

HOWARD COUNTY

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BOBCATS

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OUTLAWS

2007

County Youth Health Survey

NASHVILLE



SCRAPPERS



MINERAL SPRINGS
HORNETS



Coordinated by:
Howard County Health Improvement Coalition
and
Arkansas Department of Health
Center for Health Statistics

2007 HOWARD COUNTY COUNTY YOUTH HEALTH SURVEY RESULTS

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2007 County Youth Health Survey, please contact:**

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Arkansas Department of Health
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2007 HOWARD COUNTY COUNTY YOUTH HEALTH SURVEY RESULTS

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LIST OF CONTENTS

Introduction..... 1
 Summary of 2007 Howard County CYHS results..... 5
 Demographics of Howard County 2007 CYHS participants..... 6
 Behaviors that Contribute to Unintentional Injuries..... 9
 Behaviors that Contribute to Violence..... 13
 Depression and Suicide..... 19
 Tobacco Use..... 24
 Alcohol Use..... 32
 Illegal Drug Use..... 36
 Sexual Behaviors..... 44
 Health Education – HIV/AIDS..... 50
 Overweight and Weight Control..... 51
 Dietary Behaviors..... 59
 Physical Activity..... 66
 Violence Related Behaviors on School Property..... 70
 Tobacco Use on School Property..... 75
 Alcohol Use on School Property..... 77
 Illegal Drug Use on School Property..... 78
 Internet Resources for Educators, Parents, and Teens..... 80

LIST OF FIGURES

Demographics of Monroe County 2008 CYHS Participants

■ Figure 1: Gender..... 6
 ■ Figure 2: Age..... 7
 ■ Figure 3: Grade..... 8

Behaviors that Contribute to Unintentional Injuries

■ Figure 1: Seat belt use 9
 ■ Figure 2: Bicycle helmet use 10
 ■ Figure 3: Rode with a driver who had been drinking alcohol 11
 ■ Figure 4: Drove when drinking alcohol 12

Behaviors that Contribute to Violence

■ Figure 1: Carried a weapon 13
 ■ Figure 2: Carried a gun..... 14
 ■ Figure 3: In a physical fight..... 15
 ■ Figure 4: Injured in a physical fight 16
 ■ Figure 5: Dating violence 17
 ■ Figure 6: Forced to have sexual intercourse 18

Depression and Suicide

■ Figure 1: Felt sad or hopeless..... 19
 ■ Figure 2: Seriously considered attempting suicide..... 20
 ■ Figure 3: Made a suicide plan 21
 ■ Figure 4: Attempted suicide 22
 ■ Figure 5: Treated suicide attempt..... 23

Tobacco Use

■ Figure 1: Lifetime cigarette use 24
 ■ Figure 2: Early initiation of cigarette smoking..... 25
 ■ Figure 3: Current cigarette use 26
 ■ Figure 4: Smoked more than 2 cigarettes per day 27
 ■ Figure 5: Personally bought cigarettes 28
 ■ Figure 6: Tried to quit smoking cigarettes 29
 ■ Figure 7: Current smokeless tobacco use 30
 ■ Figure 8: Current cigar use 31

Alcohol Use

■ Figure 1: Lifetime alcohol use 32
 ■ Figure 2: Early initiation of alcohol use..... 33
 ■ Figure 3: Current alcohol use 34
 ■ Figure 4: Heavy alcohol use..... 35

LIST OF FIGURES (continued)**Illegal Drug Use**

■	Figure 1: Lifetime marijuana use	36
■	Figure 2: Early initiation of marijuana use.....	37
■	Figure 3: Current marijuana use.....	38
■	Figure 4: Lifetime inhalant use.....	39
■	Figure 5: Lifetime methamphetamines use	40
■	Figure 6: Lifetime ecstasy use.....	41
■	Figure 7: Lifetime heroin use	42
■	Figure 8: Lifetime illegal steroid use.....	43

Sexual Activity

■	Figure 1: Ever had sexual intercourse	44
■	Figure 2: Early initiation age of sexual intercourse.....	45
■	Figure 3: Sexual partners 4 or more	46
■	Figure 4: Currently sexually active	47
■	Figure 5: Drug use before last sexual intercourse	48
■	Figure 6: Condom use	49

Health Education HIV/AIDS

■	Figure 1: Health education	50
---	----------------------------------	----

Over weight and Weight Control

■	Figure 1: Overweight	51
■	Figure 2: Described themselves as overweight	52
■	Figure 3: Were trying to lose weight.....	53
■	Figure 4: Ate less food to lose weight.....	54
■	Figure 5: Exercised to lose weight	55
■	Figure 6: Vomited or took laxatives to lose weight	56
■	Figure 7: Took diet pills to lose weight	57
■	Figure 8: Went without eating to lose weight	58

Dietary behaviors

■	Figure 1: Ate fruit	59
■	Figure 2: Drank fruit juices	60
■	Figure 3: Ate green salad	61
■	Figure 4: Ate potatoes	62
■	Figure 5: Ate carrots	63
■	Figure 6: Ate other vegetables.....	64
■	Figure 7: Drank milk	65

Physical activity

■	Figure 1: Physical activity with sweat.....	66
■	Figure 2: Physical activity without sweat	67
■	Figure 3: Physical education class	68
■	Figure 4: Played on sports teams	69

LIST OF FIGURES (continued)

Violence related Behaviors on School Property

■	Figure 1: Carried a weapon on school property	70
■	Figure 2: Had property stolen or damaged	71
■	Figure 3: Felt unsafe on the way or at school.....	72
■	Figure 4: Threatened or injured on school property	73
■	Figure 5: Involved in a physical fight on school property.....	74

Tobacco Use on School Property

■	Figure 1: Smoked cigarettes on school property	75
■	Figure 2: Chewed tobacco on school property	76

Alcohol Use on School Property

■	Figure 1: Alcohol use on school property	77
---	--	----

Illegal Drug Use on School Property

■	Figure 1: Marijuana use on school property	78
■	Figure 2: Offer or sale of illegal drugs on school property	79

LIST OF TABLES

Demographics of Monroe County 2008 CYHS Participants

■	Table 1:	Gender.....	6
■	Table 2:	Age.....	7
■	Table 3:	Grade.....	8

Behaviors that Contribute to Unintentional Injuries

■	Table 1:	Seat belt use	9
■	Table 2:	Bicycle helmet use	10
■	Table 3:	Rode with a driver who had been drinking alcohol	11
■	Table 4:	Drove when drinking alcohol	12

Behaviors that Contribute to Violence

■	Table 1:	Carried a weapon	13
■	Table 2:	Carried a gun.....	14
■	Table 3:	In a physical fight.....	15
■	Table 4:	Injured in a physical fight	16
■	Table 5:	Dating violence	17
■	Table 6:	Forced to have sexual intercourse	18

Depression and Suicide

■	Table 1:	Felt sad or hopeless.....	19
■	Table 2:	Seriously considered attempting suicide.....	20
■	Table 3:	Made a suicide plan	21
■	Table 4:	Attempted suicide	22
■	Table 5:	Treated suicide attempt.....	23

Tobacco Use

■	Table 1:	Lifetime cigarette use	24
■	Table 2:	Early initiation of cigarette smoking.....	25
■	Table 3:	Current cigarette use	26
■	Table 4:	Smoked more than 2 cigarettes per day	27
■	Table 5:	Personally bought cigarettes	28
■	Table 6:	Tried to quit smoking cigarettes	29
■	Table 7:	Current smokeless tobacco use	30
■	Table 8:	Current cigar use	31

Alcohol Use

■	Table 1:	Lifetime alcohol use	32
■	Table 2:	Early initiation of alcohol use.....	33
■	Table 3:	Current alcohol use	34
■	Table 4:	Heavy alcohol use	35

LIST OF TABLES (continued)**Illegal Drug Use**

■	Table 1:	Lifetime marijuana use	36
■	Table 2:	Early initiation of marijuana use.....	37
■	Table 3:	Current marijuana use.....	38
■	Table 4:	Lifetime inhalant use.....	39
■	Table 5:	Lifetime methamphetamines use	40
■	Table 6:	Lifetime ecstasy use.....	41
■	Table 7:	Lifetime heroin use	42
■	Table 8:	Lifetime illegal steroid use.....	43

Sexual Activity

■	Table 1:	Ever had sexual intercourse	44
■	Table 2:	Early initiation age of sexual intercourse.....	45
■	Table 3:	Sexual partners 4 or more	46
■	Table 4:	Currently sexually active	47
■	Table 5:	Drug use before last sexual intercourse	48
■	Table 6:	Condom use	49

Health Education HIV/AIDS

■	Table 1:	Health education	50
---	----------	------------------------	----

Over weight and Weight Control

■	Table 1:	Overweight	51
■	Table 2:	Described themselves as overweight	52
■	Table 3:	Were trying to lose weight.....	53
■	Table 4:	Ate less food to lose weight.....	54
■	Table 5:	Exercised to lose weight	55
■	Table 6:	Vomited or took laxatives to lose weight	56
■	Table 7:	Took diet pills to lose weight	57
■	Table 8:	Went without eating to lose weight	58

Dietary behaviors

■	Table 1:	Ate fruit	59
■	Table 2:	Drank fruit juices	60
■	Table 3:	Ate green salad	61
■	Table 4:	Ate potatoes	62
■	Table 5:	Ate carrots	63
■	Table 6:	Ate other vegetables.....	64
■	Table 7:	Drank milk	65

Physical activity

■	Table 1:	Physical activity with sweat.....	66
■	Table 2:	Physical activity without sweat	67
■	Table 3:	Physical education class	68
■	Table 4:	Played on sports teams	69

LIST OF TABLES (continued)

Violence related Behaviors on School Property

■	Table 1:	Carried a weapon on school property	70
■	Table 2:	Had property stolen or damaged	71
■	Table 3:	Felt unsafe on the way or at school.....	72
■	Table 4:	Threatened or injured on school property	73
■	Table 5:	Involved in a physical fight on school property.....	74

Tobacco Use on School Property

■	Table 1:	Smoked cigarettes on school property	75
■	Table 2:	Chewed tobacco on school property	76

Alcohol Use on School Property

■	Table 1:	Alcohol use on school property	77
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Illegal Drug Use on School Property

■	Table 1:	Marijuana use on school property	78
■	Table 2:	Offer or sale of illegal drugs on school property	79

Introduction

What is the County Youth Health Survey?

The County Youth Health Survey (CYHS) is a questionnaire designed to measure and monitor health risk behaviors among Arkansas' youth. It is based on the 87-item, multiple-choice Youth Risk Behavior Survey System (YRBSS) questionnaire developed in 1990 by the Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia¹ to monitor the following six categories of health risk behaviors among youth and young adults:

- Behaviors that result in intentional and unintentional injuries,
- Tobacco use,
- Alcohol and other drug use,
- Sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STDs), and unintentional pregnancies,
- Physical activity, and
- Unhealthy dietary behaviors.

The YRBSS questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful. The survey has been used nationally, on a statewide level, and locally. It is known as the County Youth Health Survey (CYHS) at the local level.

¹ The Centers for Disease Control and Prevention. Healthy Youth. <http://www.cdc.gov/healthyouth/yrbs/index.htm>

Introduction (continued)

How was the CYHS conducted?

During May 2007, seventh through twelfth grade students enrolled in Howard County School Districts schools completed the CYHS. All students who attended school on the day that their school administered the test to their grade were eligible to participate, but their participation was voluntary. Students from the following School Districts in Howard County recorded their responses to the survey:

- Umpire School District
- Dierks School District
- Nashville School District
- Mineral Springs School District

Introduction (continued)

How will Howard County use data from the CYHS?

Howard County Health Improvement Coalition are working to assess the specific health needs of students in Howard County. In order to collect information on the health behaviors of the community's youth, Health Improvement Coalition members asked that the County Youth Health Survey be administered to seventh through twelfth graders in Howard County's public schools.

The CYHS will help Howard County's School Districts identify students' current health and safety habits so that improvements may be made where needed. Healthy lifestyles for students in Howard County's School Districts mean longer, more productive lives for the county's young people, as well as improved learning in the classroom.

The 2007 CYHS also provides Howard County's School Districts with measures for evaluating trends in health habits of youth. Survey results can now serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease prevention and health promotion policies, services, programs, and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, the CYHS findings form a valuable base upon which Howard County's School Districts may strengthen its ability to:

- Establish disease prevention and health promotion policies,
- Plan and implement programs and services,
- Secure funding for programs,
- Allocate limited resources toward targeted needs and priorities;
- Conduct future research and note progress or deficiencies, and
- Enact laws to prevent injuries and unnecessary deaths.

Introduction (continued)

Interpretation of the survey

Howard County's 2007 County Youth Health Survey is a "snapshot in time," meaning that it only provides information on those health risk behaviors reported by students in May of 2007. Answers in this survey are only as accurate as students' reporting. Each student interpreted the words in each question of the survey according to his or her own definitions. For instance, is a pocketknife a "weapon?" What area does "on school property" include?

Student responses are edited for consistency using the Center for Disease Control and Prevention's YRBSS data editing guidelines. These delete logical inconsistencies, out-of-range responses, and missing data. Responses to the questions are valid and reported if deemed consistent by the editing process. For example, if a student reported that he or she had driven under the influence of alcohol, and also reported that he or she had never had a drink of alcohol, the answers for those questions are deleted from the survey. Alternatively, if there are too many inconsistencies in a questionnaire, the entire questionnaire is deleted. Additionally, some students choose not to answer certain questions, meaning that not all students surveyed are represented in every response. The percentages reported represent only valid responses for each particular question. Note that the percentages presented in this report are rounded to the nearest whole percent. For example, 75.5% would be reported as 76%, while 75.4% would be reported as 75%. Due to this rounding, total percentages may add up to 99% or 101%. The "frequency missing = ..." statement represents missing responses for a particular question in a questionnaire deemed valid by the editing process.

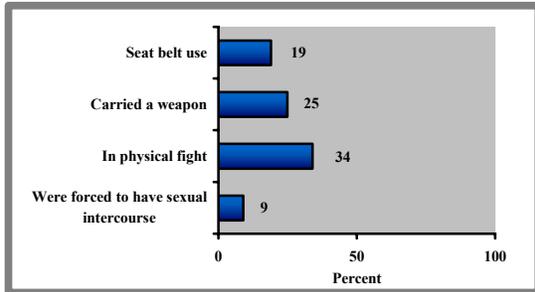
This Report

During May 2007, valid CYHS questionnaires were completed by 722 seventh through twelfth grade students throughout Howard County public schools, with a response rate of 54%. The information provided by these students is presented in this report. For example, 19% of students who provided valid responses reported that they never or rarely wore a seat belt. A statement reporting this will be written as "the prevalence of having never or rarely worn a seat belt when riding in a car driven by someone else was 19% among students in Howard County." The word "prevalence" simply refers to a measurement of the individuals with those health risk behaviors (that we are interested in) at a given point in time.

Summary

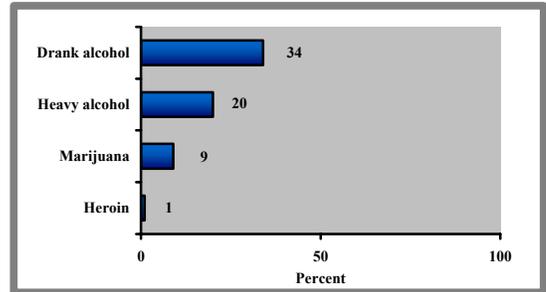
Unintentional Injuries and Violence

- 🍏 19% never or rarely wore a seat belt
- 🍏 25% carried a weapon during the past month
- 🍏 34% were in a physical fight in the past year
- 🍏 9% were forced to have sexual intercourse



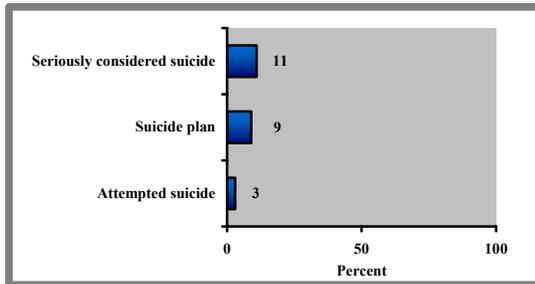
Alcohol and Illegal Drug Use

- 🍏 34% drank alcohol in past month
- 🍏 20% were heavy alcohol users in past month
- 🍏 9% used marijuana in past month
- 🍏 1% have tried heroin



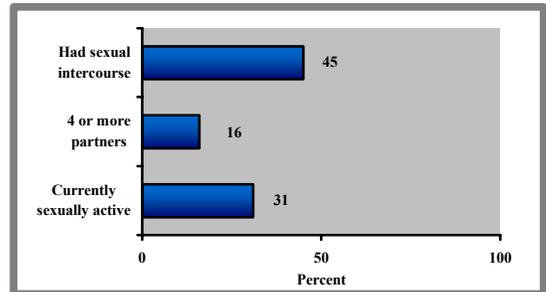
Depression and Suicide

- 🍏 11% seriously considered attempting suicide in past year
- 🍏 9% made a suicide plan in the past year
- 🍏 3% attempted suicide in the past year



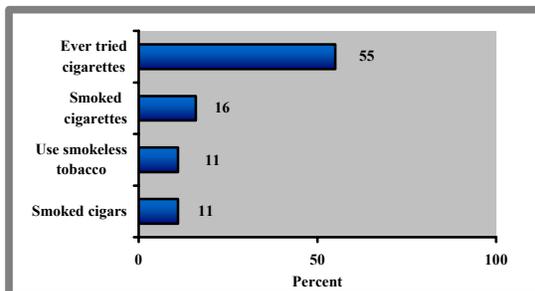
Sexual Behaviors

- 🍏 45% have had sexual intercourse
- 🍏 16% have had ≥ 4 sexual partners
- 🍏 31% are currently sexually active



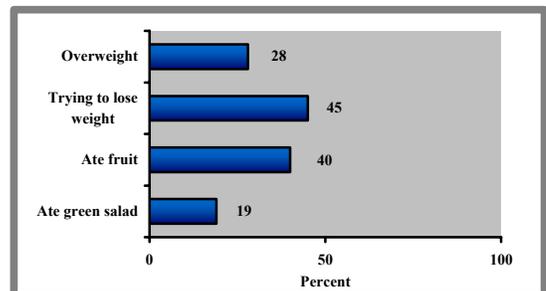
Tobacco Use

- 🍏 55% ever tried cigarette smoking
- 🍏 16% smoked cigarettes in the past month
- 🍏 11% used smokeless tobacco in past month
- 🍏 11% smoked cigars in past month



Weight and Diet

- 🍏 28% were overweight
- 🍏 45% were trying to lose weight
- 🍏 40% ate fruit in the past 7 days
- 🍏 19% ate green salad in the past 7 days



Demographics of Howard County 2007 CYHS Participants

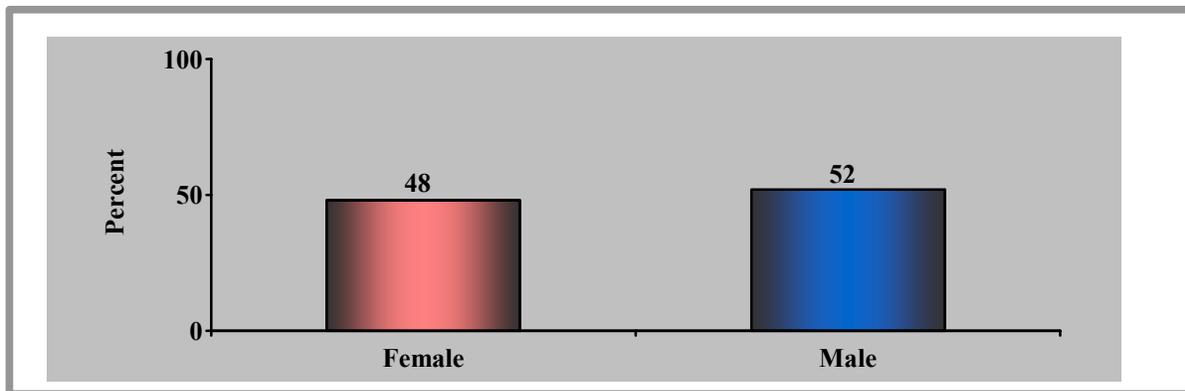
Total number of survey participants = 722

Table 1: Gender

What is your sex?		
	Number of students	Percent of total
FEMALE	343	48
MALE	376	52

(Frequency missing = 3)

Figure 1: Gender



Demographics of Howard County 2007 CYHS Participants (continued)

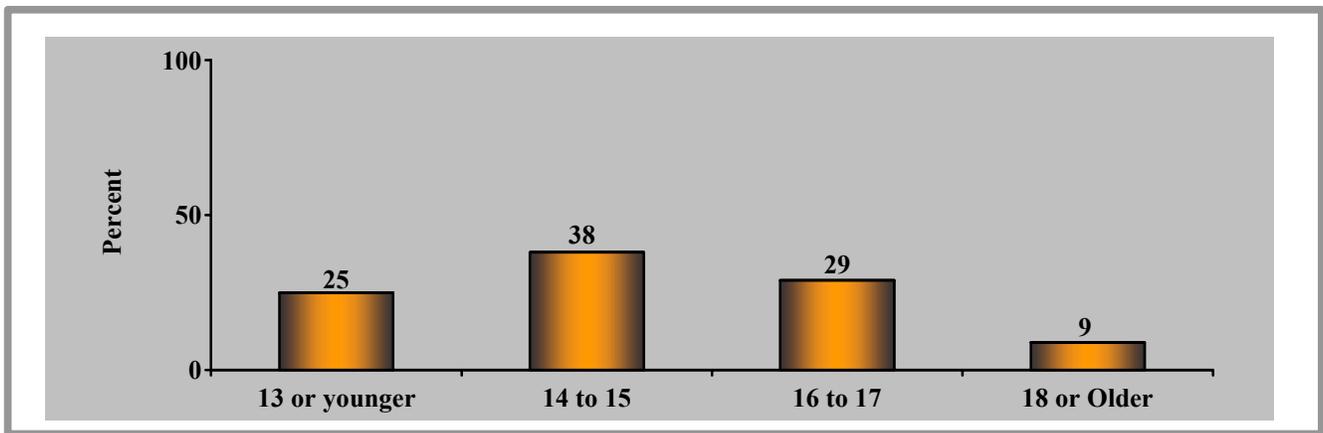
Total number of survey participants = 722

Table 2: Age

How old are you?		
	Number of students	Percent of total
12 OR YOUNGER	29	4
13	147	21
14	147	21
15	123	17
16	111	16
17	92	13
18 OR OLDER	67	9

(Frequency missing = 6)

Figure 2: Age



Demographics of Howard County 2007 CYHS Participants (continued)

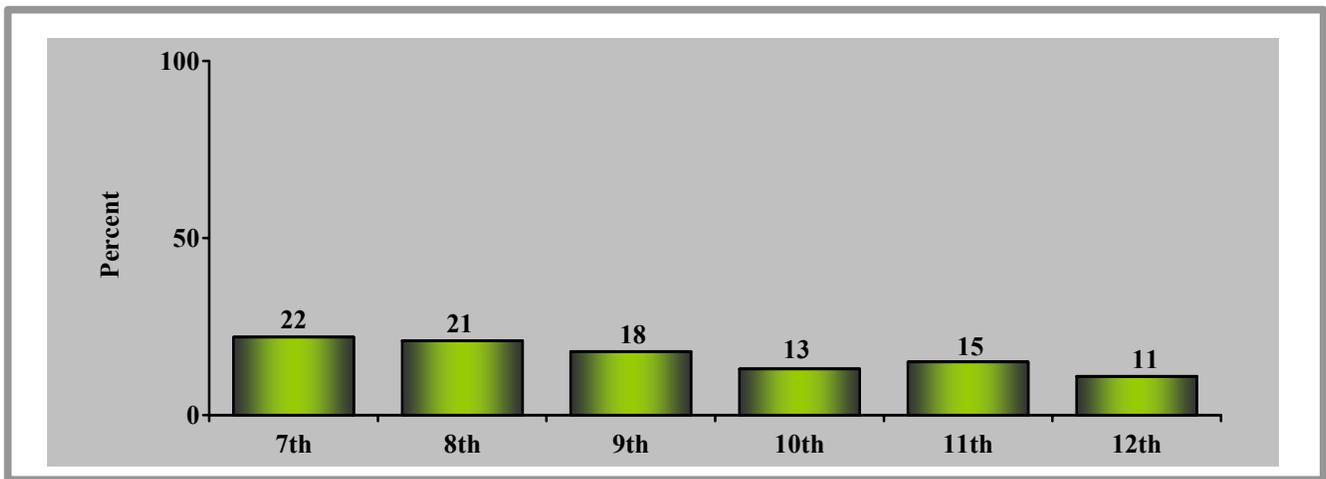
Total number of survey participants = 722

Table 3: Grade

In what grade are you?		
	Number of students	Percent of total
7th	154	22
8th	151	21
9th	131	18
10th	94	13
11th	103	15
12th	77	11

(Frequency missing = 12)

Figure 3: Grade



Behaviors that Contribute to Unintentional Injuries

Seat belt use:

The percentage of students in the 7th-12th grades who never or rarely wore a seat belt when riding in a car driven by someone else.

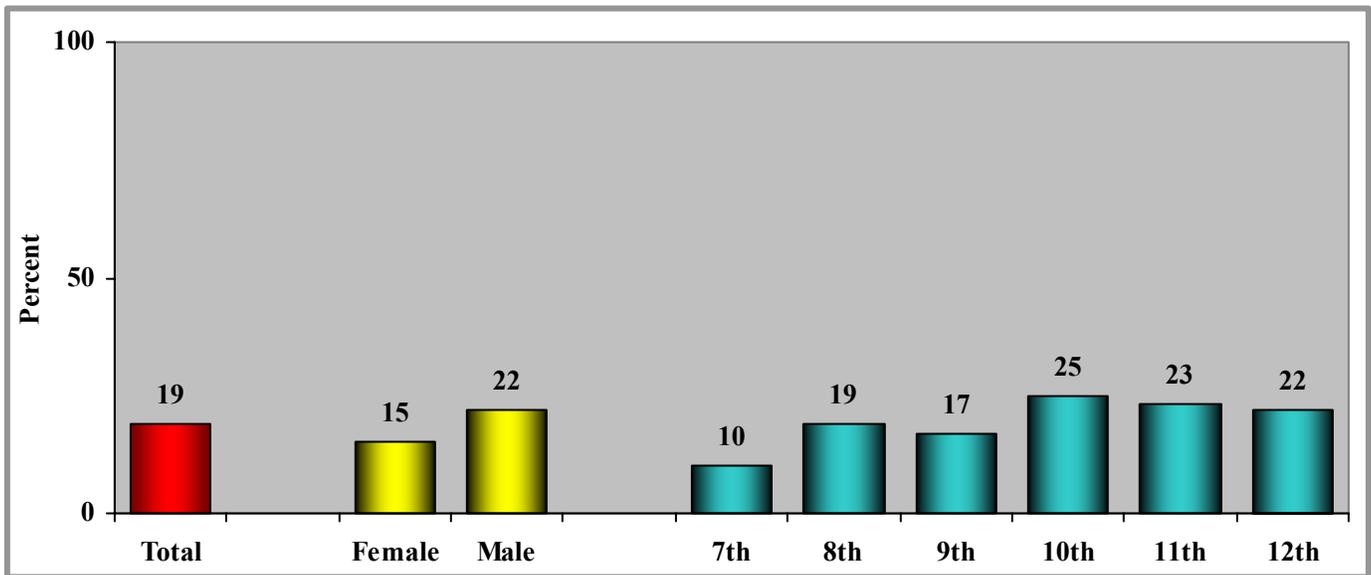
Results

- The prevalence of having never or rarely worn a seat belt when riding in a car driven by someone else was higher among male students (22%) than among female students (15%) in Howard County (Table 1 and Figure 1).
- The prevalence of having never or rarely worn a seat belt when riding a car driven by someone else was highest among 10th grade (25%), and lowest among 7th grade (10%) students in Howard County (Table 1 and Figure 1).

Table 1: Seat belt use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Never or rarely wore a seat belt	19	15	22	10	19	17	25	23	22

Figure 1: The percentage of students in the 7th – 12th grades who never or rarely wore a seat belt when riding in a car driven by someone else.



Behaviors that Contribute to Unintentional Injuries (continued)

Bicycle helmet use:

While riding a bicycle during the 12 months preceding the survey, the percentage of students in the 7th-12th grades who never or rarely wore a bicycle helmet.

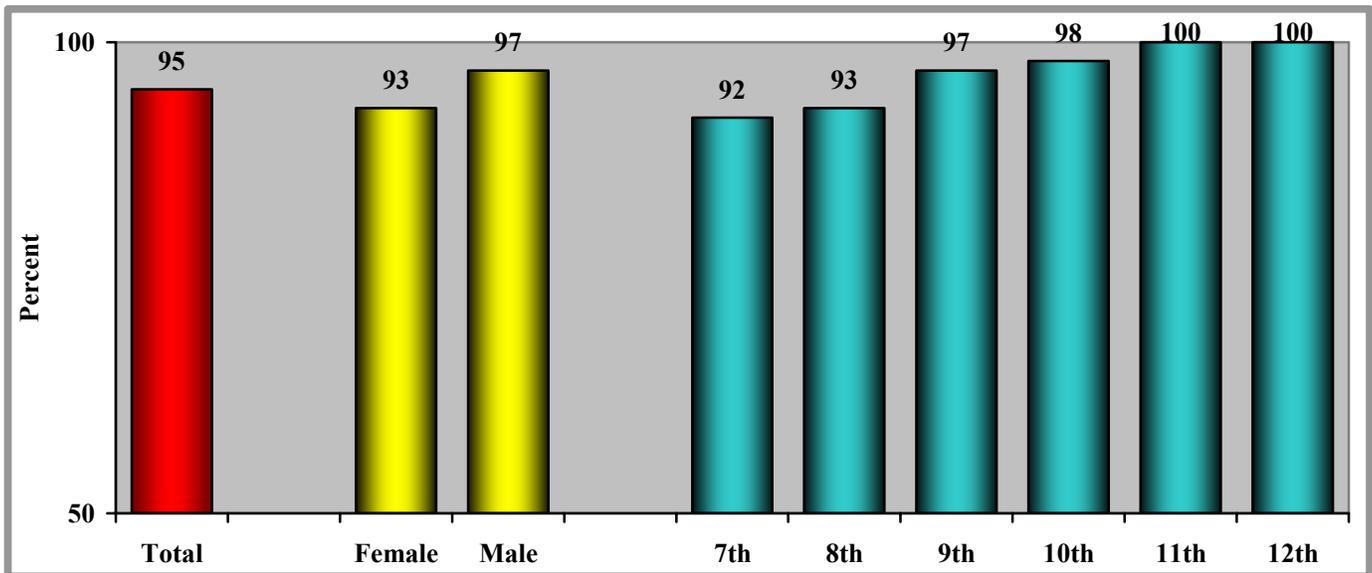
Results

- The prevalence of having never or rarely worn a bicycle helmet was higher among male students (97%) than among female students (93%) in Howard County (Table 2 and Figure 2).
- The prevalence of having never or rarely worn a bicycle helmet was highest among 11th grade (100%) and 12th grade (100%), and lowest among 7th grade (92%) students in Howard County (Table 2 and Figure 2).

Table 2: Bicycle helmet use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Never or rarely wore a bicycle helmet	95	93	97	92	93	97	98	100	100

Figure 2: While riding a bicycle during the 12 months preceding the survey, the percentage of students in the 7th-12th grades who never or rarely wore a bicycle helmet.



Behaviors that Contribute to Unintentional Injuries (continued)

Rode with a driver who had been drinking alcohol:

The percentage of students in the 7th-12th grades who during the thirty days preceding the survey rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.

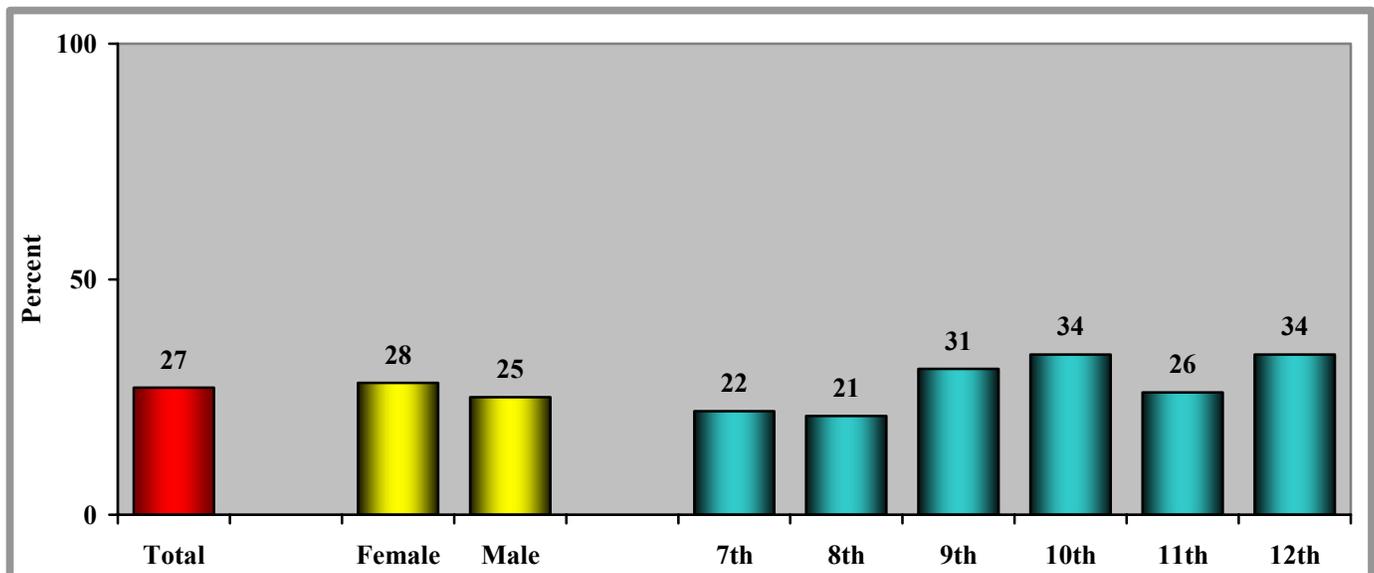
Results

- The prevalence of having ridden in a car or other vehicle operated by a driver under the influence of alcohol in the thirty days preceding the survey was higher among female students (28%) than among male students (25%) in Howard County (Table 3 and Figure 3).
- The prevalence of having ridden in a car or other vehicle operated by a driver under the influence of alcohol in the thirty days preceding the survey was highest among 10th and 12th grade (34%), and lowest among 8th grade (21%) students in Howard County (Table 3 and Figure 3).

Table 3: Rode with a driver who had been drinking alcohol use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Rode with a driver who had been drinking alcohol	27	28	25	22	21	31	34	26	34

Figure 3: The percentage of students in the 7th-12th grades who during the thirty days preceding the survey rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



Behaviors that Contribute to Unintentional Injuries (continued)

Drove when drinking alcohol:

The percentage of students in the 7th-12th grades who during the thirty days preceding the survey drove a car or other vehicle one or more times when they had been drinking alcohol..

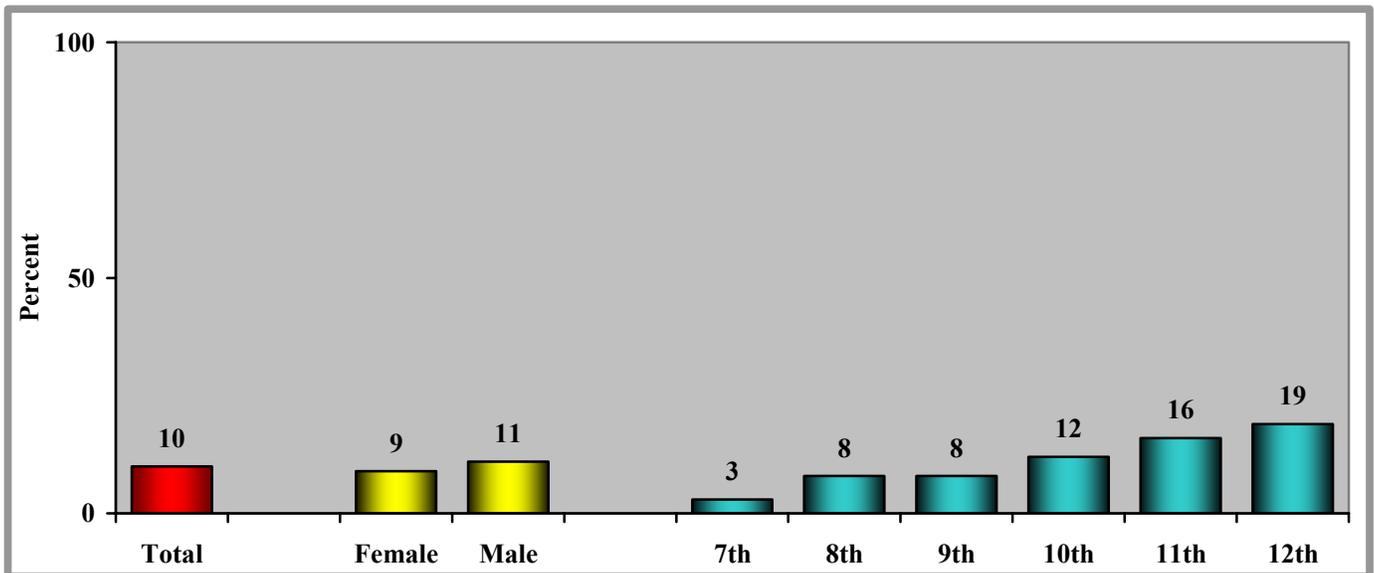
Results

- The prevalence of having driven a car or other vehicle while under the influence of alcohol in the thirty days preceding the survey was higher among male students (11%) than among female students (9%) in Howard County (Table 4 and Figure 4).
- The prevalence of having a driven a car or other vehicle while under the influence of alcohol in the thirty days preceding the survey was highest among 12th grade (19%), and lowest among 7th grade (3%) students in Howard County (Table 4 and Figure 4).

Table 4: Drove when drinking alcohol

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Drove when drinking alcohol	10	9	11	3	8	8	12	16	19

Figure 4: The percentage of students in the 7th-12th grades who during the thirty days preceding the survey drove a car or other vehicle one or more times when they had been drinking alcohol.



Behaviors that Contribute to Violence

Carried a weapon:

The percentage of students in the 7th-12th grades who carried a weapon such as a gun, knife, or club on one or more of the thirty days preceding the survey.

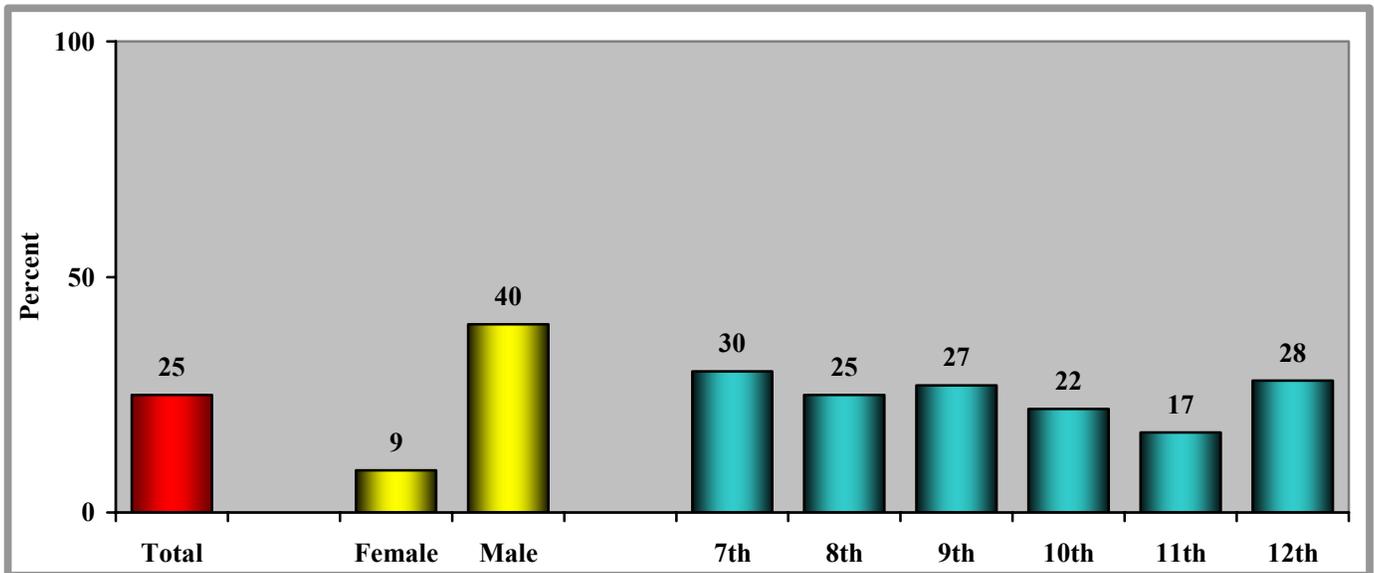
Results

- The prevalence of having carried a weapon such as a gun, knife, or club on one or more of the thirty days preceding the survey was higher among male students (40%) than among female students (9%) in Howard County (Table 1 and Figure 1).
- The prevalence of having carried a weapon such as a gun, knife, or club on one or more of the thirty days preceding the survey was highest among 7th grade (30%), and lowest among 11th grade (17%) students in Howard County (Table 1 and Figure 1).

Table 1: Carried a weapon

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Carried a weapon	25	9	40	30	25	27	22	17	28

Figure 1: The percentage of students in the 7th – 12th grades who carried a weapon such as a gun, knife, or club on one or more of the thirty days preceding the survey.



Behaviors that Contribute to Violence (continued)

Carried a gun:

The percentage of students in the 7th-12th grades who carried a gun on one or more of the thirty days preceding the survey.

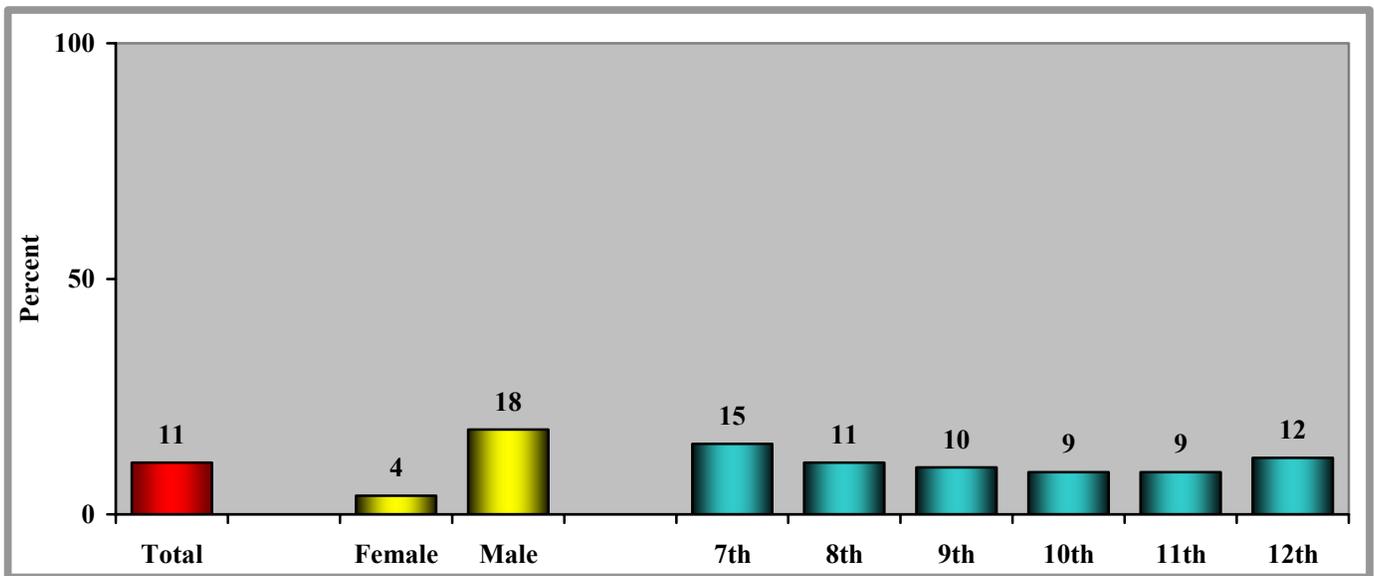
Results

- The prevalence of having carried a gun on one or more of the thirty days preceding the survey was higher among male students (18%) than among female students (4%) in Howard County (Table 2 and Figure 2).
- The prevalence of having carried a gun on one or more of the thirty days preceding the survey was highest among 7th grade (15%), and lowest among 10th grade and 11th grade (9%) students in Howard County (Table 2 and Figure 2).

Table 2: Carried a gun

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Carried a gun	11	4	18	15	11	10	9	9	12

Figure 2: The percentage of students in the 7th-12th grades who carried a gun on one or more of the thirty days preceding the survey.



Behaviors that Contribute to Violence (continued)

In a physical fight:

The percentage of students in the 7th -12th grades who were in a physical fight one or more times during the twelve months preceding the survey.

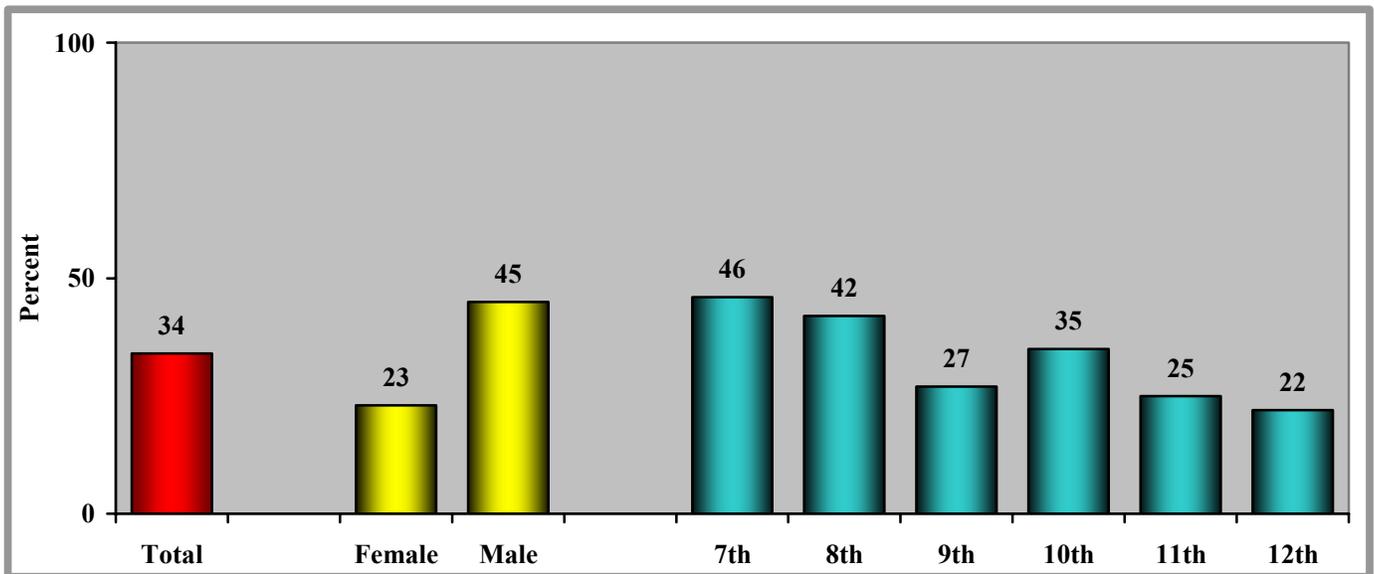
Results

- The prevalence of having been in a physical fight in the twelve months preceding the survey was higher among male students (45%) than among female students (23%) in Howard County (Table 3 and Figure 3).
- The prevalence of having been in a physical fight in the twelve months preceding the survey was highest among 7th grade (46%), and lowest among 12th grade (22%) students in Howard County (Table 3 and Figure 3).

Table 3: In a physical fight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
In a physical fight	34	23	45	46	42	27	35	25	22

Figure 3: The percentage of students in the 7th -12th grades who were in a physical fight one or more times during the twelve months preceding the survey.



Behaviors that Contribute to Violence (continued)

Injured in a physical fight:

Of the 7th-12th grade students who had been in a physical fight in the twelve months preceding the survey, the percentage who had to be treated by a doctor or nurse one or more times.

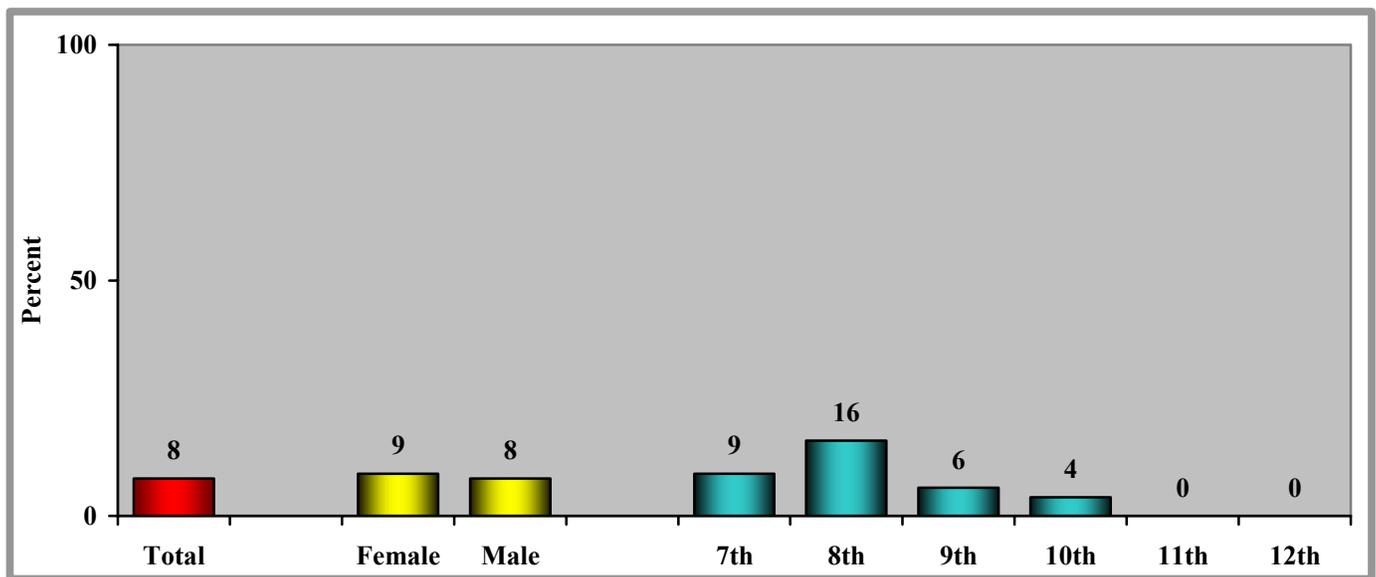
Results

- The prevalence of having been treated by a doctor or nurse one or more times after being in a physical fight in the twelve months preceding the survey was **eight percent (8%)** among male students and **nine percent (9%)** among female students in Howard County (Table 4 and Figure 4).
- The prevalence of having been treated by a doctor or nurse one or more times after being in a physical fight in the twelve months preceding the survey was **nine percent (9%)** among 7th grade, **sixteen percent (16%)** among 8th grade, **six percent (6%)** among 9th grade, **four percent (4%)** among 10th grade, and non-existent among 11th and 12th grade students in Howard County (Table 4 and Figure 4).

Table 4: Injured in a physical fight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Injured in a physical fight	8	9	8	9	16	6	4	0	0

Figure 4: The percentage of students in the 7th - 12th grades who had to be treated by a doctor or nurse one or more times after being in a physical fight in the twelve months preceding the survey.



Behaviors that Contribute to Violence (continued)

Dating violence:

The percentage of students in the 7th-12th grades who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.

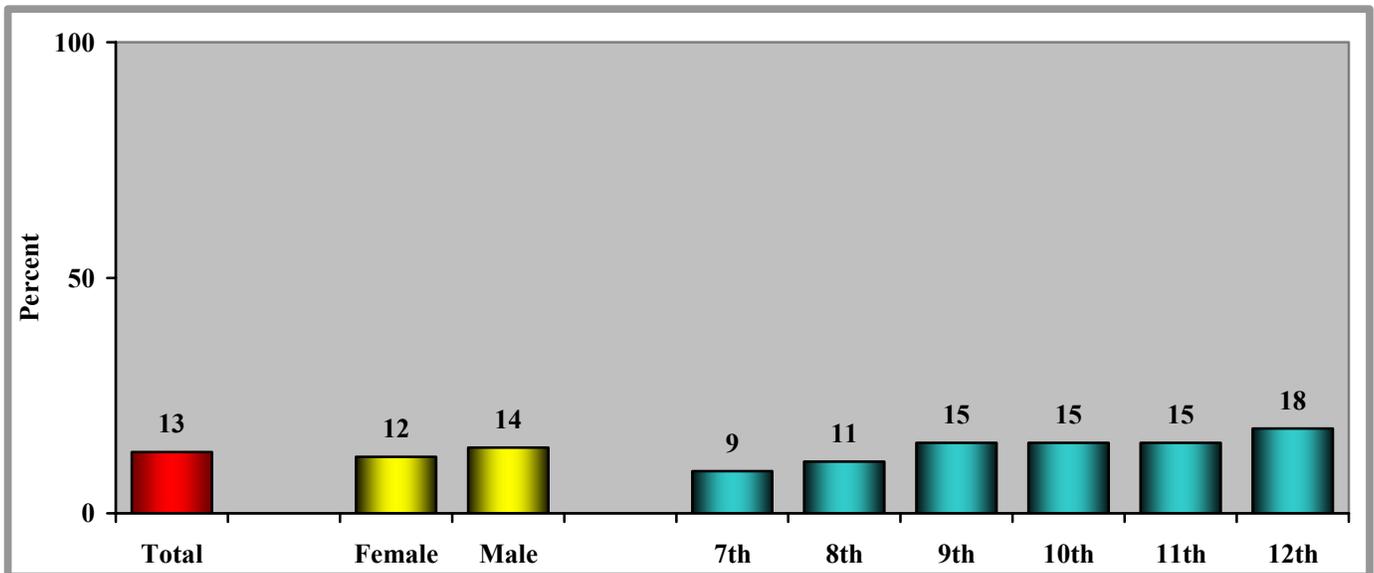
Results

- The prevalence of having been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend was higher among male students (14%) than among female students (12%) in Howard County (Table 5 and Figure 5).
- The prevalence of having been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend was highest among 12th grade (18%), and lowest among 7th grade (9%) students in Howard County (Table 5 and Figure 5).

Table 5: Dating violence

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Dating violence	13	12	14	9	11	15	15	15	18

Figure 5: The percentage of students in the 7th-12th grades who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.



Behaviors that Contribute to Violence (continued)

Forced to have sexual intercourse:

The percentage of students in the 7th-12th grade who had been forced to have sexual intercourse when student did not want to.

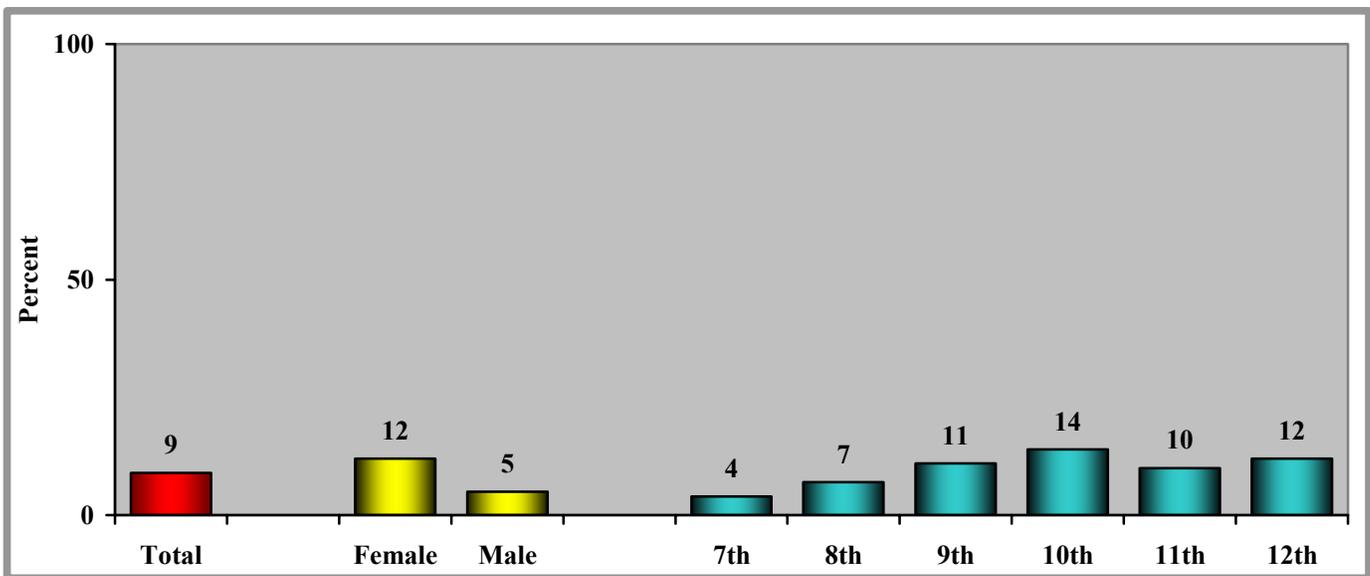
Results

- The prevalence of having been forced to have sexual intercourse when student did not want to was higher among female students (12%) than among male students (5%) in Howard County (Table 6 and Figure 6).
- The prevalence of having been forced to have sexual intercourse when student did not want to was highest among 10th grade (14%), and lowest among 7th grade (4%) students in Howard County (Table 6 and Figure 6).

Table 6: Forced sexual intercourse

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Forced to have sexual intercourse	9	12	5	4	7	11	14	10	12

Figure 6: The percentage of students in the 7th - 12th grades who had been forced to have sexual intercourse when student did not want to.



Depression and Suicide

Felt sad or hopeless:

The percentage of students in the 7th-12th grades who felt so sad or hopeless for two weeks or longer that they stopped doing some usual activities during the twelve months preceding the survey.

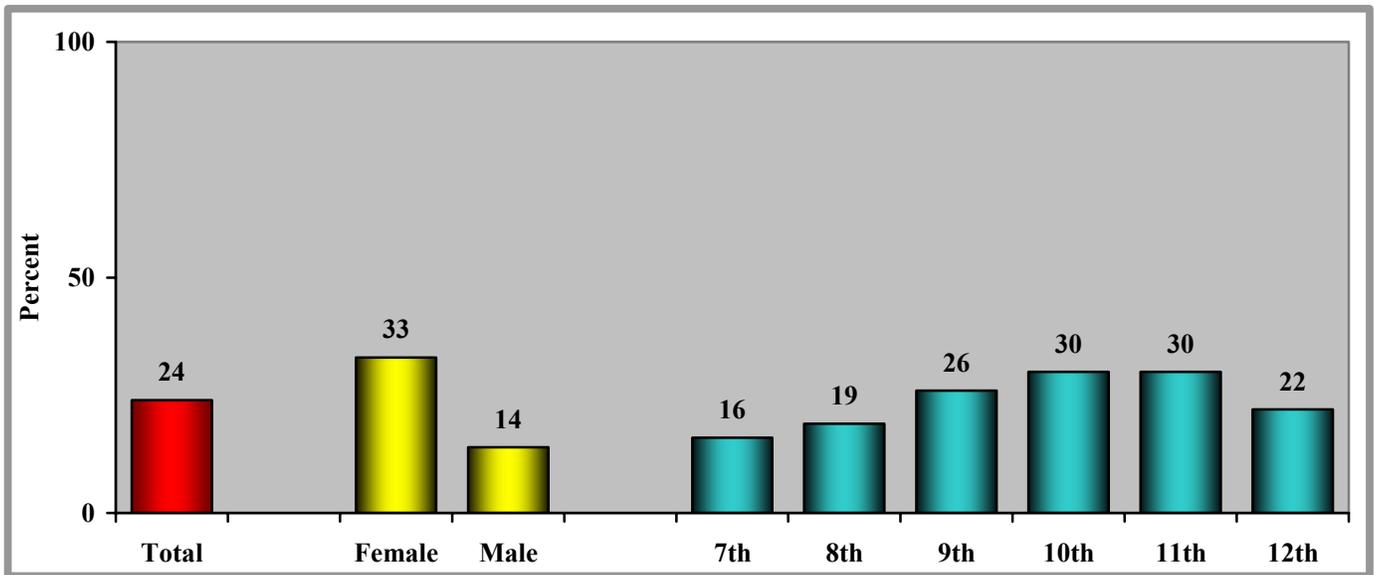
Results

- The prevalence of having felt so sad or hopeless for two weeks or longer that they stopped doing usual activities during the twelve months preceding the survey was higher among female students (33%) than among male students (14%) in Howard County (Table 1 and Figure 1).
- The prevalence of having felt so sad or hopeless for two weeks or longer that they stopped doing usual activities during the twelve months preceding the survey was highest among 10th and 11th grade (30%), and lowest among 7th grade (16%) students in Howard County (Table 1 and Figure 1).

Table 1: Felt sad or hopeless

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Felt sad or hopeless	24	33	14	16	19	26	30	30	22

Figure 1: The percentage of students in the 7th-12th grades who felt so sad or hopeless for two weeks or longer that they stopped doing some usual activities during the twelve months preceding the survey.



Depression and Suicide (continued)

Seriously considered attempting suicide:

The percentage of students in the 7th-12th grades who seriously considered attempting suicide in the twelve months preceding the survey.

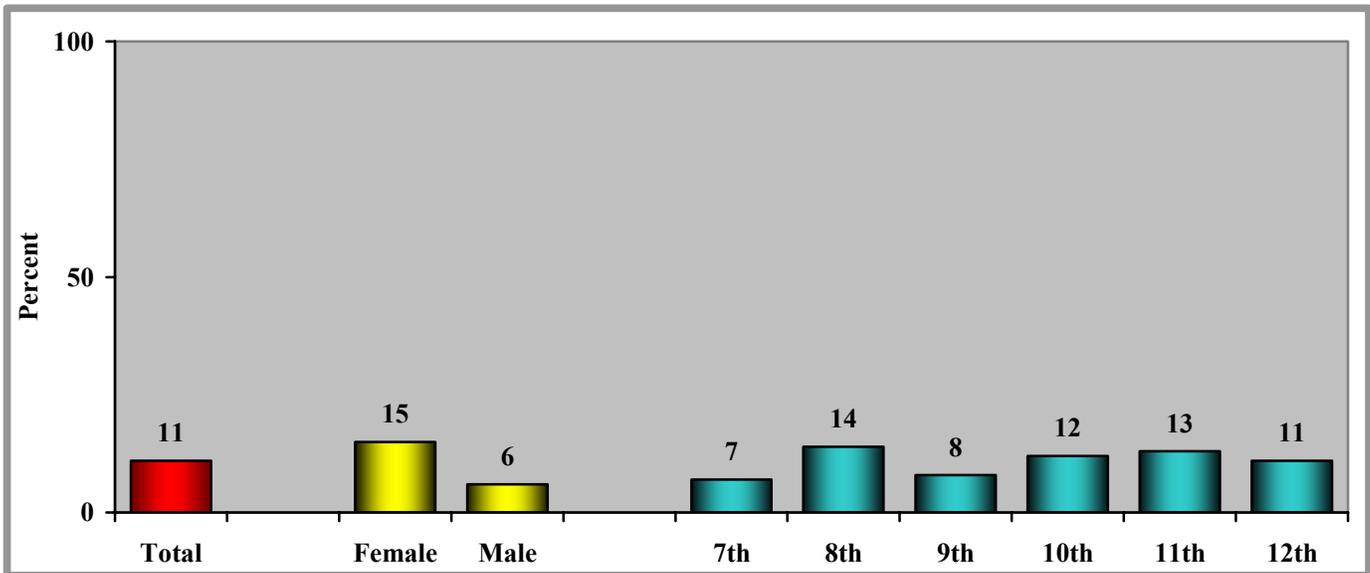
Results

- The prevalence of having seriously considered attempting suicide in the twelve months preceding the survey was higher among female students (15%) than among male students (6%) in Howard County (Table 2 and Figure 2).
- The prevalence of having seriously considered attempting suicide in the twelve months preceding the survey was highest among 8th grade (14%), and lowest among 7th grade (7%) students in Howard County (Table 2 and Figure 2).

Table 2: Seriously considered attempting suicide

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Seriously considered attempting suicide	11	15	6	7	14	8	12	13	11

Figure 2: The percentage of students in the 7th - 12th grades who seriously considered attempting suicide in the twelve months preceding the survey.



Depression and Suicide (continued)

Made a suicide plan:

The percentage of students in the 7th-12th grades who made a plan about how they would attempt suicide in the twelve months preceding the survey.

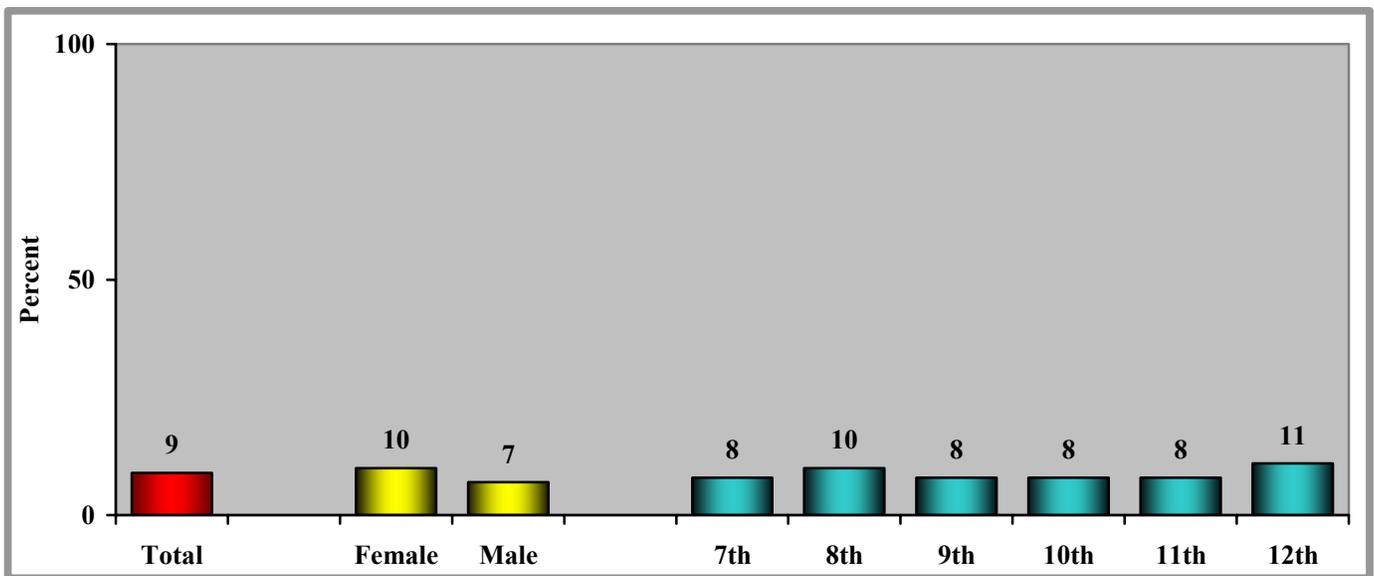
Results

- The prevalence of having planned a suicide attempt in the twelve months preceding the survey was higher among female students (10%) than among male students (7%) in Howard County (Table 3 and Figure 3).
- The prevalence of having planned a suicide attempt in the twelve months preceding the survey was highest among 12th grade (11%), and lowest among 7th grade (8%), 9th grade (8%), 10th grade (8%), and 11th grade (8%) students in Howard County (Table 3 and Figure 3).

Table 3: Made a suicide plan

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Made a suicide plan	9	10	7	8	10	8	8	8	11

Figure 3: The percentage of students in the 7th-12th grades who made a plan about how they would attempt suicide in the twelve months preceding the survey.



Depression and Suicide (continued)

Attempted suicide:

The percentage of students in the 7th-12th grades who actually attempted suicide one or more times in the twelve months preceding the survey.

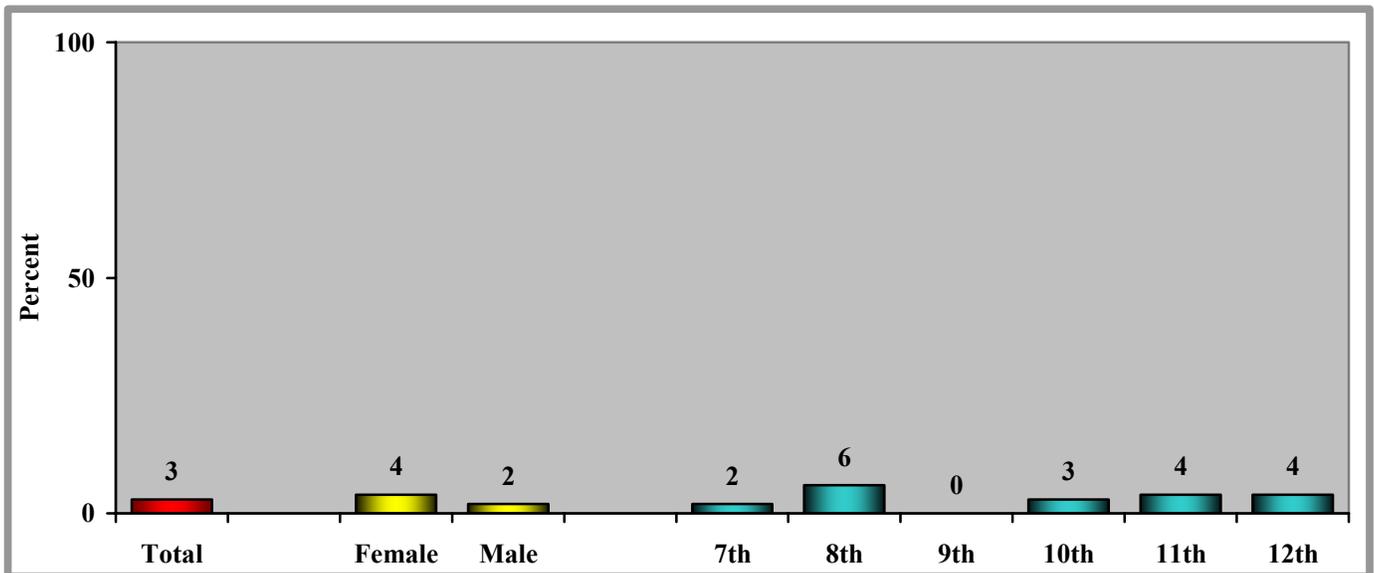
Results

- The prevalence of having actually attempted suicide one or more times in the twelve months preceding the survey was higher among female students (4%) than among male students (2%) in Howard County (Table 4 and Figure 4).
- The prevalence of having actually attempted suicide one or more times in the twelve months preceding the survey was highest among 8th grade (6%), and lowest among 9th grade (0%) students in Howard County (Table 4 and Figure 4).

Table 4: Attempted suicide

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Attempted suicide	3	4	2	2	6	0	3	4	4

Figure 4: The percentage of students in the 7th -12th grades who actually attempted suicide one or more times in the twelve months preceding the survey.



Depression and Suicide (continued)

Treated suicide attempt:

The percentage of students in the 7th -12th grades who attempted suicide in the twelve months preceding the survey, resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

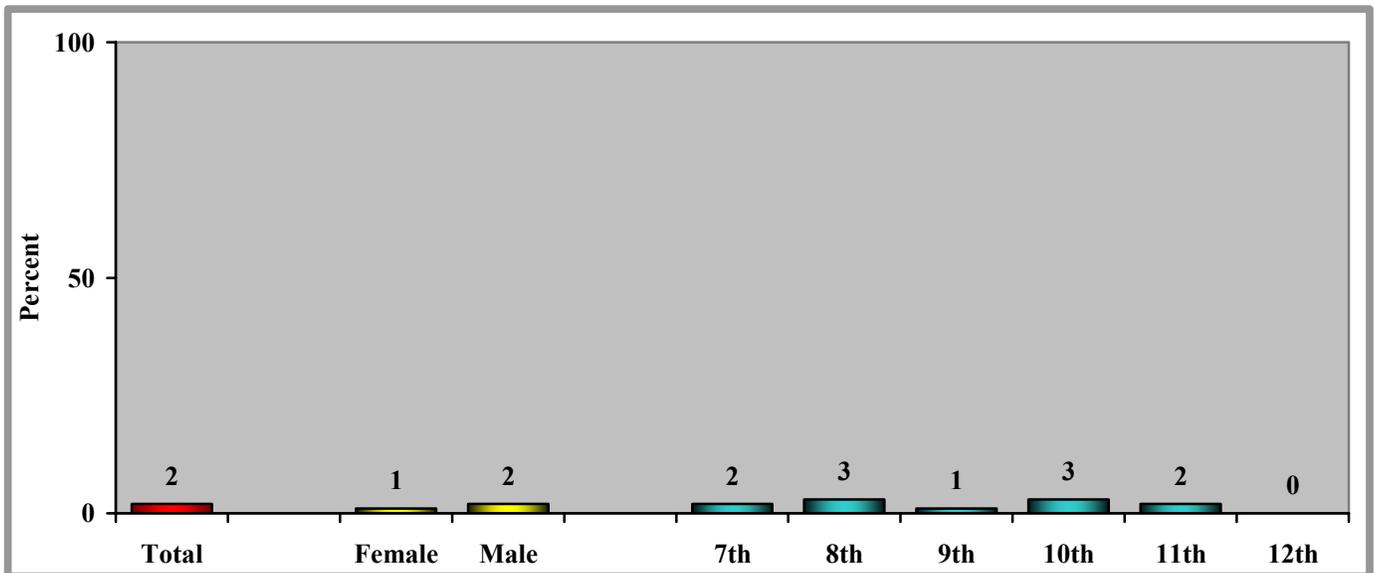
Results

- The prevalence of having attempted suicide in the twelve months preceding the survey, resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse was lower among female students (1%) than among male students (2%) in Howard County (Table 5 and Figure 5).
- The prevalence of having attempted suicide in the twelve months preceding the survey, resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse was highest among 8th grade (3%) and 10th grade (3%), and lowest among 12th grade (0%) students in Howard County (Table 5 and Figure 5).

Table 5: Treated suicide attempt

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Treated suicide attempt	2	1	2	2	3	1	3	2	0

Figure 5: The percentage of students in the 7th - 12th grades who attempted suicide in the twelve months preceding the survey, resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.



Tobacco Use

Lifetime cigarette smoking:

The percentage of students in the 7th-12th grades who ever tried cigarette smoking, even one or two puffs.

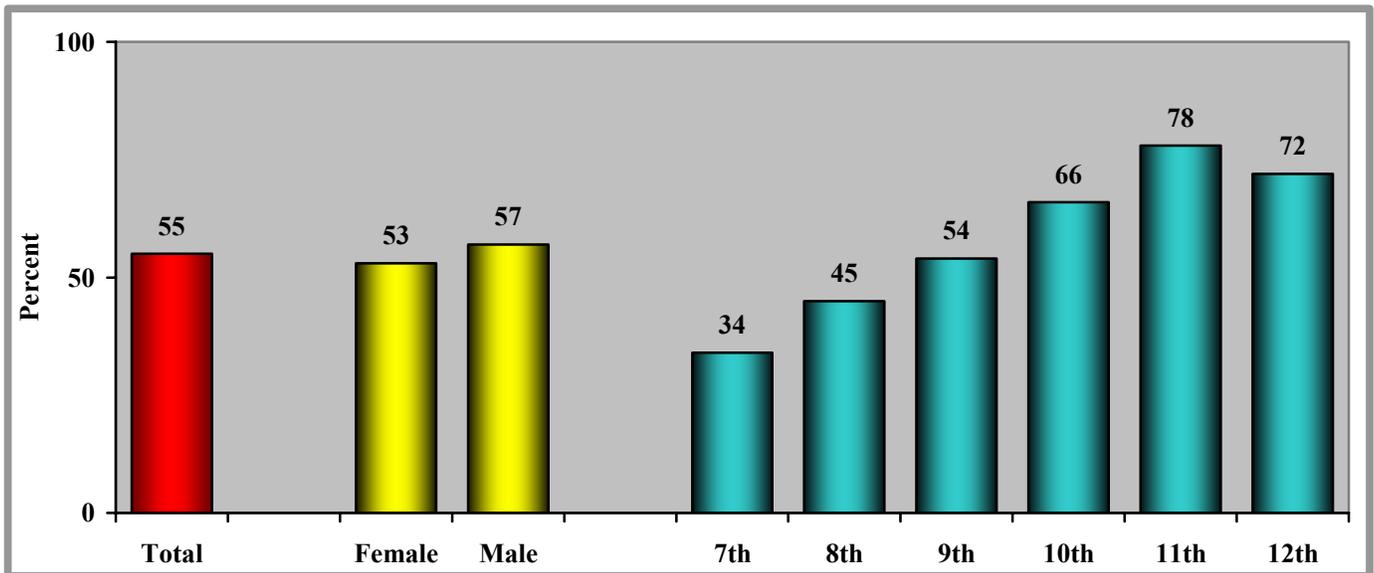
Results

- The prevalence of having ever tried cigarette smoking, even one or two puffs was lower among female students (53%) than among male students (57%) in Howard County (Table 1 and Figure 1).
- The prevalence of having ever tried cigarette smoking, even one or two puffs was highest among 11th grade (78%), and lowest among 7th grade (34%) students in Howard County (Table 1 and Figure 1).

Table 1: Lifetime cigarette smoking

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime cigarette smoking	55	53	57	34	45	54	66	78	72

Figure 1: The percentage of students in the 7th-12th grades who ever tried cigarette smoking, even one or two puffs.



Tobacco Use (continued)

Early initiation of cigarette smoking:

The percentage of students in the 7th-12th grades who smoked a whole cigarette for the first time before age thirteen years.

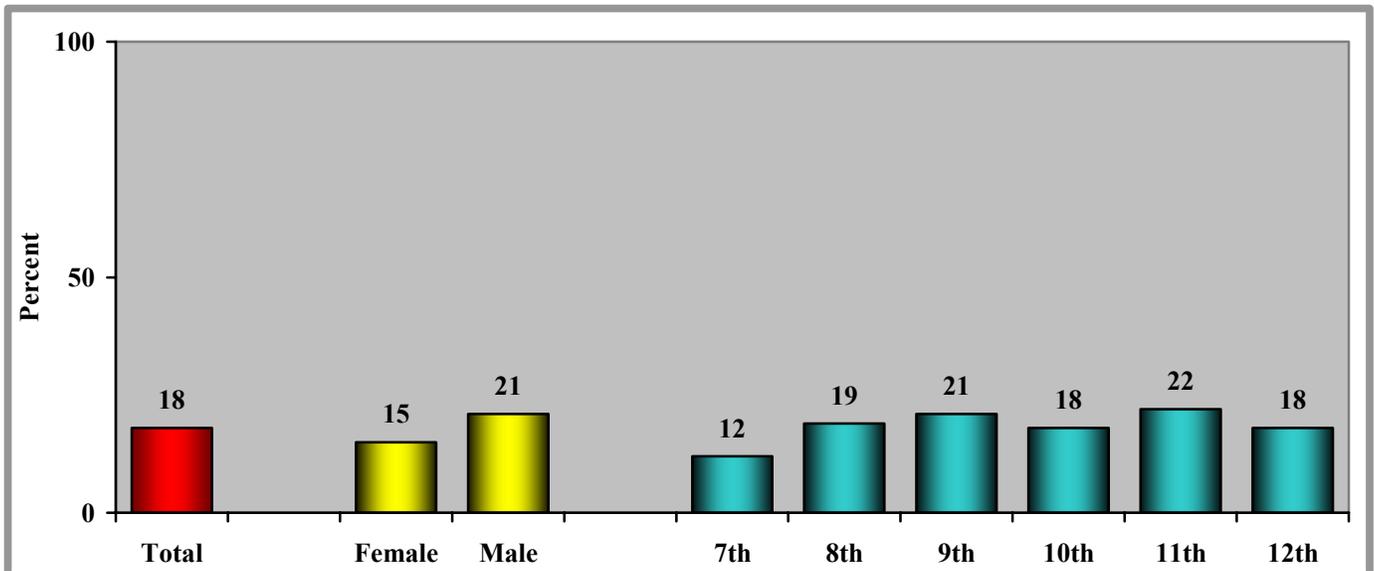
Results

- The prevalence of having smoked a whole cigarette for the first time before age thirteen years was lower among female students (15%) than among male students (21%) in Howard County (Table 2 and Figure 2).
- The prevalence of having smoked a whole cigarette for the first time before age thirteen years was highest among 11th grade (22%), and lowest among 7th grade (12%) students in Howard County (Table 2 and Figure 2).

Table 2: Early initiation of cigarette smoking

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation of cigarette smoking	18	15	21	12	19	21	18	22	18

Figure 2: The percentage of students in the 7th - 12th grades who smoked a whole cigarette for the first time before age thirteen years.



Tobacco Use (continued)

Current cigarette use:

The percentage of students in the 7th-12th grades who smoked cigarettes on one or more of the thirty days preceding the survey.

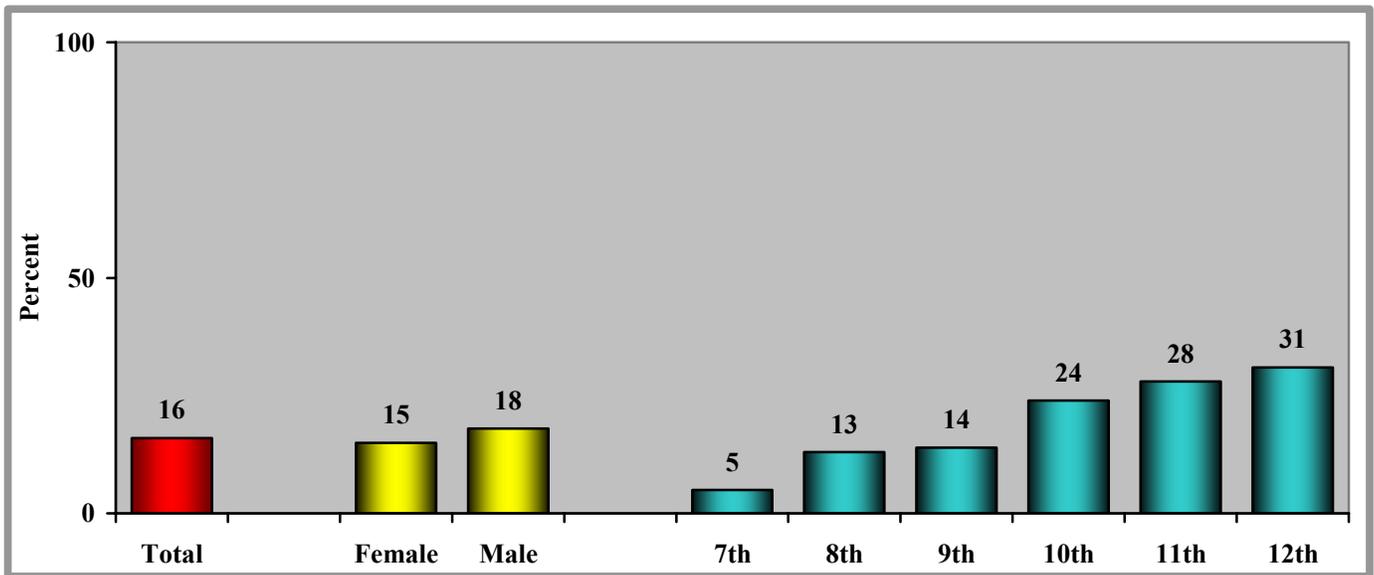
Results

- The prevalence of having smoked cigarettes on one or more of the thirty days preceding the survey was lower among female students (15%) than among male students (18%) in Howard County (Table 3 and Figure 3).
- The prevalence of having smoked cigarettes on one or more the thirty days preceding the survey was highest among 12th grade (31%), and lowest among 7th grade (5%) students in Howard County (Table 3 and Figure 3).

Table 3: Current cigarette smoking

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current cigarette use	16	15	18	5	13	14	24	28	31

Figure 3: The percentage of students in the 7th-12th grades who smoked cigarettes on one or more of the thirty days preceding the survey.



Tobacco Use (continued)

Smoked two or more cigarettes per day:

Of the students in the 7th -12th grades who smoked during the thirty days preceding the survey, the percentage that smoked two or more cigarettes per day on the days he/she smoked.

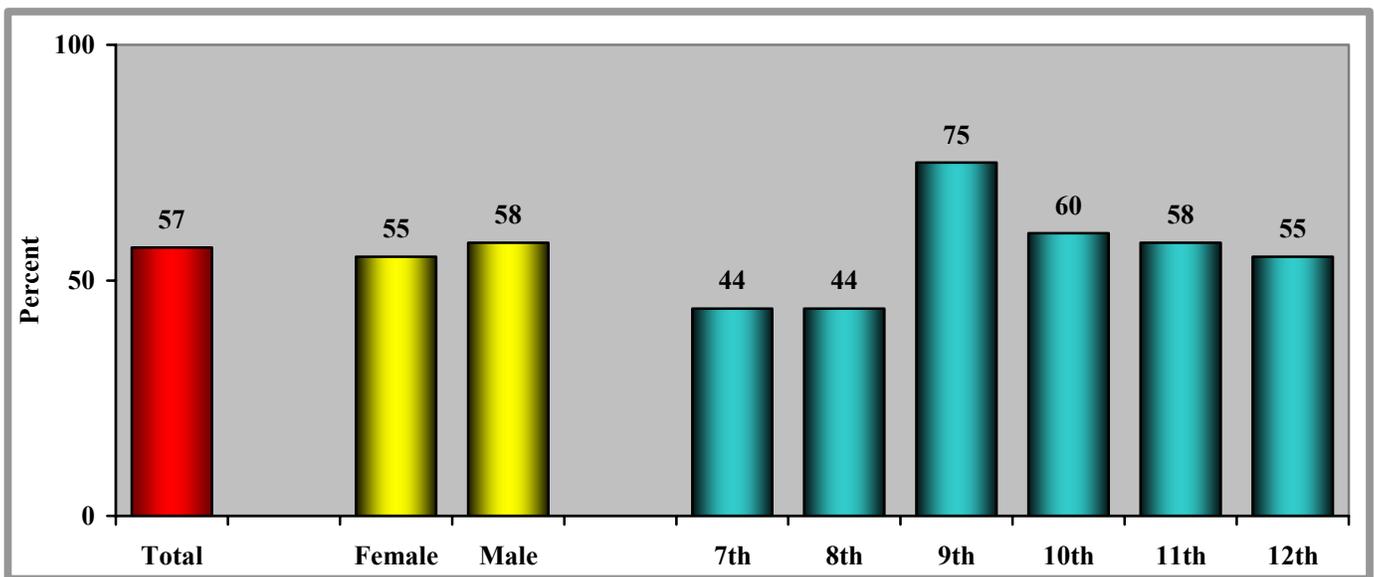
Results

- The prevalence of having smoked two or more cigarettes per day on the days smoked was **fifty-five percent (55%)** among female students and **fifty-eight percent (58%)** among male students in Howard County (Table 4 and Figure 4).
- The prevalence of having smoked two or more cigarettes per day on the days smoked was **forty-four percent (44%)** among 7th and 8th grade, **seventy-five percent** among 9th grade, **sixty percent (60%)** among 10th grade, **fifty-eight (58%)** among 11th grade, and **fifty-five percent** among 12th grade students in Howard County (Table 4 and Figure 4).

Table 4: Smoked two or more cigarettes per day

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Smoked 2 or more cigarettes per day	57	55	58	44	44	75	60	58	55

Figure 4: Of the students in the 7th -12th grades who smoked during the thirty days preceding the survey, the percentage that smoked two or more cigarettes per day on the days he/she smoked.



Tobacco Use (continued)

Personally bought cigarettes:

Of the students in the 7th-12th grades who smoked in the thirty days preceding the survey, the percentage that usually got his/her own cigarettes by buying them in a store or at a gas station.

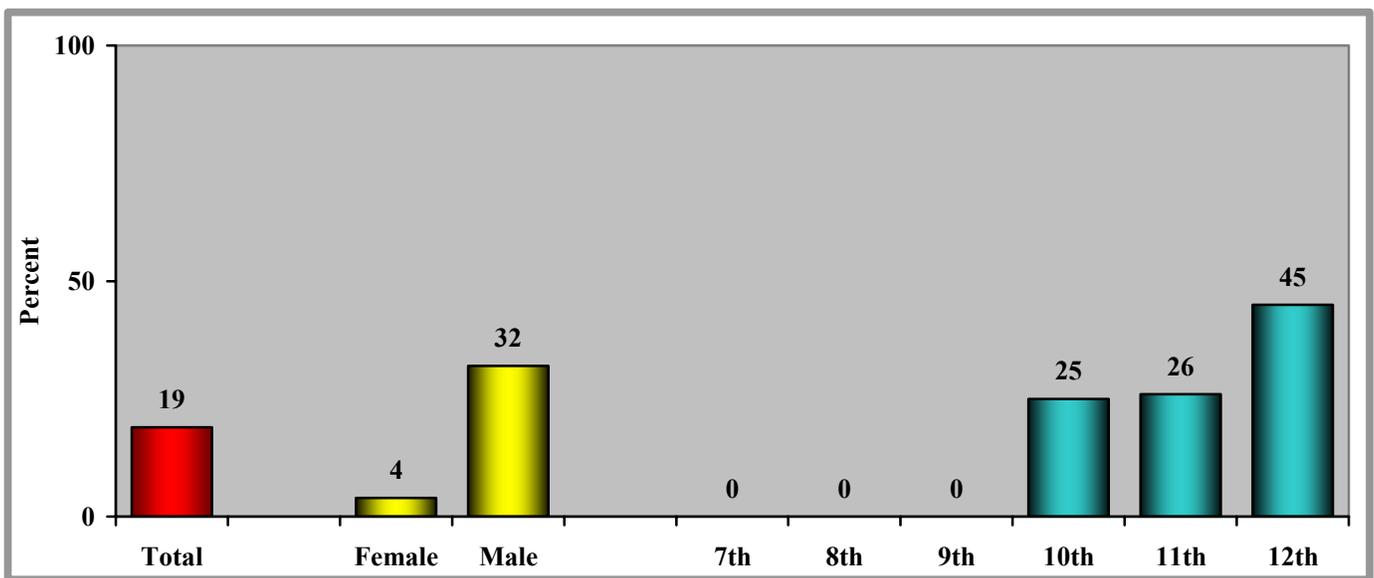
Results

- The prevalence of having personally bought cigarettes in a store or at a gas station was **four percent (4%)** among female students and **thirty-two percent (32%)** among male students in Howard County (Table 5 and Figure 5).
- The prevalence of having personally bought cigarettes in a store or at a gas station was **non-existent (0%)** among 7th grade, 8th grade, and 9th grade, **twenty-five percent (25%)** among 10th grade, **twenty-six percent (26%)** among 11th grade, and **forty-five percent (45%)** among 12th grade students in Howard County (Table 5 and Figure 5).

Table 5: Personally bought cigarettes

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Personally bought cigarettes	19	4	32	0	0	0	25	26	45

Figure 5: Of the students in the 7th - 12th grades who smoked in the thirty days preceding the survey, the percentage that usually got his/her own cigarettes by buying them in a store or at a gas station.



Tobacco Use (continued)

Tried to quit smoking cigarettes:

Of the students in the 7th -12th grades who smoked regularly, the percentage that ever tried to quit smoking cigarettes.

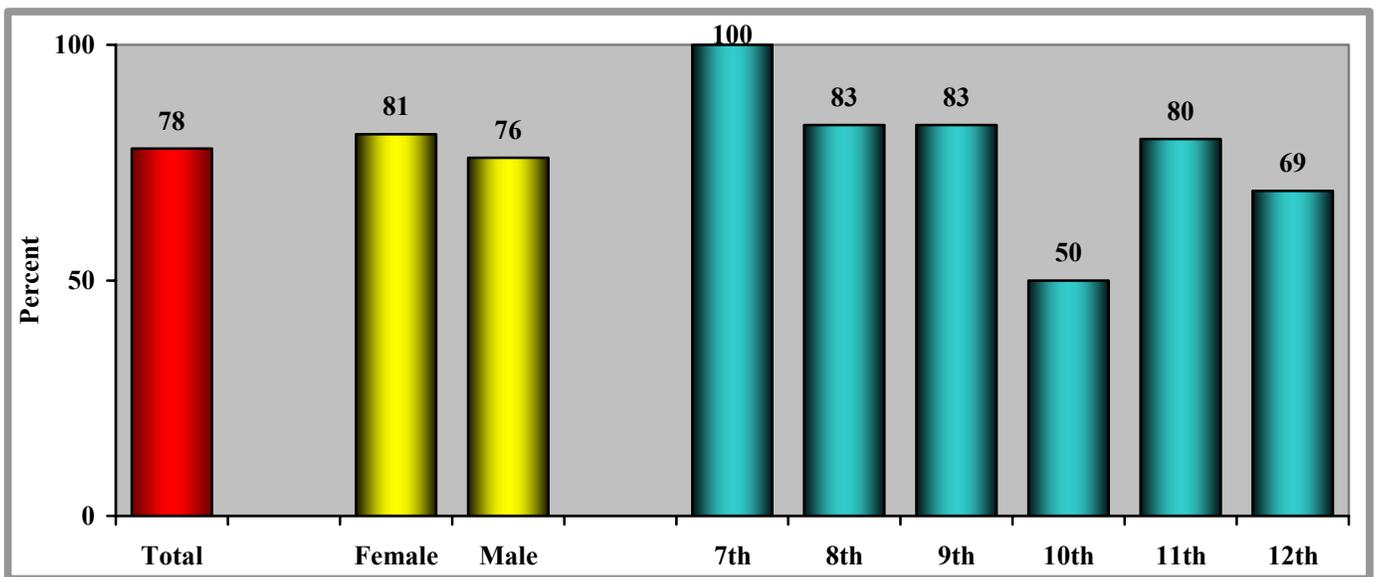
Results

- The prevalence of having ever tried to quit smoking cigarettes was **eighty-one percent (81%)** among female students and **seventy-six percent (76%)** among male students in Howard County (Table 6 and Figure 6).
- The prevalence of having ever tried to quit smoking cigarettes was **one hundred percent (100%)** among 7th grade, **eighty-three percent (83%)** among 8th, **eighty-three percent (83%)** among 9th grade, **fifty percent (50%)** among 10th grade, **eighty percent (80%)** among 11th grade, and **sixty-nine percent (69%)** among 12th grade students in Howard County (Table 6 and Figure 6).

Table 6: Tried to quit smoking cigarettes

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Tried to quit smoking cigarettes	78	81	76	100	83	83	50	80	69

Figure 6: Of the students in the 7th - 12th grades who smoked regularly, the percentage that ever tried to quit smoking cigarettes.



Tobacco Use (continued)

Current smokeless tobacco use:

The percentage of students in the 7th -12th grades who used chewing tobacco or snuff on one or more of the thirty days preceding the survey.

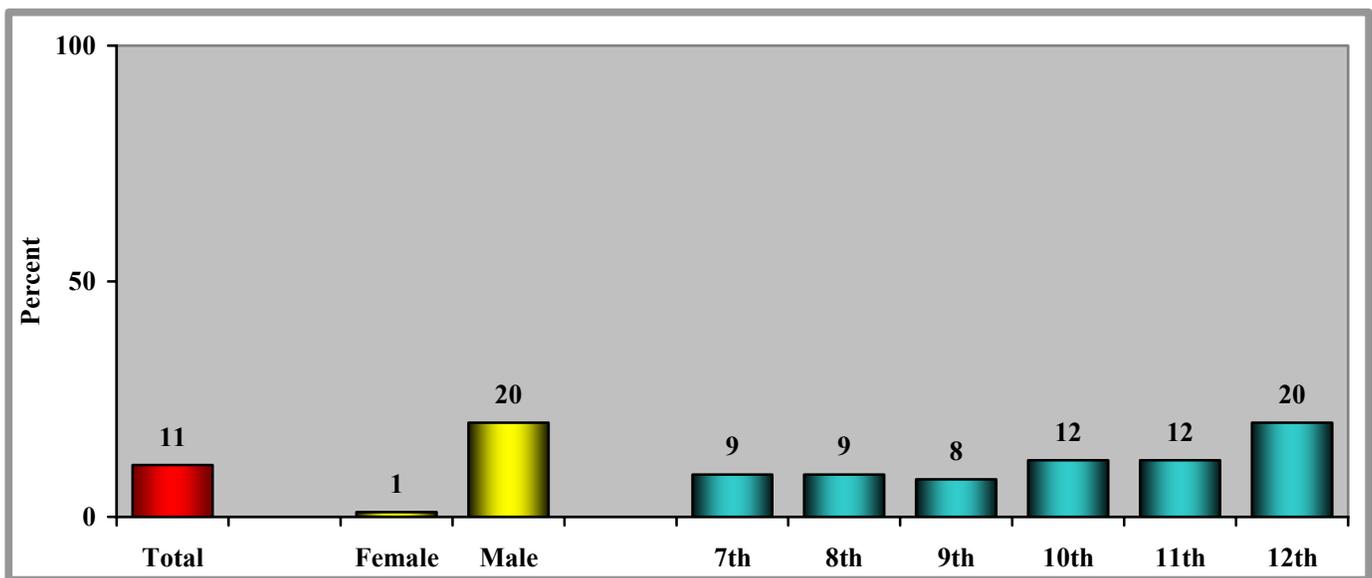
Results

- The prevalence of having used chewing tobacco or snuff on one or more of the thirty days preceding the survey was lower among female students (1%) than among male students (20%) in Howard County (Table 7 and Figure 7).
- The prevalence of having used chewing tobacco or snuff on one or more of the thirty days preceding the survey was highest among 12th grade (20%), and lowest among 9th grade (8%) students in Howard County (Table 7 and Figure 7).

Table 7: Current smokeless tobacco use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current smokeless tobacco use	11	1	20	9	9	8	12	12	20

Figure 7: The percentage of students in the 7th -12th grades who used chewing tobacco or snuff on one or more of the thirty days preceding the survey.



Tobacco Use (continued)

Current cigar use:

The percentage of students in the 7th-12th grades who smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey.

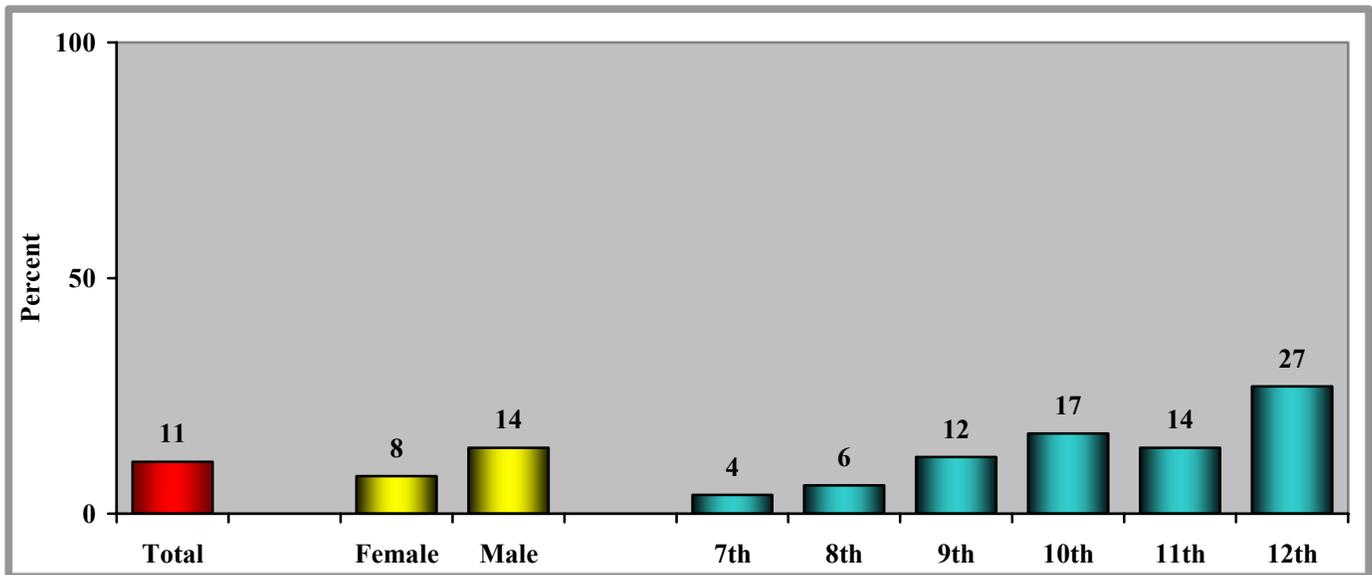
Results

- The prevalence of having smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey was lower among female students (8%) than among male students (14%) in Howard County (Table 8 and Figure 8).
- The prevalence of having smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey was highest among 12th grade (27%), and lowest among 7th grade (4%) students in Howard County (Table 8 and Figure 8).

Table 8: Current cigar use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current cigar use	11	8	14	4	6	12	17	14	27

Figure 8: The percentage of students in the 7th-12th grades who smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey.



Alcohol Use

Lifetime alcohol use:

The percentage of students in the 7th -12th grades who had at least one drink of alcohol on one or more days during his/her life.

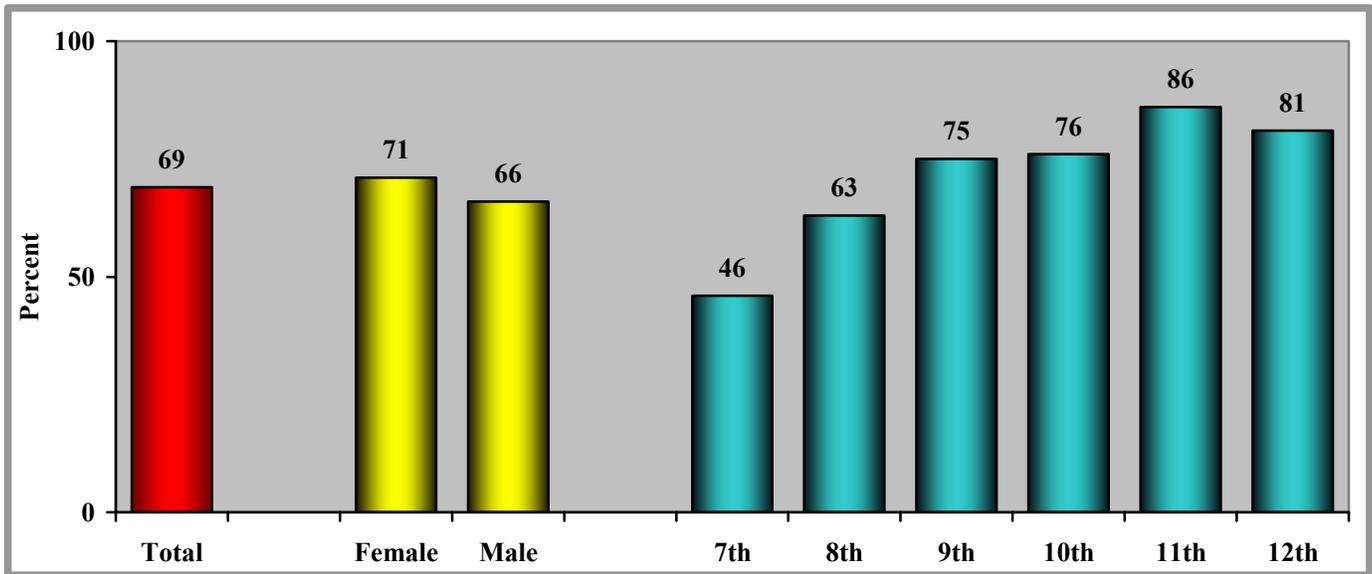
Results

- The prevalence of having had at least one drink of alcohol on one or more days in a lifetime was higher among female students (71%) than among male students (66%) in Howard County (Table 1 and Figure 1).
- The prevalence of having had at least one drink of alcohol on one or more days in a lifetime was highest among 11th grade (86%), and lowest among 7th grade (46%) students in Howard County (Table 1 and Figure 1).

Table 1: Lifetime alcohol use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime alcohol use	69	71	66	46	63	75	76	86	81

Figure 1: The percentage of students in the 7th -12th grades who had at least one drink of alcohol on one or more days during his/her lifetime.



Alcohol Use (continued)

Early initiation of alcohol use:

The percentage of students in the 7th-12th grades who had is/her first drink of alcohol, other than a few sips, before age thirteen years.

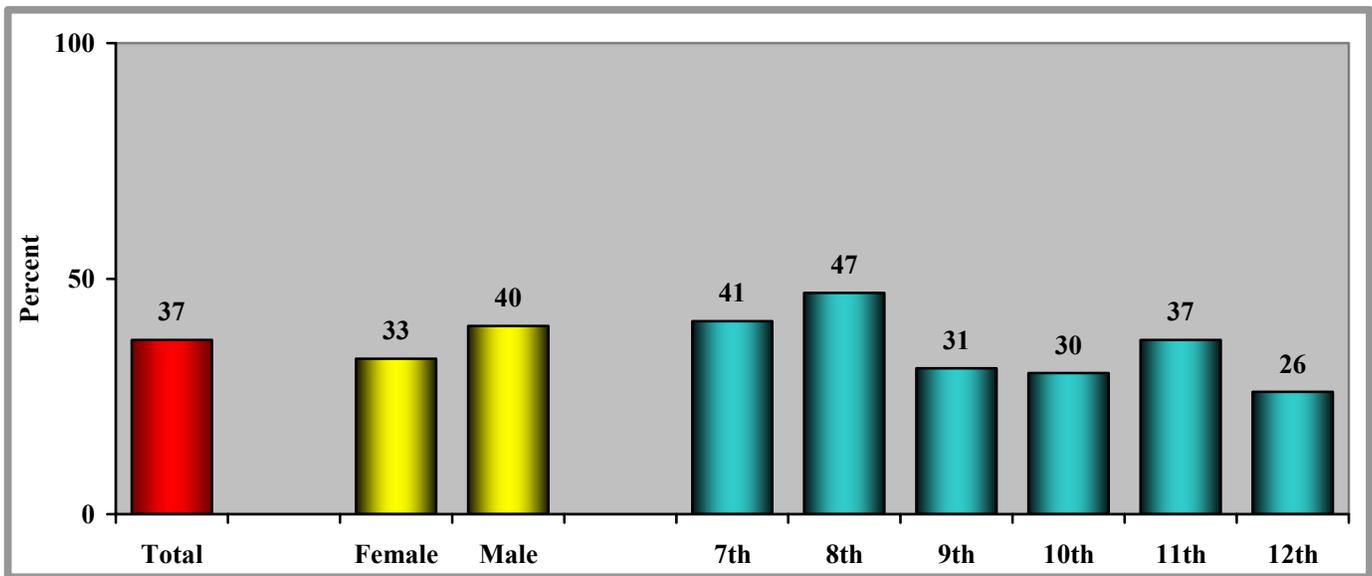
Results

- The prevalence of having had alcohol before age thirteen years was lower among female students (33%) than among male students (40%) in Howard County (Table 2 and Figure 2).
- The prevalence of having had alcohol before age thirteen years was highest among 8th grade (47%), and lowest among 12th grade (26%) students in Howard County (Table 2 and Figure 2).

Table 2: Early initiation of alcohol use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation of alcohol use	37	33	40	41	47	31	30	37	26

Figure 2: The percentage of students in the 7th - 12th grades who had his/her first drink of alcohol, other than a few sips, before age thirteen years.



Alcohol Use (continued)

Current alcohol use:

The percentage of students in the 7th-12th grades who had at least one drink of alcohol on one or more of the thirty days preceding the survey.

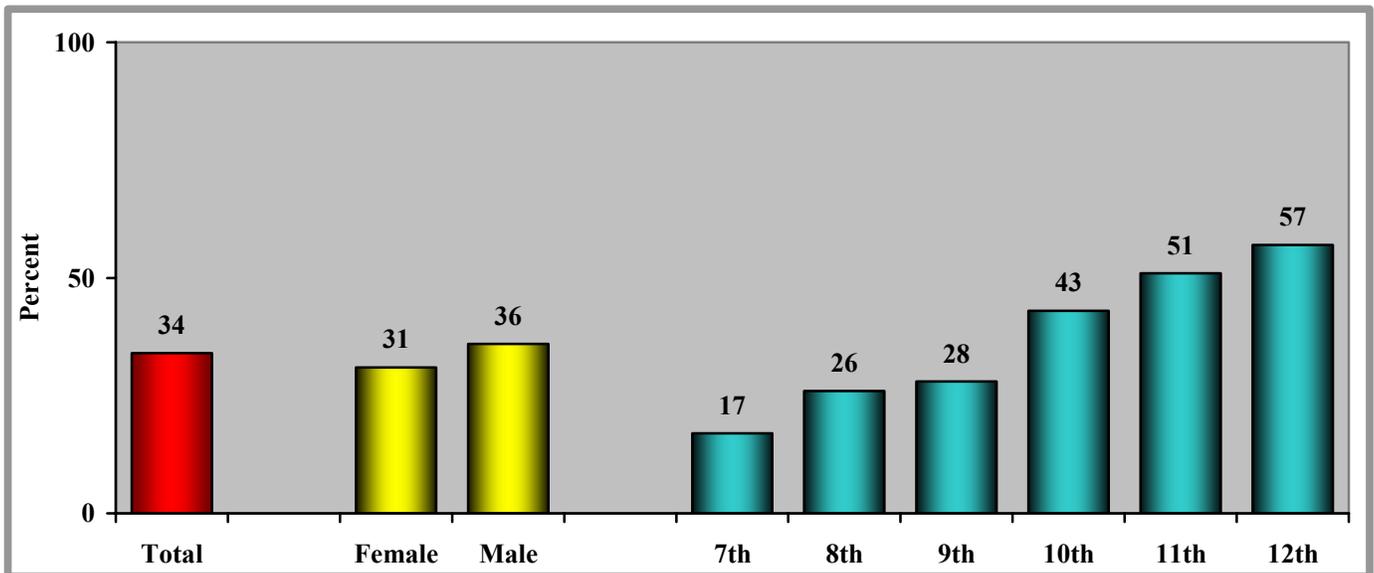
Results

- The prevalence of having had at least one drink of alcohol on one or more of the thirty days preceding the survey was lower among female students (31%) than among male students (36%) in Howard County (Table 3 and Figure 3).
- The prevalence of having had at least one drink of alcohol on one or more of the thirty days preceding the survey was highest among 12th grade (57%), and lowest among 7th grade (17%) students in Howard County (Table 3 and Figure 3).

Table 3: Current alcohol use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current alcohol use	34	31	36	17	26	28	43	51	57

Figure 3: The percentage of students in the 7th-12th grades who had at least one drink of alcohol on one or more of the thirty days preceding the survey.



Alcohol Use (continued)

Heavy alcohol use:

The percentage of students in the 7th-12th grades who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the thirty days preceding the survey.

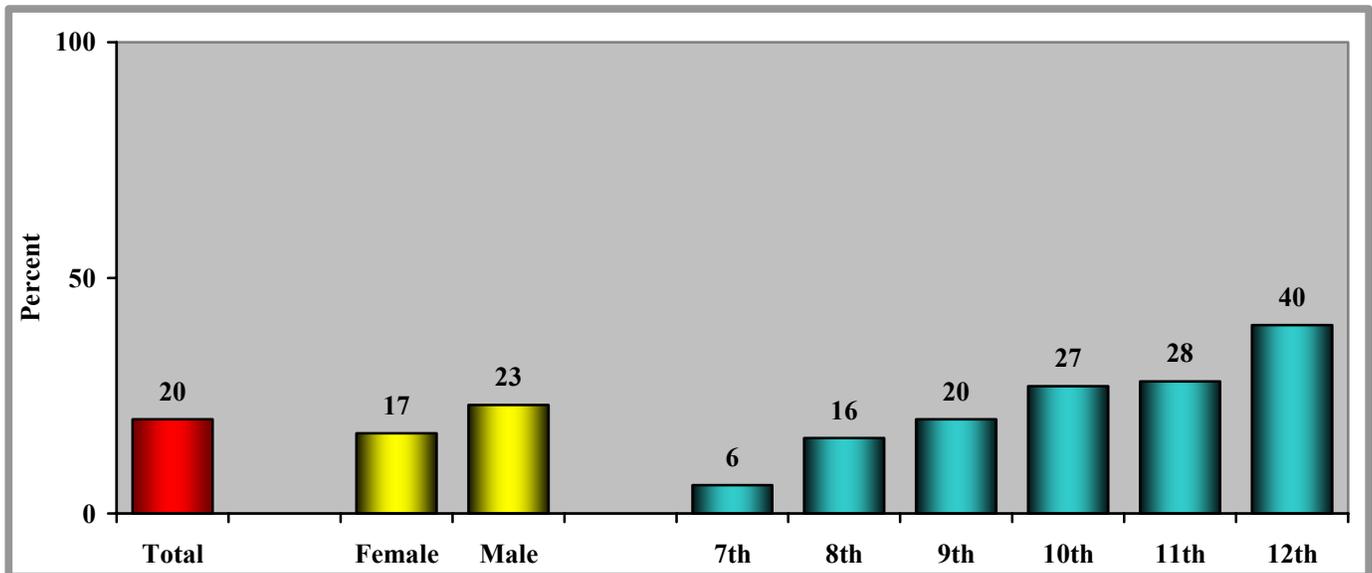
Results

- The prevalence of having had five or more drinks of alcohol in a row on one or more of the thirty days preceding the survey was lower among female students (17%) than among male students (23%) in Howard County (Table 4 and Figure 4).
- The prevalence of having had five or more drinks of alcohol in a row on one or more of the thirty days was highest among 12th grade (40%), and lowest among 7th grade (6%) students in Howard County (Table 4 and Figure 4).

Table 4: Heavy alcohol use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Heavy alcohol use	20	17	23	6	16	20	27	28	40

Figure 4: The percentage of students in the 7th - 12th grades who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the thirty days preceding the survey.



Illegal Drug Use

Lifetime marijuana use:

The percentage of students in the 7th-12th grades who had used marijuana one or more times during his/her lifetime.

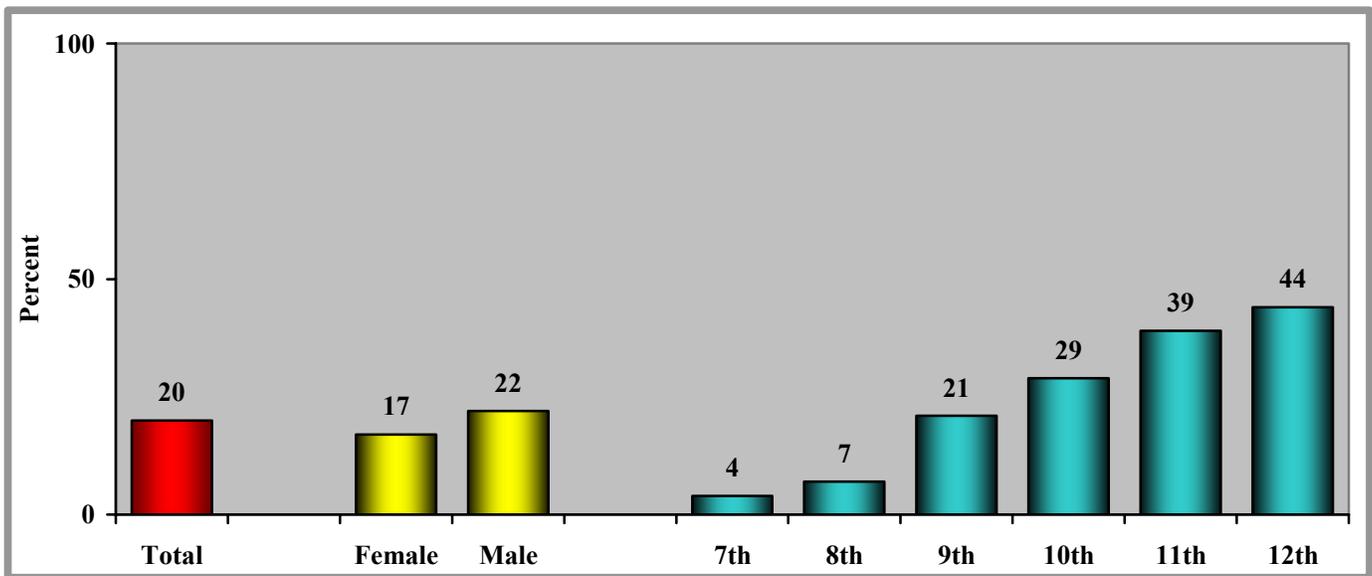
Results

- The prevalence of having used marijuana one or more times during a lifetime was lower among female students (17%) than among male students (22%) in Howard County (Table 1 and Figure 1).
- The prevalence of having used marijuana one or more times during a lifetime was highest among 12th grade (44%), and lowest among 7th grade (4%) students in Howard County (Table 1 and Figure 1).

Table 1: Lifetime marijuana use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime marijuana use	20	17	22	4	7	21	29	39	44

Figure 1: The percentage of students in the 7th-12th grades who used marijuana one or more times during his/her lifetime.



Illegal Drug Use (continued)

Early initiation of marijuana use:

The percentage of students in the 7th-12th grade who had tried marijuana for the first time before age thirteen years.

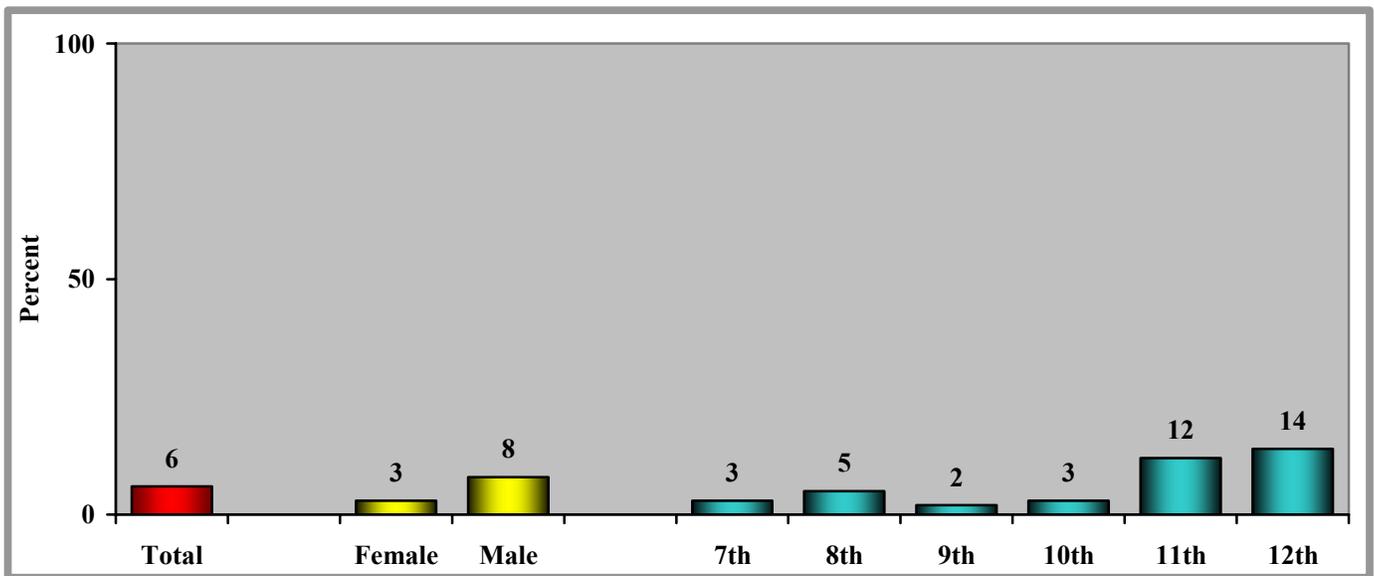
Results

- The prevalence of having tried marijuana for the first time before age thirteen years was lower among female students (3%) than among male students (8%) in Howard County (Table 2 and Figure 2).
- The prevalence of having tried marijuana for the first time before age thirteen years was highest among 12th grade (14%), and lowest among 9th grade (2%) students in Howard County (Table 2 and Figure 2).

Table 2: Early initiation of marijuana use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation age of marijuana use	6	3	8	3	5	2	3	12	14

Figure 2: The percentage of students in the 7th - 12th grades who tried marijuana for the first time before age thirteen years.



Illegal Drug Use (continued)

Current marijuana use:

The percentage of students in the 7th-12th grades who used marijuana one or more times during the thirty days preceding the survey.

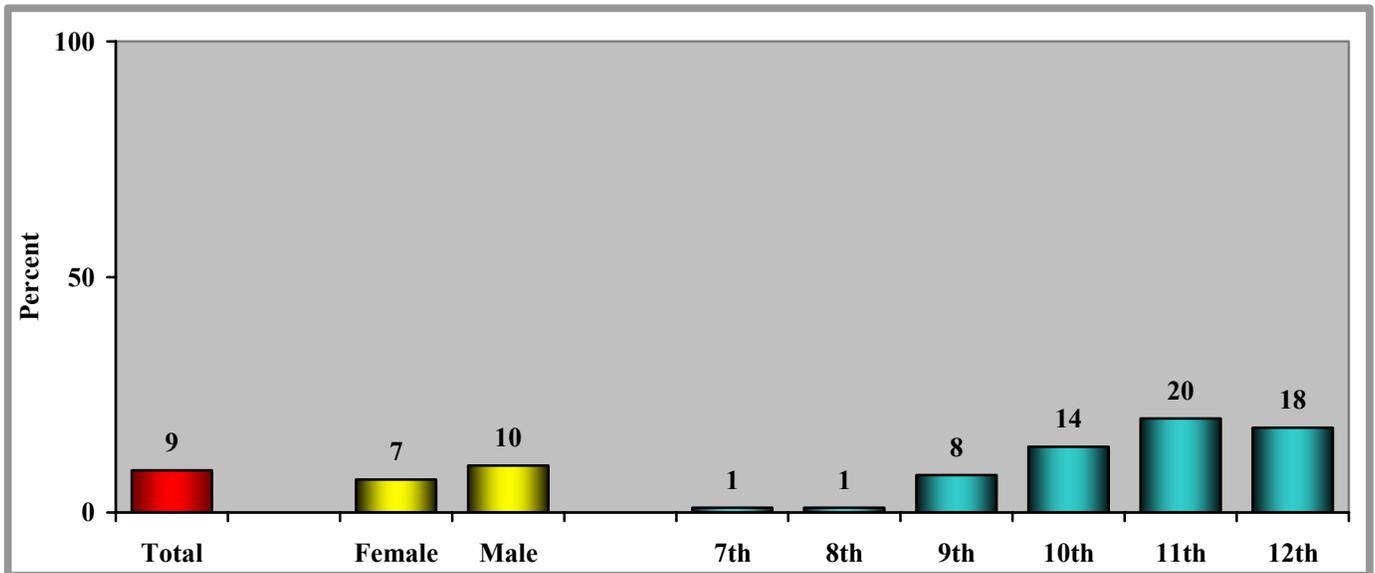
Results

- The prevalence of having used marijuana one or more times during the thirty days preceding the survey was lower among female students (7%) than among male students (10%) in Howard County (Table 3 and Figure 3).
- The prevalence of having used marijuana one or more times during the thirty days preceding the survey was highest among 11th grade (20%), and lowest among 7th grade (1%) and 8th grade (1%) students in Howard County (Table 3 and Figure 3).

Table 3: Current marijuana use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current marijuana use	9	7	10	1	1	8	14	20	18

Figure 3: The percentage of students in the 7th-12th grades who used marijuana one or more times during the thirty days preceding the survey.



Illegal Drug Use (continued)

Lifetime inhalant use:

The percentage of students in the 7th-12th grades who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high during his/her lifetime.

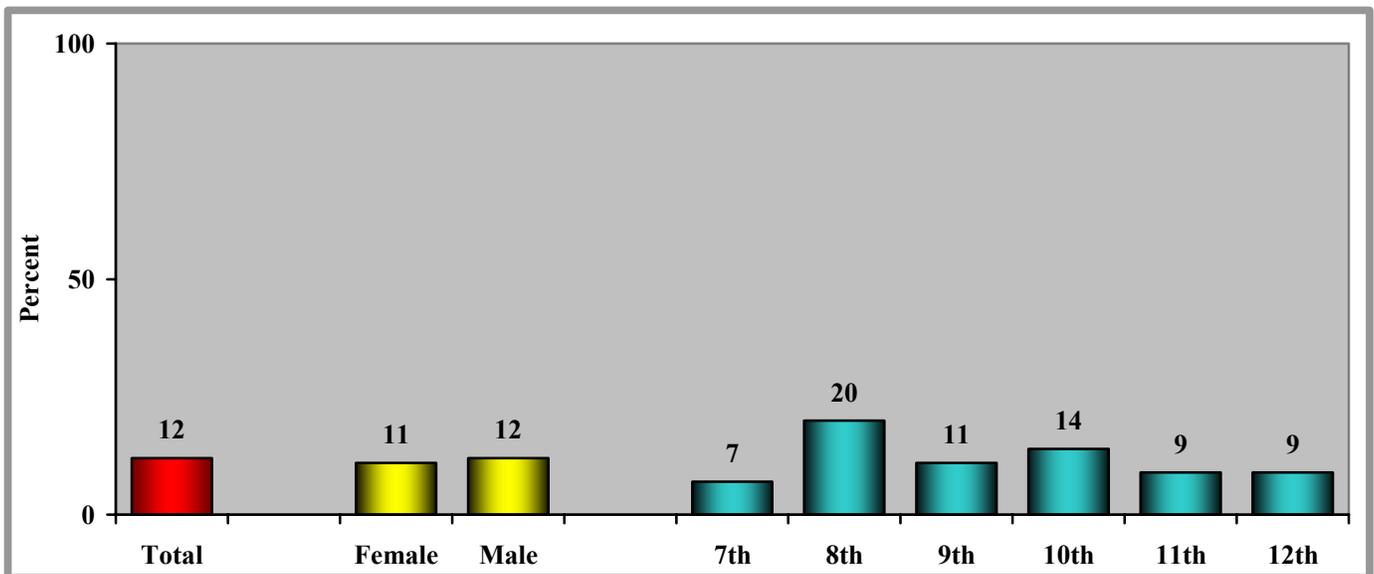
Results

- The prevalence of having ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high was lower among female students (11%) than among male students (12%) in Howard County (Table 4 and Figure 4).
- The prevalence of having ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high was highest among 8th grade (20%), and lowest among 7th grade (7%) students in Howard County (Table 4 and Figure 4).

Table 4: Lifetime inhalant use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime inhalant use	12	11	12	7	20	11	14	9	9

Figure 4: The percentage of students in the 7th-12th grades who sniffed glue, breathed the contents or aerosol spray cans, or inhaled any paints or sprays to get high during his/her lifetime.



Illegal Drug Use (continued)

Lifetime methamphetamines use:

The percentage of students in the 7th-12th grades who used methamphetamines, one or more times, during his/her lifetime.

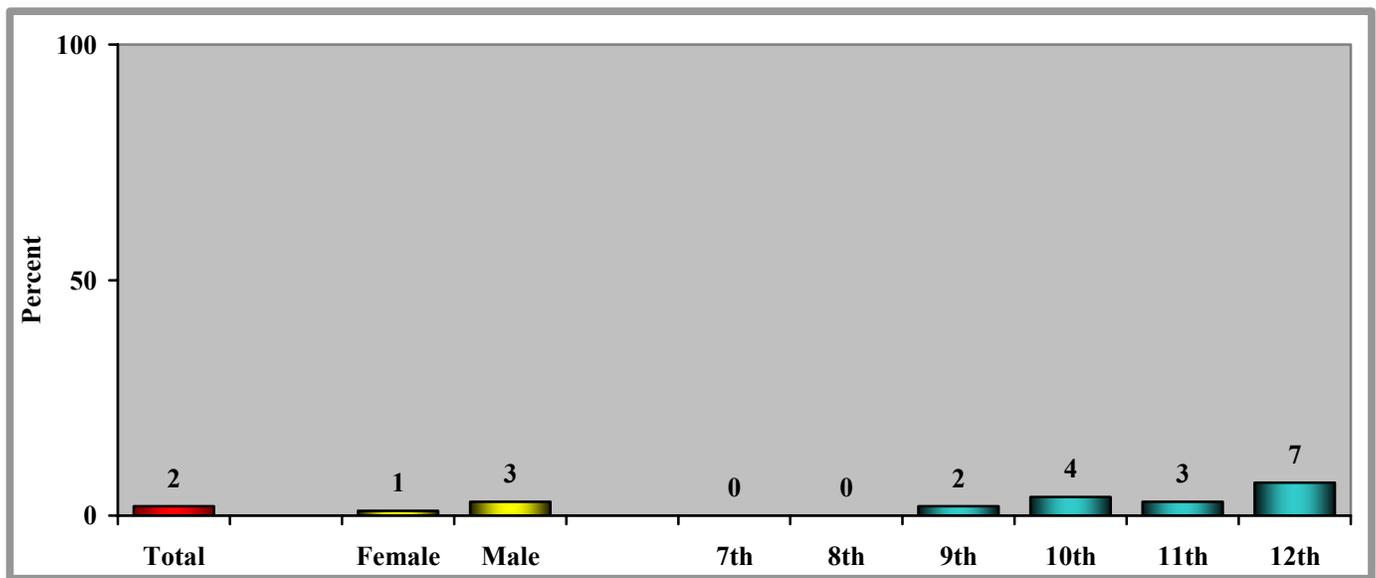
Results

- The prevalence of having ever used methamphetamines, one or more times, was lower among female students (1%) than among male students (3%) in Howard County (Table 5 and Figure 5).
- The prevalence of having ever used methamphetamines, one or more times, was highest among 12th grade (7%), and lowest among 7th grade (0%) and 8th grade (0%) students in Howard County (Table 5 and Figure 5).

Table 5: Lifetime methamphetamines use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime methamphetamines use	2	1	3	0	0	2	4	3	7

Figure 5: The percentage of students in the 7th - 12th grades who used methamphetamines one or more times during his/her lifetime.



Illegal Drug Use (continued)

Lifetime ecstasy use:

The percentage of students in the 7th -12th grades who used ecstasy, one or more times, during his/her lifetime.

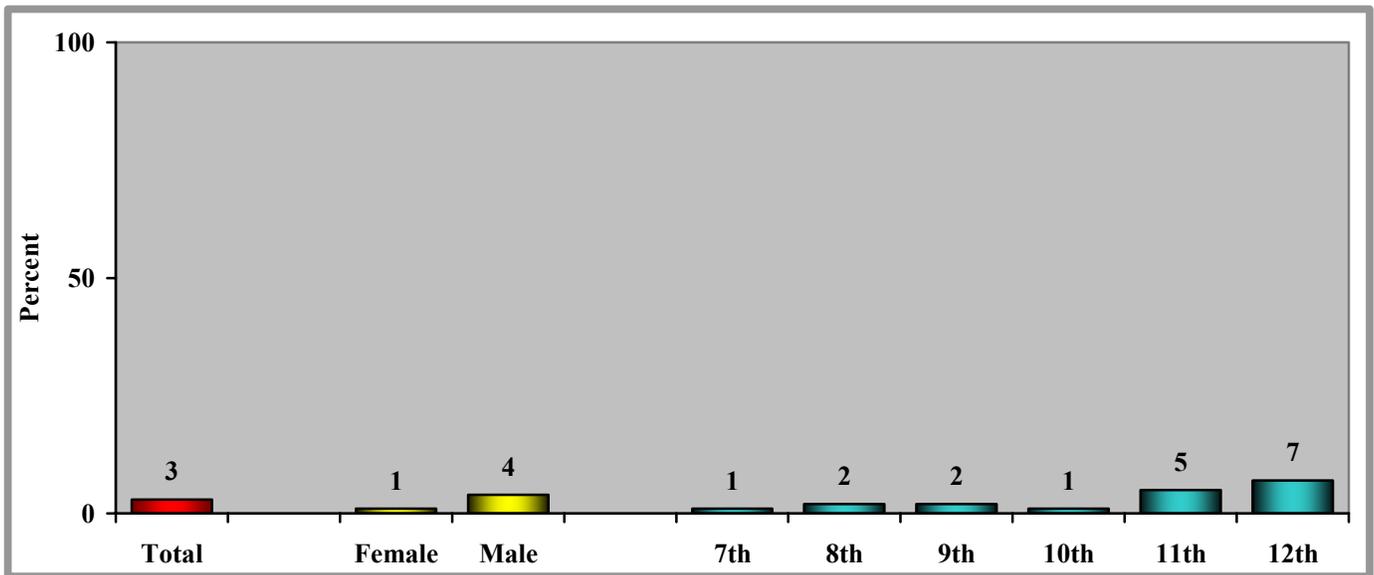
Results

- The prevalence of having ever used ecstasy, one or more times, was lower among female students (1%) than among male students (4%) in Howard County (Table 6 and Figure 6).
- The prevalence of having ever used ecstasy, one or more times, was highest among 12th grade (7%), and lowest among 7th grade (1%) and 10th grade (1%) students in Howard County (Table 6 and Figure 6).

Table 6: Lifetime ecstasy use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime ecstasy use	3	1	4	1	2	2	1	5	7

Figure 6: The percentage of students in the 7th -12th grades who used ecstasy one or more times during his/her lifetime.



Illegal Drug Use (continued)

Lifetime heroin use:

The percentage of students in the 7th-12th grades who used heroin, one or more times, during his/her lifetime.

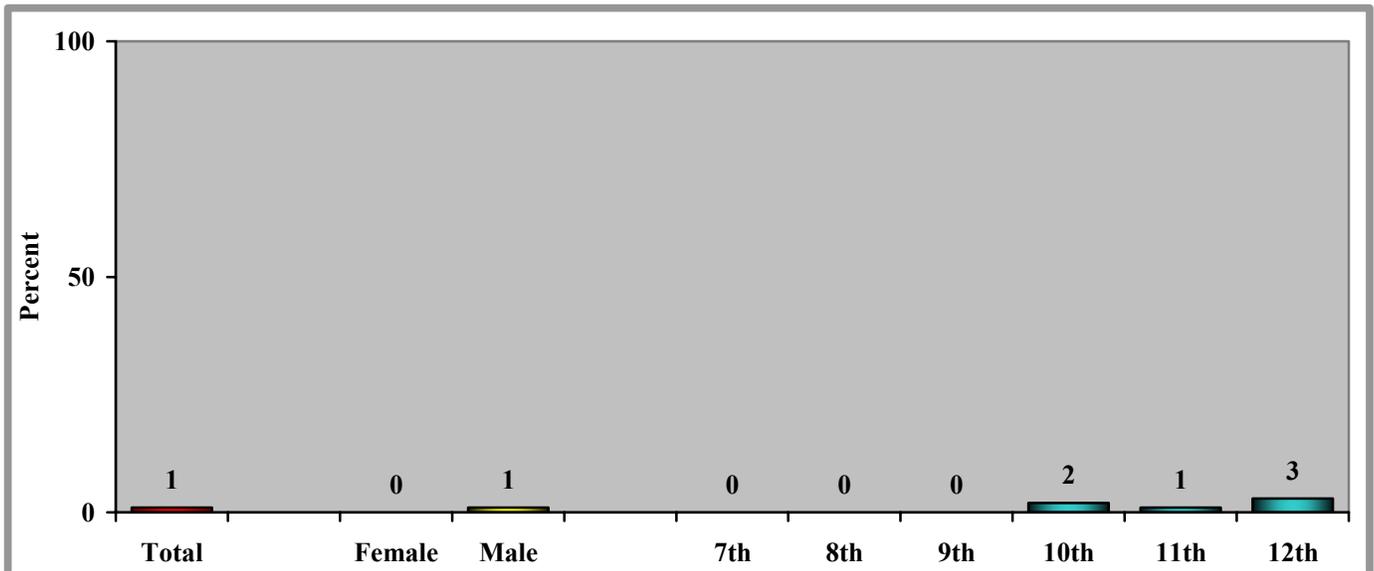
Results

- The prevalence of having ever used heroin, one or more times, was lower among female students (0%) than male students (1%) in Howard County (Table 7 and Figure 7).
- The prevalence of having ever used heroin, one or more times, was highest among 12th grade (3%), and lowest among 7th grade (0%), 8th grade (0%) and 9th grade (0%) students in Howard County (Table 7 and Figure 7).

Table 7: Lifetime heroin use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime heroin use	1	0	1	0	0	0	2	1	3

Figure 7: The percentage of students in the 7th -12th grades who used heroin one or more times during his/her lifetime.



Illegal Drug Use (continued)

Lifetime illegal steroid use:

The percentage of students in the 7th -12th grades who took steroid pills or shots without a doctor’s prescription, one or more times, during his/her lifetime.

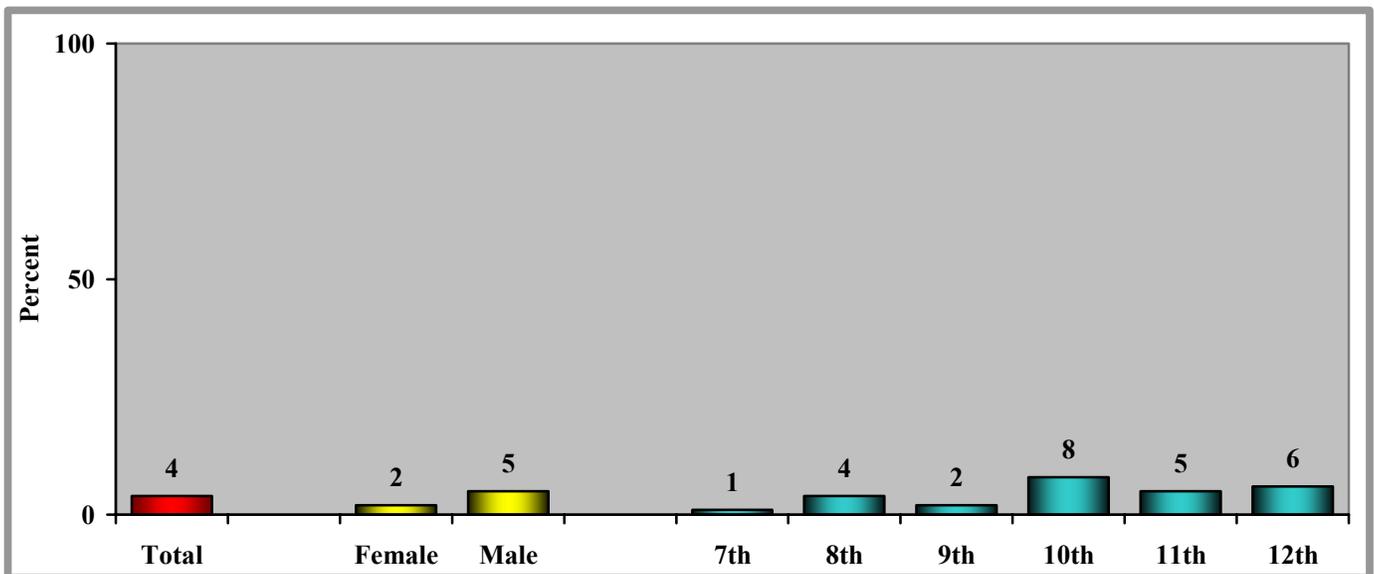
Results

- The prevalence of having ever used steroid pills or shots without a doctor’s prescription was lower among female students (2%) than among male students (5%) in Howard County (Table 8 and Figure 8).
- The prevalence of having ever used steroid pills or shots without a doctor’s prescription was highest among 10th grade (8%), and lowest among 7th grade (1%) students in Howard County (Table 8 and Figure 8).

Table 8: Lifetime illegal steroid use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Lifetime illegal steroid use	4	2	5	1	4	2	8	5	6

Figure 8: The percentage of students in the 7th - 12th grades who took steroid pills or shots without a doctor’s prescription, one or more times, during his/her life.



Sexual Behaviors

Ever had sexual intercourse:

The percentage of students in the 7th -12th grades who have ever had sexual intercourse.

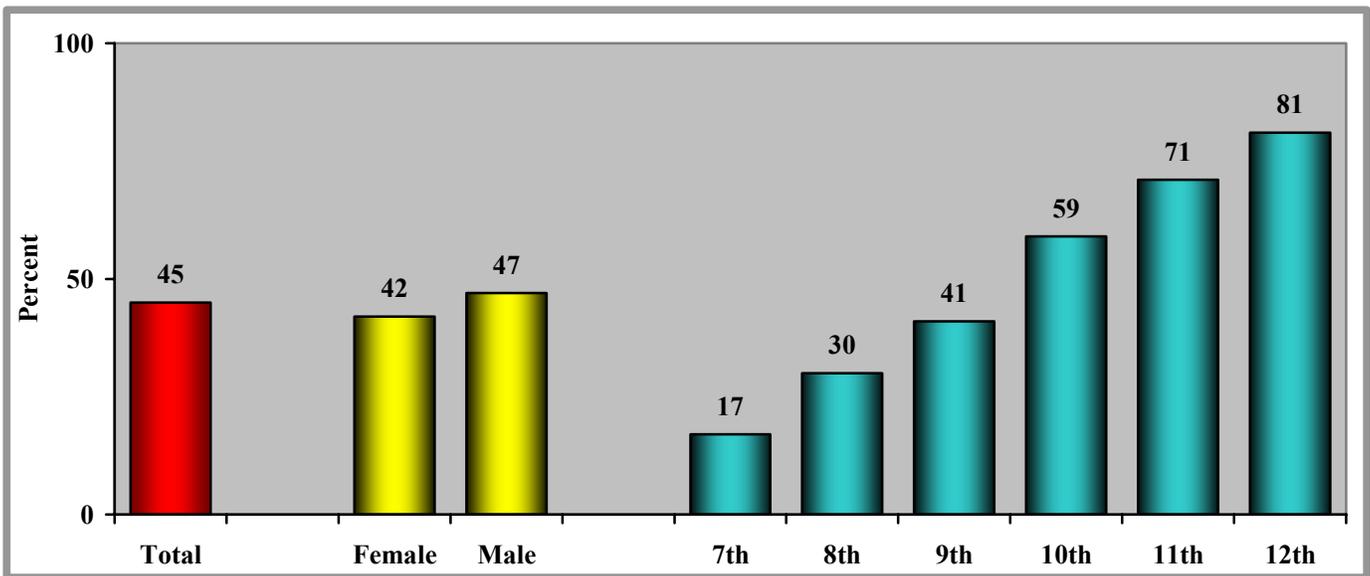
Results

- The prevalence of having ever had sexual intercourse was lower among female students (42%) than among male students (47%) in Howard County (Table 1 and Figure 1).
- The prevalence of having ever had sexual intercourse was highest among 12th grade (81%), and lowest among 7th grade (17%) students in Howard County (Table 1 and Figure 1).

Table 1: Ever had sexual intercourse

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ever had sexual intercourse	45	42	47	17	30	41	59	71	81

Figure 1: The percentage of students in the 7th -12th grades who have ever had sexual intercourse.



Sexual Behaviors (continued)

Early initiation of sexual intercourse:

The percentage of students in the 7th-12th grades who had sexual intercourse for the first time before age thirteen years.

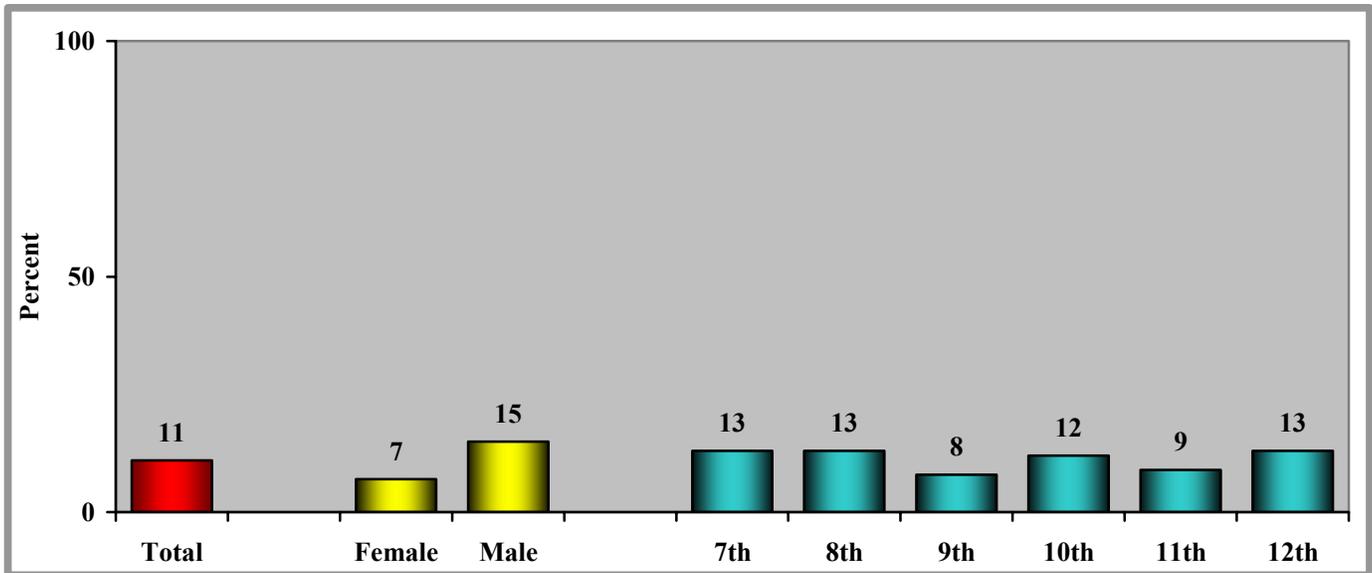
Results

- The prevalence of having had sexual intercourse before age thirteen years was lower among female students (7%) than among male students (15%) in Howard County (Table 2 and Figure 2).
- The prevalence of having had sexual intercourse before age thirteen years was highest among 7th grade (13%), 8th grade (13%), and 12th grade (13%), and lowest among 9th grade (8%) students in Howard County (Table 2 and Figure 2).

Table 2: Early initiation of sexual intercourse

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation age of sexual intercourse	11	7	15	13	13	8	12	9	13

Figure 2: The percentage of students in the 7th - 12th grades who had sexual intercourse for the first time before age thirteen years.



Sexual Behaviors (continued)

Four or more sexual partners:

The percentage of students in the 7th-12th grades who have had sexual intercourse with four or more partners during his/her lifetime.

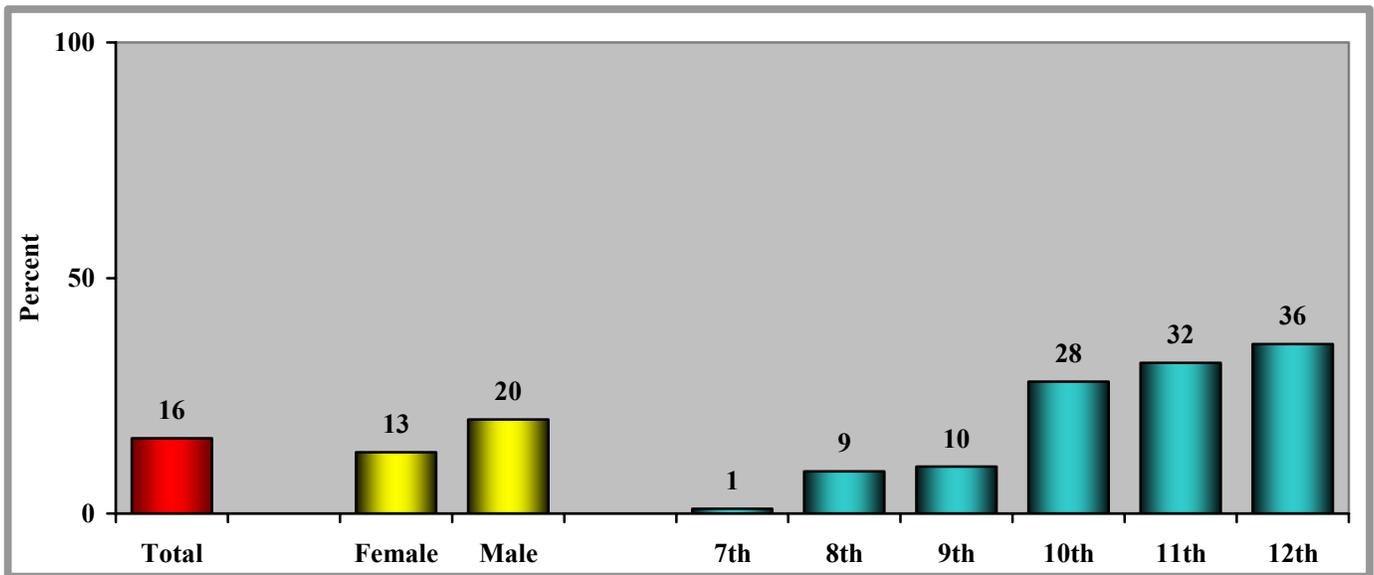
Results

- The prevalence of having had four or more sexual partners was lower among female students (13%) than among male students (20%) in Howard County (Table 3 and Figure 3).
- The prevalence of having had four or more sexual partners was highest among 12th grade (36%), and lowest among 7th grade (1%) students in Howard County (Table 3 and Figure 3).

Table 3: Four or more sexual partners

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Four or more sexual partners	16	13	20	1	9	10	28	32	36

Figure 3: The percentage of students in the 7th-12th grades who have had sexual intercourse with four or more partners during his/her lifetime.



Sexual Behaviors (continued)

Currently sexually active:

The percentage of students in the 7th-12th grades who had sexual intercourse during the three months preceding the survey.

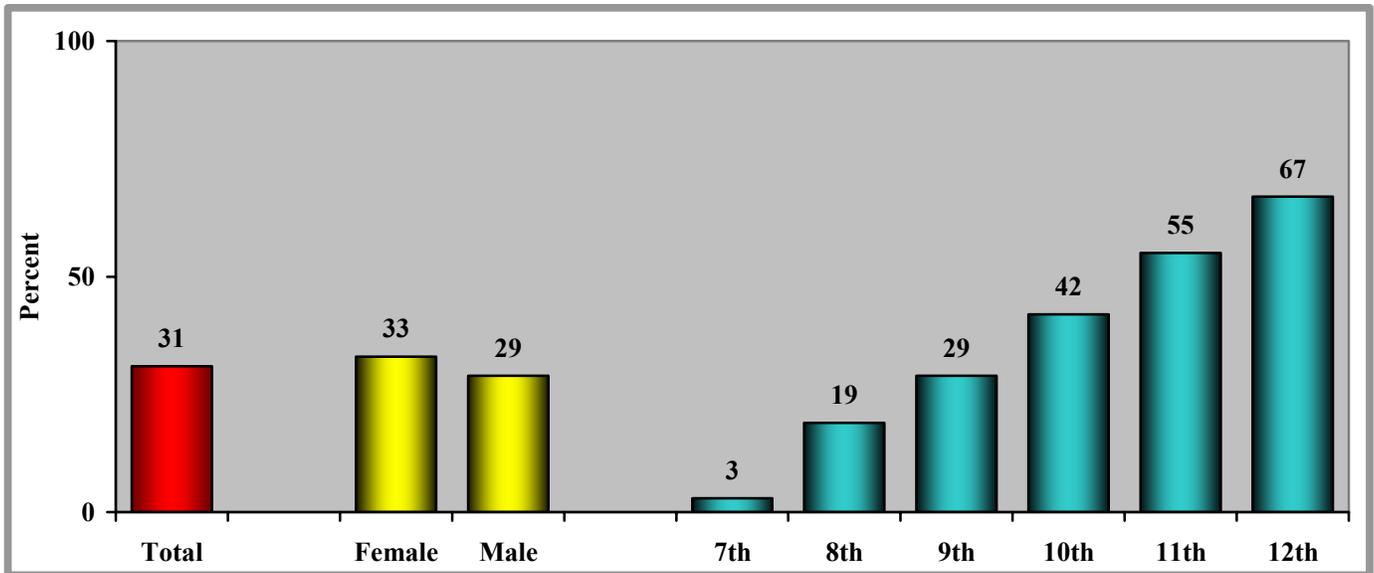
Results

- The prevalence of having had sexual intercourse during the three months preceding the survey was higher among female students (33%) than among male students (29%) in Howard County (Table 4 and Figure 4).
- The prevalence of having had sexual intercourse during the three months preceding the survey was highest among 12th grade (67%), and lowest among 7th grade (3%) students in Howard County (Table 4 and Figure 4).

Table 4: Currently sexually active

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Currently sexually active	31	33	29	3	19	29	42	55	67

Figure 4: The percentage of students in the 7th-12th grades who had sexual intercourse during the three months preceding the survey.



Sexual Behaviors (continued)

Drug use before last sexual intercourse:

Of the students in the 7th-12th grades who had sexual intercourse, the percentage that drank alcohol or used drugs before is/her last sexual intercourse.

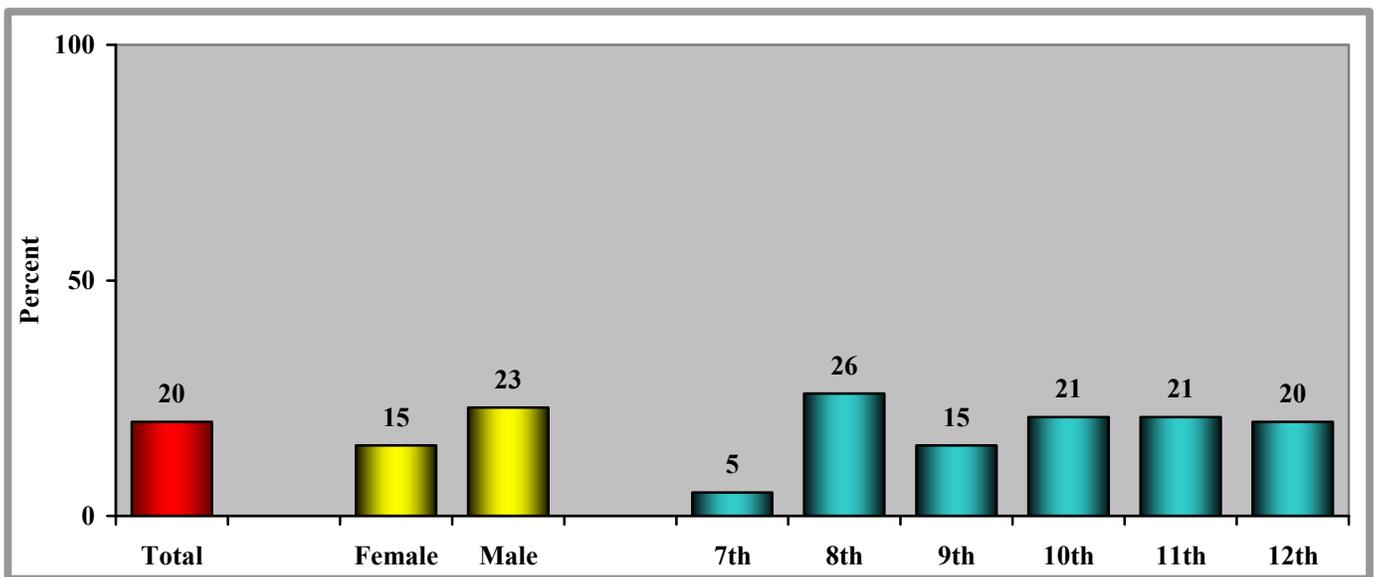
Results

- The prevalence of having drank alcohol or used drugs before students’ last sexual intercourse was **fifteen percent (15%)** among female students and **twenty-three percent (23%)** among male students in Howard County (Table 5 and Figure 5).
- The prevalence of having drank alcohol or used drugs before students’ last sexual intercourse was **five percent (5%)** among 7th grade, **twenty-six percent (26%)** among 8th grade, **fifteen percent (15%)** among 9th grade, **twenty-one percent (21%)** among 10th grade, **twenty-one percent (21%)** among 11th grade, and **twenty-percent (20%)** among 12th grade students in Howard County (Table 5 and Figure 5).

Table 5: Drug use before last sexual intercourse

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Drug use before last sexual intercourse	20	15	23	5	26	15	21	21	20

Figure 5: Of the students in the 7th - 12th grades who had sexual intercourse, the percentage that drank alcohol or used drugs before his/her last sexual intercourse.



Sexual Behaviors (continued)

Condom use:

Of the students in the 7th -12th grades who had sexual intercourse, the percentage that used a condom during his/her last sexual intercourse.

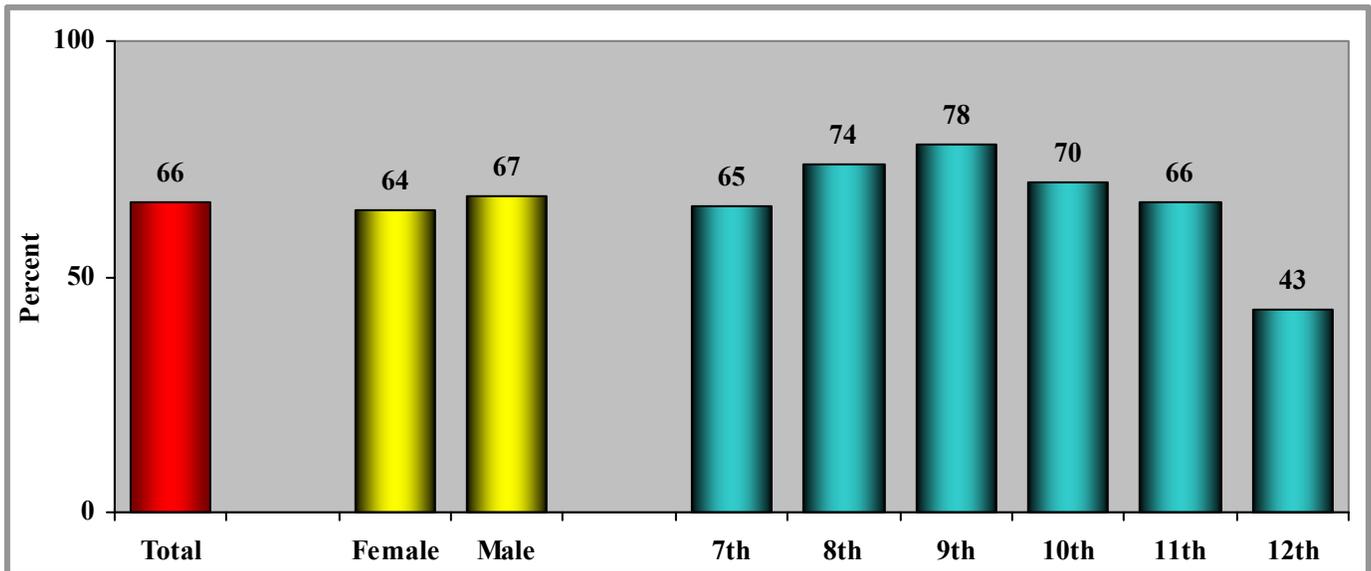
Results

- The prevalence of having used a condom during students’ last sexual intercourse was **sixty-four percent (64%)** among female students and **sixty-seven percent (67%)** among male students in Howard County (Table 6 and Figure 6).
- The prevalence of having used a condom during students’ last sexual intercourse was **sixty-five percent (65%)** among 7th grade, **seventy-four percent (74%)** among 8th grade, **seventy-eight percent (78%)** among 9th grade, **seventy percent (70%)** among 10th grade, **sixty-six percent (66%)** among 11th grade, and **forty-three percent (43%)** among 12th grade students in Howard County (Table 1 and Figure 5).
- (Table 6 and Figure 6).

Table 6: Condom use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Condom use	66	64	67	65	74	78	70	66	43

Figure 6: Of the students in the 7th - 12th grades who had sexual intercourse, the percentage that used a condom during the his/her last sexual intercourse.



Health Education – HIV/AIDS

Health education:

The percentage of students in the 7th-12th grades who were taught about HIV or AIDS infection in school.

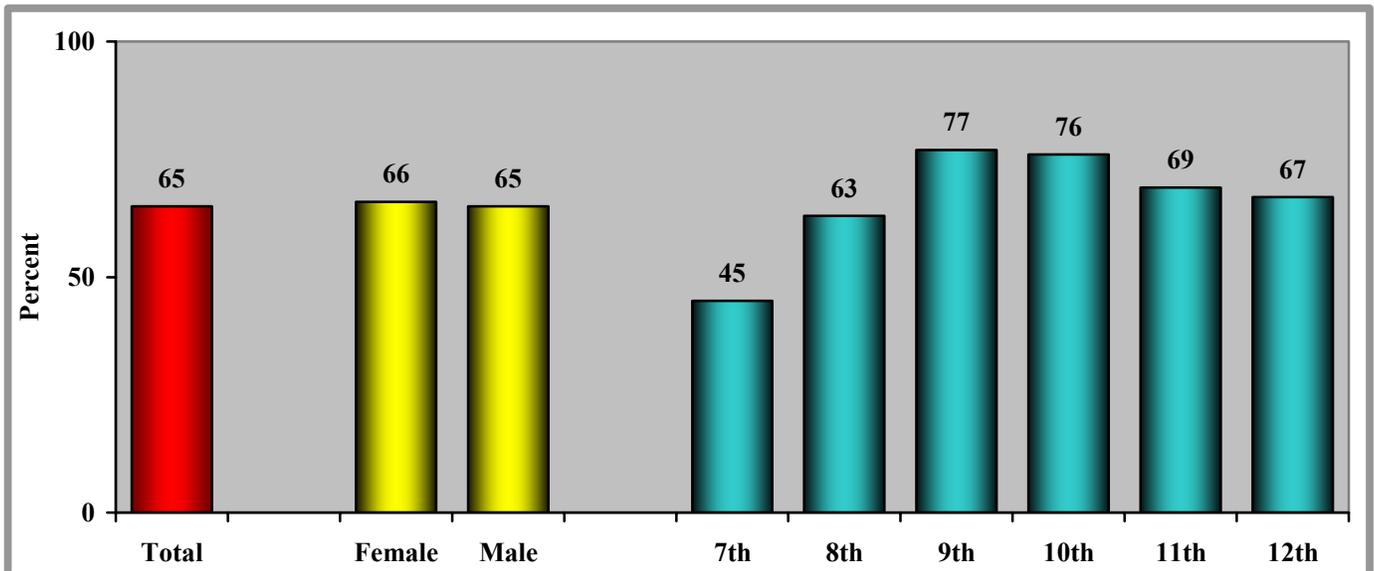
Results

- The prevalence of having received information on HIV/AIDS at school was higher among female students (66%) than among male students (65%) in Howard County (Table 1 and Figure 1).
- The prevalence of having received information on HIV/AIDS at school was highest among 9th grade (77%), and lowest among 7th grade (45%) students in Howard County (Table 1 and Figure 1).

Table 1: Health Education

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Health education – HIV/AIDS	65	66	65	45	63	77	76	69	67

Figure 1: The percentage of students in the 7th – 12th grades who were taught about HIV or AIDS infection in school.



Overweight and Weight Control

Overweight:

The percentage of students in the 7th -12th grades who were overweight, as calculated by Body Mass Index.

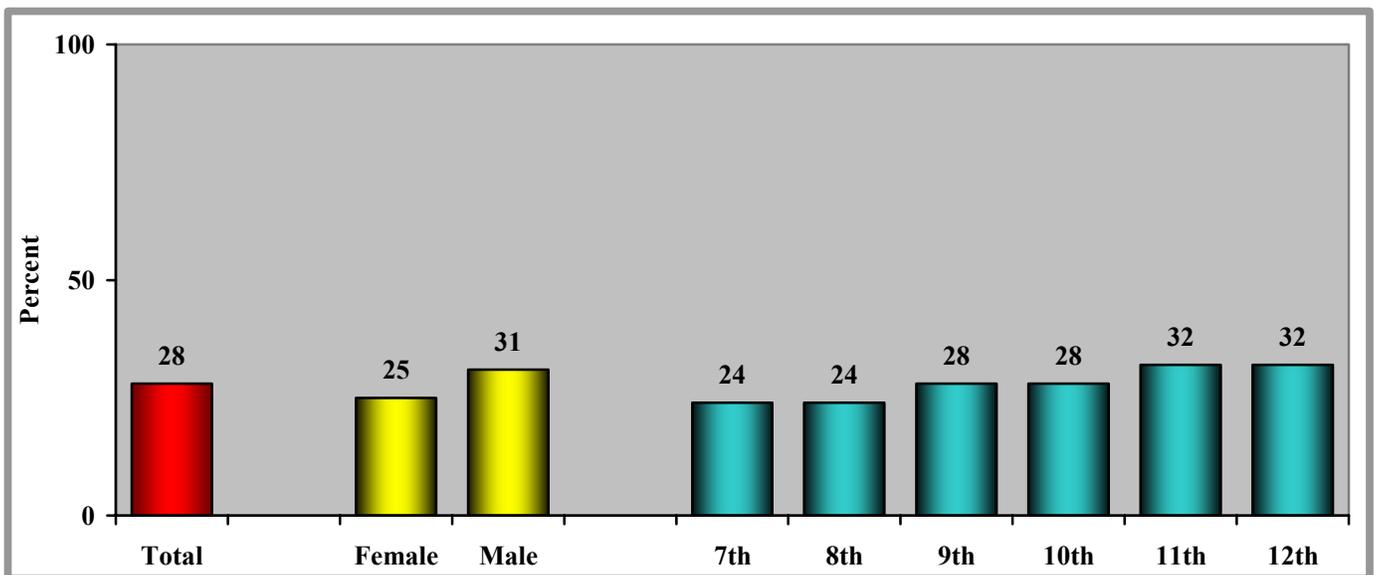
Results

- The prevalence of being overweight was lower among female students (25%) than among male students (31%) in Howard County (Table 1 and Figure 1).
- The prevalence of being overweight was highest among 11th grade (32%) and 12th grade (32%), and lowest among 7th grade (24%) and 8th grade (24%) students in Howard County (Table 1 and Figure 1).

Table 1: Overweight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Overweight	28	25	31	24	24	28	28	32	32

Figure 1: The percentage of students in the 7th -12th grades who were overweight, as calculated by Body Mass Index.



Overweight and Weight Control (continued)

Described themselves as overweight:

The percentage of students in the 7th-12th grades who described themselves as slightly or very overweight.

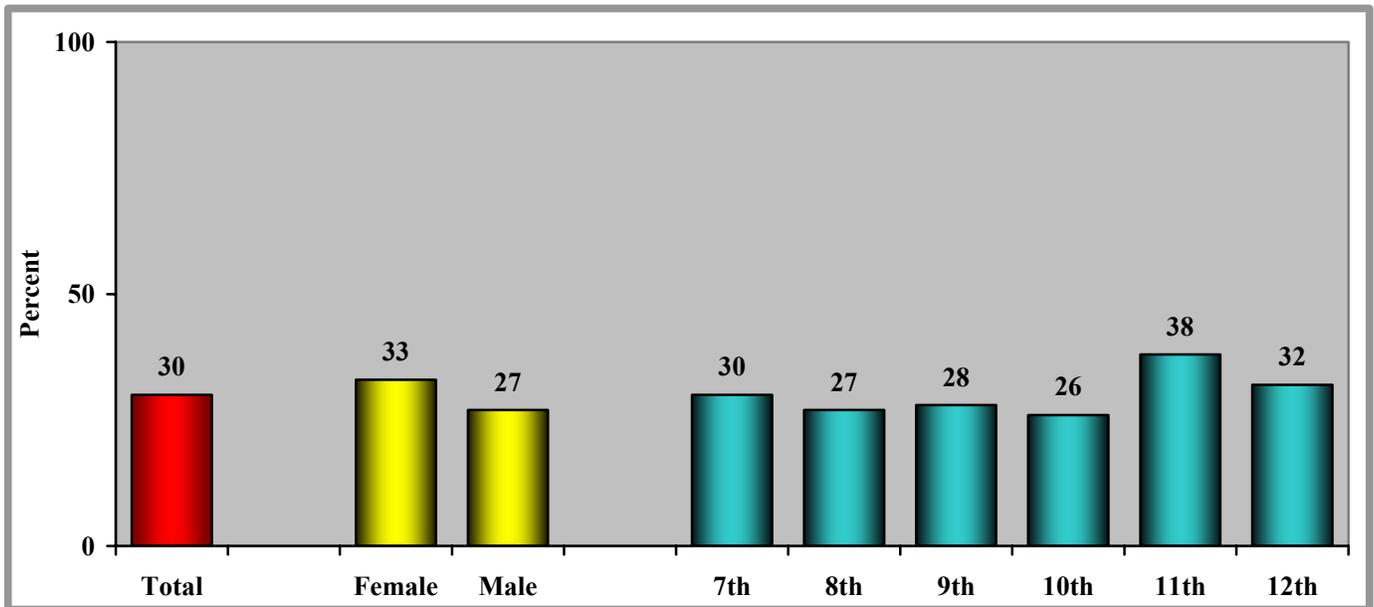
Results

- The prevalence of describing themselves as overweight was higher among female students (33%) than among male students (27%) in Howard County (Table 2 and Figure 2).
- The prevalence of describing themselves as overweight was highest among 11th grade (38%), and lowest among 10th grade (26%) students in Howard County (Table 2 and Figure 2).

Table 2: Described themselves as overweight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Described themselves as overweight	30	33	27	30	27	28	26	38	32

Figure 2: The percentage of students in the 7th - 12th grades who described themselves as slightly or very overweight.



Overweight and Weight Control (continued)

Were trying to lose weight:

The percentage of students in the 7th-12th grades who were trying to lose weight.

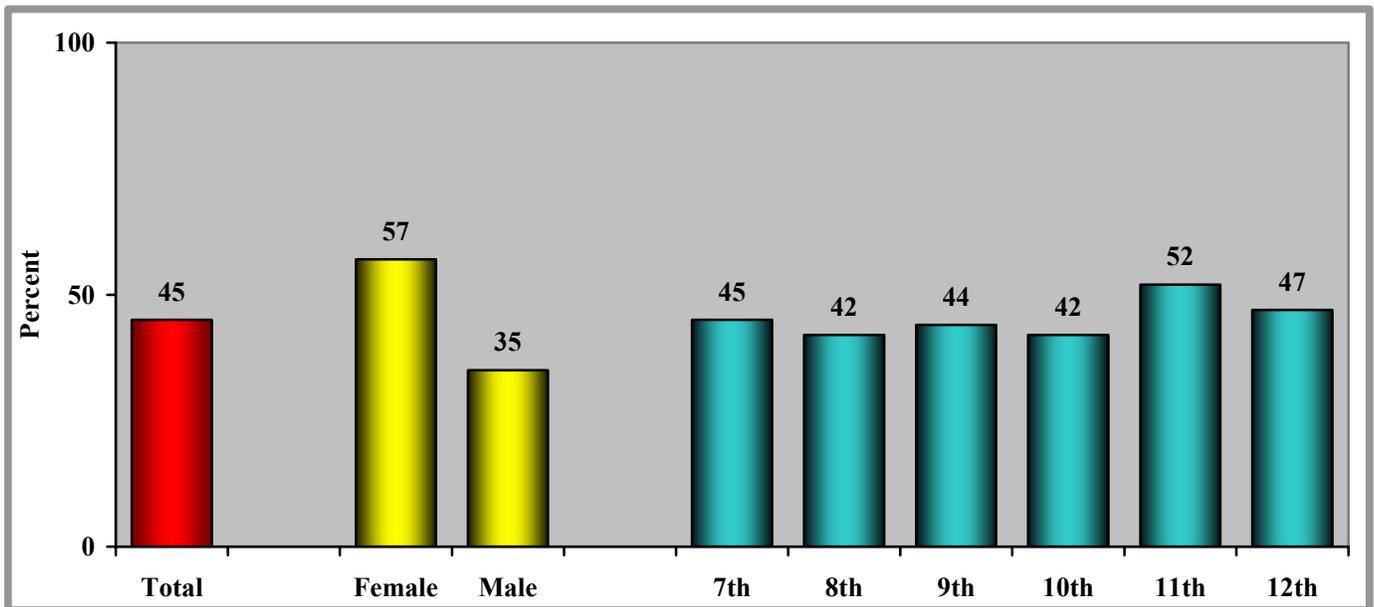
Results

- The prevalence of trying to lose weight was higher among female students (57%) than among male students (35%) in Howard County (Table 3 and Figure 3).
- The prevalence of trying to lose weight was highest among 11th grade (52%), and lowest among 8th grade (42%) and 10th grade (42%) students in Howard County (Table 3 and Figure 3).

Table 3: Were trying to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Were trying to lose weight	45	57	35	45	42	44	42	52	47

Figure 3: The percentage of students in the 7th-12th grades who were trying to lose weight.



Overweight and Weight Control (continued)

Ate less food to lose weight:

The percentage of students in the 7th-12th grades who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the thirty days preceding the survey.

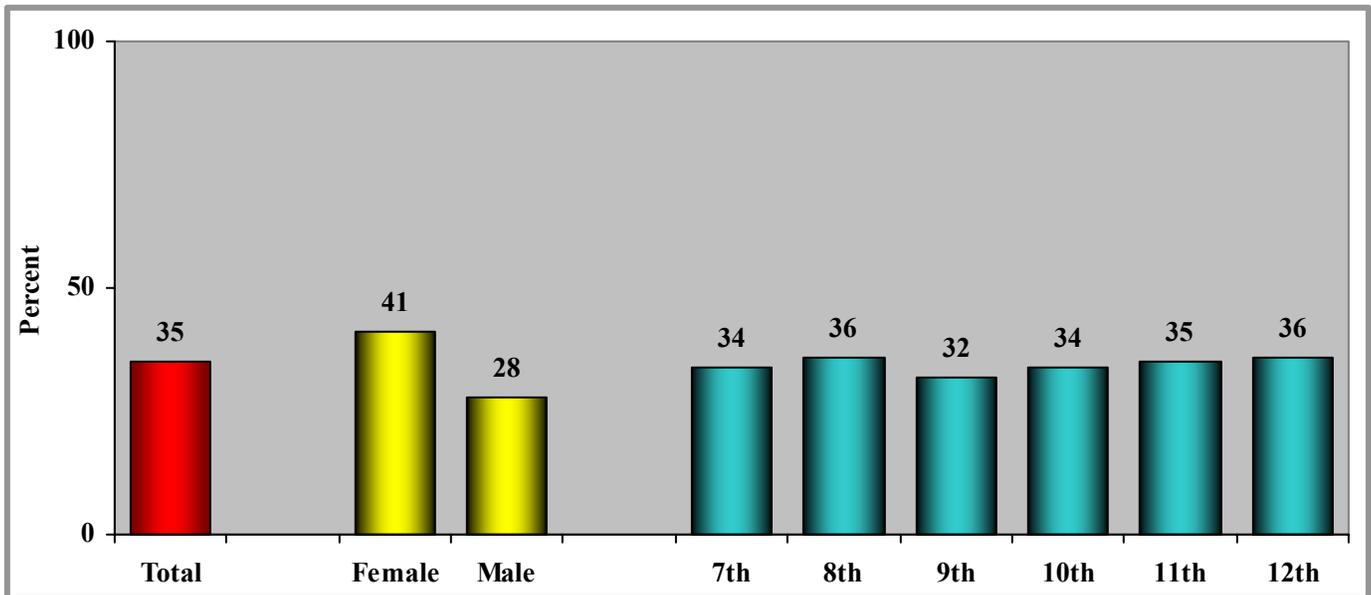
Results

- The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the thirty days preceding the survey was higher among female students (41%) than among male students (28%) in Howard County (Table 4 and Figure 4).
- The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the thirty days preceding the survey was highest among 8th grade (36%) and 12th grade (36%), and lowest among 9th grade (32%) students in Howard County (Table 4 and Figure 4).

Table 4: Ate less food to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate less food to lose weight	35	41	28	34	36	32	34	35	36

Figure 4: The percentage of students in the 7th - 12th grades who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the thirty days preceding the survey.



Overweight and Weight Control (continued)

Exercised to lose weight:

The percentage of students in the 7th-12th grades who exercised to lose weight or to keep from gaining weight during the thirty days preceding the survey.

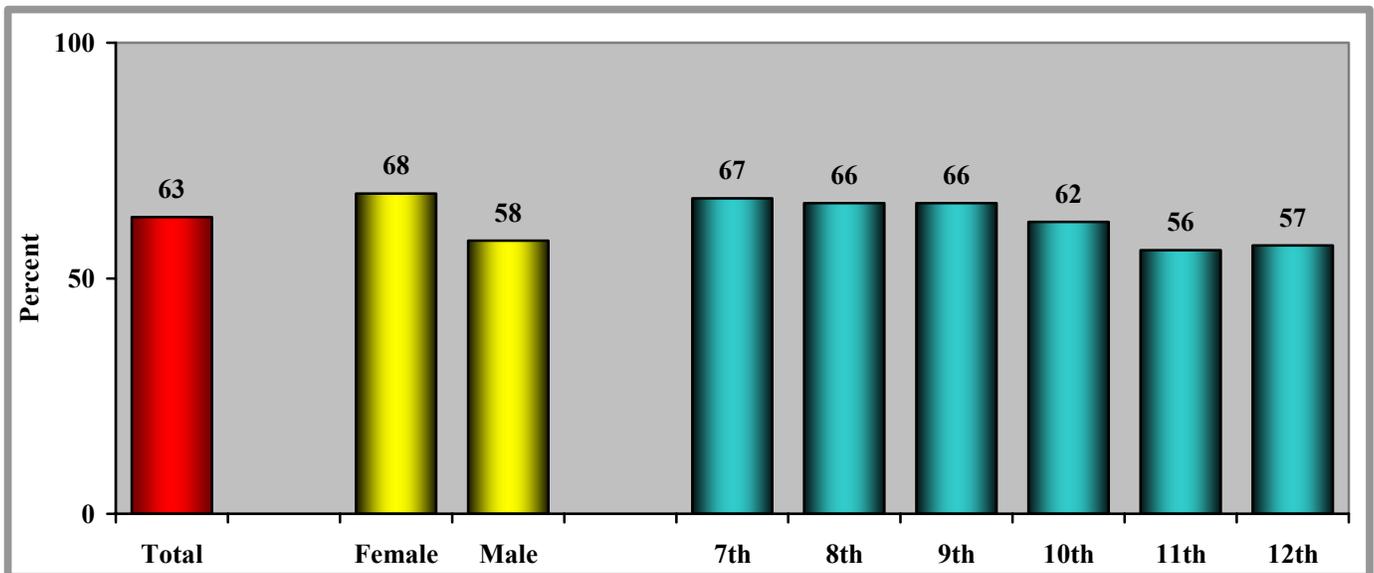
Results

- The prevalence of having exercised to lose weight or to keep from gaining weight during the thirty days preceding the survey was higher among female students (68%) than among male students (58%) in Howard County (Table 5 and Figure 5).
- The prevalence of having exercised to lose weight or to keep from gaining weight during the thirty days preceding the survey was highest among 7th grade (67%), and lowest among 11th grade (56%) students in Howard County (Table 5 and Figure 5).

Table 5: Exercised to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Exercised to lose weight	63	68	58	67	66	66	62	56	57

Figure 5: The percentage of students in the 7th-12th grades who exercised to lose weight or to keep from gaining weight during the thirty days preceding the survey.



Overweight and Weight Control (continued)

Vomited or took laxatives to lose weight:

The percentage of students in the 7th-12th grades who vomited or took laxatives to lose weight or to keep from gaining weight during the thirty days preceding the survey.

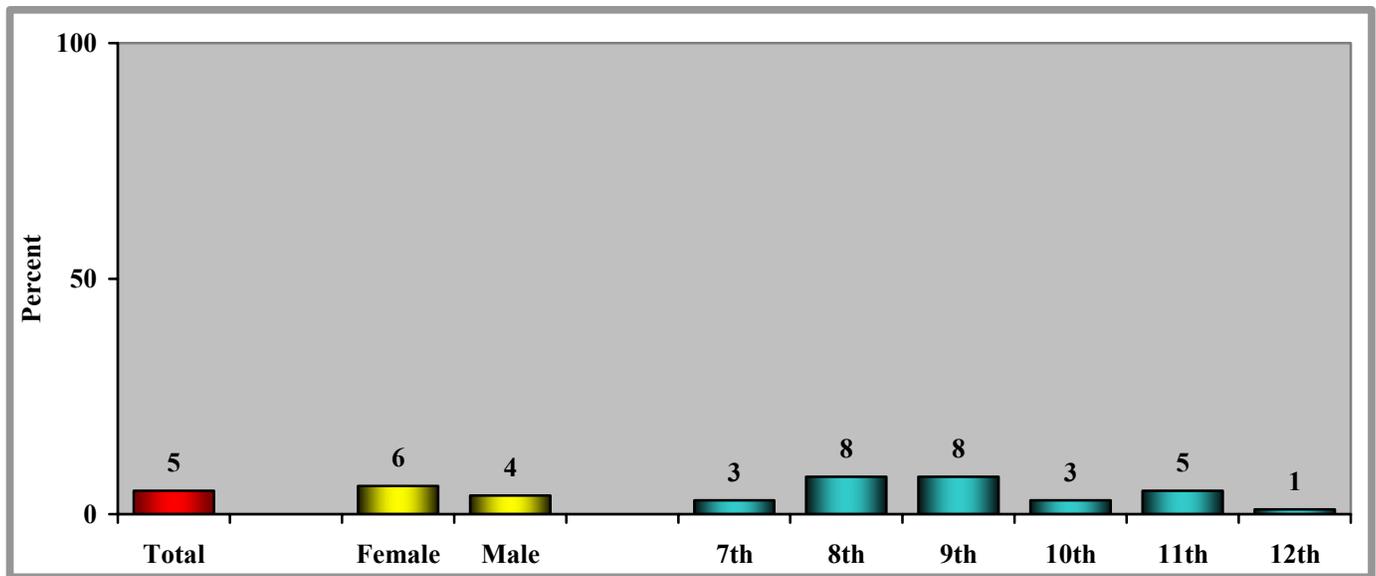
Results

- The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight during the thirty days preceding the survey was higher among female students (6%) than among male students (4%) in Howard County (Table 6 and Figure 6).
- The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight during the thirty days preceding the survey was highest among 8th grade (8%) and 9th grade (8%), and lowest among 12th grade (1%) students in Howard County (Table 6 and Figure 6).

Table 6: Vomited or took laxatives to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Vomited or took laxatives to lose weight	5	6	4	3	8	8	3	5	1

Figure 6: The percentage of students in the 7th-12th grades who vomited or took laxatives to lose weight or keep from gaining weight during the thirty days preceding the survey.



Overweight and Weight Control (continued)

Took diet pills to lose weight:

The percentage of students in the 7th-12th grades who took diet pills to lose weight or to keep from gaining weight during the thirty days preceding the survey.

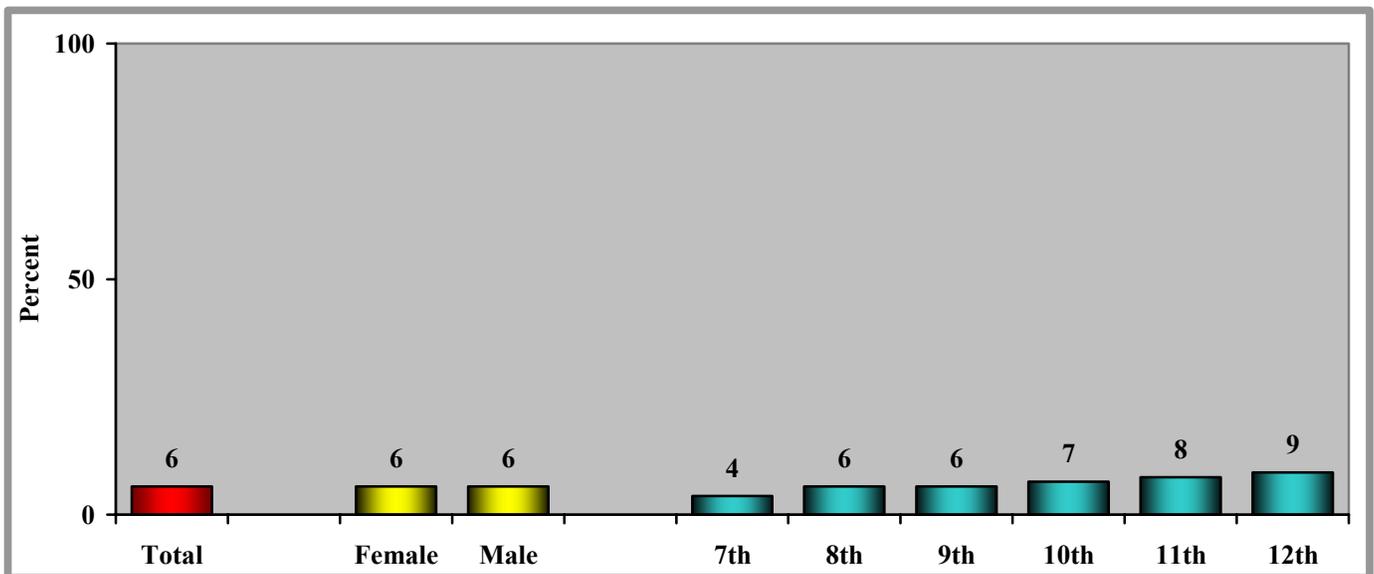
Results

- The prevalence of having taken diet pills to lose weight or to keep from gaining weight during the thirty days preceding the survey was equal among female students (6%) and among male students (6%) in Howard County (Table 7 and Figure 7).
- The prevalence of having taken diet pills to lose weight or to keep from gaining weight during the thirty days preceding the survey was highest among 12th grade (9%), and lowest among 7th grade (4%) students in Howard County (Table 7 and Figure 7).

Table 7: Took diet pills to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Took diet pills to lose weight	6	6	6	4	6	6	7	8	9

Figure 7: The percentage of the students in the 7th - 12th grades who took diet pills to lose weight or to keep from gaining weight during the thirty days preceding the survey.



Overweight and Weight Control (continued)

Went without eating to lose weight:

The percentage of students in the 7th-12th grades who went on a fast, or without eating, for twenty-four hours or more, to lose weight or to keep from gaining weight during the thirty days preceding the survey.

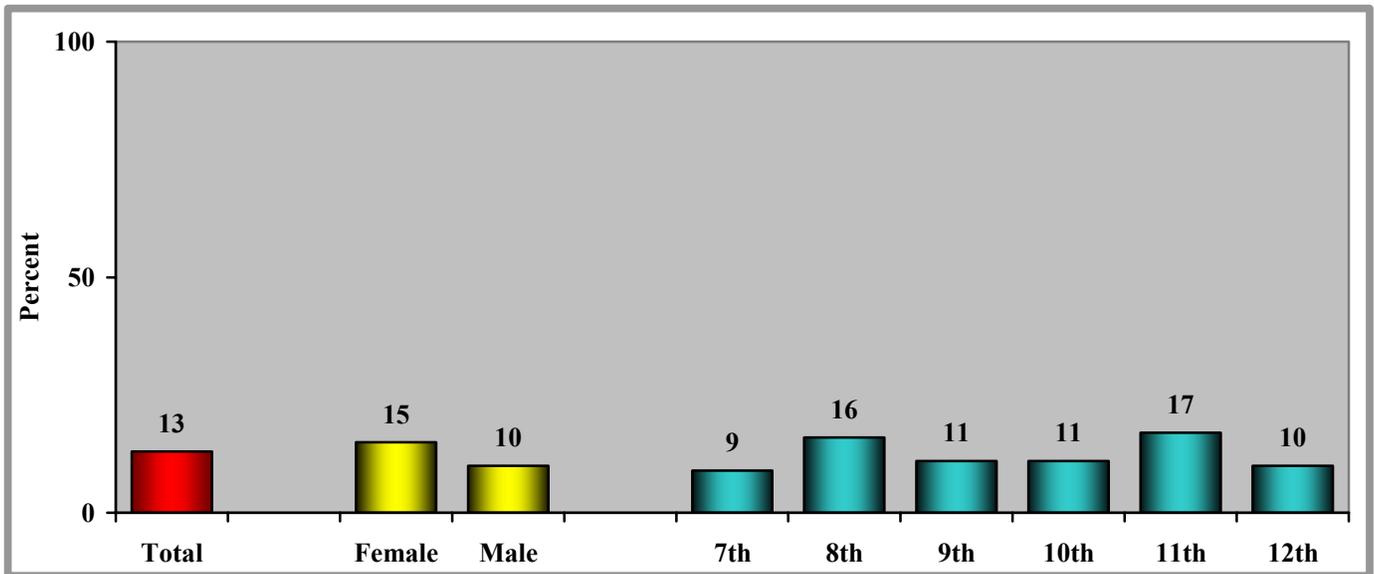
Results

- The prevalence of having gone on a fast, or without eating, for twenty-four hours or more to lose weight or to keep from gaining weight was higher among female students (15%) than among male students (10%) in Howard County (Table 8 and Figure 8).
- The prevalence of having gone on a fast, or without eating, for twenty-four hours or more to lose weight or to keep from gaining weight during the thirty days preceding the survey was highest among 11th grade (17%), and lowest among 7th grade (9%) students in Howard County (Table 8 and Figure 8).

Table 8: Went without eating to lose weight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Went without eating to lose weight	13	15	10	9	16	11	11	17	10

Figure 8: The percentage of students in the 7th - 12th grades who went on a fast, or without eating, for twenty-four hours or more to lose weight or to keep from gaining weight during the thirty days preceding the survey.



Dietary Behaviors

Ate fruit:

The percentage of students in the 7th-12th grades who ate fruit four or more times during the seven days preceding the survey.

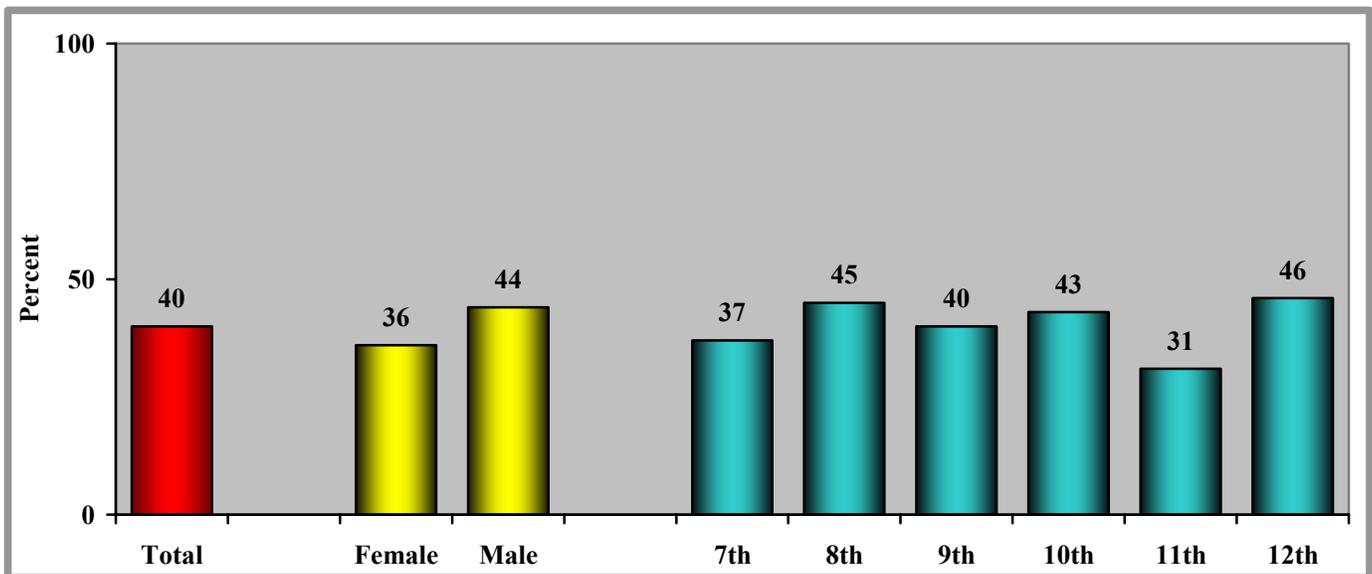
Results

- The prevalence of having eaten fruit four or more times during the seven days preceding the survey was lower among female students (36%) than among male students (44%) in Howard County (Table 1 and Figure 1).
- The prevalence of having eaten fruit four or more times during the seven days preceding the survey was highest among 12th grade (46%), and lowest among 11th grade (31%) students in Howard County (Table 1 and Figure 1).

Table 1: Ate fruit

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate fruit	40	36	44	37	45	40	43	31	46

Figure 1: The percentage of students in the 7th-12th grades who ate fruit four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Drank fruit juices:

The percentage of students in the 7th-12th grades who drank fruit juices four or more times during the seven days preceding the survey.

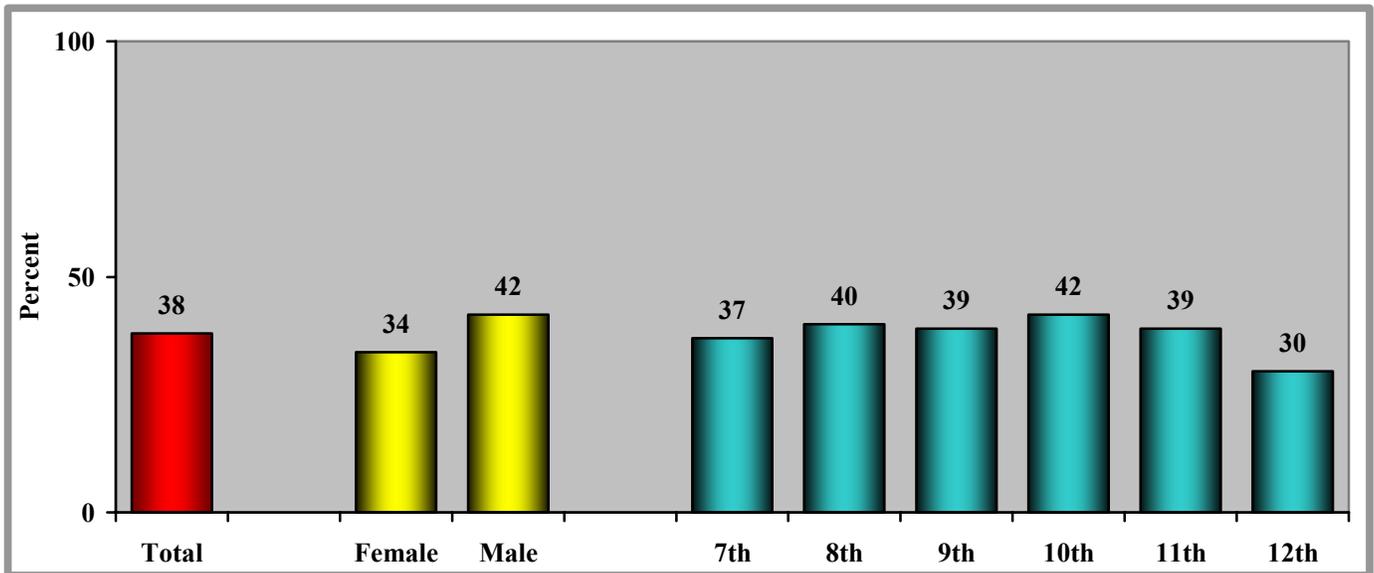
Results

- The prevalence of having drank fruit juices four or more times during the seven days preceding the survey was lower among female students (34%) than among male students (42%) in Howard County (Table 2 and Figure 2).
- The prevalence of having drank fruit juices four or more times during the seven days preceding the survey was highest among 10th grade (42%), and lowest among 12th grade (30%) students in Howard County (Table 2 and Figure 2).

Table 2: Drank fruit juices

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Drank fruit juices	38	34	42	37	40	39	42	39	30

Figure 2: The percentage of students in the 7th - 12th grades who drank fruit juices four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Ate green salad:

The percentage of students in the 7th-12th grades who ate green salad four or more times during the seven days preceding the survey.

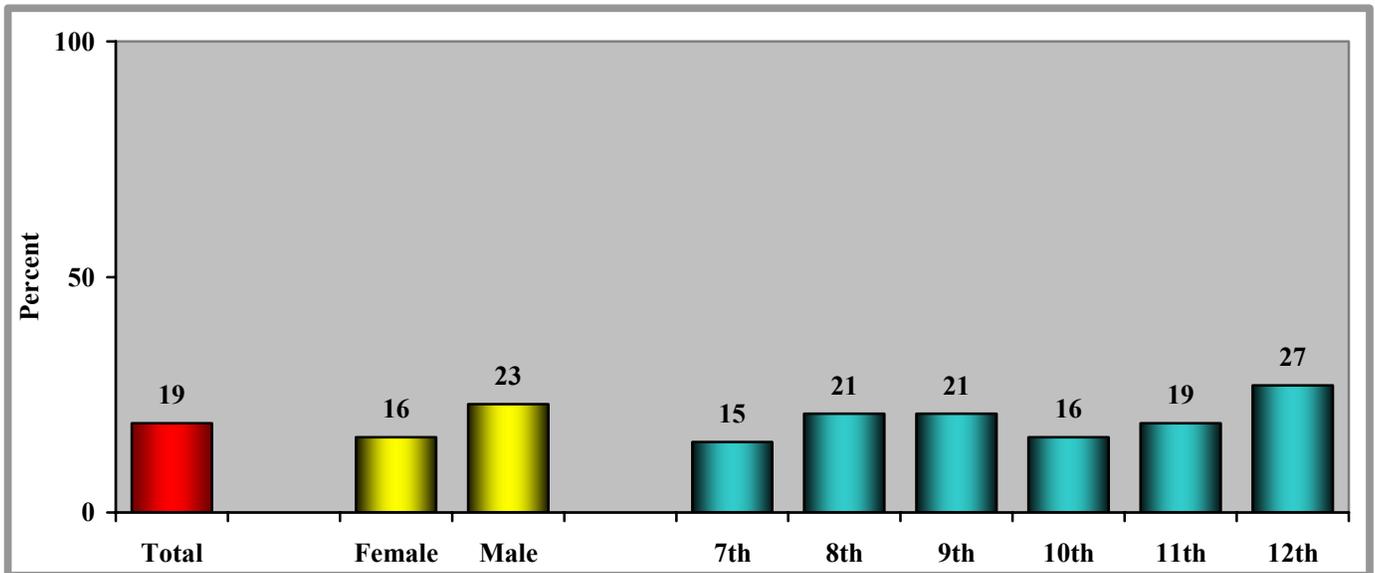
Results

- The prevalence of having eaten green salad four or more times during the seven days preceding the survey was lower among female students (16%) than among male students (23%) in Howard County (Table 3 and Figure 3).
- The prevalence of having eaten green salad four or more times during the seven days preceding the survey was highest among 12th grade (27%), and lowest among 7th grade (15%) students in Howard County (Table 3 and Figure 3).

Table 3: Ate green salad

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate green salad	19	16	23	15	21	21	16	19	27

Figure 3: The percentage of students in the 7th-12th grades who ate green salad four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Ate potatoes:

The percentage of students in the 7th -12th grades who ate potatoes four or more times during the seven days preceding the survey.

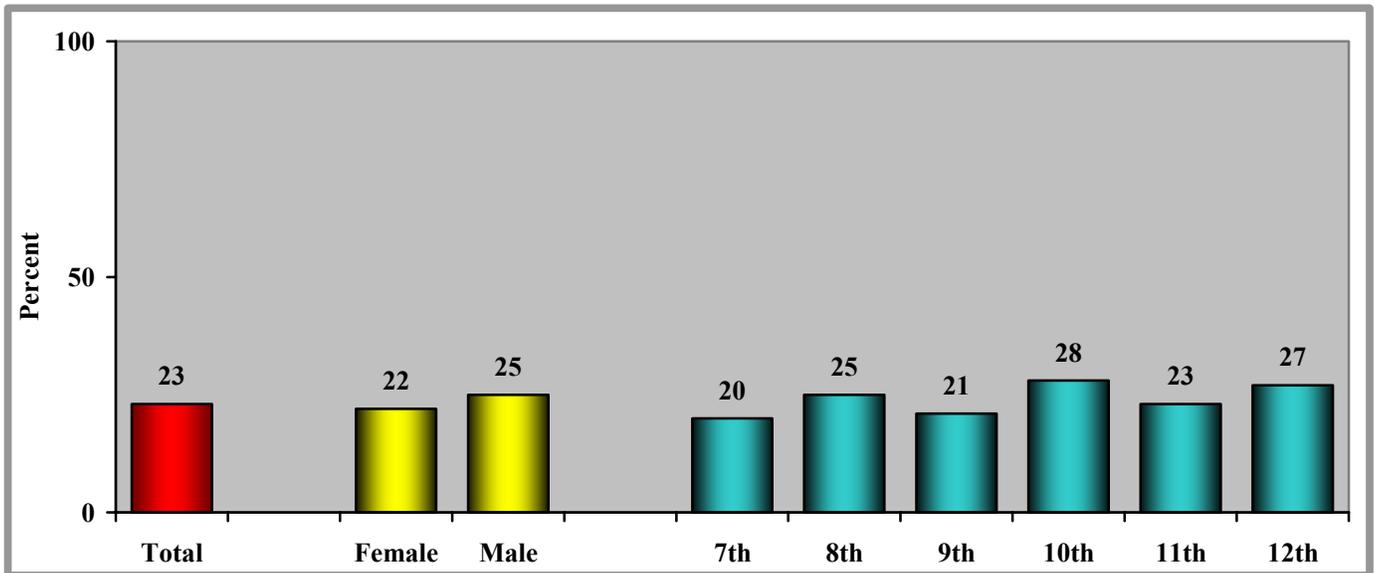
Results

- The prevalence of having eaten potatoes four or more times during the seven days preceding the survey was lower among female students (22%) than among male students (25%) in Howard County (Table 4 and Figure 4).
- The prevalence of having eaten potatoes four or more times during the seven days preceding the survey was highest among 10th grade (28%), and lowest among 7th grade (20%) students in Howard County (Table 4 and Figure 4).

Table 4: Ate potatoes

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate potatoes	23	22	25	20	25	21	28	23	27

Figure 4: The percentage of students in the 7th - 12th grades who ate potatoes four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Ate carrots:

The percentage of students in the 7th-12th grades who ate carrots four or more times during the seven days preceding the survey.

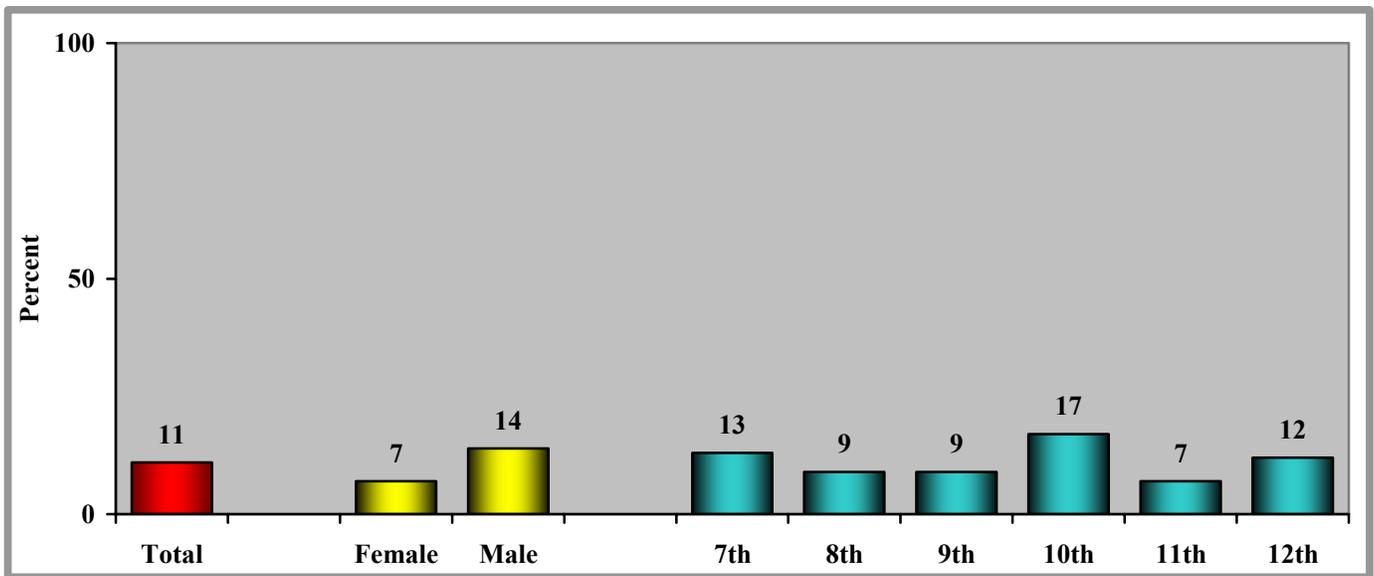
Results

- The prevalence of having ate carrots four or more times during the seven days preceding the survey was lower among female students (7%) than among male students (14%) in Howard County (Table 5 and Figure 5).
- The prevalence of having ate carrots four or more times during the seven days preceding the survey was highest among 10th grade (17%), and lowest among 11th grade (7%) students in Howard County (Table 5 and Figure 5).

Table 5: Ate carrots

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate carrots	11	7	14	13	9	9	17	7	12

Figure 5: The percentage of students in the 7th -12th grades who ate carrots four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Ate other vegetables:

The percentage of students in the 7th -12th grades who ate other vegetables four or more times during the seven days preceding the survey.

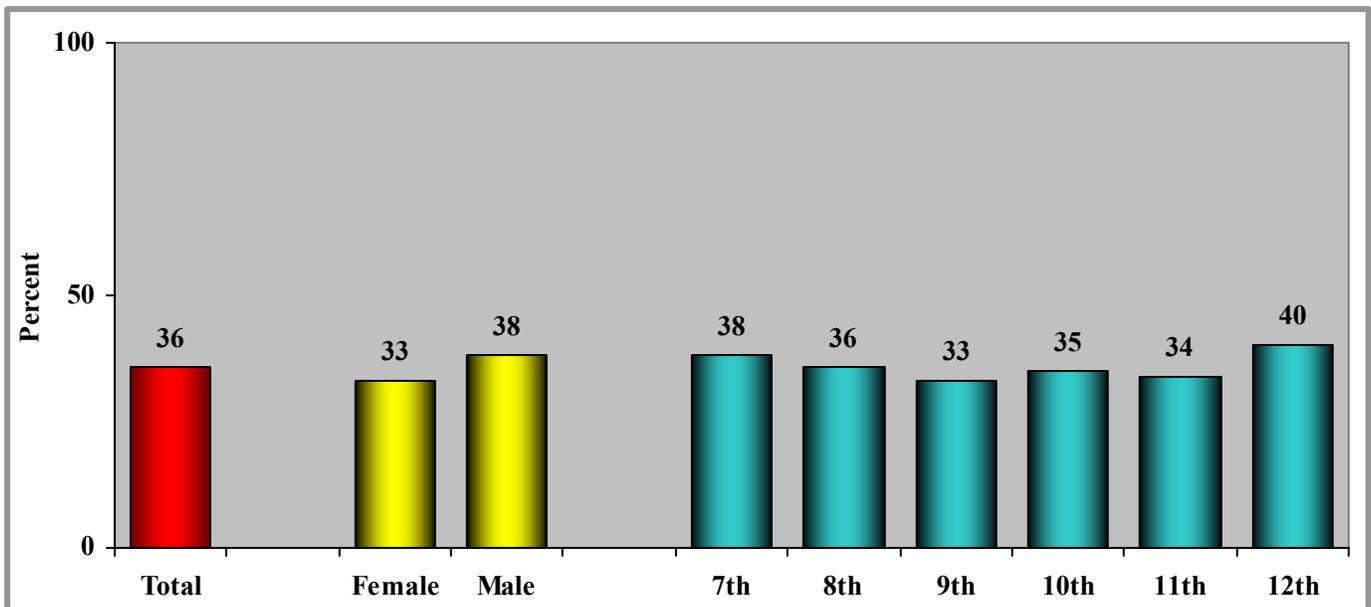
Results

- The prevalence of having eaten other vegetables four or more times during the seven days preceding the survey was lower among female students (33%) than among male students (38%) in Howard County (Table 6 and Figure 6).
- The prevalence of having eaten other vegetables four or more times during the seven days preceding the survey was highest among 12th grade (40%), and lowest among 9th grade (33%) students in Howard County (Table 6 and Figure 6).

Table 6: Ate other vegetables

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Ate other vegetables	36	33	38	38	36	33	35	34	40

Figure 6: The percentage of students in the 7th - 12th grades who ate other vegetables four or more times during the seven days preceding the survey.



Dietary Behaviors (continued)

Drank milk:

The percentage of students in the 7th -12th grades who drank milk four or more times during the seven days preceding the survey.

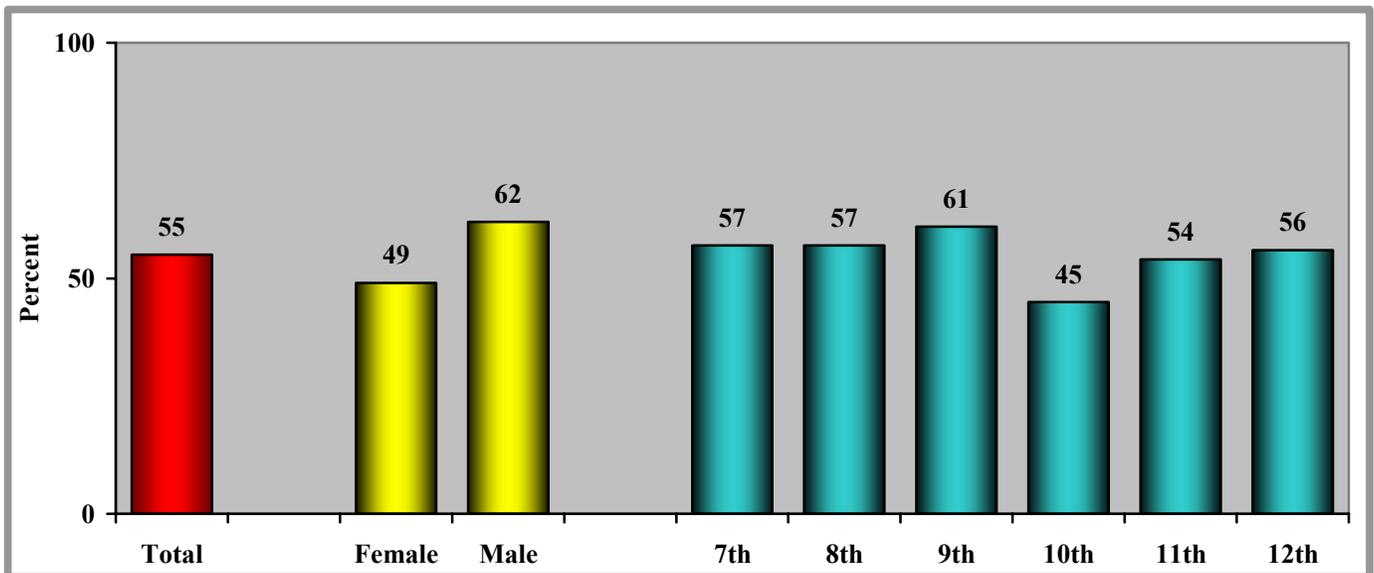
Results

- The prevalence of having drank milk four or more times during the seven days preceding the survey was lower among female students (49%) than among male students (62%) in Howard County (Table 7 and Figure 7).
- The prevalence of having drank milk four or more times during the seven days preceding the survey was highest among 9th grade (61%), and lowest among 10th grade (45%) students in Howard County (Table 7 and Figure 7).

Table 7: Drank milk

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Drank milk	55	49	62	57	57	61	45	54	56

Figure 7: The percentage of students in the 7th -12th grades who drank milk four or more times during the seven days preceding the survey.



Physical Activity

Physical activity with sweat:

The percentage of students in the 7th-12th grades who participated in physical activity for at least thirty minutes that made them sweat or breathe hard on three or more of the seven days preceding the survey.

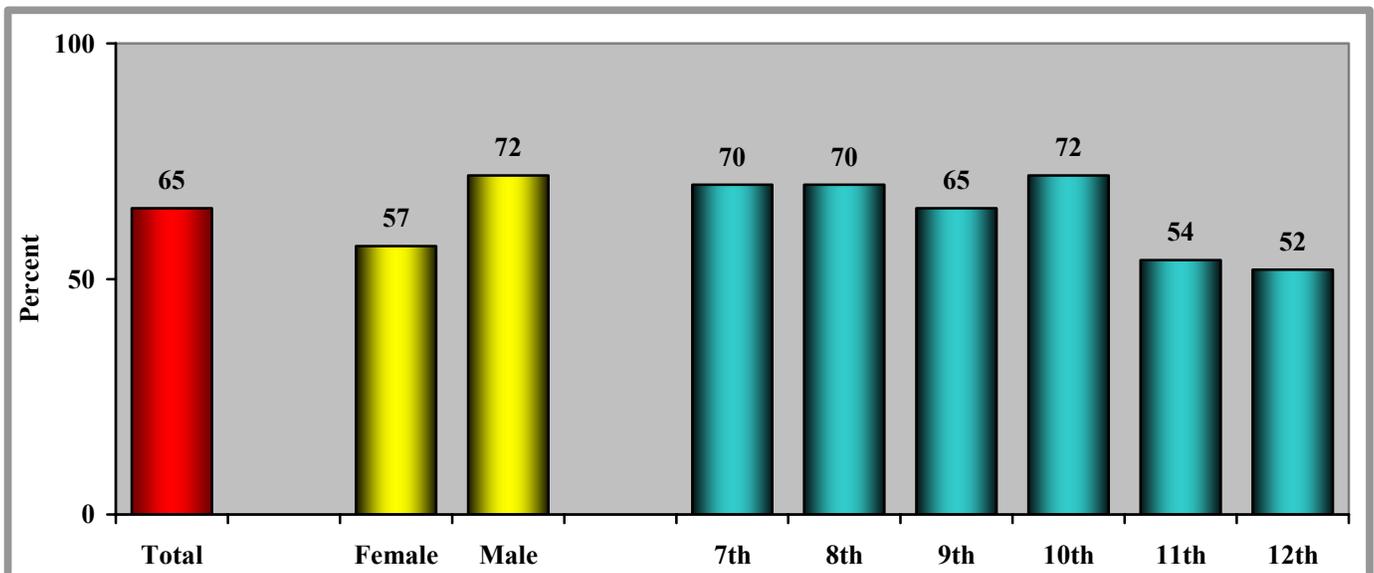
Results

- The prevalence of having participated in physical activity for at least thirty minutes that made students sweat or breathe hard on three or more of the seven days preceding the survey was lower among female students (57%) than among male students (72%) in Howard County (Table 1 and Figure 1).
- The prevalence of having participated in physical activity for at least thirty minutes that made students sweat or breathe hard on three or more of the seven days preceding the survey was highest among 10th grade (72%), and lowest among 12th grade (52%) students in Howard County (Table 1 and Figure 1).

Table 1: Physical activity with sweat

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Physical activity with sweat	65	57	72	70	70	65	72	54	52

Figure 1: The percentage of students in the 7th – 12th grades who participated in physical activity for least thirty minutes that made them sweat or breathe hard on three or more of the seven days preceding the survey.



Physical Activity (continued)

Physical activity without sweat:

The percentage of students in the 7th-12th grades who participated in physical activity for at least thirty minutes that did not make them sweat or breathe hard on three or more of the seven days preceding the survey.

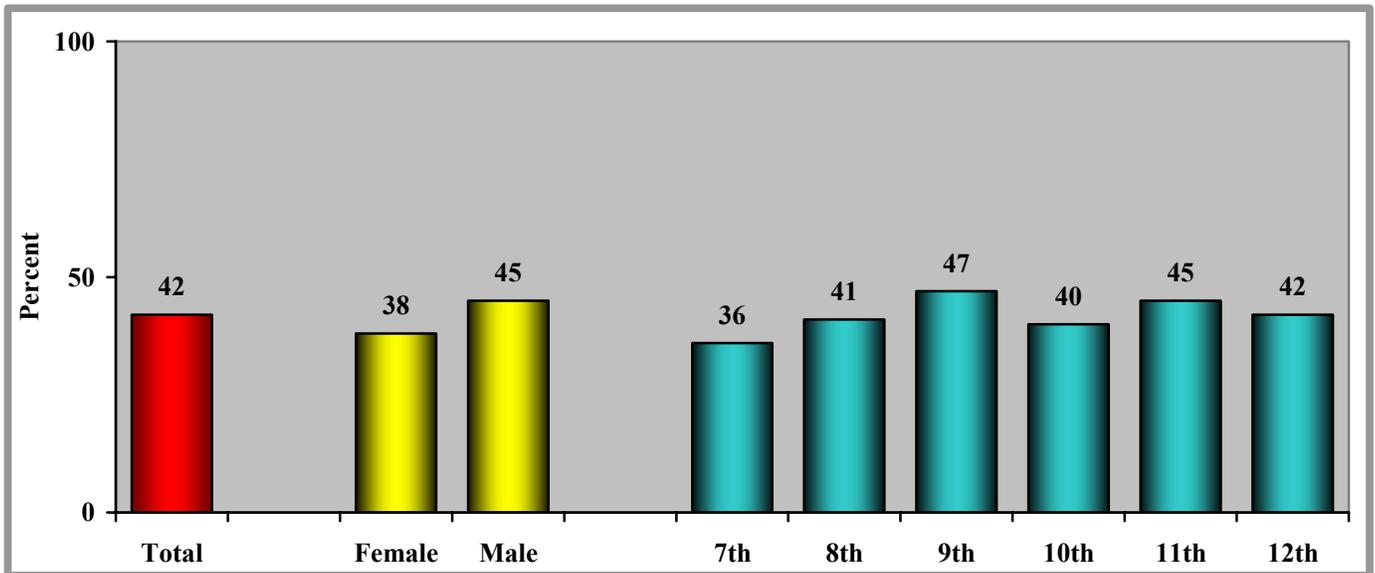
Results

- The prevalence of having participated in physical activity for at least thirty minutes that did not make students sweat or breathe hard on three or more of the seven days preceding the survey was lower among female students (38%) than among male students (45%) in Howard County (Table 2 and Figure 2).
- The prevalence of having participated in physical activity for at least thirty minutes that did not make students sweat or breathe hard on three or more of the seven days preceding the survey was highest among 9th grade (47%), and lowest among 7th grade (36%) students in Howard County (Table 2 and Figure 2).

Table 2: Physical activity without sweat

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Physical activity without sweat	42	38	45	36	41	47	40	45	42

Figure 2: The percentage of students in the 7th – 12th grades who participated in physical activity for least thirty minutes that did not make them sweat or breathe hard on three or more of the seven days preceding the survey.



Physical Activity (continued)

Physical education class

The percentage of students in the 7th-12th grades who attended physical education class (PE) on one or more days in an average week when he/she was in school.

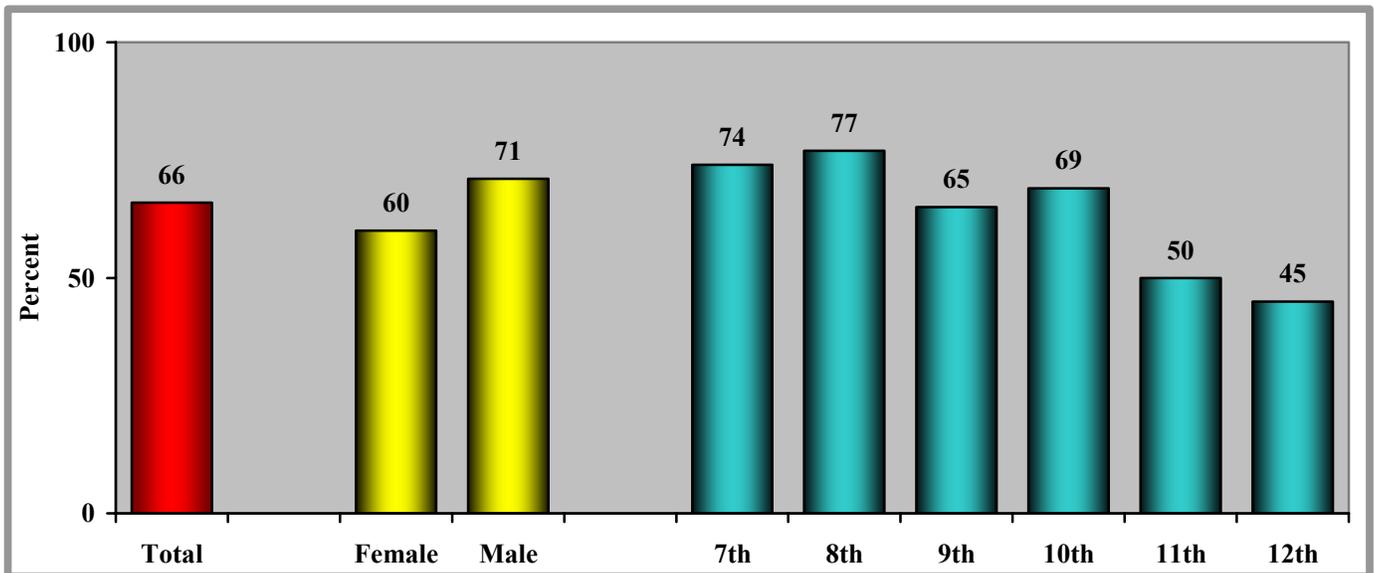
Results

- The prevalence of having attended physical education class on one or more days in an average week when in school was lower among female students (60%) than among male students (71%) in Howard County (Table 3 and Figure 3).
- The prevalence of having attended physical education class on one or more days in an average week when in school was highest among 8th grade (77%), and lowest among 12th grade (45%) students in Howard County (Table 3 and Figure 3).

Table 3: Physical education class

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Physical education class	66	60	71	74	77	65	69	50	45

Figure 3: The percentage of students in the 7th – 12th grades who attended physical education class on one or more days in an average week when in school.



Physical Activity (continued)

Played on sports teams:

The percentage of students in the 7th-12th grades who played on one or more sports teams during the twelve months preceding the survey.

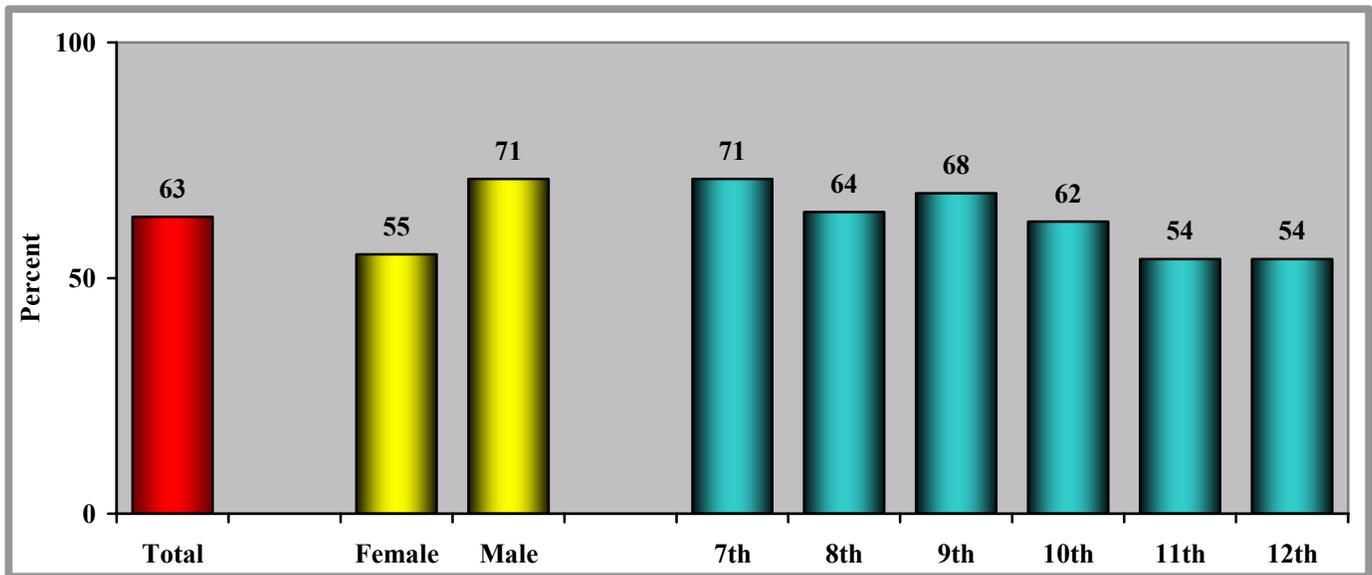
Results

- The prevalence of having played on one or more sports teams during the twelve months preceding the survey was lower among female students (55%) than among male students (71%) in Howard County (Table 4 and Figure 4).
- The prevalence of having played on one or more sports teams during the twelve months preceding the survey was highest among 7th grade (71%), and lowest among 11th grade (54%) and 12th grade (54%) students in Howard County (Table 4 and Figure 4).

Table 4: Played on sports teams

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Played on sports teams	63	55	71	71	64	68	62	54	54

Figure 4: The percentage of students in the 7th-12th grades who played on one or more sports teams during the twelve months preceding the survey.



Violence Related Behaviors on School Property

Carried a weapon on school property

The percentage of students in the 7th-12th grades who carried a weapon such as a gun, knife, or club on school property on one or more of the thirty days preceding the survey.

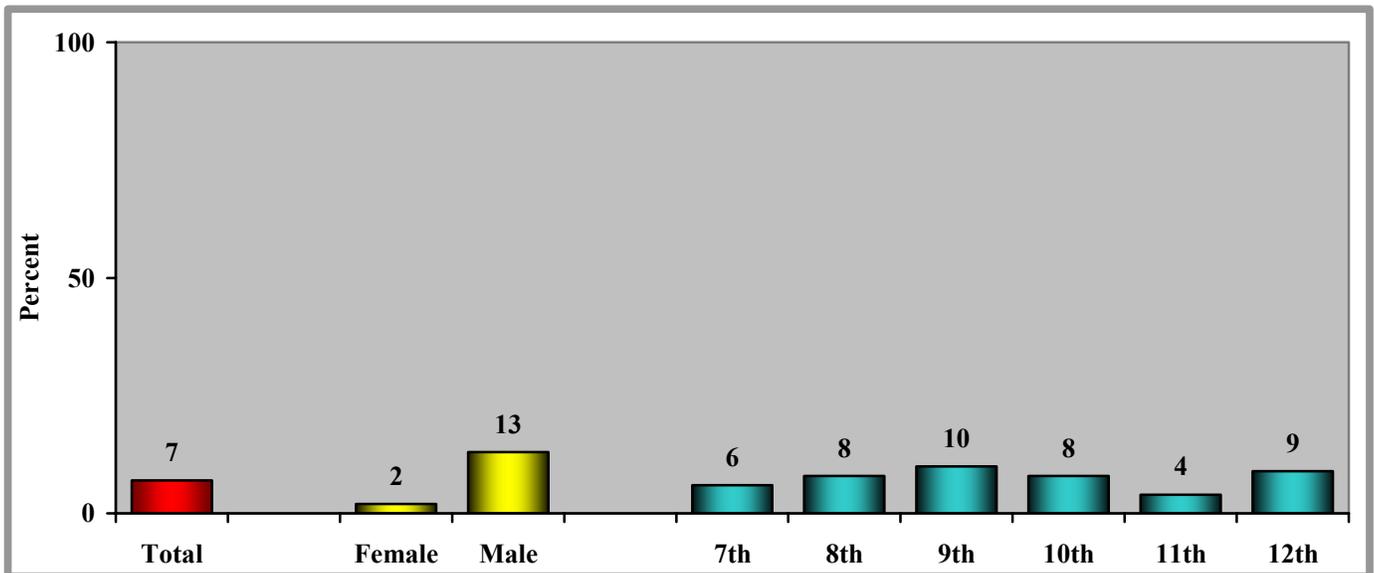
Results

- The prevalence of having carried a weapon such as a gun, knife, or club on school property on one or more of the thirty days preceding the survey was lower among female students (2%) than among male students (13%) in Howard County (Table 1 and Figure 1).
- The prevalence of having carried a weapon such as a gun, knife, or club on school property on one or more of the thirty days preceding the survey was highest among 9th grade (10%), and lowest among 11th grade (4%) students in Howard County (Table 1 and Figure 1).

Table 1: Carried a weapon on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Carried a weapon on school property	7	2	13	6	8	10	8	4	9

Figure 1: The percentage of students in the 7th – 12th grades who carried a weapon such as a gun, knife, or club on school property on one or more of the thirty days preceding the survey.



Violence Related Behaviors on School Property (continued)

Had property stolen or damaged:

The percentage of students in the 7th-12th grades who had property such as a car, clothing, or books stolen or deliberately damaged during the twelve months preceding the survey.

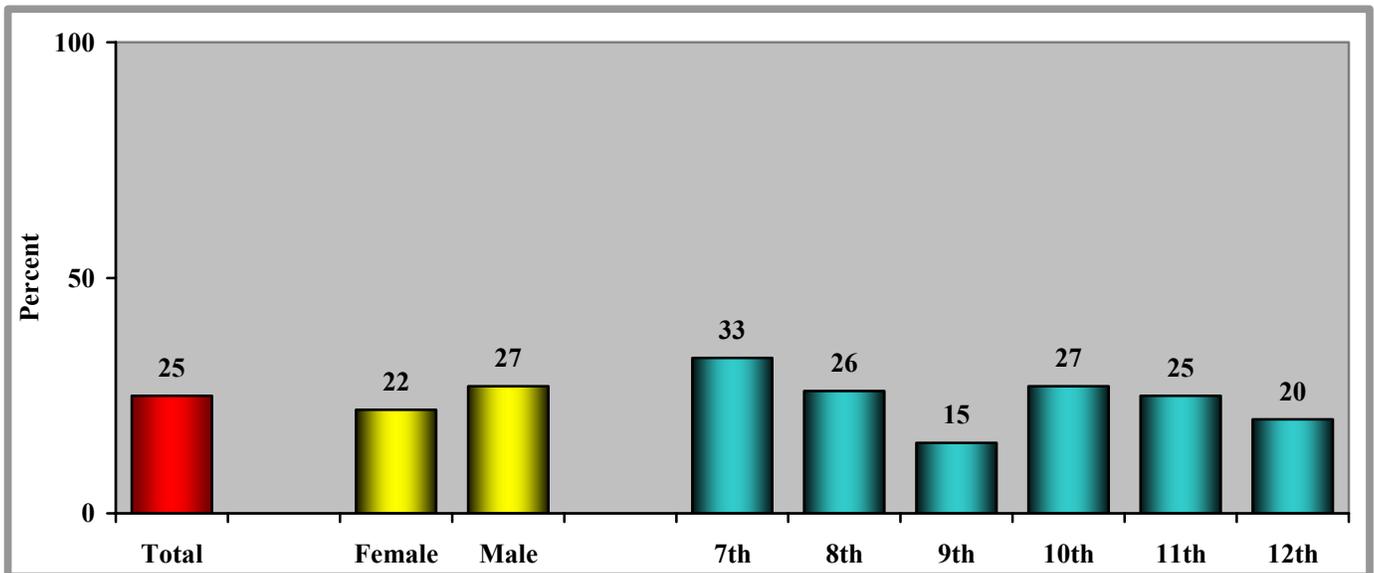
Results

- The prevalence of having had property such as a car, clothing, or books stolen or deliberately damaged during the twelve months preceding the survey was lower among female students (22%) than among male students (27%) in Howard County (Table 2 and Figure 2).
- The prevalence of having had property such as a car, clothing, or books stolen or deliberately damaged during the twelve months preceding the survey was highest among 7th grade (33%), and lowest among 9th grade (15%) students in Howard County (Table 2 and Figure 2).

Table 2: Had property stolen or damaged

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Had property stolen or damaged	25	22	27	33	26	15	27	25	20

Figure 2: The percentage of students in the 7th-12th grades who had property such as a car, clothing, or books stolen or deliberately damaged during the twelve months preceding the survey.



Violence Related Behaviors on School Property (continued)

Felt unsafe on the way or at school:

The percentage of students in the 7th-12th grades who did not go to school on one or more of the thirty days preceding the survey because they felt unsafe at school or on their way to or from school.

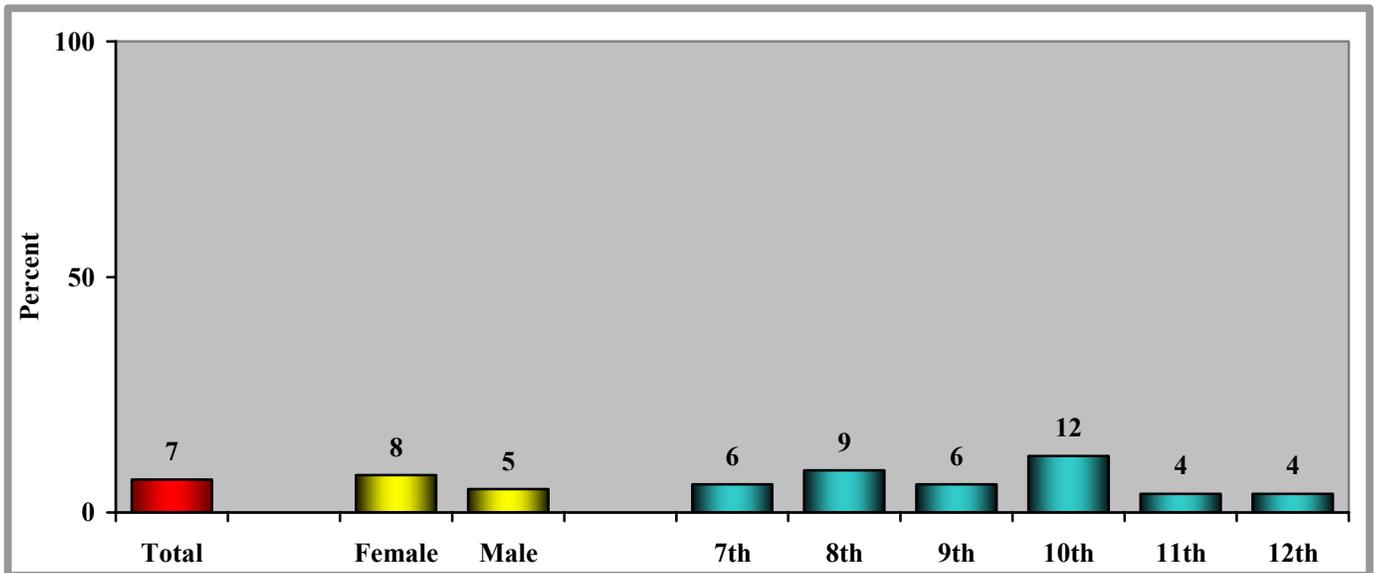
Results

- The prevalence of having not gone to school because of safety concerns during the thirty days preceding the survey was higher among female students (8%) than among male students (5%) in Howard County (Table 3 and Figure 3).
- The prevalence of having not gone to school because of safety concerns during the thirty days preceding the survey was highest among 10th grade (12%), and lowest among 11th grade (4%) and 12th grade (4%) students in Howard County (Table 3 and Figure 3).

Table 3: Felt unsafe on the way or at school

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Felt unsafe on the way or at school	7	8	5	6	9	6	12	4	4

Figure 3: The percentage of students in the 7th – 12th grades who did not go to school on one or more of the thirty days preceding the survey because they felt unsafe at school or on their way to or from school.



Violence Related Behaviors on School Property (continued)

Threatened or injured on school property:

The percentage of students in the 7th-12th grades who had been threatened or injured with a weapon on school property one or more times during the twelve months preceding the survey.

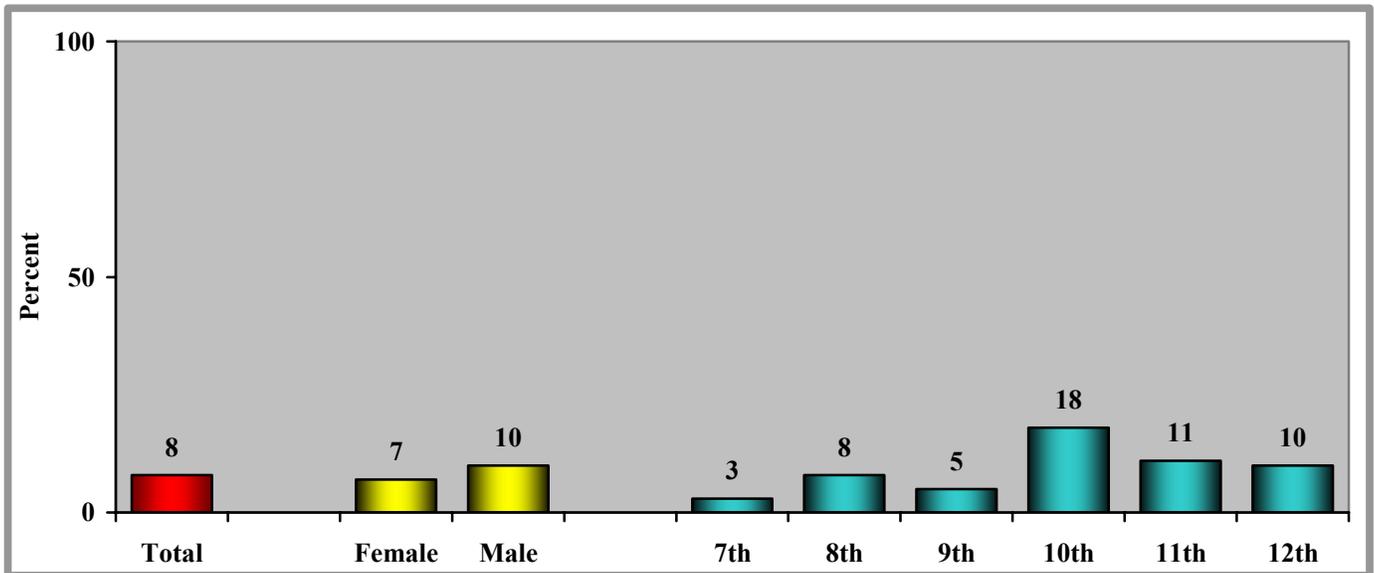
Results

- The prevalence of having been threatened or injured with a weapon on school property one or more times during the twelve months preceding the survey was lower among female students (7%) than among male students (10%) in Howard County (Table 4 and Figure 4).
- The prevalence of having been threatened or injured with a weapon on school property one or more times during the twelve months preceding the survey was highest among 10th grade (18%), and lowest among 7th grade (3%) students in Howard County (Table 4 and Figure 4).

Table 4: Threatened or injured on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Threatened or injured on school property	8	7	10	3	8	5	18	11	10

Figure 4: The percentage of students in the 7th-12th grades who had been threatened or injured with a weapon on school property one or more times during the twelve months preceding the survey.



Violence Related Behaviors on School Property (continued)

Involved in a physical fight on school property

The percentage of students in the 7th-12th grades who were in a physical fight on school property one or more times during the twelve months preceding the survey.

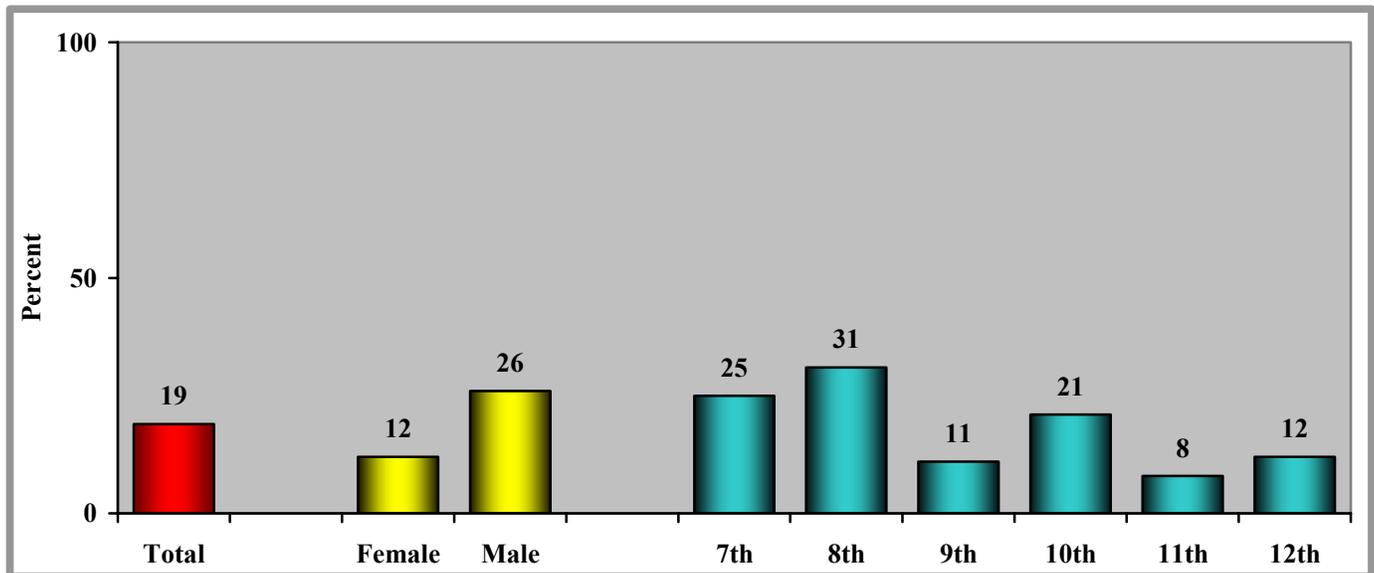
Results

- The prevalence of having been in a physical fight on school property during the twelve months preceding the survey was lower among female students (12%) than among male students (26%) in Howard County (Table 5 and Figure 5).
- The prevalence of having been in a physical fight on school property during the twelve months preceding the survey was highest among 8th grade (31%), and lowest among 11th grade (8%) students in Howard County (Table 5 and Figure 5).

Table 5: Involved in a physical fight on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Involved in a physical fight on school property	19	12	26	25	31	11	21	8	12

Figure 5: The percentage of students in the 7th – 12th grades who were in a physical fight on school property one or more times during the twelve months preceding the survey.



Tobacco Use on School Property

Smoked cigarettes on school property:

The percentage of students in the 7th-12th grades who smoked cigarettes on school property on one or more of the thirty days preceding the survey.

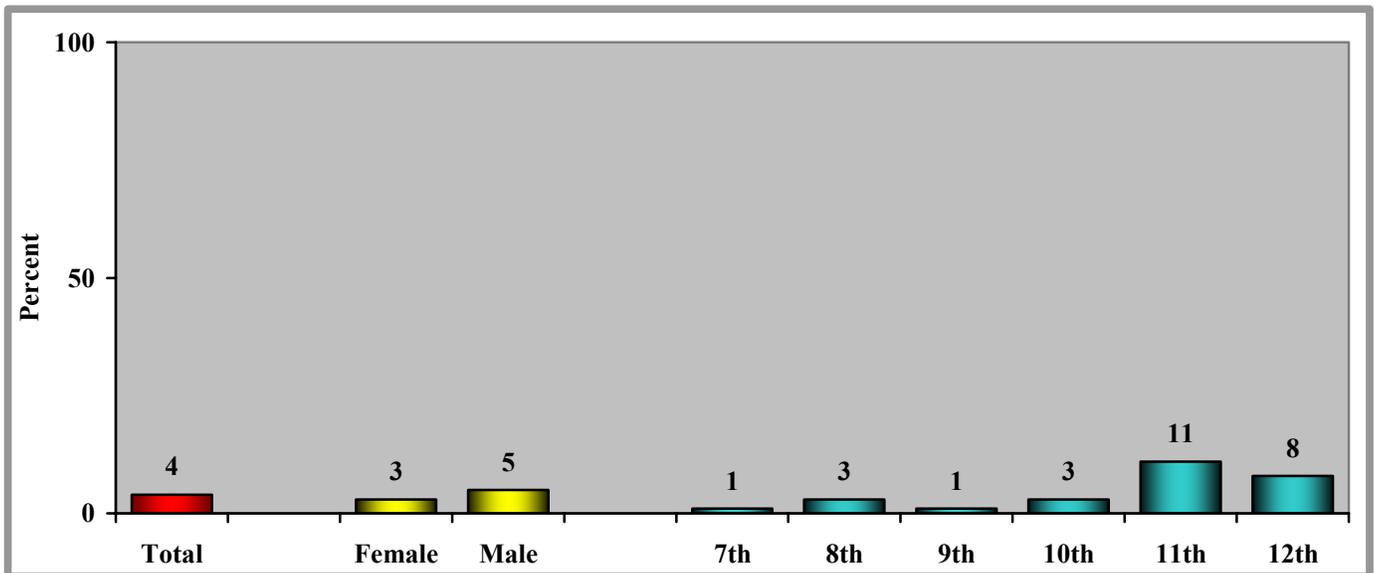
Results

- The prevalence of having smoked cigarettes on school property on one or more of the thirty days preceding the survey was lower among female students (3%) than among male students (5%) in Howard County (Table 1 and Figure 1).
- The prevalence of having smoked cigarettes on school property on one or more of the thirty days preceding the survey was highest among 11th (11%) grade, and lowest among 7th (1%) grade and 9th (1%) grade students in Howard County (Table 1 and Figure 1).

Table 1: Smoked cigarettes on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Smoked cigarettes on school property	4	3	5	1	3	1	3	11	8

Figure 1: The percentage of students in the 7th – 12th grades who smoked cigarettes on school property on one or more of the thirty days preceding the survey.



Tobacco Use on School Property (continued)

Chewed tobacco on school property:

The percentage of students in the 7th-12th grades who used chewing tobacco or snuff on school property on one or more of the thirty days preceding the survey.

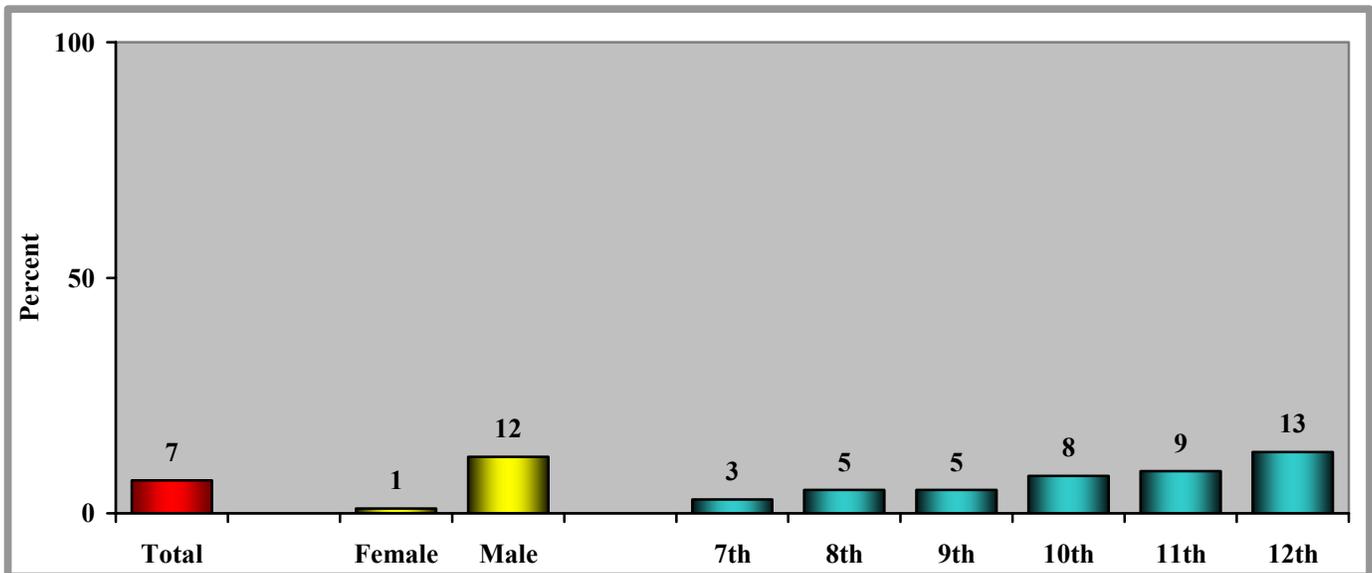
Results

- The prevalence of having used chewing tobacco or snuff on school property on one or more of the thirty days preceding the survey was lower among female students (1%) than among male students (12%) in Howard County (Table 2 and Figure 2).
- The prevalence of having used chewing tobacco or snuff on school property on one or more of the thirty days preceding the survey was highest among 12th grade (13%), and lowest among 7th grade (3%) students in Howard County (Table 2 and Figure 2).

Table 2: Chewed tobacco on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Chewed tobacco on school property	7	1	12	3	5	5	8	9	13

Figure 2: The percentage of students in the 7th-12th grades who used chewing tobacco or snuff on school property on one or more of the thirty days preceding the survey.



Alcohol Use on School Property

Alcohol use on school property

The percentage of students in the 7th-12th grades who had at least one drink of alcohol on school property on one or more of the thirty days preceding the survey.

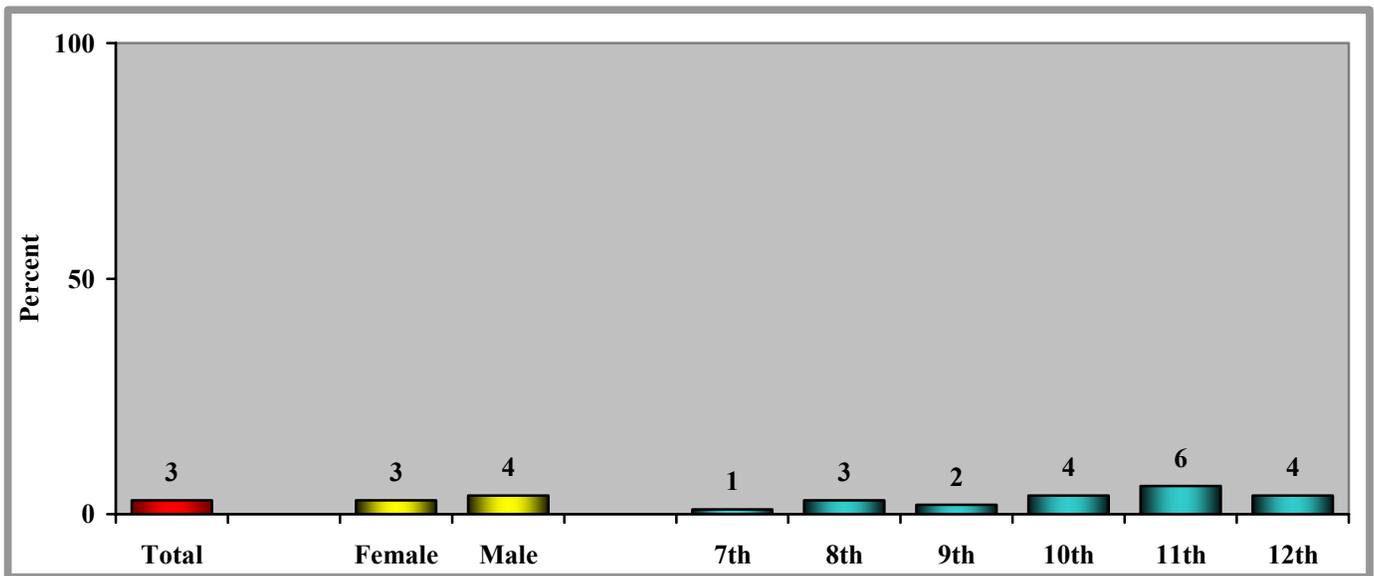
Results

- The prevalence of having had at least one drink of alcohol on school property on one or more of the thirty days preceding the survey was lower among female students (3%) than among male students (4%) in Howard County (Table 1 and Figure 1).
- The prevalence of having had at least one drink of alcohol on school property on one or more of the thirty days preceding the survey was highest among 11th grade (6%), and lowest among 7th grade (1%) students in Howard County (Table 1 and Figure 1).

Table 1: Alcohol use on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Alcohol use on school property	3	3	4	1	3	2	4	6	4

Figure 1: The percentage of students in the 7th – 12th grades who had at least one drink of alcohol on school property on one or more of the thirty days preceding the survey.



Illegal Drug Use on School Property

Marijuana use on school property:

The percentage of students in the 7th-12th grades who used marijuana on school property on one or more of the thirty days preceding the survey.

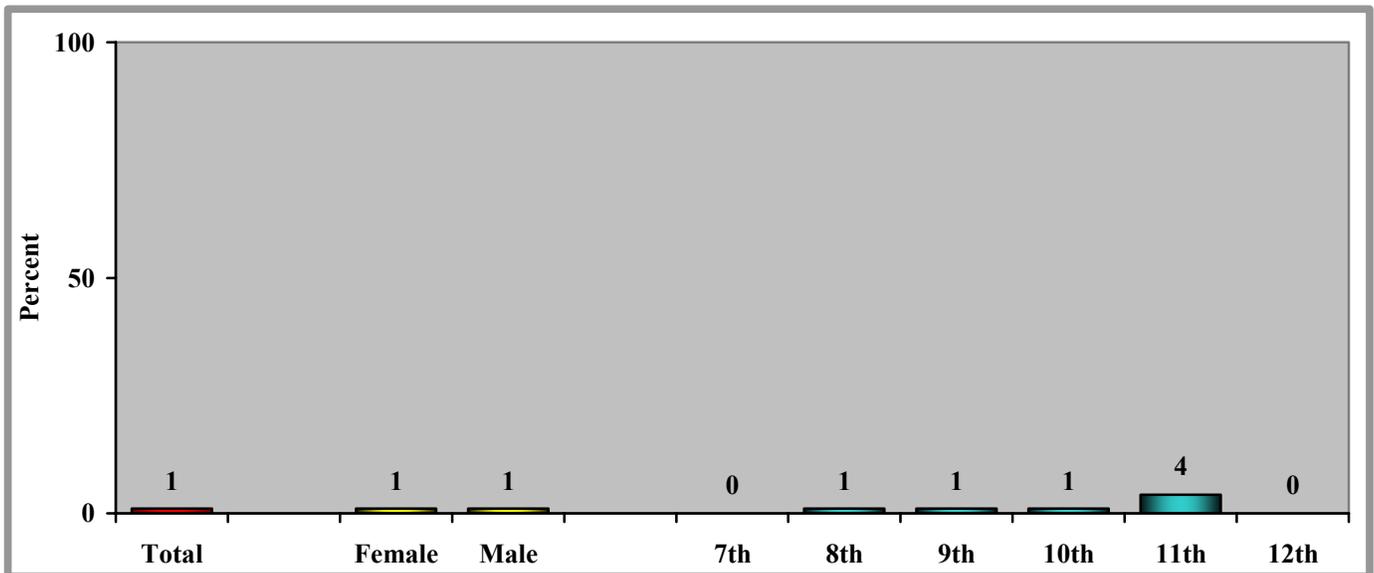
Results

- The prevalence of having used marijuana on school property on one or more of the thirty days preceding the survey was equal among female students (1%) and male students (1%) in Howard County (Table 1 and Figure 1).
- The prevalence of having used marijuana on school property on one or more of the thirty days preceding the survey was highest among 11th grade (4%), and lowest among 7th grade (0%) and 12th grade (0%) students in Howard County (Table 1 and Figure 1).

Table 1: Marijuana use on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Marijuana use on school property	1	1	1	0	1	1	1	4	0

Figure 1: The percentage of students in the 7th – 12th grades who used marijuana on school property on one or more of the thirty days preceding the survey.



Illegal Drug Use on School Property (continued)

Offer or sale of illegal drugs on school property:

The percentage of students in the 7th-12th grades who had someone offer, sell, or give them an illegal drug on school property during the twelve months preceding the survey.

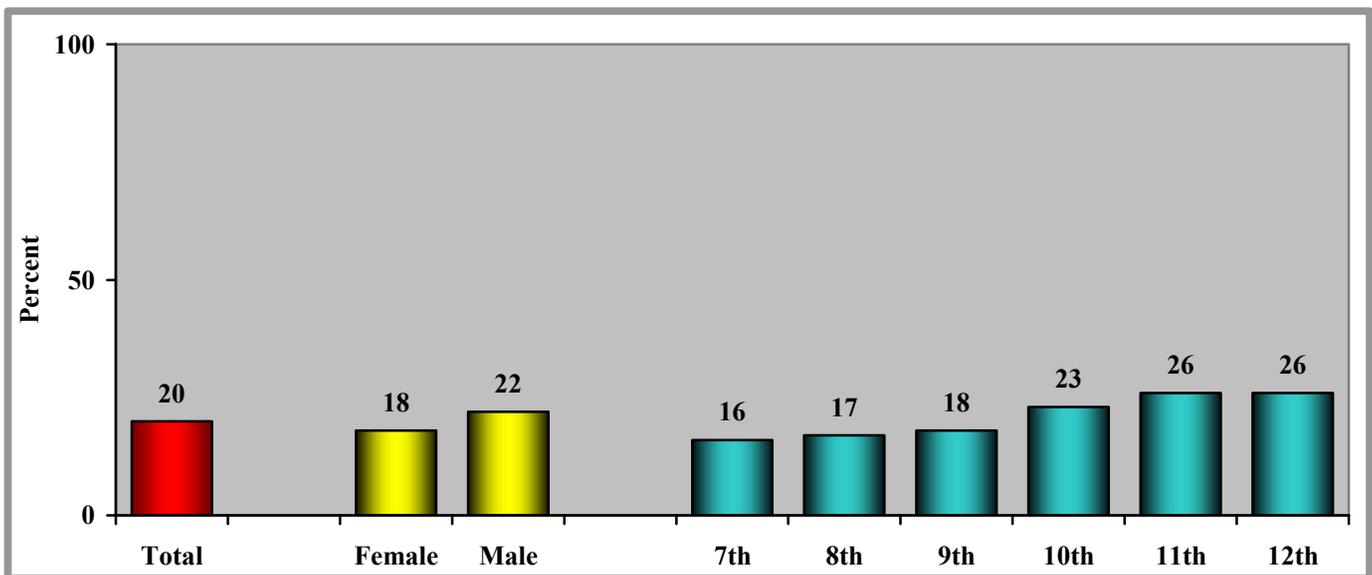
Results

- The prevalence of having been offered, sold, or given an illegal drug on school property during the twelve months preceding the survey was lower among female students (18%) than among male students (22%) in Howard County (Table 1 and Figure 2).
- The prevalence of having been offered, sold, or given an illegal drug on school property during the twelve months preceding the survey was highest among 11th grade (26%) and 12th grade (26%), and lowest among 7th grade (16%) students in Howard County (Table 1 and Figure 2).

Table 2: Offer or sale of illegal drugs on school property

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Offer or sale of illegal drugs on school property	20	18	22	16	17	18	23	26	26

Figure 2: The percentage of students in the 7th-12th grades who had someone offer, sell, or give them an illegal drug on school property during the twelve months preceding the survey.



Internet Resources for Educators, Parents, and Teens

For more information about the County Youth Health Survey (CYHS) and the risk behaviors it covers, please see the following Internet resources.

■ ***The Youth Risk Behavior Study***

This page is the United States Centers for Disease Control and Prevention's (CDC's) overview of the methods, results, and uses of CYHS data.

<http://www.cdc.gov/healthyouth/yrbs/index.htm>

■ ***Violence***

These sites include information about warning signs and prevention of violence among adolescents.

The American Psychological Association's site about youth violence warning signs, and information about how to get help for violent youth.

<http://apahelpcenter.org/featuredtopics/feature.php?id=38>

This information about understanding violent behavior among youth is provided by the American Academy of Adolescent and Child Psychiatry.

<http://www.aacap.org/publications/factsfam/behavior.htm>

■ ***Tobacco, Alcohol, and Other Drug Use***

These pages provide information about tobacco, alcohol, and other drug use prevention, and treatment for youth and their families.

The Campaign for Tobacco-Free Kids is the country's largest non-government initiative ever launched to protect children from tobacco addiction and exposure to second-hand smoke.

<http://www.tobaccofreekids.org>

Arkansans for Drug Free Youth is an organization dedicated to educating and motivating Arkansas youth, families, and communities in the development of healthy, drug free youth.

<http://www.adfy.com>

PREVline (Prevention Online) offers hundreds of files about alcohol, tobacco, and other drugs from the National Clearinghouse for Alcohol and Drug Information.

<http://ncadi.samhsa.gov/>

Internet Resources for Educators, Parents, and Teens (continued)

■ *Teen Pregnancy and Sexual Behavior*

These sites provide information about teen sexuality, pregnancy, and STDs.

The Alan Guttmacher Institute provides reliable, balanced, nonpartisan information on sexual activity, contraception, abortion, and childbearing. <http://www.guttmacher.org/>

The mission of the National Campaign to Prevent Teen Pregnancy is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. Their site contains tips for teens, parents, and faith communities on ways they can help prevent teen pregnancy and the spread of sexually transmitted diseases.

<http://www.teenpregnancy.org/>

■ *Nutrition and Physical Activity*

The following sites are dedicated to providing information about healthy eating and exercise.

The American Dietetic Association promotes optimal nutrition and well being for all people.

<http://www.eatright.org>

The American Council on Exercise (ACE) is committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit.

<http://www.acefitness.org/>

■ *Mental Health Issues*

This site provides information regarding mental health issues including depression, suicide, mental illnesses, and how to get help.

The National Mental Health Association is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service.

<http://www.nmha.org>

■ *Parenting Teens*

These links connect to sites for parents of teenagers. Issues covered include tips for communicating with teens, health, education, substance abuse, eating disorders, and other topics of interest to parents of teenagers.

From About.com, a site with original articles about parenting and links to other sites of interest to parents of teens.

<http://parentingteens.about.com/home/parenting/parentingteens/>

From Parent's Soup, a site with articles and information from educators, experts, and parents.

<http://parenting.ivillage.com/messageboards>

Internet Resources for Educators, Parents, and Teens (continued)

■ *Links for Teens*

The following sites are designed for teenagers with content by teens covering a variety of topics including health and education, creative expression, and practical advice.

About.com - site for teenagers, including message boards and creative writing from real teens.

<http://home.about.com/teens/index.htm>

Teen Voice is a youth magazine covering issues facing teenage girls and young women today including topics such as health, education, substance abuse, and body image.

<http://www.teenvoices.com>

■ *Miscellaneous*

The Annie E. Casey Foundation is a private charitable organization dedicated to helping build better futures for disadvantaged children in the U.S.

<http://www.aecf.org>

The U.S. Department of Health & Human Services

<http://www.dhhs.gov>