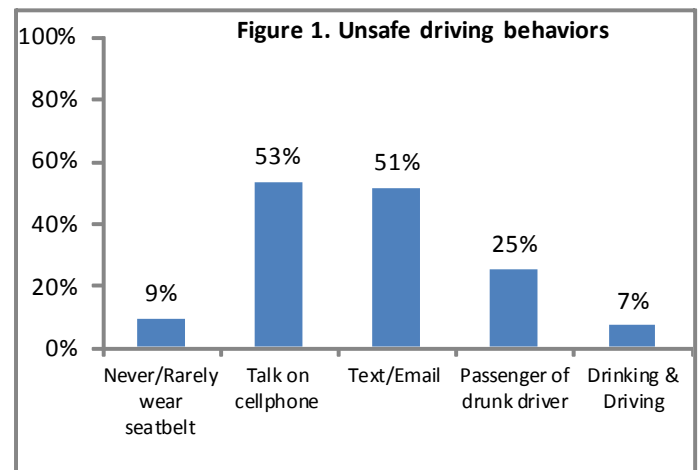


# Connecticut School Health Survey 2011 Results

## Factsheet

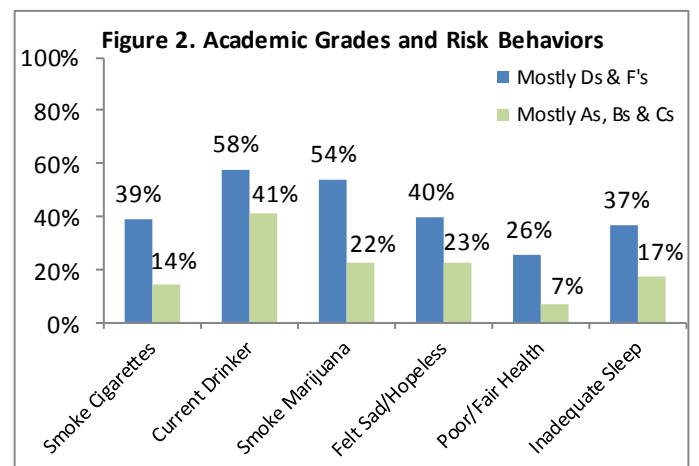
The Connecticut School Health Survey (CSHS) is administered to public middle and high school students in Connecticut and is comprised of two components: the Youth Tobacco Component (YTC), and the Youth Behavior Component (YBC). The two components have been administered to Connecticut public school students as the CSHS since 2005.

While some encouraging signs have been seen since 1997, there are emerging concerns in youth risk behavior, including safe driving practices. The 2011 CSHS asked questions on distracted driving and cell phone usage as well as unsafe driving behavior, like drinking and driving and seat belt usage (see Figure 1). More than half of the students (about 53%) that drive a car talked on a cell phone while they were driving at least one time in the month prior to taking the survey. About half (50.9%) of high school students who drive a car admit to having texted or e-mailed while they were driving at least



once in the month prior to taking take survey. Almost 10% of high school students rarely or never wear a seat belt as a passenger. One out of 4 students reported recently being a passenger of someone who had been drinking alcohol and about 1 out of every 10 high school seniors report having driven a vehicle in the past month after having consumed alcohol.

The survey results also show an association between health-risk behaviors and academic achievement (see Figure 2). Students that report grades as being mostly Ds and Fs are more than three-times as likely to report their health status as fair or poor, more than twice as likely to be current cigarette smokers, more than twice as likely to have smoked marijuana recently, more likely to have consumed alcohol recently, binge drink, sleep less and more likely to report having a sad or depressed mood.



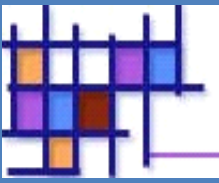
Teen-age students face many obstacles. Supportive adult involvement in students' lives continues to be a strong factor in reducing the possibility of unhealthy behaviors, as seen in CSHS results since 2005. New questions in 2011 asked about distracted driving, electronic bullying, and self-harm behavior.

CT Department of  
Public Health  
Jewel Mullen, MD, MPH, MPA  
Commissioner



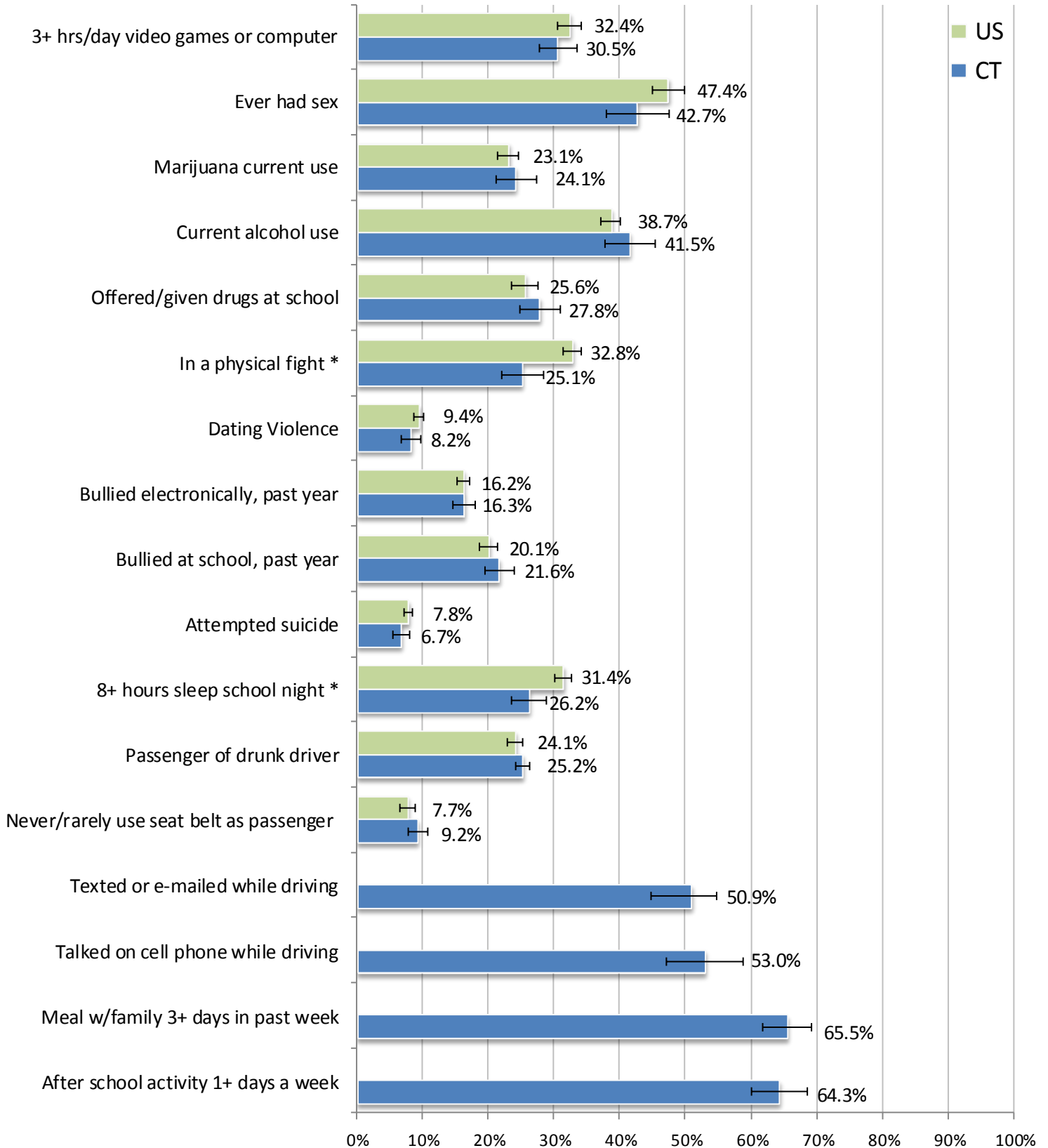
CT State Department  
of Education  
Stefan Pryor  
Commissioner



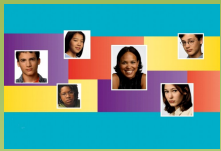


# Youth Behavior Component

## CT Public High School Students in Grades 9-12

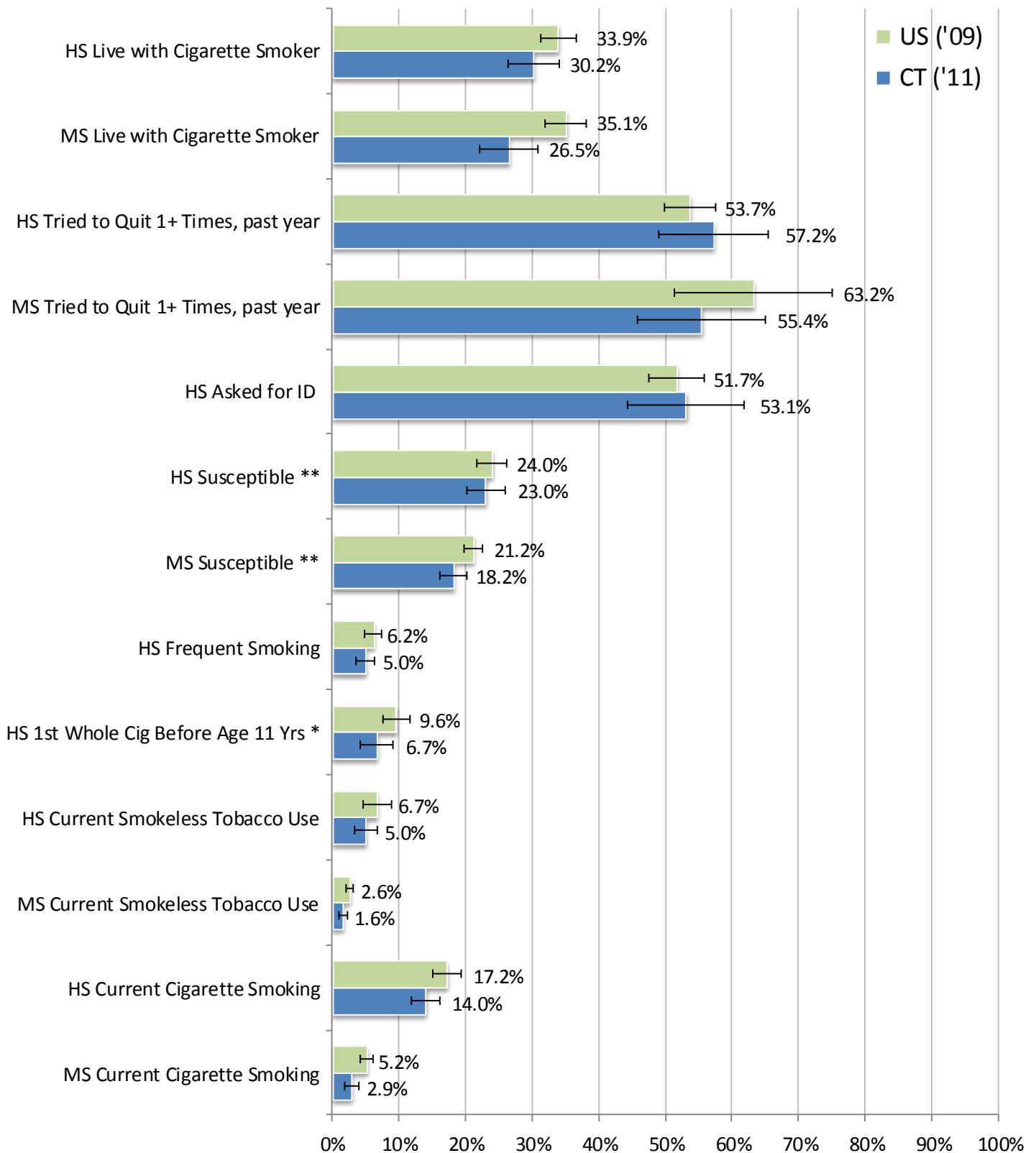


\* statistically significant difference



# Youth Tobacco Component

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



\* statistically significant difference

\*\*never smokers susceptible to starting cigarette smoking in the next year

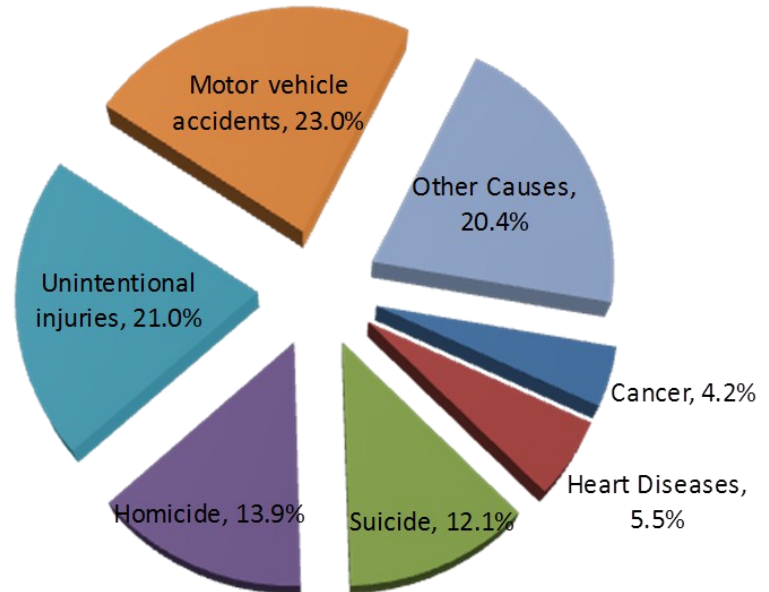
**Percent of Public High School Students in Connecticut**

# Did You Know..?

According to Connecticut mortality data for the years 2007–2009, 70.0% of all deaths among youth and young adults aged 10–24 years result from four primary causes (see chart on right). Both components of the CSHS monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States.

- The percentage of high school students who are smokers decreased to 14.0% in 2011 from 35.2% in 1997
- Seat belt use among high school students increased to 90.8% in 2009 from 76.4% in 1997
- The percentage of high school students who were in a physical fight during the past year decreased to 25.1% in 2011 from 33.8% in 1997
- There was a decrease in students that reported seriously considering suicide in the past year, from 21.6% in 1997 to 14.6% in 2011.

**Leading Causes of Death in CT Youth Ages 10-24 years, 2007—2009**



## 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), in addition to monitoring priority health risk behaviors also measures protective factors and resiliency. The survey asks questions of CT high school students in grades 9-12 in the following topic areas:

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

In the year 2011, 4,299 youth completed the YTC achieving a 65% response rate in Middle Schools and 64% response rate in High Schools. In 2011, 2,058 youth in high schools completed the YBC, achieving a 60% response rate. Both components in 2011 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).

The State Board of Education has adopted a Position Statement on a Coordinated Approach to School Health, available at [www.ct.gov/sde/healthyconnections](http://www.ct.gov/sde/healthyconnections). This Statement includes policy and practice recommendations on how schools and families can support the health and achievement of students including many of the issues identified in this fact sheet.

## 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  
860-509-8251

[www.ct.gov/dph/cshs](http://www.ct.gov/dph/cshs)

[www.ct.gov/sde/healthyconnections](http://www.ct.gov/sde/healthyconnections)