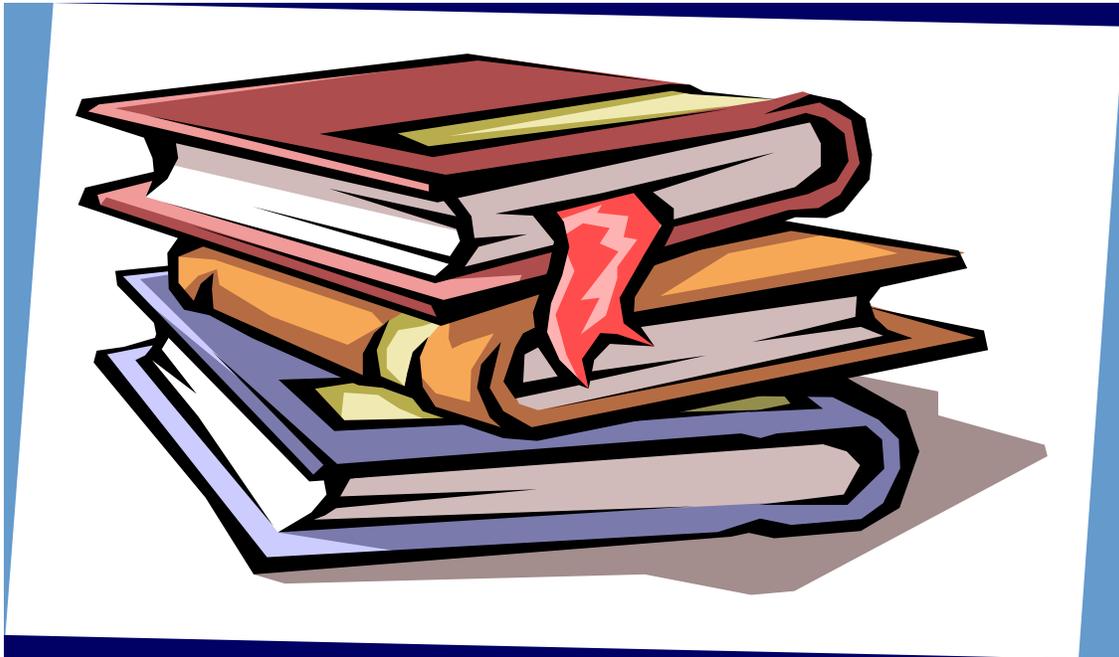


2004-2005 Independence County Youth Health Survey



Coordinated by:
Independence County Hometown Health Improvement
and the Arkansas Department of Health
Center for Health Statistics

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April, 2005

2004-2005 Independence County Youth Health Survey

What is the County Youth Health Survey?	1
Why did Independence County conduct the CYHS?	1
How was the CYHS conducted?.....	2
About This Report	2
Demographics of survey participants:	5
Summary of Independence County CYHS Findings	6
Key findings	8
■ Vehicle Safety	11
■ Vehicle Safety – Drinking and Driving	12
■ Violence-Related Behaviors	13
■ Violence – Physical Fighting.....	15
■ Violence – Sexual Violence	16
■ Depression and Suicide	17
■ Tobacco Use – Cigarette Smoking	20
■ Tobacco Use – Smokeless Tobacco.....	23
■ Tobacco Use – Cigar	23
■ Alcohol Use	24
■ Drug Use	26
■ Sexual Activity	30
■ Contraception	32
■ AIDS, HIV, & STDs.....	33
■ Overweight	34
■ Nutrition	38
■ Violence-Related Behaviors at School.....	44
■ Tobacco Use at School.....	46
■ Alcohol Use at School	47
2004-2005 Independence County Youth Health Survey Questionnaire	51

2004-2005 Independence County Youth Health Survey

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 November, 2004, usable CYHS questionnaires were completed by 1904 seventh through twelfth grade students throughout Independence County public schools. The information provided by those students is presented in this report.

Why did Independence County conduct the CYHS?

Independence County was selected by the Arkansas Department of Health (ADH) to participate in Hometown Health Improvement (HHI), a new community health assessment project. Independence County HHI is working to assess the specific health needs of Independence 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 IndependenceCounty schools.

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

The 2004-2005 CYHS also provides Independence 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 Independence County can strengthen its ability to:

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

2004-2005 Independence County Youth Health Survey

- 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 November, 2004, seventh through twelfth grade students enrolled in Independence 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 Independence County schools' students participated in the survey:

- Southside
 - Batesville
- Cedar Ridge
 - Cushman
 - Midland
- Sulphur Rock

About This Report

This report entitled "2004-2005 Independence County Youth Health Survey" summarizes the overall answers Independence County's students reported about safety, diet and exercise, alcohol, tobacco, and other health risk behaviors. Independence 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.

This report summarizes Independence County's findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas.

2004-2005 Independence County Youth Health Survey

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

Independence County's 2004-2005 County Youth Health Survey is a "snapshot in time" showing those health-risk behaviors reported by Independence County students in November, 2004. 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%.

2004-2005 Independence County Youth Health Survey

Sincere Appreciation To:

- The superintendents, principals, counselors, nurses, and teachers of Independence County schools who so graciously gave of their time and energy to see this survey through to its completion;
- The Independence 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 Independence County's 2004-2005 CYHS data may request additional data from:

Independence County Hometown Health Improvement
Sonia Nix
120 Weaver Ave
Batesville, AR 72502
Ph. (870) 793-8848
snix@HealthyArkansas.com

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

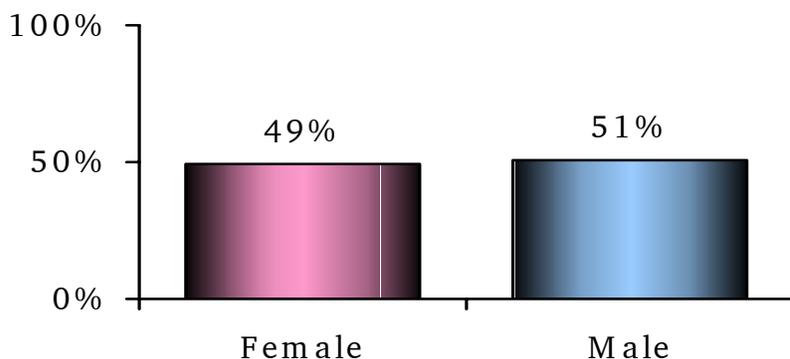
Arkansas Center for Health Statistics
Sharon Rose Donovan, Lead Programmer Analyst
Ph. (501) 661-2971
sjudah@healthyarkansas.com

2004-2005 Independence County Youth Health Survey

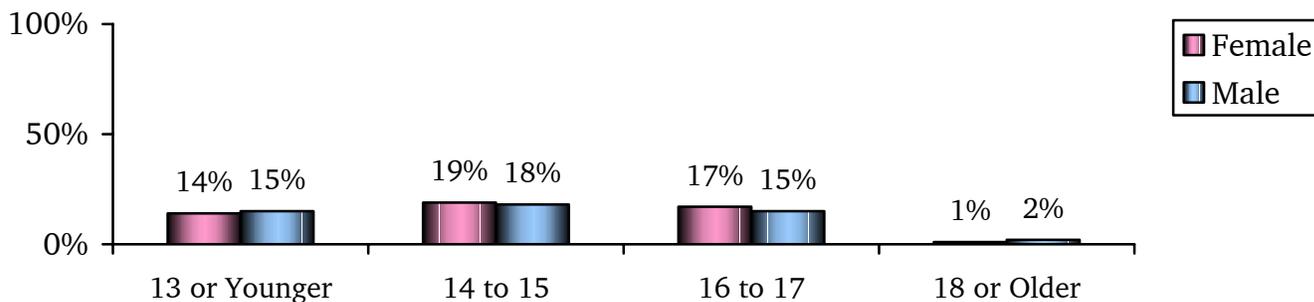
Demographics of survey participants:

Total number of survey participants = 1904

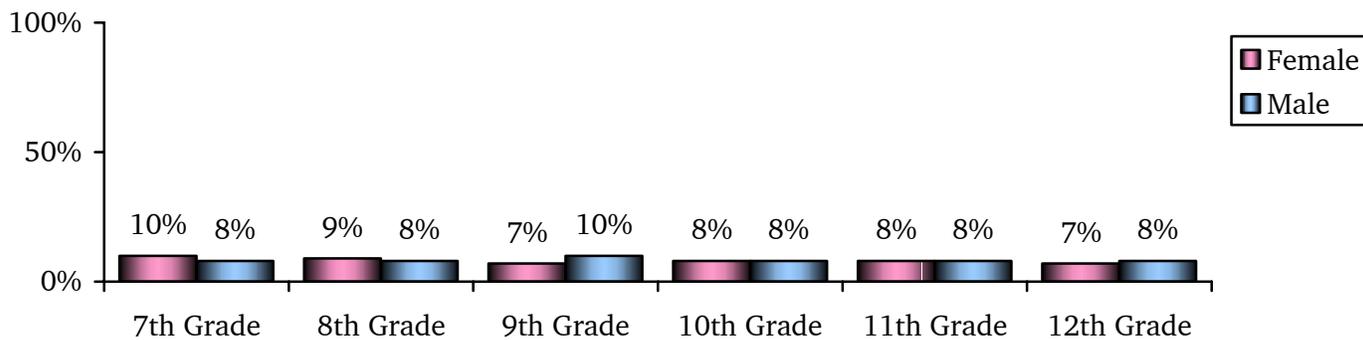
Gender



Age

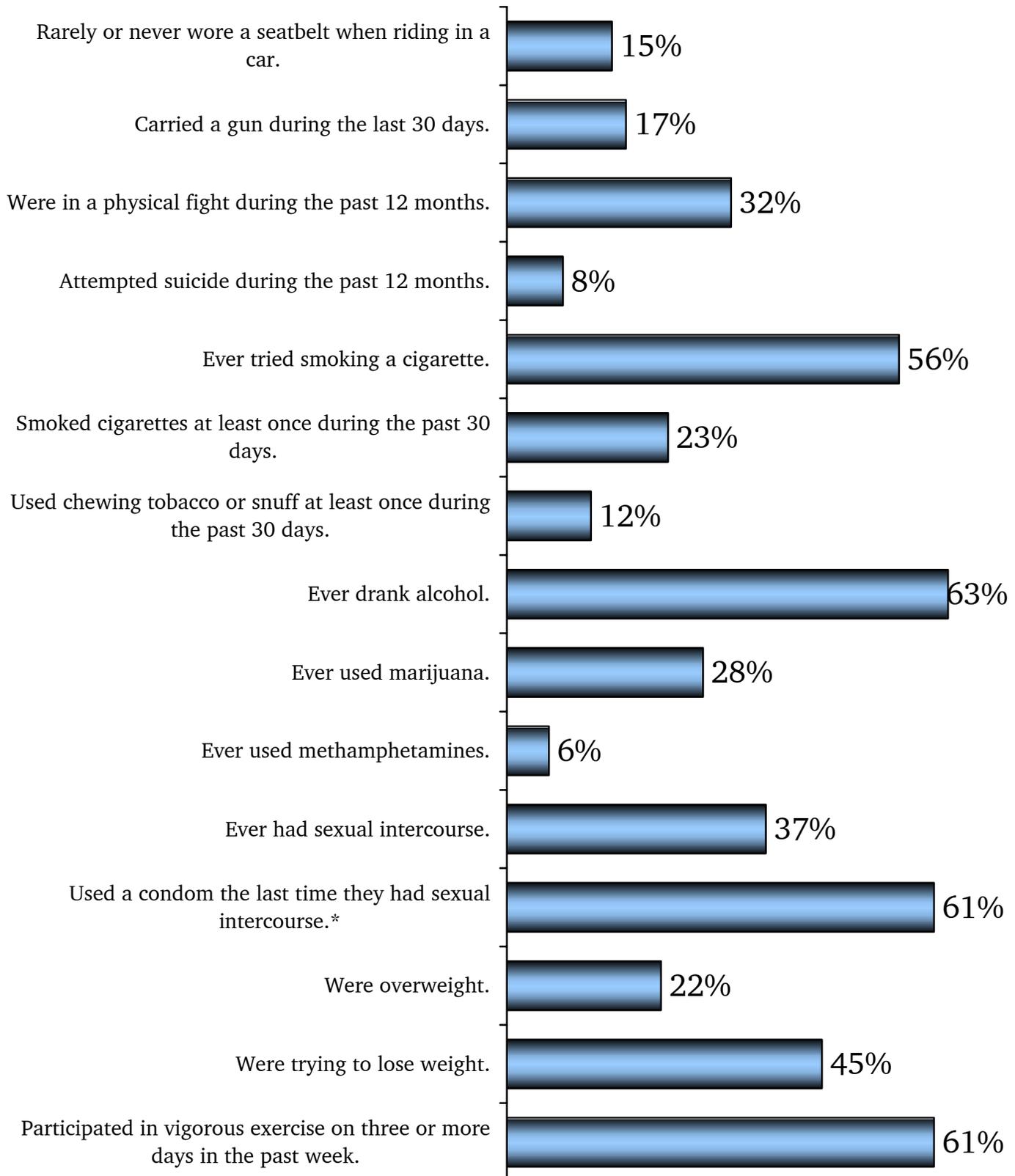


Grade



2004-2005 Independence County Youth Health Survey

Summary of Independence County CYHS Findings Percentage of students who:

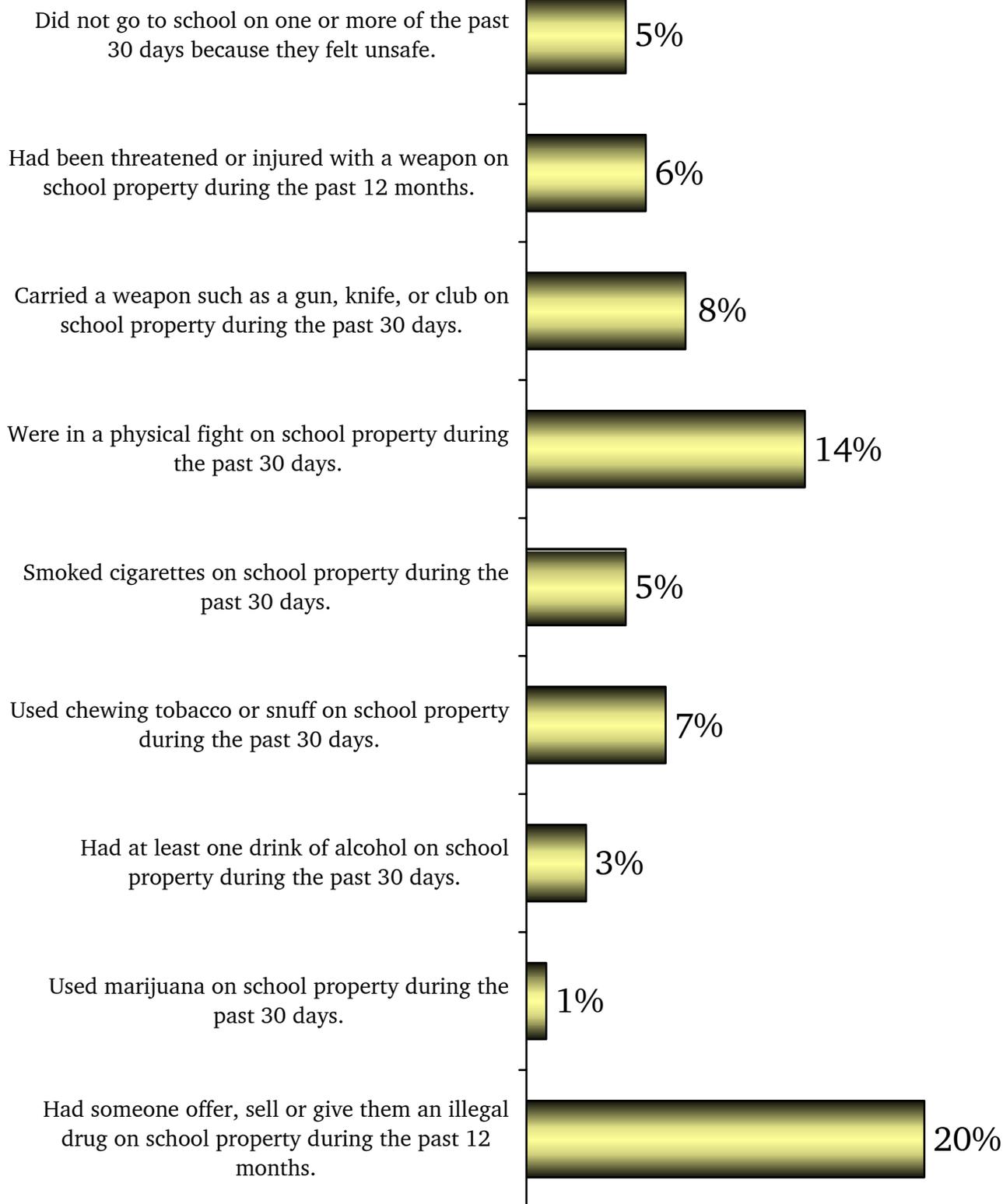


* of those who had ever had sexual intercourse.

2004-2005 Independence County Youth Health Survey

Summary of Behaviors Relating to School Property

Percentage of students who:



Key findings

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

Behaviors that result in injuries

- Ninety-three 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.
- Twenty-four 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 indicated they had driven a vehicle after drinking alcohol during the past 30 days.
- Thirty percent of students carried a weapon such as a gun, knife, or club in the past 30 days, and 8% carried a weapon on school property during that time.
- During the 12 months preceding the survey, 32% of the students had been in a physical fight one or more times. Of those students who had been in a physical fight, 9% had to be treated for injuries sustained while fighting.
- Ten 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.
- Eight 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-eight 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, 17% of students had seriously considered attempting suicide, 13% had made a plan about how they would attempt suicide, and 8% 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.

2004-2005 Independence County Youth Health Survey

Tobacco use

- Fifty-six percent of the students surveyed said they had tried smoking a cigarette. Twenty-three percent reported smoking cigarettes on one or more of the past 30 days. Of the students who smoked during the past month, 70% said they usually smoked two or more cigarettes on the days they smoked, and 22% said they usually got their own cigarettes by purchasing them at a store.
- Twelve percent of the students had used chewing tobacco or snuff on one or more of the past 30 days, and 7% had used it on school property.
- Eleven 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-three 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 34% had taken their first drink by the age of 13.
- Thirty-five percent of the students had taken at least one drink of alcohol in the month before the survey, and 22% 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-eight percent of the students said they had used marijuana at least once during their lives. Eleven percent said they had smoked marijuana at least once during the last month.
- Seventeen 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. . Percent had done so during the past month.
- Six percent of the students surveyed had tried methamphetamines, 2% tried heroin, and 6% had tried cocaine at least once during their lives. Two percent had used a needle to inject an illegal drug into their bodies at least once.
- Five percent of the students surveyed had taken steroid pills or shots without a doctor's prescription.

2004-2005 Independence County Youth Health Survey

Sexual activity

- Thirty-seven percent of the students who completed the survey said they had sexual intercourse. Ten percent of the students reported having four or more sexual partners during their lifetimes. Of the students who had sexual intercourse, 22% had used drugs or alcohol before their last sexual encounter, and 61% used a condom the last time they had sex.

Dietary behaviors

- Twenty-two 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 22% of the students are considered overweight as measured by BMI, 32% of the students perceived themselves as slightly to very overweight, and 45% reported that they were trying to lose weight.
- Thirty-nine percent of the students ate less during the past 30 days to lose or keep from gaining weight, and 60% exercised, 6% vomited or took laxatives, 7% took diet pills, and 13% went without eating for 24 hours or more to lose weight or keep from gaining weight.

Physical activity

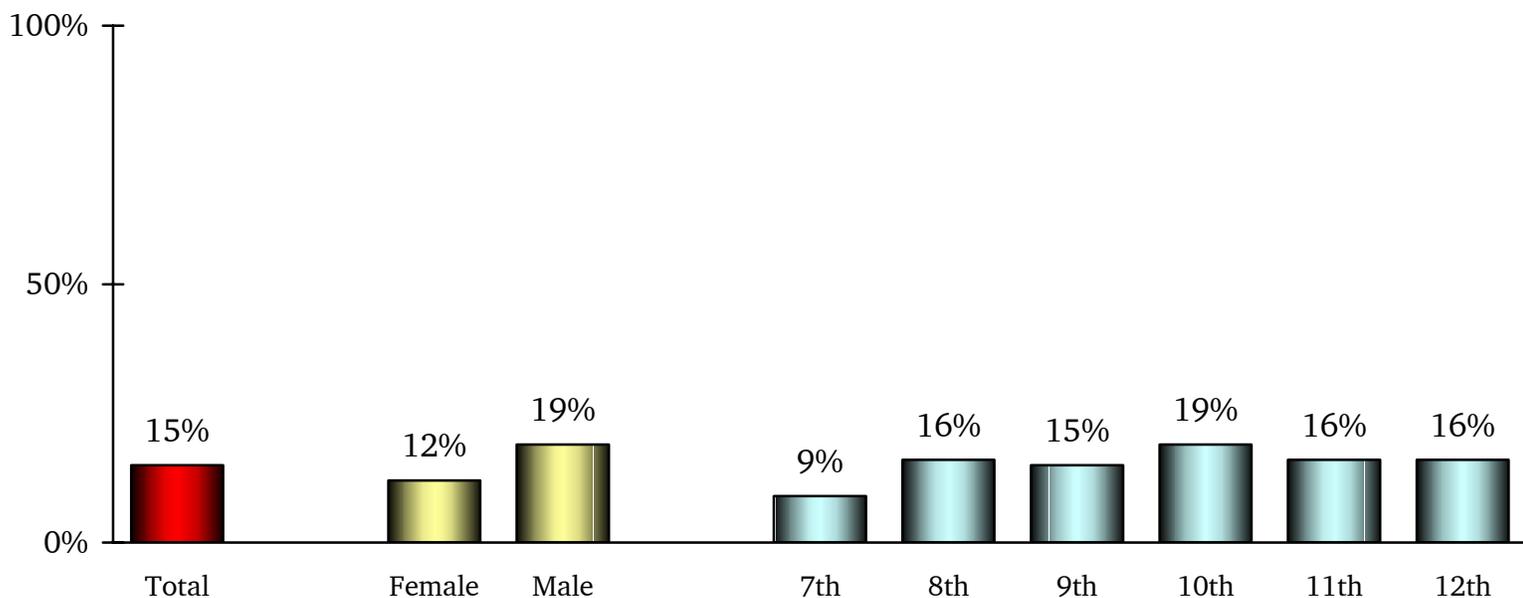
- Sixty-one percent of the students surveyed said they had participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on three or more of the past 7 days. Thirty-eight percent said they participated in a physical activity for at least 30 minutes on three or more days during the past week that did not make them sweat or breathe hard.
- Forty-seven percent of the students attended a physical education (PE) class at least once during an average school week, and 59% said they had played on one or more sports teams during the past year.

2004-2005 Independence County Youth Health Survey

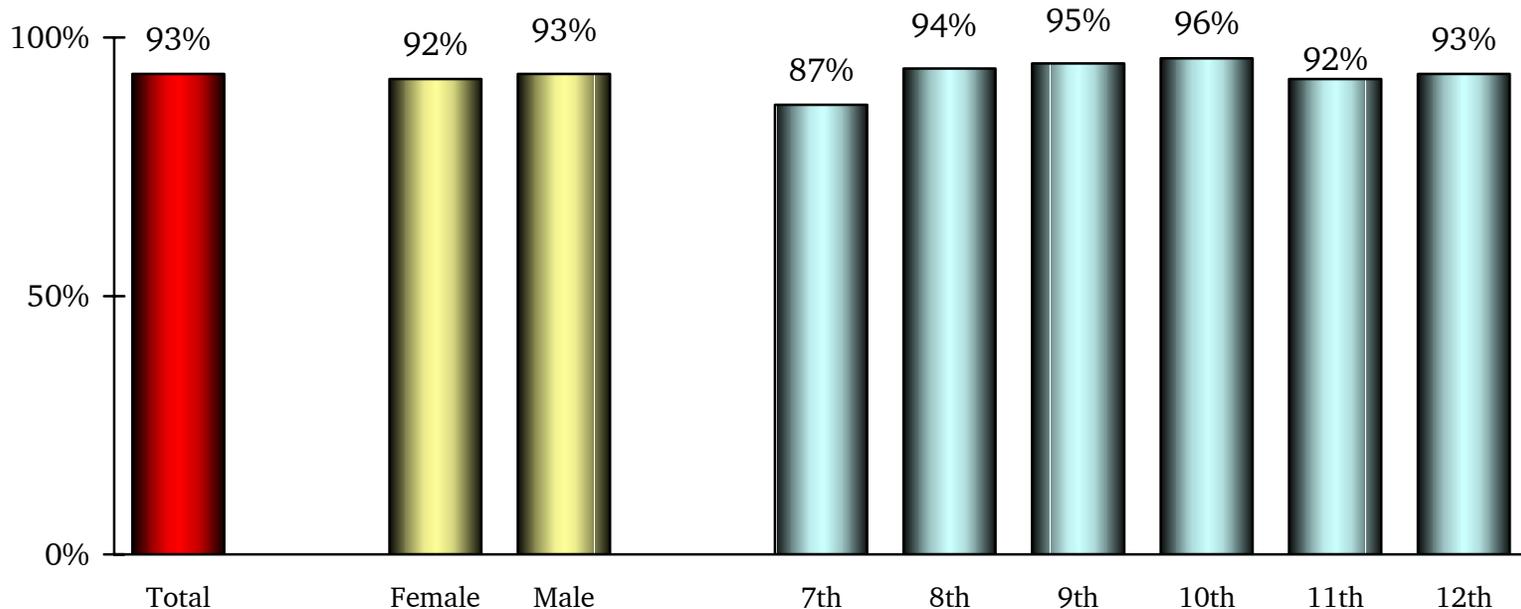
■ Vehicle Safety

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.

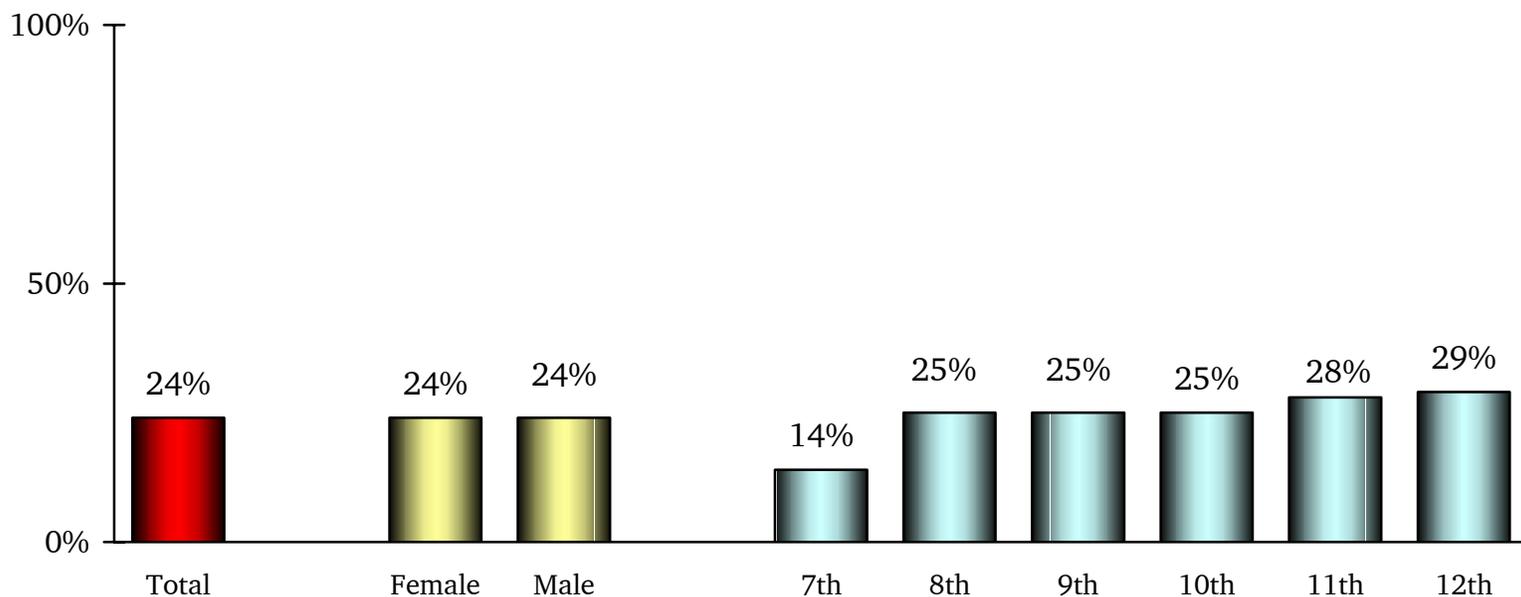


2004-2005 Independence County Youth Health Survey

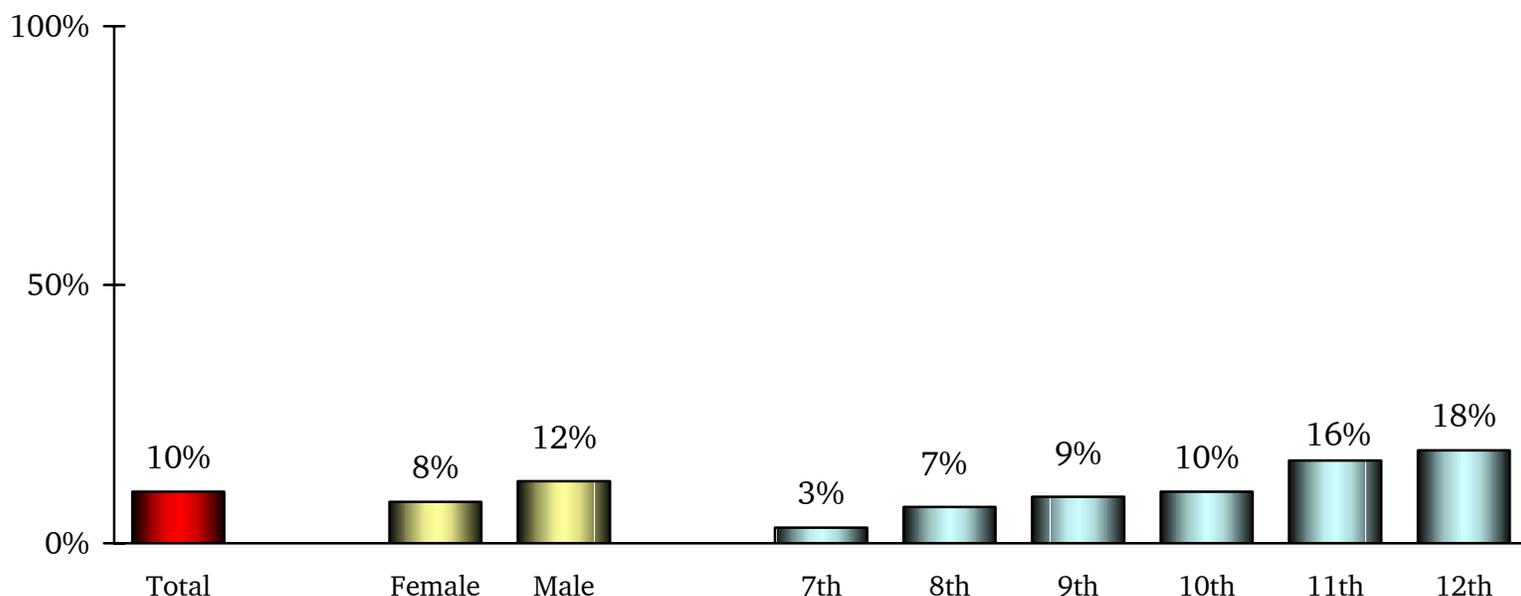
■ Vehicle Safety – Drinking and Driving

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.



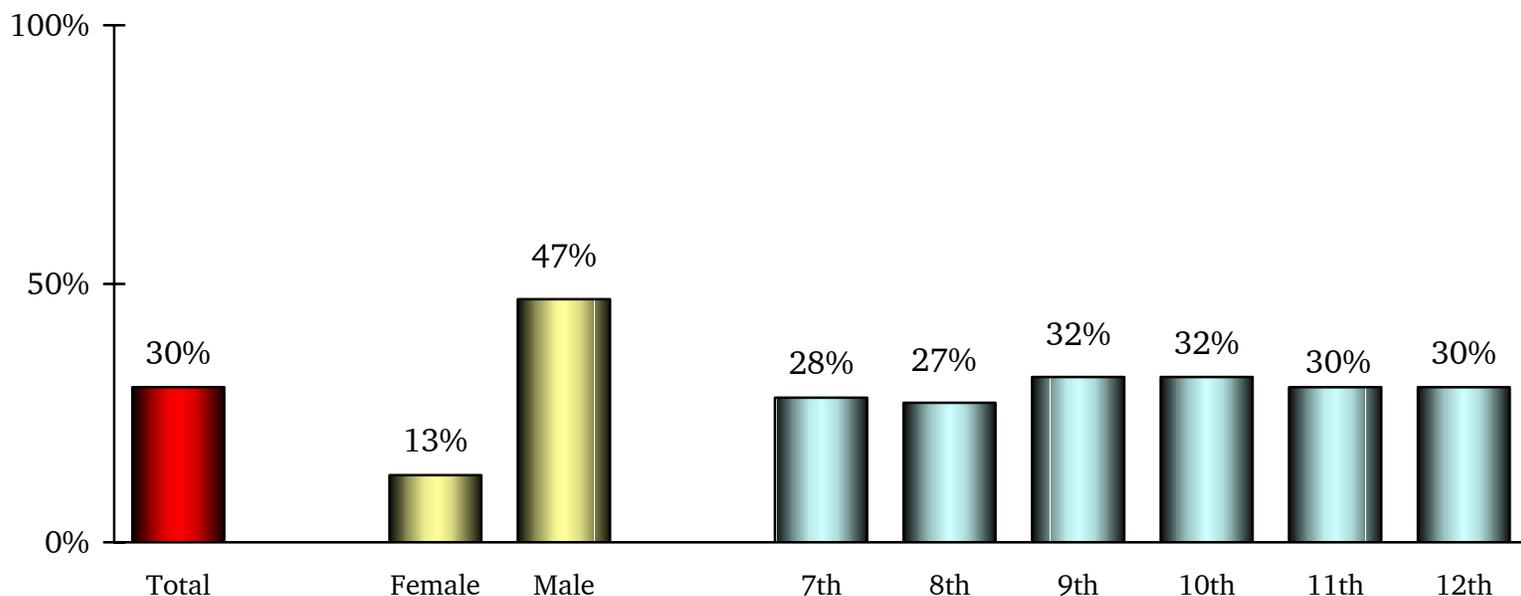
2004-2005 Independence County Youth Health Survey

■ Violence-Related Behaviors

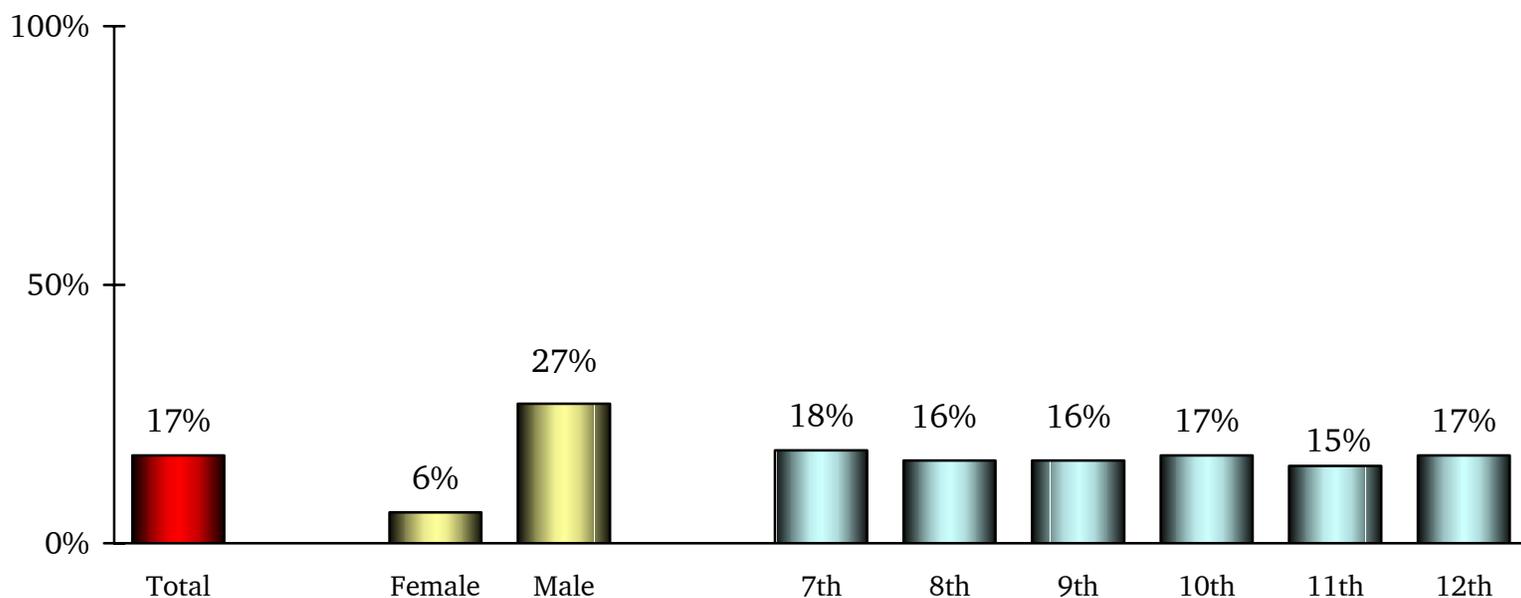
These questions measure violence-related behaviors.

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

* such as a gun, knife, or club

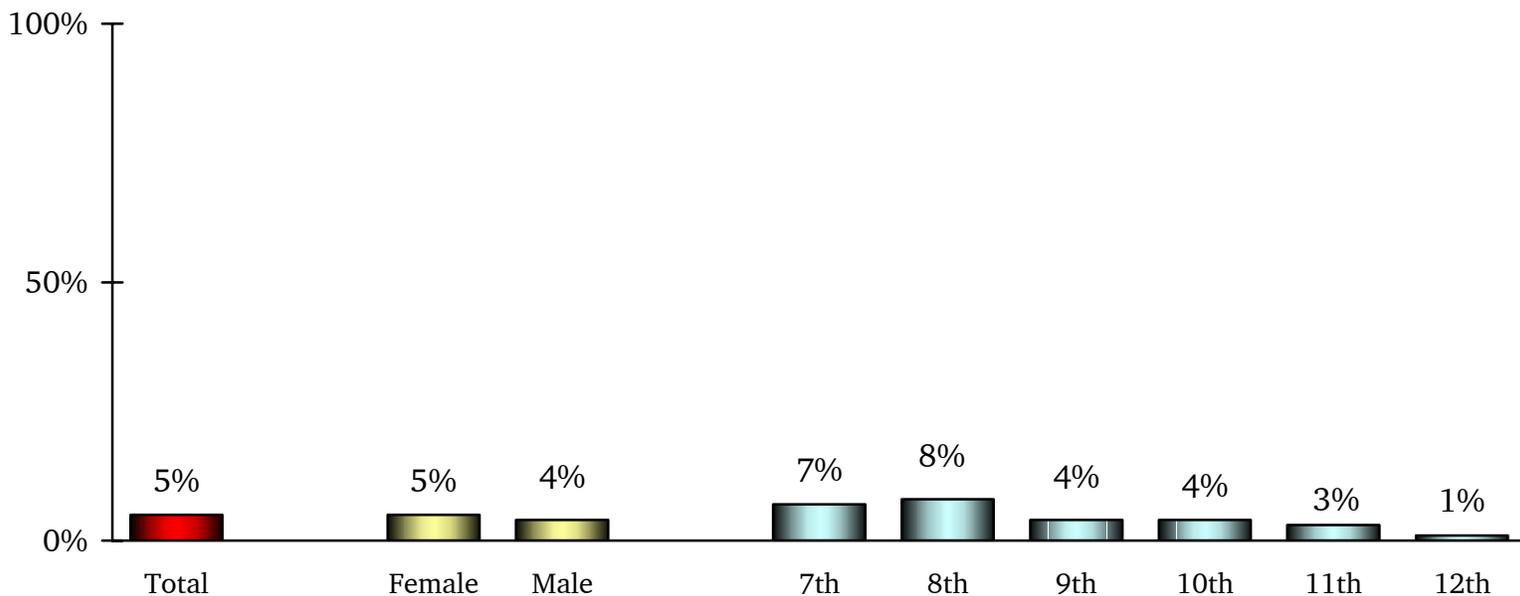


Percentage of students who carried a gun on one or more of the past 30 days.



2004-2005 Independence County Youth Health Survey

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.

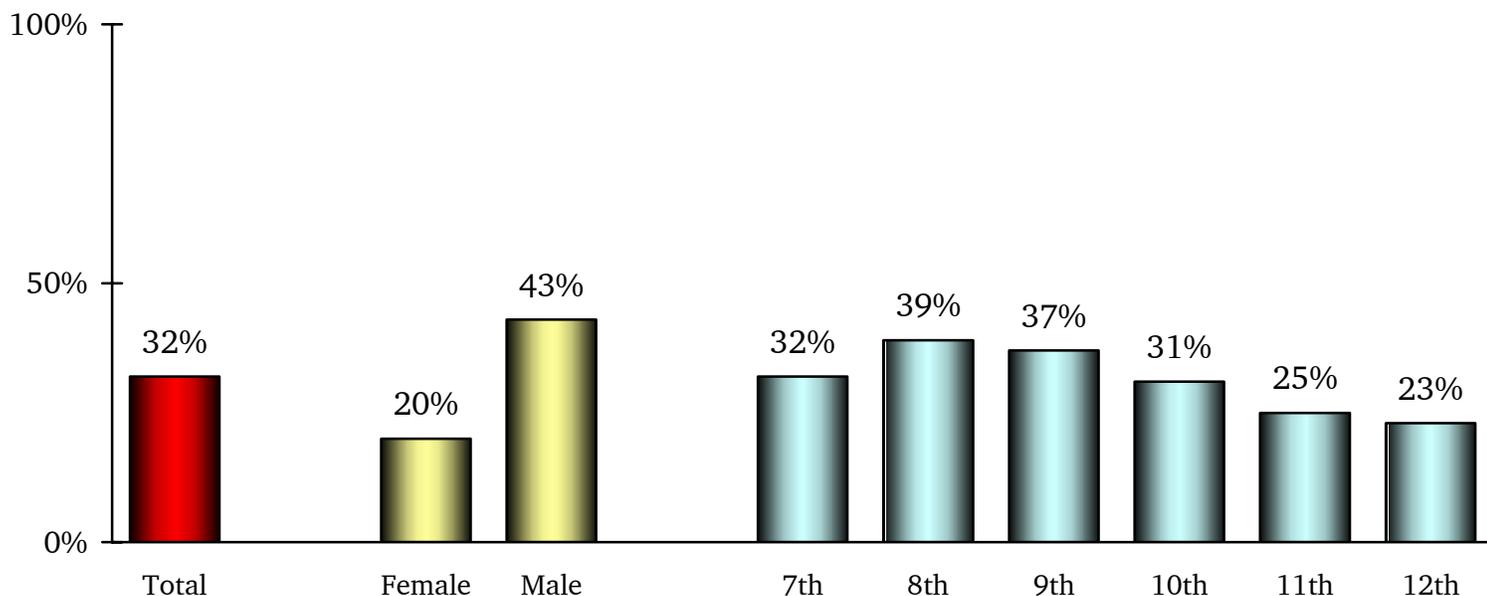


2004-2005 Independence County Youth Health Survey

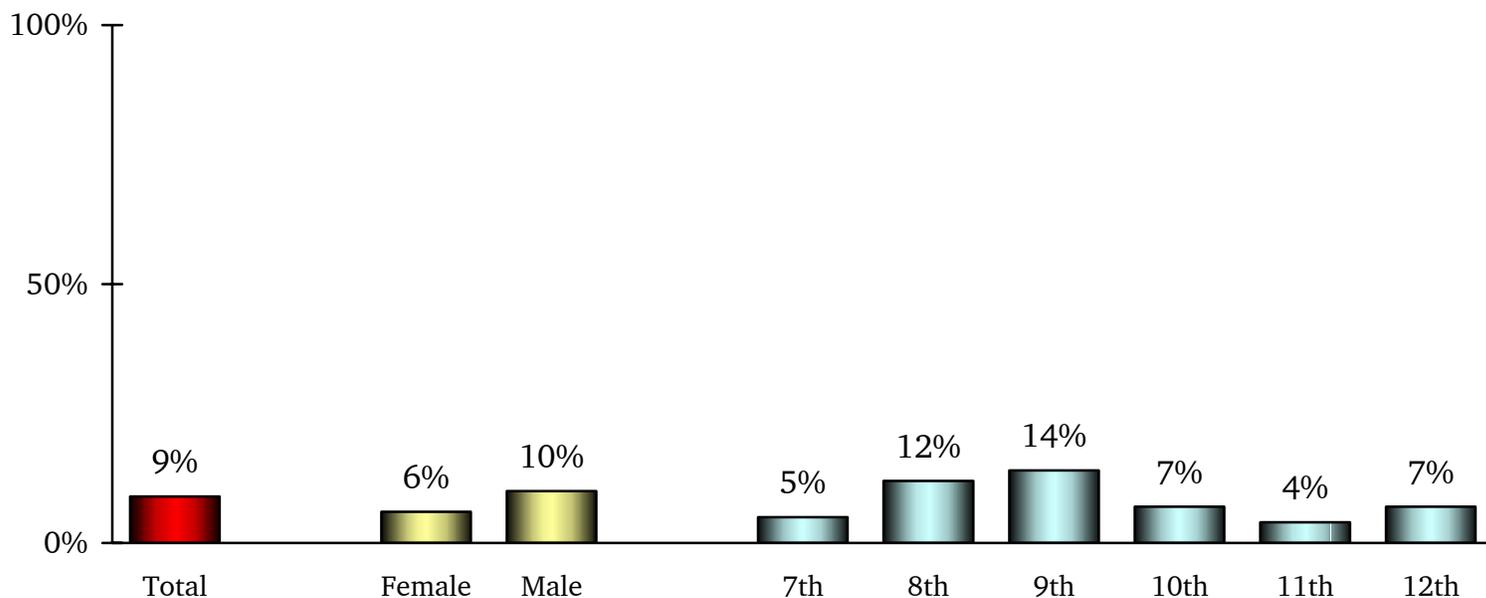
■ Violence – Physical Fighting

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.

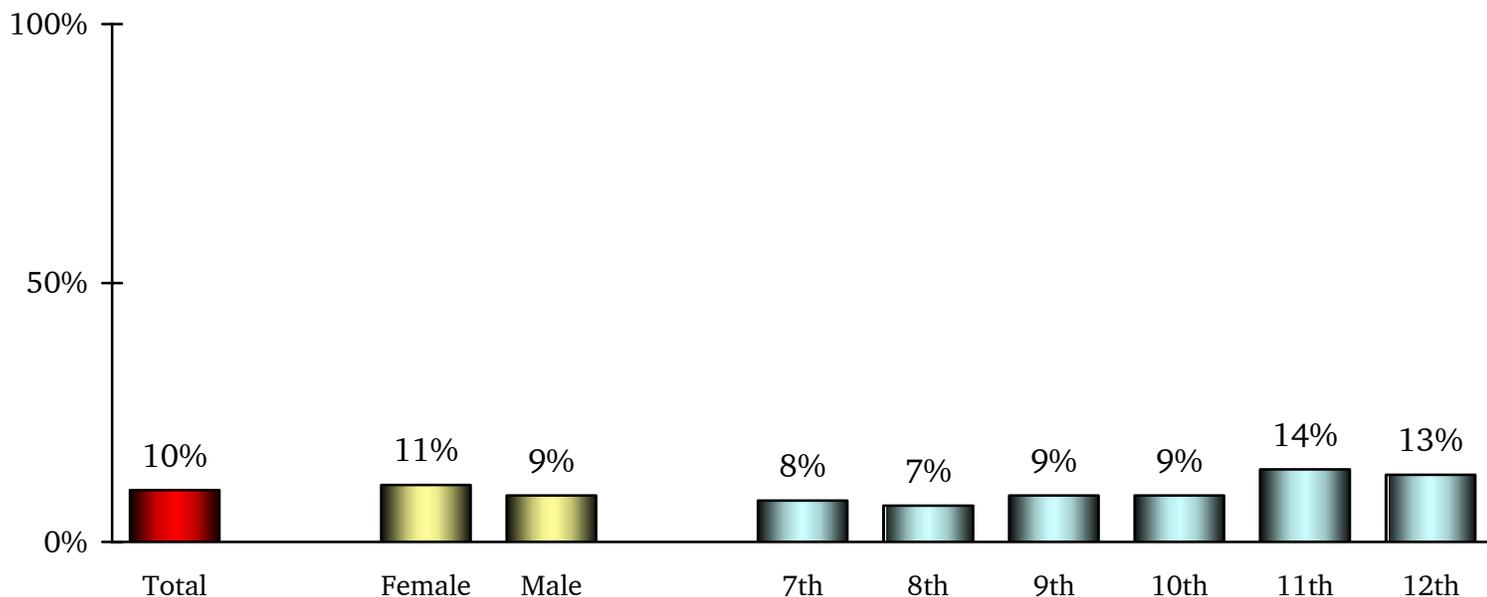


2004-2005 Independence County Youth Health Survey

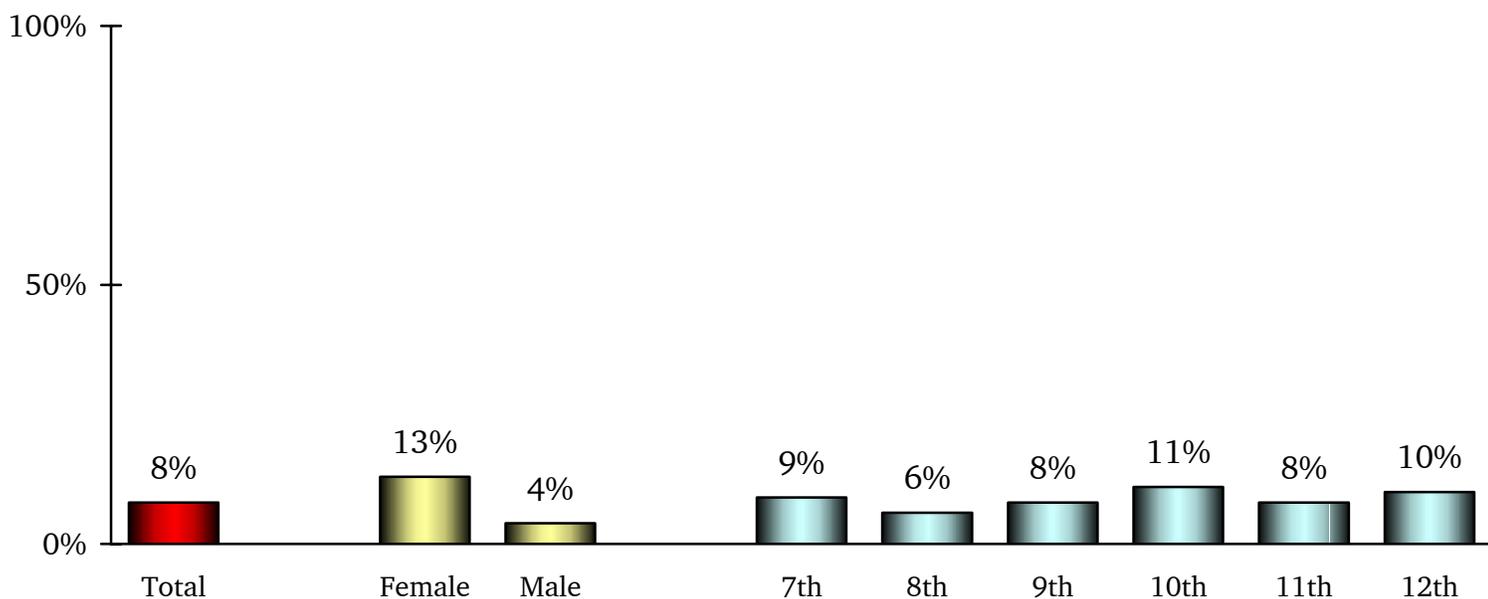
■ Violence – Sexual Violence

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.

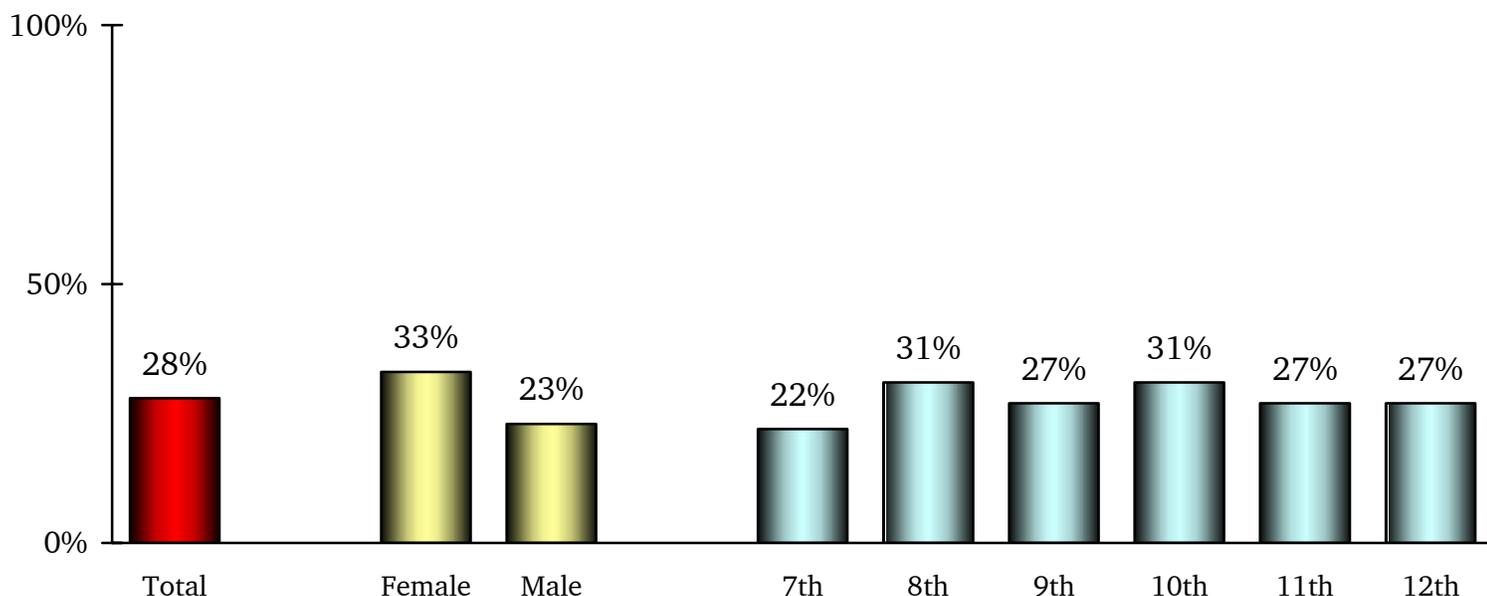


2004-2005 Independence County Youth Health Survey

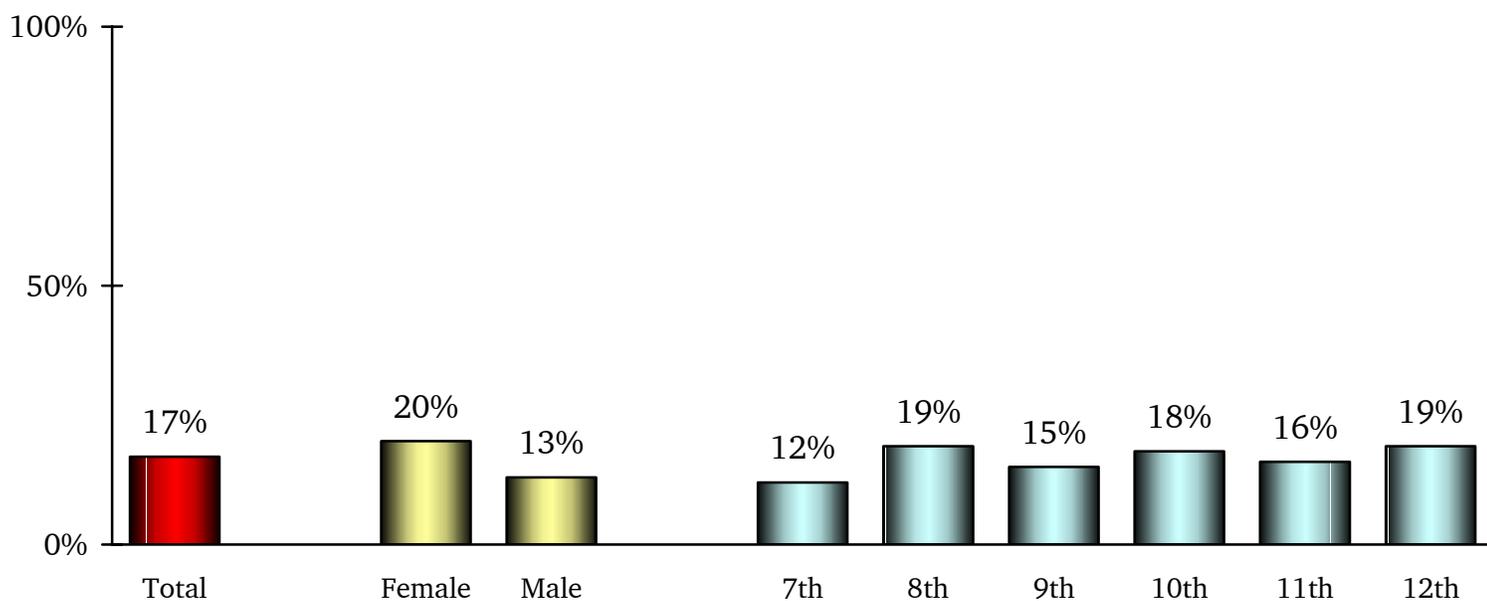
■ Depression and Suicide

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.

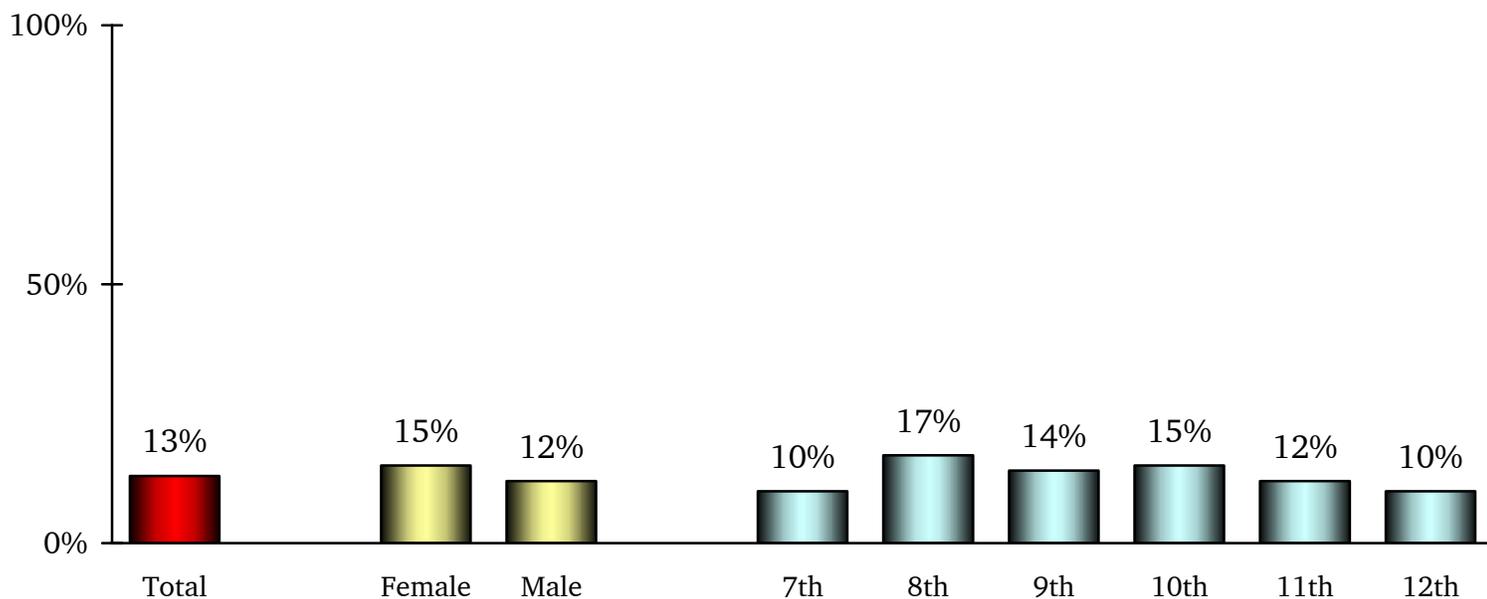


Percentage of students who seriously considered attempting suicide during the past 12 months.

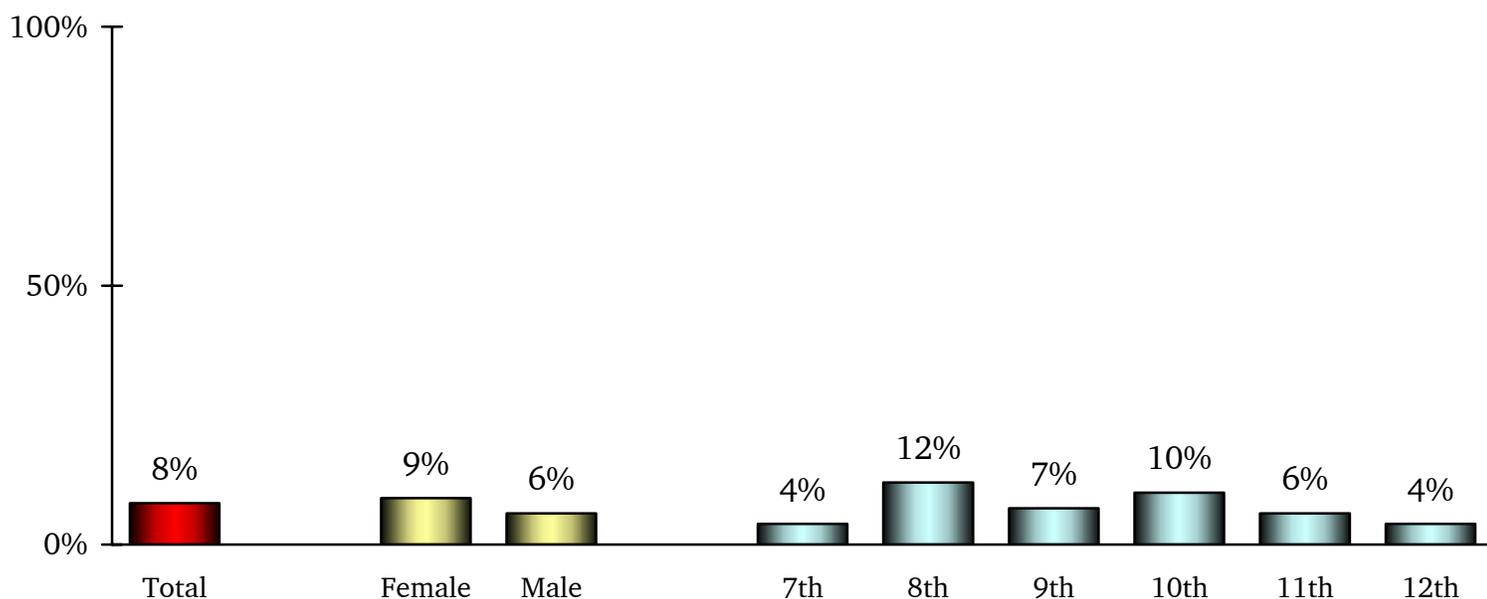


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Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

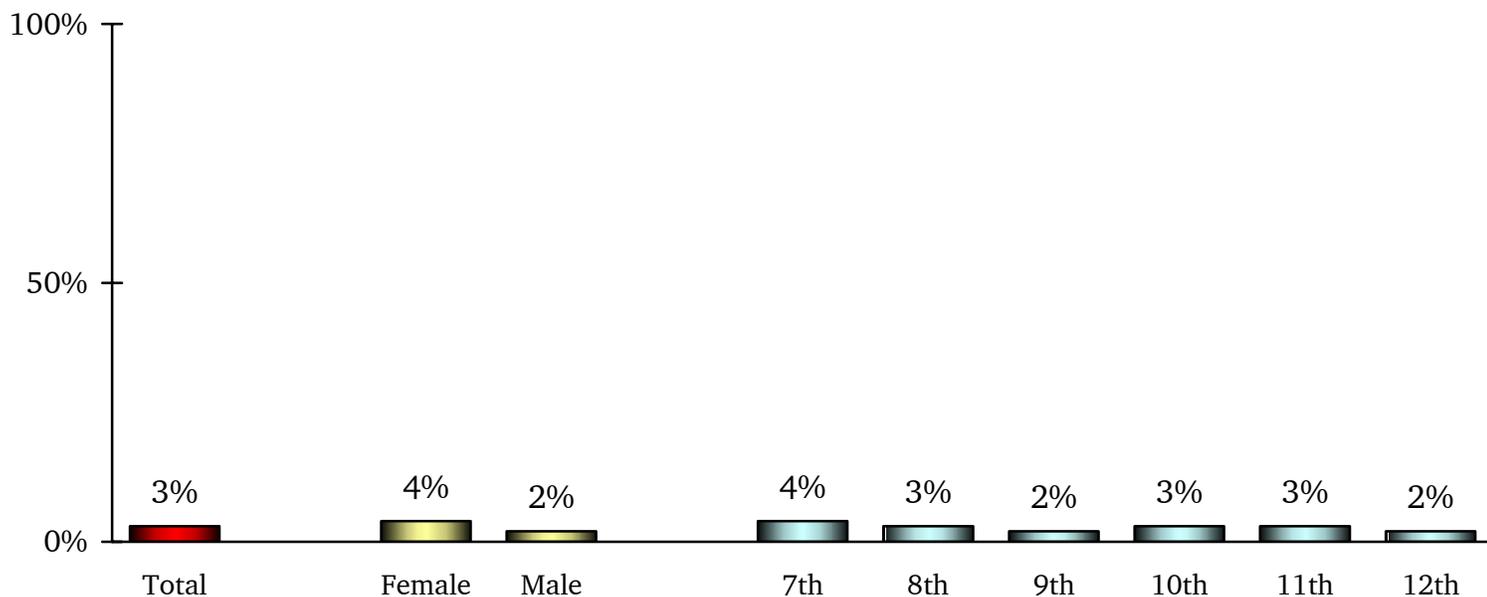


Percentage of students who actually attempted suicide one or more times during the past 12 months.



2004-2005 Independence County Youth Health Survey

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.

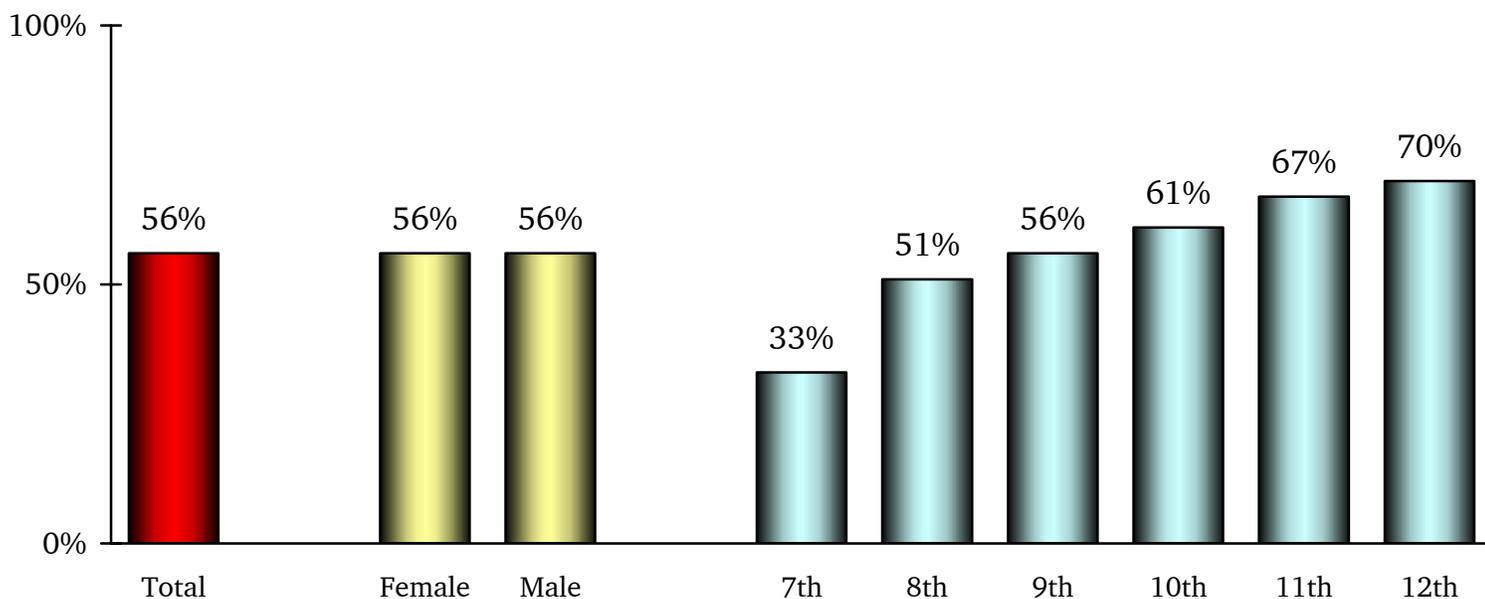


2004-2005 Independence County Youth Health Survey

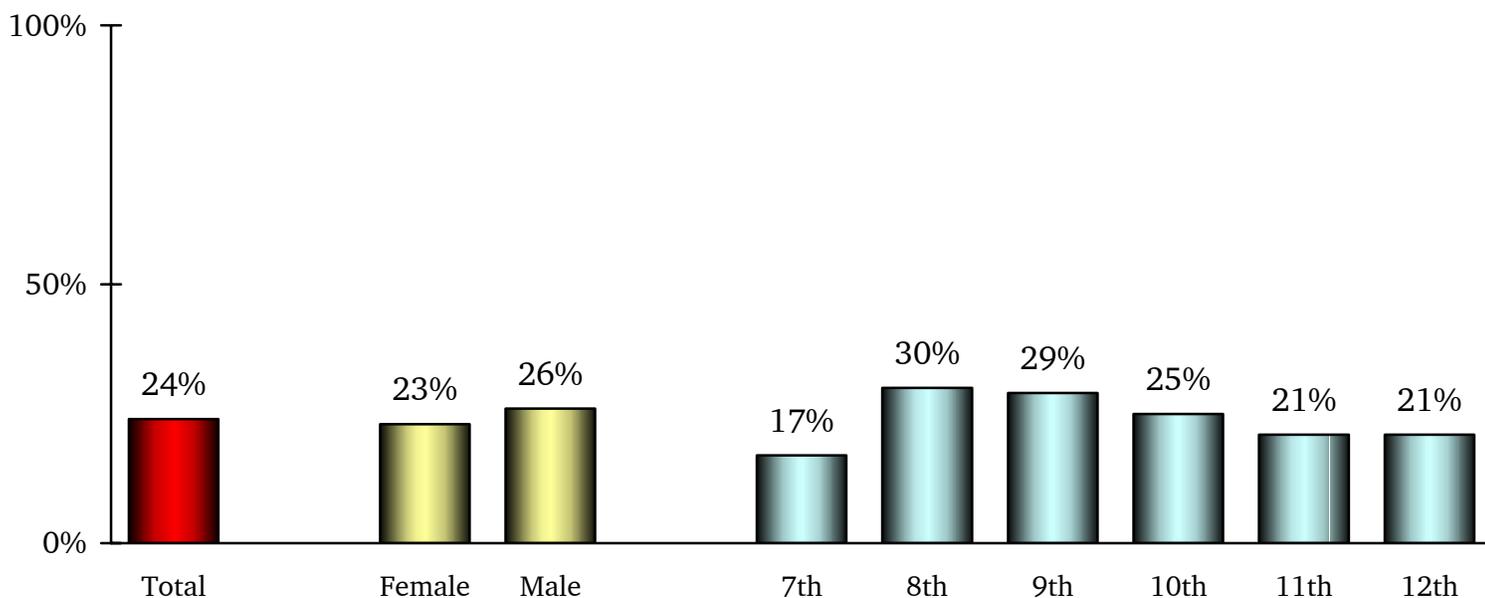
■ Tobacco Use – Cigarette Smoking

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.

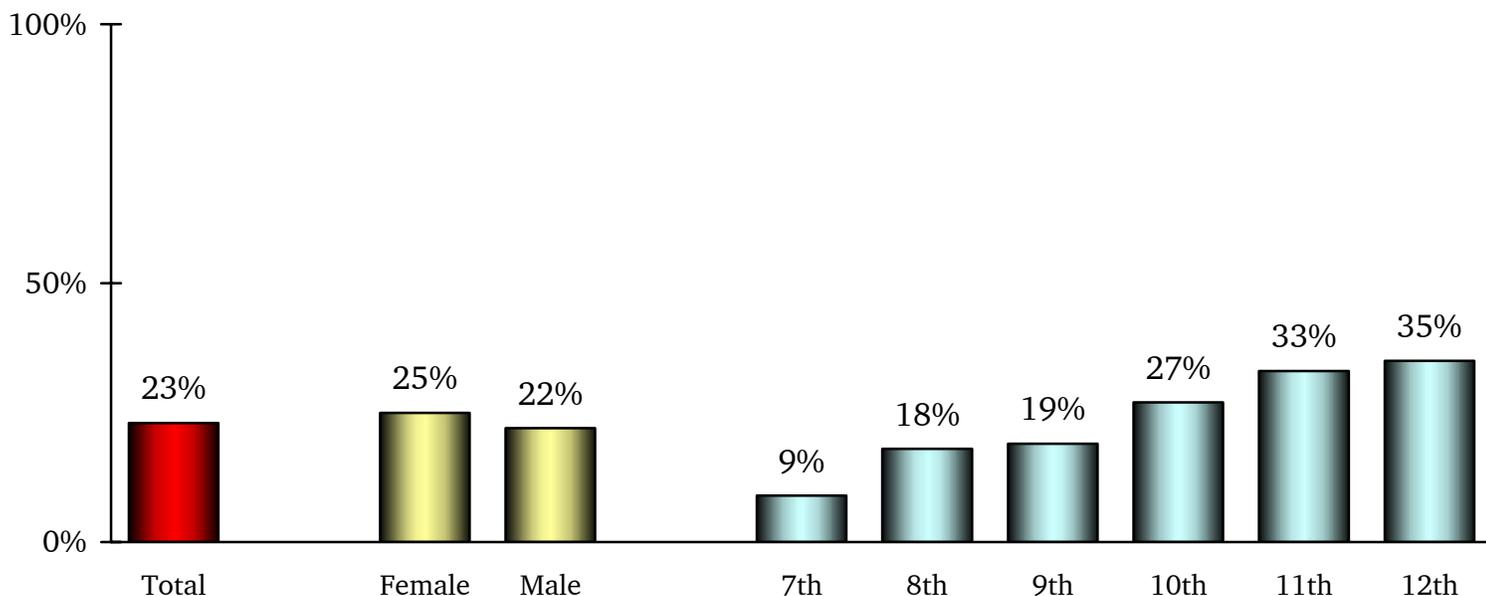


Percentage of students who smoked a whole cigarette for the first time before age 13.

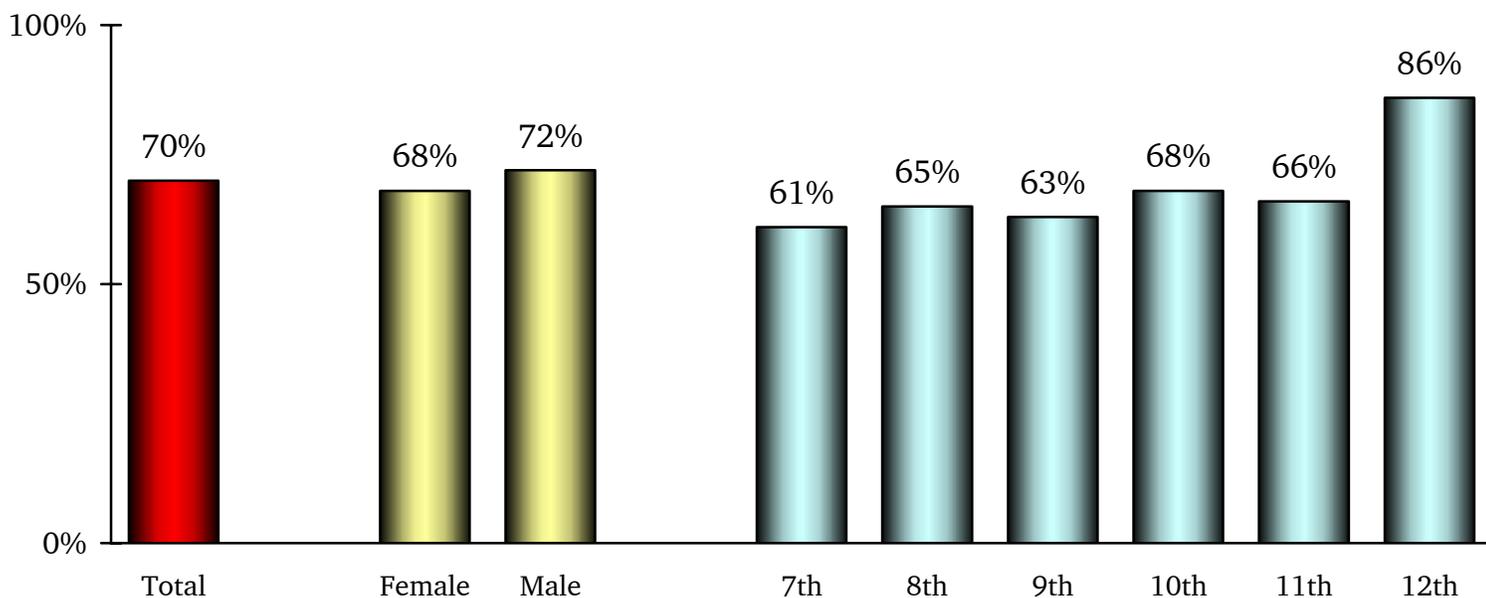


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Percentage of students who smoked cigarettes on one or more of the past 30 days.

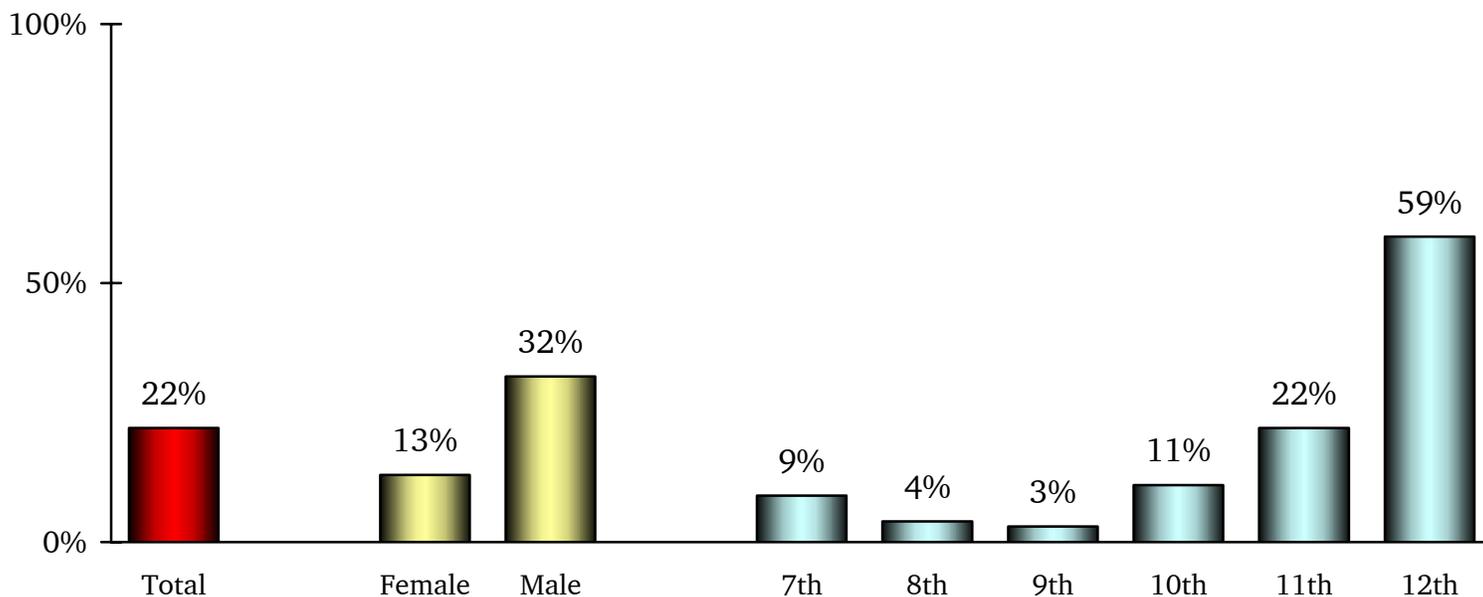


Of the students who smoked during the past 30 days, the percentage that smoked two or more cigarettes per day on the days they smoked.

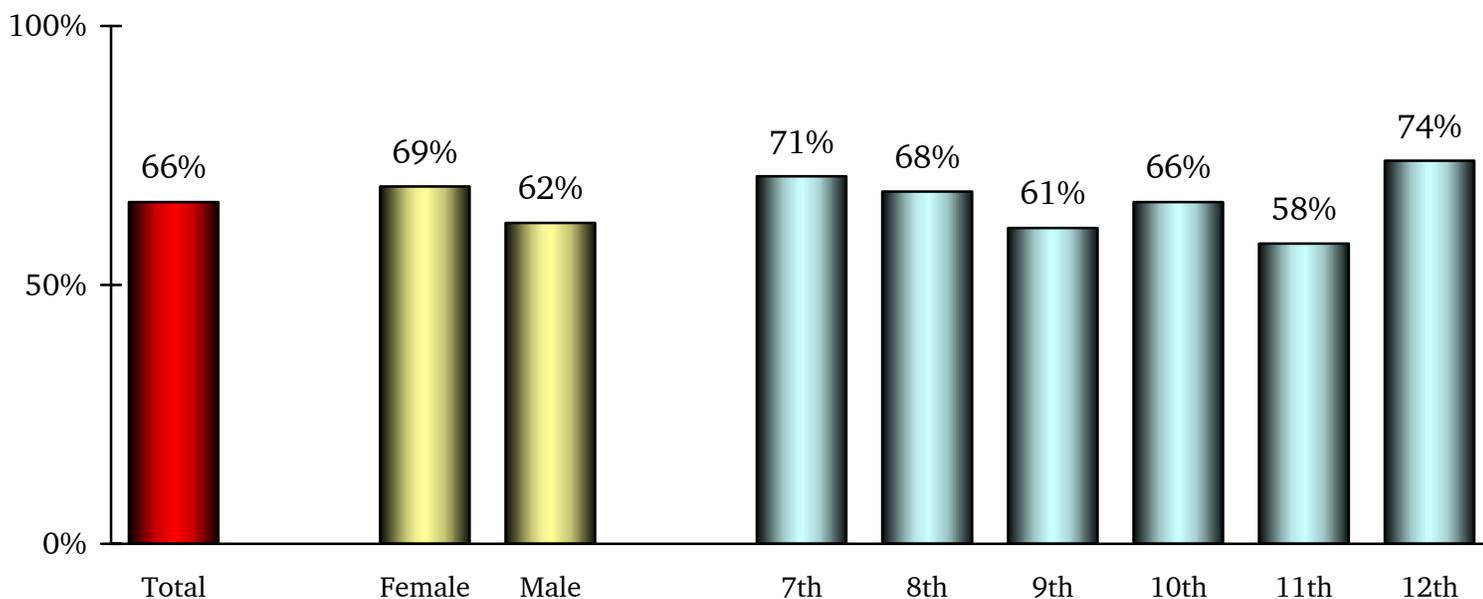


2004-2005 Independence County Youth Health Survey

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.

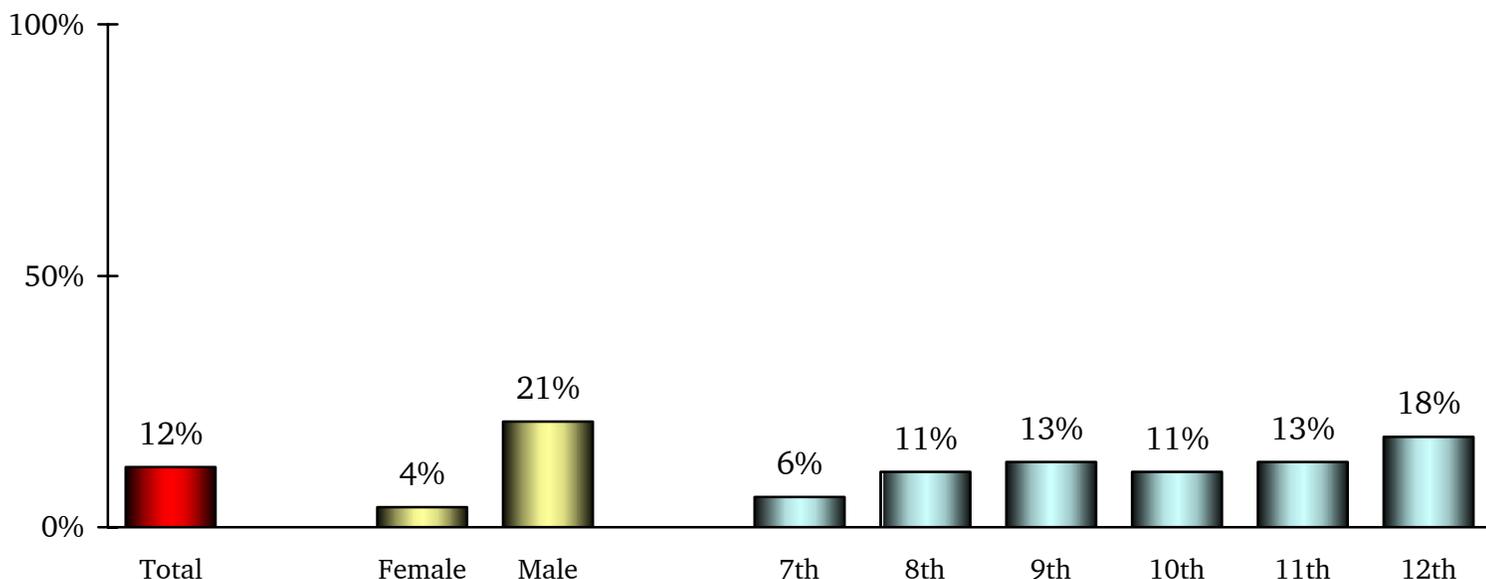


2004-2005 Independence County Youth Health Survey

■ Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

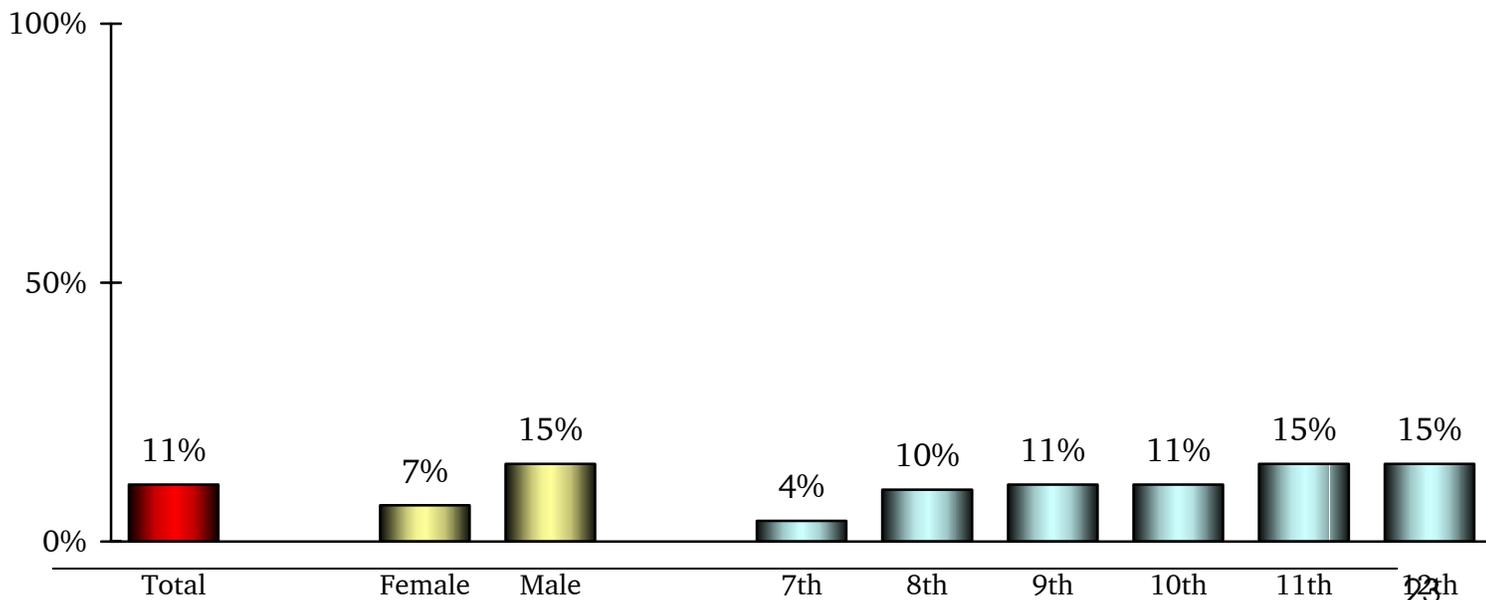
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



■ Tobacco Use – Cigar

This question measures cigar smoking.

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

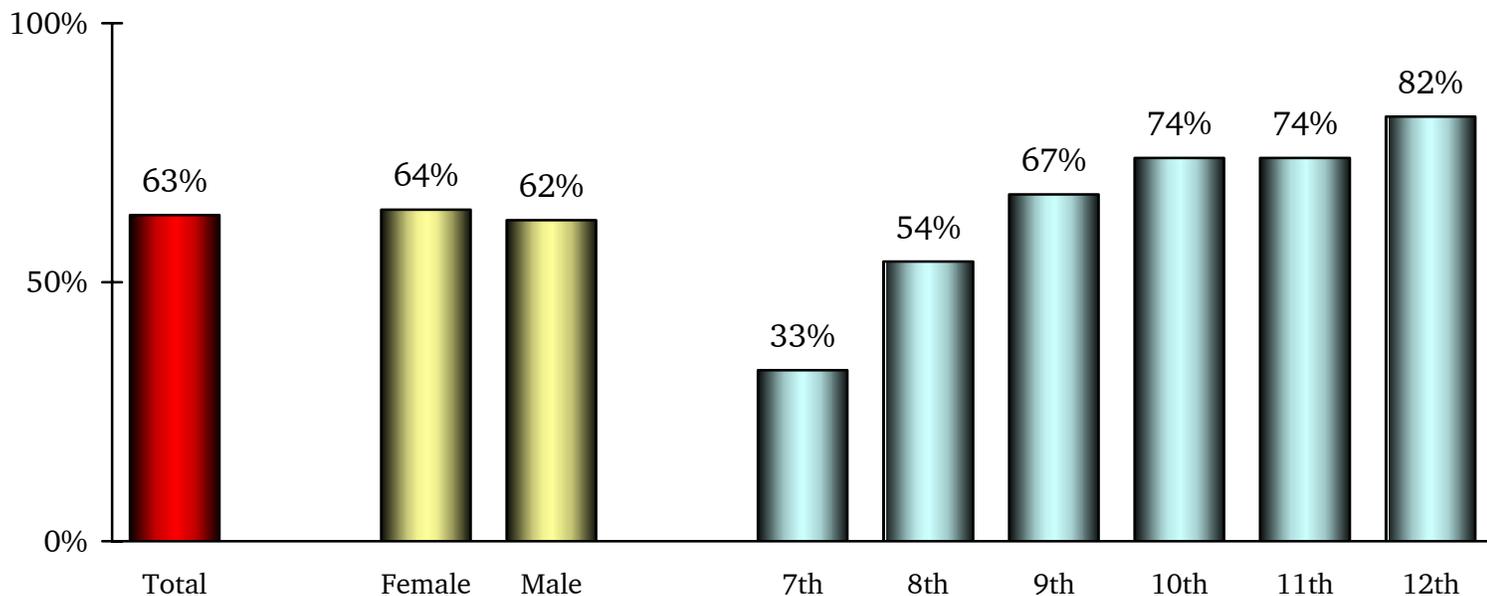


2004-2005 Independence County Youth Health Survey

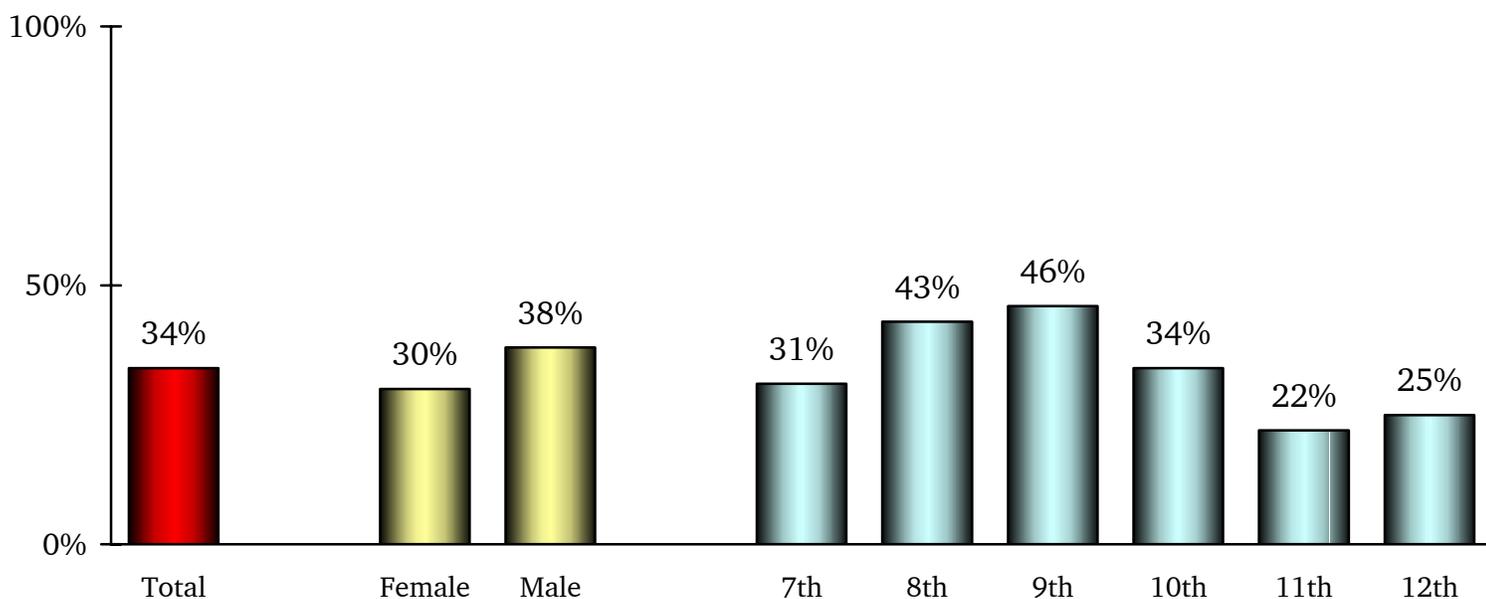
■ Alcohol Use

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.

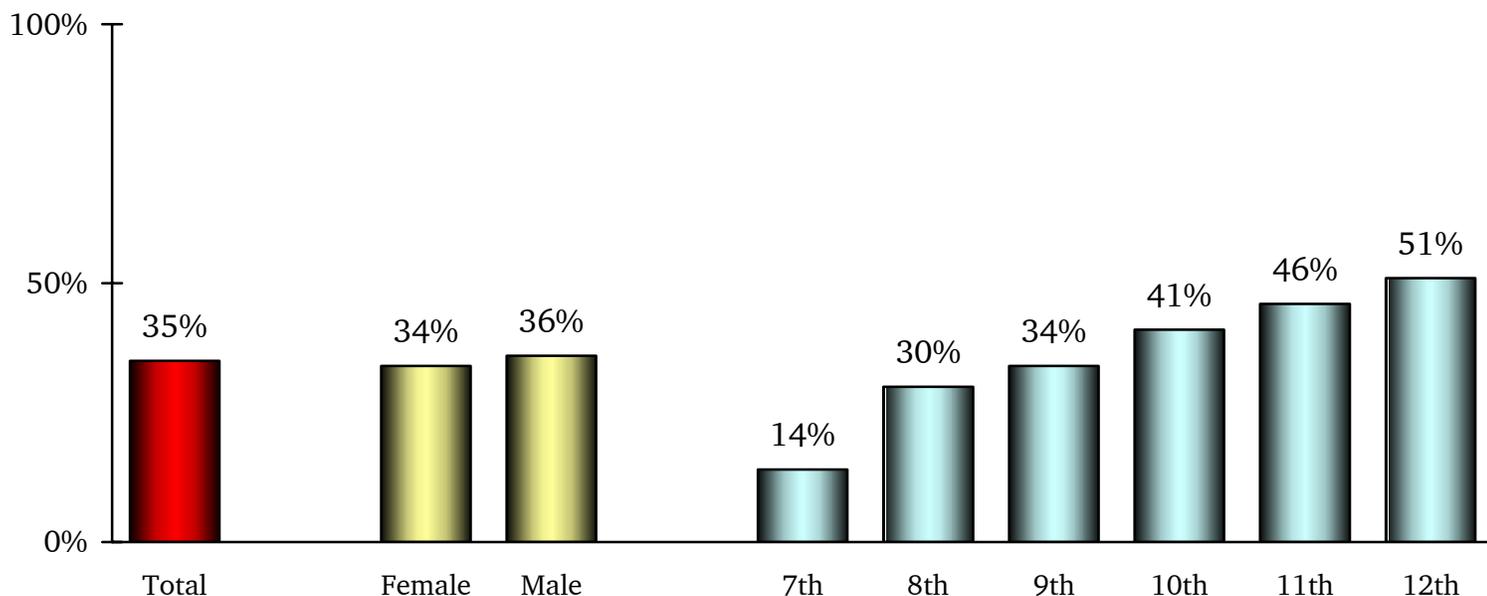


Percentage of students who had their first drink of alcohol other than a few sips before age 13.

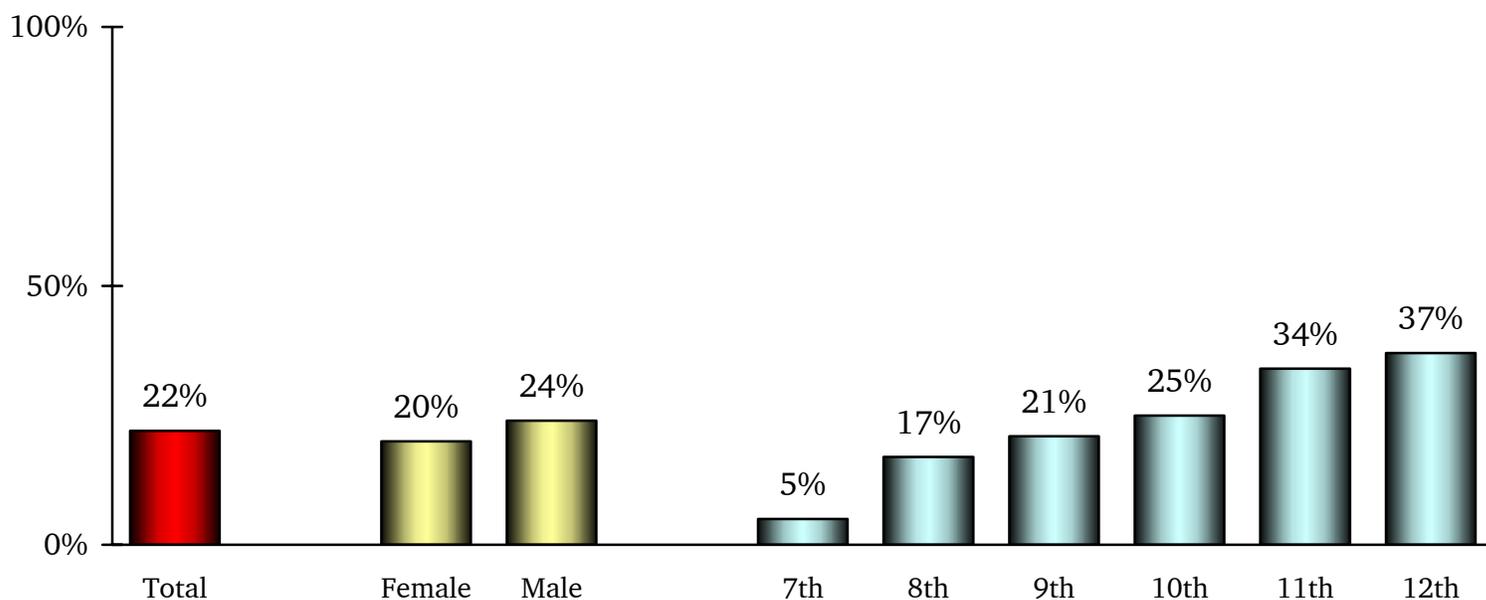


2004-2005 Independence County Youth Health Survey

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.

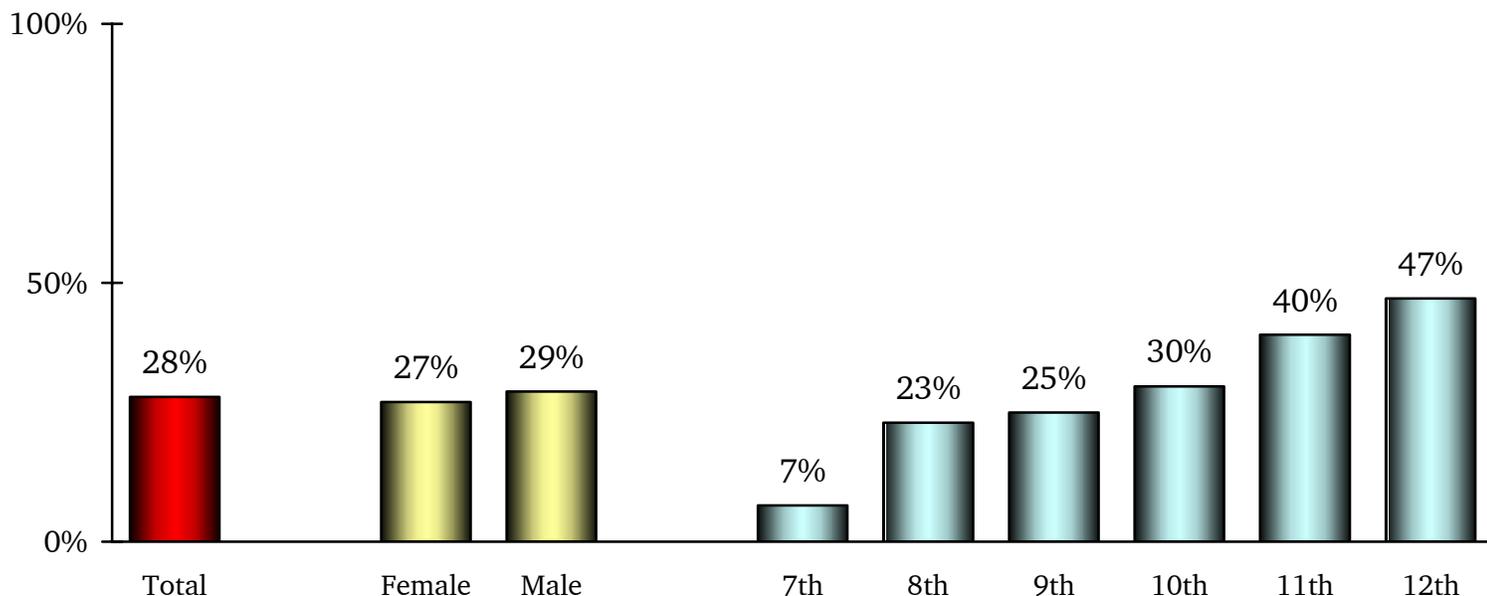


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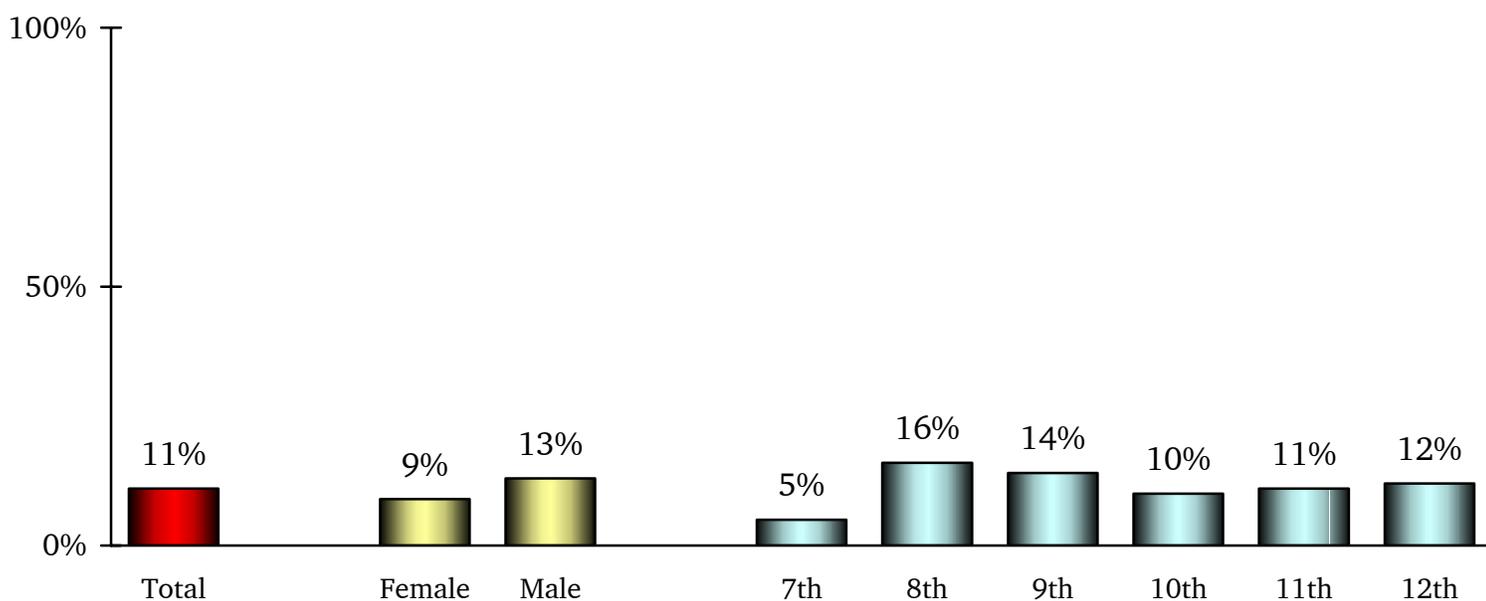
■ Drug Use

These questions measure the frequency of illegal drug use.

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

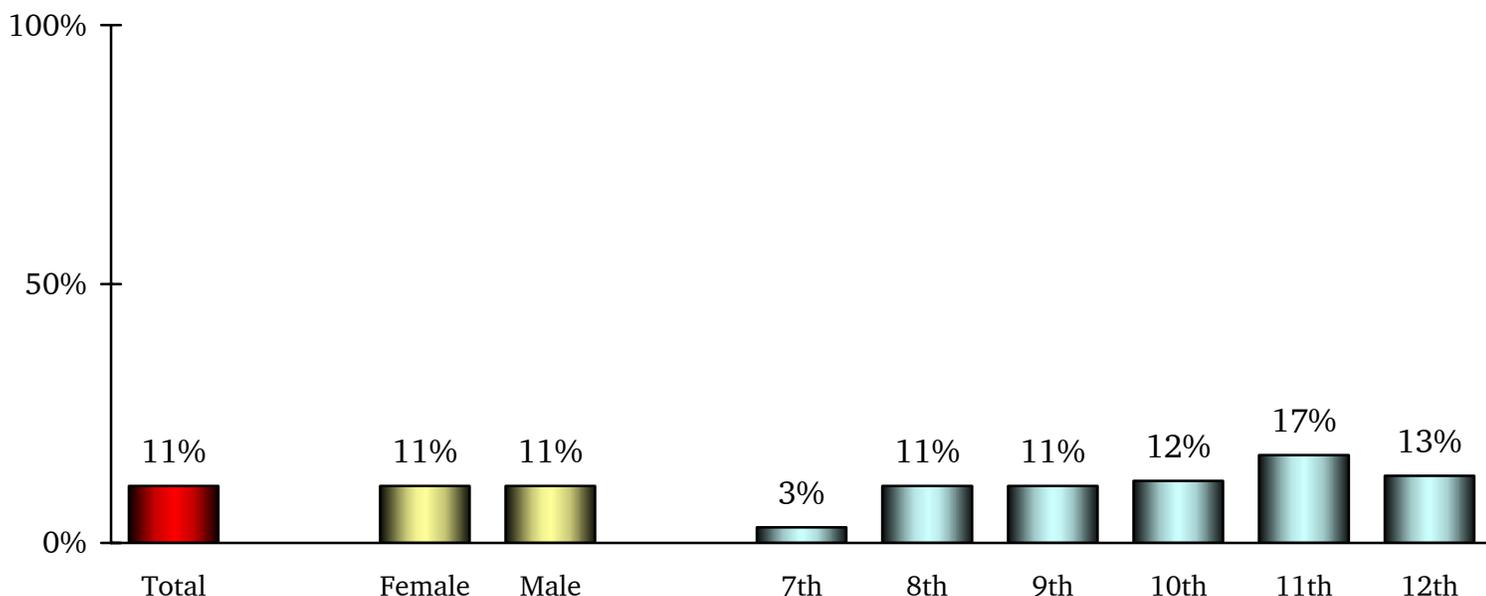


Percentage of students who tried marijuana for the first time before age 13.

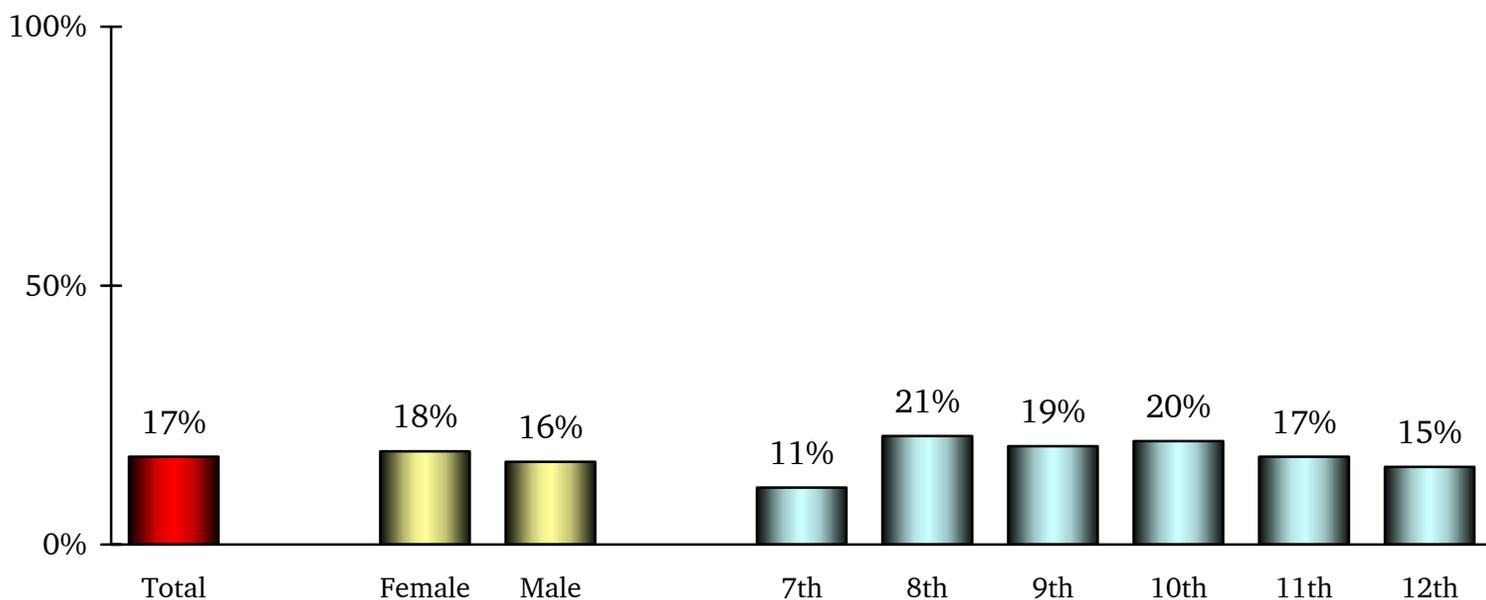


2004-2005 Independence County Youth Health Survey

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

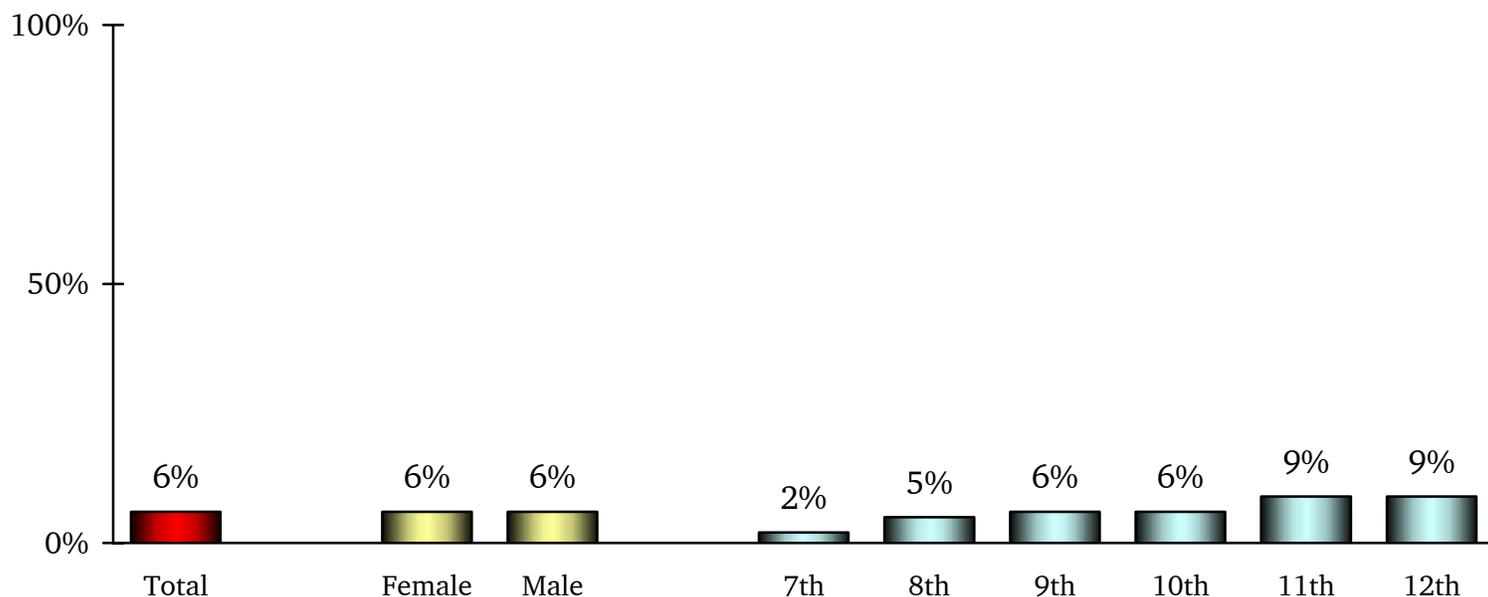


Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.

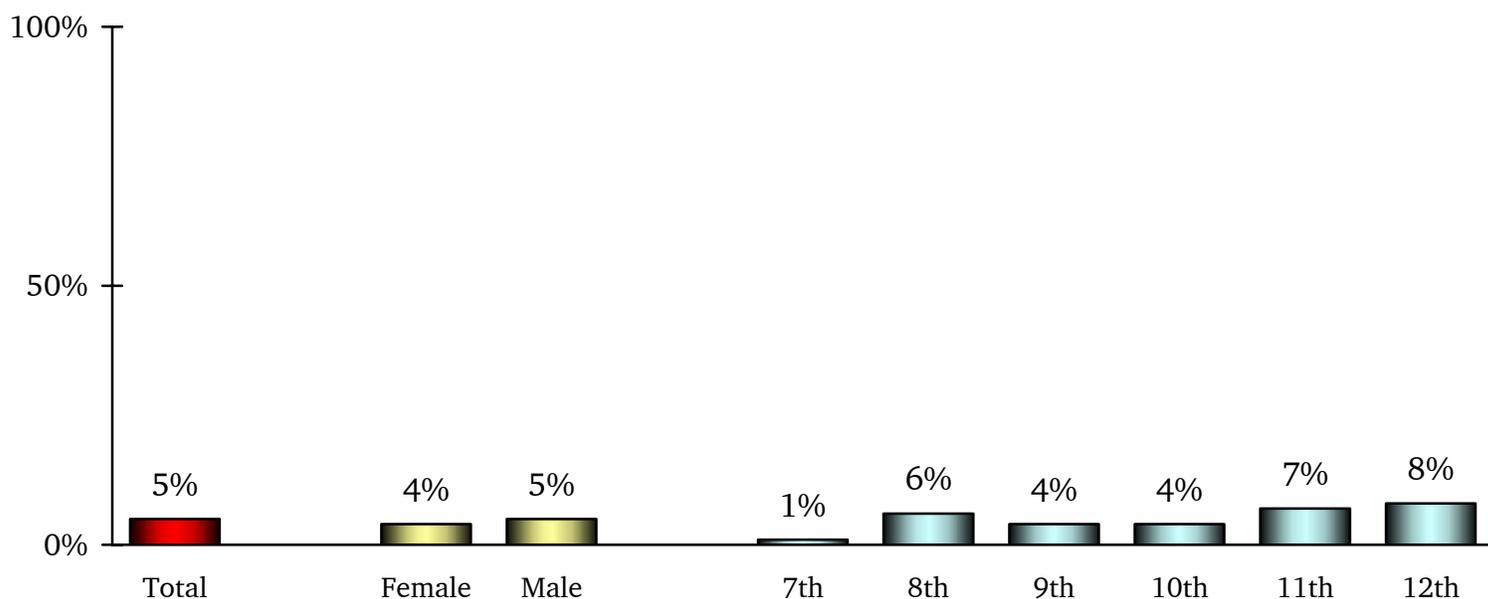


2004-2005 Independence County Youth Health Survey

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

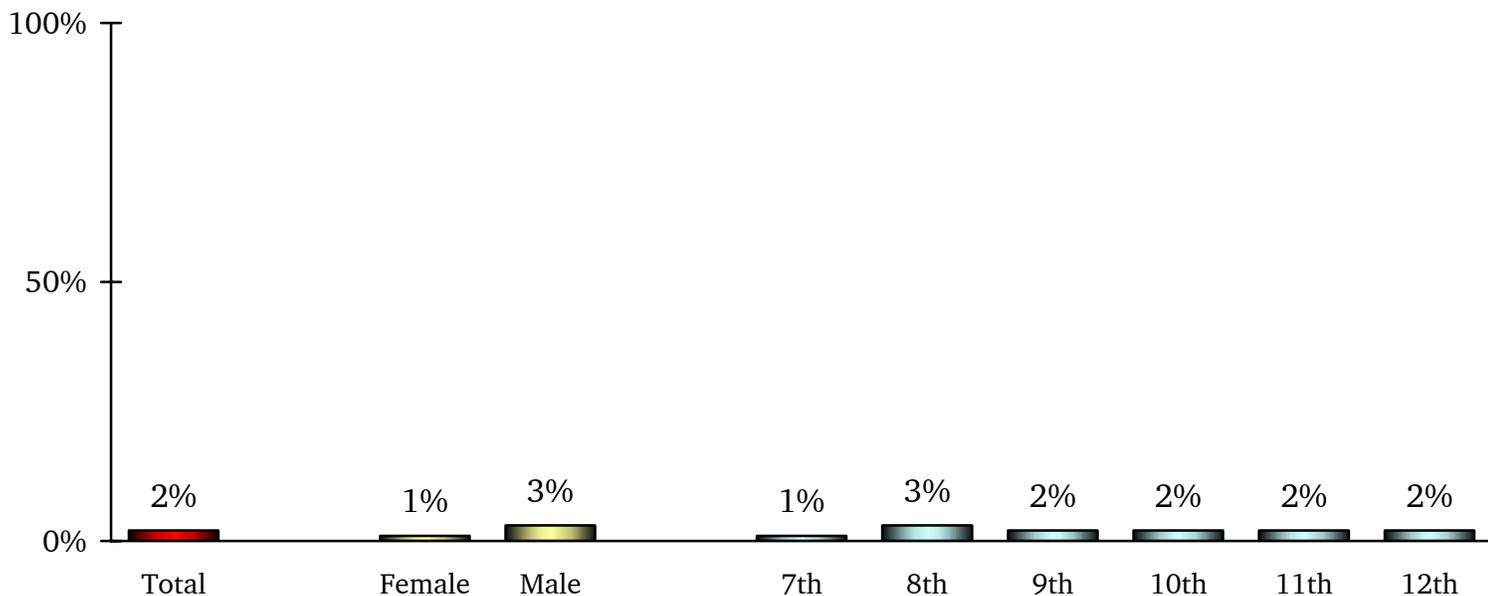


Percentage of students who used ecstasy one or more times during their life.

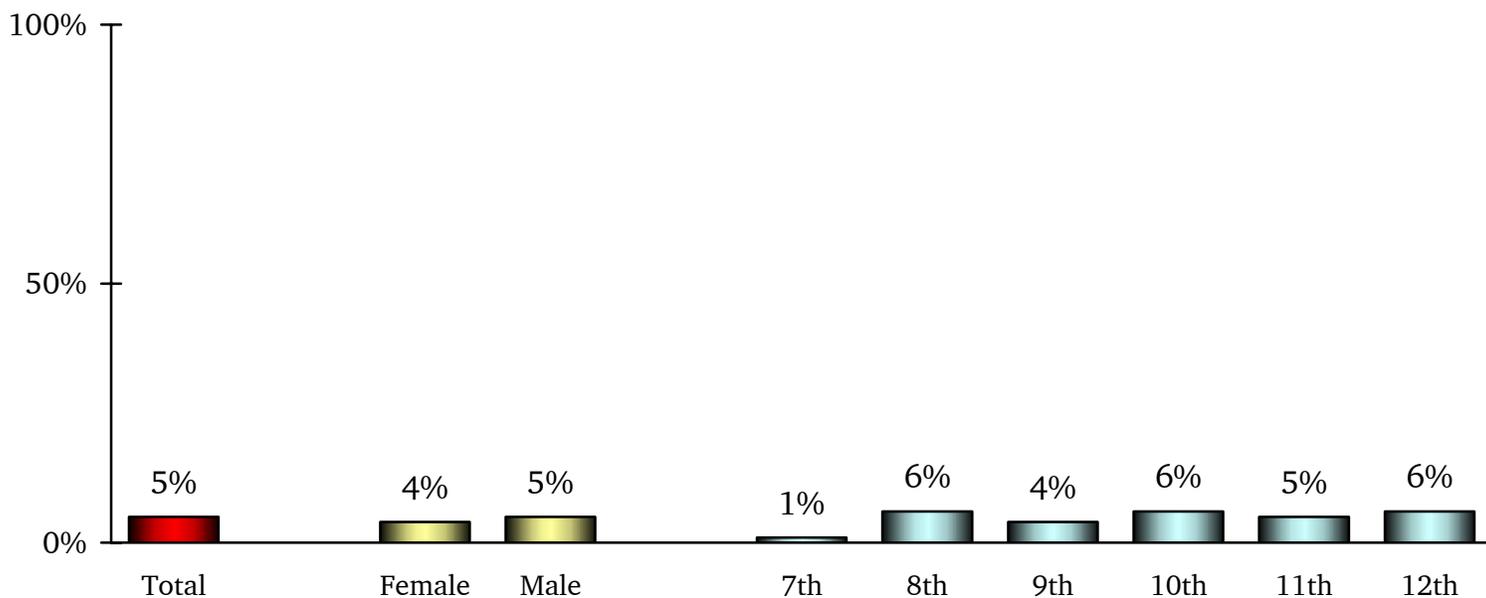


2004-2005 Independence County Youth Health Survey

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



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

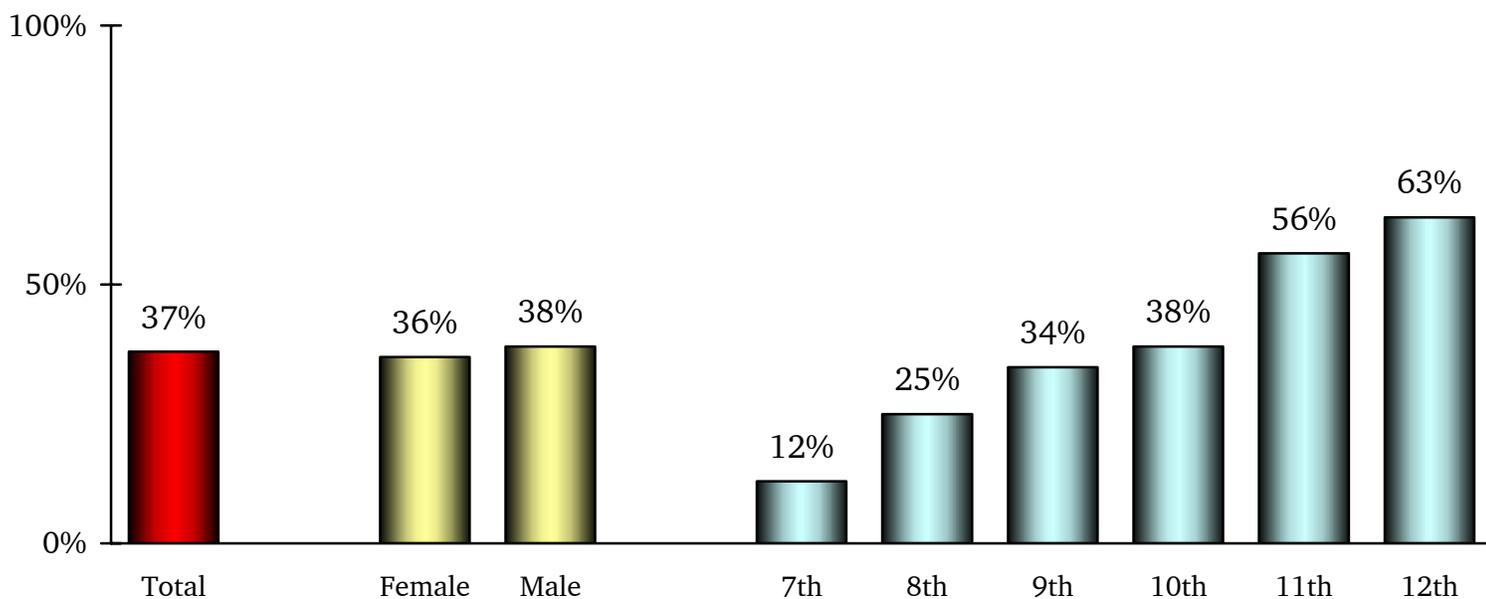


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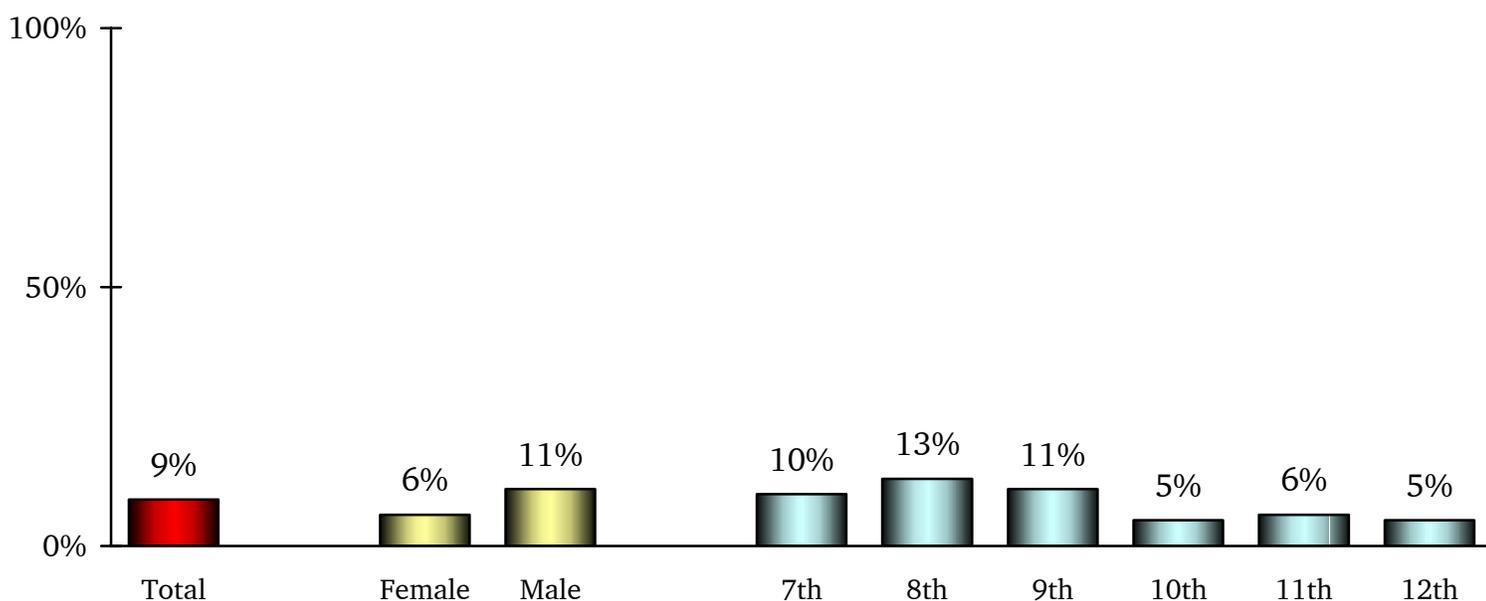
■ Sexual Activity

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.

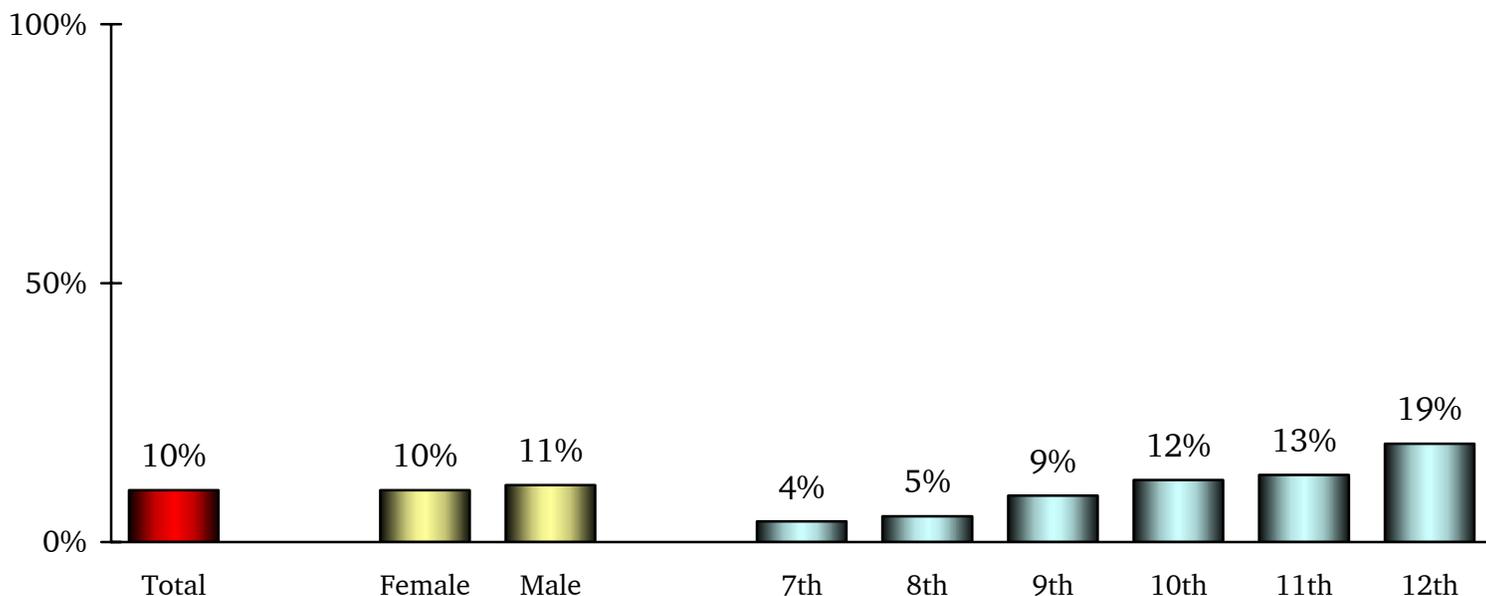


Percentage of students who had sexual intercourse for the first time before age 13.

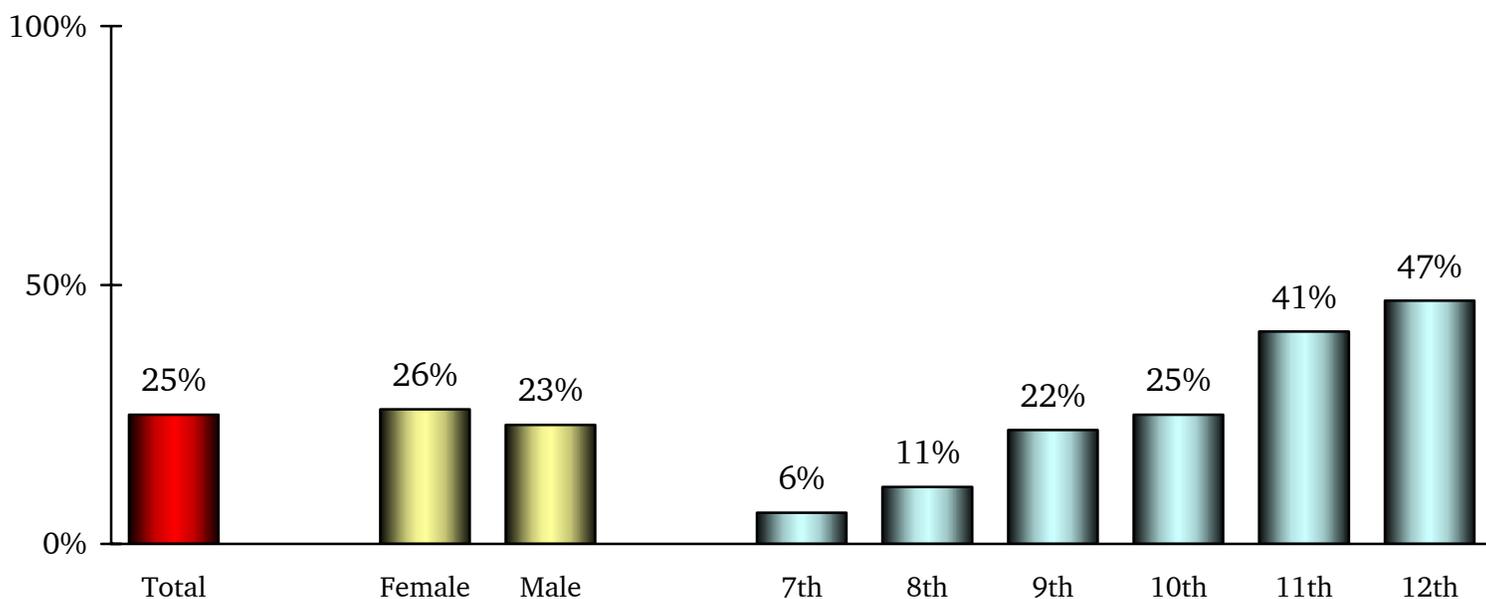


2004-2005 Independence County Youth Health Survey

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

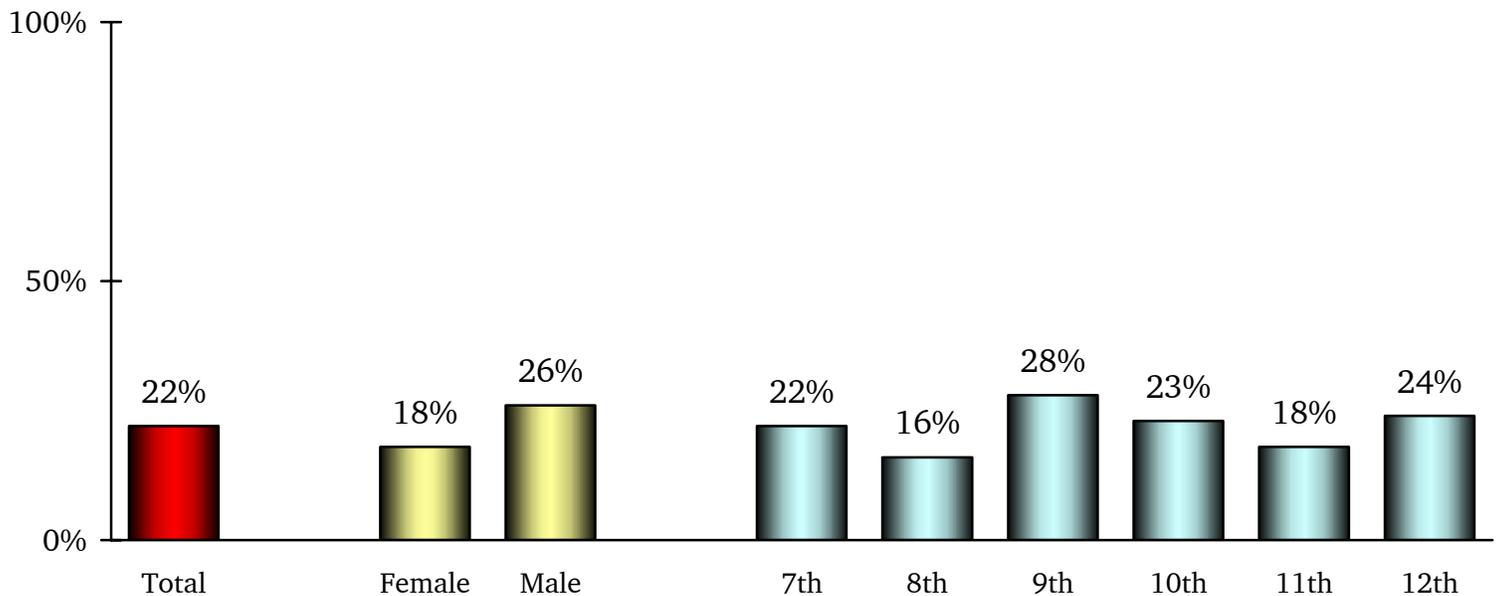


Percentage of students who had sexual intercourse during the past three months.



2004-2005 Independence County Youth Health Survey

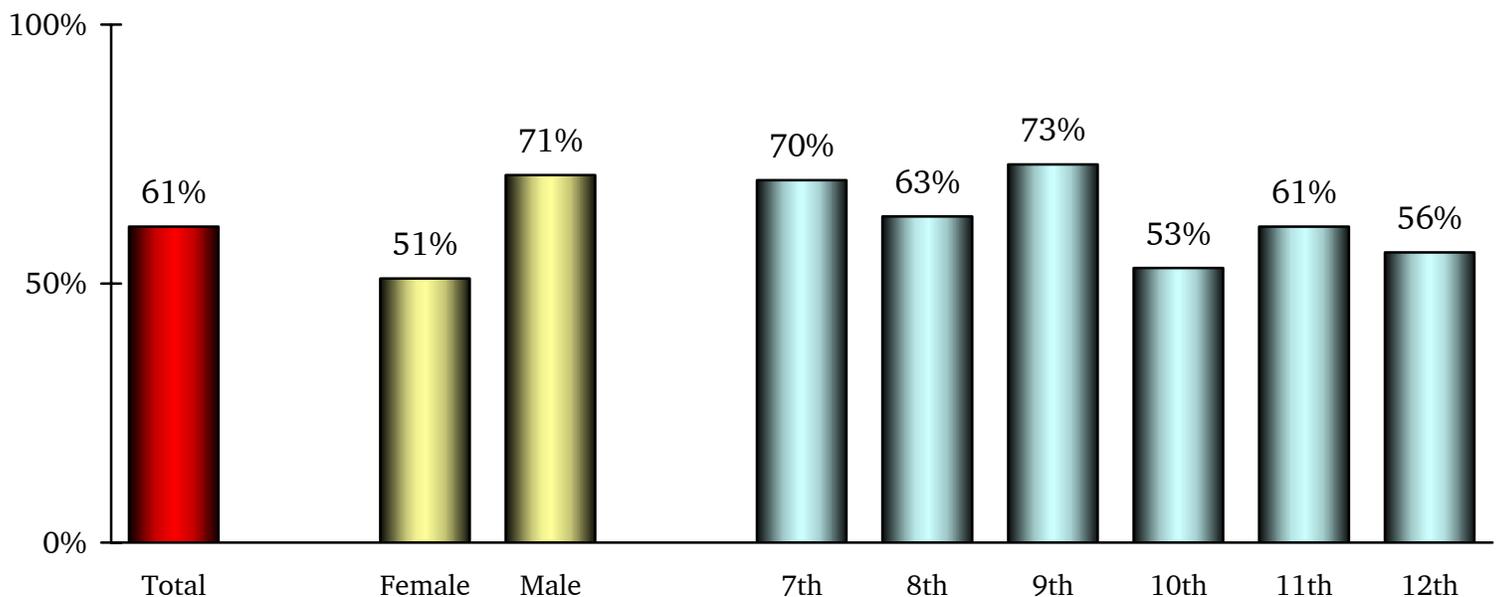
Of those who had sexual intercourse, the percentage that drank alcohol or used drugs before last sexual intercourse.



■ 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.

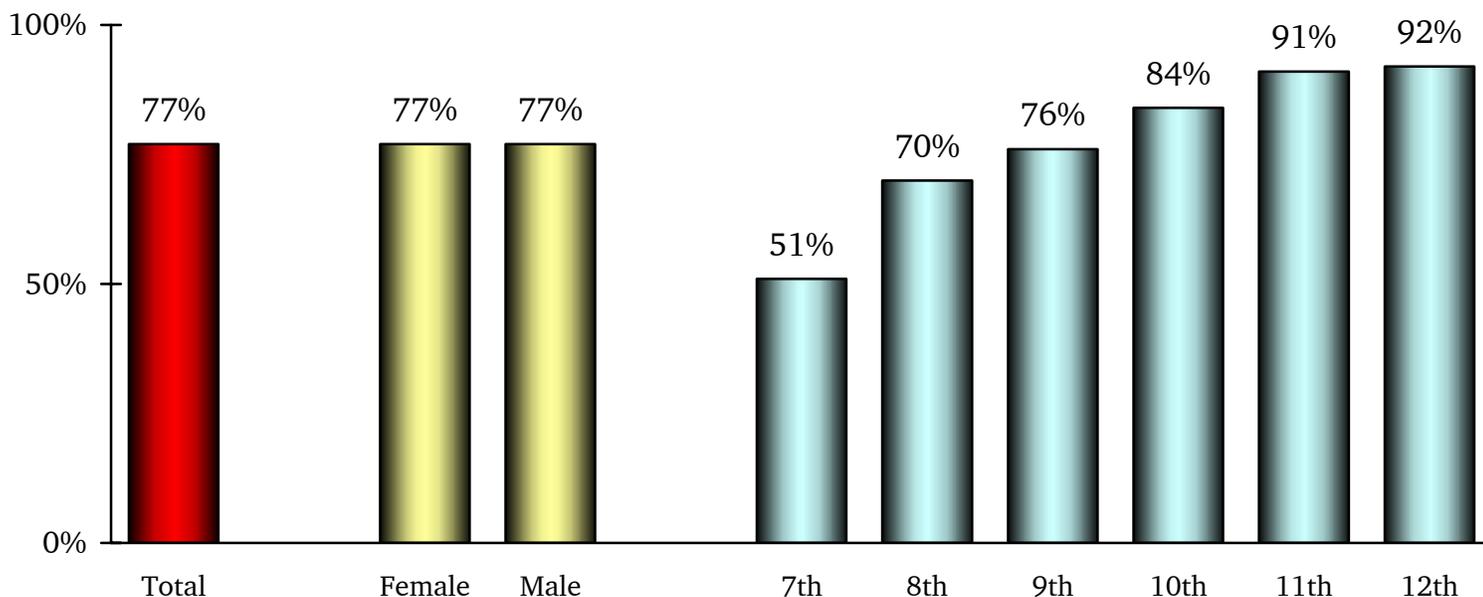


2004-2005 Independence County Youth Health Survey

■ 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.

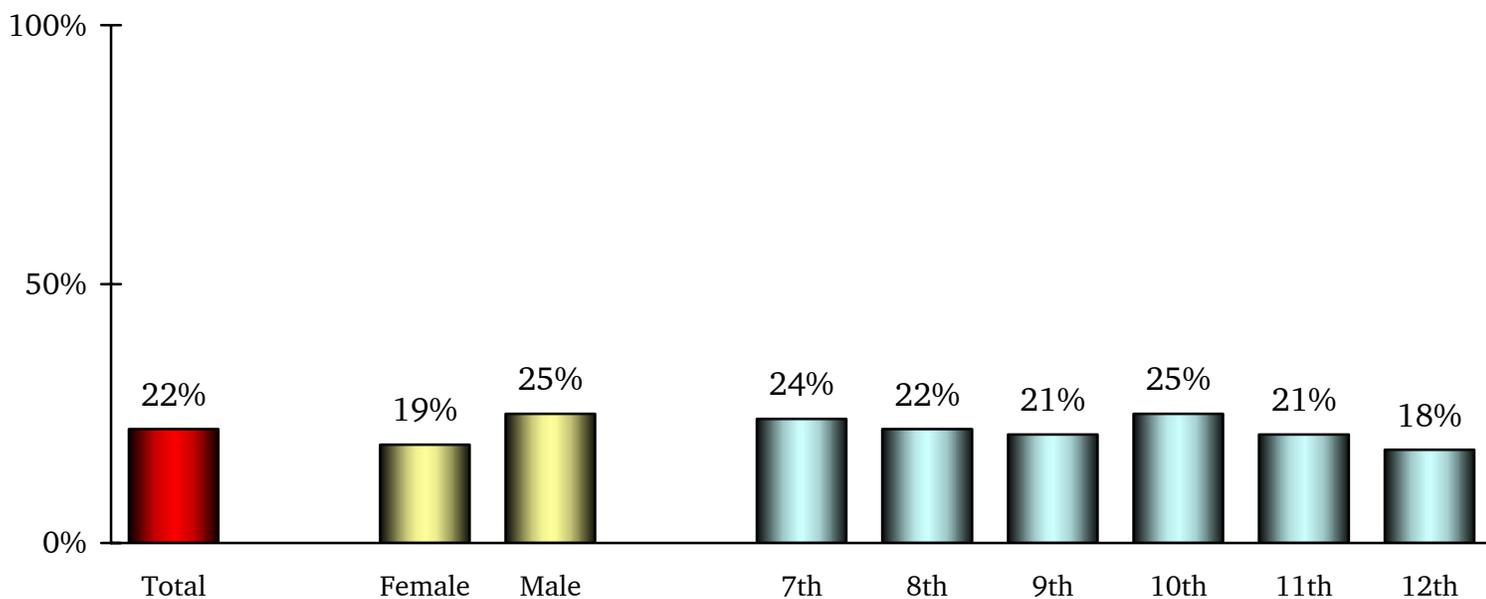


2004-2005 Independence County Youth Health Survey

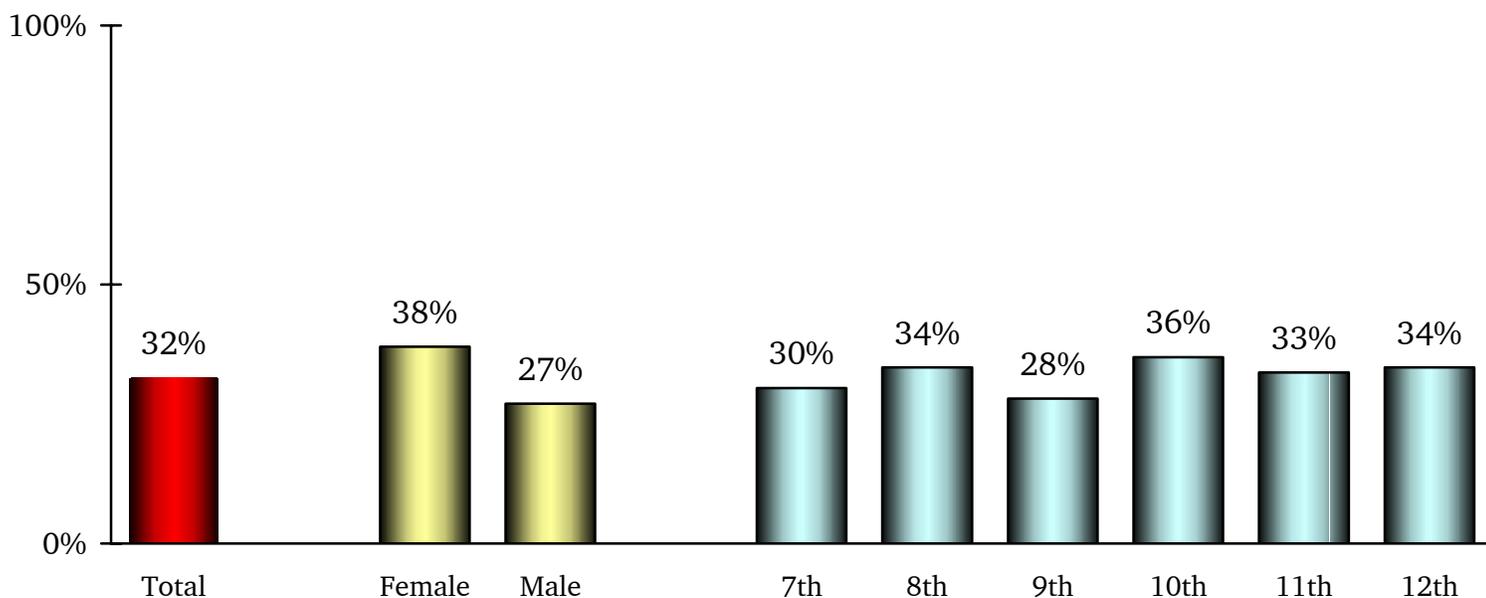
■ Overweight

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.

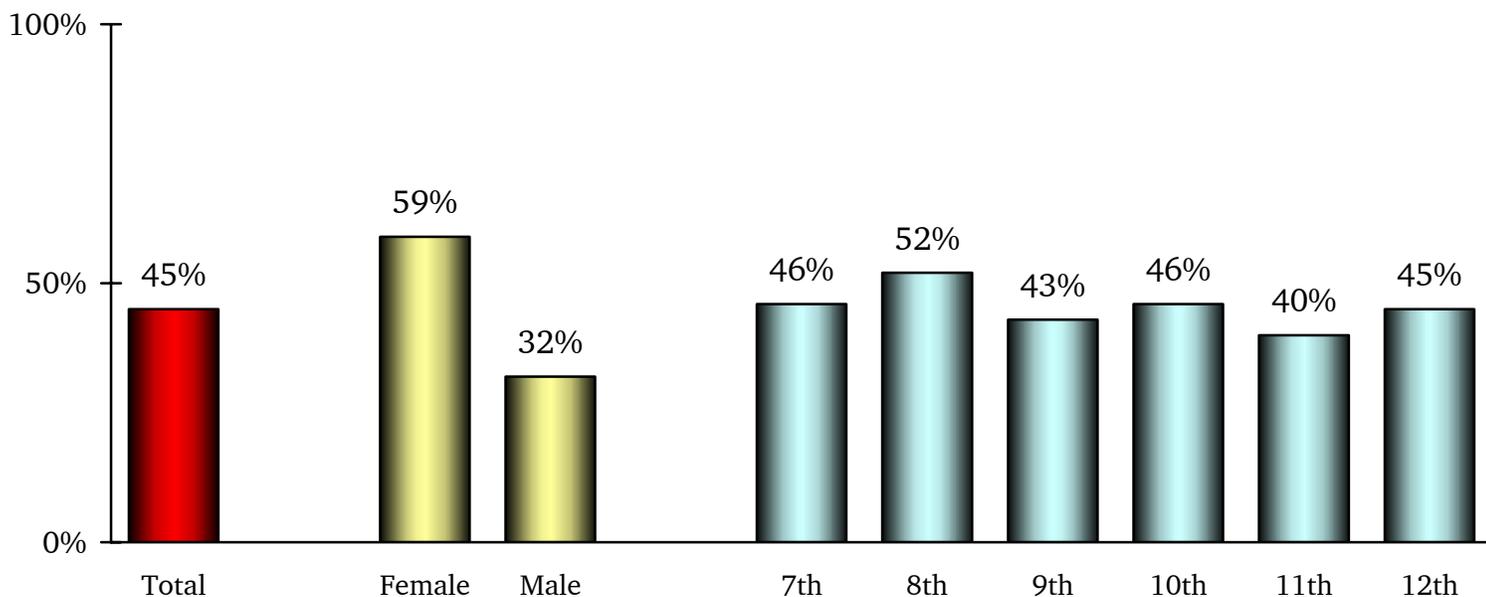


Percentage of students who describe themselves as slightly or very overweight.

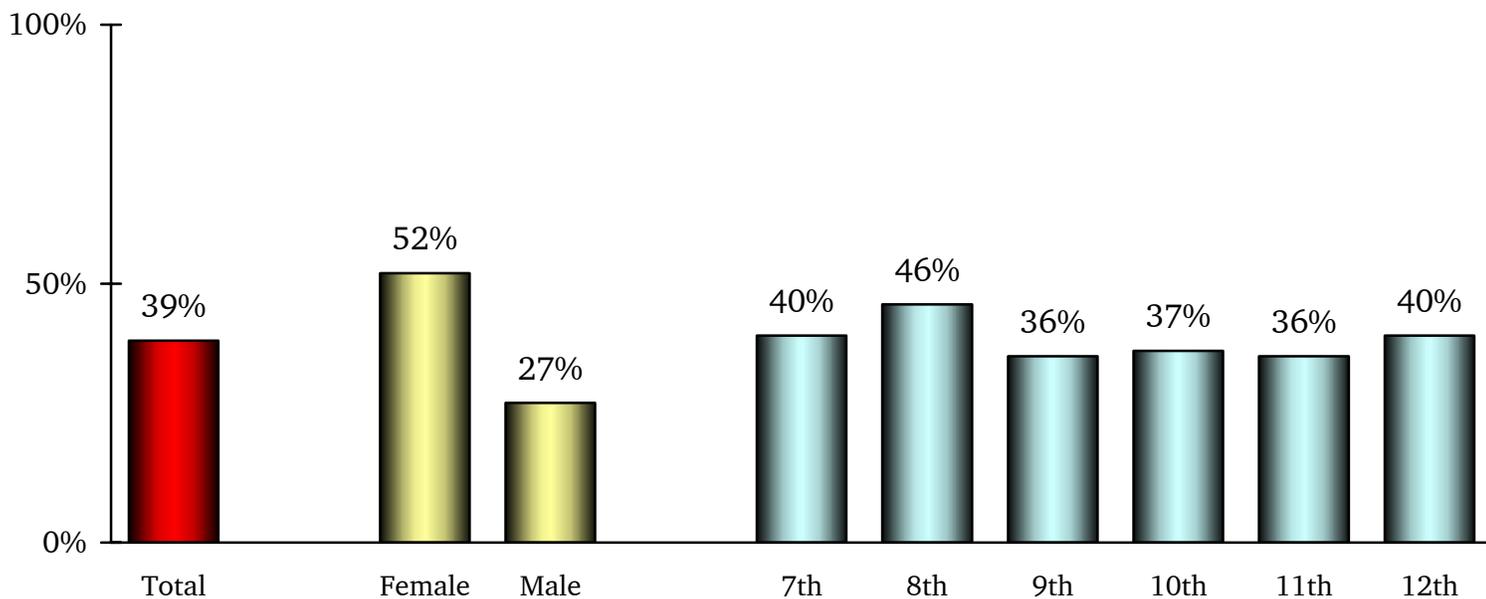


2004-2005 Independence County Youth Health Survey

Percentage of students who were trying to lose weight.

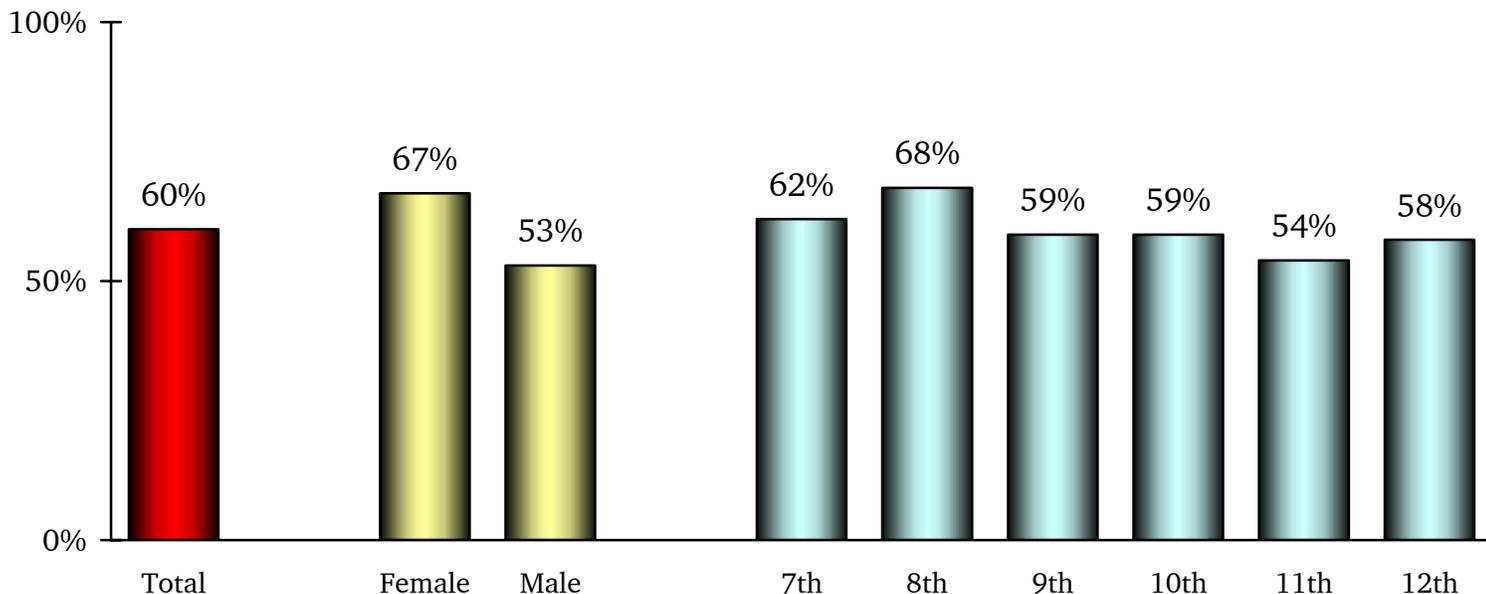


Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.

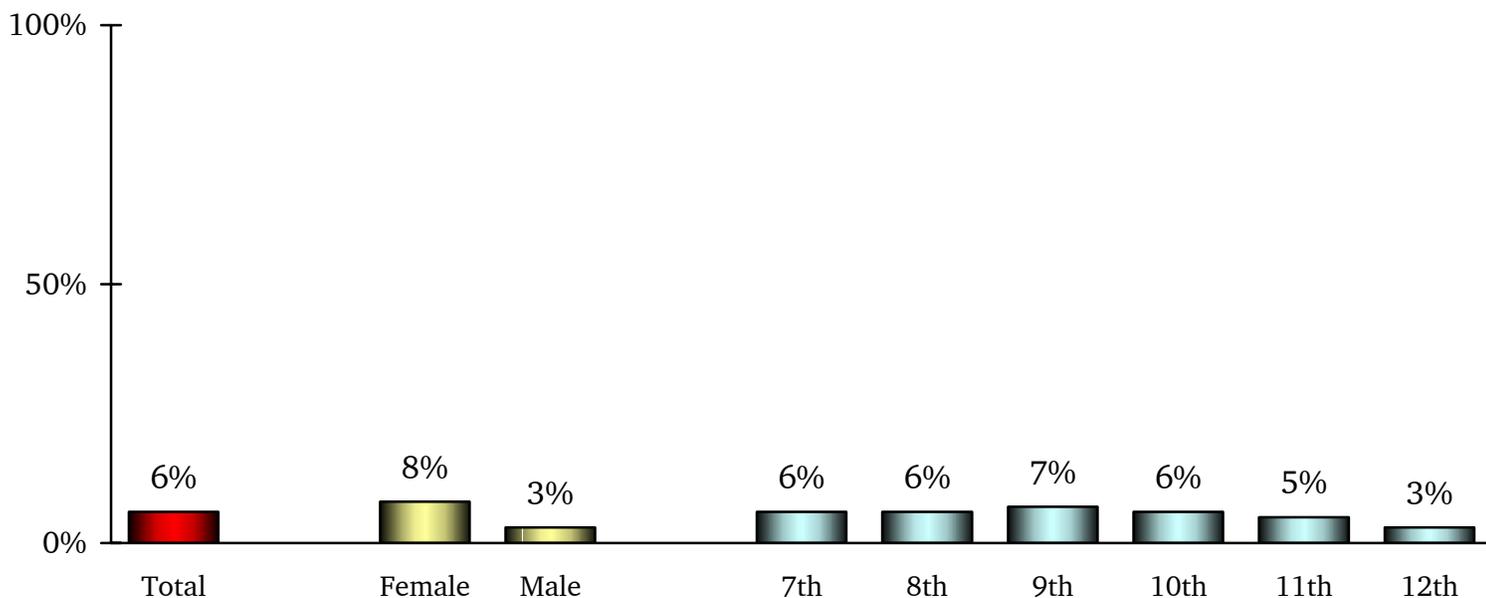


2004-2005 Independence County Youth Health Survey

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

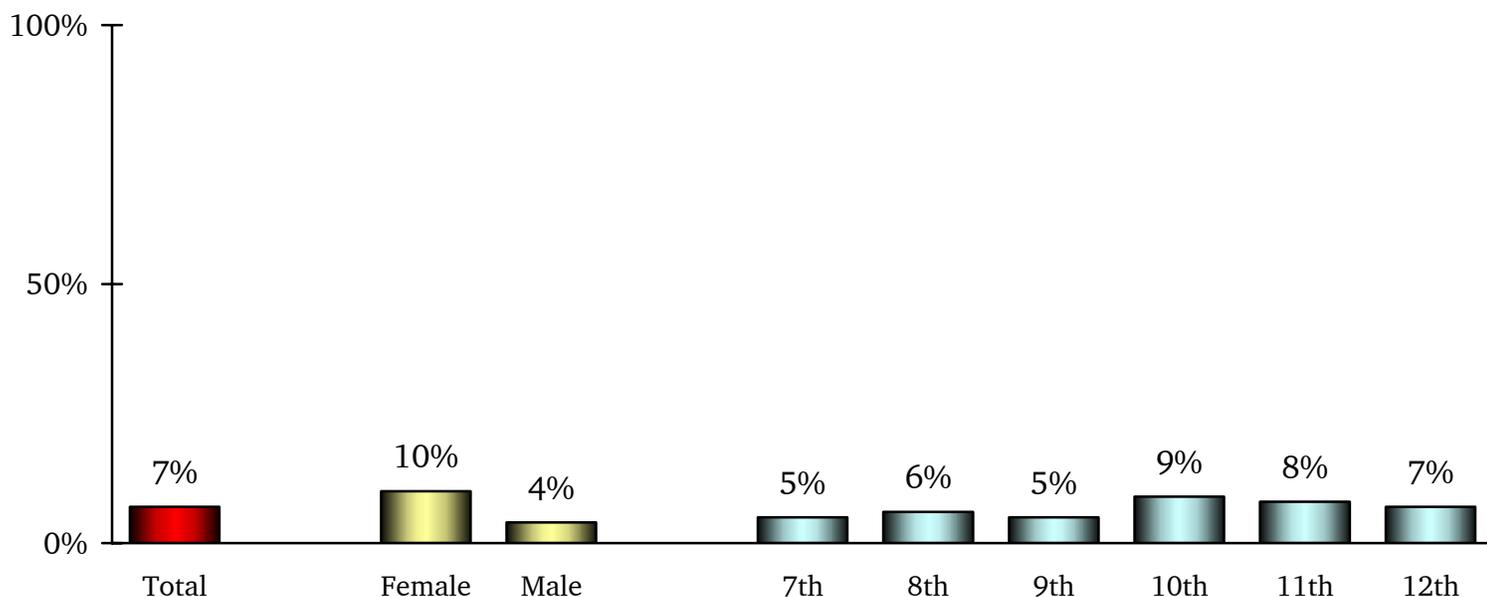


Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.

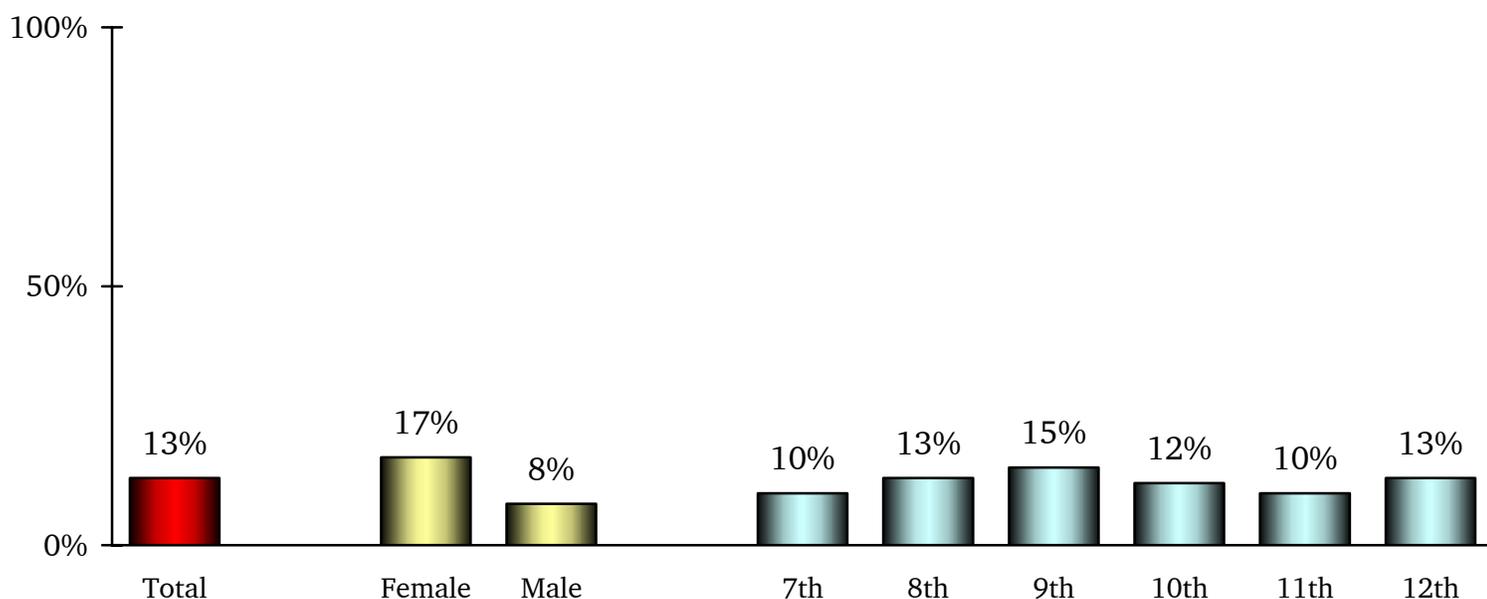


2004-2005 Independence County Youth Health Survey

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.

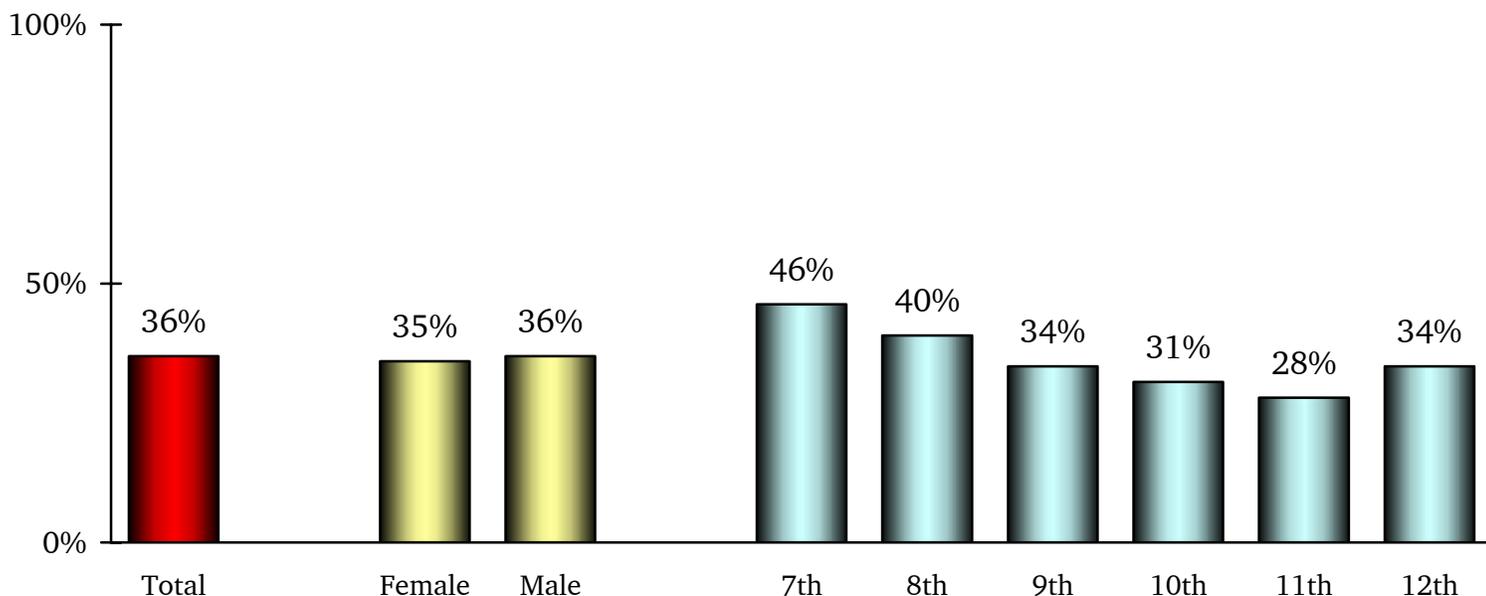


2004-2005 Independence County Youth Health Survey

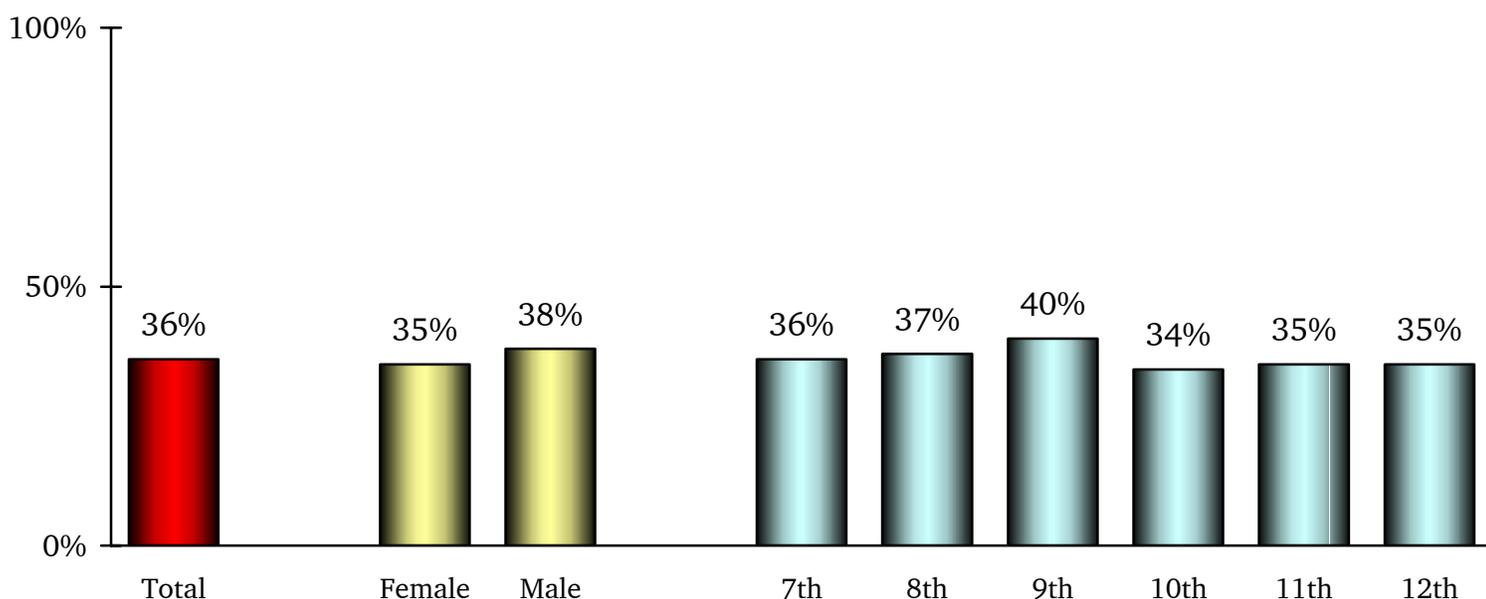
■ Nutrition

These questions measure food choices.

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

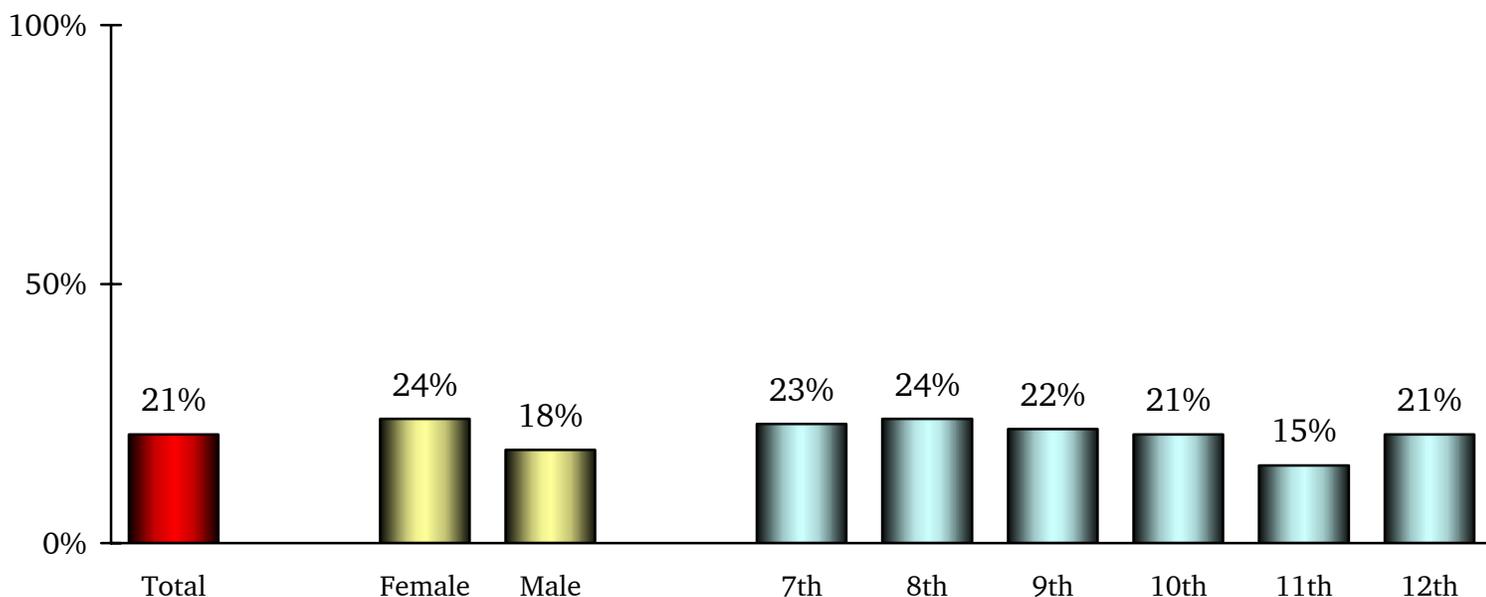


Percentage of students who drank fruit juices four or more times during the past 7 days.

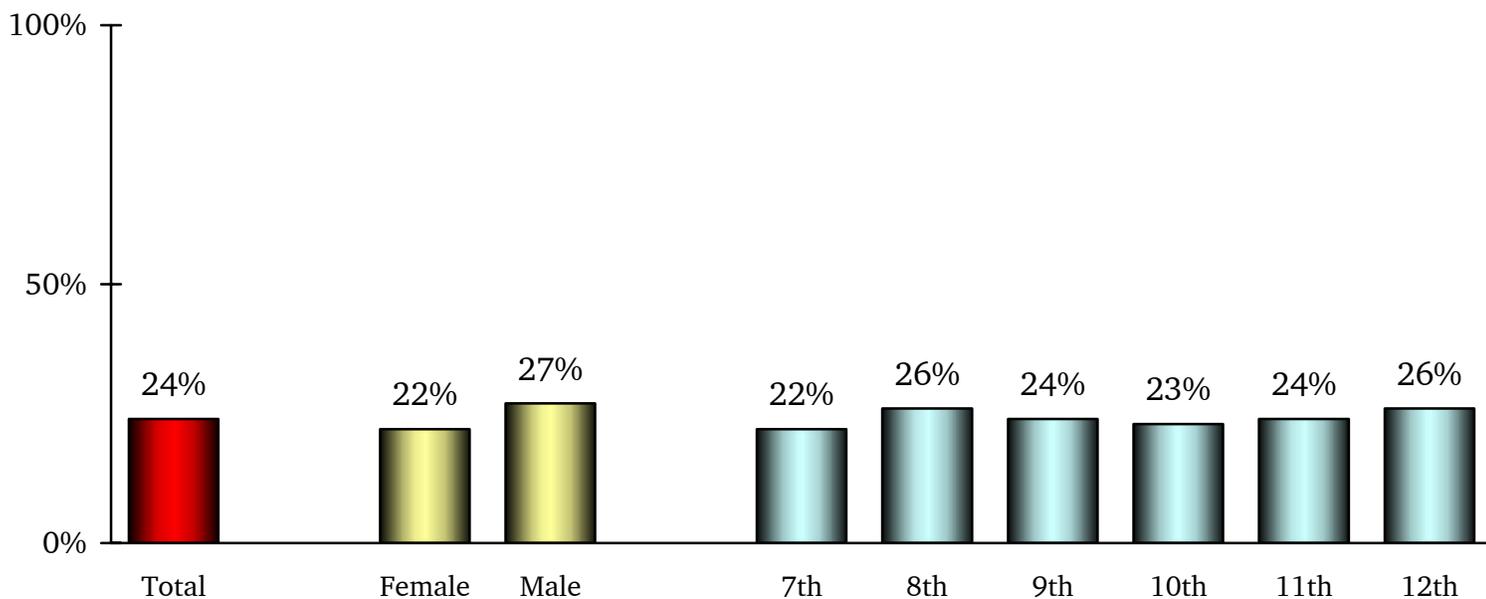


2004-2005 Independence County Youth Health Survey

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

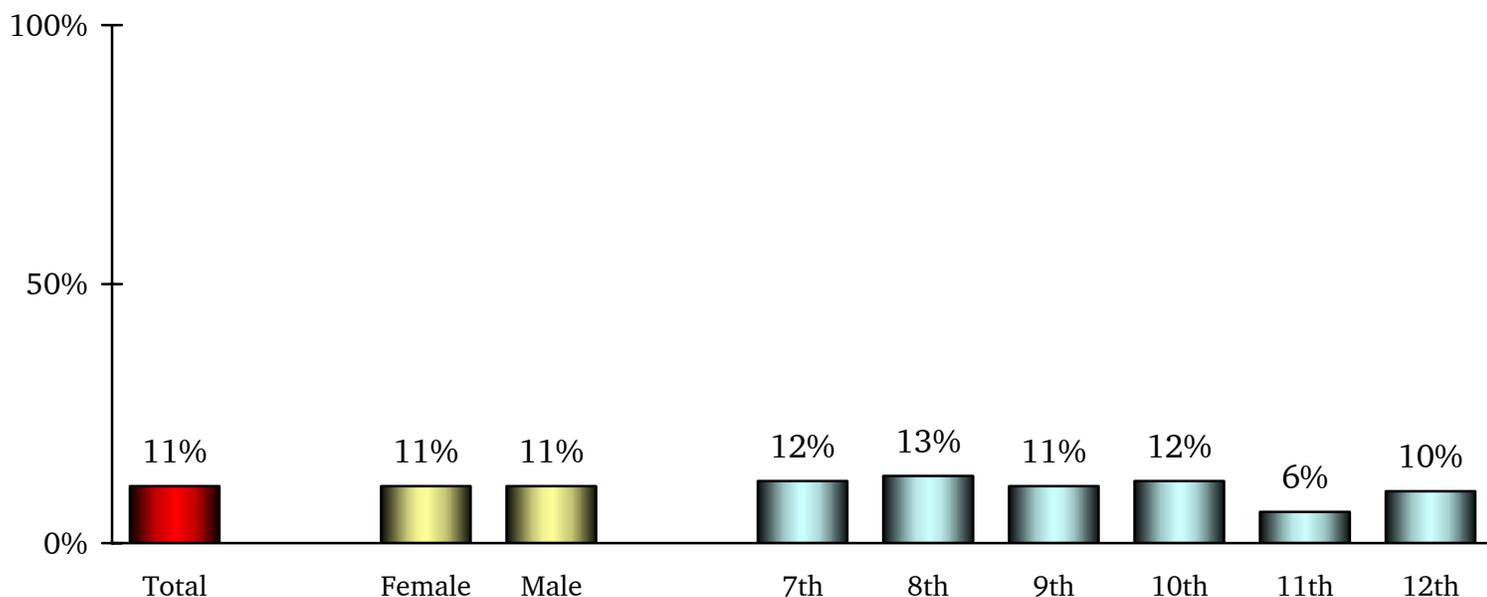


Percentage of students who ate potatoes four or more times during the past 30 days.

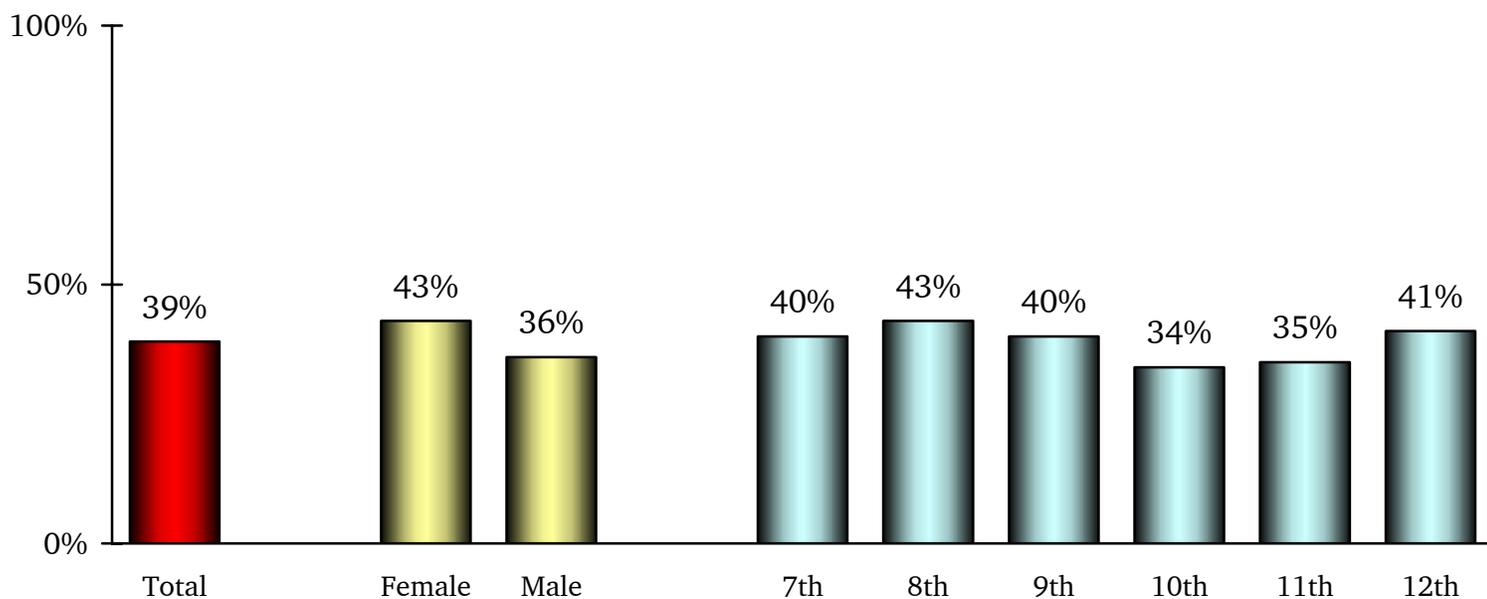


2004-2005 Independence County Youth Health Survey

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

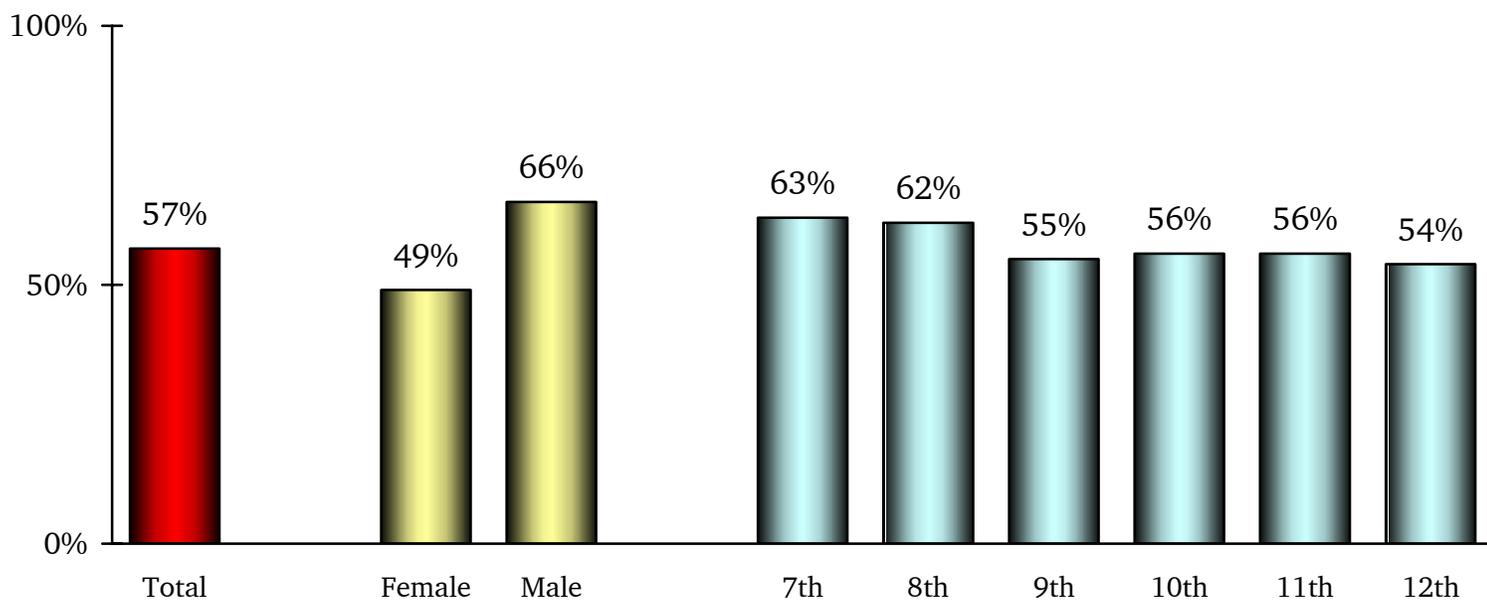


Percentage of students who ate other vegetables four or more times during the past 7 days.



2004-2005 Independence County Youth Health Survey

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

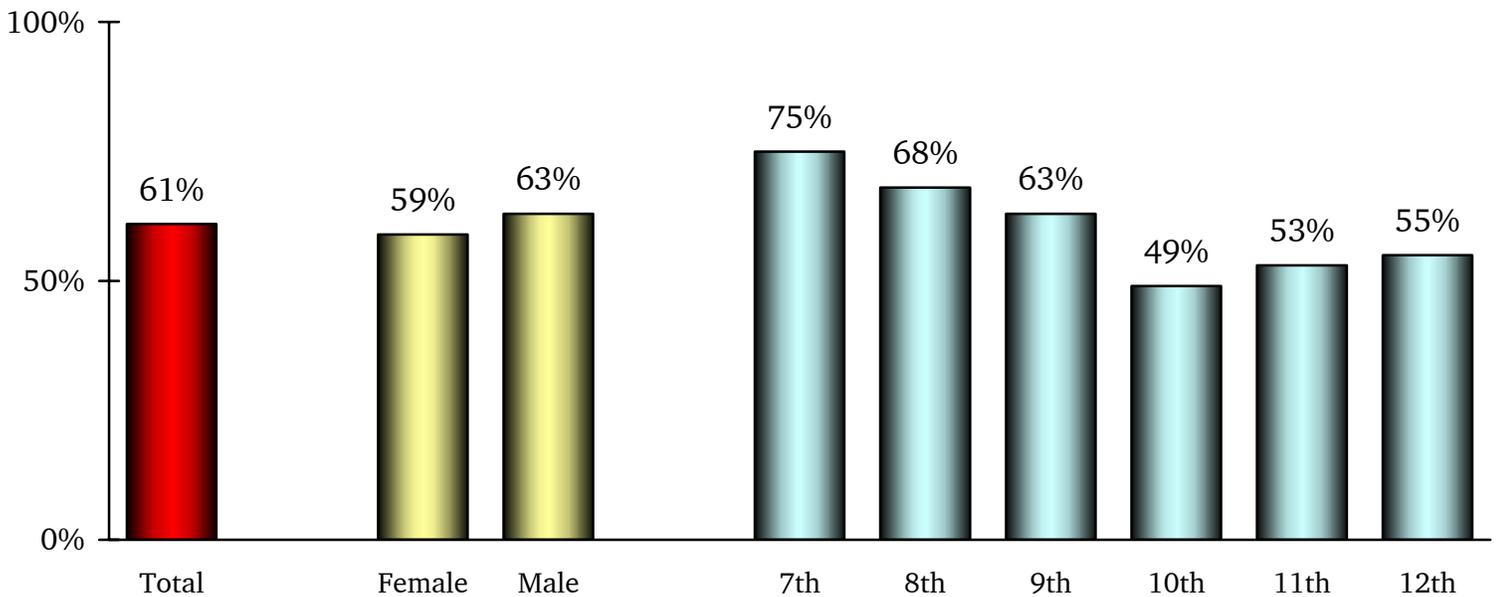


2004-2005 Independence County Youth Health Survey

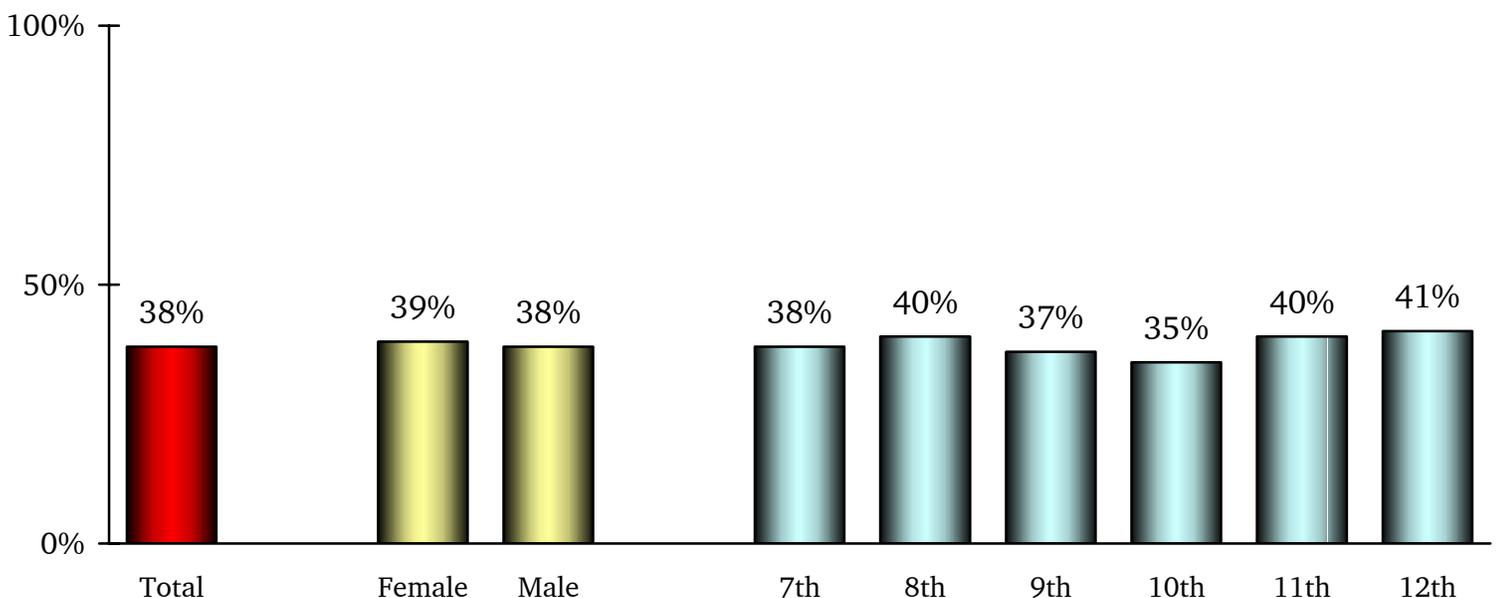
■ Physical Activity

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.

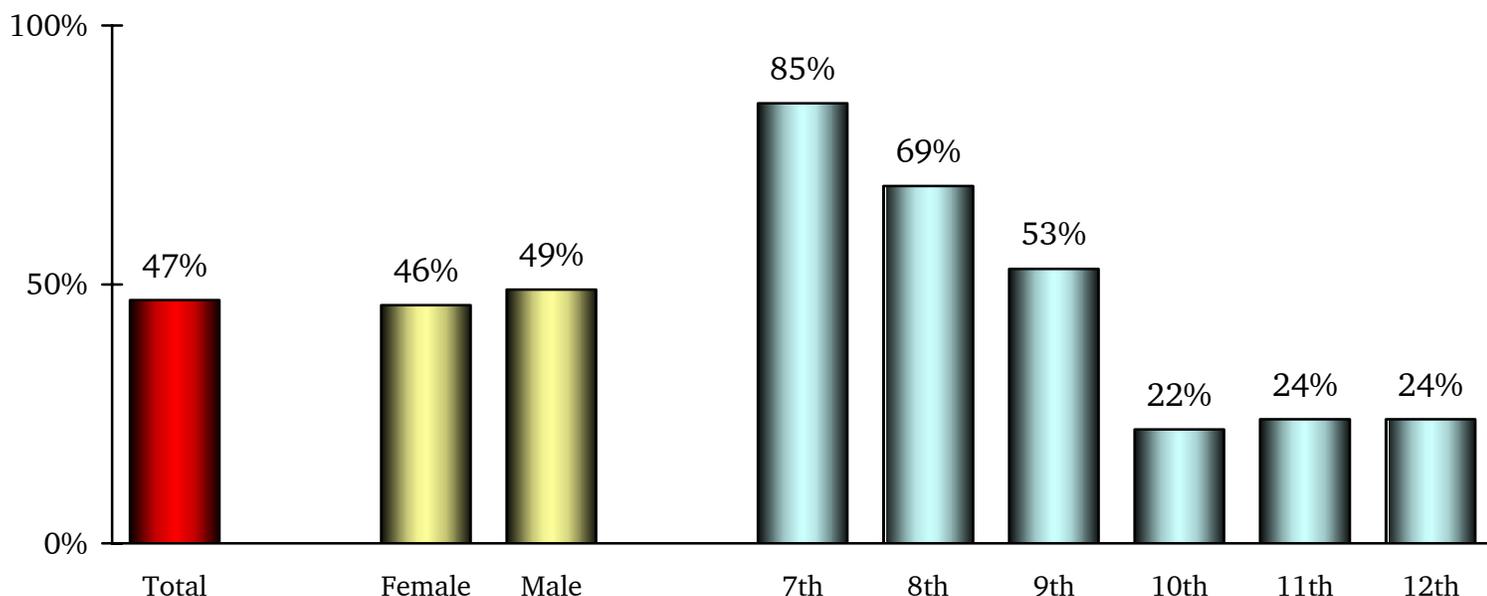


Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.

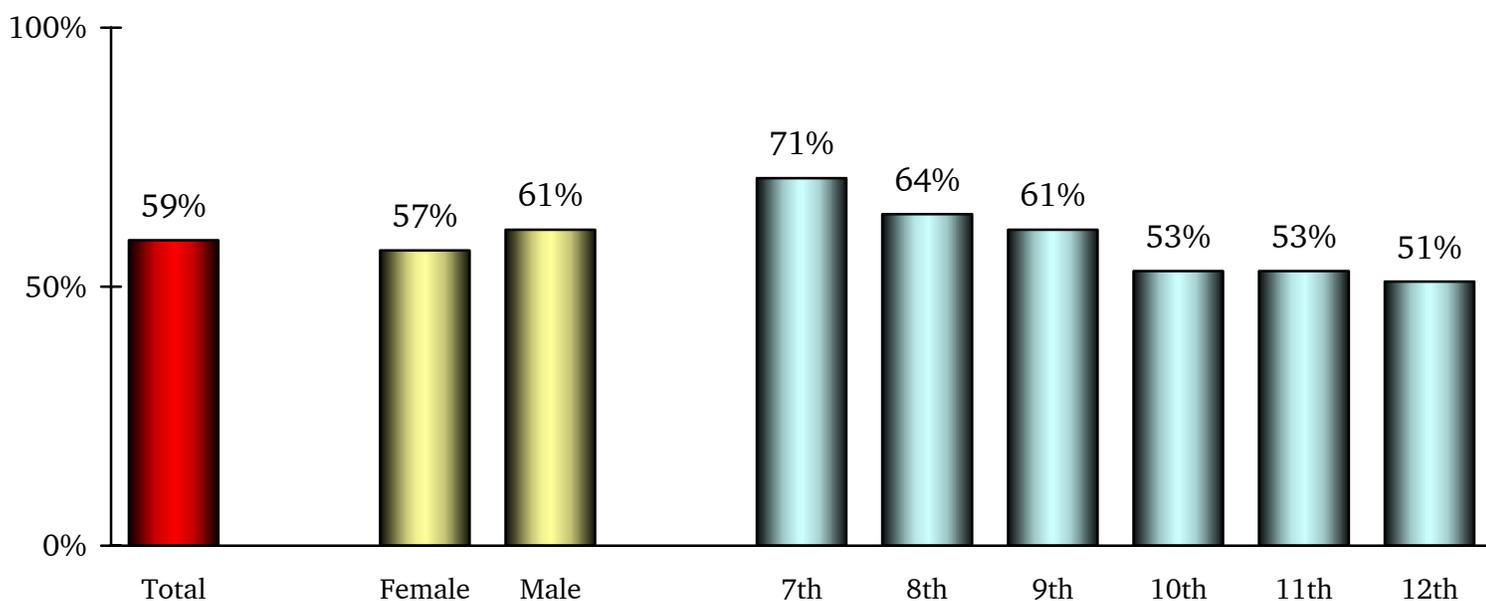


2004-2005 Independence County Youth Health Survey

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



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



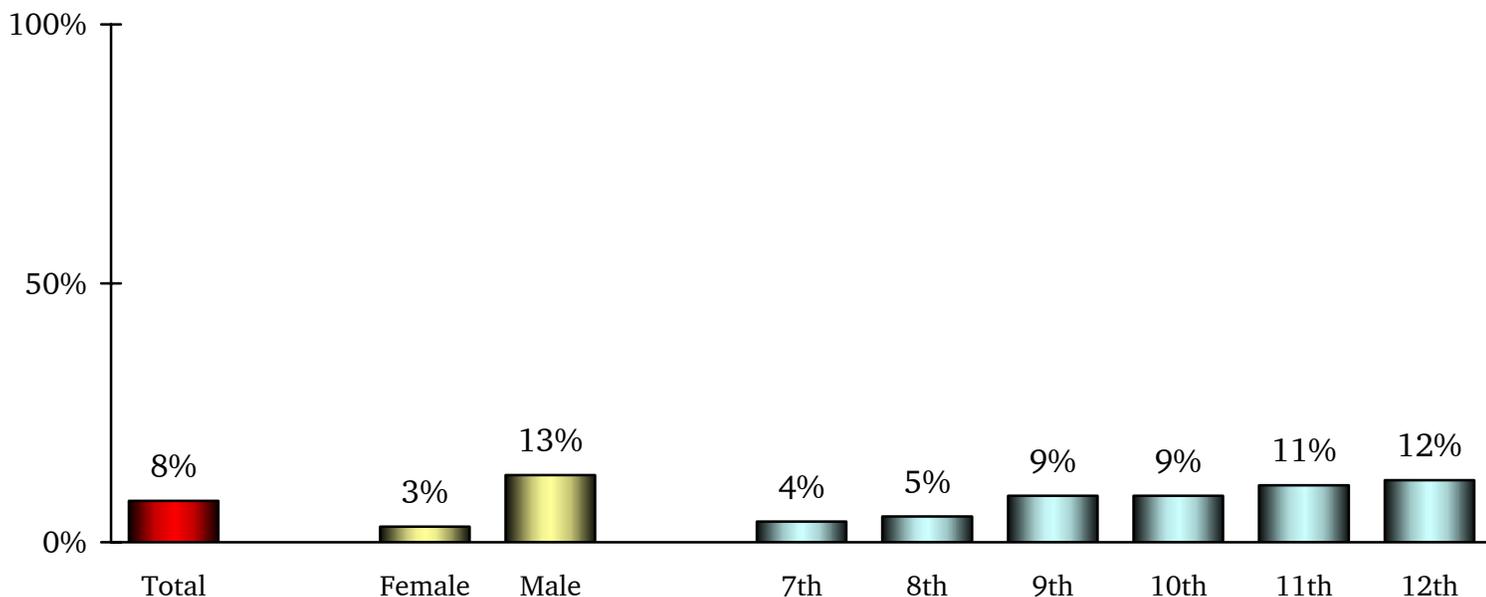
2004-2005 Independence County Youth Health Survey

■ Violence-Related Behaviors at School

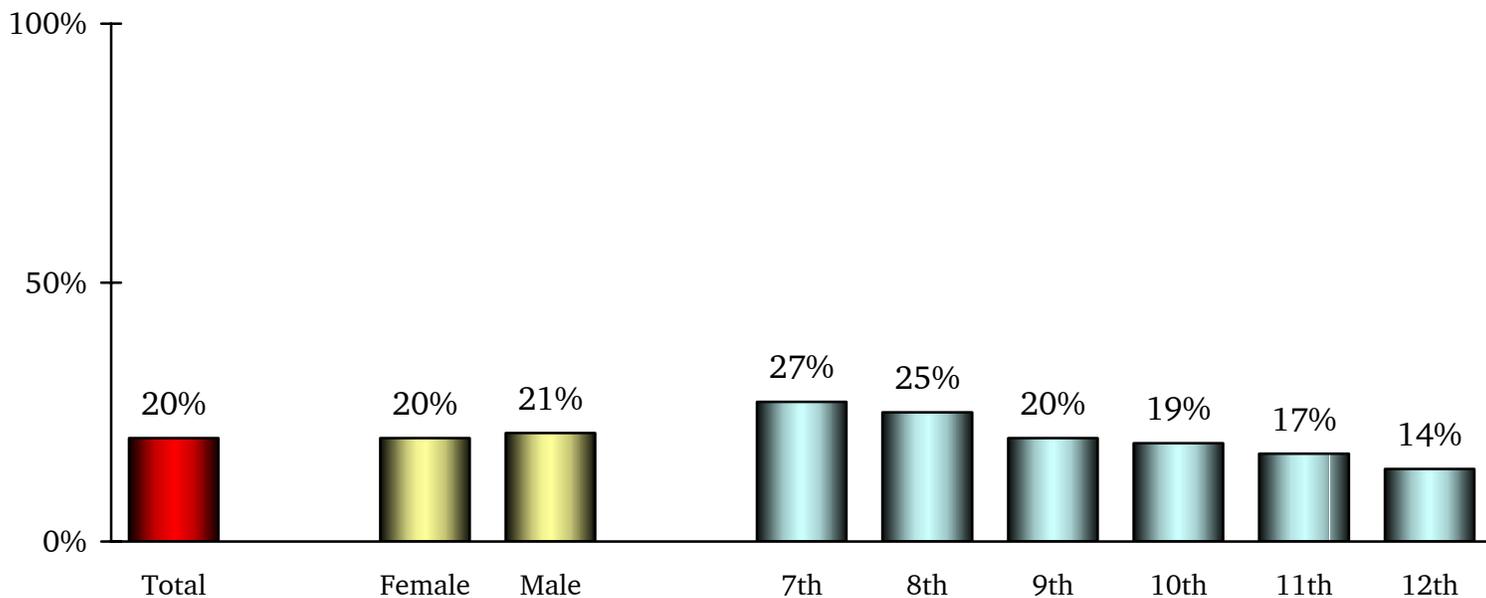
These questions measure violence related behaviors at school.

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.

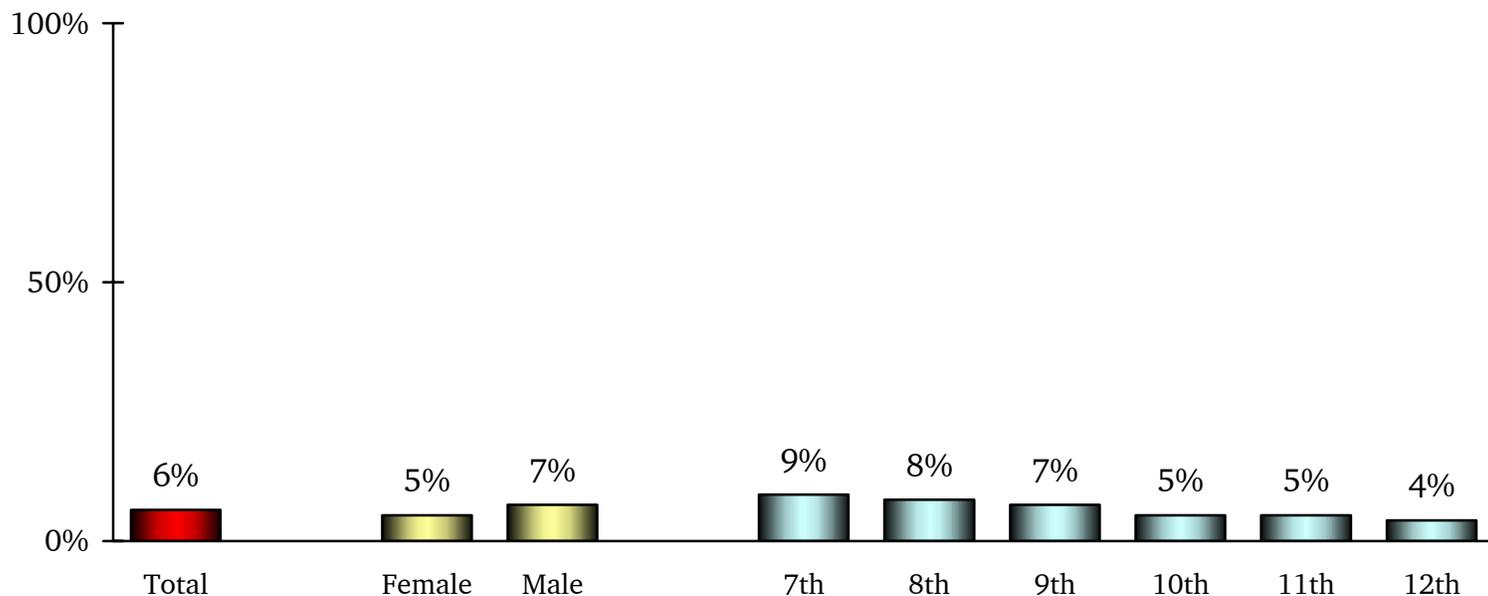


Percentage of students who have had their property stolen or deliberately damaged during the past 12 months?

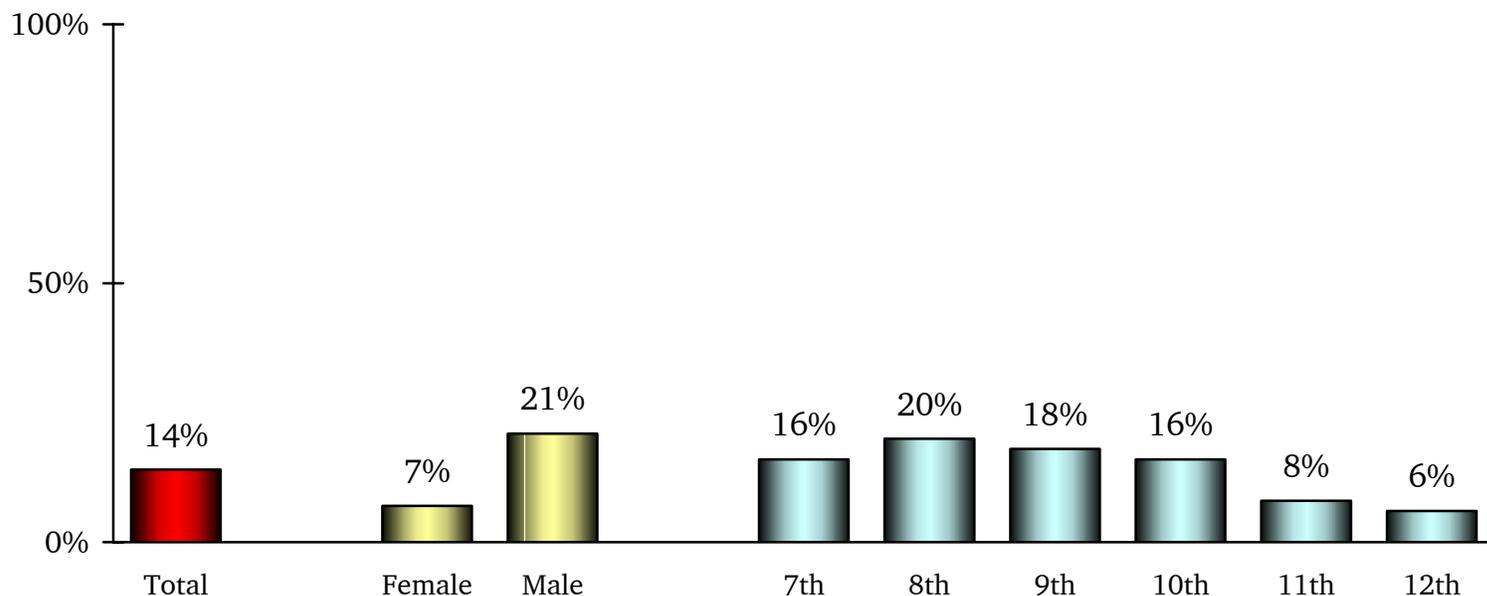


2004-2005 Independence County Youth Health Survey

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.

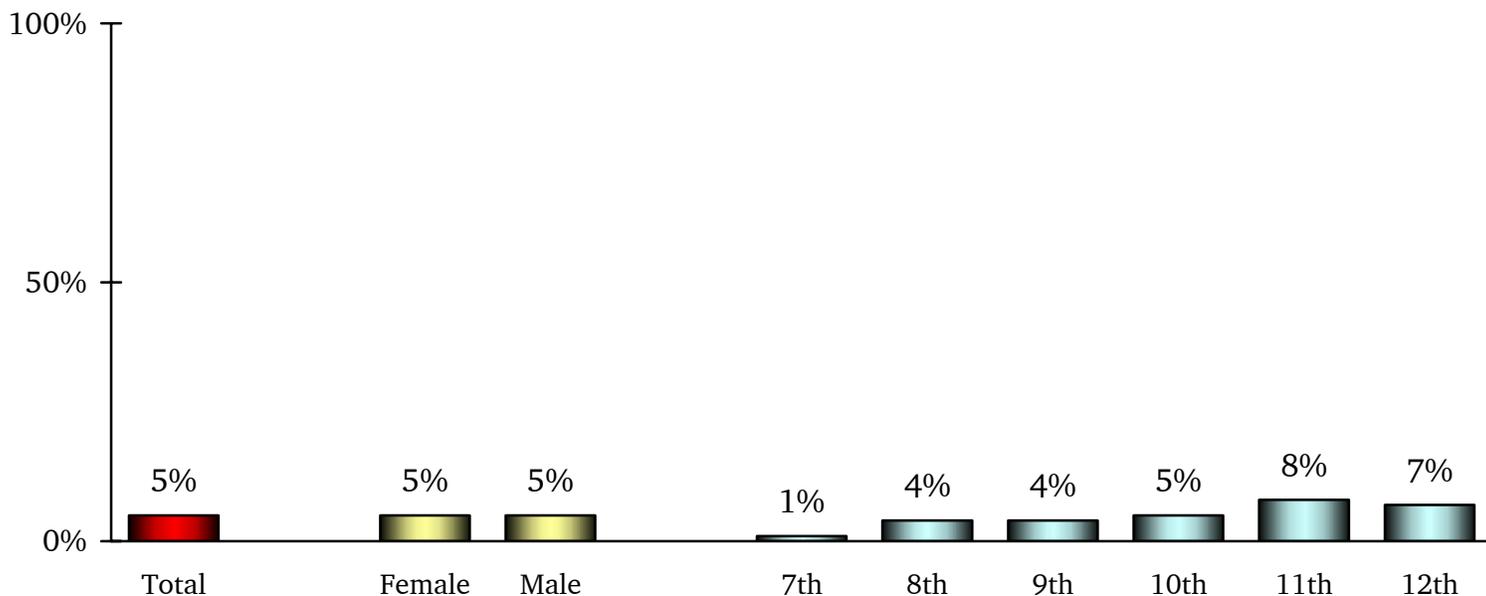


2004-2005 Independence County Youth Health Survey

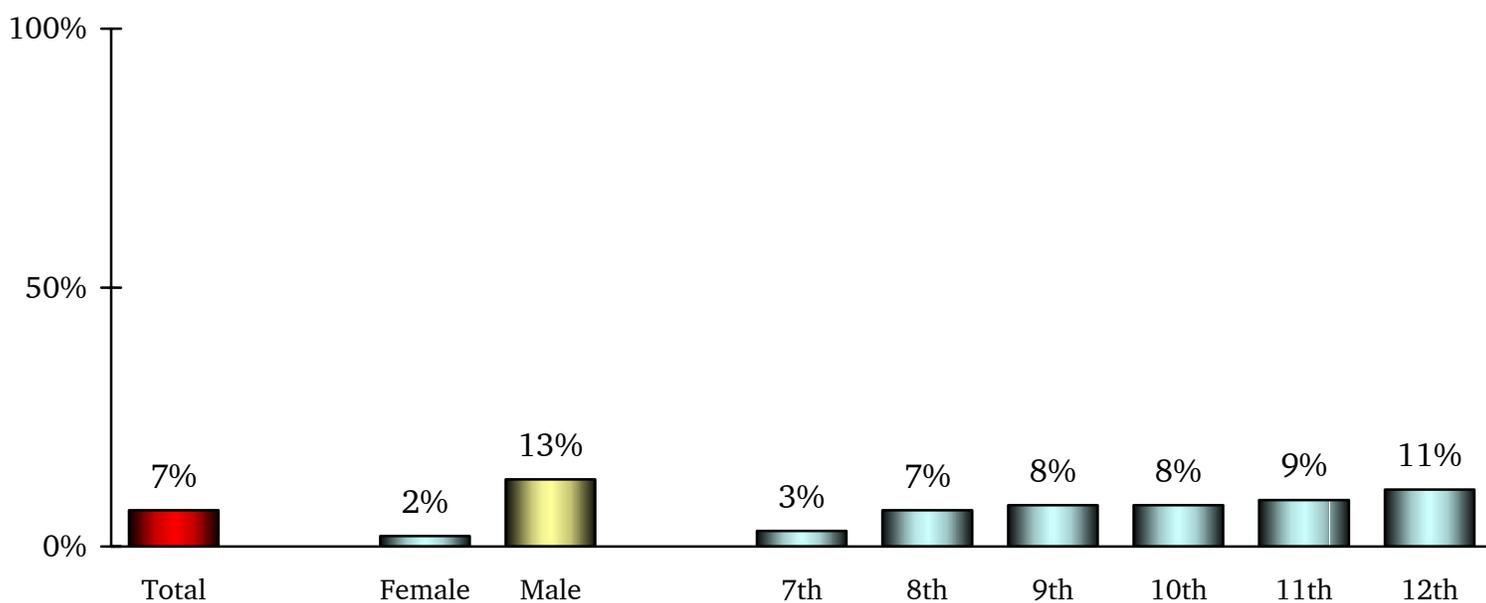
■ Tobacco Use at School

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

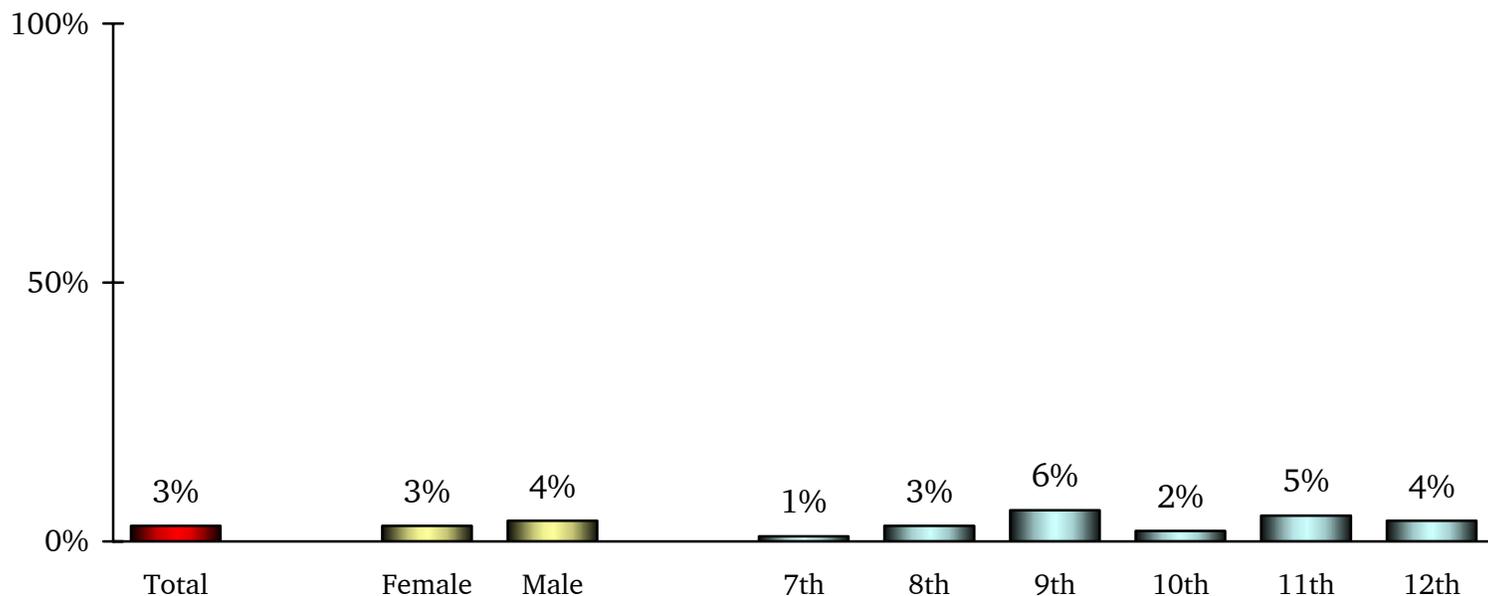


2004-2005 Independence County Youth Health Survey

■ Alcohol Use at School

This question measures alcohol use on school property.

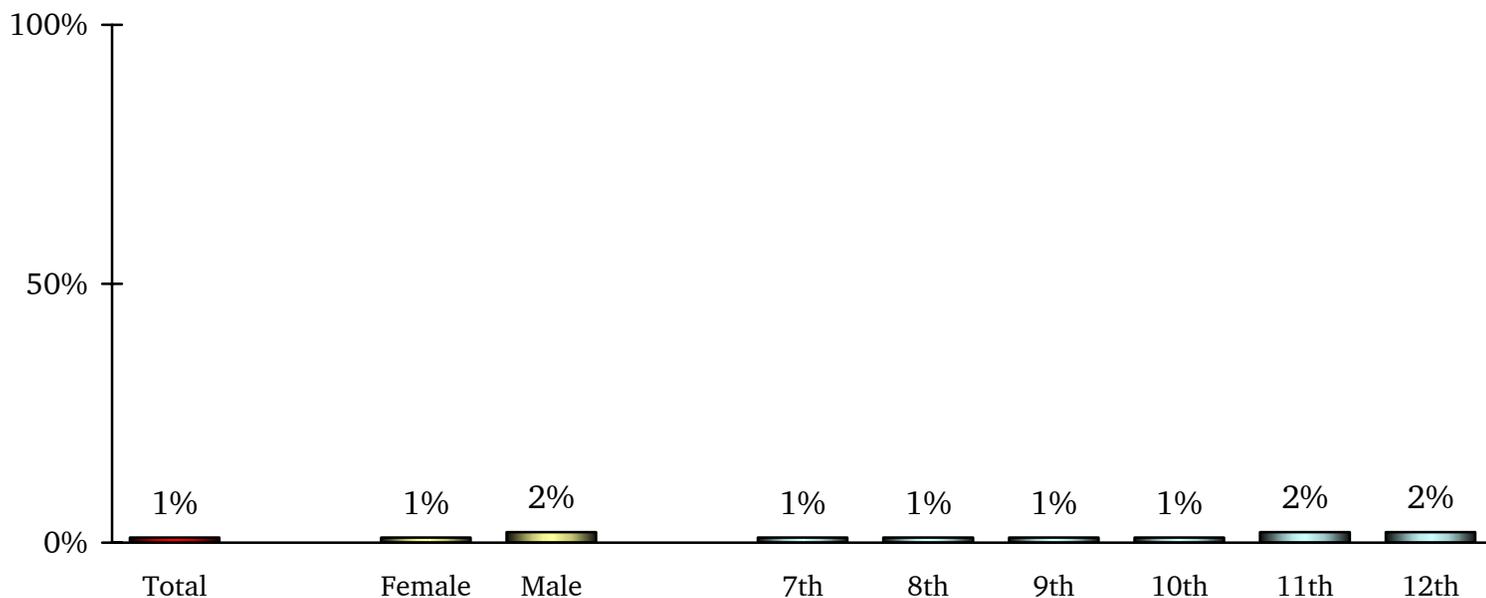
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



■ Drug Use at School

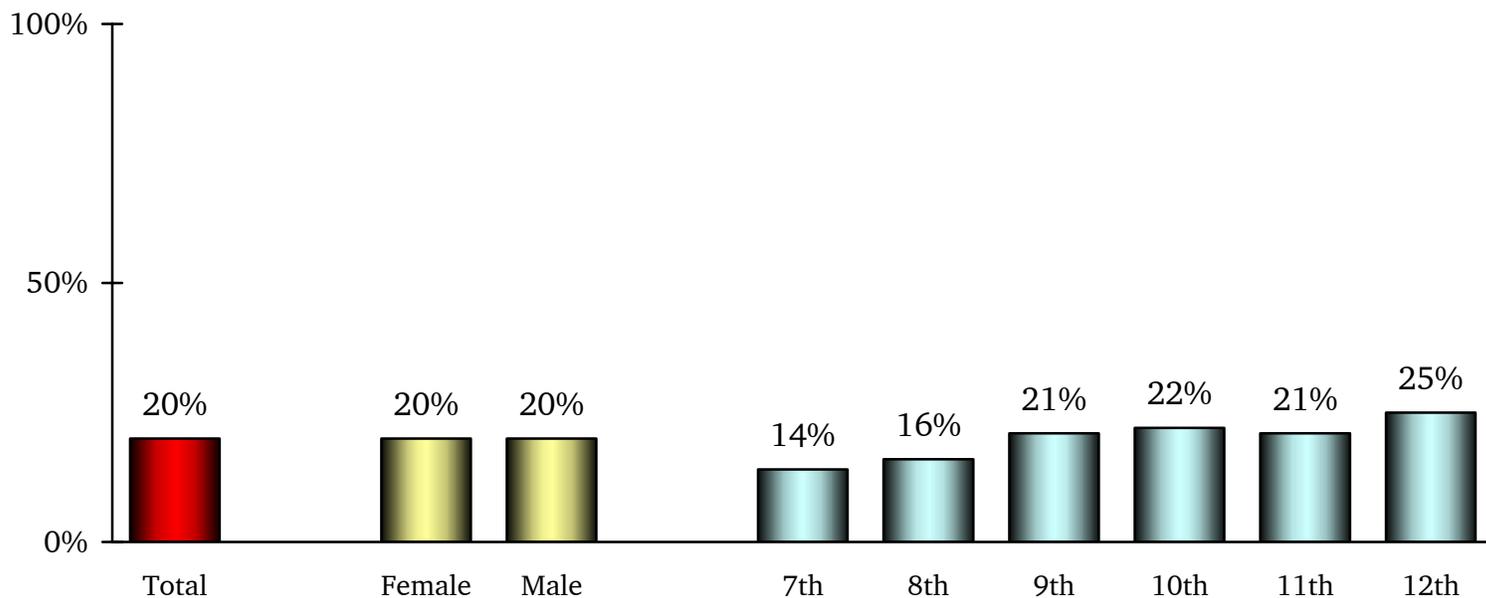
These questions measure drug use and availability on school property.

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



2004-2005 Independence County Youth Health Survey

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



2004-2005 Independence County Youth Health Survey

2004-2005 Independence County Youth Health Survey Questionnaire

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	183	10
13	291	15
14	343	18
15	322	17
16	312	16
17	317	17
18 OR OLDER	130	7

Frequency Missing = 6

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	934	49
MALE	961	51

Frequency Missing = 9

2004-2005 Independence County Youth Health Survey

3. In what grade are you?		
	Number of Students	Percent of Total
7TH	338	18
8TH	332	18
9TH	326	17
10TH	296	16
11TH	310	17
12TH	271	14

Frequency Missing = 31

5. How do you describe your health in general?		
	Number of Students	Percent of Total
EXCELLENT	388	21
VERY GOOD	636	34
GOOD	671	36
FAIR	168	9
POOR	23	1

Frequency Missing = 18

2004-2005 Independence 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	697	37
NEVER WORE	1060	56
RARELY WORE	49	3
SOMETIMES WORE	38	2
WORE MOST OF THE TIME	19	1
ALWAYS WORE	32	2

Frequency Missing = 9

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	115	6
RARELY	173	9
SOMETIMES	352	19
MOST OF THE TIME	571	30
ALWAYS	676	36

Frequency Missing = 17

2004-2005 Independence 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	1434	76
1 TIME	143	8
2-3 TIMES	175	9
4-5 TIMES	56	3
6+ TIMES	80	4

Frequency Missing = 16

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	1657	90
1 TIME	79	4
2-3 TIMES	65	4
4-5 TIMES	15	1
6+ TIMES	27	1

Frequency Missing = 61

2004-2005 Independence 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	1276	70
1 TIME	96	5
2-3 TIMES	99	5
4-5 TIMES	54	3
6+ TIMES	299	16

Frequency Missing = 80

13. During the past 30 days, on how many days did you carry a gun?		
	Number of Students	Percent of Total
0 TIMES	1530	83
1 TIME	90	5
2-3 TIMES	81	4
4-5 TIMES	32	2
6+ TIMES	103	6

Frequency Missing = 68

2004-2005 Independence 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	1730	92
1 TIME	36	2
2-3 TIMES	38	2
4-5 TIMES	6	0
6+ TIMES	75	4

Frequency Missing = 19

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	1813	95
1 TIME	46	2
2-3 TIMES	25	1
4-5 TIMES	4	0
6+ TIMES	13	1

Frequency Missing = 3

2004-2005 Independence 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	1763	94
1 TIME	62	3
2-3 TIMES	28	1
4-5 TIMES	12	1
6-7 TIMES	8	0
8-9 TIMES	4	0
12+ TIMES	8	0

Frequency Missing = 19

2004-2005 Independence County Youth Health Survey

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	1510	80
1 TIME	215	11
2-3 TIMES	106	6
4-5 TIMES	35	2
6-7 TIMES	9	0
8-9 TIMES	2	0
10-11 TIMES	2	0
12+ TIMES	19	1

Frequency Missing = 6

2004-2005 Independence 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	1264	68
1 TIME	231	13
2-3 TIMES	213	12
4-5 TIMES	58	3
6-7 TIMES	29	2
8-9 TIMES	9	0
10-11 TIMES	8	0
12+ TIMES	35	2

Frequency Missing = 57

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	1803	97
1 TIME	37	2
2-3 TIMES	8	0
4-5 TIMES	2	0
6+ TIMES	3	0

Frequency Missing = 51

2004-2005 Independence 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	1624	86
1 TIME	147	8
2-3 TIMES	91	5
4-5 TIMES	15	1
6-7 TIMES	9	0
8-9 TIMES	2	0
10-11 TIMES	1	0
12+ TIMES	9	0

Frequency Missing = 6

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	185	10
NO	1699	90

Frequency Missing = 20

2004-2005 Independence 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	159	8
NO	1732	92

Frequency Missing = 13

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	525	28
NO	1375	72

Frequency Missing = 4

24. During the past 12 months, did you ever seriously consider attempting suicide?		
	Number of Students	Percent of Total
YES	295	17
NO	1487	83

Frequency Missing = 122

2004-2005 Independence 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	252	13
NO	1631	87

Frequency Missing = 21

26. During the past 12 months, how many times did you actually attempt suicide?		
	Number of Students	Percent of Total
0 TIMES	1475	92
1 TIME	59	4
2-3 TIMES	39	2
4-5 TIMES	14	1
6+ TIMES	8	1

Frequency Missing = 309

2004-2005 Independence 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	1477	91
YES	45	3
NO	110	7

Frequency Missing = 272

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

	Number of Students	Percent of Total
YES	1025	56
NO	811	44

Frequency Missing = 68

2004-2005 Independence 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	1045	57
8 OR YOUNGER	118	6
AGE 9-10	140	8
AGE 11-12	187	10
AGE 13-14	218	12
AGE 15-16	112	6
17 OR OLDER	21	1

Frequency Missing = 63

30. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	1378	77
1-2 DAYS	88	5
3-5 DAYS	32	2
6-9 DAYS	35	2
10-19 DAYS	45	3
20-29 DAYS	56	3
ALL 30 DAYS	161	9

Frequency Missing = 109

2004-2005 Independence 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	1374	77
LT 1 PER DAY	62	3
1/DAY	63	4
2-5/DAY	177	10
6-10/DAY	67	4
11-20/DAY	38	2
21+ /DAY	10	1

Frequency Missing = 113

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	1377	77
STORE BOUGHT	92	5
MACHINE BOUGHT	8	0
SOMEONE ELSE BOUGHT	130	7
BORROWED THEM	69	4
PERSON 18 OR OLDER GAVE THEM	40	2
TOOK FROM A STORE OR FAMILY MEMBER	25	1
SOME OTHER WAY	55	3

Frequency Missing = 108

2004-2005 Independence 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	1776	95
1-2 DAYS	47	3
3-5 DAYS	17	1
6-9 DAYS	9	0
10-19 DAYS	8	0
20-29 DAYS	3	0
ALL 30 DAYS	6	0

Frequency Missing = 38

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	343	19
NO	1504	81

Frequency Missing = 57

2004-2005 Independence County Youth Health Survey

35. Have you ever tried to quit smoking cigarettes?		
	Number of Students	Percent of Total
N/A	1267	71
YES	338	19
NO	185	10

Frequency Missing = 114

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	1646	88
1-2 DAYS	57	3
3-5 DAYS	33	2
6-9 DAYS	29	2
10-19 DAYS	24	1
20-29 DAYS	9	0
ALL 30 DAYS	74	4

Frequency Missing = 32

2004-2005 Independence 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	1728	93
1-2 DAYS	41	2
3-5 DAYS	21	1
6-9 DAYS	20	1
10-19 DAYS	19	1
20-29 DAYS	5	0
ALL 30 DAYS	34	2

Frequency Missing = 36

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	1687	89
1-2 DAYS	114	6
3-5 DAYS	44	2
6-9 DAYS	18	1
10-19 DAYS	15	1
20-29 DAYS	7	0
ALL 30 DAYS	12	1

Frequency Missing = 7

2004-2005 Independence 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	617	37
1-2 DAYS	175	11
3-9 DAYS	235	14
10-19 DAYS	175	11
20-39 DAYS	150	9
40-99 DAYS	132	8
100+ DAYS	182	11

Frequency Missing = 238

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	602	36
8 OR YOUNGER	191	11
AGE 9-10	136	8
AGE 11-12	238	14
AGE 13-14	319	19
AGE 15-16	150	9
17 OR OLDER	27	2

Frequency Missing = 241

2004-2005 Independence 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	1157	65
1-2 DAYS	305	17
3-5 DAYS	140	8
6-9 DAYS	91	5
10-19 DAYS	63	4
20-29 DAYS	19	1
ALL 30 DAYS	11	1

Frequency Missing = 118

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	1433	78
1 DAY	155	8
2 DAYS	90	5
3-5 DAYS	90	5
6-9 DAYS	44	2
10-19 DAYS	26	1
20+ DAYS	10	1

Frequency Missing = 56

2004-2005 Independence 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	1805	97
1-2 DAYS	54	3
3-5 DAYS	8	0
6-9 DAYS	1	0
10-19 DAYS	2	0

Frequency Missing = 34

44. During you life, how many times have you used marijuana?		
	Number of Students	Percent of Total
0 TIMES	1336	72
1-2 TIMES	152	8
3-9 TIMES	92	5
10-19 TIMES	60	3
20-39 TIMES	47	3
40-99 TIMES	57	3
100+ TIMES	110	6

Frequency Missing = 50

2004-2005 Independence 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	1335	72
8 OR YOUNGER	39	2
AGE 9-10	57	3
AGE 11-12	111	6
AGE 13-14	185	10
AGE 15-16	112	6
17 OR OLDER	20	1

Frequency Missing = 45

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	1649	89
1-2 TIMES	83	4
3-9 TIMES	45	2
10-19 TIMES	25	1
20-39 TIMES	22	1
40+ TIMES	26	1

Frequency Missing = 54

2004-2005 Independence 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	1843	99
1-2 TIMES	15	1
3-9 TIMES	6	0
10-19 TIMES	3	0
40+ TIMES	1	0

Frequency Missing = 36

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	1760	94
1-2 TIMES	51	3
3-9 TIMES	25	1
10-19 TIMES	14	1
20-39 TIMES	9	0
40+ TIMES	15	1

Frequency Missing = 30

2004-2005 Independence 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	1825	98
1-2 TIMES	20	1
3-9 TIMES	10	1
10-19 TIMES	4	0
20-39 TIMES	2	0
40+ TIMES	3	0

Frequency Missing = 40

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	1562	83
1-2 TIMES	144	8
3-9 TIMES	92	5
10-19 TIMES	47	2
20-39 TIMES	10	1
40+ TIMES	27	1

Frequency Missing = 22

2004-2005 Independence County Youth Health Survey

51. 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	1840	98
1-2 TIMES	19	1
3-9 TIMES	9	0
10-19 TIMES	4	0
20-39 TIMES	3	0
40+ TIMES	4	0

Frequency Missing = 25

52. 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	1749	94
1-2 TIMES	47	3
3-9 TIMES	24	1
10-19 TIMES	17	1
20-39 TIMES	7	0
40+ TIMES	17	1

Frequency Missing = 43

2004-2005 Independence County Youth Health Survey

53. During your life, how many times have you used ecstasy?		
	Number of Students	Percent of Total
0 TIMES	1792	95
1-2 TIMES	52	3
3-9 TIMES	19	1
10-19 TIMES	4	0
20-39 TIMES	7	0
40+ TIMES	8	0

Frequency Missing = 22

54. 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	1793	95
1-2 TIMES	35	2
3-9 TIMES	25	1
10-19 TIMES	11	1
20-39 TIMES	8	0
40+ TIMES	7	0

Frequency Missing = 25

2004-2005 Independence County Youth Health Survey

55. 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	1839	98
1 TIME	20	1
2+ TIMES	11	1

Frequency Missing = 34

56. 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	368	20
NO	1501	80

Frequency Missing = 35

57. Have you ever had sexual intercourse?		
	Number of Students	Percent of Total
YES	650	37
NO	1105	63

Frequency Missing = 149

2004-2005 Independence County Youth Health Survey

58. How old were you when you had sexual intercourse for the first time?		
	Number of Students	Percent of Total
NEVER	1107	63
AGE 11 OR YOUNGER	85	5
AGE 12	66	4
AGE 13	105	6
AGE 14	136	8
AGE 15	138	8
AGE 16	95	5
AGE 17+	37	2

Frequency Missing = 135

59. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	1116	63
1 PERSON	241	14
2 PEOPLE	142	8
3 PEOPLE	85	5
4 PEOPLE	40	2
5 PEOPLE	36	2
6 OR MORE PEOPLE	104	6

Frequency Missing = 140

2004-2005 Independence County Youth Health Survey

60. During the past 3 months, with how many people did you have sexual intercourse?		
	Number of Students	Percent of Total
NONE AT ALL	1108	63
NONE IN PAST 3 MONTHS	218	12
1 PERSON	322	18
2 PEOPLE	51	3
3 PEOPLE	28	2
4 PEOPLE	8	0
5 PEOPLE	10	1
6 OR MORE PEOPLE	13	1

Frequency Missing = 146

61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
	Number of Students	Percent of Total
N/A	1108	63
YES	143	8
NO	500	29

Frequency Missing = 153

2004-2005 Independence County Youth Health Survey

62. The last time you had sexual intercourse, did you or your partner use condom?		
	Number of Students	Percent of Total
N/A	1107	64
YES	389	22
NO	246	14

Frequency Missing = 162

63. 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	1108	64
NO BIRTH CONTROL USED	95	5
BIRTH CONTROL PILLS	106	6
CONDOMS	298	17
DEPO-PROVERA	31	2
WITHDRAWAL	56	3
OTHER	22	1
NOT SURE	22	1

Frequency Missing = 166

2004-2005 Independence County Youth Health Survey

64. How do you describe your weight?		
	Number of Students	Percent of Total
VERY UNDERWEIGHT	54	3
SLIGHTLY UNDERWEIGHT	217	12
ABOUT THE RIGHT WEIGHT	988	53
SLIGHTLY OVERWEIGHT	502	27
VERY OVERWEIGHT	99	5

Frequency Missing = 44

65. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	845	45
GAIN WEIGHT	223	12
STAY THE SAME WEIGHT	415	22
NOT TRYING TO DO ANYTHING	377	20

Frequency Missing = 44

66. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	1108	60
NO	740	40

Frequency Missing = 56

2004-2005 Independence County Youth Health Survey

67. 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	732	39
NO	1125	61

Frequency Missing = 47

68. 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	236	13
NO	1624	87

Frequency Missing = 44

2004-2005 Independence County Youth Health Survey

69. 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	126	7
NO	1731	93

Frequency Missing = 47

70. 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	102	6
NO	1732	94

Frequency Missing = 70

2004-2005 Independence County Youth Health Survey

71. 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	561	30
1-3 TIMES	622	33
4-6 TIMES	269	14
ONCE PER DAY	144	8
TWICE PER DAY	124	7
3 TIMES PER DAY	55	3
4+ TIMES PER DAY	86	5

Frequency Missing = 43

72. During the past 7 days, how many times did you eat fruit?		
	Number of Students	Percent of Total
NONE	410	22
1-3 TIMES	782	42
4-6 TIMES	305	16
ONCE PER DAY	144	8
TWICE PER DAY	109	6
3 TIMES PER DAY	47	3
4+ TIMES PER DAY	56	3

Frequency Missing = 51

2004-2005 Independence County Youth Health Survey

73. During the past 7 days, how many times did you eat green salad?		
	Number of Students	Percent of Total
NONE	768	42
1-3 TIMES	694	38
4-6 TIMES	232	13
ONCE PER DAY	92	5
TWICE PER DAY	27	1
3 TIMES PER DAY	11	1
4+ TIMES PER DAY	24	1

Frequency Missing = 56

74. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	523	28
1-3 TIMES	883	48
4-6 TIMES	291	16
ONCE PER DAY	88	5
TWICE PER DAY	39	2
3 TIMES PER DAY	8	0
4+ TIMES PER DAY	22	1

Frequency Missing = 50

2004-2005 Independence County Youth Health Survey

75. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	1081	58
1-3 TIMES	572	31
4-6 TIMES	112	6
ONCE PER DAY	44	2
TWICE PER DAY	17	1
3 TIMES PER DAY	7	0
4+ TIMES PER DAY	20	1

Frequency Missing = 51

76. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	400	22
1-3 TIMES	718	39
4-6 TIMES	377	21
ONCE PER DAY	164	9
TWICE PER DAY	101	5
3 TIMES PER DAY	34	2
4+ TIMES PER DAY	43	2

Frequency Missing = 67

2004-2005 Independence County Youth Health Survey

77. During the past 7 days, how many glasses of milk did you drink?		
	Number of Students	Percent of Total
NONE	332	18
1-3 TIMES	451	24
4-6 TIMES	356	19
ONCE PER DAY	207	11
TWICE PER DAY	232	13
3 TIMES PER DAY	118	6
4+ TIMES PER DAY	145	8

Frequency Missing = 63

2004-2005 Independence County Youth Health Survey

78. 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 and other aerobic activities?

	Number of Students	Percent of Total
0 DAYS	366	20
1 DAY	153	8
2 DAYS	194	11
3 DAYS	191	10
4 DAYS	111	6
5 DAYS	234	13
6 DAYS	126	7
7 DAYS	458	25

Frequency Missing = 71

2004-2005 Independence County Youth Health Survey

79. 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	660	36
1 DAY	232	13
2 DAYS	228	13
3 DAYS	183	10
4 DAYS	99	5
5 DAYS	108	6
6 DAYS	54	3
7 DAYS	255	14

Frequency Missing = 85

2004-2005 Independence County Youth Health Survey

80. During the past 7 days,
on how many days were you
physically active for
a total of at
least 60 minutes per day?

	Number of Students	Percent of Total
0 DAYS	496	27
1 DAY	212	11
2 DAYS	174	9
3 DAYS	164	9
4 DAYS	118	6
5 DAYS	222	12
6 DAYS	86	5
7 DAYS	375	20

Frequency Missing = 57

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

	Number of Students	Percent of Total
NO TV	168	9
LT ONE HOUR	317	17
1 HOUR	268	15
2 HOURS	420	23
3 HOURS	303	17
4 HOURS	143	8
5+ HOURS	212	12

Frequency Missing = 73

2004-2005 Independence County Youth Health Survey

82. 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	892	53
1 DAY	44	3
2 DAYS	80	5
3 DAYS	136	8
4 DAYS	16	1
5 DAYS	524	31

Frequency Missing = 212

83. 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	892	52
LT 10 MINUTES	36	2
10-20 MINUTES	55	3
21-30 MINUTES	73	4
31-40 MINUTES	122	7
41-50 MINUTES	213	12
51-60 MINUTES	99	6
OVER 60 MINUTES	226	13

Frequency Missing = 188

2004-2005 Independence County Youth Health Survey

84. During the past 12 months, on how many sports teams did you play?		
	Number of Students	Percent of Total
0 TEAMS	750	41
1 TEAM	474	26
2 TEAMS	306	17
3+ TEAMS	293	16

Frequency Missing = 81

85. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	1453	81
NO	192	11
NOT SURE	153	9

Frequency Missing = 106

86. Has a doctor or nurse ever told you that you have asthma?		
	Number of Students	Percent of Total
Yes	275	15
No	1447	80
No Sure	86	5

Frequency Missing = 96

2004-2005 Independence County Youth Health Survey

87. During the past 12 months, have you had an episode of asthma or an asthma attack?

	Number of Students	Percent of Total
I do not have asthma	1472	82
No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months	147	8
Yes, I have had an episode of asthma or an asthma attack during the past 12 months	106	6
Not sure	81	4

Frequency Missing = 98

Internet Resources for Educators, Parents, and Teens

2004-2005 Independence County Youth Health Survey

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>

2004-2005 Independence County Youth Health Survey

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>