

The Maine Youth Risk Behavior Survey (YRBS) measures the prevalence of specific health-related behaviors that directly affect the health of our youth.

These middle school statewide highlights are based on a random sample of 1,538 students in 23 public middle schools taken in 2007. The 2007 data set is weighted and is representative of students throughout Maine. When statistically significant, some trend data are included for years 1997 – 2007.

The data set for 1999 is not included because it was not a representative sample. (Note: “Students” refers to students in grades 7 and 8 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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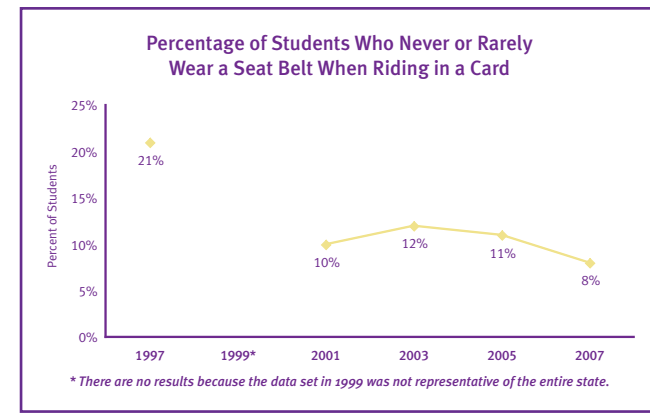
## INJURY

**Bike helmet and seat belt use has increased.**

- 51% of students who rode a bike never or rarely wore a helmet vs. 68% in 1997.
- 65% of students who used rollerblades or rode a skateboard never or rarely wore a helmet vs. 81% in 1997.
- 8% of students never or rarely wear a seat belt vs. 21% in 1997.

**Reported drinking and driving rates have declined.**

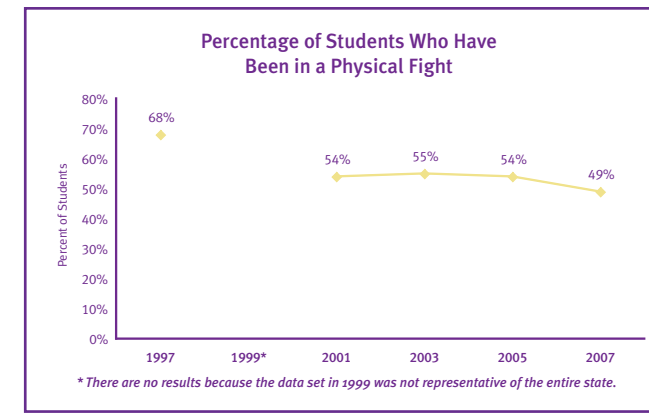
- 31% of students have ridden in a car driven by someone who had been drinking alcohol vs. 43% in 1997.



## VIOLENCE

**Fewer students have ever been in physical fights.**

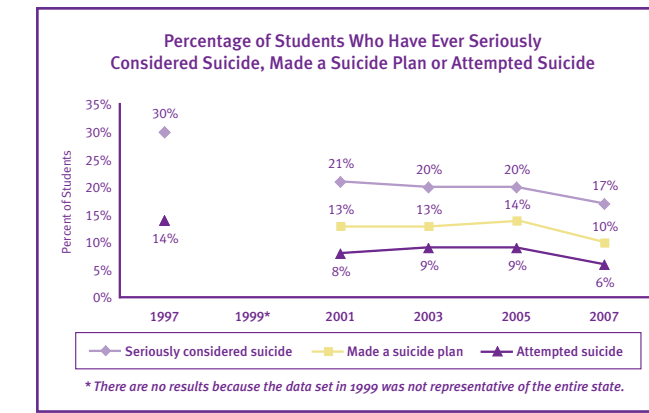
- 49% of students have been in a physical fight vs. 68% in 1997.
- 6% of students have been in a physical fight in which they were hurt and had to be treated by a health professional.
- 37% of students have carried a weapon (gun, knife, or club).



## SUICIDE & DEPRESSION

**Students reported fewer suicide-related behaviors.**

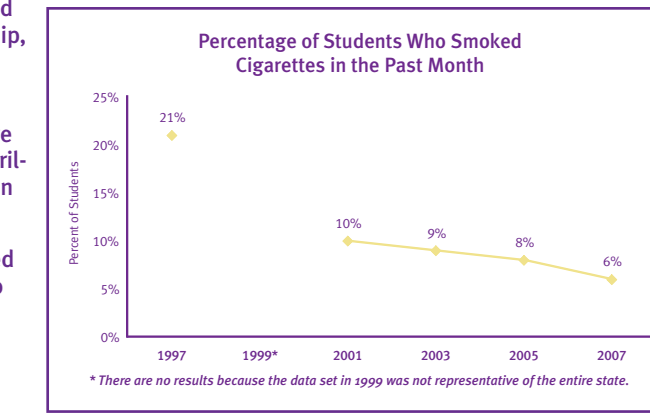
- 17% of students have seriously considered attempting suicide vs. 30% in 1997.
- 10% of students have made a plan about how they would commit suicide.
- 6% of students have attempted suicide vs. 14% in 1997.



## TOBACCO

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

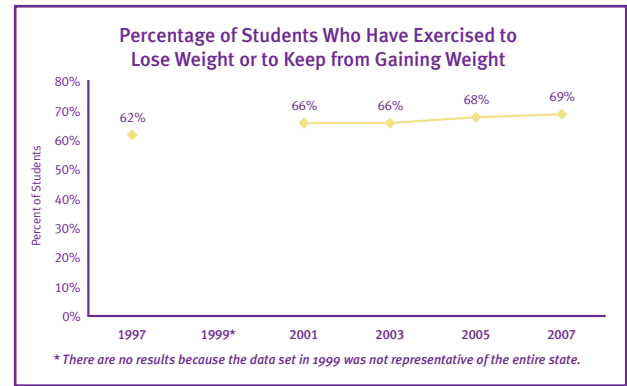
- 20% of students have ever tried cigarette smoking, even one or two puffs, vs. 36% in 2001.
- 5% of students first smoked an entire cigarette before age 11 vs. 15% in 1997.
- 6% of students have smoked cigarettes in the past month vs. 21% in 1997.
- 3% of students used chewing tobacco, dip, or snuff in the past month.
- 5% of students have smoked cigars, cigarillos, or little cigars in the past month.
- 8% of students used any type of tobacco in the past month.



## BODY IMAGE & PHYSICAL ACTIVITY

**Exercise for weight loss is up and TV time on an average school day is down.**

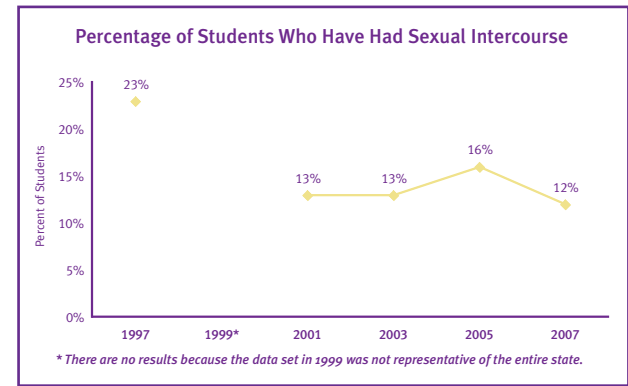
- 24% of students feel that they are overweight (either very or slightly).
- 43% of students were trying to lose weight at the time of the survey.
- 69% of students have exercised to lose weight or to keep from gaining weight vs. 62% in 1997.
- 57% of students were physically active for a total of at least 60 minutes per day on five or more of the seven days preceding the survey.
- 26% of students watch 3+ hours of TV on an average school day vs. 32% in 2001.
- 80% of students attend PE class at least once in an average school week.
- 73% of students have ever played on a sports team.



## SEX

**While abstinence rates are up, HIV/AIDS education in school and discussions with parents about sex are down.**

- 88% of students reported sexual abstinence vs. 77% in 1997.
- 4% of students reported having had sexual intercourse with three or more partners.
- Of students who have had sexual intercourse, 72% used a condom during last sexual intercourse.
- 32% of students talked to their parents about sex in the past 6 months vs. 47% in 2005.
- 75% of students have been taught about HIV infection in school vs. 85% in 1997.



## ALCOHOL

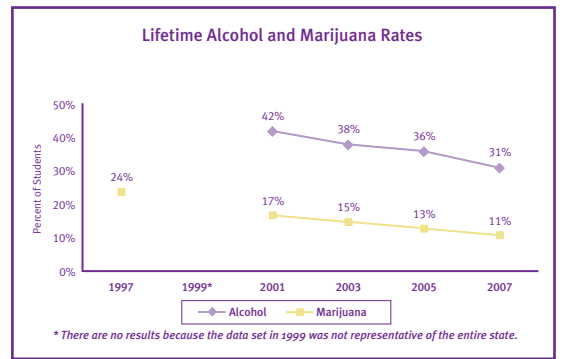
**Lifetime alcohol use has declined over the past several years.**

- 31% of students have ever had a drink of alcohol, other than a few sips vs. 42% in 2001.
- 12% of students had their first drink of alcohol, other than a few sips, before age 11.

## OTHER DRUGS

**Marijuana, inhalant, steroid, and cocaine use rates are down.**

- 11% of students have used marijuana vs. 24% in 1997.
- 11% of students have ever used inhalants vs. 26% in 1997.
- 3% of students have used steroids in their life vs. 6% in 1997.
- 3% of students have ever used cocaine vs. 5% in 2001.
- 5% of students reported that they have used a needle to inject an illegal drug into their body.



## YOUTH ASSETS

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

- 87% 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.
- 74% of students reported that they agree that one teacher really cares about them and gives them a lot of encouragement.
- 60% of students indicated that they agree that in their community they feel like they matter to people.
- 49% 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



**Middle School Statewide Highlights**

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