

Dallas County

Carthage Blue Devils



Sparkman Raiders

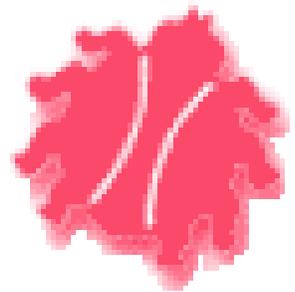


County

Youth

Fordyce Redbugs

Health Survey



Coordinated By:

Dallas County Hometown Health Improvement

And

The Arkansas Department of Health Center for Health Statistics

2003-2004 Dallas County Youth Health Survey

Coordinated by:

Dallas County Hometown Health Improvement

and

Arkansas Department of Health
Center for Health Statistics

March, 2004

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What is the County Youth Health Survey?

The County Youth Health Survey (CYHS) was designed to measure health risk behaviors, such as smoking, drinking and driving, and obesity, among the nation's youth. Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the 87-item, multiple-choice Youth Risk Behavior Survey 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, at a statewide level, and locally. It is known as the County Youth Health Survey (CYHS) at the local level.

During October, 2003, usable CYHS questionnaires were completed by 615 seventh through twelfth grade students throughout Dallas County public schools. The information provided by those students is presented in this report.

Why did Dallas County conduct the CYHS?

Dallas County was selected by the Arkansas Department of Health (ADH) to participate in Hometown Health Improvement (HHI), a new community health assessment project. Dallas County HHI is working to assess the specific health needs of Dallas County residents. In order to collect information on the health behaviors of the community's youth, HHI coalition members requested that the County Youth Health Survey be administered to the students in the seventh through twelfth grades at Dallas County schools.

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

The 2003-2004 CYHS also provides Dallas County 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, CYHS' findings form a valuable base upon which Dallas County can strengthen its ability to:

- Establish disease prevention and health promotion policies;
- Plan and implement programs and services;

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- 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.

How was the CYHS conducted?

During October, 2003, seventh through twelfth grade students enrolled in Dallas County public 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. The following Dallas County schools' students participated in the survey:

- Fordyce
- Sparkman
- Carthage

About This Report

This report entitled "2003-2004 Dallas County County Youth Health Survey" summarizes the overall answers Dallas County's students reported about safety, diet and exercise, alcohol, tobacco, and other health risk behaviors. Dallas County's survey of public schools provides a "snapshot" of students' behaviors. The survey contains questions related to:

- 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 (STD's), and unintentional pregnancies; and
- Physical activity and nutrition.

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This report summarizes Dallas County's findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents, and youth, this CYHS report provides a brief overview of:

- The survey's process and procedures;
- Survey questions;
- Students' answers;
- Percentage of CYHS participants giving those answers; and
- Major summary findings.

How Results Can Be Interpreted

Dallas County's 2003-2004 County Youth Health Survey is a "snapshot in time" showing those health-risk behaviors reported by Dallas County students in October, 2003. Answers in this survey were only as accurate as students' reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance, is a pocketknife a "weapon?" What area does "on school property" include? Some students chose not to answer certain questions, meaning that not all students surveyed were represented in every response. Answers were edited for consistency using the Center for Disease Control and Prevention's CYHS data editing guidelines. For example, if a student reported that he or she had driven under the influence of alcohol, but 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.

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%.

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Sincere Appreciation To:

- The superintendents, principals, counselors, nurses, and teachers of Dallas County schools who so graciously gave of their time and energy to see this survey through to its completion;
- The Dallas County students who completed the CYHS questionnaires;
- The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire;
- Gary Ragen and the ADH Division of Emergency Medical Services for scanning the survey forms;
- Kathleen Courtney and the Arkansas Department of Education for support and assistance with this project.

Interested individuals may request additional information. Researchers and professional wanting to build upon Dallas County's 2003-2004 CYHS data may request additional data from:

Dallas County Hometown Health Improvement

Cheryl Denison
209 North Clifton
P.O Box 647
Fordyce, AR 71742

870-352-7197
cdenison@healthyarkansas.com

For more information about the County Youth Health Survey or analysis of the survey data, please contact:

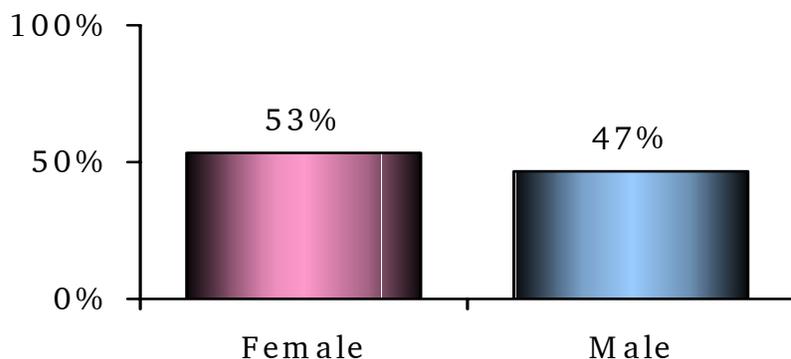
Arkansas Center for Health Statistics
Sharon Rose Judah, Lead Programmer Analyst
Ph. (501) 661-2971
sjudah@healthyarkansas.com

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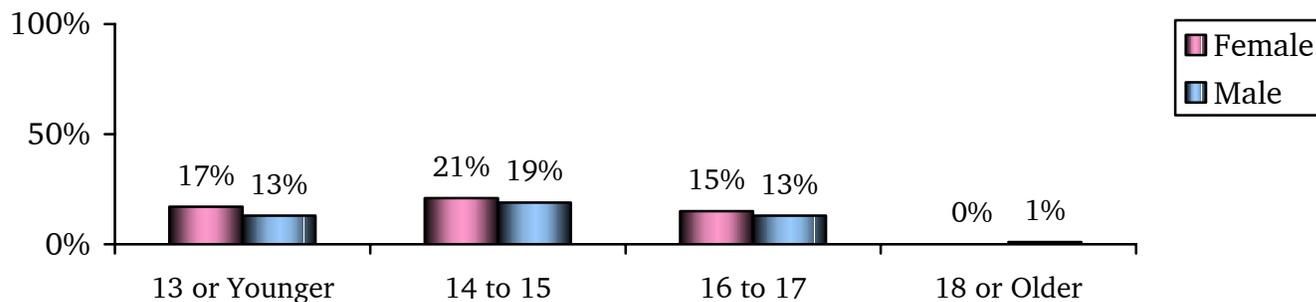
Demographics of survey participants:

Total number of survey participants = 615

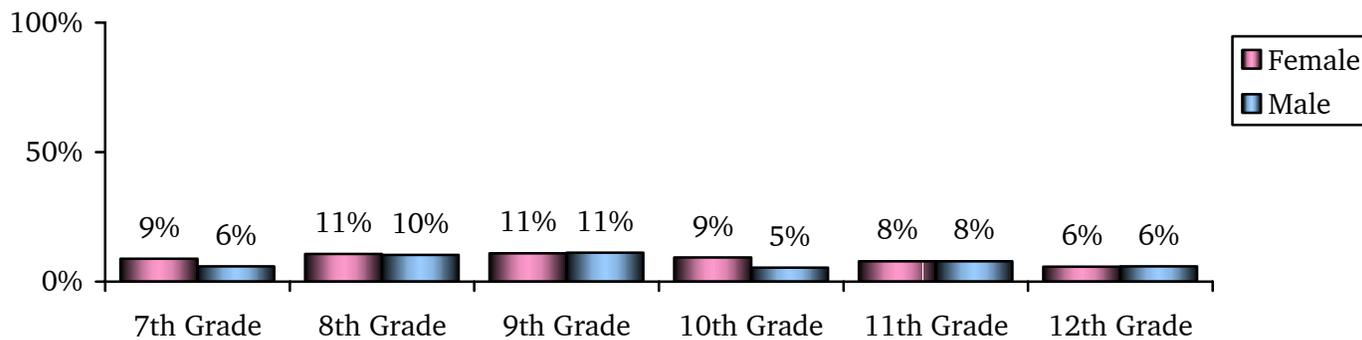
Gender



Age



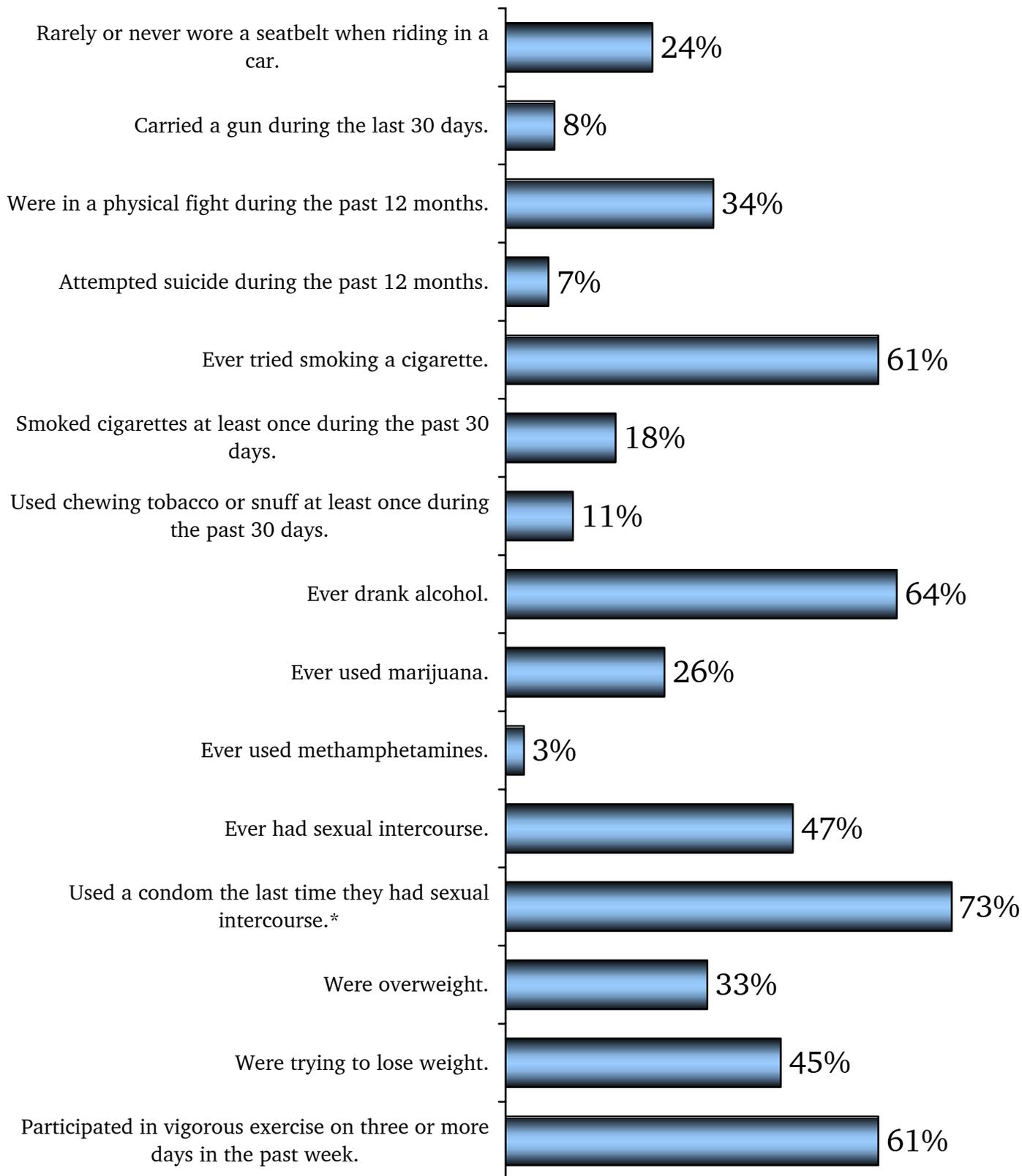
Grade



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Summary of Dallas County CYHS Findings

Percentage of students who:

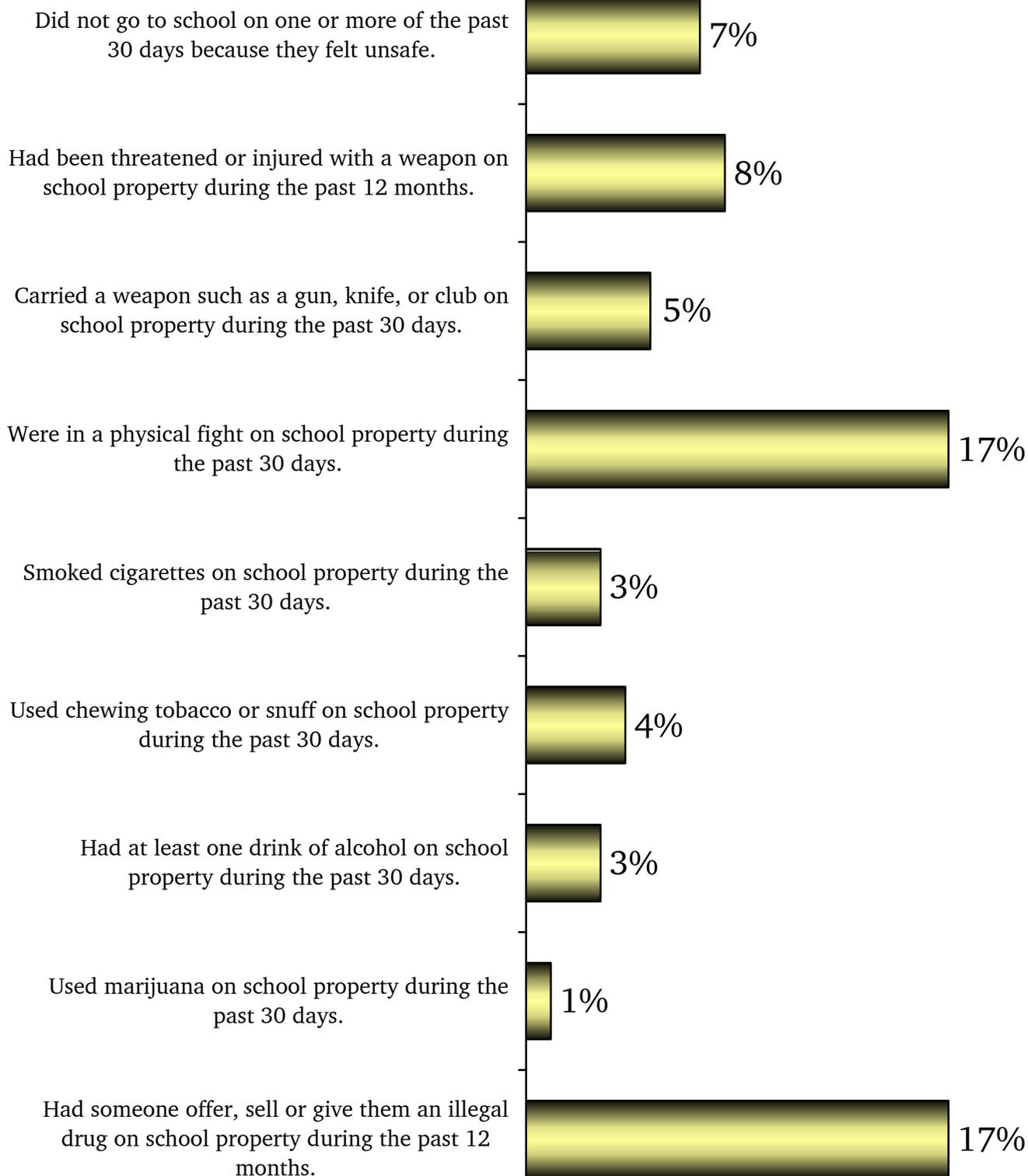


* of those who had ever had sexual intercourse.

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Summary of Behaviors Relating to School Property

Percentage of students who:



Key findings

The following summaries highlight Dallas county students' responses on the County Youth Health Survey in key areas and provide an overview of Dallas county students' current activities, which impact their health.

Behaviors that result in injuries

- Ninety-five percent of the students who had ridden a bicycle in the year prior to the survey indicated that they never or rarely wore a helmet.
- Thirty-two percent of the students surveyed said that during the previous month they had ridden in a vehicle driven by someone who had been drinking alcohol. Ten percent indicated they had driven a vehicle after drinking alcohol during the past 30 days.
- Twenty-five percent of students carried a weapon such as a gun, knife, or club in the past 30 days, and 5% carried a weapon on school property during that time.
- During the 12 months preceding the survey, 34% of the students had been in a physical fight one or more times. Of those students who had been in a physical fight, 7% had to be treated for injuries sustained while fighting.
- Twelve percent of the students surveyed reported they had been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend at least once during their lives.
- Nine percent of the students indicated being forced to have sexual intercourse when they did not want to at least once during their lives.

Depression and suicide

- Twenty-nine percent of students indicated they had felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.
- During the 12 months before being surveyed, 16% of students had seriously considered attempting suicide, 11% had made a plan about how they would attempt suicide, and 7% actually attempted to commit suicide. Three percent of students surveyed reported they were treated by a doctor or nurse for an injury, overdose, or poisoning resulting from a suicide attempt.

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Tobacco use

- Sixty-one percent of the students surveyed said they had tried smoking a cigarette. Eighteen percent reported smoking cigarettes on one or more of the past 30 days. Of the students who smoked during the past month, 57% said they usually smoked two or more cigarettes on the days they smoked, and 14% said they usually got their own cigarettes by purchasing them at a store.
- Eleven percent of the students had used chewing tobacco or snuff on one or more of the past 30 days, and 4% had used it on school property.
- Nine percent of the students surveyed indicated they had smoked cigars, cigarillos, or little cigars at least once during the previous month.

Alcohol and other drug use

- Sixty-four percent of the students surveyed indicated they had at least one drink of alcohol other than just a few sips at least once during their lives, and 31% had taken their first drink by the age of 13.
- Thirty percent of the students had taken at least one drink of alcohol in the month before the survey, and 17% had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.
- Twenty-six percent of the students said they had used marijuana at least once during their lives. Thirteen percent said they had smoked marijuana at least once during the last month.
- Thirteen percent said they had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high at least once during their lives. Five percent had done so during the past month.
- Three percent of the students surveyed had tried methamphetamines, 1% tried heroin, and 3% had tried cocaine at least once during their lives. One percent had used a needle to inject an illegal drug into their bodies at least once.
- Three percent of the students surveyed had taken steroid pills or shots without a doctor's prescription.

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Sexual activity

- Forty-seven percent of the students who completed the survey said they had sexual intercourse. Seventeen percent of the students reported having four or more sexual partners during their lifetimes. Of the students who had sexual intercourse, 15% had used drugs or alcohol before their last sexual encounter, and 73% used a condom the last time they had sex.
- Four percent of the students surveyed reported that they had ever been or gotten someone pregnant.

Dietary behaviors

- Thirty-three percent of the students surveyed were overweight, as measured by body mass index. The body mass index, or bmi, is a ratio of weight to height that allows people of different heights to be compared.
- While only 33% of the students are considered overweight as measured by bmi, 27% of the students perceived themselves as slightly to very overweight, and 45% reported that they were trying to lose weight.
- Thirty-five percent of the students ate less during the past 30 days to lose or keep from gaining weight, and 55% exercised, 5% vomited or took laxatives, 6% took diet pills, and 14% went without eating for 24 hours or more to lose weight or keep from gaining weight.

Physical activity

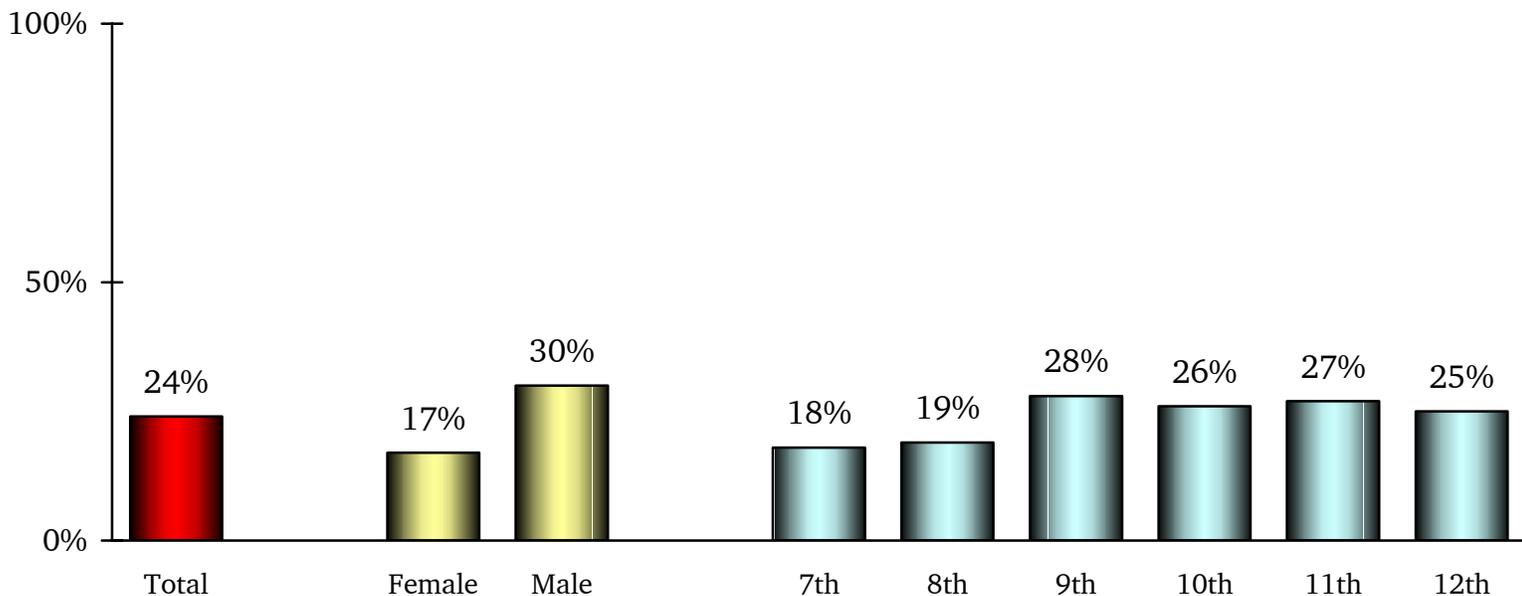
- Sixty-one percent of the students surveyed said they had participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on three or more of the past 7 days. Thirty-four percent said they participated in a physical activity for at least 30 minutes on three or more days during the past week that did not make them sweat or breathe hard.
- Forty-five percent of the students attended a physical education (pe) class at least once during an average school week, and 63% said they had played on one or more sports teams during the past year.

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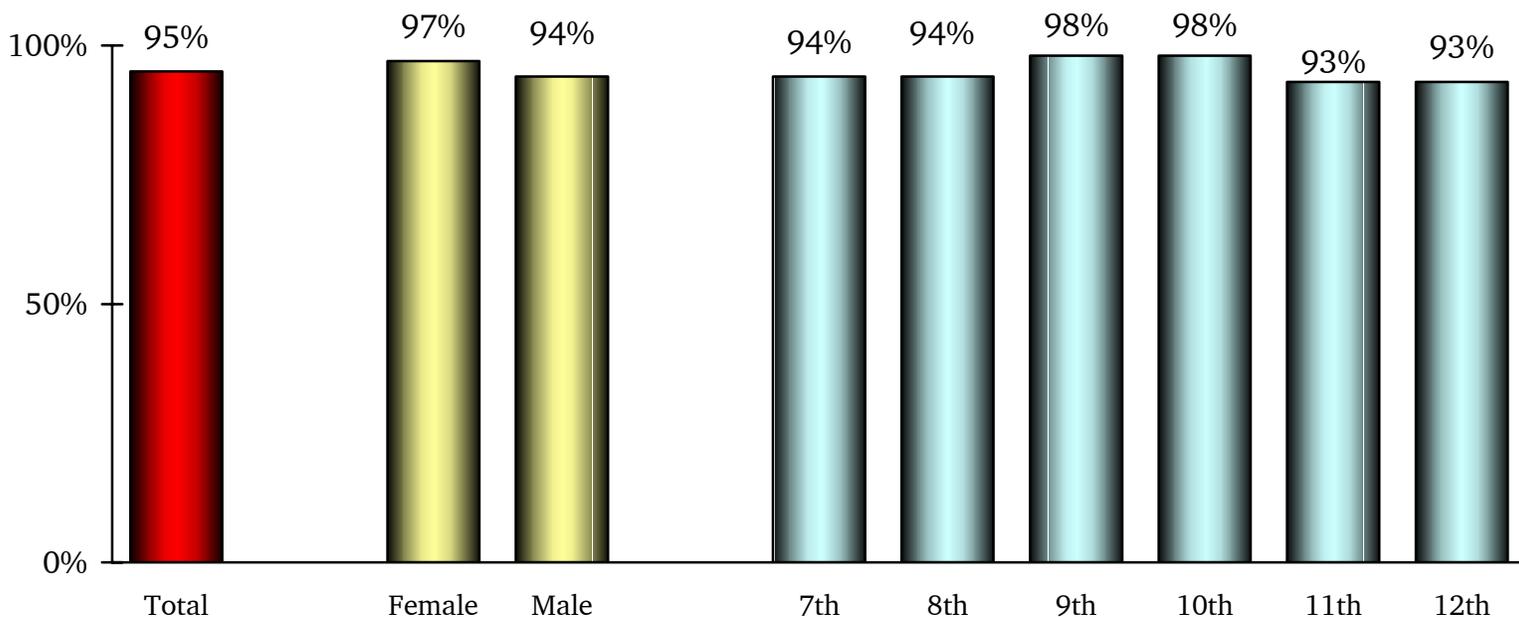
■ Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.



Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.

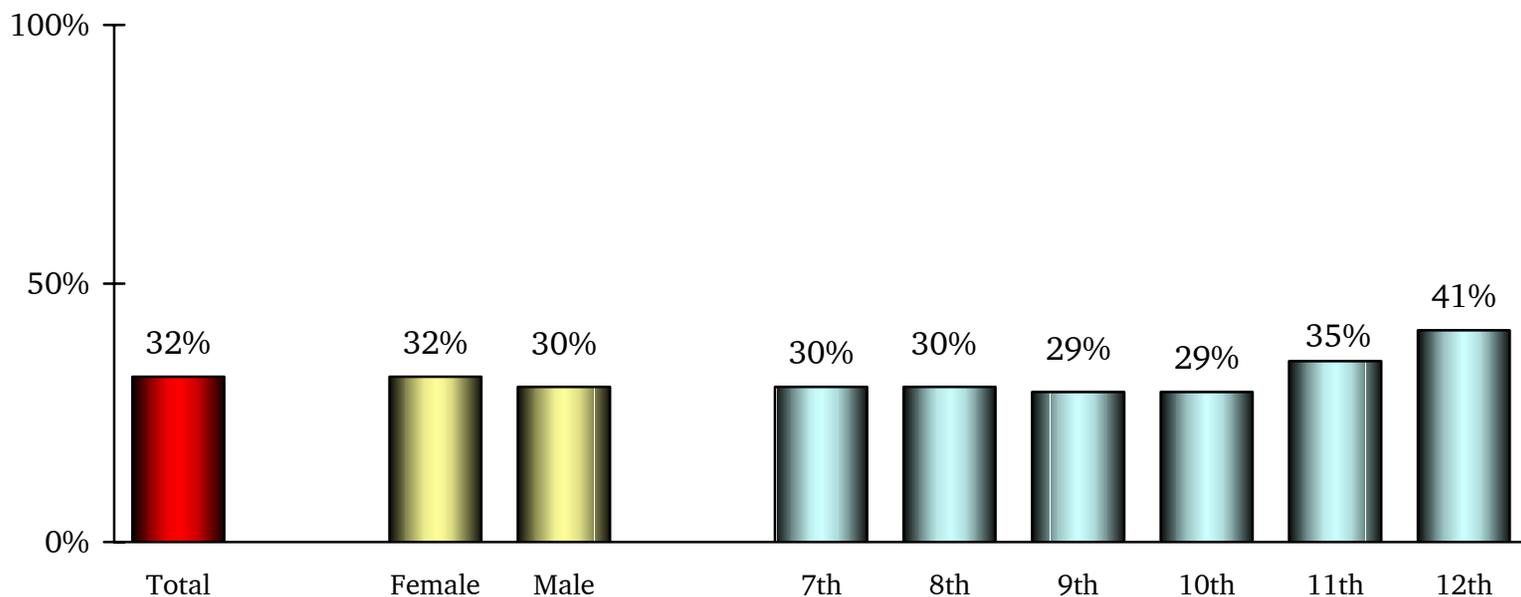


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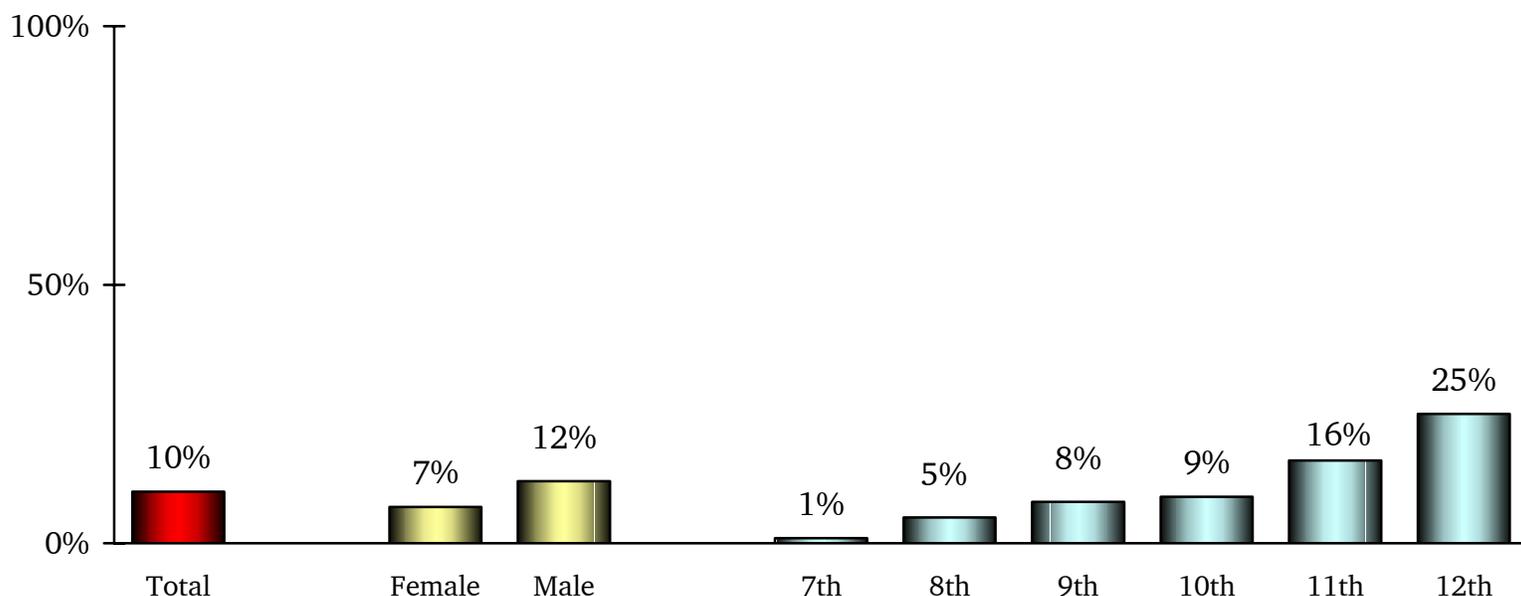
■ Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol.

Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.



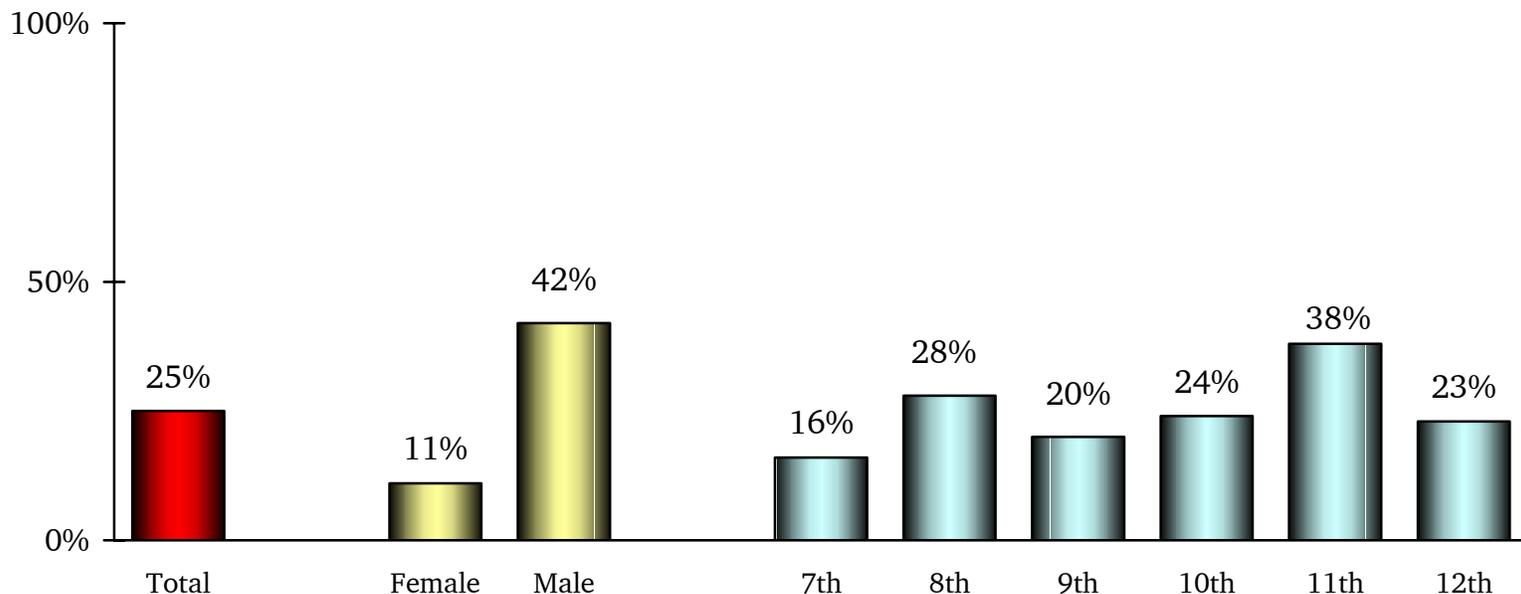
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■ Violence-Related Behaviors

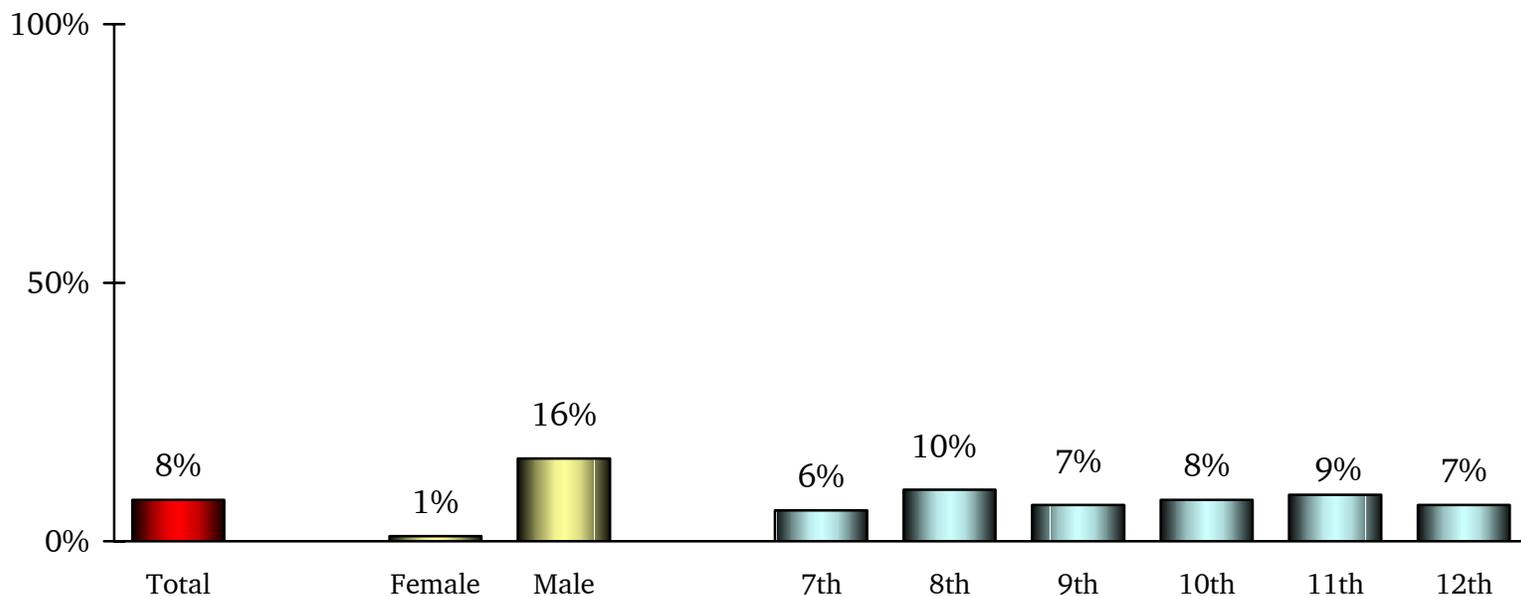
These questions measure violence-related behaviors.

Percentage of students who carried a weapon* on one or more of the past 30 days.

* such as a gun, knife, or club

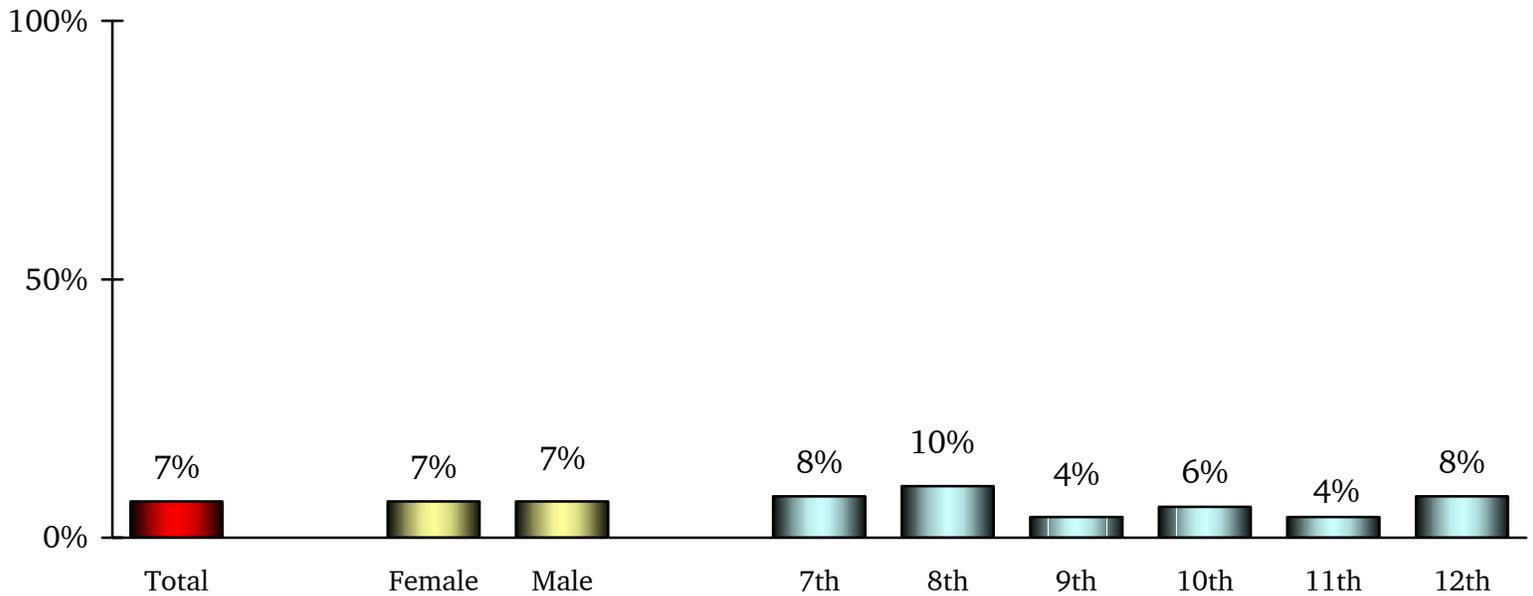


Percentage of students who carried a gun on one or more of the past 30 days.



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Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.

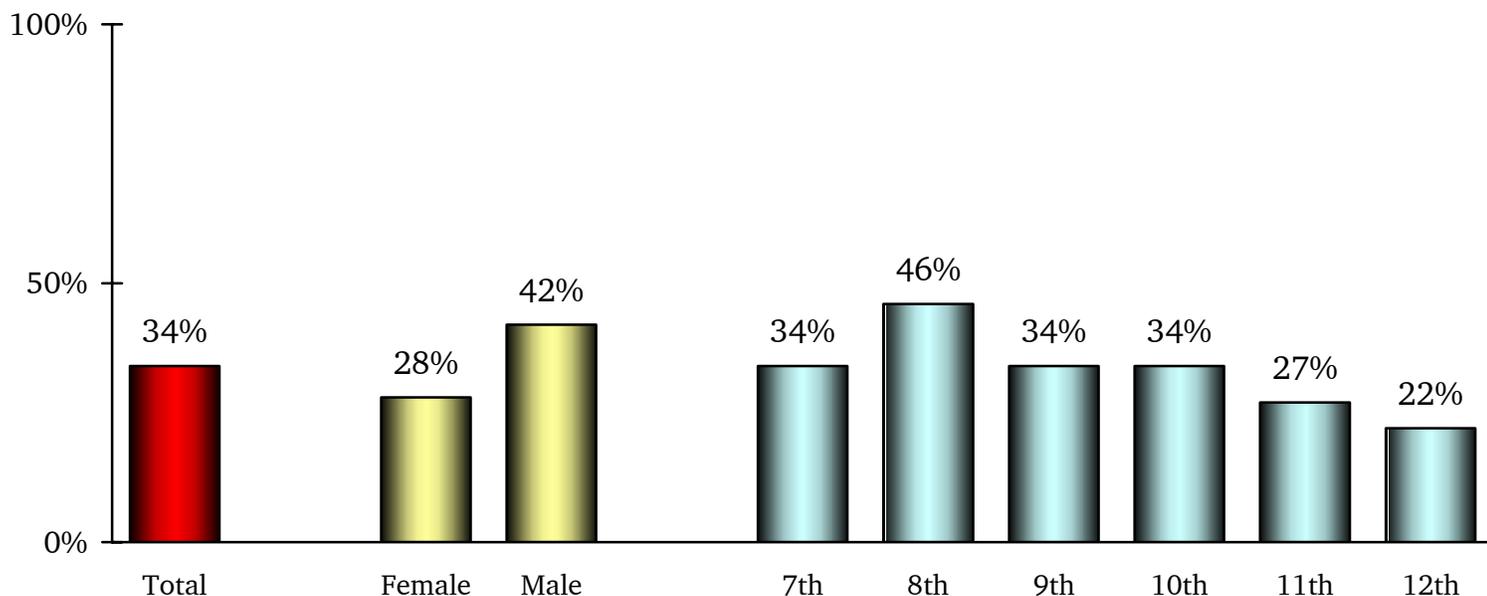


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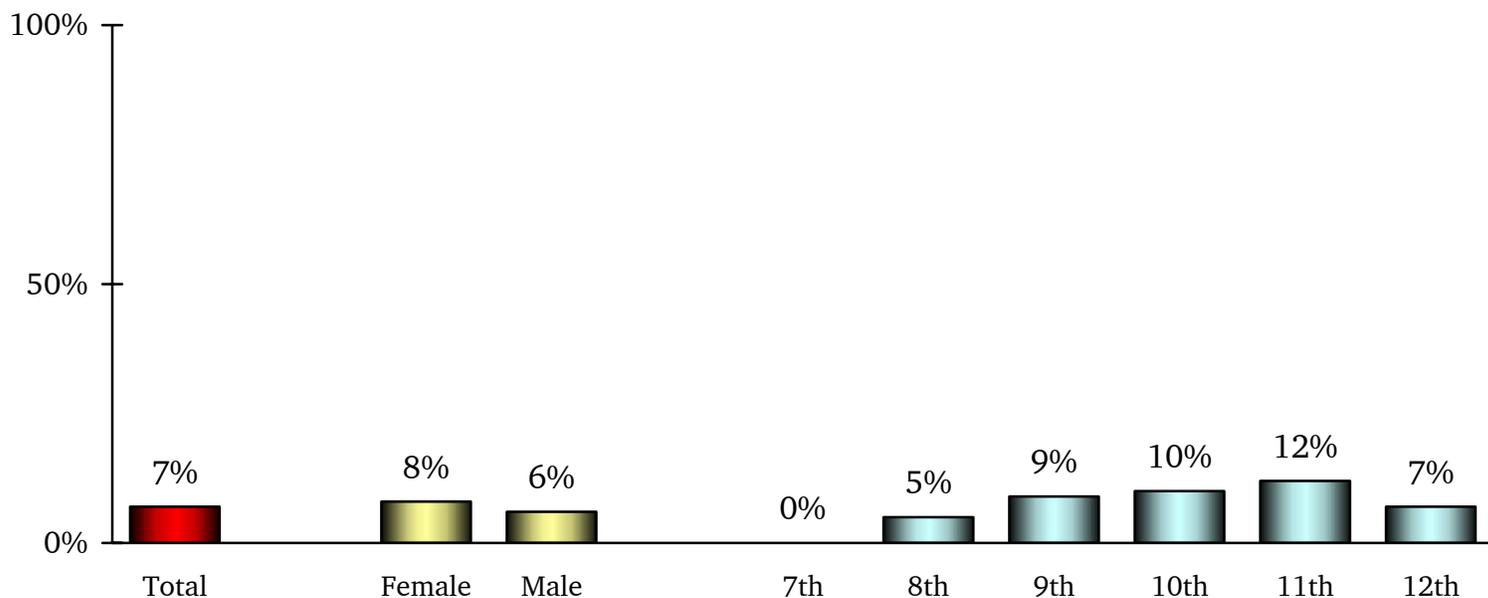
■ Violence – Physical Fighting

These questions measure the frequency and severity of physical fights.

Percentage of students who were in a physical fight one or more times during the past 12 months.



Of students who had been in a physical fight in the past 12 months, the percentage who had to be treated by a doctor or nurse one or more times.

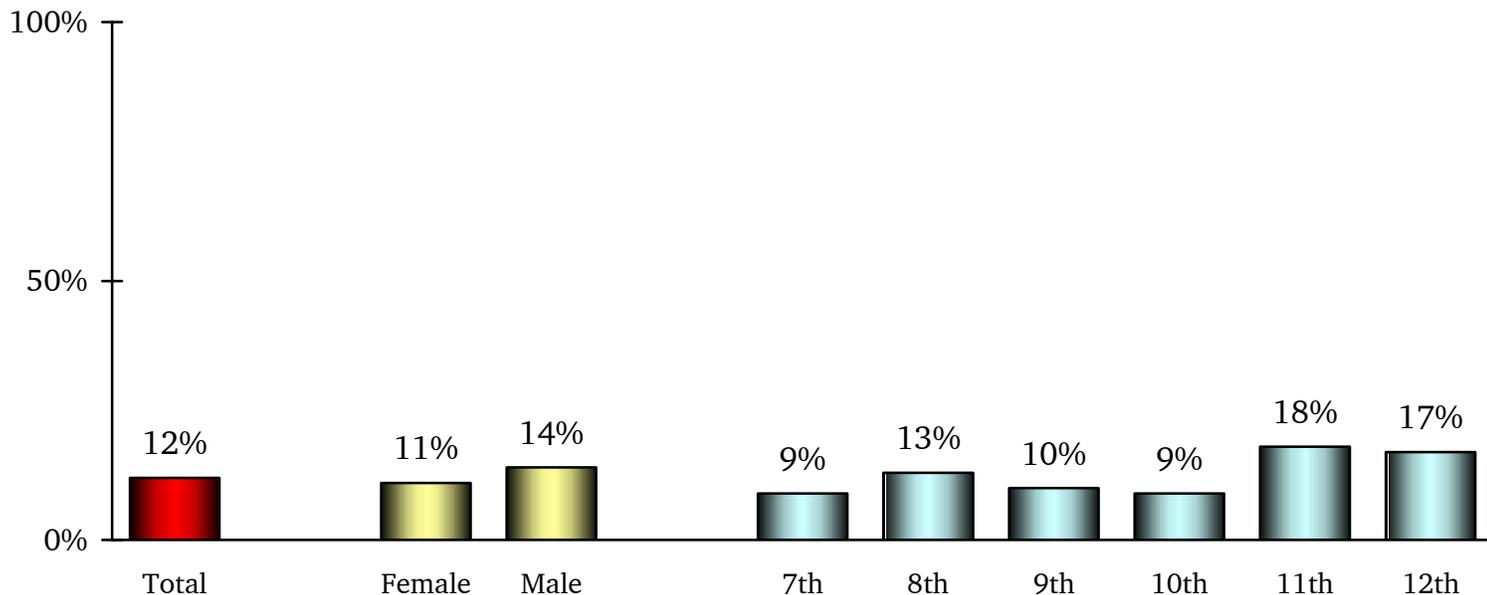


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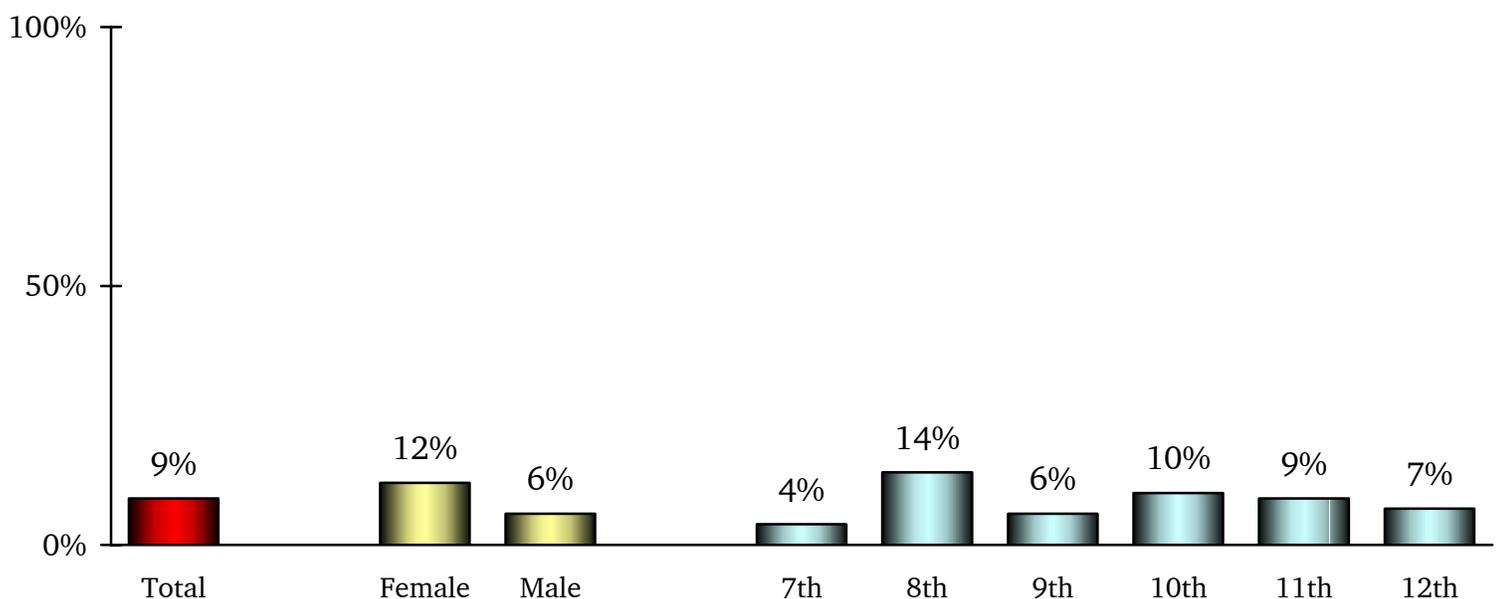
■ Violence – Sexual Violence

These questions measure rape and domestic violence.

Percentage of students who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.



Percentage of students who have ever been forced to have sexual intercourse when they did not want to.

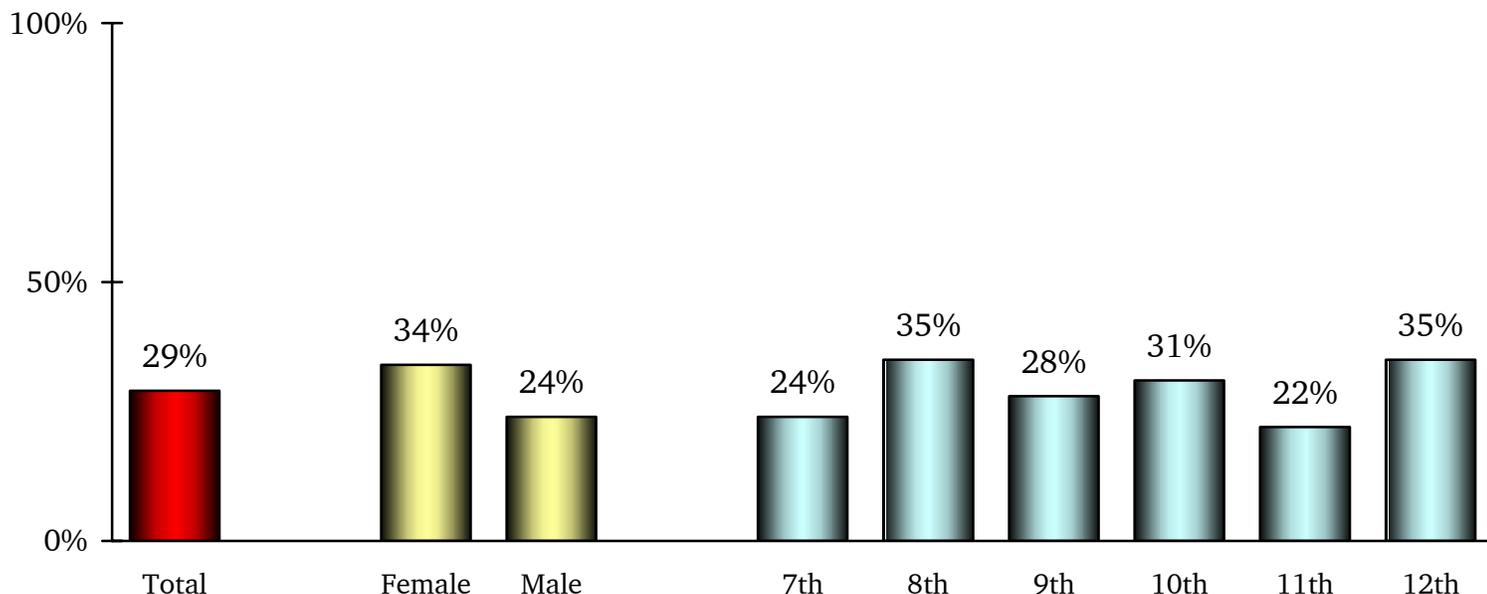


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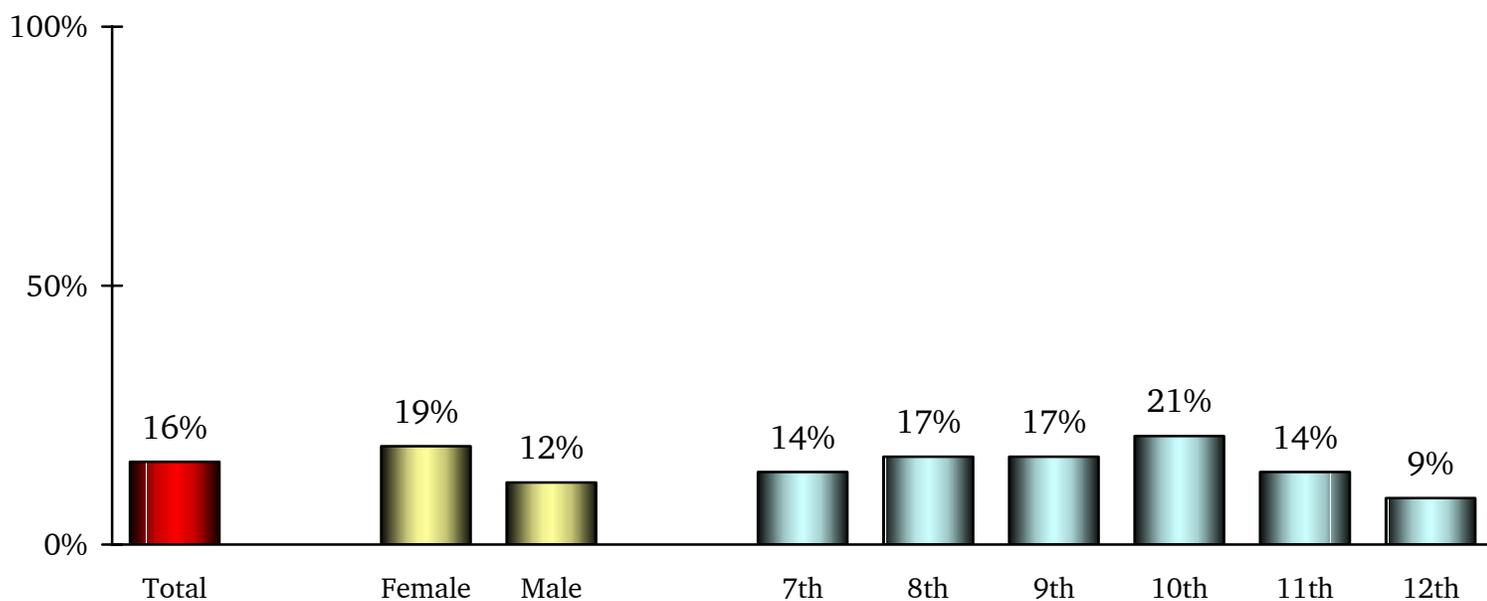
■ Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

Percentage of students who felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.

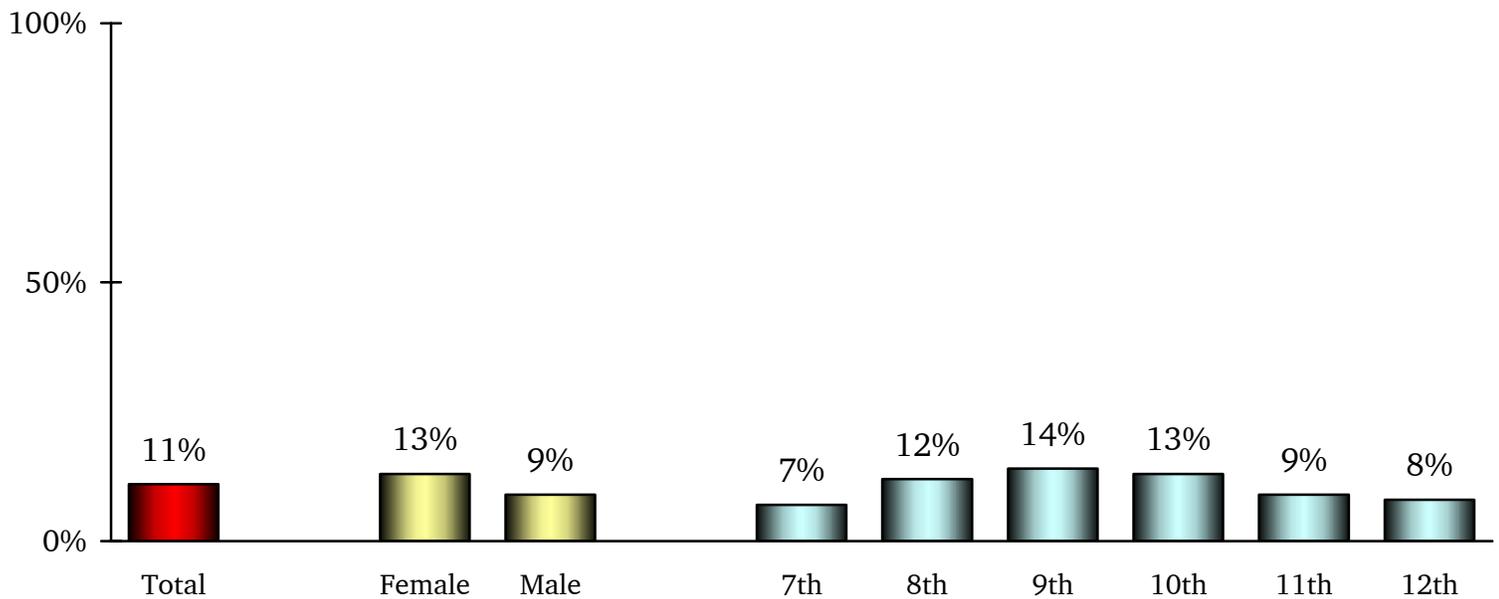


Percentage of students who seriously considered attempting suicide during the past 12 months.

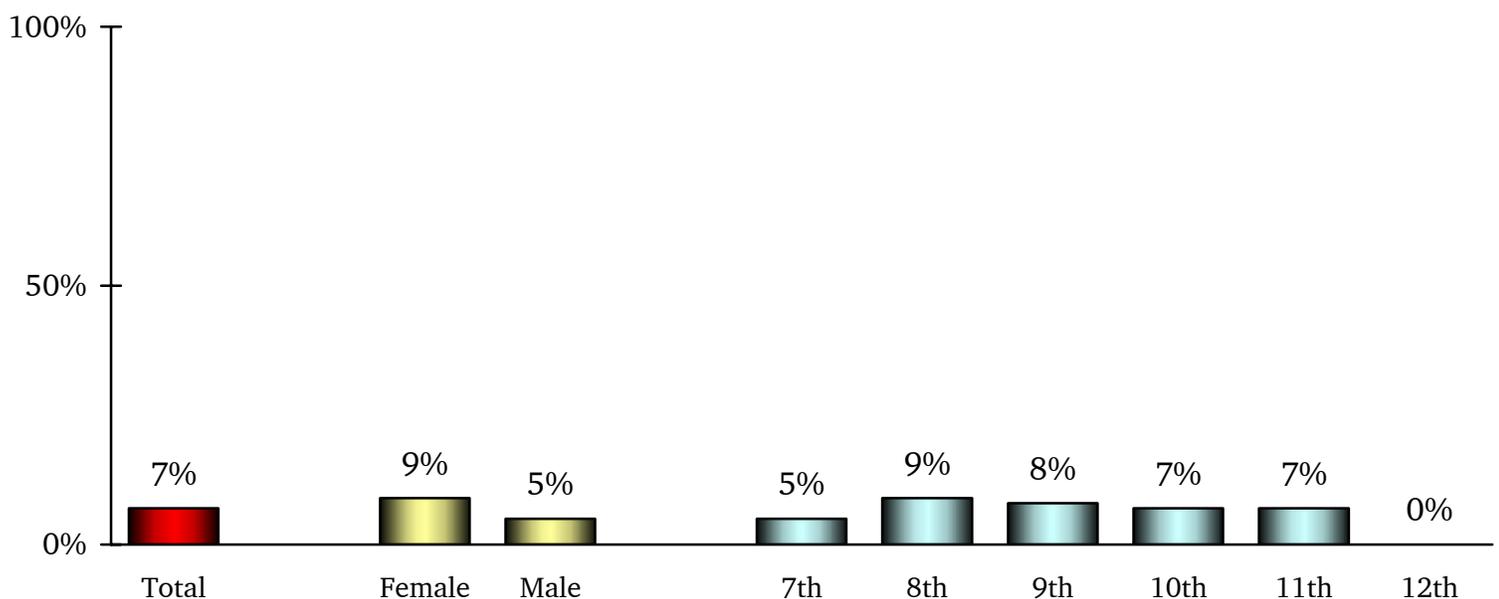


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Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

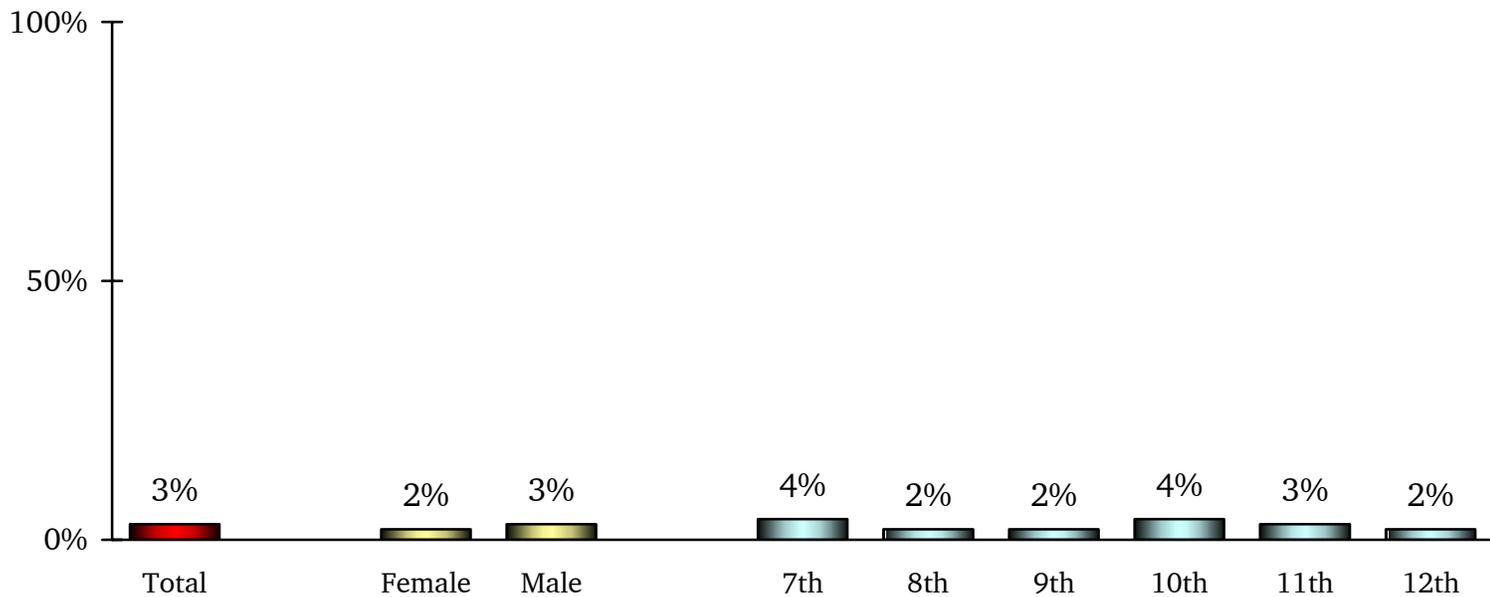


Percentage of students who actually attempted suicide one or more times during the past 12 months.



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Percentage of students who attempted suicide during the past 12 months resulting in injury, poisoning or overdose that had to be treated by a doctor or nurse.

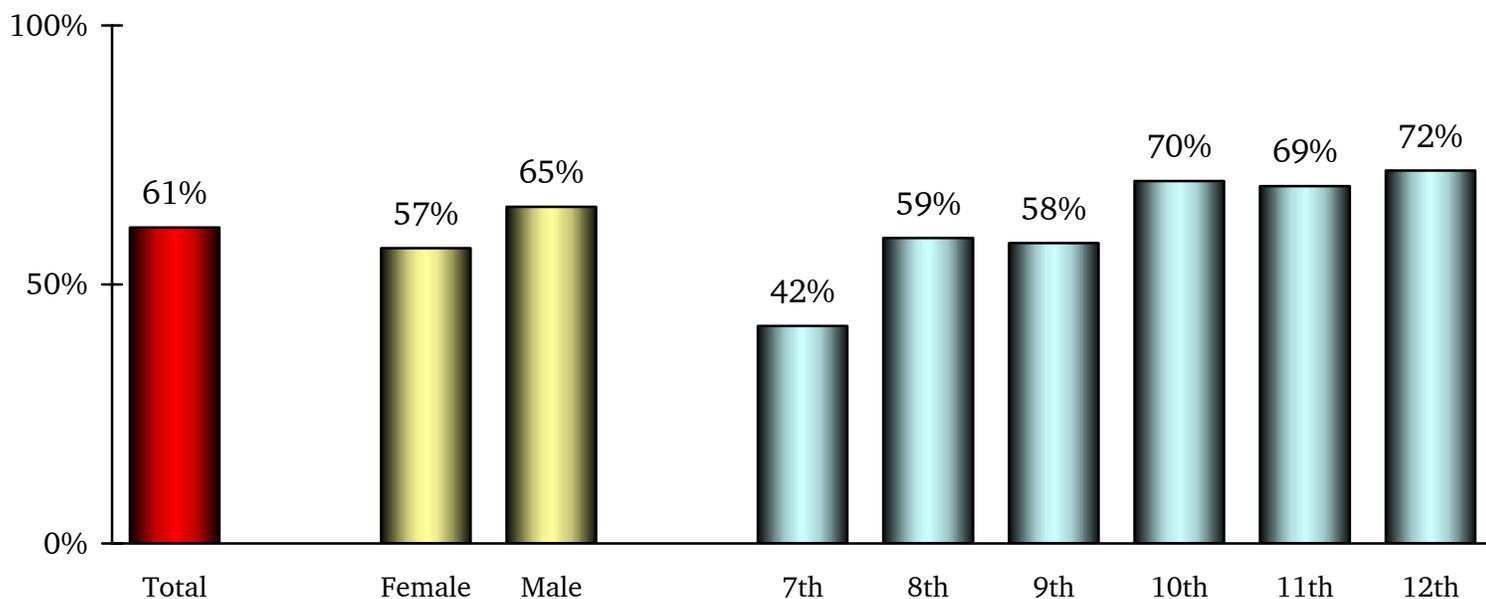


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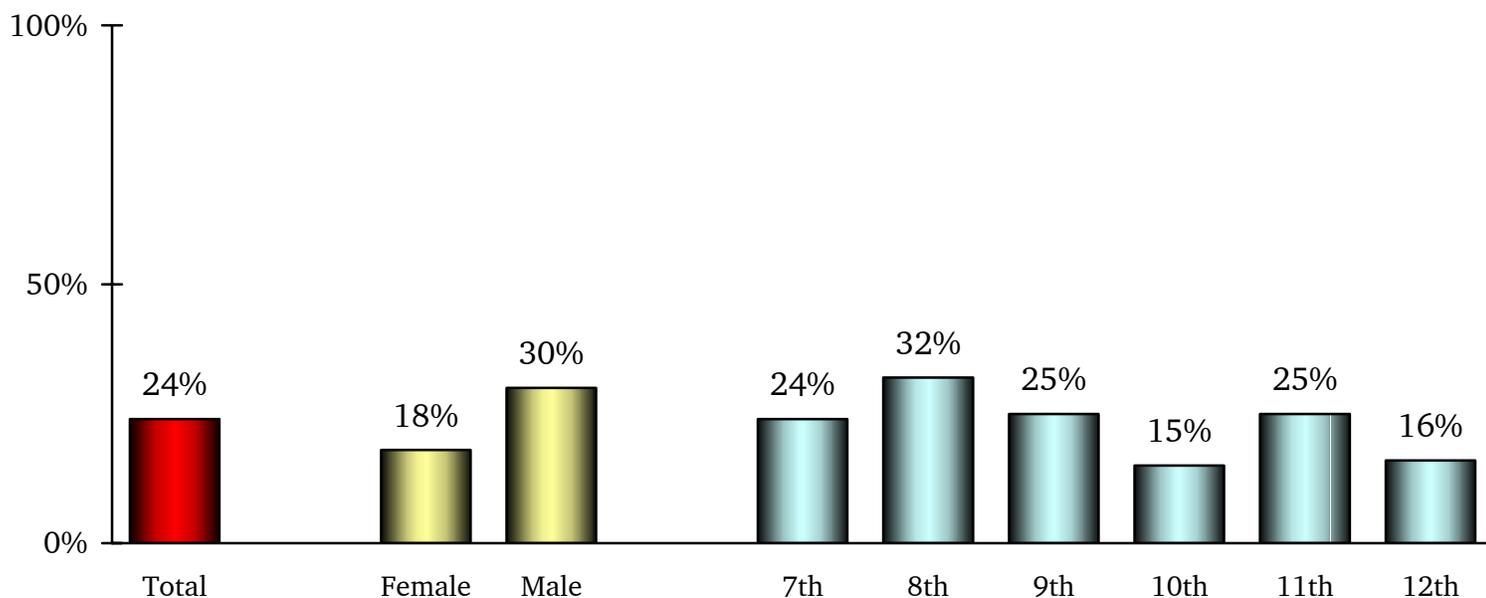
■ Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

Percentage of students who ever tried cigarette smoking, even one or two puffs.

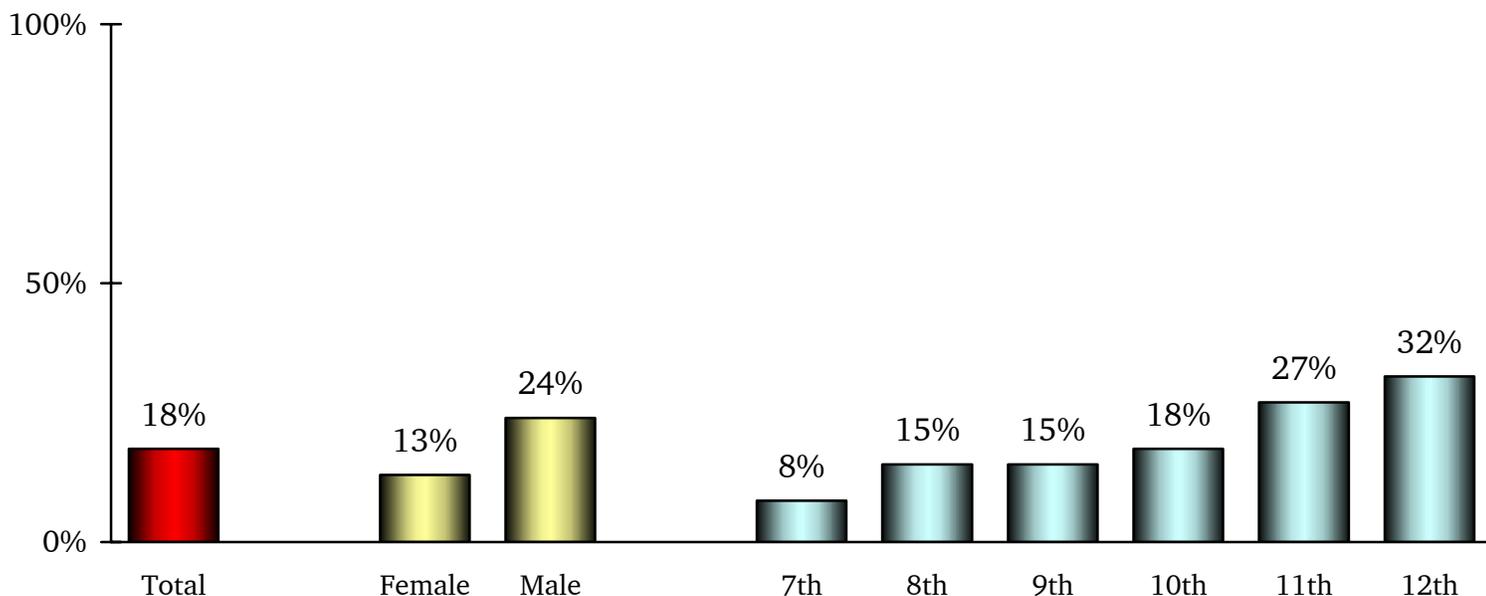


Percentage of students who smoked a whole cigarette for the first time before age 13.

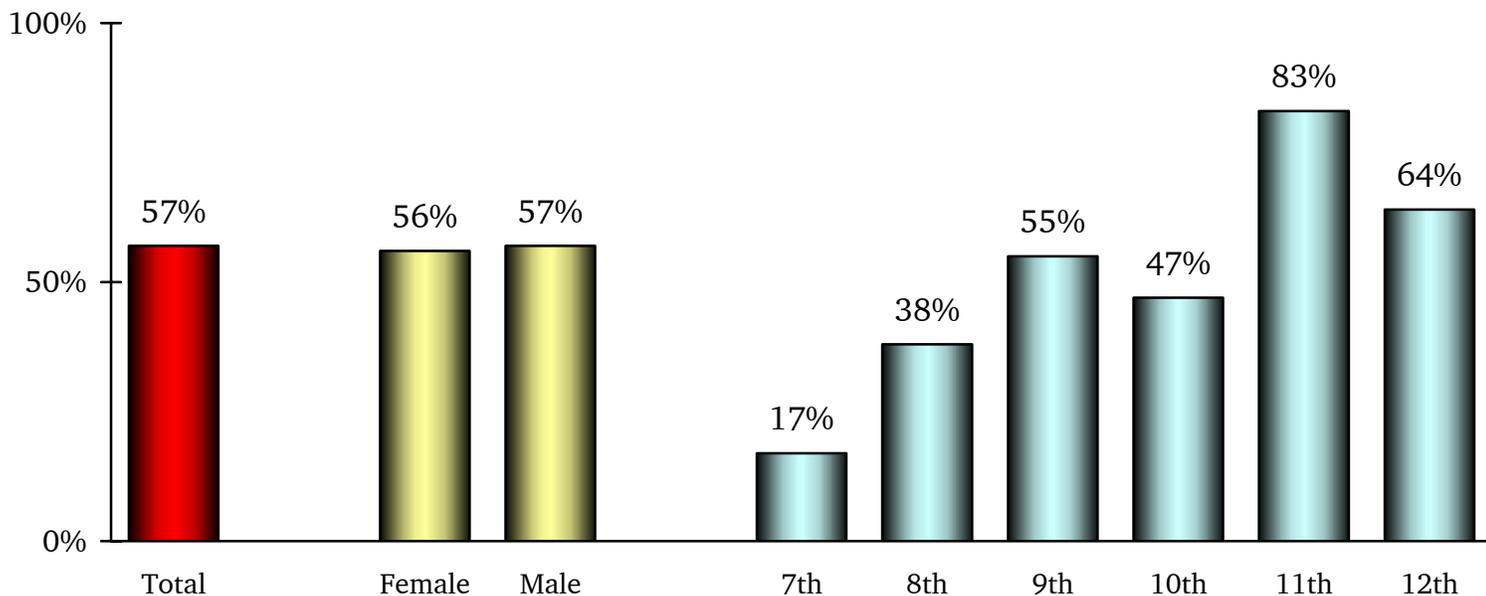


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Percentage of students who smoked cigarettes on one or more of the past 30 days.

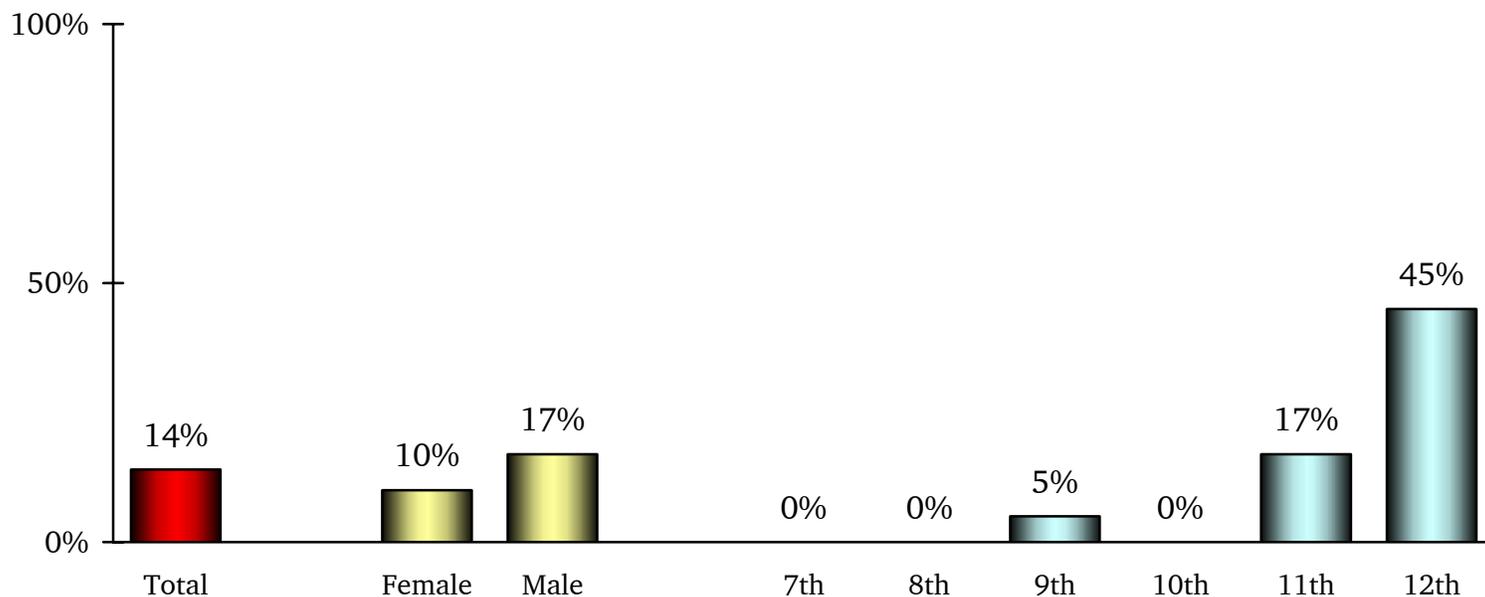


Of the students who smoked during the past 30 days, the percentage that smoked two or more cigarettes per day on the days they smoked.

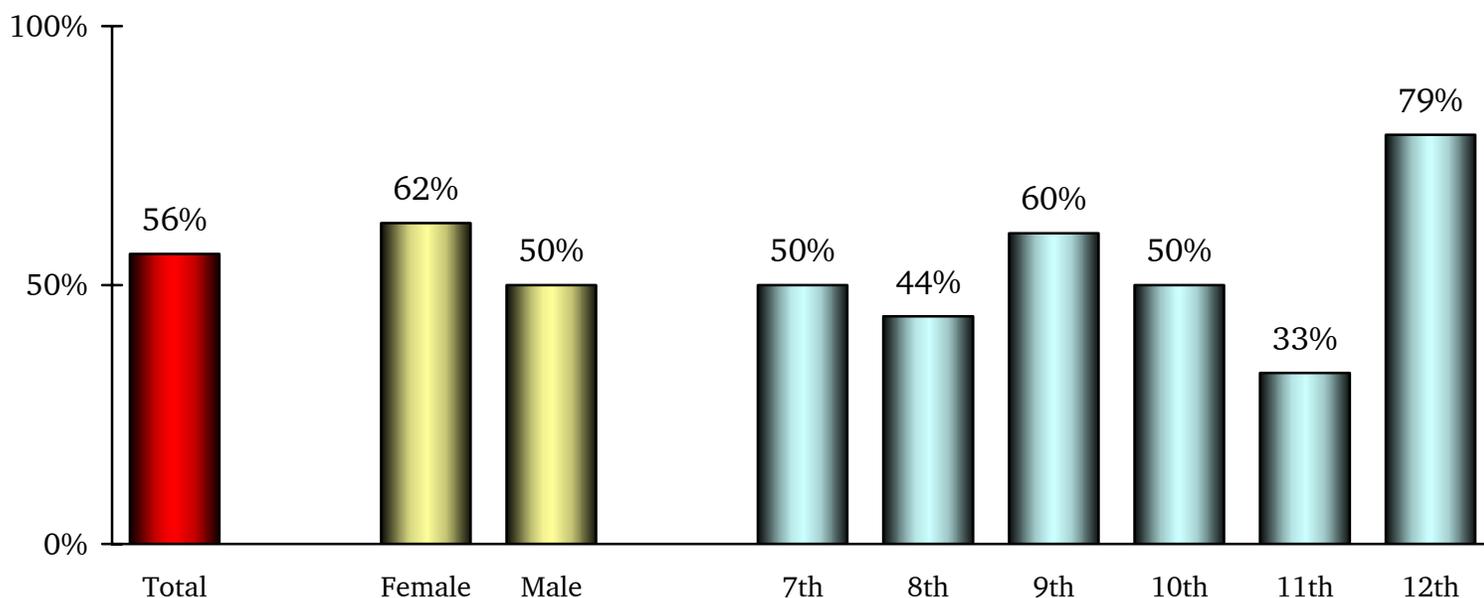


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Of students who smoked during the past 30 days, percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



Of the students who have smoked regularly, the percentage who ever tried to quit smoking cigarettes.

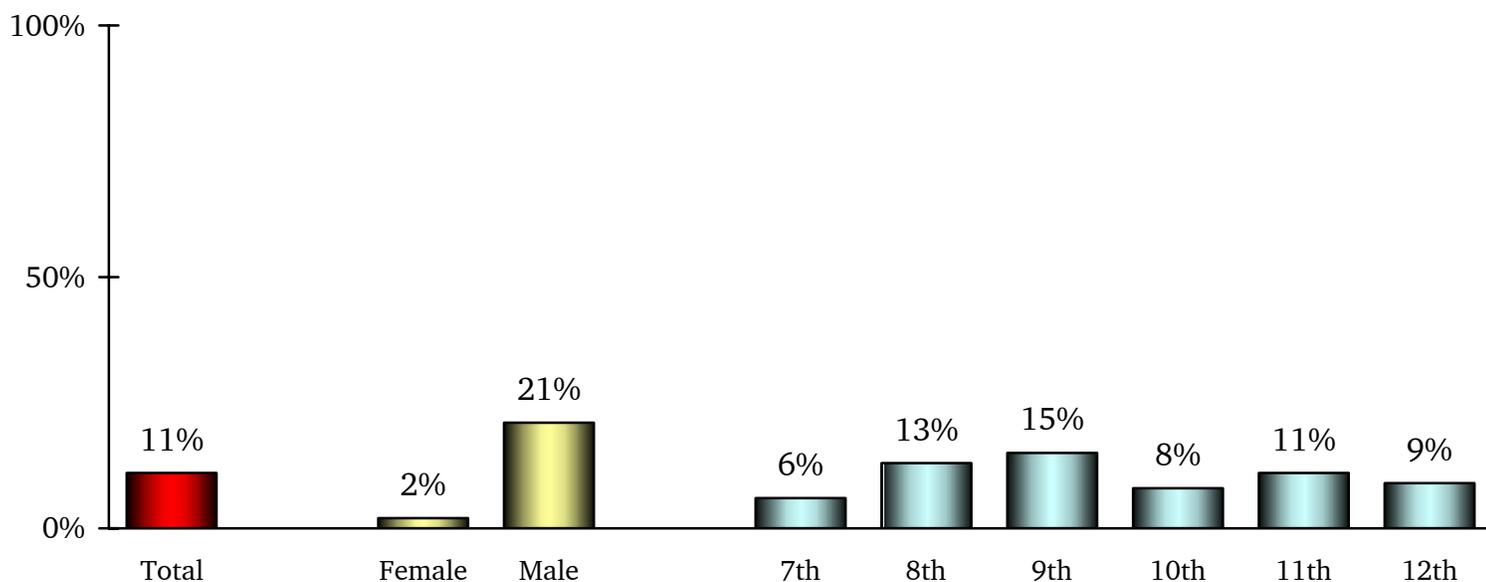


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■ Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

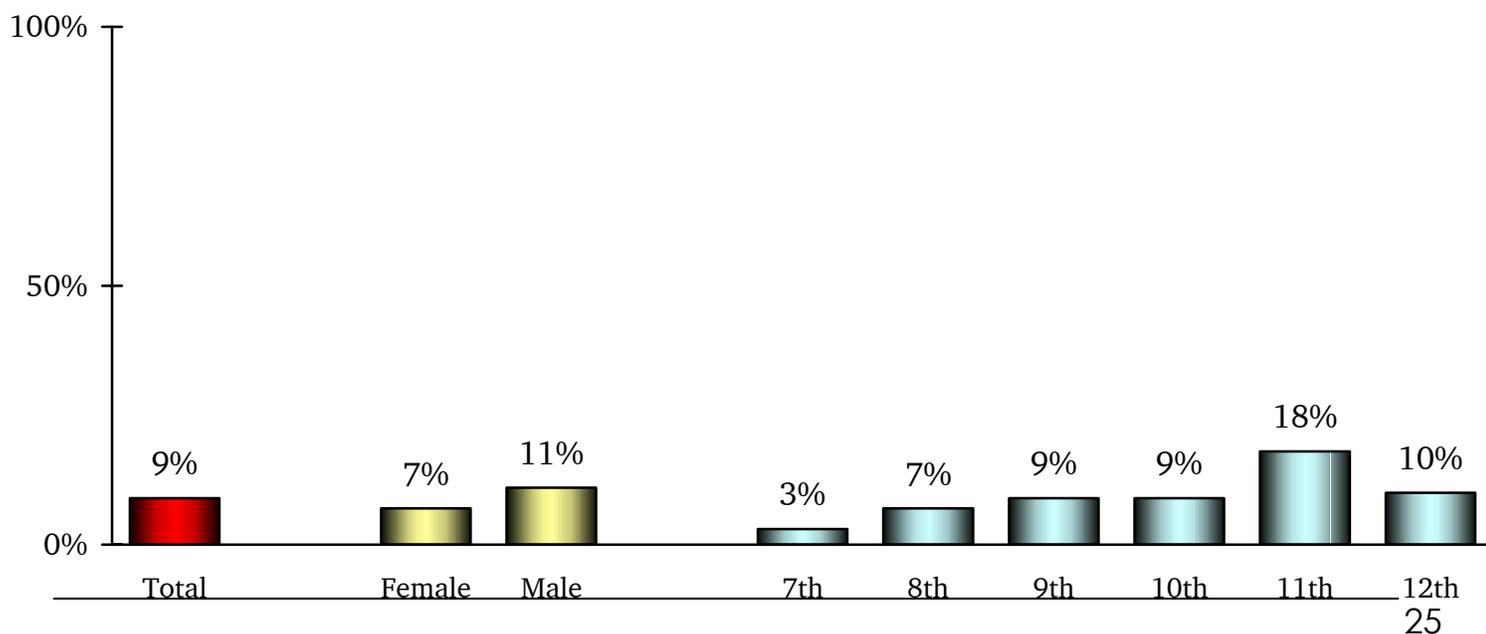
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



■ Tobacco Use – Cigar

This question measures cigar smoking.

Percentage of students who smoked cigars, cigarillos, or little cigars during the past 30 days.

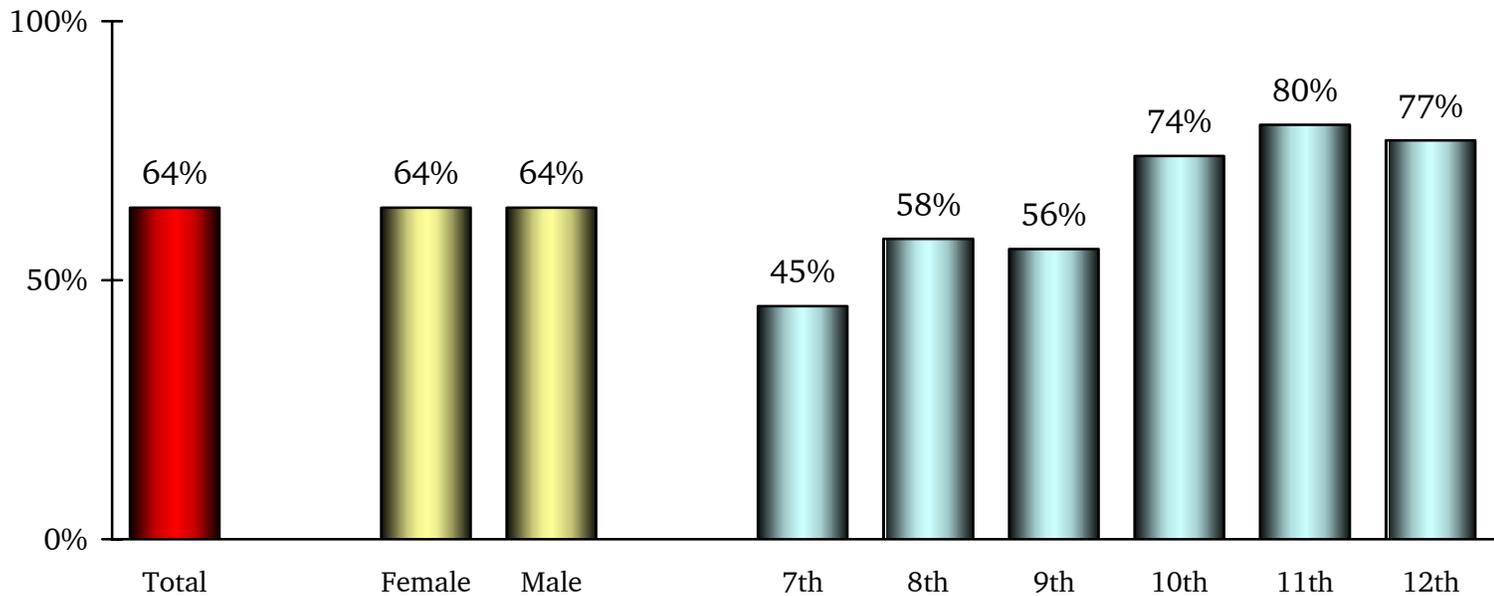


2003-2004 Dallas County Youth Health Survey

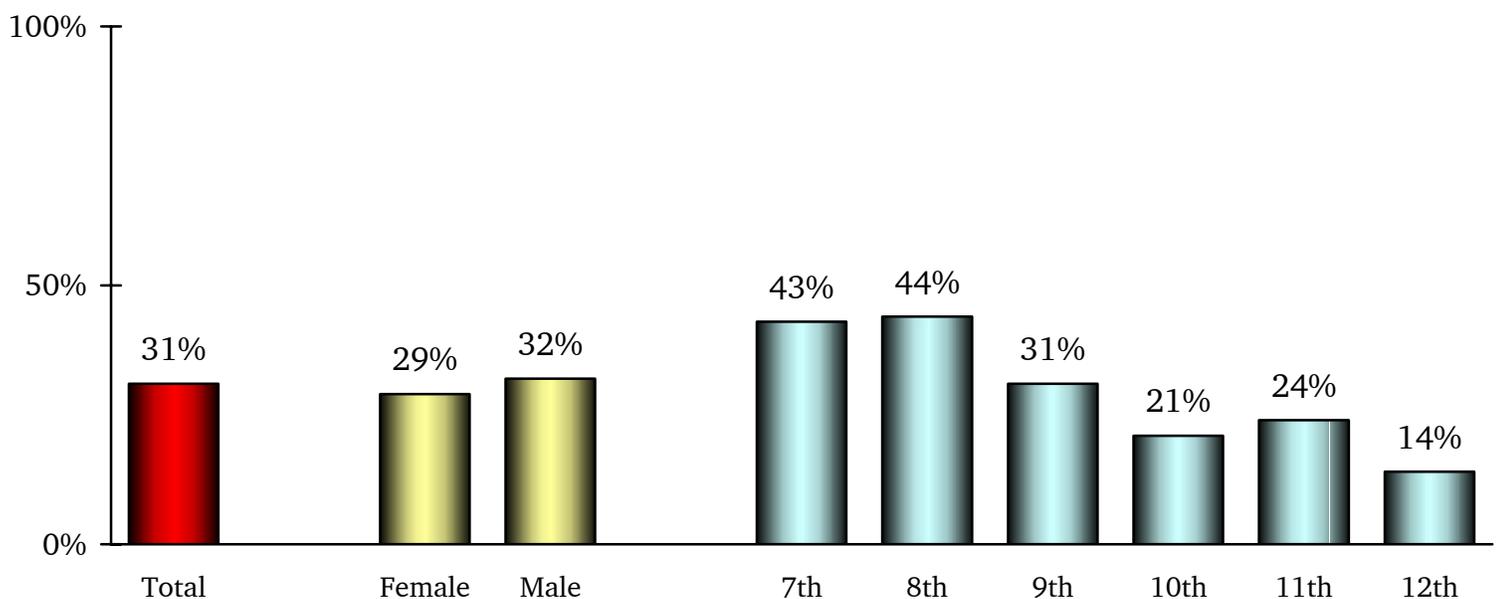
■ Alcohol Use

These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more days during their life.

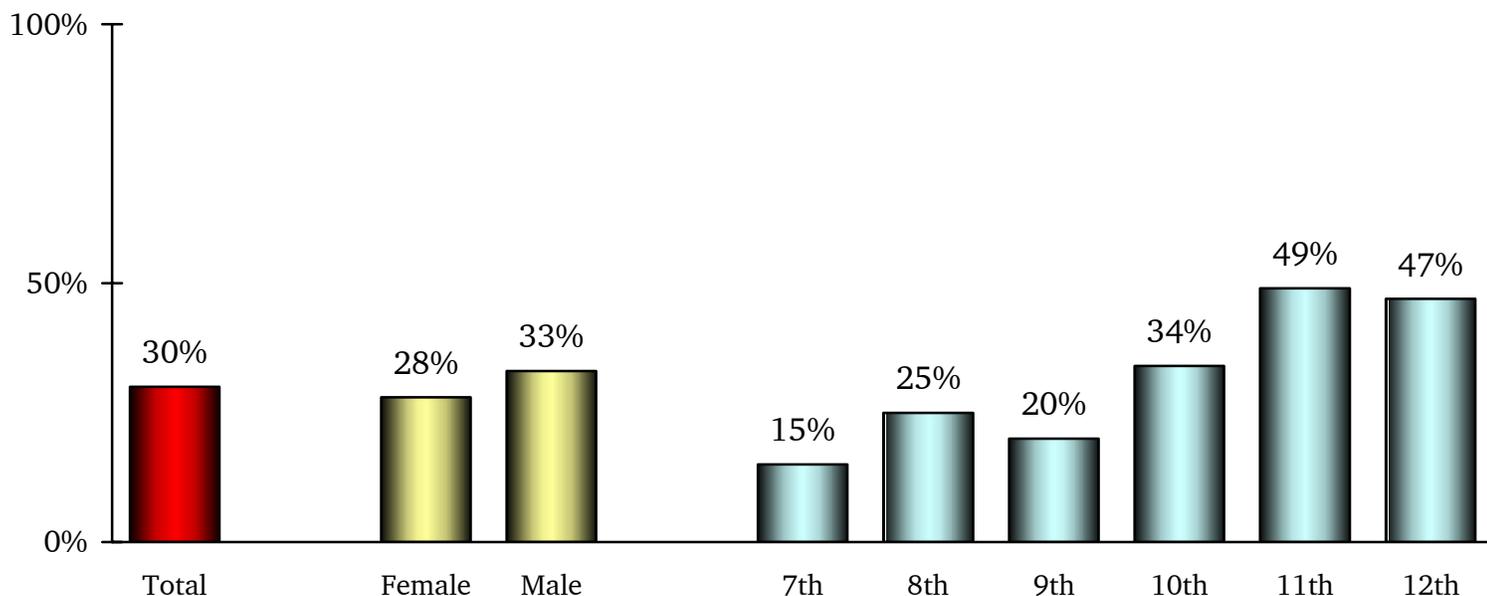


Percentage of students who had their first drink of alcohol other than a few sips before age 13.

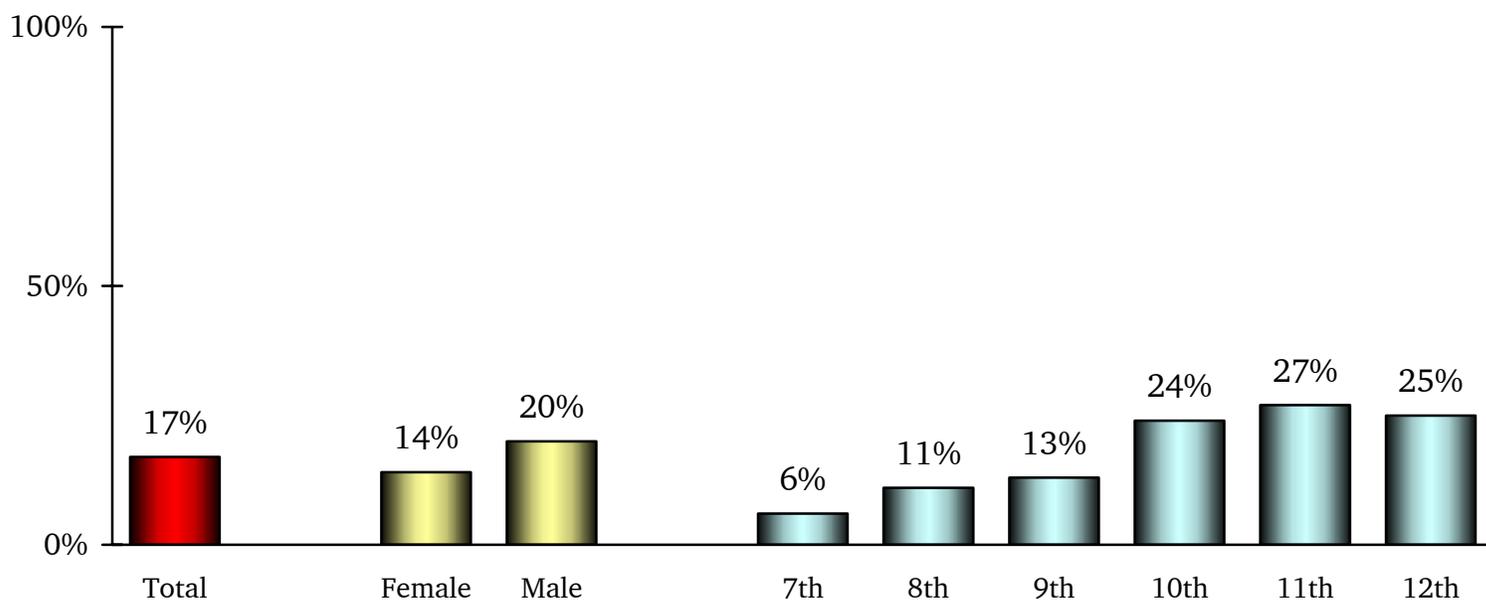


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Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

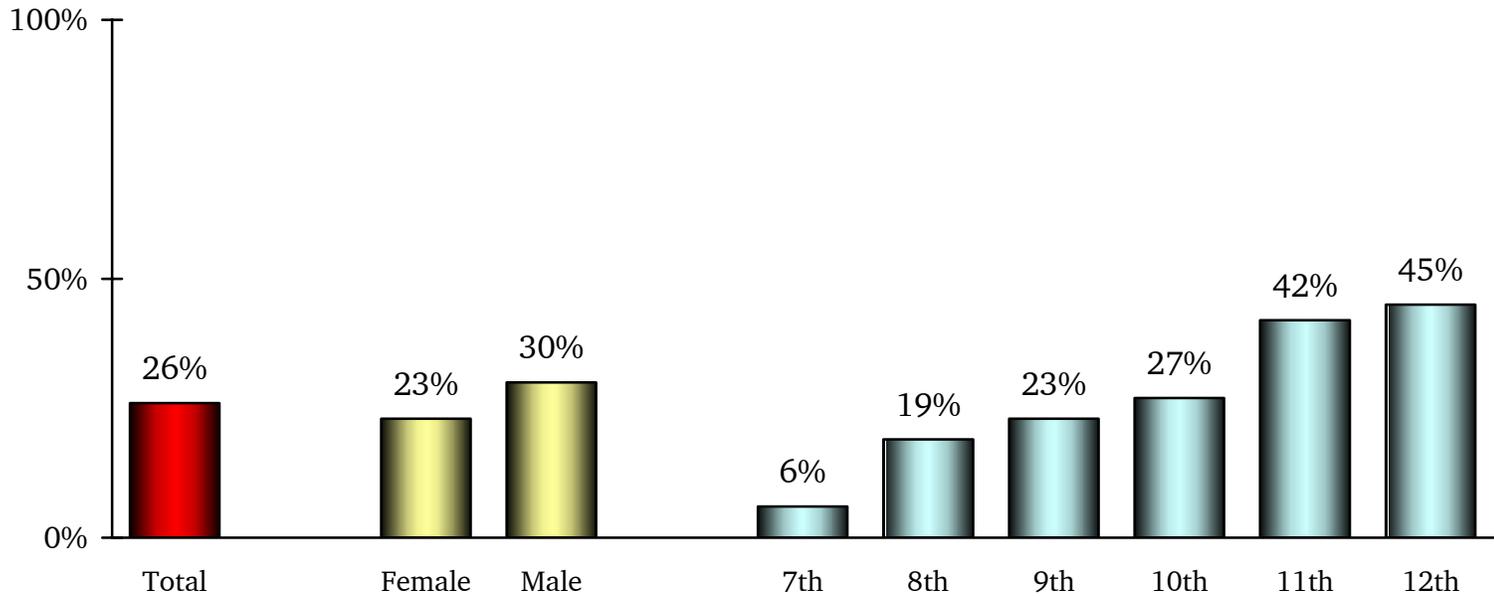


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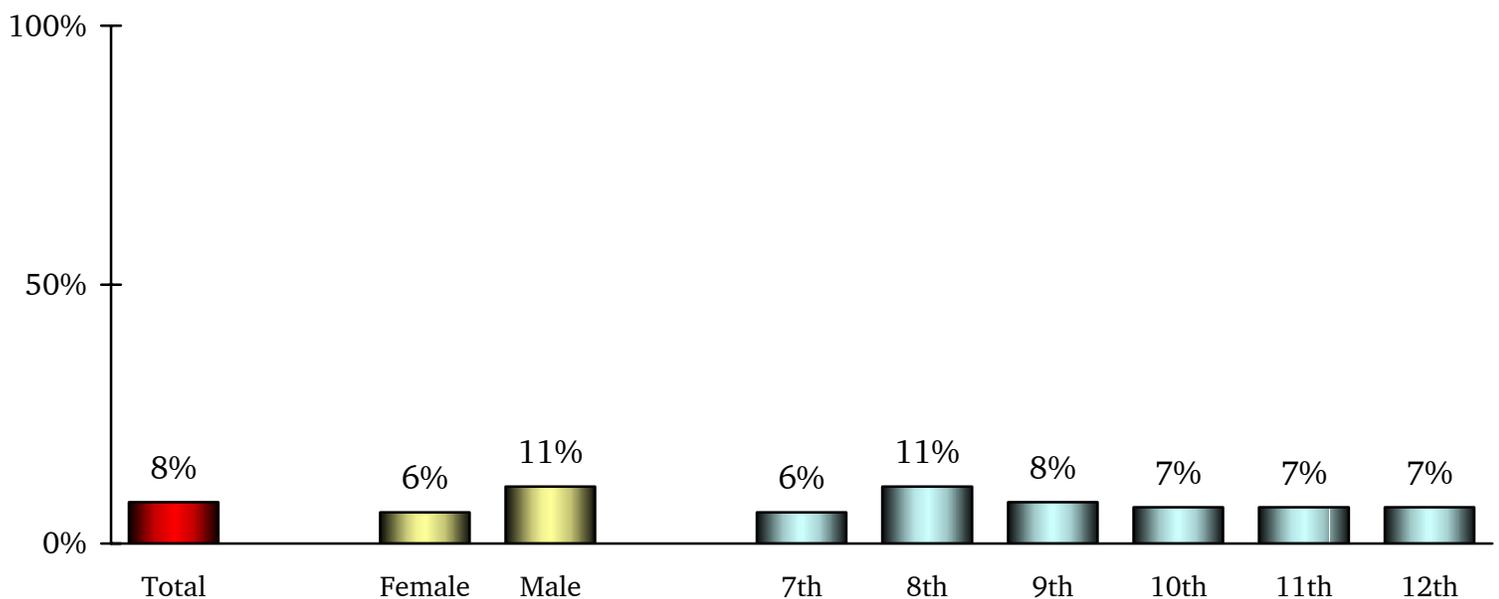
■ Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used marijuana one or more times during their life.

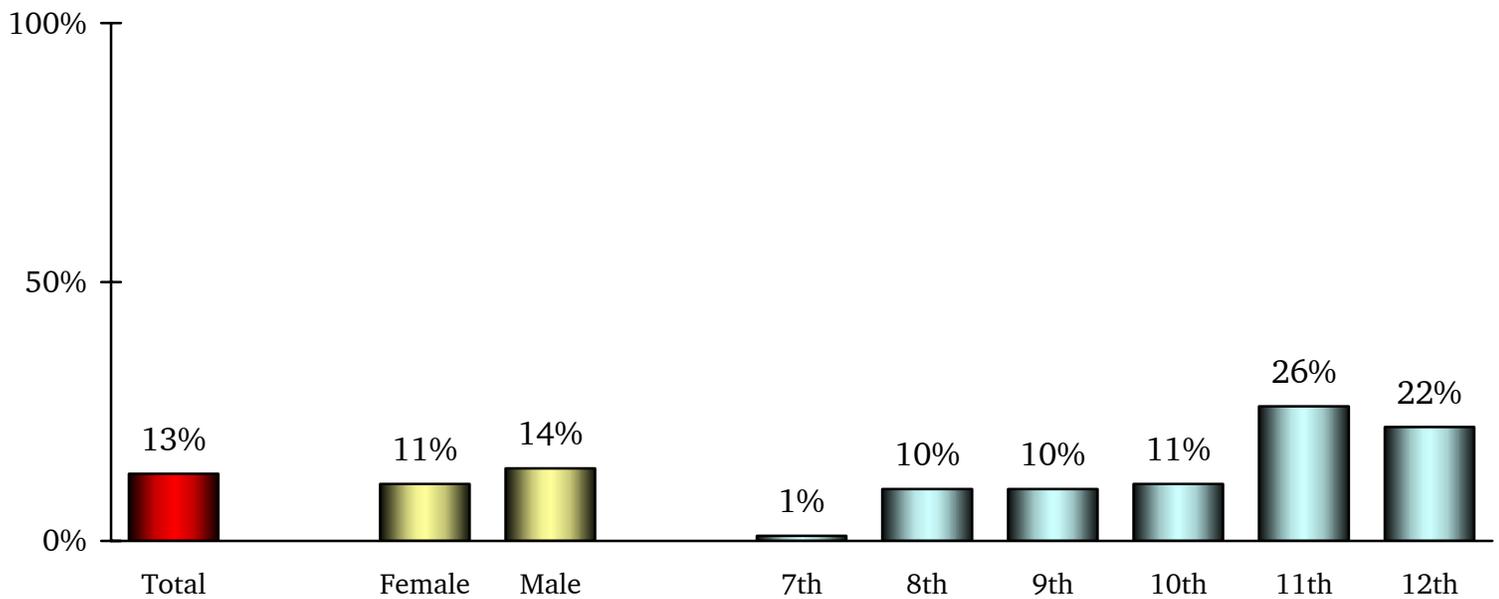


Percentage of students who tried marijuana for the first time before age 13.

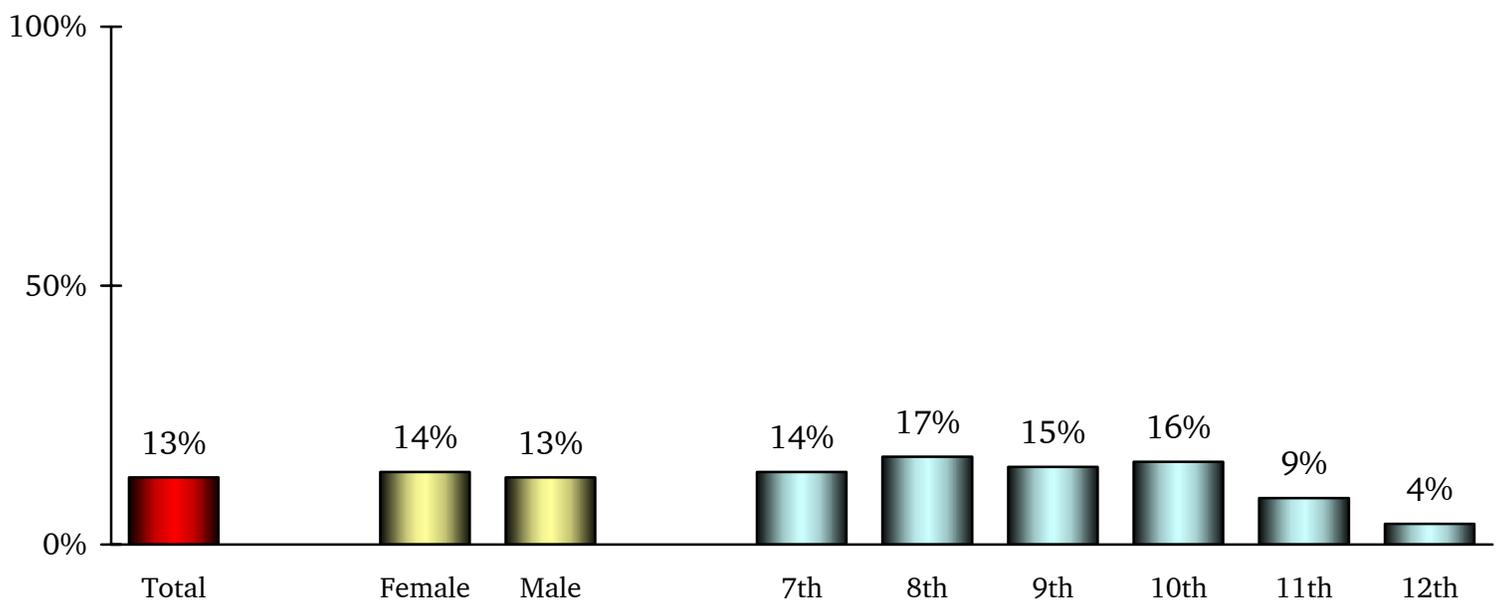


2003-2004 Dallas County Youth Health Survey

Percentage of students who used marijuana one or more times during the past 30 days.

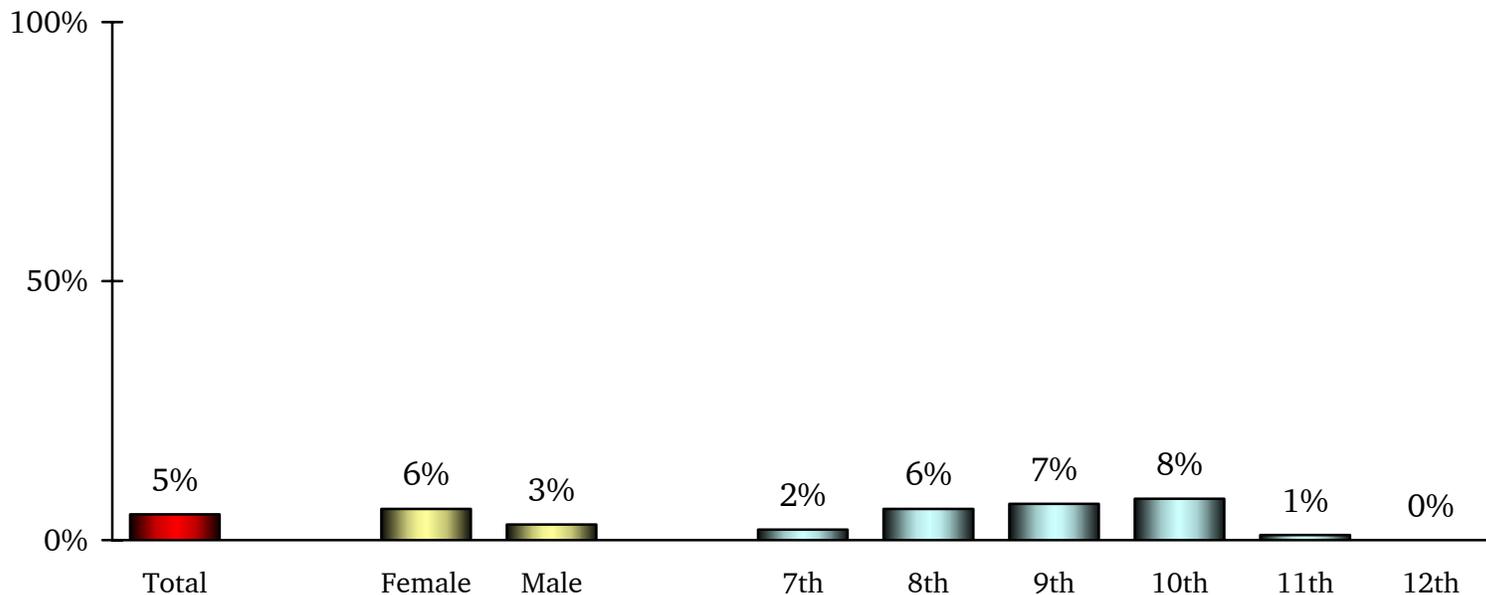


Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.

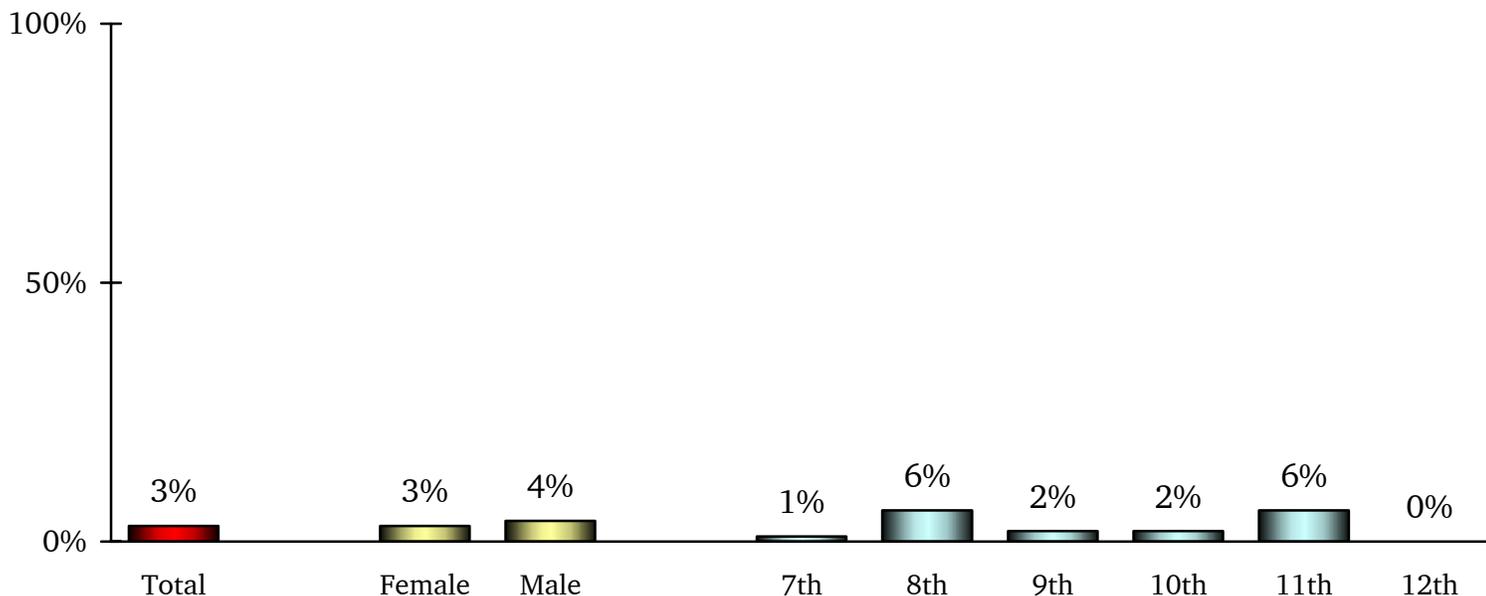


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Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during the past 30 days.

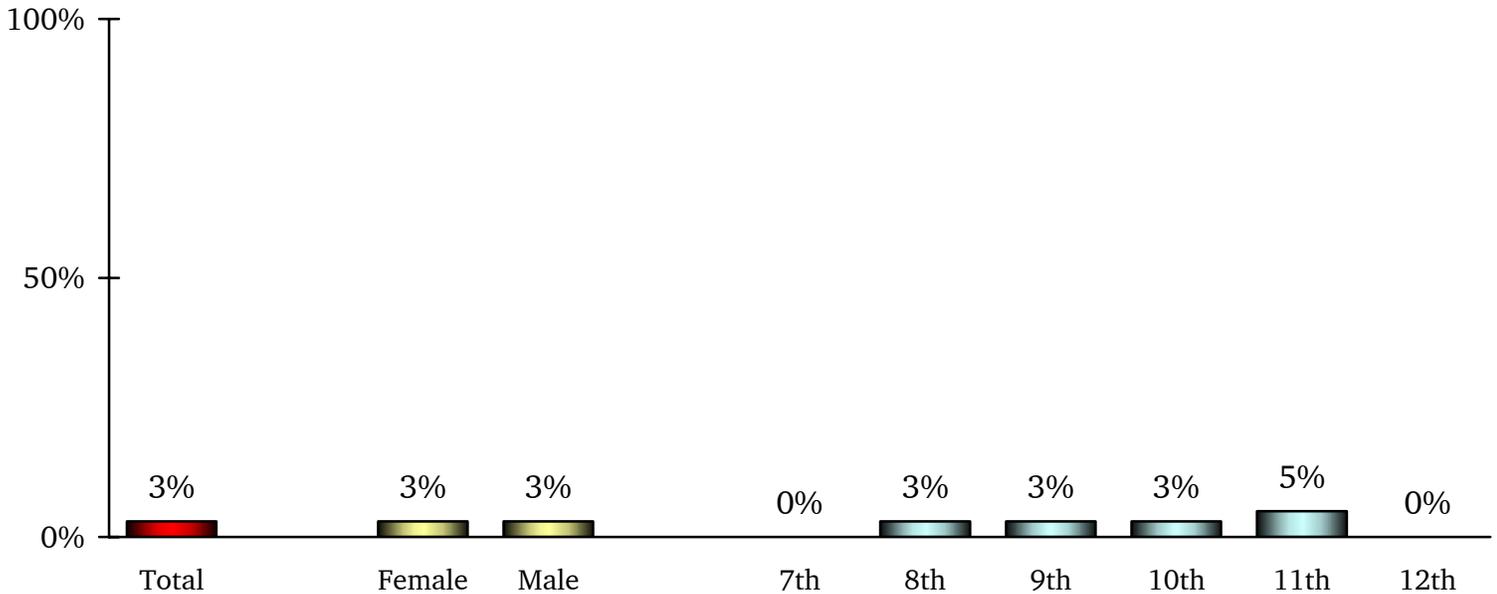


Percentage of students who used methamphetamines one or more times during their life.

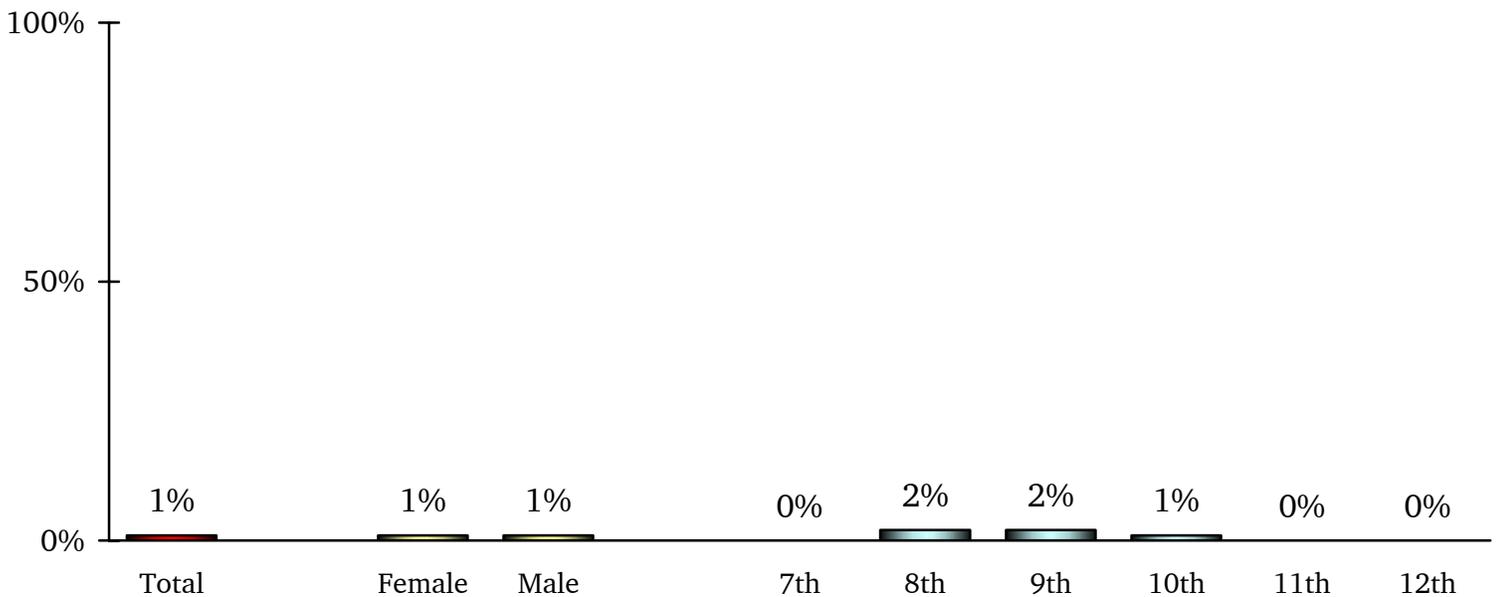


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Percentage of students who used ecstasy one or more times during their life.

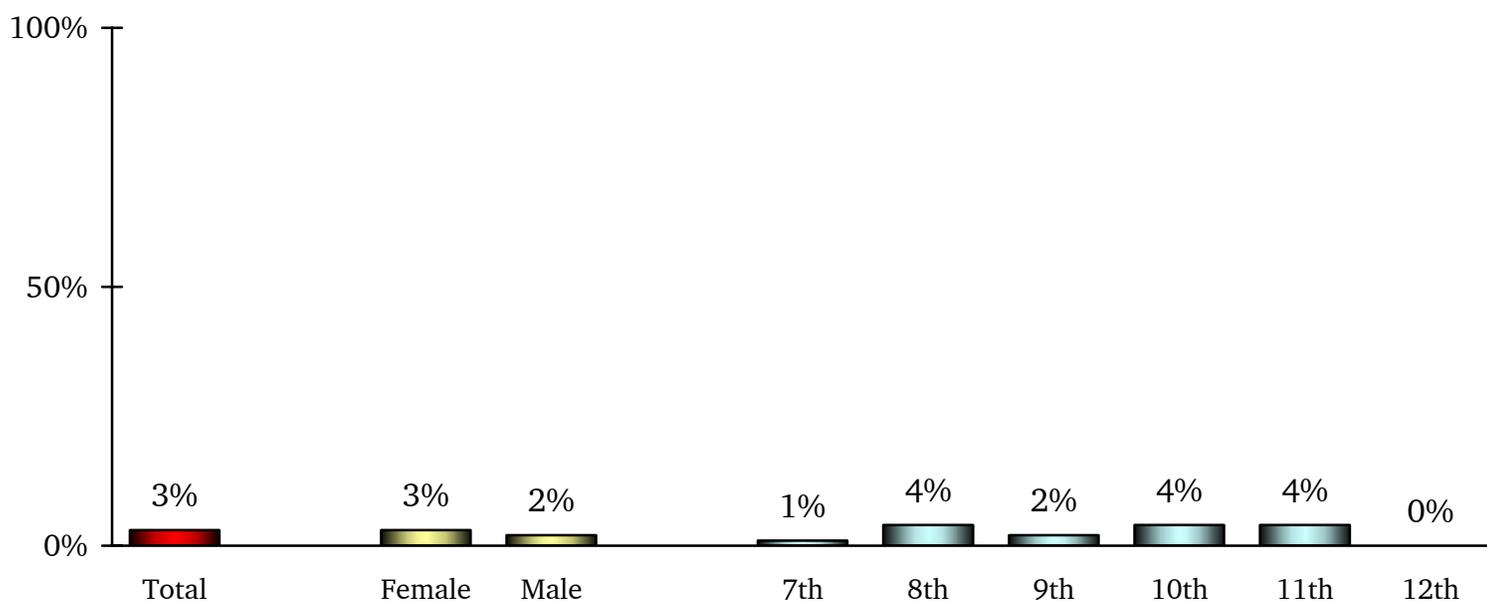


Percentage of students who used heroin one or more times during their life.



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Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.

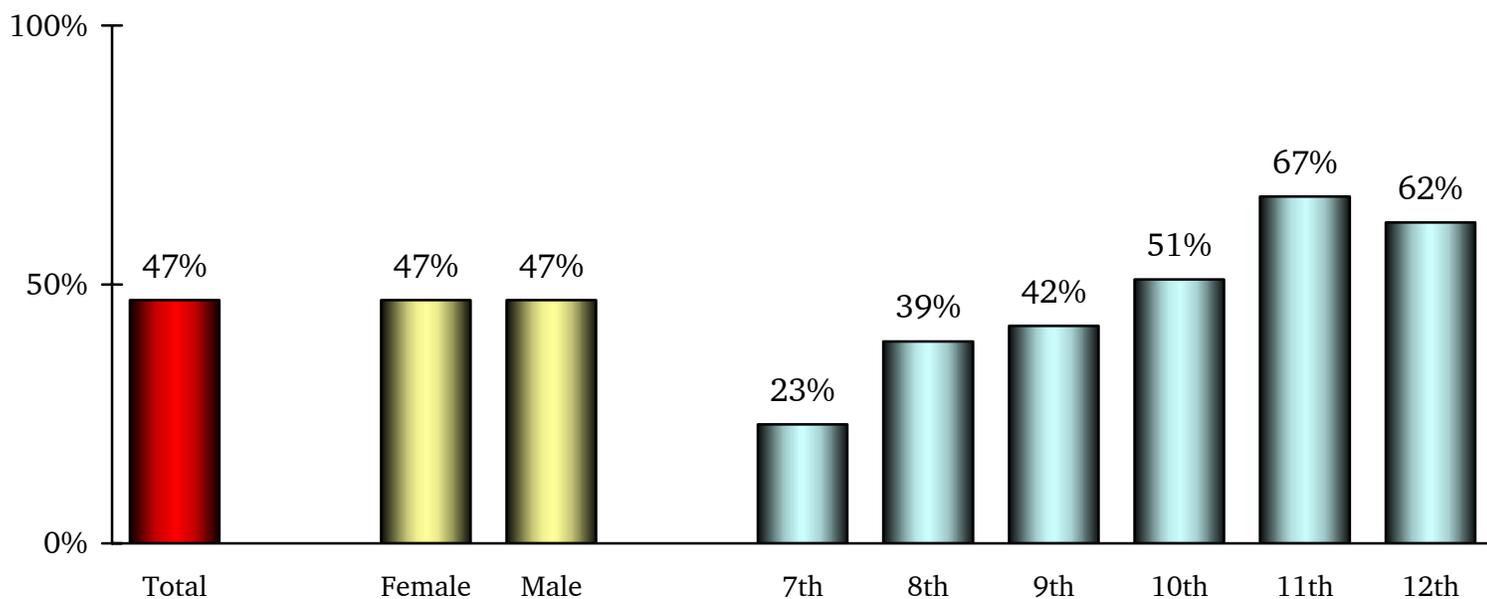


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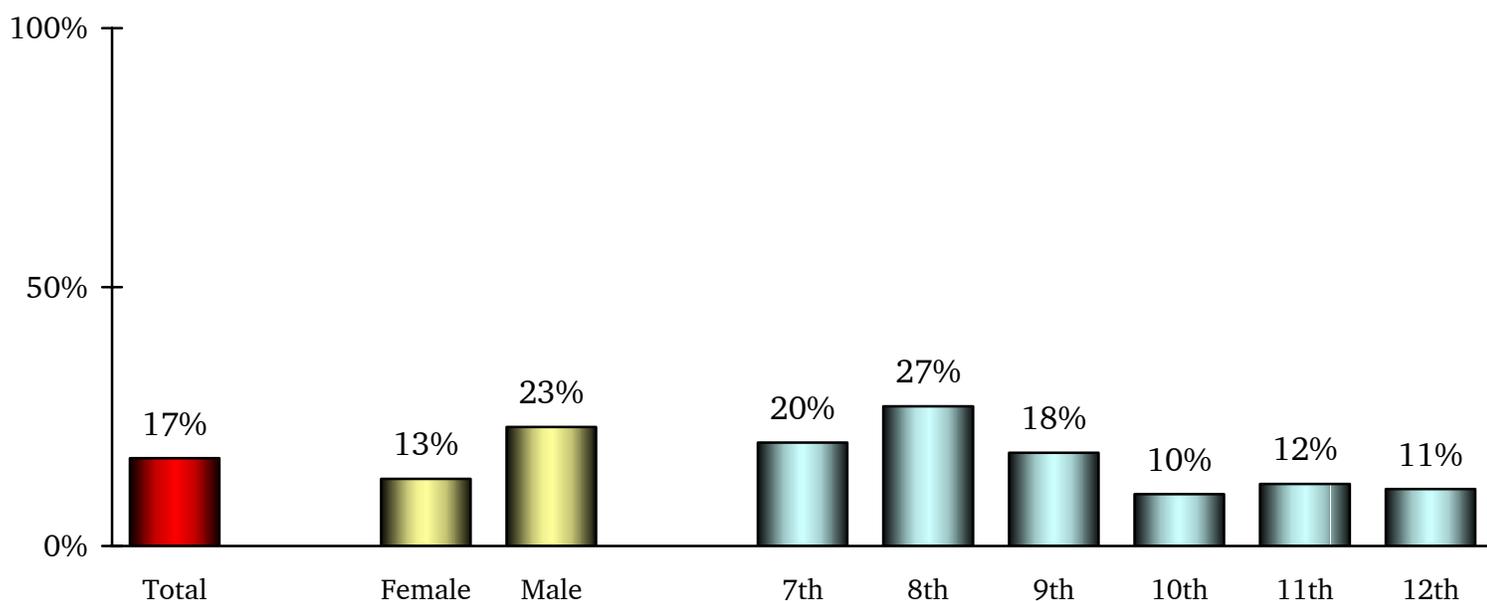
■ Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

Percentage of students who have had sexual intercourse.

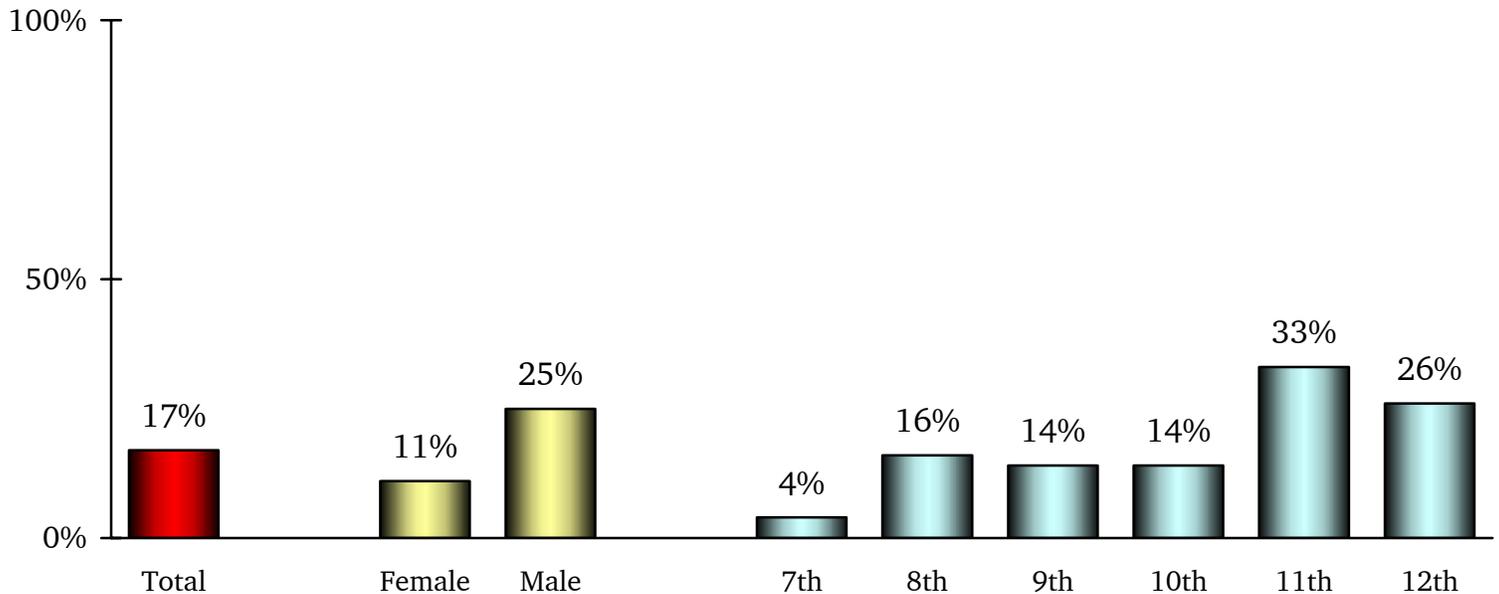


Percentage of students who had sexual intercourse for the first time before age 13.

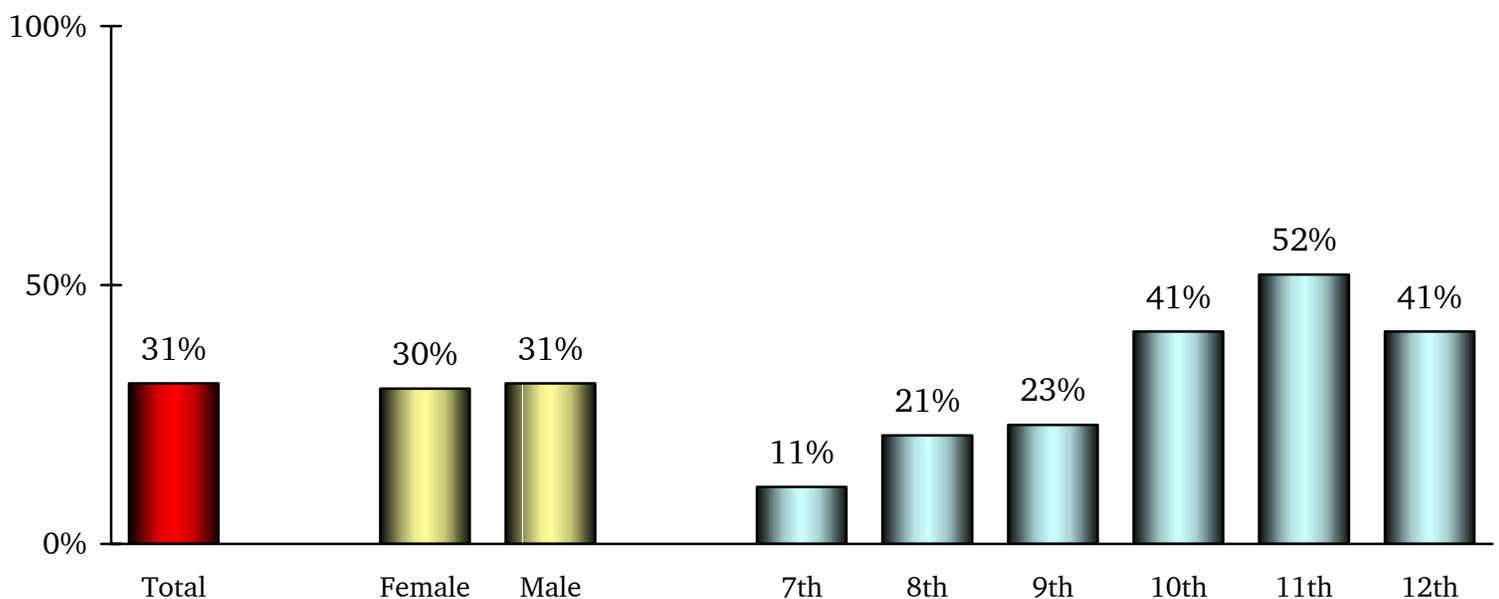


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Percentage of students who had sexual intercourse with four or more people during their life.

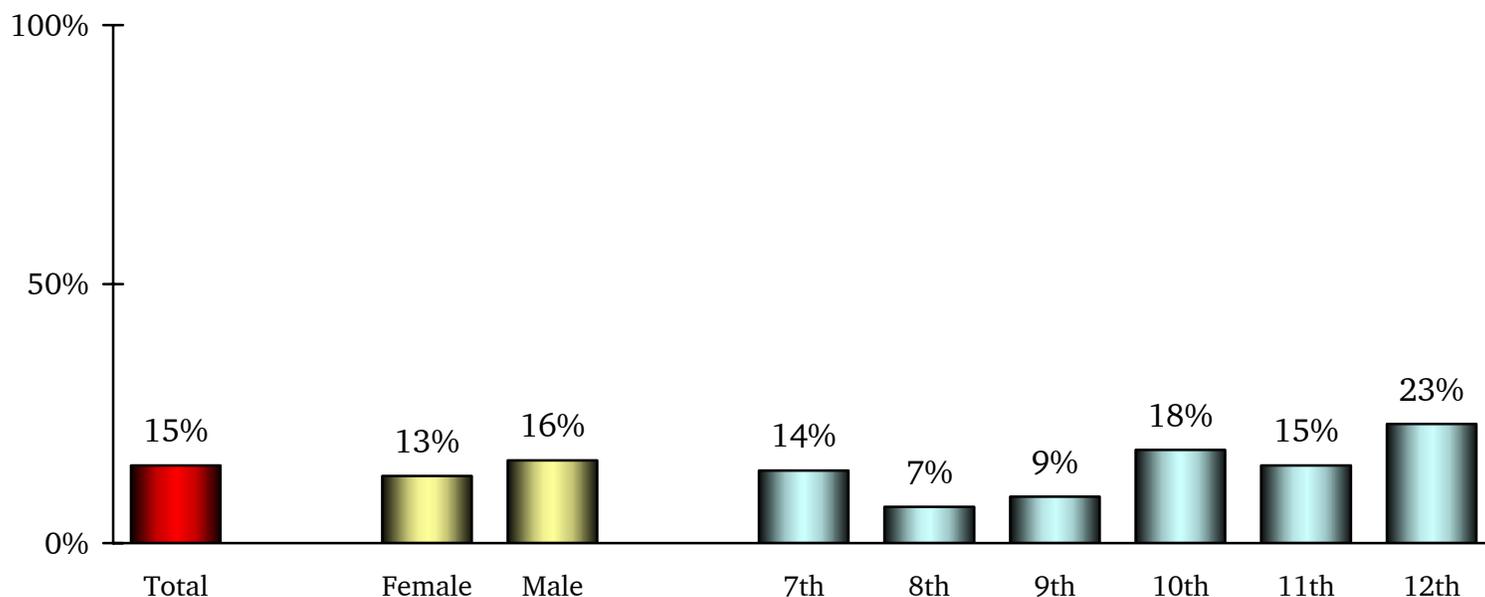


Percentage of students who had sexual intercourse during the past three months.



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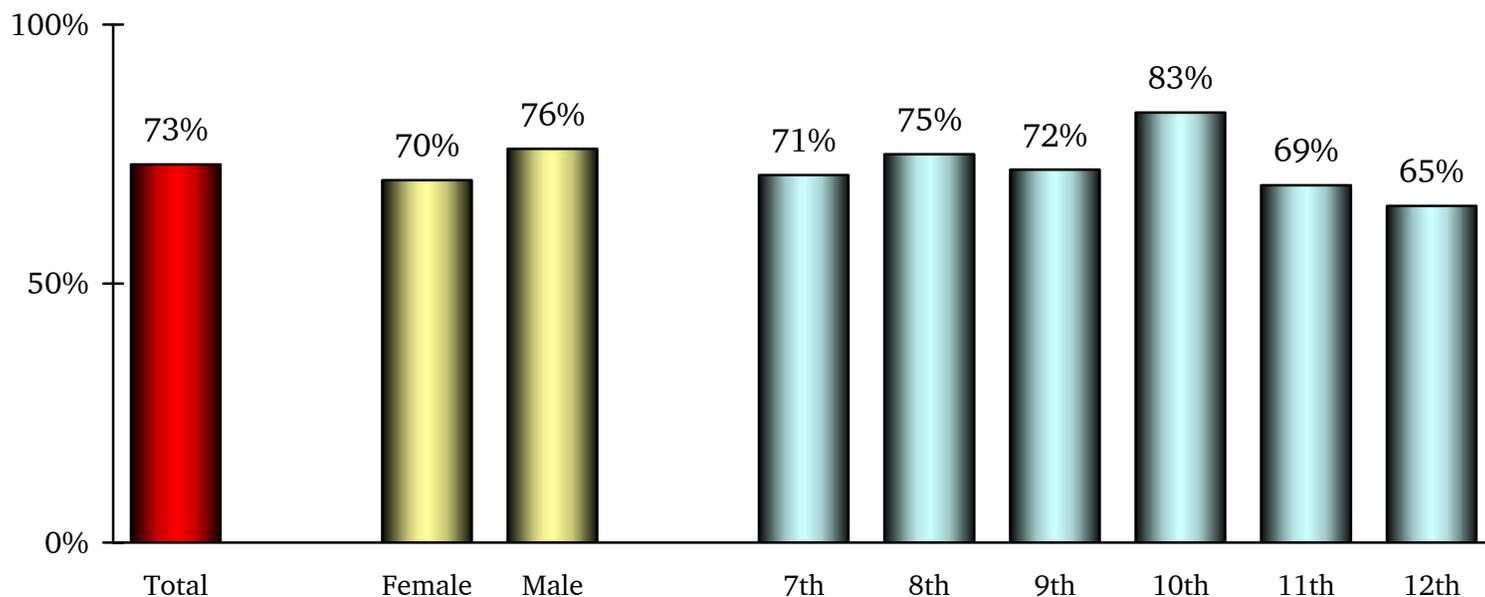
Of those who had sexual intercourse, the percentage that drank alcohol or used drugs before last sexual intercourse.



■ Contraception

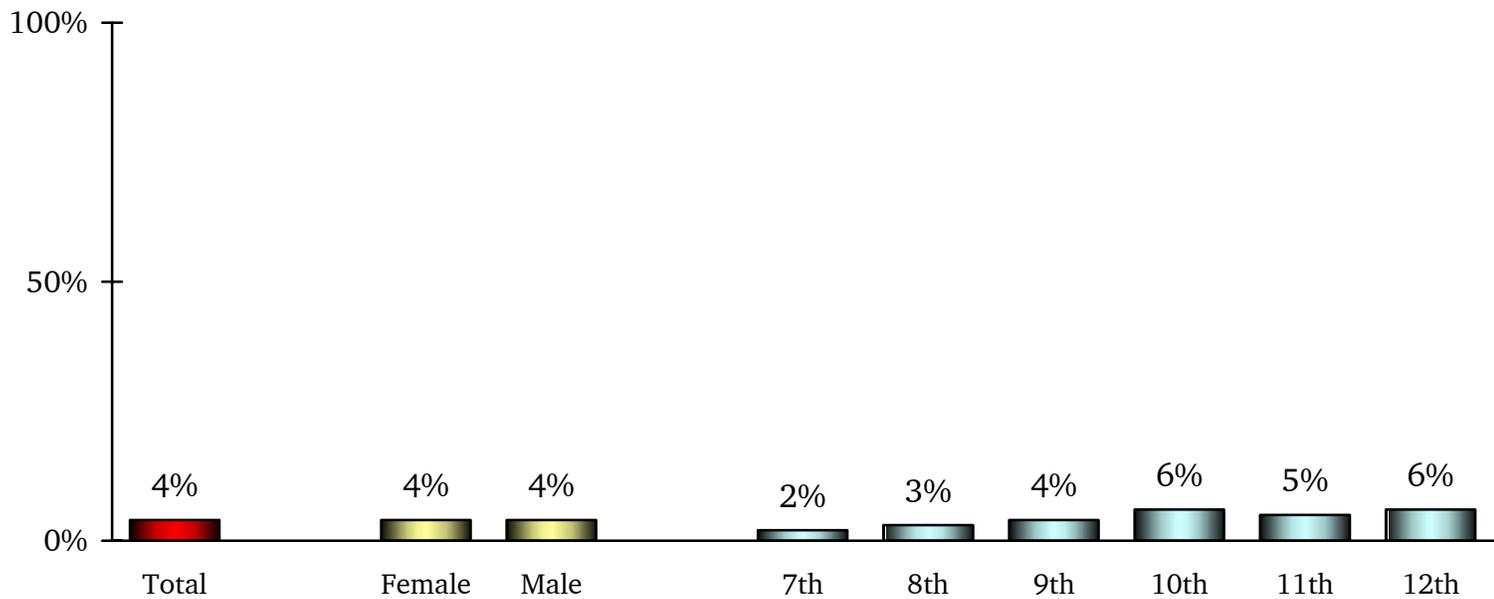
These questions measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant.

Of students who had sexual intercourse, the percentage who used a condom during the last sexual intercourse.



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Percentage of students who had been or gotten someone pregnant one or more times.

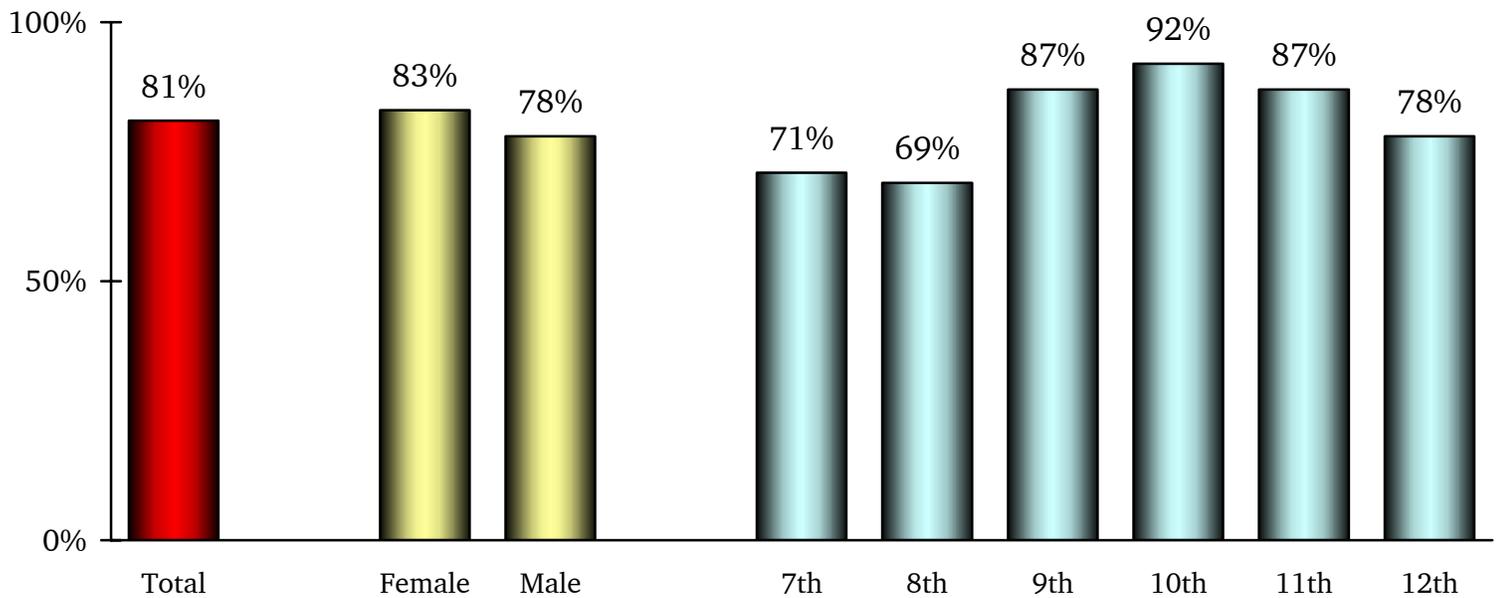


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■ AIDS, HIV, & STDs

This question measures whether students have received HIV information at school.

Percentage of students who were ever taught about AIDS or HIV infection in school.

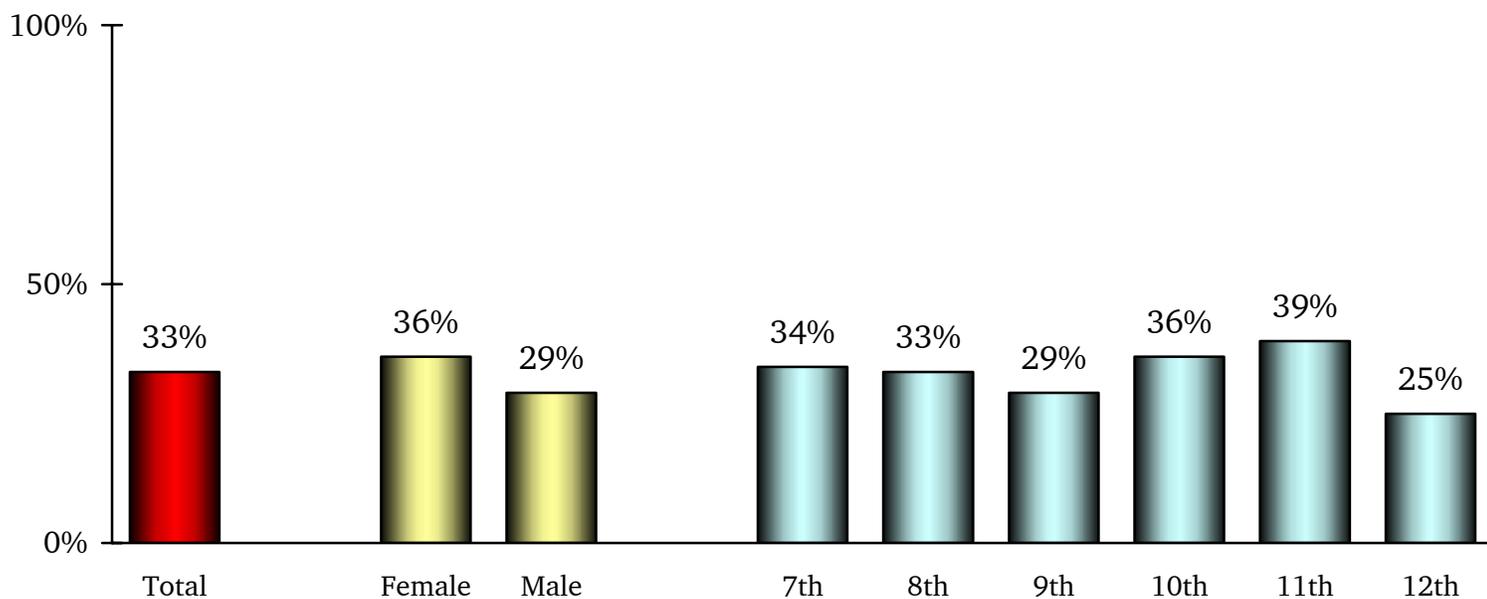


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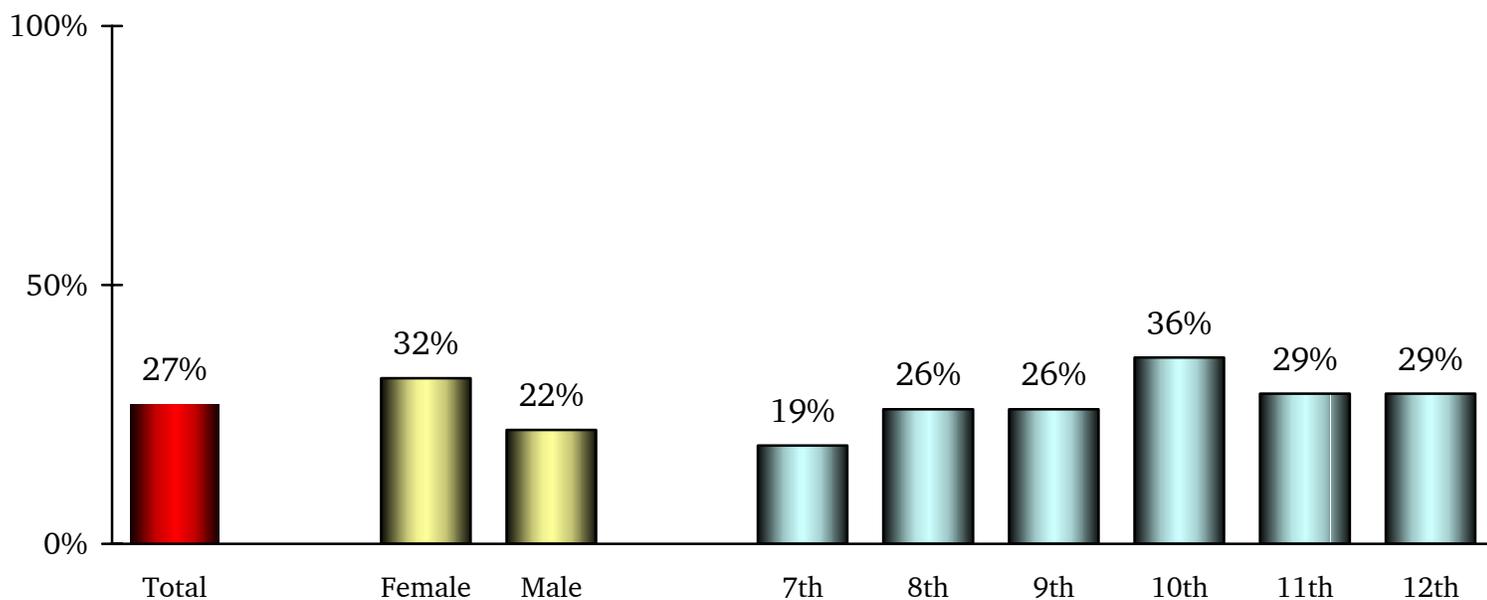
■ Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who are overweight, as calculated by Body Mass Index.

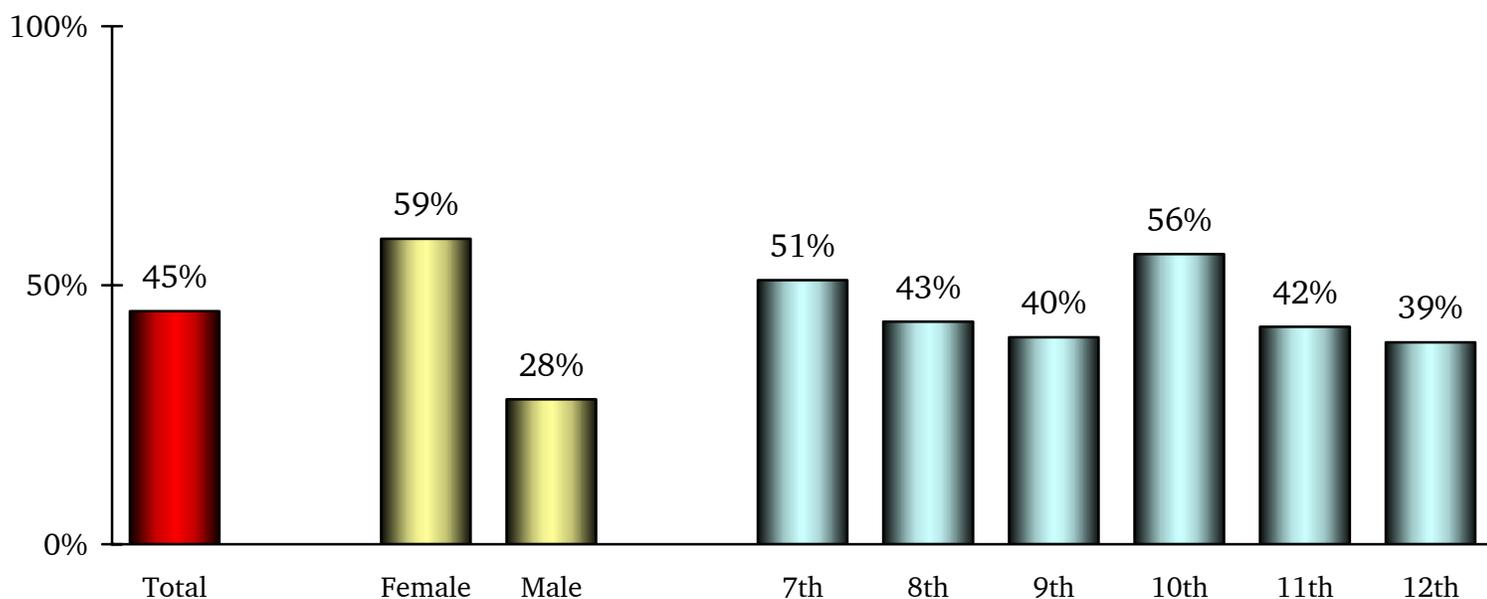


Percentage of students who describe themselves as slightly or very overweight.

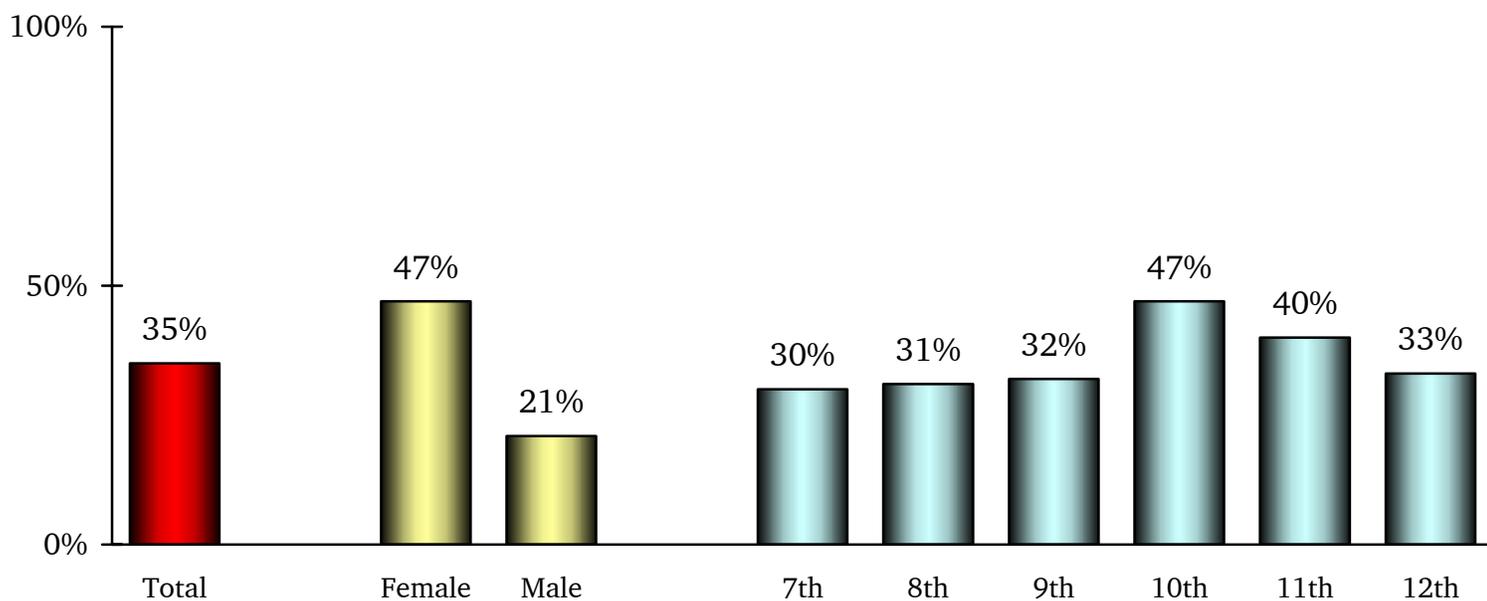


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Percentage of students who were trying to lose weight.

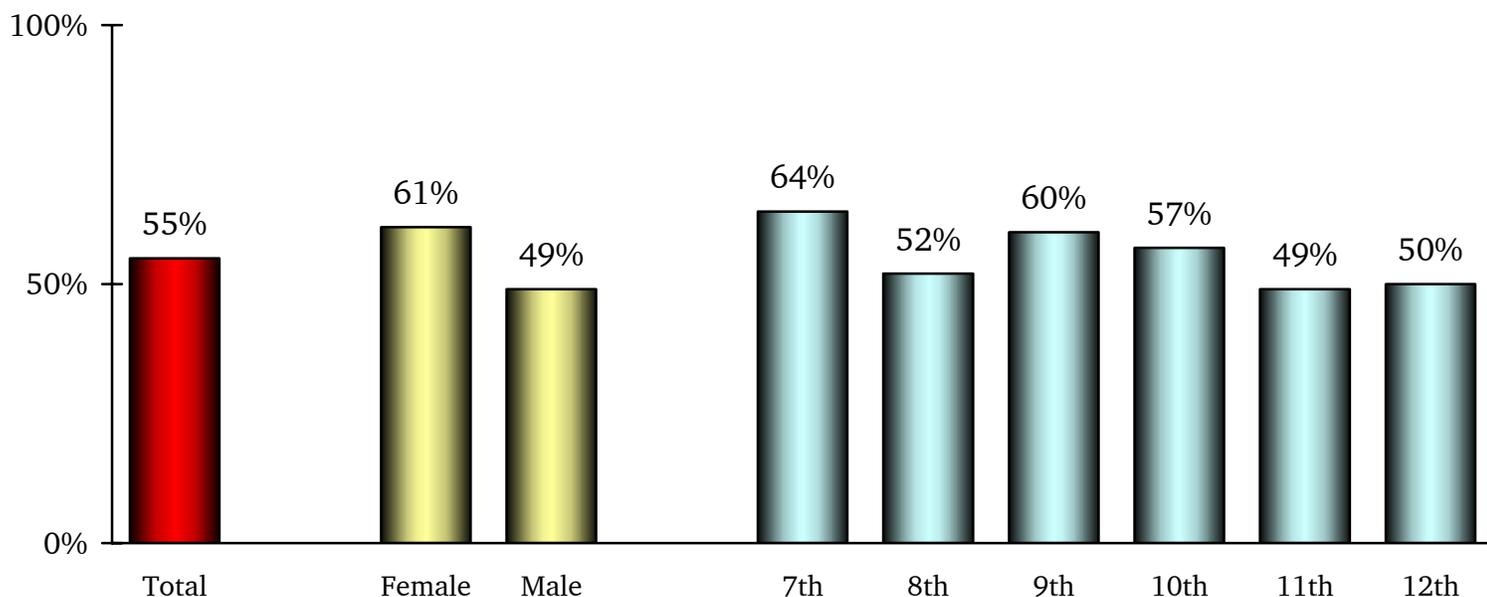


Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.

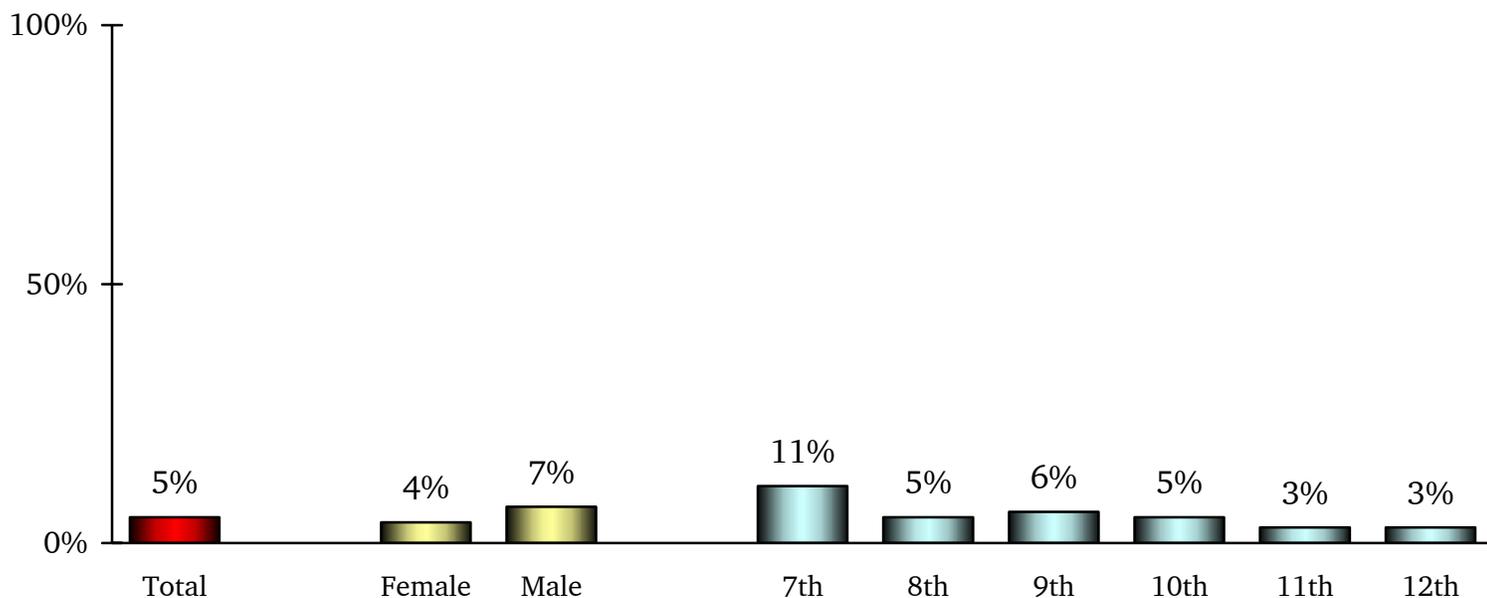


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Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.

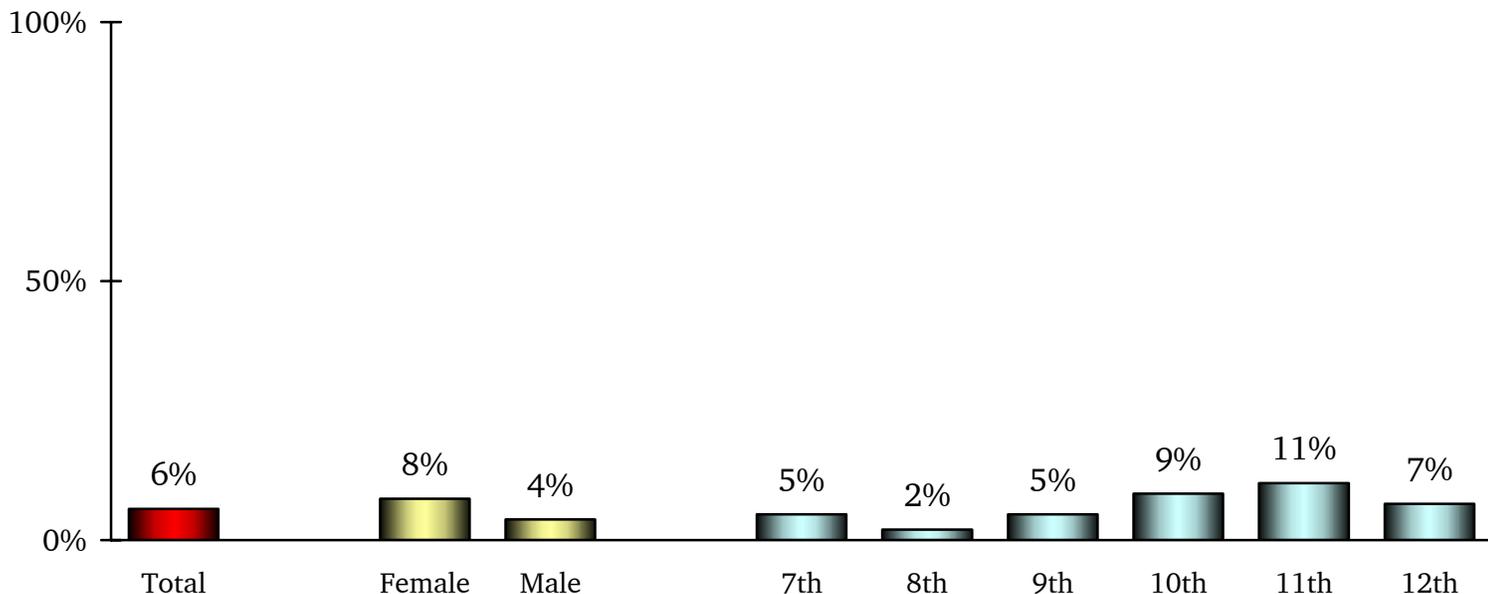


Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.

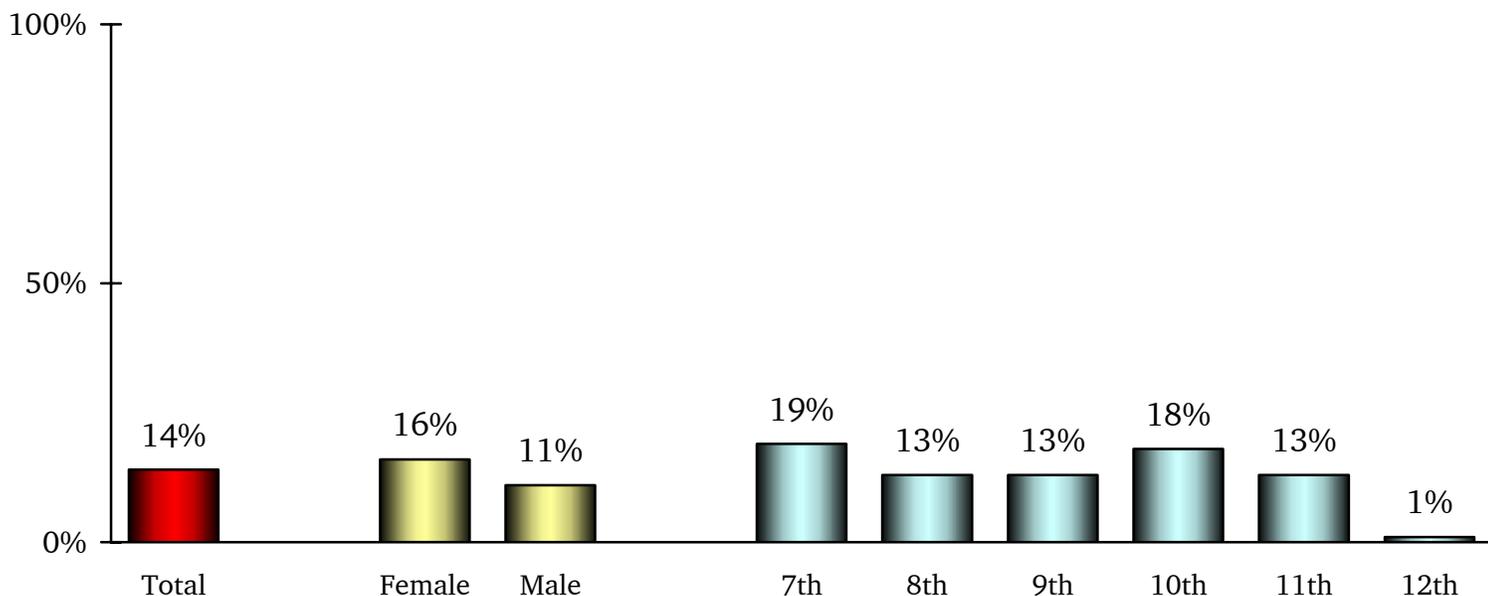


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Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.



Percentage of students who fasted, or went without eating, for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.

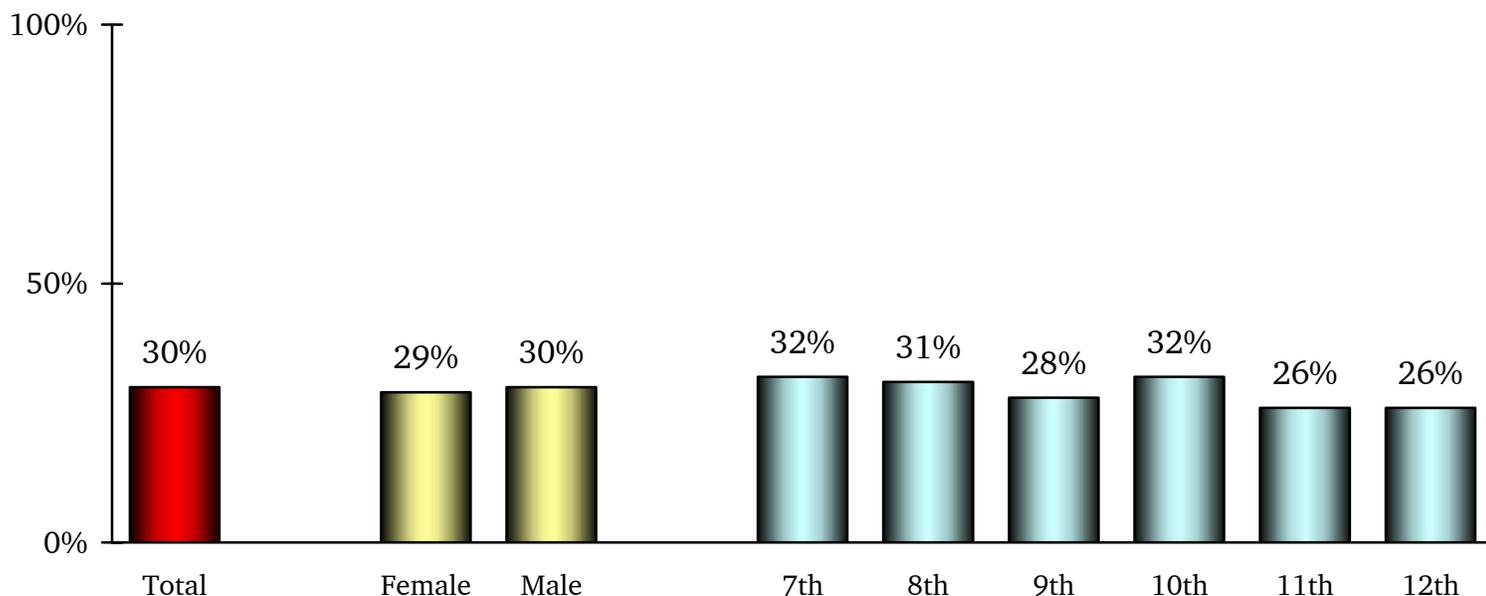


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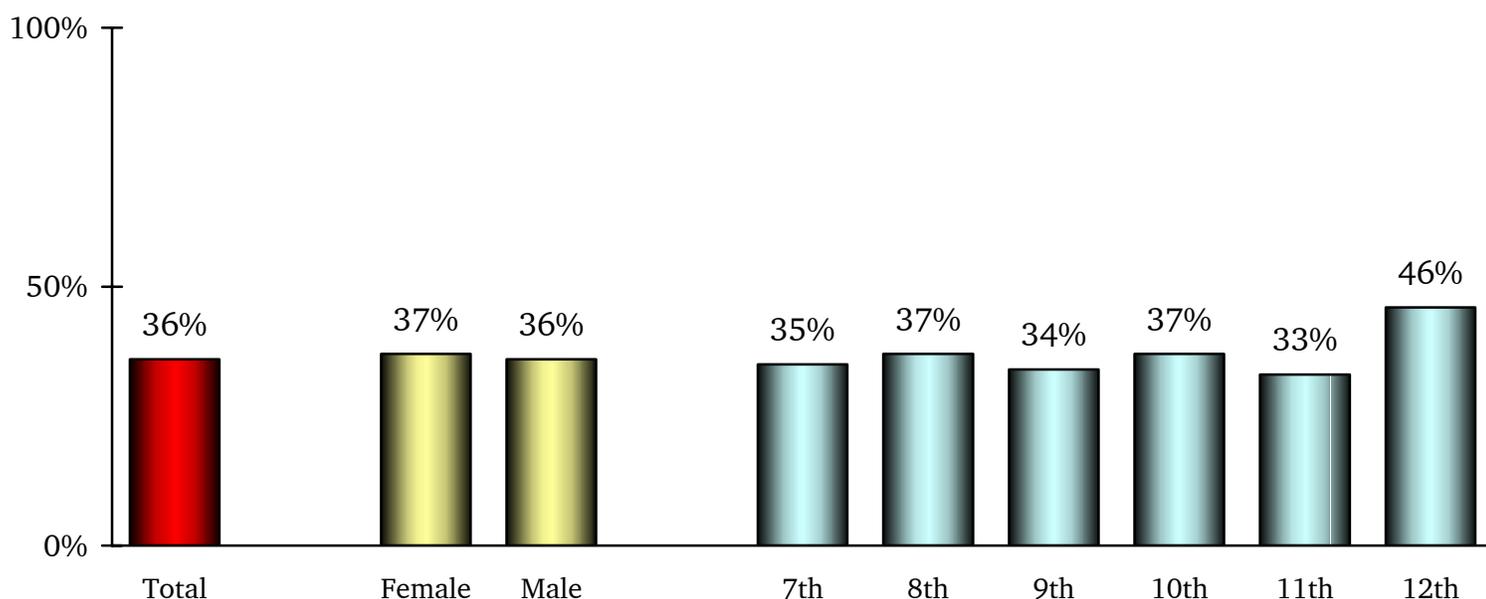
■ Nutrition

These questions measure food choices.

Percentage of students who ate fruit four or more times during the past 7 days.

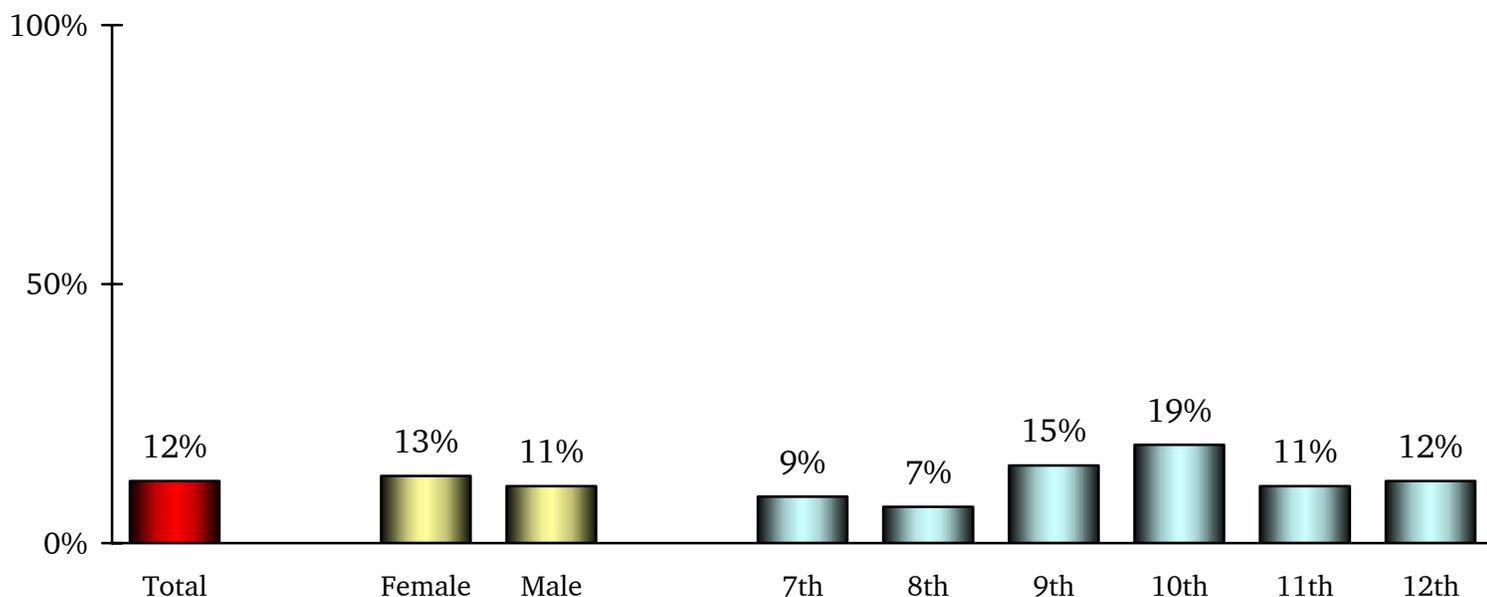


Percentage of students who drank fruit juices four or more times during the past 7 days.

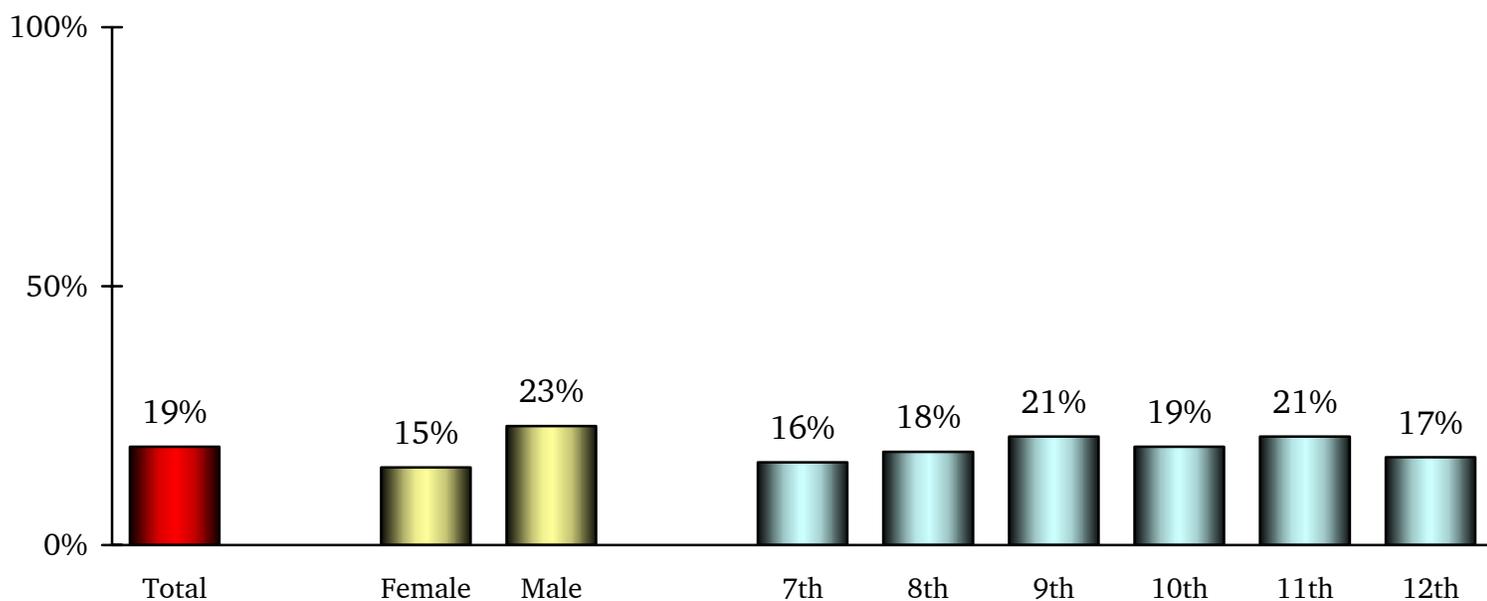


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Percentage of students who ate green salad four or more times during the past 30 days.

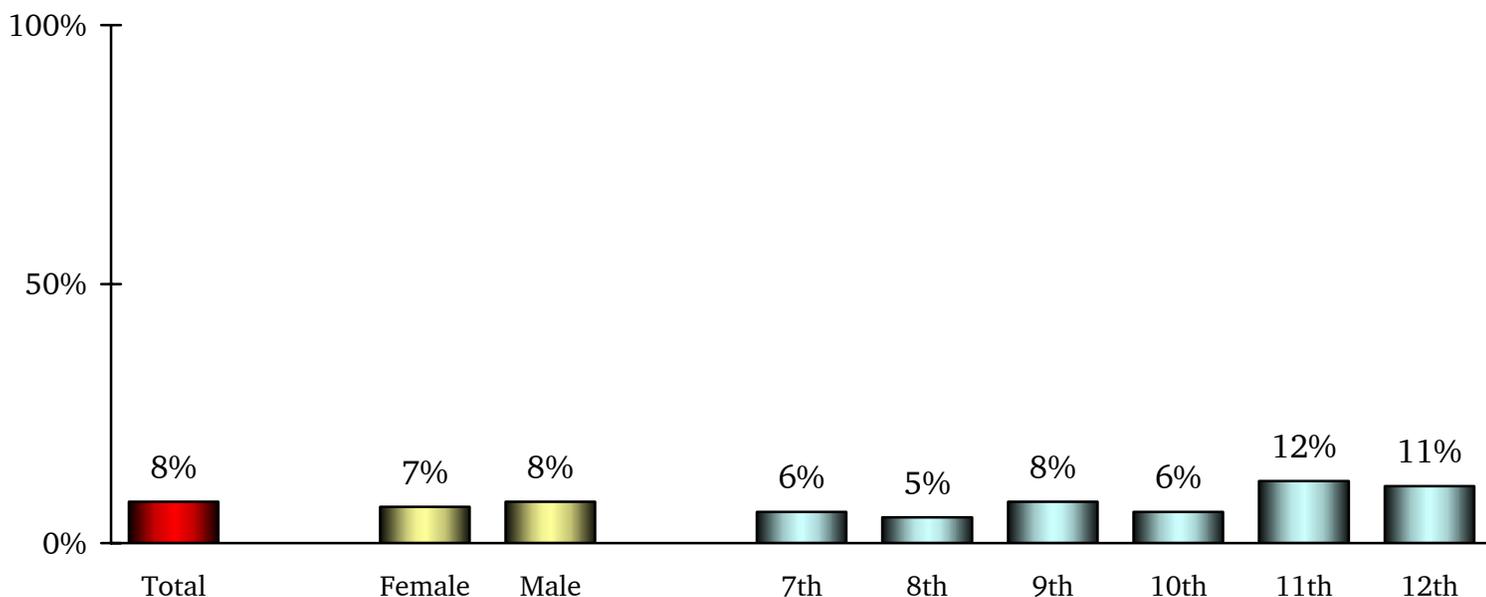


Percentage of students who ate potatoes four or more times during the past 30 days.

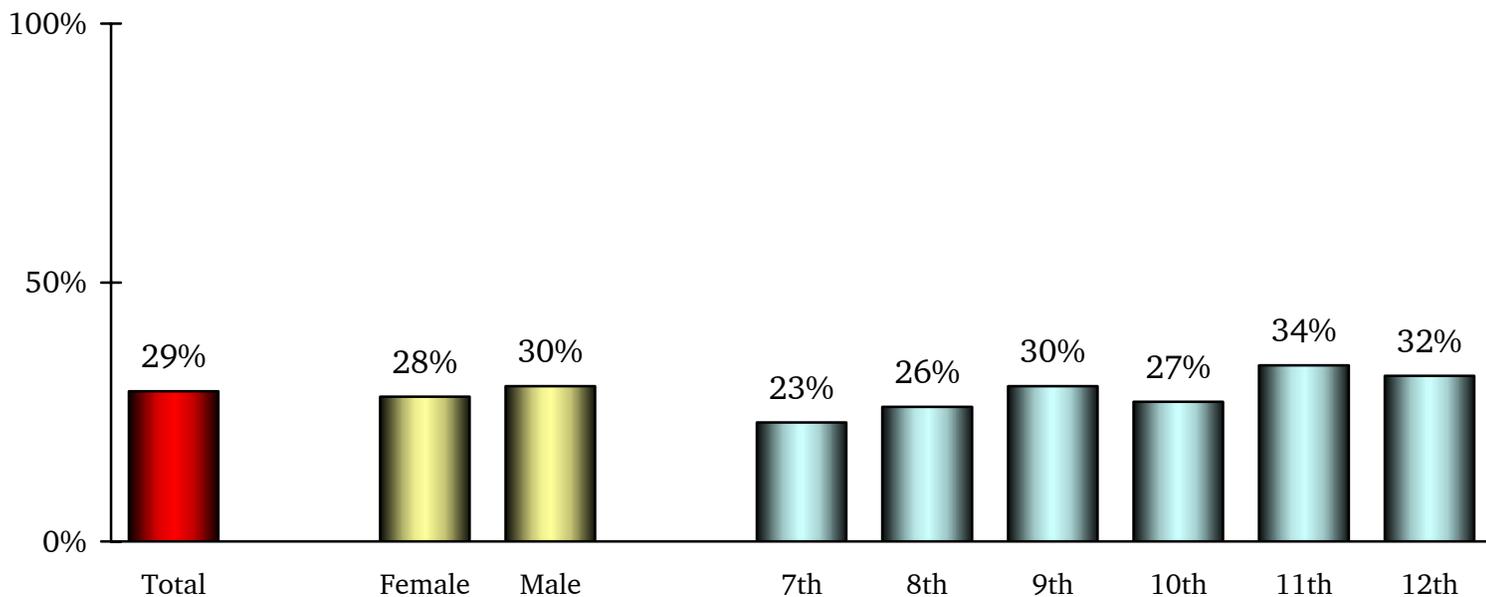


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Percentage of students who ate carrots four or more times during the past 7 days.

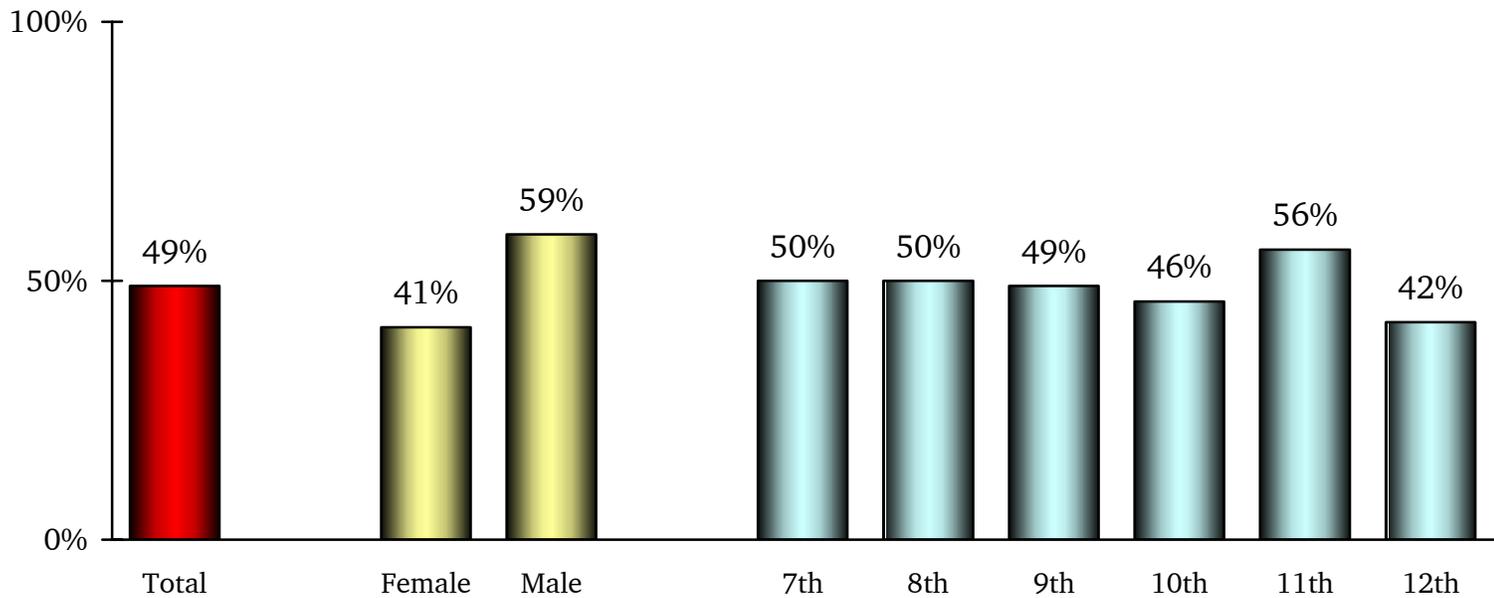


Percentage of students who ate other vegetables four or more times during the past 7 days.



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Percentage of students who drank milk four or more times during the past 7 days.

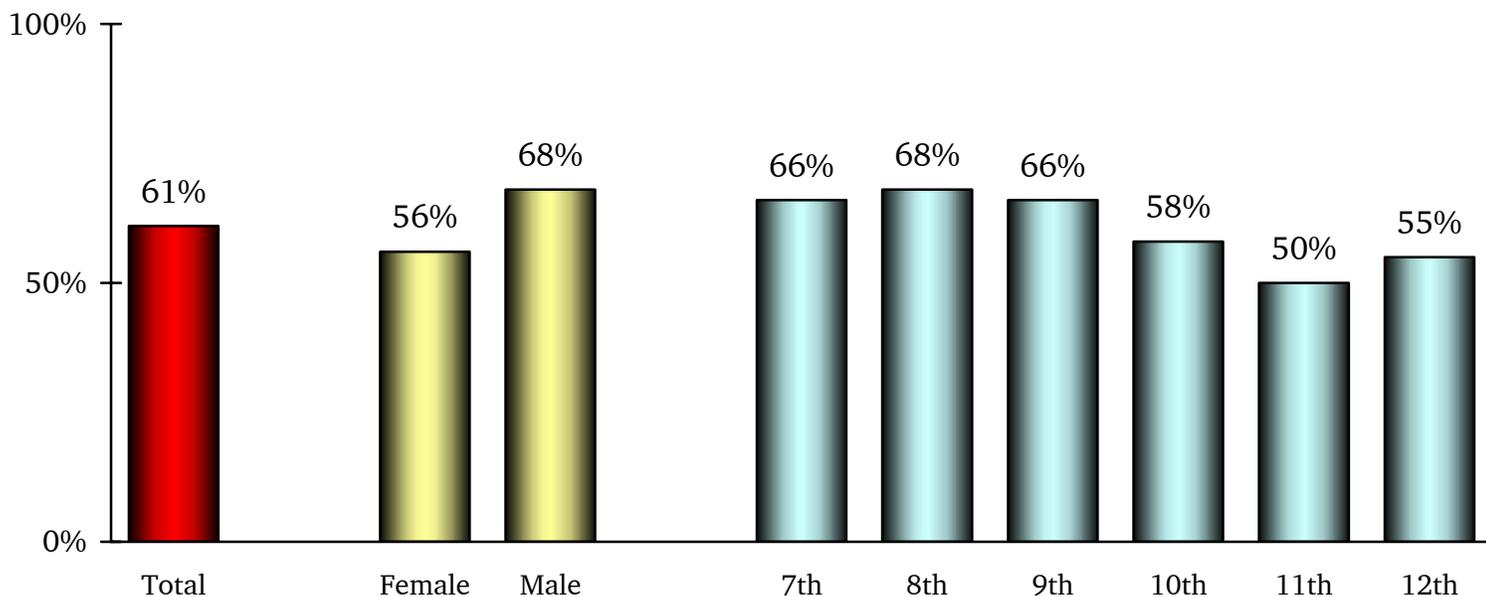


2003-2004 Dallas County Youth Health Survey

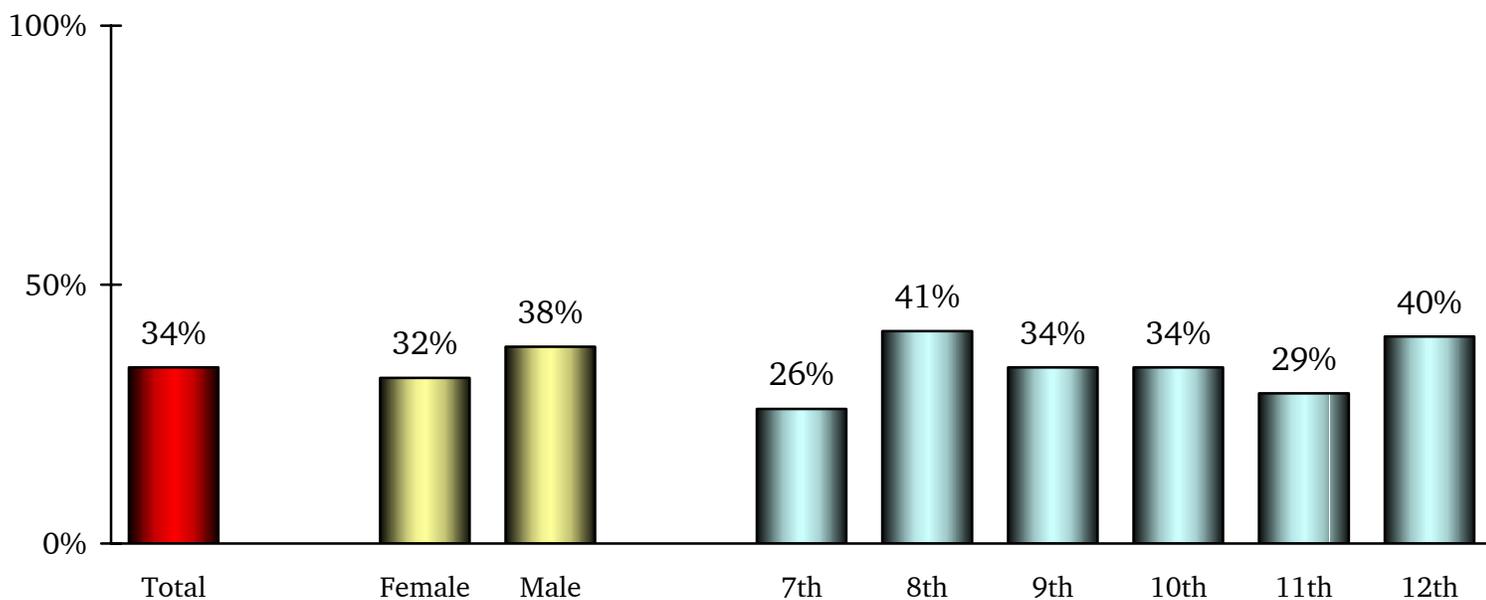
■ Physical Activity

These questions measure students' physical activity, including team sports, physical education class, and sports injuries.

Percentage of students who participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.

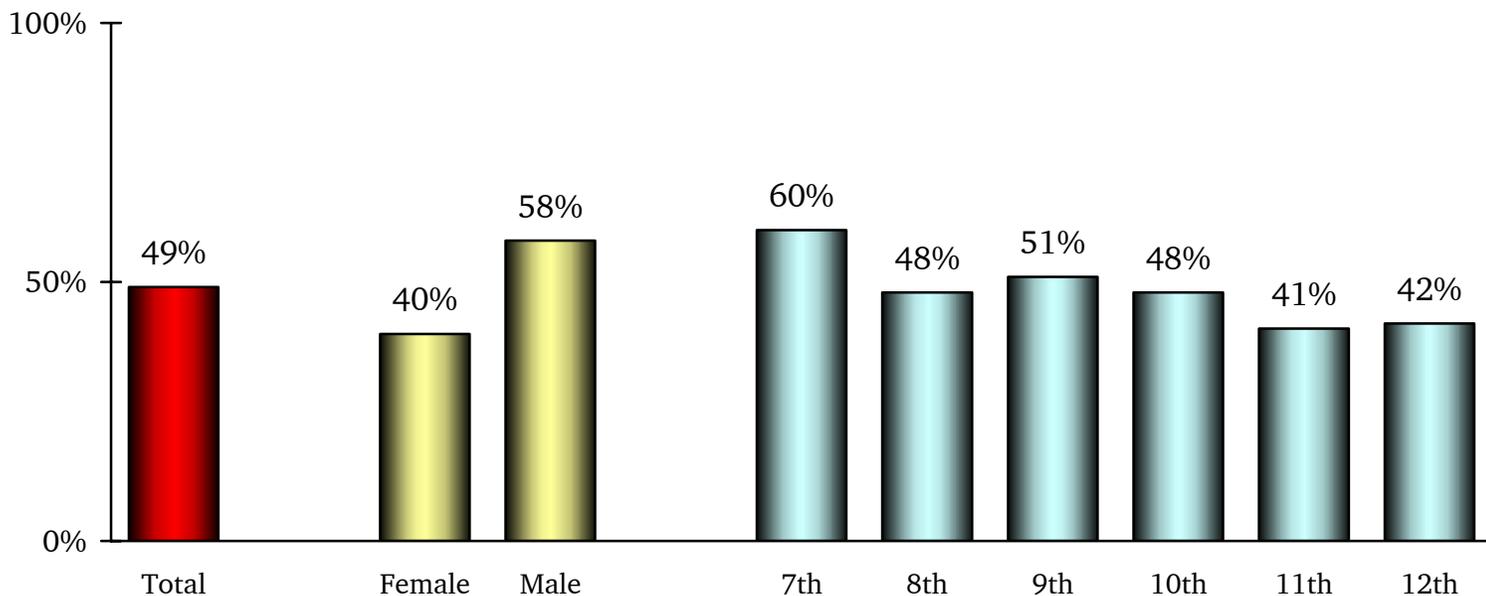


Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.

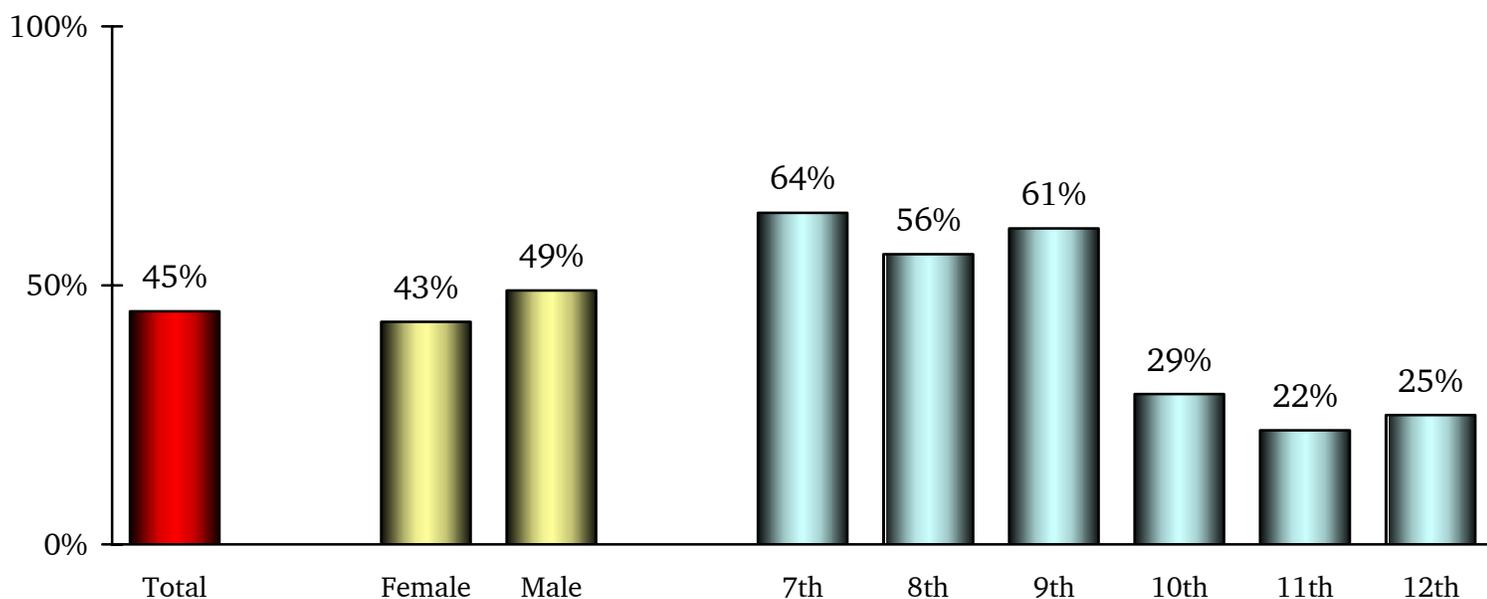


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Percentage of students who exercised to strengthen or tone their muscles on three or more of the past seven days.

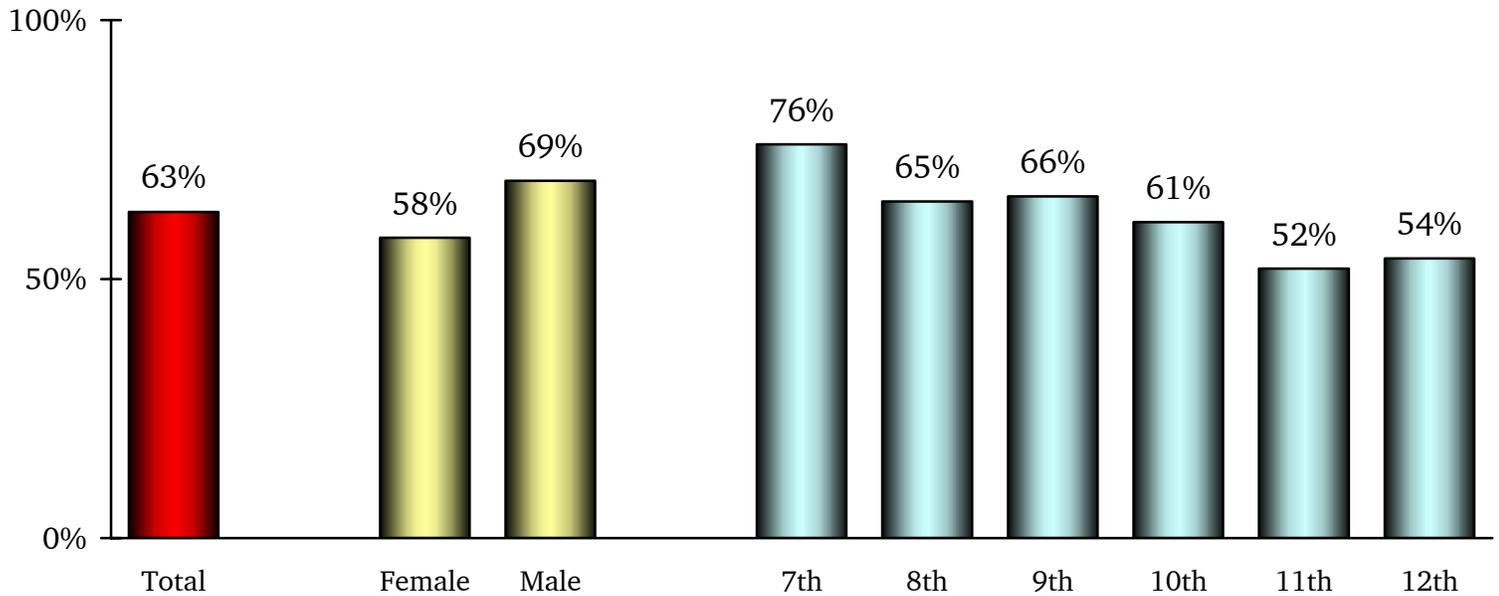


Percentage of students who attended physical education (PE) class one or more days during an average school week.



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Percentage of students who played on one or more sports teams during the past 12 months.



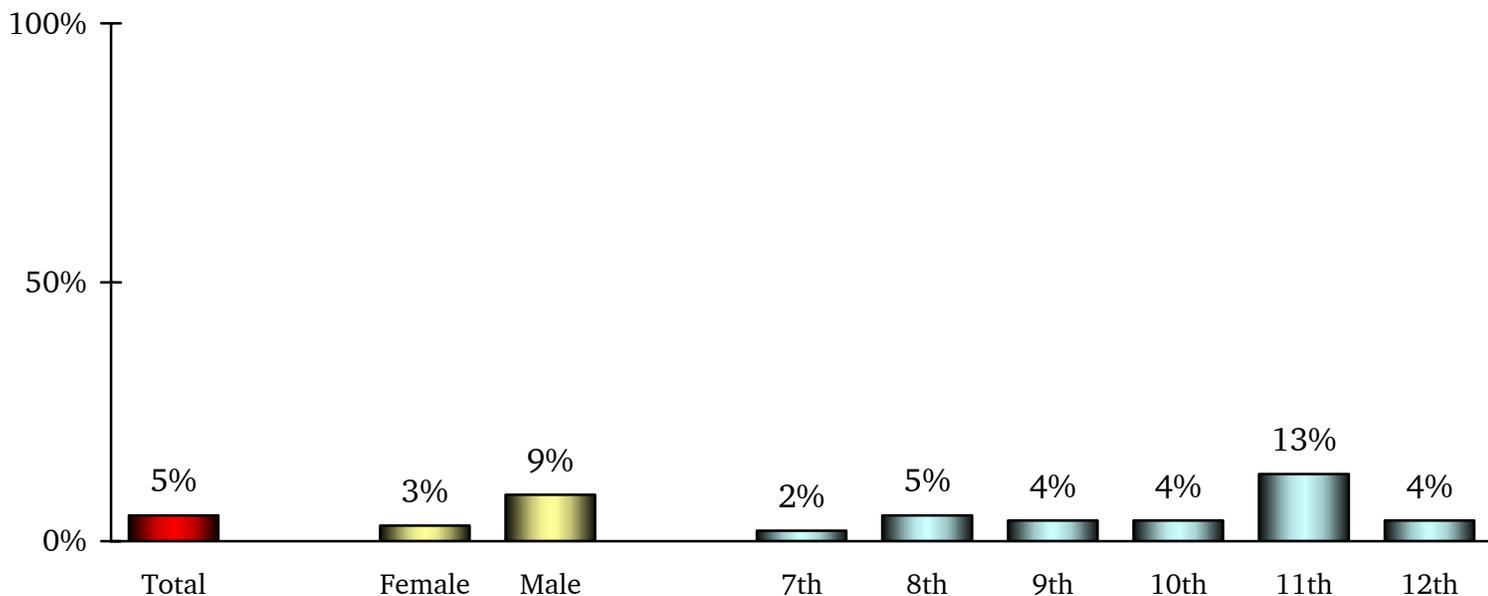
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■ Violence-Related Behaviors at School

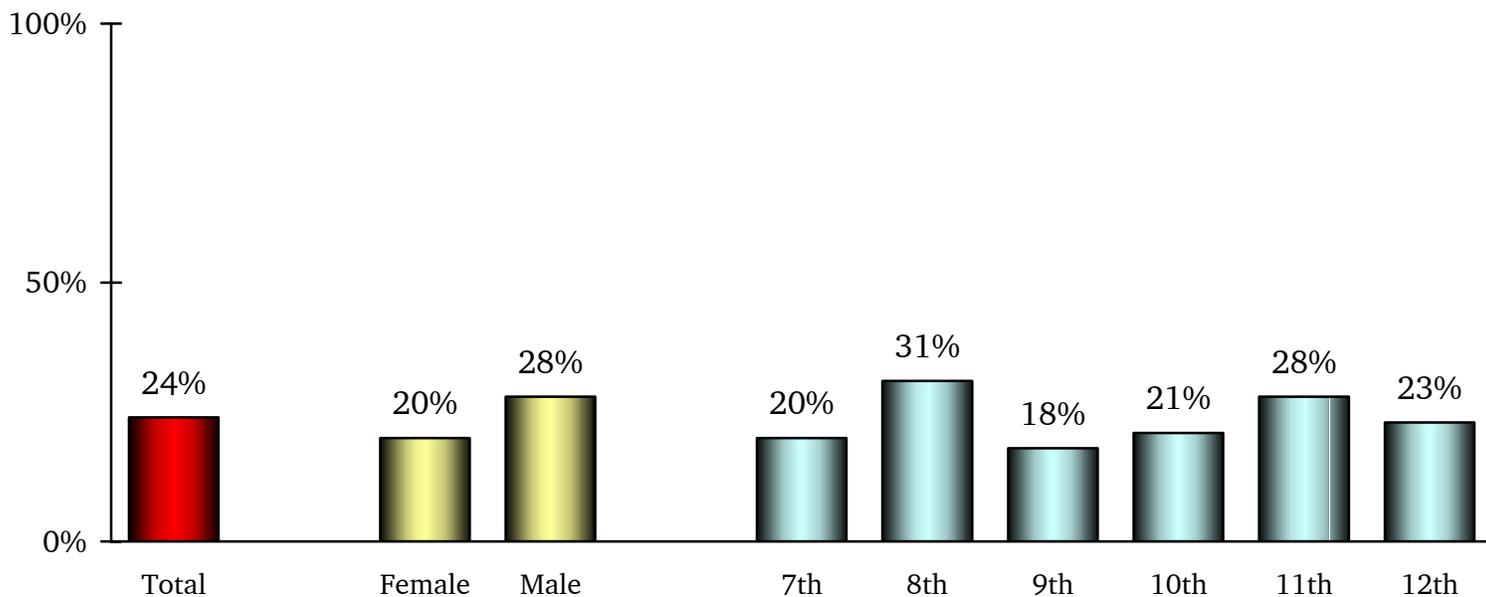
These questions measure violence related behaviors at school.

Percentage of students who carried a weapon* on school property on one or more of the past 30 days.

*such as a gun, knife, or club.

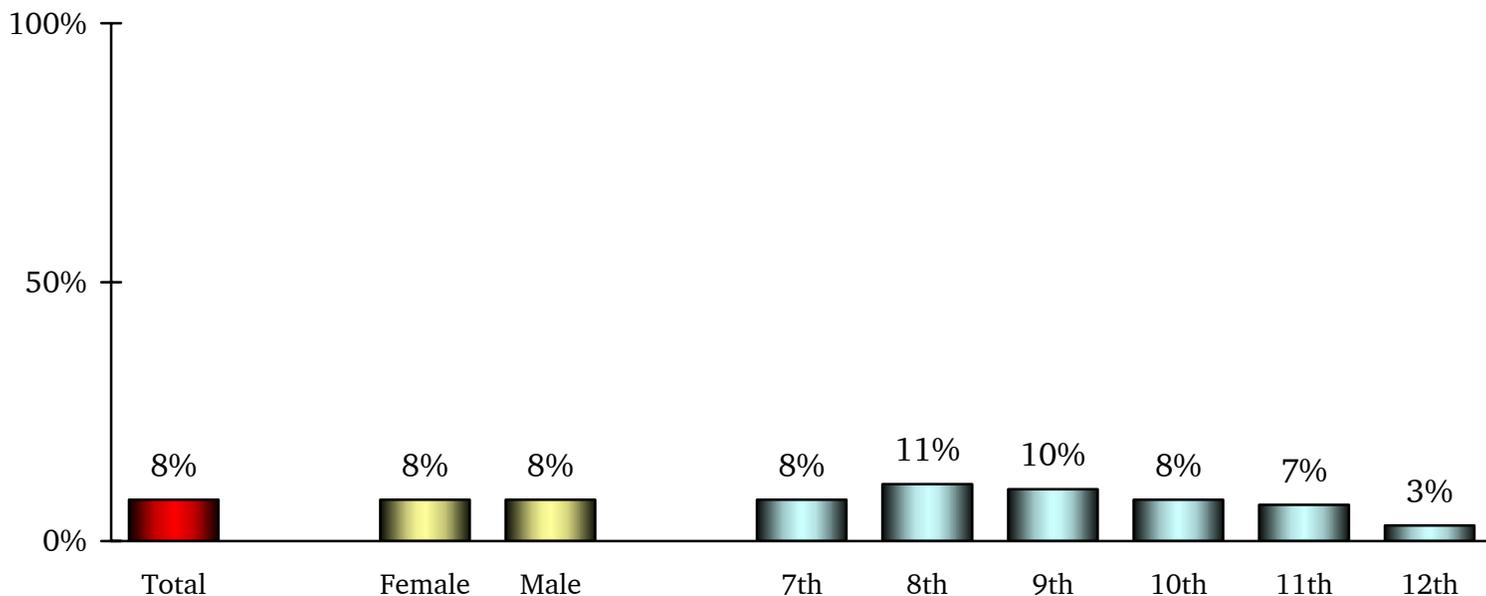


Percentage of students who have had their property stolen or deliberately damaged during the past 12 months?

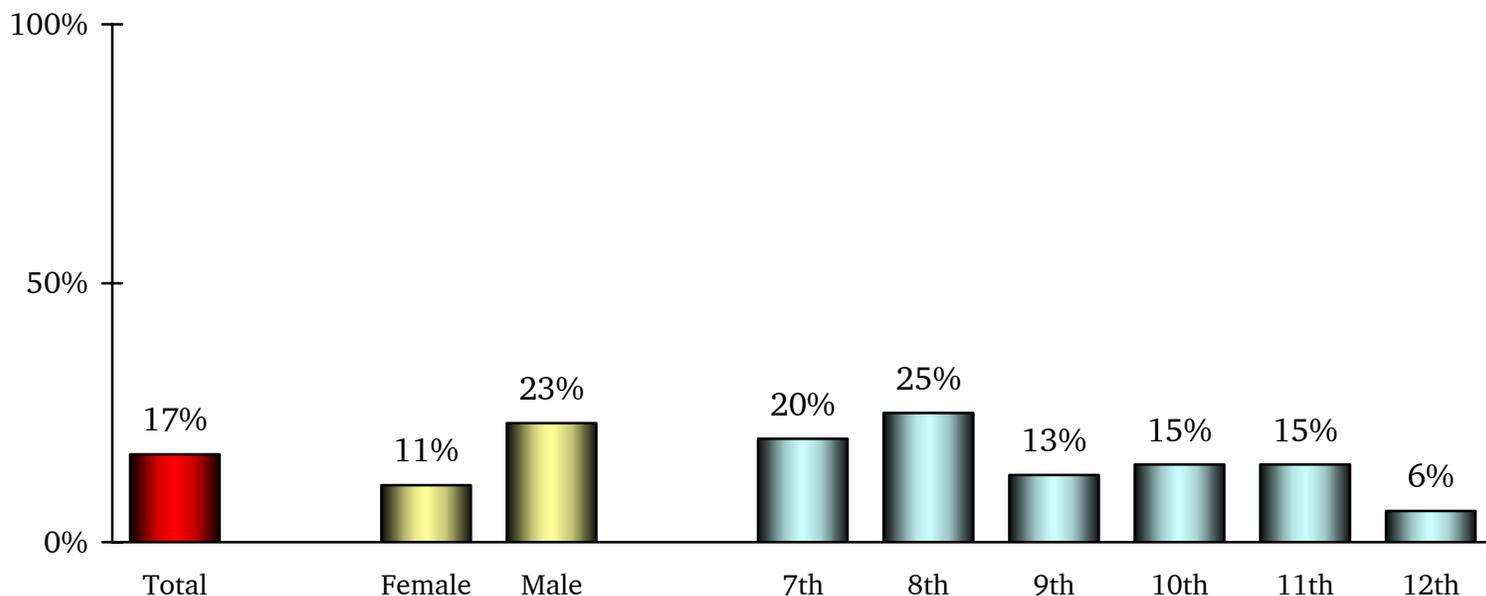


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Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.



Percentage of students who were in a physical fight on school property one or more times during the past 12 months.

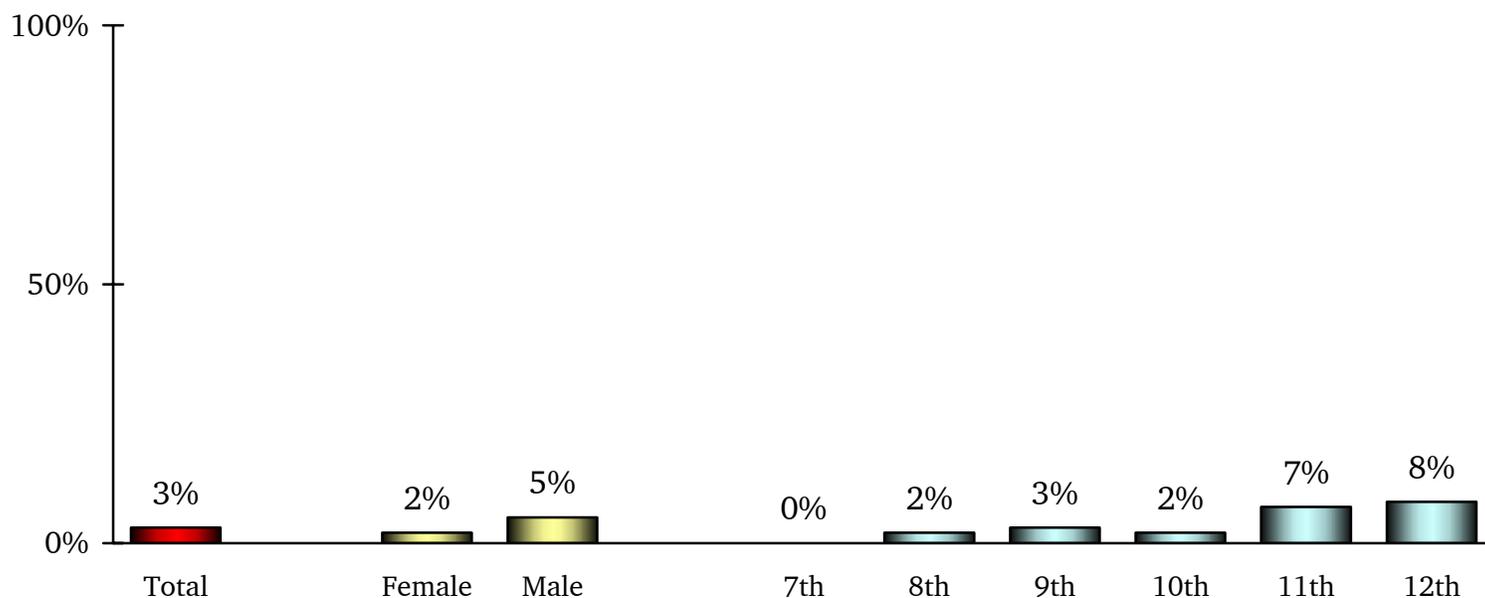


2003-2004 Dallas County Youth Health Survey

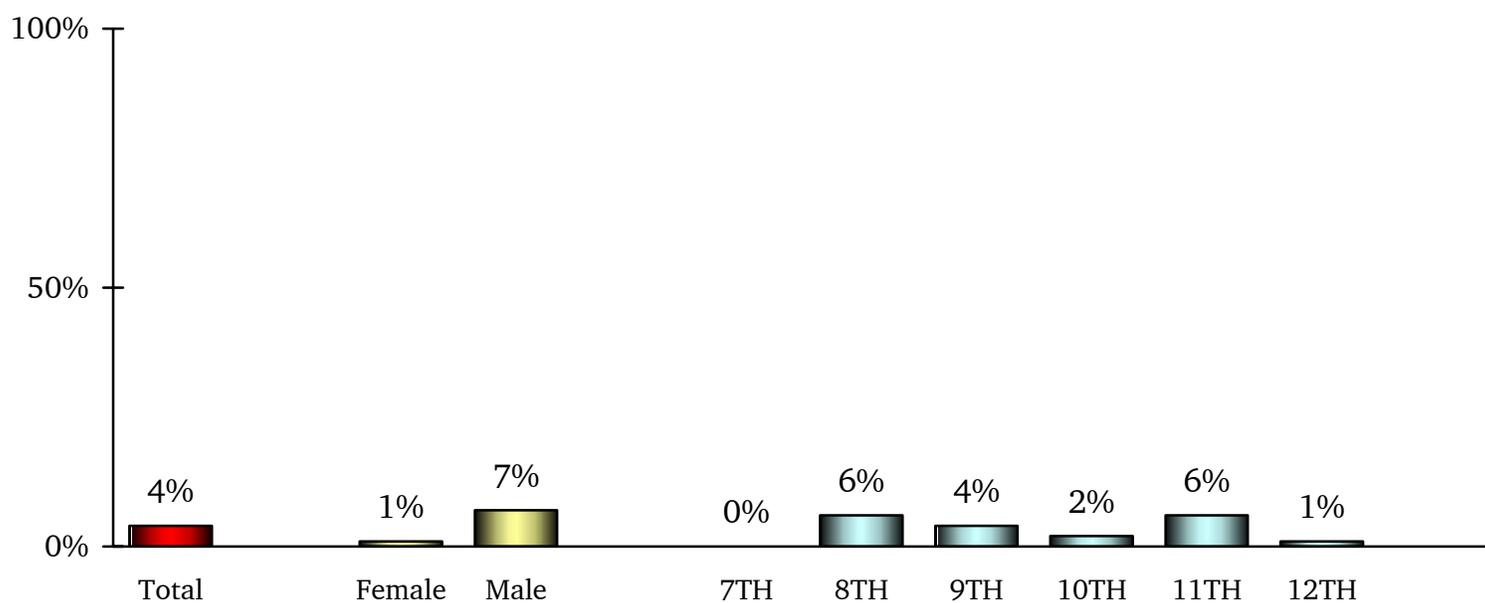
■ Tobacco Use at School

These questions measure tobacco use on school property.

Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days

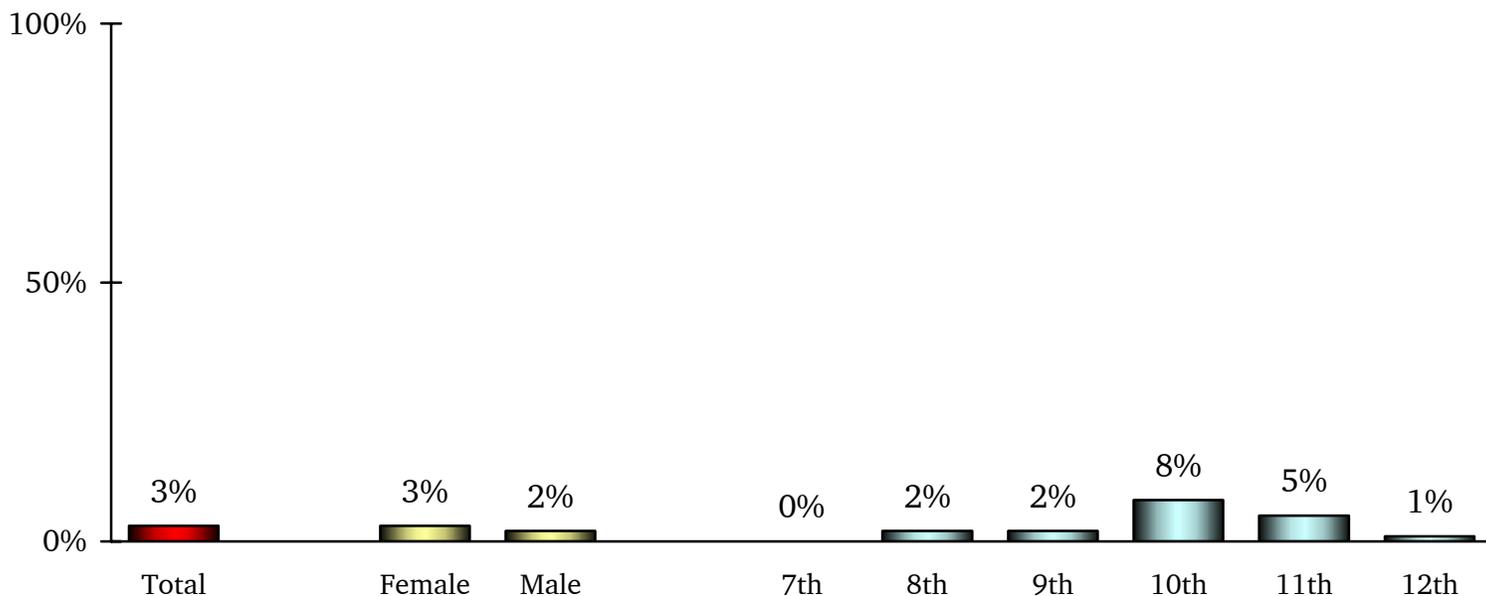


2003-2004 Dallas County Youth Health Survey

■ Alcohol Use at School

This question measures alcohol use on school property.

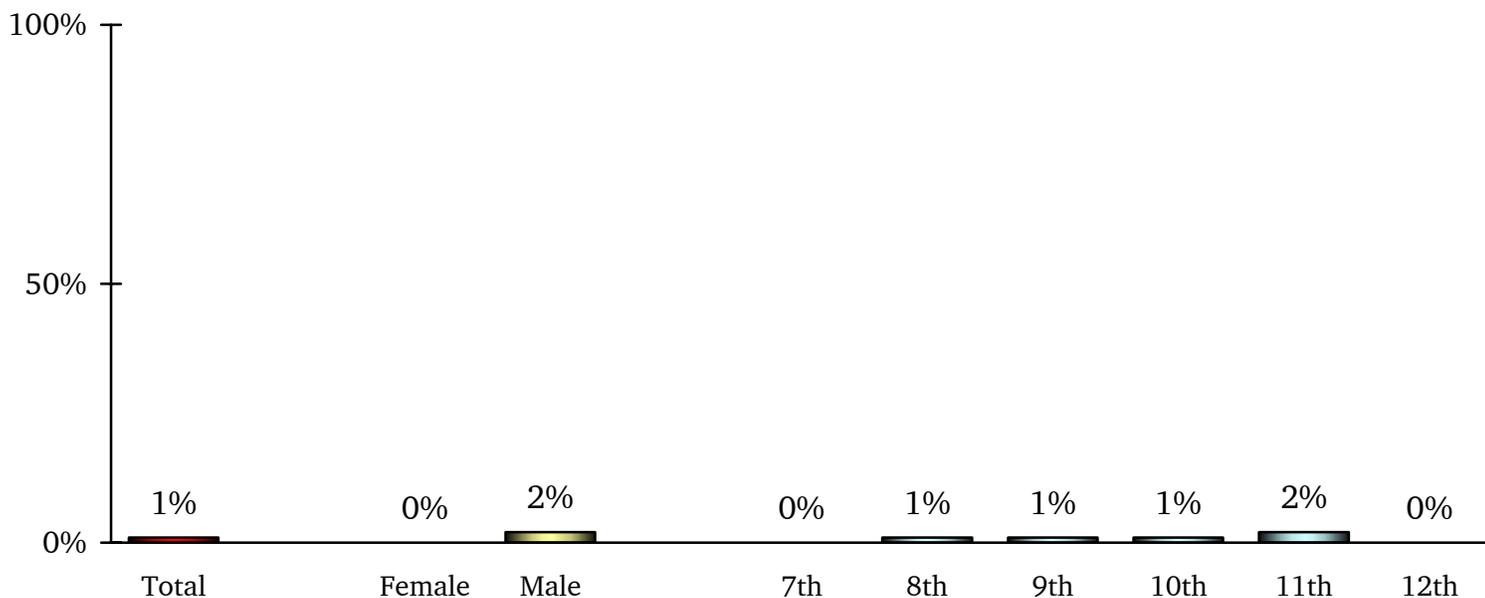
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



■ Drug Use at School

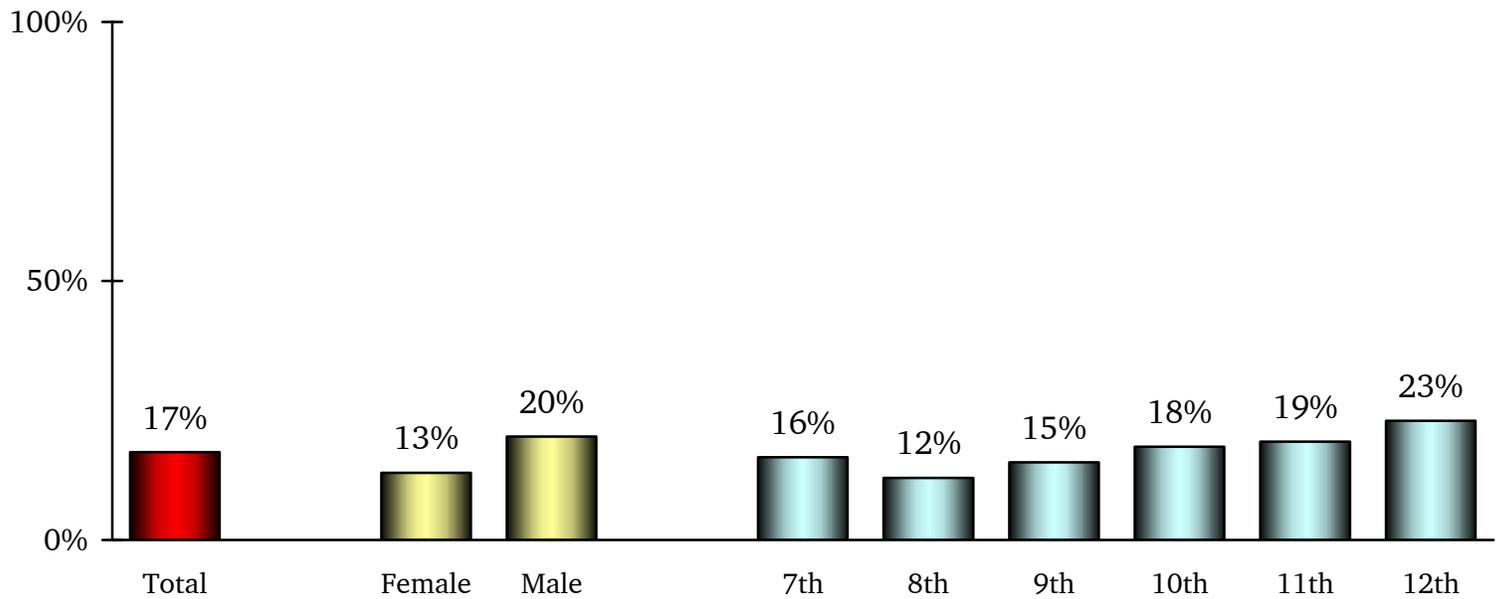
These questions measure drug use and availability on school property.

Percentage of students who used marijuana on school property on one or more of the past 30 days.



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Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.



2003-2004 Dallas County Youth Health Survey

Dallas County 2003-2004 County Youth Health Survey Results

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	68	11
13	118	19
14	138	23
15	107	17
16	89	15
17	82	13
18 OR OLDER	11	2

Frequency Missing = 2

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	327	53
MALE	286	47

Frequency Missing = 2

2003-2004 Dallas County Youth Health Survey

3. In what grade are you?		
	Number of Students	Percent of Total
7TH	90	15
8TH	128	21
9TH	135	22
10TH	91	15
11TH	96	16
12TH	71	12

Frequency Missing = 4

7. During the past 12 months, how would you describe your grades in school?		
	Number of Students	Percent of Total
MOSTLY A's	162	27
MOSTLY B's	205	34
MOSTLY C's	111	18
MOSTLY D's	23	4
MOSTLY F's	14	2
NONE OF THE ABOVE	3	0
NOT SURE	86	14

Frequency Missing = 11

2003-2004 Dallas County Youth Health Survey

8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?		
	Number of Students	Percent of Total
DID NOT RIDE	196	32
NEVER WORE	381	62
RARELY WORE	14	2
SOMETIMES WORE	9	1
WORE MOST OF THE TIME	4	1
ALWAYS WORE	6	1

Frequency Missing = 5

9. How often do you wear a seat belt when riding in a car driven by someone else?		
	Number of Students	Percent of Total
NEVER	51	8
RARELY	93	15
SOMETIMES	198	32
MOST OF THE TIME	166	27
ALWAYS	103	17

Frequency Missing = 4

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
0 TIMES	419	68
1 TIME	52	8
2-3 TIMES	65	11
4-5 TIMES	23	4
6+ TIMES	54	9

Frequency Missing = 2

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

	Number of Students	Percent of Total
0 TIMES	547	90
1 TIME	29	5
2-3 TIMES	15	2
4-5 TIMES	7	1
6+ TIMES	7	1

Frequency Missing = 10

2003-2004 Dallas County Youth Health Survey

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?		
	Number of Students	Percent of Total
0 TIMES	448	75
1 TIME	30	5
2-3 TIMES	34	6
4-5 TIMES	16	3
6+ TIMES	69	12

Frequency Missing = 18

13. During the past 30 days, on how many days did you carry a gun?		
	Number of Students	Percent of Total
0 TIMES	555	92
1 TIME	11	2
2-3 TIMES	17	3
4-5 TIMES	5	1
6+ TIMES	14	2

Frequency Missing = 13

2003-2004 Dallas County Youth Health Survey

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?		
	Number of Students	Percent of Total
0 TIMES	577	95
1 TIME	14	2
2-3 TIMES	6	1
4-5 TIMES	4	1
6+ TIMES	9	1

Frequency Missing = 5

15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?		
	Number of Students	Percent of Total
0 TIMES	568	93
1 TIME	17	3
2-3 TIMES	12	2
4-5 TIMES	6	1
6+ TIMES	7	1

Frequency Missing = 5

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
0 TIMES	564	92
1 TIME	27	4
2-3 TIMES	10	2
4-5 TIMES	4	1
8-9 TIMES	1	0
12+ TIMES	9	1

17. During the past 12 months,
how many times has someone stolen
or deliberately
damaged your property?

	Number of Students	Percent of Total
0 TIMES	468	76
1 TIME	95	15
2-3 TIMES	32	5
4-5 TIMES	9	1
6-7 TIMES	4	1
10-11 TIMES	1	0
12+ TIMES	5	1

Frequency Missing = 1

2003-2004 Dallas County Youth Health Survey

18. During the past 12 months, how many times were you in a physical fight?		
	Number of Students	Percent of Total
0 TIMES	385	66
1 TIME	100	17
2-3 TIMES	60	10
4-5 TIMES	20	3
6-7 TIMES	4	1
8-9 TIMES	1	0
10-11 TIMES	3	1
12+ TIMES	12	2

Frequency Missing = 30

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?		
	Number of Students	Percent of Total
0 TIMES	574	97
1 TIME	13	2
2-3 TIMES	2	0
4-5 TIMES	1	0

Frequency Missing = 25

2003-2004 Dallas County Youth Health Survey

20. During the past 12 months, how many times were you in a physical fight on school property?		
	Number of Students	Percent of Total
0 TIMES	511	83
1 TIME	65	11
2-3 TIMES	21	3
4-5 TIMES	7	1
6-7 TIMES	1	0
8-9 TIMES	3	0
12+ TIMES	5	1

Frequency Missing = 2

21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?		
	Number of Students	Percent of Total
YES	75	12
NO	533	88

Frequency Missing = 7

2003-2004 Dallas County Youth Health Survey

22. Have you ever been forced to have sexual intercourse when you did not want to?		
	Number of Students	Percent of Total
YES	54	9
NO	559	91

Frequency Missing = 2

23. During the past 12 months, did you ever feel sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?		
	Number of Students	Percent of Total
YES	179	29
NO	432	71

Frequency Missing = 4

24. During the past 12 months, did you ever seriously consider attempting suicide?		
	Number of Students	Percent of Total
YES	92	16
NO	489	84

Frequency Missing = 34

2003-2004 Dallas County Youth Health Survey

25. During the past 12 months, did you make a plan about how you would attempt suicide?		
	Number of Students	Percent of Total
YES	67	11
NO	546	89

Frequency Missing = 2

26. During the past 12 months, how many times did you actually attempt suicide?		
	Number of Students	Percent of Total
0 TIMES	415	93
1 TIME	20	4
2-3 TIMES	7	2
4-5 TIMES	2	0
6+ TIMES	1	0

Frequency Missing = 170

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
N/A	413	92
YES	12	3
NO	26	6

Frequency Missing = 164

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

	Number of Students	Percent of Total
YES	365	61
NO	232	39

Frequency Missing = 18

2003-2004 Dallas County Youth Health Survey

29. How old were you when you smoked a whole cigarette for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	332	56
8 OR YOUNGER	36	6
AGE 9-10	34	6
AGE 11-12	70	12
AGE 13-14	81	14
AGE 15-16	36	6
17 OR OLDER	2	0

Frequency Missing = 24

30. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	457	82
1-2 DAYS	29	5
3-5 DAYS	12	2
6-9 DAYS	11	2
10-19 DAYS	13	2
20-29 DAYS	10	2
ALL 30 DAYS	28	5

Frequency Missing = 55

2003-2004 Dallas County Youth Health Survey

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
	Number of Students	Percent of Total
NONE IPM	462	82
LT 1 PER DAY	23	4
1/DAY	21	4
2-5/DAY	43	8
6-10/DAY	9	2
11-20/DAY	6	1
21+ /DAY	1	0

Frequency Missing = 50

32. During the past 30 days, how did you usually get your own cigarettes?		
	Number of Students	Percent of Total
NONE IN THE PAST MONTH	462	81
STORE BOUGHT	15	3
MACHINE BOUGHT	4	1
SOMEONE ELSE BOUGHT	21	4
BORROWED THEM	32	6
PERSON 18 OR OLDER GAVE THEM	5	1
TOOK FROM A STORE OR FAMILY MEMBER	10	2
SOME OTHER WAY	18	3

Frequency Missing = 48

2003-2004 Dallas County Youth Health Survey

33. During the past 30 days, on how many days did you smoke cigarettes on school property?		
	Number of Students	Percent of Total
0 DAYS	585	97
1-2 DAYS	10	2
6-9 DAYS	3	0
10-19 DAYS	2	0
20-29 DAYS	3	0
ALL 30 DAYS	3	0

Frequency Missing = 9

34. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?		
	Number of Students	Percent of Total
YES	69	11
NO	533	89

Frequency Missing = 13

2003-2004 Dallas County Youth Health Survey

35. Have you ever tried to quit smoking cigarettes?		
	Number of Students	Percent of Total
N/A	417	74
YES	80	14
NO	69	12

Frequency Missing = 49

36. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi, Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?		
	Number of Students	Percent of Total
0 DAYS	532	89
1-2 DAYS	19	3
3-5 DAYS	12	2
6-9 DAYS	4	1
10-19 DAYS	8	1
20-29 DAYS	7	1
ALL 30 DAYS	14	2

Frequency Missing = 19

2003-2004 Dallas County Youth Health Survey

37. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?		
	Number of Students	Percent of Total
0 DAYS	584	96
1-2 DAYS	12	2
3-5 DAYS	3	0
6-9 DAYS	2	0
10-19 DAYS	2	0
20-29 DAYS	1	0
ALL 30 DAYS	3	0

Frequency Missing = 8

38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?		
	Number of Students	Percent of Total
0 DAYS	554	91
1-2 DAYS	29	5
3-5 DAYS	11	2
6-9 DAYS	5	1
10-19 DAYS	7	1
20-29 DAYS	2	0
ALL 30 DAYS	3	0

Frequency Missing = 4

2003-2004 Dallas County Youth Health Survey

39. During your life, on how many days have you had at least one drink of alcohol?		
	Number of Students	Percent of Total
0 DAYS	192	36
1-2 DAYS	99	18
3-9 DAYS	94	17
10-19 DAYS	36	7
20-39 DAYS	36	7
40-99 DAYS	44	8
100+ DAYS	38	7

Frequency Missing = 76

40. How old were you when you had your first drink of alcohol other than a few sips?		
	Number of Students	Percent of Total
NEVER TRIED	197	36
8 OR YOUNGER	60	11
AGE 9-10	37	7
AGE 11-12	70	13
AGE 13-14	122	22
AGE 15-16	54	10
17 OR OLDER	7	1

Frequency Missing = 68

2003-2004 Dallas County Youth Health Survey

41. During the past 30 days, on how many days did you have at least one drink of alcohol?		
	Number of Students	Percent of Total
0 DAYS	399	70
1-2 DAYS	87	15
3-5 DAYS	43	7
6-9 DAYS	16	3
10-19 DAYS	21	4
20-29 DAYS	7	1
ALL 30 DAYS	1	0

Frequency Missing = 41

42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?		
	Number of Students	Percent of Total
0 DAYS	486	83
1 DAY	38	6
2 DAYS	26	4
3-5 DAYS	17	3
6-9 DAYS	13	2
10-19 DAYS	3	1
20+ DAYS	2	0

Frequency Missing = 30

2003-2004 Dallas County Youth Health Survey

43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?		
	Number of Students	Percent of Total
0 DAYS	584	97
1-2 DAYS	10	2
3-5 DAYS	5	1
6-9 DAYS	3	0

Frequency Missing = 13

44. During you life, how many times have you used marijuana?		
	Number of Students	Percent of Total
0 TIMES	436	74
1-2 TIMES	52	9
3-9 TIMES	25	4
10-19 TIMES	15	3
20-39 TIMES	18	3
40-99 TIMES	13	2
100+ TIMES	31	5

Frequency Missing = 25

2003-2004 Dallas County Youth Health Survey

45. How old were you when you tried marijuana for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	444	75
8 OR YOUNGER	8	1
AGE 9-10	12	2
AGE 11-12	28	5
AGE 13-14	49	8
AGE 15-16	46	8
17 OR OLDER	6	1

Frequency Missing = 22

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	527	87
1-2 TIMES	24	4
3-9 TIMES	15	2
10-19 TIMES	16	3
20-39 TIMES	11	2
40+ TIMES	12	2

Frequency Missing = 10

2003-2004 Dallas County Youth Health Survey

47. During the past 30 days, how many times did you use marijuana on school property?		
	Number of Students	Percent of Total
0 TIMES	599	99
1-2 TIMES	1	0
3-9 TIMES	3	0
20-39 TIMES	1	0

Frequency Missing = 11

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?		
	Number of Students	Percent of Total
0 TIMES	571	97
1-2 TIMES	5	1
3-9 TIMES	5	1
20-39 TIMES	4	1
40+ TIMES	2	0

Frequency Missing = 28

2003-2004 Dallas County Youth Health Survey

49. During the past 39 days, how many times did you use any form of cocaine, including powder, crack, or freebase?		
	Number of Students	Percent of Total
0 TIMES	596	99
1-2 TIMES	3	0
3-9 TIMES	2	0
20-39 TIMES	2	0
40+ TIMES	2	0

Frequency Missing = 10

50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?		
	Number of Students	Percent of Total
0 TIMES	515	87
1-2 TIMES	43	7
3-9 TIMES	16	3
10-19 TIMES	7	1
20-39 TIMES	4	1
40+ TIMES	8	1

Frequency Missing = 22

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
0 TIMES	571	95
1-2 TIMES	16	3
3-9 TIMES	6	1
20-39 TIMES	2	0
40+ TIMES	3	1

Frequency Missing = 17

52. During your life, how many times have you used heroin(also called smack, junk or china white)?

	Number of Students	Percent of Total
0 TIMES	592	99
1-2 TIMES	1	0
3-9 TIMES	3	1
10-19 TIMES	1	0
40+ TIMES	1	0

Frequency Missing = 17

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
0 TIMES	578	97
1-2 TIMES	8	1
3-9 TIMES	4	1
10-19 TIMES	3	1
20-39 TIMES	4	1

Frequency Missing = 18

54. During your life, how many times have you used ecstasy?

	Number of Students	Percent of Total
0 TIMES	580	97
1-2 TIMES	9	2
3-9 TIMES	5	1
10-19 TIMES	1	0
40+ TIMES	1	0

Frequency Missing = 19

2003-2004 Dallas County Youth Health Survey

55. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?		
	Number of Students	Percent of Total
0 TIMES	589	97
1-2 TIMES	11	2
3-9 TIMES	3	0
10-19 TIMES	1	0
20-39 TIMES	1	0
40+ TIMES	1	0

Frequency Missing = 9

56. During your life, how many times have you used a needle to inject any illegal drug into your body?		
	Number of Students	Percent of Total
0 TIMES	599	99
1 TIME	2	0
2+ TIMES	4	1

Frequency Missing = 10

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
YES	100	17
NO	503	83

Frequency Missing = 12

58. Have you ever had sexual intercourse?

	Number of Students	Percent of Total
YES	245	47
NO	279	53

Frequency Missing = 91

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

	Number of Students	Percent of Total
NEVER	279	53
AGE 11 OR YOUNGER	62	12
AGE 12	29	6
AGE 13	41	8
AGE 14	53	10
AGE 15	37	7
AGE 16	19	4
AGE 17+	5	1

Frequency Missing = 90

2003-2004 Dallas County Youth Health Survey

60. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	279	54
1 PERSON	67	13
2 PEOPLE	57	11
3 PEOPLE	27	5
4 PEOPLE	12	2
5 PEOPLE	11	2
6 OR MORE PEOPLE	68	13

Frequency Missing = 94

61. During the past 3 months, with how many people did you have sexual intercourse?		
	Number of Students	Percent of Total
NONE AT ALL	279	53
NONE IN PAST 3 MONTHS	84	16
1 PERSON	90	17
2 PEOPLE	36	7
3 PEOPLE	13	2
4 PEOPLE	6	1
5 PEOPLE	4	1
6 OR MORE PEOPLE	11	2

Frequency Missing = 92

2003-2004 Dallas County Youth Health Survey

62. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
	Number of Students	Percent of Total
N/A	279	54
YES	36	7
NO	206	40

Frequency Missing = 94

63. The last time you had sexual intercourse, did you or your partner use condom?		
	Number of Students	Percent of Total
N/A	279	54
YES	172	33
NO	66	13

Frequency Missing = 98

2003-2004 Dallas County Youth Health Survey

64. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?		
	Number of Students	Percent of Total
NEVER HAD SEX	279	54
NO BIRTH CONTROL USED	35	7
BIRTH CONTROL PILLS	21	4
CONDOMS	141	27
DEPO-PROVERA	17	3
WITHDRAWAL	11	2
OTHER	7	1
NOT SURE	4	1

Frequency Missing = 100

65. How many times have you been pregnant or gotten someone pregnant?		
	Number of Students	Percent of Total
0 TIMES	563	96
1 TIME	14	2
2+ TIMES	6	1
NOT SURE	5	1

Frequency Missing = 27

2003-2004 Dallas County Youth Health Survey

66. How do you describe your weight?		
	Number of Students	Percent of Total
VERY UNDERWEIGHT	31	5
SLIGHTLY UNDERWEIGHT	72	12
ABOUT THE RIGHT WEIGHT	333	56
SLIGHTLY OVERWEIGHT	136	23
VERY OVERWEIGHT	28	5

Frequency Missing = 15

67. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	268	45
GAIN WEIGHT	128	21
STAY THE SAME WEIGHT	126	21
NOT TRYING TO DO ANYTHING	78	13

Frequency Missing = 15

68. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	332	55
NO	267	45

Frequency Missing = 16

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
YES	209	35
NO	391	65

Frequency Missing = 15

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

	Number of Students	Percent of Total
YES	81	14
NO	518	86

Frequency Missing = 16

2003-2004 Dallas County Youth Health Survey

71. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	37	6
NO	559	94

Frequency Missing = 19

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

	Number of Students	Percent of Total
YES	32	5
NO	550	95

Frequency Missing = 33

2003-2004 Dallas County Youth Health Survey

73. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

	Number of Students	Percent of Total
NONE	170	28
1-3 TIMES	210	35
4-6 TIMES	86	14
ONCE PER DAY	39	7
TWICE PER DAY	21	4
3 TIMES PER DAY	21	4
4+ TIMES PER DAY	50	8

Frequency Missing = 18

74. During the past 7 days, how many times did you eat fruit?

	Number of Students	Percent of Total
NONE	182	31
1-3 TIMES	237	40
4-6 TIMES	75	13
ONCE PER DAY	44	7
TWICE PER DAY	26	4
3 TIMES PER DAY	10	2
4+ TIMES PER DAY	22	4

Frequency Missing = 19

2003-2004 Dallas County Youth Health Survey

75. During the past 7 days, how many times did you eat green salad?		
	Number of Students	Percent of Total
NONE	346	59
1-3 TIMES	171	29
4-6 TIMES	34	6
ONCE PER DAY	15	3
TWICE PER DAY	12	2
3 TIMES PER DAY	6	1
4+ TIMES PER DAY	4	1

Frequency Missing = 27

76. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	207	35
1-3 TIMES	276	46
4-6 TIMES	59	10
ONCE PER DAY	27	5
TWICE PER DAY	10	2
3 TIMES PER DAY	3	1
4+ TIMES PER DAY	15	3

Frequency Missing = 18

2003-2004 Dallas County Youth Health Survey

77. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	428	72
1-3 TIMES	121	20
4-6 TIMES	21	4
ONCE PER DAY	9	2
TWICE PER DAY	4	1
4+ TIMES PER DAY	11	2

Frequency Missing = 21

78. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	180	31
1-3 TIMES	239	41
4-6 TIMES	87	15
ONCE PER DAY	40	7
TWICE PER DAY	16	3
3 TIMES PER DAY	7	1
4+ TIMES PER DAY	18	3

Frequency Missing = 28

2003-2004 Dallas County Youth Health Survey

79. During the past 7 days, how many glasses of milk did you drink?		
	Number of Students	Percent of Total
NONE	138	23
1-3 TIMES	164	28
4-6 TIMES	94	16
ONCE PER DAY	51	9
TWICE PER DAY	61	10
3 TIMES PER DAY	34	6
4+ TIMES PER DAY	52	9

Frequency Missing = 21

80. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?		
	Number of Students	Percent of Total
0 DAYS	105	18
1 DAY	51	9
2 DAYS	69	12
3 DAYS	47	8
4 DAYS	34	6
5 DAYS	100	17
6 DAYS	35	6
7 DAYS	140	24

Frequency Missing = 34

2003-2004 Dallas County Youth Health Survey

81. On how many of the past
7 days did you participate
in physical activity for
at least
30 minutes that did not make
you sweat or breathe hard,
such as fast walking,
slow bicycling,
skating, pushing a lawn mower/mopping
floors?

	Number of Students	Percent of Total
0 DAYS	235	40
1 DAY	75	13
2 DAYS	74	13
3 DAYS	56	10
4 DAYS	25	4
5 DAYS	34	6
6 DAYS	11	2
7 DAYS	75	13

Frequency Missing = 30

2003-2004 Dallas County Youth Health Survey

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

	Number of Students	Percent of Total
0 DAYS	168	28
1 DAY	68	11
2 DAYS	68	11
3 DAYS	73	12
4 DAYS	48	8
5 DAYS	59	10
6 DAYS	24	4
7 DAYS	84	14

Frequency Missing = 23

2003-2004 Dallas County Youth Health Survey

83. On an average school day, how many hours do you watch TV?		
	Number of Students	Percent of Total
NO TV	55	9
LT ONE HOUR	63	11
1 HOUR	78	13
2 HOURS	103	18
3 HOURS	100	17
4 HOURS	50	9
5+ HOURS	135	23

Frequency Missing = 31

84. In an average week when you are in school, on how many days do you go to physical education classes?		
	Number of Students	Percent of Total
0 DAYS	289	55
1 DAY	9	2
2 DAYS	6	1
3 DAYS	16	3
4 DAYS	4	1
5 DAYS	204	39

Frequency Missing = 87

2003-2004 Dallas County Youth Health Survey

85. In an average week when you are in school, on how many minutes do you spend actually exercising or playing sports?

	Number of Students	Percent of Total
NO PE CLASS	296	54
LT 10 MINUTES	9	2
10-20 MINUTES	19	3
21-30 MINUTES	29	5
31-40 MINUTES	26	5
41-50 MINUTES	70	13
51-60 MINUTES	49	9
OVER 60 MINUTES	48	9

Frequency Missing = 69

86. During the past 12 months, on how many sports teams did you play?

	Number of Students	Percent of Total
0 TEAMS	215	37
1 TEAM	154	27
2 TEAMS	98	17
3+ TEAMS	113	19

Frequency Missing = 35

2003-2004 Dallas County Youth Health Survey

87. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	450	81
NO	66	12
NOT SURE	41	7

Frequency Missing = 58

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/nccdphp/dash/CYHS/ov.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://helping.apa.org/warningsigns/index.html>

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://www.health.org>

Teen Pregnancy and Sexual Behavior

These sites provide information about teen sexuality, pregnancy, and STD's.

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

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>

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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://www.parentsoup.com/community/teens.html>

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's site for teenagers, including message boards and creative writing from real teens.

<http://teenexchange.about.com/kidsteens/ktteens/teenexchange/>

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>