

2013 OREGON HEALTHY TEENS SURVEY



2013 OHT State Report
March, 2014

Oregon
Health
Authority

Contacts for More Information and Help Interpreting Results

Your questions, concerns and comments are invited. For more information or help with questions, please contact:

Renee Boyd

OHT Survey Coordinator

Program Design and Evaluation Services

Oregon Health Authority

Division of Public Health

827 NE Oregon St., Suite 250

Portland, OR 97232

Phone: 971-673-1145 | Email: renee.k.boyd@state.or.us

Oregon Department of Education

Michael K. Mahoney, M.S., NCSP

Safe & Healthy Schools Coordinator

Office of Student Learning & Partnerships

Oregon Department of Education

255 Capitol Street, NE

Salem, OR 97310

Phone: 503-947-5628 | Email: michael.mahoney@state.or.us

Brad Victor

Sexuality Education Specialist

255 Capitol Street, NE

Salem, OR 97305

Phone: 503-947-5655 | Email: brad.victor@state.or.us

Adolescent and School Health Program, Public Health Division

Elizabeth Thorne, MPH

Adolescent Health Policy & Assessment Specialist

800 NE Oregon St., Suite 805

Portland, OR 97232

Phone: 971-673-0377 | Email: elizabeth.k.thorne@state.or.us

Isabelle Barbour, MPH

School Health Coordinator

800 NE Oregon St., Suite 825

Portland, OR 97232

Phone: 971-673-0376 | Email: isabelle.s.barbour@state.or.us

Health Promotion and Chronic Disease Prevention

Physical Activity, Nutrition and Tobacco Prevention

Phone: (971) 673-0984

TTY: (971) 673-0372

Office of Health Analytics

Rusha Grinstead, MS, MPH

Survey Research Analyst, Epidemiologist

500 NE Summer Street

Salem, OR 97301

Phone: 503-602-9214 | Email: rusha.grinstead@state.or.us

Survey services provided by:

International Survey Associates (ISA)

Janie Pitcock, President

160 Vanderbilt Court

Bowling Green, KY 42103

Phone: 1-800-279-6361 | Email: janie.pitcock@pridesurveys.com



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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 8th and 11th grade youth conducted in the spring of 2013. The OHT Survey is conducted in odd-numbered years, alternating with Addiction and Mental Health's 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.

This report provides a glimpse into the health and well-being of 8th and 11th 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, 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 public school 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, more productive lives for Oregon's population.

1.2.1 How Are OHT Results Used?

The OHT survey provides a wealth of data for statewide as well as local school and community program planning, 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,
- 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 OHT improves the ability to procure health-related funding by providing the baseline data often required for grant writing. OHT 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 ¹ and Healthy People 2020.

OHT 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.ode.state.or.us/search/page/?id=3942>

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 16.6% for 8th grade and 14.5% for 11th grade, with the majority of questions having fewer than 10% missing.

The OHT Survey was designed with different questionnaires for 8th and 11th grade. The 8th grade version of the survey consisted of a subset of the questions found on the 11th grade version. For those questions that were only asked of 11th graders, only 11th grade data is 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. The district data in this report are unweighted.

¹<http://benchmarks.oregon.gov/>

2 DEMOGRAPHICS

This section describes the demographic profile of participating students. In all, more than 28,500 students in grades 8 and 11 participated in this years OHT, more than double the number (11,741) participating in the 2011 OHT.

2.1 Participants by Gender

Table 1: Number of Participants by Gender

	Grade 8 State	Grade 11 State
Female	7,105	6,298
Male	7,034	6,294
TOTAL	14,139	12,592

Table 2: Percent of Participants by Gender

	Grade 8 State %	Grade 11 State %
Female	50.4	50.6
Male	49.6	49.4

2.2 Race, Ethnicity and Age

The racial and ethnic composition of students in schools across Oregon varies considerably. Yet, Whites remain the largest racial group (Table 3) and up to 25% of students reported being Hispanic (Table 4). Students were also asked to report their age (Table 5).

The following table shows the percentage of students that self-identified as...

Table 3: Race

	Grade 8 State %	Grade 11 State %
American Indian or Alaska Native	5.7	2.6
Asian	4.6	4.7
Black or African American	4.3	3.0
Native Hawaiian or Other Pacific Islander	1.9	1.4
White	72.5	80.0
Multiracial	11.1	8.4

Students were asked to mark all that apply. Students who marked more than one category were classified as Multiracial.

The following table shows the student responses to the question "Are you Hispanic or Latino/Latina?"

Table 4: Hispanic or Latino/Latina?

	Grade 8 State %	Grade 11 State %
Yes	25.1	21.0
No	74.9	79.0

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?

	Grade 8 State %	Grade 11 State %
12 or younger	0.2	0.0
13	34.2	0.0
14	63.0	0.0
15	2.7	0.2
16	0.0	35.7
17	0.0	61.6
18 or older	0.0	2.5

Percentages exclude missing answers.

2.3 Language Used at Home

Students were asked what language they used most often at home. The majority of the students in both grades 8 and 11 spoke English most often at home.

Table 6: Language Used at Home

	Grade 8 State %	Grade 11 State %
English	85.4	87.1
Spanish	11.1	9.6
Another language	3.5	3.4

Percentages exclude missing answers.

2.4 Socioeconomics

As shown in Tables 7-10, students were asked to answer questions related to socioeconomic indicators. These questions comprise the Family Affluence scale (Table 11), which has been used to explain socioeconomic inequalities in a wide range of health behaviors.

Interestingly, the majority of students in grades 8 and 11 reported that their family owned two or more cars (76.7% and 80.2%, respectively). Likewise, a great majority of students said they did not share a bedroom (76%, 85.3%, respectively) and have two or more computers in the family (71.4%, 74%, respectively). When asked about family vacation in the past 12 months, nearly one in four students said the family had not traveled away for vacation and another almost 25% said they traveled away for family vacation more than twice.

Table 7: Does your family own a car, van, or truck?

	Grade 8 State %	Grade 11 State %
No	2.4	2.1
Yes, one	20.9	17.7
Yes, two or more	76.7	80.2

Percentages exclude missing answers.

Table 8: Do you have your own bedroom for yourself?

	Grade 8 State %	Grade 11 State %
No	24.1	14.7
Yes	75.9	85.3

Percentages exclude missing answers.

Table 9: 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	24.0	26.7
Once	26.1	30.0
Twice	22.9	22.7
More than twice	26.9	20.6

Percentages exclude missing answers.

Table 10: How many computers does your family own?

	Grade 8 State %	Grade 11 State %
None	4.4	3.4
One	24.2	22.6
Two	29.0	28.5
More than two	42.4	45.5

Percentages exclude missing answers.

The previous four questions comprise the Family Affluence scale (FASII), which has been used to explain socioeconomic inequalities in a wide range of health behaviors.

Table 11: Family Affluence Scale

	Grade 8	Grade 11
	State %	State %
Low FAS	10.9	8.9
Middle FAS	34.6	35.1
High FAS	54.5	56.0

Receiving free or reduced-price lunch is another indicator of socioeconomic status. Statewide, half (51.1%) of the 8th graders reported using free lunch or did not know if they received free lunch compared with 43.3% of 11th graders reporting the same.

Table 12: Do you receive free or reduced price lunches at school?

	Grade 8	Grade 11
	State %	State %
Yes	40.5	38.2
No	48.9	56.7
Don't know	10.6	5.1

Percentages exclude missing answers.

3 POSITIVE YOUTH DEVELOPMENT

Positive Youth Development (PYD) 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 adolescents 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. The PYD 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 benchmark, please contact Elizabeth Thorne at elizabeth.k.thorne@state.or.us or 971-673-0377.

Table 13: Positive Youth Development

	Grade 8	Grade 11
	State %	State %
Does not meet benchmark	38.9	34.0
Meets PYD benchmark	61.1	66.0

4 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 newly revised School Report Cards. These data can help you highlight your school health successes.

4.1 Physical, Mental and Emotional Health

The OHT Survey includes questions relating to students' physical, mental and emotional health, including connections to the school and community, as well as unmet needs. 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: <http://public.health.oregon.gov/HealthyPeopleFamilies/Youth/HealthSchool/HKLB/Documents/FactSheetHKLB.pdf>

For Oregon youth statewide, more than half of the 8th and 11th graders said that their physical health and mental health were very good or excellent (Tables 14, 15). More than half of the respondents said they had visited a doctor for a physical exam in the past 12 months (Table 16) and the great majority (>79%) reported that they did not have any physical or mental health care needs unmet in the same time period (Tables 17, 18). 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 19).

Oregon students reported confidence in their performance, with $\approx 90\%$ of 8th graders and $\approx 93\%$ of 11th graders responding that they can do most things if they try (Table 20) and were able to work out their problems (80%, 8th graders; 85%, 11th graders - Table 23). Most students (71% of 8th graders and 76% of 11th graders) also thought there was at least one teacher or adult in the school that really cared for them (Table 21). But, more than half (56%) of the 8th graders and almost half (47%) of 11th graders said it was "only a little true" or "not true at all" that they volunteered in their community (Table 22).

Table 14: Would you say that in general your physical health is...

	Grade 8 State %	Grade 11 State %
Excellent	20.2	17.7
Very good	35.7	35.6
Good	34.3	35.1
Fair	8.4	10.0
Poor	1.4	1.6

Percentages exclude missing answers.

Table 15: Would you say that in general your emotional and mental health is...

	Grade 8 State %	Grade 11 State %
Excellent	22.0	19.2
Very good	33.3	31.9
Good	28.3	30.1
Fair	12.2	14.2
Poor	4.3	4.7

Percentages exclude missing answers.

Table 16: 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	56.0	59.1
Between 12 and 24 months ago	16.6	18.1
More than 24 months ago	4.3	8.4
Never	1.9	2.4
Not sure	21.2	12.0

Percentages exclude missing answers.

Table 17: 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	20.2	17.6
No	79.8	82.4

Percentages exclude missing answers.

Table 18: 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	14.4	15.2
No	85.6	84.8

Percentages exclude missing answers.

Table 19: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need?

	Grade 8 State %	Grade 11 State %
Yes - during school hours	8.6	9.8
Yes - during the summer	6.8	6.3
Yes - on the weekend	14.5	15.0
No	65.1	70.4
Don't know	10.2	3.9

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

Table 20: I can do most things if I try.

	Grade 8 State %	Grade 11 State %
Very much true	43.3	49.0
Pretty much true	46.8	43.5
A little true	9.2	6.9
Not at all true	0.7	0.6

Percentages exclude missing answers.

Table 21: 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	39.2	44.4
Pretty much true	31.4	31.2
A little true	21.9	18.4
Not at all true	7.5	5.9

Percentages exclude missing answers.

Table 22: I volunteer to help others in my community.

	Grade 8 State %	Grade 11 State %
Very much true	17.1	24.7
Pretty much true	27.4	28.3
A little true	39.5	34.7
Not at all true	16.0	12.4

Percentages exclude missing answers.

Table 23: I can work out my problems.

	Grade 8 State %	Grade 11 State %
Very much true	37.4	40.5
Pretty much true	42.5	44.7
A little true	17.1	13.0
Not at all true	3.0	1.8

Percentages exclude missing answers.

4.2 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, $\approx 70\%$ saying they earned mostly As and Bs. Yet, more than 6% of both 8th and 11th grader respondents (approximately 1,712 students) reported Ds and Fs (Table 24). In attendance reporting, almost half (47.1%) of 11th graders compared with a little more than a third (37.5%) 8th

graders reported missing 6 or more days of school a year (Table 25). For both groups, more of the absences were attributed to physical health reasons versus mental health reasons (Tables 26, 27). Unexcused absences were reported more frequently by 11th graders, with one in three skipping school on 1 or more days in the school year (Table 28).

Table 24: During the past 12 months, how would you describe your grades in school?

	Grade 8	Grade 11
	State %	State %
Mostly A's	38.2	31.8
Mostly B's	32.6	36.6
Mostly C's	16.8	21.5
Mostly D's	4.0	4.7
Mostly F's	2.5	2.1
None of these grades	0.4	0.3
Not sure	5.4	2.9

Percentages exclude missing answers.

Table 25: During the past 12 months, how many days of school did you miss for any reason?

	Grade 8	Grade 11
	State %	State %
Did not miss any school days in past year	8.5	6.2
1-2 days	24.7	18.9
3-5 days	29.3	27.7
6-10 days	19.4	21.9
11-15 days	8.9	10.6
16 or more days	9.2	14.6

Percentages exclude missing answers.

Table 26: During the past 12 months, how many days of school did you miss because of physical health reasons?

	Grade 8	Grade 11
	State %	State %
Did not miss any school days in past year	31.1	27.0
1-2 days	33.8	32.3
3-5 days	20.1	22.8
6-10 days	9.4	10.8
11-15 days	3.3	3.9
16 or more days	2.3	3.1

Percentages exclude missing answers.

Table 27: During the past 12 months, how many days of school did you miss because of emotional health reasons?

	Grade 8	Grade 11
	State %	State %
Did not miss any school days in past year	78.1	71.6
1-2 days	14.5	17.1
3-5 days	4.3	5.8
6-10 days	1.4	3.0
11-15 days	0.9	1.2
16 or more days	0.8	1.3

Percentages exclude missing answers.

Table 28: During the past 12 months, how many days of school did you have unexcused absences (meaning you skipped or cut school)?

	Grade 8	Grade 11
	State %	State %
Did not miss any school days in past year	77.6	62.6
1-2 days	13.3	18.2
3-5 days	4.8	8.4
6-10 days	2.2	4.5
11-15 days	0.8	2.3
16 or more days	1.3	4.0

Percentages exclude missing answers.

4.3 Oral Health

A healthy mouth is an important part of overall health. 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 ($\approx 74\%$), brushed their teeth in the past 24 hours (96%), and did not wear piercing or jewelry in or around the mouth ($\approx 96\%$) (Tables 29, 31, 32). However, the majority also reported having had a cavity ($\approx 72\%$) (Table 30). Injury to the mouth area was reported by 21.4% of 8th graders and 16.1% of 11th graders (Table 33) and only a small percentage of students said oral problems was the cause for missing school (Table 34).

Table 29: When did you last go to a dentist or dental hygienist for a check-up, exam, teeth cleaning, or other dental work?

	Grade 8	Grade 11
	State %	State %
During the past 12 months	72.8	74.5
Between 12 and 24 months ago	9.9	12.0
More than 24 months ago	4.9	6.7
Never	1.2	1.5
Not sure	11.1	5.3

Percentages exclude missing answers.

Table 30: Have you ever had a cavity?

	Grade 8 State %	Grade 11 State %
Yes	70.1	74.0
No	29.9	26.0

Percentages exclude missing answers.

Table 31: Did you brush your teeth in the past 24 hours?

	Grade 8 State %	Grade 11 State %
Yes	95.5	96.0
No	4.5	4.0

Percentages exclude missing answers.

Table 32: Do you wear piercing or jewelry in or around the mouth area (tongue, lip, cheek, tooth, etc.)?

	Grade 8 State %	Grade 11 State %
Yes	3.9	4.6
No	96.1	95.4

Percentages exclude missing answers.

Table 33: In the past year, were you ever injured in your mouth area while playing sports? The mouth area could be your teeth, gums, lips, cheeks, tongue or jaw.

	Grade 8 State %	Grade 11 State %
I was not injured in the mouth while playing a sport	79.3	84.3
I was injured in the mouth playing an organized sport, like school, club or team sports	13.7	10.0
I was injured in the mouth playing a recreational sport I did on my own (with or without other people), like skateboarding or pickup basketball	8.7	6.5

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

Table 34: During the past 12 months, did you miss one or more hours of school due to any of the following reasons?

	Grade 8 State %	Grade 11 State %
I had a toothache or painful tooth	2.6	2.7
My mouth was hurting	2.2	1.8
I had to go to the dentist because of tooth or mouth pain (Do not include regular check-up visits.)	4.2	4.2
I had to go to the hospital emergency room because of tooth or mouth pain	0.5	0.5
I had a mouth injury from playing a sport	1.4	0.8
I did not miss school for any of these reasons	91.1	92.1

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

4.4 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 may flare up when a person is exposed to a trigger, such as tobacco smoke, animal fur or feathers, cockroaches, mold or mildew, and pollen.

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 35: Do you currently have asthma?

	Grade 8 State %	Grade 11 State %
Does not currently have asthma	87.4	88.5
Currently has asthma	12.6	11.5

Percentages exclude missing answers.

4.5 School-Based Health Centers

Oregon's 63 School-Based Health Centers (SBHCs) offer a unique health care model in which comprehensive physical, mental and preventive health services are provided to youth and adolescents 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.

School-based health centers 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 8th graders and a third of 11th graders reporting that they do not know if their school has an SBHC (Table 36), public awareness activities for the program are needed. Utilization of the SBHCs is also low (Table 37) and could be boosted with greater awareness of the services provided.

Table 36: Does your school have a School-Based Health Center?

	Grade 8	Grade 11
	State %	State %
Yes	31.7	44.4
No	20.8	21.4
Dont know	47.6	34.2

Percentages exclude missing answers.

Table 37: How many times have you used the School-Based Health Center at your school in the past 12 months?

	Grade 8	Grade 11
	State %	State %
Never	70.8	78.0
I've used it, but not in the last 12 months	4.7	4.3
Once	9.0	7.8
Twice	7.1	4.8
3-5 times	5.7	3.5
6-10 times	1.3	0.8
More than 10 times	1.3	0.8

Percentages exclude missing answers.

5 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.

5.1 Nutrition

The survey's nutrition questions focus on food insecurity, dining habits, and consumption of various foods and beverages. Alarming, nearly one in five Oregon 11th graders reported that they did not have enough money to buy the amount of food they needed (Table 38) and, more than half in each grade level said that they ate less than three servings of vegetables a day (Table 39). More than 60% said they ate in restaurants one to three times in the past seven days (Table 40). Less than half in both groups, (44.8%, 8th graders and 41.8%, 11th graders) said they ate daily breakfast (Table 41) and only 19.5% of 8th graders and 10.5% of 11th graders said they ate a meal together with their family every day of the week (Table 42).

Table 38: 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	Grade 11
	State %	State %
Yes	16.1	19.3
No	83.9	80.7

Percentages exclude missing answers.

Table 39: Average servings per day of fruits or vegetables (index of 6 questions).

	Grade 8	Grade 11
	State %	State %
None	0.8	0.6
<One serving per day	8.7	8.4
1 to <3 servings per day	41.6	44.0
3 to <5 servings per day	24.3	24.8
5 or more servings per day	24.6	22.2

Percentages exclude missing answers.

Table 40: During the past 7 days, how many times did you eat from a restaurant or fast food restaurant, including take-out?

	Grade 8	Grade 11
	State %	State %
I did not eat from a restaurant during the past 7 days	26.0	18.2
1 to 3 times during the past 7 days	61.6	61.6
4 to 6 times during the past 7 days	7.9	14.9
1 time per day	2.4	3.2
2 times per day	1.1	1.1
3 times per day	0.5	0.4
4 or more times per day	0.5	0.6

Percentages exclude missing answers.

Table 41: During the past 7 days, on how many days did you eat breakfast?

	Grade 8 State %	Grade 11 State %
0 days	8.4	8.6
1 day	5.2	5.8
2 days	7.3	8.3
3 days	8.1	9.2
4 days	8.0	8.8
5 days	8.7	9.7
6 days	9.4	7.8
7 days	44.8	41.8

Percentages exclude missing answers.

Table 42: During the past 7 days, how many times did all, or most, of your family eat a meal together?

	Grade 8 State %	Grade 11 State %
Never	12.7	16.4
1-2 times	17.4	22.3
3-4 times	18.0	20.9
5-6 times	17.5	18.1
7 times	14.9	11.7
More than 7 times	19.5	10.5

Percentages exclude missing answers.

5.2 Beverages

Most students ($\approx 73\%$) reported drinking fruit juices at least once in the past seven days; likewise, $\approx 86\%$ said they drank at least one glass of milk in the past seven days. While the majority ($\approx 86\%$) of students said they did not **buy** soft drinks at school, the majority ($\approx 71\%$) **consumed** soft drinks one to six times in the past seven days, with $\approx 6\%$ drinking soft drinks 2 or more times/day (Tables 45, 46). Interestingly, more than half of the 8th graders (57.5%) and 11th graders (59.2%) said they drank water three or more times a day in the past seven days (Table 52).

Table 43: 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	26.4	27.8
1 to 3 times during the past 7 days	36.8	39.9
4 to 6 times during the past 7 days	15.7	15.0
1 time per day	7.8	7.0
2 times per day	7.0	5.7
3 times per day	2.8	2.5
4 or more times per day	3.4	2.0

Percentages exclude missing answers.

Table 44: During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint milk served at school as equal to one glass.)

	Grade 8 State %	Grade 11 State %
I did not drink milk during the past 7 days	11.8	16.9
1 to 3 glasses during the past 7 days	19.3	23.3
4 to 6 glasses during the past 7 days	18.8	17.3
1 glass per day	14.8	14.9
2 glasses per day	17.4	15.0
3 glasses per day	8.7	6.7
4 or more glasses per day	9.3	5.9

Percentages exclude missing answers.

Table 45: During the past 7 days, how many days did you buy soft drinks at school?

	Grade 8 State %	Grade 11 State %
I did not buy soft drinks at school	89.2	82.1
1 day	5.2	7.9
2 days	2.5	4.5
3 days	1.1	2.7
4 days	0.6	1.2
5 or more days	1.4	1.7

Percentages exclude missing answers.

Table 46: 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	26.4	31.9
1 to 3 times in past 7 days	49.7	44.5
4 to 6 times in past 7 days	12.4	12.5
1 time per day	5.1	5.0
2 times per day	3.1	3.2
3 times per day	1.4	1.4
4 or more times per day	2.0	1.5

Percentages exclude missing answers.

Table 47: 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	Grade 11
	State %	State %
0 times in past 7 days	41.9	45.9
1 to 3 times in past 7 days	33.9	34.4
4 to 6 times in past 7 days	12.0	10.5
1 time per day	5.4	4.5
2 times per day	2.9	2.3
3 times per day	1.7	1.2
4 or more times per day	2.2	1.2

Percentages exclude missing answers.

Table 48: 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	Grade 11
	State %	State %
0 times in past 7 days	77.7	77.1
1 to 3 times in past 7 days	15.3	16.6
4 to 6 times in past 7 days	3.2	3.4
1 time per day	2.0	1.6
2 times per day	0.7	0.6
3 times per day	0.3	0.4
4 or more times per day	0.9	0.3

Percentages exclude missing answers.

Table 49: 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	47.6	52.1
1 to 3 times in past 7 days	29.7	28.0
4 to 6 times in past 7 days	12.1	11.0
1 time per day	5.0	4.7
2 times per day	2.5	2.2
3 times per day	1.3	1.0
4 or more times per day	1.8	0.9

Percentages exclude missing answers.

Table 51: 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	52.9	46.6
1 to 3 times in past 7 days	30.6	33.5
4 to 6 times in past 7 days	8.3	10.0
1 time per day	4.3	5.6
2 times per day	1.7	2.3
3 times per day	0.8	0.9
4 or more times per day	1.3	1.1

Percentages exclude missing answers.

Table 50: 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	53.6	59.8
1 to 3 times in past 7 days	23.6	22.1
4 to 6 times in past 7 days	11.5	9.2
1 time per day	6.8	5.5
2 times per day	2.0	2.0
3 times per day	0.8	0.6
4 or more times per day	1.8	0.8

Percentages exclude missing answers.

Table 52: 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	2.2	2.1
1 to 3 times in past 7 days	8.3	7.4
4 to 6 times in past 7 days	10.7	9.4
1 time per day	8.9	8.9
2 times per day	12.3	13.0
3 times per day	15.1	17.6
4 or more times per day	42.4	41.6

Percentages exclude missing answers.

5.3 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 only a third of the 8th graders and a fourth of the 11th graders reporting that they were physically active at least 60 minutes each day of the week (Table 53). As might be expected, only 17.8% of 11th graders said they attended PE classes 5 days a week, compared with more than half of the 8th graders saying the same (Table 55). Yet, sedentary activities (TV watching, using computers for games, videos, non-school work activities) were limited with more than half ($\approx 56\%$) of all respondents reporting they watched one hour or less or no TV each day and almost half ($\approx 45\%$) of all respondents reporting they used the computer for fun one hour or less or not at all each day.

Table 53: 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.)

	Grade 8 State %	Grade 11 State %
0 days	6.2	11.1
1 day	5.2	6.7
2 days	6.7	8.3
3 days	10.1	11.7
4 days	12.4	10.9
5 days	16.7	15.6
6 days	10.6	9.8
7 days	32.2	25.8

Percentages exclude missing answers.

Table 54: 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?

	Grade 8	Grade 11
	State %	State %
0 days	19.6	27.8
1 day	8.7	8.6
2 days	11.1	9.7
3 days	12.5	12.7
4 days	11.8	10.0
5 days	15.1	12.9
6 days	5.5	4.9
7 days	15.6	13.3

Percentages exclude missing answers.

Table 55: In an average week when you are in school, on how many days do you go to physical education (PE) classes?

	Grade 8	Grade 11
	State %	State %
0 days	25.2	65.3
1 day	1.3	0.9
2 days	3.4	2.2
3 days	9.1	8.8
4 days	9.6	5.0
5 days	51.5	17.8

Percentages exclude missing answers.

Table 56: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Grade 8	Grade 11
	State %	State %
I do not take PE	21.6	56.9
Less than 10 minutes	2.3	0.7
10 to 20 minutes	7.4	1.8
21 to 30 minutes	14.8	5.0
31 to 40 minutes	21.9	9.2
41 to 50 minutes	19.3	9.7
51 to 60 minutes	8.3	7.1
More than 60 minutes	4.4	9.7

Percentages exclude missing answers.

Table 57: On an average school day, how many hours do you watch TV?

	Grade 8	Grade 11
	State %	State %
I do not watch TV on an average school day	15.3	18.9
Less than 1 hour per day	21.6	22.8
1 hour per day	17.3	16.8
2 hours per day	21.2	21.9
3 hours per day	13.1	11.4
4 hours per day	5.1	4.5
5 or more hours per day	6.4	3.7

Percentages exclude missing answers.

Table 58: 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	Grade 11
	State %	State %
I do not play video or computer games or use a computer for something that is not school work	10.3	15.1
Less than 1 hour per day	17.5	16.6
1 hour per day	14.7	15.0
2 hours per day	18.9	18.1
3 hours per day	14.0	14.0
4 hours per day	8.7	7.5
5 or more hours per day	15.8	13.6

Percentages exclude missing answers.

5.4 Transportation 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 five modes of transportation (walk, ride a bike, ride other non-motorized vehicle, ride school bus or public transportation, and ride in car), riding in car was most utilized five days a week by $\approx 55\%$ of 11th graders and $\approx 31\%$ of 8th graders (Table 63). School or public bus transportation five days a week was next most utilized method reported by almost 40% of 8th graders and 23% of 11th graders (Table 62). Walking to school, while not most used, was reported by a significant number of students, with $\approx 21\%$ of 8th graders and $\approx 16\%$ of 11th graders saying

they walked to school five days a week (Table 59).

Table 59: 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	Grade 11
	State %	State %
0 days	56.1	68.4
1 day	9.2	5.6
2 days	5.3	4.1
3 days	4.5	3.2
4 days	3.8	2.8
5 days	21.2	15.9

Percentages exclude missing answers.

Table 60: 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	Grade 11
	State %	State %
0 days	91.9	94.8
1 day	2.9	1.7
2 days	1.4	1.1
3 days	0.9	0.8
4 days	0.7	0.4
5 days	2.1	1.2

Percentages exclude missing answers.

Table 61: 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, scooter, or other non-motorized vehicle

	Grade 8	Grade 11
	State %	State %
0 days	93.1	95.9
1 day	2.4	1.3
2 days	1.3	0.9
3 days	0.9	0.5
4 days	0.7	0.3
5 days	1.7	1.0

Percentages exclude missing answers.

Table 62: 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 or use public transportation

	Grade 8	Grade 11
	State %	State %
0 days	39.4	61.3
1 day	3.6	3.4
2 days	3.2	2.9
3 days	4.7	3.9
4 days	9.9	5.5
5 days	39.2	23.0

Percentages exclude missing answers.

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?: Ride in a car or other motorized vehicle

	Grade 8	Grade 11
	State %	State %
0 days	36.5	20.5
1 day	12.8	7.2
2 days	7.1	5.5
3 days	5.0	4.4
4 days	7.9	7.2
5 days	30.7	55.2

Percentages exclude missing answers.

6 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

BMI and weight information are detailed in the following tables. Interestingly, while \approx 75% of all respondents said they were not overweight or obese and \approx 56% said they were "about the right weight," \approx 47% said they were trying to lose weight. In addition, only \approx 25% said they were overweight or obese and only \approx 30% described themselves as "slightly overweight" or "very overweight" (Tables 65, 66, 67). Clearly, too many students thought they should lose weight.

Table 64: 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 65: Body Mass Index

	Grade 8 State %	Grade 11 State %
Not overweight or obese	75.1	75.2
Overweight	14.8	13.6
Obese	10.1	11.2

Percentages exclude missing answers.

Table 66: How do you describe your weight?

	Grade 8 State %	Grade 11 State %
Very underweight	2.0	1.3
Slightly underweight	13.3	12.0
About the right weight	55.9	55.4
Slightly overweight	24.5	27.3
Very overweight	4.3	3.9

Percentages exclude missing answers.

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

	Grade 8	Grade 11
	State %	State %
Lose weight	46.6	47.8
Gain weight	11.2	16.7
Stay the same weight	19.3	15.8
I am not trying to do anything about my weight	22.9	19.7

Percentages exclude missing answers.

7 INJURY PREVENTION

7.1 Suicide

Approximately 75 Oregon youths die by suicide each year, making it the second leading cause of death among those aged 10 to 24 years. Even greater numbers of youth are treated in Oregon's emergency rooms for attempts they survive. Over 750 suicide attempts are reported each year.

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>
- <http://www.linesforlife.org/>

7.2 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:



National Suicide Prevention
Lifeline
1-800-273-TALK (8255)
1-800-799-4TTY (4889)

Lines for Life is ready to help 24/7: <http://www.linesforlife.org/>

SUICIDE LIFELINE AND MENTAL HEALTH CRISISLINE 800-273-8255

ALCOHOL & SUBSTANCE HELPLINE 800-923-4357

- Helpline 800-923-4357 - For individuals and family members seeking crisis intervention treatment referral and general chemical dependency information.

MILITARY HELPLINE 888-457-4838

- **Military Helpline 888-457-4838** - Free and anonymous 24/7/365. For members of the military, veterans and their families with concerns about benefits, substance abuse, anger, post-traumatic stress, and thoughts of suicide. Texting option also available, text MIL1 to 839863.
- **YOUTHLINE 877-968-8491 M-F 4pm to 9 pm**
A peer-to-peer crisis line for teens. Texting available by texting teen2teen to 839863. Online chat available at OregonYouthline.org.

Youth Crisis Line

The 9 Line is a general hotline for teenagers. Covenant House specializes in providing temporary housing and assistance to runaway and homeless youth.
1-800-999-9999

The Trevor Project

For gay, lesbian, transsexual, and bisexual youths.
24 Hours per day/7 days per week
1-866-488-7386

Friends For Survival, Inc.

National Support for Survivors of Suicide
1-916-392-0664

While Oregon youth reported relatively few suicide attempts that required medical care in the past 12 months, more than one in four reported that they felt "sad or hopeless" every day for two weeks (Table 68) and $\approx 8\%$ of 8th graders and $\approx 5\%$ of 11th graders said they attempted suicide one or more times in the past 12 months (Table 70). These rates may underscore the need for increased counseling and programming to ensure that vulnerable students reporting sadness do not progress to attempting suicide.

Table 68: 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	25.6	27.0
No	74.4	73.0

Percentages exclude missing answers.

Table 69: During the past 12 months, did you ever seriously consider attempting suicide?

	Grade 8 State %	Grade 11 State %
Yes	16.1	14.5
No	83.9	85.5

Percentages exclude missing answers.

Table 70: During the past 12 months, how many times did you actually attempt suicide?

	Grade 8 State %	Grade 11 State %
0 times	92.1	95.1
1 time	4.0	2.7
2 or 3 times	2.6	1.6
4 or 5 times	0.7	0.2
6 or more times	0.6	0.4

Percentages exclude missing answers.

Table 71: If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

	Grade 8 State %	Grade 11 State %
I did not attempt suicide during the past 12 months	91.6	94.6
Yes	1.9	1.1
No	6.5	4.3

Percentages exclude missing answers.

7.3 Personal Safety

According to the Centers for Disease Control and Prevention (CDC), motor vehicle crashes are the leading cause of death for teens. The risk of being involved in a motor vehicle crash is greater for teens than for older drivers at all levels of blood alcohol concentration (BAC).

Table 72: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Grade 11 State %
0 times	95.1
1 time	2.5
2 or 3 times	1.6
4 or 5 times	0.3
6 or more times	0.6

Only 11th graders were asked this question.

A safe school environment is necessary for students to learn and achieve high academic standards. Disruptive or violent behavior are conduct that 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.² In keeping, more of Oregon’s 8th grade students, compared with 11th grade students, reported feelings of being unsafe at school (7.4% vs. 4.4%, respectively), having been threatened at school (7.4% vs. 4.6%, respectively), and being engaged in a physical fight on school property (14.8% vs. 7.4%) (Tables 73, 74, 76)

²Gottfredson 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 73: 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	92.6	95.6
1 day	4.2	2.9
2 or 3 days	2.2	1.0
4 or 5 days	0.4	0.3
6 or more days	0.6	0.3

Percentages exclude missing answers.

Table 74: 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	92.6	95.4
1 time	3.9	2.3
2 or 3 times	1.9	1.2
4 or 5 times	0.5	0.3
6 or 7 times	0.3	0.1
8 or 9 times	0.2	0.1
10 or 11 times	0.1	0.1
12 or more times	0.5	0.4

Percentages exclude missing answers.

Table 75: During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

	Grade 8	Grade 11
	State %	State %
Yes	9.9	16.4
No	90.1	83.6

Percentages exclude missing answers.

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.³

³Office of Juvenile Justice and Delinquency Prevention News @ A Glance. November — December 2011

Table 76: During the past 12 months, how many times were you in a physical fight on school property?

	Grade 8	Grade 11
	State %	State %
0 times	85.2	93.6
1 time	8.7	4.1
2 or 3 times	4.0	1.5
4 or 5 times	0.9	0.2
6 or 7 times	0.3	0.2
8 or 9 times	0.3	0.1
10 or 11 times	0.1	0.1
12 or more times	0.5	0.3

Percentages exclude missing answers.

7.4 Harassment

The following table 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? The individual issues included as responses were aggregated into the category "Harassed for any reason."

Table 77: 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?

	Grade 8 State %	Grade 11 State %
I have not been harassed	65.4	77.0
Harassed for any reason	34.6	23.0
Harassment about your race or ethnic origin	6.1	4.6
Unwanted sexual comments or attention	8.6	6.7
Harassment because someone thought you were gay, lesbian or bisexual	7.0	3.6
Harassment about your weight, clothes, acne, or other physical characteristics	15.2	9.1
Harassment about your group of friends	8.6	5.5
Other reasons	17.1	10.7

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

7.5 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 78: 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?

	Grade 8 State %	Grade 11 State %
I have never heard of the Choking Game	79.2	73.5
I've heard of someone participating in the Choking Game	18.8	24.0
I have helped someone else participate in the Choking Game	1.0	1.2
I have participated in the Choking Game myself	3.9	3.8

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

Table 79: 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	96.5	96.5
One time	1.6	1.7
Two times	0.9	0.6
3 to 5 times	0.4	0.6
More than 5 times	0.6	0.6

Percentages exclude missing answers.

Table 80: Thinking back to the last time you yourself participated in the "Choking Game," were you alone or with other people?

	Grade 8	Grade 11
	State %	State %
I have never participated in the Choking Game	96.5	96.4
I was alone	0.8	0.5
I was with other people	2.7	3.0

Percentages exclude missing answers.

8 GAMBLING

Research indicates that the frequency of gambling activity among youth correlates with increased alcohol, tobacco and illicit drug use, with some developing serious gambling problems.⁴

A series of questions asks about different types of gambling activities, as well as their feelings about their involvement in gambling.

The good news is that the majority ($\approx 71\%$) 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, the majority do not feel bad about betting (Table 82), do not feel they want to stop betting (Table 83), have not lied about betting (Table 84) and have not bet more than they wanted to (Table 85).

⁴Volberg, 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 81: 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	74.0	77.7
Playing lottery tickets	3.1	3.8
Playing Powerball or Megabucks	0.7	0.7
Playing dice or coin flips	5.3	3.4
Playing cards (poker, etc.)	7.4	7.2
Betting on a sports team	9.2	7.9
Betting on a horse/dog race	0.5	0.3
Betting on games of personal skill (bowling, video games, dares, etc.)	12.7	10.2
Gambling on the Internet	1.1	0.8
Gambling at a casino	0.2	0.2
Playing Bingo for money	1.8	0.9
Other	7.5	5.7

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

Table 82: During the last 12 months, have you ever felt bad about the amount you bet, or about what happens when you bet money?

	Grade 8 State %	Grade 11 State %
I don't bet for money	72.5	72.1
Yes	2.3	1.9
No	25.1	26.0

Percentages exclude missing answers.

Table 85: 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	69.1	70.0
Yes	2.2	2.1
No	28.7	27.9

Percentages exclude missing answers.

Table 83: 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	72.5	72.2
Yes	1.3	0.9
No	26.2	27.0

Percentages exclude missing answers.

Table 84: During the last 12 months, have you ever lied to anyone about betting or gambling?

	Grade 8 State %	Grade 11 State %
I don't bet for money	68.3	69.7
Yes	2.3	1.1
No	29.4	29.2

Percentages exclude missing answers.

9 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 15 million new STD cases in the United States, and about one-fourth of these are among teenagers. Despite a decline in the last two decades, teen pregnancy rates in the U.S. remain among the highest in the industrialized world.⁵ 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 adolescent sexuality, see <http://www.oregon.gov/DHS/ph/ah/sexuality/sexuality.shtml>. For more information on teen pregnancy prevention, see <http://egov.oregon.gov/DHS/children/teens/tpp/index.shtml>.

Table 86: Have you ever had sexual intercourse?

	Grade 8	Grade 11
	State %	State %
Yes	10.7	45.2
No	89.3	54.8

Percentages exclude missing answers.

⁵Centers for Disease Control and Prevention, 2009

Table 87: How old were you when you had sexual intercourse for the first time?

	Grade 8	Grade 11
	State %	State %
I have never had sexual intercourse	89.5	54.9
11 years old or younger	1.8	1.1
12 years old	1.8	1.1
13 years old	4.4	3.5
14 years old	2.4	7.1
15 years old	0.1	13.4
16 years old	0.0	14.7
17 years old or older	0.0	4.2

Percentages exclude missing answers.

Table 88: During your life, with how many people have you had sexual intercourse?

	Grade 8	Grade 11
	State %	State %
I have never had sexual intercourse	89.5	54.8
1 person	5.2	19.6
2 people	2.0	9.2
3 people	1.1	6.4
4 people	0.6	3.2
5 people	0.2	2.1
6 or more people	1.5	4.8

Percentages exclude missing answers.

Table 89: 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	89.6	54.8
I have had sexual intercourse, but not during the past 3 months	4.4	13.5
1 person	4.2	26.2
2 people	0.7	3.4
3 people	0.3	1.2
4 people	0.1	0.3
5 people	0.0	0.1
6 or more people	0.7	0.5

Percentages exclude missing answers.

Table 90: 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	89.2	54.2
Yes	2.3	7.7
No	8.6	38.1

Percentages exclude missing answers.

Table 91: The last time you had sexual intercourse, did you or your partner use a condom?

	Grade 8 State %	Grade 11 State %
I have never had sexual intercourse	89.4	54.3
Yes	7.4	29.1
No	3.3	16.7

Percentages exclude missing answers.

Table 92: The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

	Grade 8 State %	Grade 11 State %
I have never had sexual intercourse	90.9	57.8
No method was used to prevent pregnancy	1.5	3.4
Birth control pills	0.7	9.6
Condoms	5.7	20.8
Depo-Provera (injectable birth control)	0.3	2.8
Withdrawal	0.5	3.0
Some other method	0.3	2.5
Not sure	0.0	0.1

Percentages exclude missing answers.

Table 93: Which of the following best describes you?

	Grade 8 State %	Grade 11 State %
Heterosexual (straight)	91.1	92.2
Gay or lesbian	0.6	0.9
Bisexual	3.7	4.2
Not sure	4.5	2.7

Percentages exclude missing answers.

Table 94: During your life, with whom have you had sexual contact?

	Grade 11 State %
I have never had sexual contact	36.5
Females	31.7
Males	27.5
Females and males	4.2

Only 11th graders were asked this question.

10 COERCION AND VIOLENCE

Teens who are victims 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	5.5
No	94.5

Only 11th 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	11.7
No	88.3

Only 11th graders were asked this question.

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

	Grade 11 State %
Yes	7.3
No	92.7

Only 11th 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	4.2
No	95.8

Only 11th graders were asked this question.

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

	Grade 11 State %
Yes	23.2
No	76.8

Only 11th graders were asked this question.

11 TOBACCO, ALCOHOL AND OTHER DRUG USE

11.1 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.

Oregon students responded to 30 questions related to tobacco use including frequency and quantity of use, type and brand of tobacco product, age of initiation, desire or attempts to stop smoking, location for smoking, source of tobacco, riding in cars or 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/dissolvable tobacco/snus, hookahs, e-cigarettes 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 100: During the past 30 days, on how many days did you smoke cigarettes?

	Grade 8 State %	Grade 11 State %
0 days	95.9	90.6
1 or 2 days	2.0	3.6
3 to 5 days	0.6	1.3
6 to 9 days	0.5	0.7
10 to 19 days	0.3	0.7
20 to 29 days	0.3	1.0
All 30 days	0.4	2.0

Percentages exclude missing answers.

Table 101: During the past 30 days, on how many days did you smoke menthol cigarettes?

	Grade 8 State %	Grade 11 State %
0 days	98.0	95.2
1 or 2 days	1.0	2.2
3 to 5 days	0.3	1.1
6 to 9 days	0.3	0.6
10 to 19 days	0.2	0.4
20 to 29 days	0.1	0.2
All 30 days	0.1	0.3

Percentages exclude missing answers.

Table 102: 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?

	Grade 8	Grade 11
	State %	State %
0 days	98.1	94.3
1 or 2 days	0.9	1.9
3 to 5 days	0.5	0.8
6 to 9 days	0.2	0.5
10 to 19 days	0.1	0.6
20 to 29 days	0.1	0.6
All 30 days	0.1	1.3

Percentages exclude missing answers.

Table 103: During the past 30 days, on how many days did you use dissolvable tobacco products, such as Camel orbs, sticks, or strips?

	Grade 8	Grade 11
	State %	State %
0 days	99.3	99.5
1 or 2 days	0.5	0.1
3 to 5 days	0.1	0.1
6 to 9 days	0.0	0.1
10 to 19 days	0.0	0.0
20 to 29 days	0.0	0.0
All 30 days	0.1	0.1

Percentages exclude missing answers.

Table 104: During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	Grade 8	Grade 11
	State %	State %
0 days	97.9	92.1
1 or 2 days	1.3	4.9
3 to 5 days	0.4	1.6
6 to 9 days	0.2	0.6
10 to 19 days	0.1	0.3
20 to 29 days	0.1	0.1
All 30 days	0.1	0.3

Percentages exclude missing answers.

Table 105: During the past 30 days, on how many days did you smoke tobacco in a pipe?

	Grade 8	Grade 11
	State %	State %
0 days	98.6	97.6
1 or 2 days	0.8	1.3
3 to 5 days	0.2	0.5
6 to 9 days	0.2	0.2
10 to 19 days	0.1	0.1
20 to 29 days	0.0	0.0
All 30 days	0.1	0.2

Percentages exclude missing answers.

Table 106: 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	97.7	91.1
1 or 2 days	1.3	5.3
3 to 5 days	0.4	1.7
6 to 9 days	0.2	1.0
10 to 19 days	0.2	0.5
20 to 29 days	0.0	0.2
All 30 days	0.2	0.3

Percentages exclude missing answers.

Table 107: During the past 30 days, on how many days did you smoke an electronic nicotine delivery product, such as an e-cigarette, e-cigar, or e-hookah?

	Grade 8 State %	Grade 11 State %
0 days	98.2	94.8
1 or 2 days	1.1	3.1
3 to 5 days	0.3	0.9
6 to 9 days	0.2	0.6
10 to 19 days	0.1	0.3
20 to 29 days	0.0	0.1
All 30 days	0.2	0.2

Percentages exclude missing answers.

Table 108: During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

	Grade 8 State %	Grade 11 State %
I did not smoke cigarettes during the past 30 days	96.0	90.7
Less than 1 cigarette per day	1.5	2.8
1 cigarette per day	0.8	1.8
2 to 5 cigarettes per day	1.1	3.6
6 to 10 cigarettes per day	0.3	0.9
11 to 19 cigarettes per day	0.0	0.1
20 or more cigarettes per day	0.1	0.1

Percentages exclude missing answers.

Table 109: During the past 30 days, which brand of cigarette did you usually smoke? (Select only one answer).

	Grade 8 State %	Grade 11 State %
I did not smoke cigarettes during the past 30 days	96.0	90.8
Marlboro	1.6	3.6
Camel	1.3	3.4
Kool	0.1	0.1
Newport	0.1	0.2
American Spirit	0.2	0.8
Some other brand name	0.4	0.7
Whatever was cheapest	0.4	0.5

Percentages exclude missing answers.

Table 110: 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	90.2	78.5
8 years old or younger	1.1	1.2
9 years old	0.7	0.5
10 years old	0.8	0.8
11 years old	1.2	0.8
12 years old	2.1	1.6
13 years old	3.0	2.7
14 years old	0.7	3.9
15 years old	0.0	4.8
16 years old	0.0	3.9
17 years old or older	0.0	1.3

Percentages exclude missing answers.

Table 111: How old were you when you first used any form of tobacco other than cigarettes?

	Grade 8 State %	Grade 11 State %
I have never used any form of tobacco other than cigarettes	90.6	74.7
8 years old or younger	1.3	1.1
9 years old	0.5	0.5
10 years old	0.8	0.5
11 years old	1.0	0.8
12 years old	1.7	1.8
13 years old	3.2	2.5
14 years old	0.9	3.8
15 years old	0.0	5.9
16 years old	0.0	6.3
17 years old or older	0.0	2.0

Percentages exclude missing answers.

Table 112: Do you want to completely stop smoking cigarettes?

	Grade 8 State %	Grade 11 State %
I do not smoke now	95.6	91.2
Yes	2.0	4.0
No	2.4	4.8

Percentages exclude missing answers.

Table 113: During the past 12 months, did you ever try to quit smoking cigarettes?

	Grade 8 State %	Grade 11 State %
I did not smoke during the past 12 months	94.5	88.0
Yes	3.0	5.9
No	2.5	6.1

Percentages exclude missing answers.

Table 114: If one of your best friends were to offer you a cigarette, would you smoke it?

	Grade 8 State %	Grade 11 State %
Definitely not	82.8	83.0
Probably not	13.7	13.3
Probably would	3.2	3.3
Definitely would	0.4	0.4

Percentages excludes students who used some type of tobacco in the past 30 days and missing answers

Table 115: What type of location were you in, the last time you smoked tobacco in a hookah?

	Grade 8 State %	Grade 11 State %
I have never smoked tobacco in a hookah	94.5	80.1
A private location, like your home or a friend's home	4.2	17.7
A lounge with a hookah	0.2	0.5
Some other public place	1.1	1.7

Percentages exclude missing answers.

Table 116: During the past 30 days, from which of the following sources did you get tobacco (cigarettes, chew, cigars, or any other tobacco product)?

	Grade 8 State %	Grade 11 State %
I did not get tobacco during the past 30 days	93.5	82.7
A store or gas station	0.5	3.2
Friends 18 or older	2.5	10.7
Friends under 18	2.3	4.3
Took from home without permission	1.2	0.9
A family member	1.1	2.1
The internet	0.1	0.1
Some other source	1.3	1.8

Students were asked to mark all that apply so each response is calculated individually. Percentages include only students under age 18 and excludes students who used some type of tobacco in the past 30 days and missing answers.

Table 117: During the past 30 days, have you seen anyone smoke on school property?

	Grade 8 State %	Grade 11 State %
Yes	18.2	36.8
No	81.8	63.2

Percentages exclude missing answers.

Table 118: During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

	Grade 8 State %	Grade 11 State %
0 days	81.2	79.5
1 to 2 days	9.7	11.4
3 to 4 days	4.4	4.8
5 to 6 days	1.6	1.6
7 days	3.1	2.7

Percentages exclude missing answers.

Table 119: During the past 7 days when you were riding in a car with someone who was smoking cigarettes, who was smoking cigarettes?

	Grade 8 State %	Grade 11 State %
I did not ride in a car with someone who was smoking cigarettes in the past 7 days	81.5	79.8
Parent/stepparent/guardian	13.6	10.8
Friend 18 or older	2.4	7.5
Friend under the age of 18	0.6	3.6
Someone else	3.9	3.5

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

Table 120: Does someone living in your house (other than you) smoke tobacco?

	Grade 8 State %	Grade 11 State %
Nobody smokes	70.3	71.7
Someone smokes, but not inside the house	25.6	24.3
Someone smokes inside the house	4.1	4.0

Percentages exclude missing answers.

Table 121: During the past 30 days, have you seen an advertisement promoting cigarettes or other tobacco products: on a storefront or in a store?

	Grade 8 State %	Grade 11 State %
Yes	64.1	69.6
No	23.1	19.7
Not sure	12.8	10.7

Percentages exclude missing answers.

Table 122: During the past 30 days, have you seen an advertisement promoting cigarettes or other tobacco products: online?

	Grade 8 State %	Grade 11 State %
Yes	29.7	35.1
No	55.9	51.3
Not sure	14.4	13.6

Percentages exclude missing answers.

Table 123: During the past 30 days, have you seen an advertisement promoting cigarettes or other tobacco products: in a magazine or newspaper?

	Grade 8	Grade 11
	State %	State %
Yes	32.1	36.0
No	52.6	49.9
Not sure	15.3	14.2

Percentages exclude missing answers.

Table 124: During the past 30 days, have you seen an advertisement promoting cigarettes or other tobacco products: that came in the mail to your home?

	Grade 8	Grade 11
	State %	State %
Yes	9.7	8.9
No	75.8	78.7
Not sure	14.5	12.4

Percentages exclude missing answers.

Table 125: 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	Grade 11
	State %	State %
Strongly agree	21.7	22.8
Somewhat agree	23.6	30.9
Don't know / Not sure	36.0	30.1
Somewhat disagree	6.3	8.2
Strongly disagree	12.3	8.1

Percentages exclude missing answers.

Table 126: If you have a favorite, what is the brand of your favorite cigarette advertisement?

	Grade 8	Grade 11
	State %	State %
I do not have a favorite	93.9	89.9
Marlboro	2.4	3.9
Camel	2.4	3.6
Kool	0.1	0.2
Virginia Slim	0.1	0.1
Winston	0.1	0.1
American Spirit	0.5	1.5
Other	0.6	0.8

Percentages exclude missing answers.

Table 127: What percentage of youth in your grade do you think smoked cigarettes in the past 30 days?

	Grade 8	Grade 11
	State %	State %
Less than 10%	52.2	21.5
11% to 20%	18.1	19.3
21% to 30%	11.0	18.5
31% to 40%	8.3	16.9
41% to 50%	4.5	10.0
51% to 60%	2.9	7.6
61% to 70%	1.4	3.8
More than 70%	1.7	2.4

Percentages exclude missing answers.

Table 128: What percentage of youth in your grade do you think used smokeless tobacco in the past 30 days?

	Grade 8	Grade 11
	State %	State %
Less than 10%	69.8	37.6
11% to 20%	13.4	18.4
21% to 30%	6.5	13.8
31% to 40%	4.0	11.4
41% to 50%	2.6	8.1
51% to 60%	1.5	5.6
61% to 70%	0.8	2.8
More than 70%	1.3	2.3

Percentages exclude missing answers.

Table 129: What percentage of youth in your grade do you think smoked tobacco in a hookah in the past 30 days?

	Grade 8	Grade 11
	State %	State %
Less than 10%	74.7	40.1
11% to 20%	10.7	18.0
21% to 30%	5.9	12.7
31% to 40%	3.3	9.8
41% to 50%	2.3	8.1
51% to 60%	1.5	5.6
61% to 70%	0.7	3.4
More than 70%	0.9	2.3

Percentages exclude missing answers.

11.2 Alcohol Use

Alcohol is the country's most widely used legal drug and, despite the fact it is illegal for 8th and 11th 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.

More than half (57.9%) of 8th graders and almost one third (33.0%) of 11th graders reported that they had never drunk alcohol. 42% of the 8th 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, 38% of the 11th graders

said they were aged 14 years or younger when first having more than a sip or two of alcohol (Table 130). As might be expected, alcohol use for 11th graders exceeded rates reported by 8th graders on most items. For both 8th and 11th graders who reported drinking in the past 30 days, liquor, such as vodka, rum, scotch, bourbon or whiskey, was the preferred drink (4.8% and 13.5%, respectively), with beer the most frequently reported second choice (2.4% and 6.9%, respectively) (Table 133).

Table 130: How old were you when you had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin) for the first time?

	Grade 8 State %	Grade 11 State %
I have never drank alcohol	57.9	33.0
8 years old or younger	9.1	6.6
9 years old	3.0	1.8
10 years old	4.5	3.0
11 years old	4.3	2.4
12 years old	7.6	5.8
13 years old	10.4	7.7
14 years old	3.1	10.6
15 years old	0.1	14.5
16 years old	0.0	12.1
17 years old or older	0.0	2.5

Percentages exclude missing answers.

Table 131: 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	86.2	69.0
1 or 2 days	9.0	18.0
3 to 5 days	2.4	6.9
6 to 9 days	1.3	3.5
10 to 19 days	0.9	1.9
20 to 29 days	0.1	0.4
All 30 days	0.1	0.3

Percentages exclude missing answers.

Table 132: 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	94.4	82.3
1 day	2.9	7.4
2 days	1.3	4.3
3 to 5 days	0.9	3.7
6 to 9 days	0.3	1.5
10 to 19 days	0.1	0.6
20 or more days	0.1	0.3

Percentages exclude missing answers.

Table 133: During the past 30 days, what type of alcohol did you usually drink?

	Grade 8 State %	Grade 11 State %
I did not drink alcohol during the past 30 days	88.1	71.4
I do not have a usual type	2.0	3.0
Beer	2.4	6.9
Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	1.0	2.4
Wine coolers, such as Bartles & Jaymes or Seagrams	0.3	0.6
Wine	0.9	1.4
Liquor, such as vodka, rum, scotch, bourbon, or whiskey	4.8	13.5
Some other type	0.6	0.7

Percentages exclude missing answers.

11.3 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.

For most of the substances, few (<.9% to 3%) Oregon students reported use in the past 30 days. For both grades, this included low rates of sniffing glue or paint, using methamphetamines, cocaine, heroin or other opiates, MDMA (ecstasy), and LSD. Marijuana, however, was more frequently reported, with nearly 10% of 8th graders and almost 21% of 11th graders reporting using marijuana more than once in the past 30 days.

Table 134: During the past 30 days, how many times did you use marijuana?

	Grade 8 State %	Grade 11 State %
0 times	90.3	79.1
1 or 2 times	3.8	7.5
3 to 9 times	2.6	4.9
10 to 19 times	1.4	2.8
20 to 39 times	0.6	1.8
40 or more times	1.2	4.0

Percentages exclude missing answers.

Table 135: During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?

	Grade 8 State %	Grade 11 State %
0 times	97.3	98.6
1 or 2 times	2.7	1.4
3 to 9 times	0.0	0.0
10 to 19 times	0.0	0.0
20 to 39 times	0.0	0.0
40 or more times	0.0	0.0

Percentages exclude missing answers.

Table 136: During the past 30 days, how many times did you use prescription drugs (such as Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's orders?

	Grade 8	Grade 11
	State %	State %
0 times	96.1	93.6
1 or 2 times	2.0	3.7
3 to 9 times	0.8	1.5
10 to 19 times	0.4	0.5
20 to 39 times	0.4	0.4
40 or more times	0.2	0.3

Percentages exclude missing answers.

Table 137: During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	Grade 8	Grade 11
	State %	State %
0 times	99.0	99.1
1 or more times	1.0	0.9

Percentages exclude missing answers.

Table 138: During the past 30 days, how many times have you used any form of cocaine, including powder, crack, or freebase?

	Grade 8	Grade 11
	State %	State %
0 times	99.0	98.9
1 or more times	1.0	1.1

Percentages exclude missing answers.

Table 139: During the past 30 days, how many times have you used heroin or other opiates or narcotics?

	Grade 8	Grade 11
	State %	State %
0 times	99.2	99.1
1 or more times	0.8	0.9

Percentages exclude missing answers.

Table 140: During the past 30 days, how many times have you used ecstasy (also called MDMA)?

	Grade 8	Grade 11
	State %	State %
0 times	98.7	98.2
1 or more times	1.3	1.8

Percentages exclude missing answers.

Table 141: During the past 30 days, how many times have you used LSD or other hallucinogens or psychedelics?

	Grade 8	Grade 11
	State %	State %
0 times	98.8	98.1
1 or more times	1.2	1.9

Percentages exclude missing answers.

Past 30 Day Use of Tobacco, Alcohol and Other Drugs

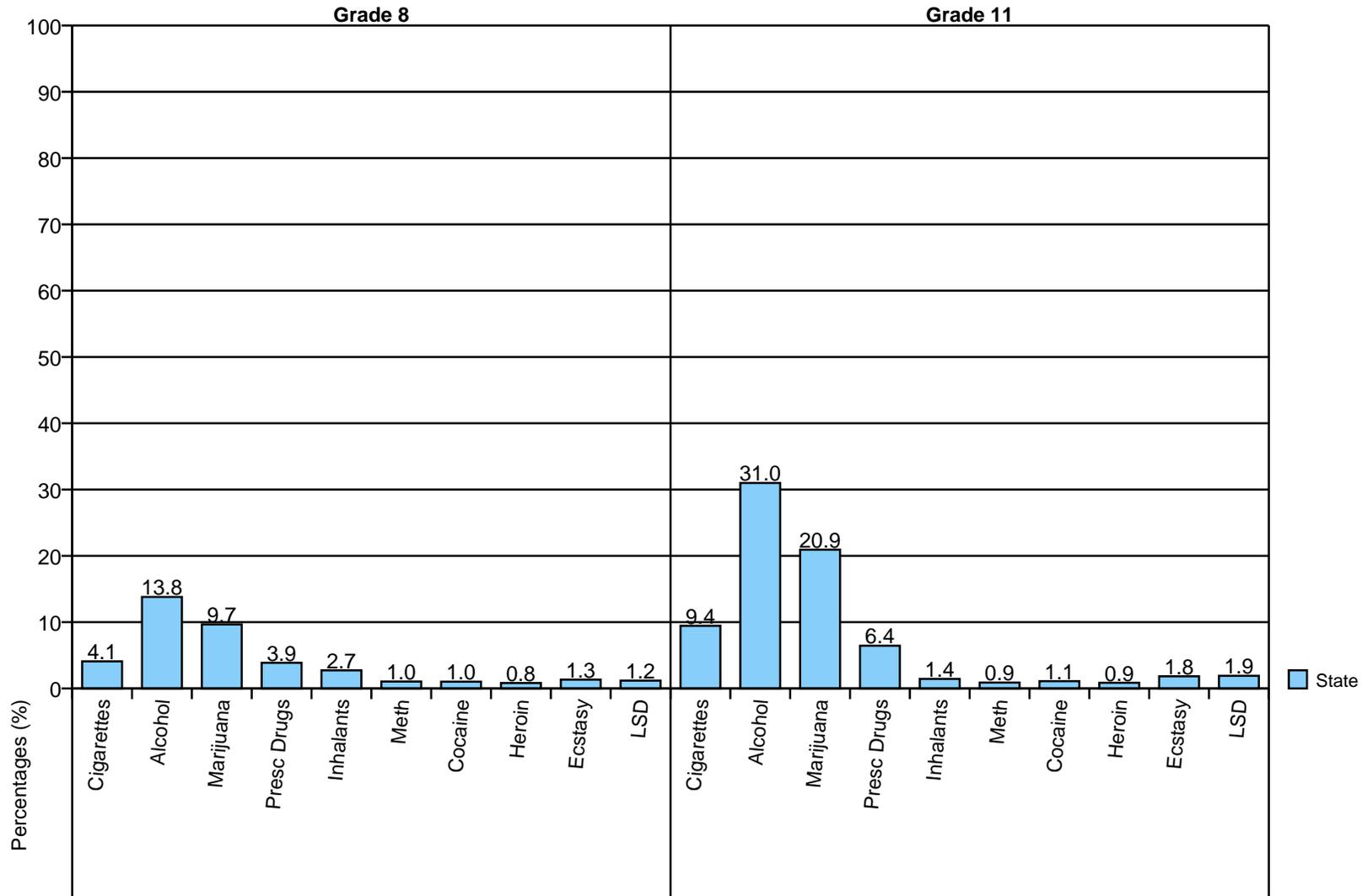


Figure 1: Past 30 Day Use of Tobacco, Alcohol and Other Drugs

Table 142: How wrong do you think it is for someone your age to use LSD, cocaine, amphetamines, or another illegal drug?

	Grade 8	Grade 11
	State %	State %
Very wrong	75.5	68.1
Wrong	17.3	21.1
A little bit wrong	5.5	7.9
Not wrong at all	1.7	2.9

Percentages exclude missing answers.

Table 143: How wrong do you think it is for someone your age to use prescription drugs not prescribed to them?

	Grade 8	Grade 11
	State %	State %
Very wrong	68.6	60.3
Wrong	22.9	27.9
A little bit wrong	6.6	9.4
Not wrong at all	2.0	2.4

Percentages exclude missing answers.

12 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 (%) and the number of students who responded to the question (N) are reported.

12.1 Past 30 Day Use

Alcohol was the most commonly used drug in the past 30 days (13.8% and 31.0% for 8th and 11th graders respectively). This was followed by marijuana, then cigarettes and prescription drugs. Over twice as many students reported marijuana use as compared to cigarette use. This is a further indication of how successful anti-smoking campaigns have been.

Table 144: Past 30 Day Use

	Grade 8		Grade 11	
	N	%	N	%
Past 30 day use of alcohol	12,646	13.8	11,738	31.0
Past 30 day use of cigarettes	13,038	4.1	11,907	9.4
Past 30 day use of marijuana	12,619	9.7	11,701	20.9
Past 30 day use of prescription drugs	12,567	3.9	11,730	6.4

12.2 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.

Smoking cigarettes was perceived as having the most risk of the substances measured with 87.3% of 8th graders and 91.3% of 11th graders perceiving it as a "moderate risk" or "great risk". This was followed by prescription drugs, alcohol and then marijuana. Less than half the 11th grade students perceived marijuana use as "risky".

Table 145: Perceived Moderate or Great Risk

	Grade 8		Grade 11	
	N	%	N	%
If people have one or two drinks of an alcohol beverage nearly every day	12,323	67.4	11,524	68.4
If people smoke one or more packs of cigarettes per day	12,383	87.3	11,571	91.3
If people smoke marijuana once or twice a week	12,233	64.2	11,470	48.0
If people use prescription drugs that are not prescribed to them	12,292	86.7	11,525	87.2

Percentages exclude missing answers.

12.3 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."

Students perceptions of how wrong their parents would feel about the students use of all substances was universally high. The lowest perception was for alcohol use for 11th graders where 80.8% felt that their parents would feel it was "wrong" or "very wrong" for them to use.

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

	Grade 8		Grade 11	
	N	%	N	%
Drink beer, wine or liquor regularly	12,397	90.7	11,570	80.8
Smoke cigarettes	12,454	97.0	11,584	94.2
Smoke marijuana	12,384	92.7	11,556	85.3
Use prescription drugs not prescribed to you	12,337	96.3	11,550	94.8

Percentages exclude missing answers.

12.4 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."

Perceptions of peer disapproval tended to be lower than perceptions of parent disapproval. Marijuana use was the lowest with only half (50.7%) of the 11th grade students perceiving that their peers would disapprove of their using marijuana.

Table 147: Friends Feel It Would Be Wrong or Very Wrong

	Grade 8		Grade 11	
	N	%	N	%
If you have one or two drinks of an alcoholic beverage nearly every day	12,269	80.0	11,507	62.3
If you smoke tobacco	12,246	85.2	11,471	70.2
If you smoke marijuana	12,203	75.6	11,457	50.7
If you use prescription drugs not prescribed to you	12,203	88.0	11,461	77.4

Percentages exclude missing answers.

12.5 Perceived Risk of Substance Use

12.5.1 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 ($\approx 66\%$) and using prescription drugs ($\approx 63\%$) than reported for other substances including smokeless tobacco, 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	Grade 11
	State %	State %
No risk	4.8	2.9
Slight risk	7.9	5.7
Moderate risk	24.1	22.0
Great risk	63.2	69.3

Percentages exclude missing answers.

Table 149: How much do you think people risk harming themselves (physically or in other ways) if they: use smokeless tobacco every day?

	Grade 8	Grade 11
	State %	State %
No risk	6.5	4.0
Slight risk	15.6	14.3
Moderate risk	32.8	34.9
Great risk	45.1	46.8

Percentages exclude missing answers.

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

	Grade 8	Grade 11
	State %	State %
No risk	16.0	24.9
Slight risk	19.8	27.1
Moderate risk	26.6	23.8
Great risk	37.6	24.2

Percentages exclude missing answers.

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

	Grade 8	Grade 11
	State %	State %
No risk	9.0	7.4
Slight risk	23.6	24.2
Moderate risk	30.4	33.5
Great risk	37.0	34.9

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?

	Grade 8	Grade 11
	State %	State %
No risk	6.9	4.8
Slight risk	14.5	15.3
Moderate risk	29.1	31.7
Great risk	49.4	48.2

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?

	Grade 8	Grade 11
	State %	State %
No risk	4.9	2.6
Slight risk	8.4	10.2
Moderate risk	21.7	25.6
Great risk	65.1	61.6

Percentages exclude missing answers.

12.5.2 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 (9.3% of 8th graders and 19.2% of 11th graders) thought their parents felt drinking alcohol would be only "a little bit wrong" or "not wrong at all" than for other substances (Tables 154-157).

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

	Grade 8 State %	Grade 11 State %
Very wrong	88.3	79.0
Wrong	8.8	15.1
A little bit wrong	2.1	4.3
Not wrong at all	0.9	1.5

Percentages exclude missing answers.

Table 155: 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	75.6	57.1
Wrong	15.1	23.7
A little bit wrong	6.9	15.2
Not wrong at all	2.4	4.0

Percentages exclude missing answers.

Table 156: How wrong do your parents feel it would be for you to smoke marijuana?

	Grade 8 State %	Grade 11 State %
Very wrong	83.7	70.3
Wrong	9.0	15.0
A little bit wrong	4.9	9.7
Not wrong at all	2.4	5.0

Percentages exclude missing answers.

Table 157: 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	87.8	83.0
Wrong	8.4	11.8
A little bit wrong	2.4	3.6
Not wrong at all	1.4	1.6

Percentages exclude missing answers.

12.5.3 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, almost 30% of all 11th graders said they thought their friends felt using marijuana was "not wrong at all." (Tables 158-161)

Table 158: 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	55.8	34.5
Wrong	24.2	27.8
A little bit wrong	12.6	21.6
Not wrong at all	7.4	16.1

Percentages exclude missing answers.

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

	Grade 8 State %	Grade 11 State %
Very wrong	64.1	44.3
Wrong	21.1	26.0
A little bit wrong	9.2	16.7
Not wrong at all	5.6	13.0

Percentages exclude missing answers.

Table 160: How wrong do your friends feel it would be for you to smoke marijuana?

	Grade 8 State %	Grade 11 State %
Very wrong	59.0	33.1
Wrong	16.6	17.6
A little bit wrong	11.5	19.8
Not wrong at all	13.0	29.5

Percentages exclude missing answers.

Table 161: How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?

	Grade 8 State %	Grade 11 State %
Very wrong	69.0	53.2
Wrong	18.9	24.2
A little bit wrong	7.0	13.9
Not wrong at all	5.0	8.6

Percentages exclude missing answers.

13 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 sex or grade. These edits capture students' surveys that indicate they were "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. Eighty-six percent of students said they were very honest, with another $\approx 13\%$ reporting they were honest most of the time. Students reported being honest only "once in a while" or "not honest at all" were not included in the final dataset. (Table 162)

Table 162: How honest were you in filling out this survey?

	Grade 8	Grade 11
	State %	State %
I was very honest	84.5	87.4
I was honest most of the time	13.6	11.5
I was honest some of the time	1.8	1.1
I was honest once in a while	0.0	0.0
I was not honest at all	0.0	0.0

Percentages exclude missing answers.