

STATE OF CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

2009 Connecticut School Health Survey Youth Behavior Component



For additional information about the Connecticut School Health Survey and student health-risk behaviors, please visit the website at www.ct.gov/dph



2009

**Connecticut School Health Survey
Youth Behavior Component**

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Connecticut Department of Public Health

in collaboration with

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2009

Youth Behavior Component Report

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Introduction

In the United States, 74% of all deaths among youth and young adults aged 10-24 years result from four causes: motor vehicle crashes (30%), other unintentional injuries (16%), homicide (16%), and suicide (12%). Substantial morbidity and social problems also result from the approximately 757,000 pregnancies among women aged 15-19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15-24 years, and the estimated 6,610 cases of human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS) among persons aged 15-24 years that occur annually. Among adults aged >25 years, 59% of all deaths in the United States result from cardiovascular disease (35%) and cancer (24%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: 1) behaviors that contribute to unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that contribute to unintended pregnancy and STDs, including human immunodeficiency virus (HIV) infection; 5) unhealthy dietary behaviors; and 6) physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood. (1)

The 2009 Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Behavior Component (YBC) and the Youth Tobacco Component. This report summarizes the results from the 2009 YBC (also referred to as the Youth Risk Behavior Survey (YRBS)) and trends in risk behaviors during 1997-2009. Detailed information about the national and state YRBSs is available at <http://www.cdc.gov/yrbs>. The YBC collects data that are used to assess trends in health-risk behaviors among high school students and evaluate the impact of broad school and community interventions. Prominent health concerns are contributing factors in loss of instructional time, including absenteeism, dropout rates, and chronic illness. Reducing disparities in educational, child, and adolescent health indicators remains one of the major challenges facing the education and public health communities in Connecticut. The YBC asks questions that focus on the leading causes of morbidity and mortality among youth and young adults in the United States. Between February and June 2009, the Connecticut Department of Public Health (DPH) conducted the YBC in cooperation with the Centers for Disease Control and Prevention (CDC), the Connecticut State Department of Education, and partners from local school health districts and local health departments. The YBC was administered to a representative sample of all regular public high school students in Connecticut.

Survey procedures for the 2009 YBC were designed to protect students' privacy by allowing for anonymous and voluntary participation. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable answer sheet. The 2009 questionnaire contained 99 questions; students in grades 9-12 in 48 high schools completed 2,414 questionnaires. The data set was cleaned and edited for inconsistencies and then weighted. Missing data were not imputed. Among the 2,414 completed questionnaires from the YBC, 22 failed quality control* and were excluded from analysis, leaving 2,392 usable questionnaires. The school response rate was 76%; the student response rate was 84%; the overall response rate was 64%.** When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white, non-Hispanic; black, non-Hispanic; Hispanic). Any prevalence rate below 3% should be interpreted with caution. To help discern true differences between comparison groups, findings that are statistically significant at the $p < 0.05$ level are emphasized as "significant" differences. Unless otherwise noted, all data presented and discussed in this report are referring to regular public high school students (grades 9-12) in Connecticut. Some of the results from the 2009 National Youth Risk Behavior Survey are used for comparison in this report. All of the national data were taken from the Centers for Disease Control and Prevention. [*Youth Risk Behavior Surveillance-United States, 2009*]. *Surveillance Summaries* [June 4, 2010]. *MMWR* 2010;59 (No. SS-5). The next CSHS will be administered in the spring of 2011.

(1)Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance-United States, 2009]. *Surveillance Summaries* [June 4, 2010]. *MMWR* 2010;59 (No. SS-5)

* A questionnaire that fails quality control has fewer than 20 remaining responses after editing or has the same answer to 15 or more questions in a row.

** Overall response rate = (number of participating schools/number of eligible sampled schools) x (number of usable questionnaires/number of eligible students sampled in participating schools) rounded to the nearest integer.

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Connecticut Youth Behavior Component Executive Summary

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Rarely or Never Wore a Seat Belt

In Connecticut, 9.4% of high school students never or rarely wore a seat belt when riding in a car driven by someone else. Nationwide, the rate was nearly equivalent (9.7%) to Connecticut's. Overall in Connecticut, the prevalence of having rarely or never worn a seat belt was highest among students in grade 12 (11%) and lowest among students in grades 10 and 11 (8.5%). Boys (10%) were more likely than girls (8.5%) to rarely or never wear a seat belt. Hispanic (13.6%) students and black (13.5%) students were significantly more likely than white (7.5%) students to have never or rarely worn a seat belt.

Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days before the survey, an estimated 46,000 Connecticut high school students (26.7%) had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol. Nationwide, the rate was 28.3%. Overall in Connecticut, the prevalence of having ridden with a driver who had been drinking alcohol ranged from 21.9% in grade 10 to 31.5% in grade 12. The rate was higher among girls (28.2%) than among boys (24.9%); and did not vary significantly among Hispanic (28.9%), white (27.3%), and black (21.6%) students.

Drove When Drinking Alcohol

During the 30 days before the survey, an estimated 14,500 Connecticut high school students (8.7%) had driven a car or other vehicle one or more times when they had been drinking alcohol. Nationwide, the rate was 9.7%. Overall in Connecticut, the prevalence of having driven when they had been drinking alcohol was higher among boys (10.5%) than among girls (6.6%); and did not vary significantly among white (9.5%), Hispanic (8.4%), and black (4.7%) students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

In a Physical Fight

In Connecticut, 28.3% of high school students had been in a physical fight one or more times during the 12 months before the survey. Nationwide, the rate was 31.5%. Overall in Connecticut, the prevalence of having been in a physical fight was significantly higher among boys (35.7%) than among girls (20.7%); and did not vary significantly among black (35.5%), Hispanic (31.1%), and white (26.5%) students.

Dating Violence

During the 12 months before the survey, 9.9% of Connecticut high school students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence). Nationwide, the rate was nearly equivalent (9.8%) to Connecticut's. Overall in Connecticut, the prevalence of dating violence increased by grade from 7.8% in grade 9 to 13.1% in grade 12. The rate was higher among boys (10.7%) than among girls (9.1%); and did not vary significantly among black (11.6%), Hispanic (9.6%), and white (9.5%) students.

Forced to Have Sexual Intercourse

An estimated 12,400 Connecticut high school students (7.4%) have ever been physically forced to have sexual intercourse when they did not want to. Nationwide, the rate was equivalent to Connecticut's. Overall in Connecticut, the prevalence of having been forced to have sexual intercourse was higher among girls (8.4%) than among boys (6.3%); and significantly higher among Hispanic (12.8%) students than among white (5.8%) students.

Carried a Weapon on School Property

An estimated 6,500 high school students in Connecticut (3.9%) carried a weapon (e.g., a gun, knife, or club) on school property on at least 1 of the 30 days before the survey. Nationwide, the rate was significantly higher (5.6%) than Connecticut's. Overall in Connecticut, the prevalence of having carried a weapon on school property was significantly higher among boys (5.5%) than among girls (2.2%); and did not vary significantly among Hispanic (5.6%), black (4.2%), and white (3.4%) students.

Threatened or Injured with a Weapon on School Property

During the 12 months before the survey, 7% of Connecticut high school students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times. Nationwide, the rate was 7.7%. Overall in Connecticut, the prevalence of having been threatened or injured with a weapon on school property was higher among boys (7.9%) than among girls (5.9%); and did not vary significantly among black (7.7%), Hispanic (6.8%), and white (6.2%) students.

In a Physical Fight on School Property

In Connecticut, 9.6% of high school students had been in a physical fight on school property one or more times during the 12 months before the survey. Nationwide, the rate was 11.1%. Overall in Connecticut, the prevalence of having been in a physical fight on school property was significantly higher among boys (13%) than among girls (5.9%); and did not vary significantly among black (13.1%), Hispanic (9.3%), and white (8.6%) students.

Bullied on School Property

In Connecticut, 25.5% of high school students had been bullied on school property during the 12 months before the survey. Overall in Connecticut, the prevalence of having been bullied on school property was significantly higher among students in grade 9 (34.8%) than among students in grades 10 (24.2%), 11 (23.6%), and 12 (18.3%). The prevalence was higher among boys (26.4%) than among girls (24.5%); and significantly higher among white (28.2%) students than among Hispanic (19.6%) and black (17.2%) students.

Did Not Go to School Because of Safety Concerns

In Connecticut, 4.9% of high school students had not gone to school on at least 1 day during 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 was nearly equivalent (5%) to Connecticut's. Overall in Connecticut, the prevalence of having not gone to school because of safety concerns was higher among boys (5.1%) than among girls (4.6%); and significantly higher among Hispanic (8.3%) students than among white (3.8%) students.

Felt Sad or Hopeless

During the 12 months before the survey, an estimated 42,000 Connecticut high school students (25%) 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 was 26.1%. Overall in Connecticut, the prevalence of having felt sad or hopeless almost every day for two weeks or more in a row was significantly higher among girls (32.9%) than among boys (17.2%); and significantly higher among Hispanic (33.3%) students than among white (22.1%) students.

Seriously Considered Attempting Suicide

An estimated 24,000 Connecticut high school students (14.1%) had seriously considered attempting suicide during the 12 months before the survey. Nationwide, the rate was 13.8%. Overall in Connecticut, the prevalence of having seriously considered attempting suicide was higher among girls (16.6%) than among boys (11.7%); and did not vary significantly among Hispanic (16%), white (13.4%), and black (13.3%) students.

Attempted Suicide

An estimated 10,000 Connecticut high school students (7.4%) had attempted suicide one or more times during the 12 months before the survey. Nationwide, the rate was 6.3%. Overall in Connecticut, the prevalence of having attempted suicide was nearly equal among boys (7.5%) and girls (7.3%). The rate did not vary significantly among Hispanic (12%), black (9%), and white (6.1%) students.

TOBACCO USE

Current Cigarette Smoking

An estimated 30,000 Connecticut high school students (17.8%) had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette smoking). Nationwide, the rate was 19.5%. Overall in Connecticut, the prevalence of current cigarette smoking was significantly higher in grade 12 (24.5%) than in grade 11 (18.5%); higher among boys (19%) than among girls (16.5%); and significantly higher among white (20.3%) students than among black (9.6%) students.

Current Frequent Cigarette Smoking

An estimated 10,000 Connecticut high school students (6.2%) had smoked cigarettes on 20 or more days during the 30 days before the survey (i.e., current frequent cigarette smoking). Nationwide, the rate was 7.3%. Overall in Connecticut, the prevalence of current frequent cigarette smoking was higher among boys (7.1%) than among girls (5.2%); and significantly higher among white (7.3%) and Hispanic (5.8%) students than among black (1.6%) students.

ALCOHOL AND OTHER DRUG USE

Current Alcohol Use

An estimated 72,000 Connecticut high school students (43.5%) 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 was 41.8%. Overall in Connecticut, the prevalence of current alcohol use was significantly higher in grade 11 (51.4%) than in grade 10 (35.5%); nearly equal among boys (43.2%) and girls (43.8%); and did not vary significantly among white (45.6%), Hispanic (42.5%), and black (38.1%) students.

Binge Drinking

An estimated 41,000 Connecticut high school students (24.2%) 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 (i.e., binge drinking). Nationwide, the rate was equivalent to Connecticut's. Overall in Connecticut, the prevalence of binge drinking was higher among boys (26%) than among girls (22.5%); and significantly higher among white (27.3%) and Hispanic (23.4%) students than among black (13.7%) students.

Ever Used Marijuana

In Connecticut, 37.6% of high school students had used marijuana one or more times during their life (i.e., ever used marijuana). Nationwide, the rate was 36.8%. Overall in Connecticut, the prevalence of having ever used marijuana was higher among boys (41.3%) than among girls (33.7%); and did not vary significantly among white (38.5%), black (36.9%), and Hispanic (36.6%) students.

Current Marijuana Use

An estimated 36,000 Connecticut high school students (21.8%) had used marijuana one or more times during the 30 days before the survey (i.e., current marijuana use). Nationwide, the rate was 20.8%. Overall in Connecticut, the prevalence of current marijuana use was significantly higher among boys (25.3%) than among girls (18.2%); and did not vary significantly among white (23.1%), black (20.5%), and Hispanic (19.8%) students.

Ever Used Cocaine

An estimated 8,800 Connecticut high school students (5.4%) had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life (i.e., ever used cocaine). Nationwide, the rate was 6.4%. Overall in Connecticut, the prevalence of having ever used cocaine was higher among boys (6.6%) than among girls (3.9%); and significantly higher among white (5.8%) students than among black (1.7%) students.

Ever Used Inhalants

An estimated 18,000 Connecticut high school students (10.6%) 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 was 11.7%. Overall in Connecticut, the prevalence of having ever used inhalants was nearly equal among boys (10.7%) and girls (10.2%); and did not vary significantly among white (10.8%), Hispanic (9.3%), and black (8.2%) students.

Ever Used Ecstasy

An estimated 8,300 Connecticut high school students (5%) had used ecstasy (also called "MDMA") one or more times during their life (i.e., ever used ecstasy). Nationwide, the rate was 6.7%. Overall in Connecticut, the prevalence of ever having used ecstasy was higher among boys (6.2%) than among girls (3.6%); and did not vary significantly among Hispanic (5.5%), white (4.9%), and black (3.4%) students.

Ever Used Heroin

In Connecticut, 3.2% 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). Nationwide, the rate was 2.5%.

Ever Used Methamphetamines

In Connecticut, 3.3% 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). Nationwide, the rate was 4.1%.

AGE OF INITIATION OF RISK BEHAVIORS

Drank Alcohol Before Age 13 Years

An estimated 30,000 Connecticut high school students (17.6%) had drunk alcohol (other than a few sips) for the first time before age 13 years. Nationwide, the rate was 21.1%. Overall in Connecticut, the prevalence of having drunk alcohol before age 13 years was higher among boys (19.3%) than among girls (15.6%); and significantly higher among black (25.5%) and Hispanic (22.2%) students than among white (14.4%) students.

Tried Marijuana Before Age 13 Years

An estimated 9,600 Connecticut high school students (5.8%) had tried marijuana for the first time before the age of 13 years. Nationwide, the rate was 7.5%. Overall in Connecticut, the prevalence of having tried marijuana before age 13 years was significantly higher among boys (7.9%) than among girls (3.5%); and did not vary significantly among Hispanic (7.6%), black (7.5%), and white (4.8%) students.

ALCOHOL AND OTHER DRUG USE ON SCHOOL PROPERTY

Drank Alcohol on School Property

An estimated 8,400 Connecticut high school students (5%) had drunk at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey. Nationwide, the rate was 4.5%. Overall in Connecticut, the prevalence of having drunk alcohol on school property was higher among boys (6%) than among girls (4%); and did not vary significantly among Hispanic (6.1%), white (4.6%), and black (4.4%) students.

Used Marijuana on School Property

An estimated 10,000 Connecticut high school students (6.2%) had used marijuana on school property one or more times during the 30 days before the survey. Nationwide, the rate was 4.6%. Overall in Connecticut, the prevalence of having used marijuana on school property was significantly higher among boys (8.2%) than among girls (4.1%); and did not vary significantly among white (7%), Hispanic (5.7%), and black (3.7%) students.

Offered, Sold, or Given an Illegal Drug on School Property

An estimated 49,000 Connecticut high school students (28.9%) had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey. Nationwide, the rate was significantly lower (22.7%) than Connecticut's. Overall in Connecticut, the prevalence of having been offered, sold, or given an illegal drug on school property was significantly higher among boys (32.7%) than among girls (25.1%); and did not vary significantly among white (29.8%), Hispanic (29.5%), and black (22.5%) students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND SEXUALLY TRANSMITTED DISEASES, INCLUDING HIV INFECTION

Ever Had Sexual Contact

An estimated 7,000 Connecticut high school students (4.5%) had ever had sexual contact with both males and females. Overall, the prevalence of ever having had sexual contact with both males and females was significantly higher among girls (6.4%) than among boys (2.5%); and did not vary significantly among Hispanic (6.9%), white (4.2%), and black (2.8%) students.

Ever Had Sexual Intercourse

An estimated 63,000 Connecticut high school students (40.5%) had ever had sexual intercourse. Nationwide, the rate was 46%. Overall in Connecticut, the prevalence of having ever had sexual intercourse was higher among boys (42.9%) than among girls (38%); and significantly higher among black (57.9%) and Hispanic (50%) students than among white (35.9%) students.

Had First Sexual Intercourse Before Age 13 Years

An estimated 7,000 Connecticut high school students (4.6%) had had sexual intercourse for the first time before age 13 years. Nationwide, the rate was 5.9%. Overall in Connecticut, the prevalence of having had sexual intercourse before age 13 years was significantly higher among boys (6.1%) than among girls (2.8%); and significantly higher among black (13.7%) and Hispanic (8.5%) students than among white (2%) students.

Had Sexual Intercourse with Four or More Persons During Their Life

In Connecticut, 10.5% of high school students had had sexual intercourse with four or more persons during their life. Nationwide, the rate was 13.8%. Overall in Connecticut, the prevalence of having had sexual intercourse with four or more persons was significantly higher among students in grade 12 (21.5%) than among students in grade 9 (6.2%), grade 10 (6.8%), and grade 11 (9%); higher among boys (12.5%) than among girls (8.4%); and significantly higher among black (21.7%) and Hispanic (14.9%) students than among white (7.6%) students.

Currently Sexually Active

An estimated 46,000 Connecticut high school students (29.6%) had had sexual intercourse with at least one person during the three months before the survey (i.e., currently sexually active). Nationwide, the rate was 34.2%. Overall in Connecticut, the prevalence of being currently sexually active was significantly higher in grade 12 (54.7%) than in grade 9 (14.4%), grade 10 (19.8%), and grade 11 (33.5%); significantly higher in grade 10 (19.8%) than grade 11 (33.5%); higher among girls (30.3%) than among boys (28.9%); and significantly higher among black (39.3%) students than among white (26.8%) students.

Condom Use

Among the 29.6% of currently sexually active Connecticut high school students, 59.4% reported that, during their last sexual intercourse, either they or their partner had used a condom. Nationwide, the rate was 61.1%. Overall in Connecticut, the prevalence of having used a condom during last sexual intercourse was significantly higher among students in grade 10 (70.5%) and grade 11 (65.5%) than in grade 12 (48.3%); higher among boys (62.9%) than among girls (56.1%); and did not vary significantly among black (61.1%), white (60.8%), and Hispanic (50.6%) students.

Birth Control Pill Use

Among the 29.6% of currently sexually active Connecticut high school students, 24.1% reported that, before their last sexual intercourse, either they or their partner had used birth control pills to prevent pregnancy. Nationwide, the rate was 19.8%. Overall in Connecticut, the prevalence of having used birth control pills before last sexual intercourse was higher among girls (25.6%) than among boys (22.7%); and did not vary significantly among white (29.2%), Hispanic (16.4%), and black (12.8%) students.

Drank Alcohol or Used Drugs Before Last Sexual Intercourse

Among the 29.6% of currently sexually active Connecticut high school students, 24.8% had drunk alcohol or used drugs before their last sexual intercourse. Nationwide, the rate was 21.6%. Overall in Connecticut, the prevalence of having drunk alcohol or used drugs before last sexual intercourse was higher among boys (28.3%) than among girls (21.5%); and did not vary significantly among white (28.6%), black (18.7%), and Hispanic (17.8%) students.

DIETARY BEHAVIORS

Ate Fruits and Vegetables Five or More Times per Day

In Connecticut, 21% of high school students had eaten fruits and vegetables [100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables] five or more times per day during the seven days before the survey. Nationwide, the rate was 22.3%. Overall in Connecticut, the prevalence of having eaten fruits and vegetables five or more times per day was higher among boys (22.5%) than among girls (19.3%); and significantly higher among black (24.1%) students than among Hispanic (17%) students.

PHYSICAL ACTIVITY

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

In Connecticut, 45.2% 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 before the survey (i.e., physically active at least 60 minutes per day on five or more days). Nationwide, the rate was significantly lower (37%) than Connecticut's. Overall in Connecticut, the prevalence of having been physically active at least 60 minutes per day on five or more days was significantly higher in grade 9 (48.7%), grade 10 (48.4%), and grade 11 (47.2%) than in grade 12 (35.9%); significantly higher among boys (56.1%) than among girls (34.2%); and significantly higher among white (50.5%) students than among black (37.1%) and Hispanic (33.1%) students.

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

In Connecticut, 14% of high school students did not participate 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 before the survey (i.e., did not participate in at least 60 minutes of physical activity on any day). Nationwide, the rate is significantly higher (23.1%) than Connecticut's. Overall in Connecticut, the prevalence of not participating in at least 60 minutes of physical activity on any day was significantly higher among girls (17%) than among boys (11%); and significantly higher among black (27.7%) and Hispanic (21.6%) students than among white (9.1%) students.

Used Computers Three or More Hours Per Day

In Connecticut, 27.9% of high school students played video or computer games or used a computer for something that was not schoolwork 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 was 24.9%. Overall in Connecticut, the prevalence of using computers three or more hours per day was higher among boys (29.6%) than among girls (26.2%); and did not vary significantly among black (31.2%), Hispanic (28.3%), and white (26.6%) students.

Watched Television Three or More Hours Per Day

In Connecticut, 30.2% of high school students watched television three or more hours per day on an average school day. Nationwide, the rate was 32.8%. Overall in Connecticut, the prevalence of having watched television three or more hours per day was slightly higher among boys (30.8%) than among girls (29.4%); significantly higher among black (54.1%) students than among Hispanic (39.2%) and white (23.5%) students; and significantly higher among Hispanic (39.2%) students than among white (23.5%) students.

OBESITY, OVERWEIGHT, AND WEIGHT CONTROL

Obese

An estimated 17,000 Connecticut high school students (10.4%) were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). Nationwide, the rate was 12%. Overall in Connecticut, the prevalence of obesity was significantly higher among boys (13.8%) than among girls (6.7%); significantly higher among Hispanic boys (24.1%) than among white boys (12.1%); significantly higher among black girls (12.3%) than among white girls (4.9%); and significantly higher among Hispanic (17%) students than among white (8.7%) students.

Overweight

An estimated 23,000 Connecticut high school students (14.5%) 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 was 15.8%. Overall in Connecticut, the prevalence of overweight was higher among boys (16.6%) than among girls (12.2%); and did not vary significantly among black (16.7%), Hispanic (16.3%), and white (13.7%) students.

Described Themselves as Overweight

In Connecticut, 26% of high school students described themselves as slightly or very overweight. Nationwide, the rate was 27.7%. Overall in Connecticut, the prevalence of describing themselves as overweight was higher among girls (28.3%) than among boys (23.8%); significantly higher among black girls (28.2%) than black boys (15.3%); and did not vary significantly among Hispanic (31%), white (25.9%), and black (21.9%) students.

Were Trying to Lose Weight

An estimated 78,000 Connecticut high school students (46.4%) were trying to lose weight. Nationwide, the rate was 44.4%. Overall in Connecticut, the prevalence of trying to lose weight was significantly higher among girls (61.6%) than among boys (31.6%); and did not vary significantly among Hispanic (48.2%), white (46.9%), and black (43.8%) students.

Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight

In Connecticut, 39.1% of high school students had eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight during the 30 days before the survey. Nationwide, the rate was nearly equivalent (39.5%) to Connecticut's. Overall in Connecticut, the prevalence of having eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight was significantly higher among girls (52.7%) than among boys (25.7%); and significantly higher among Hispanic (42.4%) and white (40.5%) students than among black (30.2%) students.

Exercised to Lose Weight or to Keep From Gaining Weight

In Connecticut, 61.5% of high school students had exercised to lose weight or to keep from gaining weight during the 30 days before the survey. Nationwide, the rate was equivalent to Connecticut's. Overall in Connecticut, the prevalence of having exercised to lose weight or to keep from gaining weight was significantly higher among girls (71.3%) than among boys (51.8%); and significantly higher among white (63.8%) students than among black (53.3%) students.

Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight

In Connecticut, 9.1% of high school students did not eat for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey. Nationwide, the rate was 10.6%. Overall in Connecticut, the prevalence of not eating for 24 or more hours to lose weight or to keep from gaining weight was significantly higher among girls (12%) than among boys (6.2%); and did not vary significantly among Hispanic (12.1%), black (8.8%), and white (8.3%) students.

Took Laxatives or Diet Pills or Powders, or Vomited to Lose Weight or to Keep From Gaining Weight

In Connecticut, 5.3% of high school students had taken diet pills or powders (without a doctor's advice), or had vomited to lose weight or to keep from gaining weight. Overall, the prevalence of having taken diet pills or powders or having vomited to lose weight or keep from gaining weight was significantly higher among students in grade 12 (8.2%) than in grade 9 (3.7%); significantly higher among girls (6.8%) than among boys (3.8%); and did not vary significantly among Hispanic (7.3%), white (4.7%), and black (3.8%) students.

PROTECTIVE FACTORS AND OTHER HEALTH-RELATED TOPICS

Two Parent Households

In Connecticut, 60.5% of high school students reported living with two parents most of the time. Overall, the prevalence of living with two parents most of the time was significantly higher in grades 9, 10, and 11 (63.9%) than in grade 12 (49.3%); higher among boys (62.4%) than among girls (58.7%); and significantly higher among white (68.9%) students than among Hispanic (46.6%) and black (31.5%) students.

Adult Supervision

In Connecticut, 76.6% of high school students reported that, when they are away from home, their whereabouts are mostly or always known by their parents. Overall, the prevalence of parents mostly or always knowing their child's whereabouts when they are away from home was significantly higher among girls (80.4%) than among boys (72.9%); and significantly higher among white (79.2%) students than among Hispanic (70.5%) students.

Family Love and Support

In Connecticut, 85.1% of high school students agreed or strongly agreed that their family loves them and gives them help and support when they need it. Overall, the prevalence of agreeing or strongly agreeing that their family loves them and gives them help and support when they need it was significantly higher among boys (87.7%) than among girls (82.4%); and significantly higher among white (87.8%) students than among black (80.4%) and Hispanic (78.6%) students.

Family Meals

In Connecticut, 63.7% of high school students had eaten at least one meal with their family on three or more of the seven days before the survey. Overall, the prevalence of having eaten at least one meal with their family on three or more days was significantly higher in grade 9 (69.8%), grade 10 (68.5%), and grade 11 (68.4%) than in grade 12 (46.9%); higher among boys (65.8%) than among girls (61.5%); and significantly higher among white (71.8%) students than among Hispanic (52.7%) and black (37.6%) students.

Eight or More Hours of Sleep

In Connecticut, 25.6% of high school students had eight or more hours of sleep on an average school night. Nationwide, the rate was significantly higher (30.9%) than Connecticut's. Overall in Connecticut, the prevalence of having eight or more hours of sleep was significantly higher in grade 9 (36.7%) than in grade 10 (23.8%), grade 11 (20.2%), and grade 12 (19.7%); significantly higher among boys (29.1%) than among girls (22.1%); and did not vary significantly among white (27%), Hispanic (23.1%), and black (20.8%) students.

TRENDS DURING 1997-2009

Behaviors that Contribute to Unintentional Injuries

During 1997-2009, significant linear decreases occurred in the percentage of students who rarely or never wore a seat belt when riding in a car driven by someone else (27%-10%); who rode with a driver who had been drinking alcohol (38.3%-26.7%); and who drove when they had been drinking alcohol (14.6%-8.7%). During 2005-2009, no significant changes occurred in any of the behaviors that contribute to unintentional injuries.

Behaviors that Contribute to Violence

During 1997-2009, significant linear decreases occurred in the percentage of students who had been in a physical fight (33.8%-28.3%); who had been in a physical fight on school property (13.2%-9.6%); who carried a weapon (17%-12.4%); and who carried a weapon on school property (6.5%-3.9%). The percentage of students who were threatened or injured with a weapon on school property increased during 1997-2005 (6.1%-9.1%) and then decreased during 2005-2009 (9.1%-7%). During 1997-2009, a significant linear increase occurred in the percentage of students who did not go to school because of safety concerns (3%-4.9%). During 2005-2009, a significant linear decrease occurred in the percentage of students who reported dating violence (16%-9.9%).

The percentage of students who felt sad or hopeless decreased during 2005-2007 (24.8%-22.8%) and then increased during 2007-2009 (22.8%-25%). During 1997-2009, a significant linear decrease occurred in the percentage of students who seriously considered attempting suicide (21.6%-14.1%). The percentage of students who attempted suicide increased during 1997-2005 (9.1%-12.1%) and then decreased significantly during 2005-2009 (12.1%-7.4%).

Tobacco Use

During 1997-2009, significant linear decreases occurred in the percentage of students who reported current cigarette smoking (32.5%-17.8%); and who reported current frequent cigarette smoking (17.9%-6.2%).

Alcohol and Other Drug Use

During 1997-2009, significant linear decreases occurred in the percentage of students who reported current alcohol use (52.6%-43.5%); who reported binge drinking (31.2%-24.2%); who ever used marijuana (44.9%-37.6%); and who ever used inhalants (19.1%-10.6%). The percentage of students who reported current marijuana use decreased during 1997-2009 (25.8%-21.8%). The percentage of students who ever used cocaine increased during 1997-2007 (5.3%-8.3%) and then decreased during 2007-2009 (8.3%-5.4%). The percentage of students who ever used ecstasy decreased during 2005-2007 (6.4%-5%). The percentage of students who ever used heroin also decreased during 2005-2007 (4.3%-3.2%).

Age of Initiation of Risk Behaviors

During 1997-2009, a significant linear decrease occurred in the percentage of students who drank alcohol for the first time before the age of 13 years (28.4%-17.6%). The percentage of students who tried marijuana for the first time before age 13 years increased during 1997-2007 (7.7%-8.5%) and then decreased during 2007-2009 (8.5%-5.8%).

Alcohol and Other Drug Use on School Property

During 1997-2009, a significant linear decrease occurred in the percentage of students who drank alcohol on school property (7.1%-5%). The percentage of students who used marijuana on school property decreased during 1997-2005 (7.9%-5.1%) and then increased during 2005-2009 (5.1%-6.2%). The percentage of students who were offered, sold, or given an illegal drug on school property increased during 1997-2005 (29%-31.5%) and then decreased during 2005-2009 (31.5%-28.9%). During 2005-2009, no significant changes occurred in any of the alcohol or other drug use behaviors on school property.

Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

According to the CDC, during 1997-2009, a significant linear decrease occurred in the percentage of students who ever had sexual intercourse (43.5%-40.5%). The percentage of students who had sexual intercourse for the first time before age 13 years increased during 1997-2005 (4.7%-5.5%) and then decreased during 2005-2009 (5.5%-4.6%). The percentage of students who had sexual intercourse with four or more people during their lifetime increased during 1997-2005 (11.7%-14.2%) and then decreased during 2005-2009 (14.2%-10.5%).

Physical Activity

According to the CDC, during 1997-2009, a significant linear decrease occurred in the percentage of students who watched three or more hours per day of television (33.5%-30.2%).

Obesity, Overweight, and Weight Control

The percentage of students who were obese increased during 2005-2007 (11.2%-12.3%) and then decreased during 2007-2009 (12.3%-10.4%). The percentage of students who were overweight decreased during 2005-2007 (14.7%-13.3%) and then increased during 2007-2009 (13.3%-14.5%). The percentage of students who described themselves as overweight did not change significantly during 1997-2007 (28.6%-28.7%) and then decreased during 2007-2009 (28.7%-26%). During 1997-2009, significant linear increases occurred in the percentage of students who were trying to lose weight (43%-46.4%); and who exercised to lose weight or to keep from gaining weight (55.2%-61.5%). The percentage of students who ate less food, fewer calories, or low-fat foods to lose weight or keep from gaining weight did not change significantly during 2005-2009 (40.1%-39.1%). According to the CDC, during 2005-2009, a significant linear decrease occurred in the percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight (12.1%-9.1%).

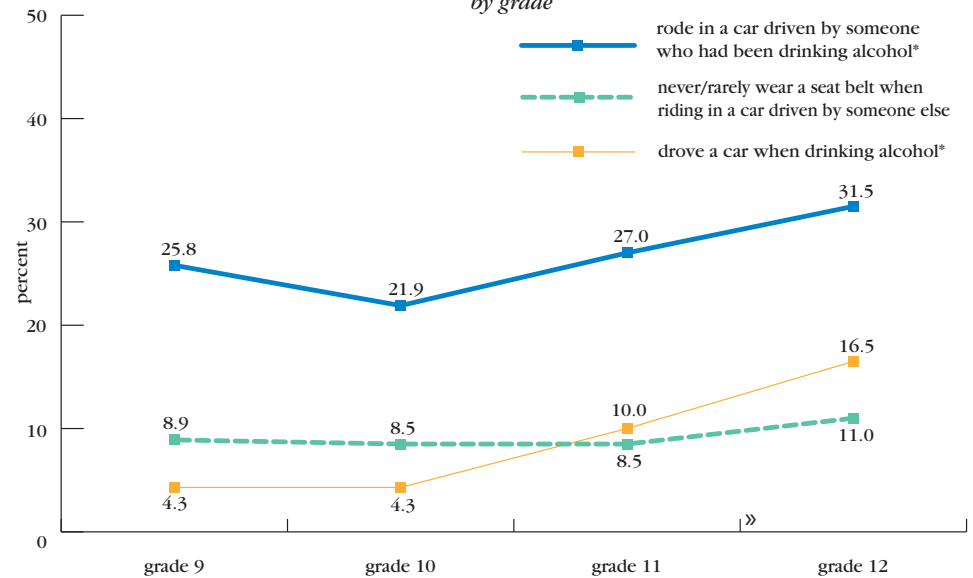


Behaviors That Contribute to Unintentional Injuries and Violence

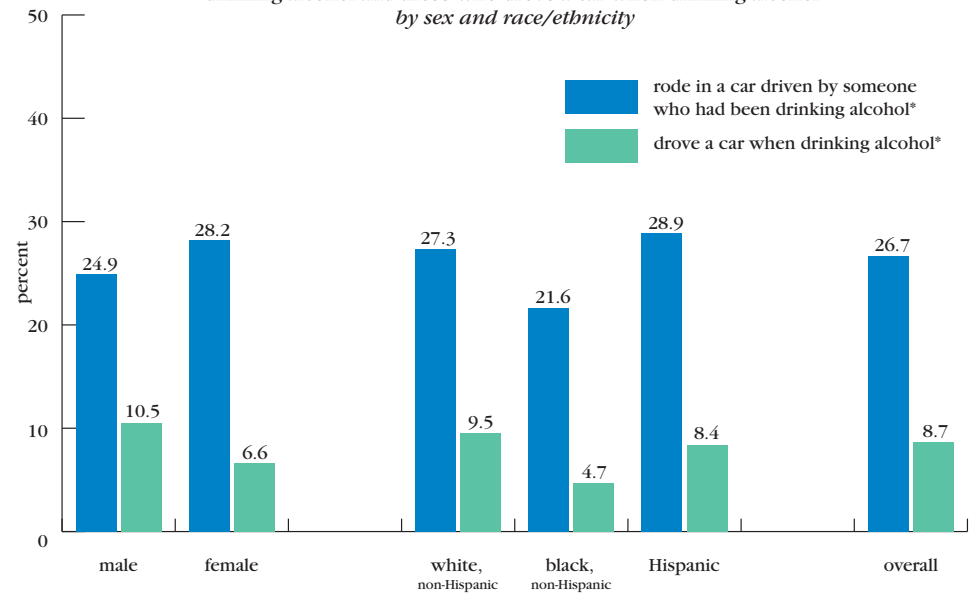
BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

- The percentage of students who rarely or never wear a seat belt when riding in a car driven by someone else varies by grade between 8.5% (grades 10 and 11) and 11% (grade 12)
- During the past 30 days, an estimated 46,000 high school students (26.7%) rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol
- Between grades 10 and 11, there is a statistically significant increase in the percentage of students who had driven a car or other vehicle one or more times in the past 30 days when they had been drinking alcohol (4.3%-10%)
- From grade 9 to grade 12, the percentage of students who drove a car in the past 30 days after drinking nearly quadruples; the increase is statistically significant
- An estimated 14,500 high school students (8.7%) drove a car in the past 30 days when they had been drinking alcohol
 - » 9,000 high school boys (10.5%)
 - » 5,500 high school girls (6.6%)
- None of the differences between boys and girls or any of the racial/ethnic groups for riding with a driver who had been drinking alcohol or driving after drinking are statistically significant

Health-risk behaviors among students that contribute to unintentional injuries
by grade



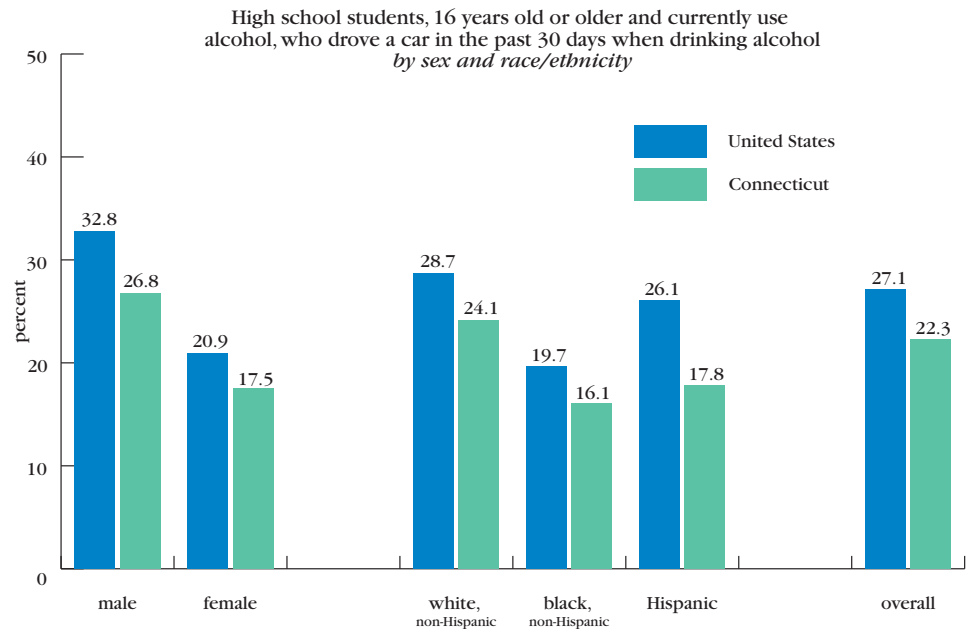
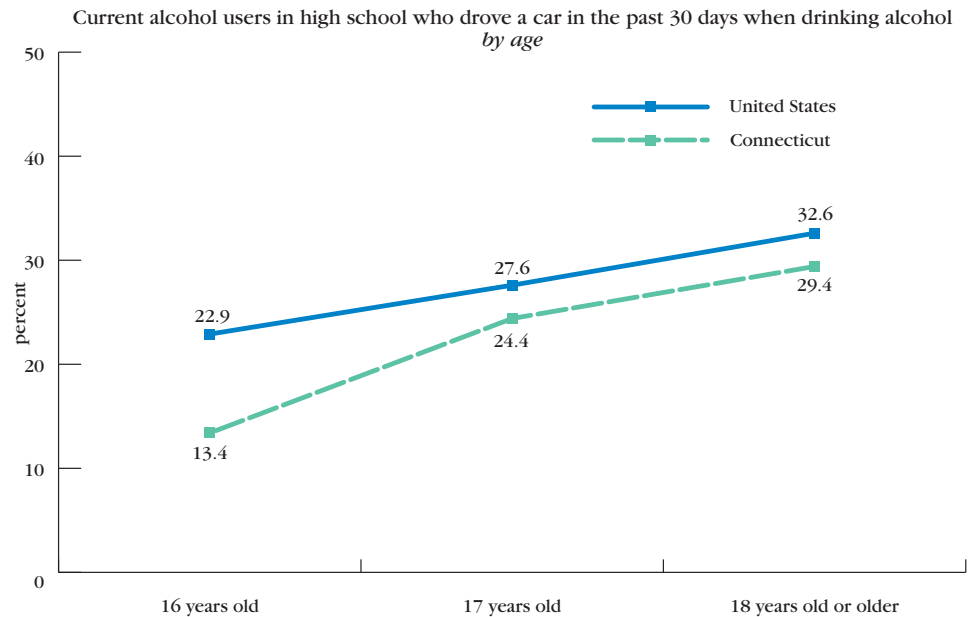
High school students who rode in a car driven by someone who had been drinking alcohol and those who drove a car when drinking alcohol*
by sex and race/ethnicity



*In the past 30 days

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES, *continued*

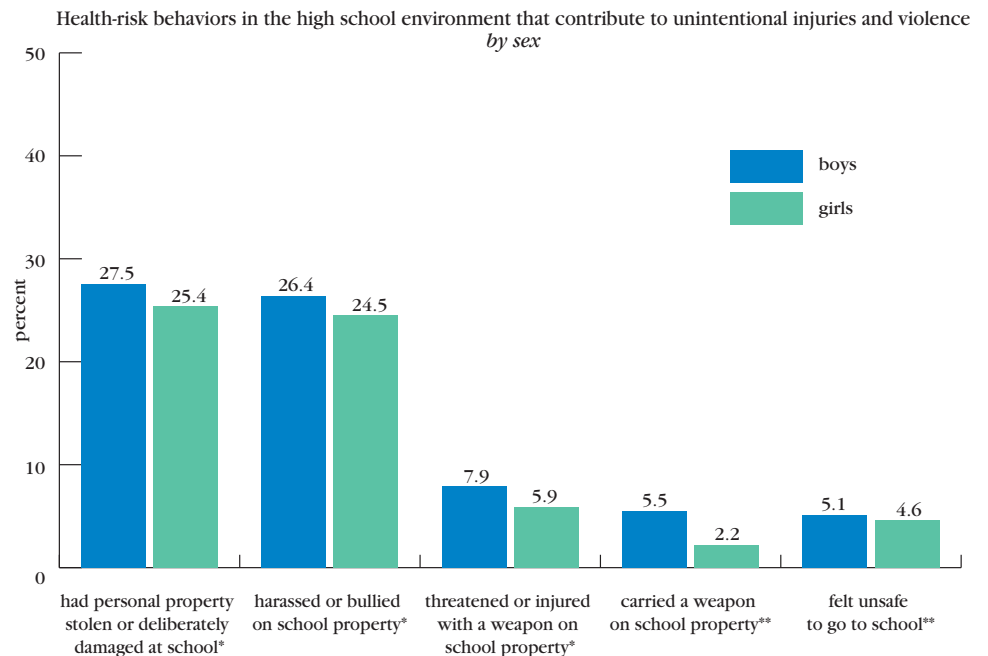
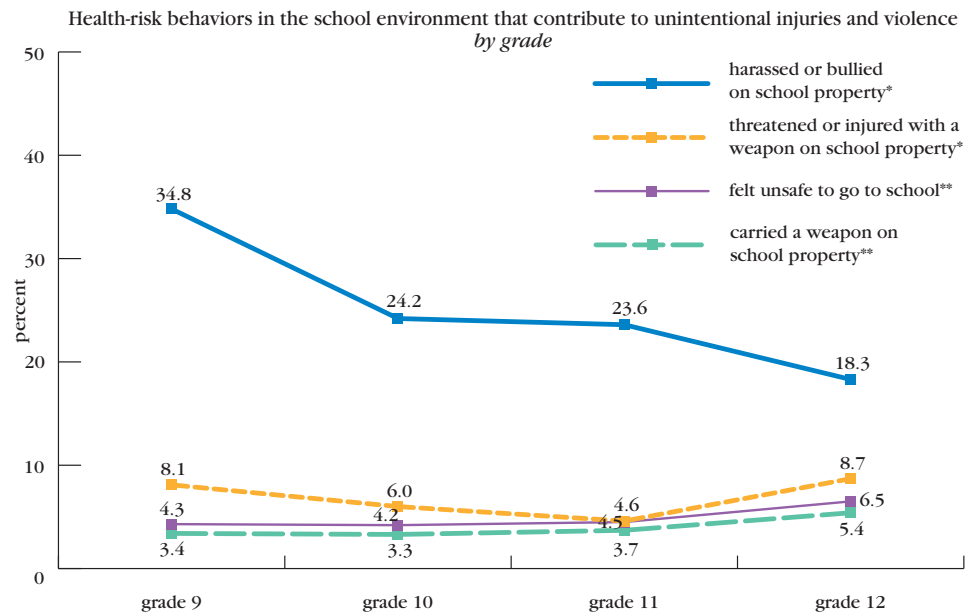
- Among Connecticut high school students who are current alcohol users (*see p. 22*), those who are 17 years old or older are about twice as likely as those who are 16 years old to have driven a car one or more times during the past 30 days when drinking alcohol
- Connecticut high school students who are 16 years old and drank alcohol in the past 30 days are significantly less likely than their US counterparts to have driven, in the past 30 days, when drinking alcohol (13.4%, 22.9%)
- Nearly one-quarter of Connecticut high school students, 16 years old or older, who currently drink alcohol, drove a car in the past 30 days when drinking alcohol
- Boys in high school in Connecticut, who are 16 years old or older and currently drink alcohol, are about twice as likely as their female counterparts to have driven a car in the past 30 days when drinking alcohol (26.8%, 17.5%)
- White high school students in Connecticut, age 16 and older who currently drink alcohol, are about 50% more likely than black students and 35% more likely than Hispanic students to have driven a car in the past 30 days when drinking alcohol (24.1%, 16.1%, 17.8%, respectively)
- High school boys and girls in Connecticut, 16 years old or older and currently drink alcohol, are less likely than their US counterparts to have driven in the past 30 days when drinking alcohol
- White, black, and Hispanic high school students in Connecticut, 16 years old or older and currently drink alcohol, are less likely than their US counterparts to have driven in the past 30 days when drinking alcohol



BEHAVIORS IN THE SCHOOL ENVIRONMENT THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

- The percentage of students who were bullied on school property during the 12 months before the survey varies by grade between 18.3% (grade 12) and 34.8% (grade 9)
- The percentage of students who were bullied on school property in the past year is significantly higher in grade 9 than it is in grade 10, 11, or 12
- The percentage of students who say they had been threatened or injured with a weapon (e.g., gun, knife, or club) on school property one or more times during the 12 months before the survey decreases more than 40% between grade 9 and 11, but then increases nearly 90% between grade 11 and 12
- The percentage of students who report that they had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school varies by grade between 4.2% in grade 10 and 6.5% in grade 12
- The percentage of students who carried a weapon (e.g., gun, knife, or club) on school property on at least 1 of the 30 days before the survey increases nearly 60% between grade 9 and grade 12
- Approximately one-quarter of high school boys and girls had personal property stolen or deliberately damaged at school one or more times in the 12 months before the survey
- About 6,500 high school students (3.9%) say they carried a weapon on school property during the past 30 days—*data not shown on graphs*
- High school boys are significantly more likely than girls to have carried a weapon on school property during the past 30 days (5.5%, 2.2%)
- Connecticut high school students are significantly less likely than their US counterparts to have carried a weapon on school property during the past 30 days (3.9%, 5.6%)—*data not shown on graphs*

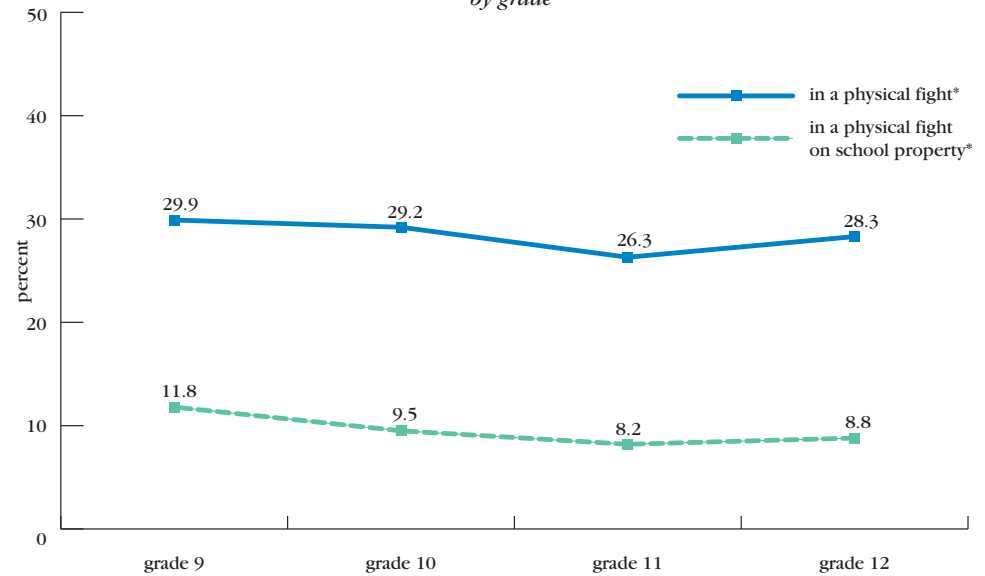
* In the past 12 months
** In the past 30 days



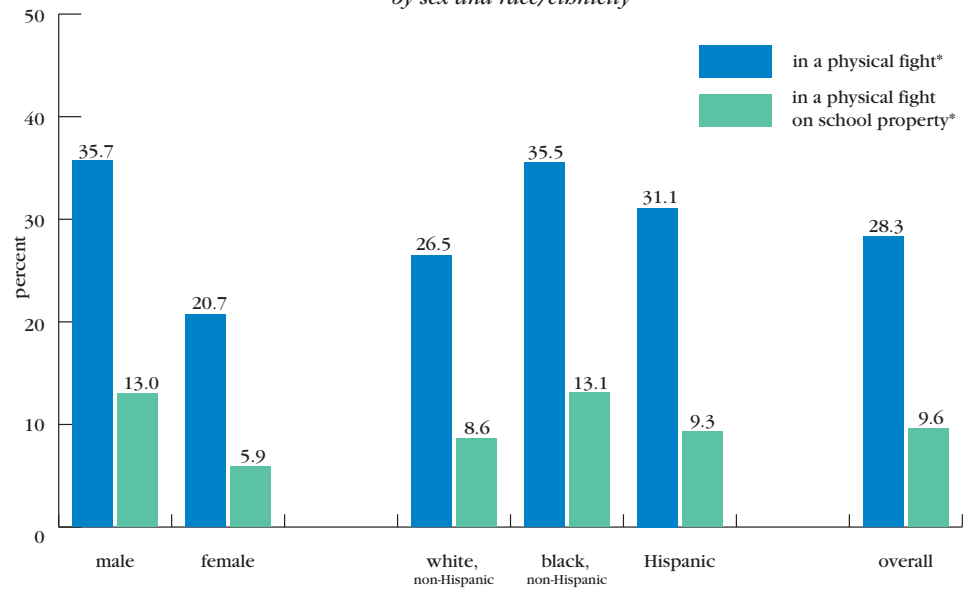
PHYSICAL FIGHTING

- The percentage of students who were in a physical fight one or more times during the 12 months before the survey varies only slightly between grades. It ranges from 26.3% in grade 11 to 29.9% in grade 9
- High school boys are significantly more likely than girls to have been in a physical fight in the past year (35.7%, 20.7%)
- Although black high school students are more likely than white or Hispanic students to report being in a fight in the past 12 months, none of the differences between any of the racial/ethnic groups are statistically significant (35.5%, 26.5%, 31.1%, respectively)
- Among high school students who currently use alcohol (*see p. 22*), nearly 39% report being in a physical fight during the past year, compared to about 19% of students who do not currently drink. The difference is statistically significant—*data not shown on graphs*
- Among high school students who currently use marijuana (*see p. 25*), about 51% report being in a physical fight during the past year, compared to approximately 21% of students who are not current marijuana users. The difference is statistically significant—*data not shown on graphs*
- About 12% of students in grade 9 report being in a fight on school property one or more times during the 12 months before the survey. The lowest rate is among students in grade 11 (8.2%)
- High school boys are more than twice as likely as girls to have been in a physical fight on school property in the past year; the difference is statistically significant (13%, 5.9%)
- Black high school students are more likely than white or Hispanic students to have been in a fight on school property in the past year, but none of the differences between any of the groups are statistically significant (13.1%, 8.6%, 9.3%, respectively)
- Nearly 30% of high school students were in a physical fight in the past year, and about 10% were in a physical fight on school property

Physical fighting among students*
by grade



Physical fighting among high school students*
by sex and race/ethnicity

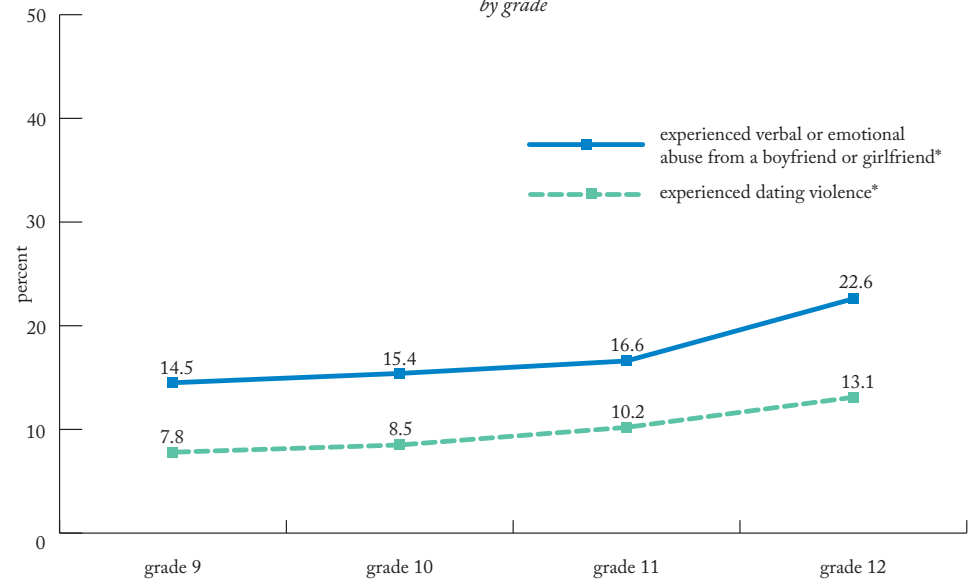


*In the past 12 months

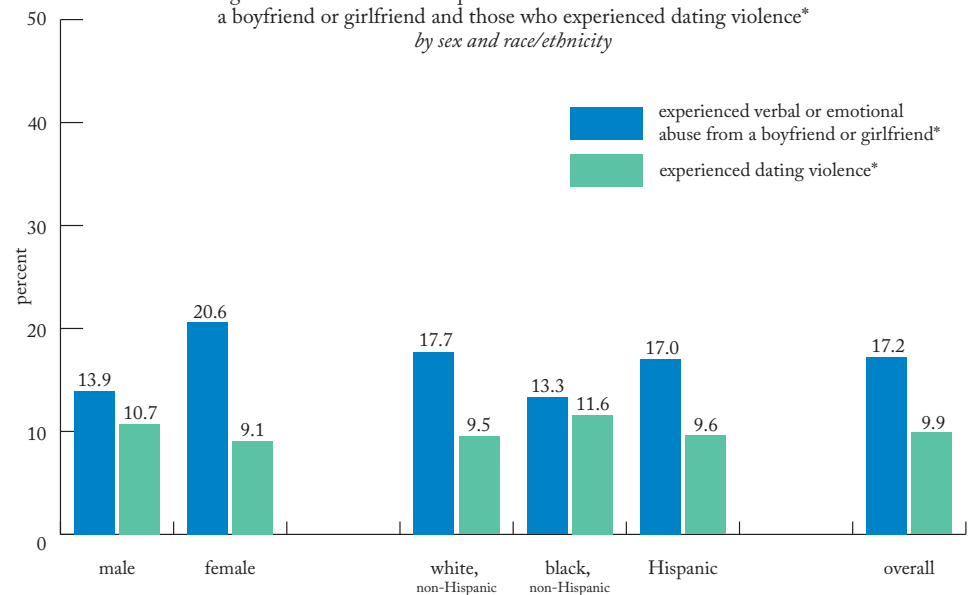
PHYSICAL, VERBAL, AND EMOTIONAL ABUSE

- The percentage of students whose boyfriend or girlfriend verbally or emotionally abused them during the 12 months before the survey, such as calling them names, making fun of them in front of others, criticizing their body or looks, or telling them that they are no good or worthless, increases by grade from 14.5% to 22.6%
- Approximately one in five high school girls report verbal or emotional abuse from a boyfriend or girlfriend during the past year
- There are no statistically significant differences in the percentages of white, black, or Hispanic high school students who say they have experienced verbal or emotional abuse from a boyfriend or girlfriend during the past 12 months
- Slightly more than one in six high school students were verbally or emotionally abused by a boyfriend or girlfriend during the past year
- The percentage of students who were ever hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend (dating violence) during the 12 months before the survey increases by grade from 7.8% to 13.1%
- In high school, boys are slightly more likely than girls to have experienced dating violence in the last 12 months (10.7%, 9.1%)
- There are no statistically significant differences in the percentages of white, black, or Hispanic high school students who say they experienced dating violence in the past 12 months
- About 1 in 10 high school students report experiencing dating violence at some point during the 12 months before the survey

Students who experienced verbal or emotional abuse from a boyfriend or girlfriend and those who experienced dating violence*
by grade



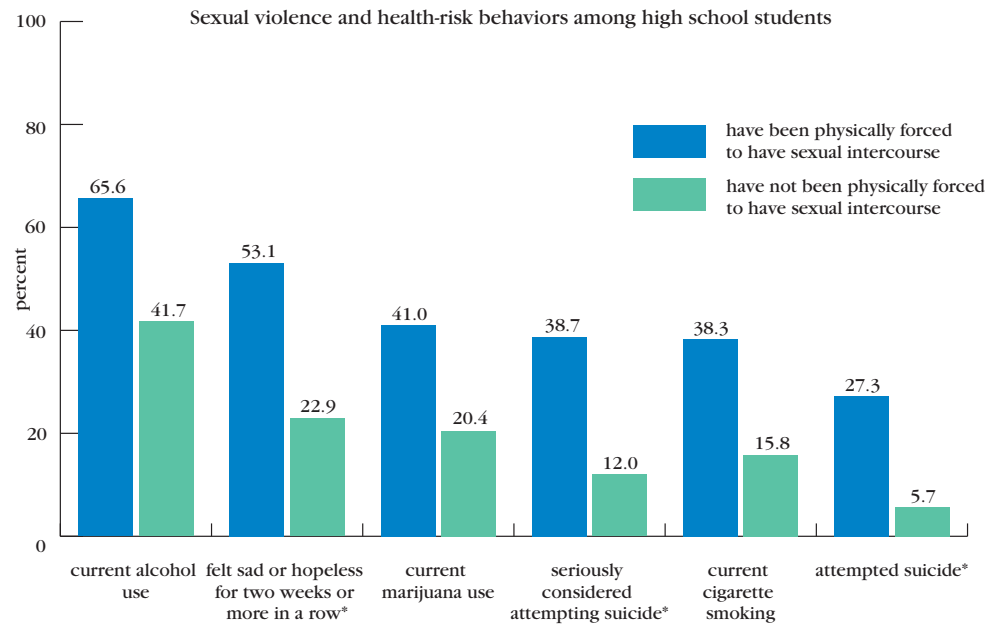
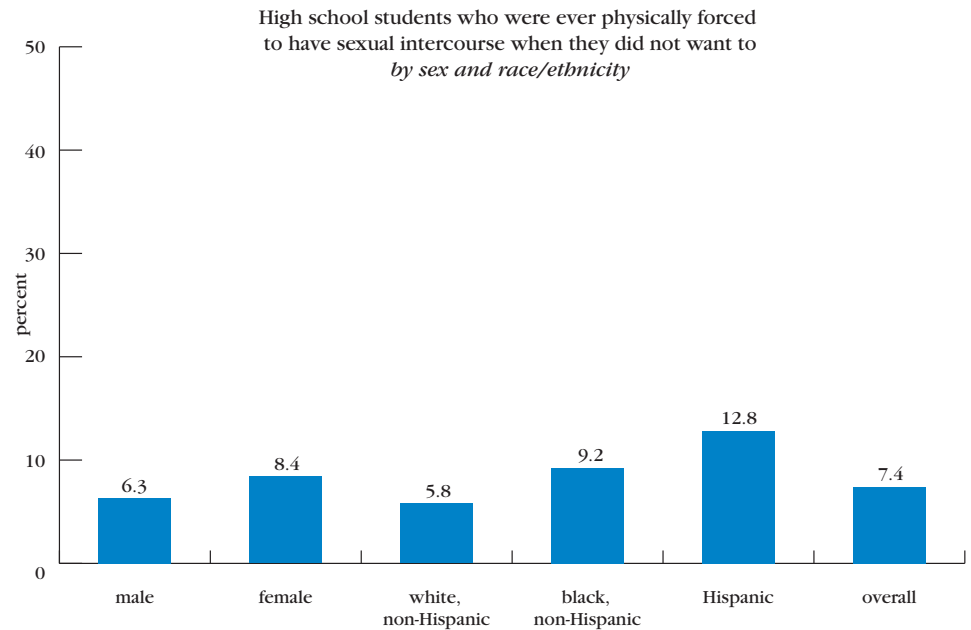
High school students who experienced verbal or emotional abuse from a boyfriend or girlfriend and those who experienced dating violence*
by sex and race/ethnicity



*In the past 12 months

SEXUAL VIOLENCE

- An estimated 12,400 high school students (7.4%) have ever been physically forced to have sexual intercourse when they did not want to
 - » 5,400 high school boys (6.3%)
 - » 7,000 high school girls (8.4%)
- High school Hispanic students are significantly more likely than white high school students to have ever been physically forced to have sexual intercourse (12.8%, 5.8%)
- High school students who have ever been forced to have sexual intercourse are 57% more likely than those who have not, to currently use alcohol (*see p. 22*); the difference is statistically significant
- High school students who have ever been forced to have sexual intercourse are about twice as likely as students who have not, to have done the following: (all are statistically significant)
 - » Felt sad or hopeless for two weeks or more in a row during the past year (*see p. 18*)
 - » Used marijuana in the past 30 days
 - » Smoked cigarettes in the past 30 days
- In high school, students who were ever physically forced to have sexual intercourse when they did not want to are approximately three times more likely than students who have not, to have seriously considered attempting suicide in the past year (38.7%, 12%). They are also nearly five times more likely to have actually attempted suicide in the past year (27.3%, 5.7%). Both differences are statistically significant
- Among current cigarette smokers (*see p. 21*) in high school, 16.3% have been physically forced to have sexual intercourse, compared to 5.5% of non-smokers; the difference is statistically significant—*data not shown on graphs*
- Among current marijuana users (*see p. 25*) in high school, 13.1% have been physically forced to have sexual intercourse, compared to 5.3% of those who do not currently use marijuana; the difference is statistically significant—*data not shown on graphs*
- Among current alcohol users in high school, 10.4% have been physically forced to have sexual intercourse, compared to 4.2% of those who do not currently drink; the difference is statistically significant—*data not shown on graphs*



*In the past 12 months

DEPRESSION AND SUICIDAL BEHAVIOR

● In the 12 months preceding the survey, an estimated 42,000 high school students (25%) felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities—*data not shown on graphs*

- » 15,000 high school boys (17.2%)
- » 27,000 high school girls (32.9%)

● The rate for having felt sad or hopeless among high school girls is significantly higher than the rate among boys (32.9%, 17.2%). The prevalence is also significantly higher among Hispanic high school students than among white students (33.3%, 22.1%)—*data not shown on graphs*

● The percentage of students who seriously considered attempting suicide in the past year varies by grade between 13.3% in grade 10 and 15.5% in grade 9

● In the past 12 months, an estimated 24,000 high school students (14.1%) seriously considered attempting suicide, and 10,000 high school students (7.4%) actually attempted suicide at least once

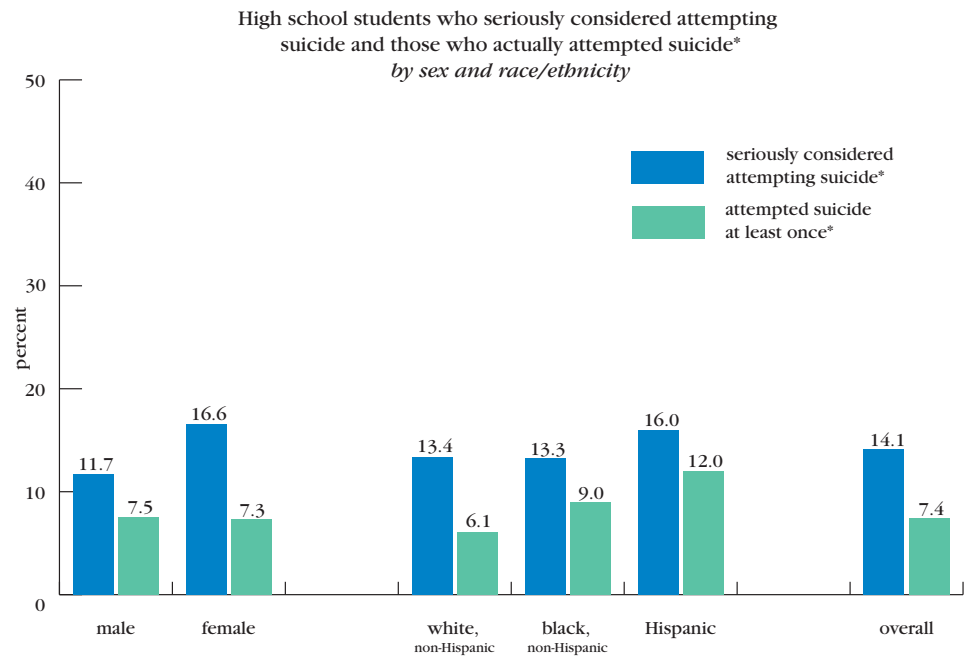
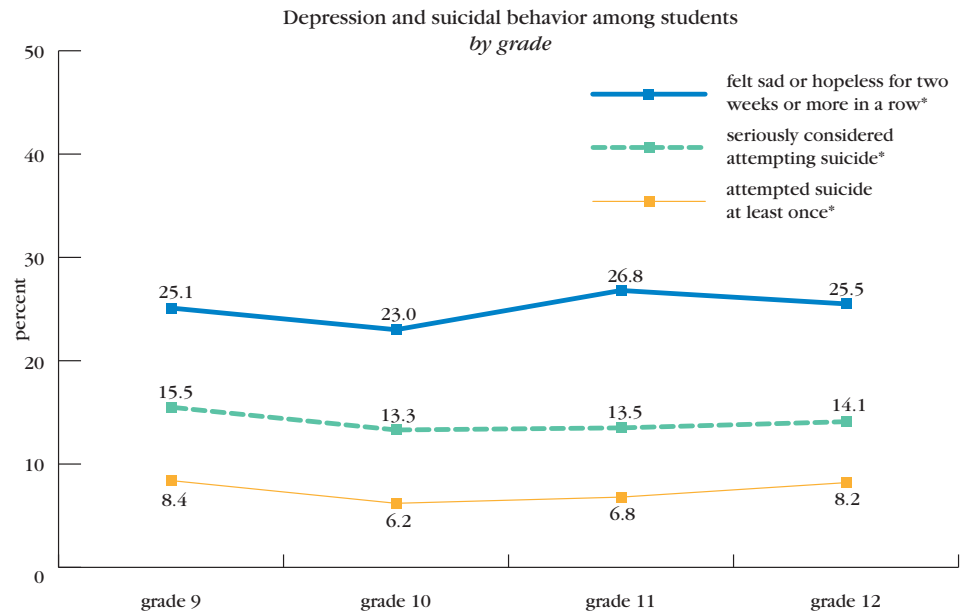
● Of the high school students who attempted suicide in the past year, (*following data not shown on graphs*)

- » 64.1% attempted suicide one time
- » 20.1% attempted suicide two or three times
- » 15.9% attempted suicide four times or more

● High school girls are more likely than boys to have, in the past year, seriously considered attempting suicide, but the difference is not statistically significant (16.6%, 11.7%)

● Hispanic high school students are more likely than white students and black students to have seriously considered attempting suicide in the past year (16%, 13.4%, 13.3%, respectively). They are also more likely to have attempted suicide (12%, 9%, 6.1%, respectively). None of the differences between any of the racial/ethnic groups are statistically significant

● Among US high school students, 6.3% attempted suicide in the past year; 4.6% of boys and 8.1% of girls—*data not shown on graphs*



*In the past 12 months

DEPRESSION AND SUICIDAL BEHAVIOR, *continued*

● Students in grades 9 through 12 who report that they had been harassed or bullied on school property in the past year are significantly more likely than their counterparts who were not harassed to have, in the past 12 months, seriously considered attempting suicide

● Students in grade 10 who were bullied on school property in the past year are significantly more likely than those who were not bullied to have actually attempted suicide in the past 12 months (14.5%, 3.6%). The same is true in grade 11 (15.3%, 4.1%)

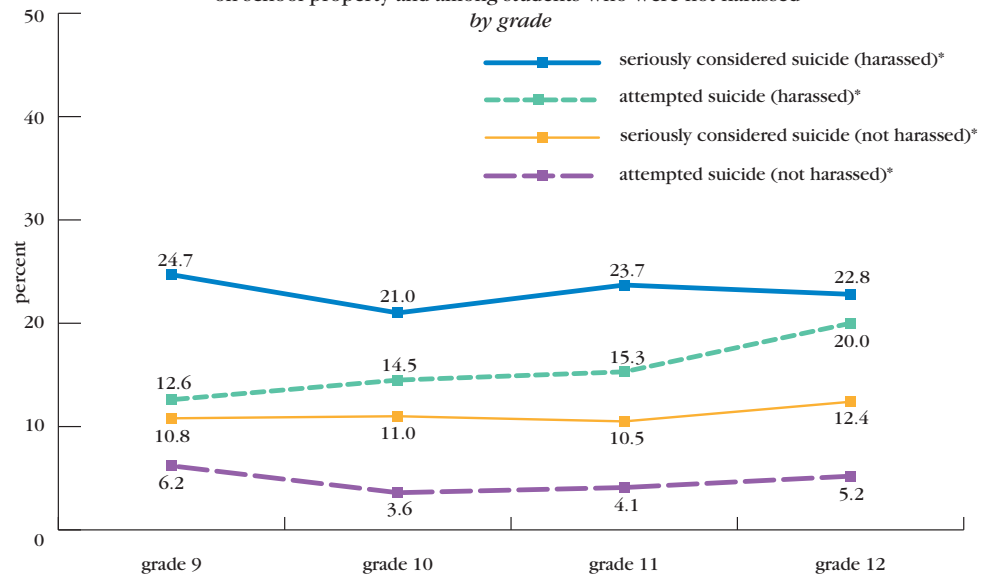
● High school boys and girls who were bullied on school property in the past 12 months are significantly more likely than their peers who were not bullied to:

- » Have felt sad or hopeless for two weeks or more in a row
- » Have seriously considered attempting suicide
- » Have actually attempted suicide

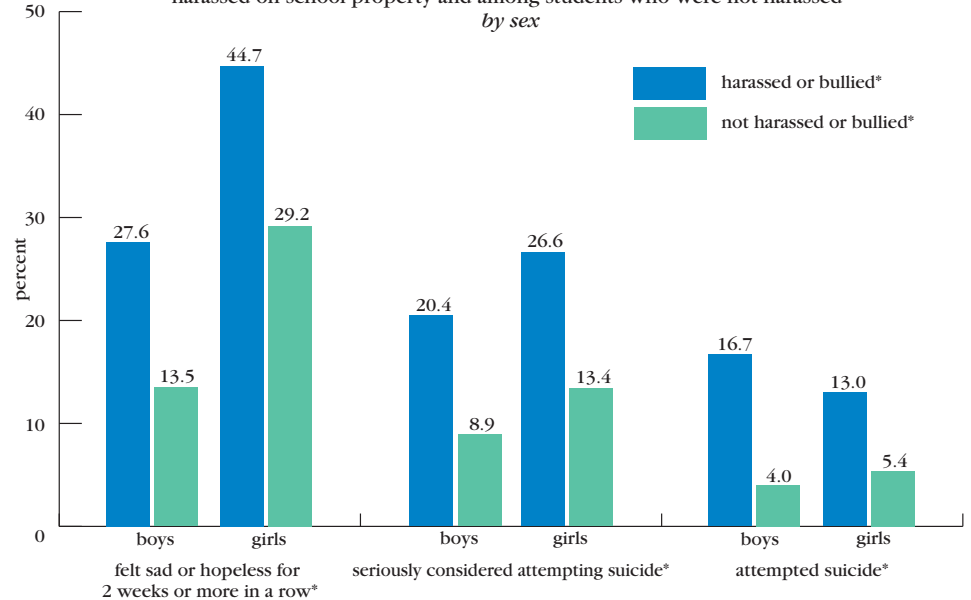
● High school students who were harassed on school property in the past year because of their size or physical appearance are significantly more likely than students who were not harassed for this reason to: *(following data not shown on graphs)*

- » Have felt sad or hopeless for two weeks or more in a row (41.8%, 20.1%)
- » Have seriously considered attempting suicide (26.2%, 10.5%)
- » Have actually attempted suicide (16%, 4.7%)

Depression and suicidal behavior among students who were harassed on school property and among students who were not harassed*



Depression and suicidal behavior among high school students who were harassed on school property and among students who were not harassed*



*In the past 12 months

DEPRESSION AND SUICIDAL BEHAVIOR, *continued*

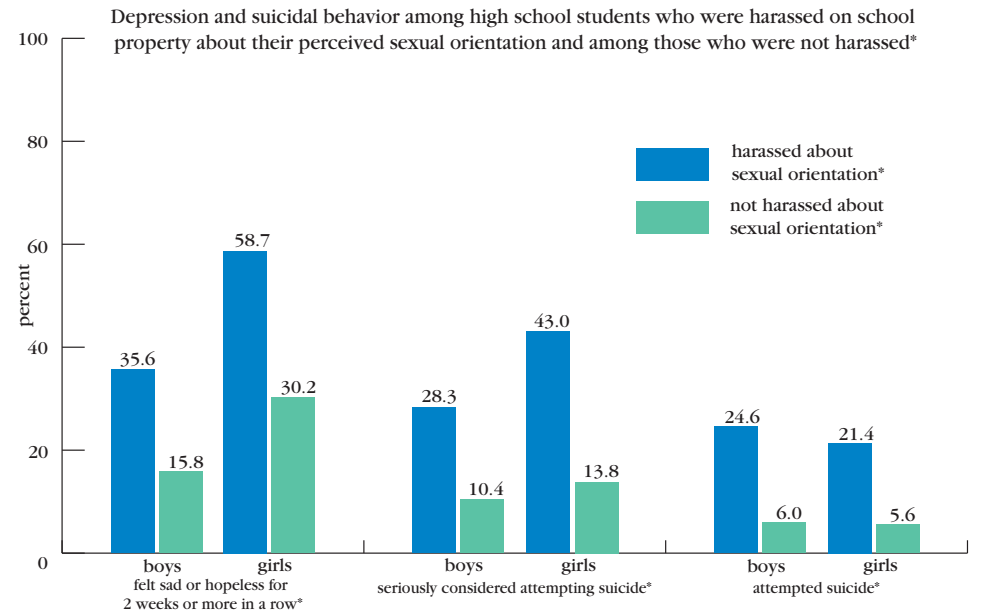
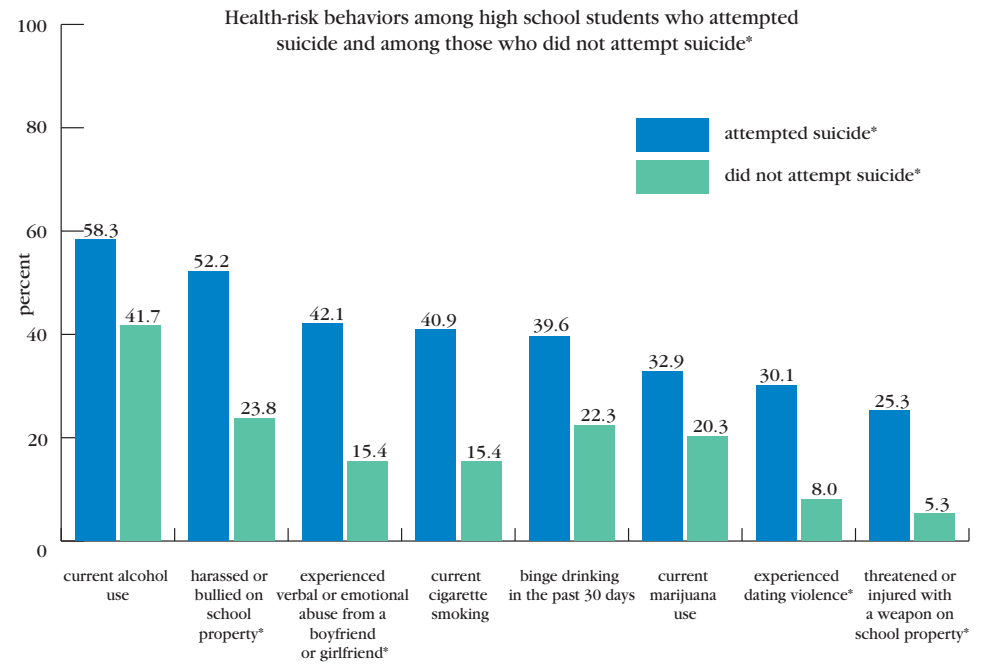
● High school students who report they attempted suicide in the past year are significantly more likely than those who did not attempt suicide to have engaged in some other health-risk behaviors in the past 30 days, such as the following:

- » Alcohol use (58.3%, 41.7%)
- » Cigarette smoking (40.9%, 15.4%)
- » Binge drinking (39.6%, 22.3%)

● Students in high school who attempted suicide in the past year are significantly more likely than their peers who said they did not attempt suicide to:

- » Have been bullied on school property (52.2%, 23.8%)
- » Have experienced verbal or emotional abuse from a boyfriend or girlfriend (42.1%, 15.4%)
- » Have experienced dating violence (30.1%, 8.0%)
- » Have been threatened or injured with a weapon on school property (25.3%, 5.3%)

● High school boys and girls who said they had been harassed on school property in the past 12 months about their perceived sexual orientation are significantly more likely than students who did not report being bullied for this reason to have felt sad or hopeless for two weeks or more in a row, to have seriously considered attempting suicide, and to have actually attempted suicide in the past year



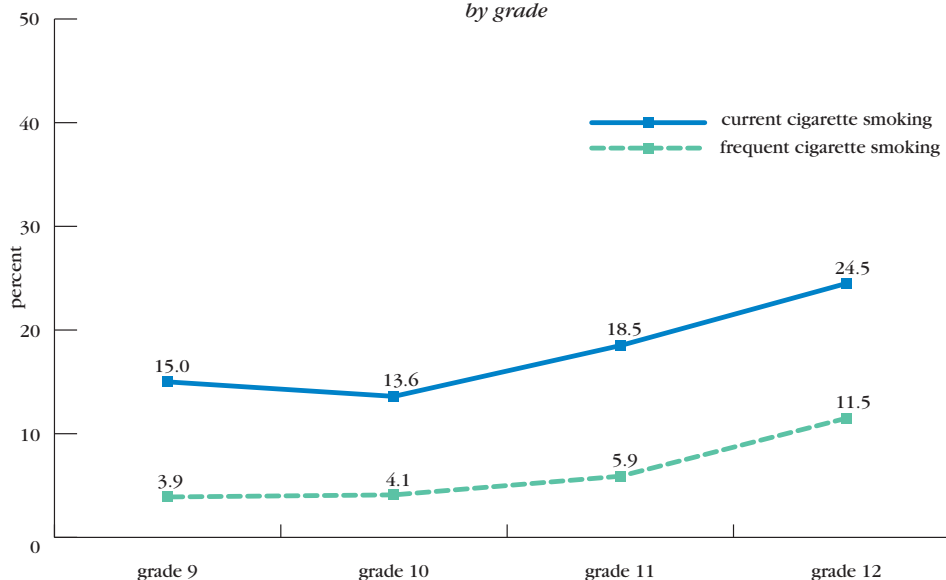
*In the past 12 months

Alcohol and Other Drug Use

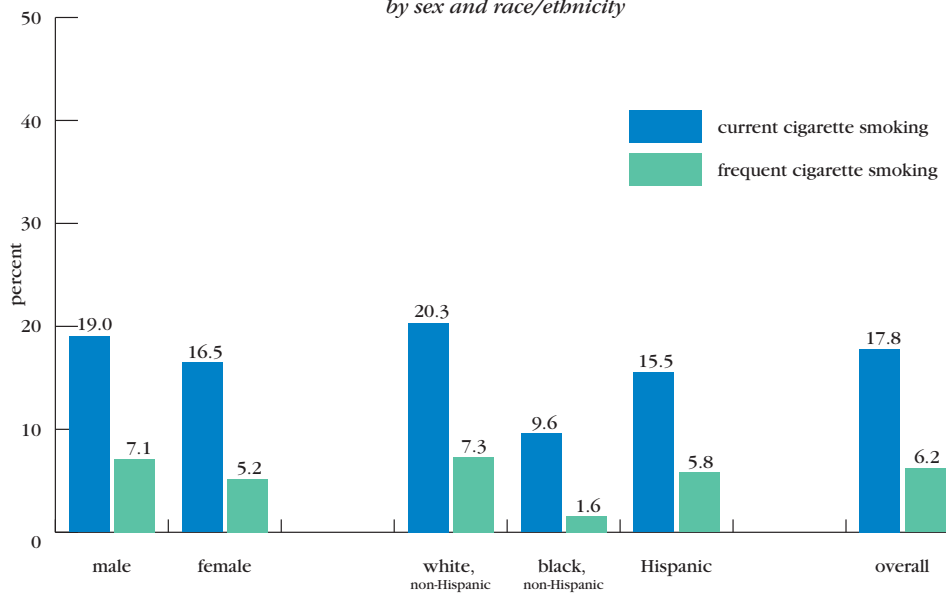
CURRENT CIGARETTE SMOKING

- An estimated 30,000 high school students (17.8%) smoked cigarettes on 1 or more days of the past 30 days (current cigarette smoking)
 - » 16,000 high school boys (19%)
 - » 14,000 high school girls (16.5%)
- The percentage of students who are current cigarette smokers varies by grade between 13.6% (grade 10) and 24.5% (grade 12)
- The increase in the rate of current cigarette smoking between grades 10 and 12 is statistically significant
- In high school, white students are significantly more likely than black students to currently smoke cigarettes (20.3%, 9.6%)
- Approximately 10,000 high school students (6.2%) smoked cigarettes on 20 or more days of the past 30 days (frequent cigarette smoking)
 - » 6,000 high school boys (7.1%)
 - » 4,000 high school girls (5.2%)
- Black high school students are significantly less likely than white and Hispanic students to be frequent smokers (1.6%, 7.3%, 5.8%, respectively)
- High school students who currently smoke cigarettes are significantly more likely than non-smokers to have used marijuana in the past 30 days (68%, 12.4%)—*data not shown on graphs*
- US high school students are more likely than Connecticut high school students to currently smoke cigarettes (19.5%, 17.8%) and to be frequent cigarette smokers (7.3%, 6.2%); the differences are not statistically significant—*US data not shown on graphs*

Current and frequent cigarette smoking among students
by grade



Current and frequent cigarette smoking among high school students
by sex and race/ethnicity



CURRENT ALCOHOL USE

- An estimated 72,000 high school students (43.5%) had at least one drink of alcohol on at least 1 day during the 30 days before the survey (current alcohol use)

- » 36,000 high school boys (43.2%)
- » 36,000 high school girls (43.8%)

- The percentage of students who are current alcohol users increases by grade from 32.6% to 57.6%

- The increase in the rate of current alcohol use between grades 10 and 11 is statistically significant

- None of the differences in the rates of current alcohol use among white, black, or Hispanic high school students are statistically significant

- High school students who currently drink alcohol are significantly more likely than those who do not drink to currently smoke cigarettes (35.4%, 3.4%)—*data not shown on graphs*

- High school students who drink alcohol are significantly more likely than those who do not drink to have used marijuana in the past 30 days (44.3%, 4.3%)—*data not shown on graphs*

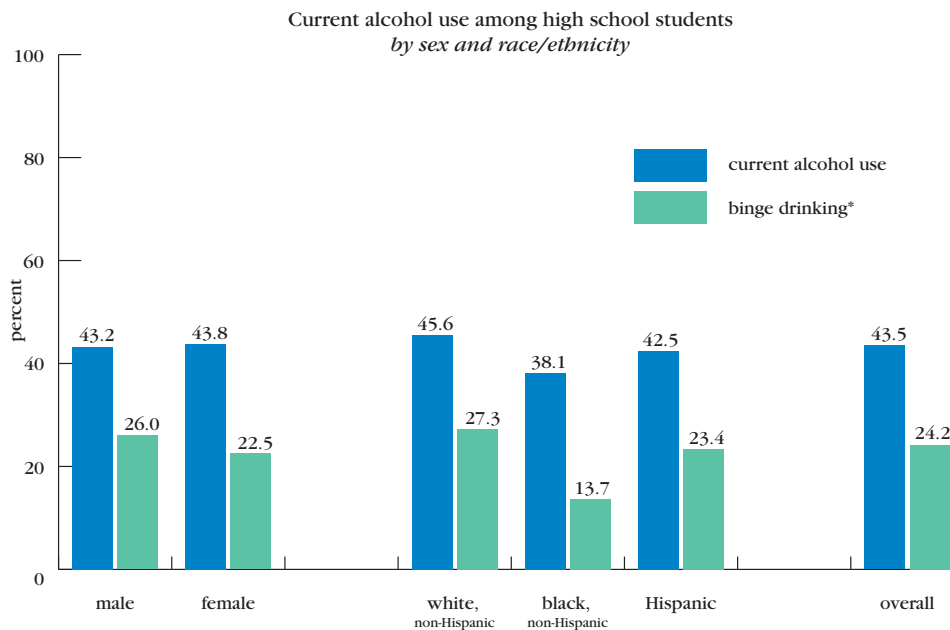
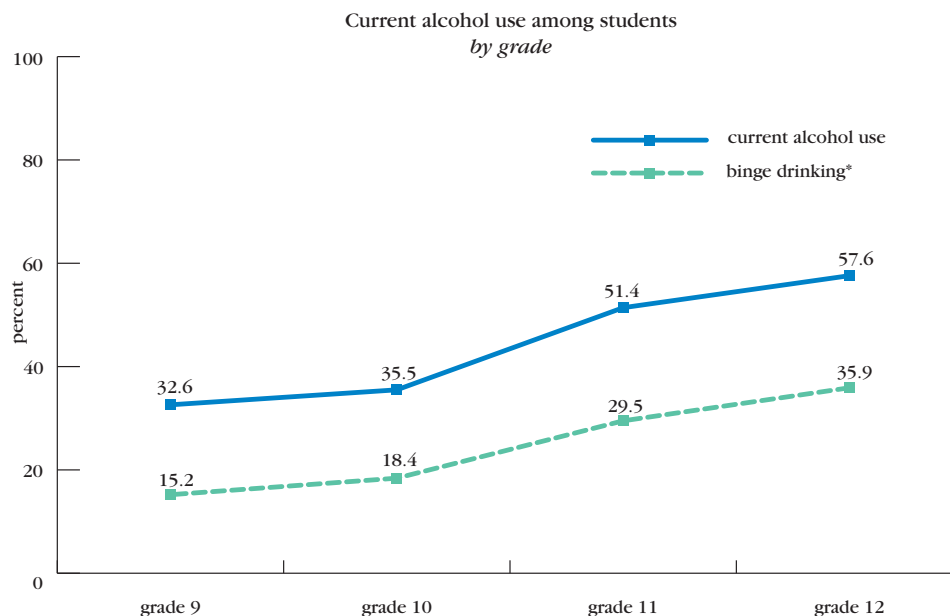
- Approximately 41,000 high school students (24.2%) had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey (binge drinking)

- » 22,000 high school boys (26%)
- » 19,000 high school girls (22.5%)

- Black high school students are significantly less likely than white and Hispanic students to have engaged in binge drinking in the past 30 days (13.7%, 27.3%, 23.4%, respectively)

- High school students who binge drank in the past 30 days are significantly more likely than their counterparts who do not binge drink to have used marijuana in the past 30 days (59.5%, 9.7%)—*data not shown on graphs*

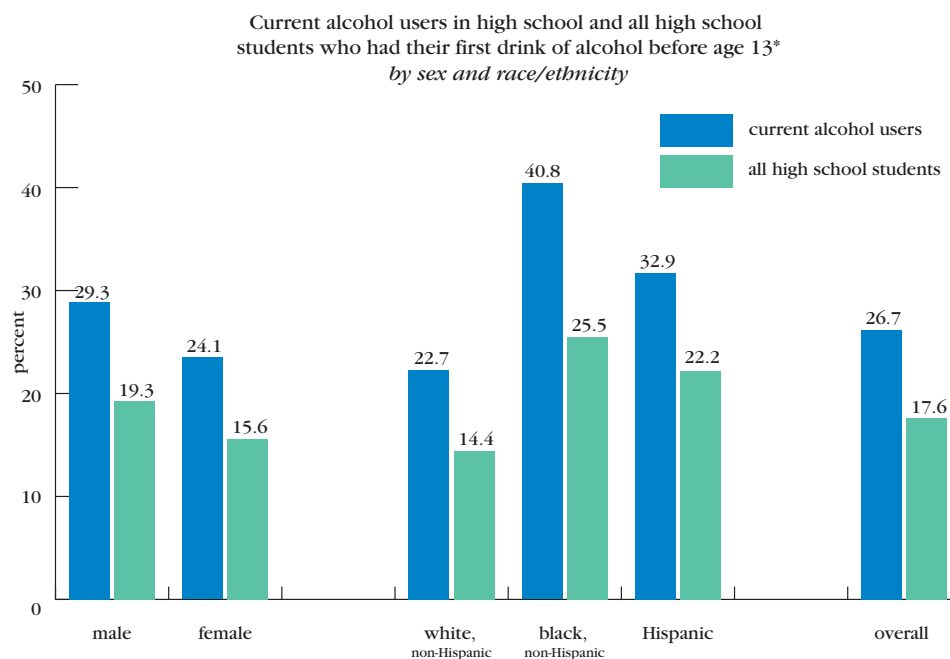
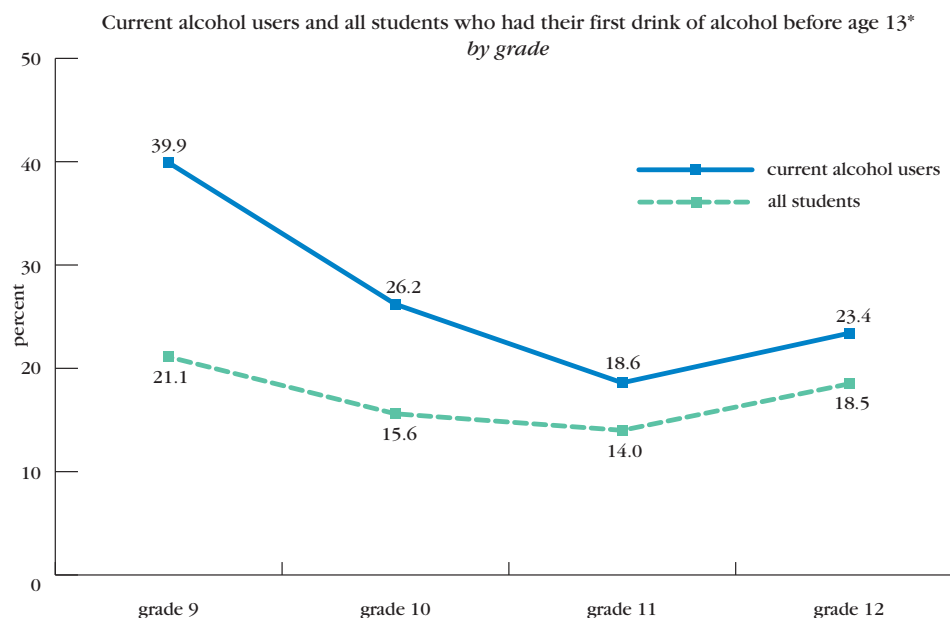
- The prevalence of current alcohol use among US high school students is 41.8%, and for binge drinking, the rate is 24.2%—*data not shown on graphs*



*In the past 30 days

AGE OF INITIATION OF ALCOHOL USE*

- An estimated 30,000 Connecticut high school students (17.6%) had their first drink of alcohol before the age of 13 years
 - » 17,000 high school boys (19.3%)
 - » 13,000 high school girls (15.6%)
- Approximately 21% of US high school students had their first drink of alcohol before the age of 13; 24% of boys, 18% of girls—*data not shown on graphs*
- Among students in grade 12 who currently drink alcohol,
 - » 23.4% had their first drink before the age of 13
 - » 31.7% had their first drink between the ages of 13 and 14—*data not shown on graphs*
 - » 44.9% had their first drink when they were 15 or older—*data not shown on graphs*
- Among high school students who currently drink alcohol,
 - » 26.7% had their first drink before the age of 13
 - » 40.5% had their first drink between the ages of 13 and 14—*data not shown on graphs*
 - » 32.8% had their first drink when they were 15 or older—*data not shown on graphs*
- White high school students are significantly less likely than black or Hispanic high school students to have had their first drink of alcohol before the age of 13 (14.4%, 25.5%, 22.2%, respectively)
- Among high school students who currently drink alcohol, black students are significantly more likely than white students to have had their first drink of alcohol before the age of 13 (40.8%, 22.7%)

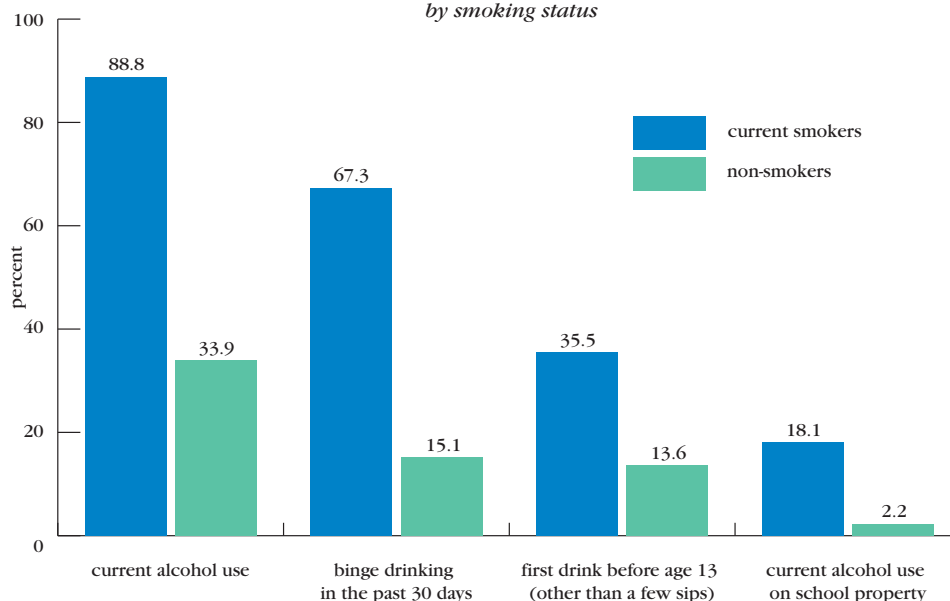


*Other than a few sips

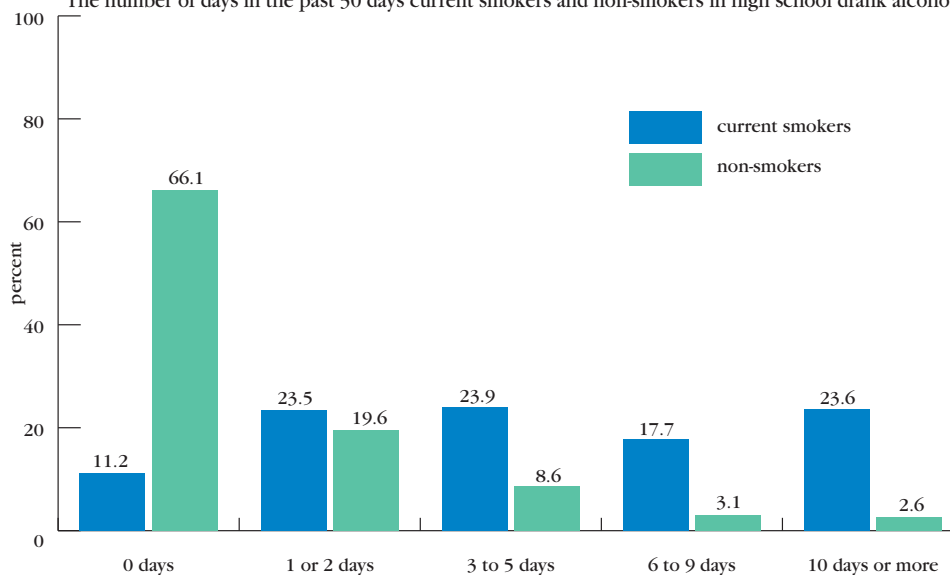
CURRENT ALCOHOL USE AND CIGARETTE SMOKING

- Current cigarette smokers in high school are significantly more likely than non-smokers to currently drink alcohol (88.8%, 33.9%) and to have engaged in binge drinking in the past 30 days (67.3%, 15.1%)
- Current cigarette smokers in high school are more than twice as likely as non-smokers to have had their first drink of alcohol before the age of 13 (35.5%, 13.6%), and they are eight times more likely to have used alcohol on school property in the past 30 days (18.1%, 2.2%); both differences are statistically significant
- About two-thirds (66.1%) of non-smokers in high school did not drink any alcohol in the 30 days prior to the survey, compared to only about one-tenth (11.2%) of current smokers
- Among US high school cigarette smokers, about 15% said they drank no alcohol in the 30 days prior to the survey, while nearly 70% of non-smokers said they did not drink any alcohol in the past 30 days—*data not shown on graphs*
- Nearly one-quarter (23.6%) of high school current smokers drank alcohol on 10 or more days in the 30 days prior to the survey; in comparison, only 2.6% of high school non-smokers reported drinking that often
- An estimated 25,000 high school students (22%) are current smokers and current alcohol users; nearly 70% of them are 17 years old or older—*data not shown on graphs*
 - » 13,000 high school boys (22.6%)
 - » 12,000 high school girls (21.3%)

Alcohol use behaviors among high school students
by smoking status

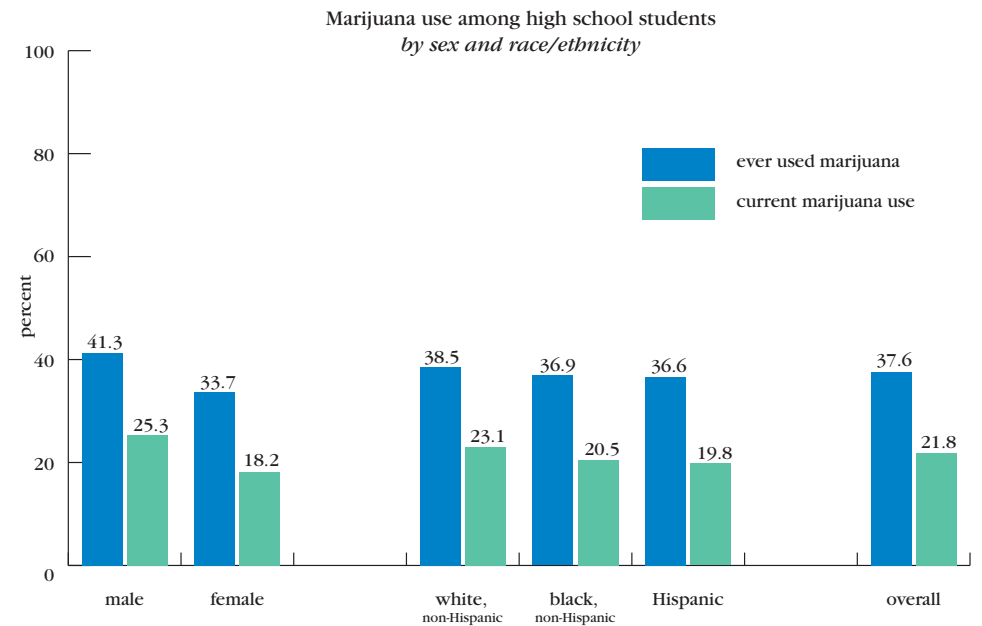
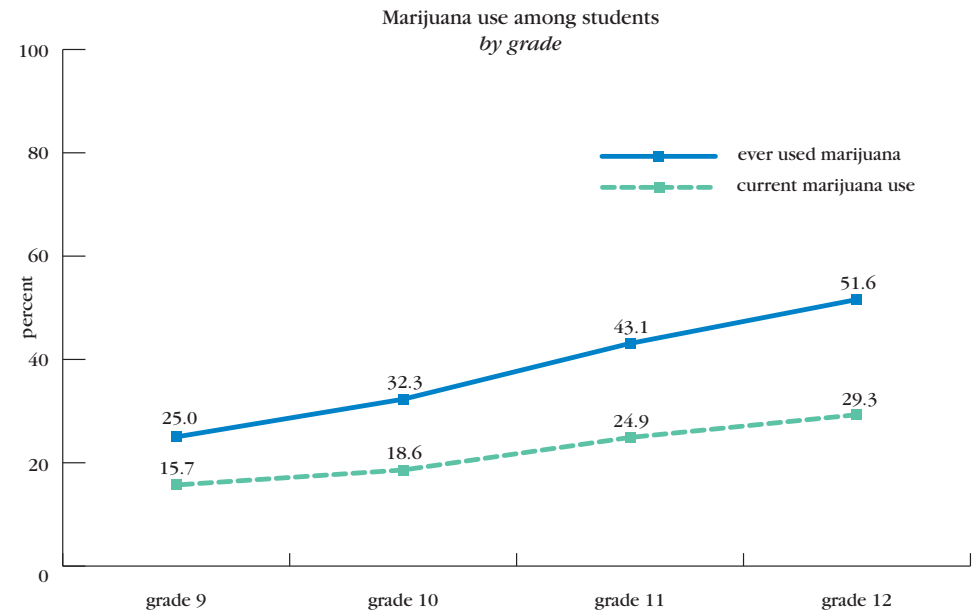


The number of days in the past 30 days current smokers and non-smokers in high school drank alcohol



MARIJUANA USE

- An estimated 36,000 high school students (21.8%) used marijuana one or more times during the 30 days before the survey (current marijuana use)
 - » 21,000 high school boys (25.3%)
 - » 15,000 high school girls (18.2%)
- The prevalence of current marijuana use increases by grade from 15.7% to 29.3%; these rates are statistically similar to those for students nationally—*US data not shown on graphs*
- Nearly 4 in 10 high school students (37.6%) have ever used marijuana
- White, black, and Hispanic students are about as equally likely to have ever used marijuana (38.5%, 36.9%, 36.6%, respectively)
- High school boys are significantly more likely than girls to currently use marijuana (25.3%, 18.2%). This is also true for high school students nationally (23.4%, 17.9%)—*US data not shown on graphs*
- There are no statistical differences in the rates of current marijuana use among high school students in any of the racial/ethnic groups
- High school students who currently use marijuana are significantly more likely than their counterparts who do not currently use marijuana to be current cigarette smokers (53.1%, 7%); the same is true for US high school students (56.9%, 9.8%)—*data not shown on graphs*



AGE OF INITIATION OF MARIJUANA USE

● An estimated 9,600 Connecticut high school students (5.8%) had tried marijuana for the first time before the age of 13 years: 6,700 boys and 2,900 girls

● High school boys are significantly more likely than high school girls to have tried marijuana before they were 13 years old (7.9%, 3.5%); the same is true among US high school students (9.7%, 5%)—*US data not shown on graphs*

● Among current marijuana users in high school, boys are more likely than girls to have tried marijuana before age 13 (21.1%, 12.1%); the difference is not statistically significant

● In high school among current marijuana users, Hispanic students are more likely than white students and black students to have tried marijuana before age 13, but the differences are statistically insignificant (26%, 14.5%, 19%, respectively)

● Of the 62,000 high school students (37.6%) who used marijuana at least once in their lives—*data not shown on graphs*,

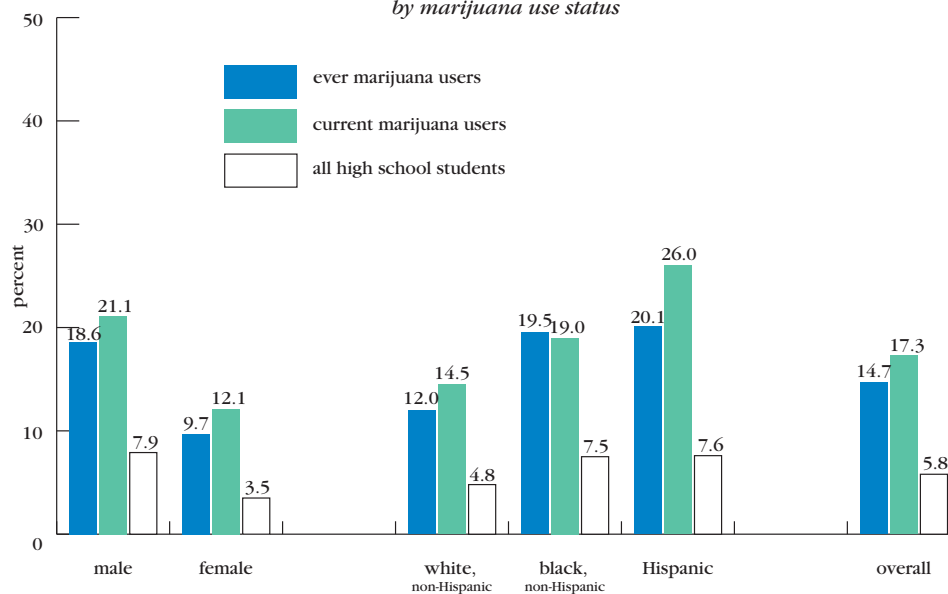
- » 9,100 first tried it before age 13 (14.7%)
- » 49,000 first tried it between the ages of 13 and 16 (79%)
- » 3,900 first tried it when they were 17 or older (6.3%)

● Of the 36,000 high school students (21.8%) who are current marijuana users,

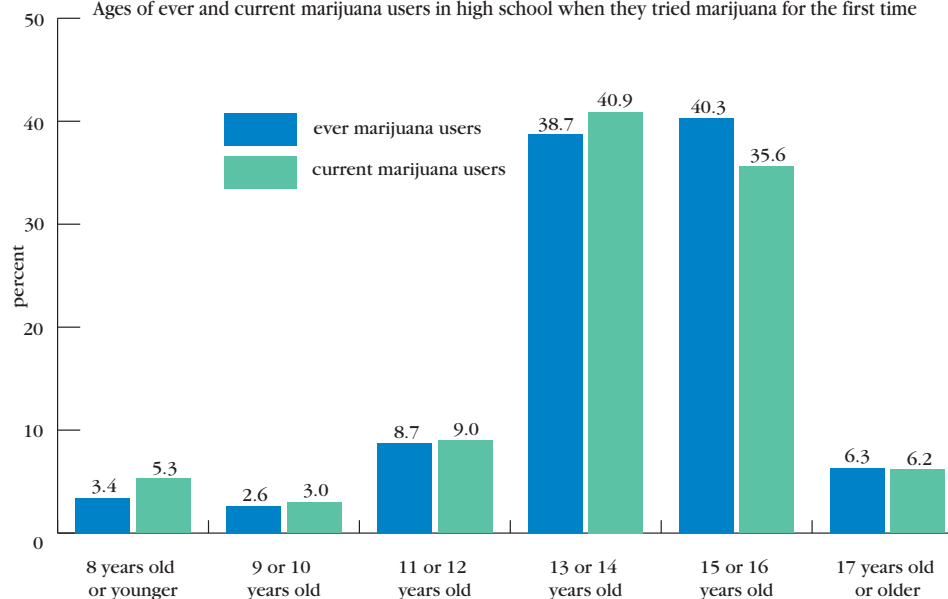
- » 6,000 first tried it before age 13 (17.3%)
- » 28,000 first tried it between the ages of 13 and 16 (76.5%)
- » 2,000 first tried it when they were 17 or older (6.2%)

● Among students in grade 12, 6.3% tried marijuana before they were 13 years old; among ever marijuana users in grade 12, 11.6% tried it before age 13; and among current marijuana users in grade 12, 14.6% tried it before they were 13—*data not shown on graphs*

High school students who tried marijuana before age 13
by marijuana use status



Ages of ever and current marijuana users in high school when they tried marijuana for the first time



MARIJUANA AND ALCOHOL USE ON SCHOOL PROPERTY

● An estimated 10,000 Connecticut high school students (6.2%) used marijuana on school property one or more times during the 30 days before the survey: 7,000 high school boys, 3,000 high school girls

● High school boys are significantly more likely than high school girls to have used marijuana on school property in the past 30 days (8.2%, 4.1%)

● Current marijuana use on school property varies by grade from 4.6% in grade 10 to 7.6% in grade 12

● Among current marijuana users, 28.2% used marijuana on school property in the past 30 days, and of those, nearly one-half (49%) used it on school property one or two times—*data not shown on graphs*

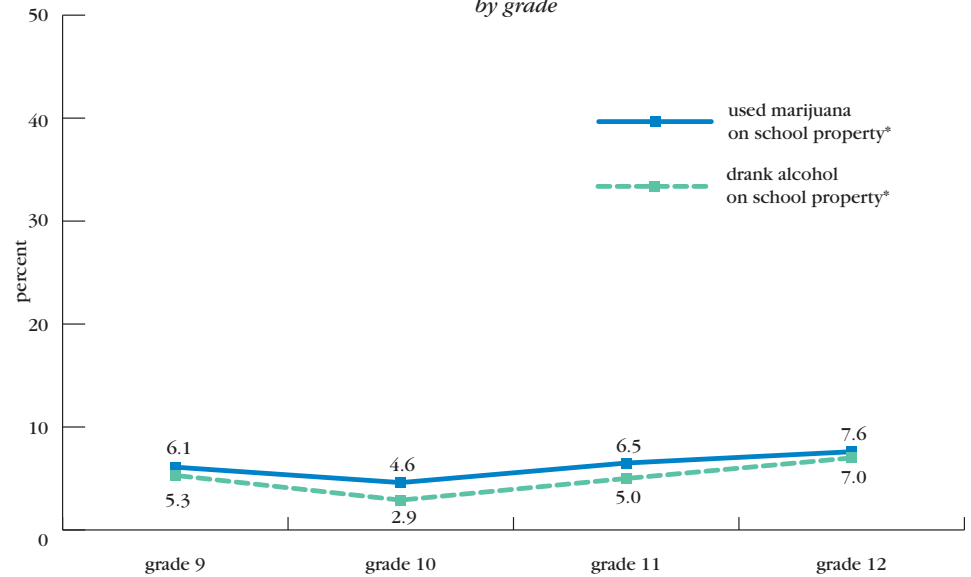
● An estimated 8,400 Connecticut high school students (5%) drank at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey

- » 5,100 high school boys (6%)
- » 3,300 high school girls (4%)

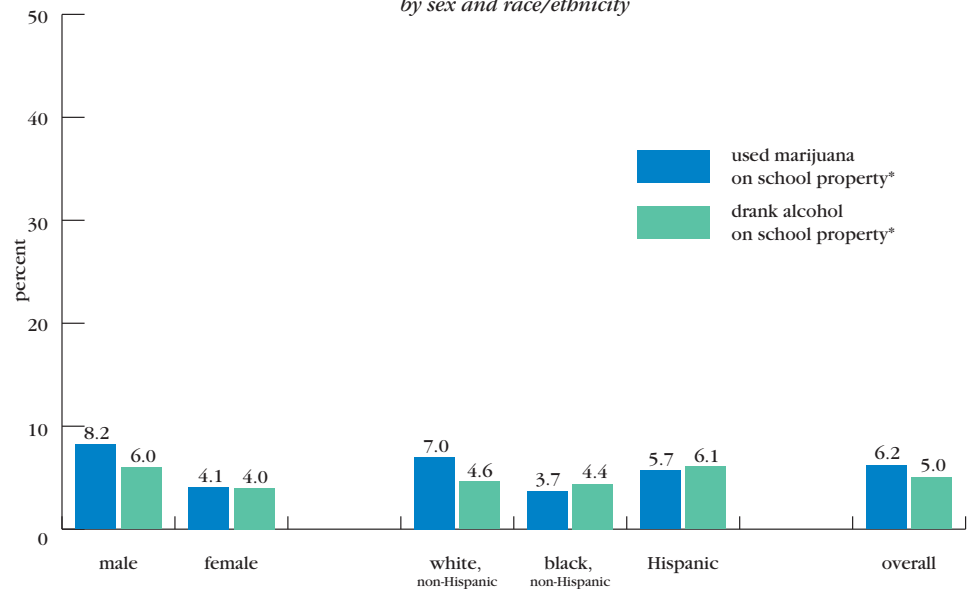
● Current alcohol use on school property varies by grade from 2.9% in grade 10 to 7% in grade 12

Among current alcohol users, about 11% drank alcohol on school property in the past 30 days, and of those, 56% drank on school property one or two times—*data not shown on graphs*

Students who used marijuana or drank alcohol on school property in the past 30 days
by grade



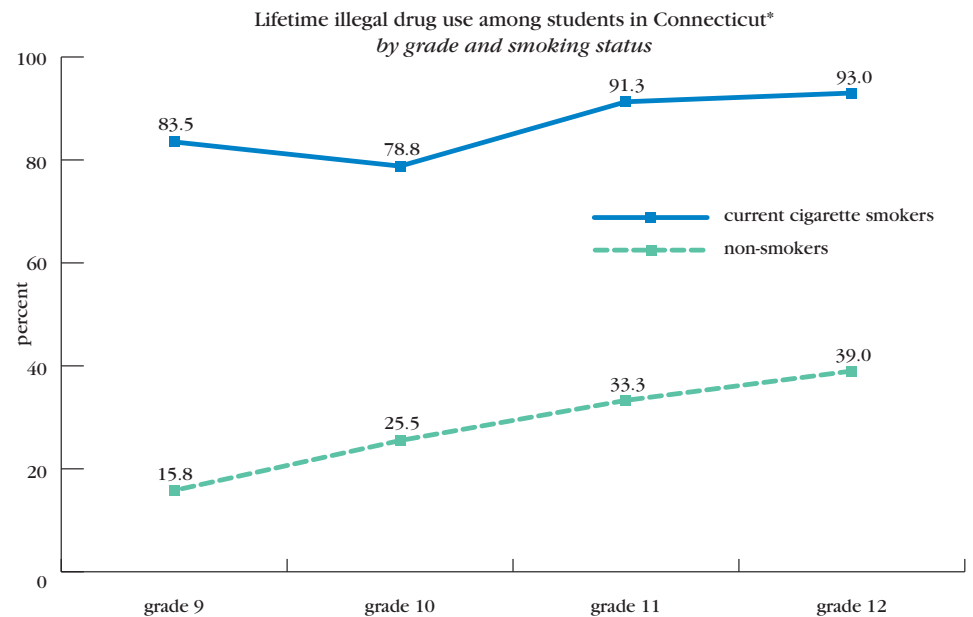
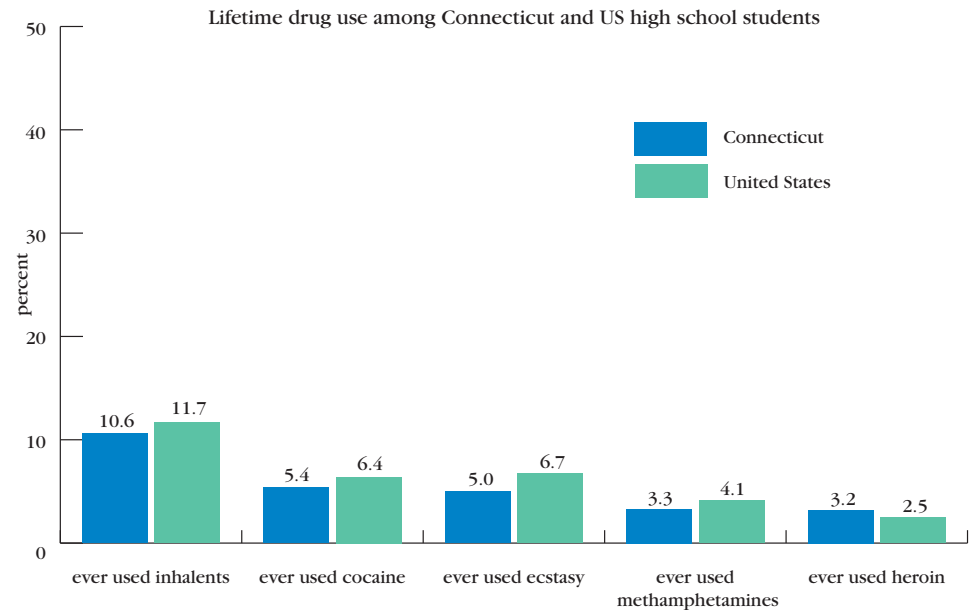
High school students who used marijuana or drank alcohol on school property in the past 30 days
by sex and race/ethnicity



*In the past 30 days

LIFETIME DRUG USE

- The percentage of Connecticut high school students who have used inhalants, such as sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high, at least once in their lives, is statistically similar to the rate among high school students nationally (10.6%, 11.7%)
- An estimated 9,200 high school boys (10.7%) and 8,500 high school girls (10.2%) in Connecticut have ever used inhalants—*data not shown on graphs*
- Approximately 8,800 Connecticut high school students [5,600 boys (6.6%) and 3,200 girls (3.9%)—*data not shown on graphs*] have used some form of cocaine, including powder, crack or freebase, at least once in their lives (5.4%)
- An estimated 8,300 Connecticut high school students [5,300 boys (6.2%) and 3,000 girls (3.6%)—*data not shown on graphs*] have used ecstasy at least once during their lives (5%)
- About 5,600 Connecticut high school students (3.3%) have ever used methamphetamines, and 5,400 or 3.2% have ever used heroin
- The rates among Connecticut high school students for ever using cocaine, ecstasy, methamphetamines, or heroin are all statistically similar to those among US high school students
- In Connecticut, from grade 9 through grade 12, current cigarette smokers are significantly more likely than their peers who do not currently smoke to have ever used some type of illegal drug (includes marijuana, cocaine, methamphetamines, and heroin) during their lives
- In Connecticut, in grades 11 and 12, more than 90% of current smokers have ever used illegal drugs, compared to less than 40% of non-smokers



*Includes marijuana, cocaine, ecstasy, methamphetamines, and heroin

LIFETIME OVER-THE-COUNTER AND PRESCRIPTION DRUG ABUSE

- Approximately 16,700 high school students (10%) have used over-the-counter (OTC) drugs to get high at least once in their lives

- » 8,700 high school boys (10.1%)
- » 8,000 high school girls (9.7%)

- The percentage of students who have used OTC drugs to get high varies by grade from 7.5% in grade 10 to 11.3% in grade 12

- High school students who have used OTC drugs to get high are significantly more likely than students who have not used them to describe their grades in the past 12 months as mostly Ds or Fs (10.6%, 4.1%)—*data not shown on graphs*

- High school students who smoke cigarettes are significantly more likely than students who do not smoke to have ever used OTC drugs to get high (38.3%, 3.8%)—*data not shown on graphs*

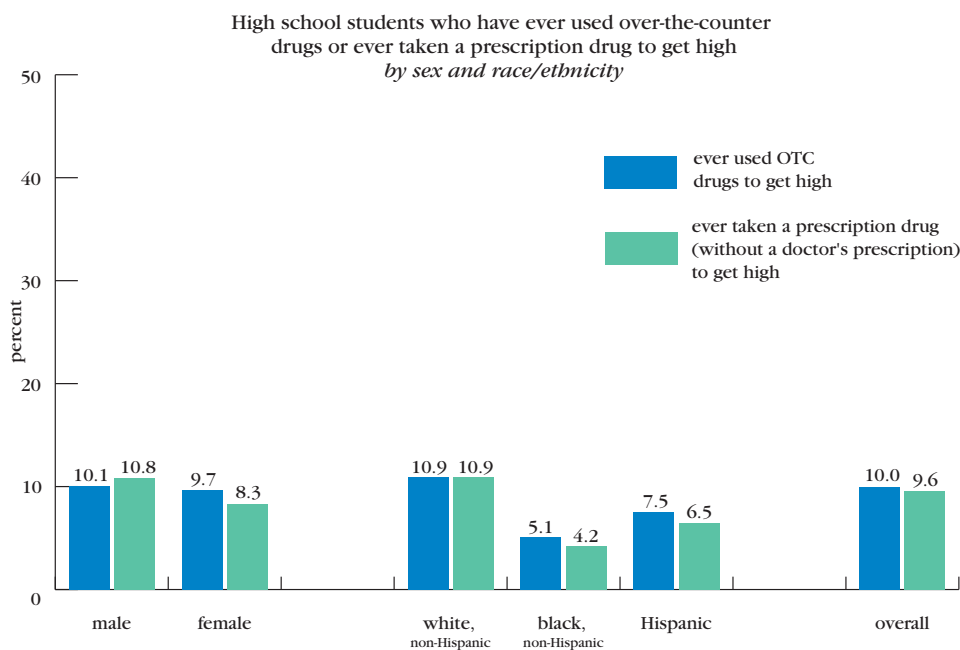
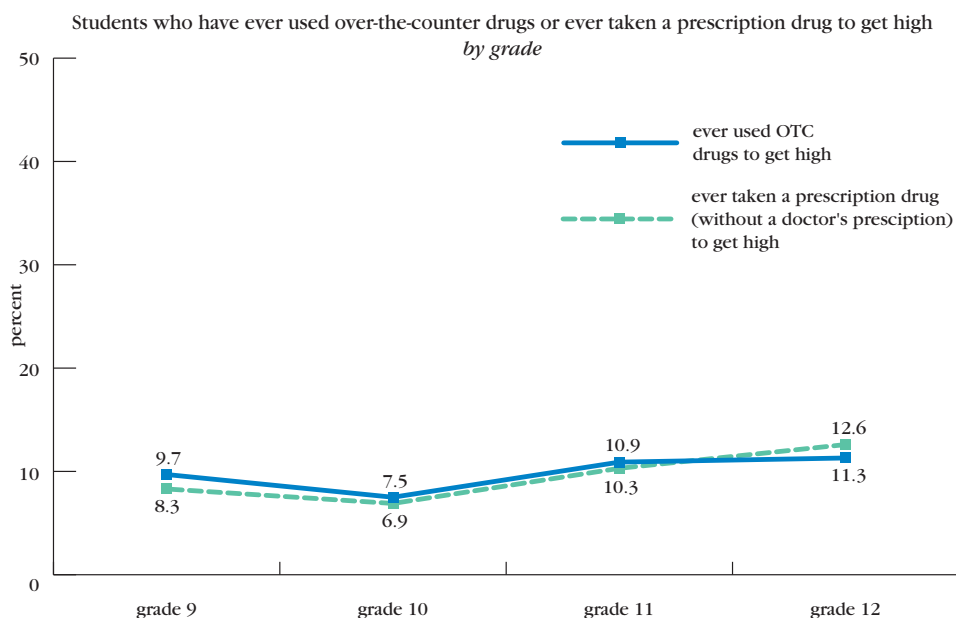
- An estimated 16,000 Connecticut high school students (9.6%) have taken a prescription drug, such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax, without a doctor's prescription one or more times during their lives to get high

- » 9,000 high school boys (10.8%)
- » 7,000 high school girls (8.3%)

- The percentage of students who have taken a prescription drug without a doctor's prescription to get high varies by grade from 6.9% in grade 10 to 12.6% in grade 12

- High school students who smoke cigarettes are significantly more likely than students who do not smoke to have ever taken a prescription drug without a doctor's prescription to get high (40.5%, 2.9%)—*data not shown on graphs*

- High school students who currently drink alcohol are significantly more likely than those who do not currently drink to have ever taken a prescription drug without a doctor's prescription to get high (18.2%, 1.4%)—*data not shown on graphs*



ACQUISITION OF ILLEGAL DRUGS ON SCHOOL PROPERTY

● An estimated 49,000 Connecticut high school students (28.9%) had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey

- » 28,000 high school boys (32.7%)
- » 21,000 high school girls (25.1%)

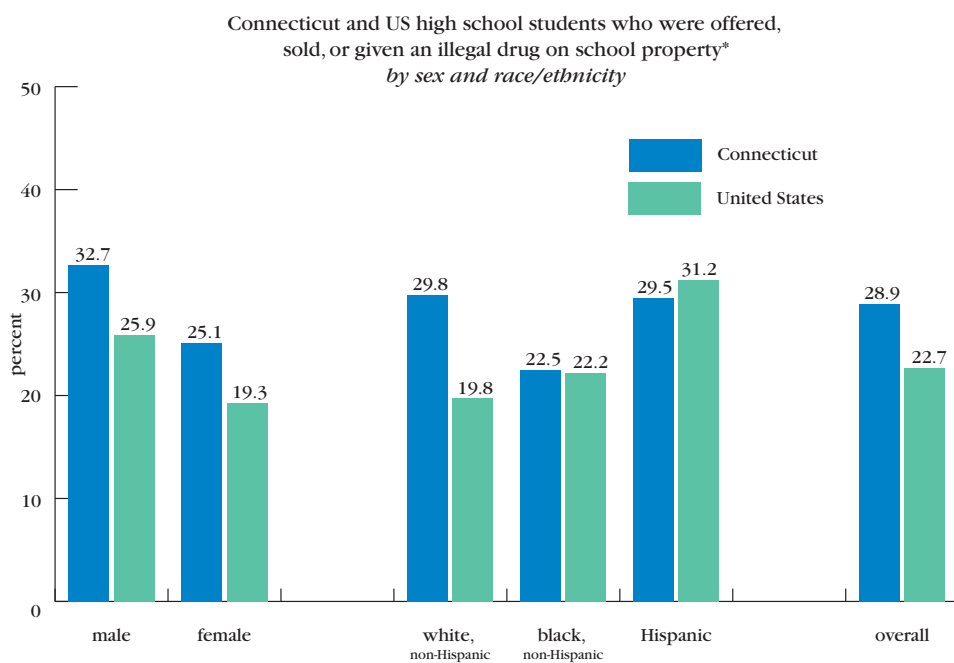
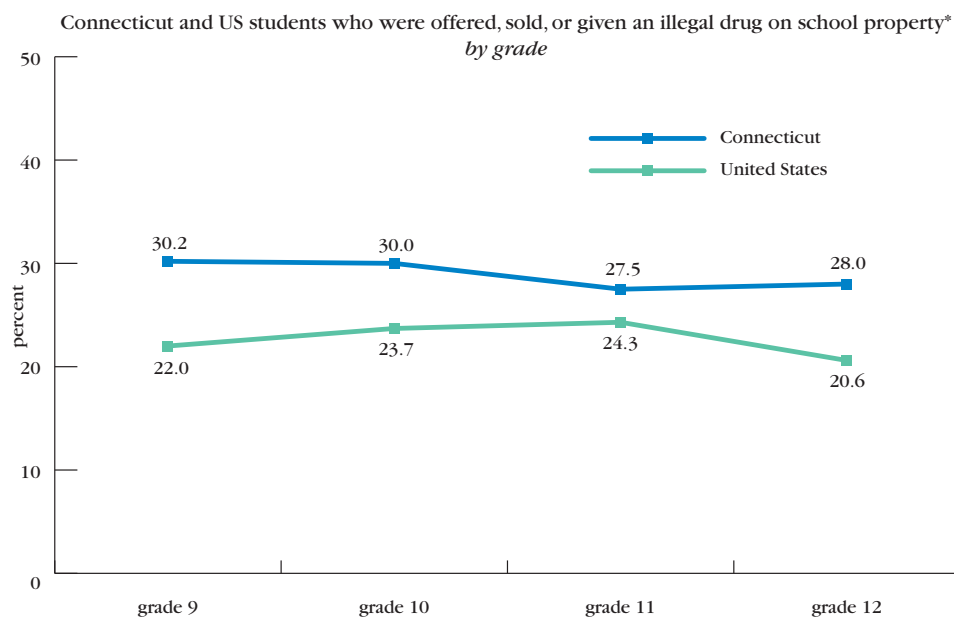
● In grade 9, 30.2% of students in Connecticut were offered, sold, or given an illegal drug on school property in the past year; this is significantly higher than the rate for ninth grade students nationwide (22%)

● High school boys in Connecticut are significantly more likely than boys nationally to have sold, been offered, or been given an illegal drug on school property during the last year (32.7%, 25.9%); the same is true for girls (25.1%, 19.3%)

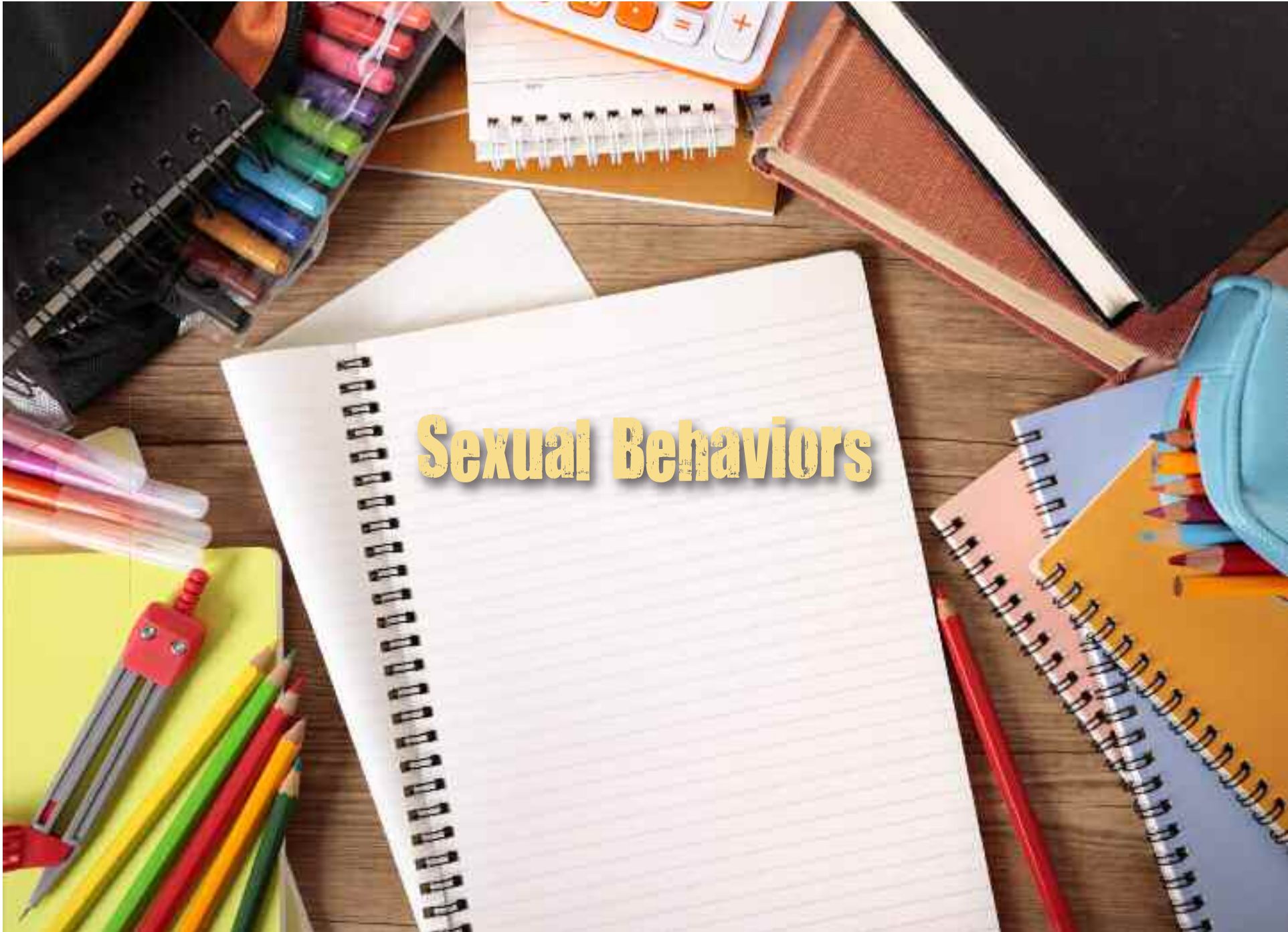
● In Connecticut, high school boys are significantly more likely than girls to have been sold, offered, or given an illegal drug on school property in the past 12 months (32.7%, 25.1%)

● The percentage of white high school students in Connecticut who were offered, sold, or given an illegal drug on school property in the past year is significantly higher than it is for their US counterparts (29.8%, 19.8%)

● For high school students overall, 28.9% of those in Connecticut and 22.7% of those nationally were offered, sold, or given an illegal drug on school property in the past year; the difference is statistically significant



*In the past 12 months



SEXUAL CONTACT

● An estimated 100,000 high school students (59.8%) in Connecticut have had sexual contact during their lives (*data not shown on graphs*)

- » 51,000 high school boys (59.9%)
- » 49,000 high school girls (59.7%)

● The percentage of boys who have ever had sexual contact increases by grade from 45.4% in grade 9 to 78.9% in grade 12. The increase between grades 11 and 12 is statistically significant

● The percentage of girls who have ever had sexual contact increases by grade from 43.2% in grade 9 to 76.7% in grade 12

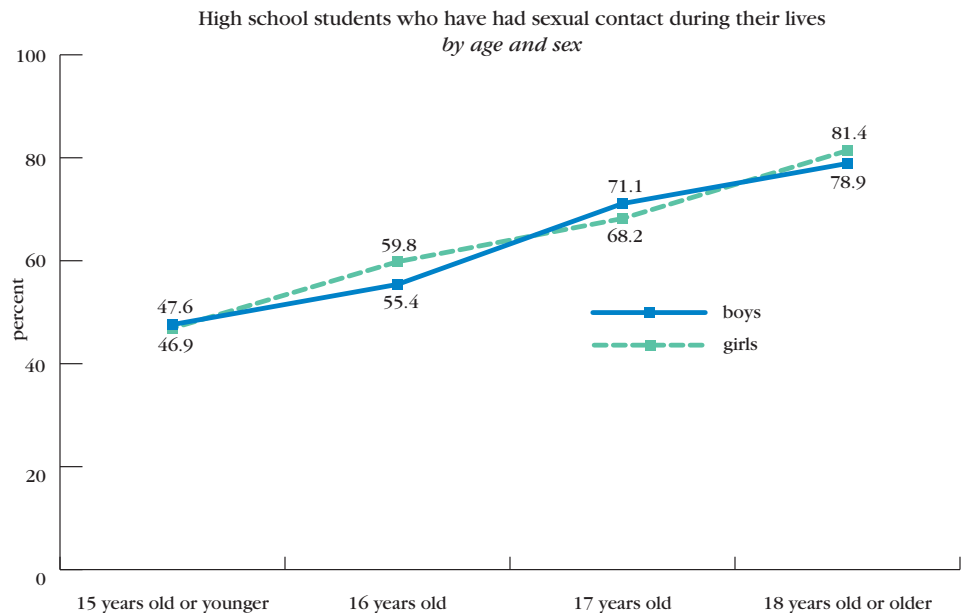
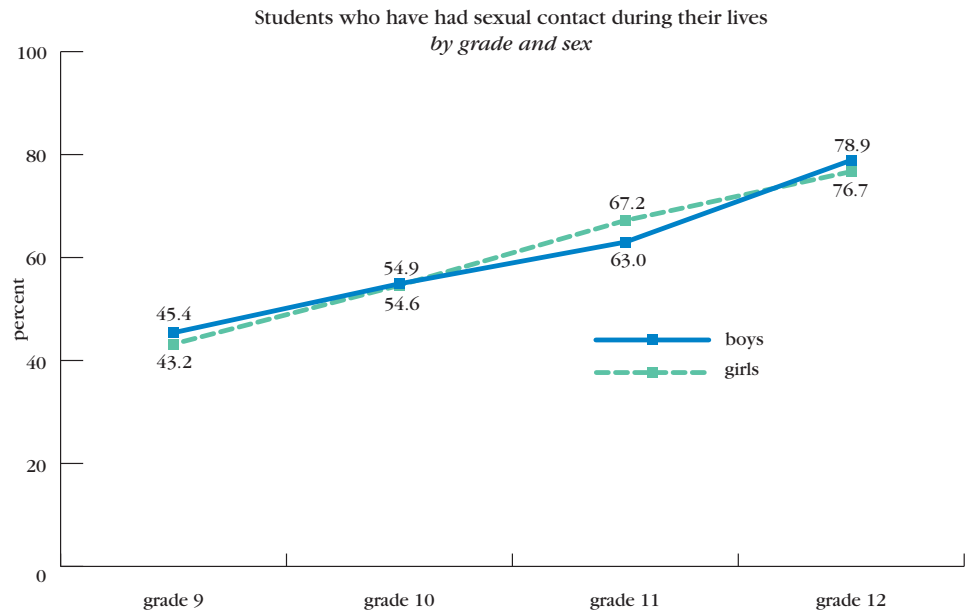
● Among high school students who currently drink alcohol, 78.4% have had sexual contact during their lives, compared to 45.2% of students who do not currently drink. The difference is statistically significant—*data not shown on graphs*

● The percentage of high school boys who have ever had sexual contact increases by age from 47.6% among those who are 15 years old or younger to 78.9% among boys who are 18 years old or older. The increase from 55.4% to 71.1%, between the ages of 16 and 17, is statistically significant

● The percentage of high school girls who have ever had sexual contact increases by age from 46.9% among those who are 15 years old or younger to 81.4% among girls who are 18 years old or older

● Among high school students who are current cigarette smokers, 86.9% have ever had sexual contact, compared to 54.1% of non-smokers. The difference is statistically significant—*data not shown on graphs*

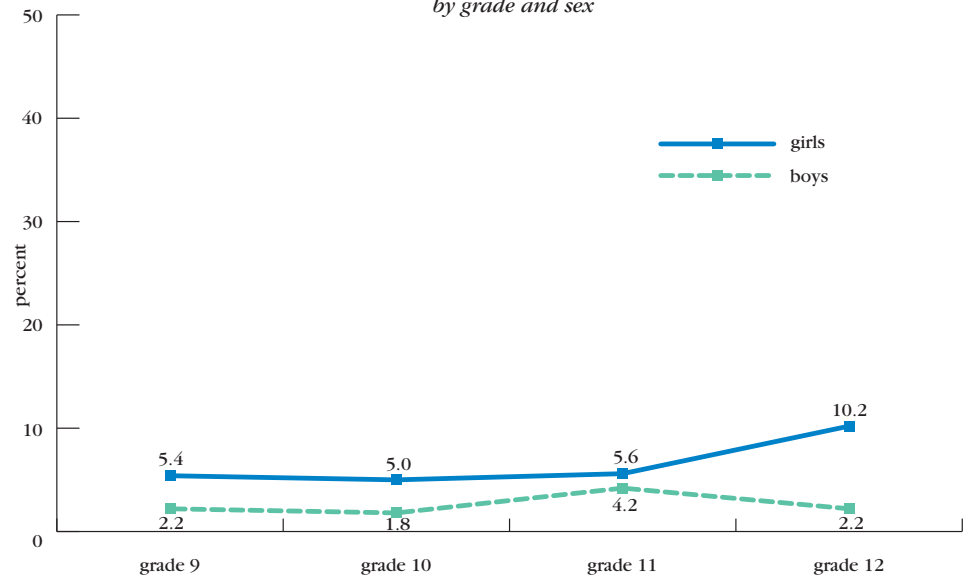
● Among high school students who currently smoke marijuana, 86.1% have had sexual contact during their lives, compared to 52.2% of students who do not currently use marijuana. The difference is statistically significant—*data not shown on graphs*



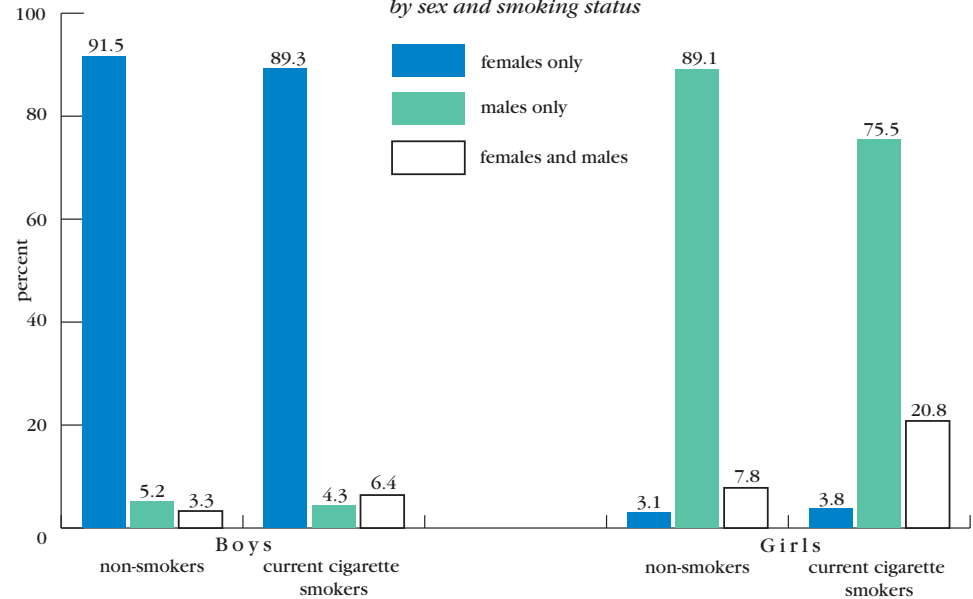
SEXUAL CONTACT, *continued*

- Approximately 7,000 high school students (4.5%) have had sexual contact with both males and females during their lives: 2,000 high school boys (2.5%) and 5,000 high school girls (6.4%). The difference in the rate between the boys and the girls is statistically significant—*data not shown on graphs*
- The percentage of boys who have had sexual contact with both boys and girls during their lives varies by grade between 1.8% in grade 10 and 4.2% in grade 11
- The percentage of girls who have had sexual contact with both boys and girls during their lives varies by grade from 5% in grade 10 to 10.2% in grade 12
- In grade 12, girls are significantly more likely than boys to have had sexual contact with both males and females during their lifetime (10.2%, 2.2%)
- Of the high school students who have ever had sexual contact, 7.5% have had sexual contact with both males and females: 4.2% of the boys and 10.7% of the girls. The difference in the rate between the boys and the girls is statistically significant—*data not shown on graphs*
- Of the high school students who have ever had sexual contact, 4.9% of the boys have had sexual contact with males only, and 3.3% of the girls have had sexual contact with females only—*data not shown on graphs*
- High school boys who currently smoke cigarettes are about twice as likely as boys who do not smoke to have had sexual contact with both males and females during their lives (6.4%, 3.3%)
- High school girls who are current cigarette smokers are significantly more likely than their counterparts who do not smoke to have had sexual contact with both males and females during their lifetime (20.8%, 7.8%)
- High school students who currently drink alcohol are significantly more likely than students who do not drink to have had sexual contact with both males and females during their lives (6.7%, 2.4%)—*data not shown on graphs*

Students who have had sexual contact with both males and females during their lives
by grade and sex



Lifetime sexual contact among high school students*
by sex and smoking status

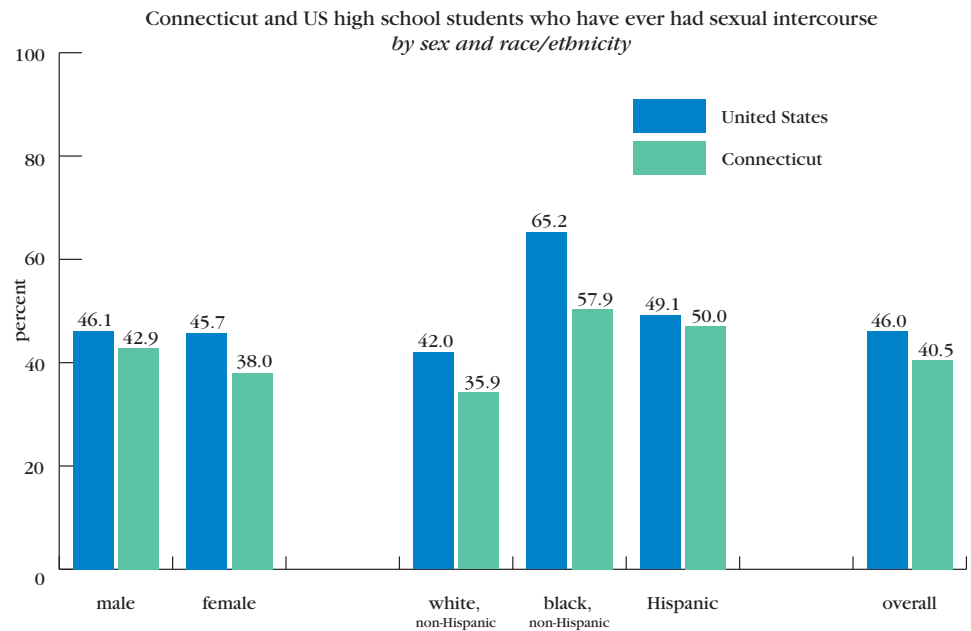
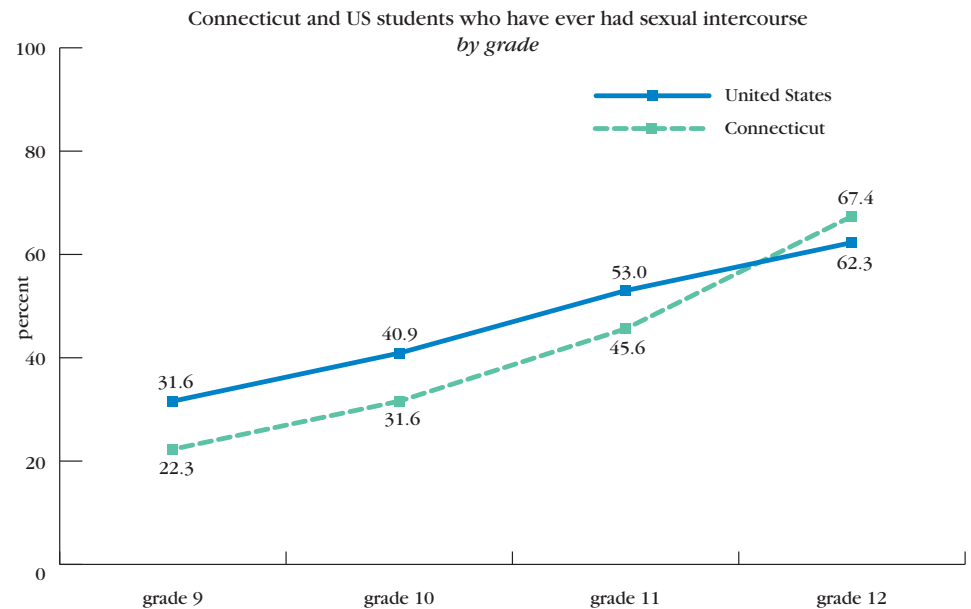


*Among high school students who report sexual contact during their lifetime



LIFETIME SEXUAL ACTIVITY

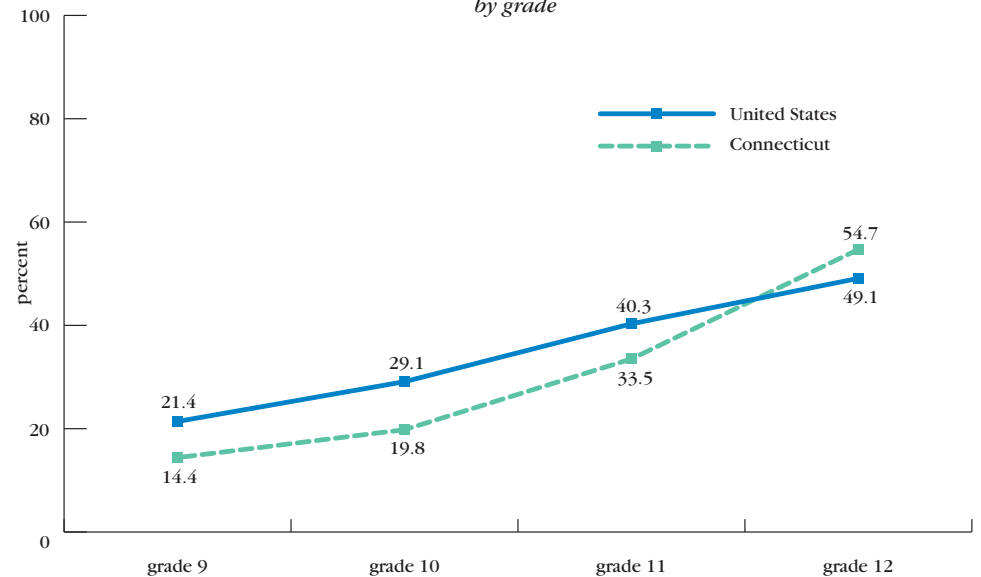
- An estimated 63,000 high school students in Connecticut (40.5%) have had sexual intercourse at least once during their lives
 - » 33,000 high school boys (42.9%)
 - » 29,000 high school girls (38%)
- In Connecticut, the percentage of students who have ever had sexual intercourse increases by grade from 22.3% to 67.4%
- Connecticut students in grade 9 are significantly less likely than their US counterparts to have ever had sexual intercourse (22.3%, 31.6%)
- In Connecticut, the percentage of students who have ever had sexual intercourse increases significantly from 45.6% in grade 11 to 67.4% in grade 12
- Connecticut high school girls are significantly less likely than their national counterparts to have ever had sexual intercourse (38%, 45.7%)
- Nearly three-quarters (72.1%) of Connecticut high school students who are 18 years old or older have had sexual intercourse at least once—*data not shown on graphs*
- In high school in Connecticut, black students and Hispanic students are significantly more likely than white students to have ever had sexual intercourse (57.9%, 50%, 35.9%, respectively)
- Nationwide, black high school students are significantly more likely than Hispanic students and white students to have ever had sexual intercourse (65.2%, 49.1%, 42.0%, respectively)
- An estimated 7,000 Connecticut high school students (4.6%) had sexual intercourse for the first time before the age of 13 years: 4,800 high school boys (6.1%) and 2,200 high school girls (2.8%). The difference in the rate between boys and girls is statistically significant—*data not shown on graphs*
- Connecticut high school students who currently smoke cigarettes are twice as likely as non-smokers to have ever had sexual intercourse (68.8%, 34.7%); the difference is statistically significant. The same is true for students nationally (79.2%, 37%)—*data not shown on graphs*



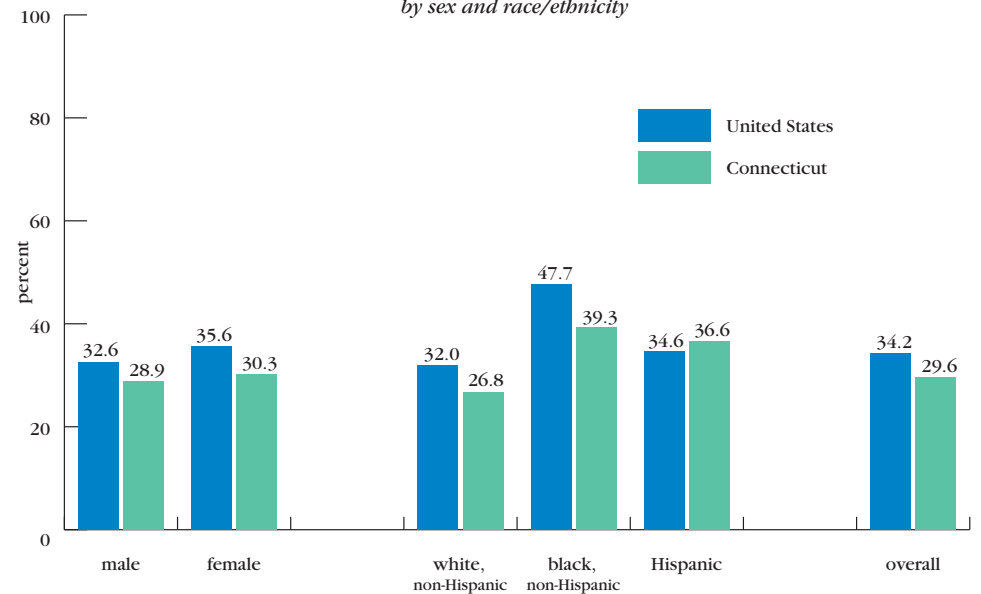
CURRENT SEXUAL ACTIVITY

- An estimated 46,000 Connecticut high school students (29.6%) had sexual intercourse with at least one person during the three months before the survey (currently sexually active)
 - » 23,000 high school boys (28.9%)
 - » 23,000 high school girls (30.3%)
- Connecticut students in grade 9 are significantly less likely than their US counterparts to be currently sexually active (14.4%, 21.4%); the same is true in grade 10 (19.8%, 29.1%)
- In Connecticut, white high school students are significantly less likely than black students to be currently sexually active (26.8%, 39.3%)
- In the US, black high school students are significantly more likely than white students and Hispanic students to be currently sexually active (47.7%, 32%, 34.6%)
- Among Connecticut high school students who are currently sexually active, during the past three months, (*following data not shown on graphs*)
 - » 75.8% had sexual intercourse with 1 person
 - » 18.1% had sexual intercourse with 2 or 3 people
 - » 6.1% had sexual intercourse with 4 or more people
- Connecticut high school students who currently smoke cigarettes are significantly more likely than non-smokers to be currently sexually active (56.9%, 24%). The same is true for US students (63.5%, 26.3%)—*data not shown on graphs*
- Connecticut high school students who currently drink alcohol are significantly more likely than students who do not currently drink to be currently sexually active (44.8%, 17.3%). The same is true for US students (53.1%, 19.6%)—*data not shown on graphs*

Connecticut and US students who had sexual intercourse during the past three months
by grade

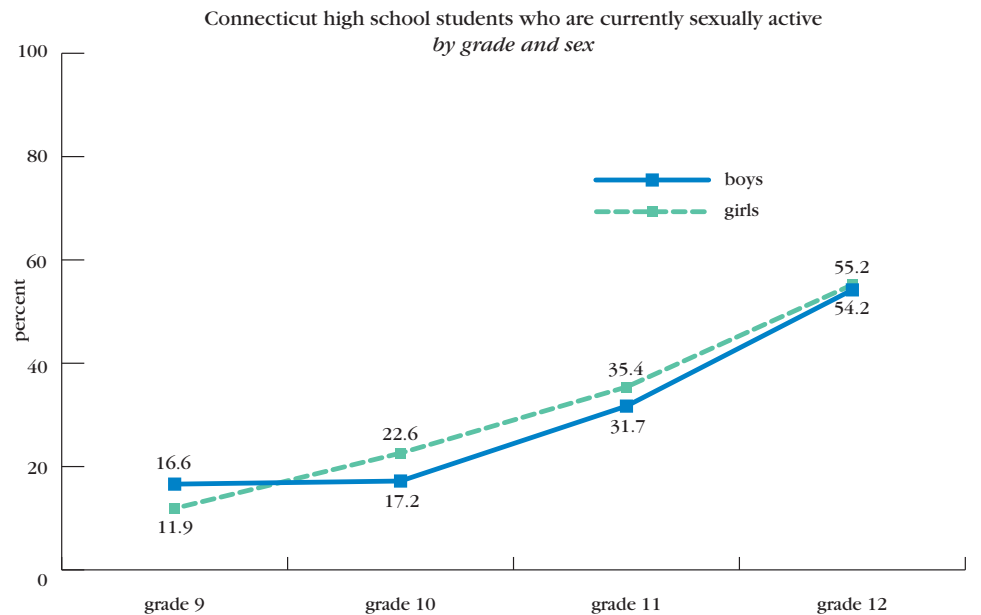
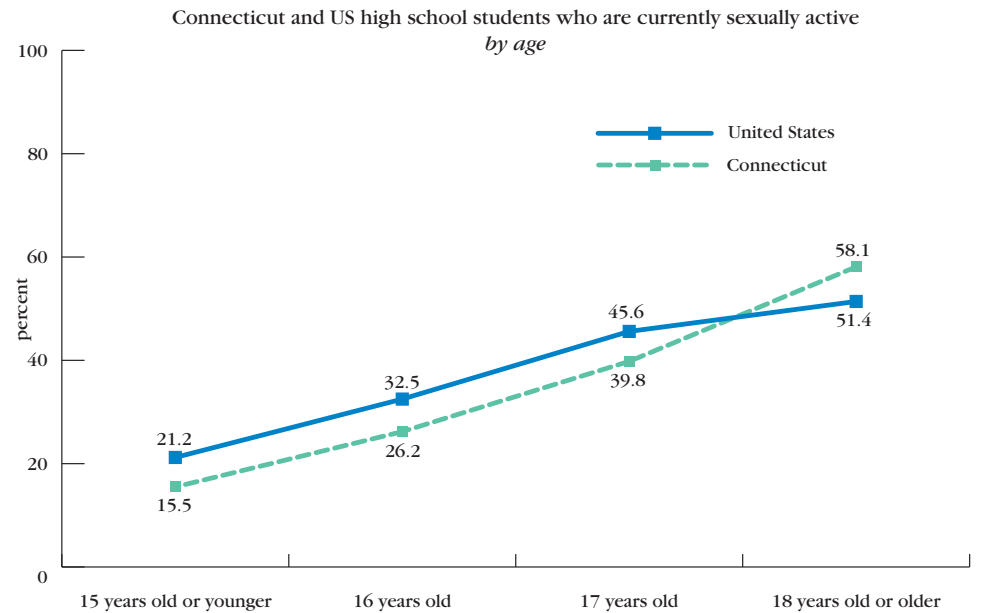


Connecticut and US high school students who had sexual intercourse during the past three months
by sex and race/ethnicity



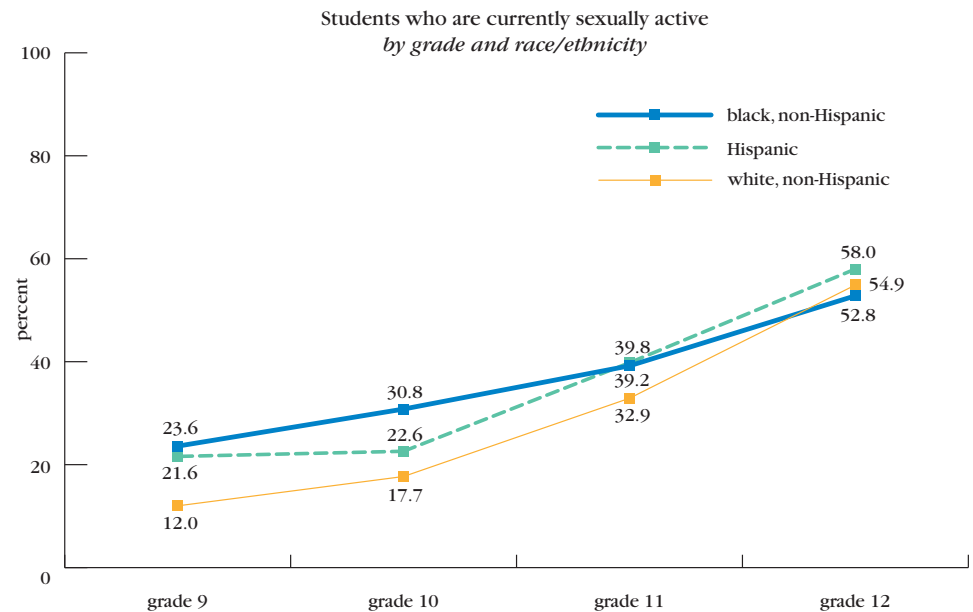
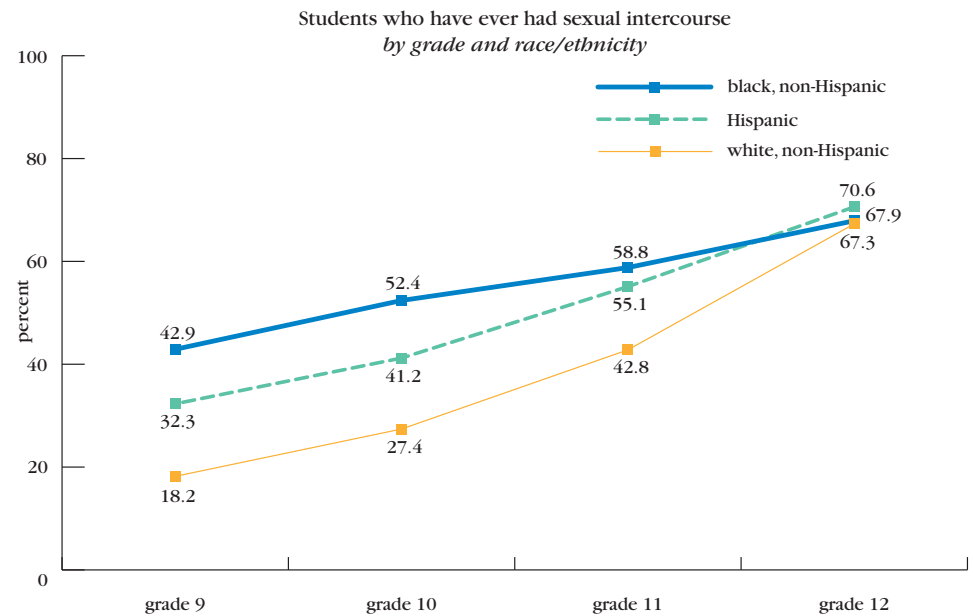
CURRENT SEXUAL ACTIVITY, *continued*

- The percentage of Connecticut high school students who are currently sexually active increases significantly by age from 15.5% among students who are 15 or younger to 58.1% among students who are 18 or older
- High school students in Connecticut who are 15 years old or younger are significantly less likely than their US counterparts to be currently sexually active (15.5%, 21.2%)
- Between grades 10 and 11, the percentage of boys in Connecticut who are currently sexually active increases significantly from 17.2% to 31.7%; the same is true from grade 11 to grade 12, where the rate is 54.2%
- For girls in Connecticut, the rate of current sexual activity increases significantly from 35.4% in grade 11 to 55.2% in grade 12
- By grade, the rates of current sexual activity among high school boys and girls in Connecticut are statistically similar



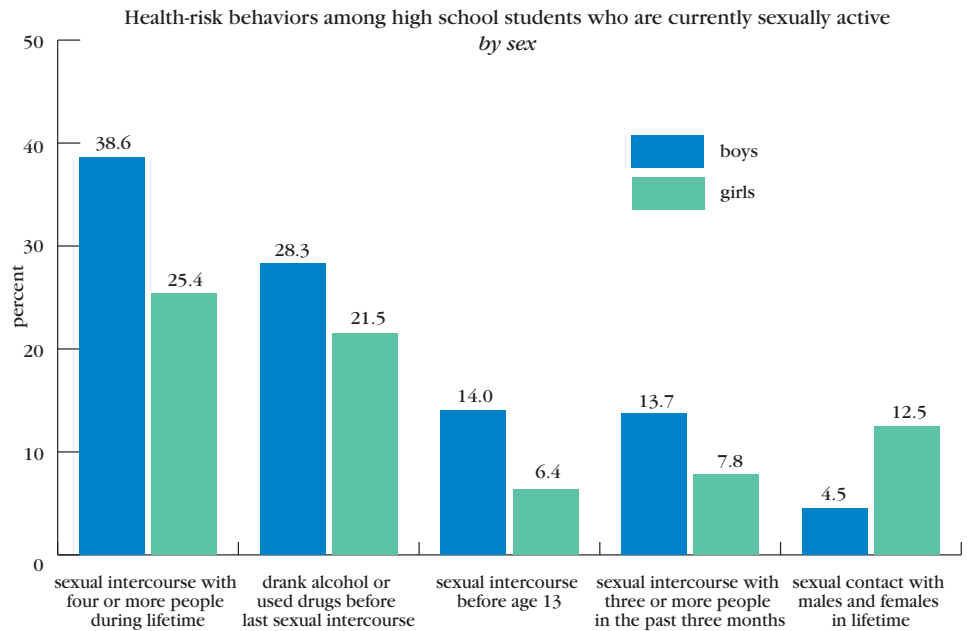
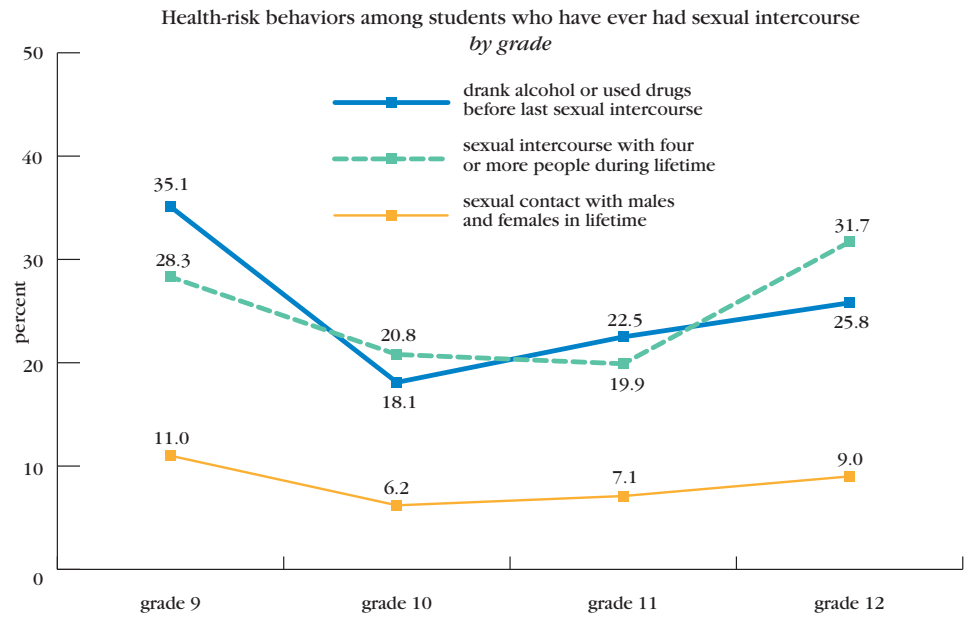
LIFETIME AND CURRENT SEXUAL ACTIVITY

- In grade 9, white students are significantly less likely than black students and Hispanic students to have ever had sexual intercourse (18.2%, 42.9%, 32.3%, respectively)
- In grade 10, white students are significantly less likely than black students to have ever had sexual intercourse (27.4%, 52.4%)
- Between grades 11 and 12, the percentage of white students who have ever had sexual intercourse increases significantly from 42.8% to 67.3%
- In grade 9, white students are significantly less likely than black students to be currently sexually active (12%, 23.6%)
- Between grades 10 and 11, the percentage of white students who are currently sexually active increases significantly from 17.7% to 32.9%; the same is true from grade 11 to grade 12, where the rate is 54.9%
- By grade 12, more than one-half of white, black, and Hispanic students are currently sexually active (54.9%, 52.8%, 58%, respectively)



SEXUAL BEHAVIORS

- Among students who have ever had sexual intercourse, the percentage who drank alcohol or used drugs the last time they had sexual intercourse varies by grade from 18.1% in grade 10 to 35.1% in grade 9
- Of the students who have ever had sexual intercourse, the percentage who have had sexual intercourse with four or more people during their lifetime varies by grade from 19.9% in grade 11 to 31.7% in grade 12
- High school boys who are currently sexually active are about 50% more likely than their female counterparts to have had sexual intercourse with four or more people during their lifetime (38.6%, 25.4%)
- Among high school students who are currently sexually active, boys are significantly more likely than girls to have had sexual intercourse before the age of 13 (14%, 6.4%)
- Among high school students who are currently sexually active, boys are significantly more likely than girls to have had sexual contact with both males and females in their lifetime (12.5%, 4.5%)



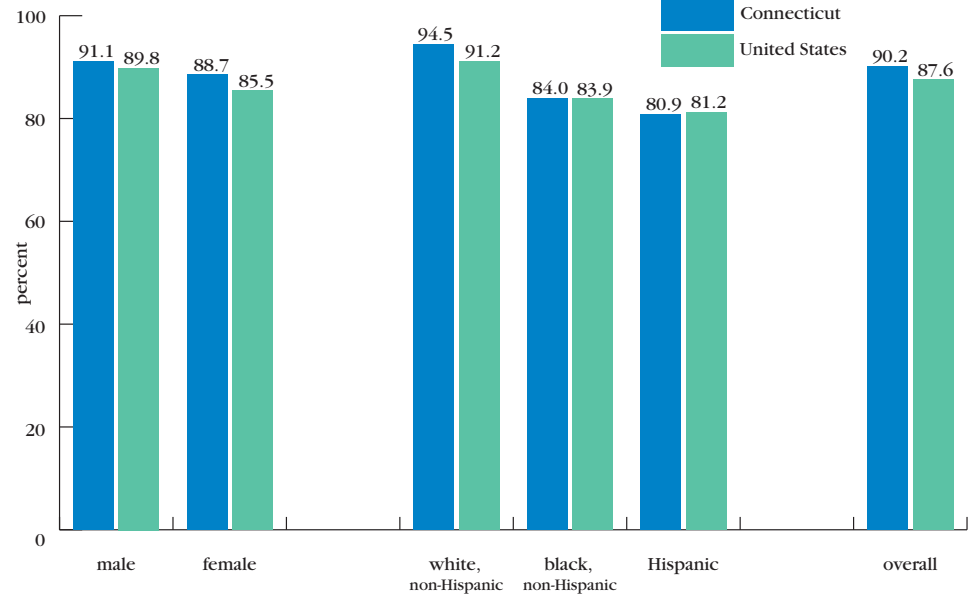
BIRTH CONTROL USE

- Among the 40.5% of Connecticut high school students who have ever had sexual intercourse, about 90% report that either they or their partner used some form of birth control during last sexual intercourse
- White high school students who have ever had sexual intercourse are significantly more likely than their black or Hispanic counterparts to report that either they or their partner used some form of birth control during last sexual intercourse (94.5%, 84%, 80.9%, respectively); the same is true for US high school students (91.2%, 83.9%, 81.2%, respectively)
- In Connecticut and nationally, among high school students who have ever had sexual intercourse, boys are slightly more likely than girls to report that either they or their partner used birth control during last sexual intercourse
- Among the 29.6% of Connecticut high school students who are currently sexually active, 59.4% said that either they or their partner used a condom during last sexual intercourse
- In Connecticut and nationally, among currently sexually active high school students, boys are more likely than girls to report that either they or their partner used a condom during last sexual intercourse. The difference between US boys and girls is statistically significant

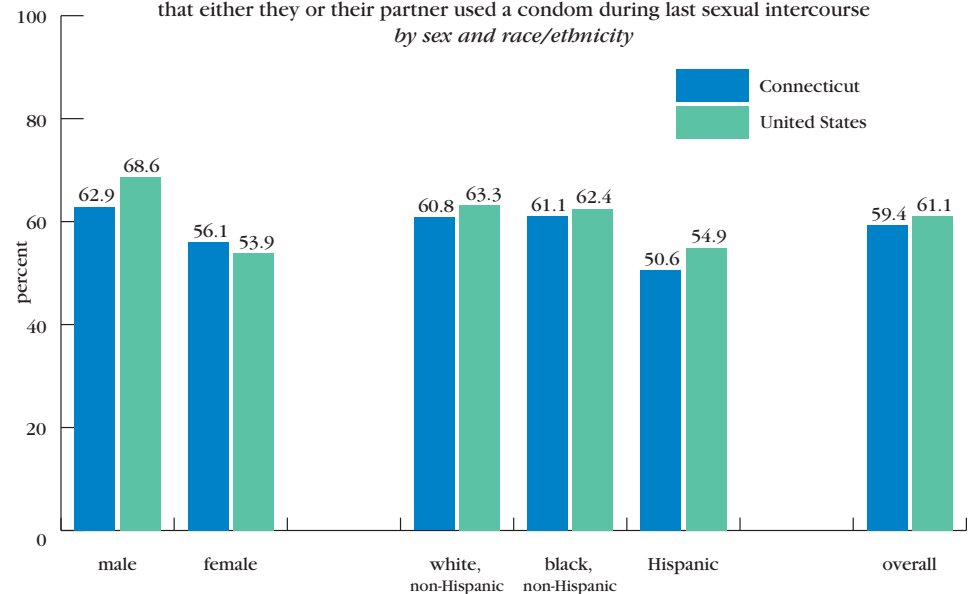
* Among the 40.5% of Connecticut and 46% of US high school students who have ever had sexual intercourse

**Students who answered that they were "not sure" if birth control was used were excluded from this analysis.

Connecticut and US high school students* who report that either they or their partner used some form of birth control during last sexual intercourse** by sex and race/ethnicity



Currently sexually active Connecticut and US high school students who report that either they or their partner used a condom during last sexual intercourse by sex and race/ethnicity

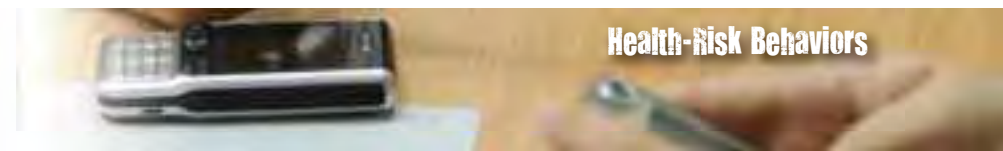
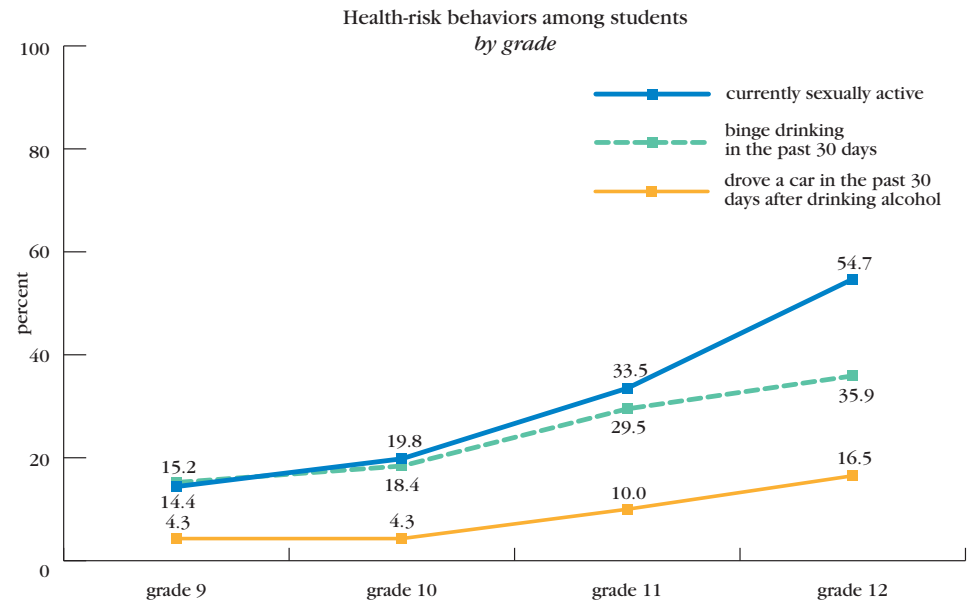
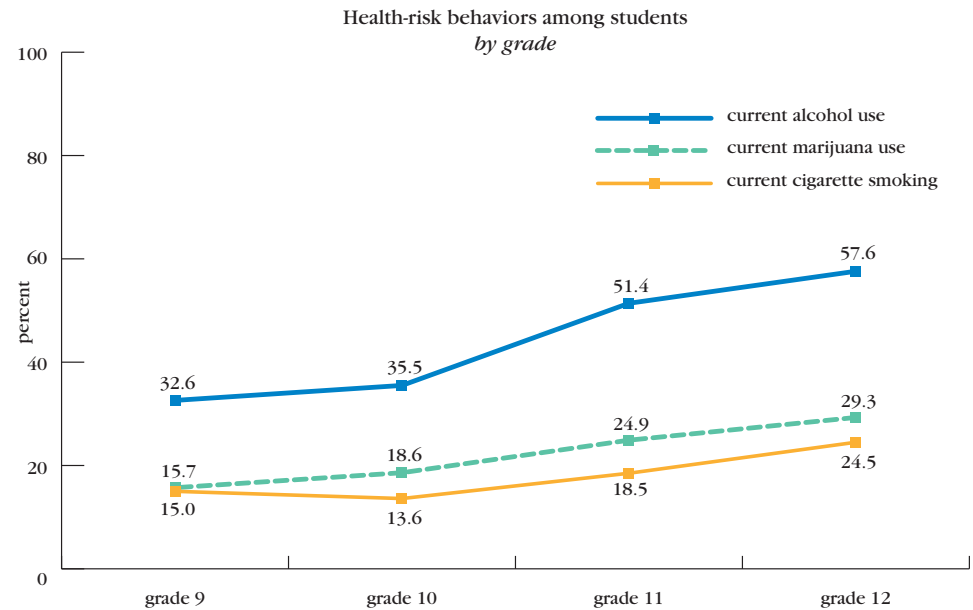




Health-Risk Behaviors

HEALTH-RISK BEHAVIORS BY GRADE

- Between grades 10 and 11, current alcohol use among students increases significantly from 35.5% to 51.4%
- The rate of current marijuana use increases 87% between grades 9 and 12 (15.7%, 29.3%)
- The rate of current cigarette smoking increases 63% between grades 9 and 12 (15%, 24.5%)
- The percentage of students who are currently sexually active increases significantly between grades 10 and 11 from 19.8% to 33.5%, and from grade 11, it increases significantly to 54.7% in grade 12
- The rate of binge drinking in the past 30 days among students increases 2.5 times between grade 9 and grade 12 (15.2%, 35.9%)
- The percentage of students who drove a car in the past 30 days after drinking alcohol increases significantly from 4.3% in grade 10 to 10% in grade 11
- In grade 11, boys are significantly more likely than girls to have driven a car in the past 30 days after drinking alcohol (14.7%, 5.3%)—*data not shown on graphs*



GAMBLING

● An estimated 43,000 high school students (26.6%) gambled for money or possessions one or more times during the 30 days before the survey—*data not shown on graphs*

- » 32,000 high school boys (39.2%)
- » 11,000 high school girls (13.7%)

● From grade 9 through grade 12, boys are significantly more likely than girls to have gambled for money or possessions during the past 30 days

● The rate of gambling in the past 30 days among boys is highest in grade 11 (42.6%) and lowest in grade 12 (34%); for girls, the rate is highest in grade 12 (15.7%) and lowest in grade 10 (12.7%)

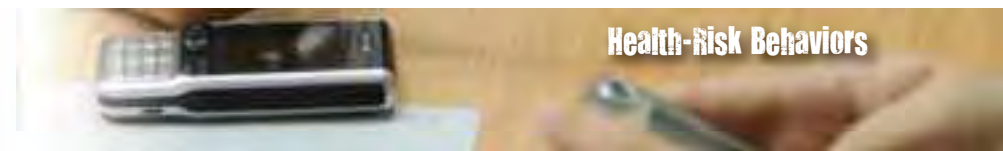
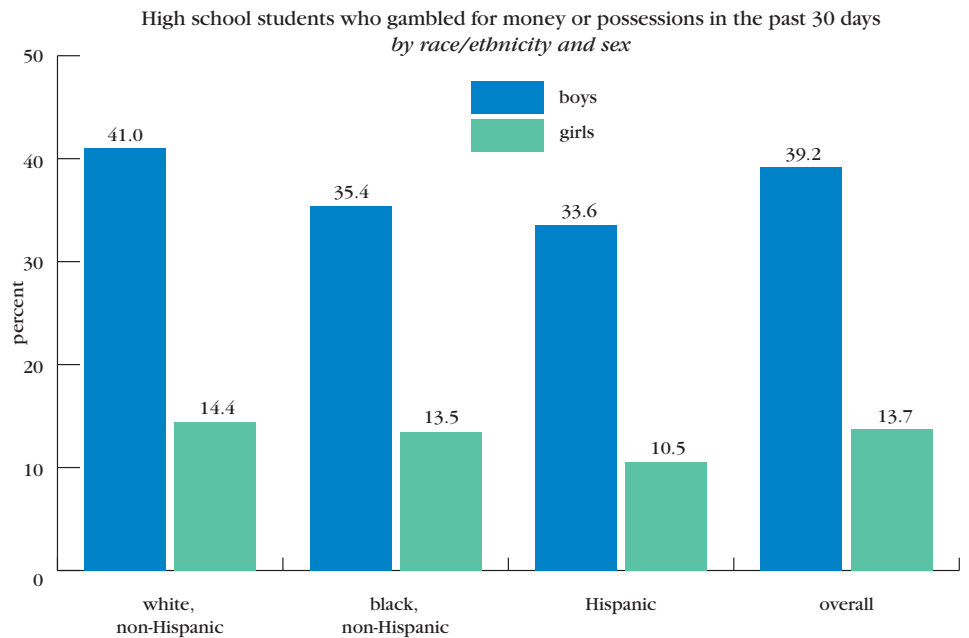
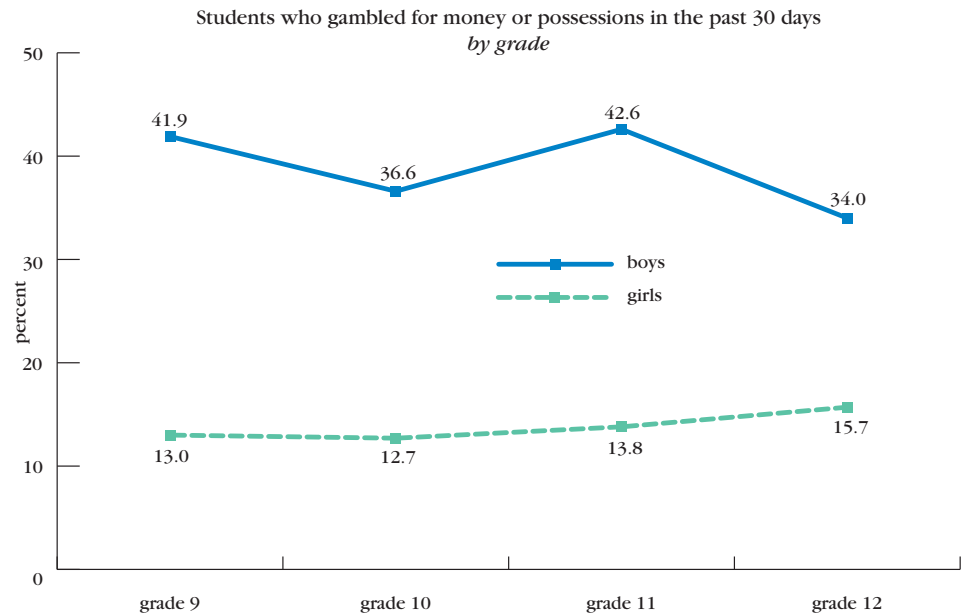
● Among boys, white high school students are more likely than black or Hispanic students to have gambled in the past 30 days (41%, 35.4%, 33.6%, respectively). The same is true among girls (14.4%, 13.5%, 10.5%, respectively). None of the differences are statistically significant

● High school boys are nearly three times more likely than high school girls to have gambled during the past 30 days (39.2%, 13.7%). The difference is statistically significant

● Among current alcohol users in high school, 33.2% report gambling in the past 30 days, compared to 20.3% of students who do not currently drink. The difference is statistically significant—*data not shown on graphs*

● Among current cigarette smokers in high school, 37.3% report gambling in the past 30 days, compared to 24.2% of non-smokers. The difference is statistically significant—*data not shown on graphs*

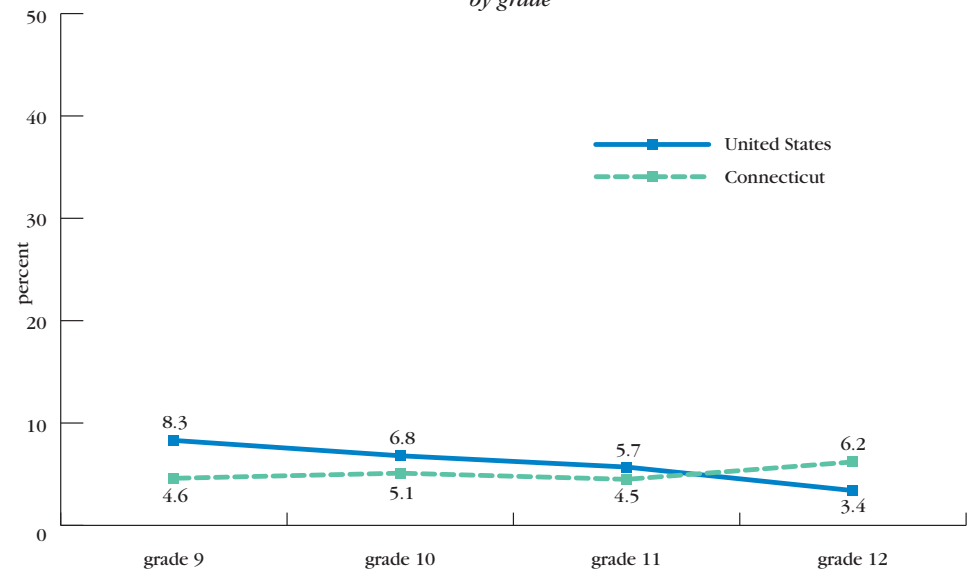
● Nearly 50% of high school boys who are current smokers gambled in the past 30 days, as did about 23% of their female counterparts—*data not shown on graphs*



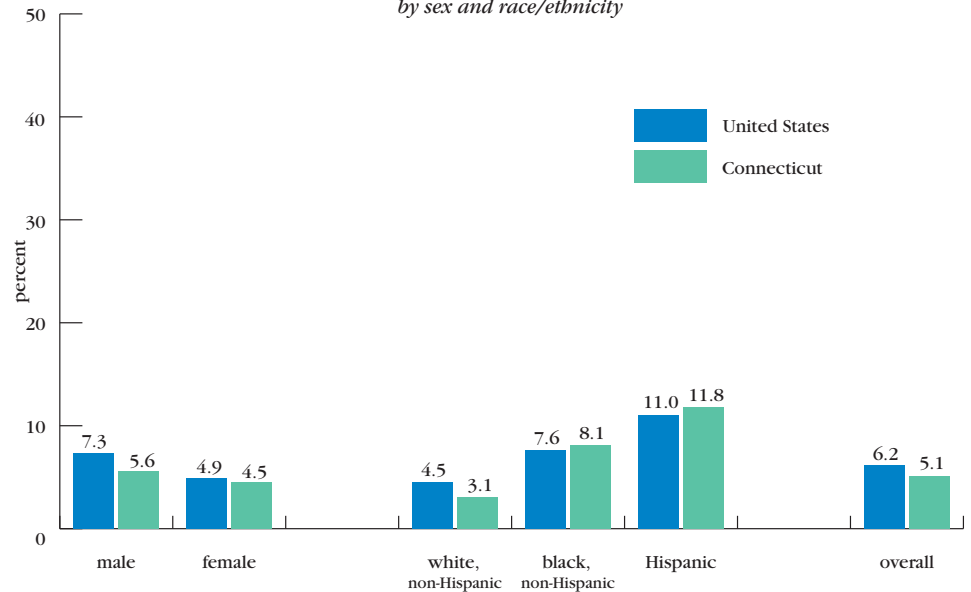
POOR GRADES IN SCHOOL

- In grade 9, students in Connecticut are significantly less likely than US students to have received mostly Ds or Fs in school during the past year (4.6%, 8.3%)
- Between grade 9 and grade 12, the percentage of Connecticut students who received mostly Ds or Fs in school in the past 12 months increases from 4.6% to 6.2%; while among US students during that same time, the percentage decreases significantly from 8.3% to 3.4%
- In Connecticut, white high school students are significantly less likely than black students and Hispanic students to report receiving mostly Ds or Fs in school during the past 12 months (3.1%, 8.1%, 11.8%, respectively). Nationally, white high school students are significantly less likely than Hispanic students to have received mostly Ds or Fs in the past year (4.5%, 11%)
- Connecticut high school students who received mostly Ds or Fs in school during the past year are significantly more likely to be current cigarette smokers than are their peers who received mostly As, Bs, or Cs (31.9%, 16.7%). The same significant difference is seen among US high school students (44.6%, 17.7%)—*data not shown on graphs*

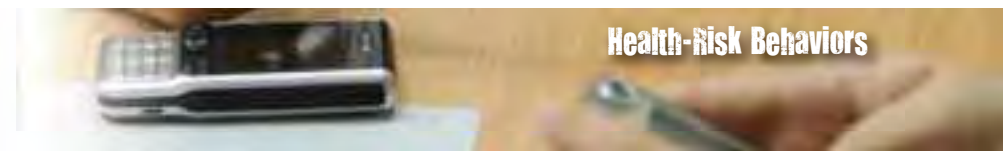
Connecticut and US students who received mostly Ds or Fs in school in the past 12 months*
by grade



Connecticut and US high school students who received mostly Ds or Fs in school in the past 12 months*
by sex and race/ethnicity



*Students who answered "none of these grades" or "not sure" were excluded from this analysis.



SCHOOL ABSENCES

- High school students who currently smoke cigarettes are significantly more likely to have been absent from school for three or more days in the past six months than are their counterparts who do not smoke (74.3%, 53.8%)

- Among high school students, current marijuana users are significantly more likely than non-users to have been absent for three or more days in the past six months (73%, 52.9%); the same is true for current alcohol users and non-users (67.3%, 48.9%)

- Students in high school who are currently sexually active are nearly 1.5 times more likely than their peers who are not currently sexually active to have been absent from school three or more days in the past six months (69.5%, 48.5%); the difference is statistically significant

- Students in grade 12 are significantly more likely than students in grade 9, grade 10, and grade 11 to have been absent three or more days in the past six months (69.2%, 54.9%, 51.3%, 56%, respectively)—*data not shown on graphs*

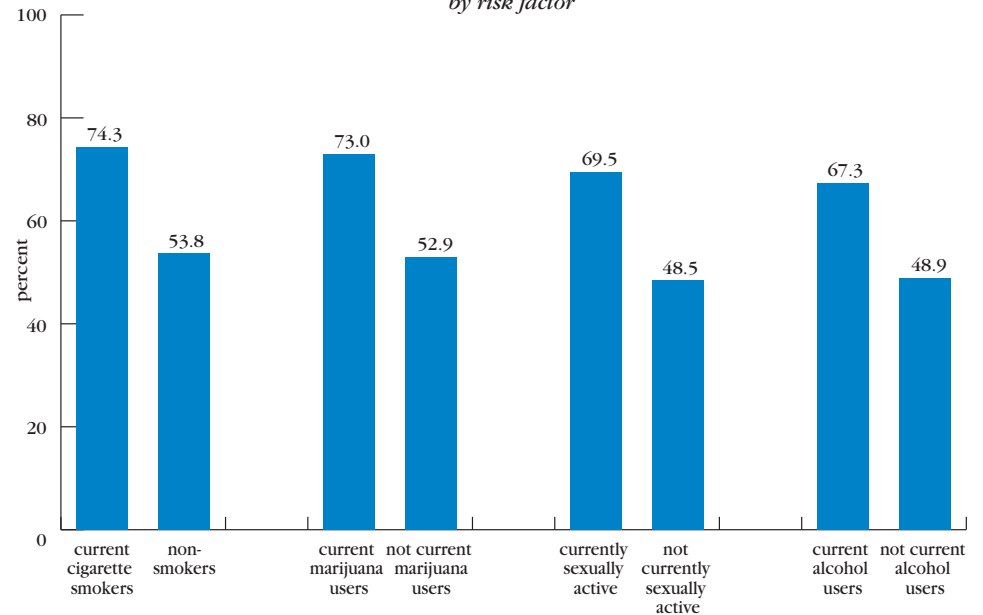
- High school students who felt sad or hopeless for two weeks or more in a row during the past year are significantly more likely than their counterparts who did not report feeling sad or hopeless, to have been absent from school for three or more days in the past six months (64.6%, 54.6%); the same significant difference is seen between students who seriously considered committing suicide and those who did not (67.5%, 55.6%); and between those who actually attempted suicide and those who did not (70.5%, 55.6%)

- High school girls are significantly more likely than boys to have been absent from school for three or more days in the past six months (60.6%, 54.2%)—*data not shown on graphs*

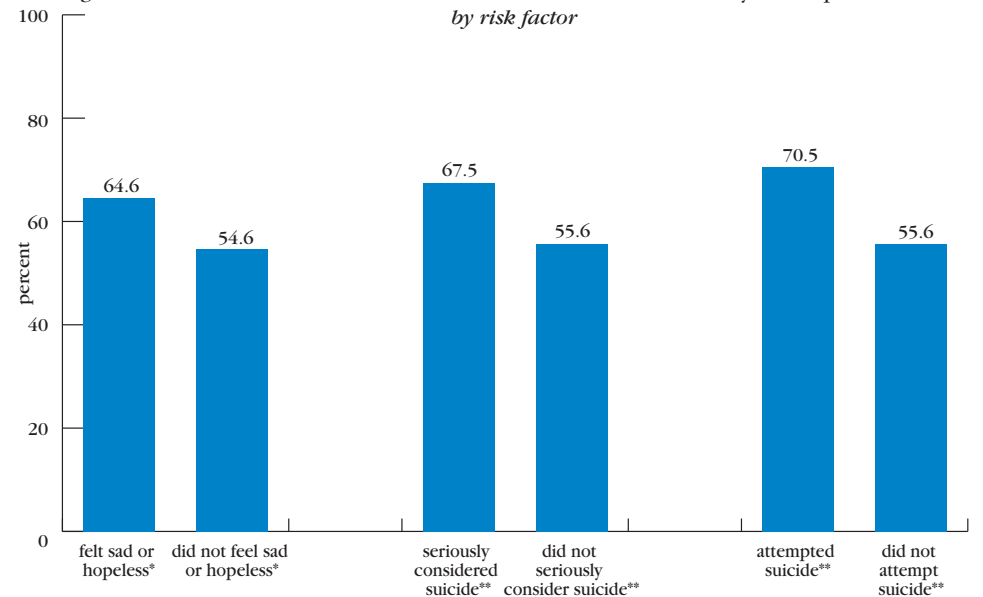
- White high school students are significantly less likely than Hispanic students to have been absent three or more days in the past six months (55.7%, 64.4%)—*data not shown on graphs*

- High school students who received mostly As in the past year are significantly less likely than those who received mostly Bs, mostly Cs, or mostly Ds or Fs to have been absent from school for three or more days in the past six months (40.7%, 57.8%, 75%, 77.9%, respectively). The difference between those who received mostly Bs and those who received mostly Cs or mostly Ds or Fs is statistically significant as well—*data not shown on graphs*

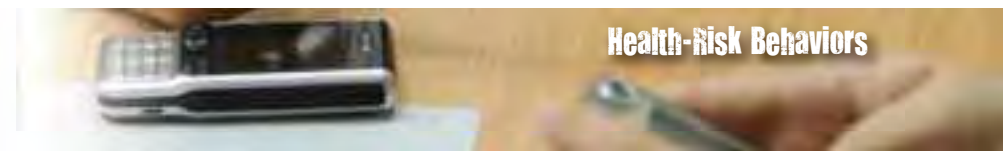
High school students who have been absent from school three or more days in the past six months
by risk factor



High school students who have been absent from school three or more days in the past six months
by risk factor



*For two weeks or more in a row in the past 12 months **In the past 12 months



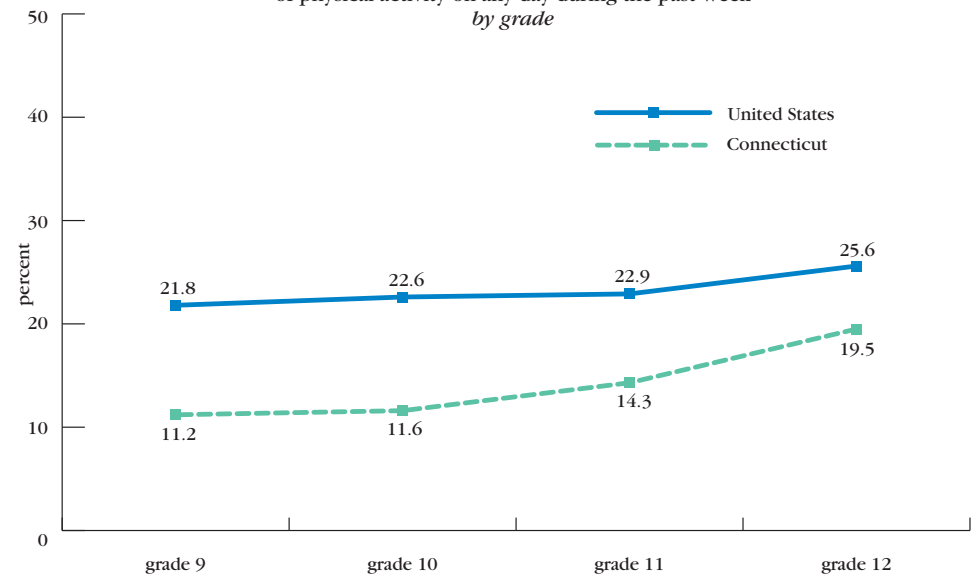
A black backpack is the central focus, set against a light blue background. To its left is a brown paper lunch bag, a red apple, and a stack of four books. The backpack has a mesh pocket on the side containing a clear plastic water bottle with a blue cap. The text 'Physical Inactivity, Overweight, Weight Control, And Dietary Behaviors' is overlaid in a large, white, distressed font across the middle of the image.

Physical Inactivity, Overweight, Weight Control, And Dietary Behaviors

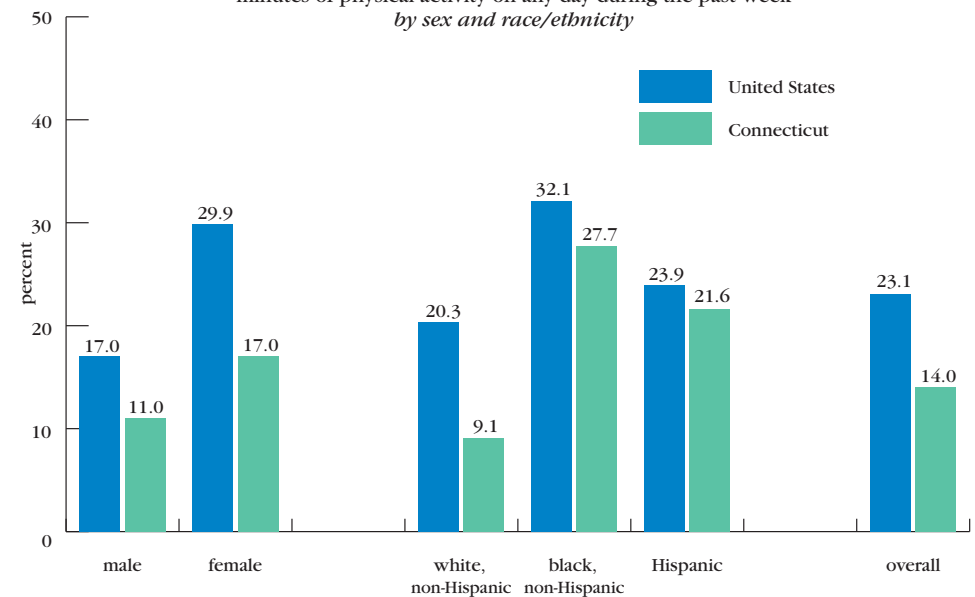
PHYSICAL INACTIVITY

- The percentage of Connecticut students who did not participate 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 before the survey (i.e., did not participate in at least 60 minutes of physical activity on any day or physically inactive) increases by grade from 11.2% in grade 9 to 19.5% in grade 12
- Connecticut students in grades 9, 10, and 11 are significantly less likely than their national counterparts to be physically inactive
- High school boys in Connecticut are significantly less likely than their female counterparts to be physically inactive (11%, 17%). The same significant difference is seen for students nationally (17%, 29.9%)
- Connecticut high school boys and girls are significantly less likely than boys and girls nationally to be physically inactive
- In high school in Connecticut, white students are significantly less likely than black or Hispanic students to be physically inactive (9.1%, 27.7%, 21.6%, respectively)
- For high school students nationally, white students and Hispanic students are significantly less likely than black students to be physically inactive (20.3%, 23.9%, 32.1%, respectively)
- White, black, and Hispanic high school students in Connecticut are significantly less likely than their national counterparts to be physically inactive
- Fourteen percent (14%) of students in high school in Connecticut are physically inactive, compared to 23.1% of US students; the difference is statistically significant

Students who did not participate in at least 60 minutes of physical activity on any day during the past week
by grade



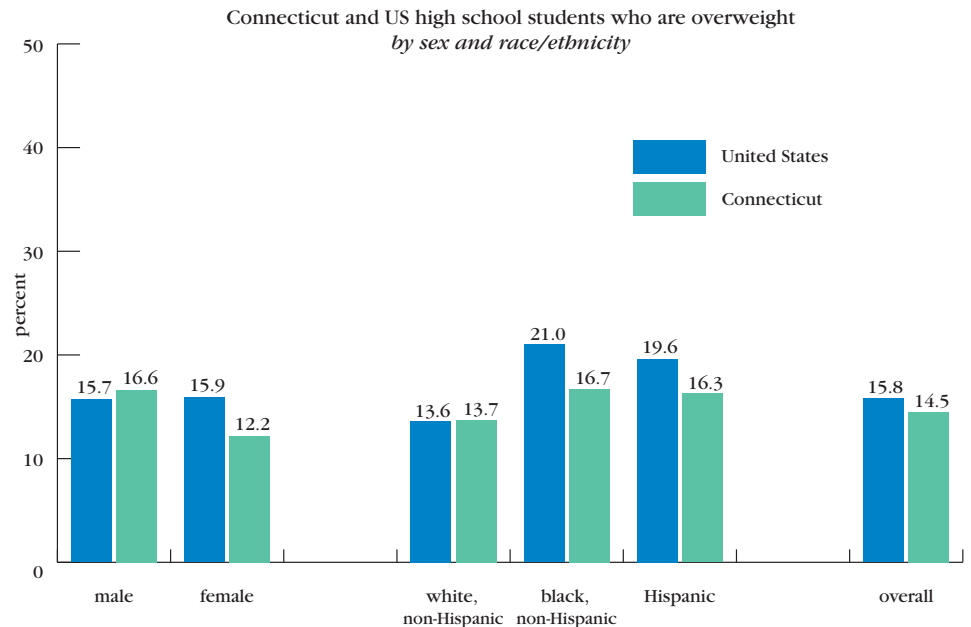
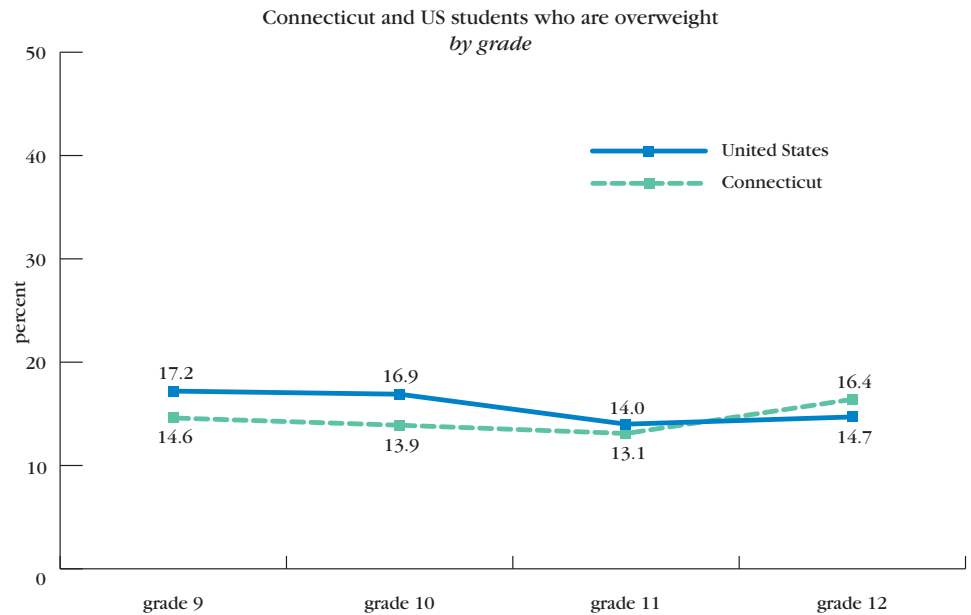
High school students who did not participate in at least 60 minutes of physical activity on any day during the past week
by sex and race/ethnicity



OVERWEIGHT

- In Connecticut, approximately 23,000 high school students (14.5%) are overweight,*
 - » 14,000 high school boys (16.6%)
 - » 9,000 high school girls (12.2%)
- In Connecticut, the percentage of students who are overweight varies by grade from 13.1% in grade 11 to 16.4% in grade 12; none of the differences between any of the grades are statistically significant
- Nationally, the percentage of students who are overweight varies by grade from 14% in grade 11 to 17.2% in grade 9; the difference between these two grades is statistically significant
- Connecticut high school boys are slightly more likely than US boys to be overweight (16.6%, 15.7%)
- High school girls in Connecticut are significantly less likely than their national counterparts to be overweight (12.2%, 15.9%)
- In Connecticut, white high school students are less likely than black students and Hispanic students to be overweight (13.7%, 16.7%, 16.3%, respectively). None of the differences between any of the race/ethnic groups are statistically significant
- In the US, white high school students are significantly less likely than black students and Hispanic students to be overweight (13.6%, 21%, 19.6%, respectively)
- For high school students overall, Connecticut students are less likely than US students to be overweight, but the difference is not statistically significant (14.5%, 15.8%)

*At or above the 85th percentile but below the 95th percentile for body mass index, by age and sex (based on reference data from the 2000 CDC growth charts)



OBESITY

● An estimated 17,000 Connecticut high school students (10.4%) are obese,*

- » 12,000 high school boys (13.8%)
- » 5,000 high school girls (6.7%)

● The percentage of Connecticut students who are obese varies by grade from 9.4% in grade 10 to 11.9% in grade 12; nationally the percentage varies between 11% in grade 10 and 13.5% in grade 12

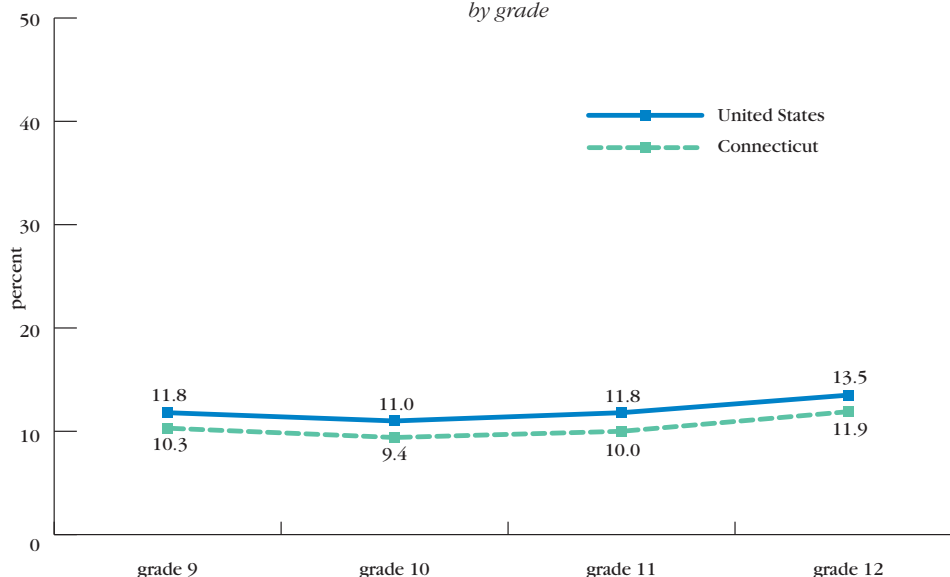
● In Connecticut, girls in grade 12 are significantly less likely than their male counterparts to be obese (7.1%, 16.4%)—*data not shown on graphs*

● In high school in Connecticut, girls are significantly less likely than boys to be obese (6.7%, 13.8%); the same is true for US high school boys and girls (8.3%, 15.3%)

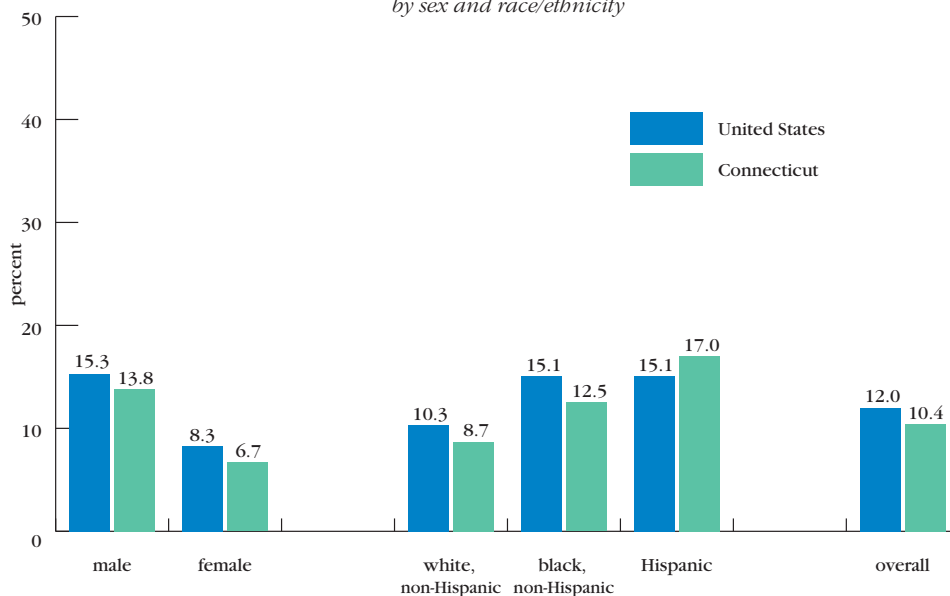
● White high school students in Connecticut are significantly less likely than their Hispanic counterparts to be obese (8.7%, 17%). While among high school students nationally, white students are significantly less likely than both black students and Hispanic students to be obese (10.3%, 15.1%, 15.1%)

● Among high school students in Connecticut, black girls are 2.5 times more likely than white girls to be obese (12.3%, 4.9%); and Hispanic boys are twice as likely as white boys to be obese (24.1%, 12.1%). The differences in both groups are statistically significant—*data not shown on graphs*

Connecticut and US students who are obese
by grade

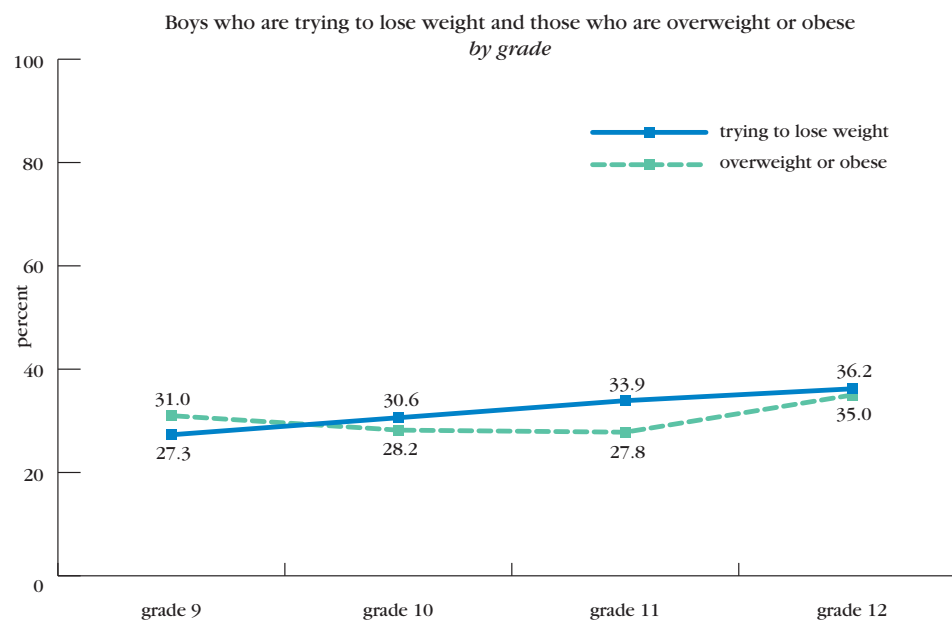


Connecticut and US high school students who are obese
by sex and race/ethnicity



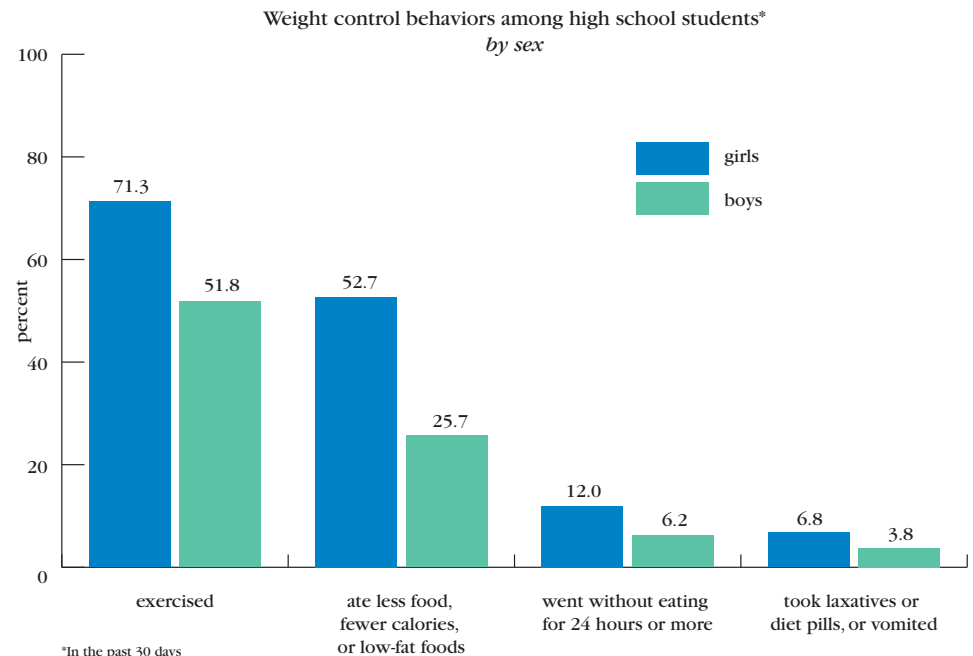
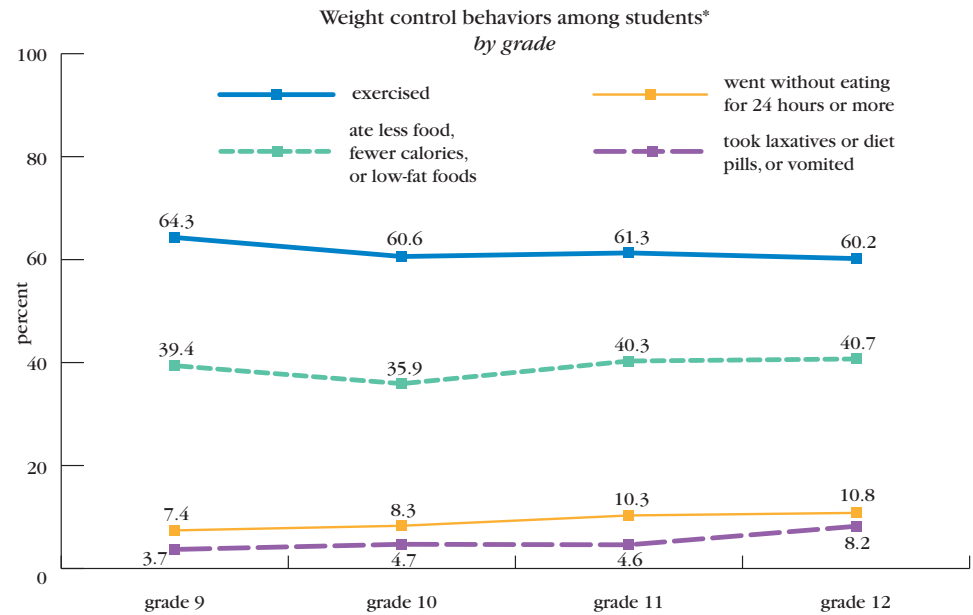
WEIGHT LOSS

- Approximately 27,000 high school boys (31.6%) are trying to lose weight, which is nearly equivalent to the 26,000 who are overweight/obese (30.4%)—*data not shown on graphs*
- The percentage of boys who are trying to lose weight increases by grade from 27.3% in grade 9 to 36.2% in grade 12
- Boys in grades 9 through 12 are about as equally likely to be overweight/obese as they are to be trying to lose weight
- Approximately 51,000 high school girls (61.6%) are trying to lose weight, while only 14,000 are overweight/obese (18.9%)—*data not shown on graphs*
- The percentage of girls who are trying to lose weight varies by grade from 56.5% in grade 12 to 65.4% in grade 11
- Girls in grades 9 through 12 are significantly more likely to be trying to lose weight than they are to be overweight/obese
- From grade 9 through grade 12, boys are significantly more likely than girls to be overweight/obese, while girls are significantly more likely to be trying to lose weight



WEIGHT CONTROL

- In the 30 days prior to the survey, from grade 9 through grade 12, more than 60% of students exercised to either lose weight or keep from gaining weight (weight control)
- High school girls are significantly more likely than their male counterparts to have exercised in the past 30 days to control their weight (71.3%, 51.8%); this is also true for girls and boys nationally (67.9%, 55.7%)—*US data not shown on graphs*
- In high school, white students are significantly more likely than black students to have exercised in the past 30 days to control their weight (63.8%, 53.3%); this is also true for high school students nationally (62.3%, 52.6%)—*data not shown on graphs*
- From grade 9 through grade 12, in the 30 days prior to the survey, about 40% of students ate less food, fewer calories, or low-fat foods (dieted) for weight control
- High school girls are twice as likely as high school boys to have dieted in the past 30 days to control their weight; the difference in the rates is statistically significant (52.7%, 25.7%). The same significant difference is seen among US high school girls and boys (51.6%, 28.5%)—*US data not shown on graphs*
- The percentage of students who went without eating for 24 hours or more in the past 30 days in order to control their weight increases by grade from 7.4% to 10.8%
- High school girls are twice as likely as their male counterparts to have gone without eating for 24 hours or more in the past 30 days to control their weight; the difference in the rates is statistically significant (12%, 6.2%). The same significant difference is seen among US high school girls and boys (14.5%, 6.9%)—*US data not shown on graphs*
- The percentage of students who took laxatives or diet pills (without a doctor's advice) or vomited in the past 30 days to control their weight increases significantly from 3.7% in grade 9 to 8.2% in grade 12
- Among high school students, girls are significantly more likely than boys to have used laxatives or diet pills or vomited in the past 30 days to control their weight (6.8%, 3.8%). This is also true for high school girls and boys nationally (6.3%, 3.8%)—*US data not shown on graphs*



*In the past 30 days

BODY IMAGE

● The percentage of boys who describe themselves as slightly or very overweight increases by grade from 20.5% in grade 9 to 29.2% in grade 12; for girls, the percentage varies by grade between 26.8% in grade 10 and 29.3% in grade 12

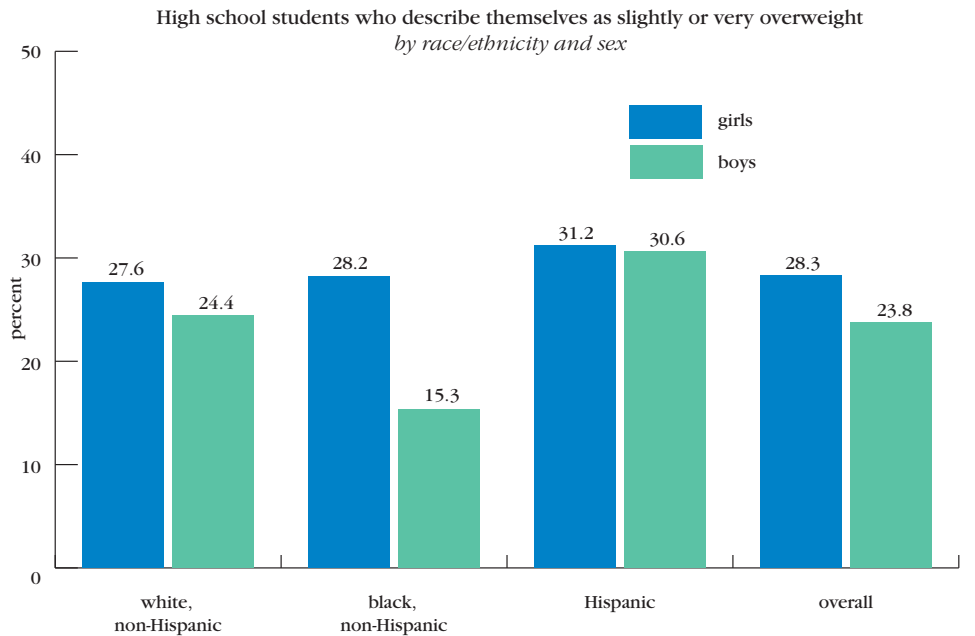
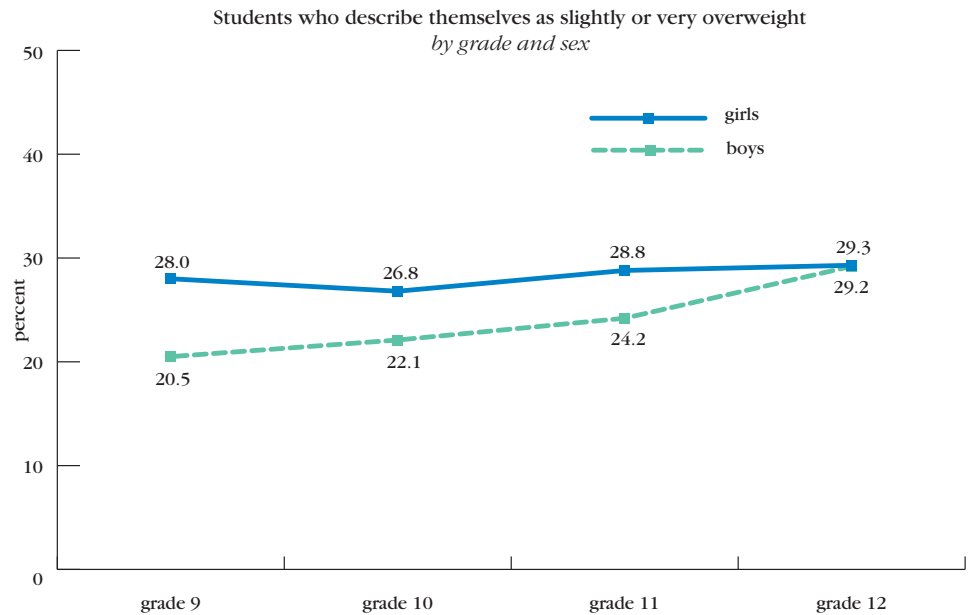
● In grades 9 through 12, about one in five girls are overweight or obese (data not shown on graphs); yet more than one in four describe themselves as slightly or very overweight

● Approximately 20,000 high school boys (23.8%) describe themselves as slightly or very overweight, while 26,000 or 30.4% are classified as overweight or obese (data not shown on graphs)

● Approximately 23,000 high school girls (28.3%) describe themselves as slightly or very overweight, while significantly fewer (14,000 or 18.9%) are classified as overweight or obese (data not shown on graphs)

● Nationally, 31% of high school boys are overweight or obese, while significantly fewer (22.7%) consider themselves overweight. Among US high school girls, 24.2% are overweight or obese, while significantly more (33.1%) believe they are overweight—data not shown on graphs

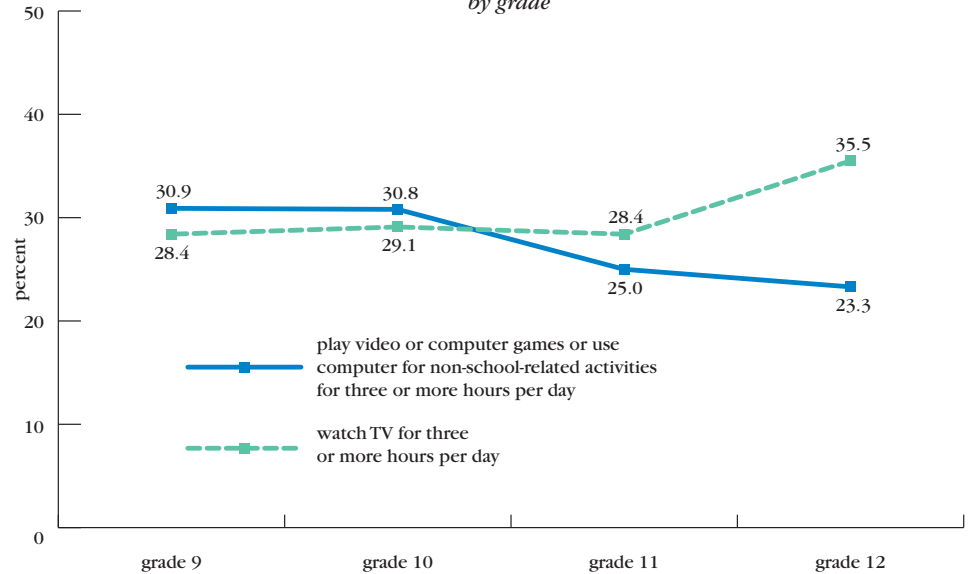
● In high school, black girls are significantly more likely than their male counterparts to describe themselves as slightly or very overweight (28.2%, 15.3%); this same statistically significant difference is seen among US high school black girls and boys (28.7%, 17.2%)—US data not shown on graphs



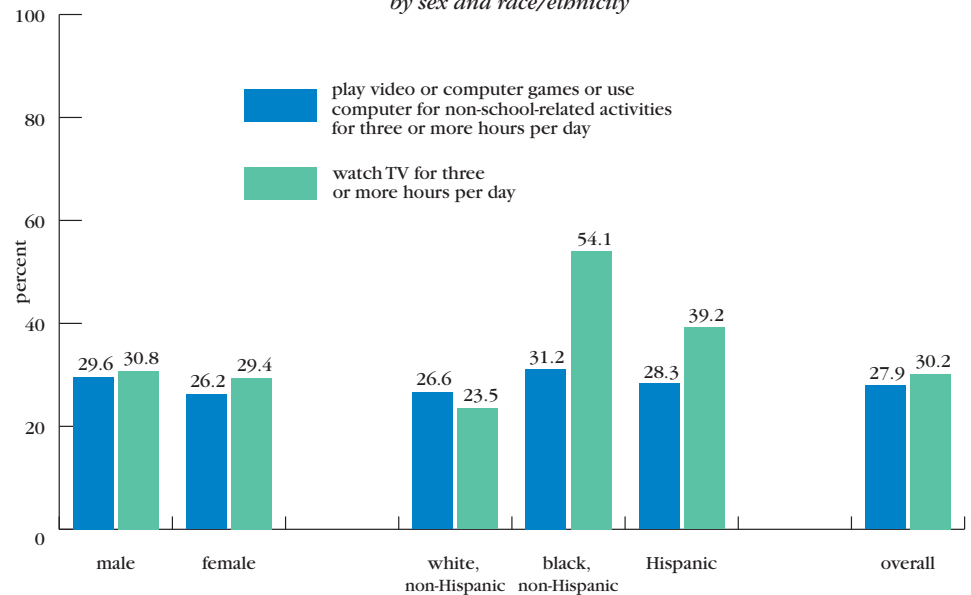
SCREEN TIME

- Between grades 9 and 12, the percentage of students who play video or computer games or use a computer for something other than schoolwork, for three or more hours per day on an average school day, decreases from 30.9% to 23.3%
- The percentage of students who watch three or more hours of television on an average school day increases from 28.4% in grade 9 to 35.5% in grade 12
- Students in grade 12 are significantly more likely to watch three or more hours of television on an average school day than they are to play video/computer games or use a computer for something other than schoolwork for three or more hours (35.5%, 23.3%)
- For high school students, the difference in the rate between boys and girls for playing video/computer games or using the computer for something other than schoolwork, three or more hours on an average school day, is not statistically significant (29.6%, 26.2%). Nor are there any statistically significant differences in the rates between any of the race/ethnic groups
- White high school students are significantly less likely than their black or Hispanic counterparts to watch three or more hours of television on an average school day (23.5%, 39.2%, respectively); the difference in the rate between Hispanic and black students is also statistically significant. The same statistically significant differences are seen between US white, black, and Hispanic high school students (24.8%, 55.5%, 41.9%, respectively)—*US data not shown on graphs*

Students who play video or computer games and students who watch TV for three or more hours per day on an average school day by grade



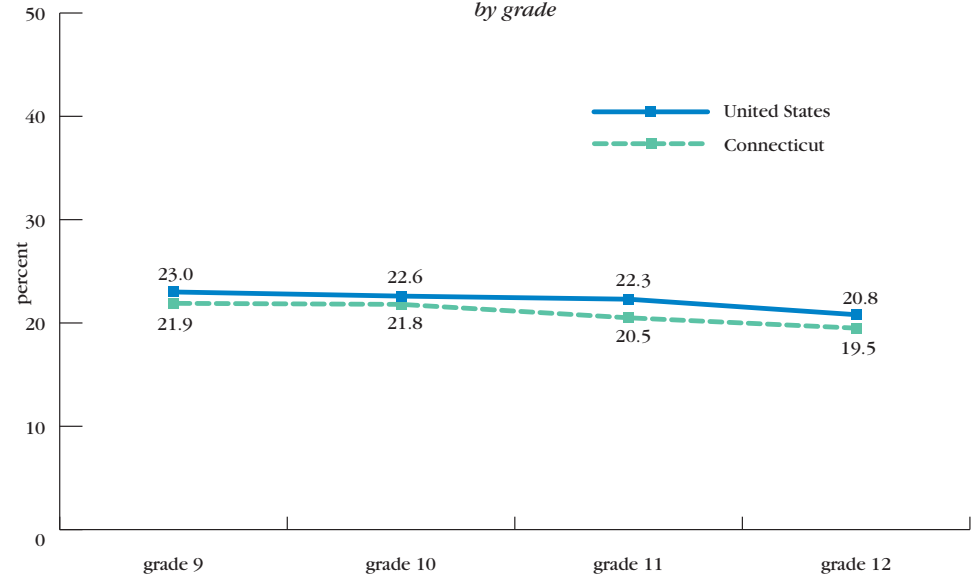
High school students who play video or computer games and students who watch TV for three or more hours per day on an average school day by sex and race/ethnicity



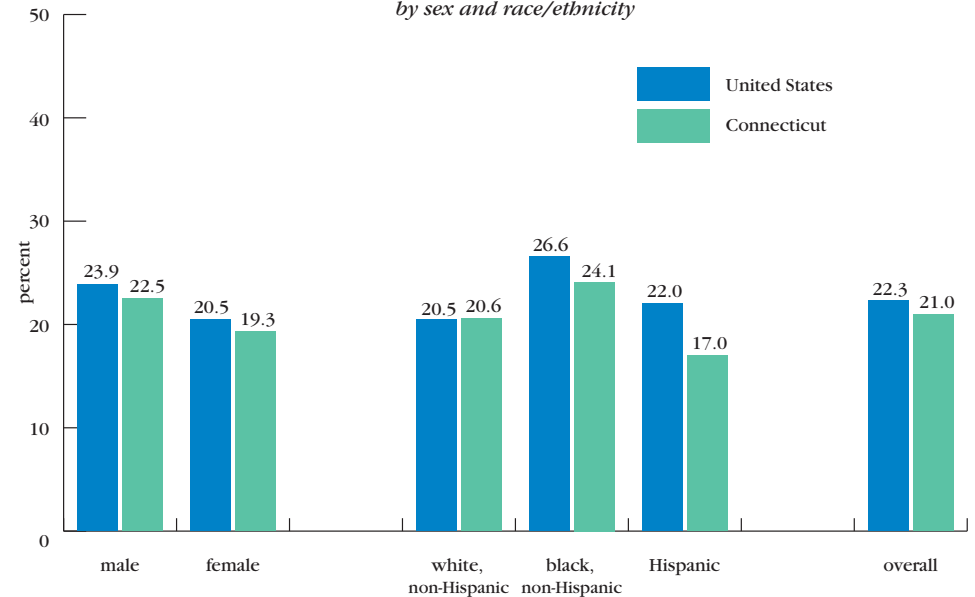
FRUIT AND VEGETABLE CONSUMPTION

- An estimated 34,000 Connecticut high school students (21%) ate fruits and vegetables five or more times per day during the seven days prior to the survey
 - » 18,000 high school boys (22.5%)
 - » 16,000 high school girls (19.3%)
- In every grade, the percentages of Connecticut and US high school students who ate fruits and vegetables five or more times per day in the past week are nearly equal
- In Connecticut, high school boys are more likely than high school girls to have eaten fruits and vegetables five or more times per day in the seven days prior to the survey (22.5%, 19.3%). Nationally, the rate for high school boys is significantly higher than it is for their female counterparts (23.9%, 20.5%)
- Black high school students in Connecticut are significantly more likely than Hispanic students to have eaten fruits and vegetables five or more times per day in the past week (24.1%, 17%). Nationally, the rate for black high school students is significantly higher than it is for white students (26.6%, 20.5%)

Connecticut and US students who ate fruits and vegetables five or more times per day during the past seven days
by grade



Connecticut and US high school students who ate fruits and vegetables five or more times per day during the past seven days
by sex and race/ethnicity



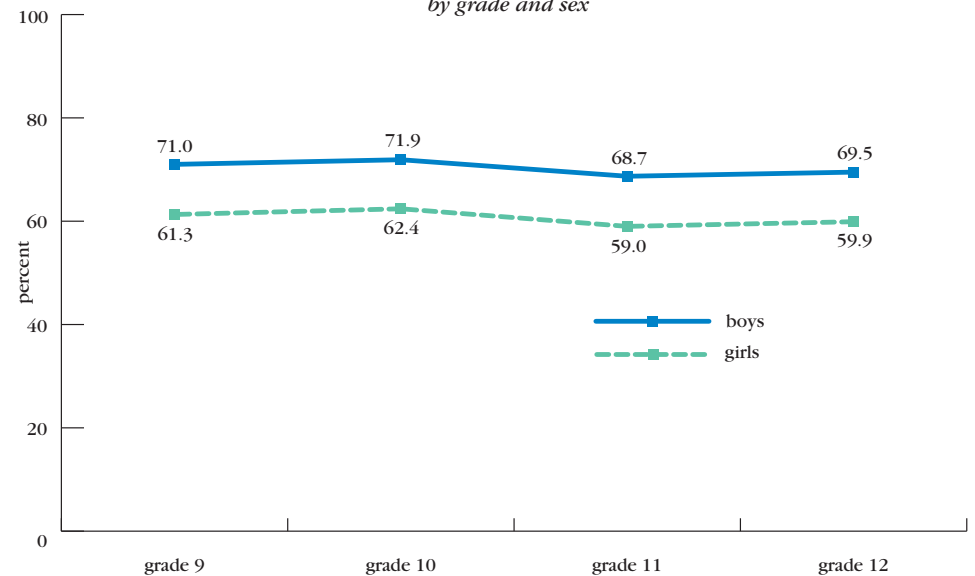


Protective Factors And Other Health-Related Topics

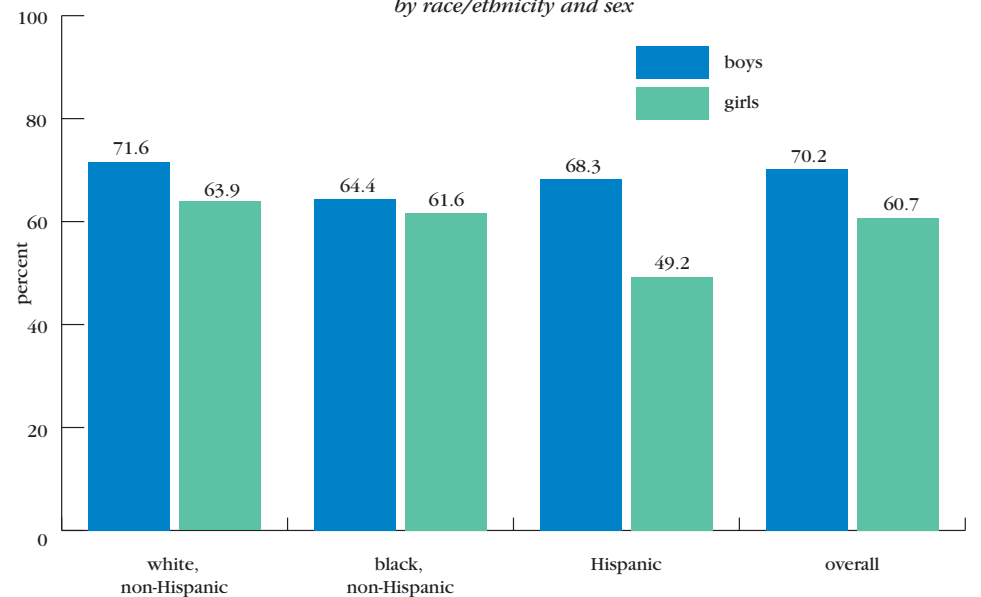
GENERAL HEALTH

- Approximately 110,000 high school students (65.5%) describe their general health as very good or excellent
 - » 60,000 high school boys (70.2%)
 - » 50,000 high school girls (60.7%)
- For both high school boys and girls, the percentage who describe their general health as very good or excellent does not vary significantly by grade
- Among high school students, boys who are non-smokers are significantly more likely than boys who smoke cigarettes to describe their health as very good or excellent (73.2%, 58.4%). The same is true for girls (63.1%, 48.3%)—*data not shown on graphs*
- High school Hispanic boys are significantly more likely than their female counterparts to describe their general health as very good or excellent (68.3%, 49.2%)
- High school students who describe themselves as underweight or about the right weight are significantly more likely than students who describe themselves as overweight to say that their general health is very good or excellent (73.5%, 42.6%)—*data not shown on graphs*
- Boys in high school are significantly more likely than their female peers to say their general health is very good or excellent (70.2%, 60.7%)
- High school students who do not currently smoke marijuana are significantly more likely than students who currently smoke marijuana to describe their health in general as very good or excellent (67.9%, 57.9%)—*data not shown on graphs*

Students who describe their general health as very good or excellent
by grade and sex

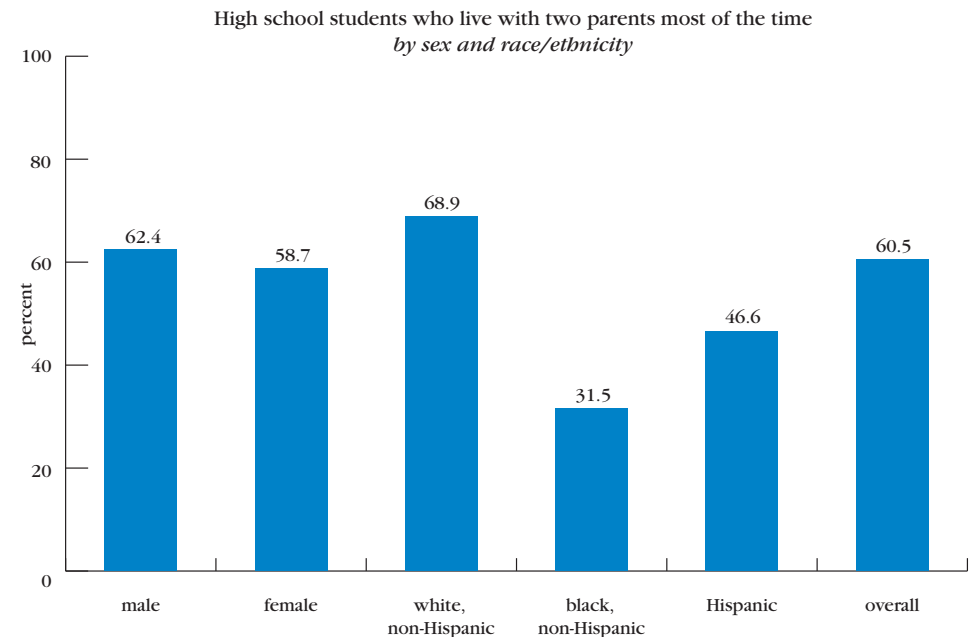
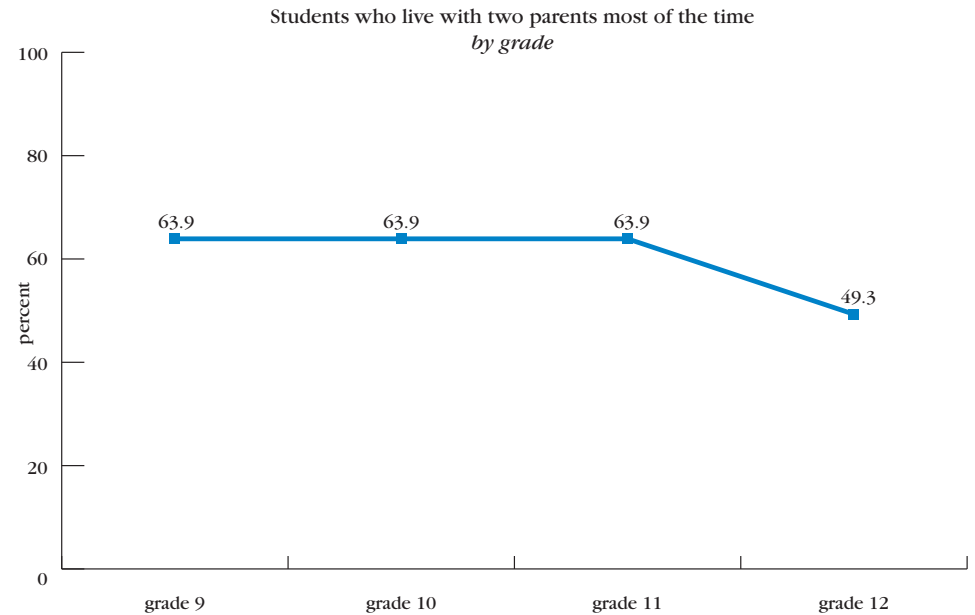


High school students who describe their general health as very good or excellent
by race/ethnicity and sex



TWO PARENT HOUSEHOLDS

- From grade 9 through grade 11, 63.9% of students say that they live with two parents (natural or adoptive) most of the time; the percentage drops significantly in grade 12 to 49.3%
- Overall, about 60% of high school students live with two parents most of the time
- High school boys who live with two parents most of the time are significantly less likely to report feeling sad or hopeless every day for two weeks or more in a row during the past year than are their counterparts who do not live with two parents (13.2%, 23.8%)—*data not shown on graphs*
- Among high school students who do not live with two parents most of the time, girls are significantly more likely than boys to have felt sad or hopeless every day for two weeks or more in a row during the past year (37.9%, 23.8%)—*data not shown on graphs*
- White high school students are significantly more likely than black students and Hispanic students to live with two parents most of the time (68.9%, 31.5%, 46.6%, respectively). The difference between Hispanic and black students is also statistically significant
- High school boys who live with two parents most of the time are significantly less likely than their counterparts who do not live with two parents most of the time to have ever had sexual contact (53.4%, 70.8%); to have ever had sexual intercourse (33.9%, 57.2%); or to be currently sexually active (22.5%, 39.4%)—*data not shown on graphs*
- High school girls who live with two parents most of the time are significantly less likely than their counterparts who do not live with two parents most of the time to have ever had sexual contact (52.3%, 69.8%); to have ever had sexual intercourse (28.3%, 52.3%); or to be currently sexually active (21.8%, 42.7%)—*data not shown on graphs*
- High school students who live with two parents most of the time are significantly less likely to have received mostly Ds or Fs in school during the past year than are their counterparts who do not live with two parents most of the time (2.3%, 7.9%)—*data not shown on graphs*

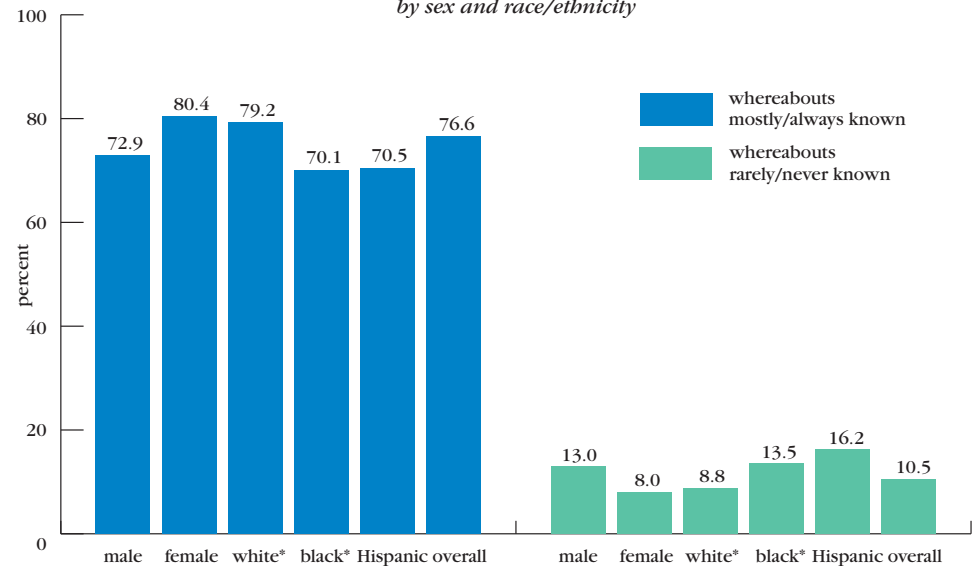


ADULT SUPERVISION

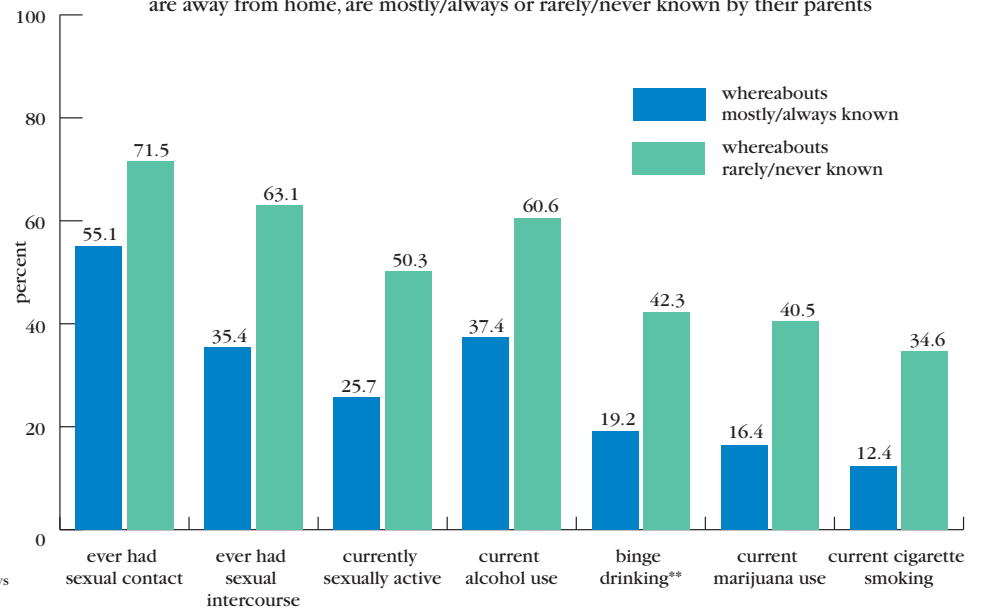
High school students were asked, “When you are away from home how often do your parents or other adults in your family know where you are?”

- Girls are significantly more likely than boys to say “most of the time” or “always” (80.4%, 72.9%)
- Boys are significantly more likely than girls to say “rarely” or “never” (13%, 8%)
- White students are significantly more likely than Hispanic students to say “most of the time” or “always” (79.2%, 70.5%)
- Hispanic students are significantly more likely than white students to say “rarely” or “never” (16.2%, 8.8%)
- Students who answered “most of the time” or “always” are significantly less likely than students who answered “rarely” or “never” to have ever had sexual contact (55.1%, 71.5%); to have ever had sexual intercourse (35.4%, 63.1%); or to be currently sexually active (25.7%, 50.3%)
- Students who answered “most of the time” or “always” are significantly less likely than students who answered “rarely” or “never” to have engaged in the following health-risk behaviors during the past 30 days:
 - » Alcohol use (37.4%, 60.6%)
 - » Binge drinking (19.2%, 42.3%)
 - » Marijuana use (16.4%, 40.5%)
 - » Cigarette smoking (12.4%, 34.6%)

High school students whose whereabouts, when they are away from home, are mostly/always or rarely/never known by their parents by sex and race/ethnicity



Health-risk behaviors among high school students whose whereabouts, when they are away from home, are mostly/always or rarely/never known by their parents



*non-Hispanic
**In the past 30 days



ADULT GUIDANCE

High school students were asked, “When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?” *

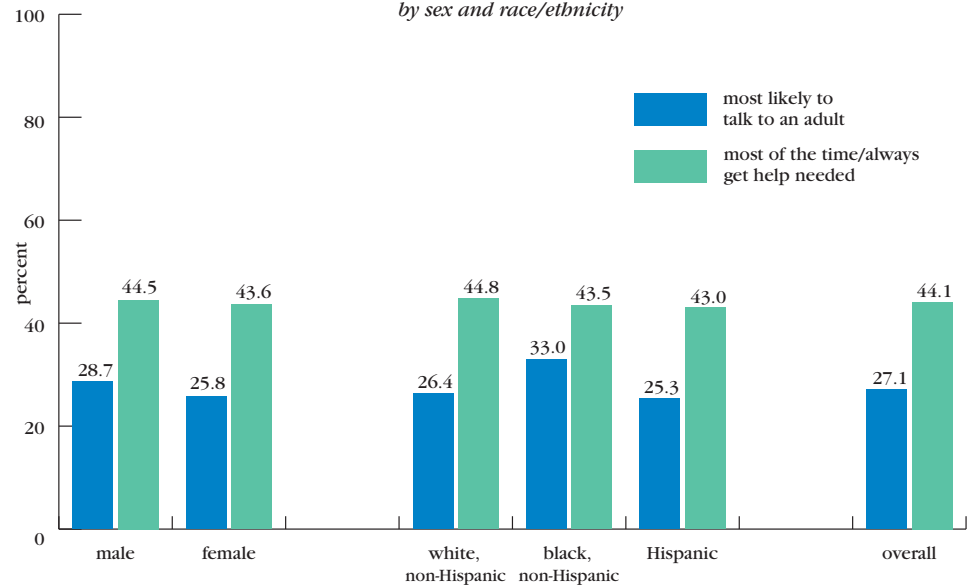
- Seventy-six percent (76%) of high school students said they have felt sad, empty, hopeless, angry, or anxious (*data not shown on graphs*), of these students:
- Approximately one-quarter would most likely talk to an adult (parent or other adult family member, teacher or other adult at school, or other adult) about their feelings (27.1%)
- Boys are slightly more likely than girls to say they would speak to an adult (28.7%, 25.8%)
- Black students are more likely than white or Hispanic students to most likely speak to an adult (33%, 26.4%, 25.3%, respectively)

High school students were asked, “When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?” **

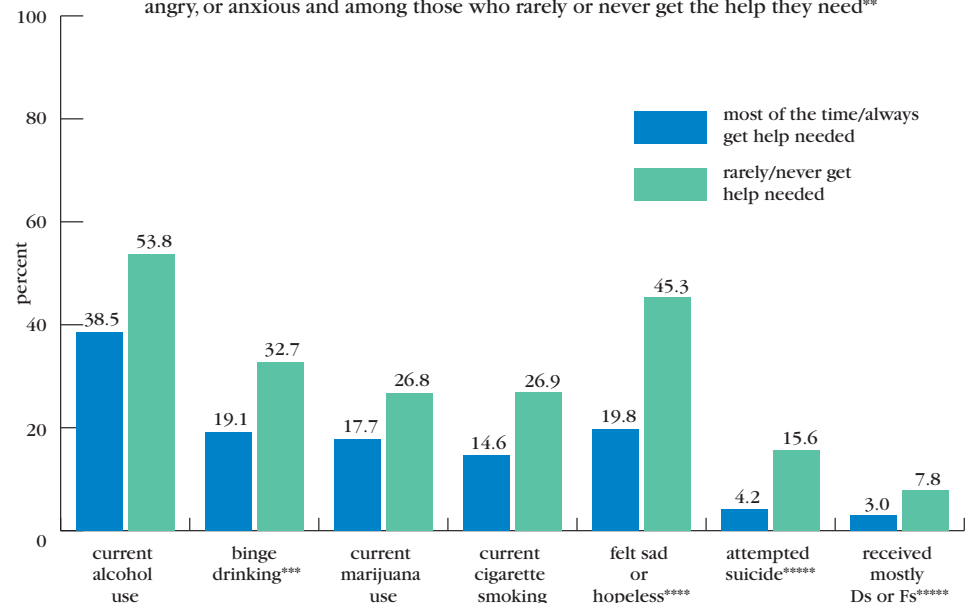
- Less than one-half of students say they most of the time or always get the kind of help they need (44.1%)
- Students who answered “most of the time” or “always” are significantly less likely than students who answered “rarely” or “never” to have engaged in the following health-risk behaviors during the past 30 days:
 - » Alcohol use (38.5%, 53.8%)
 - » Binge drinking (19.1%, 32.7%)
 - » Marijuana use (17.7%, 26.8%)
 - » Cigarette smoking (14.6%, 26.9%)
- Students who said “most of the time” or “always” are significantly less likely than students who said “rarely” or “never” to have, in the past 12 months, felt sad or hopeless for two weeks or more in a row (19.8%, 45.3%) or to have attempted suicide (4.2%, 15.6%)
- Students who answered “most of the time” or “always” are significantly less likely than students who answered “rarely” or “never” to describe their grades in the past year as mostly Ds or Fs (3%, 7.8%)

* Students who answered that they were unsure of who they would most likely talk to were excluded from this analysis.
 ** Among the 76% of high school students who have felt sad, empty, hopeless, angry, or anxious.
 *** In the past 30 days
 **** For two weeks or more in a row in the past 12 months
 ***** In the past 12 months

High school students who would most likely talk to an adult* if they feel sad, empty, hopeless, angry, or anxious and those who most of the time or always get the help they need when they feel that way** by sex and race/ethnicity



Health-risk behaviors among high school students who most of the time or always get the help they need when they feel sad, empty, hopeless, angry, or anxious and among those who rarely or never get the help they need**



FAMILY LOVE AND SUPPORT

High school students were asked, “Do you agree or disagree that your family loves you and gives you help and support when you need it?”

- Boys are significantly more likely than girls to agree or strongly agree (87.7%, 82.4%)

- White students are significantly more likely than black students and Hispanic students to agree or strongly agree (87.8%, 80.4%, 78.6%, respectively)

- Students who answered “agree” or “strongly agree” are significantly less likely than students who answered “not sure,” “disagree,” or “strongly disagree” to have ever had sexual contact (57.1%, 73.9%); to have ever had sexual intercourse (37.5%, 56.6%); or to be currently sexually active (26.4%, 47.1%)

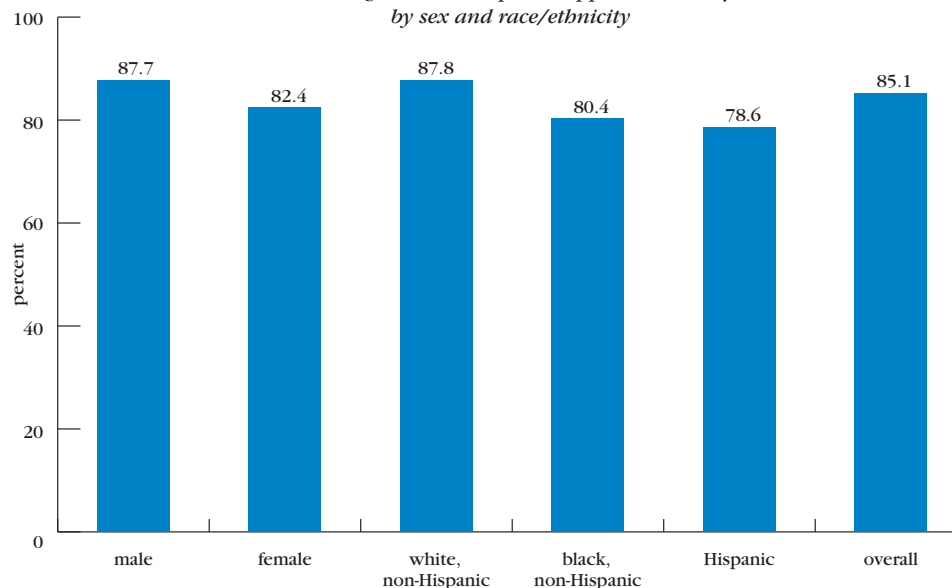
- Students who answered “agree” or “strongly agree” are significantly less likely than students who answered “not sure,” “disagree,” or “strongly disagree” to have engaged in the following health-risk behaviors during the past 30 days:

- » Alcohol use (41.9%, 54.1%)
- » Binge drinking (22.6%, 33.3%)
- » Marijuana use (19.8%, 32.2%)
- » Cigarette smoking (15.7%, 28.2%)

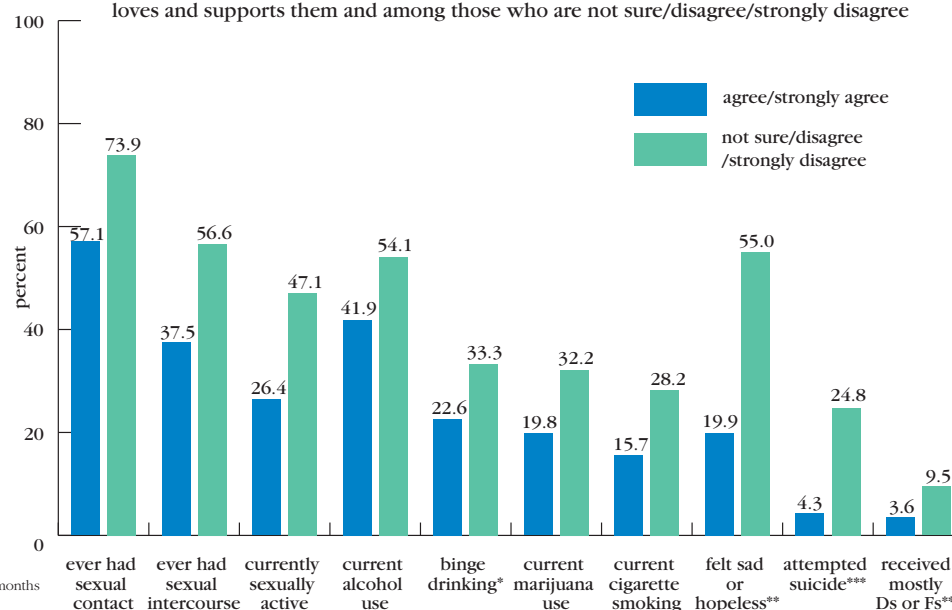
- Students who agree or strongly agree are significantly less likely than students who are not sure, disagree, or strongly disagree to have, in the past 12 months, felt sad or hopeless for two weeks or more in a row (19.9%, 55%) or to have attempted suicide (4.3%, 24.8%)

- Students who answered “agree” or “strongly agree” are significantly less likely than students who answered “not sure,” “disagree,” or “strongly disagree” to describe their grades in the past year as mostly Ds or Fs (3.6%, 9.5%)

High school students who agree/strongly agree that their family loves them and gives them help and support when they need it by sex and race/ethnicity



Health-risk behaviors among high school students who agree/strongly agree that their family loves and supports them and among those who are not sure/disagree/strongly disagree



*In the past 30 days

**For two weeks or more in a row in the past 12 months

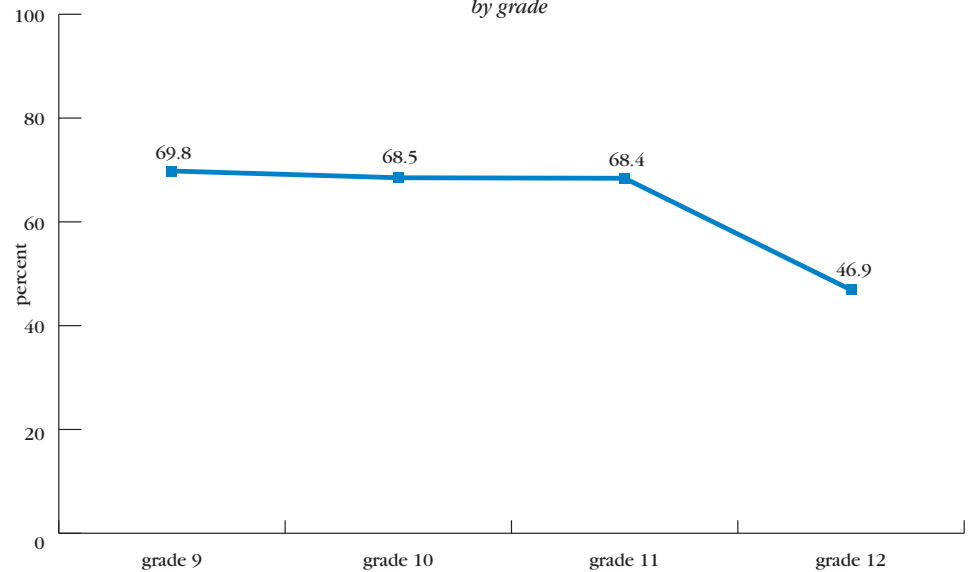
***In the past 12 months



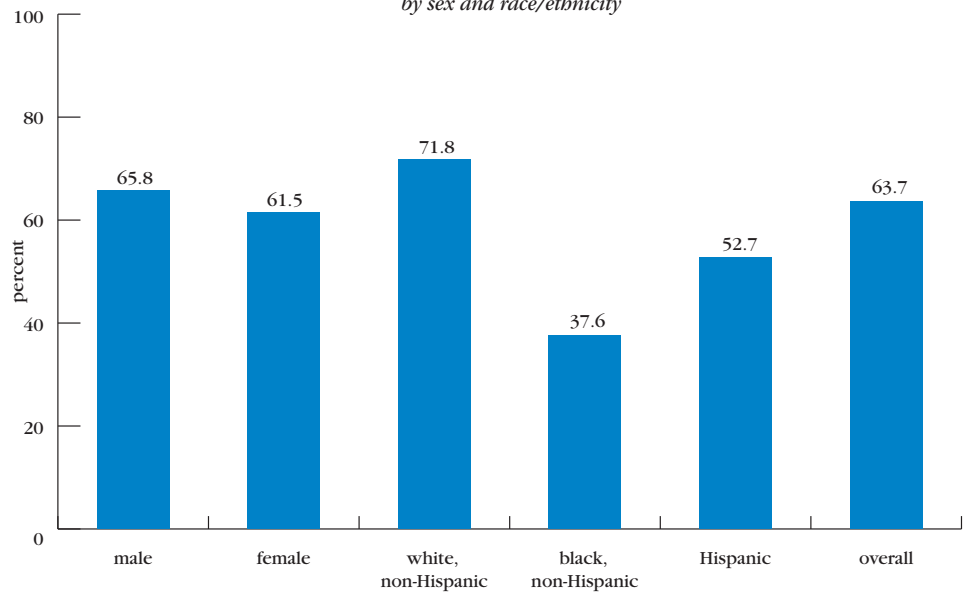
FAMILY MEALS

- From grade 9 through grade 11, nearly 70% of students say they ate at least one meal with their family on three or more of the past seven days; the percentage drops significantly to about 47% in grade 12
- Approximately two-thirds of high school students had at least one meal with their family on three or more of the seven days prior to the survey
- White high school students are significantly more likely than their black or Hispanic counterparts to have eaten at least one meal with their family on three or more of the past seven days (71.8%, 37.6%, 52.7%, respectively). The difference between Hispanic and black high school students is also statistically significant
- High school students who ate at least one meal with their family on three or more days in the week prior to the survey are significantly less likely than their counterparts who had fewer meals with their family in the past week to have ever had sexual contact (55.9%, 66.9%); to have ever had sexual intercourse (34.8%, 50.8%); or to be currently sexually active (25.5%, 36.8%). Additionally, they are significantly less likely to have felt sad or hopeless for two weeks or more in a row in the past year (20.7%, 32.9%); to have attempted suicide in the past year (4.9%, 11.2%); to describe their general health as fair or poor (5%, 11.6%); or to say they received mostly Ds or Fs in school during the past year (3.4%, 6.4%)—*data not shown on graphs*

Students who ate at least one meal with their family on three or more of the past seven days
by grade



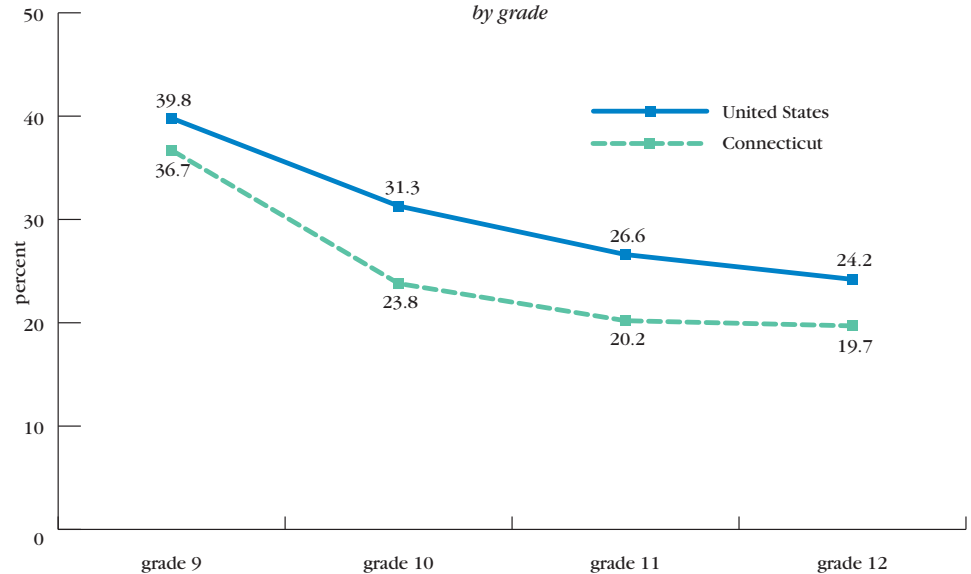
High school students who ate at least one meal with their family on three or more of the past seven days
by sex and race/ethnicity



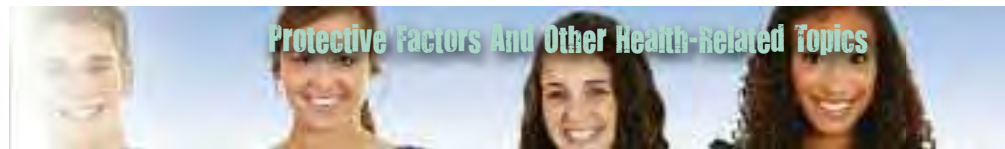
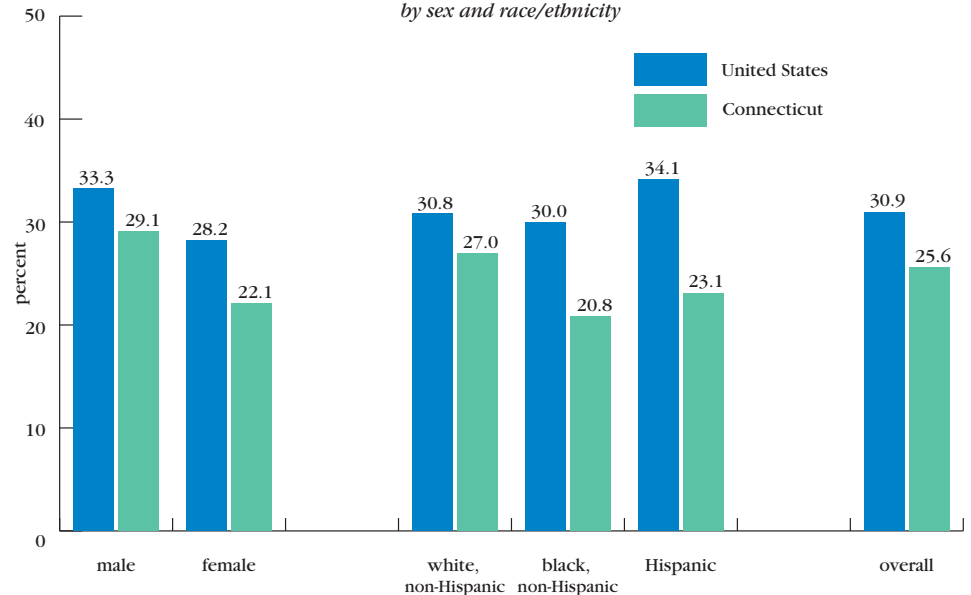
SLEEP

- The percentage of Connecticut high school students who get eight or more hours of sleep on an average school night decreases by grade from 36.7% to 19.7%
- Connecticut students in grade 9 are significantly more likely than students in grades 10 through 12 to get eight or more hours of sleep on an average school night
- In each grade (9-12), US students are more likely than Connecticut students to get at least eight hours of sleep on an average school night. The difference in grade 10 is statistically significant (31.3%, 23.8%)
- Only about one-quarter of Connecticut high school students get eight or more hours of sleep on an average school night. This is significantly less than the 30.9% of US students who do
- For high school students in Connecticut and the US, boys are significantly more likely than girls to get eight or more hours of sleep on an average school night
- Connecticut high school girls are significantly less likely than their national counterparts to get eight or more hours of sleep on an average school night (22.1%, 28.2%)
- Connecticut high school students who currently drink alcohol are significantly less likely than their peers who do not currently drink to get eight or more hours of sleep on an average school night (21.8%, 29.1%). The same is true for high school students nationally (24.8%, 35.1%)—*data not shown on graphs*
- Black high school students in Connecticut are significantly less likely than US black high school students to get eight or more hours of sleep on an average school night (20.8%, 30%). The same is true for Hispanic high school students (23.1%, 34.1%)
- Connecticut high school students who currently smoke cigarettes are significantly less likely than their peers who do not currently smoke to get eight or more hours of sleep on an average school night (18%, 27.1%). The same is true for high school students nationally (23.6%, 32.8%)—*data not shown on graphs*
- Connecticut high school students who say that their grades in the past 12 months were mostly Ds or Fs are significantly less likely to get eight or more hours of sleep on an average school night than are their counterparts who report that their grades in the past year were mostly Cs or better (12%, 26.4%). The same is true for high school students nationally (23.2%, 31.2%)—*data not shown on graphs*

Connecticut and US students who get eight or more hours of sleep on an average school night
by grade



Connecticut and US high school students who get eight or more hours of sleep on an average school night
by sex and race/ethnicity



ORGANIZED ACTIVITIES OUTSIDE OF SCHOOL

● Students in grades 9 and 10 are significantly more likely than those in grade 12 to have participated in organized activities outside of school in the past week (70.6%, 69.9%, 56.4%, respectively)

● High school students who did not participate in organized activities outside of school in the past week are about three times more likely than their counterparts who did participate to describe their grades in school during the past year as mostly Ds or Fs (8%, 2.7%). The difference is statistically significant—*data not shown on graphs*

● High school students who participated in organized activities outside of school in the past week are significantly less likely than their counterparts who did not participate to have ever had sexual contact (56.6%, 65.1%); to have ever had sexual intercourse (35.4%, 50.1%); or to be currently sexually active (25.3%, 37.8%)—*data not shown on graphs*

● White high school students are significantly more likely than Hispanic students to have taken part in organized, out-of-school activities in the past seven days (71.5%, 62.8%)

● High school students who participated in organized activities outside of school in the past week are significantly less likely than their counterparts who did not participate to have smoked cigarettes (13.8%, 25.3%) or marijuana in the past 30 days (18.3%, 28.6%)—*data not shown on graphs*

● High school girls who participated in organized activities outside of school in the past week are significantly less likely than their counterparts who did not participate to have felt sad or hopeless for two weeks or more in a row during the past year (29.5%, 40.3%)—*data not shown on graphs*

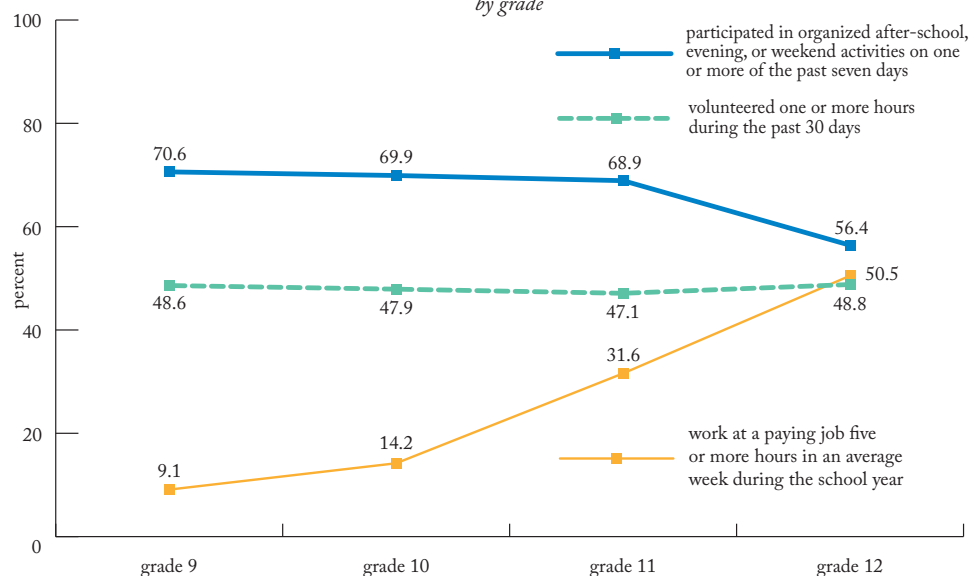
● Approximately 78,000 high school students spent one or more hours in the past 30 days helping other people without getting paid (volunteered) to make their community a better place for people to live: 37,000 high school boys (45.6%) and 41,000 high school girls (50.5%)

● White high school students are significantly more likely than their Hispanic counterparts to have volunteered in the past 30 days (50%, 41.6%)

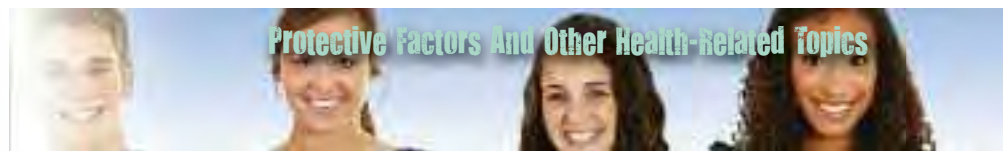
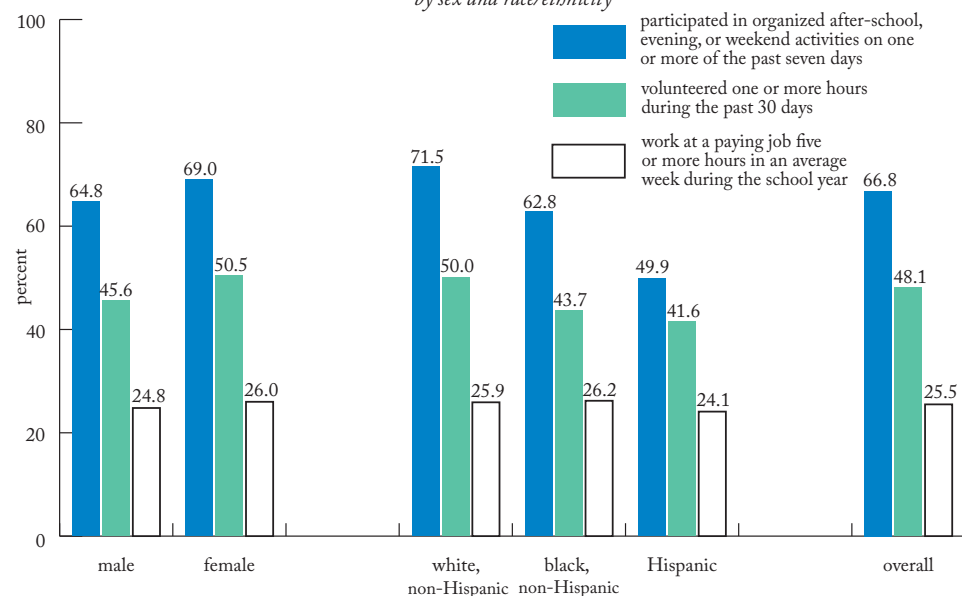
● An estimated 42,000 high school students work at a paying job outside their home five or more hours during an average week when they are in school: 21,000 high school boys (24.8%) and 21,000 high school girls (26%)

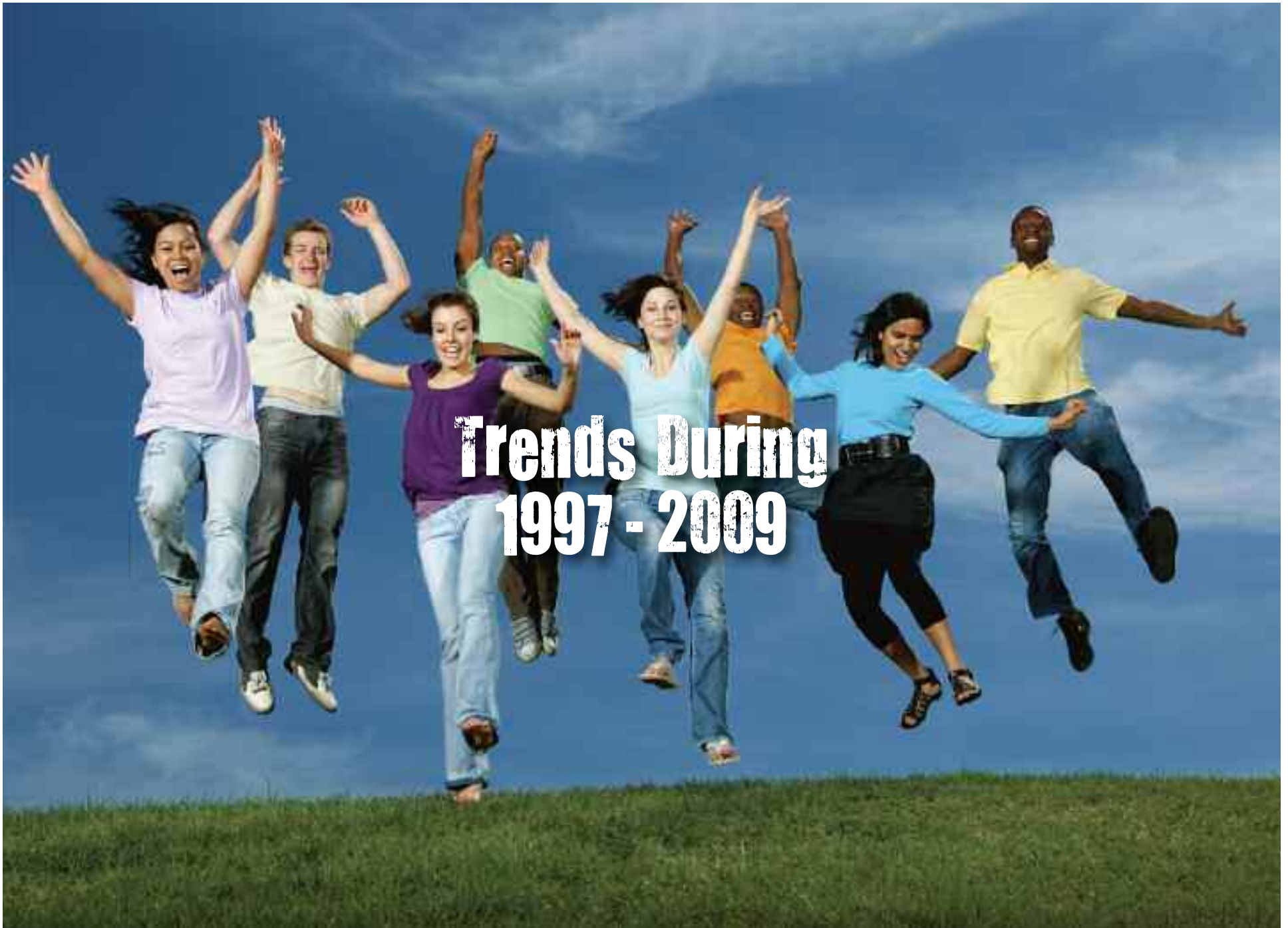
● Students in grade 12 are significantly more likely than those in grades 9, 10, and 11 to work five or more hours per week during the school year (50.5%, 9.1%, 14.2%, 31.6%, respectively)

Student participation in organized activities outside of school by grade



High school student participation in organized activities outside of school by sex and race/ethnicity

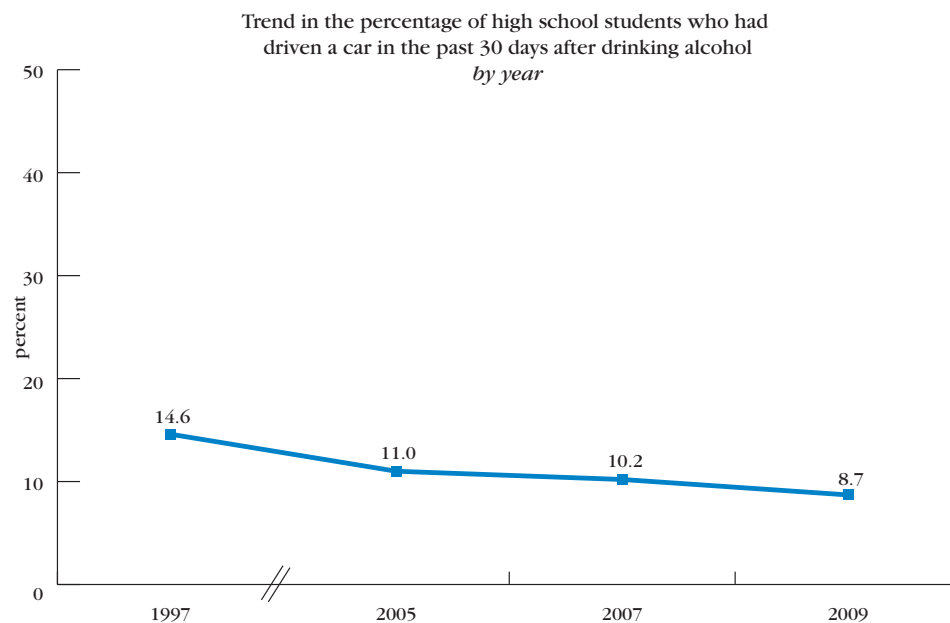
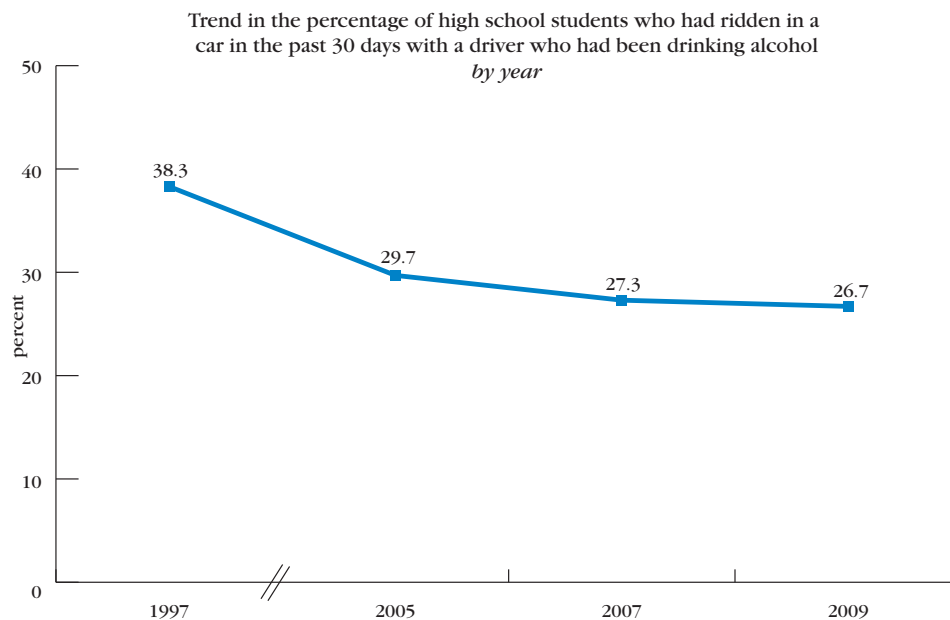




Trends During 1997 - 2009

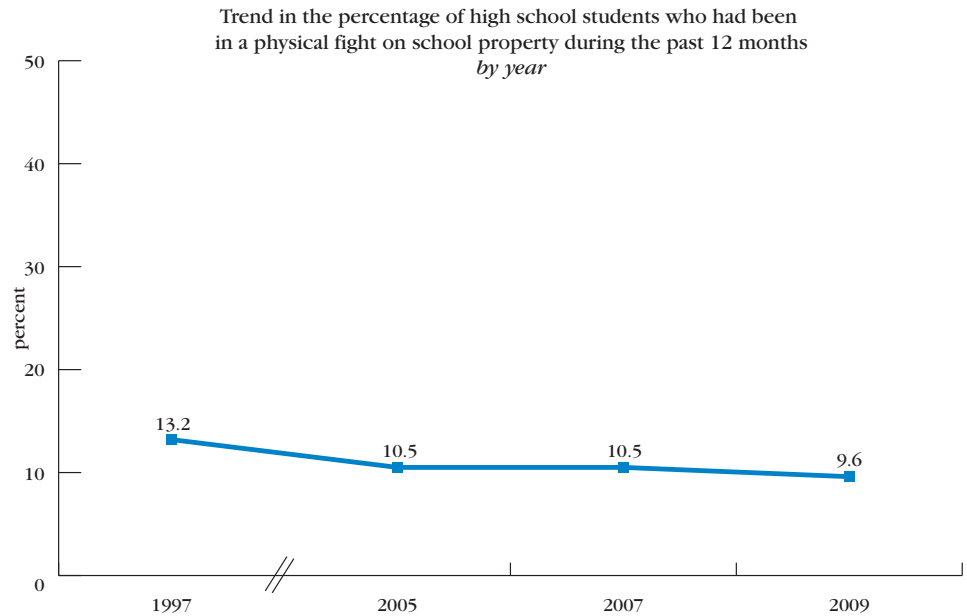
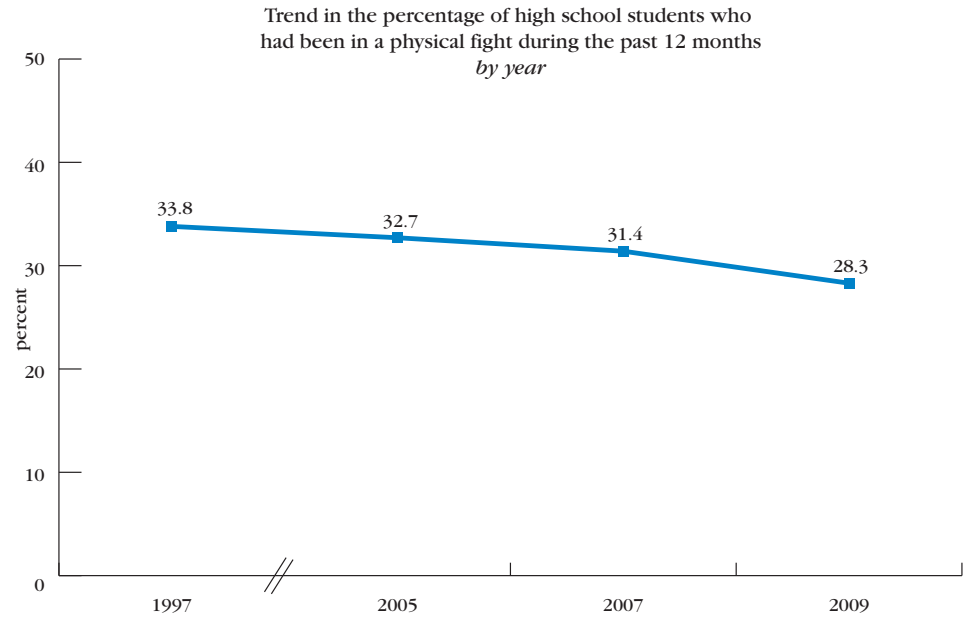
TRENDS IN DRIVING WHEN DRINKING ALCOHOL

- During 1997-2009, a significant linear decrease occurred in the percentage of 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 (38.3%-26.7%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (38.2%-24.9%), girls (38.4%-28.2%), white students (36.9%-27.3%), and Hispanic students (47%-28.9%) who had ridden in a car in the past 30 days with a driver who had been drinking alcohol—*data not shown on graphs*
- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had driven a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol (14.6%-8.7%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (18.6%-10.5%), girls (10.6%-6.6%), and white students (14.7%-9.5%) who had driven a car in the past 30 days when they had been drinking alcohol—*data not shown on graphs*



TRENDS IN PHYSICAL FIGHTING

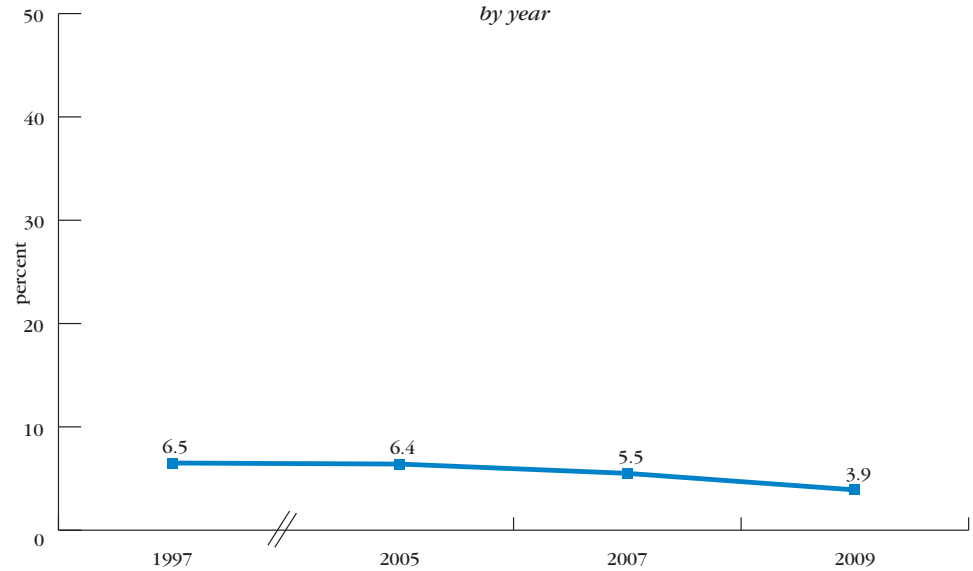
- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had been in a physical fight one or more times during the 12 months before the survey (33.8%-28.3%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (43.5%-35.7%) and white students (33.7%-26.5%) who had been in a physical fight during the past year—*data not shown on graphs*
- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had been in a physical fight on school property one or more times during the 12 months before the survey (13.2%-9.6%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (17.6%-13%) and white students (12.6%-8.6%) who had been in a physical fight on school property during the past year—*data not shown on graphs*



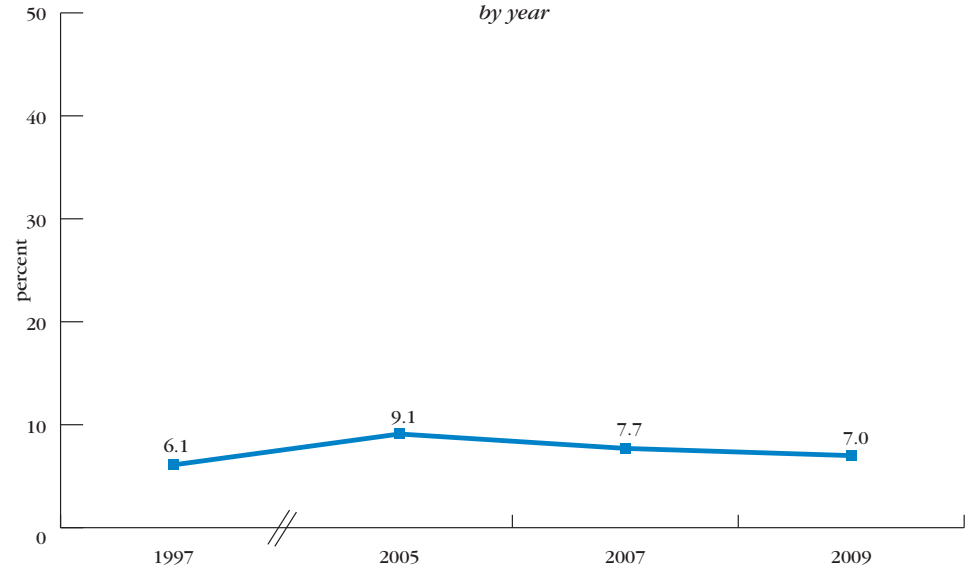
TRENDS IN WEAPONS ON SCHOOL PROPERTY

- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had carried a weapon (e.g., gun, knife, or club) on school property on at least 1 of the 30 days before the survey (6.5%-3.9%)
- During 2005-2009, a significant linear decrease occurred in the percentage of black high school students who had carried a weapon on school property on at least 1 of the 30 days before the survey (11.3%-4.2%)—*data not shown on graphs*
- The percentage of high school students who had been threatened or injured with a weapon on school property, one or more times during the 12 months before the survey, increased during 1997-2005 (6.1%-9.1%), and then decreased during 2005-2009 (9.1%-7%)

Trend in the percentage of high school students who had carried a weapon on school property during the past 30 days by year



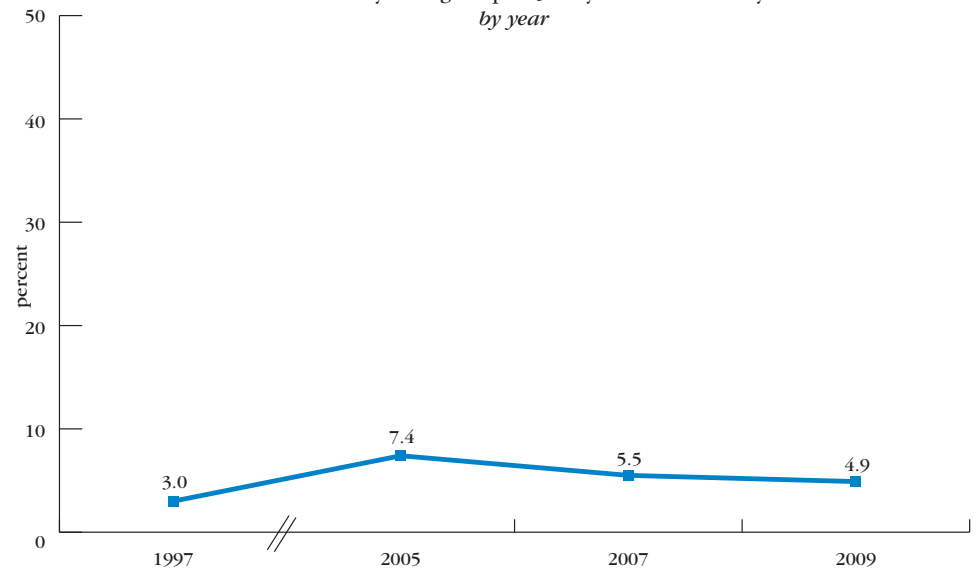
Trend in the percentage of high school students who had been threatened or injured with a weapon on school property during the past 12 months by year



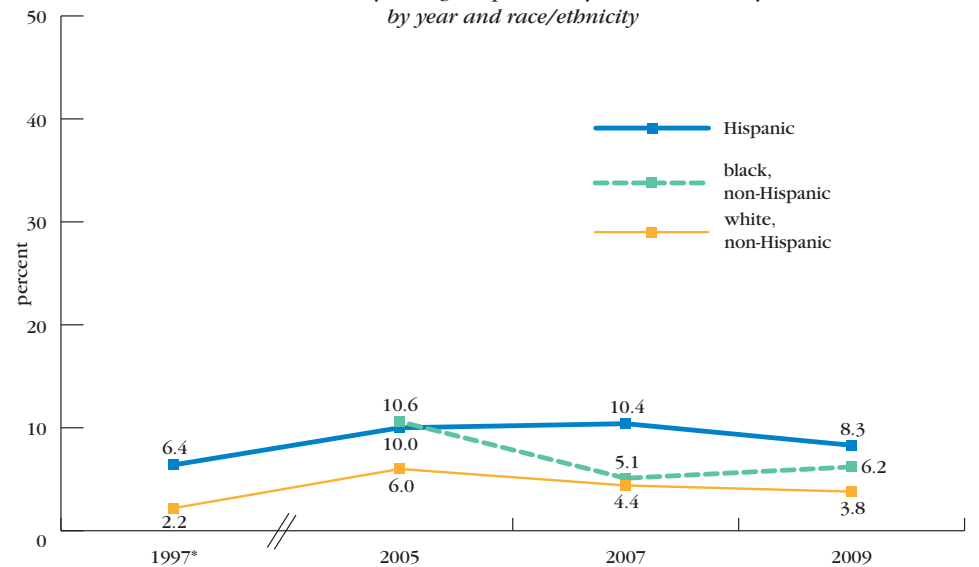
TRENDS IN PERSONAL SAFETY

- During 1997-2009, a significant linear increase occurred in the percentage of high school students who had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school (3%-4.9%)
- During 1997-2009, a significant linear increase occurred in the percentage of white high school students who had not gone to school because of safety concerns (2.2%-3.8%)

Trend in the percentage of high school students who had not gone to school on at least 1 day during the past 30 days because of safety concerns by year



Trend in the percentage of high school students who had not gone to school on at least 1 day during the past 30 days because of safety concerns by year and race/ethnicity



*Data for black, non-Hispanic students not available

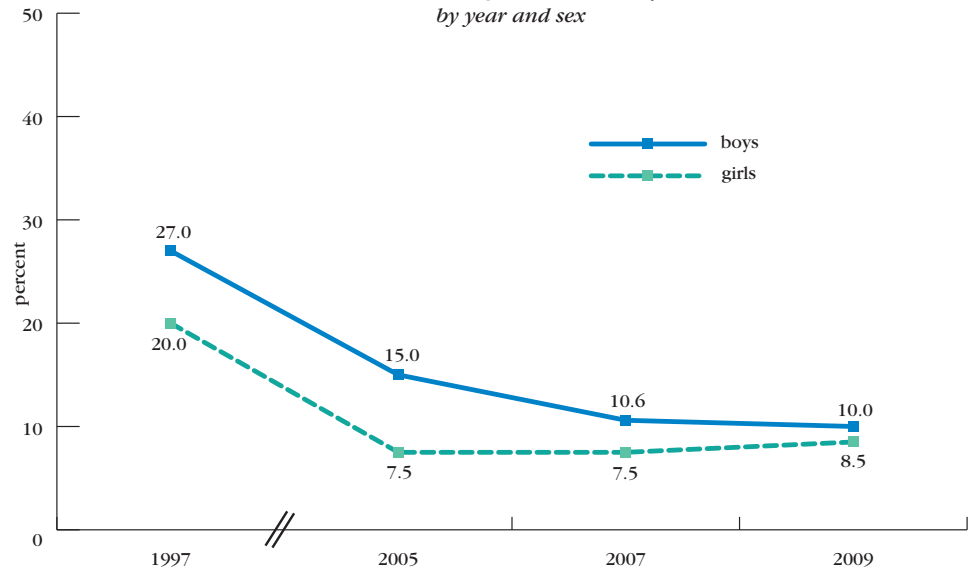


TRENDS IN PERSONAL SAFETY, *continued*

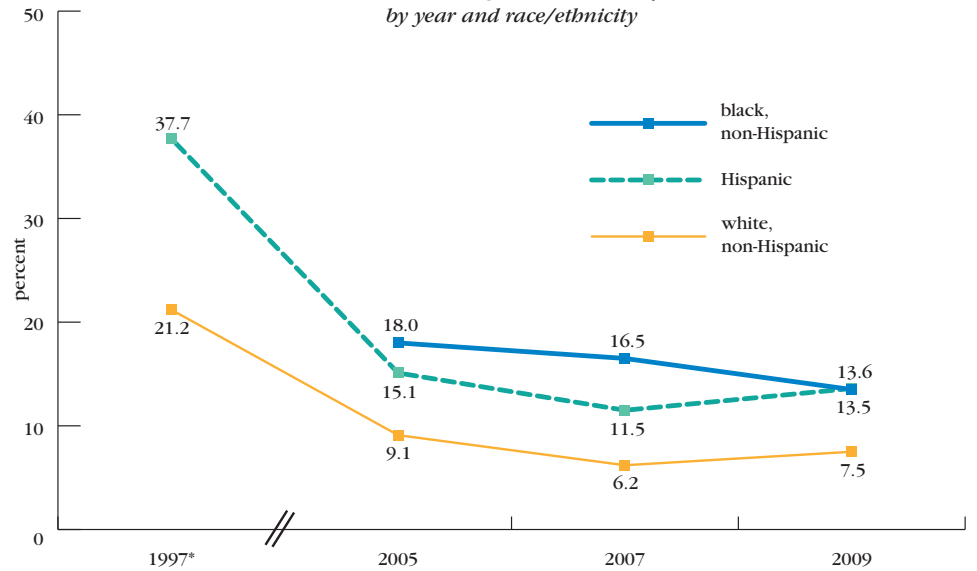
● During 1997-2009, a significant linear decrease occurred in the percentage of high school students who never or rarely wore a seat belt when riding in a car driven by someone else (23.6%-9.4%)—*data not shown on graphs*

● During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (27%-10%), girls (20%-8.5%), Hispanic students (37.7%-13.6%), and white students (21.2%-7.5%) who never or rarely wore a seat belt when riding in a car driven by someone else

The percentage of high school students who never or rarely wore a seat belt when riding in a car driven by someone else
by year and sex



The percentage of high school students who never or rarely wore a seat belt when riding in a car driven by someone else
by year and race/ethnicity



*Data for black, non-Hispanic students not available



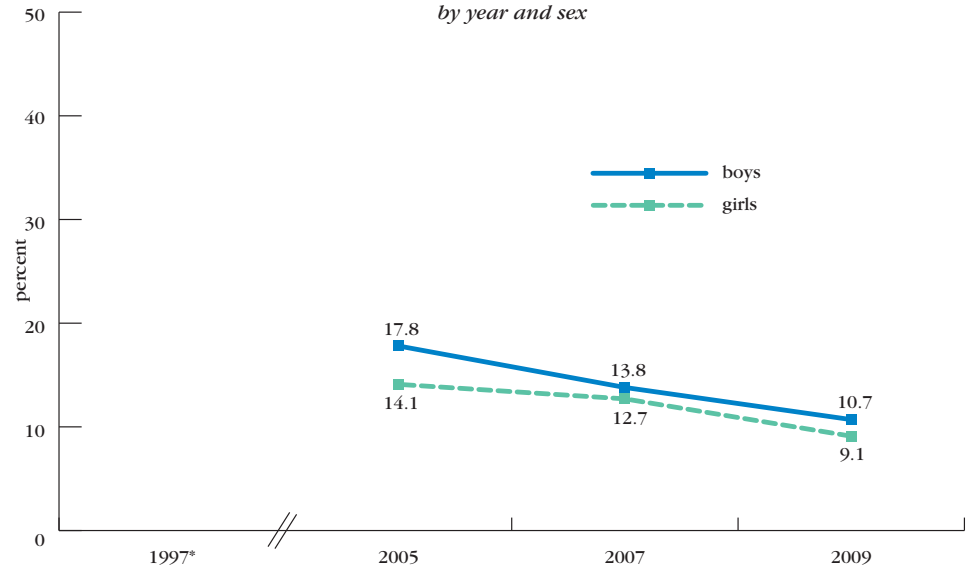
TRENDS IN DATING VIOLENCE

● During 2005-2009, a significant linear decrease occurred in the percentage of high school students who had ever been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (dating violence) during the 12 months before the survey (16%-9.9%)—*data not shown on graphs*

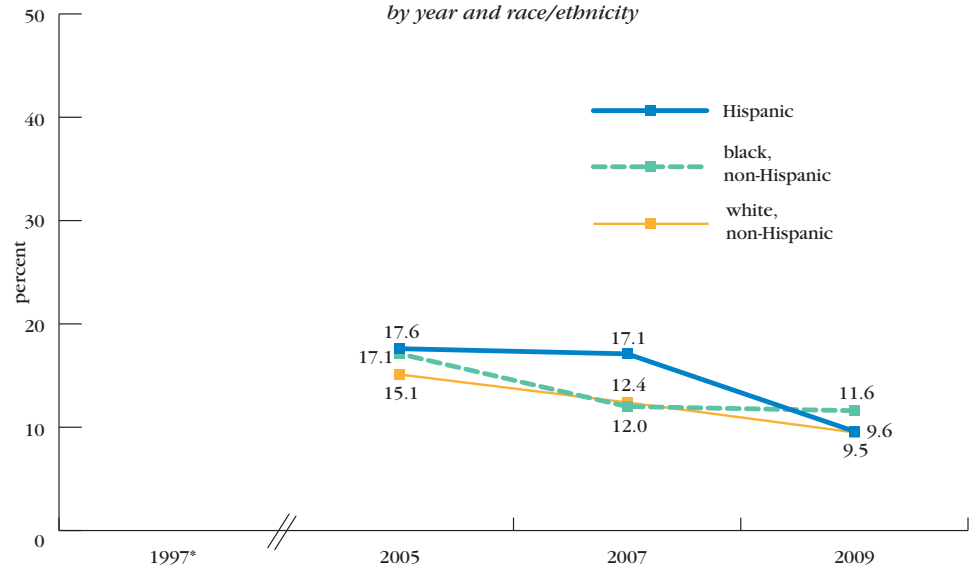
● During 2005-2009, a significant linear decrease occurred in the percentage of high school boys (17.8%-10.7%), girls (14.1%-9.1%), white students (15.1%-9.5%), and Hispanic students (17.6%-9.6%) who had experienced dating violence during the past 12 months

● During 2005-2009, the percentage of black high school students who had experienced dating violence during the past 12 months decreased, but the change was not enough to be statistically significant (17.1%-11.6%)

Trend in the percentage of high school students who had ever been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months by year and sex



Trend in the percentage of high school students who had ever been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months by year and race/ethnicity



*Question not asked in 1997



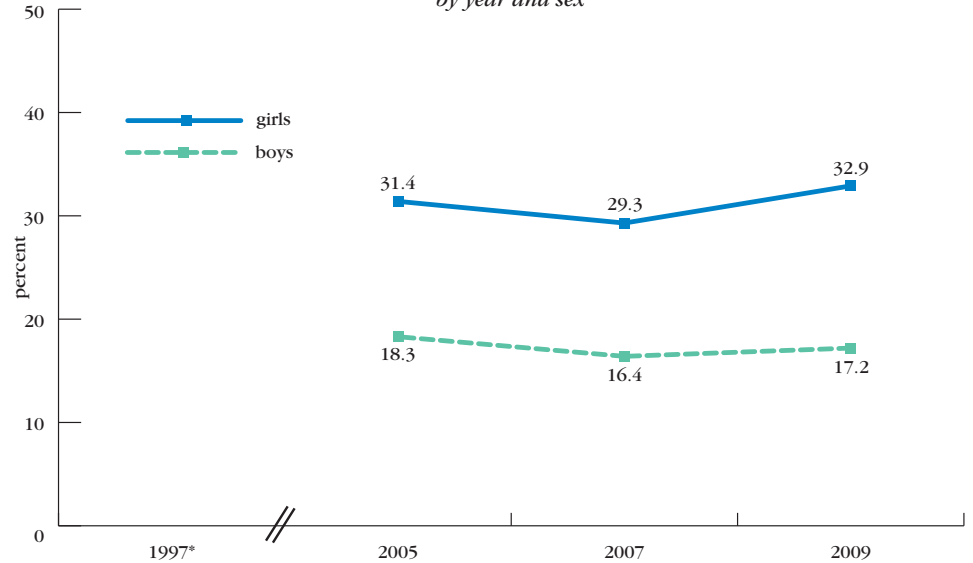
TRENDS IN DEPRESSION

● During 2005-2007, the percentage of high school students who had felt so sad or hopeless for two weeks or more in a row during the past 12 months that they stopped doing some usual activities decreased (24.8%-22.8%), and then increased during 2007-2009 (22.8%-25%)—*data not shown on graphs*

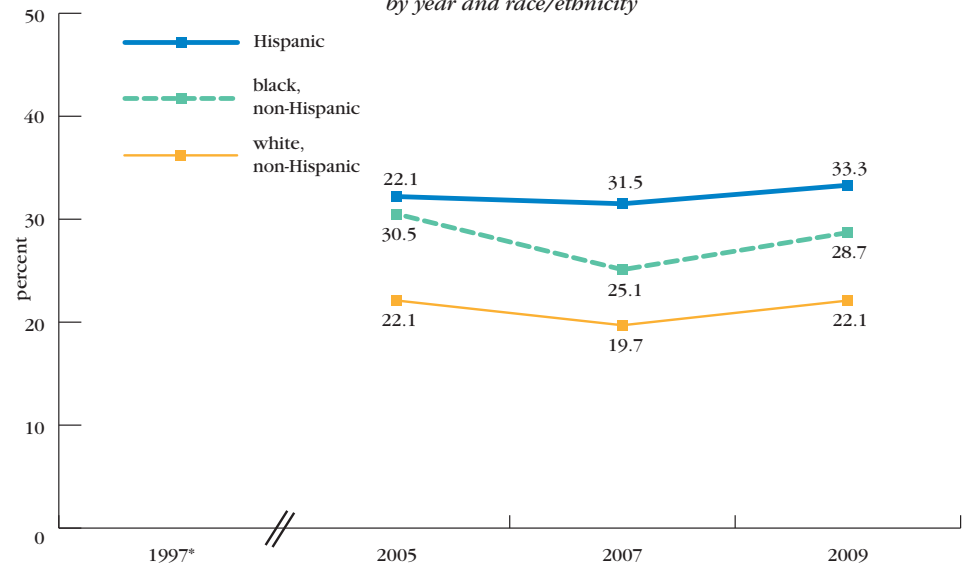
● During 2005-2009, no significant changes occurred in the percentage of high school boys (18.3%-17.2%), girls (31.4%-32.9%), black students (30.5%-28.7%), or Hispanic students (22.1%-33.3%) who had felt sad or hopeless

● During 2005-2009, the percentage of white high school students who had felt sad or hopeless did not change (22.1%)

Trend in the percentage of high school students who had felt so sad or hopeless for two weeks or more in a row during the past 12 months that they stopped doing some usual activities by year and sex



Trend in the percentage of high school students who had felt so sad or hopeless for two weeks or more in a row during the past 12 months that they stopped doing some usual activities by year and race/ethnicity



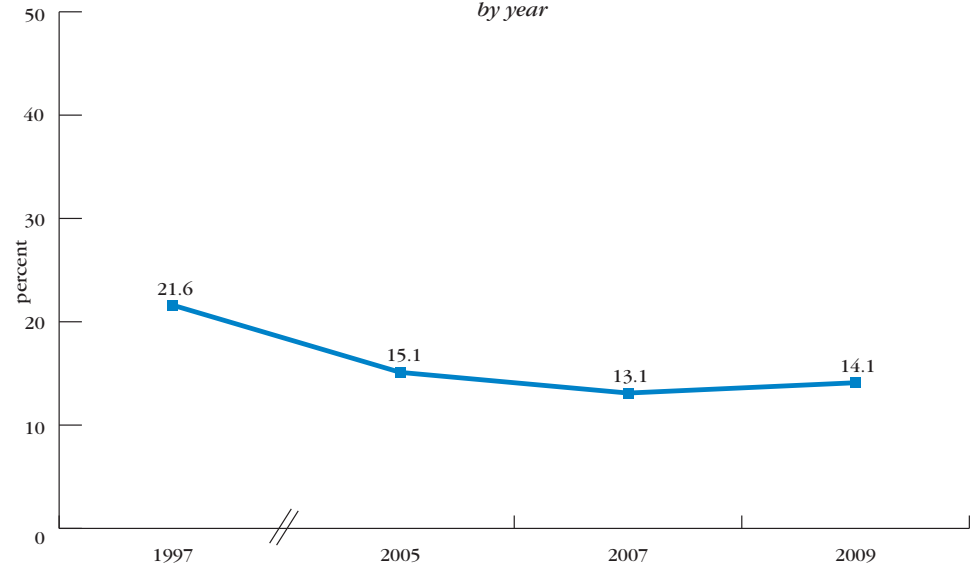
*Question not asked in 1997



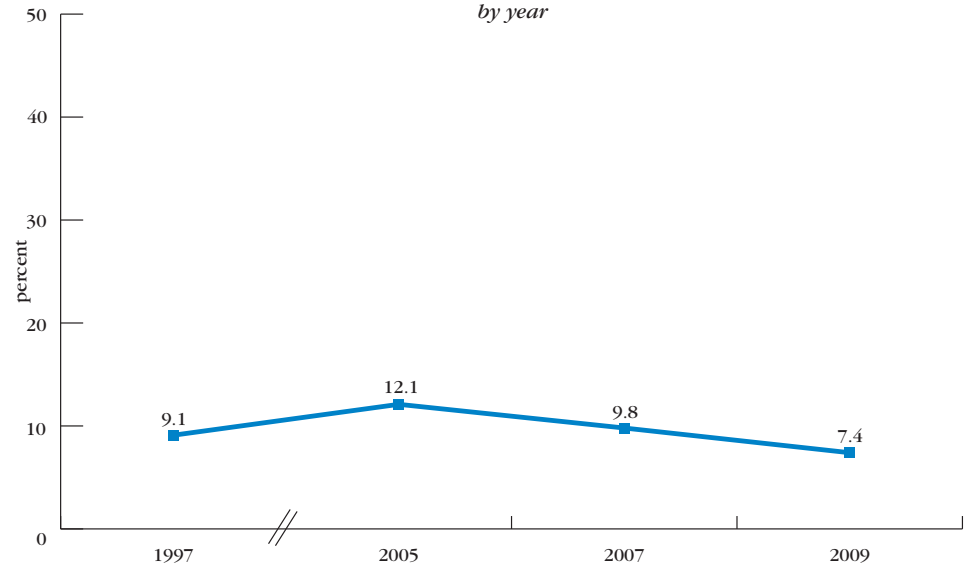
TRENDS IN SUICIDAL BEHAVIOR

- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had seriously considered attempting suicide during the 12 months before the survey (21.6%–14.1%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (15.7%–11.7%), girls (27.5%–16.6%), and white students (21.4%–13.4%) who had seriously considered attempting suicide during the past 12 months—*data not shown on graphs*
- During 1997-2009, the percentage of high school students who had actually attempted suicide during the 12 months before the survey decreased, but not enough to be statistically significant (9.1%–7.4%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school girls who had actually attempted suicide during the 12 months before the survey (12.5%–7.3)—*data not shown on graphs*

Trend in the percentage of high school students who had seriously considered attempting suicide in the past 12 months
by year



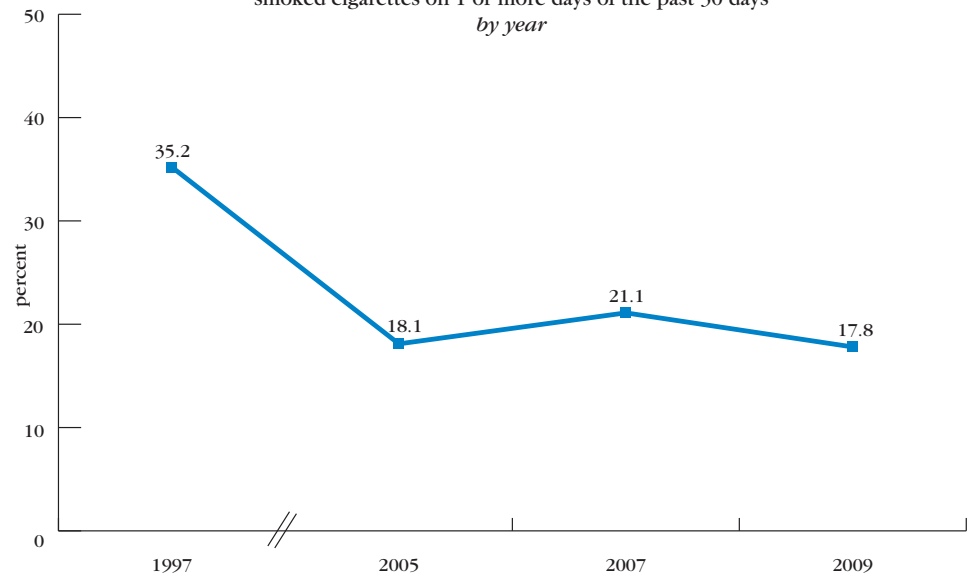
Trend in the percentage of high school students who had actually attempted suicide in the past 12 months
by year



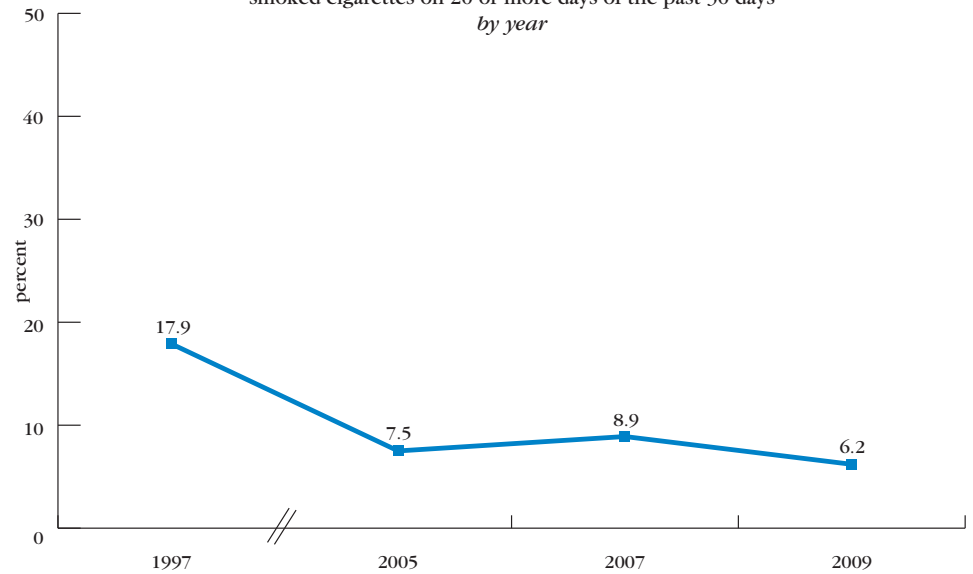
TRENDS IN CIGARETTE SMOKING

- During 1997-2009, a significant linear decrease (35.2%-17.8%) occurred in the percentage of high school students who had smoked cigarettes on at least 1 day of the 30 days before the survey (current cigarette smoking)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (34%-19%), girls (36.5%-16.5%), white students (36.8%-20.3%), and Hispanic students (29.5%-15.5%) who were current cigarette smokers—*data not shown on graphs*
- During 1997-2009, a significant linear decrease (17.9%-6.2%) occurred in the percentage of high school students who had smoked cigarettes on 20 or more days of the 30 days before the survey (frequent cigarette smoking)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (16.9%-7.1%), girls (18.8%-5.2%), and white students (19.2%-7.3%) who were frequent cigarette smokers—*data not shown on graphs*

Trend in the percentage of high school students who had smoked cigarettes on 1 or more days of the past 30 days by year



Trend in the percentage of high school students who had smoked cigarettes on 20 or more days of the past 30 days by year



TRENDS IN ALCOHOL USE

● During 1997-2009, a significant linear decrease (52.6%-43.5%) occurred in the percentage of high school students who had at least one drink of alcohol on at least 1 day during the 30 days before the survey (current alcohol use)

● During 1997-2009, a significant linear decrease occurred in the percentage high school boys (54.1%-43.2%), girls (51.3%-43.8%), and white students (53.5%-45.6%) who currently use alcohol—*data not shown on graphs*

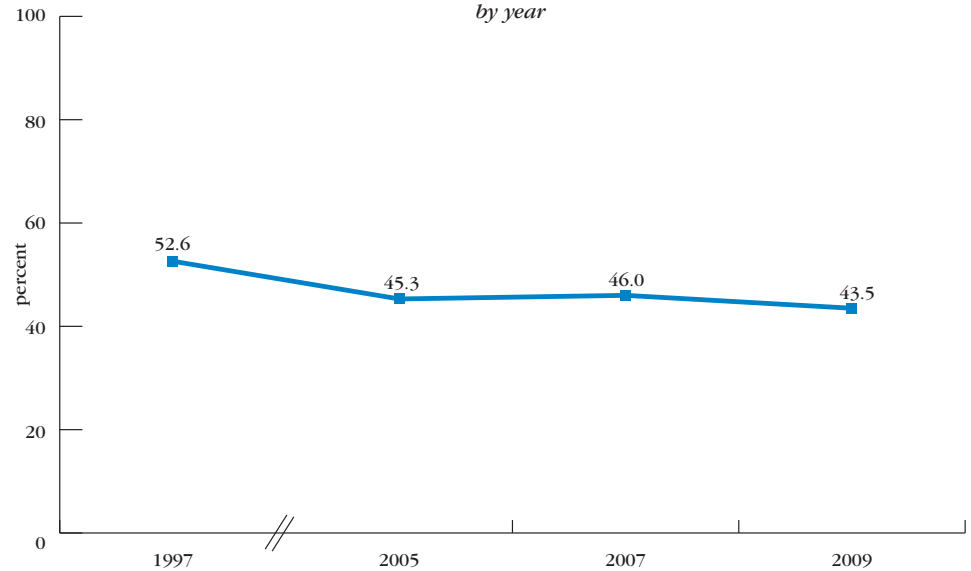
● During 1997-2009, a significant linear decrease (31.2%-24.2%) occurred in the percentage of high school students who had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey (binge drinking)

● During 1997-2009, a significant linear decrease occurred in rate of binge drinking among high school boys (34.5%-26%)—*data not shown on graphs*

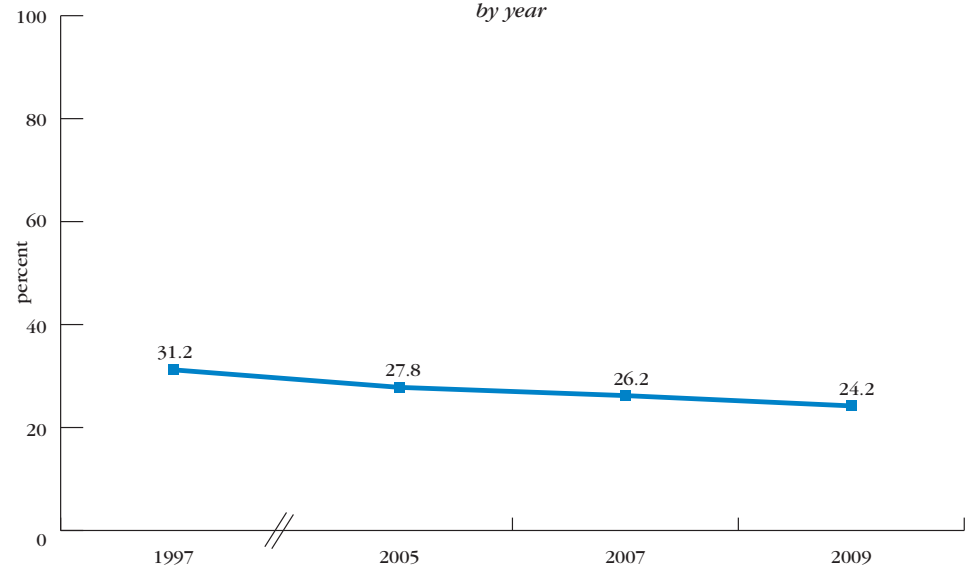
● According to the CDC, during 1997-2009, a significant linear decrease occurred in the percentage of white high school students in Connecticut who engaged in binge drinking (32.2%-27.3%)—*data not shown on graphs*

● During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey (7.1%-5%). During that same time, there was also a significant linear decrease in the rate among high school boys (8.4%-6%)—*data not shown on graphs*

Trend in the percentage of high school students who had at least one drink of alcohol on 1 or more of the past 30 days by year



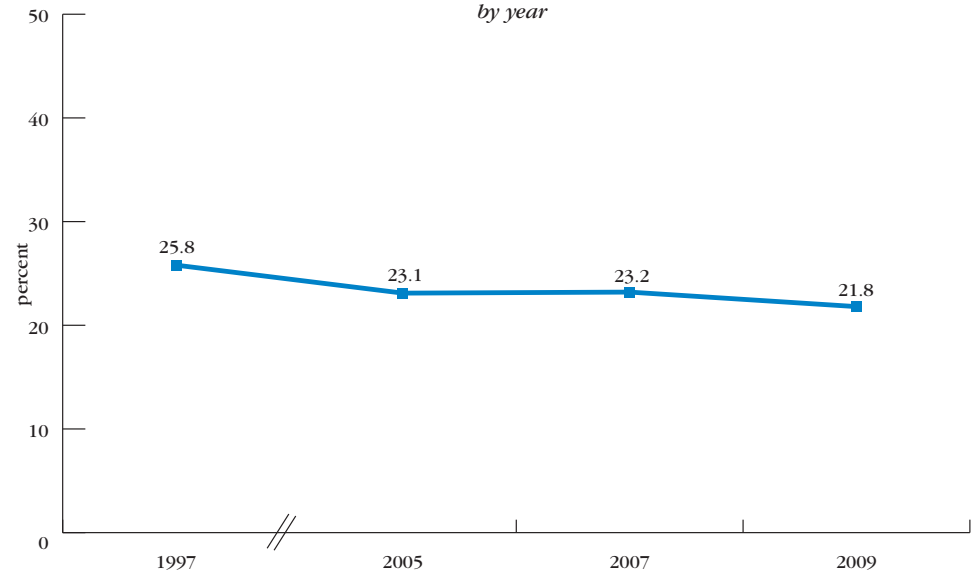
Trend in the percentage of high school students who had five or more drinks of alcohol in a row within a couple of hours on 1 or more of the past 30 days by year



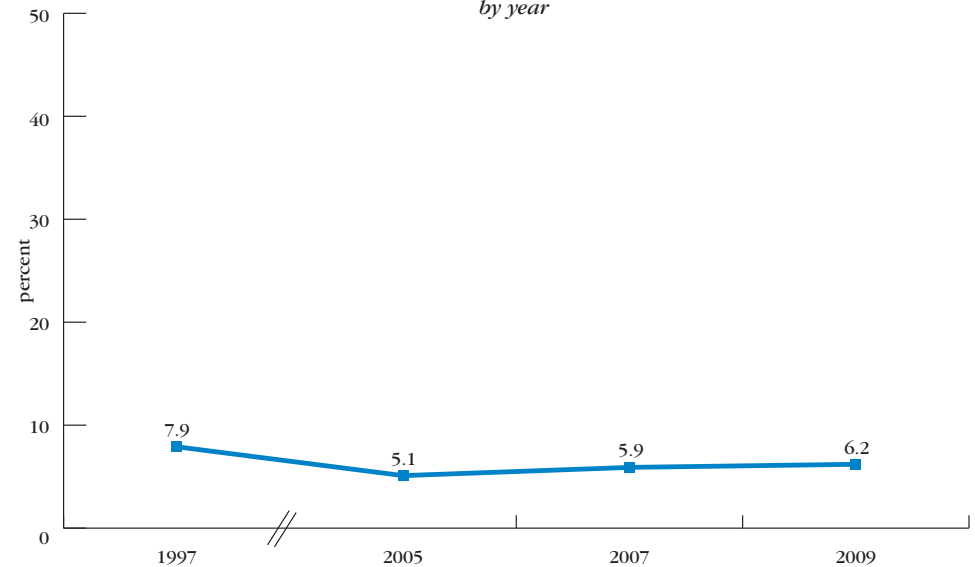
TRENDS IN MARIJUANA USE

- During 1997-2009, the percentage of high school students who had used marijuana one or more times during the 30 days before the survey (current marijuana use) did not change significantly (25.8%-21.8%)
- During 1997-2009, a significant linear decrease occurred in the percentage of high school girls who were current marijuana users (24%-18.2%)—*data not shown on graphs*
- During 1997-2009, the percentage of high school students who had used marijuana on school property one or more times during the 30 days before the survey did not change significantly (7.9%-6.2%)
- During 2005-2009, a significant linear decrease occurred in the percentage of high school black students who had used marijuana on school property during the past 30 days (7.6%-3.7%)—*data not shown on graphs*

Trend in the percentage of high school students who had used marijuana one or more times during the past 30 days
by year



Trend in the percentage of high school students who had used marijuana on school property one or more times during the past 30 days
by year

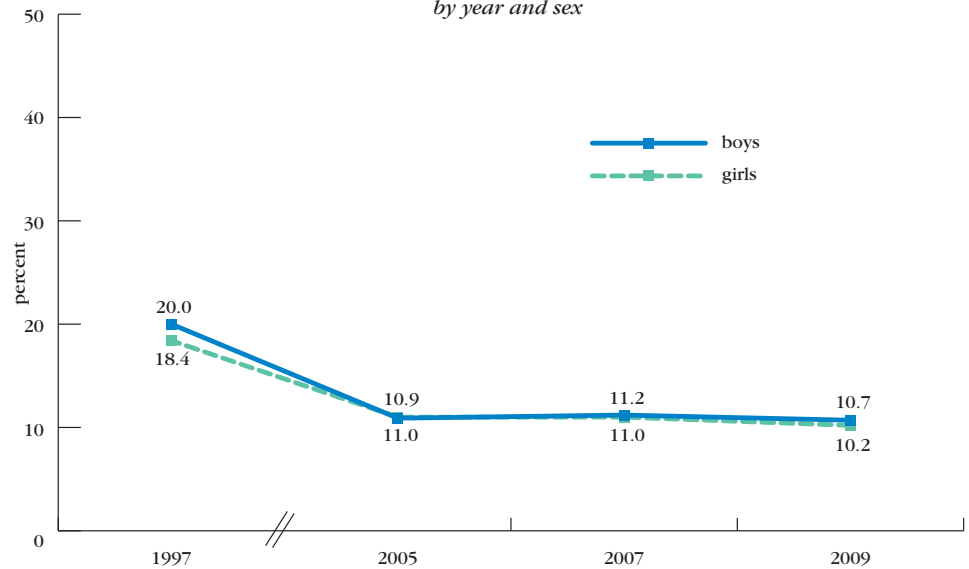


TRENDS IN INHALANT USE

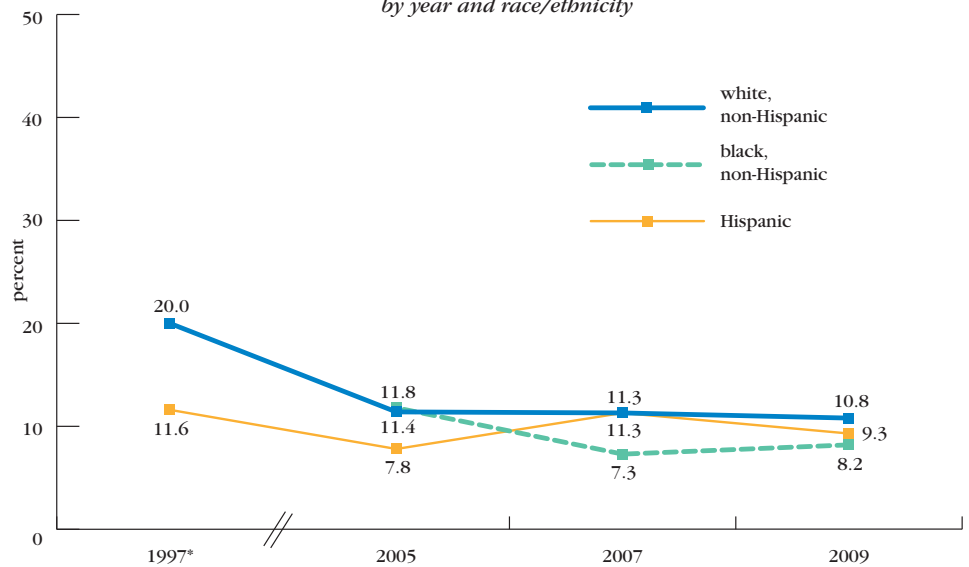
● During 1997-2009, a significant linear decrease (19.1%-10.6%) occurred in the percentage of high school students who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (ever used inhalants)—*data not shown on graphs*

● During 1997-2009, a significant linear decrease occurred in the percentage of high school boys (20%-10.7%), girls (18.4%-10.2%), and white students (20%-10.8%) who had ever used inhalants

The percentage of 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 and sex



The percentage of 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 and race/ethnicity



*Data for black, non-Hispanic students not available



TRENDS IN COCAINE USE

● During 1997-2007, the percentage of high school students who had used any form of cocaine, including powder, crack, or freebase one or more times during their life (ever used cocaine) increased (5.3%-8.3%), and then decreased during 2007-2009 (8.3%-5.4%)—*data not shown on graphs*

● During 1997-2005, the percentage of high school boys who had ever used cocaine increased (6.4%-10.2%), and then decreased during 2005-2009 (10.2%-6.6%). According to the CDC, during 1997-2009, none of the rate changes were enough to be significant linear changes

● During 1997-2007, the percentage of high school girls who had ever used cocaine increased (4.3%-7.4%), and then decreased during 2007-2009 (7.4%-3.9%)

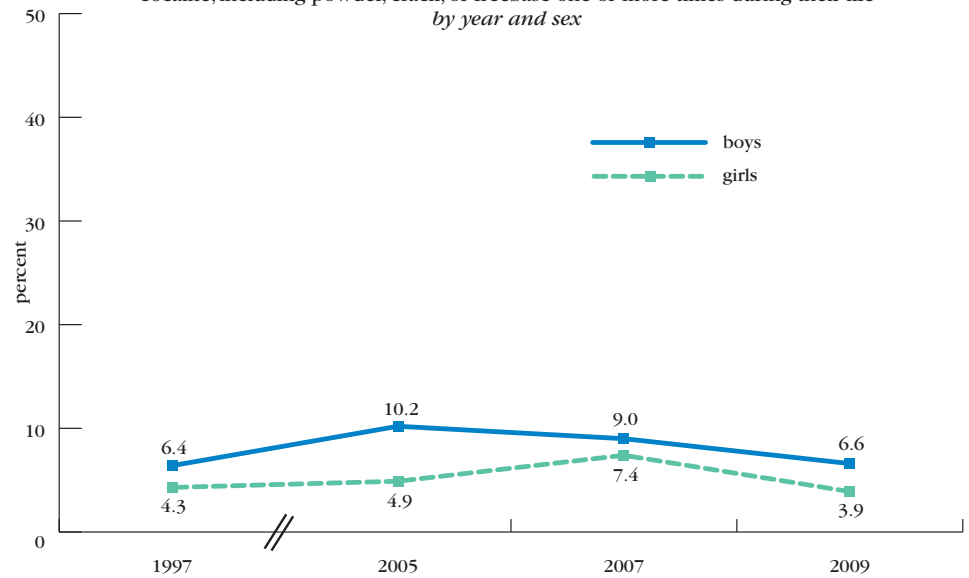
● During 1997-2007, the percentage of high school white students who had ever used cocaine increased (5.2%-9%), and then decreased during 2007-2009 (9%-5.8%)

● During 2005-2009, a significant linear decrease occurred in the percentage of high school black students who had ever used cocaine (7%-1.7%)

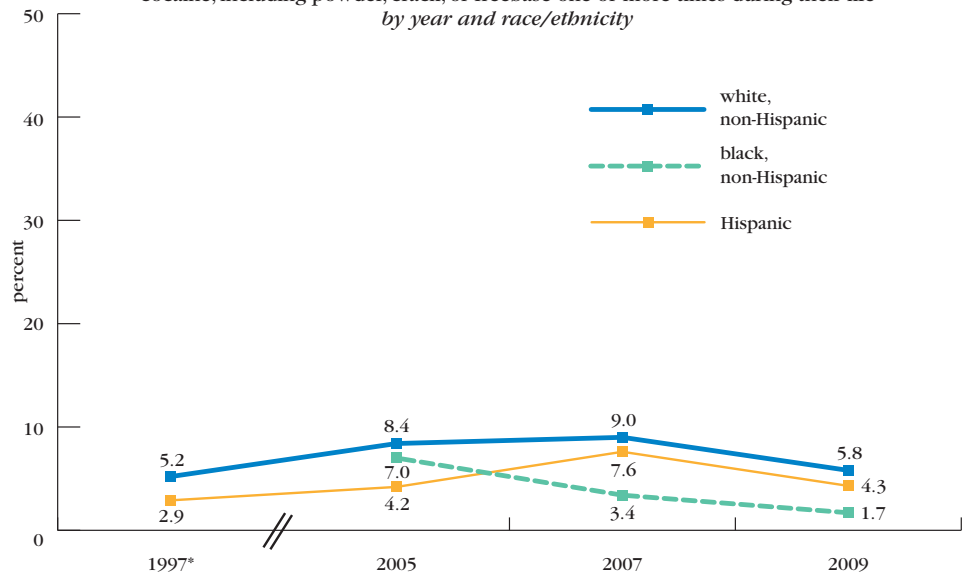
● During 1997-2007, the percentage of high school Hispanic students who had ever used cocaine increased (2.9%-7.6%), and then decreased during 2007-2009 (7.6%-4.3%). According to the CDC, during 1997-2009, none of the rate changes were enough to be significant linear changes

● During 2005-2009, a significant linear decrease (4.2%-1.1%) occurred in the percentage of high school black students who had used cocaine one or more times in the 30 days before the survey (current cocaine use)—*data not shown on graphs*

Trend in the percentage of high school students who had used any form of cocaine, including powder, crack, or freebase one or more times during their life by year and sex



Trend in the percentage of high school students who had used any form of cocaine, including powder, crack, or freebase one or more times during their life by year and race/ethnicity



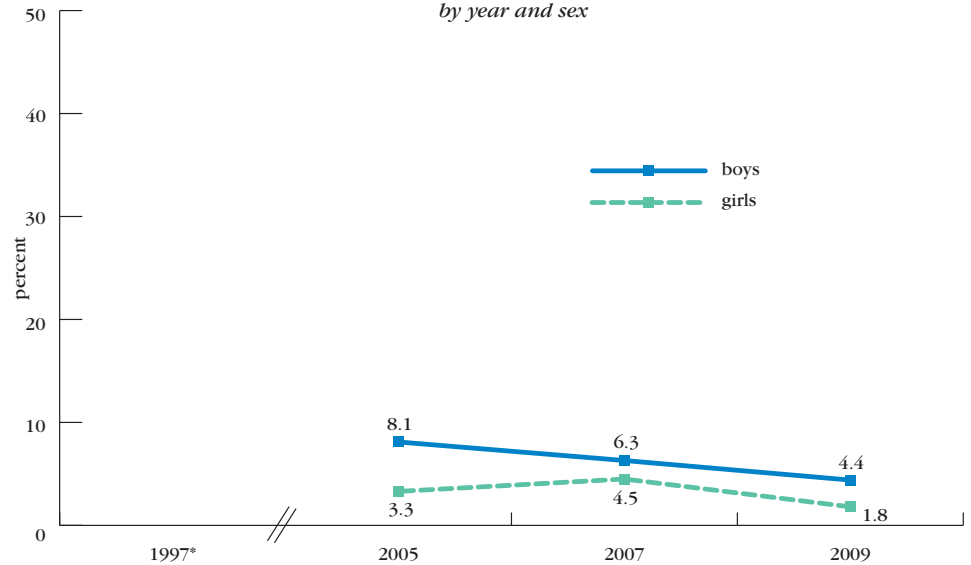
*Data for black, non-Hispanic students not available



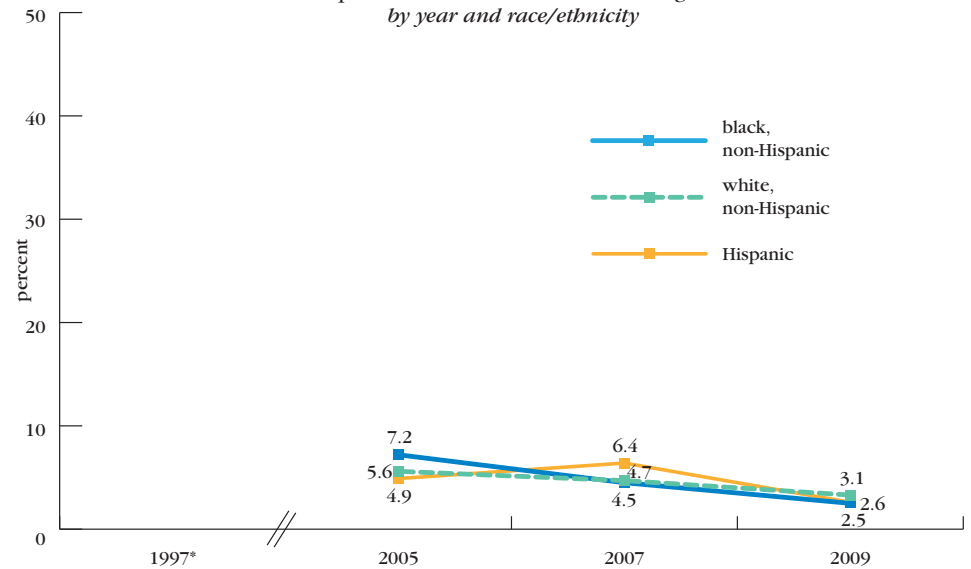
TRENDS IN METHAMPHETAMINE USE

- During 2005-2009, a significant linear decrease (5.9%-3.3%) occurred in the percentage of high school students who had used methamphetamines one or more times during their life (ever used methamphetamines)—*data not shown on graphs*
- During 2005-2009, a significant linear decrease occurred in the percentage of high school boys (8.1%-4.4%), white students (5.6%-3.1%), and black students (7.2%-2.5%) who had ever used methamphetamines

The percentage of high school students who had used methamphetamines one or more times during their life by year and sex



The percentage of high school students who had used methamphetamines one or more times during their life by year and race/ethnicity



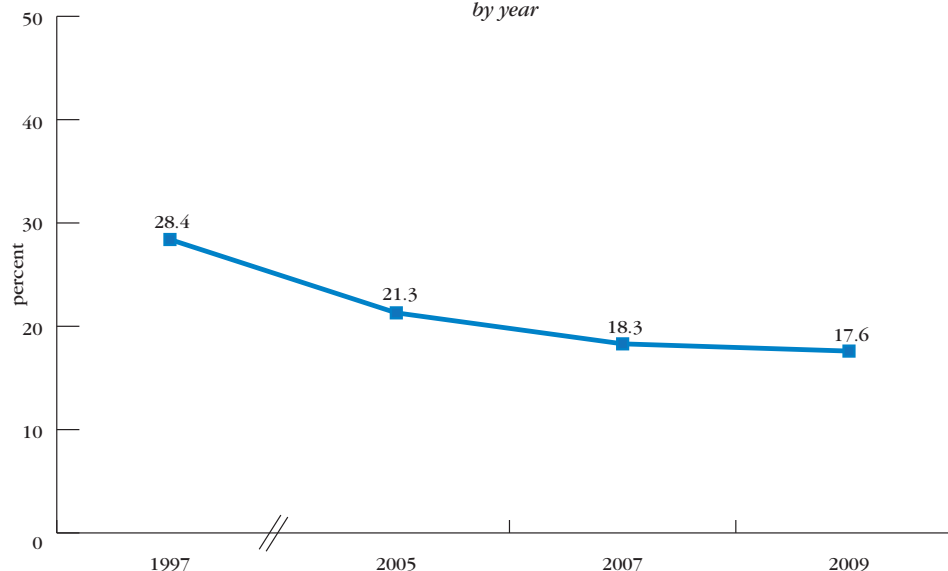
*Question not asked in 1997



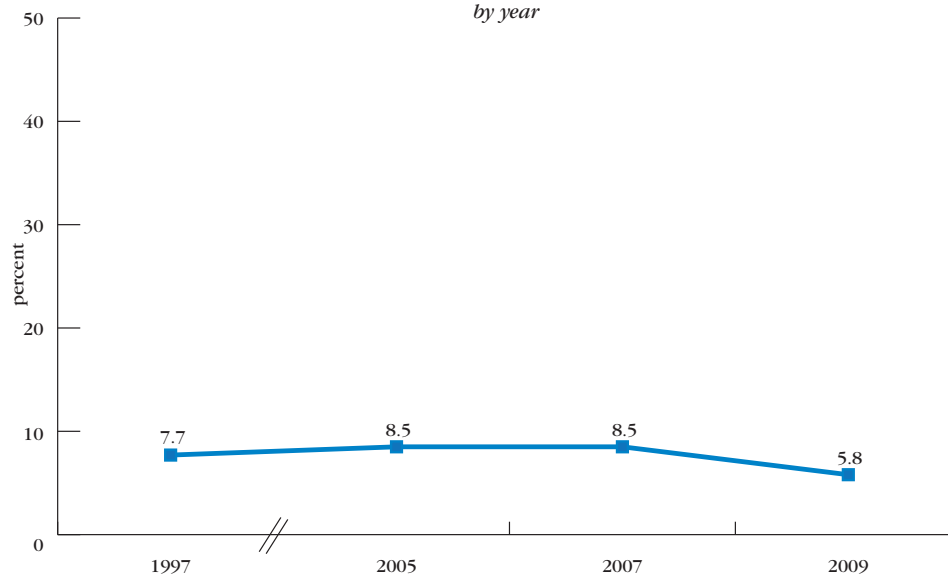
TRENDS IN AGE OF INITIATION OF ALCOHOL AND MARIJUANA USE

- During 1997-2009, a significant linear decrease occurred in the percentage of high school students who had their first drink of alcohol other than a few sips before the age of 13 years (28.4%-17.6%)
- During 1997-2009, a significant linear decrease occurred the percentage of high school boys (33.5%-19.3%), girls (23.5%-15.6%), white students (25.7%-14.4%), and black students (34.2%-22.2%) who had their first drink of alcohol before the age of 13—*data not shown on graphs*
- During 1997-2009, the percentage of high school students who tried marijuana before the age of 13 years decreased, but not significantly (7.7%-5.8%)
- During 2005-2009, a significant linear decrease occurred in the percentage of black high school students who tried marijuana before the age of 13 (15.2%-7.5%)—*data not shown on graphs*

Trend in the percentage of high school students who had their first drink of alcohol other than a few sips before the age of 13 years
by year



Trend in the percentage of high school students who had tried marijuana before the age of 13 years
by year



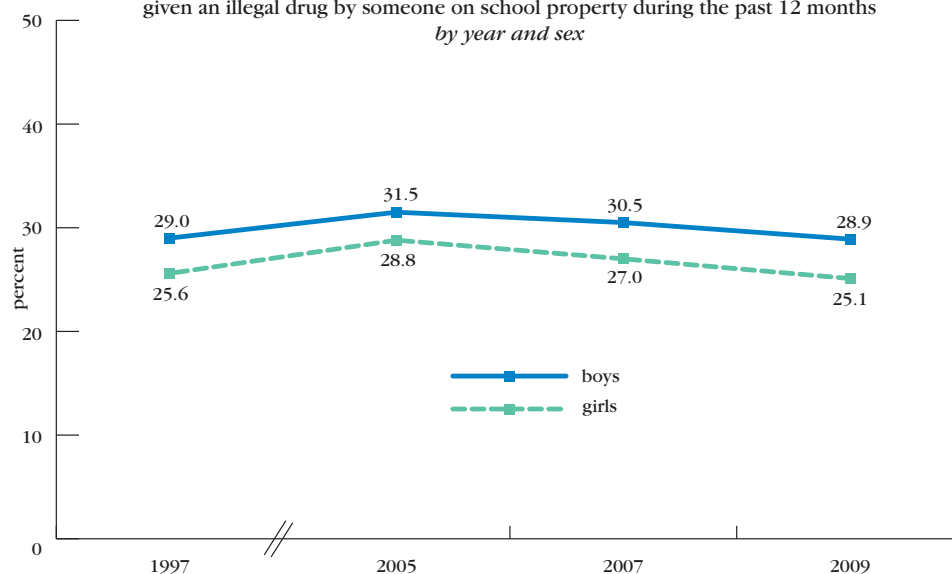
TRENDS IN THE ACQUISITION OF ILLEGAL DRUGS ON SCHOOL PROPERTY

● During 1997-2009, the percentage of high school students who had been offered, sold, or given an illegal drug by someone on school property during the past 12 months did not vary significantly. The rate stayed at approximately 30%—*data not shown on graphs*

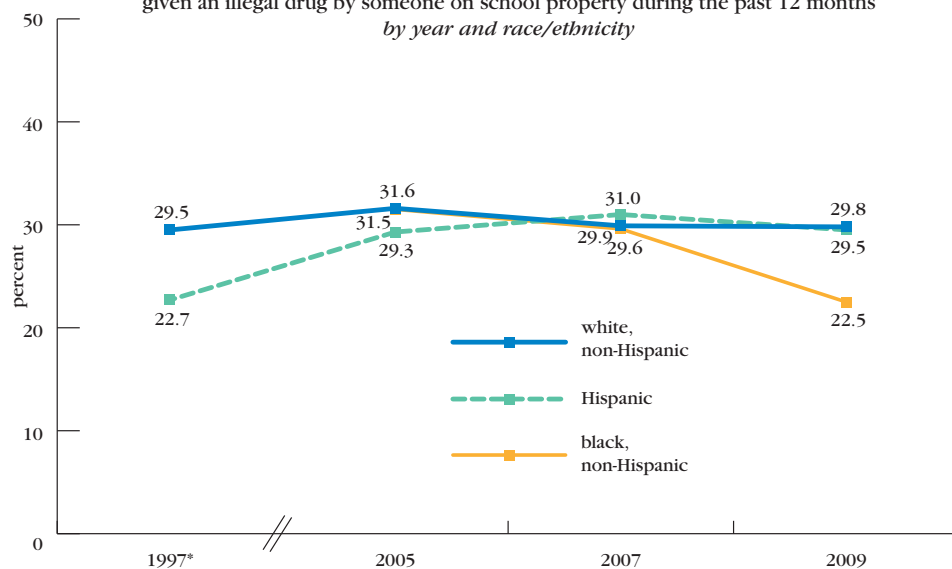
● During 1997-2009, the percentage of high school boys who had been offered, sold, or given an illegal drug on school property did not vary significantly; the same was true for girls

● According to the CDC, during 2005-2009, a significant linear decrease occurred in the percentage of black high school students in Connecticut who had been offered, sold, or given an illegal drug on school property (31.5%-22.5%)

Trend in the percentage of 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 and sex



Trend in the percentage of 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 and race/ethnicity



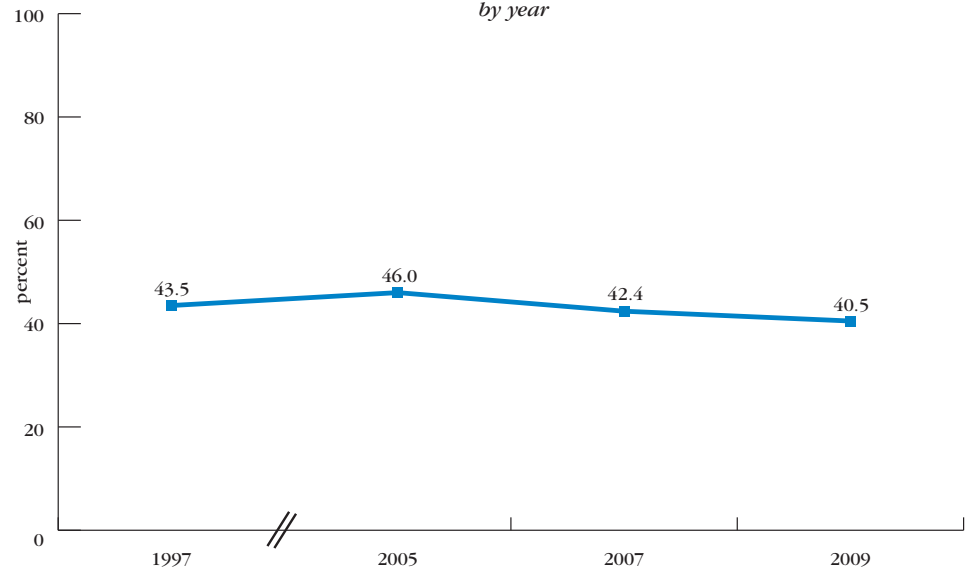
*Data for black, non-Hispanic students not available



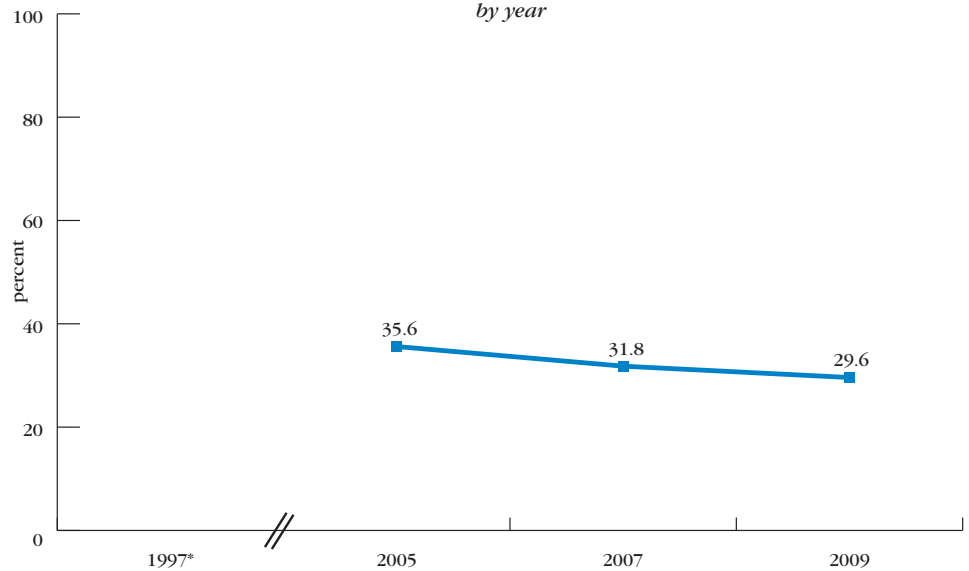
TRENDS IN SEXUAL ACTIVITY

- According to the CDC, during 1997-2009, a significant linear decrease occurred in the percentage of high school students in Connecticut who had ever had sexual intercourse (43.5%-40.5%)
- According to the CDC, during 1997-2009, a significant linear decrease occurred in the percentage of high school girls in Connecticut who had ever had sexual intercourse (42.3%-38%)—*data not shown on graphs*
- During 2005-2009, the percentage of high school students who had sexual intercourse with one or more people during the past three months (currently sexually active) decreased, but not significantly (35.6%-29.6%)
- According to the CDC, during 2007-2009, a significant linear decrease occurred in the percentage of Hispanic high school students in Connecticut who were currently sexually active (41.2%-36.6%)—*data not shown on graphs*

Trend in the percentage of high school students who had ever had sexual intercourse
by year



Trend in the percentage of high school students who had sexual intercourse with one or more people during the past three months
by year



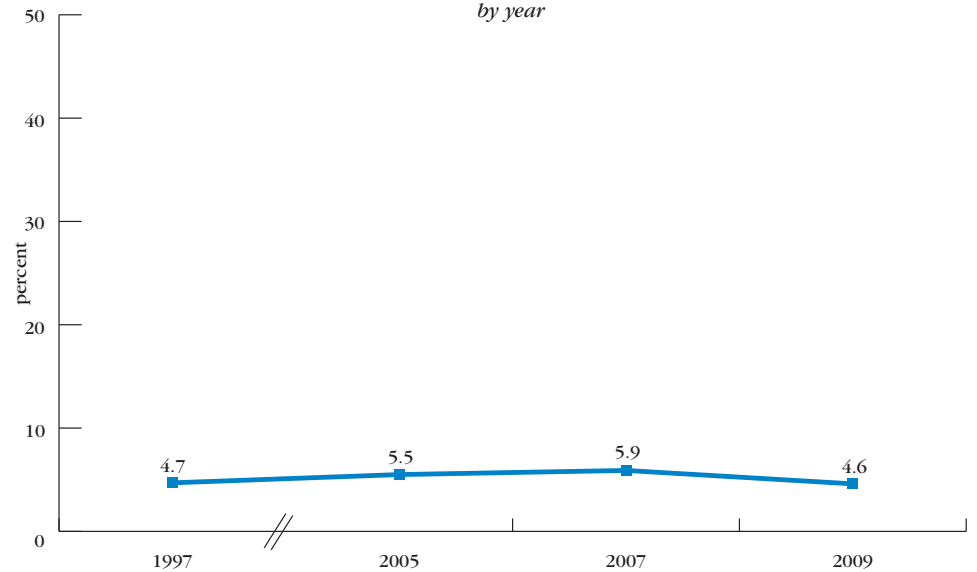
*Data not available



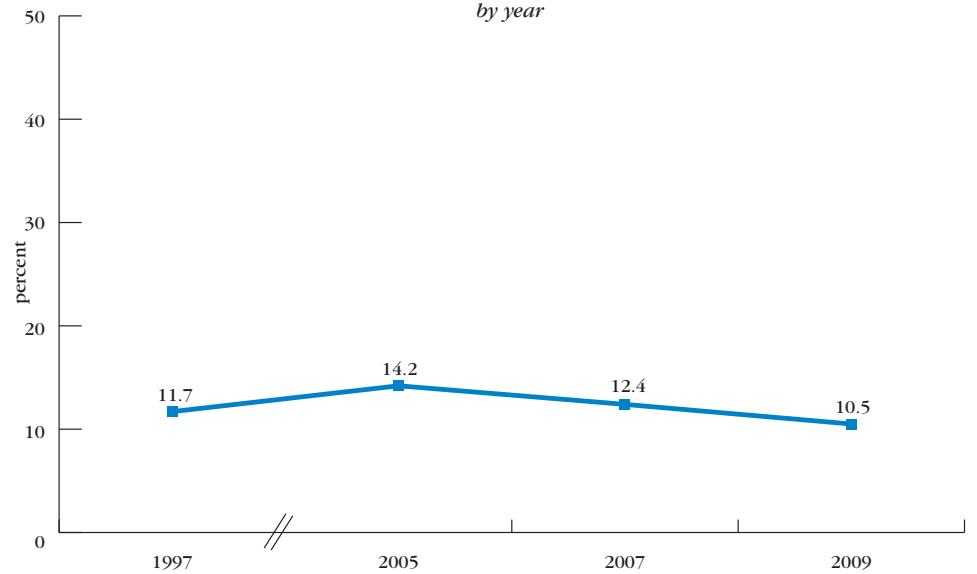
TRENDS IN SEXUAL ACTIVITY, *continued*

- During 1997-2009, the percentage of high school students who had sexual intercourse before the age of 13 years did not change significantly
- During 1997-2009, the percentage of high school students who had sexual intercourse with four or more people during their life did not change significantly

Trend in the percentage of high school students who had sexual intercourse before the age of 13 years
by year



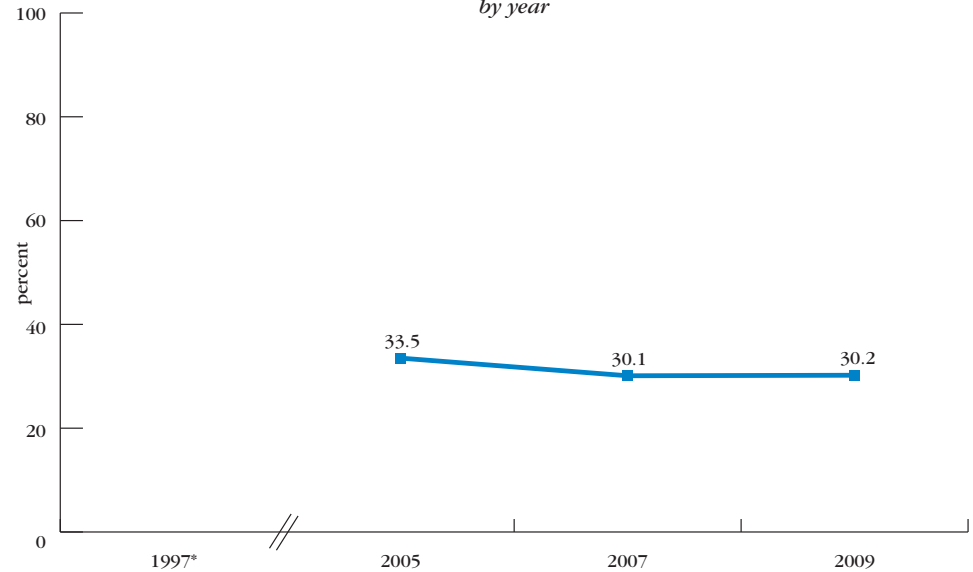
Trend in the percentage of high school students who had sexual intercourse with four or more people during their life
by year



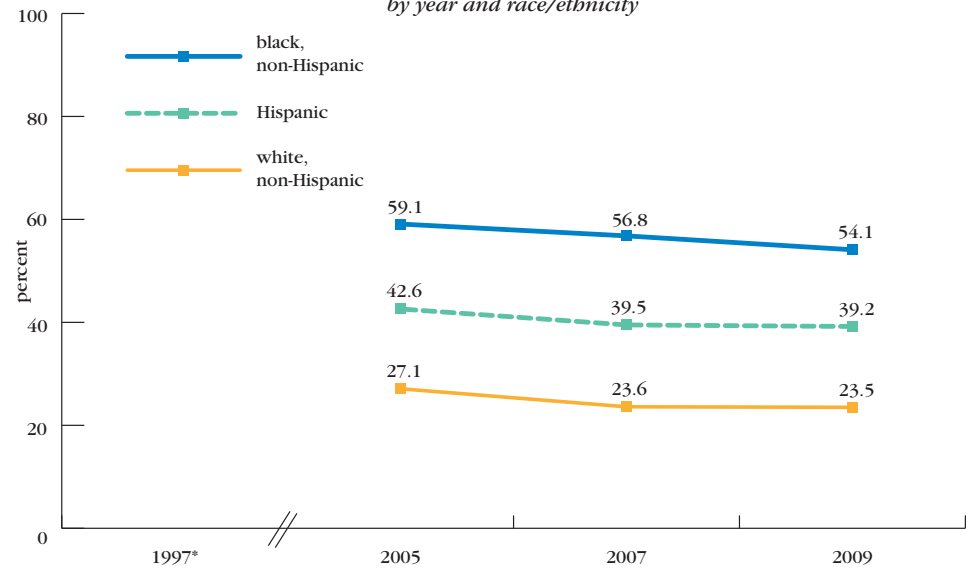
TRENDS IN WATCHING TELEVISION

- The percentage of Connecticut high school students who watched three or more hours of television on an average school day (33.5%-30.2%)
- During 2005-2009 the percentage of high school black students (59.1%-54.1%), Hispanic students (42.6%-39.2%), and white students (27.1%-23.5%) who watched three or more hours of television on an average school day decreased, but none of the changes were statistically significant

Trend in the percentage of high school students who watched three or more hours of television on an average school day by year



Trend in the percentage of high school students who watched three or more hours of television on an average school day by year and race/ethnicity



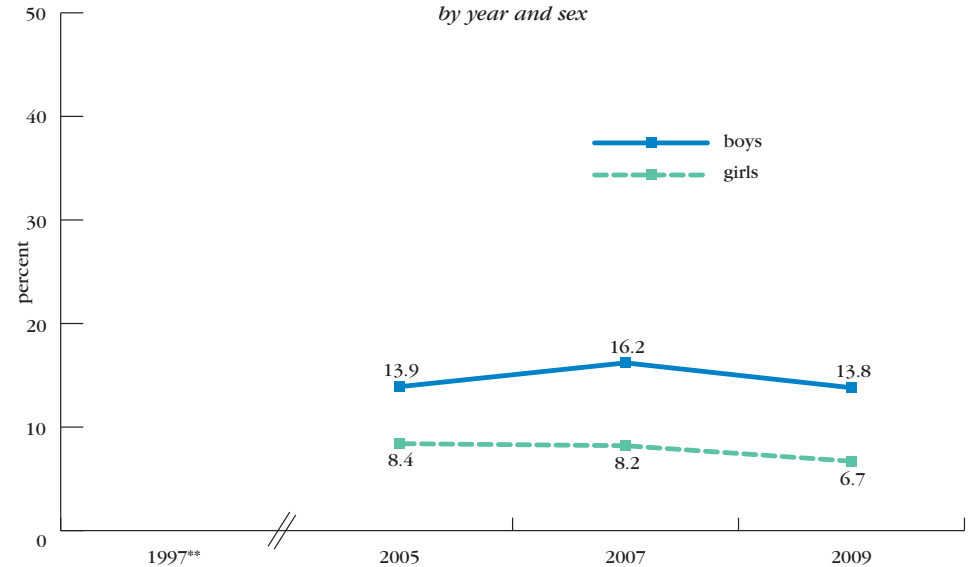
*Question not asked in 1997



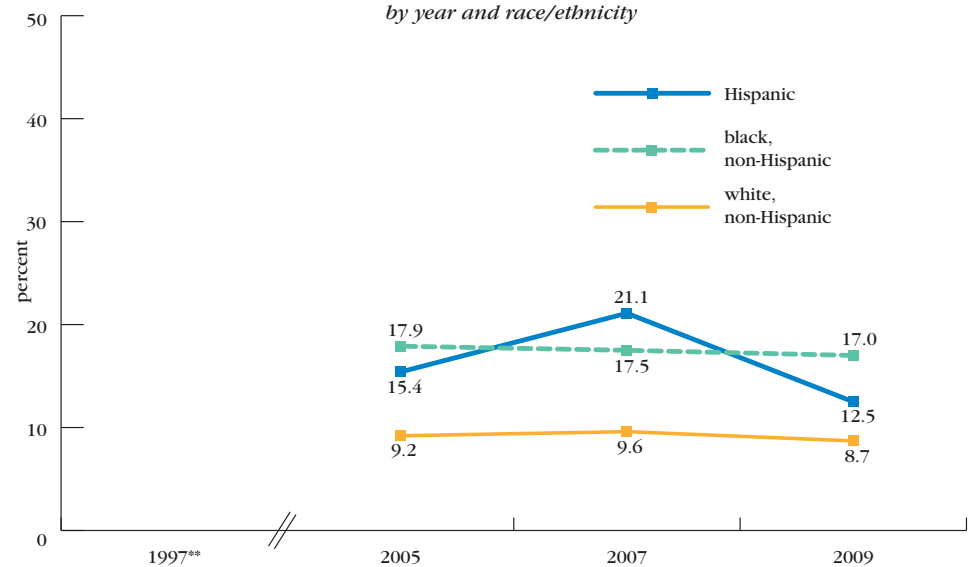
TRENDS IN OBESITY

- During 2005-2007, the percentage of high school students who were obese* increased (11.2%-12.3%), and then decreased during 2007-2009 (12.3%-10.4%) —*data not shown on graphs*
- During 2005-2007, the percentage of high school boys who were obese increased (13.9%-16.2%), and then decreased during 2007-2009 (16.2%-13.8%)
- During 2005-2009, the percentage of high school girls who were obese decreased (8.4%-6.7%), but not significantly
- During 2005-2009, the percentage of black high school students who were obese decreased (15.4%-12.5%). According to the CDC, the decrease is not enough to be a significant linear change

Trend in the percentage of high school students who were obese*
by year and sex



Trend in the percentage of high school students who were obese*
by year and race/ethnicity



* At or above the 95th percentile for body mass index, by age and sex (based on reference data from the 2000 CDC growth charts)

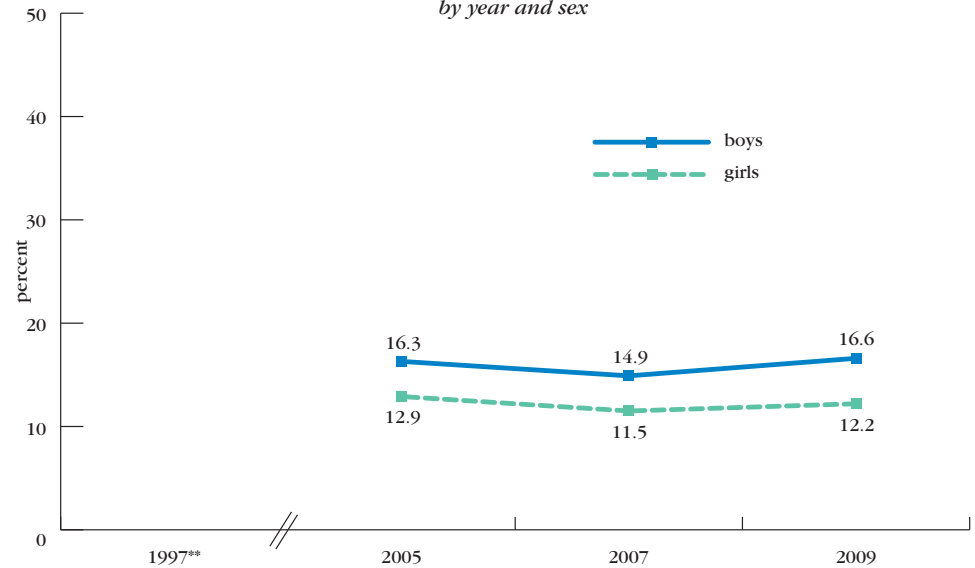
** Height and weight questions not asked in 1997



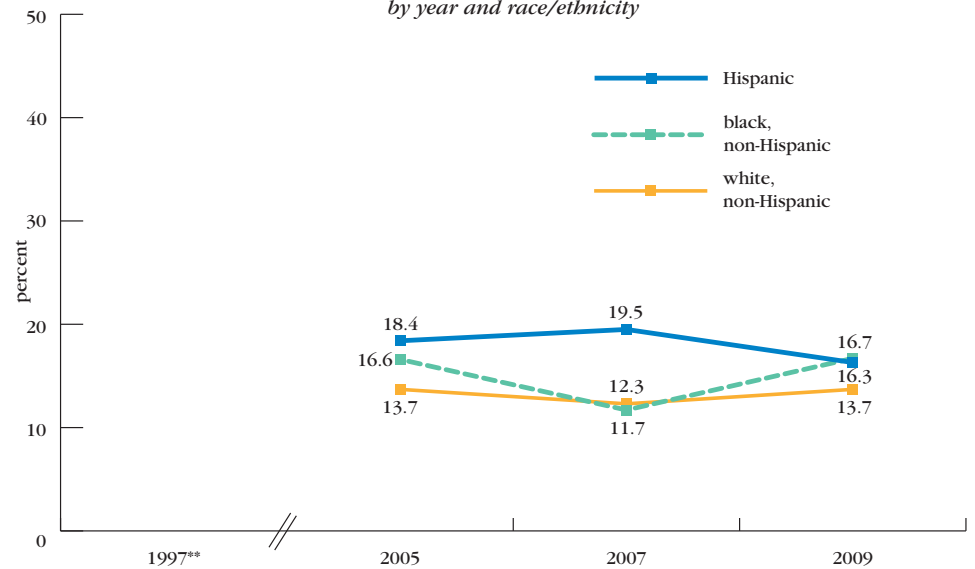
TRENDS IN OVERWEIGHT

- During 2005-2007, the percentage of high school students who were overweight* decreased (14.7%-13.3%), and then increased during 2007-2009 (13.3%-14.5%) —*data not shown on graphs*
- During 2005-2009, the percentage of high school boys and girls who were overweight did not change significantly
- During 2005-2009, the percentage of high school high school white students, black students, and Hispanic students who were overweight did not change significantly

Trend in the percentage of high school students who were overweight*
by year and sex



Trend in the percentage of high school students who were overweight*
by year and race/ethnicity



* At or above the 85th percentile but below the 95th percentile for body mass index, by age and sex (based on reference data from the 2000 CDC growth charts)

**Height and weight questions not asked in 1997

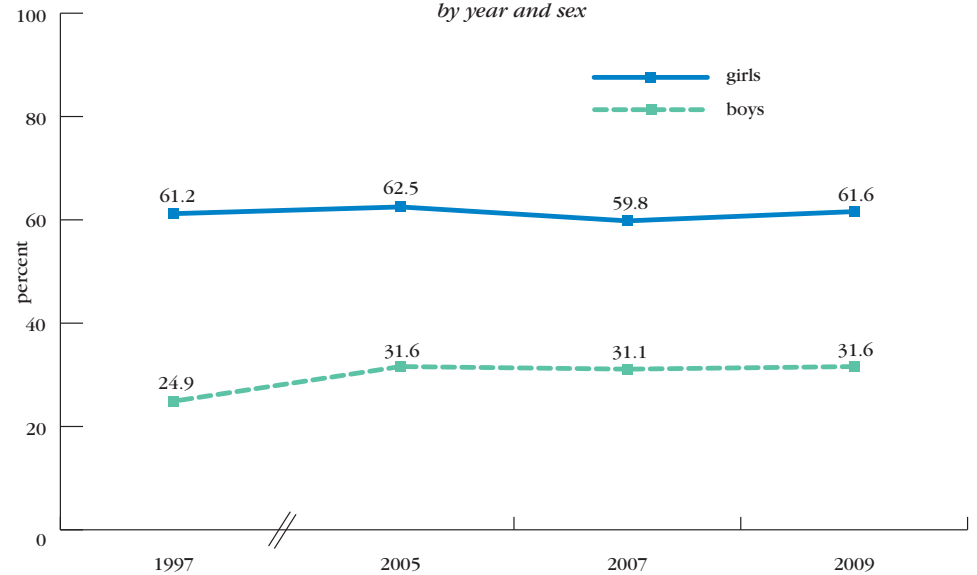


TRENDS IN WEIGHT MANAGEMENT

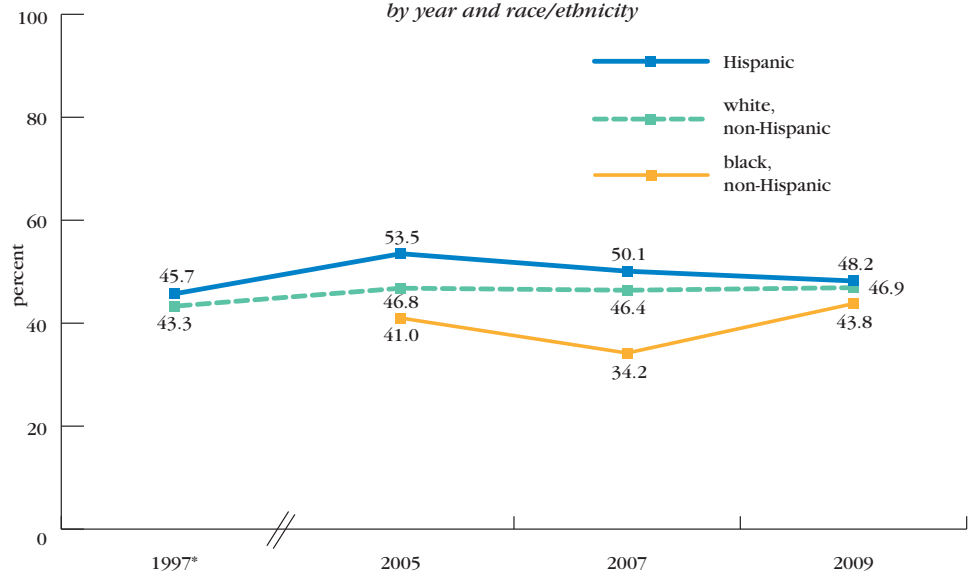
● According to the CDC, during 1997-2009, a significant linear increase occurred in the percentage of Connecticut high school students who were trying to lose weight (43%-46.4%)—*data not shown on graphs*

● According to the CDC, during 1997-2009, a significant linear increase occurred in the percentage of high school boys (24.9%-31.6%) and white students (43.3%-46.9%) in Connecticut who were trying to lose weight

Trend in the percentage of high school students who were trying to lose weight by year and sex



Trend in the percentage of high school students who were trying to lose weight by year and race/ethnicity



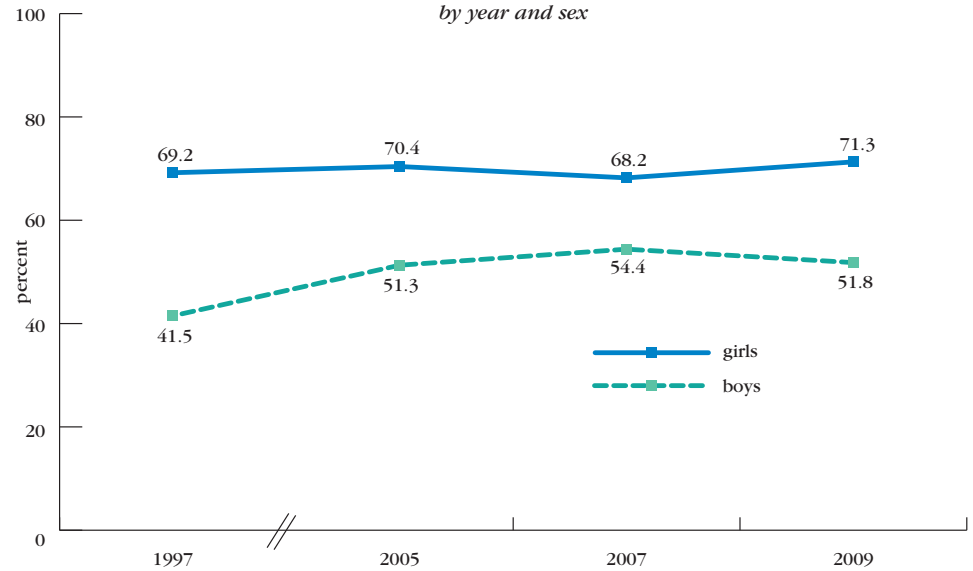
*Data not available for black, non-Hispanic students



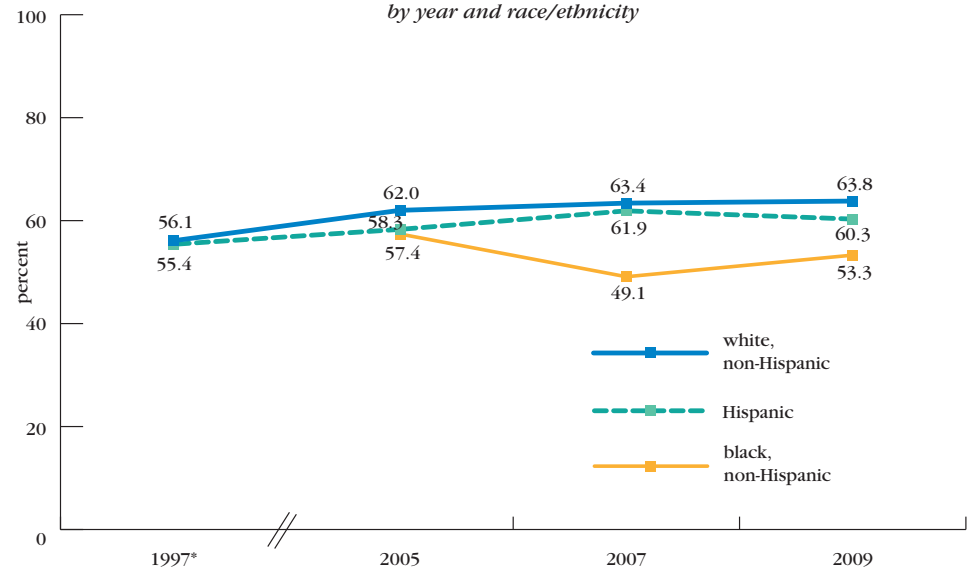
TRENDS IN WEIGHT MANAGEMENT, *continued*

- During 1997-2009, a significant linear increase occurred in the percentage of high school students who had exercised in the past 30 days to lose weight or to keep from gaining weight (55.2%-61.5%)—*data not shown on graphs*
- During 1997-2009, the percentage of high school boys (41.5%-51.8%) and girls (69.2%-71.3%) who had exercised in the past 30 days to lose weight or to keep from gaining weight did not change significantly
- During 1997-2009, a significant linear increase occurred in the percentage of white high school students who had exercised in the past 30 days to lose weight or to keep from gaining weight (56.1%-63.8%)

Trend in the percentage of high school students who had exercised during the past 30 days to lose weight or to keep from gaining weight by year and sex



Trend in the percentage of high school students who had exercised during the past 30 days to lose weight or to keep from gaining weight by year and race/ethnicity



*Data for black, non-Hispanic students not available

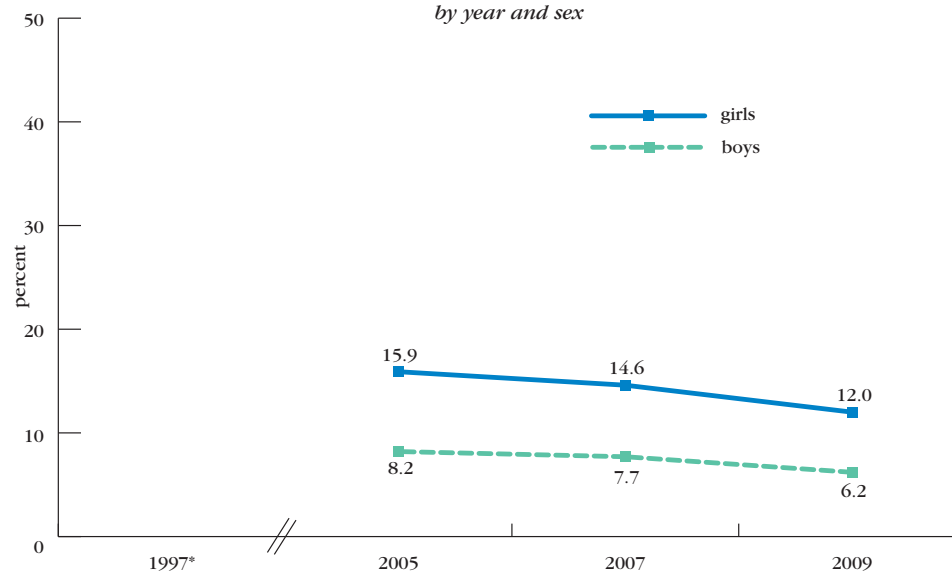


TRENDS IN WEIGHT MANAGEMENT, *continued*

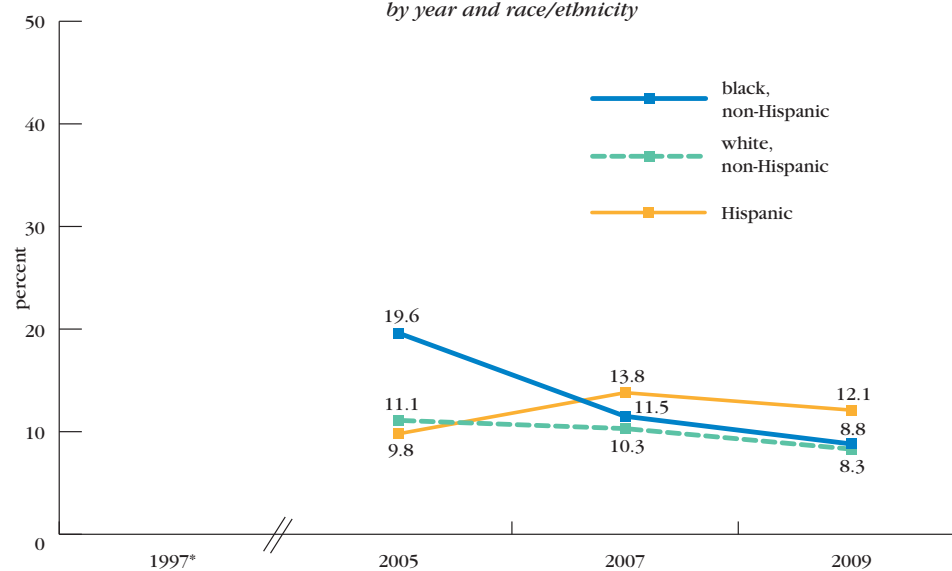
● According to the CDC, during 2005-2009, a significant linear decrease (15.9%-12%) occurred in the percentage of high school girls who had gone without eating for 24 hours or more during the past 30 days to lose weight or to keep from gaining weight (fasted)

● During 2005-2009, a significant linear decrease occurred in the percentage of black high school students who had fasted during the past 30 days (19.6%-8.8%)

Trend in the percentage of high school students who had gone without eating for 24 hours or more in the past 30 days to lose weight or to keep from gaining weight by year and sex



Trend in the percentage of high school students who had gone without eating for 24 hours or more in the past 30 days to lose weight or to keep from gaining weight by year and race/ethnicity



*Question not asked in 1997





Technical Notes and Tables

SURVEY INSTRUMENT AND SAMPLING DESIGN

The Youth Behavior Component (YBC) of the 2009 Connecticut School Health Survey instrument is based on the core questionnaire from the National Youth Risk Behavior Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 99 questions that collect demographic information about the student, as well as data on behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infections; unhealthy dietary behaviors; and physical inactivity. Additionally, the YBC monitors general health status, protective factors, and the prevalence of overweight and asthma. Many other states are using CDC's core questions and procedures for their statewide assessments. Information collected on the YBC provides a good source of comparison data to complement national data.

The YBC was administered in public high schools across Connecticut. For the YBC, a two-stage cluster design was used to produce a representative sample of students in grades 9 through 12. All regular public schools containing grades 9, 10, 11, and 12 were included in the sampling frame. In the first stage, schools were selected systematically from that sampling frame with a probability proportional to enrollment size in grades 9 through 12 using a random start. A total of 63 high schools were sampled. In the second sampling stage, in each participating school, 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. All students within a selected class were eligible to participate in the survey; however, survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. No individual information was collected. Forty-eight (48) of the 63 sampled eligible school participated. 2,414 of the 2,862 sampled students submitted questionnaires; 2,392 were usable after data editing. The school response rate was 76%, and the student response rate was 84%, yielding an overall response rate of 64%.*

Once collected, Westat weighted the survey data. 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 non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, the data in this report are representative of all non-institutionalized, public high school students in Connecticut, and these weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular public school students in grade 9 through 12. The sampling design does not allow for analysis at the school or district level. Westat and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.

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.



2009 Youth Behavior Component Demographic Characteristics Of Respondents

Category	Total	
	N	%
Sex		
male	1,136	50.9%
female	1,249	49.1%
missing*	7	
Race/Ethnicity		
white, non-Hispanic	1,380	67.5%
black, non-Hispanic	312	13.8%
Hispanic	493	14.9%
other	165	3.9%
missing*	42	
Grade		
9	772	27.0%
10	670	25.3%
11	497	24.3%
12	416	23.1%
other	6	0.3%
missing*	31	
Age		
15 years old or younger	1,039	36.8%
16 years old	593	24.5%
17 years old	496	25.1%
18 years old or older	262	13.6%
missing*	2	
Total Number of Participating Students	2,392	

*number of students who did not provide data for category

Glossary of Terms

Binge Drinking: consuming five or more alcoholic beverages in a row (i.e., within a couple of hours) at least once in the 30 days prior to the survey.

Current: using tobacco, alcohol, or other drug or engaging in a behavior (except for sexual intercourse; see definition for “currently sexually active”) at least once in the 30 days prior to the survey.

Current Alcohol Use: consuming at least one alcoholic beverage on 1 or more of the 30 days prior to the survey.

Current Cigarette Smoking: smoking cigarettes on 1 or more days of the 30 days prior to the survey.

Currently Sexually Active: having sexual intercourse at least once in the three months prior to the survey.

Dating Violence: having been purposely hit, slapped, or physically hurt by their boyfriend or girlfriend in the 12 months prior to the survey.

Ever: having ever used a product, such alcohol or other drug, or having ever engaged in a behavior at least once during their life.

Feeling Sad or Hopeless: having felt so sad or hopeless almost every day for two or more weeks in a row during the past 12 months that they stopped doing some usual activities.

Felt Unsafe to Go to School: not going to school on at least 1 day in the 30 days prior to the survey because of feeling unsafe at school or feeling unsafe going to or from school (i.e., safety concerns).

Frequent Cigarette Smoking: smoking cigarettes on 20 or more days of the 30 days prior to the survey.

High School: grades 9, 10, 11, and 12.

High School: grades 9, 10, 11, and 12.

Inactive: not participating in at least 60 minutes of physical activity on at least one of the seven days prior to the survey.

Inhalant Use: having ever 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.

Obese: being at or above the 95th for body mass index, by age and sex.

Overall: the entire group in high school.

Overweight: being at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex.

Race/Ethnicity: was computed from two questions. 1.) “Are you Hispanic or Latino?” (response options were “yes” or “no”) and 2.) “What is your race?” (response options were “American Indian or Alaskan Native,” “Asian,” “black or African American,” “Native Hawaiian or other Pacific Islander,” or “white”). For the second question, students could select more than one response option. For this report, students were classified as “Hispanic/Latino” and are referred to as “Hispanic” if they answered “yes” to the first question, regardless of how they answered the second question. Students who answered “no” to the first question and only selected “black or African American” to the second question were classified as “black or African American” and referred to as “black.” Students who answered “no” to the first question and only selected “white” to the second question were classified, and are referred to, as “white.” Race/ethnicity was classified as missing for students who did not answer the first question and for students who answered “no” to the first question but did not answer the second question. For this report, data are presented only for black, Hispanic, and white students because the sample sizes of students from other racial/ethnic populations were too small for meaningful analyses.



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