

The Maine Youth Risk Behavior Survey (YRBS) measures the prevalence of specific health-related behaviors that directly affect the health of our youth. These high school statewide highlights are based on a random sample of 1,324 students in 23 public high schools taken in 2007. The 2007 data set is weighted and is representative of students throughout Maine. Statistically significant trend data for some questions are included for years 1995 – 2007. The data set for 1999 is not included because it was not a representative sample. (Note: “Students” refers to students in grades 9 through 12 only.)

For a copy of the full report and behavioral fact sheets, please go to [www.maineceph.com](http://www.maineceph.com) and [www.cdc.gov/healthyyouth/yrbs](http://www.cdc.gov/healthyyouth/yrbs).

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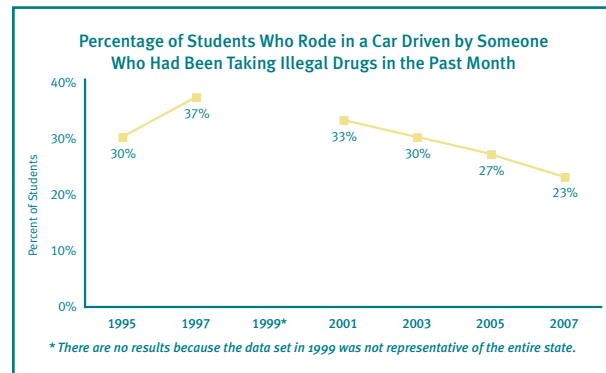
## INJURY

**Bike helmet and seat belt use has increased in the past decade.**

- 66% of students never or rarely wore a bike helmet in the past year vs. 85% in 1997.
- 11% of students never or rarely wear a seat belt vs. 22% in 1997.

**Reported drinking and driving rates also have declined over the past ten years.**

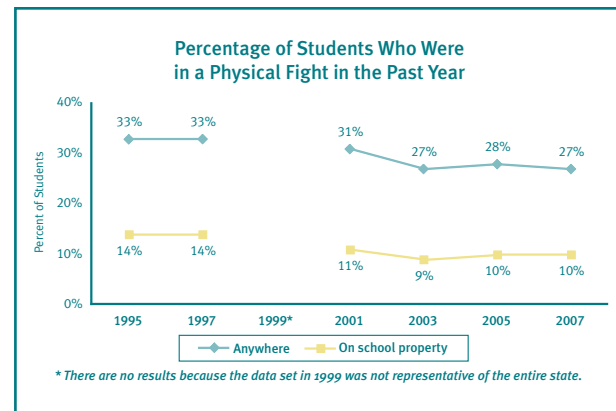
- 22% of students rode in a car driven by someone who had been drinking alcohol in the past month vs. 34% in 1997.
- 9% of students drove a car when they had been drinking alcohol in the past month vs. 16% in 1997.
- 23% of students rode in a car driven by someone who had been taking illegal drugs (i.e., marijuana) in the past month vs. 37% in 1997.



## VIOLENCE

**Rates of physical fights and carrying weapons have declined over the past decade.**

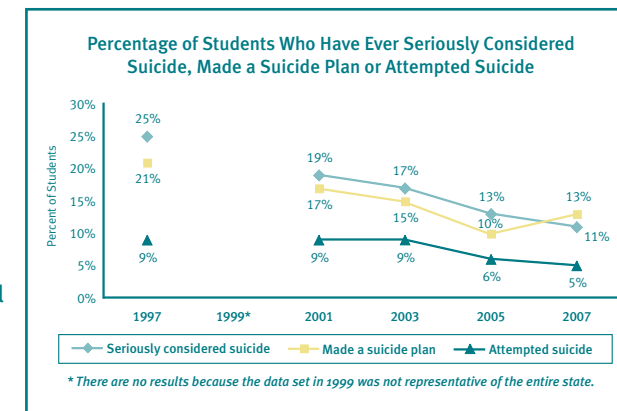
- 27% of students were in a physical fight in the past year vs. 33% in 1997.
- 15% of students carried a weapon (gun, knife, or club) in the past month vs. 22% in 1997.
- 5% of students carried a weapon (gun, knife, or club) on school property in the past month vs. 11% in 1997.
- 5% of students carried a gun in the past month.
- 12% of students reported being hit, slapped, or physically hurt on purpose by a boyfriend/girlfriend in the past year.
- 8% of students surveyed have been forced to have sexual intercourse against their will.



## SUICIDE & DEPRESSION

**Students reported fewer suicide-related behaviors in the past year.**

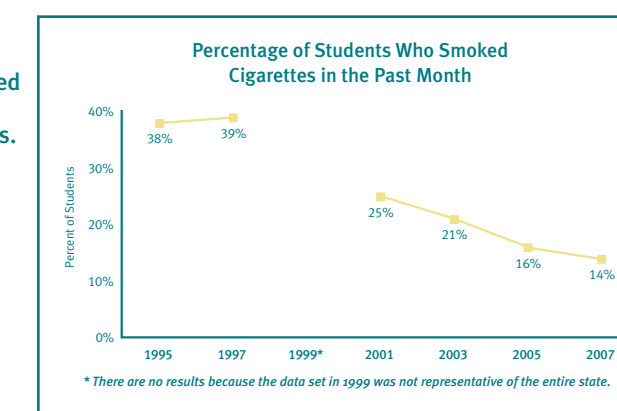
- 11% of students have seriously considered attempting suicide in the past year vs. 25% in 1997.
- 13% of students made a plan about how they would commit suicide in the past year vs. 21% in 1997.
- 5% of students attempted suicide in the past year.
- 21% of students did something to purposely hurt themselves without wanting to die (i.e., cutting or burning themselves) in the past year.
- 22% of students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities vs. 27% in 2001.



## TOBACCO

**Smoking rates have declined significantly in recent years.**

- 14% of students have smoked cigarettes in the past month vs. 39% in 1997.
- 45% of current high school smokers tried to quit smoking in the past year.
- 6% of students used chewing tobacco, dip, or snuff in the past month vs. 8% in 1997.
- 14% of students have smoked cigars, cigarillos, or little cigars in the past month; the rate for 12th graders is 24%.
- 21% of students used any type of tobacco in the past month vs. 29% in 2001.

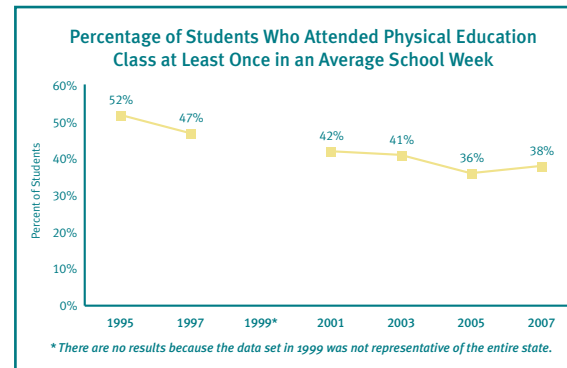


## BODY IMAGE & PHYSICAL ACTIVITY

**One in ten students is overweight.**

- 13% of students were defined as overweight<sup>1</sup>, and an additional 13% of students were considered to be at risk for becoming overweight.
- 43% of students were physically active for a total of at least 60 minutes per day on five or more of the seven days preceding the survey.
- 24% of students watch 3+ hours of TV per school day, and 21% use a computer for fun or play video games 3+ hours per school day.
- 38% of students attend PE class at least once in an average school week vs. 47% in 1997.
- 20% of students ate 5+ servings of fruits and vegetables per day during the past week vs. 25% in 2001.

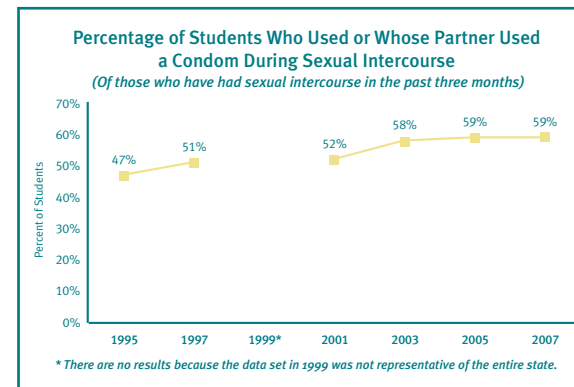
<sup>1</sup> "Overweight" is defined as students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey, according to students' self-reported height and weight.



## SEX

**Abstinence and condom use rates have increased over the past decade. However, HIV/AIDS education in school and discussions with parents about sex are down.**

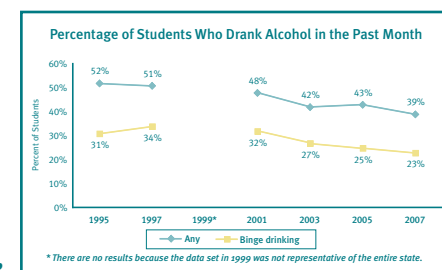
- 55% of students reported sexual abstinence vs. 48% in 1997.
- 33% of students reported having had sexual intercourse in the past three months.
- 59% of students who had sexual intercourse in the past three months used a condom during last sexual intercourse vs. 47% in 1995.
- 20% of students who had sexual intercourse in the past three months used alcohol or drugs before the last time they had sexual intercourse.
- 42% of students talked to their parents about sex in the past 6 months vs. 55% in 2005.
- 87% of students have been taught about HIV infection in school vs. 93% in 1997.



## ALCOHOL

**Alcohol use is down.**

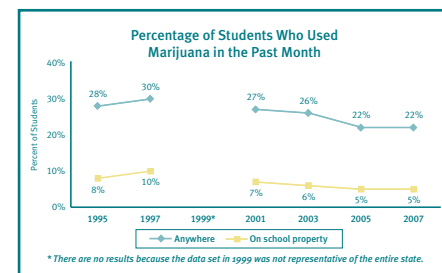
- 15% of students had their first drink of alcohol before the age of 13 vs. 29% in 1997.
- 39% of students had at least one drink of alcohol in the past month vs. 51% in 1997.
- 23% of students participated in "binge drinking" (five or more drinks of alcohol within a couple of hours) in the past month vs. 34% in 1997.



## OTHER DRUGS

**Marijuana, inhalant, meth, and steroid use rates have declined over the past several years.**

- 40% of students have ever used marijuana vs. 51% in 1997.
- 22% of students used marijuana in the past month vs. 30% in 1997.
- 13% of students have ever used inhalants vs. 19% in 1997.
- 5% of students have used methamphetamines in their life vs. 8% in 2001.
- 3% of students have ever used steroids vs. 6% in 2001.



## YOUTH ASSETS

**Most students get support from their families, teachers, and the community.**

- 86% of students indicated that they agree that their parent(s) and/or guardian(s) really care and give them help and support when they need it.
- 75% of students reported that they agree that one teacher really cares about them and gives them a lot of encouragement.
- 57% of students indicated that they agree that in their community they feel like they matter to people.
- 53% of students reported spending at least 1 hour in clubs or organizations (other than sports) outside school hours during an average week.

Note: The 2007 YRBS was conducted by Pan Atlantic SMS Group of Portland, Maine

# The maine Youth Risk Behavior Survey 2007



High School Statewide Highlights

Maine Department of Education and the Maine Center for Disease Control & Prevention