

2012 Cuyahoga County Middle School Youth Risk Behavior Survey Report



Child and Family Health Services



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Child and Family Health Services
Cuyahoga County Board of Health
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Prepared by:
Prevention Research Center for Healthy Neighborhoods
Case Western Reserve University
10900 Euclid Avenue
Cleveland, Ohio



Prevention Research Center for Healthy Neighborhoods
at Case Western Reserve University



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Introduction

Centers from Case Western Reserve University have administered the Youth Risk Behavior Survey (YRBS) in school districts throughout Cuyahoga County since 2000. The YRBS is a cross-sectional survey instrument developed by the Centers for Disease Control and Prevention (CDC) to track adolescent risk behaviors. The national YRBS has monitored many major causes of morbidity and mortality for adolescents since 1991. Nationally, the YRBS is conducted every two years among students in grades 9-12.

During the spring of 2012, the Prevention Research Center for Healthy Neighborhoods (PRCHN) conducted the YRBS among 7th and 8th grade students in Cuyahoga County middle schools. The survey was tailored to fit local needs and addressed a wide range of topics. The 2012 Cuyahoga County Middle School YRBS included questions from the following areas:

- Behaviors that Contribute to Unintentional Injuries
- Dietary Behaviors
- Physical Activity
- Obesity, Overweight, and Weight Control
- Tobacco Use
- Alcohol Use
- Marijuana and Other Drug Use
- Behaviors that Contribute to Violence
- Sexual Behaviors
- Other Health Topics

This report summarizes results from the 2012 Cuyahoga County Middle School YRBS. Additional results sections are included that explore aspects of protective factors in adolescents' lives: parental rules and monitoring and developmental assets. In addition, the links between time spent in after school self-care and risk behavior engagement are examined.

Attached at the end of this report are four appendices aimed at supplementing the findings presented herein.

In **Appendix I**, prevalence trends for Cuyahoga County Middle School students are presented. Many risk behaviors have been tracked among 7th and 8th grade students throughout Cuyahoga County since 2008. The appendix includes prevalence trends for 2008 and 2010, alongside 2012. The prevalence for each year is given, with 95% confidence intervals. The right-hand columns describe the change from the highest prevalence to the lowest, and the corresponding years associated with each.

In **Appendix II**, data tables are displayed that provide a more in-depth look at the prevalence of a given risk behavior. These tables supplement the results provided in this report and allow for further pair-wise (e.g., male vs. female; 7th vs. 8th grade) comparisons between demographic groups. A simple way to look for significant differences between groups is to check whether the 95% confidence intervals overlap. A statistically significant difference exists if the confidence intervals do not overlap.

In **Appendix III** a second set of data tables represent risk behavior prevalence by the six regions that Cuyahoga County was divided into for the purposes of school sample selection.

In **Appendix IV**, a copy of the 2012 Cuyahoga County Middle School YRBS instrument is provided.

Methods

The Prevention Research Center for Healthy Neighborhoods (PRCHN) regularly uses a two-stage cluster sample design that mimics the sampling method of the Centers for Disease Control and Prevention (CDC) and its national Youth Risk Behavior Survey (YRBS). For the 2012 Cuyahoga County Middle School (CCMS) YRBS sample, all public schools in Cuyahoga County's 31 school districts that contained grades 7 or 8 were included in the sampling frame.

In the first stage of sampling, all 102 middle schools (schools with grades 7 or 8) in previously mentioned districts in Cuyahoga County were selected to participate. In the second stage of sampling, 7th and 8th grade classrooms were selected in each participating school. Classroom selection was random, though schools were given the option to have the survey administered to the entire student body (i.e., every classroom) or a random sample of their students. All students in the selected classrooms were eligible to participate.

Of the 102 schools selected for participation, 89 agreed to take part. A total of 14,953 students were eligible to complete the survey, and 12,341 usable questionnaires remained after the data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. The school response rate was 87.2%; the student response rate was 82.5%; the overall response rate was 72.0% (87.2% x 82.5%).

Student participation was both anonymous and voluntary. Permission slips were mailed to the homes of selected students, giving parents or guardians the option of excluding their child from participating in the 2012 CCMS YRBS. Student nonparticipation was due to absence on the day of survey administration, parental refusal, or student refusal. Additionally, a small number of questionnaires failed quality control and were removed from the final data set.

The relatively high overall response rate (72%) allowed for data to be weighted to the population of 7th and 8th grade students in Cuyahoga County. Weighting makes the data representative of the population from which it was drawn. A weight was applied to each record to adjust for student non-response and the distribution of students by grade, gender, race/ethnicity, and ring/region within Cuyahoga County.

Statistical analyses were conducted on weighted data using SAS statistical software to account for the sampling design. Prevalence estimates and 95% confidence intervals were computed for all variables. Differences between prevalence estimates were considered statistically significant if the 95% confidence intervals did not overlap for main effects (gender, race/ethnicity, parental education, and grade) and for changes over time (year to year).

Terms and Conventions

Cigar use: Having smoked any of the following products: cigars, cigarillos, or little cigars, such as Black and Milds, Swisher Sweets, or Phillies.

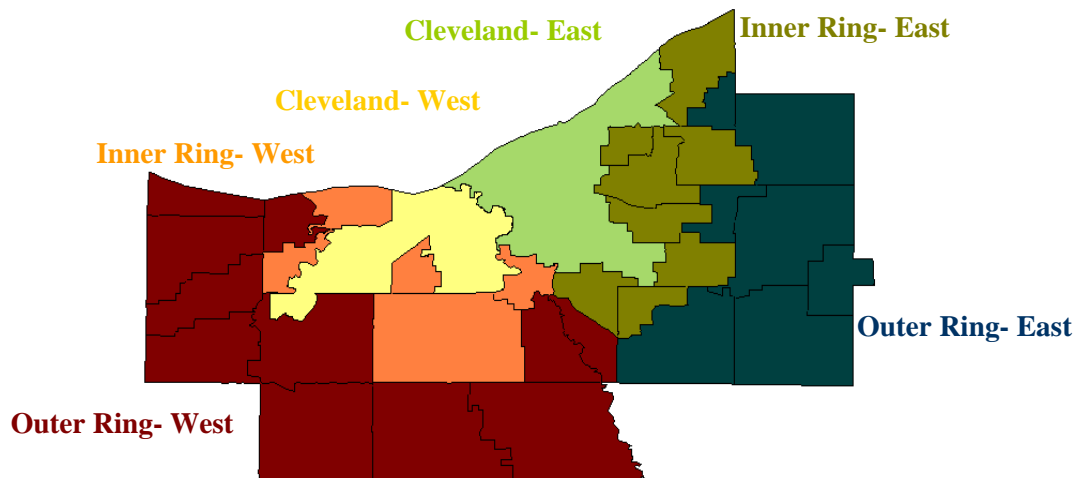
Obese/overweight: Classification based on a student's Body Mass Index (BMI) (kg/m²), which was calculated from self-reported height and weight. The BMI values were compared with sex- and age-specific reference data from the 2000 CDC growth charts. Obese was defined as a BMI of >95th percentile for age and sex. Overweight was defined as a BMI of >85th percentile and <95th percentile for age and sex. These classifications are not intended to diagnose obesity or overweight in individual students, but rather to provide estimates of obesity and overweight for the population of students surveyed.

Race/ethnicity: Computed from two questions: 1) "Are you Hispanic or Latino?" (response options were "yes" or "no"), and 2) "What is your race?" (response options were "American Indian or Alaska Native," "Asian," "black or African American," "Native Hawaiian or other Pacific Islander," or "white"). For the second question, students could select more than one response option. For this report, students were classified as "Hispanic/Latino" if they answered "yes" to the first question, regardless of how they answered the second question. Students were classified as "black" if they answered "no" to the first question and selected only "black or African American" to the second question. Students were classified as "white" if they answered "no" to the first question and selected only "white" to the second question. Students were classified as "other" if they answered "no" to the first question and selected "American Indian or Alaska Native," "Asian," and/or "Native Hawaiian or other Pacific Islander" or selected more than one response to the second question. Race/ethnicity was classified as missing for students who did not answer the first question and for students who answered "no" to the first question but did not answer the second question. Throughout this report, students who self-identified as "Hispanic/Latino" are referred to as "Hispanic" and students who self-identified as "black or African American" are referred to as "black."

Regions: In order to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County, the county was divided first into “Rings” based on proximity of school districts to the City of Cleveland. Then it was further divided into Eastern and Western “Regions” of the rings by the Cuyahoga River. The six regions are:

- Cleveland—East: the portion of the Cleveland Metropolitan School District located east of the Cuyahoga River
- Cleveland—West: the portion of the Cleveland Metropolitan School District located west of the Cuyahoga River
- Inner Ring Suburbs—East: a city on the east side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Inner Ring Suburbs—West: a city on the west side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Outer Ring Suburbs—East: a city on the east side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland, and
- Outer Ring Suburbs—West: a city on the west side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland.

Sufficient schools within each region were randomly identified to be a part of the overall school sample to permit weighting within each region, as well as to the county.



Sample Demographics

The table below presents a demographic profile of the sample of students who completed the 2012 Cuyahoga County Middle School YRBS. A total of 12,341 usable surveys were completed.

There were approximately the same numbers of female and male students in the sample. The same was true for grade level, with nearly the same amount of 7th and 8th grade students completing the survey.

Broken down by race/ethnicity, 39.5% of the students in the sample were white. Black students comprised the second-largest race/ethnicity group with 34.1% of the sample, while 13.2% of the students were Hispanic. The remaining 13.2% of the students were grouped into the race/ethnicity category of “Other”.

Almost twice as many students from high socioeconomic status households completed the survey than students from low socioeconomic status households. Socioeconomic status was derived from the Family Affluence Scale, a set of four questions combined to create a score ranging from zero to nine. The scale is then subdivided into high (7-9), medium (5-6), and low (0-4).

2012 YRBS Sample	n	Weighted %
Total		
Gender		
Female	6,166	50.3
Male	6,096	49.7
Race/Ethnicity		
White*	4,773	39.5
Black*	4,121	34.1
Hispanic	1,590	13.2
Other†	1,589	13.2
Grade Level		
7th	5,732	47.0
8th	6,466	53.0
Socio-economic Status		
High	5,358	44.1
Medium	3,820	31.4
Low	2,969	24.4
*Non-Hispanic		
† American Indian or Alaska Native, Asian, Native Hawaiian or other Pacific Islander, and multiple race (non-Hispanic)		

Results

Behaviors that Contribute to Unintentional Injuries

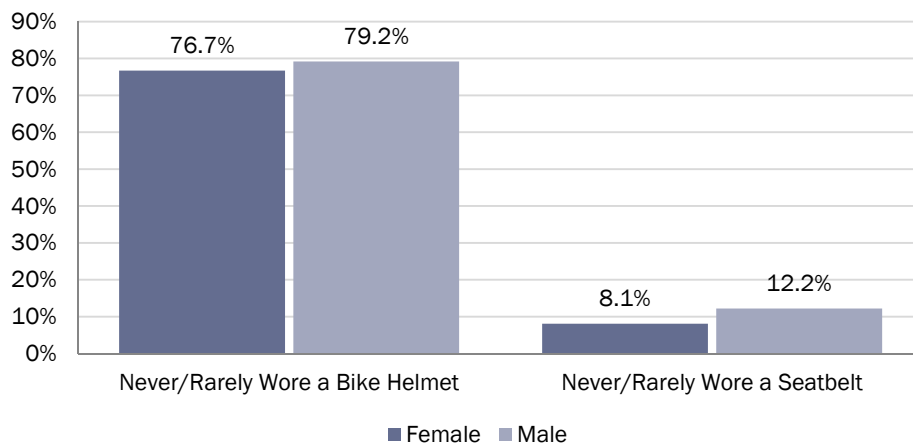
The 2012 Cuyahoga County Middle School YRBS asked students how often they had worn a bicycle helmet and seat belt when riding in a car driven by someone else. Head injury is the leading cause of death in bicycle crashes and use of bicycle helmets is the single most effective way of reducing head injuries and fatalities.^{1,2} In 2004, children 14 years and younger accounted for 13% of all bicycle fatalities, making this one of the most frequent causes of injury-related deaths for young children.³

Motor vehicle accidents are the leading cause of death for children and youth ages 5 to 24.⁴ The use of seat belts and child safety restraints greatly reduces the chance of fatalities and serious injuries in motor vehicle crashes.

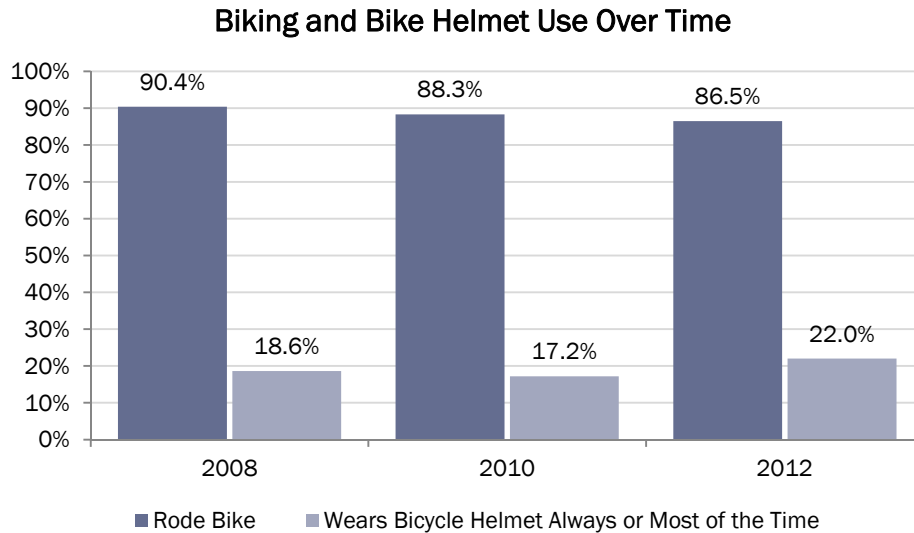
RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase use of seat belts to 92.4%.
IN CUYAHOGA COUNTY: 89.7% of students had worn a seat belt “sometimes,” “most of the time,” or “always.”

In Cuyahoga County, 22% of students reported “sometimes”/“most of the time”/“always” wearing a bicycle helmet when riding a bicycle and 89.7% reported “sometimes”/“most of the time”/“always” wearing a seat belt when riding in a car driven by someone else. Differences were noted for seat belt use when riding in a car driven by someone else by gender, with 12.2% of males reporting “never”/“rarely” wearing a seatbelt when riding in a car driven by someone else compared to 8.1% of females. There were no differences associated with gender and wearing a bicycle helmet when riding a bike.

**"Never"/"Rarely" Wear Bicycle Helmet/Seat Belt ,
by Gender**



The chart below examines the decline of bicycle use over the last three survey years as compared to the increase of the percentage of students who reported wearing a bicycle helmet “always” or “most of the time.” Students reported almost 4% less bicycle riding between 2008 and 2012, but of those who were riding bicycles, 3.4% more students were wearing helmets.

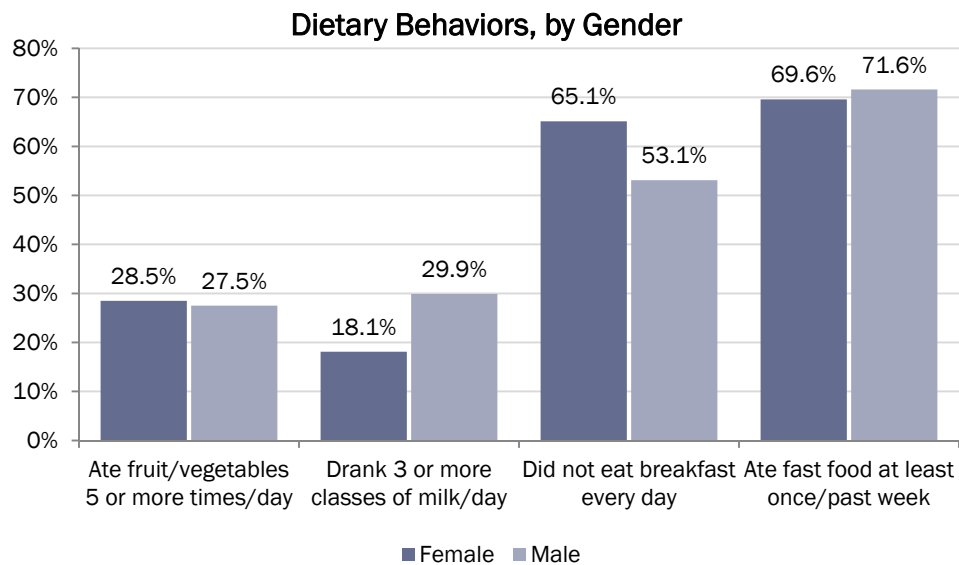


Dietary Behaviors

The 2012 Cuyahoga County Middle School YRBS asked students about their consumption of fruits and vegetables, milk, breakfast, and fast food. Diet and nutrition have important links to adolescent health and well-being, as well as to major causes of morbidity and mortality later in life. Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances that are important for good health. There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer,^{5,6,7} cardiovascular disease,⁸ and stroke.⁹ Although data are limited, an increased intake of fruits and vegetables appears to be associated with a decreased risk of being overweight.

Milk is an important source of calcium for adolescents.^{10,11} Calcium is essential for forming and maintaining healthy bones and low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.¹² Although the recommended intake of calcium is 1,300 mg/day, most adolescents consume far less.¹³ National data indicate that the average calcium intake per day among persons aged 12 to 19 years was 1125 mg/day (among males) and 814 mg/day (among females).¹¹

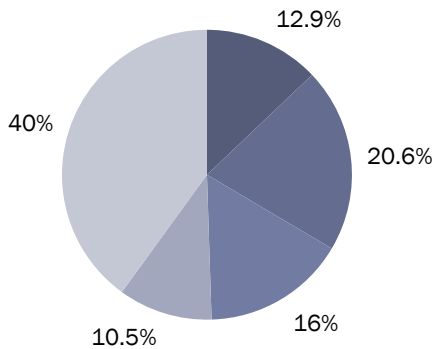
Among Cuyahoga County middle school students, important dietary differences were found between male and female students. The chart below depicts these comparisons for fruit and vegetable consumption, milk consumption, and not eating breakfast every day during the 7 days before the survey. Male students (29.9%) were significantly more likely than female students (18.1%) to have drunk the recommended number of milk servings on the day before the survey, while female students (65.1%) were significantly more likely than males (53.1%) to have not eaten breakfast on each of the 7 days before the survey. Male and female students were nearly equally likely to have eaten the recommended amount of fruits and vegetables and to have eaten fast food at least once in the week before the survey.



Eating breakfast every day may reduce the risk for obesity and insulin resistance syndrome, an early sign of developing diabetes, by as much as 35 to 50 percent.¹⁴ Breakfast eaters tend to eat fewer calories, less saturated fat and cholesterol and have better overall nutritional status than breakfast skippers.¹⁵

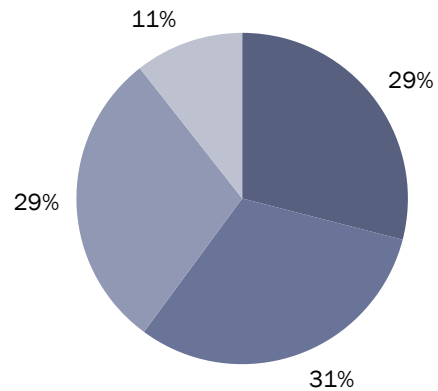
The pie charts below depict the frequency of breakfast and fast food consumption during the 7 days before the survey, among Cuyahoga County middle school students. Eating fast food is typically an unhealthy option and increased consumption is closely linked with obesity.

**Breakfast consumption
in the past 7 days**



- Did not eat breakfast once
- 1 or 2 mornings
- 3 or 4 mornings
- 5 or 6 mornings
- Every morning

**Fast food consumption
in the past 7 days**



- Did not eat fast food once
- 1 day
- 2 or 3 days
- 4 or more days

Physical Activity

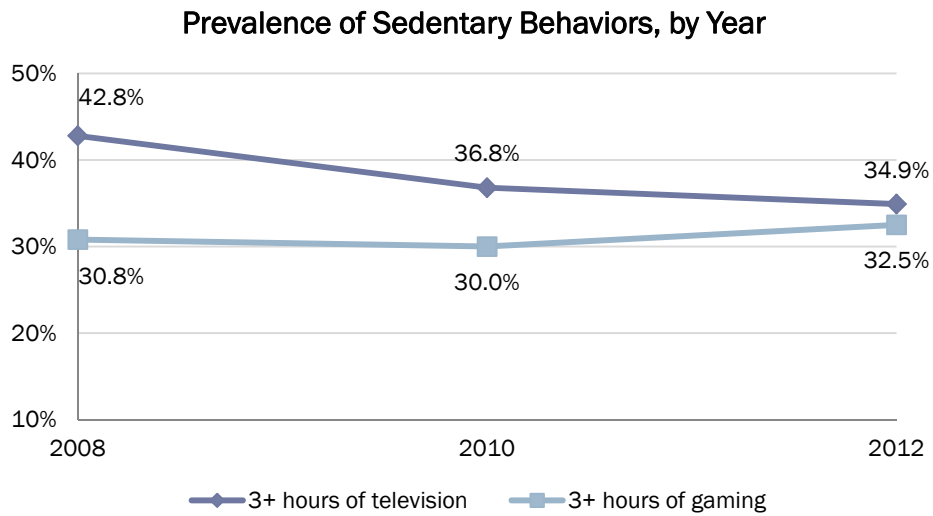
The 2012 Cuyahoga County Middle School YRBS asked students about their computer/video game usage and television watching habits, along with how many days during the 7 days before the survey they had engaged in 60 minutes or more of physical activity. Television (TV) viewing, computer usage, and video/DVD usage are all considered sedentary behaviors. Child and adolescent TV viewing, in particular, is associated with childhood and adult obesity and youth who engage in less than two hours of TV viewing per day tend to be more active. Computer usage and video game playing are associated with physical inactivity among adolescents and young adults.

When students are watching television excessively, they are less likely to be spending time doing homework or reading, participating in after school activities, exercising frequently or being engaged in other intellectually stimulating activities.¹⁶ Television watching is assessed in the same manner as having used a computer and played video games; with having watched 3 or more hours per day of television on an average school day considered a risky, sedentary behavior.

RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase the proportion of children and adolescents, aged 6 – 14, who view television 2 or fewer hours on a school day to 86.8%.
IN CUYAHOGA COUNTY: 65.1% of all students watched television 2 or fewer hours per day on an average school day.

RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase the proportion of children and adolescents, aged 6 – 14, who use a computer or play computer games outside of school (for non-school work) for 2 or fewer hours on a school day to 100.0%.
IN CUYAHOGA COUNTY: 67.5% of all students used a computer or played computer games outside of school (for non-school work) for 2 or fewer hours per day on an average school day.

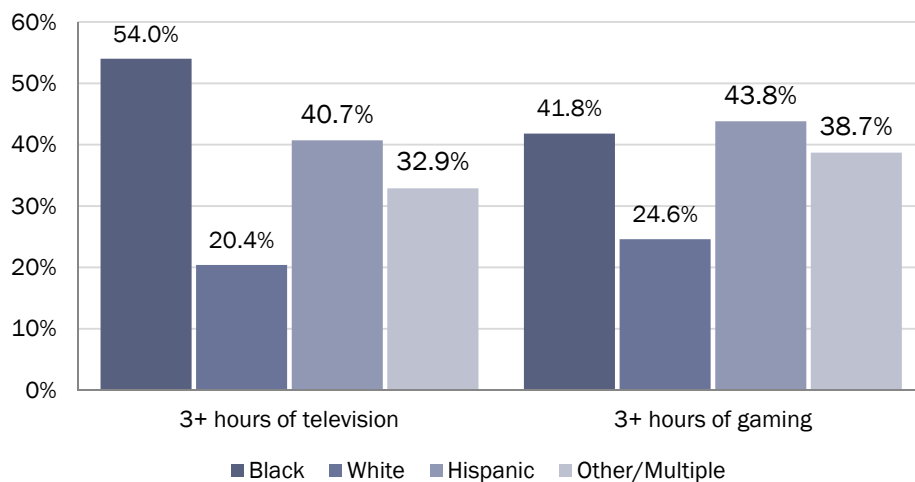
The graph below depicts the prevalence of sedentary behaviors over three time points when students were asked on the Middle School YRBS about hours of television and hours of video and computer game playing or use of a computer for something other than homework, on an average school day. There was a significant decrease in prevalence of 3+ hours of television on an average school day between 2008 (42.8%) and 2010 (36.8%), with the trend continuing through 2012 (34.9%), though this difference was not significant. The prevalence of 3+ hours of playing video or computer games or using the computer for something other than school work on an average school day remained relatively stable over the three time points, with a slight increase in 2012.



The chart below depicts the prevalence of two sedentary behaviors among Cuyahoga County middle school students who participated in the 2012 MSYRBS: use of a computer for something that was not school work or having played video games for 3 or more hours on an average school day and watching television for 3 or more hours on an average school day. The chart is broken down by race/ethnicity to demonstrate a consistent difference between students in Cuyahoga County.

There were significant differences in having used a computer or played video games for 3 or more hours per day on an average school day, by race/ethnicity. Black and Hispanic students (41.8%% and 43.8% respectively) were significantly more likely than white (24.6%) students to have engaged in this sedentary behavior. With respect to 3 or more hours of television viewing on average school days, significant differences occurred between race/ethnicity groups, with black, Hispanic, and other/multiple race students (54.0%, 40.7%, and 32.9% respectively) being significantly more likely than white (20.4%) students to have engaged in this amount of television-watching behavior.

Prevalence of Sedentary Behaviors, by Race



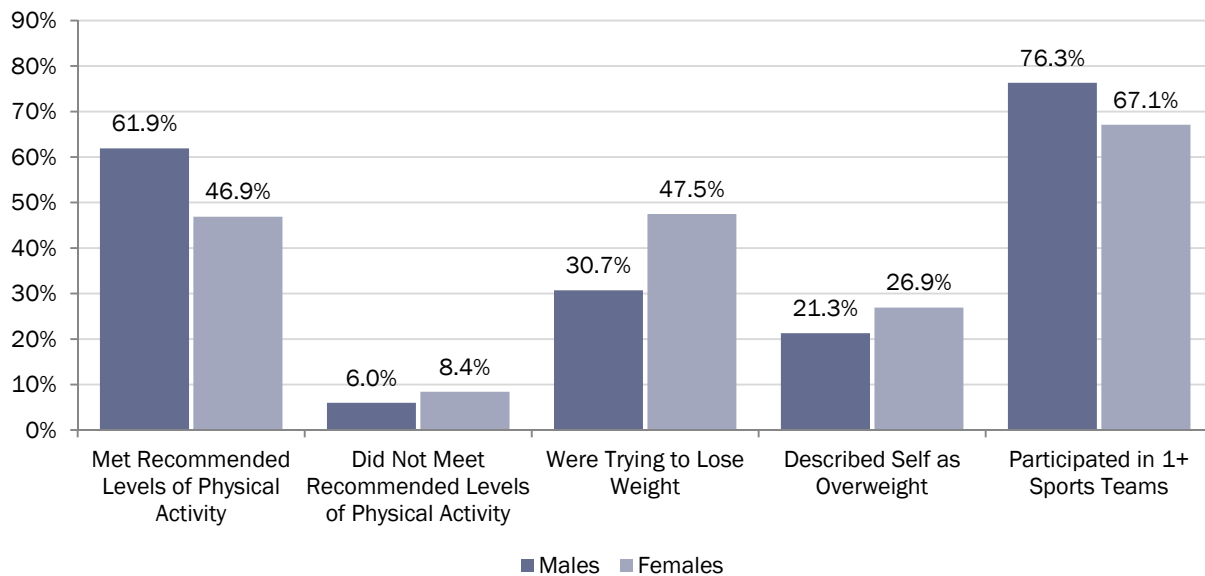
Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being.^{17,18} Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, some types of cancer, and premature death. The 2005 Dietary Guidelines for Americans recommends that youth engage in at least 60 minutes of physical activity on most, preferably all, days of the week.¹⁰

The following chart depicts the prevalence by gender of students who:

- Met the recommended levels of physical activity during the seven days prior to the survey;
- Did not meet the recommended levels of physical activity on any of the seven days prior to the survey;
- Were trying to lose weight;
- Described themselves as "overweight"; and,
- Reported participating in 1 or more sports teams during the 12 months before taking the survey.

Male students were more likely to have met recommended levels of physical activity and to have participated on at least 1 sports team than females. Female students were more likely not to have exercised adequately on any of the seven days prior to completing the survey, to be trying to lose weight, and to describe themselves as “slightly” or “very” overweight than male students.

Prevalence of Physical Activity and Dietary Behaviors, by Gender



Obesity, Overweight, and Weight Control

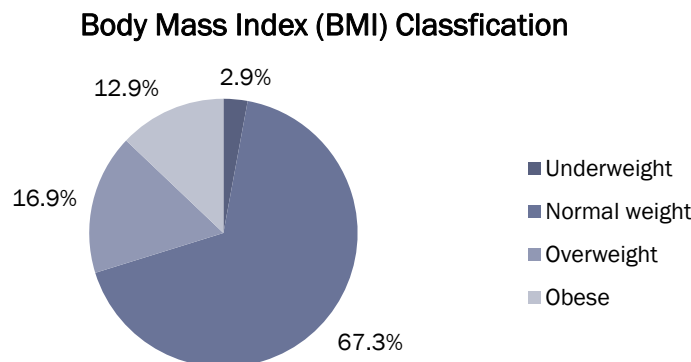
The 2012 Cuyahoga County Middle School YRBS asked students about their height and weight in order to calculate the student's Body Mass Index (BMI). Additionally, students were asked how they describe their own weight and what (if anything) they were currently trying to do about their weight.

Obesity has reached epidemic proportions. In the past 20 years, the prevalence of obesity has increased by more than 60% among adults and tripled in children and adolescents.¹⁹ Overweight adolescents often become overweight adults with an increased risk for a wide variety of poor health outcomes including diabetes, stroke, heart disease, arthritis and certain cancers.^{20,21} Obesity during adolescence is associated with negative psychological and social consequences and health problems such as Type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome.²²

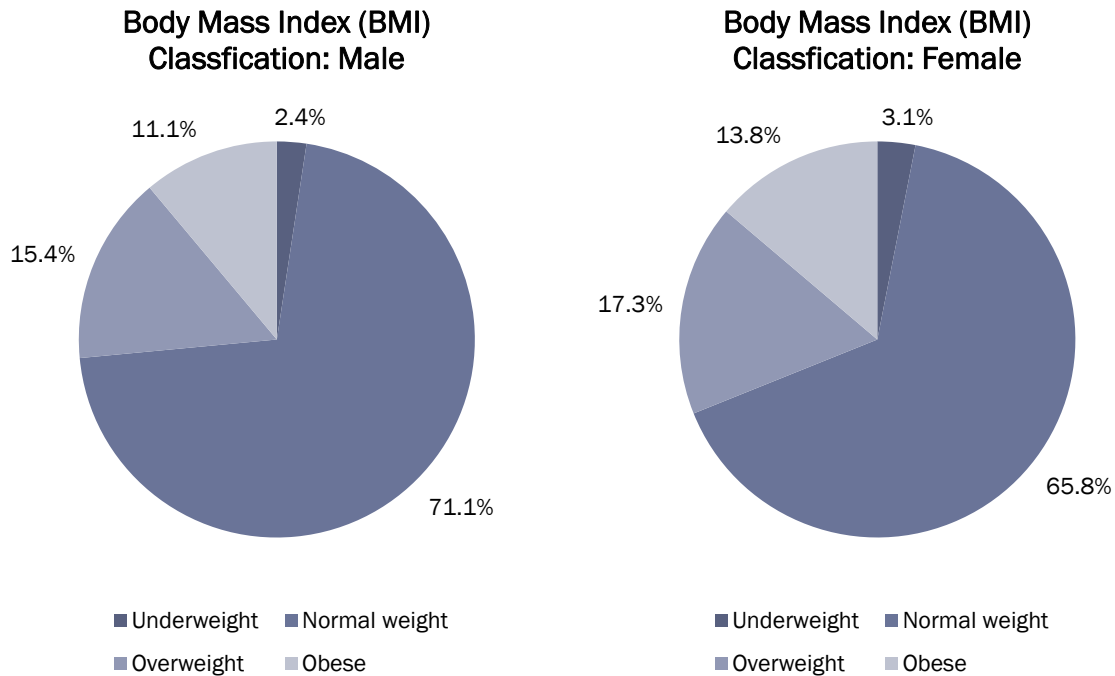
RELEVANT HEALTHY PEOPLE 2020 GOAL: Reduce the proportion of children and adolescents, aged 12 – 19 years, who are considered obese to no more than 16.1%.
IN CUYAHOGA COUNTY: 12.9% of students were obese.

The chart below depicts the distribution of Body Mass Index (BMI) classifications among Cuyahoga County middle school students. Obese was defined as a BMI of $\geq 95^{\text{th}}$ percentile for age and sex. Overweight was defined as a BMI of $\geq 85^{\text{th}}$ percentile and $< 95^{\text{th}}$ percentile for age and sex. Normal weight was defined as a BMI of $\geq 5^{\text{th}}$ percentile and $< 85^{\text{th}}$ percentile for age and sex. Underweight was defined as a BMI of $< 5^{\text{th}}$ percentile for age and sex.

Slightly over two-thirds (67%) of Cuyahoga County middle school students reported heights and weights consistent with normal weight, with the remaining one-third having BMI's for their age and sex that put them into a category of risk (underweight, overweight, or obese). It is important to note that BMI is calculated using self-reported height and weight and, therefore, may inaccurately estimate the actual prevalence of overweight and obese.



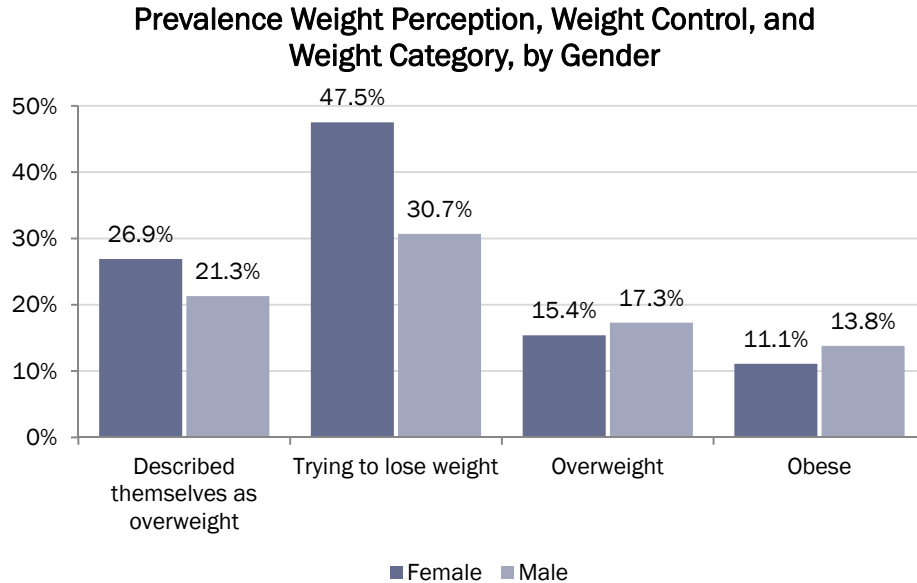
Differences were also noticed between genders with 65.8% of female and 71.1% of male students reporting a normal weight. The differences between genders in each category of BMI can be seen in the charts below.



Fewer students have reported heights and weights consistent with overweight and obese BMI categories in 2012 (29.0%) than in 2010 (29.9%) or 2008 (33.6%). Reports of being overweight have decreased each year but it is also important to note the increase in normal weight since 2008. This indicates that more students are moving from overweight to normal weight than moving from overweight to obese. These results can be seen in the table below.



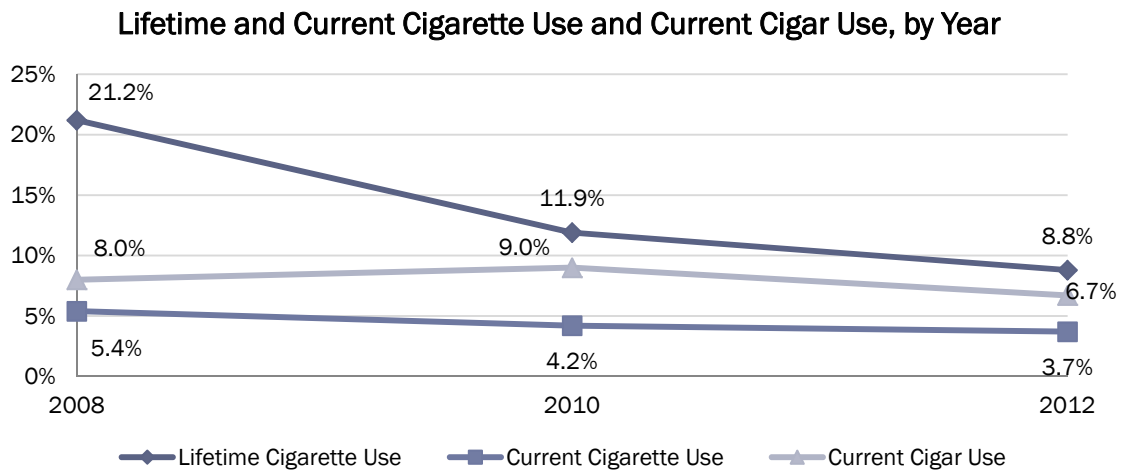
Student perceptions of their own weight are also importantly linked to overall health and decisions about what to do about one’s weight. Differences were found among Cuyahoga County female and male students, with female students both describing themselves as “slightly” or “very” overweight (26.9%) and “trying to lose weight” (47.5%), significantly more often than male students (21.3% and 30.7% respectively). The chart below highlights these gender differences. While female students were more likely to report these behaviors, there were no differences in the prevalence of obesity or being overweight between male students (13.8% and 17.3% respectively) and female students (11.1% and 15.4% respectively) in Cuyahoga County, as displayed below.



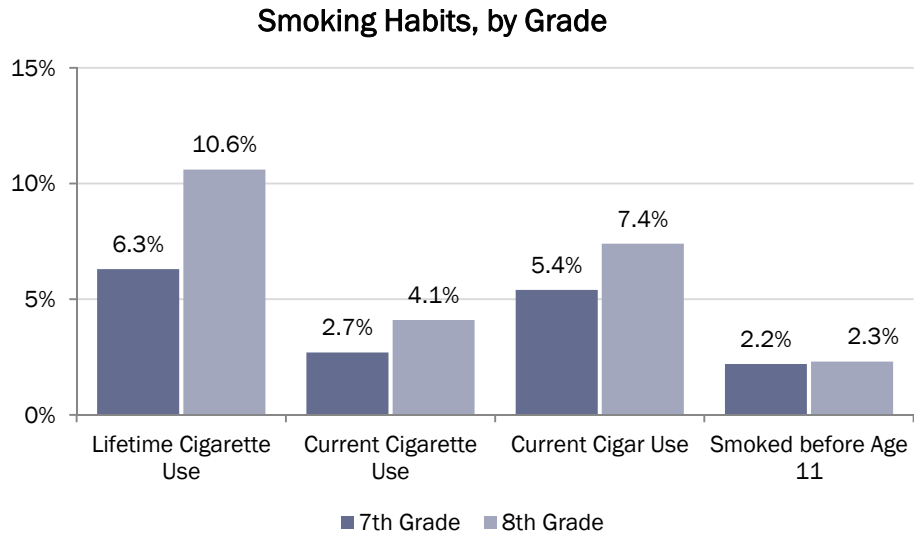
Tobacco Use

The 2012 Cuyahoga County Middle School YRBS asked students about cigarette and cigar use. Using tobacco can have serious effects on long-term health. The use of cigarettes is the single leading preventable cause of death in the United States.²³ Almost 90% of adult smokers initiate use before or at age 18.²⁴ Tobacco use in adolescence is associated with many other health risk behaviors, including higher-risk sexual behavior and use of alcohol or other drugs.²⁴

The chart below depicts changes in prevalence of lifetime cigarette use, current cigarette use, and current cigar use since 2008. The prevalence of lifetime cigarette use decreased significantly from 2008 (21.2%) to 2010 (11.9%) and again in 2012 (8.8%). Although there were slight decreases in current cigarette use (past 30 days), only the prevalence from 2008 (5.4%) to 2012 (3.7%) was significant. The decrease in current cigar use follows a similar pattern to cigarette use. While both current cigarette and cigar use have decreased slightly, current cigar use continues to be significantly higher than current cigarette use, as it has been each year since 2008.



The chart below depicts the prevalence of smoking habits among Cuyahoga County middle school students, by grade. The prevalence of lifetime cigarette use was significantly greater among 8th grade (10.6%) students than 7th grade (6.3%) students. The prevalence of current cigarette use (past 30 days) was significantly greater among 8th grade (4.1%) than among 7th grade (2.7%) students. The prevalence of current cigar use (past 30 days) was significantly greater among 8th grade (7.4%) than among 7th grade (5.4%) students. The prevalence of reporting first smoking cigarettes before age 11 did not differ by grade for Cuyahoga County middle school students in 2012.



Alcohol Use

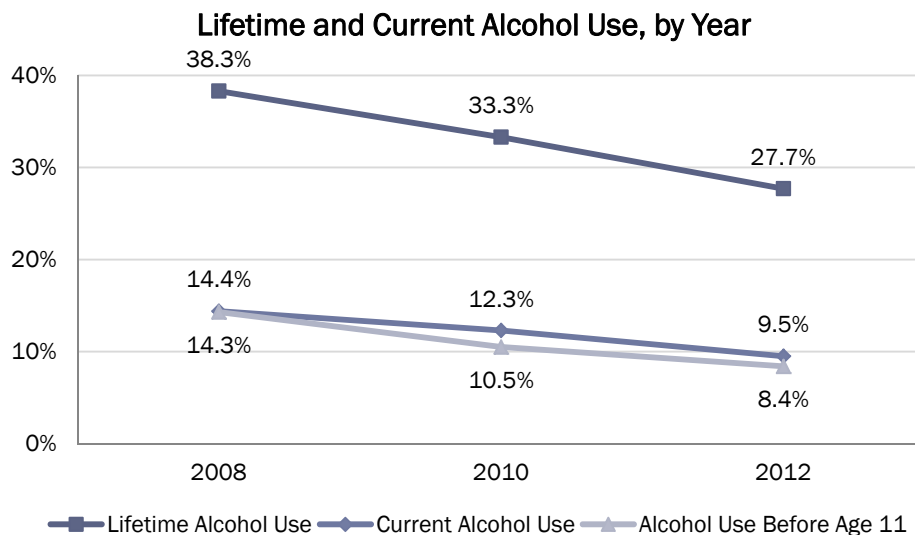
The 2012 Cuyahoga County Middle School YRBS asked students three questions about alcohol consumption. Alcohol use among youth has been linked to unintentional injuries, physical fights, academic problems, job problems and illegal behavior.²⁵ Alcohol use has been identified as a major contributing factor in approximately one-third of all unintentional injury deaths, homicides and suicides, which are the leading causes of death and disability among young people.²⁶

RELEVANT HEALTHY PEOPLE 2020 GOAL: Reduce the proportion of adolescents, aged 12-17 years, using alcohol or any illicit drugs during the past 30 days to 16.5% (or 83.5% “not using.”)

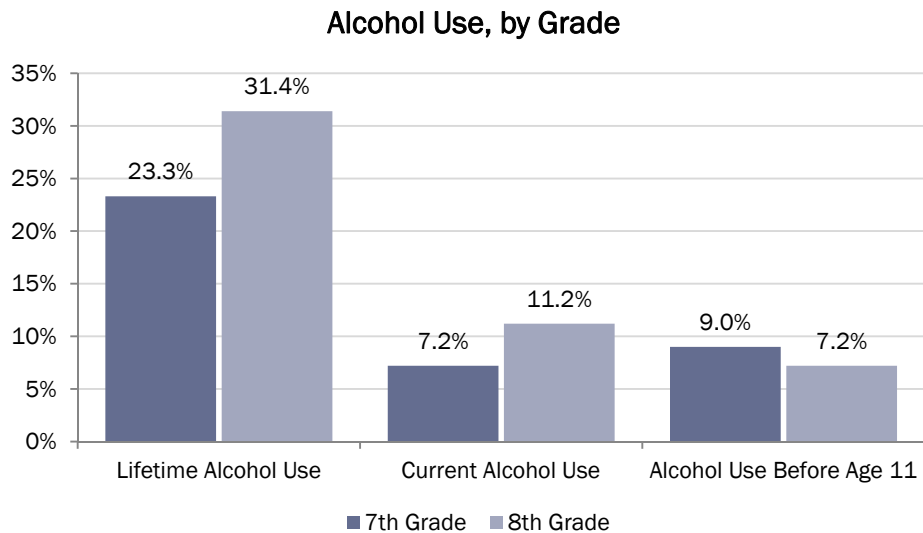
IN CUYAHOGA COUNTY:

- 90.5% of students reported no current alcohol use.
- 93.5% of students reported no current marijuana use.
- 92.5% of students reported no current alcohol and no current marijuana use.

The graph below depicts changes in prevalence of lifetime alcohol use, current alcohol use, and alcohol use before the age of 11, since 2008. The prevalence of each of these measures of alcohol use has decreased among Cuyahoga County students since 2008. Lifetime and current alcohol uses decreased significantly each year with 2010 being lower than 2008 and 2012 being lower than 2010. Alcohol use before age 11 decreased significantly from 2010 to 2012.



In 2012, significant differences in lifetime, current, and use of alcohol before the age of 11 were noted between 7th and 8th grade students. The chart below shows these differences. The prevalence of having ever tried alcohol (lifetime alcohol use) was higher among 8th grade (31.4%) students than among 7th grade (23.3%) students. The prevalence of having had at least one drink of alcohol on at least 1 day during the 30 days before the survey (current alcohol use) was higher among 8th grade (11.2%) students than 7th grade (7.2%) students. The prevalence of having used alcohol before the age of 11 was higher among 7th grade (9.0%) students than among 8th grade (7.2%) students.



Marijuana and Other Drug Use

The 2012 Cuyahoga County Middle School YRBS asked students about marijuana use, inhalant use, prescription drug abuse, and whether they had been offered, sold, or given drugs on school property. Illegal drug use can lead to unhealthy behaviors and negative consequences. Drug abuse may contribute to depression and suicide, unintended pregnancy, school failure, violent behavior, delinquency, and transmission of sexually transmitted diseases, including HIV.²⁷

Marijuana is used for the intoxication or high that it gives most users. For most youth, marijuana is not difficult to obtain.²⁸ Many think marijuana is not as harmful as other illicit drugs; however, it has both short- and long-term health effects. The short-term effects include memory problems, loss of coordination, anxiety attacks, and increased heart rate.²⁹ Possible long-term effects include respiratory problems, a weakened immune system, and cognitive deficits.³⁰ While causation is complex, teens that use marijuana are also more likely to have lower achievement, more delinquent behavior and aggression, and weaker relationships with parents than non-users.²⁹

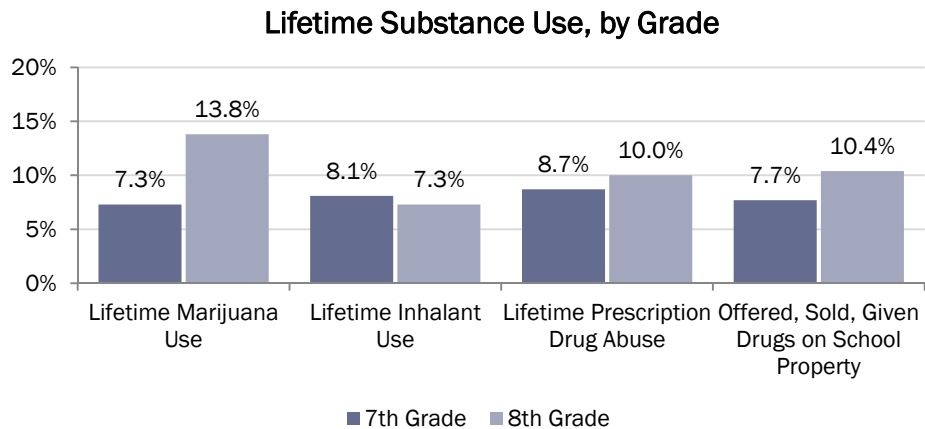
Prescription drug abuse is reaching prevalence levels near use of marijuana among adolescents. 9.1% of teens aged 12-17 misused prescription drugs in 2005. In 2006, there were as many new abusers of prescription drugs as new users of marijuana.³¹ Prescription and over the counter medications are widely available, free or inexpensive, and falsely believed to be safer than illicit drugs. In 2006, 2.1 million teens abused prescription drugs and an additional 2.1 million had misused over the counter cough and cold medications at least once in their lifetime.³²

Inhalant use, the deliberate inhalation of toxic substances to induce a psychoactive or mind-altering effect, tends to occur among younger teens and can be highly toxic and even lethal.³³ The 2006 Monitoring the Future study indicated that 8th graders have tried inhalants in their lifetime more so than any other illicit drug.³⁴ and weaker relationships with parents than non-users.⁸

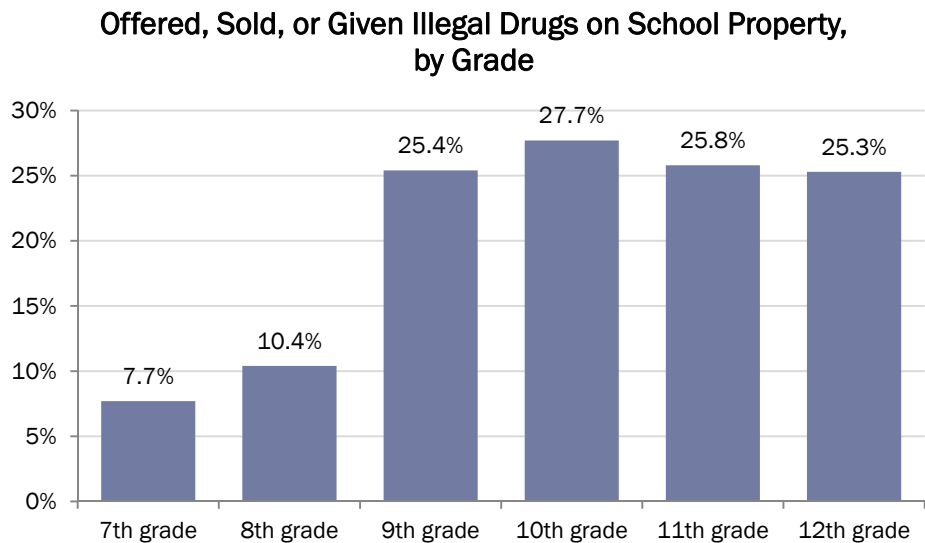
RELEVANT HEALTHY PEOPLE 2010 GOAL: Reduce the proportion of adolescents, aged 12 – 17 years, reporting use of marijuana during the past 30 days to no more than 0.7 percent.

IN CUYAHOGA COUNTY: 6.5% of students used marijuana during the 30 days before the survey.

The chart below depicts the lifetime use prevalence of three illegal drugs and whether students were offered, sold, or given drugs on school property examined by grade in Cuyahoga County. The prevalence of lifetime marijuana use was significantly higher among 8th grade students (13.8%) than among 7th grade students (7.3%). The prevalence of being offered, sold or given drugs on school property was significantly higher among 8th grade students (10.4%) than among 7th grade students (7.7%).



The chart below depicts the prevalence of being offered, sold, or given illegal drugs on school property among 7th through 12th grade students in Cuyahoga County. The 7th and 8th grade rates are from 2012 data while the 9th – 12th grade rates are from data collected in the spring of 2011. There is a significant increase in the prevalence of being offered, sold, or given illegal drugs on school property from 8th grade to 9th grade (10.4% and 25.4% respectively). Once in high school, the rates remain constant indicating that the most appropriate time for intervention is between 8th and 9th grade.

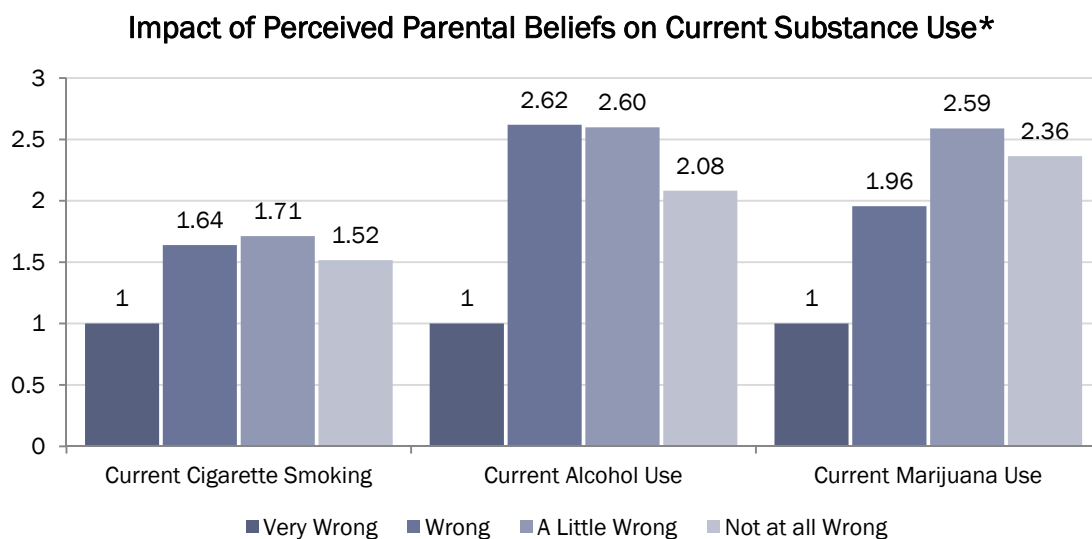


Perceived Harm and Attitudes about Substance Use

The 2012 Cuyahoga County Middle School YRBS asked students about their beliefs and the beliefs of their parents with regard to engaging in several substance use risk behaviors. The questionnaire included items regarding students' perceptions of how "wrong" it is for someone their age to participate in alcohol, cigarette, and marijuana use. In addition to soliciting the students' own perceptions, parallel questions were included that asked students how they think their parent(s) would feel about them engaging in these behaviors. Response choices included *Very Wrong*, *Wrong*, *A Little Wrong*, and *Not at all Wrong*.

The chart below examines the relationship of perception of parental beliefs about adolescent substance use and current substance use by students*. The noted decrease in risk among students who reported that the behaviors were "not at all wrong" is likely due to an insufficient number of students reporting this belief rather than an actual decrease in risk. Therefore, results of the "not at all wrong" category should be interpreted with caution. Students who think that their parents feel that:

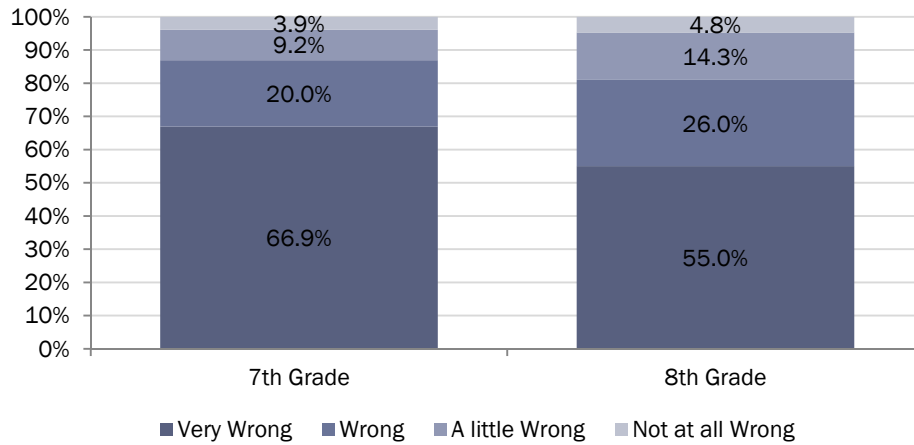
- it is *wrong* for them to smoke cigarettes are 1.6 times more likely to report current cigarette use than if they perceive that their parents feel it is *very wrong* for them to smoke cigarettes
- it is *a little wrong* for them to smoke cigarettes are 1.7 times more likely to report current cigarette use than if they perceive that their parents feel it is *very wrong* for them to smoke cigarettes
- it is *wrong* for them to drink alcohol are over twice as likely to report current alcohol use than if they perceive that their parents feel it is *very wrong* for them to drink alcohol
- it is *a little wrong* for them to drink alcohol are 2.6 times more likely to report current alcohol use than if they perceive that their parents feel it is *very wrong* for them to drink alcohol
- it is *wrong* to smoke marijuana are almost twice as likely to report current marijuana use than if they perceive that their parents feel it is *very wrong* for them to smoke marijuana
- it is *a little wrong* to smoke marijuana are 2.6 times more likely to report current marijuana use than if they perceive that their parents feel it is *very wrong* for them to smoke marijuana.



*after controlling for personal beliefs about smoking cigarettes, grade level, gender, and race

The graph below depicts the prevalence of each degree of “wrong” response, examined by grade. The prevalence of “very wrong” to use alcohol was higher among 7th grade than eighth grade students. This is consistent with significant differences in lifetime and current alcohol use reported by 7th and 8th grade students. Seventh grade students were less likely than 8th grade students to report either lifetime or current alcohol use.

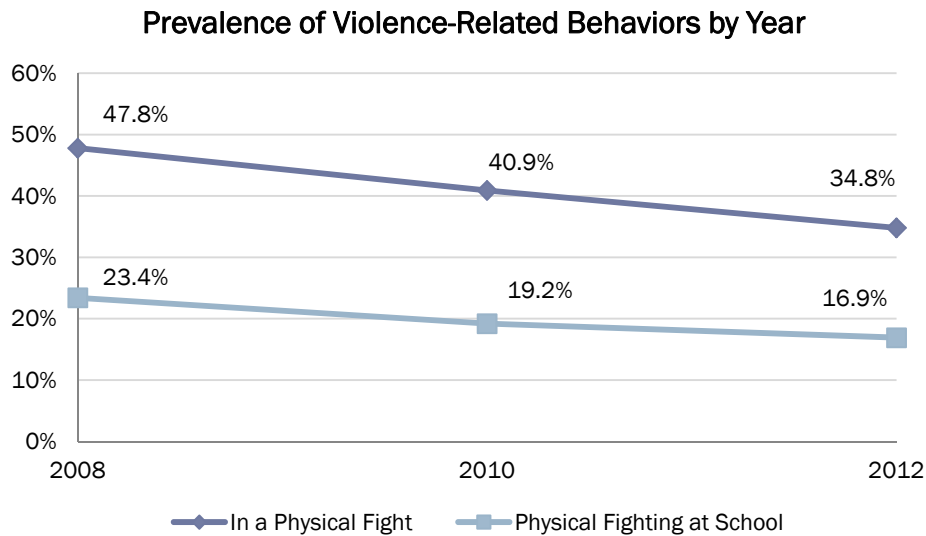
Prevalence of student beliefs about someone their age using alcohol by grade



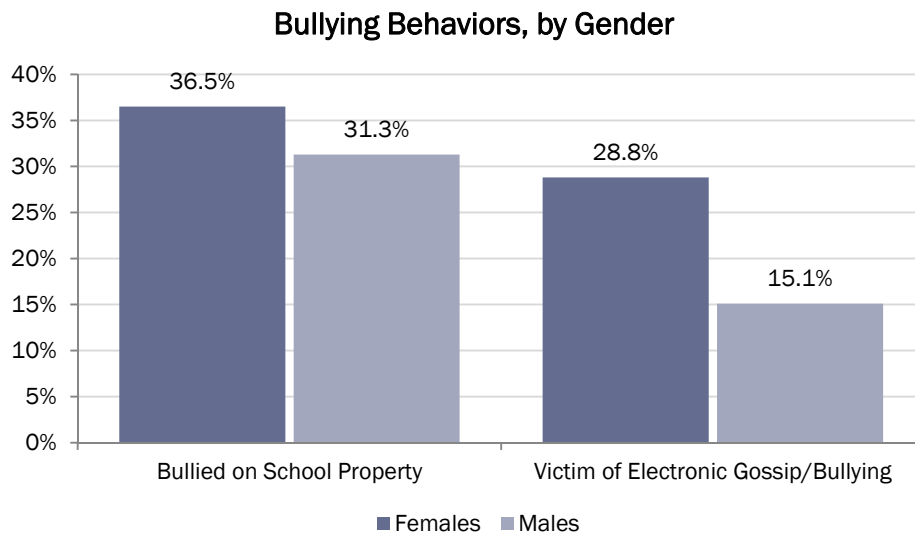
Behaviors that Contribute to Violence

The 2012 Cuyahoga County Middle School YRBS asked students about violent behaviors, such as physical fighting, weapon carrying, bullying, and suicide. Adolescents can experience violence along a continuum that may begin with verbal harassment and advance into physical acts of violence.³⁵ Violence affects the quality of life of those who experience it and those who witness the acts.³⁵ Bullying and being bullied at school are associated with key violence-related behaviors including carrying weapons, fighting and sustaining injuries from fighting.³⁶

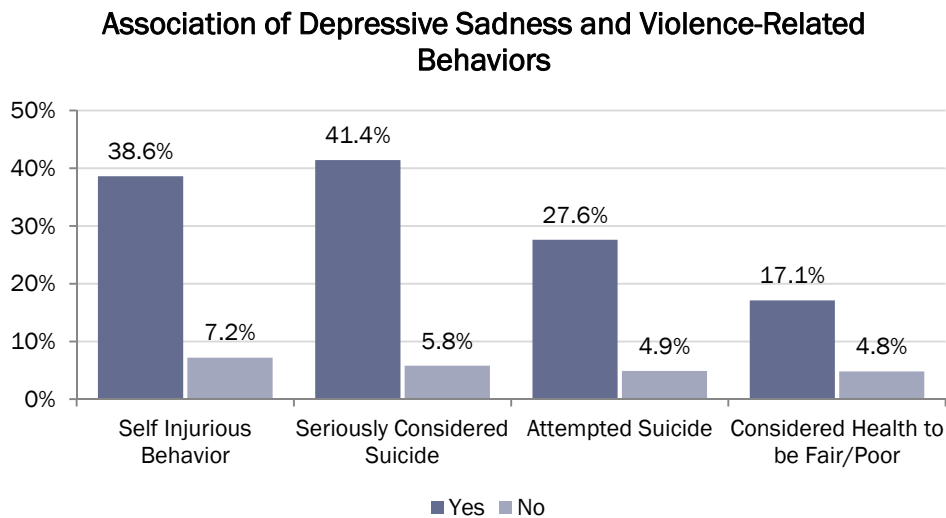
The graph below depicts prevalence of physical fighting and physical fighting on school property during the 12 months before completing the survey as reported in 2008, 2010, and in 2012. The prevalence of both behaviors has decreased since 2008.



The chart below depicts the prevalence of being bullied on school property and being the victim of electronic gossip or e-bullying, by gender. The prevalence of both being bullied on school property and being the victim of electronic gossip or e-bullying was higher among female (36.5% and 31.3% respectively) than among male (28.8% and 15.1% respectively) middle school students in Cuyahoga County.

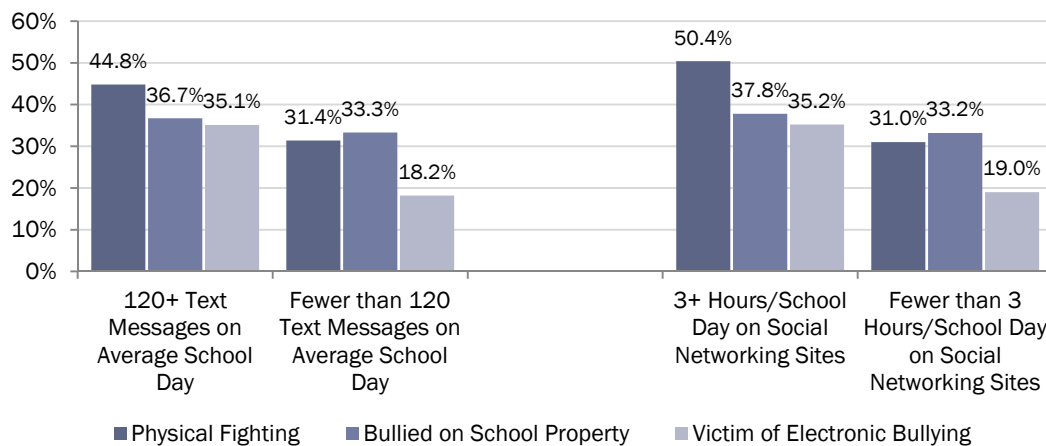


The following graph depicts the prevalence of a series of violence-related behaviors and one's perception of health item when examined by depressive sadness. The prevalence for having engaged in self-injurious behavior, having seriously considered suicide, having attempted suicide, and considering one's overall health to be fair or poor, were significantly higher among students who had experienced extended periods of sadness as compared to students who had not experienced this depressive sadness.



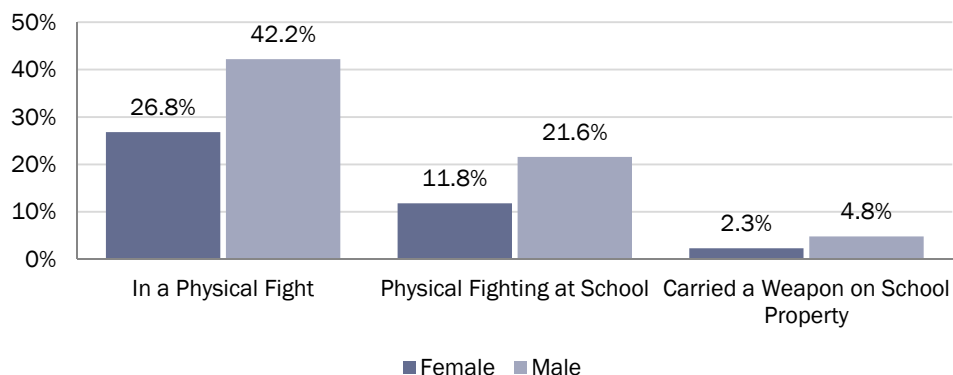
The chart below depicts the prevalence of three violence-related behaviors; physical fighting, having been bullied on school property, and having been the victim of electronic gossip or bullying, when examined by the number of text messages sent and received in an average school day and the amount of time spent on social networking sites. The prevalence of physical fighting and having been the victim of electronic bullying was significantly higher among students who reported sending/receiving 120 or more text messages in an average school day and spending 3 or more hours per school day on social networking sites.

Association of Text Messaging and Social Networking and Violence-Related Behaviors



In Cuyahoga County, differences were found between male and female students across the following three violence-related behaviors: being in at least one physical fight (past 12 months; being in a physical fight on school property (past 12 months); and carrying a weapon on school property (past 30 days). The chart below depicts these differences. Male students (42.2% and 21.6% respectively) were more likely to have been in at least one physical fight (anywhere and on school property) in the 12 months before the survey than female students (26.8% and 11.8% respectively). Additionally, male students (4.8%) were more likely than female students (2.3%) to have carried a weapon on school property on at least 1 of the 30 days before the survey.

Prevalence of Violence-Related Behaviors by Gender

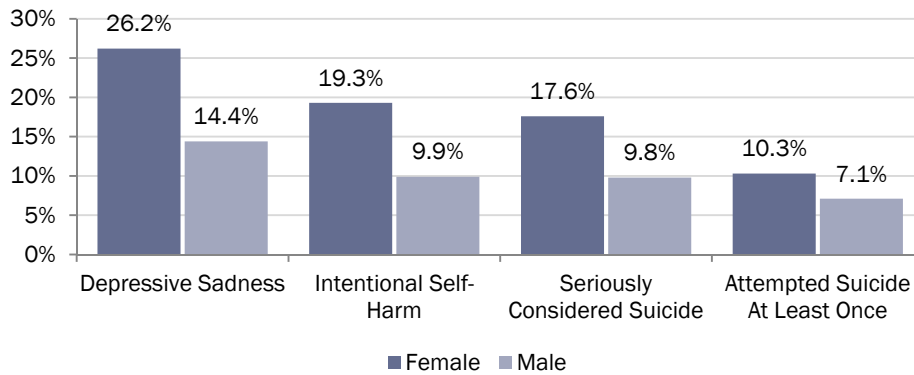


RELEVANT HEALTHY PEOPLE 2020 GOAL: Reduce the rate of suicide attempts by adolescents to 1.7 attempts per 100.

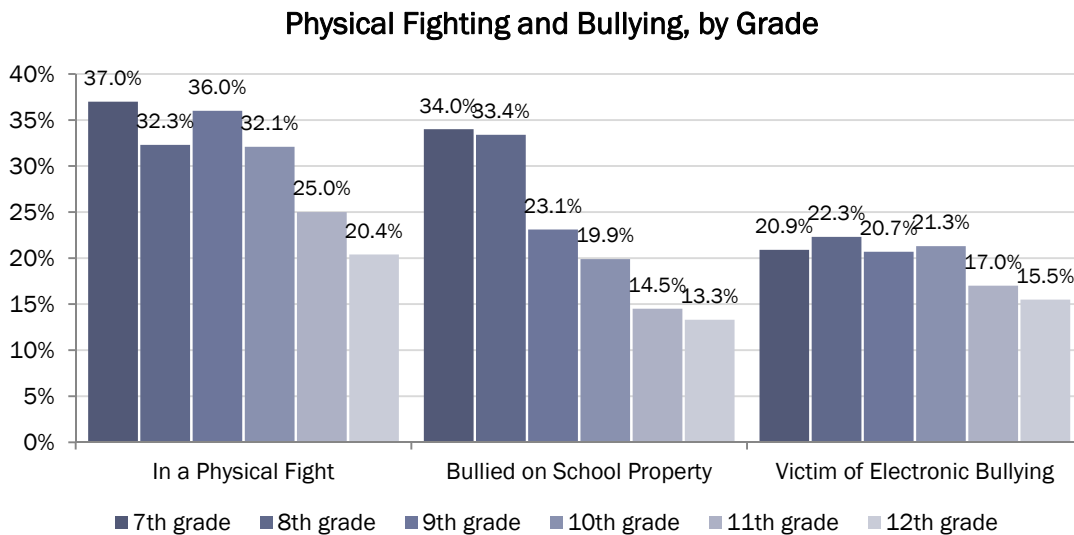
IN CUYAHOGA COUNTY: 8.7% of students had attempted suicide one or more times during the 12 months before the survey.

The survey asked students whether they had ever felt so sad for two or more weeks in a row, that they considered stopping doing their usual activities, how many times they did something purposely to hurt themselves without wanting to die (cutting or burning), whether they considered attempting suicide, and whether they actually attempted suicide during the 12 months before the survey. Suicide is one of the leading causes of death for adolescents. In Cuyahoga County, differences in depressive sadness, intentional self-harm, suicide ideation and ≥ 1 suicide attempts were noted between male and female students. The prevalence of depressive sadness, intentional self-harm, seriously considering suicide, and attempting suicide was higher among female students (26.2%, 19.3%, 17.6%, and 10.3% respectively) than among male students (14.4%, 9.9%, 9.8%, and 7.1% respectively).

**Prevalence Depressive Sadness & Related Behaviors,
Past 12 months, by Gender**



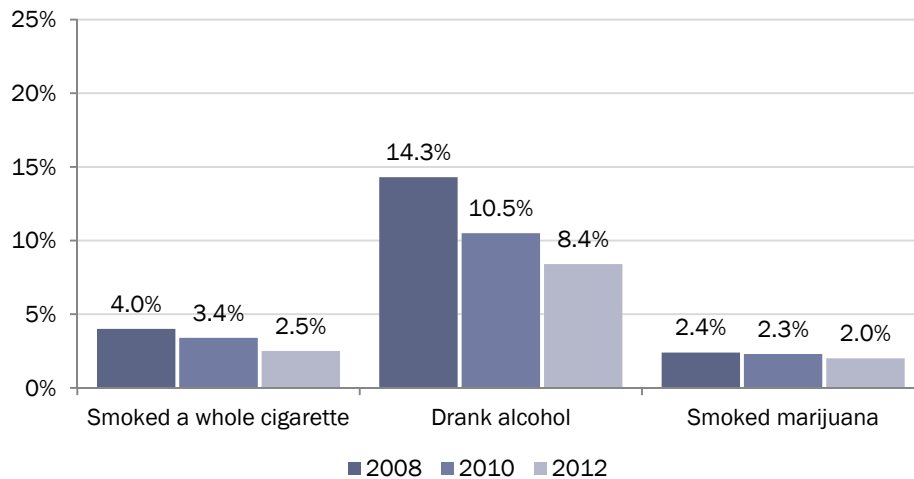
The chart below depicts the prevalence of physical fighting and bullying among 7th through 12th grade students in Cuyahoga County. Middle school data were collected in the spring of 2012 while high school data were collected in the spring of 2011. The prevalence of physical fighting decreases significantly from 9th to 12th grade. Being bullied on school property decreases significantly from 8th to 9th grade (33.4% and 23.1% respectively) and again from 10th to 12th grade (19.9% and 13.3% respectively). The prevalence of having experienced “victimization from electronic bullying” remains relatively constant from 7th to 12th grade.



Before the Age of 11 Years

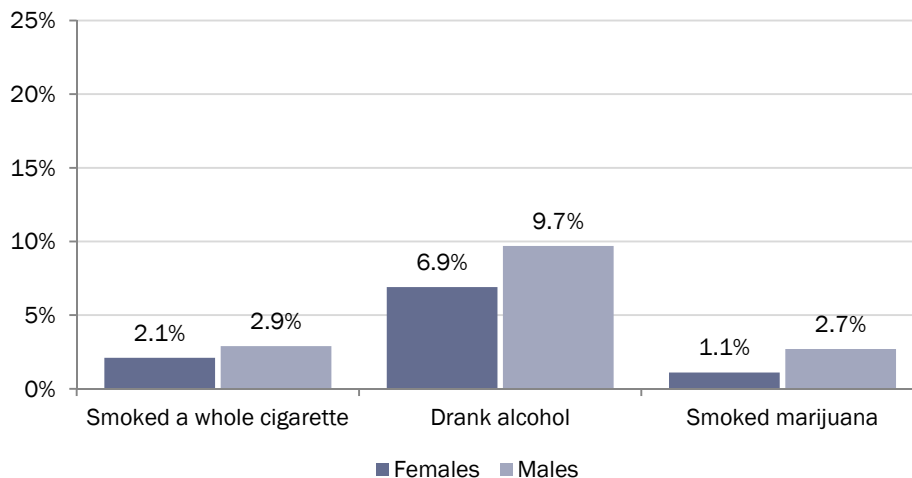
Risk behavior engagement before the age of 11 years, or early initiation in risk behavior, has been assessed since 2008 with regard to substance abuse. Trends in health-risk behaviors can be assessed using YRBS data over at least 3 time points. The chart below depicts changes in prevalence for three substance use risk behaviors in 2008, 2010 and 2012. The prevalence of having smoked a whole cigarette before age 11 was significantly lower in 2012 than in 2008. Similarly the prevalence of having drunk alcohol before age 11 was significantly lower in 2012 than in 2008. The prevalence of having smoked marijuana before age 11 remained unchanged over the three time intervals.

Risk Behavior before Age 11, by Year

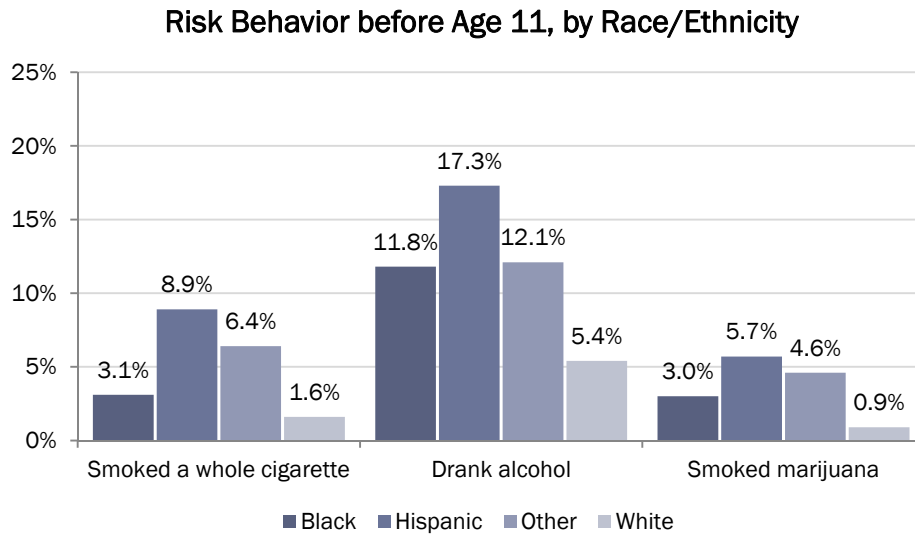


The graph below notes differences with regard to early initiation in substance use risk behaviors when examined by gender. The prevalence of having drunk alcohol before age 11 and having smoked marijuana before age 11 was significantly higher among male students than female students. However, the prevalence of having smoked a whole cigarette before age 11 was similar for male and female students.

Risk Behavior before Age 11, by Gender



The graph below notes differences with regard to early initiation in substance use risk behaviors when examined by race/ethnicity. The prevalence for early initiation of all substance use risk behaviors was significantly higher among Hispanic students than the other groups identified by race/ethnicity. The prevalence for early initiation of all substance use risk behaviors was significantly lower among White students than the other groups identified by race/ethnicity.

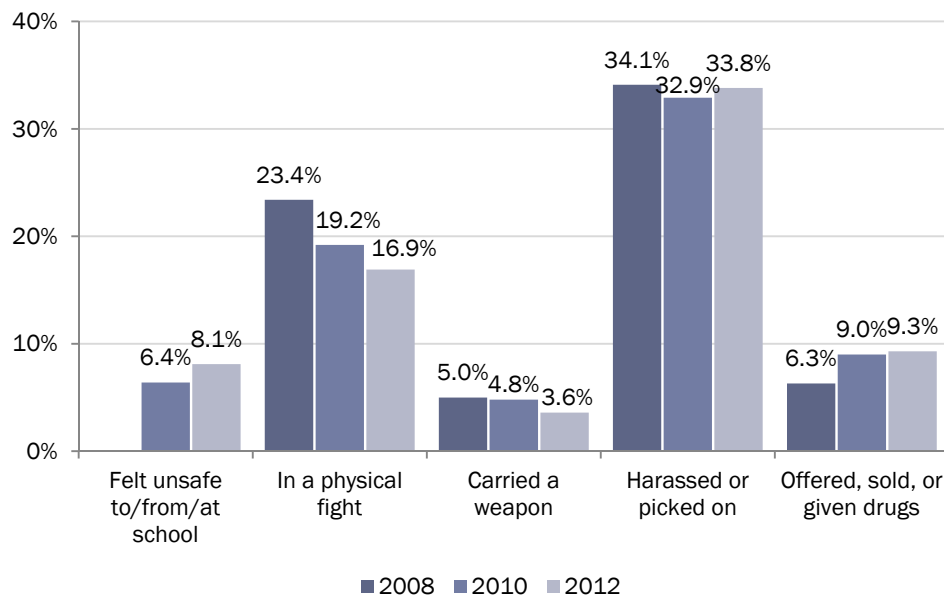


Not pictured here, but worth noting, the prevalence of having drunk alcohol before the age of 11 was higher among 7th grade students than 8th grade students (9.0% vs. 7.2%). There were no other grade level differences in prevalence of “before the age of 11” behaviors.

On School Property

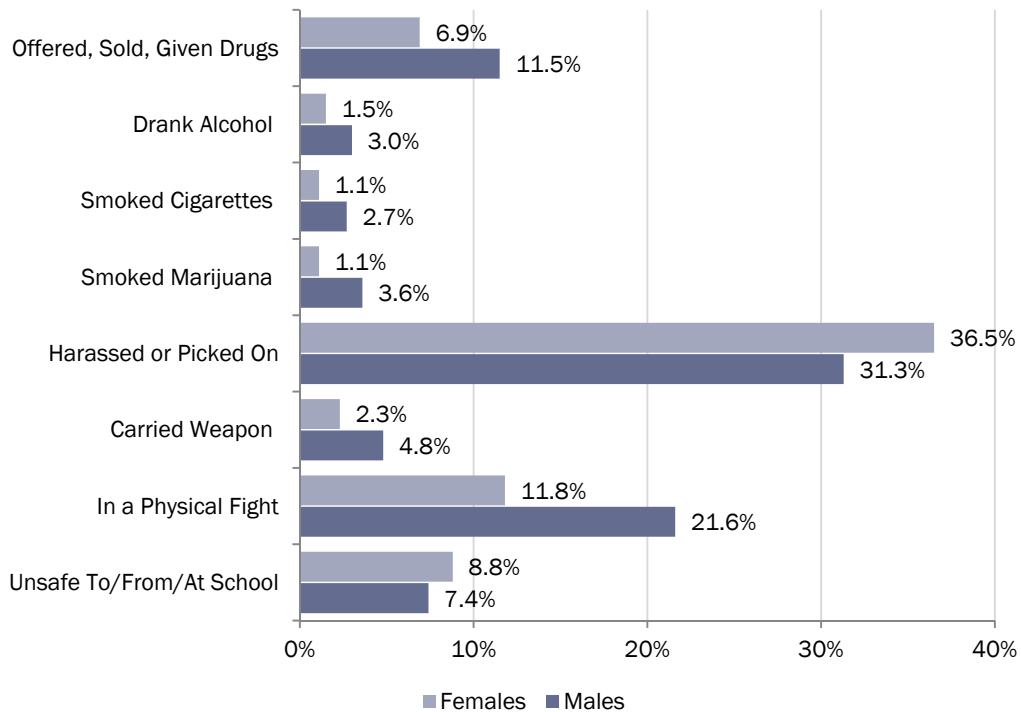
A number of risk behaviors occurring on school property have been examined through YRBS data since 2008. Trends in health-risk behaviors can be assessed using YRBS data over at least 3 time points. Emerging behavior patterns can be noted by examining changes between two time points. The chart below depicts prevalence values for five “on school property” behaviors that have been included in the survey at least twice since 2008. The items examining substance use on school property, ie., cigarettes, alcohol and marijuana, were included in the survey prior to 2008 and not again until 2012. Of concern is the prevalence of having missed school during the past 30 days due to feeling unsafe on the way to/from/at school which was significantly higher in 2012 than in 2010. Also of concern is the significant increase in prevalence of having been offered, sold or given drugs on school property from 2008 until 2012. It is encouraging to note, however, that the prevalence of physical fighting during the past 12 months and the prevalence of weapon carrying during the past 30 days, decreased significantly since 2008. The prevalence of having been harassed or picked on during the past 30 days remained unchanged from 2008 to 2012.

Risk Behavior on School Property, by Year



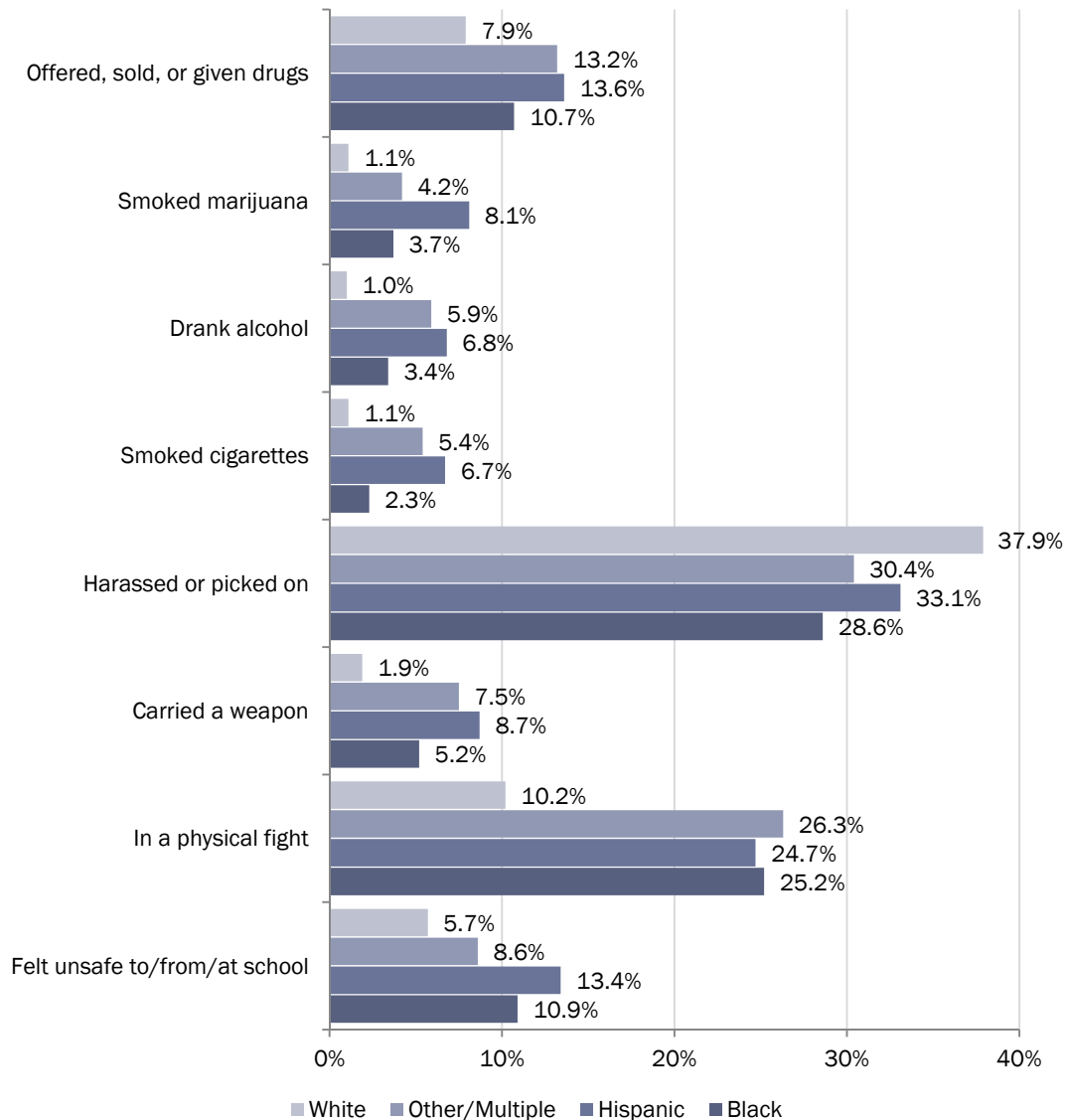
The graph below notes gender differences in risk behavior engagement on school property as reported by students in 2012. The prevalence of having missed school during the past 30 days due to feeling unsafe to/from/at school and having been harassed or picked on at school during the past 30 days were higher among female than male students. However, the prevalence of having been in a physical fight in the past 12 months, weapon carrying in the past 30 days, smoking cigarettes, drinking alcohol, and smoking marijuana during the past 30 days, and having been offered, sold or given drugs during the past 12 months, were higher among male than female students.

Risk Behavior on School Property, by Gender



The graph below notes race/ethnicity differences in risk behavior engagement on school property as reported by students in 2012. The prevalence of most on school property behaviors were higher among black, Hispanic and other/multiple race/ethnicity students than among white students. Of note, the prevalence of having been harassed or picked on at school was significantly higher among white students than the other three groups.

Risk Behavior on School Property, by Race/Ethnicity

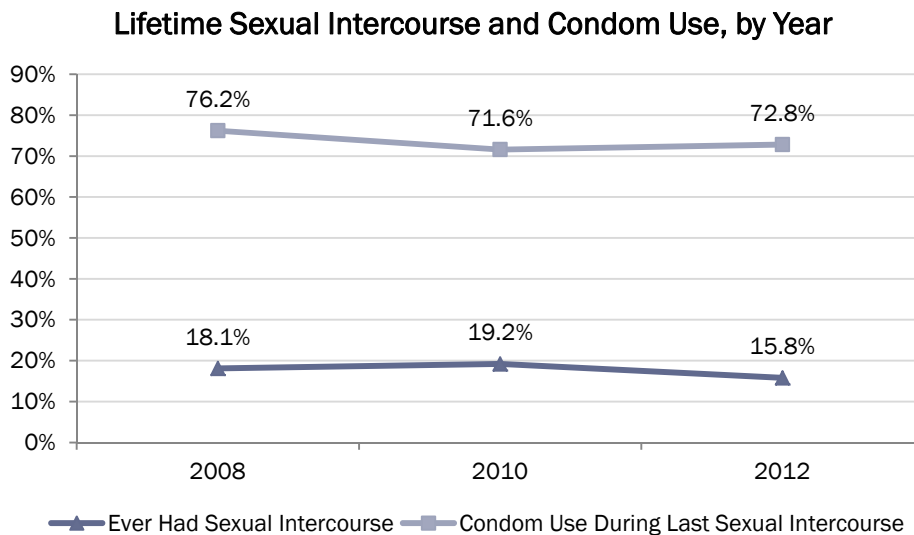


Not pictured here, but worth noting, the prevalence of having been offered, sold or given drugs on school property was higher among 8th grade than 7th grade students (10.4% vs. 7.7%). Interestingly, the prevalence of having been in a physical fight on school property was higher among 7th grade students than 8th grade students (19.0% vs. 14.5%). There were no other significant differences in “on school property” behavior when examined by grade.

Sexual Behaviors

The 2012 Cuyahoga County Middle School YRBS asked students whether they had ever had sexual intercourse and whether they or their partner used a condom the last time they had sexual intercourse. Early sexual activity is associated with a high number of sexual partners,^{37,38} STI contraction, teenage pregnancy,³⁷ and greater risk for unwanted sex.³⁹ Since 1990, teen pregnancy and birth rates in the United States have declined significantly. Researchers cite two main factors: fewer teens are having sex, and among those who are, more are using contraceptives.⁴⁰ While this is a positive trend, there are still risks for those teens that are entering into sexual relationships during their adolescent years.⁴⁰

The chart below depicts the prevalence of having ever had sexual intercourse and using a condom during last sexual intercourse among students in Cuyahoga County, by year. The prevalence of students saying they had ever had sexual intercourse was significantly lower among students in 2012 (15.8%) than in 2010 (19.2%). There were no significant differences by year associated with reported use of a condom at last intercourse for those students who had ever had sexual intercourse.



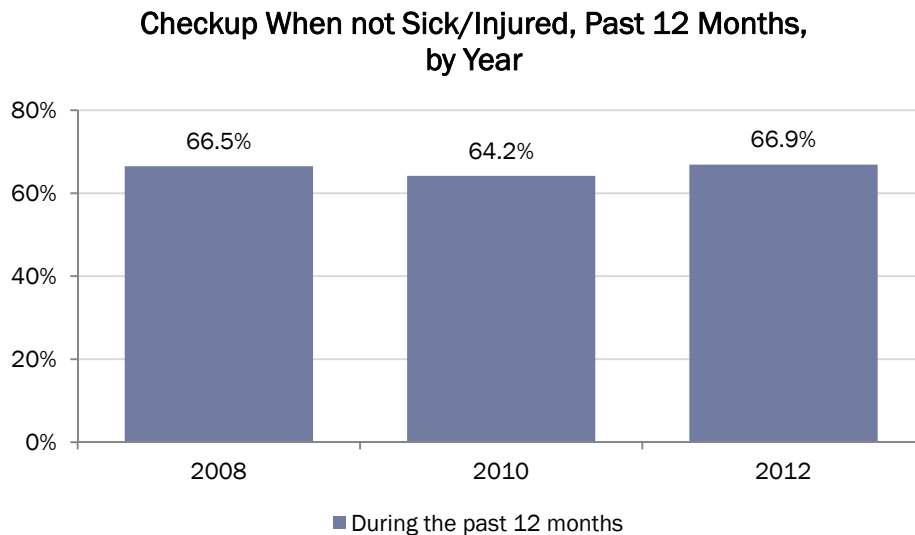
Other Health Topics

The 2012 Cuyahoga County Middle School YRBS asked students about other health-related issues, including seeing a doctor for a check-up, having been taught about HIV/AIDS in school, and general assessment of health. Nationwide, adolescents have the lowest utilization rate of health care services of any age group. Barriers to care include cost of care; low family income; stigma; distrust; confidentiality and parental consent; lack of medical insurance; embarrassment about and lack of transportation to reproductive health services; lack of knowledge about where or how to access care; and lack of adolescent-friendly services.⁴¹

RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase the proportion of adolescents aged 10 – 17 years who have had a wellness checkup in the past 12 months to 75.6%.

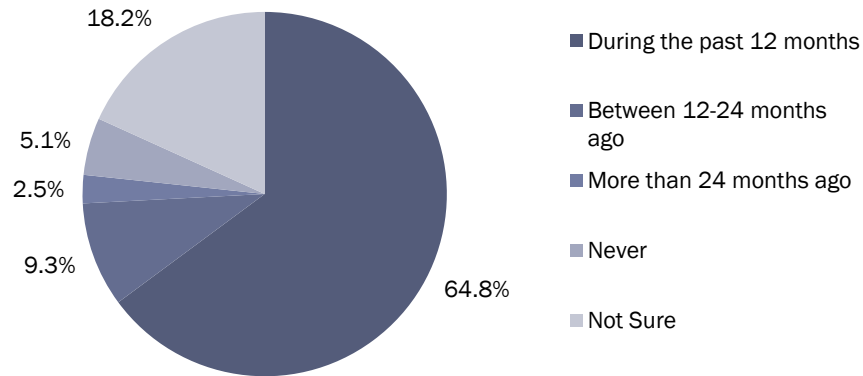
IN CUYAHOGA COUNTY: 66.9% of students had a wellness checkup during the past 12 months.

The chart below depicts the prevalence of Cuyahoga County students who said they had seen a doctor or nurse for a check-up when they were not injured or sick during the past 12 months, when surveyed in 2008, 2010 and 2012. The American Academy of Pediatrics recommends that children up to the age of 21 years obtain preventive physical exams annually.⁴² Over 64% of students in all three years were in compliance with this recommendation.



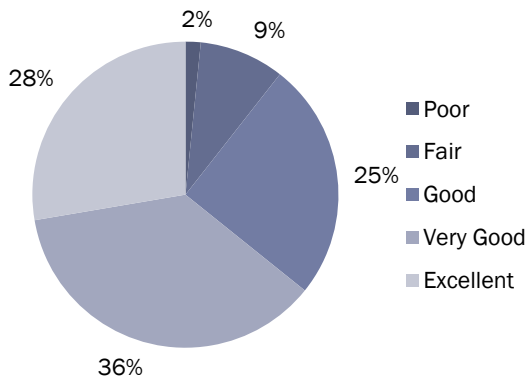
The following pie chart describes student responses to a question about the last time they had seen a doctor or nurse for a check-up when not sick or injured on the 2012 survey. Over 64% of students said they had seen a doctor or nurse for a checkup in the past 12 months. Just over five percent (5.1%) said they had never seen a doctor/nurse for a checkup when not sick or injured and 18.2% were not sure.

Last Time Saw Doctor or Nurse for Check-up when Not Sick/Injured

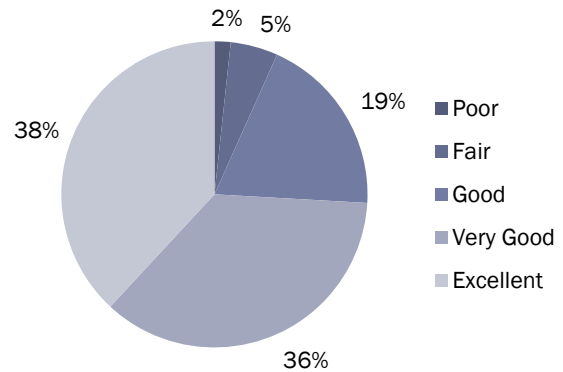


The pie charts below depict how female and male students described their health in general. Female students more often described their health, in general, as fair or poor than male students.

General Health - Female



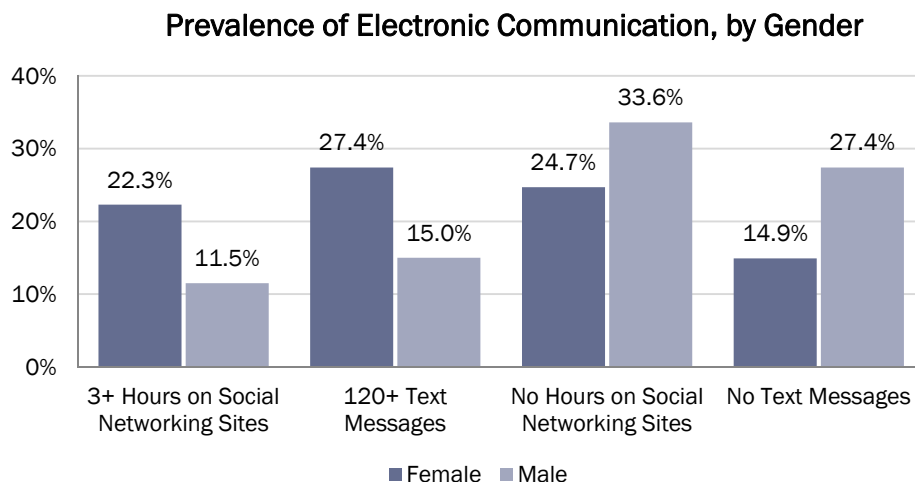
General Health - Male



Social Networking

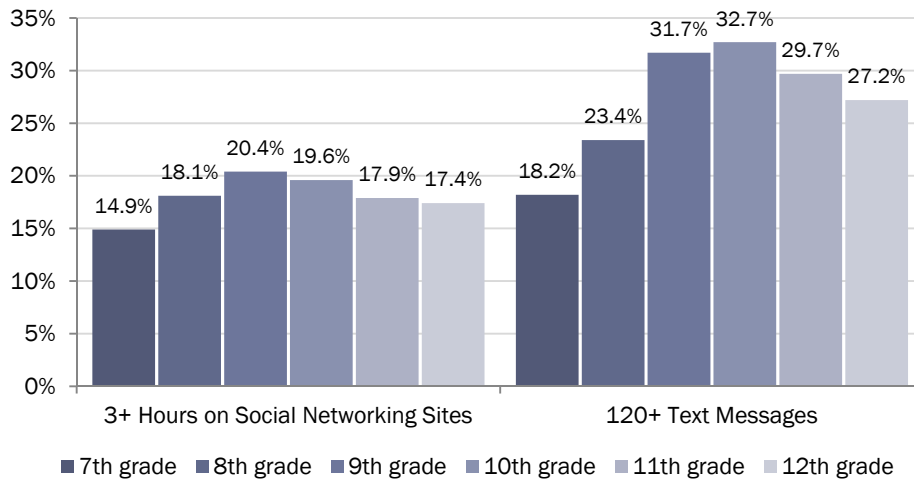
Over the past decade, technology use has become increasingly important in the lives of adolescents. Adolescents are heavy users of newer electronic communication forms such as instant messaging, email, text-messaging, and internet sites such as blogs and social networking. Research is beginning to show that while the use of these forms of communication has their benefits, they are also reducing familial connections, increasing opportunities to encounter hate messages or bullying, and distracting students at school.⁴³

The chart below depicts differences by gender in prevalence of two indicators of electronic communication when examined according to two levels of use: excessive and no use. Female (22.3% and 27.4% respectively) students were more likely than male (11.5% and 15.0% respectively) students to report excessive time spent on social networking sites and excessive amounts of communication through text messaging, on average school days. Conversely, female (24.7% and 14.9% respectively) students were significantly less likely than male (33.6% and 27.4% respectively) students to report no time spent on social networking sites on average school days and no text messaging during average school days.



The following graph represents the prevalence of social networking and text messaging among 7th to 12th grade students in Cuyahoga County. 7th and 8th grade data were collected in the spring of 2012 and 9th – 12th grade data were collected in 2011. While 7th grade students were significantly less likely to report spending 3 or more hours on social networking sites on an average school day than all other grades, the rates remain constant from 8th to 12th grade. The prevalence of sending or receiving 120 or more text message on an average school day was significantly higher among high school students than middle school students with the greatest increase in prevalence being from 8th (23.4%) to 9th grade (31.7%).

Social Networking and Text Messaging, by Grade



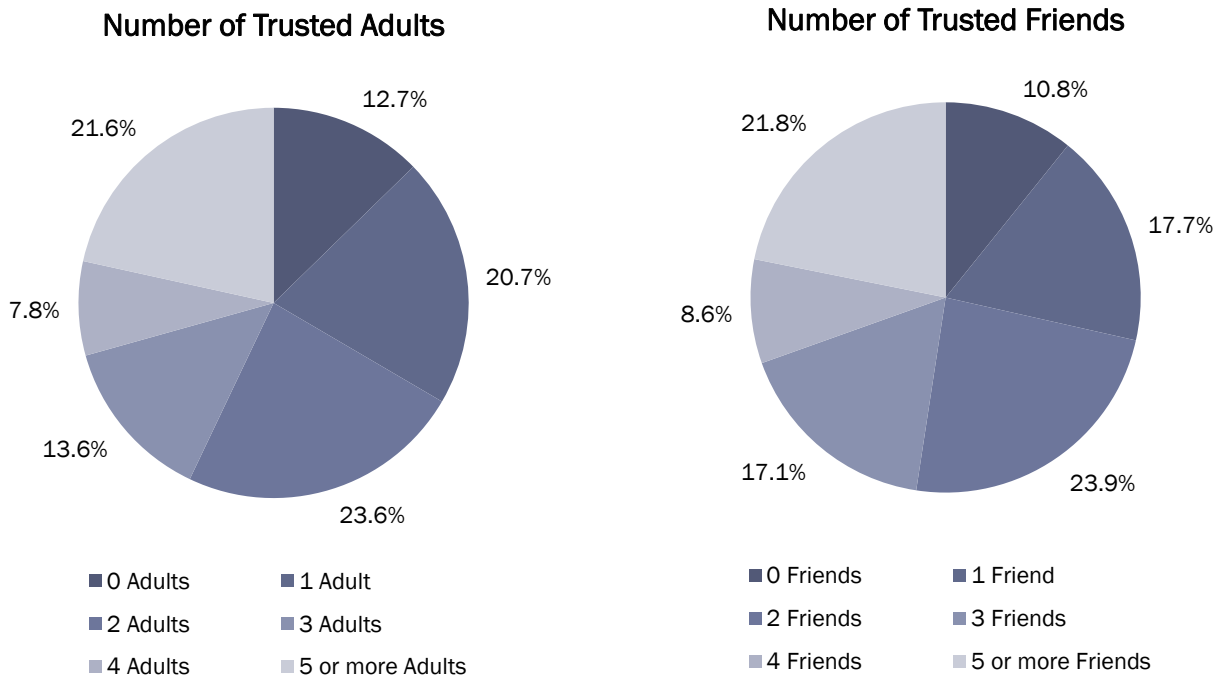
Protective Factors

Over time it has been determined that promoting positive asset building and considering young people as resources could be critical strategies. As a result, the field of youth development began examining the role of protective factors in a young person’s environment and how these factors could influence one’s choices.⁴⁴ Protective factors include, but are not limited to: family support, caring adults, positive peer groups, strong sense of self and self-esteem, and engagement in school and community activities.

RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase the proportion of adolescents, aged 12 – 17 years, who have an adult in their lives with whom they can talk about serious problems, to 83.3%.

IN CUYAHOGA COUNTY: 87.3% of students have an adult in their lives with whom they can talk about serious problems.

The following pie charts depict the number of trusted adults that students felt they have, as well as the number of trusted friends.



Developmental Assets

The 2012 Cuyahoga County Middle School YRBS included questions on family interaction and social support. Developmental assets are “building blocks” that may decrease risk behavior in adolescents. Developmental assets are commonly grouped into external and internal assets. External assets include: support, empowerment, boundaries and expectations, and constructive use of time. Internal assets include: commitment to learning, positive values, social competencies, and positive identity.⁴⁵

Students were asked a series of six questions on developmental assets:

- *During the past 12 months, how would you describe your grades in school?*
- *During the past 7 days, on how many days, did you take part in organized after school, , evening, or weekend activities other than sports teams such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities?*
- *During the past 7 days, how many hours do you spend helping other people without getting paid to make your community a better place for people to live?*
- *How often does one of your parents talk with you about what you are doing in school?*
- *How much do you agree with the following statement? Students help decide what goes on in my school.*
- *How much do you agree with the following statement? In my community, I feel like I matter to people.*

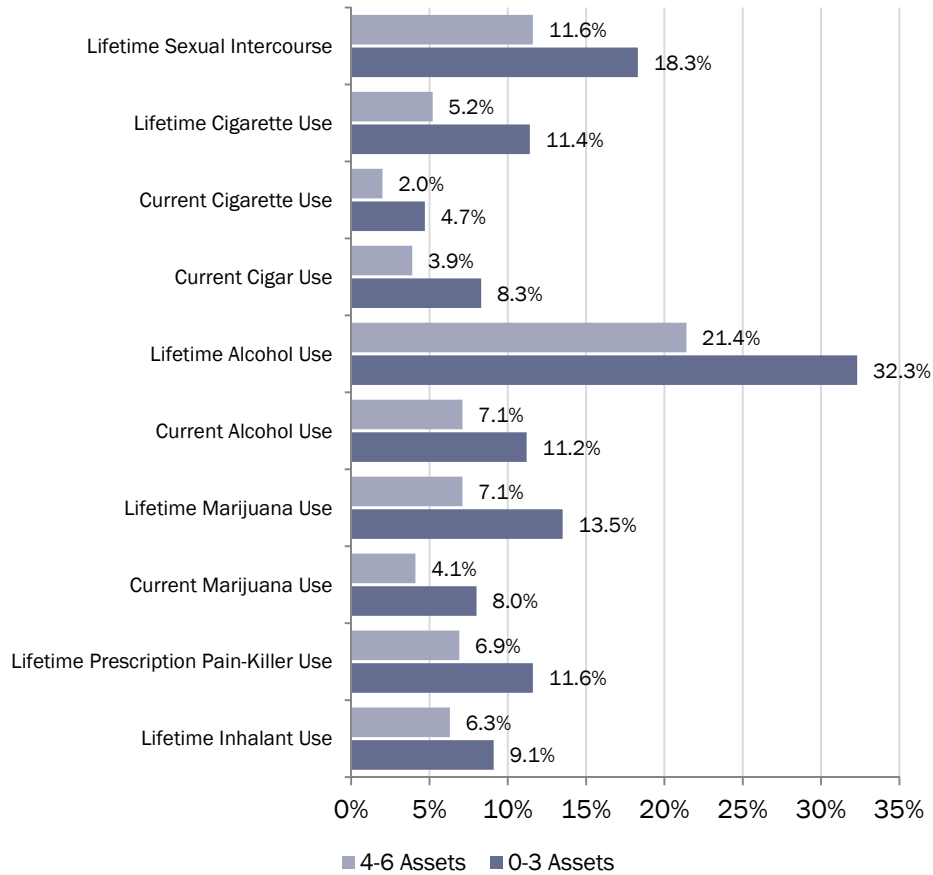
RELEVANT HEALTHY PEOPLE 2020 GOAL: Increase the proportion of adolescents, aged 12 – 17 years, who participated in extracurricular and/or out-of-school activities in the past 12 months to 90.8%.

IN CUYAHOGA COUNTY: 60.3% of students participated in extra-curricular and/or out-of-school activities in the past 12 months.

In 2012 “grades in school” was used in place of “participation on sports teams” in the calculation of developmental assets. This change is due to a shift in the literature that now indicates that sports team participation may in fact be associated with risk behaviors instead of protective against them.

The chart below portrays a relationship between the presence of developmental assets in an adolescent's life and engagement in a variety of substance use risk behaviors. The prevalence of substance use risk behavior engagement was higher for those students who possessed 3 or fewer developmental assets than for those students who reported possessing between 4 and 6 of the noted assets.

Prevalence of Risk Behavior Engagement by Assets



Parental Rules, Monitoring and Negotiation

The 2012 Cuyahoga County Middle School YRBS asked students about parental rules, parental monitoring, and negotiation of unsupervised time. Response choices for all ten questions were: Never; Rarely; Sometimes; Usually; and Always. Research has shown that high levels of parental monitoring are associated with less engagement in risk behaviors such as alcohol use, tobacco use, and sexual intercourse.⁴⁶ The parental monitoring questions were first asked in the 2010 Cuyahoga County Middle School YRBS administration when six questions were included. The 2012 Cuyahoga County Middle School YRBS included four parental monitoring questions.

- *My parents know where I am after school.*
- *If I am going to be late, I am expected to call my parents.*
- *I talk with my parents about the plans I have with my friends.*
- *When I go out, my parents ask me where I am going.*

In the 2012 YRBS, Cuyahoga County students were asked three questions addressing the issue of “negotiated unsupervised time with peers”⁴⁶

- *I am allowed to have a friend over when my parents are not home as long as I tell my parents beforehand.*
- *I am allowed to go to a friend’s house even when his/her parents are not home, as long as I tell my parents beforehand.*
- *While out with friends, I’m allowed to change plans, go somewhere different than planned, as long as I tell my parents.*

In the 2012 YRBS, Cuyahoga County students were also asked to respond to the following statements:

- *I tell my parents the truth about where I am, where I am going, and who I am going out with when asked.*
- *My parents trust me to make good decisions.*
- *My parents pretty much let me do whatever I want.*

The table below illustrates the impact that parental monitoring has on risk behavior engagement among Cuyahoga county 7th and 8th grade students. Mean scores for the Parental Monitoring Scale ranged from 1 – 5, with higher scores indicating greater frequency of “Usually” and “Always” responses to the four questions; hence higher levels of parental monitoring. In each instance, prevalence of risk behavior engagement is significantly higher for students with lower parental monitoring scores. For example, with regard to lifetime alcohol use, students who had not ever tried alcohol had parental monitoring scores averaging 4.50, while students who had ever tried alcohol had parental monitoring scores averaging 3.99.

Risk Behavior	Yes (Mean)	No (Mean)	p value
Lifetime Alcohol Use	3.99	4.50	<.0001
Current Alcohol Use	3.75	4.41	<.0001
Lifetime Cigarette Use	3.73	4.43	<.0001
Current Cigarette Use	3.40	4.39	<.0001
Current Cigar Use	3.50	4.40	<.0001
Lifetime Marijuana Use	3.71	4.43	<.0001
Current Marijuana Use	3.54	4.41	<.0001
Lifetime Inhalant Use	3.78	4.39	<.0001

Time Spent in Self-Care

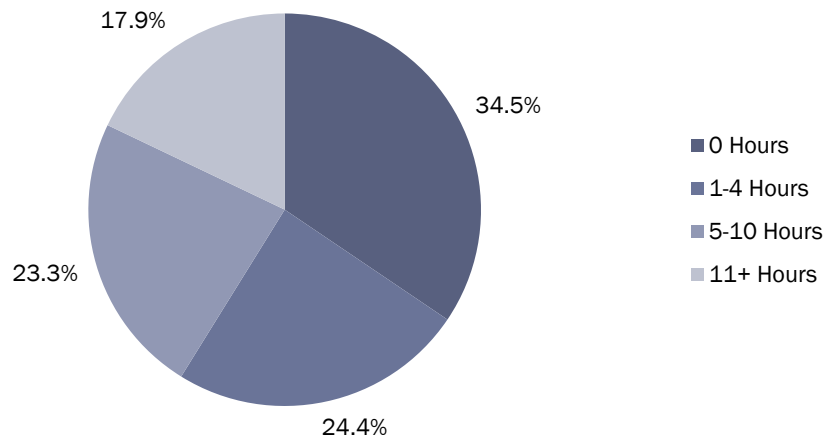
The 2012 Cuyahoga County Middle School YRBS asked students how much time they usually spent in self-care during the school week. After-school self-care is an important topic in adolescent health because engagement in a variety of risk behaviors often occurs during the after-school hours, when students are more likely to be unsupervised because of parental employment. Self-care and related issues are part of the myriad of contextual attributes that impact adolescent health and risk behavior engagement.

The two questions used on the 2012 Cuyahoga County Middle School YRBS to assess levels of self-care were taken from previous research that demonstrated a link between increased time in self-care and cigarette smoking in adolescents.⁴⁶ The self-care questions are as follows:

- 1) *How many days of the week do you take care of yourself in the afternoon or evening after school without an adult being there?*
- 2) *Think of those days during the week that you take care of yourself in the afternoon or evening after school without an adult being there. How many hours do you usually take care of yourself?*

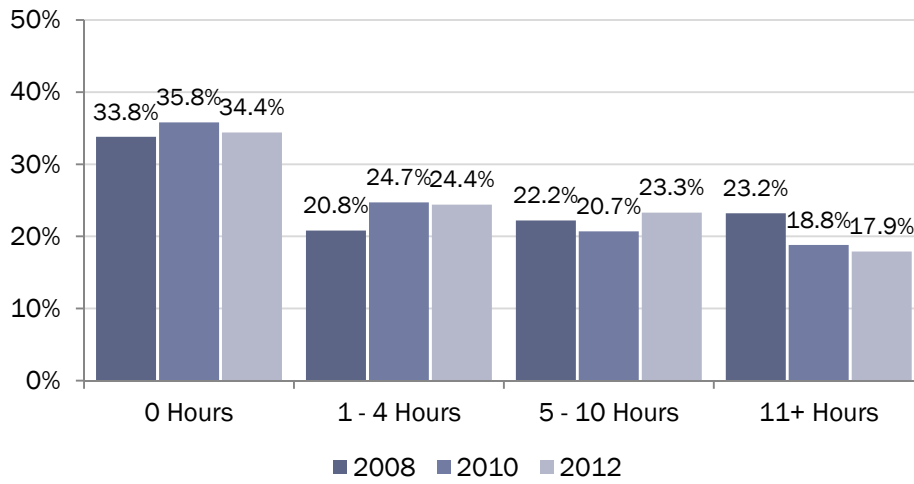
From these two variables the number of hours per week spent in self-care was estimated. The pie chart below depicts the breakdown of self-care hours among Cuyahoga County students in 2012. Over 30% of Cuyahoga County students reported not being left alone during the week, while nearly 20% reported being in self-care for 11 or more hours per week. Put otherwise, nearly 1-in-5 Cuyahoga County students were left alone after-school for an average of 2 hours or more on each day of the week.

Hours Spent per Week in Self-Care



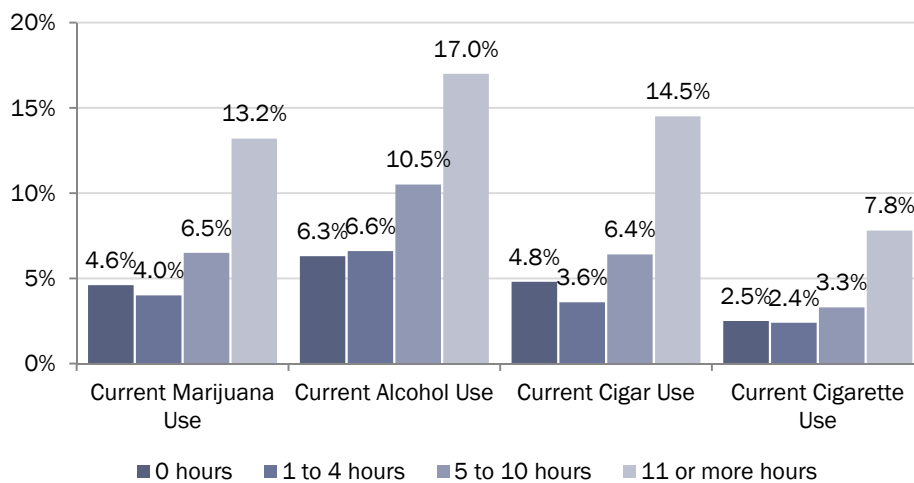
These two variables were included in YRBS questionnaires since 2008. The graph below demonstrates changes in prevalence in hours spent in self-care since 2008. The prevalence of spending 0 hours per week in self-care remained consistent over the three time points at about 34%. The prevalence of spending 1 – 4 hours per week in self-care increased from 2008 – 2012. The prevalence of spending 5 – 10 hours per week in self-care remained consistent over the three time points at about 22%. The prevalence of spending 11+ hours per week in self-care decreased from 2008 – 2012. From this analysis it appears that more students are reporting spending less extreme amounts of time in self-care during a regular week.

Hours Spent in Self-Care, by Year



When examining the relationships between time spent in self-care and engagement in risky behaviors, results indicate that the group of students reporting 11 or more hours per week of self-care is more likely to engage in risky behavior than any other group. Students with the highest levels of self-care were significantly more likely to report current cigarette, current cigar, current alcohol, and current marijuana use. The following chart illustrates these differences.

Risk Behavior Engagement, by Hours of Self-Care



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Appendix 1: Prevalence Trends (2008-2012)

The following tables present the prevalence of many risk behaviors among Cuyahoga County Middle School students in 2008, 2010, and 2012. The prevalence for each year is given, with 95% confidence intervals below. The right-hand columns describe the change from the highest prevalence to the lowest, and the corresponding years associated with each.

2008	2010	2012	High to Low Prevalence Change
Obese			
13.7% (12.7-14.6)	12.0% (11.0-13.1)	12.6% (11.4-13.7)	13.7 (2008) – 12.0 (2010)
Overweight			
19.9% (18.8-20.9)	17.9% (16.6-19.1)	16.4% (15.4-17.4)	19.9 (2008) – 16.4 (2012)
Described themselves as slightly or very overweight			
24.9% (23.6-26.3)	24.6% (23.5-25.7)	23.9% (22.8-25.0)	24.9 (2008) – 23.9 (2012)
Were trying to lose weight			
39.2% (38.0-40.4)	39.9% (38.6-41.3)	38.6% (37.4-39.9)	39.9 (2010) – 38.6 (2012)
Rarely or never wore a bicycle helmet (Among students who had ridden a bicycle during the 12 months before the survey)			
81.4% (80.0-82.7)	82.8% (81.5-84.2)	78.0% (76.9-79.1)	82.8 (2010) – 78.0 (2012)
Rarely or never wore a seat belt (When riding in a car driven by someone else)			
12.7% (11.8-13.6)	12.3% (11.3-13.3)	10.3% (9.5-11.0)	12.7 (2008) – 10.3 (2012)
Ate fruits/vegetables 5 or more times (During the day before the survey)			
24.2% (23.0-25.3)	26.9% (25.6-28.3)	28.1% (27.0-29.1)	28.1 (2012) – 24.2 (2008)

2008	2010	2012	High to Low Prevalence Change
Drank milk 3 or more times (During the day before the survey)			
24.4% (23.2-25.6)	28.0% (26.6-29.4)	24.3% (23.4-25.3)	28.0 (2010) – 24.3 (2012)
Did not eat breakfast everyday (During the 7 days before the survey)			
62.2% (61.1-63.4)	59.8% (58.0-61.5)	58.7% (57.6-59.9)	62.2 (2008) – 58.7 (2012)
Ate fast food at least once (During the 7 days before the survey)			
70.9% (69.6-72.1)	68.9% (67.8-70.0)	70.6% (69.6-71.7)	70.9 (2008) – 68.9 (2010)
Watched television 3 or more hours per day (On an average school day)			
42.8% (41.4-44.2)	36.8% (34.4-39.1)	34.9% (33.8-35.9)	42.8 (2008) – 34.9 (2012)
Played videogames for 3 or more hours per day (On an average school day)			
30.8% (29.2-32.3)	30.0% (28.2-31.7)	32.5% (31.4-33.6)	32.5 (2012) – 30.0 (2010)
Met recommended levels of physical activity (During the 7 days before the survey; participated in at least 60 minutes of physical activity on 5 or more days)			
49.6% (48.2-50.9)	54.0% (52.4-55.6)	54.7% (53.4-56.0)	54.7 (2012) – 49.6 (2008)
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey)			
7.7% (7.0-8.3)	7.5% (6.6-8.3)	7.1 (6.5- 7.8)	7.7% (2008) – 7.1% (2012)
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs)			
21.2% (20.0-22.4)	11.9% (10.8-13.0)	8.8% (8.1-9.5)	21.2 (2008) – 8.8 (2012)
Smoked a whole cigarette before 11 years of age			
4.0% (3.2-4.9)	3.4% (2.8-3.9)	2.5% (2.2-2.9)	4.0 (2008) – 2.5 (2012)

2008	2010	2012	High to Low Prevalence Change
Current cigarette use (Smoked cigarettes on at least 1 day during the 30 days before the survey)			
5.4% (4.8-6.0)	4.2% (3.7-4.7)	3.7% (3.3-4.0)	5.4 (2008) – 3.7 (2012)
Current cigar use (Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)			
8.0 % (7.3-8.7)	9.0% (8.2-9.9)	6.7% (6.1-7.3)	9.0 (2010) – 6.7 (2012)
Lifetime Alcohol Use (Had at least one drink of alcohol on at least 1 day during their life)			
38.3% (36.8-39.8)	33.3% (31.4-35.1)	27.7% (26.6-28.8)	38.3 (2008) – 27.7 (2012)
Drank alcohol before 11 years of age (Other than a few sips)			
14.3% (12.7-16.0)	10.5% (9.5-11.5)	8.4% (7.8-9.0)	14.3 (2008) – 8.4 (2012)
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey)			
14.4% (13.4-15.4)	12.3% (11.2-13.3)	9.5% (8.8-10.1)	14.4 (2008) – 9.5 (2012)
Lifetime marijuana use (Use marijuana one or more times during their life)			
9.9% (9.0-10.8)	12.7% (11.4-14.0)	10.9% (10.1-11.7)	12.7 (2010) – 9.9 (2008)
Smoked marijuana for first time before age of 11			
2.4% (1.7-3.1)	2.3% (1.8-2.9)	2.0% (1.7-2.3)	2.4 (2008) – 2.0 (2012)
Current marijuana use (Used marijuana on at least 1 day during the 30 days before the survey)			
6.2% (5.5-6.9)	7.0% (6.0-7.9)	6.5% (5.9-7.1)	7.0 (2010) – 6.2 (2008)
Lifetime inhalant use (Ever sniffed glue, breathed contents of spray cans, or inhaled paints to get high)			
8.5% (7.8-9.2)	8.8% (7.9-9.8)	8.0% (7.4-8.6)	8.8 (2010) – 8.0 (2012)

2008	2010	2012	High to Low Prevalence Change
Offered, sold, or given drugs on school property (During the 12 months before the survey)			
6.3% (5.6-6.9)	9.0% (8.1-9.8)	9.3% (8.6-10.0)	9.3 (2012) – 6.3 (2008)
Felt unsafe at school or on the way to/from school one or more times (During the 30 days before the survey)			
N/A	6.4% (5.8-7.1)	8.1% (7.4-8.7)	8.1 (2012) – 6.4 (2010)
In a physical fight (During the 12 months before the survey)			
47.8% (46.3-49.3)	40.9% (39.1-42.6)	34.8% (33.5-36.0)	47.8 (2008) – 34.8 (2012)
In a physical fight on school property (During the 12 months before the survey)			
23.4% (22.4-24.5)	19.2% (17.8-20.6)	16.9% (16.0-17.8)	23.4 (2008) – 16.9 (2012)
Carried a weapon on school property (During the 30 days before the survey)			
5.0% (4.5-5.5)	4.8% (4.2-5.4)	3.6% (3.2-4.1)	5.0 (2008) – 3.6 (2012)
Harassed or picked on at school (By another student; during the 30 days before the survey)			
34.1% (33.0-35.2)	32.9% (31.2-34.6)	33.8% (32.6-34.9)	34.1 (2008) – 32.9 (2010)
Been victim of electronic gossip or bullying (During the 12 months before the survey)			
N/A	19.7% (18.6-20.9)	21.7% (20.7-22.7)	21.7 (2012) – 19.7 (2010)
Purposely and intentionally hurt themselves one or more times (During the 12 months before the survey)			
N/A	13.8% (12.8-14.8)	14.4% (13.6-15.2)	14.4 (2012) – 13.8 (2010)
Felt sad and hopeless that usual activities stopped (Every day for two weeks or more in a row)			
N/A	21.1% (19.8-22.3)	20.1% (19.2-21.1)	21.1 (2010) – 20.1 (2012)

2008	2010	2012	High to Low Prevalence Change
Seriously considered attempting suicide (During the 12 months before the survey)			
15.0% (13.9-16.0)	13.3% (12.3-14.3)	13.5% (12.8-14.3)	15.0 (2008) – 13.3 (2010)
Attempted suicide one or more times (During the 12 months before the survey)			
8.6% (7.9-9.4)	9.8% (9.0-10.7)	8.7% (8.0-9.3)	9.8 (2010) – 8.6 (2008)
Ever had sexual intercourse			
18.1% (16.9-19.3)	19.2% (17.6-20.8)	15.8% (14.8-16.7)	19.2 (2010) – 15.8 (2012)
Condom Use (Among students that have had sexual intercourse, a condom was used during the last sexual intercourse)			
76.2% (73.6-78.8)	71.6% (68.3-74.9)	72.8% (70.3-75.3)	76.2 (2008) – 71.6 (2010)
Ever taught in school about AIDS or HIV infection			
78.9% (77.4-80.4)	78.1% (76.0-80.2)	76.6% (75.5-77.8)	78.9 (2008) – 76.6 (2012)
Saw a doctor or nurse for a physical exam or check up (During past 12 months when you were not sick)			
66.5% (65.3-67.7)	64.2% (62.8-65.7)	66.9% (65.8-68.0)	66.9 (2012) – 64.2 (2010)
Would describe health as fair or poor			
8.3% (7.6-9.0)	7.4% (6.6-8.2)	8.1% (7.4-8.8)	8.3 (2008) – 7.4 (2010)
Played on one or more sports teams (During the 12 months before the survey)			
70.3% (68.2-72.4)	70.1% (68.4-71.7)	71.9% (70.7-73.0)	71.9 (2012) – 70.1 (2010)
Spent one or more hours helping other people without getting paid (During the 7 days before the survey)			
N/A	38.8% (37.1-40.4)	42.5% (41.3-43.7)	42.5 (2012) – 38.8 (2010)

2008	2010	2012	High to Low Prevalence Change
Talk to parents about school about every day			
N/A	55.7% (54.5-56.9)	57.8% (56.6-59.0)	57.8 (2012) – 55.7 (2010)
Agrees or strongly agrees that students help decide what goes on in school			
N/A	43.9% (42.5-45.2)	44.2% (43.0-45.3)	44.2 (2012) - 43.9 (2010)
Agrees or strongly agrees that he/she matters to people in the community			
N/A	44.7% (43.1-46.2)	48.9% (47.7-50.1)	48.9 (2012) – 44.7 (2010)
Eats dinner with family one or more days per week (During the 7 days before the survey)			
N/A	83.0% (81.7-84.2)	87.0% (86.2-87.9)	87.0 (2012) – 83.0 (2010)
Has one or more adults they feel comfortable seeking help from			
N/A	85.3% (84.4-86.2)	87.3 (86.6-88.0)	87.3 (2012) – 85.3 (2010)
Has one or more friends they trust to offer good advice from			
N/A	88.6% (87.4-89.7)	89.2% (88.5-89.9)	89.2 (2012) – 88.6 (2010)
Spends 3 hours or more on social networking sites such as Facebook, MySpace, Twitter, etc. (During average school day)			
N/A	16.9% (15.6-18.2)	16.8% (15.8-17.8)	16.9 (2010) – 16.8 (2012)
Spends 0 hours on social networking sites such as Facebook, MySpace, Twitter, etc. (During average school day)			
N/A	29.9% (28.4%- 31.3%)	29.3% (28.2-30.5)	29.3% (2012) – 29.9% (2010)
Sends and receives text messages around 120 times or more (During average school day)			
N/A	23.2% (21.8-24.7)	21.0% (20.0-22.0)	23.2% (2010) – 21.0% (2010)

2008	2010	2012	High to Low Prevalence Change
Sends and receives 0 text messages (During average school day)			
N/A	26.2% (24.7-27.6)	21.4% (20.4-22.3)	26.2% (2010) – 21.4% (2012)
Parents usually or always knows where student is after school			
N/A	85.4% (84.2-86.6)	88.8% (88.0-89.6)	88.8 (2012) – 85.4 (2010)
Usually or always calls parents if expecting to be home late			
N/A	82.6% (81.4-83.9)	86.2% (85.4-87.0)	86.2 (2012) – 82.6 (2010)
Student usually or always talks with parents about the plans they have with friends			
	68.3% (66.8-69.8)	74.2% (73.0-75.3)	74.2 (2012) – 68.3 (2010)
When going out, student's parents usually or always ask where they are going			
N/A	86.0% (84.9-87.1)	86.8% (85.9-87.6)	86.8 (2012) – 86.0 (2010)
Student perception that alcohol use is "very wrong"			
53.4% (50.9-55.8)	56.4% (54.7-58.1)	60.6% (59.4-61.9)	60.6 (2012) – 53.4 (2008)
Student perception that cigarette use is "very wrong"			
69.0% (67.3-70.8)	68.9% (67.2-70.6)	72.5% (71.4-73.6)	72.5 (2012) – 68.9 (2010)
Student perception that marijuana use is "very wrong"			
75.3% (73.3-77.4)	72.8% (71.3-74.3)	72.5% (71.3-73.6)	75.3 (2008) – 72.5 (2012)
Student perception of parents' feeling that alcohol use is "very wrong"			
80.6% (79.0-82.7)	81.4% (80.1-82.6)	83.1% (82.2-84.0)	83.1 (2012) – 80.6 (2008)

2008	2010	2012	High to Low Prevalence Change
Student perception of parents' feelings that cigarette use is "very wrong"			
88.2% (86.5-89.9)	87.9% (86.9-89.0)	89.0% (88.3-89.8)	89.0 (2012) – 87.9 (2010)
Student perception of parent's feelings that marijuana use is "very wrong"			
91.5% (89.9-93.0)	89.2% (88.2-90.1)	88.7% (88.0-89.5)	91.5 (2008) – 88.7 (2012)
Student perception of risk of harm from smoking one or more packs of cigarettes a day			
N/A	63.7% (61.9-65.5)	65.4% (64.2-66.6)	65.4 (2012) – 63.7 (2010)
Student perception of risk of harm from drinking alcohol nearly every day			
N/A	46.4% (44.8-48.0)	50.1% (48.8-51.3)	50.1 (2012) – 46.4 (2010)
Student perception of risk of harm from trying marijuana once or twice			
N/A	42.5% (40.8-44.2)	45.3% (44.1-46.5)	45.3 (2012) – 42.5 (2010)
Student perception of risk of harm from smoking marijuana regularly			
N/A	69.5% (67.8-71.2)	68.1% (67.0-69.3)	69.5 (2010) – 68.1 (2012)

Cuyahoga County Middle School Youth Risk Behavior 2012 Appendix II

In **Appendix II**, data tables are displayed that provide a more in-depth look at the prevalence of a given risk behavior for those survey items which were analyzed using dichotomous variables. These data tables do not, then, include analyses of all survey items.

These tables supplement the results provided in this report and allow for further pair-wise (e.g., male vs. female; 7th vs. 8th grade) comparisons between demographic groups. A simple way to look for significant differences between groups is to check whether the 95% confidence intervals overlap. A statistically significant difference exists if the confidence intervals do not overlap.

Overweight			
Category	%	CI	
Gender			
Female	15.4	13.9 -	16.9
Male	17.3	16.0 -	18.6
Race/Ethnicity			
Black	20.7	18.8 -	22.7
White	13.2	12.1 -	14.3
Hispanic	16.6	13.9 -	19.3
Other/Multiple	19.7	15.5 -	24.0
Grade			
7th	17.3	15.9 -	18.7
8th	15.6	14.2 -	17.0
Total	16.4	15.4 -	17.4

In Cuyahoga County, 16.4% of students were overweight. The prevalence of overweight was significantly higher among black and other/multiple (20.7%, 19.7%) students, respectively, than white students (13.2%).

Obese			
Category	%	CI	
Gender			
Female	11.1	9.8 -	12.5
Male	13.8	12.4 -	15.2
Race/Ethnicity			
Black	17.4	14.8 -	19.9
White	8.9	8.0 -	9.9
Hispanic	16.2	14.0 -	18.5
Other/Multiple	11.8	9.0 -	14.7
Grade			
7th	12.7	11.3 -	14.0
8th	12.5	11.1 -	13.9
Total	12.6	11.4 -	13.7

In Cuyahoga County, 12.6% of students were obese. The prevalence of obesity was significantly higher among black (17.4%) students than white or other/multiple (8.9%, 11.8%) students, respectively; and significantly higher among Hispanic (16.2%) students than white (8.9%) students.

Described Themselves as Overweight		
Category	%	CI
Gender		
Female	26.9	25.4 - 28.4
Male	21.3	19.9 - 22.6
Race/Ethnicity		
Black	22.3	20.4 - 24.3
White	24.6	23.3 - 25.9
Hispanic	26.6	23.6 - 29.6
Other/Multiple	26.4	22.2 - 30.5
Grade		
7th	23.2	21.8 - 24.7
8th	24.4	23.0 - 25.8
Total	23.9	22.8 - 25.0

In Cuyahoga County, 23.9% of students described themselves as slightly or very overweight. The prevalence of describing oneself as overweight was significantly higher among female (26.9%) than male (21.3%) students.

Trying to Lose Weight		
Category	%	CI
Gender		
Female	47.5	45.7 - 49.2
Male	30.7	29.2 - 32.2
Race/Ethnicity		
Black	39.7	37.3 - 42.0
White	37.5	36.0 - 39.1
Hispanic	44.9	41.6 - 48.1
Other/Multiple	36.8	32.9 - 40.7
Grade		
7th	38.5	36.8 - 40.2
8th	39.0	37.3 - 40.6
Total	38.6	37.4 - 39.9

In Cuyahoga County, 38.6% of students reported that they were trying to lose weight. The prevalence of trying to lose weight was significantly higher among female (47.5%) than male (30.7%) students. The prevalence of trying to lose weight was significantly higher among Hispanic (44.9%) than white or other/multiple (37.5%, 36.8%) students, respectively.

Wore a Bike Helmet		
Category	%	CI
Gender		
Female	76.7	75.1 - 78.3
Male	79.2	77.8 - 80.5
Race/Ethnicity		
Black	89.9	88.6 - 91.1
White	69.1	67.6 - 70.6
Hispanic	90.2	88.1 - 92.2
Other/Multiple	78.5	74.2 - 82.9
Grade		
7th	74.6	73.0 - 76.1
8th	81.3	79.9 - 82.7
Total	78.0	76.9 - 79.1

Among the 86.5% of Cuyahoga County students who ride a bicycle, 78.0% had “rarely” or “never” worn a bicycle helmet. The prevalence of having “rarely” or “never” worn a bicycle helmet was significantly higher among Hispanic (90.2%) and black (89.9%) students than white and other/multiple (69.1%, 78.5%) students, respectively. The prevalence of having “rarely” or “never” worn a bicycle helmet was significantly higher among 8th grade (81.3%) than 7th grade (74.6%) students.

Seatbelt Use		
Category	%	CI
Gender		
Female	8.1	7.3 - 8.9
Male	12.2	11.2 - 13.3
Race/Ethnicity		
Black	15.4	14.0 - 16.7
White	5.6	4.9 - 6.4
Hispanic	18.4	15.6 - 21.3
Other/Multiple	14.5	10.8 - 18.2
Grade		
7th	9.3	8.5 - 10.2
8th	10.7	9.8 - 11.7
Total	10.3	9.5 - 11.0

In Cuyahoga County, 10.3% of students had “rarely” or “never” worn a seat belt when riding in a car driven by someone else. The prevalence of having “rarely”/“never” worn a seat belt was significantly higher among Hispanic, black and other/multiple (18.4%, 15.4%, 14.5%) students, respectively, than white students (5.6%). The prevalence of having “rarely”/“never” worn a seat belt was significantly higher among male (12.2%) than female students (8.1%).

Did Not Eat Breakfast Everyday		
Category	%	CI
Gender		
Female	65.1	63.6 - 66.7
Male	53.1	51.4 - 54.7
Race/Ethnicity		
Black	67.4	65.6 - 69.3
White	51.6	50.0 - 53.2
Hispanic	63.8	60.9 - 66.8
Other/Multiple	57.5	52.9 - 62.2
Grade		
7th	55.7	54.0 - 57.4
8th	61.5	60.0 - 63.1
Total	58.7	57.6 - 59.9

In Cuyahoga County, 58.7% of students had not eaten breakfast every day during the 7 days before the survey. The prevalence of having not eaten breakfast everyday was significantly higher among female (65.1%) than male (53.1%) students. The prevalence of having not eaten breakfast everyday was significantly higher among black students (67.4%) than white or other/multiple (51.6%, 57.5%) students, respectively; and significantly higher among Hispanic students (63.8%) than white (51.6%) students. The prevalence of having not eaten breakfast everyday was significantly higher among 8th grade (61.5%) than 7th grade (55.7%) students.

Ate Fast Food ≥ 1 Days of the Week		
Category	%	CI
Gender		
Female	69.6	68.1 - 71.0
Male	71.6	70.1 - 73.0
Race/Ethnicity		
Black	77.6	76.2 - 79.0
White	64.5	62.8 - 66.2
Hispanic	81.7	79.4 - 83.9
Other/Multiple	69.4	65.3 - 73.5
Grade		
7th	68.6	67.0 - 70.2
8th	72.4	71.1 - 73.8
Total	70.6	69.6 - 71.7

In Cuyahoga County, 70.6% of students had eaten fast food on at least 1 day during the 7 days before the survey. The prevalence of having eaten fast food was significantly higher among Hispanic, black and other/multiple students (81.7%, 77.6%, 69.4%), respectively, than among white students (64.5%).

Ate Fruits/ Vegetables Five or More Times per Day		
Category	%	CI
Gender		
Female	28.5	27.1 - 30.0
Male	27.5	26.0 - 29.0
Race/Ethnicity		
Black	22.7	21.1 - 24.3
White	32.1	30.6 - 33.7
Hispanic	22.1	19.1 - 25.0
Other/Multiple	33.3	28.9 - 37.7
Grade		
7th	30.9	29.4 - 32.4
8th	25.3	23.9 - 26.7
Total	28.1	27.0 - 29.1

In Cuyahoga County, 28.1% of students had eaten fruits and vegetables five or more times on the day before the survey. The prevalence of having eaten fruits and vegetables five or more times on the day before the survey was significantly higher among other/multiple and white students (33.3%, 32.1%), respectively, than black (22.7%) students; and significantly higher among white (32.1%) and other/multiple (33.3%) students than Hispanic (22.1%) students. The prevalence of having eaten fruits and vegetables five or more times on the day before the survey was significantly higher among 7th grade (30.9%) than 8th grade (25.3%) students.

Drank 3 or more Glasses of Milk per Day		
Category	%	CI
Gender		
Female	18.1	17.0- 19.3
Male	29.9	28.5 - 31.3
Race/Ethnicity		
Black	16.9	15.6 - 18.2
White	30.1	28.7 - 31.6
Hispanic	22.9	20.2 - 25.5
Other/Multiple	23.7	19.7 - 27.7
Grade		
7th	24.9	23.6 - 26.2
8th	23.8	22.5 - 25.2
Total	24.3	23.4 - 25.3

In Cuyahoga County, 24.3% of students had drunk three or more glasses of milk on the day before the survey. The prevalence of having drunk three or more glasses of milk on the day before the survey was significantly lower among female (18.1%) than male (29.9%) students. The prevalence of having drunk three or more glasses of milk on the day before the survey was significantly lower among black, Hispanic and other/multiple (16.9%, 22.9%, 23.7%), students, respectively, than white (30.1%) students.

Watched Television 3 or More Hours per Day		
Category	%	CI
Gender		
Female	34.6	33.0 - 36.2
Male	35.1	33.8 - 36.5
Race/Ethnicity		
Black	54.0	52.3 - 55.7
White	20.4	19.2 - 21.6
Hispanic	40.7	37.7 - 43.6
Other/Multiple	32.9	28.7 - 37.1
Grade		
7th	34.8	33.3 - 36.2
8th	34.8	33.2 - 36.4
Total	34.9	33.8 - 35.9

In Cuyahoga County, 34.9 % of students watched television 3 or more hours per day on an average school day. The prevalence of having watched television 3 or more hours per day on an average school day was significantly higher among black, Hispanic, and other/multiple (54.0%, 40.7%, 32.9%) students, respectively, than white (20.4%) students; and significantly higher among black (54.0%) than Hispanic and other/multiple (40.7%, 32.9%) students, respectively.

Played Video or Computer Games 3 or More Hours per Day		
Category	%	CI
Gender		
Female	29.3	27.8 - 30.9
Male	35.4	33.9 - 37.0
Race/Ethnicity		
Black	41.8	39.9 - 43.7
White	24.6	23.2 - 26.1
Hispanic	43.8	40.6 - 46.9
Other/Multiple	38.7	34.3 - 43.1
Grade		
7th	30.6	29.1 - 32.1
8th	33.9	32.5 - 35.4
Total	32.5	31.4 - 33.6

In Cuyahoga County, 32.5% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day (i.e., used computers 3 or more hours per day). The prevalence of using computers 3 or more hours per day was significantly higher among male (35.4%) than female (29.3%) students. The prevalence of using computers 3 or more hours per day was significantly higher among 8th grade (33.9%) than 7th grade (30.6%) students. The prevalence of using computers 3 or more hours per day was significantly higher among black, Hispanic and other/multiple (41.8%, 43.8%, 38.7%) students, respectively, than among white students (24.6%).

Met Recommended Levels of Physical Activity			
Category	%	CI	
Gender			
Female	46.9	45.1 -	48.7
Male	61.9	60.3 -	63.5
Race/Ethnicity			
Black	47.5	45.3 -	49.6
White	60.8	59.2 -	62.5
Hispanic	43.0	39.8 -	46.2
Other/Multiple	56.2	51.6 -	60.8
Grade			
7th	55.9	54.4 -	57.5
8th	53.8	51.9 -	55.7
Total	54.7	53.4 -	56.0

In Cuyahoga County, 54.7% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey (i.e., met recommended levels of physical activity). The prevalence of having met recommended levels of physical activity was significantly lower among female (46.9%) than male (61.9%) students. The prevalence of having met recommended levels of physical activity was significantly lower among black and Hispanic (47.5%, 43.0%) students, respectively, than white students (60.8%); and significantly lower among black and Hispanic (47.5%, 43%) students, respectively, than among other/multiple (56.2%) students.

Did Not Participate in 60 or More Minutes of Physical Activity on Any Day			
Category	%	CI	
Gender			
Female	8.4	7.4 -	9.4
Male	6.0	5.2 -	6.7
Race/Ethnicity			
Black	11.0	9.7 -	12.3
White	3.7	3.1 -	4.3
Hispanic	12.9	10.4 -	15.4
Other/Multiple	8.2	5.0 -	11.4
Grade			
7th	6.6	5.9 -	7.3
8th	7.3	6.3 -	8.2
Total	7.1	6.5 -	7.8

In Cuyahoga County, 7.1% of students did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey (i.e., did not meet recommended levels of physical activity on any day). The prevalence of not participating in 60 or more minutes of physical activity on any day was significantly higher among female (8.4%) than male (6.0%) students. The prevalence of not participating in 60 or more minutes of physical activity on any day was significantly higher among Hispanic, black and other/multiple (12.9%, 11.0%, 8.2%) students, respectively, than white (3.7%) students.

Lifetime Cigarette Use		
Category	%	CI
Gender		
Female	8.2	7.3 - 9.1
Male	9.3	8.3 - 10.3
Race/Ethnicity		
Black	9.5	8.4 - 10.7
White	7.5	6.5 - 8.4
Hispanic	18.4	15.4 - 21.4
Other/Multiple	12.2	9.0 - 15.5
Grade		
7th	6.3	5.5 - 7.0
8th	10.6	9.5 - 11.7
Total	8.8	8.1 - 9.5

In Cuyahoga County, 8.8% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use). The prevalence of lifetime cigarette use was significantly higher among Hispanic, other/multiple, and black (18.4%, 12.2%, 9.5%) students, respectively, than white (7.5%) students; and significantly higher among Hispanic (18.4%) than black (9.5%) students. The prevalence of lifetime cigarette use was significantly higher among 8th grade (10.6%) than 7th grade (6.3%) students.

Current Cigarette Use		
Category	%	CI
Gender		
Female	3.1	2.6 - 3.7
Male	4.1	3.4 - 4.8
Race/Ethnicity		
Black	3.2	2.5 - 4.0
White	3.5	2.9 - 4.1
Hispanic	9.4	6.9 - 11.9
Other/Multiple	4.5	2.3 - 6.6
Grade		
7th	2.7	2.2 - 3.2
8th	4.1	3.4 - 4.7
Total	3.7	3.3 - 4.0

In Cuyahoga County, 3.7% of students had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette use). The prevalence of current cigarette use was significantly higher among Hispanic (9.4%) than other/multiple, white and black (4.5%, 3.5%, 3.2%) students, respectively. The prevalence of current cigarette use was significantly higher among 8th grade (4.1%) than 7th grade (2.7%) students.

Smoked a Whole Cigarette before Age 11 Years		
Category	%	CI
Gender		
Female	2.1	1.6 - 2.5
Male	2.9	2.4 - 3.5
Race/Ethnicity		
Black	3.1	2.5 - 3.8
White	1.6	1.2 - 2.0
Hispanic	8.9	6.1 - 11.6
Other/Multiple	6.4	3.2 - 9.5
Grade		
7th	2.2	1.8 - 2.6
8th	2.3	1.8 - 2.8
Total	2.5	2.2 - 2.9

In Cuyahoga County, 2.5% of students had smoked a whole cigarette for the first time before age 11 years. Overall, the prevalence of having smoked a whole cigarette for the first time before age 11 years was significantly higher among Hispanic, other/multiple, and black (8.9%, 6.4%, 3.1%) students, respectively, than white (1.6%) students; and significantly higher among Hispanic (8.9%) than black students (3.1%).

Smoked Cigarettes on School Property		
Category	%	CI
Gender		
Female	1.1	0.8 - 1.4
Male	2.7	2.2 - 3.2
Race/Ethnicity		
Black	2.3	1.8 - 2.8
White	1.1	0.8 - 1.5
Hispanic	6.7	4.7 - 8.7
Other/Multiple	5.4	2.9 - 8.0
Grade		
7th	1.5	1.2 - 1.9
8th	1.8	1.4 - 2.2
Total	1.9	1.6 - 2.3

In Cuyahoga County, 1.9% of students had smoked a cigarette on school property on at least 1 day during the 30 days before the survey. The prevalence of having smoked a cigarette on school property was significantly higher among male (2.7%) than female students (1.1%). The prevalence of having smoked a cigarette on school property was significantly higher among Hispanic, other/multiple, and black (6.7%, 5.4%, 2.3%) students, respectively, than white (1.1%) students; and significantly higher among Hispanic and other/multiple (6.7%, 5.4%) students, respectively, than black students (2.3%).

Current Cigar Use		
Category	%	CI
Gender		
Female	5.7	5.0 - 6.4
Male	7.5	6.7 - 8.4
Race/Ethnicity		
Black	10.7	9.5 - 11.9
White	3.2	2.6 - 3.8
Hispanic	13.9	11.4 - 16.4
Other/Multiple	9.9	6.7 - 13.2
Grade		
7th	5.4	4.7 - 6.1
8th	7.4	6.6 - 8.2
Total	6.7	6.1 - 7.3

In Cuyahoga County, 6.7% of students had smoked cigars, cigarillos, or little cigars, such as Black & Milds, Swisher Sweets or Phillies, on at least 1 day during the 30 days before the survey (i.e. current cigar use). The prevalence of current cigar use was significantly higher among male (7.5%) than female students (5.7%). The prevalence of current cigar use was significantly higher among Hispanic, black, and other/multiple (13.9%, 10.7%, 9.9%) students, respectively, than white (3.2%) students. The prevalence of current cigar use was significantly higher among 8th grade (7.4%) than 7th grade (5.4%) students.

Lifetime Alcohol Use		
Category	%	CI
Gender		
Female	27.7	26.1 - 29.3
Male	27.8	26.3 - 29.2
Race/Ethnicity		
Black	35.8	34.1 - 37.6
White	21.3	19.9 - 22.8
Hispanic	42.5	39.2 - 45.8
Other/Multiple	27.1	23.0 - 31.2
Grade		
7th	23.3	22.0 - 24.7
8th	31.4	29.9 - 32.9
Total	27.7	26.6 - 28.8

In Cuyahoga County, 27.7% of students reported having had at least one drink of alcohol on at least 1 day during their life (i.e., lifetime alcohol use). The prevalence of lifetime alcohol use was significantly higher among Hispanic (42.5%) students than black, other/multiple or white (35.8%, 27.1%, 21.3%) students, respectively. The prevalence of lifetime alcohol use was significantly higher among black (35.8%) and other/multiple (27.1%) students than white (21.3%) students; and significantly higher among black (35.8%) students than other/multiple students (27.1%). The prevalence of lifetime alcohol use was significantly higher among 8th grade (31.4%) students than 7th grade (23.3%) students.

Current Alcohol Use		
Category	%	CI
Gender		
Female	9.7	8.7 - 10.6
Male	9.2	8.3 - 10.2
Race/Ethnicity		
Black	10.7	9.5 - 11.8
White	7.9	7.1 - 8.8
Hispanic	19.2	16.6 - 21.7
Other/Multiple	11.3	8.1 - 14.5
Grade		
7th	7.2	6.4 - 7.9
8th	11.2	10.2 - 12.2
Total	9.5	8.8 - 10.1

In Cuyahoga County, 9.5% of students reported having had at least one drink of alcohol on at least 1 day during the 30 days before the survey (i.e., current alcohol use). The prevalence of current alcohol use was significantly higher among Hispanic (19.2%) students than other/multiple, black or white (11.3%, 10.7%, 7.9%) students, respectively; and significantly higher among black (10.7%) students than white (7.9%) students. The prevalence of current alcohol use was significantly higher among 8th grade (11.2%) students than 7th grade (7.2%) students.

First Alcohol Use Before Age 11 Years		
Category	%	CI
Gender		
Female	6.9	6.1 - 7.7
Male	9.7	8.8 - 10.7
Race/Ethnicity		
Black	11.8	10.6 - 13.0
White	5.4	4.7 - 6.1
Hispanic	17.3	14.3 - 20.4
Other/Multiple	12.1	8.8 - 15.3
Grade		
7th	9.0	8.1 - 9.9
8th	7.2	6.5 - 8.0
Total	8.4	7.8 - 9.0

In Cuyahoga County, 8.4% of students had drunk alcohol (other than a few sips) for the first time before age 11 years. The prevalence of having drunk alcohol before age 11 years was significantly higher among male (9.7%) than female (6.9%) students. The prevalence of having drunk alcohol before age 11 years was significantly higher among Hispanic, other/multiple and black (17.3%, 12.1%, 11.8%) students, respectively, than white (5.4%) students; and significantly higher among Hispanic (17.3%) students than black (11.8%) students. The prevalence of having drunk alcohol before age 11 years was significantly higher among 7th grade (9.0%) students than 8th grade (7.2%) students.

Drank Alcohol on School Property		
Category	%	CI
Gender		
Female	1.5	1.2 - 1.9
Male	3.0	2.4 - 3.5
Race/Ethnicity		
Black	3.4	2.8 - 4.1
White	1.0	0.7 - 1.3
Hispanic	6.8	4.9 - 8.7
Other/Multiple	5.9	3.3 - 8.6
Grade		
7th	2.1	1.7 - 2.5
8th	2.0	1.6 - 2.4
Total	2.3	2.0 - 2.7

In Cuyahoga County, 2.3% of students had at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey. The prevalence of having drunk alcohol on school property was significantly higher among male (3.0%) than female (1.5%) students. The prevalence of having drunk alcohol on school property was significantly higher among Hispanic, other/multiple, and black (6.8%, 5.9%, and 3.4%) students, respectively, than white (1.0%) students; and significantly higher among Hispanic (6.8%) students than black (3.4%) students.

Lifetime Marijuana Use		
Category	%	CI
Gender		
Female	8.5	7.5 - 9.5
Male	13.1	12.0 - 14.2
Race/Ethnicity		
Black	14.7	13.2 - 16.1
White	7.6	6.7 - 8.5
Hispanic	19.8	17.1 - 22.6
Other/Multiple	13.7	10.4 - 17.0
Grade		
7th	7.3	6.5 - 8.1
8th	13.8	12.6 - 14.9
Total	10.9	10.1 - 11.7

In Cuyahoga County, 10.9% of students had used marijuana one or more times during their life (i.e., lifetime marijuana use). The prevalence of lifetime marijuana use was significantly higher among male (13.1%) than female (8.5%) students. The prevalence of lifetime marijuana use was significantly higher among Hispanic (19.8%) students than black, other/multiple and white (14.7%, 13.7%, 7.6%) students, respectively. The prevalence of lifetime marijuana use was significantly higher for black and other/multiple (14.7%, 13.7%) students, respectively, than for white (7.6%) students. The prevalence of lifetime marijuana use was significantly higher among 8th grade (13.8%) students than 7th grade (7.3%) students.

Current Marijuana Use		
Category	%	CI
Gender		
Female	5.0	4.2 - 5.7
Male	7.8	7.0 - 8.7
Race/Ethnicity		
Black	9.0	7.8 - 10.1
White	4.4	3.7 - 5.1
Hispanic	11.9	9.4 - 14.4
Other/Multiple	8.9	6.1 - 11.6
Grade		
7th	4.0	3.4 - 4.7
8th	8.3	7.4 - 9.2
Total	6.5	5.9 - 7.1

In Cuyahoga County, 6.5% of students had used marijuana one or more times during the 30 days before the survey (i.e., current marijuana use). The prevalence of current marijuana use was significantly higher among male (7.8%) than female (5.0%) students. The prevalence of current marijuana use was significantly higher among Hispanic, black, and other/multiple (11.9%, 9.0%, 8.9%) students, respectively, than white (4.4%) students. The prevalence of current marijuana use was significantly higher among 8th grade (8.3%) students than 7th grade (4.0%) students.

Tried Marijuana Before Age 11		
Category	%	CI
Gender		
Female	1.1	0.8 - 1.4
Male	2.7	2.2 - 3.3
Race/Ethnicity		
Black	3.0	2.3 - 3.6
White	0.9	0.6 - 1.2
Hispanic	5.7	3.5 - 8.0
Other/Multiple	4.6	2.0 - 7.3
Grade		
7th	1.8	1.3 - 2.2
8th	1.7	1.3 - 2.1
Total	2.0	1.7 - 2.3

In Cuyahoga County, 2.0% of students had tried marijuana for the first time before age 11 years. The prevalence of having tried marijuana for the first time before age 11 years was significantly higher among male (2.7%) than female (1.1%) students. The prevalence of having tried marijuana for the first time before age 11 years, was significantly higher among Hispanic, other/multiple, and black (5.7%, 4.6%, 3.0%) students, respectively, than white (0.9%) students.

Smoked Marijuana on School Property		
Category	%	CI
Gender		
Female	1.1	0.8 - 1.4
Male	3.6	3.0 - 4.2
Race/Ethnicity		
Black	3.7	3.0 - 4.3
White	1.1	0.8 - 1.4
Hispanic	8.1	5.9 - 10.4
Other/Multiple	4.2	1.9 - 6.4
Grade		
7th	1.9	1.5 - 2.4
8th	2.4	2.0 - 2.9
Total	2.5	2.1 - 2.8

In Cuyahoga County, 2.5% of students had smoked marijuana on school property on at least 1 day during the 30 days before the survey. The prevalence of having smoked marijuana on school property was significantly higher among male (3.6%) than female students (1.1%). The prevalence of having smoked marijuana on school property was significantly higher among Hispanic, other/multiple, and black (8.1%, 4.2%, and 3.7%) students, respectively, than white (1.1%) students; and significantly higher among Hispanic (8.1%) students than black (3.7%) students.

Lifetime Inhalant Use		
Category	%	CI
Gender		
Female	8.5	7.6 - 9.4
Male	7.5	6.6 - 8.3
Race/Ethnicity		
Black	9.5	8.5 - 10.5
White	6.0	5.2 - 6.8
Hispanic	16.8	14.1 - 19.4
Other/Multiple	12.2	8.7 - 15.7
Grade		
7th	8.1	7.3 - 8.9
8th	7.3	6.5 - 8.2
Total	8.0	7.4 - 8.6

In Cuyahoga County, 8.0% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., lifetime inhalant use). The prevalence of lifetime inhalant use was significantly higher among Hispanic, other/multiple, and black (16.8%, 12.2%, 9.5%) students, respectively, than white (6.0%) students; and significantly higher among Hispanic (16.8%) students than black (9.5%) students.

Lifetime Prescription Medication Abuse		
Category	%	CI
Gender		
Female	10.6	9.6 - 11.5
Male	8.7	7.8 - 9.6
Race/Ethnicity		
Black	11.8	10.5 - 13.1
White	7.4	6.6 - 8.2
Hispanic	17.3	14.6 - 20.0
Other/Multiple	12.8	9.9 - 15.7
Grade		
7th	8.7	7.8 - 9.7
8th	10.0	9.1 - 10.9
Total	9.6	9.0 - 10.3

In Cuyahoga County, 9.6% of students had taken prescription pain relievers or painkillers, such as Vicodan, Percocet, OxyContin, Lortabs, or Codeine (also called Oxy, OxyCotton, Os, Norco, Vikes) without a doctor's prescription at least one time during their life (i.e., lifetime prescription pain reliever abuse). The prevalence of lifetime prescription pain reliever abuse was significantly higher among Hispanic, other/multiple, and black (17.3%, 12.8%, 11.8%) students, respectively, than among white (7.4%) students; and significantly higher among Hispanic (17.3%) students than black (11.8%) students.

Offered, Sold, or Given Drugs on School Property		
Category	%	CI
Gender		
Female	6.9	5.9 - 7.8
Male	11.5	10.4 - 12.5
Race/Ethnicity		
Black	10.7	9.4 - 12.0
White	7.9	7.0 - 8.7
Hispanic	13.6	11.5 - 15.7
Other/Multiple	13.2	9.6 - 16.7
Grade		
7th	7.7	6.9 - 8.6
8th	10.4	9.4 - 11.4
Total	9.3	8.6 - 10.0

In Cuyahoga County, 9.3% of students had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey. The prevalence of having been offered, sold, or given an illegal drug on school property was significantly higher among male (11.5%) than female (6.9%) students. The prevalence of having been offered, sold, or given an illegal drug on school property was significantly higher among Hispanic, other/multiple, and black (13.6%, 13.2%, 10.7%) students, respectively, than among white (7.9%) students. The prevalence of having been offered, sold, or given an illegal drug on school property was significantly higher among 8th grade (10.4%) students than 7th grade (7.7%) students.

Did Not Go to School Because of Safety Concerns		
Category	%	CI
Gender		
Female	8.8	7.8 - 9.7
Male	7.4	6.5 - 8.2
Race/Ethnicity		
Black	10.9	9.6 - 12.2
White	5.7	4.9 - 6.4
Hispanic	13.4	10.8 - 15.9
Other/Multiple	8.6	5.7 - 11.5
Grade		
7th	8.7	7.7 - 9.7
8th	7.2	6.4 - 8.1
Total	8.1	7.4 - 8.7

In Cuyahoga County, 8.1% of students had not gone to school on 1 or more of the 30 days preceding the survey because they felt they would be unsafe at school or on their way to or from school. The prevalence of having not gone to school because they felt they would be unsafe at school or on their way to or from school was significantly higher among Hispanic (13.4%) and black (10.9%) students than among white (5.7%) students.

In a Physical Fight		
Category	%	CI
Gender		
Female	26.8	25.2 - 28.4
Male	42.1	40.5 - 43.8
Race/Ethnicity		
Black	45.3	42.8 - 47.7
White	26.4	25.0 - 27.7
Hispanic	46.2	42.9 - 49.5
Other/Multiple	46.3	41.5 - 51.2
Grade		
7th	37.0	35.1 - 38.9
8th	32.3	30.7 - 33.8
Total	34.8	33.5 - 36.0

In Cuyahoga County, 34.8% of students had been in a physical fight one or more times during the 12 months before the survey. The prevalence of having been in a physical fight was significantly higher among male (42.1%) than female (26.8%) students. The prevalence of having been in a physical fight was significantly higher among other/multiple, Hispanic, and black (46.3%, 46.2%, 45.3%) students, respectively, than white (26.4%) students. The prevalence of having been in a physical fight was significantly higher among 7th grade (37.0%) than 8th grade (32.3%) students.

In a Physical Fight on School Property		
Category	%	CI
Gender		
Female	11.8	10.7 - 12.9
Male	21.6	20.3 - 22.9
Race/Ethnicity		
Black	25.2	23.4 - 27.0
White	10.2	9.3 - 11.2
Hispanic	24.7	21.8 - 27.6
Other/Multiple	26.3	21.6 - 31.0
Grade		
7th	19.0	17.6 - 20.3
8th	14.5	13.4 - 15.6
Total	16.9	16.0 - 17.8

In Cuyahoga County, 16.9% of students had been in a physical fight on school property one or more times during the 12 months before the survey. The prevalence of having been in a physical fight on school property was significantly higher among male (21.6%) than female (11.8%) students. The prevalence of having been in a physical fight on school property was significantly higher among other/multiple, black and Hispanic (26.3%, 25.2%, 24.7%) students, respectively, than white (10.2%) students. The prevalence of having been in a physical fight on school property was significantly higher among 7th grade (19.0%) than 8th grade (14.5%) students.

Carried a Weapon on School Property		
Category	%	CI
Gender		
Female	2.3	1.9 - 2.8
Male	4.8	4.1 - 5.5
Race/Ethnicity		
Black	5.2	4.3 - 6.0
White	1.9	1.5 - 2.4
Hispanic	8.7	6.5 - 11.0
Other/Multiple	7.5	4.4 - 10.7
Grade		
7th	3.6	3.0 - 4.1
8th	3.2	2.6 - 3.8
Total	3.6	3.2 - 4.1

In Cuyahoga County, 3.6% of students had carried a weapon (e.g., a gun, knife, or club) on school property on at least 1 day during the 30 days before the survey. The prevalence of having carried a weapon on school property was significantly higher among male (4.8%) than female (2.3%) students. The prevalence of having carried a weapon on school property was significantly higher among Hispanic, other/multiple, and black (8.7%, 7.5%, 5.2%) students, respectively, than white (1.9%) students; and significantly higher among Hispanic (8.7%) students than black (5.2%) students.

Bullied on School Property		
Category	%	CI
Gender		
Female	36.5	34.8 - 38.1
Male	31.3	29.7 - 32.8
Race/Ethnicity		
Black	28.6	26.6 - 30.6
White	37.9	36.4 - 39.4
Hispanic	33.1	29.8 - 36.3
Other/Multiple	30.4	26.1 - 34.6
Grade		
7th	34.0	32.6 - 35.5
8th	33.4	31.5 - 35.2
Total	33.8	32.6 - 34.9

In Cuyahoga County, 33.8% of students had been harassed or picked on at school by another student at least once during the 30 days before the survey. The prevalence of having been harassed or picked on at school by another student was significantly higher among female (36.5%) than male (31.3%) students. The prevalence of having been harassed or picked on at school by another student was significantly higher among white (37.9%) students than Hispanic, other/multiple, and black (33.1%, 30.4%, 28.6%) students, respectively.

Victim of Electronic Gossip or Bullying		
Category	%	CI
Gender		
Female	28.8	27.2 - 30.4
Male	15.1	13.9 - 16.2
Race/Ethnicity		
Black	20.1	18.6 - 21.6
White	22.6	21.3 - 24.0
Hispanic	24.7	21.7 - 27.7
Other/Multiple	19.0	15.1 - 23.0
Grade		
7th	20.9	19.6 - 22.1
8th	22.3	20.8 - 23.8
Total	21.7	20.7 - 22.7

In Cuyahoga County, 21.7% of students had been the victim of electronic gossip or bullying (via e-mail, text messages, electronic chat rooms, etc.) one or more times in the 12 months before the survey. The prevalence of having been the victim of electronic gossip or bullying was significantly higher among female (28.8%) than male (15.1%) students. The prevalence of having been the victim of electronic gossip or bullying was significantly higher among Hispanic (24.7%) than black (20.1%) students.

Intentional Self-Harm		
Category	%	CI
Gender		
Female	19.3	18.1 - 20.5
Male	9.9	8.9 - 10.9
Race/Ethnicity		
Black	15.7	14.4 - 17.1
White	12.8	11.8 - 13.8
Hispanic	22.7	19.9 - 25.6
Other/Multiple	17.7	13.9 - 21.5
Grade		
7th	13.4	12.3 - 14.4
8th	15.0	13.9 - 16.1
Total	14.4	13.6 - 15.2

In Cuyahoga County, 14.4% of students had ever done something to purposely hurt themselves without wanting to die such as, cutting or burning oneself on purpose (i.e. intentional self-harm). The prevalence of having engaged in intentional self-harm behavior was significantly higher among female (19.3%) than male (9.9%) students. The prevalence of having engaged in intentional self-harm was significantly higher among Hispanic, other/multiple, and black (22.7%, 17.7%, 15.7%) students, respectively, than among white (12.8%) students. The prevalence of self-harm behavior was significantly higher among Hispanic (22.7%) than black (15.7%) students.

Felt Sad or Hopeless			
Category	%	CI	
Gender			
Female	26.2	24.8 -	27.6
Male	14.4	13.3 -	15.6
Race/Ethnicity			
Black	23.0	21.5 -	24.5
White	17.2	16.0 -	18.5
Hispanic	31.7	29.0 -	34.5
Other/Multiple	20.7	17.3 -	24.1
Grade			
7th	18.8	17.6 -	20.1
8th	21.1	19.8 -	22.4
Total	20.1	19.2 -	21.1

In Cuyahoga County, 20.1% of students had felt so sad and hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities, during the 12 months before the survey. The prevalence of having felt sad or hopeless was significantly higher among female (26.2%) than male (14.4%) students. The prevalence of having felt sad or hopeless was significantly higher among Hispanic (31.7%) students than among black, other/multiple, or white (23.0%, 20.7%, 17.2%) students, respectively. The prevalence of having felt sad or hopeless was significantly higher among black (23.0%) students than white (17.2%) students.

Seriously Considered Attempting Suicide			
Category	%	CI	
Gender			
Female	17.6	16.4 -	18.8
Male	9.8	8.8 -	10.7
Race/Ethnicity			
Black	15.4	14.1 -	16.6
White	11.9	10.8 -	12.9
Hispanic	18.7	16.1 -	21.4
Other/Multiple	18.6	14.6 -	22.6
Grade			
7th	13.3	12.2 -	14.3
8th	13.5	12.4 -	14.6
Total	13.5	12.8 -	14.3

In Cuyahoga County, 13.5% of students had seriously considered attempting suicide during the 12 months before the survey. The prevalence of having seriously considered attempting suicide was significantly higher among female (17.6%) than male (9.8%) students. The prevalence of having seriously considered suicide was significantly higher among Hispanic, other/multiple, and black (18.7%, 18.6%, 15.4%) students, respectively, than white (11.9%) students.

Attempted Suicide		
Category	%	CI
Gender		
Female	10.3	9.4 - 11.3
Male	7.1	6.2 - 7.9
Race/Ethnicity		
Black	11.9	10.6 - 13.1
White	5.8	5.0 - 6.5
Hispanic	16.3	13.8 - 18.8
Other/Multiple	13.4	9.8 - 17.0
Grade		
7th	8.6	7.6 - 9.5
8th	8.3	7.4 - 9.2
Total	8.7	8.0 - 9.3

In Cuyahoga County, 8.7% of students had attempted suicide one or more times during the 12 months before the survey. The prevalence of having attempted suicide was significantly higher among female (10.3%) than male (7.1%) students. The prevalence of having attempted suicide was significantly higher among Hispanic, other/multiple, and black (16.3%, 13.4%, 11.9%), students, respectively, than white (5.8%) students. The prevalence of having attempted suicide was significantly higher among Hispanic (16.3%) than black (11.9%) students.

Ever Had Sexual Intercourse		
Category	%	CI
Gender		
Female	9.1	8.1 - 10.1
Male	22.0	20.6 - 23.3
Race/Ethnicity		
Black	27.4	25.5 - 29.3
White	7.1	6.2 - 8.0
Hispanic	26.7	23.1 - 30.2
Other/Multiple	21.8	17.7 - 25.9
Grade		
7th	13.6	12.4 - 14.7
8th	17.2	15.9 - 18.5
Total	15.8	14.8 - 16.7

In Cuyahoga County, 15.8% of students had ever had sexual intercourse. The prevalence of having ever had sexual intercourse was significantly higher among male (22.0%) than female (9.1%) students. The prevalence of having ever had sexual intercourse was significantly higher among black, Hispanic and other/multiple (27.4%, 26.7%, 21.8%) students, respectively, than white (7.1%) students. The prevalence of having ever had sexual intercourse was significantly higher among 8th grade (17.2%) than 7th grade (13.6%) students.

Condom Use		
Category	%	CI
Gender		
Female	71.7	66.9 - 76.5
Male	73.0	70.2 - 75.8
Race/Ethnicity		
Black	77.7	75.0 - 80.4
White	64.6	58.8 - 70.4
Hispanic	61.9	54.6 - 69.3
Other/Multiple	72.4	63.8 - 80.9
Grade		
7th	74.4	71.1 - 77.6
8th	73.3	69.8 - 76.8
Total	72.8	70.3 - 75.3

Among the 15.8% of Cuyahoga County students who had ever had sexual intercourse, 72.8% reported that either they or their partner had used a condom during last sexual intercourse. The prevalence of having used a condom during last sexual intercourse was significantly higher among black (77.7%) than Hispanic (61.9%) and white (64.6%) students.

Most Recent Check-up or Physical Exam		
Category	%	CI
Gender		
Female	67.8	66.2 - 69.5
Male	66.2	64.8 - 67.7
Race/Ethnicity		
Black	58.9	57.0 - 60.9
White	74.0	72.6 - 75.3
Hispanic	53.6	50.1 - 57.1
Other/Multiple	62.2	57.7 - 66.8
Grade		
7th	66.5	64.8 - 68.1
8th	67.8	66.3 - 69.4
Total	66.9	65.8 - 68.0

In Cuyahoga County, 66.9% of students saw a doctor or nurse for a check-up or physical exam when they were not sick or injured, during the 12 months before the survey. The prevalence of having seen a doctor or nurse for a check-up or physical exam when not sick or injured was significantly higher among white (74.0%) students than among other/multiple, black, and Hispanic (62.2%, 58.9%, 53.6%,) students, respectively. The prevalence of seeing a doctor was significantly higher among other/multiple (62.2%) than Hispanic (53.6%) students.

Described Health in General		
Category	%	CI
Gender		
Female	10.0	9.0 - 11.1
Male	6.3	5.5 - 7.1
Race/Ethnicity		
Black	8.9	7.6 - 10.3
White	7.1	6.2 - 7.9
Hispanic	13.6	11.1 - 16.1
Other/Multiple	9.5	6.7 - 12.3
Grade		
7th	7.8	6.8 - 8.8
8th	8.1	7.2 - 9.0
Total	8.1	7.4 - 8.8

In Cuyahoga County, 8.1% of students described their health, in general, as “fair” or “poor.” The prevalence of having described their health as “fair” or “poor” was significantly higher among female (10.0%) than male (6.3%) students. The prevalence of having described their health as “fair” or “poor” was significantly higher among Hispanic (13.6%) students than among black and white (8.9%, 7.1%) students, respectively.

Taught about AIDS or HIV Infection in School		
Category	%	CI
Gender		
Female	76.2	74.7 - 77.7
Male	77.0	75.6 - 78.5
Race/Ethnicity		
Black	79.0	77.4 - 80.7
White	76.1	74.4 - 77.7
Hispanic	65.8	61.5 - 70.1
Other/Multiple	76.0	71.2 - 80.7
Grade		
7th	70.6	69.0 - 72.1
8th	82.8	81.4 - 84.1
Total	76.6	75.5 - 77.8

In Cuyahoga County, 76.6% of students had ever been taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection. The prevalence of having been taught in school about AIDS/HIV infection was significantly lower among Hispanic (65.8%) students than among black, other/multiple, or white (79.0%, 76.0%, 76.1%) students, respectively. The prevalence of having been taught in school about AIDS/HIV infection was significantly higher among 8th grade (82.8%) than 7th grade (70.6%) students.

Played on at least 1 Sports Team		
Category	%	CI
Gender		
Female	67.1	65.5 - 68.7
Male	76.3	74.9 - 77.7
Race/Ethnicity		
Black	66.6	64.4 - 68.7
White	77.0	75.7 - 78.4
Hispanic	58.3	55.0 - 61.5
Other/Multiple	71.5	71.1 - 71.9
Grade		
7th	72.1	70.6 - 73.7
8th	71.9	70.1 - 73.6
Total	71.9	70.7 - 73.0

In Cuyahoga County, 71.9% of students participated in one or more sports teams during the 12 months prior to completing the survey. The prevalence of sports team participation was significantly lower among female (67.1%) than male (76.3%) students. The prevalence of sports team participation was significantly lower among black, Hispanic and other/multiple (66.6%, 58.3%, 71.5%) students respectively, than white (77.0%) students. The prevalence of sports team participation was also significantly lower among Hispanic (58.3%) than black and other/multiple (66.4%, 71.5%) students, respectively.

Extracurricular Activities		
Category	%	CI
Gender		
Female	62.7	61.1 - 64.2
Male	58.1	56.5 - 59.6
Race/Ethnicity		
Black	54.9	53.0 - 56.7
White	65.4	63.9 - 66.9
Hispanic	47.7	44.6 - 50.8
Other/Multiple	58.2	53.2 - 63.1
Grade		
7th	60.8	59.2 - 62.4
8th	59.8	58.2 - 61.4
Total	60.3	59.2 - 61.4

In Cuyahoga County, 60.3% of students spent one or more hours in clubs or organizations (other than sports teams) outside of school, such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities during an average week. The prevalence of spending 1 or more hours during an average week in after-school activities (other than sports) was significantly lower among male (58.1%) than female (62.7%) students. The prevalence of spending 1 or more hours during an average week in after-school activities (other than sports) was significantly lower among Hispanic, black and other/multiple (47.7%, 54.9%, 58.2%) students, respectively than white (65.4%) students; and significantly lower among Hispanic (47.7%) students than black (54.9%) and other/multiple (58.2%) students.

Participated in Community Service Activities			
Category	%	CI	
Gender			
Female	44.2	42.6 -	45.8
Male	40.9	39.2 -	42.6
Race/Ethnicity			
Black	42.6	40.5 -	44.6
White	42.7	41.1 -	44.3
Hispanic	42.5	39.8 -	45.1
Other/Multiple	43.8	39.3 -	48.2
Grade			
7th	42.6	41.0 -	44.2
8th	42.4	40.8 -	44.1
Total	42.5	41.3 -	43.7

In Cuyahoga County, 42.5% of students spent one or more hours during an average week helping other people without getting paid (such as helping out at a hospital, daycare center, food shelf, youth program, community service agency, or doing other things) to make their community a better place for people to live. The prevalence of spending one or more hours during an average week helping other people without getting paid was significantly lower among male (40.9%) than female (44.2%) students.

Talk with Parent(s) About School		
Category	%	CI
Gender		
Female	58.3	56.7 - 59.9
Male	57.4	55.8 - 59.1
Race/Ethnicity		
Black	55.7	53.7 - 57.7
White	60.6	59.0 - 62.2
Hispanic	47.2	43.8 - 50.6
Other/Multiple	49.4	44.7 - 54.0
Grade		
7th	57.7	56.0 - 59.4
8th	58.2	56.6 - 59.7
Total	57.8	56.6 - 59.0

In Cuyahoga County, 57.8% of students reported that their parents talked with them about what they are doing in school “almost every day.” The prevalence of having parents who talked with their students about what they are doing in school “almost every day” was significantly lower among black, other/multiple and Hispanic (55.7%, 49.4%, 47.2%) students, respectively, than white (60.6%) students. The prevalence of having parents who talked with their students about what are doing in school “almost every day” was significantly lower among Hispanic (47.2%) students than black (55.7%) students.

Students Help Decide What Goes on in School		
Category	%	CI
Gender		
Female	43.9	42.2 - 45.5
Male	44.4	42.8 - 46.1
Race/Ethnicity		
Black	42.9	41.0 - 44.8
White	45.7	44.1 - 47.2
Hispanic	38.8	35.6 - 42.1
Other/Multiple	45.0	40.3 - 49.7
Grade		
7th	43.9	42.2 - 45.7
8th	44.6	43.1 - 46.2
Total	44.2	43.0 - 45.3

In Cuyahoga County, 44.2% of students “agreed” or “strongly agreed” with the statement, “Students help decide what goes on in my school.” The prevalence of agreeing that students help decide what goes on in their school was significantly lower among Hispanic (38.8%) than white (45.7%) students.

I Matter to People in My Community		
Category	%	CI
Gender		
Female	46.0	44.5 - 47.5
Male	51.7	50.0 - 53.3
Race/Ethnicity		
Black	48.2	46.3 - 50.1
White	50.5	48.9 - 52.1
Hispanic	42.3	39.0 - 45.6
Other/Multiple	47.8	43.3 - 52.3
Grade		
7th	50.7	49.0 - 52.3
8th	47.4	45.8 - 49.0
Total	48.9	47.7 - 50.1

In Cuyahoga County, 48.9% of students “agreed” or “strongly agreed” with the statement, “In my community, I feel like I matter to people.” The prevalence of agreeing that students matter to people in their community was significantly lower among female (46.0%) than male (51.7%) students. The prevalence of agreeing that students matter to people in their community was significantly lower among Hispanic (42.3%) students than white (50.5%) or black (48.2%) students.

Student Perception that Alcohol Use is Very Wrong		
Category	%	CI
Gender		
Female	63.2	61.6 - 64.9
Male	58.2	56.4 - 59.9
Race/Ethnicity		
Black	57.0	55.0 - 59.0
White	63.3	61.6 - 65.1
Hispanic	52.6	49.5 - 55.7
Other/Multiple	61.2	56.7 - 65.8
Grade		
7th	66.9	65.3 - 68.5
8th	55.0	53.4 - 56.6
Total	60.6	59.4 - 61.9

In Cuyahoga County, 60.6% of students believed that it is “very wrong” for someone their age to drink alcohol regularly. The prevalence of believing that it is “very wrong” for someone their age to drink alcohol regularly was significantly lower for male (58.2%) than female (63.2%) students. The prevalence of believing that it is “very wrong” for someone their age to drink alcohol regularly was significantly lower among Hispanic and black (52.6%, 57.0%) students, respectively, than white (63.3%) students. The prevalence was significantly higher for other/multiple (61.2%) students than Hispanic (52.6%) students. The prevalence of believing that it is “very wrong” for someone their age to drink alcohol regularly was significantly lower among 8th grade (55.0%) than 7th grade (66.9%) students.

Student Perception that Cigarette Use is Very Wrong		
Category	%	CI
Gender		
Female	74.3	72.8 - 75.8
Male	70.9	69.4 - 72.4
Race/Ethnicity		
Black	67.1	65.0 - 69.2
White	76.8	75.5 - 78.2
Hispanic	60.7	57.3 - 64.2
Other/Multiple	69.4	65.3 - 73.5
Grade		
7th	76.0	74.4 - 77.5
8th	69.8	68.4 - 71.3
Total	72.5	71.4 - 73.6

In Cuyahoga County, 72.5% of students believed that it is “very wrong” for someone their age to smoke cigarettes. The prevalence of believing that it is “very wrong” for someone their age to smoke cigarettes was significantly lower for male (70.9%) than female (74.3%) students. The prevalence of believing that it is “very wrong” for someone their age to smoke cigarettes was significantly lower among Hispanic, black, and other/multiple (60.7%, 67.1%, 69.4%) students, respectively, than white (76.8%) students; and significantly lower among Hispanic (60.7%) students than black (67.1%) and other/multiple (69.4%) students. The prevalence of believing that it is “very wrong” for someone their age to smoke cigarettes was significantly higher among 7th grade (76.0%) than 8th grade (69.8%) students.

Student Perception that Marijuana Use is Very Wrong			
Category	%	CI	
Gender			
Female	76.8	75.4 -	78.2
Male	68.5	66.8 -	70.1
Race/Ethnicity			
Black	65.3	63.2 -	67.3
White	77.6	76.1 -	79.0
Hispanic	64.8	61.6 -	68.0
Other/Multiple	73.5	69.4 -	77.7
Grade			
7th	78.3	76.8 -	79.7
8th	67.5	65.9 -	69.2
Total	72.5	71.3 -	73.6

In Cuyahoga County, 72.5% of students believed that it is “very wrong” for someone their age to smoke marijuana. The prevalence of believing that it is “very wrong” for someone their age to smoke marijuana was significantly lower among male (68.5%) than female (76.8%) students. The prevalence of believing that it is “very wrong” for someone their age to smoke marijuana was significantly lower among Hispanic and black (64.8%, 65.3%) students, respectively, than white (77.6%) students; and significantly lower among black and Hispanic (65.3%, 64.8%) students, respectively, than other/multiple (73.5%) students. The prevalence of believing that it is “very wrong” for someone their age to smoke marijuana was significantly lower among 8th grade (67.5%) than 7th grade (78.3%) students.

Student Perception of Parents’ Beliefs that Alcohol Use is Very Wrong			
Category	%	CI	
Gender			
Female	85.4	84.3 -	86.6
Male	81.1	79.8 -	82.4
Race/Ethnicity			
Black	79.1	77.4 -	80.8
White	86.2	85.2 -	87.3
Hispanic	72.4	69.5 -	75.2
Other/Multiple	81.6	77.7 -	85.6
Grade			
7th	84.4	83.1 -	85.6
8th	82.3	81.1 -	83.4
Total	83.1	82.2 -	84.0

In Cuyahoga County, 83.1% of students perceived that their parents believe it is “very wrong” for them to drink alcohol. The prevalence of perceiving that their parents believe that it is “very wrong” for them to drink alcohol was significantly lower among male (81.1%) than female (85.4%) students. The prevalence of perceiving that their parents believe that it is “very wrong” for them to drink alcohol was significantly lower among Hispanic and black (72.4%, 79.1%) students, respectively, than among white (86.2%) students; and the prevalence was significantly lower among Hispanic (72.4%) students than black (79.1%) and other/multiple (81.6%) students.

Student Perception of Parents' Beliefs that Cigarette Use is Very Wrong		
Category	%	CI
Gender		
Female	91.3	90.4 - 92.1
Male	87.0	85.8 - 88.2
Race/Ethnicity		
Black	84.9	83.5 - 86.3
White	92.4	91.5 - 93.3
Hispanic	80.0	76.9 - 83.0
Other/Multiple	84.4	80.4 - 88.4
Grade		
7th	89.7	88.7 - 90.7
8th	89.0	87.9 - 90.0
Total	89.0	88.3 - 89.8

In Cuyahoga County, 89.0% of students perceived that their parents believe it is “very wrong” for them to smoke cigarettes. The prevalence of perceiving that their parents believe it is “very wrong” for them to smoke cigarettes was significantly lower among male (87.0%) than female (91.3%) students. The prevalence of perceiving that their parents believe it is “very wrong” for them to smoke cigarettes was significantly lower among Hispanic, black and other/multiple (80.0%, 84.9%, 84.4%) students, respectively, than among white (92.4%) students; and the prevalence was significantly lower among Hispanic (80.0%) students than black (84.9%) students.

Student Perception of Parents' Beliefs that Marijuana Use is Very Wrong		
Category	%	CI
Gender		
Female	91.4	90.5 - 92.3
Male	86.3	85.2 - 87.4
Race/Ethnicity		
Black	84.1	82.7 - 85.6
White	92.4	91.6 - 93.2
Hispanic	80.2	77.1 - 83.2
Other/Multiple	85.7	81.8 - 89.5
Grade		
7th	90.2	89.3 - 91.2
8th	88.0	86.9 - 89.0
Total	88.7	88.0 - 89.5

In Cuyahoga County, 88.7% of students perceived that their parents believe it is “very wrong” for them to smoke marijuana. The prevalence of perceiving that their parents believe it is “very wrong” for them to smoke marijuana was significantly lower among male (86.3%) than female (91.4%) students. The prevalence of perceiving that their parents believe it is “very wrong” for them to smoke marijuana was significantly lower among Hispanic, black and other/multiple (80.2%, 84.1%, 85.7%) students, respectively, than among white (92.4%) students. The prevalence of perceiving that their parents believe it is “very wrong” for them to smoke marijuana was significantly lower among 8th grade (88.0%) than 7th grade (90.2%) students.

Student Perception of Great Risk from Cigarette Use		
Category	%	CI
Gender		
Female	67.4	65.7 - 69.1
Male	63.7	62.0 - 65.3
Race/Ethnicity		
Black	53.3	51.2 - 55.4
White	74.8	73.2 - 76.3
Hispanic	47.3	43.9 - 50.7
Other/Multiple	58.0	53.3 - 62.8
Grade		
7th	64.4	62.7 - 66.2
8th	66.7	65.1 - 68.4
Total	65.4	64.2 - 66.6

In Cuyahoga County, 65.4% of students perceived “great risk” of harm from smoking cigarettes regularly. The prevalence of perceiving “great risk” of harm from smoking cigarettes regularly was significantly lower among male (63.7%) than female (67.4%) students. The prevalence of perceiving “great risk” of harm from smoking cigarettes regularly was significantly lower among Hispanic, black and other/multiple (47.3%, 53.3%, 58.0%) students, respectively, than among white (74.8%) students; and significantly higher among black and other/multiple (53.3%, 58.0%) students, respectively, than Hispanic (47.3%) students.

Student Perception of Great Risk from Regular Alcohol Use		
Category	%	CI
Gender		
Female	52.7	50.9 - 54.4
Male	47.6	46.0 - 49.2
Race/Ethnicity		
Black	45.0	42.7 - 47.2
White	54.0	52.4 - 55.6
Hispanic	39.6	36.5 - 42.7
Other/Multiple	46.9	42.2 - 51.7
Grade		
7th	51.3	49.4 - 53.2
8th	49.2	47.6 - 50.9
Total	50.1	48.8 - 51.3

In Cuyahoga County, 50.1% of students perceived “great risk” of harm from drinking alcohol regularly. The prevalence of perceiving “great risk” of harm from drinking alcohol regularly was significantly lower among male (47.6%) than female (52.7%) students. The prevalence of perceiving “great risk” of harm from drinking alcohol regularly was significantly higher among Hispanic, black and other/multiple (39.6%, 45.0%, 46.9%) students, respectively, than white (54.0%) students.

Student Perception of Great Risk from Occasional Marijuana Use		
Category	%	CI
Gender		
Female	45.4	43.7 - 47.0
Male	45.9	44.2 - 47.5
Race/Ethnicity		
Black	39.7	37.7 - 41.6
White	49.1	47.5 - 50.7
Hispanic	39.7	36.3 - 43.1
Other/Multiple	45.7	41.0 - 50.5
Grade		
7th	49.4	47.8 - 51.0
8th	41.5	40.0 - 43.1
Total	45.3	44.1 - 46.5

In Cuyahoga County, 45.3% of students perceive “great risk” of harm from smoking marijuana once or twice. The prevalence of perceiving “great risk” of harm from smoking marijuana once or twice was significantly lower among black and Hispanic (39.7%, 39.7%) students, respectively, than white (49.1%) students. The prevalence of perceiving “great risk” of harm from smoking marijuana once or twice was significantly lower among 8th (41.5%) than 7th (49.4%) grade students.

Student Perception of Great Risk from Regular Marijuana Use		
Category	%	CI
Gender		
Female	71.7	70.1 - 73.3
Male	64.9	63.3 - 66.5
Race/Ethnicity		
Black	55.3	53.2 - 57.3
White	77.4	76.0 - 78.9
Hispanic	51.6	48.2 - 55.0
Other/Multiple	62.6	57.5 - 67.7
Grade		
7th	71.6	69.9 - 73.3
8th	65.3	63.8 - 66.8
Total	68.1	67.0 - 69.3

In Cuyahoga County, 68.1% of students perceive “great risk” of harm from smoking marijuana regularly. The prevalence of perceiving “great risk” of harm from smoking marijuana regularly was significantly lower among male (64.9%) than female (71.7%) students. The prevalence of perceiving “great risk” of harm from smoking marijuana regularly was significantly lower among Hispanic, black, and other/multiple (51.6%, 55.3%, 62.6%) students, respectively, than white (77.4%) students; and significantly lower among black (55.3%) and Hispanic (51.6%) students than other/multiple (62.6%) students. The prevalence of perceiving “great risk” of harm from smoking marijuana regularly was significantly lower among 8th (65.3%) than 7th (71.6%) grade students.

Time Spent on Social Networking Sites			
Category	%	CI	
Gender			
Female	22.3	20.9 -	23.8
Male	11.5	10.4 -	12.6
Race/Ethnicity			
Black	26.1	24.1 -	28.0
White	10.1	9.0 -	11.2
Hispanic	24.7	21.7 -	27.7
Other/Multiple	15.5	12.4 -	18.5
Grade			
7th	14.9	13.6 -	16.1
8th	18.1	16.7 -	19.5
Total	16.8	15.8 -	17.8

In Cuyahoga County, 16.8% of students spent 3 or more hours on social networking sites, such as MySpace or FaceBook, on an average school day. The prevalence of spending 3 or more hours on social networking sites on school days was significantly higher among female (22.3%) than male (11.5%) students. The prevalence of spending 3 or more hours on social networking sites on school days was significantly higher among black and Hispanic (26.1%, 24.7%) students, respectively, than white and other/multiple (10.1%, 15.5%) students, respectively.

No Time Spent on Social Networking Sites			
Category	%	CI	
Gender			
Female	24.7	23.3 -	26.2
Male	33.6	32.0 -	35.2
Race/Ethnicity			
Black	26.7	25.1 -	28.3
White	31.3	29.8 -	32.9
Hispanic	24.2	21.4 -	27.0
Other/Multiple	28.7	24.7 -	32.8
Grade			
7th	34.6	33.1 -	36.2
8th	24.3	22.9 -	25.8
Total	29.3	28.2 -	30.5

In Cuyahoga County, 29.3% of students spent no hours on social networking sites, such as MySpace or Facebook, on an average school day. The prevalence of spending zero hours on social networking sites was significantly lower among female (24.7%) than male (33.6%) students. The prevalence of spending zero hours on social networking sites was significantly lower among black and Hispanic (26.7%, 24.2%) students, respectively, than white (31.3%) students. The prevalence of spending no hours on social networking sites was significantly lower among 8th grade (24.3%) than 7th grade (34.6%) students.

Social Networking through Text Messages		
Category	%	CI
Gender		
Female	27.4	25.8 - 29.0
Male	15.0	13.9 - 16.1
Race/Ethnicity		
Black	23.7	21.8 - 25.5
White	19.1	17.9 - 20.4
Hispanic	23.8	21.3 - 26.4
Other/Multiple	20.6	17.0 - 24.1
Grade		
7th	18.2	16.8 - 19.6
8th	23.4	22.1 - 24.7
Total	21.0	20.0 - 22.0

In Cuyahoga County, 21.0% of students reported texting (sending and receiving) 120 or more times on an average school day. The prevalence of texting 120 or more times on an average school day was significantly higher among female (27.4%) than male (15.0%) students. The prevalence of texting 120 or more times on an average school day was significantly higher among Hispanic and black (23.8%, 23.7%) students, respectively, than white (19.1%) students. The prevalence of texting 120 or more times on an average school day was significantly higher among 8th grade (23.4%) than 7th grade (18.2%) students.

No Social Networking through Text Messages		
Category	%	CI
Gender		
Female	14.9	13.7 - 16.0
Male	27.4	25.9 - 29.0
Race/Ethnicity		
Black	24.6	22.9 - 26.4
White	18.6	17.3 - 19.8
Hispanic	26.4	23.3 - 29.6
Other/Multiple	27.0	23.0 - 31.0
Grade		
7th	25.1	23.7 - 26.6
8th	17.7	16.4 - 19.0
Total	21.4	20.4 - 22.3

In Cuyahoga County, 21.4% of students reported texting (sending and receiving) zero times on an average school day. The prevalence of texting zero times on an average school day was significantly lower among female (14.9%) than male (27.4%) students. The prevalence of texting zero times was significantly lower among white (18.6%) students than black, Hispanic, and other/multiple (24.6%, 26.4%, 27.0%) students, respectively. The prevalence of texting no times was significantly lower among 8th grade (17.7%) than 7th grade (25.1%) students.

Ate Dinner with Family During Week		
Category	%	CI
Gender		
Female	86.6	85.5 - 87.7
Male	87.6	86.4 - 88.7
Race/Ethnicity		
Black	79.5	77.8 - 81.2
White	92.7	91.8 - 93.5
Hispanic	81.8	79.0 - 84.6
Other/Multiple	85.0	81.4 - 88.6
Grade		
7th	87.1	86.0 - 88.3
8th	87.3	86.2 - 88.4
Total	87.0	86.2 - 87.9

In Cuyahoga County, 87.0% of students ate dinner with their family one or more times in the week before completing the survey. The prevalence of eating dinner with family one or more times was significantly lower among black, Hispanic and other/multiple (79.5%, 81.8%, 85.0%) students, respectively, than white (92.7%) students. The prevalence of eating dinner with family one or more times during the week was significantly lower among black (79.5%) than other/multiple (85.0%) students.

Supportive Adults		
Category	%	CI
Gender		
Female	88.4	87.4 - 89.4
Male	86.3	85.3 - 87.4
Race/Ethnicity		
Black	86.8	85.7 - 88.0
White	88.6	87.7 - 89.5
Hispanic	80.7	77.9 - 83.5
Other/Multiple	82.2	77.9 - 86.5
Grade		
7th	88.1	87.2 - 89.1
8th	86.9	86.0 - 87.9
Total	87.3	86.6 - 88.0

In Cuyahoga County, 87.3% of students had one or more adults who they would feel comfortable seeking help from if they had an important issue or question affecting their life. The prevalence of having one or more supportive adults was significantly lower among Hispanic and other/multiple (80.7%, 82.2%) students, respectively, than white (88.6%) students; and significantly lower among Hispanic (80.7%) than black (86.8%) students.

Supportive Friends		
Category	%	CI
Gender		
Female	92.7	91.8 - 93.5
Male	86.0	84.9 - 87.2
Race/Ethnicity		
Black	86.6	85.3 - 87.9
White	91.6	90.7 - 92.5
Hispanic	84.1	81.4 - 86.8
Other/Multiple	86.8	83.1 - 90.6
Grade		
7th	88.9	88.0 - 89.8
8th	87.0	85.9 - 88.0
Total	89.2	88.5 - 89.9

In Cuyahoga County, 89.2% of students had one or more friends they would trust to offer good advice if they had a really important secret or problem affecting their life. The prevalence of having one or more trusted friends was significantly lower among male (86.0%) than female (92.7%) students. The prevalence of having one or more trusted friends was significantly lower among Hispanic, black, and other/multiple (84.1%, 86.6%, 86.8%) students, respectively, than white (91.6%) students.

Parents Know After School Whereabouts		
Category	%	CI
Gender		
Female	90.7	89.7 - 91.6
Male	87.2	86.0 - 88.4
Race/Ethnicity		
Black	82.4	80.7 - 84.1
White	93.7	93.0 - 94.5
Hispanic	82.6	79.8 - 85.4
Other/Multiple	83.0	78.3 - 87.7
Grade		
7th	88.8	87.6 - 89.9
8th	89.4	88.5 - 90.4
Total	88.8	88.0 - 89.6

In Cuyahoga County, 88.8% of students reported that their parents “usually”/“always” know where they are after school. The prevalence of parents “usually”/“always” knowing where students are after school was significantly lower among male (87.2%) than female (90.7%) students. The prevalence of parents “usually”/“always” knowing where students are after school was significantly lower among black, Hispanic, and other/multiple race (82.4%, 82.6%, 83.0%) students, respectively, than white (93.7%) students.

Parents Expect Phone Call if Late		
Category	%	CI
Gender		
Female	89.9	89.0 - 90.8
Male	82.9	81.7 - 84.0
Race/Ethnicity		
Black	81.9	80.5 - 83.3
White	89.8	88.9 - 90.7
Hispanic	78.3	75.1 - 81.5
Other/Multiple	80.0	75.9 - 84.1
Grade		
7th	86.3	85.2 - 87.4
8th	86.7	85.7 - 87.7
Total	86.2	85.4 - 87.0

In Cuyahoga County, 86.2% of students reported that their parents expect a phone call if they are going to be home late. The prevalence of parents expecting a phone call was significantly lower among male (82.9%) than female (89.9%) students. The prevalence of parents expecting a phone call was significantly lower among black, other/multiple, and Hispanic (81.9%, 80.0%, 78.3%) students, respectively, than white (89.8%) students.

Talk with Parents about Plans with Friends		
Category	%	CI
Gender		
Female	79.0	77.6 - 80.4
Male	69.6	67.8 - 71.3
Race/Ethnicity		
Black	64.2	62.0 - 66.3
White	81.8	80.6 - 83.1
Hispanic	63.3	59.9 - 66.7
Other/Multiple	67.1	62.4 - 71.8
Grade		
7th	74.1	72.6 - 75.6
8th	74.7	73.2 - 76.3
Total	74.2	73.0 - 75.3

In Cuyahoga County, 74.2% of students reported that they talk with their parents about the plans they have with their friends. The prevalence of students talking with parents about their plans with friends was significantly lower among male (69.6%) than female (79.0%) students. The prevalence of students talking with parents about their plans with friends was significantly lower among other/multiple, black, and Hispanic (67.1%, 64.2%, 63.3%) students, respectively, than white (81.8%) students.

Parents Ask Where I Am Going		
Category	%	CI
Gender		
Female	90.3	89.2 - 91.3
Male	83.6	82.3 - 84.9
Race/Ethnicity		
Black	80.5	78.8 - 82.1
White	91.4	90.4 - 92.3
Hispanic	82.8	80.2 - 85.3
Other/Multiple	80.1	75.9 - 84.3
Grade		
7th	86.1	84.9 - 87.3
8th	87.9	86.8 - 89.1
Total	86.8	85.9 - 87.6

In Cuyahoga County, 86.8% of students reported that when they go out, their parents “usually”/“always” ask where they are going. The prevalence of parents “usually”/“always” asking where their student is going was significantly lower among male (83.6%) than female (90.3%) students. The prevalence of parents “usually”/“always” asking where their student is going was significantly lower among Hispanic, black, and other/multiple (82.8%, 80.5%, and 80.1%) students, respectively, than white (91.4%) students.

Being Truthful with Parents		
Category	%	CI
Gender		
Female	79.7	78.5 - 80.9
Male	80.2	78.9 - 81.5
Race/Ethnicity		
Black	71.2	69.5 - 73.0
White	86.4	85.4 - 87.5
Hispanic	70.6	67.8 - 73.5
Other/Multiple	74.3	69.5 - 79.2
Grade		
7th	80.7	79.3 - 82.1
8th	79.9	78.6 - 81.1
Total	79.9	79.0 - 80.8

In Cuyahoga County, 79.9% of students reported that they tell their parents the truth about where they are going and who they are going out with when asked. The prevalence of telling the truth about where they are going when asked was significantly lower among other/multiple, black, and Hispanic (74.3%, 71.2%, and 70.6%) students, respectively, than white (86.4%) students.

Student Perception Friend Allowed to Visit When Adult Not Home		
Category	%	CI
Gender		
Female	59.6	57.9 - 61.3
Male	53.5	51.9 - 55.2
Race/Ethnicity		
Black	45.7	43.7 - 47.7
White	64.6	63.0 - 66.1
Hispanic	47.0	43.3 - 50.7
Other/Multiple	52.7	48.1 - 57.2
Grade		
7th	53.4	51.8 - 54.9
8th	59.7	58.0 - 61.3
Total	56.5	55.3 - 57.7

In Cuyahoga County, 56.5% of students perceive that they are “usually”/“always” allowed to have a friend over when their parents are not home, as long as they tell their parents beforehand. The prevalence of perception of “usually”/“always” being allowed to have a friend over when parents are not home was significantly higher among female (59.6%) than male (53.5%) students. The prevalence of perception of “usually”/“always” being allowed to have a friend over when parents are not home was significantly higher among white (64.6%) students than black, Hispanic, or other/multiple (45.7%, 47.0%, 52.7%) students, respectively; and significantly higher among other/multiple (52.7%) students than black (45.7%) students. The prevalence of perception of “usually”/“always” being allowed to have a friend over when parents are not home was significantly higher among 8th grade (59.7%) than 7th grade (53.4%) students.

Student Perception Allowed to Visit at Friend’s House When Adult Not Home		
Category	%	CI
Gender		
Female	54.6	53.0 - 56.1
Male	50.9	49.2 - 52.5
Race/Ethnicity		
Black	41.6	39.5 - 43.7
White	61.1	59.5 - 62.6
Hispanic	39.4	35.8 - 42.9
Other/Multiple	50.8	46.2 - 55.3
Grade		
7th	47.8	46.1 - 49.5
8th	57.5	55.9 - 59.1
Total	52.6	51.4 - 53.8

In Cuyahoga County, 52.6% of students perceive that they are “usually”/“always” allowed to go to a friend’s house even when his/her parents are not home, as long as they tell their parents beforehand. The prevalence of perception of “usually”/“always” being allowed to go to a friend’s house whose parents are not home was significantly higher among female (54.6%) than male (50.9%) students. The prevalence of perception of “usually”/“always” being allowed to go to a friend’s house whose parents are not home was significantly higher among white (61.1%) students than among other/multiple, black, or Hispanic (50.8%, 41.6%, 39.4%,) students, respectively; and significantly higher among other/multiple (50.8%) students than black and Hispanic (41.6%, 39.4%) students, respectively. The prevalence of “usually”/“always” being allowed to go to a friend’s house whose parents are not home, as long as they tell their parents beforehand, was significantly higher among 8th (57.5%) than 7th grade (47.8%) students.

Student Perception of Parents' Trust			
Category	%	CI	
Gender			
Female	76.6	75.3 -	78.0
Male	78.5	77.2 -	79.8
Race/Ethnicity			
Black	71.1	69.2 -	73.1
White	82.3	81.1 -	83.5
Hispanic	71.7	68.7 -	74.8
Other/Multiple	73.2	68.9 -	77.5
Grade			
7th	78.7	77.3 -	80.0
8th	76.9	75.4 -	78.3
Total	77.6	76.6 -	78.6

In Cuyahoga County, 77.6% of students “strongly agreed”/“agreed” that their parents trust them to make good decisions. The prevalence of perception that parents trust them to make good decisions was lower among black, Hispanic and other/multiple (71.1%, 71.7%, 73.2%) students, respectively, than white (82.3%) students.

Student Perception of Parents' Letting Them Do Whatever They Want			
Category	%	CI	
Gender			
Female	19.8	18.6 -	21.0
Male	18.9	17.6 -	20.1
Race/Ethnicity			
Black	15.0	13.6 -	16.3
White	22.0	20.8 -	23.3
Hispanic	20.4	17.7 -	23.1
Other/Multiple	21.3	17.3 -	25.3
Grade			
7th	18.0	16.8 -	19.2
8th	20.2	19.0 -	21.5
Total	19.4	18.5 -	20.3

In Cuyahoga County, 19.4% of students “strongly agreed”/“agreed” that their parents pretty much let them do whatever they want. The prevalence of perception that parents pretty much let them do whatever they want was significantly higher among Hispanic, other/multiple and white (20.4%, 21.3%, 22.0%) students, respectively, than black (15.0%) students.

Grades		
Category	%	CI
Gender		
Female	72.8	71.2 - 74.3
Male	65.1	63.4 - 66.8
Race/Ethnicity		
Black	52.7	50.5 - 55.0
White	81.2	79.8 - 82.7
Hispanic	58.2	54.5 - 61.9
Other/Multiple	62.3	57.5 - 67.2
Grade		
7th	69.0	67.3 - 70.8
8th	68.7	66.8 - 70.7
Total	68.7	67.4 - 70.0

In Cuyahoga County, 68.7% of students reported that they receive grades of mostly A's and B's. The prevalence of students reporting mostly A's and B's was significantly lower among male (65.1%) than female (72.8%) students. The prevalence of students reporting mostly A's and B's was significantly lower among black, Hispanic and other/multiple (52.7%, 58.2%, and 62.3%) students, respectively, than white (81.2%) students; and significantly lower among black (52.7%) than other/multiple (62.3%) students.

Appendix III: Region Data Tables – 2012 Cuyahoga County Middle School Youth Risk Behavior Survey

In **Appendix III** a third set of data tables represent risk behavior prevalence by the six regions that Cuyahoga County was divided into. This division was conducted to provide a geographic representation of the prevalence of different risk behaviors in Cuyahoga County. The county was divided first into “Rings” based on proximity of school districts to the City of Cleveland, then further divided into Eastern and Western “Regions” of the rings by the Cuyahoga River. The six regions are:

- Cleveland—East: the portion of the Cleveland Metropolitan School District located east of the Cuyahoga River
- Cleveland—West: the portion of the Cleveland Metropolitan School District located west of the Cuyahoga River
- Inner Ring Suburbs—East: a city on the east side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Inner Ring Suburbs—West: a city on the west side of the Cuyahoga River in Cuyahoga County which shares a border with the city of Cleveland
- Outer Ring Suburbs—East: a city on the east side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland, and
- Outer Ring Suburbs—West: a city on the west side of the Cuyahoga River in Cuyahoga County which does not share a border with the city of Cleveland.

All middle schools within each region were identified to be a part of the overall school sample. And to permit weighting within each region, as well as to the county, a minimum of 75% of the identified schools within each region were required to participate.

The columns under Inner Ring-East and Inner Ring-West do not include data because school participation within those regions was insufficient to permit weighting.

Finally, Healthy People 2020 goals related to adolescent health appear after the prevalence tables at the end of this document. Items that correspond with a Healthy People 2020 goal are noted with an asterisk.

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Body Mass Index							
*Obese (Having a BMI of >95 th percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	17.8% (15.8, 19.7)	15.5% (13.8, 17.1)	N/A	N/A	9.3% (7.7, 10.9)	8.7% (7.5, 9.9)	12.6% (11.4, 13.7)
Overweight (Having a BMI >85 th percentile and <95 th percentile for age and sex. Calculated from self-reported height and weight, adjusted for sex and age.)	22.5% (20.2, 24.7)	20.1% (17.4, 22.7)	N/A	N/A	14.0% (12.2, 15.8)	12.3% (10.8, 13.7)	16.4% (15.4, 17.4)
Body Weight							
Describes self as slightly or very overweight	21.8% (19.7, 24.0)	26.4% (24.5, 28.3)	N/A	N/A	20.4% (18.2, 22.7)	23.9% (22.5, 25.4)	23.9% (22.8, 25.0)
Trying to lose weight	39.4% (36.8, 42.1)	44.0% (41.1, 46.9)	N/A	N/A	33.7% (31.6, 35.9)	36.7% (34.8, 38.5)	38.6% (37.4, 39.9)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Safety							
*Rarely or never wore a seatbelt (When riding in a car driven by someone else.)	20.3% (17.6, 22.9)	16.8% (14.7, 19.0)	N/A	N/A	5.9% (4.7, 7.3)	5.8% (4.8, 6.8)	10.3% (9.5, 11.0)
Rarely or never wore a bicycle helmet (Among students who had ridden a bicycle during the 12 months before the survey.)	93.6% (92.3, 95.0)	92.2% (90.5, 93.8)	N/A	N/A	55.8% (52.8, 58.8)	74.7% (72.4, 76.4)	78.0% (76.9, 79.1)
Nutrition							
Ate fruits and vegetables five or more times per day (During the 7 days before the survey.)	22.1% (20.3, 23.8)	21.5% (19.2, 23.9)	N/A	N/A	37.0% (34.5, 39.5)	32.1% (30.0, 34.3)	28.1% (27.0, 29.1)
Drank 3 or more glasses per day of milk (During the 7 days before the survey.)	18.5% (16.6, 20.5)	23.6% (20.9, 26.2)	N/A	N/A	23.3% (20.7, 25.9)	31.4% (29.4, 33.4)	24.3% (23.4, 25.3)
Ate fast food during week (On one or more of the 7 days before the survey.)	76.2% (74.5, 77.8)	77.2% (74.9, 79.6)	N/A	N/A	63.4% (60.3, 66.6)	66.2% (63.8, 68.5)	70.6% (69.6, 71.7)
Did not eat breakfast every day (During the 7 days before the survey.)	65.1% (62.3, 68.0)	63.9% (60.8, 67.1)	N/A	N/A	52.9% (49.7, 56.1)	50.5% (48.4, 52.7)	58.7% (57.6, 59.9)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Physical Activity							
*Watched television 3 or more hours per day (On an average school day.)	56.0% (53.6, 58.5)	42.1% (39.7, 44.4)	N/A	N/A	26.9% (24.4, 29.5)	19.4% (17.8, 21.0)	34.9% (33.8, 35.9)
*Used computers 3 or more hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)	46.0% (43.3, 48.6)	41.8% (39.4, 44.1)	N/A	N/A	24.4% (22.0, 26.7)	22.5% (20.5, 24.4)	32.5% (31.4, 33.6)
Met recommended levels of physical activity (During the 7 days before the survey.)	39.5% (37.0, 42.0)	45.2% (42.2, 48.2)	N/A	N/A	58.9% (55.8, 62.0)	62.5% (60.4, 64.7)	54.7% (53.4, 56.0)
Did not participate in 60 or more minutes of physical activity on any day (During the 7 days before the survey.)	15.0% (13.1, 16.9)	10.5% (8.7, 12.2)	N/A	N/A	4.7% (3.3, 6.1)	3.9% (3.1, 4.8)	7.1% (6.5, 7.8)
Played on one or more sports teams (During the past 12 months.)	63.8% (60.8, 66.9)	60.7% (58.2, 63.1)	N/A	N/A	80.1% (77.7, 82.6)	79.6% (78.1, 81.2)	71.9% (70.7, 73.0)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Use of Tobacco Products							
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs.)	11.1% (9.3, 12.9)	16.5% (14.2, 18.9)	N/A	N/A	5.4% (3.9, 6.9)	5.8% (5.0, 6.7)	8.8% (8.1, 9.5)
Smoked a whole cigarette before age 11 years	4.7% (3.5, 5.9)	6.2% (5.1, 7.3)	N/A	N/A	1.8% (1.0, 2.6)	1.4% (0.8, 1.9)	2.5% (2.2, 2.9)
Current cigarette use (Smoked cigarettes on at least 1 day during the 30 days before the survey.)	3.9% (2.7, 5.0)	7.0% (5.4, 8.5)	N/A	N/A	2.4% (1.5, 3.2)	3.1% (2.5, 3.8)	3.7% (3.3, 4.0)
Current cigar use (Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.)	15.6% (13.2, 17.9)	11.5% (9.4, 13.5)	N/A	N/A	4.1% (2.8, 5.3)	2.7% (2.1, 3.4)	6.7% (6.1, 7.3)
Cigarette use on school property (Smoked cigarettes on school property at least 1 day during the 30 days before the survey.)	3.9% (2.7, 5.1)	5.0% (3.7, 6.4)	N/A	N/A	1.1% (0.6, 1.6)	1.5% (0.9, 2.1)	1.9% (1.6, 2.3)
Alcohol Use							
Lifetime alcohol use (Had at least one drink of alcohol on at least 1 day during their life.)	39.1% (36.4, 41.9)	37.8% (34.7, 40.8)	N/A	N/A	23.8% (21.5, 26.1)	18.8% (17.0, 20.6)	27.7% (26.6, 28.8)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Drank alcohol before age 11 years (Other than a few sips.)	14.4% (12.6, 16.2)	13.7% (11.6, 15.7)	N/A	N/A	8.1% (6.7, 9.5)	5.6% (4.6, 6.5)	8.4% (7.8, 9.0)
*Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	12.3% (10.6, 14.0)	14.2% (11.9, 16.5)	N/A	N/A	7.1% (5.6, 8.5)	6.4% (5.3, 7.4)	9.5% (8.8, 10.1)
Alcohol use on School Property (Had at least one drink of alcohol on school property at least 1 day during the 30 days before the survey.)	5.5% (4.1, 6.9)	5.2% (3.9, 6.5)	N/A	N/A	1.4% (0.8, 1.9)	1.2% (0.8, 1.7)	2.3% (2.0, 2.7)
Marijuana Use							
Lifetime marijuana use (Used marijuana one or more times during their life.)	18.3% (15.6, 21.0)	17.1% (14.3, 19.8)	N/A	N/A	6.6% (5.4, 7.8)	5.8% (4.9, 6.7)	10.9% (10.1, 11.7)
Tried marijuana before age 11 years	4.6% (3.2, 6.0)	3.9% (2.7, 5.0)	N/A	N/A	0.9% (0.4, 1.5)	1.0% (0.6, 1.3)	2.0% (1.7, 2.3)
*Current marijuana use (Used marijuana one or more times during the 30 days before the survey.)	11.6% (9.3, 13.8)	9.7% (7.8, 11.6)	N/A	N/A	4.5% (3.4, 5.6)	3.7% (2.9, 4.4)	6.5% (5.9, 7.1)
Marijuana use on School Property (Smoked marijuana one or more times on school property during the 30 days before the survey.)	5.2% (3.8, 6.6)	5.0% (3.7, 6.4)	N/A	N/A	1.6% (0.9, 2.3)	1.7% (1.2, 2.2)	2.5% (2.1, 2.8)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Other Drug Use							
Lifetime inhalant use (Sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high one or more times during their life.)	10.0% (8.5, 11.5)	11.0% (9.4, 12.7)	N/A	N/A	8.2% (6.7, 9.7)	5.5% (4.5, 6.4)	8.0% (7.4, 8.6)
Lifetime unauthorized prescription pain medication use (Had used prescription pain medication, such as Vicodin, OxyContin, Lortabs or Codeine without a doctor’s prescription one or more times during their life.)	13.1% (11.2, 14.9)	13.9% (11.9, 15.9)	N/A	N/A	8.2% (6.8, 9.6)	7.9% (6.8, 9.0)	9.6% (9.0, 10.3)
*Offered, sold, or given drugs on school property (One or more times during the 12 months before the survey.)	10.3% (8.1, 12.5)	10.6% (8.9, 12.3)	N/A	N/A	8.3% (6.8, 9.7)	7.4% (6.4, 8.3)	9.3% (8.6, 10.0)
Violence Related Behaviors							
Did not go to school because of safety concerns (One or more times during the 30 days before the survey)	11.9% (10.3, 13.4)	11.0% (8.8, 13.2)	N/A	N/A	5.5% (4.2, 6.9)	5.4% (4.6, 6.2)	8.1% (7.4, 8.7)
In a physical fight (One or more times during the 12 months before the survey.)	49.6% (47.2, 52.1)	43.9% (40.7, 47.0)	N/A	N/A	27.9% (25.4, 30.4)	26.5% (24.7, 28.3)	34.8% (33.5, 36.0)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
In a physical fight on school property (One or more times during the 12 months before the survey.)	30.0% (27.8, 32.1)	23.8% (21.6, 25.9)	N/A	N/A	11.4% (9.7, 13.1)	9.1% (8.0, 10.2)	16.9% (16.0, 17.8)
Carried a weapon on school property (Such as a gun, knife, or club; one or more times during the 30 days before the survey.)	8.2% (6.3, 10.0)	7.0% (5.1, 9.0)	N/A	N/A	2.1% (1.3, 2.9)	2.3% (1.6, 3.0)	3.6% (3.2, 4.1)
Bullying							
Harassed or picked on at school (By another student; one or more times during the 30 days before the survey.)	25.2% (22.8, 27.7)	31.1% (28.8, 33.4)	N/A	N/A	31.8% (28.3, 35.2)	38.9% (37.0, 40.9)	33.8% (32.6, 34.9)
Had been the victim of electronic gossip or bullying, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging (During the 12 months before the survey.)	20.3% (18.1, 22.6)	22.7% (20.2, 25.2)	N/A	N/A	21.6% (19.4, 23.8)	22.9% (21.1, 24.6)	21.7% (20.7, 22.7)
Depression & Suicide							
Purposely hurt self without wanting to die (During 12 months before survey.)	17.4% (15.1, 19.6)	22.0% (19.4, 24.6)	N/A	N/A	10.4% (8.7, 12.2)	10.5% (9.4, 11.7)	14.4% (13.6, 15.2)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Felt sad or hopeless (Almost every day for two weeks or more in a row, during the 12 months before the survey.)	24.1% (22.0, 26.2)	27.1% (24.9, 29.4)	N/A	N/A	16.2% (14.4, 18.1)	15.1% (13.7, 16.6)	20.1% (19.2, 21.1)
Seriously considered attempting suicide (During the 12 months before the survey.)	16.0% (14.1, 17.9)	17.7% (15.4, 20.0)	N/A	N/A	9.5% (7.9, 11.1)	10.6% (9.4, 11.9)	13.5% (12.8, 14.3)
*Attempted suicide (One or more times during the 12 months before the survey.)	13.5% (11.6, 15.5)	14.8% (12.9, 16.8)	N/A	N/A	6.1% (4.7, 7.4)	5.1% (4.1, 6.0)	8.7% (8.0, 9.3)
Sex							
Ever had sexual intercourse	37.6% (33.8, 41.5)	26.3% (23.5, 29.1)	N/A	N/A	8.8% (7.1, 10.6)	5.2% (4.3, 6.1)	15.8% (14.8, 16.7)
Used a condom during last sexual intercourse (Among students who had ever had sexual intercourse.)	78.1% (74.5, 81.7)	75.8% (70.7, 80.8)	N/A	N/A	63.7% (55.2, 72.2)	58.0% (50.2, 65.7)	72.8% (70.3, 75.3)
Other Health Behaviors							
*Saw a doctor or nurse for check-up (During the 12 months before the survey.)	54.2% (51.7, 56.7)	54.0% (51.1, 56.8)	N/A	N/A	74.9% (72.4, 77.3)	74.0% (72.4, 75.6)	66.9% (65.8, 68.0)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Ever taught in school about AIDS or HIV infection	67.7% (64.7, 70.7)	70.3% (66.8, 73.8)	N/A	N/A	80.7% (78.2, 83.2)	75.5% (73.3, 77.7)	76.6% (75.5, 77.8)
Described health, in general, as fair or poor	8.9% (7.0, 10.8)	11.1% (9.3, 12.8)	N/A	N/A	6.1% (4.6, 7.6)	5.5% (4.6, 6.5)	8.1% (7.4, 8.8)
*Spent at least one hour in clubs or organizations outside of school (During an average week.)	54.0% (51.2, 56.9)	47.5% (44.8, 50.1)	N/A	N/A	68.2% (65.7, 70.7)	66.3% (64.5, 68.2)	60.3% (59.2, 51.4)
School and Community Involvement							
Spent at least one hour helping other people without getting paid to make one’s community a better place for people to live (During an average week.)	44.3% (41.6, 47.0)	44.7% (42.2, 47.3)	N/A	N/A	44.8% (41.9, 47.8)	43.1% (41.1, 45.1)	42.5% (41.3, 43.7)
Parents talk with student about school almost every day	51.9% (49.1, 54.6)	48.1% (45.1, 51.0)	N/A	N/A	64.8% (61.8, 67.8)	59.9% (58.0, 61.7)	57.8% (56.6, 59.0)
Students help decide what goes on in school (Agree and strongly agree)	41.8% (39.4, 44.2)	39.2% (36.4, 42.0)	N/A	N/A	46.5% (43.6, 49.4)	48.3% (46.5, 50.0)	44.2% (43.0, 45.3)
Students feel like they matter to people in their community (Agree and strongly agree)	49.2% (46.8, 51.6)	44.7% (41.8, 47.7)	N/A	N/A	52.5% (49.7, 55.4)	52.6% (50.5, 54.6)	48.9% (47.7, 50.1)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Described their grades in school as A's and B's (During the 12 months before the survey.)	52.8% (49.7, 55.9)	55.9% (52.2, 59.5)	N/A	N/A	79.4% (77.0, 81.9)	82.9% (81.4, 84.5)	68.7% (67.4, 70.0)
Family and Social Support							
Ate dinner with family (On one or more days of the 7 days before the survey.)	79.5% (77.4, 81.6)	82.1% (80.1, 84.2)	N/A	N/A	90.4% (88.5, 92.2)	93.8% (92.9)	87.0% (86.2, 87.9)
*Supportive adult (One or more adults who they would feel comfortable seeking help from if there was an important issue or question affecting their life.)	84.6% (82.8, 86.4)	83.5% (81.6, 85.4)	N/A	N/A	90.9% (89.4, 92.5)	88.2% (87.0, 89.3)	87.3% (86.6, 88.0)
Trusted friend (One or more friends who would offer good advice if there was a really important secret or problem affecting their life.)	85.2% (83.5, 87.0)	85.7% (83.3, 88.1)	N/A	N/A	90.9% (89.3, 92.5)	92.5% (91.5, 93.5)	89.2% (88.5, 89.9)
Social Networking							
Spend 3 or more hours on social networking sites (Such as MySpace or Facebook, on an average school day.)	29.3% (26.7, 31.8)	24.1% (21.8, 26.4)	N/A	N/A	11.9% (10.0, 13.8)	9.1% (7.8, 10.4)	16.8% (15.8, 17.8)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Spend no time on social networking sites (Such as MySpace or Facebook on an average school day.)	23.9% (21.7, 26.1)	24.5% (21.5, 27.5)	N/A	N/A	28.4% (25.8, 31.0)	33.7% (31.7, 35.8)	29.3% (28.2, 30.5)
Send and receive 120 or more text messages with friends (On an average school day.)	22.5% (19.8, 25.1)	23.3% (20.8, 25.8)	N/A	N/A	17.8% (15.7, 19.8)	19.9% (18.3, 21.6)	21.0% (20.0, 22.0)
Send and receive no text messages with friends (On an average school day.)	27.1% (24.3, 29.9)	30.2% (27.6, 32.8)	N/A	N/A	17.8% (15.3, 20.3)	16.7% (15.2, 18.3)	21.4% (20.4, 22.3)
Parental Monitoring							
Parents know where student is after school (Usually or always)	80.0% (77.3, 82.7)	82.8% (80.9, 84.7)	N/A	N/A	93.7% (92.3, 95.2)	94.2% (93.2, 95.1)	88.8% (88.0, 89.6)
Student is expected to call parents if going to be home late (Usually or always)	76.8% (74.4, 79.3)	81.2% (79.1, 83.3)	N/A	N/A	89.5% (87.8, 91.1)	90.8% (89.5, 92.0)	86.2% (85.4, 87.0)
Student talks with parents about plans with friends (Usually or always)	60.0% (56.9, 63.1)	63.8% (61.0, 66.7)	N/A	N/A	81.6% (79.1, 84.0)	82.6% (81.0, 84.3)	74.2% (73.0, 75.3)
Parents ask where student is going when student goes out (Usually or always)	76.7% (73.9, 79.4)	80.8% (78.6, 83.0)	N/A	N/A	91.3% (89.7, 92.8)	91.2% (90.0, 92.4)	86.8% (85.9, 87.6)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Student reports telling parents the truth about where student goes (Usually or always)	69.5% (67.1, 71.9)	71.3% (69.1, 73.5)	N/A	N/A	86.2% (84.1, 88.2)	86.7% (85.4, 88.1)	79.9% (79.0, 80.8)
Student is allowed to have a friend over when parents are not home, as long as they tell parents beforehand (Usually or always)	48.3% (45.8, 50.7)	45.2% (42.4, 47.9)	N/A	N/A	63.9% (60.1, 67.6)	63.6% (61.5, 65.6)	56.5% (55.3, 57.7)
Student is allowed to go to a friend’s house even when his/her parents are not home, as long as they tell parents beforehand (Usually or always)	44.3% (41.6, 47.1)	42.1% (39.7, 44.6)	N/A	N/A	60.7% (57.7, 63.7)	60.0% (57.9, 62.1)	52.6% (51.4, 53.8)
Student reports being trusted by parent to make good decisions (Agree or strongly agree)	69.8% (67.5, 72.1)	69.6% (67.1, 72.1)	N/A	N/A	82.2% (79.6, 84.7)	84.1% (82.8, 85.4)	77.6% (76.6, 78.6)
Student reports that parents pretty much let them do whatever they want (Agree or strongly agree)	17.4% (15.2, 19.6)	17.1% (14.9, 19.4)	N/A	N/A	22.1% (19.6, 24.5)	21.9% (20.3, 23.5)	19.4% (18.5, 20.3)
Student Perceptions of Use							
Students believe it is very wrong for someone their age to drink alcohol	54.6% (51.4, 57.7)	55.5% (52.4, 58.6)	N/A	N/A	66.6% (63.9, 69.4)	65.2% (63.1, 67.4)	60.6% (59.4, 61.9)
Students believe it is very wrong for someone their age to smoke cigarettes	65.5% (62.2, 68.7)	62.6% (60.0, 65.3)	N/A	N/A	80.6% (78.0, 83.3)	78.5% (76.8, 80.2)	72.5% (71.4, 73.6)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Students believe it is very wrong for someone their age to smoke marijuana	61.8% (58.6, 65.1)	64.9% (62.0, 67.9)	N/A	N/A	76.4% (73.8, 78.9)	80.4% (78.8, 82.1)	72.5% (71.3, 73.6)
Student Perceptions of Parent Beliefs							
Students perceive that their parents believe it is very wrong for them to drink alcohol	75.9% (73.4, 78.5)	76.9% (73.4, 80.4)	N/A	N/A	84.0% (82.0, 86.0)	86.9% (85.5, 88.3)	83.1% (82.2, 84.0)
Students perceive that their parents believe it is very wrong for them to smoke cigarettes	80.9% (78.2, 83.6)	83.4% (79.3, 83.4)	N/A	N/A	92.6% (90.6, 94.6)	93.1% (92.0, 94.2)	89.0% (88.3, 89.8)
Students perceive that their parents believe it is very wrong for them to smoke marijuana	79.3% (76.6, 81.9)	81.8% (79.4, 84.2)	N/A	N/A	91.4% (89.7, 93.0)	93.5% (92.5, 94.6)	88.7% (88.0, 89.5)
Student Perceptions of Harm							
Students perceive great risk of harm from smoking cigarettes (Physically or in other ways, if smoke one or more packs a day.)	44.6% (41.5, 47.7)	47.8% (44.6, 51.1)	N/A	N/A	75.4% (72.8, 78.0)	75.1% (73.2, 77.1)	65.4% (64.2, 66.6)
Students perceive great risk of harm from drinking alcohol (Physically or in other ways, if drink one or two alcoholic beverages nearly every day.)	39.2% (36.0, 42.4)	39.0% (36.1, 42.0)	N/A	N/A	56.0% (53.4, 58.7)	56.4% (54.2, 58.7)	50.1% (48.8, 51.3)

Risk Behavior	CMSD – East (%) (Confidence Interval)	CMSD – West (%) (Confidence Interval)	Inner Ring – East (%) (Confidence Interval)	Inner Ring – West (%) (Confidence Interval)	Outer Ring – East (%) (Confidence Interval)	Outer Ring – West (%) (Confidence Interval)	Cuyahoga County (%) (Confidence Interval)
Students perceive great risk of harm from smoking marijuana (Physically or in other ways, if smoke marijuana once or twice.)	35.0% (32.2, 37.8)	37.2% (34.4, 40.0)	N/A	N/A	50.7% (48.0, 53.4)	52.7% (50.5, 54.9)	45.3% (44.1, 46.5)
Students perceive great risk of harm from smoking marijuana (Physically or in other ways, if smoke marijuana regularly.)	47.9% (44.6, 51.1)	50.5% (47.7, 53.3)	N/A	N/A	74.8% (72.4, 77.3)	81.1% (79.3, 82.9)	68.1% (67.0, 69.3)

Healthy People 2020 Goals

1. Reduce the proportion of children and adolescents, aged 12 – 19 years, who are considered obese to 16.1%.
2. Increase the use of seat belts to 92.4%.
3. Increase the proportion of children and adolescents, aged 6 – 14, who view television 2 or fewer hours on a school day to 86.8%.
4. Increase the proportion of children and adolescents, aged 6 – 14, who use a computer or play computer games outside of school (for non-school work) for 2 or fewer hours on a school day to 100.0%.
5. Reduce the proportion of adolescents, aged 12 – 17 years, using alcohol or any illicit drugs during the past 30 days to 16.5% (or 83.5% “not using”).
6. Reduce the proportion of adolescents, aged 12 – 17 years, reporting use of marijuana during the past 30 days to no more than 0.7%.
7. Reduce the proportion of adolescents who have been offered, sold, or given an illegal drug on school property, to 20.4 %
8. Reduce the rate of suicide attempts by adolescents to 1.7 attempts per 100.
9. Increase the proportion of adolescents aged 10 – 17 years who have had a wellness checkup in the past 12 months to 75.6%.
10. increase the proportion of adolescents, aged 12 – 17 years, who participated in extracurricular and/or out-of-school activities in the past 12 months to 90.8%.
11. increase the proportion of adolescents, aged 12 – 17 years, who have an adult in their lives with whom they can talk about serious problems, to 83.3%.

2012

Middle School Youth Risk Behavior Survey

Directions

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing this survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing the survey. The information will not be used to find out your name. No names will ever be reported. Make sure to read every question. Fill in the circles completely. When you are finished, place your completed survey in the envelope provided.

Thanks for your help



Child and Family Health Services



Prevention Research Center
at Case Western Reserve University



DEMOGRAPHICS TOTAL (14 Items)

1. What is your Zip Code?

Directions: Write your zipcode in the shaded blank boxes. Fill in the matching oval below each number.

Example

ZipCode				
4	4	1	5	2
		Ⓐ	Ⓑ	Ⓒ
		●	Ⓓ	Ⓔ
		Ⓕ	Ⓖ	●
		Ⓖ	Ⓕ	Ⓕ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	●	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ
		Ⓖ	Ⓖ	Ⓖ

2. How old are you?

- a. 10 years old or younger
- b. 11 years old
- c. 12 years old
- d. 13 years old
- e. 14 years old
- f. 15 years old
- g. 16 years old or older

3. What grade are you in?

- a. 6th grade
- b. 7th grade
- c. 8th grade
- d. Other

4. What is your sex?

- a. Female
- b. Male

5. Are you Hispanic or Latino?

- a. Yes
- b. No

6. What is your race? (Select one or more responses.)

- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Native Hawaiian or Other Pacific Islander
- e. White

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

- a. Mostly A's
- b. Mostly B's
- c. Mostly C's
- d. Mostly D's
- e. Mostly F's
- f. None of these grades
- g. Not sure

8. Which of the following people live in the same house as you? (Select one or more responses.)

- a. Mother
- b. Father
- c. Stepmother
- d. Stepfather
- e. Grandparent(s)
- f. Aunt(s)/Uncle(s)
- g. Brother(s)/Sister(s)
- h. My children
- i. Non-relative or other

9. Does your family own a car, van or truck?

- a. No
- b. Yes, one
- c. Yes, two or more

10. Do you have your own bedroom for yourself?

- a. No
- b. Yes

11. During the past 12 months, how many times did you travel away on vacation with your family?

- a. Not at all
- b. Once
- c. Twice
- d. More than twice

12. How many computers does your family own?

- a. None
- b. One
- c. Two
- d. More than two

13. How many days of the week do you take care of yourself in the afternoon or evening after school without an adult being there?
- No days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - All five days

14. Think of those days during the week that you take care of yourself in the afternoon or evening after school without an adult being there. How many hours do you usually take care of yourself?
- I am not left alone
 - 1 hour
 - 2 hours
 - 3 hours
 - 4 or more hours

The next 4 questions ask you about your HEIGHT AND WEIGHT.

15. How tall are you without your shoes on?
Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height	
Feet	Inches
5	11
③	①
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

16. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight		
Pounds		
1	5	2
①	①	①
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

17. How do **you** describe your weight?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
18. Which of the following are you trying to do about your weight?
- Lose weight
 - Gain weight
 - Stay the same weight
 - I am **not trying to do anything** about my weight

The next 2 questions ask you about SAFETY.

19. **When you ride a bicycle**, how often do you wear a helmet?
- I do not ride a bicycle
 - Never wear a helmet
 - Rarely wear a helmet
 - Sometimes wear a helmet
 - Most of the time wear a helmet
 - Always wear a helmet

20. How often do you wear a seatbelt when **riding** in a car?
- Never*
 - Rarely*
 - Sometimes*
 - Most of the time*
 - Always*

The next 6 questions ask you about your DIET.

21. Yesterday, how many times did you eat fruit? (Foods like apple, papaya, banana, orange, applesauce or pear. Do not count fruit juices)
- 0 times*
 - 1 time*
 - 2 times*
 - 3 or more times*
22. Yesterday, how many times did you eat vegetables? (Foods like broccoli, spinach, carrots, squash, tomatoes, or green beans.)
- 0 times*
 - 1 time*
 - 2 times*
 - 3 or more times*
23. Yesterday, how many times did you eat green salad? (Salads that contain lettuce, spinach, or other greens.)
- 0 times*
 - 1 time*
 - 2 times*
 - 3 or more times*
24. Yesterday, how many times did you drink milk? (Include milk you drank in a glass or cup, from a carton, or with cereal. A milk shake counts as milk, too.)
- 0 times*
 - 1 time*
 - 2 times*
 - 3 or more times*

25. During the past 7 days, on how many mornings did you eat breakfast?
- I did not eat breakfast in the past 7 days*
 - 1 or 2 mornings*
 - 3 or 4 mornings*
 - 5 or 6 mornings*
 - Every morning*

26. During the past 7 days, on how many days did you eat fast food? (like McDonalds, Burger King, Pizza Hut, Taco Bell, Kentucky Fried Chicken, or Subway)
- 0 days*
 - 1 day*
 - 2 days*
 - 3 days*
 - 4 days*
 - 5 days*
 - 6 days*
 - Everyday*

The next 3 questions ask you about PHYSICAL ACTIVITY.

27. On an average school day, how many hours do you watch TV?
- I do not watch TV on an average school day*
 - Less than 1 hour per day*
 - 1 hour per day*
 - 2 hours per day*
 - 3 hours per day*
 - 4 hours per day*
 - 5 or more hours per day*
28. 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? (Include activities such as Nintendo, Game Boy, Playstation, Xbox, computer games, and the Internet.)
- I do not play video or computer games or use a computer for something that is not school work.*
 - Less than 1 hour per day*
 - 1 hour per day*
 - 2 hours per day*
 - 3 hours per day*
 - 4 hours per day*
 - 5 or more hours per day*

29. 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 spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days

The next 5 questions ask you about TOBACCO USE.

30. Have you ever tried cigarette smoking, even one or two puffs?
- a. Yes
 - b. No
31. How old were you when you smoked a whole cigarette for the first time?
- a. I have never smoked a whole cigarette
 - b. 8 years old or younger
 - c. 9 years old
 - d. 10 years old
 - e. 11 years old
 - f. 12 years old
 - g. 13 years old or older

32. During the past 30 days, on how many days did you smoke cigarettes?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

33. During the past 30 days, on how many days did you smoke cigarettes **on school property?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
34. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars, such as Black and Milds, Swisher Sweets, or Phillies?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

The next 4 questions ask you about drinking ALCOHOL. This includes drinking beer, wine, wine coolers, 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.

35. Have you ever had a drink of alcohol, other than a few sips?
- a. Yes
 - b. No
36. How old were you when you had your first drink of alcohol other than a few sips?
- a. I have never had a drink of alcohol other than a few sips
 - b. 8 years old or younger
 - c. 9 years old
 - d. 10 years old
 - e. 11 years old
 - f. 12 years old
 - g. 13 years old or older

37. During the past 30 days, on how many days did you have at least one drink of alcohol?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

38. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

The next 4 questions ask you about MARIJUANA USE. Marijuana also is called grass or pot.

39. Have you ever used marijuana?
- a. Yes
 - b. No
40. How old were you when you tried marijuana for the first time?
- a. I have never tried marijuana
 - b. 8 years old or younger
 - c. 9 years old
 - d. 10 years old
 - e. 11 years old
 - f. 12 years old
 - g. 13 years old or older
41. During the past 30 days, how many times did you use marijuana?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times

42. During the past 30 days, on how many days did you smoke marijuana **on school property?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

The next 4 questions ask you about other drugs.

43. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- a. Yes
 - b. No
44. During your life, how many times have you used prescription pain relievers or painkillers without a doctor's prescription, such as Vicodan, Percocet, OxyContin, Lortabs, or Codeine (also called Oxy, OcyCotton, Os, Norco, Vikes)?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 times or more
45. During your life, what type of prescription drugs have you taken without a doctor's prescription? **(Select one or more responses.)**
- a. I do not take prescription drugs without a doctor's prescription
 - b. Narcotic pain relievers such as OxyContin, Percocet, Vicodan, or Lortabs
 - c. Tranquilizers or anti-anxiety drugs such as Xanax, or Valium
 - d. Sleeping pills, sedatives and other depressants such as Ambien, or Phenobarbital
 - e. Stimulants or amphetamines such as Ritalin (also called Vitamin-R or Study Drug)
 - f. I take multiple prescription drugs at the same time
 - g. Not sure

46. During the past 12 months, has anyone offered, sold, or given you any illegal drugs **on school property**?
- Yes
 - No

The next 7 questions ask you about VIOLENCE-RELATED BEHAVIORS.

47. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days

48. During the past 12 months, how many times were you in a physical fight?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times

49. During the past 12 months, how many times were you in a physical fight **on school property**?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times

50. During the past 30 days, on how many days did you carry a weapon, such as a gun, knife, or club **on school property**?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days

51. During the past 30 days, have you been harassed or picked on at school by another student?
- Yes
 - No

52. During the past 12 months, have you ever been the victim of electronic gossip or bullying, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?
- Yes
 - No

53. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times

The next 3 questions ask you about SUICIDE. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

54. During the past 12 months, did you ever feel so sad and hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
- Yes
 - No

55. During the past 12 months, did you ever **seriously** consider attempting suicide?
- Yes
 - No

56. During the past 12 months, how many times did you actually attempt suicide?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times

The next 2 questions ask you about SEXUAL INTERCOURSE.

57. Have you ever had sexual intercourse?
- Yes
 - No
58. The last time you had sexual intercourse, did you or your partner use a condom?
- I have never had sexual intercourse
 - Yes
 - No

The next 3 questions ask you about OTHER HEALTH-RELATED TOPICS.

59. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?
- During the past 12 months
 - Between 12 and 24 months ago
 - More than 24 months ago
 - Never
 - Not sure
60. Have you ever been taught about AIDS or HIV infection in school?
- Yes
 - No
 - Not sure
61. How would you describe your health in general?
- Excellent
 - Very Good
 - Good
 - Fair
 - Poor

The next 6 questions ask about your activities and your experiences at school and at home.

62. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups)
- 0 teams
 - 1 team
 - 2 teams
 - 3 or more teams

63. During the past 7 days, on how many days did you take part in organized after school, evening, or weekend activities other than sports teams such as school clubs, community center groups, music/art/dance lessons, drama, church, or other supervised activities?
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days

64. During the past 7 days, how many hours did you spend helping other people without getting paid (such as helping out at a hospital, daycare center, food shelf, youth program, community service agency, or doing other things) to make your community a better place for people to live?
- 0 hours
 - 1 hour
 - 2 hours
 - 3 hours
 - 4 hours
 - 5 hours
 - 6 hours
 - 7 hours

65. How often does one of your parents talk with you about what you are doing in school?
- About every day
 - About once or twice a week
 - About once or twice a month
 - Less than once a month
 - Never

66. How much do you agree with the following statement? Students help decide what goes on in my school?
- Strongly agree
 - Agree
 - Not sure
 - Disagree
 - Strongly disagree

67. How much do you agree with the following statement? In my community, I feel like I matter to people.
- a. *Strongly agree*
 - b. *Agree*
 - c. *Not sure*
 - d. *Disagree*
 - e. *Strongly disagree*

The next 3 items ask about family interactions and social support.

68. During the past 7 days, on how many days did you eat dinner with your family?
- a. *0 days*
 - b. *1 day*
 - c. *2 days*
 - d. *3 days*
 - e. *4 days*
 - f. *5 days*
 - g. *6 days*
 - h. *7 days*
69. How many adults would you feel comfortable seeking help from if you had an important issue or question affecting your life?
- a. *0 adults*
 - b. *1 adult*
 - c. *2 adults*
 - d. *3 adults*
 - e. *4 adults*
 - f. *5 or more adults*
70. How many of your friends would you trust to offer you good advice if you had a really important secret or problem affecting your life?
- a. *0 friends*
 - b. *1 friend*
 - c. *2 friends*
 - d. *3 friends*
 - e. *4 friends*
 - f. *5 or more friends*

The next 2 questions ask about social networking.

71. On an average school day, how much time do you spend on social networking sites such as MySpace or FaceBook?
- a. *I do not spend any time on social networking sites*
 - b. *Less than 1 hour per day*
 - c. *1 hour per day*
 - d. *2 hours per day*
 - e. *3 hours per day*
 - f. *4 hours per day*
 - g. *5 or more hours per day*
72. On an average school day, how often do you text (send and receive) your friends?
- a. *0 times*
 - b. *1 or 2 times*
 - c. *3 to 10 times*
 - d. *11 to 30 times*
 - e. *31 to 60 times*
 - f. *61 to 120 times*
 - g. *120 or more times*

The next 10 items ask about the rules your parents or guardians have, the things that you are allowed to do, and the relationship you have with them.

73. My parents know where I am after school.
- a. *Never*
 - b. *Rarely*
 - c. *Sometimes*
 - d. *Usually*
 - e. *Always*
74. If I am going to be home late, I am expected to call my parents.
- a. *Never*
 - b. *Rarely*
 - c. *Sometimes*
 - d. *Usually*
 - e. *Always*

75. I talk with my parent(s) about the plans I have with my friends.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

76. When I go out, my parent(s) ask me where I am going.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

77. I tell my parents the truth about where I am, where I am going, and who I am going out with when asked.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

78. I am allowed to have a friend over when my parents are not home as long as I tell my parents beforehand.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

79. I am allowed to go to a friend's house even when his/her parents are not home, as long as I tell my parents beforehand.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

80. While out with friends, I'm allowed to change plans, go somewhere different than planned, as long as I tell my parents.

- a. *Never*
- b. *Rarely*
- c. *Sometimes*
- d. *Usually*
- e. *Always*

81. My parents trust me to make good decisions.

- a. *Strongly agree*
- b. *Agree*
- c. *In the middle*
- d. *Disagree*
- e. *Strongly disagree*

82. My parents pretty much let me do whatever I want.

- a. *Strongly agree*
- b. *Agree*
- c. *In the middle*
- d. *Disagree*
- e. *Strongly disagree*

The next 6 questions ask about how you and your parents feel about some behaviors.

83. How wrong do you think it is for someone your age to drink beer, wine, or hard liquor (for example vodka, whiskey, or gin) regularly?

- a. *Very wrong*
- b. *Wrong*
- c. *A little wrong*
- d. *Not at all wrong*

84. How wrong do you think it is for someone your age to smoke cigarettes?

- a. *Very wrong*
- b. *Wrong*
- c. *A little wrong*
- d. *Not at all wrong*

85. How wrong do you think it is for someone your age to smoke marijuana?

- a. *Very wrong*
- b. *Wrong*
- c. *A little wrong*
- d. *Not at all wrong*

86. How wrong do your parents feel it would be for you to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?

- a. *Very wrong*
- b. *Wrong*
- c. *A little wrong*
- d. *Not at all wrong*

87. How wrong do your parents feel it would be for you to smoke cigarettes?
- Very wrong*
 - Wrong*
 - A little wrong*
 - Not at all wrong*

88. How wrong do your parents feel it would be for you to smoke marijuana?
- Very wrong*
 - Wrong*
 - A little wrong*
 - Not at all wrong*

The next 4 questions ask about how much young people risk harming oneself if they do certain behaviors.

89. How much do you think young people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?
- No risk*
 - Slight risk*
 - Moderate risk*
 - Great risk*
90. How much do you think young people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?
- No risk*
 - Slight risk*
 - Moderate risk*
 - Great risk*
91. How much do you think young people risk harming themselves (physically or in other ways) if they try marijuana once or twice?
- No risk*
 - Slight risk*
 - Moderate risk*
 - Great risk*

92. How much do you think young people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?
- No risk*
 - Slight risk*
 - Moderate risk*
 - Great risk*

The next 12 questions ask about food availability and snacking habits.

93. Are students allowed to have food in the classroom?
- Always*
 - Sometimes*
 - Never*
94. Are students allowed to have beverages in the classroom?
- Always*
 - Sometimes*
 - Never*
95. Are students allowed to have snacks in the hallways?
- Always*
 - Sometimes*
 - Never*
96. Are students allowed to have beverages in the hallways?
- Always*
 - Sometimes*
 - Never*
97. Are food or food coupons used as a reward or incentive for students?
- Always*
 - Sometimes*
 - Never*
98. Do you have classroom fundraising that includes food sales?
- Always*
 - Sometimes*
 - Never*

99. Do you have school-wide fundraising that includes food sales?
- Always
 - Sometimes
 - Never
100. At school, are there vending machines with chips, candy, cookies, or pop/soda that students can use?
- Yes
 - No
101. In an average school week, how often do you eat snacks during the school day? (Do Not include the snacks you eat during lunch)
- Never
 - 1-2 days a week
 - 3-4 days a week
 - Everyday
102. When you snack at school (not including lunch), what types of snacks do you usually eat? (Choose all that apply)
- I do not eat snacks during the school day
 - Chips
 - Candy
 - Regular pop/soda
 - Diet pop/soda
 - Other sugary drinks (Gatorade, Iced Tea, Fruit Punch, etc.)
 - Water
 - Gum
 - Fruit or a healthy option
 - Something else
103. In an average school week, how often do you stop at a corner store, convenience store, drug store, grocery store, or other store that sells food on your way to or from school?
- Never
 - 1-2 days a week
 - 3-4 days a week
 - Everyday
104. When you stop at a corner store, convenience store, drug store, grocery store, or other store that sells food on your way to or from school, what types of items do you usually buy? (Choose all that apply)
- I do not stop at a store on my way to or from school
 - Chips
 - Candy
 - Regular pop/soda
 - Diet pop/soda
 - Other sugary drinks (Gatorade, Iced Tea, Fruit Punch, etc.)
 - Water
 - Gum
 - Fruit or a healthy option
 - Something else