

Greater Worcester 2017 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 **2017 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 8,401 high school youth who answered survey questions by presenting prevalence for the following areas:

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



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A. Demographics

Behavior	%
How old are you?	
• 12 years old or younger	0.49%
• 13 years old	0.2%
• 14 years old	16.09%
• 15 years old	24.96%
• 16 years old	24.99%
• 17 years old	22.63%
• 18 years old or older	10.63%
What is your sex?	
• Female	50.52%
• Male	49.48%
In what grade are you?	
• 9 th grade	26.73%
• 10 th grade	27.28%
• 11 th grade	23.9%
• 12 th grade	21.81%
• Ungraded or other grade	0.28%

What is the language you use most often at home?	
• English	73.38%
• Spanish	12.61%
• Albanian	1.03%
• Arabic	1.83%
• Chinese	0.81%
• Polish	0.24%
• Portuguese	1.6%
• Vietnamese	2.41%
• Hindi/Tamil	1.4%
• Another language	4.6%
How do you describe your racial identity?	
• African American/Black	15.93%
• American Indian/Alaska Native/Indigenous	2.20%
• Arab or Middle Eastern	3.32%
• Asian or Asian American	12.21%
• Hispanic/Latina/Latino	27.51%
• Multicultural or Biracial	3.36%
• Native Hawaiian/Pacific Islander	0.69%
• White/Caucasian or European American	45.79%

How long have you lived in the US?	
• Less than one year	2.93%
• 1 to 3 years	6.11%
• 4 to 6 years	4.34%
• More than 6 years but not my whole life	11.17%
• I have always lived in the US	75.45%
Were your parents born in the US?	
• Yes, both my parents were born in the US	47.93%
• No, neither of my parents were born in the US	40.61%
• No, only one of my parents was born in the US	11.45%

B. Driving Behaviors that Contribute to Unintentional Injuries

Behavior	%
During the past 30 days, how many times did you text or email while driving a car or other vehicle?	
• 0 times	85.85%
• 1 time	2.63%
• 2 or 3 times	4.53%
• 4 or 5 times	1.48%
• 6 or more times	5.51%

<p>During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?</p> <ul style="list-style-type: none"> I did not drive a car during past 30 days 	51.23%
<ul style="list-style-type: none"> 0 times 	46.2%
<ul style="list-style-type: none"> 1 time 	0.9%
<ul style="list-style-type: none"> 2 or 3 times 	0.4%
<ul style="list-style-type: none"> 4 or 5 times 	0.2%
<ul style="list-style-type: none"> 6 or more times 	1.07%
<p>During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana?</p> <ul style="list-style-type: none"> I did not drive a car during the past 30 days 	50.07%
<ul style="list-style-type: none"> 0 times 	43.79%
<ul style="list-style-type: none"> 1 time 	1.84%
<ul style="list-style-type: none"> 2 or 3 times 	1.28%
<ul style="list-style-type: none"> 4 or 5 times 	0.45%
<ul style="list-style-type: none"> 6 or more times 	2.56%

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? <ul style="list-style-type: none"> • 0 times 	87.9%
<ul style="list-style-type: none"> • 1 time 	5.44%
<ul style="list-style-type: none"> • 2 or 3 times 	4.1%
<ul style="list-style-type: none"> • 4 or 5 times 	0.81%
<ul style="list-style-type: none"> • 6 or more times 	1.76%
During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana? <ul style="list-style-type: none"> • 0 times 	82.63%
<ul style="list-style-type: none"> • 1 time 	4.58%
<ul style="list-style-type: none"> • 2 or 3 times 	5.15%
<ul style="list-style-type: none"> • 4 or 5 times 	1.68%
<ul style="list-style-type: none"> • 6 or more times 	5.97%

C. Violence Related Behavior or Physical Violence

Behavior	%
During the past 30 days, I did not carry a weapon (gun, knife, club, other weapon) <ul style="list-style-type: none"> • Yes 	88.94%
<ul style="list-style-type: none"> • No 	11.06%
During the past 30 days, did you carry a gun to protect yourself? <ul style="list-style-type: none"> • Yes 	1.55%
<ul style="list-style-type: none"> • No 	98.45%

During the past 30 days, did you carry a knife to protect yourself? <ul style="list-style-type: none"> • Yes 	6.36%
<ul style="list-style-type: none"> • No 	93.64%
During the past 30 days, did you carry a club to protect yourself? <ul style="list-style-type: none"> • Yes 	0.77%
<ul style="list-style-type: none"> • No 	99.23%
During the past 30 days, did you carry other weapon to protect yourself? <ul style="list-style-type: none"> • Yes 	2.58%
<ul style="list-style-type: none"> • No 	97.42%
During the past 12 months, did you ever carry a weapon on school property? <ul style="list-style-type: none"> • Yes 	1.94%
<ul style="list-style-type: none"> • No 	98.06%
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? <ul style="list-style-type: none"> • Yes 	3.94%
<ul style="list-style-type: none"> • No 	96.06%
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? <ul style="list-style-type: none"> • 0 times 	94.85%
<ul style="list-style-type: none"> • 1 time 	1.81%
<ul style="list-style-type: none"> • 2 or 3 times 	1.3%
<ul style="list-style-type: none"> • 4 or 5 times 	0.46%
<ul style="list-style-type: none"> • 6 or 7 times 	0.35%
<ul style="list-style-type: none"> • 8 or 9 times 	0.17%
<ul style="list-style-type: none"> • 10 or 11 times 	0.07%
<ul style="list-style-type: none"> • 12 or more times 	0.99%

During the past 12 months, how many times were you in a physical fight?	
• 0 times	83.53%
• 1 time	7.73%
• 2 or 3 times	5.13%
• 4 or 5 times	1.24%
• 6 or 7 times	0.55%
• 8 or 9 times	0.43%
• 10 or 11 times	0.15%
• 12 or more times	1.24%
During the past 12 months, have you ever felt pressured to join a gang?	
• Yes	3.43%
• No	96.57%
Were you physically hurt by someone in your family during the past 12 months?	
• Yes	5.09%
• No	94.91%
Did you ever witness violence at home during the past 12 months?	
• Yes	4.94%
• No	95.06%
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) during the past 12 months?	
• Yes	1.92%
• No	98.08%
During the past 12 months, have you ever been bullied on school property?	
• Yes	13.17%
• No	86.83%

During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook or other social media.) <ul style="list-style-type: none"> • Yes 	11.55%
<ul style="list-style-type: none"> • No 	88.45%
Have you ever been electronically bullied on school property? (among students who have been bullied electronically during the past 12 months) <ul style="list-style-type: none"> • Yes 	5.11%
<ul style="list-style-type: none"> • No 	42.13%
<ul style="list-style-type: none"> • I have never been electronically bullied on school property 	52.75%
During the past 12 months, did you ever get into a physical fight on school property? <ul style="list-style-type: none"> • Yes 	3.46%
<ul style="list-style-type: none"> • No 	96.54%
During the past 12 months, did you ever bully another student on school property? <ul style="list-style-type: none"> • Yes 	3.36%
<ul style="list-style-type: none"> • No 	96.64%

D. Sexual Violence

Behavior	%
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 during the past 12 months)? <ul style="list-style-type: none"> • Yes 	2.69%
<ul style="list-style-type: none"> • No 	97.31%

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?	
• Yes	28.49%
• No	71.51%
During the past 12 months, did you ever seriously consider attempting suicide?	
• Yes	14.74%
• No	85.26%
During the past 12 months, did you make a plan about how you would attempt suicide?	
• Yes	11.35%
• No	88.65%
During the past 12 months, how many times did you attempt suicide?	
• 0 times	93.39%
• 1 time	2.95%
• 2 or 3 times	2.08%
• 4 or 5 times	0.64%
• 6 or more times	0.94%
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	92.91%
• Yes	2.27%
• 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	13.4%
• No	86.6%

F. Nicotine Use

Behavior	%
Have you ever tried regular cigarette (for example, Marlboro, Newport, Camel-menthols)?	
• Yes	7.63%
• No	92.37%
Have you ever a tried non-flavored cigar? (for example, cigarillo, swisher sweet, black and mild)?	
• Yes	4.41%
• No	95.59%
Have you ever tried a flavored cigar (for example, grape, apple, cherry, Bubblegum, chocolate etc.- does not include menthol)?	
• Yes	5.24%
• No	94.46%
Have you ever tried a non-flavored e-cigarette (also called e-hookah, e-cig, hookah pen vape pen, menthols included)?	
• Yes	12.81%
• No	87.19%
Have you ever tried flavored e-cigarette (for example, grape, apple, cherry, bubblegum, chocolate etc.- does not include menthol)?	
• Yes	16.16%
• No	83.84%

Have you ever chewed tobacco (snuff or dip)?	
• Yes	2.24%
• No	97.76%
I have never tried nicotine products	71.13%
What is the main reason you tried a nicotine product?	
• I was attracted to the flavor	12.15%
• It was cheap	2.13%
• It was easy to buy from a store (for example, convenience store, pharmacy, gas station)	1.45%
• I saw others (for example, classmate, friends, etc.) using it and was curious	39.37%
• I saw an ad for it and it looked cool	1.5%
• Other reason	33.12%
If nicotine products were NOT available in flavors (i.e. grape, apple, cherry, bubblegum, chocolate, etc.), would you use them?	
• Yes	7.11%
• No	74.84%
• Not sure	18.05%
How did you first hear about e-cigarettes (also called e-hookah, e-cig, hookah pen, vape pen)?	
• Friend(s)	33.26%
• Store ads	6.69%
• Media (for example, television, movies, the Internet, radio, billboards, magazines)	30.6%
• Other	11.35%
• I've never heard of e-cigarettes	18.1%

<p>How much do you think people risk harming themselves (physically or in other ways) if they use e-cigarettes regularly?</p> <ul style="list-style-type: none"> • No risk 	13.78%
<ul style="list-style-type: none"> • Slight risk 	26.25%
<ul style="list-style-type: none"> • Moderate risk 	32.29%
<ul style="list-style-type: none"> • Great risk 	27.67%
<p>How did you get your e-cigarettes, cigarettes, cigars, cigarillos, little cigars, chewing tobacco, snuff or dip?</p> <ul style="list-style-type: none"> • I bought them from a store (for example, convenience store, pharmacy, gas station) 	3.82%
<ul style="list-style-type: none"> • I gave someone money to buy it 	4.02%
<ul style="list-style-type: none"> • I got them from a family member 	2.33%
<ul style="list-style-type: none"> • I got them from a friend 	10.25%
<ul style="list-style-type: none"> • Another way 	4.81%
<p>During the past 12 months, did you ever use tobacco on school property?</p> <ul style="list-style-type: none"> • Yes 	0.88%
<ul style="list-style-type: none"> • No 	99.12%
<p>During the past 12 months, did you ever use e-cigarette on school property?</p> <ul style="list-style-type: none"> • Yes 	1.85%
<ul style="list-style-type: none"> • No 	98.15%

G. Alcohol Use

Behavior	%
During your life, on how many days have you had at least one drink of alcohol?	
• 0 days	55.94%
• 1 or 2 days	14.61%
• 3 to 9 days	12.59%
• 10 to 19 days	6.69%
• 20 to 39 days	4.7%
• 40 to 99 days	2.69%
• 100 or more days	2.79%
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	57%
• 8 years old or younger	2.86%
• 9 or 10 years old	2.19%
• 11 or 12 years old	4.16%
• 13 or 14 years old	13.28%
• 15 or 16 years old	17.25%
• 17 years old or older	3.26%

During the past 30 days, on how many days did you have at least one drink of alcohol?	
• 0 days	79.09%
• 1 or 2 days	13.17%
• 3 to 5 days	3.96%
• 6 to 9 days	1.89%
• 10 to 19 days	0.84%
• 20 to 29 days	0.29%
• All 30 days	0.76%
During the past 30 days, how did you usually get the alcohol you drank?	
• I did not drink alcohol in the past 30 days	78.18%
• I bought it in a store such as a liquor store, convenience store or gas station	0.71%
• I bought it at a public event such as a concert or sporting event	0.43%
• I gave someone else money to buy it for me	4.85%
• A family member gave it to me	5.65%
• I took it from a store	0.27%
• I took it without permission	3.05%
• I got it some other way	6.87%
How much do you think people risk harming themselves (physically or in other ways) if they drink alcohol regularly?	
• No risk	7.89%
• Slight risk	13.51%
• Moderate risk	33.1%
• Great risk	45.5%

How wrong do your parents feel it would be for you to drink alcohol regularly? <ul style="list-style-type: none"> • Very wrong 	70.61%
<ul style="list-style-type: none"> • Wrong 	18.64%
<ul style="list-style-type: none"> • A little bit wrong 	6.83%
<ul style="list-style-type: none"> • Not at all wrong 	3.92%
How wrong do your friends feel it would be for you to drink alcohol regularly? <ul style="list-style-type: none"> • Very wrong 	31.01%
<ul style="list-style-type: none"> • Wrong 	29.42%
<ul style="list-style-type: none"> • A little bit wrong 	24.29%
<ul style="list-style-type: none"> • Not at all wrong 	15.28%
During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)? <ul style="list-style-type: none"> • 0 days 	88.79%
<ul style="list-style-type: none"> • 1 day 	4.72%
<ul style="list-style-type: none"> • 2 days 	2.82%
<ul style="list-style-type: none"> • 3 to 5 days 	1.87%
<ul style="list-style-type: none"> • 6 to 9 days 	0.55%
<ul style="list-style-type: none"> • 10 to 19 days 	0.23%
<ul style="list-style-type: none"> • 20 or more days 	1.02%

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	2.62%
• No	97.38%

H. Marijuana Use

Behavior	%
During your life, how many times have you used marijuana?	
• 0 times	68.65%
• 1 or 2 times	7.32%
• 3 to 9 times	6.56%
• 10 to 19 times	3.49%
• 20 to 39 times	3.22%
• 40 to 99 times	3.08%
• 100 or more times	7.67%

During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)?	
• 0 times	95.3%
• 1 or 2 times	2.32%
• 3 to 9 times	0.79%
• 10 to 19 times	0.58%
• 20 to 39 times	0.18%
• 40 or more times	0.84%
How old were you when you tried marijuana for the first time? (among students who had ever used marijuana)	
• I have never tried marijuana	68.76%
• 8 years old or younger	0.97%
• 9 or 10 years old	0.78%
• 11 or 12 years old	3.26%
• 13 or 14 years old	11.25%
• 15 or 16 years old	12.52%
• 17 years old or older	2.46%
During the past 30 days, how many times did you use marijuana?	
• 0 times	81.26%
• 1 or 2 times	6.38%
• 3 to 9 times	4.75%
• 10 to 19 times	2.35%
• 20 to 39 times	1.87%
• 40 or more times	3.39%

When you have used marijuana, how have you used it?	
• I have never used marijuana	66.31%
• I smoked it in a joint, bong or pipe	21.31%
• I ate it in food	11.86%
• I drank it in tea or other drinks	1.45%
• I vaporized it in a tabletop device	2.56%
• I vaporized it in a portable device	7.3%
• I smoked it in a blunt wrap	16.21%
• I used it some other way	4.17%
How much do you think people risk harming themselves (physically or in other ways) if they use marijuana?	
• No risk	23.32%
• Slight risk	30.16%
• Moderate risk	22.11%
• Great risk	24.41%
How wrong do your friends feel it would be for you to smoke marijuana?	
• Very wrong	27.12%
• Wrong	18.28%
• A little bit wrong	21.36%
• Not at all wrong	33.23%
How wrong do your parents feel it would be for you to smoke marijuana?	
• Very wrong	67.94%
• Wrong	17.28%
• A little bit wrong	9.09%
• Not at all wrong	5.7%

During the past 12 months, did you ever use marijuana on school property?	
• Yes	4.04%
• No	95.96%

I. Other Drug Use

Behavior	%
During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?	
• 0 times	96.85%
• 1 or 2 times	1%
• 3 to 9 times	0.51%
• 10 to 19 times	0.26%
• 20 to 39 times	0.26%
• 40 or more times	1.1%
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	94.74%
• 1 or 2 times	2.34%
• 3 to 9 times	1.09%
• 10 to 19 times	0.38%
• 20 to 39 times	0.31%
• 40 or more times	1.13%

During your life, how many times have you used heroin (also called smack, junk, China White or diesel)?	
• 0 times	98.05%
• 1 or 2 times	0.38%
• 3 to 9 times	0.19%
• 10 to 19 times	0.31%
• 20 to 39 times	0.19%
• 40 or more times	0.88%
During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?	97.7%
• 0 times	
• 1 or 2 times	0.5%
• 3 to 9 times	0.34%
• 10 to 19 times	0.37%
• 20 to 39 times	0.24%
• 40 or more times	0.85%
During your life, how many times have you used ecstasy (also called MDMA, Molly, or Mandy)?	
• 0 times	96.63%
• 1 or 2 times	1.51%
• 3 to 9 times	0.58%
• 10 to 19 times	0.24%
• 20 to 39 times	0.24%
• 40 or more times	0.8%

<p>During your life, how many times have you taken steroid pills or shots without a doctor's prescription?</p> <ul style="list-style-type: none"> • 0 times 	97.53%
<ul style="list-style-type: none"> • 1 or 2 times 	0.74%
<ul style="list-style-type: none"> • 3 to 9 times 	0.42%
<ul style="list-style-type: none"> • 10 to 19 times 	0.3%
<ul style="list-style-type: none"> • 20 to 39 times 	0.27%
<ul style="list-style-type: none"> • 40 or more times 	0.74%
<p>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)</p> <ul style="list-style-type: none"> • 0 times 	93.86%
<ul style="list-style-type: none"> • 1 or 2 times 	2.75%
<ul style="list-style-type: none"> • 3 to 9 times 	1.38%
<ul style="list-style-type: none"> • 10 to 19 times 	0.76%
<ul style="list-style-type: none"> • 20 to 39 times 	0.37%
<ul style="list-style-type: none"> • 40 or more times 	0.89%
<p>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)</p> <ul style="list-style-type: none"> • 0 times 	95.21%
<ul style="list-style-type: none"> • 1 or 2 times 	2.07%
<ul style="list-style-type: none"> • 3 to 9 times 	1%
<ul style="list-style-type: none"> • 10 to 19 times 	0.48%
<ul style="list-style-type: none"> • 20 to 39 times 	0.4%
<ul style="list-style-type: none"> • 40 or more times 	0.83%

Do you take a prescription medication daily as prescribed by a doctor?	
• Yes	30.56%
• No	69.44%
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	7.35%
• Slight risk	7.18%
• Moderate risk	21.41%
• Great risk	64.06%
During the past 12 months, did you ever buy or sell drugs on school property?	
• Yes	2.15%
• No	97.85%
During the past 12 months, did you ever use steroids on school property?	
• Yes	0.96%
• No	99.04%
Have you ever used opioids (such as OxyContin, Percocet, Vicodin, heroin, methadone, suboxone, fentanyl, opium, morphine, hydrocodone or codeine) to get high?	
• Yes	4.64%
• No	92.51%
• Not sure	2.84%

Behavior	%
During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms	
• 0 times	95.14%
• 1 or 2 times	2.23%
• 3 to 9 times	0.93%
• 10 to 19 times	0.45%
• 20 to 39 times	0.29%
• 40 or more times	0.97%

J. Dietary or Nutritional Behavior

Behavior	%
During the past 7 days, on how many days did you eat breakfast?	
• 0 days	16.48%
• 1 day	7.73%
• 2 days	11.79%
• 3 days	9.79%
• 4 days	7.28%
• 5 days	8.18%
• 6 days	6.03%
• 7 days	32.73%

<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 	17.66%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	46.07%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	16%
<ul style="list-style-type: none"> 1 time per day 	6.27%
<ul style="list-style-type: none"> 2 times per day 	6.33%
<ul style="list-style-type: none"> 3 times per day 	3.17%
<ul style="list-style-type: none"> 4 or more times per day 	4.15%
<p>During the past 7 days, how many times did you eat fruit? (Do not count fruit juice)</p> <ul style="list-style-type: none"> I did not eat fruit during the past 7 days 	11.95%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	31.06%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	22.04%
<ul style="list-style-type: none"> 1 time per day 	11.37%
<ul style="list-style-type: none"> 2 times per day 	11.47%
<ul style="list-style-type: none"> 3 times per day 	5.27%
<ul style="list-style-type: none"> 4 or more times per day 	6.83%

<p>During the past 7 days, how many times did you drink a can, bottle, or glass of an energy/caffeinated drink, such as Red Bull or Jolt? (Do not count coffee or sports drinks such as Gatorade or PowerAde).</p> <ul style="list-style-type: none"> I did not drink energy drinks during the past 7 days 	80.28%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	13.04%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	2.06%
<ul style="list-style-type: none"> 1 time per day 	1.79%
<ul style="list-style-type: none"> 2 times per day 	0.99%
<ul style="list-style-type: none"> 3 times per day 	0.4%
<ul style="list-style-type: none"> 4 or more times per day 	1.45%
<p>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)?</p> <ul style="list-style-type: none"> I did not eat vegetables during the past 7 days 	13.99%
<ul style="list-style-type: none"> 1 to 3 times during the past 7 days 	27.48%
<ul style="list-style-type: none"> 4 to 6 times during the past 7 days 	22.63%
<ul style="list-style-type: none"> 1 time per day 	13.41%
<ul style="list-style-type: none"> 2 times per day 	11.88%
<ul style="list-style-type: none"> 3 times per day 	4.96%
<ul style="list-style-type: none"> 4 or more times per day 	5.65%

K. 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	4.27%
• Rarely	6.71%
• Sometimes	22.18%
• Most of the time	33.97%
• Always	32.87%
During the past 7 days, were you ever hungry but didn't eat because there wasn't enough money for food in your house?	9.86%
• Yes	
• No	85.41%
• Not sure	4.74%

L. Physical Activity

Behavior	%
<p>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)</p> <ul style="list-style-type: none"> 0 days 	18.81%
<ul style="list-style-type: none"> 1 day 	7.37%
<ul style="list-style-type: none"> 2 days 	9.55%
<ul style="list-style-type: none"> 3 days 	12.98%
<ul style="list-style-type: none"> 4 days 	10.16%
<ul style="list-style-type: none"> 5 days 	13.1%
<ul style="list-style-type: none"> 6 days 	6.15%
<ul style="list-style-type: none"> 7 days 	21.88%
<p>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)</p> <ul style="list-style-type: none"> I do not spend any time in front of a screen for something that is not school work 	6.02%
<ul style="list-style-type: none"> Less than 1 hour 	6.33%
<ul style="list-style-type: none"> 1 hour per day 	7.58%
<ul style="list-style-type: none"> 2 hours per day 	17.98%
<ul style="list-style-type: none"> 3 hours per day 	19.86%
<ul style="list-style-type: none"> 4 hours per day 	14.88%
<ul style="list-style-type: none"> 5 or more hours per day 	27.34%

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	71.93%
• 1 day	4.15%
• 2 days	3.91%
• 3 days	3.61%
• 4 days	1.88%
• 5 days	14.52%

M. Other Health Related Behaviors

Behavior	%
Over the past 12 months, did you visit your primary care doctor for a routine check-up?	85.43%
• Yes	
• No	12.82%
• I do not have a primary care doctor	1.75%
On an average school night, how many hours of sleep do you get?	
• 4 or less hours	10.56%
• 5 hours	14.81%
• 6 hours	24.12%
• 7 hours	26.22%
• 8 hours	18.11%
• 9 hours	4.32%
• 10 or more hours	1.87%

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	96.55%
• 1 or 2 times	1.16%
• 3 to 9 times	0.71%
• 10 to 19 times	0.42%
• 20 to 39 times	0.32%
• 40 or more times	0.85%
How often do you visit a convenience store or mini-mart?	
• Everyday	5.23%
• A few times per week	29.23%
• A few times per month	37.79%
• Never/rarely	27.74%

N. Home Environment

Behavior	%
Is there a firearm in your home?	
• Yes	22.06%
• No	62.81%
• Not sure	15.13%
Have you moved in the past year?	
• Yes	22.6%
• No	77.4%

Have you changed schools in the past year?	
• Yes	19.79%
• No	80.21%
When not at home does your parent know where you are/who you are with?	
• Yes	91.94%
• No	8.06%

O. Youth Development

Behavior	%
During the past 12 months, how would you describe your grades in school?	
• Mostly A's	37.11%
• Mostly B's	39.69%
• Mostly C's	14.07%
• Mostly D's	2.76%
• Mostly F's	1.34%
• None of these grades	0.51%
• Not sure	4.53%
Have you ever been taught about mental health in school?	
• Yes	67.04%
• No	21.02%
• Not sure	11.94%
Can you talk to at least one of your parents/guardians or other adult family member about things that are important to you?	
• Yes	78.66%
• No	13.56%
• Not sure	7.78%

I see myself going to college or other education training programs after high school.	
• Agree	86.74%
• Disagree	3.8%
• Don't know	9.46%
There are some adults in my life who talk to me about planning my future.	
• Agree	89.4%
• Disagree	5.19%
• Don't know	5.44%
I like thinking about my future and I am hopeful about it.	
• Agree	79.76%
• Disagree	7.77%
• Don't know	12.47%
What is the top issue among youths of your age?	
• Stress	54.2%
• Peer pressure and relationships	12.12%
• Bullying	8.02%
• Romantic relations	7.6%
• Family problems	6.55%
• Health	5.21%
• Violence	3.85%
• Physical body changes	2.45%

P. 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?	
• Yes	11.55%
• No	88.45%
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 sexual orientation or gender identity?	
• Yes	6.9%
• No	93.1%

Q. Self-Image

Behavior	%
How do you describe your weight?	
• Very underweight	3.21%
• Slightly underweight	13.38%
• Right weight	53.09%
• Slightly overweight	24.67%
• Very overweight	5.64%
What are you trying to do about your weight?	
• Lose weight	43.7%
• Gain weight	19.56%
• Maintain weight	16.64%
• I am not trying to do anything about my weight	20.1%

R. Sexual Health

Behavior	%
Which of the following best describes you?	
• Heterosexual	81.8%
• Gay or lesbian	2.8%
• Bisexual	7.6%
• Other	2.8%
• Not sure	5%
When a person's sex and gender do not match, they might think of themselves as transgender. Sex is what a person is born. Gender is how a person feels. Are you transgender?	
• No, I am not transgender	90.39%
• Yes and I identify as a boy or man	3.67%
• Yes and I identify as a girl or woman	2.12%
• Yes and I identify in some other way	1.18%
• I do not know what this question is asking	1.29%
• I do not know if I am transgender	1.36%
Have you ever been taught AIDS or HIV infection?	
• Yes	68.35%
• No	31.65%
Have you ever been taught sexual health?	
• Yes	67.15%
• No	32.85%

<p>Have you ever been taught healthy relationships?</p> <ul style="list-style-type: none"> • Yes 	64.56%
<ul style="list-style-type: none"> • No 	35.44%
<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 	68.53%
<ul style="list-style-type: none"> • No 	23.13%
<ul style="list-style-type: none"> • Not sure 	8.34%
<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 	10.19%
<ul style="list-style-type: none"> • No 	76.85%
<ul style="list-style-type: none"> • Not sure 	12.96%
<p>Have you ever had sexual intercourse</p> <ul style="list-style-type: none"> • Yes 	28.46%
<ul style="list-style-type: none"> • No 	71.54%

How old were you when you had sexual intercourse for the first time? (among students who ever had sexual intercourse)	
• I have never had sexual intercourse	71.81%
• 11 years old or younger	1.75%
• 12 years old	0.91%
• 13 years old	2.22%
• 14 years old	5.38%
• 15 years old	7.5%
• 16 years old	6.97%
• 17 years old or older	3.45%
During your life, with how many people have you had sexual intercourse?	
• 1 person	13.67%
• 2 people	5.53%
• 3 people	2.93%
• 4 people	1.73%
• 5 people	0.95%
• 6 or more people	3.15%
Did you drink alcohol or use drugs before you had sexual intercourse the last time?	
• Yes	6.79%
• No	23.45%
• I have never had sexual intercourse	69.76%

The last time you had sexual intercourse, did you or your partner use a condom?	
• Yes	16.79%
• No	11.73%
• I have never had sexual intercourse	71.48%
The last time you had sexual intercourse, what method did you or your partner use to prevent pregnancy?	
• Birth control pills	5%
• Condoms	12.08%
• IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)	1.56%
• Shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)	1.08%
• Withdrawal or some other method	1.8%
• No method was used	3.08%
• Not sure	1.52%

S. Honesty

Behavior	%
Overall, how honest would you say you were in answering this questionnaire?	
• Completely honest	68.19%
• Very honest	19.73%
• Pretty honest	9.26%
• Not very honest	1.06%
• Not honest at all	1.76%

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