2013 Iowa Youth Risk Behavior Survey

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2013 IOWA YRBS: IOWA HIGH SCHOOLS
Including Results Showing Improvement on Outcomes from 1997 to 2011[1]

The 2013 Iowa YRBS: The Youth Risk Behavior Surveillance System is an epidemiologic system established by the U.S. Centers for Disease Control and Prevention (CDC) to help monitor the prevalence of behaviors that put youth at risk for the most serious health and social problems that can occur during adolescence and adulthood. The Youth Risk Behavior Survey (YRBS) is the measurement instrument of this system. This survey is used by the State of Iowa to monitor these behaviors among its young people. Specifically, this survey focuses on students who were attending regular public high schools (Grades 9-12) in Iowa during 2012-13. The YRBS was developed cooperatively by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion (in the CDC), 19 other federal agencies, and 71 state and local departments of education, and was administered in about 40 states in 2012-13.

Sampling and Response Rate: All regular public high schools containing Grades 9, 10, 11, or 12 were included in the sampling frame or population. Schools were selected systematically with probability proportional to enrollment size using a random starting point. Altogether, 40 schools were sampled. All classes meeting during the second period of the day were included in the sampling frame. Systematic equal probability sampling with a random starting point was used to select classes from each school that participated in the survey. At the school level, 22 of the 40 schools participated, yielding 22/40 x 100% or 55%. At the class level 1,071 students out of 1,222 (86%) completed usable questionnaires. The overall response rate was (.55)(.86) × 100% or 47%. This response rate failed to meet the CDC criterion (60%), so the data were *not* "weighted." This means that the results can *not* be generalized to all high school students in Iowa in 2013. The results reflect the health risk behaviors of only those students who participated in the Iowa YRBS in 2012-13.

The Results: The 2013 Iowa YRBS consisted of 86 questions—the first seven questions were concerned with demographic information, height, weight, and the student's health in general. The remaining 79 questions addressed health risk behaviors in six risk areas: those leading to intentional or unintentional injuries; tobacco use; alcohol and other drugs; sexual behavior that can result in HIV infection, other sexually transmitted diseases, or unintended pregnancies; dietary behaviors; and physical activity/inactivity. In addition, one question about asthma was included. The results are summarized below with the question number and summary outcome corresponding to the health risk behavior measured by the question on the left and the percentage and number responding to the outcome/question on the right. Statistically significant *improvement* (decrease in percent indicating negative behaviors, increase in percent indicating positive behaviors) from 1997 to 2011 (the last year weighted data were achieved in Iowa) was obtained on 35 outcomes distributed over all six of the risk categories, indicated by an asterisk (*) in the table. Statistically significant *worsening* (increase in percent indicating negative behaviors, decrease in percent indicating positive behaviors) from 1997 to 2011 occurred on three outcomes, indicated by two asterisks (**) and shaded rows in the table. The .05 level of significance was used in these calculations. [Note: A few questions were dropped in 2013, one on which students showed significant improvement from 1997-2011. Thus, improvement was indicated on only 34 outcomes below.]

Summary Outcome	Percent (N)
Risk Area I: Behaviors that Lead to Intentional or Unintentional Injuries	
8. Of students who rode a bicycle during the past 12 months, never or rarely wore a bicycle helmet.*	88.0% (739)
9. Never or rarely wear a seat belt when riding in a car driven by someone else.*	4.2% (1,071)

[1] 2011 was the last year weighted data were achieved in the Iowa Youth Risk Behavior Survey (YRBS).

Summary Outcome	Percent (N)
10. During the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.*	21.3% (1,070)
11. During the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.*	8.1% (843)
12. During the past 30 days texted or e-mailed while driving a car or other vehicle.	50.4% (850)
13. Carried a weapon such as a gun, knife, or club on one or more of the past 30 days.*	15.4% (1,059)
14. Carried a gun on one or more of the past 30 days.	5.0% (1,061)
15. Carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.*	3.4% (1,067)
16. Did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.	4.0% (1,070)
17. Had been threatened or injured with a weapon on school property one or more times during the past 12 months.	4.9% (1,070)
18. Were in a physical fight one or more times during the past 12 months.*	20.5% (1,065)
19. Were injured in a physical fight one or more times during the past 12 months and had to be treated by a doctor or nurse.	2.7% (1,069)
20. Were in a physical fight on school property one or more times during the past 12 months.*	6.6% (1,065)
21. Have ever been forced to have sexual intercourse when they did not want to.	6.6% (1,066)
22. Among students who dated or had gone out with someone in the past 12 months, were ever hit, slapped, or physically hurt on purpose by that person(s) during the past 12 months.	8.6% (760)
23. Among students who dated or had gone out with someone in the past 12 months, were ever forced to do sexual things they did not want to do by that person(s) during the past 12 months.	10.6% (761)
24. Had ever been bullied on school property during the past 12 months.	25.7% (1,070)
25. Had ever been electronically bullied during the past 12 months.	19.7% (1,071)
26. Ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.	22.3% (1,071)
27. Seriously considered attempting suicide during the past 12 months.*	15.3% (1,067)
28. Made a plan about how they would attempt suicide during the past 12 months.*	12.2% (1,068)
29. Actually attempted suicide one or more times during the past 12 months.*	7.2% (973)
30. Attempted suicide during the past 12 months resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.*	2.3% (972)
Risk Area II: Tobacco Use	
31. Ever tried cigarette smoking, even one or two puffs.*	31.2% (1,054)
32. Smoked a whole cigarette for the first time before age 13.*	6.3% (1,041)
33. (i) Smoked cigarettes on one or more of the past 30 days.* (ii) Smoked cigarettes on 20 or more of the past 30 days.*	12.3% (1,039) 5.7% (1,039)
34. Among current smokers, smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.*	7.1% (127)
35. Purchased cigarettes at a store or gas station, among those less than 18 years of age who were current smokers.	8.8% (102)
36. Smoked cigarettes on school property on one or more of the past 30 days.*	3.5% (1,065)
37. Ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.	7.6% (1,058)
38. Ever tried to quit smoking cigarettes, among those currently smoking.**	42.9% (126)

Summary Outcome	Percent (N)
39. Used chewing tobacco or snuff on one or more of the past 30 days.*	7.4% (1,069)
40. Smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.	9.2% (1,067)
Summary question: Used any tobacco during the past 30 days.	16.5% (1,036)
Risk Area III: Alcohol and Other Drugs	
41. Have ever had at least one drink of alcohol.*	61.9% (1,059)
42. Had their first drink of alcohol other than a few sips before age 13.*	15.6% (1,061)
43. Had at least one drink of alcohol on one or more of the past 30 days.*	29.7% (998)
44. Had five or more drinks of alcohol in a row, that is, within a couple of hours ("binge drinking"), on one or more of the past 30 days.*	17.3% (1,041)
45. Had 10 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.	4.1% (1,018)
46. Among those reporting current alcohol use, got the alcohol they drank from someone who gave it to them during the past 30 days.	43.4% (290)
47. Have ever used marijuana.*	22.4% (1,056)
48. Tried marijuana for the first time before age 13.	3.7% (1,062)
49. Used marijuana one or more times during the past 30 days.*	11.3% (1,062)
50. Have ever used any form of cocaine, including powder, crack, or freebase.*	3.3% (1,070)
51. Have ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high.*	6.6% (1,068)
52 . Have ever used heroin.	1.7% (1,068)
53 . Have ever used methamphetamines.	2.0% (1,065)
54. Have ever used ecstasy.	4.6% (1,068)
55. Have ever taken steroid pills or shots without a doctor's prescription.	3.1% (1,070)
56. Have ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription.	12.3% (1,069)
57. Have ever used a needle to inject any illegal drug into their body.	1.3% (1,067)
58. Were offered, sold, or given an illegal drug on school property during the past 12 months.*	10.4% (1,065)
Risk Area IV: Sexual Behaviors that Can Result in HIV Infection, Other STDs, or Unintended Pregnancies	
59. Have ever had sexual intercourse.	39.6% (1,019)
60. Had sexual intercourse for the first time before age 13.	3.4% (1,021)
61. Have had sexual intercourse with four or more people during their life.	11.4% (1,019)
62. Had sexual intercourse during the past three months.	29.7% (1,020)
63. Drank alcohol or used drugs before last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.*	19.5% (302)
64. Used a condom during their last sexual intercourse, among those who indicated they had sexual intercourse during the past three months.*	59.4% (298)
65. Used birth control pills during their last sexual intercourse, among students who had sexual intercourse during the past three months.	23.2% (289)

Summary Outcome	Percent (N)
85. Had ever been taught about AIDS or HIV infection in school.**	78.5% (1,070)
Risk Area V: Dietary Behaviors	
66. Described themselves as slightly or very overweight.	33.1% (1,068)
Related outcomes: (i) Were overweight (based on height and weight responses). (ii) Were obese (based on height and weight responses).	 14.6% (938) 12.7% (938)
67. Were trying to lose weight.	48.2% (1,069)
68. Went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.	11.6% (1,068)
69. Took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.	4.7% (1,068)
70. Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.*	3.7% (1,066)
71. Drank 100% fruit juice one or more times during the past seven days.	75.6% (1,069)
72. Ate fruit one or more times during the past seven days.*	92.6% (1,067)
73. Ate green salad one or more times during the past seven days.	64.3% (1,069)
74. Ate potatoes one or more times during the past seven days.	75.8% (1,068)
75. Ate carrots one or more times during the past seven days.	52.5% (1,066)
76. Ate other vegetables one or more times during the past seven days.	84.9% (1,066)
Related outcomes: Ate five or more servings of fruits and vegetables per day during the past seven days. Ate vegetables one or more times per day during the past seven days. Ate fruits or drank 100% fruit juice one or more times per day during the past seven days.	 21.6% (1,063) 64.3% (1,065) 64.9% (1,067)
77. Drank a can, bottle, or glass of (non-diet) soda or pop one or more times per day during the past seven days.	26.1% (1,067)
78. Drank three or more glasses per day of milk during the past seven days.	22.6% (1,067)
79. Ate breakfast on all of the past seven days.	37.8% (1,070)
Risk Area VI: Physical Activity/Inactivity	
80. (i) Physically active for at least 60 minutes per day on five or more of the past seven days. (ii) Physically active for at least 60 minutes per day on (all) seven of the past seven days	55.6% (1,070) 32.6% (1,070)
81. Watched three hours or more of TV per day on an average school day.*	26.2% (1,068)
82. Played video or computer games or used the computer for something that was not school work three or more hours per day on an average school day.**	38.0% (1,068)
83. (i) Attended physical education (PE) class one or more days in an average school week. (ii) Attended physical education (PE) class daily in an average school week.*	72.0% (1,069) 30.7% (1,069)
84. Played on one or more sports teams during the past 12 months.	67.6% (1,070)
Additional Health Questions: General Health and Asthma	
86. Had ever been told by a doctor or nurse that they had asthma.	17.3% (1,069)

Note: See the report *2013 Iowa YRBS—Youth Risk Behavior Survey: Iowa High Schools* by James R. Veale, Ph.D., available by request from Ann Feilmann, Chief, Bureau of Nutrition and Health Services, Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319 (Phone: 515-281-4757). This survey was supported by a grant from the Centers for Disease Control and Prevention.