

# 2009 Wisconsin Youth Risk Behavior Survey

## Executive Summary

The 2009 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 2009 Wisconsin YRBS in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behaviors; 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 2,434 students in 57 public schools in Wisconsin in the spring of 2009. The school response rate was 89%, the student response rate was 88%, and the overall response rate was 79%. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin. The weighted demographic characteristics of the sample are as follows:

Female	49%	9th grade	25%	Black*	9%
Male	51%	10th grade	24%	Hispanic/ Latino	6%
		11th grade	25%	White*	79%
		12th grade	25%	All other races	3%
				Multiple races	2%

The 2009 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. Most of the graphs provide trends for the total population (i.e., Wisconsin public high school students) and a few look at trends by gender. 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.

Students completed a self-administered, anonymous, 99-item questionnaire. 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.

\*Non-Hispanic

# Wisconsin YRBS Trend Summary 1993–2009

Key
▲ Increased
▼ Decreased
— No Change

## Alcohol

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

## Other Drugs

- ▼ Ever used methamphetamines
- ▲ Ever used marijuana
- Tried marijuana before age 13
- ▲ Current marijuana use (past 30 days)
- Ever used cocaine
- ▼ Ever used ecstasy
- ▼ Offered, sold, or were given illegal drugs on school property

## Physical Activity

- ▲ 60 or more minutes of physical activity per day
- ▼ Watched 3 or more hours of TV on an average school day
- Played computer games 3 or more hours on an average school day

## Sexual Behaviors

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

## 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

## Weight

- Overweight (according to body mass index)
- Obese (according to body mass index)

## Traffic Safety

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

## Weapons and Violence

- ▼ Carrying a weapon anywhere
- ▼ Carrying a gun
- ▼ Carrying a weapon 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

## Tobacco

- ▼ Ever tried cigarettes
- ▼ Smoked first cigarette before age 13
- ▼ Current smoking (past 30 days)
- ▼ Daily smoking
- ▼ Smokeless tobacco use
- Current cigar smoking

# 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 2009 students reported high levels of social support, including family and teacher support, which are essential in preventing risk behaviors among youth.

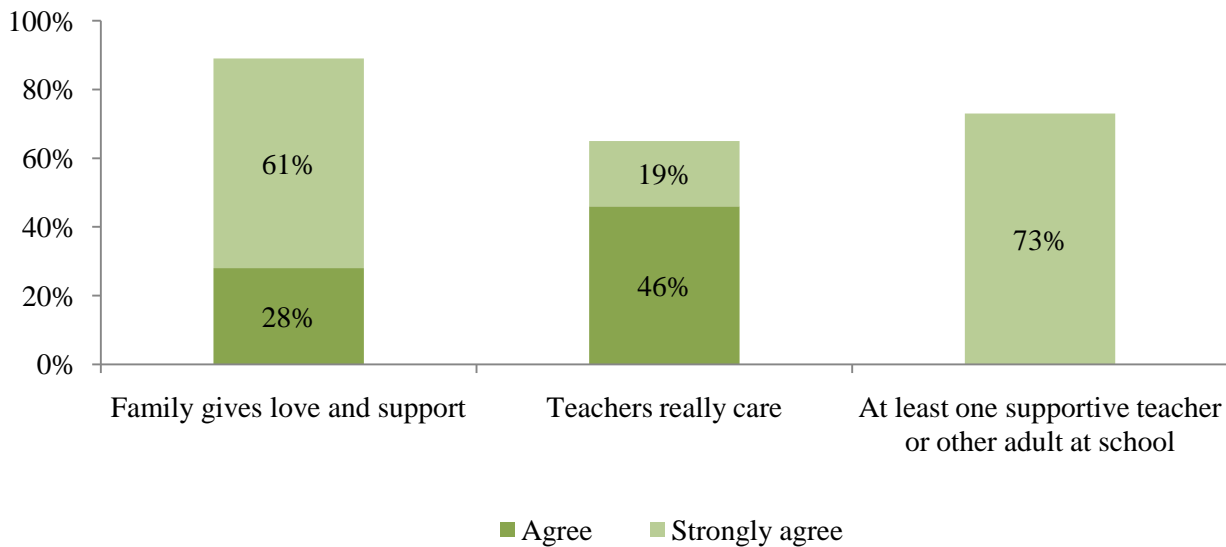
Over the last decade Wisconsin students who reported having strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using tobacco and marijuana, drinking alcohol, and having sex.

Students reporting 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	90%	87%
Teachers really care, give support, and encouragement	64%	66%
Feel like you belong at school	75%	71%
Adult (teacher or other staff) at school you could talk to	70%	75%

### Social support received from family, teachers, and other adults



# ALCOHOL & OTHER DRUGS

## Wisconsin Highlights

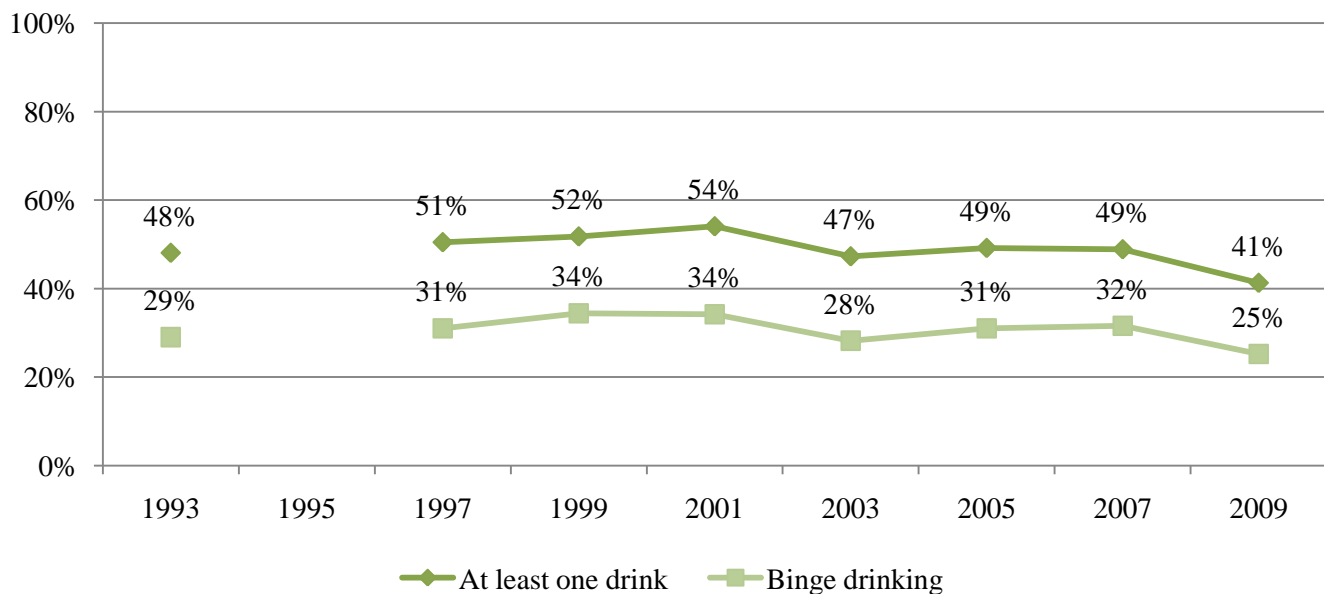
In 2009 a large percentage of Wisconsin high school students reported drinking alcohol. The percentage of students reporting binge drinking (five or more drinks of alcohol in a row) in Wisconsin is higher than most states.

- During 1993-2009 a significant decrease occurred in the percentage of students who reported drinking alcohol in the past 30 days (48%-41%).
- Twenty-five percent of students reported binge drinking (5 or more drinks of alcohol in a row) in the past 30 days.
- The prevalence of marijuana use has increased significantly between the years 1993-2009. Students who reported using marijuana at least once in their life has increased from 23% in 1993 to 34% in 2009. Current marijuana use (past 30 days) has increased from 11% in 1993 to 19% in 2009. However during 2001-2009 there was a downward trend of students who reported using marijuana at least once in their life and those who reported current use.
- During 2007-2009 a significant decrease occurred in the percentage of students who reported using ecstasy one or more times during their life.
- In the past four years the percent of students who reported using methamphetamines at least once in their lifetime has decreased significantly (6%-3%).
- Between 1997 and 2009 the percentage of students who reported being offered, sold, or given an illegal drug on school property during the past 12 months decreased significantly from 28% to 21%.

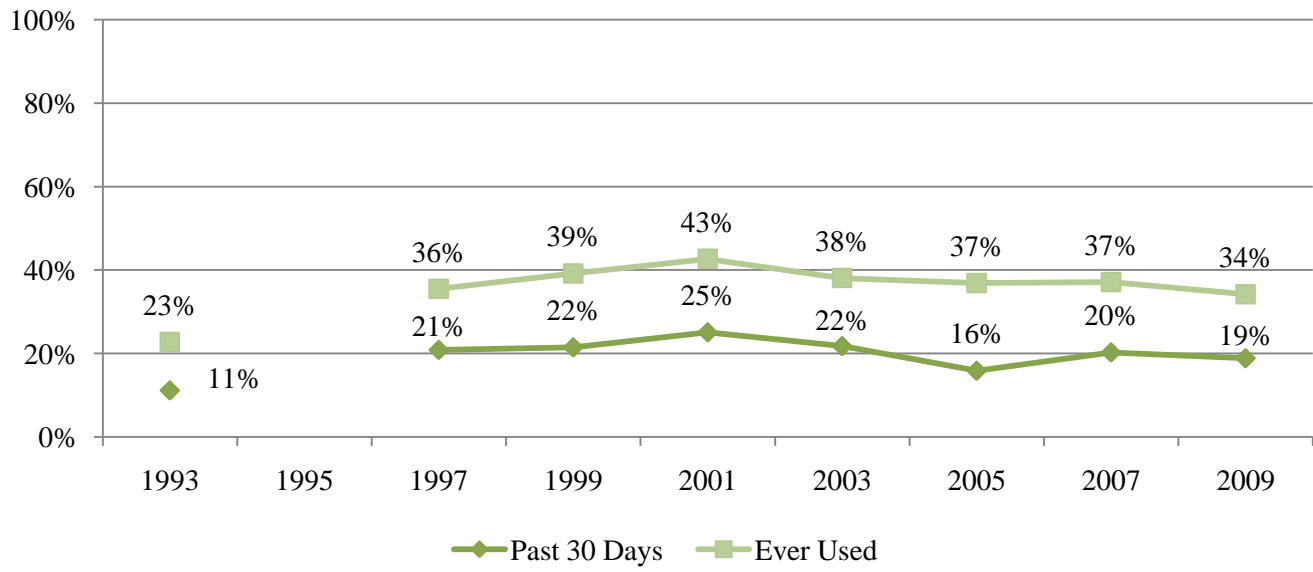
## Abuse of prescription and over-the-counter drugs

	Males	Females
Ever taken a <b>prescription drug</b> without a doctor's prescription	20%	21%
Ever taken an <b>over-the-counter drug</b> to get high	11%	12%

## Changes in alcohol use, past 30 days, 1993-2009



### Changes in marijuana use, 1993-2009



# NUTRITION & PHYSICAL ACTIVITY

## Wisconsin Highlights

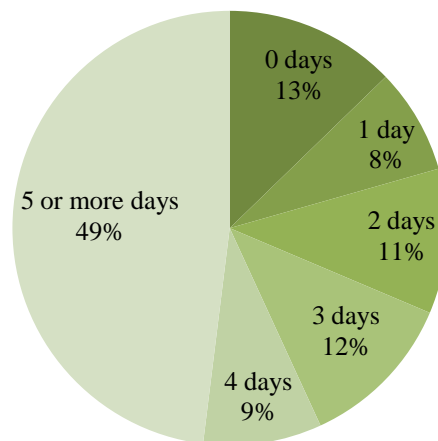
Overall, Wisconsin high school students report inadequate levels of physical activity and consumption of fruits and vegetables. The percent of overweight and obese high school students, as measured on the YRBS, has not changed since 1999.

- One-fourth of high school students are overweight or obese according to their height and weight (self-reported) for their age. Males are more likely to be obese compared to females.
- Only one out of five students reported eating five or more fruits and vegetables per day over the last week.
- Twenty-three percent of students reported drinking one or more cans, bottles, or glasses of pop per day over the last seven days. Males were significantly more likely to drink pop compared to females.
- One out of two students reported being physically active 60 or more minutes per day on five or more of the past seven days. Females were significantly less likely to report being physically active compared to males.
- One out of four students reported watching TV for three or more hours per day on an average school day.
- Twenty-four percent of male students reported using a computer for nonschool work for three or more hours per day on an average school day, compared to 14% of females.

### Male and female students seldom reported similar dietary and physical activity behaviors.

	Males	Females
Obese	12%	7%
Trying to lose weight	28%	59%
Drank one or more pops/day during the past week	29%	17%
Physically active 60 or more minutes/day on five or more days/week	55%	42%
Watched TV for three or more hours/day on a school day	27%	19%
Used a computer for nonschool work three or more hours/day on a school day	24%	14%

**Frequency of 60 or more minutes of physical activity per day over the past seven days**



# SEXUAL BEHAVIORS

## Wisconsin Highlights

Many of the sexual risk behaviors reported by high school students on the YRBS have decreased significantly since 1993. However a significant percentage of students are still engaging in risky sexual behaviors and putting themselves at risk for negative health outcomes.

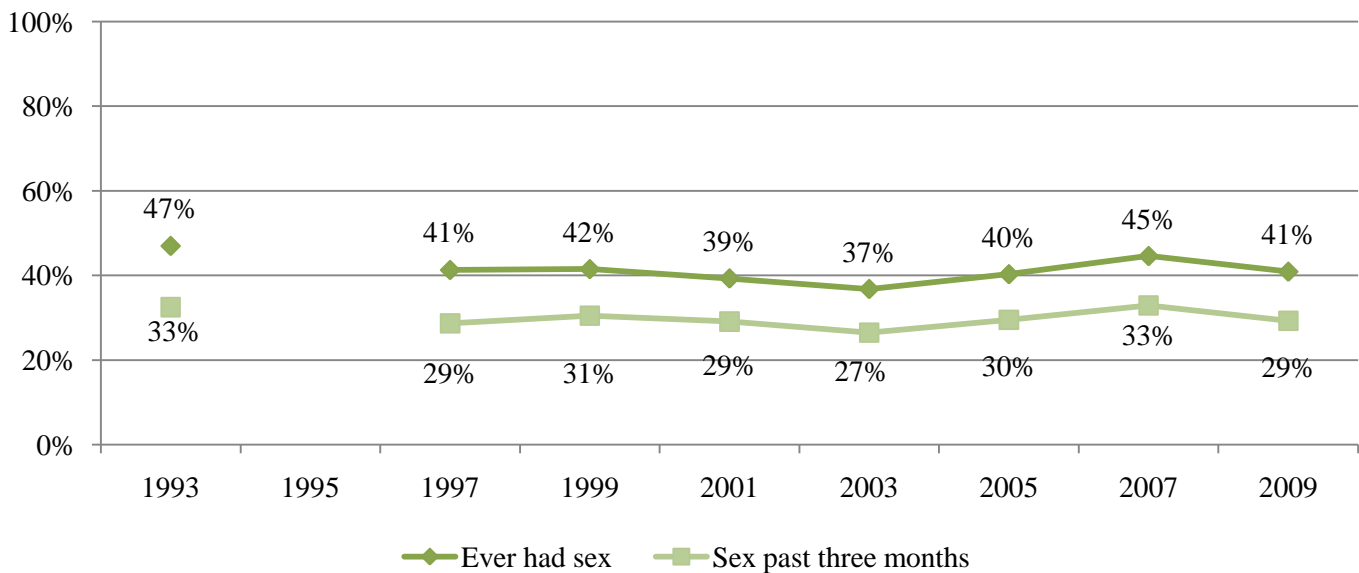
- During 1993-2009 a significant decrease occurred in the percentage of students who reported ever having had sexual intercourse (47%-41%).
- The long-term trend of high school students who reported having had sexual intercourse with at least one partner in the last three months has remained unchanged, 33% in 1993 to 29% in 2009.
- The percentage of students who reported sexual intercourse before the age of 13 decreased during 1993-2009 (7%-3%).
- The percentage of students who reported multiple sexual partners (four or more) decreased during 1993-2009 (14%-10%).

## Sexual behaviors among sexually active students\*

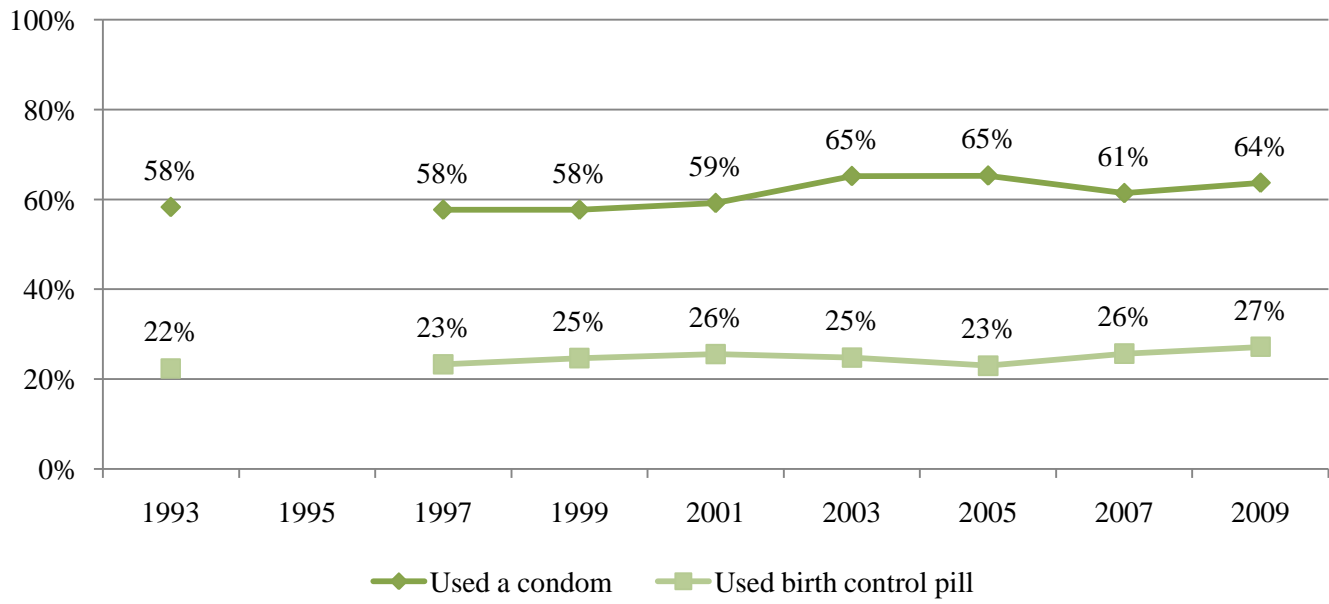
	Males	Females
Had sexual intercourse	27%	32%
Used alcohol or drugs before last sexual intercourse	19%	14%
Condom use last sexual intercourse	69%	59%
Used birth control pills last sexual intercourse	20%	33%

\*Had sexual intercourse during the past three months

## Changes in sexual intercourse, 1993-2009



**Changes in condom and birth control pill use among sexually active students, 1993-2009\***



\*Had sexual intercourse during the last three months



# SUICIDE

## Wisconsin Highlights

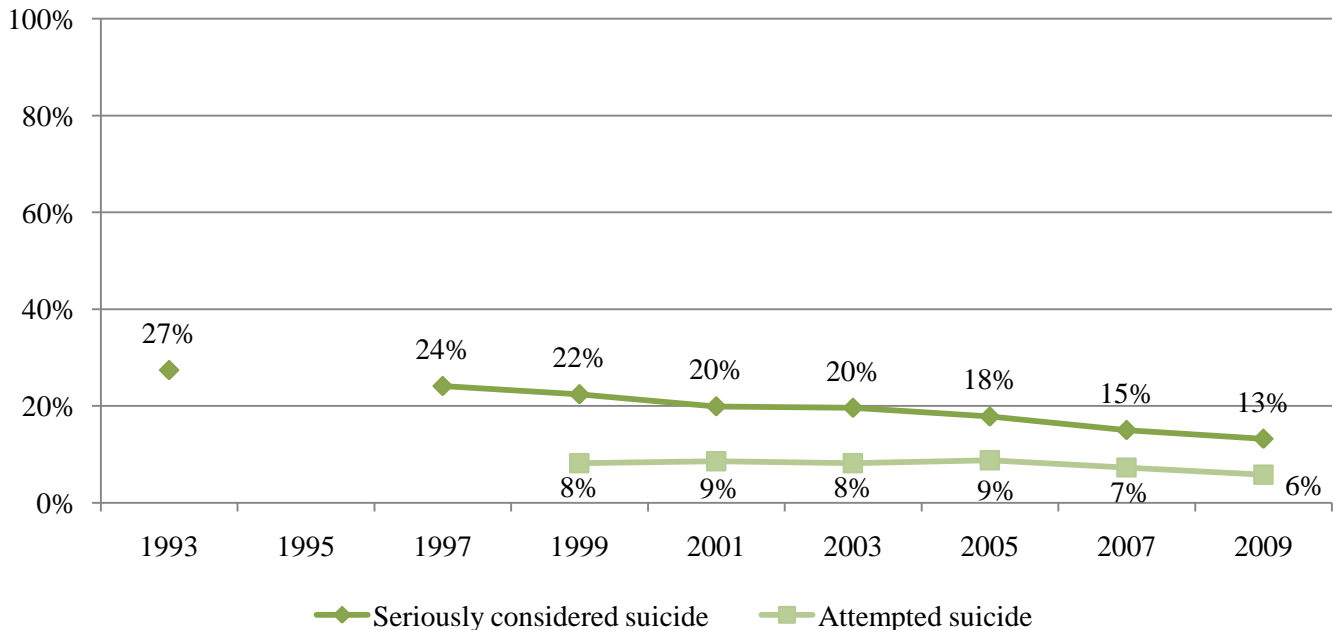
The youth suicide rate in Wisconsin consistently exceeds the national average. Wisconsin YRBS data indicate a clear downward trend in the percent of students who report feeling sad or hopeless and those seriously considering suicide. However the long-term trend for students who have made a plan to attempt suicide or attempted suicide has remained relatively stable.

- One out of five high school students reported feeling sad or hopeless almost every day for two weeks or more in a row in the past 12 months.
- During 1993-2009 a significant decrease occurred in the percentage of students who reported having seriously considered suicide in the past 12 months (27%-13%).
- The percentage of students who reported making a plan about how they would attempt suicide decreased from 2005 to 2007 (15%-10%) but then did not change significantly during 2007-2009 (10%-11%).
- Students who reported they have attempted suicide in the past 12 months has significantly decreased from 1993 to 2009 (8%-6%).

### 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%	26%
Considered suicide	10%	16%
Made a plan to attempt suicide	9%	13%
Attempted suicide	5%	7%

### Changes in thoughts of suicide and suicide attempts, 1993-2009



# TOBACCO

## Wisconsin Highlights

The trend of decreasing cigarette and other tobacco use among Wisconsin high school students now stretches over a decade. In 2009 Wisconsin saw significant decreases on most measures of tobacco use on the YRBS.

- In 2009, 44% of high school students reported trying a cigarette at least one time in their life compared to 64% in 2001.
- The prevalence of students who smoked a cigarette before the age of 13 decreased from 27% in 1993 to 9% in 2009.
- During 1993-2009 a significant decrease occurred in the percentage of students who reported smoking a cigarette on one or more of the past 30 days (32%-17%).
- Reports of smoking cigarettes on school property in the past 30 days has decreased from 14% in 1993 to 5% in 2009.

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

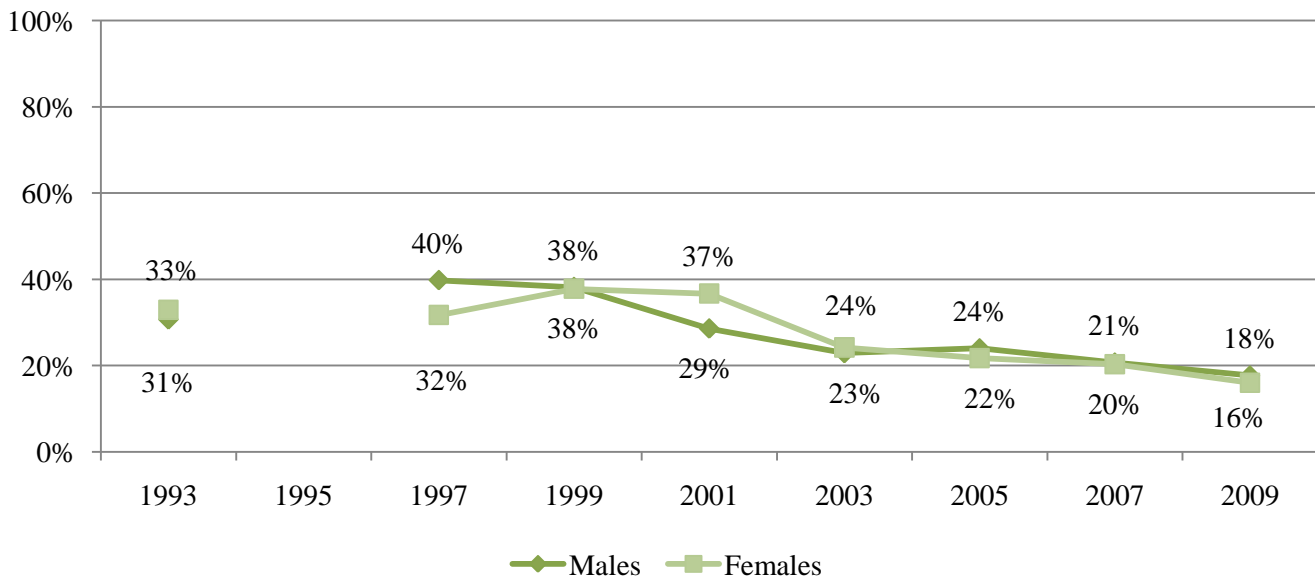
	Males	Females
Ever tried smoking a cigarette	45%	43%
Smoked cigarette prior to age 13	12%	10%
Smoked cigarette past 30 days	18%	16%
Used smokeless tobacco past 30 days	13%	4%
Smoked cigar past 30 days	21%	8%

## Among students who smoke, heavy smoking behavior dropped significantly.

	1993	2009
Smoked on 20 or more of the past 30 days	16%	7%
Smoked more than 10 cigarettes per day on the days they smoked	15%	6%
Smoked cigarettes daily	25%*	11%

\*2001 YRBS data

## Changes in cigarette smoking past 30 days, by gender, 1993-2009



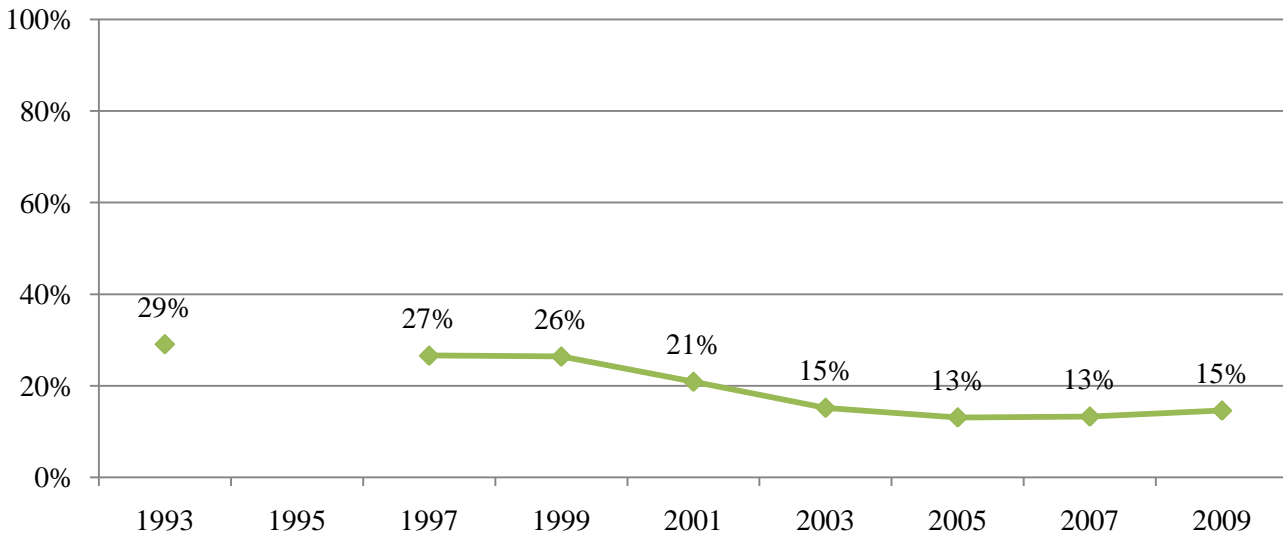
# TRAFFIC SAFETY

## Wisconsin Highlights

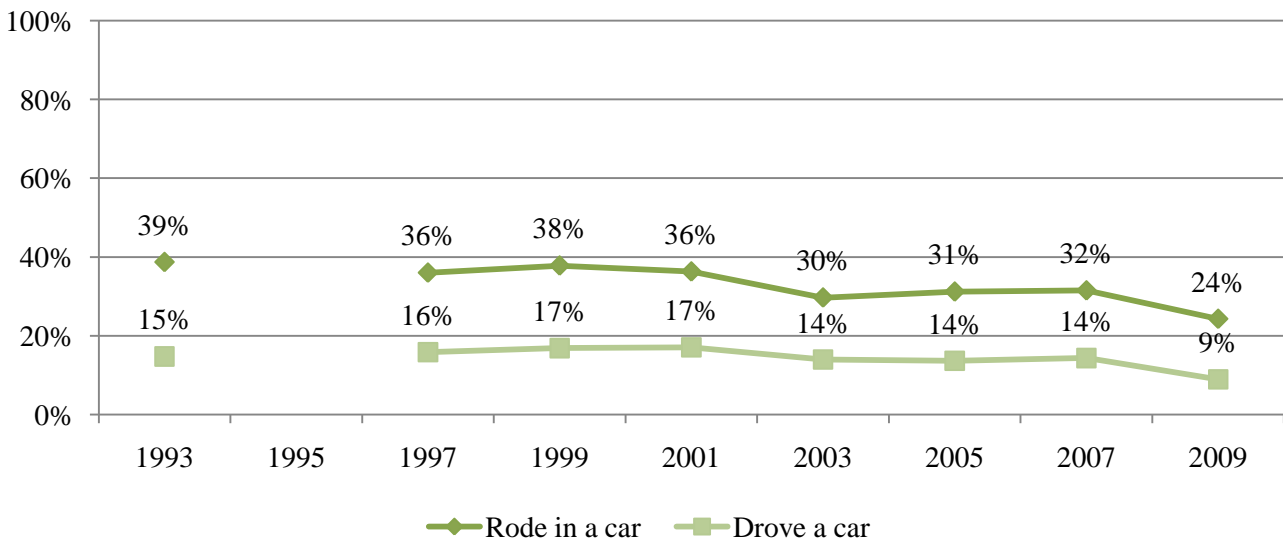
Motor vehicle crashes are the leading cause of death among youth (5-17 year olds) in Wisconsin. Fortunately we have seen a significant increase in the percent of Wisconsin high school students who report wearing a seat belt and not being a passenger in a car driven by someone who has been drinking alcohol.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

- During 1993-2009 a significant decrease occurred in the percentage of students who reported never or rarely wearing a seat belt when riding in a car driven by someone else (29%-15%).
- One out of four students reported riding with a driver who had been drinking alcohol at least once in the past 30 days.
- Fourteen percent of 11<sup>th</sup> grade students and 17% of 12<sup>th</sup> grade students reported driving after drinking alcohol at least once in last 30 days.

### Changes in seatbelt use (“never” or “rarely”) when riding in a car driven by someone else, 1993-2009



### Frequency of driving after drinking alcohol or being a passenger in a car driven by someone who had been drinking alcohol, 1993-2009



## WEAPONS & VIOLENCE

### Wisconsin Highlights

A majority of Wisconsin high school students report feeling safe at school and they report fewer incidents of violence at school than not at school. 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.

- Eighteen percent of students reported that someone tried to hurt them by hitting, punching, or kicking them while at school.
- Twenty-three percent of high school students reported being bullied on school property during the past 12 months.
- Over one-third of male students (36%) and approximately one-half of female students (47%) believed that harassment and bullying were a problem at their school.
- One out of five high school students believed 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 2009.
- Reports of physical fighting, including on school property, decreased significantly from 1993 to 2009.
- Four 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 than males to report being forced, either verbally or physically, to take part in a sexual activity (14% compared to 4%).
- Nineteen percent of female students reported purposely hurting themselves (e.g., cutting, burning) compared to nine percent of males.

### Feeling safe from physical harm when at school

	2009
Never	6%
Rarely	3%
Sometimes	6%

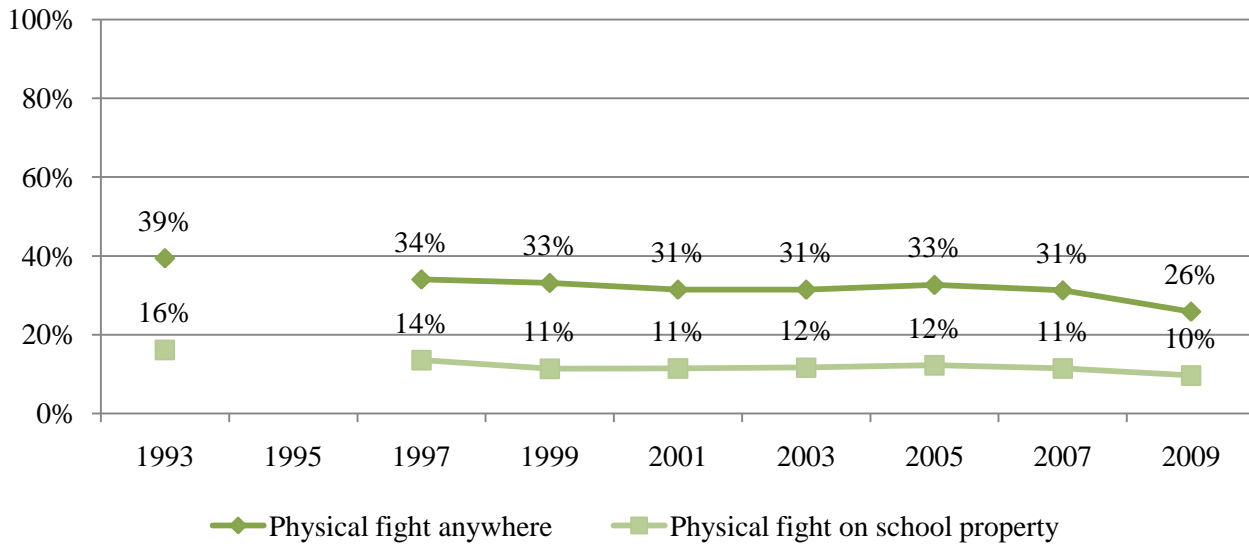
### Male students reported higher risk taking behaviors related to violence\*

	Males	Females
Carried a weapon anywhere	18%	3%
Physical fight anywhere	33%	19%
Physical fight at school	13%	7%
Being hit, punched, or kicked at school	23%	13%

\*During the past 12 months

## WEAPONS & VIOLENCE

Changes in physical fighting in the past 12 months, by location, 1993-2009



Changes in weapons (gun, knife, or club) carrying in the past 30 days, by location, 1993-2009

