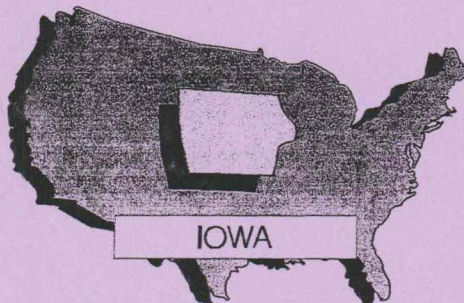


**HIV/AIDS Education Project**

**2001 Iowa YRBS**



**Youth Risk Behavior Survey:  
*Regular High Schools***

**FINAL REPORT**

**Prepared for:  
Iowa Department of Education,  
Bureau of Instructional Services**

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**January 2002**

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# Introduction

The Youth Risk Behavior Surveillance System is an epidemiologic system established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that put youth at risk for the most serious health and social problems that can occur during adolescence and adulthood. The Youth Risk Behavior Survey (YRBS) is the measurement instrument of this system. This survey is used by the State of Iowa to monitor these behaviors among its young people. Specifically, this survey focuses on students who were attending *regular* (non-alternative) high schools (Grades 9 through 12) in Iowa during 2000-01.

The YRBS was developed cooperatively by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC), 19 other federal agencies, 71 state and local departments of education, and national education and health organizations. It was administered in about 42 states in 2001. The survey consists of 87 questions and is presented in the appendix.

## Evidence of Health and Social Problems among Youth in the United States

In Iowa, according to the Iowa Department of Public Health, of the 169 youth aged 15-19 who died in 2000, 76.9% of deaths were due to four causes: (a) motor vehicle accidents (46.7%), (b) other unintentional injuries (13.6%), (c) homicides and legal intervention (1.2%), and (d) suicides (15.4%) (Mike Dare, personal communication, January 10, 2002). These factors also cause acute and chronic morbidity among our youth.

Young people suffer significant morbidity from a high rate of unintended pregnancy that occurs among teenagers every year. This is one factor contributing to an infant mortality rate of 7.1 per 1000 live births occurring in the United States in 1999<sup>1</sup> and 6.3 per 1000 live births occurring in Iowa in 2000 (Mike Dare, personal communication, January 10, 2002). In addition, serious health problems result from sexually transmitted diseases (STDs), including Acquired Immune Deficiency Syndrome (AIDS) that are contracted by teenagers every year. According to the 2001 CDC HIV/AIDS Surveillance Report, 13.7% of the 44,891 cases of AIDS reported in the United States in 1999<sup>1</sup> were 13 to 29 years old (*The World Almanac and Book of Facts 2002*, 2002).

Other behaviors that lead to mortality, morbidity, and social problems among teenagers include the following:

- drinking and driving
- alcohol and other drug use
- tobacco use (smoking or chewing)
- dietary excesses and imbalances
- insufficient physical activity

Some of these behaviors, such as drinking and driving, result in mortality, morbidity, and social problems during the teenage years. Others, such as tobacco use, dietary excesses and imbalances, and physical inactivity are known to lead to diseases which occur later in life. *These behaviors and their associated problems are largely preventable through education, counseling, mentoring, treatment, and other programs.*

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<sup>1</sup> This was the last year in which data were available for the entire year.



## **The Six Risk Areas**

In 1988, the CDC began a process to identify and monitor critical health behaviors among youth. Behaviors leading to mortality, morbidity, and social problems were analyzed and categorized into six risk areas:

- (1) behaviors that lead to intentional or unintentional injuries
- (2) tobacco use
- (3) alcohol and drug abuse
- (4) sexual behaviors that result in HIV infection, other STDs, or unintended pregnancies
- (5) dietary behaviors
- (6) physical inactivity

The purpose of the Iowa Youth Risk Behavior Survey (YRBS) is to assist educators and health professionals in the state in determining the prevalence of behaviors or factors that put Iowa youth at risk. This determination will be used to focus education in a continuing effort to reduce the risk factors that affect Iowa youth.

## **Presentation of the Results of the YRBS**

The 2001 Iowa YRBS results are presented for each risk area in tabular form, followed by a brief discussion. Graphics are used to illuminate differences over gender and/or grade level categories. In addition, summary highlights for the 2001 Iowa YRBS total sample are presented graphically. For a more detailed summary of the data, see the document *2001 Youth Risk Behavior Survey: High School Results for Iowa* (Centers for Disease Control and Prevention, 2001).

The text and graphics were developed using *WordPerfect Office 2000 for Windows* (Corel, Inc.). The map of the state of Iowa superimposed over a map of the United States was available from *WordPerfect Suite 6.1 for Windows* (Corel, Inc.).

[NOTE: In many of the survey questions, a time reference is provided in an attempt to focus the response. For example, "past 12 months" refers to *the 12 months prior to the day on which the respondent answered the survey question* and "yesterday" refers to *the day before the one on which the respondent answered the survey question*. In general, phrases like "past x days/weeks/months" refers to the "x" units of time before the survey was completed by the respondent.]



# Survey Methods and Data Analysis

The Youth Risk Behavior Survey (YRBS) was developed cooperatively by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (CDC), 19 other federal agencies, and 71 state and local departments of education to measure the extent to which high school students engage in behaviors that are related to the leading causes of mortality, morbidity, and social problems among youth and adults in the nation and in Iowa. The 2001 YRBS instrument consisted of 87 questions which were used to assess students in the six critical areas of health risk.

## Sampling Method

All regular (not alternative) public schools containing Grades 9, 10, 11, or 12 were included in the sampling frame or population.<sup>1</sup> Schools were selected systematically with probability proportional to enrollment in Grades 9 through 12 using a random starting point. Altogether, 50 schools were sampled. This constitutes the school-level part of the sampling process.

All classes meeting during the second period of the day were included in the sampling frame. Systematic equal probability sampling with a random starting point was used to select classes from each school that participated in the survey. This constitutes the student- or class-level part of the sampling process.

## Survey Process

Superintendents and principals associated with schools selected for the YRBS were contacted in March 2001 to obtain their cooperation. Each participating school submitted a list of second period classes and a random sample of these classes was selected and surveyed. The survey booklets, instructions, and answer sheets were then mailed to each school. Parent notification forms were provided participating schools to secure parental approval as needed. As stated in those forms, the survey procedures had been designed to protect their child's privacy and allow for anonymous participation. Only group-level statistical data were produced and no student or school name will appear in this or any Iowa Department of Education report on the YRBS. Participation in the survey was voluntary.

## Response Rates

At the school level, 29 of the 50 schools (58%) participated. At the class level, 1,047 of the students sampled (89%) completed usable questionnaires.

The overall response rate was

$$(.58)(.89) \times 100\%$$

or 52%. Response rates exceeding 60% are required for the data to be weighted. The 2001 YRBS data are, thus, *not* weighted. The unweighted results presented in the following chapters provide a description of the priority health-risk behaviors *of the survey participants*. These results *cannot* be generalized to other high school students in regular public schools in the state of Iowa.

There are many reasons for our not achieving weighted results in the 2001 YRBS. These are discussed along with recommendations for improving the response rate in the 2003 YRBS in a later chapter.

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<sup>1</sup> A separate sample of alternative schools were sampled and their students surveyed (Veale, 2002).



## Data Analysis

The completed surveys were shipped to Westat, Inc., a contractor for the CDC. Data analyses were conducted by Westat which included unweighted percentages and breakdowns by gender, grade level, and race/ethnicity. Since the number of respondents in the non-Caucasian categories was low (each was less than 100), only the gender and grade level breakdowns were used in this report. Since the data were unweighted, no statistical significance testing was done and these breakdowns were cited only when the variation among categories appeared "large."

## The Sample

A total of 1,047 students completed the 2001 Iowa YRBS. Excluding the missing data, 48.2% were female and 51.8% were male. In terms of race/ethnicity, 89.8% were Caucasian, 3.0% were African-American (black), 2.7% were Hispanic, 1.5% were of multiple races, and 3.0% were classified as "other" (including Asian-Americans and Native American Indians, *inter alia*). These breakdowns were roughly comparable to the state data for high school students in 2000-01.

The breakdown by grade level is presented in Table 1.

**Table 1:** Grade level breakdown of the 2001 Iowa YRBS sample and population enrollment data.

Grade	Number in Sample (%)	Number in Population (%)
9th	374 (35.7%)	40,066 (25.9%)
10th	233 (22.3%)	39,929 (25.8%)
11th	215 (20.5%)	37,592 (24.3%)
12th	220 (21.0%)	36,892 (23.9%)
Other/Missing	5 (0.5%)	0 (0.0%)
Totals	1,047 (100.0%)	154,479 (100.0%)

Compared with the population of students in Iowa in 1998-99, the 9<sup>th</sup> grade was considerably over-represented and the other grades somewhat under-represented in the sample.

Since the overall response rate was less than 60%, the data were *not* "weighted" and *the results may not be generalized to all students in the population*. The data may be used to make statements regarding the health risk behavior of *only* the high school students in Iowa who participated in the survey. No formal comparisons were made with results from the national survey or earlier surveys in Iowa conducted during the previous decade, since the 2001 survey results were *not* weighted.



# Results for Risk Area I: Behaviors that Lead to Intentional or Unintentional Injuries

## Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter contains summaries of survey data on behaviors that lead to intentional or unintentional injuries, including drinking and driving, violent behavior, weapons carrying, and suicide (Questions 8-27). "Students" refers to those who participated in the 2001 YRBS.

### 1. Helmets, Seat Belts, and Drinking/Driving

Outcome	Percent (N)
8. <i>Of students who rode a motorcycle during the past 12 months, the percentage who never or rarely wore a motorcycle helmet.</i>	66.1% (333)
9. <i>Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a motorcycle helmet.</i>	94.2% (760)
10. <i>Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else.</i>	10.0% (1,045)
11. <i>Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.</i>	36.9% (1,040)
12. <i>Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.</i>	19.4% (1,035)

### 2. Violent Behavior, Weapons, and Safety

Outcome	Percent (N)
13. <i>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.</i>	13.5% (1,028)
14. <i>Percentage of students who carried a gun on one or more of the past 30 days.</i>	6.9% (1,032)
15. <i>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.</i>	4.5% (1,041)



Outcome	Percent (N)
16. Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.	6.6% (1,045)
17. Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.	8.9% (1,044)
18. Percentage of students who were in a physical fight one or more times during the past 12 months.	31.5% (1,035)
19. Percentage of students who were injured in a physical fight during the past 12 months and had to be treated by a doctor or nurse one or more times.	2.8% (1,040)
20. Percentage of students who were in a physical fight on school property one or more times during the past 12 months.	10.8% (1,039)
21. Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months.	7.4% (1,047)
22. Percentage of students who have ever been forced to have sexual intercourse when they did not want to.	5.9% (1,047)

### 3. Suicide

Outcome	Percent (N)
23. Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities.	20.5% (1,046)
24. Percentage of students who seriously considered attempting suicide during the past 12 months.	16.1% (1,043)
25. Percentage of students who made a plan about how they would attempt suicide during the past 12 months.	12.3% (1,046)
26. Percentage of students who actually attempted suicide one or more times during the past 12 months.	6.8% (995)
27. Percentage of students whose attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.	2.0% (993)

## Discussion

About two-thirds in the surveyed sample of over 1,000 students indicated they are taking unnecessary risks such as riding motorcycles without a helmet; over 9 in 10 indicated they were taking similar risks riding bicycles without helmets. Just under one-fifth said they had driven a vehicle after drinking alcohol.



About 30% indicated they had been involved in a physical fight during the past year, while 13-14% of students surveyed said they had carried a weapon, such as a gun, knife, or club during the month prior to taking the survey. One student in six said they contemplated suicide and one in eight actually made a plan about how they would attempt it during the past year, according to the survey.

More females than males indicated they had actually attempted suicide one or more times during the past 12 months. Among 487 females, 8.8% said they had attempted suicide, while among 502 males 4.6% said they had attempted suicide during the past year.



# Results for Risk Area II: Tobacco Use

## Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter contains summaries of survey data on tobacco use, including cigarette smoking, cigar smoking, and the use of smokeless tobacco (Questions 28-39). "Students" refers to those who participated in the 2001 YRBS.

### 1. Cigarette Smoking

Outcome	Percent (N)
28. Percentage of students who ever tried cigarette smoking, even one or two puffs.	61.9% (1,038)
29. Percentage of students who smoked a whole cigarette for the first time before age 13.	19.9% (1,034)
30. (i) Percentage of students who smoked cigarettes on one or more of the past 30 days.	29.7% (1,004)
30. (ii) Percentage of students who smoked cigarettes on 20 or more of the past 30 days.	14.1% (1,004)
31. (i) Percentage of students who smoked two or more cigarettes per day on the days they smoked during the past 30 days.	19.9% (1,004)
31. (ii) Percentage of students who smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.	4.3% (1,004)
32. Percentage of students who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.	6.9% (1,003)
Related outcome: Percentage of students less than 18 years of age who were current smokers and purchased cigarettes at a store or gas station.	4.4% (226)
33. Percentage of students who were not asked to show proof of age when they bought cigarettes in a store during the past 30 days.	4.6% (1,039)
Related outcome: Percentage of students less than 18 years of age who were current cigarette smokers and reported having purchased cigarettes without being asked to show proof of age.	- (10)
34. Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.	9.7% (1,040)



Outcome	Percent (N)
35. <i>Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.</i>	19.1% (1,043)
36. <i>Percentage of students who were current smokers and have tried to quit smoking during the past 12 months.</i>	55.1% (294) <sup>1</sup>

## 2. Smokeless Tobacco and Cigar Smoking

Outcome	Percent (N)
37. <i>Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.</i>	11.8% (1,042)
38. <i>Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days.</i>	6.3% (1,043)
39. <i>Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.</i>	16.1% (1,045)

## 3. Summary Question

Outcome	Percent (N)
<i>Percentage of students who used any tobacco during the past 30 days.</i>	35.3% (1,000)

## Discussion

Just over 60% of Iowa regular high school students responding to the survey indicated they smoked cigarettes at least once in their lifetimes. Many smokers begin at an early age – about one in five students surveyed said they smoked a whole cigarette before age 13. About 30% indicated they smoked cigarettes at least once during the past 30 days and about one in five said they smoked two or more cigarettes per day on the days they smoked during the past month.<sup>2</sup>

About 12% indicated they had used smokeless tobacco at least once during the past 30 days. Smokeless tobacco (chewing tobacco or snuff) is more of a problem with male students. Twenty percent of males responding to the survey indicated they used smokeless tobacco during the past month, while only about 3% of females reported using this form of tobacco. The same is true of “cigars, cigarillos, and little cigars,” but the percentages are somewhat higher (about 22% of males and about 9% of females responding). Overall, about 35% of students indicated they had used some kind of tobacco (smoked or smokeless) during 30 days prior to the survey.

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<sup>1</sup> Note that this percentage is based on the number that indicated they were current smokers. In previous YRBS reports, this percentage was based on all students surveyed on this question, including those who indicated they had not smoked during the past year.

<sup>2</sup> Nearly all of these numbers were down by about 5-10% from those of the 1999 survey. Since the data were not weighted, it is not known whether these differences are generalizable to the population or this represents a meaningful trend.



# Results for Risk Area III: Alcohol and Other Drugs

## Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter contains summaries of survey data on substance abuse, including alcohol, marijuana, and other drugs such as cocaine (including crack or freebase forms), methamphetamines, inhalants, steroid pills, and heroin (Questions 40-57). "Students" refers to those who participated in the 2001 YRBS.

### 1. Alcohol

Outcome	Percent (N)
40. <i>Percentage of students who had at least one drink of alcohol on one or more days during their life.</i>	81.3% (958)
41. <i>Percentage of students who had their first drink of alcohol other than a few sips before age 13.</i>	27.2% (958)
42. <i>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.</i>	52.3% (1,011)
43. <i>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.</i>	37.0% (1,031)
44. <i>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.</i>	3.1% (1,039)

### 2. Marijuana

Outcome	Percent (N)
45. <i>Percentage of students who used marijuana one or more times during their life.</i>	33.9% (1,038)
46. <i>Percentage of students who tried marijuana for the first time before age 13.</i>	6.4% (1,040)
47. <i>Percentage of students who used marijuana one or more times during the past 30 days.</i>	16.5% (1,037)
48. <i>Percentage of students who used marijuana on school property one or more times during the past 30 days.</i>	3.7% (1,042)



### 3. Other Illegal Drugs

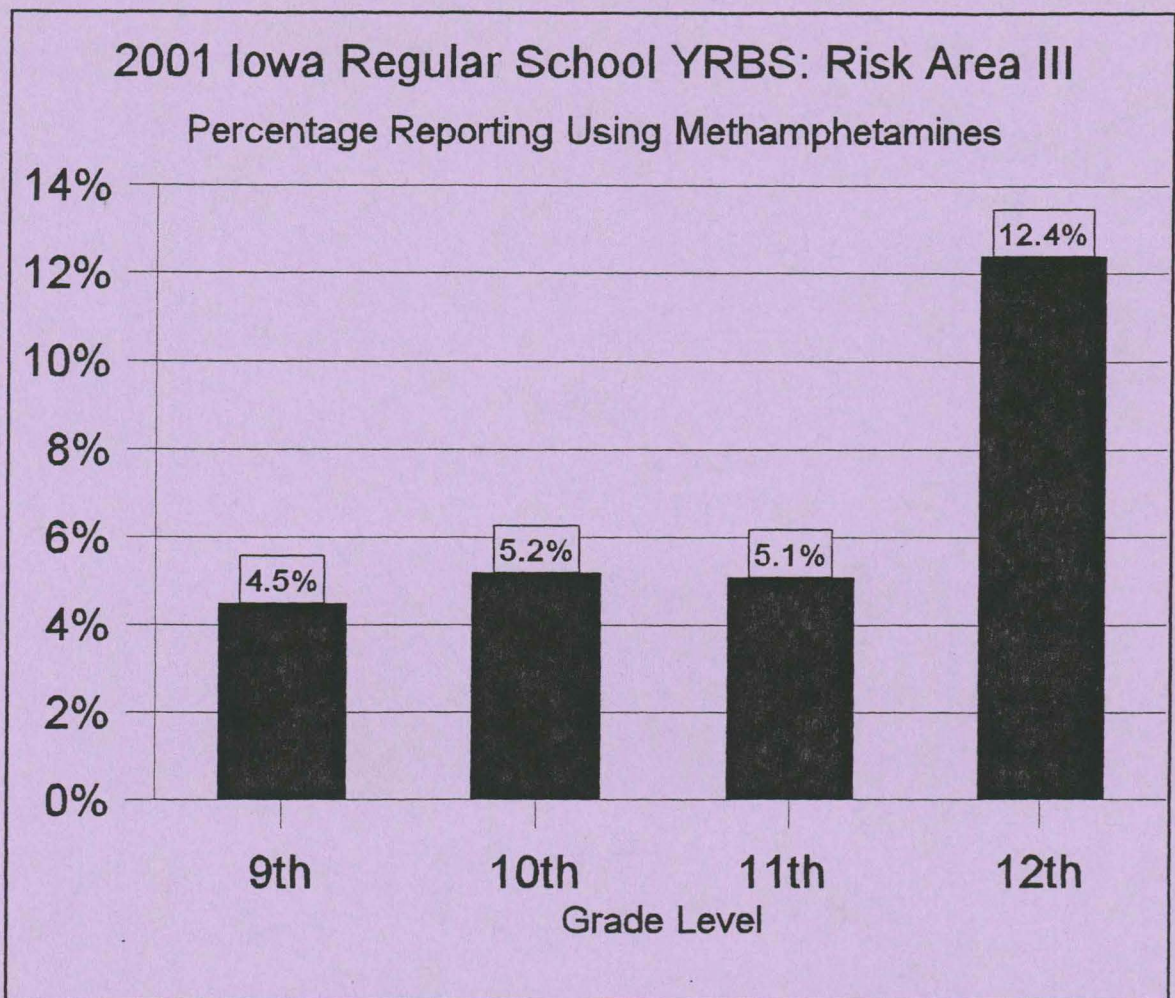
Outcome	Percent (N)
49. <i>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life.</i>	6.6% (1,042)
50. <i>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during the past 30 days.</i>	3.7% (1,045)
51. <i>Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high one or more times during their life.</i>	10.1% (1,040)
52. <i>Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high during the past 30 days.</i>	3.3% (1,042)
53. <i>Percentage of students who used heroin one or more times during their life.</i>	2.7% (1,045)
54. <i>Percentage of students who used methamphetamines one or more times during their life.</i>	6.5% (1,044)
55. <i>Percentage of students who have taken steroid pills or shots without a doctor's prescription one or more times during their life.</i>	4.3% (1,045)
56. <i>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life.</i>	2.3% (1,045)
57. <i>Percentage of students who were offered, sold, or given an illegal drug on school property during the past 12 months.</i>	16.9% (1,043)

### Discussion

Alcohol continues to be a major risk factor. Over 80% of students indicated they had at least one drink in their lives, about one-fourth indicated they started drinking (other than a few sips) before age 13, and over half said they had at least one drink in the past 30 days. *Binge drinking – defined as having five or more drinks of alcohol in a row, that is, within a couple of hours – is a serious problem, with 37% indicating they had done this within the past 30 days.*

Of those surveyed, 6-7% said they had used methamphetamines at least once in their lives. The percentage using methamphetamines is fairly uniform for 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders and substantially lower for them than for 12<sup>th</sup> graders (see Figure 1). This is a very different picture than the one presented in the 1999 YRBS report (Veale, February 2000, pp. 15-16). The data were not weighted in either year, so it is not known whether this change is generalizable or meaningful. However, it is interesting to note that the senior class of the 2001 survey was at about the same level of indicated usage as their cohort in the 1999 survey (then, as 10<sup>th</sup> graders) and the junior class of 2001 was also at about the same indicated level of usage as their cohort in 1999 (then, as 9<sup>th</sup> graders). Since the latter





**Figure 1:** Percentage reporting they used methamphetamines at least once in their lives – by grade level.

percentage is less than half the former, this apparent stability across cohorts may indicate a downward trend for future overall usage of this very dangerous drug.<sup>1</sup>

Marijuana smoking is another serious risk factor, especially considering the six-fold increase in the amount of mind-altering chemicals (THC) found in the drug of today. A little over one-third of those surveyed indicated they had used the drug at least once in their lives and about one-sixth of those surveyed said they had used it at least once in the past 30 days.

Just under 7% indicated they had used some form of cocaine at least once in their lives, while about 4% indicated they had used it at least once during the past 30 days. About one student in six indicated they were offered, sold, or given an illegal drug on school property during the past year.

<sup>1</sup> In fact, the number of methamphetamine lab seizures increased in 2001 to the previous high which occurred in 1998. Moreover, the use of methamphetamines remains one of the three primary reasons (following alcohol and marijuana use) for admittance to treatment programs in Iowa (2002 Iowa Drug Control Policy, 2002). Indication of drug use is a “soft” measure (compared, e.g., with the “hard” data of meth lab seizures). However, the indicated reduction in use among 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders may be a “leading indicator” for future change in patterns of use of this drug.



# Results for Risk Area IV:

## HIV/AIDS, Other Sexually Transmitted Diseases, and Unintended Pregnancies

### Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter includes summaries of survey data on behaviors that lead to HIV and/or AIDS, other sexually transmitted diseases, and unintended pregnancies (Questions 58-65 and 87). "Students" refers to those who participated in the 2001 YRBS.

#### 1. Sexual Activity

Outcome	Percent (N)
58. <i>Percentage of students who have ever had sexual intercourse.</i>	42.9% (1,014)
59. <i>Percentage of students who had sexual intercourse for the first time before age 13.</i>	4.1% (1,015)
60. <i>Percentage of students who had sexual intercourse with four or more people during their life.</i>	12.3% (1,010)
61. <i>Percentage of students who had sexual intercourse during the past three months.</i>	33.7% (1,014)
<i>Related outcome:</i>	
<i>Percentage of students who have ever had sexual intercourse, but not during the past three months.</i>	21.2% (434)
62. <i>Percentage of students who drank alcohol or used drugs before last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.</i>	25.2% (341)
63. <i>Percentage of students who used a condom during their last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.</i>	59.3% (339)

#### 2. Pregnancy

Outcome	Percent (N)
64. <i>Percentage of students who used birth control pills during their last sexual intercourse, among students who had sexual intercourse during the past three months.</i>	25.4% (331)



Outcome	Percent (N)
65. Percentage of students who had (1) been pregnant or (2) gotten someone pregnant one or more times.	2.2% (1,035)

### 3. HIV/AIDS Education

Outcome	Percent (N)
87. Percentage of students who had ever been taught about AIDS or HIV infection in school.	89.6% (1,036)

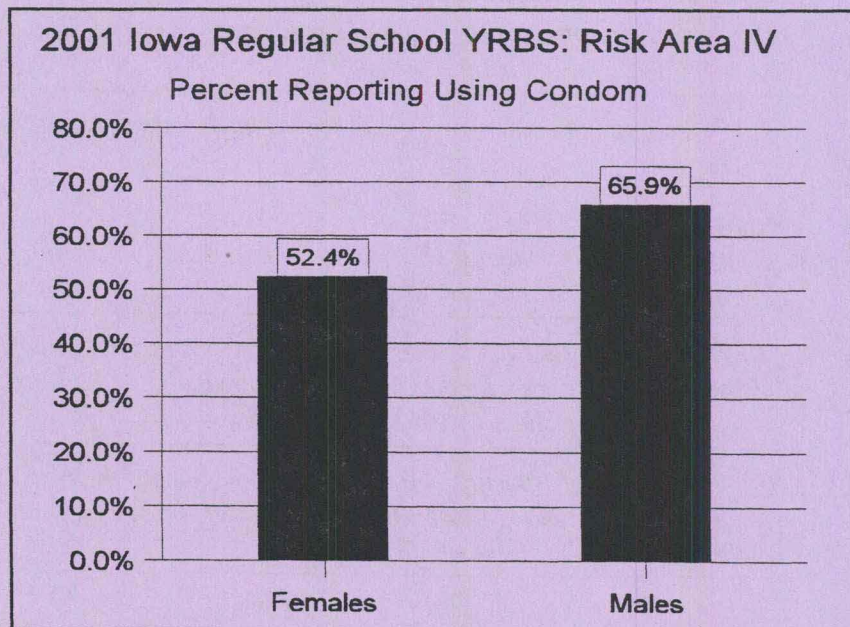
### Discussion

Just over 4 students in 10 indicated they had engaged in sexual intercourse during their lifetimes. About 12% indicated that, during their lives, they had sexual intercourse with four or more individuals. Just over one-third of the students indicated they had engaged in sexual intercourse during the past three months. Of these self-reported more sexually active students:

- about one-fourth indicated they had consumed alcohol or used drugs during their last intercourse;
- just under 60% indicated they had used a condom during their last intercourse;
- about one-fourth indicated they had used birth control pills during their last intercourse.

About 9 out of 10 students indicated they had been taught about AIDS or HIV infection in school.

Of those who said they had engaged in sexual intercourse during the past three months, more males than females who were surveyed indicated that a condom had been used during the last sexual intercourse (see Figure 2). The difference could be due to the fact that, in addition to having sexual intercourse with their male peers, teenage girls have sexual intercourse with men who are in their 20s and older (*Family Life Matters*, 1998). There may be different rates of condom usage among different age groups of males.



**Figure 2:** Percent reporting they used a condom during last sexual intercourse, among those who indicated they had engaged in sexual intercourse during the past three months (“sexually active”) – by gender.



# Results for Risk Area V: Dietary Behaviors

## Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter contains summaries of survey data on dietary behaviors, including weight and dieting issues, eating disorders, nutrition, and fat intake (Questions 66-79). "Students" refers to those who participated in the 2001 YRBS.

### 1. Weight, Dieting, and Eating Disorders

Outcome	Percent (N)
66. <i>Percentage of students who described themselves as slightly or very overweight.</i>	31.9% (1,041)
<i>Related outcome 1: Percentage of students who are at risk for becoming overweight.</i>	13.5% (985)
<i>Related outcome 2: Percentage of student who are overweight.</i>	9.9% (985)
67. <i>Percentage of students who were trying to lose weight.</i>	47.9% (1,042)
68. <i>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.</i>	63.3% (1,043)
69. <i>Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.</i>	42.3% (1,044)
70. <i>Percentage who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.</i>	14.8% (1,043)
71. <i>Percentage of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.</i>	8.0% (1,041)
72. <i>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.</i>	4.4% (1,040)

### 2. Nutrition and Fat Intake

Outcome	Percent (N)
73. <i>Percentage of students who drank 100% fruit juice one or more times during the past seven days.</i>	84.8% (1,039)

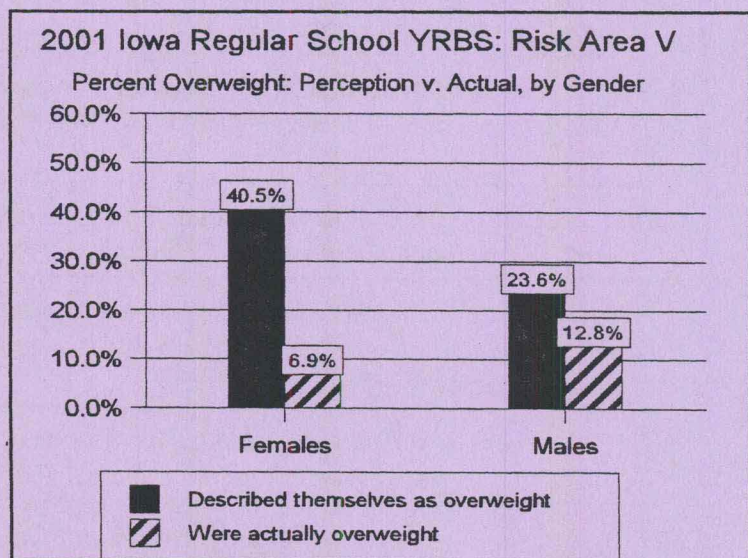


Outcome	Percent (N)
74. Percentage of students who ate fruit one or more times during the past seven days.	88.0% (1,038)
75. Percentage of students who ate green salad one or more times during the past seven days.	67.6% (1,039)
76. Percentage of students who ate potatoes one or more times during the past seven days.	77.3% (1,037)
77. Percentage of students who ate carrots one or more times during the past seven days.	53.6% (1,038)
78. Percentage of students who ate other vegetables one or more times during the past seven days.	86.3% (1,039)
<i>Related outcome:</i>	
Percentage of students who ate five or more servings of fruits and vegetables per day during the past seven days.	18.9% (1,028)
79. Percentage of students who drank three or more glasses of milk per day during the past seven days.	29.7% (1,039)

## Discussion

About 32% of students surveyed described themselves as being overweight, while only 10% actually were overweight and about 13% were at risk of becoming overweight. About 48% of those surveyed indicated they were trying to lose weight. About 42% indicated they ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight, during the past 30 days. More positively, 63% of students indicated they exercised to lose weight or to keep from gaining weight, during the past 30 days. Although most students indicated they had eaten fruits, vegetables, potatoes (other than fried) minimally in the week prior to the survey, just under one-fifth of students surveyed indicated they ate five or more servings of fruits and vegetables per day during the past seven days.

The percentage of female students surveyed who described themselves as being overweight much higher than that of males; yet proportionately fewer females than males were actually overweight (see Figure 3). Percentagewise, many more female students than male students indicated they were trying to lose weight through various means.



**Figure 3:** Percent (i) describing themselves as being overweight and (ii) actually overweight – by gender.



# Results for Risk Area VI:

## Physical Inactivity

### Summary of Survey Results

The results of the 2001 Iowa Youth Risk Behavior Survey (YRBS) are presented in two-column format, with the outcome addressed by the survey question in the column on the left. In the column on the right, the percentage of students surveyed who responded in the manner indicated by the outcome statement is presented, along with the total number on which the percentage was based (in parentheses). This chapter contains summaries of survey data related to physical activity/inactivity, including aerobic exercise, strengthening or toning exercise, involvement in physical education and sports, and watching TV (Questions 80-86). "Students" refers to those who participated in the 2001 YRBS.

Outcome	Percent (N)
80. <i>Percentage of students who exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days.</i>	74.1% (1,040)
81. <i>Percentage of students who participated in physical activities that did not make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days.</i>	29.3% (1,037)
<i>Related Outcome 1: Percentage of students who did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 30<sup>1</sup> minutes of moderate physical activity on five or more of the past seven days.</i>	74.4% (1,037)
<i>Related Outcome 2: Percentage of students who participated in no vigorous or moderate physical activity during the past seven days.</i>	4.6% (1,037)
82. <i>Percentage of students who did exercises to strengthen or tone their muscles on three or more of the past seven days.</i>	53.6% (1,035)
83. <i>Percentage of students who watched three or more hours of TV per day on an average school day.</i>	24.9% (1,039)
84. <i>Percentage of students who attended physical education (PE) class one or more days in an average school week.</i>	80.0% (967)
<i>Related outcome: Percentage of students who attended physical education (PE) class daily.</i>	14.0% (967)

<sup>1</sup> This was misprinted on the statistical summaries as "20" minutes.



Outcome	Percent (N)
85. <i>Of students enrolled in physical education (PE) class, the percentage who exercised or played sports for more than 20 minutes during an average physical education class.</i>	76.6% (774)
86. <i>Percentage of students who played on one or more sports teams during the past 12 months.</i>	68.3% (1,041)

## Discussion

Nearly three-fourths of students surveyed indicated they exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days. More than 75% indicated they watched no more than two hours of television on school days. About 80% indicated they attended a physical education class on at least one day in an average school week. On the other hand, just over half of the students surveyed indicated they did exercises to strengthen or tone their muscles on three or more of the past seven days and fewer than three out of 10 students surveyed said they participated in physical activities that did *not* make them sweat or breathe hard for at least 30 minutes on five or more of the past seven days (like fast walking, slow bicycling, etc.).

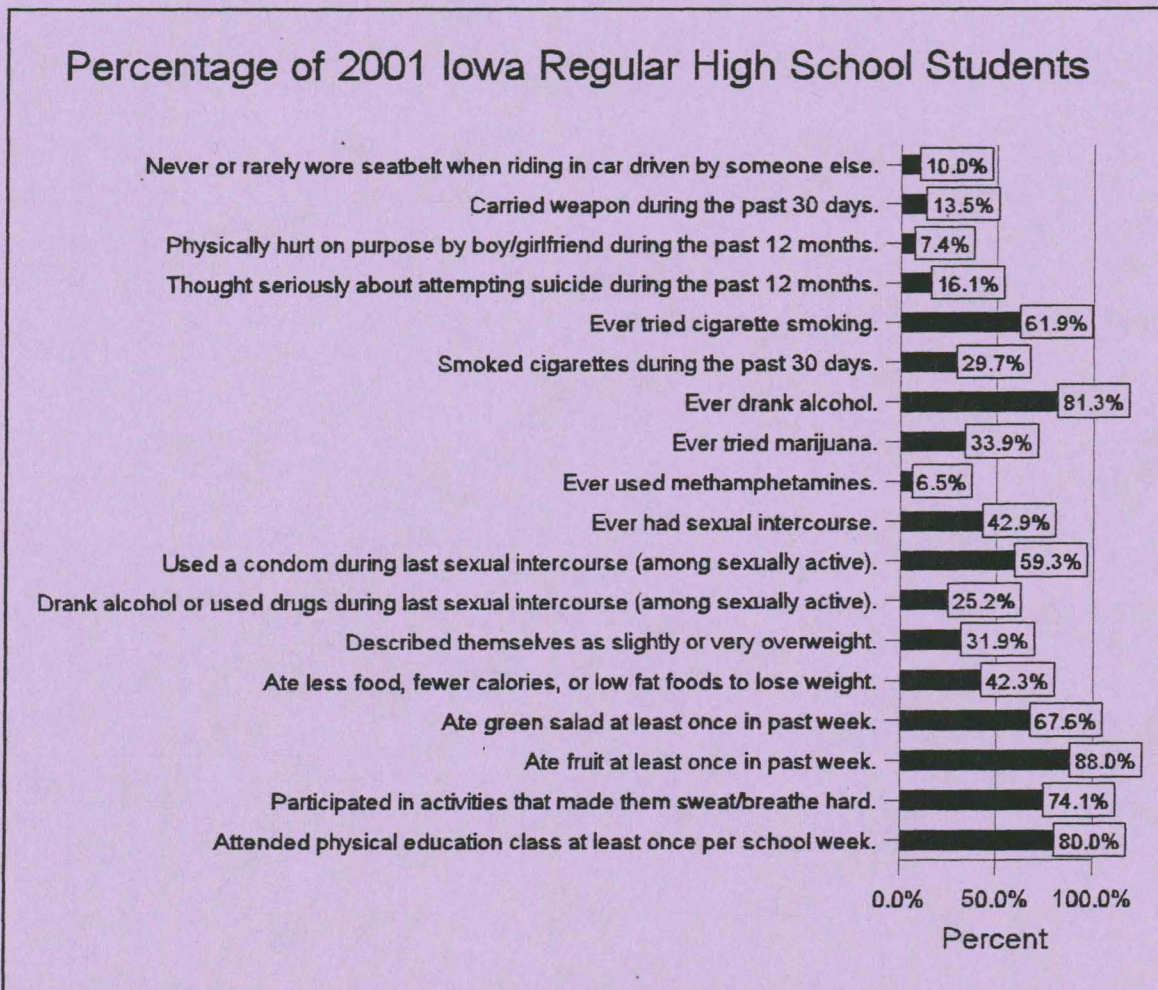
Percentagewise, fewer females than males surveyed indicated they did exercises to strengthen or tone their muscles on three or more of the past seven days. On the other hand, a higher percentage of males than females indicated they watched three or more hours of TV on the average per day.



# Highlights of the 2001 Iowa YRBS for Regular Schools

Summary highlights of the 2001 Iowa Youth Risk Behavior Survey (YRBS) for regular high schools are presented in Figure 4 below, with the abbreviated outcome statement on the left and the horizontal bar graph for the total sample on the right. The selection was somewhat subjective, based in part on the seriousness of the consequences of the unhealthy activities, the benefits of the healthy activities, and the magnitude of the response to each.

Note that some of these outcomes are stated negatively (presence of risk factor), while others are stated positively (absence of risk factor). An example of a negative outcome is “ever tried cigarette smoking.” An example of a positive outcome is “attended physical education class at least once per school week.”



**Figure 4:** Highlights of the 2001 Iowa Youth Risk Behavior Survey for regular high schools.



# Process Review of the 2001 Iowa YRBS and Recommendations for 2003

The 2001 Iowa YRBS for regular high schools was conducted according to strict guidelines for two-stage cluster sampling provided by Westat, Inc., a CDC contractor for the YRBS. The sample was approved and recommended procedures for administering the survey were followed. However, the sampling response rate was not sufficient for "weighting" the data. This means that the results were *not* generalizable to all regular high school students in Iowa in 2001. In this chapter we review factors that may have contributed to the insufficient response rate and make recommendations for the next YRBS scheduled for 2003.

## Factors Contributing to Insufficient Response Rate in the 2001 Iowa YRBS

There are a number of reasons for the insufficient response rate in the 2001 Iowa YRBS:

- YRBS instruments were administered separately to (a) regular high schools (results discussed herein) and (b) alternative high schools in Iowa in 2001 and the sample of schools was increased from 40 to 50 in each. This increased by 20 the number of schools that were sampled, surveyed, and monitored to track respondents over that of the 1999 YRBS and more than *doubling* the number of schools used in the 1997 YRBS (the last one to yield weighted data), spreading limited resources over more survey units (Veale, February 2000 and January 1998).
- Poor school-level response rate made it nearly impossible to achieve 60% required rate overall. In 1997, we achieved a 77.5% school-level response; in 2001, the school-level response rate was only 58% (see Figure 5).
- There is increasing competition for student time due to surveys and tests given in the spring. Several schools indicated they would participate but then failed to do so in 2001.
- Several schools are being selected over and over in the Iowa YRBS (see next section). These schools felt they were being treated unfairly in this labor-intensive, time consuming survey.
- Some schools selected for the first time in the YRBS apparently confused this survey with others in which they are involved (such as the School Health Education Profile or the Iowa Youth Survey).

## Sampling Issues

The sampling procedure used in the YRBS consists of two stages: (1) selection of schools with probability proportional to enrollment and (2) selection of students with equal probability within the schools selected (e.g., by randomly selecting classrooms). However, it has been observed in Iowa that some schools appear to be selected nearly every time in the YRBS. For example, two schools with fairly large enrollments were selected in 1997, 1999, and again in 2001. This, however, does not appear to be explainable solely by an increased likelihood of selection due to large enrollments. There are several schools as large as the two aforementioned ones which were not selected in any of the three years. Moreover, there were smaller schools that were selected in at least two of the last three years.



A simulation was performed by Westat, Inc. in response to the author's interrogations. Using the 2001 sampling frame, it was found that the two aforementioned "large" schools that appeared in the samples of all three years (1997, 1999, and 2001) would have appeared in 19 and 20 out of the 25 years of the simulation, respectively (Annie Lo, personal communication, June 6, 2001). This is an extremely high rate of involvement for any school with such a labor- and time-intensive survey. In contrast, two schools that were of comparable size only occurred in about one-fourth of the samples over the 25 years of the simulation (ibid.). It appears that once a school with large enrollment is selected it is increasingly likely to be selected again.

It will be increasingly difficult to secure the cooperation of such schools to participate in the YRBS. This is one factor in the downward trend in school-level response rates in Iowa since achieving weighted data in 1997 (see Figure 5).

We hope to do an independent study of the sampling process to better understand why this is occurring and, possibly, develop an alternative sampling plan.

### Recommendations for the 2003 Iowa YRBS

According to the CDC, the Iowa YRBS has been weighted only once since this survey was started – in 1997.<sup>1</sup> The following are recommendations for improving the response rate in the 2003 Iowa YRBS:

- Consider the possibility of using some type of reward system, such as providing HIV teaching materials to cooperating schools.
- Consider eliminating some of the questions to make the survey shorter and therefore less time consuming.
- Focus on *all* high schools, including alternative schools – one sampling frame and one sample. Alternatively, one might survey alternative schools separately in the following fall (2004). This would spread out the tracking and follow-up effort and increase student response rate since dropout rates tend to be high in alternative schools (especially during spring).
- The survey is conducted too often. Every three, four, or five years would be better and could conceivably yield higher response.
- Try to get some of the questions from the YRBS into a survey such as the Iowa Youth Survey, which has been focused on alcohol, tobacco, and other drug issues. An at-risk coordinator from a school that chose not to partici-

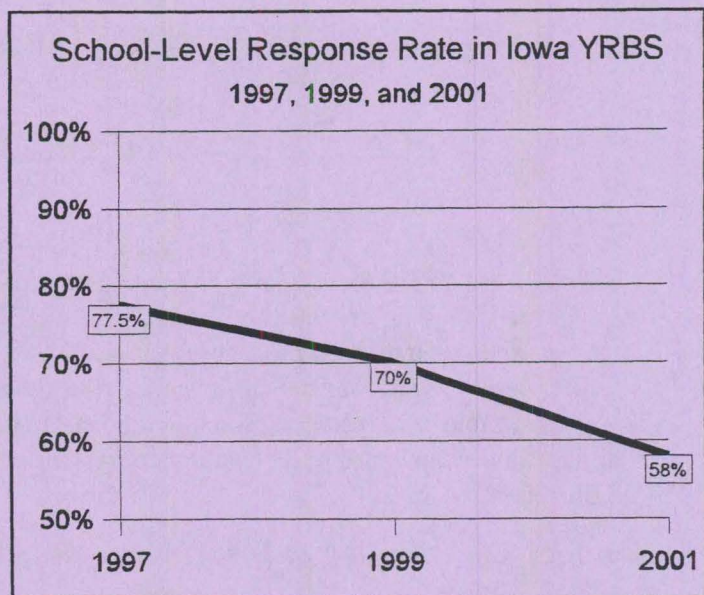


Figure 5: School-level response rate in Iowa YRBS, showing downward trend from 1997 to 2001.

<sup>1</sup> In 1997, an overall response rate slightly over 70% was achieved in the Iowa YRBS. This was considered sufficient for weighting the Iowa data that year. Generally, response rates over 70% are considered very good in mail surveys (Mangionne, 1995).



pate said that one of the things she and others in her school like about the Iowa Youth Survey is that *every school participates every three years*. The time interval is more reasonable and they can plot their students' changes on the various outcomes every three years. This cannot be done with the YRBS. If we could get a few of the sexuality questions into this survey, at least three of the six risk categories (HIV/AIDS and sexuality, tobacco use, and alcohol/drug use) would be assessed via this survey.

- Consider the possibility of using an alternative sampling method that will reduce the likelihood of schools being selected over and over for this labor-intensive and time consuming survey.



# Acknowledgments

The 2001 Iowa YRBS was coordinated by the Iowa Department of Education. This survey was directed by Ms. Sara Peterson of the HIV/AIDS Education Project in the Bureau of Instructional Services.

Thanks go to the following individuals, groups, or organizations for their support and cooperation in the conduct of the 2001 Iowa YRBS:

- Dr. Xiaoping Wang of the Iowa Department of Education for providing data on regular high schools in Iowa in 2000-01, which was imported into *PCSample* to draw the sample for the 2001 YRBS;
- Westat, Inc., for technical assistance, survey data processing, training, and software support;
- the Centers for Disease Control and Prevention (CDC), which provided training and funding for the project;
- Dr. Laura Kahn, of the Division of Adolescent and School Health in the CDC, for technical support;
- superintendents, principals, teachers, and counselors of selected school districts for administering the survey;
- parents of participating students for approving the participation of their children in the 2001 Iowa YRBS;
- the students who participated by completing the YRBS in 2001.



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# APPENDIX

## **The 2001 Iowa Youth Risk Behavior Survey**



# 2001 YOUTH RISK BEHAVIOR SURVEY

This survey is about health behavior. 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 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.

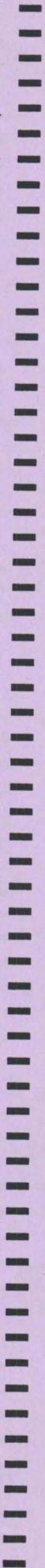
Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

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, follow the instructions of the person giving you the survey.

*Thank you very much for your help.*







## DIRECTIONS

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: (A) (B) ● (D).
- To change your answer, erase completely.

1. How old are you?

- (A) 12 years old or younger
- (B) 13 years old
- (C) 14 years old
- (D) 15 years old
- (E) 16 years old
- (F) 17 years old
- (G) 18 years old or older

2. What is your sex?

- (A) Female
- (B) Male

3. In what grade are you?

- (A) 9th grade
- (B) 10th grade
- (C) 11th grade
- (D) 12th grade
- (E) Ungraded or other grade

4. How do you describe yourself?  
(Select one or more responses.)

- (A) American Indian or Alaska Native
- (B) Asian
- (C) Black or African American
- (D) Hispanic or Latino
- (E) Native Hawaiian or Other Pacific Islander
- (F) White

5. During the past 12 months, how would you describe your grades in school?

- (A) Mostly A's
- (B) Mostly B's
- (C) Mostly C's
- (D) Mostly D's
- (E) Mostly F's
- (F) None of these grades
- (G) Not sure

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

### Example

Height	
Feet	Inches
5	7
(3)	(0)
(4)	(1)
●	(2)
(6)	(3)
(7)	(4)
	(5)
	(6)
	●
	(8)
	(9)
	(10)
	(11)

Height	
Feet	Inches
(3)	(0)
(4)	(1)
(5)	(2)
(6)	(3)
(7)	(4)
	(5)
	(6)
	(7)
	(8)
	(9)
	(10)
	(11)

7. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

### Example

Weight		
Pounds		
1	5	2
(0)	(0)	(0)
●	(1)	(1)
(2)	(2)	●
(3)	(3)	(3)
	(4)	(4)
	●	(5)
	(6)	(6)
	(7)	(7)
	(8)	(8)
	(9)	(9)

Weight		
Pounds		
(0)	(0)	(0)
(1)	(1)	(1)
(2)	(2)	(2)
(3)	(3)	(3)
	(4)	(4)
	(5)	(5)
	(6)	(6)
	(7)	(7)
	(8)	(8)
	(9)	(9)

The next 5 questions ask about personal safety.

8. **When you rode a motorcycle** during the past 12 months, how often did you wear a helmet?

- (A) I did not ride a motorcycle during the past 12 months
- (B) Never wore a helmet
- (C) Rarely wore a helmet
- (D) Sometimes wore a helmet
- (E) Most of the time wore a helmet
- (F) Always wore a helmet

9. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?

- (A) I did not ride a bicycle during the past 12 months
- (B) Never wore a helmet
- (C) Rarely wore a helmet
- (D) Sometimes wore a helmet
- (E) Most of the time wore a helmet
- (F) Always wore a helmet



10. How often do you wear a seat belt when **riding in** a car driven by someone else?
- (A) Never
  - (B) Rarely
  - (C) Sometimes
  - (D) Most of the time
  - (E) Always

11. 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**?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or more times

12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or more times

The next 10 questions ask about violence-related behaviors.

13. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?
- (A) 0 days
  - (B) 1 day
  - (C) 2 or 3 days
  - (D) 4 or 5 days
  - (E) 6 or more days
14. During the past 30 days, on how many days did you carry a **gun**?
- (A) 0 days
  - (B) 1 day
  - (C) 2 or 3 days
  - (D) 4 or 5 days
  - (E) 6 or more days
15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- (A) 0 days
  - (B) 1 day
  - (C) 2 or 3 days
  - (D) 4 or 5 days
  - (E) 6 or more days

16. During the past 30 days, how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- (A) 0 days
  - (B) 1 day
  - (C) 2 or 3 days
  - (D) 4 or 5 days
  - (E) 6 or more days

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 **on school property**?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or 7 times
  - (F) 8 or 9 times
  - (G) 10 or 11 times
  - (H) 12 or more times

18. During the past 12 months, how many times were you in a physical fight?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or 7 times
  - (F) 8 or 9 times
  - (G) 10 or 11 times
  - (H) 12 or more times

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or more times

20. During the past 12 months, how many times were you in a physical fight **on school property**?
- (A) 0 times
  - (B) 1 time
  - (C) 2 or 3 times
  - (D) 4 or 5 times
  - (E) 6 or 7 times
  - (F) 8 or 9 times
  - (G) 10 or 11 times
  - (H) 12 or more times



21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- (A) Yes
- (B) No

22. Have you ever been physically forced to have sexual intercourse when you did not want to?

- (A) Yes
- (B) No

**The next 5 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.**

23. 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?

- (A) Yes
- (B) No

24. During the past 12 months, did you ever **seriously** consider attempting suicide?

- (A) Yes
- (B) No

25. During the past 12 months, did you make a plan about how you would attempt suicide?

- (A) Yes
- (B) No

26. During the past 12 months, how many times did you actually attempt suicide?

- (A) 0 times
- (B) 1 time
- (C) 2 or 3 times
- (D) 4 or 5 times
- (E) 6 or more times

27. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- (A) **I did not attempt suicide** during the past 12 months
- (B) Yes
- (C) No

**The next 12 questions ask about tobacco use.**

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

- (A) Yes
- (B) No

29. How old were you when you smoked a whole cigarette for the first time?

- (A) I have never smoked a whole cigarette
- (B) 8 years old or younger
- (C) 9 or 10 years old
- (D) 11 or 12 years old
- (E) 13 or 14 years old
- (F) 15 or 16 years old
- (G) 17 years old or older

30. During the past 30 days, on how many days did you smoke cigarettes?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

- (A) I did not smoke cigarettes during the past 30 days
- (B) Less than 1 cigarette per day
- (C) 1 cigarette per day
- (D) 2 to 5 cigarettes per day
- (E) 6 to 10 cigarettes per day
- (F) 11 to 20 cigarettes per day
- (G) More than 20 cigarettes per day

32. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)

- (A) I did not smoke cigarettes during the past 30 days
- (B) I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- (C) I bought them from a vending machine
- (D) I gave someone else money to buy them for me
- (E) I borrowed (or bummed) them from someone else
- (F) A person 18 years old or older gave them to me
- (G) I took them from a store or family member
- (H) I got them some other way

33. **When you bought or tried to buy cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?

- (A) I did not try to buy cigarettes in a store during the past 30 days
- (B) Yes, I was asked to show proof of age
- (C) No, I was **not** asked to show proof of age



34. During the past 30 days, on how many days did you smoke cigarettes **on school property**?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

35. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- (A) Yes
- (B) No

36. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- (A) I did not smoke during the past 12 months
- (B) Yes
- (C) No

37. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

38. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

39. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

The next 5 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.

40. During your life, on how many days have you had at least one drink of alcohol?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 9 days
- (D) 10 to 19 days
- (E) 20 to 39 days
- (F) 40 to 99 days
- (G) 100 or more days

41. How old were you when you had your first drink of alcohol other than a few sips?

- (A) I have never had a drink of alcohol other than a few sips
- (B) 8 years old or younger
- (C) 9 or 10 years old
- (D) 11 or 12 years old
- (E) 13 or 14 years old
- (F) 15 or 16 years old
- (G) 17 years old or older

42. During the past 30 days, on how many days did you have at least one drink of alcohol?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days

43. 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?

- (A) 0 days
- (B) 1 day
- (C) 2 days
- (D) 3 to 5 days
- (E) 6 to 9 days
- (F) 10 to 19 days
- (G) 20 or more days

44. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- (A) 0 days
- (B) 1 or 2 days
- (C) 3 to 5 days
- (D) 6 to 9 days
- (E) 10 to 19 days
- (F) 20 to 29 days
- (G) All 30 days



**The next 4 questions ask about marijuana use.  
Marijuana also is called grass or pot.**

45. During your life, how many times have you used marijuana?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 to 99 times
  - (G) 100 or more times
46. How old were you when you tried marijuana for the first time?
- (A) I have never tried marijuana
  - (B) 8 years old or younger
  - (C) 9 or 10 years old
  - (D) 11 or 12 years old
  - (E) 13 or 14 years old
  - (F) 15 or 16 years old
  - (G) 17 years old or older
47. During the past 30 days, how many times did you use marijuana?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times
48. During the past 30 days, how many times did you use marijuana **on school property**?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times

**The next 9 questions ask about other drugs.**

49. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times

50. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times
51. 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?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times
52. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times
53. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times
54. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- (A) 0 times
  - (B) 1 or 2 times
  - (C) 3 to 9 times
  - (D) 10 to 19 times
  - (E) 20 to 39 times
  - (F) 40 or more times



55. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- (A) 0 times
- (B) 1 or 2 times
- (C) 3 to 9 times
- (D) 10 to 19 times
- (E) 20 to 39 times
- (F) 40 or more times

56. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- (A) 0 times
- (B) 1 time
- (C) 2 or more times

57. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- (A) Yes
- (B) No

**The next 8 questions ask about sexual behavior.**

58. Have you ever had sexual intercourse?

- (A) Yes
- (B) No

59. How old were you when you had sexual intercourse for the first time?

- (A) I have never had sexual intercourse
- (B) 11 years old or younger
- (C) 12 years old
- (D) 13 years old
- (E) 14 years old
- (F) 15 years old
- (G) 16 years old
- (H) 17 years old or older

60. During your life, with how many people have you had sexual intercourse?

- (A) I have never had sexual intercourse
- (B) 1 person
- (C) 2 people
- (D) 3 people
- (E) 4 people
- (F) 5 people
- (G) 6 or more people

61. During the past 3 months, with how many people did you have sexual intercourse?

- (A) I have never had sexual intercourse
- (B) I have had sexual intercourse, but not during the past 3 months
- (C) 1 person
- (D) 2 people
- (E) 3 people
- (F) 4 people
- (G) 5 people
- (H) 6 or more people

62. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- (A) I have never had sexual intercourse
- (B) Yes
- (C) No

63. The **last time** you had sexual intercourse, did you or your partner use a condom?

- (A) I have never had sexual intercourse
- (B) Yes
- (C) No

64. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- (A) I have never had sexual intercourse
- (B) No method was used to prevent pregnancy
- (C) Birth control pills
- (D) Condoms
- (E) Depo-Provera (injectable birth control)
- (F) Withdrawal
- (G) Some other method
- (H) Not sure

65. How many times have you been pregnant or gotten someone pregnant?

- (A) 0 times
- (B) 1 time
- (C) 2 or more times
- (D) Not sure

**The next 7 questions ask about body weight.**

66. How do **you** describe your weight?

- (A) Very underweight
- (B) Slightly underweight
- (C) About the right weight
- (D) Slightly overweight
- (E) Very overweight



67. Which of the following are you trying to do about your weight?

- (A) Lose weight
- (B) Gain weight
- (C) Stay the same weight
- (D) I am **not trying to do anything** about my weight

68. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- (A) Yes
- (B) No

69. 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?

- (A) Yes
- (B) No

70. 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?

- (A) Yes
- (B) No

71. 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.)

- (A) Yes
- (B) No

72. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- (A) Yes
- (B) 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.**

73. 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-flavored drinks.)

- (A) I did not drink 100% fruit juice during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day

74. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

- (A) I did not eat fruit during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day

75. During the past 7 days, how many times did you eat **green salad**?

- (A) I did not eat green salad during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day

76. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)

- (A) I did not eat potatoes during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day

77. During the past 7 days, how many times did you eat **carrots**?

- (A) I did not eat carrots during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day

78. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- (A) I did not eat other vegetables during the past 7 days
- (B) 1 to 3 times during the past 7 days
- (C) 4 to 6 times during the past 7 days
- (D) 1 time per day
- (E) 2 times per day
- (F) 3 times per day
- (G) 4 or more times per day



79. 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.)

- (A) I did not drink milk during the past 7 days
- (B) 1 to 3 glasses during the past 7 days
- (C) 4 to 6 glasses during the past 7 days
- (D) 1 glass per day
- (E) 2 glasses per day
- (F) 3 glasses per day
- (G) 4 or more glasses per day

The next 7 questions ask about physical activity.

80. 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?

- (A) 0 days
- (B) 1 day
- (C) 2 days
- (D) 3 days
- (E) 4 days
- (F) 5 days
- (G) 6 days
- (H) 7 days

81. 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?

- (A) 0 days
- (B) 1 day
- (C) 2 days
- (D) 3 days
- (E) 4 days
- (F) 5 days
- (G) 6 days
- (H) 7 days

82. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?

- (A) 0 days
- (B) 1 day
- (C) 2 days
- (D) 3 days
- (E) 4 days
- (F) 5 days
- (G) 6 days
- (H) 7 days

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

- (A) I do not watch TV on an average school day
- (B) Less than 1 hour per day
- (C) 1 hour per day
- (D) 2 hours per day
- (E) 3 hours per day
- (F) 4 hours per day
- (G) 5 or more hours per day

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

- (A) 0 days
- (B) 1 day
- (C) 2 days
- (D) 3 days
- (E) 4 days
- (F) 5 days

85. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

- (A) I do not take PE
- (B) Less than 10 minutes
- (C) 10 to 20 minutes
- (D) 21 to 30 minutes
- (E) 31 to 40 minutes
- (F) 41 to 50 minutes
- (G) 51 to 60 minutes
- (H) More than 60 minutes

86. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- (A) 0 teams
- (B) 1 team
- (C) 2 teams
- (D) 3 or more teams

The next question asks about AIDS education.

87. Have you ever been taught about AIDS or HIV infection in school?

- (A) Yes
- (B) No
- (C) Not sure



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



If you are using this questionnaire as a header sheet, please fill in this oval.

SCHOOL ID										CLASS ID		
0	0	0	0	0	0	0	0	0	0	0	0	0
1	1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9	9



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