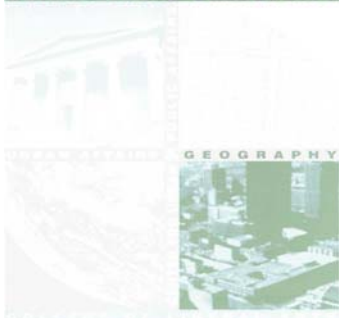




**Preble County
Youth Risk
Behavior Survey
2011**

WRIGHT STATE UNIVERSITY



For more information regarding this report, contact:

David Jones
Center for Urban & Public Affairs
Wright State University
3640 Colonel Glenn Hwy.
Dayton OH 45435-0001

Phone: (937) 775-2941
Fax: (937) 775-2422

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CHAPTER ONE – INTRODUCTION

In 2011, the Center for Urban and Public Affairs (CUPA) at Wright State University (WSU) partnered with the Preble County General Health District to conduct a youth health assessment with students at Preble County schools. The assessment is a portion of a larger community health assessment which will also include a survey of adults in Preble County and strategic planning based upon the outcome of the two survey instruments.

The youth survey instrument contains questions from the Youth Behavioral Risk Surveillance System (YBRSS) survey conducted by the Centers for Disease Control and Prevention (CDC), as well as other topics that were pertinent to youth in Preble County. The assessment addresses risk behaviors and health of students in grades 7-12.

Objectives

The overall goal of the youth health assessment is to assess risk behaviors of Preble County youth that could be prevented through education and prevention. The following paragraphs will detail the survey methodology and will profile the analysis that can be seen in this summary report. (The findings in this study will be included in a large Community Health Assessment report that will also profile adult risk behaviors.)

Methodology

The assessment is based on a pen and paper survey of 7th – 12th graders in Preble County. As stated previously, the survey contains portions of the YBRSS that is conducted annually by each state to assess health behaviors of youth. The middle school survey (66 questions) is very similar to the high school survey (93 questions), but contains slightly less detail on some topics. The survey instruments were approved by the Preble County General Health District and the participating school districts prior to implementation.

Sampling Design

In all instances with the exception of one high school, surveys were administered to all students in grades 7-12 by Wright State University researchers, either in a class-to-class setting, or in a group setting in the gymnasium or cafeteria. At one high school, surveys were provided to teachers who administered the survey with students in a homeroom period at the beginning of the day. In all cases, enough surveys were provided to each district to survey all students in the population, grades 7-12.

Survey Implementation

Interviews were conducted with students in February, March and April, 2011. Staff from CUPA visited each school to conduct the survey (or in the case of one high school, assist with distribution of the survey). Staff from the Preble County General Health District provided assistance with collection of the surveys.

In total, 1,533 students participated, with 925 coming from Preble County high schools and 608 coming from Preble County middle schools. Given the number of students in grades 7-12 in Preble County, this equates to a margin of error of approximately 2 percent at the 95 percent confidence level.

Data Analysis

The data from Preble County students were crosstabbed by other survey questions in order to compare perceptions with reality (i.e. perceptions of weight vs. BMI), as well as to offer potential explanations for other responses. BMI data was used to crosstab some questions, to see if, for instance, lack of physical activity translates to students who are overweight or obese. Crosstabs by state and national data, where applicable, will be included in the final community health assessment report to provide a more detailed picture of risk behaviors in Preble County.

Limitations

The assessment has several limitations. First, the survey was a survey of 7th – 12th graders. While analysis of the data suggests that the survey was taken seriously by students (there were no questions with outlandish results), there still may have been questions with which students were unclear (and may not have asked for clarification). There were 27 surveys that were discarded because students did not take the survey seriously.

Teachers at the high school who implemented the survey themselves were provided with detailed instructions regarding implementation in their classrooms. Staff from CUPA was on hand during survey implementation to help offset some of these concerns, but this may be a limitation nonetheless.

Sample Demographics

A series of demographic questions were asked to students in order to conduct analysis by age, grade, race and gender.

Grade

When examining Middle school responses, the highest percentage of students (50.7 percent) were in 7th grade, while 49.3 percent of respondents are in eighth grade. Among high school students, 30.0 percent are freshman, 32.7 percent are sophomores, 20.8 percent are juniors and 16.6 percent are seniors.

Gender

Respondents were split almost evenly by gender. A slight majority of middle school respondents (50.4 percent) were female, while a slight majority of high school students (52.9 percent) were male.

Age

Students were also asked to identify their age. This is important when calculating Body Mass Index, as older students would be expected to have different heights and weights than younger students. Students at Preble County middle schools and high schools ranged in age from 11 to 18+.

Age	Students	Percentage
11	1	0.01%
12	92	6.1%
13	271	17.9%
14	295	19.5%
15	296	19.5%
16	262	17.3%
17	190	12.5%
18+	109	7.2%

Race and Ethnicity

The final question in the demographic section of the survey asked students to identify their race. The majority of both Middle school (90.6 percent) and High school (95.5 percent) students are white. Three percent of middle school students (2.8 percent) and high school students (3.0 percent) are Black, while the remaining students (6.4 percent at the Middle school and 1.7 percent at the High school) classified themselves as some other race.

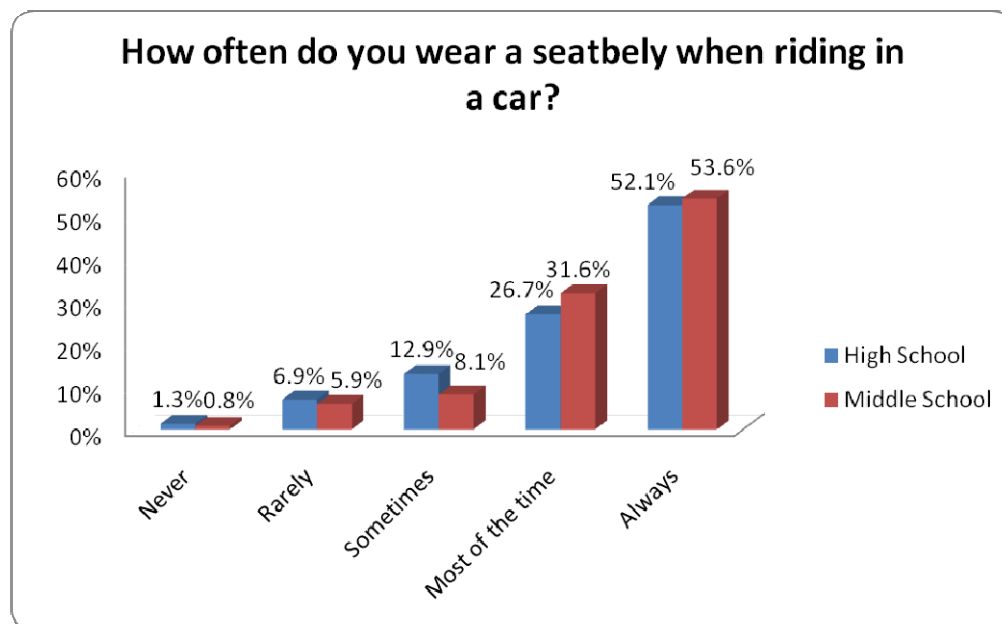
CHAPTER TWO – SAFETY

This chapter addresses safety issues of the middle school and high school students in Preble County, including motor vehicle safety and other reckless activities that can lead to injury.

Motor Vehicle Safety

Seatbelt Usage

High school and middle school students were asked to indicate how often they wear a seat belt when driving in a car. There were five responses possible in the question: “always, nearly always, sometimes, seldom, or never”. The figure below profiles that 53.6 percent of middle school students and 52.1 percent of high school students always wear a seat belt, while 31.6 percent of middle school students and 26.7 percent of high school students stated that a seat belt is worn most of the time while riding in a car. Of the students surveyed, 14.8 percent of middle school students and 21.2 percent of high school students represent those who only “sometimes, rarely, or never” wear a seatbelt while riding in a car.



Reckless Driving

The CDC¹ indicates that teenage drivers aged 16-19 are more likely to be in a motor vehicle accident than any other age group. The CDC identifies several contributing factors that make

¹ “Injury Prevention & Control: Motor Vehicle Safety,” Centers for Disease Control and Prevention, 26 April 2010, 30 June 2010, < http://www.cdc.gov/MotorVehicleSafety/Teen_Drivers/teendrivers_factsheet.html >

teenage drivers the most susceptible to accidents and poor driving habits which include: inexperience in handling dangerous situations while driving, lack of seat belt usage, cell phone usage and texting while driving and underage drinking. These factors as well as others will be addressed throughout the following report.

High school students were asked how often per week they use their cell phone while driving. While over half of respondents (51.7 percent) indicated that they do not have their driver's license, almost two-thirds of those who do (61.3 percent) indicated that they use their cell phone while driving at least once a week, with 90 students indicating that they use their cell phone while driving more than ten times per week.

Fewer respondents (47.4 percent of those with a license) report that they have texted while driving in the past week. However, almost 40 percent of those who indicated that they have texted while driving have done so ten times or more in the past week.

Impaired Driving

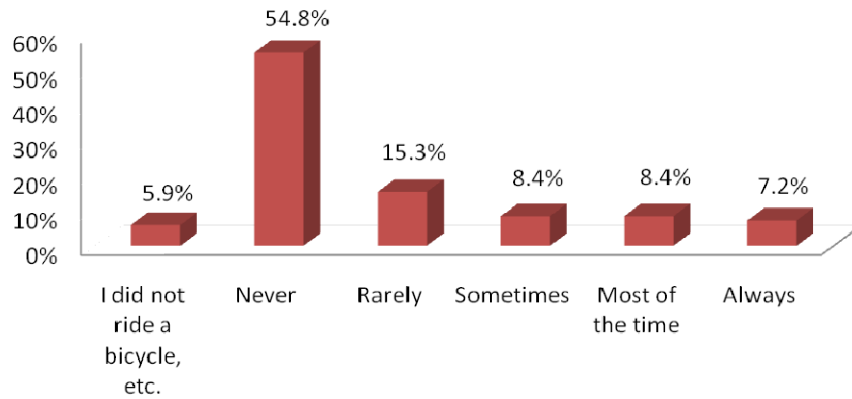
Middle school students were asked if they have ever been in a vehicle with a driver who had been drinking alcohol. Almost one-quarter of middle school respondents (24.9 percent) indicated that they have been a passenger within a vehicle operated by someone under the influence of alcohol.

High school students were asked a slightly different question- specifically; if in the **past 30 days** they have been in a vehicle with a driver who had been drinking alcohol. Responses indicate that 86.6 percent of high school students have not been in a vehicle with a drunk driver in the past 30 days, while 13.4 percent stated they have been a passenger in a vehicle operated by a drunk driver in the past month, some on multiple occasions. More than 4 percent of respondents (4.1 percent, or 37 respondents) indicated that they have driven a vehicle while under the influence of alcohol in the past year.

Bicycle Safety

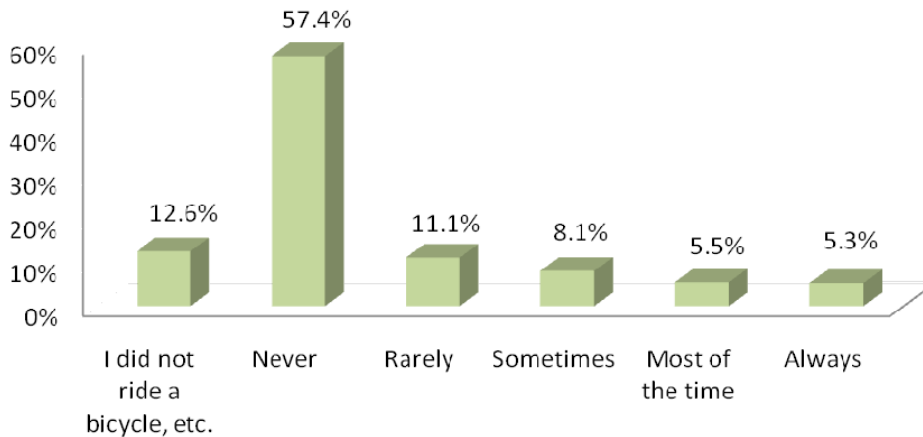
Middle school students were asked how often they wear helmets when riding a bicycle, rollerblades, skateboards, or four wheeler (ATV) during the past 12 months. Student responses indicate that more than half (54.8 percent) of middle school students "never" wear a helmet. This is a stark contrast between those students who indicated that they always wore a helmet while riding a bicycle, rollerblades, skateboards, or four wheeler (ATV) (7.2 percent). The figure on the next page profiles the responses given by middle school students.

When you rode a bicycle, rollerblades, skateboard or four wheeler during the past 12 months, how often did you wear a helmet? (Middle School)



High school students showed similar tendencies towards not wearing a helmet when riding a bicycle, ATV or dirt bike. Specifically, 57.4 percent of high school students indicated that they never wear a helmet, while just 5.3 percent indicated that they always wear a helmet. The figure below profiles all responses.

When you rode a bicycle, rollerblades, skateboard or four wheeler during the past 12 months, how often did you wear a helmet? (High School)



CHAPTER THREE – VIOLENCE

Both high school and middle school students were asked a series of questions focused on violence-related behaviors both on and off school property. This chapter will profile responses related to carrying weapons and bullying in Preble County schools.

Violence-Related Behaviors

High school students were posed several different questions related to violence-related behaviors. First, respondents were asked if they have carried a weapon, such as a gun, knife, or club in the past thirty days, and if so, at what frequency.

Almost one in five respondents (17.5 percent) of respondents indicated that they have carried a weapon on at least one occasion in the past month. Since numerous respondents indicated in an open-ended question that they hunt for fun, this statistic in and among itself may not be alarming. However, crosstabs reveal that individuals who have carried a weapon in the past month were significantly more likely than those who have not carried a weapon to have been in a physical fight.

High school students were also presented with three additional statements related to violent activities. First, students were asked if they have been in a physical fight in the past 12 months. More than one-quarter of respondents (26.2 percent) indicated that they have been in a physical fight.

Crosstabs by demographic variables revealed significant differences. First, a crosstab by gender indicates a significant difference between the number of males and females who have been in a physical fight in the past 12 months. Thirty-two percent (32.3 percent) of male respondents indicated being in a physical fight, as opposed to only 19.0 percent of female respondents. The crosstab run by grade also revealed a statistically significant difference- freshman were significantly more likely than students in other grades to have been in a physical fight. Specifically, 34.9 percent of 9th grade students indicated that they have been in a physical fight, compared to 26.5 percent of 10th grade students, 18.3 percent of 11th grade students and 20.1 percent of 12th grade students.

Four percent of respondents (3.5 percent) indicated that the physical fight caused an injury so severe that they had to be treated by a medical professional.

Middle school students were asked three questions concerning violence-related behaviors. First, middle school students were asked if they had ever carried a weapon, such as a gun, knife or club. One in four respondents (26.6 percent) indicated they have carried a weapon at some point. When asked if they have ever been in a physical fight, 45.2 percent of middle school students answered yes. A crosstab of gender indicates a significant difference between the percentage of males (60.5 percent) and females (30.4 percent) that have ever been in a physical

fight. Of the 45.2 percent who indicated being in a physical fight, 5.6 percent of students have required treatment by a doctor or nurse for their injuries.

Bullying Issues

The National Center for Victims of Crime estimates that 30 percent of youth in the United States are either active bullies or targeted by bullies. ² Nearly one-third (33.1 percent) of Preble County middle school students have been bullied at some point in their lives. In the past 12 months, one in four (24.8 percent) high school students have been victims of bullying.

New technologies such as Facebook, Myspace and Twitter have seen bullying shift from in person to on-line. Cyber-bullying is an increasing trend across the country. Middle school and High school students were asked to indicate how many times during the past 6 months they have been the victim of cyber-bullying.

One in five (20.4 percent) Preble County middle school students indicated that they have been the victim of cyber-bullying. A slightly lesser number of high school students (19.2 percent) indicated that they have been victims. The majority of students who indicate that they have been the victim of cyber-bullying indicated that the activity has taken place more than once.

Crosstabs indicate that in general, both middle and high school female students are victims of cyber-bullying more often than male students. Specifically, 27.9 percent of high school female students report being the victim of cyber-bullying, compared to 11.3 percent of high school male students. When analyzing middle school responses, 28.2 percent of middle school females have experienced cyber-bullying, compared to just 12.6 percent of middle school males.

Dating Violence

The final tier of questions in this section of the survey asked students questions pertaining to dating violence. Specifically, students were asked if their boyfriend or girlfriend had ever hit, slapped or physically hurt them on purpose in the past 12 months, as well as if they have ever been forced to have sexual intercourse when they did not want to.

Examining responses from high school students, 6.3 percent of students indicated that a boyfriend or girlfriend had hit, slapped or physically hurt them. Crosstabs by gender revealed no significant differences between male and female respondents. Alarmingly, 6.7 percent of high school students (or 60 students) indicated that they have been forced to have sexual intercourse when they did not want to. The percentage of female students who indicated that they have been forced to have unwanted sexual intercourse (10.2 percent) is significantly higher than their male counterparts (3.6 percent).

² "Bullying and Harrasment," The National Center for Victims of Crime, 2010, 30 June 2010,
< <http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspxnz?DocumentID=45311> >

Fewer middle school students (3.7 percent) indicated that they have been hit by a boyfriend or girlfriend, while 2.3 percent of middle school students (14 students) have been forced to have sexual intercourse when they did not want to. Crosstabs revealed no significant differences between male and female respondents as it pertains to being hit by a boyfriend or girlfriend. However, female respondents (3.6 percent) were significantly more likely than male respondents (1.0 percent) to indicate that they have been forced to have unwanted sexual intercourse.

CHAPTER FOUR – MENTAL HEALTH

The following chapter will detail middle and high school student responses in regards to questions dealing with mental health and suicide.

Mental Health

First, all respondents were asked if they ever have a hard time concentrating on tasks. More than half of high school respondents (53.6 percent) and 49.8 percent of middle school respondents said that they do have a hard time concentrating.

Next, students were asked if, in the last twelve months, they have felt so sad or hopeless for two weeks in a row or more that they stopped doing some usual activities. Almost one quarter of high school respondents (22.9 percent) and middle school respondents (19.7 percent) indicated that this has taken place. Crosstabs by gender reveal a significant difference between females and males who indicated feeling these emotions in the last twelve months.

Respondents were also asked who they would speak to if they were depressed, or felt sad or hopeless. The highest percentage of respondents (both in high school and middle school) would talk to their friends. Middle school students were slightly more likely to talk to their parents, while high school students were more likely to talk to a significant other. The table below profiles all responses.

<u>Source of Information</u>	<u>Middle School Students</u>	<u>High School Students</u>
No one	26.5%	22.9%
Pastor / priest	3.5%	3.4%
Youth minister	3.3%	4.9%
School counselor	2.5%	1.5%
Best friend	55.0%	55.5%
Sibling	16.8%	17.8%
Scout master	0%	0.4%
Professional counselor	3.5%	2.0%
Boyfriend / girlfriend	17.8%	32.8%
Parents	39.0%	32.6%
Teacher	1.5%	3.9%
Someone else	7.7%	6.9%

Suicide

Responses related to thoughts of suicide among Preble County youth were somewhat alarming. Ten percent (10.1 percent) of Preble County high school students and 9.8 percent of middle school students indicated that they have seriously considered committing suicide in the past twelve months. When asked if they have actually attempted suicide, 5.0 percent of high school

students indicated that they have done so at some point in the past 12 months, while 4.5 percent of middle school students have done so at some point in their life, many on more than one occasion.

Of those students who have attempted suicide, 10 of 41 high school students and 6 of 27 middle school students indicated that their suicide attempt resulted in an injury that caused them to need to see a doctor.

When asked generally if they have tried to purposely hurt themselves during their life, 29.5 percent of high school students and 25.0 percent of middle school students said yes.

CHAPTER FIVE – TOBACCO, DRUG AND ALCOHOL USE

The next section of the survey asked about tobacco, alcohol and drug use among Preble County youth.

Tobacco Use

Cigarettes

First, respondents were asked if they have ever tried cigarette smoking, even one or two puffs. Less than one in five (18.0 percent) middle school students and almost half (45.0 percent) of high school students indicated that they have tried smoking at some point.

When asked how old they were when they smoked a whole cigarette for the first time, the highest percentage of respondents indicated that they were between 11 and 13 years of age. The table below profiles all responses.

	Percentage of middle school Students	Percentage of high school Students
I have never smoked a whole cigarette	86.5%	62.9%
8 or younger	1.0%	1.7%
9	1.2%	2.9%
10	1.5%	6.2%
11	1.5%	13.4%
12	3.0%	9.8%
13	5.4%	3.1%

Eight percent of middle school students (7.9 percent) and 20.4 percent of high school students indicated that they have smoked a cigarette in the past 30 days, with 2.6 percent of middle school students and 8.8 percent of high school students indicating that they have smoked at least 20 of the past 30 days. When asked if they smoke “daily”, 2.6 percent of middle school students and 10.5 percent of high school students indicated that they do smoke daily.

When asked how many cigarettes they smoke daily on days that they smoke, 2.6 percent of middle school students said less than one per day, while another 2.1 percent smoke 2-5 cigarettes per day. The highest percentage of high school students (7.8 percent) smoke 2-5 cigarettes per day, while 2 students smoke a pack of cigarettes daily.

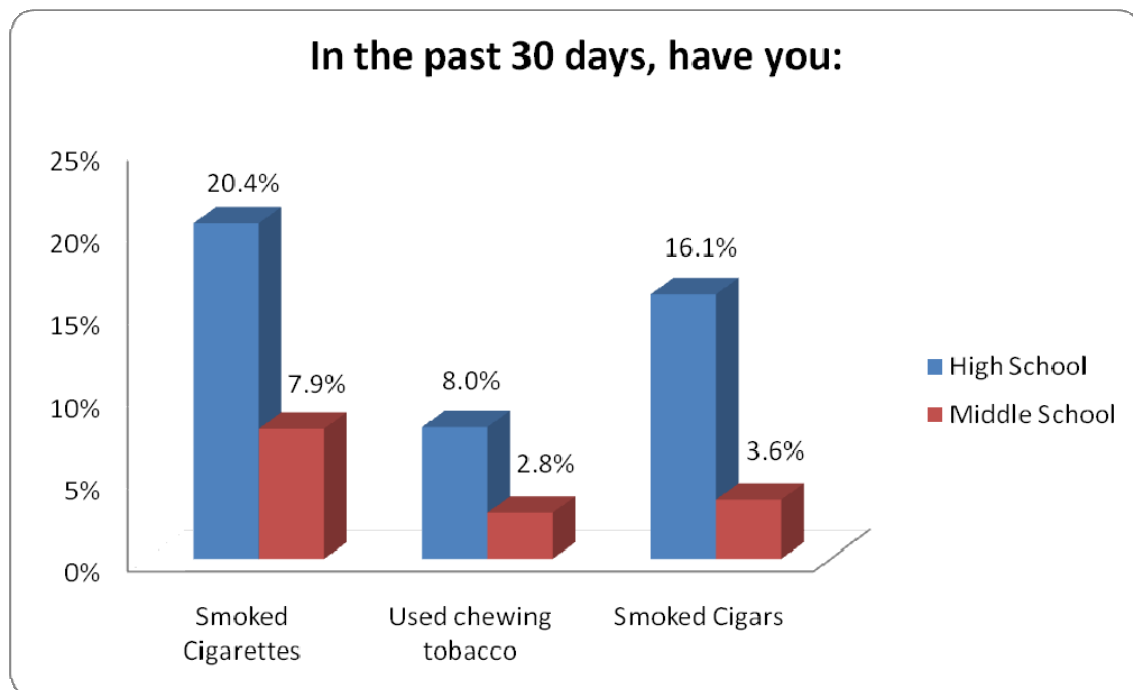
When asked how they got their cigarettes, a common response was “I borrowed or bummed them off of someone”, which was cited by 2.8 percent of middle school students and 4.5 percent of high school students. Another 5.9 percent of high school students gave someone money to buy them cigarettes while 4.7 percent of high school students indicated that they

bought the cigarettes themselves at a store (almost all of these students were 18 years of age or older).

High school students were also asked if they have tried to quit smoking in the past 12 months. More than half of students who have smoked in the past twelve months (55.5 percent) indicated that they have tried to quit smoking.

High school respondents were asked if they believe people risk harming themselves if they smoke cigarettes. More than half of respondents (53.2 percent) indicated that cigarettes pose a great risk, while 32.8 percent said they pose a moderate risk, 10.7 percent said a slight risk and 3.4 percent said no risk at all.

Finally, respondents were asked how they think their parents would feel about them smoking cigarettes. More than three-quarters of respondents (76.9 percent) indicated that their parents would strongly disapprove, while 15.8 percent said their parents would disapprove somewhat. Of the remaining respondents, 5.4 percent said their parents would not care, while 1.8 percent said their parents would approve.



Cigars

Respondents were also asked about their use of cigars, cigarillos and little cigars. Four percent of middle school students (3.6 percent) and 16.1 percent of high school students indicated that they have smoked cigars in the past month.

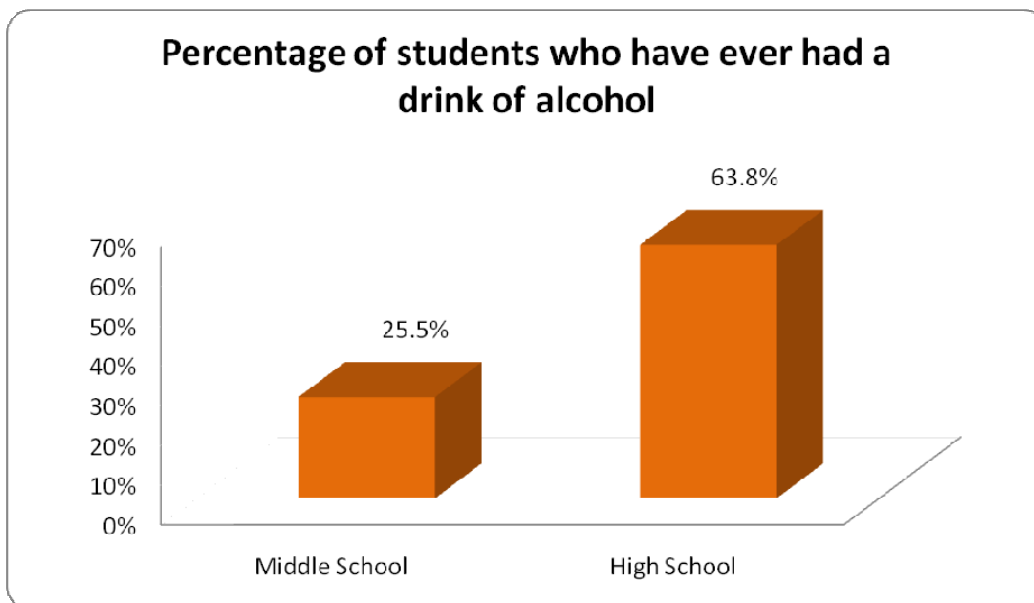
Chewing Tobacco

Next, respondents were asked if they have used any sort of chewing tobacco, snuff, or dip in the past thirty days. Less than three percent of middle school students (2.8 percent) and 8.0 percent of high school students indicated that they have used chewing tobacco in the past month.

Alcohol Use

Next, respondents were asked a series of questions pertaining to alcohol consumption. High school students were asked five questions to profile their use of alcohol, while middle school students were asked a slightly scaled back series of three questions.

First, middle school students were asked if they have ever had a drink of alcohol, other than a few sips. More than one-quarter of respondents (25.5 percent) indicated that they have had at least one drink of alcohol. Almost two-thirds of high school students (63.8 percent) indicated that they have had at least one drink of alcohol in their lives.



High school students were also asked if they have consumed alcohol in the past 30 days. Almost thirty percent of respondents (29.2 percent) indicated that they have had at least one drink of alcohol in the past month. Over half of the students who drank in the past month consumed alcohol on 1 or 2 days, while the remaining students drank on 3 days or more.

High school students were also asked if they believe people risk harming themselves if they drink alcohol. One-third of respondents (34.2 percent) believe that alcohol poses a great risk, while 40.8 percent said that it poses a moderate risk. Of the remaining respondents, 21.4

percent believe it poses a slight risk while 3.6 percent of respondents believe alcohol poses no risk at all.

High school students were also asked how they think their parents would feel about them drinking alcohol. More than half of respondents (54.0 percent) indicated that their parents would strongly disapprove, while 31.0 percent said that their parents would disapprove somewhat. Of the remaining respondents, 12.2 percent said their parents would not care, while 2.9 percent believe their parents would approve.

Next, both high school and middle school students were asked the age at which they first tried alcohol, other than a few sips. The highest percentage of middle school students (10.0 percent) first tried alcohol when they were 13 or 14, while the highest percentage of high school students (20.8 percent) tried alcohol when they were 15 or 16. The table below profiles all responses.

	Percentage of Middle school Students	Percentage of High school Students
I have never had a drink of alcohol	74.5%	37.8%
8 or younger	2.6%	4.6%
9-10	3.5%	4.8%
11-12	9.2%	9.1%
13-14	10.0%	20.4%
15-16	0.2%	20.8%
17+	-	2.5%

High school students were also asked about their prevalence of binge drinking, that is, consuming 5 or more drinks of alcohol in a row within a couple of hours. Somewhat alarmingly, almost twenty percent of Preble County high school student surveyed (18.7 percent) indicated that they have participated in binge drinking at least once in the past 30 days, with many doing so on multiple occasions. When asked how they receive the alcohol that they drink, the highest percentage of high school students indicated that someone gave it to me (12.2 percent) or I gave someone else money to buy it for me (7.6 percent). Middle school students were most likely to indicate that someone gave them alcohol (6.3 percent), or they got it in some other way, such as out of the refrigerator (without parental permission) or directly from a parent.

Drug Use

Finally, all respondents were asked a series of questions pertaining to drug use. High school students were asked 14 questions concerning the frequency of specific drug use, while middle school students were asked 11 questions with a more general focus on drug use.

Center for Urban & Public Affairs

First, all students were asked if anyone has ever tried to sell or give them any illegal drugs. More than one-third of high school students (34.9 percent) and 10.9 percent of middle school students indicated that someone has tried to give them illegal drugs.

Marijuana

First, high school respondents were asked if they believe people risk harming themselves if they smoke marijuana. Two in five respondents (40.9 percent) indicated that they believe marijuana poses a great risk, while 24.9 percent said a moderate risk, 21.2 percent said a slight risk and 13.1 percent said no risk at all.

Students were also asked how they believe their parents would feel about them smoking marijuana. Most respondents (84.0 percent) said that their parents would strongly disapprove, while 10.9 percent believe their parents would disapprove some. Of the remaining respondents, 3.4 percent indicated that their parent would not care, while 1.7 percent said that their parent would approve.

Next, respondents were asked if they have ever used marijuana. Almost one-third of high school students (30.4 percent) and five percent (5.4 percent) of middle school students indicated that they have used marijuana before. Of high school students who have used marijuana, most have done so on 3 or more occasions in their lifetime.

As was the case with cigarette and alcohol use, respondents were asked to indicate their age when they tried marijuana for the first time. The highest percentage of middle school students indicated that they were 13 years of age or older, while high school students were most likely to say 15 or 16 years of age. The table below profiles all responses.

	Percentage of Middle school Students	Percentage of High school Students
I have never tried marijuana	94.6%	69.3%
8 or younger	0.3%	1.0%
9-10	0.5%	1.8%
11-12	1.8%	3.5%
13-14	2.6%	10.4%
15-16	0.2%	11.8%
17+	-	2.1%

High school students were asked how many times they had smoked marijuana in the past 30 days. Nearly fifteen percent of respondents (14.3 percent) had smoked marijuana in the past 30 days, 4.5 percent smoking only 1 to 2 times, and the remaining students smoking 3 times or more over the course of the past 30 days.

Other Drugs

Finally, respondents were asked a series of questions pertaining to the use of other illegal drugs. Respondents were provided with a list of drugs, and were asked to indicate if they have ever used that drug in their lifetime.

The most commonly used drug among those discussed was prescription pills (that were not prescribed to the respondent), with 14.0 percent of high school respondents and 3.3 percent of middle school students indicating that they have used these drugs at some point in their life. Respondents who indicated that they have abused prescription drugs were most likely to indicate that a friend gave them the drugs, or that they took them from the medicine cabinet without their parent's knowledge.

Other responses included:

- Cocaine (3.3 percent of high school students, 1.5 percent of middle school students)
- Sniffed glue or contents of an aerosol can to get high (7.1 percent of high school students and 6.3 percent of middle school students)
- Heroin (1.7 percent of high school students and 0.3 percent of middle school students)
- Methamphetamines (2.7 percent of high school students and 0.8 percent of middle school students)
- Ecstasy (3.1 percent of high school students and 0.5 percent of middle school students)
- Steroid pills or shots (2.8 percent of high school students and 0.5 percent of middle school students)
- Illegal drugs injected by a needle (1.6 percent of high school students)

CHAPTER SIX – SEXUAL BEHAVIOR

The following chapter discusses sexual behaviors of middle and high school students in Preble County. Students were first given a definition of what is considered sexual behavior, defined as having sex, including oral sex and anal sex, with another person. Middle school and high school students were presented with 6-8 questions concerning sexual activity.

First, high school students were first asked if they planned to abstain from sexual activity until marriage. Just one-third of high school students (33.8 percent) indicated that they plan to abstain from sexual activity until marriage.

Students were then asked if they have ever had sexual intercourse. Almost ten percent (9.1 percent) of middle school students have had sexual intercourse, while almost half of high school students (44.8 percent) have been sexually active. When asked how old they were when they first had sexual intercourse, the highest percentage of respondents indicated that they were at least 13 years of age. The table below profiles all responses.

	Percentage of Middle school Students	Percentage of High school Students
I have never had sexual intercourse	91.3%	55.4%
11 or younger	1.8%	1.0%
12	1.0%	1.7%
13-14	5.9%	15.6%
15-16	-	23.5%
17+	-	2.6%

When asked with how many people they have had sexual intercourse in their life, the majority of both middle school and high school students who have had sexual intercourse indicated that they have done so with only one person. Four percent of middle school students (3.9 percent) and 22.7 percent of high school students have had sexual intercourse with more than one person. More than five percent of high schools students (5.4 percent) have had sex with more than one person in the past three months.

High school students were also asked to indicate if their first sexual encounter occurred with a committed boyfriend / girlfriend, or with a random hook-up. Four in five respondents (79.4 percent) indicated that their first sexual encounter occurred within a committed relationship.

When asked if a condom was used the last time they had sex, 66.0 percent of middle school students who have had sex and 62.5 percent of high school students who have had sex indicate they wore a condom the last time they had sexual intercourse. Additionally, 9.0 percent of high

school respondents indicated that they used birth control, while 4.4 percent used withdraw and 2.0 percent used Depo-Provera.

High school students were asked if they had drunk alcohol or used drugs before the last time they had sexual intercourse. Six percent of all respondents (5.7 percent) and 12.9 percent of those who have had sex indicated they had in fact drunk alcohol or used drugs the last time they had sexual intercourse.

Finally, both high school and middle school students were asked if they have ever sent or received sexually explicit pictures or videos on their cell phone, also known as sexting. More than one-third of high school students (35.2 percent) and 10.9 percent of middle school students indicated that they have participated in sexting.

CHAPTER SEVEN – DIET AND EXERCISE

This chapter discusses the physical health of Preble County youth. To assess overall physical health, questions were asked pertaining to diet and exercise. Specifically, students were asked questions pertaining to their perception of their weight, the amount of physical activity they get, as well as the types of foods that they eat regularly. In order to assess whether student perceptions of weight were accurate, students were asked to provide their height and weight so that a Body Mass Index (BMI) could be calculated.

Body Weight

The first question posed of both middle school and high school students asked them to describe themselves as very underweight, slightly underweight, about the right weight, slightly overweight, or very overweight.

Over half of high school (51.0 percent) and middle school (55.0 percent) respondents indicated they were “about the right weight”. Nearly one third of both high school (35.6 percent) and middle school (29.4 percent) students reported being “slightly overweight or very over weight”. When asked what they are trying to do about their weight, high school and middle school answers were noticeably similar, as profiled in the table below.

	Percentage of Middle school Students	Percentage of High school Students
<i>Lose weight</i>	46.9%	50.7%
<i>Gain weight</i>	9.1%	10.3%
<i>Stay the same weight</i>	24.1%	23.9%
<i>I'm not trying to do anything about my weight</i>	20.0%	15.1%

Following the questions regarding their own body image, students were presented with a series of questions concerning weight loss and exercise methods they have or are currently employing. High school students were asked to read four statements that described varying weight loss methods and to identify which they have used in the past 30 days. The statements included:

- During the past 30 days, did you exercise to lose weight or to keep from gaining weight?
- During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?
- During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

- During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

Most high school students (63.9 percent) indicated they have exercised to lose weight or keep from gaining weight more than any other weight loss method. Less than 15 percent of students indicated using the remaining weight loss methods within the past 30 days. Specifically, 13.1 percent of high school students have fasted to lose weight or keep from gaining weight, while 6.1 percent have used diet pills or products and 4.8 percent have vomited or used laxatives. Crosstabs by gender indicate a significant difference between the percentages of females and males who exercised to lose weight or keep from gaining weight.

Middle school students were presented similar statements to those above, but were asked if they have ever used any of the weight loss methods as opposed to having only used them in the past 30 days. Nearly three-quarters of middle school students (70.8 percent) indicated they have used exercise as a weight loss method or to keep from gaining weight. Nearly half of middle school students (47.6 percent) report eating less food, fewer calories or less fat to lose weight or keep from gaining weight.

Middle school students were more likely than high school students to report fasting to lose weight (though, it should be noted that the middle school survey asked “ever”, while the high school survey asked about the past 30 days. Specifically, 16.8 percent of middle school students report fasting to lose or maintain their weight, 3.0 percent report using diet pills, while 3.1 percent have vomited or taken laxatives. Crosstabs by gender indicate that female middle school students are more likely to exercise or consume fewer calories in order to lose weight. Crosstabs by BMI indicate that individuals who are overweight or obese are more likely to exercise or consume fewer calories to lose weight compared to individuals who have a healthy BMI.

In order to assess whether student perceptions of weight are accurate, respondents were asked to provide their height and weight. While approximately 6 percent of all students declined to provide this information, many students were able to answer these questions, allowing researchers to calculate the Body Mass Index of students in Preble County. This measurement is taken using the CDC’s protocol for calculating teenage BMI, which takes into effect the age, gender, height and weight of the respondent. For more information, please visit <http://apps.nccd.cdc.gov/dnpabmi>.

The BMI calculations reveal that 63.8 percent of Preble County middle school students are at a healthy weight, while slightly fewer (62.6 percent) high school students are a healthy weight. Of the remaining middle school students, 3.1 percent are underweight, 19.5 percent are overweight, and 13.7 percent are obese. Of the remaining high school students, 2.3 percent are underweight, 17.5 percent are overweight and 17.6 percent are obese.

Physical Activity

The next section of the survey asked students questions pertaining to physical activity. Students were first asked on how many days they were physically active for at least 60 minutes or more during the past 7 days. The majority of high school (88.7 percent) and middle school students (92.9 percent) were active at least one day or more for at least 60 minutes. Most high school students (56.5 percent) do not take any PE classes in a week, while just 12.2 percent have five days per week. More than one-third of middle school students (39.3 percent) indicated that they do not have PE classes at all in a week.

Students were then asked how many hours they watch television on an average school day. More than half of high school (60.7 percent) and middle school students (61.1 percent) watch 1 to 3 hours of television on an average school day, while 7.6 percent of high school students, as well as 5.1 percent of middle school students do not watch any television.

Students were also asked how many hours they spend on a computer or playing video games on the average school day. More than 14 percent of high school students (14.2 percent) indicated they do not play video games or spend time on the computer, while 25.7 percent indicated spending less than one hour. Middle school responses indicated that 67.5 percent of middle school students spend one hour or more playing video or computer games on the average school day, while just 9.6 percent indicated that they never play video or computer games.

When asked how many different sports teams they were apart of in the past 12 months, 29.6 percent of middle school students indicated none, while 70.4 percent indicated being on at least one or more. More than one-third high school students (36.9 percent) indicated not being a part of a sports team, while 63.1 percent were a part of one or more teams. A crosstab by BMI shows that students who are classified as “healthy weight” are significantly more likely than students who are overweight or obese to report participation in a sports team.

Diet

High school students were asked a series of questions in regards to eating and drinking habits. Students were asked to identify how many times during the past 7 days they ate or drank a specific type of food or drink.

Students were first asked how many times they ate fruit. Less than one-third respondents (29.3 percent) eat fruit at least once a day, with 4.3 percent of students having 4 or more servings of fruit daily. Students were slightly more likely to indicate that they eat vegetables (other than potatoes), with 35.9 percent of respondents indicating that they eat vegetables at least once a day, and 3.3 percent of respondents eating at least 4 servings daily.

When asked about beverage consumption, more than half of respondents (53.0 percent) report drinking milk at least once daily, while fewer respondents report consuming at least one soda per day (31.7 percent), one glass of fruit juice per day (26.2 percent) and one energy drink per day (5.2 percent). The percentage of respondents consuming each of these products, and their regularity in doing so, can be found in the appropriate appendix for the middle school and high school surveys.

CHAPTER EIGHT – ADDITIONAL TOPICS

The survey also included several other questions pertaining to other health topics. These questions will be profiled briefly in this chapter.

Other Health Topics

The final questions posed to students addressed a variety of health concerns. First, students were asked if they had ever been taught about STDs or AIDS/HIV infection in school. Eighty percent of high school students (79.0 percent) and 44.6 percent of middle school students indicated that they have received this education.

Students were also asked if they have ever been told by a doctor or nurse that they have asthma. Nearly 20 percent of high school students (19.8 percent) and 15.5 percent of middle school students have been told they have asthma. Fifty-four middle school students and 105 high school students indicated that they still have asthma.