

# 2017 OREGON HEALTHY TEENS SURVEY



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Oregon  
Health  
Authority



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# 1 INTRODUCTION

## 1.1 Overview

*"No educational tool is more essential than good health."*

Council of Child State School Officers

There is a strong, well-established link between health and learning. Students' health impacts attendance, test scores, and the ability to pay attention in class. Emotional, social and physical health problems can become barriers to learning, making it more difficult for students to be academically or behaviorally successful in school. Addressing the health and well-being of the whole child can go a long way to support achievement in school.

The Oregon Healthy Teens (OHT) Survey is a survey of 8<sup>th</sup> and 11<sup>th</sup> grade youth conducted in the spring of 2017. The OHT Survey is conducted in odd-numbered years, alternating with Oregon Health Authority's (OHA) Student Wellness Survey (SWS), which is administered in even-numbered years. The OHT Survey is an anonymous and voluntary survey sponsored by the Oregon Health Authority (OHA) in collaboration with the Oregon Department of Education. The survey is offered in two platforms: by paper or online.

This report provides a glimpse into the health and well-being of 8<sup>th</sup> and 11<sup>th</sup> graders in Oregon. Young people need the support of caring adults to help them navigate their expanding roles, relationships and responsibilities. Information from this report will help your schools and communities identify strengths and areas to work on to better meet the needs of your student population.

## 1.2 Health and Learning

Good health is necessary for academic success. It is difficult for students to be successful in school if they are depressed, tired, being bullied, abused, stressed, sick, hungry, gambling, or using alcohol or other drugs. Keeping students healthy involves engaging families, school administrators, school nurses or school health staff, teachers, students, and communities to help create a healthy learning environment that promotes students' physical, social and emotional well-being. Young people's potential to learn increases by reinforcing positive behaviors and helping students develop knowledge and skills to make smart and healthy choices.

Even in a community where most young people are thriving, others will develop problems, which can affect the well-being of their peers as well as themselves. Behavior such as the use of alcohol, tobacco, and other drugs (ATOD) among students continues to be a major concern in Oregon as it is across the nation. Substance use among school-aged children affects scholastic performance and motivation to remain in school - and sets a pattern that can follow an individual throughout his or her life. Monitoring factors that put children at risk for harmful behavior and factors that help protect against the initiation of these behaviors is essential to our efforts to prevent substance abuse and other risky behavior, and to promote youth well-being.

The OHT Survey helps Oregonians identify students' current health and safety habits so that improvements can be made where needed. Establishing healthy lifestyles for Oregon youth leads to improved learning in the classroom and longer, healthier and more productive lives for Oregon's population.

### 1.2.1 How Are OHT Survey Results Used?

The OHT survey provides a wealth of data for local school and community program planning, assessment, implementation and evaluation. OHT survey results are used by schools, state and local agencies, organizations, communities, and policy makers to:

- Identify and track youth health risks;
- Plan ways to promote healthy behavior and prevent risky behaviors;
- Inform health education curriculum;
- Support programs and activities that give students the knowledge and skills to support positive health behaviors;
- Inform new state or community-level policies;
- Develop laws to prevent injuries and unnecessary deaths; and
- Identify health priorities for fiscal resource allocations.

The monitoring of youth health provided through the OHT Survey improves the ability to procure health-related funding by providing the baseline data often required for grant writing. The OHT Survey also serves as an ongoing source for measuring



objectives and progress and is designed to help evaluate the effectiveness of a variety of projects and programs that promote healthy adolescence in Oregon. The data are also used to report state and national leading health indicators included in the Oregon Benchmarks <sup>1</sup> and Healthy People 2020.

OHT survey data may also be useful to highlight health-related learning support that your school provides in the School Readiness section of the new school report cards: <http://www.oregon.gov/ode/schools-and-districts/reportcards/reportcards/Pages/Report-Card-Redesign-1213.aspx>

### 1.3 Survey Methodology

The OHT Survey was designed to assess a wide range of topics that included school climate, positive youth development, sexual behavior, mental and emotional health, physical activity and nutrition, substance use, problem gambling, fighting and other risky behaviors.

OHT Survey results are used by schools, state and local agencies, organizations and communities to assess and monitor the health and well-being of Oregon youth and the environments in which they live. OHT Survey data can serve as a valuable tool for program planning, implementation, and evaluation. The data are essential information for communications with legislators and the public, and communities and local agencies will find the data improves their ability to procure funding by providing the baseline data needed for grant writing. In these ways, schools, communities and policy makers will find themselves poised to make effective decisions about behavior and health policies, services, programs and educational activities.

Results for each item do not include the missing answers, or the proportion of students who did not answer a specific question. These missings range from less than 1% to 13% for 8<sup>th</sup> grade and less than 1% to 11% for 11<sup>th</sup> grade, with the vast majority of questions having fewer than 10% missing.

The OHT Survey was designed with different questionnaires for 8<sup>th</sup> and 11<sup>th</sup> grade. The 8<sup>th</sup> grade version of the survey consisted of a subset of the questions found on the 11<sup>th</sup> grade version. For those questions that were only asked of 11<sup>th</sup> graders, only 11<sup>th</sup> grade data are reported.

This report is divided into topic-specific sections. Each section provides summary data tables that include results for both grade levels, where appropriate, and compares local data to that of the state. The state data for this report have been weighted based on statewide enrollment numbers. District and school data are unweighted.

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<sup>1</sup><https://public.health.oregon.gov/About/Pages/HealthStatusIndicators.aspx#data>

## 2 DEMOGRAPHICS

This section describes the demographic profile of participating students. In all, 28,139 students in grades 8 and 11 participated in this year's OHT Survey, similar to the number (30,477) participating in the 2015 OHT Survey. Logic edits to identify and remove unreliable responses resulted in a total of 14,852 8<sup>th</sup> grade and 11,895 11<sup>th</sup> grade completed surveys.

### 2.1 Participants by Grade & Gender

Table 1: Number of Participants by Grade

	Grade 8 State	Grade 11 State
TOTAL	14,852	11,895

Table 2: Number of Participants by Gender

	Grade 8 State	Grade 11 State
Female	7,037	5,728
Male	6,971	5,430
Transgender	52	47
Non-binary/GNC	716	650
I do not know what this question is asking	76	40
TOTAL	14,852	11,895

• *Non-binary/GNC includes gender nonconforming, genderqueer, gender fluid, intersex/intergender, something else fits better, and I am not sure of my gender identity.*

Table 3: Percent of Participants by Gender

	Grade 8 State %	Grade 11 State %
Female	47.4	48.2
Male	46.9	45.6
Transgender	0.4	0.4
Non-binary/GNC	4.8	5.5
I do not know what this question is asking	0.5	0.3

- *Percentages exclude missing answers.*
- *Non-binary/GNC includes gender nonconforming, genderqueer, gender fluid, intersex/intergender, something else fits better, and I am not sure of my gender identity.*

## 2.2 Race, Ethnicity and Age

The racial and ethnic composition of students in schools across Oregon varies considerably. While Whites remain the largest racial group (Table 4) approximately 25% of students reported being Hispanic. Students were also asked to report their age (Table 5).

As an initial step towards obtaining more granular information on race and ethnicity, the Asian and Pacific Islander categories were broken out into specific groups based on state population totals. To protect confidentiality, some of the smaller groups were combined for reporting purposes.

The following table shows the percentage of students that self-identified their race and ethnicity as...

Table 4: Race and Ethnicity

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Hispanic / Latino	28.2	25.0
Non-Hispanic American Indian	3.6	2.0
Non-Hispanic Alaska Native	0.1	0.2
Non-Hispanic Asian Indian	0.3	0.3
Non-Hispanic Chinese	1.1	0.9
Non-Hispanic Japanese	0.4	0.3
Non-Hispanic Korean	0.4	0.3
Non-Hispanic Vietnamese	1.1	1.2
Non-Hispanic Filipino	0.7	0.6
Non-Hispanic Native Hawaiian	0.3	0.2
Non-Hispanic Other Pacific Islander	0.6	0.7
Non-Hispanic Black or African American	2.2	2.2
Non-Hispanic White	56.8	62.8
Non-Hispanic Other	3.4	2.4
Non-Hispanic Multiple - No best given	0.8	0.8

• Percentages exclude missing answers.

The following table shows the reported ages of the students who participated in this survey.

Table 5: How old are you?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
12 years old or younger	0.2	0.0
13 years old	36.5	0.0
14 years old	61.5	0.0
15 years old	1.8	0.2
16 years old	0.0	35.9
17 years old	0.0	62.1
18 years old or older	0.0	1.8

• Percentages exclude missing answers.

### 2.3 Language Used at Home

Students were asked what language they used most often at home.

Table 6: Language Used at Home

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
English	83.9	85.9
Spanish	12.9	11.0
Another language	3.2	3.2

• Percentages exclude missing answers.

### 2.4 Sexual Orientation

Students were asked "Do you think of yourself as ..."

Table 7: Sexual Orientation

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Lesbian or gay	1.5	2.1
Straight, that is, not lesbian or gay	82.2	82.5
Bisexual	6.4	7.5
Something else	3.9	4.1
Don't know/Not sure	6.0	3.8

• Percentages exclude missing answers.

## 2.5 Socioeconomics

Students were asked to answer the following questions related to socioeconomic indicators.

- Does your family own a car, truck or van?
- Do you have your own bedroom for yourself?
- During the past 12 months, how many times did you travel away on vacation with your family?
- How many computers does your family own?

These questions comprise the Family Affluence scale (Table 8), which has been used to explain socioeconomic inequalities in a wide range of health behaviors.

Table 8: Family Affluence Scale

	<b>Grade 8</b>	<b>Grade 11</b>
	State %	State %
Low FAS	11.1	10.0
Middle FAS	32.9	35.4
High FAS	56.0	54.6

Receiving free or reduced-price lunch is another indicator of socioeconomic status. Statewide, more than half (57.5%) of the 8<sup>th</sup> graders reported using free lunch or did not know if they received free lunch compared with 45.9% of 11<sup>th</sup> graders reporting the same.

Table 9: Do you receive free or reduced price lunches at school?

	<b>Grade 8</b>	<b>Grade 11</b>
	State %	State %
Yes	40.9	38.0
No	42.5	54.1
Don't know	16.6	8.0

- Percentages exclude missing answers.

### 3 GENDER IDENTITY AND EXPRESSION

Oregon recognizes that academic success depends on a safe school environment that is free from discrimination and harassment.

Historically, persons of different sexual and gender orientations were grouped together under the lesbian, gay, bisexual, transgender and questioning (LGBTQ) umbrella, but gender identity, gender expression and sexual orientation are different things. A person's sexual orientation is the gender to which a person is emotionally, romantically, and sexually attracted. Gender identity is how a person self-identifies as a particular gender, regardless of biological sex characteristics. Transgender can describe persons who are assigned a certain gender, but identify with something different. A transgender person can identify as straight, gay, lesbian, bisexual or asexual.

In spring 2016, the OHT Survey Workgroup partnered with universities, community organizations, and members of LGBTQ communities to select indicators that would best measure gender identity and gender expression among youth in Oregon. Oregon is one of the first states in the nation to adopt such comprehensive and inclusive measures on a youth survey to ensure every youth has the opportunity to have their identities counted. As a response to youth comments regarding other topics that should be included in the survey, the gender question was expanded in the 2017 OHT Survey to include multiple options for those who identify as neither exclusively male nor female, including a place to write or type in their identity.

We recognize these data are complex and do not necessarily reflect or accurately describe the full identifiers of the population.

For a complete glossary of terms, we encourage you to visit the Human Rights Campaign at <http://www.hrc.org/resources/glossary-of-terms>. To learn more about the benefits of having inclusive data collection policies, please visit <http://www.thetaskforce.org/why-data-collection-matters-to-lgbt-people/>.

The vast majority of youth identify as either male or female, with 2.0% of 8<sup>th</sup> graders and 2.3% of 11<sup>th</sup> graders specifying a non-binary gender (transgender, gender non-conforming, genderqueer, gender fluid or intersex/intergender).

Table 10: How do you identify? (multiple responses)

	Grade 8 State %	Grade 11 State %
Female	48.9	48.7
Male	47.7	47.4
Transgender	0.9	0.9
Gender nonconforming, Genderqueer	0.5	0.8
Genderfluid/not exclusively male or female	1.1	1.0
Intersex/Intergender	0.2	0.2
Something else fits better	2.2	3.0
I am not sure of my gender identity	1.0	0.9
I do not know what this question is asking	1.0	0.8

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

Table 11: How do you identify? (single response)

	<b>Grade 8</b>	<b>Grade 11</b>
	State %	State %
Female only	47.9	48.0
Male only	46.4	45.8
Transgender only	0.4	0.4
Gender nonconforming, Genderqueer only	0.2	0.3
Gender fluid/not exclusively male or female only	0.6	0.5
Intersex/Intergender only	0.0	0.0
Something else fits better only	1.3	1.9
I am not sure of my gender identity only	0.5	0.4
I do not know what this question is asking only	0.5	0.3
Multiple Responses	2.2	2.3

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

Youth whose gender expression (such as their appearance, style, dress, or the way they walk or talk) does not fit into traditional roles based on their birth sex may refer to themselves as gender nonconforming, androgynous, or non-binary (neither exclusively male nor female). These gender expansive students face numerous obstacles and stressors such as bullying, which is reflected in greater health disparities, such as depression, suicide, and tobacco, alcohol and drug use, independent of their gender identity.

The current OHT survey included two items to explore gender expression; how the student sees themselves, as well as how others at school perceive them.

Self-perceived gender expression generally corresponds to gender identity. Relatively few males (2.1% of 8<sup>th</sup> graders and 1.3% of 11<sup>th</sup> graders) consider their gender expression to be feminine (somewhat, mostly or very), while a similar number of females (2.1% of 8<sup>th</sup> graders and 1.8% of 11<sup>th</sup> graders) have a masculine (somewhat, mostly or very) gender expression. In comparison, the majority of non-binary students feel their gender expression is either masculine (42.1% of 8<sup>th</sup> graders and 53.4% of 11<sup>th</sup> graders) or equally feminine and masculine (23.4% of 8<sup>th</sup> graders and 19.7% of 11<sup>th</sup> graders).

Table 12: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you see yourself?

**Grade 8**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Very feminine	19.9	0.5	5.3
Mostly feminine	35.4	0.9	4.1
Somewhat feminine	8.1	0.7	2.3
Equally feminine and masculine	14.0	4.3	23.4
Somewhat masculine	1.2	9.6	13.4
Mostly masculine	0.6	26.1	16.4
Very masculine	0.2	23.9	12.2
I am not sure	12.2	18.4	16.1
I do not know what this question is asking	8.3	15.6	6.7

- Percentages exclude missing answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

Table 13: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you see yourself?

**Grade 11**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Very feminine	24.2	0.2	2.7
Mostly feminine	45.7	0.5	4.5
Somewhat feminine	8.6	0.6	4.3
Equally feminine and masculine	11.6	3.9	19.7
Somewhat masculine	1.3	9.6	11.7
Mostly masculine	0.3	33.3	21.9
Very masculine	0.1	35.3	19.9
I am not sure	5.0	9.7	10.1
I do not know what this question is asking	3.1	6.8	5.3

- Percentages exclude missing answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.



Students are more uncertain of how others perceive their gender. While a large majority of males (52.9% of 8<sup>th</sup> graders and 70.1% of 11<sup>th</sup> graders) and females (63.3% of 8<sup>th</sup> graders and 77.6% of 11<sup>th</sup> graders) think other people's perception of their gender expression corresponds to their gender, relatively large numbers of males (37.2% of 8<sup>th</sup> graders and 22.6% of 11<sup>th</sup> graders) and females (23.2% of 8<sup>th</sup> graders and 11.2% of 11<sup>th</sup> graders) are not sure how others would describe them.

Table 14: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you think other people at school would describe you?

**Grade 8**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Very feminine	19.9	0.7	6.5
Mostly feminine	28.0	1.1	7.4
Somewhat feminine	15.5	1.9	7.8
Equally feminine and masculine	10.3	6.1	15.4
Somewhat masculine	1.9	11.0	12.3
Mostly masculine	0.9	24.0	13.4
Very masculine	0.4	17.9	7.5
I am not sure	18.8	26.9	24.3
I do not know what this question is asking	4.4	10.4	5.3

- Percentages exclude missing answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

Table 15: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you think other people at school would describe you?

**Grade 11**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Very feminine	22.9	0.6	3.7
Mostly feminine	38.7	0.7	8.9
Somewhat feminine	16.0	1.2	8.6
Equally feminine and masculine	8.7	4.8	13.0
Somewhat masculine	1.5	10.4	15.2
Mostly masculine	0.8	31.9	16.9
Very masculine	0.1	27.8	18.2
I am not sure	9.2	17.7	11.4
I do not know what this question is asking	2.1	4.9	4.2

- Percentages exclude missing answers.
- Non-binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.

## 4 POSITIVE YOUTH DEVELOPMENT

Positive Youth Development (PYD) framework is an approach that focuses on building strengths and attributes that can buffer the impact of stress and obstacles young people face. PYD is a term used to describe empowering and promoting youth confidence, competence, and resilience in ways that benefit both youth and the larger society. PYD theory recognizes that all youth have a vital stake in their future and a pivotal role to play in working alongside adults to shape policies that affect them. Supporting PYD often requires a shift from viewing youth as troublemakers who exhibit risky behavior to seeing youth as positive change agents, willing and able to contribute to society. PYD focuses on viewing youth as partners with providers, policy makers, and researchers and on developing their skills for meaningful participation.

The PYD benchmark that is reported is calculated based on responses to six questions in the survey related to well-being and social connectedness: physical health status, mental health status, volunteerism, having a supportive adult, self-confidence and problem-solving capacity. A youth meets the PYD benchmark if they answer five out of the six questions positively. The PYD benchmark provides a measure of the number of teens reporting strong levels of individual health and confidence, adult support at school and helping others in the community.

For more information about the PYD benchmark, please contact Wes Rivers at [wesley.rivers@state.or.us](mailto:wesley.rivers@state.or.us) or 971-673-0267.

Table 16: Positive Youth Development

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Does not meet benchmark	44.0	42.3
Meets PYD benchmark	56.0	57.7

The OHT Survey includes questions relating to students' physical, mental and emotional health, including connections to the school and community. Higher test scores are strongly associated with students' reporting of caring relationships at school and meaningful participation in the community. For more information,

please refer to the Healthy Kids Learn Better Health and Academic Achievement Research Fact Sheet at:

<https://public.health.oregon.gov/HealthyPeopleFamilies/Youth/HealthSchool/HKLB/Documents/FactSheetHKLB.pdf>

For Oregon youth statewide, roughly half of the 8<sup>th</sup> and 11<sup>th</sup> graders said that their physical health and mental health were very good or excellent (Tables 17, 18).

Table 17: Would you say that in general your physical health is...

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Excellent	19.9	15.9
Very good	33.3	32.8
Good	33.1	34.5
Fair	11.7	13.9
Poor	2.1	2.9

• Percentages exclude missing answers.

Table 18: Would you say that in general your emotional and mental health is...

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Excellent	19.0	13.5
Very good	28.1	23.5
Good	27.9	29.3
Fair	16.7	21.8
Poor	8.4	12.0

• Percentages exclude missing answers.

Oregon students reported confidence in their performance, with 87.1% of 8<sup>th</sup> graders and 90.4% of 11<sup>th</sup> graders responding that they can do most things if they try (Table 19) and were able to work out their problems (76.2%, 8<sup>th</sup> graders; 79.4%, 11<sup>th</sup> graders - Table 22). The majority of students (71.1% of 8<sup>th</sup> graders and 76.4% of 11<sup>th</sup> graders) also thought there was at least one teacher or adult in the school that really cared for them (Table 20). But, more than half (55.0%) of the 8<sup>th</sup> graders and almost half (49.1%) of 11<sup>th</sup> graders said it was "only a little true" or "not true at all" that they volunteered in their community (Table 21).

Table 19: I can do most things if I try.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very much true	40.3	45.4
Pretty much true	46.7	45.0
A little true	11.9	8.7
Not at all true	1.0	0.8

• Percentages exclude missing answers.

Table 20: There is at least one teacher or other adult in my school that really cares about me.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very much true	39.7	46.0
Pretty much true	31.4	30.3
A little true	20.7	17.6
Not at all true	8.2	6.1

• Percentages exclude missing answers.

Table 21: I volunteer to help others in my community.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very much true	16.0	22.7
Pretty much true	29.0	28.3
A little true	38.4	34.3
Not at all true	16.6	14.8

• Percentages exclude missing answers.

Table 22: I can work out my problems.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very much true	33.2	34.7
Pretty much true	43.0	44.8
A little true	20.0	17.5
Not at all true	3.8	3.1

• Percentages exclude missing answers.

## 5 GENERAL HEALTH

Health and well-being are so essential to academic success that health indicators have been included in the *School Readiness* section of the School Report Cards. These data can help you highlight your school health successes.

### 5.1 Access to Care

More than half of the respondents said they had visited a doctor for a physical exam in the past 12 months (Table 23). In that same time period a great majority of 8<sup>th</sup> graders (79.5%) and 11<sup>th</sup> graders (82.3%) reported that they did not have any physical health care needs unmet (Table 24), while a similar number of students (81.3% of 8<sup>th</sup> graders and 77.6% of 11<sup>th</sup> graders) also reported that they did not have any mental health care needs unmet (Table 25). Most students said they had not visited an emergency room in the past 12 months and, of those who did, the emergency room was most frequently accessed during the weekend (Table 26).

Table 23: When did you last go to a doctor or nurse practitioner for a check-up or physical exam when you were not sick or injured?

	Grade 8 State %	Grade 11 State %
During the past 12 months	61.8	62.2
Between 12 and 24 months ago	14.1	15.8
More than 24 months ago	3.9	6.5
Never	2.0	3.0
Not sure	18.2	12.5

• Percentages exclude missing answers.

Table 24: During the past 12 months, did you have any physical health care needs that were not met? (Count any situation where you thought you should see a doctor, nurse, or other health professional.)

	Grade 8 State %	Grade 11 State %
Yes	20.5	17.7
No	79.5	82.3

• Percentages exclude missing answers.

Table 25: During the past 12 months, did you have any emotional or mental health care needs that were not met? (Count any situation where you thought you should see a counselor, social worker, or other mental health professional.)

	Grade 8 State %	Grade 11 State %
Yes	18.7	22.4
No	81.3	77.6

• Percentages exclude missing answers.

Table 26: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes - during school hours	10.8	12.1
Yes - during the summer	7.4	6.5
Yes - on the weekend	16.6	17.1
No	62.7	66.1
Don't know	9.3	4.6

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

## 5.2 Sleep

Sleep, like nutrition and physical activity, is a critical determinant of health and well-being.<sup>2</sup> Sleep is a basic requirement for infant, child, and adolescent health and development. The odds of being a short sleeper (defined as someone who sleeps less than 6 hours a night) in the U.S. have increased significantly over the past 30 years.<sup>3</sup> The National Sleep Foundation recommends teens get 8-10 hours of sleep per night. Many youths do not get enough sleep. About half of 8<sup>th</sup> graders and nearly three-quarters of 11<sup>th</sup> graders get fewer than 8 hours of sleep on school nights.

Table 27: On an average school night, how many hours of sleep do you get?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
4 or less hours	5.7	7.1
5 hours	7.2	12.3
6 hours	13.9	25.9
7 hours	24.8	30.8
8 hours	29.9	18.6
9 hours	13.8	4.1
10 or more hours	4.8	1.2

- Percentages exclude missing answers.

<sup>2</sup>Institute of Medicine, Committee on Sleep Medicine and Research. Sleep disorders and sleep deprivation: An unmet public health problem. Washington: National Academies Press; 2006.

<sup>3</sup>Healthy People 2020.

### 5.3 Grades and School Absenteeism

Students who are chronically absent (missing 10 percent or more of school days in an academic year) are more likely to drop out of high school than their peers. There are many health-related reasons why students miss school, including asthma, oral health problems, mental health challenges, substance abuse, pregnancy and obesity.

Overall, Oregon youth reported good grades, with 71.7% of 8<sup>th</sup> graders and 69.4% of 11<sup>th</sup> graders saying they earned mostly As and Bs. Yet, 6.7% of 8<sup>th</sup> graders and 7.6% of 11<sup>th</sup> graders (5,666 students in total) reported Ds and Fs (Table 28). In attendance reporting, more than half (52.9%) of 11<sup>th</sup> graders compared with more than a third (40.5%) 8<sup>th</sup> graders reported missing 6 or more days of school a year (Table 29). For both groups, more of the absences were attributed to physical health reasons versus mental health reasons (Tables 30, 31). Unexcused absences were reported more frequently by 11<sup>th</sup> graders, with more than one in three skipping school on 1 or more days in the school year (Table 32).

Table 28: During the past 12 months, how would you describe your grades in school?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Mostly A's	40.3	33.9
Mostly B's	31.4	35.5
Mostly C's	16.6	20.0
Mostly D's	3.6	4.9
Mostly F's	3.2	2.7
None of these grades	0.6	0.4
Not sure	4.3	2.6

• Percentages exclude missing answers.

Table 29: During the past 12 months, how many days of school did you miss for any reason?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
None	9.6	7.1
1-2 days	22.1	15.7
3-5 days	27.7	24.3
6-10 days	20.5	22.5
11-15 days	9.3	11.7
16 or more days	10.8	18.8

• Percentages exclude missing answers.

Table 30: During the past 12 months, how many days of school did you miss because of physical health reasons?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
None	33.5	28.4
1-2 days	30.2	28.5
3-5 days	21.3	23.7
6-10 days	9.8	11.4
11-15 days	2.9	4.3
16 or more days	2.3	3.7

• Percentages exclude missing answers.

Table 31: During the past 12 months, how many days of school did you miss because of emotional or mental health reasons?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
None	77.4	66.1
1-2 days	13.3	17.5
3-5 days	4.8	7.5
6-10 days	2.4	4.3
11-15 days	0.9	1.9
16 or more days	1.1	2.7

• Percentages exclude missing answers.

Table 32: During the past 12 months, how many days of school did you have unexcused absences (meaning you skipped or cut school)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
None	77.2	60.9
1-2 days	12.6	16.9
3-5 days	4.8	8.7
6-10 days	2.8	5.5
11-15 days	1.1	2.6
16 or more days	1.6	5.4

• Percentages exclude missing answers.

## 5.4 Oral Health

A healthy mouth is an important part of overall health.<sup>4</sup> The majority of Oregonians - young or old, male or female, rich or poor - suffer from oral disease, which, left untreated, causes pain, lowers productivity and increases risks for other diseases.

Fortunately, the majority of Oregon student respondents said they had visited a dentist in the past 12 months (74.0% for 8<sup>th</sup> graders and 73.8% for 11<sup>th</sup> graders) (Table 33).

Table 33: When did you last go to a dentist or dental hygienist for a check-up, exam, teeth cleaning, or other dental work?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
During the past 12 months	74.0	73.8
Between 12 and 24 months ago	9.3	11.9
More than 24 months ago	4.1	6.9
Never	1.0	1.1
Not sure	11.5	6.4

• Percentages exclude missing answers.

<sup>4</sup><https://public.health.oregon.gov/About/Pages/ship-oral-health.aspx>

## 5.5 Asthma

Asthma is a chronic lung disease that causes shortness of breath, coughing, and wheezing and is one of the most common chronic diseases among children and young adults. Asthma can dramatically affect their lives and their parents' lives. Uncontrolled asthma can result in interrupted sleep, missed days of school, lower levels of physical activity, and an over-reliance on emergency care. With effective medical care, medications, and self-management, most young people with asthma can control their asthma and lead normal lives.

Asthma symptoms can be managed with quality health care, the correct medications, and good self-management skills so people with asthma can live healthy and productive lives.

Table 34: Do you currently have asthma?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Does not currently have asthma	89.8	87.2
Currently has asthma	10.2	12.8

• Percentages exclude missing answers.

## 5.6 Disabilities

Nearly 57 million people in the United States have some type of disability.<sup>5</sup> Although disability becomes increasingly common as people age, some people are born with disabilities and some children and youth acquire disabilities early in life. Youth with disabilities may be more likely than other youth to experience social stigma and abuse, engage in risky behaviors, and have unmet healthcare needs. The 2017 OHT survey identified youth with disabilities using six questions (on the 11th grade survey only) assessing difficulty with: 1) hearing; 2) seeing; 3) concentrating, remembering, or making decisions; 4) walking or climbing stairs; 5) dressing or bathing; and 6) doing errands alone. These questions have been used by the U.S. Census Bureau for several years and are now standard on most federally-funded health surveys.

Table 35: Are you deaf or do you have serious difficulty hearing?

	<b>Grade 11</b> State %
Yes	2.2
No	97.8

• Only 11<sup>th</sup> graders were asked this question.

Table 36: Are you blind or do you have serious difficulty seeing, even when wearing glasses?

	<b>Grade 11</b> State %
Yes	5.2
No	94.8

• Only 11<sup>th</sup> graders were asked this question.

<sup>5</sup>US Census Bureau. Nearly 1 in 5 people have a disability in the US Census Bureau Reports. Available at <https://www.census.gov/newsroom/releases/archives/miscellaneous/cb12-134.html>. Last accessed: Oct 16, 2015.



Table 37: Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?

	<b>Grade 11</b> State %
Yes	24.7
No	75.3

• Only 11<sup>th</sup> graders were asked this question.

Table 38: Do you have serious difficulty walking or climbing stairs?

	<b>Grade 11</b> State %
Yes	2.7
No	97.3

• Only 11<sup>th</sup> graders were asked this question.

Table 39: Do you have difficulty dressing or bathing?

	<b>Grade 11</b> State %
Yes	1.0
No	99.0

• Only 11<sup>th</sup> graders were asked this question.

Table 40: Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a physician's office or shopping?

	<b>Grade 11</b> State %
Yes	9.2
No	90.8

• Only 11<sup>th</sup> graders were asked this question.

Table 41: Has a disability

	<b>Grade 11</b> State %
Yes	32.0
No	68.0

• Only 11<sup>th</sup> graders were asked this question.

## 5.7 School-Based Health Centers

Oregon's 78 School-Based Health Centers (SBHCs) offer a unique health care model in which comprehensive physical, mental and preventive health services are provided to youth in a school setting.

Adolescents are often reported to have the lowest access to health care service use of any age group, and they are the least likely to seek care through traditional office-based settings. Additionally, coordinating care for children has been an ongoing challenge for working parents.

SBHCs see children who otherwise would not get care, help students get back to the classroom faster, lessen the demand on parents to take time off to take children to well and urgent care needs, and improve students' health.

The following tables show results for student awareness and use of SBHCs. With nearly half of 8<sup>th</sup> graders and a third of 11<sup>th</sup> graders reporting that they do not know if their school has an SBHC (Table 42), public awareness activities for the program are needed. Utilization of the SBHCs is also low (Table 43) and could be boosted with greater awareness of the services provided.

For more information on Oregon's School-Based Health Centers, please visit:

<http://www.oregon.gov/oha/ph/HealthyPeopleFamilies/Youth/HealthSchool/SchoolBasedHealthCenters/Pages/index.aspx>.

Table 42: Does your school have a School-Based Health Center?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	32.5	48.7
No	21.7	16.3
Don't know	45.8	35.0

• Percentages exclude missing answers.

Table 43: How many times have you used the School-Based Health Center at your school in the past 12 months?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Never	58.7	61.5
I've used it, but not in the last 12 months	7.1	8.7
Once	12.6	13.3
Twice	8.4	6.7
3-5 times	9.3	6.1
6-10 times	1.9	1.8
More than 10 times	2.1	1.9

• Percentages exclude missing answers.

• Percentages exclude those whose school does not have a School-based Health Center.

## 6 PHYSICAL ACTIVITY AND NUTRITION

Good nutrition and daily physical activity go hand-in-hand for keeping the body functioning normally, maintaining a healthy weight, and preventing chronic disease, all of which help children do better in school. By improving the school environment to support healthy eating and physical activity, schools and communities can provide students with the skills, social support, and environmental reinforcement they need to adopt lifelong healthy behaviors.

The survey's nutrition questions focus on food insecurity, dining habits, and consumption of various foods and beverages.

### 6.1 Nutrition

Alarming, more than one in five Oregon 11th graders reported that they did not have enough money to buy the amount of food they needed (Table 44) and, three in four 8<sup>th</sup> grade students, and four in five 11<sup>th</sup> grade students said that they ate less than five servings of fruits and vegetables a day (Table 45). Less than half in both groups, (41.2%, 8<sup>th</sup> graders and 32.3%, 11<sup>th</sup> graders) said they ate daily breakfast (Table 46).

Table 44: In the past 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?

	Grade 8 State %	Grade 11 State %
Yes	14.4	17.8
No	85.6	82.2

• Percentages exclude missing answers.

Table 45: Average servings per day of fruits or vegetables (index of 6 questions).

	Grade 8 State %	Grade 11 State %
None	0.8	1.2
<One serving per day	9.6	10.5
1 to <3 servings per day	41.7	47.1
3 to <5 servings per day	22.9	22.4
5 or more servings per day	25.0	18.8

• Percentages exclude missing answers.

Table 46: During the past 7 days, on how many days did you eat breakfast?

	Grade 8 State %	Grade 11 State %
0 days	9.7	13.7
1 day	6.3	7.4
2 days	8.4	10.7
3 days	9.3	9.9
4 days	7.9	8.1
5 days	9.3	10.4
6 days	7.8	7.6
7 days	41.2	32.3

• Percentages exclude missing answers.

## 6.2 Beverages

Most students (68.1% of 8<sup>th</sup> graders and 64.5% of 11<sup>th</sup> graders) reported drinking fruit juices at least once in the past seven days (Table 47). The majority (59.9% of 8<sup>th</sup> graders and 56.2% of 11<sup>th</sup> graders) consumed soft drinks one to six times in the past seven days, with 5.3% of 8<sup>th</sup> graders and 5.9% of 11<sup>th</sup> graders drinking soft drinks 2 or more times/day (Table 48). Interestingly, more than half of the 8<sup>th</sup> graders (64.7%) and 11<sup>th</sup> graders (65.0%) said they drank water three or more times a day in the past seven days (Table 55).

Table 47: 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.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I did not drink 100% fruit juice during the past 7 days	31.9	35.5
1 to 3 times during the past 7 days	37.8	38.9
4 to 6 times during the past 7 days	13.1	11.7
1 time per day	6.4	5.7
2 times per day	6.4	4.4
3 times per day	2.2	1.9
4 or more times per day	2.2	1.8

• Percentages exclude missing answers.

Table 48: During the past 7 days, how many times did you drink soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	31.0	33.0
1 to 3 times in past 7 days	49.8	43.7
4 to 6 times in past 7 days	10.0	12.5
1 time per day	3.9	4.9
2 times per day	2.6	2.8
3 times per day	1.1	1.5
4 or more times per day	1.6	1.7

• Percentages exclude missing answers.

Table 49: During the past 7 days, how many times did you drink fruit-flavored beverages such as Kool-Aid, Sunny Delight, or Snapple? (Do not include 100% fruit juice.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	51.0	54.6
1 to 3 times in past 7 days	30.2	29.1
4 to 6 times in past 7 days	9.9	8.9
1 time per day	4.0	3.5
2 times per day	2.2	1.8
3 times per day	1.2	1.1
4 or more times per day	1.5	1.1

• Percentages exclude missing answers.

Table 50: During the past 7 days, how many times did you drink energy drinks such as Red Bull, Rockstar, or Monster? (Do not include diet or sugar-free energy drinks.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	75.7	68.0
1 to 3 times in past 7 days	16.4	21.2
4 to 6 times in past 7 days	3.8	5.7
1 time per day	2.0	2.6
2 times per day	0.9	1.1
3 times per day	0.4	0.4
4 or more times per day	0.9	0.9

• Percentages exclude missing answers.

Table 51: During the past 7 days, how many times did you drink sports drinks such as Gatorade or Powerade?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	52.3	58.0
1 to 3 times in past 7 days	28.7	25.7
4 to 6 times in past 7 days	10.7	9.2
1 time per day	3.7	3.9
2 times per day	1.9	1.4
3 times per day	1.1	0.6
4 or more times per day	1.6	1.2

• Percentages exclude missing answers.

Table 52: During the past 7 days, how many times did you drink flavored milk such as Chocolate or Strawberry milk? (Do not include plain milk.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	59.9	64.2
1 to 3 times in past 7 days	20.3	19.9
4 to 6 times in past 7 days	9.9	7.9
1 time per day	5.3	4.4
2 times per day	1.9	1.9
3 times per day	0.8	0.5
4 or more times per day	1.8	1.2

• Percentages exclude missing answers.

Table 53: During the past 7 days, how many times did you drink plain milk? (Include milk that you added to cereal.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	19.0	26.0
1 to 3 times in past 7 days	23.1	25.5
4 to 6 times in past 7 days	20.4	17.6
1 time per day	14.4	13.8
2 times per day	10.3	8.9
3 times per day	4.5	3.8
4 or more times per day	8.3	4.4

• Percentages exclude missing answers.

Table 54: During the past 7 days, how many times did you drink sweetened coffee or tea beverages such as Starbucks Frappuccino or an Arizona Iced Tea?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	52.4	47.4
1 to 3 times in past 7 days	29.6	29.5
4 to 6 times in past 7 days	8.5	11.6
1 time per day	4.8	6.3
2 times per day	2.0	2.4
3 times per day	1.0	0.9
4 or more times per day	1.7	1.9

• Percentages exclude missing answers.

Table 55: During the past 7 days, how many times did you drink plain water?  
(Include tap and bottled water.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times in past 7 days	1.4	1.7
1 to 3 times in past 7 days	6.1	5.6
4 to 6 times in past 7 days	9.8	8.7
1 time per day	7.5	7.9
2 times per day	10.6	11.1
3 times per day	14.2	14.8
4 or more times per day	50.5	50.2

• Percentages exclude missing answers.

Table 56: During the past 7 days, how many times did you visit a convenience store such as Plaid Pantry, 7-Eleven, Circle K, a mini-mart, or a gas station store?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I did not visit a convenience store during the past 7 days	40.9	43.6
1 time during the past 7 days	26.1	24.9
2 or 3 times during the past 7 days	25.0	23.8
4 to 6 times during the past 7 days	6.0	5.8
7 or more times during the past 7 days	2.0	1.8

• Percentages exclude missing answers.

### 6.3 Physical Activity

The Centers for Disease Control and Prevention (CDC) recommends that children and youth should be physically active at least 60 minutes per day, including aerobic, muscle strengthening and bone strengthening activities.

Physical activity among adolescents is consistently related to higher levels of academic performance and self-esteem and lower levels of anxiety and stress. Physical Education has a beneficial role to play in schools by integrating physical activity into and across the school day and can help to reduce aggression and improve connectedness.

Conversely, considerable research has shown that screen time contributes to the development of adolescent obesity by displacing more active pursuits. Snacking increases while watching TV or movies, and late-night screen time may interfere with getting adequate sleep, a known risk factor for obesity.

Oregon youth appear to fall far short of the physical activity recommendations of the CDC with less than a third of the 8<sup>th</sup> graders and less than a fourth of the 11<sup>th</sup> graders reporting that they were physically active at least 60 minutes each day of the week (Table 57). As might be expected, only 20.0% of 11<sup>th</sup> graders said they attended PE classes 5 days a week, compared with more than half (55.9%) of the 8<sup>th</sup> graders saying the same (Table 59). Yet, sedentary activities (TV watching, using computers for games, videos, non-school work activities) were limited with the majority (60.2% for 8<sup>th</sup> graders and 64.6% for 11<sup>th</sup> graders) of all respondents reporting they watched one hour or less or no TV each day and more than a third (33.1% for 8<sup>th</sup> graders and 36.0% for 11<sup>th</sup> graders) of all respondents reporting they used the computer for fun one hour or less or not at all each day (Tables 61,62).

Table 57: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	6.4	13.4
1 day	5.1	7.5
2 days	6.9	8.9
3 days	10.7	11.5
4 days	11.9	11.7
5 days	18.8	15.9
6 days	10.7	8.7
7 days	29.4	22.5

• Percentages exclude missing answers.



Table 58: 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?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	19.8	33.2
1 day	9.3	8.8
2 days	10.8	9.6
3 days	13.3	11.1
4 days	10.5	8.6
5 days	16.2	13.3
6 days	5.2	4.2
7 days	15.0	11.1

• Percentages exclude missing answers.

Table 59: In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	23.7	66.3
1 day	1.9	0.9
2 days	3.3	1.9
3 days	8.2	6.8
4 days	7.0	4.1
5 days	55.9	20.0

• Percentages exclude missing answers.

Table 60: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Less than 10 minutes	1.7	1.9
10 to 20 minutes	6.8	4.0
21 to 30 minutes	18.3	10.9
31 to 40 minutes	28.5	24.0
41 to 50 minutes	25.4	24.4
51 to 60 minutes	12.7	16.5
More than 60 minutes	6.6	18.2

• Percentages exclude missing answers.

• Based only on students who took PE classes.

Table 61: On an average school day, how many hours do you watch TV?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I do not watch TV on an average school day	21.3	27.3
Less than 1 hour per day	22.1	21.7
1 hour per day	16.7	15.7
2 hours per day	19.0	17.6
3 hours per day	10.9	9.9
4 hours per day	4.5	4.1
5 or more hours per day	5.4	3.8

• Percentages exclude missing answers.

Table 62: On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Play Station, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet).

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I do not play video or computer games or use a computer for something that is not school work	9.5	15.1
Less than 1 hour per day	11.9	10.6
1 hour per day	11.7	10.3
2 hours per day	17.5	17.2
3 hours per day	17.2	16.5
4 hours per day	11.0	10.5
5 or more hours per day	21.2	19.9

• Percentages exclude missing answers.

## 6.4 Commuting To and From School

Despite the well-known benefits of physical activity, many children live and play in environments that make getting daily physical activity difficult. Questions relating to which modes of transportation students use to get to and from school provide a glimpse into how physical activity is (or isn't) incorporated into their daily lives.

Of the seven modes of transportation assessed, riding in a car was most utilized five days a week among 11<sup>th</sup> graders (Table 68), while 8<sup>th</sup> graders used a school bus as a mode of transportation most frequently (Table 66). Walking to school, while not most preferred, was reported by a significant number of students, with 18.2% of 8<sup>th</sup> graders and 13.7% of 11<sup>th</sup> graders saying they walked to school five days a week (Table 63).

Table 63: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Walk

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	60.1	72.3
1 day	8.9	5.1
2 days	5.5	3.8
3 days	4.1	3.2
4 days	3.2	1.9
5 days	18.2	13.7

• Percentages exclude missing answers.

Table 64: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride a bike

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	92.3	96.0
1 day	2.7	1.4
2 days	1.3	0.8
3 days	1.0	0.5
4 days	0.6	0.4
5 days	2.0	0.9

• Percentages exclude missing answers.

Table 65: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride a skateboard, skates, or scooter

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	92.8	96.5
1 day	2.2	1.0
2 days	1.3	0.8
3 days	1.0	0.6
4 days	0.6	0.2
5 days	2.1	0.9

• Percentages exclude missing answers.

Table 66: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride a school bus

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	38.6	69.2
1 day	3.9	2.4
2 days	3.7	2.7
3 days	4.8	2.9
4 days	8.4	3.7
5 days	40.7	19.1

• Percentages exclude missing answers.

Table 67: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride public transportation, including a city bus or light rail

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	93.5	90.2
1 day	1.9	1.8
2 days	0.8	1.4
3 days	0.6	1.2
4 days	0.6	1.1
5 days	2.6	4.3

• Percentages exclude missing answers.

Table 68: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride in or drive a car or other private motorized vehicle (with only members of your family)

	<b>Grade 8</b>	<b>Grade 11</b>
	State %	State %
0 days	34.2	21.9
1 day	14.2	6.8
2 days	7.4	5.5
3 days	5.4	4.4
4 days	6.6	5.6
5 days	32.2	55.8

• Percentages exclude missing answers.

Table 69: In an average school week, on how many days do you use each of these forms of transportation to get to or from school?: Ride in a carpool (with people other than your family)

	<b>Grade 8</b>	<b>Grade 11</b>
	State %	State %
0 days	85.4	78.2
1 day	5.9	6.1
2 days	2.8	3.7
3 days	1.4	2.8
4 days	1.1	1.8
5 days	3.4	7.5

• Percentages exclude missing answers.

## 7 BMI AND BODY IMAGE

Height and weight questions are used to calculate a Body Mass Index (BMI). BMI is a reliable indicator of body fatness for most children and teens. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA). BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. The BMI values are compared with other youth of the same age and sex. The percentile on the chart where BMI falls determines whether the child is considered not overweight or obese, overweight, or obese. A BMI of  $\geq$  85th percentile and  $<$ 95th percentile is considered overweight, while those with a BMI of  $\geq$  95th percentile are considered obese. For more information on BMI and youth, please refer to the CDC website at:

[http://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/about\\_childrens\\_bmi.html#How%20is%20BMI%20calculated](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html#How%20is%20BMI%20calculated)

Table 70: BMI Category Definitions

Weight Category	Percentile Range
Not overweight or obese	Less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

Table 71: Body Mass Index

	Grade 8 State %	Grade 11 State %
Not overweight or obese	74.3	71.0
Overweight	14.3	15.2
Obese	11.4	13.7

• Percentages exclude missing answers.

## 8 INJURY PREVENTION

### 8.1 Suicide

In Oregon, suicide is the second leading cause of death among Oregonians aged 10 to 24.<sup>6</sup>

Factors associated with an increased risk of suicide among youth include prior attempts, depression, family discord, substance abuse, relationship problems, discipline or legal problems, and access to firearms.

Protective factors include effective care for mental, physical and substance abuse disorders, access to mental health care, support for seeking help, reduced access to lethal means, discussing problems with friends or family, emotional health, strong connections to family and community, and such life skills as problem-solving, conflict resolution and anger management.

Questions on the survey ask about suicide ideation (thinking about, considering, or planning suicide), suicide attempts, and resulting injuries.

For more information on youth suicide prevention, see:

<https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/index.aspx>

<sup>6</sup><https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/sdata.aspx>

### 8.2 Get Help Now - Resources for Youth in Crisis

A variety of free, confidential and anonymous support is available 24/7 for youth to put them on the path to healing:

#### LINES FOR LIFE

Call: 800-273-TALK (8255)  
 En español: 1088-628-9454  
 TTY: 1-800-799-4TTY (4889)  
 Text: 273TALK to 839863  
 Web: <https://www.linesforlife.org>

#### ALCOHOL AND DRUG HELPLINE

Call: 800-923-4357  
 Text: RecoveryNow to 839863

For individuals and family members seeking crisis intervention, treatment referral, and chemical-dependency information.

#### MILITARY HELPLINE

Call: 888-457-4838  
 Text: MIL1 to 839863

Support for service members, veterans, and their families that is independent of any branch of the military or government.

#### YOUTHLINE

Call: 877-968-8491  
 Text: teen2teen to 839863  
 Chat at: <http://www.oregonyouthline.org>

A teen-to-teen crisis and help line for anything no problem is too big or too small. Teens available to help daily from 4-10 p.m. Pacific Standard Time (off-hour calls answered by Lines for Life).

Nearly one in three reported that they felt "sad or hopeless" every day for two weeks (Table 72) and 8.7% of 8<sup>th</sup> graders and 6.8% of 11<sup>th</sup> graders said they attempted suicide one or more times in the past 12 months (Table 74). These rates may underscore the need for increased mental health services to ensure that vulnerable students reporting sadness do not progress to attempting suicide.

Table 72: 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?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	30.1	32.2
No	69.9	67.8

• Percentages exclude missing answers.

Table 73: During the past 12 months, did you ever seriously consider attempting suicide?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	16.9	18.2
No	83.1	81.8

• Percentages exclude missing answers.

Table 74: During the past 12 months, how many times did you actually attempt suicide?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times	91.3	93.2
1 time	4.5	3.6
2 or 3 times	2.7	2.4
4 or 5 times	0.5	0.4
6 or more times	1.0	0.4

• Percentages exclude missing answers.

### 8.3 Personal Safety

According to the Centers for Disease Control and Prevention (CDC), motor vehicle accidents (categorized under "unintentional injuries") are the leading cause of death for teens.

Driving under the influence, includes alcohol and other impairing drugs, such as marijuana. In past years, Oregon and other states were primarily concerned with driving under the influence of alcohol. This continues to be a major concern, but marijuana has also become a major concern with the legalization of marijuana in Oregon in 2015.

Marijuana affects reaction time, short-term memory, hand-eye coordination, concentration and perception of time and distance - all of which are vital functions for driving safely.

Combining alcohol with marijuana is even more dangerous, multiplying the adverse effects on a person's ability to operate a vehicle safely.

For teens who drink and drive, the risk of being involved in a motor vehicle crash is greater than for older drivers who have similar levels of blood alcohol concentration (BAC).

Table 75: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? (11th grade only)

	<b>Grade 11</b> State %
I did not drive a car in the past 30 days	73.2
0 times	24.7
1 time	1.2
2 or 3 times	0.6
4 or 5 times	0.2
6 or more times	0.1

• Only 11<sup>th</sup> graders were asked this question.

Table 76: During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana? (11th grade only)

	<b>Grade 11</b> State %
I did not drive in the past 30 days	37.0
0 times	57.4
1 time	2.1
2-3 times	1.8
4-5 times	0.6
6 or more times	1.2

• Only 11<sup>th</sup> graders were asked this question.



A safe school environment is necessary for students to learn and achieve high academic success. Disruptive or violent behavior disrupts a student's ability to learn and a school's ability to educate its students in a safe environment.

The following tables highlight results for students' physical and emotional safety on or near school grounds. Research has demonstrated that middle school students engage in more problem behaviors than at any other time of their educational careers.<sup>7</sup> A higher percentage of 8<sup>th</sup> grade students, compared with 11<sup>th</sup> grade students, reported having been threatened at school (8.4% vs. 5.2%, respectively), and being engaged in a physical fight on school property (14.8% vs. 5.7%) (Tables 78, 80). 8.7% of 8<sup>th</sup> grade students and 16.5% of 11<sup>th</sup> grade students reported being offered, sold or given drugs on school property (Table 79).

Table 77: During the past 30 days, on 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?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	90.9	93.4
1 day	5.2	3.3
2 or 3 days	2.4	2.2
4 or 5 days	0.6	0.5
6 or more days	0.9	0.6

• Percentages exclude missing answers.

<sup>7</sup>Gottfredson GD, Gottfredson DC, Czeh ER, Cantor D, Crosse SB, Hantaman I. National Study of Delinquency Prevention in Schools. Ellicott City: Gottfredson Associates, Inc. 2000

Table 78: During the past 12 months, how many times has someone threatened you with a weapon such as a gun, knife, or club on school property?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times	91.6	94.8
1 time	4.4	2.6
2 or 3 times	2.2	1.4
4 or 5 times	0.6	0.3
6 or 7 times	0.3	0.1
8 or 9 times	0.2	0.2
10 or 11 times	0.1	0.1
12 or more times	0.6	0.4

• Percentages exclude missing answers.

Table 79: During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	8.7	16.5
No	91.3	83.5

• Percentages exclude missing answers.

Table 80: During the past 12 months, how many times were you in a physical fight on school property?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times	85.2	94.3
1 time	8.5	3.2
2 or 3 times	4.3	1.5
4 or 5 times	0.9	0.3
6 or 7 times	0.2	0.1
8 or 9 times	0.2	0.1
10 or 11 times	0.1	0.1
12 or more times	0.4	0.3

• Percentages exclude missing answers.

## 8.4 Bullying

Bullying can take the form of physical or mental harassment. In today's world where teens use social media, web-based video games and other technology, cyber-bullying has become another channel for harassment. Table 81 shows that 14.9% of 8<sup>th</sup> graders and 11.1% of 11<sup>th</sup> graders reported having been bullied through any type of current technology. Table 82 shows the results to the mark-all-that-apply question: During the past 30 days, have you ever been harassed at school (or on the way to or from school) in relation to any of the following issues? Respondents could mark as many as applied. The individual issues included as responses were aggregated into the category, "Bullied for any reason."

Harassment, intimidation or bullying means any act that substantially interferes with a student's educational benefits, opportunities or performance, that takes place on or immediately adjacent to school grounds, at any school-sponsored activity, on school-provided transportation or at any official school bus stop, and that has the effect of: (1) physically harming a student or damaging a student's property; (2) knowingly placing a student in reasonable fear of physical harm to the student or damage to the student's property; or (3) creating a hostile educational environment.

A caring school community, in which students are challenged academically and supported by the adults, can serve as a counter to the process by which victimization distances students from learning and contributes to other problems, including truancy and academic failure.<sup>8</sup>

Table 81: During the past 30 days, have you been bullied by someone using any kind of technology, such as through social media, cell phones, or video games?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	14.9	11.1
No	85.1	88.9

• Percentages exclude missing answers.

<sup>8</sup>Office of Juvenile Justice and Delinquency Prevention News @ A Glance. November — December 2011

Table 82: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have not been bullied	69.1	79.4
Bullied for any reason	30.9	20.6
Bullied about your race or ethnic origin	5.8	4.3
Unwanted sexual comments or attention	6.9	5.7
Bullied because someone thought you were gay, lesbian or bisexual	6.1	2.8
Bullied about your weight, clothes, acne, or other physical characteristics	13.6	7.4
Bullied about your group of friends	7.6	4.3
Other reasons	16.8	10.3

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

## 8.5 Choking Game

The "choking game" is a strangulation activity that some youth may participate in to achieve a "high-like" sensation. It involves cutting off circulation to the carotid artery with a rope, belt, hands, or holding your breath. It may occur alone or in groups. The choking game is different from autoerotic asphyxiation (AEA), which has a sexual component and is almost always done alone.

The following tables measure awareness of and participation in the choking game.

Table 83: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never heard of the Choking Game	82.8	82.1
I've heard of someone participating in the Choking Game	15.1	15.8
I have helped someone else participate in the Choking Game	0.5	0.6
I have participated in the Choking Game myself	2.4	2.1

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

Table 84: How many times in your life have you participated in the Choking Game yourself?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
None - I have never participated myself	97.5	98.0
One time	1.1	1.1
Two times	0.6	0.5
3 to 5 times	0.4	0.3
More than 5 times	0.4	0.2

• Percentages exclude missing answers.

Table 85: Thinking back to the last time you yourself participated in the "Choking Game", were you alone or with other people?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never participated in the "Choking Game"	97.5	97.9
I was alone	0.7	0.5
I was with other people	1.8	1.6

• Percentages exclude missing answers.

## 9 GAMBLING

Research indicates that the frequency of gambling activity among youth correlates with increased alcohol, tobacco and illicit drug use, with some youth developing serious gambling problems.<sup>9</sup>

A series of questions asked students about different types of gambling activities, as well as their feelings about their involvement in gambling, which could indicate signs of problem gambling.

The good news is that the majority (78.7% for 8<sup>th</sup> graders and 81.7% for 11<sup>th</sup> graders) of student respondents did not gamble in the last 30 days and that percentage held fairly consistent for all the scenarios presented on the survey. Yet, of those who reported betting, 93.8% of 8<sup>th</sup> graders and 95.8% of 11<sup>th</sup> graders do not feel they want to stop betting (Table 87), and 7.7% of 8<sup>th</sup> graders and 7.1% of 11<sup>th</sup> graders have bet more than they wanted to (Table 88).

### HELP FOR GAMBLING - PROBLEM GAMBLING HOTLINE

Call: 1-877-My Limit (1-877-695-4648)

Instant Messaging/Chat: <http://www.opgr.org/>

Help is free, confidential, and it works.

Treatment and counseling services are available free to any Oregon resident who has problems related to gambling either as a problem gambler or as a family member or friend of a problem gambler.

<sup>9</sup>Volberg, Rachel A., Hedberg, Eric C. and Moore, Thomas L., *Oregon Youth and Their Parents: Gambling and Problem Gambling Prevalence and Attitudes*; Report to the Oregon Department of Human Services; March 2008.

Table 86: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days.

	Grade 8 State %	Grade 11 State %
I did not gamble in the last 30 days	78.7	81.7
Playing scratch off tickets, or any lottery tickets	3.2	3.4
Playing dice or coin flips	5.4	3.5
Playing cards (poker, etc.)	6.8	5.5
Betting on games of personal skill (bowling, video games, dares, etc.)	14.1	12.1
Playing Fantasy Sports	2.4	2.4

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.

Table 87: During the last 12 months, have you ever felt that you would like to stop betting money but didn't think you could?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I don't bet for money	72.1	71.5
Yes	1.7	1.2
No	26.2	27.3

• Percentages exclude missing answers.

Table 88: During the last 12 months, have you ever bet or gambled more than you wanted to?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I don't bet for money	68.2	69.2
Yes	2.5	2.2
No	29.4	28.6

• Percentages exclude missing answers.

## 10 SEXUAL BEHAVIOR

Adolescents who engage in sexual intercourse are at increased risk for a number of health, social and economic consequences. Unprotected sex and multiple sex partners place young people at risk for HIV infection, other sexually transmitted diseases (STDs), and pregnancy. Each year, there are approximately 20 million new STD cases in the United States, and half are among young people aged 15-24 years.<sup>10</sup> Despite a decline in the last two decades, teen pregnancy rates in the U.S. remain among the highest in the western industrialized world.<sup>11</sup> Youth who have sex at a young age are also at higher risk for depression, dropping out of school, and other risky behaviors.

For more information on youth sexual health, see:

<https://public.health.oregon.gov/HealthyPeopleFamilies/Youth/YouthSexualHealth/Pages/index.aspx>

Table 89: Have you ever had sexual intercourse?

	Grade 8 State %	Grade 11 State %
Yes	8.4	40.9
No	91.6	59.1

• Percentages exclude missing answers.

<sup>10</sup>CDC Fact Sheet. Reported STDS in the United States. 2013. <https://www.cdc.gov/std/life-stages-populations/adolescents-youngadults.htm>. Last accessed September 1, 2017.

<sup>11</sup>Centers for Disease Control and Prevention. Teen Pregnancy in the United States. 2013. <http://www.cdc.gov/teenpregnancy/about/index.htm>. Last accessed September 1, 2017.

Table 90: How old were you when you had sexual intercourse for the first time?

	Grade 8 State %	Grade 11 State %
11 years old or younger	14.6	2.3
12 years old	15.0	2.2
13 years old	41.3	6.3
14 years old	28.7	14.3
15 years old	0.3	29.4
16 years old	0.0	35.9
17 years old or older	0.0	9.7

• Percentages exclude missing answers and students who responded as never having had sex

Table 91: During your life, with how many people have you had sexual intercourse?

	Grade 8 State %	Grade 11 State %
1 person	55.7	46.3
2 people	21.4	20.1
3 people	8.2	12.3
4 people	3.6	7.7
5 people	1.7	3.5
6 or more people	9.4	10.0

• Percentages exclude missing answers and students who responded as never having had sex

Table 92: During the past 3 months, with how many people did you have sexual intercourse?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have had sexual intercourse, but not during the past 3 months	45.4	26.6
1 person	40.1	61.5
2 people	6.9	7.6
3 people	1.2	2.4
4 people	0.5	0.7
5 people	1.0	0.1
6 or more people	5.0	1.2

• Percentages exclude missing answers and students who responded as never having had sex

Table 93: The last time you had intercourse, what method(s) did you or your partner use to prevent pregnancy?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Highly effective: (IUD and Implant)	4.3	15.0
Moderately effective: (Depo, pills, patch, ring)	29.3	39.6
Less effective (Condoms and withdrawal)	72.6	65.8
Some other method	5.3	3.4
No methods/Not sure	15.3	8.3
Emergency contraception	3.9	2.6

- Percentages exclude missing answers and students who responded as never having had sex
- Results not comparable to previous years.
- Students were asked to mark all that apply so each response is calculated individually.

Table 94: Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	18.3	15.6
No	81.7	84.4

• Percentages exclude missing answers and students who responded as never having had sex



## 11 SEXUAL COERCION, SEXUAL ASSAULT AND INTIMATE PARTNER VIOLENCE

Teens who are victims of sexual violence are more likely to be depressed, do poorly in school, and engage in unhealthy behaviors, like using drugs and alcohol. Sexual violence is any sexual act that is perpetrated against someone's will. Dating violence is a form of intimate partner violence that occurs between two people in a close relationship and can have a negative effect on health throughout life.

Table 95: Have you ever been physically forced to have sexual intercourse when you did not want to?

	Grade 11 State %
Yes	6.1
No	93.9

• Only 11<sup>th</sup> graders were asked this question.

Table 96: Have you ever given in to sexual activity when you didn't want to because of pressure?

	Grade 11 State %
Yes	12.1
No	87.9

• Only 11<sup>th</sup> graders were asked this question.

Table 97: During your life, has any adult ever had sexual contact with you?

	Grade 11 State %
Yes	7.6
No	92.4

• Only 11<sup>th</sup> graders were asked this question.

Table 98: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	Grade 11 State %
Yes	3.7
No	96.3

• Only 11<sup>th</sup> graders were asked this question.

Table 99: During your life, has any adult ever intentionally hit or physically hurt you?

	Grade 11 State %
Yes	21.7
No	78.3

• Only 11<sup>th</sup> graders were asked this question.

## 12 SUBSTANCE USE

### 12.1 Abstinence from Substance Use

In middle school, most youth have never used cigarettes, alcohol, marijuana, or other prescription drugs not prescribed to them.

Table 100: Abstinence from Substance Use

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Never smoked a whole cigarette	93.4	83.8
Never used any tobacco or vaping product	91.6	81.1
Never had more than a sip or two of alcohol	73.2	44.7
Never tried marijuana	86.3	60.5

• Percentages exclude missing answers.

### 12.2 30 Day Use

Drug-Free Communities (DFC) are required to report on four drug categories: tobacco, alcohol, marijuana and prescription drug use.

The following table indicates the percentage of students by grade who reported using each substance at least one day during the 30 day period.

Table 101: 30 Day Use

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Had at least one drink of alcohol	10.3	26.9
Had 5 or more drinks of alcohol in a row, that is, within a couple of hours	4.6	14.1
Smoked cigarettes	3.0	7.7
Used an e-cigarette or other vaping product	6.3	12.9
Used marijuana or hashish	6.7	20.9
Used prescription drugs without a doctor's orders	4.9	6.6

• Percentages exclude missing answers.

### 12.3 Tobacco Use

Smoking is the number one preventable cause of disease and death in this country.

Most adult smokers start smoking before the age of 18 years. In 2017, Senate Bill 754 passed, which raised the minimum age to purchase cigarettes from 18 to 21 in Oregon.

Oregon students responded to 23 questions related to tobacco use including age of initiation, desire or attempts to stop smoking, location for smoking, source of tobacco, living in homes with smokers, tobacco advertisements, and perceptions of peer use of tobacco products. The good news is that Oregon’s tobacco prevention efforts appear to be paying off - the vast majority of Oregon youth continue to avoid using tobacco in any form.

Questions relating to youth tobacco use (cigarettes, chewing tobacco, hookahs, e-cigarettes/vaping products and cigars), behaviors and attitudes are shown in the following tables.

For additional information, see the Tobacco Prevention and Education Program at:

<http://www.healthoregon.org/tobacco>

Table 102: During the past 30 days, did you smoke cigarettes (including menthol cigarettes)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes, smoked cigarettes	3.0	7.7
No, did not smoke cigarettes	97.0	92.3

• Percentages exclude missing answers.

Table 103: During the past 30 days, on how many days did you smoke menthol cigarettes?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	98.9	96.9
1 or 2 days	0.6	1.5
3 to 5 days	0.2	0.5
6 to 9 days	0.2	0.4
10 to 19 days	0.0	0.3
20 to 29 days	0.0	0.2
All 30 days	0.0	0.2

• Percentages exclude missing answers.

Table 104: During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, or snus, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, or Marlboro Snus?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	98.9	96.6
1 or 2 days	0.5	1.4
3 to 5 days	0.3	0.5
6 to 9 days	0.1	0.2
10 to 19 days	0.1	0.3
20 to 29 days	0.0	0.3
All 30 days	0.1	0.7

• Percentages exclude missing answers.

Table 105: During the past 30 days, on how many days did you smoke a little cigar, such as a Swisher Sweets?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	98.5	94.4
1 or 2 days	1.0	3.4
3 to 5 days	0.2	1.2
6 to 9 days	0.2	0.6
10 to 19 days	0.0	0.2
20 to 29 days	0.0	0.1
All 30 days	0.1	0.1

• Percentages exclude missing answers.

Table 107: During the past 30 days, on how many days did you smoke tobacco in a hookah, also known as a waterpipe?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	98.5	97.3
1 or 2 days	0.8	1.5
3 to 5 days	0.3	0.4
6 to 9 days	0.2	0.2
10 to 19 days	0.1	0.2
20 to 29 days	0.0	0.2
All 30 days	0.1	0.3

• Percentages exclude missing answers.

Table 106: During the past 30 days, on how many days did you smoke a large cigar?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	99.2	98.0
1 or 2 days	0.4	1.4
3 to 5 days	0.2	0.2
6 to 9 days	0.1	0.1
10 to 19 days	0.0	0.0
20 to 29 days	0.0	0.1
All 30 days	0.1	0.1

• Percentages exclude missing answers.

Table 108: During the past 30 days, on how many days did you use an e-cigarette or other vaping product?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	93.7	87.1
1 or 2 days	3.8	5.7
3 to 5 days	1.2	2.3
6 to 9 days	0.5	1.6
10 to 19 days	0.3	1.1
20 to 29 days	0.2	0.6
All 30 days	0.3	1.6

• Percentages exclude missing answers.

Table 109: Any tobacco use (including vaping products) in the past 30 days

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	8.4	18.9
No	91.6	81.1

• Percentages exclude missing answers.

Table 110: Any use of any flavored tobacco or vaping product

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	12.4	28.4
No	87.6	71.6

• Percentages exclude missing answers.

Table 111: Current use of any flavored tobacco or vaping product

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	5.3	12.9
No	94.7	87.1

• Percentages exclude missing answers.

Table 112: How old were you when you smoked a whole cigarette for the first time?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never smoked a whole cigarette	93.4	83.8
8 years old or younger	0.8	0.7
9 years old	0.4	0.4
10 years old	0.6	0.7
11 years old	0.9	0.7
12 years old	1.2	1.2
13 years old	1.9	2.0
14 years old	0.7	2.4
15 years old	0.0	3.6
16 years old	0.0	3.5
17 years old or older	0.1	1.0

• Percentages exclude missing answers.

Table 113: How old were you when you first used any form of tobacco or vaping product other than regular cigarettes? Exclude marijuana.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never used any of those products	86.2	67.6
8 years old or younger	0.8	0.8
9 years old	0.4	0.3
10 years old	0.7	0.4
11 years old	1.1	0.5
12 years old	3.2	1.2
13 years old	5.7	3.2
14 years old	1.9	5.8
15 years old	0.0	9.1
16 years old	0.0	8.7
17 years old or older	0.0	2.3

• Percentages exclude missing answers.

Table 114: First tobacco or vaping product used

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never used any tobacco or vaping product	86.2	67.2
Cigarette	3.5	8.9
Chewing tobacco	0.4	2.2
Small cigar	0.3	1.0
Large cigar	0.1	0.5
Hookah	0.7	2.6
E-cigarette or other vaping product	7.4	15.9
Another type of product	1.4	1.7

• Percentages exclude missing answers.

Table 115: Tried to quit smoking cigarettes in the past 12 months

	<b>Grade 8</b> State %
Yes	52.8
No	47.2

- Self-identified 30 day cigarette smokers (menthol and non-menthol).
- The 11th grade online survey contained an error on this question and therefore those data are suppressed.

Table 116: During the past 30 days, from which of the following sources did you get tobacco or vaping products?

	Grade 8 State %	Grade 11 State %
A store or gas station	4.2	16.0
Friends 18 or older	27.0	49.4
Friends under 18	47.2	33.5
Took from home without permission	15.3	6.2
A family member	15.0	11.0
The internet	2.8	6.7
Some other source	21.2	15.5

- Percentages include only students under age 18 who used some type of tobacco in the past 30 days and obtained tobacco from at least one source.
- Students were asked to mark all that apply so each response is calculated individually.

Table 117: Does someone living in your house (other than you) smoke or vape tobacco?

	Grade 8 State %	Grade 11 State %
Nobody smokes or vapes	70.1	70.6
Someone smokes or vapes, but not inside the house	22.9	23.4
Someone smokes or vapes inside the house	7.0	6.0

- Percentages exclude missing answers.

Table 118: During this school year, have you seen anyone smoking or vaping tobacco on school property?

	Grade 8 State %	Grade 11 State %
Yes	21.8	46.9
No	78.2	53.1

- Percentages exclude missing answers.

Table 119: During the past 30 days, have you seen an advertisement promoting tobacco or a vaping product on a storefront or in a store?

	Grade 8 State %	Grade 11 State %
Yes	59.5	63.2
No	27.0	23.5
Not sure	13.6	13.3

- Percentages exclude missing answers.

Table 120: Do you agree or disagree with the following statement: Cigarette companies deliberately advertise and promote cigarettes to encourage youth under 18 to smoke.

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Strongly agree	21.3	24.6
Somewhat agree	26.4	28.9
Don't know / Not sure	33.7	29.0
Somewhat disagree	6.4	7.8
Strongly disagree	12.2	9.7

• Percentages exclude missing answers.

Table 121: Do you think tobacco companies have been honest or dishonest with the public about the dangers of tobacco use?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very honest	7.0	8.4
Somewhat honest	12.0	18.6
Don't know/Not sure	29.6	26.2
Somewhat dishonest	23.0	22.0
Very Dishonest	28.5	24.8

• Percentages exclude missing answers.

## 12.4 Alcohol Use

Alcohol is the country's most widely used legal drug and, despite the fact it is illegal for 8<sup>th</sup> and 11<sup>th</sup> graders to purchase alcohol, it is the most widely used substance among American youth. Youth who initiate alcohol use at an early age (14 years or younger) are four times more likely to experience lifetime dependency and are more likely to be involved in alcohol-related motor vehicle crashes, personal injury and physical fights. Alcohol use during adolescence can cause lasting brain impairment leading to problems with relationships, education, employment and financial independence. It can lead to crime, social isolation, mental health problems and early death.

Students were asked about their alcohol and binge drinking (defined as five or more drinks within 2 hours) during the past month.

Almost three-quarters (73.2%) of 8<sup>th</sup> graders and almost half (44.7%) of 11<sup>th</sup> graders reported that they had never drank alcohol (Table 124). 26.8% of the 8<sup>th</sup> graders reported using alcohol at age 14 years or younger placing them at a four times greater risk of lifetime alcohol-related problems cited above. Likewise, 25.1% of the 11<sup>th</sup> graders said they were aged 14 years or younger when first having more than a sip or two of alcohol (Table 122). As might be expected, alcohol use for 11<sup>th</sup> graders exceeded rates reported by 8<sup>th</sup> graders on most items.



Table 122: How old were you when you had your first drink of alcohol other than a few sips?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I have never had a drink of alcohol other than a few sips	73.2	44.7
8 years old or younger	4.9	3.5
9 years old	1.4	0.9
10 years old	2.2	1.9
11 years old	2.5	1.3
12 years old	4.7	3.2
13 years old	8.3	5.4
14 years old	2.8	8.9
15 years old	0.0	14.1
16 years old	0.0	12.9
17 years old or older	0.0	3.1

• Percentages exclude missing answers.

Table 123: During the past 30 days, on how many days did you have at least one drink of alcohol?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	89.7	73.1
1 or 2 days	6.9	16.1
3 to 5 days	1.8	6.1
6 to 9 days	1.0	2.9
10 to 19 days	0.4	1.4
20 to 29 days	0.1	0.2
All 30 days	0.1	0.2

• Percentages exclude missing answers.

Table 124: 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?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	95.4	85.9
1 day	2.6	6.5
2 days	1.1	3.5
3 to 5 days	0.5	2.8
6 to 9 days	0.3	1.0
10 to 19 days	0.1	0.2
20 or more days	0.0	0.1

• Percentages exclude missing answers.

Table 125: During the past 30 days, what type of alcohol did you usually drink?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
I do not have a usual type	14.0	11.4
Beer	17.9	20.6
Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	6.6	5.4
Wine coolers, such as Bartles & Jaymes or Seagrams	1.3	1.5
Wine	8.7	6.8
Liquor, such as vodka, rum, scotch, bourbon, or whiskey	36.4	42.1
Flavored alcoholic beverages, such as lemon vodka, coconut rum, etc.	8.8	9.8
Some other type	6.5	2.3

- Percentages exclude missing answers.
- Includes only those who used alcohol one or more days in the last 30 days.

Table 126: During the past 30 days, from which of the following sources did you get the alcohol you drank?

	<b>Grade 11</b> State %
At a party	35.4
Friends 21 or older	20.6
Friends under 21	23.9
Family members (not parents)	10.3
At home with parents' permission	22.3
A store, gas station, or liquor store	3.2
Bar, night club or restaurant	1.0
From home without my parents' permission	12.2
I gave money to someone to get it for me	10.3
I got it some other way	13.0

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.
- Students were asked to mark all that apply so each response is calculated individually.
- Includes only those who used alcohol one or more days in the last 30 days.

## 12.5 Marijuana and Other Drug Use

Students were asked about their use of substances within the past 30 days. Percentages indicating usage are shown in the following tables. The prescription drug category refers to non-medical use of any prescription-only drugs.

Marijuana use (1 or more days in the past 30 days) was reported by 6.7% of 8<sup>th</sup> graders and 20.9% of 11<sup>th</sup> graders (Table 128). Prescription drug use during the past 30 days was relatively low (4.9% for 8<sup>th</sup> graders and 6.6% for 11<sup>th</sup> graders)(Table 139).

Table 127: During the past 30 days, on how many days did you use marijuana or hashish (weed, hash, pot)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	93.3	79.1
1 to 2 days	3.3	7.8
3 to 5 days	1.2	4.1
6 to 9 days	0.7	2.1
10 or more days	1.5	6.9

• Percentages exclude missing answers.

Table 128: Any marijuana use in the past 30 days

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Used 0 days in the past 30 days	93.3	79.1
Used 1 or more days in the past 30 days	6.7	20.9

• Percentages exclude missing answers.

Table 129: During the past 30 days, how many times did you use marijuana on school property?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 times	98.6	96.9
1 or 2 times	1.0	1.9
3 to 9 times	0.2	0.7
10 to 19 times	0.0	0.2
20 to 39 times	0.1	0.1
40 or more times	0.0	0.2

• Percentages exclude missing answers.

Table 130: Among those who used marijuana in past 30 days, "how did you use it?"

	Grade 8 State %	Grade 11 State %
Smoked it (in a joint, bong, pipe, blunt)	91.6	93.9
Vaporized it (e.g., vapor pen)	13.6	11.4
Ate it (in brownies, cakes, cookies, candy)	26.4	24.5
Drank it (tea, cola, alcohol)	3.5	2.5
Dabbed it	23.1	26.4
Used some other way	5.6	3.5

- Includes only those who used marijuana one or more days in the last 30 days.
- Students were asked to mark all that apply so each response is calculated individually.

Table 131: Does any adult living in your house use marijuana?

	Grade 8 State %	Grade 11 State %
Yes	17.8	19.7
No	82.2	80.3

- Percentages exclude missing answers.

Table 132: If one of your best friends offered you some marijuana, would you use it?

	Grade 8 State %	Grade 11 State %
Definitely not	74.2	61.6
Probably not	17.6	24.0
Probably would	6.5	11.1
Definitely would	1.7	3.2

- Self-identified marijuana users excluded from calculations.

Table 133: Susceptible to marijuana

	Grade 8 State %	Grade 11 State %
Yes, susceptible to marijuana	8.2	14.4
No, not susceptible to marijuana	91.8	85.6

- Self-identified marijuana users excluded from calculations.
- Susceptibility includes those who say they definitely would or probably would use marijuana offered by a best friend.

Table 134: During the past 30 days, have you seen an advertisement for marijuana products or stores: In a magazine or newspaper?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	17.9	21.4
No	64.6	61.2
Not sure	17.5	17.3

• Percentages exclude missing answers.

Table 135: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a storefront?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	37.9	43.5
No	46.7	42.7
Not sure	15.4	13.8

• Percentages exclude missing answers.

Table 136: During the past 30 days, have you seen an advertisement for marijuana products or stores: Online? On your cellphone, tablet, or computer (through email, websites, or social media)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	37.2	49.5
No	48.6	38.1
Not sure	14.2	12.4

• Percentages exclude missing answers.

Table 137: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a billboard?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	33.1	38.4
No	52.6	48.3
Not sure	14.2	13.3

• Percentages exclude missing answers.

Table 138: During the past 30 days, have you seen an advertisement for marijuana products or stores: On the sidewalk (like signs or people wearing or waving signs)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Yes	28.6	35.0
No	56.6	50.8
Not sure	14.8	14.2

• Percentages exclude missing answers.

Table 139: During the past 30 days, on how many days did you use prescription drugs (such as Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's orders?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
0 days	95.1	93.4
1 or 2 days	2.5	3.0
3 to 5 days	0.9	1.3
6 to 9 days	0.5	0.8
10 to 19 days	0.2	0.6
20 to 29 days	0.2	0.2
All 30 days	0.6	0.6

- Percentages exclude missing answers.
- Note: Results not comparable to previous years due to change from "times" to "days".

Past 30 Day Use of Tobacco, Alcohol and Other Drugs

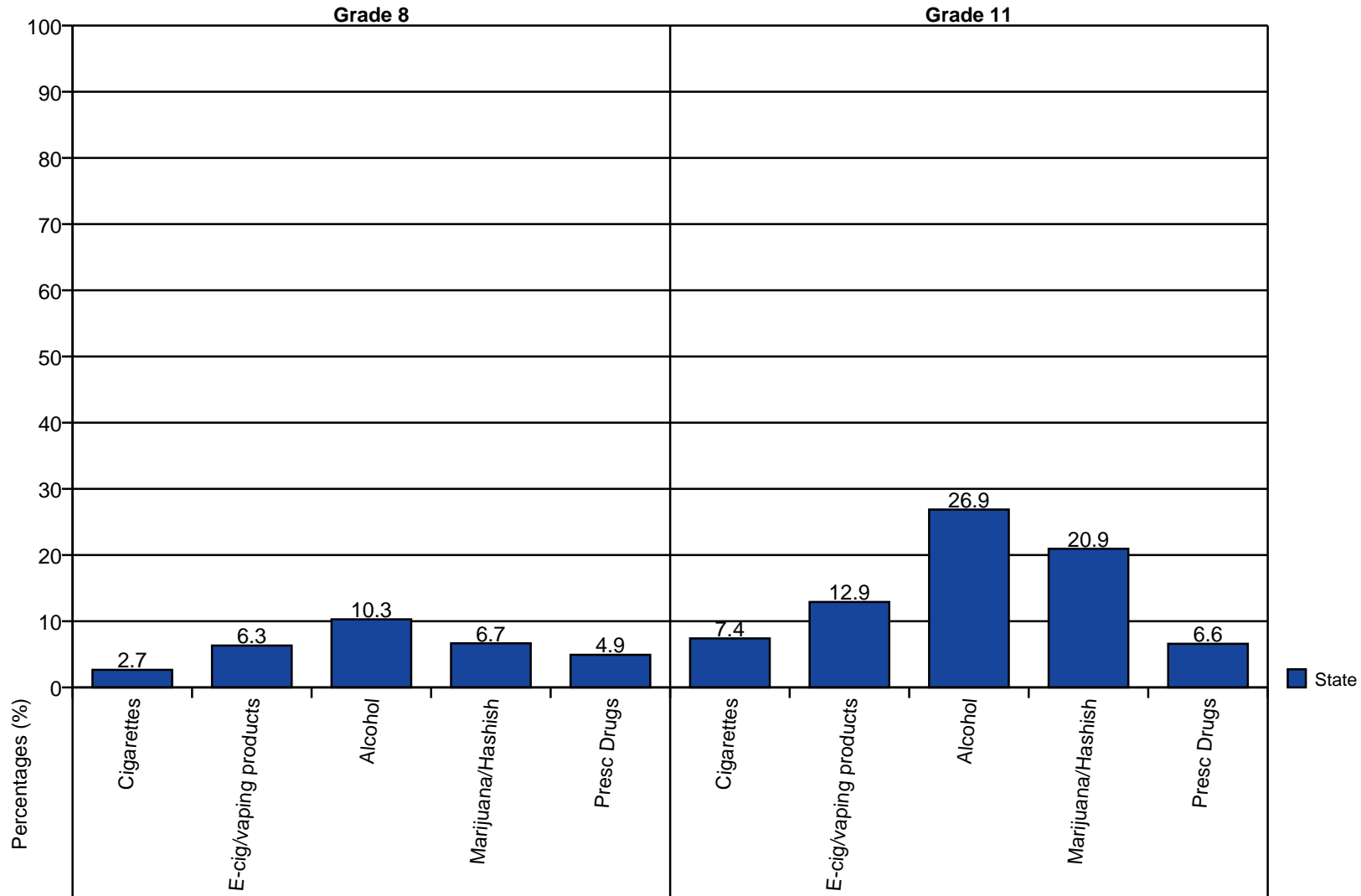


Figure 1: Past 30 Day Use of Tobacco, Alcohol and Other Drugs

## 12.6 Ease of Access

The primary factors that seem to influence increased or decreased substance use among teens are perceived risk, perceived social approval, and perceived availability.

Table 140: If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey or gin), how easy would it be for you to get some?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very easy	18.1	32.1
Sort of easy	20.4	30.9
Sort of hard	16.6	15.8
Very hard	44.9	21.3

• Percentages exclude missing answers.

Table 141: If you wanted to get e-cigarettes or other vaping products, how easy would it be for you to get some?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very easy	10.7	27.9
Sort of easy	13.3	22.3
Sort of hard	16.4	17.4
Very hard	59.7	32.4

• Percentages exclude missing answers.

Table 142: If you wanted to get some marijuana, how easy would it be for you to get some?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very easy	18.1	42.6
Sort of easy	14.4	20.9
Sort of hard	12.7	11.4
Very hard	54.8	25.1

• Percentages exclude missing answers.

Table 143: If you wanted to get prescription drugs not prescribed to you, how easy would it be for you to get some?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very easy	14.7	18.4
Sort of easy	13.2	17.5
Sort of hard	15.6	22.4
Very hard	56.6	41.7

• Percentages exclude missing answers.



## 13 DRUG FREE COMMUNITIES CORE MEASURES

Risk factors are associated with drug use and other problem behaviors (delinquent and antisocial behavior, school drop-out and teenage pregnancy). The more risk factors present, the greater the risk. While exposure to one risk factor does not condemn a child to problems later in life, research shows that exposure to a greater number of risk factors increases a young person's risk exponentially.

The Drug-Free Communities (DFC) Support Program, administered by the Center for Substance Abuse Prevention (CSAP), requests specific data which are typically referred to as the Core Measures. Starting in 2013, DFC requirements have changed from previous years' requirements. At this time, grantees are required to report on four drug categories: tobacco, alcohol, marijuana and prescription drugs. The areas of interest are: 30 day use, perception of risk, parental disapproval and friends' disapproval.

Past 30 day use is measured by the percentage of students who responded that they had used a particular drug in the past 30 days. Perception of risk is measured as the percentage of students who responded that the use of a particular drug was a moderate risk or great risk. Parental disapproval and friends' disapproval are measured by the percentage of students who responded that their parents and friends would feel that it was wrong or very wrong to use a particular drug.

Data in the tables that follow are provided by grade level. For each drug, and at each grade level, the percentage of students who responded positively to the question are reported.

Alcohol was the most commonly used drug in the past 30 days (10.3% and 26.9% for 8<sup>th</sup> and 11<sup>th</sup> graders respectively). This was followed by marijuana, then e-cigarettes/vaping and cigarettes. More than twice as many 8<sup>th</sup> graders and almost three times as many 11<sup>th</sup> graders reported marijuana use as compared with cigarette use. This may be a further indication of how successful anti-smoking campaigns have been.

### 13.1 Past 30 Day Use

Table 144: Past 30 Day Use

	Grade 8 State %	Grade 11 State %
Past 30 day use of alcohol	10.3	26.9
Past 30 day use of cigarettes	2.7	7.4
Past 30 day use of e-cigarettes/vaping	6.3	12.9
Past 30 day use of marijuana/hashish	6.7	20.9
Past 30 day use of prescription drugs	4.9	6.6

• Percentages exclude missing answers.

### 13.2 Perception of Moderate or Great Risk

The student's own attitudes and beliefs about risky behaviors are important predictors of whether or not a student will engage in inappropriate or dangerous behavior. Students were asked how risky they believed it was to use the substances listed in the following table. The less risky a student believes it is to use, the more at risk they are for using.

Table 145: Perceived Moderate or Great Risk

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
If people take one or two drinks of an alcoholic beverage nearly every day	50.0	52.7
If people have five or more drinks of an alcoholic beverage once or twice a week	69.3	71.5
If people smoke one or more packs of cigarettes per day	84.6	86.2
If people use e-cigarettes or other vaping products every day	64.8	60.4
If people smoke marijuana regularly (at least once or twice a week)	61.8	47.3
If people use prescription drugs that are not prescribed to them	87.3	89.3

• Percentages exclude missing answers.

### 13.3 Parents Feel It Would Be Wrong or Very Wrong

Parental attitudes and behavior towards drugs, crime and violence influence the attitudes and behavior of their children. In families where parents use illegal drugs, are heavy users of alcohol, or are tolerant of children's use, children are more likely to become drug abusers in adolescence. The risk is further increased if parents involve children in their own drug or alcohol-using behavior - for example, asking the child to light the parent's cigarette or get the parent a beer from the refrigerator. The information reported in the table is the percentage of students who believe their parents would think that students using alcohol, tobacco or marijuana is "wrong" or "very wrong".

Table 146: Parents Feel It Would Be Wrong or Very Wrong For You To

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Drink beer, wine or liquor regularly	90.6	82.2
Smoke cigarettes	97.3	95.4
Use an e-cigarette or other vaping product	93.7	88.8
Use marijuana	92.0	83.2
Use prescription drugs not prescribed to you	96.5	96.6

• Percentages exclude missing answers.

### 13.4 Friends Feel It Would Be Wrong or Very Wrong

In addition to their own attitudes and those of their parents, social norms - the rules and expectations regarding desirable behavior - acquired through peers also influence students' risk for alcohol and drug use. The following table shows the percentage of students who say their friends would think that their use of various substances is "wrong" or "very wrong".

Table 147: Friends Feel It Would Be Wrong or Very Wrong For You To

	Grade 8 State %	Grade 11 State %
Have one or two drinks of an alcoholic beverage nearly every day	76.7	59.2
Smoke cigarettes	84.9	76.1
Use an e-cigarette or other vaping product	75.0	57.8
Use marijuana	72.9	46.0
Use prescription drugs not prescribed to you	86.6	79.6

• Percentages exclude missing answers.

### 13.5 Perceived Risk of Substance Use

#### 13.5.1 Student Attitude

Students' own attitudes and beliefs about risky behaviors are important predictors of whether or not a student will engage in inappropriate or dangerous behavior. Students were asked how much people risk harming themselves (no risk, slight risk, moderate risk, or great risk) from usage of different substances in specific quantities over defined time periods (e.g., having five or more drinks of an alcoholic beverage once or twice a week).

Students were asked to rate their perception of harm of using several substances. More students reported "great risk" for smoking one or more packs of cigarettes (66.0% of 8<sup>th</sup> graders and 68.5% of 11<sup>th</sup> graders) and using prescription drugs (66.5% of 8<sup>th</sup> graders and 70.2% of 11<sup>th</sup> graders) than reported for other substances including e-cigarettes, marijuana, and alcohol (Tables 148-153).

Table 148: How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?

	Grade 8 State %	Grade 11 State %
No risk	7.1	6.1
Slight risk	8.3	7.7
Moderate risk	18.6	17.8
Great risk	66.0	68.5

• Percentages exclude missing answers.

Table 149: How much do you think people risk harming themselves (physically or in other ways) if they use e-cigarettes or other vaping products every day?

	Grade 8 State %	Grade 11 State %
No risk	12.2	12.8
Slight risk	23.1	26.7
Moderate risk	30.3	32.2
Great risk	34.4	28.3

• Percentages exclude missing answers.

Table 150: How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly (at least once or twice a week)?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
No risk	16.2	24.1
Slight risk	22.1	28.6
Moderate risk	27.5	25.0
Great risk	34.2	22.4

• Percentages exclude missing answers.

Table 151: How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
No risk	16.9	15.7
Slight risk	33.1	31.6
Moderate risk	29.0	31.9
Great risk	21.0	20.9

• Percentages exclude missing answers.

Table 152: How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcoholic beverage once or twice a week?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
No risk	9.5	8.0
Slight risk	21.3	20.4
Moderate risk	36.7	37.2
Great risk	32.5	34.3

• Percentages exclude missing answers.

Table 153: How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
No risk	6.1	4.7
Slight risk	6.5	6.0
Moderate risk	20.8	19.0
Great risk	66.5	70.2

• Percentages exclude missing answers.

### 13.5.2 Parental Attitude

Most Oregon students reported that their parents felt it would be wrong for them to smoke cigarettes, drink alcoholic beverages, smoke marijuana or use prescription drugs not prescribed to them. However, of these substances, more students thought their parents felt drinking alcohol would be only "a little bit wrong" or "not wrong at all" than for other substances (Tables 154-158).

Table 154: How wrong do your parents feel it would be for you to smoke cigarettes?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	88.6	83.2
Wrong	8.7	12.2
A little bit wrong	1.6	3.0
Not wrong at all	1.2	1.6

• Percentages exclude missing answers.

Table 155: How wrong do your parents feel it would be for you to e-cigarettes or other vaping products?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	81.0	71.1
Wrong	12.7	17.7
A little bit wrong	4.6	8.0
Not wrong at all	1.7	3.2

• Percentages exclude missing answers.

Table 156: How wrong do your parents feel it would be for you to drink beer, wine, or liquor (for example, vodka, whiskey, or gin) regularly?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	74.1	58.8
Wrong	16.5	23.4
A little bit wrong	7.5	13.8
Not wrong at all	1.9	4.0

• Percentages exclude missing answers.

Table 157: How wrong do your parents feel it would be for you to use marijuana?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	81.7	67.0
Wrong	10.3	16.2
A little bit wrong	5.3	11.3
Not wrong at all	2.7	5.5

• Percentages exclude missing answers.

Table 158: How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?

	Grade 8 State %	Grade 11 State %
Very wrong	89.0	88.1
Wrong	7.5	8.4
A little bit wrong	1.8	2.1
Not wrong at all	1.7	1.3

• Percentages exclude missing answers.

### 13.5.3 Peer Attitude

Compared with parental attitudes, Oregon students reported far greater acceptance levels among their friends for using alcohol, tobacco, marijuana and prescription drugs. Of note, 32.8% of all 11th graders said they thought their friends felt using marijuana was "not wrong at all" (Tables 159-163).

Table 159: How wrong do your friends feel it would be for you to smoke cigarettes?

	Grade 8 State %	Grade 11 State %
Very wrong	61.7	51.4
Wrong	23.2	24.7
A little bit wrong	9.7	13.3
Not wrong at all	5.4	10.6

• Percentages exclude missing answers.

Table 160: How wrong do your friends feel it would be for you to use e-cigarettes or other vaping products?

	Grade 8 State %	Grade 11 State %
Very wrong	53.6	36.3
Wrong	21.4	21.5
A little bit wrong	15.1	19.7
Not wrong at all	9.8	22.5

• Percentages exclude missing answers.

Table 161: How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

	Grade 8 State %	Grade 11 State %
Very wrong	51.9	33.0
Wrong	24.8	26.2
A little bit wrong	15.6	22.7
Not wrong at all	7.7	18.1

• Percentages exclude missing answers.

Table 162: How wrong do your friends feel it would be for you to use marijuana?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	53.9	29.5
Wrong	19.0	16.5
A little bit wrong	14.2	21.2
Not wrong at all	12.9	32.8

• Percentages exclude missing answers.

Table 163: How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?

	<b>Grade 8</b> State %	<b>Grade 11</b> State %
Very wrong	66.3	58.2
Wrong	20.2	21.5
A little bit wrong	8.7	12.1
Not wrong at all	4.7	8.2

• Percentages exclude missing answers.

## 14 HONESTY

Studies indicate that most young people are truthful in answering anonymous health surveys. While a small number of participants do misrepresent their true behavior, the most egregious examples are excluded from results. Data are edited to omit students who did not take the survey seriously, based on validity criteria relating to inconsistent response patterns among related items, dubious responses (the number of extreme high risk behavior responses chosen by subject area) and/or missing gender or grade. These edits capture students' surveys that indicate they were "honest once in a while" or "not honest at all" and excluded them from reported results. In addition, the last item on the survey asks students to report on their honesty in completing the survey. The majority of students said they were very honest or honest most of the time. Only 1.6% of the students reported being honest only once in a while or not honest at all (Table 164).

The table below represents the 8<sup>th</sup> and 11<sup>th</sup> grade responses for the entire dataset to this questions before any filtering has been done.

Table 164: How honest were you in filling out this survey?

	<b>Grade 8</b>	<b>Grade 11</b>
	State	State
	%	%
I was very honest	82.1	83.0
I was honest most of the time	15.6	15.2
I was honest some of the time	2.0	1.8
I was honest once in a while	0.6	0.7
I was not honest at all	1.0	0.9

*Percentages exclude missing answers.*



## A FREQUENCY DISTRIBUTIONS TABLES

This section contains frequency tables for all of the questions on the 2017 Oregon Healthy Teens Survey. Two versions of the survey were used; one 11th grade and another for the 8th grade, which consists of a subset of the questions on the 11th grade version. Data for questions that did not appear on the 8th grade version are shown as missing, or zeros.

### A.1 Demographics

Table 165: In what grade are you?

	Grade 8 State	Grade 11 State
7th grade	0.0	0.0
8th grade	100.0	0.0
9th grade	0.0	0.0
10th grade	0.0	0.0
11th grade	0.0	100.0
12th grade	0.0	0.0
Ungraded or other grade	0.0	0.0

Table 166: How old are you?

	Grade 8 State	Grade 11 State
12 years old or younger	0.2	0.0
13 years old	36.5	0.0
14 years old	61.5	0.0
15 years old	1.8	0.2
16 years old	0.0	35.9
17 years old	0.0	62.1
18 years old or older	0.0	1.8

Table 167: Are you Hispanic or Latino?

	Grade 8 State	Grade 11 State
No	72.0	75.1
Yes	28.0	24.9

Table 168: What is your race? American Indian/Native American

	Grade 8 State	Grade 11 State
Yes	13.3	9.1

Table 169: What is your race? Alaska Native

	Grade 8 State	Grade 11 State
Yes	0.6	0.6

Table 170: What is your race? Asian Indian

	Grade 8 State	Grade 11 State
Yes	0.7	0.6

Table 171: What is your race? Chinese

	Grade 8 State	Grade 11 State
Yes	2.2	1.8

Table 172: What is your race? Japanese

	Grade 8 State	Grade 11 State
Yes	1.4	1.1

Table 173: What is your race? Korean

	Grade 8 State	Grade 11 State
Yes	0.9	0.7

Table 174: What is your race? Vietnamese

	Grade 8 State	Grade 11 State
Yes	1.5	1.5

Table 175: What is your race? Filipino

	Grade 8 State	Grade 11 State
Yes	1.7	1.8

Table 176: What is your race? Native Hawaiian

	Grade 8 State	Grade 11 State
Yes	1.0	0.9

Table 177: What is your race? Other Pacific Islander

	Grade 8 State	Grade 11 State
Yes	1.2	1.4

Table 178: What is your race? Black or African American

	Grade 8 State	Grade 11 State
Yes	4.6	4.2

Table 179: What is your race? White

	Grade 8 State	Grade 11 State
Yes	72.8	80.2

Table 180: What is your race? Other

	Grade 8 State	Grade 11 State
Yes	19.7	12.8

Table 181: If you selected more than one race, what one race best describes you?

	Grade 8 State	Grade 11 State
American Indian/Native American	2.9	1.8
Alaska Native	0.1	0.3
Asian Indian	0.2	0.1
Chinese	0.4	0.4
Japanese	0.4	0.3
Korean	0.2	0.2
Vietnamese	0.5	0.4
Filipino	0.7	0.7
Native Hawaiian	0.3	0.2
Other Pacific Islander	0.5	0.5
Black or African American	1.8	1.8
White	21.0	24.3
Other	6.5	4.0

Table 182: What is the language you use most often at home?

	Grade 8 State	Grade 11 State
English	83.9	85.9
Spanish	12.9	11.0
Another language	3.2	3.2

## A.2 Health

### A.2.1 Social & Economic Factors

Table 183: Does your family own a car, van, or truck?

	Grade 8 State	Grade 11 State
No	1.6	1.8
Yes, one	16.8	13.8
Yes, two or more	81.7	84.4

Table 184: Do you have your own bedroom for yourself?

	Grade 8 State	Grade 11 State
No	25.8	17.1
Yes	74.2	82.9

Table 185: During the past 12 months, how many times did you travel away on vacation with your family?

	Grade 8 State	Grade 11 State
Not at all	19.8	26.9
Once	25.6	27.5
Twice	22.3	21.2
More than twice	32.3	24.4

Table 186: How many computers does your family own?

	Grade 8 State	Grade 11 State
None	8.6	6.6
One	26.5	25.2
Two	26.4	26.1
More than two	38.5	42.1

Table 187: Do you receive free or reduced price lunches at school?

	Grade 8 State	Grade 11 State
Yes	40.9	38.0
No	42.5	54.1
Don't know	16.6	8.0

Table 188: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you see yourself?

	Grade 8 State	Grade 11 State
Very feminine	9.7	11.5
Mostly feminine	16.9	21.7
Somewhat feminine	4.2	4.6
Equally feminine and masculine	9.8	8.4
Somewhat masculine	5.9	5.9
Mostly masculine	13.7	17.2
Very masculine	12.3	18.0
I am not sure	15.5	7.6
I do not know what this question is asking	11.9	5.1

Table 189: A person's appearance, style, dress or the way they walk or talk may affect how people describe them. How do you think other people at school would describe you?

	Grade 8 State	Grade 11 State
Very feminine	10.2	11.6
Mostly feminine	14.4	19.5
Somewhat feminine	8.8	8.7
Equally feminine and masculine	8.6	7.1
Somewhat masculine	6.7	6.4
Mostly masculine	12.2	16.0
Very masculine	8.9	13.9
I am not sure	23.0	13.3
I do not know what this question is asking	7.3	3.6

Table 190: How do you identify? Female

	Grade 8 State	Grade 11 State
Yes	48.9	48.7

Table 191: How do you identify? Male

	Grade 8 State	Grade 11 State
Yes	47.7	47.4

Table 192: How do you identify? Transgender

	Grade 8 State	Grade 11 State
Yes	0.9	0.9

Table 193: How do you identify? Gender nonconforming, Genderqueer

	Grade 8 State	Grade 11 State
Yes	0.5	0.8

Table 194: How do you identify? Genderfluid/not exclusively male or female

	Grade 8 State	Grade 11 State
Yes	1.1	1.0

Table 195: How do you identify? Intersex/Intergender

	Grade 8 State	Grade 11 State
Yes	0.2	0.2

Table 196: How do you identify? Something else fits better

	Grade 8 State	Grade 11 State
Yes	2.2	3.0

Table 197: How do you identify? I am not sure of my gender identity

	Grade 8 State	Grade 11 State
Yes	1.0	0.9

Table 198: How do you identify? I do not know what this question is asking

	Grade 8 State	Grade 11 State
Yes	1.0	0.8

### A.2.2 Health Care

Table 199: Would you say that in general your physical health is...

	Grade 8 State	Grade 11 State
Excellent	19.9	15.9
Very good	33.3	32.8
Good	33.1	34.5
Fair	11.7	13.9
Poor	2.1	2.9

Table 200: Would you say that in general your emotional and mental health is...

	Grade 8 State	Grade 11 State
Excellent	19.0	13.5
Very good	28.1	23.5
Good	27.9	29.3
Fair	16.7	21.8
Poor	8.4	12.0

Table 201: When did you last go to a doctor or nurse practitioner for a check-up or physical exam when you were not sick or injured?

	Grade 8 State	Grade 11 State
During the past 12 months	61.8	62.2
Between 12 and 24 months ago	14.1	15.8
More than 24 months ago	3.9	6.5
Never	2.0	3.0
Not sure	18.2	12.5

Table 202: During the past 12 months, did you have any physical health care needs that were not met? (Count any situation where you thought you should see a doctor, nurse, or other health professional.)

	Grade 8 State	Grade 11 State
Yes	20.5	17.7
No	79.5	82.3

Table 203: During the past 12 months, did you have any emotional or mental health care needs that were not met? (Count any situation where you thought you should see a counselor, social worker, or other mental health professional.)

	Grade 8 State	Grade 11 State
Yes	18.7	22.4
No	81.3	77.6

Table 204: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - during school hours

	Grade 8 State	Grade 11 State
Yes	10.8	12.1

Table 205: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - during the summer

	Grade 8 State	Grade 11 State
Yes	7.4	6.5

Table 206: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - on the weekend or before/after school

	Grade 8 State	Grade 11 State
Yes	16.6	17.1

Table 207: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? No

	Grade 8 State	Grade 11 State
Yes	62.7	66.1

Table 208: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Don't know

	Grade 8 State	Grade 11 State
Yes	9.3	4.6

Table 209: I can do most things if I try.

	Grade 8 State	Grade 11 State
Very much true	40.3	45.4
Pretty much true	46.7	45.0
A little true	11.9	8.7
Not at all true	1.0	0.8

Table 210: There is at least one teacher or other adult in my school that really cares about me.

	Grade 8 State	Grade 11 State
Very much true	39.7	46.0
Pretty much true	31.4	30.3
A little true	20.7	17.6
Not at all true	8.2	6.1

Table 211: I volunteer to help others in my community.

	Grade 8 State	Grade 11 State
Very much true	16.0	22.7
Pretty much true	29.0	28.3
A little true	38.4	34.3
Not at all true	16.6	14.8

Table 212: I can work out my problems.

	Grade 8 State	Grade 11 State
Very much true	33.2	34.7
Pretty much true	43.0	44.8
A little true	20.0	17.5
Not at all true	3.8	3.1

### A.2.3 Grades and School

Table 213: During the past 12 months, how would you describe your grades in school?

	Grade 8 State	Grade 11 State
Mostly A's	40.3	33.9
Mostly B's	31.4	35.5
Mostly C's	16.6	20.0
Mostly D's	3.6	4.9
Mostly F's	3.2	2.7
None of these grades	0.6	0.4
Not sure	4.3	2.6

Table 214: During the past 12 months, how many days of school did you miss for any reason?

	Grade 8 State	Grade 11 State
None	9.6	7.1
1-2 days	22.1	15.7
3-5 days	27.7	24.3
6-10 days	20.5	22.5
11-15 days	9.3	11.7
16 or more days	10.8	18.8



Table 215: During the past 12 months, how many days of school did you miss because of physical health reasons?

	Grade 8 State	Grade 11 State
None	33.5	28.4
1-2 days	30.2	28.5
3-5 days	21.3	23.7
6-10 days	9.8	11.4
11-15 days	2.9	4.3
16 or more days	2.3	3.7

Table 216: During the past 12 months, how many days of school did you miss because of emotional or mental health reasons?

	Grade 8 State	Grade 11 State
None	77.4	66.1
1-2 days	13.3	17.5
3-5 days	4.8	7.5
6-10 days	2.4	4.3
11-15 days	0.9	1.9
16 or more days	1.1	2.7

Table 217: During the past 12 months, how many days of school did you have unexcused absences (meaning you skipped or cut school)?

	Grade 8 State	Grade 11 State
None	77.2	60.9
1-2 days	12.6	16.9
3-5 days	4.8	8.7
6-10 days	2.8	5.5
11-15 days	1.1	2.6
16 or more days	1.6	5.4

#### A.2.4 Health or Learning Conditions

Table 218: Are you deaf or do you have serious difficulty hearing?

	Grade 8 State	Grade 11 State
Yes	0.0	2.2
No	0.0	97.8

Table 219: Are you blind or do you have serious difficulty seeing, even when wearing glasses?

	Grade 8 State	Grade 11 State
Yes	0.0	5.2
No	0.0	94.8

Table 220: Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?

	Grade 8 State	Grade 11 State
Yes	0.0	24.7
No	0.0	75.3

Table 221: Do you have serious difficulty walking or climbing stairs?

	Grade 8 State	Grade 11 State
Yes	0.0	2.7
No	0.0	97.3

Table 222: Do you have difficulty dressing or bathing?

	Grade 8 State	Grade 11 State
Yes	0.0	1.0
No	0.0	99.0

Table 223: Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a physician's office or shopping?

	Grade 8 State	Grade 11 State
Yes	0.0	9.2
No	0.0	90.8

### A.2.5 Asthma

Table 224: Has a doctor or nurse ever told you that you have asthma?

	Grade 8 State	Grade 11 State
Yes	18.0	23.4
No	72.7	71.4
Not sure	9.3	5.3

Table 225: Do you still have asthma?

	Grade 8 State	Grade 11 State
I have never had asthma	78.6	74.7
Yes	9.7	12.1
No	4.8	6.6
Not sure	6.9	6.6

### A.2.6 School-Based Health Centers

Table 226: Does your school have a School-Based Health Center?

	Grade 8 State	Grade 11 State
Yes	32.5	48.7
No	21.7	16.3
Don't know	45.8	35.0

Table 227: How many times have you used the School-Based Health Center at your school in the past 12 months?

	Grade 8 State	Grade 11 State
Never	70.0	75.5
I've used it, but not in the last 12 months	6.4	5.9
Once	9.3	8.0
Twice	6.5	4.3
3-5 times	5.3	4.1
6-10 times	1.2	1.0
More than 10 times	1.3	1.1

**A.2.7 Food**

Table 228: In the past 12 months, did you ever eat less than you felt you should because there wasn't enough money to buy food?

	Grade 8 State	Grade 11 State
Yes	14.4	17.8
No	85.6	82.2

Table 229: 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.)

	Grade 8 State	Grade 11 State
I did not drink 100% fruit juice during the past 7 days	31.9	35.5
1 to 3 times during the past 7 days	37.8	38.9
4 to 6 times during the past 7 days	13.1	11.7
1 time per day	6.4	5.7
2 times per day	6.4	4.4
3 times per day	2.2	1.9
4 or more times per day	2.2	1.8

Table 230: During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	Grade 8 State	Grade 11 State
I did not eat fruit during the past 7 days	6.3	7.9
1 to 3 times during the past 7 days	27.1	31.4
4 to 6 times during the past 7 days	22.6	22.5
1 time per day	13.3	14.4
2 times per day	16.3	13.8
3 times per day	7.7	5.7
4 or more times per day	6.7	4.4

Table 232: During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	Grade 8 State	Grade 11 State
I did not eat potatoes during the past 7 days	41.0	34.7
1 to 3 times during the past 7 days	44.5	49.0
4 to 6 times during the past 7 days	7.5	9.6
1 time per day	3.9	3.7
2 times per day	1.6	1.3
3 times per day	0.6	0.7
4 or more times per day	1.0	1.0

Table 231: During the past 7 days, how many times did you eat green salad?

	Grade 8 State	Grade 11 State
I did not eat green salad during the past 7 days	34.9	32.9
1 to 3 times during the past 7 days	37.9	40.4
4 to 6 times during the past 7 days	11.6	13.5
1 time per day	10.1	8.8
2 times per day	3.3	2.4
3 times per day	0.9	0.9
4 or more times per day	1.3	1.2

Table 233: During the past 7 days, how many times did you eat carrots?

	Grade 8 State	Grade 11 State
I did not eat carrots during the past 7 days	43.1	46.9
1 to 3 times during the past 7 days	35.7	36.6
4 to 6 times during the past 7 days	9.6	8.2
1 time per day	6.6	5.3
2 times per day	2.4	1.9
3 times per day	1.1	0.4
4 or more times per day	1.5	0.8

Table 234: During the past 7 days, how many times did you eat other vegetables?  
(Do not count green salad, potatoes, or carrots.)

	Grade 8 State	Grade 11 State
I did not eat other vegetables during the past 7 days	13.7	13.9
1 to 3 times during the past 7 days	32.6	35.7
4 to 6 times during the past 7 days	23.5	23.1
1 time per day	14.0	13.9
2 times per day	9.2	8.3
3 times per day	3.6	2.9
4 or more times per day	3.5	2.3

Table 235: During the past 7 days, on how many days did you eat breakfast?

	Grade 8 State	Grade 11 State
0 days	9.7	13.7
1 day	6.3	7.4
2 days	8.4	10.7
3 days	9.3	9.9
4 days	7.9	8.1
5 days	9.3	10.4
6 days	7.8	7.6
7 days	41.2	32.3

## A.2.8 Sleep

Table 236: On an average school night, how many hours of sleep do you get?

	Grade 8 State	Grade 11 State
4 or less hours	5.7	7.1
5 hours	7.2	12.3
6 hours	13.9	25.9
7 hours	24.8	30.8
8 hours	29.9	18.6
9 hours	13.8	4.1
10 or more hours	4.8	1.2

**A.2.9 Physical Activity**

Table 237: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
0 days	6.4	13.4
1 day	5.1	7.5
2 days	6.9	8.9
3 days	10.7	11.5
4 days	11.9	11.7
5 days	18.8	15.9
6 days	10.7	8.7
7 days	29.4	22.5

Table 238: 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?

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
0 days	19.8	33.2
1 day	9.3	8.8
2 days	10.8	9.6
3 days	13.3	11.1
4 days	10.5	8.6
5 days	16.2	13.3
6 days	5.2	4.2
7 days	15.0	11.1

Table 239: In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
0 days	23.7	66.3
1 day	1.9	0.9
2 days	3.3	1.9
3 days	8.2	6.8
4 days	7.0	4.1
5 days	55.9	20.0

Table 240: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
I do not take PE	22.5	64.1
Less than 10 minutes	1.3	0.7
10 to 20 minutes	5.3	1.4
21 to 30 minutes	14.2	3.9
31 to 40 minutes	21.9	8.6
41 to 50 minutes	19.6	8.8
51 to 60 minutes	9.9	5.9
More than 60 minutes	5.1	6.6

Table 241: On an average school day, how many hours do you watch TV?

	Grade 8 State	Grade 11 State
I do not watch TV on an average school day	21.3	27.3
Less than 1 hour per day	22.1	21.7
1 hour per day	16.7	15.7
2 hours per day	19.0	17.6
3 hours per day	10.9	9.9
4 hours per day	4.5	4.1
5 or more hours per day	5.4	3.8

Table 242: On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Play Station, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet).

	Grade 8 State	Grade 11 State
I do not play video or computer games or use a computer for something that is not school work	9.5	15.1
Less than 1 hour per day	11.9	10.6
1 hour per day	11.7	10.3
2 hours per day	17.5	17.2
3 hours per day	17.2	16.5
4 hours per day	11.0	10.5
5 or more hours per day	21.2	19.9

Table 243: During the past 7 days, how many times did you drink soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	31.0	33.0
1 to 3 times in past 7 days	49.8	43.7
4 to 6 times in past 7 days	10.0	12.5
1 time per day	3.9	4.9
2 times per day	2.6	2.8
3 times per day	1.1	1.5
4 or more times per day	1.6	1.7

Table 244: During the past 7 days, how many times did you drink fruit-flavored beverages such as Kool-Aid, Sunny Delight, or Snapple? (Do not include 100% fruit juice.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	51.0	54.6
1 to 3 times in past 7 days	30.2	29.1
4 to 6 times in past 7 days	9.9	8.9
1 time per day	4.0	3.5
2 times per day	2.2	1.8
3 times per day	1.2	1.1
4 or more times per day	1.5	1.1

Table 245: During the past 7 days, how many times did you drink energy drinks such as Red Bull, Rockstar, or Monster? (Do not include diet or sugar-free energy drinks.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	75.7	68.0
1 to 3 times in past 7 days	16.4	21.2
4 to 6 times in past 7 days	3.8	5.7
1 time per day	2.0	2.6
2 times per day	0.9	1.1
3 times per day	0.4	0.4
4 or more times per day	0.9	0.9

Table 246: During the past 7 days, how many times did you drink sports drinks such as Gatorade or Powerade?

	Grade 8 State	Grade 11 State
0 times in past 7 days	52.3	58.0
1 to 3 times in past 7 days	28.7	25.7
4 to 6 times in past 7 days	10.7	9.2
1 time per day	3.7	3.9
2 times per day	1.9	1.4
3 times per day	1.1	0.6
4 or more times per day	1.6	1.2



Table 247: During the past 7 days, how many times did you drink flavored milk such as Chocolate or Strawberry milk? (Do not include plain milk.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	59.9	64.2
1 to 3 times in past 7 days	20.3	19.9
4 to 6 times in past 7 days	9.9	7.9
1 time per day	5.3	4.4
2 times per day	1.9	1.9
3 times per day	0.8	0.5
4 or more times per day	1.8	1.2

Table 249: During the past 7 days, how many times did you drink sweetened coffee or tea beverages such as Starbucks Frappuccino or an Arizona Iced Tea?

	Grade 8 State	Grade 11 State
0 times in past 7 days	52.4	47.4
1 to 3 times in past 7 days	29.6	29.5
4 to 6 times in past 7 days	8.5	11.6
1 time per day	4.8	6.3
2 times per day	2.0	2.4
3 times per day	1.0	0.9
4 or more times per day	1.7	1.9

Table 248: During the past 7 days, how many times did you drink plain milk? (Include milk that you added to cereal.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	19.0	26.0
1 to 3 times in past 7 days	23.1	25.5
4 to 6 times in past 7 days	20.4	17.6
1 time per day	14.4	13.8
2 times per day	10.3	8.9
3 times per day	4.5	3.8
4 or more times per day	8.3	4.4

Table 250: During the past 7 days, how many times did you drink plain water? (Include tap and bottled water.)

	Grade 8 State	Grade 11 State
0 times in past 7 days	1.4	1.7
1 to 3 times in past 7 days	6.1	5.6
4 to 6 times in past 7 days	9.8	8.7
1 time per day	7.5	7.9
2 times per day	10.6	11.1
3 times per day	14.2	14.8
4 or more times per day	50.5	50.2

Table 251: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Walk

	Grade 8 State	Grade 11 State
0 days	60.1	72.3
1 day	8.9	5.1
2 days	5.5	3.8
3 days	4.1	3.2
4 days	3.2	1.9
5 days	18.2	13.7

Table 252: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a bike

	Grade 8 State	Grade 11 State
0 days	92.3	96.0
1 day	2.7	1.4
2 days	1.3	0.8
3 days	1.0	0.5
4 days	0.6	0.4
5 days	2.0	0.9

Table 253: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a skateboard, skates, or scooter.

	Grade 8 State	Grade 11 State
0 days	92.8	96.5
1 day	2.2	1.0
2 days	1.3	0.8
3 days	1.0	0.6
4 days	0.6	0.2
5 days	2.1	0.9

Table 254: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a school bus.

	Grade 8 State	Grade 11 State
0 days	38.6	69.2
1 day	3.9	2.4
2 days	3.7	2.7
3 days	4.8	2.9
4 days	8.4	3.7
5 days	40.7	19.1

Table 255: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride public transportation, including a city bus or light rail.

	Grade 8 State	Grade 11 State
0 days	93.5	90.2
1 day	1.9	1.8
2 days	0.8	1.4
3 days	0.6	1.2
4 days	0.6	1.1
5 days	2.6	4.3

Table 256: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in or drive a car or other private vehicle (with only members of your family.)

	Grade 8 State	Grade 11 State
0 days	34.2	21.9
1 day	14.2	6.8
2 days	7.4	5.5
3 days	5.4	4.4
4 days	6.6	5.6
5 days	32.2	55.8

Table 257: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in a carpool (with people other than your family.)

	Grade 8 State	Grade 11 State
0 days	85.4	78.2
1 day	5.9	6.1
2 days	2.8	3.7
3 days	1.4	2.8
4 days	1.1	1.8
5 days	3.4	7.5

Table 258: During the past 7 days, how many times did you visit a convenience store such as Plaid Pantry, 7-Eleven, Circle K, a mini-mart, or a gas station store?

	Grade 8 State	Grade 11 State
I did not visit a convenience store during the past 7 days	40.9	43.6
1 time during the past 7 days	26.1	24.9
2 or 3 times during the past 7 days	25.0	23.8
4 to 6 times during the past 7 days	6.0	5.8
7 or more times during the past 7 days	2.0	1.8

**A.2.10 Suicide**

Table 259: 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?

	Grade 8 State	Grade 11 State
Yes	30.1	32.2
No	69.9	67.8

Table 260: During the past 12 months, did you ever seriously consider attempting suicide?

	Grade 8 State	Grade 11 State
Yes	16.9	18.2
No	83.1	81.8

Table 261: During the past 12 months, how many times did you actually attempt suicide?

	Grade 8 State	Grade 11 State
0 times	91.3	93.2
1 time	4.5	3.6
2 or 3 times	2.7	2.4
4 or 5 times	0.5	0.4
6 or more times	1.0	0.4

**A.3 Safety**

Table 262: During the past 30 days, on 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?

	Grade 8 State	Grade 11 State
0 days	90.9	93.4
1 day	5.2	3.3
2 or 3 days	2.4	2.2
4 or 5 days	0.6	0.5
6 or more days	0.9	0.6

Table 263: During the past 12 months, how many times has someone threatened you with a weapon such as a gun, knife, or club on school property?

	Grade 8 State	Grade 11 State
0 times	91.6	94.8
1 time	4.4	2.6
2 or 3 times	2.2	1.4
4 or 5 times	0.6	0.3
6 or 7 times	0.3	0.1
8 or 9 times	0.2	0.2
10 or 11 times	0.1	0.1
12 or more times	0.6	0.4

Table 264: During the past 12 months, how many times were you in a physical fight on school property?

	Grade 8 State	Grade 11 State
0 times	85.2	94.3
1 time	8.5	3.2
2 or 3 times	4.3	1.5
4 or 5 times	0.9	0.3
6 or 7 times	0.2	0.1
8 or 9 times	0.2	0.1
10 or 11 times	0.1	0.1
12 or more times	0.4	0.3

Table 265: During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

	Grade 8 State	Grade 11 State
Yes	8.7	16.5
No	91.3	83.5

## A.4 Bullying

Table 266: During the past 30 days, have you been bullied by someone using any kind of technology, such as through social media, cell phones, or video games?

	Grade 8 State	Grade 11 State
Yes	14.9	11.1
No	85.1	88.9

Table 267: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your race or ethnic origin

	Grade 8 State	Grade 11 State
Yes	5.8	4.3

Table 268: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Unwanted sexual comments or attention

	Grade 8 State	Grade 11 State
Yes	6.9	5.7

Table 269: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying because someone thought you were gay, lesbian or bisexual

	Grade 8 State	Grade 11 State
Yes	6.1	2.8

Table 270: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your weight, clothes, acne, or other physical characteristics

	Grade 8 State	Grade 11 State
Yes	13.6	7.4

Table 271: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your group of friends

	Grade 8 State	Grade 11 State
Yes	7.6	4.3

Table 272: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Other reasons

	Grade 8 State	Grade 11 State
Yes	16.8	10.3

Table 273: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? I have not been bullied

	Grade 8 State	Grade 11 State
Yes	69.1	79.4

Table 274: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have never heard of the Choking Game

	Grade 8 State	Grade 11 State
Yes	82.8	82.1

Table 275: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I've heard of someone participating in the Choking Game

	Grade 8 State	Grade 11 State
Yes	15.1	15.8

Table 276: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have helped someone else participate in the Choking Game

	Grade 8 State	Grade 11 State
Yes	0.5	0.6

Table 277: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have participated in the Choking Game myself

	Grade 8 State	Grade 11 State
Yes	2.4	2.1

Table 278: How many times in your life have you participated in the Choking Game yourself?

	Grade 8 State	Grade 11 State
None - I have never participated myself	97.5	98.0
One time	1.1	1.1
Two times	0.6	0.5
3 to 5 times	0.4	0.3
More than 5 times	0.4	0.2

Table 279: Thinking back to the last time you yourself participated in the "Choking Game", were you alone or with other people?

	Grade 8 State	Grade 11 State
I have never participated in the "Choking Game"	97.5	97.9
I was alone	0.7	0.5
I was with other people	1.8	1.6

## A.5 Gambling

Table 280: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. I did not gamble in the last 30 days

	Grade 8 State	Grade 11 State
Yes	78.7	81.7

Table 281: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing scratch off tickets, or any lottery tickets (such as Powerball or Megabucks)

	Grade 8 State	Grade 11 State
Yes	3.2	3.4

Table 282: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing dice or coin flips

	Grade 8 State	Grade 11 State
Yes	5.4	3.5

Table 283: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing cards (poker, etc.)

	Grade 8 State	Grade 11 State
Yes	6.8	5.5

Table 284: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Betting on games of personal skill (bowling, video games, dares, etc.)

	Grade 8 State	Grade 11 State
Yes	14.1	12.1

Table 285: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing Fantasy Sports (Fan Duel, Draft King, etc.)

	Grade 8 State	Grade 11 State
Yes	2.4	2.4

Table 286: During the last 12 months, have you ever... Felt that you would like to stop betting money but didn't think you could?

	Grade 8 State	Grade 11 State
I don't bet for money	72.1	71.5
Yes	1.7	1.2
No	26.2	27.3

Table 287: During the last 12 months, have you ever... Bet or gambled more than you wanted to?

	Grade 8 State	Grade 11 State
I don't bet for money	68.2	69.2
Yes	2.5	2.2
No	29.4	28.6

## A.6 Sexual Orientation and Behavior

Table 288: Do you think of yourself as?

	Grade 8 State	Grade 11 State
Lesbian or gay	1.5	2.1
Straight, that is, not lesbian or gay	82.2	82.5
Bisexual	6.4	7.5
Something else	3.9	4.1
Don't know/Not sure	6.0	3.8



Table 289: Have you ever had sexual intercourse?

	Grade 8 State	Grade 11 State
Yes	8.4	40.9
No	91.6	59.1

Table 290: How old were you when you had sexual intercourse for the first time?

	Grade 8 State	Grade 11 State
I have never had sexual intercourse	92.3	59.2
11 years old or younger	1.2	0.9
12 years old	1.2	0.9
13 years old	3.2	2.6
14 years old	2.2	5.9
15 years old	0.0	12.0
16 years old	0.0	14.6
17 years old or older	0.0	3.9

Table 291: During your life, with how many people have you had sexual intercourse?

	Grade 8 State	Grade 11 State
I have never had sexual intercourse	92.2	59.3
1 person	4.3	18.9
2 people	1.7	8.2
3 people	0.6	5.0
4 people	0.3	3.1
5 people	0.1	1.4
6 or more people	0.7	4.1

Table 292: During the past 3 months, with how many people did you have sexual intercourse?

	Grade 8 State	Grade 11 State
I have never had sexual intercourse	92.3	59.4
I have had sexual intercourse, but not during the past 3 months	3.5	10.8
1 person	3.1	25.0
2 people	0.5	3.1
3 people	0.1	1.0
4 people	0.0	0.3
5 people	0.1	0.0
6 or more people	0.4	0.5

Table 293: Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	Grade 8 State	Grade 11 State
I have never had sexual intercourse	92.1	58.8
Yes	1.5	6.4
No	6.5	34.8

Table 294: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? I have never had sexual intercourse

	Grade 8 State	Grade 11 State
Yes	92.3	59.4

Table 295: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? IUD (intrauterine device such as Mirena or Paragard)

	Grade 8 State	Grade 11 State
Yes	0.2	2.4

Table 296: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive implant (Implanon or Nexplanon)

	Grade 8 State	Grade 11 State
Yes	0.1	3.6

Table 297: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Depo-Provera (injectable birth control)

	Grade 8 State	Grade 11 State
Yes	0.2	2.6

Table 298: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Birth control pills

	Grade 8 State	Grade 11 State
Yes	1.7	12.7

Table 299: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive patch

	Grade 8 State	Grade 11 State
Yes	0.1	0.4

Table 300: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive ring

	Grade 8 State	Grade 11 State
Yes	0.1	0.2

Table 301: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Condoms

	Grade 8 State	Grade 11 State
Yes	4.4	21.9

Table 302: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Withdrawal

	Grade 8 State	Grade 11 State
Yes	0.7	7.5

Table 303: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Emergency contraception (morning after pill)

	Grade 8 State	Grade 11 State
Yes	0.3	1.0

Table 304: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Some other method

	Grade 8 State	Grade 11 State
Yes	0.3	1.4

Table 305: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? No method was used to prevent pregnancy

	Grade 8 State	Grade 11 State
Yes	1.0	3.3

Table 306: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Not sure

	Grade 8 State	Grade 11 State
Yes	0.0	0.0

## A.7 Violence-related Behaviors

Table 307: Have you ever been physically forced to have sexual intercourse when you did not want to?

	Grade 8 State	Grade 11 State
Yes	0.0	6.1
No	0.0	93.9

Table 308: Have you ever given in to sexual activity when you didn't want to because of pressure?

	Grade 8 State	Grade 11 State
Yes	0.0	12.1
No	0.0	87.9

Table 309: During your life, has any adult ever had sexual contact with you?

	Grade 8 State	Grade 11 State
Yes	0.0	7.6
No	0.0	92.4

Table 310: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	Grade 8 State	Grade 11 State
Yes	0.0	3.7
No	0.0	96.3

Table 311: During your life, has any adult ever intentionally hit or physically hurt you?

	Grade 8 State	Grade 11 State
Yes	0.0	21.7
No	0.0	78.3

## A.8 Drug Use

### A.8.1 Tobacco Use

Table 312: During the past 30 days, on how many days did you Smoke cigarettes?

	Grade 8 State	Grade 11 State
0 days	97.3	92.6
1 or 2 days	1.7	3.1
3 to 5 days	0.4	1.0
6 to 9 days	0.1	0.6
10 to 19 days	0.2	0.9
20 to 29 days	0.1	0.5
All 30 days	0.1	1.4

Table 313: During the past 30 days, on how many days did you smoke menthol cigarettes?

	Grade 8 State	Grade 11 State
0 days	98.9	96.9
1 or 2 days	0.6	1.5
3 to 5 days	0.2	0.5
6 to 9 days	0.2	0.4
10 to 19 days	0.0	0.3
20 to 29 days	0.0	0.2
All 30 days	0.0	0.2

Table 314: 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, Copenhagen, Camel Snus, or Marlboro Snus?

	Grade 8 State	Grade 11 State
0 days	98.9	96.6
1 or 2 days	0.5	1.4
3 to 5 days	0.3	0.5
6 to 9 days	0.1	0.2
10 to 19 days	0.1	0.3
20 to 29 days	0.0	0.3
All 30 days	0.1	0.7

Table 315: During the past 30 days, on how many days did you smoke a little cigars, such as Swisher Sweets?

	Grade 8 State	Grade 11 State
0 days	98.5	94.4
1 or 2 days	1.0	3.4
3 to 5 days	0.2	1.2
6 to 9 days	0.2	0.6
10 to 19 days	0.0	0.2
20 to 29 days	0.0	0.1
All 30 days	0.1	0.1

Table 316: During the past 30 days, on how many days did you smoke a large cigar?

	Grade 8 State	Grade 11 State
0 days	99.2	98.0
1 or 2 days	0.4	1.4
3 to 5 days	0.2	0.2
6 to 9 days	0.1	0.1
10 to 19 days	0.0	0.0
20 to 29 days	0.0	0.1
All 30 days	0.1	0.1

Table 317: During the past 30 days, on how many days did you smoke tobacco in a hookah, also known as a waterpipe?

	Grade 8 State	Grade 11 State
0 days	98.5	97.3
1 or 2 days	0.8	1.5
3 to 5 days	0.3	0.4
6 to 9 days	0.2	0.2
10 to 19 days	0.1	0.2
20 to 29 days	0.0	0.2
All 30 days	0.1	0.3

Table 318: During the past 30 days, on how many days did you use an e-cigarette or other vaping product?

	Grade 8 State	Grade 11 State
0 days	93.7	87.1
1 or 2 days	3.8	5.7
3 to 5 days	1.2	2.3
6 to 9 days	0.5	1.6
10 to 19 days	0.3	1.1
20 to 29 days	0.2	0.6
All 30 days	0.3	1.6

Table 319: Have you ever used any tobacco or vaping product with mint, fruit, coffee, candy, or other flavors? Exclude marijuana.

	Grade 8 State	Grade 11 State
Yes	12.2	28.1
No	85.7	70.7
Not sure	2.1	1.3

Table 320: During the past 30 days, have you used any tobacco or vaping product with mint, fruit, coffee, candy, or other flavors? Exclude marijuana.

	Grade 8 State	Grade 11 State
Yes	5.2	12.7
No	93.3	86.3
Not sure	1.5	1.0

Table 321: How old were you when you smoked a whole cigarette for the first time?

	Grade 8 State	Grade 11 State
I have never smoked a whole cigarette	93.4	83.8
8 years old or younger	0.8	0.7
9 years old	0.4	0.4
10 years old	0.6	0.7
11 years old	0.9	0.7
12 years old	1.2	1.2
13 years old	1.9	2.0
14 years old	0.7	2.4
15 years old	0.0	3.6
16 years old	0.0	3.5
17 years old or older	0.1	1.0

Table 322: How old were you when you first used any form of tobacco or vaping product other than regular cigarettes? Exclude marijuana.

	Grade 8 State	Grade 11 State
I have never used any of those products	86.2	67.6
8 years old or younger	0.8	0.8
9 years old	0.4	0.3
10 years old	0.7	0.4
11 years old	1.1	0.5
12 years old	3.2	1.2
13 years old	5.7	3.2
14 years old	1.9	5.8
15 years old	0.0	9.1
16 years old	0.0	8.7
17 years old or older	0.0	2.3

Table 323: The very first time you used any tobacco or vaping product (including e-cigarettes), which type of product did you use?

	Grade 8 State	Grade 11 State
I have never used any tobacco or vaping product	86.2	67.2
Cigarette	3.5	8.9
Chewing tobacco	0.4	2.2
Small cigar	0.3	1.0
Large cigar	0.1	0.5
Hookah	0.7	2.6
E-cigarette or other vaping product	7.4	15.9
Another type of product	1.4	1.7

Table 324: During the past 12 months, did you ever try to quit smoking cigarettes?

	Grade 8 State
I did not smoke during the past 12 months	93.8
Yes	2.5
No	3.7

• The 11th grade online survey contained an error on this question and therefore those data are suppressed.

Table 325: During the past 30 days, from which of the following sources did you get tobacco or vaping products? I did not get tobacco or vaping products during the past 30 days

	Grade 8 State	Grade 11 State
Yes	93.0	82.4

Table 326: During the past 30 days, from which of the following sources did you get tobacco or vaping products? A store or gas station

	Grade 8 State	Grade 11 State
Yes	0.3	2.6

Table 327: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Friends 18 or older

	Grade 8 State	Grade 11 State
Yes	1.9	8.4

Table 328: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Friends under 18

	Grade 8 State	Grade 11 State
Yes	3.2	5.8

Table 329: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Took from home without permission

	Grade 8 State	Grade 11 State
Yes	1.0	1.0

Table 330: During the past 30 days, from which of the following sources did you get tobacco or vaping products? A family member

	Grade 8 State	Grade 11 State
Yes	1.2	2.1

Table 331: During the past 30 days, from which of the following sources did you get tobacco or vaping products? The internet

	Grade 8 State	Grade 11 State
Yes	0.2	1.1

Table 332: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Some other source

	Grade 8 State	Grade 11 State
Yes	1.4	2.8



Table 333: Does someone living in your house (other than you) smoke or vape tobacco?

	Grade 8 State	Grade 11 State
Nobody smokes or vapes	70.1	70.6
Someone smokes or vapes, but not inside the house	22.9	23.4
Someone smokes or vapes inside the house	7.0	6.0

Table 334: During this school year, have you seen anyone smoking or vaping tobacco on school property?

	Grade 8 State	Grade 11 State
Yes	21.8	46.9
No	78.2	53.1

Table 335: During the past 30 days, have you seen an advertisement promoting tobacco or a vaping product on a storefront or in a store?

	Grade 8 State	Grade 11 State
Yes	59.5	63.2
No	27.0	23.5
Not sure	13.6	13.3

Table 336: Do you agree or disagree with the following statement: Cigarette companies deliberately advertise and promote cigarettes to encourage youth under 18 to smoke.

	Grade 8 State	Grade 11 State
Strongly agree	21.3	24.6
Somewhat agree	26.4	28.9
Don't know / Not sure	33.7	29.0
Somewhat disagree	6.4	7.8
Strongly disagree	12.2	9.7

Table 337: Do you think tobacco companies have been honest or dishonest with the public about the dangers of tobacco use?

	Grade 8 State	Grade 11 State
Very honest	7.0	8.4
Somewhat honest	12.0	18.6
Don't know/Not sure	29.6	26.2
Somewhat dishonest	23.0	22.0
Very Dishonest	28.5	24.8

## A.8.2 Alcohol

Table 338: How old were you when you had your first drink of alcohol other than a few sips?

	Grade 8 State	Grade 11 State
I have never had a drink of alcohol other than a few sips	73.2	44.7
8 years old or younger	4.9	3.5
9 years old	1.4	0.9
10 years old	2.2	1.9
11 years old	2.5	1.3
12 years old	4.7	3.2
13 years old	8.3	5.4
14 years old	2.8	8.9
15 years old	0.0	14.1
16 years old	0.0	12.9
17 years old or older	0.0	3.1

Table 339: During the past 30 days, on how many days did you have at least one drink of alcohol?

	Grade 8 State	Grade 11 State
0 days	89.7	73.1
1 or 2 days	6.9	16.1
3 to 5 days	1.8	6.1
6 to 9 days	1.0	2.9
10 to 19 days	0.4	1.4
20 to 29 days	0.1	0.2
All 30 days	0.1	0.2

Table 340: 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?

	Grade 8 State	Grade 11 State
0 days	95.4	85.9
1 day	2.6	6.5
2 days	1.1	3.5
3 to 5 days	0.5	2.8
6 to 9 days	0.3	1.0
10 to 19 days	0.1	0.2
20 or more days	0.0	0.1

Table 341: During the past 30 days, what type of alcohol did you usually drink?

	Grade 8 State	Grade 11 State
I do not have a usual type	90.6	75.2
Beer	1.3	2.8
Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	1.7	5.1
Wine coolers, such as Bartles & Jaymes or Seagrams	0.6	1.3
Wine	0.1	0.4
Liquor, such as vodka, rum, scotch, bourbon, or whiskey	0.8	1.7
Flavored alcoholic beverages, such as lemon vodka, coconut rum, etc.	3.4	10.5
Some other type	0.8	2.4

Table 342: During the past 30 days, from which of the following sources did you get the alcohol you drank? I did not drink alcohol during the past 30 days

	Grade 8 State	Grade 11 State
Yes	0.0	58.4

Table 343: During the past 30 days, from which of the following sources did you get the alcohol you drank? At a party

	Grade 8 State	Grade 11 State
Yes	0.0	14.6

Table 344: During the past 30 days, from which of the following sources did you get the alcohol you drank? Friends 21 or older

	Grade 8 State	Grade 11 State
Yes	0.0	8.5

Table 345: During the past 30 days, from which of the following sources did you get the alcohol you drank? Friends under 21

	Grade 8 State	Grade 11 State
Yes	0.0	9.8

Table 346: During the past 30 days, from which of the following sources did you get the alcohol you drank? Family member (not parents)

	Grade 8 State	Grade 11 State
Yes	0.0	4.3

Table 347: During the past 30 days, from which of the following sources did you get the alcohol you drank? At home with my parents' permission

	Grade 8 State	Grade 11 State
Yes	0.0	9.4

Table 348: During the past 30 days, from which of the following sources did you get the alcohol you drank? A store, gas station, or liquor store

	Grade 8 State	Grade 11 State
Yes	0.0	1.3

Table 349: During the past 30 days, from which of the following sources did you get the alcohol you drank? Bar, night club or restaurant

	Grade 8 State	Grade 11 State
Yes	0.0	0.4

Table 350: During the past 30 days, from which of the following sources did you get the alcohol you drank? From home without my parents' permission

	Grade 8 State	Grade 11 State
Yes	0.0	5.1

Table 351: During the past 30 days, from which of the following sources did you get the alcohol you drank? I gave money to someone to get it for me

	Grade 8 State	Grade 11 State
Yes	0.0	4.3

Table 352: During the past 30 days, from which of the following sources did you get the alcohol you drank? I got it some other way

	Grade 8 State	Grade 11 State
Yes	0.0	5.5

Table 353: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Grade 8 State	Grade 11 State
I did not drive a car in the past 30 days	0.0	73.2
0 times	0.0	24.7
1 time	0.0	1.2
2 or 3 times	0.0	0.6
4 or 5 times	0.0	0.2
6 or more times	0.0	0.1

**A.8.3 Marijuana & Other Drugs**

Table 354: How old were you when you tried marijuana for the first time?

	Grade 8 State	Grade 11 State
I have never tried marijuana	86.3	60.5
8 years old or younger	0.7	0.6
9 years old	0.4	0.3
10 years old	0.6	0.6
11 years old	1.3	1.2
12 years old	3.4	3.1
13 years old	5.5	4.4
14 years old	1.7	7.7
15 years old	0.0	10.0
16 years old	0.0	9.2
17 years old or older	0.0	2.4

Table 355: During the past 30 days, on how many days did you use marijuana or hashish (weed, hash, pot)?

	Grade 8 State	Grade 11 State
0 days	93.3	79.1
1 to 2 days	3.3	7.8
3 to 5 days	1.2	4.1
6 to 9 days	0.7	2.1
10 or more days	1.5	6.9

Table 356: During the past 30 days, how many times did you use marijuana on school property?

	Grade 8 State	Grade 11 State
0 times	98.6	96.9
1 or 2 times	1.0	1.9
3 to 9 times	0.2	0.7
10 to 19 times	0.0	0.2
20 to 39 times	0.1	0.1
40 or more times	0.0	0.2

Table 357: During the past 30 days, if you used marijuana, how did you use it? I did not use marijuana during the past 30 days

	Grade 8 State	Grade 11 State
Yes	93.7	79.3

Table 358: During the past 30 days, if you used marijuana, how did you use it? Smoked it (in a joint, bong, pipe, blunt)

	Grade 8 State	Grade 11 State
Yes	5.9	19.4

Table 359: During the past 30 days, if you used marijuana, how did you use it? Vaporized it (e.g., vapor pen)

	Grade 8 State	Grade 11 State
Yes	0.9	2.4

Table 360: During the past 30 days, if you used marijuana, how did you use it?  
Ate it (in brownies, cakes, cookies, candy)

	Grade 8 State	Grade 11 State
Yes	1.7	5.1

Table 361: During the past 30 days, if you used marijuana, how did you use it?  
Drank it (tea, cola, alcohol)

	Grade 8 State	Grade 11 State
Yes	0.2	0.5

Table 362: During the past 30 days, if you used marijuana, how did you use it?  
Dabbed it

	Grade 8 State	Grade 11 State
Yes	1.5	5.5

Table 363: During the past 30 days, if you used marijuana, how did you use it?  
Used in some other way

	Grade 8 State	Grade 11 State
Yes	0.4	0.7

Table 364: When you smoked marijuana during the past 30 days, did you ever mix it with tobacco? Either rolling with loose tobacco (spliff) or rolling marijuana in a tobacco blunt wrap.

	Grade 8 State	Grade 11 State
I have not smoked marijuana in the past 30 days	91.1	77.2
Yes	1.4	5.5
No	7.5	17.2

Table 365: When you used marijuana during the past 30 days, did you ever drink alcohol at the same time?

	Grade 8 State	Grade 11 State
I have not used marijuana in the past 30 days	90.9	77.0
Yes, most of the time	0.4	2.0
Yes, some of the time	1.1	3.4
Yes, rarely	1.3	4.6
No	6.3	13.0

Table 366: During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana?

	Grade 8 State	Grade 11 State
I did not drive in the past 30 days	0.0	37.0
0 times	0.0	57.4
1 time	0.0	2.1
2-3 times	0.0	1.8
4-5 times	0.0	0.6
6 or more times	0.0	1.2

Table 367: Does any adult living in your house use marijuana?

	Grade 8 State	Grade 11 State
Yes	17.8	19.7
No	82.2	80.3

Table 368: If one of your best friends offered you some marijuana, would you use it?

	Grade 8 State	Grade 11 State
Definitely not	69.6	49.1
Probably not	17.1	21.1
Probably would	9.0	17.5
Definitely would	4.4	12.2

Table 369: During the past 30 days, have you seen an advertisement for marijuana products or stores: In a magazine or newspaper?

	Grade 8 State	Grade 11 State
Yes	17.9	21.4
No	64.6	61.2
Not sure	17.5	17.3

Table 370: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a storefront?

	Grade 8 State	Grade 11 State
Yes	37.9	43.5
No	46.7	42.7
Not sure	15.4	13.8

Table 371: During the past 30 days, have you seen an advertisement for marijuana products or stores: Online? On your cellphone, tablet, or computer (through email, websites, or social media)?

	Grade 8 State	Grade 11 State
Yes	37.2	49.5
No	48.6	38.1
Not sure	14.2	12.4

Table 372: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a billboard?

	Grade 8 State	Grade 11 State
Yes	33.1	38.4
No	52.6	48.3
Not sure	14.2	13.3

Table 373: During the past 30 days, have you seen an advertisement for marijuana products or stores: On the sidewalk (like signs or people wearing or waving signs)?

	Grade 8 State	Grade 11 State
Yes	28.6	35.0
No	56.6	50.8
Not sure	14.8	14.2

Table 374: During the past 30 days, on how many days did you use prescription drugs (such as Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's orders?

	Grade 8 State	Grade 11 State
0 days	95.1	93.4
1 or 2 days	2.5	3.0
3 to 5 days	0.9	1.3
6 to 9 days	0.5	0.8
10 to 19 days	0.2	0.6
20 to 29 days	0.2	0.2
All 30 days	0.6	0.6

#### A.8.4 Availability

Table 375: If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey or gin), how easy would it be for you to get some?

	Grade 8 State	Grade 11 State
Very easy	18.1	32.1
Sort of easy	20.4	30.9
Sort of hard	16.6	15.8
Very hard	44.9	21.3

Table 376: If you wanted to get e-cigarettes or other vaping products, how easy would it be for you to get some?

	Grade 8 State	Grade 11 State
Very easy	10.7	27.9
Sort of easy	13.3	22.3
Sort of hard	16.4	17.4
Very hard	59.7	32.4

Table 377: If you wanted to get some marijuana, how easy would it be for you to get some?

	Grade 8 State	Grade 11 State
Very easy	18.1	42.6
Sort of easy	14.4	20.9
Sort of hard	12.7	11.4
Very hard	54.8	25.1



Table 378: If you wanted to get prescription drugs not prescribed to you, how easy would it be for you to get some?

	Grade 8 State	Grade 11 State
Very easy	14.7	18.4
Sort of easy	13.2	17.5
Sort of hard	15.6	22.4
Very hard	56.6	41.7

**A.8.5 Risk of Use**

Table 379: How much do you think people risk harming themselves (physically or in other ways) if they Take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

	Grade 8 State	Grade 11 State
No risk	16.9	15.7
Slight risk	33.1	31.6
Moderate risk	29.0	31.9
Great risk	21.0	20.9

Table 380: How much do you think people risk harming themselves (physically or in other ways) if they Have five or more drinks of an alcoholic beverage once or twice a week?

	Grade 8 State	Grade 11 State
No risk	9.5	8.0
Slight risk	21.3	20.4
Moderate risk	36.7	37.2
Great risk	32.5	34.3

Table 381: How much do you think people risk harming themselves (physically or in other ways) if they Smoke one or more packs of cigarettes per day?

	Grade 8 State	Grade 11 State
No risk	7.1	6.1
Slight risk	8.3	7.7
Moderate risk	18.6	17.8
Great risk	66.0	68.5

Table 382: How much do you think people risk harming themselves (physically or in other ways) if they Use e-cigarettes or other vaping products every day?

	Grade 8 State	Grade 11 State
No risk	12.2	12.8
Slight risk	23.1	26.7
Moderate risk	30.3	32.2
Great risk	34.4	28.3

Table 383: How much do you think people risk harming themselves (physically or in other ways) if they Use marijuana regularly (at least once or twice a week)

	Grade 8 State	Grade 11 State
No risk	16.2	24.1
Slight risk	22.1	28.6
Moderate risk	27.5	25.0
Great risk	34.2	22.4

Table 384: How much do you think people risk harming themselves (physically or in other ways) if they Use prescription drugs that are not prescribed to them?

	Grade 8 State	Grade 11 State
No risk	6.1	4.7
Slight risk	6.5	6.0
Moderate risk	20.8	19.0
Great risk	66.5	70.2

### A.8.6 Parental Attitudes Towards Use

Table 385: How wrong do your parents feel it would be for you to? Drink beer, wine, or liquor (for example, vodka, whiskey, or gin) regularly?

	Grade 8 State	Grade 11 State
Very wrong	74.1	58.8
Wrong	16.5	23.4
A little bit wrong	7.5	13.8
Not wrong at all	1.9	4.0

Table 386: How wrong do your parents feel it would be for you to? Smoke cigarettes?

	Grade 8 State	Grade 11 State
Very wrong	88.6	83.2
Wrong	8.7	12.2
A little bit wrong	1.6	3.0
Not wrong at all	1.2	1.6

Table 387: How wrong do your parents feel it would be for you to? Use an e-cigarette or other vaping product?

	Grade 8 State	Grade 11 State
Very wrong	81.0	71.1
Wrong	12.7	17.7
A little bit wrong	4.6	8.0
Not wrong at all	1.7	3.2

Table 388: How wrong do your parents feel it would be for you to? Use marijuana?

	Grade 8 State	Grade 11 State
Very wrong	81.7	67.0
Wrong	10.3	16.2
A little bit wrong	5.3	11.3
Not wrong at all	2.7	5.5

Table 389: How wrong do your parents feel it would be for you to? Use prescription drugs not prescribed to you?

	Grade 8 State	Grade 11 State
Very wrong	89.0	88.1
Wrong	7.5	8.4
A little bit wrong	1.8	2.1
Not wrong at all	1.7	1.3

### A.8.7 Peer Attitudes Towards Use

Table 390: How wrong do your friends feel it would be for you to? Have one or two drinks of an alcoholic beverage nearly every day?

	Grade 8 State	Grade 11 State
Very wrong	51.9	33.0
Wrong	24.8	26.2
A little bit wrong	15.6	22.7
Not wrong at all	7.7	18.1

Table 391: How wrong do your friends feel it would be for you to? Smoke cigarettes?

	Grade 8 State	Grade 11 State
Very wrong	61.7	51.4
Wrong	23.2	24.7
A little bit wrong	9.7	13.3
Not wrong at all	5.4	10.6

Table 392: How wrong do your friends feel it would be for you to? Use an e-cigarette or other vaping product?

	Grade 8 State	Grade 11 State
Very wrong	53.6	36.3
Wrong	21.4	21.5
A little bit wrong	15.1	19.7
Not wrong at all	9.8	22.5

Table 393: How wrong do your friends feel it would be for you to? Use marijuana?

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
Very wrong	53.9	29.5
Wrong	19.0	16.5
A little bit wrong	14.2	21.2
Not wrong at all	12.9	32.8

Table 394: How wrong do your friends feel it would be for you to? Use prescription drugs not prescribed to you?

	<b>Grade 8 State</b>	<b>Grade 11 State</b>
Very wrong	66.3	58.2
Wrong	20.2	21.5
A little bit wrong	8.7	12.1
Not wrong at all	4.7	8.2