

WHERE CAN I GET MORE INFORMATION?
VISIT WWW.CDC.GOV/HEALTHYOUTH
OR CALL 800-CDC-INFO (800-232-4636).

DASH

Division of Adolescent and School Health

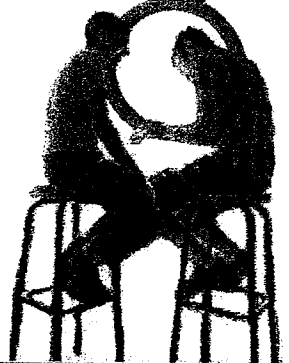


DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Summary of

Surveillance Activities



**DIVISION OF ADOLESCENT
AND SCHOOL HEALTH (DASH)**

Summary of Surveillance* Activities

Division of Adolescent and School Health

	Youth Risk Behavior Surveillance System (YRBSS)			School Health Policies and Practices (SHPPS)	
	National	State/Territorial/ Tribal/District	Other		
Purpose	<ul style="list-style-type: none"> To determine the prevalence of health-risk behaviors among students To assess trends in these behaviors To examine the co-occurrence of health-risk behaviors 			To provide national data on eight components of a school health program at the state, school district, school, and classroom levels	To provide data on school health policies and practices at schools among states, territories, tribal governments, and large urban school districts
Content	<ul style="list-style-type: none"> Unintentional injuries and violence Tobacco use Alcohol and other drug use Sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection Unhealthy dietary behaviors Physical inactivity 			<ul style="list-style-type: none"> Health education Physical education and activity Health services Mental health and social services Nutrition services Healthy and safe school environment Faculty and staff health promotion Family and community involvement 	<ul style="list-style-type: none"> School health education requirements and content Physical education requirements Health services Nutrition-related policies and practices Family and community involvement in school health programs School health policies on HIV and AIDS prevention, tobacco-use prevention, and physical activity Professional preparation and staff development for lead health education teachers
Sample	Nationally representative sample of public and private high school students	Representative sample of public high school students in each jurisdiction	Representative sample of students in: <ul style="list-style-type: none"> Middle schools Alternative schools Juvenile justice facilities 	<ul style="list-style-type: none"> All states Nationally representative sample of school districts Nationally representative sample of public and private elementary schools, middle schools and high schools 	Representative sample of public middle schools and high schools in a state, territory, tribal government, or school district
Methods	Self-administered paper-and-pencil questionnaire, conducted in classrooms			Computer-assisted telephone and personal interviews and self-administered, mailed questionnaires	Self-administered, mailed questionnaires
Timing	Biennially, since 1991		Varied	Every 6 years, since 1994	Biennially, since 1994
Example Statements	In 2007, 57.3% of Hispanic female high school students in the U.S. attended physical education classes on 1 or more days in an average week when they were in school.	In 2007, 24.4% of female high school students in Kentucky attended physical education classes on 1 or more days in an average week when they were in school.	In 2007, 87.4% of middle school students in Wyoming attended physical education classes on 1 or more days in an average week when they were in school.	<p>State: In 2006, 70.5% of states required districts or schools to follow national or state physical education standards or guidelines.</p> <p>District: In 2006, 68.9% of districts had someone oversee or coordinate physical education.</p> <p>School: In 2006, 78.3% of schools required students to take some physical education.</p>	In 2006, 60.1% of secondary schools in Alabama required students to take 2 or more physical education courses.
Ownership of Data	CDC	States, territories, tribal governments, and districts	Varied	CDC	States, territories, tribal governments, and districts
Contractor	ORC Macro	Westat, Inc., plus companies hired by states, territories, tribal governments, and districts	Varied	ORC Macro	Westat, Inc., plus companies hired by states, territories, tribal governments, and districts
Web Site	www.cdc.gov/yrbs			www.cdc.gov/shpps	www.cdc.gov/healthyyouth/profiles

*Surveillance is the ongoing collection, analysis, and interpretation of data from generalizable samples.

These risk behaviors among high school students¹ ...

Unintentional Injuries and Violence

- 12% Rarely or never wore a seat belt
- 21% Rode with a driver who had been drinking alcohol, during the past month
- 20% Carried a weapon during the past month
- 28% Were in a physical fight during the past year
- 9% Attempted suicide during the past year

Alcohol and Other Drug Use

- 33% Drank alcohol during the past month
- 22% Reported episodic heavy drinking during the past month²
- 23% Used marijuana during the past month
- 7% Ever used cocaine
- 10% Ever used inhalants
- 21% Ever used prescription drugs without prescription

Sexual Behaviors

- 44% Ever had sexual intercourse
- 11% Had sexual intercourse with ≥ 4 people
- 30% Had sexual intercourse during the past three months
- % Did not use a condom during last sexual intercourse³

Tobacco Use

- 48% Ever tried cigarette smoking
- 16% Smoked cigarettes during the past month
- 5% Smoked cigarettes on ≥ 20 days during the past month
- 14% Used smokeless tobacco during the past month
- 10% Smoked cigars during the past month

Dietary Behaviors

- 83% Ate fruits and vegetables < 5 times/day during the past 7 days
- 20% Drank soda or pop one or more times a day during the past 7 days (not including diet soda or pop)

Physical Activity

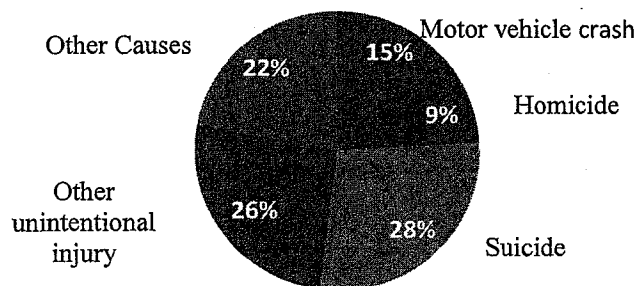
- 58% Did not meet currently recommended levels of physical activity⁴
- 54% Did not attend physical education class
- 82% Did not attend physical education class daily

Overweight

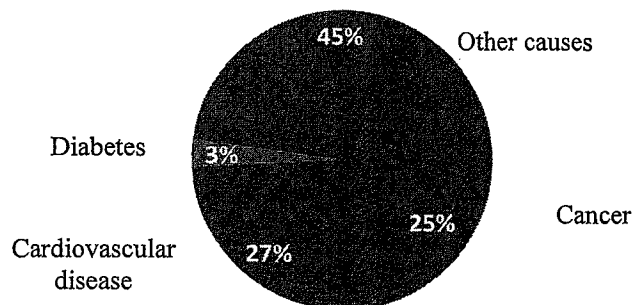
- 14% Were overweight⁵
- 12% Were obese⁶

... contribute to these leading causes of death⁷

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



- ¹ High school students grades 9-12 in Alaska excluding alternative schools and boarding schools, weighted data.
- ² Students who had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the past 30 days
- ³ Among students who had sexual intercourse during the past 3 months.
- ⁴ Students who were not physically active for a total of at least 60 minutes per day on 5 or more days of the past 7 days.

- ⁵ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex.
- ⁶ Students who were at or above the 95th percentile for body mass index by age and sex.
- ⁷ 2004-2006 Alaska mortality data, Centers for Disease Control and Prevention.

For more information visit www.hss.state.ak.us/dph/chronic

Or call 1-888-465-3140

The Alaska Youth Risk Behavior Survey is a joint project between the Department of Health and Social Services and the Department of Education & Early Development in cooperation with the Centers for Disease Control and Prevention

