Saskatchewan Rural Youth Healthy Lifestyles and Risk Behavior Needs Assessment

Report on Youth Survey

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1. Introduction and Methodology

The overall goal of this project was to assess the needs of youth in rural Saskatchewan in order to encourage healthy lifestyles and reduce risk behaviours, including drug use by youth in the region. The results of this project have informed a community consultation around creating community plans to promote healthy lifestyles for rural youth. The project involved a number of initiatives. These included:

1. Forming a steering committee with key community partners from health, education, social services and justice sectors.
2. Interviews with Key Informants. These were professionals working as service providers for rural youth dealing with substance abuse issues (tobacco, drugs and alcohol).
3. A questionnaire (see page 91) administered in the classrooms of 954 youth in grades 7 to 12 in 34 schools in rural Saskatchewan, Canada. All of these communities are classed as rural with populations less than 5500.
4. Focus groups with 25 rural youth in three high schools who had participated in the questionnaire.
5. Information nights in communities to present the results of the key informant interviews, questionnaires and focus groups and to discuss the issues with community members.
6. Planning sessions with communities who were interested in developing strategies to encourage healthy lifestyles and reduce risky behaviours for rural youth.

An Application for Approval of the Research Protocol was submitted to the Behavioural Research Ethics Board at the University of Saskatchewan on February 21, 2006. Ethics approval was received on June 9, 2006. The ethics approval included consent forms for the key informant and youth questionnaire stages of the study. Due to the age of the youth and the nature of the questions, informed consent was required from parents before their youth could participate. Assent was not asked of the youth respondents because of the sensitive nature of the information being collected, and no youth could be linked to their answers. In order to improve confidentiality, signed consent forms were returned to the Principals of each school.

University students were trained to administer the questionnaires to ensure anonymity and to try to make the youth feel more comfortable in reporting their activities. Contact information for counseling assistance was provided to the youth in case they felt the need for support after completing the questionnaire. The youth were also asked if they were interested in participating in a focus group in the future and were given a form to fill in their contact information. These forms were kept separate from their surveys to ensure confidentiality.

The survey was originally planned for June 2006. After receiving approval from two school divisions, parental concern over the topics being discussed in the questionnaire caused the survey to be suspended. Further discussions with the school division in the summer of 2006, resulted in the project being given approval a second time. The questionnaire survey of youth was conducted from November to January of 2006-07.

Thirty four schools participated in the survey. These schools ranged in size from 40 to over 350

youth. Six were elementary schools, from which grades 7 and 8 were surveyed, one school included grades 7-9, four were high schools, in which grades 9-12 were included and the remaining 23 schools included grades 7 to 12. The proportion of youth participating in each school ranged from 7% to 71%. Questions were asked about tobacco use, alcohol use, prescription and non-prescription drug use, gambling, violence, sports, nutrition, sexuality and personal safety.

2. Demographics

Table 1: Demographics		
		N
All Youth		954
		%
Age	≤12 years old (n=122)	13.0
	13 years old (n=140)	14.9
	14 years old (n=183)	19.4
	15 years old (n=166)	17.6
	16 years old (n=164)	17.4
	≥17 years old (n=167)	17.7
Sex	Female (n=538)	57.1
	Male (n=405)	42.9

After cleaning the dataset and removing surveys which were falsified or suspicious, 954 surveys were included in the dataset. Respondents were fairly evenly distributed across all age groups with the lowest proportion in the 12 years old or younger age group. More females completed the survey than males (57.1% vs. 42.9%).

3. General Health

Table 2: How do you describe your health in general?						
		% Excellent	% Very good	% Good	% Fair	% Poor
All Youth		13.4	48.0	32.7	5.6	0.3
Age	≤12 years old (n=122)	17.2	48.4	32.8	1.6	0.0
	13 years old (n=140)	15.7	45.0	36.4	2.1	0.7
	14 years old (n=183)	14.8	52.5	27.3	5.5	0.0
	15 years old (n=166)	13.3	51.2	28.3	6.6	0.6
	16 years old (n=164)	9.1	46.3	34.8	9.8	0.0
	≥17 years old (n=167)	11.4	43.7	37.7	6.6	0.6
Sex**	Female (n=538)	10.4	47.8	36.1	5.6	0.2
	Male (n=405)	17.3	48.1	28.1	5.7	0.7

**p<0.01

More than 90% of youth in all the groups describe their health as good or better and fewer than 1% of youth describe their health as poor. There is no significant difference in age In terms of

describing health in general. However, there is a significant difference between female and male youth in their assessments of their health. Male youth rate their health as better than female youth, in particular, 7% more male youth describe their health as excellent, while 8% more of the female youth describe their health as good.

Table 3: Comparison of health and weight

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
How do you describe your weight?**	Very Underweight (n=10)	20.0	50.0	10.0	20.0	0.0
	Slightly Underweight (n=103)	12.6	58.3	26.2	1.9	1.0
	Right Weight (n=560)	17.3	52.7	28.2	1.8	0.0
	Slightly Overweight (n=238)	5.5	36.6	45.0	12.2	0.8
	Very Overweight (n=27)	0.0	11.1	48.1	37.0	3.7

**p<0.01

Youths' self descriptions of their health were compared to their self assessments of their weight. There is a significant relationship ($p<0.01$) between those two variables. Youth who described themselves as underweight or the right weight generally rated their health as very good. On the other hand, youth who described themselves as overweight (slightly or very) were more likely to rate their health as good to fair, 3.7% of very overweight youth rated their health as poor.

Table 4: Comparison of health and what youth are doing with respect to their weight

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
Which of the following are you trying to do about your weight?**	Lose (n=366)	6.6	38.0	45.6	9.3	0.5
	Gain (n=100)	18.0	60.0	19.0	2.0	1.0
	Stay the Same (n=229)	14.8	56.8	24.9	3.1	0.4
	Do Nothing (n=240)	20.0	50.0	25.8	4.2	0.0

**p<0.01

Most youth reported wanting to lose weight, and surprisingly most of these youth said their health was good or very good (83.6% combined). However, those who said they wanted to lose weight also had the largest proportion of youth who rated their health as fair (9.3%). Those

who indicated they wanted to gain weight, stay the same or do nothing were more likely to describe their health as very good or excellent. (check on the control for gender and age)

Table 5: Comparison of health and hard physical activity

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
On how many of the past 7 days did you exercise or participate in activity for at least 20 minutes that made you sweat and breathe hard?**	0 Days (n=44)	9.1	34.1	47.7	9.1	0.0
	1-2 Days (n=171)	7.0	37.4	40.9	13.5	1.2
	3-4 Days (n=299)	7.7	49.2	38.5	4.7	0.0
	5-6 Days (n=280)	18.2	52.1	26.8	2.5	0.4
	7 Days (n=138)	24.6	54.3	16.7	3.6	0.7

**p<0.01

The number of days a student reported engaging in intense physical activity in a week was compared to general health. Generally, as the number of days of intense physical activity increased, more youth rated their health as excellent or very good. Conversely, those youth reporting intense physical activity on fewer days of the week were more likely to rate their health as good to fair. Youth' general health was also compared to the amount of days of mild physical activity in a week, the days where a student had at least 60 minutes of physical activity, the number of days where they had PE class in a week, and the number of sports teams a youth participated on. In each of these relationships, as the amount of time spent in physical activity increased, youth generally rated their health as better (excellent or very good). This relationship remains when controlled for sex, but when controlled for age, the relationship only holds true for youth aged 15 and 16. The same holds true for a comparison of the number of sports teams participated on and how they rated their health in general. When controlled for sex, there is a significant relationship between perceived health and participation on sports teams, but the relationship is not significant when controlled for age.

Table 6: Comparison of health, depression and thoughts of suicide						
		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities **	Yes (n=135)	8.0	34.1	43.7	11.0	1.5
	No (n=804)	14.1	50.4	30.7	4.6	0.2
During the past 12 months, did you ever seriously consider suicide**	Yes (n=87)	10.3	28.7	42.5	17.2	1.1
	No (n=852)	13.6	50.0	31.6	4.5	0.4

**p<0.01

How youth rated their health was compared to their responses to feeling sad to the point that it affected their activities. Females age 15 and older who noted that they had felt sad to the extent that it affected their activities were significantly more likely to rate their health as poorer when compared to those who did not have those feelings. With respect to whether or not they had considered suicide, the same pattern exists. Females age 15 and older who had feelings of suicide were more likely to rate their health as poorer. In contrast, those who did not have sad feelings or thoughts of suicide tended to rate their health as very good or excellent.

Table 7: Comparison of health and cigarette smoking						
		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
During the past 30 days, on how many days did you smoke cigarettes?**	0 Days (n=802)	14.2	50.4	30.9	4.4	0.1
	1-2 Days (n=52)	5.8	38.5	46.2	7.7	1.9
	3-5 Days (n=21)	9.5	42.9	42.9	4.8	0.0
	6-9 Days (n=5)	20.0	60.0	0.0	20.0	0.0
	10+ Days (n=55)	9.1	25.5	43.6	20.0	1.8

**p<0.01

As the number of days smoked in a month increased youth perceptions of health decreased and vice-versa. When the number of days youth smoked cigarettes in the month prior to the survey was compared to assessments of health, it was found that those who didn't smoke in the previous month were most likely to rate their health as excellent to good. On the other hand, youth who smoked on 10 or more days of the month were more likely to rate their health as very good to fair.

Similar relationships emerge when ratings of general health are compared to ratings of the various aspects of cigarette use. Ratings of health in general were compared to ratings of cigarette use among youth in the study. Youth who reported trying cigarettes rated their health as poorer when compared to those who didn't try cigarettes. For instance, 14.6 of youth who did not try cigarettes rated their health as excellent compared to 11.6% of youth who did not. On the other hand, 8.3% of youth who had tried cigarettes rated their health as poor compared to 3.7%. This relationship is statistically significant.

In addition, if youth first started smoking at a younger age, they rated their health as poorer. For example, 17.9% of youth who tried smoking at ten years of age or younger rated their health as poor, compared to 3.8% of youth who started smoking at 15 years or older. Furthermore, as the age at which youth first smoke increases so too does the percentage of youth rating their health as good (23.1% of youth who tried at 10 years and younger, compared to 39.7 of youth who tried at 15 or older).

Table 8: Comparison of health and alcohol use in life

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
During your life, on how many days did you drink at least one drink of alcohol?**	0 Days (n=192)	18.2	53.1	25.0	3.6	0.0
	1-9 Days (n=264)	12.1	50.4	33.3	3.4	0.8
	10-39 Days (n=225)	13.8	46.7	33.8	5.8	0.0
	40 + Days (n=254)	10.6	42.1	37.0	9.4	0.8

**p<0.01

Alcohol use was compared to youth' descriptions of their general health. When the number of days a student reported having at least one drink in their life is compared to general health, the two variables are significantly related. As the number of days a student reported drinking increased, so too did their likelihood of reporting their health as good or fair. For example, 9.4% of youth who have had drinks on 40 or more days in their life reported their health as fair,

compared to 3.6% of youth who have never had a drink. This is in contrast to 10.6% of youth who drank on 40 or more days of their life, and 18.2% of youth who never drank, who rated their health as excellent.

Similar relationships exist between descriptions of general health and other variables related to alcohol use in the survey. Generally, youth who started drinking at a younger age tended to rate their health as poorer when compared to youth who started drinking at an older age. In addition, youth who drank on more days of the last month rated their health as poorer than those who have never drank. There is also a relationship between the number of days a student binge drank (5 or more drinks in a sitting) and their general health. Those youth who binge drank 6 or more days in the month were over 40 times much more likely to rate their health as poor when compared to youth who didn't drink (37.3% vs. 0.3% respectively). These relationships are significant after controlling for the sex of youth, however relationships between drinking and self reported health are only significant for youth aged 15 and 17 and older when controlled for age.

Table 9: Comparison of health and marijuana use

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
During your life, how many times did you smoke marijuana? **	0 Times (n=771)	14.7	50.3	31.0	3.9	0.1
	1-2 Times (n=56)	7.1	50.0	30.4	8.9	3.6
	3-9 Times (n=45)	11.1	28.9	44.4	15.6	0.0
	10+ Times (n=65)	4.6	33.8	43.1	16.9	1.5
During the past 30 days, how many times did you use marijuana? **	0 Times (n=858)	13.8	49.8	31.6	4.5	0.3
	1-2 Times (n=32)	12.5	25.0	40.6	21.9	0.0
	3+ Times (n=44)	4.5	31.8	45.5	15.9	2.3

**p<0.01

In table 9, marijuana use during the youths' lives and during the past month was compared to descriptions of general health. Those youth who smoked marijuana tended to rate their health as poorer than those who have never used the drug. For example, while 18.2% of youth who tried marijuana in the last month rated their health as fair or poor, less than 5% of youth who have never used marijuana said their health was fair or poor. On the other hand, 4.6% of youth who have tried marijuana 10 or more times in their lives rated their health as excellent compared to 14.7% of youth who never tried the drug. These relationships were statistically

significant when controlled for the sex of youth, and with respect to marijuana use for life, for youth aged 13 and older.

Table 10: Comparison of health and eating habits

		How do you describe your health in general?				
		% Excellent	% Very Good	% Good	% Fair	% Poor
How many times did you drink 100% fruit juice in the week?*	None (n=122)	10.7	41.8	38.5	8.2	0.8
	1-6 in 7 Days (n=530)	12.1	49.2	33.4	5.1	0.2
	1-2 a day (n=530)	15.5	47.9	27.3	8.2	1.0
	3 or more a day (n=194)	20.2	50.0	29.8	0.0	0.0
How many times did you eat fruit in a week? **	None (n=30)	0.0	36.7	50.0	10.0	3.3
	1-6 in 7 Days (n=399)	10.5	45.1	35.6	8.3	0.5
	1-2 a Day (n=530)	13.3	52.8	29.7	3.8	0.3
	3 or more a day (n=186)	21.5	47.8	28.0	2.7	0.0
How many times did you eat green salad in a week?**	None (n=229)	8.7	44.5	36.2	9.2	1.3
	1-6 in 7 Days (n=560)	12.5	51.8	30.9	4.8	0.0
	1-2 a Day (n=125)	21.6	39.2	34.4	4.0	0.8
	3 or more a Day (n=17)	41.2	35.3	23.5	0.0	0.0
How may times did you eat carrots in a week?**	None (n=255)	10.6	41.6	36.5	10.6	0.8
	1-6 in 7 Days (n=584)	13.2	51.2	31.7	3.6	0.3
	1-2 a Day (n=74)	21.6	50.0	24.3	4.1	0.0
	3 or more a Day (n=17)	23.5	29.4	35.3	11.8	0.0
How many times did you eat other vegetables in a week?**	None (n=55)	9.1	32.7	36.4	18.2	3.6
	1-6 a week (n=572)	9.8	50.3	33.4	6.3	0.2
	1-2 a Day (n=239)	18.0	48.5	31.4	2.1	0.0
	3 or more a Day (n=66)	30.3	37.9	27.3	3.0	1.5
How many glasses of milk did you drink in a week?**	None (n=82)	13.4	34.1	40.2	11.0	1.2
	1-6 a Week (n=238)	7.1	48.3	37.4	6.7	0.4
	1-2 a Day (n=238)	15.1	48.5	32.1	4.0	0.3
	3 or more a Day (n=299)	16.3	50.8	27.5	5.1	0.3

*p<0.05
**p<0.01

In table 10, self assessments of general health were compared to healthy eating habits. Generally as youth eat more fruit, vegetables, green salad, carrots and drink more fruit juice

and milk, they tend to rate their health as better. On the other hand, those who ate less of these foods were more likely to rate their health as poorer.

4. Personal Safety

A number of questions were directed at the measures youth take to protect their personal safety. They were asked about their use of bike helmets and seatbelts; driving in a car with someone who was drinking; carrying weapons and being in physical fights.

Table 11: When you rode a bicycle during the past 12 months, how often did you wear a helmet?

		% Did not ride a bike	% Never	% Rarely	% Sometimes	% Mostly	% Always
All Youth		11.0	70.5	7.9	4.5	2.9	3.2
Age**	≤12 years old (n=122)	3.3	50.8	12.3	10.7	9.0	13.9
	13 years old (n=138)	3.6	70.3	11.6	5.1	6.5	2.9
	14 years old (n=182)	7.7	72.0	12.1	4.9	1.6	1.6
	15 years old (n=165)	10.9	75.8	6.7	3.6	0.6	2.4
	16 years old (n=162)	19.8	71.0	4.9	1.9	1.2	1.2
	≥17 years old (n=167)	18.0	77.8	1.2	2.4	0.6	0.0
Sex	Female (n=536)	13.1	67.5	9.0	4.3	2.6	3.5
	Male (n=401)	8.2	74.6	6.5	4.7	3.2	2.7

**p<0.01

As table 11 shows, the majority of youth never wear a bike helmet when they ride a bike regardless of their age. As well, the older they are, the less likely they are to use a helmet. For instance, youth who are 12 years old or less, are most likely to wear a bike helmet, however, even at this age half of them stated they never wore a helmet. Older youth are even less likely to wear a bike helmet; 78% of those who are 17 years old or over reported they never used a helmet.

There is no significant difference between sexes in wearing a helmet. Sixty seven percent of female youth and 74.6% of male youth never wore a helmet, while 3.5% of female youth and 2.7% of male youth always wore a helmet.

Table 12: How often do you wear a seat belt when riding in a car driven by someone else?						
		Never %	Rarely %	Sometimes %	Most %	Always %
All Youth		1.4	3.1	10.2	35.0	50.3
Age	≤12 years old (n=122)	1.6	1.6	9.8	33.6	53.3
	13 years old (n=139)	1.4	2.2	5.8	39.6	51.1
	14 years old (n=182)	1.6	1.1	12.6	36.3	48.4
	15 years old (n=166)	0.6	3.6	9.6	33.7	52.4
	16 years old (n=162)	0.6	6.1	8.0	35.2	50.0
	≥17 years old (n=167)	2.4	3.6	14.4	31.7	47.9
Sex**	Female (n=538)	1.1	2.2	7.8	33.1	55.8
	Male (n=401)	1.7	4.2	13.7	37.4	42.9

**p<0.01

Only 50.3% of youth in all age groups always use a seat belt when riding in a car, and 1.4% of the youth from age 12 to 17 or over never use a seat belt. Table 12 shows that there is no significant difference in age as youth in all age groups have similar responses to wearing a seat belt when riding in a car. However, female youth are significantly more likely to always use a seat belt than male youth and male youth are much more likely to never, rarely or sometimes use a seat belt.

Table 13: 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?						
		0 times %	1 time %	2-3 times %	4-5 times %	6+ times %
All Youth		64.6	15.0	13.4	3.2	3.8
Age**	≤12 years old (n=122)	81.1	10.7	5.7	0.8	1.6
	13 years old (n=136)	76.5	11.0	8.8	0.7	2.9
	14 years old (n=182)	72.5	14.3	9.9	2.2	1.1
	15 years old (n=165)	65.5	15.2	10.3	3.6	5.5
	16 years old (n=160)	60.6	18.1	13.1	5.0	3.1
	≥17 years old (n=167)	37.1	19.2	29.9	6.0	7.8
Sex	Female (n=536)	64.4	16.6	12.5	3.5	3.0
	Male (n=397)	64.7	12.8	14.9	2.8	4.8

**p<0.01

More than 1/3 (35.4%) of youth had ridden with a drinking driver over the past 30 days. As age increases, the likelihood of driving with a drinking driver increases with a dramatic increase at age 17, where over 63% had driven with a drinking driver over the past month. There is no significant difference between genders with 35% of female and male youth riding with a drinking driver in the past 30 days.

Table 14: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?						
		0 times %	1 time %	2-3 times %	4-5 times %	6+ times %
All Youth		86.0	6.4	5.5	0.7	1.3
Age**	≤12 years old (n=122)	99.2	0.0	0.8	0.0	0.0
	13 years old (n=139)	97.1	2.2	0.7	0.0	0.0
	14 years old (n=182)	95.6	1.6	2.7	0.0	0.0
	15 years old (n=166)	89.8	6.0	3.0	0.0	1.2
	16 years old (n=162)	81.5	8.6	7.4	0.6	1.9
	≥17 years old (n=167)	57.5	18.0	16.8	3.6	4.2
Sex*	Female (n=538)	88.1	6.7	4.1	0.6	0.6
	Male (n=401)	83.0	6.2	7.5	1.0	2.2

**p<0.01
*p<0.05

Eighty six percent of youth reported they had not driven a car when drinking during the past 30 days. However this proportion changes dramatically between ages 16 and 17 plus. As Table 14 shows, 81.5% of 16 year olds reported not driving while drinking compared to only 57.5% of youth 17 and older. Gender also plays a significant role in drinking and driving with male youth almost twice as likely to be drinking and driving more than two times in the past 30 days when compared to female youth.

Table 15: Comparison of riding with a drinking driver and seatbelt use						
		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?				
		% 0 Times	% 1 Time	% 2-3 Times	% 4-5 Times	% 6+ Times
How often do you wear a seatbelt when riding in a car driven by someone else?**	Never (n=13)	76.9	0.0	7.7	0.0	15.4
	Rarely (n=28)	21.4	21.4	10.7	10.7	35.7
	Sometimes (n=96)	34.4	14.6	34.4	8.3	8.3
	Most (n=327)	58.7	18.3	17.1	4.0	1.8
	Always (n=469)	77.0	12.8	7.0	1.3	1.9

**p<0.01

Drinking and driving was also compared to seatbelt use and as table 15 indicates, there are significant relationships between these variables. The number of youth who never or rarely use seatbelts, and who also ride with a drinking driver is high when compared to other categories. 15.4% of youth who never wear seatbelts, and 35.7% of youth who rarely wear seatbelts, reported driving with a drinking driver 6 or more times in the past month. Conversely 77% of youth who reported always wearing seatbelts never drove with a drinking driver in the past

month. When controlled for age and sex, this relationship remains significant for youth aged 14 years and older.

5. Violence Related Behaviours

Table 16: During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?						
		0 times %	1 time %	2-3 times %	4-5 times %	6+ times %
All Youth		84.0	3.2	4.3	1.3	7.2
Age	≤12 years old (n=122)	85.2	2.5	6.6	0.8	4.9
	13 years old (n=139)	81.3	2.9	5.0	2.9	7.9
	14 years old (n=182)	87.4	4.4	3.3	0.5	4.4
	15 years old (n=166)	80.7	3.6	4.2	1.8	9.6
	16 years old (n=162)	84.0	1.2	3.7	0.0	11.1
	≥17 years old (n=167)	85.0	4.2	3.6	1.8	5.4
Sex**	Female (n=538)	94.8	1.3	1.5	0.7	1.7
	Male (n=401)	69.6	5.7	8.0	2.0	14.7

**p<0.01

Table 16 shows that the percentage of the youth in all age groups who carried a weapon is 16%. This survey was conducted in the fall of the year, which is hunting season in rural Canada, and this undoubtedly had an influence on the statistics reported. Although there is a significant relationship with age in this question, there is no discernable trend. However, there was a significant relationship with gender as females were less likely to have carried a weapon over the past 30 days.

Table 17: During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club?								
		0 times %	1 time %	2-3 times %	4-5 times %	6-7 times %	8-9 times %	12+ times %
All Youth		90.4	5.3	3.2	0.4	0.2	0.1	0.3
Age*	≤12 years old (n=122)	92.6	5.7	0.8	0.0	0.0	0.0	0.8
	13 years old (n=139)	94.2	2.2	1.4	1.4	0.0	0.7	0.0
	14 years old (n=182)	87.9	6.6	4.9	0.5	0.0	0.0	0.0
	15 years old (n=166)	89.8	4.8	4.2	0.0	1.2	0.0	0.0
	16 years old (n=162)	92.0	2.5	4.9	0.0	0.0	0.0	0.6
	≥17 years old (n=167)	87.4	9.6	1.8	0.6	0.0	0.0	0.6
Sex*	Female (n=538)	93.1	4.3	2.0	0.4	0.0	0.0	0.2
	Male (n=401)	86.8	6.7	4.7	0.5	0.5	0.2	0.5

*p<0.05

On average, about 10% of the youth from all age groups had been threatened or injured by a weapon during the past twelve months (table 17). Statistical analysis indicates that there is a

relationship between being threatened or injured with a weapon and age ($p<0.05$) with older youth more likely to have been threatened or injured.

There is a significant difference between female and male youth in the responses to the question ($p<0.05$). More male youth reported that they encountered threats or injuries than female youth, and 13% of males experienced threats or injuries, almost double the female percentage of 6.9%.

Table 18: During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books?

		0 times %	1 time %	2-3 times %	4-5 times %	6-7 times %	8-9 times %	10-11 times %	12+ times %
All Youth		64.9	17.5	12.7	3.3	0.9	0.1	0.2	0.4
Age	≤12 years old (n=122)	68.9	18.9	9.8	1.6	0.8	0.0	0.0	0.0
	13 years old (n=139)	70.5	15.8	9.4	2.9	0.7	0.7	0.0	0.0
	14 years old (n=182)	63.7	15.9	13.2	4.4	1.1	0.0	0.5	1.1
	15 years old (n=166)	62.0	18.7	15.1	3.0	1.2	0.0	0.0	0.0
	16 years old (n=162)	61.1	18.5	14.8	3.7	1.2	0.0	0.0	0.6
	≥17 years old (n=167)	65.3	17.4	12.6	3.6	0.0	0.0	0.6	0.6
Sex**	Female (n=538)	67.8	19.0	10.0	2.8	0.2	0.0	0.2	0.0
	Male (n=401)	61.1	15.5	16.2	4.0	1.7	0.2	0.2	1.0

**p<0.01

Table 18 shows that the youths' responses about experiencing stolen or deliberately damaged property are quite similar among the different age groups. On average, 35% of the youth have experienced stolen or damaged property during the past year. The age of youth made no significant difference in the likelihood of having property stolen or damaged.

There is a significant difference ($p<0.01$) between the responses of female and male youth as 32.2% of female youth experienced stolen or deliberately damaged personal property compared to 38.9% of male youth.

Table 19: During the past 12 months, how many times were you in a physical fight?									
		% 0 times	% 1 time	% 2-3 times	% 4-5 times	% 6-7 times	% 8-9 times	%10-11 times	% 12+ times
All Youth		65.5	17.3	11.0	3.2	0.7	0.6	0.2	1.5
Age	≤12 years old (n=121)	64.5	17.4	12.4	2.5	1.7	0.8	0.8	0.0
	13 years old (n=138)	62.3	17.4	12.3	2.2	1.4	1.4	0.7	2.2
	14 years old (n=182)	62.6	17.0	12.6	4.9	0.5	0.0	0.0	2.2
	15 years old (n=166)	66.3	17.5	10.8	3.0	0.0	1.2	0.0	1.2
	16 years old (n=162)	72.8	12.3	9.3	3.1	0.6	0.0	0.0	1.9
	≥17 years old (n=167)	64.1	22.2	8.4	3.0	0.6	0.6	0.0	1.2
Sex**	Female (n=538)	74.9	14.9	7.4	1.1	0.4	0.0	0.4	1.1
	Male (n=399)	52.9	20.6	15.8	6.0	1.3	1.5	0.0	2.0

**p<0.01

Table 19 shows the youth' responses about being involved in physical fights were quite similar among different age groups. On average, 34% of the youth had been involved in a physical fight in the past year. A small number, an average of 1.5% of the youth in all age groups reported fighting frequently (12+ times) during the past year.

Male youth are significantly more likely than female youth to have been involved in a physical fight in the past year. Twenty five percent of female youth experienced physical fighting compared to 47% of the male youth. In addition, male youth are more likely to fight frequently with 2.0% reporting fighting 12+ times as compared to only 1.1% of female youth.

Table 20: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?			
		Yes %	No %
All Youth		3.3	96.7
Age*	≤12 years old (n=121)	0.8	99.2
	13 years old (n=137)	2.9	97.1
	14 years old (n=182)	1.6	98.4
	15 years old (n=166)	1.8	98.2
	16 years old (n=162)	6.2	93.8
	≥17 years old (n=166)	6.0	94.0
Sex	Female (n=536)	3.5	96.5
	Male (n=399)	3.0	97.0

*p<0.05

On average, the number of youth from all age groups who experienced boyfriend/girlfriend violence is 3.3%. Table 20 indicates that there is a significant difference (p<0.05) in the youth' responses to boyfriend/girlfriend violence among the different age groups. Boyfriend/girlfriend violence increases with age, likely as relationships develop; with only 0.8% of 12 year olds reporting boyfriend/girlfriend violence compared to 6% of 16 and 17 year olds.

There is no statistically significant difference in responses between female and male youth, with less than 4% of the youth having experienced violent behavior from the boyfriend or girlfriend.

Table 21: Have you ever been physically forced to have sexual intercourse when you did not want to?

		Yes %	No %
All Youth		3.1	96.9
Age**	≤12 years old (n=121)	0.8	99.2
	13 years old (n=139)	1.4	98.6
	14 years old (n=181)	2.8	97.2
	15 years old (n=166)	3.0	97.0
	16 years old (n=162)	1.9	98.1
	≥17 years old (n=167)	7.8	92.2
Sex**	Female (n=538)	4.5	95.5
	Male (n=399)	1.3	98.7

**p<0.01

As table 21 illustrates, over the whole data set, 3.1% of youth reported they had been forced to have sexual intercourse when they did not want to. This increases from 0.8% at 12 years old to 7.8% at 17 years old, thus the older youth are, the more likely they have experienced this.

Female youth are also significantly more likely to report they were forced to have intercourse than male youth. The ratio of female youth to male youth who reported they were forced to have sex was 4.5% to 1.3%.

Different aspects of youth sexuality were compared to whether or not they have been forced to have sex. As table 22 shows, when controlled for age and sex, youth aged 13 years and over who reported being physically forced to have sex were more likely to report having their first sexual encounter at a younger age. Overall, close to 30% of youth who reported they first had sex at the age of 12 or younger reported they had been forced to have sex at some time in the past, compared to 7.9% of youth who first had sex at age 15 years old or older.

Table 22: Comparison of forced sexual intercourse and age a student first had sex			
		Have you ever been physically forced to have sexual intercourse when you did not want to?	
		% Yes	% No
How old were you when you had sexual intercourse for the first time?**	Never (n=723)	0.8	99.2
	≤11-12 Years (n=19)	26.3	73.7
	13-14 Years (n=49)	14.3	85.7
	15+ Years (n=139)	7.9	92.1

**p<0.01

Being forced to have sex is also related to the number of sexual partners youth have had. For example, while 6.0% of youth who had 1 sex partner said they were forced to have sex, over 19% of youth who had 4 or more sex partners said they had been forced to have sex at some time. This relationship is significant for youth 13 years and older when controlled for age and sex.

Table 23: Comparison of forced sexual intercourse and use of drugs or alcohol before last sexual encounter			
		Have you ever been physically forced to have sexual intercourse when you did not want to?	
		% Yes	% No
Did you drink alcohol or use drugs before you had sexual intercourse for the last time?	Never (n=728)	0.8	99.2
	Yes (n=81)	12.3	87.7
	No (n=124)	10.5	89.5

Table 23 shows youth responses to being forced to have sex compared to drug or alcohol use before their last sexual encounter. After controlling for age and sex, it was found that for youth older than 12 years, if they had been forced to have sex they were more likely to have used drugs or alcohol the last time they had sex ($p<0.01$).

Table 24: Comparison of forced sexual intercourse, sad feelings and attempted suicide			
		Have you ever been physically forced to have sexual intercourse when you did not want to?	
		% Yes	% No
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	Yes (n=135)	11.9	88.1
	No (n=803)	1.6	98.4
During the past 12 months, did you ever seriously consider attempting suicide?	Yes (n=87)	12.6	87.4
	No (n=851)	2.1	97.9

Table 24 shows youth responses to being forced to have sex compared to their answers about sad feelings and thoughts of suicide. After controlling for age and sex it was found that, for youth between the ages of 13 and 16, those who had been forced to have sex were more likely to report having sad feelings and thoughts of suicide than those youth who had not been forced to have sex ($p<0.01$).

6. Sad Feelings and Attempted Suicide

Table 25: During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?			
		% Yes	% No
All Youth		14.3	85.7
Age	≤12 years old (n=122)	10.7	89.3
	13 years old (n=139)	10.8	89.2
	14 years old (n=182)	15.9	84.1
	15 years old (n=166)	17.5	82.5
	16 years old (n=162)	10.5	89.5
	≥17 years old (n=167)	18.6	81.4
Sex**	Female (n=538)	19.5	80.5
	Male (n=401)	7.5	92.5

**p<0.01

On average, about 14% of the youth responded they had experienced sad feelings to the extent that it affected their activities. Although table 25 shows that there is no statistically significant difference in the responses of feeling sad and stopping activities among the different age groups, older youth in the 14, 15 and over 17 age groups experienced more sad feelings than youth in the other age group.

There is however, a significant difference between female and male youth and more than twice as many female youth reported sad feelings to the extent that it affected their activities.

Table 26: During the past 12 months, did you ever seriously consider attempting suicide?			
		Yes %	No %
All Youth		9.3	90.7
Age	≤12 years old (n=122)	5.7	94.3
	13 years old (n=139)	7.9	92.1
	14 years old (n=182)	11.0	89.0
	15 years old (n=166)	11.4	88.6
	16 years old (n=162)	9.3	90.7
	≥17 years old (n=167)	9.0	91.0
Sex**	Female (n=538)	12.8	87.2
	Male (n=401)	4.5	95.5

**p<0.01

Table 26 shows that there is no significant difference among the different age groups with about 9% of the youth reporting they had seriously considered attempting suicide. However, there is a significant difference in the responses between female and male youth with female youth almost three times more likely to report they seriously considered attempting suicide than male youth.

Table 27: Comparison of feeling sad and being threatened			
		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?	
		% Yes	% No
During the past 12 months how many times has someone threatened or injured you with a weapon such as a gun, knife or club?**	0 Times (n=849)	13.0	87.0
	1 Time (n=50)	20.0	80.0
	2-3 Times (n=30)	40.0	60.0
	4+ Times (n=10)	30.0	70.0

**p<0.01

Table 28: Comparison of thoughts of suicide and being threatened			
		During the past 12 months, did you ever seriously consider attempting suicide?	
		% Yes	% No
During the past 12 months how many times has someone threatened or injured you with a weapon such as a gun, knife or club?**	0 Times (n=849)	7.9	92.1
	1 Time (n=50)	16.0	84.0
	2-3 Times (n=30)	33.3	66.7
	4+ Times (n=10)	20.0	80.0

**p<0.01

Tables 27 and 28 show the number of times a student has been threatened compared to feeling sad to the point it affected their activities, and seriously considering suicide. While no clear patterns emerge with respect to the number of times a student has been threatened and feeling sad or considering suicide, youth between the ages of 14 and 16 years who have been threatened have a greater likelihood of reporting sad feelings or considering suicide, than those who have not been threatened in the past year, when this relationship is controlled for age and sex.

Table 29: Comparison of sad feelings and weight			
		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?	
		% Yes	% No
How do you describe your weight?**	Very Underweight (n=10)	30.0	70.0
	Slightly Underweight (n=104)	10.6	89.4
	Right Weight (n=560)	11.3	88.8
	Slightly Overweight (n=238)	21.0	79.0
	Very Overweight (n=27)	29.6	70.4

**p<0.01

Table 29 shows youth responses to how they would describe their weight compared to their ratings of feeling sad. With respect to their descriptions of their weight, youth who said they were slightly underweight and the right weight had a smaller number of youth who said they felt sad and stopped activities, when compared to youth who described themselves as very underweight, overweight and very overweight. For example, while only 10.6% of youth who described themselves as slightly underweight had sad feelings to the extent that it affected their activities, almost three times as many youth who were very overweight (29.6%) felt the same.

When controls for age and sex were run on the comparison of sad feelings and how youth describe their weight, girls between the ages of 13 and 15 years of age who reported being very or slightly overweight were found to be more likely to have sad feelings or thoughts of suicide.

Table 30: Comparison of sad feelings and marijuana use

		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?	
		% Yes	% No
During your life, how many times did you smoke marijuana? **	0 Times (n=771)	10.8	89.2
	1-2 Times (n=57)	28.1	71.9
	3-9 Times (n=45)	22.2	77.8
	10+ Times (n=65)	40.0	60.0

**p<0.01

Table 30 shows youth's ratings of feeling sad compared to the levels of marijuana use. Youth who report using marijuana more often over their lives are more likely to report sad feelings to the extent that it affected their activities. This relationship holds significant when controlled for age and sex. Reported marijuana use in the month was also compared to sad feelings, and thoughts of suicide, but was not significantly related when controlled for age and sex.

Feeling sad and thoughts of suicide were also compared to the use of other illegal drugs such as ecstasy, heroin, acid, and cocaine, as well as the use of inhalants. Youth who used these substances at least once in their life were more likely to report that they felt sad or considered suicide than those who had not tried them, but the numbers using these substances were too low to test for significance when controlling for age and sex.

Table 31: Comparison of sad feelings and sexuality			
		During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?	
		% Yes	% No
How old were you when you had sexual intercourse for the first time? **	Never (n=725)	10.9	89.1
	Less than or equal to 12 (n=19)	42.1	57.9
	13-14 (n=49)	36.7	63.3
	15+ (n=139)	20.1	79.9
During your life, with how many people have you had sexual intercourse? **	Never had (n=733)	10.8	89.2
	1 Person (n=100)	25.0	75.0
	2-3 People (n=57)	22.8	77.2
	4+ People (n=41)	39.0	61.0

**p<0.01

Table 31 shows the comparison of youth' responses to feeling sad to the extent it affected their activities compared to their reported sexual activity. When compared to the age they first had sex, youth who said they first had sex at a younger age were more likely to feel sad as those youth who first had sex at 15 years or older, and more likely to have sad feelings than youth who have never had sex. Similar patterns are found when the responses to feeling sad are compared to the number of people a student had sex with in their life. When controlled for age and sex, this relationship was significant for female youth between 13 and 16 years of age. However, when comparisons were made for the age of their first sexual encounter and how many times youth had sex in their lives to thoughts of suicide, the relationships were significant for both male and female youth between the ages of 13 and 16.

7. Gambling Activities

Table 32: How often do you bet money on lottery tickets (i.e. Super 7, Lotto649)?						
		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		85.1	11.1	3.2	0.3	0.3
Age**	≤12 years old (n=122)	97.5	2.5	0.0	0.0	0.0
	13 years old (n=139)	91.4	7.2	1.4	0.0	0.0
	14 years old (n=182)	90.7	8.2	1.1	0.0	0.0
	15 years old (n=166)	89.2	8.4	1.8	0.6	0.0
	16 years old (n=162)	80.2	16.7	2.5	0.0	0.6
	≥17 years old (n=167)	65.3	21.0	11.4	1.2	1.2
Sex*	Female (n=538)	87.9	8.9	3.0	0.0	0.2
	Male (n=401)	81.3	14.0	3.5	0.7	0.5

*p<0.05
**p<0.01

Overall, 15% of the youth from various age groups bet on lottery tickets. Table 32 shows that there is significant difference ($p<0.01$) in the responses of betting on lottery tickets among the different age groups. The percentage of youth betting on lottery tickets increases with age. At 12 years old or younger, less than 3% of youth are betting on lottery tickets while at age 17 years old or over, 35% had bet on lottery tickets. Most of the youth are betting on lottery tickets a few times per year (11.1%) and a few times per month (3.2%). Again the frequency increases with age.

There is also a significant difference between the responses from female and male youth ($p<0.05$). Six percent more male youth than female youth bet on lottery tickets at least a few times a year.

Table 33: How often do you bet money on sports wagers on teams or individuals?						
		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		78.1	19.4	1.7	0.1	0.6
Age**	≤12 years old (n=122)	95.1	4.9	0.0	0.0	0.0
	13 years old (n=139)	81.3	18.0	0.7	0.0	0.0
	14 years old (n=181)	82.9	15.5	1.7	0.0	0.0
	15 years old (n=166)	75.3	21.7	2.4	0.0	0.6
	16 years old (n=162)	74.1	22.2	1.9	0.6	1.2
	≥17 years old (n=167)	64.7	30.5	3.0	0.0	1.8
Sex**	Female (n=538)	89.2	10.0	0.6	0.0	0.2
	Male (n=400)	63.3	32.0	3.3	0.3	1.3

**p<0.01

Table 33 shows that there is significant difference ($p<0.01$) in the responses of betting on sports team among the different age groups. On average 22% of youth from various age groups bet on sports teams. The percentage increases from 5% at age 12 years to 35% at age 17 years old or over. In particular, youth 17 years old or over bet more frequently than the youth in other age groups.

Female youth are significantly less likely to bet on sports teams with 26% more male youth reporting they bet on sports teams than female youth. Male youth also bet more frequently than female youth.

Table 34: How often do you bet money on scratch tickets?

		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		72.6	22.4	3.7	1.0	0.3
Age**	≤12 years old (n=122)	91.8	7.4	0.8	0.0	0.0
	13 years old (n=139)	83.5	14.4	2.2	0.0	0.0
	14 years old (n=182)	79.1	17.6	3.3	0.0	0.0
	15 years old (n=166)	71.7	27.1	1.2	0.0	0.0
	16 years old (n=162)	61.7	32.1	2.5	3.1	0.6
	≥17 years old (n=167)	53.9	31.1	11.4	2.4	1.2
Sex	Female (n=538)	74.2	21.4	3.7	0.6	0.2
	Male (n=401)	70.6	23.7	3.7	1.5	0.5

**p<0.01

Table 34 shows that there is a significant difference ($p<0.01$) in the responses of betting on scratch tickets among the different age groups. On average 27% of youth from various age groups bet on scratch tickets. The percentage of youth betting on scratch tickets increases from 8.2% at age 12 years old or younger to 46% at 17 years old or over. The number of youth who bet on scratch tickets a few times per year and a few times per month account for 22.4% and 3.7%, respectively. Again the frequency increases with age, and a small number of youth 16 years old or over reported they bet daily.

The difference between the responses from female and male youth is not significant although roughly 3% more male youth bet on scratch tickets than female youth. The highest percentage of scratch tickets bet on by both female and male youth is a few times a year and a few times a month.

Table 35: How often do you bet money on card games?						
		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		65.2	27.1	6.4	1.0	0.3
Age**	≤12 years old (n=122)	82.0	17.2	0.0	0.8	0.0
	13 years old (n=139)	73.4	21.6	3.6	1.4	0.0
	14 years old (n=182)	72.5	20.9	4.9	1.1	0.5
	15 years old (n=166)	57.2	34.9	7.2	0.0	0.6
	16 years old (n=162)	57.4	34.6	7.4	0.6	0.0
	≥17 years old (n=167)	53.9	30.5	13.2	1.8	0.6
Sex**	Female (n=538)	77.5	19.5	2.4	0.6	0.0
	Male (n=401)	48.9	37.2	11.7	1.5	0.7

**p<0.01

Table 35 shows that there is significant difference (p<0.01) in the responses of betting on card games among the different age groups. On average 35% of youth from various age groups bet on card games. The percentage of youth betting on card games increases from 18% at age 12 years old or younger to 46% at age 17 years old or over. Most youth bet on cards a few times per year (27.1%), with 6.4% betting a few times per month, 1.0% betting a few times a week and 0.3% reported they bet daily.

Female youth are significantly less likely to bet on card games than male youth. Over 50% of male youth reported they bet on card games, almost 30% higher than the female youth. Furthermore, 1.5 % and 0.7% of male youth bet on card games a few times a week or daily.

Table 36: How often do you bet on games of skill (i.e. darts, pool, basketball)?						
		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		75.9	21.0	2.1	0.7	0.2
Age	≤12 years old (n=122)	87.7	10.7	0.8	0.8	0.0
	13 years old (n=139)	82.0	16.5	1.4	0.0	0.0
	14 years old (n=182)	74.2	22.0	2.2	1.6	0.0
	15 years old (n=166)	72.9	22.9	3.0	1.2	0.0
	16 years old (n=162)	75.3	21.6	1.9	0.6	0.6
	≥17 years old (n=167)	67.7	28.7	3.0	0.0	0.6
Sex**	Female (n=540)	84.2	14.3	1.1	0.4	0.0
	Male (n=403)	64.8	29.9	3.5	1.2	0.5

**p<0.01

On average 24% of youth from various age groups bet on games of skill. Although the relationship is not statistically significant, as table 36 illustrates, the older youth are, the more they are involved in the games. The percentage increases from 12% at age 12 years old or younger to 32% at age 17 years old or over. The number of youth who bet on games of skill a

few times a year, a few times a month and a few times a week account for 21.3%, 2.1% and 0.7%, respectively. Therefore, most of youth from all age groups bet a few times a year and a few times a month.

Male youth are significantly more likely to bet on games of skill than female youth. Thirty five percent of male youth bet on the games as compared to approximately 16% of female youth. Furthermore, the percentage of male youth betting a few times a week or daily accounts for 1.2% and 0.5%, respectively.

Table 37: How often do you bet money on video lottery terminals (VLT's)?						
		Never %	Few per year %	Few per month %	Few per week %	Daily %
All Youth		96.6	2.6	0.6	0.2	0.0
Age**	≤12 years old (n=122)	100.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0	0.0
	14 years old (n=182)	100.0	0.0	0.0	0.0	0.0
	15 years old (n=166)	98.2	1.8	0.0	0.0	0.0
	16 years old (n=162)	96.9	3.1	0.0	0.0	0.0
	≥17 years old (n=167)	85.6	9.6	3.6	1.2	0.0
Sex*	Female (n=538)	97.8	1.3	0.7	0.2	0.0
	Male (n=401)	95.0	4.2	0.5	0.2	0.0

*p<0.05
**p<0.01

Older youth are significantly more likely to bet on VLT's, likely reflecting increased access by older youth. On average fewer than 4% of youth from various age groups bet on VLT's. Youth 12 years old and younger to 14 years old did not report betting money on VLT's. Most older youth bet a few times a year, and a small portion bet a few times a month and a few times a week. The difference between the responses from female and male youth is not significant. The number of male youth who bet on the VLT's is slightly more than female youth in all categories.

Table 38: How often do you bet money on on-line casinos?					
		Never %	Few per year %	Few per week %	Daily %
All Youth		98.6	1.3	0.0	0.1
Age	≤12 years old (n=122)	99.2	0.8	0.0	0.0
	13 years old (n=139)	99.3	0.7	0.0	0.0
	14 years old (n=182)	98.4	1.6	0.0	0.0
	15 years old (n=166)	99.4	0.6	0.0	0.0
	16 years old (n=162)	96.9	2.5	0.0	0.6
	≥17 years old (n=167)	98.8	1.2	0.0	0.0
Sex	Female (n=540)	99.1	0.9	0.0	0.0
	Male (n=403)	98.0	1.7	0.0	0.2

Table 38 shows that there is no significant difference in the responses of betting on online casinos among the different age groups. On average 1.3% of youth from various age groups bet on casinos a few times a year. A small portion, 0.6% of the youth 16 years old or over reported they bet daily.

The difference between the responses from female and male youth is not significant. The number of male youth who bet online is slightly more than female youth in all categories.

8. Tobacco Use

Table 39: Have you ever tried cigarette smoking, even one or two puffs?			
		Yes %	No %
All Youth		42.2	57.8
Age**	≤12 years old (n=122)	17.2	82.8
	13 years old (n=139)	28.8	71.2
	14 years old (n=182)	34.6	65.4
	15 years old (n=166)	42.8	57.2
	16 years old (n=162)	52.5	47.5
	≥17 years old (n=167)	69.5	30.5
Sex*	Female (n=538)	39.2	60.8
	Male (n=401)	46.4	53.6

*p<0.05
**p<0.01

Table 39 shows that by age 17, almost 70% of youth have tried smoking, with the biggest single increase between ages 16 and 17 years. The percentage who have tried smoking increases significantly with age, from 18% at 12 years old, to 69.5% at 17 years old. On average, 42% of the youth from various age groups have tried cigarettes.

The difference between the responses from female and male youth is also significant ($p<0.05$). Seven percent more male youth (46.4%) reported they have tried cigarettes than female youth (39.2%).

Table 40: How old were you when you smoked a whole cigarette for the first time?								
		Never smoked %	≤ 8 years old %	9-10 years old %	11-12 years old %	13-14 years old %	15-16 years old %	17+ years old %
All Youth		72.7	1.8	2.4	4.9	9.8	7.8	0.5
Age**	≤12 years old (n= 122)	91.0	0.0	2.5	6.6	0.0	0.0	0.0
	13 years old (n=135)	87.4	1.5	5.2	1.5	4.4	0.0	0.0
	14 years old (n=180)	81.1	2.8	1.7	5.0	9.4	0.0	0.0
	15 years old (n=165)	72.1	2.4	0.6	4.2	16.4	4.2	0.0
	16 years old (n=161)	59.6	1.9	2.5	6.8	13.0	16.1	0.0
	≥17 years old (n=167)	51.5	1.8	2.4	5.4	12.0	24.0	3.0
Sex	Female (n=538)	73.5	1.7	2.6	5.0	9.5	7.1	0.6
	Male (n=397)	71.6	2.0	2.0	4.8	10.1	8.9	0.5

**p<0.01

Although it is difficult to draw conclusions from table 40 due to the varying ages of the youth, it appears that the majority of youth first tried smoking when they were in the 13-14 age group. Although the difference between the responses from female and male youth is not significant, female youth appear to be starting smoking at a slightly younger age than male youth.

Table 41: During the past 30 days, on how many days did you smoke cigarettes?								
		0 days %	1-2 days %	3-5 days %	6-9 days %	10-19 days %	20-29 days %	All 30 days %
All Youth		85.9	5.5	2.2	0.5	0.5	1.9	3.4
Age**	≤12 years old (n=122)	97.5	1.6	0.0	0.0	0.0	0.0	0.8
	13 years old (n=138)	94.9	4.3	0.7	0.0	0.0	0.0	0.0
	14 years old (n=181)	91.2	4.4	1.1	0.0	1.1	1.1	1.1
	15 years old (n=166)	84.9	6.0	1.8	0.6	0.0	2.4	4.2
	16 years old (n=160)	80.0	5.6	3.1	0.6	0.0	3.1	7.5
	≥17 years old (n=167)	70.7	9.6	6.0	1.8	1.8	4.2	6.0
Sex	Female (n=536)	84.9	6.7	2.2	0.2	0.6	2.0	3.4
	Male (n=399)	87.0	4.0	2.3	1.0	0.5	1.8	3.5

**p<0.01

Table 41 shows that there is significant difference ($p<0.01$) among the age groups in the responses of the number of days they smoked during the past 30 days with older youth smoking more regularly than younger youth. The number of youth smoking at least one day in the past 30 days increased from less than 3% at age 12 years old or less to 29% at age 17 years old or over. The number of youth smoking everyday increases from 0.8% at 12 years old to 7.5% at 16 years old. The number of youth 16 years old or over smoking everyday in the past month is more than double the average.

The difference between the responses from female and male youth is not significant. The number of female youth who smoked all 30 days accounts for 3.4% while the number of male youth who smoked all 30 days account for 3.5%.s. However, female youth seem more likely to be smoking only one or two days in the past month.

Table 42: During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

		None %	< 1 per day %	1 per day %	2-5 per day %	6-10 per day %	11-20 per day %
All Youth		85.8	4.4	3.0	4.0	1.8	1.0
Age**	≤12 years old (n=122)	97.5	1.6	0.0	0.8	0.0	0.0
	13 years old (n=136)	94.9	2.2	2.2	0.7	0.0	0.0
	14 years old (n=181)	91.2	3.3	1.1	2.2	2.2	0.0
	15 years old (n=166)	84.9	4.8	2.4	4.8	2.4	0.6
	16 years old (n=160)	79.4	7.5	1.9	6.9	1.3	3.1
	≥17 years old (n=167)	71.3	6.0	9.6	7.2	4.2	1.8
Sex	Female (n=538)	84.7	5.6	2.8	4.7	1.5	0.7
	Male (n=399)	87.2	2.8	3.3	3.3	2.3	1.3

**p<0.01

Table 42 indicates that age makes a significant difference ($p<0.01$) in the number of cigarettes youth reported they smoked per day during the past 30 days. The older they are, the more cigarettes they smoke per day. In general, the number smoking one cigarette or more increases from less than 1% at age 12 years old or less to 23% at age 17 years old or over. The number of youth who smoked 11-20 cigarettes per day account for 1.0%, with approximately 5% of youth 15 years old or over reporting they smoked 11-20 cigarettes per day.

The difference between the responses from female and male youth is not significant. In general, 12.8 % of male youth and 15.3 % of female youth smoked cigarettes in the past month. The data suggests that female youth smoke fewer cigarettes in a month than male youth with a higher percentage of female youth smoking fewer than 5 cigarettes per days while higher percentages of male youth reported smoking 6-10 or 11-20 cigarettes per day.

Table 43: During the past 30 days, how did you actually get your own cigarettes?								
		None %	Store %	Someone buys%	Bummed %	Gave %	Took %	Other %
All Youth		86.0	3.4	3.9	4.7	0.4	0.8	0.9
Age**	≤12 years old (n=121)	98.3	0.0	0.0	0.8	0.0	0.8	0.0
	13 years old (n=136)	94.9	0.0	0.7	0.7	0.0	2.9	0.7
	14 years old (n=178)	91.0	0.6	1.1	4.5	1.1	0.0	1.7
	15 years old (n=166)	84.9	2.4	5.4	6.0	0.0	0.6	0.6
	16 years old (n=156)	80.1	8.3	5.8	5.8	0.0	0.0	0.0
	≥17 years old (n=166)	71.1	7.8	9.0	8.4	1.2	0.6	1.8
Sex	Female (n=530)	84.9	2.5	4.9	5.7	0.4	0.8	0.9
	Male (n=394)	87.3	4.8	2.5	3.3	0.5	0.8	0.8

**p<0.01

Across all age groups the majority of youth (4.7%) got their cigarettes by bumming or borrowing them from someone else (table 43). There was a significant difference in how youth get their cigarettes and age; younger youth were more likely to bum them or take them and older youth were more likely to buy them from a store themselves or to get someone else to buy the cigarettes for them (with their own money). There was no statistically significant difference between sexes and how they got their cigarettes, but females were slightly more likely to get someone to buy their cigarettes or to borrow them; and boys were more likely to buy them from a store themselves.

Table 44: During the past 12 months, did you ever try to quit smoking cigarettes?				
		Did not smoke %	Yes %	No %
All Youth		60.0	16.5	23.6
Age**	≤12 years old (n=106)	73.6	6.6	19.8
	13 years old (n=122)	67.2	9.0	23.8
	14 years old (n=158)	60.1	18.4	21.5
	15 years old (n=153)	58.8	17.6	23.5
	16 years old (n=149)	58.4	18.8	22.8
	≥17 years old (n=161)	47.8	23.6	28.6
Sex**	Female (n=492)	66.5	16.7	16.9
	Male (n=358)	50.8	16.5	32.7

**p<0.01

Overall, 17% of youth said they attempted to quit smoking over the past year. There is a significant difference among the age groups and attempting to quit; as youth get older, the more likely they are to try to quit smoking. There is also a significant difference between sexes, as females were more likely to try to quit smoking over the past year. Seventeen percent of females compared to 32.7% of males did not attempt to quit smoking.

Table 45: During the past 30 days, on how many days did you use chewing tobacco, snuff or dip such as Redman, Skoal or Copenhagen?

		0 days %	1-2 days %	3-5 days %	6-9 days %	10-19 days %	20-29 days %	All 30 days %
All Youth		90.8	4.1	1.3	1.2	1.5	0.5	0.6
Age**	≤12 years old (n=122)	98.4	0.0	0.8	0.0	0.0	0.0	0.8
	13 years old (n=139)	94.2	1.4	2.2	2.2	0.0	0.0	0.0
	14 years old (n=180)	95.6	3.3	0.0	0.0	1.1	0.0	0.0
	15 years old (n=166)	86.7	6.0	0.6	1.8	3.0	0.6	1.2
	16 years old (n=161)	88.2	3.7	1.9	2.5	3.1	0.6	0.0
	≥17 years old (n=167)	83.8	8.4	2.4	0.6	1.2	1.8	1.8
Sex**	Female (n=536)	96.8	2.6	0.0	0.4	0.2	0.0	0.0
	Male (n=400)	82.8	6.0	3.0	2.3	3.3	1.3	1.5

**p<0.01

As table 45 illustrates, less than 10% of youth across all age groups used chewing tobacco over the past month. The number of youth using chewing tobacco increases with age. Less than 3% of youth 12 years old and younger used chewing tobacco in the past month, however 16% of youth 17 years and older used it. Age is also a significant factor in the frequency of use; older youth used chewing tobacco on more days of the past month.

There was a significant difference between males and females and chewing tobacco use. Males were three times more likely to have used chewing tobacco over the past month, and males were more likely to chew more often.

Table 46: During the past 30 days, on how many days did you smoke cigars, cigarillos or little cigars?								
		0 days %	1-2 days %	3-5 days %	6-9 days %	10-19 days %	20-29 days %	All 30 days %
All Youth		88.0	7.6	1.7	1.5	0.7	0.2	0.3
Age**	≤12 years old (n=121)	97.5	2.5	0.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	97.8	0.7	1.4	0.0	0.0	0.0	0.0
	14 years old (n=180)	95.6	3.3	0.0	0.6	0.6	0.0	0.0
	15 years old (n=166)	83.1	9.6	1.8	1.2	1.8	0.6	1.8
	16 years old (n=161)	79.5	13.0	3.1	3.7	0.6	0.0	0.0
	≥17 years old (n=167)	77.8	13.8	3.6	3.0	1.2	0.6	0.0
Sex*	Female (n=536)	90.7	6.5	1.3	0.6	0.7	0.0	0.2
	Male (n=399)	84.2	9.0	2.3	2.8	0.8	0.5	0.5

*p<0.05
**p<0.01

Less than 15% of youth across all age groups smoked cigars or cigarillos over the past month. Table 46 indicates the number of youth smoking cigars increases with age; while about 22% of youth 17 years and older smoked cigars, less than three percent of youth 12 years and younger did.

There was a significant difference between sexes. Males were more likely to have smoked cigars or cigarillos over the past month, and on more days throughout the month.

Table 47: Comparison of chewing tobacco use and participation on sports teams					
		During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?			
		% 0 Days	% 1-2 Days	% 3-9 Days	% 10 or More Days
During the past 12 months, on how many sports teams did you play?*	0 Teams (n=151)	96.0	2.0	1.3	0.7
	1 Team (n=174)	90.8	5.7	1.1	2.3
	2 Teams (n=219)	93.6	3.2	1.8	1.4
	3+ Teams (n=386)	86.8	4.7	3.9	4.7

*p<0.05

Various aspects of physical activity covered in the survey, such as intense physical activity, mild physical activity, and the number of days a person has at least 60 minutes of physical activity in the week were compared to tobacco use. No statistically significant relationships emerged with respect to trying cigarettes, cigars, the number of days smoked in a month, and using chewing tobacco after controlling for age and sex.

Table 48: Comparison of cigarette smoking and marijuana use

		During the past 30 days on how many days did you smoke a whole cigarette?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
During the past 30 days, how many times did you use marijuana?**	0 Days (n=856)	90.3	4.9	1.6	0.5	2.7
	1-2 Days (n=32)	53.1	15.6	3.1	0.0	28.1
	3 or More Days (n=44)	20.5	11.4	13.6	2.3	52.3

**p<0.01

As table 48 shows, cigarette smoking in a month is positively related to marijuana smoking in the month. For example, while 90% of youth who did not try marijuana in the past month also did not smoke in the past month, 52% of youth who smoked marijuana 3 or more days in the past month also smoked cigarettes on 10 or more days in the past month. The significance of this relationship remained constant after controlling for the sex and age of youth in the study.

Table 49: Comparison of youth age when first smoking and marijuana use

		How old were you smoked a whole cigarette for the first time?			
		% Never smoked	% ≤8-10	% 11-14	% 15+
How old were you when you tried marijuana for the first time?**	Never smoked (n=760)	84.1	2.8	8.2	5.0
	≤8-10 (n=10)	0.0	50.0	50.0	0.0
	11-14 (n=74)	18.9	13.5	62.2	5.4
	15+ (n=84)	26.2	2.4	27.4	44.0
During your life, how many times did you smoke marijuana?**	0 Days (n=763)	84.0	2.8	8.3	5.0
	1-2 Days (n=57)	40.4	5.3	35.1	19.3
	3-9 Days (n=45)	15.6	8.9	44.4	31.1
	10+ Days (n=65)	7.7	15.4	52.3	24.6
During the past 30 days, how many times did you use marijuana?**	0 Days (n=851)	77.9	3.1	12.0	7.1
	1-2 Days (n=32)	21.9	12.5	40.6	25.0
	3 or More Days (n=44)	6.8	18.2	50.0	25.0

**p<0.01

Other aspects of marijuana use were compared to cigarette use. While the patterns are not clear, table 50 shows that youth who started to smoke cigarettes between the ages of 11-14 are heavier marijuana users. In addition, the ages at which youth first smoke cigarettes and marijuana appears to be related. For example, youth who responded that they first tried marijuana between the ages of 11 and 14 were also more likely to have started smoking cigarettes at that age as well (62.2%). After controlling for the age and sex of youth these comparisons remain statistically significant.

However, while cigar/cigarillo smokers were more likely to smoke marijuana and the frequency of cigar use was significantly related to marijuana use for youth older than 12 years, there were no significant relationships between chewing tobacco and marijuana.

9. Alcohol Use

Table 50: During your life, on how many days have you had at least one drink of alcohol?

		0 days %	1-2 days %	3-9 days %	10-19 days %	20-39 days %	40-99 days %	100+ days %
All Youth		20.6	13.1	15.1	12.0	12.1	12.4	14.8
Age**	≤12 years old (n=122)	58.2	16.4	13.9	9.0	1.6	0.0	0.8
	13 years old (n=138)	31.2	21.7	21.7	9.4	9.4	5.1	1.4
	14 years old (n=180)	19.4	18.3	24.4	13.3	13.9	6.7	3.9
	15 years old (n=166)	16.3	10.8	16.9	18.1	14.5	13.3	10.2
	16 years old (n=162)	6.8	9.3	9.3	12.3	13.0	27.2	22.2
	≥17 years old (n=166)	3.0	3.6	4.2	8.4	16.9	18.7	45.2
Sex*	Female (n=536)	21.5	15.5	16.0	11.6	12.1	11.9	11.4
	Male (n=399)	19.3	10.0	13.8	12.5	12.0	13.0	19.3

*p<0.05
**p<0.01

Table 50 illustrates that the majority of youth across all age groups (79%) have had at least one drink of alcohol in their lives. There was a sharp increase in the number of youth trying alcohol between 12 years and younger and 13 years old, as there is a 27% difference between the two age groups. There was also a strong relationship between age and consumption of alcohol. Furthermore older youth drank alcohol on more days in their life than younger youth.

Males were significantly more likely to consume alcohol ($p<0.05$) and to consume on more days, than female youth.

Table 51: How old were you when you had your first drink of alcohol other than a few sips?								
		Never drank %	≤ 8 years old %	9-10 years old %	11-12 years old %	13-14 years old %	15-16 years old %	17+ years old %
All Youth		23.2	6.1	9.5	23.0	30.1	8.0	0.1
Age**	≤12 years old (n=121)	58.7	5.8	10.7	24.8	0.0	0.0	0.0
	13 years old (n=138)	37.0	10.1	11.6	26.1	15.2	0.0	0.0
	14 years old (n=181)	21.0	4.4	9.4	30.9	34.3	0.0	0.0
	15 years old (n=166)	21.7	6.6	12.0	19.9	34.9	4.8	0.0
	16 years old (n=162)	9.9	7.4	7.4	17.3	41.4	16.7	0.0
	≥17 years old (n=167)	3.0	3.0	6.6	19.2	43.7	24.0	0.6
Sex**	Female (n=538)	24.5	4.1	7.1	21.7	32.3	10.0	0.2
	Male (n=398)	21.4	8.8	12.8	24.6	26.9	5.5	0.0

**p<0.01

Most youth tried their first drink of alcohol between the ages of 11 and 14 as table 51 illustrates. Overall, 23% of youth reported trying alcohol between 11 and 12 years, and 30.1% between 13 and 14 years.

There is a significant difference between males and females and the age they first tried alcohol. Males were more likely to try alcohol at a younger age than females. Over 21% of males compared to 11% of females first tried alcohol before the age of 11. In contrast, close to twice as many females reported they tried alcohol at an older age of at least 15 years.

As table 52 (below) shows, close to 45% of youth did not drink alcohol during the 30 days prior to the survey, and 6.6% reported they drank alcohol on more than 10 days of the month. As youth get older, they are more likely to drink on more days of the month.

More males than females were drinking more often in the 30 days prior to the survey. Over twice as many males drank on at least 10 days of the month.

Table 52: During the past 30 days, on how many days did you have at least one drink of alcohol?							
		0 days %	1-2 days %	3-5 days %	6-9 days %	10-19 days %	20-29 days %
All Youth		44.5	23.5	15.0	10.4	5.5	1.1
Age**	≤12 years old (n=122)	80.3	14.8	4.1	0.0	0.8	0.0
	13 years old (n=139)	66.2	23.0	8.6	2.2	0.0	0.0
	14 years old (n=181)	50.3	29.8	12.2	5.0	2.8	0.0
	15 years old (n=166)	41.6	27.7	13.3	10.8	6.0	0.6
	16 years old (n=162)	24.1	24.7	22.8	19.1	9.3	0.0
	≥17 years old (n=167)	16.8	18.0	25.7	21.6	12.6	5.4
Sex*	Female (n=538)	47.6	24.0	14.5	9.3	4.3	0.4
	Male (n=400)	40.3	23.0	15.8	11.8	7.3	2.0

*p<0.05
**p<0.01

Table 53: 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?								
		0 days %	1day %	2 days %	3-5 days %	6-9 days %	10-19 days %	20+ days %
All Youth		66.2	10.6	8.7	8.7	4.9	0.6	0.2
Age**	≤12 years old (n=120)	93.3	5.0	0.0	1.7	0.0	0.0	0.0
	13 years old (n=139)	93.5	3.6	2.9	0.0	0.0	0.0	0.0
	14 years old (n=181)	76.8	10.5	8.3	3.3	1.1	0.0	0.0
	15 years old (n=166)	68.7	10.2	9.6	6.6	3.6	1.2	0.0
	16 years old (n=162)	46.3	13.0	15.4	17.9	6.8	0.6	0.0
	≥17 years old (n=165)	29.1	18.8	12.7	20.0	16.4	1.8	1.2
Sex	Female (n=538)	69.7	9.5	8.9	7.2	4.1	0.6	0.0
	Male (n=396)	61.6	12.1	8.3	10.6	6.1	0.8	0.5

**p<0.01

Binge drinking is defined as more than 5 drinks within a short period of time (a couple of hours). As table 53 indicates, 33.8% of youth reported binge drinking on at least one occasion in the past month. As youth get older, the number of youth binge drinking increases as well as the number of days when they drank 5 drinks or more in a short period of time. There is no strong relationship between sex and binge drinking, but close to 70% of females compared to 62% of males did not binge drink in the previous month.

Table 54: Comparison of alcohol use and physical fights

		During the past 30 days, on how many days did you have at least one drink of alcohol?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
During the past 12 months, how many times were you in a physical fight?**	0 Times (n=615)	49.6	24.2	14.5	8.0	3.7
	1 Time (n=162)	34.0	22.2	17.9	17.9	8.0
	2-3 Times (n=102)	34.3	24.5	14.7	9.8	16.7
	4 or more Times (n=58)	34.5	19.0	13.8	17.2	15.5

**p<0.01

Table 54 indicates the number of days that youth drank in the past month, is positively related to the number of fights they were in. While 49.6% of youth who didn't report getting into fights also did not drink in the month, the percentage of youth not drinking drops to 34.5% for those who report getting into 4 or more physical fights in the past year. At the other end of the spectrum, for youth who drank on 10 or more days of the month, while 3.7% had not been in a fight in the past year, 15.5% were in 4 or more fights in the past year. When controlled for age and sex, this relationship remained constant for youth aged 15 years and older.

Table 55: Comparison of alcohol use and smoking

		During the past 30 days, on how many days did you have at least one drink of alcohol?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
During the past 30 days on how many days did you smoke a whole cigarette?**	0 Days (n=802)	50.0	24.4	14.0	8.1	3.5
	1-2 Days (n=52)	13.5	21.2	23.1	25.0	17.3
	3-5 Days (n=21)	9.5	4.8	28.6	38.1	19.0
	6-9 Days (n=5)	0.0	20.0	0.0	40.0	40.0
	10 or More Days (n=55)	10.9	18.2	18.2	18.2	34.5

**p<0.01

In table 55, variables which captured youth' alcohol use habits were compared to their ratings on tobacco use. With some exceptions, generally as youth drank more days in the month, they

were also more likely to smoke more days in the month. For instance, 34.5% of youth who smoked 10 or more days in the month also drank 10 or more days in the month. This is compared to 21.2% of youth that smoked 1-2 days in the past month who reported that they also drank 1-2 days. Significant relationships were also found between smoking and binge drinking. As the number of days smoked in the month increases, youth are more likely to binge drink on more days of the month. The same holds true for chewing tobacco and smoking cigars in the month.

Table 56: Comparison of drinking alcohol and marijuana use

		During the past 30 days, on how many days did you have at least one drink of alcohol?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
During the past 30 days, how many times did you use marijuana?**	0 Days (n=859)	47.8	24.2	15.0	8.7	4.2
	1-2 Days (n=32)	6.3	25.0	12.5	25.0	31.3
	3 or More Days (n=44)	6.8	9.1	13.6	34.1	36.4

**p<0.01

Marijuana use and alcohol use in the previous month were cross tabulated and the variables are significantly related as shown in table 56. Youth who smoked marijuana were more likely to drink alcohol, and those who smoke marijuana more often were also more likely to drink on more days of the month. For example, while only 4.2% of youth who never used marijuana drank on 10 or more days in the month, 36.4% of youth who smoked 3 or more times in the past month drank as much in the month. The number of times a student used marijuana in a month was also significantly related to the number of times youth would binge drink. When controlled for age and sex, these comparisons remain significant for youth aged 15 years and older.

Table 57: Comparison of alcohol use and sexuality

		During the past 30 days, on how many days did you have at least one drink of alcohol?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
During the past 3 months, with how many people did you have sexual intercourse?**	Never had sex (n=735)	54.4	25.0	13.7	5.2	1.6
	Not in last 3 months (n=59)	13.6	15.3	27.1	23.7	20.3
	1 Person (n=113)	3.5	22.1	18.6	32.7	23.0
	2-3 People (n=21)	9.5	0.0	9.5	38.1	42.9
	4 or More People (n=5)	0.0	20.0	20.0	20.0	40.0

**p<0.01

The number of people youth had sex with in the last three months was compared to the days youth drank in the past three months. Table 57 shows that sexually active youth are drinking more in the month than those who had not been sexually active in the last three months or who had never had sex at all. For example, 42.9% of youth who had sex with 2-3 people in the last 3 months drank on 10 or more days in the past month, as compared to 20.3% of youth who had not had sex in the last three months, or 1.6% of youth who had never had sex. After controlling for age and sex this relationship remains statistically significant.

The number of times youth drank in life is positively related to the number of sexual partners they have had in their lives. When controlled for age and sex of youth, these relationships remain statistically significant.

Table 58: Comparison of binge drinking and sexuality

		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 hours?					
		0 Times %	1 Time %	2 Times %	3-5 Times %	6-9 Times %	10+ Times %
During the past 3 months, with how many people did you have sexual intercourse?**	Never had sex (n=731)	78.4	10.0	6.3	4.1	1.1	0.1
	Not in last 3 months (n=59)	37.3	10.2	10.2	27.1	11.9	3.4
	1 Person (n=113)	14.2	15.9	22.1	24.8	19.5	3.5
	2-3 People (n=21)	19.0	4.8	9.5	28.6	33.3	4.8
	4+ People (n=5)	20.0	0.0	20.0	20.0	40.0	0.0

**p<0.01

When the number of people a student had sex with in the last three months is compared to the number of times a student binge drank in the last month (table 58), after controlling for sex and age, youth who were more sexually active tended to binge drink more frequently in the past month than those who had not had sex in the last three months or who had never had sex.

Table 59 shows that those youth who had used alcohol or drugs in their last sexual encounter were more likely to drink more frequently than those who reported that they hadn't taken alcohol or drugs the last time they had sex. For example, over 76% of youth who said they took alcohol or drugs the last time they had sex drank on 6 or more days of the last month, compared to 40% of youth who didn't take alcohol or drugs the last time they had sex.

Table 59: Comparison of alcohol use in month and use before their last sexual encounter						
		During the past 30 days, on how many days did you have at least one drink of alcohol?				
		% 0 Days	% 1-2 Days	% 3-5 Days	% 6-9 Days	% 10 or More Days
Did you drink alcohol or use drugs before you had sexual intercourse the last time?**	Never had sex (n=730)	54.5	25.1	13.8	5.1	1.5
	Yes (n=81)	3.7	6.2	13.6	38.3	38.3
	No (n=124)	11.3	25.0	23.4	24.2	16.1

**p<0.01

Table 60: Comparison of binge drinking and alcohol use before last sexual encounter							
		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 hours?					
		0 Times %	1 Time %	2 Times %	3-5 Times %	6-9 Times %	10+ Times %
Did you drink alcohol or use drugs before you had sexual intercourse for the last time?**	Never had sex (n=730)	78.5	9.9	6.3	4.1	1.0	0.1
	Yes (n=81)	8.6	12.3	19.8	28.4	25.9	4.9
	No (n=124)	32.3	12.9	14.5	23.4	14.5	2.4

**p<0.01

Table 60 indicates that binge drinking is strongly related to whether or not a student took alcohol or drugs in their last sexual encounter. Youth who were binge drinking more often in the month prior to the survey were more likely to have used alcohol or drugs the last time they had sex than those youth who did not take alcohol or drugs the last time they had sex.

With respect to physical activity, alcohol use was not found to be significantly related to the amount of intense physical activity, mild physical activity, the number of days that a student had 60 minutes of physical activity or the number of sports teams youth participated on.

10. Marijuana and Other Illegal Drug Use

Table 61: During your life, how many times have you used marijuana?								
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40-99 times %	100+ times %
All Youth		82.4	5.9	4.8	1.6	1.3	1.6	2.5
Age**	≤12 years old (n=120)	98.3	1.7	0.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	98.6	0.7	0.7	0.0	0.0	0.0	0.0
	14 years old (n=182)	90.1	5.5	0.5	1.1	1.6	0.0	1.1
	15 years old (n=166)	83.7	6.0	3.0	1.8	2.4	1.2	1.8
	16 years old (n=162)	70.4	8.6	6.8	1.2	2.5	3.7	6.8
	≥17 years old (n=167)	59.3	10.8	16.2	4.8	0.6	4.2	4.2
Sex	Female (n=538)	83.3	4.6	4.5	1.9	1.7	1.7	2.4
	Male (n=399)	81.0	7.8	5.3	1.3	0.8	1.5	2.5

**p<0.01

Over 15% of youth across all age groups reported having tried marijuana at least once in their lives; table 61 shows that most youth who had tried it used it between one and nine times in their lives. There is a significant relationship between age and use. As youth get older, the percentage who have tried marijuana increases from 1.7% of youth 12 years and younger to close to 40% of youth 17 years and older.

There is no significant difference between male and female youth and reported use; 81% of males and 83% of females said they had never tried marijuana.

Table 62 illustrates that most youth reported first trying marijuana between the ages of 13 and 16 years old. Only one percent of youth had first tried marijuana when they were ten years and younger. There is no strong relationship between sex and the age at which youth reported first trying marijuana.

Table 62: How old were you when you tried marijuana for the first time?								
		Never tried marijuana %	≤ 8 years old %	9-10 years %	11-12 years %	13-14 years %	15-16 years %	17+ years %
All Youth		82.2	0.3	0.7	1.9	6.0	7.5	1.3
Age**	≤12 years old (n=120)	98.3	0.0	0.8	0.8	0.0	0.0	0.0
	13 years old (n=139)	98.6	0.0	0.0	0.0	1.4	0.0	0.0
	14 years old (n=181)	90.1	0.6	0.6	3.3	5.5	0.0	0.0
	15 years old (n=165)	83.6	0.6	0.0	1.8	8.5	5.5	0.0
	16 years old (n=162)	70.4	0.6	2.5	3.1	9.3	14.2	0.0
	≥17 years old (n=167)	58.7	0.0	0.6	1.8	9.0	22.8	7.2
Sex	Female (n=538)	83.3	0.6	0.7	1.7	5.9	6.9	0.9
	Male (n=397)	80.6	0.0	0.8	2.3	6.0	8.6	1.8

**p<0.01

Table 63: During the past 30 days, how many times did you use marijuana?							
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40+ times %
All Youth		91.9	3.4	1.5	1.1	1.0	1.2
Age**	≤12 years old (n=120)	99.2	0.8	0.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0	0.0	0.0
	14 years old (n=180)	95.6	1.7	1.7	0.0	0.6	0.6
	15 years old (n=166)	91.6	3.6	1.2	1.8	0.6	1.2
	16 years old (n=161)	85.7	3.7	1.9	3.1	3.1	2.5
	≥17 years old (n=167)	82.0	9.6	3.6	1.2	1.2	2.4
Sex	Female (n=536)	91.8	3.2	1.9	1.1	0.9	1.1
	Male (n=398)	92.0	3.8	1.0	1.0	1.0	1.3

**p<0.01

Approximately 92% of youth reported they did not use marijuana in the month prior to the survey (table 63). For those that did, 3.4% of youth used it one to two times while 5.0% used it more than 3 times.

Generally, as the age of youth increases, so does the frequency of use. While 2.3% of 14 year olds used marijuana more than 3 times in the 30 days prior to the survey, 10.6% of youth 16 years old used marijuana as frequently. There was no significant relationship between the sex of youth and the frequency of marijuana use.

Table 64: During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?							
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40+ times %
		98.2	1.3	0.2	0.1	0.1	0.1
Age	≤12 years old (n=120)	100.0	0.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0	0.0	0.0
	14 years old (n=182)	98.9	1.1	0.0	0.0	0.0	0.0
	15 years old (n=166)	99.4	0.6	0.0	0.0	0.0	0.0
	16 years old (n=162)	95.1	3.1	0.6	0.6	0.6	0.0
	≥17 years old (n=166)	96.4	2.4	0.6	0.0	0.0	0.6
Sex	Female (n=537)	97.8	1.5	0.4	0.2	0.2	0.0
	Male (n=399)	98.7	1.0	0.0	0.0	0.0	0.3

Table 64 shows that less than two percent of youth from all age groups reported using any form of cocaine in their lives. The majority of youth who reported trying cocaine have done so only once or twice in their lives. There was no statistically significant relationship with the age or sex of youth and cocaine use.

Table 65: During the past 30 days, how many times did you use any form of cocaine, including powder, crack or freebase?						
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %
All Youth		99.4	0.5	0.1	0.0	0.0
Age	≤12 years old (n=120)	100.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0	0.0
	14 years old (n=180)	99.4	0.6	0.0	0.0	0.0
	15 years old (n=166)	100.0	0.0	0.0	0.0	0.0
	16 years old (n=161)	98.1	1.2	0.6	0.0	0.0
	≥17 years old (n=167)	98.8	1.2	0.0	0.0	0.0
Sex	Female (n=536)	99.1	0.7	0.2	0.0	0.0
	Male (n=398)	99.7	0.3	0.0	0.0	0.0

Table 65 shows that there is no significant difference in student responses of the times they used cocaine (including powder, crack or freebase) in the 30 days prior to the survey among the different age groups. In general, 0.6% of the youth from age 14 years to age 17 years old or over reported using cocaine in the 30 days prior to the survey. Youth reporting use in the 30 days prior to the survey have used it one or two times.

The difference between the responses from female and male youth is not significant. In general, 0.9% of female youth and 0.3% of male youth used cocaine in the 30 days prior to the survey.

Table 66: During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?							
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40+ times %
All Youth		99.5	0.3	0.0	0.0	0.1	0.1
Age	≤12 years old (n=120)	99.2	0.8	0.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0	0.0	0.0
	14 years old (n=181)	100.0	0.0	0.0	0.0	0.0	0.0
	15 years old (n=166)	100.0	0.0	0.0	0.0	0.0	0.0
	16 years old (n=161)	98.1	0.6	0.0	0.0	0.6	0.6
	≥17 years old (n=167)	99.4	0.6	0.0	0.0	0.0	0.0
Sex	Female (n=537)	99.3	0.6	0.0	0.0	0.2	0.0
	Male (n=398)	99.7	0.0	0.0	0.0	0.0	0.3

Approximately 0.5% of youth in the survey reported using methamphetamines in their lives (table 66). Most youth who tried methamphetamines had used it one or two times in their lives, but 0.2% of youth said they have used it 20 or more times in their lives. These youth were older at 16 years of age. Although there were no significant differences between sexes, slightly more females reported methamphetamine use.

Table 67: During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?					
		0 times %	1-2 times %	3-9 times %	10-19 times %
All Youth		99.8	0.1	0.1	0.0
Age	≤12 years old (n=120)	100.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0
	14 years old (n=180)	100.0	0.0	0.0	0.0
	15 years old (n=166)	100.0	0.0	0.0	0.0
	16 years old (n=161)	98.8	0.6	0.6	0.0
	≥17 years old (n=167)	100.0	0.0	0.0	0.0
Sex	Female (n=536)	99.8	0.2	0.0	0.0
	Male (n=398)	99.7	0.0	0.3	0.0

As shown in table 67, less than 1% of youth across all age groups reported using methamphetamines in the 30 days prior to the survey. The table shows that there is no significant difference in the responses of the times the youth used methamphetamine in the 30 days prior to the survey among the different age groups. The only youth reporting methamphetamine use in the 30 days prior to the survey were 1.2% of 16 year olds.

The difference between the responses from female and male youth were not significant, because the reported usage rates were so low.

Table 68: 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?							
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40+ times %
All Youth		95.9	2.9	0.8	0.4	0.0	0.0
Age	≤12 years old (n=120)	97.5	2.5	0.0	0.0	0.0	0.0
	13 years old (n=139)	97.1	2.2	0.0	0.7	0.0	0.0
	14 years old (n=180)	96.7	1.7	1.1	0.6	0.0	0.0
	15 years old (n=166)	94.0	4.2	0.6	1.2	0.0	0.0
	16 years old (n=161)	97.5	1.9	0.6	0.0	0.0	0.0
	≥17 years old (n=167)	93.4	4.8	1.8	0.0	0.0	0.0
Sex	Female (n=537)	95.5	2.8	0.9	0.7	0.0	0.0
	Male (n=397)	96.5	3.0	0.5	0.0	0.0	0.0

Table 68 shows that about four percent of youth in the survey reported using inhalants such as glue, aerosol sprays, or paints to get high. The table shows that there is no significant difference in the responses of the times the youth used glue in their lives among the different age groups. More youth in older age groups have tried inhalants at least one or two times in their lives. Surprisingly, youth in younger age groups (13-15 years old) have tried inhalants more often in their lives than those youth in older age groups. There is no relationship between the sex of youth and using inhalants.

Table 69: During your life, how many times have you used heroin (also called smack, junk or China White)?					
Times used heroin in life		0 times %	3-9 times %	10-19 times %	40+ times %
All Youth		99.8	0.1	0.1	0.0
Age	≤12 years old (n=120)	100.0	0.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0	0.0
	14 years old (n=181)	100.0	0.0	0.0	0.0
	15 years old (n=166)	100.0	0.0	0.0	0.0
	16 years old (n=161)	98.8	0.6	0.6	0.0
	≥17 years old (n=167)	100.0	0.0	0.0	0.0
Sex	Female (n=537)	99.8	0.2	0.0	0.0
	Male (n=398)	99.7	0.0	0.3	0.0

Only 0.2% of youth reported using heroin in their lives. These youth were in the 16 years of age category. Thus there is no relationship between the age of youth and heroin use. Furthermore, there is no difference between males and females and heroin use.

Table 70: During your life, how many times have you used ecstasy (also called MDMA)?							
		0 times %	1-2 times %	3-9 times %	10-19 times %	20-39 times %	40+ times %
All Youth		98.5	1.0	0.1	0.1	0.2	0.1
Age	≤12 years old (n=120)	100.0	0.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	99.3	0.7	0.0	0.0	0.0	0.0
	14 years old (n=181)	99.4	0.6	0.0	0.0	0.0	0.0
	15 years old (n=166)	98.2	1.2	0.0	0.0	0.6	0.0
	16 years old (n=161)	96.3	2.5	0.0	0.6	0.6	0.0
	≥17 years old (n=167)	98.2	0.6	0.6	0.0	0.0	0.6
Sex	Female (n=537)	98.3	1.1	0.0	0.2	0.4	0.0
	Male (n=398)	98.7	0.8	0.3	0.0	0.0	0.3

The majority of youth (98.5%) in the survey reported they have never tried ecstasy in their lives. There is no strong relationship between age and use, but youth who report using it more often are 16 years and older. Males and females show similar patterns in ecstasy use and there is no significant difference.

Table 71: During your life, how many times have you used a needle to inject any illegal drug into your body?				
		0 times %	1 time %	2+ times %
All Youth		99.7	0.2	0.1
Age	≤12 years old (n=122)	100.0	0.0	0.0
	13 years old (n=139)	100.0	0.0	0.0
	14 years old (n=181)	100.0	0.0	0.0
	15 years old (n=166)	100.0	0.0	0.0
	16 years old (n=161)	98.8	0.6	0.6
	≥17 years old (n=167)	99.4	0.6	0.0
Sex	Female (n=537)	99.4	0.4	0.2
	Male (n=400)	100.0	0.0	0.0

Table 71 shows that there is no significant difference in the responses of the times the youth used needles in their lives among the different age groups. Overall, less than one percent of youth have used a needle to inject illegal drugs into their body. Approximately one percent of 16 year olds and 0.6% of youth 17 years and older have used needles to inject drugs. All of the youth who reported using a needle to inject an illegal drug were female, but the number of youth is so small that the difference is not significant.

Table 72: Comparison of marijuana use and use of other substances					
		During your life, how many times have you used marijuana?			
		0 Times %	1-2 Times %	3-9 Times %	10+ Times %
Cocaine	Yes (n=17)	0.0	5.9	17.6	76.5
	No (n=920)	83.8	6.0	4.6	5.7
Methamphetamines	Yes (n=5)	20.0	0.0	0.0	80.0
	No (n=931)	82.5	6.1	4.8	6.6
Glue, other inhalants	Yes (n=38)	50.0	7.9	13.2	28.9
	No (n=897)	83.5	6.0	4.5	6.0
Heroin	Yes (n=2)	0.0	0.0	0.0	100.0
	No (n=934)	82.3	6.1	4.8	6.7
Ecstasy	Yes (n=14)	0.0	0.0	14.3	85.7
	No (n=922)	83.4	6.2	4.7	5.7

Comparisons were made between marijuana use in life and reported use of other substances through life. Although it is not possible to run statistical tests on these relationships, generally youth who used substances including cocaine, methamphetamines, glue, heroin and ecstasy tended to be marijuana users, and to have used it more often over their lives.

11. Sexuality

Table 73: Have you ever had sexual intercourse?			
		Yes %	No %
All Youth		22.1	77.9
Age**	≤12 years old (n=120)	0.8	99.2
	13 years old (n=139)	3.6	96.4
	14 years old (n=181)	9.4	90.6
	15 years old (n=165)	20.6	79.4
	16 years old (n=161)	36.0	64.0
	≥17 years old (n=166)	54.8	45.2
Sex	Female (n=534)	22.1	77.9
	Male (n=399)	22.1	77.9

**p<0.01

Table 73 shows that over 22% of youth from all age groups have had sexual intercourse. There is a significant relationship with age; 0.8% of youth 12 years old and younger compared to 54.8% of youth 17 years and older reported having had sex. There is a sharp increase in youth having sex between 16 and 17 years of age; 36% of 16 year olds compared to 54.6 % of youth 17 years or older have had sex. There are no reported differences between males and females and sexuality.

Table 74: How old were you when you had sexual intercourse for the first time?									
		Never sex %	≤11 years %	12 years %	13 years %	14 years %	15 years %	16 years %	17 + years %
All Youth		77.7	1.6	0.4	1.8	3.4	7.1	6.7	1.2
Age**	≤12 years old (n=122)	99.2	0.0	0.8	0.0	0.0	0.0	0.0	0.0
	13 years old (n=138)	97.1	1.4	0.0	1.4	0.0	0.0	0.0	0.0
	14 years old (n=179)	91.1	2.2	0.6	2.8	3.4	0.0	0.0	0.0
	15 years old (n=165)	79.4	3.6	0.6	1.8	6.7	7.9	0.0	0.0
	16 years old (n=161)	62.7	1.2	0.6	1.9	6.2	14.9	12.4	0.0
	≥17 years old (n=165)	44.2	0.6	0.0	2.4	3.0	17.6	25.5	6.7
Sex	Female (n=535)	77.4	1.7	0.4	2.2	2.8	7.5	6.9	1.1
	Male (n=396)	78.3	1.5	0.5	1.3	4.3	6.6	6.3	1.3

**p<0.01

In table 74, most youth in the study who had sex reported that they were between 15 and 16 years old when they had their first sexual encounter (7.1% and 6.7% respectively). Approximately 2% of youth reported having sex for the first time at 12 years of age or younger. There is no significant difference between males and females for the age they had sex the first time. Responses are generally proportionate for both sexes across all the age categories.

Table 75: During your life, with how many people have you had sexual intercourse?								
		Never sex %	1 person %	2 people %	3 people %	4 people %	5 people %	6 + people %
All Youth		78.7	10.8	3.4	2.7	1.0	1.2	2.3
Age**	≤12 years old (n=121)	100.0	0.0	0.0	0.0	0.0	0.0	0.0
	13 years old (n=139)	97.8	0.7	1.4	0.0	0.0	0.0	0.0
	14 years old (n=179)	91.6	5.6	0.6	0.6	0.6	0.6	0.6
	15 years old (n=166)	80.7	9.0	3.6	3.0	1.8	0.6	1.2
	16 years old (n=161)	64.0	17.4	6.2	5.0	1.2	2.5	3.7
	≥17 years old (n=163)	44.8	28.2	8.0	6.7	1.8	3.1	7.4
Sex	Female (n=534)	78.1	11.8	4.1	2.2	1.3	1.1	1.3
	Male (n=396)	79.5	9.3	2.5	3.3	0.5	1.3	3.5

**p<0.01

Overall, most sexually active youth (10.8%) have had only one sexual partner(table 75). There is a positive relationship between the age of youth and the number of sexual partners. For

example, the number of youth who have six or more sexual partners doubles between youth 16 years old and youth 17 years old and older.

The number of people that male and female youth reportedly had sex with is not significantly different, but females show a slight tendency to have fewer sexual partners and males to have more. For example, 1.3% of females and 3.5% of males reported they have had sex with six or more people.

Table 76: During the past 3 months, with how many people did you have sexual intercourse?

		Never have sex %	Not in last 3 months %	1 person %	2 people %	3 people %	4 people %	6 + people %
All Youth		78.7	6.3	12.1	1.6	0.6	0.4	0.1
Age**	≤12 years old (n=122)	99.2	0.0	0.8	0.0	0.0	0.0	0.0
	13 years old (n=139)	97.1	2.2	0.7	0.0	0.0	0.0	0.0
	14 years old (n=179)	91.6	3.9	2.8	1.1	0.6	0.0	0.0
	15 years old (n=166)	81.9	4.8	12.7	0.6	0.0	0.0	0.0
	16 years old (n=161)	64.0	8.7	21.7	2.5	2.5	0.6	0.0
	≥17 years old (n=164)	45.1	16.5	30.5	4.9	0.6	1.8	0.6
Sex	Female (n=534)	78.1	6.2	13.8	1.3	0.7	0.2	0.0
	Male (n=398)	79.6	6.5	10.3	2.0	0.5	0.8	0.3

**p<0.01

In the three months prior to the survey, table 76 shows that about 12% of youth reported having sex with one person. Older youth were more likely to report having more sexual partners over the three months prior to the survey; 5.6% of 16 year olds and 7.9% of youth 17 years and older had 2 or more sex partners. There was no relationship between the number of partners over the three months prior to the survey, and the sex of youth.

Table 77: Did you drink alcohol or use drugs before you had sexual intercourse the last time?

		Never have sex %	Yes %	No %
All Youth		78.0	8.7	13.3
Age**	≤12 years old (n=122)	98.4	0.0	1.6
	13 years old (n=139)	97.1	0.7	2.2
	14 years old (n=180)	90.6	1.1	8.3
	15 years old (n=166)	81.3	9.6	9.0
	16 years old (n=161)	63.4	16.1	20.5
	≥17 years old (n=165)	44.2	21.8	33.9
Sex	Female (n=535)	77.8	7.7	14.6
	Male (n=399)	78.4	10.0	11.5

**p<0.01

Table 77 indicates that across all age groups, 8.7% of respondents used alcohol or drugs the last time they had sex. The number of youth using drugs or alcohol before their last sexual encounter increases with age; where over 22% of youth 17 years old and over used drugs or alcohol before their last sexual encounter. However, the proportion of those using drugs or alcohol before their last sexual encounter is highest at age 15. There is no significant difference between males and females and alcohol/drug use.

Table 78: The last time you had sexual intercourse, did you or your partner use a condom?				
		Never have sex %	Yes %	No %
All Youth		78.3	15.6	6.1
Age**	≤12 years old (n=122)	98.4	0.8	0.8
	13 years old (n=139)	97.8	1.4	0.7
	14 years old (n=178)	91.6	5.1	3.4
	15 years old (n=166)	81.3	16.3	2.4
	16 years old (n=161)	63.4	26.7	9.9
	≥17 years old (n=165)	44.2	38.2	17.6
Sex	Female (n=535)	77.9	14.8	7.3
	Male (n=397)	78.8	16.6	4.5

**p<0.01

Table 78 shows that the majority of sexually active youth used condoms the last time they had sex. There is a significant positive relationship between condom use and age as the number of youth using condoms increases as youth get older. There is no significant relationship between the sex of a student and condom use, although male youth were slightly more likely to report condom use in their last sexual encounter (16.6% of males vs. 14.8% of females).

Table 79: The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?									
		Not had sex %	None %	Birth Control Pills %	Condoms %	Depo-provera %	Withdrawal %	Other %	Not sure %
All Youth		78.3	1.6	5.7	12.3	0.3	0.9	0.2	0.8
Age**	≤12 years old (n=121)	99.2	0.0	0.0	0.8	0.0	0.0	0.0	0.0
	13 years old(n=139)	97.8	0.0	0.0	0.7	0.0	0.0	0.0	1.4
	14 years old(n=180)	91.1	1.1	0.0	5.6	0.0	1.1	0.0	1.1
	15 years old(n=166)	81.3	0.6	1.8	15.1	0.6	0.0	0.6	0.0
	16 years old(n=159)	62.9	3.1	8.2	22.0	1.3	0.6	0.6	1.3
	≥17 years old (n=164)	43.9	4.3	22.6	25.6	0.0	3.0	0.0	0.6
Sex	Female (n=532)	78.4	2.1	6.8	10.9	0.6	0.6	0.2	0.6
	Male (n=398)	78.1	1.0	4.3	14.1	0.0	1.3	0.3	1.0

**p<0.01

The most common birth control method for sexually active youth was condoms (12.3%), followed by birth control pills (5.7%) and the withdrawal method (0.9%). Approximately 2% of youth used no form of birth control the last time they had sex. There is a relationship between birth control method and age. For example, youth start to use birth control and other non-barrier methods such as Depo Provera at a later age when compared to the use of condoms. While there is no statistically significant relationship between birth control method and sex, female youth were more likely to use the pill and male youth were more likely to use condoms.

Table 80: Comparison of sexuality and marijuana use

		During the past 3 months, with how many people did you have sexual intercourse?				
		% Never	% Not in last 3 months	% 1 person	% 2-3 people	% 4 or more people
During the past 30 days, how many times did you use marijuana?**	0 Days (n=856)	83.8	5.3	9.5	1.2	0.2
	1-2 Days (n=32)	31.3	18.8	40.6	9.4	0.0
	3 or More Days (n=44)	13.6	18.2	43.2	18.2	6.8

**p>0.01

The frequency of marijuana use in the last month was compared to the number of people a student reported having sex with in the last three months in table 80. While there is a statistically significant relationship between the two variables, the trend is not readily apparent. Generally it can be said that youth who reported using marijuana were more sexually active over the past three months. For instance, while 9.5% of youth who did not use marijuana in the last month had sex with one person in the past three months, 40.6% of youth who smoked marijuana 1-2 days in the past month had sex with one person in the past three months. More frequent smokers were more likely to have had more sexual partners than those who did not smoke marijuana in the past month, as 6.8% of youth who smoked marijuana 3 or more days in the past month had sex with 4 or more people in the last three months. This relationship remained significant for youth 14 years and older, after controlling for the age and sex of youth.

Table 81: Comparison of alcohol/drug use before last sexual encounter and marijuana use

		Did you drink alcohol or use drugs before you had sexual intercourse for the last time?		
		% Never had sex	% Yes	% No
During the past 30 days, how many times did you use marijuana?**	0 Days (n=856)	83.4	5.7	10.9
	1-2 Days (n=32)	25.0	28.1	46.9
	3 or More Days (n=44)	11.4	52.3	36.4

**p<0.01

In Table 81, the number of times youth used marijuana in the month prior to the survey is compared to whether or not the youth took alcohol or drugs with their last sexual encounter. Heavier marijuana users (3 or more days) are significantly more likely to have taken alcohol or drugs before their last sexual encounter (52.3%). After controlling for age and sex, this relationship remained constant for youth 14 years and older.

With respect to relationships between marijuana use and physical activity, there were no significant relationships between marijuana use and youth days of intense physical activity, mild physical activity, and number of days with 60+ minutes of physical activity in the previous week.

12. Perceptions of weight

Table 82: How do you describe your weight?

		Very underweight %	Slightly underweight %	Right weight %	Slightly overweight %	Very overweight %
All Youth		1.1	10.9	59.8	25.4	2.9
Age	≤12 years old (n=122)	1.6	9.8	68.0	19.7	0.8
	13 years old (n=139)	2.2	12.9	55.4	28.8	0.7
	14 years old (n=182)	1.6	12.6	56.6	26.9	2.2
	15 years old (n=165)	0.0	10.9	65.5	19.4	4.2
	16 years old (n=162)	0.0	10.5	56.2	30.9	2.5
	≥17 years old (n=167)	1.2	8.4	58.7	25.7	6.0
Sex**	Female…..... (n=538)	0.7	8.0	60.2	27.7	3.3
	Male (n=400)	1.5	15.0	59.0	22.3	2.3

**p<0.01

As seen in table 82, most youth (59.8%) describe their weight as the right weight. Youth in different age groups evaluate their weight without significant difference. However, there was a significant difference between males and females in how they describe their weight. Females were more likely to describe themselves as slightly or very overweight (27.7% and 3.3% for females; 22.3% and 2.3% for males respectively). Males on the other hand were more likely to describe themselves as slightly or very underweight (15% and 1.5% for males; 8.0% and 0.7% respectively for females).

When asked about what actions they were taking regarding their weight, most youth (39.2%) responded that they were trying to lose weight (table 83). A small number of youth (10.7%) said they were trying to gain weight. There was a significant relationship ($p<0.05$) between what youth were doing with respect to their weight and age. While younger youth were generally more likely to say that they were doing nothing with respect to their weight, older youth were more likely to say that they were trying to lose weight (47.3% of ≥ 17 years old).

Table 83: Which of the following are you trying to do about your weight?

		Lose %	Gain %	Stay same %	Nothing %
All Youth		39.2	10.7	24.4	25.7
Age*	≤12 years old (n=122)	31.1	9.8	25.4	33.6
	13 years old (n=138)	39.1	8.0	25.4	27.5
	14 years old (n=181)	42.0	11.0	22.7	24.3
	15 years old (n=165)	27.9	12.7	34.5	24.8
	16 years old (n=161)	45.3	9.3	21.1	24.2
	≥17 years old (n=167)	47.3	12.6	18.0	22.2
Sex**	Female (n=536)	51.1	2.8	22.9	23.1
	Male (n=399)	23.1	21.3	26.6	29.1

*p<0.05
**p<0.01

There was a strong difference between sexes and their actions regarding their weight. Over twice as many females (51.1% of females; 23.1% of males) want to lose weight, and almost eight times as many males wish to gain weight (2.8% of females; 21.3% of males). Males were also more likely to say that they were trying to stay the same weight or do nothing.

Table 84: During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

		Yes %	No %
All Youth		60.0	40.0
Age	≤12 years old (n=121)	53.7	46.3
	13 years old (n=138)	65.2	34.8
	14 years old (n=178)	60.1	39.9
	15 years old (n=165)	57.6	42.4
	16 years old (n=162)	61.1	38.9
	≥17 years old (n=166)	61.4	38.6
Sex**	Female (n=540)	65.8	34.2
	Male (n=395)	51.9	48.1

**p<0.01

As shown in table 84, sixty percent of youth said they exercised to lose weight or stay the same weight. The difference between males and females is significant and more females reported exercising to stay the same weight or to lose weight (65.5% of females vs. 51.9% of males).

Table 85: 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?

Ate less during the past 30 days		Yes %	No %
All Youth		31.9	68.1
Age**	≤12 years old (n=122)	18.0	82.0
	13 years old (n=139)	27.3	72.7
	14 years old (n=180)	35.6	64.4
	15 years old (n=165)	27.3	72.7
	16 years old (n=162)	45.7	54.3
	≥17 years old (n=166)	33.1	66.9
Sex**	Female (n=537)	42.3	57.7
	Male (n=398)	17.8	82.2

**p<0.01

Table 85 indicates that most youth (68%) did not eat less food or restrict calories or fat to keep from gaining weight or to lose weight over the last month. There is a significant relationship with age; as youth get older, the percentage modifying their diets to lose weight or stay the same weight increases from 18% of youth 12 years and younger to 33% of youth 17 years and older, although the increase is not straightforward. More than double the number of females changed their diets to lose weight or to stay the same weight. This is a significant difference.

Table 86: 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?

		Yes %	No %
All Youth		4.6	95.4
Age	≤12 years old (n=121)	2.5	97.5
	13 years old (n=139)	3.6	96.4
	14 years old (n=182)	7.1	92.9
	15 years old (n=165)	3.6	96.4
	16 years old (n=162)	7.4	92.6
	≥17 years old (n=166)	2.4	97.6
Sex**	Female (n=538)	7.3	92.7
	Male (n=402)	1.0	99.0

**p<0.01

Less than five percent of youth across all age groups reported that they fasted in the past month in order to lose weight or to keep from gaining weight (table 86). There was no significant difference between fasting and age, but the largest percentage of youth fasting fell

in the 14 and 16 year old groups (7.1% and 7.4% respectively). Fasting to lose weight or to keep from gaining weight was significantly related to sex. Over 7% of females compared to 1% of males said they fasted in the previous month.

Table 87: 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?			
		Yes %	No %
All Youth		1.8	98.2
Age	≤12 years old (n=122)	0.8	99.2
	13 years old (n=139)	2.2	97.8
	14 years old (n=182)	0.5	99.5
	15 years old (n=165)	2.4	97.6
	16 years old (n=162)	1.9	98.1
	≥17 years old (n=166)	3.0	97.0
Sex	Female (n=537)	2.2	97.8
	Male (n=400)	1.3	98.8

As Table 87 indicates, less than two percent of youth took weight loss drugs in the last month. There was no discernible trend in responses among the various age groups. There was also no significant difference between males and females and fasting. However, 2.2% of females and 1.3% of males reported taking diet drugs in the month prior to the survey.

Table 88: During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?			
		Yes %	No %
All Youth		3.2	96.8
Age	≤12 years old (n=121)	5.0	95.0
	13 years old (n=139)	1.4	98.6
	14 years old (n=181)	4.4	95.6
	15 years old (n=165)	1.2	98.8
	16 years old (n=162)	4.3	95.7
	≥17 years old (n=166)	3.0	97.0
Sex**	Female (n=536)	4.9	95.1
	Male (n=399)	1.0	99.0

**p<0.01

Table 88 indicates that just over 3% of youth across all age groups reported vomiting or taking laxatives over the last 30 days to lose weight and to keep from gaining weight. There was no significant difference between the different age groups and these activities. However, females were close to five times more likely to vomit or take laxatives to lose weight or to keep from gaining weight (4.9% of females; 1.0% of males).

13. Eating Habits

Table 89: During the past 7 days, how many times did you drink 100% fruit juice such as orange juice, apple juice, or grape juice?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		13.1	35.5	21.4	10.8	10.1	5.2	3.9
Age	≤12 years old (n=120)	15.0	33.3	23.3	11.7	9.2	4.2	3.3
	13 years old (n=139)	10.8	34.5	20.1	12.2	12.2	5.0	5.0
	14 years old (n=180)	12.2	33.9	23.3	10.6	11.1	5.0	3.9
	15 years old (n=163)	10.4	34.4	22.7	9.8	8.6	8.6	5.5
	16 years old (n=161)	16.8	39.1	19.3	11.8	7.5	3.1	2.5
	≥17 years old (n=166)	13.9	37.3	19.9	9.0	12.0	4.8	3.0
Sex*	Female (n=531)	12.8	38.0	22.2	11.1	9.8	3.6	2.4
	Male (n=399)	13.5	32.3	20.3	10.3	10.5	7.3	5.8

*p<0.05

Table 89 shows that most youth in the survey had fruit juice between one and six times in the week before the survey. Four percent of youth overall drank four or more glasses a day for the past 7 days. There was no clear relationship between age and frequency of drinking fruit juice. Although there were no statistically significant differences between the sexes, males tended to drink more fruit juice in a given day.

Table 90: During the past 7 days, how many times did you eat fruit?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		3.2	21.4	21.4	14.9	19.0	12.6	7.4
Age*	≤12 years old (n=121)	2.5	18.2	23.1	13.2	20.7	15.7	6.6
	13 years old (n=139)	0.0	20.9	24.5	16.5	19.4	11.5	7.2
	14 years old (n=180)	2.8	24.4	17.8	11.1	23.9	15.0	5.0
	15 years old (n=163)	3.1	15.3	23.3	22.1	18.4	10.4	7.4
	16 years old (n=161)	6.8	23.0	15.5	12.4	19.3	11.2	11.8
	≥17 years old (n=166)	3.6	25.3	25.3	14.5	12.7	12.0	6.6
Sex	Female (n=532)	2.3	21.2	21.6	14.1	18.8	14.1	7.9
	Male (n=399)	4.5	21.8	21.1	16.0	19.3	10.5	6.8

*p<0.05

Most youth (96.8%) reported eating fruit between one and six times in the week prior to the survey (table 90). Less than 4% said they ate no fruit over that week. Although there is a significant difference between age groupings and the number of times fruit was consumed, no clear trend emerges from the data. There is no significant difference between sexes and the frequency of eating fruit, but more males than females ate no fruit over the past week at 4.5% and 2.3% respectively.

Table 91: During the past 7 days, how many times did you eat green salad?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		24.5	43.1	17.1	10.5	2.9	1.1	0.8
Age	≤12 years old (n=121)	28.9	41.3	15.7	9.9	3.3	0.8	0.0
	13 years old (n=139)	24.5	44.6	14.4	12.2	2.2	0.7	1.4
	14 years old (n=180)	23.3	46.1	15.6	11.1	3.3	0.0	0.6
	15 years old (n=163)	25.8	39.3	16.6	12.3	2.5	1.8	1.8
	16 years old (n=161)	30.4	41.0	16.1	7.5	3.1	1.9	0.0
	≥17 years old (n=166)	15.7	45.8	23.5	10.2	3.0	1.2	0.6
Sex**	Female (n=532)	19.4	45.5	20.3	10.3	2.8	1.3	0.4
	Male (n=399)	31.6	39.8	12.8	10.8	3.0	0.8	1.3

**p<0.01

As shown in table 91, a large number of youth (75.5%) responded that they ate green salad one to three times in the last week. Almost one quarter of youth said they did not eat green salad in the past week. There was no significant difference between the different age groups, but sex was significantly related to eating green salad. Generally more females ate green salad, and ate it more often (19.4% of males; 31.6% of females).

Table 92: During the past 7 days, how many times did you eat potatoes?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		11.9	50.5	23.6	10.2	2.0	0.8	1.0
Age	≤12 years old (n=120)	16.7	52.5	15.8	10.8	1.7	0.8	1.7
	13 years old (n=139)	12.9	50.4	22.3	11.5	2.2	0.0	0.7
	14 years old (n=180)	11.1	57.2	17.2	12.2	1.1	1.1	0.0
	15 years old (n=163)	10.4	49.1	25.8	9.8	1.8	1.2	1.8
	16 years old (n=161)	13.0	45.3	31.7	5.6	2.5	0.6	1.2
	≥17 years old (n=166)	9.0	48.2	27.1	11.4	3.0	0.6	0.6
Sex	Female (n=531)	13.4	52.5	22.4	9.4	1.1	0.4	0.8
	Male (n=399)	10.0	47.9	25.1	11.3	3.3	1.3	1.3

Table 92 reports that approximately half of the youth in the survey ate potatoes one to three times in the last week (50.5%). There was no significant relationship with age, but 16.7% of

youth 12 years and younger, and 9% of youth 17 years and older ate no potatoes over the last week. While male youth tended to eat more potatoes and eat them more often over the last seven days, the difference was not significant.

Table 93: During the past 7 days, how many times did you eat carrots?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		27.3	48.7	14.2	5.2	2.8	0.5	1.3
Age	≤12 years old (n=121)	21.5	45.5	14.9	9.1	5.8	0.8	2.5
	13 years old (n=139)	28.1	46.0	15.8	5.0	2.2	0.7	2.2
	14 years old (n=179)	22.9	53.6	12.8	8.9	1.7	0.0	0.0
	15 years old (n=163)	28.8	48.5	14.1	3.1	3.7	0.0	1.8
	16 years old (n=161)	34.8	44.1	14.3	3.1	2.5	0.6	0.6
	≥17 years old (n=166)	27.1	52.4	13.9	2.4	1.8	1.2	1.2
Sex	Female (n=531)	27.1	50.1	14.3	4.0	2.8	0.6	1.1
	Male (n=399)	27.8	46.6	14.0	6.8	2.8	0.5	1.5

Table 93 indicates that close to half of the sample ate carrots (48.7%) one to three times in the week prior to the survey, and approximately 27% ate no carrots. There was no relationship to age or sex and both males and females showed similar patterns for eating carrots over the week prior to the survey.

Table 94: During the past 7 days, how many times did you eat other vegetables?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		5.8	35.7	25.8	14.2	11.5	4.4	2.7
Age	≤12 years old (n=122)	6.6	34.4	20.5	15.6	12.3	6.6	4.1
	13 years old (n=139)	2.2	37.4	25.9	8.6	20.1	4.3	1.4
	14 years old (n=180)	7.8	35.6	23.9	13.9	11.7	4.4	2.8
	15 years old (n=163)	7.4	33.7	25.2	16.6	9.8	3.7	3.7
	16 years old (n=161)	3.7	38.5	28.6	13.7	8.7	5.0	1.9
	≥17 years old (n=166)	6.6	34.3	29.5	16.3	7.8	3.0	2.4
Sex*	Female (n=533)	4.5	36.8	26.3	11.8	13.3	4.9	2.4
	Male (n=399)	7.8	34.1	25.1	17.3	9.0	3.8	3.0

*p<0.05

Table 94 shows that over 60% of youth ate other vegetables during the week prior to the survey, and only 5.8% ate no other vegetables. There was no clear relationship in the data to age. Males and females were significantly different ($p<0.05$) with respect to eating other vegetables. Overall, females ate more 'other' vegetables than males (95.5% compared to 92.2%) over the week prior to the survey.

Table 95: During the past 7 days, how many glasses of milk did you drink?								
		None %	1-3 in 7 days %	4-6 in 7 days %	1/day %	2/day %	3/day %	4+ per day %
All Youth		8.8	13.2	12.2	12.4	19.8	17.7	15.9
Age	≤12 years old (n=122)	9.0	9.8	13.1	15.6	22.1	9.0	21.3
	13 years old (n=139)	5.0	12.2	12.2	15.8	21.6	20.1	12.9
	14 years old (n=180)	5.0	12.8	11.1	12.8	23.3	17.8	17.2
	15 years old (n=163)	11.7	17.8	11.7	9.8	13.5	19.0	16.6
	16 years old (n=161)	11.2	11.8	13.7	11.8	17.4	19.9	14.3
	≥17 years old (n=166)	10.8	13.9	12.0	9.6	21.1	18.7	13.9
Sex**	Female (n=533)	12.0	16.7	11.8	12.6	18.6	15.9	12.4
	Male (n=399)	4.5	8.8	12.8	12.0	21.3	20.1	20.6

**p<0.01

Table 95 highlights that 91.2% of youth are drinking some milk. Although the largest number of youth (19.8%) drink 2 glasses a day, it is not a large proportion of the sample and milk consumption ranges from as much as 4 or more glasses a day (15.9%) to one to three glasses in a week (13.2%). There is no relationship between age and the consumption of milk but there is a significant relationship to sex. Three times as many females said they consumed no milk (12.0% vs. 4.5% of males), and males drink larger quantities of milk in a day.

The various indicators of healthy eating above were compared to youth' self-described weights. No significant relationships emerged between weight and eating habits.

14. Physical Activity

Table 96: On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?									
		0 days %	1 day %	2 days %	3 days %	4 days %	5 days %	6 days %	7 days %
All Youth		4.7	7.5	10.7	15.4	16.8	19.2	10.8	14.8
Age	≤12 years old (n=122)	4.1	9.8	11.5	13.9	19.7	18.9	9.8	12.3
	13 years old (n=139)	2.2	8.6	7.9	15.1	11.5	22.3	14.4	18.0
	14 years old (n=180)	2.8	6.1	10.0	18.3	17.2	16.7	12.8	16.1
	15 years old (n=163)	1.8	6.7	12.3	11.0	18.4	19.0	12.3	18.4
	16 years old (n=161)	8.1	5.6	12.4	16.1	15.5	21.1	11.8	9.3
	≥17 years old (n=166)	9.0	9.0	10.2	16.9	18.1	18.1	4.2	14.5
Sex**	Female (n=533)	6.4	7.7	12.4	15.9	16.7	18.4	11.1	11.4
	Male (n=399)	2.5	7.5	8.5	14.5	16.8	20.3	10.5	19.3

**p<0.01

Table 96 shows that most youth in the study are at least somewhat physically active. Over 19% of youth participated in intense physical activity on five days the week before the survey. Close to 15% of youth did intense physical activity every day of the week before the survey. There was no difference between the different age groups but males significantly more often engaged in intense physical activity than females. Six percent of females compared to 2.5% of males participated in intense physical activity over the seven days before the survey. In contrast 19% of males and 11 percent of females participated in intense physical activity on all seven days of the last week.

Table 97: 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, or mopping floors?

		0 days %	1 day %	2 days %	3 days %	4 days %	5 days %	6 days %	7 days %
All Youth		13.4	14.3	18.0	14.7	10.3	9.6	5.5	14.2
Age	≤12 years old (n=122)	17.2	17.2	16.4	13.1	8.2	8.2	4.1	15.6
	13 years old (n=139)	19.4	13.7	19.4	14.4	8.6	7.9	5.8	10.8
	14 years old (n=180)	11.7	17.8	17.2	17.2	11.1	7.2	2.8	15.0
	15 years old (n=162)	8.6	14.8	17.3	15.4	11.1	10.5	4.9	17.3
	16 years old (n=161)	14.3	10.6	22.4	10.6	11.8	13.0	6.2	11.2
	≥17 years old (n=166)	11.4	12.0	15.1	16.9	10.2	10.2	9.0	15.1
Sex**	Female (n=533)	10.9	14.6	19.7	16.7	10.1	10.7	5.6	11.6
	Male (n=398)	17.1	13.8	15.6	12.1	10.6	8.0	5.3	17.6

**p<0.01

Table 97 indicates that 86% of youth participated in some form of mild physical activity on at least one day in the week prior to the survey. Generally student responses were evenly distributed between one day and all days of the week. There is no significant relationship between age and light physical activity but there was to youth' gender ($p<0.01$). However, no clear trend in responses between males and females emerges from the data.

Table 98: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?									
		0 days %	1 day %	2 days %	3 days %	4 days %	5 days %	6 days %	7 days %
All Youth		11.6	11.9	15.0	15.6	15.8	14.5	6.0	9.5
Age*	≤12 years old (n=121)	11.6	6.6	19.8	19.8	14.9	14.0	5.0	8.3
	13 years old (n=137)	8.0	10.9	17.5	16.8	16.1	16.8	5.8	8.0
	14 years old (n=180)	8.3	16.1	16.7	15.6	15.0	9.4	6.7	12.2
	15 years old (n=163)	7.4	8.6	13.5	13.5	19.6	14.1	8.6	14.7
	16 years old (n=161)	16.8	14.9	8.1	15.5	15.5	16.8	6.2	6.2
	≥17 years old (n=166)	17.5	12.0	15.7	13.9	13.9	16.9	3.6	6.6
Sex**	Female (n=533)	14.6	13.1	17.1	15.6	13.9	13.5	5.6	6.6
	Male (n=396)	7.8	10.1	12.1	15.7	18.4	15.9	6.6	13.4

*p<0.05
**p<0.01

Table 98 indicates that 88% of youth were physically active for at least one hour, at least one day of the week prior to the survey. Almost 10% of youth were active for one hour of every day. Age is significantly related to the frequency of physical activity ($p<0.05$), but a trend is not readily noticeable.

There was a strong relationship between the sex of respondents and the frequency of physical activity. Males were more likely to be physically active for at least an hour, on more days of the week, than females. For example, 14.6% of females were not physically active for at least 60 minutes over the week prior to the survey, compared to 7.8% of males. In addition, 13.4% of males were physically active for at least an hour every day of that week, compared to 6.6% of females.

Table 99: On an average school day, how many hours do you watch TV?								
		None %	< 1 hr %	1 hr %	2hr %	3 hr %	4 hr %	5+ hrs %
All Youth		4.0	17.1	21.1	32.5	16.7	6.0	2.6
Age*	≤12 years old (n=121)	4.1	14.9	20.7	38.0	15.7	5.8	0.8
	13 years old (n=139)	2.2	12.9	16.5	37.4	20.9	6.5	3.6
	14 years old (n=181)	3.9	14.9	17.7	30.9	21.5	6.6	4.4
	15 years old (n=163)	3.7	19.0	16.6	31.9	15.3	10.4	3.1
	16 years old (n=162)	3.7	22.8	28.4	32.7	10.5	1.9	0.0
	≥17 years old (n=166)	6.0	16.9	26.5	26.5	16.3	4.8	3.0
Sex	Female (n=537)	4.3	18.8	20.7	31.8	17.3	5.0	2.0
	Male (n=396)	3.8	14.6	21.7	33.3	15.9	7.3	3.3

**p<0.05

Most youth (53.7%) reported they watch between one and two hours of TV on a given school day (table 99). Only 4% report watching no television and 2.6% watch five or more hours of TV on a school day. Although the time spent watching TV and age are significantly related, a pattern does not clearly emerge from the data. Males in general watched more TV on an average school day than females but there is not a strong relationship between the sex of youth and time spent watching TV.

When the amount of television youth watch in a week was compared to their participation on sports teams, for males, the number of hours spent watching TV was negatively related to their participation on sports teams.

Table 100: In an average week when you are in school, on how many days do you go to physical education (PE) classes?

		0 days %	1 day %	2 days %	3 days %	4 days %	5 days %
All Youth		21.9	2.9	9.8	39.6	9.5	16.4
Age**	≤12 years old (n=119)	5.0	2.5	14.3	51.3	16.8	10.1
	13 years old (n=139)	0.0	1.4	10.1	59.0	16.5	12.9
	14 years old (n=181)	6.1	1.1	14.9	63.0	9.4	5.5
	15 years old (n=163)	25.8	2.5	12.3	25.2	8.6	25.8
	16 years old (n=162)	47.5	3.7	5.6	20.4	4.3	18.5
	≥17 years old (n=165)	40.6	6.1	2.4	22.4	4.2	24.2
Sex	Female (n=535)	25.2	2.2	9.7	38.3	9.7	14.8
	Male (n=395)	17.2	3.8	10.1	41.3	9.1	18.5

**p<0.01

Table 100 shows that most youth across all age groups attended physical education classes three days in an average week (78.1%). There is a significant difference between the different ages and physical education class attendance. Generally, older youth attended fewer PE classes. For example, all 13 year olds attended PE class at least one day a week, compared to 52.5% of 16 year olds. There is no statistically significant difference between males and females with respect to PE attendance.

Table 101: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?									
		None %	< 10 min %	10-20 min %	21-30 min %	31-40 min %	41-50 min %	51-60 min %	60 + min %
All Youth		18.4	1.4	6.7	11.9	20.0	23.6	15.1	2.9
Age**	≤12 years old (n=120)	0.8	0.8	9.2	13.3	20.0	19.2	27.5	9.2
	13 years old (n=137)	0.0	2.9	8.0	19.0	24.1	26.3	18.2	1.5
	14 years old (n=181)	3.9	1.1	7.2	9.4	22.7	32.6	22.1	1.1
	15 years old (n=163)	22.7	0.0	8.0	11.7	20.9	23.9	9.2	3.7
	16 years old (n=162)	38.3	2.5	4.9	9.3	17.9	16.7	8.6	1.9
	≥17 years old (n=166)	38.6	1.2	3.6	10.8	15.1	21.1	7.8	1.8
Sex**	Female (n=536)	21.3	1.5	7.3	10.8	20.5	20.0	17.2	1.5
	Male (n=394)	14.5	1.3	5.8	13.5	19.3	28.4	12.2	5.1

**p<0.01

As table 101 shows, in an average PE class, most youth spend between 31 and 50 minutes actually engaged in physical activity. There is a significant relationship between age and sex and the number of minutes spent in physical activity during the average PE class, but the relationships are not clearly visible in the dataset. These results may be influenced by the number of youth not attending PE classes who responded to this question.

Table 102: During the past 12 months, on how many sports teams did you play?					
		0 teams %	1 team %	2 teams %	3+ teams %
All Youth		16.2	18.8	23.5	41.5
Age**	≤12 years old (n=120)	8.3	20.0	32.5	39.2
	13 years old (n=138)	9.4	16.7	26.8	47.1
	14 years old (n=182)	15.4	17.0	27.5	40.1
	15 years old (n=163)	15.3	23.3	19.6	41.7
	16 years old (n=162)	19.6	17.3	16.7	46.3
	≥17 years old (n=166)	25.9	18.7	20.5	34.9
Sex	Female (n=536)	17.9	20.5	22.9	38.6
	Male (n=396)	13.9	16.7	24.2	45.2

**p<0.01

A large number of youth in the survey participated on sports teams over the last year. In table 102, most youth (41.5%) reported they were involved with three or more sports teams. A larger number of older youth tended to participate on fewer sports teams than younger youth. Only 8.3% of youth 12 years or younger did not participate on sports teams, compared to 25.9% of youth 17 years and older.

Table 103: During the past 12 months, have you used vitamin supplements, protein supplements or creatine to enhance your physical performance?			
		Yes %	No %
All Youth		12.9	87.1
Age	≤12 years old (n=118)	11.9	88.1
	13 years old (n=138)	13.8	86.2
	14 years old (n=181)	9.9	90.1
	15 years old (n=163)	12.3	87.7
	16 years old (n=161)	13.7	86.3
	≥17 years old (n=166)	16.3	83.7
Sex**	Female (n=533)	9.0	91.0
	Male (n=395)	18.5	81.5

**p<0.01

Table 103 shows that only 12.9% of youth used supplements over the past year to enhance their physical performance. Older youth were generally more likely to report using supplements, but the relationship was not significant. Double the percentage of males (18.5%) reported using supplements over the past year than females (9.0%) which is a significant difference ($p<0.01$).

Table 104: During the past 12 months, have you taken steroid pills or shots without a doctor's prescription?			
		Yes %	No %
All Youth		0.2	99.8
Age	≤12 years old (n=120)	0.0	100.0
	13 years old (n=137)	0.7	99.3
	14 years old (n=181)	0.0	100.0
	15 years old (n=162)	0.0	100.0
	16 years old (n=162)	0.6	99.4
	≥17 years old (n=166)	0.0	100.0
Sex	Female (n=533)	0.2	99.8
	Male (n=396)	0.3	99.7

Only 0.2% of youth in the survey used steroids without a prescription. There was no relationship to age or gender, given the low reported steroid use overall.

Different indicators of physical activity were compared to use of substances such as alcohol, marijuana and cigarette use. After controlling for the age and sex of youth, there were no significant relationships between substance use and physical activity, despite the fact that this is relationship has been widely stated. Furthermore, relationships between physical activity

and sad feelings or thoughts of suicide were not significant in this study, after controlling for age and sex.

Table 105: Comparison of Body Mass Index and Perceptions of Weight					
		BMI Rating			
		% Underweight	% Right Weight	% At Risk of Overweight	% Overweight
How do you describe your weight?**	Very Underweight (n=9)	0.0	100.0	0.0	0.0
	Slightly Underweight (n=97)	2.1	91.8	5.2	1.0
	Right Weight (n=518)	0.2	86.5	10.8	2.5
	Slightly Overweight (n=210)	0.5	43.8	32.4	23.3
	Very Overweight (n=22)	0.0	18.2	18.2	63.6

**p<0.01

In the survey youth were asked to provide their weight and height which were then used to calculate their BMI ratings. In table 105 these were compared to youth' self descriptions of their weight. Surprisingly the all youth who described themselves as underweight were actually the right weight according to the BMI. Only 2.1% of youth who described themselves as slightly underweight were actually underweight according to the BMI. The majority of youth who described themselves as slightly overweight were also the right weight. Only 23.3% of youth who described themselves as slightly overweight, and 63.6% of youth who were very overweight were actually overweight. These relationships remained significant after controlling for age and sex of youth.

Table 106: Comparison of what youth want to do with weight and perceptions of weight					
		Which of the following are you trying to do about your weight?			
		% Lose	% Gain	% Stay the same	% Do nothing
How do you describe your weight?**	Very Underweight (n=10)	10.0	50.0	10.0	30.0
	Slightly Underweight (n=102)	8.7	46.2	15.4	29.8
	Right Weight (n=557)	26.9	8.2	32.8	32.1
	Slightly Overweight (n=237)	76.5	0.8	11.8	10.9
	Very Overweight (n=27)	88.9	0.0	7.4	3.7

**p<0.01

In table 106, youth self-descriptions of their weight were compared to what they reported they wanted to do with respect to their weight. Not surprisingly those youth who described themselves as slightly overweight or very overweight were more likely to say that they wanted to lose weight (76.5% and 88.9% respectively). Most youth who were very underweight or slightly underweight said that they wanted to gain weight (50.0% and 46.2% respectively). Youth who described themselves as the right weight tended to report that they wanted to stay the same or do nothing (32.8% and 32.1%), but more than one quarter said they wanted to lose weight. This relationship remained significant after controlling for sex and age.

Table 107: Comparison of exercising to lose weight and perceptions of weight

		Did you exercise to lose weight or keep from gaining weight?	
		% Yes	% No
How do you describe your weight?**	Very underweight (n=10)	70.0	30.0
	Slightly underweight (n=102)	33.3	66.7
	Right weight (n=557)	55.5	44.5
	Slightly overweight (n=237)	78.1	21.9
	Very overweight (n=27)	85.2	14.8

**p<0.01

When youth perceptions of their weight were compared to different strategies youth employ to lose weight some interesting patterns emerged. As described in table 107, when compared to exercising to lose weight, generally as youth increased in how they described their weight, so too did their tendency to exercise to lose weight. For example, while only 55.5% of youth who describe themselves as the right weight exercise to lose weight, over 85% of youth who describe themselves as very overweight exercise. Surprisingly though, 70% of youth who describe themselves as very underweight will also exercise to lose weight. With the exception of youth 14 years of age, this relationship remained significant after controlling for age and sex.

Table 108: Comparison of eating less food/calories to lose weight and perceptions of weight

		Did you eat less food, fewer calories or fats to lose weight or keep from gaining weight?	
		% Yes	% No
How do you describe your weight?**	Very Underweight (n=10)	30.0	70.0
	Slightly Underweight (n=103)	11.7	88.3
	Right Weight (n=560)	25.7	74.3
	Slightly Overweight (n=238)	50.8	49.2
	Very Overweight (n=26)	69.2	30.8

**p<0.01

Table 108 illustrates that the same pattern emerges when descriptions of weight are cross-tabulated with student responses to eating less food, calories or fats to lose weight or keep from gaining weight. Generally as weight increases so too does their likelihood of eating less food, calories or fats. This is a common relationship between self descriptions of weight and

other weight loss strategies, with the exception of taking diet pills or powders. As a person's weight increases, they are also significantly more likely to go without eating for 24 hours, vomit or take laxatives to lose weight or keep from gaining weight. However there is no significant relationship between the descriptions of weight and taking diet pills or powders. This relationship remained significant for youth over 12 years of age when controlled for age and sex.

Self-descriptions of weight were also compared to the number of hours spent watching TV in a day. After controlling for age and sex, it was found that there were no significant relationships between described weight and the number of hours a student spent watching TV. Youth who described themselves as the right weight watched similar amounts of television in a school day as youth who described themselves as very overweight.

The use of sports supplements and different aspect of physical activity were also compared to youth' self-described weight. There is no significant difference with respect to use of sports supplements or steroids, and how people describe their weight. In addition, there is no significant difference for intense physical activity, mild physical activity and number of days when they have at least 60 minutes of physical activity, and how they describe their weight.

15. Asthma and Other Allergies

Table 109: Has a doctor or nurse ever told you that you have asthma?				
		Yes %	No %	Not sure %
All Youth		17.0	78.3	4.6
Age	≤12 years old (n=121)	13.2	81.8	5.0
	13 years old (n=138)	16.7	74.6	8.7
	14 years old (n=182)	15.9	78.6	5.5
	15 years old (n=163)	19.6	77.3	3.1
	16 years old (n=162)	18.5	79.6	1.9
	≥17 years old (n=167)	17.4	78.4	4.2
Sex	Female (n=538)	16.2	79.7	4.1
	Male (n=396)	18.2	76.5	5.3

Table 109 indicates that seventeen percent of youth have been diagnosed with asthma. There is no strong relationship between asthma and age or gender.

Table 110: During the past 12 months, have you had an episode of asthma or asthma attack?					
		Do not have asthma %	No attack %	Yes %	Not sure %
All Youth		79.2	11.1	4.5	5.1
Age	≤12 years old (n=121)	87.6	5.8	2.5	4.1
	13 years old (n=138)	76.1	15.9	2.9	5.1
	14 years old (n=182)	79.7	9.9	4.4	6.0
	15 years old (n=163)	77.3	9.2	8.6	4.9
	16 years old (n=162)	76.5	14.8	3.7	4.9
	≥17 years old (n=167)	79.6	10.8	4.2	5.4
Sex	Female (n=538)	79.6	9.5	5.2	5.8
	Male (n=396)	78.8	13.4	3.5	4.3

Less than five percent of youth had an asthma attack over the last year (table 110). There are no differences in age or gender and asthma attacks.

Table 111: Do you have any food allergies?				
		Yes %	No %	Not sure %
All Youth		8.6	80.2	11.3
Age	≤12 years old (n=120)	9.2	77.5	13.3
	13 years old (n=138)	7.2	75.4	17.4
	14 years old (n=182)	7.7	81.9	10.4
	15 years old (n=163)	8.6	83.4	8.0
	16 years old (n=162)	8.6	80.9	10.5
	≥17 years old (n=167)	10.2	80.2	9.6
Sex	Female (n=537)	9.7	78.8	11.5
	Male (n=396)	7.1	81.8	11.1

Table 111 illustrates that about eight percent of youth across all age groups have food allergies. Over 11% said that they were unsure if they had food allergies. There was no statistically significant relationship between age or sex and food allergies.

16. Prescription and Non-prescription Drug Use

Table 112: In the last 12 months, how often did you use oxycontin with a prescription or because a doctor told you to take it?					
		1-2 times %	3-5 times %	6-9 times %	Never %
All Youth		0.1	0.1	0.1	99.7
Age	≤12 years old (n=107)	0.0	0.0	0.0	100.0
	13 years old (n=128)	0.8	0.0	0.0	99.2
	14 years old (n=167)	0.0	0.0	0.0	100.0
	15 years old (n=151)	0.0	0.0	0.0	100.0
	16 years old (n=155)	0.0	0.0	0.0	100.0
	≥17 years old (n=154)	0.0	0.6	0.6	98.7
Sex	Female (n=499)	0.0	0.2	0.0	99.8
	Male (n=364)	0.3	0.0	0.3	99.5

As table 112 indicates, oxycontin use among youth in the survey is low. Less than 0.5% of youth have used oxycontin with a prescription. While 0.8% of 13 year olds used it, 1.2% of youth 17 years and older used it. There was no significant difference between sexes and oxycontin use with a prescription.

Table 113: In the last 12 months how often did you use stimulants with a prescription or because a doctor told you to take it?					
		1-2 times %	6-9 times %	40+ times %	Never %
All Youth		0.2	0.1	0.1	99.5
Age	≤12 years old (n=108)	0.9	0.0	0.0	99.1
	13 years old (n=128)	0.8	0.0	0.0	99.2
	14 years old (n=167)	0.0	0.0	0.0	100.0
	15 years old (n=152)	0.7	0.7	0.7	98.7
	16 years old (n=155)	0.0	0.0	0.0	100.0
	≥17 years old (n=154)	0.0	0.0	0.0	100.0
Sex	Female (n=499)	0.2	0.2	0.2	99.4
	Male (n=366)	0.3	0.0	0.0	99.7

Table 113 shows that less than 0.5% of all youth used prescription stimulants over the past year. Surprisingly more youth in younger age categories reported using prescription stimulants, but there is no significant relationship between age and stimulant use. Additionally, there is no relationship between the sex of youth and stimulant use.

Table 114: In the last 12 months, how often did you use prescription sedatives or tranquilizers, Valium, Ativan, or Xanax with a prescription or because a doctor told you to take it?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		0.6	0.1	0.1	0.0	0.0	0.2	99.0
Age	≤12 years old (n=106)	0.0	0.0	0.0	0.0	0.0	0.0	200.0
	13 years old (n=128)	0.8	0.0	0.0	0.0	0.0	0.0	99.2
	14 years old (n=166)	0.0	0.6	0.0	0.0	0.0	0.0	99.4
	15 years old (n=151)	1.3	0.0	0.0	0.0	0.0	0.7	98.0
	16 years old (n=154)	0.6	0.0	0.0	0.0	0.0	0.0	99.4
	≥17 years old (n=153)	0.7	0.0	0.7	0.0	0.0	0.7	98.0
Sex	Female (n=496)	0.4	0.2	0.2	0.0	0.0	0.4	98.8
	Male (n=363)	0.8	0.0	0.0	0.0	0.0	0.0	99.2

Table 114 reports that 1% of youth have used prescription sedatives or tranquilizers over the past year. The majority of youth reporting tranquilizer use used them only 1 or two times over the year and due to the low usage rates there are no significant differences among the various age groups. There was no relationship between the sex of youth and the use of prescription sedatives or tranquilizers.

Table 115: In the last 12 months how often did you use pain relief pills with a prescription or because a doctor told you to take them?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		14.9	5.1	3.4	2.2	2.1	0.9	71.4
Age**	≤12 years old (n=110)	20.9	0.9	0.9	1.8	1.8	0.9	72.7
	13 years old (n=129)	10.9	6.2	2.3	3.9	3.1	0.0	73.6
	14 years old (n=172)	15.1	4.1	5.8	2.9	0.0	0.6	71.5
	15 years old (n=151)	11.3	4.6	3.3	0.7	1.3	0.7	78.1
	16 years old (n=156)	17.3	7.7	2.6	1.3	0.6	0.0	70.5
	≥17 years old (n=157)	14.6	6.4	4.5	2.5	5.7	3.2	63.1
Sex	Female (n=506)	16.8	5.3	3.4	1.6	1.8	1.2	70.0
	Male (n=370)	12.2	4.9	3.5	3.0	2.4	0.5	73.5

**p<0.01

Table 115 reports that about 29% of youth reported using prescription pain relief in the last year. Most youth who used prescription pain relief used them one or two times. There was a

strong difference between youth of different ages and pain relief use. A larger percentage of older youth used prescription pain relief, and more often than younger youth. Although not significant, fewer males used pain relief than females (12.2% of males; 16.8% of females).

Table 116: In the last 12 months how often did you use oxycontin without a prescription?					
		3-5 times %	10-19 times %	40+ times %	Never %
All Youth		0.0	0.0	0.1	99.9
Age	≤12 years old (n=106)	0.0	0.0	0.0	100.0
	13 years old (n=126)	0.0	0.0	0.0	100.0
	14 years old (n=164)	0.0	0.0	0.0	100.0
	15 years old (n=151)	0.0	0.0	0.7	99.3
	16 years old (n=153)	0.0	0.0	0.0	100.0
	≥17 years old (n=154)	0.0	0.0	0.0	100.0
Sex	Female (n=493)	00	0.0	0.0	100.0
	Male (n=362)	0.0	0.0	0.3	99.7

As shown in table 116, reported oxycontin use without a prescription was very rare among youth over the past year. Only one student reported using oxycontin without a prescription over the past year. Thus no relationship between oxycontin use, gender and age emerged.

Table 117: In the last 12 months, how often did you use stimulants without a prescription?							
Used non-prescription stimulants		1-2 times %	3-5 times %	6-9 times %	10-19 times %	40+ times %	Never %
All Youth		0.8	0.3	0.2	0.2	0.5	97.9
Age	≤12 years old (n=107)	0.9	0.0	0.0	0.0	0.0	99.1
	13 years old (n=128)	0.0	0.8	0.0	0.8	0.0	98.4
	14 years old (n=167)	0.6	0.0	0.6	0.0	0.6	98.2
	15 years old (n=151)	0.0	0.0	0.0	0.7	0.7	98.7
	16 years old (n=155)	2.6	0.0	0.0	0.0	0.0	97.4
	≥17 years old (n=155)	0.6	1.3	0.6	0.0	1.3	96.1
Sex	Female (n=499)	1.0	0.4	0.4	0.4	0.6	97.2
	Male (n=365)	0.5	0.3	0.0	0.0	0.3	98.9

Table 117 shows that less than 3% of youth across all age groups used stimulants without a prescription over the past year. Most (0.8%) used them one or two times. There is not a relationship between age, sex and the use of stimulants without a prescription.

Table 118: In the last 12 months how often did you use sedatives or tranquilizers without a prescription?						
		1-2 times %	3-5 times %	10-19 times %	20-39 times %	Never %
All Youth		0.2	0.1	0.0	0.1	99.5
Age	≤12 years old (n=105)	0.0	0.0	0.0	0.0	100.0
	13 years old (n=127)	0.0	0.0	0.0	0.8	99.2
	14 years old (n=166)	0.0	0.0	0.0	0.0	100.0
	15 years old (n=151)	0.0	0.7	0.0	0.0	99.3
	16 years old (n=155)	0.6	0.0	0.0	0.0	99.4
	≥17 years old (n=154)	0.6	0.0	0.0	0.0	99.4
Sex	Female (n=496)	0.2	0.2	0.0	0.0	99.6
	Male (n=363)	0.3	0.0	0.0	0.3	99.4

Very few youth overall (0.5%) used sedatives or tranquilizers over the past year (table 118). There was no significant difference between the different age groups or sex of youth and sedative or tranquilizer use without a prescription.

Table 119: In the last 12 months how often did you use pain relief pills without a prescription?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		9.5	4.4	2.8	2.5	0.9	0.0	79.0
Age	≤12 years old (n=108)	13.0	3.7	1.9	1.9	0.0	0.0	79.6
	13 years old (n=129)	9.3	3.9	1.6	2.3	0.8	0.0	82.2
	14 years old (n=172)	11.0	5.2	3.5	1.7	1.2	0.6	76.7
	15 years old (n=152)	7.2	2.0	1.3	2.6	0.7	0.7	85.5
	16 years old (n=154)	9.1	6.5	3.2	4.5	1.9	0.6	74.0
	≥17 years old (n=156)	8.3	4.5	4.5	1.9	0.6	3.2	76.9
Sex	Female (n=503)	9.5	4.4	3.2	2.2	1.4	1.2	78.1
	Male (n=369)	9.5	4.3	2.2	3.0	0.3	0.5	80.2

Table 119 shows that approximately 20% of youth use pain relief without a prescription. Most youth (13.9%) used it between 1 and 5 times in the past year. There was no relationship

between age, sex and pain relief use without a prescription. Males and females report similar trends in pain relief use without a prescription.

Table 120: In the last 12 months, how often did you use Ritalin, Concerta, Adderall or Dexedrine without a prescription?							
		1-2 times %	3-5 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		0.2	0.2	0.1	0.1	0.2	99.1
Age	≤12 years old (n=105)	0.0	0.0	0.0	0.0	1.0	99.0
	13 years old (n=127)	0.8	0.0	0.0	0.0	0.0	99.2
	14 years old (n=166)	0.0	0.0	0.0	0.0	0.6	99.4
	15 years old (n=150)	0.7	0.7	0.7	0.7	0.0	97.3
	16 years old (n=155)	0.0	0.6	0.0	0.0	0.0	99.4
	≥17 years old (n=154)	0.0	0.0	0.0	0.0	0.0	100.0
Sex	Female (n=496)	0.4	0.4	0.0	0.2	0.4	98.6
	Male (n=362)	0.0	0.0	0.3	0.0	0.0	99.7

Table 120 indicates that less than 1% of youth in the study have used prescription medications like Ritalin without a prescription over the past year. There is no significant relationship with age, but a large proportion of 16 year olds (2.8%) used such medications in varying amounts over the year. A larger number of females (1.4%) than males (0.3%) used medications like Ritalin, but the relationship was not significant.

Table 121: In the last 12 months how often did you use laxatives for purposes other than which they were intended?							
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	Never %
All Youth		0.5	0.2	0.1	0.1	0.1	99.0
Age	≤12 years old (n=104)	0.0	0.0	0.0	0.0	0.0	100.0
	13 years old (n=128)	0.0	0.8	0.0	0.0	0.0	99.2
	14 years old (n=168)	0.0	0.6	0.0	0.6	0.6	98.2
	15 years old (n=151)	0.7	0.0	0.0	0.0	0.0	99.3
	16 years old (n=155)	0.0	0.0	0.0	0.0	0.0	100.0
	≥17 years old (n=153)	2.0	0.0	0.7	0.0	0.0	97.4
Sex	Female (n=498)	0.6	0.2	0.2	0.2	0.0	98.8
	Male (n=362)	0.3	0.3	0.0	0.0	0.3	99.2

One percent of youth across all age groups used laxatives for unintended purposes as shown in table 121. J ust under 3% of youth 17 years and older used laxatives for unintended purposes, but no significant relationship exists between laxative use and age. Slightly more females used laxatives (98.8% of females; 99.2% of males) but again the relationship was not significant.

Table 122: In the last 12 months how often did you use cough medicines for purposes other than which they are intended?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		6.0	4.0	1.4	0.8	0.8	0.3	86.7
Age	≤12 years old (n=106)	3.8	3.8	2.8	0.0	0.9	0.0	88.7
	13 years old (n=131)	4.6	3.1	0.8	1.5	0.0	0.8	89.3
	14 years old (n=171)	7.0	5.8	1.8	0.0	0.6	0.0	84.8
	15 years old (n=151)	6.0	3.3	0.7	1.3	1.3	0.7	86.8
	16 years old (n=157)	7.6	3.8	1.3	0.6	0.6	0.6	85.4
	≥17 years old (n=155)	5.8	3.9	1.3	1.3	1.3	0.0	86.5
Sex**	Female (n=504)	5.6	2.4	1.0	1.2	0.2	0.6	89.1
	Male (n=368)	6.5	6.3	1.9	0.3	1.6	0.0	83.4

**p<0.01

Table 122 shows that about 13% of youth used cough medicines for unintended purposes in the last 12 months. Most of these youth have only done so one or two times in the past year (6%), and only 0.3% have used cough medicines more than 40 times in the past year. There is no significant relationship to age, but there is a significant difference between sexes. More males than females reported using cough medicine for unintended purposes (10.9% of females; 16.6% of males). Males also reported using them more frequently than females.

Table 123: In the last 12 months how often did you use gravol for purposes other than which it is intended?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		4.6	1.2	0.5	0.2	0.3	0.2	93.0
Age	≤12 years old (n=104)	4.8	0.0	0.0	0.0	1.0	0.0	94.2
	13 years old (n=130)	4.6	0.8	0.0	0.0	0.0	0.0	94.6
	14 years old (n=169)	8.9	1.2	1.2	0.0	0.0	0.0	88.8
	15 years old (n=152)	3.3	1.3	0.0	0.7	0.7	0.7	93.4
	16 years old (n=156)	1.9	1.3	1.3	0.0	0.0	0.0	95.5
	≥17 years old (n=156)	3.8	1.9	0.0	0.6	0.6	0.6	92.3
Sex	Female (n=502)	4.8	1.4	0.8	0.2	0.4	0.2	92.2
	Male (n=366)	4.4	0.8	0.0	0.3	0.3	0.3	94.0

Seven percent of youth overall reported using Gravol for unintended purposes in the past year(table 123). Most youth (4.6%) used Gravel only once or twice, and 0.2% of youth reported

using Gravol over 40 times in the last 12 months. There is no significant difference between different ages and reported Gravol use. There is also no significant difference between sexes, but 7.8% of females and 6% of males reported using Gravol.

Table 124: In the last 12 months how often did you use sleeping medicine such as Nytol for purposes other than which it is intended?								
		1-2 times %	3-5 times %	6-9 times %	10-19 times %	20-39 times %	40+ times %	Never %
All Youth		0.9	0.8	0.2	0.2	0.1	0.2	97.4
Age	≤12 years old (n=102)	2.0	0.0	0.0	0.0	0.0	0.0	98.0
	13 years old (n=129)	0.0	0.8	0.0	0.0	0.0	0.0	99.2
	14 years old (n=168)	1.2	1.2	0.0	0.0	0.0	0.0	97.6
	15 years old (n=151)	0.7	2.0	0.0	0.7	0.0	0.0	96.7
	16 years old (n=155)	0.6	0.0	0.0	0.0	0.0	0.0	99.4
	≥17 years old (n=156)	1.3	0.6	1.3	0.6	0.6	1.3	94.2
Sex	Female (n=503)	0.6	0.8	0.4	0.0	0.2	0.2	97.8
	Male (n=368)	1.4	0.8	0.0	0.6	0.0	0.3	97.0

Table 124 indicates that less than three percent of youth across all age groups have reported using sleeping medicines for unintended purposes. There was no significant difference between the different age groups, but a larger number of youth 17 years and older (5.8%) reported sleeping medicine use. Only 0.8% more males than females reported using sleeping medicines for unintended purposes.

17. Perceptions of Substance Availability

Table 125: How easy would it be for you to get cigarettes if you wanted some?							
		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		9.5	8.4	7.3	21.7	31.0	22.2
Age**	≤12 years old (n=108)	27.8	13.0	8.3	11.1	6.5	33.3
	13 years old (n=127)	18.9	17.3	7.9	18.1	11.0	26.8
	14 years old (n=172)	12.2	10.5	13.4	19.2	19.8	25.0
	15 years old (n=156)	5.1	6.4	9.0	26.9	30.8	21.8
	16 years old (n=157)	0.6	5.1	3.2	25.5	45.2	20.4
	≥17 years old (n=162)	0.0	1.2	1.9	25.3	61.1	10.5
Sex	Female (n=515)	10.9	8.9	8.3	20.2	30.5	21.2
	Male (n=368)	7.6	7.6	5.7	23.9	31.5	23.6

**p<0.01

Table 125 reports the perceived ease of getting cigarettes. A large number of youth said that it would be easy or very easy (21.7% and 31% respectively) to get cigarettes. Only 9.5% of youth reported that it would be impossible, and 22.2% said that they did not know how easy it would be.

There was a significant relationship between age and perceived ease of getting cigarettes. Older youth thought it was easier to get cigarettes, and younger youth more often reported that it was difficult or impossible for them to get cigarettes. For instance, while only 6.5% of youth 12 years of age or younger said it was very easy for them to get cigarettes, over 60% of youth 17 years and older reported the same. While there was no significant relationship between sex and ease of getting cigarettes, more females than males reported that it was impossible for them to get cigarettes (10.9% and 7.6% respectively).

Table 126: How easy would it be for you to get Alcohol if you wanted some?

		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		3.6	5.0	8.2	27.1	46.3	9.9
Age**	≤12 years old (n=108)	11.1	15.7	15.7	18.5	16.7	22.2
	13 years old (n=127)	7.1	9.4	17.3	23.6	27.6	15.0
	14 years old (n=172)	3.5	5.8	9.3	32.0	37.2	12.2
	15 years old (n=156)	2.6	2.6	6.4	32.1	48.7	7.7
	16 years old (n=157)	0.6	0.6	2.5	28.0	63.7	4.5
	≥17 years old (n=162)	0.0	0.0	1.9	24.7	71.0	2.5
Sex	Female (n=515)	3.5	5.2	8.9	28.0	45.4	8.9
	Male (n=368)	3.8	4.6	7.1	25.8	47.3	11.4

**p<0.01

As reported in table 126, most youth in the survey said it would be very easy for them to get alcohol (46.3%), and 27.1% said it would be easy for them get alcohol. Less than four percent of youth said that it would be impossible for them to get alcohol.

There is a significant relationship between age and how easy it would be for youth to get alcohol. As youth get older they say it's easier for them to get alcohol. For example, 16.7% of 12 years old and younger youth compared to 71% of youth 17 years old and older, say that it would be very easy for them to get alcohol. Furthermore, 11.1% of youth 12 years and younger and 0% of youth 17 years and older say it would be impossible for them to get alcohol. There were no significant differences between males and females and how easy it would be for them to get alcohol.

Table 127: How easy would it be for you to get marijuana if you wanted some?							
		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		22.8	8.2	8.1	17.7	11.2	32.0
Age**	≤12 years old (n=108)	60.2	7.4	4.6	1.9	1.9	24.1
	13 years old (n=127)	42.5	10.2	4.7	3.1	2.4	37.0
	14 years old (n=172)	27.3	15.1	5.8	11.0	5.8	34.9
	15 years old (n=155)	14.2	7.7	11.6	19.4	9.7	37.4
	16 years old (n=157)	5.7	3.8	10.8	24.8	20.4	34.4
	≥17 years old (n=162)	2.5	4.3	9.3	38.3	22.8	22.8
Sex	Female (n=514)	24.7	8.4	8.4	16.7	12.1	29.8
	Male (n=368)	20.1	7.9	7.6	19.0	10.1	35.3

**p<0.01

Table 127 shows that youth are less confident about how easy it would be for them to get marijuana if they wanted some. Across all age groups, 22.8% of youth said it would be impossible for them to get marijuana, and 32% reported that they didn't know. Approximately 18% of youth reported that it would be easy for them to get marijuana, and 11.2% said it would be very easy.

There was a significant relationship between how easy it would be for youth to get marijuana, and age. Older youth tended to report that it was easy or very easy for them to get marijuana, and younger youth tended to report that it was impossible for them to get marijuana. For example, 60.2% of youth 12 years and younger reported that it would be impossible for them to get marijuana, compared to 2.5% of youth 17 years and younger. There were no significant differences between perceived ease of access to marijuana and gender.

Table 128 How easy would it be for you to get Acid if you wanted some?							
		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		25.6	12.4	8.9	5.0	1.8	46.4
Age**	≤12 years old (n=108)	59.3	7.4	0.0	0.0	0.0	33.3
	13 years old (n=127)	37.0	12.6	0.8	1.6	0.8	47.2
	14 years old (n=172)	31.4	13.4	8.1	2.3	1.7	43.0
	15 years old (n=155)	18.7	9.7	14.8	5.8	2.6	48.4
	16 years old (n=156)	10.9	14.7	10.3	9.0	2.6	52.6
	≥17 years old (n=162)	8.6	14.8	14.8	9.3	2.5	50.0
Sex	Female (n=513)	26.1	10.7	9.0	5.5	1.6	47.2
	Male (n=368)	24.7	14.7	8.7	4.3	2.2	45.4

**p<0.01

Table 128 illustrates that most youth report that they don't know how easy it would be for them to get acid if they wanted some. Overall, 46.4% of youth reported that they did not know how easy it would be for them to get acid, and 25.6% reported it would be impossible. Only 6.8% of youth said it would be easy or very easy for them to get acid.

As youth get older they believed it is easier for them to get acid if they wanted some. While 0% of youth 12 years and younger said it would be easy or very easy for them to get acid if they wanted some, 9.3% and 2.5% of youth 17+ years said it would be easy and very easy, respectively, to get acid. There was no significant relationship between student's sex, and perceived ease of getting acid.

Table 129: How easy would it be for you to get MDMA or ecstasy if you wanted some?							
		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		26.7	10.8	9.5	5.7	2.5	44.8
Age**	≤12 years old (n=108)	57.4	6.5	0.9	0.0	0.0	35.2
	13 years old (n=127)	39.4	11.0	1.6	1.6	1.6	44.9
	14 years old (n=172)	35.5	11.0	5.8	3.5	1.2	43.0
	15 years old (n=155)	22.6	7.7	15.5	5.8	2.6	45.8
	16 years old (n=156)	9.0	16.0	11.5	9.0	3.2	51.3
	≥17 years old (n=162)	8.0	11.1	17.9	11.7	5.6	45.7
Sex	Female (n=513)	28.5	9.0	9.7	6.0	2.9	43.9
	Male (n=368)	24.2	13.3	9.2	5.2	1.9	46.2

**p<0.01

In table 129, close to 45% of youth said that they don't know how easy it would be for them to get ecstasy or MDMA. Only 2.5% of youth said it would be very easy for them to get ecstasy and 26.7% said it would be impossible for them to get it.

Again as youth get older, the perceived ease of getting ecstasy increases. Fifty seven percent of youth 12 years and younger versus 8% of youth said it would be impossible to get ecstasy. In contrast, 0 percent of youth 12 and younger and 11.7% of youth 17+ say it would be easy to get ecstasy. There was no significant difference between males and females and how easy it would be for them to get ecstasy.

Table 130: How easy would it be for you to get prescription drugs without going to the doctor?							
		Impossible %	Very difficult %	Difficult %	Easy %	Very easy %	Don't know %
All Youth		21.5	14.9	12.0	5.7	4.2	41.7
Age**	≤12 years old (n=108)	42.6	15.7	5.6	6.5	3.7	25.9
	13 years old (n=127)	29.9	10.2	13.4	7.1	3.9	35.4
	14 years old (n=172)	26.7	15.1	9.9	5.8	4.1	38.4
	15 years old (n=155)	16.8	14.2	12.9	3.9	6.5	45.8
	16 years old (n=156)	7.7	14.7	13.5	6.4	3.2	54.5
	≥17 years old (n=162)	13.0	18.5	15.4	4.9	3.7	44.4
Sex	Female (n=513)	23.2	13.3	11.3	5.5	4.9	41.9
	Male (n=368)	19.0	17.1	13.0	6.0	3.3	41.6

**p<0.01

Few youth think it would be easy or very easy to get prescription drugs without going to the doctor as shown in table 130. Only 9.9% of all youth in the survey said it would be easy or very easy to get prescription drugs. Most youth don't know how easy it would be, or they thought it would be impossible (41.7% and 21.5% respectively).

There was a significant relationship to the age of youth, but a trend does not emerge. Although a larger percentage of younger youth were more likely to report that it would be impossible to get prescription drugs, there was no strong difference between youth of different ages and the number of youth reporting that it would be easy or very easy to get prescription drugs. In addition, there was no strong difference between males and females and how easy it would be to get prescription drugs without going to the doctor.

Table 131: Have you ever been unknowingly given a drug that you would not otherwise have taken?			
		Yes %	No %
All Youth		3.6	96.4
Age	≤12 years old (n=105)	3.8	96.2
	13 years old (n=120)	4.2	95.8
	14 years old (n=167)	3.6	96.4
	15 years old (n=151)	0.7	99.3
	16 years old (n=155)	4.5	95.5
	≥17 years old (n=158)	5.1	94.9
Sex	Female (n=505)	3.6	96.4
	Male (n=352)	3.7	96.3

Table 131 highlights that 3.6% of youth believed they have been unknowingly slipped drugs. There is no significant relationship with age of youth, and no strong differences between males and females stand out.

Table 132: In your school, what percentage of youth do you think use illegal drugs?			
		Don't know %	%
All Youth		31.9	68.1
Age**	≤12 years old (n=106)	43.4	56.6
	13 years old (n=126)	50.0	50.0
	14 years old (n=169)	35.5	64.5
	15 years old (n=153)	30.1	69.9
	16 years old (n=154)	22.1	77.9
	≥17 years old (n=161)	17.4	82.6
Sex	Female (n=507)	33.5	66.5
	Male (n=363)	29.8	70.2

**p<0.01

When asked what percentage of youth they thought used illegal drugs, about 31.9% of youth overall said that they didn't know as opposed to writing down a percentage. There was a significant difference between the different age groups; younger youth more often marked that they didn't know how what percentage of youth used illegal drugs; and older youth would more often write down a percentage. There was no significant difference with age, but females would more often mark that they did not know how many youth used illegal drugs.

Table 133: In your school, what percentage of youth do you think use illegal drugs?							
		≤5% %	6-10% %	11-25% %	26-50% %	51-75% %	76+ % %
All Youth		31.8	11.4	18.5	21.8	11.3	5.2
Age**	≤12 years old (n=61)	49.2	9.8	18.0	9.8	6.6	6.6
	13 years old (n=64)	57.8	14.1	12.5	12.5	1.6	1.6
	14 years old (n=110)	27.3	9.1	22.7	30.9	6.4	3.6
	15 years old (n=107)	24.3	7.5	15.9	29.0	18.7	4.7
	16 years old (n=121)	25.6	11.6	17.4	19.8	16.5	9.1
	≥17 years old (n=132)	26.5	15.9	21.2	20.5	11.4	4.5
Sex**	Female (n=339)	27.1	9.4	17.7	26.3	12.4	7.1
	Male (n=256)	37.9	14.1	19.5	16.0	9.8	2.7

**p<0.01

Table 133 shows the percentage of the student body youth believed used illegal drugs. The largest number of youth in the survey gave a percentage that was less than 5% of the student body (31.8%). Following that, 21.8% of youth gave a percentage between 26 and 50%. There was a significant difference between the various age groups of youth and the perceived number of youth using illegal drugs. As youth get older, they tended to indicate that a larger number of youth are using drugs. Female youth were significantly more likely to indicate that drug use in their schools was a problem. This question is difficult to evaluate due to the variety of school situations the students were in. Six were elementary schools, from which grades 7 and 8 were

surveyed, one school included grades 7-9, four were high schools, in which grades 9-12 were included and the remaining 23 schools included grades 7 to 12. The very high estimates from some of the younger youth may reflect their perceptions of the situation in a school with all grades, not an elementary school.

Table 134: In your school, do you think drug use is a big problem, a small problem or no problem at all?

		Big %	Small %	Not at all %
All Youth		12.0	53.5	34.5
Age**	≤12 years old (n=105)	9.5	40.0	50.5
	13 years old (n=126)	5.6	40.5	54.0
	14 years old (n=166)	12.0	59.0	28.9
	15 years old (n=154)	16.2	60.4	23.4
	16 years old (n=155)	12.3	57.4	30.3
	≥17 years old (n=160)	14.4	56.3	29.4
Sex**	Female (n=505)	13.7	55.8	30.5
	Male (n=362)	9.7	50.0	40.3

**p<0.01

Table 134 shows that when asked if drug use was a problem in their school, 12% of youth thought that drug use was a big problem. Most youth (53.5%) saw drug use to be a small problem in their school. Approximately 35% of youth thought that there was no problem at all.

There was a significant difference between the different age groups and their perception of drugs in their schools. As youth age 14 and 15 make the transition into high school, they were more likely to perceive drug use as a big problem. For instance, 16.2% of youth 15 years of age saw drug use as a big problem in their schools. On the other hand, 50.5% of youth 12 years and younger, and 29.4% of youth 17 years and older, saw drug use to be no problem at all in their schools.

There is also a significant difference between males and females and the perception of the problem. More females than males saw drug use to be a big problem in their schools (13.7% and 9.7% respectively), and 40.3% of males compared to 30.5% of females saw drug use to be no problem at all.

Table 135: In your school, do you think alcohol use is a big problem, a small problem or no problem at all?				
		Big %	Small %	Not at all %
All Youth		29.9	47.8	22.3
Age*	≤12 years old (n=107)	21.5	43.9	34.6
	13 years old (n=124)	26.6	50.0	23.4
	14 years old (n=169)	33.7	49.7	16.6
	15 years old (n=151)	33.8	47.0	19.2
	16 years old (n=155)	37.4	40.0	22.6
	≥17 years old (n=160)	23.1	55.0	21.9
Sex**	Female (n=509)	33.9	47.3	18.8
	Male (n=368)	24.3	48.3	27.3

*p<0.05
**p<0.01

Overall, almost 78% of youth thought alcohol use was at least a small problem in their schools. And about 22% thought that alcohol use was not a problem in their schools.

Perception of alcohol use was significantly related to the age of youth in the survey. Again 14 and 15 year olds were most likely to think alcohol use in their school was a problem, while older and younger students rated it as less of a problem. There was also a significant difference between males and females. Males were more likely to say that they thought alcohol use was not a problem at all in their schools (27.3% of males; 18.8% of females). In contrast, 33.9% of females and 24.3% of males saw alcohol use as a big problem.

Youth Health and Risk Behaviour Survey

This survey is about health behaviour. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education and community based programs for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, seal your survey in the envelope provided and place it in the box at the front of the room.

Thank you very much for your help.

Directions

Make dark marks with a #2 pencil
Fill in a response like this: ○
To change your answer, erase completely.

The first 7 questions ask about you.

1. How old are you?
○ 12 years old or younger
○ 13 years old
○ 14 years old
○ 15 years old
○ 16 years old
○ 17 years old
○ 18 years old or older

2. What is your sex?
○ Female
○ Male

3. What grade are you in?
○ grade 7
○ grade 8
○ grade 9
○ grade 10
○ grade 11
○ grade 12
○ Ungraded or other grade

4. How tall are you without your shoes on?
_____ Feet _____ Inches

5. How much do you weigh without your shoes on?
_____ Pounds

6. How do you describe your health in general?
○ Excellent
○ Very good
○ Good
○ Fair
○ Poor

7. How do you describe yourself? **(Select one or more responses.)**
○ English
○ French
○ First Nations
○ Metis
○ Asian
○ Other ethnic background _____

The next 4 questions ask about personal safety.

8. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
○ I did not ride a bicycle during the past 12 months
○ Never wore a helmet
○ Rarely wore a helmet
○ Sometimes wore a helmet
○ Most of the time wore a helmet
○ Always wore a helmet

9. How often do you wear a seat belt when **riding in** a car driven by someone else?
○ Never
○ Rarely
○ Sometimes
○ Most of the time
○ Always

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?**
○ 0 times
○ 1 time
○ 2 or 3 times
○ 4 or 5 times
○ 6 or more times

11. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol?**
○ 0 times
○ 1 time
○ 2 or 3 times
○ 4 or 5 times
○ 6 or more times

The next 6 questions ask about violence-related behaviours.

12. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
○ 0 days
○ 1 day
○ 2 or 3 days
○ 4 or 5 days
○ 6 or more days

13. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club**?**
○ 0 times
○ 1 time
○ 2 or 3 times
○ 4 or 5 times
○ 6 or 7 times
○ 8 or 9 times
○ 10 or more times

○ 12 or more times

14. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books**?**
○ 0 times
○ 1 time
○ 2 or 3 times
○ 4 or 5 times
○ 6 or 7 times
○ 8 or 9 times
○ 10 or 11 times
○ 12 or more times

15. During the past 12 months, how many times were you in a physical fight?
○ 0 times
○ 1 time
○ 2 or 3 times
○ 4 or 5 times
○ 6 or 7 times
○ 8 or 9 times
○ 10 or 11 times
○ 12 or more times

16. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
○ Yes
○ No

17. Have you ever been physically forced to have sexual intercourse when you did not want to?
○ Yes
○ No

The next 2 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

18. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
○ Yes
○ No

19. During the past 12 months, did you ever **seriously** consider attempting suicide?
○ Yes
○ No

The next 7 questions ask about gambling activities

20. How often do you bet money on lottery tickets (i.e. Super 7, Lotto649)?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

21. How often do you bet money on sports wagers on teams of individuals?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

22. How often do you bet money on scratch tickets?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

23. How often do you bet money on card games?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

24. How often do you bet money on games of skill (ie darts, pool, basketball?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

25. How often do you bet money on video lottery terminals (VLT's)?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

26. How often do you bet money on on-line casinos?
○ Never
○ A few times per year
○ A few times per month
○ A few times per week
○ Daily

The next 8 questions ask about tobacco use.

27. Have you ever tried cigarette smoking, even one or two puffs?
○ Yes
○ No

28. How old were you when you smoked a whole cigarette for the first time?
○ I have never smoked a whole cigarette
○ 8 years old or younger
○ 9 or 10 years old
○ 11 or 12 years old
○ 13 or 14 years old
○ 15 or 16 years old
○ 17 years old or older

29. During the past 30 days, on how many days did you smoke cigarettes?
○ 0 days
○ 1 or 2 days
○ 3 to 5 days
○ 6 to 9 days
○ 10 to 19 days
○ 20 to 29 days
○ All 30 days

30. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
○ I did not smoke cigarettes during the past 30 days
○ Less than 1 cigarette per day
○ 1 cigarette per day
○ 2 to 5 cigarettes per day
○ 6 to 10 cigarettes per day
○ 11 to 20 cigarettes per day
○ More than 20 cigarettes per day

31. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
○ I did not smoke cigarettes during the past 30 days
○ I bought them in a store such as a convenience store, supermarket, discount store, or gas station
○ I bought them from a vending machine
○ I gave someone else money to buy them for me
○ I borrowed (or bummed) them from someone else
○ A person 18 years old or older gave them to me
○ I took them from a store or family member
○ I got them some other way

32. During the past 12 months, did you ever try **to quit** smoking cigarettes?
I did not smoke during the past 12 months
○ Yes
○ No

33. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Skoal, or Copenhagen?
○ 0 days
○ 1 or 2 days
○ 3 to 5 days
○ 6 to 9 days
○ 10 to 19 days
○ 20 to 29 days
○ All 30 days

34. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
○ 0 days
○ 1 or 2 days
○ 3 to 5 days
○ 6 to 9 days
○ 10 to 19 days
○ 20 to 29 days
○ All 30 days

The next 4 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

35. During your life, on how many days have you had at least one drink of alcohol?
○ 0 days
○ 1 or 2 days
○ 3 to 9 days
○ 10 to 19 days
○ 20 to 39 days
○ 40 to 99 days
○ 100 or more days

36. How old were you when you had your first drink of alcohol other than a few sips?
○ I have never had a drink of alcohol other than a few sips
○ 8 years old or younger
○ 9 or 10 years old
○ 11 or 12 years old
○ 13 or 14 years old
○ 15 or 16 years old
○ 17 years old or older

37. During the past 30 days, on how many days did you have at least one drink of alcohol?
○ 0 days
○ 1 or 2 days
○ 3 to 5 days
○ 6 to 9 days
○ 10 to 19 days
○ 20 to 29 days
○ All 30 days

38. 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?
○ 0 days
○ 1 day
○ 2 days
○ 3 to 5 days
○ 6 to 9 days
○ 10 to 19 days
○ 20 or more days

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

39. During your life, how many times have you used marijuana?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 to 99 times
○ 100 or more times

40. How old were you when you tried marijuana for the first time?
○ I have never tried marijuana
○ 8 years old or younger
○ 9 or 10 years old
○ 11 or 12 years old
○ 13 or 14 years old
○ 15 or 16 years old
○ 17 years old or older

41. During the past 30 days, how many times did you use marijuana?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

The next 9 questions ask about other drugs.

42. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

43. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

44. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

45. During the past 30 days, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

46. 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?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

47. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times

○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

48. During your life, how many times have you used **ecstasy** (also called MDMA)?
○ 0 times
○ 1 or 2 times
○ 3 to 9 times
○ 10 to 19 times
○ 20 to 39 times
○ 40 or more times

49. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
○ 0 times
○ 1 time
○ 2 or more times

The next 7 questions ask about sexual behaviour.

50. Have you ever had sexual intercourse?
○ Yes
○ No

51. How old were you when you had sexual intercourse for the first time?
○ I have never had sexual intercourse
○ 11 years old or younger
○ 12 years old
○ 13 years old
○ 14 years old
○ 15 years old
○ 16 years old
○ 17 years old or older

52. During your life, with how many people have you had sexual intercourse?
○ I have never had sexual intercourse
○ 1 person
○ 2 people
○ 3 people
○ 4 people
○ 5 people
○ 6 or more people

53. During the past 3 months, with how many people did you have sexual intercourse?
○ I have never had sexual intercourse
○ I have had sexual intercourse, but not during the past three months
○ 1 person
○ 2 people
○ 3 people
○ 4 people
○ 5 people
○ 6 or more people

54. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
○ I have never had sexual intercourse
○ Yes
○ No

55. The **last time** you had sexual intercourse, did you or your partner use a condom?
○ I have never had sexual intercourse
○ Yes
○ No

56. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
○ I have never had sexual intercourse
○ No method was used to prevent pregnancy
○ Birth control pills
○ Condoms
○ Depo-Provera (injectable birth control)
○ Withdrawal
○ Some other method
○ Not sure

The next 7 questions ask about body weight.

57. How do **you** describe your weight?
○ Very underweight
○ Slightly underweight
○ About the right weight
○ Slightly overweight
○ Very overweight

58. Which of the following are you trying to do about your weight?
○ **Lose** weight
○ **Gain** weight
○ **Stay** the same weight
○ I am **not trying to do anything** about my weight

59. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
○ Yes
○ No

60. 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?
○ Yes
○ No

61. 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?
○ Yes
○ No

62. 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? (Do **not** include meal replacement products such as Slim Fast.)
○ Yes
○ No

63. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
○ Yes
○ No

The next 7 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

64. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavoured drinks.)
○ I did not drink 100% fruit juice during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

65. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
○ I did not eat fruit during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

66. During the past 7 days, how many times did you eat **green salad**?
○ I did not eat green salad during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

67. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count French fries, fried potatoes, or potato chips.)
○ I did not eat potatoes during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

68. During the past 7 days, how many times did you eat **carrots**?
○ I did not eat carrots during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

69. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
○ I did not eat other vegetables during the past 7 days
○ 1 to 3 times during the past 7 days
○ 4 to 6 times during the past 7 days
○ 1 time per day
○ 2 times per day
○ 3 times per day
○ 4 or more times per day

70. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)
○ I did not drink milk during the past 7 days
○ 1 to 3 glasses during the past 7 days
○ 4 to 6 glasses during the past 7 days
○ 1 glass per day
○ 2 glasses per day
○ 3 glasses per day
○ 4 or more glasses per day

The next 10 questions ask about physical activity.

71. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
○ 0 days
○ 1 day
○ 2 days
○ 3 days
○ 4 days
○ 5 days

○ 6 days
○ 7 days

72. 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, or mopping floors?
○ 0 days
○ 1 day
○ 2 days
○ 3 days
○ 4 days
○ 5 days
○ 6 days
○ 7 days

73. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
○ 0 days
○ 1 day
○ 2 days
○ 3 days
○ 4 days
○ 5 days
○ 6 days
○ 7 days

74. On an average school day, how many hours do you watch TV?
○ I do not watch TV on an average school day
○ Less than 1 hour per day
○ 1 hour per day
○ 2 hours per day
○ 3 hours per day
○ 4 hours per day
○ 5 or more hours per day

75. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
○ 0 days
○ 1 day
○ 2 days
○ 3 days
○ 4 days
○ 5 days

76. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
○ I do not take PE
○ Less than 10 minutes
○ 10 to 20 minutes
○ 21 to 30 minutes

○ 31 to 40 minutes
○ 41 to 50 minutes
○ 51 to 60 minutes
○ More than 60 minutes

77. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
○ 0 teams
○ 1 team
○ 2 teams
○ 3 or more teams

78**.** During the past 12 months,, have you used **vitamin supplements, protein supplements or creatine** to enhance your physical performance?
○ Yes
○ No

79. During the past 12 months,, have you used **ephedrine** to enhance your physical performance?
○ Yes
○ No

80. During the past 12 months,, have you taken **steroid pills or shots** without a doctor's prescription?
○ Yes
○ No

The next 3 questions ask about other health-related topics.

81. Has a doctor or nurse ever told you that you have asthma?
○ Yes
○ No
○ Not sure

82. During the past 12 months, have you had an episode of asthma or an asthma attack?
○ I do not have asthma
○ No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
○ Yes, I have had an episode of asthma or an asthma attack during the past 12 months.
○ Not sure

83. Do you have food allergies?
○ Yes
○ No
○ Not sure

If yes, what foods are you allergic to? _____

This is the end of the survey.
Thank you very much for your help.