M. Jodi Rell
Governor

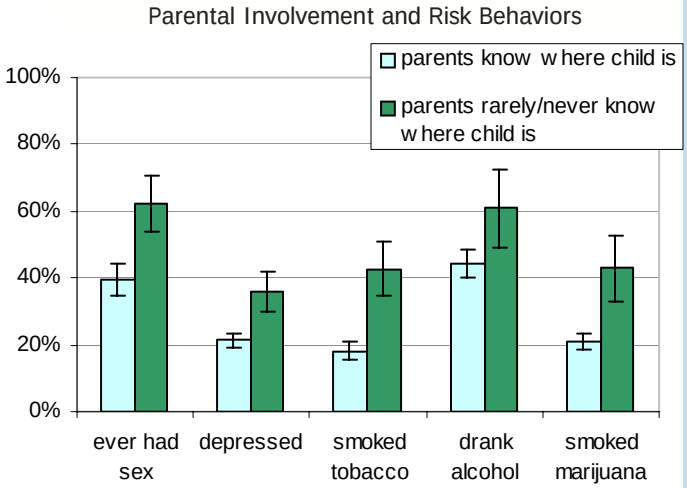
Connecticut School Health Survey
1997 - 2007

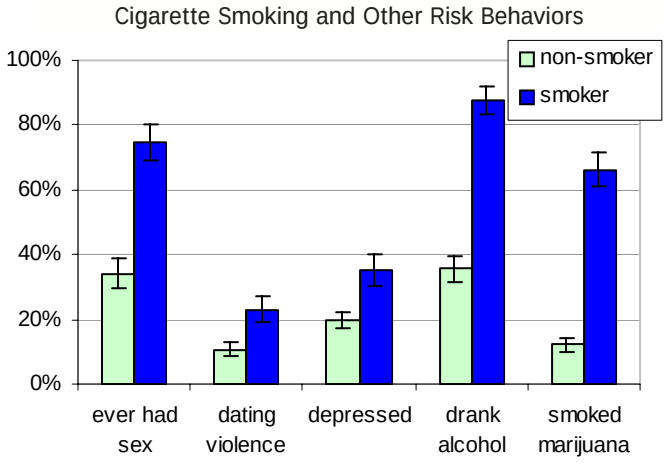
Fact Sheet

The **Connecticut School Health Survey (CSHS)** is comprised of two components: the Youth Tobacco Component (YTC), and the Youth Behavior Component (YBC)

Some encouraging signs were seen in the 2007 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.

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 when not at home, are approximately 30% less likely to be depressed, have sexual intercourse, or drink alcohol. They are also 50% less likely to smoke cigarettes or smoke marijuana.





Students that say they are current cigarette smokers are more likely to be involved in other high risk behaviors, including sexual activity, dating violence, drinking alcohol and smoking marijuana. They were also more likely to consider themselves depressed.

In 2007, the CSHS asked students about their TV viewing habits and if they engage in gambling activity. There was no difference between male and female students and the number of hours spent watching TV on an average school day (30.1% said they watched 3 or more hours). When asked if they gambled for money or possessions in the past year, 32.0% of students said yes. Males were more than twice as likely to have gambled in the past year (45.2%) as compared to females (18.7%).

New to the 2007 survey was a question on the amount of sleep youth get on an average school night. Freshmen (9th grade) students were significantly more likely to get 8 or more hours of sleep, 30.9% than Seniors (12th grade), 18.1%.

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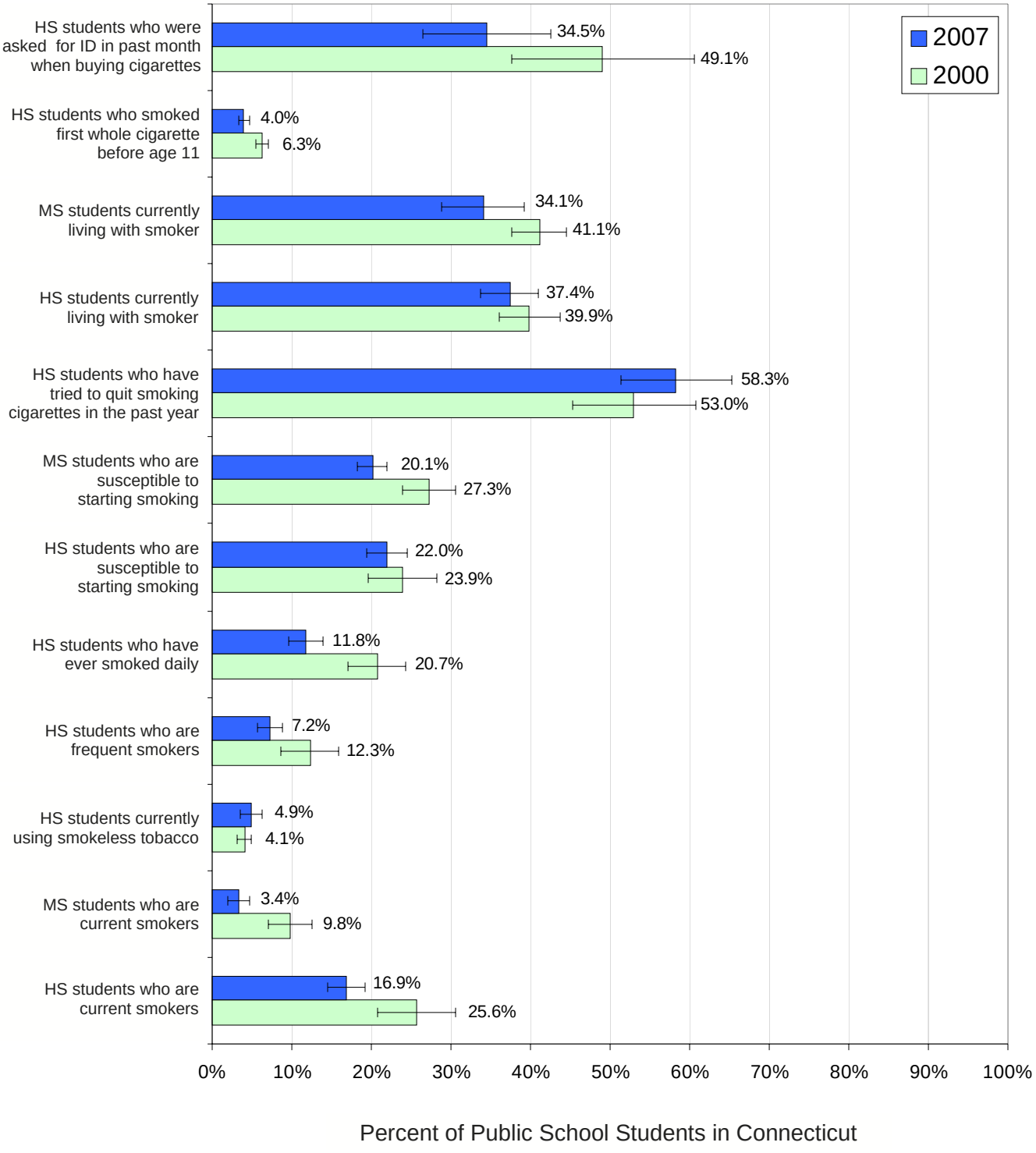
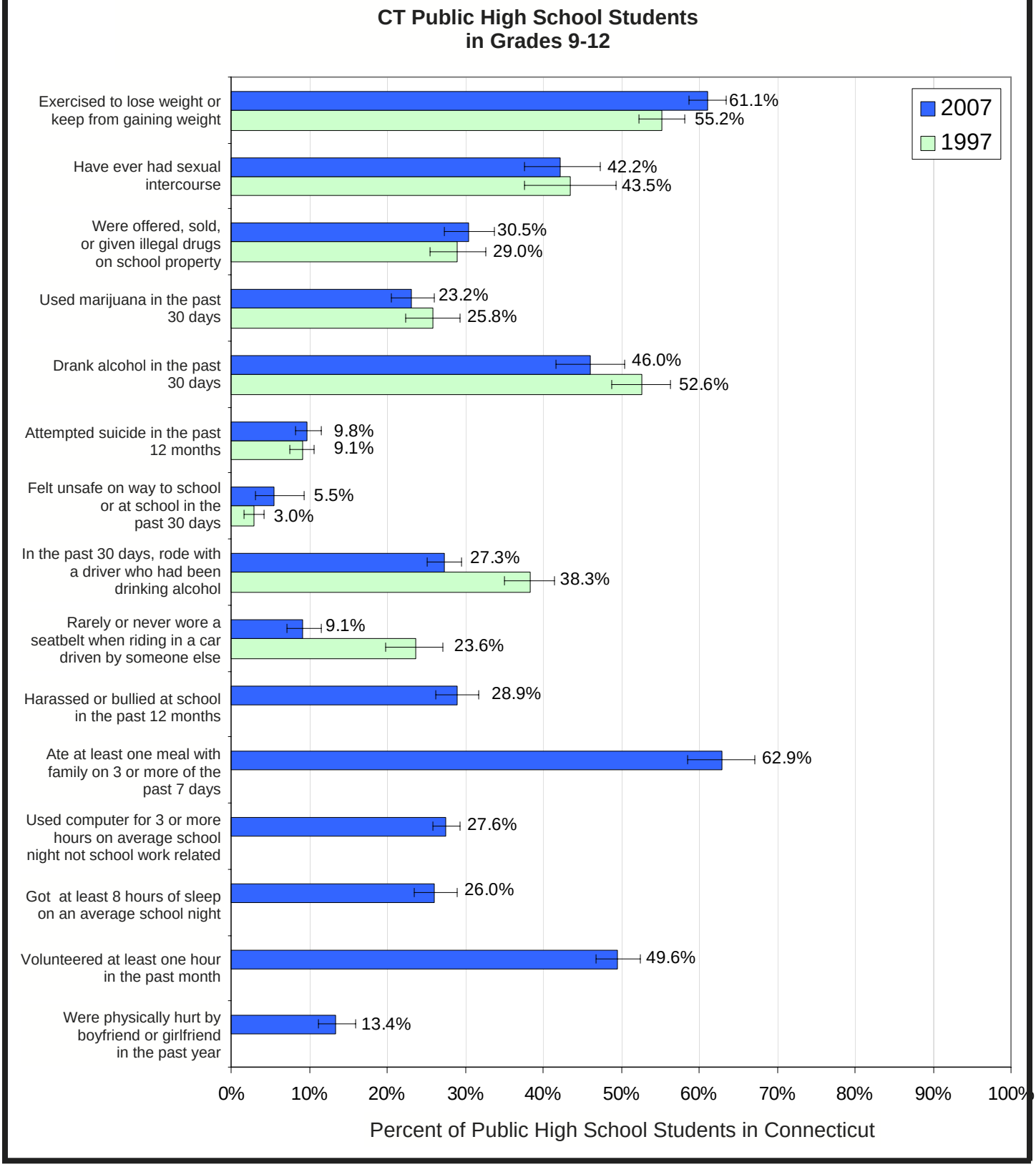
Youth Tobacco Component

CT Public Middle School (MS) and Public High School (HS) Students in Grades 6-12



Youth Behavior Component

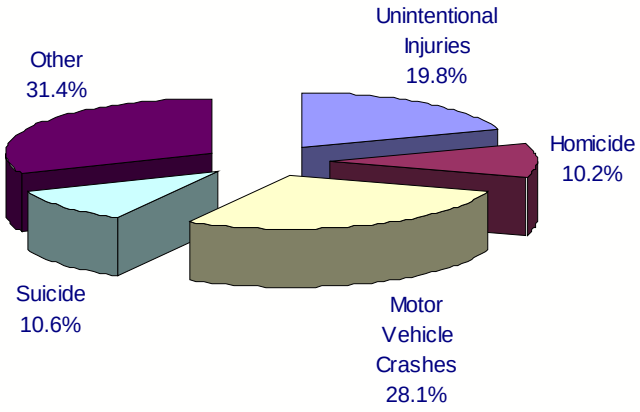


Did You Know...?

According to Connecticut mortality data for 2003–2005, 68.6% 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:

- Seat belt use among high school students increased to 90.9% in 2007 from 76.4% in 1997.
- The percentage of high school students who are smokers decreased to 16.9% in 2007 from 35.2% in 1997.
- The percentage of high school students who rode with a driver who had been drinking alcohol decreased to 27.3% in 2007 from 38.3% in 1997



CSHS CT School Health Survey

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
- alcohol & other drug use
- physical activity
- school environment
- behaviors that contribute to unintentional injuries and violence

In year 2000, 4,289 completed the YTC and in year 1997, 1,690 youth completed the YBC. In 2007 4,356 youth completed the YTC, achieving a 70.8% response rate in Middle Schools and 65.8% response rate in High Schools. Also, 2,072 youth completed the YBC in 2007, achieving a 61.1% response rate. Both components in both years 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

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YBC Coordinator
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Please visit:
www.ct.gov/dph search CSHS
www.ct.gov/sde/healthyconnections

Department of Public Health
Tobacco Use Prevention & Control
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