

# YHS 2017 8<sup>th</sup> grade Raw Frequency Tables

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## Background

The Springfield Youth Health Survey (YHS) was administered to students in the Springfield Public Schools as part of the Springfield Youth Health Survey Initiative. The survey was administered by the Public Health Institute of Western Massachusetts in collaboration with initiative partners, who are involved with planning and implementing the survey. These partners, referred to as the Planning Team, include representatives from:

- Springfield Public Schools (SPS)
- Springfield Department of Health and Human Services
- Gándara Center's Stop Access Drug Free Communities Coalition
- Martin Luther King Jr. Family Services
- Public Health Institute of Western MA

2017 Funders included:

- Baystate Health
- Beveridge Family Foundation
- City of Springfield Department of Health and Human Services

## Methods

### Survey Design

The YHS was selected for use in Springfield because it is administered biannually by the Massachusetts Departments of Public Health (MDPH) and Elementary and Secondary Education (MDESE) to Massachusetts' public school students to develop MA-wide prevalence estimates. The MA YHS was developed by the Center for Survey Research of the University of Massachusetts-Boston (CSR) and MDPH and includes questions about general health, dieting and eating habits, mental health, physical safety, other health issues, as well as risk and protective factors. As mentioned above, the Springfield YHS is a modified version of the MA YHS—adapted by a planning team of local stakeholders based on local needs and priorities.

### Survey Administration

The survey was administered during a two-week window in February (2/6/17 to 2/17/17) to 8<sup>th</sup> grade students enrolled in Springfield Public Schools. A total of 1,284 students completed the survey (1,262 selected 8<sup>th</sup> grade; 22 did not specify grade). The participation rate was 77% using school enrollment to estimate total potential number of students who could complete the survey (75% if only including students that selected 8<sup>th</sup> grade).

Students and guardians were able to opt out through a passive consent process. Students also had the ability to opt out of the survey voluntarily on the day of administration. Students took the survey online during school hours using SurveyMonkey. The schools had the discretion to determine when to administer the survey within this time period. Some schools chose to administer the survey on a single day and others chose to administer over multiple days. Some students were absent during the surveying period which may bias the results if these students

are significantly different from their peers.

### Data Cleaning

The following data cleaning procedures were implemented:

- Removed grades other than 8th grade with the exception of those with missing school grade data (22 people did not specify grade)

The included responses have not been evaluated for logical consistency. Logical consistency means that responses to related questions such as to drinking behaviors match or make sense logically. For example, if a student reported never drinking in the last 30 days, they should have also reported they have never driven under the influence of alcohol in the last 30 days.

Therefore, all results should be interpreted with caution due to the potential for inconsistent responses.

### Notes on Interpreting the Data

- **Denominators for Questions with Skip Logic:** Some questions used skip logic. This means that students were only asked some questions depending on how they responded to a previous question. If there was skip logic, the total number of respondents may be different because only some students got that question. Where applicable, the denominators are explicitly stated and should be interpreted accordingly.
- **Missing Data:** Not all students answered all questions so total number of respondents may vary for each question. In addition, some students were absent during the surveying period which may bias the results if these students are systematically different from their peers.
- **Small Numbers:** For some questions, there are few respondents for a given response category. Caution should be exercised when interpreting data based on small numbers.

## Results

### Demographics

#### 1. Where do you go to school?

School Attended	Frequency	Percent of participants
Balliet	15	1.17
Chestnut North	36	2.80
Chestnut South	91	7.09
Chestnut TAG	49	3.82
Forest Park	184	14.33
Kennedy	98	7.63
Kiley	177	13.79
South End Middle	81	6.31
Springfield Public Day Middle School	12	0.93
STEM Middle Academy	93	7.24
Van Sickle Academy	63	4.91
Van Sickle IB	83	6.46
Zanetti	23	1.79
Duggan	131	10.20
Springfield Conservatory of the Arts	48	3.74
Renaissance	100	7.79
<b>Total</b>	<b>1284</b>	<b>100.00</b>

#### 3. What neighborhood do you live in?

Participant Neighborhood	Freq.	Percent	Cum.
Other	98	9.38	9.38
Bay	59	5.65	15.02
Boston Road	105	10.05	25.07
Brightwood	36	3.44	28.52
East Forest Park	69	6.60	35.12
East Springfield	86	8.23	43.35
Forest Park	232	22.20	65.55
Indian Orchard	73	6.99	72.54
Liberty Heights	34	3.25	75.79
McKnight	13	1.24	77.03
Memorial Square	5	0.48	77.51
Metro Center	4	0.38	77.89
Old Hill	15	1.44	79.33
Pine Point	14	1.34	80.67
Six Corners	32	3.06	83.73
Sixteen Acres	68	6.51	90.24
South End	85	8.13	98.37
Upper Hill	17	1.63	100.00

**5. How old are you?**

Current Age	Freq.	Percent	Cum.
11 years old or younger	2	0.16	0.16
12 years old	3	0.24	0.40
13 years old	465	36.79	37.18
14 years old	630	49.84	87.03
15 years old	152	12.03	99.05
16 years old	10	0.79	99.84
17 years old	1	0.08	99.92
18 years old or older	1	0.08	100.00

**6. What is your sex?**

Sex of participants	Freq.	Percent	Cum.
Female	602	48.28	48.28
Male	645	51.72	100.00

**7. Do you identify as transgender? Definition:** Transgender is an umbrella term that refers to people whose gender identity, expression, or behavior is different from those typically associated with their sex at birth. Other identities that fall under this umbrella include: non-binary, gender fluid, genderqueer, and many more.

Identify as Transgender	Freq.	Percent	Cum.
Yes	32	2.62	2.62
No	1102	90.25	92.87
I don't know	87	7.13	100.00

**8. Which of the following best describes you?**

Sexual Orientation	Freq.	Percent	Cum.
Heterosexual (Straight)	1030	83.94	83.94
Gay or Lesbian	29	2.36	86.31
Bisexual	117	9.54	95.84
Not Sure	51	4.16	100.00

**9-10. Body Mass Index**

BMI Category	Freq.	Percent	Cum.
Underweight	61	6.75	6.75
Normal weight	503	55.64	62.39
Overweight	231	25.55	87.94
Obese	109	12.06	100.00

**NOTE:** BMI was calculated using CDC guidelines for children and teens

**11. What is your race, ethnicity, and/or origin?**

Mutually Exclusive Race/ Ethnicity	Frequency	Percent of participants
Hispanic/Latino	786	71.390
Black or African American	191	17.350
American Indian or Alaska Native	7	0.640
Asian	32	2.910
Native Hawaiian or Other Pacific Islander	3	0.270
White	82	7.450

**NOTE:** Participants were sorted in mutually exclusive categories based on criteria from MDPH.

**12. How long have you lived in the mainland United States? (Do not include US territories such as Puerto Rico.)**

Length of time participant has lived in the mainland United States	Freq.	Percent	Cum.
Less than 1 year	30	2.52	2.52
1 to 3 years	53	4.45	6.96
4 to 6 years	76	6.38	13.34
More than 6 years but not whole life	165	13.84	27.18
Entire life	868	72.82	100.00

**NOTE: If "I have always lived in the mainland United States" skipped to Question 14**

**13. Where did you live prior to moving to the mainland United States?**

Where participant lived prior to moving to the mainland United States	Freq.	Percent	Cum.
Other	105	33.02	33.02
Puerto Rico	200	62.89	95.91
Iraq	3	0.94	96.86
Bhutan	1	0.31	97.17
Somalia	9	2.83	100.00

**14. During the past 12 months, how would you describe your grades in school?**

Grades in school during past 12 months	Freq.	Percent	Cum.
Mostly A's	279	23.35	23.35
Mostly B's	408	34.14	57.49
Mostly C's	268	22.43	79.92
Mostly D's	77	6.44	86.36
Mostly F's	42	3.51	89.87
None of these grades	6	0.50	90.38
Not sure	115	9.62	100.00

## WORK and LIFESTYLE QUESTIONS

**15. In the past 12 months, did you work at a job for pay? Do NOT count chores, babysitting, or yard work (such as raking leaves, shoveling snow, or mowing grass).**

Worked a job for pay in past 12 months	Freq.	Percent	Cum.
Yes	136	11.48	11.48
No	1049	88.52	100.00

**NOTE: If NO, skipped to Question 17**

**16. Where did you most recently work?**

Where participant most recently worked	Freq.	Percent	Cum.
Some other place	68	54.84	54.84
Restaurant	11	8.87	63.71
Grocery Store or supermarket	12	9.68	73.39
Retail Store	4	3.23	76.61
Health care facility	1	0.81	77.42
Recreation or Entertainment place	12	9.68	87.10
Construction site	9	7.26	94.35
Landscaping Company	7	5.65	100.00

**17. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?** (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

Hours playing video games on average school day	Freq.	Percent	Cum.
Do not play video games	122	10.48	10.48
Less than 1 hour per day	169	14.52	25.00
1 to 2 hours per day	321	27.58	52.58
3 or more hours per day	552	47.42	100.00

**18. On an average weekend day, how many hours do you play video or computer games or use a computer for something that is not school work?** (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

Hours playing video games on average weekend day	Freq.	Percent	Cum.
Do not play video games	71	6.12	6.12
Less than 1 hour per day	97	8.36	14.48
1 to 2 hours per day	209	18.02	32.50
3 or more hours per day	783	67.50	100.00

**19. 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 increases your heart rate and makes you breathe hard some of the time.)

Number of days physically active for 60 minutes in past 7 days	Freq.	Percent	Cum.
0 days	153	13.49	13.49
1 day	88	7.76	21.25
2 days	122	10.76	32.01
3 days	169	14.90	46.91
4 days	105	9.26	56.17
5 days	160	14.11	70.28
6 days	53	4.67	74.96
7 days	284	25.04	100.00

**20. During the past 7 days, how many days did you exercise or participate in physical activity for at least 20 minutes that made you sweat or breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?**

Number of days physically active for 20 minutes in past 7 days	Freq.	Percent	Cum.
0 days	192	17.02	17.02
1 day	101	8.95	25.98
2 days	131	11.61	37.59
3 days	130	11.52	49.11
4 days	121	10.73	59.84
5 days	145	12.85	72.70
6 days	54	4.79	77.48
7 days	254	22.52	100.00

**21. How much do you agree or disagree with the following statement? I can easily access opportunities to be physically active.**

'I can easily access opportunities to be physically active'	Freq.	Percent	Cum.
Strongly disagree	67	6.01	6.01
Disagree	64	5.75	11.76
Neither agree nor disagree	234	21.01	32.76
Agree	469	42.10	74.87
Strongly agree	280	25.13	100.00

**22. Listed below are some factors that may make it difficult for people to get physical activity. What challenges do you face when you try to be physically active?**

Barriers to physical activity (PA)	Frequency	Percent of participants
Don't enjoy it	196	20.23
Worried about being judged or made fun of	235	24.25
Do not feel safe being active in neighborhood	107	11.04
Do not know of any available PA opportunities	128	13.21
Opportunities are not appealing	183	18.89
No nearby spaces to engage in PA	99	10.22
Does not apply	400	41.28

**Total respondents= 969**, NOTE: Respondents were able to select more than one response

**23. Yesterday, how many times did you eat vegetables? DEFINITION:** Count all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes. Do NOT count: French fries, potato chips, or lettuce that is on a sandwich or sub.

How many times vegetables were eaten prior to day of survey	Freq.	Percent	Cum.
Did not eat vegetables yesterday	451	40.23	40.23
1 time	288	25.69	65.92
2 times	234	20.87	86.80
3 or more times	148	13.20	100.00

**24. When you eat vegetables, where do you usually eat them?**

Where vegetables are usually eaten	Freq.	Percent	Cum.
Other	102	9.25	9.25
Only at home	551	49.95	59.20
Only at school	33	2.99	62.19
At both home and school	417	37.81	100.00

**25. Yesterday, how many times did you eat fruit or drink 100% fruit juice?**

How many times 100% fruit juice was consumed prior to day of survey	Freq.	Percent	Cum.
Did not drink 100% fruit juice yesterday	202	18.07	18.07
1 time	242	21.65	39.71
2 times	308	27.55	67.26
3 or more times	366	32.74	100.00

**26. Yesterday, how many drinks did you have that contained caffeine? DEFINITION:** Count coffee, tea, sodas, energy drinks such as 5-hour Energy, Red Bull®, Monster®, or Rockstar®, or other drinks with caffeine added.

How many drinks containing caffeine were consumed prior to day of survey	Freq.	Percent	Cum.
Did not drink caffeine beverages yesterday	500	44.96	44.96
1 time	266	23.92	68.88
2 times	192	17.27	86.15
3 or more times	154	13.85	100.00

**27. On an average school night, how many hours of sleep do you get?**

Number of hours of sleep on average school night	Freq.	Percent	Cum.
4 hours or less	100	8.98	8.98
5 hours	113	10.14	19.12
6 hours	172	15.44	34.56
7 hours	251	22.53	57.09
8 hours	307	27.56	84.65
9 hours	124	11.13	95.78
10 hours or more	47	4.22	100.00

**28. During the past 30 days, where did you usually sleep?**

Where participant usually slept during past 30 days	Freq.	Percent	Cum.
In parent or guardians home	1067	96.47	96.47
In the home of a friend, family member, or other person due to having to leave own home because parent or guardian could not afford to stay	16	1.45	97.92
In shelter or emergency housing	7	0.63	98.55
In a motel or hotel	1	0.09	98.64
In a car, park, campground, or other place	4	0.36	99.01
I do not have a usual place to sleep	2	0.18	99.19
Somewhere else	9	0.81	100.00

**29. Now think about the current school year. On average, how frequently did you walk or bike to get to and/or home from school?**

Average frequency of walking or biking to get to or from school	Freq.	Percent	Cum.
Not at all	426	38.55	38.55
Less than once per month	83	7.51	46.06
At least once per month	75	6.79	52.85
At least once per week	94	8.51	61.36
Most or all days	427	38.64	100.00

**30. On average during the past 12 months, how frequently did you participate in music activities or programs (such as choir, band, music lessons, or any other music-related programs or activities)?**

Average frequency of participation in music activities	Freq.	Percent	Cum.
Not at all	682	62.23	62.23
Less than once per month	80	7.30	69.53
At least once per month	65	5.93	75.46
At least once per week	146	13.32	88.78
Most or all days	123	11.22	100.00

## QUESTIONS ABOUT HOW YOU FEEL

**31. During the past 12 months, have you felt you needed to talk to an adult about how you were feeling, how things were going in your life, or problems you might have had?**

Needed to talk to adult about feelings or problems in past 12 months	Freq.	Percent	Cum.
Yes	444	40.33	40.33
No	657	59.67	100.00

**NOTE: If NO, skipped to Question 33**

**32. During the past 12 months, did you talk to any of the following people about things like that?**  
(Respondents are among those who answered "Yes" to question 31.)

**a. Adult family member**

Talked to adult family member about feelings or problems	Freq.	Percent	Cum.
Yes	311	70.36	70.36
No	131	29.64	100.00

**b. School psychologist, counselor, or nurse**

Talked to school psychologist, counselor, or nurse about feelings or problems	Freq.	Percent	Cum.
Yes	140	33.49	33.49
No	278	66.51	100.00

**c. Teacher or some other adult at school**

Talked to teacher or some other adult at school about feelings or problems	Freq.	Percent	Cum.
Yes	120	29.34	29.34
No	289	70.66	100.00

**d. Psychologist or therapist**

Talked to psychologist or therapist (not at school) about feelings or problems	Freq.	Percent	Cum.
Yes	119	28.88	28.88
No	293	71.12	100.00

**e. Other adult in community**

Talked to other adult in community about feelings or problems	Freq.	Percent	Cum.
Yes	89	22.08	22.08
No	314	77.92	100.00

**33. During the past 12 months, how many times did you hurt or injure yourself on purpose without wanting to die? (For example, by cutting, burning, or bruising yourself on purpose.)**

Number of times injuring self on purpose in past 12 months	Freq.	Percent	Cum.
0 times	830	77.21	77.21
1 time	86	8.00	85.21
2 or 3 times	92	8.56	93.77
4 or 5 times	28	2.60	96.37
6 or more times	39	3.63	100.00

**34. 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?**

Felt sad or hopeless every day for two weeks or more in a row	Freq.	Percent	Cum.
Yes	333	30.98	30.98
No	742	69.02	100.00

**35. During the past 12 months, did you ever seriously consider attempting suicide?**

Seriously considered attempting suicide in past 12 months	Freq.	Percent	Cum.
Yes	109	10.18	10.18
No	962	89.82	100.00

**36. During the past 12 months, how many times did you actually attempt suicide?**

Number of times suicide was attempted in past 12 months	Freq.	Percent	Cum.
0 times	990	92.01	92.01
1 time	46	4.28	96.28
2 or 3 times	26	2.42	98.70
4 or 5 times	6	0.56	99.26
6 or more times	8	0.74	100.00

**NOTE: If 0 times, go to Question 38****37. 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?**

Suicide attempt resulted in injury, poisoning or overdose in past 12 months	Freq.	Percent	Cum.
Yes	20	21.05	21.05
No	75	78.95	100.00

**PERSONAL SAFETY****38. During the past 12 months, did you suffer a blow or jolt to your head while playing with a sports team (either during a game or during practice) which caused you to get “knocked out”, have memory problems, double or blurry vision, headaches or “pressure” in the head, or nausea or vomiting?**

Suffered head injury while playing on sports team in past 12 months	Freq.	Percent	Cum.
Yes	133	12.36	12.36
No	604	56.13	68.49
Did not play on a sports team	339	31.51	100.00

**NOTE: If “No” or “did NOT play on a sports team”, skipped to Question 40****39. If you suffered such a blow to your head during sports in the past 12 months, what happened?***(Respondents are those who answered “Yes” for question 38.)*

If head injury was suffered from sports, what happened?	Freq.	Percent	Cum.
Stopped playing that day and was checked by healthcare professional	44	33.33	33.33
Stopped playing that day but was not checked by healthcare professional	14	10.61	43.94
Continued playing sports that day	74	56.06	100.00

**40. How often do you wear a seatbelt when riding in a car driven by someone else?**

How often seat belt is worn when riding in car driven by someone else	Freq.	Percent	Cum.
Never	58	5.43	5.43
Rarely	98	9.17	14.59
Sometimes	175	16.37	30.96
Most of the time	288	26.94	57.90
Always	450	42.10	100.00

**41. Did any of the following happen to you in the past 12 months?**

a. Physically hurt by family member in past 12 months	Freq.	Percent	Cum.
Yes	80	7.74	7.74
No	954	92.26	100.00

b. Witnessed violence in family in past 12 months	Freq.	Percent	Cum.
Yes	121	11.79	11.79
No	905	88.21	100.00

**42. During the past 12 months, how many times have you been bullied at school? (Being bullied includes being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.)**

Number of times being bullied at school in past 12 months	Freq.	Percent	Cum.
0 times	719	67.77	67.77
1 times	74	6.97	74.74
2 or 3 times	99	9.33	84.07
4 or 5 times	61	5.75	89.82
6 or 7 times	23	2.17	91.99
8 or 9 times	7	0.66	92.65
10 or 11 times	11	1.04	93.69
12 or more times	67	6.31	100.00

**43. During the past 12 months, have you ever been electronically bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, texting, or online gaming.)**

Whether or not participants were electronically bullied during past 12 months	Freq.	Percent	Cum.
Yes	117	11.10	11.10
No	937	88.90	100.00

**44. Has someone you were dating or going out with done any of the following: monitored your cell phone use, called or texted you multiple times a day to monitor your whereabouts, prevented you from doing things with friends, got angry if you were talking to someone else, or prevented you from going to school?**

Subject to aggressive behavior from significant other	Freq.	Percent	Cum.
Never been on date or gone out with anyone	239	22.87	22.87
Yes, in past 12 months	123	11.77	34.64
Yes, longer ago than past 12 months	41	3.92	38.56
Yes, both in past 12 months and longer ago than past 12 months	43	4.11	42.68
No	599	57.32	100.00

**45. Have you ever been hurt physically by a date or someone you were going out with? (Include being hurt by being shoved, slapped, hit, kicked, or forced into sexual activity.)**

Been hurt physically by date person going out with	Freq.	Percent	Cum.
Never been on date or gone out with anyone	229	21.93	21.93
Yes, in past 12 months	39	3.74	25.67
Yes, longer ago than past 12 months	19	1.82	27.49
Yes, both in past 12 months and longer ago than past 12 months	12	1.15	28.64
No	745	71.36	100.00

**46. Did you do any of the following in the past 12 months?**

a. Bullied or pushed someone around in past 12 months	Freq.	Percent	Cum.
Yes	104	9.88	9.88
No	949	90.12	100.00

  

b. Electronically bullied someone in past 12 months	Freq.	Percent	Cum.
Yes	56	5.34	5.34
No	992	94.66	100.00

  

c. Threatened or tried to hurt a date or person going out with	Freq.	Percent	Cum.
Yes	30	2.86	2.86
No	1019	97.14	100.00

**QUESTIONS ABOUT YOUR FAMILY AND PEERS****47. How would your parent(s) react if they found out you regularly drank alcohol? Would they be:**

How parents would react if they knew participant drank alcohol regularly	Freq.	Percent	Cum.
Extremely upset	821	78.27	78.27
Fairly upset	154	14.68	92.95
A little upset	47	4.48	97.43
Not at all upset	27	2.57	100.00

**48. Do you think most people your age do the following?**

a. Think most peers drink alcohol	Freq.	Percent	Cum.
Yes	584	56.15	56.15
No	456	43.85	100.00

  

b. Think most peers use cigarettes	Freq.	Percent	Cum.
Yes	411	40.02	40.02
No	616	59.98	100.00

  

c. Think most peers use marijuana	Freq.	Percent	Cum.
Yes	717	69.41	69.41
No	316	30.59	100.00

  

d. Think most peers use other drugs	Freq.	Percent	Cum.
Yes	390	38.05	38.05
No	635	61.95	100.00

  

e. Think most peers bully or threaten other kids	Freq.	Percent	Cum.
Yes	720	69.30	69.30
No	319	30.70	100.00

## QUESTIONS ABOUT ALCOHOL

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, hard lemonade, hard cider, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

### 49. During your life, on how many days have you had at least one drink of alcohol?

Number of days during life having at least one drink of alcohol	Freq.	Percent	Cum.
Never had a drink of alcohol other than a few sips	781	79.69	79.69
1 or 2 days	130	13.27	92.96
3 to 9 days	41	4.18	97.14
10 or more days	28	2.86	100.00

**NOTE: If "NEVER had alcohol," skipped to Question 54**

### 50. How old were you when you had your first drink of alcohol other than a few sips? (Respondents are among those who answered "1 or 2 days", "3 to 9 days", or "10 or more days" for question 49)

Age at first alcohol drink more than few sips	Freq.	Percent	Cum.
8 years old or younger	27	13.92	13.92
9 or 10 years old	27	13.92	27.84
11 or 12 years old	60	30.93	58.76
13 or 14 years old	66	34.02	92.78
15 or 16 years old	12	6.19	98.97
17 years old or older	2	1.03	100.00

### 51. In the past 30 days, have you had a drink of alcohol? (Respondents are among those who answered "1 or 2 days", "3 to 9 days", or "10 or more days" for question 49)

Drank alcohol in past 30 days	Freq.	Percent	Cum.
Yes	56	21.71	21.71
No	202	78.29	100.00

**NOTE: If NO, skipped to question 53**

#### Out of all participants:

Drank alcohol in past 30 days	Freq.	Percent	Cum.
Yes	56	4.36	4.36
No	1229	95.64	100.00

### 52. In the past 30 days, have you had 5 or more drinks of alcohol in a row, that is, within a couple of hours? (Respondents are among those who answered "Yes" for question 51.)

Binge drank in past 30 days	Freq.	Percent	Cum.
Yes	13	21.67	21.67
No	47	78.33	100.00

**53. There are many different ways to get beer, wine coolers, wine, or liquor. Which of the following are how you get alcohol?** (Respondents are among those who answered "1 or 2 days", "3 to 9 days", or "10 or more days" for question 49)

<b>Ways to get alcohol</b>	<b>Frequency</b>	<b>Percent of participants</b>	
Buys alcohol from a supermarket or convenience store	9	6.25	
Buys alcohol from a liquor or package store	17	11.81	
Buys alcohol from restaurants, bars, or clubs	10	6.94	
Participant has someone else buy alcohol for them	46	31.94	
Gets alcohol through friends	70	48.61	
Gets alcohol at home	61	42.36	
Gets alcohol at parties	94	65.28	

**Total respondents= 144**

**54. During the past 30 days, did you ride in a car or other vehicle driven by someone who had been drinking alcohol?**

	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Rode in car with someone who had been drinking in past 30 days			
Yes	117	11.37	11.37
No	912	88.63	100.00

**55. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks in a row?**

	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Perceived level of risk for someone who has five or more drinks of alcohol in a row			
No risk	160	16.05	16.05
Slight risk	190	19.06	35.11
Moderate risk	296	29.69	64.79
Great risk	351	35.21	100.00

## **DRUG QUESTIONS**

*The next 3 questions ask about marijuana use. Marijuana also is called dope, grass, hashish, herb, joint, pot, weed or reefer. It includes blunts and cigars filled with marijuana.*

**56. How old were you when you tried marijuana for the first time?**

<b>Age at first marijuana use</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Never tried marijuana	817	80.65	80.65
8 years old or younger	11	1.09	81.74
9 or 10 years old	22	2.17	83.91
11 or 12 years old	52	5.13	89.04
13 or 14 years old	104	10.27	99.31
15 or 16 years old	7	0.69	100.00

**NOTE: If NEVER tried marijuana, skipped to Question 58**

**57. In the past 30 days, have you used marijuana?** (Respondents are among those who answered "8 years old or younger", "9 or 10 years old", "11 or 12 years old", "13 or 14 years old", or "15 or 16 years old" for question 56.)

Used marijuana in past 30 days	Freq.	Percent	Cum.
Yes	67	31.60	31.60
No	145	68.40	100.00

**Out of all participants:**

Used marijuana in past 30 days	Freq.	Percent	Cum.
Yes	66	6.45	6.45
No	957	93.55	100.00

**58. In the past 30 days did you ever ride in a car or other vehicle driven by someone who had been using marijuana?**

Rode in car driven by someone who had been using marijuana in past 30 days	Freq.	Percent	Cum.
Yes	176	17.39	17.39
No	836	82.61	100.00

**59. In your lifetime, have you used inhalants to get high? (Using inhalants includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays.)**

Used inhalants to get high in lifetime	Freq.	Percent	Cum.
Yes	45	4.48	4.48
No	960	95.52	100.00

**NOTE: If NO, skipped to Question 61**

**60. In the past 30 days, have you used inhalants?** (Respondents are among those who answered "Yes" for question 59.)

Used inhalants to get high in past 30 days	Freq.	Percent	Cum.
Yes	12	19.67	19.67
No	49	80.33	100.00

**Out of all participants:**

Used inhalants to get high in past 30 days	Freq.	Percent	Cum.
Yes	12	1.18	1.18
No	1007	98.82	100.00

**61. In your lifetime, have you used heroin (also called smack, "H", horse, brown sugar, dragon, junk, or China White)?**

Used heroin in lifetime	Freq.	Percent	Cum.
Yes	8	0.80	0.80
No	995	99.20	100.00

**NOTE: If NO, skipped to Question 63**

**62. During the past 30 days, have you used heroin?** (Respondents are among those who answered "Yes" for question 61.)

Used heroin in past 30 days	Freq.	Percent	Cum.
Yes	6	27.27	27.27
No	16	72.73	100.00

**Out of all participants:**

Used heroin in past 30 days	Freq.	Percent	Cum.
Yes	5	0.49	0.49
No	1010	99.51	100.00

**63. In your lifetime, have you ever used any form of cocaine (also called blow, "C", candy, rock, powder, crack or freebase)?**

Used cocaine in lifetime	Freq.	Percent	Cum.
Yes	8	0.81	0.81
No	982	99.19	100.00

**NOTE: If NO, skipped to Question 65**

**64. In the past 30 days, have you used any form of cocaine? (Respondents are among those who answered "Yes" for question 63.)**

Used cocaine in past 30 days	Freq.	Percent	Cum.
Yes	3	10.34	10.34
No	26	89.66	100.00

**Out of all participants:**

Used cocaine in past 30 days	Freq.	Percent	Cum.
Yes	3	0.30	0.30
No	1006	99.70	100.00

**65. In your lifetime, have you ever taken amphetamines or methamphetamines (also called speed, uppers, dexies, bennies, meth, crystal, crank, or ice)?**

Used methamphetamines in lifetime	Freq.	Percent	Cum.
Yes	4	0.41	0.41
No	981	99.59	100.00

**NOTE: If NO, skipped to Question 67**

**66. In the past 30 days, have you taken amphetamines or methamphetamines?\* (Respondents are among those who answered "Yes" for question 65.)**

Used methamphetamines in past 30 days	Freq.	Percent	Cum.
Yes	2	6.45	6.45
No	29	93.55	100.00

**Out of all participants:**

Used methamphetamines in past 30 days	Freq.	Percent	Cum.
Yes	2	0.20	0.20
No	1008	99.80	100.00

**67. In your lifetime, have you ever used ecstasy (MDMA, also called "E", "X", XTC, Adam, lover's speed, happy pill, or Molly)?**

Used ecstasy in lifetime	Freq.	Percent	Cum.
Yes	12	1.22	1.22
No	973	98.78	100.00

**NOTE: If NO, skipped to Question 69**

**68. In the past 30 days, have you used ecstasy?** (Respondents are among those who answered "Yes" for question 67.)

Used ecstasy in past 30 days	Freq.	Percent	Cum.
Yes	6	20.00	20.00
No	24	80.00	100.00

**Out of all participants:**

Used ecstasy in past 30 days	Freq.	Percent	Cum.
Yes	6	0.60	0.60
No	995	99.40	100.00

**69. In your lifetime, have you ever taken over-the-counter medication (such as dextromethorphan, also called DXM, DM, drex, robo, rojo, tussin, triple C) to get high?**

Used over the counter medication to get high in lifetime	Freq.	Percent	Cum.
Yes	15	1.52	1.52
No	969	98.48	100.00

**NOTE: If NO, go to Question 71**

**70. In the past 30 days, have you taken over-the-counter medication to get high?** (Respondents are among those who answered "Yes" for question 69.)

Used over the counter medication to get high in past 30 days	Freq.	Percent	Cum.
Yes	5	14.29	14.29
No	30	85.71	100.00

**Out of all participants:**

Used over the counter medication to get high in past 30 days	Freq.	Percent	Cum.
Yes	5	0.50	0.50
No	994	99.50	100.00

**71. In your lifetime, have you ever taken prescription drugs that weren't your own?**

Participant has taken prescription drugs that were not their own in lifetime	Freq.	Percent	Cum.
Yes	88	8.85	8.85
No	906	91.15	100.00

**NOTE: If NO, skipped to Question 75**

**72. In your lifetime, which of the following prescription drugs have you taken that weren't your own?** (Respondents are among those who answered "Yes" for question 71.)

a. Whether participant has taken <b>prescription narcotics</b> that were not their own	Freq.	Percent	Cum.
Yes	10	10.00	10.00
No	90	90.00	100.00

b. Whether participant has taken <b>prescription Ritalin</b> that was not their own	Freq.	Percent	Cum.
Yes	8	8.51	8.51
No	86	91.49	100.00

c. Whether participant has taken <b>prescription steroids</b> that were not their own	Freq.	Percent	Cum.
Yes	5	5.38	5.38
No	88	94.62	100.00

d. Whether participant has taken <b>other prescription drugs</b> that were not their own	Freq.	Percent	Cum.
Yes	57	58.16	58.16
No	41	41.84	100.00

**73. In the past 30 days, have you taken prescription drugs that weren't your own?** (Respondents are among those who answered "Yes" for question 71.)

Whether participant has taken prescription drugs that were not their own	Freq.	Percent	Cum.
Yes	33	31.73	31.73
No	71	68.27	100.00

**NOTE: If NO, skipped to Question 75**

**74. In the past 30 days, which of the following prescription drugs have you taken that weren't your own?** (Respondents are among those who answered "Yes" for question 73.)

a. Whether participant has taken <b>prescription narcotics</b> that were not their own	Freq.	Percent	Cum.
Yes	3	9.68	9.68
No	28	90.32	100.00

b. Whether participant has taken <b>prescription Ritalin</b> that was not their own	Freq.	Percent	Cum.
Yes	2	6.90	6.90
No	27	93.10	100.00

c. Whether participant has taken <b>prescription steroids</b> that were not their own	Freq.	Percent	Cum.
No	29	100.00	100.00

d. Whether participant has taken <b>other prescription drugs</b> that were not their own	Freq.	Percent	Cum.
Yes	23	71.88	71.88
No	9	28.13	100.00

**75. In your lifetime, how many times have you used a needle to inject any illegal drug into your body?**

Number of times using needle to inject illegal drugs into body	Freq.	Percent	Cum.
0 times	1000	99.30	99.30
1 time	4	0.40	99.70
2 or more times	3	0.30	100.00

76. **How easy or difficult would it be for you to get each of the following?**

How easy or difficult it would be to get <b>alcohol</b>	Freq.	Percent	Cum.
Very easy	96	9.86	9.86
Fairly easy	148	15.20	25.05
Fairly difficult	103	10.57	35.63
Very difficult	87	8.93	44.56
Impossible	229	23.51	68.07
Don't know	311	31.93	100.00

How easy or difficult it would be to get <b>marijuana</b>	Freq.	Percent	Cum.
Very easy	127	13.04	13.04
Fairly easy	98	10.06	23.10
Fairly difficult	71	7.29	30.39
Very difficult	77	7.91	38.30
Impossible	299	30.70	68.99
Don't know	302	31.01	100.00

77. **How much do you think people risk harming themselves if they occasionally use:**

Perceived risk of occasional <b>marijuana</b> use	Freq.	Percent	Cum.
No risk	197	20.76	20.76
Slight risk	276	29.08	49.84
Moderate risk	220	23.18	73.02
Great risk	256	26.98	100.00

Perceived risk of occasional <b>(non-prescribed) narcotic</b> use	Freq.	Percent	Cum.
No risk	88	9.31	9.31
Slight risk	126	13.33	22.65
Moderate risk	260	27.51	50.16
Great risk	471	49.84	100.00

Perceived risk of occasional <b>(non-prescribed) Ritalin</b> use	Freq.	Percent	Cum.
No risk	109	11.62	11.62
Slight risk	160	17.06	28.68
Moderate risk	268	28.57	57.25
Great risk	401	42.75	100.00

Perceived risk of occasional <b>(non-prescribed) tranquilizer</b> use	Freq.	Percent	Cum.
No risk	91	9.69	9.69
Slight risk	120	12.78	22.47
Moderate risk	239	25.45	47.92
Great risk	489	52.08	100.00

Perceived risk of occasional <b>inhalant</b> use	Freq.	Percent	Cum.
No risk	110	11.69	11.69
Slight risk	174	18.49	30.18
Moderate risk	230	24.44	54.62
Great risk	427	45.38	100.00

Perceived risk of occasional <b>heroin</b> use	Freq.	Percent	Cum.
No risk	93	9.82	9.82
Slight risk	71	7.50	17.32
Moderate risk	171	18.06	35.37
Great risk	612	64.63	100.00

*The next questions ask about gambling activities.*

**78. During the past 12 months, how many times have you done any of the following for money or anything of value?**

a. Played lottery or scratch tickets	Freq.	Percent	Cum.
0 times	718	75.42	75.42
1-5 times	160	16.81	92.23
6-10 times	27	2.84	95.06
More than 10 times	47	4.94	100.00

  

b. Gambled at casino in past 12 months	Freq.	Percent	Cum.
0 times	922	97.36	97.36
1-5 times	7	0.74	98.10
6-10 times	2	0.21	98.31
More than 10 times	16	1.69	100.00

  

c. Played fantasy sports in past 12 months	Freq.	Percent	Cum.
0 times	824	88.70	88.70
1-5 times	61	6.57	95.26
6-10 times	13	1.40	96.66
More than 10 times	31	3.34	100.00

  

d. Engaged in other gambling activities in past 12 months	Freq.	Percent	Cum.
0 times	752	79.24	79.24
1-5 times	120	12.64	91.89
6-10 times	24	2.53	94.42
More than 10 times	53	5.58	100.00

  

e. Engaged in playing cards or binge for money in past 12 months	Freq.	Percent	Cum.
0 times	765	80.36	80.36
1-5 times	119	12.50	92.86
6-10 times	27	2.84	95.69
More than 10 times	41	4.31	100.00

  

f. Gambled on internet in past 12 months	Freq.	Percent	Cum.
0 times	898	94.63	94.63
1-5 times	24	2.53	97.15
6-10 times	5	0.53	97.68
More than 10 times	22	2.32	100.00

## QUESTIONS ABOUT TOBACCO

### 79. Have you ever tried cigarette smoking, even one or two puffs?

Tried cigarette smoking during lifetime	Freq.	Percent	Cum.
Yes	119	12.16	12.16
No	860	87.84	100.00

**NOTE: If NO, skipped to Question 81**

### 80. In the past 30 days, have you smoked cigarettes? (Respondents are among those who answered "Yes" for question 79.)

Smoked cigarettes in past 30 days	Freq.	Percent	Cum.
Yes	9	7.09	7.09
No	118	92.91	99.91

#### Out of all participants:

Smoked cigarettes in past 30 days	Freq.	Percent	Cum.
Yes	9	0.91	0.91
No	978	99.09	100.00

### 81. Do you think that you will smoke a cigarette at any time during the next year?

Probability of smoking a cigarette anytime during the next year	Freq.	Percent	Cum.
Definitely yes	11	1.13	1.13
Probably yes	25	2.56	3.69
Probably not	125	12.82	16.51
Definitely not	814	83.49	100.00

### 82. Does anyone who lives with you now smoke cigarettes?

Someone who lives in home smokes cigarettes	Freq.	Percent	Cum.
Yes	360	37.23	37.23
No	607	62.77	100.00

### 83. Have you ever used chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs?

Used chewing tobacco in lifetime	Freq.	Percent	Cum.
Yes	12	1.23	1.23
No	960	98.77	100.00

**NOTE: If NO, skipped to Question 85**

### 84. In the past 30 days, did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Respondents are among those who answered "Yes" for question 83.)

Used chewing tobacco in past 30 days	Freq.	Percent	Cum.
Yes	2	0.20	0.20
No	975	99.80	100.00

#### Out of all participants:

Used chewing tobacco in past 30 days	Freq.	Percent	Cum.
Yes	2	0.20	0.20
No	975	99.80	100.00

**85. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**

Smoked cigars in lifetime	Freq.	Percent	Cum.
Yes	45	4.65	4.65
No	923	95.35	100.00

**NOTE: If NO, skipped to Question 87**

**86. In the past 30 days, did you smoke cigars, cigarillos, or little cigars? (Respondents are among those who answered "Yes" for question 85.)**

Smoked cigars in past 30 days	Freq.	Percent	Cum.
Yes	12	20.34	20.34
No	47	79.66	100.00

**Out of all participants:**

Smoked cigars in past 30 days	Freq.	Percent	Cum.
Yes	12	1.22	1.22
No	969	98.78	100.00

*The next 3 questions ask about electronic vapor products, such as Blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.*

**87. Have you ever tried an electronic vapor product, even one or two puffs?**

Smoked electronic vapor products in lifetime	Freq.	Percent	Cum.
Yes	189	19.44	19.44
No	783	80.56	100.00

**NOTE: If NO, skipped to Question 90**

**88. In the past 30 days, have you used an electronic vapor product? (Respondents are among those who answered "Yes" for question 87.)**

Smoked electronic vapor products in past 30 days	Freq.	Percent	Cum.
Yes	44	22.22	22.22
No	154	77.78	100.00

**NOTE: If NO, skipped to Question 90**

**Out of all participants:**

Smoked electronic vapor products in past 30 days	Freq.	Percent	Cum.
Yes	44	4.50	4.50
No	934	95.50	100.00

**89. During the past 30 days, did the electronic vapor product you used contain a flavor such as cherry, vanilla, piña colada, bubble gum, blue mist, or fizzy pop? NOTE: Do not include regular tobacco or menthol, mint, or wintergreen. (Respondents are among those who answered "Yes" for question 87.)**

Electronic vapor product used contained flavoring (i.e. cherry, vanilla etc.)	Freq.	Percent	Cum.
Yes	36	72.00	72.00
No	8	16.00	88.00
I don't know	6	12.00	100.00

**90. During the past 30 days, how did you get your tobacco products (this includes cigarettes, cigars, smokeless, and electronic vapor products)?**

<b>Ways to get tobacco products</b>	<b>Frequency</b>	<b>Percent of participants</b>
Did not use tobacco products	811	91.85
Bought tobacco products at convenience, supermarket or gas station	10	1.13
Bought tobacco products at vape shop or vape store	10	1.13
Bought tobacco products by giving someone else money to buy them	15	1.70
Borrowed or bummed tobacco products from someone else	27	3.06
A person 18 years or older gave tobacco products to participant	26	2.94
Took tobacco products from a store or family member	27	3.06
Got tobacco products some other way	38	4.30

**Total respondents= 883**

## **QUESTIONS ABOUT ADVERTISING**

**91. In the past 30 days, have you seen or heard any ads or promotions for alcohol on TV, the Internet, the radio, or in newspapers or magazines?**

<b>Seen or heard ads promoting alcohol in past 30 days</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Yes	490	51.74	51.74
No	457	48.26	100.00

**92. In the past 30 days, have you seen or heard any anti-alcohol and/or anti-drug messages on TV, the Internet, the radio, or in newspapers or magazines?**

<b>Seen or heard ads with anti-alcohol or drug messages in past 30 days</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Yes	569	60.47	60.47
No	372	39.53	100.00

## **OTHER HEALTH-RELATED QUESTIONS**

**93. Would you say that in general your health is:**

<b>Perception of personal health</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Excellent	276	28.87	28.87
Very good	338	35.36	64.23
Good	263	27.51	91.74
Fair	63	6.59	98.33
Poor	16	1.67	100.00

**94. Do you have any physical disabilities or long-term health problems? DEFINITION: "Long-term" refers to difficulties that have lasted or are expected to last 6 months or more.**

<b>Has long term disability or health problem</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Yes	88	9.36	9.36
No	633	67.34	76.70
Not sure	219	23.30	100.00

**95. Do you have any long-term emotional problems or learning disabilities?**

<b>Long term emotional problems or learning disabilities</b>	<b>Freq.</b>	<b>Percent</b>	<b>Cum.</b>
Yes	123	13.00	13.00
No	643	67.97	80.97
Not sure	180	19.03	100.00

**96. Have you ever been told by a doctor, nurse or other health care professional that you have diabetes?**

Participant has been told by doctor or health professional that he or she has diabetes	Freq.	Percent	Cum.
Yes	16	1.71	1.71
No	868	92.54	94.24
Not sure	54	5.76	100.00

**97. How would you describe your weight?**

Description of own weight	Freq.	Percent	Cum.
Very underweight	20	2.15	2.15
Slightly underweight	134	14.42	16.58
About the right weight	525	56.51	73.09
Slightly overweight	208	22.39	95.48
Very overweight	42	4.52	100.00

**98. During the past 30 days, have you done any of the following things at least once to lose or maintain your weight?**

Weight maintenance or loss strategies	Frequency	Percent of participants
Increased intake of fruits and vegetables to lose or maintain weight	474	66.02
Reduced caloric intake to lose or maintain weight	292	40.67
Cut out snacking between meals to lose or maintain weight	306	42.62
Decrease fat intake to lose or maintain weight	280	39.00
Exercised to lose or maintain weight	547	76.18
Fasted to lose or maintain weight	150	20.89
Vomited or through up on purpose after eating to lose or maintain weight	44	6.13
Took diet pills to lose or maintain weight	25	3.48
Took laxatives to lose or maintain weight	24	3.34

**Total Respondents= 718**

**99. In the past 12 months, have you been examined by a dentist or dental hygienist?**

Examined by dentist or dental hygienist in past 12 months	Freq.	Percent	Cum.
Yes	774	83.23	83.23
No	156	16.77	100.00

**100. In the past 12 months, have you had a cavity in any tooth?**

Had cavity in any tooth in past 12 months	Freq.	Percent	Cum.
Yes	320	34.12	34.12
No	507	54.05	88.17
Not sure	111	11.83	100.00

**101. In the past 12 months, have you received dental care from a dental hygienist or dentist while at school (in the school building)?**

Received dental care from dentist or hygienist at school in past 12 months	Freq.	Percent	Cum.
Yes	142	15.38	15.38
No	781	84.62	100.00

**102. Has a doctor, nurse, or other healthcare provider ever told you that you have asthma?**

Dr. or nurse informed participant that he or she as asthma during lifetime	Freq.	Percent	Cum.
Yes	262	28.29	28.29
No	566	61.12	89.42
Not sure	98	10.58	100.00

**NOTE: If NO, skipped to question 105**

**103. During the past 12 months, how many times did you go to an emergency room or urgent care center because of your asthma? (Respondents are among those who answered "Yes to question 102)**

Number of times going to emergency room or urgent care due to asthma during past 12 months	Freq.	Percent	Cum.
0 times	242	64.88	64.88
1 to 3 times	107	28.69	93.57
4 to 9 times	16	4.29	97.86
10 to 12 times	2	0.54	98.39
13 or more times	6	1.61	100.00

**104. During the past 30 days, on how many days of school did you miss because of your asthma? (Respondents are among those who answered "Yes to question 102)**

Number of days missing school due to asthma during past 30 days	Freq.	Percent	Cum.
0 days	282	76.01	76.01
1 day	30	8.09	84.10
2 days	23	6.20	90.30
3 days	10	2.70	92.99
4 days	6	1.62	94.61
5 or more days	20	5.39	100.00

**105. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?**

How often participant uses sunscreen with SPF 15 or high when outside in sun	Freq.	Percent	Cum.
Never	361	39.80	39.80
Rarely	270	29.77	69.57
Sometimes	166	18.30	87.87
Most of the time	75	8.27	96.14
Always	35	3.86	100.00