

2007



OHIO

YOUTH RISK BEHAVIOR SURVEY



executive summary

OHIO DEPARTMENT OF HEALTH

The 2007 Ohio Youth Risk Behavior Survey (YRBS) follows similar surveys of students in grades nine through 12 conducted in 1993, 1995, 1997, 1999, 2003 and 2005. The Centers for Disease Control and Prevention (CDC) developed the YRBS to measure behaviors that contribute to the leading causes of death, disease and injury affecting the nation's youth and their loved ones.

The 2007 Ohio YRBS was conducted by the Ohio Department of Health under the direction of the CDC. It focuses on 11 major categories: youth development; injury; violence; mental health; tobacco; alcohol; illegal drugs and prescription drug abuse; sexual behaviors; nutrition; physical activity; and preventive health care. The YRBS was completed by 2,527 Ohio students in 101 high schools during spring 2007.

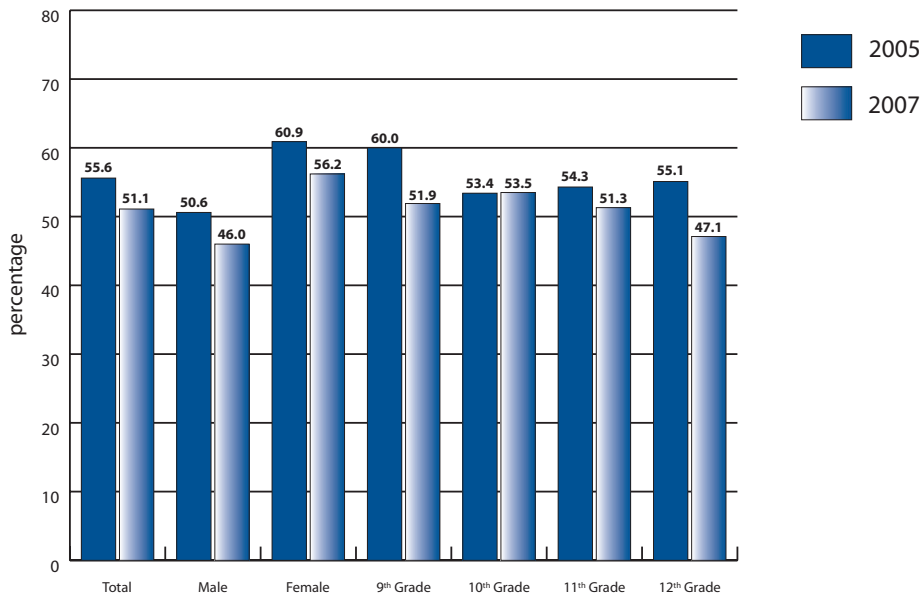
In this summary report you will find the overall totals for each question in addition to the responses separated by grade level and gender. Ohio data for 2007 are compared to the 2005 Ohio data to determine the significance or differences.

POSITIVE YOUTH DEVELOPMENT

Research tells us those teenagers who are active and involved in after school and extracurricular activities have less time for boredom and development of unhealthy habits. Data collected in the 2007 YRBS show us most of Ohio's teens are involved in positive activities that help to keep them busy and productive.

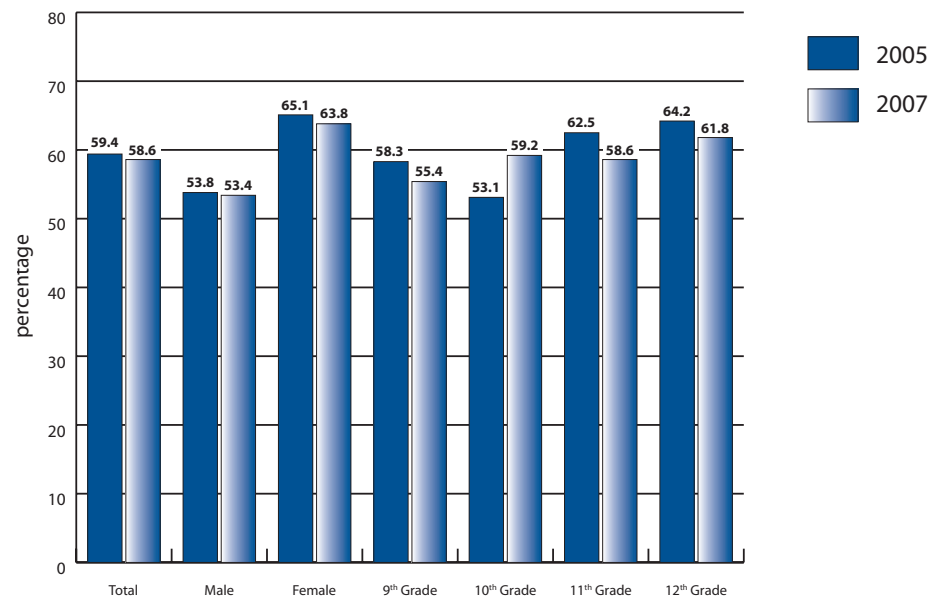
- In 2007, 51 percent of Ohio teens report taking part in organized after school or weekend activities other than sports teams one or more of the past seven days.

Percentage of students who took part in organized after school, evening, or weekend activities other than sports teams on one or more of the past seven days.



- In 2007, 59 percent of Ohio teens report spending one or more hours in an average month on volunteer work, community service or other unpaid work helping others outside of their home.

Percentage of students who, in an average month, spend one or more hours on volunteer work, community service, or helping people outside of their home without getting paid.



Percentage of students who would feel comfortable seeking help from one or more adults if they had an important issue or question affecting their life.

- In 2007, 84 percent of Ohio teens report they would feel comfortable seeking help from one or more adults if they had an important issue or question affecting their lives.

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	82.8%	80.5%	85.2%	80.5%	82.5%	81.8%	86.8%
2007	84.2%	81.4%	87.3%	83.7%	84.0%	86.4%	83.0%

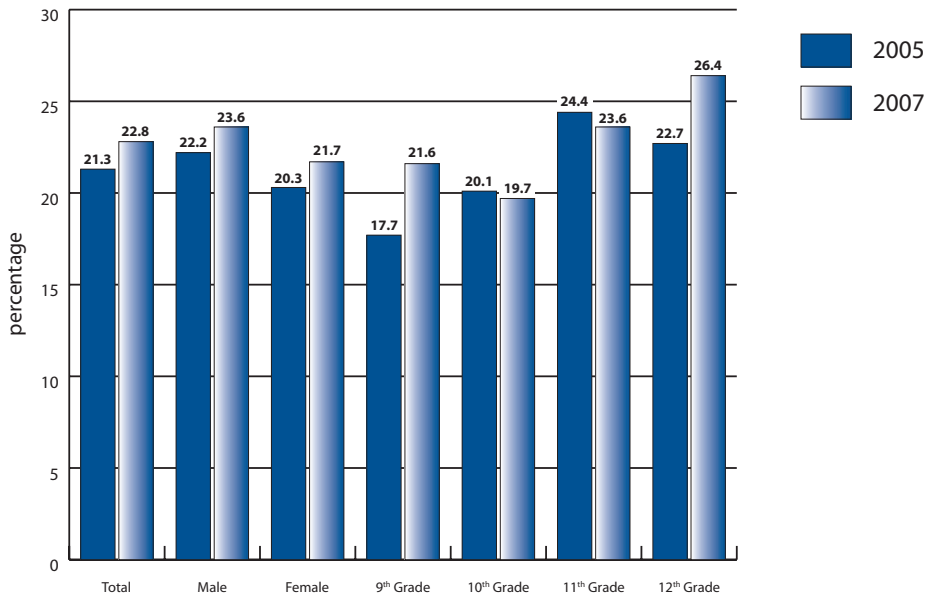
INJURY

Motor vehicle crashes are the leading cause of death for 15- to 20-year-olds in the United States. Low safety belt use is a key reason for this statistic. Most of Ohio's teens report using a seat belt when riding and driving.

Drinking and Driving

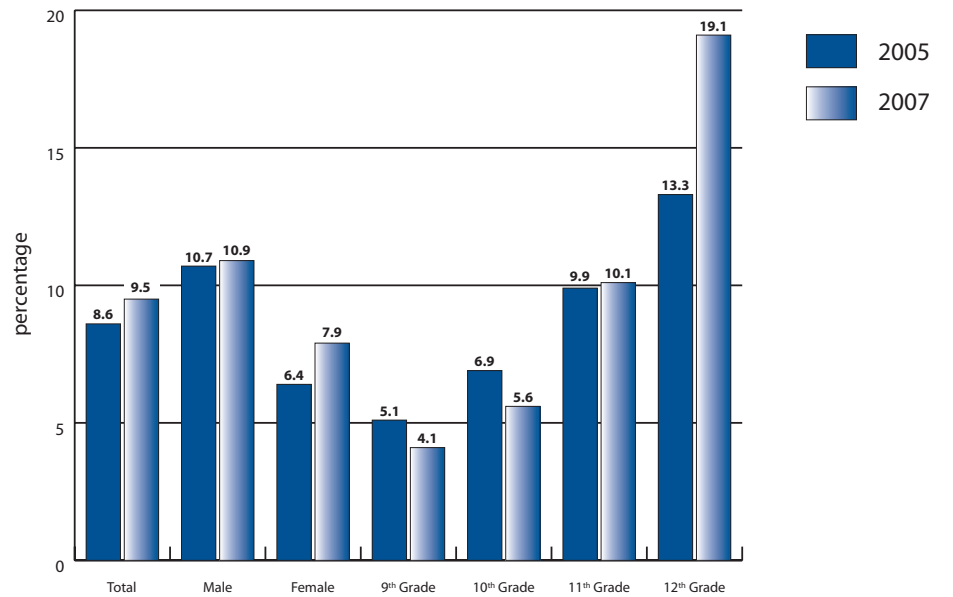
- In 2007, 23 percent of Ohio teens report riding in a vehicle driven by someone who had been drinking.

Percentage of students who, during the past 30 days, rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol



- In 2007, 10 percent of Ohio teens report driving after drinking.

Percentage of students who, during the past 30 days, drove a car or other vehicle one or more times when they had been drinking alcohol



Seat Belt Use

- In 2007, 90 percent of Ohio teens report wearing seat belts while driving in a car.*

Percentage of students who never or rarely wear a seat belt when driving a car

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	13.6%	19.3%	7.2%	21.7%	9.6%	10.7%	17.0%
2007	10.0%	13.4%	6.3%	11.1%	7.0%	8.3%	13.6%

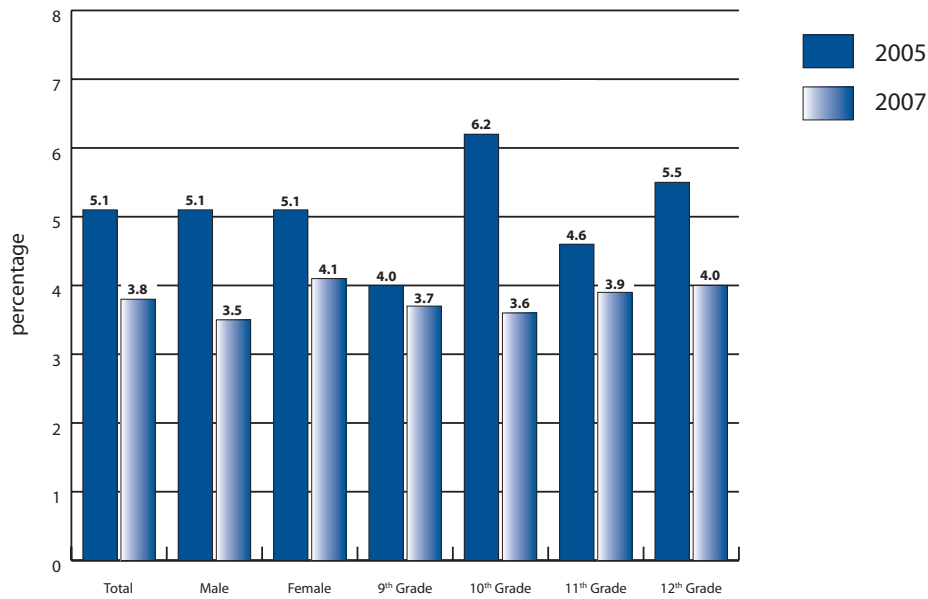
*Responses from the students who reported they wore a seat belt sometimes, most of the time or always when they were riding in a car driven by someone else.

VIOLENCE

While school shootings have attracted much attention and public concern, the data support that most of America's schools are safe. Most Ohio teens report feeling safe at school.

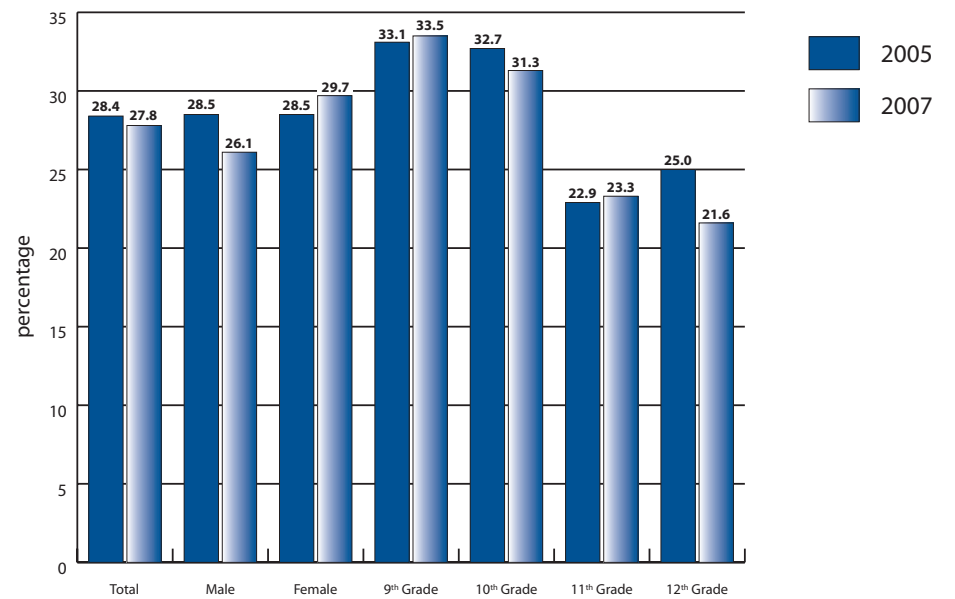
- In 2007, 96 percent of Ohio teens report feeling safe while going to and from school.

Percentage of students who 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



- In 2007, 28 percent of Ohio teens report being harassed or bullied on school grounds.

Percentage of students who have been harassed or bullied by other students one or more times during the past 12 months



- In 2007, 30 percent of Ohio teens report being involved in a physical fight.

Percentage of students who were in a physical fight one or more times during the past 12 months

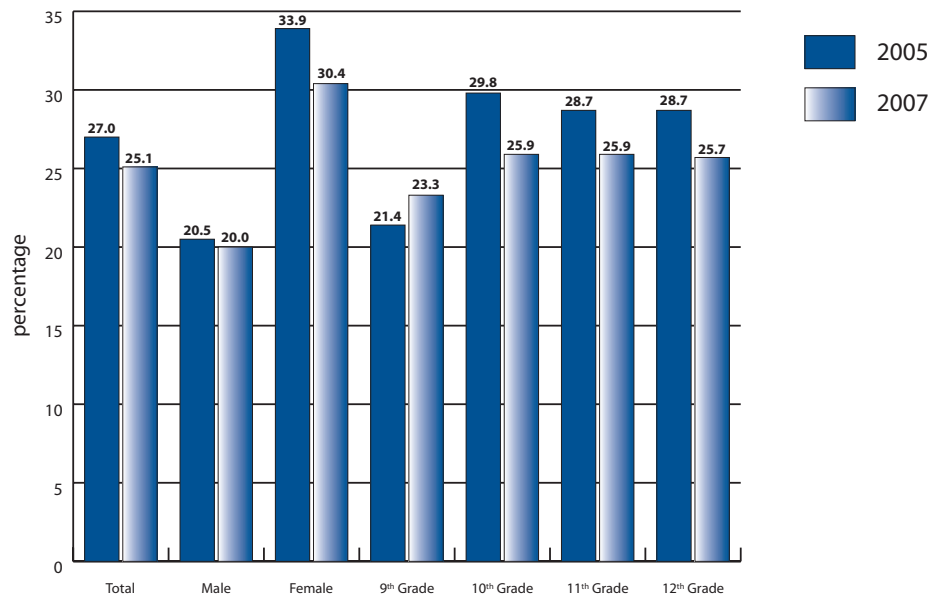
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	30.2%	36.4%	23.7%	31.0%	33.3%	23.1%	33.6%
2007	30.4%	37.2%	23.3%	32.4%	31.7%	28.7%	27.4%

MENTAL HEALTH

Although adolescence is a time of emotional ups and downs, good mental health is necessary for teenagers' overall physical health and well-being. Ohio teens report a decreasing number of suicide attempts and fewer teens are considering suicide.

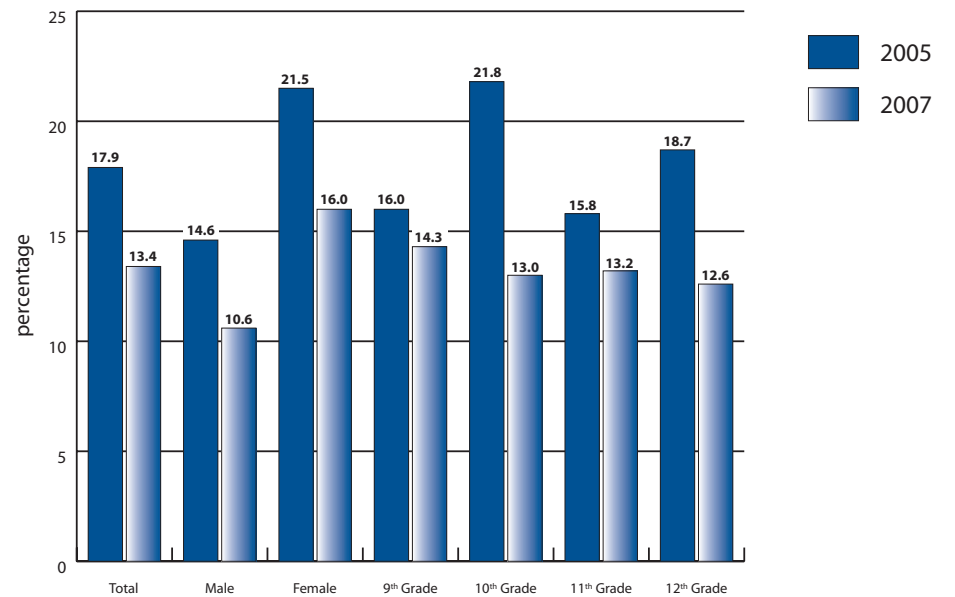
- In 2007, 25 percent of Ohio teens report feeling depressed.

Percentage of students who, during the past 12 months, ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities



- In 2007, 13 percent of Ohio teens report seriously considering suicide.

Percentage of students who seriously considered attempting suicide during the past 12 months



- In 2007, 7 percent of Ohio teens report attempting suicide.

Percentage of students who actually attempted suicide one or more times during the past 12 months

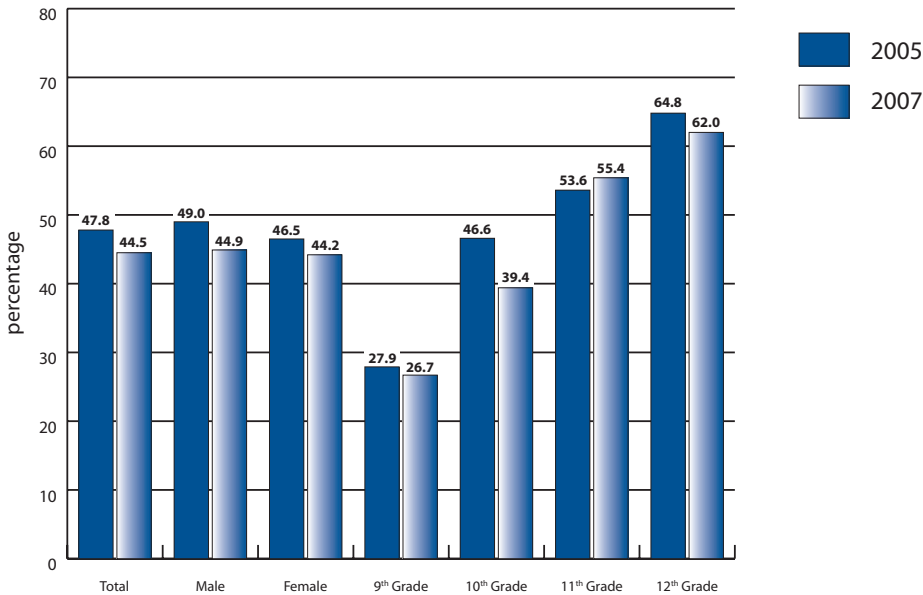
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	9.1%	6.9%	11.3%	10.8%	12.9%	6.2%	6.3%
2007	7.2%	4.9%	9.4%	7.3%	7.2%	6.0%	7.4%

SEXUAL BEHAVIORS

The U.S. teen birth rate has declined over the past 15 years mainly due to fewer teens having sex and an increase in use of contraceptives for those who are. Ohio teens report following those trends.

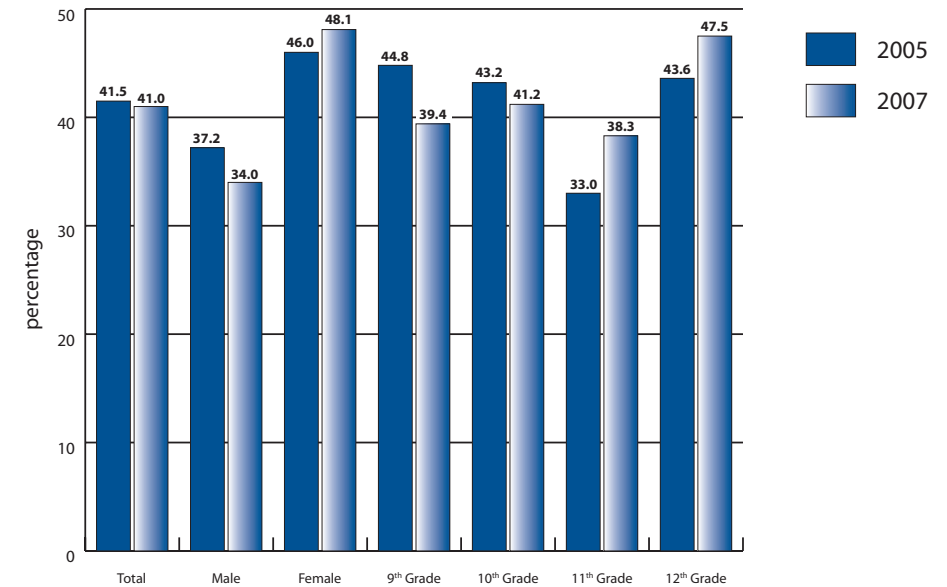
- In 2007, 45 percent of Ohio teens report ever having had sexual intercourse.

Percentage of students who ever had sexual intercourse



- In 2007, 41 percent of Ohio abstinent teens report abstaining from sexual intercourse due to moral/spiritual values or because they are waiting until marriage.

Of students who have not had sex, the percentage of students who have not had sex due to moral/spiritual values or because they are waiting until marriage



Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse

- In 2007, 60 percent of Ohio sexually active teens report using a condom during last sexual intercourse.

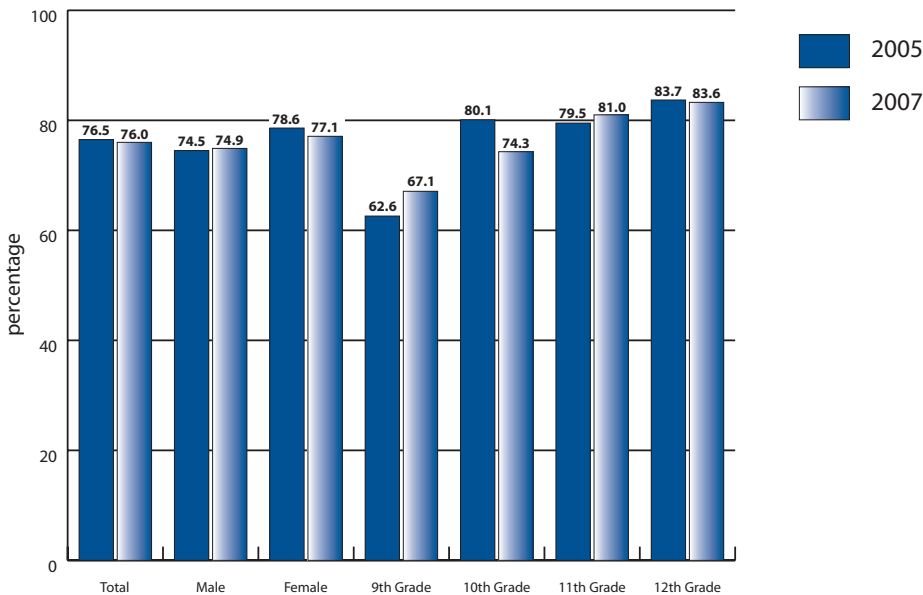
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	61.7%	62.8%	60.3%	77.5%	59.7%	61.0%	58.3%
2007	60.1%	65.0%	55.4%	64.7%	64.0%	59.0%	56.7%

ALCOHOL

Although underage drinking is against the law, alcohol is one of the most commonly used substances during adolescence. Many Ohio teens report drinking during their lifetime.

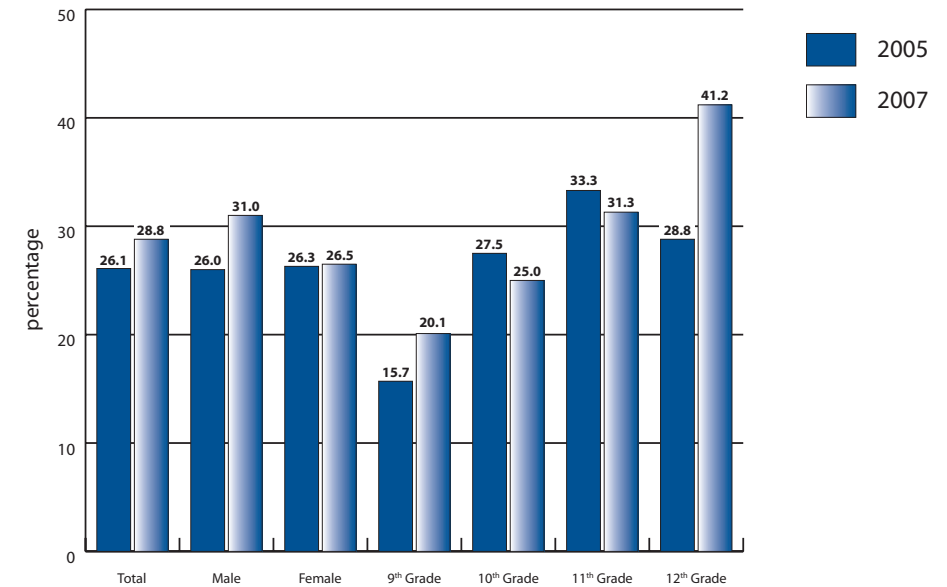
- In 2007, 76 percent of Ohio teens report having at least one drink one or more times during their life.

Percentage of students who had at least one drink of alcohol on one or more days during their life



- In 2007, 29 percent of Ohio teens report binge drinking, defined as having five or more drinks of alcohol in a row within a few hours.

Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days



Percentage of students who had their first drink of alcohol other than a few sips before age 13

- In 2007, 20 percent of Ohio teens report having their first drink before the age of 13.

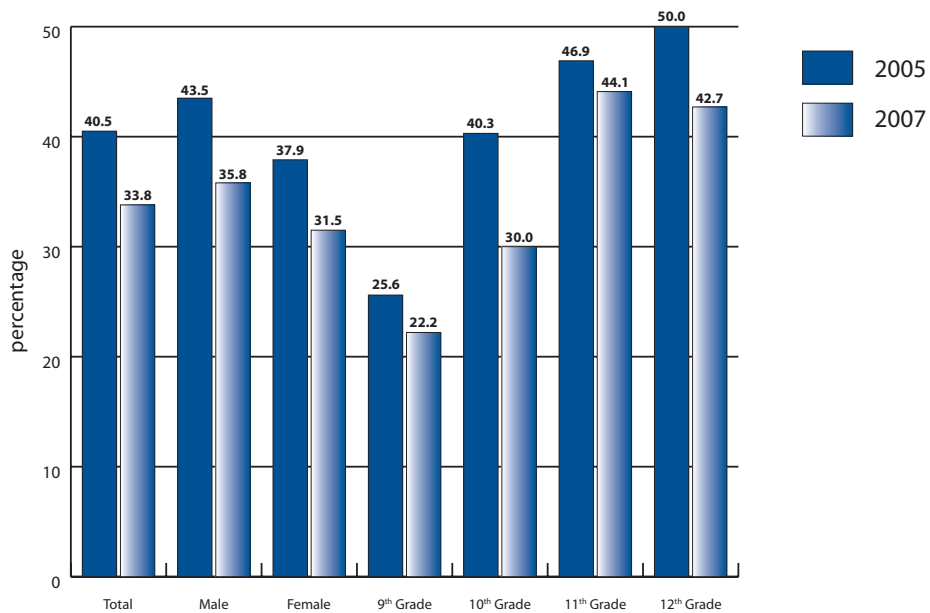
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	22.7%	25.2%	20.2%	28.5%	24.9%	15.8%	21.5%
2007	20.3%	23.1%	17.5%	27.7%	19.0%	16.7%	15.7%

ILLEGAL DRUGS & DRUG ABUSE

Illegal drug use and prescription drug abuse can lead to unhealthy behaviors and negative consequences. Most Ohio teens do not use illegal drugs.

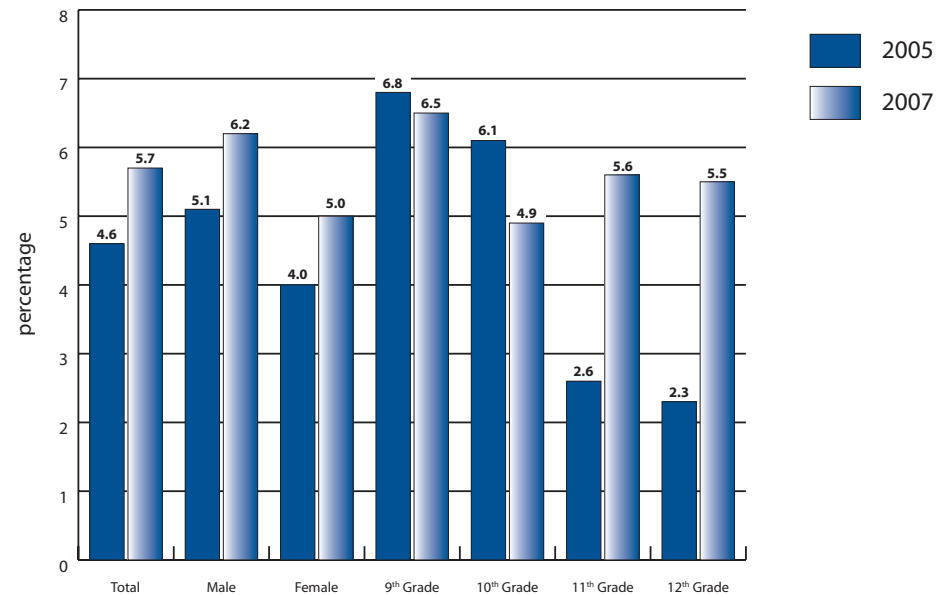
- In 2007, 34 percent of Ohio teens report using marijuana one or more times during their life.

Percentage of students who used marijuana one or more times during their life



- In 2007, 6 percent of Ohio teens report sniffing glue, breathing the contents of aerosol cans or inhaling any spray to get high one or more times during the past 30 days.

Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days



- In 2007, 8 percent of Ohio teens report using cocaine one or more times during their life.

Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

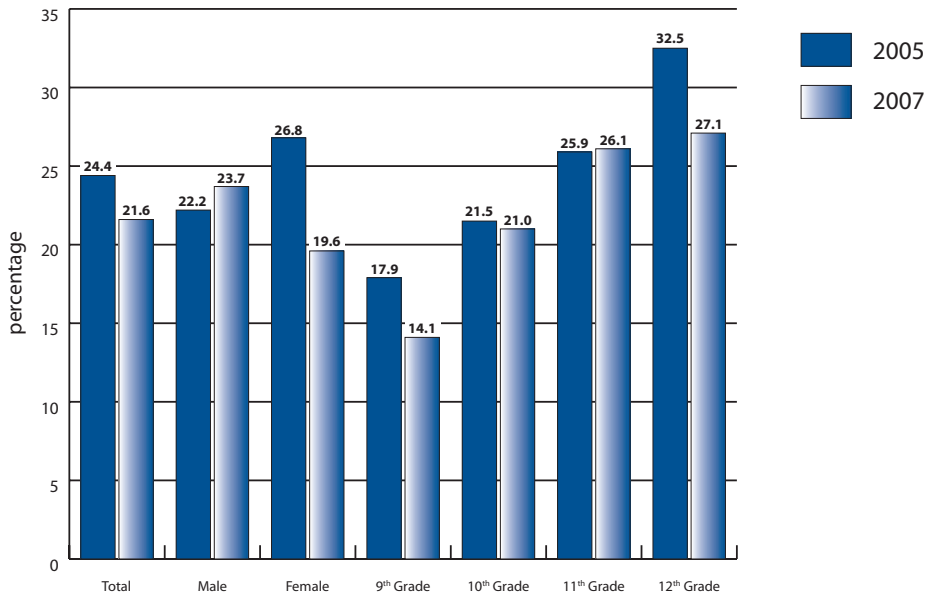
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	8.9%	10.0%	7.8%	5.4%	9.8%	7.6%	13.4%
2007	8.3%	9.5%	7.0%	5.5%	5.2%	9.3%	13.9%

TOBACCO

Tobacco use, including cigarette smoking, cigar smoking and smokeless tobacco use, is the single leading preventable cause of death in the United States. Adolescent tobacco use can lead to heart attack, stroke and cancer of the lungs, mouth and throat. Most Ohio teens do not use tobacco products.

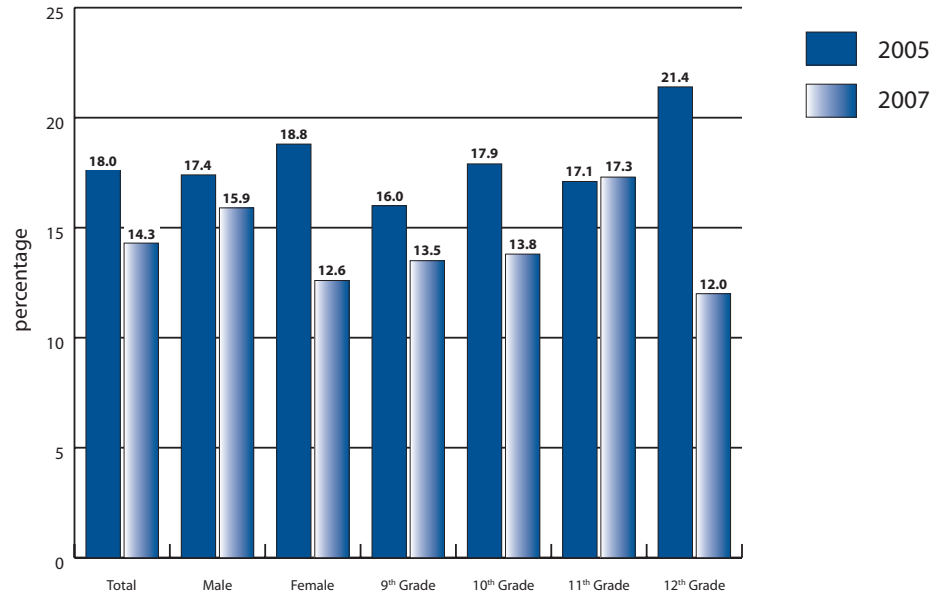
- In 2007, 22 percent of Ohio teens report smoking one or more times during the past month.

Percentage of students who smoked cigarettes on one or more of the past 30 days



- In 2007, 14 percent of Ohio teens report smoking a whole cigarette before the age of 13.

Percentage of students who smoked a whole cigarette for the first time before age 13



- In 2007, 28 percent of Ohio teens report using any tobacco during the past month.

Percentage of students who used any tobacco during the past 30 days

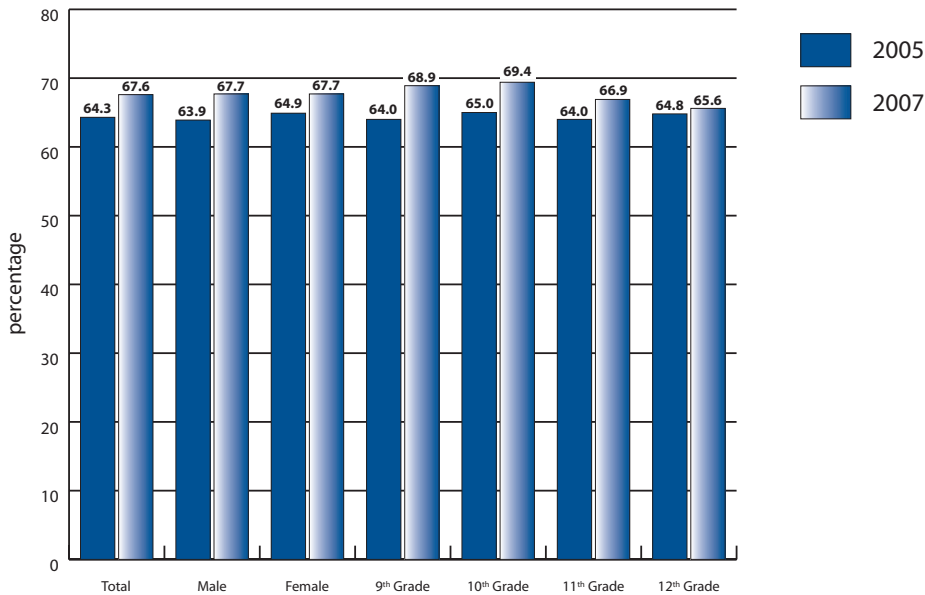
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	32.1%	33.9%	30.2%	20.2%	31.1%	35.9%	42.1%
2007	27.5%	32.1%	22.8%	20.8%	25.7%	32.3%	32.7%

PREVENTIVE HEALTH CARE

Traditionally, teenagers are not known to seek preventive health care; nationally they have the lowest utilization rate of health care services of any age group. However, the majority of Ohio teens report having seen a doctor in the past year, even if they were not sick.

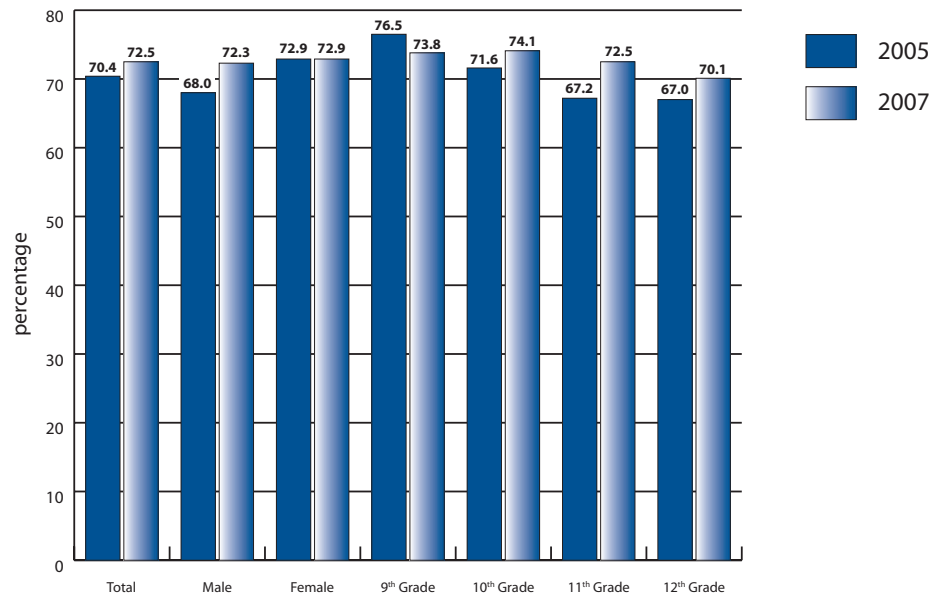
- In 2007, 68 percent of Ohio teens report seeing a doctor or health care provider during the past year for a checkup or physical exam when they were not sick or injured.

Percentage of students who last saw a doctor or health care provider during the past 12 months for a check-up or physical exam when they were not sick or injured



- In 2007, 73 percent of Ohio teens report seeing a dentist for a checkup, exam, teeth cleaning or other dental work during the past year.

Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the last 12 months



Percentage of students who has ever been told by a doctor or nurse that they have diabetes or sugar diabetes

- In 2007, 4 percent of Ohio teens report being told by a doctor or nurse that they have diabetes.

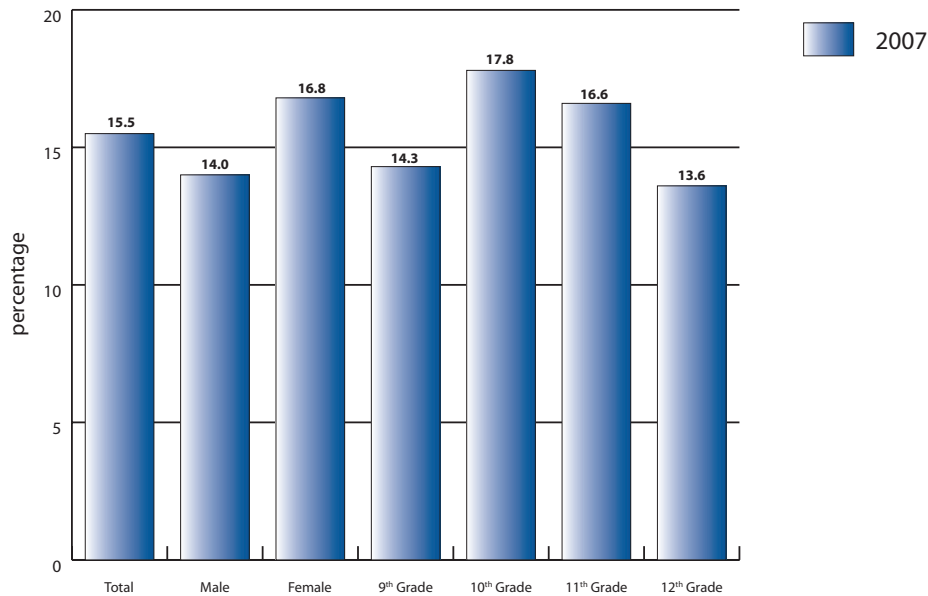
	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	4.2%	3.5%	5.0%	3.8%	2.7%	3.8%	6.7%
2007	4.1%	5.3%	3.0%	4.6%	4.1%	3.5%	3.9%

NUTRITION

Developing healthy eating behaviors is necessary for adolescents to improve their health status. Making nutritious choices when they're young will establish their lifetime dietary pattern. Many Ohio teens do not eat the recommended daily servings of fruits and vegetables, or drink the recommended glasses of milk.

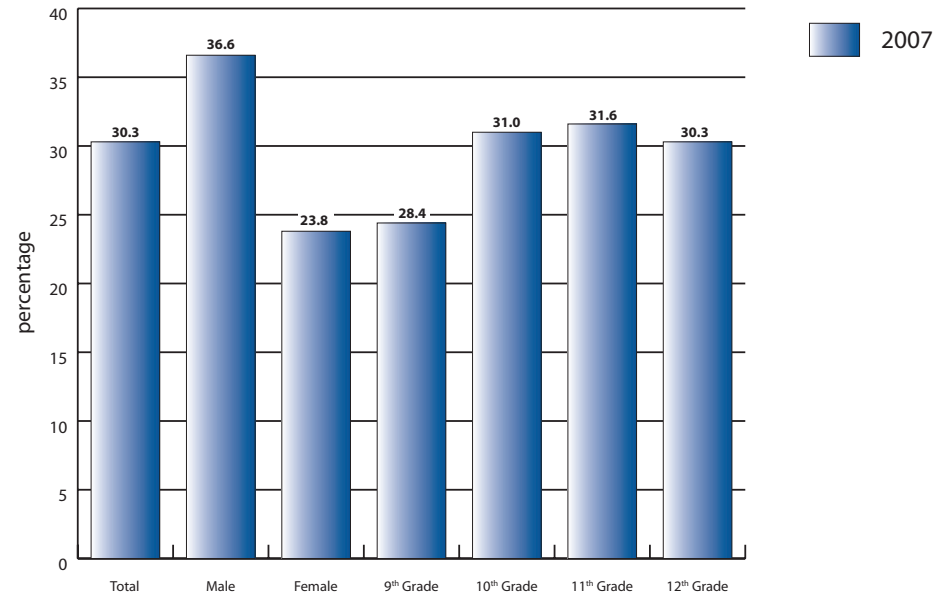
- In 2007, 16 percent of Ohio teens report eating fruits and vegetables five or more times per day during the past seven days.

Percentage of students who ate fruits and vegetables five or more times per day during the past seven days



- In 2007, 30 percent of Ohio teens report drinking soda/pop (excluding diet soda/pop) one or more times per day during the past seven days.

Percentage of students who drank soda/pop one or more times per day during the past seven days



- In 2007, 12 percent of Ohio teens report being overweight.

Percentage of students who are overweight

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	12.7%	16.0%	9.2%	11.6%	15.2%	13.3%	10.6%
2007	12.4%	16.0%	8.5%	12.0%	11.8%	13.6%	12.7%

- In 2007, 15 percent of Ohio teens report being at risk for becoming overweight.

Percentage of students who are at risk for becoming overweight

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	14.7%	14.4%	14.9%	13.5%	15.7%	13.6%	15.8%
2007	15.0%	15.4%	14.6%	14.5%	13.4%	17.1%	14.9%

PHYSICAL ACTIVITY

Regular physical activity in childhood and adolescence can help build healthy bones and muscles, can help control weight and can increase self-esteem. Positive experiences with physical activity at a young age can help lay the basis for being regularly active throughout life.

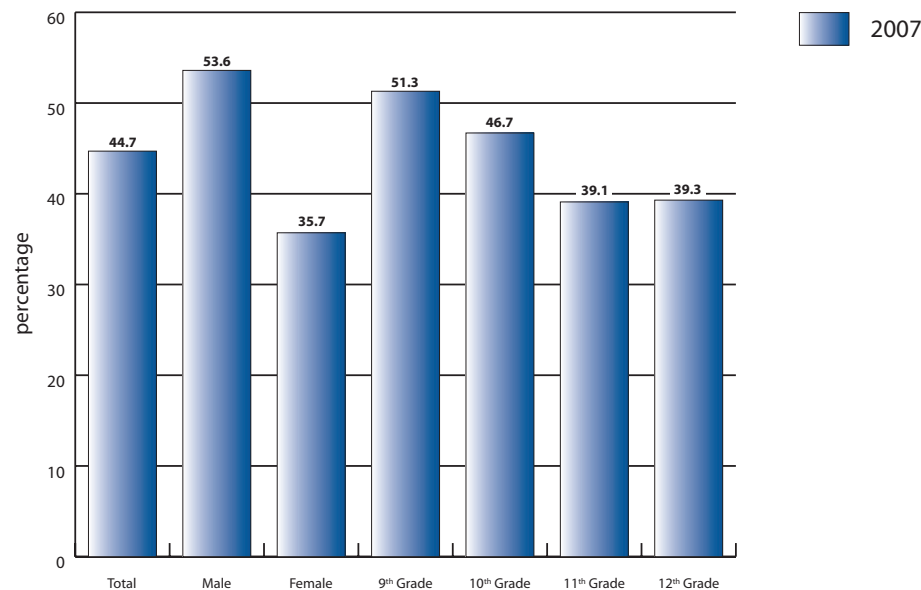
- In 2007, 32 percent of Ohio teens report watching TV more than three hours per day on an average school day.

Percentage of students who watched three or more hours of TV per day on an average school day

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	36.4%	36.7%	36.3%	36.6%	37.4%	32.4%	39.1%
2007	32.0%	32.8%	31.4%	34.2%	29.4%	33.5%	29.6%

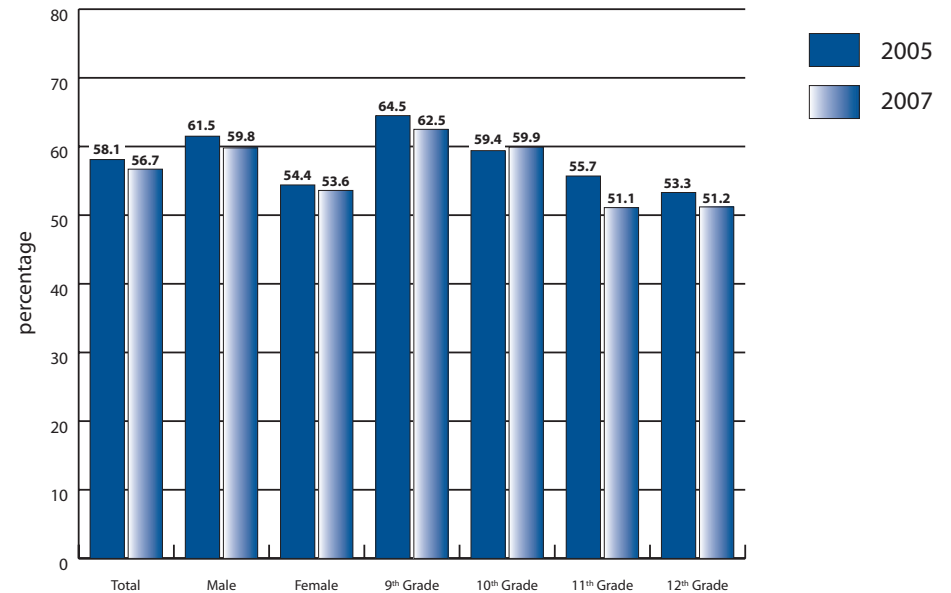
- In 2007, 45 percent of Ohio teens report being physically active for a total of at least 60 minutes per day on five or more days in the past week.

Percentage of students who were physically active for a total of at least 60 minutes per day on five or more days in the past seven days



- In 2007, 57 percent of Ohio teens report playing on one or more sports teams during the past year.

Percentage of students who played on one or more sports teams during the past 12 months



- In 2007, 23 percent of Ohio teens report playing video games more than three hours per day on an average school day.

Percentage of students who play video games or use a computer for fun three hours per day or more on an average school day

	Total	Male	Female	9 th Grade	10 th Grade	11 th Grade	12 th Grade
2005	21.2%	28.1%	13.9%	27.7%	20.8%	18.8%	17.1%
2007	22.7%	24.8%	20.6%	24.5%	21.6%	23.5%	21.2%

CRITICAL INDICATORS

Indicator		Goal	Ohio*	National**
15-19	Increase use of safety belts ¹	92.0%	85.7%	89.8%
15-38	Reduce physical fighting among adolescents	32.0%	30.4%	35.9%
15-39	Reduce weapon carrying by adolescents on school property	4.9%	4.1%	6.5%
18-02	Reduce the rate of suicide attempts by adolescents ²	1.0%	2.3%	2.3%
19-03	Reduce the proportion of children and adolescents who are overweight or obese ³	5.0%	12.4%	13.1%
25-11a	Increase the proportion of adolescents who have never had sexual intercourse ⁴	56.0%	55.5%	53.2%
25-11b	Increase the proportion of adolescents who if sexually experienced, are not currently sexually active ⁴	30.0%	21.1%	***
25-11c	Increase proportion of adolescents who use condoms if currently sexually active ⁵	65.0%	60.1%	62.8%
26-06	Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol	30.0%	22.8%	28.5%
26-10b	Reduce the proportion of adolescents reporting use of marijuana during the past 30 days	0.7%	17.7%	20.2%
26-11	Reduce the proportion of persons engaging in binge drinking alcoholic beverages	3.2%	28.8%	25.5%
27-02a	Reduce tobacco product use (past month)	21.0%	27.5%	28.4%

*Data from the 2007 Ohio Youth Risk Behavior Survey

**Data from the 2005 National Youth Risk Behavior Survey

***No data available

¹Responses from the students who reported they wore a seat belt sometimes, most of the time or always when they were riding in a car driven by someone else.

²Responses from the students who reported suicide attempts that required medical attention in the 12 months preceding the survey.

³At or above gender and age specific 95th percentile of BMI based on the revised CDC growth charts for the United States.

⁴Number of students who report they have never had sexual intercourse; or who have had sexual intercourse, but not in the past three months.

⁵Number of students who report they have had sexual intercourse in the past three months but used a condom at last sexual intercourse.

KEY FINDINGS OF 2007 YRBS

- 59 percent of Ohio teens report spending one or more hours in a month doing volunteer work.
- 84 percent of Ohio teens say they would be comfortable seeking help from an adult if they had an important issue affecting their lives.
- 90 percent of Ohio teens report wearing seat belts when driving a car.
- 90 percent of Ohio teens report that they did not drink and drive in the past month.
- 77 percent of Ohio teens report that in the past month, they did not ride with someone who had been drinking.
- 28 percent of Ohio teens report being harassed or bullied by other students in the past 12 months.
- 7 percent of Ohio teens report attempting suicide.
- 55 percent of Ohio teens report they have never had sexual intercourse.
- 29 percent of Ohio teens report binge drinking.
- 34 percent of Ohio teens report using marijuana one or more times during their life.
- 78 percent of Ohio teens report they did not smoke any cigarettes in the past month.
- 68 percent of Ohio teens report seeing a doctor for a checkup in the past year.
- 73 percent of Ohio teens report seeing a dentist for oral health exams in the past year.
- 12 percent of Ohio teens report being overweight with a Body Mass Index at or above the 95th percentile.
- 30 percent of Ohio teens report drinking soda/pop (excluding diet soda/pop) one or more times per day during the past week.
- 45 percent of Ohio teens report being physically active for a total of at least 60 minutes per day on five or more days in the past week.
- 32 percent of Ohio teens report watching three or more hours of TV daily.



OHIO DEPARTMENT OF HEALTH

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