CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut Department of Public Health
In Collaboration With
Connecticut State Department of Education

YOUTH RISK BEHAVIOR SURVEILLANCE — CONNECTICUT

Youth Risk Behavior Survey
Component of the Connecticut School Health Survey
2013
2013
Connecticut Youth Risk Behavior Survey
Component of the Connecticut School Health Survey

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

in collaboration with
Connecticut State Department of Education

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INTRODUCTION

The 2013 Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Behavior Component (YBC) and the Youth Tobacco Component (YTC). This report examines data collected from the YBC. The YBC is known nationally as the Youth Risk Behavior Survey (YRBS). Between February and June 2013, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with the Centers for Disease Control and Prevention (CDC). The Connecticut YRBS/YBC was previously administered in 1997, 2005, 2007, 2009, and 2011.

Connecticut and national YRBS data are used to compare the prevalence of health-risk behaviors among subpopulations of students; assess trends in health-risk behaviors over time; monitor progress toward achieving 20 national health objectives for Healthy People 2020 and one of the 26 leading health indicators; provide comparable state and large urban school district data (no district data are available for Connecticut); and help develop and evaluate school and community policies, programs, and practices designed to decrease health-risk behaviors, and improve health and education outcomes among youth.

In addition, Connecticut survey data are used to set and track progress toward meeting school health and health promotion program goals, support modification of school health curricula or other programs, support new legislation and policies that promote health, and seek funding and other support for new initiatives. Unless otherwise noted, all Connecticut data in this report are referring to regular public high school students in grades 9-12. National results referenced in this report came from the following publication: [Laura Kann, PhD, Steve Kinchen, Shari L. Shanklin, MPH, et al.] [Youth Risk Behavior Surveillance—United States, 2013]. MMWR 2014;63(No. SS-4):[1-168]

The 2013 Connecticut YBC included 99 questions developed by CDC and DPH. When sample size and prevalence rates allow, results are presented by gender, grade, and race/ethnicity (white, non-Hispanic; black, non-Hispanic; and Hispanic or Latino).* The numbers of students in other racial and ethnic groups were too low for meaningful analysis; and therefore, were not included in this report.

Statistical analyses were conducted on weighted data using SAS® and SUDAAN® software to account for the complex sampling designs. Prevalence estimates and 95% confidence intervals, which were used to determine differences between subgroups at the p<0.05 level, were computed for all variables and datasets. In the Trend Analysis section of this report, to determine long term, time-based changes in health-risk behaviors in Connecticut, prevalence estimates from the earliest year of data collection to 2013 for each variable assessed with identically worded questions in three or more survey years were examined. Logistic regression analyses were used to account for all available estimates; control for sex, grade, and racial/ethnic changes over time; and assess linear and quadratic time effects. In all other sections of this report, differences between prevalence estimates were considered statistically significant if the 95% confidence intervals did not overlap. Subgroup comparisons that are statistically significant are highlighted in this report. Connecticut’s sampling design does not allow for analysis at the school or district level. This report summarizes results for approximately 80 health-risk behaviors, plus obesity and overweight, and overall trends in health-risk behaviors during 1997-2013.

The YRBS is one component of the Youth Risk Behavior Surveillance System (YRBSS) developed by the CDC in collaboration with representatives from state and local departments of education and health, other federal agencies, and national and health organizations. The national YRBS has been conducted biennially since 1991.

*referred to on graphs within report as NH-whites, NH-blacks, Hispanics
SURVEY SUMMARY

The 2013 Youth Risk Behavior Survey (YRBS) was completed by 2,405 students in 46 public high schools in Connecticut during the spring of 2013. The school response rate was 85%, the student response rate was 78%, and the overall response rate was 67%. The results are representative of all students in grades 9-12.

The weighted demographic characteristics of the sample are as follows:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
<th>Grade</th>
<th>Percentage</th>
<th>Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>49.1%</td>
<td>9th</td>
<td>26.4%</td>
<td>Black*</td>
<td>13.1%</td>
</tr>
<tr>
<td>Male</td>
<td>50.9%</td>
<td>10th</td>
<td>24.9%</td>
<td>Hispanic/</td>
<td>Latino 17.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11th</td>
<td>24.7%</td>
<td>White*</td>
<td>63.3%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12th</td>
<td>23.9%</td>
<td>All other races</td>
<td>3.4%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other</td>
<td>0.1%</td>
<td>Multiple races</td>
<td>2.6%</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Students completed a self-administered, anonymous, 99-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

The YRBS is one component of the Youth Risk Behavior Surveillance System (YRBS) developed by the Centers for Disease Control and Prevention in collaboration with representatives from state and local departments of education and health, other federal agencies, and the national education and health organizations. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time.

The Youth Risk Behavior Surveillance System measures behaviors that fall into six categories:

1. Behaviors that result in unintentional injuries and violence
2. Tobacco use
3. Alcohol and other drug use
4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies
5. Dietary behaviors
6. Physical activity

The YRBS also measures self-reported height and weight to allow calculation of body mass index for assessment of overweight and obesity. More information about the Youth Risk Behavior Surveillance System can be obtained from http://www.cdc.gov/yrbss.

*referred to on graphs within report as NH-whites, NH-blacks, Hispanics
SAMPLE DESCRIPTION

Sample Description

School Level - All regular public, charter, magnet, and vocational schools containing grades 9, 10, 11, or 12 were included in the sampling frame. Schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random start. 55 schools were sampled. One school was ineligible.

Class Level – All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey.

Response Rates

Schools - 85% 46 of the 54 sampled eligible schools participated.
Students - 78% 2,429 of the 3,064 sampled students submitted questionnaires. 2,405 questionnaires were usable after data editing.
Overall response rate - 85% * 78% = 67%

Note: Overall response rate is computed as (number of participating schools/number of eligible sampled schools)*(number of usable questionnaires/number of eligible students sampled in participating schools), rounded to the nearest integer.

Weighting
A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse.

\[ W = W_1 \times W_2 \times f_1 \times f_2 \times f_3 \]

\[ W_1 = \text{the inverse of the probability of selecting the school}; \]
\[ W_2 = \text{the inverse of the probability of selecting the classroom within the school}; \]
\[ f_1 = \text{a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools}; \]
\[ f_2 = \text{a student-level nonresponse adjustment factor calculated by class}; \]
\[ f_3 = \text{a post-stratification adjustment factor calculated by gender within grade and by race/ethnicity}. \]

Use of the Weighted Results
The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular public, charter, magnet, and vocational school students in grades 9 through 12.
### Demographics of Connecticut Survey Respondents

<table>
<thead>
<tr>
<th></th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sex</strong></td>
<td></td>
</tr>
<tr>
<td>male</td>
<td>50.9%</td>
</tr>
<tr>
<td>female</td>
<td>49.1%</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
</tr>
<tr>
<td>non-Hispanic white</td>
<td>63.3%</td>
</tr>
<tr>
<td>non-Hispanic black</td>
<td>13.1%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>17.7%</td>
</tr>
<tr>
<td>other</td>
<td>5.9%</td>
</tr>
<tr>
<td><strong>Age</strong></td>
<td></td>
</tr>
<tr>
<td>14 years old and younger</td>
<td>11.9%</td>
</tr>
<tr>
<td>15 years old</td>
<td>22.5%</td>
</tr>
<tr>
<td>16 years old</td>
<td>26.8%</td>
</tr>
<tr>
<td>17 years old</td>
<td>24.5%</td>
</tr>
<tr>
<td>18 years old and older</td>
<td>14.3%</td>
</tr>
<tr>
<td><strong>Grade</strong></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>26.4%</td>
</tr>
<tr>
<td>10</td>
<td>24.9%</td>
</tr>
<tr>
<td>11</td>
<td>24.7%</td>
</tr>
<tr>
<td>12</td>
<td>24.0%</td>
</tr>
<tr>
<td><strong>Number of Participating Students</strong></td>
<td>2,405</td>
</tr>
<tr>
<td><strong>Number of Participating Schools</strong></td>
<td>46</td>
</tr>
</tbody>
</table>
SUMMARY OF RESULTS

Behaviors that Contribute to Unintentional Injuries

Never or Rarely Wore a Seat Belt

In Connecticut, 8.0% of students never or rarely wore a seat belt when riding in a car driven by someone else. Nationwide, the rate is 7.6%. In Connecticut, the prevalence of never or rarely worn a seat belt is significantly higher among non-Hispanic blacks (10.8%) and Hispanics (12.8%) than among non-Hispanic whites (5.6%).

Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days before the survey, 22.2% of Connecticut students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol. Nationwide, the rate is 21.9%. Overall in Connecticut, the prevalence of having ridden with a driver who had been drinking alcohol does not vary significantly by sex, race/ethnicity, or grade.

Drove When Drinking Alcohol

In Connecticut, among students who drove a car or other vehicle during the 30 days before the survey, 9.4% had driven a car or other vehicle one or more times in the past 30 days when they had been drinking alcohol. Nationwide, the rate is 10.0%. In Connecticut, the prevalence of having driven a car when drinking alcohol is significantly higher among students in grade 12 (13.8%) than in grades 10 (4.7%) and 11 (6.7%).

Texted or E-Mailed While Driving

In Connecticut, among students who drove a car or other vehicle during the 30 days before the survey, 36.3% had texted or e-mailed while driving a car or other vehicle on at least 1 of the past 30 days. Nationwide, the rate is 41.4%. In Connecticut, the prevalence of having texted or e-mailed while driving is significantly higher among non-Hispanic whites (41.6%) and Hispanics (28.1%) than among non-Hispanic blacks (10.9%); and the rate is significantly higher among non-Hispanic whites (41.6%) than among Hispanics (28.1%). The prevalence is significantly higher among students in grade 12 (38.6%) than in grade 11 (54.8%), and both grades 11 and 12 are significantly higher than in grades 9 (14.3%) and 10 (11.6%).

The prevalence of having texted or e-mailed while driving, is significantly lower among non-Hispanic blacks in CT (10.9%) than in the US (29.1%); and significantly lower in grade 10 among students in CT (11.6%) than nationwide (26.5%).

Talked on a Cell Phone While Driving

In Connecticut, among students who drove a car or other vehicle during the past 30 days, 35.8% had talked on a cell phone while they were driving a car or other vehicle on 1 or more of the 30 days before the survey. The prevalence of having talked on a cell phone while driving is significantly higher among non-Hispanic whites (38.9%) and Hispanics (34.5%) than among non-Hispanic blacks (15.7%). The rate is significantly higher among students in grade 12 (55.9%) than in grade 11 (36.4%); and both grades 11 and 12 are significantly higher than in grades 9 (16.5%) and 10 (10.1%).

Behaviors that Contribute to Violence

Carried a Weapon on School Property

In Connecticut, 6.6% of students had carried a weapon, such as a gun, knife, or club, on school property one or more times during the 30 days before the survey. Nationwide, the rate is 5.2%. In Connecticut, the prevalence of having carried a weapon on school property is significantly higher among males (9.5%) than among females (3.6%).

Threatened or Injured with a Weapon on School Property

In Connecticut, 7.1% of students had been threatened or injured with a weapon, such as a gun knife or club, on school property one or more times in the past 12 months. Nationwide, the rate is 6.9%. In Connecticut, the prevalence of having been threatened or injured with a weapon on school property is significantly higher among males (9.2%) than among females (4.7%).
Did Not Go to School Because of Safety Concerns
In Connecticut, 6.8% of students had not gone to school on at least 1 day of the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school. Nationwide, the rate is 7.1%. In Connecticut, the prevalence of having not gone to school because of safety concerns is significantly higher among Hispanics (11.6%) than among non-Hispanic whites (5.4%).

In a Physical Fight
In Connecticut, 22.4% of students had been in a physical fight one or more times during the 12 months before the survey. Nationwide, the rate is 24.7%. In Connecticut, the prevalence of having been in a physical fight is significantly higher among males (29.2%) than among females (15.1%).

The prevalence of having been in a physical fight is significantly lower among non-Hispanic blacks in CT (24.5%) than nationwide (34.7%); and significantly lower in grade 11 among students in CT (18.3%) than in the US (24.0%).

Had Property Stolen or Deliberately Damaged on School Property
In Connecticut, 20.8% of students had had property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months before the survey. The prevalence of having had property stolen or deliberately damaged on school property is significantly higher among Hispanics (28.8%) than among non-Hispanic whites (17.5%).

Bullied on School Property
During the 12 months before the survey, 21.9% of Connecticut students had been bullied on school property. Nationwide, the rate is 19.6%. In Connecticut, the prevalence of having been bullied on school property is significantly higher among females (26.1%) than among males (17.9%).

The prevalence of having been bullied on school property is significantly higher in grade 11 among students in CT (22.8%) than in the US (16.8%).

Electronically Bullied
During the 12 months before the survey, 17.5% of Connecticut students had been electronically bullied. Nationwide, the rate is 14.8%. In Connecticut, the prevalence of having been electronically bullied is significantly higher among females (22.8%) than among males (12.3%); and significantly higher among non-Hispanic whites (19.0%) than among non-Hispanic blacks (10.8%).

The prevalence of having been electronically bullied is significantly higher among males in CT (12.3%) than in the US (8.5%).

Teased Because of Weight, Size, or Physical Appearance
In Connecticut, 25.7% of students had ever been the victim of teasing or name calling during the 12 months before the survey because of their weight, size, or physical appearance. The prevalence of having been teased because of weight, size, or physical appearance is significantly higher among females (29.8%) than among males (21.8%); and significantly higher among students in grade 9 (33.0%) than in grades 10 (23.6%) and 12 (20.9%).

Teased Because of Perceived Sexual Orientation
During the 12 months before the survey, 10.9% of Connecticut students had ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual. The prevalence of having been teased because of perceived sexual orientation is significantly higher among Hispanics (16.1%) than among non-Hispanic whites (9.4%).

Verbal or Emotional Dating Abuse
In Connecticut, among students who dated or went out with someone during the 12 months before the survey, 26.3% had been verbally or emotionally abused one or more times by someone they were dating or going out with in the past 12 months. The prevalence of verbal or emotional dating abuse is significantly higher among females (33.9%) than among males (19.1%).

Physical Dating Violence
In Connecticut, 9.0% of students who dated or went out with someone
during the 12 months before the survey, had been physically hurt on purpose one or more times by someone they were dating or going out with in the past 12 months. Nationwide, the rate is 10.3%. Overall in Connecticut, the prevalence of physical dating violence does not vary significantly by sex, race/ethnicity, or grade.

**Sexual Dating Violence**

In Connecticut, among students who dated or went out with someone during the 12 months before the survey, 11.1% had been forced by someone they were dating or going out with to do sexual things when they did not want to, one or more times during the 12 months preceding the survey. Nationwide, the rate is 10.4%. In Connecticut, the prevalence of sexual dating violence is significantly higher among females (15.5%) than among males (7.3%).

**Forced to Have Sexual Intercourse**

In Connecticut, 9.2% of students had ever been physically forced to have sexual intercourse when they did not want to. Nationwide, the rate is 7.3%. In Connecticut, the prevalence of having been physically forced to have sexual intercourse is significantly higher among females (11.6%) than among males (6.8%); and significantly higher among Hispanics (13.0%) than among non-Hispanic whites (7.2%).

The prevalence of having been physically forced to have sexual intercourse is significantly higher among males in CT (6.8%) than in the US (4.2%).

**Self-Injury**

In Connecticut, 16.7% of students did something to purposely hurt themselves (e.g., cutting or burning) without wanting to die (i.e., self-injury) one or more times during the 12 months before the survey. The prevalence of self-injury is significantly higher among females (22.0%) than among males (11.4%); and significantly higher among Hispanics (23.6%) than among non-Hispanic whites (15.5%).

**Felt Sad or Hopeless**

During the 12 months before the survey, 27.2% of Connecticut students had felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities. Nationwide, the rate is 29.9%. In Connecticut, the prevalence of having felt sad or hopeless is significantly higher among females (34.9%) than among males (19.7%); and significantly higher among Hispanics (40.8%) than among non-Hispanic whites (24.0%) and non-Hispanic blacks (23.0%).

**Seriously Considered Attempting Suicide**

In Connecticut, 14.5% of students had seriously considered attempting suicide during the 12 months before the survey. Nationwide, the rate is 17.0%. In Connecticut, the prevalence of having seriously considered attempting suicide is significantly higher among females (18.1%) than among males (10.9%).

The prevalence of having seriously considered attempting suicide is significantly lower among females in CT (18.1%) than nationwide (22.4%); and significantly lower in grade 11 among students in CT (13.6%) than in the US (18.2%).

**Attempted Suicide**

In Connecticut, 8.1% of students had actually attempted suicide one or more times during the 12 months before the survey. Nationwide, the rate is 8.0%. In Connecticut, the prevalence of having attempted suicide is significantly higher among Hispanics (14.3%) than among non-Hispanic whites (5.8%).

**Cigarette, Alcohol, and Other Drug Use**

**Current Cigarette Smoking**

In Connecticut, 13.5% of students had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette smoking). Nationwide, the rate is 15.7%. In Connecticut, the prevalence of current cigarette smoking is significantly higher among students in grade 12 (20.2%) than in grades 9 (9.4%) and 10 (9.3%).
Frequent Cigarette Smoking
In Connecticut, 4.1% of students had smoked cigarettes on 20 or more of the 30 days preceding the survey (i.e., frequent cigarette smoking). Nationwide, the rate is 5.6%. In Connecticut, the prevalence of frequent cigarette smoking is significantly higher among students in grade 12 (7.4%) than in grades 9 (1.8%) and 10 (2.8%).

Currently Smoked Cigarettes Daily
In Connecticut, 3.4% of students had smoked cigarettes on all 30 days during the 30 days preceding the survey (i.e., current daily cigarette smoking). Nationwide, the rate is 4.0%. In Connecticut, the prevalence of current daily cigarette smoking is significantly higher among students in grade 12 (6.1%) than in grade 10 (2.1%).

Drank Alcohol Before Age 13 Years
In Connecticut, 14.9% of students had drunk alcohol (other than a few sips) for the first time before age 13 years. Nationwide, the rate is 18.6%. In Connecticut, the prevalence of having drunk alcohol for the first time before age 13 years is significantly higher among males (18.8%) than among females (10.7%); significantly higher among Hispanics (18.7%) than among non-Hispanic whites (12.0%); and significantly higher among students in grade 9 (20.3%) than grade 11 (11.2%).

The prevalence of having drunk alcohol for the first time before age 13 years is significantly lower among females in CT (10.7%) than nationwide (16.6%); significantly lower among non-Hispanic whites in CT (12.0%) than nationwide (16.7%); and significantly lower in grade 11 among students in CT (11.2%) than in the US (17.2%).

Current Alcohol Use
In Connecticut, 36.7% of students had had at least one drink of alcohol on at least 1 day during the 30 days before the survey (i.e., current alcohol use). Nationwide, the rate is 34.9%. In Connecticut, the prevalence of current alcohol use is significantly higher among students in grades 10 (33.6%), 11 (41.8%), and 12 (51.3%) than in grade 9 (21.7%); and significantly higher in grade 12 (51.3%) than in grade 10 (33.6%).

Five or More Drinks in a Row
In Connecticut, 20.0% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey. Nationwide, the rate is 20.8%. In Connecticut, the prevalence of having five or more drinks of alcohol in a row is significantly higher among students in grades 10 (15.8%), 11 (22.7%), and 12 (33.5%) than in grade 9 (8.6%); and significantly higher in grade 12 (33.5%) than in grade 10 (22.7%).

Ever Used Marijuana
In Connecticut, 42.1% of students had used marijuana one or more times during their life (i.e., ever used marijuana). Nationwide, the rate is 40.7%. In Connecticut, the prevalence of having ever used marijuana is significantly higher among students in grades 10 (38.9%), 11 (48.6%), and 12 (57.4%) than in grade 9 (25.0%); and significantly higher in grade 12 (57.4%) than in grade 10 (38.9%).

Tried Marijuana Before Age 13 Years
In Connecticut, 7.0% of students had tried marijuana for the first time before age 13 years. Nationwide, the rate is 8.6%. In Connecticut, the prevalence of having tried marijuana before age 13 years is significantly higher among males (10.0%) than among females (3.8%).

Current Marijuana Use
In Connecticut, 26.0% of students had used marijuana one or more times during the past 30 days (i.e., current marijuana use). Nationwide, the rate is 23.4%. In Connecticut, the prevalence of current marijuana use is significantly higher among students in grade 12 (36.0%) than in grades 9 (17.7%), 10 (24.8%), and 11 (26.4%).
**Ever Used Cocaine**
In Connecticut, 4.9% of students had used any form of cocaine, including powder, crack, or freebase, one or more times during their life (i.e., ever used cocaine). Nationwide, the rate is 5.5%. In Connecticut, the prevalence of having ever used cocaine is significantly higher among males (6.9%) than among females (2.7%).

**Ever Used Inhalants**
In Connecticut, 8.1% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., ever used inhalants). Nationwide, the rate is 8.9%. Overall in Connecticut, the prevalence of having ever used inhalants does not vary significantly by sex, race/ethnicity, or grade.

**Ever Used Heroin**
In Connecticut, 3.4% of students had used heroin one or more times during their life (i.e., ever used heroin). Nationwide, the rate is 2.2%. In Connecticut, the prevalence of having ever used heroin is significantly higher among males (5.4%) than among females (1.2%).

The prevalence of having ever used heroin is significantly higher among males in CT (5.4%) than in the US (2.8%).

**Ever Used Methamphetamines**
In Connecticut, 4.3% of students had used methamphetamines one or more times during their life (i.e., ever methamphetamine use). Nationwide, the rate is 3.2%. In Connecticut, the prevalence of having ever used methamphetamines is significantly higher among males (6.4%) than among females (2.0%).

The prevalence of having ever used methamphetamines is significantly higher among males in CT (6.4%) than in the US (3.4%).

**Ever Used Ecstasy**
In Connecticut, 6.5% of students had used ecstasy one or more times during their life (i.e., ever used ecstasy). Nationwide, the rate is 6.6%. In Connecticut, the prevalence having ever used ecstasy is significantly higher among males (8.5%) than among females (4.3%); and significantly higher among students in grade 12 (9.7%) than in grade 9 (4.1%).

**Ever Injected Any Illegal Drug**
In Connecticut, 2.4% of students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., ever injected any illegal drug). Nationwide, the rate is 1.7%. In Connecticut, the prevalence having ever injected any illegal drug is significantly higher among males (3.6%) than among females (0.9%).

**Ever Took Prescription Drugs to Get High**
In Connecticut, 11.1% of students had taken prescription drugs (e.g., OxyContin, Percocet, Vicodin, Adderall, codeine, Ritalin, or Xanax) without a doctor’s prescription to get high one or more times during their life (i.e., ever took prescription drugs to get high). The prevalence of having ever taken prescription drugs to get high is significantly higher among students in grade 12 (17.5%) than in grades 9 (6.8%) and 10 (9.1%).

**Attended School Under the Influence of Alcohol or Illegal Drugs**
In Connecticut, 16.3% of students had attended school under the influence of alcohol or illegal drugs, such as marijuana or cocaine, one or more times during the past 12 months. The prevalence of having attended school under the influence of alcohol or illegal drugs is significantly higher among males (19.7%) than among females (12.8%); and significantly higher among students in grade 12 (23.7%) than in grades 9 (12.3%) and 10 (14.0%).

**Offered, Sold, or Given an Illegal Drug on School Property**
During the 12 months before the survey, 27.1% of students had been offered, sold, or given an illegal drug by someone on school property. Nationwide, the rate is significantly lower (22.1%). Overall in Connecticut, the prevalence of having been offered, sold, or given an illegal drug on school property does not vary significantly by sex, race/ethnicity, or grade.

The prevalence of having been offered, sold, or given an illegal drug on school property...
property is significantly higher among females in CT (24.9%) than nationwide (19.7%); significantly higher among non-Hispanic whites in CT (27.2%) than in the US (20.4%); and significantly higher in grade 12 among students in CT (27.0%) than nationwide (18.8%).

**Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection; and Other Topics Related to Sexual Behaviors**

**Ever Had Sexual Intercourse**
In Connecticut, 41.1% of students had ever had sexual intercourse. Nationwide, the rate is 46.8%. In Connecticut, the prevalence of having ever had sexual intercourse is significantly higher in grade 12 (63.1%) than in grade 11 (48.2%); and both grades 11 and 12 are significantly higher than in grades 9 (21.4%) and 10 (32.9%).

The prevalence of having ever had sexual intercourse is significantly lower among non-Hispanic blacks in CT (42.6%) than nationwide (60.6%).

**Had Sexual Intercourse Before Age 13 Years**
In Connecticut, 3.6% of students had had sexual intercourse for the first time before age 13 years. Nationwide, the rate is significantly higher (5.6%). In Connecticut, the prevalence of having had sexual intercourse before age 13 years is significantly higher among males (5.4%) than among females (1.9%); and significantly higher among non-Hispanic blacks (6.6%) and Hispanics (8.2%) than among non-Hispanic whites (1.7%).

The prevalence of having had sexual intercourse before age 13 years is significantly lower in grade 12 among students in CT (2.1%) than in the US (4.9%).

**Had Sexual Intercourse with Four or More Persons during Their Life**
In Connecticut, 10.8% of students had had sexual intercourse with four or more persons during their life. Nationally, the rate is significantly higher (15.0%). In Connecticut, the prevalence of having had sexual intercourse with four or more persons is significantly higher among males (13.9%) than among females (7.8%); significantly higher among non-Hispanic blacks (21.6%) than among non-Hispanic whites (8.2%); and significantly higher among students in grades 11 (11.7%) and 12 (18.2%) than in grade 9 (4.0%); and significantly higher in grade 12 (18.2%) than in grade 10 (9.7%).

The prevalence of having had sexual intercourse with four or more persons is significantly lower among females in CT (7.8%) than in the US (13.2%); significantly lower among non-Hispanic whites in CT (8.2%) nationwide (13.3%); and significantly lower in grade 11 among students in CT (11.7%) in the US (18.5%).

**Currently Sexually Active**
In Connecticut, 30.3% of students had had sexual intercourse with at least one person during the three months before the survey (i.e., currently sexually active). Nationwide, the rate is 34.0%. In Connecticut, the prevalence of being currently sexually active increases significantly by grade: grade 9 (13.3%), grade 10 (23.0%), grade 11 (35.9%), grade 12 (50.4%).

**Drank Alcohol or Used Drugs Before Last Sexual Intercourse**
Among the 30.3% of currently sexually active students in Connecticut, 20.3% had drunk alcohol or used drugs before last sexual intercourse. Nationwide, the rate is 22.4%. Overall in Connecticut, among currently sexually active students, the prevalence of having drunk alcohol or used drugs before last sexual intercourse does not vary significantly by sex, race/ethnicity, or grade.

**Have Been Pregnant or Have Gotten Someone Pregnant**
In Connecticut, 3.2% of students have been pregnant or have gotten someone pregnant one or more times. The prevalence of having been pregnant or having gotten someone pregnant is significantly higher among Hispanics (6.8%) than among non-Hispanic whites (2.1%).

**Had Sexual Contact with Males and Females**
In Connecticut, 4.8% of students had had sexual contact with males and females during their life. The prevalence of having had sexual contact with males and females is significantly higher among females (7.4%) than among
males (2.2%); and significantly higher among Hispanics (8.6%) than among non-Hispanic whites (3.8%).

**Described Themselves As Gay, Lesbian, or Bisexual**

In Connecticut, 7.9% of students described themselves as gay, lesbian, or bisexual. The prevalence of students describing themselves as gay, lesbian, or bisexual is significantly higher among females (10.2%) than among males (5.7%); and significantly higher among Hispanics (12.0%) than among non-Hispanic whites (5.9%).

**Tested for HIV**

In Connecticut, 13.0% of students had ever been tested for HIV, the virus that causes AIDS. Nationwide, the rate is 12.9%. In Connecticut, the prevalence of having been tested for HIV is significantly higher among Hispanics (19.9%) than among non-Hispanic whites (10.8%).

The prevalence of having been tested for HIV is significantly higher among Hispanics in CT (19.9%) than in the US (12.8%).

**Ever Had a Sexually Transmitted Disease**

In Connecticut, 2.7% of students who were not currently sexually active and 6.9% of currently sexually active students had ever been told by a doctor or nurse that they had a sexually transmitted disease (STD). Among currently sexually active students, the prevalence of having ever been told that they had an STD is significantly higher among Hispanics (12.4%) than among non-Hispanic whites (3.6%).

**Dietary Behaviors and Physical Activity**

**Ate Breakfast on All Seven Days**

In Connecticut, 33.7% of students had eaten breakfast on all of the seven days preceding the survey. Nationwide, the rate is 38.1%. In Connecticut, the prevalence of having eaten breakfast on all seven days is significantly higher among non-Hispanic whites (37.8%) than among non-Hispanic blacks (20.1%), and significantly higher among students in grade 9 (37.1%) than in grade 12 (27.6%).

The prevalence of having eaten breakfast on all seven days is significantly lower in grade 12 among students in CT (27.6%) than in the US (35.7%).

**Did Not Participate in at Least 60 Minutes of Physical Activity on at Least One Day**

In Connecticut, 14.1% of students had not participated in at least 60 minutes of any kind of physical activity on at least one day during the seven days before the survey (i.e., did not participate in at least 60 minutes of physical activity on at least one day). Nationwide, the rate is 15.2%. In Connecticut, the prevalence of not having participated in at least 60 minutes of physical activity on at least one day is significantly higher among females (17.3%) than among males (10.9%); and significantly higher among non-Hispanic blacks (25.6%) and Hispanics (19.3%) than among non-Hispanic whites (9.6%).

**Physically Active at Least 60 Minutes per Day on Five or More Days**

In Connecticut, 46.6% of students had been physically active for a total of at least 60 minutes per day on five or more days during the seven days before the survey (i.e., physically active at least 60 minutes per day on five or more days). Nationwide, the rate is 47.3%. In Connecticut, the prevalence of having been physically active at least 60 minutes per day on five or more days is significantly higher among males (55.3%) than among females (37.8%); and significantly higher among non-Hispanic whites (52.7%) than among non-Hispanic blacks (36.4%) and Hispanics (34.0%).

**Physically Active at Least 60 Minutes per Day on All Seven Days**

In Connecticut, 26.0% of students had been physically active for a total of at least 60 minutes per day on each of the seven days before the survey (i.e., physically active at least 60 minutes per day on all seven days). Nationwide, the rate is 27.1%. In Connecticut, the prevalence of having been physically active at least 60 minutes per day on all seven days before the survey is significantly higher among males (33.4%) than among females (18.7%); and significantly higher among non-Hispanic whites (29.3%) than among Hispanics (18.2%).
**Used Computers Three or More Hours per Day**

In Connecticut, 36.7% of students played video or computer games or used a computer for something that was not school work for three or more hours per day on an average school day (i.e., used computers three or more hours per day). Nationwide, the rate is 41.3%. In Connecticut, the prevalence of having used computers three or more hours per day is significantly higher among Hispanics (42.7%) than among non-Hispanic whites (34.1%). The prevalence of having used computers three or more hours per day is significantly lower among males in CT (34.5%) than in the US (42.3%); and significantly lower in grade 10 among students in CT (33.9%) than nationwide (42.9%).

**Watched Television Three or More Hours per Day**

In Connecticut, 24.1% of students watched television three or more hours per day on an average school day. Nationwide, the rate is significantly higher (32.5%). In Connecticut, the prevalence of having watched television three or more hours per day is significantly higher among non-Hispanic blacks (38.9%) and Hispanics (31.2%) than among non-Hispanic whites (19.8%). The prevalence of having watched television three or more hours per day is significantly lower among CT males (25.1%) and females (23.2%) than among their US counterparts (32.8% and 32.2%, respectively); significantly lower among CT non-Hispanic whites (19.8%), non-Hispanic blacks (38.9%), and Hispanics (31.2%) than among their US counterparts (25.0%, 53.7%, and 37.8%, respectively); and significantly lower among CT students in grades 9 (26.5%) and 10 (22.5%) than among their national counterparts (34.9% and 32.3%, respectively).

**Overweight, Obesity, and Weight Control**

**Overweight**

In Connecticut, 13.9% of students were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex). Nationwide, the rate is 16.6%. Overall in Connecticut, the prevalence of overweight does not vary significantly by sex, race/ethnicity, or grade. The prevalence of overweight is significantly lower in grade 9 among students in CT (12.2%) than in the US (18.2%).

**Obese**

In Connecticut, 12.3% of students were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). Nationwide, the rate is 13.7%. In Connecticut, the prevalence of obesity is significantly higher among non-Hispanic blacks (18.1%) and Hispanics (18.9%) than among non-Hispanic whites (9.8%).

**Described Themselves As Overweight**

In Connecticut, 29.4% of students described themselves as slightly or very overweight. Nationwide, the rate is 31.1%. In Connecticut, the prevalence of students describing themselves as overweight is significantly higher among females (35.0%) than among males (23.8%); and significantly higher among Hispanics (38.3%) than among non-Hispanic whites (28.2%).

**Were Trying to Lose Weight**

In Connecticut, 47.2% of students were trying to lose weight. Nationwide, the rate is 47.7%. In Connecticut, the prevalence of trying to lose weight is significantly higher among females (64.0%) than among males (30.6%).

**Exercised or Dieted to Lose Weight or to Keep from Gaining Weight**

In Connecticut, 58.0% of students had exercised or had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the 30 days before the survey. The prevalence of having exercised or dieted to lose weight or to keep from gaining weight is significantly higher among females (69.3%) than among males (46.8%).

**Did Not Eat for ≥24 Hours, Vomited, or Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight**

In Connecticut, 10.5% of students had not eaten for 24 hours or more,
vomited, or had taken laxatives, diet pills, powders, or liquids (without the advice of a doctor) to lose weight or to keep from gaining weight during the 30 days before the survey. The prevalence of having not eaten for 24 hours or more, vomited, or had taken laxatives, diet pills, powders, or liquids to lose weight or to keep from gaining weight is significantly higher among females (14.5%) than among males (6.6%).

**Other Health-Related Topics**

**Usually Spent Four or More Hours After School without an Adult Present**

In Connecticut, 21.2% of students usually spent four or more hours after school without an adult present. The prevalence of having usually spent four or more hours after school without an adult present is significantly higher among students in grade 12 (26.0%) than in grade 9 (19.2%).

**Whereabouts Never or Rarely Known When Away from Home**

In Connecticut, 9.0% of students reported that where they are when they are away from home is never or rarely known by their parents or other adults in their family (i.e., whereabouts when away from home are never or rarely known). The prevalence of students reporting that their whereabouts when away from home are never or rarely known is significantly higher among males (11.8%) than among females (6.0%); and significantly higher among Hispanics (12.7%) than among non-Hispanic whites (6.5%).

**Worked at a Paying Job**

In Connecticut, 23.4% of students worked at a paying job outside their home five or more hours during an average week when they were in school. The prevalence of working at a paying job is significantly higher among non-Hispanic whites (26.1%) and Hispanics (20.6%) than among non-Hispanic blacks (9.9%); is significantly higher among students in grades 12 (45.9%) than in grade 11 (29.5%); and both grades 11 and 12 are significantly higher than grades 9 (6.4%) and 10 (12.4%).

**Gambled for Money or Possessions**

In Connecticut, 21.1% of students had gambled for money or possessions one or more times during the past 12 months. The prevalence of having gambled for money or possessions is significantly higher among males (31.3%) than among females (10.7%); and significantly higher among students in grade 12 (28.0%) than in grades 9 (17.9%) and 10 (19.2%).

**Suffered a Head Injury While Playing Sports**

In Connecticut, among the 69.8% of students who played sports during the 12 months before the survey, 19.3% had suffered a blow or jolt to the head while playing with a sports team, which caused them to get “knocked out”, have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting during the 12 months before the survey. The prevalence of having suffered a head injury while playing sports is significantly higher among males (22.9%) than among females (14.9%).

**Protective Factors**

**Described Grades in School As Mostly A’s or B’s**

In Connecticut, 68.7% of students described their grades in school as mostly A’s or B’s during the 12 months before the survey. The prevalence of students describing their grades as mostly A’s or B’s is significantly higher among females (75.1%) than among males (62.4%); and significantly higher among non-Hispanic whites (75.6%) than among non-Hispanic blacks (53.1%) and Hispanics (56.1%).

**Described Health As Excellent or Very Good**

In Connecticut, 62.2% of students described their health as excellent or very good. The prevalence of students describing their health as excellent or very good is significantly higher among males (69.1%) than among females (55.0%); and significantly higher among non-Hispanic whites (64.7%) than among Hispanics (52.0%).

2013 Youth Risk Behavior Survey » Component of the Connecticut School Health Survey » Summary of Results
Eight or More Hours of Sleep

In Connecticut, 24.2% of students got eight or more hours of sleep on an average school night. Nationwide, the rate is significantly higher (31.7%). In Connecticut, the prevalence of getting eight or more hours of sleep is significantly higher among students in grades 9 (33.8%) and 10 (24.5%) than in grade 12 (15.1%); and significantly higher in grade 9 (33.8%) than in grade 11 (22.5%).

The prevalence of getting eight or more hours of sleep is significantly lower in CT among males (25.4%) and females (22.9%) than among their US counterparts (34.5% and 28.9%, respectively); significantly lower among non-Hispanic whites in CT (25.5%) than nationwide (32.5%); and significantly lower among CT students in grades 10 (24.5%) and 12 (15.1%) than among their US counterparts (33.5% and 23.3%, respectively).

Ate Meals with Their Family

In Connecticut, 64.4% of students had eaten at least one meal with their family on three or more of the seven days before the survey. The prevalence having eaten meals with their family is significantly higher among non-Hispanic whites (71.6%) than among non-Hispanic blacks (39.1%) and Hispanics (54.7%); and significantly higher among students in grades 9 (69.5%) and 10 (68.6%) than in grade 12 (55.7%).

Lived with Two Parents Most of the Time

In Connecticut, 60.2% of students lived with two parents most of the time. The prevalence of living with two parents most of the time is significantly higher among non-Hispanic whites (66.8%) than among non-Hispanic blacks (51.1%) and Hispanics (43.5%).

Have a Family That Loves and Supports Them

In Connecticut, 56.3% of students strongly agreed that their family loves them and gives them help and support when they need it. Overall, the prevalence of strongly agreeing that their family gives them love and support is significantly higher among males (59.6%) than among females (53.0%).

Had an Adult at School They Could Talk to if They Had a Problem

In Connecticut, 63.8% of students responded that there was at least one teacher or other adult in their school they could talk to if they had a problem. The prevalence of having an adult at school they could talk to if they had a problem is significantly higher among non-Hispanic whites (67.3%) than among non-Hispanic blacks (57.2%) and Hispanics (56.6%); and significantly higher among students in grades 11 (67.3%) and 12 (70.4%) than in grade 10 (57.5%).

Most of the Time or Always Got the Help They Needed

In Connecticut, 37.8% of students, who had ever felt sad, empty, hopeless, angry, or anxious, most of the time or always got the kind of help they needed when they felt sad, empty, hopeless, angry, or anxious. Overall the prevalence of most of the time or always getting the help they needed does not vary significantly by sex, race/ethnicity, or grade.

Most Likely to Talk with an Adult When They Felt Sad, Empty, Hopeless, Angry, or Anxious

In Connecticut, 25.1% of students, who had ever felt sad, empty, hopeless, angry, or anxious, would most likely talk with an adult (parent or other adult family member, school nurse, school counselor or teacher, or other adult) when they felt sad, empty hopeless, angry, or anxious. Overall the prevalence of most likely talking with an adult does not vary significantly by sex, race/ethnicity, or grade.

Strongly Disapproved of Having Drinks of Alcohol Nearly Every Day

In Connecticut, 47.6% of students strongly disapproved of someone their age having one or two drinks of alcohol nearly every day. The prevalence of strongly disapproving of having drinks of alcohol nearly every day is significantly higher among females (53.0%) than among males (42.6%); and significantly higher among students in grade 9 (54.5%) than in grade 12 (42.3%).
Thought That Drinking Alcohol Each Weekend is Risky

In Connecticut, 36.9% of students thought that people greatly risk harming themselves if they have five or more drinks of alcohol once or twice each weekend. The prevalence of thinking that drinking alcohol each weekend is risky is significantly higher among females (44.6%) than among males (29.4%).

Took Part in Organized Activities

In Connecticut, 64.4% of students had taken part in organized after-school, evening, or weekend activities on one or more of the seven days before the survey. The prevalence of having taken part in organized activities is significantly higher among non-Hispanic whites (69.9%) than among non-Hispanic blacks (52.7%), and Hispanics (53.0%).

Believe They Definitely Will Complete a Post-High School Program

In Connecticut, 57.5% of students believe they definitely will complete a post-high school program. The prevalence of believing they definitely will complete a post-high school program is significantly higher among females (64.6%) than among males (50.6%); significantly higher among non-Hispanic whites (62.8%) than among non-Hispanic blacks (48.8%), and Hispanics (45.1%); and significantly higher among students in grades 11 (60.9%) and 12 (70.1%) than in grade 9 (46.9%); and significantly higher in grade 12 (70.1%) than in grade 10 (53.5%).

Spent Time Helping People

In Connecticut, 49.3% of students had spent one or more hours during the past 30 days helping people without getting paid to make their community a better place for people to live. The prevalence of having spent time helping people is significantly higher among non-Hispanic whites (51.4%) than among non-Hispanic blacks (40.0%).
Behaviors That Contribute to Unintentional Injuries
Never or Rarely Wore a Seat Belt by sex, race/ethnicity, and grade

- In Connecticut, 8.0% of high school students never or rarely wore a seat belt when riding in a car driven by someone else.

- Overall in CT, the prevalence of having never or rarely worn a seat belt:
  - Does not vary significantly by sex or grade.
  - Is significantly higher among non-Hispanic blacks (10.8%) and Hispanics (12.8%) than among non-Hispanic whites (5.6%).

- The prevalence of having never or rarely worn a seat belt does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Rode with a Driver Who Had Been Drinking Alcohol
by sex, race/ethnicity, and grade

- In Connecticut, 22.2% of high school students had ridden one or more times in the past 30 days in a vehicle driven by someone who had been drinking alcohol.

- Overall in CT, the prevalence of having ridden with a driver who had been drinking alcohol does not vary significantly by sex, race/ethnicity, or grade.

- The prevalence of having ridden with a driver who had been drinking alcohol does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.

![Graph showing percentage of CT and US students who had ridden one or more times in a vehicle driven by someone who had been drinking alcohol by sex and race/ethnicity.]

- [Graph showing percentage of CT and US students who had ridden one or more times in a vehicle driven by someone who had been drinking alcohol by grade.]

2013 Youth Risk Behavior Survey » Component of the Connecticut School Health Survey » Behaviors That Contribute to Unintentional Injuries
Drove When Drinking Alcohol
by sex, race/ethnicity, and grade

- In Connecticut, 9.4% of high school students* had driven a car or other vehicle one or more times in the past 30 days when they had been drinking alcohol.

- Overall in CT, the prevalence of having driven a car or other vehicle when they had been drinking alcohol:
  - Does not vary significantly by sex or race/ethnicity (between non-Hispanic whites and Hispanics).
  - Is significantly higher among students in grade 12 (13.8%) than in grades 10 (4.7%) and 11 (6.7%).

- The prevalence of having driven a car or other vehicle when they had been drinking alcohol does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.

*among students who drove a car or other vehicle during the past 30 days

†n/a = not available; fewer than 50 students in this subgroup.
**Texted or E-Mailed While Driving**

*by sex, race/ethnicity, and grade*

- In Connecticut, 36.3% of high school students* had texted or e-mailed while driving a car or other vehicle on 1 or more of the 30 days preceding the survey.

- Overall in CT, the prevalence of having texted or e-mailed while driving:
  - Does not vary significantly by sex.
  - Is significantly higher among non-Hispanic whites (41.6%) than among non-Hispanic blacks (10.9%) and Hispanics (28.1%); and significantly higher among Hispanics (28.1%) than among non-Hispanic blacks (10.9%).
  - Is significantly higher among students in grade 12 (54.8%) than in grade 11 (38.6%); and both grades 11 and 12 are significantly higher than grades 9 (14.3%) and 10 (11.6%).

- The prevalence of having texted or e-mailed while driving:
  - Does not vary significantly between CT and US students by sex or overall.
  - Is significantly lower among non-Hispanic blacks in CT (10.9%) than nationwide (29.1%).
  - Is significantly lower in grade 10 among CT students (11.6%) than among their US counterparts (26.5%).

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*among students who drove a car or other vehicle during the past 30 days*
Talked on a Cell Phone While Driving 
by sex, race/ethnicity, and grade

◆ In Connecticut, 35.8% of high school students* had talked on a cell phone while driving a car or other vehicle on 1 or more of the 30 days preceding the survey

◆ Overall, the prevalence of having talked on a cell phone while driving:
  ◆ Does not vary significantly by sex
  ◆ Is significantly higher among non-Hispanic whites (38.9%) and Hispanics (34.5%) than among non-Hispanic blacks (15.7%)
  ◆ Is significantly higher among students in grade 12 (55.9%) than in grade 11 (36.4%); and both grades 11 and 12 are significantly higher than grades 9 (16.5%) and 10 (10.1%)

*among students who drove a car or other vehicle during the past 30 days
Behaviors That Contribute to Violence
Carried a Weapon on School Property
by sex, race/ethnicity, and grade

- In Connecticut, 6.6% of high school students had carried a weapon (e.g., gun, knife, or club) on school property on at least one day during the 30 days before the survey.

- Overall in CT, the prevalence of having carried a weapon on school property:
  - Is significantly higher among males (9.5%) than among females (3.6%)
  - Does not vary significantly by race/ethnicity or grade

- The prevalence of having carried a weapon on school property does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Threatened or Injured with a Weapon on School Property by sex, race/ethnicity, and grade

- In Connecticut, 7.1% of high school students had been threatened or injured with a weapon (e.g., gun, knife, or club) on school property one or more times in the past 12 months.

- Overall in CT, the prevalence of having been threatened or injured with a weapon on school property:
  - Is significantly higher among males (9.2%) than among females (4.7%).
  - Does not vary significantly by race/ethnicity or grade.

- The prevalence of having been threatened or injured with a weapon on school property does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Did Not Go to School Because of Safety Concerns by sex, race/ethnicity, and grade

- In Connecticut, 6.8% of high school students had not gone to school on 1 or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school (i.e., did not go to school because of safety concerns)

- Overall in CT, the prevalence of having not gone to school because of safety concerns:
  - Does not vary significantly by sex or grade
  - Is significantly higher among Hispanics (11.6%) than among non-Hispanic whites (5.4%)

- The prevalence of having not gone to school because of safety concerns does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall
In a Physical Fight
by sex, race/ethnicity, and grade

- In Connecticut, 22.4% of high school students had been in a physical fight one or more times during the 12 months preceding the survey.

- Overall in CT, the prevalence of having been in a physical fight:
  - Is significantly higher among males (29.2%) than among females (15.1%).
  - Does not vary significantly by race/ethnicity or grade.

- The prevalence of having been in a physical fight:
  - Does not vary significantly between CT and US students by sex or overall.
  - Is significantly lower among non-Hispanic blacks in CT (24.5%) than nationwide (34.7%).
  - Is significantly lower in grade 11 among students in CT (18.3%) than in the US (24.0%).

The chart shows the percentage of CT and US high school students who had been in a physical fight one or more times in the past 12 months by sex, race/ethnicity, and grade.
Had Property Stolen or Deliberately Damaged at School
by sex, race/ethnicity, and grade

◆ In Connecticut, 20.8% of high school students had had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey.

◆ Overall, the prevalence of having had personal property stolen or deliberately damaged at school:
  ◆ Does not vary significantly by sex or grade
  ◆ Is significantly higher among Hispanics (28.8%) than among non-Hispanic whites (17.5%)
Bullied on School Property
by sex, race/ethnicity, and grade

- In Connecticut, 21.9% of high school students had been bullied on school property in the past 12 months.

- Overall in CT, the prevalence of having been bullied on school property:
  - Is significantly higher among females (26.1%) than among males (17.9%)
  - Does not vary significantly by race/ethnicity or grade

- The prevalence of having been bullied on school property:
  - Does not vary significantly between CT and US students by sex, race/ethnicity, or overall
  - Is significantly higher in grade 11 among students in CT (22.8%) than nationwide (16.8%)
Electronically Bullied  
by sex, race/ethnicity, and grade

- In Connecticut, 17.5% of high school students had been electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting) in the past 12 months.

- Overall in CT, the prevalence of having been electronically bullied:
  - Is significantly higher among females (22.8%) than among males (12.3%).
  - Is significantly higher among non-Hispanic whites (19.0%) than among non-Hispanic blacks (10.8%).
  - Does not vary significantly by grade.

- The prevalence of having been electronically bullied:
  - Is significantly higher among males in CT (12.3%) than in the US (8.5%).
  - Does not vary significantly between CT and US students by race/ethnicity, grade, or overall.

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### Percentage of CT and US high school students who had been electronically bullied in the past 12 months by sex and race/ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>CT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Females</td>
<td>22.8</td>
<td>14.8</td>
</tr>
<tr>
<td>NH-whites</td>
<td>19.0</td>
<td>17.1</td>
</tr>
<tr>
<td>NH-blacks</td>
<td>10.8</td>
<td>14.9</td>
</tr>
<tr>
<td>Hispanics</td>
<td>16.4</td>
<td>16.1</td>
</tr>
<tr>
<td>Total</td>
<td>17.5</td>
<td>13.5</td>
</tr>
</tbody>
</table>

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### Percentage of CT and US students who had been electronically bullied in the past 12 months by grade

- Grade 9: CT 19.2, US 14.5
- Grade 10: CT 17.1, US 17.1
- Grade 11: CT 16.5, US 16.5
- Grade 12: CT 17.1, US 17.5

Teased Because of Physical Appearance by sex, race/ethnicity, and grade

In Connecticut, 25.7% of high school students had been the victim of teasing or name calling during the 12 months preceding the survey because of their weight, size, or physical appearance.

Overall, the prevalence of having been teased because of weight, size, or physical appearance:
- Is significantly higher among females (29.8%) than among males (21.8%)
- Does not vary significantly by race/ethnicity
- Is significantly higher among students in grade 9 (33.0%) than in grades 10 (23.6%) and 12 (20.9%)
Teased Because of Perceived Sexual Orientation by sex, race/ethnicity, and grade

- In Connecticut, 10.9% of high school students had been the victim of teasing or name calling during the 12 months preceding the survey because someone thought they were gay, lesbian, or bisexual.

- Overall, the prevalence of having been teased because of perceived sexual orientation:
  - Does not vary significantly by sex or grade
  - Is significantly higher among Hispanics (16.1%) than among non-Hispanic whites (9.4%).

Percentage of CT high school students who had been the victim of teasing or name calling in the past 12 months because someone thought they were gay, lesbian, or bisexual by sex and race/ethnicity

Percentage of CT students who had been the victim of teasing or name calling in the past 12 months because someone thought they were gay, lesbian, or bisexual by grade.
Verbal or Emotional Dating Abuse
by sex, race/ethnicity, and grade

- In Connecticut, 26.3% of high school students* had been verbally or emotionally abused (e.g., called names, made fun of in front of others, had their body or looks ridiculed, or told they are no good or worthless) one or more times by someone they were dating or going out with during the 12 months preceding the survey.

- Overall, the prevalence of verbal or emotional dating abuse:
  - Is significantly higher among females (33.9%) than among males (19.1%)
  - Does not vary significantly by race/ethnicity or grade

*among students who dated or went out with someone during the 12 months before the survey
Physical Dating Violence
by sex, race/ethnicity, and grade

- In Connecticut, 9.0% of high school students* had been physically hurt on purpose (e.g., being hit, slammed into something, or injured with an object or weapon) one or more times during the 12 months preceding the survey by someone they were dating or going out with (i.e., physical dating violence).

- Overall in CT, the prevalence of physical dating violence does not vary significantly by sex, between non-Hispanic whites and Hispanics (the estimate for non-Hispanic blacks will not be interpreted due to statistical unreliability), or by grade.

- The prevalence of physical dating violence does not vary significantly between CT and US students by sex, race/ethnicity (for non-Hispanic whites and Hispanics), grade, or overall.

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* among students who dated or went out with someone during the 12 months before the survey
† Data are statistically unreliable because subgroup size <50 or relative standard error ≥30%.
These estimates are subject to high sampling error and should be interpreted with caution.
Sexual Dating Violence by sex, race/ethnicity, and grade

- In Connecticut, 11.1% of high school students* had been forced by someone they were dating or going out with to do sexual things (e.g., kissing, touching, or being forced to have sexual intercourse) when they did not want to, one or more times during the 12 months preceding the survey (i.e., sexual dating violence)

- Overall in CT, the prevalence of sexual dating violence:
  - Is significantly higher among females (15.5%) than among males (7.3%)
  - Does not vary significantly by race/ethnicity or grade

- The prevalence of sexual dating violence does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall

*among students who dated or went out with someone during the 12 months before the survey

### Percentage of CT and US high school students* who had been forced by someone they were dating or going out with to do sexual things when they did not want to one or more times in the past 12 months by sex and race/ethnicity

<table>
<thead>
<tr>
<th></th>
<th>CT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>7.3</td>
<td>6.2</td>
</tr>
<tr>
<td>Females</td>
<td>15.5</td>
<td>14.4</td>
</tr>
<tr>
<td>NH-whites</td>
<td>8.5</td>
<td>9.8</td>
</tr>
<tr>
<td>NH-blacks</td>
<td>14.4</td>
<td>8.9</td>
</tr>
<tr>
<td>Hispanics</td>
<td>14.6</td>
<td>11.5</td>
</tr>
<tr>
<td>Total</td>
<td>11.1</td>
<td>10.4</td>
</tr>
</tbody>
</table>

### Percentage of CT and US students* who had been forced by someone they were dating or going out with to do sexual things when they did not want to one or more times in the past 12 months by grade

<table>
<thead>
<tr>
<th>Grade</th>
<th>CT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade 9</td>
<td>12.8</td>
<td>10.9</td>
</tr>
<tr>
<td>Grade 10</td>
<td>12.5</td>
<td>10.5</td>
</tr>
<tr>
<td>Grade 11</td>
<td>10.1</td>
<td>9.7</td>
</tr>
<tr>
<td>Grade 12</td>
<td>10.2</td>
<td>8.9</td>
</tr>
</tbody>
</table>
Forced to Have Sexual Intercourse
by sex, race/ethnicity, and grade

- In Connecticut, 9.2% of high school students had ever been physically forced to have sexual intercourse when they did not want to

- Overall in CT, the prevalence of having been physically forced to have sexual intercourse:
  - Is significantly higher among females (11.6%) than among males (6.8%)
  - Is significantly higher among Hispanics (13.0%) than among non-Hispanic whites (7.2%)
  - Does not vary significantly by grade

- The prevalence of having been physically forced to have sexual intercourse:
  - Is significantly higher among males in CT (6.8%) than in the US (4.2%)
  - Does not vary significantly between CT and US students by race/ethnicity, grade, or overall

Percentage of CT and US high school students who had been physically forced to have sexual intercourse
by sex and race/ethnicity

Percentage of CT and US students who had been physically forced to have sexual intercourse
by grade
Self-Injury
by sex, race/ethnicity, and grade

In Connecticut, 16.7% of high school students had done something to purposely hurt themselves (e.g., cutting or burning) without wanting to die (i.e., self-injury) one or more times during the 12 months preceding the survey.

Overall, the prevalence of self-injury:
- Is significantly higher among females (22.0%) than among males (11.4%)
- Is significantly higher among Hispanics (23.6%) than among non-Hispanic whites (15.5%)
- Does not vary significantly by grade
Felt Sad or Hopeless
by sex, race/ethnicity, and grade

- During the 12 months preceding the survey, 27.2% of Connecticut high school students had felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.

- Overall in CT, the prevalence of having felt sad or hopeless:
  - Is significantly higher among females (34.9%) than among males (19.7%).
  - Is significantly higher among Hispanics (40.8%) than among non-Hispanic whites (24.0%) and non-Hispanic blacks (23.1%).
  - Does not vary significantly by grade.

- The prevalence of having felt sad or hopeless does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Seriously Considered Attempting Suicide
by sex, race/ethnicity, and grade

- In Connecticut, 14.5% of high school students had seriously considered attempting suicide during the 12 months preceding the survey

- Overall in CT, the prevalence of having seriously considered attempting suicide:
  - Is significantly higher among females (18.1%) than among males (10.9%)
  - Does not vary significantly by race/ethnicity or grade

- The prevalence of having seriously considered attempting suicide:
  - Is significantly lower among females in CT (18.1%) than in the US (22.4%)
  - Does not vary significantly between CT and US students by race/ethnicity or overall
  - Is significantly lower in grade 11 among students in CT (13.6%) than nationwide (18.2%)
Attempted Suicide
by sex, race/ethnicity, and grade

- In Connecticut, 8.1% of high school students had attempted suicide one or more times during the 12 months preceding the survey.
- Overall in CT, the prevalence of having attempted suicide:
  - Does not vary significantly by sex or grade
  - Is significantly higher among Hispanics (14.3%) than among non-Hispanic whites (5.8%)
- The prevalence of having attempted suicide does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Cigarette, Alcohol, and Other Drug Use
Current Cigarette Smoking
by sex, race/ethnicity, and grade

- In Connecticut, 13.5% of high school students had smoked cigarettes on at least 1 day during the 30 days preceding the survey (i.e., current cigarette smoking).

- Overall in CT, the prevalence of current cigarette smoking:
  - Does not vary significantly by sex or race/ethnicity
  - Is significantly higher among students in grade 12 (20.2%) than in grades 9 (9.4%) and 10 (9.3%)

- The prevalence of current cigarette smoking does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Current Frequent Cigarette Smoking
by sex, race/ethnicity, and grade

- In Connecticut, 4.1% of high school students had smoked cigarettes on 20 or more of the 30 days preceding the survey (i.e., current frequent cigarette smoking).

- Overall in CT, the prevalence of current frequent cigarette smoking:
  - Does not vary significantly by sex or race/ethnicity
  - Is significantly higher among students in grade 12 (7.4%) than in grades 9 (1.8%) and 10 (2.8%)

- Among current cigarette smokers in high school in CT, 30.6% were frequent cigarette smokers—data not shown on graphs.

- The prevalence of current frequent cigarette smoking does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Currently Smoked Cigarettes Daily
by sex, race/ethnicity, and grade

♦ In Connecticut, 3.4% of high school students had smoked cigarettes on all 30 days during the 30 days preceding the survey (i.e., currently smoked cigarettes daily)

♦ Overall in CT, the prevalence of having currently smoked cigarettes daily:
  ◆ Does not vary significantly by sex or race/ethnicity (the estimates for non-Hispanic blacks and Hispanics will not be interpreted due to statistical unreliability)
  ◆ Is significantly higher in grade 12 (6.1%) than in grade 10 (2.1%)

♦ Among current cigarette smokers in high school in CT, 25.0% currently smoked cigarettes daily—data not shown on graphs

♦ The prevalence of having currently smoked cigarettes daily does not vary significantly between CT and US students by sex, race/ethnicity (for non-Hispanic whites), grade, or overall

†Data are statistically unreliable because subgroup size <50 or relative standard error >30%. These estimates are subject to high sampling error and should be interpreted with caution.
Drank Alcohol Before Age 13 Years
by sex, race/ethnicity, and grade

- In Connecticut, 14.9% of high school students had drunk alcohol (other than a few sips) for the first time before age 13 years

- Overall in CT, the prevalence of having drunk alcohol for the first time before age 13 years:
  - Is significantly higher among males (18.8%) than among females (10.7%)
  - Is significantly higher among Hispanics (18.7%) than among non-Hispanic whites (12.0%)
  - Is significantly higher among students in grade 9 (20.3%) than in grade 11 (11.2%)

- The prevalence of having drunk alcohol for the first time before age 13 years:
  - Is significantly lower among females in CT (10.7%) than in the US (16.6%)
  - Is significantly lower among non-Hispanic whites in CT (12.0%) than nationwide (16.7%)
  - Does not vary significantly between CT and US students overall
  - Is significantly lower in grade 11 among students in CT (11.2%) than in the US (17.2%)
Currently Drank Alcohol
by sex, race/ethnicity, and grade

In Connecticut, 36.7% of high school students had had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (i.e., current alcohol use).

Overall in CT, the prevalence of current alcohol use:
- Does not vary significantly by sex or race/ethnicity
- Is significantly higher among students in grades 10 (33.6%), 11 (41.8%), and 12 (51.3%) than in grade 9 (21.7%); and significantly higher among students in grade 12 (51.3%) than in grade 10 (33.6%)

Among CT students who reported current alcohol use, the way in which they had usually gotten the alcohol they drank in the past 30 days (following data not shown on graphs):
- 1.2% bought it at a public event
- 2.4% bought it at a restaurant
- 10.0% bought it at a store
- 10.4% took it from a store or family member
- 17.7% got it some other way not listed as a survey choice
- 25.9% gave money for someone else to buy it
- 32.5% had someone give it to them

The prevalence of current alcohol use does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Five or More Drinks in a Row
by sex, race/ethnicity, and grade

- In Connecticut, 20.0% of high school students had five or more drinks of alcohol in a row, that is, within a couple of hours, on 1 or more of the 30 days preceding the survey.

- In CT, the prevalence of having five or more drinks of alcohol in a row among current alcohol users in high school was 43.2%—data not shown on graphs.

- Overall in CT, the prevalence of having five or more drinks of alcohol in a row:
  - Does not vary significantly by sex or race/ethnicity.
  - Is significantly higher among students in grades 10 (15.8%), 11 (22.7%), and 12 (33.5%) than in grade 9 (8.6%); and significantly higher among students in grade 12 (33.5%) than in grade 10 (15.8%).

- The prevalence of binge drinking does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Ever Used Marijuana
by sex, race/ethnicity, and grade

- In Connecticut, 42.1% of high school students had used marijuana one or more times during their life (i.e., ever used marijuana)

- Overall in CT, the prevalence of having ever used marijuana:
  - Does not vary significantly by sex or race/ethnicity
  - Is significantly higher among students in grades 10 (38.9%), 11 (48.6%), and 12 (57.4%) than in grade 9 (25.0%); and significantly higher in grade 12 (57.4%) than in grade 10 (38.9%)

- The prevalence having ever used marijuana does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall
Tried Marijuana Before Age 13 Years
by sex, race/ethnicity, and grade

In Connecticut, 7.0% of high school students had tried marijuana for the first time before age 13 years.

Overall in CT, the prevalence of having tried marijuana before age 13 years:
- Is significantly higher among males (10.0%) than among females (3.8%)
- Does not vary significantly by race/ethnicity or grade

The prevalence of having tried marijuana before age 13 years does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Current Marijuana Use
by sex, race/ethnicity, and grade

- In Connecticut, 26.0% of high school students had used marijuana one or more times during the past 30 days (i.e., current marijuana use).

- Overall in CT, the prevalence of current marijuana use:
  - Does not vary significantly by sex or race/ethnicity
  - Is significantly higher among students in grade 12 (36.0%) than in grades 9 (17.7%), 10 (24.8%), and 11 (26.4%).

- Among current marijuana users in high school in CT, 19.8% had tried marijuana for the first time before age 13 years—data not shown on graphs.

- The prevalence of current marijuana use does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.

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Percentage of CT and US high school students who had used marijuana one or more times in the past 30 days by sex and race/ethnicity

Percentage of CT and US students who had used marijuana one or more times in the past 30 days by grade.
Ever Used Cocaine
by sex, race/ethnicity, and grade

◆ In Connecticut, 4.9% of high school students had used any form of cocaine, including powder, crack, or freebase, one or more times during their life (i.e., ever used cocaine)

◆ Overall in CT, the prevalence of having ever used cocaine:
  ◆ Is significantly higher among males (6.9%) than among females (2.7%)
  ◆ Does not vary significantly by race/ethnicity or grade

◆ The prevalence of having ever used cocaine does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall

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Percentage of CT and US high school students who had used any form of cocaine one or more times during their life by sex and race/ethnicity

0% 10% 20% 30% 40% 50%
males females NH-whites NH-blacks Hispanics total

Percentage of CT and US students who had used any form of cocaine one or more times during their life by grade

0% 10% 20% 30% 40%
grade 9 grade 10 grade 11 grade 12
Ever Used Inhalants
by sex, race/ethnicity, and grade

- In Connecticut, 8.1% of high school students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., ever used inhalants).
- Overall in CT, the prevalence of having ever used inhalants does not vary significantly by sex, race/ethnicity, or grade.
- The prevalence of having ever used inhalants does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.

![Bar chart showing the percentage of CT and US high school students who had used inhalants one or more times during their life by sex and race/ethnicity.]

![Bar chart showing the percentage of CT and US high school students who had used inhalants one or more times during their life by grade.]
Ever Used Heroin
by sex, race/ethnicity, and grade

In Connecticut, 3.4% of high school students had used heroin (also called “smack,” “junk,” or “China White”) one or more times during their life (i.e., ever used heroin).

Overall in CT, the prevalence of having ever used heroin:
- Is significantly higher among males (5.4%) than among females (1.2%)
- Does not vary significantly by race/ethnicity or grade

The prevalence of having ever used heroin:
- Is significantly higher among males in CT (5.4%) than in the US (2.8%)
- Does not vary significantly between CT and US students by race/ethnicity, grade, or overall

Percentage of CT and US high school students who had used heroin one or more times during their life by sex and race/ethnicity

Percentage of CT and US students who had used heroin one or more times during their life by grade
Ever Used Methamphetamines by sex, race/ethnicity, and grade

- In Connecticut, 4.3% of high school students had used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their life (i.e., ever used methamphetamines).

- Overall in CT, the prevalence of having ever used methamphetamines:
  - Is significantly higher among males (6.4%) than among females (2.0%).
  - Does not vary significantly by race/ethnicity or grade.

- The prevalence of having ever used methamphetamines:
  - Is significantly higher among males in CT (6.4%) than nationwide (3.4%).
  - Does not vary significantly between CT and US students by race/ethnicity, grade, or overall.

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Percentage of CT and US high school students who had used methamphetamines one or more times during their life by sex and race/ethnicity

- Overall in CT, the prevalence of having ever used methamphetamines:
  - Is significantly higher among males (6.4%) than among females (2.0%).
  - Does not vary significantly by race/ethnicity or grade.

- The prevalence of having ever used methamphetamines:
  - Is significantly higher among males in CT (6.4%) than nationwide (3.4%).
  - Does not vary significantly between CT and US students by race/ethnicity, grade, or overall.
Ever Used Ecstasy
by sex, race/ethnicity, and grade

◆ In Connecticut, 6.5% of high school students had used ecstasy (also called “MDMA”) one or more times during their life (i.e., ever used ecstasy)

◆ Overall in CT, the prevalence of having ever used ecstasy:
  ◆ Is significantly higher among males (8.5%) than among females (4.3%)
  ◆ Does not vary significantly by race/ethnicity
  ◆ Is significantly higher in grade 12 (9.7%) than in grade 9 (4.1%)

◆ The prevalence of having ever used ecstasy does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall
Ever Injected Any Illegal Drug
by sex, race/ethnicity, and grade

- In Connecticut, 2.4% of high school students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., ever injected any illegal drug).

- Overall in CT, the prevalence of having ever injected any illegal drug:
  - Is significantly higher among males (3.6%) than among females (0.9%).
  - Does not vary significantly by race/ethnicity or grade.

- The prevalence of having ever injected any illegal drug does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Ever Took Prescription Drugs to Get High
by sex, race/ethnicity, and grade

- In Connecticut, 11.1% of high school students had taken prescription drugs (e.g., OxyContin, Percocet, Vicodin, Adderall, codeine, Ritalin, or Xanax) without a doctor's prescription to get high one or more times during their life (i.e., ever took prescription drugs to get high)

- Overall, the prevalence of having ever taken prescription drugs to get high:
  - Does not vary significantly by sex or race/ethnicity
  - Is significantly higher among students in grade 12 (17.5%) than in grades 9 (6.8%) and 10 (9.1%)
Attended School Under the Influence of Alcohol or Illegal Drugs by sex, race/ethnicity, and grade

In Connecticut, 16.3% of high school students had attended school under the influence of alcohol or illegal drugs, such as marijuana or cocaine, one or more times during the past 12 months.

Overall, the prevalence of having attended school under the influence of alcohol or illegal drugs:
- Is significantly higher among males (19.7%) than among females (12.8%)
- Does not vary significantly by race/ethnicity
- Is significantly higher among students in grade 12 (23.7%) than in grades 9 (12.3%) and 10 (14.0%)
Offered, Sold, or Given an Illegal Drug on School Property
by sex, race/ethnicity, and grade

- In Connecticut, 27.1% of high school students had been offered, sold, or given an illegal drug by someone on school property during the 12 months preceding the survey.

- Overall in CT, the prevalence of having been offered, sold, or given an illegal drug on school property does not vary significantly by sex, race/ethnicity, or grade.

- The prevalence of having been offered, sold, or given an illegal drug on school property:
  - Is significantly higher among females in CT (24.9%) than in the US (19.7%)
  - Is significantly higher among non-Hispanic whites in CT (27.2%) than nationwide (20.4%)
  - Is significantly higher in CT (27.1%) than in the US (22.1%)
  - Is significantly higher in grade 12 among students in CT (27.0%) than in the US (18.8%)
Sexual Behaviors That Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection; and Other Topics Related to Sexual Behavior
Ever Had Sexual Intercourse
by sex, race/ethnicity, and grade

In Connecticut, 41.1% of high school students had ever had sexual intercourse.

Overall in CT, the prevalence of having ever had sexual intercourse:
- Does not vary significantly by sex or race/ethnicity
- Is significantly higher in grade 12 (63.1%) than in grade 11 (48.2%); and both grades 11 and 12 are significantly higher than grades 9 (21.4%) and 10 (32.9%)

The prevalence of having ever had sexual intercourse:
- Does not vary significantly between CT and US students by sex, grade, or overall
- Is significantly lower among non-Hispanic blacks in CT (42.6%) than nationwide (60.6%)
Had Sexual Intercourse Before Age 13 Years
by sex, race/ethnicity, and grade

In Connecticut, 3.6% of high school students had had sexual intercourse for the first time before age 13 years.

Among the 41.1% CT students who reported having ever had sexual intercourse, 8.4% had had sexual intercourse for the first time before age 13 years—data not shown on graphs.

Overall in CT, the prevalence of having had sexual intercourse before age 13 years:
- Is significantly higher among males (5.4%) than among females (1.9%)
- Is significantly higher among non-Hispanic blacks (6.6%) and Hispanics (8.2%) than among non-Hispanic whites (1.7%)
- Does not vary significantly by grade

The prevalence of having had sexual intercourse before age 13 years:
- Does not vary significantly between CT and US students by sex or race/ethnicity
- Is significantly lower in CT (3.6%) than nationwide (5.6%)
- Is significantly lower in grade 12 among students in CT (2.1%) than in the US (4.9%)
Had Sexual Intercourse with Four or More Persons during Their Life
by sex, race/ethnicity, and grade

◆ In Connecticut, 10.8% of high school students had had sexual intercourse with four or more people during their life.

◆ Among the 41.1% CT students who reported having ever had sexual intercourse, 26.4% had had sexual intercourse with four or more persons during their life—data not shown on graphs.

◆ Overall in CT, the prevalence of having had sexual intercourse with four or more persons:
  ◆ Is significantly higher among males (13.9%) than among females (7.8%).
  ◆ Is significantly higher among non-Hispanic blacks (21.6%) than among non-Hispanic whites (8.2%).
  ◆ Is significantly higher in grades 11 (11.7%) and 12 (18.2%) than in grade 9 (4.0%); and significantly higher in grade 12 (18.2%) than in grade 10 (9.7%).

◆ The prevalence of having had sexual intercourse with four or more persons:
  ◆ Is significantly lower among females in CT (7.8%) than in the US (13.2%).
  ◆ Is significantly lower among non-Hispanic whites in CT (8.2%) than nationwide (13.3%).
  ◆ Is significantly lower in CT (10.8%) than in the US (15.0%).
  ◆ Is significantly lower in grade 11 among students in CT (11.7%) than in the US (18.5%).

![Percentage of CT and US high school students who had had sexual intercourse with four or more persons during their life by sex and race/ethnicity](chart1.png)

![Percentage of CT and US students who had had sexual intercourse with four or more persons during their life by grade](chart2.png)
Currently Sexually Active
by sex, race/ethnicity, and grade

- In Connecticut, 30.3% of high school students had had sexual intercourse with at least one person during the three months preceding the survey (i.e., currently sexually active).

- Among currently sexually active CT students, 30.8% had had sexual intercourse with four or more people during their life—data not shown on graphs.

- Overall in CT, the prevalence of being currently sexually active:
  - Does not vary significantly by sex or race/ethnicity.
  - Increases significantly by grade.

- The prevalence of being currently sexually active does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Drank Alcohol or Used Drugs Before Last Sexual Intercourse
by sex, race/ethnicity, and grade

◆ In Connecticut, 20.3% of high school students* had drunk alcohol or used drugs before last sexual intercourse

◆ Overall in CT, the prevalence of having drunk alcohol or used drugs before last sexual intercourse does not vary significantly by sex, between non-Hispanic whites and Hispanics (the estimate for non-Hispanic blacks will not be interpreted due to statistical unreliability), or by grade

◆ The prevalence of having drunk alcohol or used drugs before last sexual intercourse does not vary significantly between CT and US students by sex, race/ethnicity (for non-Hispanic whites and Hispanics), grade, or overall

*among the 30.3% of students in CT and the 34.0% of students nationwide who were currently sexually active
†Data are statistically unreliable because subgroup size <50 or relative standard error >30%. These estimates are subject to high sampling error and should be interpreted with caution.

Percentage of CT and US high school students* who had drunk alcohol or used drugs before last sexual intercourse by sex and race/ethnicity

Percentage of CT and US students* who had drunk alcohol or used drugs before last sexual intercourse by grade
<table>
<thead>
<tr>
<th>Method Used to Prevent Pregnancy Before Last Sexual Intercourse*</th>
<th>Connecticut</th>
<th>95% Confidence Interval</th>
<th>United States</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condom</td>
<td>60.7%</td>
<td>(57.0-64.4)</td>
<td>59.1%</td>
<td>(56.3-61.9)</td>
</tr>
<tr>
<td>Birth Control Pill</td>
<td>27.9%</td>
<td>(23.1-33.2)</td>
<td>19.0%</td>
<td>(16.6-21.7)</td>
</tr>
<tr>
<td>IUD† or Implant‡</td>
<td>1.9%</td>
<td>(1.2-3.1)</td>
<td>1.6%</td>
<td>(1.1-2.2)</td>
</tr>
<tr>
<td>Shot§, Patch¶, or Birth Control Ring**</td>
<td>4.2%</td>
<td>(2.3-7.4)</td>
<td>4.7%</td>
<td>(3.8-5.8)</td>
</tr>
<tr>
<td>No Method</td>
<td>8.8%</td>
<td>(6.5-11.8)</td>
<td>13.7%</td>
<td>(12.2-15.4)</td>
</tr>
</tbody>
</table>

*among the 30.3% of CT students and the 34.0% of students nationwide who were currently sexually active

†such as Mirena or ParaGuard
‡such as Implanon or Nexplanon
§such as Depo-Provera
¶such as OrthoEvra
**such as NuvaRing
Have Been Pregnant or Have Gotten Someone Pregnant by sex, race/ethnicity, and grade

In Connecticut, 3.2% of high school students have been pregnant or have gotten someone pregnant one or more times.

Overall, the prevalence of having been pregnant or having gotten someone pregnant:
- Does not vary significantly by sex or grade.
- Is significantly higher among Hispanics (6.8%) than among non-Hispanic whites (2.1%).

Among students who were currently sexually active, 8.9% of males, 4.7% of females, and 6.9% overall have been pregnant or have gotten someone pregnant—data not shown on graphs.
Had Sexual Contact with Males and Females
by sex, race/ethnicity, and grade

- In Connecticut, 4.8% of high school students had had sexual contact with males and females during their life.

- Overall, the prevalence of having had sexual contact with males and females:
  - Is significantly higher among females (7.4%) than among males (2.2%).
  - Is significantly higher among Hispanics (8.6%) than among non-Hispanic whites (3.8%).
  - Does not vary significantly by grade.

![Percentage of CT high school students who had had sexual contact with males and females during their life by sex and race/ethnicity](chart1.png)

![Percentage of CT students who had had sexual contact with males and females during their life by grade](chart2.png)
Described Themselves As Gay, Lesbian, or Bisexual
by sex, race/ethnicity, and grade

◆ In Connecticut, 7.9% of high school students described themselves as gay, lesbian, or bisexual

◆ Overall, the prevalence of students describing themselves as gay, lesbian, or bisexual:
  ◆ Is significantly higher among females (10.2%) than among males (5.7%)
  ◆ Is significantly higher among Hispanics (12.0%) than among non-Hispanic whites (5.9%)
  ◆ Does not vary significantly by grade
Tested for HIV by sex and race/ethnicity by sex, race/ethnicity, and grade

- In Connecticut, 13.0% of high school students had ever been tested for HIV, the virus that causes AIDS.

- Overall in CT, the prevalence of having been tested for HIV:
  - Does not vary significantly by sex
  - Is significantly higher among Hispanics (19.9%) than among non-Hispanic whites (10.8%)

- The prevalence of having been tested for HIV:
  - Does not vary significantly between CT and US students by sex or overall
  - Is significantly higher among CT Hispanics (19.9%) than among their US counterparts (12.8%)

- In CT, 22.3% currently sexually active* students had ever been tested for HIV.

- Overall in CT, among currently sexually active* students, the prevalence of having been tested for HIV does not vary significantly by sex or race/ethnicity.

- The prevalence of having been tested for HIV does not vary significantly between CT and US currently sexually active* students by sex, race/ethnicity, or grade.

*had sexual intercourse with at least one person in the past three months
Ever Been Told That They Had a Sexually Transmitted Disease by sex, race/ethnicity, and grade

◆ In Connecticut, 2.7% of high school students* and 6.9% of currently sexually active** high school students had ever been told by a doctor or nurse that they had a sexually transmitted disease (STD)

◆ Overall among students*, the prevalence of having ever been told that they had an STD does not vary significantly by sex (no comparisons by race/ethnicity will be made due to the statistical unreliability of the estimates for non-Hispanic blacks and Hispanics)

◆ Overall among currently sexually active** students, the prevalence of having ever been told that they had an STD:
  ◆ Does not vary significantly by sex
  ◆ Is significantly higher among Hispanics (12.4%) than among non-Hispanic whites (3.6%)

◆ Among the 41.1% of students who had ever had sexual intercourse, the prevalence of having ever been told that they had an STD does not vary significantly by grade

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*among the 69.7% of CT students who had not had sexual intercourse with at least one person in the past three months
**among the 30.3% of CT students in who had had sexual intercourse with at least one person in the past three months
†Data are statistically unreliable because subgroup size <50 or relative standard error >30% These estimates are subject to high sampling error and should be interpreted with caution.
Dietary Behaviors and Physical Activity
Ate Breakfast on All Seven Days
by sex, race/ethnicity, and grade

In Connecticut, 33.7% of high school students had eaten breakfast on all of the seven days preceding the survey.

In CT, 12.6% of students had not eaten breakfast during the seven days before the survey—data not shown on graphs.

Overall in CT, the prevalence having eaten breakfast on all seven days:

- Does not vary significantly by sex
- Is significantly higher among non-Hispanic whites (37.8%) than among non-Hispanic blacks (20.1%)
- Is significantly higher in grade 9 (37.1%) than in grade 12 (27.6%)

The prevalence of having eaten breakfast on all seven days:

- Does not vary significantly between CT and US students by sex, race/ethnicity, or overall
- Is significantly lower in grade 12 among students in CT (27.6%) than in the US (35.7%)

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Percentage of CT and US high school students who had eaten breakfast on all of the past seven days by sex and race/ethnicity

Percentage of CT and US students who had eaten breakfast on all of the past seven days by grade

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2013 Youth Risk Behavior Survey » Component of the Connecticut School Health Survey » Dietary Behaviors and Physical Activity
<table>
<thead>
<tr>
<th>Fruit and Vegetable Consumption*</th>
<th>Overall</th>
<th>95% CI</th>
<th>Males</th>
<th>95% CI</th>
<th>Females</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate fruit or drank 100% fruit juices 0 times per day</td>
<td>4.7%</td>
<td>(3.6-6.2)</td>
<td>5.3%</td>
<td>(3.8-7.4)</td>
<td>4.0%</td>
<td>(2.8-5.8)</td>
</tr>
<tr>
<td>Ate fruit one or more times</td>
<td>87.3%</td>
<td>(85.0-89.4)</td>
<td>85.1%</td>
<td>(82.1-87.6)</td>
<td>89.9%</td>
<td>(87.2-91.9)</td>
</tr>
<tr>
<td>Drank 100% fruit juices one or more times</td>
<td>76.4%</td>
<td>(73.4-79.2)</td>
<td>79.9%</td>
<td>(76.9-82.6)</td>
<td>73.1%</td>
<td>(69.2-76.6)</td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juices one or more times per day</td>
<td>63.3%</td>
<td>(60.8-65.6)</td>
<td>64.6%</td>
<td>(61.21-67.9)</td>
<td>62.0%</td>
<td>(58.8-65.0)</td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juices two or more times per day</td>
<td>31.0%</td>
<td>(28.2-33.9)</td>
<td>31.3%</td>
<td>(27.7-35.1)</td>
<td>30.7%</td>
<td>(27.5-34.1)</td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juices three or more times per day</td>
<td>19.0%</td>
<td>(16.9-21.3)</td>
<td>19.6%</td>
<td>(16.8-22.7)</td>
<td>18.4%</td>
<td>(16.0-21.1)</td>
</tr>
<tr>
<td>Ate green salad one or more times</td>
<td>65.3%</td>
<td>(62.2-68.2)</td>
<td>59.2%</td>
<td>(55.0-63.2)</td>
<td>71.5%</td>
<td>(68.0-74.7)</td>
</tr>
<tr>
<td>Ate potatoes† one or more times</td>
<td>65.8%</td>
<td>(63.6-67.9)</td>
<td>68.4%</td>
<td>(65.2-71.5)</td>
<td>63.0%</td>
<td>(59.7-66.2)</td>
</tr>
<tr>
<td>Ate carrots one or more times</td>
<td>49.9%</td>
<td>(46.7-53.1)</td>
<td>51.6%</td>
<td>(47.5-55.5)</td>
<td>48.0%</td>
<td>(43.6-52.3)</td>
</tr>
<tr>
<td>Ate other vegetables one or more times</td>
<td>84.2%</td>
<td>(82.1-86.1)</td>
<td>82.4%</td>
<td>(79.8-84.7)</td>
<td>86.0%</td>
<td>(83.0-88.5)</td>
</tr>
<tr>
<td>Ate vegetables 0 times per day</td>
<td>6.1%</td>
<td>(4.9-7.6)</td>
<td>7.8%</td>
<td>(6.1-10.0)</td>
<td>4.4%</td>
<td>(3.0-6.5)</td>
</tr>
<tr>
<td>Ate vegetables one or more times per day</td>
<td>65.8%</td>
<td>(63.1-68.4)</td>
<td>66.0%</td>
<td>(61.9-69.9)</td>
<td>65.5%</td>
<td>(62.0-68.8)</td>
</tr>
<tr>
<td>Ate vegetables two or more times per day</td>
<td>28.9%</td>
<td>(26.7-31.3)</td>
<td>29.5%</td>
<td>(26.8-32.4)</td>
<td>28.2%</td>
<td>(25.1-31.6)</td>
</tr>
<tr>
<td>Ate vegetables three or more times per day</td>
<td>14.6%</td>
<td>(12.7-16.6)</td>
<td>14.5%</td>
<td>(12.4-16.9)</td>
<td>14.4%</td>
<td>(12.0-17.2)</td>
</tr>
<tr>
<td>Ate fruit or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day</td>
<td>9.5%</td>
<td>(7.8-11.5)</td>
<td>9.2%</td>
<td>(7.4-11.3)</td>
<td>9.7%</td>
<td>(7.5-12.4)</td>
</tr>
</tbody>
</table>

*during the seven days preceding the survey
†excluding French fries, fried potatoes, and potato chips
<table>
<thead>
<tr>
<th>Soda Consumption*</th>
<th>Overall</th>
<th></th>
<th></th>
<th></th>
<th>Males</th>
<th></th>
<th></th>
<th></th>
<th>Females</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CT</td>
<td>95% CI</td>
<td>US</td>
<td>95% CI</td>
<td>CT</td>
<td>95% CI</td>
<td>US</td>
<td>95% CI</td>
<td>CT</td>
<td>95% CI</td>
<td>US</td>
<td>95% CI</td>
</tr>
<tr>
<td>Drank no soda</td>
<td>29.5%</td>
<td>(27.0-32.1)</td>
<td>22.3%</td>
<td>(20.4-24.4)</td>
<td>23.5%</td>
<td>(21.4-25.8)</td>
<td>19.8%</td>
<td>(18.0-21.7)</td>
<td>35.6%</td>
<td>(31.5-39.9)</td>
<td>24.8%</td>
<td>(22.3-27.6)</td>
</tr>
<tr>
<td>Drank soda one or more times per day</td>
<td>13.9%</td>
<td>(12.0-15.9)</td>
<td>27.0%</td>
<td>(23.8-30.5)</td>
<td>17.1%</td>
<td>(14.7-19.7)</td>
<td>29.9%</td>
<td>(26.4-33.7)</td>
<td>10.4%</td>
<td>(8.0-13.3)</td>
<td>24.1%</td>
<td>(20.9-27.6)</td>
</tr>
<tr>
<td>Drank soda two or more times per day</td>
<td>9.6%</td>
<td>(7.9-11.6)</td>
<td>19.4%</td>
<td>(16.5-22.6)</td>
<td>11.9%</td>
<td>(9.6-14.5)</td>
<td>22.2%</td>
<td>(18.8-25.9)</td>
<td>7.2%</td>
<td>(5.3-9.7)</td>
<td>16.6%</td>
<td>(14.0-19.5)</td>
</tr>
<tr>
<td>Drank soda three or more times per day</td>
<td>5.0%</td>
<td>(3.9-6.4)</td>
<td>11.2%</td>
<td>(9.6-13.1)</td>
<td>5.4%</td>
<td>(4.1-7.1)</td>
<td>13.0%</td>
<td>(11.1-15.2)</td>
<td>4.6%</td>
<td>(3.1-6.7)</td>
<td>9.4%</td>
<td>(7.9-11.2)</td>
</tr>
</tbody>
</table>

**Energy Drink and Sugar-Sweetened Beverage Consumption***

<table>
<thead>
<tr>
<th>Overall</th>
<th>95% CI</th>
<th>Males</th>
<th>95% CI</th>
<th>Females</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank an energy drink, such as Red Bull® or Jolt®, one or more times per day</td>
<td>3.5%</td>
<td>(2.7-4.6)</td>
<td>4.5%</td>
<td>(3.3-6.0)</td>
<td>2.5%</td>
</tr>
<tr>
<td>Drank a sugar-sweetened beverage (such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple®, or Sunny Delight®) or sports drink (such as Gatorade® or PowerAde®) one or more times per day</td>
<td>16.1%</td>
<td>(14.2-18.2)</td>
<td>19.9%</td>
<td>(17.1-22.9)</td>
<td>12.1%</td>
</tr>
</tbody>
</table>

*cans, bottles, or glasses during the seven days before the survey; does not include diet drinks
Did Not Participate in at Least 60 Minutes of Physical Activity on at Least One Day by sex, race/ethnicity, and grade

In Connecticut, 14.1% of high school students had not participated in at least 60 minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least one day during the seven days preceding the survey (i.e., did not participate in at least 60 minutes of physical activity on at least one day)

Overall in CT, the prevalence of not having participated in at least 60 minutes of physical activity on at least one day:
- Is significantly higher among females (17.3%) than among males (10.9%)
- Is significantly higher among non-Hispanic blacks (25.6%) and Hispanics (19.3%) than among non-Hispanic whites (9.6%)
- Does not vary significantly by grade

The prevalence of not having participated in at least 60 minutes of physical activity on at least one day does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall
Physically Active at Least 60 Minutes per Day on Five or More Days by sex, race/ethnicity, and grade

In Connecticut, 46.6% of high school students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on five or more days during the seven days preceding the survey (i.e., physically active at least 60 minutes per day on five or more days).

Overall in CT, the prevalence of having been physically active at least 60 minutes per day on five or more days:
- Is significantly higher among males (55.3%) than among females (37.8%)
- Is significantly higher among non-Hispanic whites (52.7%) than among non-Hispanic blacks (36.4%) and Hispanics (34.0%)
- Does not vary significantly by grade

The prevalence of having been physically active at least 60 minutes per day on five or more days does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Physically Active at Least 60 Minutes per Day on All Seven Days

by sex, race/ethnicity, and grade

In Connecticut, 26.0% of high school students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on each of the seven days preceding the survey (i.e., physically active at least 60 minutes per day on all seven days).

Overall in CT, the prevalence of having been physically active at least 60 minutes per day on all seven days:
- Is significantly higher among males (33.4%) than among females (18.7%)
- Is significantly higher among non-Hispanic whites (29.3%) than among Hispanics (18.2%)
- Does not vary significantly by grade

The prevalence of having been physically active at least 60 minutes per day on all seven days does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Used Computers Three or More Hours per Day
by sex, race/ethnicity, and grade

- In Connecticut, 36.7% of high school students played video or computer games or used a computer for something that was not school work for three or more hours per day on an average school day (i.e., used computers three or more hours per day)

- Overall in CT, the prevalence of having used computers three or more hours per day:
  - Does not vary significantly by sex or grade
  - Is significantly higher among Hispanics (42.7%) than among non-Hispanic whites (34.1%)

- The prevalence of having used computers three or more hours per day:
  - Is significantly lower among males in CT (34.5%) than in the US (42.3%)
  - Does not vary significantly between CT and US students by race/ethnicity or overall
  - Is significantly lower in grade 10 among students in CT (33.9%) than nationwide (42.9%)

![Percentage of CT and US high school students who used computers three or more hours per day by sex and race/ethnicity](image)

![Percentage of CT and US students who used computers three or more hours per day by grade](image)
Watched Television Three or More Hours per Day
by sex, race/ethnicity, and grade

❖ In Connecticut, 24.1% of high school students watched television three or more hours per day on an average school day

❖ Overall in CT, the prevalence of having watched television three or more hours per day:
  ❖ Does not vary significantly by sex or grade
  ❖ Is significantly higher among non-Hispanic blacks (38.9%) and Hispanics (31.2%) than among non-Hispanic whites (19.8%)

❖ The prevalence of having watched television three or more hours per day:
  ❖ Is significantly lower among CT males (25.1%) and females (23.2%) than among their US counterparts (32.8% and 32.2%, respectively)
  ❖ Is significantly lower among CT non-Hispanic whites (19.8%), non-Hispanic blacks (38.9%), and Hispanics (31.2%) than among their US counterparts (25.0%, 53.7%, and 37.8%, respectively)
  ❖ Is significantly lower among students in CT (24.1%) than among students nationwide (32.5%)
  ❖ Is significantly lower among CT students in grades 9 (26.5%) and 10 (22.5%) than among their US counterparts (34.9% and 32.3%, respectively)

Percentage of CT and US high school students who watched television three or more hours per day by sex and race/ethnicity

Percentage of CT and US students who watched television three or more hours per day by grade

2013 Youth Risk Behavior Survey » Component of the Connecticut School Health Survey » Dietary Behaviors and Physical Activity
Overweight, Obesity, and Weight Control
Overweight
by sex, race/ethnicity, and grade

- In Connecticut, 13.9% of high school students were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)*

- Overall in CT, the prevalence of overweight does not vary significantly by sex, race/ethnicity, or grade

- The prevalence of overweight:
  - Does not vary significantly between CT and US students by sex, race/ethnicity, or overall
  - Is significantly lower in grade 9 among students in CT (12.2%) than in the US (18.2%)

*Based on reference data from the 2000 CDC Growth Charts.
Obese
by sex, race/ethnicity, and grade

♦ In Connecticut, 12.3% of high school students were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)*

♦ Overall in CT, the prevalence of obesity:
  ♦ Does not vary significantly by sex or grade
  ♦ Is significantly higher among non-Hispanic blacks (18.1%) and Hispanics (18.9%) than among non-Hispanic whites (9.8%)

♦ The prevalence of obesity does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall

*Based on reference data from the 2000 CDC Growth Charts.
Described Themselves As Overweight
by sex, race/ethnicity, and grade

- In Connecticut, 29.4% of high school students described themselves as slightly or very overweight
- Overall in CT, the prevalence of students describing themselves as overweight:
  - Is significantly higher among females (35.0%) than among males (23.8%)
  - Is significantly higher among Hispanics (38.3%) than among non-Hispanic whites (28.2%)
  - Does not vary significantly by grade
- The prevalence of students describing themselves as overweight does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall
Were Trying to Lose Weight
by sex, race/ethnicity, and grade

- In Connecticut, 47.2% of high school students were trying to lose weight.
- Overall in CT, the prevalence of trying to lose weight:
  - Is significantly higher among females (64.0%) than among males (30.6%)
  - Does not vary significantly by race/ethnicity or grade
- The prevalence of trying to lose weight does not vary significantly between CT and US students by sex, race/ethnicity, grade, or overall.
Exercised or Dieted to Lose Weight or to Keep from Gaining Weight by sex, race/ethnicity, and grade

- In Connecticut, 58.0% of high school students had exercised or had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the 30 days preceding the survey.

- Overall, the prevalence of having exercised or dieted to lose weight or to keep from gaining weight:
  - Is significantly higher among females (69.3%) than among males (46.8%).
  - Does not vary significantly by race/ethnicity or grade.

Percentage of CT high school students who had exercised or dieted to lose weight or to keep from gaining weight in the past 30 days by sex and race/ethnicity

Percentage of CT students who had exercised or dieted to lose weight or to keep from gaining weight in the past 30 days by grade
Did Not Eat for $\geq$24 Hours, Vomited, or Used Diet Aids to Lose Weight or to Keep from Gaining Weight
by sex, race/ethnicity, and grade

- In Connecticut, 10.5% of high school students had not eaten for 24 hours or more, vomited, or had taken laxatives, diet pills, powders, or liquids (without the advice of a doctor) to lose weight or to keep from gaining weight during the 30 days preceding the survey.

- Overall, the prevalence of having not eaten for 24 hours or more, vomited, or having taken laxatives, diet pills, powders, or liquids to lose weight or to keep from gaining weight:
  - Is significantly higher among females (14.5%) than among males (6.6%)
  - Does not vary significantly by race/ethnicity or grade

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Percentage of CT high school students who had not eaten for ≥24 hours, vomited, or had taken laxatives or diet pills, powders or liquids to lose weight or to keep from gaining weight in the past 30 days by sex and race/ethnicity

<table>
<thead>
<tr>
<th></th>
<th>males</th>
<th>females</th>
<th>NH-whites</th>
<th>NH-blacks</th>
<th>Hispanics</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>percentage</td>
<td>6.6</td>
<td>14.5</td>
<td>10.1</td>
<td>10.3</td>
<td>12.9</td>
<td>10.5</td>
</tr>
</tbody>
</table>

Percentage of CT students who had not eaten for ≥24 hours, vomited, or had taken laxatives or diet pills, powders or liquids to lose weight or to keep from gaining weight in the past 30 days by grade

<table>
<thead>
<tr>
<th>grade</th>
<th>percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>grade 9</td>
<td>11.6</td>
</tr>
<tr>
<td>grade 10</td>
<td>10.7</td>
</tr>
<tr>
<td>grade 11</td>
<td>9.3</td>
</tr>
<tr>
<td>grade 12</td>
<td>10.3</td>
</tr>
</tbody>
</table>
Other Health-Risk Behaviors
Usually Spent Four or More Hours After School without an Adult Present
by sex, race/ethnicity, and grade

- In Connecticut, 21.2% of high school students usually spent four or more hours after school without an adult present.

- Overall, the prevalence of having usually spent four or more hours after school without an adult present:
  - Does not vary significantly by sex or race/ethnicity.
  - Is significantly higher among students in grade 12 (26.0%) than in grade 9 (19.2%).
Whereabouts Never or Rarely Known When Away from Home
by sex, race/ethnicity, and grade

- In Connecticut, 9.0% of high school students reported that where they are when they are away from home is never or rarely known by their parents or other adults in their family (i.e., whereabouts when away from home are never or rarely known).

- Overall, the prevalence of students reporting that their whereabouts when away from home are never or rarely known:
  - Is significantly higher among males (11.8%) than among females (6.0%).
  - Is significantly higher among Hispanics (12.7%) than among non-Hispanic whites (6.5%).
  - Does not vary significantly by grade.

Percentage of CT high school students who reported that their whereabouts when away from home are never or rarely known by sex and race/ethnicity.

Percentage of CT students who reported that their whereabouts when away from home are never or rarely known by grade.
Worked at a Paying Job
by sex, race/ethnicity, and grade

- In Connecticut, 23.4% of high school students worked at a paying job outside their home five or more hours during an average week when they were in school.

- Overall, the prevalence of working at a paying job:
  - Does not vary significantly by sex.
  - Is significantly higher among non-Hispanic whites (26.1%) and Hispanics (20.6%) than among non-Hispanic blacks (9.9%).
  - Is significantly higher among students in grade 12 (45.9%) than in grade 11 (29.5%); and both grades 11 and 12 are significantly higher than grades 9 (6.4%) and 10 (12.4%).
Gambled for Money or Possessions
by sex, race/ethnicity, and grade

- In Connecticut, 21.1% of high school students had gambled for money or possessions one or more times during the past 12 months.

- Overall, the prevalence of having gambled for money or possessions:
  - Is significantly higher among males (31.3%) than among females (10.7%).
  - Does not vary significantly by race/ethnicity.
  - Is significantly higher among students in grade 12 (28.0%) than in grades 9 (17.9%) and 10 (19.2%).

![Graph showing percentage of CT high school students who gambled for money or possessions by sex and race/ethnicity.]

![Graph showing percentage of CT students who gambled for money or possessions by grade.]

2013 Youth Risk Behavior Survey » Component of the Connecticut School Health Survey » Other Health-Risk Behaviors

Page 102
Suffered a Head Injury While Playing Sports by sex, race/ethnicity, and grade

In Connecticut, 19.3% of high school students* had suffered a blow or jolt to their head while playing with a sports team (either during a game or practice) which caused them to get “knocked out”, have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting during the 12 months preceding the survey.

Overall, the prevalence of having suffered a head injury while playing sports:
- Is significantly higher among males (22.9%) than among females (14.9%)
- Does not vary significantly by race/ethnicity or grade

*among the 69.8% of CT high school students who had played sports during the 12 months before the survey
Protective Factors
Described Grades in School As Mostly A’s or B’s
by sex, race/ethnicity, and grade

In Connecticut, 68.7% of high school students described their grades in school as mostly A’s or B’s during the 12 months preceding the survey.

Overall, the prevalence of students describing their grades as mostly A’s or B’s:
- Is significantly higher among females (75.1%) than among males (62.4%)
- Is significantly higher among non-Hispanic whites (75.6%) than among non-Hispanic blacks (53.1%) and Hispanics (56.1%)
- Does not vary significantly by grade
Described Health As Excellent or Very Good by sex, race/ethnicity, and grade

- In Connecticut, 62.2% of high school students described their health as excellent or very good.

- Overall, the prevalence of students describing their health as excellent or very good:
  - Is significantly higher among males (69.1%) than among females (55.0%).
  - Is significantly higher among non-Hispanic whites (64.7%) than among Hispanics (52.0%).
  - Does not vary significantly by grade.
Eight or More Hours of Sleep
by sex, race/ethnicity, and grade

In Connecticut, 24.2% of high school students got eight or more hours of sleep on an average school night.

Overall in CT, the prevalence of getting eight or more hours of sleep:
- Does not vary significantly by sex or race/ethnicity
- Is significantly higher among students in grades 9 (33.8%) and 10 (24.5%) than in grade 12 (15.1%); and significantly higher among students in grade 9 (33.8%) than in grade 11 (22.5%)

The prevalence of getting eight or more hours of sleep:
- Is significantly lower among CT males (25.4%) and females (22.9%) than among their US counterparts (34.5% and 28.9%, respectively)
- Is significantly lower among non-Hispanic whites in CT (25.5%) than in the US (32.5%)
- Is significantly lower in CT (24.2%) than nationwide (31.7%)
- Is significantly lower among CT students in grades 10 (24.5%) and 12 (15.1%) than among their US counterparts (33.5% and 23.3%, respectively)
Ate Meals with Their Family
by sex, race/ethnicity, and grade

- In Connecticut, 64.4% of high school students had eaten at least one meal with their family on three or more of the past seven days

- Overall, the prevalence of having eaten meals with their family:
  - Does not vary significantly by sex
  - Is significantly higher among non-Hispanic whites (71.6%) than among non-Hispanic blacks (39.1%) and Hispanics (54.7%)
  - Is significantly higher among students in grades 9 (69.5%) and 10 (68.6%) than in grade 12 (55.7%)
Lived with Two Parents Most of the Time by sex, race/ethnicity, and grade

- In Connecticut, 60.2% of high school students lived with two parents most of the time.

- Overall, the prevalence of living with two parents most of the time:
  - Does not vary significantly by sex or grade
  - Is significantly higher among non-Hispanic whites (66.8%) than among non-Hispanic blacks (51.1%) and Hispanics (43.5%)
Have a Family That Loves and Supports Them
by sex, race/ethnicity, and grade

- In Connecticut, 56.3% of high school students strongly agreed that their family loves them and gives them help and support when they need it.

- Overall, the prevalence of strongly agreeing that their family loves and supports them:
  - Is significantly higher among males (59.6%) than among females (53.0%).
  - Does not vary significantly by race/ethnicity or grade.
Had an Adult at School They Could Talk to if They Had a Problem
by sex, race/ethnicity, and grade

- In Connecticut, 63.8% of high school students responded that there was at least one teacher or other adult in their school they could talk to if they had a problem.

- Overall, the prevalence of having an adult at school they could talk to if they had a problem:
  - Does not vary significantly by sex.
  - Is significantly higher among non-Hispanic whites (67.3%) than among non-Hispanic blacks (57.2%) and Hispanics (56.6%).
  - Is significantly higher among students in grades 11 (67.3%) and 12 (70.4%) than in grade 10 (57.5%).
Most of the Time or Always Got the Help They Needed by sex, race/ethnicity, and grade

- In Connecticut, 37.8% of high school students* most of the time or always got the kind of help they needed when they felt sad, empty, hopeless, angry, or anxious.

- Overall, the prevalence of most of the time or always getting the kind of help they needed does not vary significantly by sex, race/ethnicity, or grade.

*among the approximately 74.0% of students who had ever felt sad, empty, hopeless, angry, or anxious.
Most Likely to Talk with an Adult When They Felt Sad, Empty, Hopeless, Angry, or Anxious by sex, race/ethnicity, and grade

- In Connecticut, 25.1% of high school students* would most likely talk with an adult (parent or other adult family member, school nurse, school counselor or teacher, or other adult) when they felt sad, empty, hopeless, angry, or anxious.

- Overall, the prevalence of most likely talking with an adult does not vary significantly by sex, race/ethnicity, or grade.

*among the approximately 74.0% of students who had ever felt sad, empty, hopeless, angry, or anxious
Strongly Disapproved of Having Drinks of Alcohol Nearly Every Day
by sex, race/ethnicity, and grade

- In Connecticut, 47.6% of high school students strongly disapproved of someone their age having one or two drinks of alcohol nearly every day
- Overall, the prevalence of strongly disapproving of having drinks of alcohol nearly every day:
  - Is significantly higher among females (53.0%) than among males (42.6%)
  - Does not vary significantly by race/ethnicity
  - Is significantly higher among students in grade 9 (54.5%) than in grade 12 (42.3%)
Thought That Drinking Alcohol Each Weekend Is Risky
by sex, race/ethnicity, and grade

- In Connecticut, 36.9% of high school students thought that people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend.

- Overall, the prevalence of thinking that drinking alcohol each weekend is risky:
  - Is significantly higher among females (44.6%) than among males (29.4%).
  - Does not vary significantly by race/ethnicity or grade.
In Connecticut, 64.4% of high school students had taken part in organized after-school, evening, or weekend activities (such as school clubs; sports; community center groups; music, art, or dance lessons; drama; church; or other supervised activities) on one or more of the seven days preceding the survey.

Overall, the prevalence of having taken part in organized activities:
- Does not vary significantly by sex or grade.
- Is significantly higher among non-Hispanic whites (69.9%) than among non-Hispanic blacks (52.7%) and Hispanics (53.0%).

<table>
<thead>
<tr>
<th>Sex</th>
<th>NH-whites</th>
<th>NH-blacks</th>
<th>Hispanics</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>64.1</td>
<td>52.7</td>
<td>53.0</td>
<td>64.4</td>
</tr>
<tr>
<td>Females</td>
<td>64.7</td>
<td>69.9</td>
<td>69.5</td>
<td>64.1</td>
</tr>
</tbody>
</table>

Percentage of CT high school students who took part in organized after-school, evening, or weekend activities on one or more of the past seven days by sex and race/ethnicity.

Percentage of CT students who took part in organized after-school, evening, or weekend activities on one or more of the past seven days by grade.
Believe They Definitely Will Complete a Post-High School Program by sex, race/ethnicity, and grade

In Connecticut, 57.5% of high school students believe they definitely will complete a post-high school program, such as a vocational program, military service, community college, or 4-year college.

Overall, the prevalence of believing they definitely will complete a post-high school program:
- Is significantly higher among females (64.6%) than among males (50.6%)
- Is significantly higher among non-Hispanic whites (62.8%) than among non-Hispanic blacks (48.8%) and Hispanics (45.1%)
- Is significantly higher among students in grades 11 (60.9%) and 12 (70.1%) than in grade 9 (46.9%); and significantly higher among students in grade 12 (70.1%) than in grade 10 (53.5%)
Spent Time Helping People
by sex, race/ethnicity, and grade

- In Connecticut, 49.3% of high school students had spent one or more hours during the past 30 days helping other people without getting paid (such as helping out at a hospital, daycare center, food pantry, youth program, community service agency, or doing other things) to make their community a better place for people to live.

- Overall, the prevalence of having spent time helping other people:
  - Does not vary significantly by sex or grade
  - Is significantly higher among non-Hispanic whites (51.4%) than among non-Hispanic blacks (40.0%)
Tables
2011 and 2013 Prevalence Rate Comparisons
<table>
<thead>
<tr>
<th>Unintentional Injury and Violence</th>
<th>Overall</th>
<th>2011</th>
<th>95% CI</th>
<th>2013</th>
<th>95% CI</th>
<th>2011</th>
<th>95% CI</th>
<th>2013</th>
<th>95% CI</th>
<th>2011</th>
<th>95% CI</th>
<th>2013</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely wore a seat belt†</td>
<td>9.2% (7.8-10.8)</td>
<td>8.0%</td>
<td>(6.7-9.6)</td>
<td>10.9%</td>
<td>(9.3-12.8)</td>
<td>8.9%</td>
<td>(6.7-11.8)</td>
<td>7.3%</td>
<td>(5.5-9.6)</td>
<td>7.0%</td>
<td>(5.6-8.7)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rode with a driver who had been drinking alcohol†</td>
<td>25.2% (22.1-28.5)</td>
<td>22.2%</td>
<td>(20.2-24.3)</td>
<td>25.0%</td>
<td>(21.1-29.4)</td>
<td>23.0%</td>
<td>(20.7-25.5)</td>
<td>25.4%</td>
<td>(22.3-28.8)</td>
<td>21.3%</td>
<td>(18.1-24.8)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carried a weapon on school property‡</td>
<td>6.6% (5.4-8.2)</td>
<td>6.6%</td>
<td>(5.1-8.6)</td>
<td>9.8%</td>
<td>(7.8-12.4)</td>
<td>9.5%</td>
<td>(7.4-12.3)</td>
<td>3.4%</td>
<td>(2.2-5.2)</td>
<td>3.6%</td>
<td>(2.2-5.9)</td>
<td></td>
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</tr>
<tr>
<td>Threatened or injured with a weapon on school property‡</td>
<td>6.8% (5.4-8.4)</td>
<td>7.1%</td>
<td>(5.7-8.8)</td>
<td>8.8%</td>
<td>(6.9-11.1)</td>
<td>9.2%</td>
<td>(6.9-12.2)</td>
<td>4.6%</td>
<td>(3.1-6.6)</td>
<td>4.7%</td>
<td>(3.6-6.1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did not go to school because of safety concerns†</td>
<td>5.3% (3.9-7.0)</td>
<td>6.8%</td>
<td>(5.6-8.3)</td>
<td>6.1%</td>
<td>(4.8-7.7)</td>
<td>6.6%</td>
<td>(5.2-8.4)</td>
<td>4.3%</td>
<td>(2.6-7.1)</td>
<td>7.1%</td>
<td>(5.4-9.4)</td>
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</tr>
<tr>
<td>In a physical fight‡</td>
<td>25.1% (22.0-28.4)</td>
<td>22.4%</td>
<td>(20.0-25.1)</td>
<td>32.4%</td>
<td>(28.8-36.2)</td>
<td>29.2%</td>
<td>(26.1-32.5)</td>
<td>17.6%</td>
<td>(14.7-20.8)</td>
<td>15.1%</td>
<td>(12.6-17.9)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had property stolen or deliberately damaged at school†</td>
<td>25.0% (22.5-27.6)</td>
<td>20.8%</td>
<td>(18.8-22.9)</td>
<td>27.8%</td>
<td>(24.1-31.7)</td>
<td>21.6%</td>
<td>(18.9-24.6)</td>
<td>22.3%</td>
<td>(18.7-26.2)</td>
<td>19.8%</td>
<td>(17.2-22.8)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bullied on school property‡</td>
<td>21.6% (19.4-24.0)</td>
<td>21.9%</td>
<td>(20.0-24.0)</td>
<td>22.3%</td>
<td>(19.0-26.1)</td>
<td>17.9%</td>
<td>(15.6-20.6)</td>
<td>20.6%</td>
<td>(17.4-24.3)</td>
<td>26.1%</td>
<td>(22.8-29.6)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electronically bullied‡</td>
<td>16.3% (14.6-18.0)</td>
<td>17.5%</td>
<td>(15.1-20.2)</td>
<td>12.5%</td>
<td>(10.7-14.5)</td>
<td>12.3%</td>
<td>(10.3-14.6)</td>
<td>20.1%</td>
<td>(17.1-23.3)</td>
<td>22.8%</td>
<td>(18.9-27.2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teased because of physical appearance‡</td>
<td>25.5% (22.8-28.3)</td>
<td>25.7%</td>
<td>(23.3-28.3)</td>
<td>25.2%</td>
<td>(22.3-28.3)</td>
<td>21.8%</td>
<td>(19.5-24.4)</td>
<td>25.7%</td>
<td>(22.5-29.3)</td>
<td>29.8%</td>
<td>(26.3-33.5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teased because of perceived sexual orientation‡</td>
<td>10.2% (8.7-11.9)</td>
<td>10.9%</td>
<td>(9.3-12.7)</td>
<td>11.1%</td>
<td>(8.6-14.3)</td>
<td>11.7%</td>
<td>(9.9-13.7)</td>
<td>9.1%</td>
<td>(7.5-11.0)</td>
<td>10.1%</td>
<td>(7.6-13.2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forced to have sexual intercourse‡</td>
<td>7.3% (6.3-8.4)</td>
<td>9.2%</td>
<td>(7.7-11.0)</td>
<td>4.4%</td>
<td>(3.6-5.4)</td>
<td>6.8%</td>
<td>(5.3-8.7)</td>
<td>10.2%</td>
<td>(8.4-12.4)</td>
<td>11.6%</td>
<td>(9.3-14.5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-injury‡</td>
<td>16.1% (14.0-18.6)</td>
<td>16.7%</td>
<td>(14.2-19.5)</td>
<td>10.7%</td>
<td>(8.1-14.2)</td>
<td>11.4%</td>
<td>(9.4-13.9)</td>
<td>21.6%</td>
<td>(18.7-24.9)</td>
<td>22.0%</td>
<td>(18.7-25.8)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Felt sad or hopeless for two or more weeks in a row‡</td>
<td>24.4% (21.7-27.2)</td>
<td>27.2%</td>
<td>(24.3-30.2)</td>
<td>18.0%</td>
<td>(15.2-21.2)</td>
<td>19.7%</td>
<td>(17.3-22.5)</td>
<td>31.0%</td>
<td>(26.8-35.5)</td>
<td>34.9%</td>
<td>(30.4-39.7)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seriously considered attempting suicide‡</td>
<td>14.6% (12.8-16.6)</td>
<td>14.5%</td>
<td>(13.1-16.0)</td>
<td>11.9%</td>
<td>(9.4-15.0)</td>
<td>10.9%</td>
<td>(9.2-12.9)</td>
<td>17.3%</td>
<td>(14.7-20.4)</td>
<td>18.1%</td>
<td>(16.0-20.4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Actually attempted suicide‡</td>
<td>6.7% (5.5-8.0)</td>
<td>8.1%</td>
<td>(6.4-10.1)</td>
<td>5.2%</td>
<td>(3.8-7.0)</td>
<td>8.1%</td>
<td>(5.8-11.2)</td>
<td>8.2%</td>
<td>(6.7-10.0)</td>
<td>7.8%</td>
<td>(6.3-9.7)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

†when riding in a car driven by someone else  
‡on 1 or more of the past 30 days  
§in the past 12 months
| Cigarette, Alcohol, and Other Drug Use                  | Overall       |                        |                          | Males         |                        |                          | Females       |                        |                          |
|--------------------------------------------------------|---------------|------------------------|--------------------------|---------------|------------------------|--------------------------|---------------|------------------------|                          |
|                                                        | 2011 | 95% CI    | 2013 | 95% CI    | 2011 | 95% CI    | 2013 | 95% CI    | 2011 | 95% CI    | 2013 | 95% CI    | 2011 | 95% CI    | 2013 | 95% CI    | 2011 | 95% CI    | 2013 | 95% CI    |
| Smoked on 1 or more of the past 30 days                | 15.9% (13.1-19.1) | 13.5% (11.1-16.3) | 17.3% (14.3-20.7) | 15.1% (12.4-18.4) | 14.4% (11.1-18.3) | 11.4% (8.3-15.5) |
| Drank alcohol before age 13 years*                     | 15.6% (13.4-18.0) | 14.9% (12.6-17.6) | 18.2% (15.6-21.1) | 18.8% (16.4-21.5) | 12.7% (10.6-15.1) | 10.7% (8.1-14.0) |
| Drank alcohol on 1 or more of the past 30 days         | 41.5% (37.7-45.5) | 36.7% (32.7-41.0) | 41.3% (36.1-46.6) | 36.4% (31.9-41.2) | 42.1% (38.1-46.1) | 37.0% (32.2-42.0) |
| Five or more drinks of alcohol in a row†               | 22.3% (18.9-26.1) | 20.0% (17.3-23.0) | 25.4% (20.6-30.9) | 23.0% (19.7-26.7) | 19.3% (15.8-23.4) | 16.8% (14.2-19.8) |
| Used marijuana before age 13 years                     | 6.3% (5.1-7.9) | 7.0% (5.4-8.9) | 8.3% (6.2-10.9) | 10.0% (7.8-12.7) | 4.4% (2.9-6.5) | 3.8% (2.5-5.6) |
| Used marijuana on 1 or more of the past 30 days        | 24.1% (21.3-27.3) | 26.0% (23.2-29.1) | 27.3% (23.5-31.4) | 29.4% (26.0-33.0) | 21.0% (17.6-24.8) | 22.6% (18.6-27.1) |
| Ever used cocaine                                      | 5.0% (3.7-6.7) | 4.9% (3.9-6.0) | 6.3% (4.5-8.7) | 6.9% (5.4-8.8) | 3.6% (2.4-5.3) | 2.7% (1.9-3.9) |
| Ever used inhalants                                     | 9.0% (7.4-10.8) | 8.1% (6.9-9.5) | 8.7% (6.9-10.8) | 8.5% (7.0-10.3) | 9.1% (7.2-11.5) | 7.5% (6.0-9.3) |
| Ever used heroin                                        | 2.9% (1.9-4.4) | 3.4% (2.7-4.3) | 4.2% (2.7-6.4) | 5.4% (4.2-6.8) | 1.7% (0.9-3.3) | 1.2% (0.7-2.2) |
| Ever used methamphetamines                             | 3.2% (2.3-4.6) | 4.3% (3.3-5.6) | 4.4% (3.0-6.4) | 6.4% (4.6-8.9) | 2.1% (1.3-3.3) | 2.0% (1.3-2.9) |

*other than a few sips
†on 1 or more of the past 30 days
<table>
<thead>
<tr>
<th>Sexual Behaviors and Topics Related to Sexual Behavior</th>
<th>Overall</th>
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<tbody>
<tr>
<td></td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>42.7%</td>
<td>(38.0-47.6)</td>
<td>41.1%</td>
<td>(37.6-44.6)</td>
<td>43.7%</td>
<td>(38.0-49.6)</td>
<td>43.2%</td>
<td>(38.8-47.6)</td>
<td>41.8%</td>
<td>(36.6-47.1)</td>
<td>39.0%</td>
<td>(35.2-42.9)</td>
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<tr>
<td>Had sexual intercourse before age 13 years</td>
<td>4.9%</td>
<td>(3.6-6.7)</td>
<td>3.6%</td>
<td>(3.0-4.4)</td>
<td>6.5%</td>
<td>(4.5-9.4)</td>
<td>5.4%</td>
<td>(4.1-7.0)</td>
<td>3.3%</td>
<td>(2.0-5.3)</td>
<td>1.9%</td>
<td>(1.2-2.7)</td>
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<tr>
<td>Have had sexual intercourse with four or more persons during their life</td>
<td>10.6%</td>
<td>(8.7-12.9)</td>
<td>10.8%</td>
<td>(9.1-12.9)</td>
<td>12.6%</td>
<td>(9.8-16.0)</td>
<td>13.9%</td>
<td>(11.2-17.1)</td>
<td>8.6%</td>
<td>(6.5-11.3)</td>
<td>7.8%</td>
<td>(6.3-9.7)</td>
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<tr>
<td>Currently sexually active*</td>
<td>30.5%</td>
<td>(27.0-34.3)</td>
<td>30.3%</td>
<td>(27.2-33.5)</td>
<td>29.2%</td>
<td>(24.8-33.9)</td>
<td>29.6%</td>
<td>(26.1-33.3)</td>
<td>31.9%</td>
<td>(27.4-36.8)</td>
<td>30.8%</td>
<td>(26.9-35.0)</td>
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<tr>
<td>Drank alcohol or used drugs before last sexual intercourse†</td>
<td>18.8%</td>
<td>(15.5-22.5)</td>
<td>20.3%</td>
<td>(16.9-24.1)</td>
<td>19.4%</td>
<td>(14.8-24.8)</td>
<td>24.8%</td>
<td>(18.8-31.9)</td>
<td>18.2%</td>
<td>(13.7-23.7)</td>
<td>16.0%</td>
<td>(12.5-20.3)</td>
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<tr>
<td>Have been pregnant or have gotten someone pregnant†</td>
<td>8.2%</td>
<td>(4.2-10.8)</td>
<td>6.9%</td>
<td>(3.4-10.3)</td>
<td>7.5%</td>
<td>(4.2-10.8)</td>
<td>8.9%</td>
<td>(3.6-14.1)</td>
<td>8.8%</td>
<td>(3.9-13.7)</td>
<td>4.7%</td>
<td>(1.7-7.6)</td>
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<tr>
<td>Have had sexual contact with males and females</td>
<td>5.0%</td>
<td>(4.1-6.0)</td>
<td>4.8%</td>
<td>(3.7-6.2)</td>
<td>2.8%</td>
<td>(1.6-4.7)</td>
<td>2.2%</td>
<td>(1.5-3.3)</td>
<td>6.9%</td>
<td>(5.2-8.9)</td>
<td>7.4%</td>
<td>(5.4-10.2)</td>
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<tr>
<td>Described themselves as gay, lesbian, or bisexual</td>
<td>7.2%</td>
<td>(6.1-8.5)</td>
<td>7.9%</td>
<td>(6.5-9.6)</td>
<td>5.2%</td>
<td>(3.7-7.2)</td>
<td>5.7%</td>
<td>(4.3-7.4)</td>
<td>9.0%</td>
<td>(7.3-11.0)</td>
<td>10.2%</td>
<td>(7.8-13.3)</td>
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<tr>
<td>Ever tested for HIV†</td>
<td>23.3%</td>
<td>(17.7-28.9)</td>
<td>22.3%</td>
<td>(17.6-27.0)</td>
<td>21.8%</td>
<td>(14.6-28.9)</td>
<td>23.2%</td>
<td>(16.9-29.5)</td>
<td>24.7%</td>
<td>(18.0-31.3)</td>
<td>21.4%</td>
<td>(16.8-26.0)</td>
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<tr>
<td>Ever had a sexually transmitted disease†</td>
<td>8.0%</td>
<td>(5.3-10.7)</td>
<td>6.9%</td>
<td>(4.7-9.1)</td>
<td>6.4%</td>
<td>(2.4-10.5)</td>
<td>7.4%</td>
<td>(4.1-10.7)</td>
<td>9.1%</td>
<td>(4.9-13.4)</td>
<td>6.5%</td>
<td>(3.0-9.9)</td>
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</table>

*had sexual intercourse with at least one person in the past three months
†among students who were currently sexually active
### Physical Activity and Weight

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th></th>
<th></th>
<th>Males</th>
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<th></th>
<th>Females</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
</tr>
<tr>
<td>Physically active at at least 60 minutes per day on five or more days</td>
<td>49.5% (45.6-53.4)</td>
<td>46.6% (43.3-49.9)</td>
<td>57.9% (52.9-62.7)</td>
<td>55.3% (51.5-59.1)</td>
<td>41.1% (36.5-45.9)</td>
<td>37.8% (33.7-42.1)</td>
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</tr>
<tr>
<td>Used computers three or more hours per day*</td>
<td>30.5% (27.7-33.5)</td>
<td>36.7% (33.6-39.9)</td>
<td>32.9% (28.9-37.0)</td>
<td>34.5% (31.0-38.3)</td>
<td>28.0% (24.3-31.9)</td>
<td>39.0% (34.8-43.3)</td>
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<tr>
<td>Watched television three or more hours per day</td>
<td>27.1% (23.9-30.5)</td>
<td>24.1% (21.6-26.8)</td>
<td>27.5% (23.4-31.9)</td>
<td>25.1% (22.4-28.0)</td>
<td>26.7% (23.0-30.8)</td>
<td>23.2% (20.2-26.6)</td>
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<tr>
<td>Overweight</td>
<td>14.1% (12.4-16.1)</td>
<td>13.9% (12.4-15.6)</td>
<td>16.5% (14.3-19.0)</td>
<td>14.3% (12.2-16.8)</td>
<td>11.7% (9.8-13.9)</td>
<td>13.5% (11.4-16.0)</td>
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<tr>
<td>Obese</td>
<td>12.5% (10.1-15.5)</td>
<td>12.3% (10.2-14.7)</td>
<td>16.5% (13.6-19.9)</td>
<td>14.5% (11.7-17.8)</td>
<td>8.4% (6.2-11.3)</td>
<td>10.1% (7.7-13.1)</td>
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<tr>
<td>Described themselves as slightly or very overweight</td>
<td>28.7% (26.5-30.9)</td>
<td>29.4% (26.9-31.9)</td>
<td>26.2% (23.6-29.1)</td>
<td>23.8% (21.4-26.5)</td>
<td>31.0% (28.2-34.0)</td>
<td>35.0% (31.0-39.2)</td>
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<tr>
<td>Were trying to lose weight</td>
<td>47.1% (43.9-50.3)</td>
<td>47.2% (44.9-49.5)</td>
<td>34.7% (30.4-39.3)</td>
<td>30.6% (27.4-34.0)</td>
<td>59.8% (55.6-63.9)</td>
<td>64.0% (60.6-67.3)</td>
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*for something that is not school work on an average school day

### Other Health-Risk Behaviors

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<th></th>
<th>Overall</th>
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<th>Males</th>
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<tr>
<td></td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
<td>95% CI</td>
<td>2011</td>
</tr>
<tr>
<td>Usually spent four or more hours after school without an adult present</td>
<td>23.5% (21.5-25.6)</td>
<td>21.2% (19.5-23.0)</td>
<td>24.9% (21.3-28.8)</td>
<td>20.7% (18.2-23.4)</td>
<td>22.2% (19.4-25.3)</td>
<td>21.5% (18.9-24.4)</td>
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<tr>
<td>Whereabouts never or rarely known when away from home</td>
<td>8.4% (7.0-10.1)</td>
<td>9.0% (7.6-10.6)</td>
<td>10.9% (8.7-13.6)</td>
<td>11.8% (9.5-14.6)</td>
<td>5.7% (4.0-8.1)</td>
<td>6.0% (4.8-7.5)</td>
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<tr>
<td>Worked at a paying job five or more hours during an average week while in school</td>
<td>21.6% (18.8-24.6)</td>
<td>23.4% (20.4-26.6)</td>
<td>21.8% (18.7-25.2)</td>
<td>23.7% (19.6-28.3)</td>
<td>21.2% (17.1-26.1)</td>
<td>23.0% (19.9-26.5)</td>
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<tr>
<td>Gambled for money or possessions†</td>
<td>25.2% (22.8-27.7)</td>
<td>21.1% (18.7-23.7)</td>
<td>38.2% (34.2-42.3)</td>
<td>31.3% (27.6-35.3)</td>
<td>11.8% (9.7-14.3)</td>
<td>10.7% (8.9-12.9)</td>
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†in the past 12 months
<table>
<thead>
<tr>
<th>Protective Factors</th>
<th>Overall</th>
<th>Males</th>
<th>Females</th>
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<tr>
<td></td>
<td>2011</td>
<td>95% CI</td>
<td>2013</td>
</tr>
<tr>
<td>Described grades in school as mostly A's or B's*</td>
<td>71.1%</td>
<td>(65.7-75.9)</td>
<td>68.7%</td>
</tr>
<tr>
<td>Described health as excellent or very good</td>
<td>62.9%</td>
<td>(59.9-65.9)</td>
<td>62.2%</td>
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<tr>
<td>Eight or more hours of sleep on an average school night</td>
<td>26.2%</td>
<td>(23.6-28.9)</td>
<td>24.2%</td>
</tr>
<tr>
<td>Ate at least one meal with their family on three or more of the past seven days</td>
<td>65.5%</td>
<td>(61.7-69.2)</td>
<td>64.4%</td>
</tr>
<tr>
<td>Lived with two parents most of the time</td>
<td>61.8%</td>
<td>(57.4-65.9)</td>
<td>60.2%</td>
</tr>
<tr>
<td>Strongly agreed that their family loves and supports them</td>
<td>58.1%</td>
<td>(55.4-60.8)</td>
<td>56.3%</td>
</tr>
<tr>
<td>Most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry, or anxious†</td>
<td>38.0%</td>
<td>(34.5-41.5)</td>
<td>37.8%</td>
</tr>
<tr>
<td>Strongly disapproved of someone their age having one or two drinks of alcohol nearly every day</td>
<td>47.6%</td>
<td>(45.0-50.3)</td>
<td>47.6%</td>
</tr>
</tbody>
</table>

*in the past 12 months
†among students who have ever felt sad, empty, hopeless, angry, or anxious
Trend Analysis
CONNECTICUT HIGH SCHOOL SURVEY
TREND ANALYSIS1,2,3 1997 - 2013

Behaviors that Contribute to Unintentional Injuries and Violence

Never or Rarely Wore a Seat Belt
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having never or rarely worn a seat belt when riding in a car driven by someone else (23.6%-8.0%). A significant quadratic trend was also identified. The prevalence of having never or rarely worn a seat belt decreased from 1997-2007 (23.6%-9.1%) and then did not change significantly from 2007-2013 (9.1%-8.0%). The prevalence of having never or rarely worn a seat belt did not change significantly from 2011 (9.2%) to 2013 (8.0%). [Figure 1]

Rode with a Driver Who Had Been Drinking Alcohol
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having ridden, one or more times in the 30 days before the survey, with a driver who had been drinking alcohol (38.3%-22.2%). A significant quadratic trend was not identified. The prevalence of having ridden with a driver who had been drinking alcohol did not change significantly from 2011 (25.2%) to 2013 (22.2%). [Figure 2]

Carried a Weapon on School Property
During 1997-2013, significant linear and quadratic trends were not identified in the prevalence of having carried a weapon on school property one or more times in the 30 days before the survey. The prevalence of having carried a weapon on school property did not change from 2011 (6.6%) to 2013 (6.6%). [Figure 3]

Threatened or Injured with a Weapon on School Property
During 1997-2013, significant linear and quadratic trends were not identified in the prevalence of having been threatened or injured with a weapon on school property one or more times in the past 12 months. The prevalence of having been threatened or injured with a weapon on school property did not change significantly from 2011 (6.8%) to 2013 (7.1%). [Figure 4]

Did Not Go to School Because of Safety Concerns
During 1997-2013, a significant linear increase occurred overall in the prevalence of having not gone to school on 1 or more of the 30 days before the survey because of safety concerns (3.0%-6.8%). A significant quadratic trend was not identified. The prevalence of having not gone to school because of safety concerns did not change significantly from 2011 (5.3%) to 2013 (6.8%). [Figure 5]

In a Physical Fight
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having been in a physical fight one or more times in the past 12 months (33.8%-22.4%). A significant quadratic trend was also identified. The prevalence of having been in a physical fight did not change significantly from 1997-2007 (33.8%-31.4%) and then decreased from 2007-2013 (31.4%-22.4%). The prevalence of having been in a physical fight did not change significantly from 2011 (25.1%) to 2013 (22.4%). [Figure 6]

Had Property Stolen or Deliberately Damaged on School Property
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having had property stolen or deliberately damaged on school property one or more times in the past 12 months (29.6%-20.8%). A significant quadratic trend was also identified. The prevalence of having had property stolen or deliberately damaged on school property did not change significantly from 1997-2007 (29.6%-28.3%) and then decreased from 2007-2013 (28.3%-20.8%). According to the CDC, the prevalence of having had property stolen or deliberately damaged on school property also decreased significantly from 2011 (25.0%) to 2013 (20.8%). [Figure 7]
Bullied on School Property

During 2011-2013, a significant linear change was not identified in the prevalence of having been bullied on school property in the past 12 months. Because this question was asked for the first time in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of having been bullied on school property did not change significantly from 2011 (21.6%) to 2013 (21.9%). [Figure 8]

Electronically Bullied

During 2011-2013, a significant linear change was not identified in the prevalence of having been electronically bullied in the past 12 months. Because this question was asked for the first time in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of having been electronically bullied did not change significantly from 2011 (16.3%) to 2013 (17.5%). [Figure 9]

Forced to Have Sexual Intercourse

During 2007-2013, a significant linear trend was not identified in the prevalence of having ever been physically forced to have sexual intercourse when they did not want to. There are not enough years of data to calculate a quadratic trend. According to the CDC, the prevalence of having ever been physically forced to have sexual intercourse increased significantly from 2011 (7.3%) to 2013 (9.2%). [Figure 10]

Self-Injury

During 2011-2013, a significant linear change was not identified in the prevalence of students having done something to purposely hurt themselves (e.g., cutting or burning) without wanting to die one or more times in the past 12 months. Because this question was asked for the first time in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of self-injury did not change significantly from 2011 (16.1%) to 2013 (16.7%). [Figure 11]

Felt Sad or Hopeless

During 2005-2013, a significant linear trend was not identified in the prevalence of having felt sad or hopeless almost every day for two or more weeks in a row in the past 12 months that they stopped doing some usual activities. There are not enough years of data to calculate a quadratic trend. The prevalence of having felt sad or hopeless did not change significantly from 2011 (24.4%) to 2013 (27.2%). [Figure 12]

Seriously Considered Attempting Suicide

During 1997-2013, a significant linear decrease occurred overall in the prevalence of having seriously considered attempting suicide one or more times in the past 12 months (21.6%-14.5%). A significant quadratic trend was also identified. The prevalence of having seriously considered attempting suicide decreased from 1997-2007 (21.6%-13.1%) and then did not change significantly from 2007-2013 (13.1%-14.5%). The prevalence of having seriously considered attempting suicide did not change significantly from 2011 (14.6%) to 2013 (14.5%). [Figure 13]

Attempted Suicide

During 1997-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having actually attempted suicide one or more times in the past 12 months (9.1%-8.1%). A significant quadratic trend was not identified. The prevalence of having attempted suicide did not change significantly from 2011 (6.7%) to 2013 (8.1%). [Figure 14]

Cigarette, Alcohol, and Other Drug Use

Current Cigarette Smoking

During 1997-2013, a significant linear decrease occurred overall in the prevalence of having smoked cigarettes on 1 or more of the 30 days before the survey (35.2%-13.5%). A significant quadratic trend was not identified. The prevalence of current cigarette smoking did not change significantly from 2011 (15.9%) to 2013 (13.5%). [Figure 15]
Current Frequent Cigarette Smoking
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having smoked cigarettes on 20 or more of the 30 days before the survey (17.9%-4.1%). A significant quadratic trend was not identified. The prevalence of current frequent cigarette smoking did not change significantly from 2011 (5.4%) to 2013 (4.1%). [Figure 16]

Drank Alcohol Before Age 13 Years
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having drunk alcohol (other than a few sips) for the first time before age 13 years (28.4%-14.9%). A significant quadratic trend was not identified. The prevalence of having drunk alcohol for the first time before age 13 years did not change significantly from 2011 (15.6%) to 2013 (14.9%). [Figure 17]

Current Alcohol Use
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having had at least one drink of alcohol on 1 or more of the 30 days before the survey (52.6%-36.7%). A significant quadratic trend was not identified. The prevalence of current alcohol use did not change significantly from 2011 (41.5%) to 2013 (36.7%). [Figure 18]

Five or More Drinks in a Row
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having had five or more drinks of alcohol in a row (i.e., within a couple of hours) on 1 or more of the 30 days before the survey (31.2%-20.0%). A significant quadratic trend was also identified. The prevalence of having five or more drinks of alcohol in a row decreased from 1997-2007 (31.2%-26.2%) and decreased more rapidly from 2007-2013 (26.2%-20.0%). The prevalence of having five or more drinks of alcohol in a row did not change significantly from 2011 (22.3%) to 2013 (20.0%). [Figure 19]

Ever Used Marijuana
During 1997-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having used marijuana one or more times during their life (44.9%-42.1%). A significant quadratic trend was also identified. The prevalence of having ever used marijuana decreased from 1997-2009 (44.9%-37.6%) and then increased from 2009-2013 (37.6%-42.1%). The prevalence of having ever used marijuana did not change significantly from 2011 (39.6%) to 2013 (42.1%). [Figure 20]

Tried Marijuana Before Age 13 Years
During 1997-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having tried marijuana for the first time before age 13 years (7.7%-7.0%). A significant quadratic trend was not identified. The prevalence of having tried marijuana before age 13 years did not change significantly from 2011 (6.3%) to 2013 (7.0%). [Figure 21]

Current Marijuana Use
During 1997-2013, a significant linear trend was not identified in the prevalence of having used marijuana one or more times in the 30 days before the survey. A significant quadratic trend was identified. The prevalence of current marijuana use did not change significantly from 1997-2009 (25.8%-21.8%) and then increased from 2009-2013 (21.8%-26.0%). The prevalence of current marijuana use did not change significantly from 2011 (24.1%) to 2013 (26.0%). [Figure 22]

Ever Used Cocaine
During 1997-2013, a significant linear trend was not identified in the prevalence of having used any form of cocaine, including powder, crack, or freebase, one or more times during their life. A significant quadratic trend was identified. The prevalence of having ever used cocaine increased from 1997-2007 (5.3%-8.3%) and then decreased from 2007-2013 (8.3%-4.9%). The prevalence of having ever used cocaine did not change significantly from 2011 (5.0%) to 2013 (4.9%). [Figure 23]
Ever Used Inhalants
During 1997-2013, a significant linear decrease occurred overall in the prevalence of having sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (19.1%-8.1%). A significant quadratic trend was not identified. The prevalence of having ever used inhalants did not change significantly from 2011 (9.0%) to 2013 (8.1%). [Figure 24]

Ever Used Heroin
During 2005-2013, a significant linear trend was not identified in the prevalence of having used heroin one or more times during their life. There are not enough years of data to calculate a quadratic trend. The prevalence of having ever used heroin did not change significantly from 2011 (2.9%) to 2013 (3.4%). [Figure 25]

Ever Used Methamphetamines
During 2005-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having used methamphetamines one or more times during their life (5.9%-4.3%). There are not enough years of data to calculate a quadratic trend. The prevalence of having ever used methamphetamines did not change significantly from 2011 (3.2%) to 2013 (4.3%). [Figure 26]

Ever Used Ecstasy
During 2005-2013, a significant linear trend was not identified in the prevalence of having used ecstasy one or more times during their life. There are not enough years of data to calculate a quadratic trend. The prevalence of having ever used ecstasy did not change significantly from 2011 (6.3%) to 2013 (6.5%). [Figure 27]

Ever Took Over-the-Counter Drugs to Get High
During 2005-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having taken over-the-counter (OTC) drugs to get high one or more times during their life (13.0%-10.3%). There are not enough years of data to calculate a quadratic trend. The prevalence of having ever taken OTC drugs to get high did not change significantly from 2011 (9.7%) to 2013 (10.3%). [Figure 28]

Ever Took Prescription Drugs to Get High
During 2011-2013, a significant linear trend was not identified in the prevalence of having taken prescription drugs (e.g., OxyContin, Percocet, Vicodin, Adderall, codeine, Ritalin, or Xanax) without a doctor's prescription to get high one or more times during their life. Because this question was first asked in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of having ever taken prescription drugs to get high did not change significantly from 2011 (9.6%) to 2013 (11.1%). [Figure 29]

Offered, Sold, or Given an Illegal Drug on School Property
During 1997-2013, significant linear and quadratic trends were not identified in the prevalence of having been offered, sold, or given an illegal drug by someone on school property one or more times in the past 12 months. The prevalence of having been offered, sold, or given an illegal drug on school property did not change significantly from 2011 (27.8%) to 2013 (27.1%). [Figure 30]

Sexual Behaviors

Ever Had Sexual Intercourse
During 1997-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having ever had sexual intercourse (43.5%-41.1%). A significant quadratic trend was not identified. The prevalence of having ever had sexual intercourse did not change significantly from 2011 (42.7%) to 2013 (41.1%). [Figure 31]

Had Sexual Intercourse Before Age 13 Years
During 1997-2013, a significant linear decrease occurred overall in the
prevalence of having had sexual intercourse for the first time before age 13 years (4.7%-3.6%). A significant quadratic trend was also identified. The prevalence of having had sexual intercourse for the first time before age 13 years did not change significantly from 1997-2007 (4.7%-5.9%) and then decreased from 2007-2013 (5.9%-3.6%). [Figure 32]

**Had Sexual Intercourse with Four or More Persons during Their Life**
During 1997-2013, according to the CDC, a significant linear decrease occurred overall in the prevalence of having had sexual intercourse with four or more persons during their life (11.7%-10.8%). A significant quadratic trend was not identified. The prevalence of having had sexual intercourse with four or more persons during their life did not change significantly from 2011 (10.6%) to 2013 (10.8%). [Figure 33]

**Currently Sexually Active**
During 2007-2013, a significant linear trend was not identified in the prevalence of having had sexual intercourse with at least one person during the three months before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of being currently sexually active did not change significantly from 2011 (30.5%) to 2013 (30.3%). [Figure 34]

**Drank Alcohol or Used Drugs Before Last Sexual Intercourse**
During 2007-2013, among currently sexually active students, a significant linear decrease occurred overall in the prevalence of having drunk alcohol or used drugs before last sexual intercourse (27.9%-20.3%). There are not enough years of data to calculate a quadratic trend. The prevalence of having drunk alcohol or used drugs before last sexual intercourse did not change significantly from 2011 (18.8%) to 2013 (20.3%). [Figure 35]

**Used a Condom during Last Sexual Intercourse**
During 2007-2013, among currently sexually active students, a significant linear trend was not identified in the prevalence of having used a condom during last sexual intercourse. There are not enough years of data to calculate a quadratic trend. The prevalence of having used a condom during last sexual intercourse did not change significantly from 2011 (60.5%) to 2013 (60.7%). [Figure 36]

**Have Been Pregnant or Have Gotten Someone Pregnant**
During 2011-2013, a significant linear change was not identified in the prevalence of having been pregnant or having gotten someone pregnant one or more times. Because this question was asked for the first time in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of having been pregnant or having gotten someone pregnant did not change significantly from 2011 (4.2%) to 2013 (3.2%). [Figure 37]

**Had Sexual Contact with Males and Females**
During 2007-2013, a significant linear trend was not identified in the prevalence of having had sexual contact with males and females during their life. There are not enough years of data to calculate a quadratic trend. The prevalence of having had sexual contact with males and females during their life did not change significantly from 2011 (5.0%) to 2013 (4.8%). [Figure 38]

**Described Themselves As Gay, Lesbian, or Bisexual**
During 2011-2013, a significant linear change was not identified in the prevalence of students describing themselves as gay, lesbian, or bisexual. Because this question was asked for the first time in 2011, there are not enough years of data to calculate a quadratic trend. The prevalence of students describing themselves as gay, lesbian, or bisexual did not change significantly from 2011 (7.2%) to 2013 (7.9%). [Figure 39]

**Tested for HIV**
During 2007-2013, a significant linear trend was not identified in the prevalence of having ever been test for HIV, the virus that causes AIDS. There are not enough years of data to calculate a quadratic trend. The prevalence of having been tested for HIV did not change significantly from 2011 (14.2%) to 2013 (13.0%). [Figure 40]
Ever Had a Sexually Transmitted Disease
During 2009-2013, a significant linear trend was not identified in the prevalence of having ever been told by a doctor or nurse that they had a sexually transmitted disease (STD). There are not enough years of data to calculate a quadratic trend. The prevalence of having ever been told they had an STD did not change significantly from 2011 (5.2%) to 2013 (5.4%). [Figure 41]

Dietary Behaviors and Physical Activity

Did Not Eat Fruit or Drink 100% Fruit Juices
During 2005-2013, a significant linear decrease occurred overall in the prevalence of not having eaten fruit or drunk 100% fruit juices during the seven days before the survey (6.6%-4.7%). There are not enough years of data to calculate a quadratic trend. The prevalence of not having eaten fruit or drunk 100% fruit juices did not change significantly from 2011 (4.4%) to 2013 (4.7%). [Figure 42]

Ate Fruit or Drank 100% Fruit Juices Two or More Times per Day
During 2005-2013, a significant linear trend was not identified in the prevalence of having eaten fruit or drunk 100% fruit juices two or more times per day during the seven days before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of having eaten fruit or drunk 100% fruit juices two or more times per day decreased significantly from 2011 (35.2%) to 2013 (31.0%). [Figure 43]

Did Not Eat Vegetables
During 2005-2013, a significant linear decrease occurred overall in the prevalence of not having eaten vegetables [green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables] during the seven days before the survey (7.2%-6.1%). There are not enough years of data to calculate a quadratic trend. The prevalence of not having eaten vegetables increased significantly from 2011 (4.3%) to 2013 (6.1%). [Figure 44]

Ate Vegetables Three or More Times per Day
During 2005-2013, a significant linear trend was not identified in the prevalence of having eaten vegetables [green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables] three or more times per day during the seven days before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of having eaten vegetables three or more times per day increased significantly from 2011 (11.1%) to 2013 (14.6%). [Figure 45]

Did Not Participate in at Least 60 Minutes of Physical Activity on at Least One Day
During 2007-2013, a significant linear trend was not identified in the prevalence of not having participated in at least 60 minutes of any kind of physical activity on at least one day during the seven days before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of not having participated in at least 60 minutes of physical activity on at least one day did not change significantly from 2011 (11.5%) to 2013 (14.1%). [Figure 46]

Physically Active at Least 60 Minutes per Day on Five or More Days
During 2007-2013, a significant linear trend was not identified in the prevalence of having been physically active for a total of at least 60 minutes per day on five or more days during the seven days before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of having been physically active at least 60 minutes per day on five or more days did not change significantly from 2011 (49.5%) to 2013 (46.6%). [Figure 47]

Used Computers Three or More Hours per Day
During 2007-2013, a significant linear increase occurred overall in the prevalence of having played video or computer games or used a computer for something that was not school work for three or more hours per day on an average school day (27.6%-36.7%). There are not enough years of data to calculate a quadratic trend. The prevalence having used computers three
or more hours per day increased significantly from 2011 (30.5%) to 2013 (36.7%). [Figure 48]

**Watched Television Three or More Hours per Day**

During 2005-2013, a significant linear decrease occurred overall in the prevalence of having watched television three or more hours per day on an average school day (33.5%-24.1%). There are not enough years of data to calculate a quadratic trend. The prevalence having watched television three or more hours per day did not change significantly from 2011 (27.1%) to 2013 (24.1%). [Figure 49]

**Overweight, Obesity, and Weight Control**

**Overweight**

During 2005-2013, a significant linear trend was not identified in the prevalence of overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex). There are not enough years of data to calculate a quadratic trend. The prevalence of overweight did not change significantly from 2011 (14.1%) to 2013 (13.9%). [Figure 50]

**Obesity**

During 2005-2013, a significant linear trend was not identified in the prevalence of obesity (i.e., at or above the 95th percentile for body mass index, by age and sex). There are not enough years of data to calculate a quadratic trend. The prevalence of obesity did not change significantly from 2011 (12.5%) to 2013 (12.3%). [Figure 51]

**Described Themselves As Overweight**

During 1997-2013, significant linear and quadratic trends were not identified in the prevalence of students describing themselves as slightly or very overweight. The prevalence of students describing themselves as overweight did not change significantly from 2011 (28.7%) to 2013 (29.4%). [Figure 52]

**Were Trying to Lose Weight**

During 1997-2013, a significant linear increase occurred overall in the prevalence of trying to lose weight (43.0%-47.2%). A significant quadratic trend was not identified. The prevalence of trying to lose weight did not change significantly from 2011 (47.1%) to 2013 (47.2%). [Figure 53]

**Other Health-Related Topics**

**Usually Spent Four or More Hours After School without an Adult Present**

During 2005-2013, a significant linear decrease occurred overall in the prevalence of having usually spent four or more hours after school without an adult present (29.3%-21.2%). There are not enough years of data to calculate a quadratic trend. The prevalence of having usually spent four or more hours after school without an adult present did not change significantly from 2011 (23.5%) to 2013 (21.2%). [Figure 54]

**Whereabouts Never or Rarely Known When Away from Home**

During 2005-2013, a significant linear decrease occurred overall in the prevalence of students reporting that where they are when they are away from home is never or rarely known by their parents or other adults in their family (14.1%-9.0%). There are not enough years of data to calculate a quadratic trend. The prevalence of students reporting that their whereabouts when away from home are never or rarely known did not change significantly from 2011 (8.4%) to 2013 (9.0%). [Figure 55]

**Worked at a Paying Job**

During 2007-2013, a significant linear decrease occurred overall in the prevalence of students working at a paying job outside their home five or more hours during an average week when they were in school (33.1%-23.4%). There are not enough years of data to calculate a quadratic trend. The prevalence of working at a paying job did not change significantly from 2011 (21.6%) to 2013 (23.4%). [Figure 56]
Gambled for Money or Possessions
During 2007-2013, a significant linear decrease occurred overall in the prevalence of having gambled for money or possessions one or more times during the past 12 months (32.0%-21.1%). There are not enough years of data to calculate a quadratic trend. The prevalence of having gambled for money or possessions decreased significantly from 2011 (25.2%) to 2013 (21.1%). [Figure 57]

Protective Factors

Described Grades in School As Mostly A’s or B’s
During 2005-2013, a significant linear increase occurred overall in the prevalence of students describing their grades in school as mostly A’s or B’s during the 12 months before the survey (63.3%-68.7%). There are not enough years of data to calculate a quadratic trend. The prevalence of students describing their grades in school as mostly A’s or B’s did not change significantly from 2011 (71.1%) to 2013 (68.7%). [Figure 58]

Described Health As Excellent or Very Good
During 2005-2013, a significant linear trend was not identified in the prevalence of students describing their health as excellent or very good. There are not enough years of data to calculate a quadratic trend. The prevalence of students describing their health as excellent or very good did not change significantly from 2011 (62.9%) to 2013 (62.2%). [Figure 59]

Eight or More Hours of Sleep
During 2007-2013, a significant linear trend was not identified in the prevalence of getting eight or more hours of sleep on an average school night. There are not enough years of data to calculate a quadratic trend. The prevalence of getting eight or more hours of sleep did not change significantly from 2011 (26.2%) to 2013 (24.2%). [Figure 60]

Ate Meals with Their Family
During 2007-2013, a significant linear trend was not identified in the prevalence of having eaten at least one meal with their family on three or more of the seven days before the survey. There are not enough years of data to calculate a quadratic trend. The prevalence of having eaten meals with their family did not change significantly from 2011 (65.5%) to 2013 (64.4%). [Figure 61]

Have a Family That Loves and Supports Them
During 2007-2013, according to the CDC, a significant linear increase occurred overall in the prevalence of agreeing or strongly agreeing that their family loves them and gives them help and support when they need it (85.2%-87.3%). There are not enough years of data to calculate a quadratic trend. The prevalence of agreeing or strongly agreeing that their family gives them love and support did not change significantly from 2011 (86.0%) to 2013 (87.3%). [Figure 62]

Most of the Time or Always Got the Help They Needed
During 2005-2013, a significant linear decrease occurred overall in the prevalence of most of the time or always getting the kind of help they needed when they felt sad, empty, hopeless, angry, or anxious (31.8%-27.9%). There are not enough years of data to calculate a quadratic trend. The prevalence of most of the time or always getting the kind of help they needed did not change significantly from 2011 (28.1%) to 2013 (27.9%). [Figure 63]

Took Part in Organized Activities
During 2005-2013, a significant linear increase occurred overall in the prevalence of having taken part in organized after-school, evening, or weekend activities on one or more of the seven days before the survey (58.5%-64.4%). There are not enough years of data to calculate a quadratic trend. The prevalence of having taken part in organized after-school, evening, or weekend activities did not change significantly from 2011 (64.3%) to 2013 (64.4%). [Figure 64]
Spent Time Helping People

During 2005-2013, a significant linear increase occurred overall in the prevalence of having spent one or more hours during the past 30 days helping people without getting paid to make their community a better place for people to live (44.2%-49.3%). There are not enough years of data to calculate a quadratic trend. The prevalence of having spent helping people did not change significantly from 2011 (49.5%) to 2013 (49.3%). [Figure 65]

1Linear change: Indicates whether there was a statistically significant linear change in the prevalence over time and the years during which the linear change occurred. That is, did the prevalence increase, decrease, or stay the same? A linear trend is depicted by a straight line. At least two years of data are required to test for a linear change. Linear change is based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p <0.05.

2Quadratic change: Indicates whether there was a statistically significant quadratic change in prevalence over time and the years when both components of the quadratic change occurred; that is, quadratic trends indicate a nonlinear but significant trend over time. A quadratic trend is depicted by a curve with one bend. At least 6 years of data are needed to test for a quadratic change, which is based on t-test analysis, p <0.05.

3Change from 2011-2013: Indicates whether there was a statistically significant increase or decrease in prevalence between 2011 and 2013. That is, did the prevalence increase, decrease, or stay the same?
**Figure 1**
Percentage of CT high school students who never or rarely wore a seat belt when riding in a car driven by someone else by year

**Figure 2**
Percentage of CT high school students who had ridden one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol by year

**Figure 3**
Percentage of CT high school students who had carried a weapon such as a gun, knife, or club on school property on 1 or more of the past 30 days by year

**Figure 4**
Percentage of CT high school students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months by year
**Figure 5**
Percentage of CT high school students who had not gone to school on 1 or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school by year

**Figure 6**
Percentage of CT high school students who had been in a physical fight one or more times during the past 12 months by year

**Figure 7**
Percentage of CT high school students who had had their property, such as their car, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months by year

**Figure 8**
Percentage of CT high school students who had been bullied on school property during the past 12 months by year
Figure 9
Percentage of CT high school students who had been electronically bullied during the past 12 months by year

Figure 10
Percentage of CT high school students who had ever been physically forced to have sexual intercourse when they did not want to by year

Figure 11
Percentage of CT high school students who had done something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose, one or more times during the past 12 months by year

Figure 12
Percentage of CT high school students who had felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months by year
Figure 13
Percentage of CT high school students who had seriously considered attempting suicide during the past 12 months by year

Figure 14
Percentage of CT high school students who had attempted suicide one or more times during the past 12 months by year

Figure 15
Percentage of CT high school students who had smoked cigarettes on 1 or more of the past 30 days by year

Figure 16
Percentage of CT high school students who had smoked cigarettes on 20 or more of the past 30 days by year
**Figure 17**
Percentage of CT high school students who had drunk alcohol for the first time before age 13 years by year

**Figure 18**
Percentage of CT high school students who had at least one drink of alcohol on 1 or more of the past 30 days by year

**Figure 19**
Percentage of CT high school students who had five or more drinks of alcohol in a row on 1 or more of the past 30 days by year

**Figure 20**
Percentage of CT high school students who had used marijuana one or more times during their life by year
Figure 21
Percentage of CT high school students who had tried marijuana for the first time before age 13 years by year

Figure 22
Percentage of CT high school students who had used marijuana one or more times during the past 30 days by year

Figure 23
Percentage of CT high school students who had used any form of cocaine, including powder, crack, or freebase one or more times during their life by year

Figure 24
Percentage of CT high school students who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life by year
Figure 25
Percentage of CT high school students who had used heroin one or more times during their life by year

Figure 26
Percentage of CT high school students who had used methamphetamines one or more times during their life by year

Figure 27
Percentage of CT high school students who had used ecstasy one or more times during their life by year

Figure 28
Percentage of CT high school students who had taken over-the-counter drugs to get high one or more times during their life by year
Figure 29
Percentage of CT high school students who had taken prescription drugs without a doctor’s prescription to get high one or more times during their life by year

Figure 30
Percentage of CT high school students who had been offered, sold, or given an illegal drug by someone on school property during the past 12 months by year

Figure 31
Percentage of CT high school students who had ever had sexual intercourse by year

Figure 32
Percentage of CT high school students who had had sexual intercourse for the first time before age 13 years by year
Figure 33
Percentage of CT high school students who had sexual intercourse with four or more people during their life by year

Figure 34
Percentage of CT high school students who had sexual intercourse with at least one person during the past three months by year

Figure 35
Percentage of CT currently sexually active high school students who had drunk alcohol or used drugs before last sexual intercourse by year

Figure 36
Percentage of CT currently sexually active high school students who reported that either they or their partner had used a condom during last sexual intercourse by year
Figure 37
Percentage of CT high school students who have been pregnant or have gotten someone pregnant by year

Figure 38
Percentage of CT high school students who have had sexual contact with males and females during their life by year

Figure 39
Percentage of CT high school students who described themselves as gay, lesbian, or bisexual by year

Figure 40
Percentage of CT high school students who had ever been tested for HIV, the virus that causes AIDS by year
Figure 41
Percentage of CT high school students who had ever been told by a doctor or nurse that they had a sexually transmitted disease by year

Figure 42
Percentage of CT high school students who had not eaten fruit or drunk 100% fruit juices during the past seven days by year

Figure 43
Percentage of CT high school students who had eaten fruit or drunk 100% fruit juices two or more times per day during the past seven days by year

Figure 44
Percentage of CT high school students who had not eaten vegetables during the past seven days by year
Figure 45
Percentage of CT high school students who had eaten vegetables three or more times per day during the past seven days by year

Figure 46
Percentage of CT high school students who did not participate in at least 60 minutes of physical activity on at least one day by year

Figure 47
Percentage of CT high school students who had been physically active at least 60 minutes per day on five or more days by year

Figure 48
Percentage of CT high school students who used computers three or more hours per day by year
Figure 49
Percentage of CT high school students who watched television three or more hours per day on an average school day by year

Figure 50
Percentage of CT high school students who were overweight by year

Figure 51
Percentage of CT high school students who were obese by year

Figure 52
Percentage of CT high school students who described themselves as slightly or very overweight by year
Figure 53
Percentage of CT high school students who were trying to lose weight by year

Figure 54
Percentage of CT high school students who usually spent four or more hours after school without an adult present by year

Figure 55
Percentage of CT high school students who reported that their whereabouts when away from home are never or rarely known by their parents or other adults in their family by year

Figure 56
Percentage of CT high school students who worked at a paying job outside their home five or more hours during an average week when they are in school by year
Figure 57
Percentage of CT high school students who had gambled for money or possessions one or more times during the past 12 months by year

Figure 58
Percentage of CT high school students who described their grades in school as mostly A’s or B’s during the past 12 months by year

Figure 59
Percentage of CT high school students who described their health as excellent or very good by year

Figure 60
Percentage of CT high school students who got eight or more hours of sleep on an average school night by year
Figure 61
Percentage of CT high school students who had eaten at least one meal with their family on three or more of the past seven days by year

Figure 62
Percentage of CT high school students who agreed or strongly agreed that their family loves them and gives them help and support when they need it by year

Figure 63
Percentage of CT high school students who most of the time or always got the kind of help they needed when they felt sad, empty, hopeless, angry, or anxious by year

Figure 64
Percentage of CT high school students who took part in organized after-school, evening, or weekend activities on one or more of the past seven days by year
Figure 65
Percentage of CT high school students who had spent time helping people without getting paid in the past 30 days by year

- 1997: 44.2%
- 2005: 49.6%
- 2007: 48.1%
- 2009: 49.5%
- 2011: 49.3%
- 2007: 48.1%
- 2009: 49.5%
- 2011: 49.3%