

Greater Worcester 2015 High School Regional Youth Health Survey: Overall Prevalence

Greater Worcester Regional Youth Health Survey (RYHS)

The purpose of the Greater Worcester RYHS is to learn about youth health by surveying youth about safety, violence, substance use, nutrition, physical activity, mental health, and other health related topics. Every two years, the Greater Worcester RYHS is administered to middle and high school students in the City of Worcester, Massachusetts and surrounding towns by the Worcester Division of Public Health and the UMass Worcester Prevention Research Center.

The **2015 High School Regional Youth Health Survey** was conducted with youth from the following towns of the Central Massachusetts Regional Public Health Alliance (CMRPHA):

- Grafton
- Millbury
- Leicester
- Shrewsbury
- Worcester

This report summarizes the responses of 7,852 high school youth who answered survey questions by presenting prevalence for the following areas:

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| A. | Demographics | K. | Dietary or Nutritional Behavior |
| B. | Driving Behaviors that Contribute to Unintentional Injuries | L. | Food Insecurity |
| C. | Violence Related Behavior or Physical Violence | M. | Physical Activity |
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| E. | Depression Symptoms and Suicide Attempts | O. | Home Environment |
| F. | Tobacco Use | P. | Youth Development |
| G. | Electronic Vapor Products Use | Q. | Racism and Discrimination |
| H. | Alcohol Use | R. | Self-Image |
| I. | Marijuana Use | S. | Sexual Health |
| J. | Other Drug Use | T. | Honesty |



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A. Demographics

Behavior	%
How old are you?	
• 12 years old or younger	0.41%
• 13 years old	0.26%
• 14 years old	17.63%
• 15 years old	25.30%
• 16 years old	24.16%
• 17 years old	23.75%
• 18 years old or older	8.48%
What is your sex?	
• Female	50.02%
• Male	48.45%
• Other	1.53%
In what grade are you?	
• 9 th grade	27.13%
• 10 th grade	26.19%
• 11 th grade	24.17%
• 12 th grade	22.12%
• Ungraded or other grade	0.39%
What is the language you use most often at home?	
• English	78.16%
• Spanish	11.71%
• Another language	10.14%

How do you describe your racial identity?	
• African American/Black	10.60%
• American Indian/Alaska Native/Indigenous	1.16%
• Asian or Pacific Islander	9.51%
• Spanish/Hispanic/Latino	21.16%
• Multicultural or Biracial	9.80%
• White/Caucasian or European American	43.81%
• Other	3.96%
How long have you lived in the US?	
• Less than one year	2.26%
• 1 to 3 years	4.72%
• 4 to 6 years	4.31%
• More than 6 years but not my whole life	11.20%
• I have always lived in the US	77.51%

B. Driving Behaviors that Contribute to Unintentional Injuries

Behavior	%
When you rode a bicycle during the past 12 months, how often did you wear a helmet?	
• I did not ride a bicycle during the past 12 months	41.02%
• Never wore a helmet	29.94%
• Rarely wore a helmet	7.41%
• Sometimes wore a helmet	6.12%
• Most of the time wore a helmet	6.03%
• Always wore a helmet	9.49%

How often do you wear a seat belt while riding in a car?	
• A. Never	3.13%
• Rarely	3.83%
• Sometimes	9.34%
• Most of the time	24.73%
• Always	58.97%
During the past 30 days, how many times did you text or email while driving a car or other vehicle?	
• 0 times	85.23%
• 1 time	2.68%
• 2 or 3 times	4.10%
• 4 or 5 times	1.74%
• 6 or more times	6.25%
During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?	
• I did not drive a car during the past 30 days	54.49%
• 0 times	42.01%
• 1 time	1.27%
• 2 or 3 times	0.69%
• 4 or 5 times	0.27%
• 6 or more times	1.26%

During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?	
• 0 times	86.42%
• 1 time	5.44%
• 2 or 3 times	4.90%
• 4 or 5 times	0.87%
• 6 or more times	2.37%

C. Violence Related Behavior or Physical Violence

Behavior	%
During the past 30 days, hoe many days did you carry a weapon such as a gun, knife, or club to protect yourself?	
• 0 days	90.33%
• 1 day	2.14%
• 2 or 3 days	2.42%
• 4 or 5 days	0.87%
• 6 or more days	4.24%
During the past 30 days, on how many days did you carry a gun?	
• 0 days	96.41%
• 1 day	0.87%
• 2 or 3 days	0.70%
• 4 or 5 days	0.36%
• 6 or more days	1.66%

During the past 12 months, did you ever carry a weapon on school property?	
• Yes	2.85%
• No	97.15%
During the past 30 days, did you not go to school because you felt you would be unsafe at school or on your way to or from school?	
• Yes	4.08%
• No	95.92%
During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?	
• 0 times	94.75%
• 1 time	1.85%
• 2 or 3 times	1.09%
• 4 or 5 times	0.49%
• 6 or 7 times	0.38%
• 8 or 9 times	0.21%
• 10 or 11 times	0.18%
• 12 or more times	1.05%
During the past 12 months, how many times were you in a physical fight?	
• 0 times	82.05%
• 1 time	8.16%
• 2 or 3 times	5.23%
• 4 or 5 times	1.53%
• 6 or 7 times	0.75%
• 8 or 9 times	0.43%
• 10 or 11 times	0.21%
• 12 or more times	1.65%

<p>During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?</p> <ul style="list-style-type: none"> • 0 times 	97.08%
<ul style="list-style-type: none"> • 1 time 	1.63%
<ul style="list-style-type: none"> • 2 or 3 times 	0.44%
<ul style="list-style-type: none"> • 4 or 5 times 	0.16%
<ul style="list-style-type: none"> • 6 or more times 	0.69%
<p>During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (count such things as being hit, slammed into something, or injured with an object or weapon)</p> <ul style="list-style-type: none"> • I did not date or go out with anyone during the past 12 months 	44.34%
<ul style="list-style-type: none"> • 0 times 	50.17%
<ul style="list-style-type: none"> • 1 time 	1.99%
<ul style="list-style-type: none"> • 2 or 3 times 	1.50%
<ul style="list-style-type: none"> • 4 or 5 times 	0.40%
<ul style="list-style-type: none"> • 6 or more times 	1.60%
<p>During the past 12 months, have you ever been bullied?</p> <ul style="list-style-type: none"> • Yes 	16.86%
<ul style="list-style-type: none"> • No 	83.14%
<p>During the past 12 months, have you ever been bullied on school property?</p> <ul style="list-style-type: none"> • Yes 	13.03%
<ul style="list-style-type: none"> • No 	86.97%
<p>During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook or other social media.)</p> <ul style="list-style-type: none"> • Yes 	9.78%
<ul style="list-style-type: none"> • No 	90.22%

During the past 12 months, did you ever get into a physical fight on school property? <ul style="list-style-type: none"> • Yes 	5.0%
<ul style="list-style-type: none"> • No 	94.50%
During the past 12 months, did you ever bully another student on school property? <ul style="list-style-type: none"> • Yes 	4.65%
<ul style="list-style-type: none"> • No 	95.35%

D. Sexual Violence

Behavior	%
During the past 12 months, how many times did someone you were dating or going out with forced you to do sexual things that you did not want to do (count such things as kissing, touching, or being intercourse)? <ul style="list-style-type: none"> • I did not date or go out with anyone during the past 12 months 	42.69%
<ul style="list-style-type: none"> • 0 times 	50.90%
<ul style="list-style-type: none"> • 1 time 	2.69%
<ul style="list-style-type: none"> • 2 or 3 times 	1.69%
<ul style="list-style-type: none"> • 4 or 5 times 	0.49%
<ul style="list-style-type: none"> • 6 or more times 	1.53%

E. Depression Symptoms and Suicide Attempts

Behavior	%
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? <ul style="list-style-type: none"> • Yes 	26.85%
<ul style="list-style-type: none"> • No 	73.15%

During the past 12 months, did you ever seriously consider attempting suicide?	
• Yes	13.75%
• No	86.25%
During the past 12 months, did you make a plan about how you would attempt suicide?	
• Yes	10.55%
• No	89.45%
During the past 12 months, how many times did you attempt suicide?	
• 0 times	93.37%
• 1 time	3.02%
• 2 or 3 times	1.95%
• 4 or 5 times	0.56%
• 6 or more times	1.10%
If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	
• I did not attempt suicide during the past 12 months	93.11%
• Yes	2.07%
• No	4.82%
During the past 12 months, did you hurt or injure yourself on purpose without wanting to die? (For example, by cutting, burning, or bruising yourself on purpose)	
• Yes	14.78%
• No	85.22%

F. Tobacco Use

Behavior	%
Have you ever tried cigarette smoking, even one or two puffs?	
• Yes	17.94%
• No	82.06%
How old were you when you smoked a whole cigarette for the first time?	
• I have never smoked a whole cigarette	88.25%
• 8 years old or younger	1.36%
• 9 or 10 years old	0.62%
• 11 or 12 years old	1.66%
• 13 or 14 years old	3.34%
• 15 or 16 years old	3.77%
• 17 years old or older	1.00%
During the past 30 days, on how many days did you smoke cigarettes?	
• 0 days	94.32%
• 1 or 2 days	2.09%
• 3 to 5 days	0.81%
• 6 to 9 days	0.52%
• 10 to 19 days	0.64%
• 20 to 29 days	0.30%
• All 30 days	1.31%
Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?	
• Yes	3.18%
• No	96.82%

During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?	
• 0 days	97.05%
• 1 or 2 days	0.84%
• 3 to 5 days	0.47%
• 6 to 9 days	0.39%
• 10 to 19 days	0.17%
• 20 to 29 days	0.14%
• All 30 days	0.94%
During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?	
• 0 days	94.19%
• 1 or 2 days	1.97%
• 3 to 5 days	0.90%
• 6 to 9 days	0.63%
• 10 to 19 days	0.57%
• 20 to 29 days	0.35%
• All 30 days	1.39%
How much do you think people risk harming themselves if they use tobacco? (include cigarette smoking)	
• No risk	7.62%
• Slight risk	6.19%
• Moderate risk	22.31%
• Great risk	63.88%

How wrong do your parents feel it would be for you to use tobacco? (include cigarette smoking)	
• Very wrong	87.63%
• Wrong	8.09%
• A little bit wrong	2.08%
• Not at all wrong	2.21%
How wrong do your friends feel it would be for you to use tobacco? (include cigarette smoking)	
• Very wrong	56.96%
• Wrong	25.69%
• A little bit wrong	10.50%
• Not at all wrong	6.85%
During the past 12 months, did you ever use tobacco on school property?	
• Yes	2.55%
• No	97.45%

G. Electronic Vapor Products Use

Behavior	%
Have you ever used an electronic vapor product?	
• Yes	34.31%
• No	65.69%

How much do you think people risk harming themselves (physically or in other ways) if they use e-cigarettes regularly?	
• No risk	16.00%
• Slight risk	31.08%
• Moderate risk	29.86%
• Great risk	23.07%
What is the main reason you tried an e-cigarette?	
• I was attracted to the flavor	8.88%
• It was cheap	0.57%
• It was easy to buy from a store	0.54%
• I saw others using it and was curious	8.42%
• I saw an ad for it and it looked cool	0.74%
• Other reason	7.88%
• I've never tried an e-cigarette	72.97%
How did you get your e-cigarette(s)?	
• I bought them from a store (for example, convenience store, pharmacy, gas station)	4.85%
• I gave save someone money to buy for me	3.91%
• I got them from a family member	2.51%
• I got them from a friend	11.59%
• Another way	5.74%
If e-cigarettes were NOT available in flavors (i.e. grape, apple, cherry, bubblegum, chocolate, etc.), would you use them?	
• Yes	6.23%
• No	76.07%
• Not sure	17.70%

During the past 12 months, did you ever use e-cigarettes on school property?	
• Yes	4.80%
• No	95.20%

H. Alcohol Use

Behavior	%
During your life, on how many days have you had at least one drink of alcohol?	
• 0 days	52.01%
• 1 or 2 days	14.47%
• 3 to 9 days	13.74%
• 10 to 19 days	6.92%
• 20 to 39 days	5.28%
• 40 to 99 days	3.55%
• 100 or more days	4.04%
How old were you when you had your first drink of alcohol other than a few sips?	
• I have never had a drink of alcohol other than a few sips	53.19%
• 8 years old or younger	3.55%
• 9 or 10 years old	2.57%
• 11 or 12 years old	4.61%
• 13 or 14 years old	16.03%
• 15 or 16 years old	17.23%
• 17 years old or older	2.82%

During the past 30 days, on how many days did you have at least one drink of alcohol?	
• 0 days	72.94%
• 1 or 2 days	15.68%
• 3 to 5 days	5.83%
• 6 to 9 days	2.71%
• 10 to 19 days	1.45%
• 20 to 29 days	0.32%
• All 30 days	1.06%
During the past 30 days, how did you usually get the alcohol you drank?	
• I did not drink alcohol in the past 30 days	73.52%
• I bought it in a store such as a liquor store, convenience store or gas station	1.22%
• I bought it at a restaurant	0.39%
• I bought it at a public event such as a concert or sporting event	0.32%
• I gave someone else money to buy it for me	6.37%
• A family member gave it to me	6.95%
• I took it from a store	0.18%
• I got it some other way	11.05%
How much do you think people risk harming themselves (physically or in other ways) if they drink alcohol regularly?	
• No risk	6.47%
• Slight risk	14.02%
• Moderate risk	34.15%
• Great risk	45.36%

How wrong do your parents feel it would be for you to drink alcohol regularly?	
• Very wrong	68.37%
• Wrong	19.71%
• A little bit wrong	8.82%
• Not at all wrong	3.10%
How wrong do your friends feel it would be for you to drink alcohol regularly?	
• Very wrong	38.33%
• Wrong	25.31%
• A little bit wrong	21.90%
• Not at all wrong	14.45%
During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?	
• 0 days	86.79%
• 1 day	5.48%
• 2 days	3.01%
• 3 to 5 days	2.44%
• 6 to 9 days	0.85%
• 10 to 19 days	0.48%
• 20 or more days	0.96%

During the past 30 days, what is the largest number of alcoholic drinks you had in a row?	
• I did not drink alcohol in past 30 days	79.55%
• 1 or 2 drinks	8.71%
• 3 drinks	2.27%
• 4 drinks	2.39%
• 5 drinks	2.06%
• 6 or 7 drinks	2.21%
• 8 or 9 drinks	0.95%
• 10 or more drinks	1.86%
During the past 12 months, did you ever use alcohol on school property?	
• Yes	5.51%
• No	94.49%

I. Marijuana Use

Behavior	%
During your life, how many times have you used marijuana?	
• 0 times	67.21%
• 1 or 2 times	6.91%
• 3 to 9 times	6.38%
• 10 to 19 times	3.54%
• 20 to 39 times	3.29%
• 40 to 99 times	2.81%
• 100 or more times	9.86%

Have you ever used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)?	
• Yes	7.47%
• No	92.53%
How old were you when you tried marijuana for the first time? (among students who had ever used marijuana)	
• I have never tried marijuana	67.23%
• 8 years old or younger	1.27%
• 9 or 10 years old	1.12%
• 11 or 12 years old	3.76%
• 13 or 14 years old	13.02%
• 15 or 16 years old	11.66%
• 17 years old or older	1.95%
During the past 30 days, how many times did you use marijuana?	
• 0 times	79.67%
• 1 or 2 times	6.49%
• 3 to 9 times	4.75%
• 10 to 19 times	2.70%
• 20 to 39 times	2.17%
• 40 or more times	4.23%

When you have used marijuana, how have you used it?	
• I have never used marijuana	69.04%
• I smoked it in a joint, bong or pipe	27.92%
• I ate it in food	1.36%
• I drank it in tea or other drinks	0.43%
• I vaporized it in a tabletop device	0.12%
• I vaporized it in a portable device	0.33%
• I used it some other way	0.79%
How much do you think people risk harming themselves (physically or in other ways) if they use marijuana?	
• No risk	23.03%
• Slight risk	26.27%
• Moderate risk	21.43%
• Great risk	29.27%
How wrong do your friends feel it would be for you to smoke marijuana?	
• Very wrong	35.34%
• Wrong	16.19%
• A little bit wrong	18.79%
• Not at all wrong	29.67%
How wrong do your parents feel it would be for you to smoke marijuana?	
• Very wrong	71.56%
• Wrong	15.43%
• A little bit wrong	7.96%
• Not at all wrong	5.05%

During the past 12 months, did you ever use marijuana on school property?	
• Yes	6.98%
• No	93.02%

J. Other Drug Use

Behavior	%
During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?	
• 0 times	96.98%
• 1 or 2 times	1.30%
• 3 to 9 times	0.61%
• 10 to 19 times	0.33%
• 20 to 39 times	0.24%
• 40 or more times	1.54%
During your life, how many times have you sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?	
• 0 times	94.97%
• 1 or 2 times	1.98%
• 3 to 9 times	0.96%
• 10 to 19 times	0.45%
• 20 to 39 times	0.20%
• 40 or more times	1.44%

During your life, how many times have you used heroin (also called smack, junk, China White or diesel)?	
• 0 times	97.34%
• 1 or 2 times	0.51%
• 3 to 9 times	0.32%
• 10 to 19 times	0.27%
• 20 to 39 times	0.20%
• 40 or more times	1.37%
During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?	
• 0 times	97.22%
• 1 or 2 times	0.79%
• 3 to 9 times	0.36%
• 10 to 19 times	0.21%
• 20 to 39 times	0.15%
• 40 or more times	1.28%
During your life, how many times have you used ecstasy (also called MDMA, Molly, or Mandy)?	
• 0 times	96.05%
• 1 or 2 times	1.44%
• 3 to 9 times	0.69%
• 10 to 19 times	0.32%
• 20 to 39 times	0.16%
• 40 or more times	1.33%

During your life, how many times have you taken steroid pills or shots without a doctor's prescription?	
• 0 times	97.03%
• 1 or 2 times	0.64%
• 3 to 9 times	0.37%
• 10 to 19 times	0.39%
• 20 to 39 times	0.23%
• 40 or more times	1.35%
During your life how many times have you taken a prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as OxyContin, Hydrocodone, Percocet, Vicodin and Codeine)	
• 0 times	90.70%
• 1 or 2 times	3.40%
• 3 to 9 times	2.33%
• 10 to 19 times	1.04%
• 20 to 39 times	0.47%
• 40 or more times	2.06%
During the last 30 days, how many times have you taken a prescription drug without a doctor's prescription? (Count methadone, Suboxone, fentanyl, opium, morphine, codeine, OxyContin, Percocet, Xanax, Ritalin, Vicodin)	
• 0 times	94.46%
• 1 or 2 times	2.03%
• 3 to 9 times	1.08%
• 10 to 19 times	0.68%
• 20 to 39 times	0.29%
• 40 or more times	1.45%

During the past 30 days, how many times did you use heroin (also called smack, junk, or diesel)?	
• 0 times	97.56%
• 1 or 2 times	0.45%
• 3 to 9 times	0.32%
• 10 to 19 times	0.23%
• 20 to 39 times	0.17%
• 40 or more times	1.27%
How much do you think people risk harming themselves (physically or in other ways) if they use prescription medicine that are not prescribed to them?	
• No risk	6.17%
• Slight risk	6.47%
• Moderate risk	20.20%
• Great risk	67.15%
During the past 12 months, did you ever buy or sell drugs on school property?	
• Yes	4.36%
• No	95.64%
During the past 12 months, did you ever use steroids on school property?	
• Yes	1.34%
• No	98.66%

During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms	
• 0 times	95.17%
• 1 or 2 times	1.89%
• 3 to 9 times	0.99%
• 10 to 19 times	0.50%
• 20 to 39 times	0.20%
• 40 or more times	1.34%

K. Dietary or Nutritional Behavior

Behavior	%
During the past 7 days, on how many days did you eat breakfast?	
• 0 days	17.20%
• 1 day	7.47%
• 2 days	11.48%
• 3 days	9.82%
• 4 days	6.37%
• 5 days	7.95%
• 6 days	5.40%
• 7 days	34.31%

<p>During the past 7 days, how many times did you drink a soda, a sports drink, sweetened lemonade or iced tea, sweetened coffee or lattes, or other sweetened drink, such as Coke, Pepsi, Mountain Dew, Gatorade, Arizona, or Monster? (Do not count diet or 0 calorie drinks)</p> <ul style="list-style-type: none"> I did not drink a sugar-sweetened beverage during the past 7 days 	17.88%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	43.11%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	17.77%
<ul style="list-style-type: none"> 1 time per day 	7.45%
<ul style="list-style-type: none"> 2 times per day 	6.82%
<ul style="list-style-type: none"> 3 times per day 	6.97%
<p>During the past 7 days, how many times did you drink a soda, a sports drink, sweetened lemonade or iced tea, sweetened coffee or lattes, or other sweetened drink, such as Coke, Pepsi, Mountain Dew, Gatorade, Arizona, or Monster? (Do not count diet or 0 calorie drinks) during school day</p> <ul style="list-style-type: none"> I did not drink a sugar-sweetened beverage during the past 7 days 	52.10%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	30.27%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	6.22%
<ul style="list-style-type: none"> 1 time per day 	6.07%
<ul style="list-style-type: none"> 2 times per day 	2.33%
<ul style="list-style-type: none"> 3 times per day 	3.01%

During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet energy drinks or sports drinks such as Gatorade or PowerAde).	
• I did not drink energy drinks during the past 7 days	83.59%
• 1 to 3 times during the past 7 days	10.34%
• 4 to 6 times during the past 7 days	1.67%
• 1 time per day	1.53%
• 2 times per day	0.95%
• 3 times per day	0.55%
• 4 or more times per day	1.36%
During the past 7 days, how many times did you eat fruit? (Do not count fruit juice)	
• I did not eat fruit during the past 7 days	11.06%
• 1 to 3 times during the past 7 days	27.49%
• 4 to 6 times during the past 7 days	21.17%
• 1 time per day	12.88%
• 2 times per day	13.88%
• 3 times per day	6.66%
• 4 or more times per day	6.87%

During the past 7 days, how many times did you eat vegetables (do not count fried potato products such as french fries, hash browns, and potato chips)?	
• I did not eat vegetables during the past 7 days	13.73%
• 1 to 3 times during the past 7 days	25.71%
• 4 to 6 times during the past 7 days	21.38%
• 1 time per day	15.58%
• 2 times per day	12.37%
• 3 times per day	5.42%
• 4 or more times per day	5.81%

L. Food Insecurity

Behavior	%
How often are there fruits or vegetables to snack on in your home, such as carrots, celery, apples, bananas or melon?	
• Never	4.73%
• Rarely	7.00%
• Sometimes	22.08%
• Most of the time	31.82%
• Always	34.36%
During the past 7 days, were you ever hungry but didn't eat because there wasn't enough money for food in your house?	
• Yes	11.26%
• No	82.40%
• Not sure	6.35%

How important do you believe it is to eat a healthy diet including fruits and vegetables?	
• Not important at all	3.63%
• A little important	6.28%
• Somewhat important	25.10%
• Very important	64.99%

M. Physical Activity

Behavior	%
During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)	
• 0 days	19.63%
• 1 day	7.28%
• 2 days	9.05%
• 3 days	11.56%
• 4 days	10.22%
• 5 days	12.66%
• 6 days	6.90%
• 7 days	22.70%

On an average school day, how many hours do you spend on “screen time” for something that is not school work? (Count time spent doing activities such as watching TV or movies, playing video games, internet use, and mobile apps such as Facebook, Twitter, Instagram, SnapChat, and mobile games on cell phones, tablets, and iPads)	
• I do not spend any time in front of a screen for something that is not school work	6.64%
• Less than 1 hour	8.24%
• 1 hour per day	9.91%
• 2 hours per day	18.72%
• 3 hours per day	19.13%
• 4 hours per day	12.74%
• 5 or more hours per day	24.62%
In an average week when you are in school, on how many days do you walk or ride your bike to or from school when the weather allows you to do so?	
• 0 days	71.44%
• 1 day	3.52%
• 2 days	3.31%
• 3 days	3.77%
• 4 days	2.26%
• 5 days	15.70%
How important do you believe it is to be physically active?	
• Not important at all	3.50%
• A little important	6.23%
• Somewhat important	25.01%
• Very important	65.27%

During the past 12 months, which of the following groups or activities did students participate in?	
• School club or student group	31.41%
• School sports team	39.38%
• Theater, dance or musical group	16.14%
• Volunteer service work	29.28%
• Religious group	15.42%
• Part-time job	25.46%
• Participated in none of the above	18.81%

N. Other Health Related Behaviors

Behavior	%
Over the past 12 months, did you visit your primary care doctor for a routine check-up?	
• Yes	82.42%
• No	14.87%
• I do not have a primary care doctor	2.71%
On an average school night, how many hours of sleep do you get?	
• 4 or less hours	10.87%
• 5 hours	15.78%
• 6 hours	26.94%
• 7 hours	28.26%
• 8 hours	18.14%

During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan).	
• 0 times	94.14%
• 1 or 2 times	1.50%
• 3 to 9 times	1.54%
• 10 to 19 times	1.06%
• 20 to 39 times	0.60%
• 40 or more times	1.15%

O. Home Environment

Behavior	%
Is there a firearm in your home?	
• Yes	23.06%
• No	59.39%
• Not sure	17.55%
Have you changed homes (moved) in the past year?	
• Yes	22.96%
• No	77.04%
Have you changed schools in the past year?	
• Yes	19.86%
• No	80.14%
When not at home does your parent know where you are/who you are with?	
• Yes	91.78%
• No	8.22%

P. Youth Development

Behavior	%
During the past 12 months, how would you describe your grades in school?	
• Mostly A's	34.79%
• Mostly B's	40.93%
• Mostly C's	14.37%
• Mostly D's	2.79%
• Mostly F's	1.44%
• None of these grades	0.53%
• Not sure	5.15%
Have you ever been taught about mental health in school?	
• Yes	64.16%
• No	22.55%
• Not sure	13.28%
Can you talk to at least one of your parents/guardians or other adult family member about things that are important to you?	
• Yes	71.10%
• No	18.31%
• Not sure	10.58%
Can you talk to at least one of your parents/guardians or other adult family member about things that are important to you?	
• Yes	81.13%
• No	12.49%
• Not sure	6.38%

Q. Racism and Discrimination

Behavior	%
In the past 30 days, have you been treated unfairly in a negative way, been prevented from doing something, or been made to feel bad about yourself, because of your race, ethnicity, or color?	
<ul style="list-style-type: none"> • Yes 	13.15%
<ul style="list-style-type: none"> • No 	86.85%

R. Self-Image

Behavior	%
How do you describe your weight?	
<ul style="list-style-type: none"> • Very underweight 	2.89%
<ul style="list-style-type: none"> • Slightly underweight 	13.53%
<ul style="list-style-type: none"> • Right weight 	51.26%
<ul style="list-style-type: none"> • Slightly overweight 	26.02%
<ul style="list-style-type: none"> • Very overweight 	6.29%
What are you trying to do about your weight?	
<ul style="list-style-type: none"> • Lose weight 	43.64%
<ul style="list-style-type: none"> • Gain weight 	16.36%
<ul style="list-style-type: none"> • Maintain weight 	17.83%
<ul style="list-style-type: none"> • I am not trying to do anything about my weight 	22.17%
During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?	
<ul style="list-style-type: none"> • Yes 	11.04%
<ul style="list-style-type: none"> • No 	88.96%

<p>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.)</p> <ul style="list-style-type: none"> • Yes 	5.24%
<ul style="list-style-type: none"> • No 	94.76%
<p>During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?</p> <ul style="list-style-type: none"> • Yes 	4.32%
<ul style="list-style-type: none"> • No 	95.68%

S. Sexual Health

Behavior	%
<p>Which of the following best describes you?</p> <ul style="list-style-type: none"> • Heterosexual (straight) 	85.67%
<ul style="list-style-type: none"> • Gay or lesbian 	2.50%
<ul style="list-style-type: none"> • Bisexual 	6.93%
<ul style="list-style-type: none"> • Not sure 	4.91%
<p>Have you ever been taught AIDS or HIV infection in school?</p> <ul style="list-style-type: none"> • Yes 	80.47%
<ul style="list-style-type: none"> • No 	13.88%
<ul style="list-style-type: none"> • Not sure 	5.65%
<p>Have you ever been taught about the use of condom or ways to prevent sexually transmitted infections (STI's) or pregnancy?</p> <ul style="list-style-type: none"> • Yes 	57.6%
<ul style="list-style-type: none"> • No 	42.4%

<p>Have you ever talked about ways to prevent HIV infection, other sexually transmitted infections (STI's) or pregnancy with your parents or other adults in your family, in school, or in the community?</p> <ul style="list-style-type: none"> • Yes 	51.38%
<ul style="list-style-type: none"> • No 	42.41%
<ul style="list-style-type: none"> • Not sure 	6.21%
<p>Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)</p> <ul style="list-style-type: none"> • Yes 	12.76%
<ul style="list-style-type: none"> • No 	72.21%
<ul style="list-style-type: none"> • Not sure 	15.03%
<p>Have you ever had sexual intercourse</p> <ul style="list-style-type: none"> • Yes 	24.61%
<ul style="list-style-type: none"> • No 	75.39%
<p>How old were you when you had sexual intercourse for the first time?</p> <ul style="list-style-type: none"> • I have never had sexual intercourse 	75.69%
<ul style="list-style-type: none"> • 11 years old or younger 	1.31%
<ul style="list-style-type: none"> • 12 years old 	0.49%
<ul style="list-style-type: none"> • 13 years old 	1.48%
<ul style="list-style-type: none"> • 14 years old 	4.02%
<ul style="list-style-type: none"> • 15 years old 	7.87%
<ul style="list-style-type: none"> • 16 years old 	5.96%
<ul style="list-style-type: none"> • 17 years old or older 	3.18%

During your life, with how many people have you had sexual intercourse?	
• 1 person	11.70%
• 2 people	4.91%
• 3 people	2.44%
• 4 people	1.94%
• 5 people	0.60%
• 6 or more people	2.79%
Did you drink alcohol or use drugs before you had sexual intercourse the last time?	
• Yes	24.75%
• No	71.59%
The last time you had sexual intercourse, did you or your partner use a condom?	
• Yes	58.85%
• No	38.20%
The last time you had sexual intercourse, what method did you or your partner use to prevent pregnancy?	
• Birth control pills	7.28%
• Condoms	10.06%
• IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	0.47%
• Shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	0.54%
• Withdrawal or some other method	2.13%
• No method was used	1.16%
• Not sure	0.90%

During the past 12 months, did you ever have sexual intercourse on school property?	
• Yes	5.37%
• No	94.63%

T. Honesty

Behavior	%
Overall, how honest would you say you were in answering this questionnaire?	
• Completely honest	68.66%
• Very honest	20.24%
• Pretty honest	8.91%
• Not honest at all	2.19%

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