

# 2017 OREGON HEALTHY TEENS SURVEY



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Authority



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# 1 INTRODUCTION

## 1.1 Overview

*"No educational tool is more essential than good health."*  
Council of Child State School Officers

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

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

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

## 1.2 Health and Learning

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

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

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

### 1.2.1 How Are OHT Survey Results Used?

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

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

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



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

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

### 1.3 Survey Methodology

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

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

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

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

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

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

## 2 DEMOGRAPHICS

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

### 2.1 Participants by Grade & Gender

Table 1: Number of Participants by Grade

	Grade 8		Grade 11	
	County	State	County	State
TOTAL	2,325	14,852	1,975	11,895

Table 2: Number of Participants by Gender

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

- *Non-Binary/GNC includes gender nonconforming, genderqueer, gender fluid, intersex/intergender, something else fits better, and I am not sure of my gender identity.*
- *County, District and School results intentionally blank for confidentiality.*

Table 3: Percent of Participants by Gender

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

- *Percentages exclude missing answers.*
- *Non-Binary/GNC includes gender nonconforming, genderqueer, gender fluid, intersex/intergender, something else fits better, and I am not sure of my gender identity.*
- *County, District and School results intentionally blank for confidentiality.*

## 2.2 Race, Ethnicity and Age

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

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

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

Table 4: Race and Ethnicity

	Grade 8		Grade 11	
	County %	State %	County %	State %
Hispanic / Latino	31.6	28.2	31.4	25.0
Non-Hispanic American Indian	1.8	3.6	0.7	2.0
Non-Hispanic Alaska Native	0.1	0.1	0.1	0.2
Non-Hispanic Asian Indian	0.5	0.3	0.2	0.3
Non-Hispanic Chinese	1.0	1.1	0.7	0.9
Non-Hispanic Japanese	0.4	0.4	0.5	0.3
Non-Hispanic Korean	0.5	0.4	0.4	0.3
Non-Hispanic Vietnamese	1.9	1.1	1.5	1.2
Non-Hispanic Filipino	1.6	0.7	1.2	0.6
Non-Hispanic Native Hawaiian	0.6	0.3	0.2	0.2
Non-Hispanic Other Pacific Islander	0.5	0.6	1.2	0.7
Non-Hispanic Black or African American	2.0	2.2	2.3	2.2
Non-Hispanic White	53.7	56.8	55.3	62.8
Non-Hispanic Other	3.3	3.4	3.2	2.4
Non-Hispanic Multiple - No best given	0.5	0.8	1.0	0.8

• Percentages exclude missing answers.

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

Table 5: How old are you?

	Grade 8		Grade 11	
	County %	State %	County %	State %
12 years old or younger	0.1	0.2	0.0	0.0
13 years old	32.6	36.5	0.0	0.0
14 years old	66.3	61.5	0.0	0.0
15 years old	1.0	1.8	0.2	0.2
16 years old	0.0	0.0	39.7	35.9
17 years old	0.0	0.0	59.1	62.1
18 years old or older	0.0	0.0	1.0	1.8

• Percentages exclude missing answers.

## 2.3 Language Used at Home

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

Table 6: What is the language you use most often at home?

	Grade 8		Grade 11	
	County %	State %	County %	State %
English	79.7	83.9	80.8	85.9
Spanish	16.6	12.9	15.2	11.0
Another language	3.7	3.2	4.0	3.2

• Percentages exclude missing answers.

## 2.4 Sexual Orientation

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

Table 7: Do you think of yourself as?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Lesbian or gay	1.8	1.5	1.9	2.1
Straight, that is, not lesbian or gay	84.1	82.2	84.1	82.5
Bisexual	4.5	6.4	6.9	7.5
Something else	4.1	3.9	3.8	4.1
Don't know/Not sure	5.6	6.0	3.3	3.8

• Percentages exclude missing answers.

## 2.5 Socioeconomics

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

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

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

Table 8: Average servings per day of fruits or vegetables (index of 6 questions).

	Grade 8		Grade 11	
	County %	State %	County %	State %
Low FAS	8.7	11.1	8.4	10.0
Middle FAS	29.8	32.9	32.4	35.4
High FAS	61.5	56.0	59.3	54.6

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	31.8	40.9	31.7	38.0
No	54.9	42.5	64.1	54.1
Don't know	13.4	16.6	4.2	8.0

### 3 GENDER IDENTITY AND EXPRESSION

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

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

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

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

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

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

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

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

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.
- County, District and School results intentionally blank for confidentiality.

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

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

- Percentages exclude missing answers.
- Students were asked to mark all that apply so each response is calculated individually.
- County, District and School results intentionally blank for confidentiality.

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

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

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

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

**Grade 8**

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

- Percentages exclude missing answers.
- Non-Binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.
- County, District and School results intentionally blank for confidentiality.

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

**Grade 11**

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

- Percentages exclude missing answers.
- Non-Binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.
- County, District and School results intentionally blank for confidentiality.



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

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

**Grade 8**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Feminine (Somewhat, Mostly, Very)	63.3	3.8	21.8
Equally feminine and masculine	10.3	6.1	15.4
Masculine (Somewhat, Mostly, Very)	3.2	52.9	33.2
I am not sure/I Don't know what this question is asking	23.2	37.2	29.6

- Percentages exclude missing answers.
- Non-Binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.
- County, District and School results intentionally blank for confidentiality.

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

**Grade 11**

	<b>Female</b> State %	<b>Male</b> State %	<b>Non-binary/GNC</b> State %
Feminine (Somewhat, Mostly, Very)	77.6	2.5	21.1
Equally feminine and masculine	8.7	4.8	13.0
Masculine (Somewhat, Mostly, Very)	2.5	70.1	50.3
I am not sure/I Don't know what this question is asking	11.2	22.6	15.6

- Percentages exclude missing answers.
- Non-Binary/GNC includes those who identify as transgender, gender non-conforming, genderqueer, gender fluid, intersex/intergender or something else.
- County, District and School results intentionally blank for confidentiality.

## 4 POSITIVE YOUTH DEVELOPMENT

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

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

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

Table 16: Positive Youth Development

	Grade 8		Grade 11	
	County %	State %	County %	State %
Does not meet benchmark	40.9	44.0	41.2	42.3
Meets PYD benchmark	59.1	56.0	58.8	57.7

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

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

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Excellent	21.0	19.9	16.9	15.9
Very good	34.1	33.3	32.6	32.8
Good	32.1	33.1	33.4	34.5
Fair	11.1	11.7	13.7	13.9
Poor	1.6	2.1	3.3	2.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Excellent	20.8	19.0	14.6	13.5
Very good	29.9	28.1	23.7	23.5
Good	28.0	27.9	28.2	29.3
Fair	14.6	16.7	21.7	21.8
Poor	6.7	8.4	11.8	12.0

• Percentages exclude missing answers.

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	41.7	40.3	45.1	45.4
Pretty much true	46.7	46.7	45.8	45.0
A little true	11.1	11.9	8.3	8.7
Not at all true	0.6	1.0	0.8	0.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	40.2	39.7	47.6	46.0
Pretty much true	32.2	31.4	29.9	30.3
A little true	20.5	20.7	16.5	17.6
Not at all true	7.1	8.2	6.0	6.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	18.8	16.0	24.6	22.7
Pretty much true	30.2	29.0	29.0	28.3
A little true	35.2	38.4	32.4	34.3
Not at all true	15.8	16.6	14.1	14.8

• Percentages exclude missing answers.

Table 22: I can work out my problems.

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	35.4	33.2	34.2	34.7
Pretty much true	43.5	43.0	47.8	44.8
A little true	17.8	20.0	15.5	17.5
Not at all true	3.3	3.8	2.5	3.1

• Percentages exclude missing answers.

## 5 GENERAL HEALTH

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

### 5.1 Access to Care

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
During the past 12 months	64.1	61.8	66.5	62.2
Between 12 and 24 months ago	13.5	14.1	15.3	15.8
More than 24 months ago	3.3	3.9	5.5	6.5
Never	1.5	2.0	1.6	3.0
Not sure	17.6	18.2	11.1	12.5

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	19.4	20.5	17.0	17.7
No	80.6	79.5	83.0	82.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	17.0	18.7	21.9	22.4
No	83.0	81.3	78.1	77.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes - during school hours	8.9	10.8	10.4	12.1
Yes - during the summer	7.6	7.4	7.2	6.5
Yes - on the weekend	16.2	16.6	15.2	17.1
No	64.7	62.7	68.7	66.1
Don't know	9.0	9.3	3.8	4.6

• Percentages exclude missing answers.

• Students were asked to mark all that apply so each response is calculated individually.

## 5.2 Sleep

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
4 or less hours	4.3	5.7	5.5	7.1
5 hours	6.7	7.2	12.1	12.3
6 hours	12.8	13.9	25.3	25.9
7 hours	25.6	24.8	32.5	30.8
8 hours	32.1	29.9	19.1	18.6
9 hours	13.6	13.8	4.3	4.1
10 or more hours	5.0	4.8	1.2	1.2

• Percentages exclude missing answers.

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

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

### 5.3 Grades and School Absenteeism

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Mostly A's	45.7	40.3	36.0	33.9
Mostly B's	29.6	31.4	33.2	35.5
Mostly C's	14.4	16.6	21.3	20.0
Mostly D's	3.1	3.6	5.0	4.9
Mostly F's	3.3	3.2	2.3	2.7
None of these grades	0.5	0.6	0.3	0.4
Not sure	3.4	4.3	1.8	2.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	9.1	9.6	7.8	7.1
1-2 days	22.5	22.1	19.2	15.7
3-5 days	28.2	27.7	26.1	24.3
6-10 days	21.6	20.5	22.0	22.5
11-15 days	9.8	9.3	10.5	11.7
16 or more days	8.8	10.8	14.4	18.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	32.4	33.5	31.1	28.4
1-2 days	31.7	30.2	29.7	28.5
3-5 days	21.8	21.3	23.1	23.7
6-10 days	9.5	9.8	10.9	11.4
11-15 days	2.9	2.9	2.7	4.3
16 or more days	1.7	2.3	2.5	3.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	79.9	77.4	67.4	66.1
1-2 days	12.1	13.3	17.8	17.5
3-5 days	4.5	4.8	7.0	7.5
6-10 days	1.7	2.4	3.9	4.3
11-15 days	1.0	0.9	2.1	1.9
16 or more days	0.8	1.1	1.8	2.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	83.0	77.2	65.2	60.9
1-2 days	9.5	12.6	15.2	16.9
3-5 days	3.5	4.8	7.0	8.7
6-10 days	2.3	2.8	5.0	5.5
11-15 days	0.6	1.1	2.4	2.6
16 or more days	1.1	1.6	5.2	5.4

• Percentages exclude missing answers.

## 5.4 Oral Health

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
During the past 12 months	78.2	74.0	74.9	73.8
Between 12 and 24 months ago	8.3	9.3	12.4	11.9
More than 24 months ago	3.0	4.1	5.5	6.9
Never	0.6	1.0	0.9	1.1
Not sure	9.9	11.5	6.2	6.4

• Percentages exclude missing answers.

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

## 5.5 Asthma

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

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

Table 34: Do you currently have asthma?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Does not currently have asthma	90.1	89.8	88.5	87.2
Currently has asthma	9.9	10.2	11.5	12.8

• Percentages exclude missing answers.

## 5.6 Disabilities

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

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

	Grade 11	
	County %	State %
Yes	2.0	2.2
No	98.0	97.8

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

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



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

	Grade 11	
	County %	State %
Yes	4.6	5.2
No	95.4	94.8

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

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

	Grade 11	
	County %	State %
Yes	24.2	24.7
No	75.8	75.3

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

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

	Grade 11	
	County %	State %
Yes	2.3	2.7
No	97.7	97.3

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

Table 39: Do you have difficulty dressing or bathing?

	Grade 11	
	County %	State %
Yes	0.5	1.0
No	99.5	99.0

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

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

	Grade 11	
	County %	State %
Yes	8.0	9.2
No	92.0	90.8

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

Table 41: Has a disability

	Grade 11	
	County %	State %
Yes	31.2	32.0
No	68.8	68.0

- Percentages exclude missing answers.
- Only 11<sup>th</sup> graders were asked this question.

## 5.7 School-Based Health Centers

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

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

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

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

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	42.2	32.5	64.2	48.7
No	17.3	21.7	12.2	16.3
Don't know	40.4	45.8	23.6	35.0

• Percentages exclude missing answers.

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

	Grade 11	
	County %	State %
Never	75.7	61.5
I've used it, but not in the last 12 months	7.0	8.7
Once	11.1	13.3
Twice	3.0	6.7
3-5 times	2.0	6.1
6-10 times	0.6	1.8
More than 10 times	0.5	1.9

• Percentages exclude missing answers.

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

## 6 PHYSICAL ACTIVITY AND NUTRITION

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

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

### 6.1 Nutrition

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	11.8	14.4	14.7	17.8
No	88.2	85.6	85.3	82.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	0.8	0.8	1.0	1.2
<One serving per day	8.0	9.6	8.6	10.5
1 to <3 servings per day	40.9	41.7	47.1	47.1
3 to <5 servings per day	24.9	22.9	23.2	22.4
5 or more servings per day	25.3	25.0	20.1	18.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	8.6	9.7	13.7	13.7
1 day	5.1	6.3	6.9	7.4
2 days	6.6	8.4	10.1	10.7
3 days	7.6	9.3	9.0	9.9
4 days	7.9	7.9	8.3	8.1
5 days	8.6	9.3	9.2	10.4
6 days	7.1	7.8	7.0	7.6
7 days	48.5	41.2	35.8	32.3

• Percentages exclude missing answers.

## 6.2 Beverages

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

Table 47: During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not drink 100% fruit juice during the past 7 days	32.3	31.9	35.8	35.5
1 to 3 times during the past 7 days	39.8	37.8	38.3	38.9
4 to 6 times during the past 7 days	12.4	13.1	12.0	11.7
1 time per day	6.8	6.4	5.4	5.7
2 times per day	5.7	6.4	4.3	4.4
3 times per day	1.4	2.2	2.6	1.9
4 or more times per day	1.7	2.2	1.6	1.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	34.0	31.0	37.1	33.0
1 to 3 times in past 7 days	48.6	49.8	43.3	43.7
4 to 6 times in past 7 days	9.1	10.0	10.1	12.5
1 time per day	4.5	3.9	4.6	4.9
2 times per day	1.7	2.6	2.3	2.8
3 times per day	1.0	1.1	1.1	1.5
4 or more times per day	1.2	1.6	1.5	1.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	55.2	51.0	57.1	54.6
1 to 3 times in past 7 days	28.8	30.2	28.1	29.1
4 to 6 times in past 7 days	8.1	9.9	7.7	8.9
1 time per day	4.2	4.0	3.2	3.5
2 times per day	1.9	2.2	2.2	1.8
3 times per day	0.9	1.2	0.8	1.1
4 or more times per day	0.9	1.5	0.9	1.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	77.2	75.7	73.4	68.0
1 to 3 times in past 7 days	15.3	16.4	17.7	21.2
4 to 6 times in past 7 days	3.7	3.8	5.2	5.7
1 time per day	1.9	2.0	2.3	2.6
2 times per day	1.1	0.9	0.5	1.1
3 times per day	0.3	0.4	0.3	0.4
4 or more times per day	0.6	0.9	0.6	0.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	53.4	52.3	60.7	58.0
1 to 3 times in past 7 days	30.1	28.7	23.5	25.7
4 to 6 times in past 7 days	9.0	10.7	8.7	9.2
1 time per day	3.7	3.7	4.1	3.9
2 times per day	1.4	1.9	1.3	1.4
3 times per day	1.2	1.1	0.6	0.6
4 or more times per day	1.1	1.6	1.2	1.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	62.6	59.9	60.5	64.2
1 to 3 times in past 7 days	20.4	20.3	22.0	19.9
4 to 6 times in past 7 days	8.6	9.9	8.3	7.9
1 time per day	4.9	5.3	5.7	4.4
2 times per day	1.4	1.9	2.2	1.9
3 times per day	0.6	0.8	0.5	0.5
4 or more times per day	1.5	1.8	0.9	1.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	18.1	19.0	25.5	26.0
1 to 3 times in past 7 days	23.8	23.1	26.2	25.5
4 to 6 times in past 7 days	20.3	20.4	17.1	17.6
1 time per day	15.5	14.4	15.3	13.8
2 times per day	10.7	10.3	8.5	8.9
3 times per day	4.1	4.5	3.7	3.8
4 or more times per day	7.5	8.3	3.7	4.4

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	58.9	52.4	53.4	47.4
1 to 3 times in past 7 days	26.9	29.6	27.8	29.5
4 to 6 times in past 7 days	6.4	8.5	9.5	11.6
1 time per day	4.3	4.8	5.2	6.3
2 times per day	1.5	2.0	1.6	2.4
3 times per day	0.8	1.0	0.8	0.9
4 or more times per day	1.2	1.7	1.8	1.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	1.1	1.4	1.6	1.7
1 to 3 times in past 7 days	4.8	6.1	4.7	5.6
4 to 6 times in past 7 days	8.6	9.8	8.6	8.7
1 time per day	6.7	7.5	7.4	7.9
2 times per day	11.9	10.6	12.2	11.1
3 times per day	15.8	14.2	13.7	14.8
4 or more times per day	51.2	50.5	51.8	50.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not visit a convenience store during the past 7 days	48.8	40.9	53.0	43.6
1 time during the past 7 days	25.7	26.1	22.1	24.9
2 or 3 times during the past 7 days	19.4	25.0	18.7	23.8
4 to 6 times during the past 7 days	4.7	6.0	4.5	5.8
7 or more times during the past 7 days	1.5	2.0	1.7	1.8

• Percentages exclude missing answers.

### 6.3 Physical Activity

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

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

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	4.7	6.4	13.5	13.4
1 day	4.3	5.1	8.3	7.5
2 days	6.4	6.9	10.0	8.9
3 days	9.2	10.7	13.8	11.5
4 days	12.1	11.9	12.3	11.7
5 days	20.7	18.8	15.0	15.9
6 days	12.6	10.7	8.6	8.7
7 days	30.1	29.4	18.4	22.5

• Percentages exclude missing answers.



Table 58: On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	14.7	19.8	30.6	33.2
1 day	10.2	9.3	10.7	8.8
2 days	11.0	10.8	10.9	9.6
3 days	14.6	13.3	13.0	11.1
4 days	10.0	10.5	9.0	8.6
5 days	19.1	16.2	11.9	13.3
6 days	5.1	5.2	3.6	4.2
7 days	15.4	15.0	10.2	11.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	7.4	23.7	69.1	66.3
1 day	5.8	1.9	1.1	0.9
2 days	2.7	3.3	4.1	1.9
3 days	12.3	8.2	16.2	6.8
4 days	1.8	7.0	1.6	4.1
5 days	69.9	55.9	7.9	20.0

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Less than 10 minutes	1.8	1.7	2.7	1.9
10 to 20 minutes	6.3	6.8	2.1	4.0
21 to 30 minutes	19.2	18.3	6.9	10.9
31 to 40 minutes	29.6	28.5	13.8	24.0
41 to 50 minutes	24.9	25.4	16.1	24.4
51 to 60 minutes	13.6	12.7	24.2	16.5
More than 60 minutes	4.5	6.6	34.1	18.2

• Percentages exclude missing answers.

• Based only on students who took PE classes.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not watch TV on an average school day	20.8	21.3	28.9	27.3
Less than 1 hour per day	22.9	22.1	23.1	21.7
1 hour per day	17.9	16.7	14.2	15.7
2 hours per day	19.2	19.0	17.5	17.6
3 hours per day	10.7	10.9	9.6	9.9
4 hours per day	3.8	4.5	3.5	4.1
5 or more hours per day	4.7	5.4	3.2	3.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not play video or computer games or use a computer for something that is not school work	8.9	9.5	13.2	15.1
Less than 1 hour per day	11.2	11.9	11.3	10.6
1 hour per day	11.7	11.7	11.2	10.3
2 hours per day	18.9	17.5	17.1	17.2
3 hours per day	17.2	17.2	18.2	16.5
4 hours per day	11.4	11.0	9.6	10.5
5 or more hours per day	20.8	21.2	19.4	19.9

• Percentages exclude missing answers.

## 6.4 Commuting To and From School

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	57.1	60.1	69.7	72.3
1 day	9.9	8.9	5.7	5.1
2 days	6.1	5.5	4.2	3.8
3 days	3.5	4.1	3.5	3.2
4 days	3.2	3.2	1.5	1.9
5 days	20.2	18.2	15.4	13.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	92.6	92.3	95.9	96.0
1 day	2.9	2.7	1.5	1.4
2 days	1.2	1.3	0.6	0.8
3 days	0.7	1.0	0.8	0.5
4 days	0.6	0.6	0.3	0.4
5 days	2.0	2.0	0.8	0.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	92.7	92.8	96.6	96.5
1 day	2.3	2.2	1.0	1.0
2 days	1.4	1.3	0.6	0.8
3 days	1.2	1.0	0.9	0.6
4 days	0.3	0.6	0.3	0.2
5 days	2.1	2.1	0.6	0.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	35.7	38.6	58.5	69.2
1 day	3.1	3.9	3.1	2.4
2 days	3.9	3.7	3.9	2.7
3 days	5.0	4.8	4.5	2.9
4 days	6.6	8.4	3.6	3.7
5 days	45.7	40.7	26.4	19.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.6	93.5	92.2	90.2
1 day	1.7	1.9	2.6	1.8
2 days	0.8	0.8	1.1	1.4
3 days	0.8	0.6	1.0	1.2
4 days	0.3	0.6	0.6	1.1
5 days	1.8	2.6	2.4	4.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	39.6	34.2	26.2	21.9
1 day	12.2	14.2	9.0	6.8
2 days	7.9	7.4	6.6	5.5
3 days	6.1	5.4	5.1	4.4
4 days	5.0	6.6	3.4	5.6
5 days	29.3	32.2	49.8	55.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	84.1	85.4	76.6	78.2
1 day	5.8	5.9	7.1	6.1
2 days	2.7	2.8	4.4	3.7
3 days	1.9	1.4	3.2	2.8
4 days	1.6	1.1	1.8	1.8
5 days	3.9	3.4	6.8	7.5

• Percentages exclude missing answers.

## 7 BMI AND BODY IMAGE

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

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

Table 70: BMI Category Definitions

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

Table 71: Body Mass Index

	Grade 8		Grade 11	
	County %	State %	County %	State %
Not overweight or obese	77.8	74.3	71.9	71.0
Overweight	12.5	14.3	16.0	15.2
Obese	9.6	11.4	12.2	13.7

## 8 INJURY PREVENTION

### 8.1 Suicide

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

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

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

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

For more information on youth suicide prevention, see:

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

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

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

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

#### LINES FOR LIFE

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

#### ALCOHOL AND DRUG HELPLINE

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

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

#### MILITARY HELPLINE

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

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

#### YOUTHLINE

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

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

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

Table 72: During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	26.4	30.1	30.9	32.2
No	73.6	69.9	69.1	67.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	14.0	16.9	16.5	18.2
No	86.0	83.1	83.5	81.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	93.8	91.3	93.6	93.2
1 time	3.0	4.5	3.4	3.6
2 or 3 times	2.1	2.7	2.5	2.4
4 or 5 times	0.5	0.5	0.2	0.4
6 or more times	0.7	1.0	0.3	0.4

• Percentages exclude missing answers.

### 8.3 Personal Safety

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

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

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

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

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

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

	Grade 11	
	County %	State %
I did not drive a car in the past 30 days	76.6	73.2
0 times	22.3	24.7
1 time	0.6	1.2
2 or 3 times	0.4	0.6
4 or 5 times	0.1	0.2
6 or more times	0.0	0.1

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

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

	Grade 11	
	County %	State %
I did not drive in the past 30 days	33.6	37.0
0 times	61.9	57.4
1 time	1.9	2.1
2-3 times	1.6	1.8
4-5 times	0.2	0.6
6 or more times	0.7	1.2

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



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

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

Table 77: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	89.8	90.9	93.3	93.4
1 day	6.4	5.2	3.0	3.3
2 or 3 days	2.8	2.4	2.8	2.2
4 or 5 days	0.3	0.6	0.6	0.5
6 or more days	0.7	0.9	0.4	0.6

• Percentages exclude missing answers.

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	91.0	91.6	94.8	94.8
1 time	5.0	4.4	2.6	2.6
2 or 3 times	2.6	2.2	1.4	1.4
4 or 5 times	0.3	0.6	0.4	0.3
6 or 7 times	0.2	0.3	0.1	0.1
8 or 9 times	0.2	0.2	0.3	0.2
10 or 11 times	0.2	0.1	0.1	0.1
12 or more times	0.4	0.6	0.3	0.4

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	5.2	8.7	16.1	16.5
No	94.8	91.3	83.9	83.5

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	87.7	85.2	95.2	94.3
1 time	8.0	8.5	3.1	3.2
2 or 3 times	3.1	4.3	1.0	1.5
4 or 5 times	0.4	0.9	0.2	0.3
6 or 7 times	0.2	0.2	0.2	0.1
8 or 9 times	0.2	0.2	0.1	0.1
10 or 11 times	0.0	0.1	0.0	0.1
12 or more times	0.4	0.4	0.2	0.3

• Percentages exclude missing answers.

## 8.4 Bullying

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

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	12.6	14.9	11.1	11.1
No	87.4	85.1	88.9	88.9

• Percentages exclude missing answers.

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have not been bullied	74.8	69.1	79.2	79.4
Bullied for any reason	25.2	30.9	20.8	20.6
Bullied about your race or ethnic origin	6.6	5.8	5.0	4.3
Unwanted sexual comments or attention	4.9	6.9	4.8	5.7
Bullied because someone thought you were gay, lesbian or bisexual	4.8	6.1	2.2	2.8
Bullied about your weight, clothes, acne, or other physical characteristics	12.1	13.6	6.8	7.4
Bullied about your group of friends	6.3	7.6	3.6	4.3
Other reasons	13.5	16.8	9.0	10.3

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

## 8.5 Choking Game

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never heard of the Choking Game	83.8	82.8	86.0	82.1
I've heard of someone participating in the Choking Game	14.7	15.1	12.4	15.8
I have helped someone else participate in the Choking Game	0.3	0.5	0.5	0.6
I have participated in the Choking Game myself	1.7	2.4	1.4	2.1

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
None - I have never participated myself	98.6	97.5	98.9	98.0
One time	0.8	1.1	0.6	1.1
Two times	0.2	0.6	0.2	0.5
3 to 5 times	0.1	0.4	0.1	0.3
More than 5 times	0.2	0.4	0.2	0.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never participated in the "Choking Game"	98.6	97.5	98.8	97.9
I was alone	0.4	0.7	0.1	0.5
I was with other people	1.0	1.8	1.0	1.6

• Percentages exclude missing answers.

## 9 GAMBLING

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

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

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

### HELP FOR GAMBLING - PROBLEM GAMBLING HOTLINE

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

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

Help is free, confidential, and it works.

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not gamble in the last 30 days	81.2	78.7	83.2	81.7
Playing scratch off tickets, or any lottery tickets	2.6	3.2	2.6	3.4
Playing dice or coin flips	5.0	5.4	3.5	3.5
Playing cards (poker, etc.)	6.5	6.8	5.0	5.5
Betting on games of personal skill (bowling, video games, dares, etc.)	12.8	14.1	10.6	12.1
Playing Fantasy Sports	2.4	2.4	2.9	2.4

• Percentages exclude missing answers.

• Students were asked to mark all that apply so each response is calculated individually.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I don't bet for money	73.6	72.1	73.0	71.5
Yes	1.5	1.7	1.2	1.2
No	24.8	26.2	25.8	27.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I don't bet for money	70.7	68.2	71.1	69.2
Yes	1.8	2.5	2.1	2.2
No	27.5	29.4	26.8	28.6

• Percentages exclude missing answers.

## 10 SEXUAL BEHAVIOR

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

For more information on youth sexual health, see:

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

Table 89: Have you ever had sexual intercourse?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	4.9	8.4	35.1	40.9
No	95.1	91.6	64.9	59.1

• Percentages exclude missing answers.

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
11 years old or younger	9.8	14.6	1.0	2.3
12 years old	11.4	15.0	4.1	2.2
13 years old	50.6	41.3	5.2	6.3
14 years old	27.3	28.7	11.0	14.3
15 years old	1.0	0.3	32.4	29.4
16 years old	0.0	0.0	38.0	35.9
17 years old or older	0.0	0.0	8.3	9.7

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
1 person	51.1	55.7	49.3	46.3
2 people	28.2	21.4	21.1	20.1
3 people	4.4	8.2	11.4	12.3
4 people	4.2	3.6	5.4	7.7
5 people	2.0	1.7	5.6	3.5
6 or more people	10.2	9.4	7.2	10.0

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have had sexual intercourse, but not during the past 3 months	39.9	45.4	31.5	26.6
1 person	41.0	40.1	58.9	61.5
2 people	8.5	6.9	5.9	7.6
3 people	4.5	1.2	1.5	2.4
4 people	0.0	0.5	0.9	0.7
5 people	0.0	1.0	0.2	0.1
6 or more people	6.1	5.0	1.1	1.2

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Highly effective: (IUD and Implant)	0.0	4.3	11.1	15.0
Moderately effective: (Depo, pills, patch, ring)	27.6	29.3	41.2	39.6
Less effective (Condoms and withdrawal)	80.6	72.6	69.4	65.8
Some other method	0.0	5.3	2.9	3.4
No methods/Not sure	12.4	15.3	7.3	8.3
Emergency contraception	3.1	3.9	2.6	2.6

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	18.3	18.3	11.9	15.6
No	81.7	81.7	88.1	84.4

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



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

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

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

	Grade 11	
	County %	State %
Yes	3.9	6.1
No	96.1	93.9

• Percentages exclude missing answers.

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

	Grade 11	
	County %	State %
Yes	10.7	12.1
No	89.3	87.9

• Percentages exclude missing answers.

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

	Grade 11	
	County %	State %
Yes	4.9	7.6
No	95.1	92.4

• Percentages exclude missing answers.

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

	Grade 11	
	County %	State %
Yes	3.2	3.7
No	96.8	96.3

• Percentages exclude missing answers.

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

	Grade 11	
	County %	State %
Yes	18.5	21.7
No	81.5	78.3

• Percentages exclude missing answers.

## 12 SUBSTANCE USE

### 12.1 Abstinence from Substance Use

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

Table 100: Abstinence from Substance Use

	Grade 8		Grade 11	
	County %	State %	County %	State %
Never smoked a whole cigarette	96.7	93.4	88.0	83.8
Never used any tobacco or vaping product	95.2	91.6	85.4	81.1
Never had more than a sip or two of alcohol	81.4	73.2	53.5	44.7
Never tried marijuana	93.2	86.3	67.9	60.5

• Percentages exclude missing answers.

### 12.2 30 Day Use

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

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

Table 101: 30 Day Use

	Grade 8		Grade 11	
	County %	State %	County %	State %
Had at least one drink of alcohol	5.6	10.3	20.8	26.9
Had 5 or more drinks of alcohol in a row, that is, within a couple of hours	2.4	4.6	9.8	14.1
Smoked cigarettes	1.6	3.0	6.2	7.7
Used an e-cigarette or other vaping product	3.8	6.3	10.3	12.9
Used marijuana or hashish	3.1	6.7	16.3	20.9
Used prescription drugs without a doctor's orders	5.3	4.9	6.2	6.6

• Percentages exclude missing answers.

### 12.3 Tobacco Use

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

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

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

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

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes, smoked cigarettes	1.6	3.0	6.2	7.7
No, did not smoke cigarettes	98.4	97.0	93.8	92.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.5	98.9	97.1	96.9
1 or 2 days	0.3	0.6	1.6	1.5
3 to 5 days	0.0	0.2	0.4	0.5
6 to 9 days	0.0	0.2	0.1	0.4
10 to 19 days	0.0	0.0	0.2	0.3
20 to 29 days	0.1	0.0	0.3	0.2
All 30 days	0.0	0.0	0.4	0.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.5	98.9	98.1	96.6
1 or 2 days	0.2	0.5	0.8	1.4
3 to 5 days	0.2	0.3	0.2	0.5
6 to 9 days	0.0	0.1	0.0	0.2
10 to 19 days	0.1	0.1	0.1	0.3
20 to 29 days	0.0	0.0	0.2	0.3
All 30 days	0.0	0.1	0.5	0.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.2	98.5	96.1	94.4
1 or 2 days	0.5	1.0	2.2	3.4
3 to 5 days	0.2	0.2	1.0	1.2
6 to 9 days	0.0	0.2	0.4	0.6
10 to 19 days	0.0	0.0	0.2	0.2
20 to 29 days	0.0	0.0	0.0	0.1
All 30 days	0.0	0.1	0.1	0.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.1	98.5	97.4	97.3
1 or 2 days	0.5	0.8	1.7	1.5
3 to 5 days	0.1	0.3	0.5	0.4
6 to 9 days	0.1	0.2	0.2	0.2
10 to 19 days	0.1	0.1	0.1	0.2
20 to 29 days	0.0	0.0	0.0	0.2
All 30 days	0.0	0.1	0.1	0.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.7	99.2	98.6	98.0
1 or 2 days	0.1	0.4	0.8	1.4
3 to 5 days	0.1	0.2	0.3	0.2
6 to 9 days	0.0	0.1	0.0	0.1
10 to 19 days	0.0	0.0	0.0	0.0
20 to 29 days	0.0	0.0	0.1	0.1
All 30 days	0.0	0.1	0.2	0.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	96.2	93.7	89.7	87.1
1 or 2 days	2.7	3.8	5.0	5.7
3 to 5 days	0.5	1.2	2.4	2.3
6 to 9 days	0.1	0.5	0.7	1.6
10 to 19 days	0.2	0.3	0.9	1.1
20 to 29 days	0.0	0.2	0.5	0.6
All 30 days	0.2	0.3	0.8	1.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	4.8	8.4	14.6	18.9
No	95.2	91.6	85.4	81.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	7.2	12.4	21.6	28.4
No	92.8	87.6	78.4	71.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	2.4	5.3	9.8	12.9
No	97.6	94.7	90.2	87.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never smoked a whole cigarette	96.7	93.4	88.0	83.8
8 years old or younger	0.2	0.8	0.3	0.7
9 years old	0.2	0.4	0.2	0.4
10 years old	0.2	0.6	0.3	0.7
11 years old	0.5	0.9	0.7	0.7
12 years old	0.9	1.2	0.6	1.2
13 years old	1.1	1.9	1.6	2.0
14 years old	0.3	0.7	1.4	2.4
15 years old	0.0	0.0	2.5	3.6
16 years old	0.0	0.0	3.4	3.5
17 years old or older	0.0	0.1	1.0	1.0

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never used any of those products	92.2	86.2	74.8	67.6
8 years old or younger	0.4	0.8	0.2	0.8
9 years old	0.1	0.4	0.1	0.3
10 years old	0.1	0.7	0.0	0.4
11 years old	0.9	1.1	0.4	0.5
12 years old	2.0	3.2	0.9	1.2
13 years old	2.8	5.7	2.5	3.2
14 years old	1.5	1.9	6.3	5.8
15 years old	0.0	0.0	6.6	9.1
16 years old	0.0	0.0	6.4	8.7
17 years old or older	0.0	0.0	1.8	2.3

• Percentages exclude missing answers.

Table 114: First tobacco or vaping product used

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never used any tobacco or vaping product	92.4	86.2	74.6	67.2
Cigarette	1.6	3.5	5.3	8.9
Chewing tobacco	0.2	0.4	0.9	2.2
Small cigar	0.1	0.3	0.7	1.0
Large cigar	0.0	0.1	0.4	0.5
Hookah	0.8	0.7	2.9	2.6
E-cigarette or other vaping product	4.0	7.4	14.0	15.9
Another type of product	0.9	1.4	1.3	1.7

• Percentages exclude missing answers.

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

• Table has been suppressed due to low number of responses.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
A store or gas station	1.6	4.2	15.3	16.0
Friends 18 or older	30.7	27.0	50.4	49.4
Friends under 18	45.8	47.2	41.4	33.5
Took from home without permission	6.7	15.3	8.1	6.2
A family member	13.5	15.0	10.2	11.0
The internet	5.3	2.8	7.0	6.7
Some other source	18.5	21.2	12.6	15.5

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Nobody smokes or vapes	78.5	70.1	75.6	70.6
Someone smokes or vapes, but not inside the house	17.1	22.9	18.7	23.4
Someone smokes or vapes inside the house	4.5	7.0	5.6	6.0

- Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	20.1	21.8	44.4	46.9
No	79.9	78.2	55.6	53.1

- Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	56.8	59.5	60.6	63.2
No	29.6	27.0	25.7	23.5
Not sure	13.7	13.6	13.7	13.3

- Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Strongly agree	21.8	21.3	22.9	24.6
Somewhat agree	28.2	26.4	29.4	28.9
Don't know / Not sure	30.8	33.7	29.1	29.0
Somewhat disagree	6.7	6.4	8.4	7.8
Strongly disagree	12.5	12.2	10.2	9.7

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very honest	5.4	7.0	8.8	8.4
Somewhat honest	11.2	12.0	17.3	18.6
Don't know/Not sure	26.6	29.6	27.7	26.2
Somewhat dishonest	25.5	23.0	23.9	22.0
Very Dishonest	31.4	28.5	22.3	24.8

• Percentages exclude missing answers.

## 12.4 Alcohol Use

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

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

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



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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had a drink of alcohol other than a few sips	81.4	73.2	53.5	44.7
8 years old or younger	3.3	4.9	2.0	3.5
9 years old	1.4	1.4	1.0	0.9
10 years old	2.0	2.2	1.8	1.9
11 years old	0.9	2.5	0.7	1.3
12 years old	2.7	4.7	2.8	3.2
13 years old	5.8	8.3	3.7	5.4
14 years old	2.5	2.8	6.5	8.9
15 years old	0.0	0.0	12.7	14.1
16 years old	0.0	0.0	12.5	12.9
17 years old or older	0.0	0.0	2.6	3.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.4	89.7	79.2	73.1
1 or 2 days	4.0	6.9	13.3	16.1
3 to 5 days	0.7	1.8	4.9	6.1
6 to 9 days	0.5	1.0	1.6	2.9
10 to 19 days	0.3	0.4	0.7	1.4
20 to 29 days	0.1	0.1	0.1	0.2
All 30 days	0.0	0.1	0.1	0.2

• Percentages exclude missing answers.

Table 124: During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	97.6	95.4	90.2	85.9
1 day	1.6	2.6	4.8	6.5
2 days	0.3	1.1	2.6	3.5
3 to 5 days	0.2	0.5	1.7	2.8
6 to 9 days	0.1	0.3	0.5	1.0
10 to 19 days	0.1	0.1	0.1	0.2
20 or more days	0.0	0.0	0.0	0.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not have a usual type	12.2	14.0	12.5	11.4
Beer	17.1	17.9	14.2	20.6
Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	9.1	6.6	4.0	5.4
Wine coolers, such as Bartles & Jaymes or Seagrams	0.9	1.3	2.1	1.5
Wine	7.0	8.7	8.2	6.8
Liquor, such as vodka, rum, scotch, bourbon, or whiskey	33.6	36.4	45.0	42.1
Flavored alcoholic beverages, such as lemon vodka, coconut rum, etc.	13.1	8.8	11.7	9.8
Some other type	7.1	6.5	2.4	2.3

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

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

	Grade 11	
	County %	State %
At a party	35.4	35.4
Friends 21 or older	21.2	20.6
Friends under 21	23.7	23.9
Family members (not parents)	11.3	10.3
At home with parents' permission	23.0	22.3
A store, gas station, or liquor store	2.6	3.2
Bar, night club or restaurant	0.9	1.0
From home without my parents' permission	13.8	12.2
I gave money to someone to get it for me	8.9	10.3
I got it some other way	13.4	13.0

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

## 12.5 Marijuana and Other Drug Use

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	96.9	93.3	83.7	79.1
1 to 2 days	1.5	3.3	6.4	7.8
3 to 5 days	0.9	1.2	4.1	4.1
6 to 9 days	0.1	0.7	1.6	2.1
10 or more days	0.6	1.5	4.2	6.9

• Percentages exclude missing answers.

Table 128: Any marijuana use in the past 30 days

	Grade 8		Grade 11	
	County %	State %	County %	State %
Used 0 days in the past 30 days	96.9	93.3	83.7	79.1
Used 1 or more days in the past 30 days	3.1	6.7	16.3	20.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	99.5	98.6	97.4	96.9
1 or 2 times	0.2	1.0	1.5	1.9
3 to 9 times	0.1	0.2	0.7	0.7
10 to 19 times	0.1	0.0	0.1	0.2
20 to 39 times	0.0	0.1	0.0	0.1
40 or more times	0.0	0.0	0.2	0.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Smoked it (in a joint, bong, pipe, blunt)	91.7	88.5	92.8	92.3
Vaporized it (e.g., vapor pen)	11.4	13.1	12.2	11.2
Ate it (in brownies, cakes, cookies, candy)	20.7	25.5	24.7	24.0
Drank it (tea, cola, alcohol)	2.0	3.4	2.6	2.4
Dabbed it	19.1	22.3	30.0	26.0
Used some other way	5.2	5.4	3.8	3.4

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	11.6	17.8	16.4	19.7
No	88.4	82.2	83.6	80.3

- Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Definitely not	79.1	74.2	64.9	61.6
Probably not	15.7	17.6	22.6	24.0
Probably would	4.0	6.5	10.0	11.1
Definitely would	1.2	1.7	2.5	3.2

- Self-identified marijuana users excluded from calculations.

Table 133: Susceptible to marijuana

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes, susceptible to marijuana	5.2	8.2	12.5	14.4
No, not susceptible to marijuana	94.8	91.8	87.5	85.6

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	14.8	17.9	20.0	21.4
No	69.0	64.6	63.3	61.2
Not sure	16.1	17.5	16.7	17.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	36.5	37.9	40.4	43.5
No	47.8	46.7	46.2	42.7
Not sure	15.7	15.4	13.4	13.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	33.2	37.2	46.2	49.5
No	52.6	48.6	40.3	38.1
Not sure	14.2	14.2	13.4	12.4

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	26.5	33.1	32.2	38.4
No	59.3	52.6	54.0	48.3
Not sure	14.1	14.2	13.8	13.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	24.5	28.6	31.1	35.0
No	61.2	56.6	55.0	50.8
Not sure	14.3	14.8	13.8	14.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.7	95.1	93.8	93.4
1 or 2 days	2.3	2.5	3.2	3.0
3 to 5 days	1.1	0.9	1.1	1.3
6 to 9 days	0.7	0.5	0.4	0.8
10 to 19 days	0.3	0.2	0.5	0.6
20 to 29 days	0.3	0.2	0.2	0.2
All 30 days	0.7	0.6	0.7	0.6

• Percentages exclude missing answers.

• Note: Results not comparable to previous years due to change from "times" to "days".

Past 30 Day Use of Tobacco, Alcohol and Other Drugs

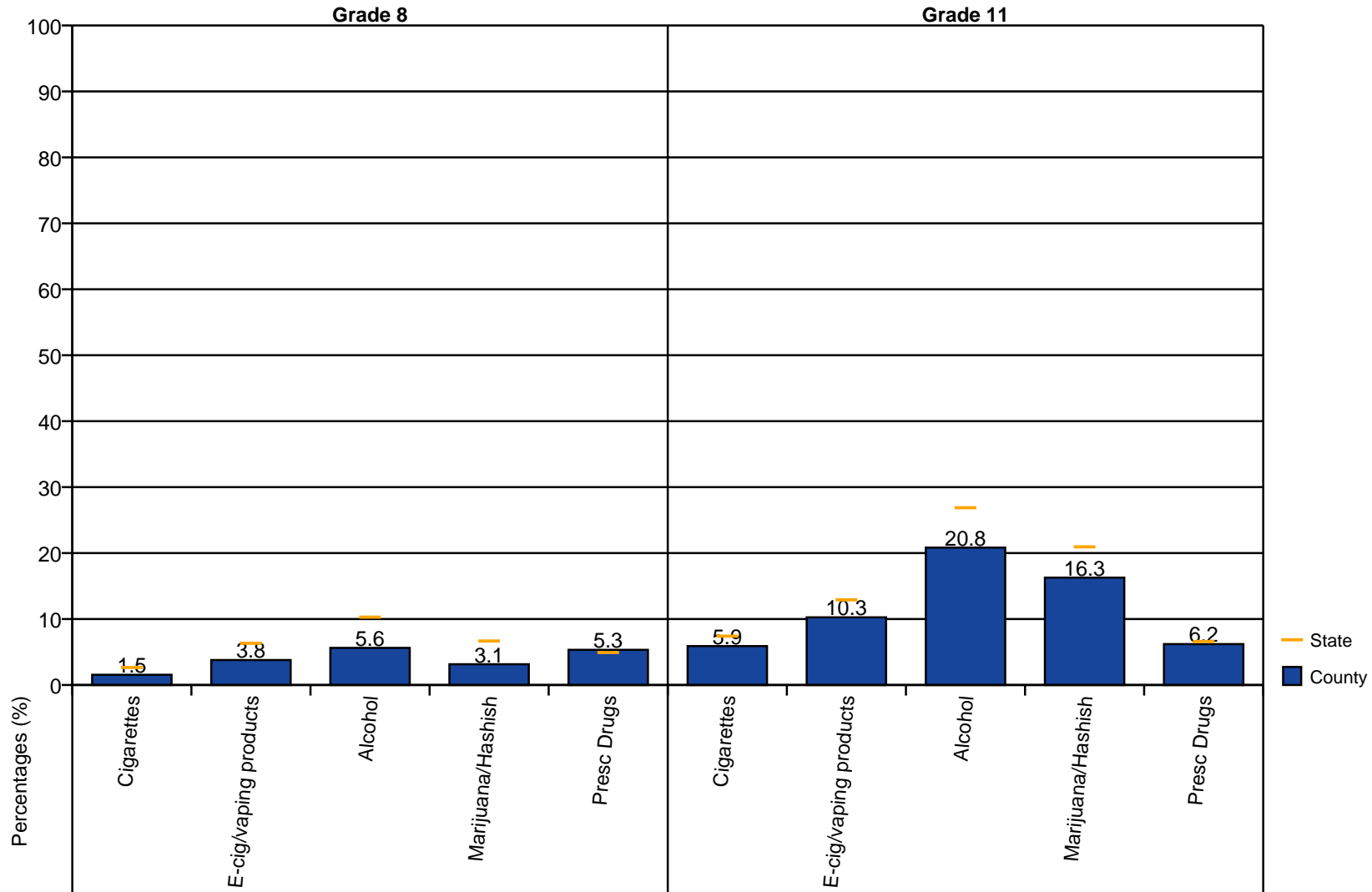


Figure 1: Past 30 Day Use of Tobacco, Alcohol and Other Drugs

## 12.6 Ease of Access

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	18.3	18.1	31.6	32.1
Sort of easy	19.6	20.4	30.0	30.9
Sort of hard	15.2	16.6	14.5	15.8
Very hard	47.0	44.9	23.8	21.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	8.1	10.7	25.5	27.9
Sort of easy	12.2	13.3	19.1	22.3
Sort of hard	14.9	16.4	18.4	17.4
Very hard	64.8	59.7	37.0	32.4

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	11.6	18.1	37.8	42.6
Sort of easy	13.8	14.4	19.1	20.9
Sort of hard	12.1	12.7	12.7	11.4
Very hard	62.4	54.8	30.4	25.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	14.6	14.7	18.5	18.4
Sort of easy	13.3	13.2	19.4	17.5
Sort of hard	16.7	15.6	21.1	22.4
Very hard	55.4	56.6	41.1	41.7

• Percentages exclude missing answers.



## 13 DRUG FREE COMMUNITIES CORE MEASURES

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

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

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

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

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

### 13.1 Past 30 Day Use

Table 144: Past 30 Day Use

	Grade 8		Grade 11	
	County %	State %	County %	State %
Past 30 day use of alcohol	5.6	10.3	20.8	26.9
Past 30 day use of cigarettes	1.5	2.7	5.9	7.4
Past 30 day use of e-cigarettes/vaping	3.8	6.3	10.3	12.9
Past 30 day use of marijuana/hashish	3.1	6.7	16.3	20.9
Past 30 day use of prescription drugs	5.3	4.9	6.2	6.6

• Percentages exclude missing answers.

### 13.2 Perception of Moderate or Great Risk

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

Table 145: Perceived Moderate or Great Risk

	Grade 8		Grade 11	
	County %	State %	County %	State %
If people take one or two drinks of an alcoholic beverage nearly every day	55.2	50.0	54.9	52.7
If people have five or more drinks of an alcoholic beverage once or twice a week	74.4	69.3	75.5	71.5
If people smoke one or more packs of cigarettes per day	87.3	84.6	85.0	86.2
If people use e-cigarettes or other vaping products every day	69.0	64.8	64.9	60.4
If people smoke marijuana regularly (at least once or twice a week)	69.2	61.8	51.5	47.3
If people use prescription drugs that are not prescribed to them	88.8	87.3	88.6	89.3

• Percentages exclude missing answers.

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Drink beer, wine or liquor regularly	93.6	90.6	85.5	82.2
Smoke cigarettes	98.1	97.3	96.8	95.4
Use an e-cigarette or other vaping product	95.9	93.7	90.6	88.8
Use marijuana	95.9	92.0	87.3	83.2
Use prescription drugs not prescribed to you	97.1	96.5	97.8	96.6

• Percentages exclude missing answers.

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Have one or two drinks of an alcoholic beverage nearly every day	83.6	76.7	63.6	59.2
Smoke cigarettes	89.2	84.9	79.4	76.1
Use an e-cigarette or other vaping product	80.6	75.0	62.5	57.8
Use marijuana	81.4	72.9	51.4	46.0
Use prescription drugs not prescribed to you	89.0	86.6	80.8	79.6

• Percentages exclude missing answers.

### 13.5 Perceived Risk of Substance Use

#### 13.5.1 Student Attitude

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

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	5.9	7.1	6.7	6.1
Slight risk	6.8	8.3	8.3	7.7
Moderate risk	19.5	18.6	15.6	17.8
Great risk	67.8	66.0	69.3	68.5

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	9.9	12.2	12.3	12.8
Slight risk	21.1	23.1	22.7	26.7
Moderate risk	28.7	30.3	32.8	32.2
Great risk	40.3	34.4	32.1	28.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	12.3	16.2	21.4	24.1
Slight risk	18.5	22.1	27.0	28.6
Moderate risk	29.8	27.5	26.5	25.0
Great risk	39.4	34.2	25.0	22.4

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	12.8	16.9	13.9	15.7
Slight risk	32.1	33.1	31.2	31.6
Moderate risk	31.8	29.0	30.5	31.9
Great risk	23.3	21.0	24.4	20.9

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	7.1	9.5	7.7	8.0
Slight risk	18.5	21.3	16.8	20.4
Moderate risk	37.0	36.7	36.3	37.2
Great risk	37.4	32.5	39.2	34.3

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	5.6	6.1	5.0	4.7
Slight risk	5.6	6.5	6.3	6.0
Moderate risk	18.7	20.8	18.2	19.0
Great risk	70.1	66.5	70.4	70.2

• Percentages exclude missing answers.

### 13.5.2 Parental Attitude

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	91.6	88.6	86.4	83.2
Wrong	6.5	8.7	10.5	12.2
A little bit wrong	1.2	1.6	2.2	3.0
Not wrong at all	0.7	1.2	0.9	1.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	85.5	81.0	76.1	71.1
Wrong	10.4	12.7	14.5	17.7
A little bit wrong	3.1	4.6	7.2	8.0
Not wrong at all	1.0	1.7	2.1	3.2

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	79.1	74.1	64.3	58.8
Wrong	14.5	16.5	21.2	23.4
A little bit wrong	4.9	7.5	10.8	13.8
Not wrong at all	1.5	1.9	3.7	4.0

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	86.9	81.7	72.1	67.0
Wrong	8.9	10.3	15.2	16.2
A little bit wrong	2.9	5.3	9.7	11.3
Not wrong at all	1.3	2.7	3.0	5.5

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	90.5	89.0	89.2	88.1
Wrong	6.6	7.5	8.5	8.4
A little bit wrong	1.6	1.8	1.2	2.1
Not wrong at all	1.3	1.7	1.1	1.3

• Percentages exclude missing answers.

### 13.5.3 Peer Attitude

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

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	68.4	61.7	56.8	51.4
Wrong	20.8	23.2	22.6	24.7
A little bit wrong	7.4	9.7	11.4	13.3
Not wrong at all	3.4	5.4	9.2	10.6

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	60.9	53.6	40.8	36.3
Wrong	19.8	21.4	21.8	21.5
A little bit wrong	12.7	15.1	17.4	19.7
Not wrong at all	6.7	9.8	20.0	22.5

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	59.7	51.9	39.1	33.0
Wrong	23.9	24.8	24.4	26.2
A little bit wrong	11.4	15.6	21.1	22.7
Not wrong at all	5.0	7.7	15.3	18.1

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	63.4	53.9	33.9	29.5
Wrong	18.0	19.0	17.5	16.5
A little bit wrong	11.4	14.2	19.6	21.2
Not wrong at all	7.2	12.9	29.0	32.8

• Percentages exclude missing answers.

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

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	71.4	66.3	58.9	58.2
Wrong	17.5	20.2	22.0	21.5
A little bit wrong	7.7	8.7	11.2	12.1
Not wrong at all	3.3	4.7	8.0	8.2

• Percentages exclude missing answers.

## 14 HONESTY

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

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

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

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

*Percentages exclude missing answers.*



## A FREQUENCY DISTRIBUTIONS TABLES

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

### A.1 Demographics

Table 165: In what grade are you?

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

Table 166: How old are you?

	Grade 8		Grade 11	
	County %	State %	County %	State %
12 years old or younger	0.1	0.2	0.0	0.0
13 years old	32.6	36.5	0.0	0.0
14 years old	66.3	61.5	0.0	0.0
15 years old	1.0	1.8	0.2	0.2
16 years old	0.0	0.0	39.7	35.9
17 years old	0.0	0.0	59.1	62.1
18 years old or older	0.0	0.0	1.0	1.8

Table 167: Are you Hispanic or Latino?

	Grade 8		Grade 11	
	County %	State %	County %	State %
No	68.6	72.0	68.7	75.1
Yes	31.4	28.0	31.3	24.9

Table 168: What is the language you use most often at home?

	Grade 8		Grade 11	
	County %	State %	County %	State %
English	79.7	83.9	80.8	85.9
Spanish	16.6	12.9	15.2	11.0
Another language	3.7	3.2	4.0	3.2

## A.2 Health

### A.2.1 Social & Economic Factors

Table 169: Does your family own a car, van, or truck?

	Grade 8		Grade 11	
	County %	State %	County %	State %
No	1.3	1.6	1.2	1.8
Yes, one	13.9	16.8	13.0	13.8
Yes, two or more	84.8	81.7	85.7	84.4

Table 170: Do you have your own bedroom for yourself?

	Grade 8		Grade 11	
	County %	State %	County %	State %
No	23.9	25.8	16.7	17.1
Yes	76.1	74.2	83.3	82.9

Table 171: During the past 12 months, how many times did you travel away on vacation with your family?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Not at all	17.6	19.8	23.8	26.9
Once	27.2	25.6	30.0	27.5
Twice	25.0	22.3	22.8	21.2
More than twice	30.3	32.3	23.4	24.4

Table 172: How many computers does your family own?

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	6.2	8.6	4.9	6.6
One	22.4	26.5	20.5	25.2
Two	24.2	26.4	24.6	26.1
More than two	47.2	38.5	50.0	42.1

Table 173: Do you receive free or reduced price lunches at school?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	31.8	40.9	31.7	38.0
No	54.9	42.5	64.1	54.1
Don't know	13.4	16.6	4.2	8.0

**A.2.2 Health Care**

Table 174: Would you say that in general your physical health is...

	Grade 8		Grade 11	
	County %	State %	County %	State %
Excellent	21.0	19.9	16.9	15.9
Very good	34.1	33.3	32.6	32.8
Good	32.1	33.1	33.4	34.5
Fair	11.1	11.7	13.7	13.9
Poor	1.6	2.1	3.3	2.9

Table 175: Would you say that in general your emotional and mental health is...

	Grade 8		Grade 11	
	County %	State %	County %	State %
Excellent	20.8	19.0	14.6	13.5
Very good	29.9	28.1	23.7	23.5
Good	28.0	27.9	28.2	29.3
Fair	14.6	16.7	21.7	21.8
Poor	6.7	8.4	11.8	12.0

Table 176: 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		Grade 11	
	County %	State %	County %	State %
During the past 12 months	64.1	61.8	66.5	62.2
Between 12 and 24 months ago	13.5	14.1	15.3	15.8
More than 24 months ago	3.3	3.9	5.5	6.5
Never	1.5	2.0	1.6	3.0
Not sure	17.6	18.2	11.1	12.5

Table 177: 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		Grade 11	
	County %	State %	County %	State %
Yes	19.4	20.5	17.0	17.7
No	80.6	79.5	83.0	82.3

Table 178: 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		Grade 11	
	County %	State %	County %	State %
Yes	17.0	18.7	21.9	22.4
No	83.0	81.3	78.1	77.6

Table 179: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - during school hours

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	8.9	10.8	10.4	12.1

Table 180: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - during the summer

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	7.6	7.4	7.2	6.5

Table 181: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Yes - on the weekend or before/after school

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	16.2	16.6	15.2	17.1

Table 182: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? No

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	64.7	62.7	68.7	66.1

Table 183: In the past 12 months, have you visited an emergency room or urgent care clinic for a physical or mental health care need? Don't know

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	9.0	9.3	3.8	4.6

Table 184: I can do most things if I try.

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Very much true	41.7	40.3	45.1	45.4
Pretty much true	46.7	46.7	45.8	45.0
A little true	11.1	11.9	8.3	8.7
Not at all true	0.6	1.0	0.8	0.8

Table 185: There is at least one teacher or other adult in my school that really cares about me.

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Very much true	40.2	39.7	47.6	46.0
Pretty much true	32.2	31.4	29.9	30.3
A little true	20.5	20.7	16.5	17.6
Not at all true	7.1	8.2	6.0	6.1

Table 186: I volunteer to help others in my community.

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	18.8	16.0	24.6	22.7
Pretty much true	30.2	29.0	29.0	28.3
A little true	35.2	38.4	32.4	34.3
Not at all true	15.8	16.6	14.1	14.8

Table 187: I can work out my problems.

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very much true	35.4	33.2	34.2	34.7
Pretty much true	43.5	43.0	47.8	44.8
A little true	17.8	20.0	15.5	17.5
Not at all true	3.3	3.8	2.5	3.1

### A.2.3 Grades and School

Table 188: During the past 12 months, how would you describe your grades in school?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Mostly A's	45.7	40.3	36.0	33.9
Mostly B's	29.6	31.4	33.2	35.5
Mostly C's	14.4	16.6	21.3	20.0
Mostly D's	3.1	3.6	5.0	4.9
Mostly F's	3.3	3.2	2.3	2.7
None of these grades	0.5	0.6	0.3	0.4
Not sure	3.4	4.3	1.8	2.6

Table 189: During the past 12 months, how many days of school did you miss for any reason?

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	9.1	9.6	7.8	7.1
1-2 days	22.5	22.1	19.2	15.7
3-5 days	28.2	27.7	26.1	24.3
6-10 days	21.6	20.5	22.0	22.5
11-15 days	9.8	9.3	10.5	11.7
16 or more days	8.8	10.8	14.4	18.8

Table 190: During the past 12 months, how many days of school did you miss because of physical health reasons?

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	32.4	33.5	31.1	28.4
1-2 days	31.7	30.2	29.7	28.5
3-5 days	21.8	21.3	23.1	23.7
6-10 days	9.5	9.8	10.9	11.4
11-15 days	2.9	2.9	2.7	4.3
16 or more days	1.7	2.3	2.5	3.7

Table 191: During the past 12 months, how many days of school did you miss because of emotional or mental health reasons?

	Grade 8		Grade 11	
	County %	State %	County %	State %
None	79.9	77.4	67.4	66.1
1-2 days	12.1	13.3	17.8	17.5
3-5 days	4.5	4.8	7.0	7.5
6-10 days	1.7	2.4	3.9	4.3
11-15 days	1.0	0.9	2.1	1.9
16 or more days	0.8	1.1	1.8	2.7

Table 192: 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	
	County %	State %	County %	State %
None	83.0	77.2	65.2	60.9
1-2 days	9.5	12.6	15.2	16.9
3-5 days	3.5	4.8	7.0	8.7
6-10 days	2.3	2.8	5.0	5.5
11-15 days	0.6	1.1	2.4	2.6
16 or more days	1.1	1.6	5.2	5.4

**A.2.4 Health or Learning Conditions**

Table 193: Are you deaf or do you have serious difficulty hearing?

	Grade 11	
	County %	State %
Yes	2.0	2.2
No	98.0	97.8

Table 194: Are you blind or do you have serious difficulty seeing, even when wearing glasses?

	Grade 11	
	County %	State %
Yes	4.6	5.2
No	95.4	94.8

Table 195: Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering or making decisions?

	Grade 11	
	County %	State %
Yes	24.2	24.7
No	75.8	75.3

Table 196: Do you have serious difficulty walking or climbing stairs?

	Grade 11	
	County %	State %
Yes	2.3	2.7
No	97.7	97.3

Table 197: Do you have difficulty dressing or bathing?

	Grade 11	
	County %	State %
Yes	0.5	1.0
No	99.5	99.0

Table 198: Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a physician's office or shopping?

	Grade 11	
	County %	State %
Yes	8.0	9.2
No	92.0	90.8

### A.2.5 Asthma

Table 199: Has a doctor or nurse ever told you that you have asthma?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	18.7	18.0	23.5	23.4
No	72.9	72.7	71.0	71.4
Not sure	8.5	9.3	5.4	5.3

Table 200: Do you still have asthma?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had asthma	78.8	78.6	75.3	74.7
Yes	9.4	9.7	10.9	12.1
No	5.9	4.8	7.9	6.6
Not sure	5.9	6.9	5.9	6.6

**A.2.6 School-Based Health Centers**

Table 201: Does your school have a School-Based Health Center?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	42.2	32.5	64.2	48.7
No	17.3	21.7	12.2	16.3
Don't know	40.4	45.8	23.6	35.0

Table 202: How many times have you used the School-Based Health Center at your school in the past 12 months?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Never	59.8	70.0	73.4	75.5
I've used it, but not in the last 12 months	7.6	6.4	7.1	5.9
Once	11.4	9.3	9.3	8.0
Twice	8.8	6.5	4.6	4.3
3-5 times	7.8	5.3	4.4	4.1
6-10 times	2.1	1.2	0.7	1.0
More than 10 times	2.4	1.3	0.5	1.1

**A.2.7 Food**

Table 203: 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	
	County %	State %	County %	State %
Yes	11.8	14.4	14.7	17.8
No	88.2	85.6	85.3	82.2

Table 204: 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		Grade 11	
	County %	State %	County %	State %
I did not drink 100% fruit juice during the past 7 days	32.3	31.9	35.8	35.5
1 to 3 times during the past 7 days	39.8	37.8	38.3	38.9
4 to 6 times during the past 7 days	12.4	13.1	12.0	11.7
1 time per day	6.8	6.4	5.4	5.7
2 times per day	5.7	6.4	4.3	4.4
3 times per day	1.4	2.2	2.6	1.9
4 or more times per day	1.7	2.2	1.6	1.8



Table 205: During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not eat fruit during the past 7 days	5.1	6.3	7.1	7.9
1 to 3 times during the past 7 days	23.7	27.1	27.2	31.4
4 to 6 times during the past 7 days	23.1	22.6	22.8	22.5
1 time per day	16.2	13.3	16.3	14.4
2 times per day	16.7	16.3	15.3	13.8
3 times per day	8.4	7.7	7.1	5.7
4 or more times per day	6.9	6.7	4.3	4.4

Table 207: During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not eat potatoes during the past 7 days	41.6	41.0	34.8	34.7
1 to 3 times during the past 7 days	44.8	44.5	49.3	49.0
4 to 6 times during the past 7 days	6.9	7.5	8.6	9.6
1 time per day	4.1	3.9	3.6	3.7
2 times per day	1.4	1.6	2.0	1.3
3 times per day	0.4	0.6	0.9	0.7
4 or more times per day	0.8	1.0	0.8	1.0

Table 206: During the past 7 days, how many times did you eat green salad?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not eat green salad during the past 7 days	33.2	34.9	30.8	32.9
1 to 3 times during the past 7 days	38.8	37.9	42.5	40.4
4 to 6 times during the past 7 days	12.1	11.6	14.1	13.5
1 time per day	10.8	10.1	8.0	8.8
2 times per day	3.0	3.3	2.5	2.4
3 times per day	0.6	0.9	1.0	0.9
4 or more times per day	1.4	1.3	1.0	1.2

Table 208: During the past 7 days, how many times did you eat carrots?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not eat carrots during the past 7 days	40.0	43.1	42.8	46.9
1 to 3 times during the past 7 days	36.7	35.7	37.9	36.6
4 to 6 times during the past 7 days	10.1	9.6	9.7	8.2
1 time per day	7.8	6.6	6.0	5.3
2 times per day	2.9	2.4	2.4	1.9
3 times per day	0.8	1.1	0.4	0.4
4 or more times per day	1.5	1.5	0.8	0.8

Table 209: During the past 7 days, how many times did you eat other vegetables?  
(Do not count green salad, potatoes, or carrots.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not eat other vegetables during the past 7 days	13.4	13.7	13.0	13.9
1 to 3 times during the past 7 days	30.3	32.6	34.2	35.7
4 to 6 times during the past 7 days	23.2	23.5	25.4	23.1
1 time per day	16.2	14.0	13.6	13.9
2 times per day	10.1	9.2	8.5	8.3
3 times per day	3.5	3.6	2.9	2.9
4 or more times per day	3.3	3.5	2.4	2.3

**A.2.8 Sleep**

Table 211: On an average school night, how many hours of sleep do you get?

	Grade 8		Grade 11	
	County %	State %	County %	State %
4 or less hours	4.3	5.7	5.5	7.1
5 hours	6.7	7.2	12.1	12.3
6 hours	12.8	13.9	25.3	25.9
7 hours	25.6	24.8	32.5	30.8
8 hours	32.1	29.9	19.1	18.6
9 hours	13.6	13.8	4.3	4.1
10 or more hours	5.0	4.8	1.2	1.2

Table 210: During the past 7 days, on how many days did you eat breakfast?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	8.6	9.7	13.7	13.7
1 day	5.1	6.3	6.9	7.4
2 days	6.6	8.4	10.1	10.7
3 days	7.6	9.3	9.0	9.9
4 days	7.9	7.9	8.3	8.1
5 days	8.6	9.3	9.2	10.4
6 days	7.1	7.8	7.0	7.6
7 days	48.5	41.2	35.8	32.3

**A.2.9 Physical Activity**

Table 212: 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		Grade 11	
	County %	State %	County %	State %
0 days	4.7	6.4	13.5	13.4
1 day	4.3	5.1	8.3	7.5
2 days	6.4	6.9	10.0	8.9
3 days	9.2	10.7	13.8	11.5
4 days	12.1	11.9	12.3	11.7
5 days	20.7	18.8	15.0	15.9
6 days	12.6	10.7	8.6	8.7
7 days	30.1	29.4	18.4	22.5

Table 213: 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	
	County %	State %	County %	State %
0 days	14.7	19.8	30.6	33.2
1 day	10.2	9.3	10.7	8.8
2 days	11.0	10.8	10.9	9.6
3 days	14.6	13.3	13.0	11.1
4 days	10.0	10.5	9.0	8.6
5 days	19.1	16.2	11.9	13.3
6 days	5.1	5.2	3.6	4.2
7 days	15.4	15.0	10.2	11.1

Table 214: 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	
	County %	State %	County %	State %
0 days	7.4	23.7	69.1	66.3
1 day	5.8	1.9	1.1	0.9
2 days	2.7	3.3	4.1	1.9
3 days	12.3	8.2	16.2	6.8
4 days	1.8	7.0	1.6	4.1
5 days	69.9	55.9	7.9	20.0

Table 215: During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not take PE	7.2	22.5	66.4	64.1
Less than 10 minutes	1.6	1.3	0.9	0.7
10 to 20 minutes	5.8	5.3	0.7	1.4
21 to 30 minutes	17.8	14.2	2.4	3.9
31 to 40 minutes	27.4	21.9	4.6	8.6
41 to 50 minutes	23.1	19.6	5.4	8.8
51 to 60 minutes	12.8	9.9	8.1	5.9
More than 60 minutes	4.2	5.1	11.5	6.6

Table 216: On an average school day, how many hours do you watch TV?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not watch TV on an average school day	20.8	21.3	28.9	27.3
Less than 1 hour per day	22.9	22.1	23.1	21.7
1 hour per day	17.9	16.7	14.2	15.7
2 hours per day	19.2	19.0	17.5	17.6
3 hours per day	10.7	10.9	9.6	9.9
4 hours per day	3.8	4.5	3.5	4.1
5 or more hours per day	4.7	5.4	3.2	3.8

Table 217: 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	
	County %	State %	County %	State %
I do not play video or computer games or use a computer for something that is not school work	8.9	9.5	13.2	15.1
Less than 1 hour per day	11.2	11.9	11.3	10.6
1 hour per day	11.7	11.7	11.2	10.3
2 hours per day	18.9	17.5	17.1	17.2
3 hours per day	17.2	17.2	18.2	16.5
4 hours per day	11.4	11.0	9.6	10.5
5 or more hours per day	20.8	21.2	19.4	19.9

Table 218: 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		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	34.0	31.0	37.1	33.0
1 to 3 times in past 7 days	48.6	49.8	43.3	43.7
4 to 6 times in past 7 days	9.1	10.0	10.1	12.5
1 time per day	4.5	3.9	4.6	4.9
2 times per day	1.7	2.6	2.3	2.8
3 times per day	1.0	1.1	1.1	1.5
4 or more times per day	1.2	1.6	1.5	1.7

Table 219: 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	
	County %	State %	County %	State %
0 times in past 7 days	55.2	51.0	57.1	54.6
1 to 3 times in past 7 days	28.8	30.2	28.1	29.1
4 to 6 times in past 7 days	8.1	9.9	7.7	8.9
1 time per day	4.2	4.0	3.2	3.5
2 times per day	1.9	2.2	2.2	1.8
3 times per day	0.9	1.2	0.8	1.1
4 or more times per day	0.9	1.5	0.9	1.1

Table 220: 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	
	County %	State %	County %	State %
0 times in past 7 days	77.2	75.7	73.4	68.0
1 to 3 times in past 7 days	15.3	16.4	17.7	21.2
4 to 6 times in past 7 days	3.7	3.8	5.2	5.7
1 time per day	1.9	2.0	2.3	2.6
2 times per day	1.1	0.9	0.5	1.1
3 times per day	0.3	0.4	0.3	0.4
4 or more times per day	0.6	0.9	0.6	0.9

Table 221: During the past 7 days, how many times did you drink sports drinks such as Gatorade or Powerade?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	53.4	52.3	60.7	58.0
1 to 3 times in past 7 days	30.1	28.7	23.5	25.7
4 to 6 times in past 7 days	9.0	10.7	8.7	9.2
1 time per day	3.7	3.7	4.1	3.9
2 times per day	1.4	1.9	1.3	1.4
3 times per day	1.2	1.1	0.6	0.6
4 or more times per day	1.1	1.6	1.2	1.2

Table 222: 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		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	62.6	59.9	60.5	64.2
1 to 3 times in past 7 days	20.4	20.3	22.0	19.9
4 to 6 times in past 7 days	8.6	9.9	8.3	7.9
1 time per day	4.9	5.3	5.7	4.4
2 times per day	1.4	1.9	2.2	1.9
3 times per day	0.6	0.8	0.5	0.5
4 or more times per day	1.5	1.8	0.9	1.2

Table 224: 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		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	58.9	52.4	53.4	47.4
1 to 3 times in past 7 days	26.9	29.6	27.8	29.5
4 to 6 times in past 7 days	6.4	8.5	9.5	11.6
1 time per day	4.3	4.8	5.2	6.3
2 times per day	1.5	2.0	1.6	2.4
3 times per day	0.8	1.0	0.8	0.9
4 or more times per day	1.2	1.7	1.8	1.9

Table 223: During the past 7 days, how many times did you drink plain milk? (Include milk that you added to cereal.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	18.1	19.0	25.5	26.0
1 to 3 times in past 7 days	23.8	23.1	26.2	25.5
4 to 6 times in past 7 days	20.3	20.4	17.1	17.6
1 time per day	15.5	14.4	15.3	13.8
2 times per day	10.7	10.3	8.5	8.9
3 times per day	4.1	4.5	3.7	3.8
4 or more times per day	7.5	8.3	3.7	4.4

Table 225: During the past 7 days, how many times did you drink plain water? (Include tap and bottled water.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times in past 7 days	1.1	1.4	1.6	1.7
1 to 3 times in past 7 days	4.8	6.1	4.7	5.6
4 to 6 times in past 7 days	8.6	9.8	8.6	8.7
1 time per day	6.7	7.5	7.4	7.9
2 times per day	11.9	10.6	12.2	11.1
3 times per day	15.8	14.2	13.7	14.8
4 or more times per day	51.2	50.5	51.8	50.2

Table 226: 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	
	County %	State %	County %	State %
0 days	57.1	60.1	69.7	72.3
1 day	9.9	8.9	5.7	5.1
2 days	6.1	5.5	4.2	3.8
3 days	3.5	4.1	3.5	3.2
4 days	3.2	3.2	1.5	1.9
5 days	20.2	18.2	15.4	13.7

Table 227: 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	
	County %	State %	County %	State %
0 days	92.6	92.3	95.9	96.0
1 day	2.9	2.7	1.5	1.4
2 days	1.2	1.3	0.6	0.8
3 days	0.7	1.0	0.8	0.5
4 days	0.6	0.6	0.3	0.4
5 days	2.0	2.0	0.8	0.9

Table 228: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a skateboard, skates, or scooter.

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	92.7	92.8	96.6	96.5
1 day	2.3	2.2	1.0	1.0
2 days	1.4	1.3	0.6	0.8
3 days	1.2	1.0	0.9	0.6
4 days	0.3	0.6	0.3	0.2
5 days	2.1	2.1	0.6	0.9

Table 229: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride a school bus.

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	35.7	38.6	58.5	69.2
1 day	3.1	3.9	3.1	2.4
2 days	3.9	3.7	3.9	2.7
3 days	5.0	4.8	4.5	2.9
4 days	6.6	8.4	3.6	3.7
5 days	45.7	40.7	26.4	19.1

Table 230: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride public transportation, including a city bus or light rail.

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.6	93.5	92.2	90.2
1 day	1.7	1.9	2.6	1.8
2 days	0.8	0.8	1.1	1.4
3 days	0.8	0.6	1.0	1.2
4 days	0.3	0.6	0.6	1.1
5 days	1.8	2.6	2.4	4.3

Table 231: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in or drive a car or other private vehicle (with only members of your family.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	39.6	34.2	26.2	21.9
1 day	12.2	14.2	9.0	6.8
2 days	7.9	7.4	6.6	5.5
3 days	6.1	5.4	5.1	4.4
4 days	5.0	6.6	3.4	5.6
5 days	29.3	32.2	49.8	55.8

Table 232: In an average school week, on how many days do you use each of these forms of transportation to get to or from school? Ride in a carpool (with people other than your family.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	84.1	85.4	76.6	78.2
1 day	5.8	5.9	7.1	6.1
2 days	2.7	2.8	4.4	3.7
3 days	1.9	1.4	3.2	2.8
4 days	1.6	1.1	1.8	1.8
5 days	3.9	3.4	6.8	7.5

Table 233: During the past 7 days, how many times did you visit a convenience store such as Plaid Pantry, 7-Eleven, Circle K, a mini-mart, or a gas station store?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I did not visit a convenience store during the past 7 days	48.8	40.9	53.0	43.6
1 time during the past 7 days	25.7	26.1	22.1	24.9
2 or 3 times during the past 7 days	19.4	25.0	18.7	23.8
4 to 6 times during the past 7 days	4.7	6.0	4.5	5.8
7 or more times during the past 7 days	1.5	2.0	1.7	1.8



**A.2.10 Suicide**

Table 234: 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		Grade 11	
	County %	State %	County %	State %
Yes	26.4	30.1	30.9	32.2
No	73.6	69.9	69.1	67.8

Table 235: During the past 12 months, did you ever seriously consider attempting suicide?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	14.0	16.9	16.5	18.2
No	86.0	83.1	83.5	81.8

Table 236: During the past 12 months, how many times did you actually attempt suicide?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	93.8	91.3	93.6	93.2
1 time	3.0	4.5	3.4	3.6
2 or 3 times	2.1	2.7	2.5	2.4
4 or 5 times	0.5	0.5	0.2	0.4
6 or more times	0.7	1.0	0.3	0.4

**A.3 Safety**

Table 237: 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		Grade 11	
	County %	State %	County %	State %
0 days	89.8	90.9	93.3	93.4
1 day	6.4	5.2	3.0	3.3
2 or 3 days	2.8	2.4	2.8	2.2
4 or 5 days	0.3	0.6	0.6	0.5
6 or more days	0.7	0.9	0.4	0.6

Table 238: 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		Grade 11	
	County %	State %	County %	State %
0 times	91.0	91.6	94.8	94.8
1 time	5.0	4.4	2.6	2.6
2 or 3 times	2.6	2.2	1.4	1.4
4 or 5 times	0.3	0.6	0.4	0.3
6 or 7 times	0.2	0.3	0.1	0.1
8 or 9 times	0.2	0.2	0.3	0.2
10 or 11 times	0.2	0.1	0.1	0.1
12 or more times	0.4	0.6	0.3	0.4

Table 239: During the past 12 months, how many times were you in a physical fight on school property?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	87.7	85.2	95.2	94.3
1 time	8.0	8.5	3.1	3.2
2 or 3 times	3.1	4.3	1.0	1.5
4 or 5 times	0.4	0.9	0.2	0.3
6 or 7 times	0.2	0.2	0.2	0.1
8 or 9 times	0.2	0.2	0.1	0.1
10 or 11 times	0.0	0.1	0.0	0.1
12 or more times	0.4	0.4	0.2	0.3

Table 240: During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	5.2	8.7	16.1	16.5
No	94.8	91.3	83.9	83.5

## A.4 Bullying

Table 241: During the past 30 days, have you been bullied by someone using any kind of technology, such as through social media, cell phones, or video games?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	12.6	14.9	11.1	11.1
No	87.4	85.1	88.9	88.9

Table 242: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your race or ethnic origin

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	6.6	5.8	5.0	4.3

Table 243: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Unwanted sexual comments or attention

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	4.9	6.9	4.8	5.7

Table 244: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying because someone thought you were gay, lesbian or bisexual

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	4.8	6.1	2.2	2.8

Table 245: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your weight, clothes, acne, or other physical characteristics

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	12.1	13.6	6.8	7.4

Table 246: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Bullying about your group of friends

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	6.3	7.6	3.6	4.3

Table 247: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? Other reasons

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	13.5	16.8	9.0	10.3

Table 248: During the past 30 days, have you ever been bullied at school (or on the way to or from school) in relation to any of the following issues? I have not been bullied

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	74.8	69.1	79.2	79.4

Table 249: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have never heard of the Choking Game

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	83.8	82.8	86.0	82.1

Table 250: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I've heard of someone participating in the Choking Game

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	14.7	15.1	12.4	15.8

Table 251: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have helped someone else participate in the Choking Game

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.3	0.5	0.5	0.6

Table 252: This is an activity that some youth participate in to get a high by cutting off blood and oxygen to the brain using a variety of methods. Which of the following is true for you? I have participated in the Choking Game myself

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	1.7	2.4	1.4	2.1

Table 253: How many times in your life have you participated in the Choking Game yourself?

	Grade 8		Grade 11	
	County %	State %	County %	State %
None - I have never participated myself	98.6	97.5	98.9	98.0
One time	0.8	1.1	0.6	1.1
Two times	0.2	0.6	0.2	0.5
3 to 5 times	0.1	0.4	0.1	0.3
More than 5 times	0.2	0.4	0.2	0.2

Table 254: Thinking back to the last time you yourself participated in the "Choking Game", were you alone or with other people?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never participated in the "Choking Game"	98.6	97.5	98.8	97.9
I was alone	0.4	0.7	0.1	0.5
I was with other people	1.0	1.8	1.0	1.6

## A.5 Gambling

Table 255: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. I did not gamble in the last 30 days

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	81.2	78.7	83.2	81.7

Table 256: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing scratch off tickets, or any lottery tickets (such as Powerball or Megabucks)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	2.6	3.2	2.6	3.4

Table 257: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing dice or coin flips

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	5.0	5.4	3.5	3.5

Table 258: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing cards (poker, etc.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	6.5	6.8	5.0	5.5

Table 259: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Betting on games of personal skill (bowling, video games, dares, etc.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	12.8	14.1	10.6	12.1

Table 260: Gambling involves betting anything of value (money, a watch, soda, etc.) on a game or event. Please check ALL the different types of gambling that you have bet on, if any, during the last 30 days. Playing Fantasy Sports (Fan Duel, Draft King, etc.)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	2.4	2.4	2.9	2.4

Table 261: 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		Grade 11	
	County %	State %	County %	State %
I don't bet for money	73.6	72.1	73.0	71.5
Yes	1.5	1.7	1.2	1.2
No	24.8	26.2	25.8	27.3

Table 262: During the last 12 months, have you ever... Bet or gambled more than you wanted to?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I don't bet for money	70.7	68.2	71.1	69.2
Yes	1.8	2.5	2.1	2.2
No	27.5	29.4	26.8	28.6

## A.6 Sexual Orientation and Behavior

Table 263: Do you think of yourself as?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Lesbian or gay	1.8	1.5	1.9	2.1
Straight, that is, not lesbian or gay	84.1	82.2	84.1	82.5
Bisexual	4.5	6.4	6.9	7.5
Something else	4.1	3.9	3.8	4.1
Don't know/Not sure	5.6	6.0	3.3	3.8

Table 264: Have you ever had sexual intercourse?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	4.9	8.4	35.1	40.9
No	95.1	91.6	64.9	59.1

Table 265: How old were you when you had sexual intercourse for the first time?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had sexual intercourse	95.3	92.3	65.2	59.2
11 years old or younger	0.5	1.2	0.4	0.9
12 years old	0.6	1.2	1.4	0.9
13 years old	2.3	3.2	1.8	2.6
14 years old	1.3	2.2	3.8	5.9
15 years old	0.0	0.0	11.3	12.0
16 years old	0.0	0.0	13.2	14.6
17 years old or older	0.0	0.0	2.9	3.9

Table 266: During your life, with how many people have you had sexual intercourse?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had sexual intercourse	95.4	92.2	65.1	59.3
1 person	2.4	4.3	17.2	18.9
2 people	1.3	1.7	7.4	8.2
3 people	0.2	0.6	4.0	5.0
4 people	0.2	0.3	1.9	3.1
5 people	0.1	0.1	2.0	1.4
6 or more people	0.5	0.7	2.5	4.1

Table 267: During the past 3 months, with how many people did you have sexual intercourse?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had sexual intercourse	95.3	92.3	65.1	59.4
I have had sexual intercourse, but not during the past 3 months	1.9	3.5	11.1	10.8
1 person	2.0	3.1	20.6	25.0
2 people	0.4	0.5	2.1	3.1
3 people	0.2	0.1	0.5	1.0
4 people	0.0	0.0	0.3	0.3
5 people	0.0	0.1	0.1	0.0
6 or more people	0.3	0.4	0.4	0.5

Table 268: Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had sexual intercourse	95.2	92.1	64.8	58.8
Yes	0.9	1.5	4.2	6.4
No	3.9	6.5	31.0	34.8

Table 269: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? I have never had sexual intercourse

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	95.3	92.3	65.3	59.4

Table 270: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? IUD (intrauterine device such as Mirena or Paragard)

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.2	2.0	2.4

Table 271: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive implant (Implanon or Nexplanon)

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.1	1.8	3.6

Table 272: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Depo-Provera (injectable birth control)

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.2	1.7	2.6

Table 273: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Birth control pills

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	1.1	1.7	11.8	12.7

Table 274: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive patch

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.1	0.4	0.4

Table 275: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Contraceptive ring

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.1	0.1	0.2

Table 276: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Condoms

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	3.1	4.4	19.8	21.9



Table 277: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Withdrawal

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.4	0.7	6.6	7.5

Table 278: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Emergency contraception (morning after pill)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.1	0.3	0.9	1.0

Table 279: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Some other method

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.0	0.3	1.0	1.4

Table 280: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? No method was used to prevent pregnancy

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.5	1.0	2.5	3.3

Table 281: The last time you had sexual intercourse, what method(s) did you or your partner use to prevent pregnancy? Not sure

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.0	0.0	0.1	0.0

### A.7 Violence-related Behaviors

Table 282: Have you ever been physically forced to have sexual intercourse when you did not want to?

	Grade 11	
	County %	State %
Yes	3.9	6.1
No	96.1	93.9

Table 283: Have you ever given in to sexual activity when you didn't want to because of pressure?

	Grade 11	
	County %	State %
Yes	10.7	12.1
No	89.3	87.9

Table 284: During your life, has any adult ever had sexual contact with you?

	Grade 11	
	County %	State %
Yes	4.9	7.6
No	95.1	92.4

Table 285: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	Grade 11	
	County %	State %
Yes	3.2	3.7
No	96.8	96.3

Table 286: During your life, has any adult ever intentionally hit or physically hurt you?

	Grade 11	
	County %	State %
Yes	18.5	21.7
No	81.5	78.3

## A.8 Drug Use

### A.8.1 Tobacco Use

Table 287: During the past 30 days, on how many days did you Smoke cigarettes?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	98.5	97.3	94.1	92.6
1 or 2 days	1.2	1.7	2.1	3.1
3 to 5 days	0.1	0.4	0.9	1.0
6 to 9 days	0.0	0.1	0.5	0.6
10 to 19 days	0.0	0.2	0.9	0.9
20 to 29 days	0.1	0.1	0.7	0.5
All 30 days	0.1	0.1	0.8	1.4

Table 288: During the past 30 days, on how many days did you smoke menthol cigarettes?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.5	98.9	97.1	96.9
1 or 2 days	0.3	0.6	1.6	1.5
3 to 5 days	0.0	0.2	0.4	0.5
6 to 9 days	0.0	0.2	0.1	0.4
10 to 19 days	0.0	0.0	0.2	0.3
20 to 29 days	0.1	0.0	0.3	0.2
All 30 days	0.0	0.0	0.4	0.2

Table 289: During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, or Marlboro Snus?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.5	98.9	98.1	96.6
1 or 2 days	0.2	0.5	0.8	1.4
3 to 5 days	0.2	0.3	0.2	0.5
6 to 9 days	0.0	0.1	0.0	0.2
10 to 19 days	0.1	0.1	0.1	0.3
20 to 29 days	0.0	0.0	0.2	0.3
All 30 days	0.0	0.1	0.5	0.7

Table 291: During the past 30 days, on how many days did you smoke a large cigar?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.7	99.2	98.6	98.0
1 or 2 days	0.1	0.4	0.8	1.4
3 to 5 days	0.1	0.2	0.3	0.2
6 to 9 days	0.0	0.1	0.0	0.1
10 to 19 days	0.0	0.0	0.0	0.0
20 to 29 days	0.0	0.0	0.1	0.1
All 30 days	0.0	0.1	0.2	0.1

Table 290: During the past 30 days, on how many days did you smoke a little cigars, such as Swisher Sweets?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.2	98.5	96.1	94.4
1 or 2 days	0.5	1.0	2.2	3.4
3 to 5 days	0.2	0.2	1.0	1.2
6 to 9 days	0.0	0.2	0.4	0.6
10 to 19 days	0.0	0.0	0.2	0.2
20 to 29 days	0.0	0.0	0.0	0.1
All 30 days	0.0	0.1	0.1	0.1

Table 292: During the past 30 days, on how many days did you smoke tobacco in a hookah, also known as a waterpipe?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	99.1	98.5	97.4	97.3
1 or 2 days	0.5	0.8	1.7	1.5
3 to 5 days	0.1	0.3	0.5	0.4
6 to 9 days	0.1	0.2	0.2	0.2
10 to 19 days	0.1	0.1	0.1	0.2
20 to 29 days	0.0	0.0	0.0	0.2
All 30 days	0.0	0.1	0.1	0.3

Table 293: During the past 30 days, on how many days did you use an e-cigarette or other vaping product?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	96.2	93.7	89.7	87.1
1 or 2 days	2.7	3.8	5.0	5.7
3 to 5 days	0.5	1.2	2.4	2.3
6 to 9 days	0.1	0.5	0.7	1.6
10 to 19 days	0.2	0.3	0.9	1.1
20 to 29 days	0.0	0.2	0.5	0.6
All 30 days	0.2	0.3	0.8	1.6

Table 294: Have you ever used any tobacco or vaping product with mint, fruit, coffee, candy, or other flavors? Exclude marijuana.

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	7.1	12.2	21.3	28.1
No	91.3	85.7	77.3	70.7
Not sure	1.6	2.1	1.4	1.3

Table 295: During the past 30 days, have you used any tobacco or vaping product with mint, fruit, coffee, candy, or other flavors? Exclude marijuana.

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	2.3	5.2	9.7	12.7
No	96.6	93.3	89.3	86.3
Not sure	1.1	1.5	1.0	1.0

Table 296: How old were you when you smoked a whole cigarette for the first time?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never smoked a whole cigarette	96.7	93.4	88.0	83.8
8 years old or younger	0.2	0.8	0.3	0.7
9 years old	0.2	0.4	0.2	0.4
10 years old	0.2	0.6	0.3	0.7
11 years old	0.5	0.9	0.7	0.7
12 years old	0.9	1.2	0.6	1.2
13 years old	1.1	1.9	1.6	2.0
14 years old	0.3	0.7	1.4	2.4
15 years old	0.0	0.0	2.5	3.6
16 years old	0.0	0.0	3.4	3.5
17 years old or older	0.0	0.1	1.0	1.0

Table 297: How old were you when you first used any form of tobacco or vaping product other than regular cigarettes? Exclude marijuana.

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never used any of those products	92.2	86.2	74.8	67.6
8 years old or younger	0.4	0.8	0.2	0.8
9 years old	0.1	0.4	0.1	0.3
10 years old	0.1	0.7	0.0	0.4
11 years old	0.9	1.1	0.4	0.5
12 years old	2.0	3.2	0.9	1.2
13 years old	2.8	5.7	2.5	3.2
14 years old	1.5	1.9	6.3	5.8
15 years old	0.0	0.0	6.6	9.1
16 years old	0.0	0.0	6.4	8.7
17 years old or older	0.0	0.0	1.8	2.3

Table 298: The very first time you used any tobacco or vaping product (including e-cigarettes), which type of product did you use?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never used any tobacco or vaping product	92.4	86.2	74.6	67.2
Cigarette	1.6	3.5	5.3	8.9
Chewing tobacco	0.2	0.4	0.9	2.2
Small cigar	0.1	0.3	0.7	1.0
Large cigar	0.0	0.1	0.4	0.5
Hookah	0.8	0.7	2.9	2.6
E-cigarette or other vaping product	4.0	7.4	14.0	15.9
Another type of product	0.9	1.4	1.3	1.7

Table 299: During the past 12 months, did you ever try to quit smoking cigarettes?

	Grade 8	
	County	State
I did not smoke during the past 12 months	96.8	93.8
Yes	1.1	2.5
No	2.1	3.7

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

Table 300: During the past 30 days, from which of the following sources did you get tobacco or vaping products? I did not get tobacco or vaping products during the past 30 days

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	96.5	93.0	86.6	82.4

Table 301: During the past 30 days, from which of the following sources did you get tobacco or vaping products? A store or gas station

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.0	0.3	1.9	2.6

Table 302: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Friends 18 or older

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.9	1.9	6.8	8.4

Table 303: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Friends under 18

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	1.6	3.2	5.5	5.8

Table 304: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Took from home without permission

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.2	1.0	1.0	1.0

Table 305: During the past 30 days, from which of the following sources did you get tobacco or vaping products? A family member

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.5	1.2	1.4	2.1

Table 306: During the past 30 days, from which of the following sources did you get tobacco or vaping products? The internet

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.2	0.2	0.9	1.1

Table 307: During the past 30 days, from which of the following sources did you get tobacco or vaping products? Some other source

	Grade 8		Grade 11	
	County	State	County	State
	%	%	%	%
Yes	0.8	1.4	1.6	2.8

Table 308: Does someone living in your house (other than you) smoke or vape tobacco?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Nobody smokes or vapes	78.5	70.1	75.6	70.6
Someone smokes or vapes, but not inside the house	17.1	22.9	18.7	23.4
Someone smokes or vapes inside the house	4.5	7.0	5.6	6.0

Table 309: During this school year, have you seen anyone smoking or vaping tobacco on school property?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	20.1	21.8	44.4	46.9
No	79.9	78.2	55.6	53.1

Table 310: During the past 30 days, have you seen an advertisement promoting tobacco or a vaping product on a storefront or in a store?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	56.8	59.5	60.6	63.2
No	29.6	27.0	25.7	23.5
Not sure	13.7	13.6	13.7	13.3

Table 311: 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	
	County %	State %	County %	State %
Strongly agree	21.8	21.3	22.9	24.6
Somewhat agree	28.2	26.4	29.4	28.9
Don't know / Not sure	30.8	33.7	29.1	29.0
Somewhat disagree	6.7	6.4	8.4	7.8
Strongly disagree	12.5	12.2	10.2	9.7

Table 312: Do you think tobacco companies have been honest or dishonest with the public about the dangers of tobacco use?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very honest	5.4	7.0	8.8	8.4
Somewhat honest	11.2	12.0	17.3	18.6
Don't know/Not sure	26.6	29.6	27.7	26.2
Somewhat dishonest	25.5	23.0	23.9	22.0
Very Dishonest	31.4	28.5	22.3	24.8

**A.8.2 Alcohol**

Table 313: How old were you when you had your first drink of alcohol other than a few sips?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never had a drink of alcohol other than a few sips	81.4	73.2	53.5	44.7
8 years old or younger	3.3	4.9	2.0	3.5
9 years old	1.4	1.4	1.0	0.9
10 years old	2.0	2.2	1.8	1.9
11 years old	0.9	2.5	0.7	1.3
12 years old	2.7	4.7	2.8	3.2
13 years old	5.8	8.3	3.7	5.4
14 years old	2.5	2.8	6.5	8.9
15 years old	0.0	0.0	12.7	14.1
16 years old	0.0	0.0	12.5	12.9
17 years old or older	0.0	0.0	2.6	3.1

Table 314: During the past 30 days, on how many days did you have at least one drink of alcohol?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.4	89.7	79.2	73.1
1 or 2 days	4.0	6.9	13.3	16.1
3 to 5 days	0.7	1.8	4.9	6.1
6 to 9 days	0.5	1.0	1.6	2.9
10 to 19 days	0.3	0.4	0.7	1.4
20 to 29 days	0.1	0.1	0.1	0.2
All 30 days	0.0	0.1	0.1	0.2

Table 315: 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		Grade 11	
	County %	State %	County %	State %
0 days	97.6	95.4	90.2	85.9
1 day	1.6	2.6	4.8	6.5
2 days	0.3	1.1	2.6	3.5
3 to 5 days	0.2	0.5	1.7	2.8
6 to 9 days	0.1	0.3	0.5	1.0
10 to 19 days	0.1	0.1	0.1	0.2
20 or more days	0.0	0.0	0.0	0.1



Table 316: During the past 30 days, what type of alcohol did you usually drink?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I do not have a usual type	95.0	90.6	81.4	75.2
Beer	0.6	1.3	2.3	2.8
Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade	0.9	1.7	2.6	5.1
Wine coolers, such as Bartles & Jaymes or Seagrams	0.5	0.6	0.7	1.3
Wine	0.0	0.1	0.4	0.4
Liquor, such as vodka, rum, scotch, bourbon, or whiskey	0.4	0.8	1.5	1.7
Flavored alcoholic beverages, such as lemon vodka, coconut rum, etc.	1.7	3.4	8.4	10.5
Some other type	0.7	0.8	2.2	2.4

Table 317: During the past 30 days, from which of the following sources did you get the alcohol you drank? I did not drink alcohol during the past 30 days

	Grade 11	
	County %	State %
Yes	64.2	58.4

Table 318: During the past 30 days, from which of the following sources did you get the alcohol you drank? At a party

	Grade 11	
	County %	State %
Yes	12.4	14.6

Table 319: During the past 30 days, from which of the following sources did you get the alcohol you drank? Friends 21 or older

	Grade 11	
	County %	State %
Yes	7.5	8.5

Table 320: During the past 30 days, from which of the following sources did you get the alcohol you drank? Friends under 21

	Grade 11	
	County %	State %
Yes	8.3	9.8

Table 321: During the past 30 days, from which of the following sources did you get the alcohol you drank? Family member (not parents)

	Grade 11	
	County %	State %
Yes	4.0	4.3

Table 322: During the past 30 days, from which of the following sources did you get the alcohol you drank? At home with my parents' permission

	Grade 11	
	County %	State %
Yes	8.3	9.4

Table 323: During the past 30 days, from which of the following sources did you get the alcohol you drank? A store, gas station, or liquor store

	Grade 11	
	County %	State %
Yes	0.9	1.3

Table 324: During the past 30 days, from which of the following sources did you get the alcohol you drank? Bar, night club or restaurant

	Grade 11	
	County %	State %
Yes	0.3	0.4

Table 325: During the past 30 days, from which of the following sources did you get the alcohol you drank? From home without my parents' permission

	Grade 11	
	County %	State %
Yes	4.9	5.1

Table 326: During the past 30 days, from which of the following sources did you get the alcohol you drank? I gave money to someone to get it for me

	Grade 11	
	County %	State %
Yes	3.4	4.3

Table 327: During the past 30 days, from which of the following sources did you get the alcohol you drank? I got it some other way

	Grade 11	
	County %	State %
Yes	4.8	5.5

Table 328: During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Grade 11	
	County %	State %
I did not drive a car in the past 30 days	76.6	73.2
0 times	22.3	24.7
1 time	0.6	1.2
2 or 3 times	0.4	0.6
4 or 5 times	0.1	0.2
6 or more times	0.0	0.1

**A.8.3 Marijuana & Other Drugs**

Table 329: How old were you when you tried marijuana for the first time?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have never tried marijuana	93.2	86.3	67.9	60.5
8 years old or younger	0.2	0.7	0.0	0.6
9 years old	0.2	0.4	0.0	0.3
10 years old	0.2	0.6	0.5	0.6
11 years old	0.7	1.3	0.8	1.2
12 years old	1.6	3.4	1.6	3.1
13 years old	2.7	5.5	3.7	4.4
14 years old	1.1	1.7	6.8	7.7
15 years old	0.1	0.0	8.3	10.0
16 years old	0.0	0.0	8.5	9.2
17 years old or older	0.0	0.0	1.9	2.4

Table 330: During the past 30 days, on how many days did you use marijuana or hashish (weed, hash, pot)?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	96.9	93.3	83.7	79.1
1 to 2 days	1.5	3.3	6.4	7.8
3 to 5 days	0.9	1.2	4.1	4.1
6 to 9 days	0.1	0.7	1.6	2.1
10 or more days	0.6	1.5	4.2	6.9

Table 331: During the past 30 days, how many times did you use marijuana on school property?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 times	99.5	98.6	97.4	96.9
1 or 2 times	0.2	1.0	1.5	1.9
3 to 9 times	0.1	0.2	0.7	0.7
10 to 19 times	0.1	0.0	0.1	0.2
20 to 39 times	0.0	0.1	0.0	0.1
40 or more times	0.0	0.0	0.2	0.2

Table 332: During the past 30 days, if you used marijuana, how did you use it? I did not use marijuana during the past 30 days

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	97.0	93.7	83.9	79.3

Table 333: During the past 30 days, if you used marijuana, how did you use it? Smoked it (in a joint, bong, pipe, blunt)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	2.8	5.9	15.1	19.4

Table 334: During the past 30 days, if you used marijuana, how did you use it?  
Vaporized it (e.g., vapor pen)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.3	0.9	2.0	2.4

Table 335: During the past 30 days, if you used marijuana, how did you use it?  
Ate it (in brownies, cakes, cookies, candy)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.7	1.7	4.0	5.1

Table 336: During the past 30 days, if you used marijuana, how did you use it?  
Drank it (tea, cola, alcohol)

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.1	0.2	0.4	0.5

Table 337: During the past 30 days, if you used marijuana, how did you use it?  
Dabbed it

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.6	1.5	4.9	5.5

Table 338: During the past 30 days, if you used marijuana, how did you use it?  
Used in some other way

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	0.2	0.4	0.6	0.7

Table 339: When you smoked marijuana during the past 30 days, did you ever mix it with tobacco? Either rolling with loose tobacco (spliff) or rolling marijuana in a tobacco blunt wrap.

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have not smoked marijuana in the past 30 days	95.9	91.1	82.1	77.2
Yes	0.5	1.4	5.2	5.5
No	3.6	7.5	12.7	17.2

Table 340: When you used marijuana during the past 30 days, did you ever drink alcohol at the same time?

	Grade 8		Grade 11	
	County %	State %	County %	State %
I have not used marijuana in the past 30 days	96.0	90.9	82.2	77.0
Yes, most of the time	0.2	0.4	1.6	2.0
Yes, some of the time	0.6	1.1	1.8	3.4
Yes, rarely	0.7	1.3	3.5	4.6
No	2.5	6.3	10.8	13.0

Table 341: During the past 30 days, how many times did you drive a car or other vehicle within three hours after using marijuana?

	Grade 11	
	County %	State %
I did not drive in the past 30 days	33.6	37.0
0 times	61.9	57.4
1 time	1.9	2.1
2-3 times	1.6	1.8
4-5 times	0.2	0.6
6 or more times	0.7	1.2

Table 342: Does any adult living in your house use marijuana?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	11.6	17.8	16.4	19.7
No	88.4	82.2	83.6	80.3

Table 343: If one of your best friends offered you some marijuana, would you use it?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Definitely not	76.8	69.6	54.9	49.1
Probably not	15.4	17.1	20.5	21.1
Probably would	5.7	9.0	14.5	17.5
Definitely would	2.1	4.4	10.2	12.2

Table 344: During the past 30 days, have you seen an advertisement for marijuana products or stores: In a magazine or newspaper?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	14.8	17.9	20.0	21.4
No	69.0	64.6	63.3	61.2
Not sure	16.1	17.5	16.7	17.3

Table 345: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a storefront?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	36.5	37.9	40.4	43.5
No	47.8	46.7	46.2	42.7
Not sure	15.7	15.4	13.4	13.8

Table 346: During the past 30 days, have you seen an advertisement for marijuana products or stores: Online? On your cellphone, tablet, or computer (through email, websites, or social media)?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	33.2	37.2	46.2	49.5
No	52.6	48.6	40.3	38.1
Not sure	14.2	14.2	13.4	12.4

Table 347: During the past 30 days, have you seen an advertisement for marijuana products or stores: On a billboard?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	26.5	33.1	32.2	38.4
No	59.3	52.6	54.0	48.3
Not sure	14.1	14.2	13.8	13.3

Table 348: During the past 30 days, have you seen an advertisement for marijuana products or stores: On the sidewalk (like signs or people wearing or waving signs)?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Yes	24.5	28.6	31.1	35.0
No	61.2	56.6	55.0	50.8
Not sure	14.3	14.8	13.8	14.2

Table 349: During the past 30 days, on how many days did you use prescription drugs (such as Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's orders?

	Grade 8		Grade 11	
	County %	State %	County %	State %
0 days	94.7	95.1	93.8	93.4
1 or 2 days	2.3	2.5	3.2	3.0
3 to 5 days	1.1	0.9	1.1	1.3
6 to 9 days	0.7	0.5	0.4	0.8
10 to 19 days	0.3	0.2	0.5	0.6
20 to 29 days	0.3	0.2	0.2	0.2
All 30 days	0.7	0.6	0.7	0.6

**A.8.4 Availability**

Table 350: If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey or gin), how easy would it be for you to get some?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	18.3	18.1	31.6	32.1
Sort of easy	19.6	20.4	30.0	30.9
Sort of hard	15.2	16.6	14.5	15.8
Very hard	47.0	44.9	23.8	21.3

Table 351: If you wanted to get e-cigarettes or other vaping products, how easy would it be for you to get some?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	8.1	10.7	25.5	27.9
Sort of easy	12.2	13.3	19.1	22.3
Sort of hard	14.9	16.4	18.4	17.4
Very hard	64.8	59.7	37.0	32.4

Table 352: If you wanted to get some marijuana, how easy would it be for you to get some?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	11.6	18.1	37.8	42.6
Sort of easy	13.8	14.4	19.1	20.9
Sort of hard	12.1	12.7	12.7	11.4
Very hard	62.4	54.8	30.4	25.1

Table 353: If you wanted to get prescription drugs not prescribed to you, how easy would it be for you to get some?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very easy	14.6	14.7	18.5	18.4
Sort of easy	13.3	13.2	19.4	17.5
Sort of hard	16.7	15.6	21.1	22.4
Very hard	55.4	56.6	41.1	41.7

### A.8.5 Risk of Use

Table 354: How much do you think people risk harming themselves (physically or in other ways) if they Take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	12.8	16.9	13.9	15.7
Slight risk	32.1	33.1	31.2	31.6
Moderate risk	31.8	29.0	30.5	31.9
Great risk	23.3	21.0	24.4	20.9

Table 355: 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	
	County %	State %	County %	State %
No risk	7.1	9.5	7.7	8.0
Slight risk	18.5	21.3	16.8	20.4
Moderate risk	37.0	36.7	36.3	37.2
Great risk	37.4	32.5	39.2	34.3

Table 356: 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	
	County %	State %	County %	State %
No risk	5.9	7.1	6.7	6.1
Slight risk	6.8	8.3	8.3	7.7
Moderate risk	19.5	18.6	15.6	17.8
Great risk	67.8	66.0	69.3	68.5

Table 357: How much do you think people risk harming themselves (physically or in other ways) if they Use e-cigarettes or other vaping products every day?

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	9.9	12.2	12.3	12.8
Slight risk	21.1	23.1	22.7	26.7
Moderate risk	28.7	30.3	32.8	32.2
Great risk	40.3	34.4	32.1	28.3

Table 358: How much do you think people risk harming themselves (physically or in other ways) if they Use marijuana regularly (at least once or twice a week)

	Grade 8		Grade 11	
	County %	State %	County %	State %
No risk	12.3	16.2	21.4	24.1
Slight risk	18.5	22.1	27.0	28.6
Moderate risk	29.8	27.5	26.5	25.0
Great risk	39.4	34.2	25.0	22.4

Table 359: 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	
	County %	State %	County %	State %
No risk	5.6	6.1	5.0	4.7
Slight risk	5.6	6.5	6.3	6.0
Moderate risk	18.7	20.8	18.2	19.0
Great risk	70.1	66.5	70.4	70.2

**A.8.6 Parental Attitudes Towards Use**

Table 360: 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		Grade 11	
	County %	State %	County %	State %
Very wrong	79.1	74.1	64.3	58.8
Wrong	14.5	16.5	21.2	23.4
A little bit wrong	4.9	7.5	10.8	13.8
Not wrong at all	1.5	1.9	3.7	4.0



Table 361: How wrong do your parents feel it would be for you to? Smoke cigarettes?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	91.6	88.6	86.4	83.2
Wrong	6.5	8.7	10.5	12.2
A little bit wrong	1.2	1.6	2.2	3.0
Not wrong at all	0.7	1.2	0.9	1.6

Table 362: How wrong do your parents feel it would be for you to? Use an e-cigarette or other vaping product?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	85.5	81.0	76.1	71.1
Wrong	10.4	12.7	14.5	17.7
A little bit wrong	3.1	4.6	7.2	8.0
Not wrong at all	1.0	1.7	2.1	3.2

Table 363: How wrong do your parents feel it would be for you to? Use marijuana?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	86.9	81.7	72.1	67.0
Wrong	8.9	10.3	15.2	16.2
A little bit wrong	2.9	5.3	9.7	11.3
Not wrong at all	1.3	2.7	3.0	5.5

Table 364: How wrong do your parents feel it would be for you to? Use prescription drugs not prescribed to you?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	90.5	89.0	89.2	88.1
Wrong	6.6	7.5	8.5	8.4
A little bit wrong	1.6	1.8	1.2	2.1
Not wrong at all	1.3	1.7	1.1	1.3

**A.8.7 Peer Attitudes Towards Use**

Table 365: 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		Grade 11	
	County %	State %	County %	State %
Very wrong	59.7	51.9	39.1	33.0
Wrong	23.9	24.8	24.4	26.2
A little bit wrong	11.4	15.6	21.1	22.7
Not wrong at all	5.0	7.7	15.3	18.1

Table 366: How wrong do your friends feel it would be for you to? Smoke cigarettes?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	68.4	61.7	56.8	51.4
Wrong	20.8	23.2	22.6	24.7
A little bit wrong	7.4	9.7	11.4	13.3
Not wrong at all	3.4	5.4	9.2	10.6

Table 367: How wrong do your friends feel it would be for you to? Use an e-cigarette or other vaping product?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	60.9	53.6	40.8	36.3
Wrong	19.8	21.4	21.8	21.5
A little bit wrong	12.7	15.1	17.4	19.7
Not wrong at all	6.7	9.8	20.0	22.5

Table 368: How wrong do your friends feel it would be for you to? Use marijuana?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	63.4	53.9	33.9	29.5
Wrong	18.0	19.0	17.5	16.5
A little bit wrong	11.4	14.2	19.6	21.2
Not wrong at all	7.2	12.9	29.0	32.8

Table 369: How wrong do your friends feel it would be for you to? Use prescription drugs not prescribed to you?

	Grade 8		Grade 11	
	County %	State %	County %	State %
Very wrong	71.4	66.3	58.9	58.2
Wrong	17.5	20.2	22.0	21.5
A little bit wrong	7.7	8.7	11.2	12.1
Not wrong at all	3.3	4.7	8.0	8.2