

2004-2005 Little River County Youth Health Survey

Coordinated by:

Little River County Hometown Health Improvement

and

Arkansas Department of Health
Center for Health Statistics

July, 2005

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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 March, 2005, 778 seventh through twelfth grade students throughout Little River County public schools completed usable CYHS questionnaires. The information provided by those students is presented in this report.

Why did Little River County conduct the CYHS?

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

The CYHS will help Little River County identify students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Little River 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 Little River 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 Little River 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 March, 2005, seventh through twelfth grade students enrolled in Little River 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 Little River County schools' students participated in the survey:

- Ashdown
- Foreman

About This Report

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

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- Students' answers;
- Percentage of CYHS participants giving those answers; and
- Major summary findings.

How Results Can Be Interpreted

Little River County's 2004-2005 County Youth Health Survey is a "snapshot in time" showing those health-risk behaviors reported by Little River County students in March, 2005. 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 Little River County schools who so graciously gave of their time and energy to see this survey through to its completion;
- The Little River 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;
- 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 Little River County's 2004-2005 CYHS data may request additional data from:

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Carole Mashburn
150 Keller
Ashdown, AR 71822

870-898-3831
cmashburn@healthyarkansas.com

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

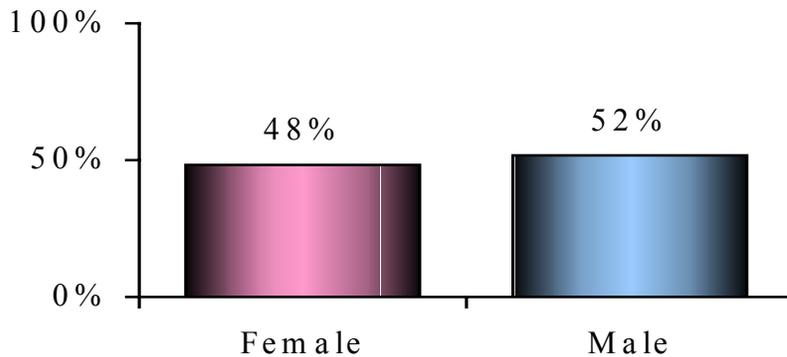
Arkansas Center for Health Statistics
Sharon Rose Donovan, Lead Programmer Analyst
Ph. (501) 661-2971
sjudah@healthyarkansas.com

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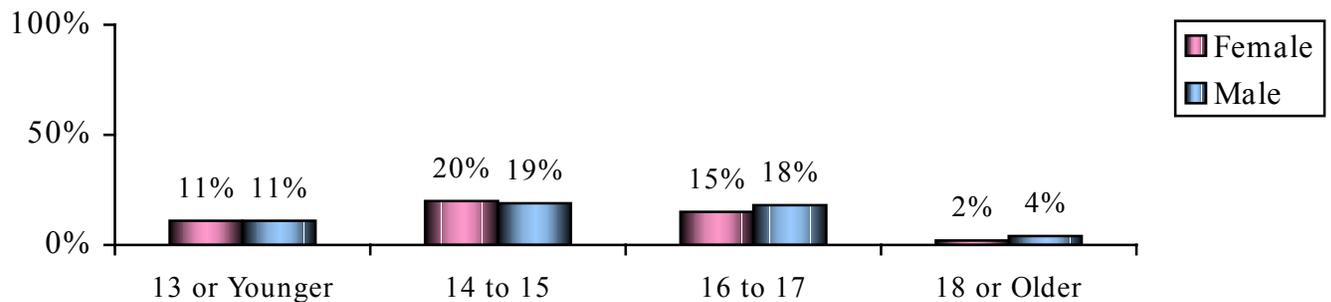
Demographics of survey participants:

Total number of survey participants = 778

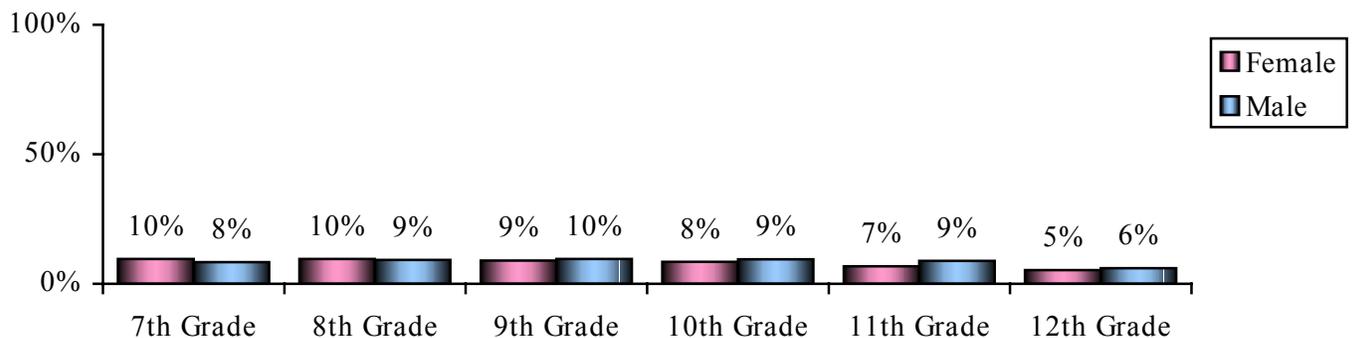
Gender



Age

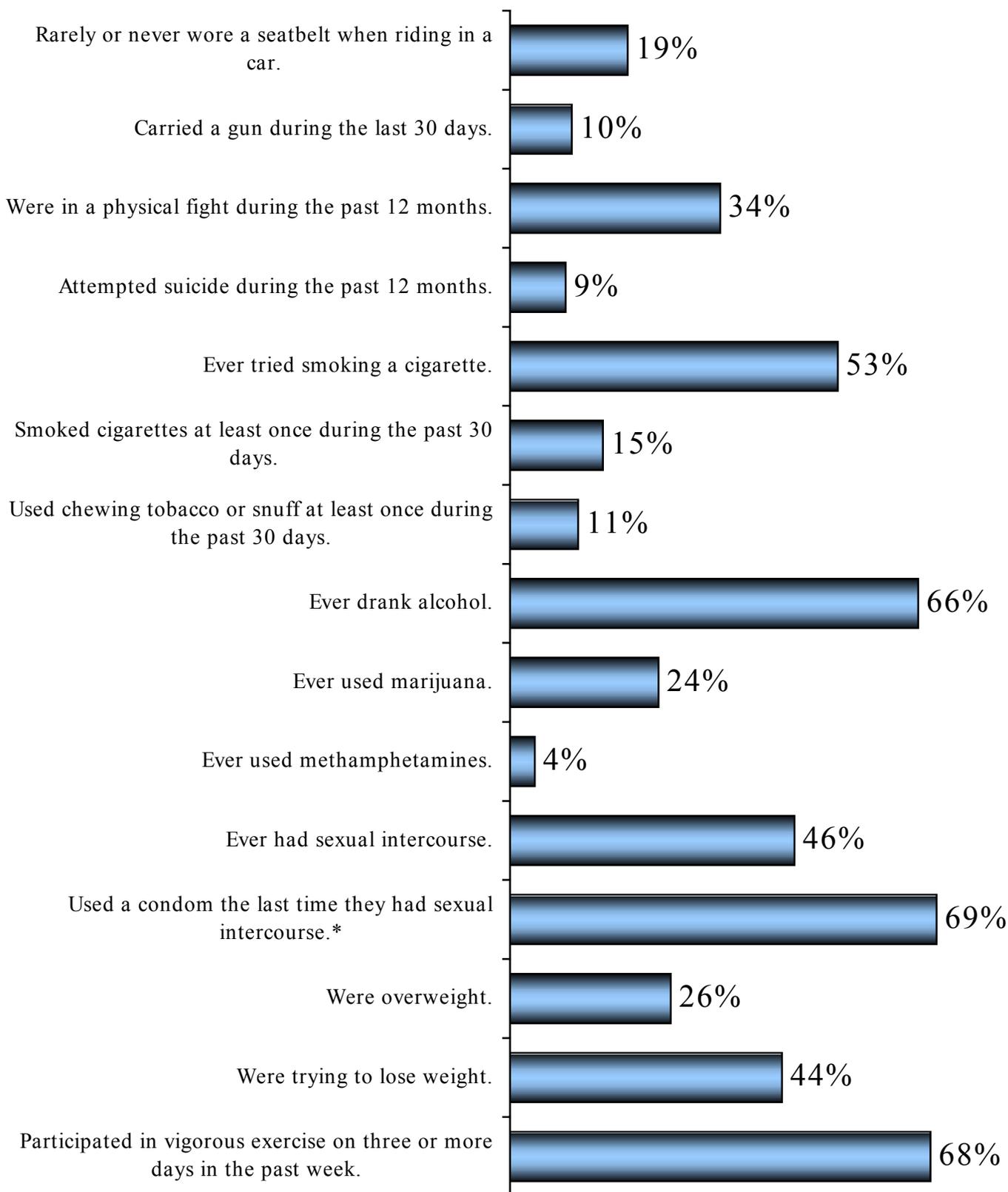


Grade



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Summary of Little River County CYHS Findings Percentage of students who:

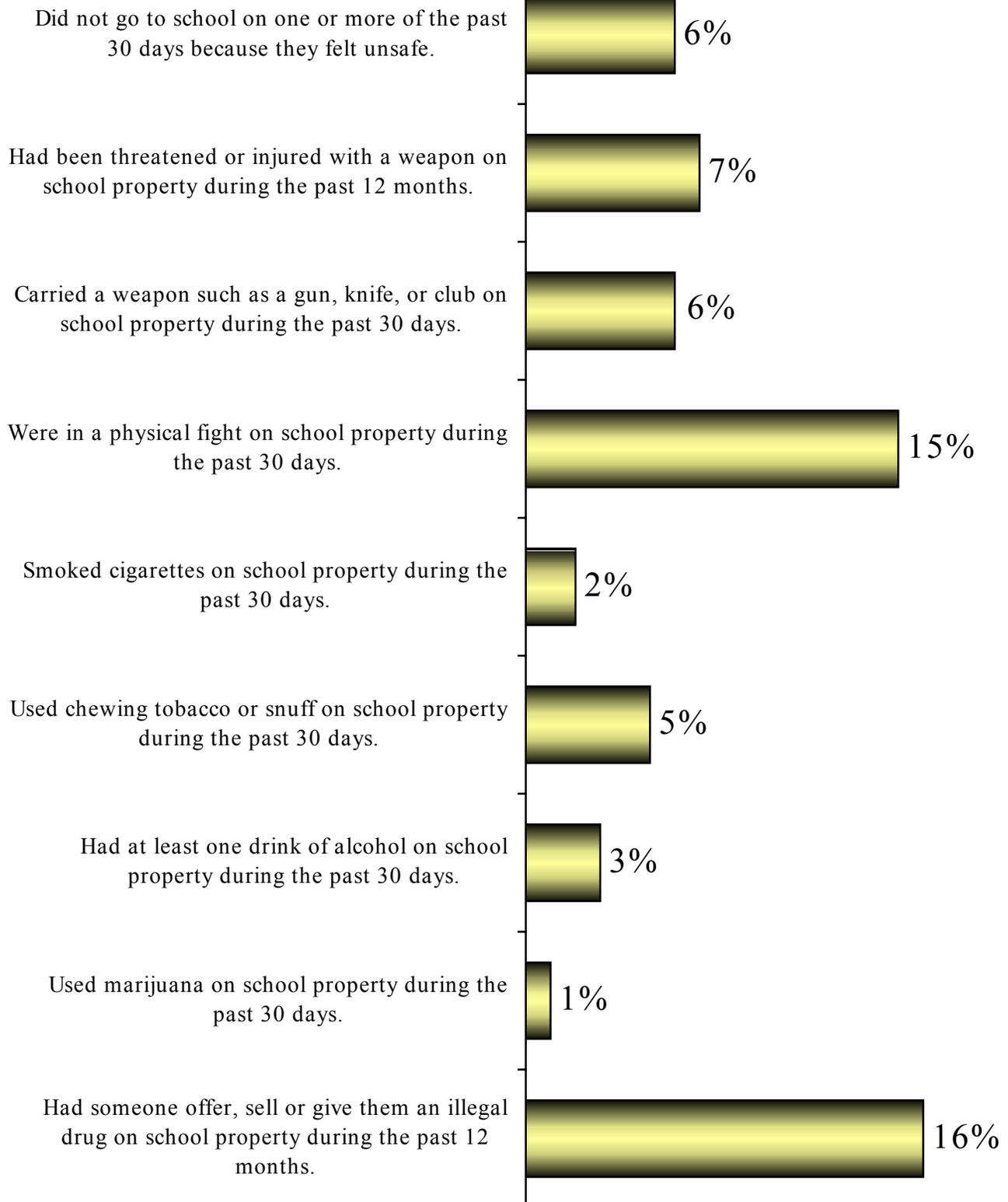


* of those who had ever had sexual intercourse.

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Summary of Behaviors Relating to School Property

Percentage of students who:



Key findings

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

Behaviors that result in injuries

- Ninety-seven 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-nine 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. Nine indicated they had driven a vehicle after drinking alcohol during the past 30 days.
- Twenty-seven percent of students carried a weapon such as a gun, knife, or club in the past 30 days, and 6% 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, 10% had to be treated for injuries sustained while fighting.
- Eleven 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.
- Ten 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

- Thirty 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, 15% had made a plan about how they would attempt suicide, and 9% 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

- Fifty-three percent of the students surveyed said they had tried smoking a cigarette. Fifteen percent reported smoking cigarettes on one or more of the past 30 days. Of the students who smoked during the past month, 59% said they usually smoked two or more cigarettes on the days they smoked, and 25% 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 5% had used it on school property.
- Eight 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-six 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 38% had taken their first drink by the age of 13.
- Thirty-three percent of the students had taken at least one drink of alcohol in the month before the survey, and 19% 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-four percent of the students said they had used marijuana at least once during their lives. Eight percent said they had smoked marijuana at least once during the last month.
- Fifteen 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.
- Four 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.
- Two percent of the students surveyed had taken steroid pills or shots without a doctor's prescription.

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Sexual activity

- Forty-six percent of the students who completed the survey said they had sexual intercourse. Fourteen percent of the students reported having four or more sexual partners during their lifetimes. Of the students who had sexual intercourse, 16% had used drugs or alcohol before their last sexual encounter, and 69% used a condom the last time they had sex.

Dietary behaviors

- Twenty-six 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 26% of the students are considered overweight as measured by BMI, 31% of the students perceived themselves as slightly to very overweight, and 44% reported that they were trying to lose weight.
- Thirty-eight percent of the students ate less during the past 30 days to lose or keep from gaining weight, and 60% exercised, 8% vomited or took laxatives, 7% took diet pills, and 14% went without eating for 24 hours or more to lose weight or keep from gaining weight.

Physical activity

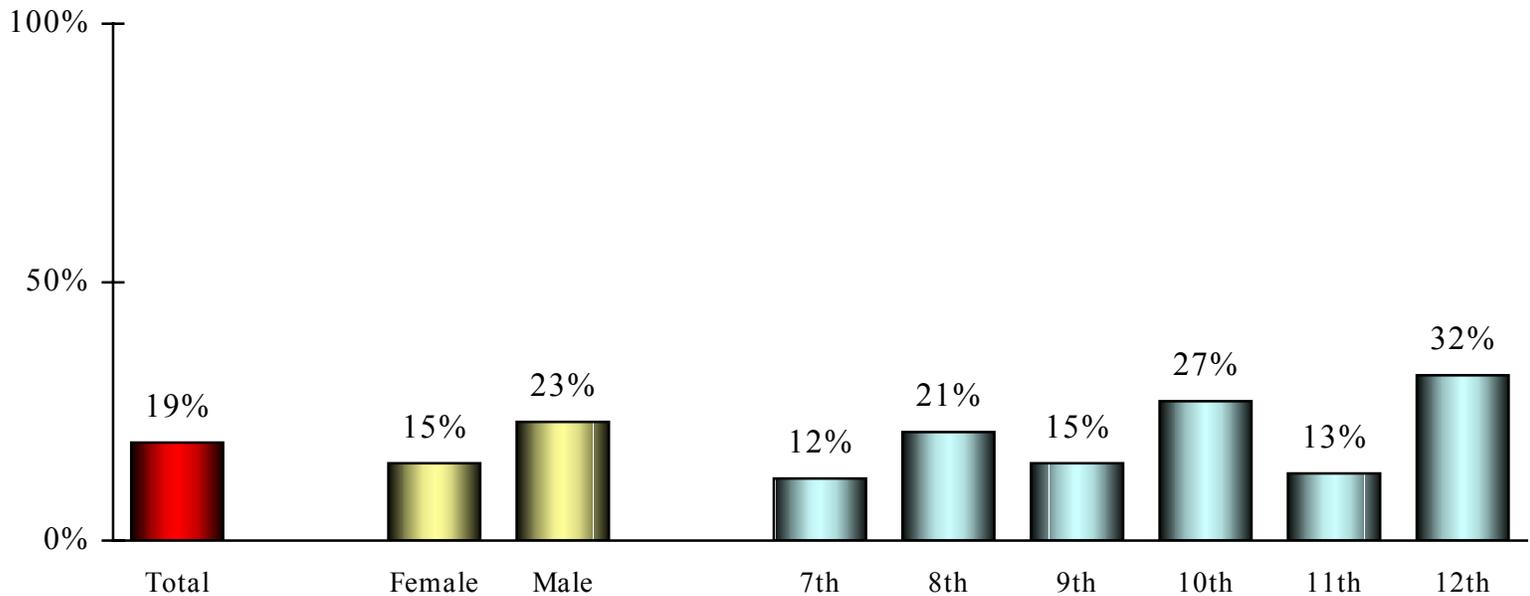
- Sixty-eight percent of the students surveyed said they had participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on three or more of the past 7 days. Forty percent said they participated in a physical activity for at least 30 minutes on three or more days during the past week that did not make them sweat or breathe hard.
- Sixty-one percent of the students attended a physical education (PE) class at least once during an average school week, and 60% said they had played on one or more sports teams during the past year.

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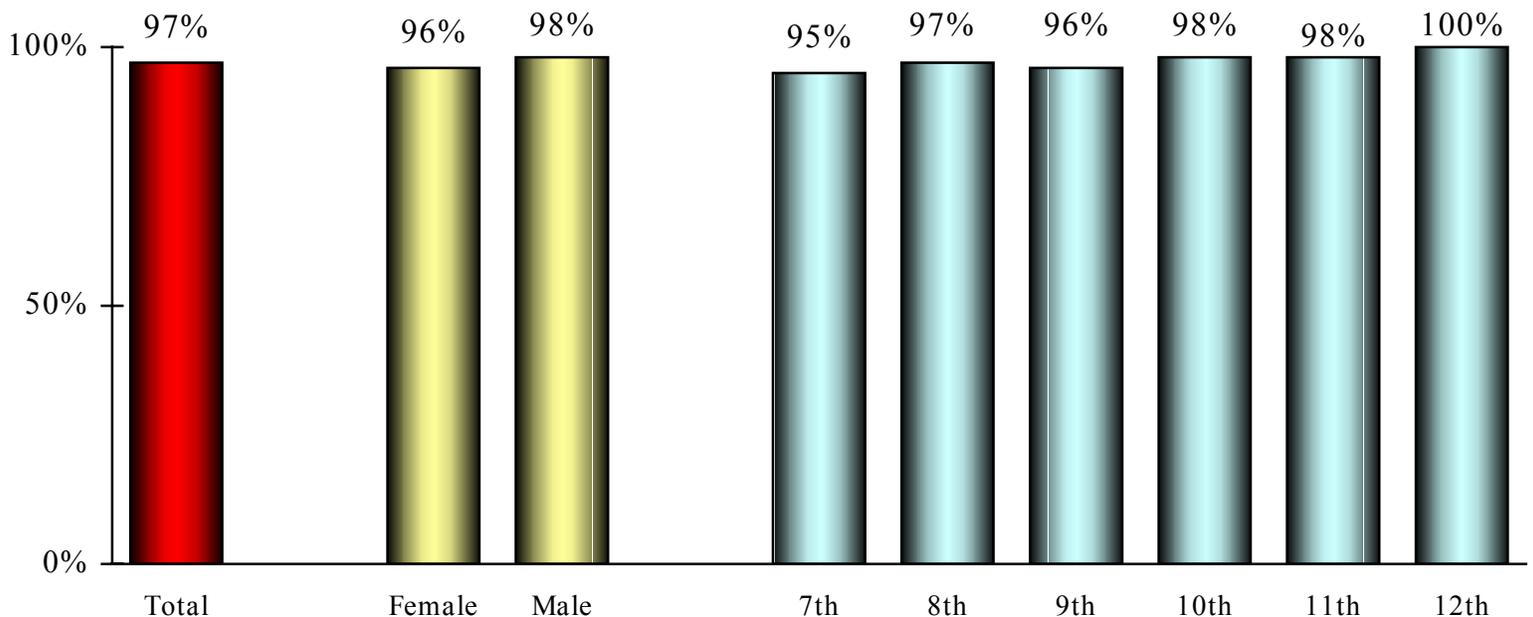
■ Vehicle Safety

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.

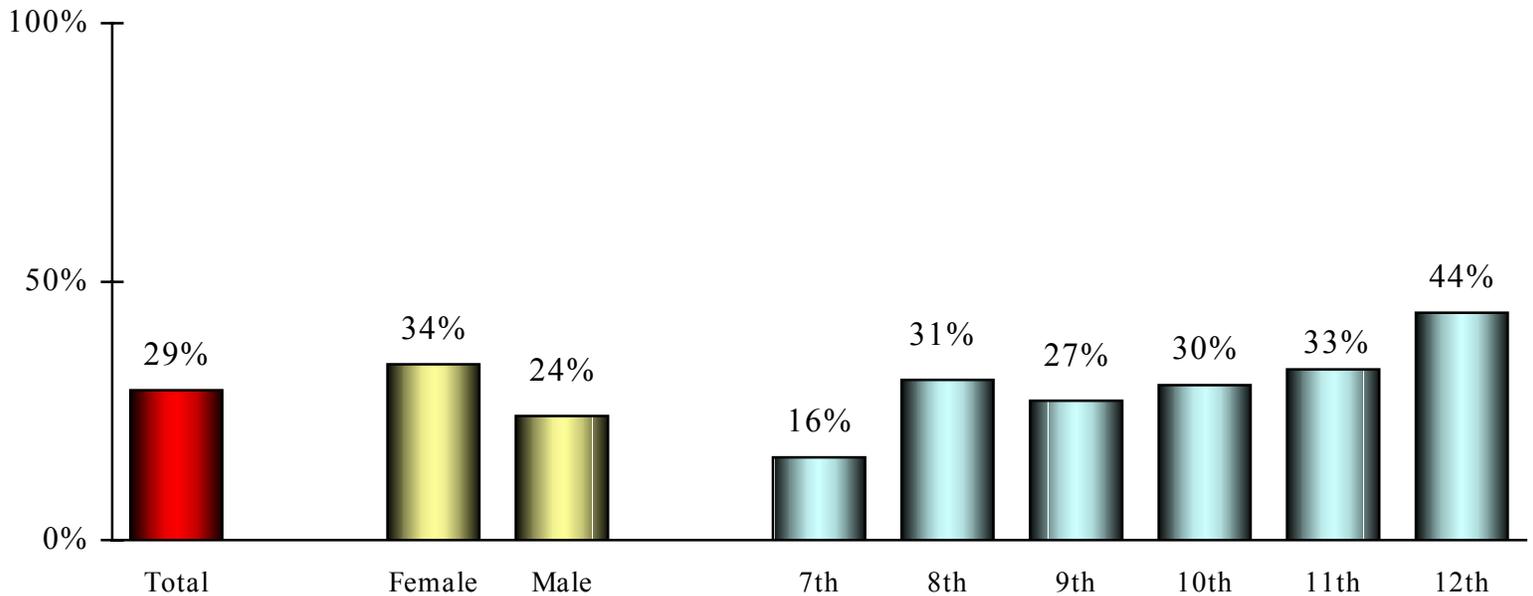


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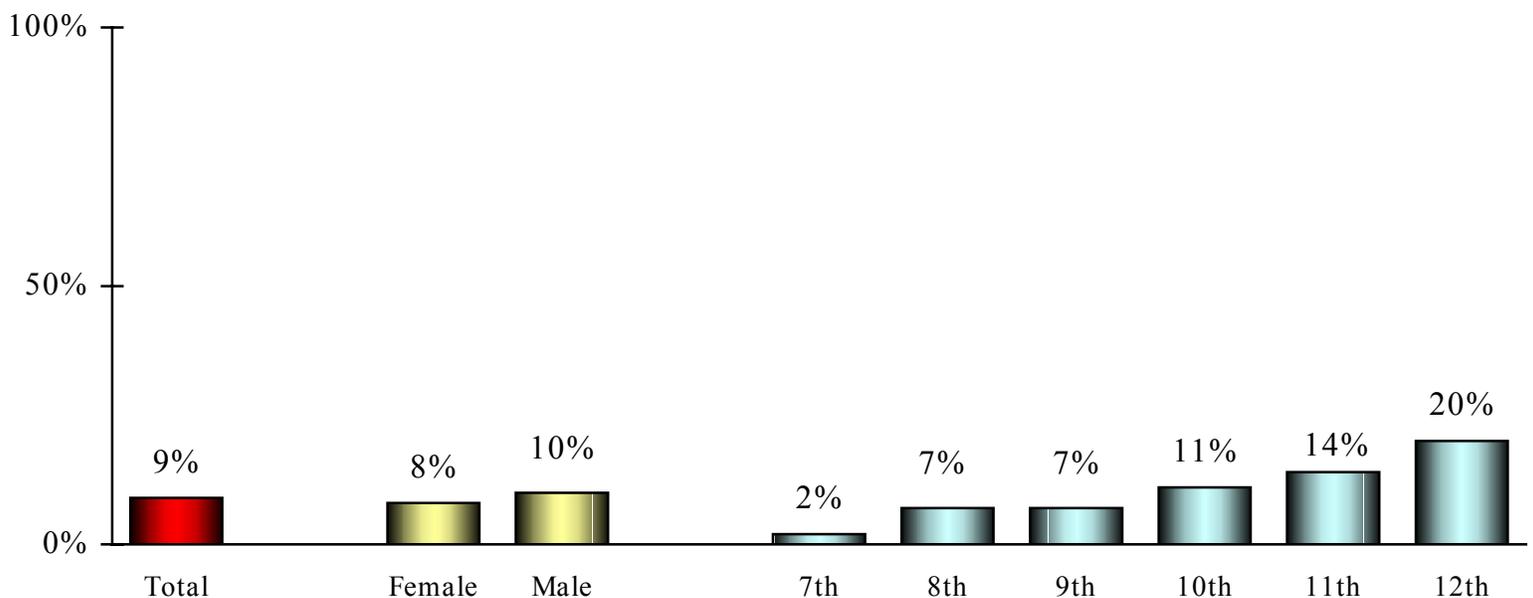
■ Vehicle Safety – Drinking and Driving

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.



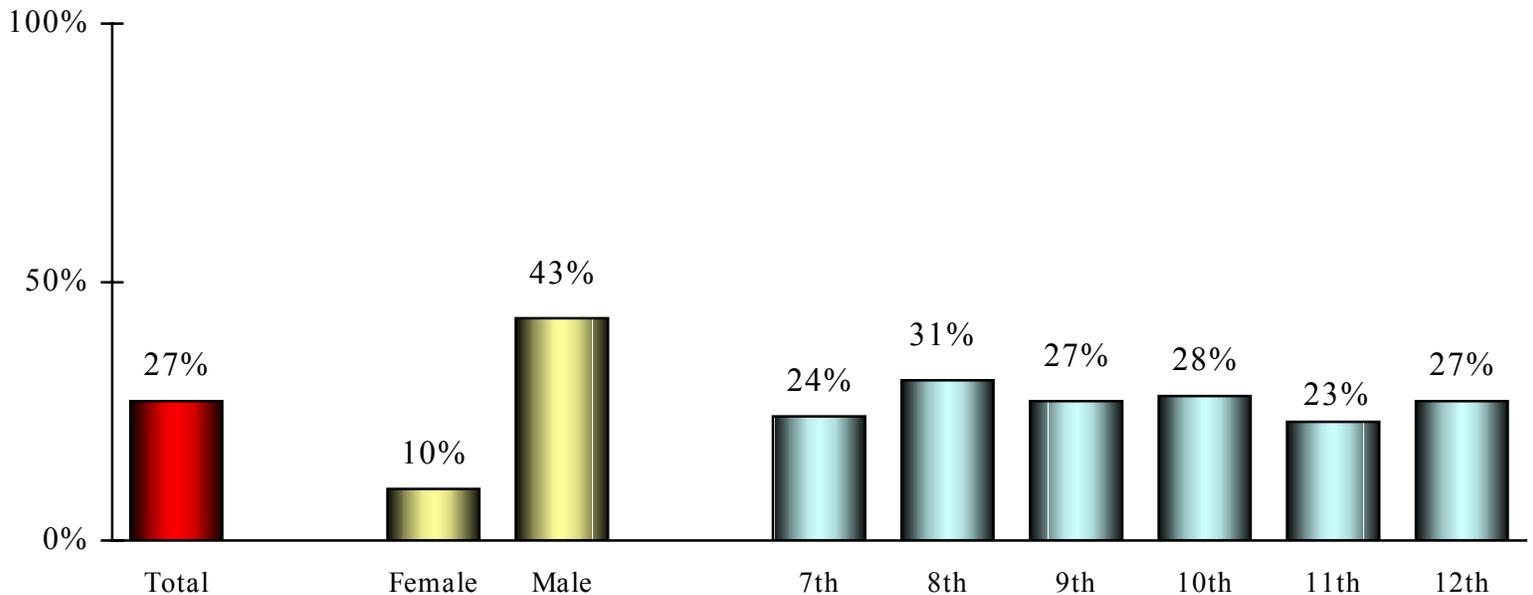
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■ Violence-Related Behaviors

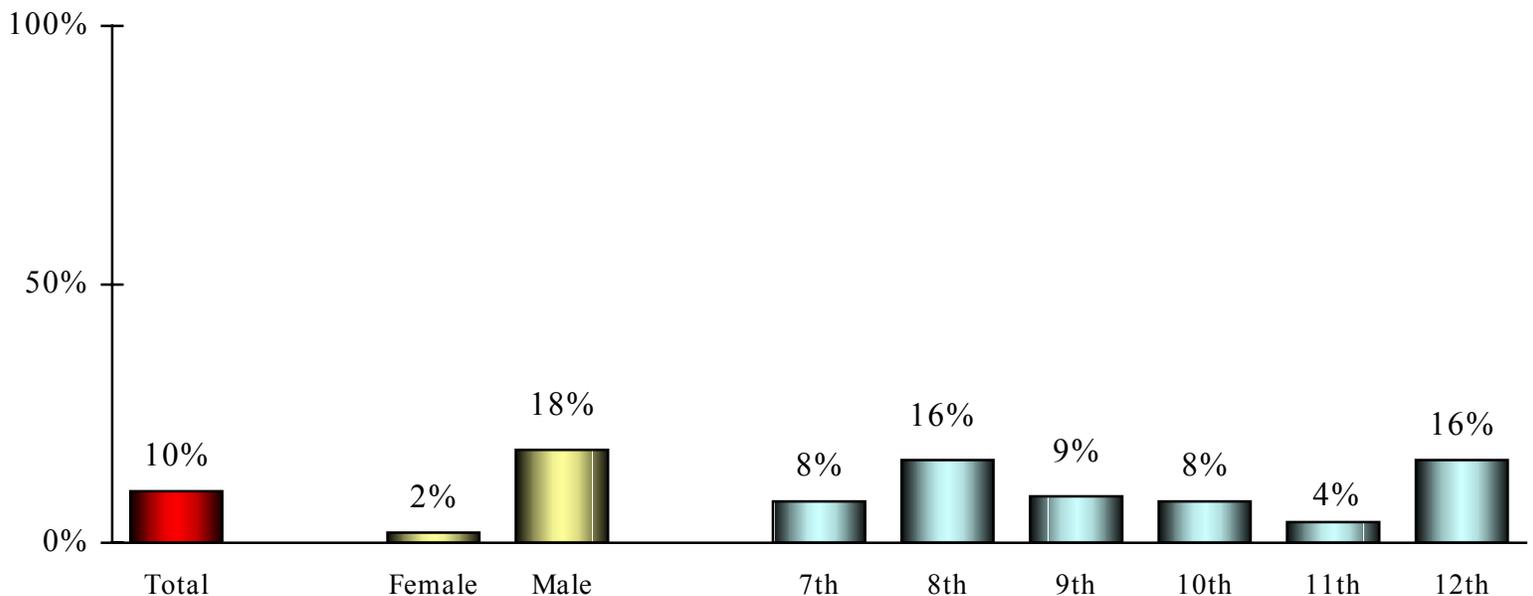
These questions measure violence-related behaviors.

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

* such as a gun, knife, or club

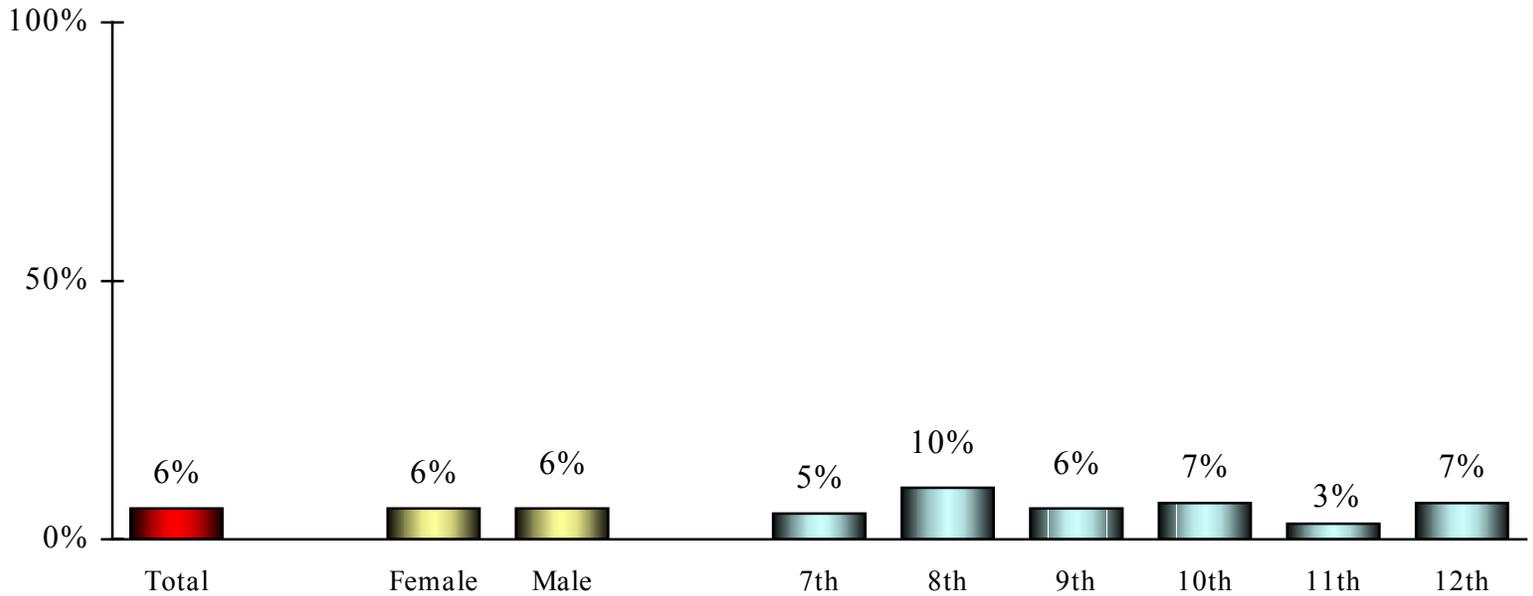


Percentage of students who carried a gun on one or more of the past 30 days.



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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.

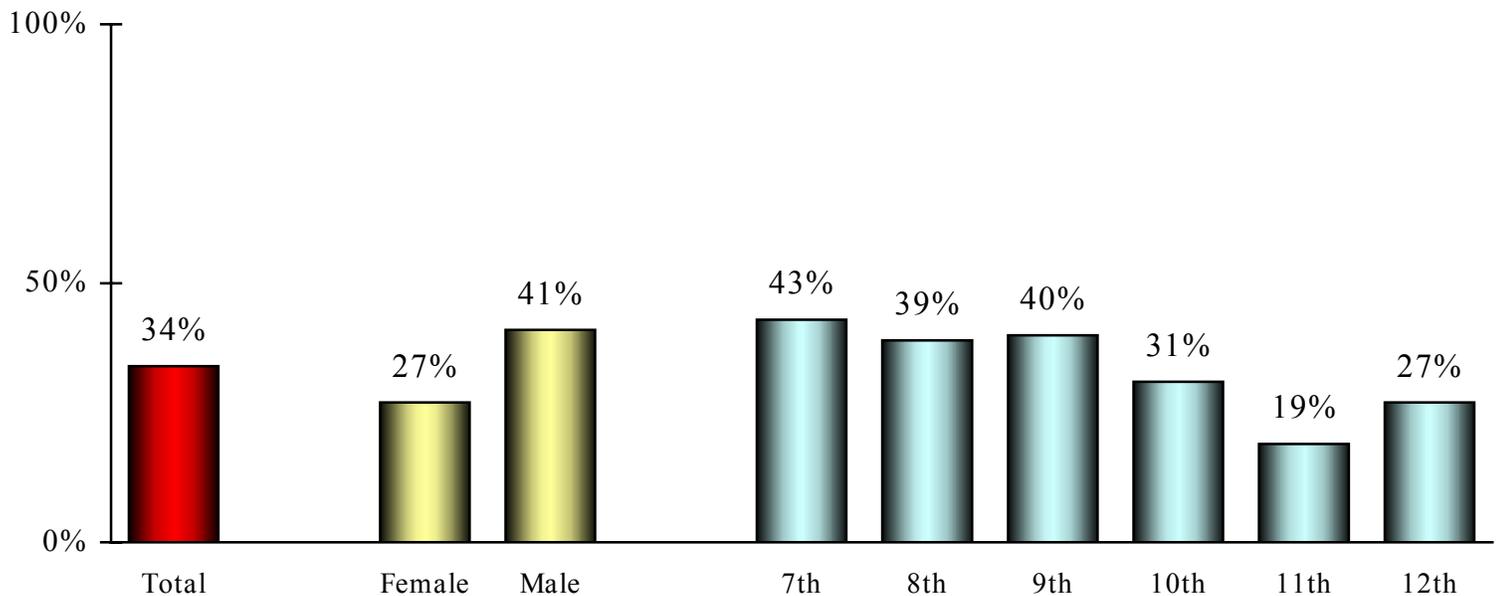


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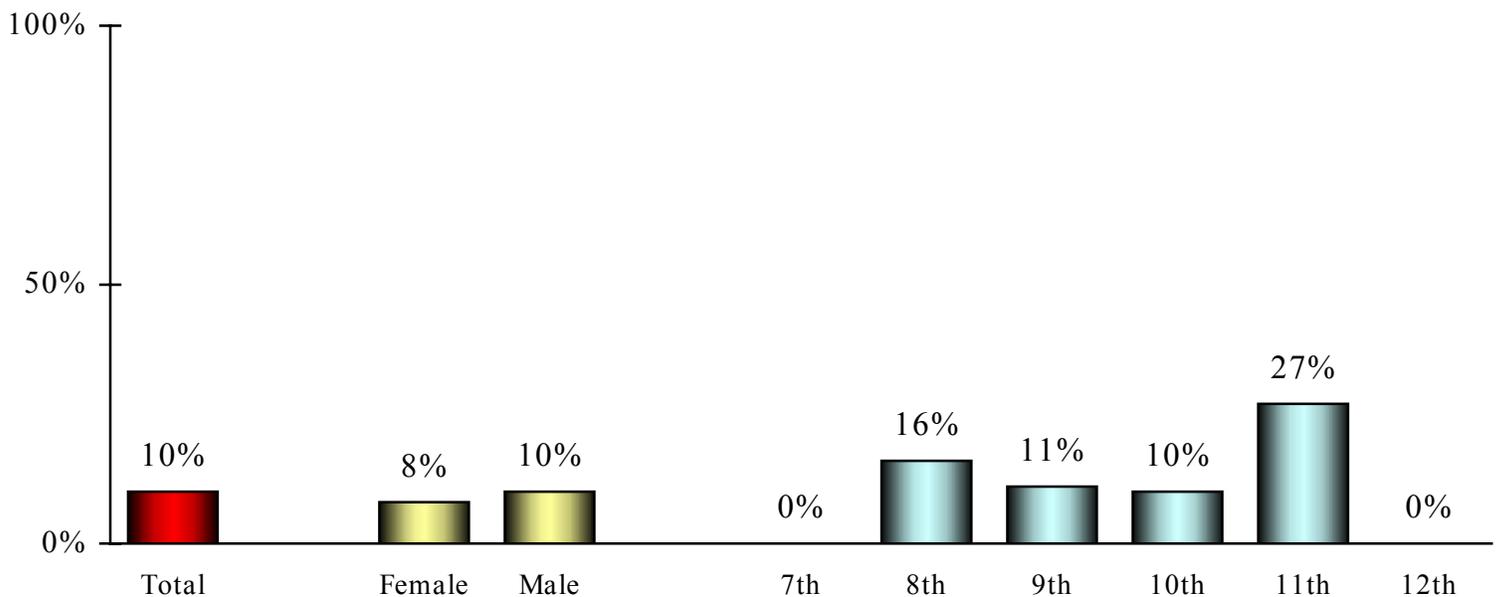
■ Violence – Physical Fighting

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.

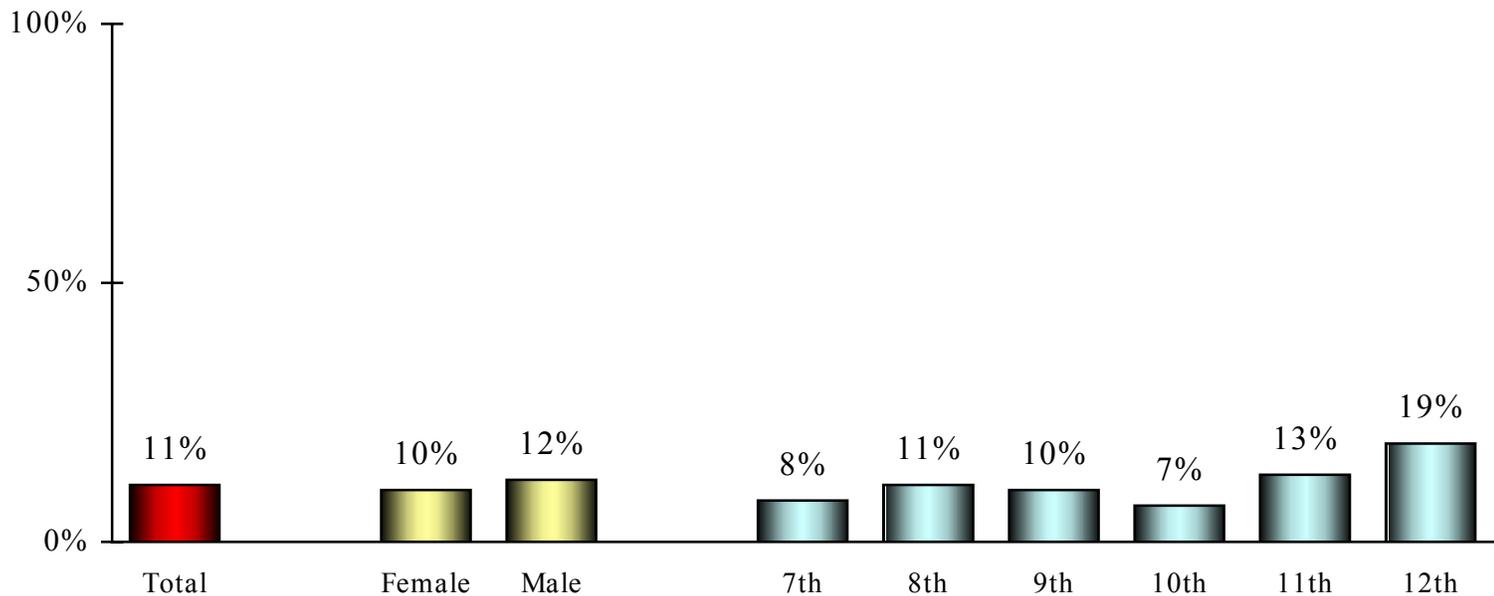


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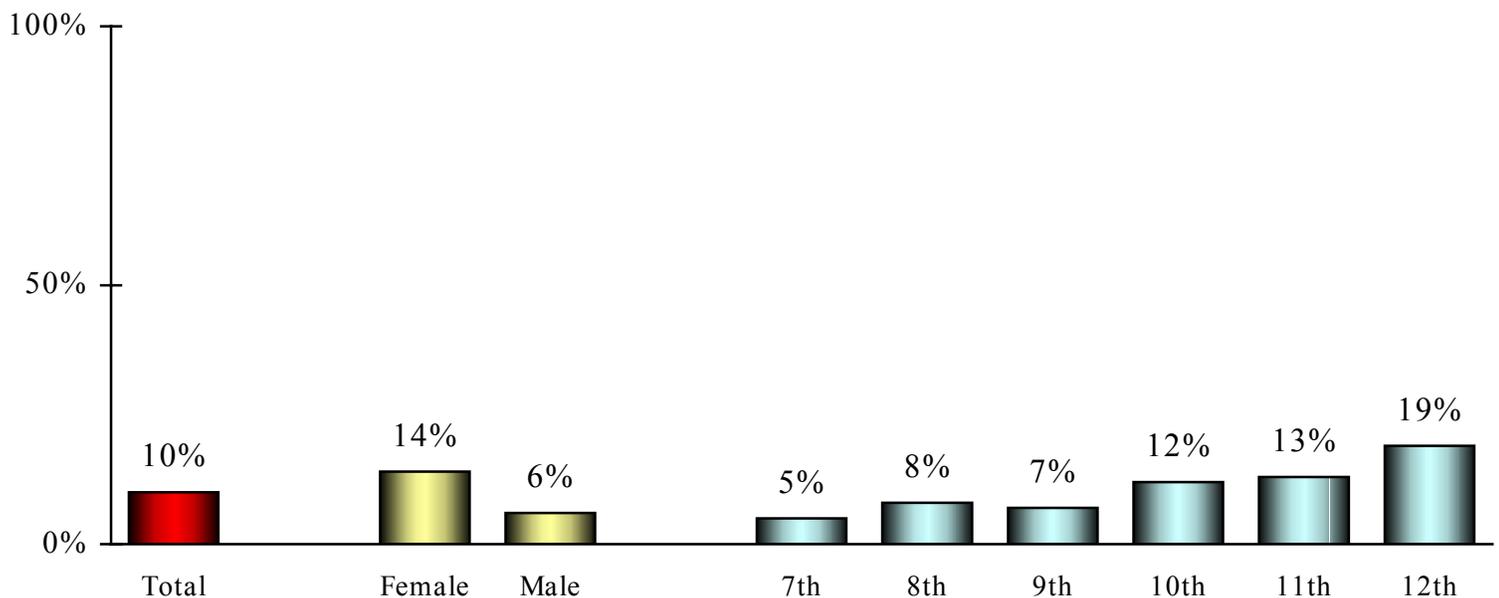
■ Violence – Sexual Violence

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.

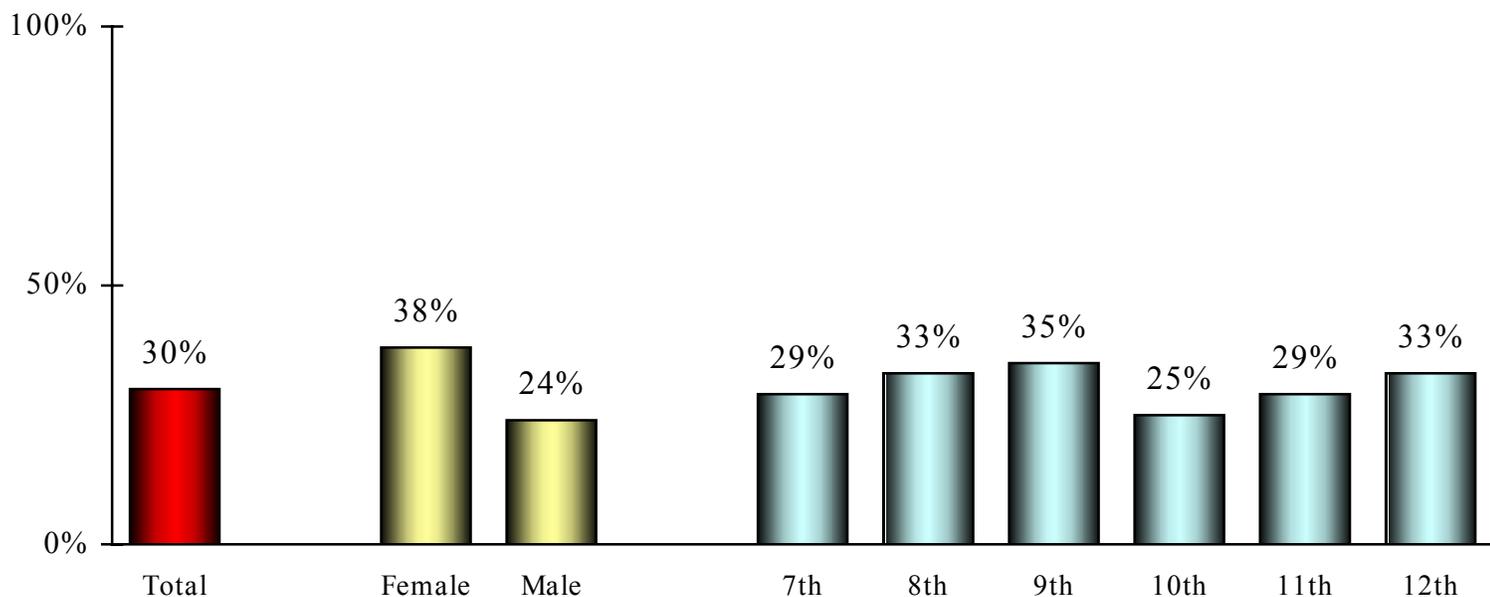


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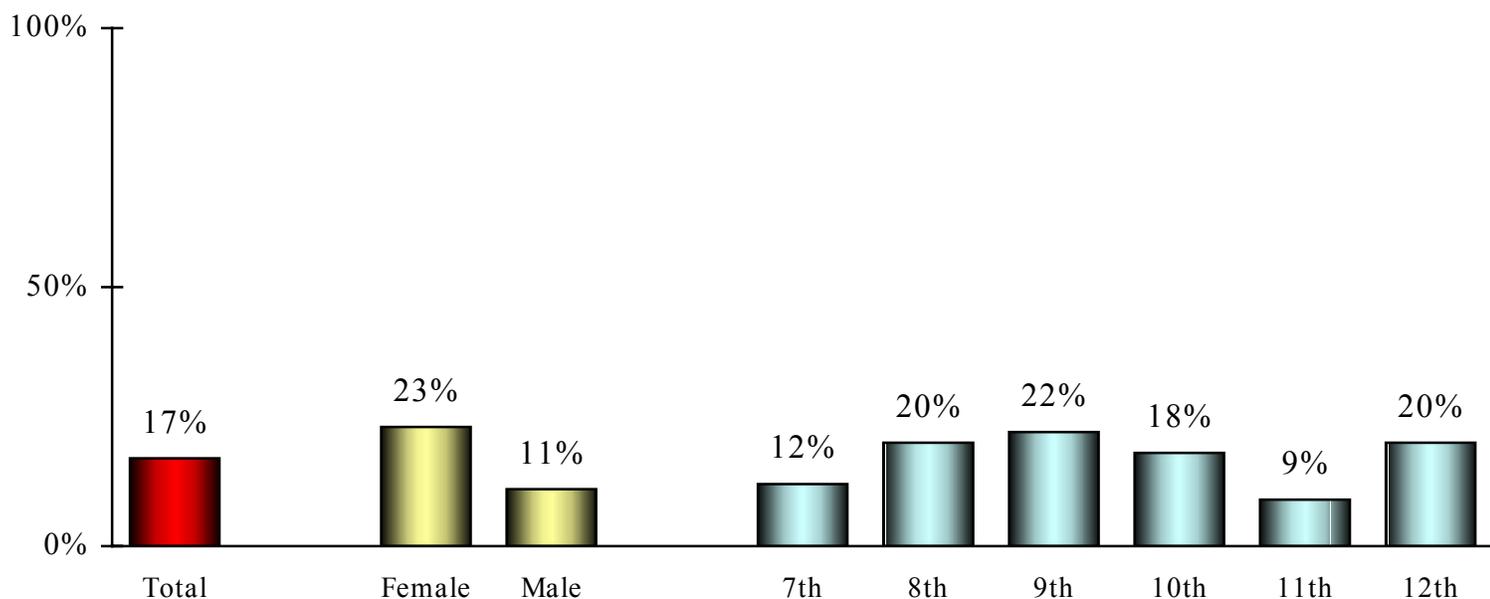
■ Depression and Suicide

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.

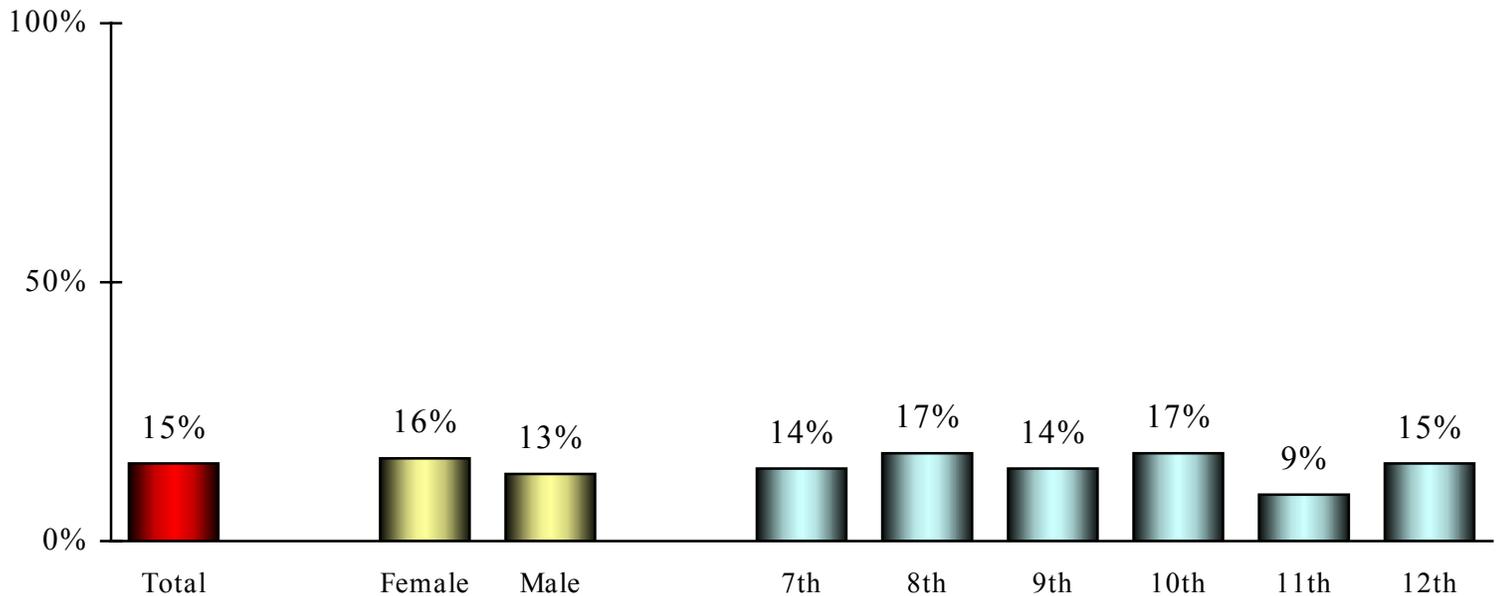


Percentage of students who seriously considered attempting suicide during the past 12 months.

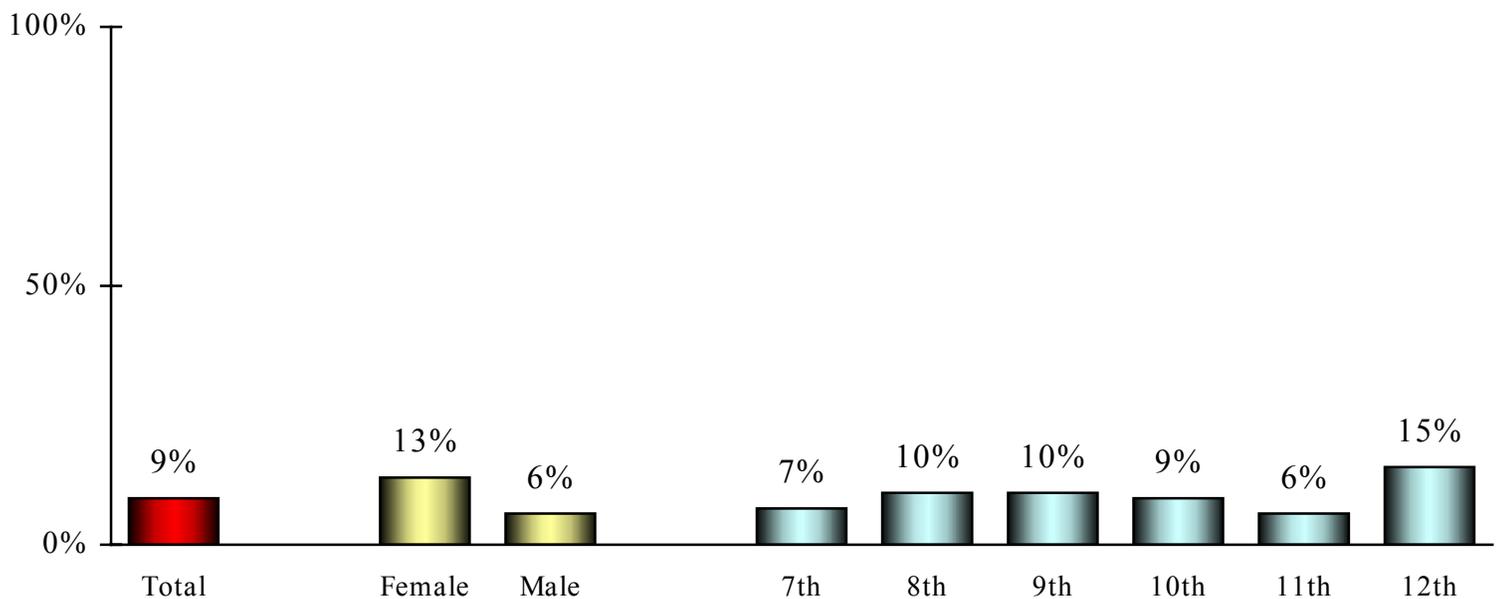


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Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

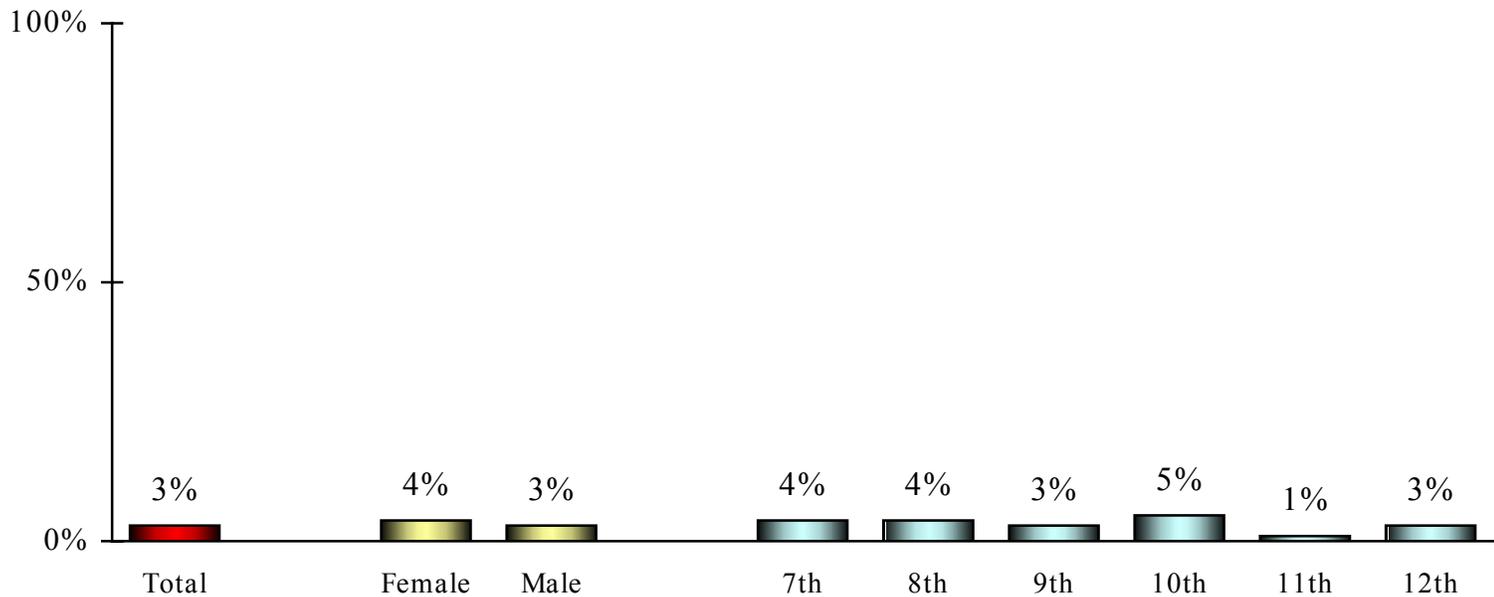


Percentage of students who actually attempted suicide one or more times during the past 12 months.



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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.

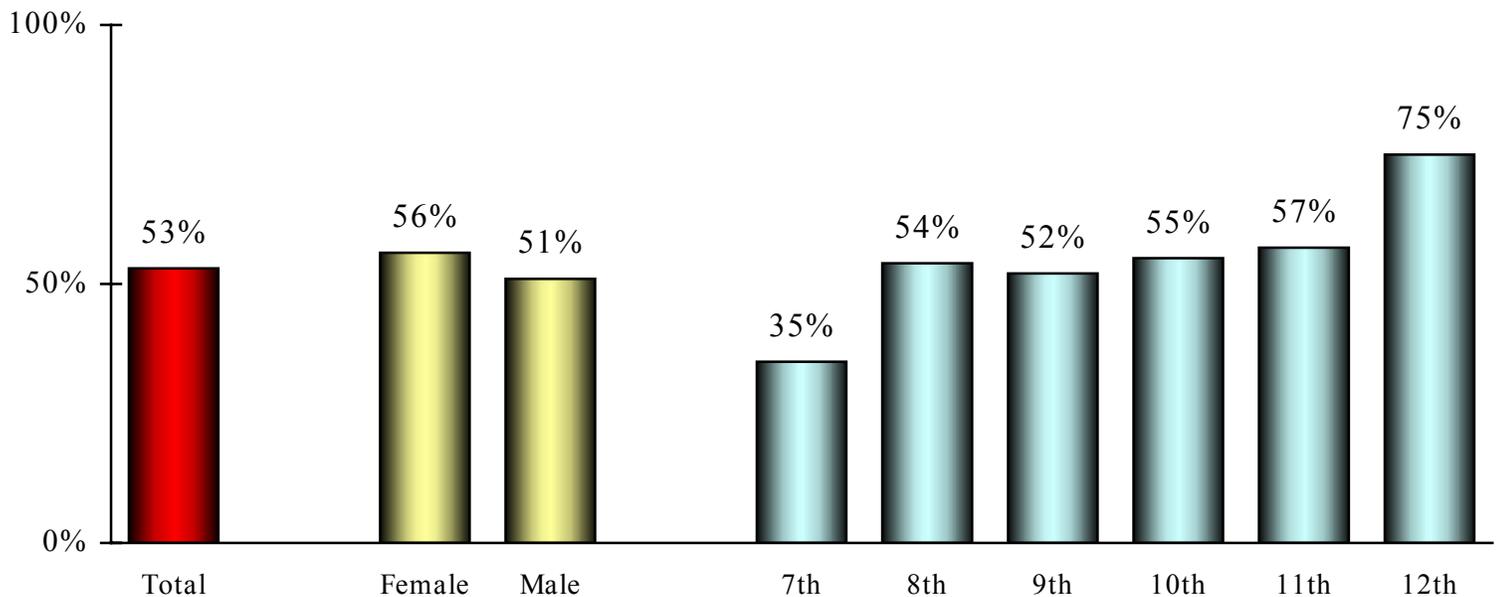


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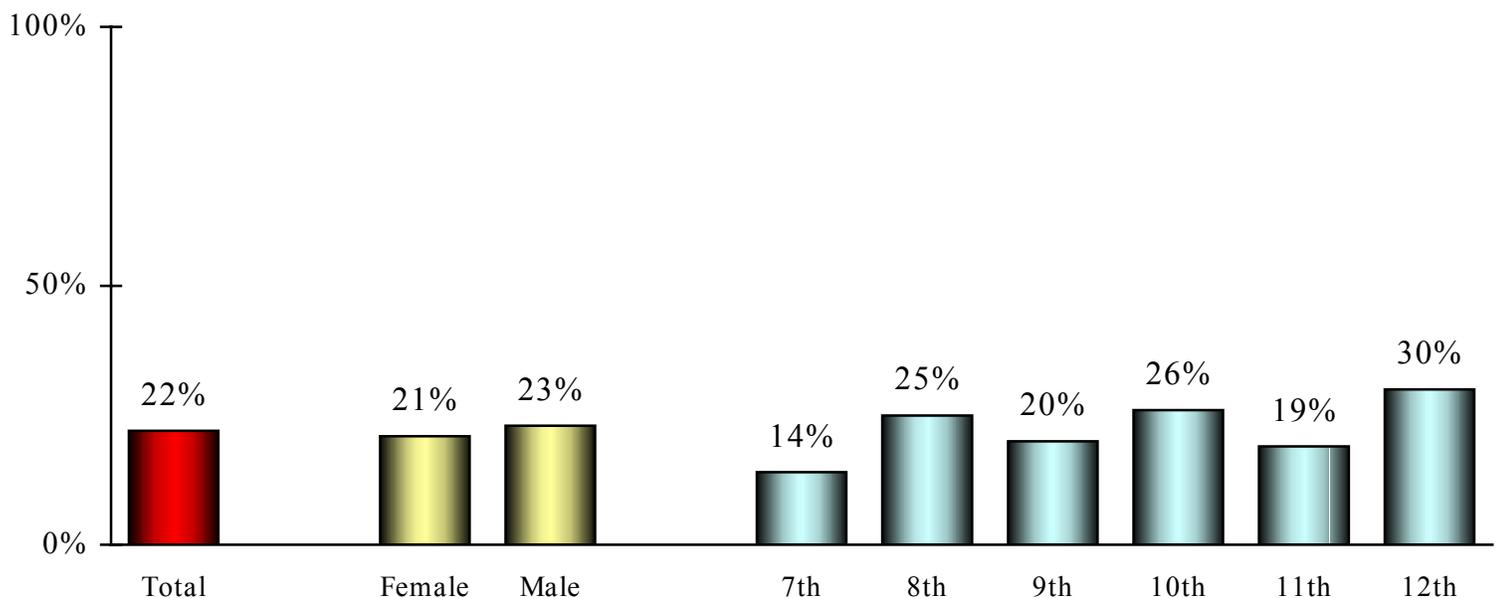
■ Tobacco Use – Cigarette Smoking

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.

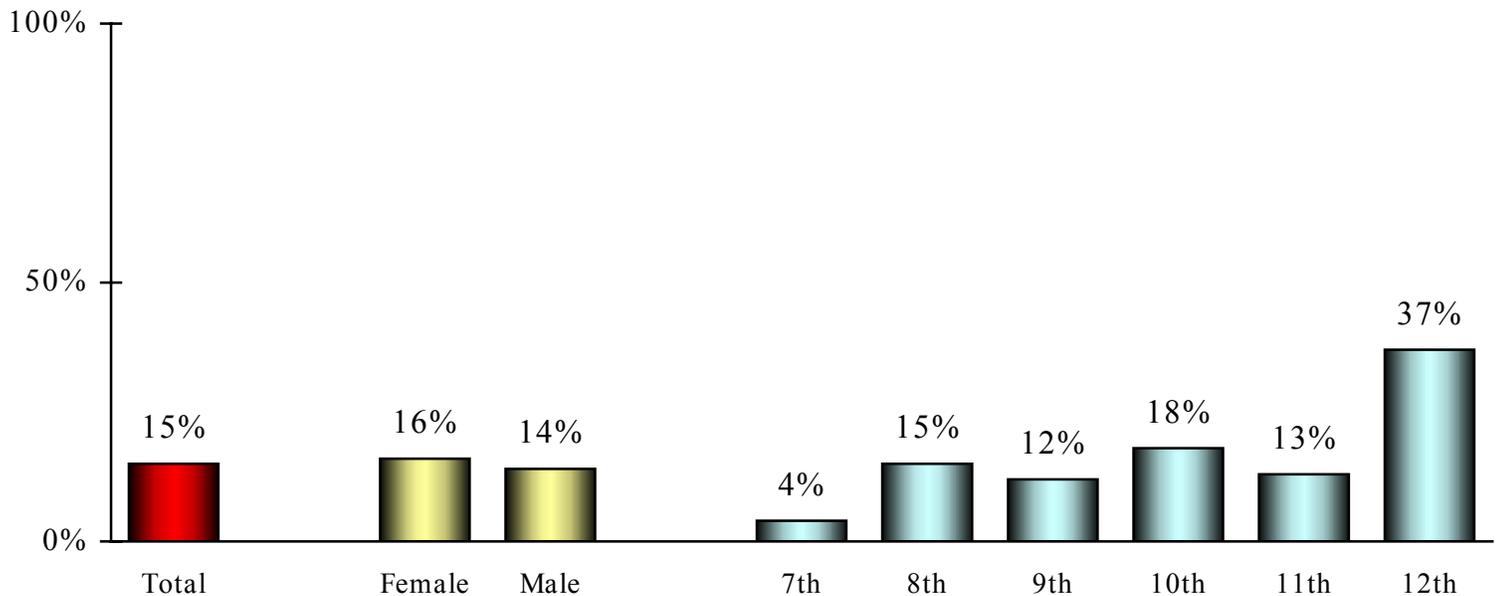


Percentage of students who smoked a whole cigarette for the first time before age 13.

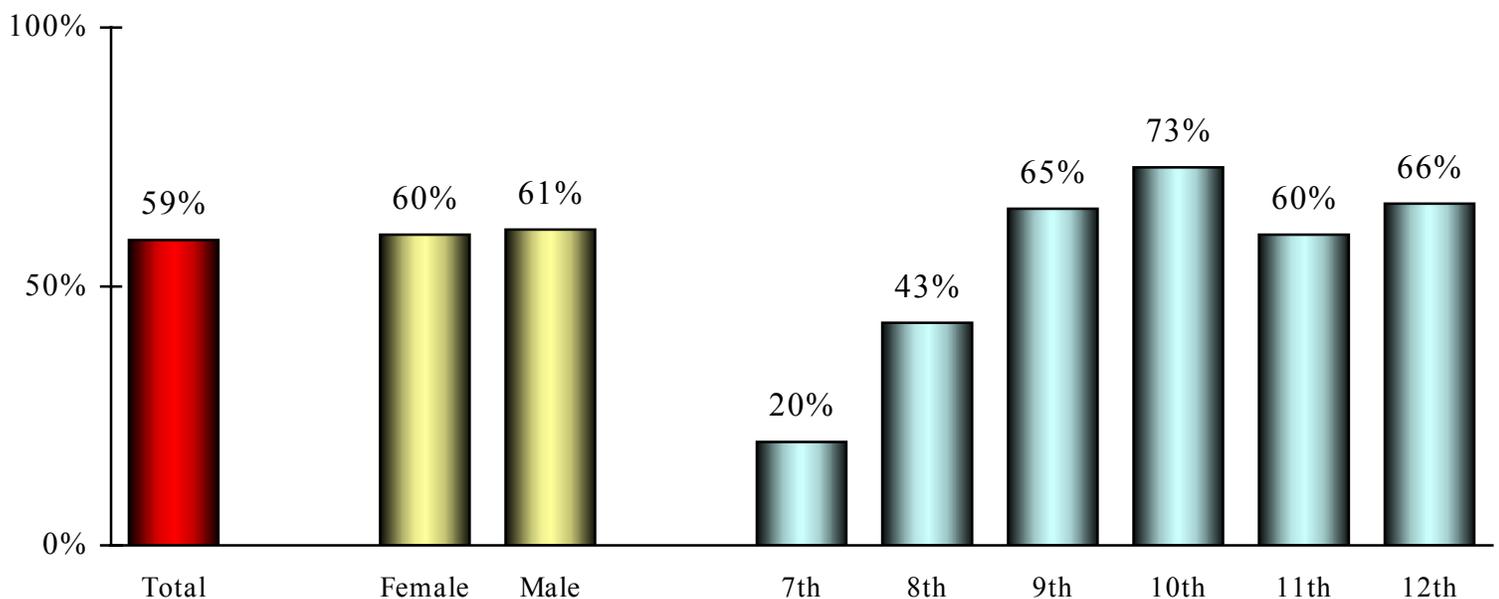


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Percentage of students who smoked cigarettes on one or more of the past 30 days.

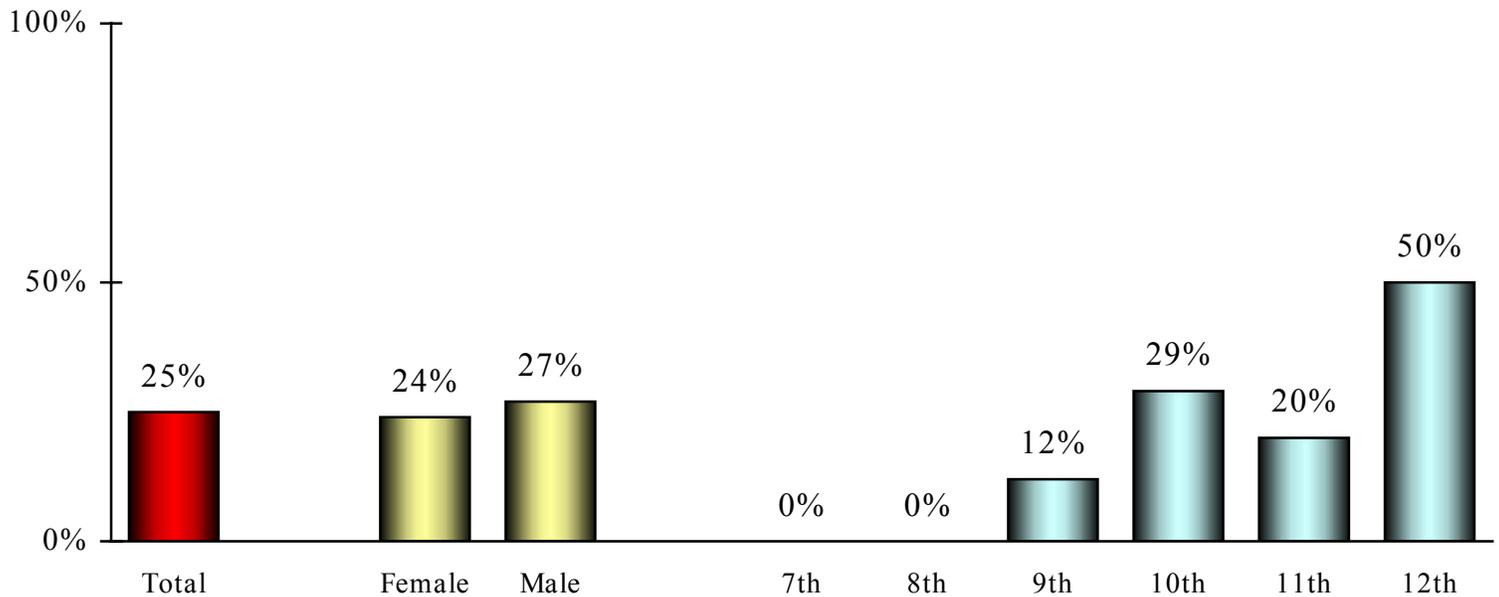


Of the students who smoked during the past 30 days, the percentage that smoked two or more cigarettes per day on the days they smoked.

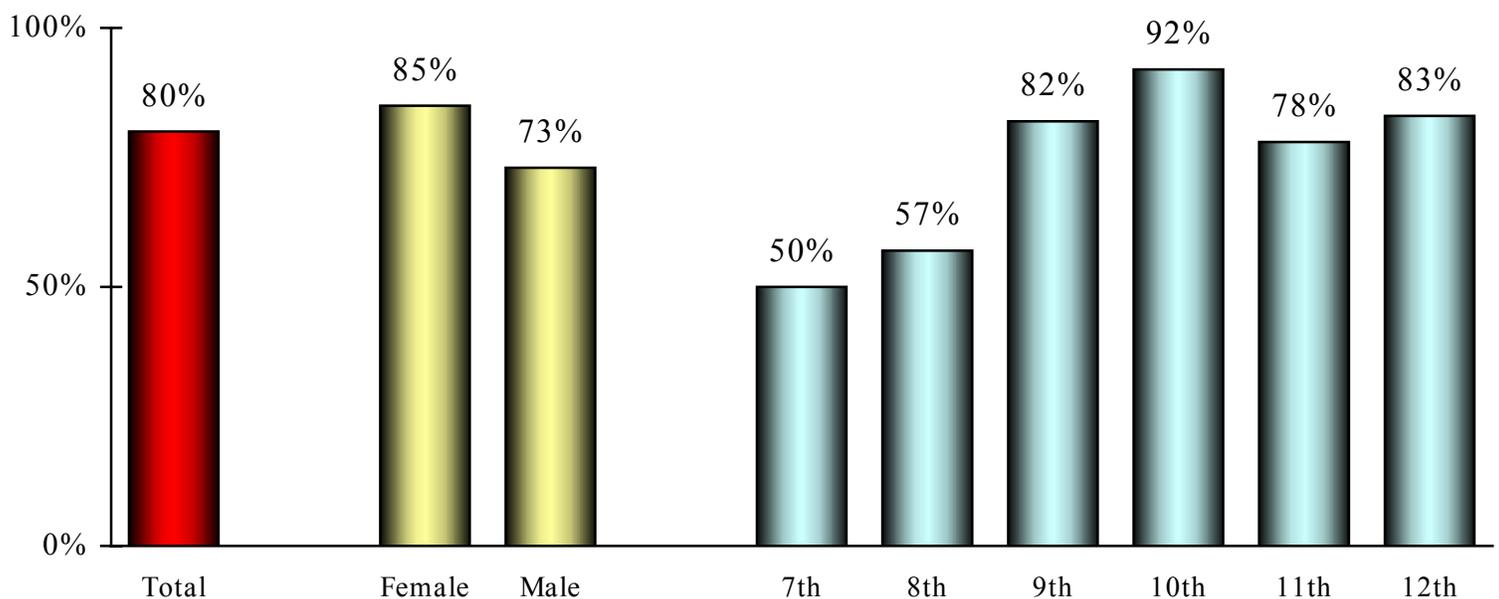


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Of students who smoked during the past 30 days, percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



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

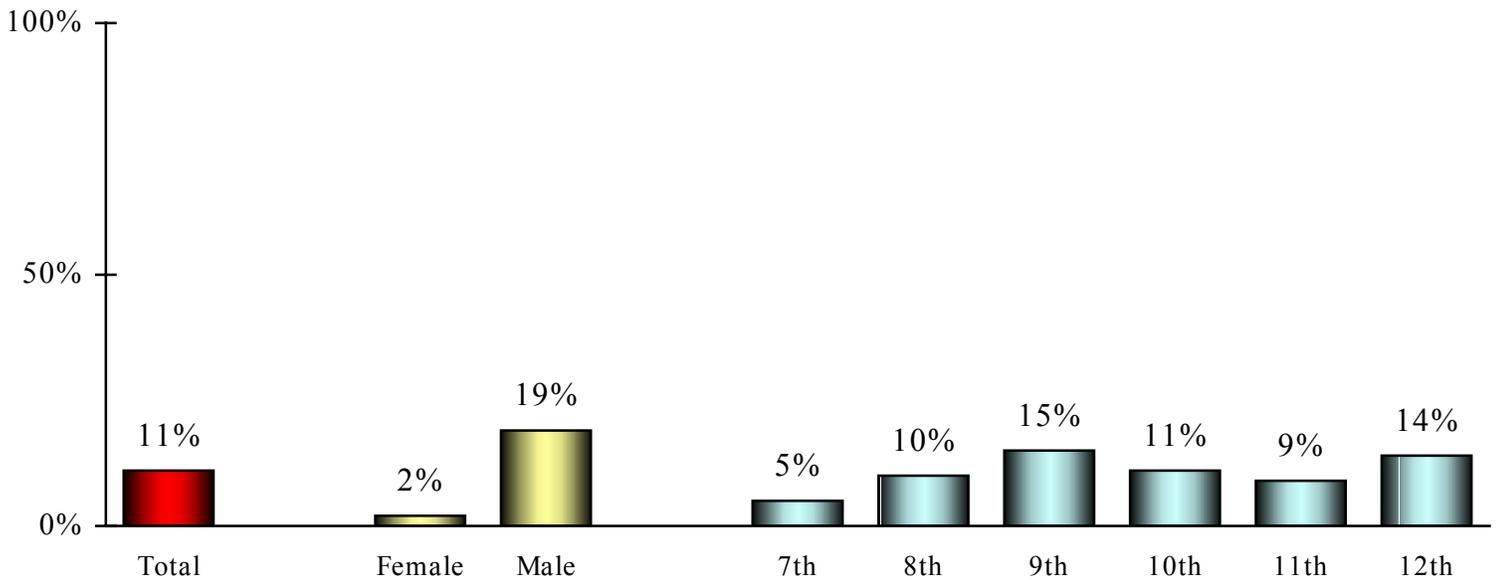


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■ Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

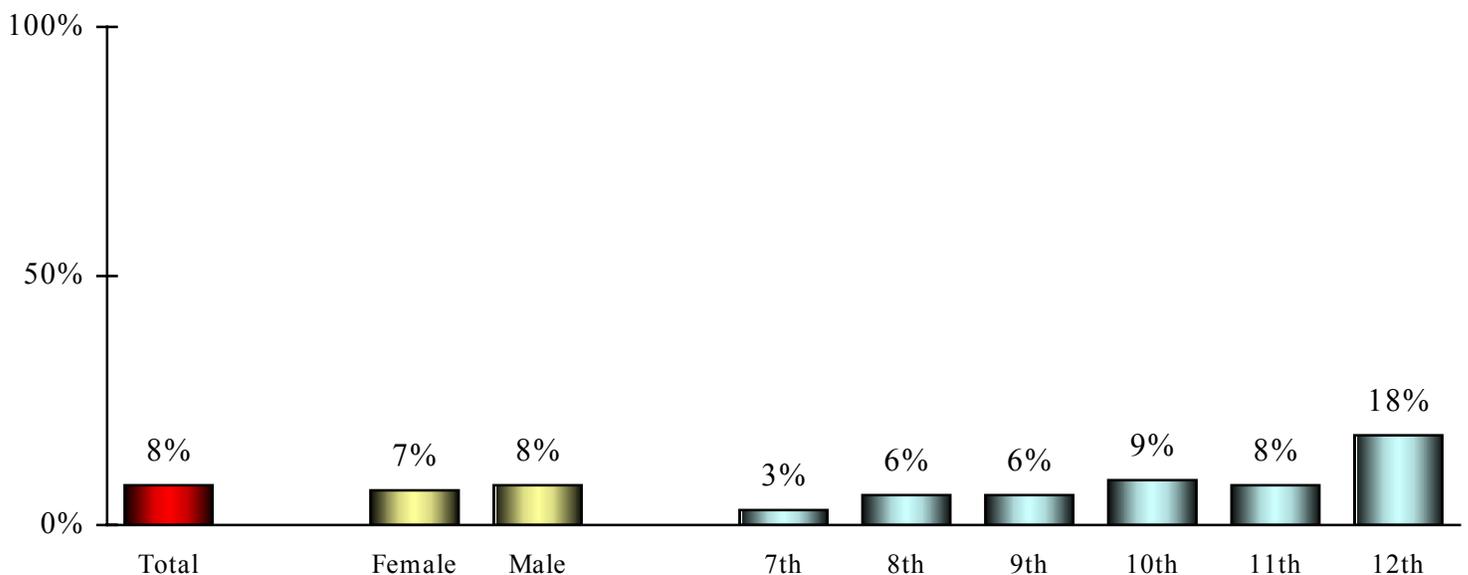
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



■ Tobacco Use – Cigar

This question measures cigar smoking.

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

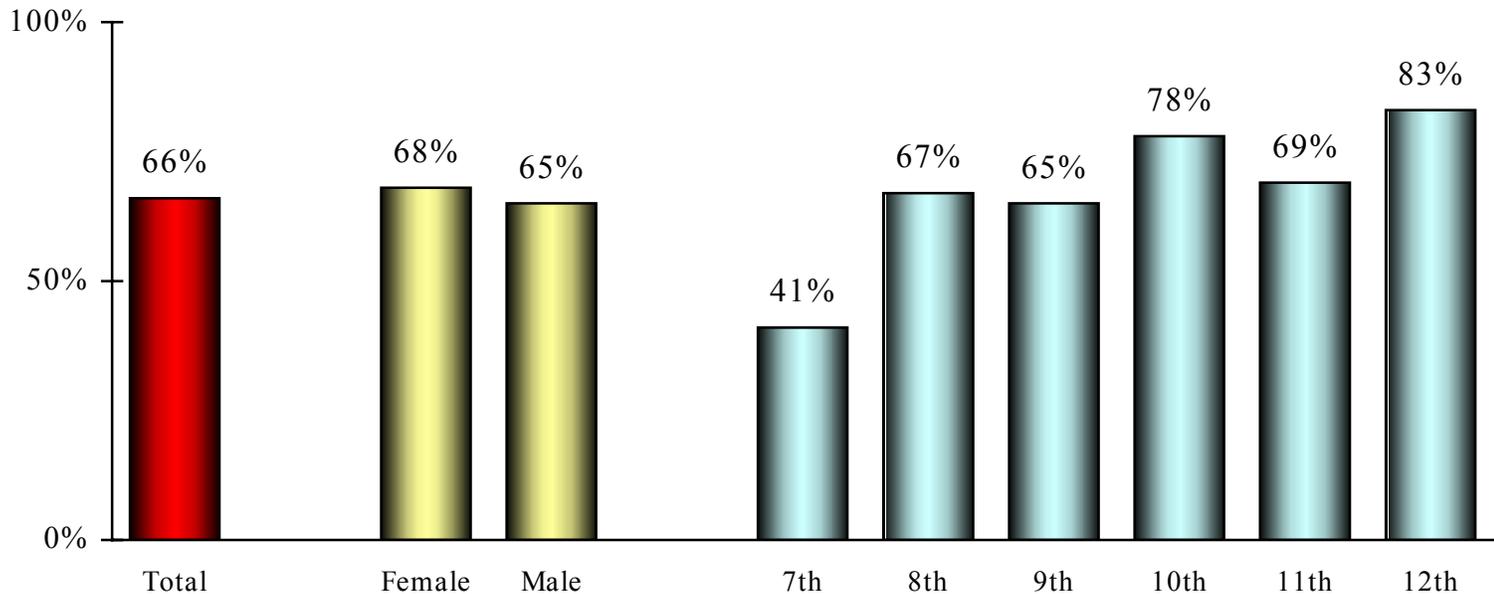


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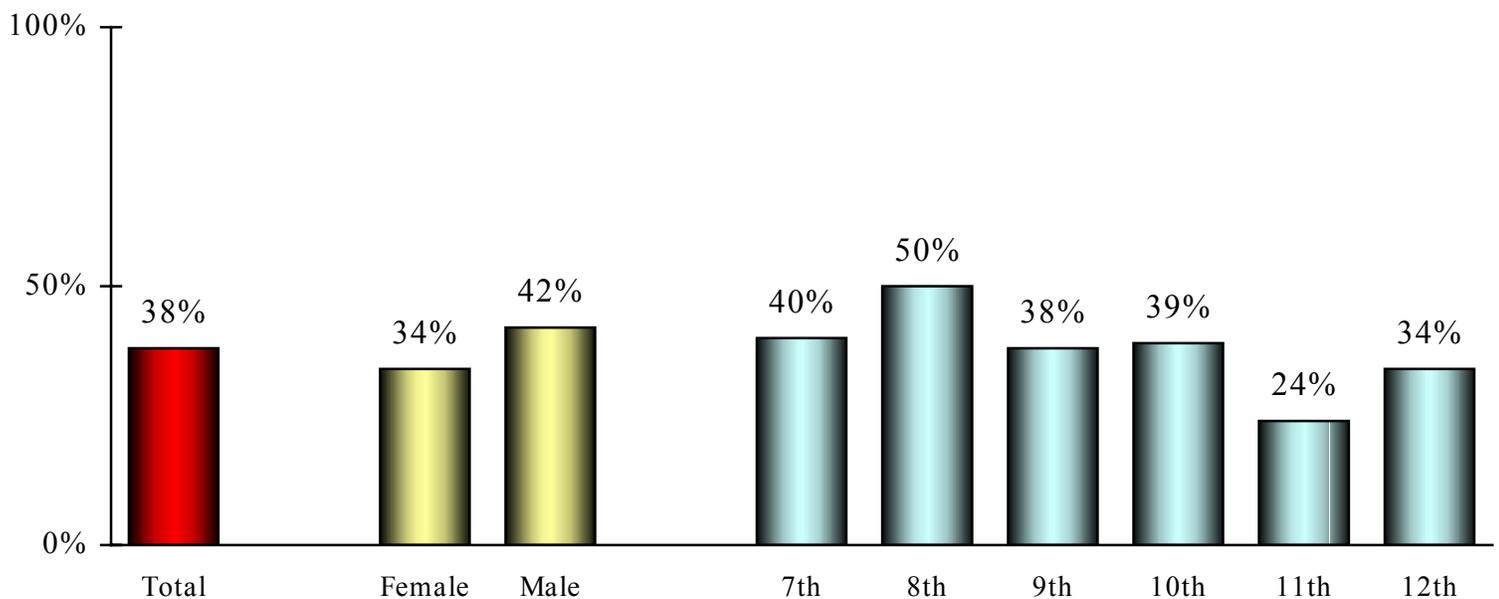
■ Alcohol Use

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.

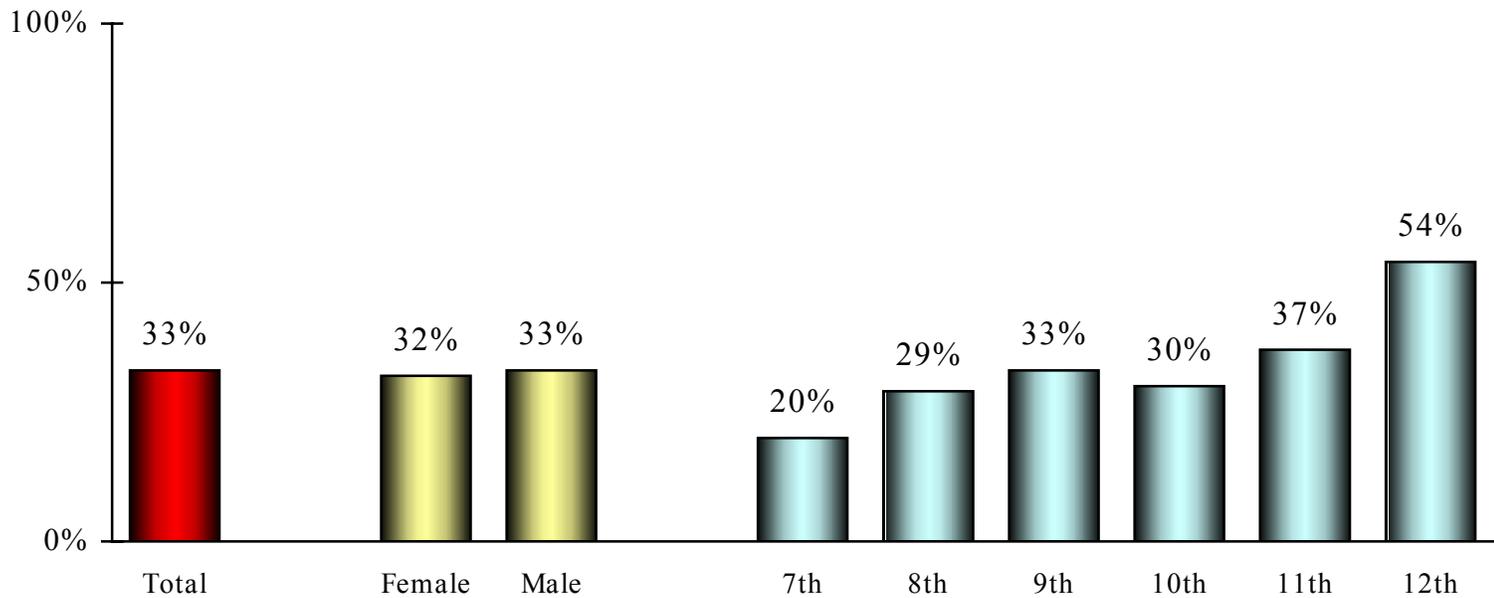


Percentage of students who had their first drink of alcohol other than a few sips before age 13.

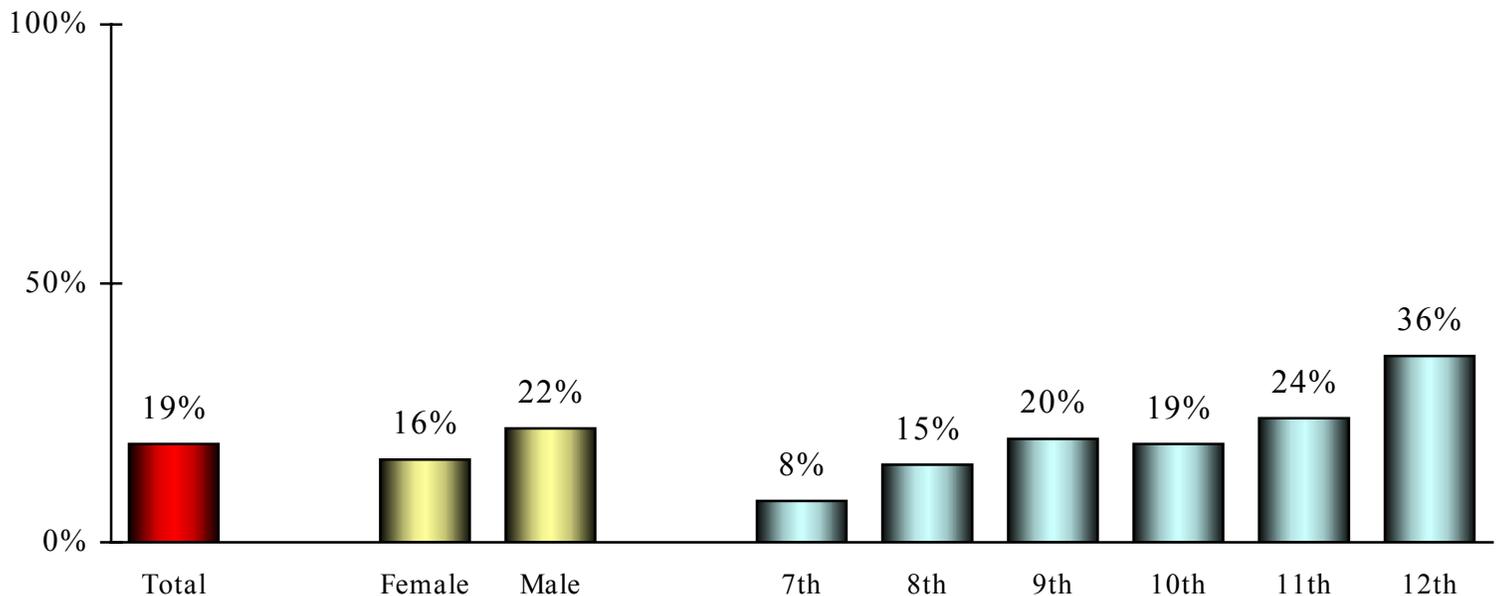


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Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



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.

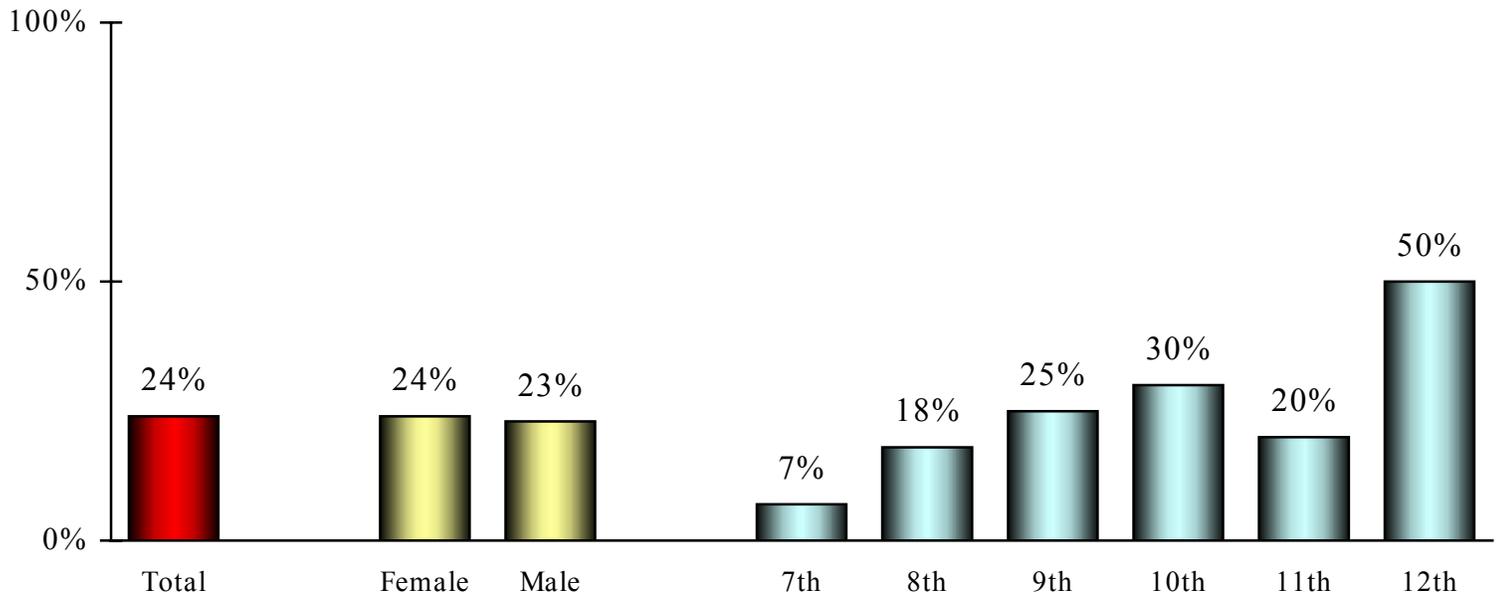


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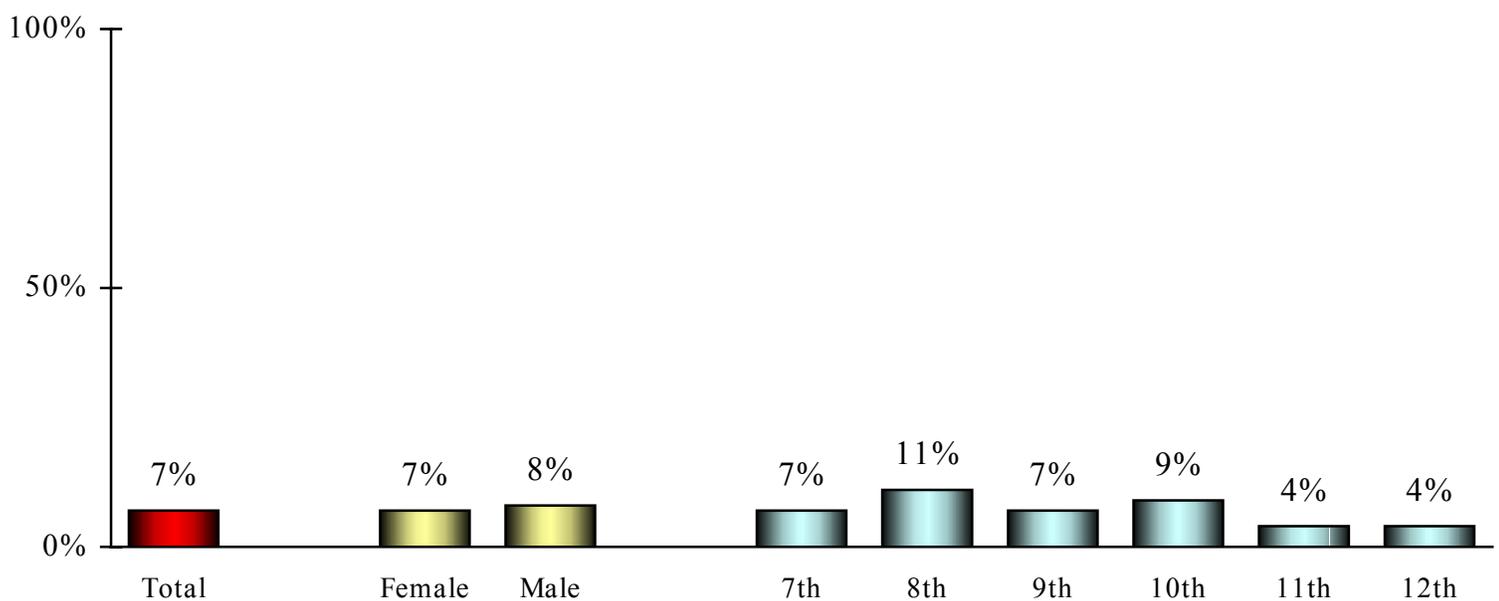
■ Drug Use

These questions measure the frequency of illegal drug use.

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

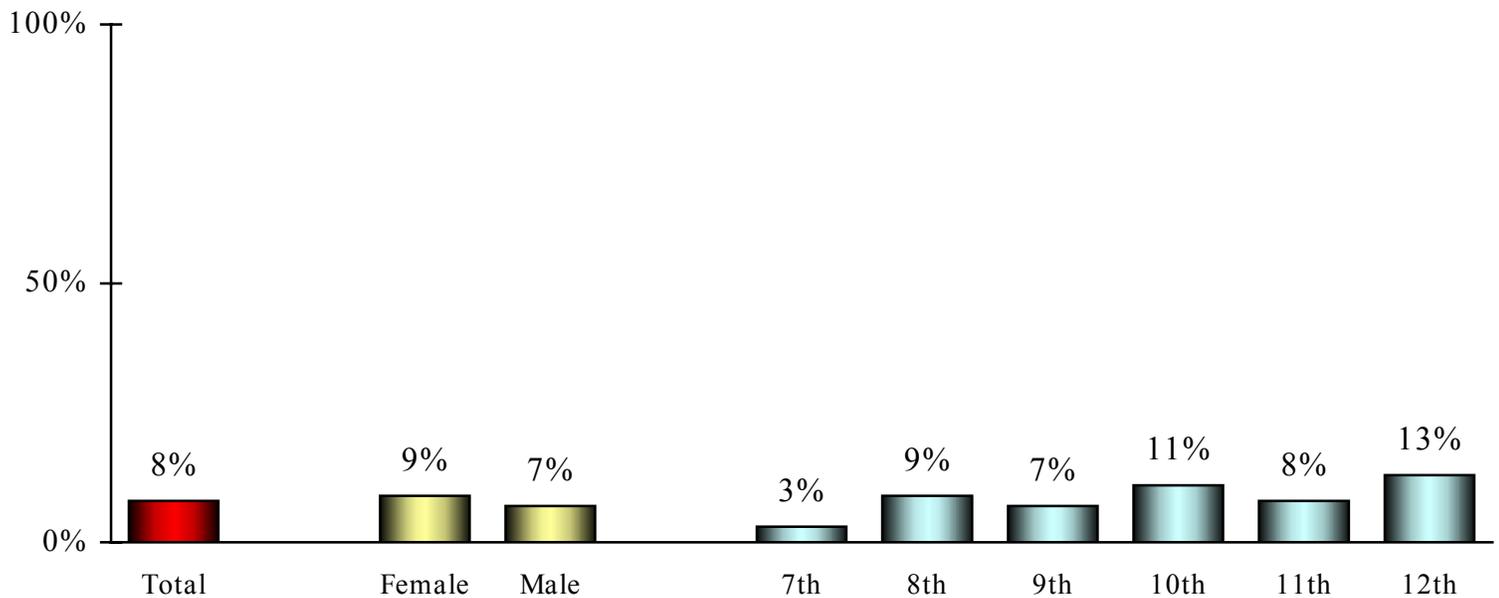


Percentage of students who tried marijuana for the first time before age 13.

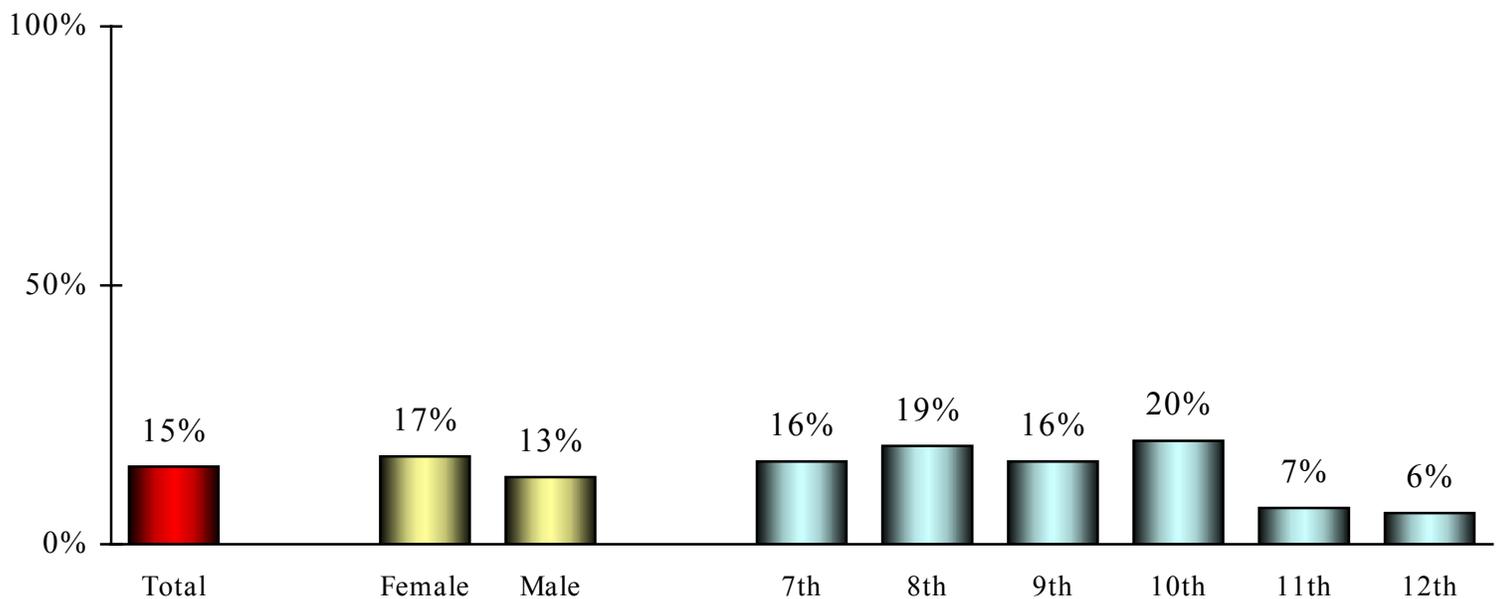


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Percentage of students who used marijuana one or more times during the past 30 days.

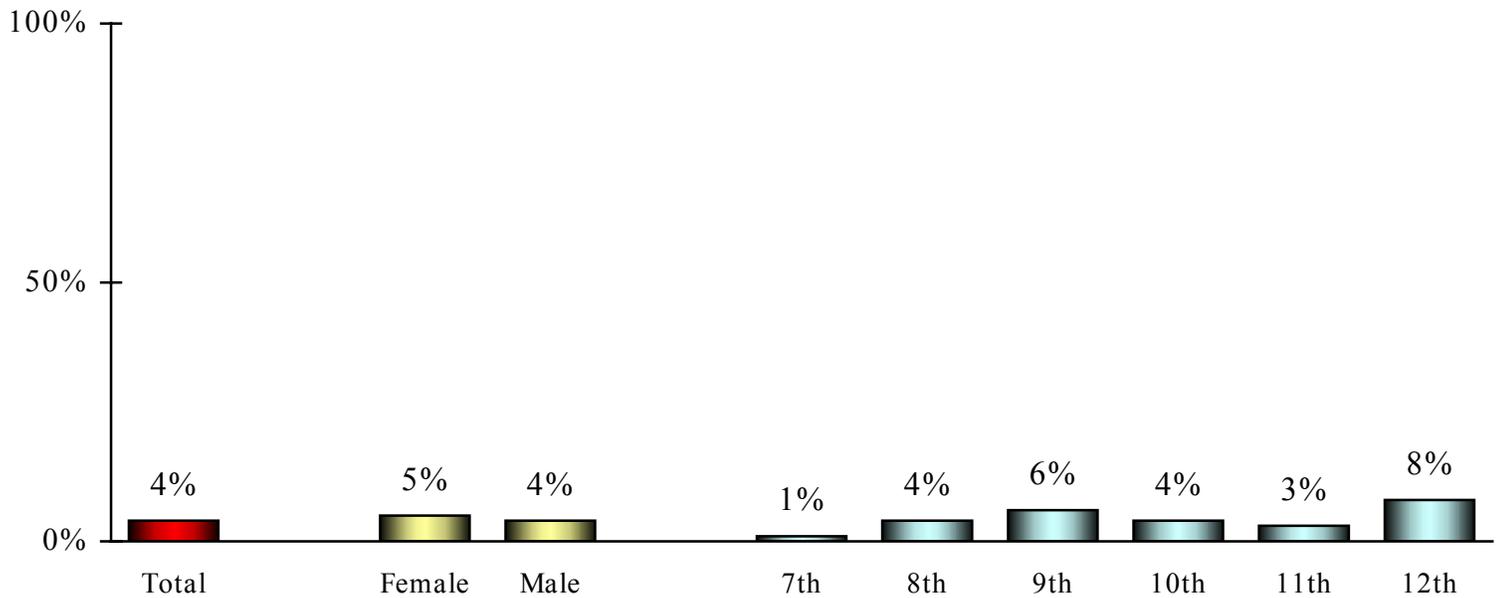


Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.

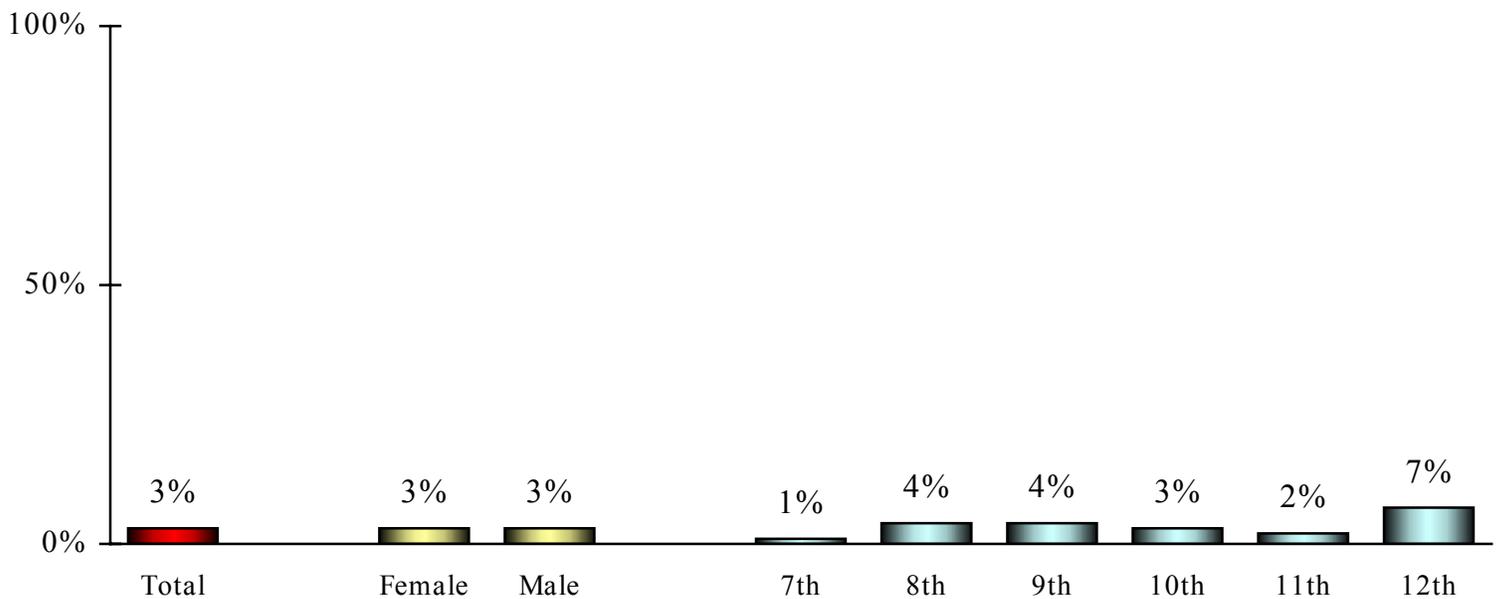


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Percentage of students who used methamphetamines one or more times during their life.

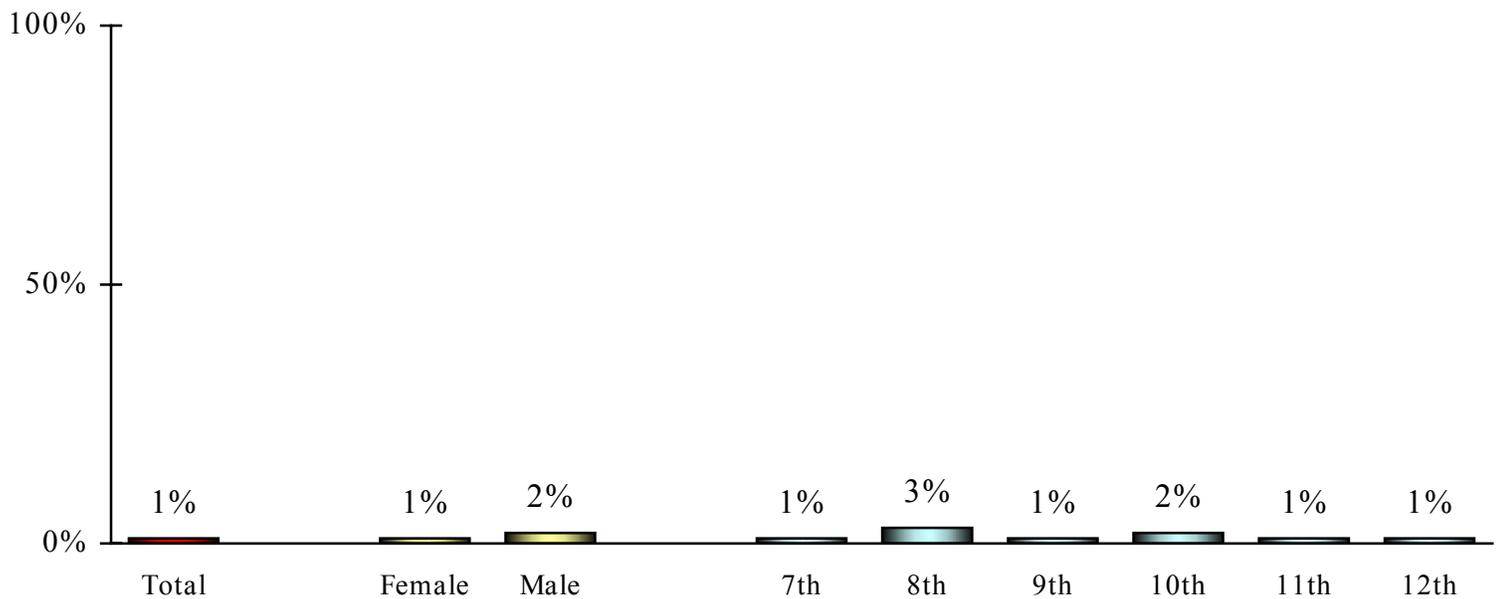


Percentage of students who used ecstasy one or more times during their life.

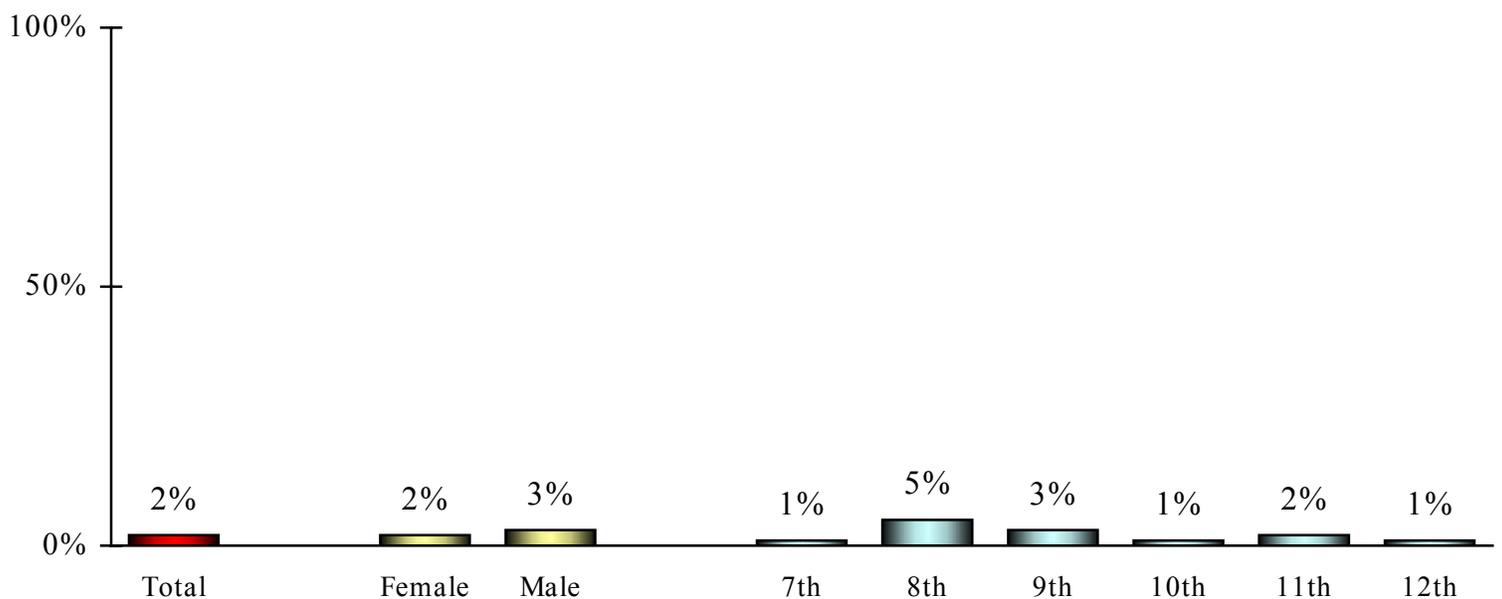


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Percentage of students who used heroin one or more times during their life.



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

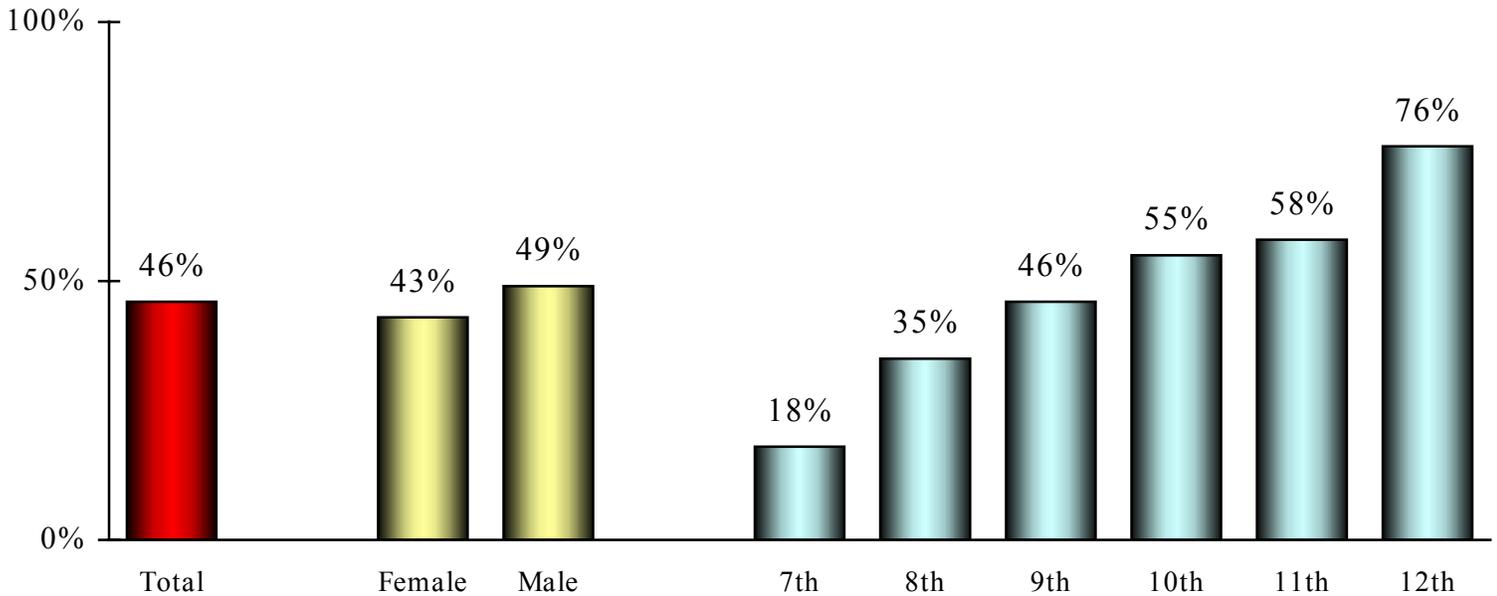


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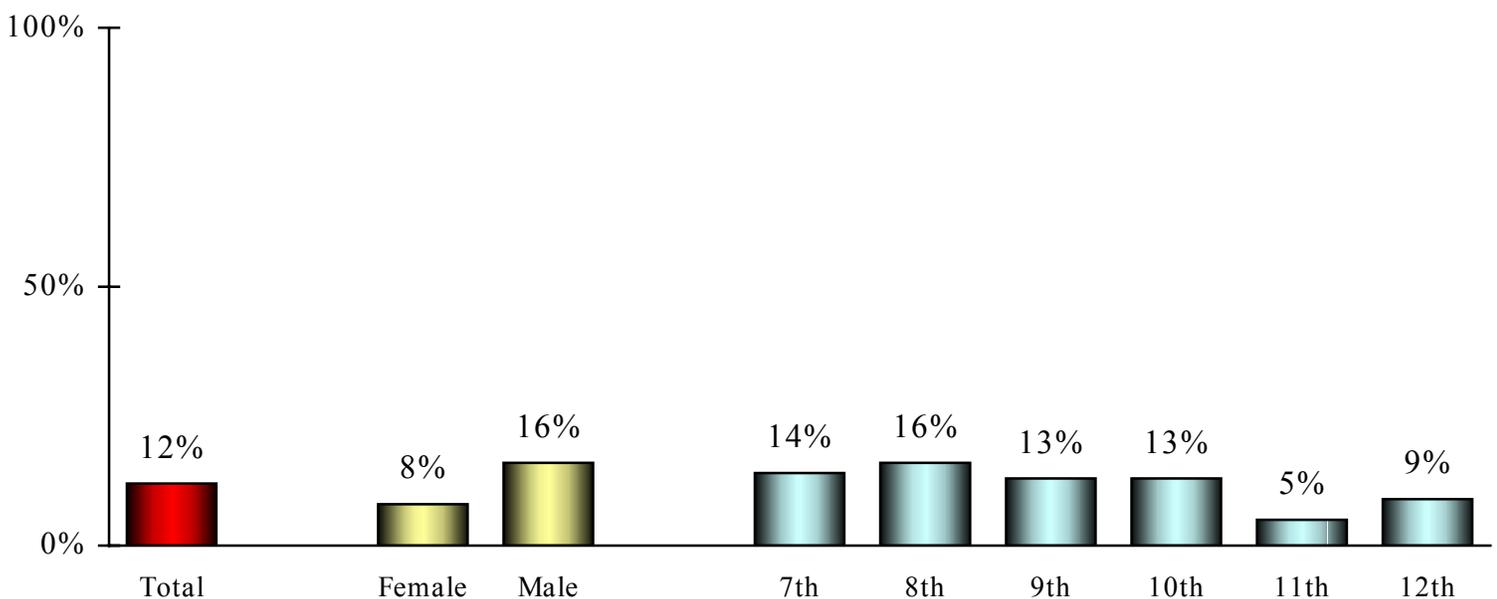
■ Sexual Activity

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.

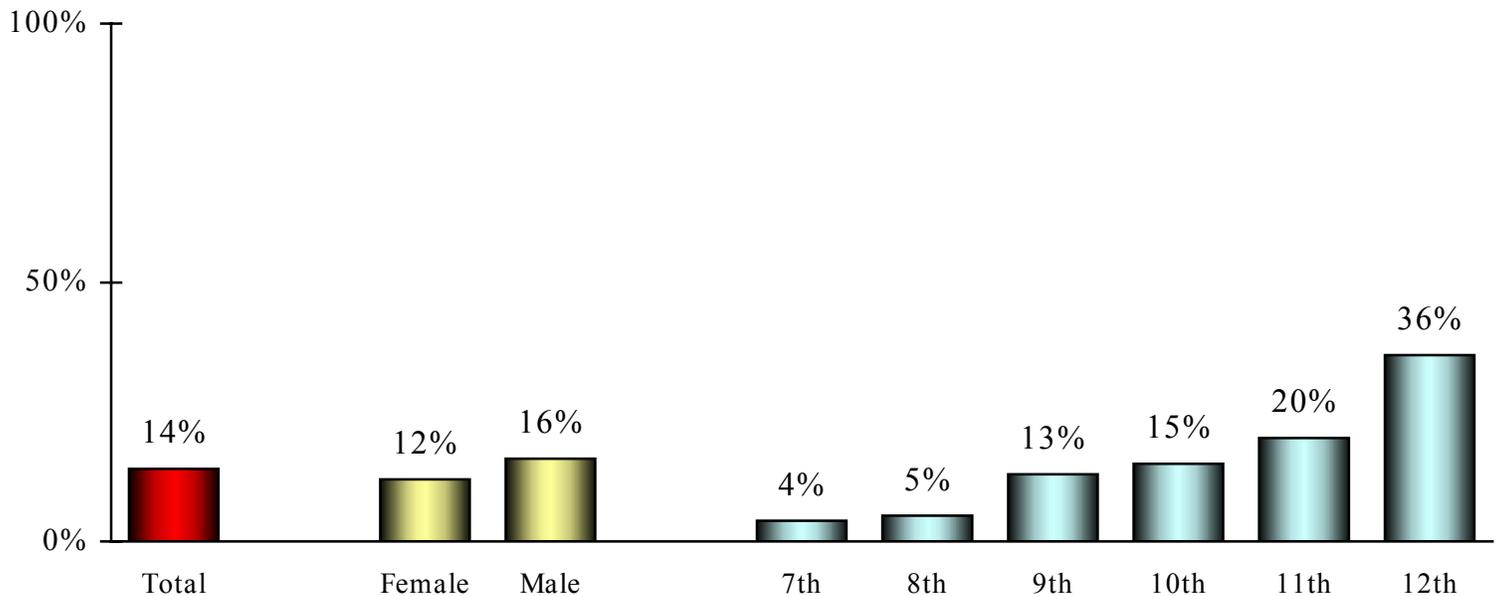


Percentage of students who had sexual intercourse for the first time before age 13.

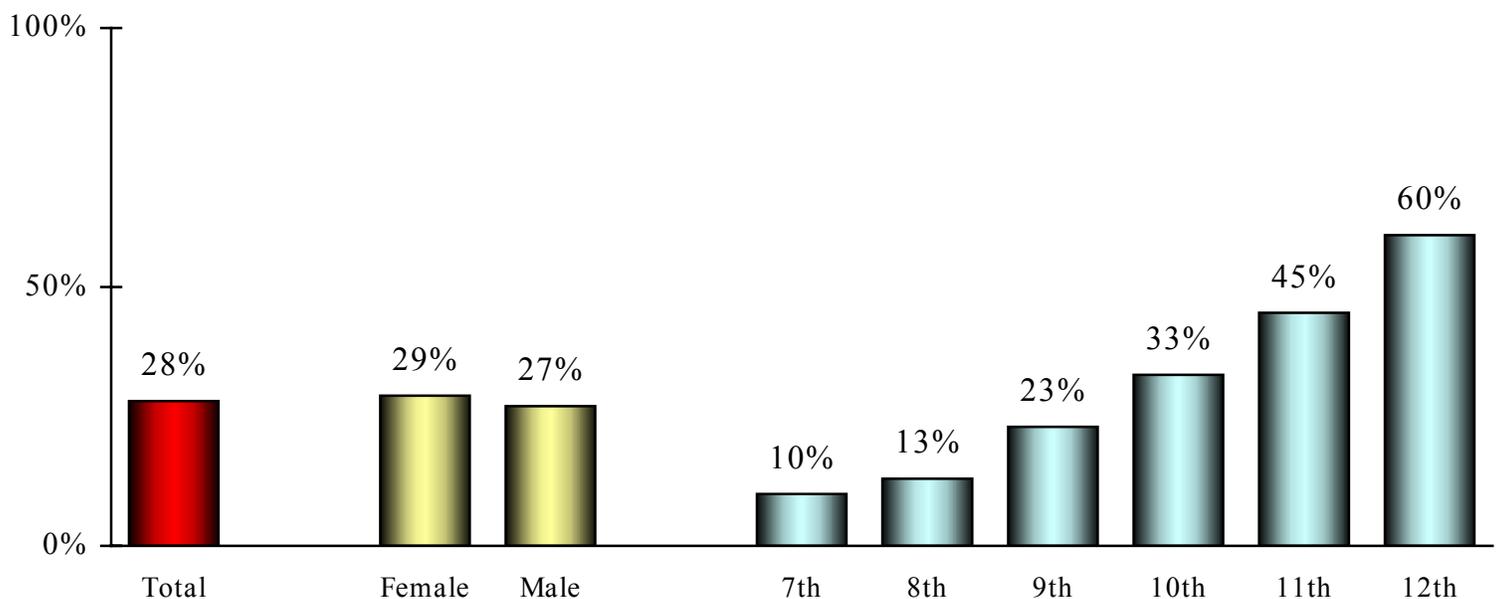


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Percentage of students who had sexual intercourse with four or more people during their life.

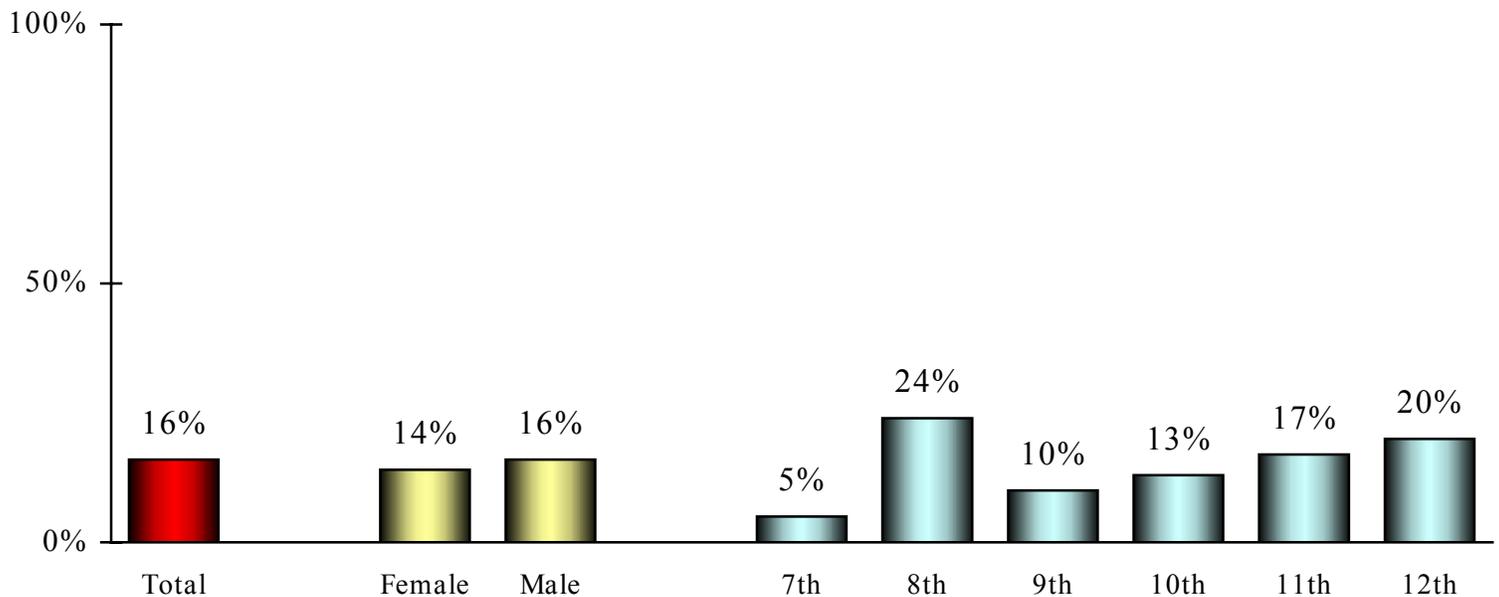


Percentage of students who had sexual intercourse during the past three months.



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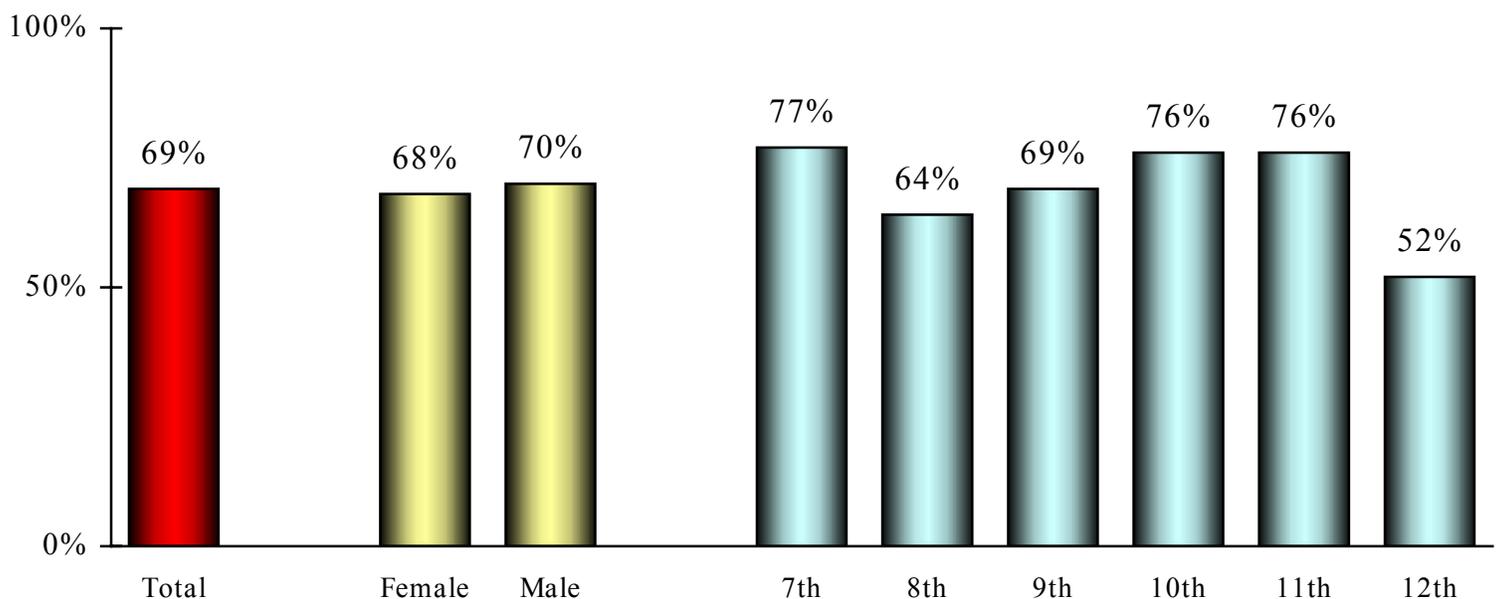
Of those who had sexual intercourse, the percentage that drank alcohol or used drugs before last sexual intercourse.



■ 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.

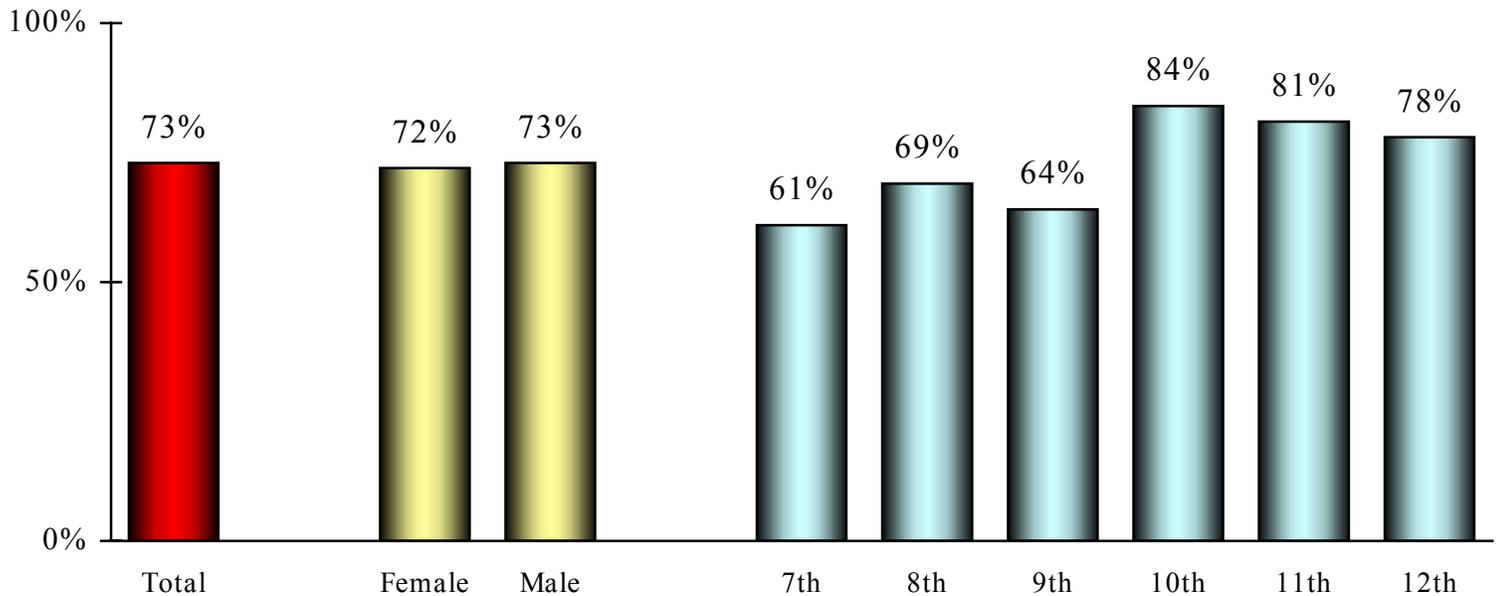


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■ AIDS, HIV, & STDs

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.

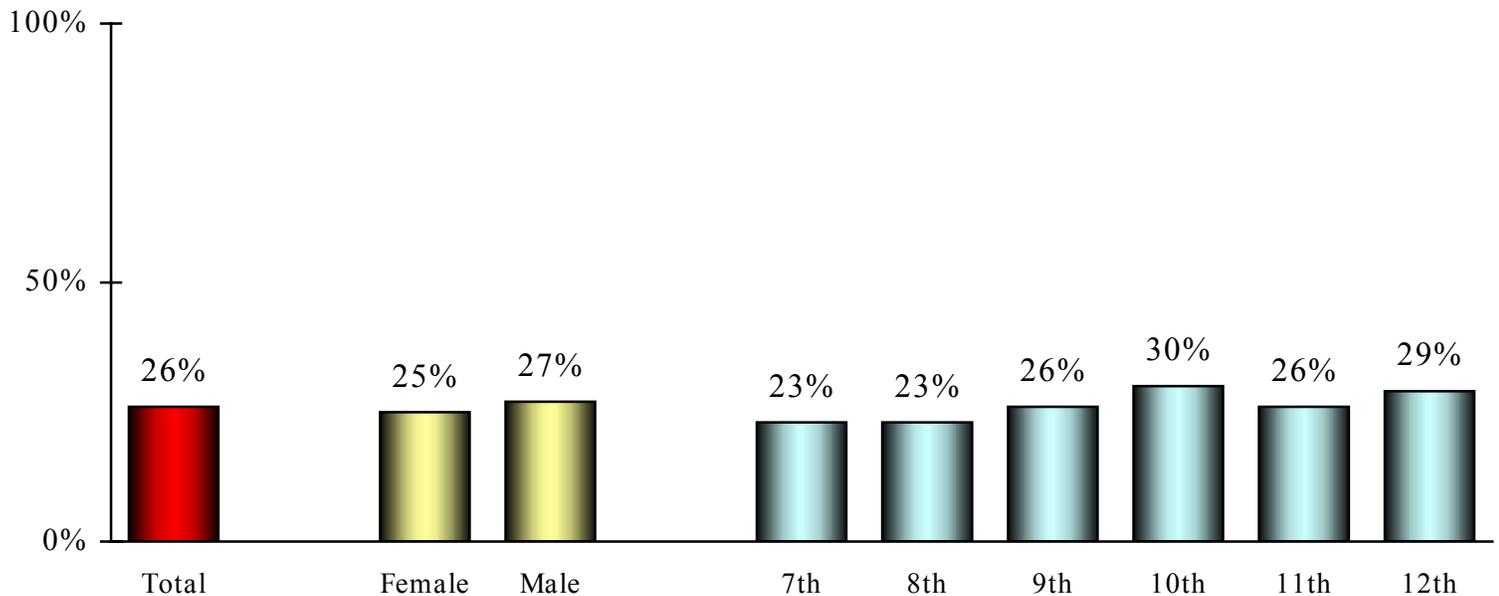


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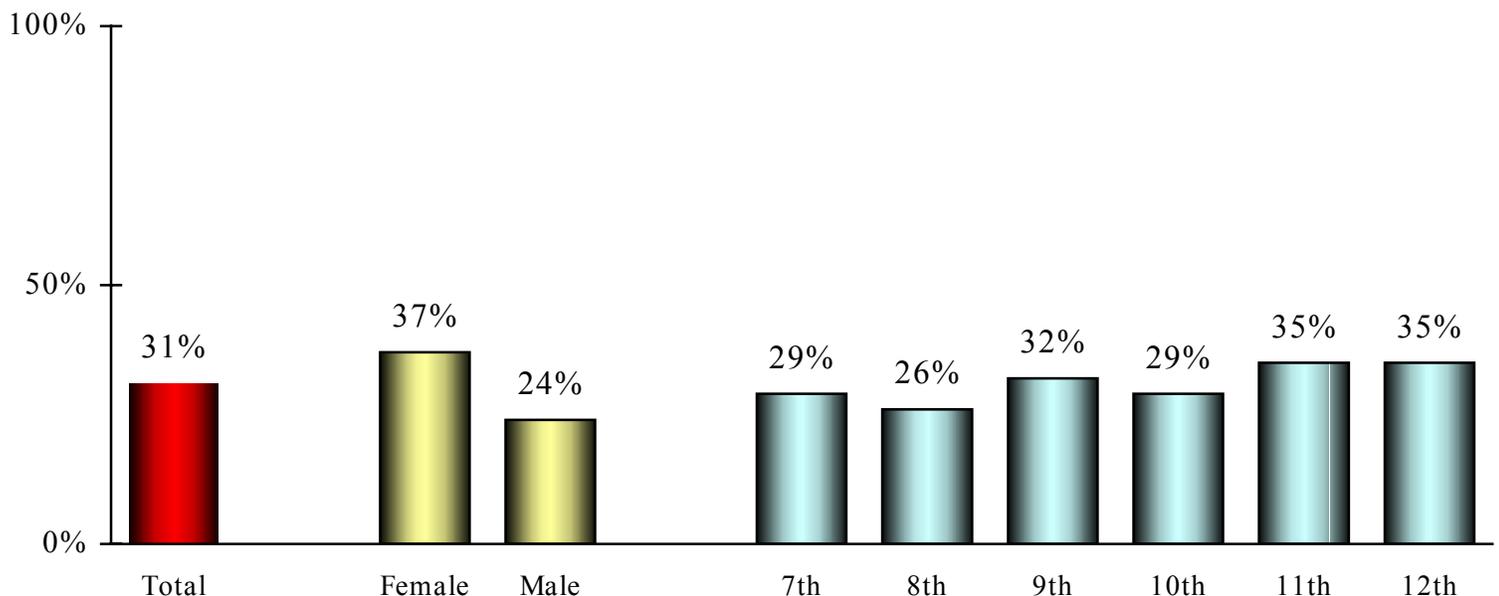
■ Obesity

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.

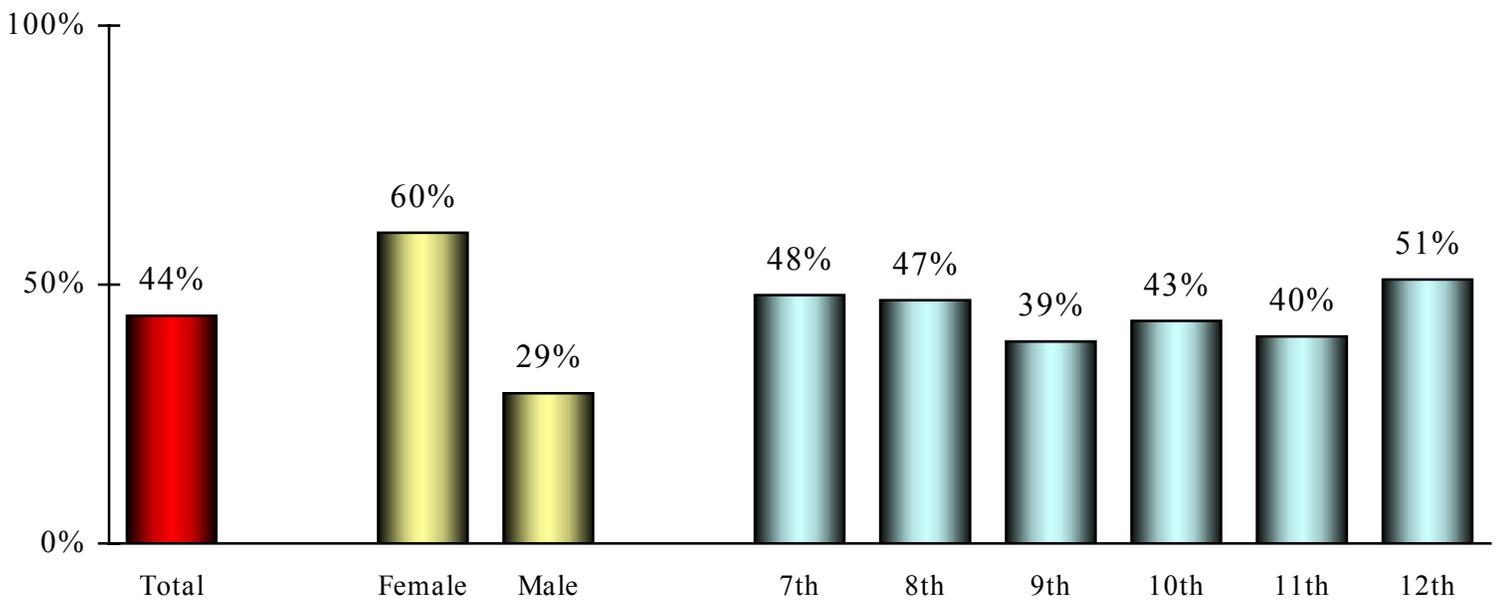


Percentage of students who describe themselves as slightly or very overweight.

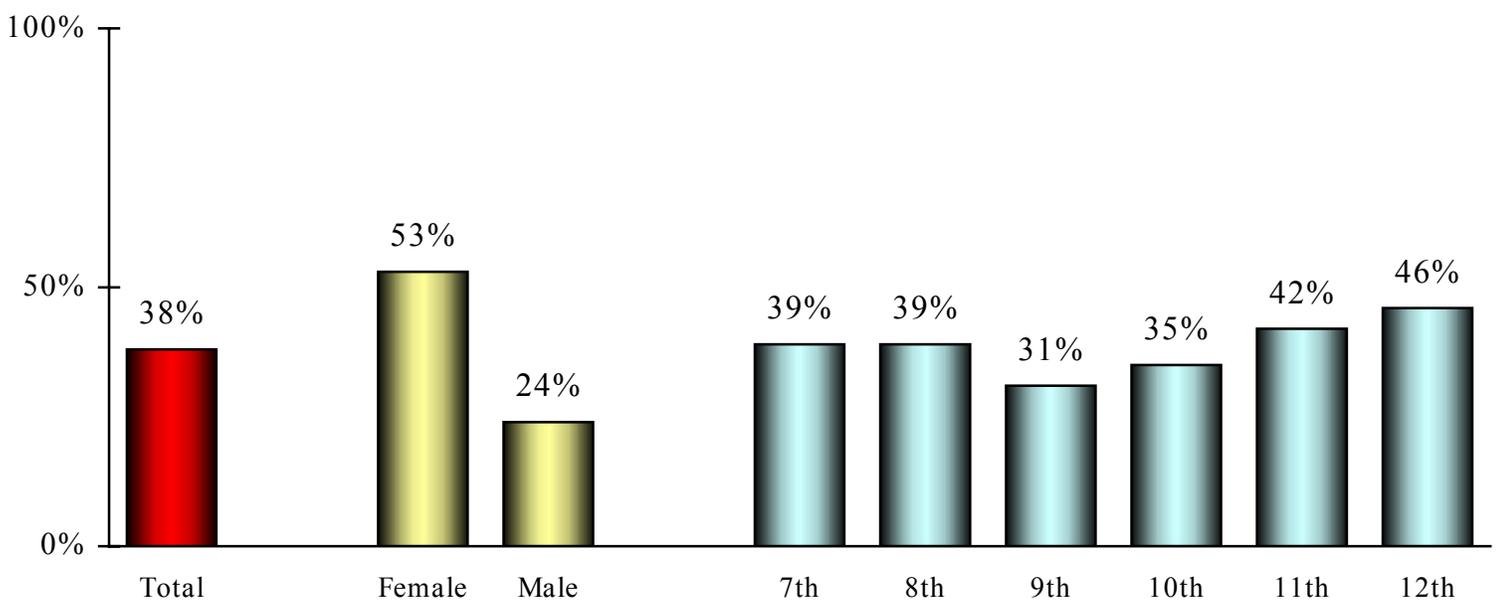


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Percentage of students who were trying to lose weight.

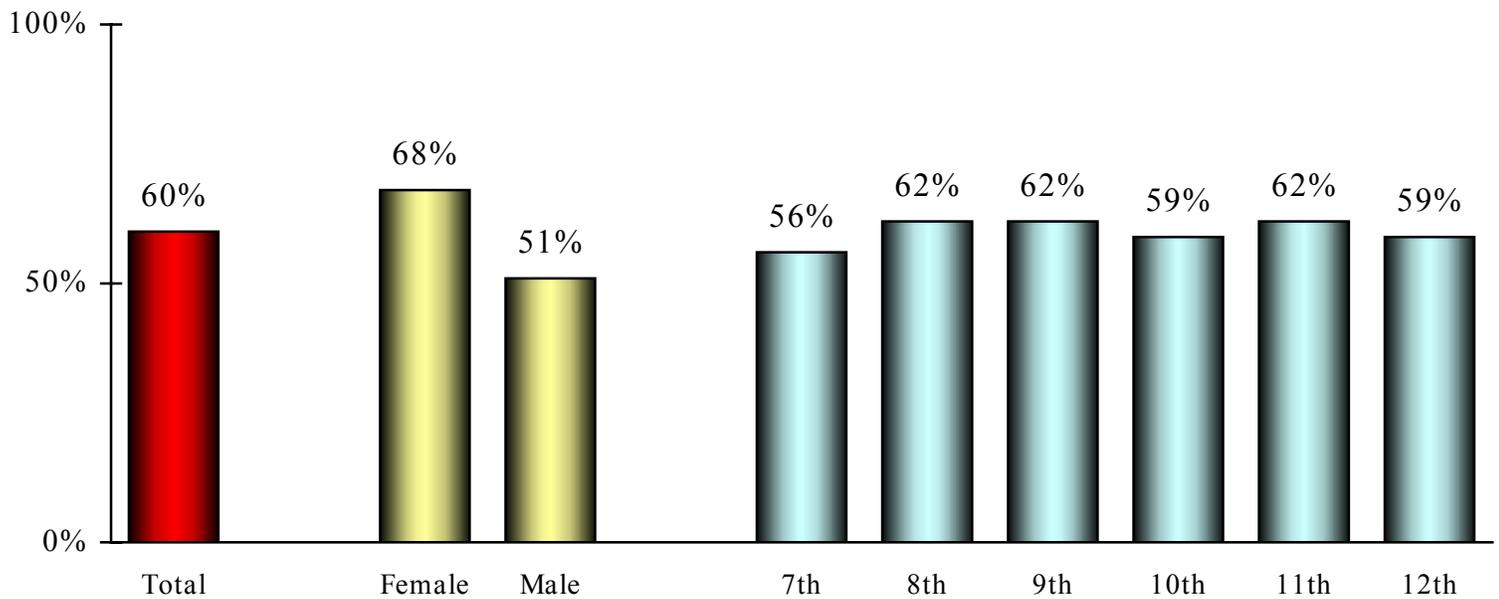


Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.

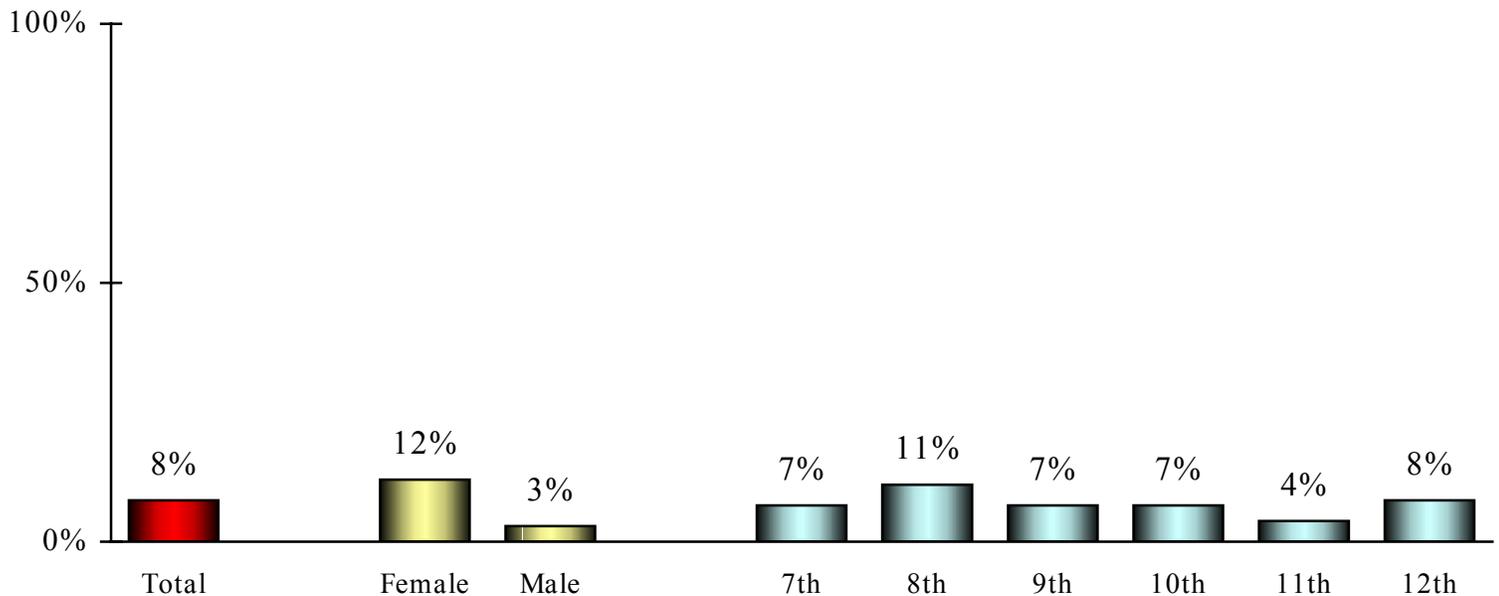


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Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.

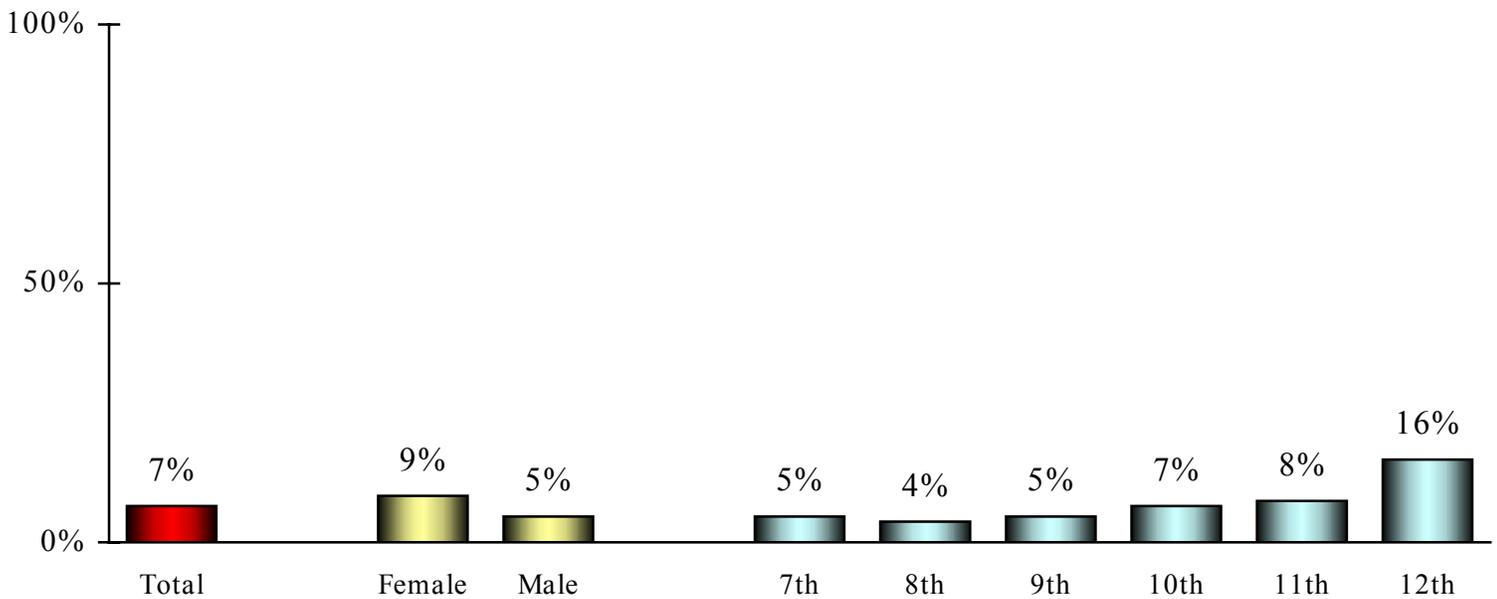


Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.

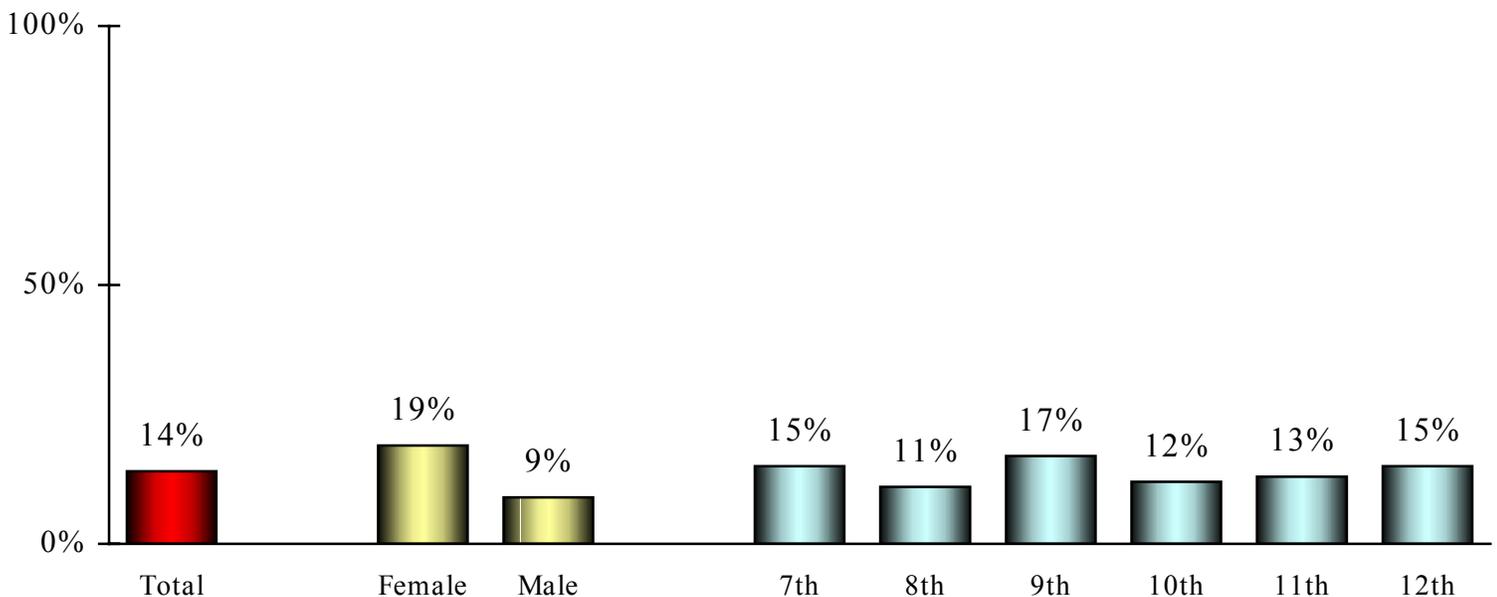


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Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.



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.

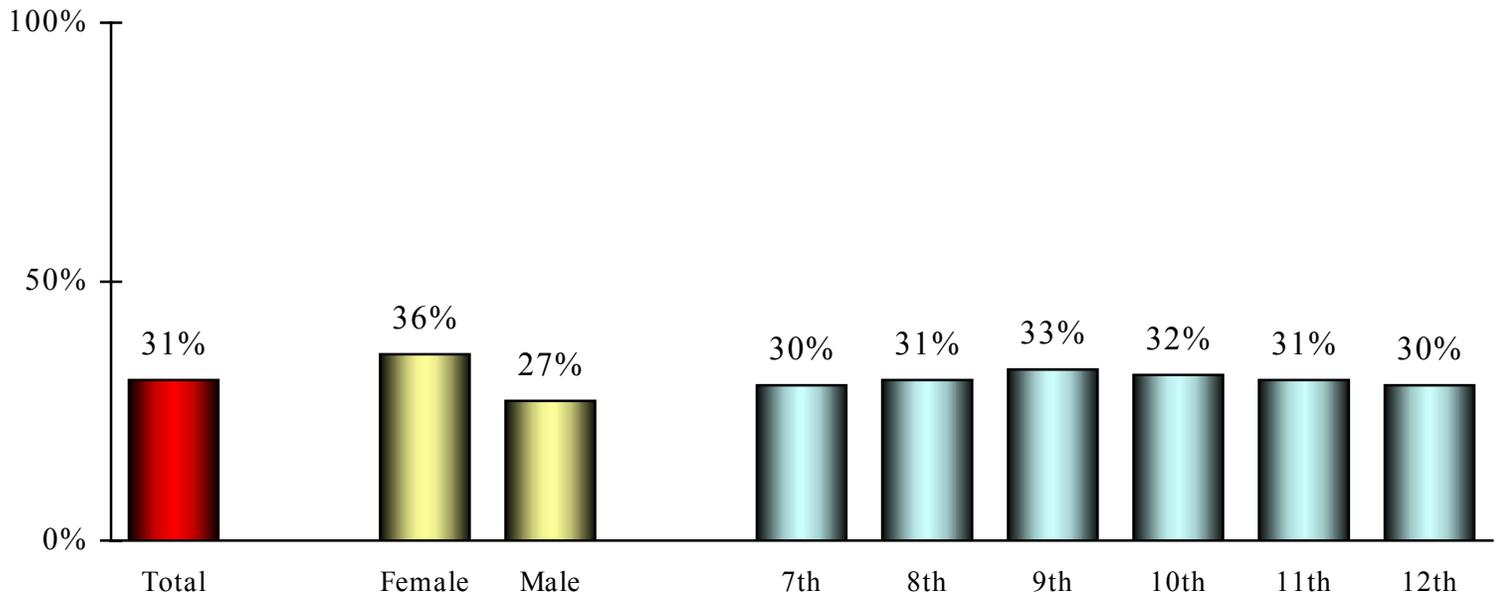


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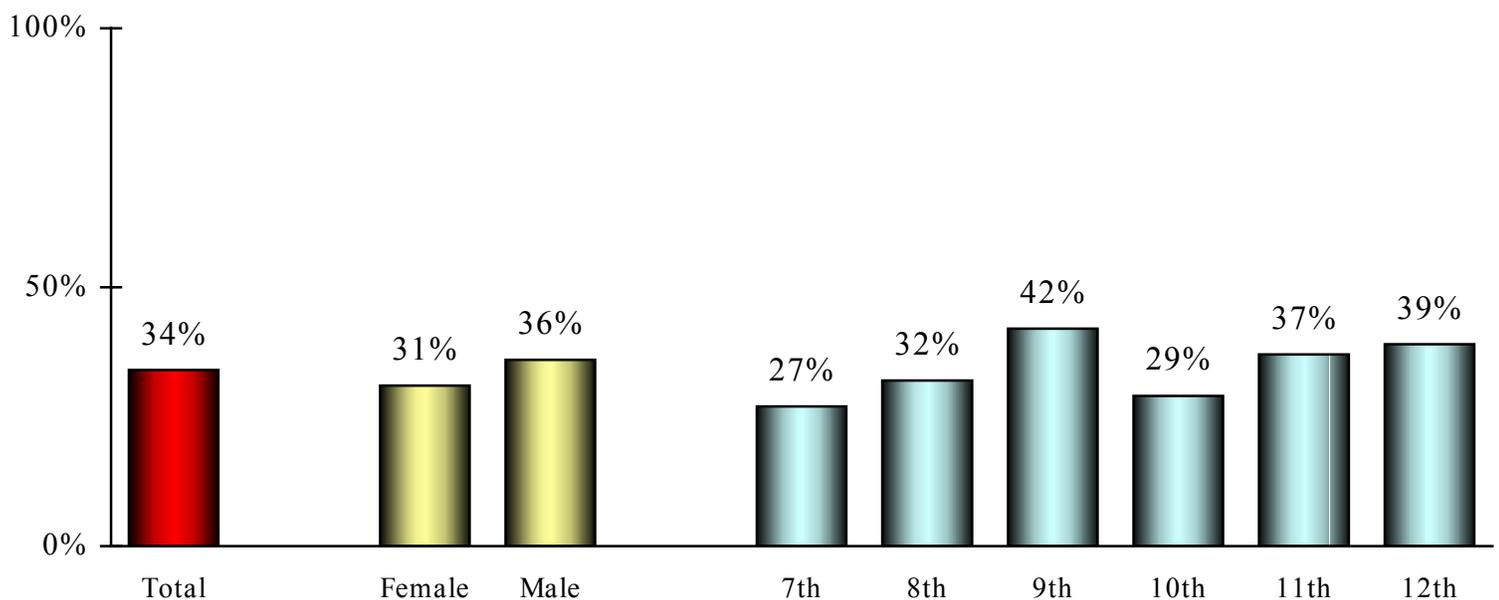
■ Nutrition

These questions measure food choices.

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

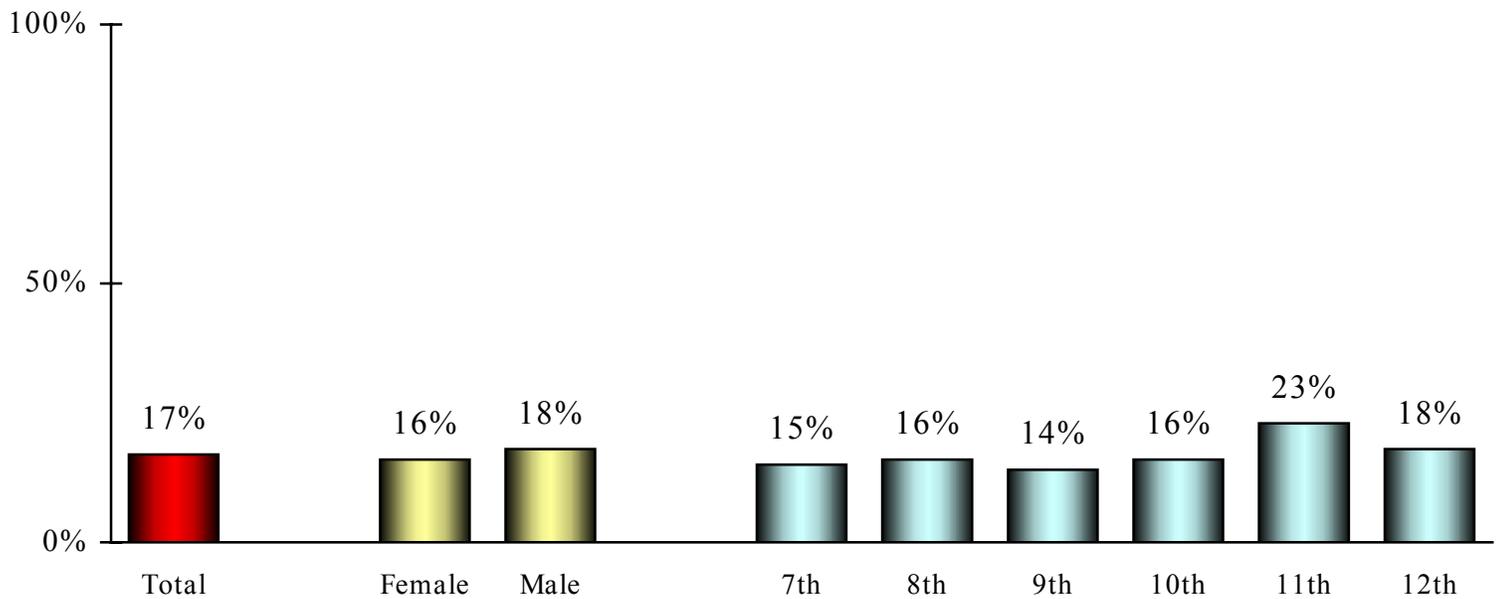


Percentage of students who drank fruit juices four or more times during the past 7 days.

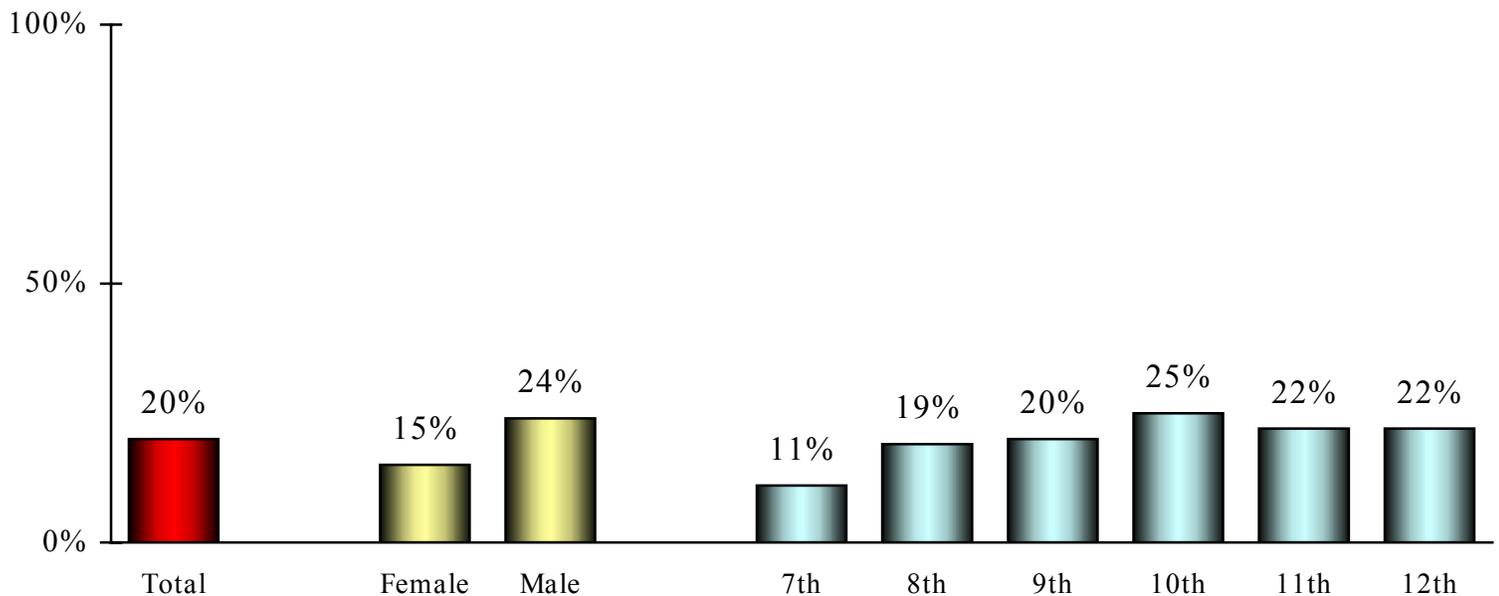


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Percentage of students who ate green salad four or more times during the past 30 days.

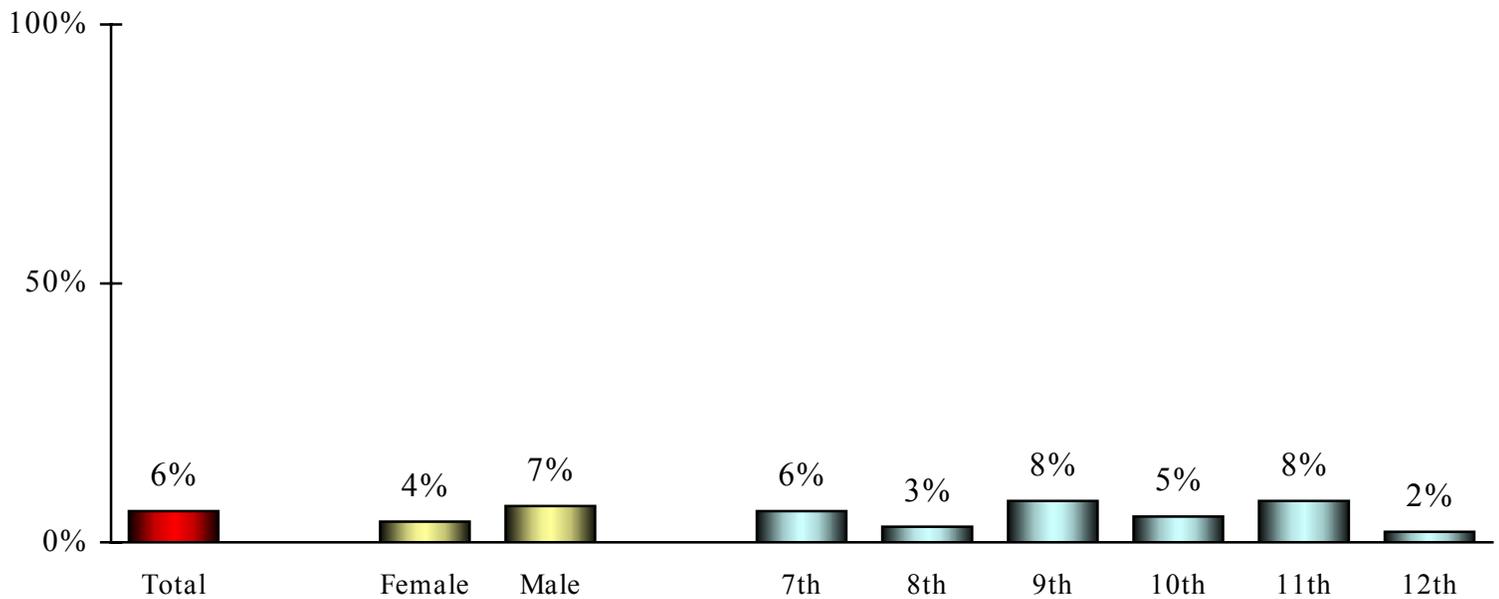


Percentage of students who ate potatoes four or more times during the past 30 days.

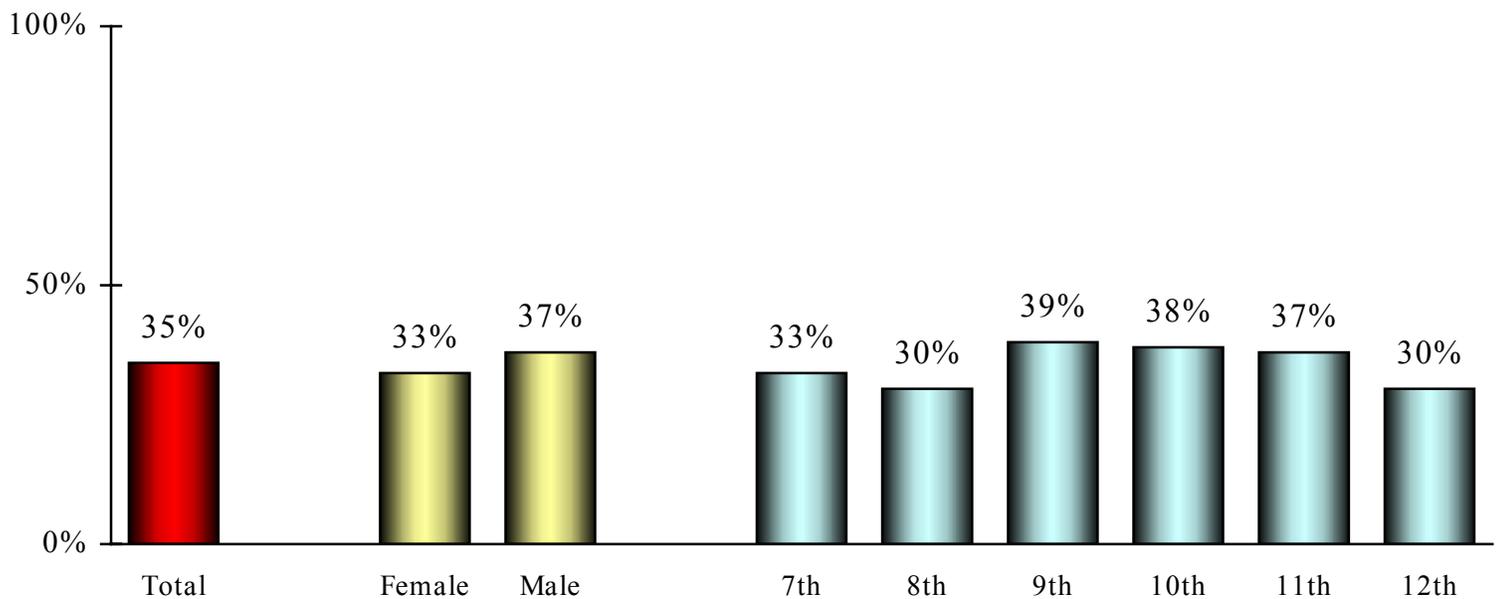


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Percentage of students who ate carrots four or more times during the past 7 days.

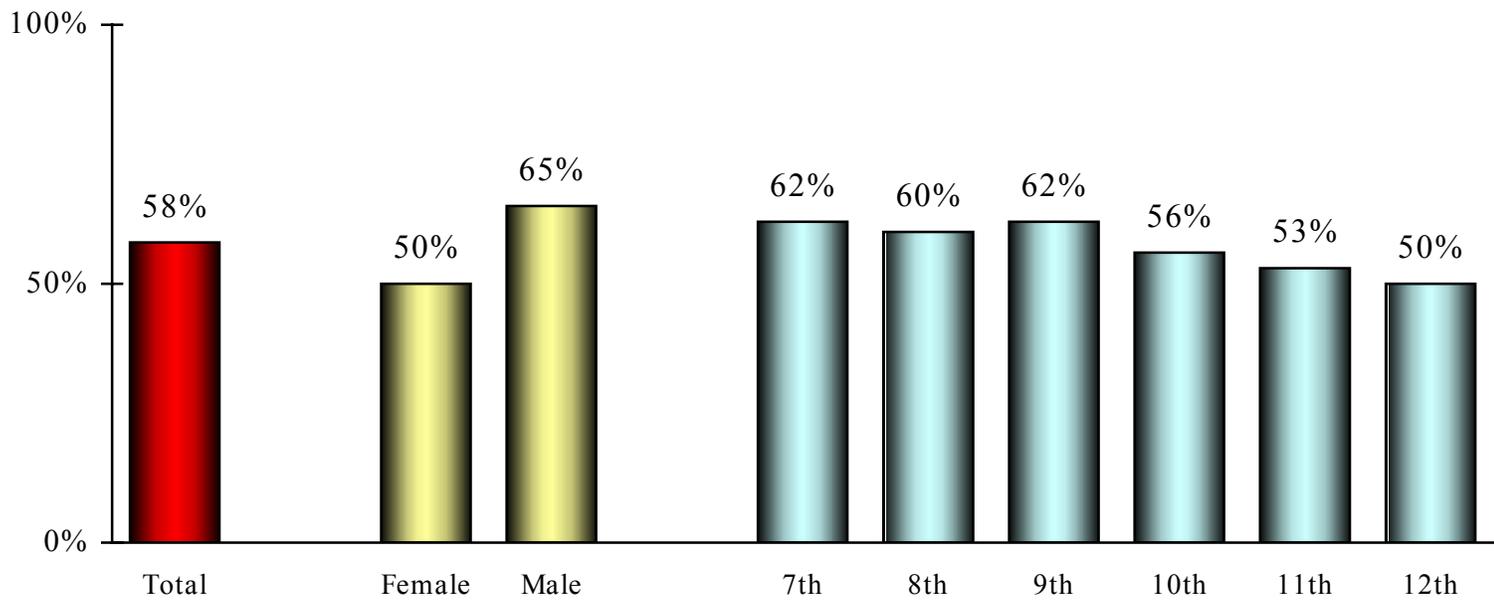


Percentage of students who ate other vegetables four or more times during the past 7 days.



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

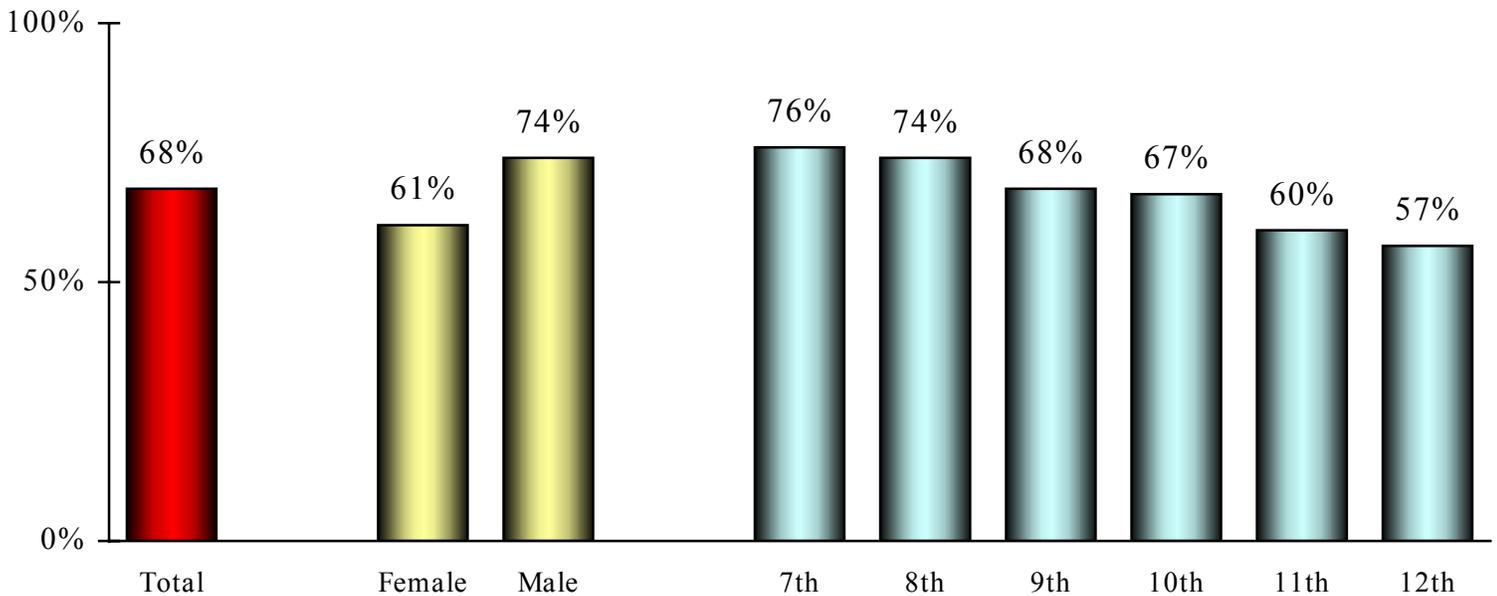


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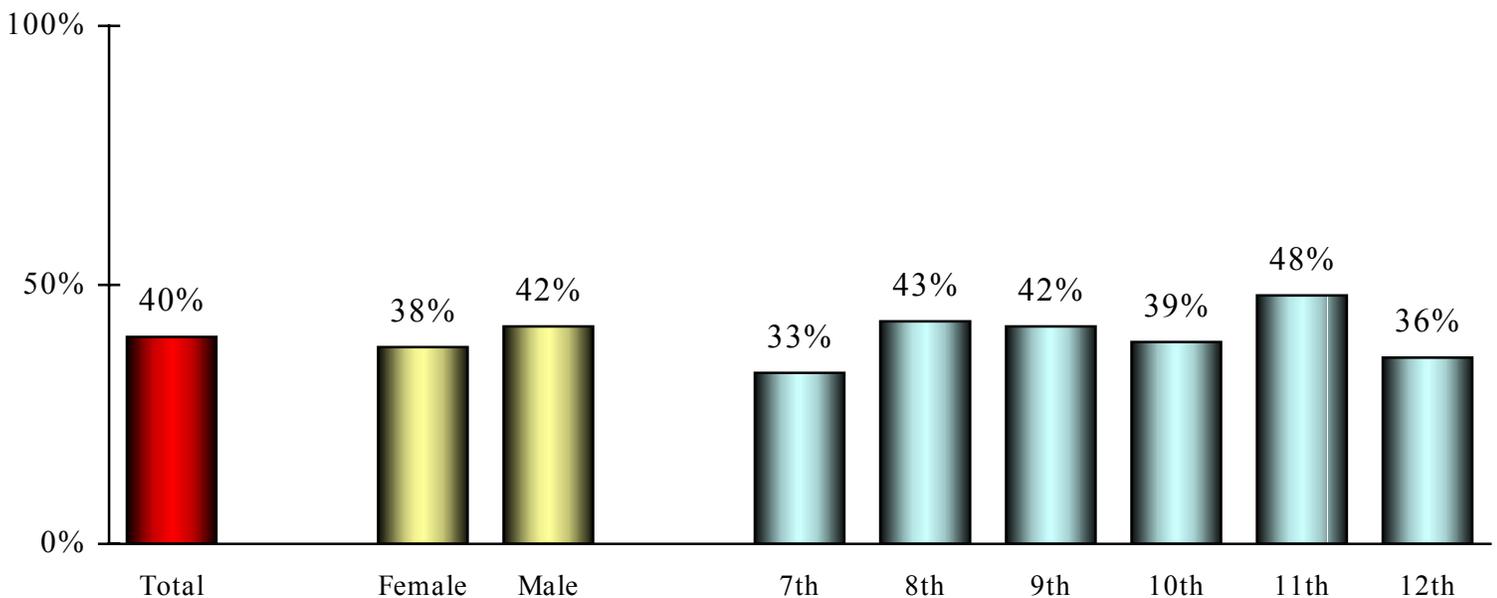
■ Physical Activity

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.

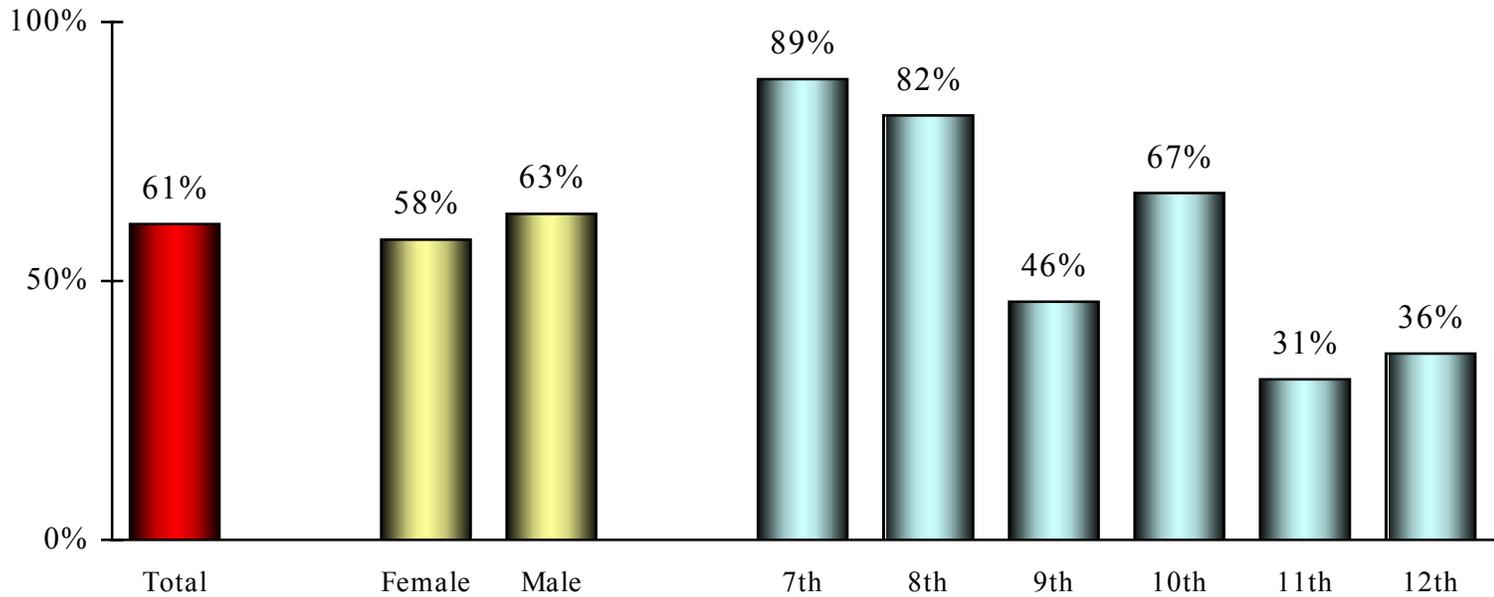


Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.

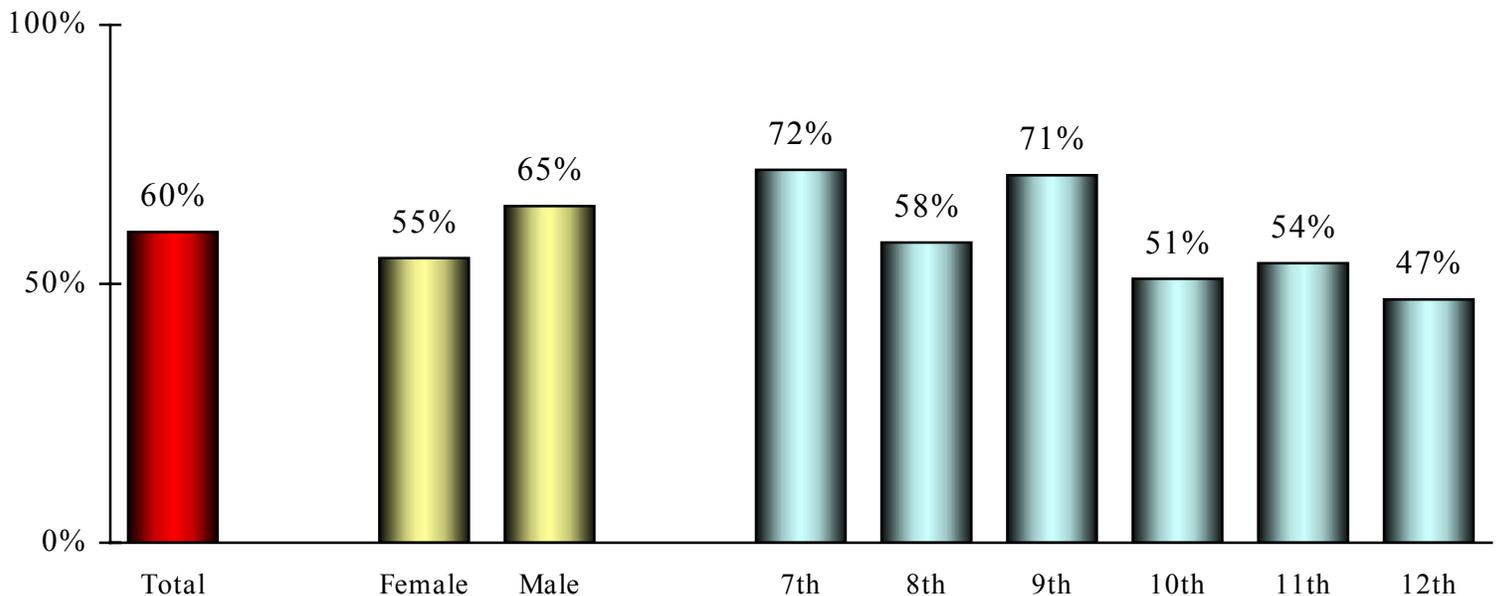


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Percentage of students who attended physical education (PE) class one or more days during an average school week.



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



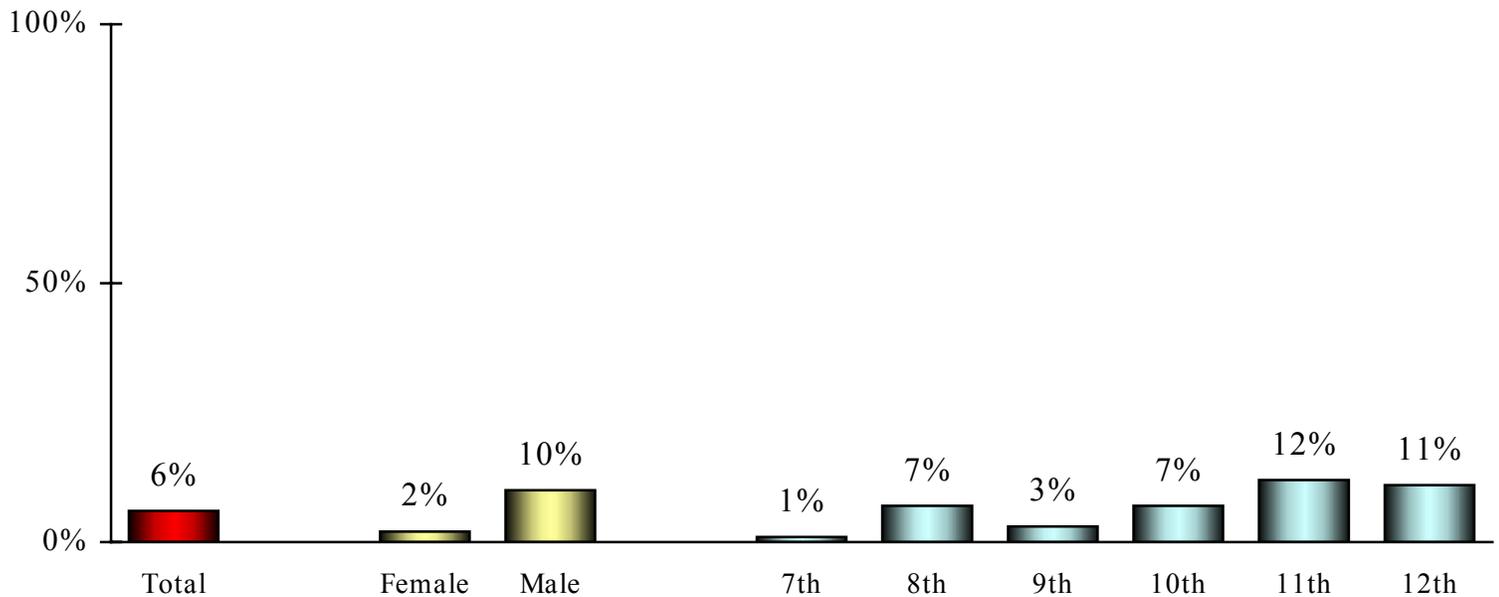
2004-2005 Little River County Youth Health Survey

■ Violence-Related Behaviors at School

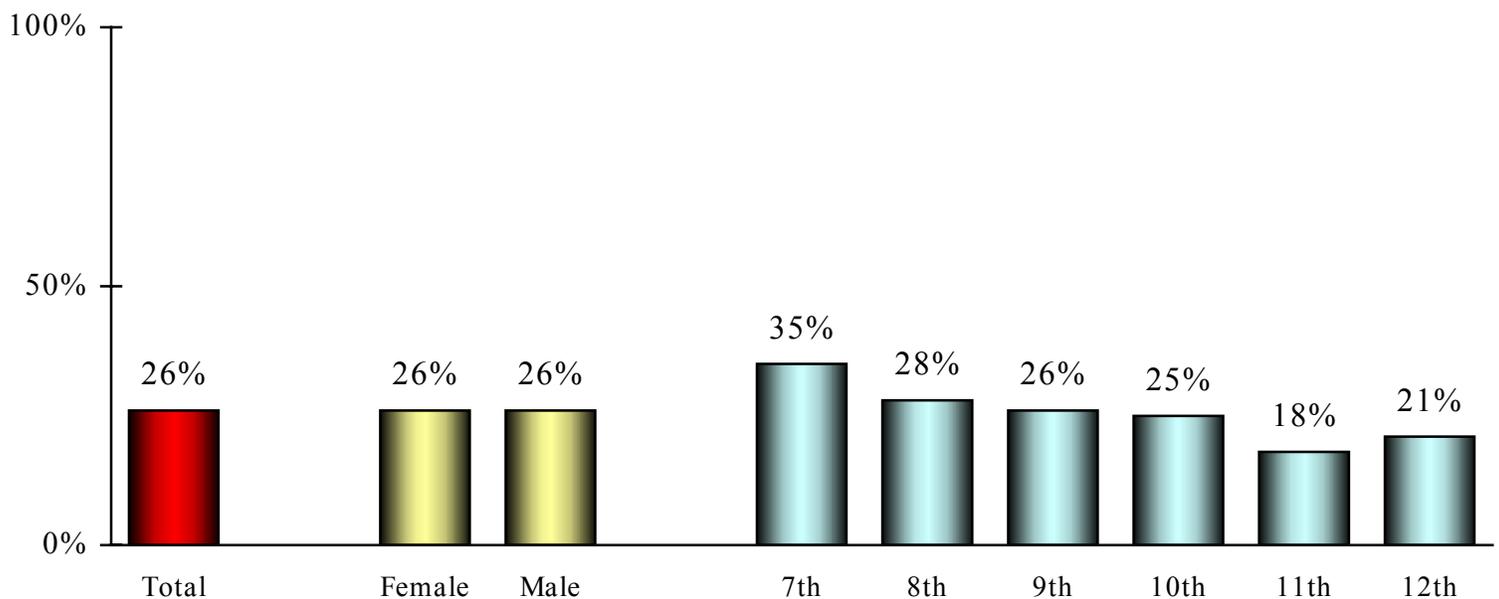
These questions measure violence related behaviors at school.

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.

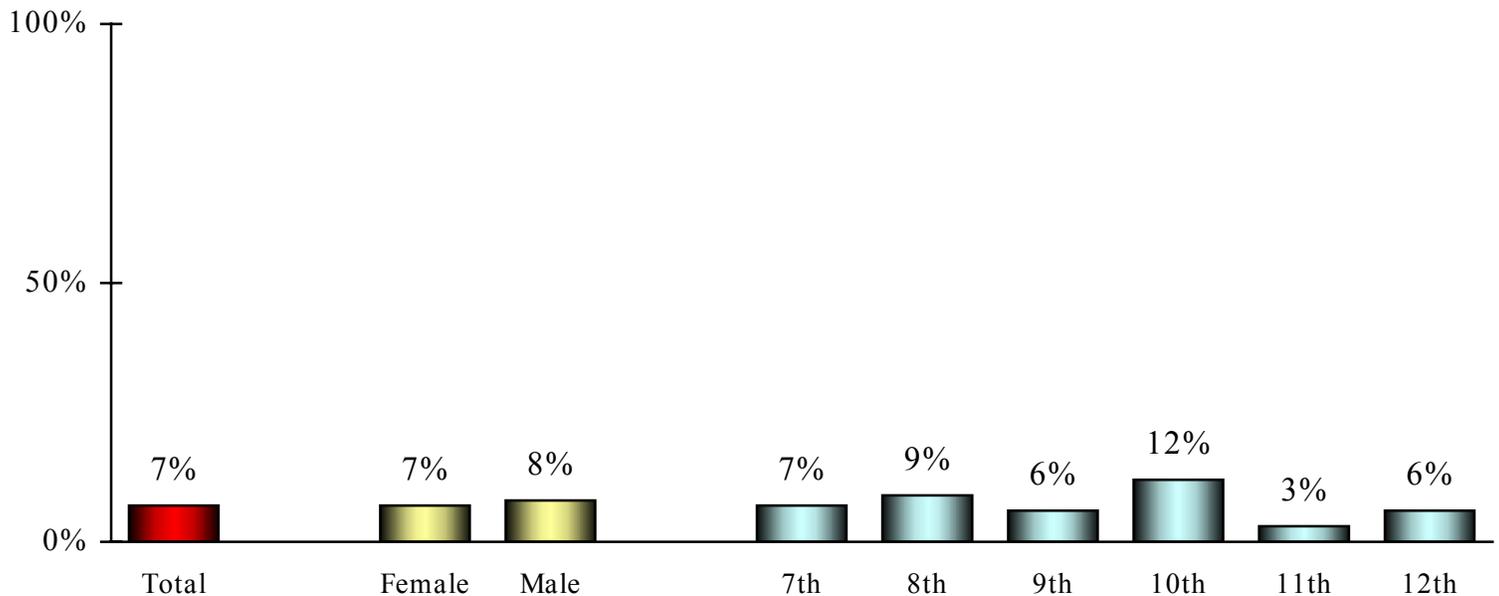


Percentage of students who have had their property stolen or deliberately damaged during the past 12 months?

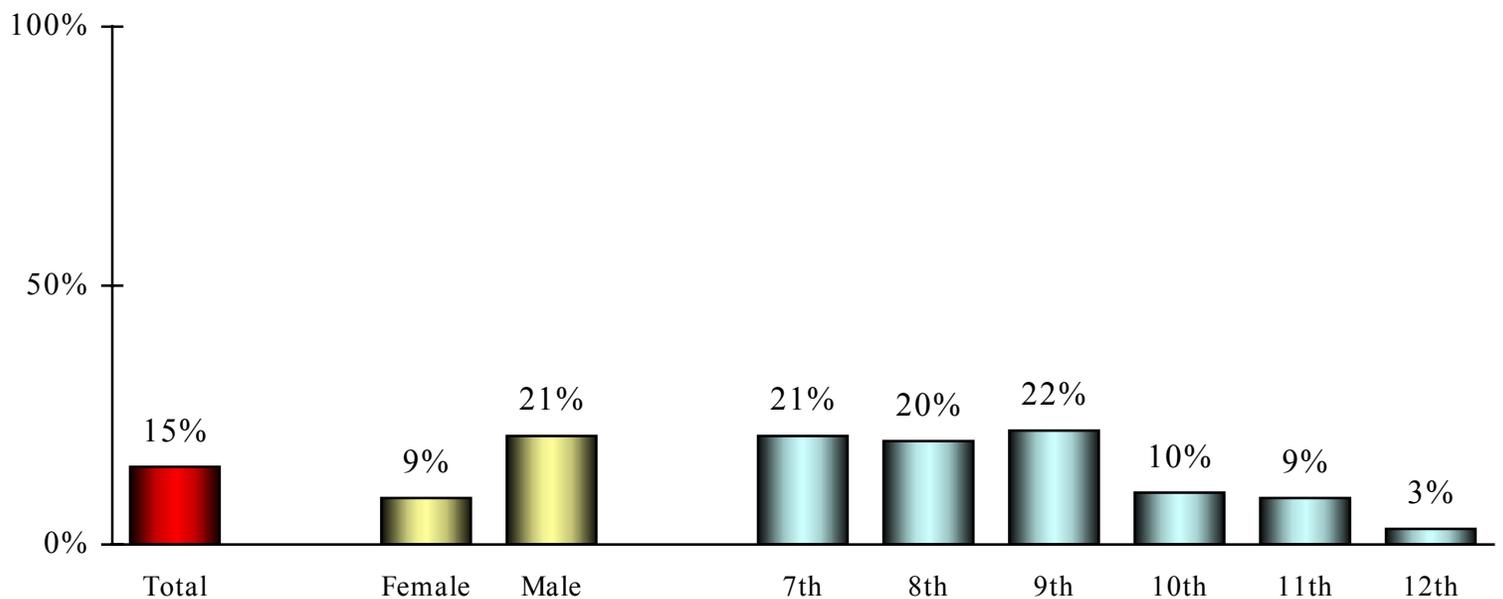


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Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.



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

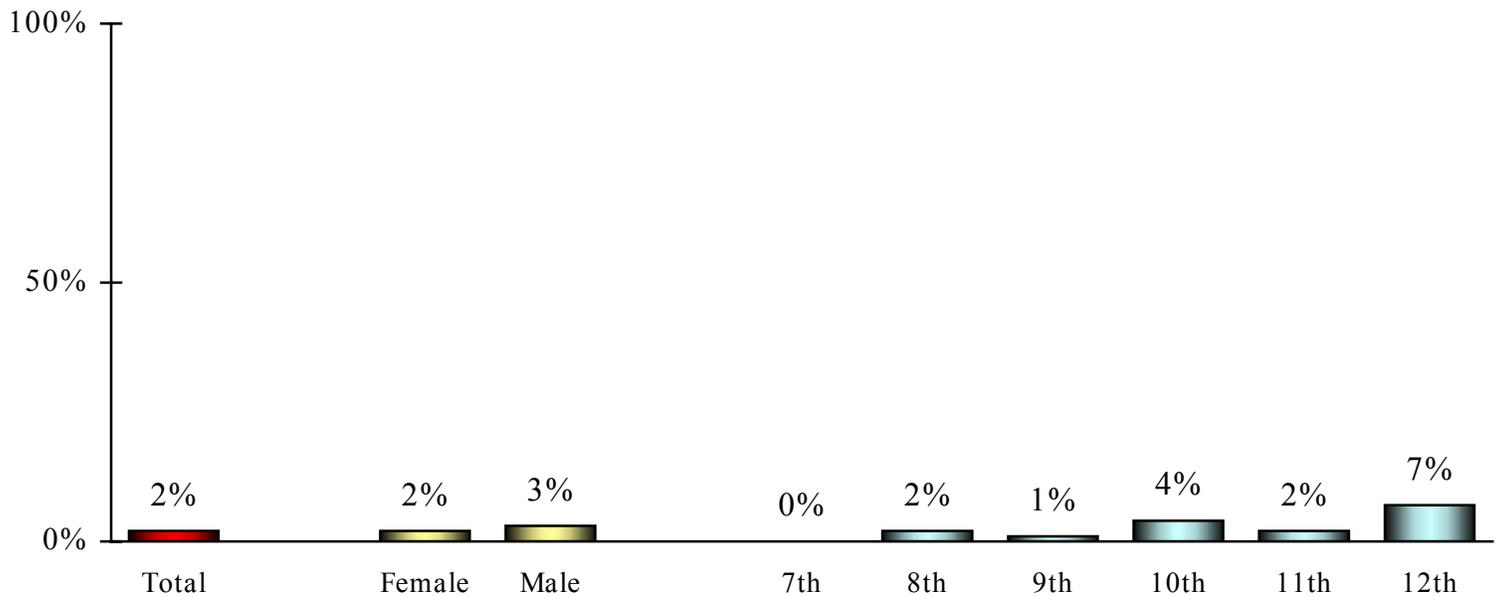


2004-2005 Little River County Youth Health Survey

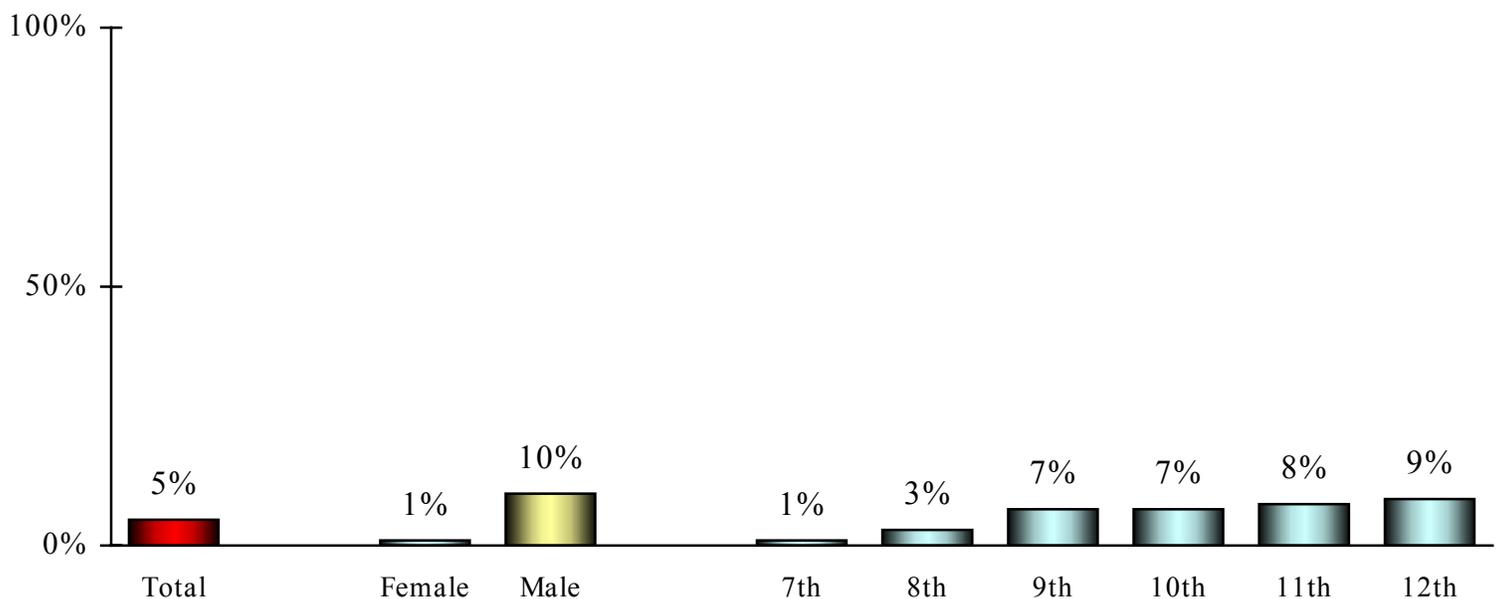
■ Tobacco Use at School

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

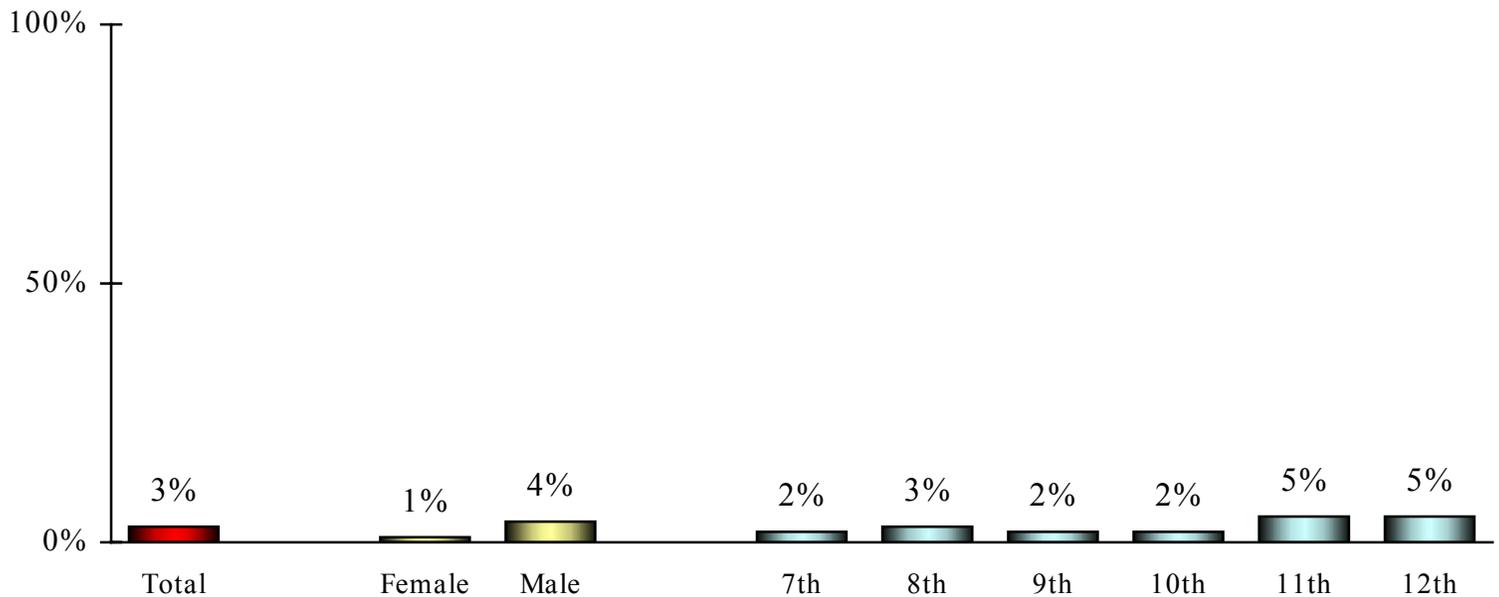


2004-2005 Little River County Youth Health Survey

■ Alcohol Use at School

This question measures alcohol use on school property.

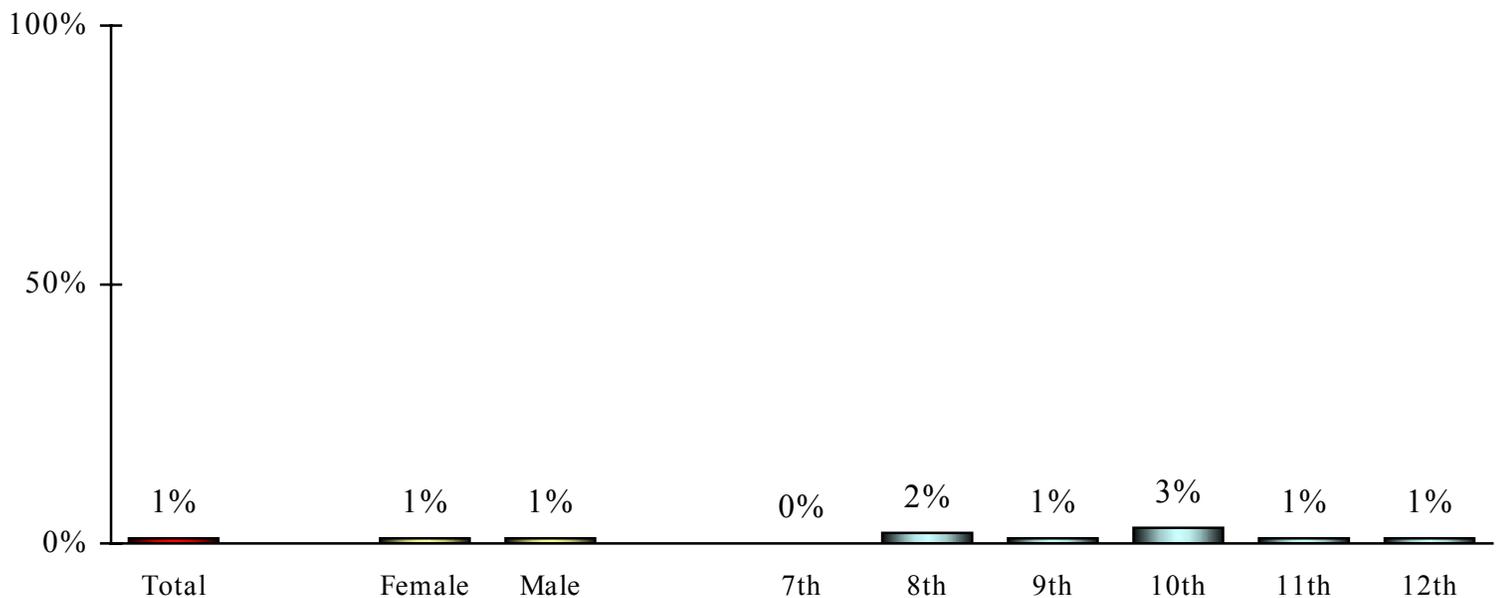
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



■ Drug Use at School

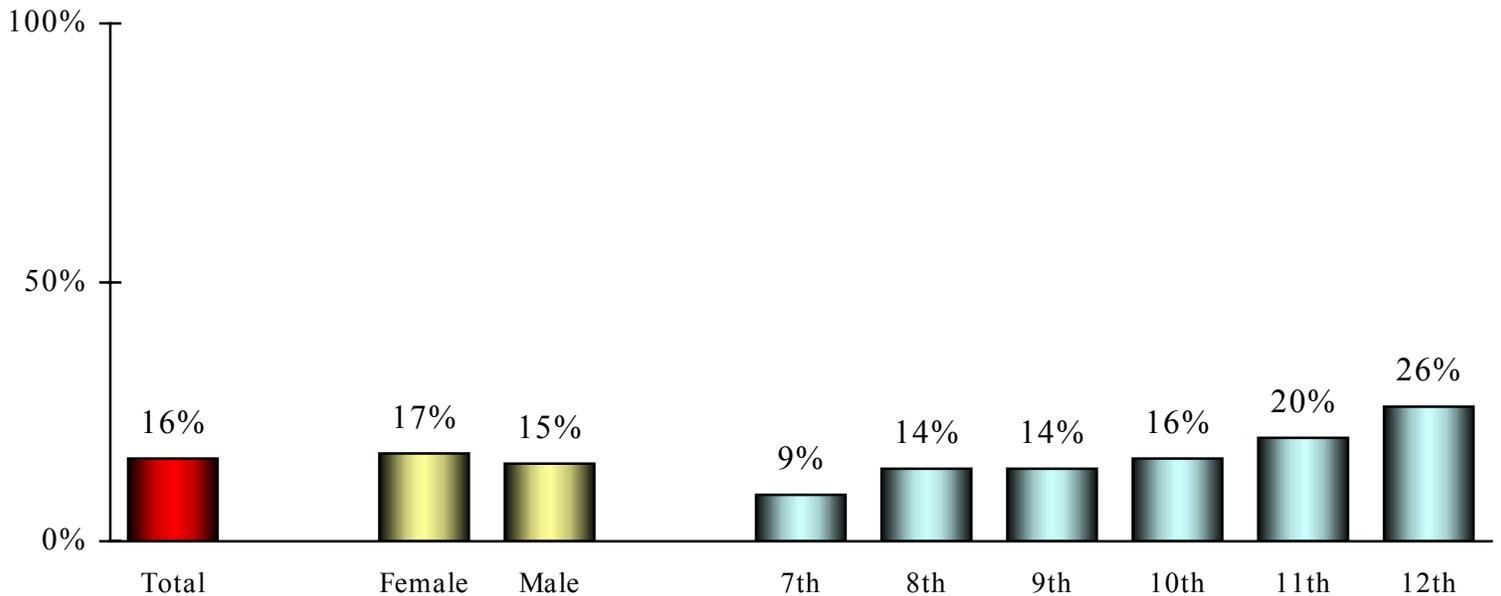
These questions measure drug use and availability on school property.

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



2004-2005 Little River 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 Little River County Youth Health Survey

2004-2005 Little River County Youth Health Survey Questionnaire

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	48	6
13	120	16
14	160	21
15	144	19
16	129	17
17	123	16
18 OR OLDER	50	6

Frequency Missing = 4

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	373	48
MALE	400	52

Frequency Missing = 5

2004-2005 Little River County Youth Health Survey

3. In what grade are you?		
	Number of Students	Percent of Total
7TH	137	18
8TH	144	19
9TH	142	18
10TH	138	18
11TH	121	16
12TH	87	11

Frequency Missing = 9

5. How do you describe your health in general?		
	Number of Students	Percent of Total
EXCELLENT	171	22
VERY GOOD	278	36
GOOD	236	31
FAIR	75	10
POOR	5	1

Frequency Missing = 13

2004-2005 Little River 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	239	31
NEVER WORE	501	65
RARELY WORE	17	2
SOMETIMES WORE	8	1
WORE MOST OF THE TIME	5	1
ALWAYS WORE	3	0

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	53	7
RARELY	97	13
SOMETIMES	196	25
MOST OF THE TIME	227	29
ALWAYS	198	26

Frequency Missing = 7

2004-2005 Little River 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	548	71
1 TIME	78	10
2-3 TIMES	79	10
4-5 TIMES	18	2
6+ TIMES	48	6

Frequency Missing = 7

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	681	91
1 TIME	33	4
2-3 TIMES	17	2
4-5 TIMES	6	1
6+ TIMES	13	2

Frequency Missing = 28

2004-2005 Little River 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	550	73
1 TIME	38	5
2-3 TIMES	35	5
4-5 TIMES	18	2
6+ TIMES	114	15

Frequency Missing = 23

13. During the past 30 days, on how many days did you carry a gun?		
	Number of Students	Percent of Total
0 TIMES	676	90
1 TIME	21	3
2-3 TIMES	27	4
4-5 TIMES	3	0
6+ TIMES	25	3

Frequency Missing = 26

2004-2005 Little River 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	723	94
1 TIME	12	2
2-3 TIMES	8	1
4-5 TIMES	1	0
6+ TIMES	27	4

Frequency Missing = 7

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	726	94
1 TIME	23	3
2-3 TIMES	16	2
4-5 TIMES	4	1
6+ TIMES	6	1

Frequency Missing = 3

2004-2005 Little River 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	710	93
1 TIME	30	4
2-3 TIMES	17	2
4-5 TIMES	3	0
6-7 TIMES	2	0
8-9 TIMES	1	0
10-11 TIMES	1	0

Frequency Missing = 14

2004-2005 Little River 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	574	74
1 TIME	122	16
2-3 TIMES	51	7
4-5 TIMES	14	2
6-7 TIMES	7	1
8-9 TIMES	1	0
10-11 TIMES	2	0
12+ TIMES	3	0

Frequency Missing = 4

2004-2005 Little River 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	496	66
1 TIME	118	16
2-3 TIMES	79	11
4-5 TIMES	20	3
6-7 TIMES	14	2
8-9 TIMES	5	1
10-11 TIMES	2	0
12+ TIMES	17	2

Frequency Missing = 27

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	729	97
1 TIME	17	2
2-3 TIMES	5	1
4-5 TIMES	1	0
6+ TIMES	2	0

Frequency Missing = 24

2004-2005 Little River 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	656	85
1 TIME	76	10
2-3 TIMES	28	4
4-5 TIMES	9	1
6-7 TIMES	1	0
8-9 TIMES	2	0
10-11 TIMES	1	0
12+ TIMES	1	0

Frequency Missing = 4

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	84	11
NO	687	89

Frequency Missing = 7

2004-2005 Little River 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	78	10
NO	692	90

Frequency Missing = 8

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	236	30
NO	540	70

Frequency Missing = 2

24. During the past 12 months, did you ever seriously consider attempting suicide?		
	Number of Students	Percent of Total
YES	123	17
NO	595	83

Frequency Missing = 60

2004-2005 Little River 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	112	15
NO	653	85

Frequency Missing = 13

26. During the past 12 months, how many times did you actually attempt suicide?		
	Number of Students	Percent of Total
0 TIMES	558	91
1 TIME	29	5
2-3 TIMES	16	3
4-5 TIMES	9	1
6+ TIMES	3	0

Frequency Missing = 163

2004-2005 Little River 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	558	87
YES	22	3
NO	61	10

Frequency Missing = 137

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

	Number of Students	Percent of Total
YES	401	53
NO	350	47

Frequency Missing = 27

2004-2005 Little River 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	466	63
8 OR YOUNGER	30	4
AGE 9-10	45	6
AGE 11-12	86	12
AGE 13-14	77	10
AGE 15-16	28	4
17 OR OLDER	9	1

Frequency Missing = 37

30. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	623	85
1-2 DAYS	28	4
3-5 DAYS	18	2
6-9 DAYS	10	1
10-19 DAYS	20	3
20-29 DAYS	10	1
ALL 30 DAYS	25	3

Frequency Missing = 44

2004-2005 Little River 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	621	85
LT 1 PER DAY	24	3
1/DAY	21	3
2-5/DAY	48	7
6-10/DAY	11	2
11-20/DAY	4	1
21+ /DAY	3	0

Frequency Missing = 46

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	625	85
STORE BOUGHT	28	4
SOMEONE ELSE BOUGHT	25	3
BORROWED THEM	41	6
PERSON 18 OR OLDER GAVE THEM	4	1
TOOK FROM A STORE OR FAMILY MEMBER	7	1
SOME OTHER WAY	7	1

Frequency Missing = 41

2004-2005 Little River 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	748	98
1-2 DAYS	14	2
3-5 DAYS	1	0
20-29 DAYS	2	0
ALL 30 DAYS	2	0

Frequency Missing = 11

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	72	9
NO	689	91

Frequency Missing = 17

35. Have you ever tried to quit smoking cigarettes?		
	Number of Students	Percent of Total
N/A	569	78
YES	104	14
NO	54	7

Frequency Missing = 51

2004-2005 Little River County Youth Health Survey

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	685	89
1-2 DAYS	32	4
3-5 DAYS	8	1
6-9 DAYS	9	1
10-19 DAYS	3	0
20-29 DAYS	3	0
ALL 30 DAYS	27	4

Frequency Missing = 11

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	722	95
1-2 DAYS	12	2
3-5 DAYS	1	0
6-9 DAYS	3	0
10-19 DAYS	4	1
20-29 DAYS	2	0
ALL 30 DAYS	20	3

Frequency Missing = 14

2004-2005 Little River County Youth Health Survey

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	715	92
1-2 DAYS	28	4
3-5 DAYS	13	2
6-9 DAYS	9	1
10-19 DAYS	4	1
20-29 DAYS	2	0
ALL 30 DAYS	4	1

Frequency Missing = 3

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	232	34
1-2 DAYS	96	14
3-9 DAYS	118	17
10-19 DAYS	67	10
20-39 DAYS	59	9
40-99 DAYS	40	6
100+ DAYS	74	11

Frequency Missing = 92

2004-2005 Little River County Youth Health Survey

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	225	33
8 OR YOUNGER	84	12
AGE 9-10	80	12
AGE 11-12	94	14
AGE 13-14	126	19
AGE 15-16	60	9
17 OR OLDER	12	2

Frequency Missing = 97

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	493	67
1-2 DAYS	120	16
3-5 DAYS	48	7
6-9 DAYS	34	5
10-19 DAYS	24	3
20-29 DAYS	8	1
ALL 30 DAYS	4	1

Frequency Missing = 47

2004-2005 Little River County Youth Health Survey

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	612	81
1 DAY	50	7
2 DAYS	41	5
3-5 DAYS	23	3
6-9 DAYS	16	2
10-19 DAYS	11	1
20+ DAYS	5	1

Frequency Missing = 20

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	741	97
1-2 DAYS	17	2
3-5 DAYS	4	1
10-19 DAYS	1	0

Frequency Missing = 15

2004-2005 Little River County Youth Health Survey

44. During you life, how many times have you used marijuana?		
	Number of Students	Percent of Total
0 TIMES	580	76
1-2 TIMES	63	8
3-9 TIMES	49	6
10-19 TIMES	29	4
20-39 TIMES	11	1
40-99 TIMES	9	1
100+ TIMES	19	3

Frequency Missing = 18

45. How old were you when you tried marijuana for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	580	76
8 OR YOUNGER	6	1
AGE 9-10	15	2
AGE 11-12	35	5
AGE 13-14	73	10
AGE 15-16	45	6
17 OR OLDER	7	1

Frequency Missing = 17

2004-2005 Little River County Youth Health Survey

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	697	92
1-2 TIMES	29	4
3-9 TIMES	19	3
10-19 TIMES	6	1
20-39 TIMES	4	1
40+ TIMES	4	1

Frequency Missing = 19

47. During the past 30 days, how many times did you use marijuana on school property?		
	Number of Students	Percent of Total
0 TIMES	759	99
1-2 TIMES	4	1
3-9 TIMES	6	1
10-19 TIMES	1	0

Frequency Missing = 8

2004-2005 Little River County Youth Health Survey

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	740	97
1-2 TIMES	14	2
3-9 TIMES	6	1
10-19 TIMES	5	1
20-39 TIMES	1	0

Frequency Missing = 12

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

	Number of Students	Percent of Total
0 TIMES	754	99
1-2 TIMES	6	1
3-9 TIMES	3	0
10-19 TIMES	2	0

Frequency Missing = 13

2004-2005 Little River County Youth Health Survey

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	658	85
1-2 TIMES	66	9
3-9 TIMES	28	4
10-19 TIMES	8	1
20-39 TIMES	6	1
40+ TIMES	6	1

Frequency Missing = 6

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

	Number of Students	Percent of Total
0 TIMES	760	99
1-2 TIMES	8	1
3-9 TIMES	2	0
10-19 TIMES	1	0

Frequency Missing = 7

2004-2005 Little River County Youth Health Survey

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	726	96
1-2 TIMES	17	2
3-9 TIMES	10	1
10-19 TIMES	2	0
40+ TIMES	4	1

Frequency Missing = 19

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

	Number of Students	Percent of Total
0 TIMES	748	97
1-2 TIMES	20	3
3-9 TIMES	3	0
10-19 TIMES	1	0
20-39 TIMES	1	0

Frequency Missing = 5

2004-2005 Little River County Youth Health Survey

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	755	98
1-2 TIMES	7	1
3-9 TIMES	4	1
10-19 TIMES	4	1
20-39 TIMES	3	0

Frequency Missing = 5

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	764	99
1 TIME	6	1
2+ TIMES	2	0

Frequency Missing = 6

2004-2005 Little River County Youth Health Survey

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	121	16
NO	648	84

Frequency Missing = 9

57. Have you ever had sexual intercourse?

	Number of Students	Percent of Total
YES	326	46
NO	385	54

Frequency Missing = 67

2004-2005 Little River 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	386	54
AGE 11 OR YOUNGER	35	5
AGE 12	53	7
AGE 13	73	10
AGE 14	66	9
AGE 15	53	7
AGE 16	36	5
AGE 17+	13	2

Frequency Missing = 63

59. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	393	55
1 PERSON	100	14
2 PEOPLE	65	9
3 PEOPLE	58	8
4 PEOPLE	20	3
5 PEOPLE	25	3
6 OR MORE PEOPLE	56	8

Frequency Missing = 61

2004-2005 Little River 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	386	54
NONE IN PAST 3 MONTHS	123	17
1 PERSON	151	21
2 PEOPLE	28	4
3 PEOPLE	10	1
4 PEOPLE	4	1
5 PEOPLE	4	1
6 OR MORE PEOPLE	5	1

Frequency Missing = 67

61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
	Number of Students	Percent of Total
N/A	387	55
YES	49	7
NO	268	38

Frequency Missing = 74

2004-2005 Little River 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	386	55
YES	216	31
NO	99	14

Frequency Missing = 77

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	386	55
NO BIRTH CONTROL USED	50	7
BIRTH CONTROL PILLS	46	7
CONDOMS	165	24
DEPO-PROVERA	10	1
WITHDRAWAL	23	3
OTHER	7	1
NOT SURE	12	2

Frequency Missing = 79

2004-2005 Little River County Youth Health Survey

64. How do you describe your weight?		
	Number of Students	Percent of Total
VERY UNDERWEIGHT	21	3
SLIGHTLY UNDERWEIGHT	77	10
ABOUT THE RIGHT WEIGHT	430	57
SLIGHTLY OVERWEIGHT	200	26
VERY OVERWEIGHT	33	4

Frequency Missing = 17

65. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	338	44
GAIN WEIGHT	143	19
STAY THE SAME WEIGHT	157	20
NOT TRYING TO DO ANYTHING	128	17

Frequency Missing = 12

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	453	60
NO	307	40

Frequency Missing = 18

2004-2005 Little River County Youth Health Survey

<p>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?</p>		
	Number of Students	Percent of Total
YES	290	38
NO	470	62

Frequency Missing = 18

<p>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?</p>		
	Number of Students	Percent of Total
YES	107	14
NO	657	86

Frequency Missing = 14

2004-2005 Little River 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	53	7
NO	703	93

Frequency Missing = 22

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	57	8
NO	699	92

Frequency Missing = 22

2004-2005 Little River 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	231	30
1-3 TIMES	273	36
4-6 TIMES	106	14
ONCE PER DAY	43	6
TWICE PER DAY	37	5
3 TIMES PER DAY	28	4
4+ TIMES PER DAY	45	6

Frequency Missing = 15

72. During the past 7 days, how many times did you eat fruit?		
	Number of Students	Percent of Total
NONE	171	23
1-3 TIMES	349	46
4-6 TIMES	110	15
ONCE PER DAY	41	5
TWICE PER DAY	42	6
3 TIMES PER DAY	20	3
4+ TIMES PER DAY	24	3

Frequency Missing = 21

2004-2005 Little River 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	364	48
1-3 TIMES	263	35
4-6 TIMES	76	10
ONCE PER DAY	31	4
TWICE PER DAY	10	1
3 TIMES PER DAY	2	0
4+ TIMES PER DAY	9	1

Frequency Missing = 23

74. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	263	35
1-3 TIMES	340	45
4-6 TIMES	89	12
ONCE PER DAY	25	3
TWICE PER DAY	12	2
3 TIMES PER DAY	11	1
4+ TIMES PER DAY	12	2

Frequency Missing = 26

2004-2005 Little River County Youth Health Survey

75. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	511	68
1-3 TIMES	203	27
4-6 TIMES	21	3
ONCE PER DAY	12	2
TWICE PER DAY	4	1
3 TIMES PER DAY	3	0
4+ TIMES PER DAY	2	0

Frequency Missing = 22

76. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	198	27
1-3 TIMES	287	38
4-6 TIMES	145	19
ONCE PER DAY	52	7
TWICE PER DAY	36	5
3 TIMES PER DAY	15	2
4+ TIMES PER DAY	13	2

Frequency Missing = 32

2004-2005 Little River 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	142	19
1-3 TIMES	173	23
4-6 TIMES	152	20
ONCE PER DAY	75	10
TWICE PER DAY	101	13
3 TIMES PER DAY	56	7
4+ TIMES PER DAY	50	7

Frequency Missing = 29

2004-2005 Little River 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 similar aerobic activities?

	Number of Students	Percent of Total
0 DAYS	102	14
1 DAY	61	8
2 DAYS	75	10
3 DAYS	76	10
4 DAYS	58	8
5 DAYS	98	13
6 DAYS	56	8
7 DAYS	215	29

Frequency Missing = 37

2004-2005 Little River 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	266	36
1 DAY	87	12
2 DAYS	90	12
3 DAYS	67	9
4 DAYS	53	7
5 DAYS	43	6
6 DAYS	19	3
7 DAYS	117	16

Frequency Missing = 36

2004-2005 Little River 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	176	23
1 DAY	83	11
2 DAYS	81	11
3 DAYS	70	9
4 DAYS	52	7
5 DAYS	107	14
6 DAYS	34	5
7 DAYS	149	20

Frequency Missing = 26

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

	Number of Students	Percent of Total
NO TV	57	8
LT ONE HOUR	122	16
1 HOUR	89	12
2 HOURS	131	18
3 HOURS	121	16
4 HOURS	83	11
5+ HOURS	137	19

Frequency Missing = 38

2004-2005 Little River 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	268	39
1 DAY	28	4
2 DAYS	25	4
3 DAYS	61	9
4 DAYS	15	2
5 DAYS	282	42

Frequency Missing = 99

2004-2005 Little River County Youth Health Survey

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	269	39
LT 10 MINUTES	24	3
10-20 MINUTES	39	6
21-30 MINUTES	37	5
31-40 MINUTES	89	13
41-50 MINUTES	99	14
51-60 MINUTES	44	6
OVER 60 MINUTES	85	12

Frequency Missing = 92

84. During the past 12 months, on how many sports teams did you play?		
	Number of Students	Percent of Total
0 TEAMS	294	40
1 TEAM	171	23
2 TEAMS	128	17
3+ TEAMS	145	20

Frequency Missing = 40

2004-2005 Little River County Youth Health Survey

85. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	528	73
NO	110	15
NOT SURE	89	12

Frequency Missing = 51

86. Has a doctor or nurse ever told you that you have asthma?		
	Number of Students	Percent of Total
YES	133	18
NO	573	78
NOT SURE	29	4

Frequency Missing = 43

2004-2005 Little River 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	575	78
NO, I HAVE ASTHMA, BUT I HAVE NOT HAD AN EPISODE OF ASTHMA OR AN ASTHMA ATTACK DURING THE PAST 12 MONTHS	82	11
YES, I HAVE HAD AN EPISODE OF ASTHMA OR AN ASTHMA ATTACK DURING THE PAST 12 MONTHS	48	7
NOT SURE	28	4

Frequency Missing = 45

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/healthyyouth/yrbs/index.htm>

Violence

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

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

<http://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 sites 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>