

Chartbook of Statistics

2004 Youth Risk Behavior Survey, Arlington County, VA

A compendium of over 100 statistics on the health-related experiences, behaviors, and attitudes of youth enrolled in Arlington's public secondary schools.

1 November 2004

Amy E. Graham, Data Coordinator
[Partnership for Children, Youth and Families](#)
3033 Wilson Blvd., Suite 600A
Arlington VA 22201
(703) 228-1668

Skip Camp, Director of Research
Camp and Associates, LLC
6701 Democracy Blvd., Suite 300
Bethesda MD 20817
(301) 657-8426

OVERVIEW

The Youth Risk Behavior Survey (YRBS) provides a wealth of information on the health-related experiences, behaviors, and attitudes of youth enrolled in Arlington’s public secondary schools. This chartbook begins with a quick look at how many youth are “risk-free”; that is, don’t report any of ten common risk

behaviors. Next, we summarize findings for 25 key indicators of health risk, focusing on current behaviors (i.e. occurring within the past month to past year). Then we turn to findings in each major area: safety practices, fighting and violence, bullying and victimization, gang activity, depressive symptoms and thoughts of suicide, use

of substances, sexual behaviors, diet, weight and exercise. Finally, we present detailed data for each area: findings from the most recent survey, comparisons with the previous survey, and differences between Arlington youth and their peers nationwide. This document also appears on the Web at: www.arlingtonpartnershipforyouth.org.

RISK-FREE YOUTH

Most young people completing the survey reported one or more risk behaviors. When we examined data on ten common risk behaviors (see box), we found that few youth are “risk-free”, even among the youngest students in our sample:

- About one in four young people in 6th grade were risk-free.
- About one in five young people in 8th and 10th grade were risk-free.
- Only about one in ten young people in 12th grade were risk-free.

Among middle school youth, girls are more likely than boys to be “risk-free” – probably due to the high frequency of fighting among middle school boys – but this advantage disappears in high school. Among 10th and 12th grade youth, 14 percent of both girls and boys were “risk-free.”

What about the young people who are not risk-free? How many risk behaviors do they report? Among middle school youth, about half reported two or more of the selected risk

behaviors. Among high school youth, over 60 percent reported two or more of these behaviors.

TEN COMMON RISK BEHAVIORS

- ✓ Cigarette smoking
- ✓ Alcohol use
- ✓ Marijuana use
- ✓ Inhalant use
- ✓ Fighting
- ✓ Persistent signs of depression
- ✓ Lack of exercise
- ✓ Excessive television
- ✓ Unhealthy weight loss methods
- ✓ Irresponsible sexual intercourse

FINDINGS FOR 25 KEY INDICATORS

This section gives a quick “snapshot” of risk behaviors among Arlington youth, by examining findings for 25 health-related experiences and behaviors (see table below).

- **How common are these risk behaviors?** The percent of youth who reported these risk behaviors ranged from only eight percent (for seldom wearing seat belts) to 83 percent (for inadequate milk consumption). For 13 behaviors, thirty percent or more of youth engaged in the activity.
- **At what age(s) are risk behaviors most common?** For 12 of the 25 risk behaviors, older youth are more likely to report a risk behavior than younger ones. Younger students are more likely to report seven behaviors, including fighting, using inhalants, being a victim of bullying, and gang membership. A few show no significant difference by grade level. *Note that this finding is based on a comparison of the rate for 6th and 10th grade students (for risk behaviors measured in all four grades) or by comparing rates for 10th and 12th grade students (for behaviors measured only among high school students.)*
- **Are risk behaviors more common among boys or girls?** For 9 of these 25 indicators, there is no difference in the percent of boys and the percent of girls who report the behavior. For example, girls and boys were equally likely to report using alcohol in the month before the survey. Where there is a difference, boys are usually more likely (for 11 risk behaviors) to report the activity. What risk behaviors are more common among girls? Girls are more likely to report feeling sad or hopeless, (partner) not using a condom, inadequate milk consumption, insufficient exercise, and insufficient vigorous exercise.
- **Are risk behaviors decreasing?** There have been few changes in risk behaviors since 2001 and even those are usually specific to youth in one or two grades. Four of these risk behaviors decreased: never or rarely using a seat belt among 6th graders, damaged or stolen property for 6th and 8th grade students, excessive television watching for 6th grade students, and riding with a drinking driver among 6th and 8th grade students. Four risk behaviors increased, all among 10th grade students: binge drinking, marijuana use, inhalant use, and insufficient vigorous exercise.
- **What new information do we have from this year’s survey?** This set includes five new behaviors. One in four young people report being the victim of bullying. One in three report having a friend in a gang. Ten percent of youth in 10th and 12th grade have tried ecstasy. Thirty-eight percent of high school youth reported insufficient exercise. And finally, 28 percent are either overweight or at risk for overweight (given their age and sex.) *Note: these are a selection of the new indicators available from the 2004 YRBS.*

25 Key Indicators from the 2004 Youth Risk Behavior Survey, Arlington VA

A. Risk behavior <i>(Behaviors in italics are new in 2004)</i>	B. Percent of youth	C. Are older (or younger) youth more likely to report risk behavior ¹ ?	D. Are boys (or girls) more likely to report this risk behavior?	E. Has there been a large change in this risk behavior since 2001?
Rarely / never use seat belt	8		Boys	↓ (6th)
Rarely/ never use bike helmet	54	Older	Boys	
Carried a weapon, past month	16		Boys	
In a fight, past year	33	Younger	Boys	
Had things stolen or damaged at school	31	Younger		↓ (6th & 8th)
<i>Victim of bullying</i>	23	Younger		No data in 2001
Member of a gang	10	Younger	Boys	↑ (10th)
<i>Friends in a gang</i>	33		Boys	No data in 2001
Felt sad or hopeless for 2 or more weeks	31	Older	Girls	
Attempted suicide, past year	9			
Current smoker	17	Older	Boys	
Current use of alcohol	31	Older		
Binge drinking (high school only)	29	Older	Boys	↑(10th)
Rode with a drinking driver	24	Older	Boys	↓ (6th & 8th)
Used marijuana, past month	15	Older	Boys	
Used inhalants, past month	8	Younger		↑ (10th)
<i>Used ecstasy, ever (high school only)</i>	10			No data in 2001
<i>Currently sexually active (high school only)</i>	30	Older		
Did not use a condom last time	34	Younger	Girls	
Inadequate milk consumption	83	Older	Girls	
Inadequate fruits and vegetables	72	Older		
Insufficient vigorous exercise	36	Older	Girls	↑(10th)
<i>Insufficient exercise (high school only)</i>	38	Older	Girls	No data in 2001
<i>Overweight or at risk (BMI)</i>	28	Younger	Boys	No data in 2001
Excessive t.v. on school days	36			↓ (6th)

FINDINGS FOR SPECIFIC RISK BEHAVIORS

This section contains highlights from each section of the 2004 YRBS. The data on which these conclusions are

based may be found in the charts and graphs that follow. When possible, comparisons are made with the results

of the previous survey (done in 2001) and with peers nationwide in the 10th and 12th grades.

Safety Belts and Helmets

- Seat belt use represents a true success story: rates are high across all grades, have improved since 2001, and are greater than national averages.
- Helmet use among youth who skateboard, bike or rollerblade is a concern. Few youth (about one-third) wear helmets and there's been no improvement since 2001.
- Girls are more likely than boys to wear helmets and seatbelts.

Weapons and Fighting

- About one-third of youth got into a fight in the past year and sixteen percent carried a weapon. However, both behaviors are far more common in boys – almost one half report fighting and one in four report carrying a weapon.
- There has been little change in these behaviors since 2001 and levels remain similar to those reported by their 10th and 12th grade peers nationwide. However, there has been a significant increase in carrying guns among 12th grade youth. (Increases in three other measures were nearly significant.)

Victimization and Bullying

- The most common forms of victimization (among those included in the survey) are having property deliberately stolen or damaged at school (one in three young people) and being the victim of a bully (one in five youth).
- Boys and girls are about equally likely to report bullying or stolen or damaged property at school.
- Victimization tends to decrease among older youth.

Gang Activity and Attitudes

- Few students report being in gangs but the percentage has increased since 2001, especially among 10th grade students.
- One half to one-third of youth report having a friend in a gang or having gang members at school or in the neighborhood.
- Attitudes towards gang membership are generally negative. Boys have somewhat less negative attitudes and are twice as likely to belong to a gang.

Depressive Symptoms and Suicidal Intentions

- About one-third of young people reported prolonged feelings of sadness or hopelessness.
- Like their peers nationwide, girls in Arlington are more likely than boys to report depressive symptoms.
- Depressive symptoms increase steadily by grade, with youth in 10th and 12th grade significantly more likely to report these symptoms. In contrast, suicide attempts peak between 8th and 10th grade.
- More than half of those who have attempted suicide have made more than one attempt.

Use of Tobacco

- Smoking increases with age and, among Arlington youth, is more common among boys.
- Since 2001, fewer youth in 6th and 10th grades have *ever* tried smoking.
- Arlington youth use tobacco at about the same rates as their peers nationwide.

Use of Alcohol

- Alcohol is the most common illicit substance used by Arlington youth. Nearly ¼ of 6th grade youth have tried alcohol. Half of 12th grade students drink.
- Boys and girls are equally likely to use alcohol, although girls are significantly less likely to drink and drive or to binge drink.
- There has been a significant increase in binge drinking among students in 10th grade since 2001 and a nearly-significant increase in current drinking.

- Young people drink despite agreeing that alcohol can cause serious problems in their lives.
- Young people in Arlington are as likely to use alcohol as their peers nationwide.

Illegal Drug Use

- Marijuana use *increases* and inhalant use *decreases* with age. 25 percent of youth in 12th grade currently use pot. 12 percent of 6th grade youth use inhalants.
- Young men are much more likely to use marijuana than young women.
- Drug use remains largely unchanged since 2001. However, steroid use among 10th grade students and inhalant use among 8th grade students increased.
- Use of illegal drugs by Arlington youth in high school is similar to use by their peers nationwide.

Sexual Behaviors

- Few young adolescents in 6th or 8th grade report sexual intercourse. But by 12th grade, half of youth have had intercourse (although not necessarily voluntarily.)
- While most sexually active youth report using birth control, 20 percent do not and one-third did not use a condom – the only method that protects against sexually transmitted diseases. Most sexually active youth have had more than one partner.
- While older youth are less likely to report being sexually active than their peers nationwide, there has been no improvement since 2001 in condom use or unintended pregnancies.

Diet and Weight Management

- Dietary practices are poor (as they were in 2001) with fewer than 20 percent of young people getting enough milk and fewer than 30 percent getting enough fruits and vegetables.
- Under one-third (29 percent) of youth describe themselves as overweight. These perceptions are not totally misguided. According to Body Mass Index (BMI) criteria, specific to a child's age and sex, 28 percent are either overweight or at risk for overweight
- More worrisome is the disconnect between perceived weight and attempts to lose weight. Over half of girls are trying to lose weight (largely through restricting eating) despite the fact that only 23 percent are overweight or at risk for overweight by BMI criteria.
- For youth in 10th and 12th grades, rates of overweight and perceptions of overweight are about the same as rates reported by their peers nationwide.

Exercise

- About two-thirds of youth report regular, vigorous exercise. This figure falls dramatically in 12th grade. Less than half of older youth do strengthening exercises such as sit-ups or weight lifting.
- The drop in vigorous exercise mirrors a drop in participation in PE classes. (Most students in Arlington Public Schools finish the required PE classes by the end of 10th grade.)
- While it's possible that older youth lack the time to exercise, the vast majority watch at least an hour of television on a typical school day.

Risk Behaviors on School Property

- Risk behaviors are less common on school property than those same behaviors overall. Girls are less likely to engage in risk behaviors on school property than boys, with the exception of alcohol use.
- Risk behaviors on school property have changed little since 2001. Rates among 10th and 12th grade youth are similar to their peers nationwide. One exception is alcohol use on school property by 10th grade students, which is more likely for Arlington youth.
- Since 2001, fewer youth report being offered or sold drugs at school and avoiding school due to safety concerns.

Overall Conclusions

- Few youth are risk-free. While the particular risk behavior may be different for girls and boys or for younger and older youth, most struggle with at least one of these threats to their health.
- Most risk behaviors increase with age but fighting and using inhalants are more common among the middle school students.
- There have been few changes in risk behaviors since 2001. But, among older youth, where significant changes that have taken place, risk behaviors have worsened. Among middle school youth, several changes represent reductions in risk behaviors.
- Among older youth, rates of risk behaviors in Arlington tend to be lower than rates nationwide, especially for the 10th grade students. By 12th grade, the Arlington rates are closer to the national ones.

METHODS OF DATA COLLECTION

- **How were the data collected?** The data come from a self-report survey of students enrolled in grades 6, 8 10 and 12 in Arlington Public Schools. Youth in grades 6, 8 and 10 filled out the survey in physical education or health classes. Youth in 12th grade completed the survey in government class. The sample was constructed by creating a list of all eligible class sections and drawing a random sample of those sections. All students enrolled in one of the chosen sections were asked to complete a questionnaire. Parents were informed of the survey and given both an opportunity to review the questions and to opt out of the process.
- **How many students participated in the survey?** In 2004, about 2500 students completed the YRBS. That number represents 80 percent of the 1,618 high school students and 88 percent of the 1,439 middle school students selected for the survey. Parents opted out three percent of students. The remaining nonre-sponse was largely due to students absences.
- **How accurate are the data?** All data gathered from a sample of a larger group or population are subject to some random error. That means when we compare results for different groups of students, (for example, comparing the percent of 6th grade and 10th grade students who smoke), the observed difference may simply be due to chance (i.e. the sample happened to include a lot of smokers in one grade) and not true differences in behavior. We can calculate the size of the confidence interval for each estimate. That is, for each number presented here, we know with 95 percent certainty that the “real” number lies in a particular range. Once we know that range, we can calculate whether differences between two estimates are significant or not. The text in this document highlights only statistically significant changes.
- **Did students answer truthfully, particularly those “sensitive” questions?** Some questions in the YRBS ask young people to report on their participation in illegal or inappropriate activities. To help ensure youth answer honestly, the questionnaire is anonymous – no names or identifying information are provided. In addition, the surveys were completed in classrooms under testing conditions. We believe these conditions give young people enough privacy to answer honestly. Indeed the results show, for example, that over half of high school seniors were willing to admit to using alcohol in the previous month. And many of the patterns make sense and correspond to what health practitioners know first-hand – for example, that middle school students are more likely to get into fights and high school students are more likely to use alcohol.
- **How do I get more information?** If you can’t find something in this Chartbook, contact Amy Graham, Data Coordinator, at 703-228-1668 or by Email at agraha@arlingtonva.us.

DETAILED DATA TABLES
2004 YOUTH RISK BEHAVIOR SURVEY, ARLINGTON VA

Contents:

	Page
Use of Safety Belts and Helmets	9
Weapons and Fighting	11
Victimization and Bullying	13
Gang Activity and Attitudes	16
Depressive Symptoms and Suicidal Intentions	18
Use of Tobacco	20
Use of Alcohol	22
Illegal Drug Use	25
Sexual Behaviors	28
Diet and Weight Management	31
Exercise and Physical Education	34
Risk Behaviors on School Property	37
Survey Background	40

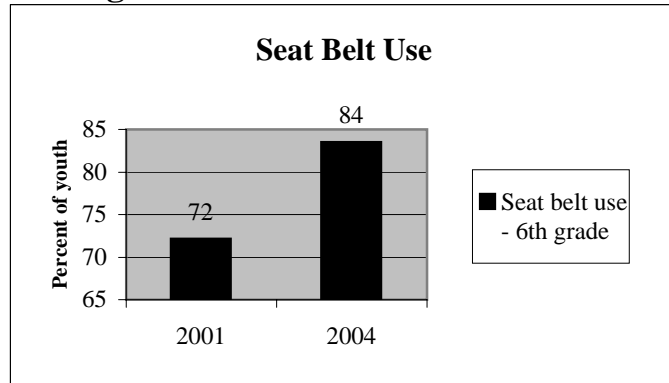
Use of Safety Belts and Helmets Key Findings from the YRBS

Risk Behaviors Related to Use of Safety Helmets and Belts	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Youth who ride bicycles</i>							
Always or most of the time wear helmet	36	49	33	35	25	29	44
Never or rarely use helmet	54	40	54	58	67	61	45
<i>Youth who rollerblade or skateboard</i>							
Always or most of the time wear helmet	34	38	29			32	36
<i>All youth</i>							
Seat belt use	80	84	77	76	82	76	83
Never or rarely use safety belts	8	6	9	10	8	10	6

Key Points:

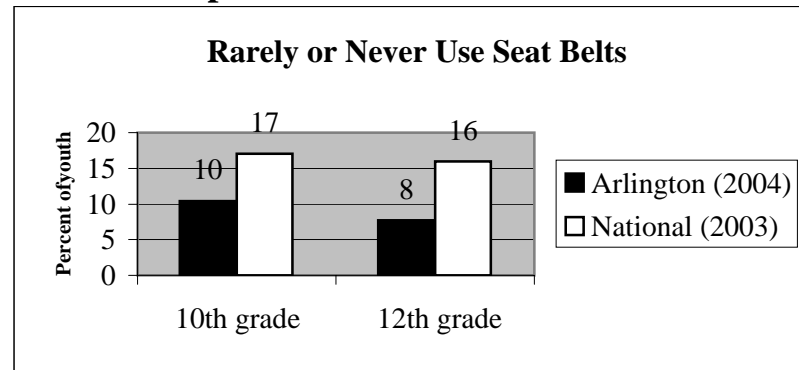
1. Eighty percent of youth consistently wear seat belts.
2. Use of helmets is much lower than use of seat belts. Just over one third of those who participate in rollerblading, skateboarding or bicycling consistently wear a helmet.
3. Use of safety belts and helmets tends to fall as grade level increases. One exception is seatbelt use, which decreases from 6th through 10th grade, then increases in 12th grade.
4. Girls report significantly higher use of both seat belts and bike helmets.

Changes in Risk Behaviors: 2001 to 2004



5. Between 2001 and 2004, seat belt use significantly increased among students in 6th grade.

Comparisons with Peers Nationwide



6. Arlington youth are significantly more likely to wear seat belts and bike helmets (less likely to never or rarely use them) than their peers nationwide.

**Use of Safety Helmets and Belts
Current and Comparative Data**

Risk Behaviors Related to Use of Safety Helmets and Belts	% in Arlington County, March 2004							% in Arlington County June 2001						% in National YRBS 2003		
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th
<i>Youth who ride bicycles</i>																
Always or most of the time wear helmet	36	49	33	35	25	29	44	44	40	29	20					
Never or rarely use helmet	54	40	54	58	67	61	45	45	50	61	75			87	87	86
<i>Youth who rollerblade or skateboard</i>																
Always or most of the time wear helmet	34	38	29			32	36	40	28							
<i>All youth</i>																
Seat belt use	80	84	77	76	82	76	83	72	73	80	76	76	81			
Never or rarely use safety belts	8	6	9	10	8	10	6	12	13	7	12	10	7	17	16	18

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

When you rode a bicycle during the past 12 months, how often did you wear a helmet?

When you went rollerblading or skateboarding during the past 12 months, how often did you wear a helmet?

How often do you wear a seat belt when riding in a car driven by someone else?

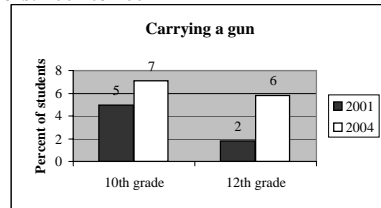
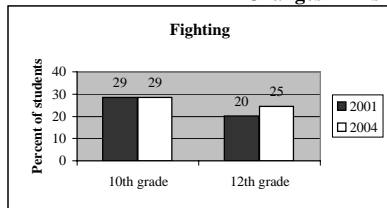
Weapons and Fighting Key Findings from the YRBS

Risk Behaviors Related to Weapons and Fighting	% in Arlington County, March 2004						
	All	6th	8th	10th	12th	Male	Female
<i>Weapons</i>							
Carried a weapon, past 30 days	16	12	18	18	16	24	8
Carried a gun, past 30 days	6			7	6	10	2
Carried a weapon to school, past 30 days	10			11	10	16	4
<i>Fighting</i>							
In a physical fight, past 12 months	33	37	43	29	25	45	21
Injured in a physical fight, past 12 months	5			7	4	8	2
In a physical fight at school, past 12 months	12			14	9	17	6

Key Points:

- Sixteen percent of youth had carried a weapon in the past month. Far fewer reported carrying a gun or taking a weapon to school.
- One third of young people reported getting into a fight. Far fewer reported injuries due to a fight or fighting at school.
- Boys are two to five times more likely to report these behaviors than girls.
- Middle school youth are significantly more likely to report fighting than older

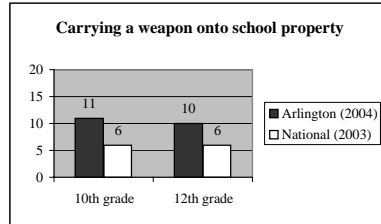
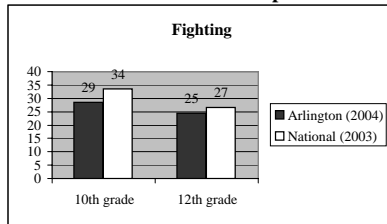
Changes in Risk Behaviors: 2001 to 2004



Key Points:

- Since 2001, the percent of young people who were in a fight changed little.
- However, the percent of youth reporting most behaviors related to weapons increased, with a significant increase in the percent of students in 12th grade who carried a gun. (Other increases are nearly significant.)

Comparisons with Peers Nationwide



Key Points:

- The percent of Arlington youth engaged in fighting or carrying weapons was about the same as the percent nationwide.
- The exception is the percent carrying a weapon onto school property. This figure was significantly higher for Arlington youth in 10th grade in 2004 than it was for 10th grade youth nationwide in 2003.

Weapons and Fighting Current and Comparative Data

Risk Behavior Related to Weapons and Fighting	% in Arlington County, March 2004							% in Arlington County, June 2001						% in National YRBS, 2003					
	All	6 th	8 th	10 th	12 th	Male	Female	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th	Male ¹	Female ¹	
<i>Weapons</i>																			
Carried a weapon, past 30 days	16	12	18	18	16	24	8			12	11	15	10	16	16	17	27	7	
Carried a gun, past 30 days	6			7	6	10	2			5	2			6	6	6	10	2	
Carried a weapon to school, past 30 days	10			11	10	16	4			7	6			6	6	6	9	3	
<i>Fighting</i>																			
In a physical fight, past 12 months	33	37	43	29	25	45	21			29	20	17	5	34	27	33	41	25	
Injured in a physical fight, past 12 months	5			7	4	8	2			6	2			4	3	4	6	3	
In a physical fight at school, past 12 months	12			14	9	17	6			16	5			13	7	13	17	8	

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

During the past 30 days,

.....on how many days did you carry a weapon such as a gun, knife, or club?

.....on how many days did you carry a gun?(*High school only*)

.....on how many days did you carry a weapon such as a gun, knife, or club on school property(*High school only*)

During the past 12 months

.....how many times were you in a physical fight?

.....how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

.....how many times were you in a physical fight on school property(*High school only*)

Victimization and Bullying Key Findings from the YRBS

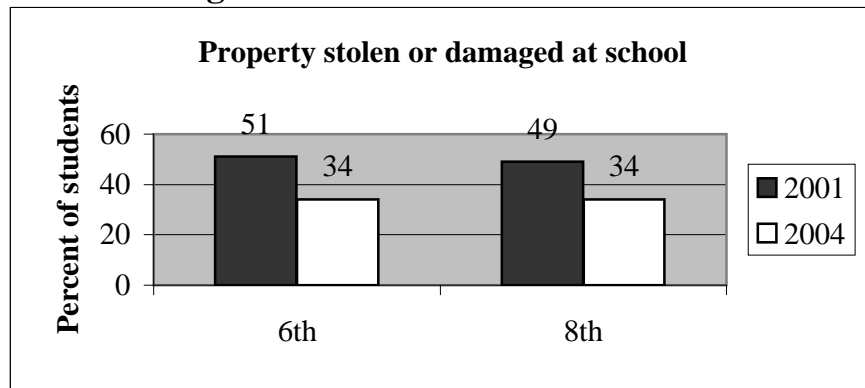
Risk Behaviors Related to Victimization and Bullying	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Victimization</i>							
Victim of property crime at school	31	34	34	30	24	32	29
Threatened or injured with weapon at school	8			11	5	13	2
Missed school due to safety concerns	7	10	6	7	5	8	5
Physically hurt by boyfriend or girlfriend	8			7	9	9	8
Forced to have sexual intercourse	10			9	10	8	12
<i>Bullying</i>							
Victim of bullying, past 12 months	23	33	28	20	13	23	23
Bullying is serious problem at school	28	35	31	26	19	26	29
Bullying is serious problem in neighborhood	11	13	11	12	8	12	10
Adults try to help if told	65	70	65	61	63	61	68
Adults think bullying is a small problem	31	25	31	30	38	33	29

Key Points:

1. The most common form of victimization (among those included in the survey) is deliberately damaged or stolen property at school, reported by nearly one-third of youth. About one in five youth reported being the victim of bullying in the previous year. About ten percent or less of youth reported the other forms of victimization.
2. The percent of youth reporting three behaviors (property crime victimization, missing school due to safety concerns, and bullying victim) all decreased significantly as grade of student increased from 6th to 12th.
3. Boys were more likely to report threats and injuries at school and missing school due to safety concerns. Girls were more likely to report being forced to have intercourse. Boys and girls were equally likely to report being the victim of bullying and to have property stolen or damaged at school.
4. Most young people think adults treat bullying as a serious issue. But older youth are less likely to think that adults will help with bullying and more likely to think that adults will dismiss it as a problem. Girls are more likely to think adults will help if told about bullying.

Victimization and Bullying Key Findings from the YRBS

Changes in Risk Behaviors: 2001 to 2004



Key Points:

5. A significantly lower percentage of youth in 6th and 8th grades reported having property stolen or damaged in school.
6. Note that there are no comparative data from 2001 or the nation on questions related to bullying.

Victimization and Bullying Current and Comparative Data

Risk Behavior Related to Victimization and Bullying	% in Arlington County, March 2004							% in Arlington County, June 2001				% in National YRBS, 2003				
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	10 th	12 th	9 th -12 th	Male ¹	Female ¹
<i>Victimization</i>																
Victim of property crime at school	31	34	34	30	24	32	29	51	49	36	29	31	24	30	33	26
Threatened or injured with weapon at school	8			11	5	13	2			6	3	9	6	9	12	7
Missed school due to safety concerns	7	10	6	7	5	8	5			5	5	5	4	5	6	5
Physically hurt by boyfriend or girlfriend	8			7	9	9	8			9	11	9	10	9	9	9
Forced to have sexual intercourse	10			9	10	8	12			7	11	9	9	9	6	12
<i>Bullying</i>																
Victim of bullying, past 12 months	23	33	28	20	13	23	23									
Bullying is serious problem at school	28	35	31	26	19	26	29									
Bullying is serious problem in neighborhood	11	13	11	12	8	12	10									
Adults try to help if told	65	70	65	61	63	61	68									
Adults think bullying is a small problem	31	25	31	30	38	33	29									

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

High school and middle school

In the past 12 months, have you been bullied by another young person

(Agreement) Bullying is a serious problem in my school

(Agreement) Bullying is a serious problem in my neighborhood

(Agreement) If I tell a parent, teacher or other adult about being bullied, they will try to help me stop

(Agreement) Most adults in this community think bullying is only a small problem

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

During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing or books on school property

High school only

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

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

Have you ever been physically forced to have sexual intercourse when you did not want to

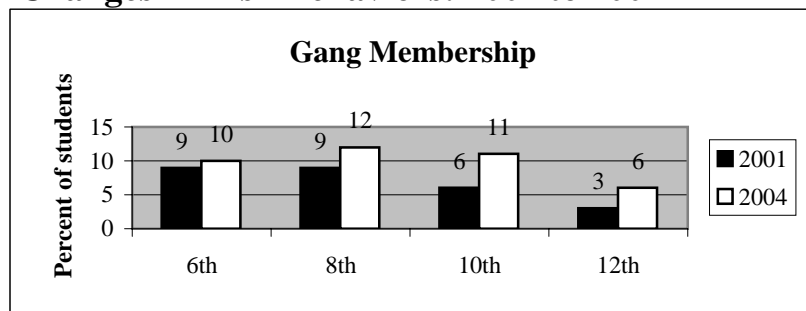
Gang Activity and Attitudes Key Findings from the YRBS

Risk Behaviors Related to Gang Activity and Attitudes	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹
Member of a gang, past 12 months	10	10	12	11	6	13	6
Friends in a gang, past 12 months	33	24	43	40	27	36	31
Gang members in neighborhood or school	49	43	64	51	41	52	46
Safer in a gang	10	9	10	0	0	11	8
Likely to get hurt or in trouble	71	74	68	0	0	68	74

Key Points:

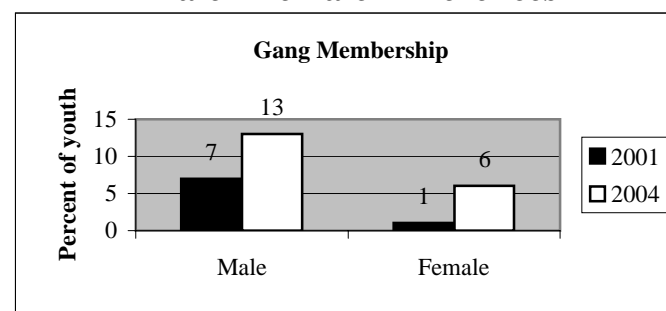
1. About 10 percent of Arlington youth (in the grades surveyed) reported being in a gang. Only about 6 percent of youth in 12th grade reported being in a gang; compared to ten to 12 percent of those in lower grades.
2. Girls are much less likely to be in a gang. Only 6 percent of girls reported being in a gang, compared to 13 percent of boys.
3. About one-third of young people report having a friend who is in a gang; one half report having gang members at school or in the neighborhood.
4. Few students in 6th and 8th grade thought being in a gang would make you safer; most agreed you would be more likely to get hurt or in trouble.

Changes in Risk Behaviors: 2001 to 2004



6. Gang membership appeared to increase at each grade level. However, only the change among 10th grades tudents was large enough to be sure that it has increased.

Male - Female Differences



7. In both 2001 and 2004, girls were significantly less likely to report belonging to a gang. However, the percent of girls reporting that they belonged to a gang increased significantly.

Gang Activity and Attitudes Current and Comparative Data

Risk Behaviors Related to Gang activity and attitudes	% in Arlington County, March 2004							% in Arlington County, June 2001					
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	Male ¹	Female ¹
Member of a gang, past 12 months	10	10	12	11	6	13	6	9	9	6	3	7	1
Friends in a gang, past 12 months	33	24	43	40	27	36	31						
Gang members in neighborhood or school	49	43	64	51	41	52	46						
Safer in a gang	10	9	10			11	8						
Likely to get hurt or in trouble	71	74	68			68	74						

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

During the past 12 months, have you been a member of a gang?

During the past 12 months, did you have friends who were members of a gang?

During the past 12 months, were there gang members either in your school or in your neighborhood?

(Agreement with): You are safer and have protection if you join a gang *(Middle school only)*

(Agreement with): Being in a gang makes it more likely that you will get into trouble or get hurt *(Middle school only)*

Depressive Symptoms and Suicidal Intentions

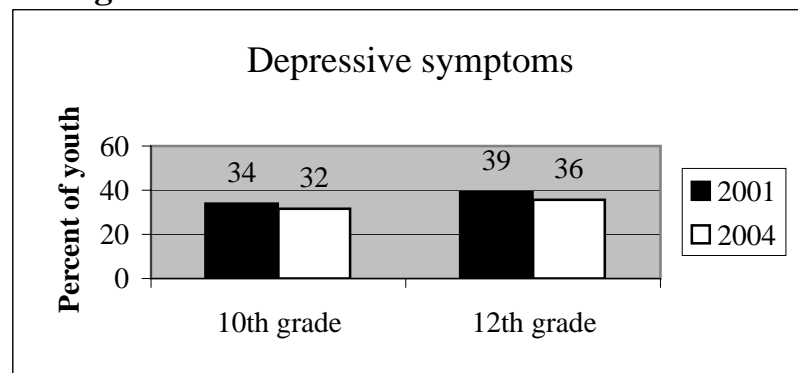
Key Findings from the YRBS

Risk Behaviors Relating to Depressive symptoms and suicidal intentions	% in Arlington County 2004						
	All	6th	8th	10th	12th	Male	Female
Sad or hopeless for 2 or more weeks	31	25	30	32	36	24	36
Seriously considered suicide, past 12 months	17	14	19	18	18	13	21
Made a plan to commit suicide, past 12 months	13	10	15	14	13	10	15
Attempted suicide, past 12 months	9	8	13	10	7	8	10
More than one attempt, past 12 months	5	2	6	6	3	4	5
Suicide attempt resulted in medical treatment	2	0	0	3	1	1	2

Key Points:

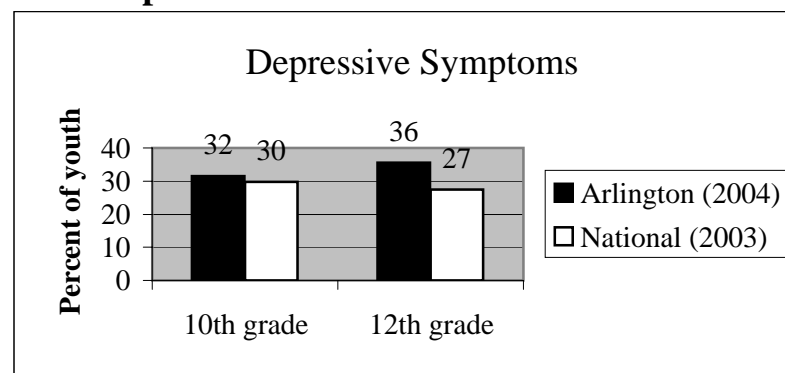
1. Just under one-third of youth report depressive symptoms and just under 10 percent reported at least one suicide attempt.
2. Girls are more significantly more likely than boys to report depressive symptoms (36 percent compared to 24 percent). Older youth are more likely to report these symptoms (for example, 36 percent of students in 12th grade but only 25 percent of those in 6th grade.)
3. Young people in 8th grade are significantly *more* likely to attempt suicide
4. About half of those attempting suicide made multiple suicide attempts.

Changes in Risk Behaviors: 2001 and 2004



5. The percent of youth reporting depressive symptoms did not change significantly between 2001 and 2004.

Comparisons with Peers Nationwide



6. Young people in 12th grade are more likely to report depressive symptoms than their peers nationwide.

Depressive Symptoms and Suicidal Intentions Current and Comparative Data

Risk Behavior Relating to Depressive symptoms and suicidal intentions	% in Arlington County 2004							% in Arlington County 2001				% in National YRBS 2003				
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th	Male ¹	Female ¹
Sad or hopeless for 2 or more weeks	31	25	30	32	36	24	36	34	39	35	40	30	27	29	22	36
Seriously considered suicide, past 12 months	17	14	19	18	18	13	21	20	17			18	16	17	13	21
Made a plan to commit suicide, past 12 months	13	10	15	14	13	10	15	18	14			16	15	17	14	19
Attempted suicide, past 12 months	9	8	13	10	7	8	10	15	10	14	13	9	6	9	5	12
More than one attempt, past 12 months	5	2	6	6	3	4	5	4	3	3	4					
Suicide attempt resulted in medical treatment	2			3	1	1	2	7	4			3	2	3	2	3

Note :

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions : During the past 12 months,

- ...did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activity?
- ...did you ever seriously consider attempting suicide
- ...did you make a plan about how you would attempt suicide
- ...how many times did you actually attempt suicide
- ...if you attempted suicide, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse(*High school only*)

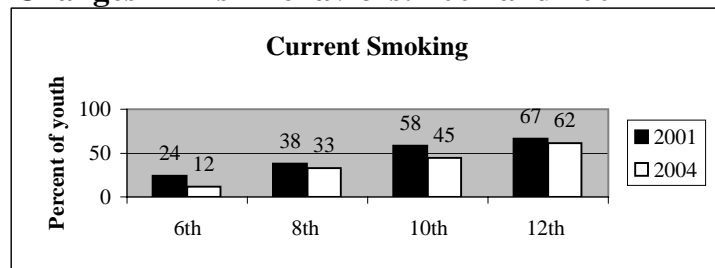
Use of Tobacco Key Findings from the YRBS

Risk Behavior Related to Tobacco Use	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹
<i>Percent of all young people</i>							
Ever tried smoking	38	12	33	45	62	39	37
Current cigarette use (in past 30 days)	17	5	13	21	30	21	14
Current frequent cigarette use (20 or more days)	4	1	2	5	9	5	4
Current heavy cigarette use (10 or more daily)	3			2	4	4	2
Lifetime daily use (ever smoked every day)	0			9	15	0	0
Current smokeless tobacco use	6			7	5	10	1
Current cigar use	15			13	16	21	8
First smoked a cigarette before age 13	13	7	14	14	15	14	11
Any tobacco use				26	36	38	24
<i>Percent of young people who currently smoke</i>							
Tried but could not quit smoking	42			39	43	39	46

Key Points:

1. About 40 percent of young people surveyed said they had tried smoking. About one in six (17 percent) of youth reported current smoking.
2. Boys and girls were equally likely to report ever smoking but boys were more likely to report both current use of cigarettes and cigars. Older youth were more likely to have tried smoking and to be current smokers.
3. About 15 percent of youth in 10th and 12th grade reported that they began smoking before age 13.

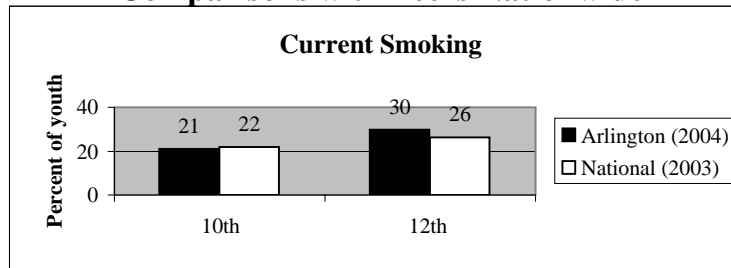
Changes in Risk Behaviors: 2001 and 2004



Key Points:

4. Since 2001, significantly fewer young people tried smoking in 6th and 10th grades. Declines in other grades and use of cigars and smokeless tobacco were too small to be conclusive.

Comparisons with Peers Nationwide



5. In comparison with young people nationwide, Arlington youth in 10th and 12th grade reported similar levels of current smoking.

Use of Tobacco Current and Comparative Data

Risk Behaviors Related to Tobacco Use	% in Arlington County, March 2004						% in Arlington County, June 2001						% in National YRBS, 2003					
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th	Male ¹	Female ¹
<i>Percent of all young people</i>																		
Ever tried smoking	38	12	33	45	62	39	37	24	38	58	67	64	59	58	65	58	59	58
Current cigarette use (in past 30 days)	17	5	13	21	30	21	14	6	15	24	36	32	25	22	26	22	22	22
Current frequent cigarette use (20 or more days)	4	1	2	5	9	5	4	1	4	9	15			9	13	10	10	10
Current heavy cigarette use (10 or more daily)	3			2	4	4	2							2	5	3	4	2
Lifetime daily use (ever smoked every day)				9	15					15	18			15	20	16	16	16
Current smokeless tobacco use	6			7	5	10	1	4	4	2	4			5	7	7	11	2
Current cigar use	15			13	16	21	8	6	9	13	12			13	19	15	20	9
First smoked a cigarette before age 13	13	7	14	14	15	14	11	13	17	17	15			20	17	18	20	16
Any tobacco use				26	36	38	24							26	33	28	30	25
<i>Percent of young people who currently smoke</i>																		
Tried but could not quit smoking	42			39	43	39	46											

Notes:
 1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

- Have you ever tried cigarette smoking , even one or two puffs?
- How old were you when you smoked a whole cigarette for the first time?
- During the past 30 days, on how many days did you smoke cigarettes?
- During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
- (HS only) During the past 30 days, on how many days did you smoke cigarettes on school property?
- Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- (HS only) During the past 12 months, did you ever try to quit smoking cigarettes?
- During the past 30 days, on how many days did you use chewing tobacco, snuff or dip, such as Redman.....?
- (HS only) During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?
- During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

Use of Alcohol
Key Findings from the YRBS

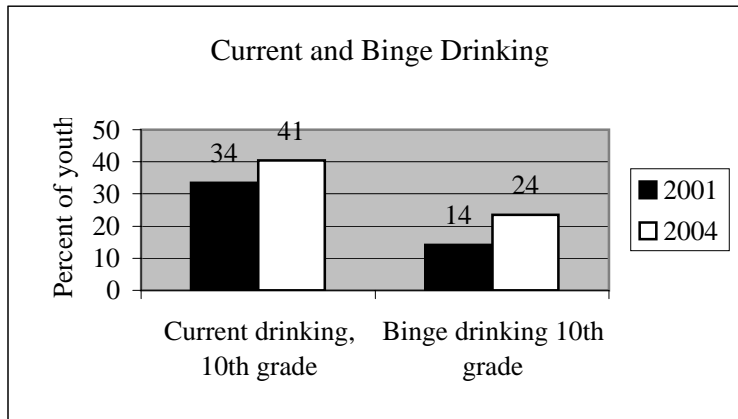
Risk Behaviors Related to Alcohol Use	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Lifetime and current use</i>							
Ever drank alcohol	56	26	53	64	78	55	57
Current use, past 30 days	31	8	24	41	50	32	30
Binge drinking, past 30 days	29			24	34	32	27
<i>Drinking and driving</i>							
Ridden with drinking driver, past 30 days	24	12	19	29	35	26	22
Drove after drinking alcohol, past 30 days	15			11	19	19	11
<i>Age initiated drinking alcohol</i>							
Drank alcohol (other than a few sips) before 13	21	19	29	21	18	24	19
<i>Beliefs about alcohol</i>							
Most or all young people my age use alcohol	13	6	21	0	0	10	16
Agree, alcohol is easy to get	44	19	43	52	62	40	48
Agree, regular alcohol use risks harm	53	37	52	61	62	49	58

Key Points:

1. About one-fourth of students in 6th grade reported ever using alcohol; this figure increases at each grade to over three-fourths of students in 12th grade.
2. Less than 10 percent of youth in 6th grade used alcohol in the past 30 days. The figure increases at each grade to 50 percent of youth in 12th grade.
3. About one in five youth in 10th and 12th grade reported that they started using alcohol before age 13.
4. Boys and girls are equally likely to report use of alcohol. However, high school girls are less likely to report both binge drinking and drinking and driving.
5. One third of sixth grade students and half or more of students in 8th, 10th and 12th grade think using alcohol once a month or more risks harm.
6. The percent of young people who report that alcohol is easy to get increases from 19 percent (among students in 6th grade) to 62 percent (among students in 12th grade).
7. In each grade, the percent of youth who reports that alcohol is easy to get exceeds the percent who currently drink.

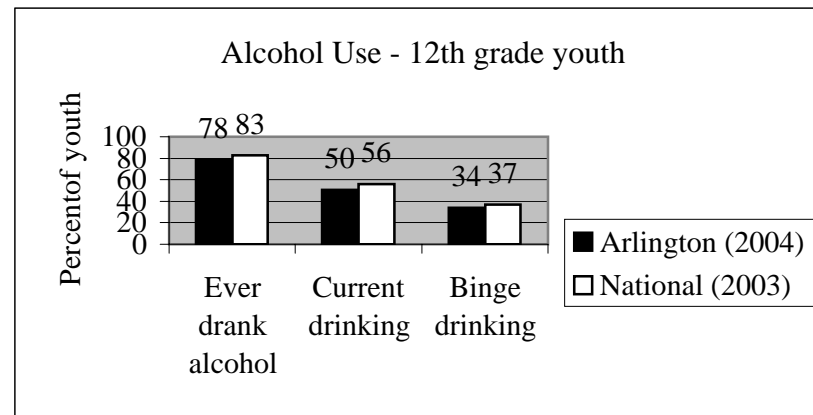
Use of Alcohol Key Findings from the YRBS

Changes in Risk Behaviors: 2001 and 2004



7. Since 2001, binge drinking among youth in 10th grade increased significantly with a nearly-significant increase in current drinking. One-third of 12th grade students report binge drinking.

Comparisons with Peers Nationwide



8. In comparison with other youth nationwide, Arlington youth report statistically-similar levels of alcohol use. The chart shows comparisons for 12th grade youth.

Use of Alcohol Current and Comparative Data

Risk Behavior Related to Alcohol Use	% in Arlington County, March 2004							% in Arlington County, June 2001						% in National YRBS, 2003					
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th	Male ¹	Female ¹	
<i>Lifetime and current use</i>																			
Ever drank alcohol	56	26	53	64	78	55	57	22	47	65	79	70	78	76	83	75	74	76	
Current use, past 30 days	31	8	24	41	50	32	30			34	53	38	47	44	56	45	44	46	
Binge drinking, past 30 days	29			24	34	32	27			14	31	22	21	27	37	28	29	28	
<i>Drinking and driving</i>																			
Ridden with drinking driver, past 30 days	24	12	19	29	35	26	22	21	33	23	36	27	31	29	33	30	29	31	
Drove after drinking alcohol, past 30 days	15			11	19	19	11			7	21	15	10	9	20	12	15	9	
<i>Age initiated drinking alcohol</i>																			
Drank alcohol (other than a few sips) before 13	21	19	29	21	18	24	19			22	17			29	20	28	32	23	
<i>Beliefs about alcohol</i>																			
Most or all young people my age use alcohol	13	6	21			10	16												
Agree, alcohol is easy to get	44	19	43	52	62	40	48												
Agree, regular alcohol use risks harm	53	37	52	61	62	49	58												

Note:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions: For each of these questions, students were instructed to exclude sips of wine for religious purposes.

During your life, on how many days did you have at least one drink of alcohol

How old were you when you had your first drink of alcohol other than a few sip

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

(HS only) During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row (within a couple of hour

(HS only) During the past 30 days, on how many days did you have at least one drink of alcohol on school property

(MS only) How many of the students in your grade at school would you say drink beer, wine, or other alcoholic beverage

(Agreement with) If someone my age wanted to get some beer, wine or other alcohol, it would be easy to do

How much do you think people your age risk harming themselves physically and in other ways (like trouble in school or problems with parents) if they drink alcohol regularly (once a month or more)?

**Illegal Drug Use
Key Findings from the YRBS**

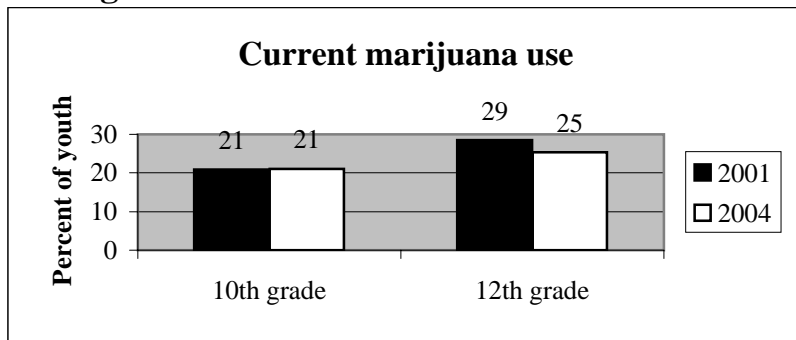
Risk Behaviors Related to Illegal Drug Use	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Use of marijuana</i>							
Lifetime marijuana use	27	6	15	35	48	32	21
Current marijuana use	15	4	8	21	25	19	11
Used marijuana before age 13	7	5	8	9	6	10	3
<i>Use of inhalants</i>							
Lifetime inhalant use	16	20	22	14	8	17	15
Current inhalant use	8	12	11	8	3	9	7
Used inhalants before age 13	9	19	16	9	5	13	11
<i>Other illegal drugs</i>							
Lifetime illegal steroid use	6			8	4	8	3
Lifetime ecstasy use	10			9	11	12	8
Any other lifetime illegal drug use ²	10	4	9	14	13	12	7
Offered or sold drugs at school	16	5	16	24	21	18	14

Key Points:

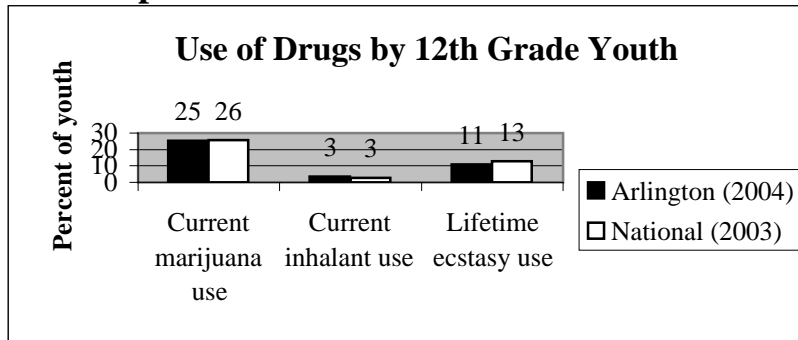
1. Among Arlington youth surveyed, 27 percent have tried marijuana and 16 percent had tried inhalants. Among young people in 10th and 12th grade, 6 percent reported use of steroids, 10 percent reported use of ecstasy and 10 percent reported use of some other illegal drug.
2. Young people in each successive grade (from 6th to 12th) were more likely to report ever using marijuana. Youth in 6th and 8th grade were more likely to report ever using inhalants.
3. Current use of marijuana ranges from under 5 percent for youth in 6th grade to 25 percent of those in 12th grade. Current use of inhalants ranges from 22 percent for youth in 8th grade to 8 percent for youth in 12th grade.
4. From six to nine percent of youth in 10th and 12th grades report using marijuana before age 13.

Illegal Drug Use Key Findings from the YRBS

Changes in Risk Behaviors: 2001 and 2004



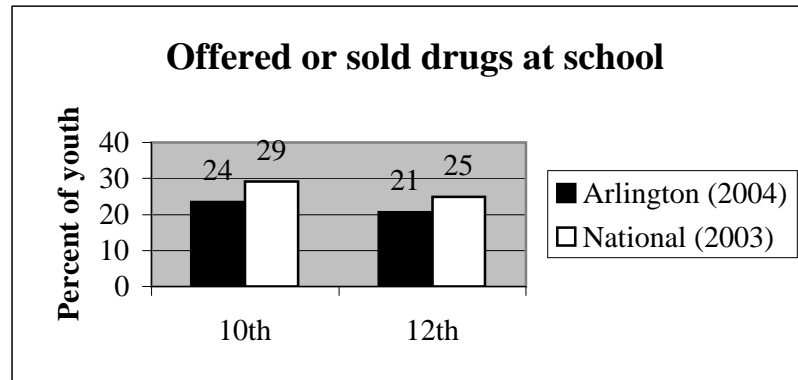
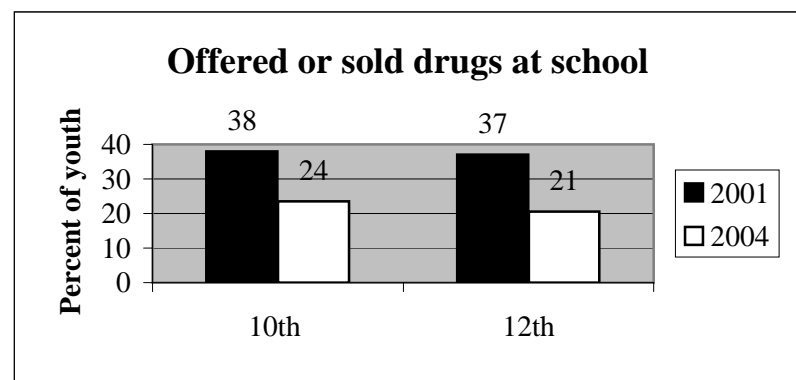
Comparisons with Peers Nationwide



Key Points:

5. Since 2001, most measures of drug use among 10th and 12th grade students did not change significantly. However, lifetime use of steroids and current use of inhalants by youth in 10th grade and lifetime inhalant use by 8th grade students all increased significantly.

6. Use of marijuana and inhalants among Arlington high school youth is similar to use of these drugs nationwide.



7. Far fewer students reported being offered or sold drugs at school in 2004, compared to 2001. The 2004 rates (for 10th and 12th grade) are about the same as national averages.

Use of Illegal Drugs Current and Comparative Data

Risk Behavior Related to Illegal Drug Use	% in Arlington County, March 2004							% in Arlington County, June 2001						% in National YRBS, 2003					
	All	6 th	8 th	10 th	12 th	Male	Female	6 th	8 th	10 th	12 th	Male ¹	Female ¹	10 th	12 th	9 th -12 th	Male ¹	Female ¹	
<i>Use of marijuana</i>																			
Lifetime marijuana use	27	6	15	35	48	32	21	7	19	32	47	41	37	40	49	40	43	38	
Current marijuana use	15	4	8	21	25	19	11			21	29	27	21	22	26	22	25	19	
Used marijuana before age 13	7	5	8	9	6	10	3			6	5			11	8	10	13	7	
<i>Use of inhalants</i>																			
Lifetime inhalant use	16	20	22	14	8	17	15	17	12	9	7			11	12	12	13	11	
Current inhalant use	8	12	11	8	3	9	7			3	1			4	3	4	4	3	
Used inhalants before age 13	9	19	16	9	5	13	11												
<i>Other illegal drugs</i>																			
Lifetime illegal steroid use	6			8	4	8	3	4	4	2	2			6	5	6	7	5	
Lifetime ecstasy use	10			9	11	12	8							9	13	11	12	10	
Any other lifetime illegal drug use ²	10	4	9	14	13	12	7												
Offered or sold drugs at school	16	5	16	24	21	18	14			38	37			29	25	29	32	25	

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.
2. "Other" means other than those specifically asked about in the survey. Because the high school survey is different than the middle school version, responses are not strictly comparable.

Questions:

During your life, how many times have you used marijuana?

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

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

(HS only) During the past 30 days, how many times did you use marijuana on school property?

During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

How old were you when you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high for the first time?

During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

(HS only) During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

(HS only) During your life, how many times have you used ecstasy (also known as X, T or MDMA)?

(MS only) During your life, how many times have you used any other type of illegal drug, such as ecstasy, cocaine, heroin, or speed?

(HS only) During your life, how many times have you used any other type of illegal drug, such as cocaine, heroin, LSD, PCP, mushrooms, or speed?

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

Sexual Behaviors Key Findings from the YRBS

Risk Behaviors Related to Sexual Activity	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Percent of all young people</i>							
Ever had sexual intercourse	29	10	20	32	53	33	25
More than one lifetime sexual partner	18	5	13	21	33	23	13
More than four lifetime sexual partners				9	16	16	9
Currently sexually active (past 3 months)	30			22	37	31	29
Ever gotten (someone) pregnant	8			8	8	6	9
First sexual intercourse before age 13	7	8	9	8	4	9	4
Responsible sexual behavior (Not active or active and used condom)	89			92	86	89	89
<i>Percent of young people who ever had sex</i>							
Use of condom, last time had sex	66	53	69	69	67	69	64
<i>Percent of sexually active young people</i>							
Used a condom, last time had sex	65			70	62	68	61
Used reliable birth control, last time had sex	79			77	80	79	79
Used alcohol or drugs, last time had sex	25			23	26	26	24

Key Points:

1. In 2004, just under a third of survey participants reported that they had had sexual intercourse. Boys and young people in high school were more likely to report this behavior than girls or young people in middle school. Girls were also less likely to report more than one partner and early intercourse.

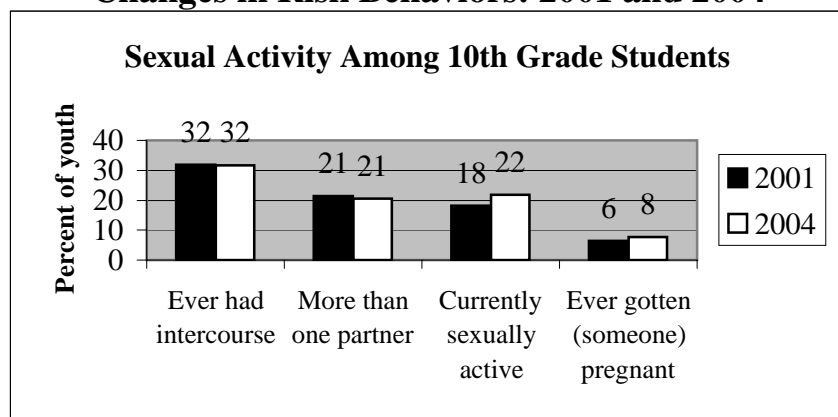
2. About two-thirds of those in 10th and 12th grade who ever had intercourse also reported being sexually active. Under ten percent reported pregnancy as a result of their sexual activity.

3. Most young people (approximately 90 percent) reported responsible sexual behavior. However, only 2/3 reported use of a condom the last time they had sex. Youth in sixth grade were much less likely to use a condom (although few of them are sexually active.)

4. Few students report early sexual intercourse - less than 10 percent and less than five percent of youth in 12th grade reported this behavior.

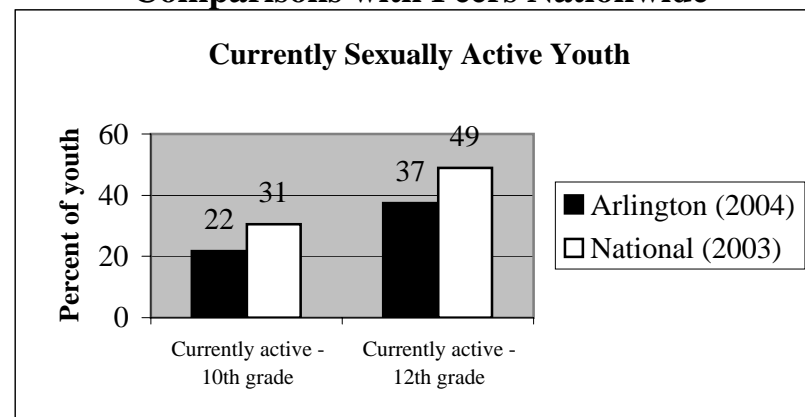
Sexual Behaviors Key Findings from the YRBS

Changes in Risk Behaviors: 2001 and 2004



6. There has been virtually no change in sexual risk behaviors among Arlington's youth since 2001, as demonstrated in the chart for youth in 10th grade

Comparisons with Peers Nationwide



7. Young people in 10th and 12th grade are less likely to report current sexual activity than their peers nationwide.

Sexual Behaviors Current and Comparative Data

Risk Behaviors Related to Sexual Activity	% in Arlington County, March 2004							% in Arlington County, June 2001				% in National YRBS, 2003				
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	10 th	12 th	9 th -12 th	Male ¹	Female ¹
<i>Percent of all young people</i>																
Ever had sexual intercourse	29	10	20	32	53	33	25	12	19	32	52	44	62	47	48	45
More than one lifetime sexual partner	18	5	13	21	33	23	13	6	12	21	35					
More than four lifetime sexual partners				9	16	16	9					13	20	14	18	11
Currently sexually active (past 3 months)	30			22	37	31	29			18	38	31	49	34	34	35
Ever gotten (someone) pregnant	8			8	8	6	9			6	9	4	6	4	4	5
First sexual intercourse before age 13	7	8	9	8	4	9	4			8	7	9	6	7	10	4
Responsible sexual behavior (Not active or active and used condom)	89			92	86	89	89			94	85					
<i>Percent of young people who ever had sex</i>																
Use of condom, last time had sex	66	53	69	69	67	69	64									
<i>Percent of sexually active young people</i>																
Used a condom, last time had sex	65			70	62	68	61			67	61					
Used reliable birth control, last time had sex	79			77	80	79	79									
Used alcohol or drugs, last time had sex	25			23	26	26	24			26	29					

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle

Questions:

Have you ever had sexual intercourse?

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

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

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

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

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

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

How many times have you been pregnant or gotten someone pregnant?

Diet and Weight Management

Key Findings from the YRBS

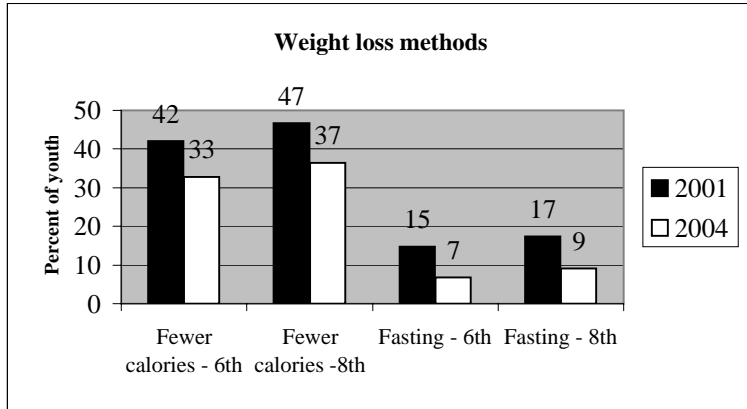
Risk Behaviors Related to Diet and Weight	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Nutrition</i>							
No glasses of milk in past week	19	15	17	18	24	15	21
3 or more glasses of milk per day	17	26	19	13	10	20	13
No fruit in the past week	11	8	10	14	11	13	9
Less than 1 serving per day of fruit	59	49	59	61	66	61	57
Less than 1 serving per day of fruit juice	66	60	65	68	71	64	68
5 or more servings ² per day of fruits or vegetables	28			30	25	30	26
<i>Weight</i>							
Describe themselves as overweight	29	26	31	28	33	27	32
Trying to lose weight	45	44	45	41	50	35	55
Overweight (based on BMI)	11	15	12	8	12	16	7
At risk for overweight (BMI)	17	18	17	17	15	18	16
<i>Methods used to lose weight</i>							
Exercise	57	56	61	54	59	53	62
Consuming fewer calories	38	33	37	35	47	30	46
Fasting	9	7	9	10	9	6	11
Diet pills or powders without a doctor's advice	4	3	3	6	5	4	4
Vomiting or using laxatives	5	5	4	7	5	4	6
Any unhealthy method of weight loss	13	11	13	16	14	11	16

Key Points:

1. Most young people don't drink enough milk or eat enough fruit and vegetables. In fact 10 to 15 percent of youth said they had no fruit in the past week and nearly one in four young people in 12th grade had no milk in a week.
2. Youth in 10th and 12th grade and girls are less likely than 6th graders or boys to report consuming enough milk and fruit and vegetables.
3. From one-fourth to one-third of young people described themselves as overweight and from 40 to 50 percent report trying to lose weight.
4. According to calculations based on body mass index (for the child's age and sex), from 25 to 33 percent are overweight or at risk of being overweight
5. Girls are more likely than boys to describe themselves as overweight, to be trying to lose weight. Based on BMI criteria, girls are less likely to be overweight.
6. Most young people try to lose weight using appropriate methods such as exercise and reducing calories. From 10 to 15 percent use some unhealthy method. Girls and older youth are more likely to use these unhealthy methods, particularly fasting.

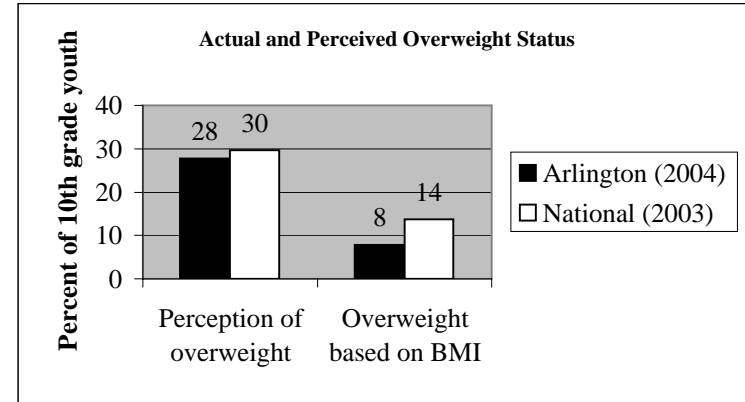
Diet and Weight Management Key Findings from the YRBS

Changes in Risk Behaviors: 2001 and 2004



7. Since 2001, there has been little change in diet, perceptions of being overweight, or methods to lose weight. Some exceptions include reduced use of fasting and calorie reduction by 6th and 8th grade students and greater use of exercise by 12th grade students for weight loss.

Comparisons with Peers Nationwide



8. With a few exceptions, Arlington youth in 10th and 12th grade were similar to their peers nationwide in terms of milk and fruit and vegetable consumption, perceptions of weight, and overweight status based on Body Mass Index.

Dietary Practices and Weight Management Current and Comparative Data

Risk Behaviors Related to Diet and Weight	% in Arlington County, March 2004							% in Arlington County June 2001				% in National YRBS, 2003				
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	10 th	12 th	9 th -12 th	Male ¹	Female ¹
<i>Nutrition</i>																
No glasses of milk in past week	19	15	17	18	24	15	21			16	23					
3 or more glasses of milk per day	17	26	19	13	10	20	13			14	12	18	14	17	23	11
No fruit in the past week	11	8	10	14	11	13	9			9	11					
Less than 1 serving per day of fruit	59	49	59	61	66	61	57			60	68					
Less than 1 serving per day of fruit juice	66	60	65	68	71	64	68									
5 or more servings ² per day of fruits or vegetables	28			30	25	30	26			28	27	23	21	22	24	20
<i>Weight</i>																
Describe themselves as overweight	29	26	31	28	33	27	32	25	29	29	29	30	31	30	24	36
Trying to lose weight	45	44	45	41	50	35	55	39	43	40	42	45	45	44	29	59
Overweight (based on BMI)	11	15	12	8	12	16	7					14	11	14	17	9
At risk for overweight (BMI)	17	18	17	17	15	18	16					15	14	15	16	15
<i>Methods used to lose weight</i>																
Exercise	57	56	61	54	59	53	62	62	65	58	51	59	55	57	49	66
Consuming fewer calories	38	33	37	35	47	30	46	42	47	40	41	43	44	42	29	56
Fasting	9	7	9	10	9	6	11	15	17	11	10	13	11	13	9	18
Diet pills or powders without a doctor's advice	4	3	3	6	5	4	4	4	5	5	7	8	11	9	7	11
Vomiting or using laxatives	5	5	4	7	5	4	6	6	6	5	4	6	6	6	4	8
Any unhealthy method of weight loss	13	11	13	16	14	11	16			14	15					

Notes:

- Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates
- To calculate "5 per day", we used responses to questions 80 through 85 (including fruit juice); converted all responses to daily servings; and added up the daily servings.

Questions

- How do you describe your weight ? (Very underweight to very overweight)
- Which of the following are you trying to do about your weight? (Lose, gain, stay the same, nothing)
- During the past 30 days, did you.....to lose weight or keep from gaining weight?
- exercise
 - eat less food, fewer calories or foods low in fat
 - go without eating for 24 hours or more (fasting)
 - take any diet pills, powders, liquids without a doctor's advice
 - vomit or take laxatives
- During the past 30 days, how many times did you eat (drink).... ?
- 100% fruit juices such as orange juice, apple juice or grape juice
 - fruit (do not count fruit juice)
 - green salad
 - potatoes (do not count french fries or potatoe chips)
 - carrots
 - other vegetables (do not count salad, potatoes or carrots)
- During the past 7 days, how many glasses of milk did you drink?

Exercise and Physical Education Key Findings from the YRBS

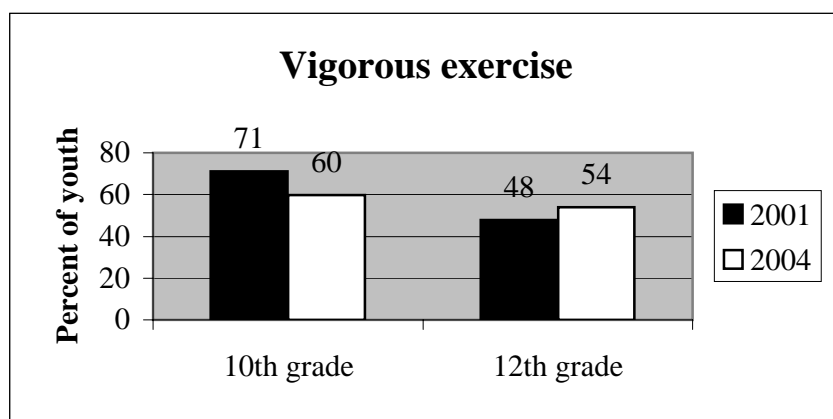
Risk Behaviors Related To Exercise and Physical Education	% in Arlington County, March 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
<i>Exercise Patterns</i>							
Vigorous physical exercise at least 3 times per week	64	71	74	60	54	68	61
Moderate physical exercise at least 5 times per week	25			28	22	27	23
Strengthening exercises at least 3 times per week	43			45	42	51	36
Insufficient exercise	38			34	41	32	41
Plays on at least one sports team	58	64	60	59	52	60	57
Watches T.V. for 2 hours or less per school day	64	64	58	68	67	63	66
<i>PE Class Attendance</i>							
Enrolled in a P.E. class	52			91	17	55	49
Attended P.E. daily	27			48	8	28	26
<i>Among those enrolled in PE class</i>							
Exercised 20 minutes or more in PE class	68			68	67	74	60
<i>Last physical exam</i>							
Last check-up more than two years ago or unsure when	26	36	26	22	20	27	24

Key Points:

1. About 2/3 of young people report vigorous exercise three times a week or more. However, youth in high school are significantly less likely to report vigorous exercise than youth in middle school. Among youth in 10th and 12th grades, 25 percent do moderate exercise five times a week. However, even when both vigorous and moderate exercise patterns are considered together, one-third of youth in 10th grade and 40 percent of those in 12th grade get
2. About 2/3 of youth report watching 2 hours of tv or less per school day. Youth in 10th grade are less likely to report two hours or less of t.v. than their peers nationwide.
3. About 40 percent of 10th and 12th grade students do strengthening exercises such as sit-ups. Sixty percent play on at least one sports team.
4. Boys are more likely than girls to report vigorous exercise, sufficient exercise and more than 20 minutes of exercise in physical education classes.

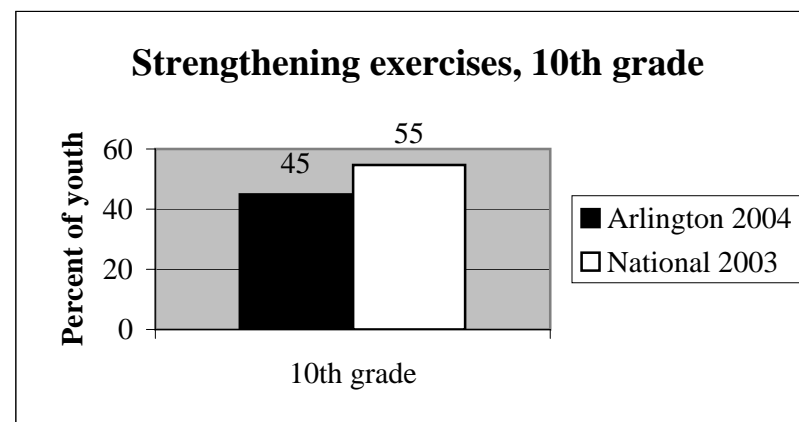
Exercise and Physical Education Key Findings from the YRBS

Changes in Risk Behaviors: 2001 and 2004



5. Since 2001, the percent of 10th graders reporting vigorous exercise decreased significantly. The increase observed among youth in 12th grade is nearly significant. Youth in 6th grade were much more likely to report playing on a sports team.

Comparisons with Peers Nationwide



6. There are few differences in the percent of youth reporting various forms of exercise when compared to their peers nationwide. However, Arlington youth in 10th grade are less likely to report strengthening exercises.

Exercise and Physical Education Current and Comparative Data

Risk Behavior Related to Exercise and Physical Education	% in Arlington County, March 2004							% in Arlington County June 2001				% in National YRBS, 2003				
	All	6 th	8 th	10 th	12 th	Male ¹	Female ¹	6 th	8 th	10 th	12 th	10 th	12 th	9 th -12 th	Male ¹	Female ¹
<i>Exercise Patterns</i>																
Vigorous physical exercise at least 3 times per week	64	71	74	60	54	68	61	72	72	71	48	65	55	63	70	55
Moderate physical exercise at least 5 times per week	25			28	22	27	23			26	18	26	23	25	27	22
Strengthening exercises at least 3 times per week	43			45	42	51	36			52	39	55	45	52	60	43
Insufficient exercise				34	41	32	41					31	40	33	27	40
Plays on at least one sports team	58	64	60	59	52	60	57	55	56	64	47	58	54	58	64	51
Watches T.V. for 2 hours or less per school day	64	64	58	68	67	63	66	53	55	63	62	59	69	62	61	63
<i>PE Class Attendance</i>																
Enrolled in a P.E. class	52			91	17	55	49			98	29	61	40	56	59	53
Attended P.E. daily	27			48	8	28	26	89	82	50	43	31	18	28	31	26
<i>Among those enrolled in PE class</i>																
Exercised 20 minutes or more in PE class	68			68	67	74	60			72	79	80	82	80	85	75
<i>Last physical exam</i>																
Last check-up more than two years ago or unsure when	26	36	26	22	20	27	24	40	20	17	27					

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

(Vigorous) On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, etc. or aerobic activities?

(Moderate) On how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that did not make you sweat and breathe hard, such as fast walking, slow bicycling, skating, pushing the lawn mower, or mopping floors?

(Strengthening) 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?

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

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

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

During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured.

Risk Behaviors On School Property: Key Findings from the YRBS

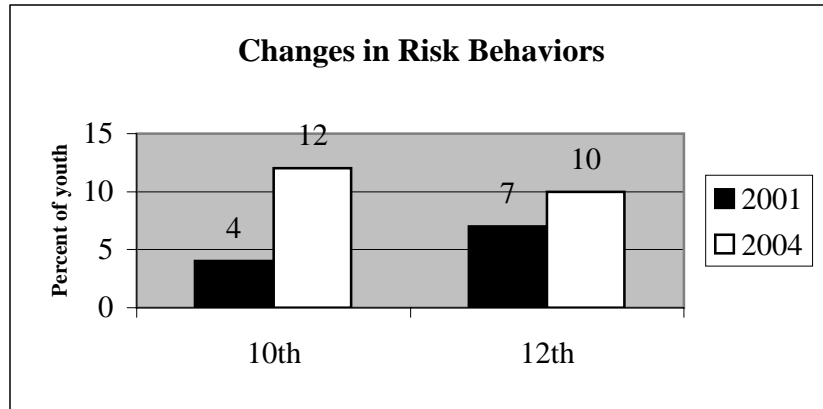
Risk Behaviors Taking Place on School Property	% in Arlington County, March 2004				
	All	10 th	12 th	Male	Female
<i>Engaging in risk behavior</i>					
Carried weapon, past 30 days	17	18	16	26	7
Carried weapon onto school property	10	11	10	16	4
In a fight, past 12 months	26	29	25	36	16
In a fight on school property	12	14	9	17	6
Smoked cigarettes, past 30 days	26	21	30	30	21
Smoked cigarettes on school property	11	10	12	15	7
Used chewing tobacco, past 30 days	6	7	5	10	1
Used chewing tobacco on school property	5	6	4	8	1
Used alcohol, past 30 days	46	41	50	47	45
Used alcohol on school property	11	12	10	13	8
Used marijuana, past 30 days	23	21	25	29	18
Used marijuana on school property	7	9	6	11	3
<i>Victim of risk behavior</i>					
Offered, sold, or given illegal drugs on school property	22	24	21	26	18
Victim of property damage at school	27	30	24	30	24
Missed school due to safety concerns	6	7	5	7	3
Threatened or injured with weapon on school property	8	11	5	13	2
Bullying is a serious problem at school	22	26	19	22	23

Key Points:

1. The percent of youth who report each of these risk behaviors at school is almost always much lower than the percent overall who report the risk behavior. In other words, the risk behaviors taking place on school property represent only a small part of the problem.
2. Girls are significantly less likely than boys to report engaging in all of these risk behaviors at school, with the exception of alcohol use.

Risk Behaviors On School Property: Key Findings from the YRBS

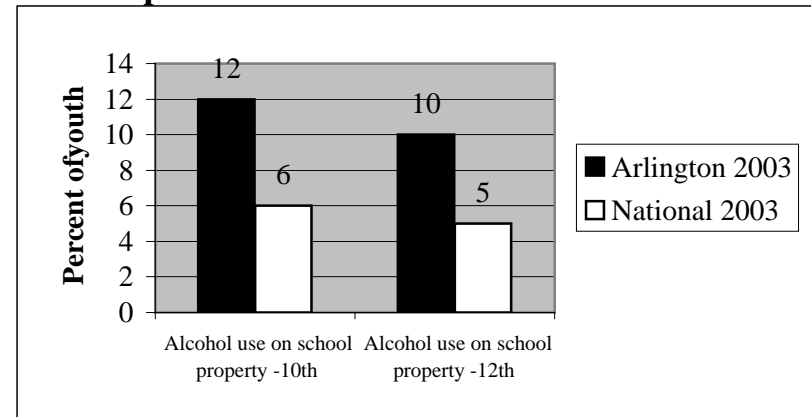
Changes in Risk Behaviors: 2001 and 2004



3. There have been few changes in risk behaviors on school property. One exception is use of alcohol at school among youth in 10th grade, which tripled from four to 12 percent.

4. Since 2001, a significantly lower percent of students reported being offered drugs at school or missing school due to safety concerns.

Comparisons with Peers Nationwide



5. Arlington youth differ little from their peers nationwide in terms of risk behaviors at school. However, youth in 10th and 12th grade are more likely to use alcohol on school property.

6. In comparison to 2001, 10th grade youth in 2004 were more likely to report taking a weapon to school.

Risk Behaviors on School Property Current and Comparative Data

Risk Behaviors	% in Arlington County, March 2004					% in Arlington County, June 2001		% in National YRBS, 2003				
	All	10 th	12 th	Male ¹	Female ¹	10 th	12 th	10 th	12 th	9 th -12 th	Male ¹	Female ¹
Taking Place on School Property												
<i>Engaging in risk behavior</i>												
Carried weapon, past 30 days	17	18	16	26	7	12	11	16	16	17	27	7
Carried weapon onto school property	10	11	10	16	4	7	6	6	6	6	9	3
In a fight, past 12 months	26	29	25	36	16	29	20	34	27	33	41	25
In a fight on school property	12	14	9	17	6	16	5	13	7	13	17	8
Smoked cigarettes, past 30 days	26	21	30	30	21	25	36	22	26	22	22	22
Smoked cigarettes on school property	11	10	12	15	7	12	13	8	8	8	8	8
Used chewing tobacco, past 30 days	6	7	5	10	1	2	4	5	7	7	11	2
Used chewing tobacco on school property	5	6	4	8	1	2	2	5	6	6	9	3
Used alcohol, past 30 days	46	41	50	47	45	34	53	44	56	45	44	46
Used alcohol on school property	11	12	10	13	8	4	7	6	5	5	6	4
Used marijuana, past 30 days	23	21	25	29	18	21	29	22	26	22	25	19
Used marijuana on school property	7	9	6	11	3	6	4	5	5	6	8	4
<i>Victim of risk behavior</i>												
Offered, sold, or given illegal drugs on school property	22	24	21	26	18	38	37	29	25	29	32	25
Victim of property damage at school	27	30	24	30	24	36	29	31	24	30	33	26
Missed school due to safety concerns	6	7	5	7	3	5	5	5	4	5	6	5
Threatened or injured with weapon on school property	8	11	5	13	2	6	3	9	6	9	12	7
Bullying is a serious problem at school	22	26	19	22	23							

Notes:

1. Use caution when comparing rates for males and females across years or between Arlington and the nation. Often, the student population will be different and therefore not comparable. For example, many of the rates for males and females from the 2001 survey are based only on high school students. The rates from the 2004 survey are usually based on both high school and middle school students.

Questions:

High school survey, only

During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

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

During the past 30 days, on how many days did you smoke cigarettes on school property?

During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

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

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

High school and middle school survey

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?

During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing or books on school property?

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

(Agreement with) Bullying is a serious problem in my school.

Individual and Family Characteristics
2004 Youth Risk Behavior Survey - Arlington VA
BACKGROUND

Individual and Family Characteristics	% in Arlington County 2004						
	All	6 th	8 th	10 th	12 th	Male	Female
Sex							
Male	49	47	49	51	51		
Female	51	53	52	50	49		
Race and ethnicity							
American Indian	1	2	0	1	0	1	1
Asian	11	9	11	13	11	12	10
African-American	16	17	18	15	16	17	16
Hispanic or Latino	28	31	30	26	27	29	28
Pacific Islander	1	0	1	1	1	1	0
White	43	41	40	44	45	88	45
Work and School							
Receives mostly B's or A's in school	67	72	65	67	67	59	75
Had a job in past year	71			59	81	64	77
Looked for job; could not find one	29			30	28	30	28
Mother's Education							
Mother has no high school degree	10	7	11	9	12	10	9
Mother is high school graduate	14	8	15	16	17	14	14
Mother has some college education	10	8	6	12	14	8	12
Mother is college graduate or higher	49	42	49	52	52	48	49
Doesn't know mother's educational level	18	36	20	10	6	19	16
Family Life							
Lives with both parents	63	67	66	64	56	63	63
Would discuss serious concerns with parents	51	63	46	48	46	50	51
Valued by Community							
Agree, in my town, I matter to people	38	45	40	34	32	34	41
Agree, in my town, adults listen to me	33	45	33	26	27	31	34

Individual and Family Characteristics
2004 Youth Risk Behavior Survey - Arlington VA
BACKGROUND

Questions:

What is your sex?

In what grade are you?

How do you describe yourself? Select one or more responses.

During this school year, how would you describe your grades in school?

What is the highest level of schooling your mother (or step-mother or female foster parent or guardian) completed?

Which of the following best describes your family?

If you had an important concern about drugs, alcohol, sex or some other serious issue, would you talk to your parents about it?

In the past year, have you had a job (other than doing chores around the house)?

In the past year, did you look for work but were unable to find a job?

(Agreement with) In my town or city, I feel like I matter to people.

(Agreement with) Adults in my town or city listen to what I have to say.