



M. Jodi Rell  
Governor

# Connecticut School Health Survey 2005

## Fact Sheet

The **Connecticut School Health Survey (CSHS)** is comprised of two components:

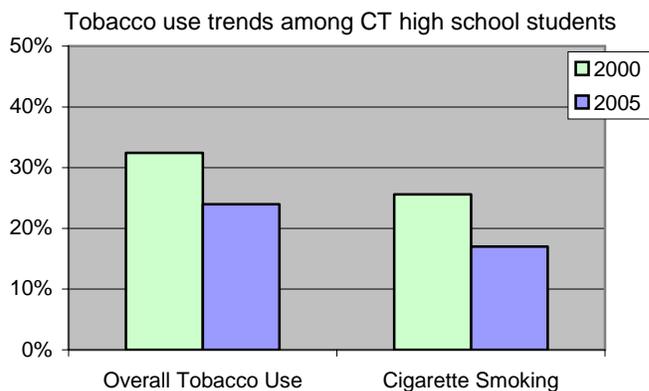
- ◆ The Youth Tobacco Component (YTC)
- ◆ The Youth Behavior Component (YBC)

Some encouraging signs were seen in the 2005 survey year, including an increase in seatbelt use since 1997, a decrease in drinking and driving, and a decrease in use of inhalants to get high.

Behaviors among Connecticut youth are similar to national results, except in two important areas; more students in Connecticut report dating violence and report attempting suicide. While many high school students are involved in risky behaviors, the survey provides us with evidence that parental involvement has a strong positive influence on student behavior.

Students who say that their parents usually know where they are, are approximately 30% less likely to attempt suicide, experience dating violence, have sexual intercourse, or smoke marijuana. They are also 50% less likely to drink alcohol or smoke cigarettes.

Trends in youth tobacco use in CT are mostly positive. Between 2000 and 2005, overall tobacco use among high school students decreased significantly from 32.4% to 24.0% and the rate of cigarette smoking dropped from 25.6% to 17.0%. In 2004, the cigarette smoking rate among high school students nationally was 21.7%.



Despite these encouraging signs, thousands of Connecticut's students start to use and continue to use tobacco. Nearly 15.0% of middle school students and almost 20.0% of high school students who never smoked answered that they would consider smoking a cigarette sometime during the next year. According to the Centers for Disease Control and Prevention, if this trend of initiation before the age of 18 continues, an estimated 5 million children who are living today will die prematurely as adults because they began smoking cigarettes during adolescence.

CT Department of  
Education  
Dr. Betty J. Sternberg  
Commissioner

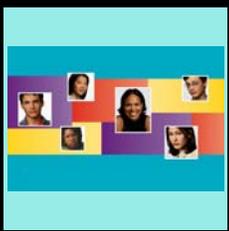


165 Capitol Avenue  
Hartford, CT 06145

CT Department of  
Public Health  
Dr. J. Robert Galvin  
Commissioner

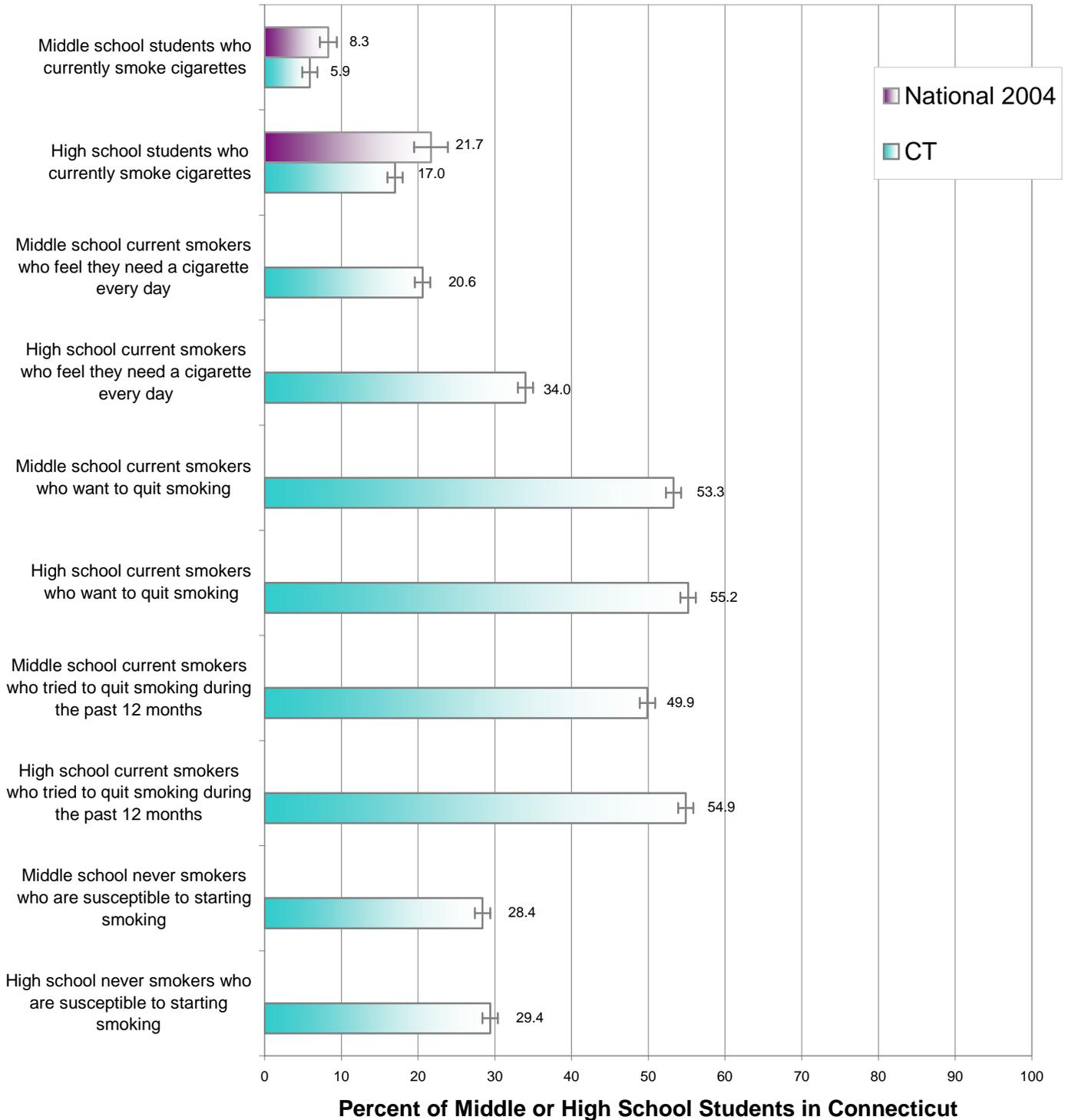


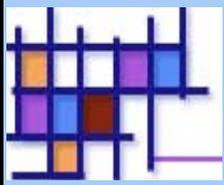
410 Capitol Avenue  
Hartford, CT 06134



# Youth Tobacco Component 2005

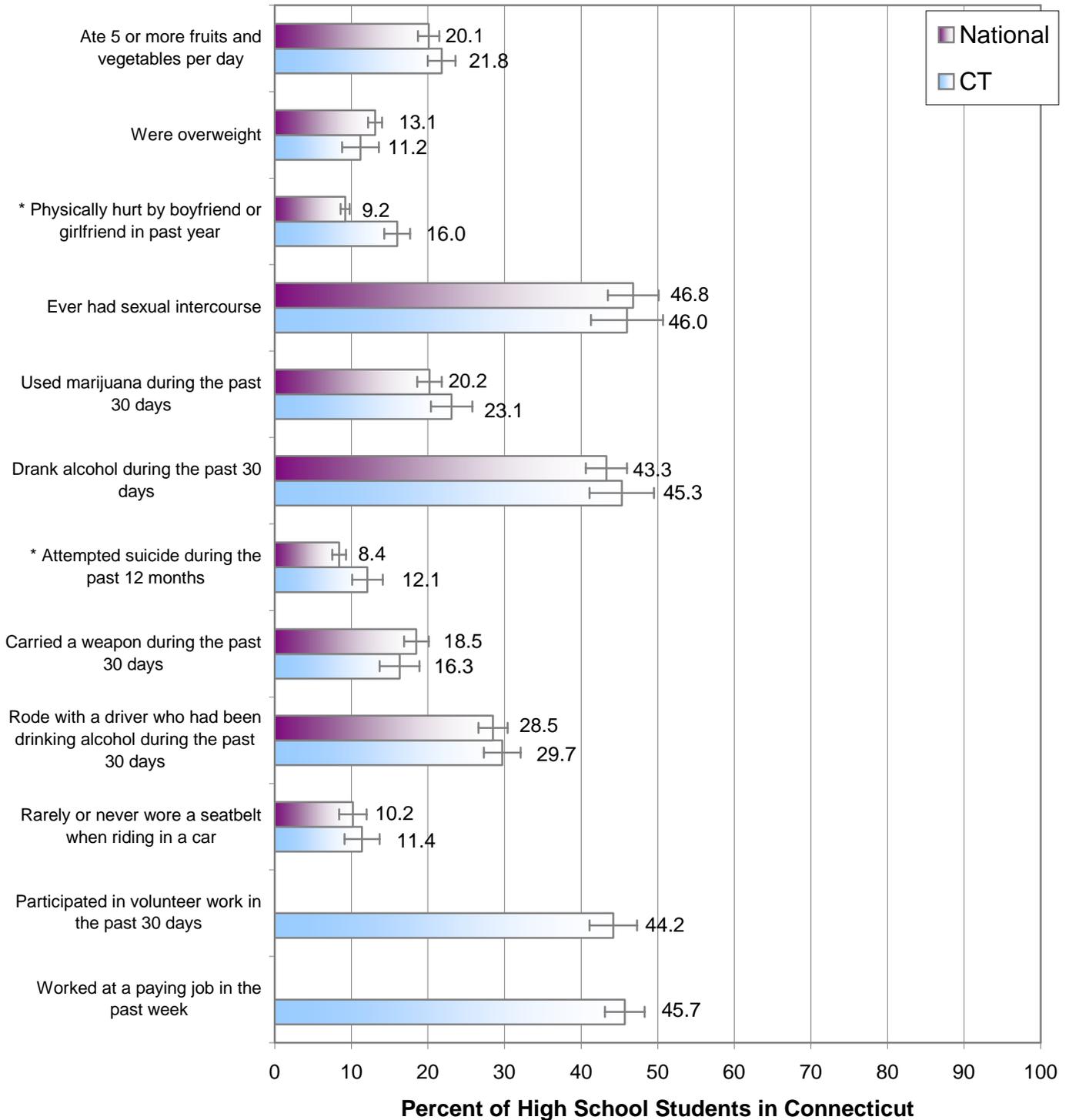
**Sample of 2,108 CT Public Middle School & 2,248 CT Public High School Students in Grades 6-12**





# Youth Behavior Component 2005

**Sample of 2,256 Connecticut  
Public High School Students in Grades 9-12**



\* statistically significant difference

## Did You Know...?

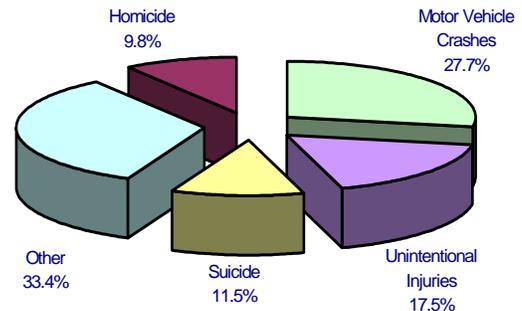
Tobacco use is the leading cause of preventable death and disability in the US.

- ◆ More than 500,000 adults in Connecticut are cigarette smokers.
- ◆ More than 37,000 of Connecticut's public middle and high school students smoke cigarettes.
- ◆ Every year in Connecticut, more than 5,400 people die from smoking-related diseases.
- ◆ Although Connecticut has one of the most comprehensive clean indoor air policies in the U.S., as many as 700 residents die each year as a result of exposure to second-hand smoke.

According to Connecticut mortality data for 1999–2001, 67% of all deaths among youth and young adults aged 10–24 years result from four primary causes (see chart below):

Behaviors related to health, injury or violence among CT youth that have improved since 1997 include:

- ◆ The percentage of high school students who are smokers decreased to 17.0% in 2005 from 35.2% in 1997.
- ◆ The percentage of high school students who rode with a driver who had been drinking alcohol decreased to 29.7% in 2005 from 38.3% in 1997



### Survey Notes

#### Youth Tobacco Component

The Youth Tobacco Component (YTC) is a comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, and exposure among Connecticut students in grades 6-12.

#### Youth Behavior Component

The Youth Behavior Component (YBC) is intended to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. Data measuring protective factors and resiliency are also collected.

The survey asks questions of CT high school students in grades 9-12 in the following topic areas:

- ◆ positive influences
- ◆ dietary behaviors
- ◆ sexual behaviors
- ◆ behaviors that contribute to unintentional injuries and violence
- ◆ alcohol & other drug use
- ◆ physical activity
- ◆ school environment

In 2005 4,356 youth completed the YTC. This survey achieved a 61.5% response rate in Middle Schools and 60.0% response rate for High Schools. Also, 2,256 youth completed the YBC. This survey achieved a 60.0% response rate. Therefore, both components met the Centers for Disease Control (CDC) criteria to be considered representative of high school students in Connecticut (and middle school students for the YTC).

#### FOR MORE INFORMATION on the Connecticut School Health Survey

Department of Public Health  
YBC Coordinator  
860-509-7662

Department of Public Health  
Tobacco Use Prevention & Control  
860-509-7802

[www.dph.state.ct.us/PB/HISR/cshs.htm](http://www.dph.state.ct.us/PB/HISR/cshs.htm)  
[www.tobacco-ct.state.ct.us/index.shtml](http://www.tobacco-ct.state.ct.us/index.shtml)