

# 2007 Otsego County Youth Risk Behavior Survey Report

***High School Student Responses -  
1997, 2000, 2003 and 2007 YRBS***



Prepared with assistance from:  
The Center for Economic  
& Community Development  
SUNY College at Oneonta  
<http://www.oneonta.edu/advancement/cecd/>



## Table of Contents

Introduction.....	1
Executive Summary .....	2
Methods.....	3
Survey Design.....	3
Survey Delivery .....	3
Data Analysis and Response Rates .....	4
Demographics .....	5
Injury.....	6
Depression and Suicide.....	8
Violence .....	10
Dating Violence .....	12
Weapons Use .....	14
BMI and Weight Behaviors .....	16
Physical Activity.....	20
Tobacco Use.....	22
Tobacco Cessation .....	25
Alcohol & Other Drug Use .....	27
Drinking and Driving.....	28
Marijuana Use.....	29
Other Drug Use.....	31
Responsible Sexual Behaviors.....	33
Nutrition.....	37
Risk and Protection.....	40
Appendix: 2007 Otsego County High School YRBS Questionnaire.....	42

## Introduction

*Healthy People 2010* objectives help drive policy decisions about national disease prevention and health promotion in the United States. Health experts who helped the national government develop these goals and the Youth Risk Behavior Surveillance Survey (YRBS) believe it is important to prevent initiation of high-risk behaviors among young people. Empirical research has shown that certain behaviors place young people at risk for increased morbidity and mortality as adolescents and adults. Adverse health outcomes include obesity, diabetes, hypertension, delinquency, suicide and injuries.

The 2007 Otsego County YRBS represents a decade of effort. The local YRBS started in 1997 with subsequent reports issued in 2000 and 2003. The latest data collection and reporting was funded through contributions made to the LEAF Council on Alcoholism and Addictions, Inc. Financial support for this project in 2007 came from the Scriven Foundation, the United Way of Delaware & Otsego Counties, and Otsego County Community Services. LEAF spearheaded this latest effort and has played an important part in supporting and using the YRBS in this region of upstate New York. The latest local administration was conducted under the guidance of the Center for Economic & Community Development (CECD) at SUNY College at Oneonta.

Completion of this Otsego County YRBS and those of the past decade would not have been possible without the collaboration of local service agencies and participating schools. In particular, students deserve many thanks for their candid responses – and we praise their teachers for their time and understanding during school years with much to accomplish and never enough time.

Thanks also to the Bassett Research Institute Computing Center's Nicole Krupa and Patrick Burdick for processing over 2,000 surveys and generating statistics reports. Shane Butler, a SUNY College at Oneonta student intern, spent many hours helping prepare each completed survey for entry.

Finally, we must recognize the foundation for gathering this information laid by Anne Gadowski, MD, MPH and M.E. (Betsy) Hayes, BSN. Their commitment in prior years to excellent reporting with confidentiality and discretion among local schools and students helped the transition as CECD took on this project for 2007.

Tim Hayes  
Director  
Center for Economic & Community Development  
SUNY College at Oneonta

Julia M. Dostal, PhD, CPP  
Executive Director  
LEAF, Inc.

## Executive Summary

The trends looking back over a decade of data collection in Otsego County looks very positive in terms of reduced reports of risky behaviors among high school students completing the Youth Risk Behavior Survey. Still, as previous reports have noted, there remains room for improvement. Some significant highlights for those Otsego County students surveyed are:

- Upward trend in seat belt use when riding in a car, but continued low reports of regular helmet use among bicycle riders
- Overall downward trend in reports of behaviors related to suicidal ideation and attempts, but lower reports of among boys are not reflected by their female peers
- Although more boys reported fighting behaviors than girls, there was an overall downward trend in the violent behaviors measured by the YRBS
- There were more reports of gun carrying than in previous years – with all local surveys administered during the fall hunting season – but very few said this weapon was intended for personal safety
- Obesity, based on categories of self-reported height and weight, is increasing. This trend is not reflected in reported perceptions of weight, which did not change significantly since 1997
- Gains made in organized sports participation between 1997 and 2000 have leveled off, but students also reported spending more time exercising in physical education class periods
- Downward trends in most measures of cigarettes, alcohol and marijuana use – as well as in some other drugs.
- Alcohol remained the top substance reportedly used by high school students both ever and recently (past 30 days), followed by cigarettes and marijuana. Use of these three was reported in far greater frequency than any other substance on the questionnaire.
- Reports of multiple sexual partners were lower, but reports of HIV/AIDS education in school is significantly less among participating schools in recent years

Most of the data appear similar to upstate New York findings. Taken as a subset of the national YRBS and excluding the New York City area, the upstate NY figures seem to suggest that even with changes in reported activity among local schools the Otsego County results may be part of larger forces throughout upstate New York. With the exception of higher proportions of reported gun use – mostly claimed for uses other than personal safety and likely related to the fall hunting season – most of the Otsego County schools data looks like the rest of the upstate region. However, the methods for gathering the data may influence the result. For planning and policymaking purposes dealing with widespread issues, local officials could use future versions the upstate New York subset. The United States Centers for Disease Control and Prevention (CDC) provides the New York State data in odd years and is available from the New York State Education Department's Office of Instructional Support and Development, through its School Improvement and Community Services department ([www.emsc.nysed.gov/sss/Data/](http://www.emsc.nysed.gov/sss/Data/)).

# Methods

## Survey Design

The data contained in this report are the results of the 2007 Youth Risk Behavior Survey (YRBS) at both local and national levels. The U.S. Centers for Disease Control and Prevention (CDC) created the survey instrument and it has been used for nearly 20 years by officials and groups, such as state and local health agencies, throughout the United States.<sup>1</sup> In Otsego County, the survey process provided local data in 1997, 2000, 2003 and 2007.

The CDC periodically revises the national survey instrument based on its experience. For example, questions about nutrition changed considerably between 1997 and 2000. The 2007 CDC instrument added questions about demographics, property damage/theft, obtaining alcohol, soda consumption, video or computer game screen time, and asthma. It removed questions about academic performance and regular inhalant use, and changed questions about physical activity and participation in physical education classes.

The local instrument follows the national resource with a few modifications. After consultation with CDC officials, Bassett Research Institute added questions in 2000 about gun use and smoking cessation. The local 2007 version retained these items and adopted the revised questions about physical activity. It did not include the new questions about asthma, property damage/theft or obtaining alcohol. This brought the local 2007 high school instrument to 92 questions, up from 90 in 2003. At the request of LEAF, the 2007 Otsego County questionnaire included 15 additional items. These questions adapted from a national survey of risk and protective factors that is now in the public domain and originally developed for use in the Communities That Care framework.

## Survey Delivery

The national survey was of a random sample of students in grades 9-12 throughout the United States with weighted results given depending on the demographics of the area surveyed (see: [www.cdc.gov/HealthyYouth/yrbs/yrbs\\_methods.htm](http://www.cdc.gov/HealthyYouth/yrbs/yrbs_methods.htm)). Federal and state officials conducted the national survey during January 2007 – February 2008, including an early administration in New York State. The Otsego County version was an unweighted census-like convenience sample of students in grades 9-12 in the high school buildings of public school districts located in Otsego County during October and November 2007. Attempts were made to reach most students by administering it in required Social Studies or English classes, or making other special

---

<sup>1</sup> The YRBS questionnaire is a widely used tool, but has some limitations. Studies of the national survey questionnaire have demonstrated its reliability in measuring what each question asked (see Brener, J.L. Collins, L. Kann, C.W. Warren and B.I. Williams. "Reliability of the Youth Risk Behavior Survey Questionnaire." *Am J Epidemiol* **141** (1995) (6), pp. 575–580.). However, no validity studies are available that link what respondents reported doing to their actual activity (see: Brener et al., "Assessment of Factors Affecting the Validity of Self-Reported Health-Risk Behavior Among Adolescents: Evidence From the Scientific Literature." *Journal of Adolescent Health* (2003) (33), pp. 436-457. Available from [www.cdc.gov/HealthyYouth/yrbs/pdf/validity.pdf](http://www.cdc.gov/HealthyYouth/yrbs/pdf/validity.pdf)). Therefore, the results from this survey should be read as what student reported doing – and plausibly what they actually did, especially when supplemented by other data sets.

arrangements at individual schools. However, students who were absent, taking classes outside the building (e.g. occupational learning centers), in two non-participating districts (approx. 350), decided not to participate individually, or whose parents indicated that they did not want their child to take the survey did not have the opportunity to take the 2007 Otsego County YRBS.

## ***Data Analysis and Response Rates***

The CDC works with state and local health and education officials to administer the surveys. The national government then produces reports of national data and special breakouts for selected geographies including (1) New York City and (2) other New York State counties (“upstate”). These New York data are available from the New York State Department of Education ([www.emsc.nysed.gov/sss/Data/](http://www.emsc.nysed.gov/sss/Data/)).

In the Otsego County project, school staff administered a majority of the surveys with assistance from CECD employees. Once the anonymous surveys were collected from students in sealed envelopes during class periods at each Otsego County school, individual surveys went through a validation process. Each survey was scrutinized by hand with questionable surveys (e.g. defaced or less than 50% complete) excluded prior to Scantron entry. The remaining surveys scanned into the database were examined with SAS computer software to exclude those with more than three statistical outliers.

In 2007, 10 of the 12 public high schools located in Otsego County participated in the local YRBS. Some of these districts cross county borders and include students who reside in neighboring counties. Seven of these districts had participated in all previous local YRBS projects – making up the group analyzed for trends. From 2,657 students enrolled in these schools surveyed in 2007, a portion of those students were present or returned surveys and, of that amount, fewer were later deemed valid for inclusion in the results (see table below).

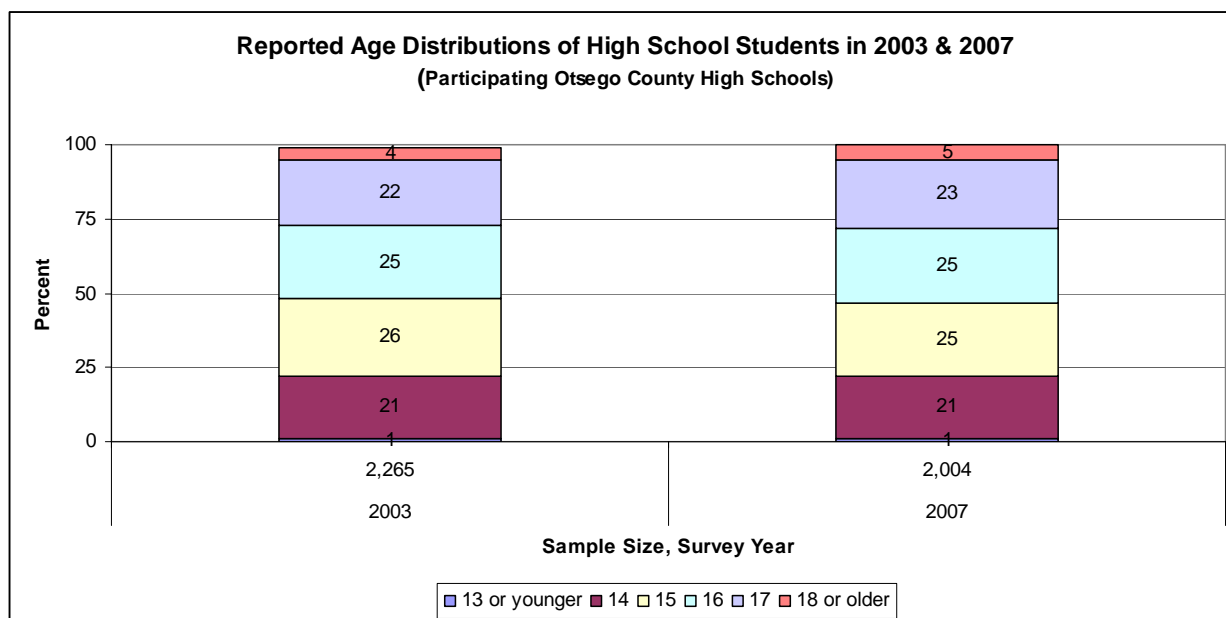
	Enrollment	Returned Surveys	Valid Surveys	Enrolled students who returned surveys	Enrolled students who returned <i>valid</i> surveys
All 10 schools	2,657	2,093	2,003	79%	75%
7 trend schools	1,942	1,502	1,439	77%	74%

For trend results, seven of the 12 public high schools participated in every local YRBS since 1997. Trend data is from 72% of all valid surveys in 2007.

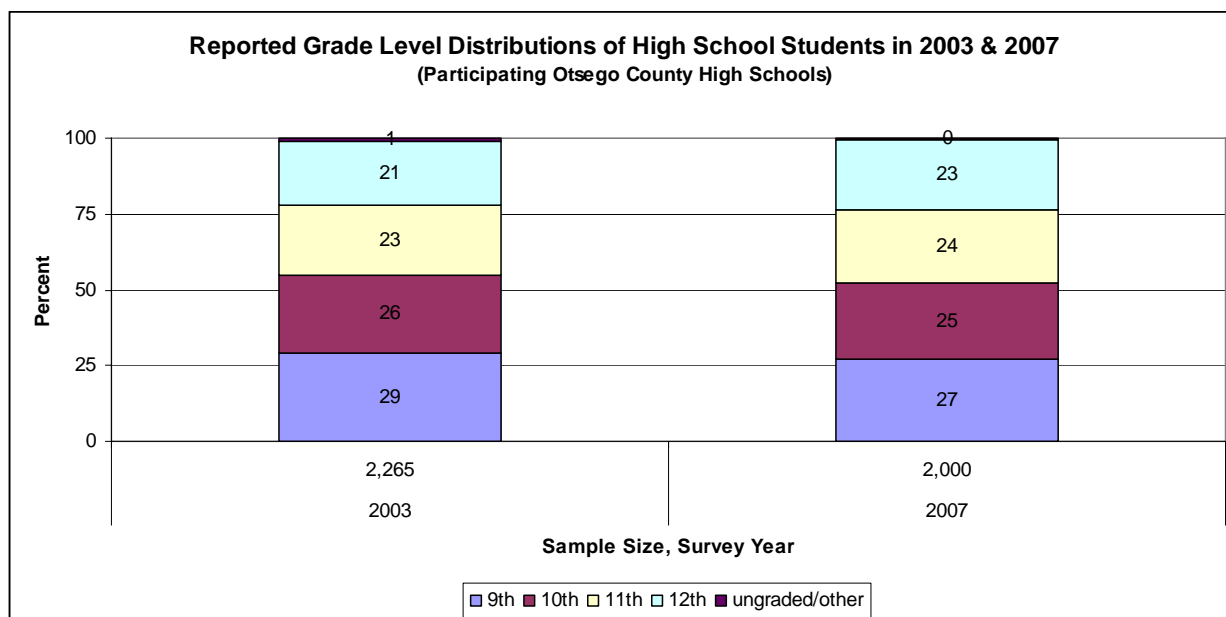
In the report below, any statistically significant change over the local project is described in the text associated with each table or chart. Data that appears to be missing, is not listed as 0%, or is not otherwise explained represents areas in which fewer than five individuals reported that particular behavior. This is standard practice to help protect anonymity.

## Demographics

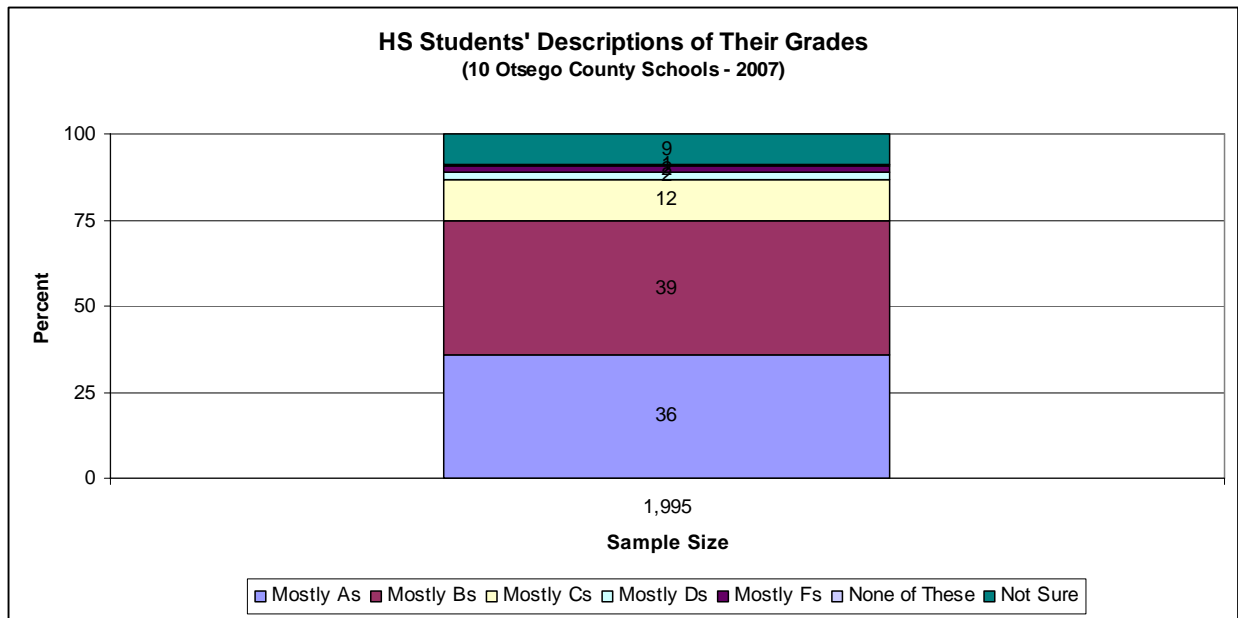
- The ages and grade levels reported by high school students in 10 schools participating in 2003 and 2007 appears similar to typically even distributions for public schools.



- Most ages reported were 14-17 and evenly placed in grades 9-12.
- Like in 2003, reported gender of total respondents was split 51% female, 49% male.



New for the 2007 survey were high school students' descriptions of their grades.



- Three-quarters of those responding claimed grades generally in the A-B range.

## Injury

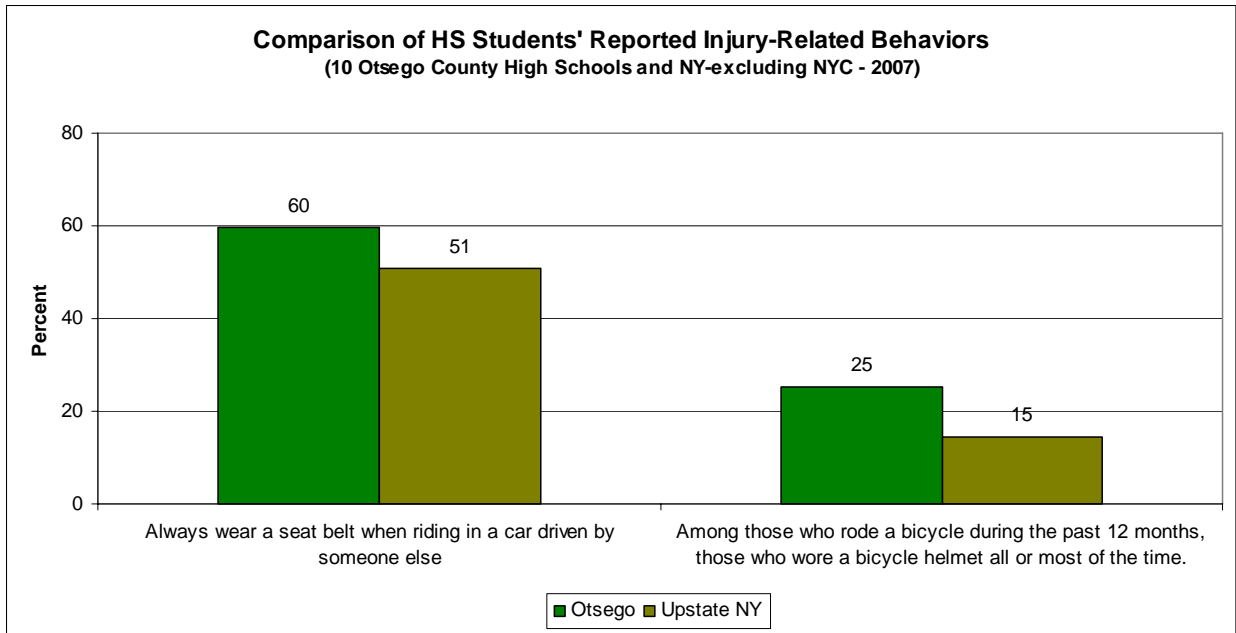
According to resources cited by the National Center for Chronic Disease Prevention and Health Promotion:

In the United States, injuries are the leading cause of death and disability for people aged 1 to 44 years. Approximately 84% of all deaths among adolescents aged 10-24 years are attributed to injuries from only four causes: motor vehicle crashes (37%), all other unintentional injuries (16%), homicide (18%), and suicide (13%).

Using seat belts when traveling in an automobile, and properly using helmets when bicycling, can limit the risk of severe injury and death. For more information on injury and strategies to help see: [www.cdc.gov/HealthyYouth/injury/](http://www.cdc.gov/HealthyYouth/injury/)

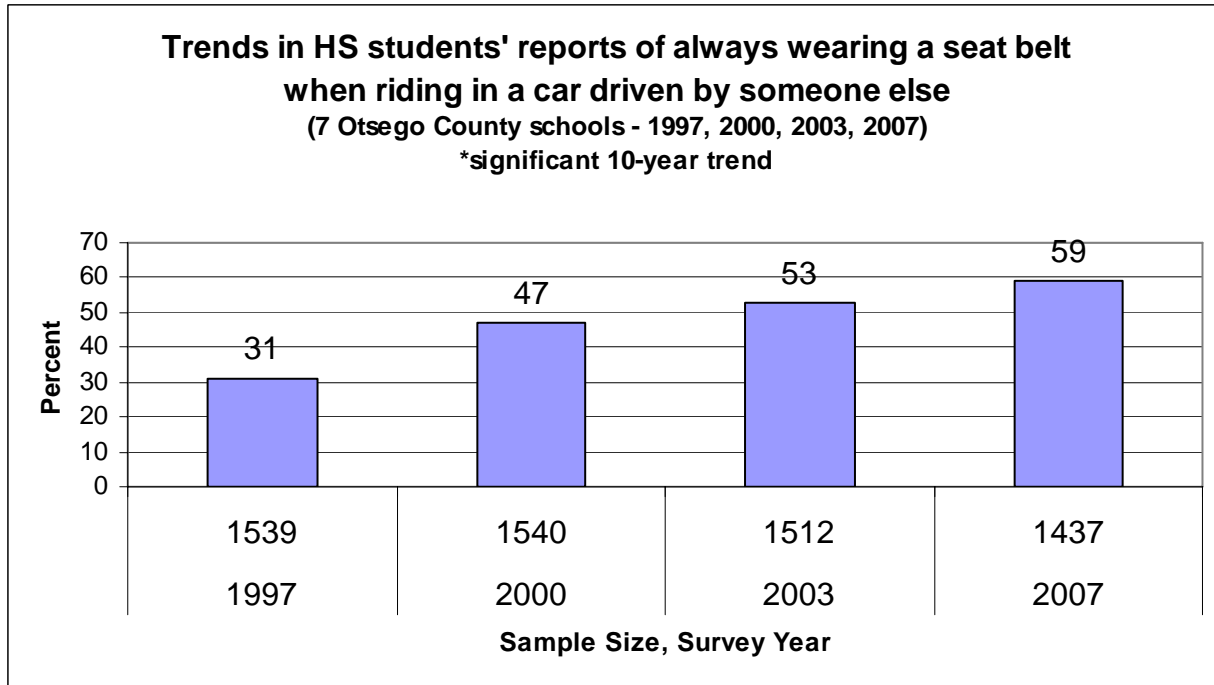
### 2007 YRBS Findings for Injury Prevention

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



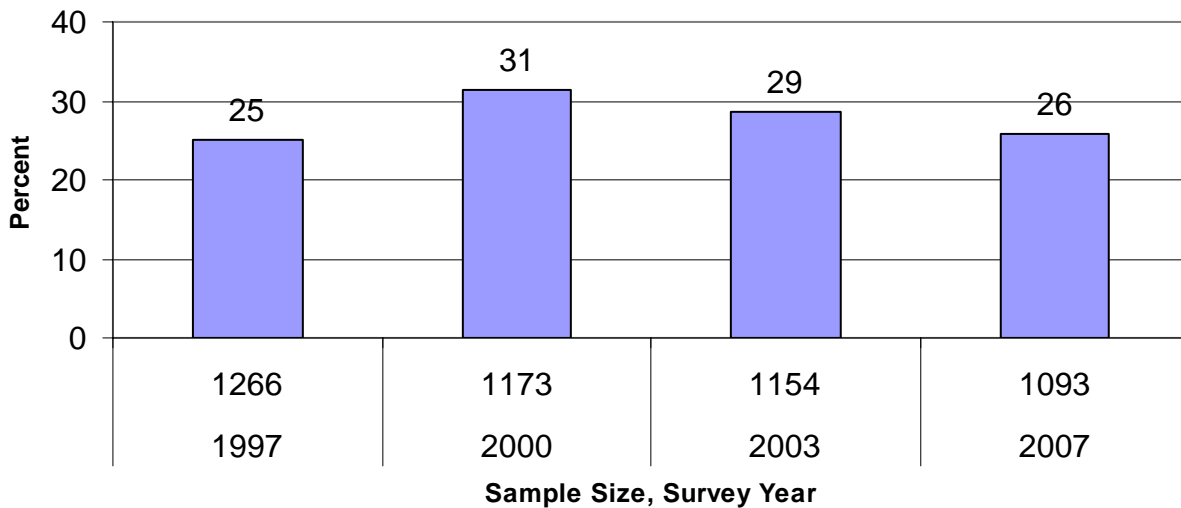
- High school students reporting seat belt use *never* or *rarely* were 5% in Otsego and 8% in upstate New York.

1997 – 2007 YRBS Trend Results for Injury Prevention  
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- The trend of significantly increased reports of seat belt use remains encouraging.

**Among those who biked during the past 12 months, trends of those who wore a bicycle helmet all or most of the time.**  
 (7 Otsego County schools - 1997, 2000, 2003, 2007)  
 \*significant 10-year trend



- The early gain in reported regular helmet use has been replaced by a significant downward trend in reported frequency of regular helmet use.

## Depression and Suicide

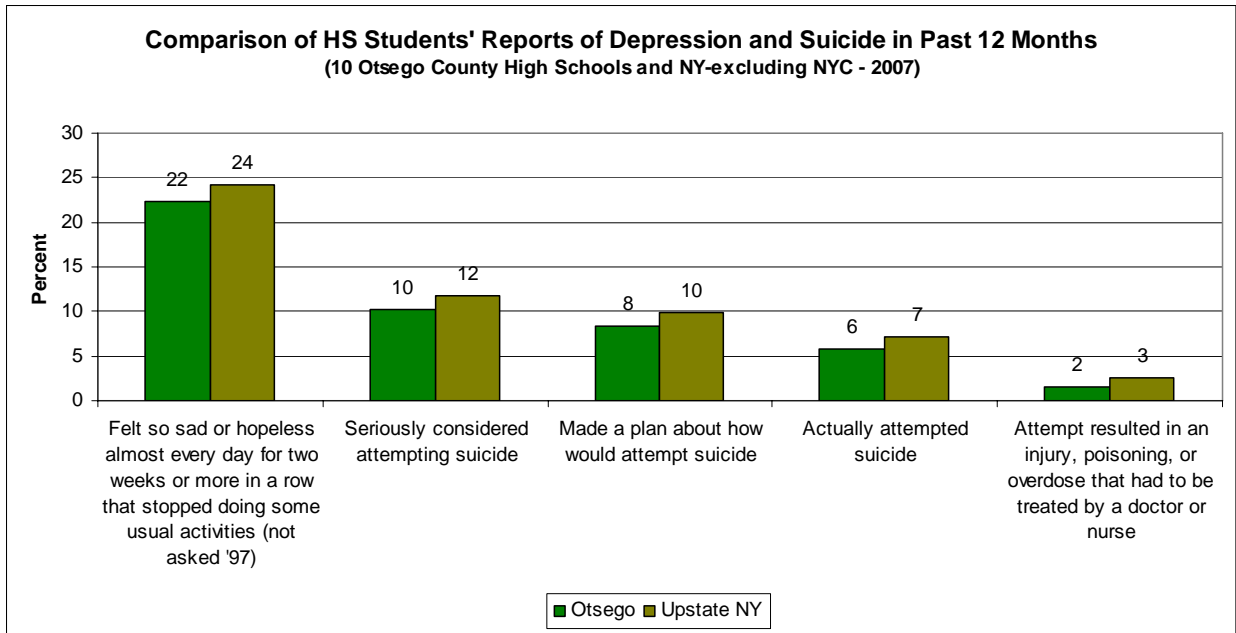
According to the CDC’s National Center for Injury Prevention and Control suicide is the third leading cause of death among 15- to 24-year-olds, accounting for nearly 13% of all deaths each year.

For more information on depression and suicide, and strategies to help see:

[www.cdc.gov/ncipc/dvp/Suicide/](http://www.cdc.gov/ncipc/dvp/Suicide/)

2007 YRBS Findings for Depression and Suicide

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)

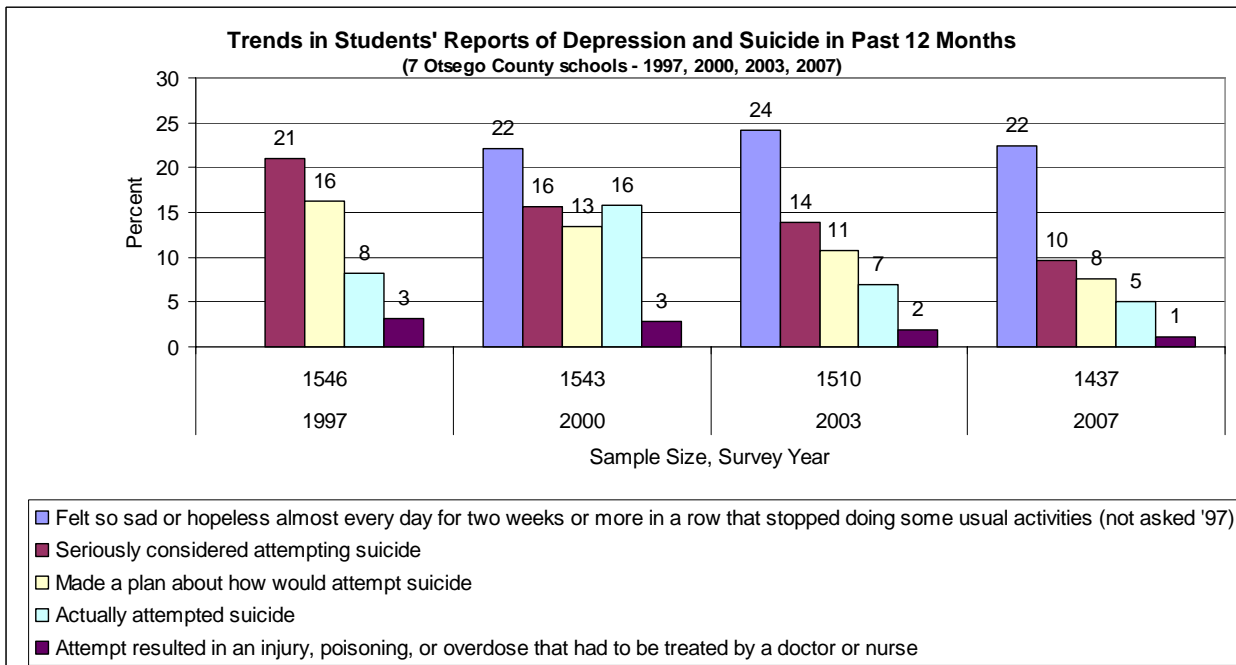


In 2007, female students in both Otsego County and upstate New York recorded significantly greater proportions of responses associated with depression than males (Otsego%; Upstate%):

- Sad or hopeless for consecutive weeks: Girls (31%; 32%) / Boys (14%; 17%)
- Seriously considered attempting suicide: Girls (14%; 15%) / Boys (7%; 9%)
- Made a plan about attempting suicide: Girls (11%; 11%) / Boys (6%; 9%)

#### 1997 – 2007 YRBS Trend Results for Depression and Suicide

(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- While reports of sad or hopeless feelings are not significantly changed in the total population surveyed since 2000, differences by gender – increase among girls (25% to 31%) and decrease among boys (18% to 14%) – may have created this overall plateau.
- All other responses to questions about suicide trended significantly downward over the 10-year period.

## Violence

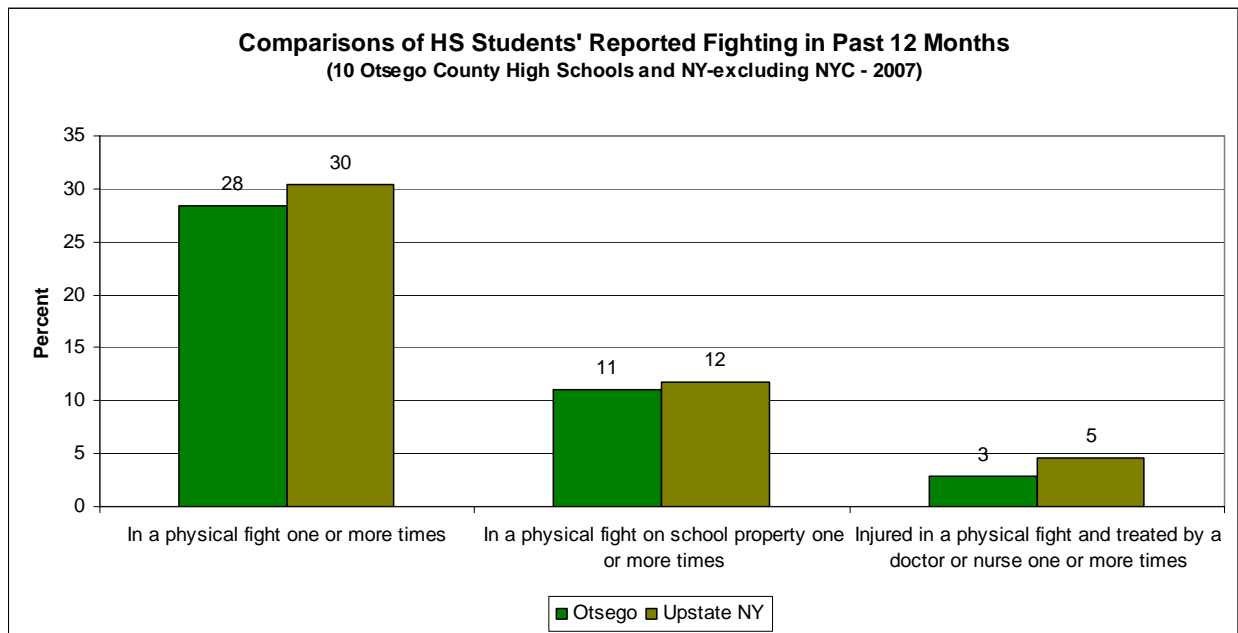
According to CDC resources, physical fights are among those factors highly associated with the injuries cited above that contribute to death among adolescents aged 10-24 years.

The national government has registries of programs found to be effective in reducing violence-related behaviors. For more information on injury and strategies to help see:

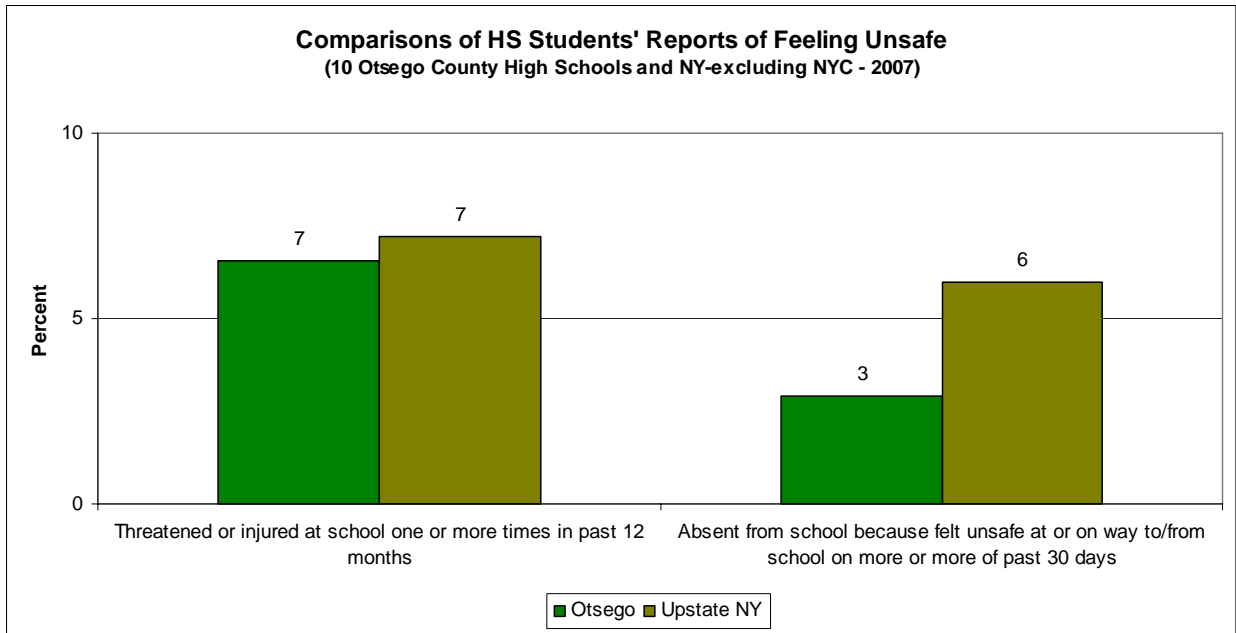
[www.cdc.gov/HealthyYouth/injury/](http://www.cdc.gov/HealthyYouth/injury/)

### 2007 YRBS Findings for Violence

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



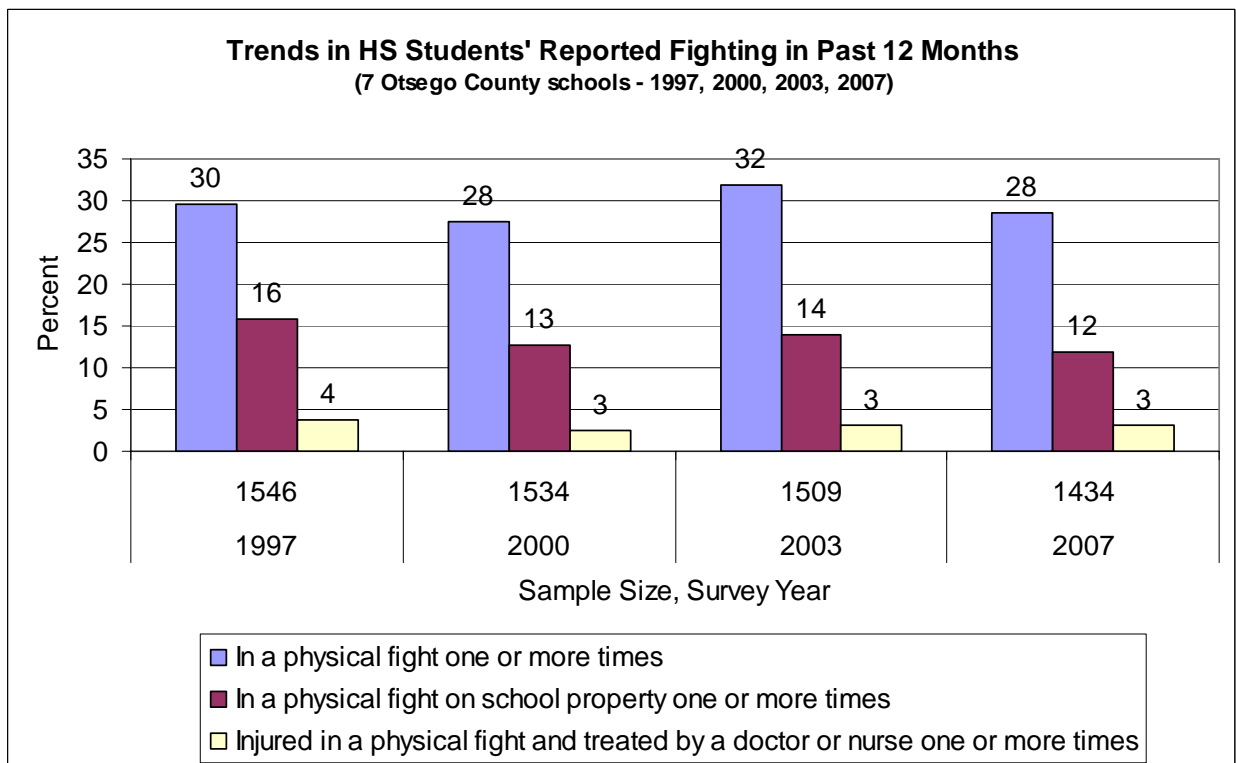
- Reports from Otsego County students surveyed suggest that they may be similar to their upstate New York peers in violence-related behaviors.



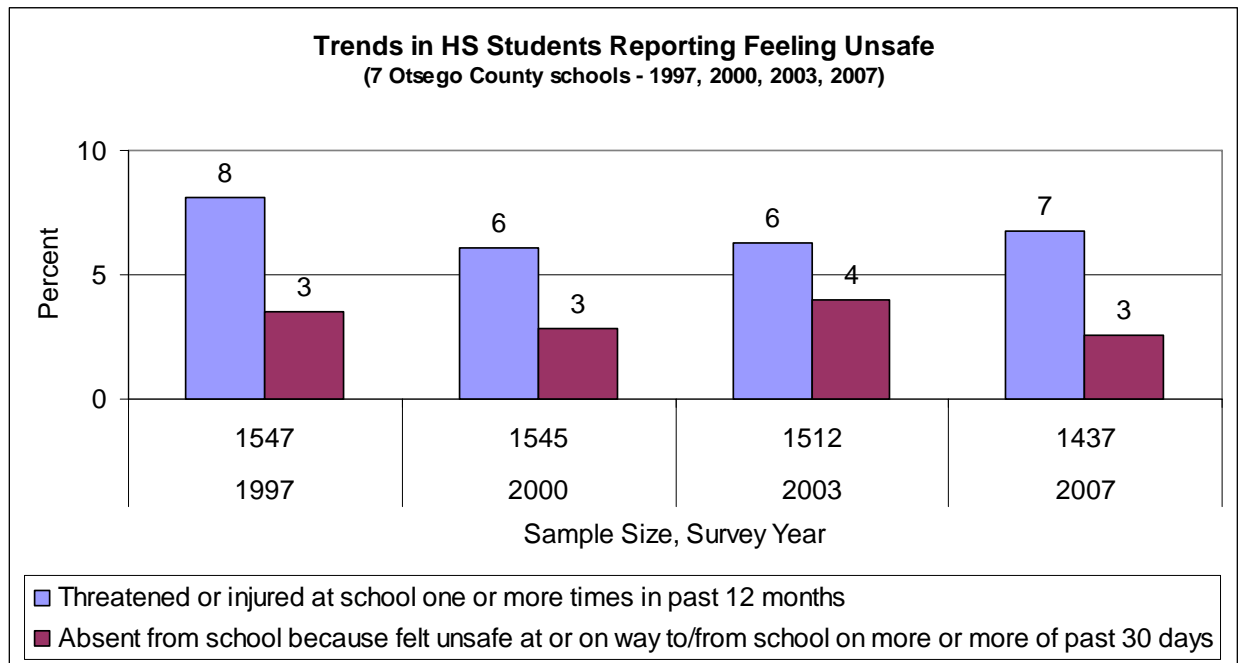
- In Otsego County, statistical comparisons showed a significantly a greater proportion of boys than girls reporting more fighting in the past year (35% vs. 22%), being threatened or injured at school (9% vs. 4%), injured and being treated by a medical professional (4% vs. 2%), and fighting on school property (15% vs. 7%).

#### 1997 – 2007 YRBS Trend Results for Violence

(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- A significant downward trend in the reported frequency of physical fighting in general – as well as on school property – may be attributed to decreased reports by boys of fighting. The trend remained unchanged among girls.

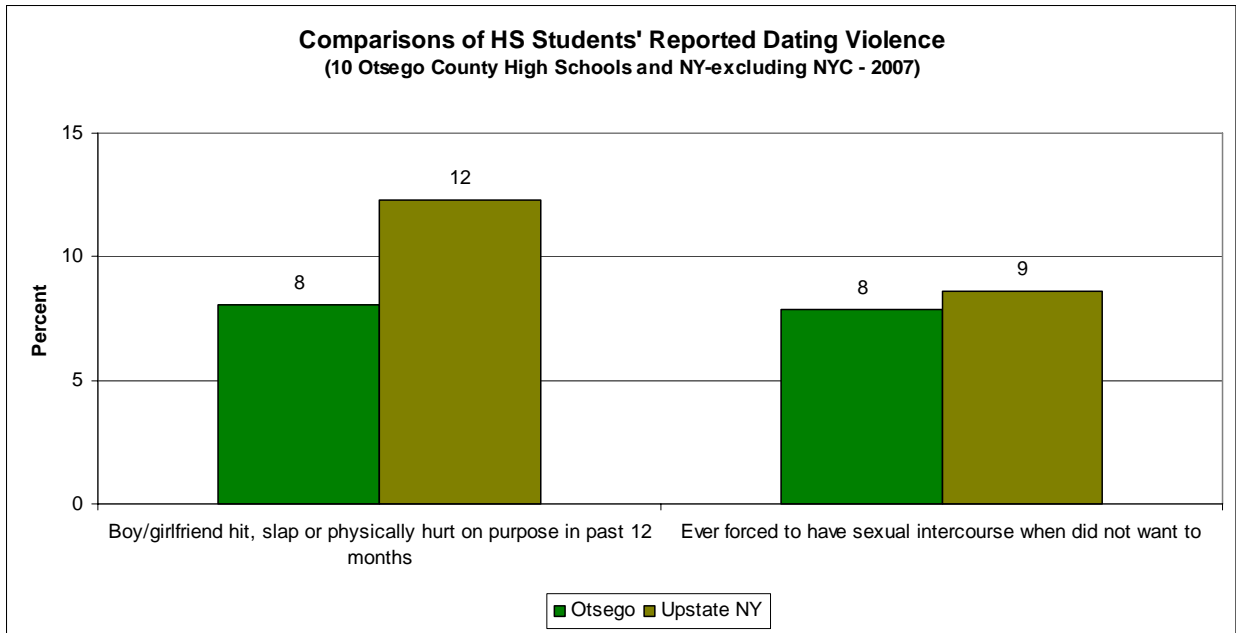


- There were no significant changes in reports of threats or absenteeism since 1997 as shown in the chart above.

## ***Dating Violence***

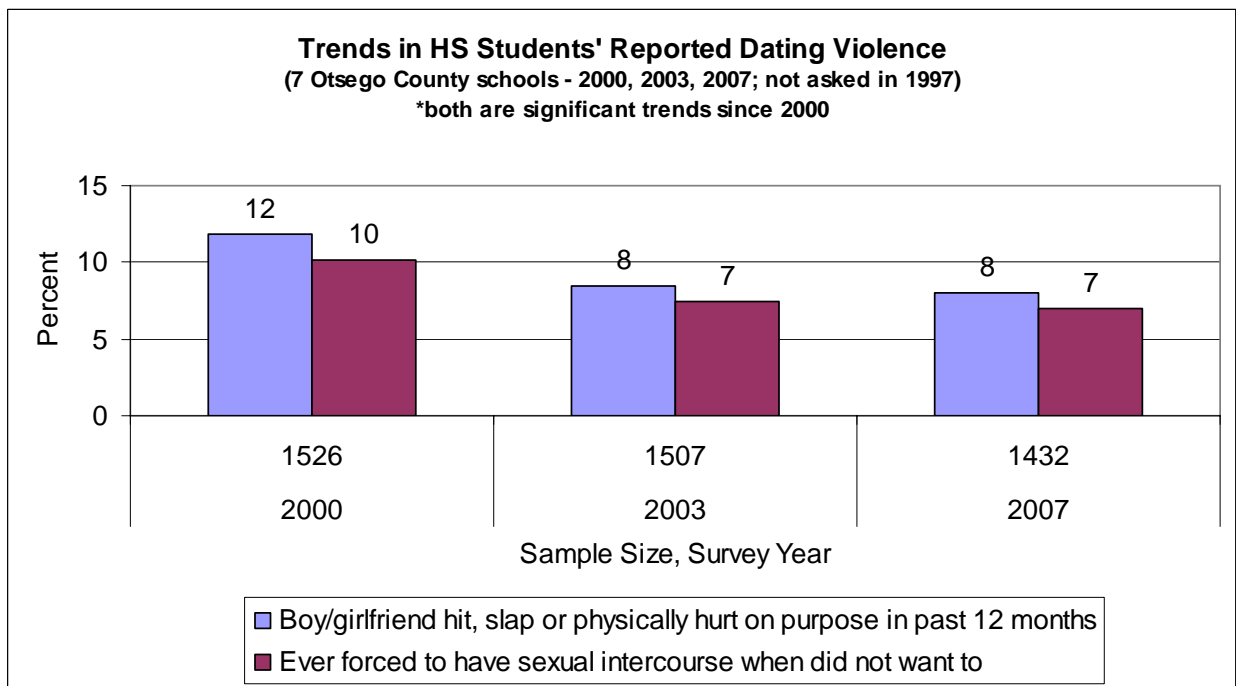
### 2007 YRBS Findings for Dating Violence

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Among Otsego County students surveyed in 2007, a significantly higher proportion of girls than boys reported ever being forced to have sexual intercourse when they did not want to: 11% vs. 3%.

1997 – 2007 YRBS Trend Results for Dating Violence  
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



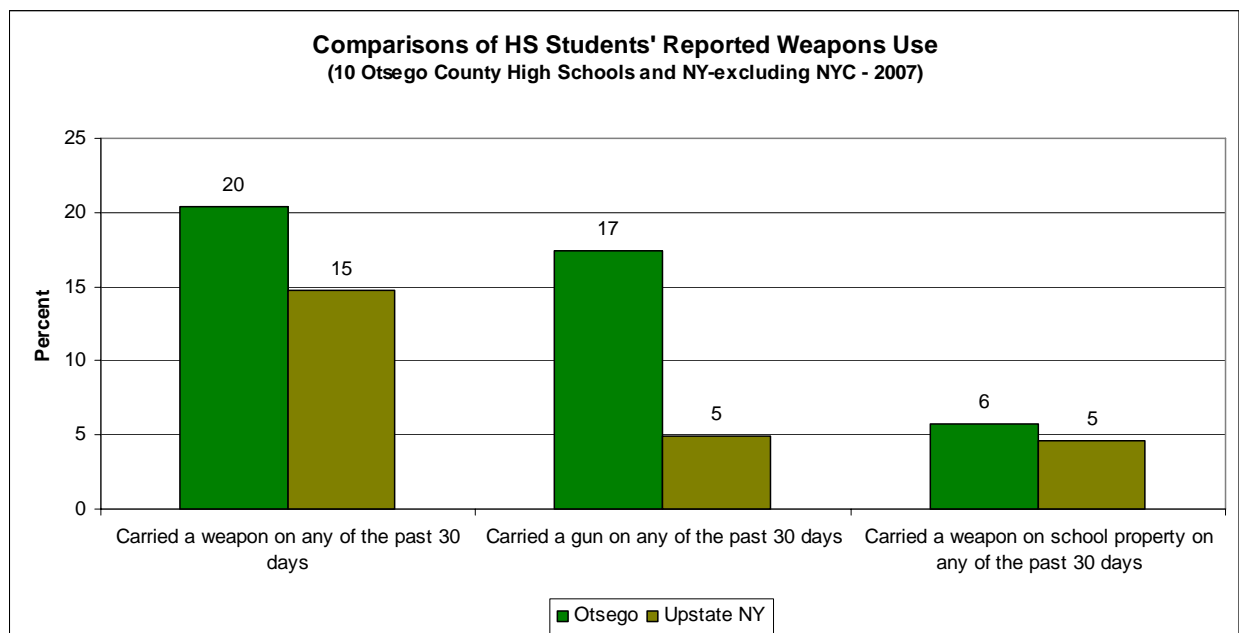
- Although there is a significant trend downward in reports of both behaviors overall since 2000, as seen in the chart above, they appear to have leveled off in recent years.
- Reports of physical abuse by significant others among both girls and boys have trended significantly downward since 2000, but have leveled off in recent years.
- A significant downward trend in Otsego County boys reporting ever being forced to have sexual intercourse (9% in 2000 to 3% in 2007) is not mirrored by girls – that figure remained near 11% throughout.

## Weapons Use

After seeing a large difference in reported gun use between Otsego County students and their upstate New York peers in 1997 – which continued through 2007 – the local survey has included a follow-up question for students to report the reason for their gun use. The difference is likely attributed to the timing of each survey. New York State Department of Education officials said that the national CDC survey is administered statewide in the first few months of the calendar year. Otsego County has always collected data in October and November, a period of more hunting activity (e.g. deer, turkey and various small game seasons) than the middle of winter.

### 2007 YRBS Findings for Weapons Use

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)

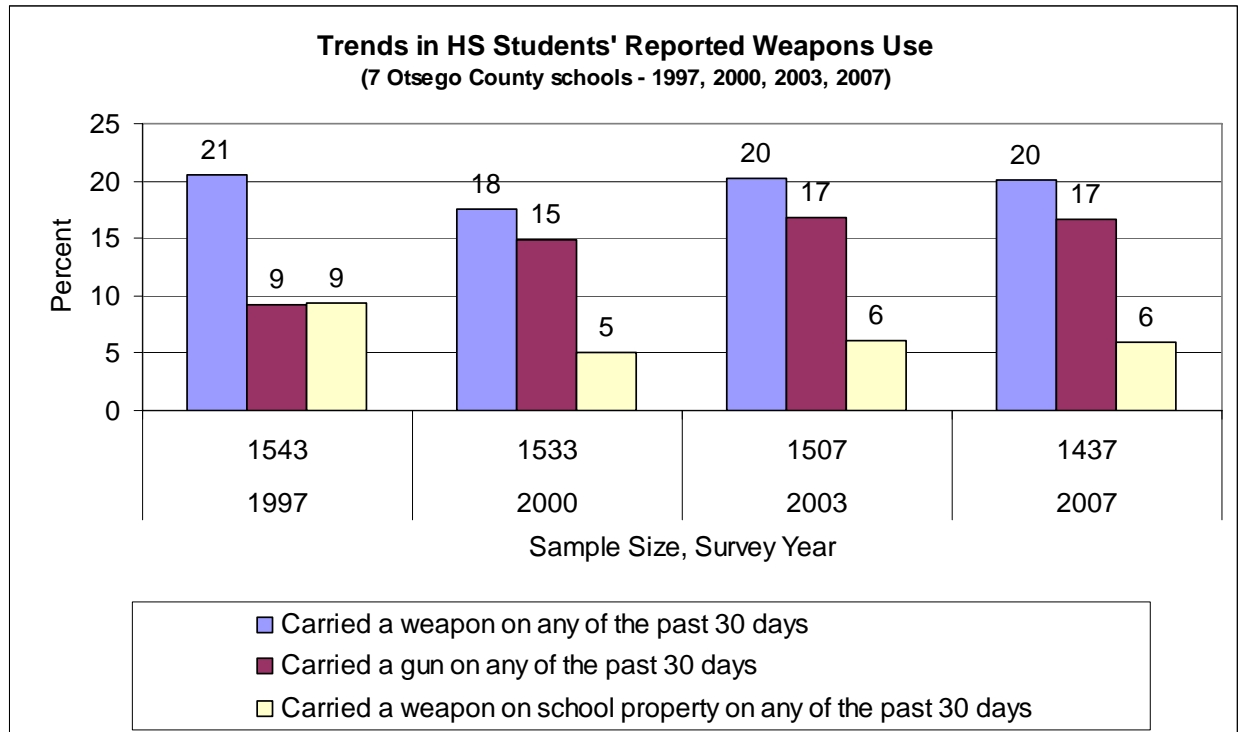


- There were 349 Otsego County high school students who claimed they carried a gun on at least one of the past 30 days, but 217 reported reasons for using a gun in the past 30 days. Among this subset (217), few indicated personal safety (2%) or other (8%). The most common single answer was “hunting” (52%). The remainder selected target shooting (14%), paintball (17%) or combinations of those and/or hunting (6%).

- Note: the Otsego County YRBS has always been administered in October and November, which correspond to popular hunting seasons. For the state report, the YRBS was administered in selected schools between February and June in 2007.

### 1997 – 2007 YRBS Trend Results for Weapons Use

(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- Reports of carrying a weapon in the last month have not changed over the last decade.
- Reports of carrying a gun in the last month is a significant upward trend, but the trend of carrying a gun on school property is significantly downward. However, both seem to have leveled off in recent years.

## BMI and Weight Behaviors

Body-Mass Index (BMI) is a number that estimates a person's level of body fat through a calculation using a person's height and weight. [BMI = {(weight in pounds) / (2x[height in inches])} x 703]. BMI calculated in the YRBS process was based on students' self-reported height and weight.

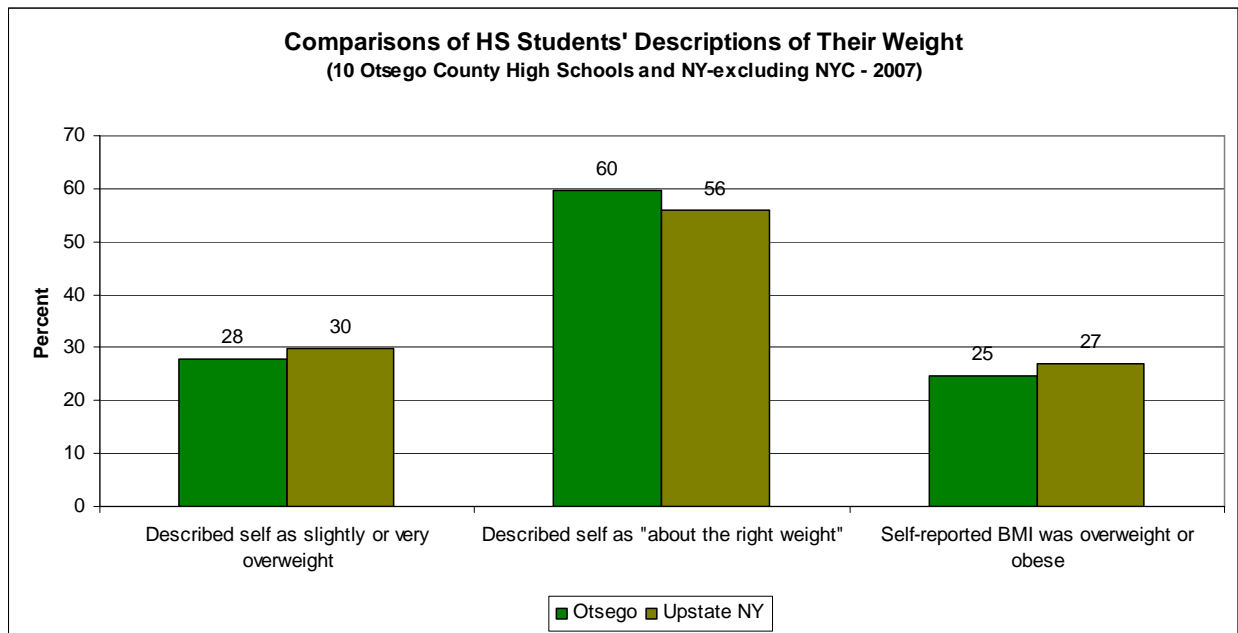
For youth, this number is compared among young people of the same age to determine whether they are underweight (less than 5<sup>th</sup> percentile), average weight (5<sup>th</sup> to 85<sup>th</sup> percentile), at risk for becoming overweight/obese (85<sup>th</sup> to 95<sup>th</sup> percentile) or overweight/obese (greater than 95<sup>th</sup> percentile).

While BMI is often a good indicator of whether is person is overweight, it is not always accurate. Both boys and girls can gain weight quickly as part of normal growth patterns. A muscular person, such as an athlete, may have a high BMI but not be obese.

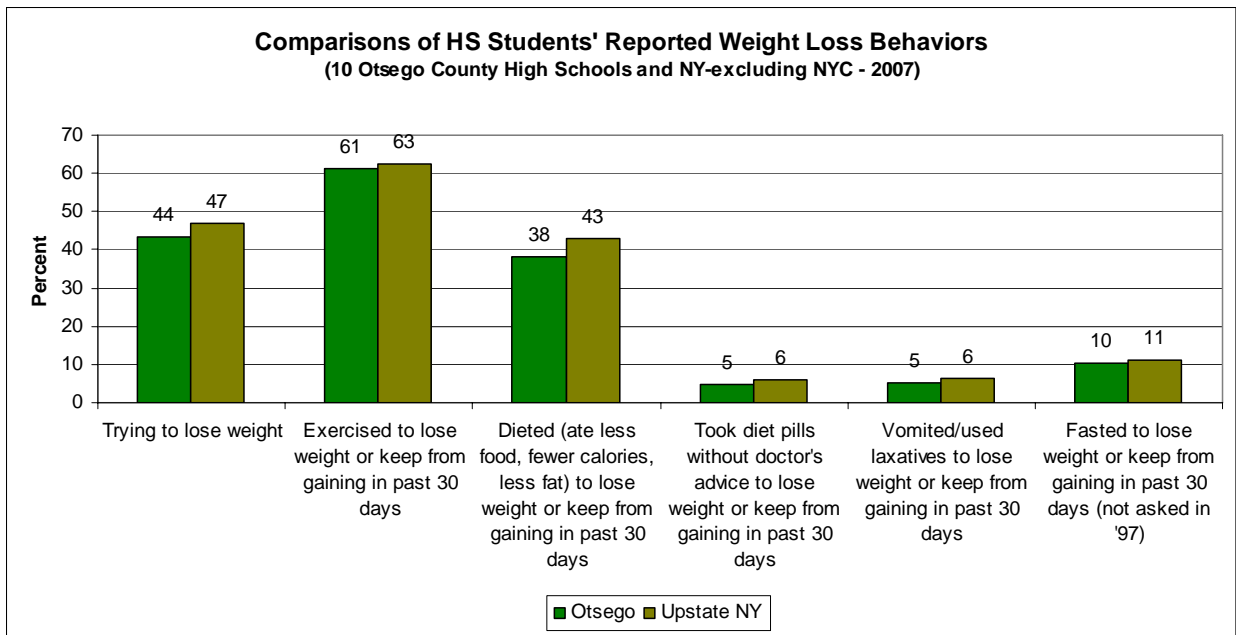
For more information on obesity and strategies to help see: [www.cdc.gov/HealthyYouth/obesity/](http://www.cdc.gov/HealthyYouth/obesity/)

### 2007 YRBS Findings for BMI and Weight Behaviors

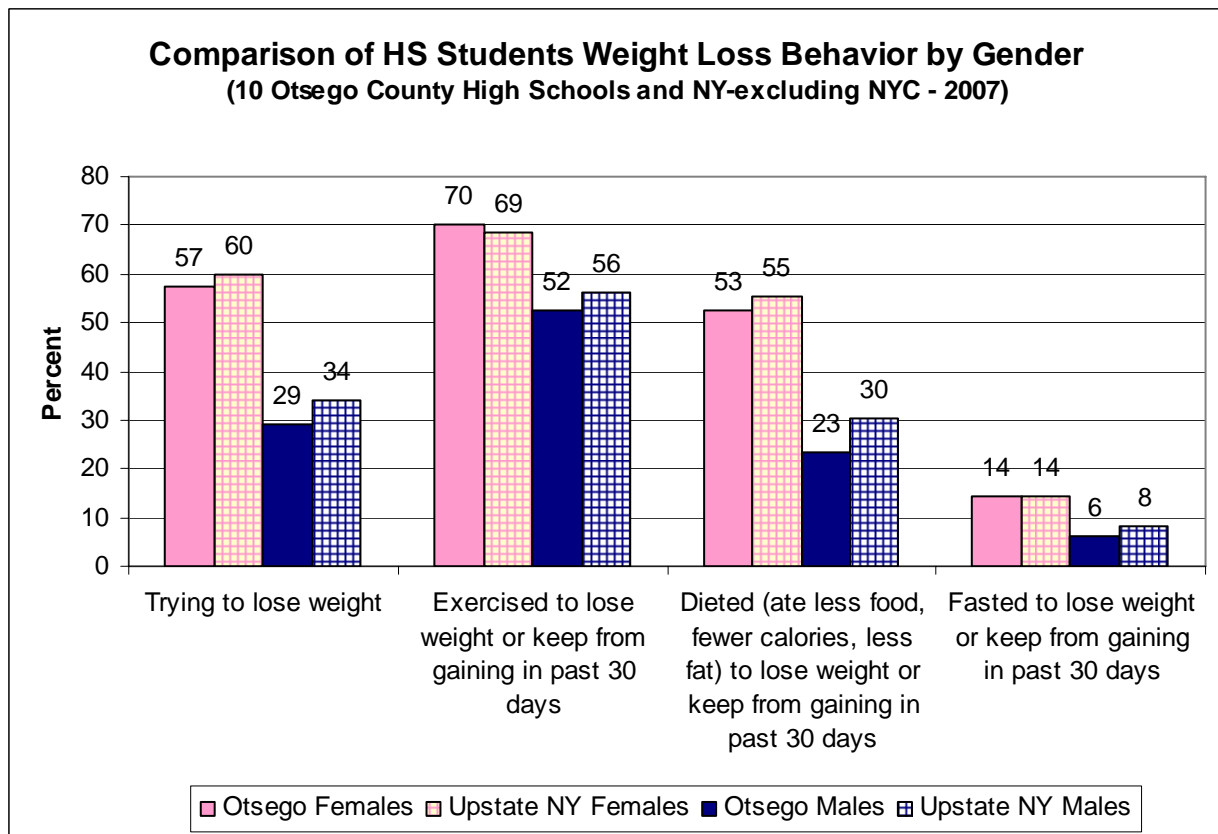
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Reports from Otsego County students surveyed suggest that they may be similar to their Upstate New York peers in their descriptions of weight and calculated BMI.



- Otsego County students also appear similar to others in Upstate New York in their reported weight loss behaviors.

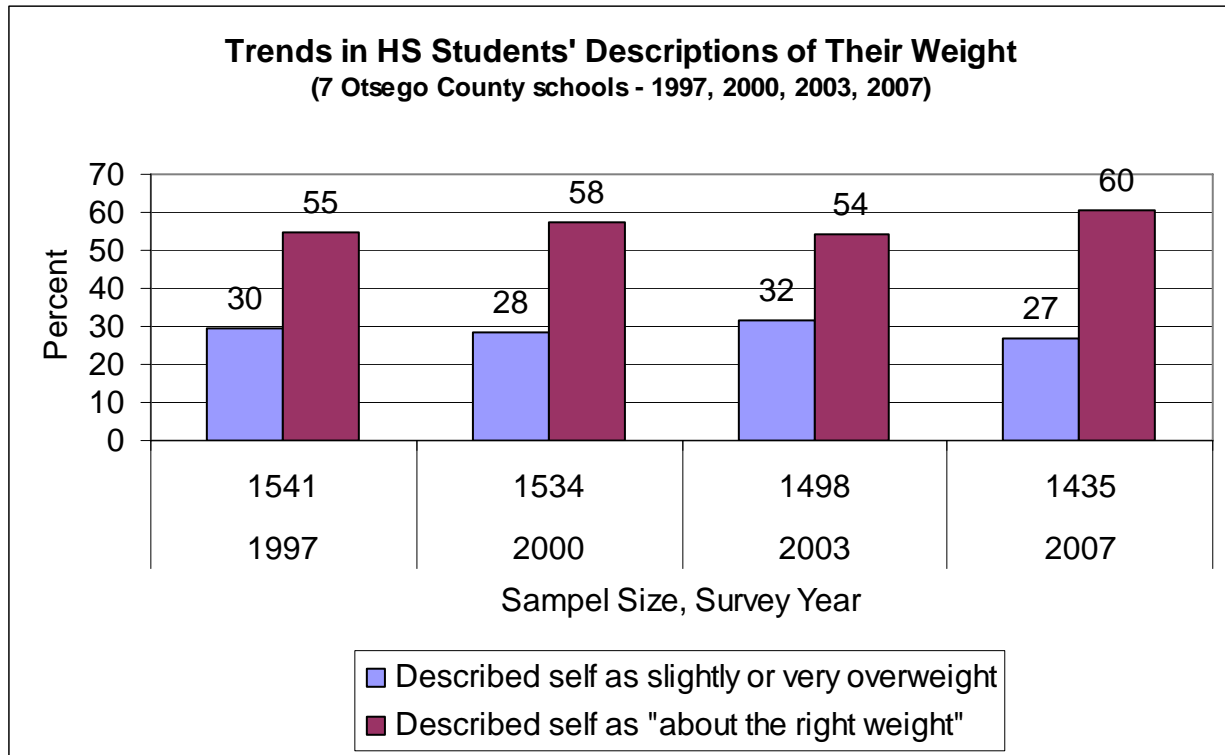


- The similarities between Upstate New York data and Otsego County seem to reflect in gender-specific data.

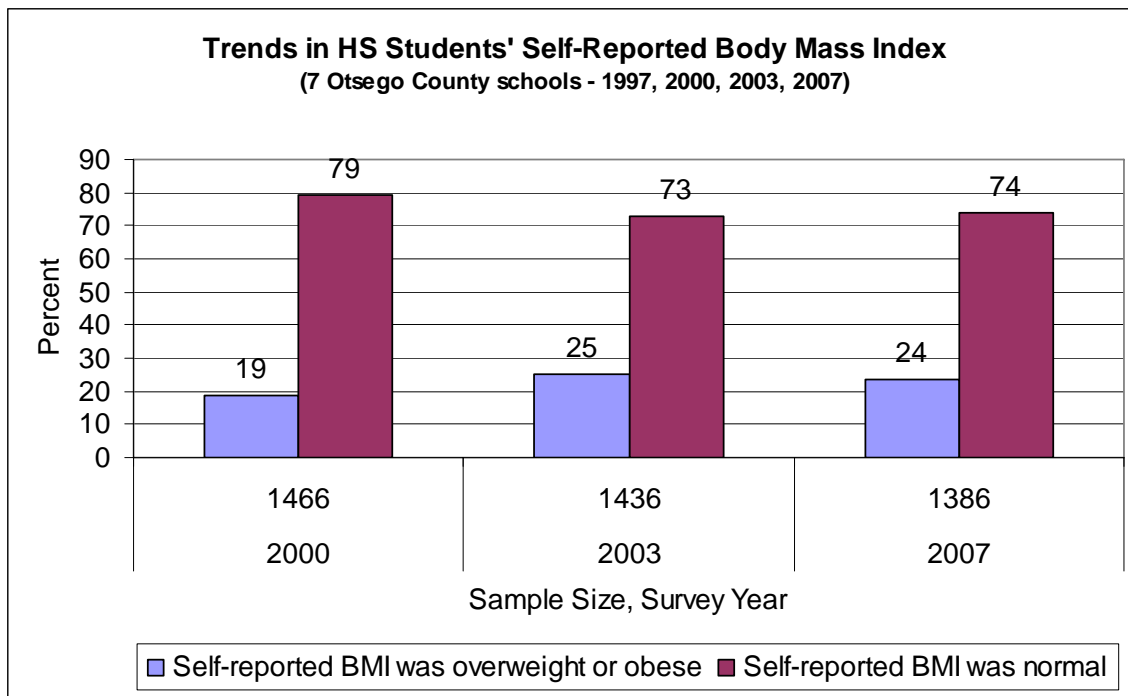
- For Otsego County in 2007 all 30-day weight loss behaviors were significantly different between high school boys and girls – as seen in the chart above – including reports (female%, male%) of taking diet pills without a doctor’s advice (6%, 4%) and vomiting or using laxatives (8%, 2%).

1997 – 2007 YRBS Trend Results for BMI and Weight Behaviors

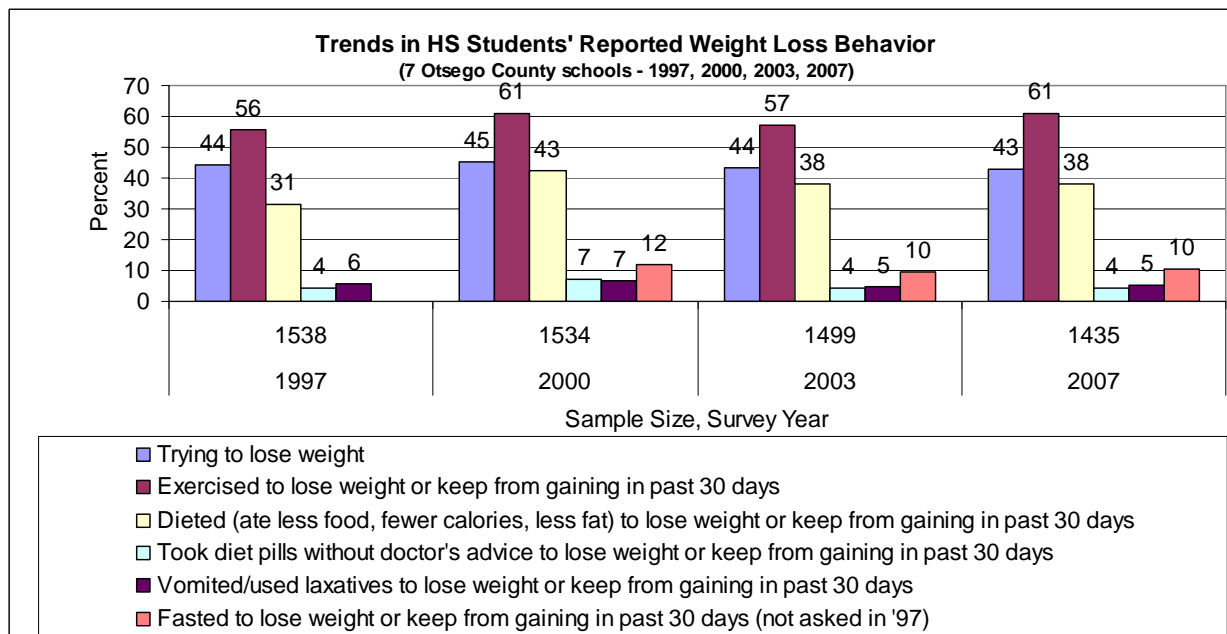
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- Students’ reported descriptions of their weight have not varied significantly over time, including among both gender groups.



- Since 2000, there has been a significant upward trend in the level of students with BMI calculated above the normal category.
- The percentage of girls and boys in the overweight or obese BMI categories has significantly increased between 2000 and 2007. Among girls: 15% to 19%; boys: 23% to 28%.
- In the obese category alone, the proportion of girls in this highest BMI group rose from 3% to 7% and among boys from 10% to 15%.



- The level of students who reported trying to lose weight has remained the same since 1997.
- However, there has been a significant upward trend over the decade in reports of exercise and dieting. Still these trends appear to have stagnated recently.

# Physical Activity

According to CDC resources:

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

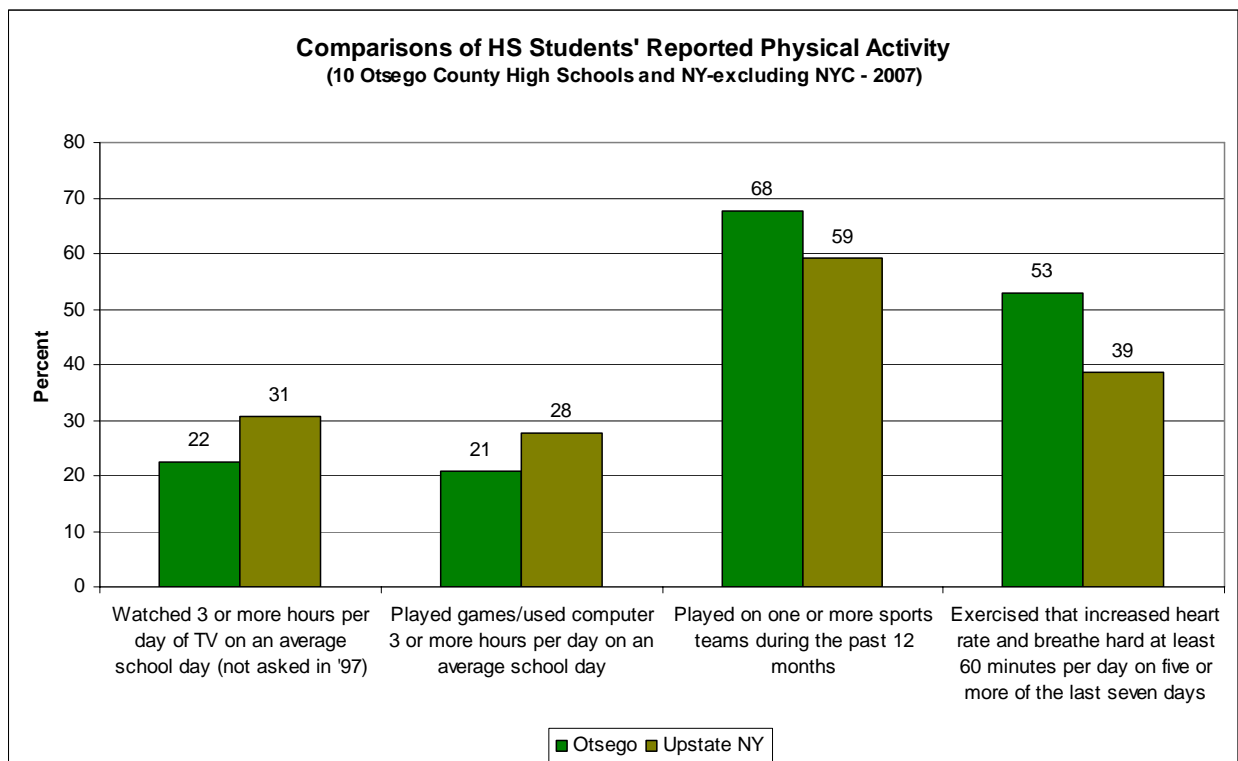
Changes to the survey instrument described in the methods section do not allow for reporting of some trend data.

For more information on physical activity and strategies to help see:

[www.cdc.gov/HealthyYouth/physicalactivity/](http://www.cdc.gov/HealthyYouth/physicalactivity/)

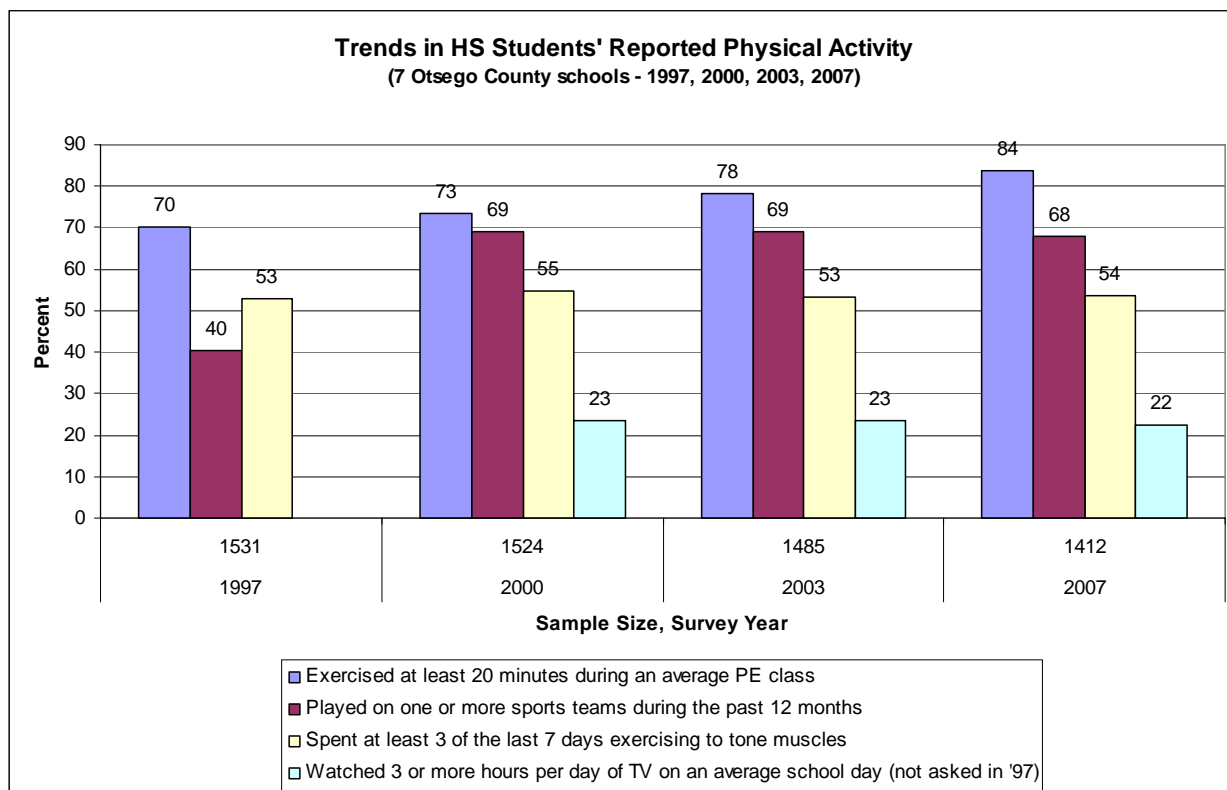
## 2007 YRBS Findings for Physical Activity

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- The Upstate New York YRBS did not ask about toning muscles or time spent exercising in physical education class.
- Nearly all Otsego County and Upstate New York high school students reported attending physical education class at least once each week. Few (roughly 5%) reported daily attendance.

1997 – 2007 YRBS Trend Results for Physical Activity  
 (includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- There was a significant upward trend in reported time spent exercising during an average physical education class.
- There was a significant upward leap in reported participation on sports teams from 1997 to 2000, but the trend since stagnated at roughly two-thirds of the high school students surveyed.
- Aside from the initial spike in sports team participation reported in significant numbers by both girls and boys, no other trend in physical activity was significant over the last decade – even when examined by gender.
- In any year, nearly every student reported attending physical education (PE) classes on one or more days in an average week. Most students attended PE three days each week. Few claimed daily PE attendance.
- Reports of time spent toning muscles or watching television remained unchanged.

# Tobacco Use

According to CDC resources:

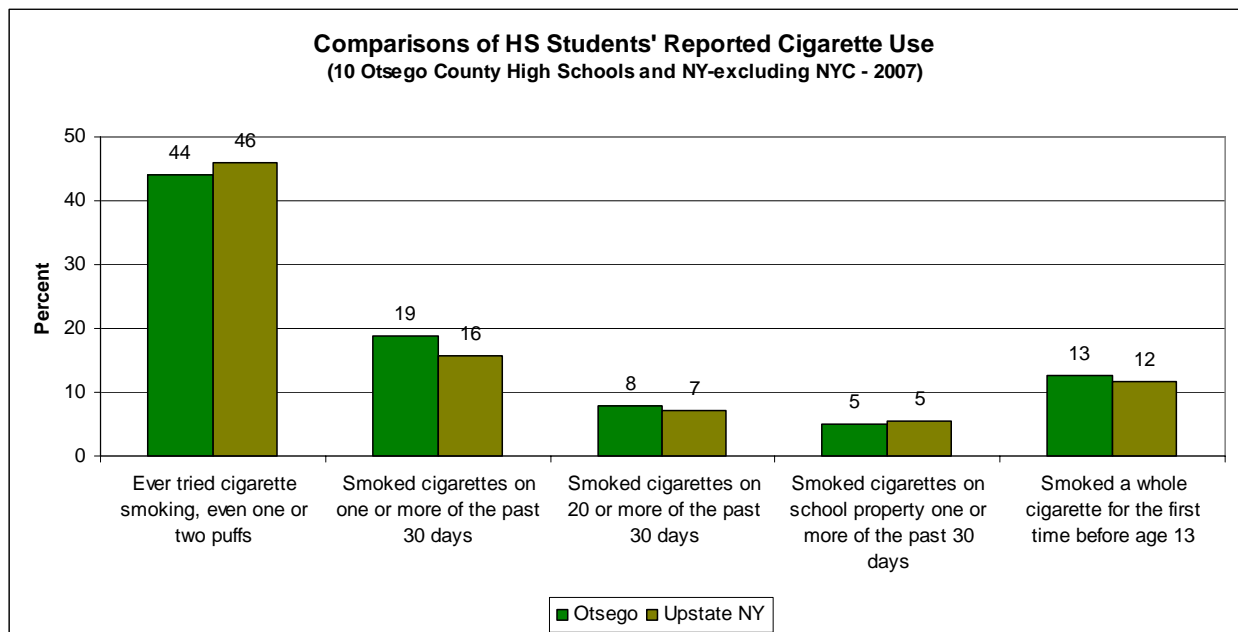
Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States.... If current patterns of smoking behavior continue, an estimated 6.4 million of today's children can be expected to die prematurely from a smoking-related disease.

For more information on tobacco use and strategies to help see:

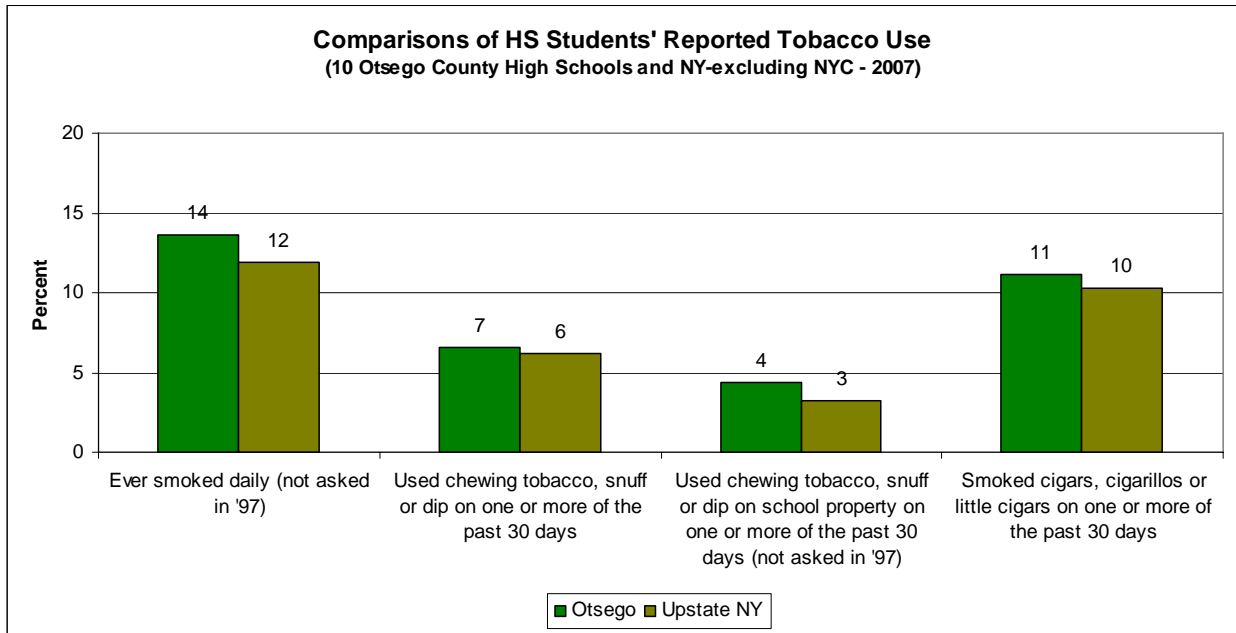
[www.cdc.gov/HealthyYouth/tobacco/](http://www.cdc.gov/HealthyYouth/tobacco/)

## 2007 YRBS Findings for Tobacco Use

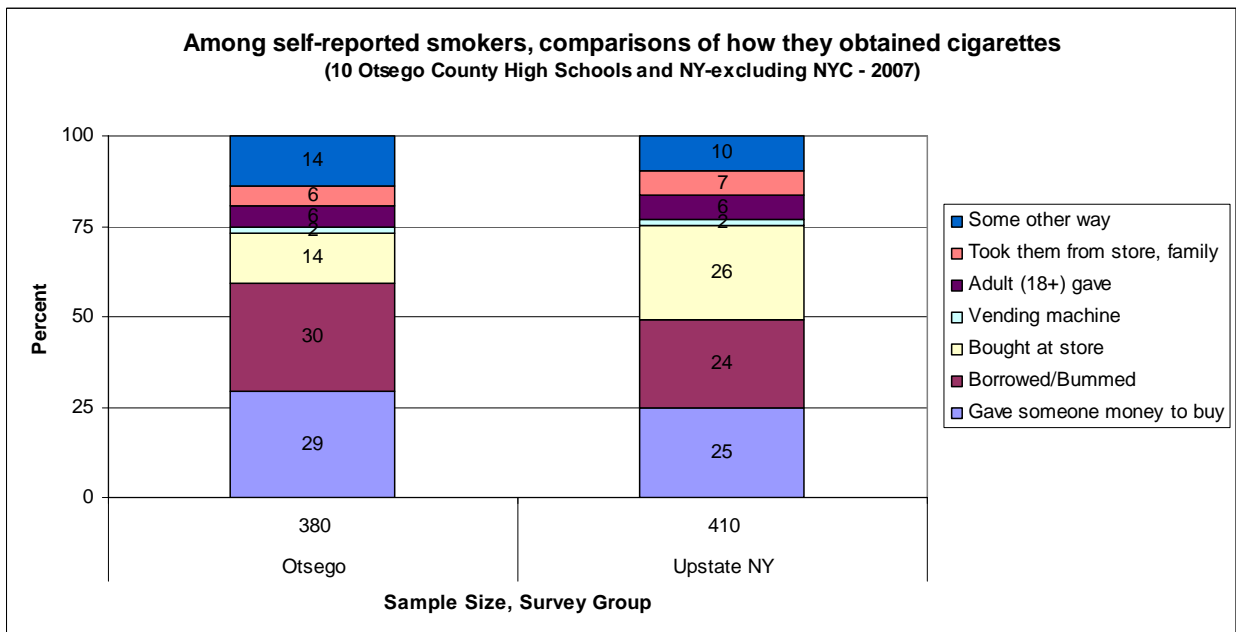
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Otsego County students appear similar to others in Upstate New York in their reported cigarette and tobacco use.

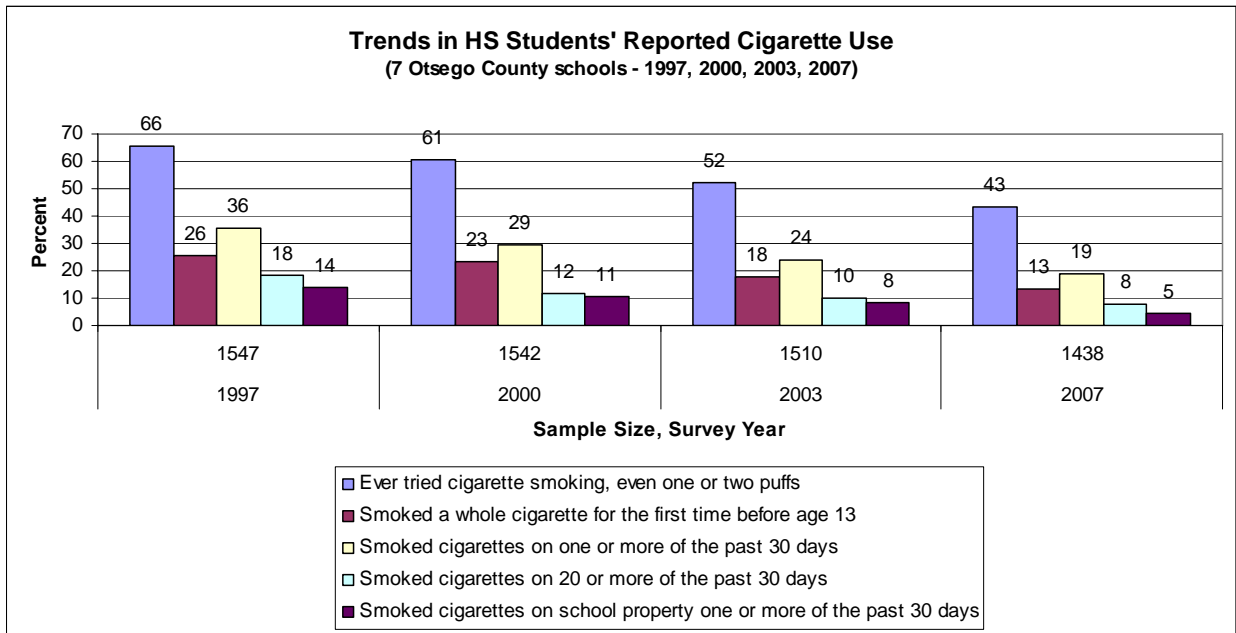


- Otsego County students appear similar to others in Upstate New York in their reported use of other tobacco products.

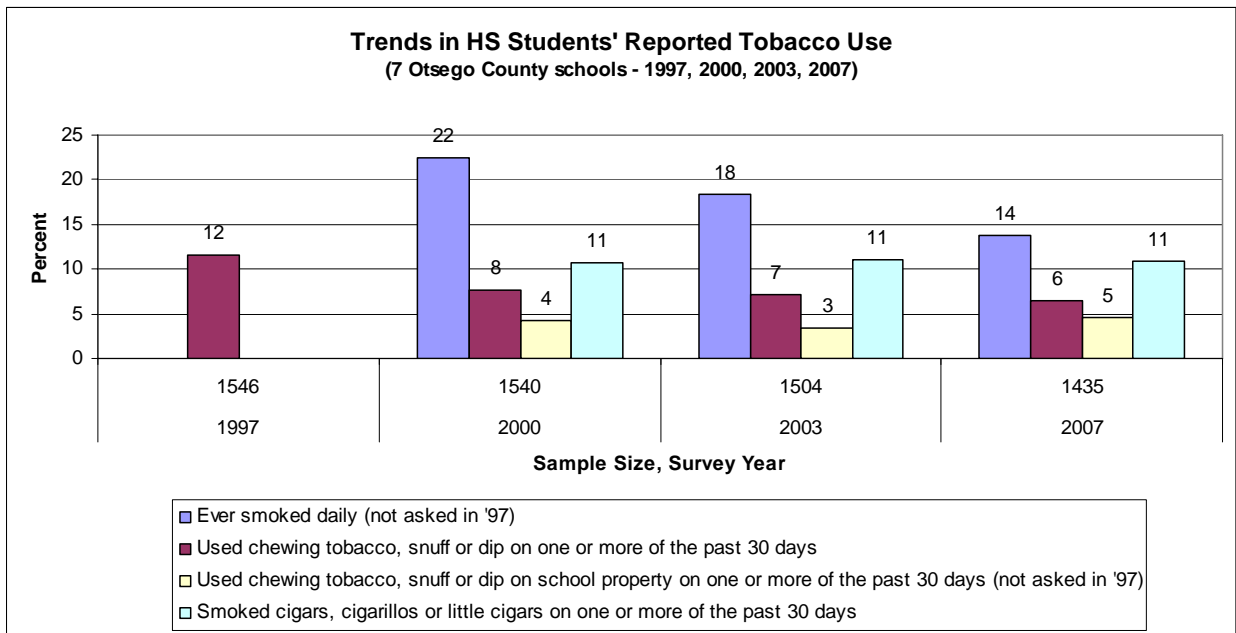


- Smokers in Otsego County and Upstate New York appear to rely mostly on other people to get cigarettes, although access through stores seems greater among the Upstate New York group.

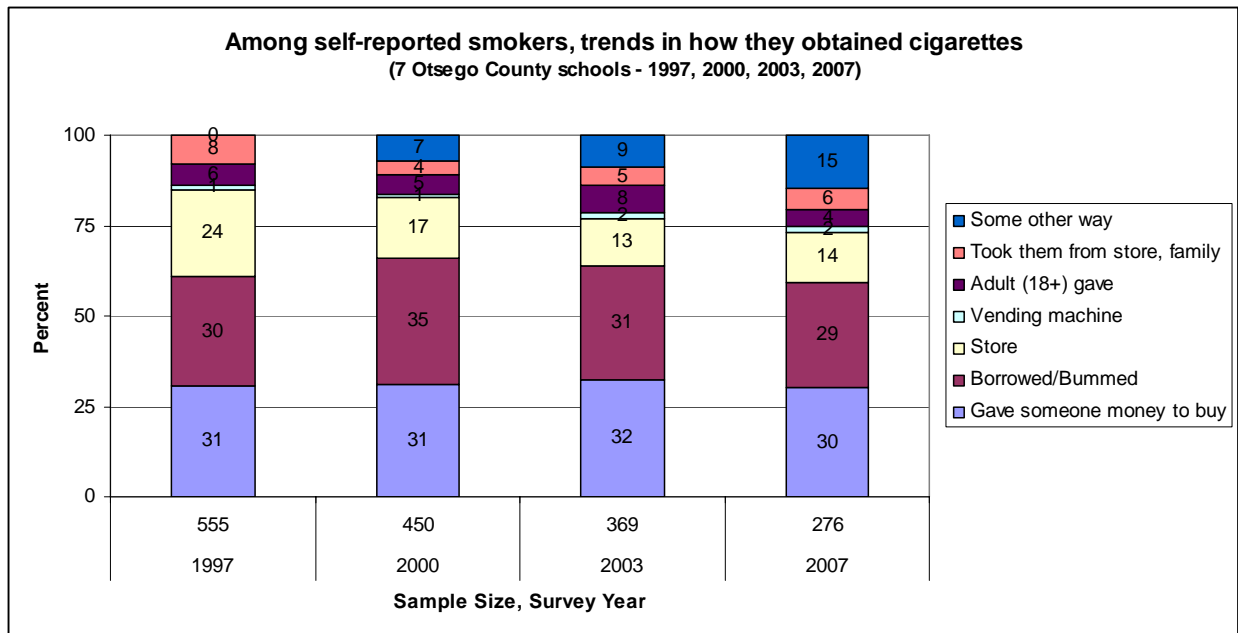
1997 – 2007 YRBS Trend Results for Tobacco Use  
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- There were significantly decreasing trends in all categories measuring Otsego County high school students' reports of cigarette use (above), including ever smoking daily (below).
- Uses of other tobacco products, as seen in the chart below, were not significantly different.



- The percentage of high school students who reported not being asked to show proof of age to buy cigarettes in a store in the past 30 days remained consistently low (3%) since dropping off from 1997 (7%). However, this may be attributed to increased numbers of people not smoking and, among smokers, not purchasing them at a store.



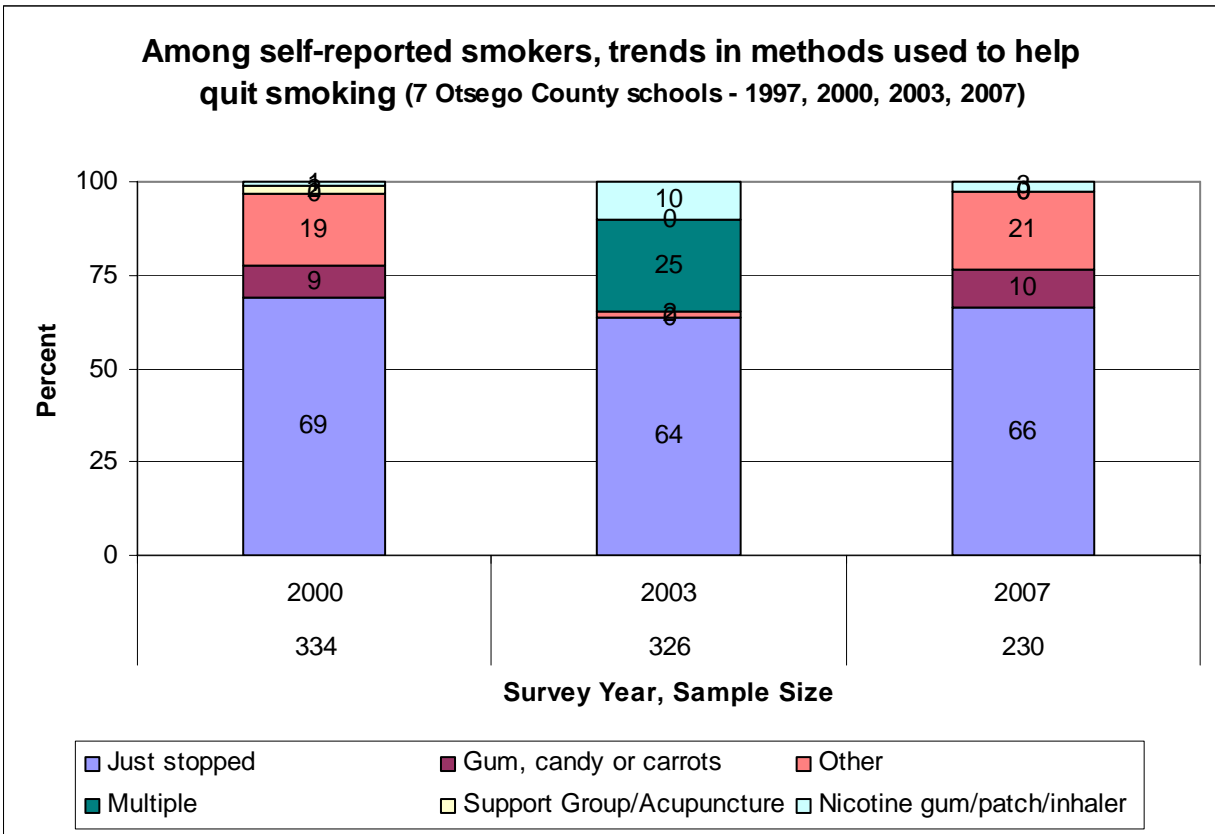
- In recent years fewer high school students may report smoking, but the method of relying on other people to get cigarettes reported by a majority of smokers has not changed.

### **Tobacco Cessation**

- Among those in 2007 who reported smoking in the past 12 months (297), 58% claimed they tried to quit. This is not significantly different from any previous year locally, but appears higher than the 48% reported in the Upstate New York data set.

Year	1997	2000	2003	2007	All Otsego 2007	Upstate NY 2007
Sample Size	553	447	361	266	376	536
Percent	20	12	8	11	13	14

- Although the proportion of self-reported frequent smokers declined significantly since 1997, the trend seems to have since leveled out. The figure for Otsego County 2007 appears similar to Upstate New York.



- Among Otsego County high school students surveyed who reported being smokers and tried to quit, most reported they “just stopped.”

<b>Among self-reported smokers, duration of quit times</b> (7 Otsego County Schools – 2000, 2003, 2007; not asked in 1997)				
	n	447	400	271
	Year	2000	2003	2007
Never tried to quit		32%	30%	30%
Less than a day		10%	7%	6%
1-7 days		19%	17%	20%
More than 7 less than 30 days		11%	12%	13%
More than 30 days less than 6 months		12%	16%	13%
More than 6 months less then year		8%	6%	6%
More than a year		9%	12%	11%

# Alcohol & Other Drug Use

According to CDC resources:

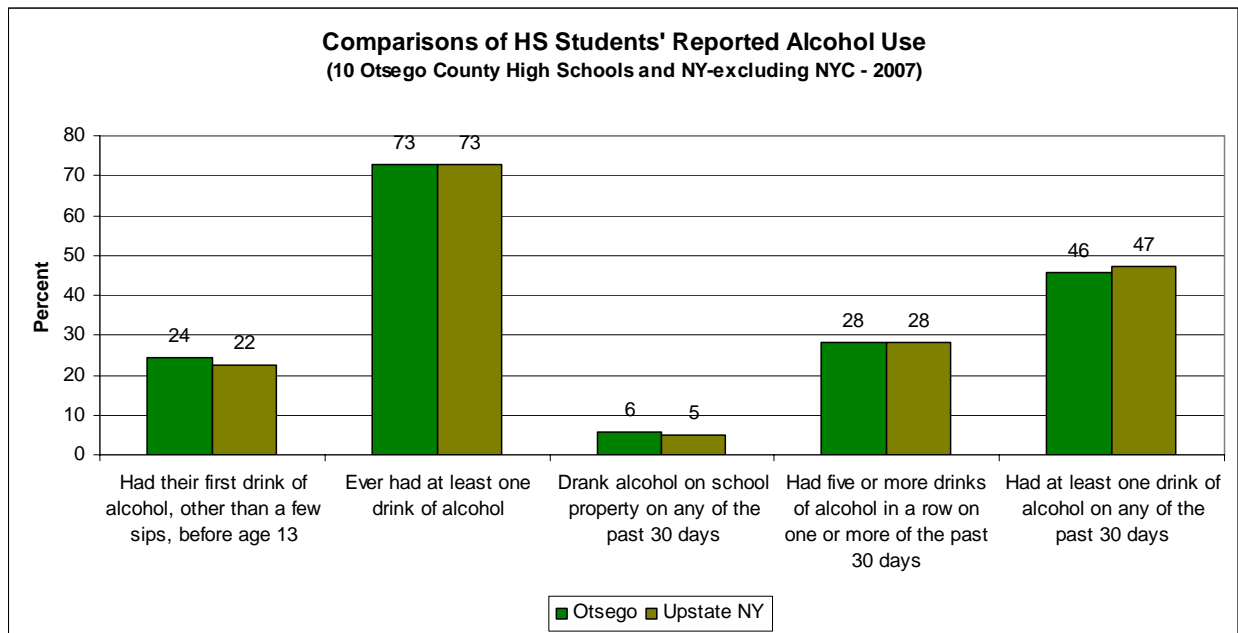
Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior. Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as psychiatric problems such as depression, anxiety, and antisocial personality disorder.

For more information on alcohol use and strategies to help see:

[www.cdc.gov/HealthyYouth/alcoholdrug/](http://www.cdc.gov/HealthyYouth/alcoholdrug/)

## 2007 YRBS Findings for Alcohol Use

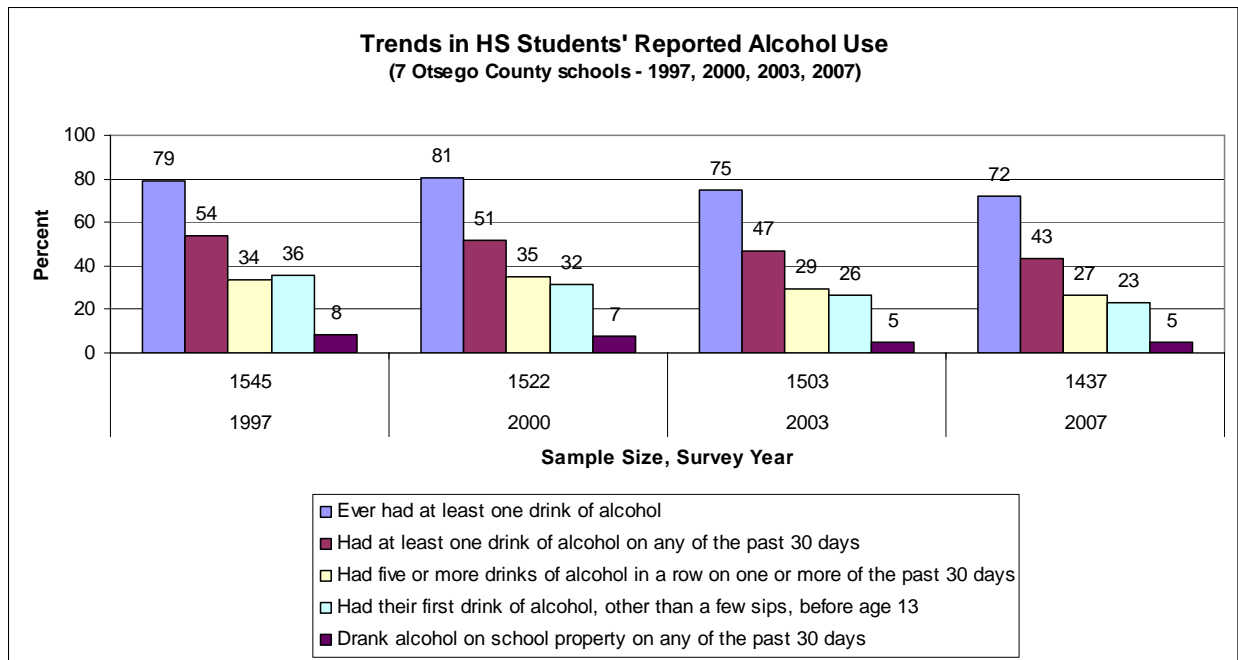
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Otsego County students appear similar to others in Upstate New York in their reported alcohol use.
- Alcohol is the most popular drug reported by high school students, in terms of lifetime use and recent use, as measured by the YRBS.

## 1997 – 2007 YRBS Trend Results for Alcohol Use

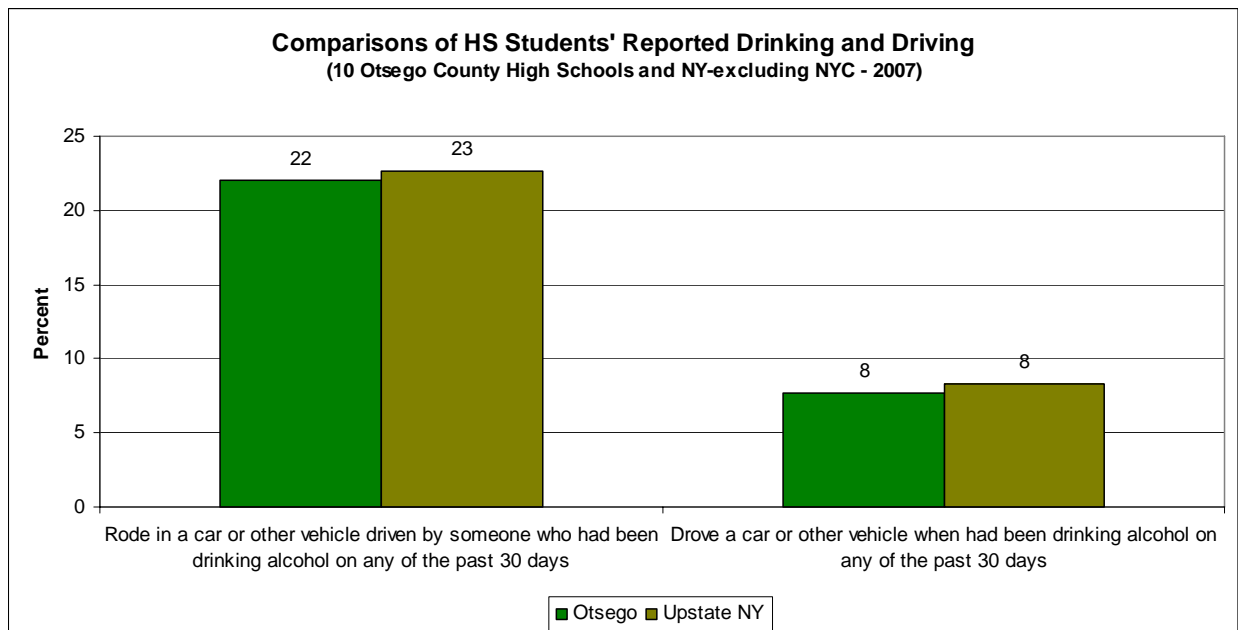
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- Over the past decade, there have been significant downward trends in reports by high school students in participating schools for every alcohol-related category in the chart above.
- Some of the trends seem to have leveled off in recent years.
- A higher proportion of students are trending toward older ages of their first drink of alcohol, and more are reporting not drinking.

## Drinking and Driving

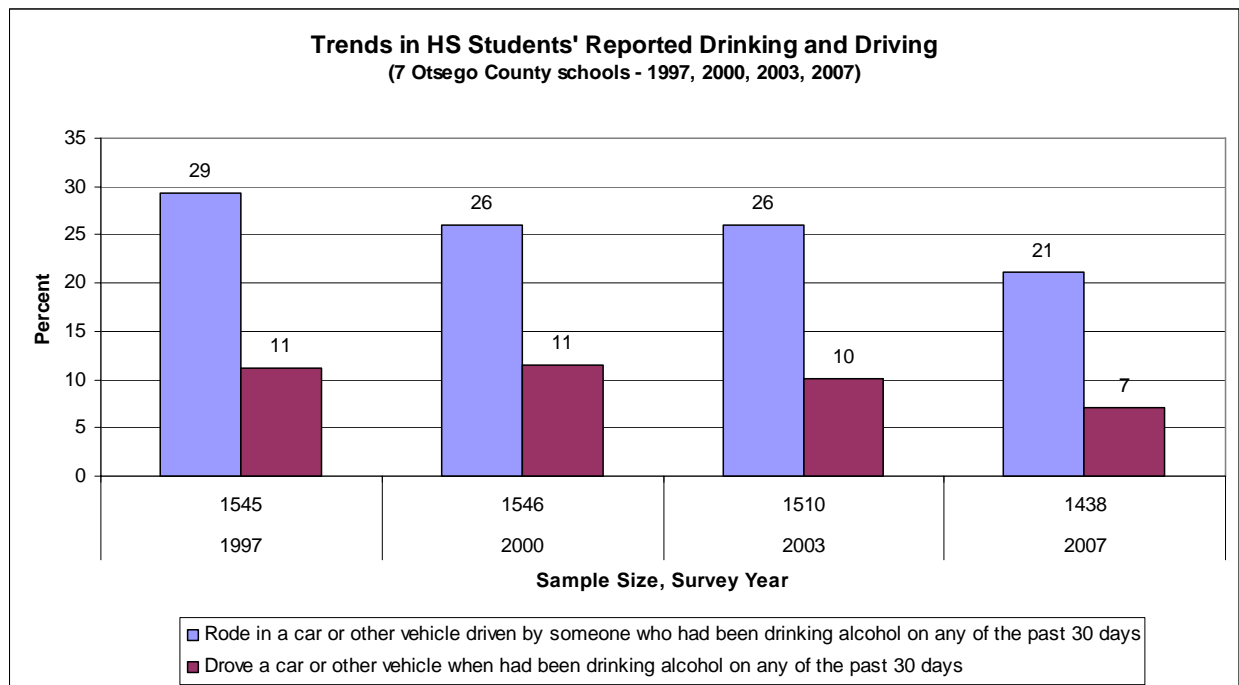
2007 YRBS Findings for Drinking and Driving  
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Reports by Otsego County students about drinking and driving behaviors appear similar to others in Upstate New York.

### 1997 – 2007 YRBS Trend Results for Drinking and Driving

(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)

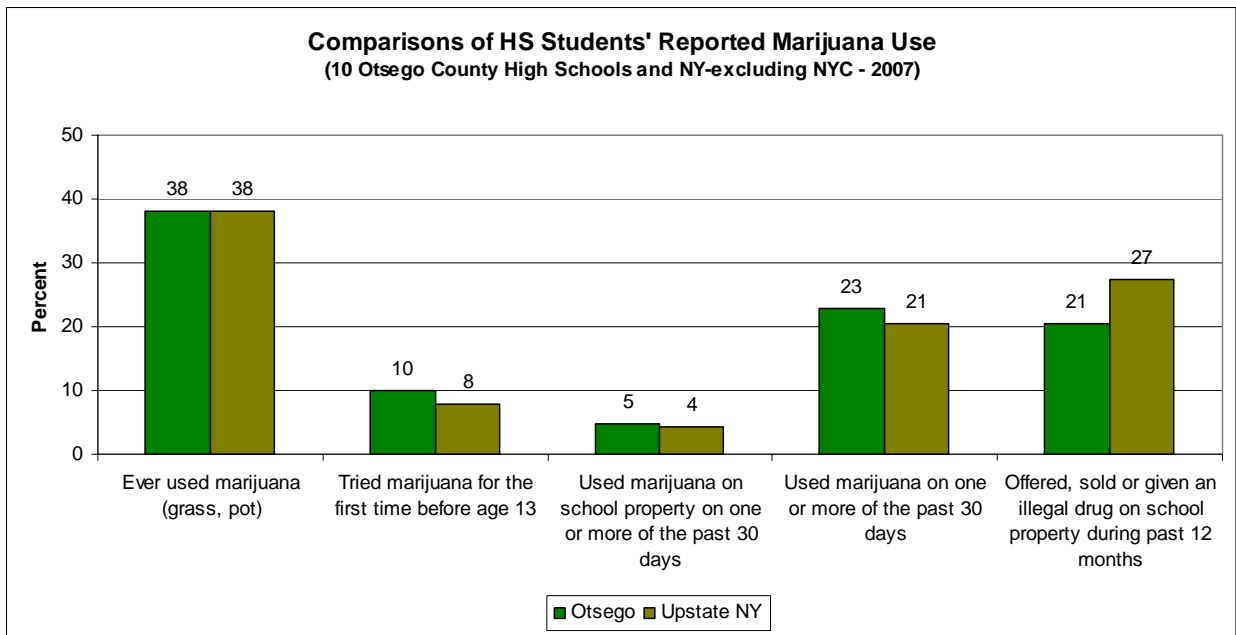


- About a quarter of Otsego County students surveyed in any year reported having rode in a car on any of the past 30 days with a person who had been drinking alcohol.
- However, the frequency of times students reported either drinking and driving – or riding with a drinking driver – has trended significantly downward among Otsego County students over the past decade.

## ***Marijuana Use***

### 2007 YRBS Findings for Marijuana Use

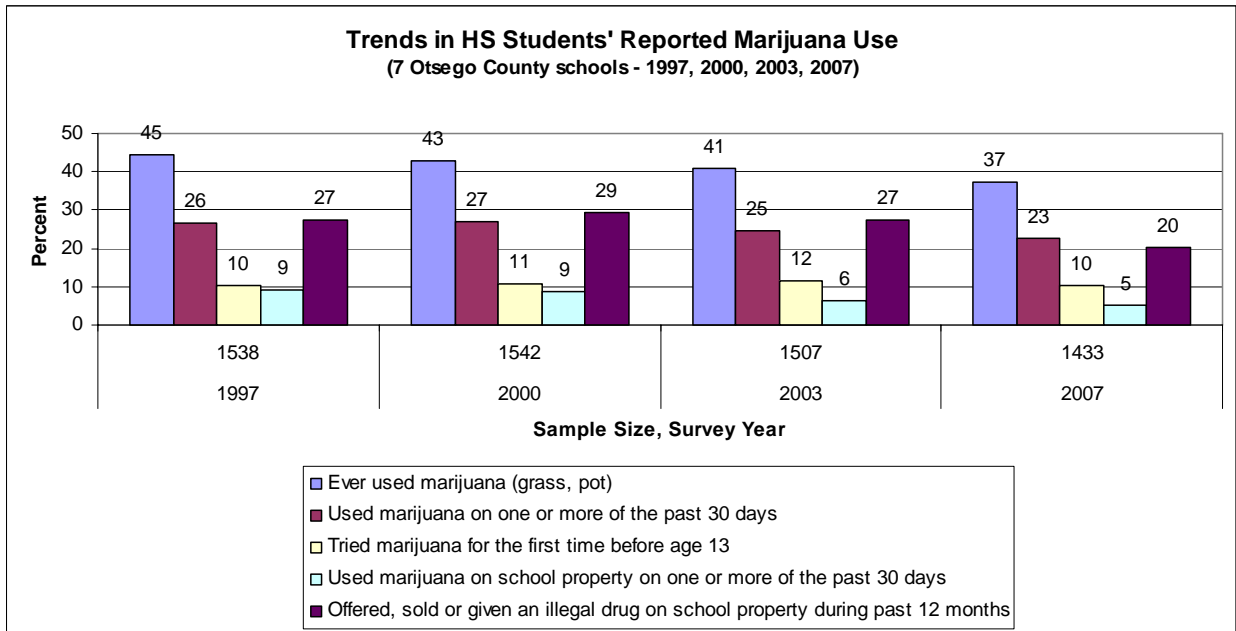
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Reports by Otsego County students about marijuana use appear similar to others in Upstate New York.

#### 1997 – 2007 YRBS Trend Results for Marijuana Use

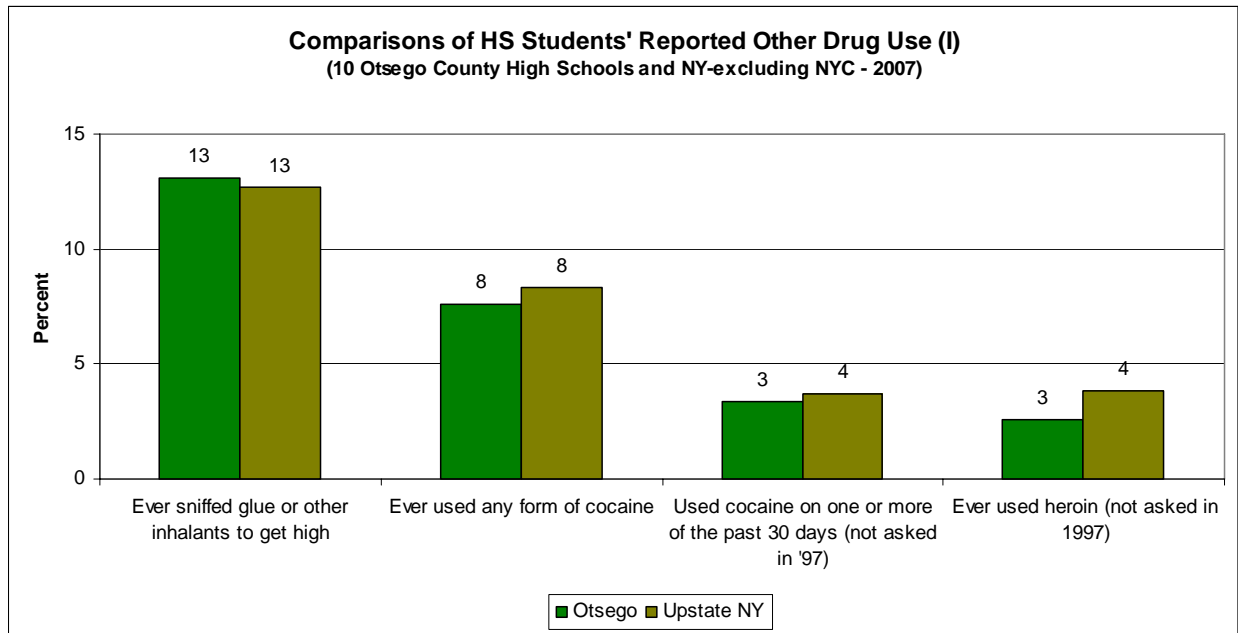
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



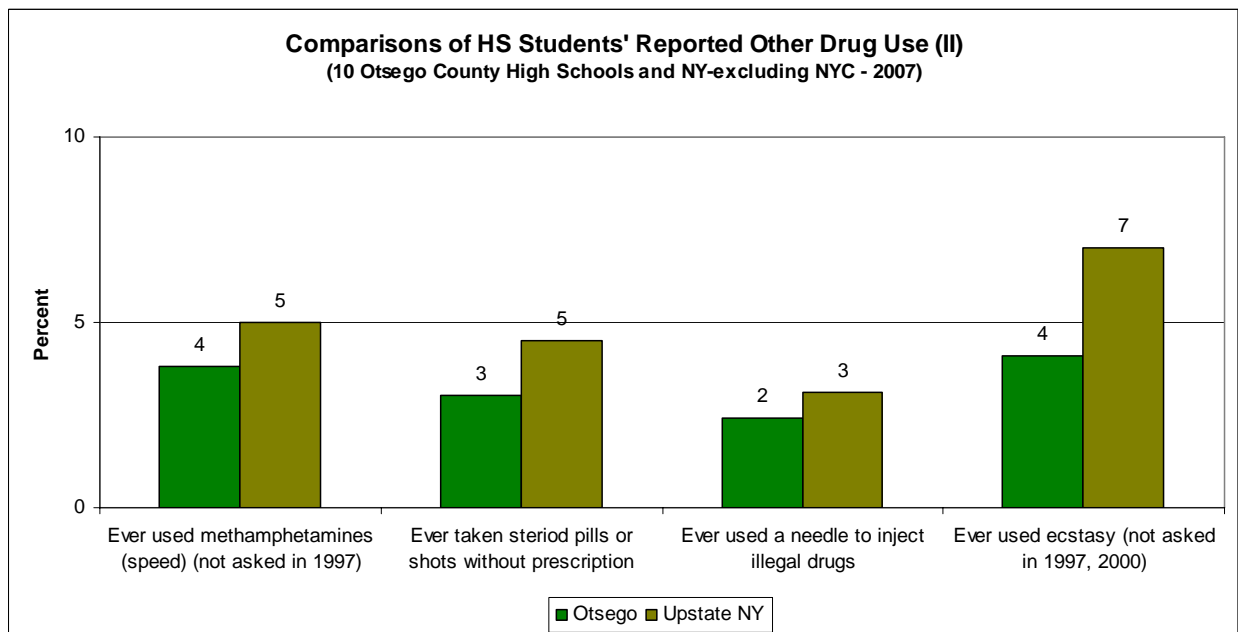
- There is a significant downward trend over the past decade in Otsego County students reporting ever trying marijuana, using it in the past 30 days, and in using it on school property in the past 30 days.
- Significantly fewer Otsego County high school students reported being offered, sold or given an illegal drug on school property in the past month.

## Other Drug Use

2007 YRBS Findings for Other Drug Use  
 (includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with  
 Upstate New York data where available)

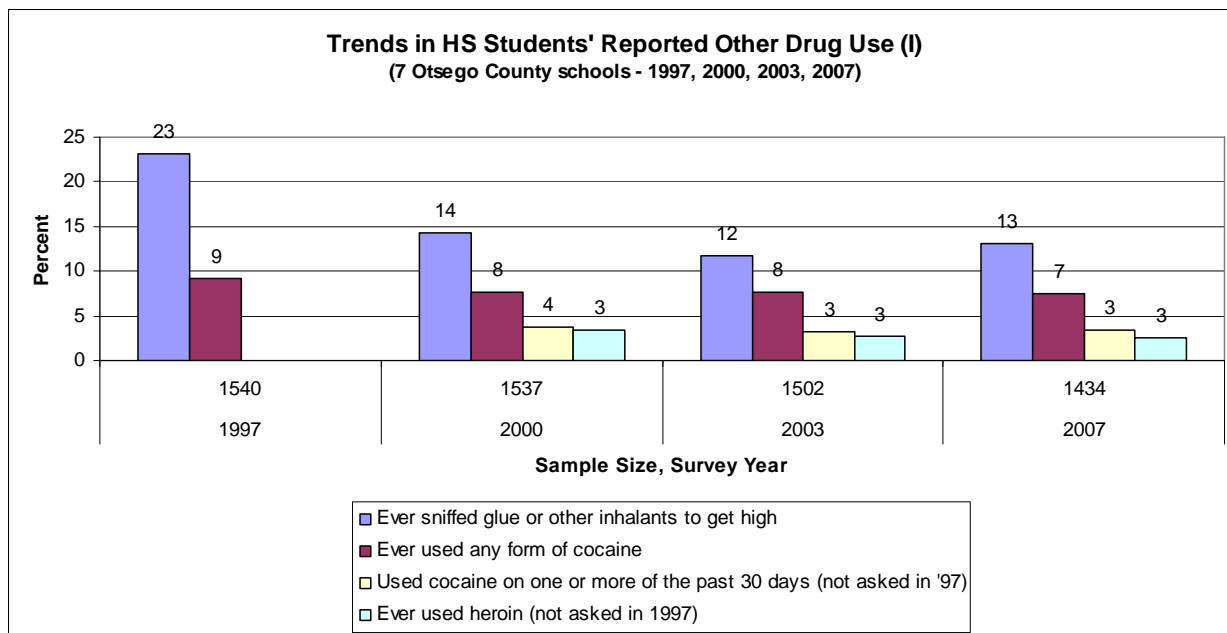


- Reported inhalant use is a distant fourth in both Otsego County and Upstate New York to reports of any alcohol, cigarette or marijuana use.

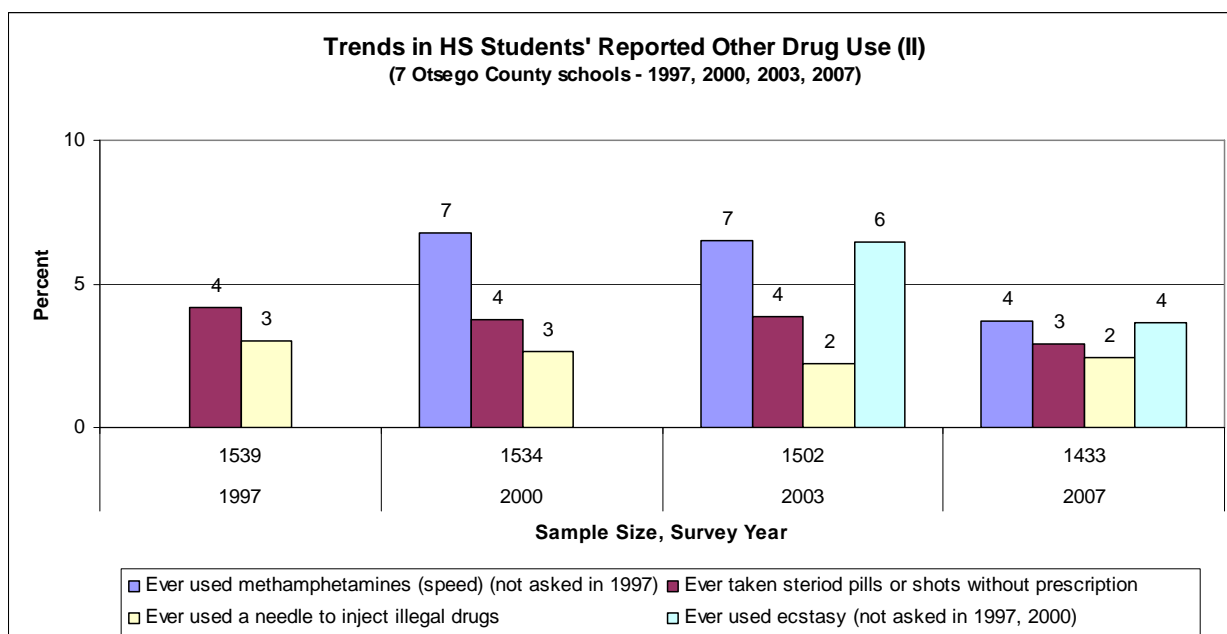


- Reports of other drug use by Otsego County high school students appear similar to others in Upstate New York.

1997 – 2007 YRBS Trend Results for Other Drug Use  
 (includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- The long-term downward trend of reported inhalant use is significant, but seems to have leveled out since 2000.
- Reports of cocaine or heroin use have not changed significantly since 1997.



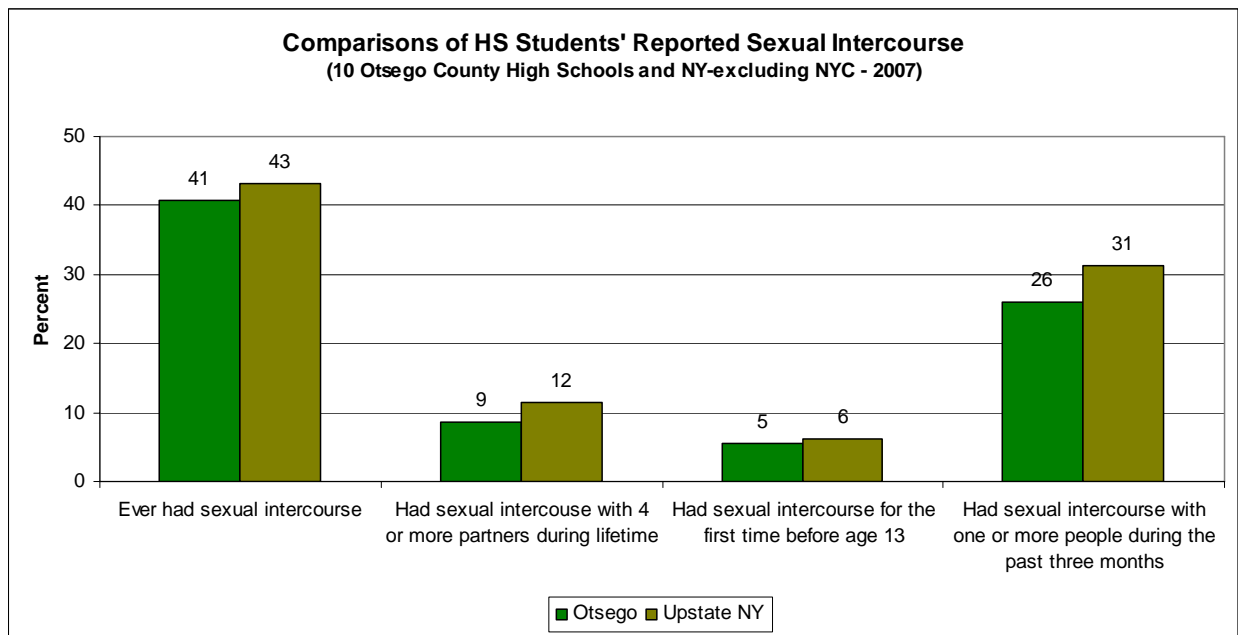
- There were significant decreases in reports of ever using methamphetamines or ecstasy between 2003 and 2007.

# Responsible Sexual Behaviors

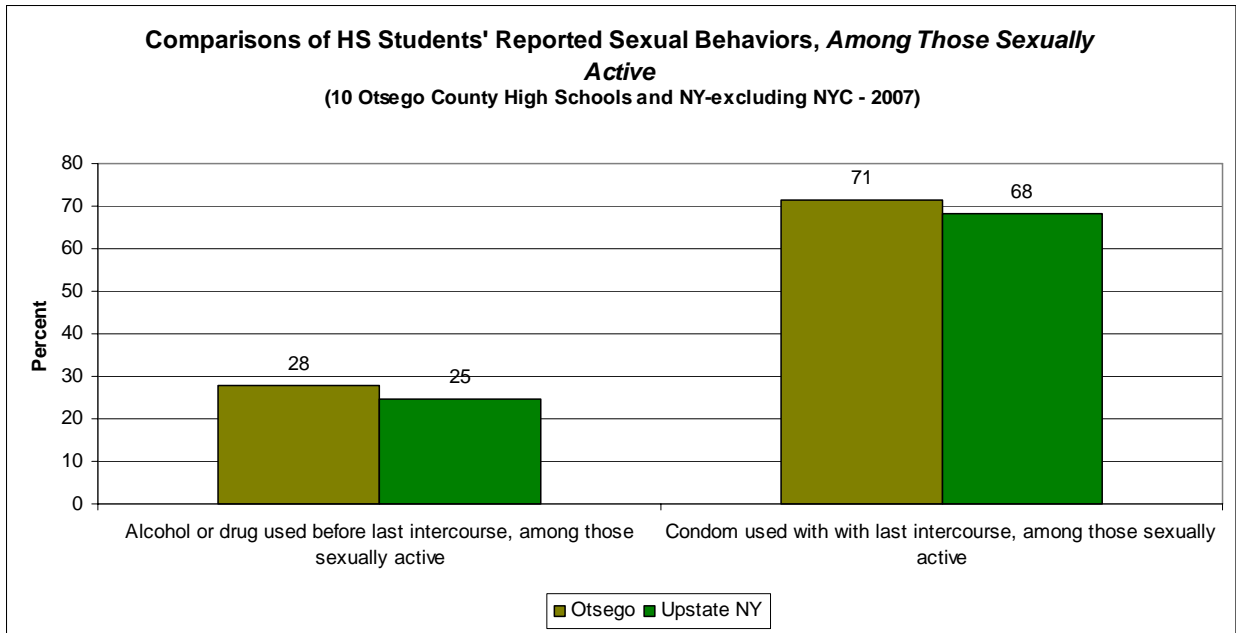
According to CDC resources, irresponsible sexual behaviors place young people at risk for HIV infection and other sexually transmitted diseases (STDs). Pregnancy among adolescents is another concern.

For more information on responsible sexual behaviors and strategies to help see: [www.cdc.gov/HealthyYouth/sexualbehaviors/](http://www.cdc.gov/HealthyYouth/sexualbehaviors/)

2007 YRBS Findings for Responsible Sexual Behaviors  
(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



- Otsego County high school students appear similar to others in Upstate New York in reports of sexual intercourse.

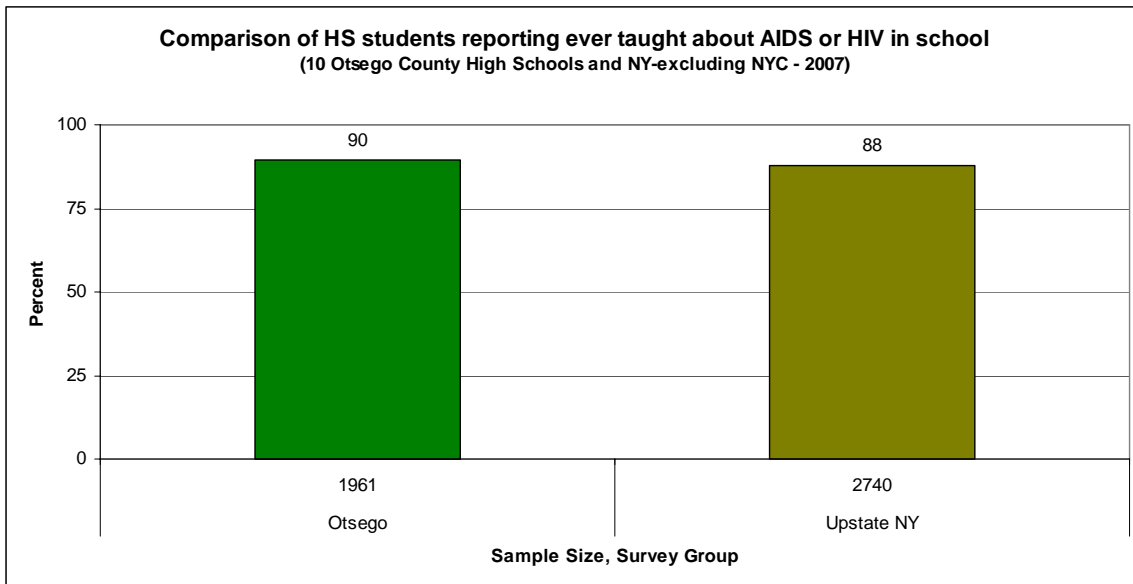


- Data from Otsego County students about their sexual behaviors appear similar to that of others in Upstate New York.

**Methods to Prevent Pregnancy Reported by HS Students, Among Those Sexually Active**  
(10 Otsego County High Schools and NY-excluding NYC - 2007)

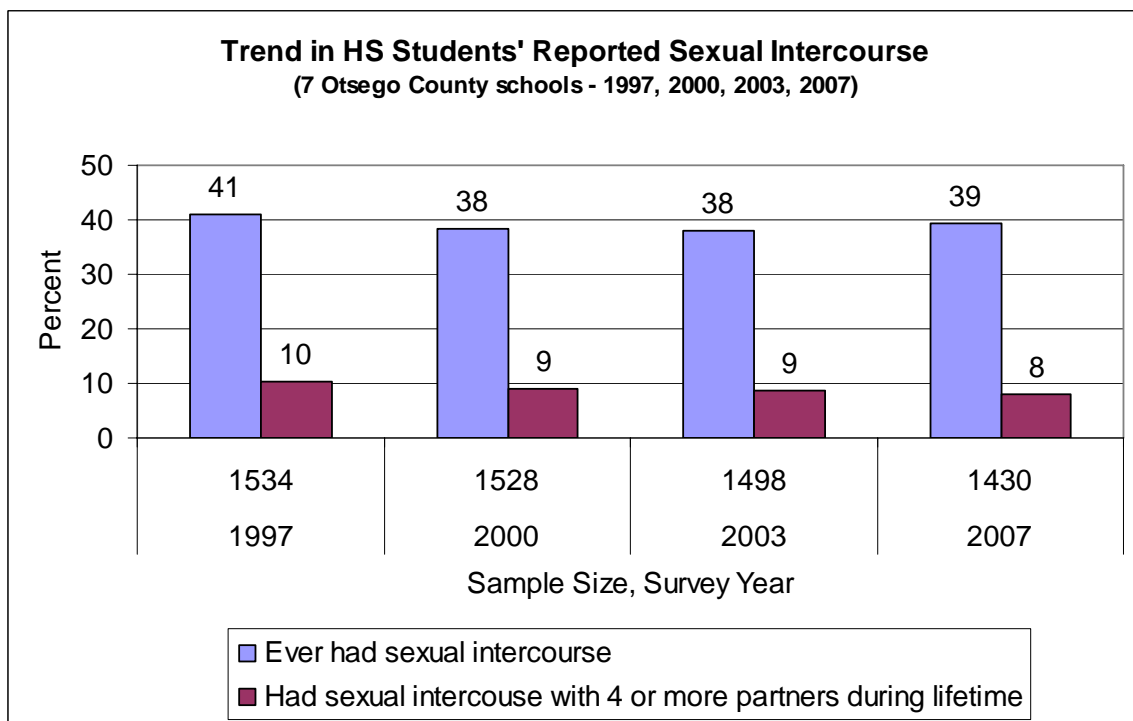
	Otsego	Upstate NY
Sample Size	765	1529
Survey Group	Otsego	Upstate NY
Condoms	59%	57%
Birth control pills	22%	16%
No method	8%	13%
Withdrawal	4%	7%
Other	5%	2%
Not sure	2%	2%

- Condoms seem to be preferred among reportedly sexually active high school students in Otsego County and upstate New York.

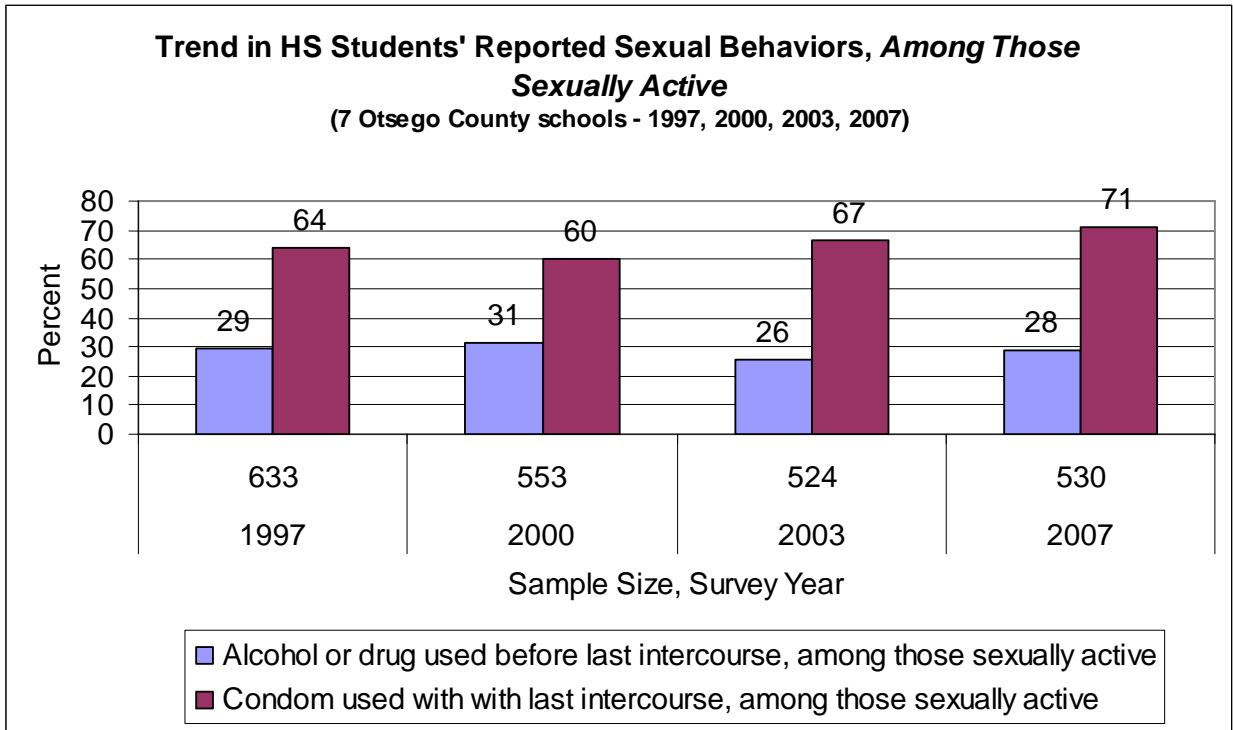


- Reports of ever being taught about AIDS or HIV in school appear similar between Otsego County and Upstate NY figures.

1997 – 2007 YRBS Trend Results for Responsible Sexual Behaviors  
(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



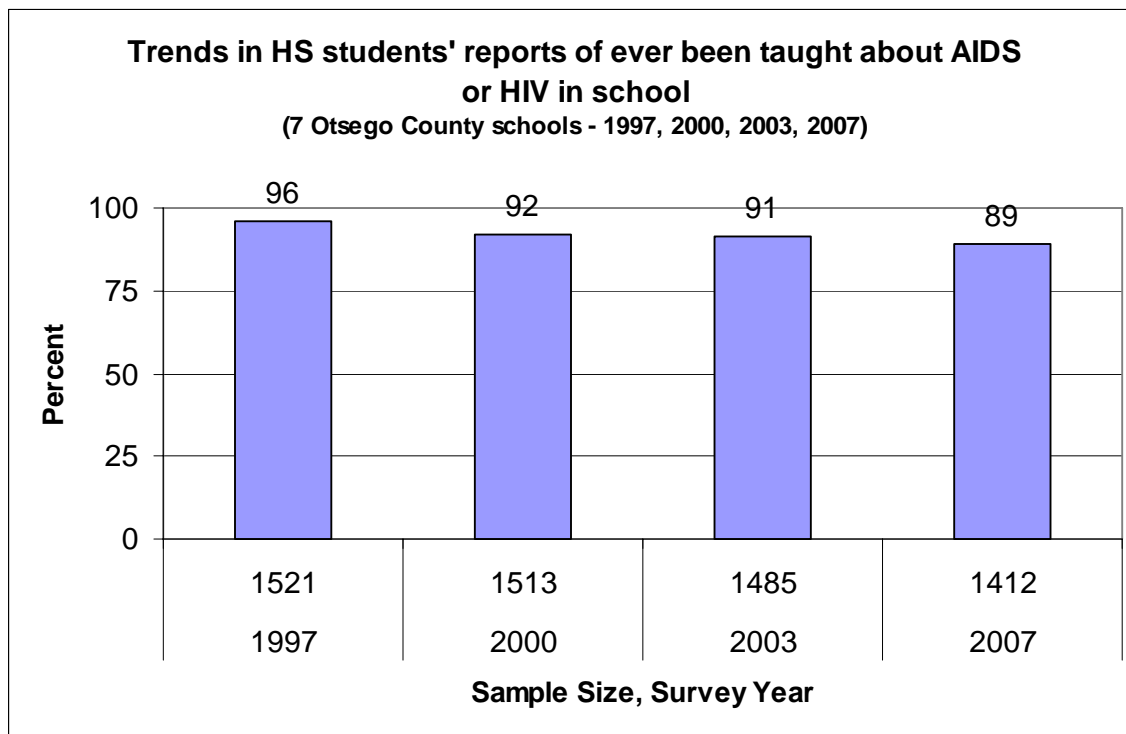
- Although not apparent in this standard chart, there is a significant trend over the past decade toward reports of fewer sexual partners.



- Increased condom use reported among those sexually active high school students is a significant trend as of 2007.

	Sample Size	617	541	523	533
	Survey Year	1997	2000	2003	2007
Condoms		59%	51%	56%	58%
Birth control pills		16%	26%	18%	23%
No method		10%	9%	11%	8%
Withdrawal		10%	9%	7%	5%
Other		3%	4%	6%	3%
Not sure		2%	2%	3%	2%

- Condoms remain the top method reported to prevent pregnancy, among those Otsego County high school students who report being sexually active.



- There has been a significant downward trend in Otsego County high school students who reported ever learning about HIV or AIDS in school.

## Nutrition

According to CDC resources:

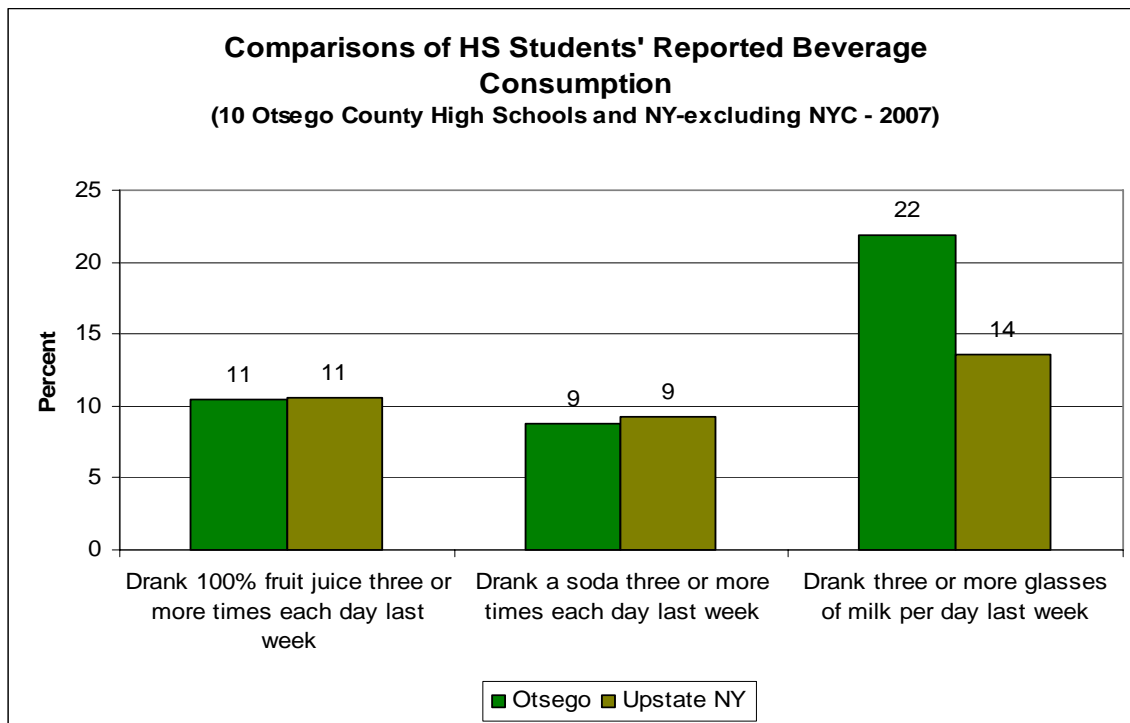
Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, and iron deficiency anemia. Most young people are not following the recommendations set forth in the Dietary Guidelines for Americans.

For more information on nutrition and strategies to help see:

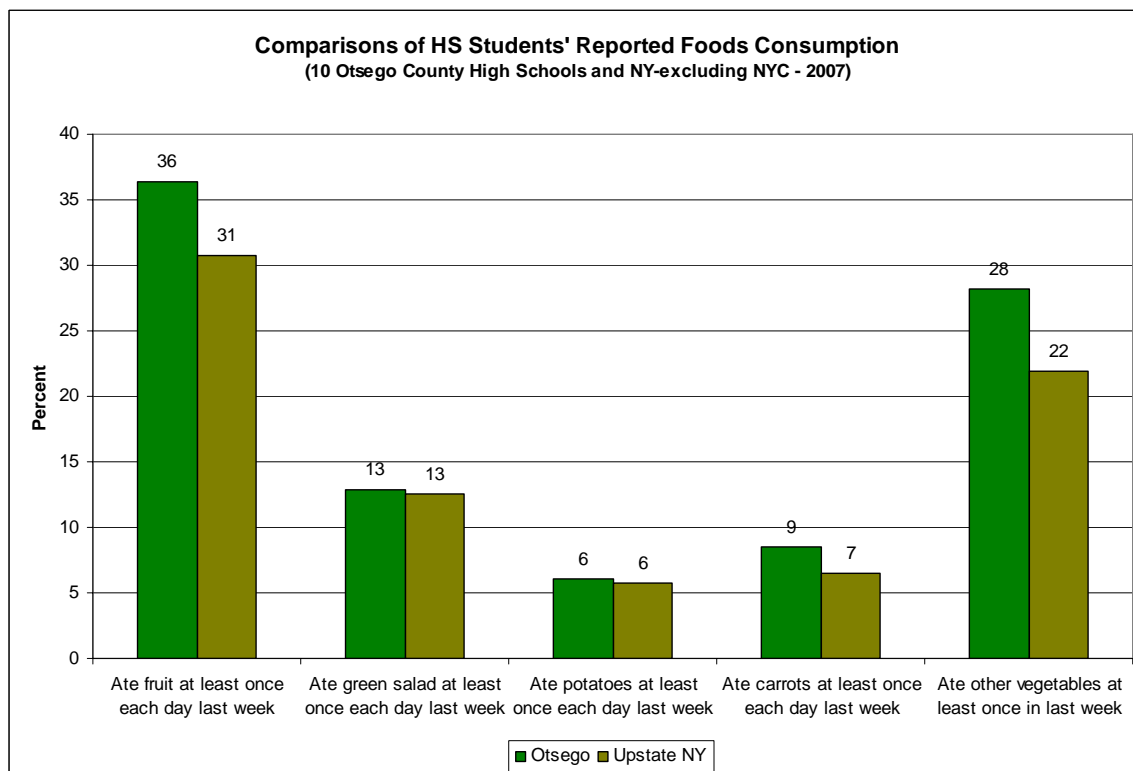
[www.cdc.gov/HealthyYouth/nutrition/](http://www.cdc.gov/HealthyYouth/nutrition/)

2007 YRBS Findings for Nutrition

(includes 10 Otsego County schools surveyed in Fall 2007. High school data appear with Upstate New York data where available)



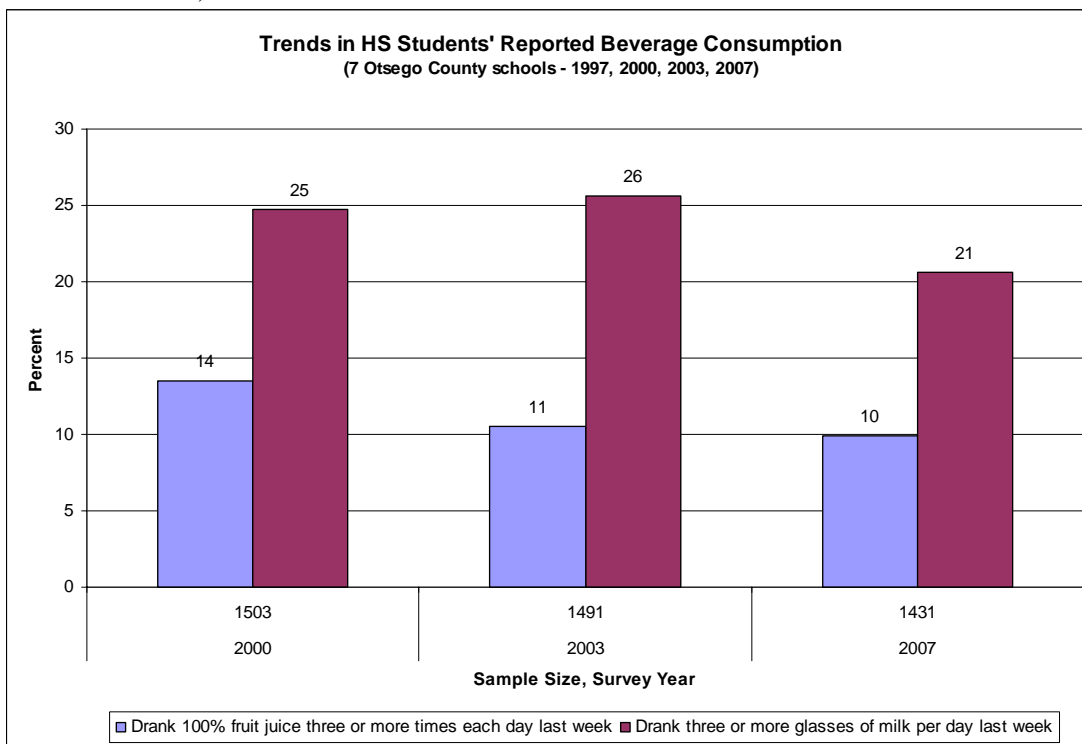
- Roughly 90% of all high school students surveyed in both Otsego County and Upstate New York reported drinking milk at least once in the past week



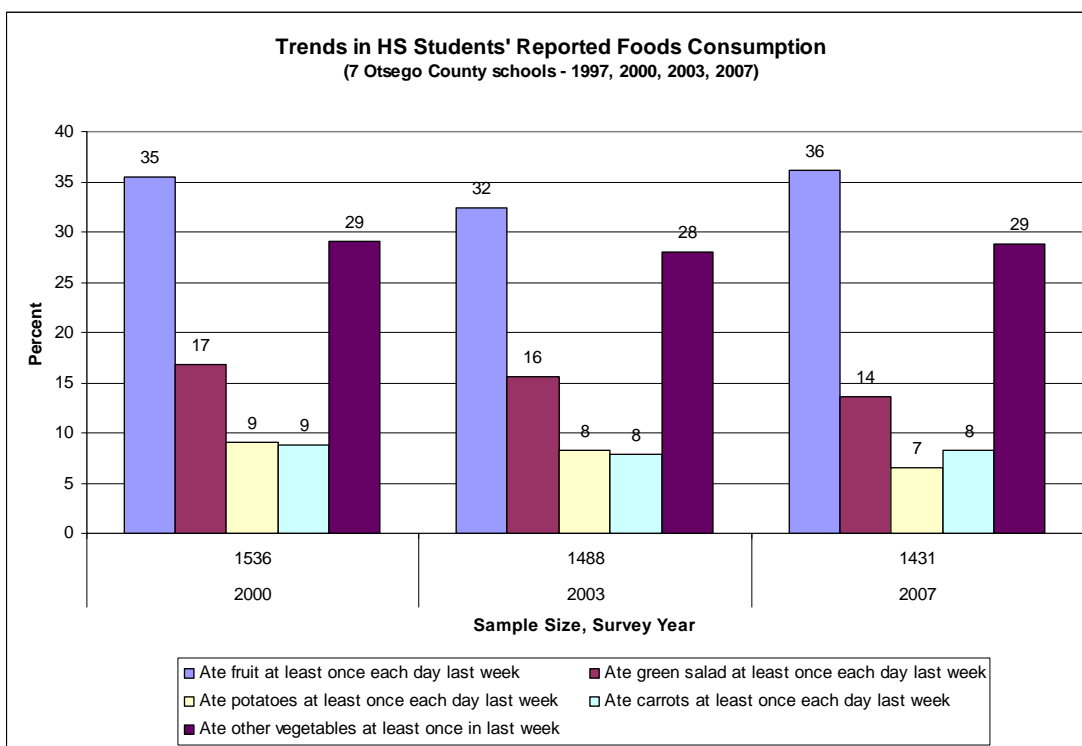
- Otsego County high school students appear similar to others Upstate New York in terms of nutritional intake measured in the YRBS.

## 1997 – 2007 YRBS Trend Results for Nutrition

(includes seven Otsego County schools that participated in all YRBS surveys given in 1997, 2000, 2003 and 2007)



- Otsego County high school students reported significantly less frequent fruit juice consumption since 2000.



- Reports about other foods have remained unchanged since 2000.

## Risk and Protection

According to information provided by the New York State Office of Alcoholism and Substance Abuse Services:

Understanding and identifying risk and protective factors helps providers and communities understand what they can do to prevent problem behavior and promote healthy development among children, adolescents, and young adults. This allows providers to select the most appropriate evidence-based programs and strategies for their target populations to effectively achieve the outcome of reducing or avoiding substance use/abuse, by focusing their resources on reducing those risk factors specific to their community.

For more information on risk and protective factors: [www.oasas.state.ny.us/prevention/](http://www.oasas.state.ny.us/prevention/)

*Note: Responses may not add to 100% due to rounding.*

How much do you think people risk harming themselves (physically or in other ways) if they _____...?	Percent			
	No risk	Slight risk	Moderate risk	Great risk
smoke one or more packs of cigarettes per day (n=1,951)	4	6	20	71
try marijuana once or twice (n=1,951)	23	33	22	22
smoke marijuana regularly (n=1,950)	8	15	23	54
take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day (n=1,947)	11	29	34	26

If you wanted to get some, how easy would it be for you to get some _____...?	Percent			
	Very Hard	Sort of Hard	Sort of Easy	Very Easy
beer, wine or hard liquor (for example vodka, whiskey or gin) (n=1,936)	15	23	32	30
Cigarettes (n=1,934)	26	19	21	34
drug like cocaine, crack, LSD or amphetamines (n=1,927)	54	23	14	9
Marijuana (n=1,926)	27	15	19	38

If a kid _____ in your neighborhood, would he or she be caught by the police?	Percent			
	definitely not true	mostly not true	mostly true	definitely true
smoked marijuana (n=1,922)	30	49	16	5
drank some beer (n=1,920)	43	44	10	4

How wrong would most adults (over 21) in your neighborhood think it was for kids your age to: _____...?	Percent			
	Very wrong	Wrong	A little bit wrong	Not wrong
use marijuana (n=1,919)	42	39	15	4
drink alcohol (n=1,915)	23	37	33	7

	Percent			
	definitely not true	mostly not true	mostly true	definitely true
My neighbors notice when I am doing a good job and let me know. (n=1,914)	33	21	31	15
There are people in my neighborhood who encourage me to do my best. (n=1,920)	23	17	31	29
There are people in my neighborhood who are proud of me when I do something well. (n=1,919)	21	17	29	33

# **Appendix: 2007 Otsego County High School YRBS Questionnaire**

# 2007 Youth Risk Behavior Survey

## Otsego County High School Questionnaire

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 the 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 this 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 ovals completely. When you are finished, follow the instructions of the person giving you the survey.

*Thank you very much for your help.*

## Directions

- Use a #2 pencil only.
- Mark dark marks.
- Fill in a response like this: A B C D
- To change your answer, erase completely.

1. How old are you?

- A. 12 years old or younger
- B. 13 years old
- C. 14 years old
- D. 15 years old
- E. 16 years old
- F. 17 years old
- G. 18 years old or older

2. What is your sex?

- A. Female
- B. Male

3. In what grade are you?

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded or other grade

4. Are you Hispanic or Latino?

- A. Yes
- B. No

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

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

6. 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

7. 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
<b>5</b>	<b>6</b>
3	1
4	2
<b>5</b>	3
6	4
7	5
	<b>6</b>
	7
	8
	9
	10
	11

8. 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		
<b>1</b>	<b>5</b>	<b>2</b>
0	0	0
<b>1</b>	1	1
2	2	<b>2</b>
3	3	3
4	4	4
5	<b>5</b>	5
6	6	6
7	7	7
8	8	8
9	9	9

**The next 4 questions ask about personal safety.**

9. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?

- A. I did not ride a bicycle during the past 12 months
- B. Never wore a helmet
- C. Rarely wore a helmet
- D. Sometimes wore a helmet
- E. Most of the time wore a helmet
- F. Always wore a helmet

10. How often do you wear a seat belt when **riding in** a car driven by someone else?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

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

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**The next 11 questions ask about violence-related behaviors.**

13. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

14. During the past 30 days, on how many days did you carry a **gun**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

15. If you have carried a gun in the past 30 days, was the gun used for:

- A. Did not carry a gun
- B. Hunting
- C. Target shooting
- D. Paint ball
- E. Personal safety
- F. Other

16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

17. 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?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

21. During the past 12 months, how many times were you in a physical fight **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

22. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

23. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

**The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.**

24. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

- A. Yes
- B. No

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

- A. Yes
- B. No

26. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

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

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

28. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- A. **I did not attempt suicide** during the past 12 months
- B. Yes
- C. No

**The next 14 questions ask about tobacco use.**

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

- A. Yes
- B. No

30. 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 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

31. 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

32. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

- A. I did not smoke cigarettes during the past 30 days
- B. Less than 1 cigarette per day
- C. 1 cigarette per day
- D. 2 to 5 cigarettes per day
- E. 6 to 10 cigarettes per day
- F. 11 to 20 cigarettes per day
- G. More than 20 cigarettes per day

33. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed (or bummed) them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or family member
- H. I got them some other way

34. **When you bought or tried to buy cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?

- A. I did not try to buy cigarettes in a store during the past 30 days
- B. Yes, I was asked to show proof of age
- C. No, I was not asked to show proof of age

35. 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

36. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- A. Yes
- B. No

37. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

38. If you have tried to quit smoking cigarettes, what methods did you use to help quit smoking?

- A. Did not smoke
- B. Just stopped (cold turkey)
- C. Gum, candy or carrots
- D. Nicotine gum
- E. Nicotine patch or inhaler
- F. Support group
- G. Acupuncture
- H. Other

39. When you last tried to quit, how long did you stay off cigarettes?

- A. I have never smoke cigarettes
- B. I have never tried to quit
- C. Less than a day
- D. 1 to 7 days
- E. More than 7 days but less than 30 days
- F. More than 30 days but less than 6 months
- G. More than 6 months but less than a year
- H. More than a year

40. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- 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

41. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip 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

42. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars?**

- 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 5 questions ask 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.**

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

- A. 0 days
- B. 1 or 2 days
- C. 3 to 9 days
- D. 10 to 19 days
- E. 20 to 39 days
- F. 40 to 99 days
- G. 100 or more days

44. 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 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

45. 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

46. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

47. 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 about marijuana use. Marijuana also is called grass or pot.**

48. During your life, how many times have you used 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 to 99 times
- G. 100 or more times

49. 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 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

50. 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

51. During the past 30 days, how many times did you use marijuana **on school property**?

- 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

**The next 10 questions ask about other drugs.**

52. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- 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

53. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

- 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

54. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- 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

55. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- 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

56. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- 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

57. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- 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

58. During your life, how many times have you used **ecstasy** (also called MDMA)?

- 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

59. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- 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

60. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

61. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

**The next 8 questions ask about sexual behavior.**

62. Have you ever had sexual intercourse?

- A. Yes
- B. No

63. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

64. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

65. During the past 3 months, with how many people did you have sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

66. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. No

67. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

68. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo-Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

69. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

**The next 7 questions ask about body weight.**

70. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

71. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

72. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

A. Yes

B. No

73. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

A. Yes

B. No

74. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?

A. Yes

B. No

75. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

A. Yes

B. No

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

A. Yes

B. No

**The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.**

77. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

A. I did not drink 100% fruit juice during the past 7 days

B. 1 to 3 times during the past 7 days

C. 4 to 6 times during the past 7 days

D. 1 time per day

E. 2 times per day

F. 3 times per day

G. 4 or more times per day

78. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

79. During the past 7 days, how many times did you eat **green salad**?

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

80. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

81. During the past 7 days, how many times did you eat **carrots**?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

82. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

83. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do **not** include diet soda or diet pop.)

- A. I did not drink soda or pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

84. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

**The next 7 questions ask about physical activity.**

85. 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

86. On how many of the of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

87. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- 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

88. 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.)

- A. I do not play video or computer games or use a computer for something that is not school work
- 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

89. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

90. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

- A. I do not take PE
- B. Less than 10 minutes
- C. 10 to 20 minutes
- D. 21 to 30 minutes
- E. 31 to 40 minutes
- F. 41 to 50 minutes
- G. 51 to 60 minutes
- H. More than 60 minutes

91. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

**The next 1 question is about AIDS education.**

92. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

**The following questions ask your opinion about a number of things in your life, including your friends, your family, your neighborhood and your community.**

**The next 4 questions ask about how you would act in certain situations.**

93. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?

- No risk
- Slight risk
- Moderate risk
- Great risk

94. How much do you think people risk harming themselves (physically or in other ways) if they try marijuana once or twice?

- No risk
- Slight risk
- Moderate risk
- Great risk

95. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?

- No risk
- Slight risk
- Moderate risk
- Great risk

96. How much do you think 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

**The next 11 questions ask about the neighborhood and community where you live.**

97. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

98. If you wanted to get some cigarettes, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

99. If you wanted to get a drug like cocaine, crack, LSD, or amphetamines, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

100. If you wanted to get some marijuana, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

101. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?

- A. Definitely not true
- B. Mostly not true
- C. Mostly true
- D. Definitely true

102. If a kid drank some beer, wine or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, would he or she be caught by the police?

- A. Definitely not true
- B. Mostly not true
- C. Mostly true
- D. Definitely true

103. How wrong would most adults (over 21) in your neighborhood think it was for kids your age **to use marijuana**?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

104. How wrong would most adults (over 21) in your neighborhood think it was for kids your age **to drink alcohol**?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

105. My neighbors notice when I am doing a good job and let me know.

- A. Definitely not true
- B. Mostly not true
- C. Mostly true
- D. Definitely true

106. There are people in my neighborhood who encourage me to do my best.

- A. Definitely not true
- B. Mostly not true
- C. Mostly true
- D. Definitely true

107. There are people in my neighborhood who are proud of me when I do something well.

- A. Definitely not true
- B. Mostly not true
- C. Mostly true
- D. Definitely true

**This is the end of the survey.  
Thank you very much for your help.**



Center for Economic & Community Development  
SUNY College at Oneonta  
Morris Conference Center  
Oneonta, NY 13820