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Youth Risk Behavior Survey 2011



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A total of 3,492 Hamilton County high school students from 19 public and six private schools completed the survey between October 2010 and January 2011.

Classroom teachers administered surveys using a protocol to enhance the confidentiality of student responses. Participation was voluntary, and either parents or students could choose not to participate. Overall student response rate was 69.6%, with non-response based on student absenteeism and student or parent refusal.

Previous YRBS studies were conducted in 1998 (2,990 surveys completed) and 2002 (2,752 surveys completed).

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Health Risk Behaviors of Hamilton County High School Students

While Hamilton County high school students are still engaging in risk behaviors at concerning rates, a new Youth Risk Behavior Survey (YRBS) showed substantive improvements in almost every risk behavior category, when compared to the first Hamilton County YRBS in 1998. The percentage of students who engaged in two or more risky behaviors – smoking, drinking, marijuana use, and sexual intercourse – decreased from 41 percent in 1998 to 28 percent in 2011, while the percentage of students not engaging in any of the behaviors increased from 38 percent in 1998 to 50 percent in 2011.

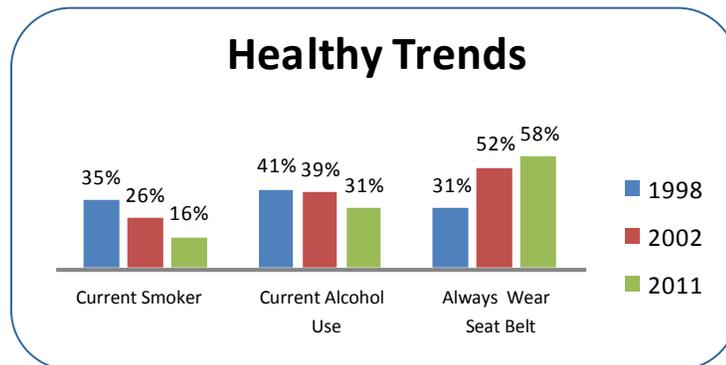
Compared to the most recent data for the state of Tennessee, Hamilton County youth were significantly less likely to have ever tried cigarettes, ever had sexual intercourse, have seriously considered suicide in the past 12 months, and to be enrolled in physical education classes. Compared to the most recent nationwide data, Hamilton County youth were significantly less likely to drink alcohol, have been offered illegal drugs at school, have driven or ridden with someone under the influence of alcohol, and to have seriously considered suicide. Hamilton County youth were more likely than youth nationwide to have carried a weapon in the past month and less likely to be enrolled in physical education.

The YRBS is a self-administered anonymous questionnaire designed by the Centers for Disease Control, which tracks youth risk behaviors in six categories: behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and drug use, sexual behaviors, dietary behaviors, and physical activity. This is the first in a series of five reports based on survey data. Future reports will focus on specific topics, including sexual behaviors; tobacco, alcohol and drug use; behaviors that contribute to violence; and nutrition and physical activity.

HEALTHY TRENDS: Teen Smoking and Alcohol Use Down; Seat Belt Use Up

Since 1998, there have been substantive positive changes in smoking, alcohol use and injury risk behaviors.

- **Ever tried cigarettes :**
decreased from 72% in 1998 to 43% in 2011.
- **Ever tried alcohol:**
(more than a few sips) decreased from 72% in 1998 to 63% in 2011.
- **Rode with a driver who had been drinking:**
decreased from 31% in 1998 to 21% in 2011.



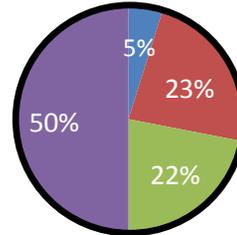
EXTREME, MULTIPLE AND MINIMAL RISK-TAKERS

Some students reported currently engaging in multiple risk behaviors.

Students were classified into 4 risk categories based on their current participation in four key risk behaviors: smoking, alcohol use, marijuana use, and sexual intercourse.

- Extreme risk-takers - all 4 risks (5%)
- Multiple risk-takers - 2 or 3 risks (23%)
- Minimal risk-takers - 1 risk (22%)
- Non risk-takers - no risks (50%)

Number of Current Risk Behaviors



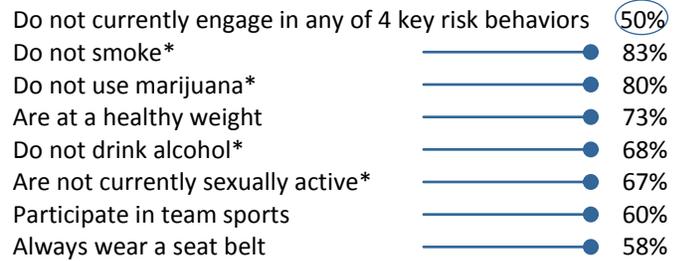
- Extreme (All 4 risks)
- Multiple (2-3 risks)
- Minimal (1 risk)
- No Risks

NON RISK-TAKERS

Most students did not engage in risky behaviors.

- 50% of Hamilton County students were categorized as non risk-takers. These students were not currently engaged in any of the four key behaviors: smoking, drinking, using marijuana, or sexual intercourse.
- The percentage of non risk-takers declined with grade level; 66% of 9th graders compared to 36% of 12th graders.

Healthy Choices



* Denotes the four key risk behaviors

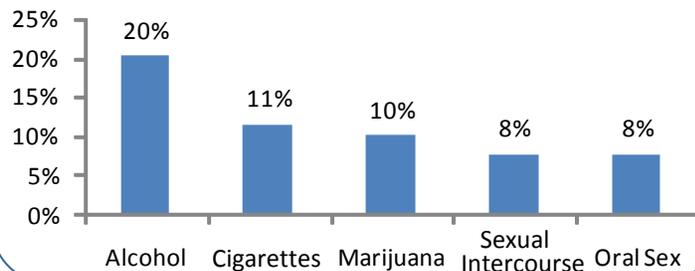
RISKY BEHAVIORS OFTEN START BEFORE HIGH SCHOOL

Risky behaviors begin early for some local youth, often before the age of 13.

Students were asked how old they were when they first experimented with alcohol, cigarettes, marijuana, sexual intercourse, and oral sex. The chart on the right illustrates the percentages of all students reporting trying each behavior before age 13.

- Males students were more likely than female students to report early initiation of all five risk behaviors.
- Black students were more likely than white or Latino students to report early initiation of alcohol use, marijuana use, and sexual behaviors.

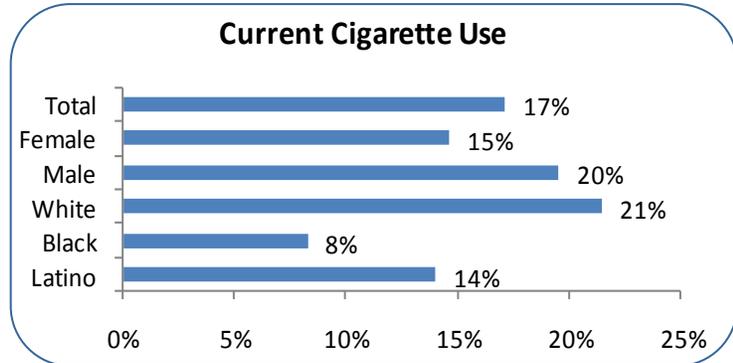
Reported Behaviors before Age 13



TOBACCO USE

17% of students reported they currently smoke cigarettes.*

- Smoking increased by grade level, rising from 11% of 9th graders to 25% of 12th graders.
- 12% of students who smoked reported smoking a half a pack or more per day.
- Overall, 11% of students reported smokeless tobacco use in the past 30 days. Males were almost seven times more likely to report this behavior than females (20% vs. 3%).

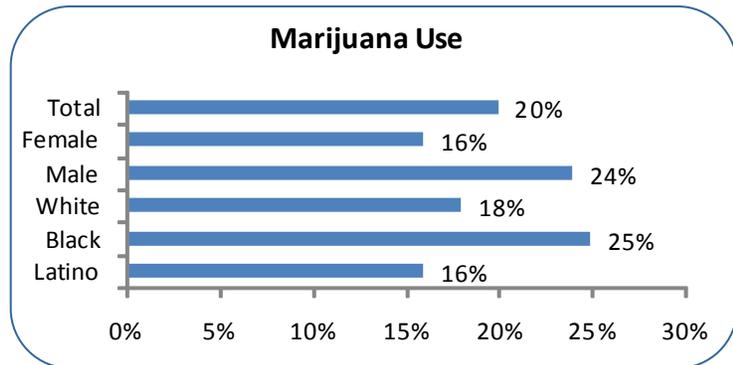


* Defined as smoking within past 30 days

MARIJUANA AND OTHER DRUG USE

One in five students reported having used marijuana within the past 30 days.

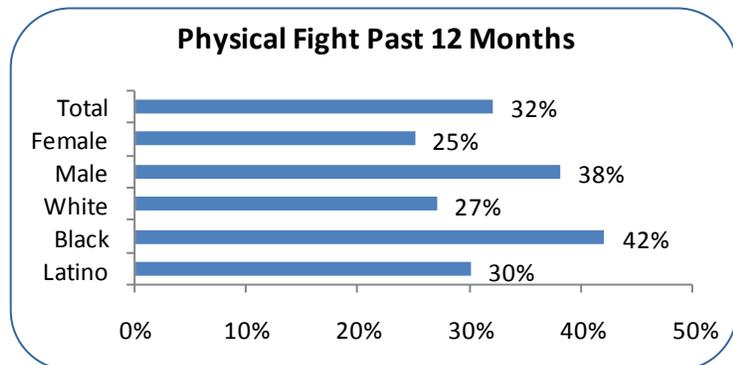
- 36% reported ever trying marijuana.
- 15% reported ever using prescription drugs such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax without a doctor's prescription.
- 11% of students reported ever using inhalants.
- 6% of student reported having used ecstasy.



INTENTIONAL INJURIES

Almost one in three (32%) of students reported having been in a fight over the past 12 months .

- 22% of students reported carrying a gun, knife, or club within the past 30 days. 24% of white, 17% of black, and 21% of Latinos reported carrying one of these weapons. 8% of students reported carrying a gun.
- 11% of both male and female students reported having been intentionally harmed by a boyfriend or girlfriend within the past 12 months.
- 8% of students reported ever having been forced to have sexual intercourse.



YOUTH RISK BEHAVIORS - TRENDS AND COMPARISONS

	Hamilton County 1998	Hamilton County 2002	Hamilton County 2011	State of TN 2009	United States 2009
SUBSTANTIVE CHANGES IN HAMILTON COUNTY					
TOBACCO USE					
Ever tried cigarettes	72%	59%	43%	51%*	46%
Current smoker (past 30 days)	35%	26%	17%	21%	20%
ALCOHOL AND DRUG USE					
Ever drank alcohol	72%	72%	63%	68%	73%*
Current alcohol user (past 30 days)	41%	39%	32%	34%	42%*
Current marijuana use (past 30 days)	24%	23%	20%	20%	21%
Ever used inhalants	20%	13%	11%	12%	12%
Offered/sold/given illegal drugs at school (past 12 months)	33%	28%	19%	19%	23%*
INJURY RISKS					
Rarely/never wear seat belt	23%	12%	7%	10%	10%
Rode with driver under influence of alcohol (past 30 days)	31%	27%	21%	22%	28%*
Drove under the influence (past 30 days)	11%	12%	5%	8%	10%*
Seriously considered suicide (past 12 months)	24%	16%	10%	14%*	14%*
SEXUAL BEHAVIORS					
Ever had sexual intercourse	58%	44%	46%	53%*	46%
Had sexual intercourse past 3 months	39%	30%	33%	39%	34%
Had 4+ sexual partners (lifetime)	22%	14%	15%	17%	14%
HEALTH AND WELLNESS					
Enrolled in physical education class	32%	39%	42%	33%*	56%*
3+ hours non-school related computer on typical school day	N/A	14%	26%	26%	25%
MULTIPLE RISK BEHAVIORS					
Extreme risk-taker	10%	8%	5%	N/A	N/A
Multiple risk-taker	31%	26%	23%	N/A	N/A
Minimal risk-taker	22%	22%	22%	N/A	N/A
Non risk-taker	38%	44%	50%	N/A	N/A
NO SUBSTANTIVE CHANGES IN HAMILTON COUNTY					
HEALTH AND WELLNESS					
Overweight (85th percentile)	N/A	15%	15%	16%	16%
Obese (95th percentile)	N/A	12%	12%	16%	12%
YOUTH VIOLENCE					
Carried weapon such as a gun/ knife/club (past 30 days)	24%	22%	22%	21%	18%*
Physical fight (past 12 months)	34%	32%	32%	32%	32%

State and National Comparisons: An asterisk (*) denotes state or national findings which are significantly different from 2011 Hamilton County findings based on non-overlapping 95% confidence intervals. Confidence intervals were calculated using CDC protocols and vary by question, based on question response rates.

Year-to-Year Comparisons for Hamilton County: Substantive differences in year-to-year data were identified through chi-square analysis. This is the third local YRBS – previous surveys were conducted in 1998 and 2002. In 1998, a sample of 2,990 public school students completed the survey. The 2002 survey included a sample of 2,752 students from both public and three private high schools. The 2011 study included a sample of 3,492 students from both public and six private high schools. All three surveys included a sample of students from each of the Hamilton County public high schools (except for the alternative school).