

The number '2011' is rendered in a large, bold, sans-serif font. The '2' is red, the '0' is orange, the first '1' is yellow, and the second '1' is green. The numbers are set against a background of overlapping, semi-transparent rainbow arcs in shades of orange, yellow, and red. Below the numbers is a horizontal bar with segments of red, purple, yellow, and green.

**2011**

**YOUTH RISK BEHAVIOR SURVEY**

**Executive Summary**

**WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION**

**Tony Evers, PhD, State Superintendent**

# Executive Summary

The 2011 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 2011 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 3,043 students in 58 public schools in Wisconsin in the spring of 2011. The school response rate was 89%, the student response rate was 85%, 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	7%
		11th grade	25%	White*	78%
		12th grade	25%	All other races	1%
				Multiple races	3%

\*Non-Hispanic



The 2011 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.

## 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 2011, students reported high levels of social support, including family and teacher support, which are essential in preventing risk behaviors among youth.

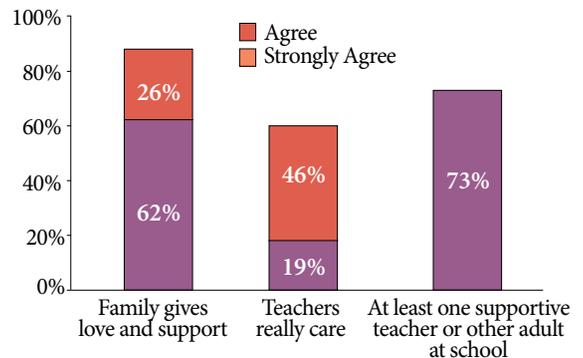
Over the last decade, Wisconsin students who reported having strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using tobacco and marijuana, drinking alcohol, and having sex.

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 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 female students reported high levels of social support.

	Males	Females
Family gives love and support	90%	86%
Teachers really care, give support and encouragement	65%	66%
Feel like you belong at school	77%	72%
Adult (teacher or other staff) at school you could talk to	70%	76%

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



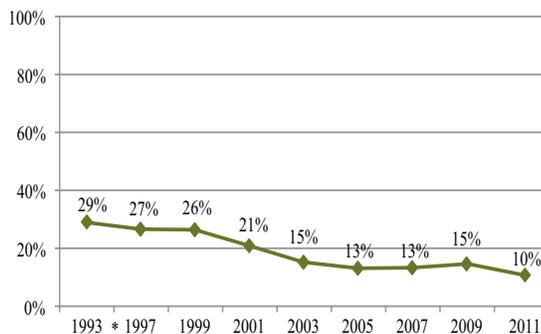
# Traffic Safety

## Wisconsin Highlights

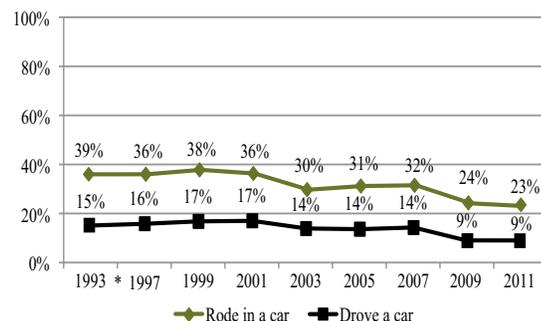
Motor vehicle crashes are the leading cause of death among youth (5-17 year olds) in Wisconsin. Fortunately, we have seen a significant increase in the percentage of Wisconsin high school students who report wearing a seat belt and not being a passenger in a car driven by someone who has been drinking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

- During 1993-2011, 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%-10%).
- Nearly one out of four students reported riding with a driver who had been drinking alcohol at least once in the past 30 days.
- Eleven percent of 11th grade students and 17% of 12th 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, 1993-2011



Frequency of driving after drinking alcohol or being a passenger in a car driven by someone who had been drinking alcohol, 1993-2011



# 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.

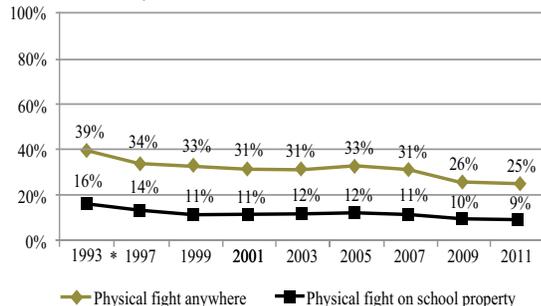
- Eighteen percent of students reported that someone tried to hurt them by hitting, punching, or kicking them while at school.
- Twenty-four percent of high school students reported being bullied on school property. Seventeen percent of high school students were electronically bullied anywhere during the past 12 months.
- Over one-third of male students (36%) and approximately one-half of female students (54%) 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 2011.
- Reports of physical fighting, including on school property, decreased significantly from 1993 to 2011.
- Female students were significantly more likely than males to report being forced, either verbally or physically, to take part in a sexual activity (16% compared to 5%).
- Twenty-four percent of female students reported purposely hurting themselves (e.g., cutting, burning) compared to 11% of males.

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

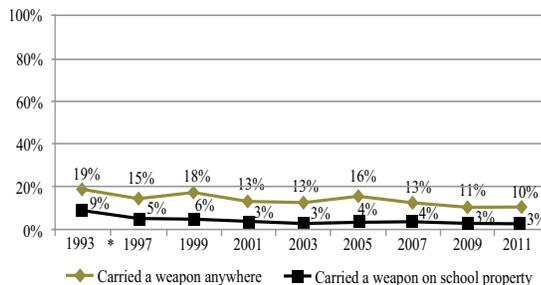
	Males	Females
Carried a weapon anywhere	17%	4%
Physical fight anywhere	31%	20%
Physical fight at school	12%	6%
Being hit, punched or kicked at school	24%	12%

\*During the past 12 months

Changes in physical fighting in the past 12 months, by location, 1993-2011



Changes in weapons (gun, knife, or club) carrying in the past 30 days, by location, 1993-2011



\*1995 data unavailable

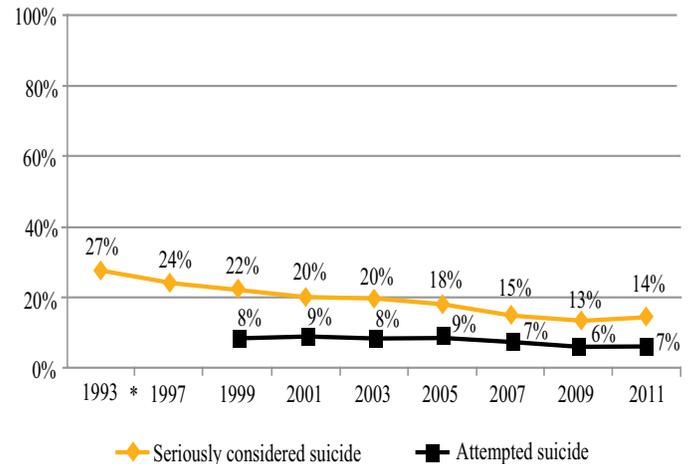
# Suicide

## Wisconsin Highlights

The youth suicide rate in Wisconsin consistently exceeds the national average. Wisconsin YRBS data indicate a clear downward trend in the percentage of students who report feeling sad or hopeless and those seriously considering suicide.

- Twenty-three percent of 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 1993-2011, a significant decrease occurred in the percentage of students who reported having seriously considered suicide in the past 12 months (27%-14%).
- The percentage of students who reported making a plan, about how they would attempt suicide decreased from 15% in 2005 to 12% in 2011.
- Students who reported attempting suicide in the past 12 months decreased from 1993 to 2011 (8%-7%).

Changes in thoughts of suicide and suicide attempts, 1993-2011



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%	17%
Made a plan to attempt suicide	10%	13%
Attempted suicide	6%	8%

# Tobacco

## Wisconsin Highlights

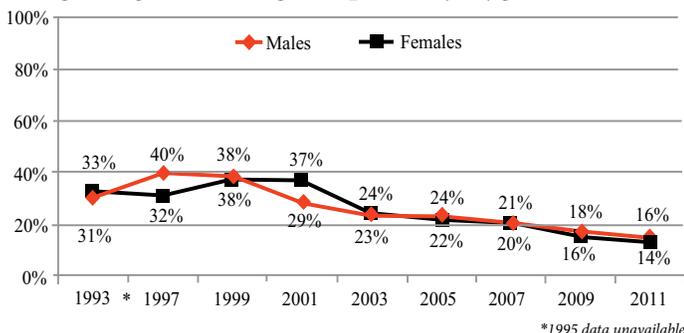
The trend of decreasing cigarette and other tobacco use among Wisconsin high school students now stretches over a decade. In 2011, Wisconsin saw significant decreases on most measures of tobacco use on the YRBS.

- In 2011, 41% 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 2011.
- During 1993-2011, a significant decrease occurred in the percentage of students who reported smoking a cigarette on one or more of the past 30 days (32%-15%).
- Reports of smoking cigarettes on school property in the past 30 days has decreased from 14% in 1993 to 4% in 2011.

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

	Males	Females
Ever tried smoking a cigarette	42%	40%
Smoked cigarette prior to age 13	9%	9%
Smoked cigarette in the past 30 days	16%	14%
Used smokeless tobacco in the past 30 days	14%	2%
Smoked cigar in the past 30 days	21%	9%

Changes in cigarette smoking in the past 30 days, by gender, 1993-2011



Among students who smoke, heavy smoking behavior dropped significantly.

	1993	2011
Smoked on 20 or more of the past 30 days	16%	5%
Smoked more than 10 cigarettes per day on the days they smoked	15%	4%
Smoked cigarettes daily	25%*	9%

\*2001 YRBS data.

# Alcohol & Other Drugs

## Wisconsin Highlights

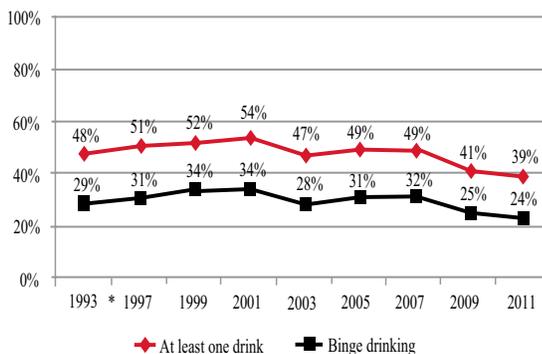
In 2011, a large percentage of Wisconsin high school students reported drinking alcohol. The percentage of students reporting binge drinking (five or more drinks of alcohol in a row) in Wisconsin is higher than most states.

- During 1993-2011, a significant decrease occurred in the percentage of students who reported drinking alcohol in the past 30 days (48%-39%).
- Twenty-four percent of students reported binge drinking (five or more drinks of alcohol in a row) in the past 30 days, including 29% of 11th grade and 37% of 12th grade students.
- The prevalence of marijuana use has increased between the years 1993-2011. Students who reported using marijuana at least once in their life has increased significantly from 23% in 1993 to 37% in 2011. One out of five students reported using marijuana one or more times in the past 30 days.
- In the past six years the percentage of students who reported using methamphetamines at least once in their lifetime has decreased significantly (6%-2%).
- Between 1997 and 2011, 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%.

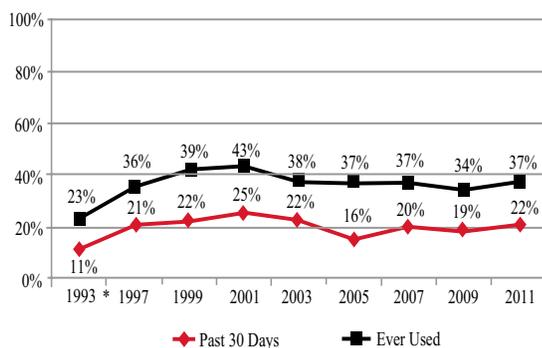
## Abuse of prescription and over-the-counter drugs

	Males	Females
Ever taken a <b>prescription drug</b> without a doctor's prescription	18%	18%
Ever taken an <b>over-the-counter drug</b> to get high	12%	9%

## Changes in alcohol use in the past 30 days, 1993-2011



## Changes in marijuana use, 1993-2011



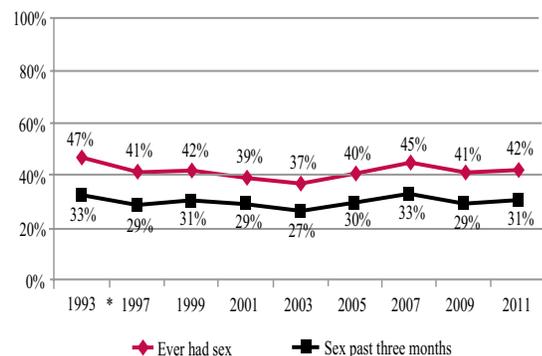
# Sexual Behaviors

## Wisconsin Highlights

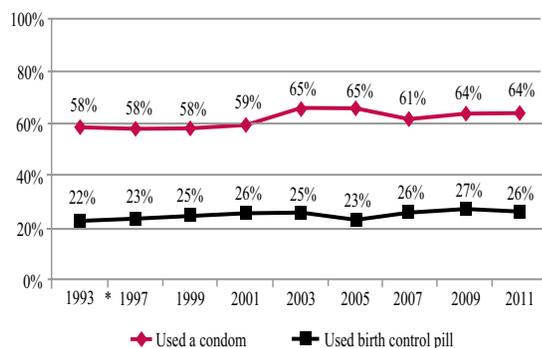
Many of the risky sexual behaviors reported by high school students on the YRBS have decreased significantly since 1993. However, a significant percentage of students are still engaging in risky sexual behaviors and putting themselves at risk for negative health outcomes.

- During 1993-2011, a significant decrease occurred in the percentage of students who reported ever having had sexual intercourse (47%-42%).
- 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 31% in 2011.
- The percentage of students who reported sexual intercourse before the age of 13 decreased during 1993-2011 (7%-4%).
- The percentage of students who reported multiple sexual partners (four or more) decreased during 1993-2011 (14%-10%).

## Changes in sexual intercourse, 1993-2011



## Changes in condom and birth control pill use among sexually active students, 1993-2011\*



\*1995 data unavailable

## Sexual behaviors among sexually active students\*

	Males	Females
Had sexual intercourse	29%	33%
Used alcohol or drugs before last sexual intercourse	23%	17%
Used condom during last sexual intercourse	71%	58%
Used birth control pills before last sexual intercourse	19%	32%

\*Had sexual intercourse during the last 3 months

# Nutrition & Physical Activity

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

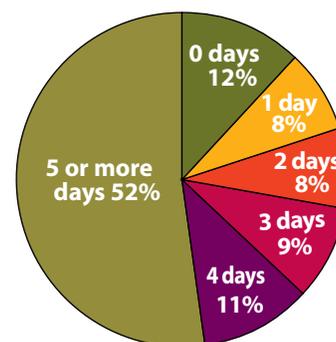
	Males	Females
Obese	14%	7%
Trying to lose weight	30%	60%
Drank one or more pops/day during past week	29%	17%
Physically active 60 or more minutes/day on five or more days/week	58%	45%
Watched TV for three or more hours/day on a school day	24%	24%
Played video games or computer games or used a computer for non school work three or more hours/day on a school day	30%	17%

## Wisconsin Highlights

Overall, Wisconsin high school students report inadequate levels of physical activity, consumption of breakfast, and 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.
- One out of two students did not eat breakfast on four or more days in the past seven days.
- 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.
- The percentage of students who reported being physically active 60 or more minutes per day on five or more of the past seven days increased significantly from 35% in 2005 to 52% in 2011. 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.
- From 2007 to 2011, the percentage of males who played video and computer games or used a computer for non school work increased significantly from 24% to 30%.

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



## Wisconsin YRBS Trend Summary 1993 – 2011

Key	
▲	Increased
▼	Decreased
—	No Change

### Alcohol

- ▼ First drink of alcohol before age 13
- ▼ Current alcohol use (past 30 days)
- ▼ Binge drinking (five or more 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 three or more hours of TV on an average school day
- Played computer games three or more hours on an average school day

### Sexual Behaviors

- ▲ Abstaining longer before first sexual intercourse
- ▼ Ever had sexual intercourse
- ▼ Multiple sexual partners (four or more)
- ▲ 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

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Student Services/Prevention and Wellness Team  
Wisconsin Department of Public Instruction  
125 South Webster Street  
P.O. Box 7841  
Madison, Wisconsin 53707-7841  
(608) 266-8960

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Tony Evers, PhD  
State Superintendent

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