

2008 PRAIRIE COUNTY COUNTY YOUTH HEALTH SURVEY RESULTS



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2008 County Youth Health Survey, please contact:**

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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.

During November 2008, valid CYHS questionnaires were completed 513 seventh through twelfth grade students throughout Prairie County public schools, with a response rate of 87%. The information provided by those students is presented in this report.

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

Introduction (continued)

How will Prairie County use data from the CYHS?

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

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

The 2008 CYHS also provides Prairie County's School Districts with measures for evaluating future 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 Prairie 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)

How was the CYHS conducted?

During November, 2008 seventh through twelfth grade students enrolled in Prairie 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 Prairie County recorded their responses to the survey:

- Des Arc School District;
- Hazen School District.

Introduction (continued)

Interpretation of the survey

Prairie County's 2008 County Youth Health Survey is a "snapshot in time," meaning that it only provides information on those health risk behaviors reported by students in November of 2008. 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?

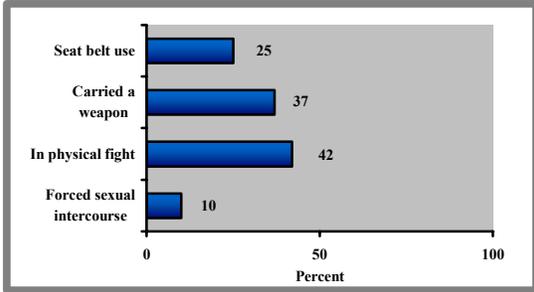
Answers were edited for consistency using the Center for Disease Control and Prevention's YRBSS data editing guidelines. For example, if a student reported that he or she had driven under the influence of alcohol, and also reported that he or she had never had a drink of alcohol, the answers for those questions were deleted from the survey. Additionally, some students chose not to answer certain questions, meaning that not all students surveyed were represented in every response.

The percentages presented in this report were 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%. Also, the percentages reported represent only valid responses for each particular question.

Summary

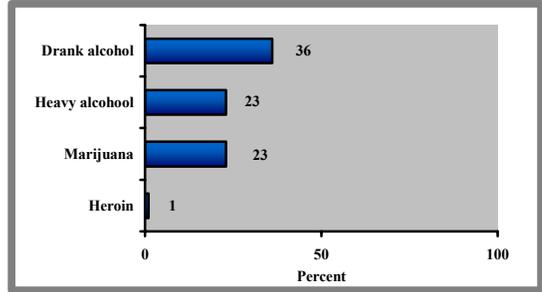
Unintentional Injuries and Violence

- 🍏 25% never or rarely wore a seat belt
- 🍏 37% carried a weapon during the past month
- 🍏 42% were in a physical fight in the past year
- 🍏 10% forced to have sexual intercourse



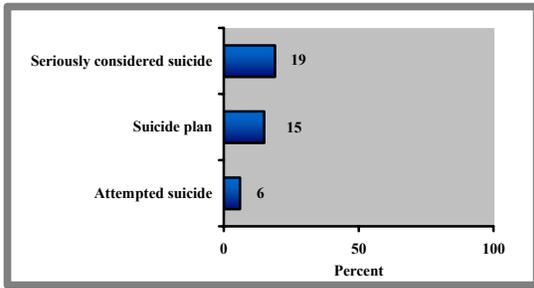
Alcohol and Illegal Drug Use

- 🍏 36% drank alcohol in past month
- 🍏 23% were heavy alcohol users in past month
- 🍏 23% used marijuana in past month
- 🍏 1% have tried heroin



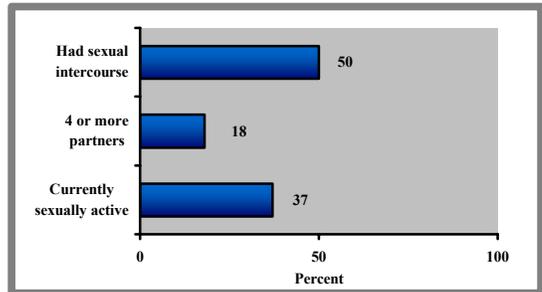
Depression and Suicide

- 🍏 19% seriously considered attempting suicide in past year
- 🍏 15% made a suicide plan in the past year
- 🍏 6% attempted suicide in the past year



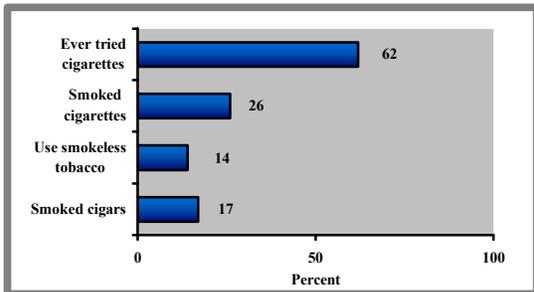
Sexual Behaviors

- 🍏 50% have had sexual intercourse
- 🍏 18% have had ≥ 4 sexual partners
- 🍏 37% are currently sexually active



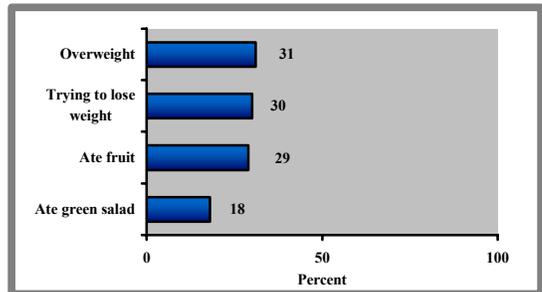
Tobacco Use

- 🍏 62% ever tried cigarette smoking
- 🍏 26% Smoked cigarettes in the past month
- 🍏 14% used smokeless tobacco in past month
- 🍏 17% smoked cigars in past month



Weight and Diet

- 🍏 31% were overweight
- 🍏 30% were trying to lose weight
- 🍏 29% ate fruit in the past 7 days
- 🍏 18% ate green salad in the past 7 days



Demographics of Prairie County 2008 CYHS Participants

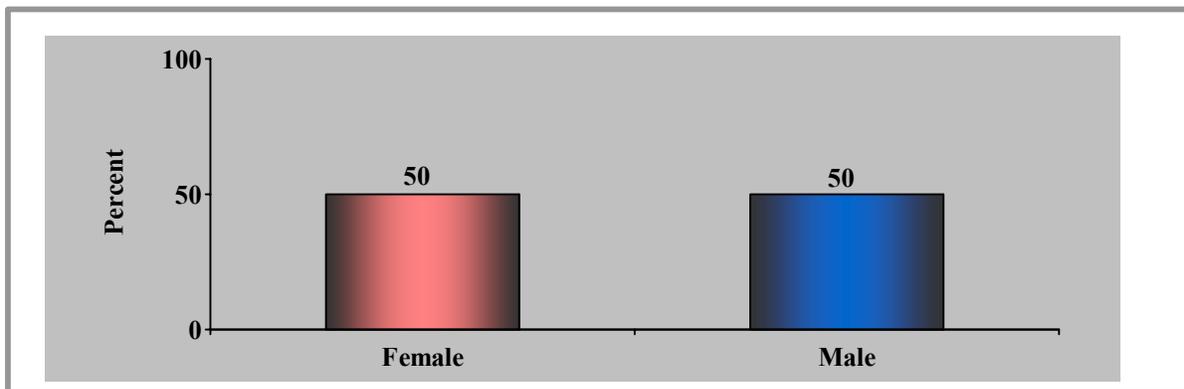
Total number of survey participants = 513

Table 1: Gender

What is your sex?		
	Number of students	Percent of total
FEMALE	252	50
MALE	255	50

(Frequency missing = 6)

Figure 1: Gender



Demographics of Prairie County 2008 CYHS Participants (continued)

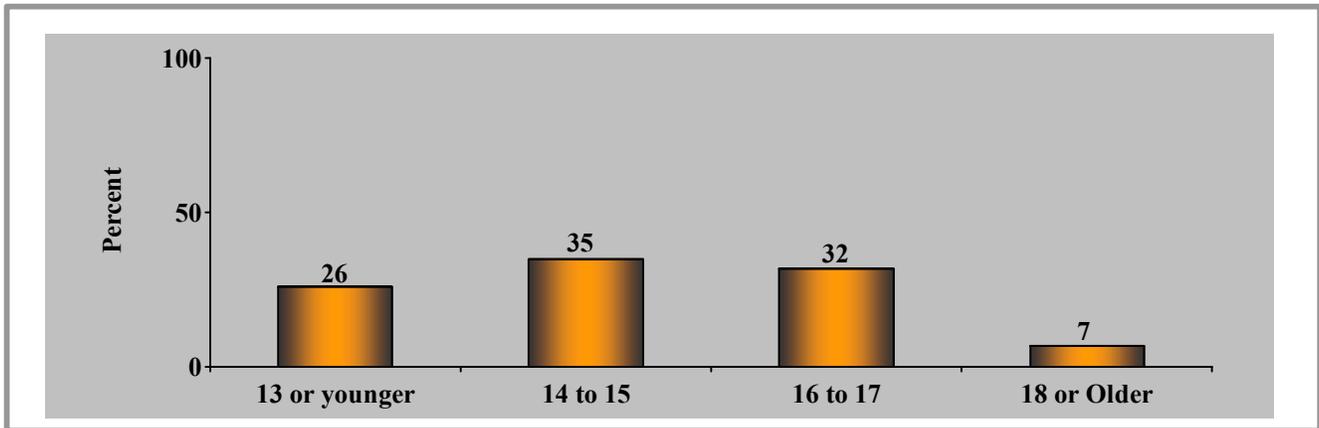
Total number of survey participants = 513

Table 2: Age

How old are you?		
	Number of students	Percent of total
12 OR YOUNGER	44	9
13	89	17
14	103	20
15	76	15
16	95	19
17	66	13
18 OR OLDER	35	7

(Frequency missing = 5)

Figure 2: Age



Demographics of Prairie County 2008 CYHS Participants (continued)

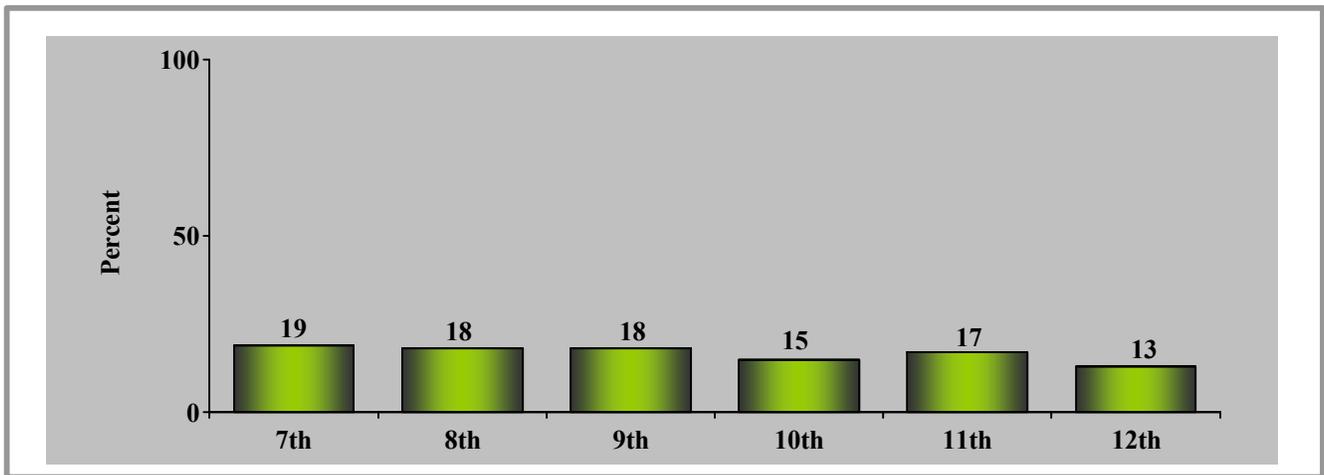
Total number of survey participants = 513

Table 3: Grade

In what grade are you?		
	Number of students	Percent of total
7th	95	19
8th	91	18
9th	92	18
10th	75	15
11th	84	17
12th	68	13

(Frequency missing = 8)

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.

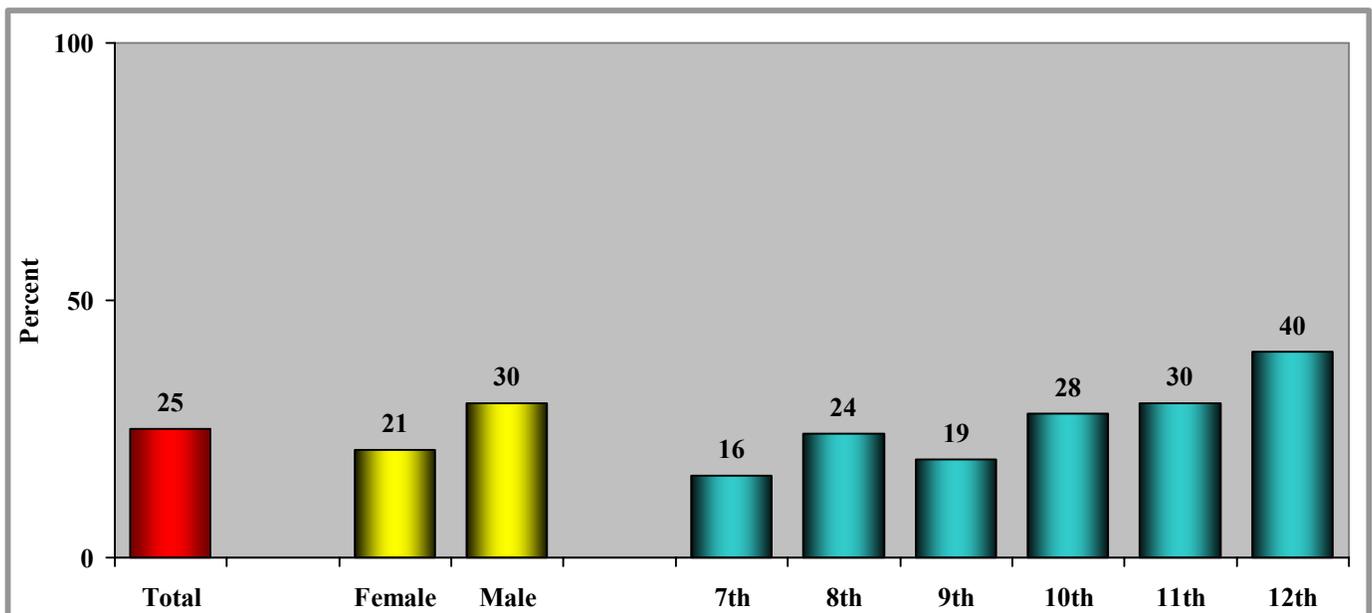
Results

- The prevalence of having never or rarely worn a seat belt when riding in a car driven by someone else was twenty-five percent (25%) among 7th-12th grade students in 2008 (Table 1 and Figure 1).
- The prevalence of having never or rarely worn a seat belt when riding in a car driven by someone else was twenty-one percent (21%) among female students and thirty percent (30%) among male students in Prairie 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	25	21	30	16	24	19	28	30	40

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.



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.

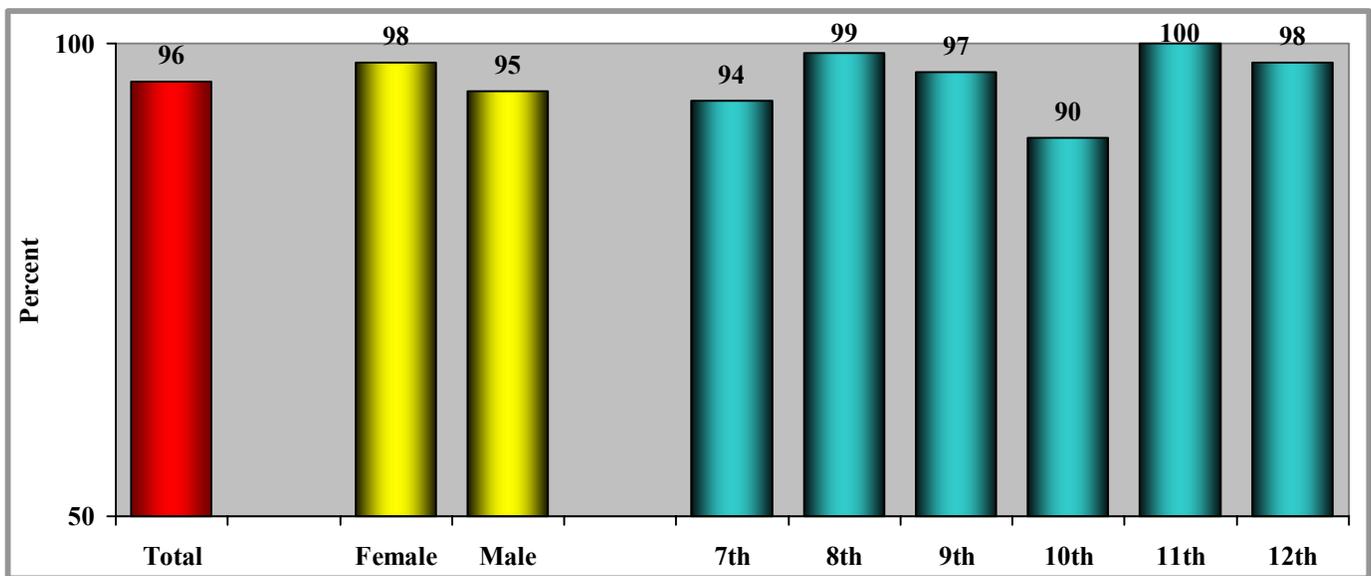
Results

- The prevalence of having never or rarely worn a bicycle helmet was ninety-six percent (96%) among 7th – 12th grade students in 2008 (Table 2 and Figure 2).
- The prevalence of having never or rarely worn a bicycle helmet was ninety-eight percent (98%) among female students and ninety-five percent (95%) among male students in Prairie 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	96	98	95	94	99	97	90	100	98

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.

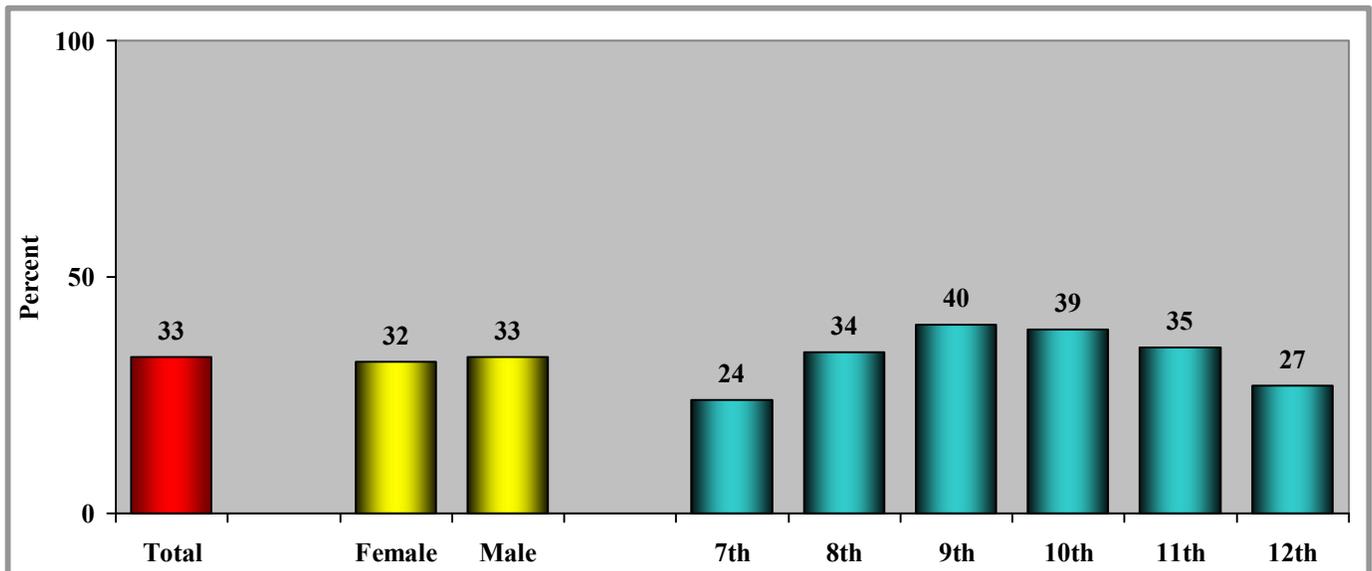
Results

- 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 thirty-three percent (33%) among 7th - 12th grade students in 2008 (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 thirty-two percent (32%) among female students and thirty-three percent (33%) among male students in Prairie County (Table 3 and Figure 3).

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

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Rode with a driver who had been drinking alcohol	33	32	33	24	34	40	39	35	27

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)

Drink and driving:

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.

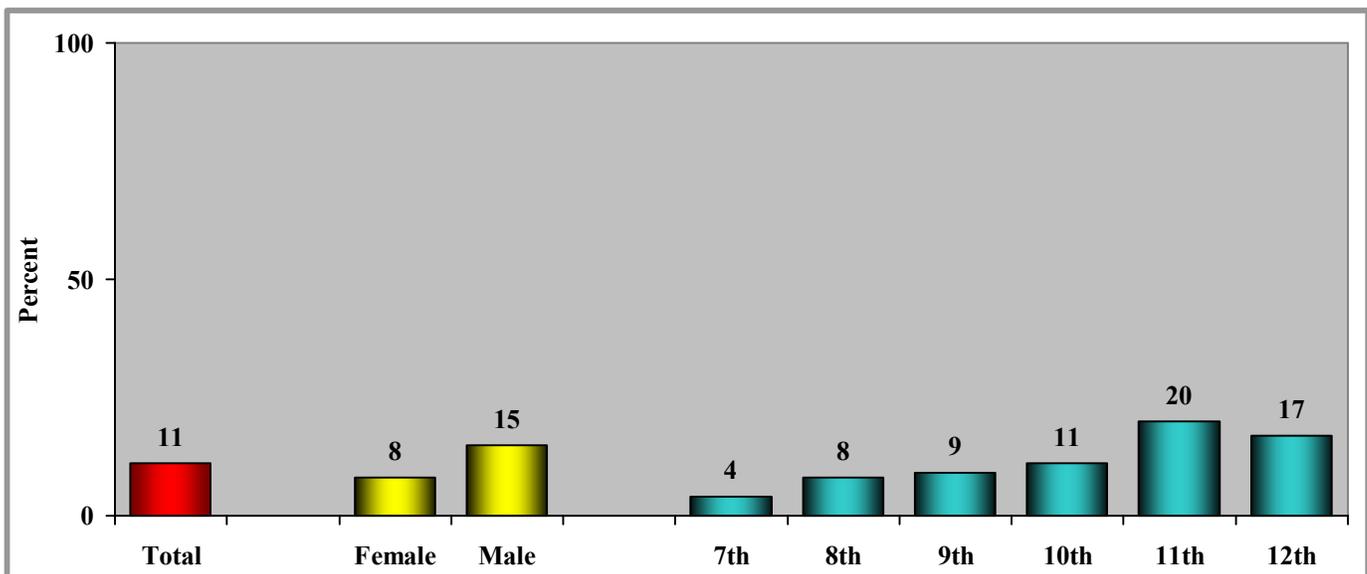
Results

- The prevalence of having driven a car or other vehicle while under the influence of alcohol in the thirty days preceding the survey was eleven percent (11%) among 7th - 12th grade students in 2008 (Table 4 and Figure 4).
- The prevalence of having driven a car or other vehicle while under the influence of alcohol in the thirty days preceding the survey was eight percent (8%) among female students and fifteen percent (15%) among male students in Prairie County (Table 4 and Figure 4).

Table 4: Drink and driving

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Drink and driving	11	8	15	4	8	9	11	20	17

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.

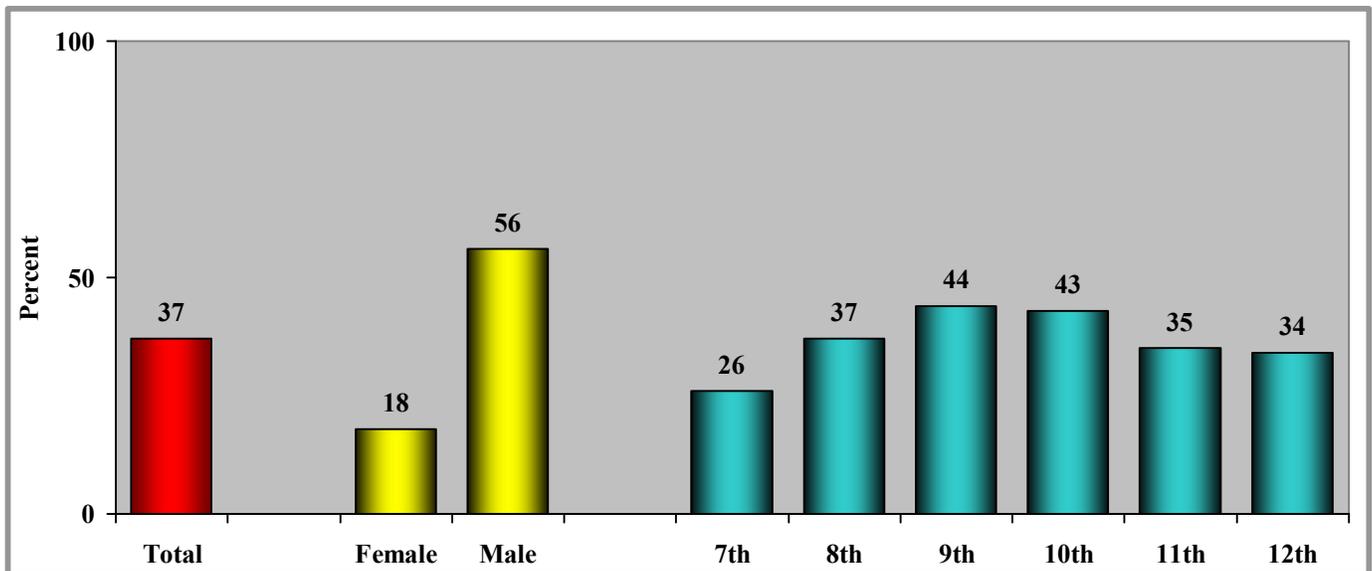
Results

- 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 thirty-seven percent (37%) among 7th – 12th grade students in Prairie County in 2008 (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 eighteen percent (18%) among female students and fifty-six percent (56%) among male students in Prairie 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	37	18	56	26	37	44	43	35	34

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.

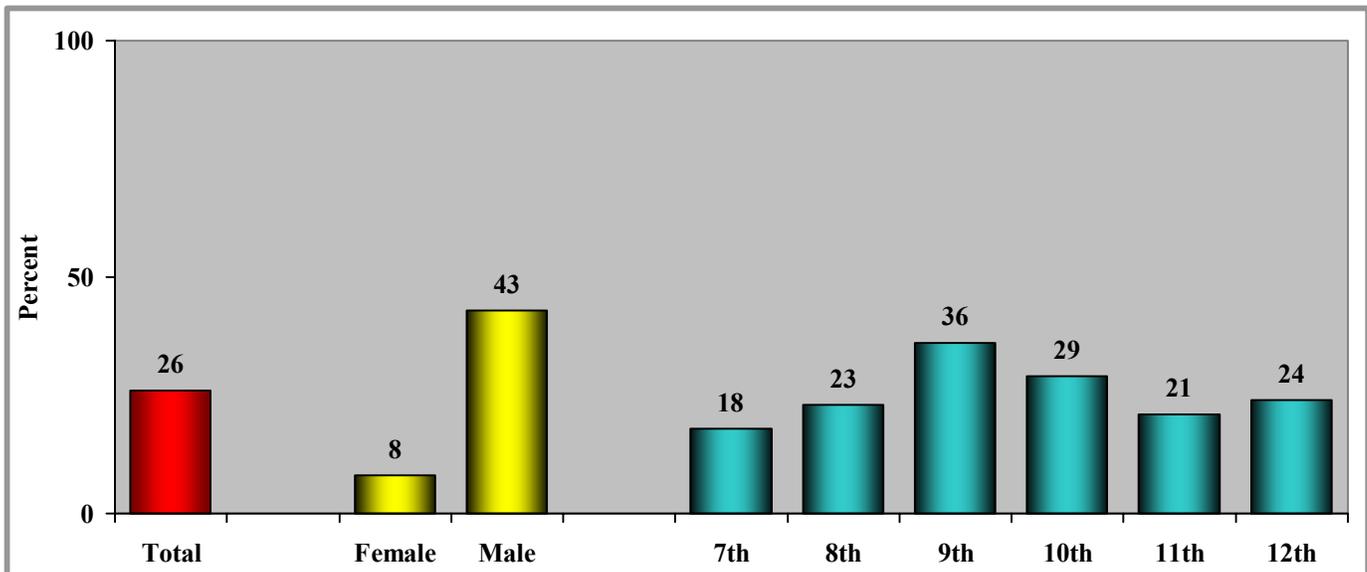
Results

- The prevalence of having carried a gun on one or more of the thirty days preceding the survey was twenty-six percent (26%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having carried a gun on one or more of the thirty days preceding the survey was eight percent (8%) among female students and forty-three percent (43%) among male students in Prairie County (Table 2 and Figure 2).

Table 2: Carried a weapon or gun (7th-12th grade students)

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Carried a gun	26	8	43	18	23	36	29	21	24

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.

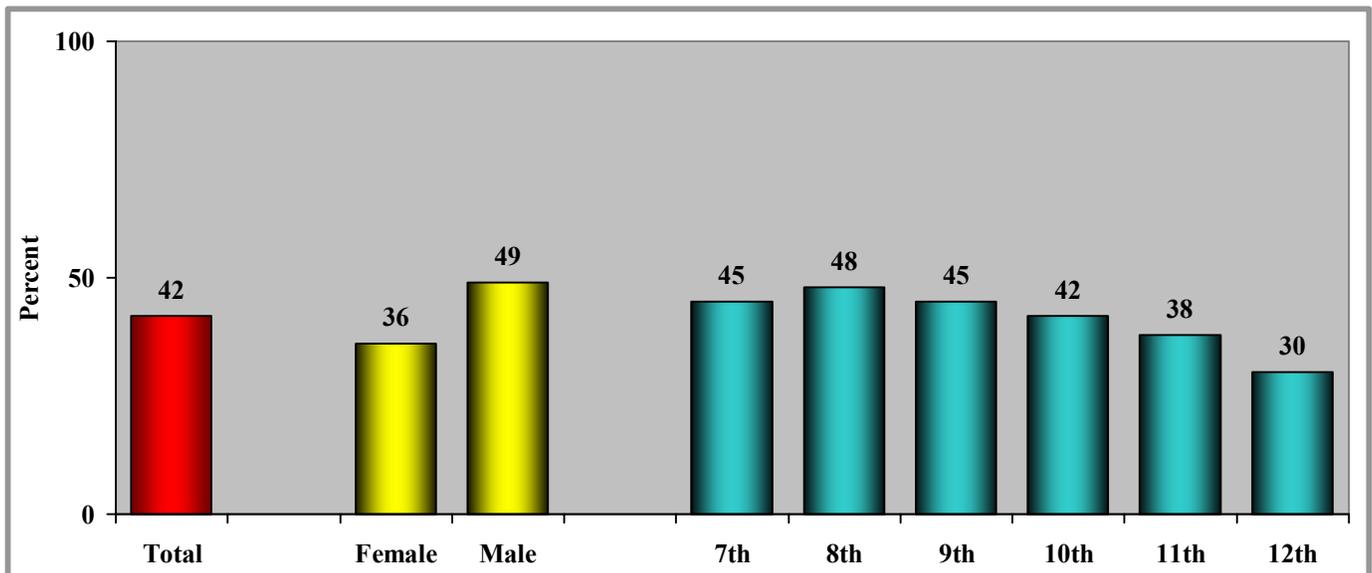
Results

- The prevalence of having been in a physical fight in the twelve months preceding the survey was forty-two percent (42%) among 7th – 12th grade students in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having been in a physical fight in the twelve months preceding the survey was thirty-six percent (36%) among female students and forty-nine percent (49%) among male students in Prairie 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	42	36	49	45	48	45	42	38	30

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.

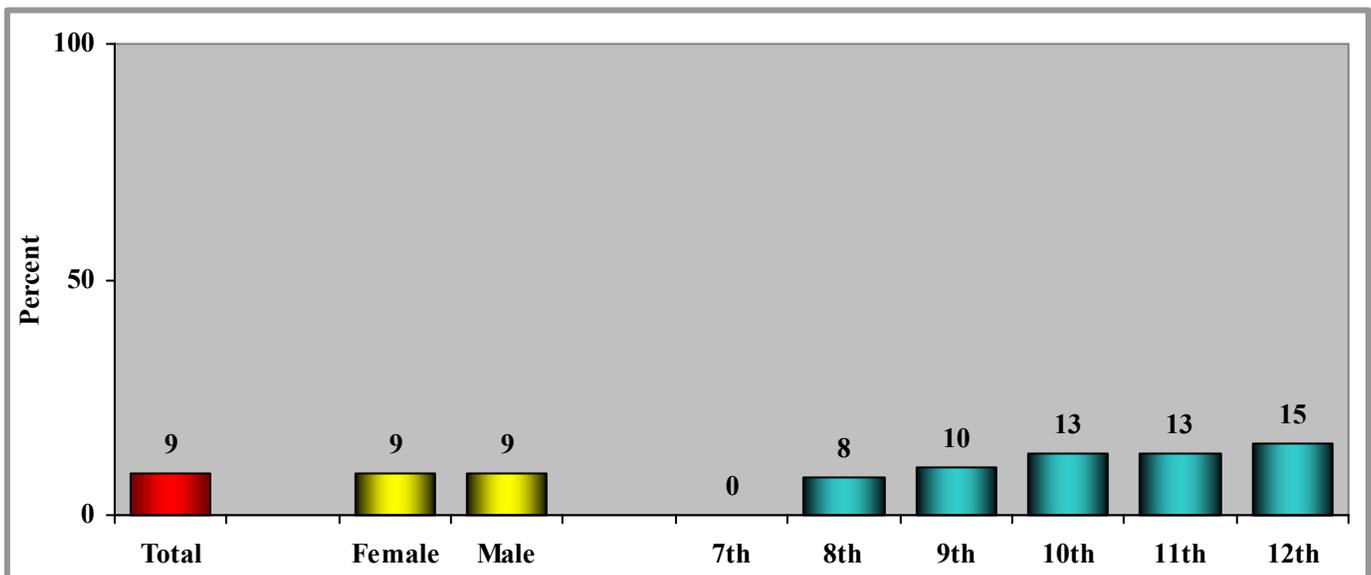
Results

- 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 nine percent (9%) among 7th – 12th grade students in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having been treated by a doctor or nurse one more times after being in a physical fight in the twelve months preceding the survey was nine percent (9%) among female students and nine percent (9%) among male students in Prairie 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	9	9	9	0	8	10	13	13	15

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.

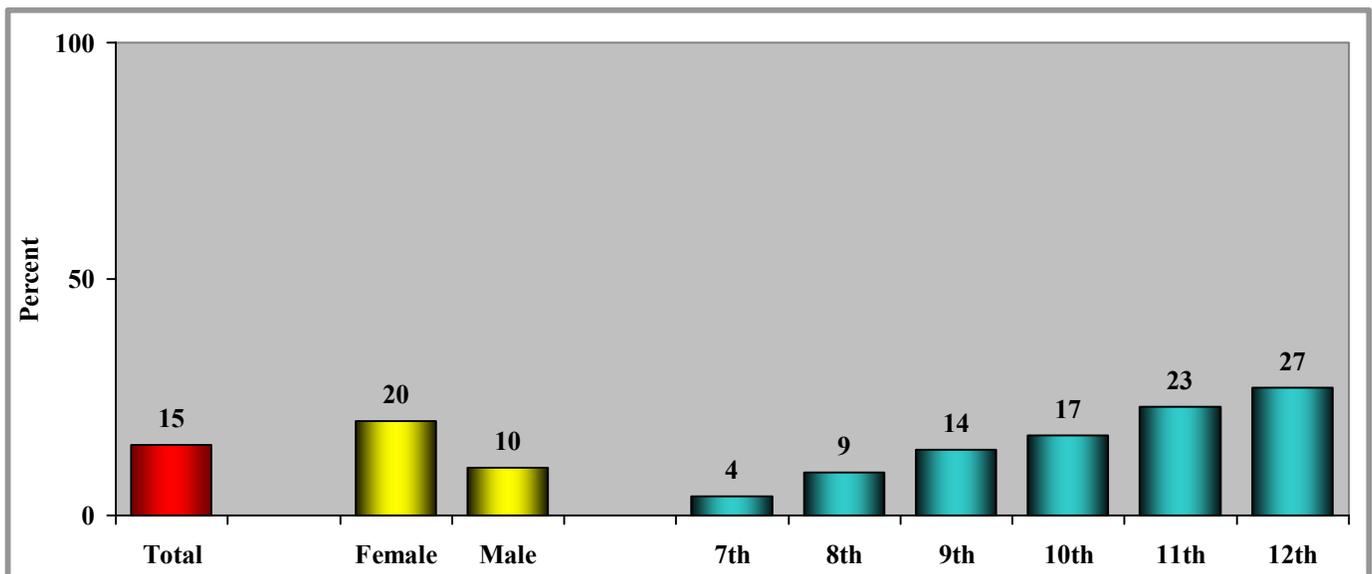
Results

- The prevalence of having been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend was fifteen percent (15%) among 7th – 12th grade students in Prairie County in 2008 (Table 5 and Figure 5).
- The prevalence of having been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend was twenty percent (20%) among female students and ten percent (10%) among male students in Prairie 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	15	20	10	4	9	14	17	23	27

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.

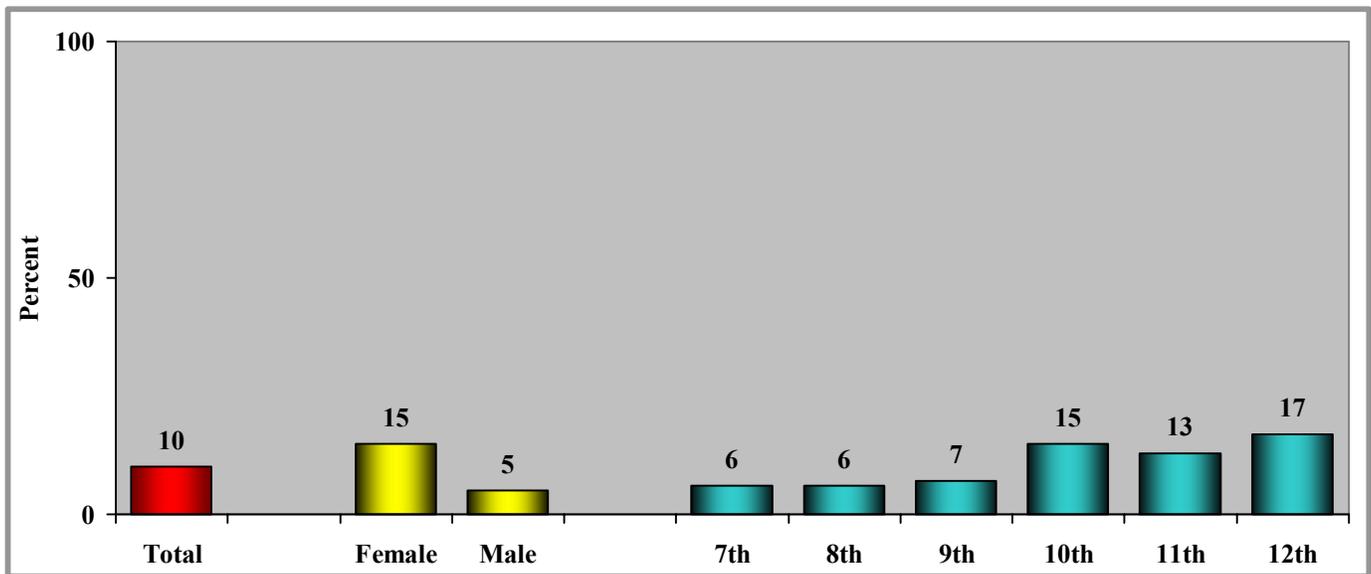
Results

- The prevalence of having been forced to have sexual intercourse when student did not want to was ten percent (10%) among 7th – 12th grade students in Prairie County in 2008 (Table 6 and Figure 6).
- The prevalence of having been forced to have sexual intercourse when student did not want to was fifteen percent (15%) among female students and five percent (5%) among male students in Prairie 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	10	15	5	6	6	7	15	13	17

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.

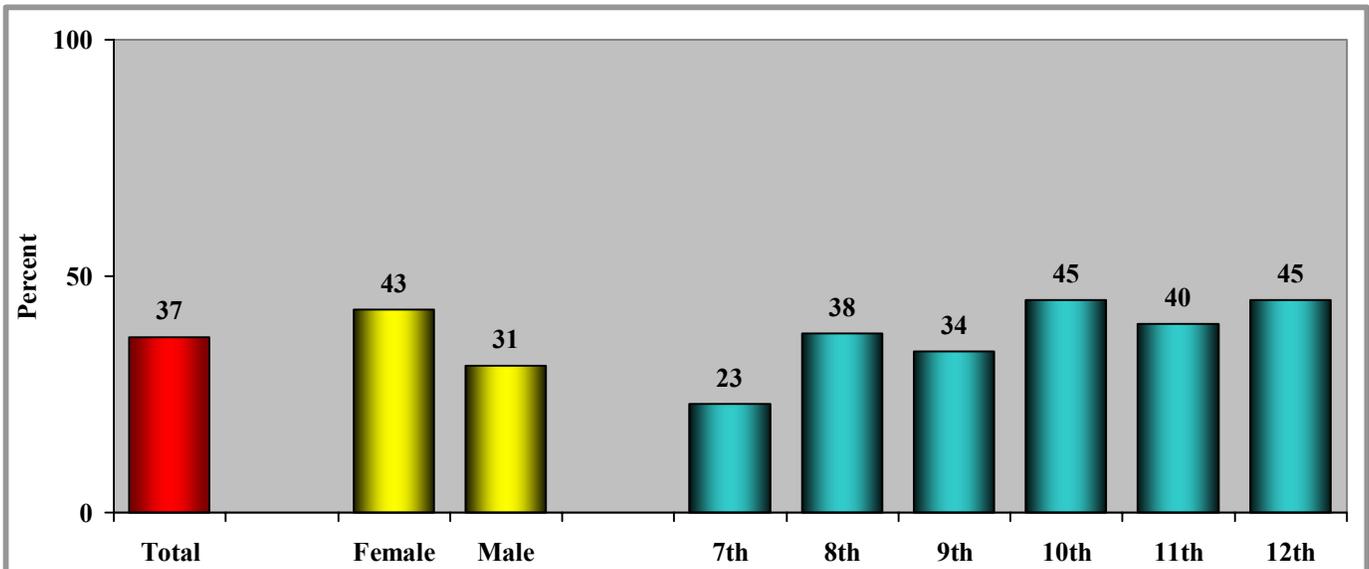
Results

- The prevalence of having felt so sad or hopeless for two weeks or longer that he/she stopped doing some of his/her usual activities during the twelve months preceding the survey thirty-seven percent (37%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having felt so sad or hopeless for two weeks or longer that he/she stopped doing some of his/her usual activities during the twelve months preceding the survey was forty-three percent (43%) among female students and thirty-three percent (31%) male students in Prairie 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	37	43	31	23	38	34	45	40	45

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.

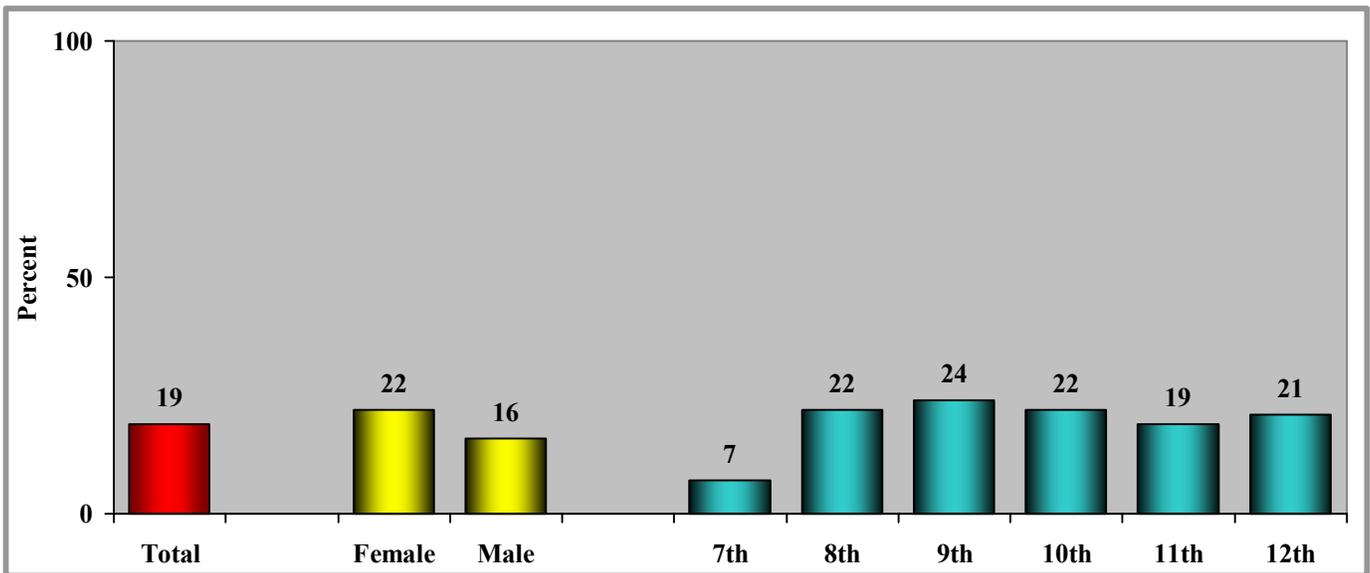
Results

- The prevalence of having seriously considered attempting suicide in the twelve months preceding the survey was nineteen percent (19%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having seriously considered attempting suicide in the twelve months preceding the survey was twenty-two percent (22%) among female students and sixteen percent (16%) among male students in Prairie 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	19	22	16	7	22	24	22	19	21

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.

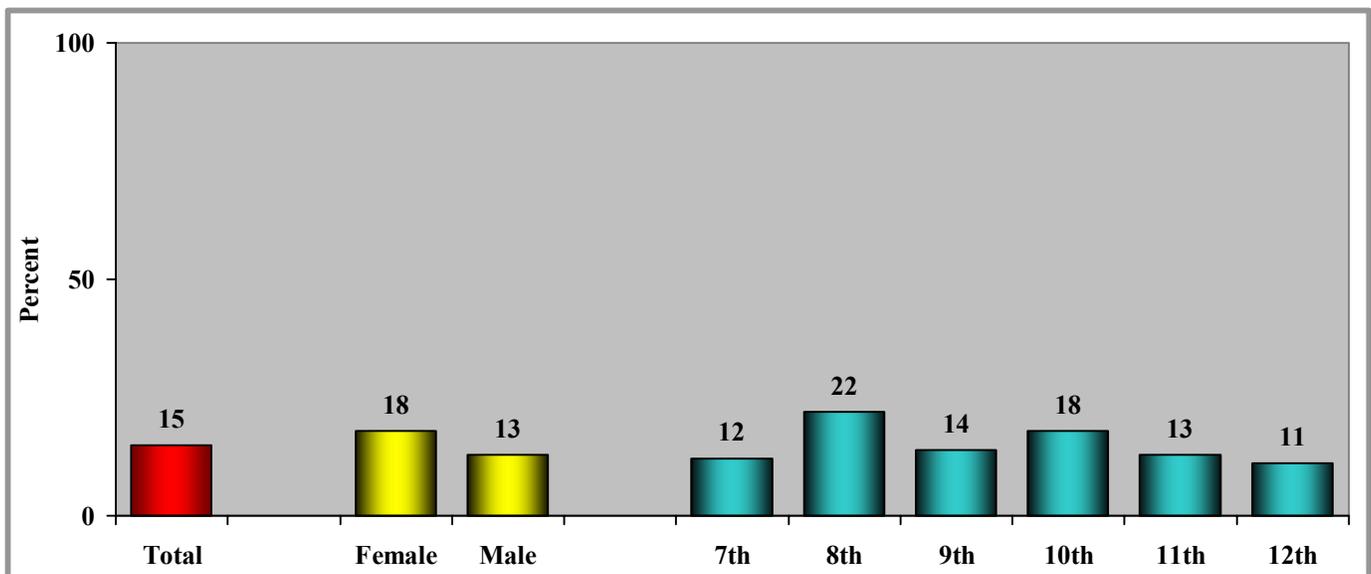
Results

- The prevalence of having planned a suicide attempt in the twelve months preceding the survey was fifteen percent (15%) among 7th – 12th grade students in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having planned a suicide attempt in the twelve months preceding the survey was eighteen percent (18%) among female students and thirteen percent (13%) among male students in Prairie 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	15	18	13	12	22	14	18	13	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.

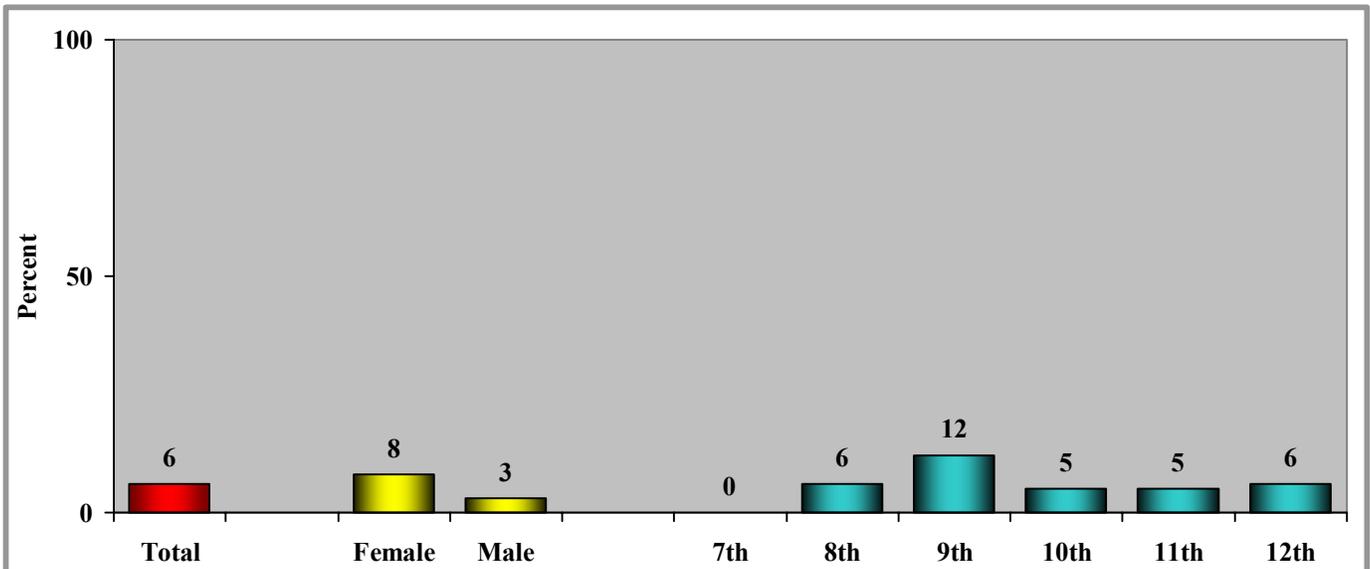
Results

- The prevalence of having actually attempted suicide one or more times in the twelve months preceding the survey was six percent (6%) among 7th – 12th grade students in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having actually attempted suicide one or more times in the twelve months preceding the survey was eight percent (8%) among female students and three percent (3%) among male students in Prairie 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	6	8	3	0	6	12	5	5	6

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.

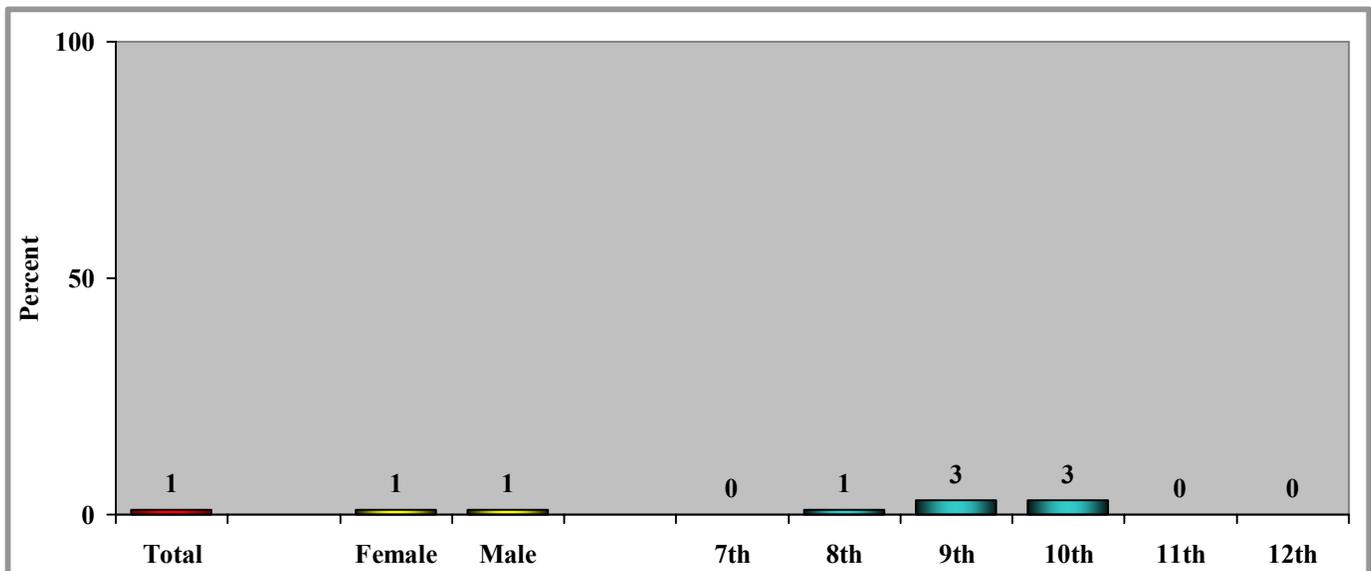
Results

- 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 one percent (1%) among 7th – 12th grade students in Prairie County in 2008 (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 one percent (1%) among female students and one percent (1%) among male students in Prairie 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	1	1	1	0	1	3	3	0	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.

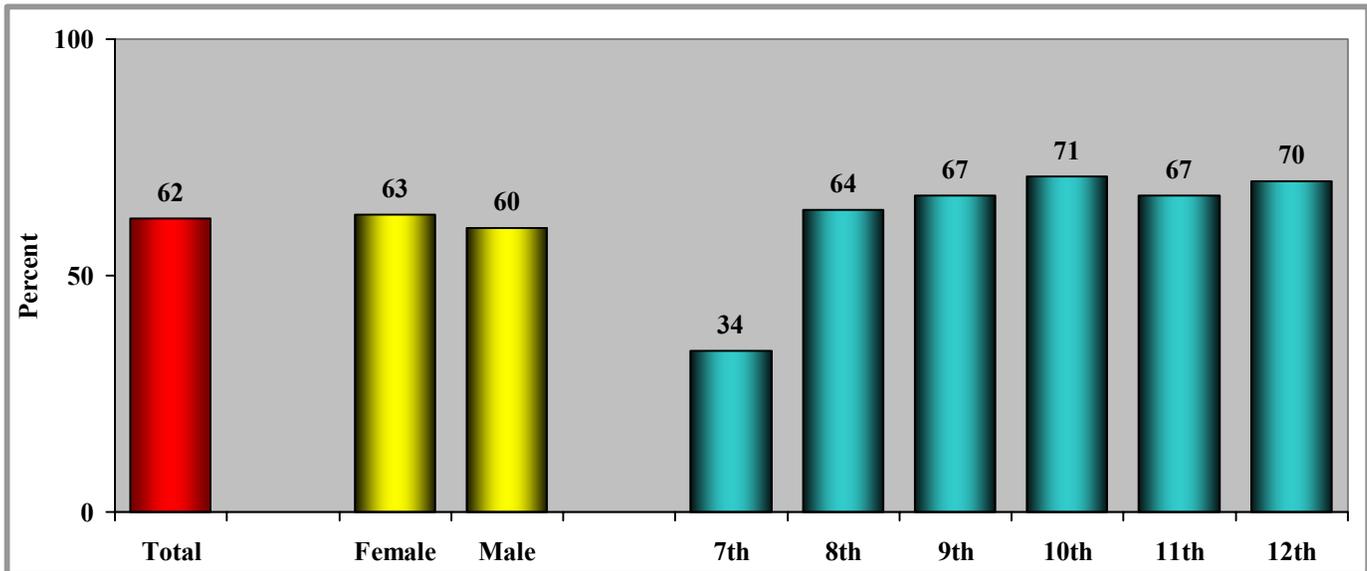
Results

- The prevalence of having ever tried cigarette smoking, even one or two puffs was sixty-two percent (62%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having ever tried cigarette smoking, even one or two puffs was sixty-three percent (63%) among female students and sixty percent (60%) among male students in Prairie 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	62	63	60	34	64	67	71	67	70

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.

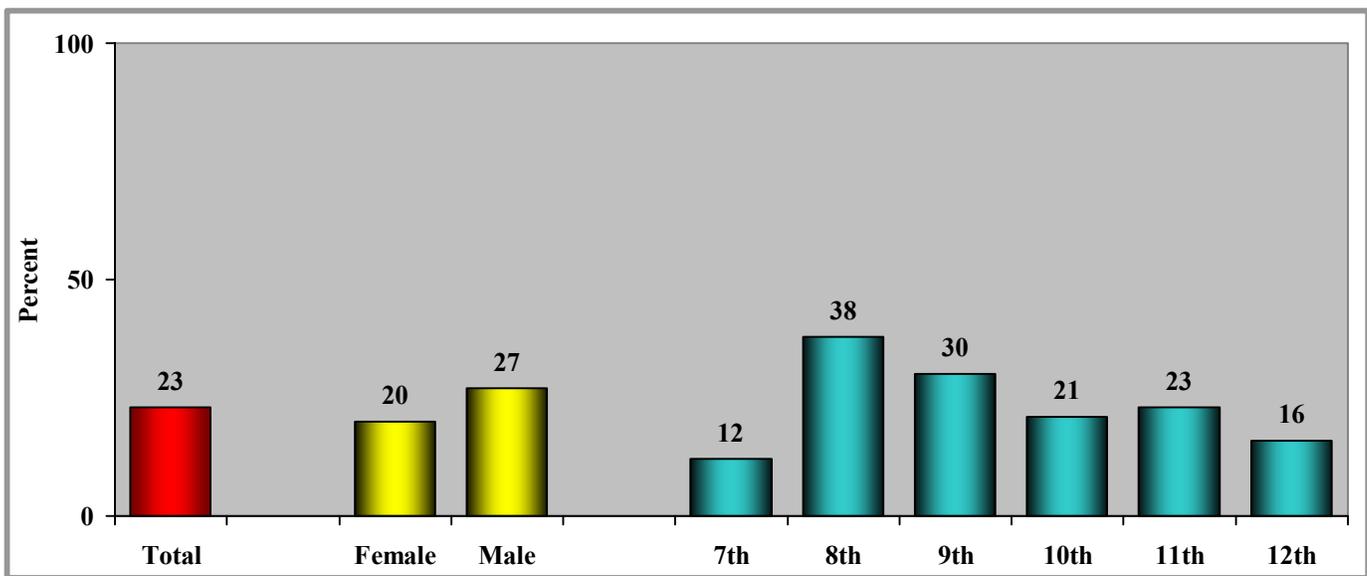
Results

- The prevalence of having smoked a whole cigarette for the first time before age thirteen years was twenty-three percent (23%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having smoked a whole cigarette for the first time before age thirteen years was twenty percent (20%) among female students and twenty-seven percent (27%) among male students in Prairie 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	23	20	27	12	38	30	21	23	16

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.

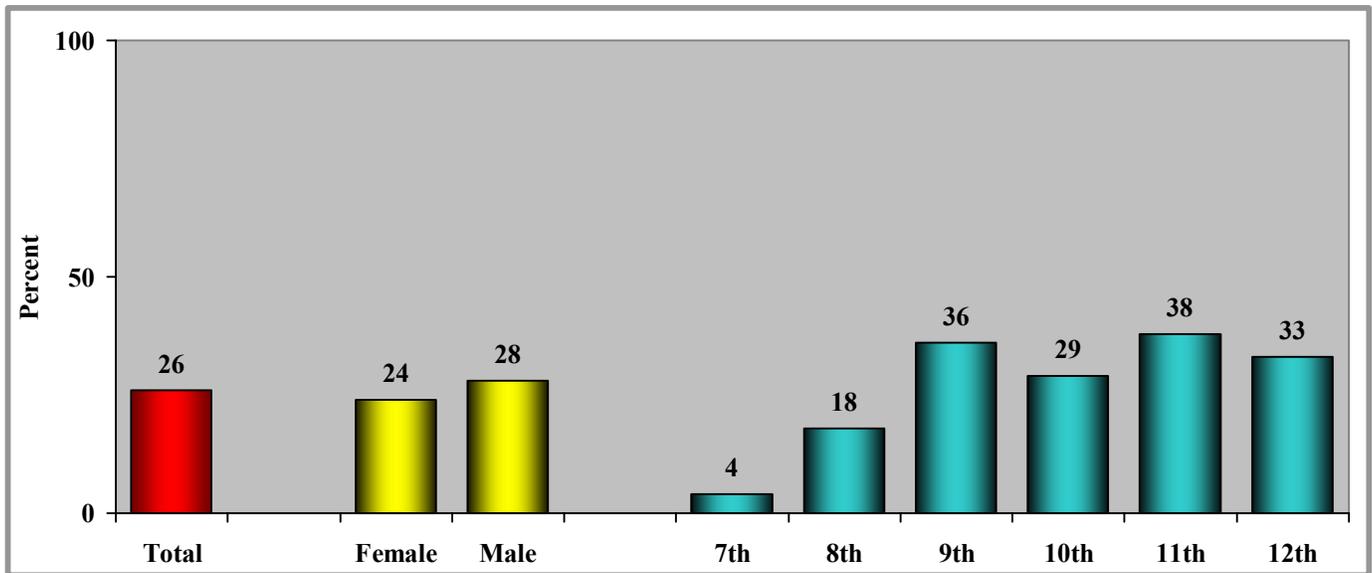
Results

- The prevalence of having smoked cigarettes on one or more of the thirty days preceding the survey was twenty-six percent (26%) among 7th – 12th grade students in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having smoked cigarettes on one or more the thirty days preceding the survey was twenty-four percent (24%) among female students and twenty-eight percent (28%) among male students in Prairie County (Table 3 and Figure 3).

Table 3: Current cigarette use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Current cigarette use	26	24	28	4	18	36	29	38	33

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.

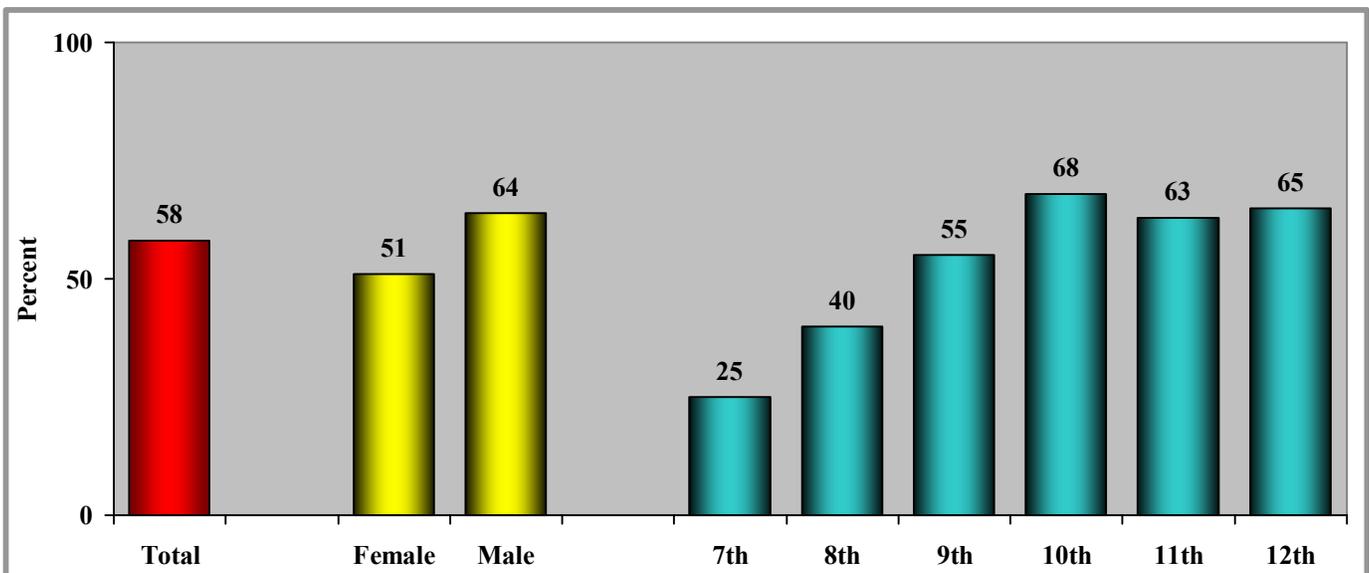
Results

- The prevalence of having smoked two or more cigarettes per day on the days smoked was fifty-eight percent (58%) among 7th - 12th grade students in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having smoked two or more cigarettes per day on the days smoked was fifty-one percent (51%) among female students and sixty-four percent (64%) among male students in Prairie 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 two or more cigarettes per day	58	51	64	25	40	55	68	63	65

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.

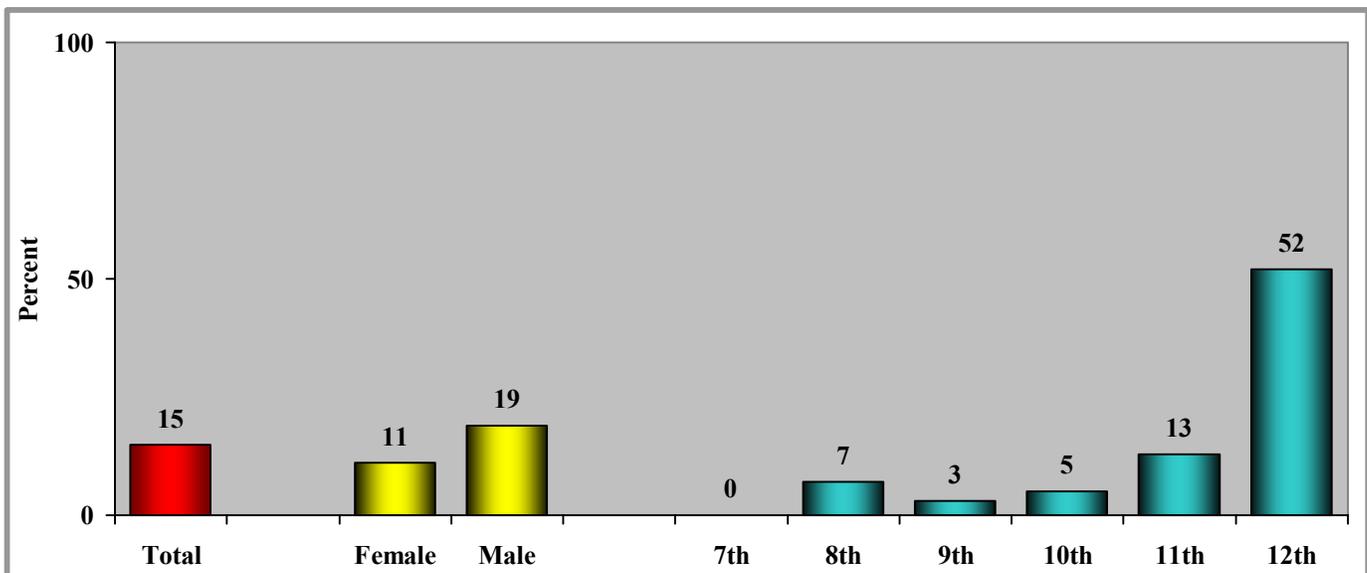
Results

- The prevalence of having personally bought cigarettes in a store or at a gas station was fifteen percent (15%) among 7th – 12th grade students in Prairie County in 2008 (Table 5 and Figure 5).
- The prevalence of having personally bought cigarettes in a store or at a gas station was eleven percent (11%) among female students and nineteen percent (19%) among male students in Prairie County (Table 5 and Figure 5).

Table 5: Current cigarette use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Personally bought cigarettes	15	11	19	0	7	3	5	13	52

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

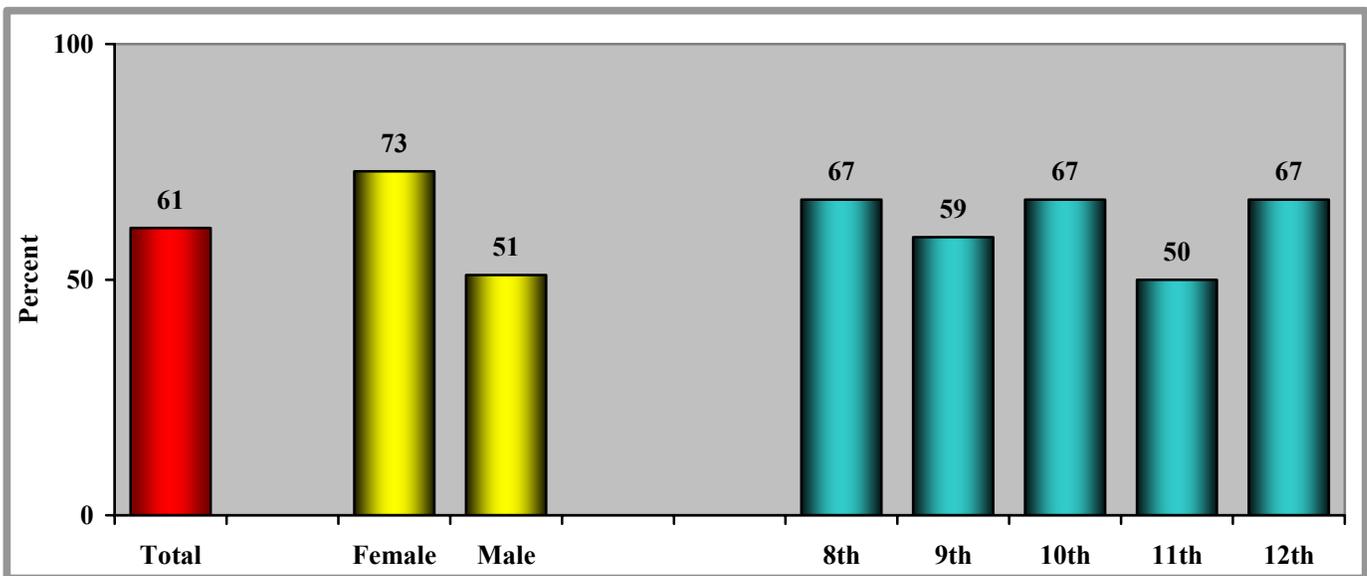
- The prevalence of having ever tried to quit smoking cigarettes was sixty-one percent (61%) among 7th - 12th grade students in Prairie County in 2008 (Table 6 and Figure 6).
- The prevalence of having ever tried to quit smoking cigarettes was seventy-three percent (73%) among female students and fifty-one percent (51%) among male students in Prairie 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	61	73	51	*N/A	67	59	67	50	67

** No respondents in a subgroup.*

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.

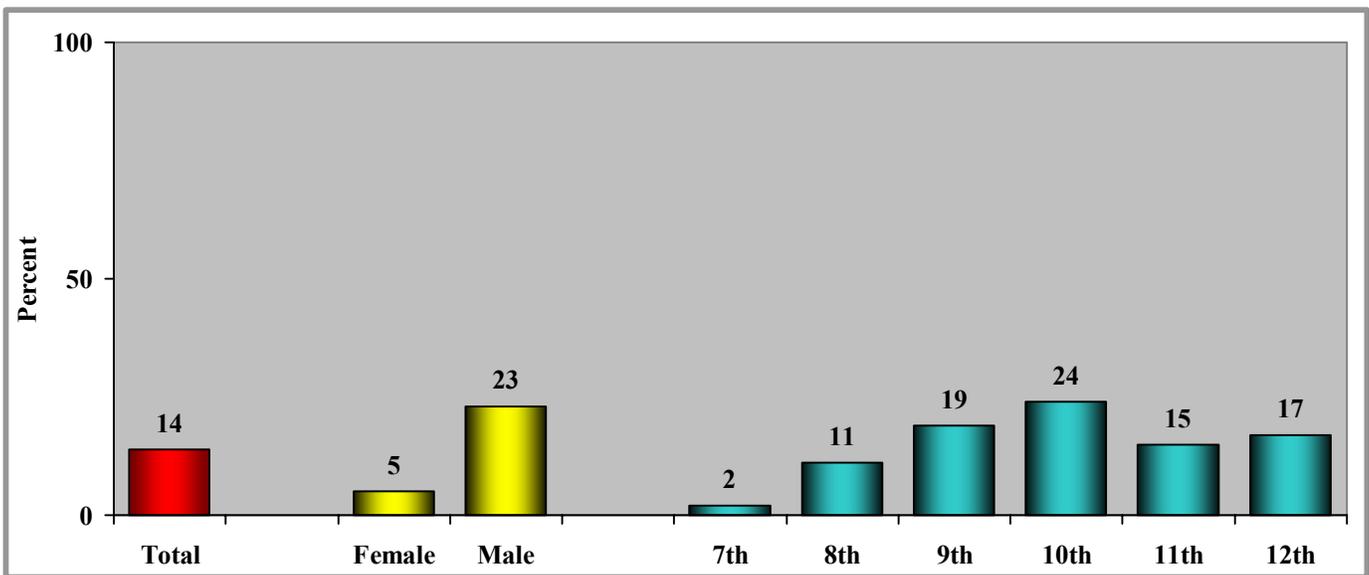
Results

- The prevalence of having used chewing tobacco or snuff on one or more of the thirty days preceding the survey was fourteen percent (14%) among 7th – 12th grade students in Prairie County in 2008 (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 five percent (5%) among female students and twenty-three percent (23%) among male students in Prairie 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	14	5	23	2	11	19	24	15	17

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.

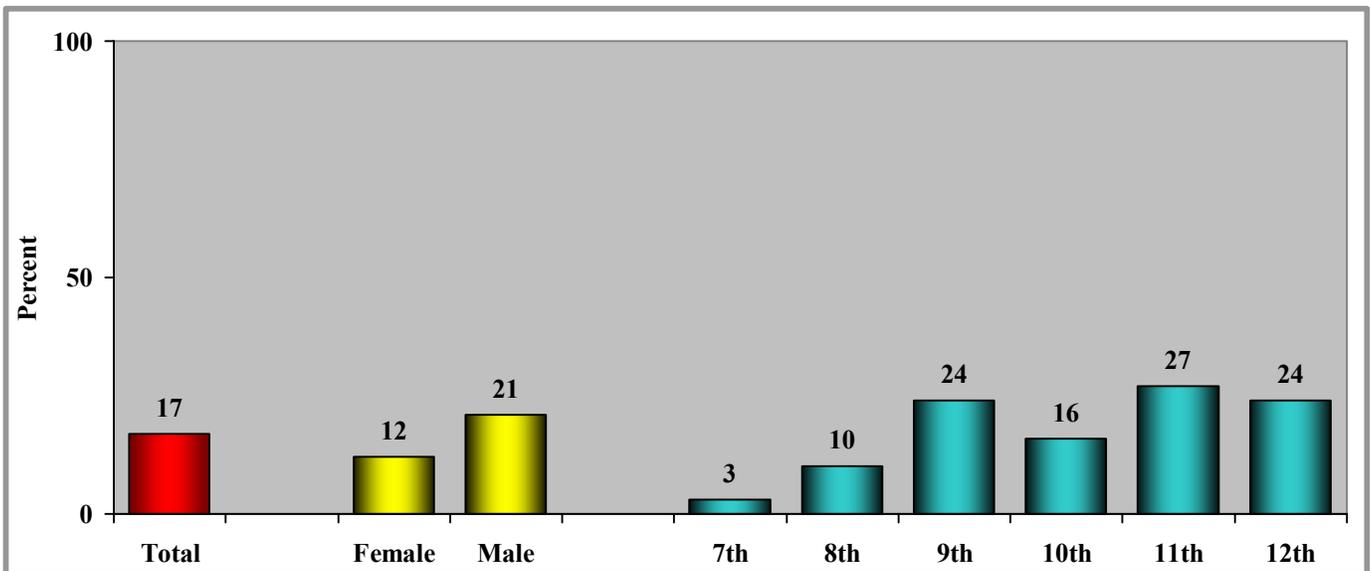
Results

- The prevalence of having smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey was seventeen percent (17%) among 7th – 12th grade students in Prairie County in 2008 (Table 8 and Figure 8).
- The prevalence of having smoked cigars, cigarillos, or little cigars during the thirty days preceding the survey was twelve percent (12%) among female students and twenty-one percent (21%) among male students in Prairie 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	17	12	21	3	10	24	16	27	24

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.

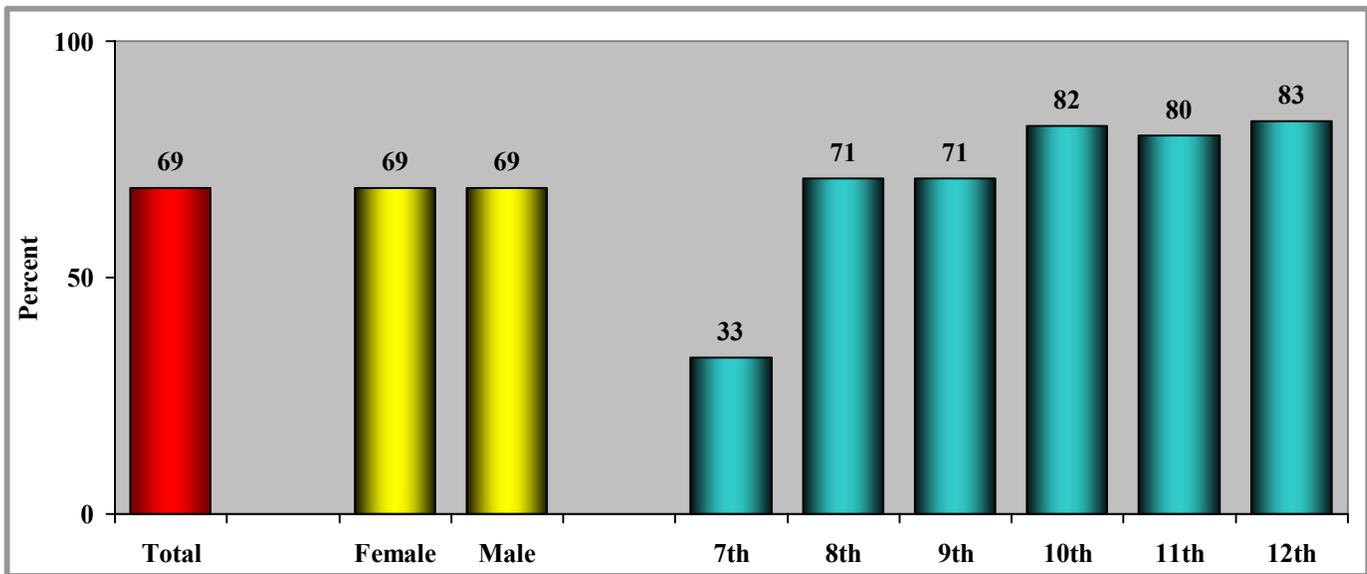
Results

- The prevalence of having had at least one drink of alcohol on one or more days in a lifetime was sixty-nine percent (69%) among 7th – 12th grade students in Prairie County in 2008 (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 sixty-nine percent (69%) among female students and sixty-nine percent (69%) among male students in Prairie 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	69	69	33	71	71	82	80	83

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.

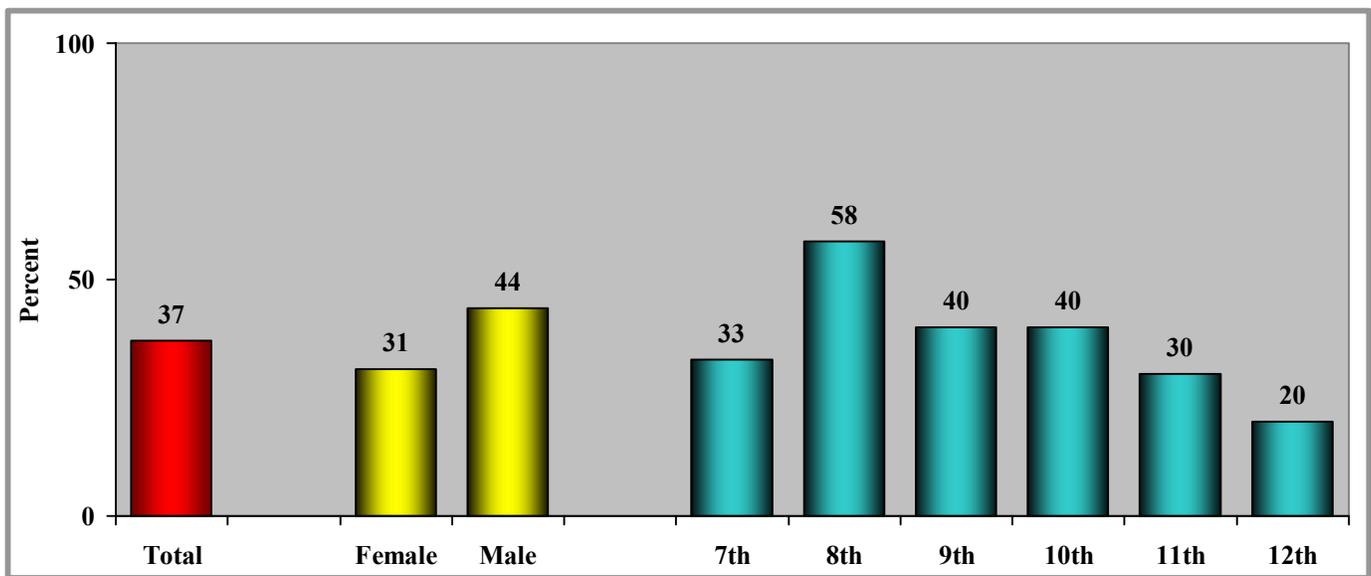
Results

- The prevalence of having had alcohol before age thirteen years was thirty-seven percent (37%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having had alcohol before age thirteen years was thirty-one percent (31%) among female students and forty-four percent (44%) among male students in Prairie 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	31	44	33	58	40	40	30	20

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.

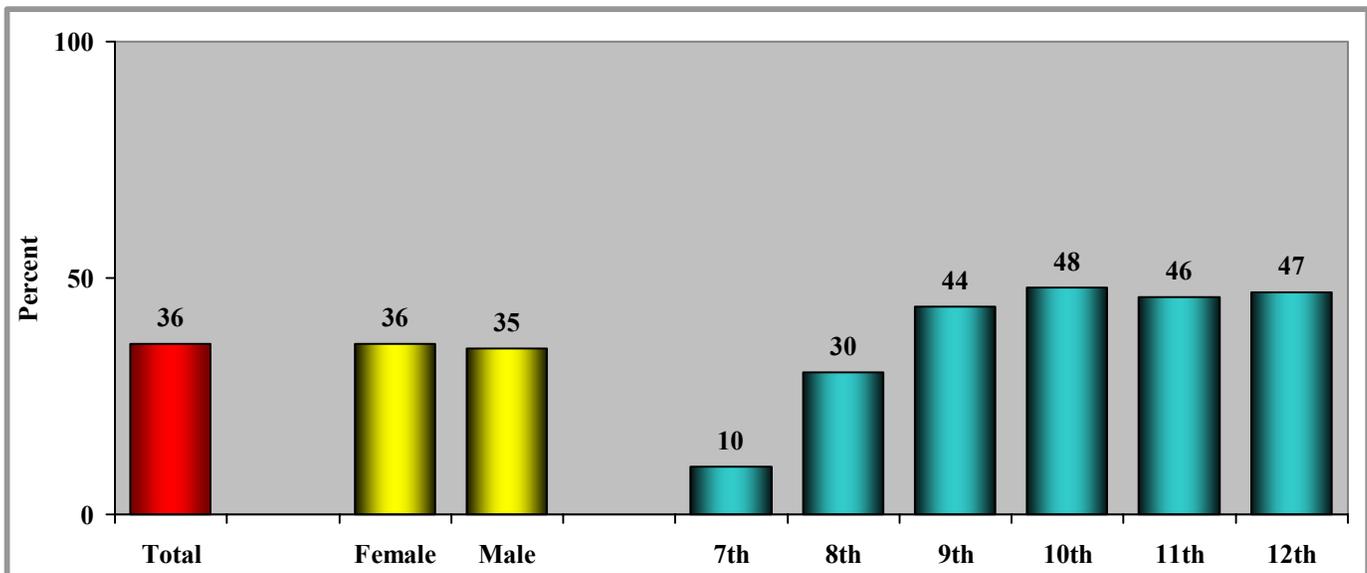
Results

- The prevalence of having had at least one drink of alcohol on one or more of the thirty days preceding the survey was thirty-six percent (36%) among 7th – 12th grade students in Prairie County in 2008 (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 thirty-six percent (36%) among female students and thirty-five percent (35%) among male students in Prairie 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	36	36	35	10	30	44	48	46	47

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.

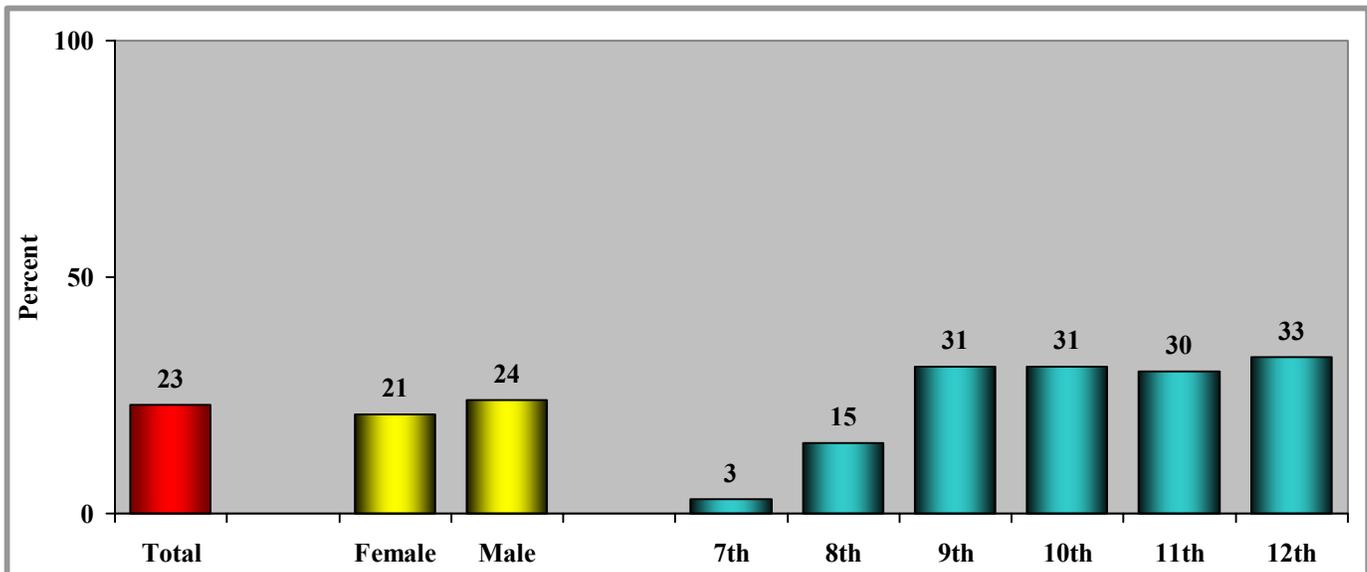
Results

- The prevalence of having had five or more drinks of alcohol in a row on one or more of the thirty days was twenty-three percent (23%) among 7th – 12th grade students in Prairie County in 2008 (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 preceding the survey twenty-one percent (21%) among female students and twenty-four percent (24%) among male students in Prairie 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	23	21	24	3	15	31	31	30	33

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.

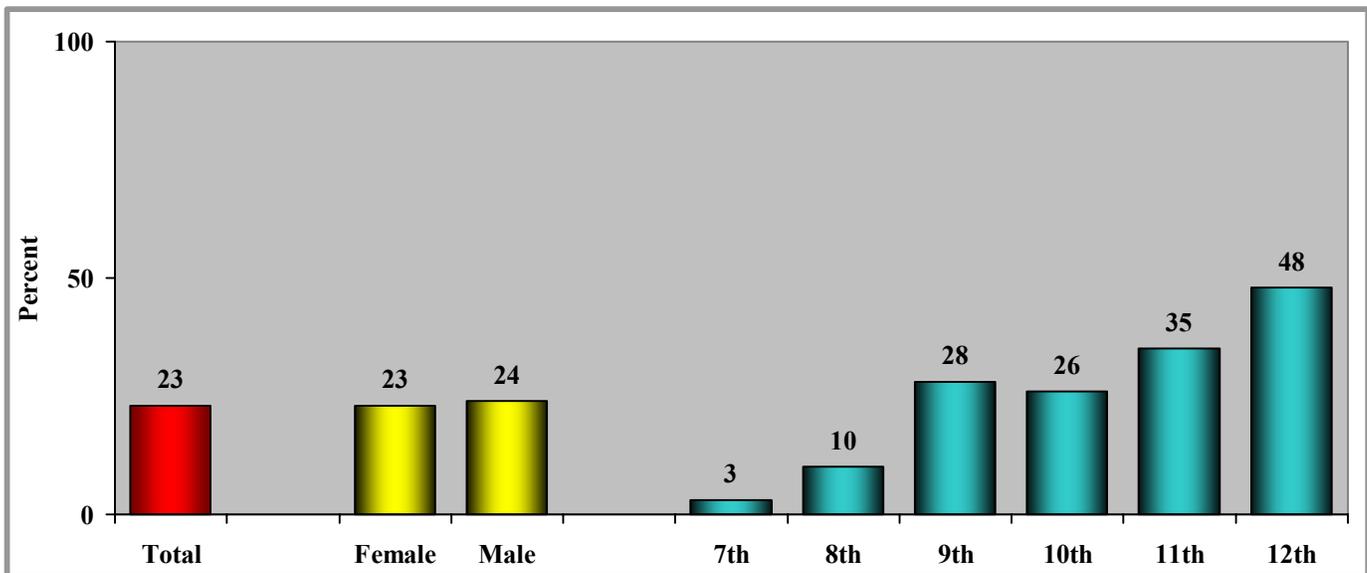
Results

- The prevalence of having used marijuana one or more times during a lifetime twenty-three percent (23%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having used marijuana one or more times during a lifetime was twenty-three percent (23%) among female students and twenty-four percent (24%) among male students in Prairie 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	23	23	24	3	10	28	26	35	48

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.

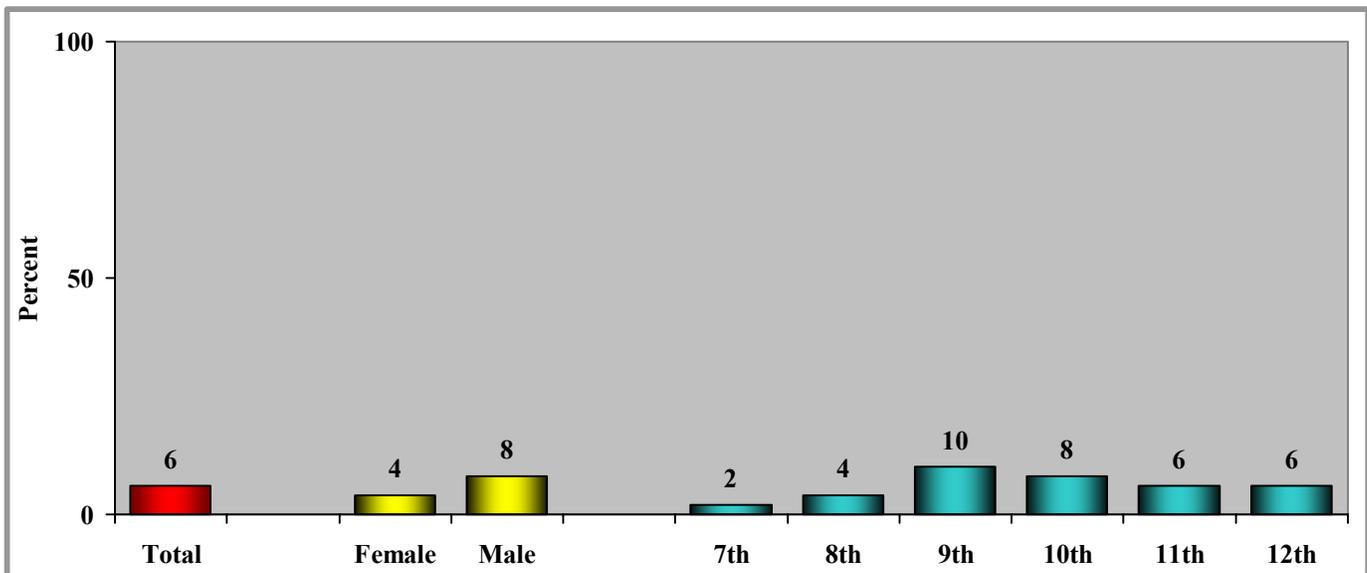
Results

- The prevalence of having tried marijuana for the first time before age thirteen years was six percent (6%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having tried marijuana for the first time before age thirteen years was four percent (4%) among female students and eight percent (8%) among male students in Prairie County (Table 2 and Figure 2).

Table 2: Early initiation age of marijuana use

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation age of marijuana use	6	4	8	2	4	10	8	6	6

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.

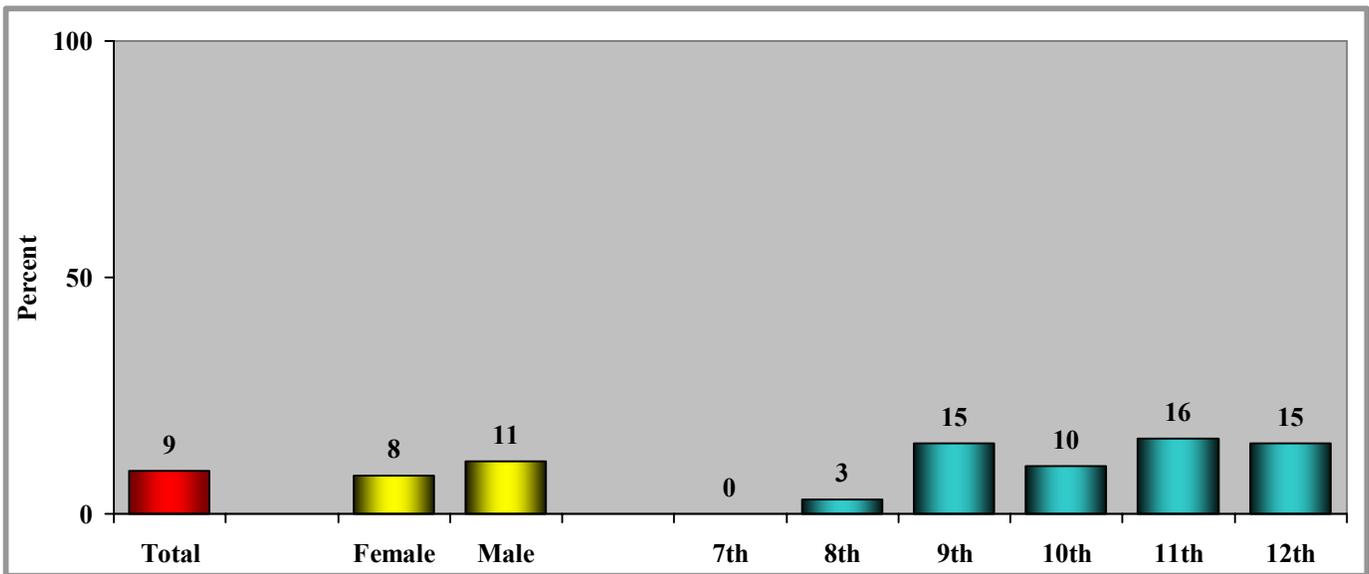
Results

- The prevalence of having used marijuana one or more times during the thirty days preceding the survey was nine percent (9%) among 7th – 12th grade students in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having used marijuana one or more times during the thirty days preceding the survey was eight percent (8%) among female students and eleven percent (11%) among male students in Prairie 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	8	11	0	3	15	10	16	15

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.

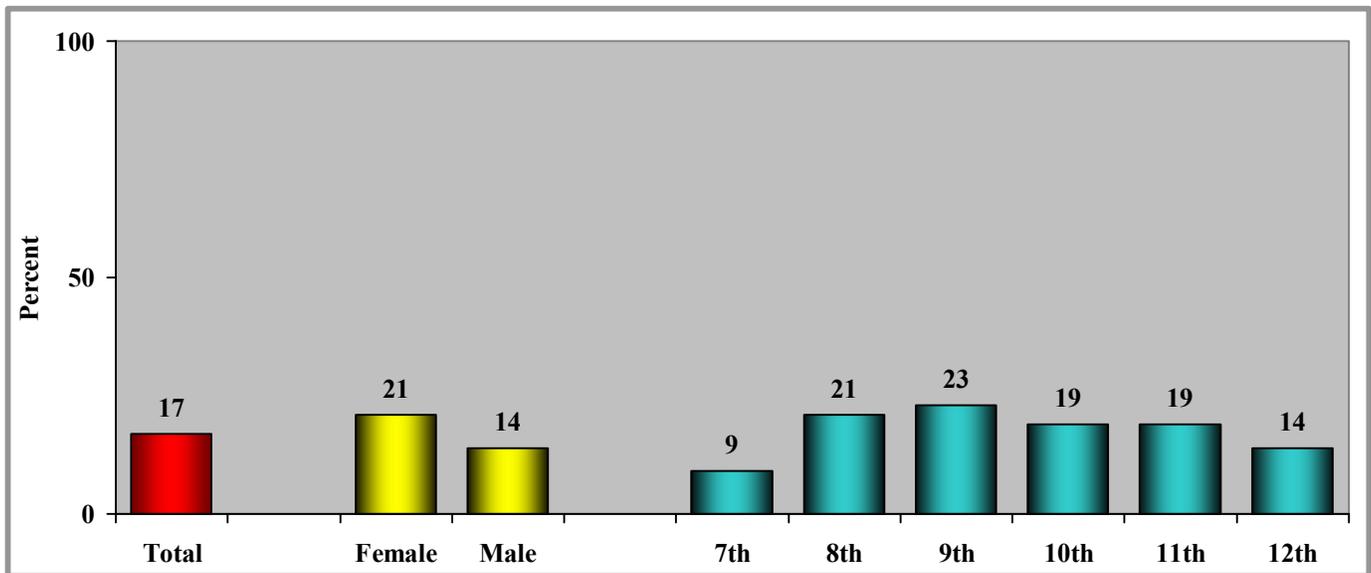
Results

- The prevalence of having ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high was seventeen percent (17%) among 7th – 12th grade students in Prairie County in 2008 (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 during his/her lifetime was twenty-one percent (21%) among female students and fourteen percent (14%) among male students in Prairie 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	17	21	14	9	21	23	19	19	14

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.



Lifetime methamphetamines use:

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

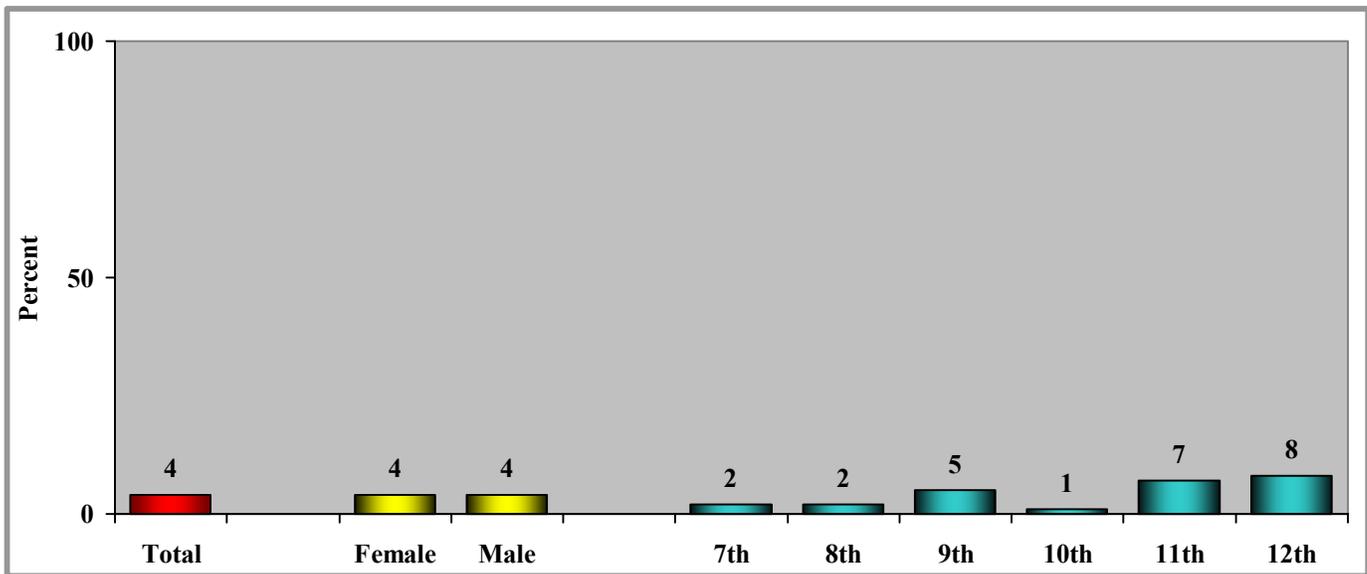
Results

- The prevalence of having ever used methamphetamines, one or more times, was four percent (4%) among 7th – 12th grade students in Prairie County in 2008 (Table 5 and Figure 5).
- The prevalence of having ever used methamphetamines, one or more times, was four percent (4%) among female students and four percent (4%) among male students in Prairie 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	4	4	4	2	2	5	1	7	8

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



Lifetime ecstasy use:

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

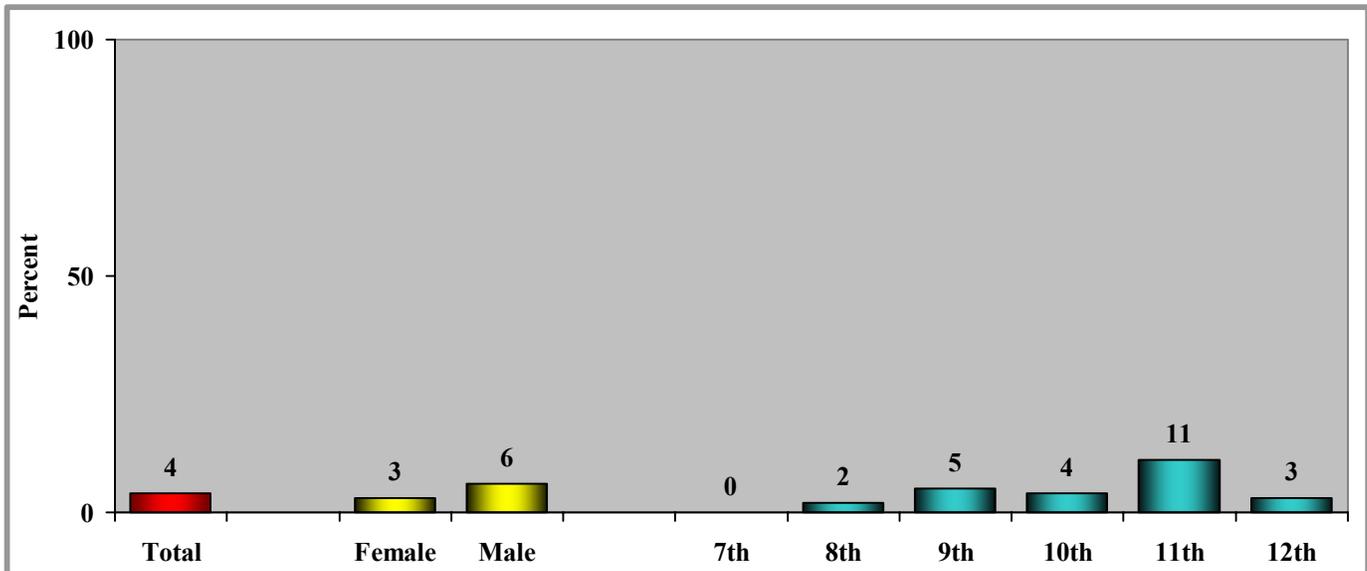
Results

- The prevalence of having ever used ecstasy, one or more times, was four percent (4%) among 7th – 12th grade students in Prairie County in 2008 (Table 6 and Figure 6).
- The prevalence of having ever used ecstasy, one or more times, was three percent (3%) among female students and six percent (6%) among male students in Prairie 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	4	3	6	0	2	5	4	11	3

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.

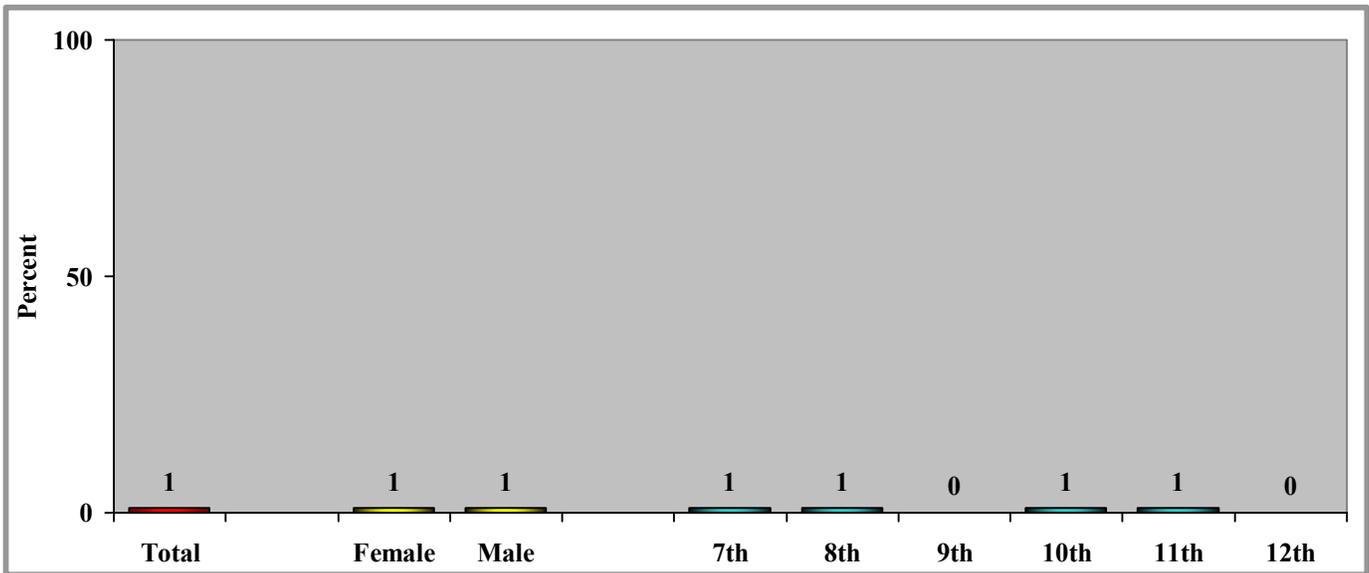
Results

- The prevalence of having ever used heroin, one or more times, was one percent (1%) among 7th – 12th grade students in Prairie County in 2008 (Table 7 and Figure 7).
- The prevalence of having ever used heroin, one or more times, was one percent (1%) among female students and one percent (1%) among male students in Prairie County in 2008 (Table 7 and Figure 7).

Table 7: Other illegal drug use (7th-12th grade students)

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

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.

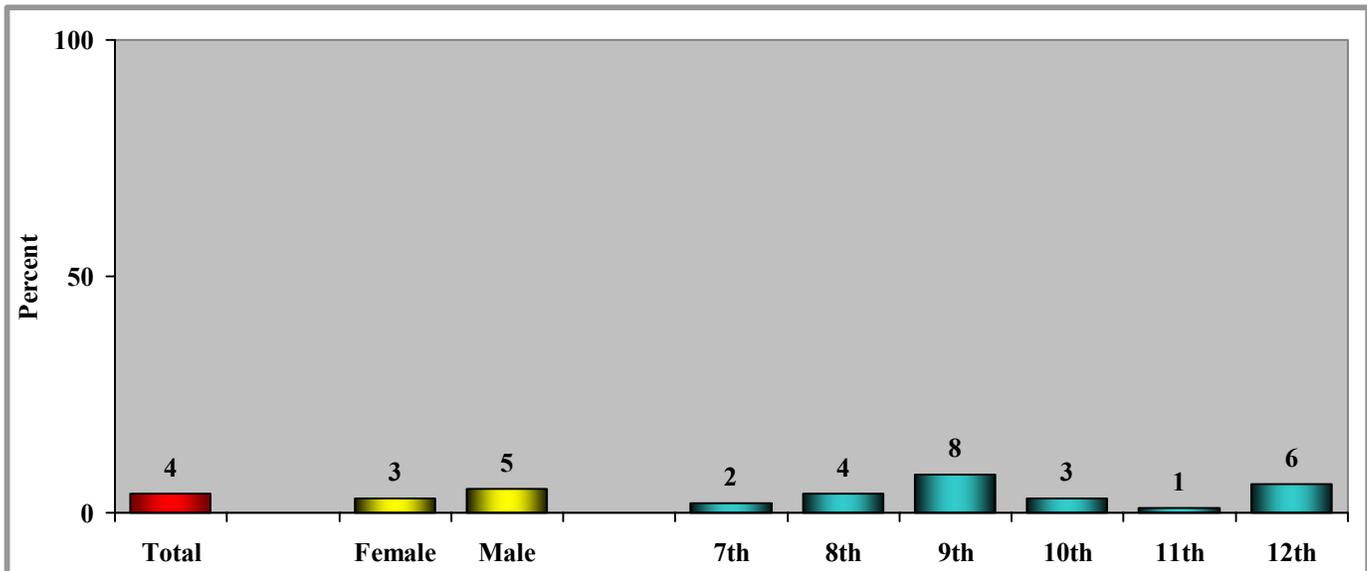
Results

- The prevalence of having ever used steroid pills or shots without a doctor’s prescription was four percent (4%) among 7th – 12th grade students in Prairie County in 2008 (Table 8 and Figure 8).
- The prevalence of having ever used steroid pills or shots without a doctor’s prescription was three percent (3%) among female students and five percent (5%) among male students in Prairie 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	3	5	2	4	8	3	1	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.

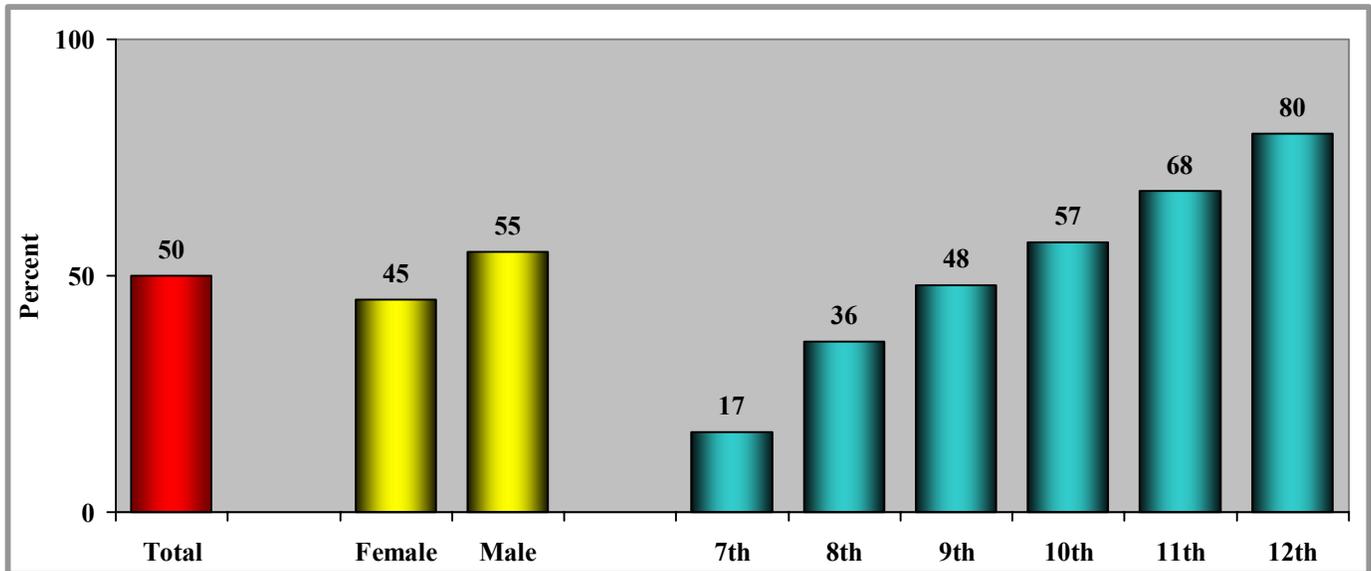
Results

- The prevalence of having ever had sexual intercourse was fifty percent (50%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having ever had sexual intercourse was forty-five percent (45%) among female students and fifty-five percent (55%) among male students in Prairie 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	50	45	55	17	36	48	57	68	80

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.

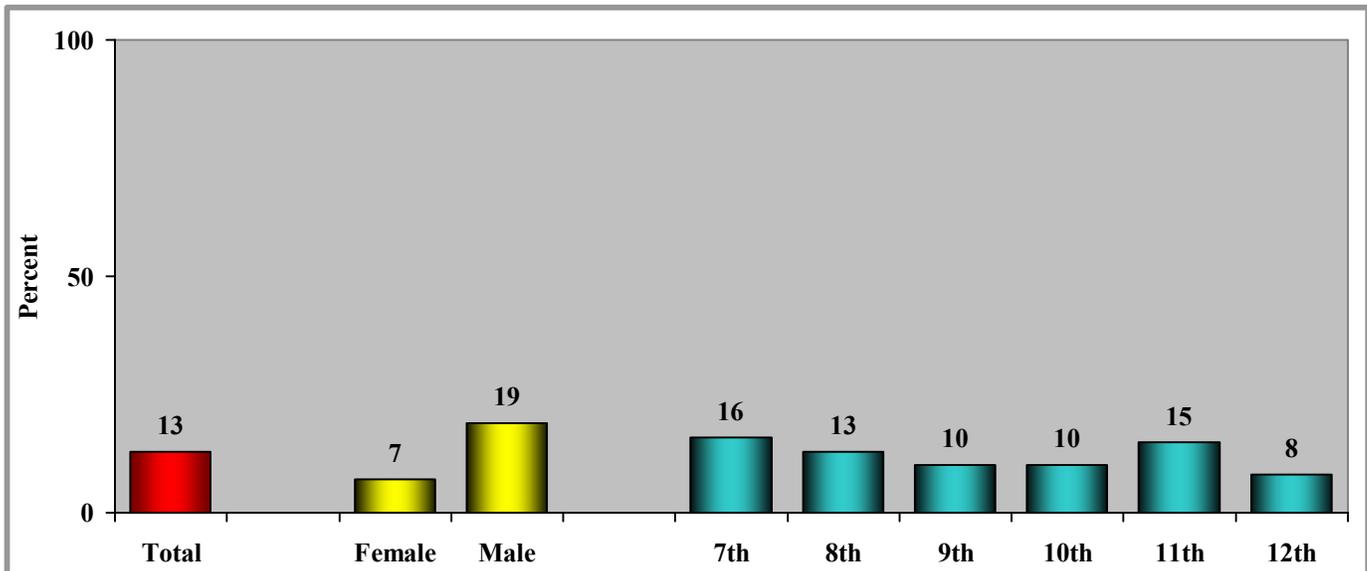
Results

- The prevalence of having had sexual intercourse before age thirteen years was thirteen percent (13%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having had sexual intercourse before age thirteen years was seven percent (7%) among female students and nineteen percent (19%) among male students Prairie County (Table 2 and Figure 2).

Table 2: Early initiation age of sexual intercourse

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Early initiation age of sexual intercourse	13	7	19	16	13	10	10	15	8

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.

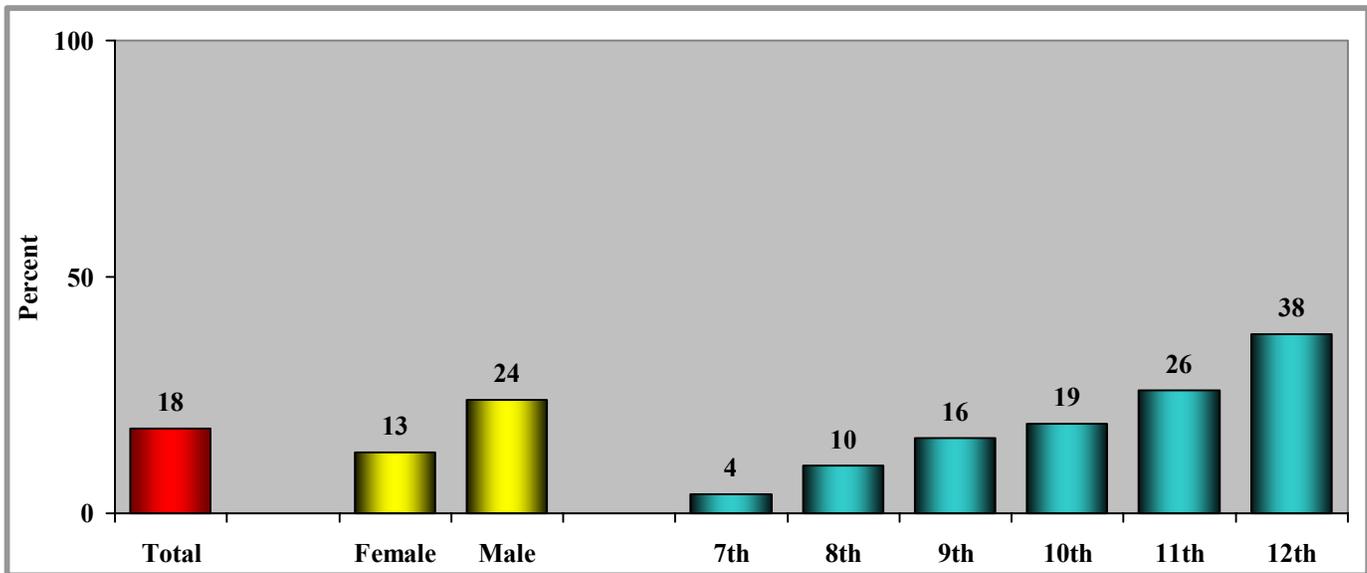
Results

- The prevalence of having had four or more sexual partners was eighteen percent (18%) among 7th – 12th graders in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having had four or more sexual partners was thirteen percent (13%) among female students and twenty-four percent (24%) among male students in Prairie 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	18	13	24	4	10	16	19	26	38

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.

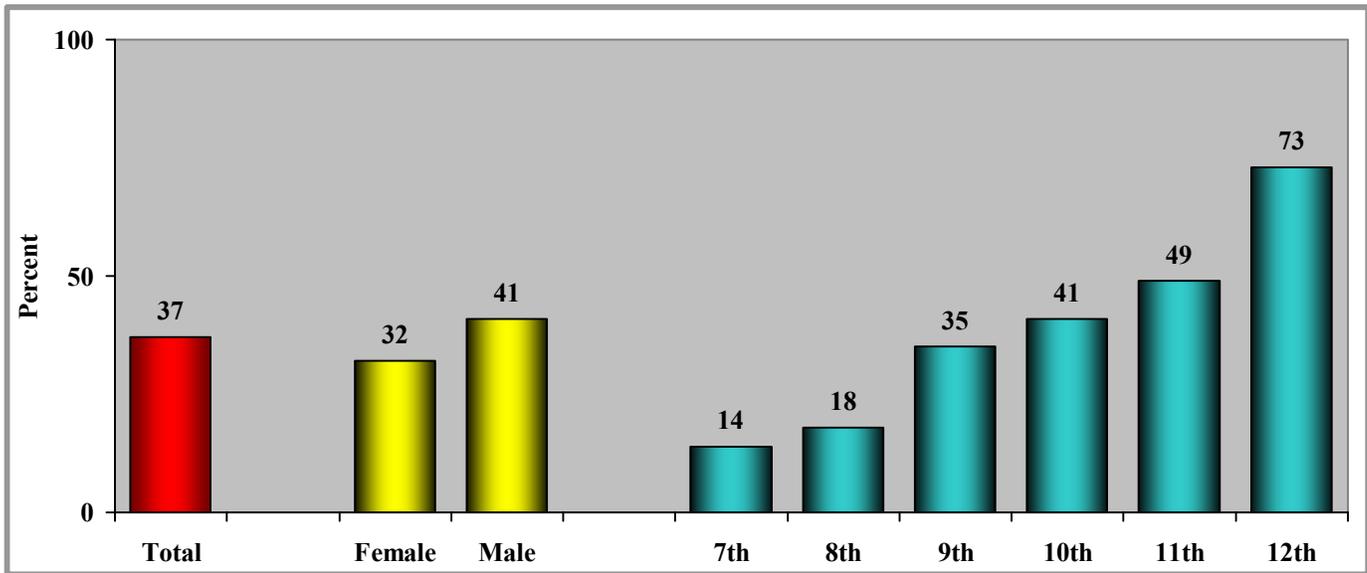
Results

- The prevalence of having had sexual intercourse during the three months preceding the survey was thirty-seven percent (37%) among 7th – 12th graders in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having had sexual intercourse during the three months preceding the survey was thirty-two percent (32%) among female students and forty-one percent (41%) among male students in Prairie 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	37	32	41	14	18	35	41	49	73

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.

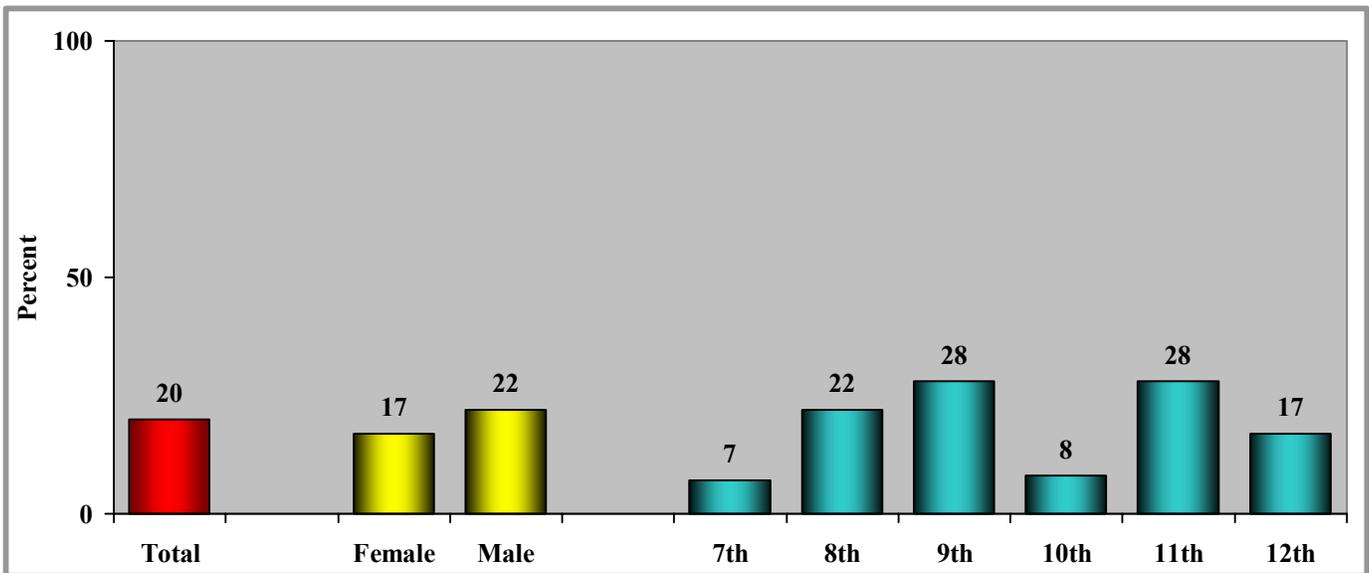
Results

- The prevalence of having drank alcohol or used drugs before students’ last sexual intercourse was twenty percent (20%) among 7th – 12th grade students in Prairie County in 2008 (Table 5 and Figure 5).
- The prevalence of having drank alcohol or used drugs before students’ last sexual intercourse was seventeen percent (17%) among female students and twenty-two percent (22%) among male students in Prairie 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	17	22	7	22	28	8	28	17

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.

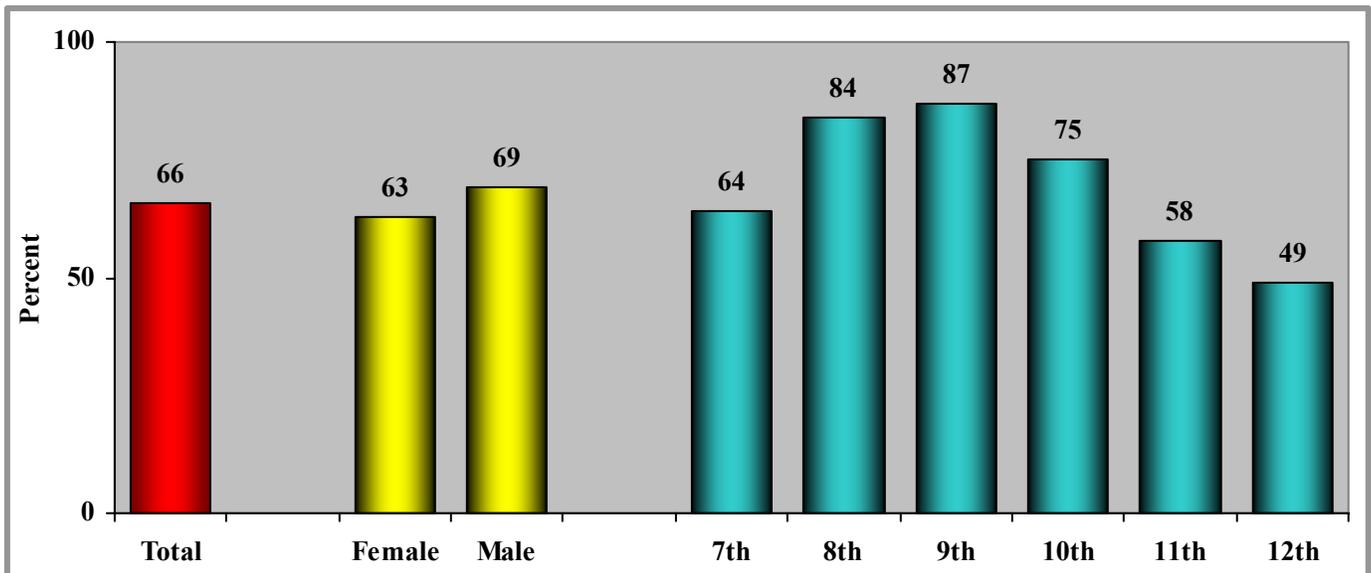
Results

- The prevalence of having used a condom during students’ last sexual intercourse was sixty-six percent (66%) among 7th – 12th grade students in Prairie County in 2008 (Table 6 and Figure 6).
- The prevalence of having used a condom during students’ last sexual intercourse was sixty-three percent (63%) among female students and sixty-nine percent (69%) among male students in Prairie County (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	63	69	64	84	87	75	58	49

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

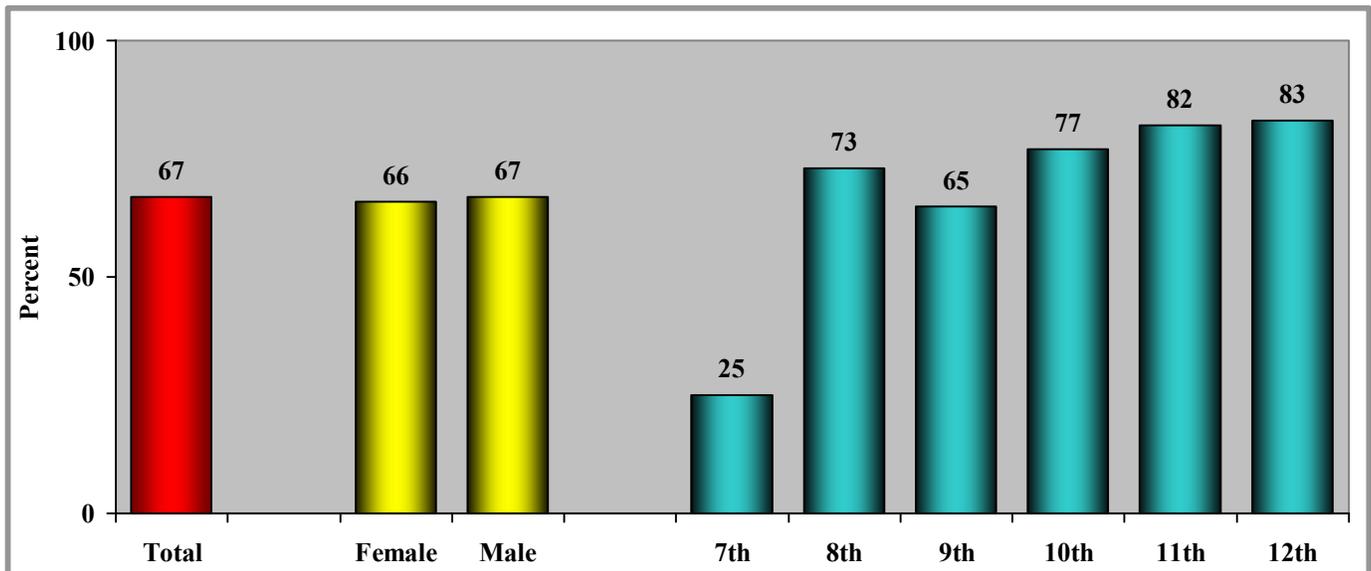
Results

- The prevalence of having received information on HIV/AIDS at school was sixty-seven percent (67%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having received information on HIV/AIDS at school was sixty-six percent (66%) among female students and sixty-seven percent (67%) among male students in Prairie County (Table 1 and Figure 1).

Table 1: Health Education (7th-12th grade students)

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Health education	67	66	67	25	73	65	77	82	83

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.

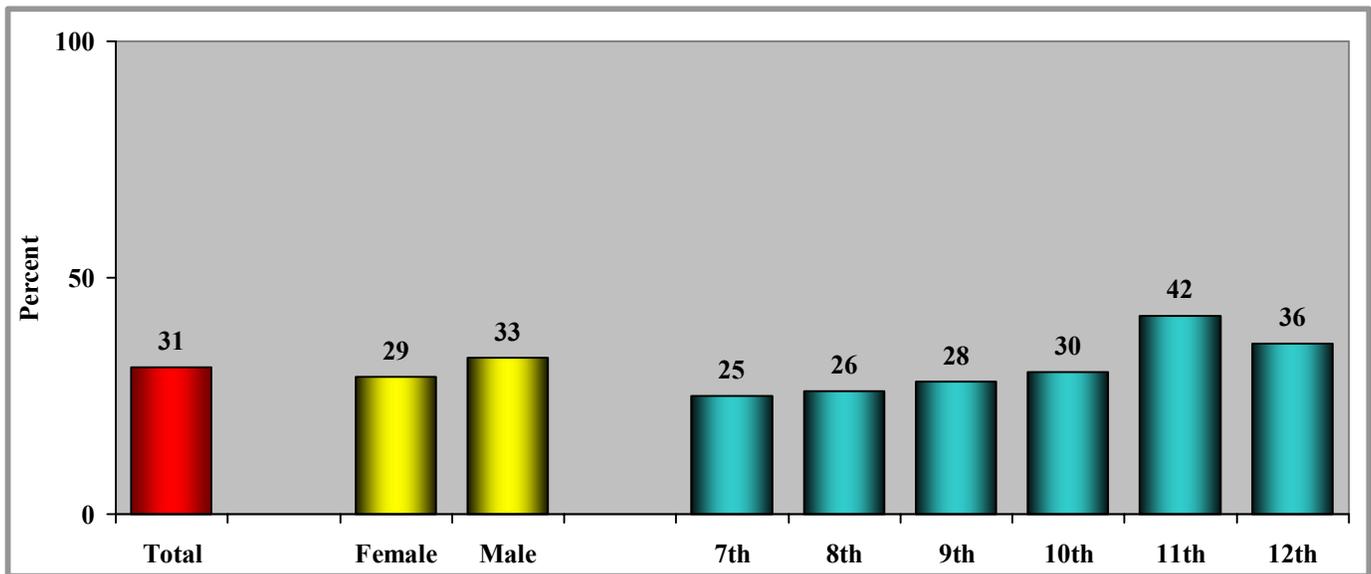
Results

- The prevalence of being overweight was thirty-one percent (31%) among 7th – 12th graders in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of being overweight was twenty-nine percent (29%) among female students and thirty-three percent (33%) among male students in Prairie County (Table 1 and Figure 1).

Table 1: Overweight

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Overweight	31	29	33	25	26	28	30	42	36

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.

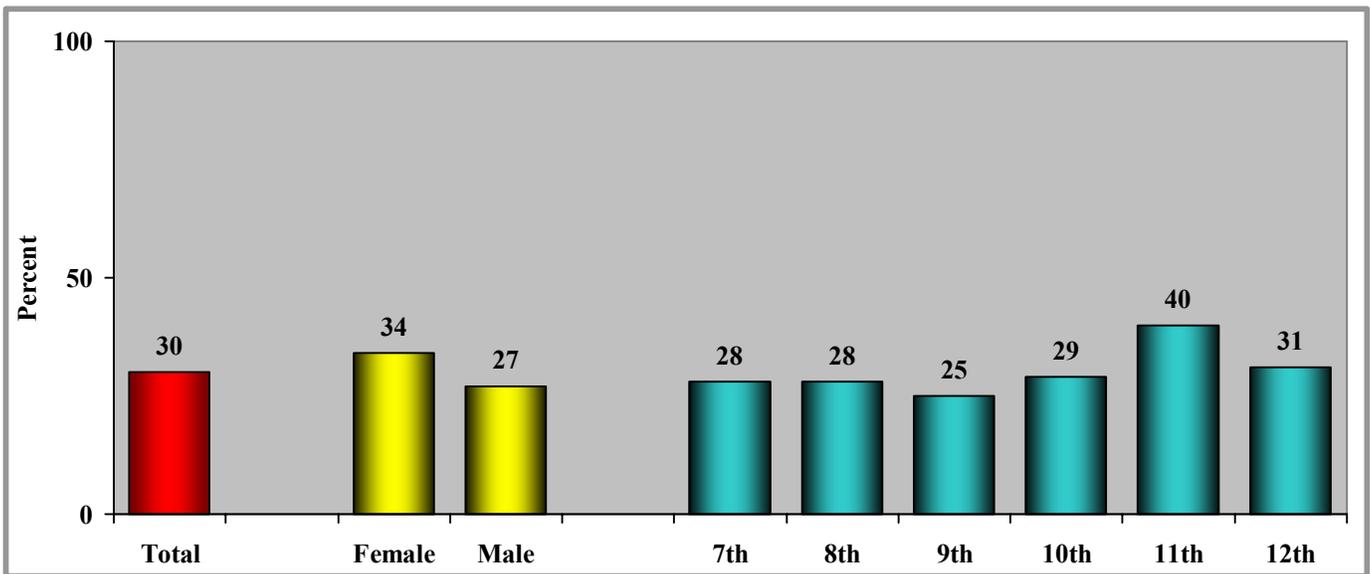
Results

- The prevalence of describing themselves as overweight was thirty percent (30%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of describing themselves as overweight was thirty-four percent (34%) among female students and twenty-seven percent (27%) among male students in Prairie 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	34	27	28	28	25	29	40	31

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.

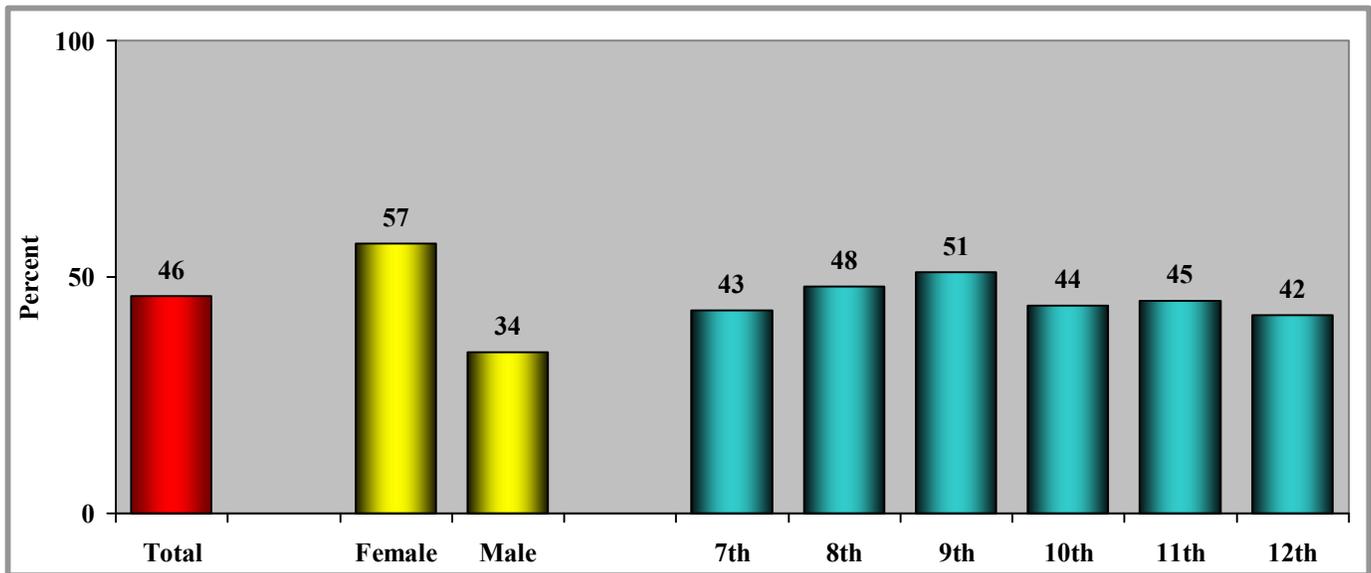
Results

- The prevalence of trying to lose weight was forty-six percent (46%) among 7th – 12th graders in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of trying to lose weight was fifty-seven percent (57%) among female students and thirty-four percent (34%) among male students in Prairie 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	46	57	34	43	48	51	44	45	42

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.

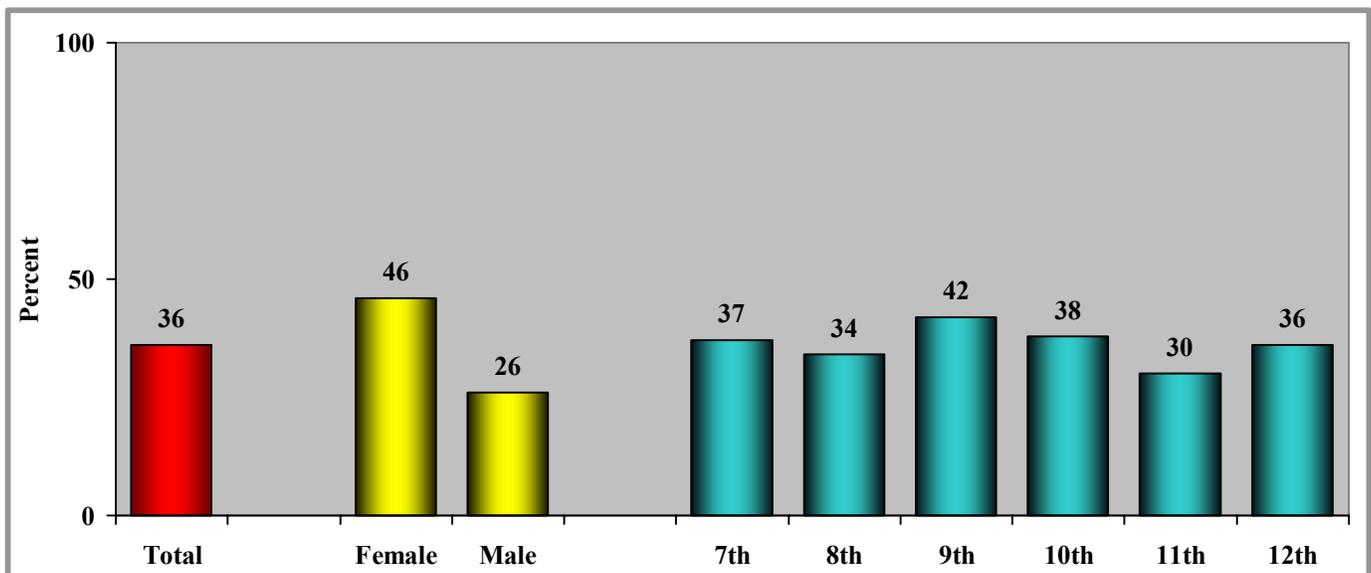
Results

- 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 thirty-six percent (36%) among 7th – 12th grade students in Prairie County in 2008 (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 forty-six percent (46%) among female students and twenty-six percent (26%) among male students in Prairie 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	36	46	26	37	34	42	38	30	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.

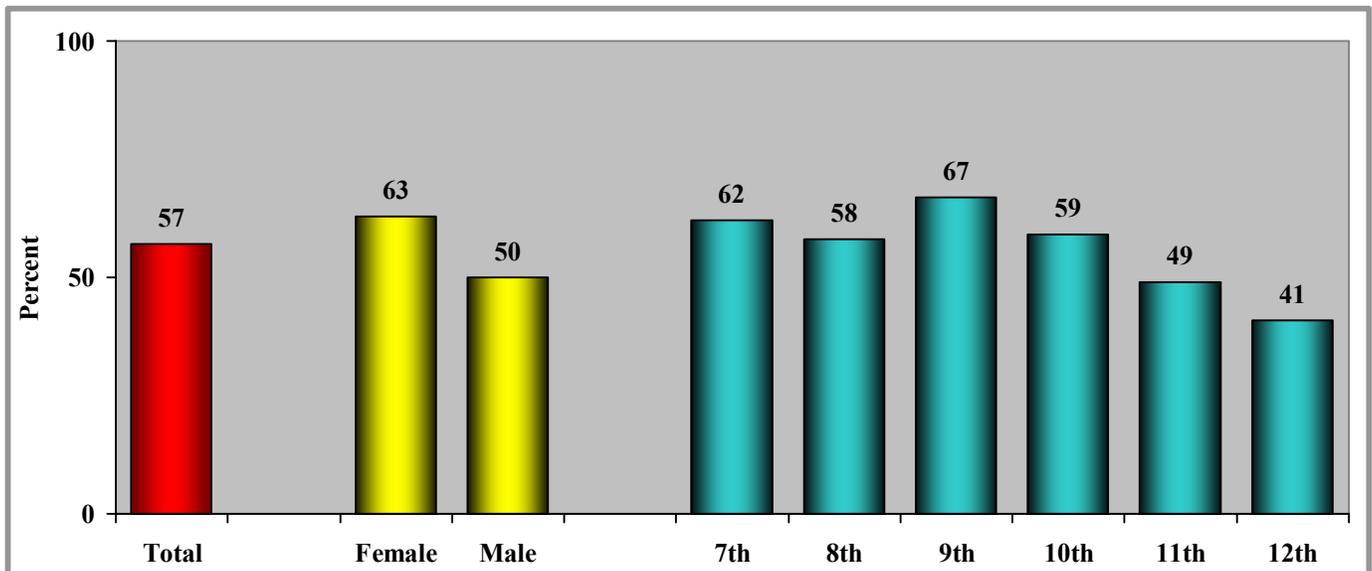
Results

- The prevalence of having exercised to lose weight or to keep from gaining weight during the thirty days preceding the survey was fifty-seven percent (57%) among 7th – 12th grade students in Prairie County in 2008 (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 sixty-three percent (63%) among female students and fifty percent (50%) among male students in Prairie 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	57	63	50	62	58	67	59	49	41

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.

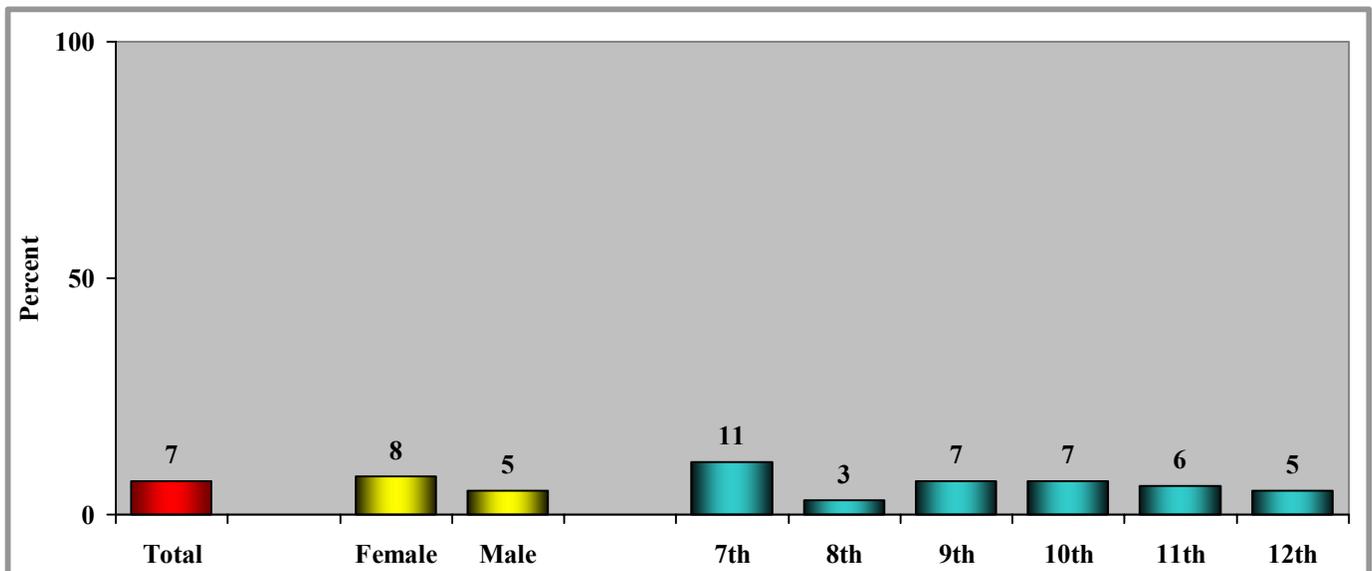
Results

- 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 seven percent (7%) among 7th – 12th grade students in Prairie County in 2008 (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 eight percent (8%) among female students and five percent (5%) among male students in Prairie 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	7	8	5	11	3	7	7	6	5

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.

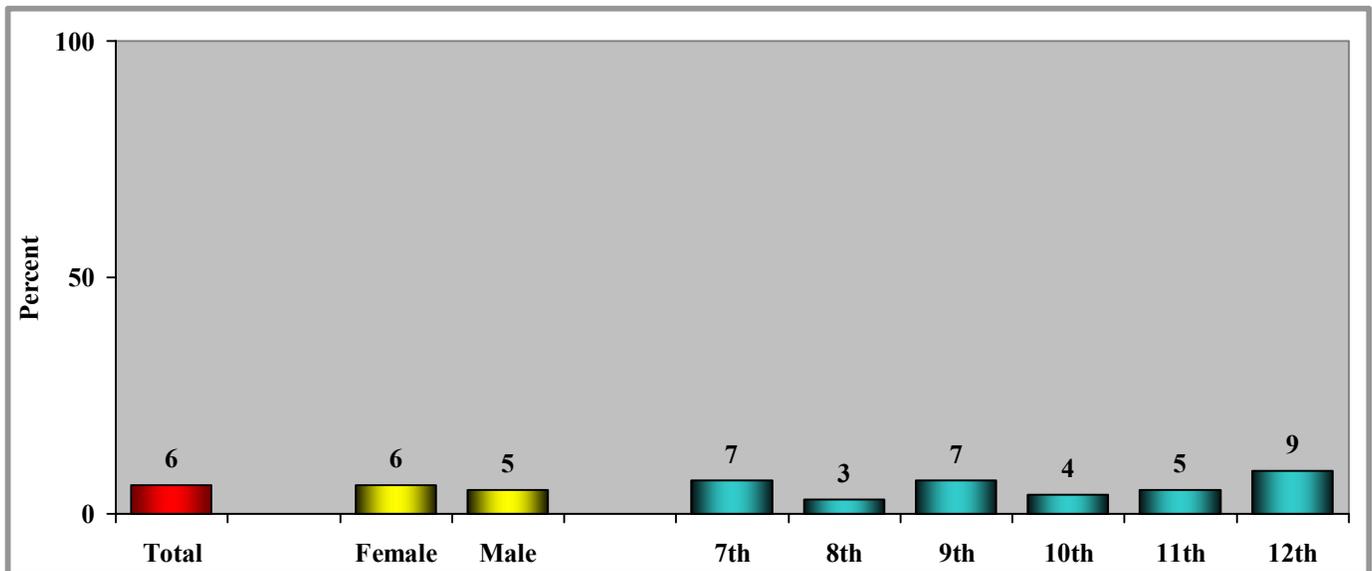
Results

- The prevalence of having taken diet pills to lose weight or to keep from gaining weight during the thirty days preceding the survey was six percent (6%) among 7th – 12th grade students in Prairie County in 2008 (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 six percent (6%) among female students and five percent (5%) among male students Prairie 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	5	7	3	7	4	5	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.

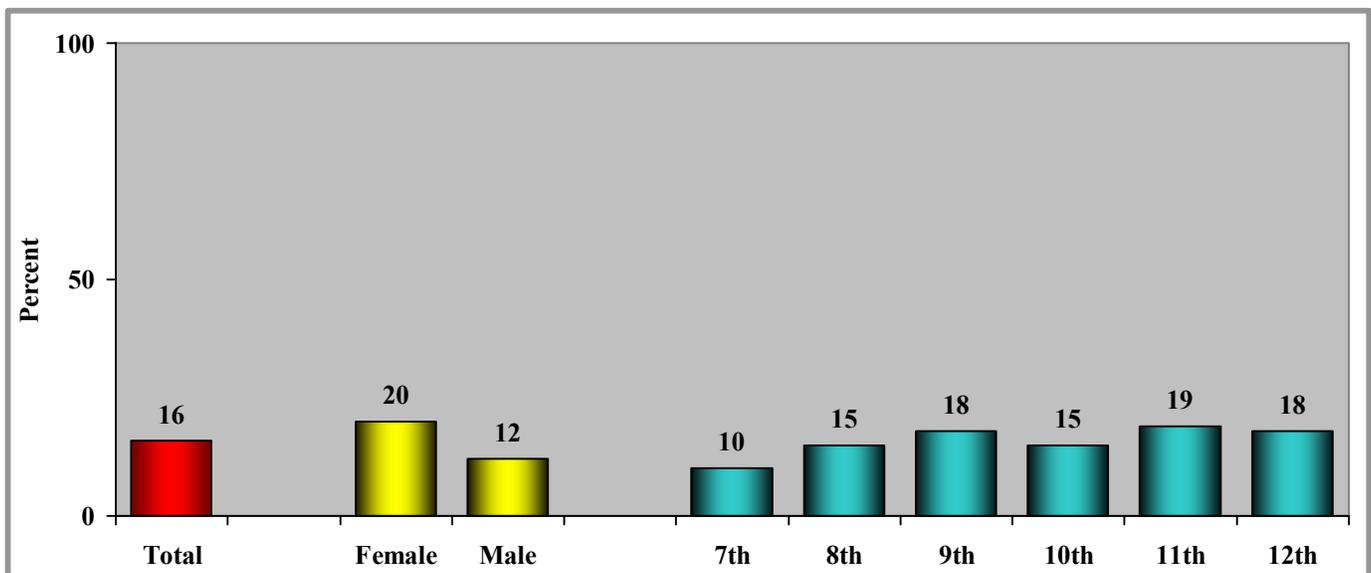
Results

- 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 sixteen percent (16%) among 7th – 12th grade students in Prairie County in 2008 (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 twenty percent (20%) among female students and twelve percent (12%) among male students in Prairie 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	16	20	12	10	15	18	15	19	18

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.

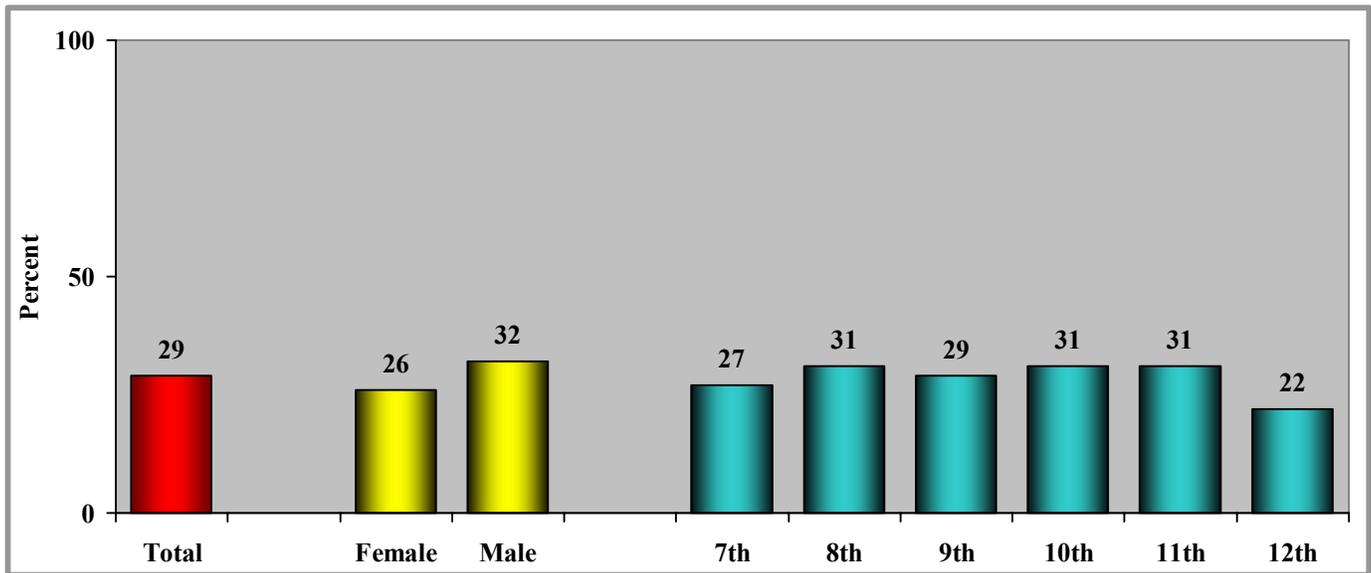
Results

- The prevalence of having eaten fruit four or more times during the seven days preceding the survey was twenty-nine percent (29%) among 7th – 12th grade students in Prairie County in 2008 (Table 1 and Figure 1).
- The prevalence of having eaten fruit four or more times during the seven days preceding the survey was twenty-six percent (26%) among female students and thirty-two percent (32%) among male students in Prairie 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	29	26	32	27	31	29	31	31	22

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.

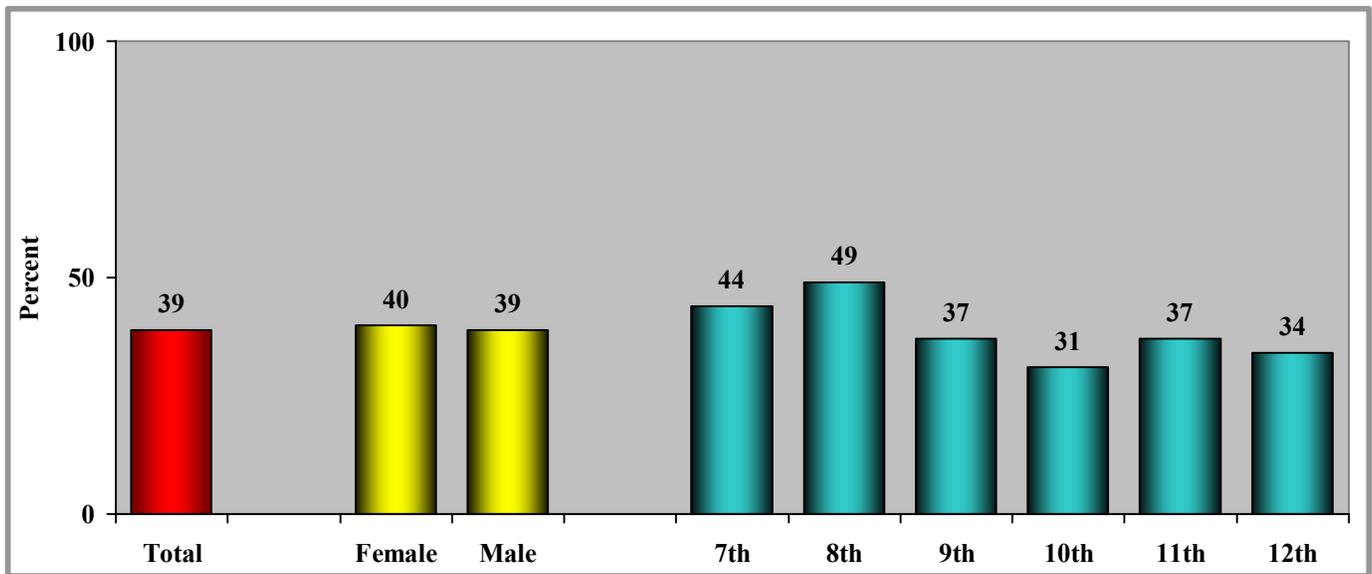
Results

- The prevalence of having drank fruit juices four or more times during the seven days preceding the survey was thirty-nine percent (39%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 and Figure 2).
- The prevalence of having drank fruit juices four or more times during the seven days preceding the survey was forty percent (40%) among female students and thirty-nine percent (39%) among male students in Prairie 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	39	40	39	44	49	37	31	37	34

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.

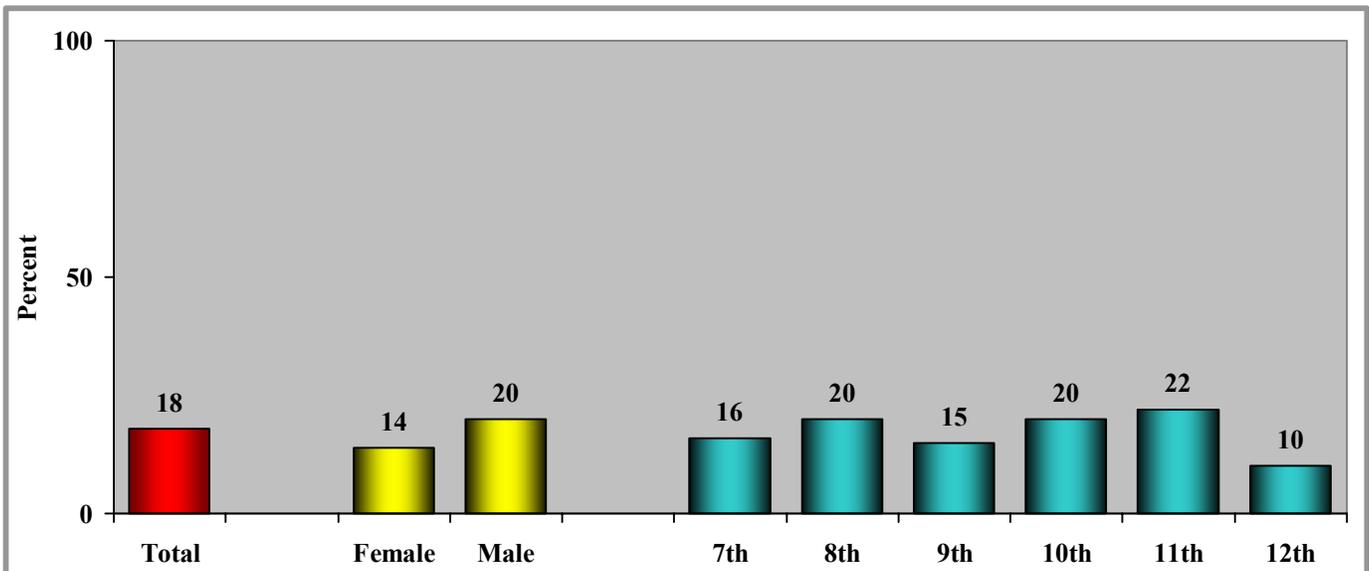
Results

- The prevalence of having eaten green salad four or more times during the seven days preceding the survey was eighteen percent (18%) among 7th – 12th grade students in Prairie County in 2008 (Table 3 and Figure 3).
- The prevalence of having eaten green salad four or more times during the seven days preceding the survey was fourteen percent (14%) among female students and twenty percent (20%) among male students in Prairie 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	18	14	20	16	20	15	20	22	10

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.

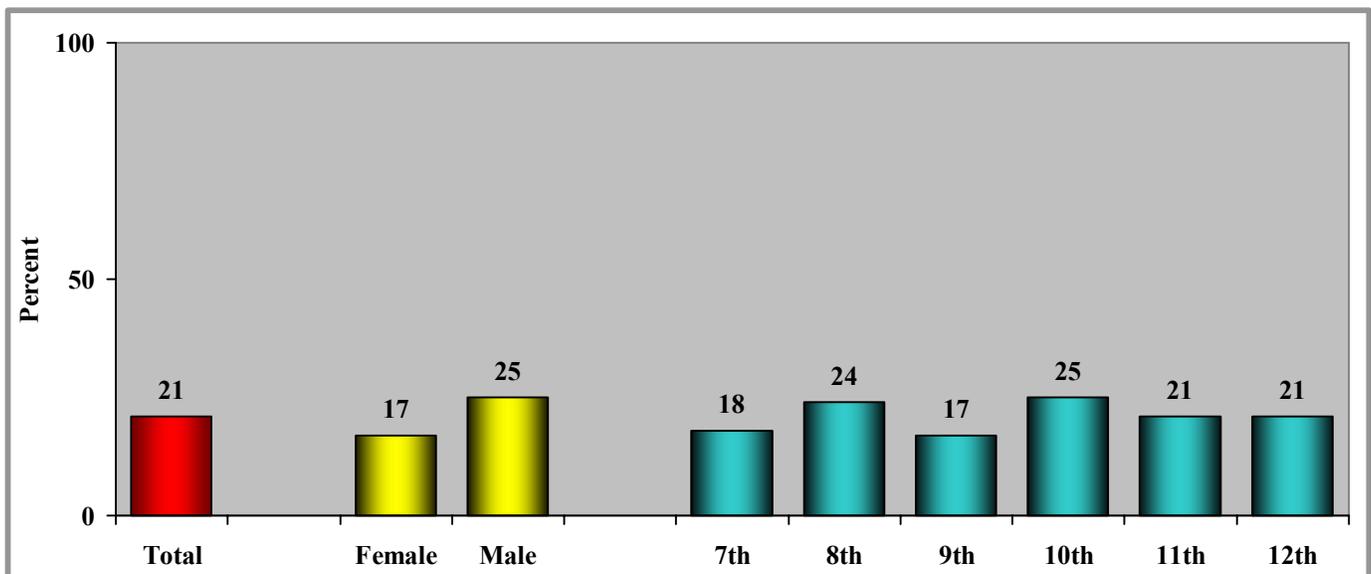
Results

- The prevalence of having eaten potatoes four or more times during the seven days preceding the survey was twenty-one percent (21%) among 7th – 12th grade students in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having eaten potatoes four or more times during the seven days preceding the survey was seventeen percent (17%) among female students and twenty-five percent (25%) among male students in Prairie 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	21	17	25	18	24	17	25	21	21

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.

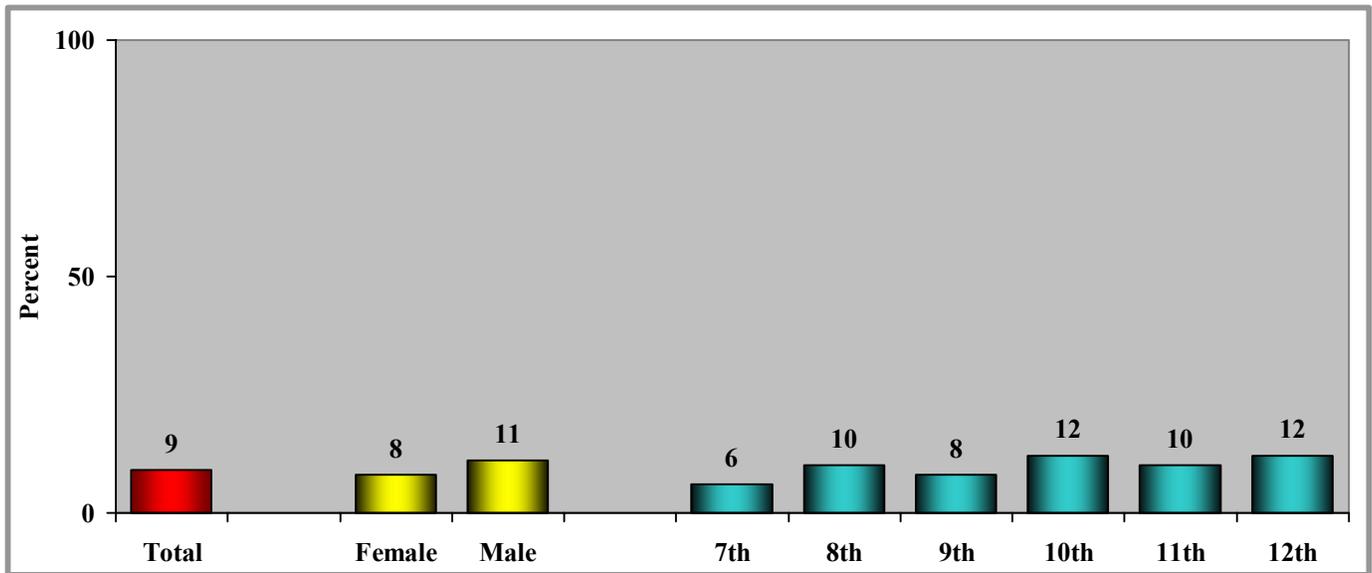
Results

- The prevalence of having ate carrots four or more times during the seven days preceding the survey was nine percent (9%) among 7th – 12th grade students in Prairie County in 2008 (Table 5 and Figure 5).
- The prevalence of having ate carrots four or more times during the seven days preceding the survey was eight percent (8%) among female students and eleven percent (11%) among male students in Prairie 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	9	8	11	6	10	8	12	10	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.

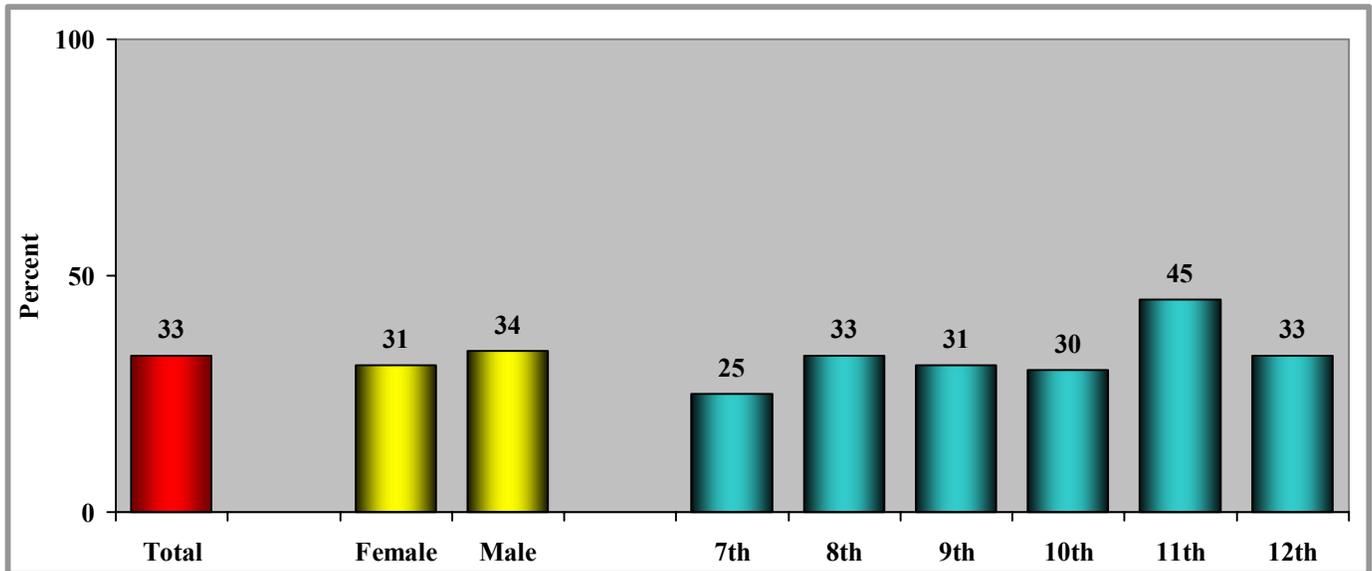
Results

- The prevalence of having eaten other vegetables four or more times during the seven days preceding the survey was thirty-three percent (33%) among 7th – 12th grade students in Prairie County in 2008 (Table 6 and Figure 6).
- The prevalence of having eaten other vegetables four or more times during the seven days preceding the survey was thirty-one percent (31%) among female students and thirty-four percent (34%) among male students in Prairie 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	33	31	34	25	33	31	30	45	33

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.

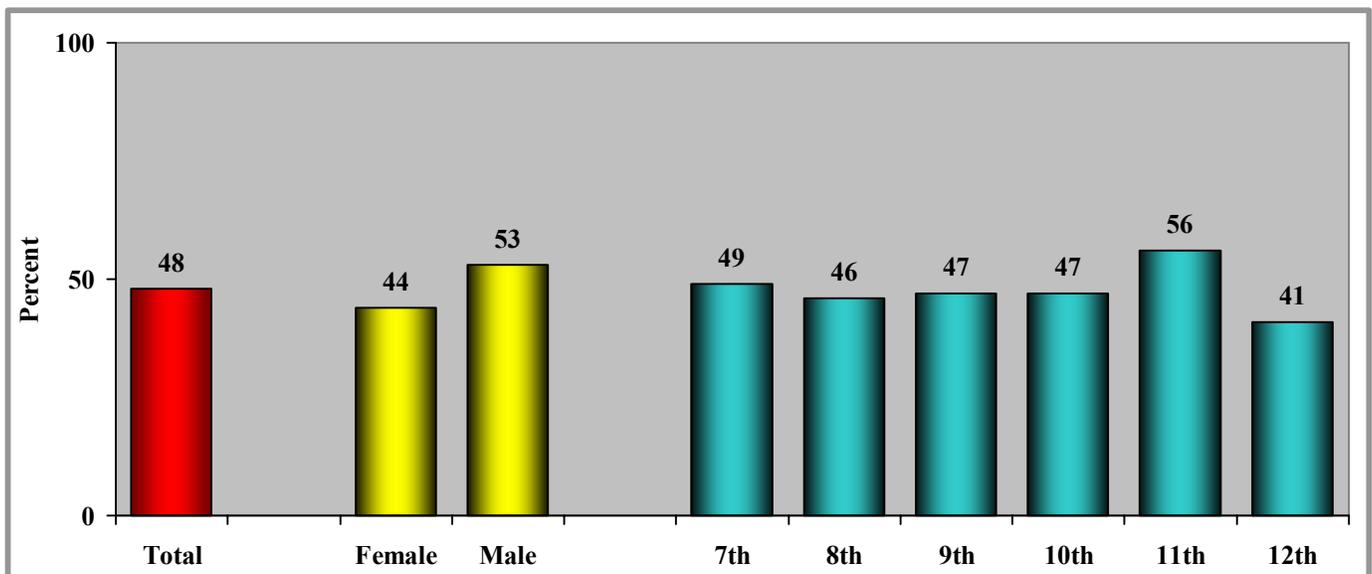
Results

- The prevalence of having drank milk four or more times during the seven days preceding the survey was forty-eight percent (48%) among 7th – 12th grade students in Prairie County in 2008 (Table 7 and Figure 7).
- The prevalence of having drank milk four or more times during the seven days preceding the survey was forty-four percent (44%) among female students and fifty-three percent (53%) among male students in Prairie 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	48	44	53	49	46	47	47	56	41

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.

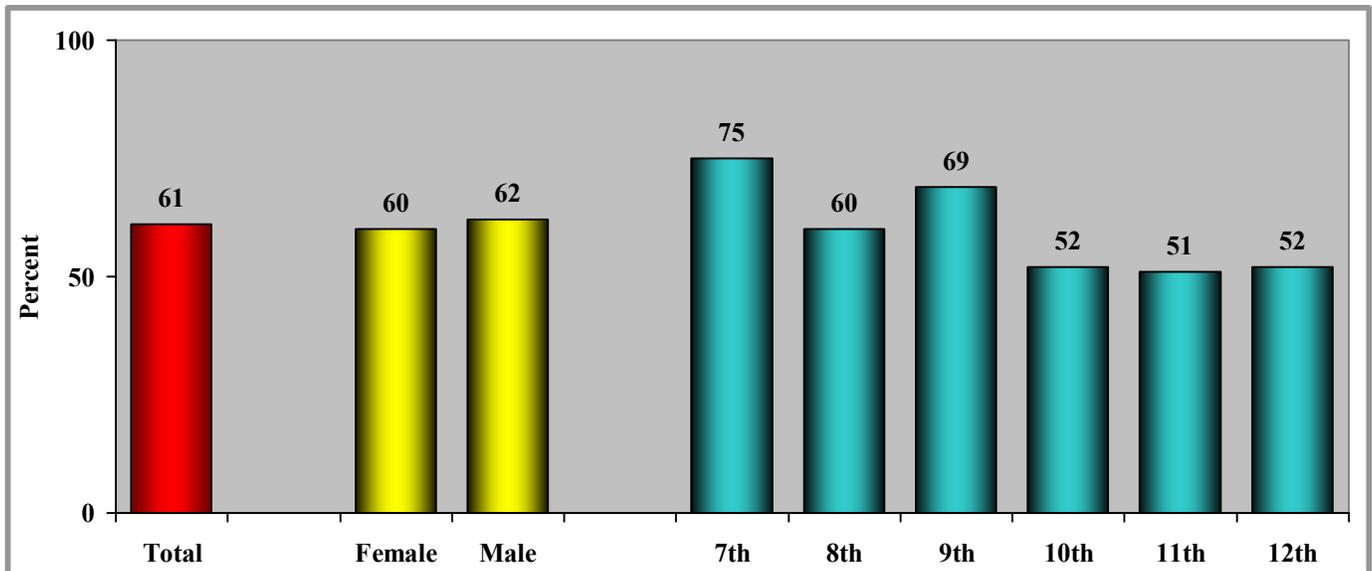
Results

- 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 sixteen percent (61%) among 7th-12th grade students in Prairie County in 2008 (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 sixty percent (60%) among female students and sixty-two percent (62%) among males students in Prairie County (Table 1 and Figure 1).

Table 1: Physical activity with

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Physical activity with sweat	61	60	62	75	60	69	52	51	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.

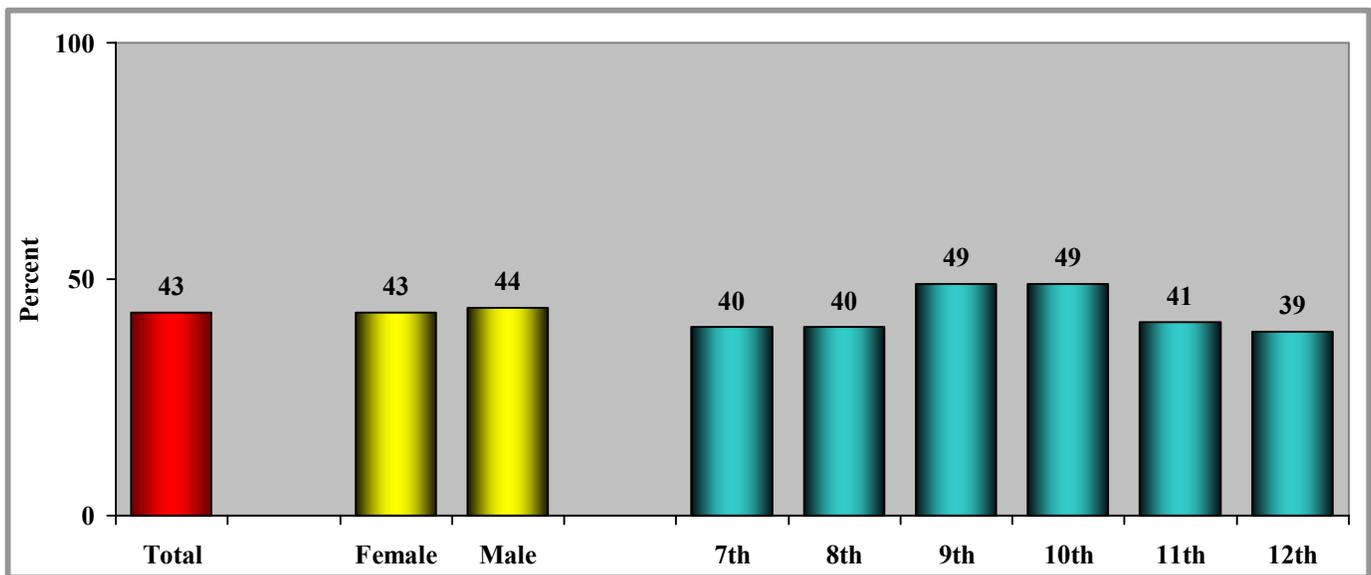
Results

- 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 forty-three percent (43%) among 7th – 12th grade students in Prairie County in 2008 (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 forty-three percent (43%) among female students and forty-four percent (44%) among male students in Prairie 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	43	43	44	40	40	49	49	41	39

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.

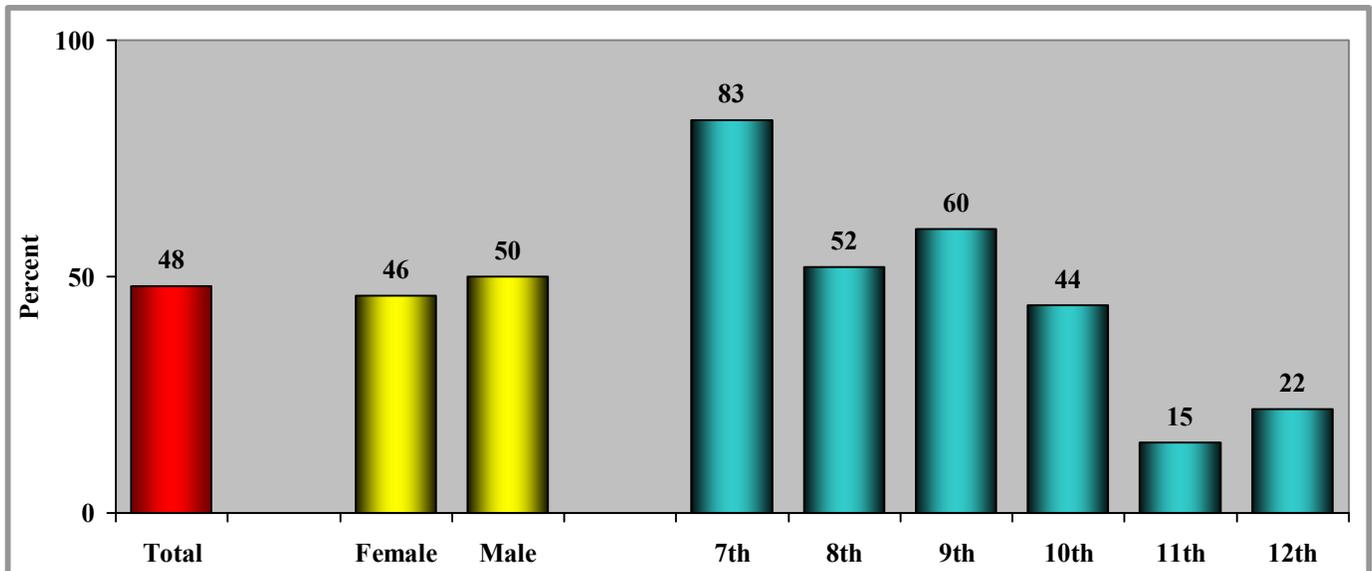
Results

- The prevalence of having attended physical education class on one or more days in an average week when in school was forty-eight percent (48%) among 7th – 12th grade students in Prairie County in 2008 (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 forty-six percent (46%) among female students and fifty percent (50%) among male students in Prairie 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	48	46	50	83	52	60	44	15	22

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.

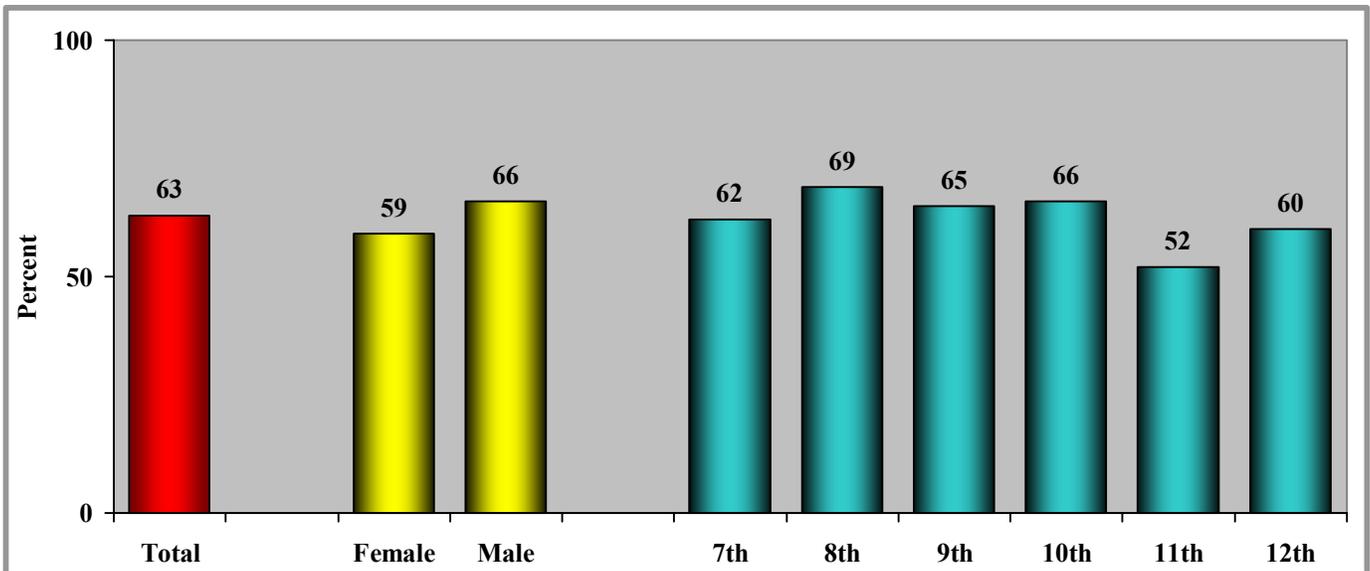
Results

- The prevalence of having played on one or more sports teams during the twelve months preceding the survey was sixty-three percent (63%) among 7th – 12th grade students in Prairie County in 2008 (Table 4 and Figure 4).
- The prevalence of having played on one or more sports teams during the twelve months preceding the survey was fifty-nine percent (59%) among female students and sixty-six percent (66%) among male students in Prairie County (Table 4 and Figure 4).

Table 3: Physical education class

Question	Percent								
	Total	Gender		Grade					
		Female	Male	7	8	9	10	11	12
Played on sports teams	63	59	66	62	69	65	66	52	60

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.

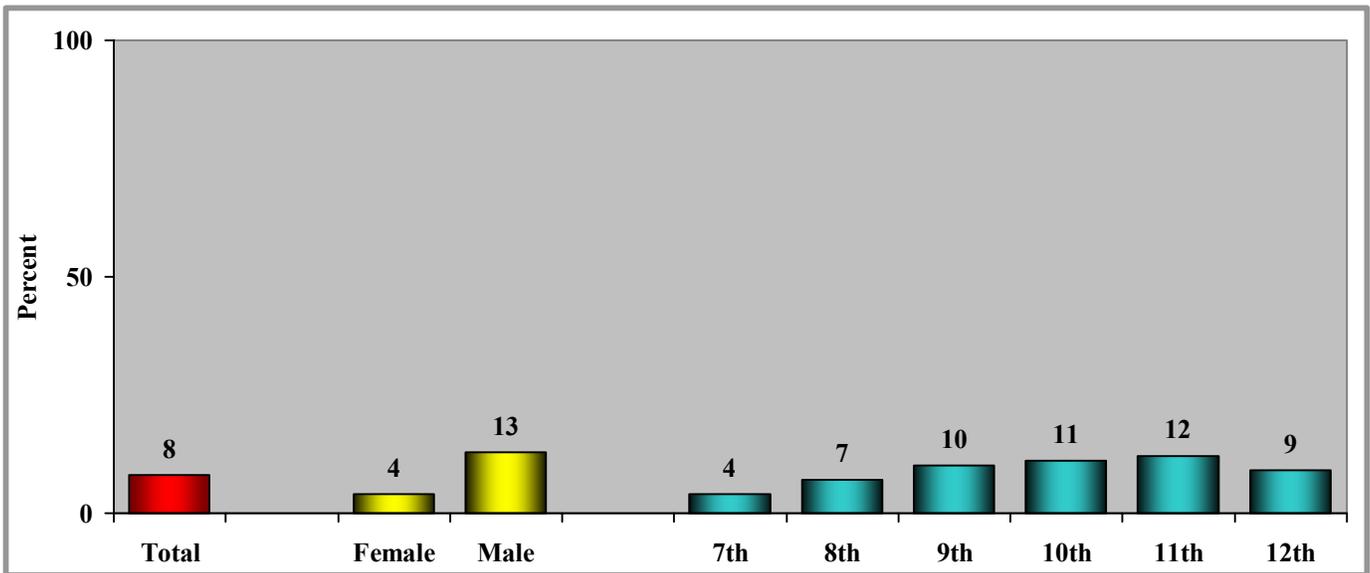
Results

- 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 eight percent (8%) among 7th – 12th grade students in Prairie County in 2008 (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 four percent (4%) among female students and thirteen percent (13%) among male students in Prairie 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	8	4	13	4	7	10	11	12	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.

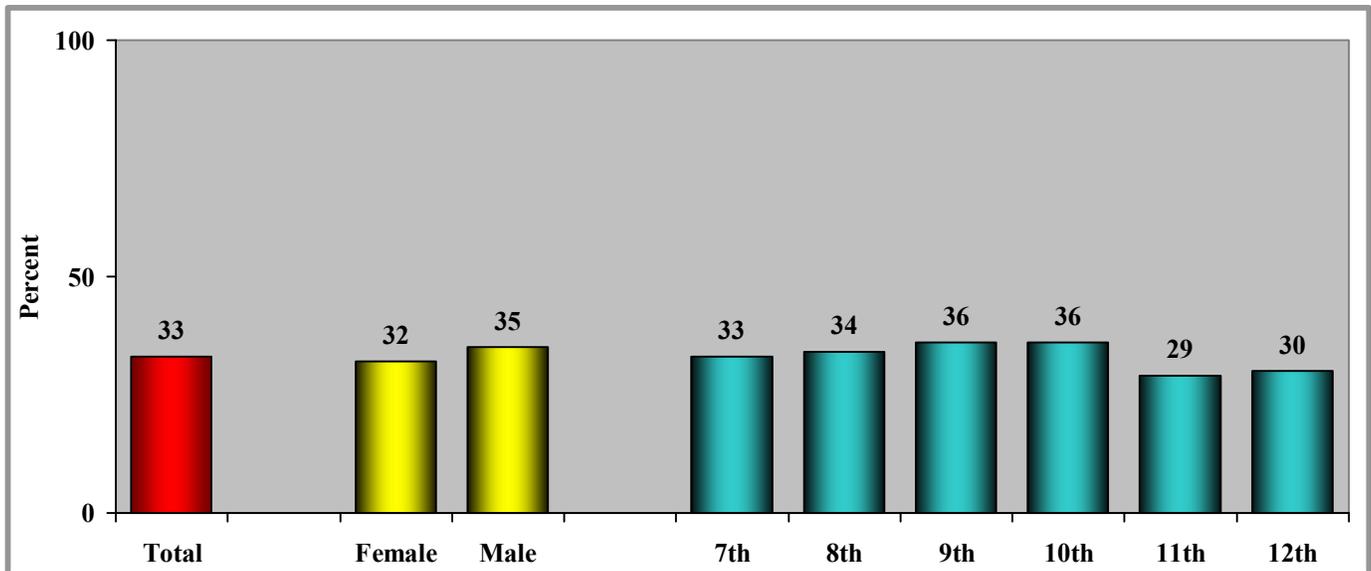
Results

- 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 thirty-three percent (33%) among 7th – 12th grade students in Prairie County in 2008 (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 thirty-two percent (32%) among female students and thirty-five percent (35%) among male students Prairie 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	33	32	35	33	34	36	36	29	30

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.

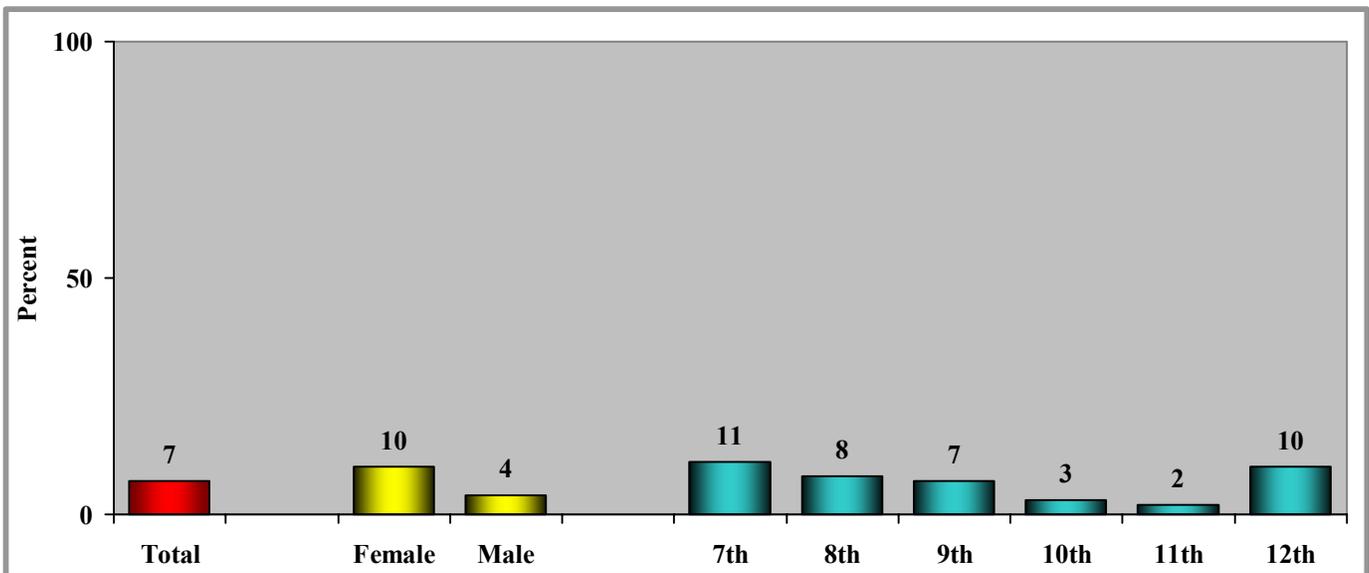
Results

- The prevalence of having not gone to school because of safety concerns during the thirty days preceding the survey was seven percent (7%) among 7th – 12th grade students in Prairie County in 2008 (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 ten percent (10%) among female students and four percent (4%) among male students in Prairie 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	10	4	11	8	7	3	2	10

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.

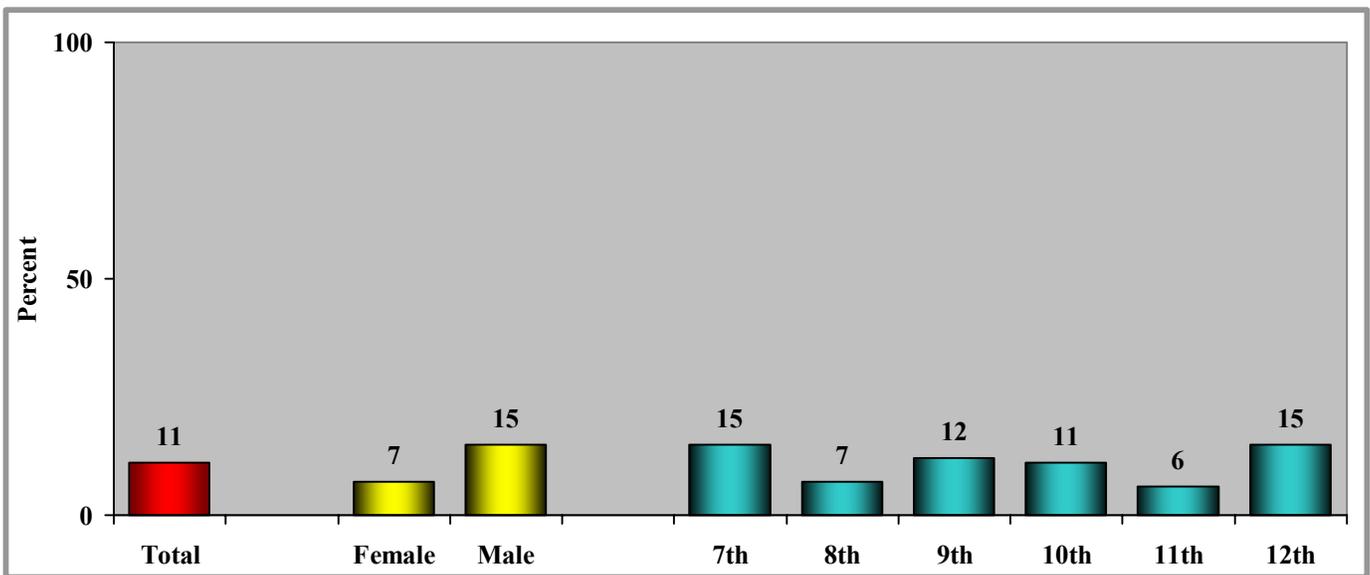
Results

- 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 eleven percent (11%) among 7th – 12th grade students in Prairie County in 2008 (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 seven percent (7%) among female students and fifteen percent (15%) among male students in Prairie 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	11	7	15	15	7	12	11	6	15

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.

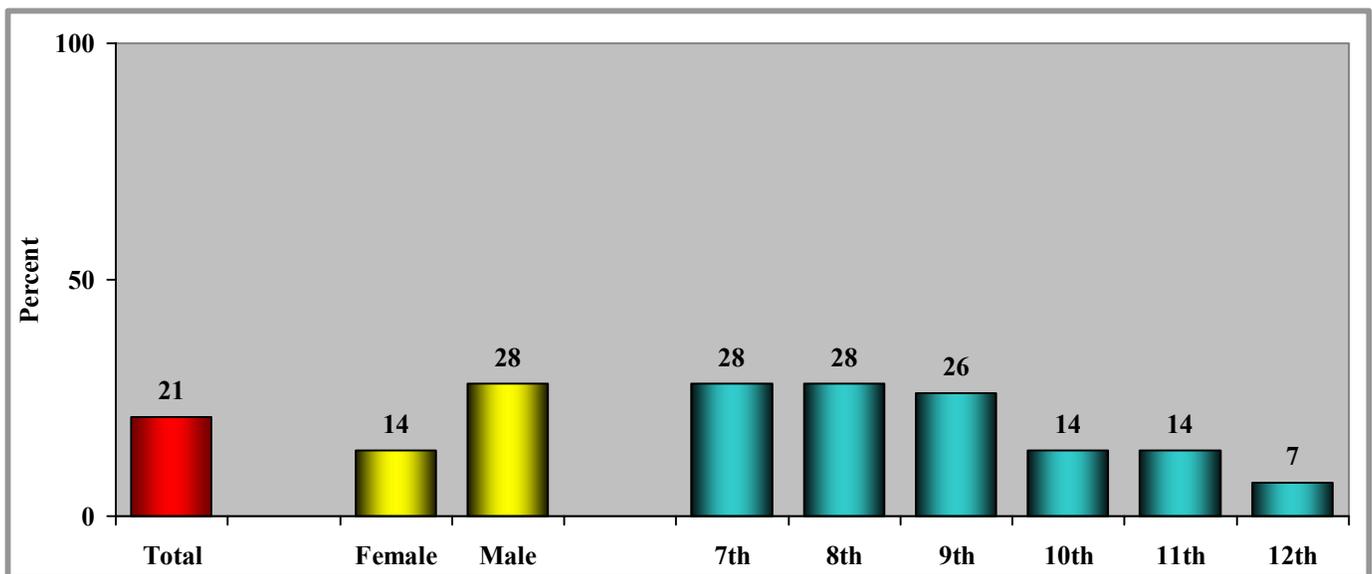
Results

- The prevalence of having been in a physical fight on school property during the twelve months preceding the survey was twenty-one percent (21%) among 7th – 12th grade students in Prairie County in 2008 (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 fourteen percent (14%) among female students and twenty-eight percent (28%) among male students in Prairie 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	21	14	28	28	28	26	14	14	7

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.

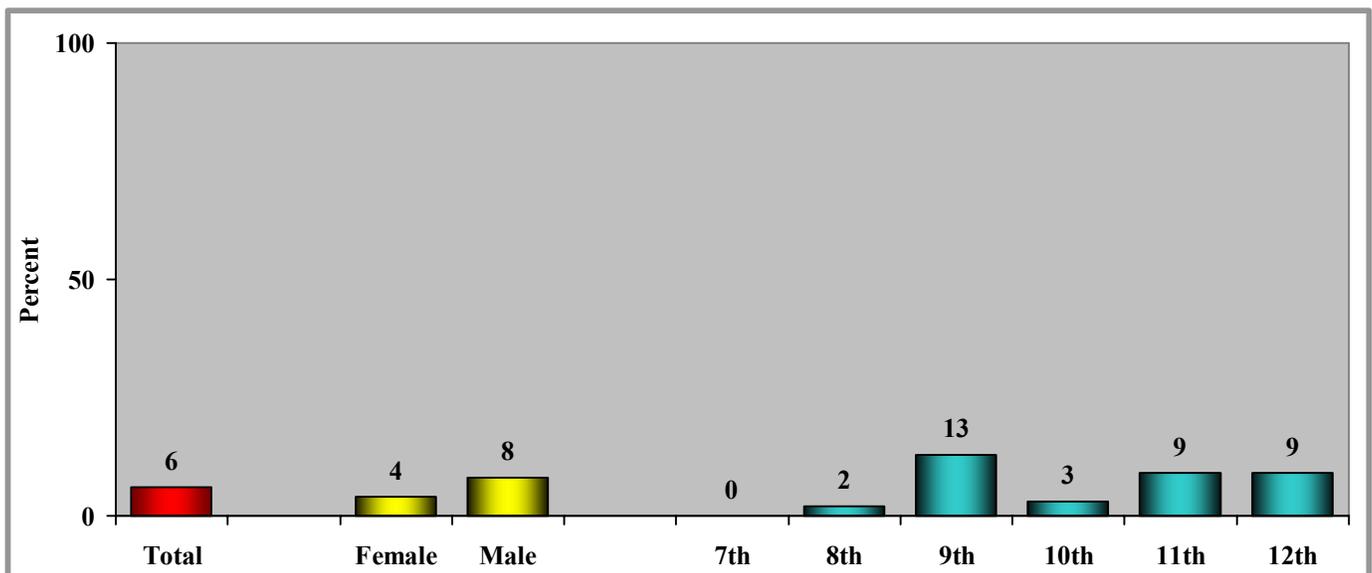
Results

- The prevalence of having smoked cigarettes on school property on one or more of the thirty days preceding the survey was six percent (6%) among 7th – 12th grade students in Prairie County in 2008 (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 four percent (4%) among female students and eight percent (8%) among male students in Prairie 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	6	4	8	0	2	13	3	9	9

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.

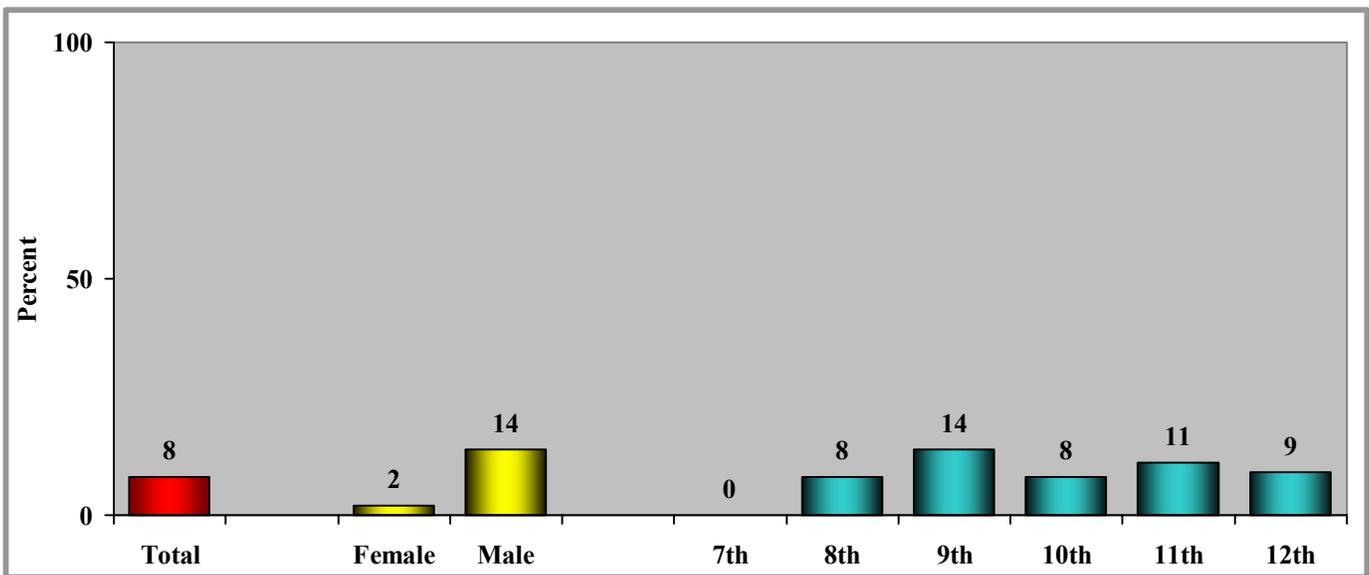
Results

- The prevalence of having used chewing tobacco or snuff on school property on one or more of the thirty days preceding the survey was eight percent (8%) among 7th – 12th grade students in Prairie County in 2008 (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 two percent (2%) among female students and fourteen percent (14%) among male students in Prairie 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	8	2	14	0	8	14	8	11	9

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.

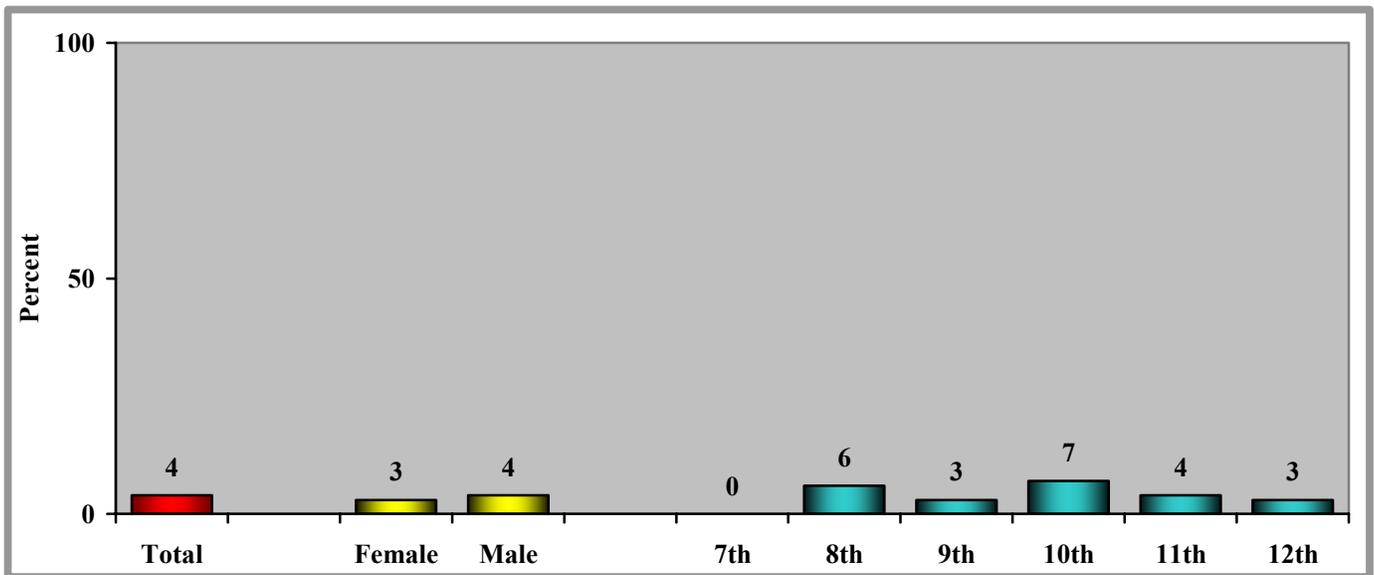
Results

- 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 four percent (4%) among 7th – 12th grade students in Prairie County in 2008 (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 three percent (3%) among female students and four percent (4%) among male students in Prairie 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	4	3	4	0	6	3	7	4	3

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.



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.

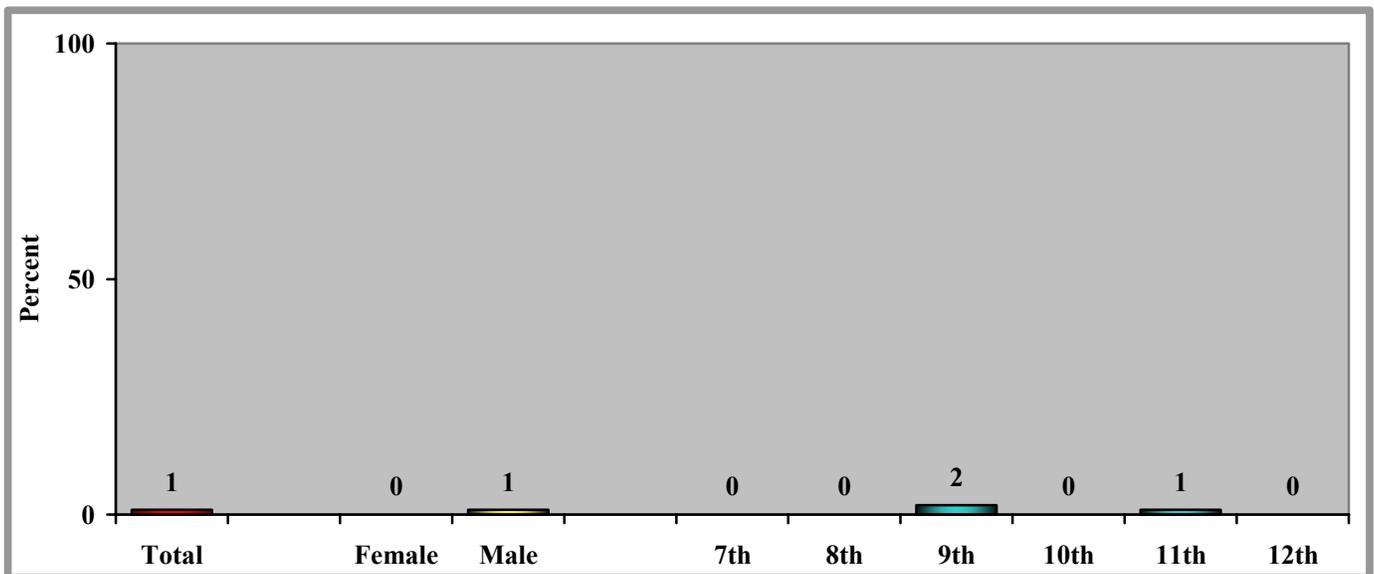
Results

- The prevalence of having used marijuana on school property on one or more of the thirty days preceding the survey was one percent (1%) among 7th – 12th grade students in Prairie County in 2008 (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 zero percent (0%) among female students and one percent (1%) among male students in Prairie 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	0	1	0	0	2	0	1	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.



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.

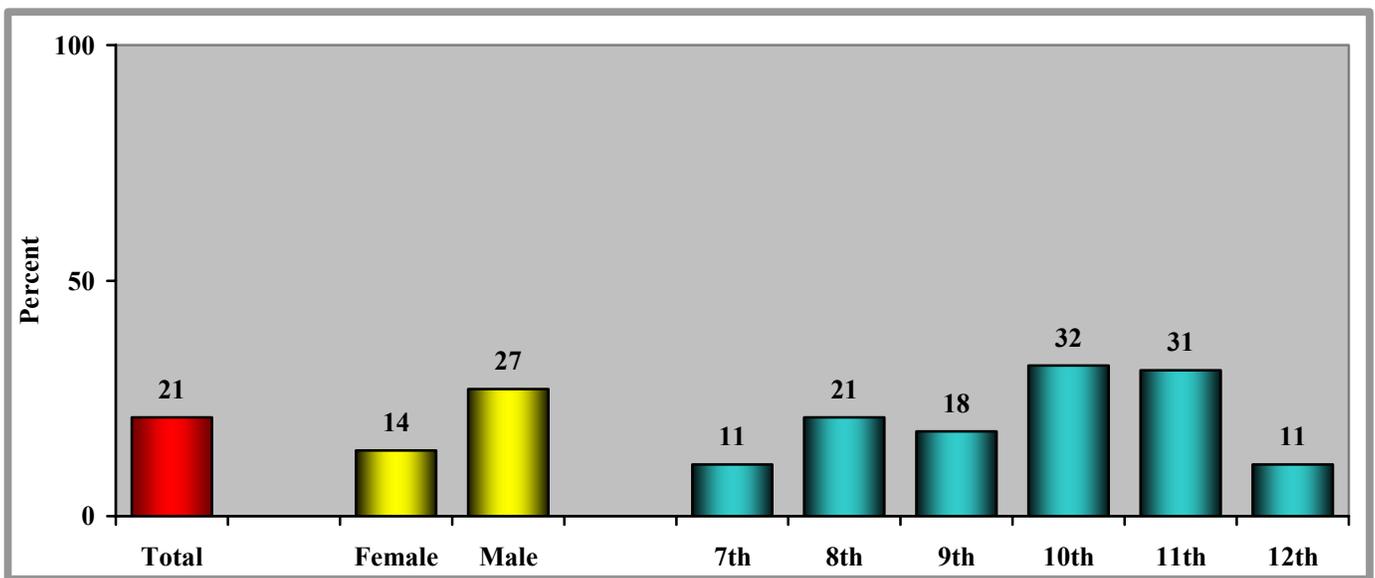
Results

- The prevalence of having been offered, sold, or given an illegal drug on school property during the twelve months preceding the survey was twenty-one percent (21%) among 7th – 12th grade students in Prairie County in 2008 (Table 2 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 fourteen percent (14%) among female students and twenty-seven percent (27%) among male students in Prairie County (Table 2 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	21	14	27	11	21	18	32	31	11

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>