

***The Youth Risk Behavior Survey
Iowa Respondents
2015***



www.prismaticservices.com

Table of Contents

1.0	Overview	1
	Introduction	1
	Survey Methods and Data Analysis	1
	Survey Respondents	2
	Survey Results	3
2.0	Risk Area I: Behaviors That Lead to Injury	5
3.0	Risk Area II: Tobacco Use	11
4.0	Risk Area III: Alcohol and Other Drugs	13
5.0	Risk Area IV: Sexual Behaviors	17
6.0	Risk Area V: Dietary Behaviors	19
7.0	Risk Area VI: Physical Activity	25
	Appendix A	

Introduction

The Youth Risk Behavior Surveillance System (YRBSS) was developed in 1990 by the U.S. Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include six categories:

- behaviors that contribute to unintentional injuries and violence;
- sexual behaviors that contribute to unintended pregnancy and sexually transmitted infections, including HIV infection;
- tobacco use;
- alcohol and other drug use;
- unhealthy dietary behaviors; and
- inadequate physical activity.

In addition, the YRBSS monitors the prevalence of obesity and asthma.

The Youth Risk Behavior Survey (YRBS) is administered nationally to monitor these behaviors among teens. From 1991 through 2015, the YRBSS collected data from more than 3.8 million high school students in more than 1,100 separate surveys across the country. The purpose of the YRBS is to assist educators and health professionals in a state in determining the prevalence of behaviors or factors that put their youth at risk. This determination can be used to focus education and prevention/treatment programs.

Like all U.S. teens, Iowa teens demonstrate a number of risky behaviors. Some of these behaviors, such as substance abuse and driving, result in mortality, morbidity, and social problems. Others, such as tobacco use, dietary excesses and imbalances, and physical inactivity lead to diseases that occur later in life (e.g., cancer, diabetes, and heart disease). Among Iowa youth aged 15-19, the top three causes of preventable death between 2008 and 2012 were:

- motor vehicle accidents;
- suicide; and
- homicide.¹

Survey Methods and Data Analysis

For this 2015 administration, the YRBS consisted of 89 questions, administered to students who were attending high schools (Grades 9 through 12) in Iowa. All regular (non-

¹ <https://www.childrensafetynetwork.org/state/Iowa/2015>

alternative) public schools containing grades 9, 10, 11, or 12 were included in the sampling frame. A total of 32 schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random starting point. All classes meeting in a required subject or all classes meeting during a particular period of the day (depending on the school) were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey.

Overall, 21 of the 32 schools participated. Thus, the school level response rate was 66 percent (21/32). At the classroom level, 1,198 students out of 1,368 (88%) completed usable questionnaires. The overall response rate was:

$$66\% \times 88\% = 57\%$$

In probability sampling, associating a weight with each questionnaire is intended to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. Overall response rates equal to or exceeding 60 percent are required for the data to be weighted. The low overall response rate for Iowa precludes weighting of the 2015 data. **This means that these results cannot be generalized to all high school students in public schools in the state of Iowa**—they are representative of only the 1,198 students who completed the questionnaire. However, the results are still useful for describing the sample and for providing an indication, albeit an imperfect one, of where Iowa’s high school students are with respect to the six risk behaviors.

Survey Respondents

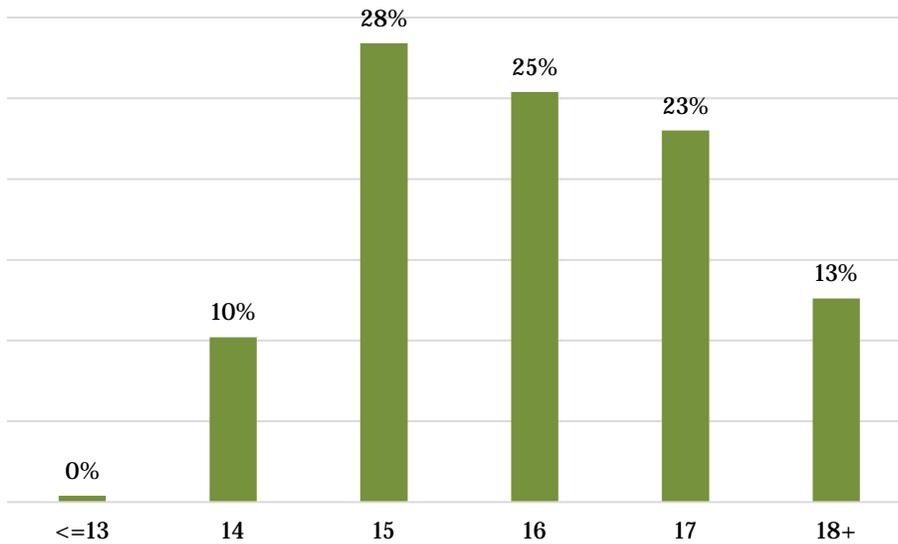
The responding students were nearly evenly divided among female and male students (49.3% and 50.3%, respectively). Most of the respondents (85.0%) identified their race as White. The remaining students identified their race as:

- Black or African American – 4.6 percent;
- Black and Native Hawaiian or Other Pacific Islander – 3.0 percent;
- Asian – 2.6 percent;
- American Indian and Alaska Native – 1.0 percent; and
- multiple races - 3.8 percent.

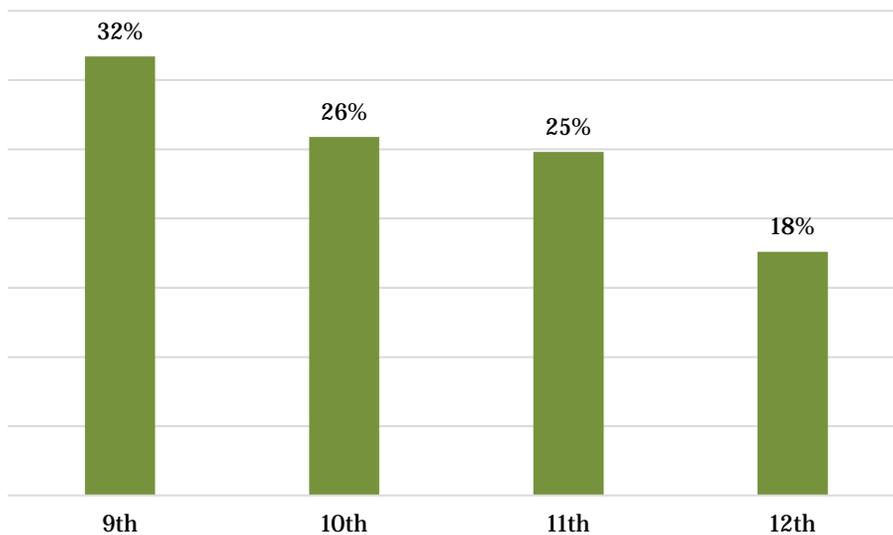
Only 8.2 percent identified themselves as Hispanic/Latino.

Exhibits 1-1 and 1-2 provide further demographics for the responding students.

**Exhibit 1-1
Age Breakdown of Responding Iowa Students, 2015**



**Exhibit 1-2
School Grade Breakdown of Responding Iowa Students, 2015**



Survey Results

The following sections of this report include the summary results from the responding Iowa high school students, organized by risk behavior. Data from the 2015 national survey are included in this report to provide context for Iowa results. Questions where the responses of the responding Iowa students differ from the national result by 5.0 percentage points or more are noted by ▼, indicating the Iowa result was lower and ▲, indicating the Iowa result was higher.

Within the results for the responding Iowa students, breakouts or discussion are provided where the response rates differ substantially (5.0 percentage points) by gender or grade level. No formal tests of significance were applied since the data were not weighted.

The percentage responses to each question, including n values, for the responding Iowa high school students are provided in **Appendix A**.

2 Risk Area I: Behaviors That Lead to Injury

The 2015 YRBS asked 18 questions regarding teen behaviors that can lead to intentional or unintentional injuries, such as drinking and driving, distracted driving, weapons carrying, and suicide. **Exhibit 2-1** provides the results for wearing a helmet while bike riding, wearing a seat belt in a car, riding in a car with a driver who had been drinking, driving after drinking, and driving while texting or emailing. The Iowa respondents were more likely to have not worn a bike helmet than in the national sample. They were also more likely to have texted or emailed while driving.

Exhibit 2-1
Helmets, Seat Belts, and Drinking/Distracted Driving

Q	Outcome	Iowa Respondents	Nation	
8	Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.	91.2%	81.4%	▲
9	The percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else.	4.9%	6.1%	
In the past 30 days:				
10	...the percentage of students who rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.	19.8%	20.0%	
11	...among students who drove a car or other vehicle, the percentage who drove when they had been drinking alcohol one or more times.	8.4%	7.8%	
12	...among students who drove a car or other vehicle, the percentage who texted or e-mailed while driving.	47.9%	41.5%	▲

Among those who drove, there was a difference by gender among Iowa respondents. Nearly three-fourths (74.2%) of driving females said they had not driven after drinking in the previous 30 days. In comparison, only 68.5 percent of driving males said the same.

There were also differences by grade among Iowa respondents. Among those who drove in the past 30 days, the rate of drinking and driving increased in the higher grades, from just 3.9 percent for 9th graders to 15.1 percent for 12th graders. The same pattern was observed in regard to texting while driving. Among drivers, the rate increased from 18.5 percent for 9th graders to 72.3 percent for 12th graders.

Exhibit 2-2 provides the results for questions related to weapons and physical violence. None of the responses of the Iowa students were substantially different from the national sample.

**Exhibit 2-2
Violent Behavior, Weapons, and Safety**

Q	Outcome	Iowa Respondents	Nation
	In the past 30 days, the percentage of students who:		
13	...carried a weapon such as a gun, knife, or club on one or more days.	17.6%	16.2%
14	...carried a gun on one or more days.	6.3%	5.3%
15	...carried a weapon such as a gun, knife, or club on school property on one or more days.	6.3%	4.1%
16	...did not go to school on one or more days because they felt unsafe at school or on their way to or from school.	4.9%	5.6%
	In the past 12 months, the percentage of students who:		
17	...had been threatened or injured with a weapon on school property one or more times.	6.6%	6.0%
18	...were in a physical fight one or more times.	19.2%	22.6%
19	...were injured in a physical fight and had to be treated by a doctor or nurse one or more times.	2.5%	2.9%
20	...were in a physical fight on school property one or more times.	7.0%	7.8%
21	The percentage of students who have ever been physically forced to have sexual intercourse when they did not want to.	8.0%	6.7%
	In the past 12 months:		
22	...among students who had dated or gone out with someone, the percentage who were hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with.	11.5%	9.6%
23	...among students who had dated or gone out with someone, the percentage of students who were ever forced by that person(s) to do sexual things they did not want to (including kissing, touching, or being physically forced to have sexual intercourse).	11.9%	10.6%

There were a number of differences along gender lines in regards to weapons carrying and physical violence, with the males generally expressing more negative responses (**Exhibit 2-3**).

Exhibit 2-3
Violent Behavior, Weapons, and Safety by Gender Among Iowa Respondents

Q	Outcome	Iowa Females	Iowa Males
In the past 30 days, the percentage of students who:			
13	...carried a weapon such as a gun, knife, or club on one or more days.	7.9%	27.3%
14	...carried a gun on one or more days.	1.5%	10.9%
15	...carried a weapon such as a gun, knife, or club on school property on one or more days.	3.6%	8.8%
In the past 12 months, the percentage of students who:			
18	...were in a physical fight one or more times.	11.5%	27.0%
20	...were in a physical fight on school property one or more times.	3.2%	10.6%
21	The percentage of students who have ever been physically forced to have sexual intercourse when they did not want to.	11.1%	4.7%
In the past 12 months:			
23	...among students who had dated or gone out with someone, the percentage of students who were ever forced by that person(s) to do sexual things they did not want to (including kissing, touching, or being physically forced to have sexual intercourse).	18.5%	5.3%

There were also differences by grade among Iowa respondents. The rate of physical fighting decreased in the higher grades, from 23.2 percent for 9th graders to 15.5 percent for 12th graders. The same pattern was observed in regard to physical fighting at school. That rate decreased from 9.4 percent for 9th graders to just 3.4 percent for 12th graders.

Exhibit 2-4 provides the results for the two questions on bullying. Neither of the responses of the Iowa students was substantially different from the national sample.

Exhibit 2-4
Bullying

Q	Outcome	Iowa Respondents	Nation
In the past 12 months, the percentage of students who:			
24	...had been bullied on school property.	23.9%	20.2%
25	...had been electronically bullied.	18.4%	15.5%

There were a number of differences along gender lines in regards to bullying, with the females expressing more negative responses (**Exhibit 2-5**). There were also differences

Iowa results cannot be generalized to the entire state

along grade lines, with those in lower grades expressing more negative responses (**Exhibit 2-6**).

Exhibit 2-5
Bullying by Gender Among Iowa Respondents

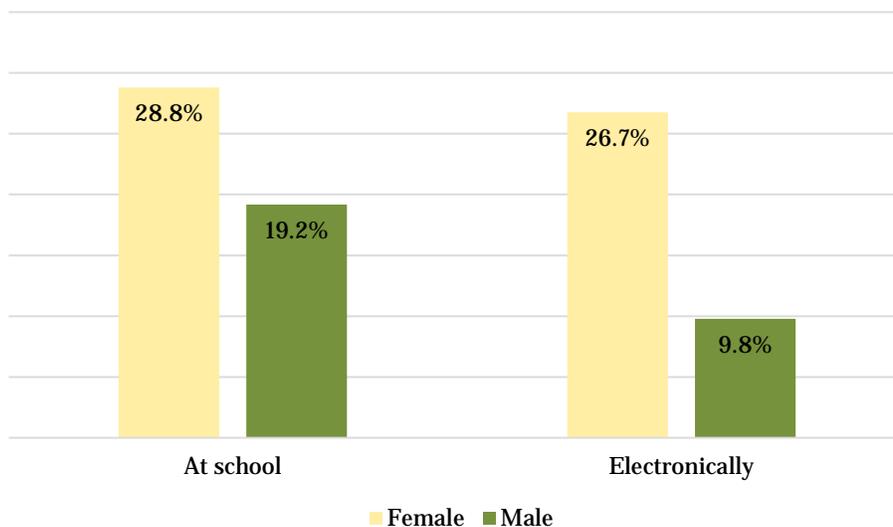


Exhibit 2-6
Bullying by Grade Level Among Iowa Respondents

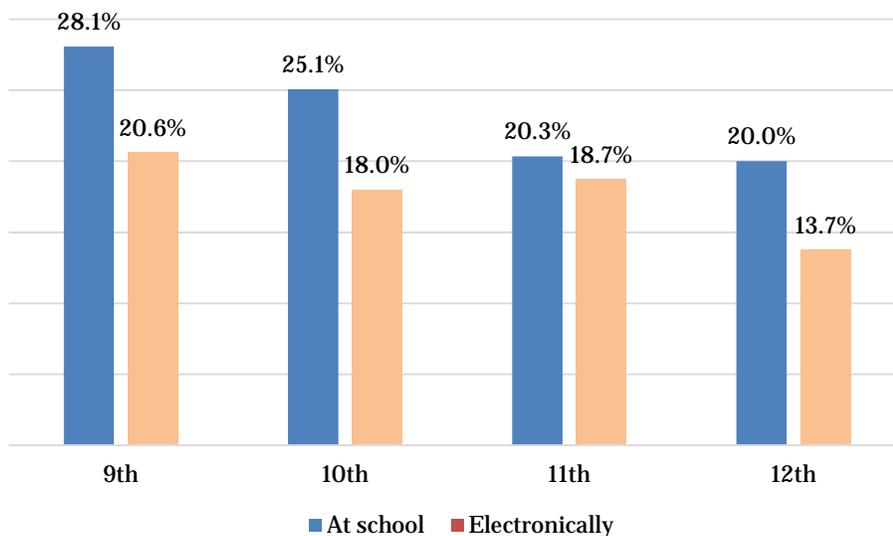


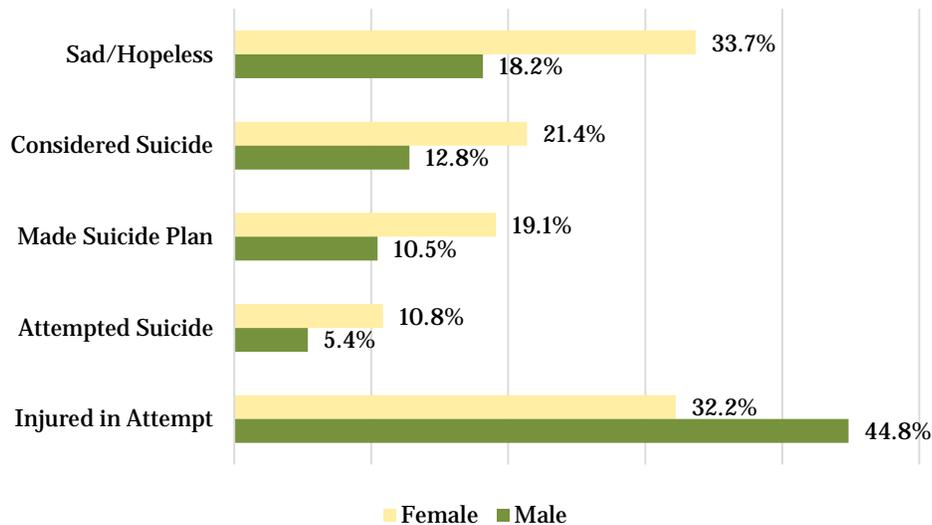
Exhibit 2-7 provides the results for suicide ideation and attempts. None of the responses of the Iowa students were substantially different from the national sample.

**Exhibit 2-7
Suicide Ideation and Attempts**

Q	Outcome	Iowa Respondents	Nation
	In the past 12 months, the percentage of students who:		
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.	26.0%	29.9%
27	...seriously considered attempting suicide.	17.1%	17.7%
28	...made a plan about how they would attempt suicide.	14.7%	14.6%
29	...actually attempted suicide one or more times.	8.2%	8.6%
30	...made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.	2.9%	2.8%

There were a number of differences along gender lines in regards to suicidal ideation and attempts (**Exhibit 2-7**). Females were more likely to feel sad/hopeless, consider suicide, make a suicide plan, and attempt suicide. However, among those who attempted suicide, males were more likely to have needed medical treatment.

**Exhibit 2-7
Suicide by Gender Among Iowa Students**



Iowa results cannot be generalized to the entire state

Risk Area II: Tobacco Use

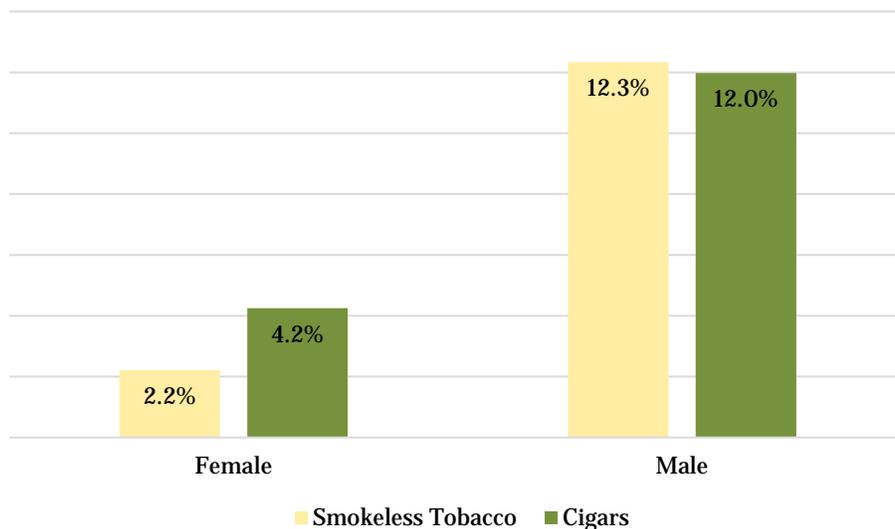
The 2015 YRBS asked 10 questions regarding tobacco use in various forms, including cigarette smoking, cigar smoking, and the use of smokeless tobacco. **Exhibit 3-1** provides the results. The responses from the Iowa high school students were substantially different from the national sample in the area of electronic vapor products. Fewer Iowa respondents reported trying electronic vapor products or using them in the last 30 days.

**Exhibit 3-1
Tobacco Use**

Q	Outcome	Iowa Respondents	Nation
31	The percentage of students who ever tried cigarette smoking, even one or two puffs.	28.4%	32.3%
32	The percentage of students who smoked a whole cigarette for the first time before age 13.	6.5%	6.6%
In the past 30 days:			
33	...the percentage of students who smoked cigarettes on one or more days.	11.1%	10.8%
34	...among students who were current smokers, the percentage who smoked more than 10 cigarettes per day on the days they smoked.	8.5%	7.9%
35	...among students who were less than 18 years of age and current smokers, the percentage who usually got their own cigarettes by buying them in a store or gas station.	10.6%	12.6%
36	Among smokers, the percentage of students who tried to quit.	48.8%	45.4%
37	The percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.	7.3%	7.3%
38	The percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.	8.2%	10.3%
39	The percentage of students who ever used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz).	34.3%	44.9% ▼
40	The percentage of students who used electronic vapor products in the last 30 days (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens such as blu, NJOY, or Starbuzz).	19.0%	24.1% ▼

There were some differences along gender lines in regards to tobacco use (**Exhibit 3-2**). Males were more likely to have indicated current use of smokeless tobacco and cigars.

Exhibit 3-2
Current Tobacco Use by Gender Among Iowa Students



There were also some differences among Iowa respondents along grade level lines. Fewer 9th graders reported ever trying cigarettes (20.7%) compared to 12th graders (35.4%). The same was true for use of:

- smokeless tobacco in the previous 30 days (5.0% versus 10.1%);
- cigar use in the previous 30 days (5.0% versus 15.5%);
- electronic vapor products ever (25.3% versus 39.6%); and
- electronic vapor products in the previous 30 days (13.6% versus 23.2%).

4 Risk Area III: Alcohol and Other Drugs

The 2015 YRBS asked six questions regarding alcohol use, three questions about marijuana use, and 10 questions about other illegal drugs. **Exhibit 4-1** provides the results regarding alcohol use. The responses from the Iowa high school students were substantially different from the national sample in their first use of alcohol. Fewer Iowa respondents reported ever trying alcohol and fewer Iowa respondents reported trying alcohol before age 13.

Exhibit 4-1
Alcohol Use

Q	Outcome	Iowa Respondents	Nation	
41	The percentage of students who had at least one drink of alcohol on one or more days during their life.	55.9%	63.2%	▼
42	The percentage of students who had their first drink of alcohol other than a few sips before age 13.	12.0%	17.2%	▼
In the past 30 days, the percentage of students who:				
43	...had at least one drink of alcohol on one or more days.	27.9%	32.8%	
44	...had five or more drinks of alcohol in a row, that is, within a couple of ...hours (“binge drinking”), on one or more days.	16.3%	17.7%	
45	...had 10 or more drinks of alcohol in a row, that is, within a couple of hours (serious “binge drinking”), on one or more days.	5.1%	4.3%	
46	The percentage of students, among those reporting current alcohol use, who usually got the alcohol they drank from someone who gave it to them.	42.9%	44.1%	

The only substantial difference among the responding Iowa students along gender lines was in the area of first alcohol use. A higher percentage of responding Iowa females (19.6%) reported first alcohol use at 13-14 years of age than did males (13.5%). There were no substantial differences at other ages for this question.

There were substantial differences among Iowa respondents along grade level lines (**Exhibit 4-2**). Students in higher grades were more likely to have tried alcohol, more likely to have drunk alcohol on 20 or more days in their lifetime, and more likely to have had alcohol in the past 30 days.

Exhibit 4-2
Alcohol Behaviors by Grade Level Among Iowa Respondents

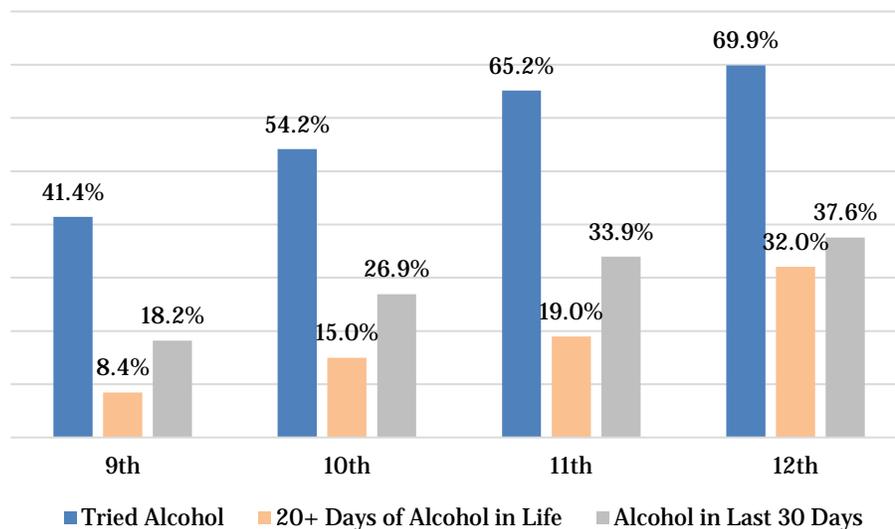


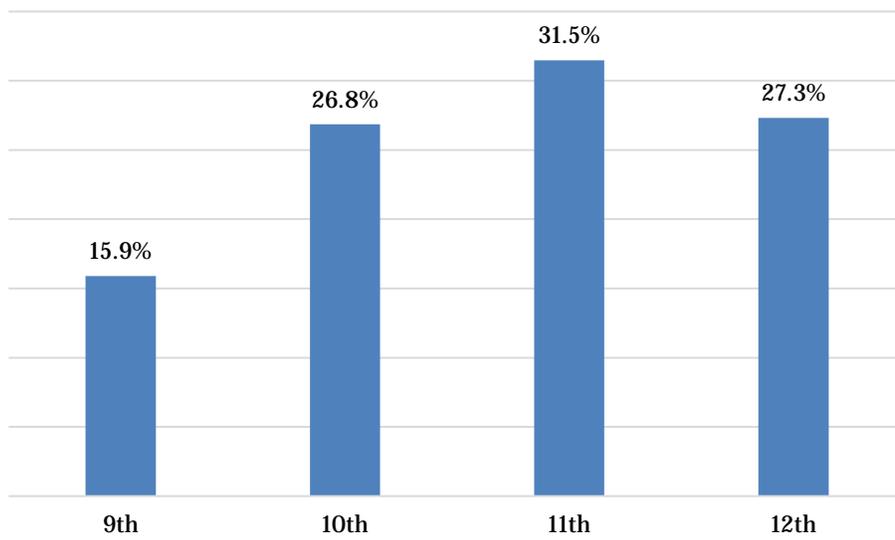
Exhibit 4-3 provides the results regarding marijuana and other illegal drug use. The responses from the Iowa high school students were substantially different from the national sample in their first use and current use of marijuana, as well as drug sales on school property. Fewer Iowa respondents reported ever trying marijuana and fewer Iowa respondents reported using marijuana in the past 30 days. Fewer Iowa respondents reported being offered, sold, or given an illegal drug on school property in the past year.

**Exhibit 4-3
Marijuana and Other Illegal Drug Use**

Q	Outcome	Iowa Respondents	Nation	
The percentage of students who:				
47	...used marijuana one or more times during their life.	24.7%	38.6%	▼
48	...tried marijuana for the first time before age 13.	3.7%	7.5%	
49	...used marijuana one or more times during the past 30 days.	12.6%	21.7%	▼
The percentage of students who have ever:				
50	...used any form of cocaine, including powder, crack, or freebase.	2.6%	5.2%	
51	...used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays) to get high.	4.4%	7.0%	
52	...used heroin (also called smack, junk or China white).	1.6%	2.1%	
53	...used methamphetamines (also called speed, crystal, crank, or ice).	1.8%	3.0%	
54	...used ecstasy (also called MDMA) one or more times during their life.	3.1%	5.0%	
55	...used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks).	5.5%	9.2%	
56	...taken steroids (pills or shots) without a doctor's prescription.	2.7%	3.5%	
57	...taken a prescription drug (OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription.	12.8%	16.8%	
58	...used a needle to inject any illegal drug into their body.	1.4%	1.8%	
59	The percentage of students who were offered, sold, or given an illegal drug on school property during the past 12 months.	14.1%	21.7%	▼

There were no substantial differences along gender lines among the responding Iowa students. The only substantial differences by grade level concerned first marijuana usage and prescription drug usage. Any use of marijuana peaked among 11th grade respondents (**Exhibit 4-4**). This was one of the few areas that did not follow a linear path from 9th graders to 12th graders. Only 8.5 percent of 9th graders reported every abusing prescription drugs, in comparison to 19.0 percent of 12th graders.

Exhibit 4-4
Ever Tried Marijuana by Grade Level Among Iowa Respondents



Risk Area IV: Sexual Behaviors

In 2014, the U.S. teen pregnancy rate was 24.2 while the Iowa rate was 19.8 (live births, per 1,000 females 15-19 years of age).² Many of these pregnancies, especially among younger teens, were probably unintended. These rates were historic lows for U.S. and Iowan teens but they were nevertheless substantially higher than in other western industrialized countries.³

The 2015 YRBS asked nine questions regarding sexual behaviors. **Exhibit 5-1** provides the results. The responses from the Iowa high school students were substantially different from the national sample in only one area – the use of known effective methods of birth control other than condoms. More Iowa respondents reported using birth control pills, an IUD/implant, or the shot/patch/control ring to prevent pregnancy before their last episode of sexual intercourse than did those students in the national sample.

Exhibit 5-1
Sexual Activity

Q	Outcome	Iowa Respondents	Nation
The percentage of students who:			
60	...have ever had sexual intercourse.	38.2%	41.2%
61	...had sexual intercourse for the first time before age 13.	3.0%	3.9%
62	...had sexual intercourse with four or more people during their life.	9.4%	11.5%
63	The percentage of students who were currently sexually active (sexual intercourse with one or more people during the past three months).	29.0%	30.1%
Among students who were currently sexually active, the percentage who:			
64	...drank alcohol or used drugs before last sexual intercourse.	17.4%	20.6%
65	...used a condom during their last sexual intercourse.	57.7%	56.9%
66	...used birth control pills, IUD/implant, or shot/patch/control ring to prevent pregnancy before last sexual intercourse.	34.5%	21.9% ▲
68	...described themselves as heterosexual.	91.0%	NA
Among students who have had sex ever:			
67	...the percentage of females who had sexual contact with males only.	88.2%	NA
67	...the percentage of males who had sexual contact with females only.	93.1%	NA

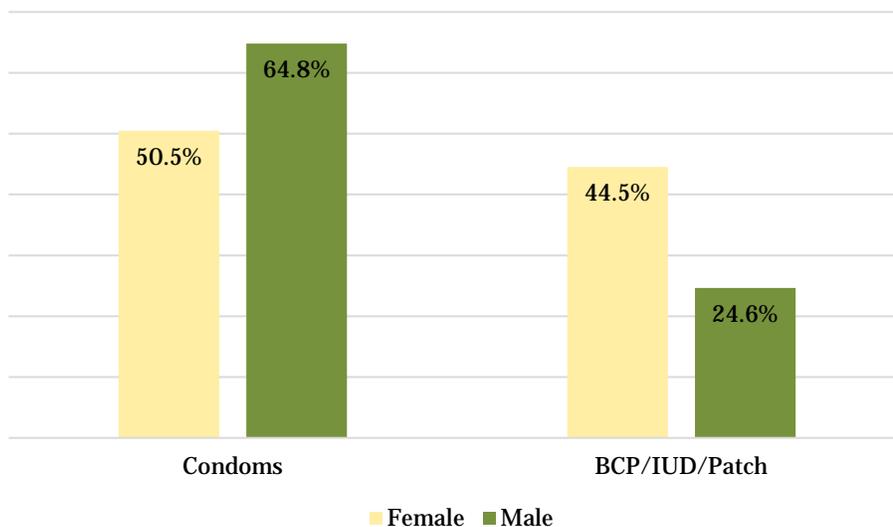
There were some differences along gender lines in regards to birth control methods (**Exhibit 5-2**). Responding Iowa males were more likely to have indicated the use of condoms in their last episode of sexual intercourse, while females were more like to have

² <https://thenationalcampaign.org/data/state/iowa>

³ <http://www.cdc.gov/teenpregnancy/about/>

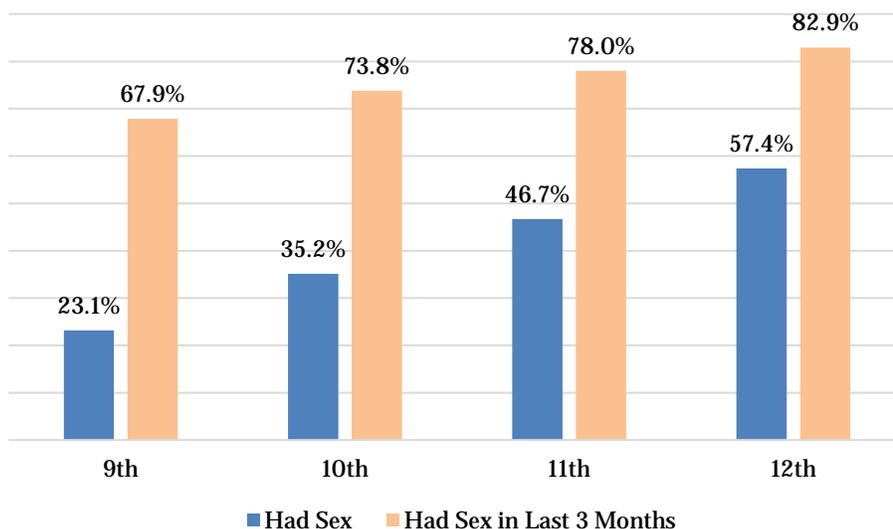
indicated the use of other known effective methods (birth control pills, an IUD/implant, or the shot/patch/control ring).

Exhibit 5-2
Last Birth Control Method by Gender Among Iowa Students



There were two differences along grade level lines in regards to whether the student reported ever having sex and whether the student reported having had sex in the previous three months (among those who reported having had any sex). **Exhibit 5-3** shows the breakdown. A majority of 12th graders reported having had sex at least once and a large majority of the 12th graders who have had sex reported having sex in the previous three months. The figures in both areas were lower in the lower grades.

Exhibit 5-3
Sexual Activity by Grade Level Among Iowa Students



Risk Area V: Dietary Behaviors

The 2015 YRBS asked two questions regarding body self-perception and nine questions on dietary behaviors, including eating disorders, and nutrition. The YRBS also asked for respondents' height and weight so that a Body Mass Index (BMI) could be calculated and cross-tabulated with responses to other questions. **Exhibit 6-1** provides the results for BMI, body self-perception, and dieting. As shown, the rates of being overweight or obese were similar for the responding Iowa students and the national sample. Among responding Iowa students, 16.8 percent were calculated to be overweight and 13.6 percent were obese. The responses from the Iowa high school students were not substantially different from the national sample in the weight and dieting areas.

Exhibit 6-1
Weight and Dieting

Q	Outcome	Iowa Respondents	Nation
6	The percentage of students whose height/weight responses indicated they were overweight (at least 85 th percentile but less than 95 th percentile, based on BMI).	16.8%	16.0%
6	The percentage of students whose height/weight responses indicated were obese (at or above 95 th percentile, based on BMI).	13.6%	13.9%
69	The percentage of students who described themselves as slightly or very overweight.	32.9%	31.5%
70	The percentage of students who were trying to lose weight.	46.3%	45.6%

Among the Iowa respondents, 25.1 percent described themselves as “slightly or very” overweight, despite being neither overweight nor obese based on BMI. This is indicative of a self-perception problem. Further 41.5 percent of students who were neither overweight nor obese reported trying to lose weight.

There were some differences along gender lines in regards to body self-perception and dieting (**Exhibit 6-2**). Responding Iowa males were more likely to feel slightly underweight or in the process of trying to gain weight; females reported the opposite. There were no substantial gender differences among those who felt very underweight, the right weight, or very overweight.

Exhibit 6-2
Body Self-Perception and Dieting by Gender Among Iowa Students

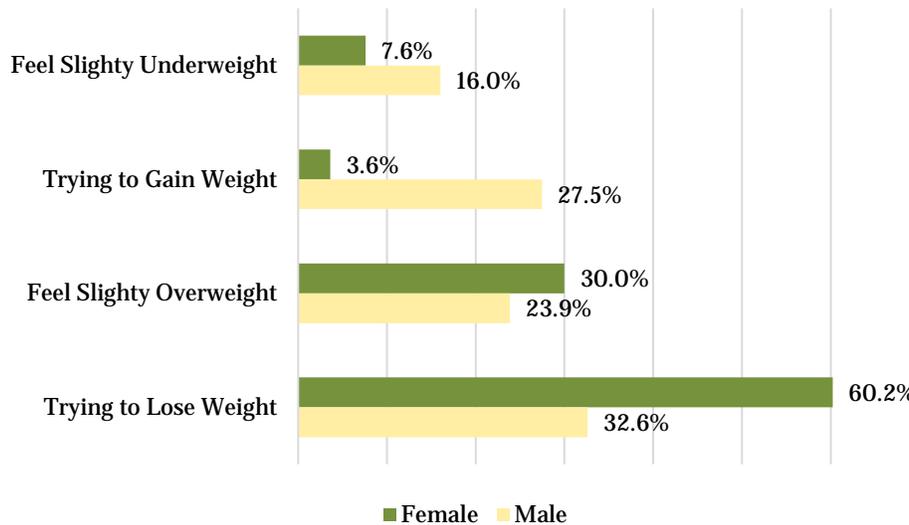


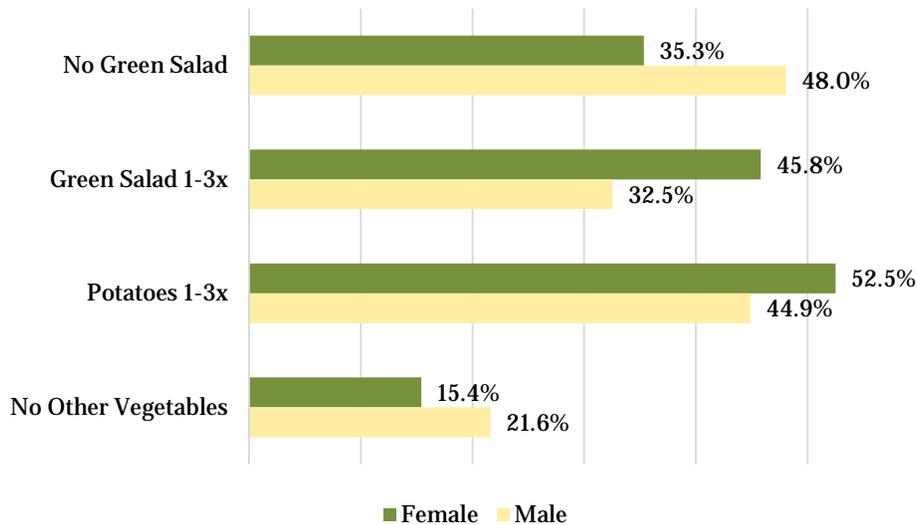
Exhibit 6-3 provides the results for nutrition. A majority of responding Iowa students reported positive nutrition behaviors on six of the first seven questions – the only negative was that slightly less than a majority reported eating carrots in the last seven days. The responses from the Iowa students were not substantially different from the national sample except in the drinking of milk. The Iowa students were much more likely to have drunk milk at least once in the prior week. In neither the Iowa nor the national sample did a majority of students report eating breakfast every day. In both samples more than 10 percent reported not eating breakfast on any day in the previous week. In regard to the negative question on nutrition, the consumption of soda, a majority of the responding Iowa students and the national sample reported having soda at least once in the previous week. More than a third in each group reported drinking soda four or more times in the previous week.

**Exhibit 6-3
Nutrition**

Q	Outcome	Iowa Respondents	Nation
	In the past seven days, the percentage of students who:		
71	...drank 100% fruit juice one or more times.	75.0%	76.6%
72	...ate fruit one or more times.	91.2%	89.9%
	...ate fruit <i>four</i> or more times.	5.3%	6.1%
73	...ate green salad one or more times.	58.5%	60.9%
	...ate green salad <i>four</i> or more times.	1.5%	1.9%
74	...ate potatoes one or more times.	70.2%	67.1%
75	...ate carrots one or more times.	49.7%	48.7%
76	...ate other vegetables one or more times.	81.6%	81.3%
78	...drank one or more glasses of milk.	86.0%	78.5% ▲
79	...ate breakfast every day.	38.6%	36.3%
	...ate breakfast on none of the past seven days.	11.7%	13.8%
77	...drank a can, bottle, or glass of (non-diet) soda or pop one or more times.	75.7%	73.8%
	...drank a can, bottle, or glass of (non-diet) soda or pop <i>four</i> or more times.	38.2%	37.9%

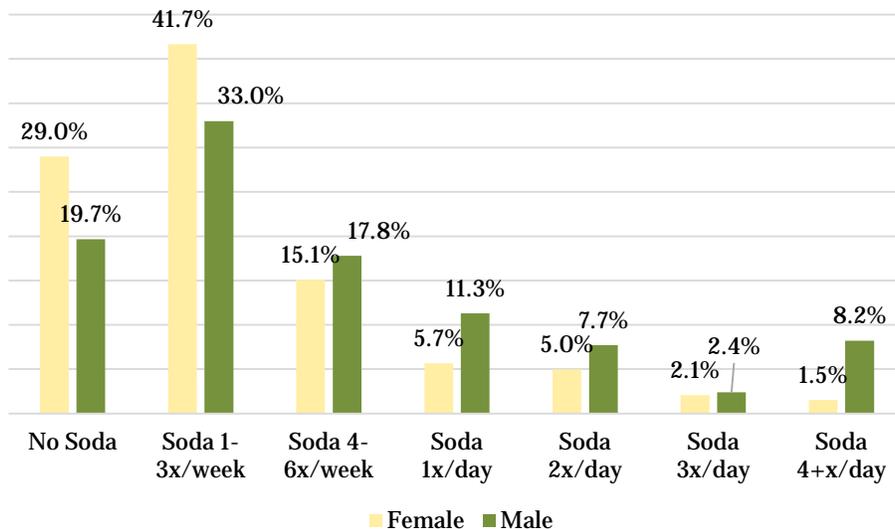
There were several substantial differences along gender lines in this risk area. **Exhibit 6-4** shows the differences for vegetable consumption. Responding Iowa males reported higher rates of not eating green salad at all, but higher rates of eating green salad one to three times in the previous week. Females were also more likely to report eating potatoes one to three times (there were no substantial differences in other categories of response). Males were more likely to report eating no other vegetables in the previous week.

Exhibit 6-4
Vegetable Consumption by Gender Among Iowa Students

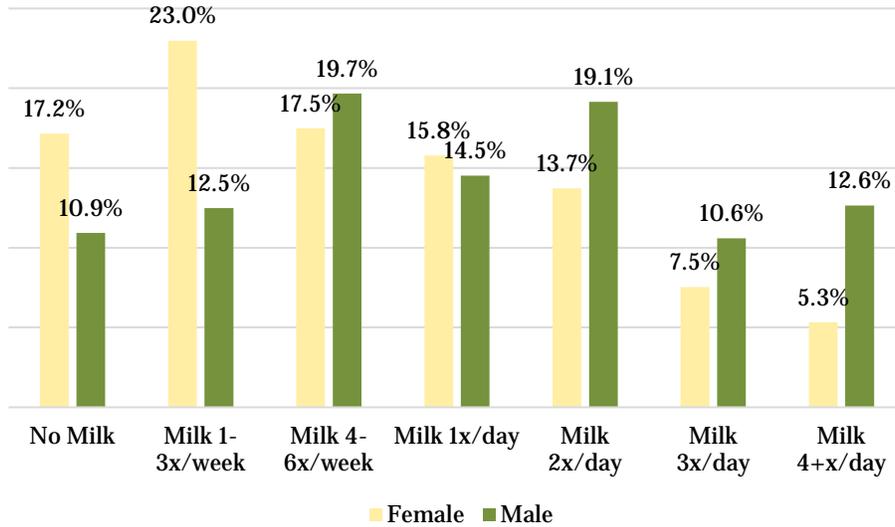


There were several substantial differences along gender lines in nearly every response category for soda consumption (**Exhibit 6-5**). Responding Iowa females reported higher rates of not drinking soda at all or only drinking it one to three times a week. Males reported higher rates of greater soda consumption, including 8.2 percent who reported drinking four or more sodas a day in the previous week. This pattern was repeated for milk consumption (**Exhibit 6-6**).

Exhibit 6-5
Soda Consumption by Gender Among Iowa Students

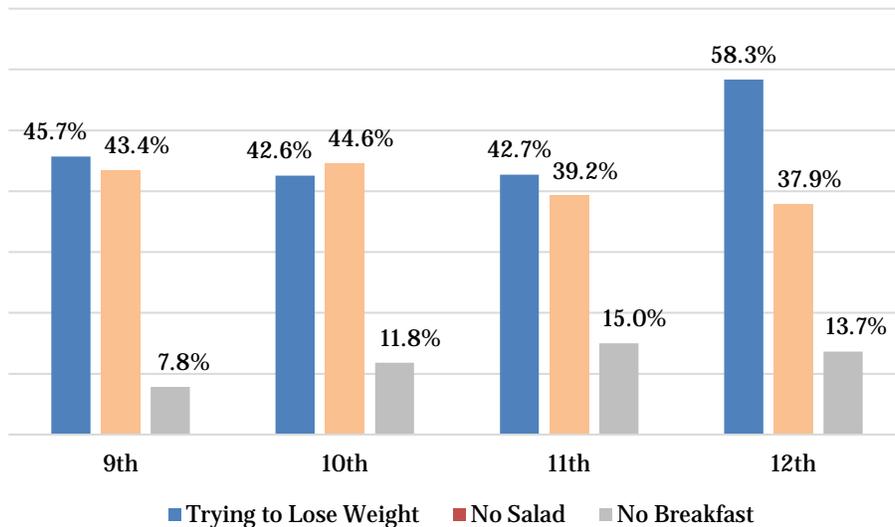


**Exhibit 6-6
Milk Consumption by Gender Among Iowa Students**



In comparison, there were only three substantial differences along grade level lines in this risk area (**Exhibit 6-7**). The percentage of students trying to lose weight spiked among 12th graders, although there were no substantial differences in the rates of being overweight or obese (based on BMI). The consumption of any green salad fell from 9th graders to 12th graders. The percentage reporting no breakfast peaked among 11th graders.

**Exhibit 6-7
Dieting and Dietary Behaviors by Grade Level Among Iowa Students**



Iowa results cannot be generalized to the entire state

Risk Area VI: Physical Activity

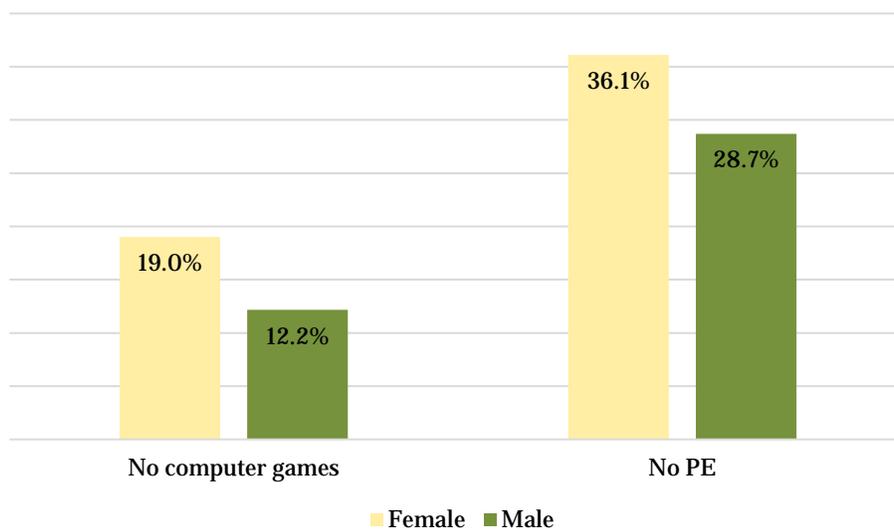
The 2015 YRBS asked five questions on physical activity. **Exhibit 7-1** provides the results. A majority of responding Iowa students engaged in physical activity on five or more days in the previous week. A majority also attended a physical education (PE) class at least once in the past week and played on a sports team in the past year. The responses from the Iowa high school students were substantially higher from the national sample in each of these three areas. However, Iowa students were substantially less likely to have attended PE class daily in the previous week, in comparison to the national sample.

Exhibit 7-1
Physical Activity/Inactivity

Q	Outcome	Iowa Respondents	Nation	
	The percentage of students who:			
80	...were physically active for a total of 60 minutes or more per day on five or more of the past seven days.	54.7%	48.6%	▲
80	...were physically active for a total of 60 minutes or more per day on (all) seven of the past seven days.	30.7%	27.1%	
81	...watched three or more hours of TV per day on an average school day.	20.7%	24.7%	
82	...who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.	39.0%	41.7%	
83	...attended physical education (PE) class one or more days in an average school week when they were in school.	67.8%	51.6%	▲
83	...attended physical education (PE) classes daily in an average week when they were in school.	19.6%	29.8%	▼
84	...played on one or more sports teams during the past 12 months.	64.8%	57.6%	▲

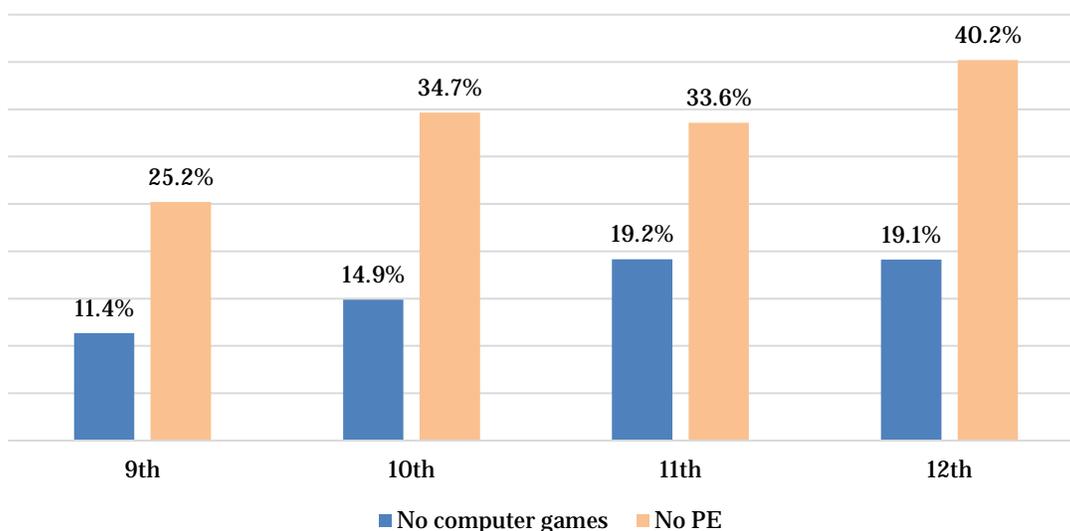
There were four areas of substantial difference by gender among responding Iowa students. **Exhibit 7-2** shows two where the differences were in the percentages who reported engaging in no video/computer gaming in the previous week as well as no PE class. In both cases, higher percentages of females reported not doing these activities. Females were also more likely to have engaged in less than daily physical activity. Only 21.2 percent of females reported daily physical activity in the previous week, compared to 39.5 percent of males. Females were more likely to have played on only one sports team in the previous year (26.6% versus 20.9%) but were roughly equally likely to have played on one or more sports teams (65.5% versus 63.8%).

Exhibit 7-2
Gaming and PE by Gender Among Iowa Students



There were substantial differences by grade level among responding Iowa students regarding gaming and PE (**Exhibit 7-3**). In computer gaming, 9th graders reported much less use than did those in other grades. In PE, 9th graders reported lower rates of having had PE in the previous week than did those in the other grades. Students in higher grades also reported less sports team participation (59.3% in 12th grade versus 69.4% in 9th grade).

Exhibit 7-3
Gaming and PE by Grade Level Among Iowa Students



In the final area, the 2015 YRBS asked four questions on health. **Exhibit 7-4** provides the results. Nearly 80 percent of the responding Iowa students reported seeing a dentist in the past year; this was higher than in the national sample. One-third of responding Iowa

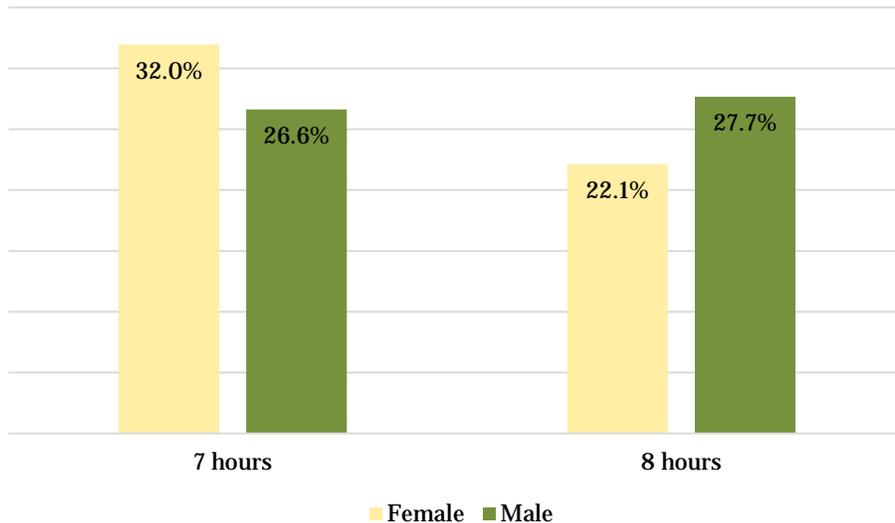
students reported getting eight or more hours of sleep on an average school night; this was also higher than in the national sample.

**Exhibit 7-4
Additional Health Questions**

Q	Outcome	Iowa Respondents	Nation
	The percentage of students who:		
85	...were ever tested for HIV (not including tests done when donating blood).	6.8%	10.2%
86	...saw a dentist in the past 12 months.	79.5%	74.4% ▲
87	...had ever been told by a doctor or nurse that they had asthma.	19.5%	22.8%
88	...had eight or more hours of sleep (on an average school night).	33.1%	27.3% ▲

There were some differences by gender in these areas. A lower percentage of males (75.3%) reported seeing a dentist in the past year than did females (83.6%). A higher percentage of females reported getting only seven hours of sleep on an average school night; the reverse was true at eight hours (**Exhibit 7-5**). There were no substantial differences at any other level of sleep.

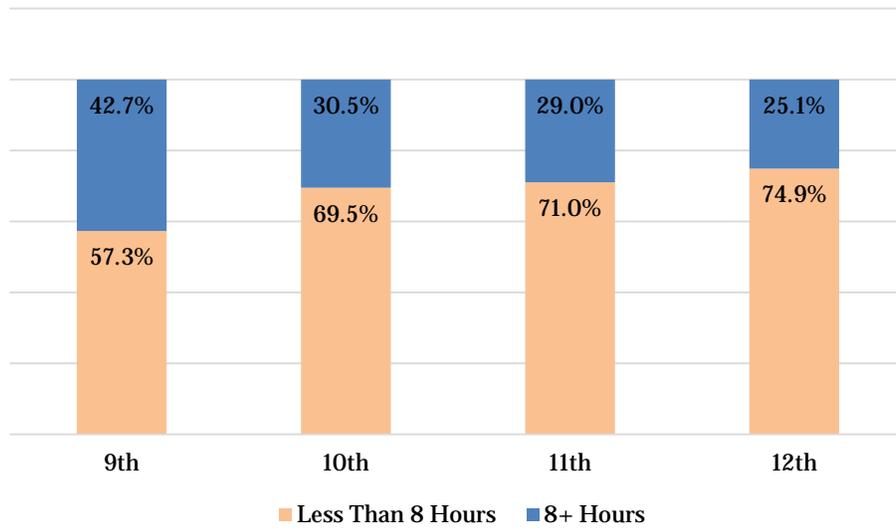
**Exhibit 7-5
Hours of Sleep by Gender Among Iowa Students**



There were also differences by grade level in hours of sleep on an average school night. (**Exhibit 7-6**). As students progress through high school, higher percentages report getting less than eight hours of sleep per night. Students in higher grades also reported being less likely to have visited the dentist in the past year (77.0% in 12th grade versus 82.7% in 9th grade).

Iowa results cannot be generalized to the entire state

Exhibit 7-6
Hours of Sleep by Grade Level Among Iowa Students



Appendix A

Q8 *When you rode a bicycle during the past 12 months, how often did you wear a helmet?*

	n	1173
Did Not Ride		33.2%
Never		57.1%
Rarely		3.8%
Sometimes		1.3%
Most of the Time		2.0%
Always		2.6%

Q9 *How often to you wear a seat belt when riding in a car driven by someone else?*

	n	1192
Never		2.2%
Rarely		2.7%
Sometimes		8.4%
Most of the Time		27.1%
Always		59.6%

Q10 *During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?*

	n	1192
0 Times		80.2%
1 Time		8.7%
2 or 3 Times		5.5%
4 or 5 Times		1.5%
6 or More Times		4.0%

Q11 *During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?*

	n	1127
Did Not Drive		22.1%
0 Times		71.3%
1 Time		3.8%
2 or 3 Times		1.2%
4 or 5 Times		0.1%
6 or More Times		1.5%

Iowa results cannot be generalized to the entire state

Q12 *During the past 30 days, on how many days did you text or email while driving a car or other vehicle?*

n	1139
Did Not Drive	21.8%
0 Days	40.7%
1 or 2 Days	9.7%
3 to 5 Days	5.2%
6 to 9 Days	4.3%
10 to 19 Days	4.0%
20 to 29 Days	5.6%
All 30 Days	8.7%

Q13 *During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?*

n	1170
0 Days	82.4%
1 Day	2.5%
2 or 3 Days	3.3%
4 or 5 Days	1.3%
6 or More Days	10.5%

Q14 *During the past 30 days, on how many days did you carry a gun?*

n	1178
0 Days	93.7%
1 Day	1.9%
2 or 3 Days	1.2%
4 or 5 Days	0.5%
6 or More Days	2.7%

Q15 *During the past 30 days, on how many days did you carry a weapon such as a gun, knife or club on school property?*

n	1183
0 Days	93.7%
1 Day	0.8%
2 or 3 Days	0.6%
4 or 5 Days	0.8%
6 or More Days	4.1%

Q16 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?

n	1192
0 Days	95.1%
1 Day	1.9%
2 or 3 Days	1.3%
4 or 5 Days	0.6%
6 or More Days	1.2%

Q17 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?

n	1192
0 Times	93.4%
1 Time	2.7%
2 or 3 Times	1.2%
4 or 5 Times	0.8%
6 or 7 Times	0.3%
8 or 9 Times	0.3%
10 or 11 Times	0.3%
12 or More Times	1.2%

Q18 During the past 12 months, how many times were you in a physical fight?

n	1175
0 Times	80.8%
1 Time	8.5%
2 or 3 Times	6.4%
4 or 5 Times	1.9%
6 or 7 Times	0.4%
8 or 9 Times	0.2%
10 or 11 Times	0.1%
12 or More Times	1.8%

Q19 During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

n	1184
0 Times	97.5%
1 Time	1.4%
2 or 3 Times	0.5%
4 or 5 Times	0.1%
6 or More Times	0.6%

Iowa results cannot be generalized to the entire state

Q20 During the past 12 months, how many times were you in a physical fight on school property?

	n	1186
0 Times	93.0%	
1 Time	4.6%	
2 or 3 Times	1.3%	
4 or 5 Times	0.3%	
6 or 7 Times	0.2%	
10 or 11 Times	0.1%	
12 or More Times	0.7%	

Q21 Have you ever been physically forced to have sexual intercourse when you did not want to?

	n	1190
Yes	8.0%	
No	92.0%	

Q22 During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

	n	1169
Did Not Date	32.2%	
0 Times	60.1%	
1 Time	3.2%	
2 or 3 Times	2.6%	
4 or 5 Times	0.3%	
6 or More Times	1.8%	

Q23 During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

	n	1166
Did Not Date	32.1%	
0 Times	59.9%	
1 Time	2.8%	
2 or 3 Times	3.0%	
4 or 5 Times	0.8%	
6 or More Times	1.5%	

Q24 During the past 12 months, have you been bullied on school property?

<i>n</i>	1190
Yes	23.9%
No	76.1%

Q25 During the past 12 months, have you been electronically bullied? (Count being bullied through email, chat rooms, instant messaging, websites, or texting.)

<i>n</i>	1187
Yes	18.4%
No	81.6%

Q26 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing usual activities?

<i>n</i>	1191
Yes	26.0%
No	74.0%

Q27 During the past 12 months, did you ever seriously consider attempting suicide?

<i>n</i>	1188
Yes	17.1%
No	82.9%

Q28 During the past 12 months, did you make a plan about how you would attempt suicide?

<i>n</i>	1187
Yes	14.7%
No	85.3%

Q29 During the past 12 months, how many times did you actually attempt suicide?

<i>n</i>	1101
0 Times	91.8%
1 Time	3.0%
2 or 3 Times	3.5%
4 or 5 Times	0.7%
6 or More Times	1.0%

Iowa results cannot be generalized to the entire state

Q30 *If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?*

	n	1096
Did Not Attempt Suicide		91.9%
Yes		2.9%
No		5.2%

Q31 *Have you ever tried cigarette smoking, even one or two puffs?*

	n	1182
Yes		28.4%
No		71.6%

Q32 *How old were you when you smoked a whole cigarette for the first time?*

	n	1157
Never Smoked a Cigarette		79.2%
8 Years or Younger		1.2%
9 or 10 Years Old		1.6%
11 or 12 Years Old		3.7%
13 or 14 Years Old		6.3%
15 or 16 Years Old		6.2%
17 Years Old or Older		1.8%

Q33 *During the past 30 days, on how many days did you smoke cigarettes?*

	n	1163
0 Days		89.9%
1 or 2 Days		2.7%
3 to 5 Days		1.5%
6 to 9 Days		1.2%
10 to 19 Days		1.5%
20 to 29 Days		0.4%
All 30 Days		2.7%

Q34 *During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?*

	n	1161
Did Not Smoke Cigarettes		89.8%
Less Than 1 Cigarette		2.4%
1 Cigarette		2.2%
2 to 5 Cigarettes		3.8%
6 to 10 Cigarettes		0.9%
11 to 20 Cigarettes		0.3%
More Than 20 Cigarettes		0.6%

Q35 During the past 30 days, how did you usually get your own cigarettes?

	n	1158
Did Not Smoke Cigarettes		90.2%
Store or Gas Station		2.5%
I Got Them on the Internet		0.1%
Someone Else Bought Them		2.7%
Borrowed/Bummed Them		1.7%
A Person 18 or Older Gave Me		1.5%
Took Them From Store/Family		0.4%
Some Other Way		0.9%

Q36 During the past 12 months, did you ever try to quit smoking cigarettes?

	n	1147
Did Not Smoke in Past 12 Months		86.1%
Yes		6.8%
No		7.1%

Q37 During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	n	1188
0 Days		92.7%
1 or 2 Days		1.9%
3 to 5 Days		1.3%
6 to 9 Days		0.6%
10 to 19 Days		0.9%
20 to 29 Days		0.2%
All 30 Days		2.4%

Q38 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

	n	1189
0 Days		91.8%
1 or 2 Days		4.0%
3 to 5 Days		1.5%
6 to 9 Days		0.9%
10 to 19 Days		0.6%
20 to 29 Days		0.3%
All 30 Days		0.9%

Iowa results cannot be generalized to the entire state

Q39 *Have you ever used an electronic vapor product?*

<i>n</i>	1188
Yes	34.3%
No	65.7%

Q40 *During the past 30 days, on how many days did you use an electronic vapor product?*

<i>n</i>	1187
0 Days	81%
1 or 2 Days	9.2%
3 to 5 Days	4.5%
6 to 9 Days	1.4%
10 to 19 Days	1.7%
20 to 29 Days	0.3%
All 30 Days	2.0%

Q41 *During your life, on how many days have you had at least one drink of alcohol?*

<i>n</i>	1172
0 Days	44.1%
1 or 2 Days	15.0%
3 to 9 Days	15.8%
10 to 19 Days	7.9%
20 to 39 Days	5.9%
40 to 99 Days	5.0%
100 or More Days	6.2%

Q42 *How old were you when you had your first drink of alcohol other than a few sips?*

<i>n</i>	1174
Never Drank Alcohol	47.7%
8 Years or Younger	4.9%
9 or 10 Years Old	2.4%
11 or 12 Years Old	4.8%
13 or 14 Years Old	16.5%
15 or 16 Years Old	19.8%
17 Years or Older	4.0%

Q43 During the past 30 days, on how many days did you have at least one drink of alcohol?

	n	1124
0 Days		72.1%
1 or 2 Days		15.0%
3 to 5 Days		5.3%
6 to 9 Days		3.6%
10 to 19 Days		2.1%
20 to 29 Days		0.4%
All 30 Days		1.4%

Q44 During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	n	1171
0 Days		83.7%
1 Day		5.8%
2 Days		3.8%
3 to 5 Days		3.4%
6 to 9 Days		1.4%
10 to 19 Days		0.9%
20 or More Days		1.1%

Q45 During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

	n	1125
Did Not Drink in Past 30 Days		71.7%
1 or 2 Drinks		10.1%
3 Drinks		2.8%
4 Drinks		2.2%
5 Drinks		2.8%
6 or 7 Drinks		3.6%
8 or 9 Drinks		1.7%
10 or More Drinks		5.1%

Q46 During the past 30 days, how did you usually get the alcohol you drank?

	n	1122
Did Not Drink in Past 30 Days		71.9%
Bought in Store		1.2%
Bought in Restaurant		0.4%
Bought at Public Event		0.1%
I Gave Someone Money to Buy		6.6%
Someone Gave it to Me		12.0%
Took From Store/Family		2.2%
Some Other Way		5.6%

Iowa results cannot be generalized to the entire state

Q47 During your life, how many times have you used marijuana?

n	1168
0 Times	75.3%
1 or 2 Times	5.7%
3 to 9 Times	6.2%
10 to 19 Times	2.5%
20 to 39 Times	2.7%
40 to 99 Times	1.9%
100 or More Times	5.7%

Q48 How old were you when you tried marijuana for the first time?

n	1170
Never Tried Marijuana	75.4%
8 Years or Younger	1.0%
9 or 10 Years Old	0.7%
11 or 12 Years Old	2.1%
13 or 14 Years Old	8.5%
15 or 16 Years Old	10.4%
17 Years or Older	1.9%

Q49 During the past 30 days, how many times did you use marijuana?

n	1179
0 Times	87.4%
1 or 2 Times	4.9%
3 to 9 Times	2.6%
10 to 19 Times	1.3%
20 to 39 Times	1.4%
40 or More Times	2.4%

Q50 During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

n	1184
0 Times	97.4%
1 or 2 Times	1.1%
3 to 9 Times	0.1%
20 to 39 Times	0.2%
40 or More Times	1.3%

Q51 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?

	n	1183
0 Times	95.6%	
1 or 2 Times	1.9%	
3 to 9 Times	0.7%	
10 to 19 Times	0.3%	
20 to 39 Times	0.3%	
40 or More Times	1.3%	

Q52 During your life, how many times have you used heroin (also called smack, junk, or China White)?

	n	1183
0 Times	98.4%	
1 or 2 Times	0.2%	
3 to 9 Times	0.1%	
10 to 19 Times	0.1%	
20 to 39 Times	0.1%	
40 or More Times	1.2%	

Q53 During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

	n	1182
0 Times	98.2%	
1 or 2 Times	0.2%	
3 to 9 Times	0.2%	
10 to 19 Times	0.2%	
20 to 39 Times	0.1%	
40 or More Times	1.2%	

Q54 During your life, how many times have you used ecstasy (also called MDMA)?

	n	1181
0 Times	96.9%	
1 or 2 Times	1.8%	
3 to 9 Times	0.2%	
20 to 39 Times	0.2%	
40 or More Times	1.0%	

Iowa results cannot be generalized to the entire state

Q55 During your life, how many times have you used synthetic marijuana (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)?

	n	1183
0 Times	94.5%	
1 or 2 Times	2.3%	
3 to 9 Times	1.0%	
10 to 19 Times	0.3%	
20 to 39 Times	0.4%	
40 or More Times	1.4%	

Q56 During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	n	1182
0 Times	97.3%	
1 or 2 Times	0.6%	
3 to 9 Times	0.4%	
10 to 19 Times	0.4%	
20 to 39 Times	0.3%	
40 or More Times	1.0%	

Q57 During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

	n	1184
0 Times	87.2%	
1 or 2 Times	5.8%	
3 to 9 Times	2.5%	
10 to 19 Times	1.2%	
20 to 39 Times	0.6%	
40 or More Times	2.6%	

Q58 During your life, how many times have you used a needle to inject any illegal drug into your body?

	n	1185
0 Times	98.6%	
1 Time	0.2%	
2 or More Times	1.3%	

Q59 During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

n	1182
Yes	14.1%
No	85.9%

Q60 Have you ever had sexual intercourse?

n	1153
Yes	38.2%
No	61.8%

Q61 How old were you when you had sexual intercourse for the first time?

n	1150
Never Had Sex	61.7%
11 Years or Younger	2.3%
12 Years Old	0.9%
13 Years Old	3.5%
14 Years Old	9.4%
15 Years Old	9.3%
16 Years Old	8.8%
17 Years or Older	4.2%

Q62 During your life, with how many people have you had sexual intercourse?

n	1151
Never Had Sex	61.9%
1 Person	14.8%
2 People	8.6%
3 People	5.1%
4 People	2.3%
5 People	1.3%
6 or More People	6.0%

Q63 During the past 3 months, with how many people did you have sexual intercourse?

n	1150
Never Had Sex	61.8%
None During Past 3 Months	9.0%
1 Person	23.7%
2 People	2.0%
3 People	1.1%
4 People	0.7%
5 People	0.3%
6 or More People	1.2%

Iowa results cannot be generalized to the entire state

Q64 Did you drink alcohol or use drugs before you had sexual intercourse the last time?

	n	1147
Never Had Sex	61.9%	
Yes	6.6%	
No	31.5%	

Q65 The last time you had sexual intercourse, did you or your partner use a condom?

	n	1146
Never Had Sex	62.0%	
Yes	21.9%	
No	16.1%	

Q66 The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

	n	1134
Never Had Sex	62.7%	
No Method Was Used	4.0%	
Birth Control Pills	8.8%	
Condoms	15.8%	
IUD or Implant	1.1%	
Shot/Patch/Birth Control Ring	2.9%	
Withdrawal/Other Method	3.2%	
Not Sure	1.5%	

Q67 During your life, with whom have you had sexual contact?

	n	1164
Never Had Sexual Contact	49.0%	
Females	24.1%	
Males	23.3%	
Females and Males	3.7%	

Q68 Which of the following best describes you?

	n	1172
Heterosexual (Straight)	91.0%	
Gay or Lesbian	1.0%	
Bisexual	5.1%	
Not Sure	2.8%	

Q69 How do you describe your body weight?

	n	1174
Very Underweight		2.0%
Slightly Underweight		11.8%
About the Right Weight		53.3%
Slightly Overweight		26.9%
Very Overweight		6.0%

Q70 Which of the following are you trying to do about your weight?

	n	1174
Lose Weight		46.3%
Gain Weight		15.7%
Stay the Same Weight		18.1%
Not Trying to Do Anything		19.8%

Q71 During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kook-Aid, sports drinks, or other fruit-flavored drinks.)

	n	1178
Did Not Drink Fruit Juice		25.0%
1 to 3 Times		37.6%
4 to 6 Times		16.9%
1 Time Per Day		7.4%
2 Times Per Day		6.5%
3 Times Per Day		2.6%
4 or More Times Per Day		3.9%

Q72 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

	n	1176
Did Not Eat Fruit		8.8%
1 to 3 Times		32.7%
4 to 6 Times		23.0%
1 Time Per Day		13.2%
2 Times Per Day		13.3%
3 Times Per Day		3.7%
4 or More Times Per Day		5.3%

Iowa results cannot be generalized to the entire state

Q73 During the past 7 days, how many times did you eat green salad?

	n	1177
Did Not Eat Green Salad		41.5%
1 to 3 Times		39.2%
4 to 6 Times		9.4%
1 Time Per Day		5.9%
2 Times Per Day		1.7%
3 Times Per Day		0.7%
4 or More Times Per Day		1.5%

Q74 During the past 7 days, how many times did you eat potatoes? (Do not count French fries, fried potatoes, or potato chips.)

	n	1176
Did Not Eat Potatoes		29.8%
1 to 3 Times		48.6%
4 to 6 Times		13.5%
1 Time Per Day		4.1%
2 Times Per Day		1.7%
3 Times Per Day		0.8%
4 or More Times Per Day		1.5%

Q75 During the past 7 days, how many times did you eat carrots?

	n	1174
Did Not Eat Carrots		50.3%
1 to 3 Times		33.6%
4 to 6 Times		9.5%
1 Time Per Day		3.7%
2 Times Per Day		1.0%
3 Times Per Day		0.5%
4 or More Times Per Day		1.4%

Q76 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

	n	1173
Did Not Eat Other Vegetables		18.4%
1 to 3 Times		40.2%
4 to 6 Times		21.1%
1 Time Per Day		10.0%
2 Times Per Day		5.5%
3 Times Per Day		2.6%
4 or More Times Per Day		2.3%

Q77 During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

	n	1175
Did Not Drink Soda or Pop		24.3%
1 to 3 Times		37.4%
4 to 6 Times		16.3%
1 Time Per Day		8.4%
2 Times Per Day		6.4%
3 Times Per Day		2.2%
4 or More Times Per Day		4.9%

Q78 During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

	n	1175
Did Not Drink Milk		14.0%
1 to 3 Glasses		17.6%
4 to 6 Glasses		18.6%
1 Glass Per Day		15.2%
2 Glasses Per Day		16.3%
3 Glasses Per Day		9.2%
4 or More Glasses Per Day		9.1%

Q79 During the past 7 days, on how many days did you eat breakfast?

	n	1175
0 Days		11.7%
1 Day		7.1%
2 Days		10.8%
3 Days		8.4%
4 Days		8.5%
5 Days		9.4%
6 Days		5.4%
7 Days		38.6%

Iowa results cannot be generalized to the entire state

Q80 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

<i>n</i>	1173
0 Days	9.2%
1 Day	4.9%
2 Days	9.7%
3 Days	12.0%
4 Days	9.5%
5 Days	15.0%
6 Days	9.0%
7 Days	30.7%

Q81 On an average school day, how many hours do you watch TV?

<i>n</i>	1173
No TV on Average School Day	15.9%
Less Than 1 Hour Per Day	24.7%
1 Hour Per Day	17.4%
2 Hours Per Day	21.4%
3 Hours Per Day	11.6%
4 Hours Per Day	3.8%
5 or More Hours Per Day	5.3%

Q82 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook, or other social networking tools, and the Internet.)

<i>n</i>	1170
No TV on Average School Day	15.6%
Less Than 1 Hour Per Day	15.2%
1 Hour Per Day	14.3%
2 Hours Per Day	16.0%
3 Hours Per Day	12.8%
4 Hours Per Day	9.0%
5 or More Hours Per Day	17.2%

Q83 In an average week when you are in school, on how many days do you go to physical education (PE) classes?

<i>n</i>	1165
0 Days	32.3%
1 Day	1.3%
2 Days	12.3%
3 Days	32.7%
4 Days	1.9%
5 Days	19.6%

Q84 During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

<i>n</i>	1169
0 Teams	35.2%
1 Team	23.8%
2 Teams	19.7%
3 or More Teams	21.3%

Q85 Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

<i>n</i>	1170
Yes	6.8%
No	79.3%
Not Sure	13.9%

Q86 When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

<i>n</i>	1171
During the Past 12 Months	79.5%
Between 12 and 24 Months Ago	9.5%
More Than 24 Months Ago	3.0%
Never	1.5%
Not Sure	6.5%

Q87 Has a doctor or nurse ever told you that you have asthma?

<i>n</i>	1170
Yes	19.5%
No	75.3%
Not Sure	5.2%

Iowa results cannot be generalized to the entire state

Q88 *On an average school night, how many hours of sleep do you get?*

	<i>n</i>	1168
4 or Less Hours		6.7%
5 Hours		7.8%
6 Hours		23.2%
7 Hours		29.2%
8 Hours		24.9%
9 Hours		5.9%
10 or More Hours		2.3%

Q89 *During the past 12 months, how would you describe your grades in school?*

	<i>n</i>	1160
Mostly A's		42.7%
Mostly B's		33.3%
Mostly C's		15.6%
Mostly D's		3.6%
Mostly F's		1.8%
None of These Grades		0.3%
Not Sure		2.8%