

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

Alaska High School Survey
Risk Behavior and Academic Performance Report

Health-Risk Behaviors	Percentage of high school students who engaged in each risk behavior, by type of grades mostly earned in school				P-Value	Statistical Association*
	A's	B's	C's	D's/F's		
Unintentional Injury and Violence-Related Behaviors						
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet	54.0	76.1	85.7	90.6	0.0000	Yes
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else	8.2	11.5	15.4	18.9	0.0653	No
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol	17.0	21.7	24.4	34.1	0.0045	Yes
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol	5.5	11.2	12.0	11.6	0.0309	No
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days	14.8	19.7	24.6	35.3	0.0018	Yes
Percentage of students who carried a gun on one or more of the past 30 days	5.9	5.6	7.8	13.9	0.2753	No
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days	6.0	7.5	8.7	14.9	0.0114	No
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school	4.3	4.6	6.5	18.5	0.0144	No
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months	4.2	5.5	10.6	26.7	0.0000	Yes
Percentage of students who were in a physical fight one or more times during the past 12 months	17.7	26.5	39.7	48.6	0.0000	Yes
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse	2.0	3.5	2.9	8.5	0.0232	No
Percentage of students who were in a physical fight on school property one or more times during the past 12 months	5.2	8.4	13.8	26.6	0.0000	Yes
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months	10.5	14.5	12.6	22.9	0.0105	No
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to	8.0	9.2	13.1	17.5	0.0058	Yes

* p<0.01, using logistic regression and controlling for sex, race/ethnicity, and grade in school.

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Unintentional Injury and Violence-Related Behaviors						
Percentage of students who had ever been bullied on school property during the past 12 months	19.2	21.5	17.9	32.5	0.0151	No
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	17.0	26.7	29.3	40.9	0.0000	Yes
Percentage of students who seriously considered attempting suicide during the past 12 months	8.7	15.1	13.2	32.7	0.0000	Yes
Percentage of students who made a plan about how they would attempt suicide during the past 12 months	7.3	12.7	10.7	25.1	0.0000	Yes
Percentage of students who actually attempted suicide one or more times during the past 12 months	3.0	9.4	9.5	26.7	0.0000	Yes
Percentage of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	0.5	2.9	2.8	10.4	0.0234	No

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Tobacco Use						
Percentage of students who ever tried cigarette smoking, even one or two puffs	32.3	47.8	62.9	56.2	0.0000	Yes
Percentage of students who smoked a whole cigarette for the first time before age 13 years	6.2	10.6	21.1	22.0	0.0003	Yes
Percentage of students who smoked cigarettes on one or more of the past 30 days	6.2	13.9	25.8	28.2	0.0000	Yes
Percentage of students who smoked cigarettes on 20 or more of the past 30 days	0.7	3.2	10.3	13.7	0.0000	Yes
Among students who reported current cigarette use, the percentage who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days	3.3	0.0	7.0	17.6	0.6071	No
Among students who were less than 18 years of age and who reported current cigarette use, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days	6.1	5.7	4.6	6.0	0.7796	No
Percentage of students who smoked cigarettes on school property on one or more of the past 30 days	1.4	3.6	7.3	13.0	0.0019	Yes
Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days	3.4	8.6	17.6	22.6	0.0000	Yes
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months	54.9	56.0	62.4	63.5	0.8939	No
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days	7.9	10.6	21.1	18.3	0.0239	No
Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days	3.1	5.9	10.9	9.8	0.0386	No
Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days	6.7	11.1	13.2	17.0	0.0005	Yes
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days	14.0	22.9	37.8	36.7	0.0000	Yes

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	A's	B's	C's	D's/F's		
Alcohol and Other Drug Use						
Percentage of students who had at least one drink of alcohol on one or more days during their life	62.5	66.8	74.5	64.2	0.0565	No
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years	12.1	13.8	26.0	26.3	0.0000	Yes
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days	24.9	36.5	42.1	34.3	0.0011	Yes
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	14.9	25.8	28.0	21.1	0.0031	Yes
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days	36.0	42.0	27.5	6.7	0.0078	Yes
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days	1.7	2.8	4.7	6.1	0.1017	No
Percentage of students who used marijuana one or more times during their life	28.4	46.7	57.9	59.9	0.0000	Yes
Percentage of students who tried marijuana for the first time before age 13 years	4.9	8.2	15.1	18.3	0.0001	Yes
Percentage of students who used marijuana one or more times during the past 30 days	14.0	26.4	29.1	31.7	0.0003	Yes
Percentage of students who used marijuana on school property one or more times during the past 30 days	4.3	6.9	4.7	16.0	0.0067	Yes
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life	5.5	7.2	11.1	8.5	0.1033	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days	1.1	2.6	3.0	2.4	0.5169	No
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	6.1	11.8	9.8	17.8	0.0150	No
Percentage of students who used heroin one or more times during their life	1.7	2.5	4.4	11.1	0.0073	Yes
Percentage of students who used methamphetamines one or more times during their life	2.1	3.3	5.2	7.9	0.0433	No
Percentage of students who used ecstasy one or more times during their life	4.4	7.2	9.7	13.0	0.0168	No

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Alcohol and Other Drug Use						
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life	1.1	2.6	3.6	3.6	0.0546	No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months	21.7	27.4	26.1	26.7	0.1686	No

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	A's	B's	C's	D's/F's		
Sexual Risk Behaviors						
Percentage of students who ever had sexual intercourse	30.8	45.6	60.1	50.6	0.0000	Yes
Percentage of students who had sexual intercourse for the first time before age 13 years	2.4	3.7	8.0	14.5	0.0203	No
Percentage of students who had sexual intercourse with four or more people during their life	6.0	12.0	13.8	24.9	0.0000	Yes
Percentage of students who had sexual intercourse with one or more people during the past three months	23.5	30.2	41.5	41.0	0.0000	Yes
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse	14.1	19.2	10.7	29.8	0.2186	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse	57.9	64.7	66.9	42.9	0.1681	No
Percentage of students who had ever been taught in school about AIDS or HIV infection	87.4	85.9	81.4	75.0	0.1081	No
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse	33.9	22.1	25.6	19.6	0.1364	No

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Health-Risk Behaviors	Percentage of high school students who engaged in each risk behavior, by type of grades mostly earned in school				P-Value	Statistical Association*
	A's	B's	C's	D's/F's		
Weight Management and Dietary Behaviors						
Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**	11.8	14.6	18.2	12.1	0.0502	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**	9.3	11.7	11.8	17.1	0.4378	No
Percentage of students who described themselves as slightly or very overweight	28.0	29.5	29.1	34.9	0.4974	No
Percentage of students who were trying to lose weight	43.1	46.6	41.2	43.2	0.2304	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days	62.6	68.6	57.9	55.2	0.0839	No
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	40.0	36.8	31.5	31.4	0.6837	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days	83.2	75.0	77.4	68.8	0.0196	No
Percentage of students who ate fruit one or more times during the past seven days	93.0	91.2	85.2	78.9	0.0028	Yes
Percentage of students who ate green salad one or more times during the past seven days	71.6	64.7	59.2	43.7	0.0022	Yes
Percentage of students who ate potatoes one or more times during the past seven days	67.7	71.2	66.4	66.2	0.4713	No
Percentage of students who ate carrots one or more times during the past seven days	62.6	58.6	55.1	44.2	0.0188	No
Percentage of students who ate other vegetables one or more times during the past seven days	90.0	86.8	79.4	65.1	0.0000	Yes
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days	18.1	16.9	17.8	15.6	0.9540	No
Percentage of students who ate fruits two or more times per day during the past seven days	33.3	25.8	23.9	22.7	0.0760	No
Percentage of students who ate vegetables three or more times per day during the past seven days	14.5	12.5	13.9	13.0	0.9024	No
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days	12.3	19.5	26.6	29.4	0.0008	Yes

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**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

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Weight Management and Dietary Behaviors						
Percentage of students who drank three or more glasses per day of milk during the past seven days	12.8	11.8	9.3	13.4	0.3946	No

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Physical Inactivity and Unhealthy Dietary Behaviors						
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days	47.7	47.0	36.0	23.2	0.0001	Yes
Percentage of students who watched three or more hours per day of TV on an average school day	20.2	23.0	29.2	30.7	0.0516	No
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	19.7	25.5	21.5	31.1	0.0574	No
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school	39.8	49.1	48.9	45.8	0.1671	No
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	13.6	18.5	20.1	19.5	0.5633	No
Percentage of students who played on one or more sports teams during the past 12 months	70.6	64.0	54.5	40.7	0.0000	Yes

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Asthma						
Percentage of students who had ever been told by a doctor or nurse that they had asthma	18.1	17.4	19.3	26.3	0.2037	No
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma	7.9	7.4	7.3	13.9	0.1509	No

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	A's	B's	C's	D's/F's		
Site-Added Questions						
Percentage of students who were in the same room with someone who was smoking cigarettes on one or more of the past seven days	31.3	39.4	48.8	56.8	0.0000	Yes
Percentage of students who think people are at no risk of harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day	5.0	6.0	11.7	15.6	0.0604	No
Percentage of students who think people are at no risk of harming themselves (physically or in other ways) if they have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day	7.2	10.0	15.6	13.9	0.0926	No
Percentage of students who think people are at no risk of harming themselves (physically or in other ways) if they smoke marijuana regularly	11.2	17.4	29.2	26.8	0.0000	Yes
Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life	17.3	20.1	30.6	27.3	0.0005	Yes
Percentage of students who drank a can, bottle, or glass of a sugar sweetened drink, such as sports drinks, sweetened energy drinks, Snapple, fruit punch, Kool-Aid, Tang, or Capri-Sun one or more times per day during the past seven days	12.1	17.5	21.5	27.1	0.0230	No
Percentage of students who spend more than 20 minutes actually exercising or playing sports during an average physical education (PE) class	41.1	48.2	49.0	42.8	0.5481	No
Percentage of students whose parent talks with them about what they are doing in school about every day	53.8	36.7	33.4	28.9	0.0044	Yes
Percentage of students who agree or strongly agree that their teachers really care about them and give them a lot of encouragement	69.5	59.4	52.4	41.4	0.0000	Yes
Percentage of students who have one or more adults besides their parents that they would feel comfortable seeking help from if they had an important question affecting their life	88.8	83.9	82.2	64.0	0.0014	Yes
Percentage of students who spend one or more hours helping or volunteering at school or in the community (such as helping elders or neighbors; watching young children; teaching or tutoring; peer helping; mentoring; or helping out at local programs, health clinics, faith organizations, tribal organizations, or environmental organizations) during an average week	59.9	51.8	45.0	33.3	0.0002	Yes

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Site-Added Questions						
Percentage of students who take part in organized after school, evening, or weekend activities (such as school clubs; community center groups; music, art, or dance lessons; drama; church; or cultural or other supervised activities) on one or more days during an average week	61.5	54.2	47.5	39.9	0.0028	Yes
Percentage of students who agree or strongly agree that they feel alone in their life	11.5	17.3	17.1	34.1	0.0006	Yes
Percentage of students who agree or strongly agree that in their community they feel like they matter to people	63.7	53.5	47.1	40.1	0.0001	Yes
Percentage of students who agree or strongly agree that their school has clear rules and consequences for behavior	69.7	65.3	56.2	56.2	0.0026	Yes

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