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Youth Risk Behavior Surveillance — Selected Steps Communities, United States, 2007 and Youth Risk Behavior Surveillance — Pacific Island United States Territories, 2007



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Youth Risk Behavior Surveillance – Selected Steps Communities, United States, 2007

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Abstract

Problem: Priority health-risk behaviors, including tobacco use, unhealthy dietary behaviors, and physical inactivity often are established during childhood and adolescence, extend into adulthood, are interrelated, and are preventable. These behaviors contribute to chronic disease and other health conditions, including asthma.

Reporting Period Covered: January–May 2007.

Description of System: The Youth Risk Behavior Surveillance System (YRBSS) monitors priority health-risk behaviors and the prevalence of obesity and asthma among youth and young adults. YRBSS includes a national school-based survey conducted by CDC and state and local school-based surveys conducted by state and local education and health agencies.

In 2007, as a component of YRBSS, communities participating in the Steps Cooperative Agreement Program (Steps Program) also conducted school-based surveys of students in grades 9–12 in their program intervention areas. These communities used a standard questionnaire that measured tobacco use, dietary behaviors, and physical activity and monitored the prevalence of obesity and asthma. This report summarizes results from surveys of students in 26 Steps communities that conducted surveys in 2007.

Results: Results from the 26 Steps communities indicated that a substantial proportion of adolescents engaged in health-risk behaviors that increased their likelihood of becoming obese. During 2007, across surveys, the percentage of high school students who had ever smoked at least one cigarette every day for 30 days ranged from 3.7% to 20.1% (median: 9.0%), the percentage who had eaten fruits and vegetables five or more times per day during the 7 days before the survey ranged from 13.9% to 23.9% (median: 17.9%), and the percentage who met recommended levels of physical activity ranged from 27.7% to 55.5% (median: 40.1%). Across surveys, the percentage of students who were obese ranged from 4.6% to 20.2% (median: 13.6%), and the percentage of students who had ever been told by a doctor or nurse that they had asthma ranged from 16.8% to 28.5% (median: 21.6%).

Interpretation: Although the prevalence of many health-risk behaviors and health conditions related to obesity and asthma varies across Steps communities, a substantial proportion of high school students engage in behaviors that place them at risk for chronic disease.

Public Health Action: Steps Program staff at the national, tribal, state, and local levels will use YRBSS data for decision making, program planning, and enhancing technical assistance to reduce tobacco use and exposure and to increase healthy eating and physical activity. These data will be used to help focus existing programs on activities that have shown the greatest promise of results, as well as identify populations of greatest need and opportunities for strategic collaboration to identify and disseminate lessons learned.

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Introduction

The Steps Cooperative Agreement Program (Steps Program) is a national, multilevel chronic disease prevention effort coordinated by CDC. Through this program, Steps communities (i.e., small cities or rural areas whose activities are coordinated by a state health department, large cities or urban areas, and tribes or tribal entities) receive funds to implement chronic disease prevention and health promotion activities focused on reducing the burden of obesity, diabetes, and asthma and addressing three related risk behaviors: tobacco use, unhealthy dietary behaviors, and physical inactivity.

To measure program outcomes and assess progress toward program goals, Steps communities participate in existing surveillance systems, including the Youth Risk Behavior Surveillance System (YRBSS). CDC developed YRBSS to monitor six categories of priority health-risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infections; unhealthy dietary behaviors; and physical inactivity. In addition, YRBSS monitors the prevalence of obesity and asthma. YRBSS includes a national school-based survey conducted by CDC and state, territorial, tribal, and local school-based surveys conducted by state, territorial, tribal, and local education and health agencies; surveys have been conducted biennially since 1991. Steps communities participating in YRBSS use a modified standard questionnaire that measures tobacco use, dietary behaviors, and physical activity and monitors the prevalence of obesity and asthma. Participation in YRBSS provides community-level data on risk behaviors; high-quality data that are comparable across Steps communities, states, and the nation; and a consistent, stable source of data that will enable programs to monitor progress.

In 2003, the Steps Program funded 12 programs representing 24 communities. In 2004, the Steps Program funded 10 additional programs representing 16 communities. This report summarizes results from the 26 Steps communities funded in 2003 and 2004 that obtained weighted data for the 2007 YRBSS cycle and granted CDC permission to publish their data. Results from community surveys that did not obtain weighted data are not included in this report. All surveys were conducted during spring 2007.

Methods

Sampling

Each community school-based survey employed a two-stage cluster sample design to produce a representative sample of public school students in grades 9–12 in its program intervention area.* In the first sampling stage, all schools with any students in grades 9–12 were selected in 24 communities; in two communities (Cleveland, OH, and Cherokee Nation), schools with any students in grades 9–12 were selected with probability proportional to school enrollment size. In the second sampling stage, intact classes from either a required subject (e.g., English or social studies) or a required period (e.g., homeroom or second period) were selected randomly, and all students in selected classes were eligible to participate. Community surveys that had a scientifically selected sample of students, appropriate documentation, and an overall response rate of 60% or higher were weighted. A weight was applied to each record to adjust for student nonresponse and the distribution of students by grade, sex, and race/ethnicity in each jurisdiction. Therefore, weighted estimates are representative of all students in grades 9–12 attending public schools in each Steps community.

In 2007, a total of 26 communities had weighted data and granted permission to include their data in this report. Student sample sizes ranged from 644 to 2,197 (Table 1). School response rates ranged from 83% to 100%; student response rates ranged from 64% to 88%; and overall response rates, calculated by multiplying the school response rate by the student response rate, ranged from 64% to 88%.

Sixteen of the 26 communities for which results are provided in this report are small cities or rural communities, nine are large cities or urban communities, and one is a tribe. Race/ethnic distributions of students varied across communities (Table 1). In six communities, more than 50% of students are Hispanic; in five communities, more than 50% of students are non-Hispanic black; and in eight communities, more than 80% of students are non-Hispanic white. The Cherokee Nation Steps community comprises a 14-county service delivery area that is nonreservation based. It includes all racial/ethnic groups residing in the service delivery area. Therefore, Cherokee Nation students might belong to an ethnicity other than Cherokee.

For comparison purposes, this report also includes previously published data from the 2007 national school-based Youth Risk

*Data from three large cities/urban communities included in this report (Boston, Philadelphia, and DeKalb County, GA) also are included in a previously published report (1). The data for the Boston and Philadelphia Steps communities are subsets of the Boston Public Schools data and the Philadelphia School District data, respectively, whereas the DeKalb County, GA, data are identical to those published previously.

Behavior Survey (YRBS) (1). The sampling frame for the 2007 national YRBS consisted of all public and private schools with students in at least one of grades 9–12 in the 50 states and the District of Columbia. A three-stage cluster sample design produced a nationally representative sample of students in grades 9–12 who attended public and private schools. For the 2007 national YRBS, 14,103 questionnaires were completed in 157 schools. The school response rate was 81%, the student response rate was 84%, and the overall response rate was 68%.[†] Additional information about the national YRBS sample has been published previously (1).

Data Collection Procedures and Questionnaire

Procedures for both the national and the Steps YRBS were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures were followed. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable booklet or answer sheet. A detailed explanation of the YRBS methodology and questionnaire development has been published previously (2).

The national YRBS questionnaire contained 98 questions, and the standard Steps questionnaire contained 36 of these questions and one question to monitor the prevalence of emergency room or urgent care center visits among those students who currently have asthma. Communities could add questions to the standard questionnaire. Skip patterns were not included in any questionnaire to protect student privacy by ensuring all students completed the questionnaire in approximately the same amount of time. Only data from standard Steps questions are provided in this report. Information about the reliability of the standard questions has been published previously (3).

Data Processing and Coding

Each community data set and the national data set were cleaned and edited for inconsistencies. Missing data were not imputed statistically. Among Steps community data sets, the number of completed questionnaires that failed quality-control checks[§] and were excluded from analysis ranged from 0 to 19 (median: 6.5). Of the 14,103 completed questionnaires from the national YRBS,

62 failed quality control and were excluded from analysis, leaving 14,041 usable questionnaires (Table 1).

Race/ethnicity was computed from two questions: 1) "Are you Hispanic or Latino?" (response options were "yes" or "no"), and 2) "What is your race?" (response options were "American Indian or Alaska Native," "Asian," "Black or African American," "Native Hawaiian or Other Pacific Islander," or "White"). For the second question, students could select more than one response option. For this report, students were classified as "Hispanic/Latino" if they answered "yes" to the first question, regardless of how they answered the second question. Students were classified as "black" if they answered "no" to the first question and selected only "Black or African American" to the second question. Students were classified as "white" if they answered "no" to the first question and selected only "White" to the second question. Students were classified as "other" if they answered "no" to the first question and selected "American Indian or Alaska Native," "Asian," or "Native Hawaiian or Other Pacific Islander" or selected more than one response to the second question. Race/ethnicity was set to missing for students who did not answer the first question or for students who answered "no" to the first question and did not answer the second question. Throughout this report, students who self-identified as "Hispanic/Latino" are referred to as "Hispanic" and students who self-identified as "Black or African American" are referred to as "black."

Students were classified as obese or overweight based on their body mass index (kg/m^2) (BMI), which was calculated from self-reported height and weight. The BMI values were compared to sex- and age-specific reference data from the 2000 CDC Growth Charts (4). Obese was defined as a BMI of ≥ 95 th percentile for age and sex. Overweight was defined as a BMI of ≥ 85 th percentile and < 95 th percentile for age and sex. Previous YRBS reports used the terms "overweight" to describe those youth with a BMI ≥ 95 th percentile for age and sex and "at risk for overweight" for those with a BMI ≥ 85 th percentile and < 95 th percentile. However, this report uses the terms "obese" and "overweight," respectively, in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and co-funded by AMA in collaboration with the Health Resources and Services Administration and CDC (5). These classifications are not intended to diagnose individual students as obese or overweight, but rather to provide estimates of obesity and overweight for the population of students surveyed. The reliability and validity of self-reported height and weight among high school students has been described previously (6).

[†] Overall response rate = (number of participating schools / number of eligible sampled schools) \times (number of useable questionnaires / number of eligible students sampled).

[§] For questionnaires containing 50 or more questions, those that failed quality control had less than 20 remaining responses after editing or had the same answer to 15 or more questions in a row. For questionnaires containing less than 50 questions, those that failed quality control had less than 15 remaining responses after editing or had the same answer to 12 or more questions in a row.

Analytic Methods

Statistical analyses were conducted on weighted data using SAS (7) and SUDAAN (8) software to account for the complex sampling designs. Prevalence estimates and 95% confidence intervals (CIs) were computed for all variables and all data sets. The median prevalence across Steps communities was compared with the prevalence and 95% CI from the national YRBS for each behavior. If the median prevalence was not within the 95% CI for the national estimate, the difference was considered statistically significant.

Results

Tobacco Use

Lifetime Cigarette Use

Across Steps surveys, the overall percentage of students who had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) ranged from 34.9% to 64.2% (median: 48.7%). Prevalence among female students ranged from 31.7% to 63.4% (median: 47.9%), and prevalence among male students ranged from 33.5% to 67.1% (median: 49.1%) (Table 2).

Lifetime Daily Cigarette Use

Across Steps surveys, the overall percentage of students who had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) ranged from 3.7% to 20.1% (median: 9.0%). Prevalence among female students ranged from 2.5% to 22.4% (median: 7.7%), and prevalence among male students ranged from 4.0% to 22.1% (median: 8.5%) (Table 2).

Current Cigarette Use

Across Steps surveys, the overall percentage of students who had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette use) ranged from 7.2% to 28.6% (median: 13.2%). Prevalence among female students ranged from 5.7% to 28.6% (median: 14.1%), and prevalence among male students ranged from 8.1% to 28.9% (median: 13.8%) (Table 3).

Current Frequent Cigarette Use

Across Steps surveys, the overall percentage of students who had smoked cigarettes on 20 or more days during the 30 days before the survey (i.e., current frequent cigarette use) ranged from 2.2% to 13.7% (median: 5.1%). Prevalence among female students ranged from 0.7% to 13.0% (median: 3.7%), and prevalence among male students ranged from 2.7% to 15.8% (median: 5.6%) (Table 3).

Smoked More than 10 Cigarettes per Day

Across Steps surveys, among students who currently smoked cigarettes, the overall percentage of students who had smoked more than 10 cigarettes per day on the days they smoked during the 30 days before the survey ranged from 2.2% to 15.8% (median: 8.0%). Prevalence among female students ranged from 0.0% to 11.4% (median: 5.3%), and prevalence among male students ranged from 2.4% to 19.8% (median: 13.7%) (Table 4).

Tried to Quit Smoking Cigarettes

Across Steps surveys, among students who currently smoked cigarettes, the overall percentage of students who had tried to quit smoking cigarettes during the 12 months before the survey ranged from 43.2% to 61.9% (median: 51.7%). Prevalence among female students ranged from 49.9% to 58.5% (median: 51.8%), and prevalence among male students ranged from 46.5% to 55.7% (median: 48.5%) (Table 4).

Smoked a Whole Cigarette Before Age 13 Years

Across Steps surveys, the overall percentage of students who had smoked a whole cigarette for the first time before age 13 years ranged from 5.5% to 20.5% (median: 12.1%). Prevalence among female students ranged from 4.4% to 20.6% (median: 10.7%). Prevalence among male students ranged from 6.6% to 20.6% (median: 13.5%) (Table 5).

Smoked Cigarettes on School Property

Across Steps surveys, the overall percentage of students who had smoked cigarettes on school property on at least 1 day during the 30 days before the survey ranged from 1.7% to 8.9% (median: 4.0%). Prevalence among female students ranged from 0.9% to 10.8% (median: 2.6%), and prevalence among male students ranged from 2.6% to 10.2% (median: 4.8%) (Table 5).

Bought Cigarettes in a Store or Gas Station

Across Steps surveys, among students who currently smoked cigarettes and were aged <18 years, the overall percentage of students who usually obtained their own cigarettes by buying them in a store (i.e., a convenience store, supermarket, or discount store) or gas station during the 30 days before the survey ranged from 5.8% to 25.1% (median: 11.4%). Prevalence among male students ranged from 11.0% to 26.8% (median: 20.9%). The prevalence among female students was not available (Table 6).

Dietary Behaviors

Ate Fruits and Vegetables Five or More Times per Day

Across Steps surveys, the overall percentage of students who had eaten fruits and vegetables[‡] five or more times per day during the 7 days before the survey ranged from 13.9% to 23.9% (median: 17.9%). Prevalence among female students ranged from 10.8% to 21.2% (median: 17.0%), and prevalence among male students ranged from 14.6% to 26.4% (median: 19.4%) (Table 7).

Drank Soda or Pop at Least One Time per Day

Across Steps surveys, the overall percentage of students who had drunk a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey ranged from 16.7% to 45.3% (median: 26.6%). Prevalence among female students ranged from 11.5% to 37.4% (median: 21.7%), and prevalence among male students ranged from 20.0% to 52.9% (median: 30.4%) (Table 7).

Physical Activity

Met Recommended Levels of Physical Activity

Across Steps surveys, the overall percentage of students who had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey (i.e., met recommended levels of physical activity) (9) ranged from 27.7% to 55.5% (median: 40.1%). Prevalence among female students ranged from 18.4% to 50.1% (median: 32.2%), and prevalence among male students ranged from 32.6% to 61.4% (median: 49.9%) (Table 8).

Did Not Participate in 60 or More Minutes of Physical Activity on Any Day

Across Steps surveys, the overall percentage of students who did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey (i.e., did not participate in 60 or more minutes of physical activity on any day) ranged from 7.6% to 30.9% (median: 17.9%). Prevalence among female

students ranged from 7.8% to 41.1% (median: 22.3%), and prevalence among male students ranged from 5.1% to 21.2% (median: 12.0%) (Table 8).

Used Computers 3 or More Hours per Day

Across Steps surveys, the overall percentage of students who played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day (i.e., used computers 3 or more hours per day) ranged from 15.8% to 31.5% (median: 23.1%). Prevalence among female students ranged from 9.8% to 28.2% (median: 19.6%), and prevalence among male students ranged from 19.0% to 36.2% (median: 26.0%) (Table 9).

Watched Television 3 or More Hours per Day

Across Steps surveys, the overall percentage of students who watched television 3 or more hours per day on an average school day ranged from 18.0% to 57.2% (median: 33.0%). Prevalence among female students ranged from 14.7% to 59.8% (median: 30.8%), and prevalence among male students ranged from 20.4% to 54.2% (median: 32.1%) (Table 9).

Attended Physical Education Classes

Across Steps surveys, the overall percentage of students who went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., attended PE classes) ranged from 25.5% to 96.1% (median: 49.6%). Prevalence among female students ranged from 21.6% to 98.4% (median: 42.2%), and prevalence among male students ranged from 29.6% to 96.1% (median: 55.6%) (Table 10).

Attended Physical Education Classes Daily

Across Steps surveys, the overall percentage of students who went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) ranged from 2.4% to 46.4% (median: 26.4%). Prevalence among female students ranged from 2.4% to 46.4% (median: 26.1%), and prevalence among male students ranged from 2.4% to 48.5% (median: 26.5%) (Table 10).

Played on at Least One Sports Teams

Across Steps surveys, the overall percentage of students who had played on at least one sports team (run by their school or community groups) during the 12 months before the survey ranged from 43.9% to 71.0% (median: 54.7%). Prevalence among female students ranged from 35.0% to 67.5% (median: 49.1%), and prevalence among male students ranged from 52.9% to 74.4% (median: 61.1%) (Table 11).

[‡] 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Obesity, Overweight, and Weight Control

Obese

Across Steps surveys, the overall percentage of students who were obese ranged from 4.6% to 20.2% (median: 13.6%). Prevalence among female students ranged from 2.4% to 16.4% (median: 9.7%), and prevalence among male students ranged from 6.8% to 24.7% (median: 16.7%) (Table 12).

Overweight

Across Steps surveys, the overall percentage of students who were overweight ranged from 8.3% to 19.9% (median: 15.5%). Prevalence among female students ranged from 6.3% to 25.3% (median: 15.9%), and prevalence among male students ranged from 10.1% to 18.9% (median: 15.0%) (Table 12).

Described Themselves as Overweight

Across Steps surveys, the overall percentage of students who described themselves as slightly or very overweight ranged from 21.1% to 36.3% (median: 28.8%). Prevalence among female students ranged from 24.8% to 44.2% (median: 33.1%), and prevalence among male students ranged from 16.1% to 31.7% (median: 23.2%) (Table 13).

Were Trying to Lose Weight

Across Steps surveys, the overall percentage of students who were trying to lose weight ranged from 36.2% to 53.4% (median: 43.8%). Prevalence among female students ranged from 45.5% to 69.9% (median: 59.1%), and prevalence among male students ranged from 23.0% to 46.0% (median: 30.4%) (Table 13).

Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep from Gaining Weight

Across Steps surveys, the overall percentage of students who had eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 30.0% to 44.7% (median: 37.9%). Prevalence among female students ranged from 32.4% to 62.2% (median: 50.8%), and prevalence among male students ranged from 20.1% to 33.4% (median: 25.6%) (Table 14).

Exercised to Lose Weight or to Keep From Gaining Weight

Across Steps surveys, the overall percentage of students who had exercised to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 48.3% to

67.3% (median: 63.1%). Prevalence among female students ranged from 46.8% to 78.4% (median: 68.9%), and prevalence among male students ranged from 44.8% to 68.3% (median: 54.7%) (Table 14).

Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight

Across Steps surveys, the overall percentage of students who did not eat for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 6.5% to 15.3% (median: 11.0%). Prevalence among female students ranged from 8.8% to 22.9% (median: 14.2%), and prevalence among male students ranged from 3.9% to 12.7% (median: 7.8%) (Table 15).

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Across Steps surveys, the overall percentage of students who had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 3.4% to 10.5% (median: 5.9%). Prevalence among female students ranged from 2.7% to 14.7% (median: 6.2%), and prevalence among male students ranged from 2.3% to 9.2% (median: 6.3%) (Table 15).

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Across Steps surveys, the overall percentage of students who had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 2.8% to 8.4% (median: 4.8%). Prevalence among female students ranged from 3.6% to 11.8% (median: 6.2%), and prevalence among male students ranged from 1.2% to 9.1% (median: 4.1%) (Table 16).

Asthma

Lifetime Asthma

Across Steps surveys, the overall percentage of students who had ever been told by a doctor or nurse that they had asthma (i.e., lifetime asthma) ranged from 16.8% to 28.5% (median: 21.6%). Prevalence among female students ranged from 16.1% to 27.8% (median: 21.8%), and prevalence among male students ranged from 15.3% to 31.6% (median: 22.3%) (Table 17).

Current Asthma

Across Steps surveys, the overall percentage of students who had lifetime asthma and still had asthma (i.e., current asthma)

ranged from 7.2% to 16.7% (median: 11.3%). Prevalence among female students ranged from 7.8% to 18.1% (median: 11.6%), and prevalence among male students ranged from 5.9% to 15.9% (median: 10.0%) (Table 17).

Went to an Emergency Room or Urgent Care Center Because of Asthma

Across Steps surveys, among students who currently have asthma, the overall percentage of students who went to an emergency room or urgent care center because of their asthma one or more times during the 12 months before the survey ranged from 12.6% to 37.7% (median: 25.2%). Prevalence among female and male students separately was unavailable for all communities except one (Table 18).

Discussion

For 14 of the 29 behaviors measured in both the 2007 Steps YRBS and the 2007 national YRBS, the median prevalence across Steps communities did not differ significantly from the national prevalence. For the remaining 15 behaviors, significant differences were detected.

Compared with students nationally, students in the Steps communities were less likely to participate in seven behaviors related to tobacco use. These behaviors include lifetime daily cigarette use (median: 9.0%; national estimate: 12.4%, CI: 10.4%–14.7%), current cigarette use (median: 13.2%; national estimate: 20.0%, CI: 17.6%–22.6%), current frequent cigarette use (median: 5.1%; national estimate: 8.1%, CI: 6.7%–9.8%), smoked more than 10 cigarettes per day (median: 8.0%; national estimate: 10.7%, CI: 9.0%–12.6%), smoked a whole cigarette for the first time before age 13 years (median: 12.1%; national estimate: 14.2%, CI: 12.2%–16.5%), smoked cigarettes on school property (median: 4.0%; national estimate: 5.7%, CI: 4.7%–6.8%), and bought cigarettes in a store or gas station (median: 11.4%; national estimate: 16.0%, CI: 12.8%–19.9%).

For nutrition-related behaviors, whereas students in Steps communities were less likely to drink soda or pop at least one time per day compared with students nationally (median: 26.6%; national estimate: 33.8%, CI: 31.0%–36.8%), they also were less likely to eat fruits and vegetables 5 or more times per day (median: 17.9%; national estimate: 21.4%, CI: 19.8%–23.1%).

Compared with students nationally, students in the Steps communities were more likely to meet recommended levels of physical activity (median: 40.1%; national estimate: 34.7%, CI: 32.5%–37.0%). Similarly, the median prevalence of students in the Steps communities who did not participate in 60 or more minutes of physical activity on any day (17.9%) and

the median prevalence of students in the Steps communities who watched television 3 or more hours per day on an average school day (33.0%) were lower than the national prevalence (24.9%, CI: 23.2%–26.6% and 35.4%, CI: 33.1%–37.7%, respectively).

The median percentage of students in the Steps communities who had eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight during the 30 days before the survey was 37.9%. This was lower than the national prevalence of 40.6% (CI: 39.4%–41.9%). However, the students in the Steps communities were more likely to have exercised to lose weight or to keep from gaining weight during the 30 days before the survey (median: 63.1%; national estimate: 60.9%, CI: 59.8%–62.1%).

The median percentage of students in the Steps communities who had ever been told by a doctor or nurse that they had asthma was 21.6%. This was higher than the national prevalence of 20.3% (CI: 19.2%–21.4%).

Across Steps communities, prevalence did not vary substantially for more than one half of the risk behaviors. However, a range of 25 or more percentage points or a fivefold variation or greater was identified for the following risk behaviors:

- lifetime cigarette use (minimum: 34.9%; maximum: 64.2%);
- lifetime daily cigarette use (minimum: 3.7%; maximum: 20.1%);
- current frequent cigarette use (minimum: 2.2%; maximum: 13.7%);
- smoked more than 10 cigarettes per day (minimum: 2.2%; maximum: 15.8%);
- smoked cigarettes on school property (minimum: 1.7%; maximum: 8.9%);
- drank soda or pop at least one time per day (minimum: 16.7%; maximum: 45.3%);
- met recommended levels of physical activity (minimum: 27.7%; maximum: 55.5%);
- watched television 3 or more hours per day (minimum: 18.0%; maximum: 57.2%);
- attended PE classes (minimum: 25.5%; maximum: 96.1%);
- attended PE classes daily (minimum: 2.4%; maximum: 46.4%);
- played on one or more sports teams (minimum: 43.9%; maximum: 71.0%); and
- went to an emergency room or urgent care center because of asthma (minimum: 12.6%; maximum: 37.7%).

In part, these variations might reflect differences in state and local laws and policies, enforcement practices, availability of effective school and community interventions, prevailing behavioral and social norms, demographic characteristics

of the population, and adult practices. In addition, these variations might indicate which communities would benefit from additional targeted technical assistance related to effective school and community interventions and policies. Significant differences between communities also can alert program managers to the opportunity to learn from each other by taking advantage of the national network they have established within the Steps Program. Communities can use these data to identify, prioritize, and develop community-specific activities to further reduce risk factors associated with obesity, diabetes, and asthma over time.

Limitations

The findings in this report are subject to at least four limitations. First, these data apply only to youth who attended school during 2007 and, therefore, are not representative of all persons in this age group in each community. Nationwide, in 2005, of persons aged 16–17 years, approximately 3% were not enrolled in a high school program and had not completed high school (10). Second, although the national YRBS includes private schools, Steps surveys do not, limiting the comparability. Third, the extent of underreporting or overreporting of behaviors cannot be determined, although the survey questions demonstrate good test-retest reliability (3). Finally, because BMI was calculated on the basis of self-reported height and weight, the prevalence of obesity and overweight might be underestimated (6).

Conclusion

Steps Program staff at the national, tribal, state, and local levels will use YRBSS data for decision making, program planning, and enhancing technical assistance to increase physical

activity and healthy eating and to reduce tobacco use and exposure. These data will be used to help focus existing programs on activities that have shown the greatest promise of results, such as smoke-free policies for public places, healthier vending machine policies, asthma action plans, and increased frequency of physical education in schools, as well as identify populations of greatest need and opportunities for strategic collaboration to identify and disseminate lessons learned.

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TABLE 1. Sample sizes, response rates, and demographic characteristics* — selected Steps communities, Youth Risk Behavior Surveys, 2007

Steps community	Student sample size	Response rate (%)			Sex (%)		Grade (%)				Race/Ethnicity (%)			
		School	Student	Overall	Female	Male	9	10	11	12	White†	Black†	Hispanic	Other§
State-coordinated small cities/rural communities														
Santa Cruz County, Arizona	1,004	100	83	83	50.3	49.7	30.0	26.6	21.9	21.3	5.0	0.2	94.1	0.7
Yuma County, Arizona	1,365	100	81	81	49.2	50.8	28.6	26.4	24.7	19.9	19.0	1.4	77.1	2.4
Mesa County, Colorado	913	100	68	68	48.8	51.2	26.8	25.8	24.6	22.4	81.2	0.1	15.1	3.5
Pueblo County, Colorado	895	100	67	67	48.7	51.3	29.9	25.3	21.4	22.7	42.4	1.9	52.1	3.5
Teller County, Colorado	743	100	79	79	48.5	51.5	24.8	26.4	23.7	24.5	86.3	1.6	7.2	4.9
Weld County, Colorado	1,152	100	76	76	49.5	50.5	28.1	27.4	22.4	21.5	52.8	0.5	44.2	2.5
Minneapolis, Minnesota	1,064	100	79	79	49.3	50.7	25.7	25.7	22.5	25.9	28.3	44.0	15.1	12.5
Rochester, Minnesota	928	100	82	82	49.4	50.6	28.6	25.4	22.8	23.1	79.5	9.0	2.4	9.1
St. Paul, Minnesota	905	100	77	77	49.2	50.8	26.3	27.1	25.2	21.2	26.5	28.2	9.9	35.5
Broome County, New York	1,019	100	75	75	48.3	51.7	26.3	25.7	24.9	22.8	88.6	6.2	2.8	2.4
Chautauqua County, New York	779	83	77	64	49.0	51.0	26.1	25.6	23.4	23.1	89.6	0.9	5.3	4.2
Jefferson County, New York	759	91	78	71	48.5	51.5	26.1	25.4	22.1	23.2	87.1	5.6	2.6	4.7
Rockland County, New York	839	100	78	78	48.7	51.3	25.6	25.4	25.2	23.4	56.8	19.4	15.0	8.9
Fayette County, Pennsylvania	979	88	78	69	47.3	52.7	28.9	25.1	23.8	21.9	91.7	6.7	0.7	0.9
Luzerne County, Pennsylvania	1,236	100	82	82	48.3	51.7	26.4	25.2	24.5	23.6	90.2	1.6	5.6	2.6
Tioga County, Pennsylvania	1,044	100	84	84	48.9	51.1	26.7	25.8	24.8	22.4	86.0	1.6	6.1	6.2
Large cities/urban communities														
Boston, Massachusetts	1,161	100	66	66	48.3	51.7	29.4	23.2	24.4	22.9	11.2	51.9	27.6	9.3
Cleveland, Ohio	940	100	73	73	51.0	49.0	36.3	25.3	19.0	19.4	15.5	72.5	10.0	2.0
DeKalb County, Georgia	2,197	100	83	83	49.9	50.1	31.3	24.1	23.0	21.3	9.5	80.1	5.2	5.2
Hillsborough County, Florida	644	100	71	71	51.9	48.1	28.6	27.0	23.2	21.2	21.6	45.4	27.0	6.0
New Orleans, Louisiana	2,034	100	88	88	50.8	49.2	29.0	24.4	23.2	23.1	5.3	88.9	2.2	3.6
Philadelphia, Pennsylvania	1,295	100	73	73	50.3	49.7	29.7	25.3	30.3	14.4	7.7	67.9	10.2	14.2
Salinas, California	1,270	100	83	83	49.4	50.6	26.1	26.4	24.8	22.5	15.1	0.9	74.6	9.3
San Antonio, Texas	1,317	100	64	64	49.4	50.6	33.5	26.1	20.6	19.7	2.2	8.0	88.0	1.8
Santa Clara County, California	1,429	88	85	75	49.3	50.7	26.0	25.4	25.7	22.6	7.9	0.9	57.6	33.6
Tribe														
Cherokee Nation, Oklahoma¶	650	100	78	78	47.9	52.1	28.2	26.5	23.5	21.8	43.3	0.5	1.9	54.4
United States	14,041	81	84	68	49.5	50.5	29.0	26.2	23.4	21.3	60.3	15.1	16.9	7.7

* Weighted population estimates for the United States and each site.

† Non-Hispanic.

§ American Indian or Alaska Native, Asian, Native Hawaiian or other Pacific Islander, and multiple race (non-Hispanic).

¶ The Cherokee Nation Steps community comprises a 14-county service delivery area that is nonreservation based. It includes all racial/ethnic groups residing in the service delivery area. Therefore, Cherokee Nation students might belong to an ethnicity other than Cherokee.

TABLE 2. Percentage of high school students who ever smoked cigarettes, by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Lifetime cigarette use*						Lifetime daily cigarette use†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	57.8	51.3–64.1	66.4	60.8–71.6	62.0	57.1–66.7	9.3	7.0–12.3	11.1	8.6–14.2	10.2	8.3–12.4
Yuma County, Arizona	52.2	46.0–58.3	60.5	54.9–65.7	56.2	51.3–61.1	7.6	5.6–10.4	13.0	9.5–17.4	10.3	8.0–13.0
Mesa County, Colorado	49.6	42.6–56.7	51.6	46.3–56.8	50.7	45.9–55.4	10.6	7.2–15.5	13.2	9.9–17.3	11.9	9.4–15.0
Pueblo County, Colorado	63.4	56.5–69.9	61.5	55.5–67.3	62.4	56.7–67.8	12.5	9.4–16.4	14.2	10.6–18.6	13.3	10.5–16.7
Teller County, Colorado	52.5	44.4–60.4	45.3	38.6–52.1	48.8	43.5–54.0	17.6	12.2–24.8	14.3	10.8–18.7	16.0	12.6–20.2
Weld County, Colorado	50.4	44.0–56.7	51.6	46.5–56.6	50.9	46.7–55.2	9.5	7.3–12.3	9.8	7.3–13.0	9.6	7.8–11.8
Minneapolis, Minnesota	41.2	35.2–47.3	44.0	38.0–50.1	42.7	37.8–47.7	3.7	2.3–5.8	6.6	4.3–10.2	5.1	3.6–7.2
Rochester, Minnesota	31.7	25.6–38.4	37.9	30.2–46.4	34.9	28.6–41.8	6.6	4.2–10.2	8.5	5.4–13.2	7.7	5.4–10.7
St. Paul, Minnesota	48.3	40.6–56.2	48.8	42.4–55.2	48.6	42.5–54.9	7.9	4.6–13.2	9.0	6.0–13.1	8.4	5.9–11.8
Broome County, New York	41.7	36.5–47.2	33.5	28.8–38.6	37.7	33.6–41.9	13.6	9.9–18.4	6.0	4.3–8.2	9.7	7.4–12.6
Chautauqua County, New York	37.4	31.1–44.2	38.6	31.1–46.7	38.1	32.0–44.6	11.1	8.2–14.9	8.6	5.2–14.1	10.0	7.3–13.5
Jefferson County, New York	47.5	38.4–56.7	51.9	44.7–59.1	49.9	42.9–56.9	12.5	8.9–17.4	13.0	8.9–18.5	12.9	9.9–16.5
Rockland County, New York	36.0	30.7–41.8	36.8	30.5–43.6	36.4	31.7–41.4	6.7	4.6–9.9	8.0	5.6–11.4	7.4	5.7–9.6
Fayette County, Pennsylvania	57.3	50.9–63.4	55.7	50.5–60.7	56.5	52.5–60.4	15.6	12.4–19.5	15.5	12.1–19.6	15.6	13.3–18.1
Luzerne County, Pennsylvania	52.1	47.8–56.4	52.3	46.5–58.0	52.3	48.2–56.3	16.7	13.6–20.2	20.5	16.1–25.7	18.7	15.7–22.0
Tioga County, Pennsylvania	55.1	49.6–60.4	52.8	48.2–57.4	54.0	49.9–58.0	17.2	13.8–21.2	22.1	17.6–27.3	19.8	16.7–23.2
Large cities/urban communities												
Boston, Massachusetts	43.3	38.1–48.6	41.7	36.9–46.6	42.6	38.6–46.8	5.4	3.5–8.1	6.2	4.3–9.0	5.8	4.2–8.0
Cleveland, Ohio	51.6	47.2–56.0	56.1	51.0–61.1	53.8	50.5–57.2	6.5	4.5–9.4	8.4	5.3–13.2	7.4	5.6–9.8
DeKalb County, Georgia	42.3	38.8–45.9	49.0	45.8–52.2	45.6	43.1–48.2	3.1	2.1–4.6	6.7	5.3–8.3	4.9	4.0–5.9
Hillsborough County, Florida	40.0	34.5–45.8	38.9	30.8–47.8	39.5	34.1–45.3	2.5	1.2–5.0	6.3	3.7–10.7	4.5	2.8–7.0
New Orleans, Louisiana	45.8	42.4–49.2	49.2	45.1–53.4	47.4	44.5–50.3	5.8	4.6–7.3	8.2	6.3–10.7	6.9	5.7–8.4
Philadelphia, Pennsylvania	42.1	35.8–48.6	46.0	40.0–52.1	44.1	38.8–49.5	4.9	3.2–7.5	5.4	3.7–7.9	5.1	4.0–6.6
Salinas, California	38.9	33.7–44.4	49.1	43.0–55.2	44.0	39.9–48.2	3.4	2.1–5.5	4.0	2.5–6.4	3.7	2.6–5.2
San Antonio, Texas	58.6	54.4–62.6	62.9	58.5–67.1	60.7	57.6–63.7	7.2	5.3–9.7	7.6	5.3–10.6	7.5	6.0–9.3
Santa Clara County, California	36.9	32.3–41.7	39.9	34.8–45.1	38.6	34.8–42.6	3.4	2.0–5.6	7.2	4.5–11.4	5.5	3.8–7.8
Tribe												
Cherokee Nation, Oklahoma	60.9	50.5–70.5	67.1	60.6–73.0	64.2	56.3–71.4	22.4	17.0–29.0	17.7	13.6–22.6	20.1	16.4–24.2
<i>Median</i>	47.9		49.1		48.7		7.7		8.5		9.0	
<i>Range</i>	31.7–63.4		33.5–67.1		34.9–64.2		2.5–22.4		4.0–22.1		3.7–20.1	
United States	48.8	45.6–52.1	51.8	48.4–55.3	50.3	47.2–53.5	11.8	9.8–14.1	13.0	10.9–15.4	12.4	10.4–14.7

* Ever tried cigarette smoking, even one or two puffs.

† Ever smoked at least one cigarette every day for 30 days.

‡ 95% confidence interval.

TABLE 3. Percentage of high school students who currently smoked cigarettes, by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Current cigarette use*						Current frequent cigarette use†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	22.8	18.0–28.6	28.9	24.1–34.3	25.8	22.4–29.6	3.7	2.0–6.7	6.0	4.0–8.8	4.8	3.4–6.7
Yuma County, Arizona	15.0	11.9–18.8	23.2	18.4–28.8	19.0	15.6–23.0	2.5	1.4–4.5	8.0	5.4–11.5	5.2	3.7–7.3
Mesa County, Colorado	14.7	10.6–20.2	18.5	14.4–23.4	16.6	13.4–20.4	5.7	3.6–9.0	6.6	4.5–9.4	6.1	4.6–8.1
Pueblo County, Colorado	18.7	15.3–22.7	21.7	17.4–26.9	20.3	17.1–23.9	5.1	3.3–7.9	9.7	6.8–13.5	7.4	5.5–9.9
Teller County, Colorado	22.2	16.1–29.7	16.4	12.3–21.5	19.2	15.4–23.7	11.9	7.2–19.0	7.5	4.8–11.5	9.7	6.8–13.6
Weld County, Colorado	15.7	12.6–19.5	16.2	12.6–20.7	15.9	13.3–18.9	5.8	4.1–8.2	4.3	2.7–6.9	5.1	3.7–6.9
Minneapolis, Minnesota	8.5	5.5–12.8	10.6	7.5–14.7	9.6	7.2–12.8	2.0	0.8–4.9	3.5	1.9–6.6	2.7	1.6–4.7
Rochester, Minnesota	13.5	9.8–18.4	13.5	9.0–19.9	13.6	10.1–18.2	5.2	3.1–8.5	5.8	3.5–9.4	5.5	3.9–7.7
St. Paul, Minnesota	11.7	8.0–16.8	14.0	10.8–17.9	12.8	10.2–16.0	3.7	1.8–7.4	7.0	4.7–10.3	5.4	3.7–7.7
Broome County, New York	15.0	10.8–20.5	10.0	8.0–12.3	12.6	9.9–15.9	7.4	4.9–10.9	4.7	3.2–6.8	6.0	4.4–8.1
Chautauqua County, New York	12.4	8.8–17.2	11.4	7.9–16.3	11.9	8.9–15.7	6.6	3.8–11.1	6.2	3.5–10.7	6.4	4.3–9.4
Jefferson County, New York	16.8	12.2–22.8	17.3	13.3–22.1	17.1	13.6–21.4	8.9	6.0–13.0	10.0	6.6–14.8	9.5	7.2–12.6
Rockland County, New York	11.7	8.4–16.1	10.5	7.4–14.7	11.1	8.5–14.4	3.0	1.6–5.7	4.8	3.1–7.5	3.9	2.7–5.7
Fayette County, Pennsylvania	21.9	17.6–26.9	23.6	19.0–28.9	22.9	19.7–26.5	11.5	8.5–15.3	12.4	9.3–16.3	12.0	9.8–14.6
Luzerne County, Pennsylvania	19.9	16.1–24.4	23.0	18.6–28.2	21.7	18.3–25.5	11.3	8.7–14.6	15.8	12.1–20.2	13.7	11.2–16.7
Tioga County, Pennsylvania	21.3	17.6–25.5	20.9	16.5–26.2	21.1	17.7–25.0	10.7	8.2–13.9	13.0	9.7–17.2	11.9	9.6–14.6
Large cities/urban communities												
Boston, Massachusetts	8.3	5.8–11.7	9.2	6.8–12.2	8.7	6.8–11.1	1.9	0.9–3.8	3.8	2.2–6.5	2.9	1.7–4.7
Cleveland, Ohio	8.1	5.8–11.2	13.4	9.6–18.3	10.8	8.5–13.6	3.2	1.9–5.3	5.4	3.6–8.1	4.4	3.3–5.9
DeKalb County, Georgia	7.0	5.5–9.0	10.0	8.1–12.2	8.5	7.2–10.0	1.4	0.7–2.5	4.2	3.0–5.9	2.8	2.1–3.8
Hillsborough County, Florida	5.7	3.2–10.2	8.8	4.9–15.4	7.2	4.5–11.4	0.7	0.2–2.3	4.2	2.3–7.8	2.4	1.4–4.0
New Orleans, Louisiana	7.9	6.4–9.8	11.9	9.4–14.9	9.9	8.3–11.7	1.9	1.2–3.0	5.5	3.8–7.7	3.6	2.7–4.7
Philadelphia, Pennsylvania	7.0	5.1–9.5	8.1	5.4–12.0	7.7	6.0–9.8	2.2	1.0–4.6	3.5	1.9–6.3	2.8	1.7–4.5
Salinas, California	6.0	4.0–8.9	10.4	7.6–14.0	8.2	6.4–10.4	1.7	0.8–3.7	2.7	1.6–4.6	2.2	1.5–3.3
San Antonio, Texas	16.7	13.9–19.9	17.9	14.4–21.9	17.4	15.1–20.0	2.2	1.3–3.8	3.0	1.7–5.2	2.8	1.8–4.1
Santa Clara County, California	7.1	5.1–9.8	11.4	8.5–15.2	9.3	7.3–11.6	0.9	0.4–1.9	3.7	2.1–6.6	2.3	1.4–3.9
Tribe												
Cherokee Nation, Oklahoma	28.6	22.7–35.3	28.4	22.6–34.9	28.6	23.4–34.4	13.0	10.6–15.8	10.6	6.8–16.3	11.7	9.3–14.7
<i>Median</i>	14.1		13.8		13.2		3.7		5.6		5.1	
<i>Range</i>	5.7–28.6		8.1–28.9		7.2–28.6		0.7–13.0		2.7–15.8		2.2–13.7	
United States	18.7	16.5–21.1	21.3	18.3–24.6	20.0	17.6–22.6	7.4	5.9–9.2	8.7	7.2–10.5	8.1	6.7–9.8

* Smoked cigarettes on at least 1 day during the 30 days before the survey.

† Smoked cigarettes on 20 or more days during the 30 days before the survey.

‡ 95% confidence interval.

TABLE 4. Percentage of high school students who currently smoked more than 10 cigarettes per day* and who tried to quit smoking cigarettes,† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Smoked more than 10 cigarettes per day						Tried to quit smoking cigarettes					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	—¶	—	7.2	3.7–13.7	4.7	2.3–9.4	—	—	46.5	36.9–56.4	49.4	41.1–57.7
Yuma County, Arizona	0.1	0.0–1.0	13.7	7.3–24.3	8.2	4.2–15.1	49.9	37.4–62.5	48.5	36.7–60.5	49.0	39.1–58.9
Mesa County, Colorado	—	—	—	—	8.9	4.1–18.1	—	—	—	—	52.2	41.6–62.5
Pueblo County, Colorado	—	—	—	—	6.3	3.0–12.8	—	—	—	—	51.1	43.5–58.7
Teller County, Colorado	—	—	—	—	15.8	9.8–24.4	—	—	—	—	55.1	46.6–63.4
Weld County, Colorado	—	—	—	—	7.7	4.5–12.9	—	—	—	—	51.3	43.4–59.1
Minneapolis, Minnesota	—	—	—	—	—	—	—	—	—	—	—	—
Rochester, Minnesota	—	—	—	—	6.4	3.5–11.4	—	—	—	—	46.4	36.6–56.5
St. Paul, Minnesota	—	—	—	—	2.4	0.7–7.9	—	—	—	—	—	—
Broome County, New York	—	—	—	—	14.6	8.6–23.7	—	—	—	—	43.2	32.6–54.4
Chautauqua County, New York	—	—	—	—	—	—	—	—	—	—	—	—
Jefferson County, New York	—	—	—	—	13.7	7.3–24.3	—	—	—	—	51.7	43.3–60.1
Rockland County, New York	—	—	—	—	—	—	—	—	—	—	—	—
Fayette County, Pennsylvania	—	—	14.0	7.7–24.0	12.8	7.8–20.5	—	—	55.7	45.7–65.3	61.9	54.9–68.5
Luzerne County, Pennsylvania	10.5	5.8–18.1	19.8	13.4–28.3	15.5	11.2–21.0	58.5	48.8–67.5	48.1	38.2–58.2	52.8	45.8–59.6
Tioga County, Pennsylvania	11.4	6.9–18.1	—	—	13.8	9.8–19.1	53.4	43.2–63.2	—	—	55.1	48.1–61.8
Large cities/urban communities												
Boston, Massachusetts	—	—	—	—	—	—	—	—	—	—	—	—
Cleveland, Ohio	—	—	—	—	—	—	—	—	—	—	—	—
DeKalb County, Georgia	—	—	—	—	7.8	4.7–12.6	—	—	—	—	53.4	45.6–61.0
Hillsborough County, Florida	—	—	—	—	—	—	—	—	—	—	—	—
New Orleans, Louisiana	—	—	—	—	7.1	3.9–12.6	—	—	—	—	54.8	45.5–63.7
Philadelphia, Pennsylvania	—	—	—	—	—	—	—	—	—	—	—	—
Salinas, California	—	—	—	—	—	—	—	—	—	—	—	—
San Antonio, Texas	0.0	—	2.4	0.8–7.2	2.2	0.9–5.2	50.3	41.1–59.6	50.0	40.6–59.4	50.2	43.9–56.6
Santa Clara County, California	—	—	—	—	4.2	1.6–10.6	—	—	—	—	45.5	34.0–57.4
Tribe												
Cherokee Nation, Oklahoma	—	—	—	—	9.9	5.6–16.9	—	—	—	—	57.0	49.6–64.2
<i>Median</i>	5.3		13.7		8.0		51.8		48.5		51.7	
<i>Range</i>	0.0–11.4		2.4–19.8		2.2–15.8		49.9–58.5		46.5–55.7		43.2–61.9	
United States	7.1	5.4–9.3	13.8	11.4–16.7	10.7	9.0–12.6	55.1	50.9–59.3	45.1	42.1–48.1	49.7	47.2–52.2

* On the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes.

† During the 12 months before the survey, among students who currently smoked cigarettes.

‡ 95% confidence interval.

¶ Not available.

TABLE 5. Percentage of high school students who smoked a whole cigarette for the first time before age 13 years and who smoked cigarettes on school property,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Smoked a whole cigarette before age 13 years						Smoked cigarettes on school property					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	10.4	7.4–14.3	17.5	13.8–21.9	13.9	11.5–16.6	2.5	1.4–4.5	6.3	4.1–9.7	4.4	3.0–6.3
Yuma County, Arizona	10.4	8.0–13.4	16.1	13.2–19.6	13.2	11.3–15.4	1.5	0.8–3.0	5.9	3.5–9.5	3.7	2.4–5.6
Mesa County, Colorado	10.9	7.7–15.3	15.6	12.3–19.5	13.3	10.9–16.3	6.6	4.3–9.9	5.5	3.7–8.2	6.0	4.5–8.1
Pueblo County, Colorado	13.5	10.4–17.4	19.5	15.2–24.7	16.7	14.0–19.9	7.6	5.4–10.6	10.2	7.4–13.9	8.9	7.0–11.2
Teller County, Colorado	13.8	9.8–19.2	13.6	10.2–17.9	13.9	11.1–17.2	10.8	7.3–15.8	5.0	3.1–7.9	7.9	5.8–10.8
Weld County, Colorado	12.0	9.0–15.9	15.1	11.6–19.4	13.5	11.0–16.5	7.0	5.0–9.8	6.6	4.7–9.2	6.8	5.2–8.8
Minneapolis, Minnesota	7.9	5.3–11.4	8.9	5.7–13.5	8.3	6.0–11.5	0.9	0.4–2.1	2.6	1.3–4.9	1.8	1.1–3.0
Rochester, Minnesota	6.3	4.1–9.8	8.1	5.3–12.1	7.5	5.5–10.2	2.4	1.3–4.6	4.3	2.7–6.9	3.5	2.3–5.1
St. Paul, Minnesota	7.9	5.4–11.4	11.8	8.8–15.8	9.9	7.6–12.9	3.1	1.8–5.4	5.0	2.9–8.4	4.0	2.6–6.3
Broome County, New York	10.9	7.7–15.2	7.7	5.5–10.7	9.5	7.4–12.1	5.5	3.1–9.8	4.0	2.6–6.1	4.8	3.1–7.3
Chautauqua County, New York	8.7	6.0–12.5	11.5	8.1–16.0	10.1	7.4–13.6	2.1	0.9–4.9	3.1	1.5–6.4	2.6	1.4–4.9
Jefferson County, New York	10.6	7.5–14.7	13.4	9.3–19.1	12.2	9.5–15.6	2.3	1.1–4.7	5.6	3.2–9.7	4.1	2.6–6.5
Rockland County, New York	4.4	2.6–7.1	6.6	4.3–9.8	5.5	4.0–7.5	3.1	1.8–5.4	4.1	2.4–7.1	3.6	2.3–5.6
Fayette County, Pennsylvania	15.8	12.5–19.7	17.9	14.2–22.4	16.9	14.3–19.9	2.3	1.3–4.2	8.2	5.6–11.7	5.4	3.9–7.3
Luzerne County, Pennsylvania	11.5	9.2–14.4	12.4	9.5–15.9	12.1	10.3–14.3	4.6	3.1–6.9	9.6	6.7–13.7	7.4	5.6–9.7
Tioga County, Pennsylvania	16.2	12.8–20.4	20.6	16.8–24.9	18.5	15.6–21.8	2.9	1.8–4.7	6.5	4.2–9.8	4.7	3.3–6.7
Large cities/urban communities												
Boston, Massachusetts	6.4	4.6–8.8	8.8	6.3–12.2	7.9	6.2–10.0	2.7	1.5–4.6	4.1	2.5–6.7	3.4	2.3–5.1
Cleveland, Ohio	12.9	9.6–17.0	15.4	11.3–20.7	14.1	11.1–17.7	3.2	1.8–5.4	6.8	4.3–10.5	5.0	3.7–6.9
DeKalb County, Georgia	7.4	5.8–9.4	15.0	12.7–17.6	11.2	9.7–12.8	1.7	1.1–2.5	4.2	3.1–5.6	2.9	2.3–3.7
Hillsborough County, Florida	12.5	8.7–17.7	9.3	5.5–15.3	11.3	9.0–14.1	0.9	0.2–3.3	2.7	1.2–6.0	1.7	0.9–3.5
New Orleans, Louisiana	11.2	9.0–13.8	15.4	12.5–18.8	13.3	11.4–15.5	1.6	1.0–2.5	4.4	3.1–6.2	3.0	2.2–4.0
Philadelphia, Pennsylvania	8.5	6.5–11.0	11.5	8.5–15.5	9.9	8.0–12.2	1.8	0.7–4.5	3.0	1.6–5.4	2.6	1.5–4.5
Salinas, California	6.4	4.4–9.2	12.1	9.0–16.0	9.2	7.2–11.9	1.0	0.4–2.7	2.8	1.6–4.9	1.9	1.2–3.1
San Antonio, Texas	16.1	12.9–19.8	18.1	14.7–22.1	17.2	14.8–19.9	3.7	2.4–5.6	5.2	3.6–7.4	4.6	3.5–6.0
Santa Clara County, California	7.3	5.5–9.6	11.3	7.6–16.4	9.6	7.1–13.0	1.3	0.6–2.6	4.6	3.0–6.9	3.0	2.0–4.4
Tribe												
Cherokee Nation, Oklahoma	20.6	14.3–28.8	20.4	13.2–30.2	20.5	14.8–27.8	4.5	2.1–9.3	4.3	2.2–8.2	4.4	2.6–7.3
<i>Median</i>	10.7		13.5		12.1		2.6		4.8		4.0	
<i>Range</i>	4.4–20.6		6.6–20.6		5.5–20.5		0.9–10.8		2.6–10.2		1.7–8.9	
United States	11.9	10.3–13.6	16.4	13.5–19.7	14.2	12.2–16.5	4.8	3.8–6.1	6.5	5.5–7.7	5.7	4.7–6.8

* On at least 1 day during the 30 days before the survey.

† 95% confidence interval.

TABLE 6. Percentage of high school students who usually obtained their own cigarettes by buying them in a store or gas station,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Female		Male		Total	
	%	CI†	%	CI	%	CI
State-coordinated small cities/ rural communities						
Santa Cruz County, Arizona	—§	—	20.9	15.5–27.4	19.3	14.5–25.3
Yuma County, Arizona	—	—	11.0	6.1–19.1	11.4	7.8–16.4
Mesa County, Colorado	—	—	—	—	8.4	4.1–16.5
Pueblo County, Colorado	—	—	—	—	6.9	3.6–12.6
Teller County, Colorado	—	—	—	—	—	—
Weld County, Colorado	—	—	—	—	8.6	4.5–16.0
Minneapolis, Minnesota	—	—	—	—	—	—
Rochester, Minnesota	—	—	—	—	5.8	2.2–14.3
St. Paul, Minnesota	—	—	—	—	—	—
Broome County, New York	—	—	—	—	—	—
Chautauqua County, New York	—	—	—	—	—	—
Jefferson County, New York	—	—	—	—	8.5	3.4–19.6
Rockland County, New York	—	—	—	—	—	—
Fayette County, Pennsylvania	—	—	—	—	15.4	9.0–25.0
Luzerne County, Pennsylvania	—	—	26.8	19.5–35.7	20.5	15.2–27.2
Tioga County, Pennsylvania	—	—	—	—	10.1	5.7–17.3
Large cities/urban communities						
Boston, Massachusetts	—	—	—	—	—	—
Cleveland, Ohio	—	—	—	—	—	—
DeKalb County, Georgia	—	—	—	—	25.1	18.4–33.3
Hillsborough County, Florida	—	—	—	—	—	—
New Orleans, Louisiana	—	—	—	—	24.4	17.8–32.5
Philadelphia, Pennsylvania	—	—	—	—	—	—
Salinas, California	—	—	—	—	—	—
San Antonio, Texas	—	—	—	—	11.2	7.3–16.9
Santa Clara County, California	—	—	—	—	23.2	13.8–36.3
Tribe						
Cherokee Nation, Oklahoma	—	—	—	—	11.5	5.4–22.7
<i>Median</i>	—	—	20.9		11.4	
<i>Range</i>	—	—	11.0–26.8		5.8–25.1	
United States	11.3	8.0–15.6	20.0	16.0–24.8	16.0	12.8–19.9

* During the 30 days before the survey, among students who were aged <18 years and who currently smoked cigarettes.

† 95% confidence interval.

§ Not available.

TABLE 7. Percentage of high school students who ate fruits and vegetables* five or more times per day† and who drank a can, bottle, or glass of soda or pop§ at least one time per day,† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Ate fruits and vegetables five or more times per day						Drank soda or pop at least one time per day					
	Female		Male		Total		Female		Male		Total	
	%	CI¶	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	16.2	12.6–20.6	18.4	14.3–23.3	17.4	15.0–20.2	14.5	11.2–18.5	22.5	19.0–26.4	18.6	15.9–21.7
Yuma County, Arizona	16.9	13.9–20.5	20.6	17.2–24.5	18.8	16.2–21.6	23.0	18.7–27.9	34.7	31.0–38.5	28.8	26.0–31.8
Mesa County, Colorado	10.8	8.1–14.4	17.7	14.2–21.9	14.3	12.0–16.9	21.2	17.1–25.9	30.8	26.9–34.9	26.1	23.4–28.9
Pueblo County, Colorado	16.1	12.6–20.5	18.7	14.7–23.5	17.4	14.4–20.8	23.8	18.8–29.6	29.8	25.0–35.1	26.9	23.1–31.1
Teller County, Colorado	17.9	14.7–21.7	18.4	13.4–24.9	18.2	15.2–21.7	12.1	8.7–16.7	29.9	25.4–34.8	21.4	17.7–25.6
Weld County, Colorado	16.1	12.7–20.2	20.1	17.1–23.5	18.0	15.4–21.0	19.6	16.2–23.5	32.8	28.6–37.2	26.2	23.4–29.2
Minneapolis, Minnesota	19.8	14.4–26.6	20.7	17.1–24.9	20.2	16.9–23.9	20.2	15.7–25.7	23.2	19.0–28.0	21.6	18.2–25.4
Rochester, Minnesota	16.3	13.1–20.1	15.7	12.0–20.1	16.1	13.4–19.2	11.5	8.3–15.7	23.3	18.8–28.6	17.9	14.2–22.3
St. Paul, Minnesota	21.2	16.6–26.6	26.4	21.7–31.8	23.9	20.2–28.0	21.3	16.8–26.5	26.4	21.5–31.9	23.9	20.3–27.8
Broome County, New York	20.5	16.4–25.4	19.8	15.9–24.4	20.5	17.9–23.3	19.0	15.0–23.7	29.6	25.2–34.3	24.6	21.4–28.2
Chautauqua County, New York	21.2	17.0–26.1	22.4	18.3–27.1	21.8	18.9–25.0	18.6	14.1–24.0	33.1	28.7–37.9	26.1	22.4–30.0
Jefferson County, New York	17.0	12.8–22.2	17.9	13.7–23.1	17.6	14.9–20.7	20.5	16.6–25.0	36.5	30.5–43.0	28.7	24.9–32.7
Rockland County, New York	13.1	9.8–17.3	14.6	11.3–18.6	13.9	11.2–16.9	14.5	11.2–18.7	20.0	15.8–24.9	17.3	14.3–20.8
Fayette County, Pennsylvania	16.3	12.7–20.6	15.5	12.2–19.5	15.9	13.6–18.6	27.0	22.2–32.3	43.1	38.2–48.1	35.4	31.7–39.3
Luzerne County, Pennsylvania	19.1	15.5–23.2	15.5	13.2–18.0	17.3	15.4–19.4	22.1	18.9–25.6	40.1	35.6–44.7	31.4	29.0–34.0
Tioga County, Pennsylvania	20.7	17.5–24.3	22.2	18.2–26.7	21.4	18.7–24.4	27.2	23.7–31.0	37.1	32.8–41.6	32.3	29.2–35.7
Large cities/urban communities												
Boston, Massachusetts	—††	—	—	—	—	—	25.1	21.2–29.5	30.1	25.8–34.7	27.7	24.7–31.0
Cleveland, Ohio	17.4	14.7–20.4	20.0	16.9–23.5	18.7	16.6–21.1	37.3	32.7–42.2	35.6	30.4–41.1	36.4	32.5–40.5
DeKalb County, Georgia	19.4	17.0–21.9	22.7	20.5–25.1	21.0	19.5–22.6	23.9	21.1–27.1	29.4	26.6–32.3	26.7	24.6–28.9
Hillsborough County, Florida	14.6	10.5–19.8	19.4	14.5–25.6	17.0	13.6–21.0	28.5	22.2–35.7	24.6	19.5–30.5	26.6	22.7–31.0
New Orleans, Louisiana	20.4	17.9–23.2	23.5	20.8–26.5	22.0	19.9–24.3	34.4	31.4–37.6	31.9	28.8–35.2	33.2	30.6–35.8
Philadelphia, Pennsylvania	16.7	13.8–20.1	16.2	12.4–20.9	16.6	13.9–19.7	27.9	23.2–33.1	30.8	25.7–36.4	29.1	25.0–33.6
Salinas, California	17.7	14.5–21.4	16.5	13.3–20.3	17.0	14.7–19.7	12.1	9.7–15.0	21.3	17.0–26.4	16.7	14.0–19.9
San Antonio, Texas	14.4	11.6–17.8	19.7	16.5–23.4	17.0	14.7–19.5	28.0	24.4–31.9	36.5	32.1–41.1	32.4	29.2–35.6
Santa Clara County, California	17.0	14.4–20.0	20.6	16.8–24.9	19.0	16.7–21.5	17.7	13.9–22.3	23.7	20.2–27.7	20.8	18.3–23.5
Tribe												
Cherokee Nation, Oklahoma	16.6	11.9–22.6	19.2	13.9–25.9	17.9	15.0–21.2	37.4	30.4–45.0	52.9	44.7–61.1	45.3	40.0–50.7
<i>Median</i>	17.0		19.4		17.9		21.7		30.4		26.6	
<i>Range</i>	10.8–21.2		14.6–26.4		13.9–23.9		11.5–37.4		20.0–52.9		16.7–45.3	
United States	19.9	18.0–22.0	22.9	21.1–24.8	21.4	19.8–23.1	29.0	25.9–32.2	38.6	35.6–41.6	33.8	31.0–36.8

* 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

† During the 7 days before the survey.

§ Not including diet soda or diet pop.

¶ 95% confidence interval.

†† Not available.

TABLE 8. Percentage of high school students who met recommended levels of physical activity* and who did not participate in 60 or more minutes of physical activity on any day,† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Met recommended levels of physical activity						Did not participate in 60 or more minutes of physical activity on any day					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/rural communities												
Santa Cruz County, Arizona	18.4	14.9–22.5	37.4	31.7–43.5	27.7	23.8–32.0	40.6	36.3–45.2	20.2	16.3–24.8	30.5	27.3–33.8
Yuma County, Arizona	23.4	19.3–28.0	36.8	30.8–43.2	30.0	26.6–33.7	41.1	36.3–46.1	20.7	16.9–25.1	30.9	27.6–34.3
Mesa County, Colorado	29.2	24.8–34.1	49.6	44.7–54.4	39.5	35.9–43.2	28.1	23.2–33.6	14.0	10.8–17.9	21.0	18.1–24.2
Pueblo County, Colorado	31.3	26.7–36.3	44.4	38.0–51.0	38.0	34.1–42.1	26.0	20.9–31.8	15.3	11.2–20.5	20.5	17.0–24.5
Teller County, Colorado	35.2	29.8–41.1	38.2	31.5–45.4	36.7	32.6–41.0	24.0	19.2–29.6	12.5	9.5–16.4	18.2	14.9–22.0
Weld County, Colorado	25.2	21.3–29.5	41.5	36.7–46.6	33.3	29.6–37.2	26.6	22.3–31.5	16.8	13.0–21.5	21.8	18.2–25.8
Minneapolis, Minnesota	30.8	26.2–35.7	45.7	39.0–52.5	38.3	34.5–42.2	20.7	16.1–26.0	17.0	13.7–20.9	19.0	15.9–22.6
Rochester, Minnesota	36.4	30.3–43.0	53.9	49.5–58.2	45.0	41.3–48.8	10.5	8.2–13.4	11.5	8.7–15.1	10.9	9.2–13.0
St. Paul, Minnesota	35.9	30.8–41.4	53.7	47.9–59.4	45.0	40.4–49.7	16.8	13.3–21.0	11.3	8.3–15.3	13.9	11.6–16.6
Broome County, New York	41.4	35.1–48.1	52.1	46.3–57.9	46.9	41.9–51.9	14.0	10.1–19.2	10.9	8.4–14.0	12.5	9.9–15.7
Chautauqua County, New York	50.1	43.9–56.3	60.6	54.2–66.7	55.5	50.8–60.2	7.8	4.9–12.1	7.5	5.2–10.7	7.6	5.7–10.1
Jefferson County, New York	47.8	41.8–53.9	57.2	50.8–63.5	52.5	48.1–56.9	13.9	10.1–18.9	8.8	5.9–12.9	11.4	9.1–14.2
Rockland County, New York	37.5	32.5–42.9	54.7	48.9–60.4	46.4	41.9–50.9	20.5	16.6–25.1	8.6	5.3–13.6	14.4	11.6–17.8
Fayette County, Pennsylvania	38.6	33.7–43.7	57.6	52.5–62.6	48.6	44.8–52.5	12.0	8.7–16.3	5.1	3.5–7.4	8.3	6.4–10.8
Luzerne County, Pennsylvania	40.7	35.6–46.0	59.1	54.5–63.6	50.2	46.3–54.1	13.2	10.6–16.3	7.8	5.5–11.0	10.4	8.6–12.7
Tioga County, Pennsylvania	44.9	39.6–50.3	57.3	52.6–61.8	51.1	47.6–54.7	11.7	9.1–14.9	6.8	5.0–9.2	9.3	7.7–11.2
Large cities/urban communities												
Boston, Massachusetts	25.4	21.5–29.7	32.6	27.9–37.8	29.0	25.8–32.6	34.8	30.5–39.3	21.2	16.9–26.2	27.8	24.8–31.1
Cleveland, Ohio	26.0	21.1–31.5	43.6	38.7–48.6	34.6	30.4–39.1	28.6	25.1–32.4	15.9	12.4–20.1	22.4	20.2–24.7
DeKalb County, Georgia	26.8	24.0–29.7	44.8	41.8–47.8	35.7	33.6–37.9	27.3	24.6–30.2	16.8	14.6–19.3	22.1	20.2–24.1
Hillsborough County, Florida	22.6	16.8–29.5	44.8	37.3–52.7	33.3	29.0–37.8	31.4	24.4–39.4	14.4	10.3–19.7	23.1	18.6–28.3
New Orleans, Louisiana	30.7	27.5–34.1	42.4	38.7–46.1	36.4	33.6–39.2	28.5	25.7–31.6	18.6	16.5–21.0	23.6	21.6–25.7
Philadelphia, Pennsylvania	24.3	19.8–29.4	40.1	33.9–46.6	32.0	28.0–36.3	31.9	27.2–36.9	18.7	14.6–23.7	25.6	22.1–29.4
Salinas, California	34.2	29.7–39.0	50.3	45.3–55.2	42.3	38.9–45.9	17.8	14.5–21.5	9.7	7.7–12.2	13.7	11.8–15.8
San Antonio, Texas	29.1	25.2–33.2	52.2	48.2–56.1	40.8	37.7–44.0	24.5	21.1–28.3	10.9	8.5–14.0	17.7	15.4–20.4
Santa Clara County, California	40.1	34.7–45.7	50.8	45.7–55.9	45.5	41.1–50.0	15.1	12.5–18.2	9.1	6.5–12.5	12.0	9.9–14.5
Tribe												
Cherokee Nation, Oklahoma	33.2	28.5–38.2	61.4	53.9–68.4	47.7	43.7–51.6	17.7	14.4–21.5	9.3	4.8–17.2	13.5	10.1–17.7
<i>Median</i>	32.2		49.9		40.1		22.3		12.0		17.9	
<i>Range</i>	18.4–50.1		32.6–61.4		27.7–55.5		7.8–41.1		5.1–21.2		7.6–30.9	
United States	25.6	22.8–28.6	43.7	41.1–46.4	34.7	32.5–37.0	31.8	29.2–34.5	18.0	16.4–19.8	24.9	23.2–26.6

* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey.

† Did not participate in 60 or more minutes of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey.

§ 95% confidence interval.

TABLE 9. Percentage of high school students who played video or computer games or used a computer* for 3 or more hours per day† and who watched 3 or more hours per day of television,† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Used computers 3 or more hours per day						Watched television 3 or more hours per day					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	27.1	21.9–33.2	21.0	17.9–24.4	24.2	20.9–27.9	42.8	37.2–48.6	32.2	28.0–36.7	37.5	33.9–41.2
Yuma County, Arizona	18.2	14.8–22.1	22.0	18.4–26.0	20.1	17.6–22.8	36.4	32.1–41.0	29.0	24.8–33.6	32.8	29.5–36.3
Mesa County, Colorado	11.2	8.8–14.3	25.2	21.5–29.1	18.3	15.8–21.2	17.9	14.1–22.5	23.4	19.1–28.3	20.7	18.2–23.4
Pueblo County, Colorado	15.7	11.3–21.4	26.9	22.5–31.8	21.2	17.5–25.5	30.5	25.3–36.2	28.9	23.9–34.3	29.6	25.7–33.9
Teller County, Colorado	16.4	11.6–22.7	23.5	19.6–27.9	20.2	16.3–24.7	16.4	12.6–21.1	20.4	16.0–25.7	18.8	15.8–22.3
Weld County, Colorado	12.6	10.0–15.8	19.0	15.3–23.2	15.8	13.2–18.8	26.0	22.1–30.3	23.9	19.6–28.8	25.0	21.6–28.7
Minneapolis, Minnesota	13.1	10.5–16.3	20.9	17.5–24.7	17.1	14.9–19.6	34.0	29.1–39.2	28.0	23.3–33.2	30.7	27.2–34.5
Rochester, Minnesota	13.3	9.9–17.6	22.4	18.8–26.6	18.1	15.4–21.1	14.7	11.1–19.4	20.9	17.5–24.7	18.0	15.3–21.0
St. Paul, Minnesota	16.0	12.6–20.0	25.2	19.9–31.3	20.5	17.4–24.1	34.9	29.4–40.8	32.0	26.1–38.5	33.4	28.7–38.3
Broome County, New York	20.9	17.2–25.1	25.2	21.4–29.5	23.3	20.2–26.7	24.7	19.9–30.2	25.3	21.7–29.3	25.1	21.6–29.0
Chautauqua County, New York	18.8	15.5–22.7	24.8	19.8–30.6	22.0	19.2–25.1	24.4	20.2–29.2	26.5	21.2–32.6	25.4	22.5–28.6
Jefferson County, New York	15.5	12.0–19.8	30.0	25.2–35.3	23.0	19.7–26.7	26.0	20.5–32.4	31.1	24.5–38.5	28.5	23.7–33.9
Rockland County, New York	28.2	23.3–33.7	29.4	23.9–35.4	28.8	24.4–33.5	28.9	22.9–35.7	38.2	31.2–45.8	33.6	28.4–39.3
Fayette County, Pennsylvania	21.4	17.7–25.6	33.0	27.5–38.9	27.5	23.8–31.5	30.6	25.7–36.0	36.5	31.7–41.7	33.7	30.4–37.2
Luzerne County, Pennsylvania	26.3	22.0–31.1	36.2	32.7–39.9	31.5	28.5–34.7	25.0	20.9–29.6	30.3	26.7–34.2	27.8	24.9–31.0
Tioga County, Pennsylvania	19.7	16.5–23.2	24.1	19.7–29.1	21.9	18.9–25.3	25.1	21.4–29.2	28.1	24.0–32.6	26.7	23.7–30.0
Large cities/urban communities												
Boston, Massachusetts	21.3	17.7–25.5	29.8	25.6–34.3	25.7	22.8–28.8	41.2	36.1–46.5	43.2	38.4–48.1	42.1	38.6–45.7
Cleveland, Ohio	22.8	18.7–27.4	32.9	28.0–38.2	27.8	24.5–31.4	59.8	52.7–66.5	54.2	49.9–58.5	57.2	52.5–61.7
DeKalb County, Georgia	21.7	19.6–24.0	26.0	23.2–29.0	23.8	22.1–25.6	53.1	49.2–57.0	51.7	48.0–55.4	52.3	49.3–55.3
Hillsborough County, Florida	24.1	19.5–29.3	26.1	21.0–32.0	25.1	21.8–28.7	44.1	36.9–51.5	42.6	36.8–48.7	43.3	37.7–49.1
New Orleans, Louisiana	27.4	24.5–30.5	28.8	25.8–32.0	28.0	25.9–30.3	55.2	51.1–59.3	46.2	42.2–50.2	50.5	47.4–53.7
Philadelphia, Pennsylvania	26.0	22.4–29.9	33.7	28.1–39.7	29.6	26.2–33.2	53.3	43.8–62.5	51.4	44.3–58.4	52.2	44.9–59.5
Salinas, California	17.5	15.0–20.4	27.8	24.0–32.0	22.7	20.4–25.1	30.8	26.5–35.5	34.2	30.4–38.1	32.5	29.4–35.8
San Antonio, Texas	19.5	16.5–23.0	28.9	24.6–33.7	24.3	21.7–27.1	43.7	39.8–47.7	47.9	43.6–52.1	45.7	42.6–48.8
Santa Clara County, California	23.1	20.0–26.6	32.0	26.5–38.0	27.8	24.7–31.2	39.0	34.7–43.4	40.5	35.8–45.4	39.8	36.2–43.6
Tribe												
Cherokee Nation, Oklahoma	9.8	6.8–14.0	24.2	19.8–29.2	17.3	14.8–20.1	30.8	23.2–39.6	35.2	31.2–39.5	33.2	29.0–37.8
<i>Median</i>	19.6		26.0		23.1		30.8		32.1		33.0	
<i>Range</i>	9.8–28.2		19.0–36.2		15.8–31.5		14.7–59.8		20.4–54.2		18.0–57.2	
United States	20.6	18.6–22.7	29.1	26.6–31.8	24.9	22.9–27.0	33.2	30.7–35.9	37.5	35.0–40.0	35.4	33.1–37.7

* For something that was not school work.

† On an average school day.

§ 95% confidence interval.

TABLE 10. Percentage of high school students who attended physical education (PE) classes, by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Attended PE classes*						Attended PE classes daily†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	35.2	29.0–42.0	57.1	49.2–64.7	46.3	39.7–52.9	28.3	21.9–35.9	42.3	33.8–51.3	35.3	28.5–42.7
Yuma County, Arizona	38.8	29.2–49.2	53.3	45.6–60.8	46.0	39.1–53.1	28.6	20.3–38.6	37.4	29.9–45.5	32.9	26.5–39.9
Mesa County, Colorado	36.2	31.0–41.7	51.2	44.8–57.5	43.9	39.5–48.5	32.5	27.7–37.6	44.0	37.6–50.5	38.4	34.0–43.0
Pueblo County, Colorado	45.2	37.5–53.1	62.4	56.3–68.1	54.1	47.9–60.2	34.5	27.8–41.8	48.5	41.0–56.0	41.4	35.7–47.4
Teller County, Colorado	50.9	40.7–61.1	69.2	61.3–76.1	60.4	52.8–67.6	2.6	1.2–5.5	7.4	3.9–13.7	5.1	2.9–8.9
Weld County, Colorado	40.1	34.5–46.0	58.5	51.6–65.0	49.3	43.8–55.0	4.8	2.8–7.9	7.5	4.9–11.3	6.2	4.5–8.4
Minneapolis, Minnesota	35.0	30.5–39.8	42.5	35.8–49.4	38.7	33.9–43.8	23.5	19.2–28.4	26.2	20.1–33.4	24.9	20.4–29.9
Rochester, Minnesota	38.4	29.8–47.7	50.3	42.4–58.3	44.5	36.8–52.4	32.0	24.5–40.6	39.5	33.1–46.1	35.5	29.2–42.3
St. Paul, Minnesota	33.3	24.9–42.8	41.6	33.3–50.4	37.5	30.4–45.2	25.5	17.1–36.2	26.9	20.5–34.4	26.3	19.7–34.2
Broome County, New York	98.4	97.0–99.2	92.0	88.0–94.7	95.0	92.6–96.7	4.4	2.3–8.3	6.1	3.8–9.7	5.4	3.5–8.2
Chautauqua County, New York	96.6	93.7–98.2	92.7	89.3–95.1	94.7	92.2–96.4	2.9	1.3–6.5	7.0	4.5–10.9	5.0	3.1–8.0
Jefferson County, New York	95.6	92.9–97.3	95.5	90.9–97.8	95.5	92.7–97.3	2.4	0.9–5.8	2.4	1.1–5.3	2.4	1.3–4.4
Rockland County, New York	96.1	92.9–97.9	96.1	92.8–97.9	96.1	93.9–97.5	3.3	1.8–6.1	4.9	2.9–8.1	4.2	2.6–6.6
Fayette County, Pennsylvania	64.6	57.1–71.4	67.5	61.7–72.7	66.1	60.8–71.0	32.5	25.9–39.8	32.4	27.6–37.6	32.4	28.0–37.2
Luzerne County, Pennsylvania	72.9	65.4–79.2	75.3	68.9–80.7	74.2	68.2–79.4	9.4	6.0–14.4	11.9	9.2–15.2	10.8	8.2–14.0
Tioga County, Pennsylvania	69.3	62.1–75.6	69.3	61.2–76.4	69.3	62.8–75.1	42.2	35.5–49.2	40.9	33.7–48.6	41.5	35.9–47.3
Large cities/urban communities												
Boston, Massachusetts	27.9	21.6–35.3	31.9	25.4–39.2	29.9	24.1–36.4	6.0	3.4–10.6	6.2	3.6–10.3	6.1	3.7–9.9
Cleveland, Ohio	21.6	16.4–27.9	29.6	24.5–35.3	25.5	21.0–30.6	13.6	8.9–20.4	17.2	12.2–23.8	15.3	11.0–21.0
DeKalb County, Georgia	35.6	29.3–42.5	45.3	40.1–50.6	40.4	35.4–45.6	27.0	21.2–33.7	29.5	25.2–34.2	28.2	23.8–33.0
Hillsborough County, Florida	22.2	16.4–29.3	39.5	31.4–48.2	30.8	25.0–37.1	13.8	10.2–18.5	23.8	17.2–31.8	18.7	15.0–23.0
New Orleans, Louisiana	52.6	46.1–59.1	55.9	50.9–60.9	54.4	49.4–59.2	29.3	23.8–35.6	29.3	25.0–34.0	29.2	24.9–34.0
Philadelphia, Pennsylvania	40.2	26.9–55.1	47.9	37.8–58.2	43.9	33.0–55.3	17.9	12.2–25.5	23.1	14.9–34.1	20.3	14.2–28.1
Salinas, California	46.8	38.3–55.5	54.0	45.7–62.1	50.4	42.6–58.2	26.8	19.7–35.3	26.1	20.7–32.3	26.5	21.0–32.8
San Antonio, Texas	44.2	39.2–49.3	55.3	49.9–60.6	50.0	45.6–54.3	35.9	31.4–40.7	45.2	39.6–51.0	40.8	36.6–45.2
Santa Clara County, California	69.0	59.6–77.0	76.2	68.0–82.9	72.8	64.7–79.6	46.4	35.2–58.0	47.0	34.0–60.4	46.4	34.7–58.6
Tribe												
Cherokee Nation, Oklahoma	33.0	25.0–42.3	49.2	40.3–58.0	41.5	34.5–48.8	29.3	21.6–38.4	44.4	37.4–51.5	37.2	31.7–43.1
<i>Median</i>	42.2		55.6		49.6		26.1		26.5		26.4	
<i>Range</i>	21.6–98.4		29.6–96.1		25.5–96.1		2.4–46.4		2.4–48.5		2.4–46.4	
United States	49.4	41.8–56.9	57.7	51.7–63.5	53.6	47.0–60.1	27.3	22.1–33.2	33.2	28.4–38.5	30.3	25.4–35.8

* On 1 or more days in an average week when they were in school.

† 5 days in an average week when they were in school.

§ 95% confidence interval.

TABLE 11. Percentage of high school students who played on at least one sports team,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Female		Male		Total	
	%	CI†	%	CI	%	CI
State-coordinated small cities/ rural communities						
Santa Cruz County, Arizona	43.0	38.1–48.0	58.9	53.3–64.2	50.8	46.5–55.1
Yuma County, Arizona	35.1	30.1–40.5	52.9	46.6–59.1	43.9	39.4–48.6
Mesa County, Colorado	50.3	44.1–56.5	59.8	53.9–65.3	55.1	50.4–59.7
Pueblo County, Colorado	54.4	47.8–60.9	63.9	57.6–69.8	59.5	54.7–64.1
Teller County, Colorado	57.7	51.6–63.6	62.2	56.2–67.8	60.0	55.1–64.7
Weld County, Colorado	52.4	47.1–57.6	61.2	56.5–65.8	57.0	53.0–60.9
Minneapolis, Minnesota	45.6	39.1–52.2	63.1	56.4–69.3	54.3	49.0–59.6
Rochester, Minnesota	62.0	54.9–68.6	69.7	64.9–74.0	66.0	61.5–70.2
St. Paul, Minnesota	49.3	42.4–56.2	56.7	51.9–61.4	52.9	48.0–57.9
Broome County, New York	59.7	52.9–66.1	64.9	60.1–69.4	62.2	57.9–66.4
Chautauqua County, New York	67.5	61.4–73.1	74.4	68.6–79.4	71.0	66.4–75.3
Jefferson County, New York	66.4	59.1–73.0	63.1	57.8–68.2	64.7	60.4–68.8
Rockland County, New York	56.5	50.9–61.9	67.3	61.1–72.9	62.1	57.7–66.3
Fayette County, Pennsylvania	47.2	40.9–53.6	58.0	51.5–64.2	52.9	47.8–57.9
Luzerne County, Pennsylvania	55.0	49.6–60.3	62.3	57.5–66.8	58.7	54.8–62.4
Tioga County, Pennsylvania	61.0	55.3–66.4	60.5	55.5–65.2	60.8	56.9–64.5
Large cities/urban communities						
Boston, Massachusetts	43.7	38.9–48.6	61.0	56.3–65.5	52.6	49.0–56.1
Cleveland, Ohio	39.9	34.4–45.6	53.1	45.4–60.7	46.4	41.8–51.0
DeKalb County, Georgia	46.9	43.2–50.6	58.6	55.3–62.0	52.8	50.1–55.5
Hillsborough County, Florida	48.2	42.8–53.7	57.2	50.2–63.9	52.5	48.0–57.0
New Orleans, Louisiana	41.9	38.8–45.1	63.2	59.9–66.5	52.4	49.9–54.9
Philadelphia, Pennsylvania	35.0	27.5–43.4	56.6	51.3–61.7	45.4	40.3–50.7
Salinas, California	43.9	38.5–49.4	53.4	48.9–57.9	48.7	45.2–52.2
San Antonio, Texas	42.0	37.7–46.4	59.4	55.3–63.5	50.7	47.8–53.6
Santa Clara County, California	49.4	42.2–56.7	61.9	57.4–66.3	55.8	51.5–60.1
Tribe						
Cherokee Nation, Oklahoma	48.9	42.0–55.7	70.8	65.3–75.7	60.1	55.7–64.3
<i>Median</i>	49.1		61.1		54.7	
<i>Range</i>	35.0–67.5		52.9–74.4		43.9–71.0	
United States	50.4	47.1–53.7	62.1	59.5–64.7	56.3	53.7–58.9

* Run by their school or community groups during the 12 months before the survey.

† 95% confidence interval.

TABLE 12. Percentage of high school students who were obese*† and who were overweight,†§ by sex — selected Steps communities, Youth Risk Behavior Survey (YRBS), 2007

Steps community	Obese						Overweight					
	Female		Male		Total		Female		Male		Total	
	%	CI [¶]	%	CI								
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	7.3	4.4–11.9	16.7	13.7–20.2	12.2	10.2–14.5	16.8	13.7–20.4	17.1	13.0–22.1	17.0	14.4–19.8
Yuma County, Arizona	10.6	8.0–13.9	22.5	19.4–26.0	16.9	14.5–19.5	18.5	14.7–23.1	17.5	14.7–20.8	18.0	16.0–20.3
Mesa County, Colorado	6.4	4.0–10.0	9.2	6.9–12.1	7.8	6.1–10.1	9.3	6.5–12.9	12.0	9.3–15.4	10.7	8.7–13.0
Pueblo County, Colorado	8.4	5.9–11.8	15.7	12.2–19.9	12.2	9.8–15.0	14.2	10.8–18.5	13.2	10.4–16.5	13.7	11.4–16.3
Teller County, Colorado	2.4	1.2–4.8	6.8	4.4–10.4	4.6	3.1–6.8	6.3	4.4–9.0	10.1	6.8–14.8	8.3	6.2–10.9
Weld County, Colorado	7.1	5.1–9.7	16.5	13.5–20.1	11.9	10.1–14.0	13.2	10.6–16.5	11.5	9.0–14.6	12.3	10.4–14.5
Minneapolis, Minnesota	11.2	6.4–19.1	15.8	11.8–20.8	13.6	10.4–17.5	16.1	12.0–21.1	13.1	10.3–16.6	14.5	12.2–17.3
Rochester, Minnesota	3.4	1.9–6.0	12.0	9.2–15.5	7.8	6.3–9.6	13.1	10.1–16.9	12.8	10.0–16.2	12.9	11.0–15.2
St. Paul, Minnesota	12.3	9.1–16.4	17.3	13.2–22.2	14.9	12.3–17.9	14.2	10.7–18.5	13.5	10.3–17.5	13.8	11.4–16.6
Broome County, New York	7.3	5.1–10.2	12.9	9.8–16.9	10.2	8.3–12.5	13.1	10.2–16.9	15.7	12.5–19.6	14.5	12.3–17.5
Chautauqua County, New York	9.5	6.6–13.6	16.1	12.9–19.9	12.9	10.5–15.8	15.4	10.5–21.9	16.8	13.2–21.1	16.1	12.7–20.2
Jefferson County, New York	7.3	5.0–10.6	22.0	13.9–32.9	15.0	9.7–22.4	15.7	12.1–20.2	14.2	10.3–19.2	14.9	12.6–17.5
Rockland County, New York	8.6	5.8–12.6	16.6	12.5–21.7	12.8	10.0–16.1	12.2	8.7–17.0	15.5	12.6–19.0	13.9	11.6–16.7
Fayette County, Pennsylvania	10.7	8.3–13.8	19.8	16.2–24.0	15.6	13.4–18.1	14.4	11.4–18.2	15.5	12.1–19.7	15.0	12.4–18.1
Luzerne County, Pennsylvania	6.8	4.6–9.9	14.1	11.1–17.7	10.6	8.6–13.0	14.3	11.8–17.4	15.0	12.1–18.3	14.7	12.7–16.8
Tioga County, Pennsylvania	9.9	8.0–12.3	17.2	13.6–21.5	13.7	11.4–16.3	21.1	18.0–24.5	17.0	13.7–20.8	19.0	16.8–21.3
Large cities/urban communities												
Boston, Massachusetts	11.3	8.8–14.4	17.8	14.3–21.9	14.7	12.5–17.3	22.1	18.6–26.0	15.5	12.6–19.1	18.6	16.4–21.1
Cleveland, Ohio	14.4	11.6–17.8	18.1	14.3–22.7	16.3	14.2–18.6	25.3	20.2–31.2	14.6	11.4–18.5	19.9	16.9–23.2
DeKalb County, Georgia	13.4	11.5–15.5	12.8	10.7–15.3	13.1	11.7–14.7	16.9	14.8–19.2	15.8	13.4–18.6	16.3	14.9–17.9
Hillsborough County, Florida	11.1	7.3–16.7	16.7	12.9–21.4	13.9	11.1–17.2	15.0	10.9–20.4	14.9	10.9–20.0	14.9	12.3–18.0
New Orleans, Louisiana	12.7	10.7–15.0	20.6	17.5–24.1	16.7	14.6–18.9	20.2	17.7–23.0	14.6	12.5–17.0	17.4	15.8–19.2
Philadelphia, Pennsylvania	12.4	9.7–15.6	15.1	12.6–18.0	13.7	11.5–16.4	20.0	15.2–25.8	15.0	12.3–18.2	17.5	14.7–20.6
Salinas, California	8.9	6.1–12.9	22.3	18.8–26.2	15.8	13.6–18.4	18.3	15.4–21.6	18.9	15.6–22.7	18.6	16.7–20.7
San Antonio, Texas	16.4	13.5–19.7	23.8	20.5–27.5	20.2	18.0–22.6	21.3	18.4–24.4	17.1	13.9–20.9	19.1	16.9–21.6
Santa Clara County, California	8.0	5.7–11.2	16.9	13.5–20.8	12.6	10.5–15.1	21.9	18.1–26.3	17.8	14.5–21.6	19.8	17.1–22.7
Tribe												
Cherokee Nation, Oklahoma	12.1	9.1–15.8	24.7	19.4–31.0	18.6	15.1–22.8	19.3	13.5–26.7	15.1	11.3–19.8	17.1	13.2–21.9
<i>Median</i>	9.7		16.7		13.6		15.9		15.0		15.5	
<i>Range</i>	2.4–16.4		6.8–24.7		4.6–20.2		6.3–25.3		10.1–18.9		8.3–19.9	
United States	9.6	8.3–11.0	16.3	15.1–17.5	13.0	11.9–14.1	15.1	13.8–16.5	16.4	15.4–17.5	15.8	14.8–16.8

* Students who were ≥95th percentile for body mass index (BMI), by age and sex, based on reference data.

† Previous YRBS reports used the terms “overweight” to describe those youth with a BMI ≥95th percentile for age and sex and “at risk for overweight” for those with a BMI ≥85th percentile and <95th percentile. However, this report uses the terms “obese” and “overweight” in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC.

§ Students who were ≥85th percentile but <95th percentile for BMI, by age and sex, based on reference data.

¶ 95% confidence interval.

TABLE 13. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Described themselves as overweight						Were trying to lose weight					
	Female		Male		Total		Female		Male		Total	
	%	CI*	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	39.0	33.6–44.8	24.6	20.9–28.8	31.7	28.0–35.7	66.9	61.2–72.2	39.4	35.4–43.6	53.1	49.3–56.9
Yuma County, Arizona	37.2	32.5–42.3	31.7	28.2–35.4	34.4	31.5–37.4	62.5	57.2–67.5	40.3	35.8–45.0	51.3	47.1–55.5
Mesa County, Colorado	34.2	28.6–40.3	18.1	14.6–22.2	25.9	22.6–29.5	55.4	49.6–61.0	25.1	21.2–29.5	39.8	36.8–42.9
Pueblo County, Colorado	37.3	32.1–42.9	22.3	18.9–26.1	29.7	26.3–33.3	60.9	55.9–65.6	28.6	24.5–33.0	44.5	40.6–48.6
Teller County, Colorado	29.5	24.3–35.3	18.4	14.4–23.1	23.8	20.2–27.9	58.6	53.6–63.4	23.0	19.1–27.5	40.2	36.4–44.0
Weld County, Colorado	32.7	29.1–36.4	23.1	19.6–27.1	27.8	25.3–30.5	59.0	54.2–63.5	32.8	28.1–37.9	45.7	42.2–49.3
Minneapolis, Minnesota	31.0	25.5–37.1	17.2	12.9–22.5	24.0	20.6–27.7	46.9	41.0–52.9	25.4	20.5–30.9	36.2	32.8–39.7
Rochester, Minnesota	29.4	24.4–35.1	22.4	19.0–26.1	25.8	22.6–29.3	55.3	49.4–61.1	23.6	19.9–27.6	39.1	35.4–43.0
St. Paul, Minnesota	34.3	29.2–39.7	23.2	19.4–27.5	28.6	25.4–32.2	55.4	49.8–60.8	30.5	24.9–36.7	42.8	38.9–46.8
Broome County, New York	31.4	26.3–37.0	23.5	20.0–27.4	27.3	23.9–30.9	58.2	52.0–64.2	29.2	24.3–34.7	43.1	38.8–47.5
Chautauqua County, New York	33.5	26.8–40.9	25.0	21.2–29.2	29.2	25.6–33.0	61.6	55.4–67.5	32.0	27.3–37.1	46.4	42.7–50.2
Jefferson County, New York	31.3	25.8–37.4	27.4	19.7–36.7	29.2	23.6–35.6	59.8	54.1–65.3	33.5	26.7–41.0	46.2	41.5–51.1
Rockland County, New York	29.8	25.0–35.1	29.3	24.7–34.3	29.5	26.2–33.1	60.7	56.2–64.9	33.2	28.9–37.8	46.6	43.3–49.9
Fayette County, Pennsylvania	35.9	30.7–41.4	26.5	21.8–31.9	31.0	27.7–34.5	69.9	65.6–73.8	31.8	27.1–37.0	49.9	46.5–53.2
Luzerne County, Pennsylvania	32.8	28.4–37.5	23.2	19.2–27.7	27.8	24.7–31.1	60.6	56.4–64.6	25.9	22.2–29.9	42.6	39.4–45.9
Tioga County, Pennsylvania	38.0	34.1–42.1	26.2	21.9–30.9	32.0	28.9–35.3	59.2	54.7–63.6	30.4	26.3–34.9	44.6	41.2–48.1
Large cities/urban communities												
Boston, Massachusetts	35.4	31.4–39.6	23.3	19.6–27.3	29.1	26.1–32.2	54.7	50.8–58.6	30.5	26.7–34.6	42.1	38.9–45.4
Cleveland, Ohio	31.5	27.1–36.2	19.9	16.3–24.1	25.9	22.5–29.5	46.0	40.3–51.8	27.6	23.7–31.8	37.0	33.1–41.1
DeKalb County, Georgia	30.1	27.4–32.9	16.1	13.8–18.6	23.1	21.3–25.0	51.3	48.4–54.1	26.1	23.4–28.9	38.6	36.3–41.0
Hillsborough County, Florida	32.5	26.7–38.9	21.1	16.4–26.7	27.1	23.2–31.3	56.6	48.7–64.1	27.9	22.7–33.9	42.7	38.1–47.4
New Orleans, Louisiana	24.8	21.8–28.0	17.3	14.5–20.7	21.1	19.0–23.5	46.5	42.8–50.2	30.4	26.6–34.5	38.5	35.5–41.6
Philadelphia, Pennsylvania	27.4	23.6–31.6	18.9	15.6–22.7	23.1	20.5–26.0	45.5	40.6–50.5	27.0	22.6–31.9	36.4	32.8–40.2
Salinas, California	41.7	36.9–46.6	31.1	26.3–36.3	36.3	32.8–40.0	65.2	60.6–69.5	37.2	32.6–42.0	51.0	47.3–54.7
San Antonio, Texas	36.0	31.8–40.3	29.9	26.6–33.5	32.8	30.1–35.6	61.1	57.1–64.9	46.0	41.3–50.8	53.4	50.4–56.5
Santa Clara County, California	44.2	39.3–49.2	28.6	24.4–33.2	36.3	32.7–40.0	60.7	56.5–64.7	35.5	30.5–40.8	47.9	44.2–51.7
Tribe												
Cherokee Nation, Oklahoma	37.1	30.8–44.0	25.3	18.7–33.1	30.8	26.7–35.3	64.6	57.4–71.1	33.0	28.3–38.1	48.2	43.6–52.9
<i>Median</i>	33.1		23.2		28.8		59.1		30.4		43.8	
<i>Range</i>	24.8–44.2		16.1–31.7		21.1–36.3		45.5–69.9		23.0–46.0		36.2–53.4	
United States	34.5	32.9–36.1	24.2	23.0–25.3	29.3	28.2–30.4	60.3	58.4–62.1	30.4	28.8–32.1	45.2	43.8–46.7

* 95% confidence interval.

TABLE 14. Percentage of high school students who ate less food, fewer calories, or low-fat foods* and who exercised,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Ate less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight						Exercised to lose weight or to keep from gaining weight					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	52.9	47.7–58.1	32.0	27.5–36.8	42.7	39.1–46.4	70.6	64.7–75.9	61.7	56.7–66.5	65.9	61.6–69.9
Yuma County, Arizona	49.2	44.5–53.9	32.0	28.3–36.0	40.6	37.4–43.9	67.5	62.1–72.5	59.2	55.4–63.0	63.4	59.8–66.9
Mesa County, Colorado	50.1	45.8–54.5	20.4	17.1–24.1	34.9	31.9–38.1	68.4	63.2–73.2	48.5	43.2–53.9	58.3	54.4–62.1
Pueblo County, Colorado	51.7	45.9–57.4	22.7	19.1–26.6	36.9	33.4–40.4	73.2	67.8–78.0	55.1	49.3–60.7	64.1	59.9–68.1
Teller County, Colorado	54.4	48.7–60.0	20.1	16.9–23.8	36.8	33.2–40.7	74.2	69.1–78.7	50.1	44.2–56.0	61.8	58.2–65.4
Weld County, Colorado	52.3	48.4–56.1	28.6	24.2–33.5	40.4	37.6–43.4	72.3	68.0–76.1	58.8	53.8–63.7	65.5	62.3–68.6
Minneapolis, Minnesota	39.1	34.3–44.1	21.7	17.5–26.6	30.7	27.1–34.6	55.6	49.9–61.2	50.8	45.8–55.8	53.2	49.1–57.2
Rochester, Minnesota	51.5	46.9–56.0	20.7	17.1–24.9	36.0	32.8–39.4	73.9	69.1–78.1	44.8	40.7–49.0	59.2	55.7–62.6
St. Paul, Minnesota	43.8	38.4–49.5	24.1	19.1–30.0	33.8	30.3–37.6	59.3	54.7–63.7	53.5	46.9–60.0	56.4	51.9–60.8
Broome County, New York	50.8	45.4–56.2	26.3	22.3–30.7	38.2	34.4–42.2	72.5	68.0–76.6	51.6	47.9–55.3	61.7	58.6–64.7
Chautauqua County, New York	53.9	47.9–59.9	29.4	23.9–35.6	41.5	37.0–46.1	75.9	70.8–80.3	55.7	48.6–62.6	65.7	61.8–69.4
Jefferson County, New York	54.5	47.5–61.3	25.4	20.6–30.8	39.6	35.5–43.7	77.8	72.7–82.1	57.7	52.0–63.3	67.3	63.7–70.7
Rockland County, New York	55.1	49.4–60.7	29.8	25.5–34.6	42.2	38.8–45.7	70.3	64.7–75.3	59.0	53.5–64.2	64.5	60.9–67.9
Fayette County, Pennsylvania	62.2	57.1–67.0	29.0	24.3–34.2	44.7	41.2–48.2	78.4	74.5–81.9	53.8	48.4–59.1	65.5	62.0–68.8
Luzerne County, Pennsylvania	59.6	55.6–63.4	27.8	24.2–31.8	43.3	40.2–46.4	73.7	69.5–77.5	54.9	50.7–59.0	63.9	60.7–67.0
Tioga County, Pennsylvania	52.2	47.2–57.2	23.8	20.7–27.2	37.9	35.0–40.8	71.6	66.9–75.8	54.8	49.7–59.7	63.1	59.3–66.7
Large cities/urban communities												
Boston, Massachusetts	—§	—	—	—	—	—	—	—	—	—	—	—
Cleveland, Ohio	32.4	28.1–37.0	28.6	23.2–34.8	30.6	27.6–33.8	46.8	40.9–52.8	54.3	49.2–59.3	50.4	47.0–53.8
DeKalb County, Georgia	39.2	36.3–42.2	25.6	22.8–28.7	32.5	30.3–34.8	56.8	53.9–59.6	54.2	50.6–57.8	55.6	53.2–57.9
Hillsborough County, Florida	44.8	38.5–51.3	23.7	17.5–31.3	34.7	29.8–40.0	57.8	52.1–63.4	49.7	42.7–56.6	53.8	49.6–57.9
New Orleans, Louisiana	35.2	32.1–38.5	25.4	22.4–28.6	30.5	28.1–32.9	53.1	50.0–56.2	54.7	50.8–58.6	53.8	51.2–56.3
Philadelphia, Pennsylvania	34.9	28.9–41.4	24.0	20.6–27.8	30.0	26.3–33.9	47.3	41.8–52.9	49.2	44.8–53.6	48.3	44.5–52.0
Salinas, California	49.0	44.4–53.6	29.0	25.2–33.2	38.9	35.5–42.5	67.2	62.8–71.2	62.1	57.5–66.5	64.6	61.1–67.9
San Antonio, Texas	45.5	41.6–49.4	33.4	29.5–37.7	39.2	36.5–42.0	63.9	60.3–67.3	68.3	64.1–72.4	66.2	63.5–68.8
Santa Clara County, California	48.4	44.4–52.3	26.9	23.2–30.9	37.6	34.8–40.4	68.9	63.9–73.5	63.6	59.4–67.7	66.1	62.7–69.3
Tribe												
Cherokee Nation, Oklahoma	57.6	53.0–62.2	24.7	20.8–29.1	40.6	36.9–44.5	65.2	60.4–69.7	48.2	40.6–55.8	56.5	50.8–62.0
<i>Median</i>	50.8		25.6		37.9		68.9		54.7		63.1	
<i>Range</i>	32.4–62.2		20.1–33.4		30.0–44.7		46.8–78.4		44.8–68.3		48.3–67.3	
United States	53.2	51.2–55.1	28.3	27.2–29.5	40.6	39.4–41.9	67.0	65.2–68.7	55.0	53.6–56.4	60.9	59.8–62.1

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† 95% confidence interval.

§ Not available.

TABLE 15. Percentage of high school students who did not eat for 24 or more hours* and who took diet pills, powders, or liquids,*† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Did not eat for 24 or more hours to lose weight or to keep from gaining weight						Took diet pills, powders, or liquids to lose weight or to keep from gaining weight†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	18.1	14.4–22.6	8.5	6.0–12.0	13.5	11.1–16.4	9.6	6.8–13.4	7.2	5.3–9.8	8.4	6.6–10.7
Yuma County, Arizona	16.3	13.5–19.5	10.3	7.2–14.4	13.3	11.1–15.9	7.2	4.8–10.6	8.1	6.1–10.9	7.7	5.9–9.9
Mesa County, Colorado	15.2	11.8–19.3	7.7	5.4–10.9	11.4	9.5–13.6	6.4	4.3–9.6	6.8	4.6–10.0	6.6	5.0–8.7
Pueblo County, Colorado	14.2	10.9–18.4	9.6	6.9–13.2	11.9	9.9–14.4	10.0	7.3–13.4	8.7	6.0–12.4	9.4	7.6–11.6
Teller County, Colorado	15.2	11.1–20.5	7.0	4.6–10.5	11.0	9.0–13.4	9.2	6.7–12.5	7.2	4.7–11.1	8.2	6.5–10.2
Weld County, Colorado	16.8	13.2–21.3	7.5	5.2–10.8	12.1	9.9–14.7	9.4	7.1–12.4	6.9	4.8–9.8	8.1	6.5–10.1
Minneapolis, Minnesota	14.7	10.7–19.8	6.8	4.7–9.8	10.9	8.5–14.0	3.9	2.5–6.0	5.6	3.4–8.9	4.9	3.4–6.9
Rochester, Minnesota	12.7	9.3–17.0	3.9	2.4–6.6	8.6	6.8–10.7	4.1	2.3–7.2	3.2	1.6–6.1	3.6	2.4–5.5
St. Paul, Minnesota	8.8	6.0–12.9	4.4	2.7–6.9	6.5	5.0–8.5	4.4	2.4–7.6	2.3	1.1–4.5	3.4	2.2–5.2
Broome County, New York	12.2	9.9–14.8	8.7	5.8–12.9	10.7	8.7–13.1	4.6	3.1–6.9	7.6	5.0–11.4	6.4	4.6–8.7
Chautauqua County, New York	11.3	8.6–14.7	6.8	4.3–10.6	9.2	7.3–11.4	5.5	3.4–8.7	4.1	2.5–6.5	4.9	3.4–6.9
Jefferson County, New York	13.3	9.8–17.7	7.2	4.8–10.6	10.1	8.1–12.7	6.0	3.8–9.6	4.8	2.9–8.1	5.6	3.7–8.5
Rockland County, New York	11.1	7.7–15.7	6.2	3.9–9.7	8.6	6.5–11.3	4.6	2.8–7.3	6.8	3.9–11.4	5.7	3.9–8.1
Fayette County, Pennsylvania	15.0	11.6–19.2	7.3	5.0–10.7	11.0	9.0–13.3	8.0	5.7–11.0	6.7	4.8–9.3	7.3	5.8–9.1
Luzerne County, Pennsylvania	14.9	11.7–18.8	7.2	5.0–10.1	11.0	8.9–13.5	4.2	2.9–6.2	5.2	3.5–7.7	4.8	3.7–6.2
Tioga County, Pennsylvania	18.5	14.6–23.0	8.4	6.3–11.2	13.5	11.2–16.1	7.0	5.0–9.6	4.5	2.9–6.8	5.7	4.5–7.2
Large cities/urban communities												
Boston, Massachusetts	14.3	11.4–17.8	11.1	8.8–13.9	12.8	10.7–15.1	5.9	4.0–8.5	6.2	3.9–9.8	6.2	4.6–8.3
Cleveland, Ohio	14.3	11.6–17.6	9.3	6.4–13.4	11.9	9.8–14.4	2.7	1.7–4.3	6.3	4.1–9.7	4.6	3.3–6.3
DeKalb County, Georgia	11.4	9.6–13.3	7.9	6.3–9.8	9.6	8.4–11.0	4.3	3.2–5.7	4.4	3.1–6.0	4.5	3.5–5.6
Hillsborough County, Florida	13.0	9.2–18.0	9.2	5.8–14.3	11.2	8.4–14.8	7.3	4.4–11.7	7.0	4.3–11.3	7.3	5.1–10.4
New Orleans, Louisiana	17.7	15.3–20.4	12.7	10.5–15.4	15.3	13.5–17.3	7.0	5.5–8.8	9.2	7.5–11.3	8.0	6.8–9.5
Philadelphia, Pennsylvania	11.0	8.1–14.8	9.0	6.3–12.6	10.0	7.8–12.7	3.6	2.2–5.8	6.4	4.1–9.8	5.2	3.8–7.1
Salinas, California	13.3	10.5–16.6	4.3	2.7–6.6	8.7	7.1–10.7	5.9	4.0–8.8	3.2	2.1–4.8	4.5	3.5–5.9
San Antonio, Texas	13.7	10.9–17.0	8.4	6.3–11.1	11.0	9.4–12.8	6.8	4.9–9.4	4.1	2.9–5.8	5.4	4.3–6.9
Santa Clara County, California	14.1	11.4–17.3	6.9	4.5–10.5	10.6	8.7–12.9	8.4	6.3–11.3	4.3	2.5–7.2	6.3	4.8–8.4
Tribe												
Cherokee Nation, Oklahoma	22.9	16.9–30.3	7.9	4.9–12.5	15.1	11.3–19.8	14.7	10.5–20.1	6.7	3.7–12.1	10.5	7.6–14.4
<i>Median</i>	14.2		7.8		11.0		6.2		6.3		5.9	
<i>Range</i>	8.8–22.9		3.9–12.7		6.5–15.3		2.7–14.7		2.3–9.2		3.4–10.5	
United States	16.3	15.2–17.3	7.3	6.1–8.6	11.8	11.0–12.6	7.5	6.6–8.4	4.2	3.5–5.1	5.9	5.2–6.5

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† Without a doctor's advice.

§ 95% confidence interval.

TABLE 16. Percentage of high school students who vomited or took laxatives,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Female		Male		Total	
	%	CI†	%	CI	%	CI
State-coordinated small cities/ rural communities						
Santa Cruz County, Arizona	11.8	8.7–15.9	4.6	2.7–7.8	8.3	6.2–10.9
Yuma County, Arizona	8.7	6.6–11.5	8.0	5.0–12.5	8.4	6.5–10.7
Mesa County, Colorado	4.6	3.0–7.0	1.2	0.6–2.5	2.9	1.9–4.3
Pueblo County, Colorado	7.8	5.5–10.9	5.4	2.8–10.2	6.7	4.8–9.3
Teller County, Colorado	7.3	4.8–10.9	7.1	4.9–10.2	7.2	5.4–9.4
Weld County, Colorado	7.6	5.8–9.9	6.2	3.9–9.6	6.9	5.3–8.9
Minneapolis, Minnesota	5.1	3.4–7.7	3.7	1.9–7.1	4.6	3.0–6.8
Rochester, Minnesota	5.2	3.3–8.0	2.4	1.3–4.4	3.9	2.7–5.6
St. Paul, Minnesota	3.6	2.1–6.2	2.0	0.9–4.2	2.8	1.8–4.4
Broome County, New York	7.4	4.8–11.3	4.5	2.7–7.4	6.2	4.3–8.9
Chautauqua County, New York	3.7	2.3–6.0	3.7	1.9–7.1	3.7	2.4–5.6
Jefferson County, New York	6.6	4.2–10.1	1.4	0.6–3.4	4.1	2.9–5.9
Rockland County, New York	5.1	2.9–8.7	4.8	2.3–9.7	4.9	2.9–8.2
Fayette County, Pennsylvania	4.4	2.8–6.8	2.4	1.3–4.4	3.3	2.2–5.0
Luzerne County, Pennsylvania	4.6	3.0–7.0	3.4	2.2–5.2	4.0	3.0–5.4
Tioga County, Pennsylvania	4.1	2.4–6.9	4.1	2.6–6.3	4.1	3.0–5.7
Large cities/urban communities						
Boston, Massachusetts	6.3	4.1–9.6	6.0	4.1–8.9	6.2	4.5–8.6
Cleveland, Ohio	6.2	4.4–8.6	6.9	4.6–10.1	6.5	4.8–8.8
DeKalb County, Georgia	6.0	4.8–7.5	4.1	2.9–5.7	5.1	4.2–6.2
Hillsborough County, Florida	6.8	4.7–9.8	4.3	2.3–7.9	5.5	3.9–7.8
New Orleans, Louisiana	6.7	5.3–8.4	9.1	7.2–11.4	7.9	6.6–9.3
Philadelphia, Pennsylvania	3.9	2.6–5.9	5.9	3.9–8.8	4.8	3.5–6.7
Salinas, California	7.0	5.3–9.2	3.6	2.1–5.9	5.3	4.2–6.6
San Antonio, Texas	6.6	4.6–9.3	3.1	1.9–5.1	4.8	3.6–6.4
Santa Clara County, California	5.1	3.7–7.0	2.0	1.1–3.7	3.9	2.7–5.6
Tribe						
Cherokee Nation, Oklahoma	7.9	4.0–15.2	1.2	0.4–3.6	4.4	2.7–7.0
<i>Median</i>	6.2		4.1		4.8	
<i>Range</i>	3.6–11.8		1.2–9.1		2.8–8.4	
United States	6.4	5.5–7.4	2.2	1.7–2.8	4.3	3.7–5.0

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† 95% confidence interval.

TABLE 17. Percentage of high school students who had lifetime asthma* and who had current asthma,† by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Lifetime asthma						Current asthma					
	Female		Male		Total		Female		Male		Total	
	%	CI [§]	%	CI	%	CI	%	CI	%	CI	%	CI
State-coordinated small cities/ rural communities												
Santa Cruz County, Arizona	16.6	12.9–21.1	18.3	14.6–22.8	17.6	14.7–21.0	7.9	5.6–11.1	6.7	4.4–9.9	7.2	5.5–9.4
Yuma County, Arizona	16.1	13.1–19.6	18.8	15.6–22.5	17.4	15.2–19.9	7.8	5.7–10.4	8.5	6.6–10.9	8.1	6.7–9.7
Mesa County, Colorado	16.5	13.2–20.5	19.8	16.2–24.1	18.2	15.6–21.1	9.6	6.9–13.0	10.4	7.5–14.1	10.0	7.8–12.6
Pueblo County, Colorado	26.4	22.5–30.6	26.7	22.3–31.7	26.8	23.4–30.5	13.5	10.1–17.7	12.3	9.9–15.1	13.1	10.9–15.7
Teller County, Colorado	24.3	19.8–29.4	18.2	15.1–21.8	21.3	18.4–24.5	13.4	10.3–17.2	7.8	5.6–10.8	10.6	8.4–13.2
Weld County, Colorado	22.0	18.0–26.6	24.9	21.1–29.0	23.4	20.7–26.3	11.4	9.1–14.2	11.7	9.0–15.1	11.5	9.7–13.6
Minneapolis, Minnesota	21.5	17.6–25.8	18.8	14.6–23.8	20.2	17.2–23.5	14.5	11.4–18.2	7.9	5.5–11.3	11.2	9.1–13.6
Rochester, Minnesota	25.2	20.7–30.3	21.3	17.3–25.9	23.1	19.9–26.8	16.0	11.7–21.5	9.7	7.0–13.3	12.9	10.0–16.4
St. Paul, Minnesota	18.5	14.6–23.2	15.3	11.3–20.4	16.8	14.0–20.2	10.6	7.8–14.3	5.9	3.6–9.7	8.2	6.1–11.0
Broome County, New York	26.5	22.5–30.9	24.7	19.9–30.2	25.7	22.3–29.5	14.5	11.3–18.4	12.8	9.1–17.7	13.7	11.3–16.6
Chautauqua County, New York	25.6	20.5–31.3	27.4	22.7–32.5	26.5	23.5–29.7	18.1	14.5–22.3	15.4	11.7–20.2	16.7	14.1–19.8
Jefferson County, New York	24.8	18.2–32.8	23.6	18.5–29.6	24.1	19.2–30.0	16.2	10.9–23.4	13.2	9.2–18.6	14.7	10.5–20.1
Rockland County, New York	24.8	21.1–28.9	25.7	21.6–30.2	25.2	22.2–28.5	11.8	8.9–15.5	11.0	8.1–14.8	11.4	9.2–14.0
Fayette County, Pennsylvania	19.0	15.5–23.0	19.7	16.5–23.4	19.3	16.9–22.0	10.5	7.7–14.1	9.0	6.5–12.3	9.7	7.7–12.2
Luzerne County, Pennsylvania	19.1	15.1–24.0	18.6	14.7–23.3	18.9	15.6–22.7	10.8	7.9–14.6	7.6	5.9–9.8	9.2	7.3–11.5
Tioga County, Pennsylvania	19.4	16.5–22.5	18.1	14.0–22.9	18.7	16.3–21.3	8.6	6.4–11.3	7.4	5.1–10.6	8.0	6.4–9.9
Large cities/urban communities												
Boston, Massachusetts	27.8	23.5–32.6	25.9	21.8–30.5	26.8	23.7–30.1	16.4	13.5–19.9	11.9	9.0–15.4	14.1	12.0–16.5
Cleveland, Ohio	18.0	14.9–21.7	26.0	21.4–31.2	21.9	19.2–24.8	11.2	8.8–14.3	12.9	9.8–16.7	12.0	10.1–14.3
DeKalb County, Georgia	23.5	21.4–25.8	26.9	24.2–29.8	25.3	23.6–27.1	13.1	11.1–15.4	11.7	9.9–13.8	12.5	11.1–13.9
Hillsborough County, Florida	25.0	20.4–30.2	28.8	22.4–36.1	26.9	23.0–31.2	13.7	9.7–19.1	15.9	11.0–22.3	14.7	11.3–18.9
New Orleans, Louisiana	25.6	23.2–28.1	31.6	28.5–34.9	28.5	26.5–30.5	12.8	10.5–15.5	12.3	10.3–14.8	12.5	10.9–14.4
Philadelphia, Pennsylvania	24.8	21.1–29.0	24.5	20.0–29.6	24.7	21.9–27.8	14.2	10.8–18.5	11.2	8.9–14.0	12.7	10.5–15.4
Salinas, California	20.0	16.5–24.1	17.3	14.7–20.3	18.6	16.5–21.0	10.1	7.5–13.5	6.8	5.1–8.9	8.4	6.7–10.5
San Antonio, Texas	17.3	14.6–20.4	16.9	13.6–20.8	17.4	15.2–19.8	9.5	7.5–12.0	7.3	5.3–10.0	8.5	7.0–10.3
Santa Clara County, California	18.8	14.8–23.6	23.3	18.6–28.7	21.3	18.8–24.0	8.5	6.1–11.7	7.8	6.0–10.0	8.4	7.1–9.8
Tribe												
Cherokee Nation, Oklahoma	18.7	13.6–25.2	20.3	15.1–26.7	19.5	15.2–24.6	9.3	6.3–13.6	6.6	4.3–10.1	7.9	5.6–10.9
<i>Median</i>	21.8		22.3		21.6		11.6		10.0		11.3	
<i>Range</i>	16.1–27.8		15.3–31.6		16.8–28.5		7.8–18.1		5.9–15.9		7.2–16.7	
United States	20.7	19.2–22.2	19.9	18.6–21.3	20.3	19.2–21.4	12.5	11.3–13.8	9.3	8.4–10.3	10.9	10.1–11.9

* Ever told by a doctor or nurse that they had asthma.

† Ever told by a doctor or nurse that they had asthma and still have asthma.

§ 95% confidence interval.

TABLE 18. Percentage of high school students who went to an emergency room or urgent care center because of their asthma,* by sex — selected Steps communities, Youth Risk Behavior Survey, 2007

Steps community	Female		Male		Total	
	%	CI†	%	CI	%	CI
State-coordinated small cities/ rural communities						
Santa Cruz County, Arizona	—§	—	—	—	—	—
Yuma County, Arizona	—	—	—	—	—	—
Mesa County, Colorado	—	—	—	—	—	—
Pueblo County, Colorado	—	—	—	—	32.1	23.7–41.8
Teller County, Colorado	—	—	—	—	—	—
Weld County, Colorado	—	—	—	—	12.6	7.1–21.5
Minneapolis, Minnesota	—	—	—	—	17.6	9.5–30.3
Rochester, Minnesota	—	—	—	—	15.6	9.7–24.2
St. Paul, Minnesota	—	—	—	—	—	—
Broome County, New York	—	—	—	—	16.3	10.8–23.7
Chautauqua County, New York	—	—	—	—	17.6	10.5–28.0
Jefferson County, New York	—	—	—	—	—	—
Rockland County, New York	—	—	—	—	—	—
Fayette County, Pennsylvania	—	—	—	—	—	—
Luzerne County, Pennsylvania	—	—	—	—	23.6	16.1–33.3
Tioga County, Pennsylvania	—	—	—	—	—	—
Large cities/urban communities						
Boston, Massachusetts	—	—	—	—	29.8	20.8–40.8
Cleveland, Ohio	—	—	—	—	37.0	28.3–46.7
DeKalb County, Georgia	44.1	35.9–52.7	29.6	21.0–39.9	37.7	31.4–44.4
Hillsborough County, Florida	—	—	—	—	—	—
New Orleans, Louisiana	—	—	—	—	—	—
Philadelphia, Pennsylvania	—	—	—	—	30.3	22.8–39.1
Salinas, California	—	—	—	—	—	—
San Antonio, Texas	—	—	—	—	—	—
Santa Clara County, California	—	—	—	—	26.8	16.4–40.7
Tribe						
Cherokee Nation, Oklahoma	—	—	—	—	—	—
<i>Median</i>	44.1		29.6		25.2	
<i>Range</i>	44.1–44.1		29.6–29.6		12.6–37.7	
United States	—	—	—	—	—	—

* One or more times during the 12 months before the survey, among students who currently have asthma.

† 95% confidence interval.

§ Not available.

Steps Program Youth Risk Behavior Survey Coordinators

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Youth Risk Behavior Surveillance – Pacific Island United States Territories, 2007

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Abstract

Problem: Priority health-risk behaviors, which are behaviors that contribute to the leading causes of morbidity and mortality among youth and adults in Pacific Island territories, often are established during adolescence and extend into adulthood.

Reporting Period Covered: January–June 2007.

Description of the System: The Youth Risk Behavior Surveillance System (YRBSS) monitors six categories of priority health-risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including human immunodeficiency virus infection; unhealthy dietary behaviors; and physical inactivity. In addition, the YRBSS monitors the prevalence of obesity and asthma. YRBSS includes a national school-based survey conducted by CDC and state, territorial, tribal, and local school-based surveys conducted by state, territorial, tribal, and local education and health agencies. This report summarizes results from surveys of students in grades 9–12 conducted in five territories (American Samoa, Commonwealth of the Northern Mariana Islands, Guam, Republic of the Marshall Islands, and Republic of Palau) during January–June 2007.

Results: Across the five Pacific Island territories, the leading causes of mortality among all ages include unintentional injuries, including motor-vehicle crashes; cancer; cardiovascular diseases; stroke; and diabetes. Results from the Youth Risk Behavior Survey (YRBS) indicated that high school students in the Pacific Island territories engaged in behaviors that increased their risk for mortality or morbidity from these causes. Across the five territories during 2007, the percentage of high school students who had rarely or never worn a seat belt when riding in a car driven by someone else ranged from 11.8% to 83.2% (median: 30.9%). During the 30 days before the survey, the percentage who had ridden in a car or other vehicle driven by someone who had been drinking alcohol ranged from 34.8% to 49.8% (median: 42.8%), the percentage who had driven a car or other vehicle when they had been drinking alcohol ranged from 7.8% to 16.1% (median: 11.9%), and the percentage who had carried a weapon ranged from 16.9% to 32.0% (median: 19.6%). The percentage of students who had smoked cigarettes during the 30 days before the survey ranged from 23.1% to 37.6% (median: 31.1%), the percentage who had not eaten fruits and vegetables five or more times per day during the 7 days before the survey ranged from 72.8% to 83.6% (median: 79.5%), and the percentage who had not met recommended levels of physical activity ranged from 64.0% to 77.2% (median: 68.9%).

Interpretation: The prevalence of many health-risk behaviors varies across the five Pacific Island territories, and many high school students engage in behaviors that place them at risk for the leading causes of mortality and morbidity.

Public Health Action: YRBSS data will be used in the territories for decision making and program planning, resulting in more effective school health and youth health programs. More evidence-based interventions and programs are needed to reduce risk behaviors and improve health outcomes among youth.

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Introduction

Across the five Pacific Island territories, the leading causes of mortality among all ages include unintentional injuries, including motor-vehicle crashes; cancer; cardiovascular diseases; stroke; and diabetes (1).^{*} Priority health-risk behaviors, which are behaviors that contribute to the leading causes of morbidity and mortality, often are established during childhood and adolescence and then extend into adulthood. These behaviors are monitored by the Youth Risk Behavior Surveillance System (YRBSS).

The YRBSS monitors six categories of priority health-risk behaviors among youth and young adults, including behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including human immunodeficiency virus (HIV) infection; unhealthy dietary behaviors; and physical inactivity. The YRBSS also monitors obesity and asthma and includes national, state, territorial, tribal, and local school-based surveys of students in grades 9–12.

This report summarizes results from the 2007 Youth Risk Behavior Survey (YRBS) conducted in five Pacific Island Territories (American Samoa, Commonwealth of the Northern Mariana Islands, Guam, Republic of the Marshall Islands, and Republic of Palau) during January 2007–June 2007.

Methods

Detailed information about YRBSs has been described elsewhere (2). Additional information also is available at <http://www.cdc.gov/yrbs>.

Sampling

Each territory school-based survey employed a two-stage cluster sample design to produce a representative sample of public school students in grades 9–12. In the first sampling stage, all schools with any students in grades 9–12 were selected. In the second sampling stage, in American Samoa, Commonwealth of the Northern Mariana Islands, Republic of the Marshall Islands, and Republic of Palau, all students were eligible to participate; in Guam, intact classes from either a required subject (e.g., English or social studies) or a required period (e.g., homeroom or second period) were selected randomly, and all students in selected classes were eligible to participate. Pacific Island territories that had a representative sample of students, appropriate documentation, and an over-

all response rate of 60% or higher were weighted. A weight was applied to each record to adjust for student nonresponse and the distribution of students by grade and sex. Therefore, weighted estimates are representative of all students in grades 9–12 attending public schools in each territory.

In 2007, all five Pacific Island territories had weighted data. Student sample sizes ranged from 732 to 3,625 (Table 1). School response rates were all 100%; student response rates ranged from 78% to 90%; and overall response rates, calculated by multiplying the school response rate by the student response rate, ranged from 78% to 90%.

Data Collection Procedures and Questionnaire

Procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, local parental permission procedures were followed. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable booklet or answer sheet.

The core questionnaire contained 87 questions. Territories could add or delete questions from the core questionnaire. Skip patterns were not included in any questionnaire to protect student privacy by ensuring all completed the questionnaire in approximately the same amount of time. Information about the reliability of the core questions has been published previously (3).

Data Processing and Coding

Data from each territory data set were cleaned and edited for inconsistencies. Missing data were not imputed statistically. The number of completed questionnaires that failed quality-control checks[†] and were excluded from analysis ranged from one to 12 (median: four). Race/ethnicity was defined differently for each Pacific Island territory and, therefore, it is not included in this report.

Students were classified as obese or overweight based on their body mass index (kg/m^2) (BMI), which was calculated from self-reported height and weight. The BMI values were compared with sex- and age-specific reference data from the 2000 CDC Growth Charts (4). Obese was defined as a BMI of ≥ 95 th percentile for age and sex. Overweight was defined as a BMI of ≥ 85 th percentile and < 95 th percentile for age and sex. Previous YRBS reports used the terms "overweight" to describe those youth with a BMI ≥ 95 th percentile for age and sex and "at risk for overweight" for those with a BMI

^{*}Data only available for American Samoa, Commonwealth of the Northern Mariana Islands, and Guam.

[†]A questionnaire that fails quality control has less than 20 remaining responses after editing or has the same answer to 15 or more questions in a row.

≥85th percentile and <95th percentile. However, this report uses the terms “obese” and “overweight” in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC (5). These classifications are not intended to diagnose individual students as obese or overweight, but rather to provide estimates of obesity and overweight for the population of students surveyed. The reliability and validity of self-reported height and weight among high school students has been described previously (6).

Analytic Methods

Statistical analyses were conducted on weighted data using SAS[®] (7) and SUDAAN (8) software to account for the complex sampling designs. Prevalence estimates were computed for all variables and all data sets. Confidence intervals were computed for Guam because that site used a sample rather than a census of students.

Results

Behaviors that Contribute to Unintentional Injuries

Seat Belt Use

Across surveys, the overall percentage of students who had rarely or never worn a seat belt when riding in a car driven by someone else ranged from 11.8% to 83.2% (median: 30.9%). Prevalence among female students ranged from 10.9% to 83.0% (median: 29.9%), and prevalence among male students ranged from 12.3% to 83.6% (median: 32.0%) (Table 2).

Bicycle Helmet Use

Across surveys, among students who had ridden a bicycle during the 12 months before the survey, the overall percentage of students who had rarely or never worn a bicycle helmet ranged from 71.9% to 97.6% (median: 92.9%). Prevalence among female students ranged from 72.7% to 98.8% (median: 92.9%), and prevalence among male students ranged from 71.0% to 96.3% (median: 93.1%) (Table 2).

Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days before the survey, across surveys, the overall percentage of students who had ridden one or more times in a car or other vehicle driven by someone who had

been drinking alcohol ranged from 34.8% to 49.8% (median: 42.8%). Prevalence among female students ranged from 30.1% to 48.5% (median: 38.9%), and prevalence among male students ranged from 36.3% to 54.6% (median: 46.5%) (Table 3).

Drove When Drinking Alcohol

During the 30 days before the survey, across surveys, the overall percentage of students who had driven a car or other vehicle one or more times when they had been drinking alcohol ranged from 7.8% to 16.1% (median: 11.9%). Prevalence among female students ranged from 5.3% to 10.1% (median: 9.1%), and prevalence among male students ranged from 9.7% to 22.9% (median: 14.2%) (Table 3).

Behaviors that Contribute to Violence

Carried a Weapon

Across surveys, the overall percentage of students who had carried a weapon (e.g., a gun, knife, or club) on at least 1 day during the 30 days before the survey ranged from 16.9% to 32.0% (median: 19.6%). Prevalence among female students ranged from 7.7% to 22.5% (median: 10.8%), and prevalence among male students ranged from 24.7% to 42.8% (median: 29.6%) (Table 4).

Carried a Gun

Across surveys, the overall percentage of students who had carried a gun on at least 1 day during the 30 days before the survey ranged from 5.1% to 12.1% (median: 8.5%). Prevalence among female students ranged from 1.9% to 8.5% (median: 3.3%), and prevalence among male students ranged from 7.9% to 16.1% (median: 13.8%) (Table 4).

In a Physical Fight

Across surveys, the overall percentage of students who had been in a physical fight one or more times during the 12 months before the survey ranged from 27.0% to 54.4% (median: 34.1%). Prevalence among female students ranged from 17.8% to 46.0% (median: 25.7%), and prevalence among male students ranged from 36.0% to 63.6% (median: 41.3%) (Table 5).

Injured in a Physical Fight

Across surveys, the overall percentage of students who had been in a physical fight one or more times during the 12 months before the survey in which they were injured and had to be treated by a doctor or nurse ranged from 4.5% to 11.6% (median: 5.0%). Prevalence among female students ranged from 2.6% to 8.8% (median: 4.9%), and prevalence

among male students ranged from 4.3% to 14.7% (median: 6.7%) (Table 5).

Dating Violence

Across surveys, the overall percentage of students who had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) ranged from 13.3% to 30.8% (median: 14.1%). Prevalence among female students ranged from 12.5% to 25.9% (median: 14.8%), and prevalence among male students ranged from 10.0% to 35.5% (median: 14.9%) (Table 6).

Forced to Have Sexual Intercourse

Across surveys, the overall percentage of students who had ever been physically forced to have sexual intercourse when they did not want to ranged from 12.9% to 35.8% (median: 21.0%). Prevalence among female students ranged from 17.7% to 32.8% (median: 19.0%), and prevalence among male students ranged from 8.8% to 38.9% (median: 19.4%) (Table 6).

Carried a Weapon on School Property

Across surveys, the overall percentage of students who had carried a weapon (e.g., a gun, knife, or club) on school property on at least 1 day during the 30 days before the survey ranged from 5.4% to 17.6% (median: 8.4%). Prevalence among female students ranged from 2.8% to 10.5% (median: 4.6%), and prevalence among male students ranged from 7.8% to 25.2% (median: 12.2%) (Table 7).

Threatened or Injured with a Weapon on School Property

Across surveys, the overall percentage of students who had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times during the 12 months before the survey ranged from 7.2% to 20.5% (median: 10.3%). Prevalence among female students ranged from 4.8% to 17.5% (median: 7.2%), and prevalence among male students ranged from 9.3% to 23.3% (median: 13.5%) (Table 7).

In a Physical Fight on School Property

Across surveys, the overall percentage of students who had been in a physical fight on school property one or more times during the 12 months before the survey ranged from 12.4% to 33.1% (median: 16.0%). Prevalence among female students ranged from 9.5% to 26.0% (median: 11.0%), and prevalence among male students ranged from 15.3% to 40.8% (median: 20.1%) (Table 8).

Had Property Stolen or Damaged on School Property

Across surveys, the overall percentage of students who had had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months before the survey ranged from 22.6% to 53.7% (median: 37.1%). Prevalence among female students ranged from 24.1% to 51.0% (median: 36.6%), and prevalence among male students ranged from 21.2% to 58.2% (median: 37.3%) (Table 8).

Did Not Go to School Because of Safety Concerns

Across surveys, the overall percentage of students who had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school ranged from 8.8% to 36.4% (median: 12.3%). Prevalence among female students ranged from 8.4% to 34.4% (median: 14.1%), and prevalence among male students ranged from 8.9% to 38.2% (median: 11.3%) (Table 9).

Felt Sad or Hopeless

Across surveys, the overall percentage of students who had felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities during the 12 months before the survey ranged from 37.1% to 47.3% (median: 41.9%). Prevalence among female students ranged from 43.8% to 52.6% (median: 46.3%), and prevalence among male students ranged from 29.4% to 48.2% (median: 34.4%) (Table 10).

Seriously Considered Attempting Suicide

Across surveys, the overall percentage of students who had seriously considered attempting suicide during the 12 months before the survey ranged from 22.0% to 28.9% (median: 25.7%). Prevalence among female students ranged from 25.9% to 37.6% (median: 30.2%), and prevalence among male students ranged from 16.6% to 25.3% (median: 19.6%) (Table 11).

Made a Suicide Plan

Across surveys, the overall percentage of students who had made a plan about how they would attempt suicide during the 12 months before the survey ranged from 21.4% to 30.0% (median: 25.4%). Prevalence among female students ranged from 27.5% to 31.7% (median: 31.1%), and prevalence among male students ranged from 15.9% to 30.8% (median: 18.7%) (Table 11).

Attempted Suicide

Across surveys, the overall percentage of students who had attempted suicide one or more times during the 12 months before the survey ranged from 16.9% to 25.3% (median: 19.6%). Prevalence among female students ranged from 21.3% to 35.7% (median: 22.6%), and prevalence among male students ranged from 11.8% to 26.5% (median: 13.4%) (Table 12).

Suicide Attempt Treated by a Doctor or Nurse

Across surveys, the overall percentage of students who had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the 12 months before the survey ranged from 3.8% to 14.2% (median: 6.1%). Prevalence among female students ranged from 4.8% to 14.7% (median: 6.2%), and prevalence among male students ranged from 2.8% to 15.6% (median: 5.3%) (Table 12).

Tobacco Use

Lifetime Cigarette Use

Across surveys, the overall percentage of students who had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) ranged from 56.8% to 78.1% (median: 69.7%). Prevalence among female students ranged from 53.1% to 78.7% (median: 67.6%), and prevalence among male students ranged from 57.1% to 77.6% (median: 71.6%) (Table 13).

Lifetime Daily Cigarette Use

Across surveys, the overall percentage of students who had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) ranged from 13.6% to 17.6% (median: 16.6%). Prevalence among female students ranged from 12.6% to 16.2% (median: 13.1%), and prevalence among male students ranged from 14.2% to 22.3% (median: 17.8%) (Table 13).

Current Cigarette Use

Across surveys, the overall percentage of students who had smoked cigarettes on at least 1 day during the 30 days before the survey (i.e., current cigarette use) ranged from 23.1% to 37.6% (median: 31.1%). Prevalence among female students ranged from 20.4% to 31.1% (median: 25.4%), and prevalence among male students ranged from 22.9% to 44.4% (median: 31.2%) (Table 14).

Current Frequent Cigarette Use

Across surveys, the overall percentage of students who had smoked cigarettes on 20 or more days during the 30 days before the survey (i.e., current frequent cigarette use) ranged from 8.2% to 13.1% (median: 11.0%). Prevalence among female students ranged from 2.6% to 10.7% (median: 6.7%), and prevalence among male students ranged from 7.2% to 21.3% (median: 13.9%) (Table 14).

Smoked More than 10 Cigarettes per Day

Across surveys, among students who currently smoked cigarettes, the overall percentage of students who had smoked more than 10 cigarettes per day on the days they smoked during the 30 days before the survey ranged from 4.7% to 11.8% (median: 6.9%). Prevalence among female students ranged from 5.3% to 8.2% (median: 6.3%), and prevalence among male students ranged from 6.5% to 18.1% (median: 7.8%) (Table 15).

Tried to Quit Smoking Cigarettes

Across surveys, among students who currently smoked cigarettes, the overall percentage of students who had tried to quit smoking cigarettes during the 12 months before the survey ranged from 74.0% to 89.3% (median: 81.9%). Prevalence among female students ranged from 75.7% to 91.7% (median: 83.9%), and prevalence among male students ranged from 70.8% to 87.6% (median: 82.3%) (Table 15).

Bought Cigarettes in a Store or Gas Station

Across surveys, among students who currently smoked cigarettes and were aged <18 years, the overall percentage of students who usually got their own cigarettes by buying them in a store (i.e., convenience store, supermarket, or discount store) or gas station during the 30 days before the survey ranged from 14.9% to 30.8% (median: 17.3%). Prevalence among female students ranged from 12.1% to 21.6% (median: 17.3%), and prevalence among male students ranged from 12.8% to 40.6% (median: 21.3%) (Table 16).

Current Smokeless Tobacco Use

Across surveys, the overall percentage of students who had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey (i.e., current smokeless tobacco use) ranged from 4.7% to 37.3% (median: 32.0%). Prevalence among female students ranged from 2.7% to 39.0% (median: 21.6%), and prevalence among male students ranged from 6.8% to 43.7% (median: 35.5%) (Table 16).

Current Cigar Use

Across surveys, the overall percentage of students who had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey (i.e., current cigar use) ranged from 6.5% to 27.1% (median: 9.5%). Prevalence among female students ranged from 3.1% to 22.5% (median: 6.6%), and prevalence among male students ranged from 9.0% to 31.8% (median: 12.2%) (Table 17).

Current Tobacco Use

Across surveys, the overall percentage of students who had reported current cigarette use, current smokeless tobacco use, or current cigar use (i.e., current tobacco use) ranged from 25.4% to 50.9% (median: 38.8%). Prevalence among female students ranged from 23.4% to 47.4% (median: 28.1%), and prevalence among male students ranged from 24.6% to 54.1% (median: 50.5%) (Table 17).

Alcohol and Other Drug Use

Lifetime Alcohol Use

Across surveys, the overall percentage of students who had had at least one drink of alcohol on at least 1 day during their life (i.e., lifetime alcohol use) ranged from 46.6% to 69.8% (median: 64.3%). Prevalence among female students ranged from 43.9% to 70.5% (median: 61.8%), and prevalence among male students ranged from 49.7% to 69.1% (median: 66.8%) (Table 18).

Current Alcohol Use

Across surveys, the overall percentage of students who had had at least one drink of alcohol on at least 1 day during the 30 days before the survey (i.e., current alcohol use) ranged from 29.8% to 41.7% (median: 36.0%). Prevalence among female students ranged from 28.7% to 39.5% (median: 33.4%), and prevalence among male students ranged from 31.1% to 51.0% (median: 42.4%) (Table 18).

Episodic Heavy Drinking

Across surveys, the overall percentage of students who had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on at least 1 day during the 30 days before the survey (i.e., episodic heavy drinking) ranged from 18.3% to 26.6% (median: 23.3%). Prevalence among female students ranged from 15.6% to 22.6% (median: 16.3%), and prevalence among male students ranged from 20.3% to 31.0% (median: 29.2%) (Table 19).

Bought Alcohol in a Store

Across surveys, among students who currently drank alcohol, the overall percentage of students who usually got the alcohol they drank by buying it in a store (e.g., liquor store, convenience store, supermarket, discount store, or gas station) during the 30 days before the survey ranged from 12.7% to 14.0% (median: 13.5%). Prevalence among female students ranged from 8.0% to 10.1% (median: 9.0%), and prevalence among male students ranged from 17.0% to 19.4% (median: 17.6%) (Table 19).

Lifetime Marijuana Use

Across surveys, the overall percentage of students who had used marijuana one or more times during their life (i.e., lifetime marijuana use) ranged from 13.9% to 59.8% (median: 45.5%). Prevalence among female students ranged from 5.5% to 55.6% (median: 40.6%), and prevalence among male students ranged from 22.4% to 64.3% (median: 49.9%) (Table 20).

Current Marijuana Use

Across surveys, the overall percentage of students who had used marijuana one or more times during the 30 days before the survey (i.e., current marijuana use) ranged from 8.5% to 38.5% (median: 23.3%). Prevalence among female students ranged from 3.2% to 33.0% (median: 20.5%), and prevalence among male students ranged from 14.1% to 43.7% (median: 25.6%) (Table 20).

Lifetime Cocaine Use

Across surveys, the overall percentage of students who had used any form of cocaine (e.g., powder, crack,[§] or freebase[¶]) one or more times during their life (i.e., lifetime cocaine use) ranged from 4.6% to 7.7% (median: 5.4%). Prevalence among female students ranged from 2.5% to 5.8% (median: 2.9%), and prevalence among male students ranged from 6.3% to 9.5% (median: 7.9%) (Table 21).

Current Cocaine Use

Across surveys, the overall percentage of students who had used any form of cocaine (e.g., powder, crack, or freebase) one or more times during the 30 days before the survey (i.e., current cocaine use) ranged from 2.0% to 5.3% (median: 3.0%). Prevalence among female students ranged from 1.0% to 3.9% (median: 1.7%), and prevalence among male students ranged from 2.8% to 6.7% (median: 4.3%) (Table 21).

[§] Pellet-sized pieces of highly purified cocaine.

[¶] A process in which cocaine is dissolved in ether or sodium hydroxide and the precipitate is filtered off.

Lifetime Illegal Injection-Drug Use

Across surveys, the overall percentage of students who had used a needle to inject any illegal drug into their body one or more times during their life (i.e., lifetime illegal injection-drug use) ranged from 4.1% to 15.0% (median: 5.1%). Prevalence among female students ranged from 2.1% to 14.1% (median: 3.8%), and prevalence among male students ranged from 5.4% to 15.8% (median: 6.5%) (Table 22).

Lifetime Inhalant Use

Across surveys, the overall percentage of students who had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., lifetime inhalant use) ranged from 8.8% to 14.0% (median: 11.6%). Prevalence among female students ranged from 7.3% to 13.7% (median: 10.6%), and prevalence among male students ranged from 10.5% to 14.1% (median: 12.6%) (Table 22).

Lifetime Illegal Steroid Use

Across surveys, the overall percentage of students who had taken steroid pills or shots without a doctor's prescription one or more times during their life (i.e., lifetime illegal steroid use) ranged from 4.8% to 6.5% (median: 5.1%). Prevalence among female students ranged from 3.3% to 4.6% (median: 3.6%), and prevalence among male students ranged from 5.5% to 9.4% (median: 6.0%) (Table 23).

Lifetime Heroin Use

Across surveys, the overall percentage of students who had used heroin (also called "smack," "junk," or "China White") one or more times during their life (i.e., lifetime heroin use) ranged from 3.5% to 9.6% (median: 5.2%). Prevalence among female students ranged from 1.7% to 7.5% (median: 2.7%), and prevalence among male students ranged from 5.0% to 11.6% (median: 7.3%) (Table 24).

Lifetime Methamphetamine Use

Across surveys, the overall percentage of students who had used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life (i.e., lifetime methamphetamine use) ranged from 4.9% to 13.1% (median: 5.9%). Prevalence among female students ranged from 2.7% to 10.5% (median: 3.7%), and prevalence among male students ranged from 6.2% to 15.4% (median: 8.6%) (Table 24).

Lifetime Ecstasy Use

Across surveys, the overall percentage of students who had used ecstasy (also called "MDMA") one or more times during their life (i.e., lifetime ecstasy use) ranged from 4.7% to 6.9%

(median: 5.4%). Prevalence among female students ranged from 2.2% to 4.9% (median: 2.9%), and prevalence among male students ranged from 6.7% to 9.1% (median: 7.7%) (Table 25).

Age of Initiation of Risk Behaviors

Smoked a Whole Cigarette Before Age 13 Years

Across surveys, the overall percentage of students who had smoked a whole cigarette for the first time before age 13 years ranged from 6.9% to 28.6% (median: 22.7%). Prevalence among female students ranged from 6.2% to 27.4% (median: 19.4%), and prevalence among male students ranged from 7.5% to 29.8% (median: 25.2%) (Table 26).

Drank Alcohol Before Age 13 Years

Across surveys, the overall percentage of students who had drunk alcohol (other than a few sips) for the first time before age 13 years ranged from 10.9% to 27.4% (median: 20.8%). Prevalence among female students ranged from 6.9% to 25.0% (median: 15.4%), and prevalence among male students ranged from 14.8% to 29.6% (median: 25.5%) (Table 26).

Tried Marijuana Before Age 13 Years

Across surveys, the overall percentage of students who had tried marijuana for the first time before age 13 years ranged from 4.5% to 19.9% (median: 15.4%). Prevalence among female students ranged from 3.0% to 12.3% (median: 9.4%), and prevalence among male students ranged from 6.0% to 29.0% (median: 20.2%) (Table 27).

Tobacco, Alcohol, and Other Drug Use on School Property

Smoked Cigarettes on School Property

Across surveys, the overall percentage of students who had smoked cigarettes on school property on at least 1 day during the 30 days before the survey ranged from 6.7% to 16.3% (median: 10.2%). Prevalence among female students ranged from 7.3% to 10.7% (median: 9.0%), and prevalence among male students ranged from 6.1% to 23.1% (median: 11.5%) (Table 28).

Used Smokeless Tobacco on School Property

Across surveys, the overall percentage of students who had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip)

on school property on at least 1 day during the 30 days before the survey ranged from 3.0% to 31.3% (median: 21.1%). Prevalence among female students ranged from 1.6% to 33.5% (median: 14.1%), and prevalence among male students ranged from 4.3% to 35.0% (median: 28.0%) (Table 28).

Drank Alcohol on School Property

Across surveys, the overall percentage of students who had drunk at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey ranged from 5.4% to 15.3% (median: 6.8%). Prevalence among female students ranged from 4.6% to 11.7% (median: 5.8%), and prevalence among male students ranged from 5.8% to 18.9% (median: 7.9%) (Table 29).

Used Marijuana on School Property

Across surveys, the overall percentage of students who had used marijuana on school property one or more times during the 30 days before the survey ranged from 4.5% to 20.9% (median: 10.1%). Prevalence among female students ranged from 2.3% to 15.8% (median: 8.5%), and prevalence among male students ranged from 6.7% to 25.9% (median: 11.0%) (Table 29).

Offered, Sold, or Given an Illegal Drug on School Property

Across surveys, the overall percentage of students who had been offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey ranged from 24.1% to 36.8% (median: 28.7%). Prevalence among female students ranged from 19.7% to 30.7% (median: 29.0%), and prevalence among male students ranged from 28.3% to 42.3% (median: 30.2%) (Table 30).

Sexual Behaviors That Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

Ever Had Sexual Intercourse

Across surveys, the overall percentage of students who had ever had sexual intercourse ranged from 32.0% to 59.0% (median: 45.0%). Prevalence among female students ranged from 23.4% to 48.2% (median: 45.1%), and prevalence among male students ranged from 42.6% to 72.0% (median: 50.4%) (Table 31).

Had First Sexual Intercourse Before Age 13 Years

Across surveys, the overall percentage of students who had sexual intercourse for the first time before age 13 years ranged from 7.4% to 9.8% (median: 8.3%). Prevalence among female students ranged from 3.0% to 6.5% (median: 3.8%), and prevalence among male students ranged from 10.1% to 17.1% (median: 13.2%) (Table 31).

Had Sexual Intercourse with Four or More Persons During Their Life

Across surveys, the overall percentage of students who had had sexual intercourse with four or more persons during their life ranged from 11.0% to 19.2% (median: 14.7%). Prevalence among female students ranged from 4.7% to 10.4% (median: 9.7%), and prevalence among male students ranged from 12.2% to 30.8% (median: 19.6%) (Table 32).

Currently Sexually Active

Across surveys, the overall percentage of students who had had sexual intercourse with at least one person during the 3 months before the survey (i.e., currently sexually active) ranged from 20.0% to 39.3% (median: 29.9%). Prevalence among female students ranged from 14.4% to 34.0% (median: 32.8%), and prevalence among male students ranged from 26.6% to 45.4% (median: 34.3%) (Table 32).

Condom Use

Across surveys, among students who were currently sexually active, the overall percentage of students who reported that either they or their partner had used a condom during last sexual intercourse ranged from 35.1% to 50.2% (median: 41.2%). Prevalence among female students ranged from 27.0% to 47.5% (median: 34.3%), and prevalence among male students ranged from 44.6% to 52.8% (median: 46.2%) (Table 33).

Birth Control Pill Use

Across surveys, among students who were currently sexually active, the overall percentage of students who reported that either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse ranged from 3.8% to 10.5% (median: 7.8%). Prevalence among female students ranged from 4.0% to 8.7% (median: 6.0%), and prevalence among male students ranged from 2.9% to 12.4% (median: 8.8%) (Table 33).

Drank Alcohol or Used Drugs Before Last Sexual Intercourse

Across surveys, among students who were currently sexually active, the overall percentage of students who had drunk alcohol or used drugs before last sexual intercourse ranged from 17.0% to 36.3% (median: 33.8%). Prevalence among female students ranged from 11.2% to 27.3% (median: 23.0%), and prevalence among male students ranged from 24.2% to 40.5% (median: 37.8%) (Table 34).

Were Taught in School About AIDS or HIV Infection

Across surveys, the overall percentage of students who had ever been taught in school about acquired immunodeficiency syndrome (AIDS) or HIV infection ranged from 46.0% to 85.2% (median: 78.8%). Prevalence among female students ranged from 44.6% to 87.9% (median: 77.1%), and prevalence among male students ranged from 47.3% to 82.9% (median: 79.9%) (Table 34).

Dietary Behaviors

Ate Fruits and Vegetables Five or More Times per Day

Across surveys, the overall percentage of students who had eaten fruits and vegetables** five or more times per day during the 7 days before the survey ranged from 16.4% to 27.2% (median: 20.5%). Prevalence among female students ranged from 16.5% to 27.3% (median: 17.6%), and prevalence among male students ranged from 16.0% to 27.1% (median: 23.3%) (Table 35).

Drank Three or More Glasses per Day of Milk

Across surveys, the overall percentage of students who had drunk three or more glasses per day of milk during the 7 days before the survey ranged from 6.5% to 15.9% (median: 11.5%). Prevalence among female students ranged from 5.1% to 13.5% (median: 8.8%), and prevalence among male students ranged from 7.8% to 18.7% (median: 12.8%) (Table 35).

Drank Soda or Pop At Least One Time per Day

Across surveys, the overall percentage of students who had drunk a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey ranged from 22.1% to 37.6% (median: 34.9%). Prevalence among female students ranged from

22.1% to 39.1% (median: 35.9%), and prevalence among male students ranged from 22.3% to 39.1% (median: 30.5%) (Table 36).

Physical Activity

Met Recommended Levels of Physical Activity

Across surveys, the overall percentage of students who had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey (i.e., met recommended levels of physical activity) (9) ranged from 22.8% to 36.0% (median: 31.1%). Prevalence among female students ranged from 17.9% to 29.6% (median: 24.7%), and prevalence among male students ranged from 28.0% to 42.8% (median: 36.9%) (Table 37).

Did Not Participate in 60 or More Minutes of Physical Activity on Any Day

Across surveys, the overall percentage of students who did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey (i.e., did not participate in 60 or more minutes of physical activity on any day) ranged from 19.5% to 30.6% (median: 20.8%). Prevalence among female students ranged from 23.5% to 30.8% (median: 24.9%), and prevalence among male students ranged from 16.0% to 30.3% (median: 16.6%) (Table 37).

Used Computers 3 or More Hours per Day

Across surveys, the overall percentage of students who played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day (i.e., used computers 3 or more hours per day) ranged from 17.7% to 32.7% (median: 25.4%). Prevalence among female students ranged from 12.7% to 33.0% (median: 23.3%), and prevalence among male students ranged from 22.8% to 32.2% (median: 27.8%) (Table 38).

Watched Television 3 or More Hours per Day

Across surveys, the overall percentage of students who watched television 3 or more hours per day on an average school day ranged from 19.3% to 36.9% (median: 32.1%). Prevalence among female students ranged from 18.1% to 40.7% (median: 32.9%), and prevalence among male students ranged from 20.4% to 33.7% (median: 31.5%) (Table 38).

** 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Attended Physical Education Classes

Across surveys, the overall percentage of students who went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., attended PE classes) ranged from 44.4% to 57.8% (median: 45.4%). Prevalence among female students ranged from 39.4% to 57.7% (median: 44.2%), and prevalence among male students ranged from 46.2% to 61.1% (median: 51.7%) (Table 39).

Attended Physical Education Classes Daily

Across surveys, the overall percentage of students who went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) ranged from 10.7% to 30.7% (median: 25.9%). Prevalence among female students ranged from 9.4% to 28.6% (median: 26.9%), and prevalence among male students ranged from 11.9% to 34.5% (median: 23.2%) (Table 39).

Played on at Least One Sports Team

Across surveys, the overall percentage of students who had played on at least one sports team (run by their school or community groups) during the 12 months before the survey ranged from 41.8% to 66.3% (median: 55.4%). Prevalence among female students ranged from 31.3% to 64.4% (median: 47.2%), and prevalence among male students ranged from 50.4% to 71.6% (median: 64.0%) (Table 40).

Obesity, Overweight, and Weight Control

Obese

Across surveys, the overall percentage of students who were obese ranged from 11.3% to 38.6% (median: 15.9%). Prevalence among female students ranged from 8.8% to 35.5% (median: 12.9%), and prevalence among male students ranged from 13.9% to 41.6% (median: 20.6%) (Table 41).

Overweight

Across surveys, the overall percentage of students who were overweight ranged from 15.0% to 19.9% (median: 15.4%). Prevalence among female students ranged from 15.4% to 22.3% (median: 17.5%), and prevalence among male students ranged from 12.8% to 17.7% (median: 15.2%) (Table 41).

Described Themselves as Overweight

Across surveys, the overall percentage of students who described themselves as slightly or very overweight ranged from 9.2% to 30.1% (median: 22.6%). Prevalence among female students ranged from 8.9% to 32.3% (median: 27.1%), and

prevalence among male students ranged from 9.6% to 28.1% (median: 18.0%) (Table 42).

Were Trying to Lose Weight

Across surveys, the overall percentage of students who were trying to lose weight ranged from 30.7% to 54.4% (median: 48.4%). Prevalence among female students ranged from 34.2% to 60.6% (median: 58.2%), and prevalence among male students ranged from 27.3% to 48.1% (median: 38.8%) (Table 42).

Ate Less Food, Fewer Calories, or Low-Fat Foods to Lose Weight or to Keep From Gaining Weight

Across surveys, the overall percentage of students who had eaten less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 38.9% to 52.5% (median: 42.4%). Prevalence among female students ranged from 37.7% to 50.9% (median: 46.0%), and prevalence among male students ranged from 34.2% to 54.3% (median: 47.4%) (Table 43).

Exercised to Lose Weight or to Keep From Gaining Weight

Across surveys, the overall percentage of students who had exercised to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 56.9% to 68.4% (median: 63.3%). Prevalence among female students ranged from 51.0% to 67.5% (median: 61.6%), and prevalence among male students ranged from 62.2% to 69.3% (median: 63.4%) (Table 43).

Did Not Eat for 24 or More Hours to Lose Weight or to Keep From Gaining Weight

Across surveys, the overall percentage of students who did not eat for 24 or more hours to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 16.2% to 34.5% (median: 25.8%). Prevalence among female students ranged from 19.1% to 34.7% (median: 24.4%), and prevalence among male students ranged from 13.3% to 34.5% (median: 27.1%) (Table 44).

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep From Gaining Weight

Across surveys, the overall percentage of students who had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 5.7% to 24.4% (median: 12.0%). Prevalence among female students ranged from 5.2% to 22.0% (median: 8.8%), and prevalence among

male students ranged from 6.2% to 26.9% (median: 10.8%) (Table 44).

Vomited or Took Laxatives to Lose Weight or to Keep From Gaining Weight

Across surveys, the overall percentage of students who had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey ranged from 7.6% to 25.0% (median: 13.5%). Prevalence among female students ranged from 9.1% to 23.6% (median: 9.5%), and prevalence among male students ranged from 5.9% to 26.5% (median: 12.1%) (Table 45).

Asthma

Lifetime Asthma

Across surveys, the overall percentage of students who had ever been told by a doctor or nurse that they had asthma (i.e., lifetime asthma) ranged from 15.6% to 18.5% (median: 16.2%). Prevalence among female students ranged from 14.4% to 16.1% (median: 15.0%), and prevalence among male students ranged from 16.3% to 20.7% (median: 17.9%) (Table 46).

Current Asthma

Across surveys, the overall percentage of students who had lifetime asthma and still had asthma (i.e., current asthma) ranged from 5.7% to 6.5% (median: 5.8%). Prevalence among female students ranged from 5.4% to 6.6% (median: 6.4%), and prevalence among male students ranged from 5.2% to 6.5% (median: 5.9%) (Table 46).

Discussion

Across territories, prevalence does not vary substantially for the majority of risk behaviors. However, a range of 25 or more percentage points or a fivefold variation or greater was identified for the following risk behaviors:

- rarely or never wore a bicycle helmet (minimum: 71.9%; maximum: 97.6%);
- did not go to school because of safety concerns (minimum: 8.8%; maximum: 36.4%);
- had property stolen or deliberately damaged on school property (minimum: 22.6%; maximum: 53.7%);
- in a physical fight (minimum: 27.0%; maximum: 54.4%);
- current smokeless tobacco use (minimum: 4.7%; maximum: 37.3%);

- current tobacco use (minimum: 25.4%; maximum: 50.9%);
- used smokeless tobacco on school property (minimum: 3.0%; maximum: 31.3%);
- lifetime marijuana use (minimum: 13.9%; maximum: 59.8%);
- current marijuana use (minimum: 8.5%; maximum: 44.7%);
- ever had sexual intercourse (minimum: 32.0%; maximum: 59.0%);
- taught in school about AIDS or HIV infection (minimum: 46.0%; maximum: 85.2%); and
- obese (minimum: 11.3%; maximum: 38.6%).

These variations might occur, in part, because of differences in territorial laws and policies, enforcement practices, access to illegal drugs, availability of effective school and community interventions, prevailing behavioral and social norms, demographic characteristics of the population, and adult practices. Longitudinal research is needed to better understand the effect of these factors on the development and prevalence of risk behaviors.

Limitations

The findings in this report are subject to at least three limitations. First, these data apply only to youth who attend school and, therefore, are not representative of all persons in this age group. In the Pacific Island territories, the civilian population aged 16–19 years who were not enrolled in school and were not high school graduates ranged from 14% to 30% (median: 17%) (10).^{††} Second, the extent of underreporting or overreporting of behaviors cannot be determined, although the survey questions demonstrate good test-retest reliability (3). Third, BMI is calculated on the basis of self-reported height and weight and, therefore, tends to underestimate the prevalence of obesity and overweight (6).

Conclusion

YRBS data collected by the Pacific Island territories will be used for decision making and evidence-based program planning. Education agencies in the territories use the YRBS data to establish health education and health promotion goals, to support curricular modifications, to support legislation that promotes health, and to seek funding for new initiatives.

^{††} Data only available for American Samoa, Commonwealth of the Northern Mariana Islands, and Guam.

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TABLE 1. Sample sizes, response rates, and demographic characteristics* — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Student sample size	Response rate (%)			Sex (%)		Grade (%)			
		School	Student	Overall	Female	Male	9	10	11	12
American Samoa	3,625	100	87	87	51.1	48.9	26.5	25.0	25.6	22.7
Commonwealth of the Northern Mariana Islands	2,292	100	81	81	48.9	51.1	31.4	28.5	19.1	20.8
Guam	1,716	100	78	78	46.8	53.2	34.2	25.0	23.4	17.1
Republic of the Marshall Islands	1,522	100	82	82	49.0	51.0	32.8	24.2	25.4	17.4
Republic of Palau	732	100	90	90	50.4	49.6	35.9	29.2	13.8	21.0

* Weighted population estimates for each territory.

TABLE 2. Percentage of high school students who rarely or never wore a seat belt* or a bicycle helmet,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Rarely or never wore a seat belt						Rarely or never wore a bicycle helmet					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	29.9	—¶	32.0	—	30.9	—	79.1	—	78.6	—	78.8	—
Commonwealth of the Northern Mariana Islands	14.8	—	16.8	—	15.8	—	93.4	—	94.0	—	93.8	—
Guam	10.9	8.4–14.0	12.6	10.2–15.4	11.8	10.2–13.7	92.9	89.9–95.1	93.1	90.9–94.8	92.9	91.1–94.4
Republic of the Marshall Islands	56.4	—	56.3	—	56.4	—	72.7	—	71.0	—	71.9	—
Republic of Palau	83.0	—	83.6	—	83.2	—	98.8	—	96.3	—	97.6	—
<i>Median</i>	29.9		32.0		30.9		92.9		93.1		92.9	
<i>Range</i>	10.9–83.0		12.3–83.6		11.8–83.2		72.7–98.8		71.0–96.3		71.9–97.6	

* When riding in a car driven by someone else.

† Among students who had ridden a bicycle during the 12 months before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 3. Percentage of high school students who rode in a car or other vehicle driven by someone who had been drinking alcohol* and who drove a car or other vehicle when they had been drinking alcohol,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Rode with a driver who had been drinking alcohol						Drove when drinking alcohol					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	30.1	—§	45.2	—	37.6	—	5.3	—	10.3	—	7.8	—
Commonwealth of the Northern Mariana Islands	48.5	—	47.8	—	48.1	—	10.1	—	19.9	—	15.0	—
Guam	32.9	29.2–36.9	36.3	32.9–39.9	34.8	32.4–37.4	5.6	3.9–8.0	9.7	7.5–12.4	7.8	6.2–9.8
Republic of the Marshall Islands	—	—	—	—	—	—	9.6	—	14.2	—	11.9	—
Republic of Palau	44.9	—	54.6	—	49.8	—	9.1	—	22.9	—	16.1	—
<i>Median</i>	38.9		46.5		42.8		9.1		14.2		11.9	
<i>Range</i>	30.1–48.5		36.3–54.6		34.8–49.8		5.3–10.1		9.7–22.9		7.8–16.1	

* One or more times during the 30 days before the survey.

† 95% confidence interval.

§ Not available.

TABLE 4. Percentage of high school students who carried a weapon*† and who carried a gun,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Carried a weapon						Carried a gun					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	11.2	—¶	34.1	—	22.2	—	3.6	—	16.1	—	9.7	—
Commonwealth of the Northern Mariana Islands	9.5	—	29.6	—	19.6	—	3.1	—	11.6	—	7.4	—
Guam	7.7	6.0–9.9	25.0	21.5–28.9	16.9	14.5–19.5	1.9	1.1–3.4	7.9	5.8–10.6	5.1	3.9–6.7
Republic of the Marshall Islands	10.8	—	24.7	—	17.8	—	—	—	—	—	—	—
Republic of Palau	22.5	—	42.8	—	32.0	—	8.5	—	16.1	—	12.1	—
<i>Median</i>	10.8		29.6		19.6		3.3		13.8		8.5	
<i>Range</i>	7.7–22.5		24.7–42.8		16.9–32.0		1.9–8.5		7.9–16.1		5.1–12.1	

* For example, a gun, knife, or club.

† On at least 1 day during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 5. Percentage of high school students who were in a physical fight* and who were injured in a physical fight, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007**

Territory	In a physical fight						Injured in a physical fight					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	46.0	—¶	63.6	—	54.4	—	7.6	—	14.7	—	11.1	—
Commonwealth of the Northern Mariana Islands	25.5	—	37.0	—	31.4	—	3.1	—	5.9	—	4.5	—
Guam	25.7	22.5–29.2	41.3	37.2–45.5	34.1	31.5–36.9	2.6	1.6–4.1	6.7	5.2–8.6	5.0	3.9–6.3
Republic of the Marshall Islands	30.5	—	50.1	—	40.3	—	8.8	—	14.4	—	11.6	—
Republic of Palau	17.8	—	36.0	—	27.0	—	4.9	—	4.3	—	4.6	—
<i>Median</i>	25.7		41.3		34.1		4.9		6.7		5.0	
<i>Range</i>	17.8–46.0		36.0–63.6		27.0–54.4		2.6–8.8		4.3–14.7		4.5–11.6	

* One or more times during the 12 months before the survey.

† Injuries had to be treated by a doctor or nurse.

§ 95% confidence interval.

¶ Not available.

TABLE 6. Percentage of high school students who experienced dating violence* and who were ever physically forced to have sexual intercourse,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Dating violence						Forced to have sexual intercourse					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	14.8	—¶	18.4	—	16.7	—	25.8	—	19.4	—	22.8	—
Commonwealth of the Northern Mariana Islands	13.0	—	14.9	—	14.1	—	18.1	—	11.9	—	14.9	—
Guam	12.5	10.2–15.2	14.1	11.8–16.8	13.3	11.5–15.5	17.7	14.8–20.9	8.8	6.9–11.2	12.9	11.0–15.1
Republic of the Marshall Islands	25.9	—	35.5	—	30.8	—	32.8	—	38.9	—	35.8	—
Republic of Palau	17.4	—	10.0	—	13.7	—	19.0	—	23.1	—	21.0	—
<i>Median</i>	14.8		14.9		14.1		19.0		19.4		21.0	
<i>Range</i>	12.5–25.9		10.0–35.5		13.3–30.8		17.7–32.8		8.8–38.9		12.9–35.8	

* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey.

† When they did not want to.

§ 95% confidence interval.

¶ Not available.

TABLE 7. Percentage of high school students who carried a weapon on school property*† and who were threatened or injured with a weapon on school property,†§ by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Carried a weapon on school property						Threatened or injured with a weapon on school property					
	Female		Male		Total		Female		Male		Total	
	%	CI¶	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	4.6	—**	12.4	—	8.4	—	7.2	—	13.5	—	10.3	—
Commonwealth of the Northern Mariana Islands	4.1	—	11.7	—	8.0	—	4.8	—	9.3	—	7.2	—
Guam	2.8	1.8–4.4	7.8	6.0–10.1	5.4	4.2–7.0	5.2	3.7–7.2	12.5	10.2–15.1	9.3	7.7–11.1
Republic of the Marshall Islands	4.6	—	12.2	—	8.4	—	17.5	—	23.3	—	20.5	—
Republic of Palau	10.5	—	25.2	—	17.6	—	10.5	—	18.3	—	14.3	—
<i>Median</i>	4.6		12.2		8.4		7.2		13.5		10.3	
<i>Range</i>	2.8–10.5		7.8–25.2		5.4–17.6		4.8–17.5		9.3–23.3		7.2–20.5	

* On at least 1 day during the 30 days before the survey.

† For example, a gun, knife, or club.

§ One or more times during the 12 months before the survey.

¶ 95% confidence interval.

** Not available.

TABLE 8. Percentage of high school students who were in a physical fight on school property* and who had their property stolen or deliberately damaged on school property,†† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	In a physical fight on school property						Had property stolen or deliberately damaged on school property					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	26.0	—¶	40.8	—	33.1	—	51.0	—	49.3	—	50.2	—
Commonwealth of the Northern Mariana Islands	9.5	—	15.3	—	12.4	—	26.0	—	27.2	—	26.7	—
Guam	10.8	8.6–13.5	20.1	17.1–23.5	16.0	14.1–18.2	36.6	32.8–40.6	37.3	34.2–40.6	37.1	34.7–39.5
Republic of the Marshall Islands	11.6	—	19.0	—	15.3	—	48.9	—	58.2	—	53.7	—
Republic of Palau	11.0	—	21.1	—	16.1	—	24.1	—	21.2	—	22.6	—
<i>Median</i>	11.0		20.1		16.0		36.6		37.3		37.1	
<i>Range</i>	9.5–26.0		15.3–40.8		12.4–33.1		24.1–51.0		21.2–58.2		22.6–53.7	

* One or more times during the 12 months before the survey.

† For example, car, clothing, or books.

§ 95% confidence interval.

¶ Not available.

TABLE 9. Percentage of high school students who did not go to school because they felt unsafe at school or on their way to or from school,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	19.2	—§	23.0	—	21.2	—
Commonwealth of the Northern Mariana Islands	8.4	—	8.9	—	8.8	—
Guam	14.1	12.0–16.4	10.5	8.3–13.1	12.3	10.8–13.9
Republic of the Marshall Islands	34.4	—	38.2	—	36.4	—
Republic of Palau	11.3	—	11.3	—	11.3	—
<i>Median</i>	14.1		11.3		12.3	
<i>Range</i>	8.4–34.4		8.9–38.2		8.8–36.4	

* On at least 1 day during the 30 days before the survey.

† 95% confidence interval.

§ Not available.

TABLE 10. Percentage of high school students who felt sad or hopeless,*† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI‡	%	CI	%	CI
American Samoa	45.5	—¶	37.9	—	41.9	—
Commonwealth of the Northern Mariana Islands	49.9	—	34.4	—	42.0	—
Guam	52.6	48.4–56.8	31.9	28.8–35.1	41.5	39.1–44.0
Republic of the Marshall Islands	46.3	—	48.2	—	47.3	—
Republic of Palau	43.8	—	29.4	—	37.1	—
<i>Median</i>	46.3		34.4		41.9	
<i>Range</i>	43.8–52.6		29.4–48.2		37.1–47.3	

* Almost every day for 2 or more weeks in a row so that they stopped doing some usual activities.

† During the 12 months before the survey.

‡ 95% confidence interval.

¶ Not available.

TABLE 11. Percentage of high school students who seriously considered attempting suicide* and who made a plan about how they would attempt suicide, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Seriously considered attempting suicide						Made a suicide plan					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	30.2	—§	20.8	—	25.7	—	31.1	—	22.4	—	26.8	—
Commonwealth of the Northern Mariana Islands	34.5	—	19.4	—	26.8	—	31.7	—	18.5	—	25.0	—
Guam	28.0	24.4–31.8	16.6	14.3–19.2	22.0	20.0–24.1	27.5	24.4–30.8	15.9	13.3–18.8	21.4	19.3–23.6
Republic of the Marshall Islands	25.9	—	25.3	—	25.6	—	29.0	—	30.8	—	30.0	—
Republic of Palau	37.6	—	19.6	—	28.9	—	31.6	—	18.7	—	25.4	—
<i>Median</i>	30.2		19.6		25.7		31.1		18.7		25.4	
<i>Range</i>	25.9–37.6		16.6–25.3		22.0–28.9		27.5–31.7		15.9–30.8		21.4–30.0	

* During the 12 months before the survey.

† 95% confidence interval.

§ Not available.

TABLE 12. Percentage of high school students who attempted suicide*† and whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Attempted suicide						Suicide attempt treated by a doctor or nurse					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	21.6	—¶	17.2	—	19.6	—	6.2	—	5.7	—	6.1	—
Commonwealth of the Northern Mariana Islands	22.6	—	11.8	—	17.3	—	5.4	—	3.5	—	4.4	—
Guam	21.3	17.9–25.1	12.2	9.5–15.4	16.9	14.8–19.2	4.8	3.3–6.9	2.8	1.8–4.5	3.8	2.8–5.1
Republic of the Marshall Islands	23.5	—	26.5	—	25.0	—	12.9	—	15.6	—	14.2	—
Republic of Palau	35.7	—	13.4	—	25.3	—	14.7	—	5.3	—	10.2	—
<i>Median</i>	22.6		13.4		19.6		6.2		5.3		6.1	
<i>Range</i>	21.3–35.7		11.8–26.5		16.9–25.3		4.8–14.7		2.8–15.6		3.8–14.2	

* During the 12 months before the survey.

† One or more times.

‡ 95% confidence interval.

¶ Not available.

TABLE 13. Percentage of high school students who ever smoked cigarettes, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime cigarette use*						Lifetime daily cigarette use†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	56.3	—¶	57.1	—	56.8	—	13.1	—	14.2	—	13.6	—
Commonwealth of the Northern Mariana Islands	78.7	—	77.6	—	78.1	—	15.2	—	14.3	—	14.7	—
Guam	67.6	62.9–72.0	71.6	68.0–74.9	69.7	66.6–72.6	16.2	13.2–19.7	17.8	14.9–21.1	17.0	14.8–19.5
Republic of the Marshall Islands	53.1	—	71.2	—	62.2	—	12.6	—	22.3	—	17.6	—
Republic of Palau	76.3	—	76.8	—	76.5	—	13.0	—	20.3	—	16.6	—
Median	67.6		71.6		69.7		13.1		17.8		16.6	
Range	53.1–78.7		57.1–77.6		56.8–78.1		12.6–16.2		14.2–22.3		13.6–17.6	

* Ever tried cigarette smoking, even one or two puffs.

† Ever smoked at least one cigarette every day for 30 days.

‡ 95% confidence interval.

¶ Not available.

TABLE 14. Percentage of high school students who currently smoked cigarettes, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Current cigarette use*						Current frequent cigarette use†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	25.4	—¶	22.9	—	24.2	—	6.7	—	11.5	—	9.1	—
Commonwealth of the Northern Mariana Islands	31.1	—	31.2	—	31.1	—	9.1	—	7.2	—	8.2	—
Guam	20.4	16.9–24.4	25.4	22.0–29.1	23.1	20.2–26.1	10.7	8.3–13.8	13.9	11.2–17.2	12.5	10.4–14.9
Republic of the Marshall Islands	24.4	—	40.9	—	32.4	—	5.3	—	21.3	—	13.1	—
Republic of Palau	30.6	—	44.4	—	37.6	—	2.6	—	19.3	—	11.0	—
Median	25.4		31.2		31.1		6.7		13.9		11.0	
Range	20.4–31.1		22.9–44.4		23.1–37.6		2.6–10.7		7.2–21.3		8.2–13.1	

* Smoked cigarettes on at least 1 day during the 30 days before the survey.

† Smoked cigarettes on 20 or more days during the 30 days before the survey.

‡ 95% confidence interval.

¶ Not available.

TABLE 15. Percentage of high school students who currently smoked more than 10 cigarettes per day* and who tried to quit smoking cigarettes,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Smoked more than 10 cigarettes per day						Tried to quit smoking cigarettes					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	6.5	—¶	18.1	—	11.8	—	86.5	—	82.5	—	84.5	—
Commonwealth of the Northern Mariana Islands	5.3	—	6.5	—	5.9	—	75.7	—	72.3	—	74.0	—
Guam	8.2	4.6–14.1	11.5	7.8–16.5	10.0	7.1–13.9	81.4	74.2–86.9	82.3	75.8–87.4	81.9	77.1–85.9
Republic of the Marshall Islands	6.1	—	7.5	—	6.9	—	91.7	—	87.6	—	89.3	—
Republic of Palau	—	—	7.8	—	4.7	—	—	—	70.8	—	75.0	—
Median	6.3		7.8		6.9		83.9		82.3		81.9	
Range	5.3–8.2		6.5–18.1		4.7–11.8		75.7–91.7		70.8–87.6		74.0–89.3	

* On the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes.

† During the 12 months before the survey, among students who currently smoked cigarettes.

‡ 95% confidence interval.

¶ Not available.

TABLE 16. Percentage of high school students who usually obtained their own cigarettes by buying them in a store or gas station* and who currently used smokeless tobacco,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Bought cigarettes in a store or gas station						Current smokeless tobacco use					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	13.3	—¶	17.0	—	14.9	—	2.7	—	6.8	—	4.7	—
Commonwealth of the Northern Mariana Islands	21.6	—	40.6	—	30.8	—	28.7	—	43.7	—	36.3	—
Guam	12.1	7.3–19.4	21.3	14.5–30.2	17.3	12.7–23.2	8.7	6.7–11.4	17.3	14.3–20.9	13.4	11.3–15.9
Republic of the Marshall Islands	21.4	—	33.4	—	28.1	—	21.6	—	42.3	—	32.0	—
Republic of Palau	—	—	12.8	—	15.7	—	39.0	—	35.5	—	37.3	—
<i>Median</i>	17.3		21.3		17.3		21.6		35.5		32.0	
<i>Range</i>	12.1–21.6		12.8–40.6		14.9–30.8		2.7–39.0		6.8–43.7		4.7–37.3	

* During the 30 days before the survey, among students who were aged <18 years and who currently smoked cigarettes.

† Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 17. Percentage of high school students who currently smoked cigars* and who currently used tobacco,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Current cigar use						Current tobacco use					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	6.1	—¶	11.4	—	8.8	—	26.1	—	24.6	—	25.4	—
Commonwealth of the Northern Mariana Islands	6.6	—	12.2	—	9.5	—	40.5	—	50.5	—	45.3	—
Guam	3.1	2.0–4.8	9.0	7.1–11.2	6.5	5.2–8.2	23.4	19.6–27.7	30.5	26.4–34.8	27.0	23.8–30.5
Republic of the Marshall Islands	19.7	—	29.8	—	24.9	—	28.1	—	50.7	—	38.8	—
Republic of Palau	22.5	—	31.8	—	27.1	—	47.4	—	54.1	—	50.9	—
<i>Median</i>	6.6		12.2		9.5		28.1		50.5		38.8	
<i>Range</i>	3.1–22.5		9.0–31.8		6.5–27.1		23.4–47.4		24.6–54.1		25.4–50.9	

* Smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey.

† Current cigarette use, current smokeless tobacco use, or current cigar use.

§ 95% confidence interval.

¶ Not available.

TABLE 18. Percentage of high school students who drank alcohol, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime alcohol use*						Current alcohol use†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	43.9	—¶	49.7	—	46.6	—	28.7	—	31.1	—	29.8	—
Commonwealth of the Northern Mariana Islands	70.5	—	69.1	—	69.8	—	39.5	—	42.6	—	41.1	—
Guam	68.0	63.2–72.5	69.1	64.9–73.1	68.5	64.8–72.0	33.4	29.0–38.2	36.2	32.2–40.4	34.9	31.9–38.0
Republic of the Marshall Islands	44.0	—	66.4	—	55.0	—	33.4	—	51.0	—	41.7	—
Republic of Palau	61.8	—	66.8	—	64.3	—	29.0	—	42.4	—	36.0	—
<i>Median</i>	61.8		66.8		64.3		33.4		42.4		36.0	
<i>Range</i>	43.9–70.5		49.7–69.1		46.6–69.8		28.7–39.5		31.1–51.0		29.8–41.7	

* Had at least one drink of alcohol on at least 1 day during their life.

† Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 19. Percentage of high school students who had five or more drinks of alcohol in a row* and who usually obtained the alcohol they drank by buying it in a store,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Episodic heavy drinking						Bought alcohol in a store					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	16.3	—¶	20.3	—	18.3	—	8.0	—	19.4	—	13.5	—
Commonwealth of the Northern Mariana Islands	21.3	—	29.2	—	25.5	—	—	—	—	—	—	—
Guam	16.3	13.1–20.2	21.6	18.3–25.3	19.2	16.5–22.2	10.1	6.3–15.7	17.6	13.0–23.4	14.0	10.8–18.0
Republic of the Marshall Islands	22.6	—	30.8	—	26.6	—	—§	—	—	—	—	—
Republic of Palau	15.6	—	31.0	—	23.3	—	—	—	17.0	—	12.7	—
<i>Median</i>	16.3		29.2		23.3		9.0		17.6		13.5	
<i>Range</i>	15.6–22.6		20.3–31.0		18.3–26.6		8.0–10.1		17.0–19.4		12.7–14.0	

* Within a couple of hours on at least 1 day during the 30 days before the survey.

† Such as a liquor store, convenience store, supermarket, discount store, or gas station, among students who currently drank alcohol during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 20. Percentage of high school students who used marijuana, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime marijuana use*						Current marijuana use†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	10.6	—¶	25.3	—	17.6	—	5.6	—	15.2	—	10.2	—
Commonwealth of the Northern Mariana Islands	48.7	—	61.0	—	54.9	—	26.3	—	37.5	—	31.9	—
Guam	40.6	35.3–46.1	49.9	45.5–54.3	45.5	41.7–49.4	20.5	17.3–24.1	25.6	21.8–29.7	23.3	20.7–26.1
Republic of the Marshall Islands	5.5	—	22.4	—	13.9	—	3.2	—	14.1	—	8.5	—
Republic of Palau	55.6	—	64.3	—	59.8	—	33.0	—	43.7	—	38.5	—
<i>Median</i>	40.6		49.9		45.5		20.5		25.6		23.3	
<i>Range</i>	5.5–55.6		22.4–64.3		13.9–59.8		3.2–33.0		14.1–43.7		8.5–38.5	

* Used marijuana one or more times during their life.

† Used marijuana one or more times during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 21. Percentage of high school students who used cocaine, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime cocaine use*						Current cocaine use†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	2.9	—¶	7.9	—	5.4	—	1.5	—	4.3	—	3.0	—
Commonwealth of the Northern Mariana Islands	2.8	—	6.3	—	4.7	—	1.7	—	4.0	—	2.9	—
Guam	2.5	1.4–4.4	6.4	4.7–8.7	4.6	3.6–6.0	1.0	0.5–2.0	2.8	1.9–4.2	2.0	1.4–2.8
Republic of the Marshall Islands	5.8	—	9.5	—	7.7	—	3.9	—	6.7	—	5.3	—
Republic of Palau	3.9	—	8.0	—	5.9	—	1.7	—	5.5	—	3.5	—
<i>Median</i>	2.9		7.9		5.4		1.7		4.3		3.0	
<i>Range</i>	2.5–5.8		6.3–9.5		4.6–7.7		1.0–3.9		2.8–6.7		2.0–5.3	

* Used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life.

† Used any form of cocaine one or more times during the 30 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 22. Percentage of high school students who injected illegal drugs* and who used inhalants,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime illegal injection-drug use						Lifetime inhalant use					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	3.8	—¶	8.0	—	5.9	—	10.6	—	12.6	—	11.6	—
Commonwealth of the Northern Mariana Islands	2.4	—	5.5	—	4.1	—	—	—	—	—	—	—
Guam	2.1	1.3–3.3	5.4	3.8–7.5	4.1	3.1–5.4	13.7	11.5–16.4	14.1	12.2–16.3	14.0	12.4–15.7
Republic of the Marshall Islands	14.1	—	15.8	—	15.0	—	—	—	—	—	—	—
Republic of Palau	3.8	—	6.5	—	5.1	—	7.3	—	10.5	—	8.8	—
<i>Median</i>	3.8		6.5		5.1		10.6		12.6		11.6	
<i>Range</i>	2.1–14.1		5.4–15.8		4.1–15.0		7.3–13.7		10.5–14.1		8.8–14.0	

* Used a needle to inject any illegal drug into their body one or more times during their life.

† Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.

§ 95% confidence interval.

¶ Not available.

TABLE 23. Percentage of high school students who took steroids,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	3.8	—§	9.4	—	6.5	—
Commonwealth of the Northern Mariana Islands	3.3	—	6.1	—	4.9	—
Guam	3.5	2.4–5.1	5.5	4.0–7.5	4.8	3.8–6.1
Republic of the Marshall Islands	—	—	—	—	—	—
Republic of Palau	4.6	—	6.0	—	5.3	—
<i>Median</i>	3.6		6.0		5.1	
<i>Range</i>	3.3–4.6		5.5–9.4		4.8–6.5	

* Took steroid pills or shots without a doctor's prescription one or more times during their life.

† 95% confidence interval.

§ Not available.

TABLE 24. Percentage of high school students who used heroin* and who used methamphetamines,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime heroin use						Lifetime methamphetamine use					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	2.7	—¶	7.9	—	5.3	—	2.7	—	8.6	—	5.7	—
Commonwealth of the Northern Mariana Islands	1.9	—	5.0	—	3.5	—	3.2	—	6.2	—	4.9	—
Guam	1.7	1.0–2.9	5.0	3.4–7.2	3.6	2.5–5.0	3.7	2.5–5.4	7.5	5.6–9.9	5.9	4.7–7.3
Republic of the Marshall Islands	7.5	—	11.6	—	9.6	—	10.5	—	15.4	—	13.1	—
Republic of Palau	3.3	—	7.3	—	5.2	—	4.3	—	9.9	—	7.1	—
<i>Median</i>	2.7		7.3		5.2		3.7		8.6		5.9	
<i>Range</i>	1.7–7.5		5.0–11.6		3.5–9.6		2.7–10.5		6.2–15.4		4.9–13.1	

* Used heroin (also called "smack," "junk," or "China White") one or more times during their life.

† Used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life.

§ 95% confidence interval.

¶ Not available.

TABLE 25. Percentage of high school students who used ecstasy (lifetime ecstasy use),* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	2.2	—§	7.7	—	5.0	—
Commonwealth of the Northern Mariana Islands	2.5	—	6.7	—	4.7	—
Guam	3.2	2.1–4.9	7.8	5.7–10.4	5.8	4.5–7.5
Republic of the Marshall Islands	—	—	—	—	—	—
Republic of Palau	4.9	—	9.1	—	6.9	—
<i>Median</i>	2.9		7.7		5.4	
<i>Range</i>	2.2–4.9		6.7–9.1		4.7–6.9	

* Used ecstasy (also called "MDMA") one or more times during their life.

† 95% confidence interval.

§ Not available.

TABLE 26. Percentage of high school students who smoked a whole cigarette and who drank alcohol* for the first time before age 13 years, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Smoked a whole cigarette before age 13 years						Drank alcohol before age 13 years					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	14.9	—§	18.8	—	16.8	—	10.5	—	17.4	—	13.9	—
Commonwealth of the Northern Mariana Islands	27.4	—	29.8	—	28.6	—	25.0	—	29.6	—	27.4	—
Guam	23.7	20.7–27.0	25.2	22.0–28.8	24.5	22.1–27.1	22.2	18.4–26.5	25.5	21.8–29.6	24.0	20.8–27.5
Republic of the Marshall Islands	6.2	—	7.5	—	6.9	—	6.9	—	14.8	—	10.9	—
Republic of Palau	19.4	—	25.7	—	22.7	—	15.4	—	26.4	—	20.8	—
<i>Median</i>	19.4		25.2		22.7		15.4		25.5		20.8	
<i>Range</i>	6.2–27.4		7.5–29.8		6.9–28.6		6.9–25.0		14.8–29.6		10.9–27.4	

* Other than a few sips.

† 95% confidence interval.

§ Not available.

TABLE 27. Percentage of high school students who tried marijuana for the first time before age 13 years, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI*	%	CI	%	CI
American Samoa	3.1	—†	11.0	—	7.0	—
Commonwealth of the Northern Mariana Islands	12.3	—	27.5	—	19.9	—
Guam	9.9	7.8–12.6	20.2	16.8–24.2	15.4	13.1–17.9
Republic of the Marshall Islands	3.0	—	6.0	—	4.5	—
Republic of Palau	9.4	—	29.0	—	18.9	—
<i>Median</i>	9.4		20.2		15.4	
<i>Range</i>	3.0–12.3		6.0–29.0		4.5–19.9	

* 95% confidence interval.

† Not available.

TABLE 28. Percentage of high school students who used tobacco on school property, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Smoked cigarettes on school property*						Used smokeless tobacco on school property†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	9.0	—¶	10.2	—	9.6	—	1.6	—	4.3	—	3.0	—
Commonwealth of the Northern Mariana Islands	7.3	—	6.1	—	6.7	—	22.3	—	35.0	—	28.7	—
Guam	8.7	6.6–11.3	11.5	9.3–14.2	10.2	8.5–12.2	5.8	4.3–7.8	12.2	9.5–15.5	9.3	7.6–11.4
Republic of the Marshall Islands	9.8	—	23.1	—	16.3	—	14.1	—	28.0	—	21.1	—
Republic of Palau	10.7	—	21.5	—	16.1	—	33.5	—	29.0	—	31.3	—
<i>Median</i>	9.0		11.5		10.2		14.1		28.0		21.1	
<i>Range</i>	7.3–10.7		6.1–23.1		6.7–16.3		1.6–33.5		4.3–35.0		3.0–31.3	

* On at least 1 day during the 30 days before the survey.

† Chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.

‡ 95% confidence interval.

¶ Not available.

TABLE 29. Percentage of high school students who drank alcohol* and who used marijuana on school property,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Drank alcohol on school property						Used marijuana on school property					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	8.5	—¶	10.3	—	9.4	—	3.1	—	7.8	—	5.3	—
Commonwealth of the Northern Mariana Islands	5.5	—	7.3	—	6.5	—	8.5	—	13.5	—	11.0	—
Guam	4.6	3.2–6.6	5.8	4.4–7.6	5.4	4.3–6.7	9.0	7.1–11.5	11.0	8.9–13.7	10.1	8.5–11.9
Republic of the Marshall Islands	11.7	—	18.9	—	15.3	—	2.3	—	6.7	—	4.5	—
Republic of Palau	5.8	—	7.9	—	6.8	—	15.8	—	25.9	—	20.9	—
<i>Median</i>	5.8		7.9		6.8		8.5		11.0		10.1	
<i>Range</i>	4.6–11.7		5.8–18.9		5.4–15.3		2.3–15.8		6.7–25.9		4.5–20.9	

* At least one drink of alcohol on at least 1 day during the 30 days before the survey.

† One or more times during the 30 days before the survey.

‡ 95% confidence interval.

¶ Not available.

TABLE 30. Percentage of high school students who were offered, sold, or given an illegal drug by someone on school property,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	23.6	—§	30.2	—	26.8	—
Commonwealth of the Northern Mariana Islands	29.9	—	42.3	—	36.3	—
Guam	30.7	27.3–34.2	42.0	38.2–45.9	36.8	33.8–39.9
Republic of the Marshall Islands	19.7	—	28.5	—	24.1	—
Republic of Palau	29.0	—	28.3	—	28.7	—
<i>Median</i>	29.0		30.2		28.7	
<i>Range</i>	19.7–30.7		28.3–42.3		24.1–36.8	

* During the 12 months before the survey.

† 95% confidence interval.

§ Not available.

TABLE 31. Percentage of high school students who ever had sexual intercourse and who had sexual intercourse for the first time before age 13 years, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Ever had sexual intercourse						Had first sexual intercourse before age 13 years					
	Female		Male		Total		Female		Male		Total	
	%	CI*	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	23.4	—†	42.6	—	32.0	—	3.8	—	11.6	—	7.4	—
Commonwealth of the Northern Mariana Islands	48.2	—	51.3	—	49.7	—	6.5	—	13.2	—	9.8	—
Guam	45.1	39.3–51.0	44.9	40.3–49.6	45.0	40.9–49.2	6.3	4.6–8.7	10.1	7.8–13.2	8.3	6.7–10.3
Republic of the Marshall Islands	47.0	—	72.0	—	59.0	—	3.0	—	14.3	—	8.3	—
Republic of Palau	29.7	—	50.4	—	39.4	—	3.0	—	17.1	—	9.5	—
<i>Median</i>	45.1		50.4		45.0		3.8		13.2		8.3	
<i>Range</i>	23.4–48.2		42.6–72.0		32.0–59.0		3.0–6.5		10.1–17.1		7.4–9.8	

* 95% confidence interval.

† Not available.

TABLE 32. Percentage of high school students who had sexual intercourse with four or more persons during their life and who were currently sexually active,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Had sexual intercourse with four or more persons during their life						Currently sexually active					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	4.7	—§	18.9	—	11.2	—	14.4	—	26.6	—	20.0	—
Commonwealth of the Northern Mariana Islands	10.1	—	19.6	—	14.7	—	34.0	—	34.3	—	34.1	—
Guam	9.7	7.4–12.5	12.2	9.7–15.3	11.0	9.2–13.1	32.8	28.3–37.7	26.9	23.0–31.1	29.9	26.6–33.3
Republic of the Marshall Islands	10.4	—	29.0	—	19.2	—	34.0	—	45.4	—	39.3	—
Republic of Palau	4.8	—	30.8	—	16.9	—	20.6	—	35.0	—	27.3	—
<i>Median</i>	9.7		19.6		14.7		32.8		34.3		29.9	
<i>Range</i>	4.7–10.4		12.2–30.8		11.0–19.2		14.4–34.0		26.6–45.4		20.0–39.3	

* Had sexual intercourse with at least one person during the 3 months before the survey.

† 95% confidence interval.

§ Not available.

TABLE 33. Percentage of high school students who used a condom during last sexual intercourse* and who used birth control pills before last sexual intercourse,*† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Condom use						Birth control pill use					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	34.5	—¶	45.7	—	41.2	—	4.0	—	2.9	—	3.8	—
Commonwealth of the Northern Mariana Islands	34.0	—	46.6	—	40.1	—	8.7	—	12.4	—	10.5	—
Guam	27.0	21.7–33.1	44.6	35.8–53.7	35.1	30.2–40.4	5.9	3.5–9.8	8.4	4.9–14.0	7.0	4.7–10.2
Republic of the Marshall Islands	47.5	—	52.8	—	50.2	—	6.2	—	9.2	—	7.8	—
Republic of Palau	—	—	—	—	49.4	—	—	—	—	—	9.3	—
<i>Median</i>	34.3		46.2		41.2		6.0		8.8		7.8	
<i>Range</i>	27.0–47.5		44.6–52.8		35.1–50.2		4.0–8.7		2.9–12.4		3.8–10.5	

* Among students who were currently sexually active.

† To prevent pregnancy.

§ 95% confidence interval.

¶ Not available.

TABLE 34. Percentage of high school students who drank alcohol or used drugs before last sexual intercourse* and who were ever taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Drank alcohol or used drugs before last sexual intercourse						Were taught in school about AIDS or HIV infection					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	27.3	—§	38.2	—	33.9	—	57.1	—	52.1	—	54.6	—
Commonwealth of the Northern Mariana Islands	19.9	—	37.5	—	28.4	—	85.0	—	79.9	—	82.3	—
Guam	11.2	7.2–17.1	24.2	18.6–31.0	17.0	13.5–21.2	87.9	84.7–90.5	82.9	79.8–85.6	85.2	82.7–87.4
Republic of the Marshall Islands	26.2	—	40.5	—	33.8	—	44.6	—	47.3	—	46.0	—
Republic of Palau	—	—	—	—	36.3	—	77.1	—	80.5	—	78.8	—
<i>Median</i>	23.0		37.8		33.8		77.1		79.9		78.8	
<i>Range</i>	11.2–27.3		24.2–40.5		17.0–36.3		44.6–87.9		47.3–82.9		46.0–85.2	

* Among students who were currently sexually active.

† 95% confidence interval.

§ Not available.

TABLE 35. Percentage of high school students who ate fruits and vegetables* five or more times per day† and who drank three or more glasses per day of milk,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Ate fruits and vegetables five or more times per day						Drank three or more glasses per day of milk					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	27.3	—¶	27.1	—	27.2	—	13.5	—	18.7	—	15.9	—
Commonwealth of the Northern Mariana Islands	18.2	—	24.1	—	21.3	—	7.3	—	15.6	—	11.5	—
Guam	16.5	13.9–19.6	16.0	13.5–18.9	16.4	14.3–18.6	5.1	3.7–7.0	7.8	5.9–10.1	6.5	5.3–8.0
Republic of the Marshall Islands	—	—	—	—	—	—	13.0	—	12.8	—	12.9	—
Republic of Palau	17.0	—	22.6	—	19.8	—	8.8	—	9.0	—	8.9	—
<i>Median</i>	17.6		23.3		20.5		8.8		12.8		11.5	
<i>Range</i>	16.5–27.3		16.0–27.1		16.4–27.2		5.1–13.5		7.8–18.7		6.5–15.9	

* 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

† During the 7 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 36. Percentage of high school students who drank a can, bottle, or glass of soda or pop* at least one time per day,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	39.1	—¶	30.5	—	34.9	—
Commonwealth of the Northern Mariana Islands	—	—	—	—	—	—
Guam	22.1	19.0–25.4	22.3	18.6–26.5	22.1	20.0–24.4
Republic of the Marshall Islands	—	—	—	—	—	—
Republic of Palau	35.9	—	39.1	—	37.6	—
<i>Median</i>	35.9		30.5		34.9	
<i>Range</i>	22.1–39.1		22.3–39.1		22.1–37.6	

* Not including diet soda or diet pop.

† During the 7 days before the survey.

§ 95% confidence interval.

¶ Not available.

TABLE 37. Percentage of high school students who met recommended levels of physical activity* and who did not participate in 60 or more minutes of physical activity on any day,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Met recommended levels of physical activity						Did not participate in 60 or more minutes of physical activity on any day					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	17.9	—¶	28.0	—	22.8	—	30.8	—	30.3	—	30.6	—
Commonwealth of the Northern Mariana Islands	—	—	—	—	—	—	—	—	—	—	—	—
Guam	24.7	21.3–28.6	36.9	33.1–40.8	31.1	28.7–33.6	23.5	20.5–26.7	16.0	13.0–19.6	19.5	17.4–21.8
Republic of the Marshall Islands	—	—	—	—	—	—	—	—	—	—	—	—
Republic of Palau	29.6	—	42.8	—	36.0	—	24.9	—	16.6	—	20.8	—
<i>Median</i>	24.7		36.9		31.1		24.9		16.6		20.8	
<i>Range</i>	17.9–29.6		28.0–42.8		22.8–36.0		23.5–30.8		16.0–30.3		19.5–30.6	

* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on 5 or more days during the 7 days before the survey.

† Did not participate in 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey.

‡ 95% confidence interval.

¶ Not available.

TABLE 38. Percentage of high school students who played video or computer games or used a computer* for 3 or more hours per day† and who watched 3 or more hours per day of television,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Used computers 3 or more hours per day						Watched television 3 or more hours per day					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	23.3	—¶	27.8	—	25.4	—	38.1	—	31.5	—	34.9	—
Commonwealth of the Northern Mariana Islands	—	—	—	—	—	—	32.9	—	31.5	—	32.1	—
Guam	33.0	28.8–37.6	32.2	29.1–35.4	32.7	30.4–35.1	40.7	37.2–44.3	33.7	30.3–37.2	36.9	34.4–39.5
Republic of the Marshall Islands	—	—	—	—	—	—	18.1	—	20.4	—	19.3	—
Republic of Palau	12.7	—	22.8	—	17.7	—	31.3	—	32.3	—	31.9	—
<i>Median</i>	23.3		27.8		25.4		32.9		31.5		32.1	
<i>Range</i>	12.7–33.0		22.8–32.2		17.7–32.7		18.1–40.7		20.4–33.7		19.3–36.9	

* For something that was not school work.

† On an average school day.

‡ 95% confidence interval.

¶ Not available.

TABLE 39. Percentage of high school students who attended physical education (PE) classes, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Attended PE classes*						Attended PE classes daily†					
	Female		Male		Total		Female		Male		Total	
	%	CI‡	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	57.7	—¶	57.9	—	57.8	—	28.4	—	23.2	—	25.9	—
Commonwealth of the Northern Mariana Islands	41.2	—	47.5	—	44.4	—	28.6	—	30.0	—	29.3	—
Guam	44.2	35.2–53.7	46.2	38.9–53.6	45.3	37.7–53.0	9.4	7.1–12.3	11.9	9.6–14.6	10.7	8.8–12.8
Republic of the Marshall Islands	50.8	—	61.1	—	55.9	—	13.7	—	15.8	—	14.7	—
Republic of Palau	39.4	—	51.7	—	45.4	—	26.9	—	34.5	—	30.7	—
<i>Median</i>	44.2		51.7		45.4		26.9		23.2		25.9	
<i>Range</i>	39.4–57.7		46.2–61.1		44.4–57.8		9.4–28.6		11.9–34.5		10.7–30.7	

* On 1 or more days in an average week when they were in school.

† 5 days in an average week when they were in school.

‡ 95% confidence interval.

¶ Not available.

TABLE 40. Percentage of high school students who played on at least one sports team,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	57.7	—§	71.6	—	64.3	—
Commonwealth of the Northern Mariana Islands	31.3	—	52.0	—	41.8	—
Guam	36.4	32.4–40.7	50.4	46.3–54.4	43.7	40.7–46.7
Republic of the Marshall Islands	64.4	—	68.2	—	66.3	—
Republic of Palau	47.2	—	64.0	—	55.4	—
<i>Median</i>	47.2		64.0		55.4	
<i>Range</i>	31.3–64.4		50.4–71.6		41.8–66.3	

* Run by their school or community groups during the 12 months before the survey.

† 95% confidence interval.

§ Not available.

TABLE 41. Percentage of high school students who were obese*† and who were overweight,†§ by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Obese						Overweight					
	Female		Male		Total		Female		Male		Total	
	%	CI¶	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	35.5	—**	41.6	—	38.6	—	22.3	—	17.7	—	19.9	—
Commonwealth of the Northern Mariana Islands	12.9	—	16.0	—	14.5	—	17.5	—	16.3	—	16.9	—
Guam	10.5	8.1–13.3	20.6	17.8–23.7	15.9	14.0–18.0	15.4	12.8–18.4	15.2	12.9–17.8	15.3	13.7–17.1
Republic of the Marshall Islands	24.0	—	27.2	—	25.6	—	17.3	—	12.8	—	15.0	—
Republic of Palau	8.8	—	13.9	—	11.3	—	17.5	—	13.3	—	15.4	—
<i>Median</i>	12.9		20.6		15.9		17.5		15.2		15.4	
<i>Range</i>	8.8–35.5		13.9–41.6		11.3–38.6		15.4–22.3		12.8–17.7		15.0–19.9	

* Students who were ≥95th percentile for body mass index (BMI), by age and sex, based on reference data.

† Previous Youth Risk Behavior Survey reports used the term “overweight” to describe youth with a BMI ≥95th percentile for age and sex and “at risk for overweight” for those with a BMI ≥85th percentile and <95th percentile. However, this report uses the terms “obese” and “overweight” in accordance with the 2007 recommendations from the Expert Committee on the Assessment, Prevention, and Treatment of Child and Adolescent Overweight and Obesity convened by the American Medical Association (AMA) and cofunded by AMA in collaboration with the Health Resources and Services Administration and CDC.

§ Students who were ≥85th percentile but <95th percentile for BMI, by age and sex, based on reference data.

¶ 95% confidence interval.

** Not available.

TABLE 42. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Described themselves as overweight						Were trying to lose weight					
	Female		Male		Total		Female		Male		Total	
	%	CI*†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	27.1	—†	18.0	—	22.6	—	60.6	—	48.1	—	54.4	—
Commonwealth of the Northern Mariana Islands	30.8	—	19.6	—	25.1	—	58.6	—	38.8	—	48.4	—
Guam	32.3	27.9–37.0	28.1	24.5–32.0	30.1	27.1–33.4	58.2	54.0–62.4	39.9	36.2–43.8	48.6	45.5–51.7
Republic of the Marshall Islands	8.9	—	9.6	—	9.2	—	40.8	—	33.4	—	37.1	—
Republic of Palau	18.2	—	17.2	—	17.6	—	34.2	—	27.3	—	30.7	—
<i>Median</i>	27.1		18.0		22.6		58.2		38.8		48.4	
<i>Range</i>	8.9–32.3		9.6–28.1		9.2–30.1		34.2–60.6		27.3–48.1		30.7–54.4	

* 95% confidence interval.

† Not available.

TABLE 43. Percentage of high school students who ate less food, fewer calories, or low-fat foods* and who exercised,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Ate less food, fewer calories, or low-fat foods to lose weight or to keep from gaining weight						Exercised to lose weight or to keep from gaining weight					
	Female		Male		Total		Female		Male		Total	
	%	CI†	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	48.6	—§	47.8	—	48.2	—	67.5	—	69.3	—	68.4	—
Commonwealth of the Northern Mariana Islands	43.8	—	34.2	—	38.9	—	61.6	—	65.6	—	63.7	—
Guam	46.0	41.3–50.8	36.8	32.9–40.9	41.3	38.2–44.5	63.1	59.0–67.0	63.4	59.8–66.7	63.3	60.7–65.8
Republic of the Marshall Islands	50.9	—	54.3	—	52.5	—	60.4	—	62.2	—	61.3	—
Republic of Palau	37.7	—	47.4	—	42.4	—	51.0	—	63.1	—	56.9	—
<i>Median</i>	46.0		47.4		42.4		61.6		63.4		63.3	
<i>Range</i>	37.7–50.9		34.2–54.3		38.9–52.5		51.0–67.5		62.2–69.3		56.9–68.4	

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† 95% confidence interval.

§ Not available.

TABLE 44. Percentage of high school students who did not eat for 24 or more hours* and who took diet pills, powders, or liquids,*† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Did not eat for 24 or more hours to lose weight or to keep from gaining weight						Took diet pills, powders, or liquids to lose weight or to keep from gaining weight†					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	29.4	—¶	27.6	—	28.6	—	8.8	—	18.5	—	13.5	—
Commonwealth of the Northern Mariana Islands	19.2	—	13.3	—	16.2	—	5.2	—	6.2	—	5.7	—
Guam	19.1	16.7–21.8	15.9	13.0–19.3	17.4	15.3–19.8	6.1	4.6–8.0	10.1	7.8–12.9	8.2	6.7–9.9
Republic of the Marshall Islands	34.7	—	34.5	—	34.5	—	22.0	—	26.9	—	24.4	—
Republic of Palau	24.4	—	27.1	—	25.8	—	13.3	—	10.8	—	12.0	—
<i>Median</i>	24.4		27.1		25.8		8.8		10.8		12.0	
<i>Range</i>	19.1–34.7		13.3–34.5		16.2–34.5		5.2–22.0		6.2–26.9		5.7–24.4	

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† Without a doctor's advice.

§ 95% confidence interval.

¶ Not available.

TABLE 45. Percentage of high school students who vomited or took laxatives,* by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Female		Male		Total	
	%	CI†	%	CI	%	CI
American Samoa	9.5	—§	19.2	—	14.2	—
Commonwealth of the Northern Mariana Islands	9.1	—	5.9	—	7.6	—
Guam	9.5	7.6–11.7	8.8	6.5–12.0	9.2	7.6–11.1
Republic of the Marshall Islands	23.6	—	26.5	—	25.0	—
Republic of Palau	14.8	—	12.1	—	13.5	—
<i>Median</i>	9.5		12.1		13.5	
<i>Range</i>	9.1–23.6		5.9–26.5		7.6–25.0	

* To lose weight or to keep from gaining weight during the 30 days before the survey.

† 95% confidence interval.

§ Not available.

TABLE 46. Percentage of high school students who had lifetime asthma* and who had current asthma,† by sex — Pacific Island U.S. Territories, Youth Risk Behavior Survey, 2007

Territory	Lifetime asthma						Current asthma					
	Female		Male		Total		Female		Male		Total	
	%	CI§	%	CI	%	CI	%	CI	%	CI	%	CI
American Samoa	14.4	—¶	17.9	—	16.2	—	5.4	—	5.9	—	5.7	—
Commonwealth of the Northern Mariana Islands	—	—	—	—	—	—	—	—	—	—	—	—
Guam	16.1	13.7–18.8	20.7	18.1–23.5	18.5	16.7–20.6	6.6	5.2–8.3	6.5	5.1–8.1	6.5	5.4–7.8
Republic of the Marshall Islands	—	—	—	—	—	—	—	—	—	—	—	—
Republic of Palau	15.0	—	16.3	—	15.6	—	6.4	—	5.2	—	5.8	—
<i>Median</i>	<i>15.0</i>		<i>17.9</i>		<i>16.2</i>		<i>6.4</i>		<i>5.9</i>		<i>5.8</i>	
<i>Range</i>	<i>14.4–16.1</i>		<i>16.3–20.7</i>		<i>15.6–18.5</i>		<i>5.4–6.6</i>		<i>5.2–6.5</i>		<i>5.7–6.5</i>	

* Ever told by a doctor or nurse that they had asthma.

† Ever told by a doctor or nurse that they had asthma and still have asthma.

§ 95% confidence interval.

¶ Not available.

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