missing = 1,213

91. During the past 30 days, did you diet to lose weight or to keep from gaining weight?

- a. Yes 8,799 27.5
 - b. No 22,191 72.5
- missing = 1,388

92. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

- a. Yes 16,957 54.4
 - b. No 14,110 45.6
- missing = 1,311

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

- a. Yes 1,697 5.3
 - b. No 29,313 94.7
- missing = 1,368

94. During the past 30 days, did you take diet pills to lose weight or to keep from gaining weight?

- a. Yes 1,743 5.3
 - b. No 29,092 94.8
- missing = 1,543

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

95. Yesterday, how many times did you eat fruit or drink fruit juice?

- a. 0 times 4,870 15.2
 - b. 1 time 6,473 20.7
 - c. 2 times 8,153 26.6
 - d. 3 times 6,216 20.5
 - e. 4 times 2,727 9.0
 - f. 5 or more times 2,501 8.0
- missing = 1,438

96. Yesterday, how many times did you eat raw or cooked vegetables (including green salad)?

a.	0 times	8,180	25.8
b.	1 time	10,944	36.0
c.	2 times	7,191	23.6
d.	3 times	3,003	9.6
e.	4 times	824	2.7
f.	5 or more times	764	2.4

missing = 1,472

97. Yesterday, how many times did you eat hamburger, hot dogs, sausage, french fries or potato chips?

a.	0 times	12,647	42.3
b.	1 time	11,452	36.6
c.	2 times	4,559	14.3
d.	3 times	1,472	4.4
e.	4 times	376	1.2
f.	5 or more times	418	1.3

missing = 1,454

98. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?

a.	0 times	11,922	38.4
b.	1 time	11,240	36.9
c.	2 times	4,913	15.9
d.	3 times	1,666	5.3
e.	4 times	498	1.5
f.	5 or more times	605	1.9

missing = 1,534

The next 3 questions ask about exercise and sports.

99. On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes that made you sweat and breathe hard, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?

a.	0 days	5,232	16.9
b.	1 day	2,732	8.9
c.	2 days	2,982	9.8
d.	3 days	3,701	12.4
e.	4 days	3,041	10.0
f.	5 days	4,730	15.0
g.	6 days	2,888	9.8
h.	7 days	5,430	17.2

missing = 1,642

100. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

a.	0 days	16,228	54.1
b.	1 day	554	1.8
c.	2 days	1,120	3.9
d.	3 days	4,260	14.0
e.	4 days	1,464	4.9
f.	5 days	6,850	21.2

missing = 1,902

101. During the past 12 months, on how many sports teams run by your school or by an organization outside your school, did you play? (Do not include PE classes.)

a.	0 teams	13,527	44.7
b.	1 team	7,166	24.0
c.	2 team	4,891	16.0
d.	3 or more teams	4,795	15.3

missing = 1,999

The last questions ask about health care and community resources.

102. When did you last go to a doctor or nurse practitioner?

a.	During the past 12 months	23,487	77.6
b.	Within the past two years	3,401	11.0
c.	Within the past five years	962	3.1
d.	More than five years ago	441	1.4
e.	Never been to doctor	266	0.8
f.	Don't know	1,958	6.1

missing = 1,863

103. When did you last go to a dentist?

a.	During the past 12 months	23,222	77.8
b.	Within the past two years	4,044	12.5
c.	Within the past five years	1,547	4.8
d.	More than five years ago	880	2.7
e.	Never been to dentist	436	1.3
f.	Don't know if I've been to dentist	311	0.9

missing = 1,938

104. During the past 12 months, did you have any of the following health care needs? (On your answer sheet MARK ALL THAT APPLY.)

a.	Check-up or sports physical	12,065
b.	Injury or accident	8,310
c.	Illness	12,165
d.	Immunization	5,229
e.	Reproductive health services (exam or birth control/condoms)	2,458
f.	Pregnancy test or sexually transmitted disease test	1,586
g.	Alcohol or other drug problem	599
h.	Personal or emotional problem	1,875
i.	Other need not listed	4,231
j.	I had no health care needs	2,951

105. During the past 12 months, where did you go to meet your health care needs? (On your answer sheet MARK ALL THAT APPLY.)

a.	Emergency room	4,992
b.	Family doctor	16,554
c.	County or community health clinic	4,834
d.	School-based health center	2,452
e.	Other place not listed	2,732
f.	I needed care, but didn't see anyone	610
g.	I did not need care during the past 12 months	2,859

106.Does your school have a School Based Health Center?

a.	Yes	9,791	38.0
b.	No	6,831	23.9
c.	Don't know	9,663	38.2

missing = 6,093

107.Have you used the School Based Health Center at this school?

a.	Yes	5,949	21.8
b.	No	14,732	54.4
c.	Don't have a School Based Health Center	6,940	23.8

missing = 4,757

108.What's the most important reason for going to the School Based Health Center.

a.	Not applicable - Don't have a School Based Health Center	12,555	47.5
b.	For treatment of illness, injury, or a physical health problem	6,135	25.5
c.	To talk about an emotional or mental health problem	891	3.5
d.	Ease of access (the hours are good, it's easy to get there, it's easy to get an appointment)	1,062	4.0
e.	Financial reasons (I do not have to pay, I don't have insurance)	419	1.6
f.	Privacy is protected (confidential, feels safe, my parents don't have to know)	1,015	3.8
g.	Good care received (I like the staff, they understand my needs and problems)	552	2.2
h.	Other reason not listed	2,924	11.9

missing = 6,825

109.What's the most important reason you have not used the School Based Health Center.

a.	Not applicable - Don't have a School Based Health Center	12,257	46.3
b.	No need for care (I don't need to go, I have no health reasons to go)	7,694	32.1
c.	Difficult to access (I couldn't get an appointment, teachers wouldn't let me out of class, clinic wasn't open)	434	1.7
d.	I go somewhere else (I already have a doctor, I use another kind of primary care provider)	1,818	7.6
e.	Concern for privacy (it does not feel safe, my parents might find out, others will see me there)	344	1.3
f.	Poor care received there (I didn't like the staff, they don't understand my needs and problems)	108	0.5
g.	No qualified provider (mental health counselor, drug & alcohol counselor)	74	0.3
h.	Other reason not listed	2,581	10.3

missing = 7,068

110.When you are scared, worried, or concerned about yourself or your friends, is there a caring adult you can talk to?

a.	No, there is no adult	4,660	16.0
b.	Yes, 1 adult	5,391	18.8
c.	Yes, 2 or 3 adults	10,062	35.6
d.	Yes, 4 or more adults	8,546	29.7

missing = 3,719

APPENDIX B:

TIME SERIES DATA OF THE YOUTH RISK
BEHAVIOR SURVEY (YRBS)

tables of data from the 1991, 1993,
1995 and 1997 Oregon YRBS surveys
and the 1995 U.S. YRBS survey
(when available)

APPENDIX B: SYNOPSIS OF YRBS RESULTS OREGON, 1991, 1993 AND 1995 [NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with later years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
DEMOGRAPHICS					
Number of schools participating	22	25	50	102	110
Number of students participating	2,005	2,620	13,992	32,378	10,904
	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>	<u>%</u>
Age: 15 or under	33	40	41	40	n.a.
16 or 17	52	48	48	50	n.a.
18 or older	15	12	12	10	n.a.
Gender:					
Female	48	51	50	50	48
Male	52	50	50	50	52
Grade:					
9th grade	25	29	30	30	23
10th grade	26	30	28	28	25
11th grade	25	19	22	23	25
12th grade	24	22	21	19	26
Describe self as:					
White—not Hispanic	86	83	82	84	67
Black—not Hispanic	3	3	3	2	14
Hispanic	3	4	4	5	11
Asian or Pacific Islander	3	5	5	3	-
Native American or Alaskan Native	2	2	2	2	-
Other	3	3	4	4	8
SEATBELT USE					
Wore a seatbelt "always"	54	54	53	53	n.a.
Wore a seatbelt "rarely or never"	n.a.	8	6	7	22
MOTORCYCLE HELMET USE					
Rode a motorcycle in the past 12 months	35	35	27	26	n.a.
Wore a helmet "always" when riding a motorcycle	53	42	49	50	n.a.
Wore a helmet "rarely or never" when riding a motorcycle	n.a.	37	29	29	44

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
BICYCLE HELMET USE					
Rode a bicycle in the past 12 months	76	81	78	79	n.a.
Wore a helmet "always" when riding a bicycle	2	4	10	16	n.a.
Wore a helmet "rarely or never when riding a bicycle	n.a.	90	72	62	93
DRINKING AND DRIVING					
<i>Rode</i> in a vehicle driven by someone who had been drinking, past 30 days	28	31	30	28	39
<i>Drove</i> a vehicle after drinking, past 30 days	13	11	12	11	15
SAFETY AT SCHOOL					
Did not go to school because felt it would be unsafe, past 30 days	n.a.	5	4	3	5
Threatened or injured with a weapon such as a gun, knife, or club, on school property, past 12 months	n.a.	10	8	7	8
Had property, such as car, clothing, or books, stolen or deliberately damaged on school property, past 12 months	n.a.	36	36	33	35
HARASSMENT					
During the past 30 days, been harassed at school by another student	n.a.	n.a.	n.a.	31	n.a.
If harassed, reason that was most upsetting or offensive					
Race or national origin	n.a.	n.a.	n.a.	6	n.a.
Unwanted sexual attention or comments	n.a.	n.a.	n.a.	24	n.a.
Perceived sexual orientation (gay/lesbian/bisexual)	n.a.	n.a.	n.a.	6	n.a.
Physical disability	n.a.	n.a.	n.a.	3	n.a.
Other not listed	n.a.	n.a.	n.a.	42	n.a.
Don't know why I was harassed	n.a.	n.a.	n.a.	19	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
PHYSICAL FIGHTING					
Been in a physical fight, past 12 months	35	39	32	29	39
Males	42	48	41	37	46
Females	28	31	24	21	31
Injured in a physical fight and had to be treated by a doctor or nurse, past 12 months:	4	5	3	3	4
In a physical fight on school property, past 12 months:	n.a.	18	15	13	16
Males	n.a.	27	22	19	19
Females	n.a.	11	9	7	8
Of those who ever fought, last fight was with someone they knew (a boyfriend, girlfriend, or date; a parent, brother, sister, or other family member; or a friend):					
Males	59	56	56	58	n.a.
Females	80	75	76	75	n.a.
WEAPON CARRYING					
Carried a gun as a weapon, past 30 days	n.a.	n.a.	6	6	8
Male	n.a.	n.a.	10	10	12
Female	n.a.	n.a.	2	2	3
Carried a gun as a weapon on school property, past 30 days	n.a.	n.a.	2	2	n.a.
Male	n.a.	n.a.	3	3	n.a.
Female	n.a.	n.a.	1	1	n.a.
Carried a weapon other than a gun, past 30 days	n.a.	n.a.	18	17	n.a.
Male	n.a.	n.a.	28	27	n.a.
Female	n.a.	n.a.	8	8	n.a.
Carried a weapon other than a gun on school property, past 30 days	n.a.	n.a.	10	11	n.a.
Male	n.a.	n.a.	16	17	n.a.
Female	n.a.	n.a.	4	5	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
SUICIDE					
Seriously considered suicide, past 12 months:	28	26	24	22	24
Males	19	21	18	16	18
9th grade	16	20	20	17	18
10th grade	23	19	17	16	17
11th grade	20	23	18	17	22
12th grade	17	20	19	16	16
Females	36	32	29	28	30
9th grade	38	31	33	30	34
10th grade	45	38	32	30	33
11th grade	28	31	28	27	31
12th grade	33	26	21	21	24
Attempted suicide one or more times, past 12 months:	n.a.	11	9	9	9
Males	n.a.	8	5	5	6
9th grade	n.a.	10	7	7	7
10th grade	n.a.	5	5	5	5
11th grade	n.a.	7	5	5	6
12th grade	n.a.	7	5	4	5
Females	n.a.	13	12	12	12
9th grade	n.a.	14	15	15	15
10th grade	n.a.	14	14	13	15
11th grade	n.a.	13	11	10	11
12th grade	n.a.	10	5	6	7

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
Attempted suicide which resulted in an injury, poisoning, or overdose that was treated by a doctor or nurse, past 12 months:	4	3	2	2	3
Males	3	3	1	2	2
9th grade	2	4	2	2	2
10th grade	3	2	1	2	2
11th grade	4	3	1	1	2
12th grade	3	2	1	1	2
Females	5	4	3	3	3
9th grade	8	3	4	3	6
10th grade	5	5	3	4	4
11th grade	2	2	2	3	3
12th grade	3	3	2	1	1
PHYSICAL ABUSE					
Have been physically abused ("hit, kicked or struck with an object when not involved in a fight"), ever	n.a.	30	28	27	n.a.
Those physically abused, past 30 days	n.a.	8	7	7	n.a.
Of those who have been physically abused, percent who talked to someone about it	n.a.	46	32	36	n.a.
SEXUAL ABUSE					
Been sexually abused ("touched sexually when you did not want to be, or made to watch sexual things that made you uncomfortable"), ever *	n.a.	20	17	15	n.a.
Been sexually abused, past 30 days	n.a.	3	1	2	n.a.
Of those who have been sexually abused, percent who talked with someone about it	n.a.	60	50	54	n.a.

* In 1997, the wording of this question changed to "...did not want to be, or forced to have sexual intercourse when you did not want to?"

NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
TOBACCO USE					
Smoked a whole cigarette, prior to age 13	21	27	21	21	25
Smoked one or more days, past 30 days	22	25	24	23	35
Smoked two or more cigarettes on the days they smoked, past 30 days	15	16	18	17	n.a.
Smoked every day, past 30 days	6	9	8	8	n.a.
Smoked cigarettes on school property, past 30 days	n.a.	10	13	11	16
Used chewing tobacco or snuff, ever	42	n.a.	n.a.	30	n.a.
Used chewing tobacco or snuff, past 30 days	17	11	14	12	11
Males	28	26	22	19	20
Females	5	6	6	5	2
Used chewing tobacco or snuff on school property, past 30 days	n.a.	17	8	7	6
Of those who smoked past 12 months, percent who most frequently got cigarettes from friends					
Males	n.a.	41	51	n.a.	n.a.
Females	n.a.	50	59	n.a.	n.a.
Of those under 18 years old:					
Bought cigarettes from store or gas station, past 30 days	n.a.	n.a.	15	10	39
Were refused when trying to buy cigarettes, past 30 days	n.a.	n.a.	5	4	n.a.
Were asked to show proof age when buying cigarettes, past 30 days	n.a.	n.a.	7	7	22
Of those who ever smoked, have ever quit smoking for three months or longer	n.a.	n.a.	23	69	n.a.
Someone living in house (other than respondent) smokes cigarettes	n.a.	n.a.	n.a.	19	n.a.
Think smoking is "cool"	n.a.	n.a.	n.a.	7	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
ALCOHOL USE					
Had at least one drink of alcohol, other than a few sips, prior to age 13	37	36	33	29	32
Had at least one drink of alcohol, ever	79	76	75	75	80
Had at least one drink of alcohol, past 30 days	46	42	47	46	52
Binge drinking (5 or more drinks within a couple of hours), past 30 days	31	26	31	31	33
Drank alcohol on school property, past 30 days	n.a.	7	6	6	6
MARIJUANA USE					
Used marijuana, prior to age 13	10	11	9	10	8
Used marijuana, ever	32	31	41	43	42
Used marijuana, past 30 days	13	14	25	23	25
Used marijuana on school property, past 30 days	n.a.	5	9	7	9
COCAINE USE					
Used any form of cocaine, prior to age 13	2	3	<1	<1	1
Used any form of cocaine, ever	7	7	6	7	7
Used cocaine, past 30 days	2	3	2	2	3
OTHER DRUG USE					
Tried other illegal drugs such as LSD, mushrooms, ecstasy, heroin or speed, ever	14	17	15	15	16
Took steroid pills or shots without a doctor's prescription, ever	4	4	1	2	4
Injected illegal drugs, ever	6	3	<1	<1	2
Used inhalants, ever	n.a.	n.a.	n.a.	5	20

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
DRUG AVAILABILITY ON SCHOOL PROPERTY					
Was offered, sold, or given illegal drug, on school property, past 12 months	n.a.	27	40	33	32
9th grade	n.a.	28	39	33	31
10th grade	n.a.	27	42	35	35
11th grade	n.a.	23	41	33	33
12th grade	n.a.	27	39	30	29
SEXUAL ACTIVITY					
Had sexual intercourse, ever	47	46	40	35	53
9th grade	29	33	28	24	37
10th grade	42	41	34	33	48
11th grade	50	51	48	40	49
12th grade	68	62	54	51	66
Had sexual intercourse, prior to age 13	8	10	6	5	9
9th grade	10	12	8	6	11
10th grade	8	10	6	5	11
11th grade	6	8	5	4	7
12th grade	7	8	4	4	7
Had sexual intercourse with 4 or more people, ever	15	16	11	10	18
9th grade	7	12	7	6	13
10th grade	11	12	10	8	16
11th grade	15	16	13	10	19
12th grade	27	24	16	15	23
Had sexual intercourse with 2 or more people, past 3 months	7	8	5	4	n.a.
9th grade	4	9	4	4	n.a.
10th grade	5	7	5	5	n.a.
11th grade	4	8	6	5	n.a.
12th grade	9	9	6	6	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
Have been pregnant or gotten someone pregnant	5	6	4	4	7
“Very concerned” or “extremely concerned” about being pregnant or getting someone pregnant	n.a.	58	49	37	n.a.
Would advise classmate, same age and gender, to wait to have sex	n.a.	61	63	69	n.a.
Guessed more than 50% of classmates, same age and gender, have had sex	n.a.	n.a.	47	43	n.a.
BEHAVIOR OF SEXUALLY ACTIVE					
Sexually active in the past three months					
Of those who ever had sexual intercourse,					
had intercourse with 4 or more people, ever	32	35	28	27	n.a.
Drank alcohol or used drugs before last intercourse	27	20	25	28	n.a.
Used a condom during last intercourse	55	56	58	58	46
Used birth control pills to prevent pregnancy during last intercourse	18	18	17	19	n.a.
SEXUALLY TRANSMITTED DISEASES					
“Very concerned” or “extremely concerned” about getting an STD other than HIV/AIDS	n.a.	59	52	35	n.a.
HIV/AIDS					
“Very concerned” or “extremely concerned” about getting the HIV/AIDS virus	n.a.	64	55	35	n.a.
Have been taught about HIV/AIDS in school	90	92	94	95	86
Have talked with parents/family about HIV/AIDS	60	68	64	63	63
Would be willing to be in the same class with a student with HIV/AIDS infection	75	77	79	81	n.a.
Know a person can <i>not</i> get HIV/AIDS from being bitten by an insect	59	73	69	68	n.a.
Know a person can <i>not</i> get HIV/AIDS from donating blood	67	59	49	47	n.a.
Know you can <i>not</i> tell if people are infected with the HIV/AIDS virus by looking at them	91	91	89	90	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
Know its <i>not</i> safe to have unprotected sex with HIV-negative partner					
Reported schools (classroom instruction, teacher / school counselor, 66 or brochures available at school) are most important source of information about HIV/AIDS		62	64	68	n.a.
Know where to get condoms if want them	n.a.	63	80	78	n.a.
Know where to get tested for HIV	n.a.	82	80	78	n.a.
BODY IMAGE AND WEIGHT					
Think they are overweight	33	33	29	29	28
Males	22	22	20	21	22
Females	45	46	37	37	34
Think they are underweight	18	19	18	18	n.a.
Males	28	26	23	22	n.a.
Females	8	12	12	13	n.a.
Trying to lose weight	40	41	42	42	41
Males	21	23	22	23	24
Females	62	59	61	60	60
In the past 30 days:					
dieted to lose weight	n.a.	n.a.	27	28	31
exercised to lose weight	n.a.	n.a.	54	54	51
vomited or took laxatives to lose weight	n.a.	n.a.	5	5	5
took diet pills to lose weight	n.a.	n.a.	5	5	5
NUTRITION					
On the day prior to survey, ate...					
fruit or fruit juice	76	78	85	85	n.a.
ate vegetables or green salad	n.a.				
hot dogs, hamburgers, sausage, french fries, or potato chips	56	58	56	58	n.a.
cookies, doughnuts, pies, or cake	n.a.	61	59	62	n.a.

[NOTE: YRBS results from 1993 and 1991 are not necessarily comparable with other years' results because of different sampling methods and different editing.]

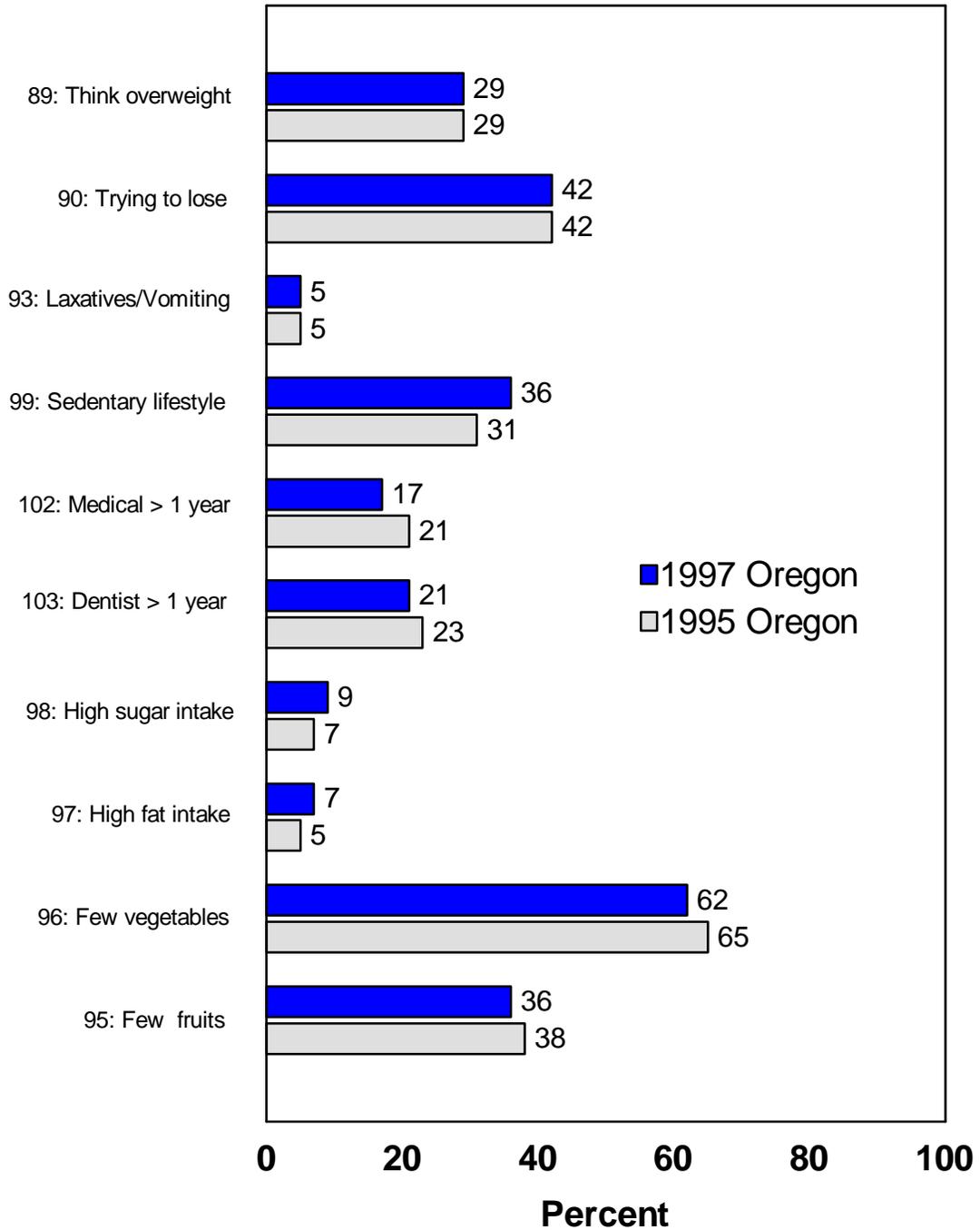
QUESTIONS	1991 unweighted%	1993 unweighted%	1995 weighted%	1997 weighted%	1995 U.S. Data weighted%
PHYSICAL ACTIVITY					
Participated in aerobic exercise three times, past 7 days	73	69	69	64	64
Males	80	77	76	70	74
Females	67	63	63	59	52
Participated on a sports team, past 12 months	n.a.	55	56	55	n.a.
Males	n.a.	64	62	59	n.a.
Females	n.a.	47	51	51	n.a.
Went to physical education (PE) class average of five days a week	43	n.a.	33	21	25
HEALTH CARE ACCESS					
Went to a doctor or nurse practitioner, past 12 months	n.a.	77	79	78	n.a.
Went to a dentist, past 12 months	n.a.	72	77	78	n.a.

**APPENDIX C:
DATA HIGHLIGHTS OF THE
YOUTH RISK BEHAVIOR
SURVEY (YRBS)**

a comparison of data from the 1995 and
1997 surveys

General Health and Medical Access

Oregon Youth Risk Behavior Survey (Grades 9-12)

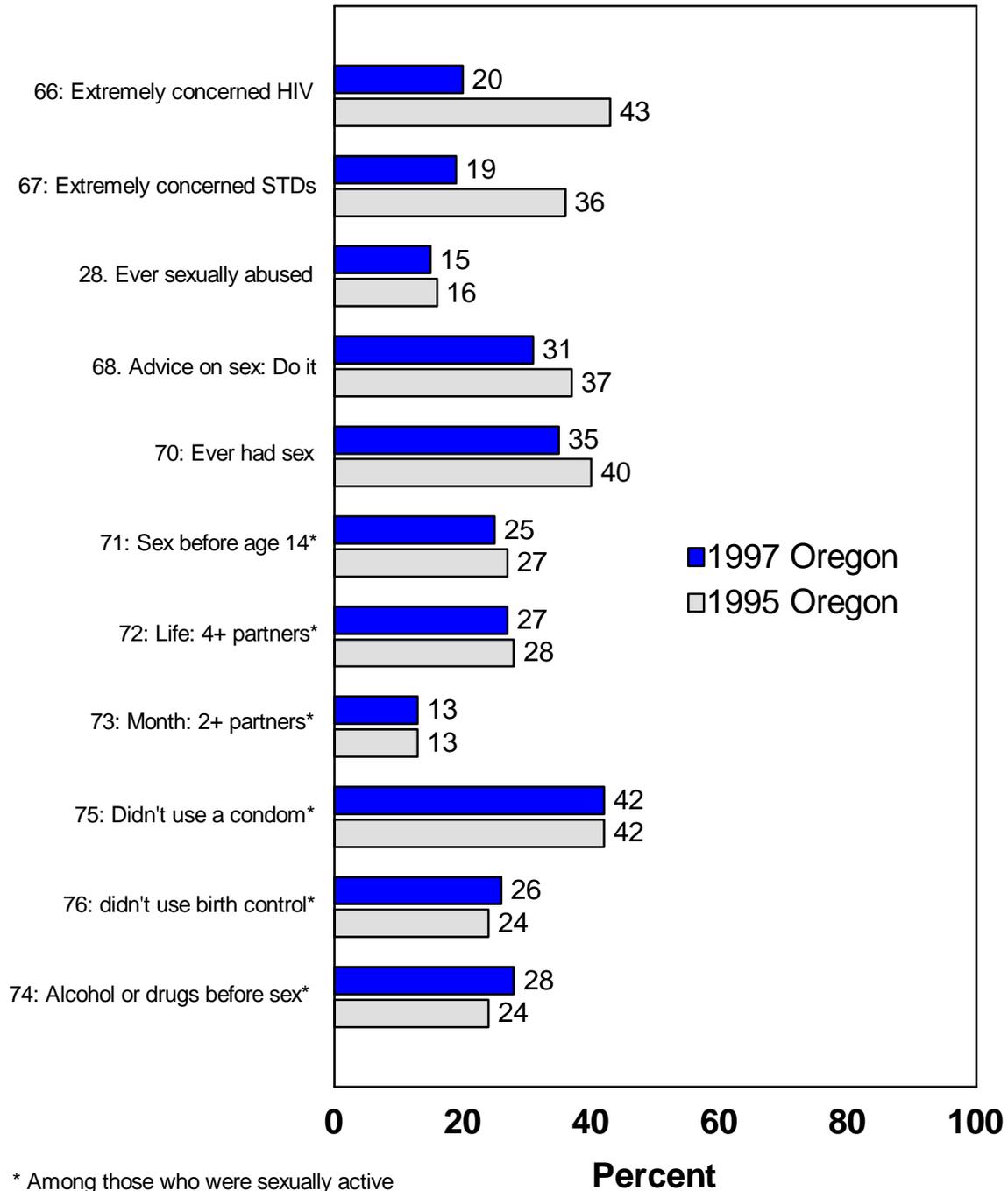


Definitions Used for Graph Related to General Health and Medical Access
Youth Risk Behavior Surveys 1995 and 1997.

- Q89. (Q83; 1995) How would you describe your weight?
Those that answered Slightly or Very Overweight.
- Q90. (Q84; 1995) Which of the following are you trying to do about your weight?
Those that answered Lose Weight.
- Q93. (QQ87; 1995) During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight.
Those that answered Yes.
- Q99. (Q93; 1995) On how many of the past 7 days did you exercise or participate in sports activities for at least 20 minutes *that made you sweat and breathe hard*, such as basketball, jogging, swimming laps, tennis, fast bicycling, or similar aerobic activities?
Those that reported exercising fewer than three times per week.
- Q102. (Q96; 1995). When did you last go to a doctor or nurse practitioner.
Those that answered more than one year prior to survey.
- Q103. (Q98; 1995). When did you last go to a dentist?
Those that answered more than one year prior to survey.
- Q98. (Q92; 1995). Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?
Includes three or more times.
- Q97. (Q91; 1995). Yesterday, did you eat hamburger, hot dogs, sausage, french fries, or potato chips?
Includes three or more times.
- Q96. (Q90; 1995). Yesterday, how many times did you eat raw or cooked vegetables (including green salad)?
Includes one or no times.
- Q95. (Q89; 1995). Yesterday, how many times did you eat fruit or drink fruit juice?
Includes one or no times.

HIV, STDs & Sexual Activity

Oregon Youth Risk Behavior Survey (Grades 9-12)



* Among those who were sexually active

Definitions Used for Graph Related to HIV, STDs and Sexual Activity
Youth Risk Behavior Surveys 1995 and 1997.

Q66. (Q71; 1995) How concerned are you personally about getting the HIV/AIDS virus?
Those who answered Extremely Concerned

Q67. (Q72; 1995) How concerned are you personally about getting a sexually transmitted disease other than AIDS
Those who answered Extremely Concerned

Q28. (Q68; 1995) Have you ever been sexually abused (For example: touched sexually when you did not want to be, or forced to have sexual intercourse when you did not want to)?
Those who answered Yes.

Q68 (Q57; 1995) If a classmate, your same age and gender, asked you for your advice about whether to start having sexual intercourse, what would you possibly say?
Those who answered Go Ahead and Do It.

Q70. (Q59; 1995) Have you ever had sex?
Those who answered Yes

Q71. (Q60; 1995) How old were you when you had sexual intercourse for the first time?
Those who reported first having sex before age 14 (of those who ever had sex).

Q72. (Q61; 1995) During your lifetime, with how many people have you had sexual intercourse?
Includes four or more partners during lifetime (of those who ever had sex).

Q73. (Q62; 1995) During the past three months, with how many people have you had sexual intercourse?
Includes two or more partners in the past three months (of those who ever had sex).

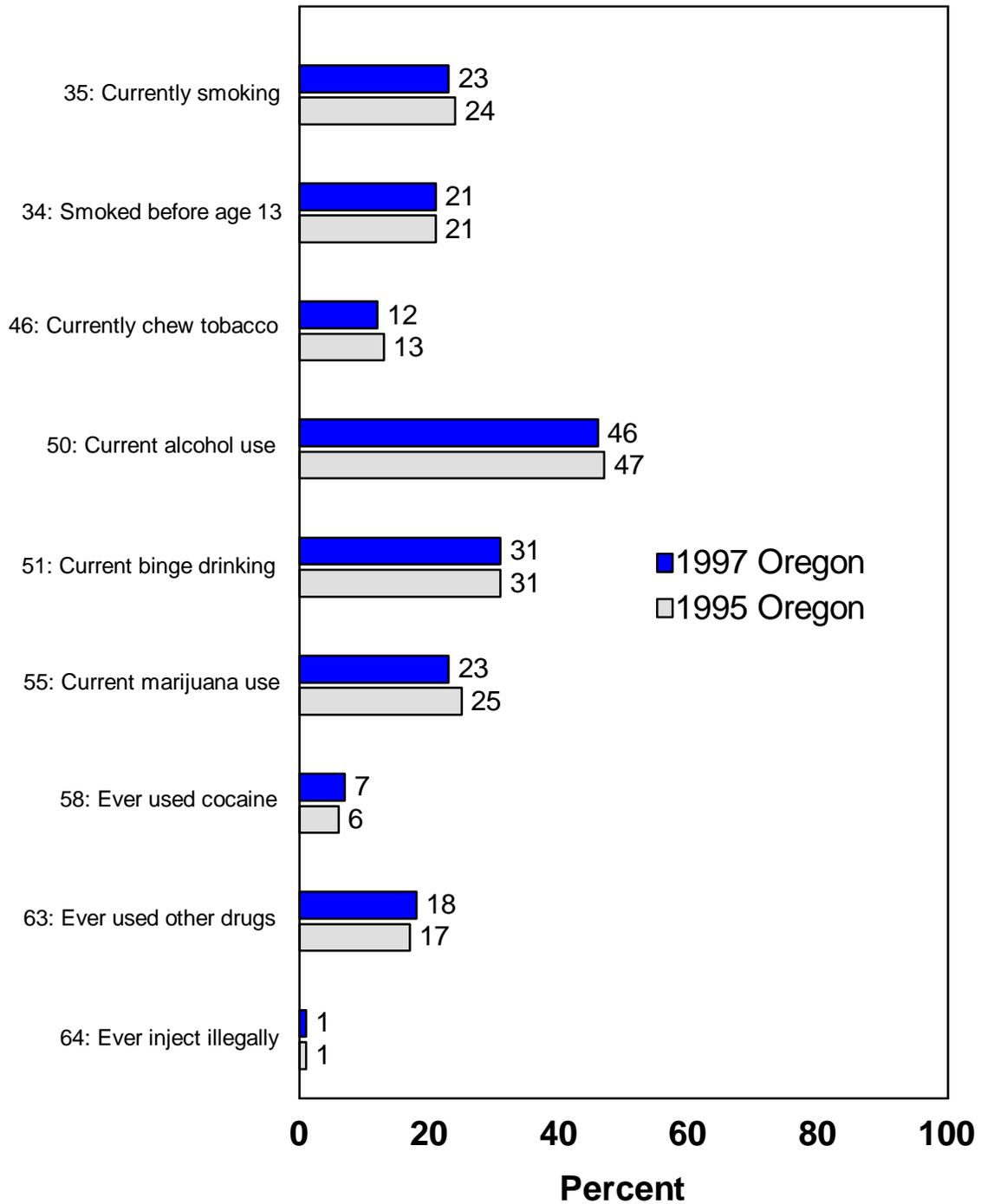
Q75. (Q64; 1995). The *last time* you had sexual intercourse, did you or your partner use a condom?
Those who said No (of those who ever had sex).

Q76. (Q65; 1995) The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy ?
Those who did not use any method (of those who ever had sex).

Q74. (Q63; 1995) Did you drink alcohol or use other drugs before you had sexual intercourse the *last time*?
Those who responded Yes (of those who ever had sex).

Tobacco, Alcohol & Drug Use

Oregon Youth Risk Behavior Survey (Grades 9-12)



Definitions Used for Graph Related to Tobacco, Alcohol & Drug Use
Youth Risk Behavior Surveys 1995 and 1997.

Q35. (Q30; 1995) During the past 30 days, on how many days did you smoke cigarettes?

Includes one day or more.

Q34. (Q29; 1995) How old were you when you smoked a whole cigarette for the first time?

Those who answered before the age of thirteen.

Q46. (Q38; 1995) during the past 30 days, on how many days did you use chewing tobacco or snuff?

Includes one day or more.

Q50. (Q42; 1995) During the past 30 days, on how many days did you have at least one drink of alcohol?

Includes one day or more.

Q51. (Q43; 1995) During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

Includes one day or more.

Q55. (Q47; 1995) During the past 30 days, how many times did you use marijuana?

Includes one day or more.

Q58. (Q50; 1995) During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

Includes one or more times.

Q63. (Q54; 1995) During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin?

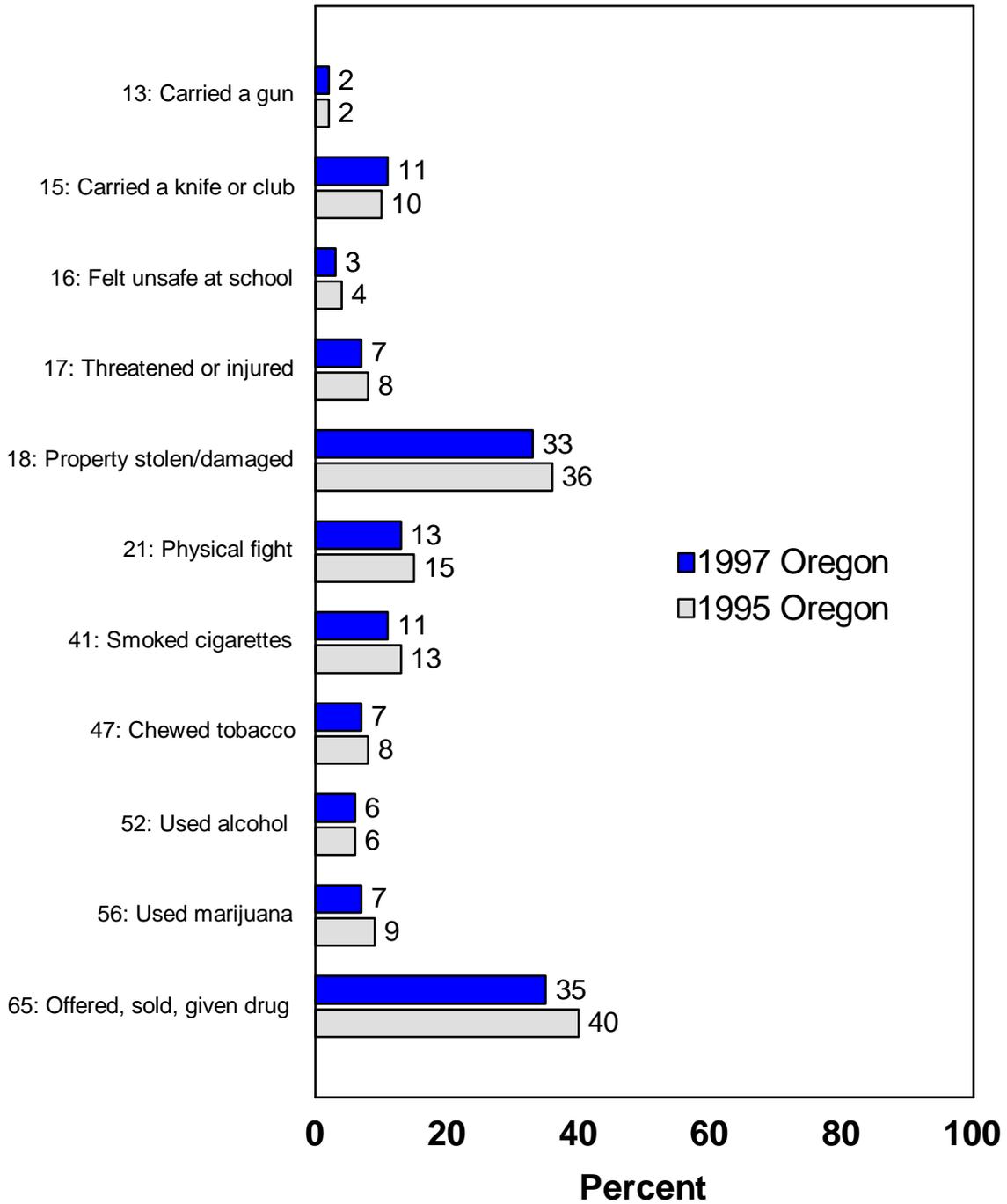
Inlcudes one or more times.

Q64. (Q55; 1995) During your life, how many times have you used a needle to inject any illegal drug into your body?

Includes one or more times.

Related to School Property

Oregon Youth Risk Behavior Survey (Grades 9-12)



Definitions Used for Graph Related to School Property
Youth Risk Behavior Surveys 1995 and 1997.

Q13. (Q14; 1995) During the past 30 days, on how many days did you carry a gun as a weapon on school property ?

Includes one day or more.

Q15. (Q15; 1995) During the past thirty days, on how many days did you carry a weapon (other than a gun) such as a knife or club on school property ?

Includes one day or more.

Q16. (Q16; 1995) During the past 30 days, how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Includes one day or more.

Q17. (Q17; 1995) During the past 30 days, how many times has someone threatened or unjured you with a weapon such as a gun, knife, or club on school property ?

Includes one or more times.

Q18. (Q18; 1995) During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property ?

Includes one or more times.

Q21. (Q22; 1995) During the past 12 months, how many times were you in a physical afight on school property ?

Includes one or more times.

Q41. (Q36; 1995) During the past 30 days, on how many days did you smoke cigarettes on school property ?

Includes one day or more.

Q47. (Q39; 1995) During the past 30 days, on how many days did you use chewing tobacco or snuff on school property ?

Includes one day or more.

Q52. (Q44; 1995) During the past 30 days, on how many days did you have at atleast one drink of alcohol on school property ?

Includes one day or more.

Q56. (Q48; 1995) During the past 30 days, on how many days did you use marijuana on school property ?

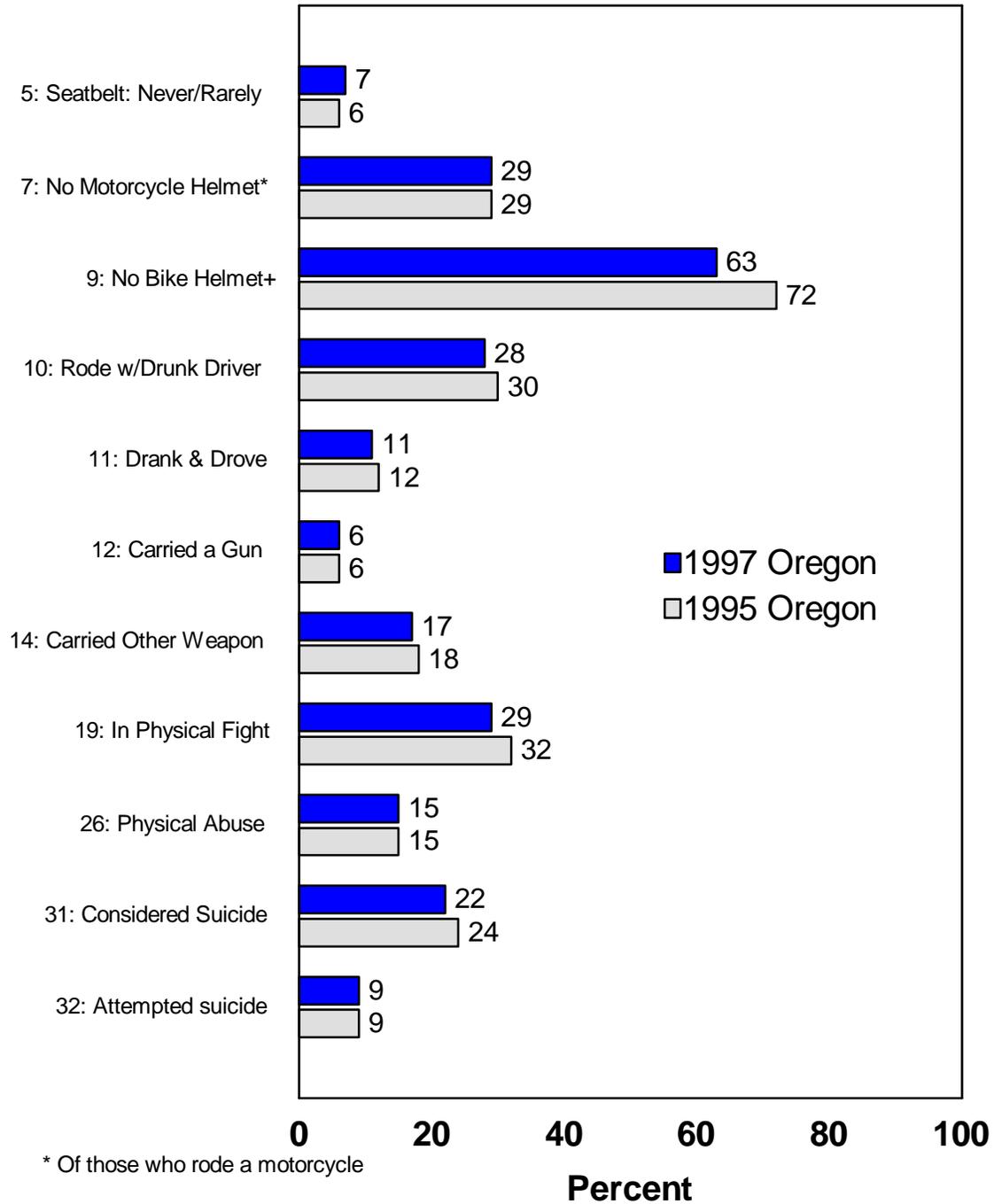
Includes one day or more.

Q65. (Q56; 1995) During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property ?

Includes one or more times.

Safety Issues & Violence

Oregon Youth Risk Behavior Survey (Grades 9-12)



Definitions Used for Graph Related to Safety and Violence
Youth Risk Behavior Surveys 1995 and 1997.

Q5. (Q5; 1995) How often do you wear a seat belt when riding in a car driven by someone else?

Those who answered Rarely or Never.

Q7. (Q7; 1995) When you rode a motorcycle during the past 12 months, how often did you wear a helmet?

Those who answered Rarely or Never.

Q9. (Q9; 1995) When you rode a bicycle during the past 12 months, how often did you wear a helmet?

Those who answered Rarely or Never.

Q10. (Q10; 1995) During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol ?

Includes one or more times.

Q11. (Q11; 1995) During the past 30 days, how many times did *you* drive a car or other vehicle when you had been drinking alcohol ?

Includes one or more times.

Q12. (Q12; 1995) During the past 30 days, on how many days did you carry a gun as a weapon?

Includes one day or more.

Q14. (Q14; 1995) During the past 30 days, on how many days did you carry a weapon (other than a gun) such as a knife or a club?

Includes one day or more.

Q19. (Q19; 1995) During the past 12 months, how many times were you in a physical fight?

Includes one or more times.

Q26. (Q24; 1995) If you have ever been physically abused, when was the last time this happened to you?

Those who answered within the previous year.

Q31. (Q26; 1995) During the past 12 months, did you ever *seriously* consider attempting suicide?

Those who answered Yes.

Q32. (Q27; 1995) During the past 12 months, how many times did you actually attempt suicide?

Includes one or more times.

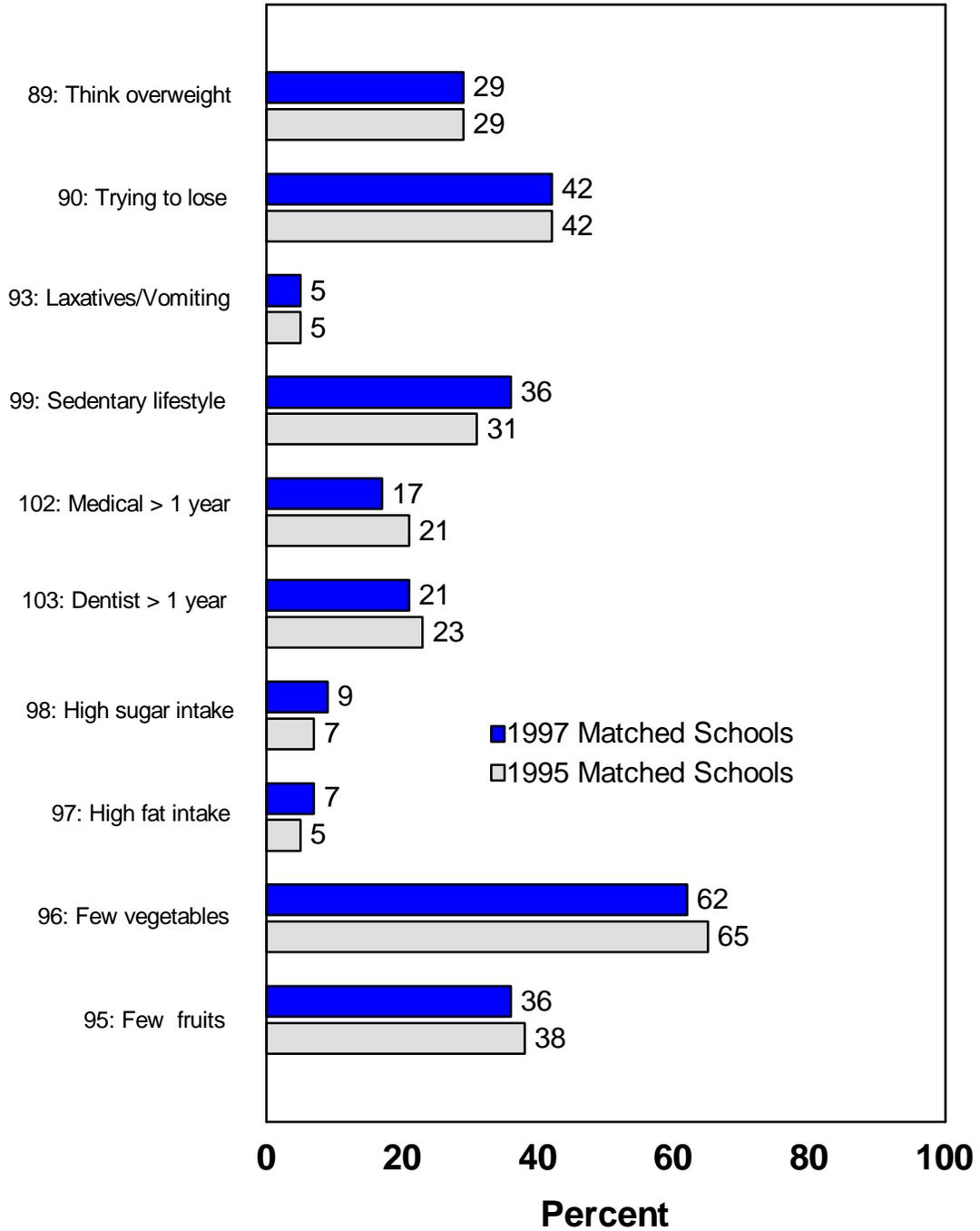
APPENDIX D: DATA HIGHLIGHTS OF THE YOUTH RISK BEHAVIOR SURVEY (YRBS)

a comparison of data from matched schools (schools that participated in both the 1995 and 1997 surveys)

Of the fifty schools that participated in the 1995 YRBS, fourteen (28%) did not participate in the 1997 YRBS. In addition, sixty-six new schools were added in 1997. Any changes in the responses to the questions might be a result of surveying different schools, rather than a change in students' behavior. This appendix compares the responses to the questions in Appendix C of the students from those thirty-four schools who participated in both the 1995 and 1997 YRBS. These schools are denoted in the introduction with a (^).

General Health and Medical Access

Oregon Youth Risk Behavior Survey (Grades 9-12) Matched Schools

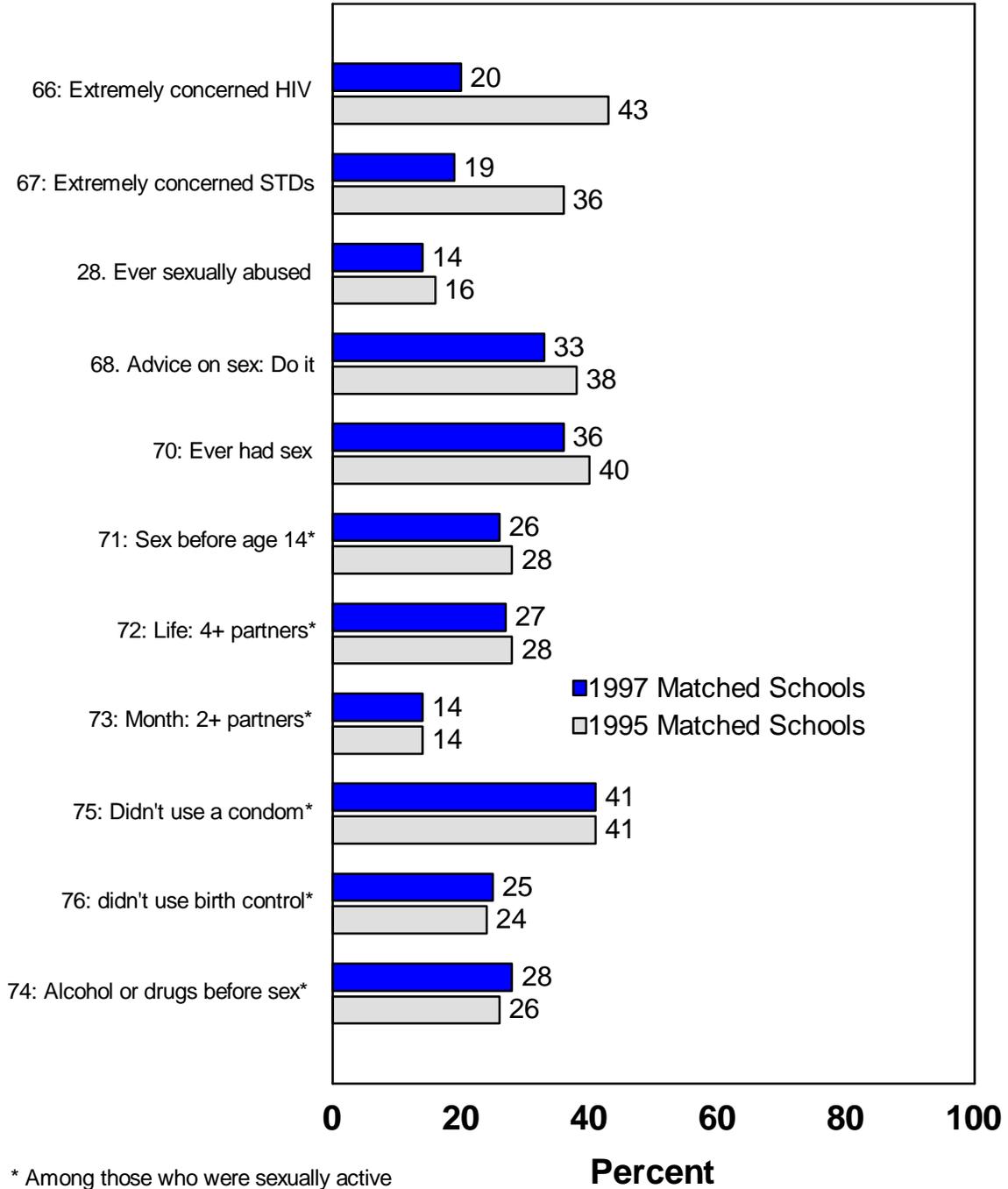


Definitions Used for Graph Related to General Health and Medical Access
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Includes three or more times.
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Includes three or more times.
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Includes one or no times.
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Includes one or no times.

HIV, STDs & Sexual Activity

Oregon Youth Risk Behavior Survey (Grades 9-12) Matched Schools



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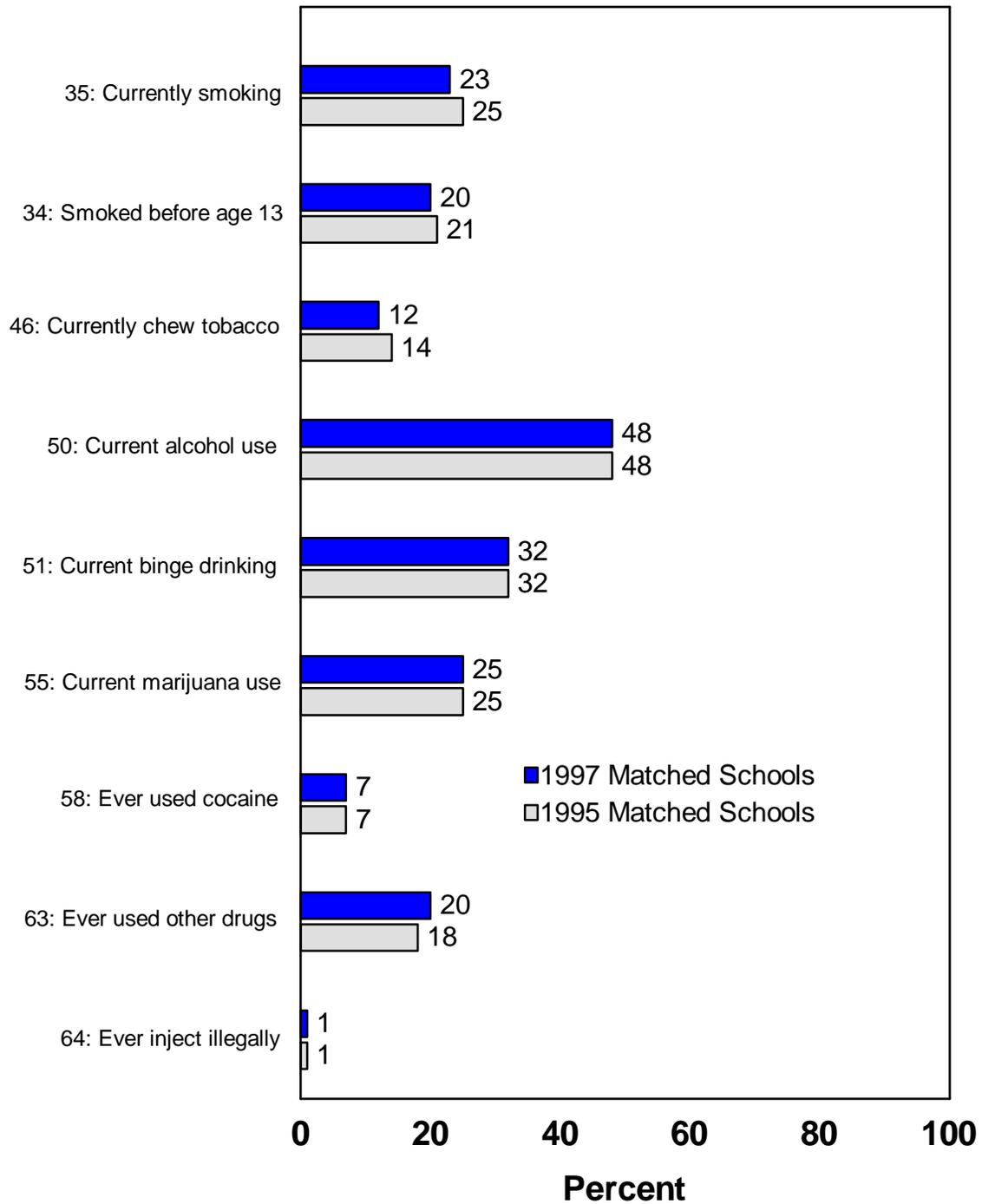
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Tobacco, Alcohol & Drug Use

Oregon Youth Risk Behavior Survey (Grades 9-12) Matched Schools



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Q55. (Q47; 1995) During the past 30 days, how many times did you use marijuana?

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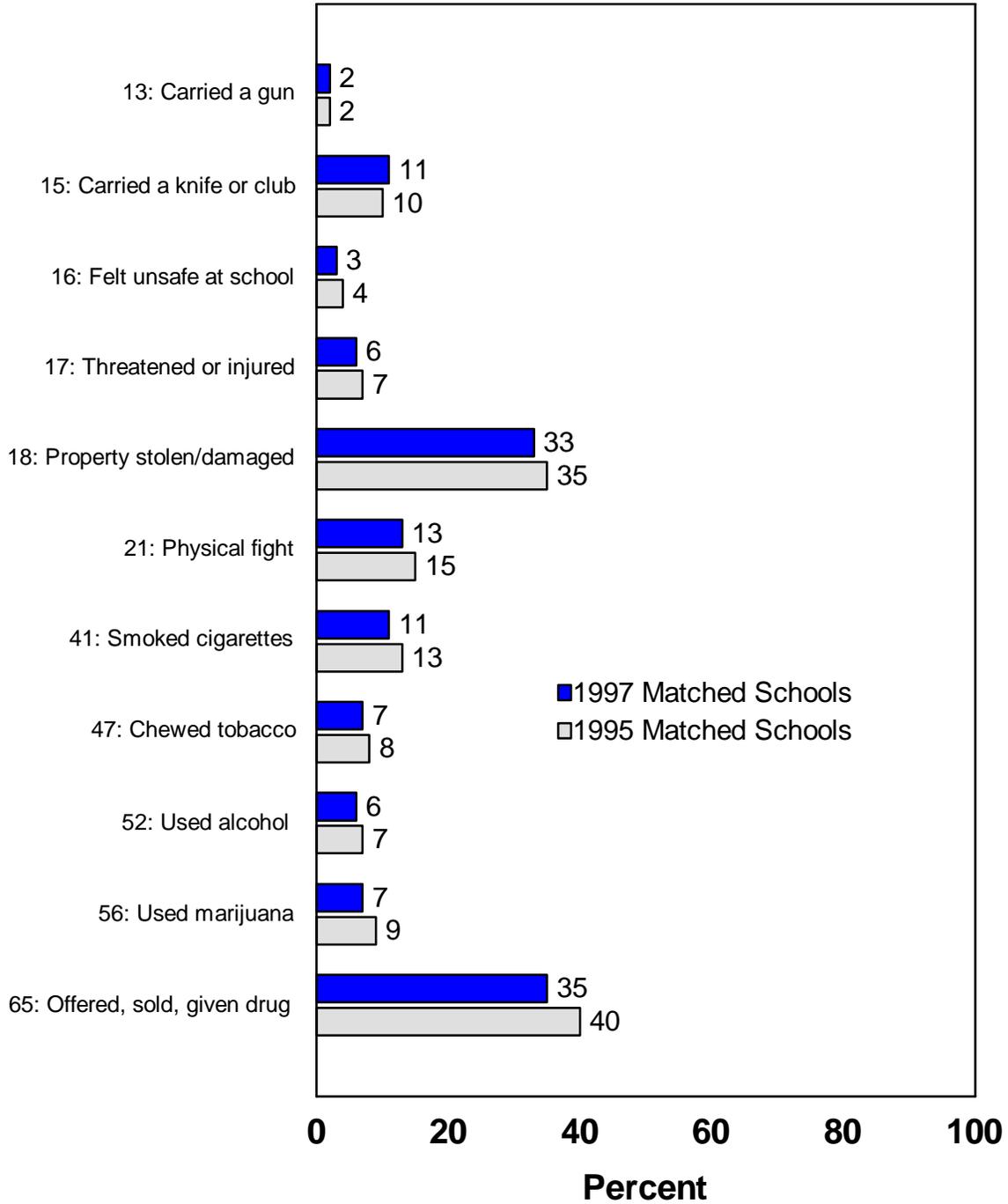
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Related to School Property

Oregon Youth Risk Behavior Survey (Grades 9-12) Matched Schools



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Q56. (Q48; 1995) During the past 30 days, on how many days did you use marijuana on school property ?

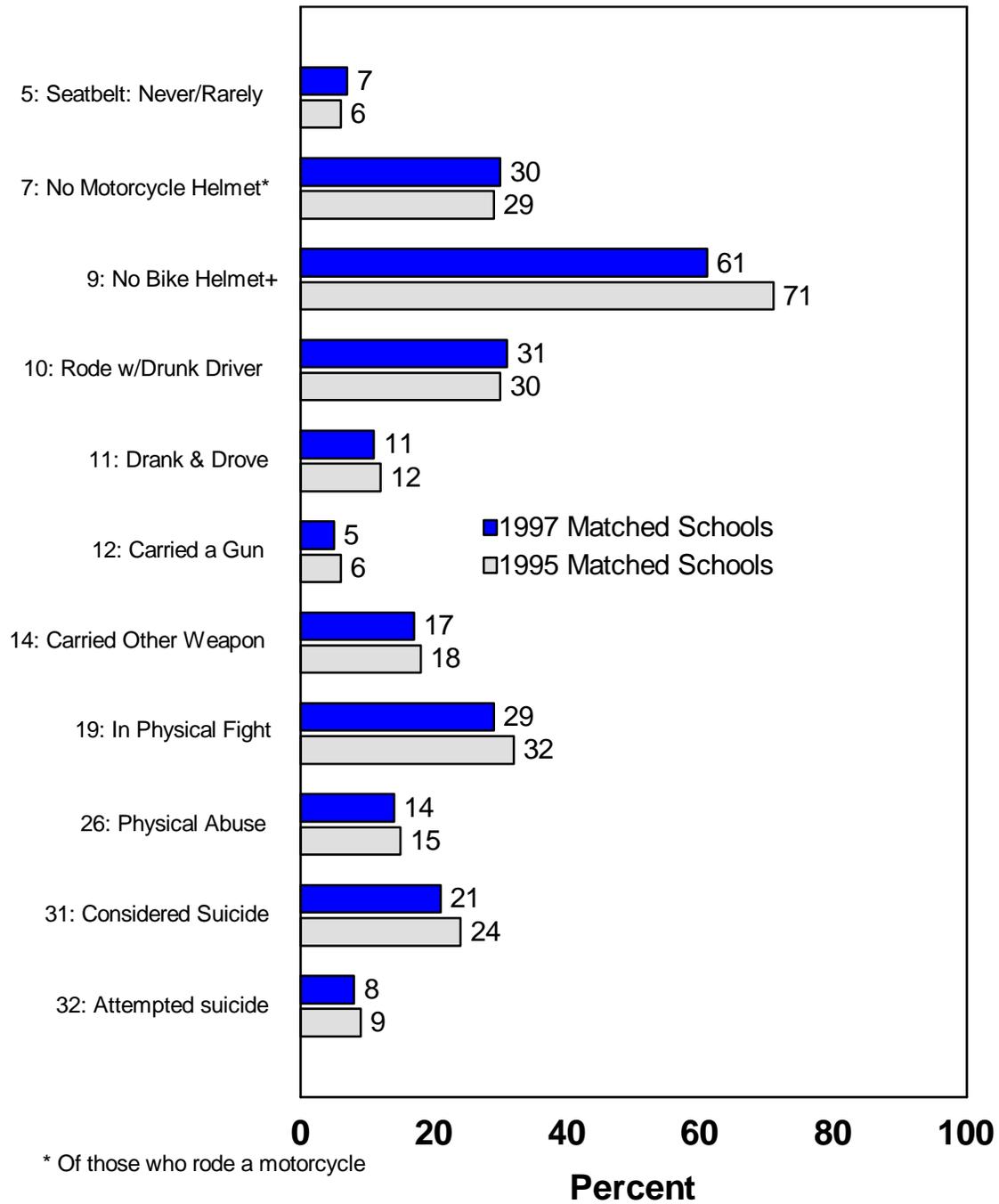
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Safety Issues & Violence

Oregon Youth Risk Behavior Survey (Grades 9-12) Matched Schools



Definitions Used for Graph Related to Safety and Violence
Youth Risk Behavior Surveys 1995 and 1997.

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Q19. (Q19; 1995) During the past 12 months, how many times were you in a physical fight?

Includes one or more times.

Q26. (Q24; 1995) If you have ever been physically abused, when was the last time this happened to you?

Those who answered within the previous year.

Q31. (Q26; 1995) During the past 12 months, did you ever *seriously* consider attempting suicide?

Those who answered Yes.

Q32. (Q27; 1995) During the past 12 months, how many times did you actually attempt suicide?

Includes one or more times.