

2007 Wisconsin Youth Risk Behavior Survey

Executive Summary

The 2007 Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. This report contains findings from the 2007 Wisconsin YRBS in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behavior; and nutrition and exercise.

The Department of Public Instruction (DPI) has administered the YRBS every two years beginning with 1993. The YRBS was administered to 2,094 students in 56 public schools in Wisconsin in the spring of 2007. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin. The 2007 Wisconsin YRBS Executive Summary report provides prevalence rates and trends from the eight YRBS priority areas and an overall summary of trends across all priority areas. The summary on trends and the trend line graphs in this report describe whether a behavior has increased, decreased, or stayed the same over time. The summary on trends and the trend line graphs represent trends for the total population (i.e., Wisconsin public high school students). The trend analysis used all available years of data. It does not consider the oldest and the most recent data point only. The trend analysis provides an appropriate test of change over long periods of time.

Survey procedures were designed to protect the privacy of students by allowing anonymous and voluntary participation. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary.

Wisconsin YRBS Trend Summary 1993 – 2007

Key
▲ Increased
▼ Decreased
— No Change

Alcohol

- ▼ Experimenting with alcohol before age 13
- Current alcohol use (past 30 days)
- Binge drinking (5 + drinks in a row)

Other Drugs

- ▼ Used inhalants to get high
- ▼ Ever used methamphetamines
- ▲ Ever used marijuana
- Experimenting with marijuana before age 13
- ▲ Current marijuana use (past 30 days)
- ▲ Ever used and current use of cocaine
- Offered, sold or were given illegal drug on school property

Physical Activity

- ▲ Vigorous physical activity
- 60 or more minutes of physical activity per day

Sexual Behaviors

- ▲ Abstaining longer before first sexual intercourse
- ▼ Ever had sex
- ▲ Fewer sexual partners
- ▲ Condom use
- Alcohol and other drug use before last sexual intercourse
- ▼ Talked about HIV/AIDS with parents or other adult family member

Suicide

- ▼ Feeling sad or hopeless for two or more weeks in a row
- ▼ Seriously considered attempting suicide
- ▼ Made a plan about attempting suicide
- Suicide attempts

Tobacco

- ▼ Ever tried cigarettes
- ▼ Experimenting with cigarettes before age 13
- ▼ Current smoking (past 30 days)
- ▼ Daily smoking
- ▼ Smokeless tobacco use

Traffic Safety

- ▼ Passenger in a car with a driver who had been drinking alcohol
- Drove a car after drinking alcohol
- ▲ Bicycle helmet use
- ▲ Seat belt use

Weapons and Violence

- ▼ Carrying weapons anywhere
- ▼ Carrying a gun
- ▼ Carrying weapons on school property
- ▼ Involved in a fight anywhere
- ▼ Involved in a fight on school property
- ▼ Being threatened or injured by a weapon on school property

ASSETS

Wisconsin Highlights

A youth's behavior is influenced by a complexity of experiences and influences. These positive influences have been described as assets. These assets have the power to protect youth from risk behaviors as well as promote healthy behaviors. Historically Wisconsin high school students have reported high levels of assets. In 2007, students reported high levels of social support, including family and teacher support, which are essential in preventing risk behaviors among youth.

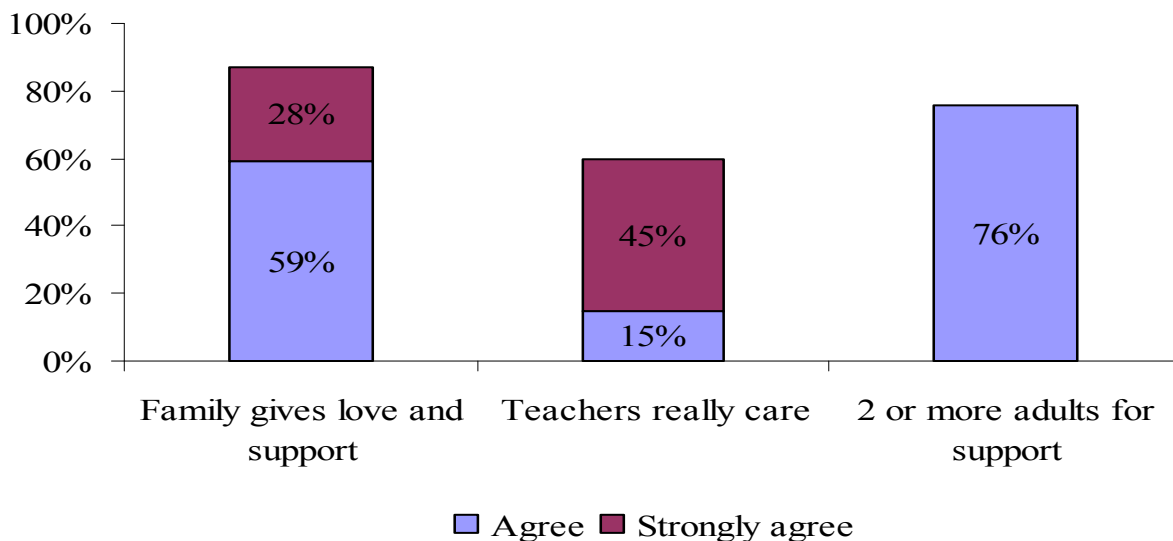
Over the last decade Wisconsin students who reported having:

- Strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using tobacco and marijuana, drinking alcohol, and having sex.
- Higher grades (mostly A's and B's) were less likely than those who report lower grades to be involved in risky health and safety behaviors. Examples include drinking alcohol, using marijuana, having sex, carrying a weapon on school property, and fighting. In addition, these students were more likely to report feeling safe at school and less likely to report being threatened or injured with a weapon at school.

Both male and females reported high levels of social support

	Males	Females
Family gives love and support	87%	86%
Teachers really care, give support and encouragement	61%	58%
Feel like you belong at school	73%	67%
Other adults (2 or more) you could seek help from	74%	77%

Social support received from family, teachers, and other adults



ALCOHOL & OTHER DRUGS

Wisconsin Highlights

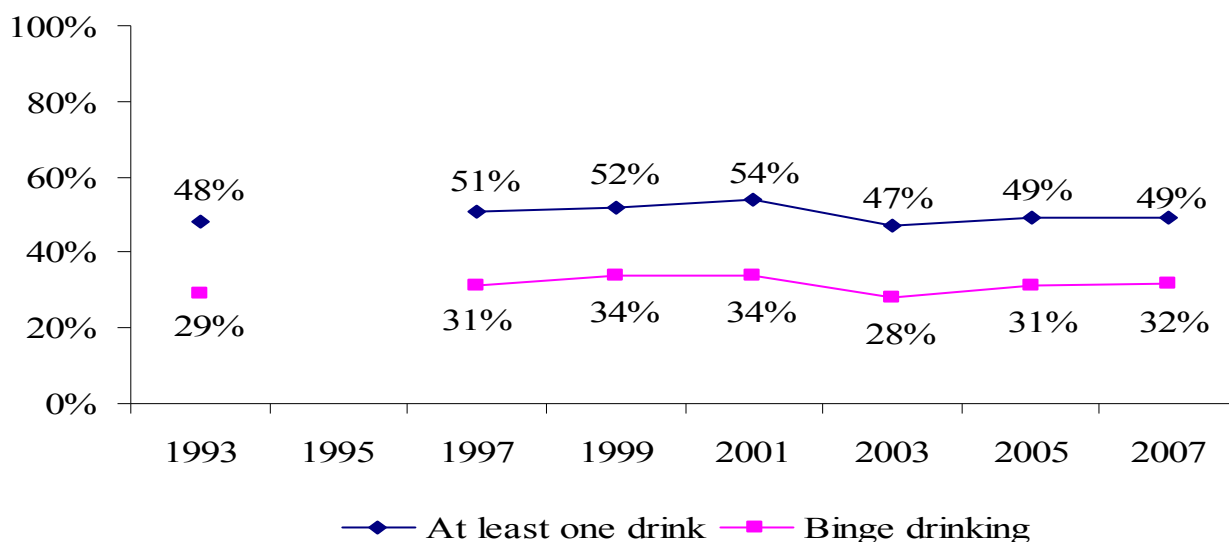
The majority of Wisconsin high school students report attitudes against binge drinking and the casual use of marijuana. In addition, they report strong parental disapproval towards the use of alcohol and marijuana. Unfortunately, Wisconsin continues to have a significant percentage of students who report using alcohol and marijuana.

- In 2007, fewer students reported experimenting with alcohol before the age of 13 compared to 1993 (24% compared to 37%, respectively).
- Students in 2007 reported alcohol consumption levels comparable to 1993 levels. One out of two students reported drinking alcohol in the past 30 days and 32% of students reported binge drinking (5 or more drinks of alcohol in a row) in the past 30 days.
- Male students were more likely than female students to report experimenting with alcohol and marijuana before the age of 13. However, this early experimentation by males did not result in any difference in lifetime use and current use (past 30 days) when compared to females.
- The prevalence of marijuana use has increased significantly over the last 14 years. Students who reported using marijuana at least once in their life has increased from 23% in 1993 to 37% in 2007 and current marijuana use (past 30 days) increased from 11% in 1993 to 20% in 2007.
- Students who reported ever using an inhalant to get high decreased significantly from 16% in 1997 to 11% in 2007.
- Starting in 2005, students were asked about methamphetamine use. In the past two years the percent of students who reported using methamphetamine at least once in their lifetime has decreased significantly (6% compared to 4%, respectively).

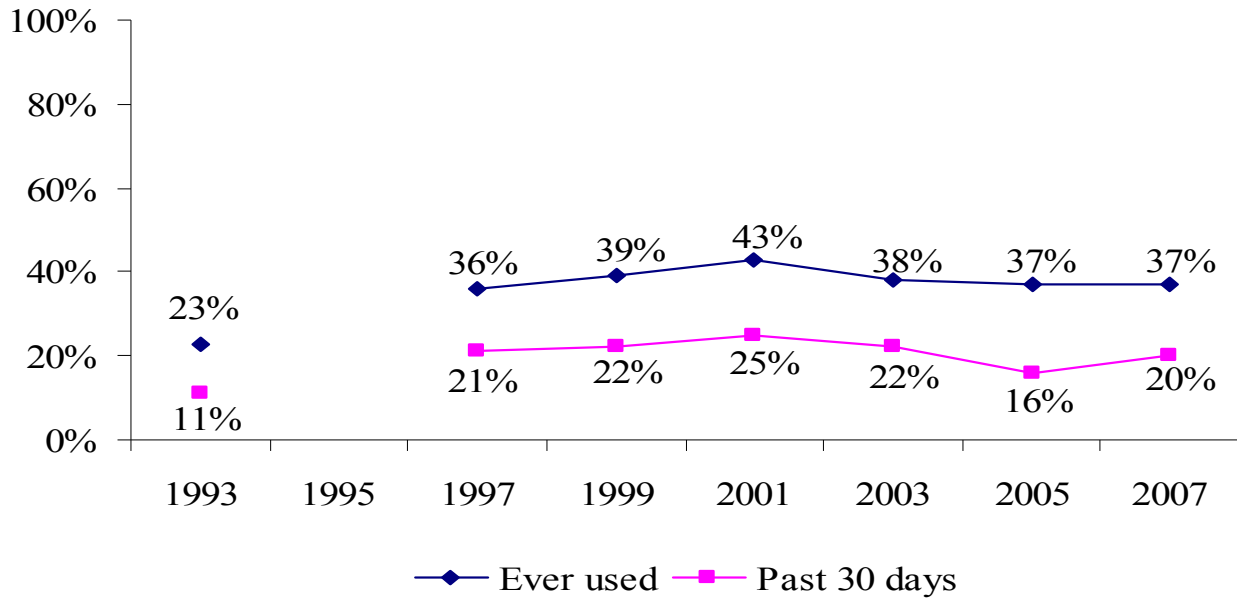
Prescription drug and painkiller use without a prescription

	Males	Females
Ever taken a painkiller without a doctor's prescription	23%	23%
Ever taken a prescription drug without a doctor's prescription	15%	17%

Changes in alcohol use past 30 days, 1993-2007



Changes in marijuana use, 1993-2007



NUTRITION & EXERCISE

Wisconsin Highlights

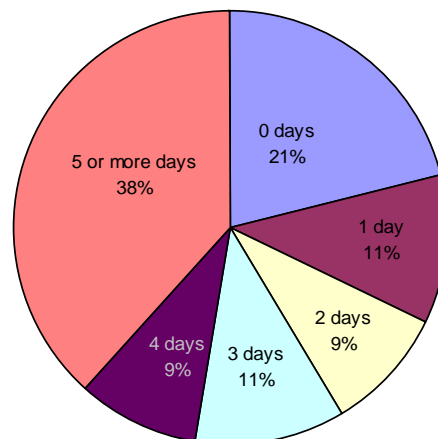
Overall, Wisconsin high school students report inadequate levels of physical activity and consumption of fruits and vegetables. The percent of overweight high school students has not changed since 1999.

- One-fourth of high school students are at risk for becoming overweight or are overweight according to their height and weight (self-reported) for their age. Males are more likely to be overweight compared to females.
- Approximately one out of five (18%) students reported eating 5 or more fruits and vegetables per day over the last week.
- Fourteen percent of students reported not eating breakfast at all in the last 7 days and 58% of students went two or more days without breakfast.
- One out of four students reported drinking one or more cans, bottles, or glasses of pop per day over the last 7 days. Males were significantly more likely to drink pop compared to females.
- Thirty-eight percent of students reported being physically active 60 or more minutes/day on 5 or more of the past 7 days. Females were less likely to report being physical active compared to males.
- One out of four students reported watching TV for 3 or more hours per day on an average school day.
- Twenty-four percent of male students reported using a computer for non-school work for 3 or more hours per day on an average school day, compared to 15% of females.

Male and female students seldom reported similar behaviors when it came to eating habits and physical activity.

	Males	Females
Overweight (i.e., Body Mass Index \geq 95%)	14%	6%
Drank one or more pops/day during the past week	31%	18%
Physically active 60 or more minutes/day on 5 or more days/week	44%	32%
Vigorous physical activity 20 or more minutes/day on 3 or more days/week	73%	65%
Used the computer for non-school work 3 or more hours/day on a school day	24%	15%

Frequency of 60 or more minutes of physical activity in the past 7 days



SEXUAL BEHAVIOR

Wisconsin Highlights

While student reports of risky sexual behavior have decreased significantly between 1993 and 2007, there appears to be an emerging upward trend, beginning in 2003, in both the percent of students who report having ever had sexual intercourse and the percent who report having had sexual intercourse in the past three months.

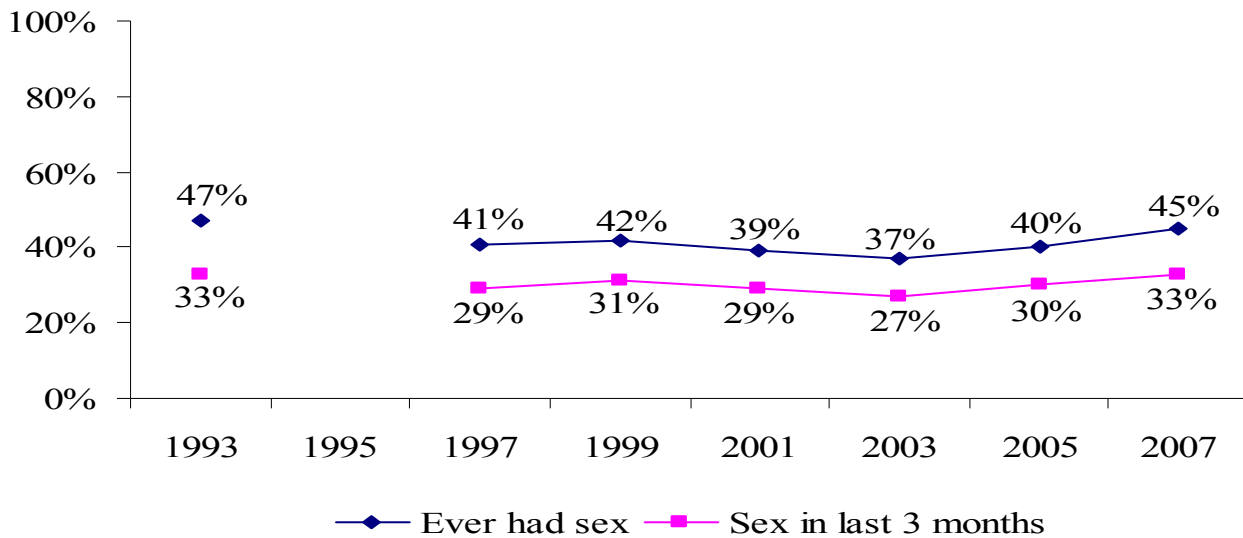
- The percent of high school students who reported ever having sexual intercourse declined from 47% in 1993 to a low of 37% in 2003, and increased to 45% in 2007.
- The percent of high school students who reported having sexual intercourse with at least one partner in the last 3 months declined from 33% in 1993 to a low of 27% in 2003, and rose again to 33% by 2007
- Students who reported sexual intercourse before the age of 13 and multiple sexual partners has decreased significantly from 1993-2007
- The majority of students reported using a reliable form of birth control the last time they had sexual intercourse. Approximately 80% of students who have had sexual intercourse reported using a condom, birth control pill, or Depo-Provera as their primary method of birth control.

Sexual behaviors among currently sexually active students*

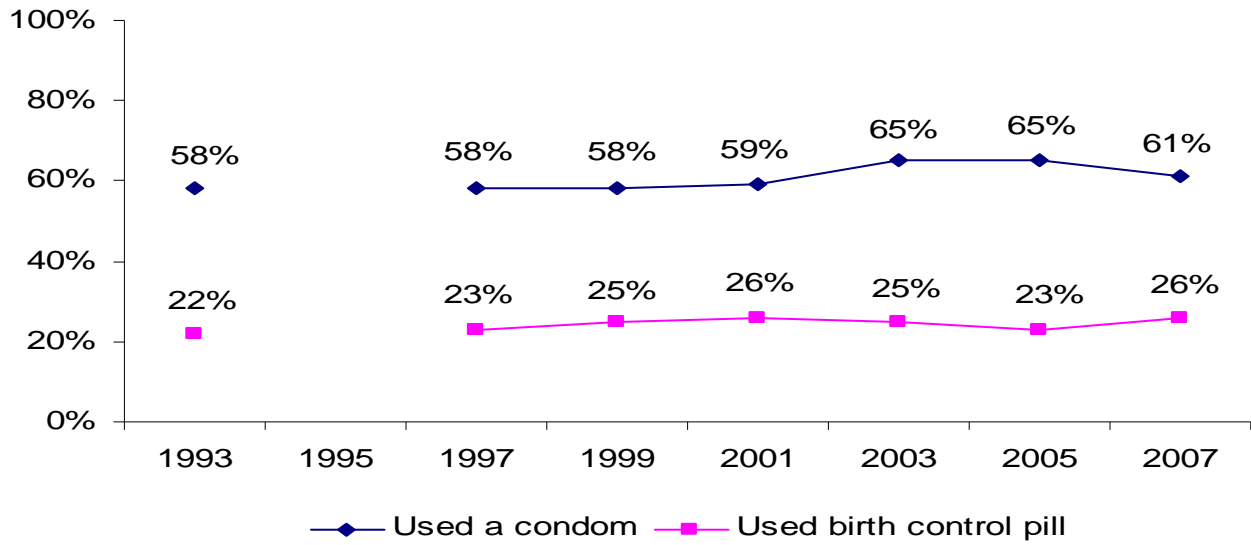
	Males	Females
Had sexual intercourse	30%	36%
Used alcohol or drugs before last sexual intercourse	33%	22%
Condom use last sexual intercourse	68%	56%

*Had sexual intercourse during the last 3 months

Changes in sexual intercourse, 1993-2007



Changes in condom and birth control pill use among sexually active students, 1993-2007



SUICIDE

Wisconsin Highlights

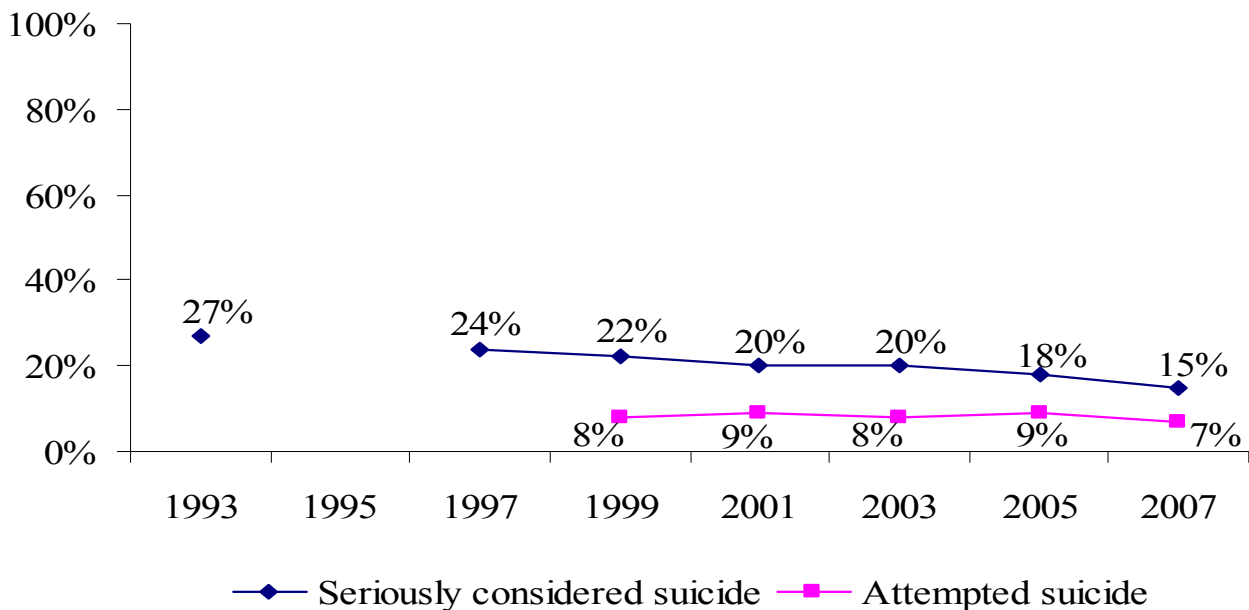
Among Wisconsin's high school students we have seen a decrease in the percent who report seriously considering suicide and making a plan to attempt suicide. Unfortunately, there has not been the same decrease in the percent of high students who report attempting suicide and the rate of those who die from suicide attempts.

- One out of five high school students reported feeling sad or hopeless almost everyday for two weeks or more in a row in the past 12 months.
- The prevalence of students who reported having seriously considered suicide in the past 12 months has dropped significantly from 27% of students in 1993 to 15% of students in 2007.
- The prevalence of students who reported making a plan about how they would attempt suicide has decreased significantly from 15% in 2005 to 10% in 2007.
- Students who reported they have attempted suicide in the past 12 months has remained steady from 1993 to 2007.

Female students were significantly more likely than male students to report risk behaviors related to suicide.

	Males	Females
Feeling sad or hopeless, two weeks in a row	16%	30%
Considered suicide	10%	20%
Made a plan to attempt suicide	8%	13%
Attempted suicide	5%	10%

Changes in thoughts of suicide and suicide attempts, 1993-2007



TOBACCO

Wisconsin Highlights

Use of cigarettes and other tobacco products has decreased significantly among Wisconsin high school students.

- In 2007, half of all high school students reported trying a cigarette at least one time in their life, compared to two-thirds in 2001.
- The prevalence of students who smoked a cigarette before the age of 13 decreased from 27% in 1993 to 12% in 2007.
- The prevalence of students who reported smoking a cigarette during the past 30 days decreased from 32% in 1993 to 21% in 2007.
- Reports of smoking cigarettes on school property decreased from 14% in 1993 to 6% in 2007.

Female and male students reported similar tobacco use behaviors, except for smokeless tobacco.

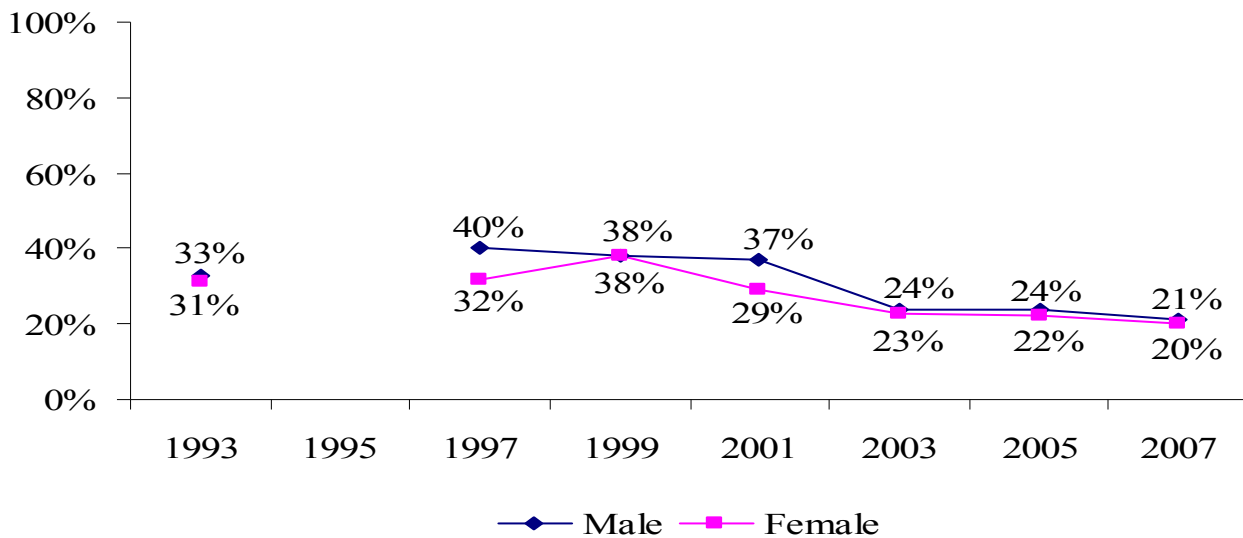
	Males	Females
Ever tried smoking a cigarette	49%	49%
Smoked cigarette prior to age 13	12%	11%
Smoked cigarette past 30 days	21%	20%
Used smokeless tobacco past 30 days	13%	2%

Among students who smoke, heavy smoking behavior dropped significantly.

	1993	2007
Smoked on 20 or more of the past 30 days	16%	9%
Smoked more than 10 cigarettes per day on the days they smoked	15%	9%
Smoked cigarettes daily	25%*	14%

*Question first appeared on the 2001 YRBS questionnaire

Changes in cigarette smoking past 30 days, by gender, 1993-2007



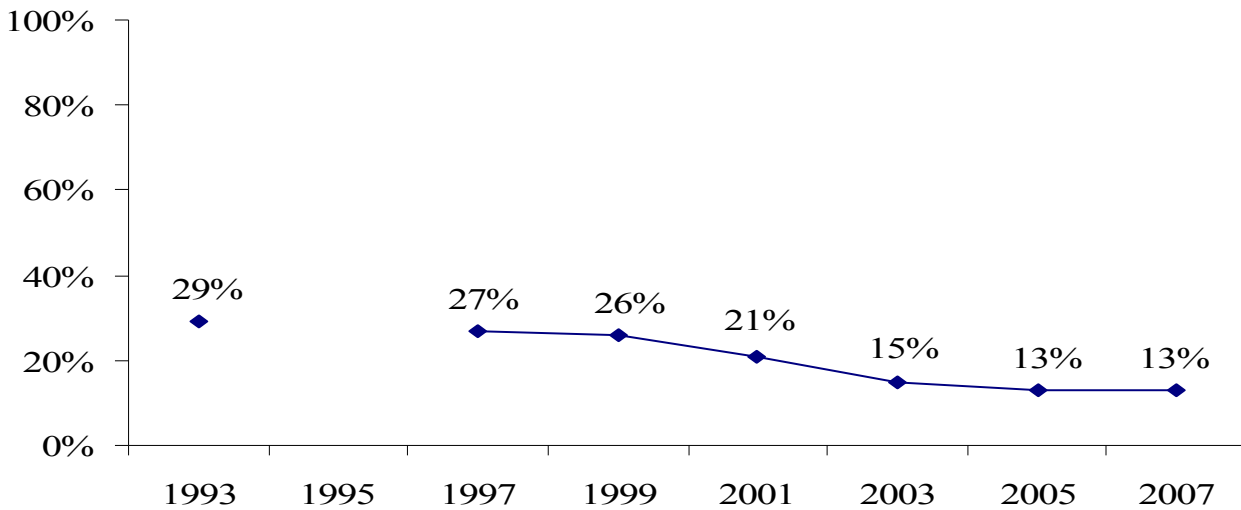
TRAFFIC SAFETY

Wisconsin Highlights

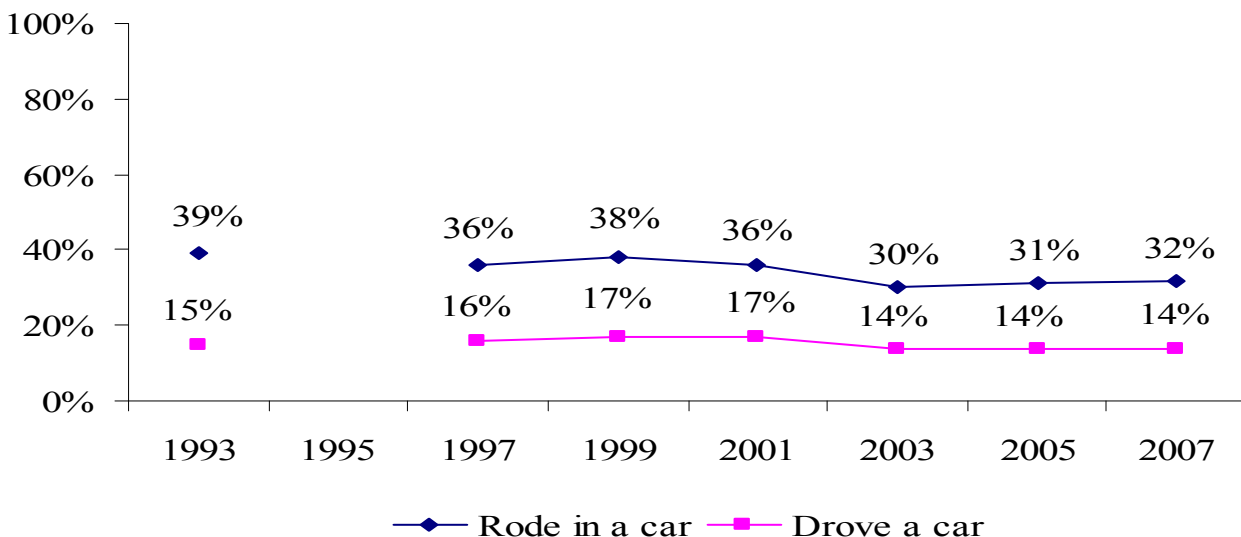
Motor vehicle crashes are the leading cause of death among youth (5-17 year olds) in Wisconsin. Fortunately over the last 15 years more Wisconsin high school students report wearing a seat belt and not being a passenger in a car driven by someone who has been drinking alcohol. Unfortunately a significant percent of high school students still report drinking and driving and not consistently wearing a seat belt.

- Student reports of bicycle helmet use increased significantly from 1993 to 2007.
- One-third of students reported riding with a driver who had been drinking alcohol at least once in the past 30 days.
- One out of four 12th grade students reported driving after drinking alcohol at least once in last 30 days.
- Fourteen percent of 11th grade students reported driving after drinking alcohol at least once in the last 30 days.

Changes in seatbelt use (“never” or “rarely”) when riding in a car driven by someone else, 1993-2007



Frequency of driving after drinking alcohol or being a passenger in a car driven by someone who had been drinking alcohol, 1993 - 2007



WEAPONS & VIOLENCE

Wisconsin Highlights

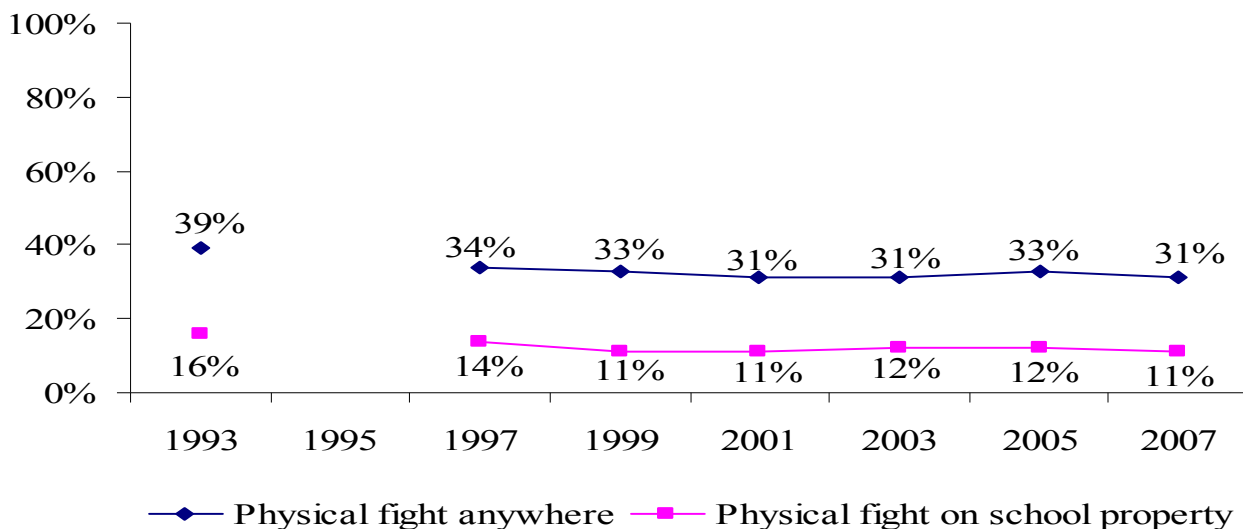
The majority of Wisconsin high school students report feeling safe at school and they are significantly less likely to experience violence at school than off of school grounds. However, a significant number of students report being harassed and bullied while at school and violence is an issue of concern for many high school students.

- Twenty-one percent of students reported that someone tried to hurt them by hitting, punching, or kicking them while at school.
- One out of five high school students reported being bullied to the point that they felt unsafe at school or it was hard to do their best at school.
- Almost half (47%) of high school students either strongly agreed or agreed that harassment and bullying were a problem at their school. In addition, one out of three high school students either strongly agreed or agreed that violence was a problem at their school.
- The percentage of high school students who reported carrying a weapon, including a gun, both anywhere and on school property decreased significantly from 1993 to 2007.
- Reports of physical fighting, including on school property decreased significantly from 1993 to 2007.
- Six percent of students reported not going to school in the past month because they felt unsafe at school or on their way to or from school.
- Female students were significantly more likely to report being forced, either verbally or physically, to take part in a sexual activity (15% females compared to 5% males).

Male students reported higher risk taking behaviors related to violence

	Males	Females
Carried a weapon, anywhere	21%	4%
Physical fight anywhere	39%	23%
Physical fight at school	14%	8%
Being hit, punched, or kicked at school	27%	14%

Changes in physical fighting in the past 12 months, by location, 1993-2007



Changes in weapons (gun, knife, or club) carrying in the past 30 days, by location, 1993-2007

