

**Family Background and Health
2007 Arlington Youth Risk Behavior Survey**

Student Background	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
Sex							
Male	52%	47%	56%	52%	53%		
Female	48%	53%	44%	48%	47%		
Race and ethnicity							
American Indian	3%						
Asian	12%						
African-American	14%						
Hispanic or Latino	25%						
Pacific Islander	1%						
White	46%						
Work and School							
Receives mostly B's or A's in school	71%	75%	69%	72%	68%	76%	67%
Agrees, amount of homework is about right	49%	48%	50%	49%	51%	50%	49%
Does 1 or more hours of homework per night	62%	62%	58%	65%	62%	68%	55%
Had a job in past year	66%		59%	58%	81%	70%	62%
Worked 10 or more hours per week	22%		11%	17%	38%	22%	23%
Mother's Education							
Mother has no high school degree	10%	9%	7%	12%	12%	13%	8%
Mother is high school graduate	12%	7%	12%	15%	14%	11%	13%
Mother has some college education	10%	7%	9%	9%	14%	9%	10%
Mother is college graduate or higher	54%	49%	53%	57%	55%	54%	53%
Doesn't know mother's educational level	14%	28%	18%	6%	5%	13%	15%
Family Life							
Lives with both parents	64%	67%	64%	64%	59%	64%	63%
Would discuss serious concerns with parents	55%	78%	50%	49%	42%	57%	54%
Valued by Community							
Agree, in my town, I matter to people	44%	50%	40%	40%	43%	44%	43%
Agree, in my town, adults listen to me	36%	47%	33%	33%	31%	36%	37%
Health and Medical Care							
Health is excellent or very good	66%	66%	67%	65%	65%	64%	68%
Had a physical in the past year	66%	62%	65%	69%	68%	68%	64%
Had a physical; health is poor or fair	45%	51%	32%	50%	47%	51%	39%

Use of Safety Helmets and Belts
2007 Arlington Youth Risk Behavior Survey

Risk Behavior	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Percent of youth who ride bicycles</i>							
Always or most of the time wear helmet	41%	56%	36%	35%	33%	50%	34%
Never or rarely use helmet	49%	32%	53%	56%	59%	39%	56%
<i>Percent of youth who rollerblade or skateboard</i>							
Always or most of the time wear helmet	46%	46%					
<i>Percent of all youth</i>							
Usually wear seat belt	79%	83%	77%	74%	83%	83%	76%
Never or rarely use safety belts	9%	7%	10%	11%	7%	7%	11%

Victimization and Bullying
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Victimization and Bullying	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Victimization</i>							
Missed school due to safety concerns	6%	6%	5%	8%	4%	3%	8%
Threatened or injured with weapon at school	7%	na	8%	9%	4%	3%	10%
Victim of property crime at school	26%	22%	31%	30%	23%	22%	30%
Physically hurt by boyfriend or girlfriend	9%	na	8%	11%	7%	8%	11%
Forced to have sexual intercourse	8%	na	6%	10%	9%	9%	10%
<i>Bullying</i>							
Victim of bullying, past 12 months	20%	23%	27%	18%	12%	20%	20%
Victim of bullying at school, past year	18%	22%	25%	16%	10%	17%	19%
Bullying is serious problem at school	23%	26%	26%	20%	20%	24%	23%
Bullying is serious problem in neighborhood	12%	15%	12%	11%	9%	11%	12%
Adults try to help if told	64%	68%	64%	58%	66%	68%	61%
Adults think bullying is a small problem	28%	22%	28%	29%	33%	26%	30%

na indicates that the questionnaire for sixth grade students did not contain the corresponding question

In those cases, the female / male comparison is for *high school students* only (i.e grades 10 and 12)

However, the statistic for "all" students is based on responses for 8th, 10th and 12th grade students

Weapons and Fighting
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Weapons and Fighting	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Weapons</i>							
Carried a weapon, past 30 days	15%	12%	14%	18%	15%	7%	22%
Carried a gun, past 30 days	6%	na	6%	8%	4%	1%	10%
Carried a weapon to school, past 30 days	8%	na	5%	10%	8%	4%	11%
<i>Fighting</i>							
In a physical fight, past 12 months	28%	30%	34%	28%	20%	17%	38%
Injured in a physical fight, past 12 months	6%	na	7%	8%	4%	3%	9%
In a physical fight at school, past 12 months	14%	na	18%	14%	8%	6%	20%

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**Depressive Symptoms and Suicidal Thoughts
2007 Arlington Youth Risk Behavior Survey**

Risk Behavior Related to Depressive Symptoms and Suicidal Thoughts	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
Sad or hopeless for 2 or more weeks	22%	15%	21%	21%	30%	25%	18%
Seriously considered suicide, past 12 months	11%	8%	11%	13%	13%	13%	10%
Made a plan to commit suicide, past 12 months	9%	7%	8%	9%	10%	9%	8%
Attempted suicide, past 12 months	6%	6%	7%	9%	4%	6%	7%
More than one attempt, past 12 months	3%	2%	3%	4%	2%	2%	3%
Suicide attempt resulted in medical treatment	2%	na	1%	3%	1%	2%	2%

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Tobacco Use
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Tobacco Use	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Percent of all young people</i>							
Ever tried smoking	28%	3%	19%	40%	52%	25%	31%
Current cigarette use (in past 30 days)	13%	2%	6%	18%	25%	9%	16%
Current heavy cigarette use (more than 10 daily)	2%	na	1%	3%	2%	1%	2%
Current cigarette use on school property	7%	na	3%	8%	8%	3%	9%
Current smokeless tobacco use	5%	na	3%	6%	6%	1%	7%
Current cigar use	11%	na	5%	11%	16%	6%	15%
First smoked a cigarette before age 13	9%	3%	10%	12%	10%	6%	11%
Any current tobacco use	20%	na	8%	22%	31%	15%	25%
<i>Percent of young people who currently smoke</i>							
Tried but could not quit smoking	48%	na	48%	47%	49%	44%	51%

na indicates that the questionnaire for sixth grade students did not contain the corresponding question

Alcohol Use
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Alcohol Use	All	By Grade				By Gender	
		6 th	8 th	10 th	12 th	Female	Male
<i>Lifetime and current use</i>							
Ever drank alcohol	44%	10%	32%	58%	78%	43%	45%
Current use, past 30 days	26%	3%	15%	37%	54%	25%	28%
Binge drinking, past 30 days	21%		6%	22%	35%	18%	23%
Current use on school property	8%		4%	10%	8%	6%	9%
<i>Drinking and driving</i>							
Ridden with drinking driver, past 30 days	22%	13%	21%	26%	31%	21%	24%
Drove after drinking alcohol, past 30 days	10%	0%	6%	9%	17%	7%	13%
<i>Age initiated drinking alcohol</i>							
Drank alcohol (other than a few sips) before 13	17%	10%	23%	21%	14%	13%	20%
<i>Beliefs about alcohol</i>							
Most or all young people my age use alcohol	1%	1%					
Agree, alcohol is easy to get	40%	15%	33%	52%	61%	42%	37%
Agree, regular alcohol use risks harm	55%	47%	57%	57%	59%	59%	52%

Illegal Drug Use
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Illegal Drug Use	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
Any use of cigarettes, alcohol, marijuana	50%	14%	39%	66%	83%	48%	53%
<i>Use of marijuana</i>							
Lifetime marijuana use	24%	3%	12%	33%	50%	20%	28%
Current marijuana use	14%	1%	7%	20%	27%	10%	17%
Used marijuana on school property	6%	na	4%	9%	5%	3%	9%
Used marijuana before age 13	6%	2%	6%	8%	7%	3%	8%
<i>Use of inhalants</i>							
Lifetime inhalant use	13%	10%	17%	16%	9%	11%	14%
Current inhalant use	6%	5%	7%	8%	3%	4%	7%
Used inhalants before age 13	8%	10%	10%	7%	4%	6%	10%
<i>Other illegal drugs</i>							
Lifetime illegal steroid use	5%	na	4%	7%	3%	2%	6%
Lifetime ecstasy use	8%	na	4%	10%	9%	5%	10%
Any other lifetime illegal drug use ²	9%	3%	5%	12%	15%	6%	11%
Any illegal drug use***	32%	13%	24%	41%	54%	28%	36%
Offered or sold drugs at school	13%	3%	7%	22%	22%	11%	15%

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**Nutrition and Weight Management
2007 Arlington Youth Risk Behavior Survey**

Risk Behavior Related to Nutrition and Weight	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Nutrition</i>							
No glasses of milk in past week	16%	12%	14%	17%	19%	17%	14%
3 or more glasses of milk per day	19%	30%	20%	15%	12%	16%	22%
No fruit in the past week	10%	8%	8%	12%	13%	8%	13%
Less than 1 serving per day of fruit	51%	38%	51%	53%	62%	49%	52%
Less than 1 serving per day of fruit juice	63%	59%	60%	64%	69%	65%	60%
No more than 1 serving per day of soda	86%	90%	86%	83%	85%	90%	83%
Two or more servings of soda per day	14%	10%	14%	17%	15%	10%	17%
5 + daily servings ² fruits or vegetables	33%	na	38%	36%	26%	32%	34%
<i>Weight</i>							
Describes self as overweight	24%	23%	25%	25%	25%	27%	22%
Trying to lose weight	44%	43%	46%	43%	43%	53%	35%
Overweight (based on BMI)	9%	10%	11%	7%	9%	8%	10%
At risk for overweight (BMI)	14%	14%	13%	18%	11%	13%	15%
<i>Methods used to lose weight</i>							
Exercise	58%	60%	59%	58%	56%	62%	55%
Consuming fewer calories	38%	36%	37%	38%	40%	45%	31%
Fasting	9%	9%	9%	9%	7%	9%	8%
Diet pills or powders without a doctor's advice	4%	3%	4%	5%	6%	4%	5%
Vomiting or using laxatives	5%	5%	4%	8%	5%	6%	5%
Any unhealthy method of weight loss	13%	13%	11%	15%	12%	14%	12%

Sexual Activity
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Sexual Activity	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Percent of all young people</i>							
Ever had sexual intercourse	32%		12%	32%	52%	10%	14%
More than one lifetime sexual partner	21%		9%	21%	33%	7%	11%
Four or more lifetime sexual partners	8%		3%	9%	13%	2%	4%
Currently sexually active (past 3 months)	22%		7%	20%	37%	5%	9%
Ever gotten (someone) pregnant	6%		2%	8%	9%	1%	2%
First sexual intercourse before age 13	7%		6%	8%	6%	3%	8%
Responsible sexual behavior (Not active or active and used condom)	91%		97%	92%	84%	97%	98%
<i>Percent of young people who ever had sex</i>							
Use of condom, last time had sex	63%		59%	66%	62%	54%	68%
<i>Percent of sexually active young people</i>							
Used a condom, last time had sex	59%		59%	63%	57%	38%	70%
Used reliable birth control, last time had sex	71%		63%	63%	78%	50%	69%

Notes: Virginia state law forbids asking youth in 6th grade about sexual activity.

**Exercise and Physical Education
2007 Arlington Youth Risk Behavior Survey**

Risk Behavior Related to Exercise	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
<i>Exercise Patterns</i>							
Meets previous recommended levels of exercise	63%		66%	65%	57%	59%	67%
Meets currently recommended levels of exercise	40%	48%	37%	40%	33%	36%	43%
Strength training, 3 times weekly or more	47%		52%	49%	39%	41%	52%
Plays on at least one sports team	63%	68%	69%	62%	55%	59%	67%
Watches TV for 2 hours or less per school day	71%	76%	67%	69%	72%	74%	68%
Plays video or computer games for 2 hours or less per school day	78%	87%	76%	73%	74%	82%	74%
Less than 2 hours of "screen" time per school day	43%	59%	36%	38%	37%	49%	38%
<i>PE Class Attendance</i>							
Enrolled in a P.E. class	66%		94%	90%	13%	65%	66%
Attended P.E. daily	41%		76%	43%	5%	41%	41%
<i>Percent of young people enrolled in PE class**</i>							
Exercised 20 minutes or more in PE class	74%		78%	72%	61%	71%	77%

Gang Membership and Attitudes
2007 Arlington Youth Risk Behavior Survey

Risk Behavior Related to Gang membership and Attitudes	All	By Grade				By Gender	
		6th	8th	10th	12th	Female	Male
Member of a gang, past 12 months	7%	6%	8%	10%	3%	4%	9%
Friends in a gang, past 12 months	26%	13%	32%	31%	28%	24%	27%
Gang members in neighborhood or school	31%	16%	33%	39%	38%	30%	32%
Safer in a gang	7%	6%	7%	8%	5%	4%	9%
Likely to get hurt or in trouble	74%	78%	69%	68%	80%	79%	69%