

Health Risk Behaviors Among Maine Youth

*Results of the 2001 Youth Risk Behavior Survey
Grades 7 – 12*

Prepared for the Maine Department of Education

by

Pan Atlantic Consultants

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INTRODUCTION

This report describes the 2001 Maine Youth Risk Behavior Survey (YRBS) results. It contains information about adolescent health-risk behaviors that are occurring, as well prevention indicators. Randomly selected students (2,860) in grades 7 – 12 in 46 randomly selected public middle and high schools participated in the 2001 Maine YRBS. Survey administrators follow strict procedures to safeguard students' privacy and anonymity. School and student participation was voluntary. Because the **data is weighted**, it is representative of students throughout Maine. This report is intended to provide current data on adolescent risk behaviors to school officials, health educators, parents, health care providers, and others throughout the State of Maine.

The Division of Adolescent and School Health, the National Center for Chronic Disease Prevention and Health Promotion, and the Centers for Disease Control and Prevention developed the survey in collaboration with representatives from 71 state and local departments of education and nine other federal agencies. The survey monitors priority health-risk behaviors that contribute to the leading causes of death, injury, illness, and social problems among youth and adults in the United States. These behaviors fall into six categories:

- ✓ Behaviors resulting in unintentional and intentional injuries
- ✓ Tobacco use
- ✓ Alcohol and other drug use
- ✓ Sexual behaviors resulting in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- ✓ Dietary behaviors
- ✓ Physical activity

Note: Past YRBS reports have presented selected goals and objectives for adolescent health from the Healthy Maine Goals to draw attention to Maine's projected improvement in adolescent health indicators. Because the Healthy Maine 2010 Goals were not available at the time this report was written, they are not be included in this report.

METHODOLOGY

The Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services regularly conducts the Youth Risk Behavior Survey (YRBS) to gather and analyze information on the health status of the nation's youth. In 1997, Maine expanded the survey to include middle school, as well as high school students. While the language of the questions differs in the surveys administered to these two groups of students, the areas of youth risk behaviors are similar. Data from middle schools and high schools cannot always be compared because middle school students were often asked about certain behaviors occurring in their **lifetime**, while high school students were often asked about certain behaviors occurring in the **30 days preceding the survey**. In addition, there are behaviors that were included in the high school survey, but not in the middle school survey (i.e., emotional support and encouragement, certain behaviors occurring on school property).

Data from the surveys were aggregated for analysis by the CDC at the national level with state-level data made available for individual participating states. All individual, school, and geographic identifiers were removed, according to standard behavioral survey procedures.

The data for Maine was collected in the 2001 Spring semester by Pan Atlantic Consultants/Strategic Marketing Services in Portland, Maine, through a contract with the Maine Departments of Education and Human Services. Market Decisions of South Portland, Maine, collected data from schools that were included in both the 2001 YRBS and Maine Youth Tobacco Survey (MYT) samples. The data for this report was provided by Westat Consultants, a survey research firm located in Rockville, Maryland, under contract with CDC. Survey forms were completed by 1,351 students in 22 public high schools and 1,509 students in 24 public middle schools. Twenty-two of the 30 high schools that were selected participated in the survey, yielding a response rate of 73%. The middle school response rate was 80% (24 of 30 schools). Ninety percent (90%) of high school students sampled and 91% of middle school students sampled completed usable questionnaires.

All schools participating in the YRBS obtained permission from the school unit superintendents. Administration of the surveys was conducted in accordance with CDC protocols, including safeguards to guarantee students' anonymity. Surveys were administered in a class that was required for each student in the school (for example, English). Otherwise, surveys were administered in a given class period (for example, Period 2). A staff-designated member of Pan Atlantic Consultants/Strategic Marketing Services or Market Decisions (for the schools overlapping the YRBS and MYT surveys) administered surveys to maintain fidelity to the established protocols. Students who were absent the day of the survey completed it according to the same protocols at a later date and a representative of the school mailed it to Pan Atlantic Consultants.

METHODOLOGY (cont.)

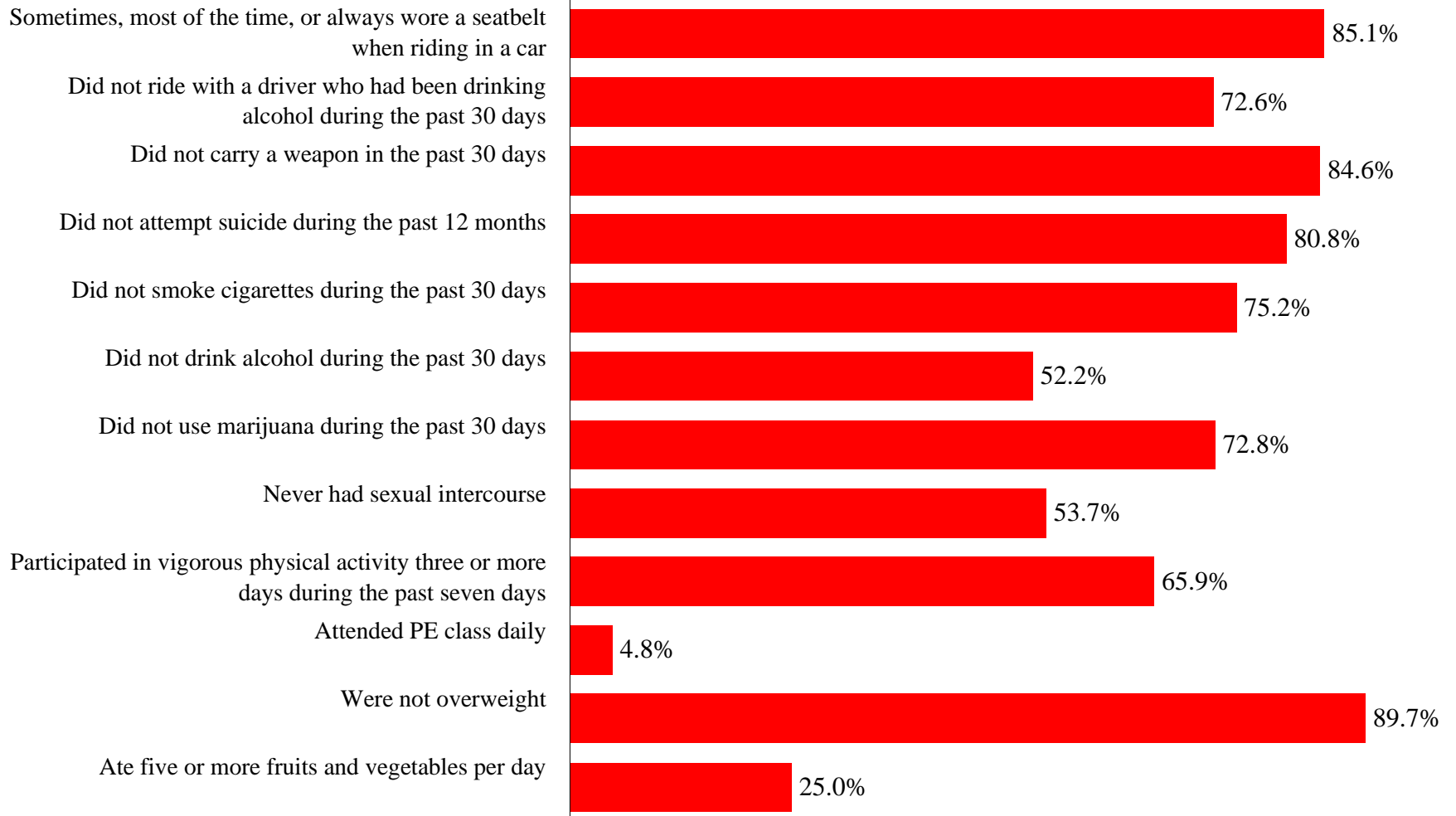
Because the **data is weighted**, it is representative of students throughout Maine. Comparisons are made throughout the following report with weighted data from the 1997, 1995, and 1991 YRBS reports only when trends are statistically significant. Because the data was unweighted in 1993 and 1999, comparisons cannot be made with those results.

It is important to note that some of the schools that did participate in the survey did not agree to have their surveys administered until late in the school year. As a result, there is a lower than expected number of 12th grade students in the surveyed population. Many 12th grade students had already graduated from high school and could not take the survey.

2001 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maine High School Survey
Summary Findings

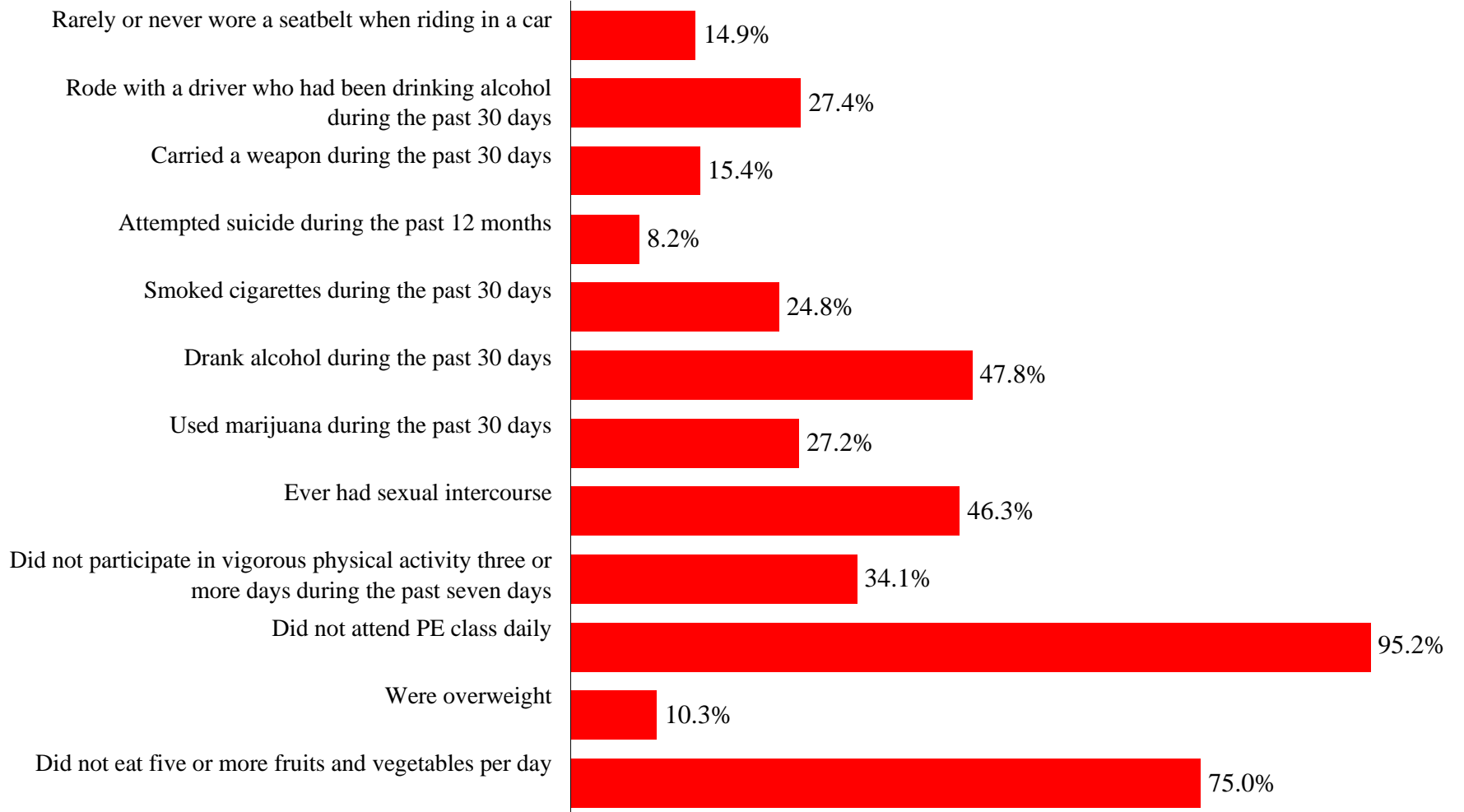
Percentage of students who:



2001 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maine High School Survey
Summary Findings

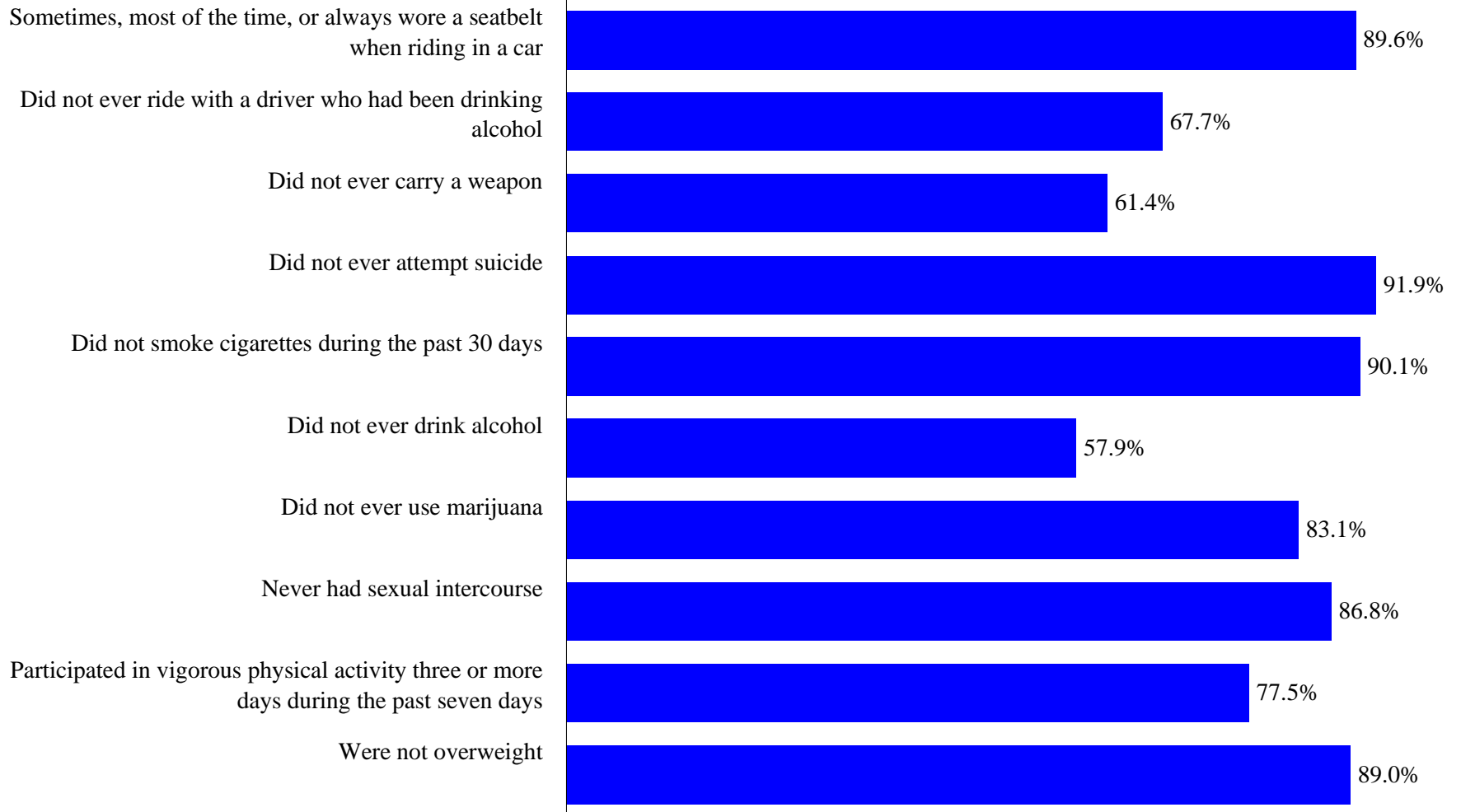
Percentage of students who:



2001 YOUTH RISK BEHAVIOR SURVEY RESULTS

Maine Middle School Survey
Summary Findings

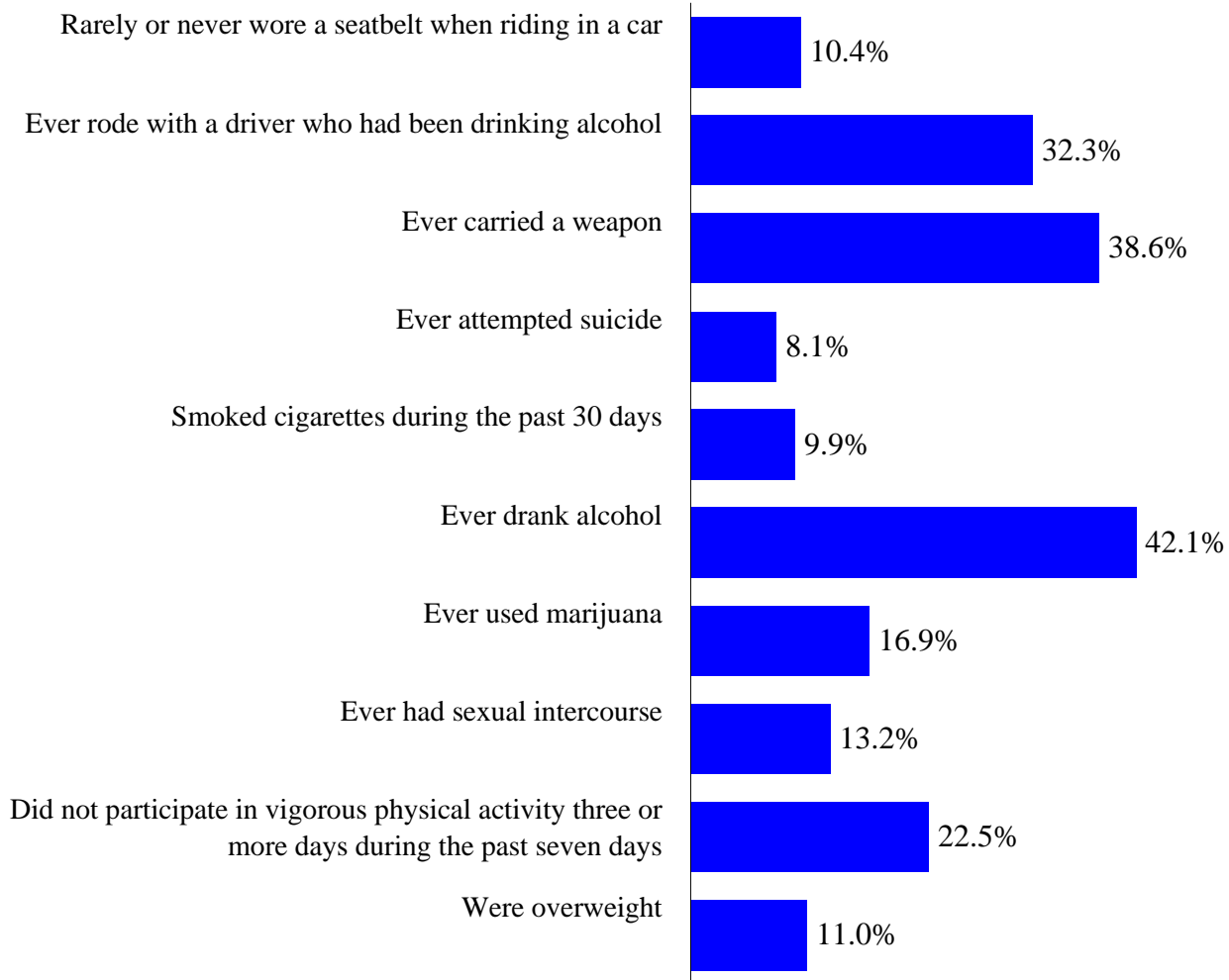
Percentage of students who:



2001 YOUTH RISK BEHAVIOR SURVEY RESULTS

**Maine Middle School Survey
Summary Findings**

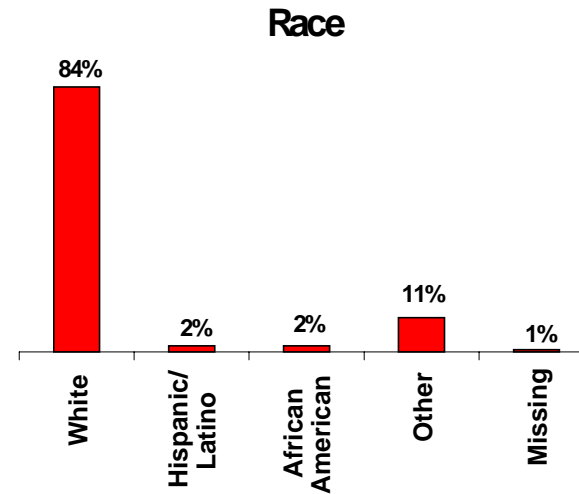
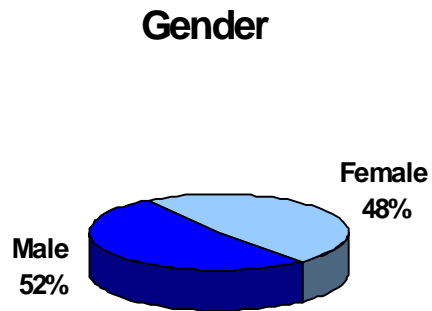
Percentage of students who:



DEMOGRAPHICS

Students were asked several demographic questions, including grade in school, age, sex, and race.

- ✓ Fifty-three percent of the students sampled (53%) were in middle school and 47% were in high school.
- ✓ Fifty-two percent of students included in the sample (52%) were male students, and 48% were female students.
- ✓ Of students that divulged their racial background, 15% of students indicated their race to be other than white.



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS

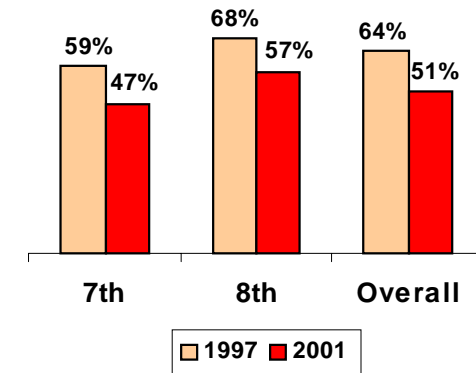
The survey asked students various questions about safety and violence-related behavior. More specifically, students were asked about helmet and seatbelt usage; operating or riding in a vehicle while the driver is under the influence of alcohol or illegal drugs; carrying weapons; physical fighting; sexual assault; and harassment.

Helmet and Seat Belt Usage

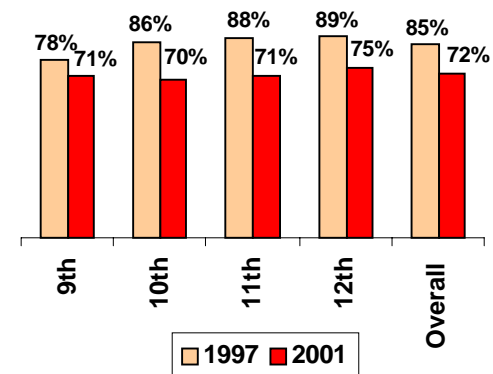
There have been gains in seat belt usage and helmet usage (with bicycles) among both middle school and high school students.

- ✓ Of middle school students who roller blade or ride a skateboard, two-thirds (67%) indicated that they never or rarely wear a helmet. **Unfortunately, this is a significant decrease in helmet use since 1997**, when 55% of students reported never or rarely wearing a helmet while roller blading or riding a skateboard.
- ✓ Approximately one-half of middle school students (51%) surveyed never or rarely wear a helmet while riding a bicycle, which is a statistically significant **13-percentage point improvement since 1997** (64%).
- ✓ While nearly three-fourths of high school students (72%) surveyed never or rarely wear a helmet while riding a bicycle, **the current figure is significantly lower than in 1997** (85%).
- ✓ One-third of high school students who rode a motorcycle in the year preceding the survey (34%) never or rarely wore a helmet. Although not statistically significant, a greater percentage of male high school students (38%) reported not wearing a motorcycle helmet than female high school students (27%).

Percentage of middle school students who never or rarely wear a helmet while riding a bicycle



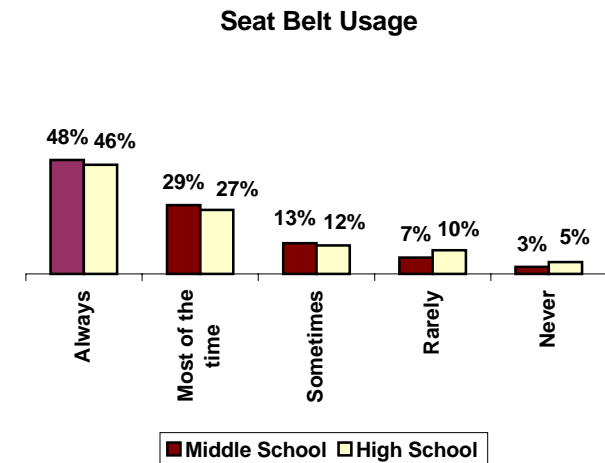
Percentage of students by grade who never or rarely wore a helmet while riding a bicycle in the past year



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Helmet and Seat Belt Usage (cont.)

- ✓ While the clear majority of middle school students reported that they wear a seat belt in a car either always (48%) or most of the time (29%), 13% of students in middle school sometimes wear a seat belt and ten percent (10%) never or rarely wear a seat belt. A larger percentage of male middle school students (13%) reported never or rarely wearing a seatbelt when riding in a car, as compared with female middle school students (8%) although this difference is not statistically significant.
- ✓ When riding in a car driven by someone else, nearly three-fourths of high school students reported that they wear a seat belt either always (46%) or most of the time (27%). Fifteen percent (15%) of high school students never or rarely wear a seat belt when riding in a car driven by someone else.
- ✓ Although the data won't allow for statistical comparisons, the percentage of those who reported that they never or rarely wear a seat belt **dropped from 21% in 1997 to 10% in 2001 for middle school students and from 22% in 1997 to 15% in 2001 for high school students.**
- ✓ Approximately one in four high school students who have ridden an ATV (All Terrain Vehicle) in the 12 months preceding the survey (26%) never or rarely wore a helmet.



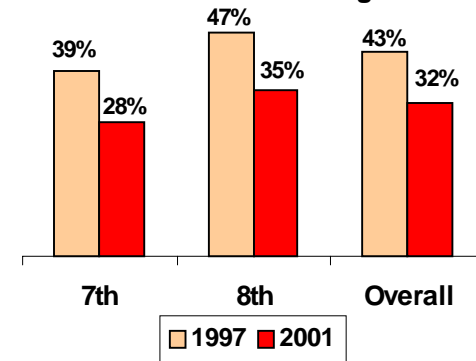
PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Operating a Vehicle Under the Influence of Alcohol or Drugs

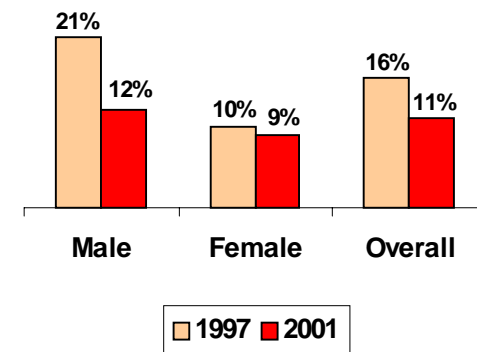
Significant gains have been made in terms of drinking and driving at both the middle and high school levels.

- ✓ Although nearly one-third of middle school students surveyed (32%) have ridden in a car driven by someone who had been drinking alcohol, this represents a statistically significant **11-percentage point drop since 1997** (43%).
- ✓ One in four high school students (27%) rode in a car driven by someone who had been drinking alcohol at least once in the 30 days preceding the survey. However, this is **significantly lower than the 1995 and 1997 figures** of 34%. Although not statistically significant, students in the 9th (31%) and 10th (31%) grades were more likely than those in the 11th (22%) and 12th (25%) grades to report having ridden in a car driven by someone who had been drinking alcohol at least once in the past month.
- ✓ One in ten high school students (11%) drove a car or other vehicle when they had been drinking alcohol at least once in the 30 days preceding the survey. This represents a **significant drop since 1997** (16%).
- ✓ One-third of high school students (33%) rode in a car driven by someone who had been taking illegal drugs such as marijuana at least once in the month preceding the survey.
- ✓ Although the differences are not statistically significant, male students in the 12th grade were the most likely to report operating a vehicle under the influence of alcohol (18% versus the high school average of 11%) and riding in a car driven by someone under the influence of illegal drugs (45% versus the high school average of 33%).

Percentage of middle school students who have ridden in a car driven by someone who had been drinking alcohol



Percentage of high school students who drove a car under the influence of alcohol in the past 30 days



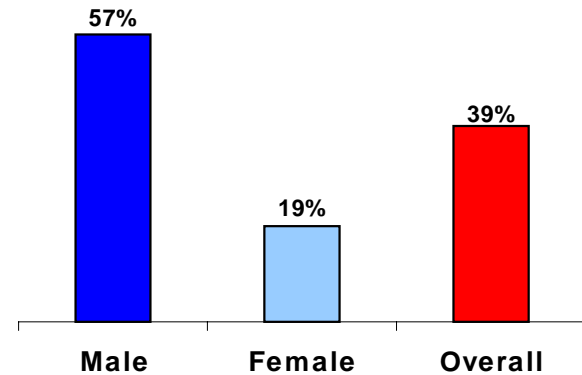
PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Carrying Weapons

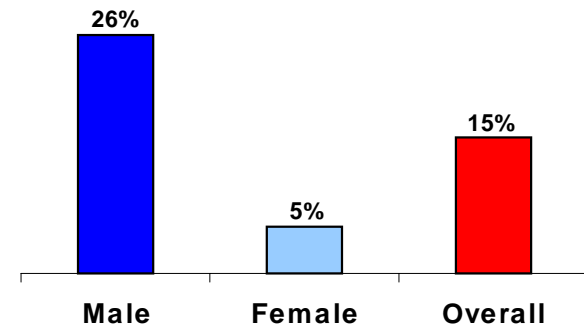
While no significant gains have been made in terms of carrying weapons overall, progress has been made with carrying weapons on school property. Male students are still more likely than female students to be involved in carrying weapons.

- ✓ Nearly four in ten middle school students surveyed (39%) have carried a weapon such as a gun, knife, or club in their lifetime. Male middle school students (57%) are significantly more likely than female middle school students (19%) to have carried a weapon. *(Please note that the high rates of middle school students ever carrying weapons may be explained by the fact that hunting is common among Maine youth.)*
- ✓ Fifteen percent (15%) of high school students carried a weapon such as a gun, knife, or club in the 30 days preceding the survey. Male high school students (26%) were significantly more likely than female high school students (5%) to indicate that they carried a weapon in the 30 days preceding the survey. *(Please note that as the survey was administered in the spring semester, and high school students were asked about carrying weapons in the 30 days preceding the survey, it is unlikely that hunting influenced the high school results regarding carrying weapons.)*
- ✓ Less than five percent of high school students (4%) carried a gun in the 30 days prior to taking the survey. Similar to the results for all weapons, male high school students (8%) were significantly more likely than female high school students (0.3%) to report that they carried a gun in the 30 days preceding the survey.

Percentage of middle school students who have ever carried a weapon



Percentage of high school students who have carried a weapon in the past 30 days

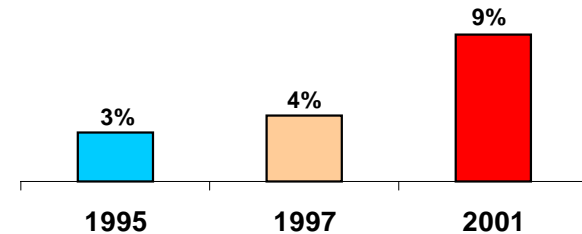


PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

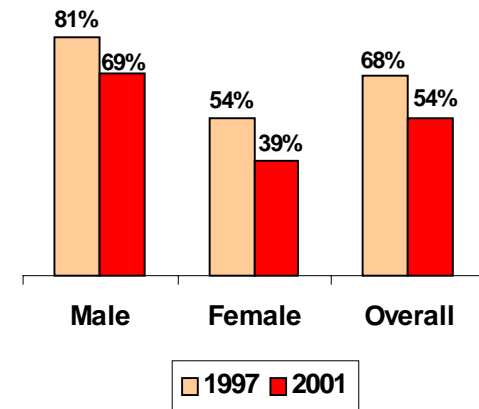
Carrying Weapons (cont.)

- ✓ Similarly, 95% of high school students did not carry a weapon such as a gun, knife, or club on school property in the 30 days preceding the survey. **This figure is significantly higher than in 1997 (89%).** Male high school students (8%) were significantly more likely to report this behavior than were female high school students (2%).
- ✓ Nearly one in ten high school students (9%) indicated that they did not go to school on one or more of the 30 days preceding the survey because they felt unsafe at school or on their way to or from school. Although the differences are not statistically significant, **this figure has been rising steadily since 1995 (3%).**
- ✓ Nine percent of high school students (9%) were threatened or injured with a weapon while on school property at least once in the year preceding the survey. A significantly higher percentage of male high school students (11%) reported being threatened or injured with a weapon while on school property, versus female high school students (6%). This gender difference is greatest among 10th graders (14% male versus 6% female).

Percentage of high school students who missed school in the past 30 days because they felt unsafe at school



Percentage of middle school students who have been in a physical fight



Physical Fighting

The rates for physical fighting have dropped in recent years.

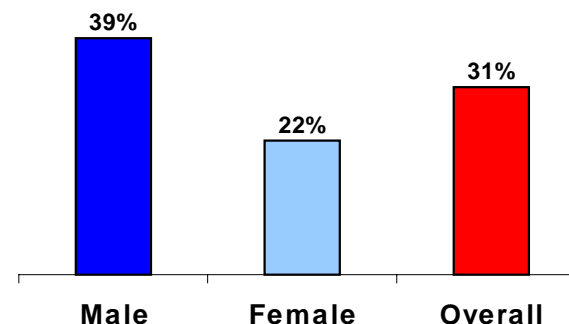
- ✓ Just over one-half of Maine middle school students surveyed (54%) reported participating in a physical fight in their lifetime. Male middle school students (69%) are significantly more likely than female middle school students (39%) to have participated in a physical fight. The overall percentage of middle school students reporting having been in a physical fight is **significantly lower than in 1997 (68%).**

PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

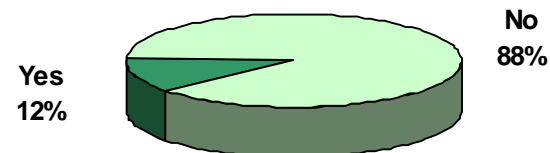
Physical Fighting (cont.)

- ✓ Seven percent of middle school students surveyed (7%) have participated in a physical fight in which they were hurt enough to be treated by a doctor or nurse. This is a statistically significant **4-percentage point drop since 1997** (11%). Significantly more males (10%) than females (4%) in middle school report having been in a physical fight in which they were hurt enough to be treated by a doctor or nurse.
- ✓ Approximately one in three high school students (31%) were in a physical fight in the 12 months preceding the survey. A significantly higher proportion of male high school students (39%) have been in a physical fight in the past year, as compared with female high school students (22%). Students in the 9th grade (38%) were significantly more likely than those in the 12th grade (22%) to report being in a physical fight in the past year.
- ✓ One in ten high school students (11%) were in a physical fight on school property in the year preceding the survey. Only 4% of high school students reported being injured enough in a physical fight to require medical attention during the 12 months preceding the survey.
- ✓ Twelve percent of high school students (12%) report being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the 12 months preceding the survey. There were no significant differences between genders. Furthermore, the percent physically hurt by a boyfriend or girlfriend remained consistent from 9th to 12th grade.

Percentage of high school students who have been in a physical fight in the past 30 days



Percentage of high school students who have been physically abused by a boyfriend or girlfriend in the past 12 months

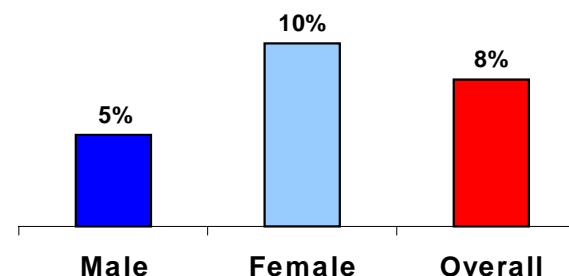


PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Sexual Assault

- ✓ Eight percent of high school students surveyed (8%) have been forced to have sexual intercourse when they did not want to. Female high school students (10%) were two times as likely to indicate that they have been forced to have sexual intercourse than male high school students (5%).

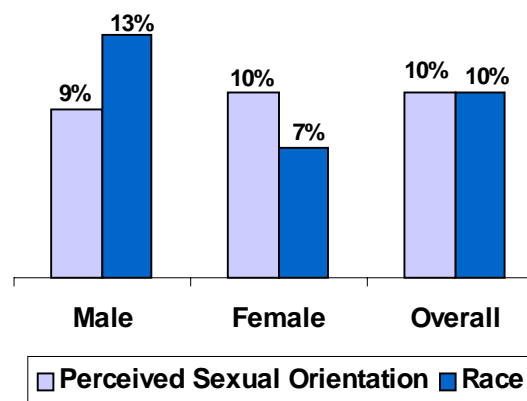
Percentage of high school students who have been forced to have sexual intercourse against their will



Harassment

- ✓ One in ten high school students (10%) have been attacked or been subjected to offensive comments (either at school or on their way to or from school) based on their race. Male high school students (13%) are significantly more likely to have been attacked or been subjected to offensive comments (either at school or on their way to or from school) based on their race than are female high school students (7%).
- ✓ Ten percent (10%) of high school students have been attacked or been subjected to offensive comments (either at school or on their way to or from school) based on their perceived sexual orientation. The results of this question were similar for male high school students and female high school students.

Percentage of high school students who have been harassed due to:



ATTEMPTED SUICIDE AND SAD FEELINGS

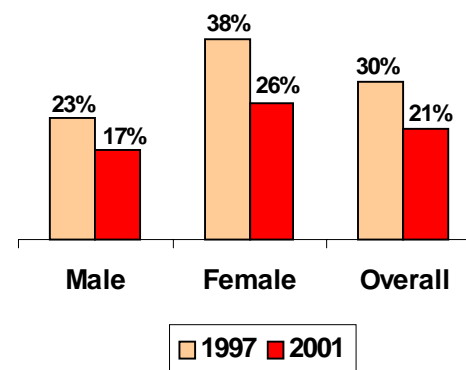
The survey next asked about attempted suicide and sad feelings.

Attempted Suicide

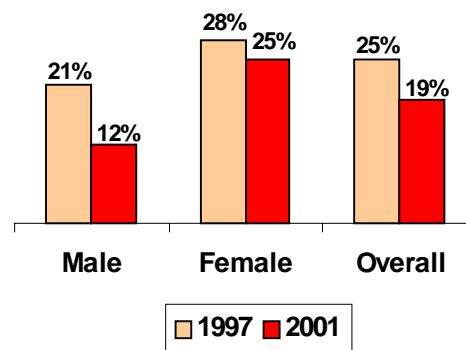
While thoughts and plans of suicide on the middle school level have dropped significantly since 1997, the rates on the high school level have remained more consistent. Females remain more likely than males to consider suicide on both the middle and high school levels.

- ✓ Two in ten middle school students surveyed (21%) have seriously thought about killing themselves. **This is significantly less than the 1997 figure of 30%.** Currently, female middle school students (26%) are significantly more likely than male middle school students (17%) to have seriously considered suicide in their lifetime.
- ✓ Nineteen percent of high school students (19%) have seriously considered attempting suicide in the 12 months preceding the survey. Although not statistically significant, **this figure is lower than the 1995 and 1997 YRBS rates of 25%.**
- ✓ One in four female high school students (25%) seriously considered attempting suicide in the year preceding the survey, versus just over one in ten male high school students (12%). Although not statistically significant, females in the 9th grade (27%) were the most likely to report seriously considering attempting suicide in the year preceding the survey, while males in the 12th grade (10%) were the least likely to report this behavior.
- ✓ The majority of middle school students surveyed (87%) have never made a plan to commit suicide. More than one in ten middle school students (13%), however, have made a plan about how they would kill themselves. This is a statistically significant **6-percentage point drop since 1997** (19%).

Percentage of middle school students who have seriously considered suicide



Percentage of high school students who have seriously considered suicide in the past year

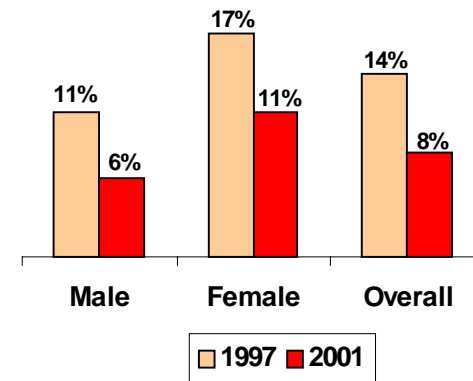


ATTEMPTED SUICIDE AND SAD FEELINGS (cont.)

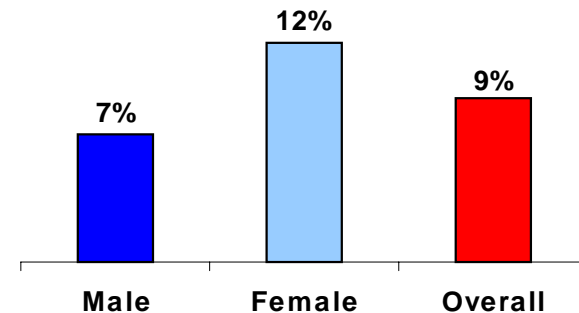
Attempted Suicide (cont.)

- ✓ While 84% of high school students did not make a suicide plan in the year prior to taking the survey, 16% of high school students reported that, in the 12 months preceding the survey, they made a plan about how they would commit suicide.
- ✓ Less than one in ten middle school students surveyed (8%) have tried to kill themselves. **This is a statistically significant drop since 1997 (14%).** Female middle school students (11%) are significantly more likely to have tried to kill themselves than male middle school students (6%).
- ✓ While 91% of high school students did not try to kill themselves in the year preceding the survey, nearly one in ten high school students (9%) did attempt suicide. **This rate is consistent** with previous YRBS survey results (9% in 1997 and 8% in 1995).
- ✓ Male high school students (7%) were significantly less likely than female high school students (12%) to have tried to kill themselves in the 12 months preceding the survey.
- ✓ Only 5% of high school students reported that, because of an attempted suicide in the 12 months preceding the survey, they sustained an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

Percentage of middle school students who have attempted suicide



Percentage of high school students who have attempted suicide in the past year

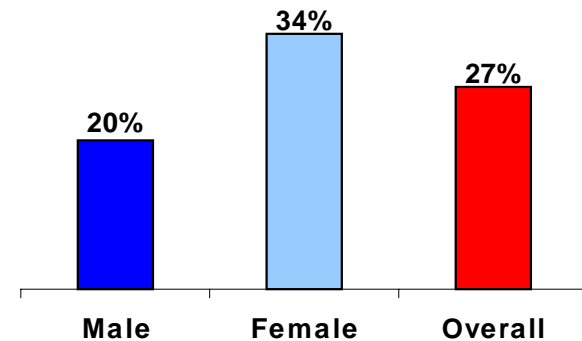


ATTEMPTED SUICIDE AND SAD FEELINGS (cont.)

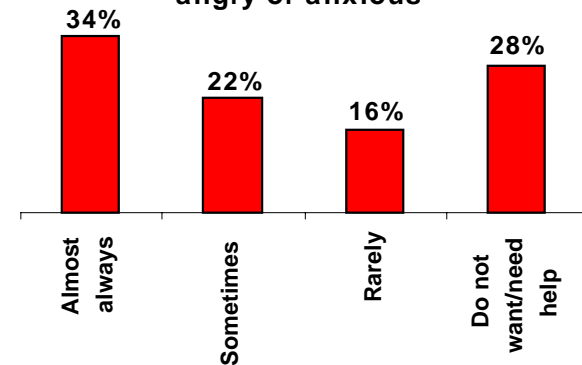
Sad Feelings

- ✓ More than one-fourth of high school students (27%) indicated that, in the year preceding the survey, they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.
- ✓ One in three female high school students surveyed (34%) have experienced prolonged sad or hopeless feelings that caused them to stop participating in their normal activities, versus two in ten male high school students (20%). This difference is statistically significant.
- ✓ One-third of high school students (34%) reported that they almost always get the help they need when they feel sad, empty, hopeless, angry, or anxious, and 28% indicated that they do not want or need help when they feel this way. Thirty-eight percent of high school students (38%) reported that they rarely or sometimes get help when they feel sad, empty, hopeless, angry, or anxious.
- ✓ Thirty-five percent (35%) of high school students surveyed reported that they turn to a family member or friend when they feel sad, empty, hopeless, angry, or anxious, and 19% turn to a parent or other adult relative. One in three high school students (33%) indicated that they do not want or need help when they feel sad, empty, hopeless, angry, or anxious. Seven percent of high school students (7%) indicated that they do not get the help they need when they feel this way.

Percentage of high school students who have had prolonged feelings of sadness in the past year



How often high school students get the help they need when feeling sad, empty, hopeless, angry or anxious



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE

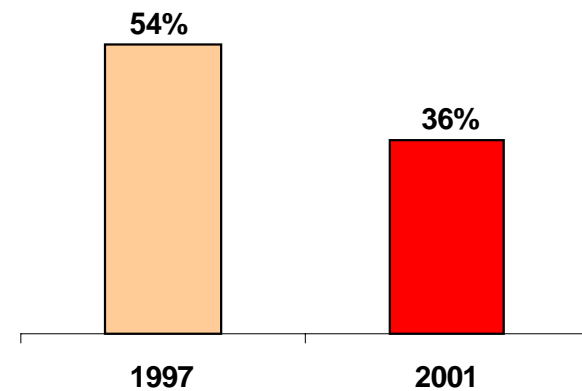
The next section of the survey dealt with tobacco, alcohol, and illegal drug use. Specifically, students were asked about cigarette smoking, method of obtaining tobacco, and other tobacco use; alcohol, marijuana, cocaine, inhalant, heroin, methamphetamine, steroid, and intravenous drug use; as well as the use of illegal drugs on school property.

Cigarette Smoking

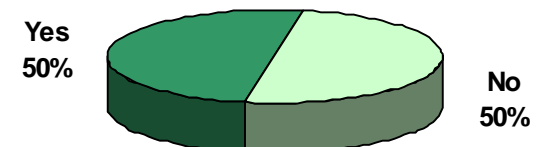
Cigarette smoking rates have declined significantly in the past few years on both the middle and high school levels.

- ✓ Just over one-third of middle school students (36%) reported trying smoking, even one or two puffs. **This is down by 18-percentage points since 1997 (54%).** The percentages of those who have ever smoked are similar for male and female middle school students.
- ✓ More than three-fourths of middle school students surveyed (78%) have never smoked an entire cigarette. The percentage of middle school students who have smoked an entire cigarette before the age of 11 has **decreased significantly – from 15% in 1997 to 8% in 2001.**
- ✓ Meanwhile, one-half of high school students (50%) reported that they have never smoked a whole cigarette. The percentage of high school students who have smoked an entire cigarette before the age of 13 has **decreased significantly – from 30% in 1997 to 23% in 2001.**
- ✓ Although the data won't allow for statistical comparisons, smoking rates appear to increase with students' grade levels. While 20% of 7th grade students have smoked an entire cigarette, 60% of 12th grade students have smoked an entire cigarette.
- ✓ The vast majority of middle school students (90%) and high school students (75%) did not smoke in the 30 days preceding the survey.

Percentage of middle school students who have tried smoking cigarettes



Percentage of high school students who have smoked an entire cigarette

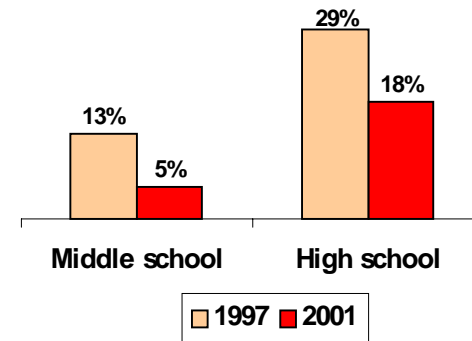


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

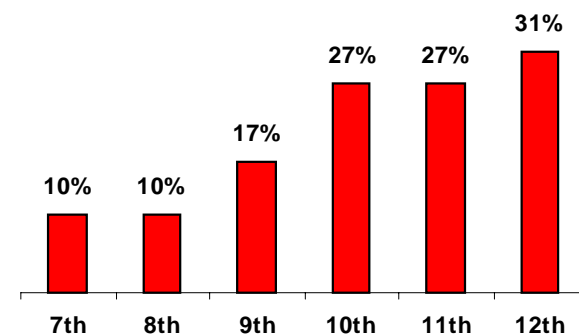
Cigarette Smoking (cont.)

- ✓ One in ten middle school students (10%) reported that they smoked cigarettes on one or more of the 30 days preceding the survey. **This figure has dropped significantly since 1997 (21%).** Currently, five percent (5%) of middle school students indicated that they smoked at least two cigarettes on the days they smoked in the past 30 days. This figure was 13% in 1997, **representing a dramatic and statistically significant decrease.**
- ✓ While in 2001, one-fourth of high school students (25%) reported to have smoked cigarettes on one or more of the 30 days preceding the survey, 39% reported doing the same in 1997. **This is a statistically significant drop.** Currently, 18% of high school students reported that they smoked at least two cigarettes on the days they smoked in the past 30 days. This represents a statistically significant **11-percentage point drop since 1997.**
- ✓ Students in the higher grades were more likely than those in the lower grades to report having smoked cigarettes in the past 30 days. Approximately one in ten 7th grade students (10%) smoked on one or more of the past 30 days, compared with three in ten 12th grade students (31%) who did the same.
- ✓ Similar to the results of smoking frequency, the amount of cigarettes smoked per day also increases with age. Specifically, only 4% of 7th grade students smoked two or more cigarettes per day on the days they smoked in the past 30 days, while 25% of 12th grade students did the same.
- ✓ Less than one in ten high school students (9%) reported having smoked cigarettes on school property in the 30 days preceding the survey. **This is a statistically significant 50% reduction since the figure reported in 1997 (18%).**

Percentage of students who smoked at least 2 cigarettes per day on the days they smoked in the past 30 days



Percentage of students who have smoked cigarettes in the past 30 days, by grade

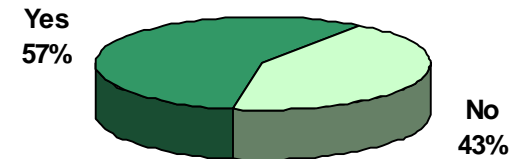


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Cigarette Smoking (cont.)

- ✓ More than one-half of current high school smokers (57%) tried to quit smoking in the 12 months preceding the survey. Although not statistically significant, it is interesting to note that while 63% of female current smokers attending high school tried to quit smoking in the past year, 49% of male current smokers attending high school tried to do the same.

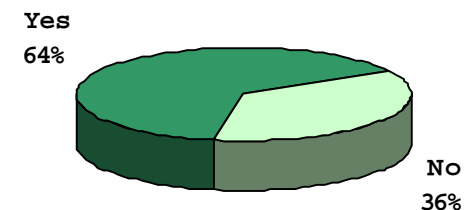
Percentage of current high school smokers who have tried to quit smoking cigarettes in the past year



Method of Obtaining Tobacco

- ✓ Middle school students who smoked cigarettes in the 30 days preceding the survey usually obtained the cigarettes by having someone else buy them (24%), borrowing them (23%), stealing them (13%), or getting them some other way (26%).
- ✓ High school students who smoked cigarettes in the month prior to the survey usually obtained the cigarettes by having someone else buy them (34%), purchasing them at a store or gas station (23%), or borrowing them (21%).
- ✓ Of the 171 high school students who purchased cigarettes in a store in the month prior to the survey, 64% reported that they were asked to show proof of age.

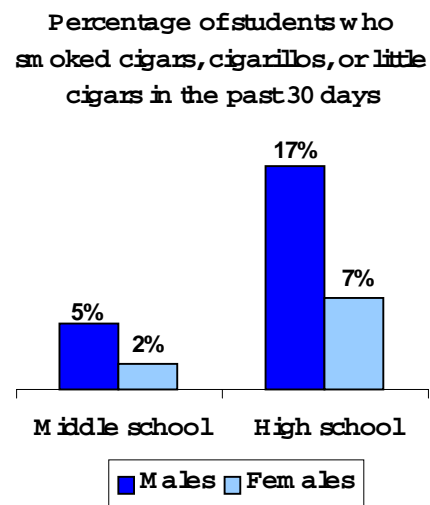
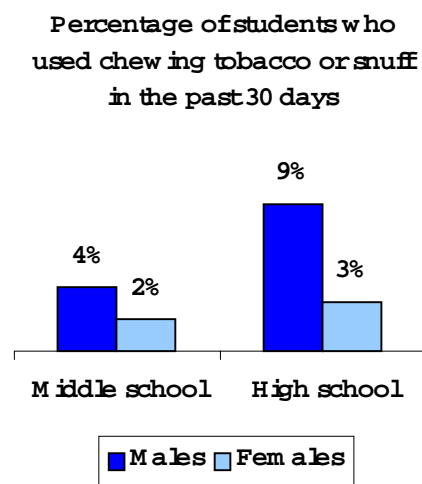
Percentage of current high school smokers who were asked to show proof of age when buying cigarettes at a store in the past month



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Other Tobacco Use

- ✓ The vast majority of middle school students (97%) and high school students (94%) did not use chewing tobacco or snuff in the 30 days preceding the survey.
- ✓ Nine percent of male high school students (9%) indicated recent (past 30 day) use of chewing tobacco or snuff, which is significantly higher than the 3% of female high school students who reported doing the same.
- ✓ Only 3% of high school students reported having used chewing tobacco or snuff while on school property in the 30 days preceding the survey.
- ✓ Only four percent (4%) of middle school students reported smoking cigars, cigarillos, or little cigars during the 30 days preceding the survey.
- ✓ Twelve percent (12%) of high school students have smoked cigars, cigarillos, or little cigars during the month prior to the survey. Seventeen percent (17%) of male high school students have smoked cigars, cigarillos, or little cigars in the preceding 30 days, which is significantly higher than the 7% of female high school students who reported doing the same.
- ✓ In all, 12% of middle school students used any type of tobacco in the 30 days preceding the survey. Overall, nearly three in ten high school students (29%) have used any type of tobacco product in the 30 days preceding the survey. Tobacco use rates for male and female students were similar on both the middle school and high school levels.

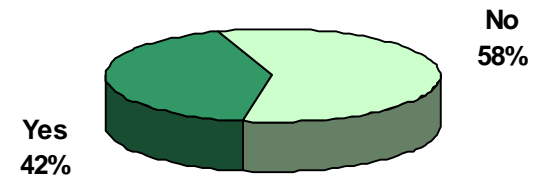


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

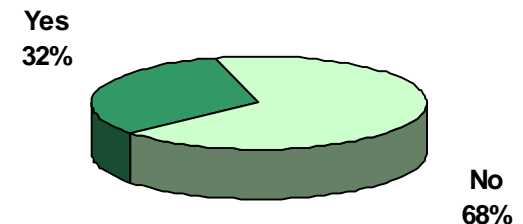
Alcohol Use

- ✓ More than one-half of middle school students (58%) and nearly one in three high school students (29%) have never consumed more than a few sips of alcohol.
- ✓ Although the data won't allow for statistical comparisons, students in the higher grades were more likely than students in the lower grades to report ever having more than a few sips of alcohol in their lifetime (82% [12th grade] versus 38% [7th grade]).
- ✓ Fourteen percent (14%) of middle school students surveyed had their first drink of alcohol before the age of 11.
- ✓ Less than one in four high school students surveyed (22%) had their first drink of alcohol before the age of 13. **This figure represents a statistically significant decrease since 1997 (29%).** Male high school students (26%) were significantly more likely to report drinking alcohol before age 13 than female high school students (17%).
- ✓ Just under one-half of high school students (48%) had at least one drink of alcohol in the month prior to taking the survey. Although not statistically significant, students in the 12th grade (58%) were the most likely to report having consumed alcohol in the 30 days preceding the survey.
- ✓ One in three high school students (32%) had five or more drinks of alcohol in a row (that is, within a couple of hours) at least once in the 30 days preceding the survey.

Percentage of middle school students who have consumed more than a few sips of alcohol in their lifetime



Percentage of high school students who had five or more alcoholic drinks in a row in the past 30 days

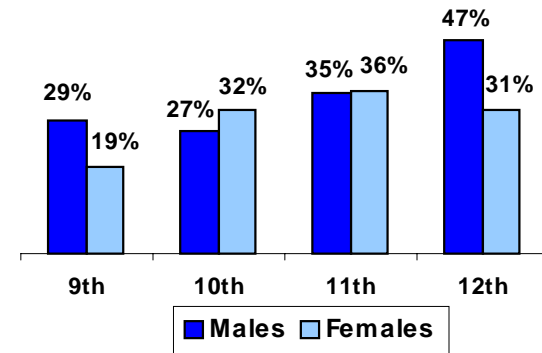


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Alcohol Use (cont.)

- ✓ Students in the higher grades were more likely than students in the lower grades to report having had five or more drinks of alcohol in a row in the 30 days preceding the survey (39% [12th grade] versus 24% [9th grade]). Male high school students in the 12th grade (47%) were the most likely to report this behavior.
- ✓ The vast majority of high school students (95%) did not consume alcohol on school property in the 30 days preceding the survey. The remaining 5% of high school students, however, reported that they had at least one drink of alcohol on school property in the 30 days preceding the survey.

Percentage of high school students who have had five or more drinks of alcohol in a row in the past 30 days, by grade

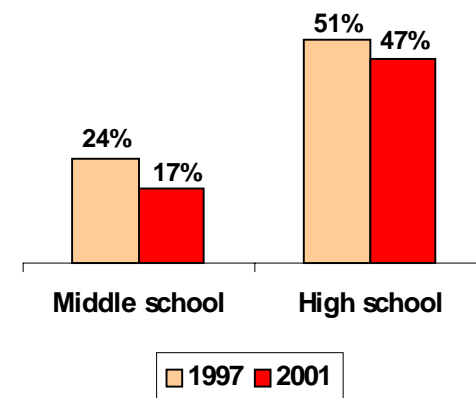


Marijuana Use

While middle school use of marijuana has decreased significantly since 1997, high school use has remained the same over that time period.

- ✓ Compared with the 83% of middle school students who have never used marijuana, one-half of high school students (53%) have never tried marijuana. **The figure for middle school non-use of marijuana has increased significantly since 1997 (76%).**
- ✓ Although the data won't allow for statistical comparisons, students in the higher grades were more likely to report having used marijuana than students in the lower grades (58% [12th grade] versus 13% [7th grade]).
- ✓ While male middle school students (20%) were significantly more likely than female students (14%) to report lifetime use of marijuana, the male and female marijuana use rates at the high school level were similar.

Percentage of students who have ever used marijuana

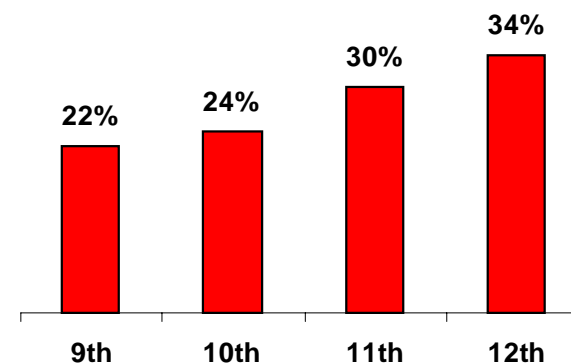


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Marijuana Use (cont.)

- ✓ Only 2% of middle school students tried marijuana before the age of 11, a **significant reduction since 1997 (4%)**. Male middle school students (3%) are significantly more likely than female middle school students (0.5%) to have tried marijuana before age 11.
- ✓ Twelve percent of all high school students surveyed (12%) tried marijuana before the age of 13.
- ✓ More than one-fourth of high school students (27%) reported that they used marijuana in the 30 days preceding the survey. Although not statistically significant, students in the higher grades were more likely than students in the lower grades to report this behavior (34% [12th grade] versus 22% [9th grade]).
- ✓ Seven percent (7%) of high school students indicated that they used marijuana on school property one or more times in the 30 days preceding the survey.

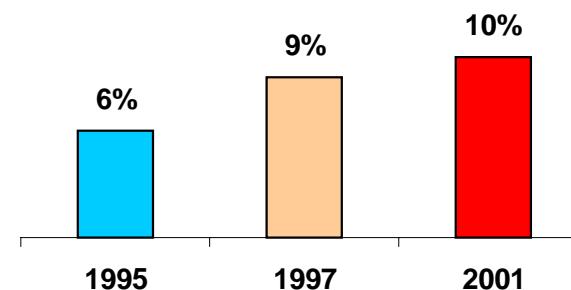
Percentage of high school students who have smoked marijuana in the past 30 days



Cocaine Use

- ✓ The vast majority of middle school students (95%) have never used any form of cocaine, including powder, crack, or freebase.
- ✓ Ten percent of high school students (10%) reported lifetime cocaine use, including powder, crack, or freebase cocaine. **This represents a significant increase since 1995 (6%)**.
- ✓ Only 4% of high school students used any form of cocaine in the 30 days preceding the survey.

Percentage of high school students who have used cocaine in their lifetime



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Inhalant Use

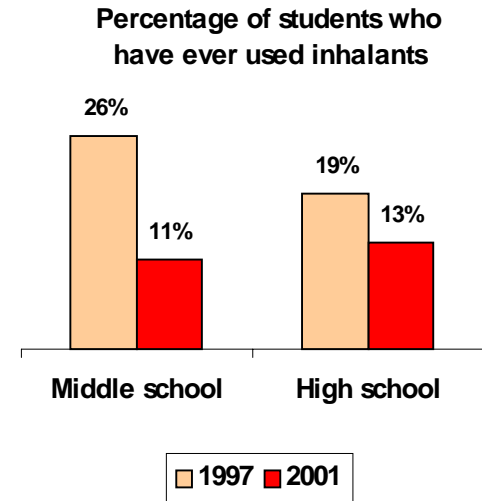
Lifetime inhalant rates have dropped significantly since 1997 at both the middle school and high school level.

- ✓ Approximately nine in ten middle school students (89%) have never used inhalants, such as sniffing glue, breathing the contents of spray cans, or inhaling any paints or sprays to get high. Eleven percent of middle school students (11%), however, have used inhalants in their lifetime. **This represents a statistically significant 15-percentage point decrease in use of inhalants since 1997 (26%).**
- ✓ Thirteen percent of high school students (13%) have used inhalants, such as sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high. Similar to the decline in inhalant use in the middle school, **lifetime use of inhalants in high school have decreased significantly since 1997 (19%).**
- ✓ Less than five percent of high school students (4%) sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times in the 30 days preceding the survey.

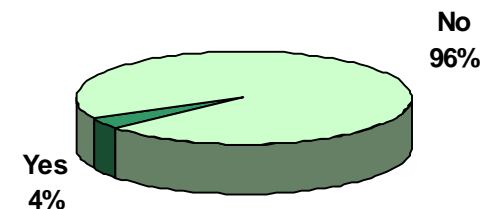
Heroin Use

- ✓ Nearly all high school students (96%) indicated that they have never used heroin in their lifetime. Only 4% of high school students reported having used heroin at least one time in their life.

(Please note that middle school students were not asked about heroin use.)



Percentage of high school students who have used heroin in their lifetime



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Methamphetamine Use

- ✓ Less than one in ten high school students (8%) have used methamphetamines in their life. Reported lifetime use of methamphetamines was similar for male and female high school students.

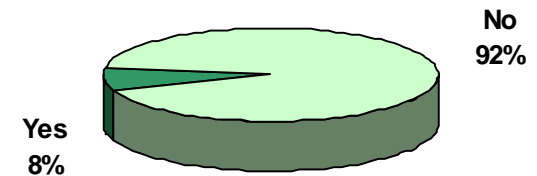
(Please note that middle school students were not asked about methamphetamine use.)

Steroid Use

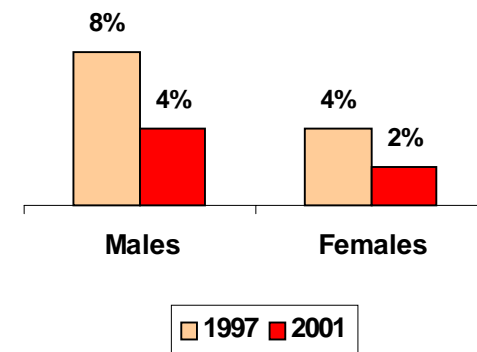
While lifetime steroid use has decreased significantly on the middle school level since 1997, steroid use at the high school level has remained unchanged in recent years.

- ✓ Only three percent (3%) of middle school students surveyed have used steroids. **This represents a statistically significant 50% decrease in steroid use since 1997 (6%).**
- ✓ **Steroid use for both male and female middle school students has decreased by 50% since 1997 (8% to 4% for males, and 4% to 2% for females).**
- ✓ The majority of high school students (94%) have never taken steroid pills or shots without a doctor's prescription. The remaining 6% of high school students indicated that they have used steroids in their lifetime. Unlike middle school steroid use, **lifetime high school steroid use has remained unchanged since 1997.**
- ✓ Eight percent (8%) of male high school students reported steroid use, versus 3% of female high school students. This difference is statistically significant.

Percentage of high school students who have used methamphetamines in their lifetime



Percentage of middle school students who have ever used steroids



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

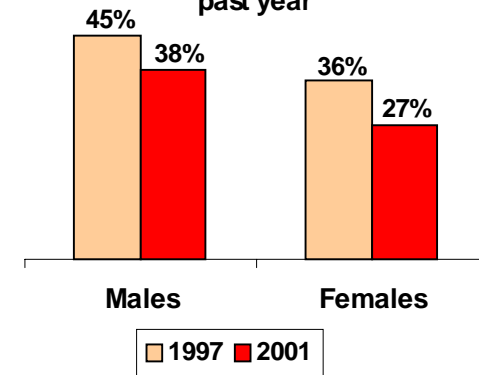
Intravenous Drug Use

- ✓ Ninety-eight percent of middle school students (98%) have never used a needle to inject an illegal drug into their body.
- ✓ Only 3% of high school students reported that they have used a needle to inject an illegal drug into their body.

Illegal Drug Use on School Property

- ✓ Approximately one-third of high school students (32%) indicated that they were offered, sold, or given an illegal drug on school property by someone during the 12 months preceding the survey. **This figure is significantly lower than the findings in 1997 (41%).**
- ✓ Male high school students (38%) were significantly more likely than female high school students (27%) to have been offered, sold, or given an illegal drug on school property in the year prior to taking the survey.

Percentage of high school students who were offered, sold, or given an illegal drug on school property in the past year



SEXUAL BEHAVIOR

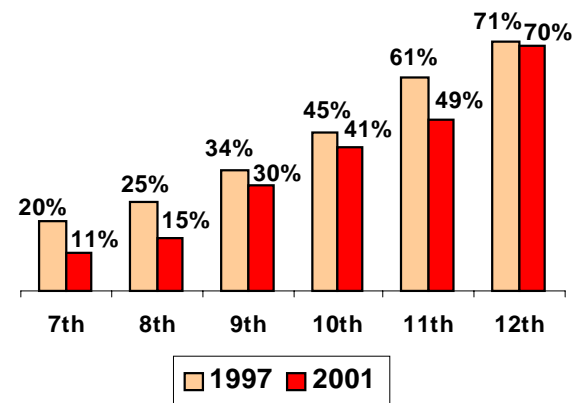
The survey next asked questions about sexual behaviors, as well as condom and other contraceptive use. HIV infection and sexually transmitted disease risk behaviors are included because AIDS is a critical public health threat.

Please note that for the 'Sexual Behavior' section, the data do not indicate if the sexual intercourse and/or sexual contact were consensual or not.

Rates of sexual intercourse have decreased significantly for middle school students and appear to be declining for the earlier grades in high school, as well.

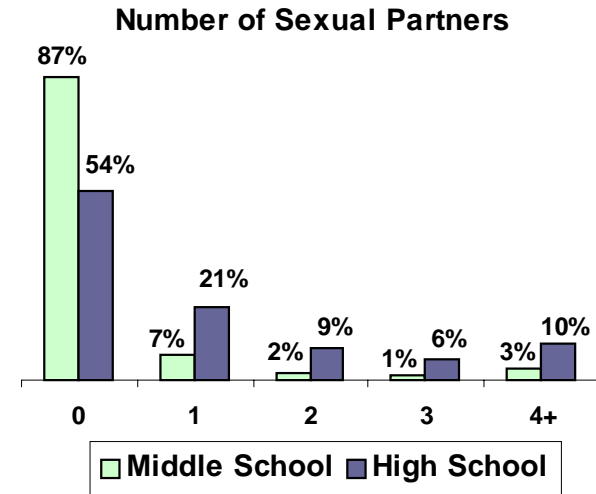
- ✓ Thirteen percent (13%) of middle school students and 46% of high school students surveyed have had sexual intercourse. The rate of intercourse rises from 11% in the 7th grade to 70% in the 12th grade.
- ✓ **The rate of sexual intercourse for middle school students has decreased significantly from 23% in 1997 to the current figure of 13%.** While male middle school students (17%) are significantly more likely to have had sexual intercourse than female middle school students (10%), the gap between the genders appears to be closing (versus 28% and 17% in 1997, respectively).
- ✓ **Although the decrease is not statistically significant, the rate of sexual intercourse for high school students has declined from 52% in 1997 to the 2001 figure of 46%.** Unlike the middle school results, female high school students (49%) were slightly **more** likely to report having had sexual intercourse than were male high school students (44%) (Note: this gender difference is not statistically significant).
- ✓ Only 2% of middle school students have had sexual intercourse before age 11. **This represents a statistically significant 75% decrease since 1997 (8%).**

Percentage of students who have had sexual intercourse

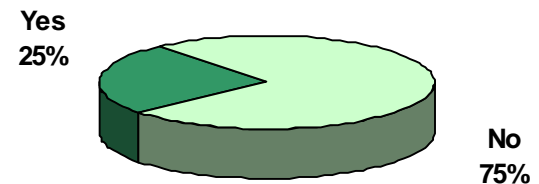


SEXUAL BEHAVIOR (cont.)

- ✓ Less than five percent of high school students (4%) reported having had sexual intercourse before the age of 13.
- ✓ One in ten high school students surveyed (10%) have had sexual intercourse with four or more people. Although not statistically significant, this percentage has dropped since 1997 (13%).
- ✓ Of high school students who have had sexual intercourse, 25% have abstained in the past three months. Thirty-five percent (35%) of all high school students surveyed had sexual intercourse with one or more people in the past three months and are considered to be currently sexually active.
- ✓ Although not statistically significant, female high school students (39%) were more likely to report being currently sexually active than male high school students (30%).
- ✓ Of currently sexually active high school students, 25% indicated that they drank alcohol or used drugs before last intercourse.
- ✓ Five percent (5%) of female high school students and 4% of male high school students surveyed have had either same-sex or bi-sexual contact. The rate of same-sex only contact for high school students who reported having sexual contact was 2% for both males and females.
- ✓ Seven in ten middle school students who have had sexual intercourse (70%) reported using a condom during last sexual intercourse. More than one-half of sexually active high school students (56%) used a condom during last intercourse.

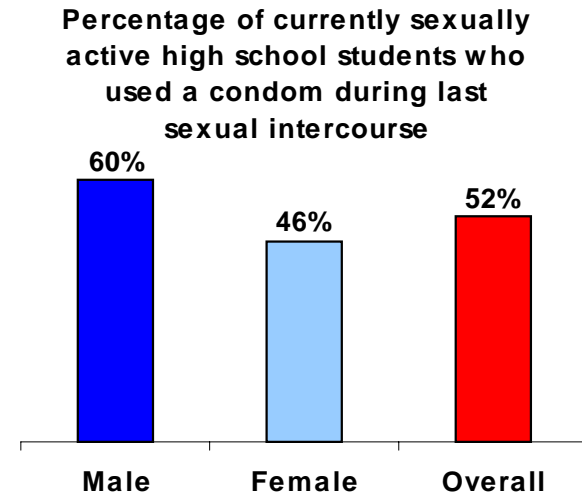


Percentage of currently sexually active high school students who used alcohol or drugs before last intercourse



SEXUAL BEHAVIOR (cont.)

- ✓ Fifty-two percent (52%) of currently sexually active high school students indicated that they used a condom the last time they had sexual intercourse.
- ✓ Sixty percent of male currently sexually active high school students (60%) reported having used a condom during last sexual intercourse, which is significantly higher than the 46% of female currently sexually active high school students who reported doing the same.
- ✓ Thirteen percent of high school students surveyed (13%) never or rarely use a condom when they have sexual intercourse.
- ✓ Forty-one percent of currently sexually active females in high school (41%) indicated that they used birth control pills as a method of contraception during last sexual intercourse.



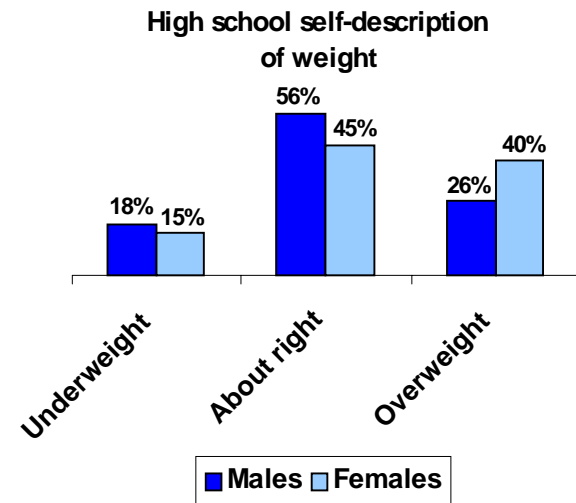
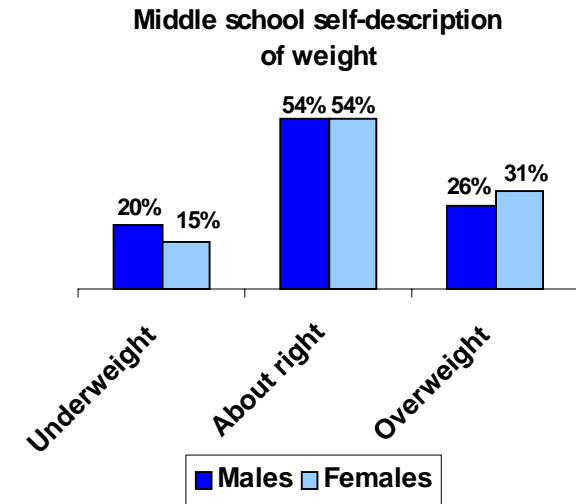
BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE

The next section of the survey asked several questions about nutrition and body weight.

Body Weight

- ✓ Approximately one-half of middle school students (54%) describe their weight as “just about right”. While 29% of middle school students feel that they are overweight (either very or slightly), 18% believe that they are underweight (either very or somewhat).
- ✓ According to respondents’ self-reported height and weight, 11% of middle school students were defined as “overweight”*. Male middle school students (15%) were significantly more likely than female middle school students (7%) to be defined as overweight. However, female middle school students (31%) were significantly more likely than male middle school students (26%) to believe that they are very or slightly overweight.
- ✓ Fifty-one percent of high school students surveyed (51%) believe that they are just about the right weight. One-third of high school students (33%) describe their weight as overweight (either very or slightly) and 17% indicated that they are underweight (either very or slightly).
- ✓ According to respondents’ self-reported height and weight, 10% of high school students were defined as “overweight”*. Male high school students (15%) were significantly more likely than female high school students (6%) to be defined as overweight. However, four in ten female high school students (40%) believe that they are overweight (either very or slightly), which is significantly higher than the 26% of male high school students who believe the same.

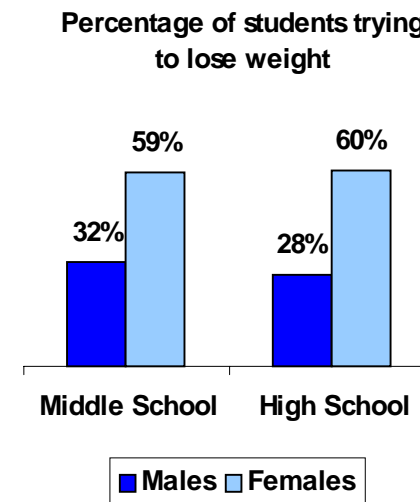
* “In the YRBS, “overweight” is defined as students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Body Weight (cont.)

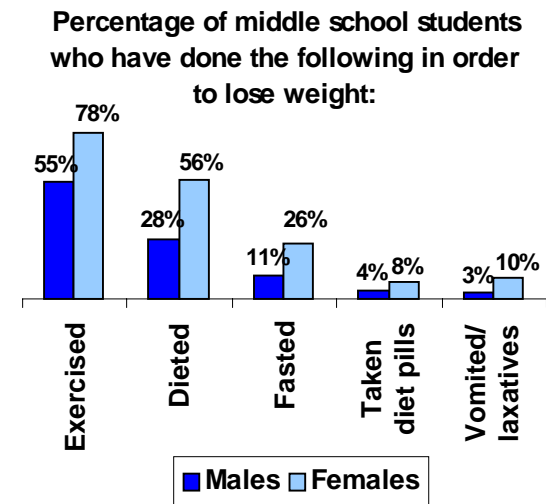
- ✓ Nearly one-half of middle school students (46%) indicated that they are currently trying to lose weight. Twenty-four percent (24%) of middle school students are not trying to do anything about their weight, and 22% are trying to maintain their current weight. Only 9% are trying to gain weight.
- ✓ Female middle school students were significantly more likely than males to report that they are trying to lose weight (59% versus 32%).
- ✓ Forty-four percent of high school students (44%) are currently trying to lose weight. One in four high school students (25%) are not trying to do anything about their weight, and 18% are trying to maintain their weight. Thirteen percent (13%) are trying to gain weight.
- ✓ Similar to the middle school results, female high school students (60%) were significantly more likely than male high school students (28%) to report that they are trying to lose weight. Although data won't allow for comparisons, male high school students (21%) appear to be much more likely than female high school students (4%) to be trying to gain weight.
- ✓ Two-thirds of middle school students (66%) have exercised to lose weight or to keep from gaining weight. Female middle school students (78%) are significantly more likely than male middle school students (55%) to have exercised to lose weight or to keep from gaining weight.
- ✓ Six in ten high school students (60%) have exercised to lose weight or to keep from gaining weight in the 30 days preceding the survey. This is a 6-percentage point **increase since 1997** (54%). Similar to the middle school results, female high school students (71%) are significantly more likely than male high school students (50%) to have exercised to lose weight or to keep from gaining weight in the month prior to taking the survey.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Body Weight (cont.)

- ✓ Approximately four in ten middle school students (42%) have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight. Female middle school students (56%) were significantly more likely than male middle school students (28%) to report this behavior.
- ✓ Forty percent of high school students (40%) have dieted (eaten less food, fewer calories, or foods low in fat) in order to lose weight or to keep from gaining weight in the 30 days preceding the survey. Female high school students (56%) were more than twice as likely to report this behavior than male high school students (24%).
- ✓ Nineteen percent (19%) of middle school students have fasted (gone without eating) for 24 hours or more to lose weight or to keep from gaining weight. One-fourth of female middle school students (26%) have reported fasting for the purpose of weight control, versus one in ten male middle school students (11%). This gender difference is statistically significant.
- ✓ More than one in ten high school students (13%) went without eating for at least 24 hours to lose weight or to keep from gaining weight in the 30 days preceding the survey. While 18% of female high school students reported this behavior, only 7% of male high school students did the same.
- ✓ Only six percent (6%) of middle school students have taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight. *(Please note that this does not include meal replacement products, such as Slim Fast.)*

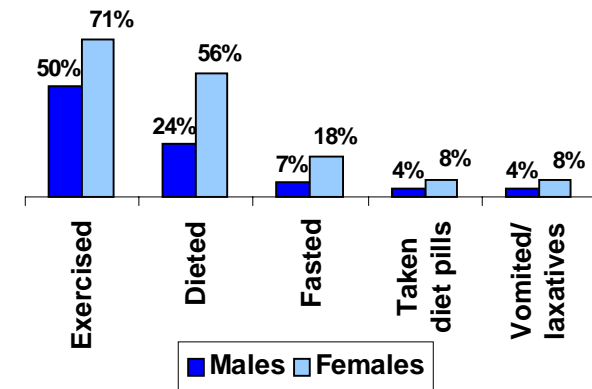


BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Body Weight (cont.)

- ✓ In the 30 days preceding the survey, six percent of high school students (6%) took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight. Eight percent of female high school students (8%) reported this behavior, versus 4% of male high school students. This gender difference is statistically significant.
- ✓ Six percent (6%) of middle school students have vomited or taken laxatives to lose weight or to keep from gaining weight. **This is a statistically significant 40% decline from 1997 (10%).** Female middle school students (10%) were significantly more likely than male middle school students (3%) to report this behavior.
- ✓ In the month prior to taking the survey, 6% of high school students vomited or took laxatives to lose weight or to keep from gaining weight.

Percentage of high school students who have done the following in the past 30 days in order to lose weight:



Nutrition

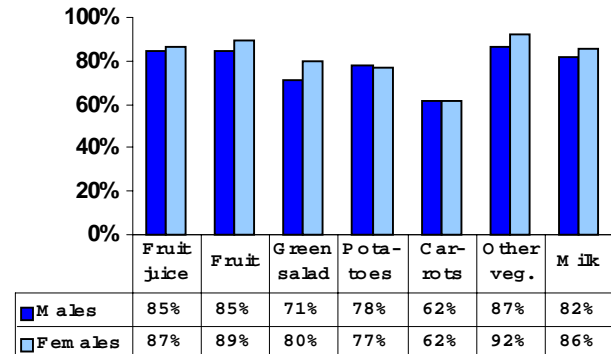
Please note that middle school students were not asked about nutrition.

- ✓ More than eight in ten high school students (86%) drank 100% fruit juice at least once in the seven days preceding the survey. One-fourth of high school students (25%) drank 100% fruit juice at least twice per day.
- ✓ The majority of high school students (87%) ate fruit one or more times in the seven days preceding the survey. Sixteen percent (16%) ate fruit two or more times per day.

BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

- ✓ Three-fourths of high school students (75%) ate green salad at least once in the seven days preceding the survey. Female high school students (80%) were more likely than male students (71%) to have had green salad in the week prior to taking the survey. Only 14% of students surveyed ate green salad every day.
- ✓ Seventy-seven percent of high school students (77%) reported that they ate potatoes at least once in the week preceding the survey. One in ten high school students (10%) ate potatoes each of the seven days prior to taking the survey.
- ✓ Six in ten students attending high school (62%) ate carrots in the seven days preceding the survey.
- ✓ Nine in ten high school students (90%) indicated that they ate other vegetables one or more times in the week prior to taking the survey. Female high school students (92%) were significantly more likely than male high school students (87%) to have eaten another type of vegetable in the seven days preceding the survey.
- ✓ One-fourth of high school students (25%) ate five or more servings of fruits and vegetables per day during the seven days preceding the survey.
- ✓ Twenty-three percent of high school students (23%) drank three or more glasses of milk per day during the week prior to taking the survey. Nearly three in ten male high school students (29%) drank three or more glasses of milk per day in the seven days preceding the survey, versus 16% of female students. This gender difference is statistically significant.

Percentage of high school students who have consumed the following in the past seven days:

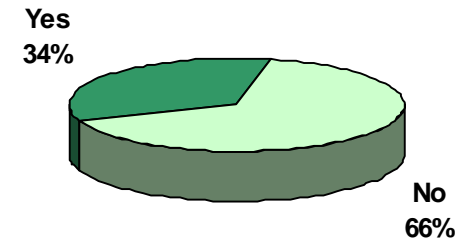


BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

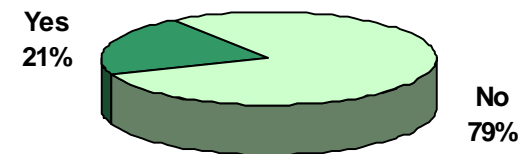
Physical Activity

- ✓ One-third of middle school students (34%) exercised or participated in vigorous physical activity for at least 20 minutes that made them sweat and breathe hard (such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities) every day for the seven days preceding the survey. Only 10% of middle school students did not exercise or participate in at least 20 minutes of physical activity in the week preceding the survey.
- ✓ Although the data won't allow for statistical comparisons, male middle school students (41%) were more likely than female middle school students (27%) to report having exercised vigorously every day in the seven days preceding the survey.
- ✓ Twenty-one percent of high school students (21%) exercised or participated in at least 20 minutes of vigorous physical activity that made them sweat and breathe hard every day for the seven days preceding the survey. Thirteen percent of high school students (13%) did not exercise or participate in at least 20 minutes of vigorous physical activity in the week prior to taking the survey.
- ✓ Seventeen percent of high school students (17%) participated in at least 30 minutes of moderate physical activity that did not make them sweat or breathe hard (such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) during each of the seven days preceding the survey. Twenty-two percent of students (22%), did not participate in at least 30 minutes of moderate physical activity in the week preceding the survey.
- ✓ Six percent of high school students (6%) did not participate in either vigorous or moderate physical activity in the seven days preceding the survey.

Percentage of middle school students who exercised for at least 20 minutes every day for the past 7 days



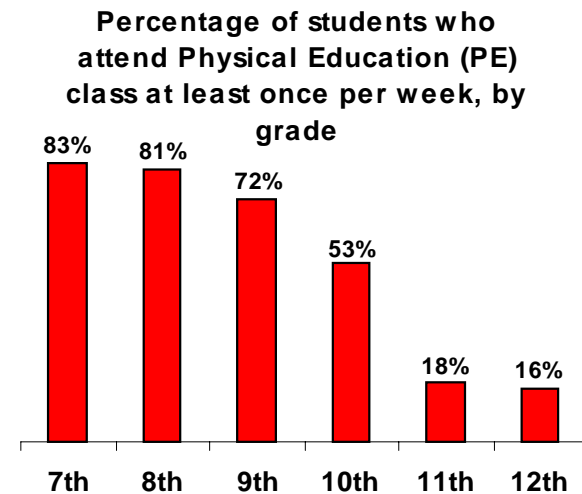
Percentage of high school students who exercised for at least 20 minutes every day for the past 7 days



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Physical Activity (cont.)

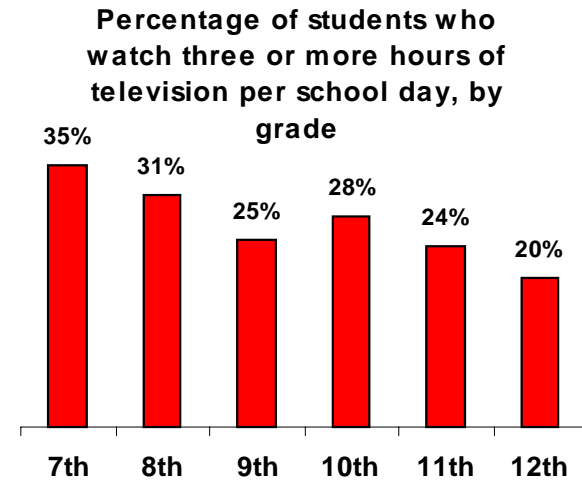
- ✓ Nearly one-half of high school students (48%) exercised to strengthen or tone their muscles (such as push-ups, sit-ups, or weight lifting) on three or more of the seven days prior to taking the survey. Male high school students (54%) were significantly more likely than female high school students (41%) to report having exercised to strengthen or tone their muscles on three or more of the seven days preceding the survey.
- ✓ Approximately eight in ten middle school students (82%) reported that they attend physical education (PE) class at least once in an average school week.
- ✓ Forty-two percent of high school students (42%) indicated that they attend physical education (PE) class at least once in an average school week. Although the trend is not statistically significant, it appears that PE attendance in high school **has declined** over the past several years [1995 (52%) and 1997 (47%)].
- ✓ Students in the lower grades were much more likely than those in the higher grades to report attending physical education class on one or more days during an average school week (83% [7th grade] versus 16% [12th grade]).
- ✓ Nine in ten high school students enrolled in PE (90%) reported that they exercise or play sports for more than 20 minutes during an average physical education class. This represents a **sharp increase from 1997** (43%) and 1995 (44%).



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Physical Activity (cont.)

- ✓ Two-thirds of middle school students (66%) indicated that they play on sports teams run by their school or community groups.
- ✓ Six in ten high school students (60%) played on one or more sports teams during the 12 months preceding the survey.
- ✓ In the year prior to taking the survey, 39% of high school students reported being injured at least once while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse.
- ✓ While one-third of middle school students (32%) reported that they watch three hours or more of TV on an average school day, 24% of high school students reported the same.
- ✓ More than one-half of high school students (54%) indicated that they use a computer for fun or play video games for at least one hour on an average school day. Male high school students (59%) were significantly more likely than female high school students (49%) to report this behavior.

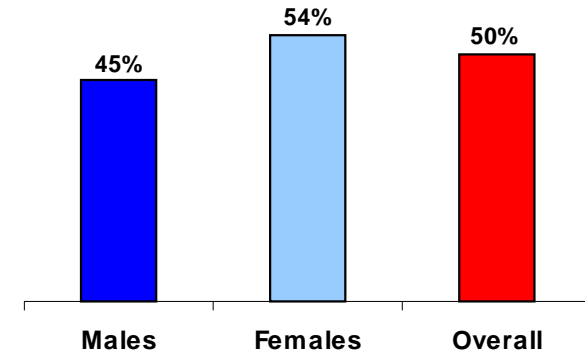


BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Health Care

- ✓ While nearly nine in ten middle school students surveyed (87%) have seen a dentist for a check-up, exam, teeth cleaning, or other dental work within the last 12 months, 79% of high school students have done the same.
- ✓ One-half of high school students (50%) missed one or more days of school in the month prior to the survey because of illness or injury. Female high school students (54%) were significantly more likely than male students (45%) to have missed at least one day of school in the 30 days preceding the survey because of illness or injury.

Percentage of high school students who have missed at least one day of school in the past month due to illness or injury



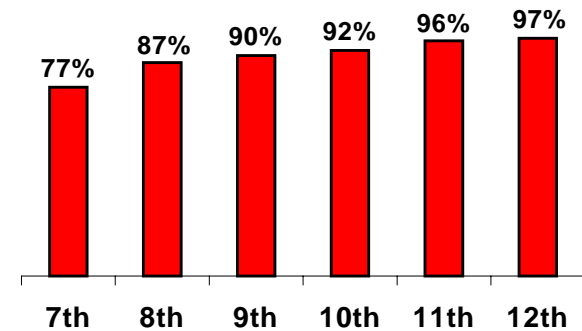
AIDS EDUCATION

The next section of the survey asked about AIDS education. HIV prevention education has been carried out in Maine public schools since 1987.

AIDS Education

- ✓ Approximately eight in ten middle school students surveyed (82%) have been taught about AIDS or HIV infection in school. This is slightly lower than the 1997 figure (85%).
- ✓ The vast majority of high school students (94%) reported that they have been taught about AIDS or HIV infection in school.
- ✓ While students in the 7th grade (77%) were the least likely to report having been taught about AIDS or HIV infection in school, 12th grade students (97%) were the most likely to have been taught about HIV/AIDS in school.

Percentage of students who have been taught about HIV/AIDS in school, by grade



EMOTIONAL SUPPORT AND ENCOURAGEMENT

The final section of the survey asked high school students about emotional support and encouragement.

- ✓ Approximately nine in ten high school students surveyed (89%) indicated that their family loves them and gives them help and support when they need it.
- ✓ Nearly two-thirds of high school students surveyed (63%) feel that their teachers really care about them and give them lots of encouragement.

Percentage of high school students who agreed that their family loves and supports them

