

Connecticut Department of Public Health

# 2005 Connecticut School Health Survey



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CONNECTICUT DEPARTMENT OF  
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# 2005 CONNECTICUT SCHOOL HEALTH SURVEY

MARCH 2007

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

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M. Jodi Rell  
Governor  
State of Connecticut

J. Robert Galvin, M.D., M.P.H.  
Commissioner  
Connecticut Department of Public Health

Richard Edmonds  
Branch Chief  
Public Health Initiatives Branch

Meg Hooper  
Branch Chief  
Planning Branch

Diane Aye, M.P.H., Ph.D.  
Epidemiologist  
Connecticut School Health Survey Coordinator  
Planning Branch

*Report written and prepared by:*  
Dawn M. Sorosiak, B.S., M.B.A.  
Epidemiologist  
Public Health Initiatives Branch

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Yvonne Cheek  
Tom Condren, M.P.H.  
Nancy Dickman  
Bonnie J. Edmondson, Ed.D.  
Vivian Henry

Susan J. Hewes, M.P.H.  
Celeste Jorge, B.A.  
Julianne Konopka, B.S., M.B.A.  
Barbara Metcalf Walsh, B.S.  
Marijane Mitchell, B.A., M.S.

Mukhtar Mohamed, M.A., M.P.H.  
Cheryl Resha, Ed.D., R.N.  
Richard Rodriguez, B.S.  
Katie Shuttleworth, B.A.

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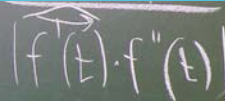
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# YOUTH TOBACCO COMPONENT



A chalkboard with a handwritten mathematical formula. The formula is  $f'(t) \cdot f''(t)$ . The first derivative  $f'(t)$  is written with a small 'T' above the prime symbol. The second derivative  $f''(t)$  is written with two prime symbols above the 't'. The entire expression is enclosed in large parentheses.

# INTRODUCTION TO THE YOUTH TOBACCO COMPONENT OF THE CONNECTICUT SCHOOL HEALTH SURVEY

*In spite of recent progress in reducing smoking, 17.0% of Connecticut high school students and 16.5% of Connecticut adults still smoke cigarettes. In 2006, more than 500,000 US kids will become regular smokers, and as a result, an estimated 5 million children alive today will die prematurely from smoking-related illnesses. Nearly 90% of adults who smoke took their first puff on a cigarette before the age of 18. According to the US Centers for Disease Control and Prevention (CDC), 1,200 Americans die every day from diseases caused by smoking and exposure to secondhand smoke, totaling about 438,000 deaths per year. Smokers lose an average of 13 or 14 years of life because of their smoking, and tobacco use remains the leading cause of preventable death in the United States. The tax payer yearly federal and state tax burden from smoking is about \$70.7 billion or \$656 per Connecticut household, and smoking-caused health costs and productivity losses per pack of cigarettes sold in the US are conservatively estimated to be \$10.28.<sup>1</sup> Tobacco use takes a devastating toll on health, families, and budgets in Connecticut and across the nation.*

The Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YTC of the survey provides valuable data to guide and evaluate youth tobacco prevention efforts and cessation programs within our state; it asks questions on tobacco use prevalence, initiation, access, cessation, knowledge and attitudes, school-related tobacco issues, mass media influences, and environmental tobacco smoke. Between February and June 2005, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with CDC, the Connecticut Department of Education, and partners from local school health districts and local health departments. The survey was administered to a representative sample of all regular public middle (grade 6-8) and high school (grades 9-12) students in Connecticut. In 2000 and 2002, the YTC of the CSHS was administered as the Connecticut Youth Tobacco Survey (CYTS). The CYTS consisted of the same core questions as the CSHS's YTC but was administered to regular middle and high school students in public and private schools in Connecticut.

The 2005 YTC was made up of 82 questions developed by CDC and DPH. In total, 2,108 students from 41 middle schools and 2,248 students from 45 high schools completed the survey (see Youth Tobacco Component Survey Instrument & Sampling Design for more details, p. 68). Results are reported separately for middle school students (grades 6-8) and high school students (grades 9-12). When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white non-Hispanic, black non-Hispanic, and Hispanic).<sup>2</sup> To help the reader discern true differences between comparison groups, findings that are statistically significant at the  $p \leq 0.05$  level are emphasized as "significant" differences. Also throughout this data report, comparisons are made between Connecticut and US students; all of the national data used in the YTC section of this report were obtained from the Centers for Disease Control and Prevention, National Youth Tobacco Survey—United States, 2004; Surveillance Summaries, April 1, 2005; MMWR 2005; 54 (No. SS-12).

For the reader's convenience, a *Glossary of Terms* is provided at the end of this report. Also, unless otherwise noted, all data presented and discussed in the YTC section of this report are referring to regular public school students in middle school (grades 6-8) and high school (grades 9-12) in Connecticut.

In the YTC section of the report, a reference to *Healthy People 2010* objectives is made where appropriate. *Healthy People 2010* (HP 2010) is a US Department of Health and Human Services national strategy for improving the health of American people. HP 2010 includes 21 specific objectives that are associated with reducing illness, disability, and death that result from tobacco use and environmental tobacco smoke (secondhand smoke) exposure. Most of the HP 2010 youth tobacco objectives relate only to high school students.

The next CSHS will be administered in the spring of 2007.

<sup>1</sup><http://tobaccofreekids.org>

<sup>2</sup>For the 2005 CSHS, race/ethnicity was computed from one question: "How do you describe yourself?" (response options were "American Indian or Alaska Native," "Asian," "Black or African American," "Hispanic or Latino," "Native Hawaiian or Other Pacific Islander," or "White"). Students could select more than one response option. For this report, students were classified as "Hispanic" if they selected "Hispanic or Latino" plus any other response option. Students were classified as "Black" if they selected "Black or African American" only. Students were classified as "White" if they selected "White" only. Students were classified as "other" if they selected any one of the other options only or multiple response options except "Hispanic or Latino." ("other" was not discussed in this report due to small sample sizes)



# YOUTH TOBACCO COMPONENT EXECUTIVE SUMMARY

The Connecticut School Health Survey (CSHS) was administered in the spring of 2005. The Youth Tobacco Component (YTC) of the 2005 CSHS consisted of anonymous responses from a representative sample of 4,356 regular public school students in grades 6-12 in Connecticut. The data were weighted (see Youth Tobacco Component Survey Instrument & Sampling Design for more details, p. 68) and analyzed for this report. These weighted results were used to make important inferences concerning tobacco use risk behaviors of all regular students in middle schools (grades 6-8) and in high schools (grades 9-12) in the State of Connecticut. The survey covered nine major areas of interest: demographics, prevalence, initiation, cessation, access to tobacco, school-related tobacco issues, knowledge and attitudes, mass media influences, and environmental tobacco smoke. In this report, six of those topic areas are discussed and presented in detail.

## Prevalence

An approximated 54,000 middle and high school students in Connecticut used some form of tobacco on at least 1 of the 30 days prior to the survey. This translates to 1 in 10 middle school students and 1 in 4 high school students currently using tobacco. The most commonly used form of tobacco among students in Connecticut's middle and high schools is cigarettes, while cigars are the second most popular. About 6% of middle school students and 17% of high school students smoke cigarettes, and 3.5% of middle school and 11.1% of high school students are cigar smokers. Smokeless tobacco use, bidi smoking, and pipe smoking rates among Connecticut's middle and high school students are all below 5%.

There are positive signs that the rate of cigarette smoking among Connecticut's students is decreasing. Students in most grades are smoking less than they were in 2000 and in 2002; between 2000 and 2005, there was a significant decline in cigarette smoking among ninth grade students (18.8% and 9.0%). In 2000, 9.8% of middle school students were current cigarette smokers; that rate fell to 5.9% in 2002 and remains unchanged in 2005. There was a significant reduction in the rate of cigarette smoking among Connecticut high school students. In 2000, 25.6% were current smokers, while in 2005 the rate dropped to 17.0%. The *Healthy People 2010* objective is to reduce cigarette smoking among high school students to no more than 16%.

## Initiation

The data collected from the YTC estimate that nearly 11,000 of Connecticut's students smoked their first whole cigarette before age 11; this is about 3.7% of middle school students and 3.4% of high school students. High school boys are significantly more likely than girls to have smoked their first whole cigarette before they were 11 years old (10.2% and 5.2%). Of the 32% of high school students who ever smoked a whole cigarette, more than 70% smoked it when they were 13 years old or older.

## Cessation

In the 12 months prior to the survey, about one-half of current smokers in both middle and high school tried to quit smoking. In high school, approximately one-third of current smokers tried to quit between two and five times over the past 12 months. In high school, about 50% of boys and 40% of the girls who are current smokers and tried to quit in the last year had a most recent quit attempt that lasted seven days or fewer. Three-quarters of current smokers in Connecticut's high schools believe that they could quit smoking now if they wanted to, yet only about one-half want to quit. It is likely that nicotine addiction is responsible for the difficulties in quitting and for the 50% of high school current smokers who say that they can go only as much as one day before they feel they need a cigarette and for the 70% of frequent smokers who say that they cannot make it through a day without a cigarette.


$$|f'(t) \cdot f''(t)|$$



## Knowledge and Attitudes

There are nearly 59,000 middle and high school students in Connecticut who have never smoked and are susceptible to starting smoking. Susceptibility is defined as the inability to make a steadfast commitment to smoking abstinence, combined with an open attitude about accepting a cigarette offered from a friend. The percentage of susceptible students is similar in both middle and high school (28.4% and 29.4%). It appears to be lowest in grade 6 (25.3%) and highest in grade 8 (31.6%), although from grade 7 through grade 12, the percentages vary only slightly.

Data from the CSHS suggest that parental involvement can have a positive effect on student behavior. In middle school, current smokers are three times more likely than never smokers to regularly spend five or more hours after school without adult supervision, and in high school, current smokers under the age of 18 are more than twice as likely as their counterparts who are never smokers to usually spend five or more hours after school without an adult present.

The attitude that smoking has social benefits, such as having more friends if you smoke or making you look cool and fit in, is significantly higher among current smokers than among never smokers in both middle and high school. Between middle and high school, negative views held by never smokers about smoking remain relatively unchanged. Conversely, the belief among current smokers that there are social advantages that come from smoking declines significantly during that same time.

## Environmental Tobacco Smoke (ETS)

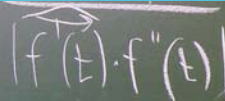
In Connecticut, about two in five middle school and one in three high school students currently live with a smoker. This equals about 107,000 students, and nearly 60,000 of them have never smoked but are being exposed to smoke at home. Over the past several years, there has been a significant decline in the rate of smoking among Connecticut adults; in spite of that, there has been virtually no change in the percentage of students who say that they live with someone who smokes.

Additionally, on one or more of the past seven days, more than 160,000 middle and high school students were in the same room with someone who was smoking cigarettes, and 87,000 of them were never smokers. Current smokers in both middle and high school were twice as likely as never smokers to have been in the same room on at least one day in the past week with someone who was smoking cigarettes.

As for exposure to ETS in cars, an estimated 116,000 middle and high school students rode in a car with someone who was smoking cigarettes on at least one of the seven days preceding the survey. Most of those students (62.4%) are in high school. Current smokers in grades 7 through 12 are significantly more likely than never smokers to have been in a car during the past week with someone who was smoking. Furthermore, of the students who were exposed to ETS in a car during the past week, 53,000 were never smokers.



# PREVALENCE OF TOBACCO USE

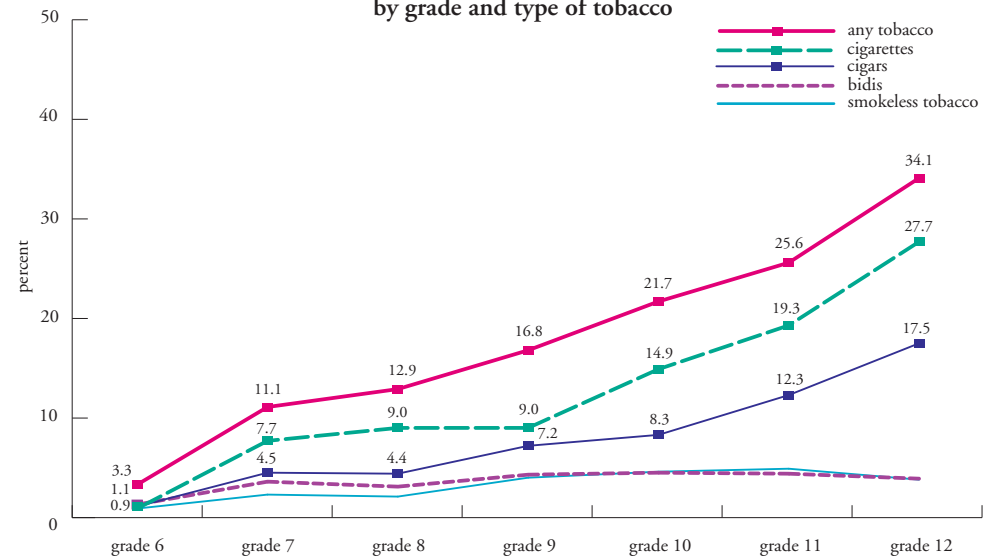


A chalkboard with the mathematical expression  $|f'(t) \cdot f''(t)|$  written in white chalk. The expression is enclosed in vertical bars, and there are some faint markings above and to the right of the equation.

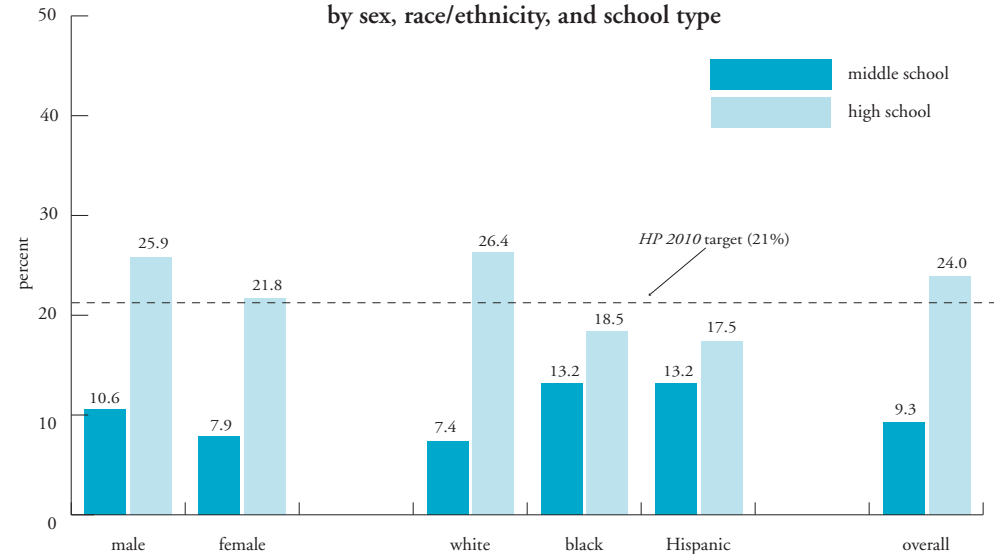
# ANY TOBACCO USE

- 54,000 middle and high school students in Connecticut currently use tobacco
  - » 12,500 middle school students and
  - » 41,500 high school students
- Tobacco use rates in both middle and high school are statistically similar to national averages—*US data not shown*
  - » 9.3% in Connecticut middle schools and 11.8% in US middle schools
  - » 24.0% in Connecticut high schools and 27.4% in US high schools
- Tobacco use among girls almost triples from 7.9% in middle school to 21.8% in high school, and among boys it more than doubles from 10.6% in middle school to 25.9% in high school
- Tobacco use among white students nearly quadruples between middle and high school from 7.4% to 26.4%, and while it increases among black and Hispanic students, the differences are not statistically significant
- Hispanic students in high school are significantly less likely than their national counterparts to use tobacco (17.5% and 25.7%)—*US data not shown*
- High school Hispanic students are significantly less likely than white students to be current tobacco users (17.5% and 26.4%)
- Cigarettes are the most commonly used form of tobacco among both middle and high school students
- The *Healthy People 2010* objective for tobacco is to reduce its use among high school students to no more than 21%. In Connecticut, tobacco use among high school students increases from 16.8% in grade 9 to 34.1% in grade 12

Students who used tobacco in the past 30 days by grade and type of tobacco



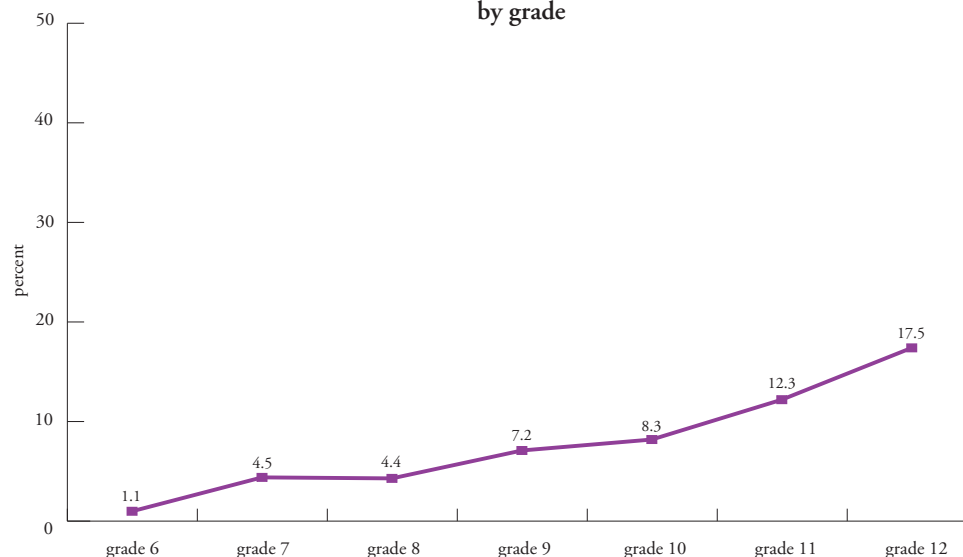
Students who used tobacco in the past 30 days by sex, race/ethnicity, and school type



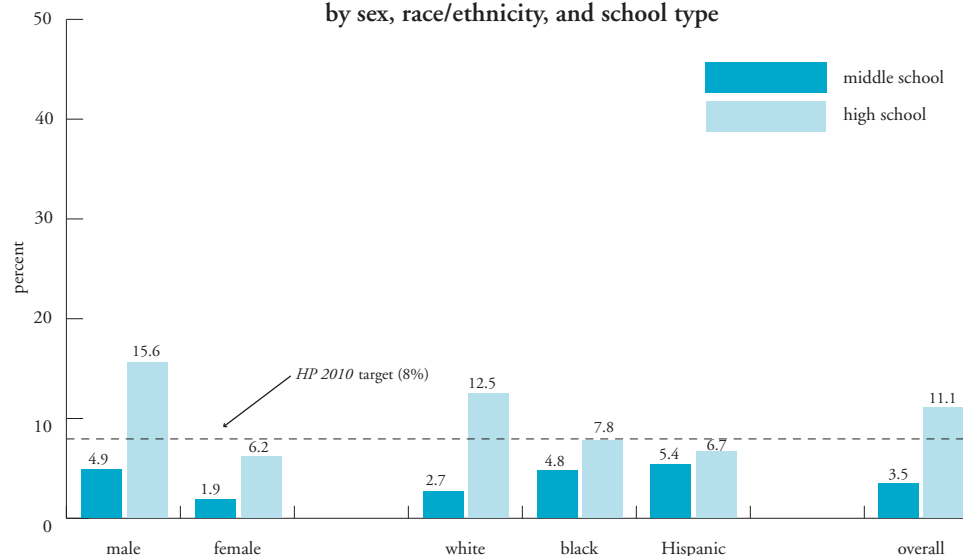
## CIGAR SMOKING

- 23,900 middle and high school students in Connecticut currently smoke cigars
  - » 3.5% or 4,700 middle school students and
  - » 11.1% or 19,200 high school students
- The cigar smoking rate triples between middle and high school for students overall, as well as for boys and girls, and the increases are statistically significant
- In both middle and high school, boys are significantly more likely than girls to smoke cigars
- Between middle and high school, cigar use among white students more than quadruples from 2.7% to 12.5%. The use rate also increases during that same time period for black and Hispanic students, but the changes are not statistically significant
- There are no significant differences in cigar smoking rates among white, black, and Hispanic students in middle or high school
- Middle school students are significantly less likely than students nationally to be current cigar smokers (3.5% and 5.3%)—*US data not shown*
- The rate of cigar smoking among high school students is lower than the national rate, but the difference is not statistically significant (11.1% and 12.9%)—*US data not shown*
- The *Healthy People 2010* objective for cigars is to reduce their use among high school students to no more than 8%. In Connecticut, cigar smoking among high school students increases from 7.2% in grade 9 to 17.5% in grade 12

Students who smoked cigars in the past 30 days by grade



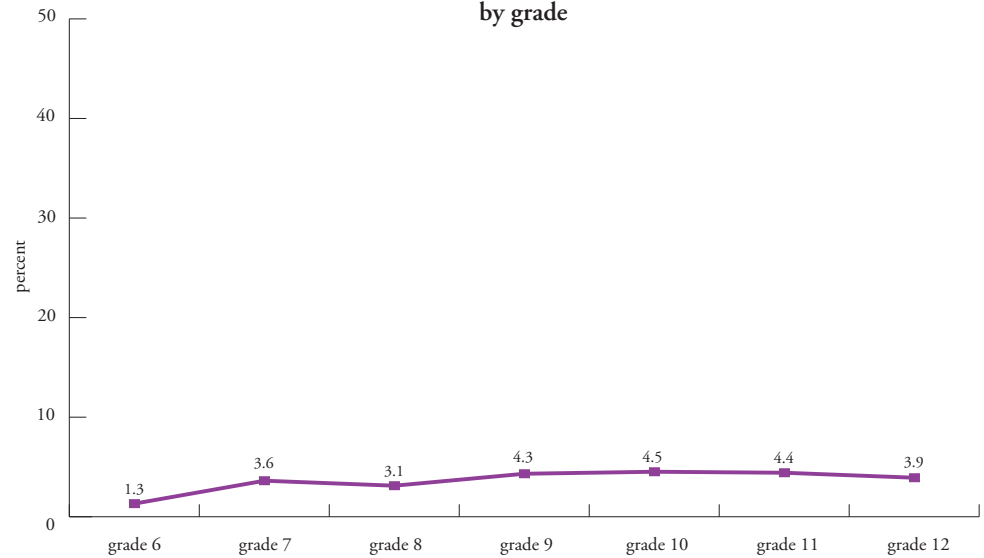
Students who smoked cigars in the past 30 days by sex, race/ethnicity, and school type



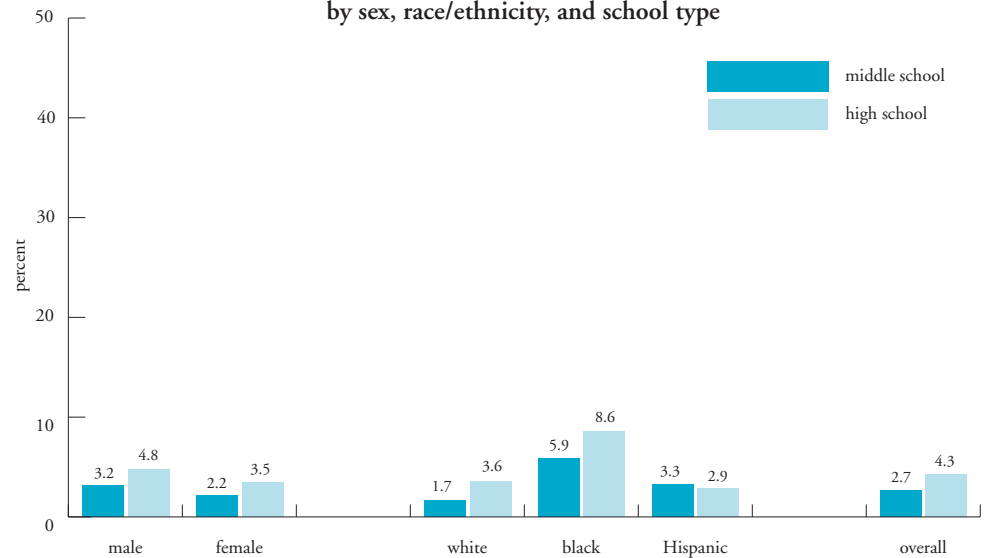
# BIDI SMOKING

- 11,000 middle and high school students in Connecticut currently smoke bidis
  - » 2.7% or 3,600 middle school students and
  - » 4.3% or 7,400 high school students
- Bidi smoking rates vary by grade between 1.3% and 4.5%
- Black students in middle school are significantly more likely than white students to smoke bidis (5.9% and 1.7%)
- Black students in high school are significantly more likely than white and Hispanic students to smoke bidis (8.6%, 3.6%, and 2.9% respectively), and black high school students are also significantly more likely than their national counterparts to smoke bidis (8.6% and 2.1%) — *US data not shown*
- Bidi use increases from 2.7% in middle school to 4.3% in high school, but the difference is not statistically significant

Students who smoked bidis in the past 30 days by grade



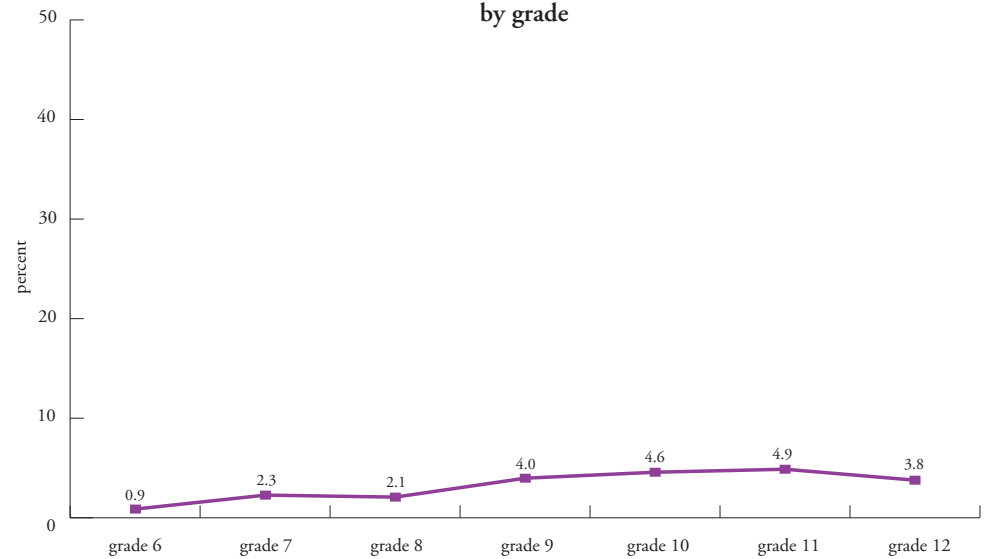
Students who smoked bidis in the past 30 days by sex, race/ethnicity, and school type



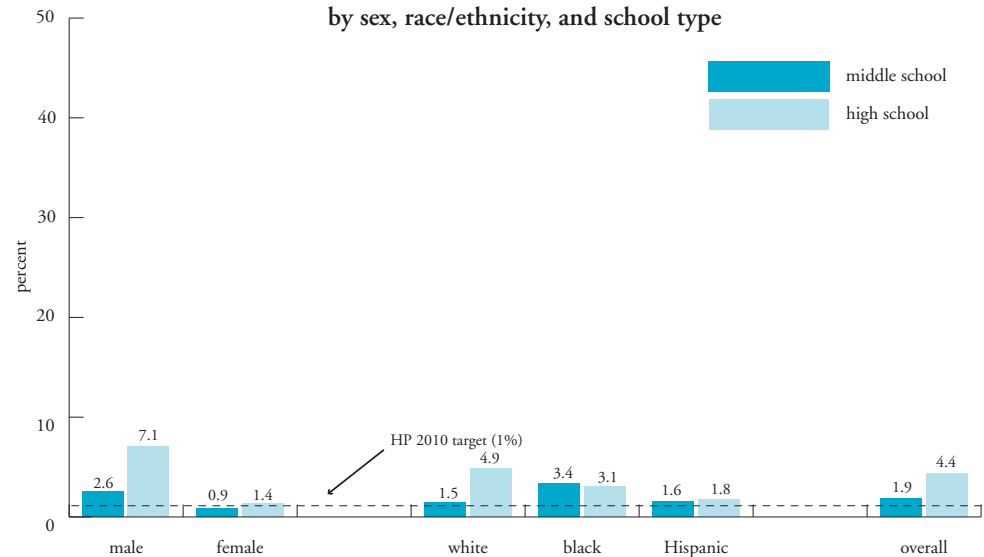
# SMOKELESS TOBACCO USE

- 10,200 middle and high school students in Connecticut currently use smokeless tobacco
  - » 1.9% or 2,600 middle school students and
  - » 4.4% or 7,600 high school students
- Between middle and high school, smokeless tobacco use among black and Hispanic students remains relatively unchanged, but among white students it increases significantly from 1.5% to 4.9%
- High school students are more than twice as likely as middle school students to use smokeless tobacco (4.4% and 1.9%), and this increase is statistically significant
- National smokeless tobacco use rates among middle school boys, girls, whites, blacks, Hispanics, and students overall are higher than those for their counterparts in Connecticut, although none of the differences are statistically significant—*US data not shown*
- In high school, smokeless tobacco use among girls is slightly higher than the national rate (1.4% and 1.2%), and while use rates among boys, whites, blacks, Hispanics, and students overall are lower than those for their US counterparts, the differences are not statistically significant—*US data not shown*
- The *Healthy People 2010* objective for smokeless tobacco is to reduce its use among high school students to no more than 1%. In Connecticut, smokeless tobacco use among high school students varies by grade between 3.8% and 4.9%

Students who used smokeless tobacco in the past 30 days by grade



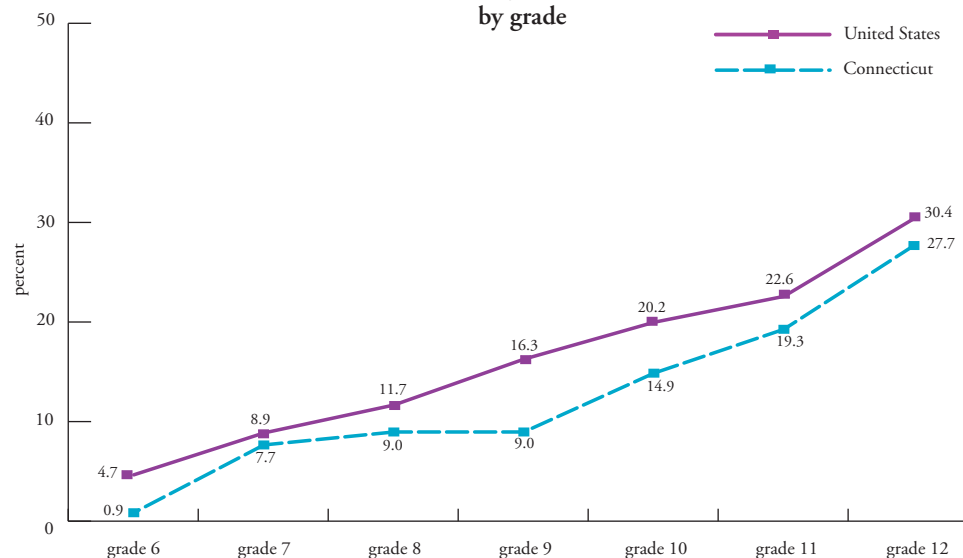
Students who used smokeless tobacco in the past 30 days by sex, race/ethnicity, and school type



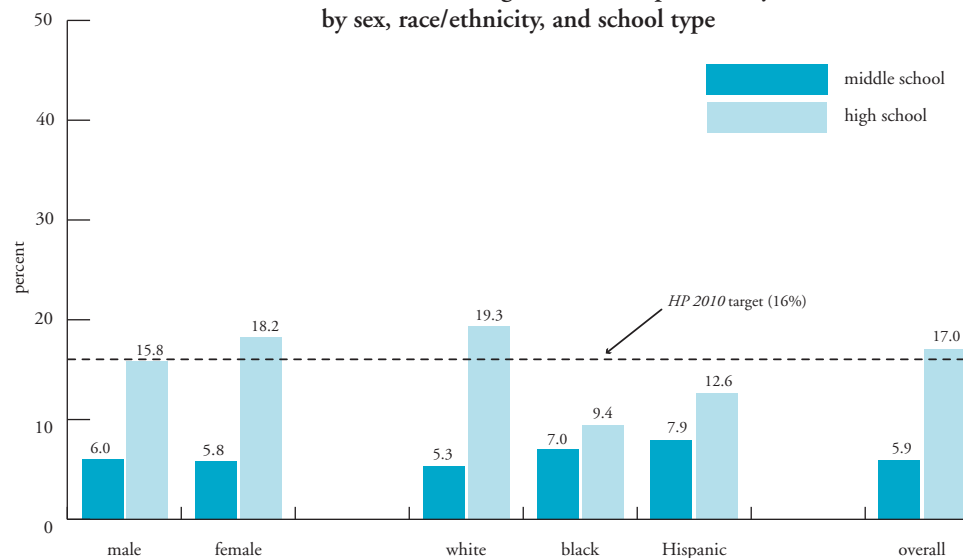
# CIGARETTE SMOKING

- 37,300 middle and high school students in Connecticut currently smoke cigarettes
  - » 7,900 middle school students and
  - » 29,400 high school students
- Cigarette smoking rates in both middle and high school are lower than national averages, but statistically they are similar – *US data not shown*
  - » 5.9% in Connecticut middle schools and 8.4% in US middle schools
  - » 17.0% in Connecticut high schools and 21.7% in US high schools
- Cigarette smoking increases more than 30-fold from 0.9% in grade 6 to 27.7% in grade 12
- Between grades 9 and 12, cigarette smoking among students increases significantly (9.0% and 27.7%); data collected from the Youth Behavior Component of the Connecticut School Health Survey show the same significant increase between grades 9 and 12 (12.3% and 23.4%; *see page 58*)
- Between middle and high school, cigarette smoking increases significantly among boys, girls, whites, and students overall, and the rate also rises for blacks and Hispanics, but the changes are not statistically significant
- Girls and boys in middle school smoke cigarettes at approximately the same rate (5.8% and 6.0%), but in high school, girls are more likely than boys to smoke cigarettes (18.2% and 15.8%)
- In high school, white students are significantly more likely than black and Hispanic students to smoke cigarettes (19.3%, 9.4%, and 12.6% respectively)
- The national cigarette smoking rate for high school boys is significantly higher than the rate in Connecticut (21.6% and 15.8%) – *US data not shown*
- The US rate for smoking among Hispanics in high school is significantly higher than the rate in Connecticut (20.5% and 12.6%) – *US data not shown*
- The *Healthy People 2010* objective for cigarettes is to reduce use among high school students to no more than 16%. In Connecticut, cigarette use in high school increases from 9.0% in grade 9 to 27.7% in grade 12

Students who smoked cigarettes in the past 30 days by grade



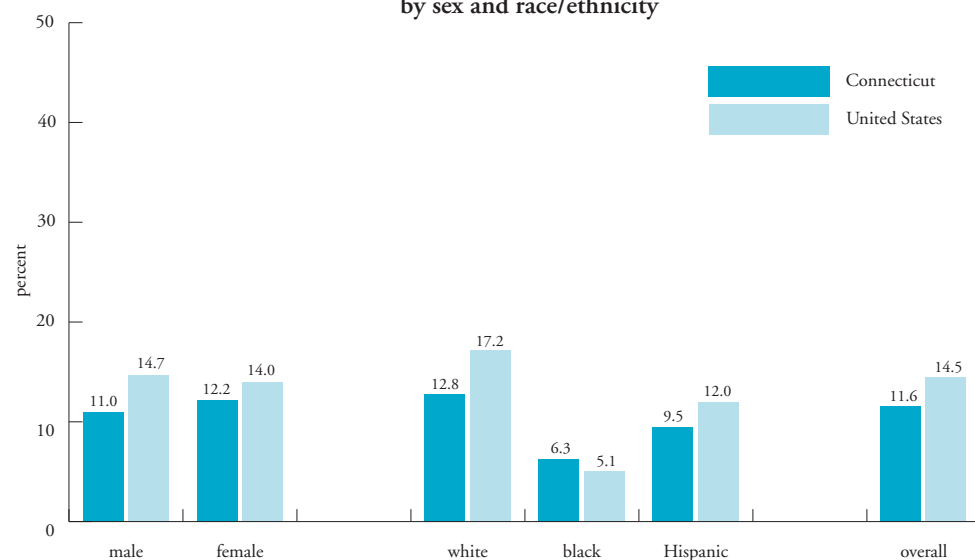
Students who smoked cigarettes in the past 30 days by sex, race/ethnicity, and school type



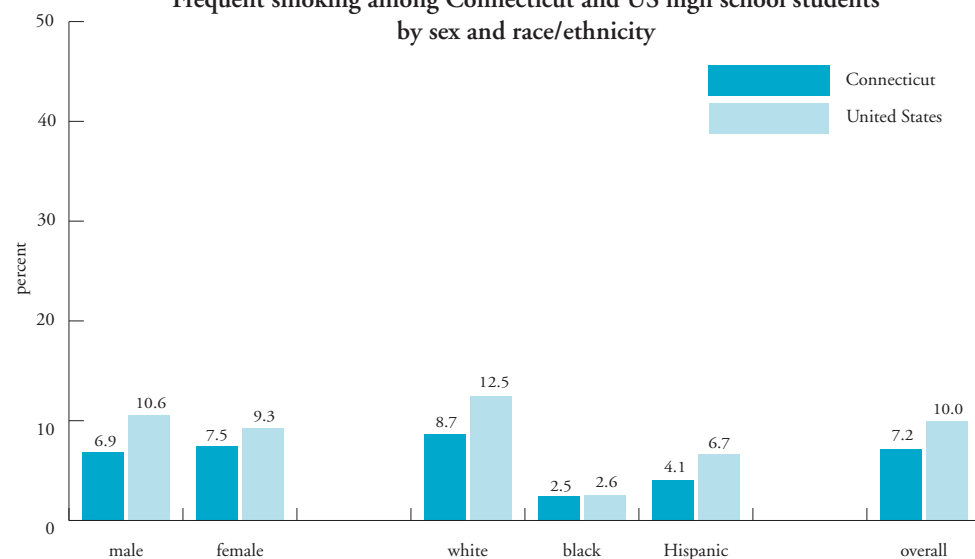
## DAILY AND FREQUENT CIGARETTE SMOKING

- 24,200 middle and high school students in Connecticut have smoked at least one cigarette per day for 30 days in a row at some point in their lives (ever-daily smokers)
  - » 3.1% or 4,200 middle school students (*data not shown*) and
  - » 11.6% or 20,000 high school students
- Connecticut high school boys are significantly less likely than those nationally to have ever smoked daily (11.0% and 14.7%)
- White high school students in Connecticut are significantly more likely than black high school students in Connecticut and the US to be ever-daily smokers (12.8%, 6.3%, and 5.1% respectively)
- White students in high school in Connecticut are significantly less likely than their US counterparts to be ever-daily smokers (12.8% and 17.2%)
- In high school, 30.2% of current smokers smoked at least one cigarette per day on all 30 of the 30 days prior to the survey (daily smokers)—*data not shown*
- 13,900 middle and high school students in Connecticut smoked cigarettes on 20 or more of the past 30 days (frequent cigarette smokers)
  - » 1.0% or 1,400 middle school students (*data not shown*) and
  - » 7.2% or 12,500 high school students
- High school boys in Connecticut are significantly less likely than boys nationally to be frequent cigarette smokers (6.9% and 10.6%)
- Approximately 43% of high school current smokers are frequent smokers — *data not shown*
- In high school, white students in Connecticut are significantly more likely than black students in Connecticut and the US to be frequent smokers (8.7%, 2.5%, and 2.6% respectively), and also significantly more likely than Hispanic students in Connecticut and the US to smoke frequently (8.7%, 4.1%, and 6.7%, respectively)

Ever-daily smoking among Connecticut and US high school students by sex and race/ethnicity



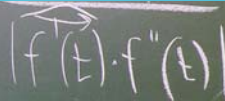
Frequent smoking among Connecticut and US high school students by sex and race/ethnicity







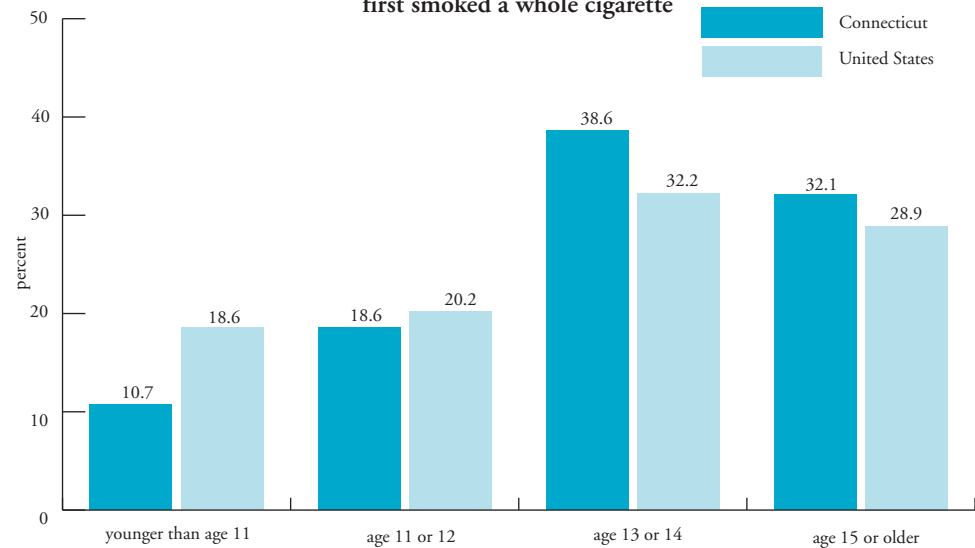
# INITIATION OF TOBACCO USE


$$|f'(t) \cdot f''(t)|$$

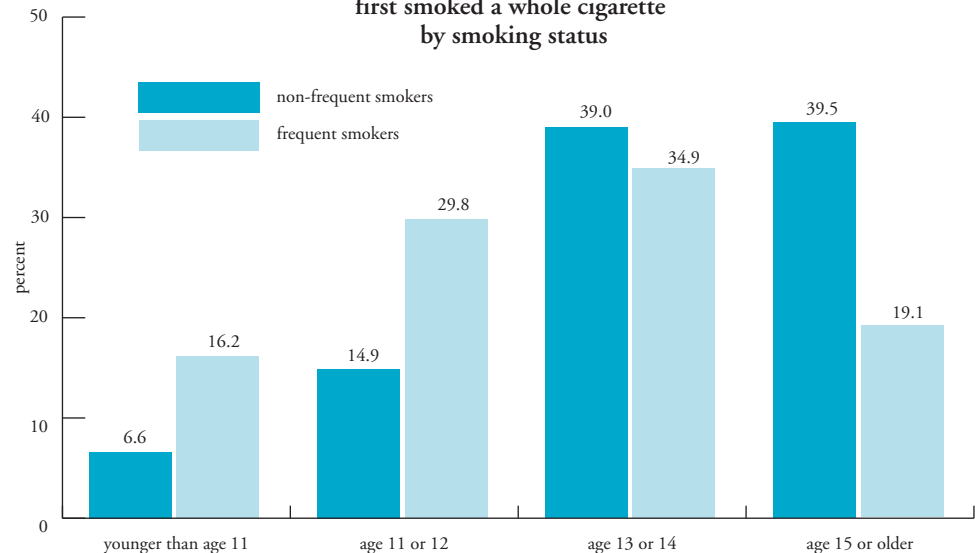
## AGE FIRST SMOKED A WHOLE CIGARETTE

- 10,900 students in Connecticut smoked their first whole cigarette before age 11—*data not shown*
  - » 3.7% or 5,000 middle school students and
  - » 3.4% or 5,900 high school students
- Nationally, 6.8% of middle school students and 7.4% of high school students smoked their first whole cigarette before age 11—*data not shown*
- 71% of Connecticut high school ever smokers have smoked a whole cigarette—*data not shown*. Of these, at the time of initiation,
  - » 10.7% were less than 11 years old
  - » 18.6% were 11 to 12 years old
  - » 38.6% were 13 to 14 years old
  - » 32.1% were 15 years old or older
- 77% of US high school ever smokers have smoked a whole cigarette—*data not shown*. Of these, at the time of initiation,
  - » 18.6% were less than 11 years old
  - » 20.2% were 11 to 12 years old
  - » 32.2% were 13 to 14 years old
  - » 28.9% were 15 years old or older
- US high school ever smokers are significantly more likely than Connecticut high school ever smokers to have smoked a whole cigarette for the first time when they were less than 11 years old (18.6% and 10.7%)
- In high school, about 70% of students who have ever smoked a whole cigarette, first smoked it when they were 13 years old or older—*data not shown*
- Among ever smokers in high school, boys are significantly more likely than girls to have smoked their first whole cigarette before age 11 (10.2% and 5.2%)—*data not shown*
- High school students who are frequent smokers are more than twice as likely as students who are non-frequent smokers to have smoked their first whole cigarette before age 11 (16.2% and 6.6%)
- In high school, non-frequent smokers are significantly more likely than frequent smokers to have been 15 or older when they smoked a whole cigarette for the first time (39.5% and 19.1%)

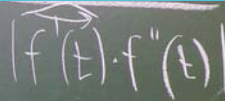
The age Connecticut and US high school ever smokers first smoked a whole cigarette



The age Connecticut high school ever smokers first smoked a whole cigarette by smoking status



# TOBACCO USE CESSATION

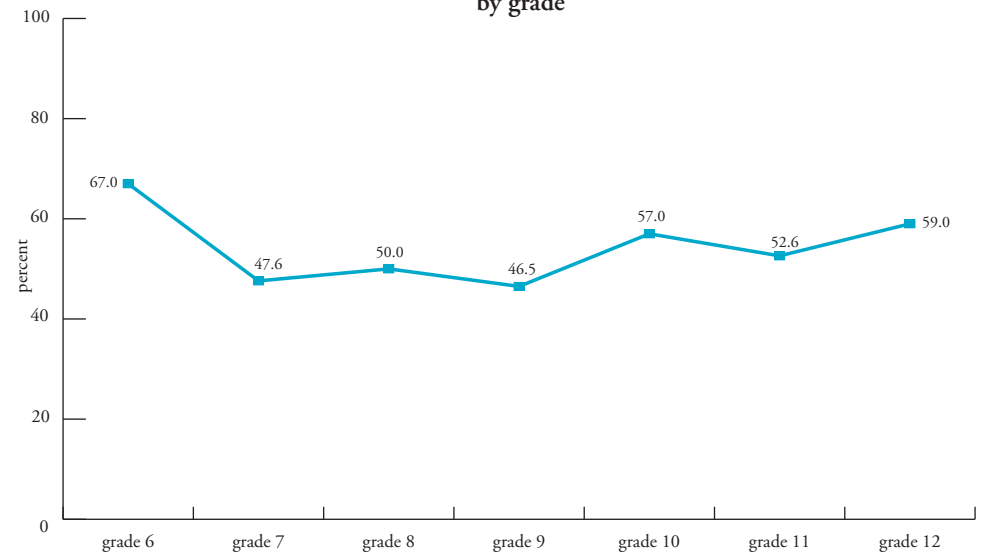


A chalkboard with the handwritten mathematical expression  $|f'(t) \cdot f''(t)|$  written in white chalk. The expression is enclosed in vertical bars, and there is a small arrow pointing to the first derivative term.

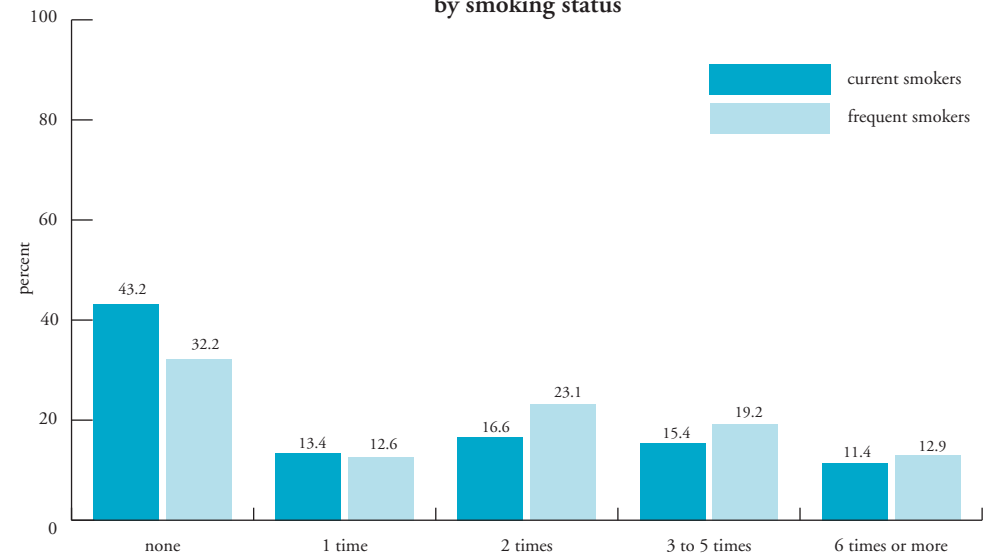
## QUIT ATTEMPTS AMONG CURRENT CIGARETTE SMOKERS

- 19,900 middle and high school current smokers in Connecticut have tried to quit smoking cigarettes in the past 12 months—*data not shown*
  - » 49.9% or 3,900 middle school current smokers and
  - » 54.9% or 16,000 high school current smokers
- 54.8% of middle school current smokers tried to quit at least once during the past year—*data not shown*
- 56.8% of high school current smokers tried to quit at least once during the past year
  - » 13.4% tried 1 time
  - » 16.6% tried 2 times
  - » 15.4% tried 3 to 5 times
  - » 11.4% tried 6 times or more
- 67.8% of high school frequent smokers tried to quit at least once during the past year
  - » 12.6% tried 1 time
  - » 23.1% tried 2 times
  - » 19.2% tried 3 to 5 times
  - » 12.9% tried 6 times or more
- The *Healthy People 2010* objective for cessation is to increase quit attempts among high school students to 84%. In Connecticut, the rate of quit attempts among high school current cigarette smokers who tried to quit in the past year varies by grade between 46.5% and 59.0%

Current smokers who tried to quit smoking cigarettes in the past 12 months by grade



The number of times high school current smokers tried quit smoking cigarettes by smoking status

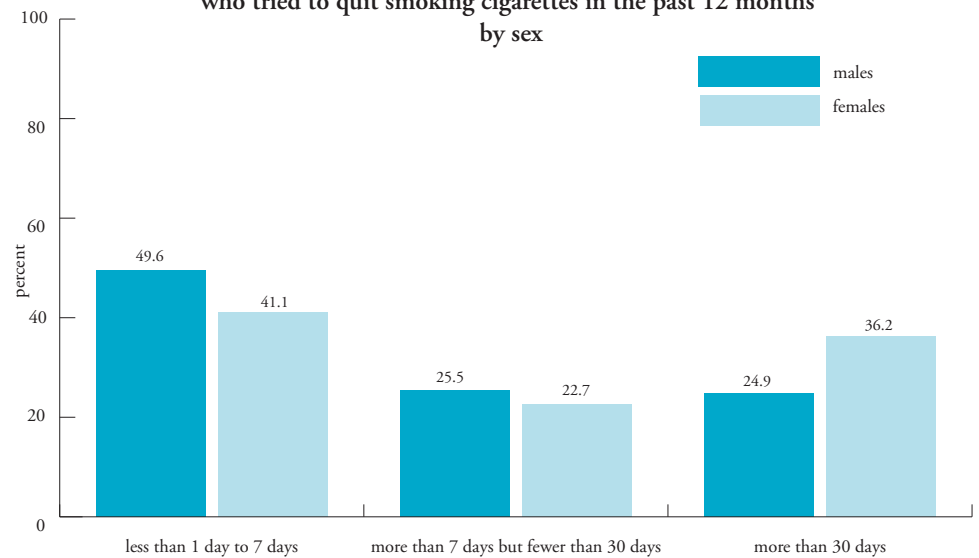


## LENGTH OF LAST QUIT ATTEMPT\*

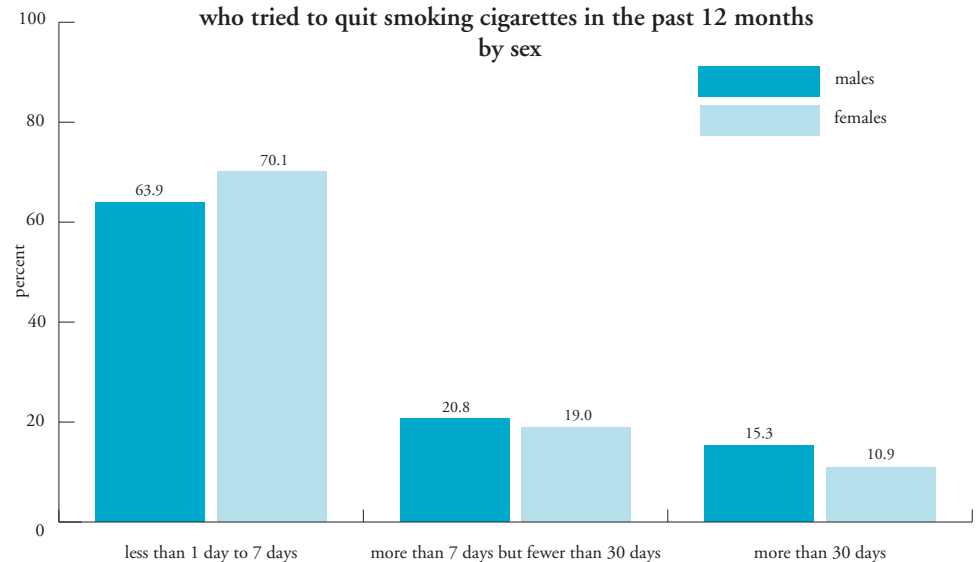
- Among current smokers in high school, 48.8% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown*); about 50% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school, 59.7% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown*); slightly less than 60% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 56.1% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown*); less than 40% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 63.0% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown*); about 30% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school who are not frequent smokers, 41.3% of the boys tried to quit smoking cigarettes in the past 12 months; about 75% of them had a quit attempt that lasted more than seven days—*data not shown*
- Among current smokers in high school who are not frequent smokers, 57.0% of the girls tried to quit smoking cigarettes in the past 12 months; about 85% of them had a quit attempt that lasted more than seven days—*data not shown*

\*All the data presented here are for the student's most recent quit attempt only

Length of last quit attempt among high school current smokers who tried to quit smoking cigarettes in the past 12 months by sex



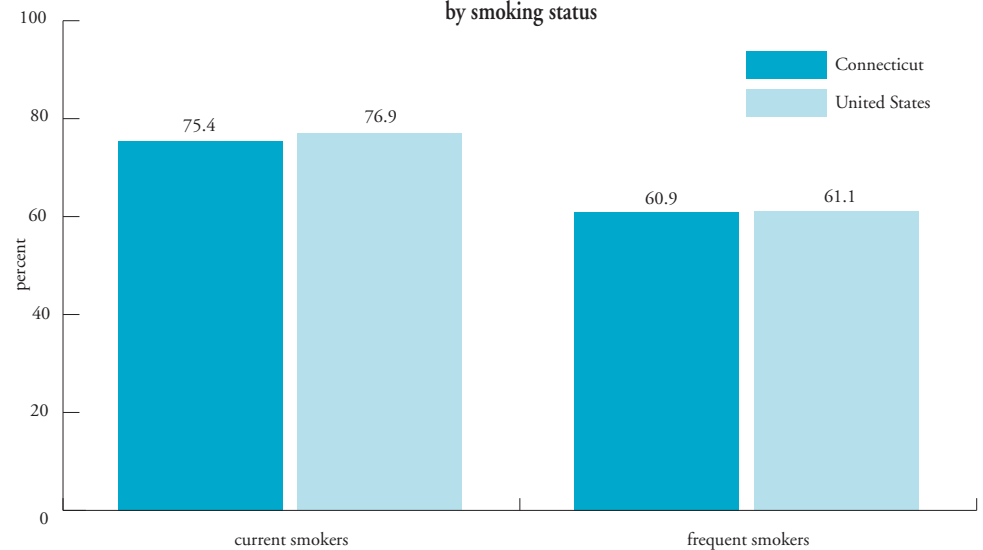
Length of last quit attempt among high school frequent smokers who tried to quit smoking cigarettes in the past 12 months by sex



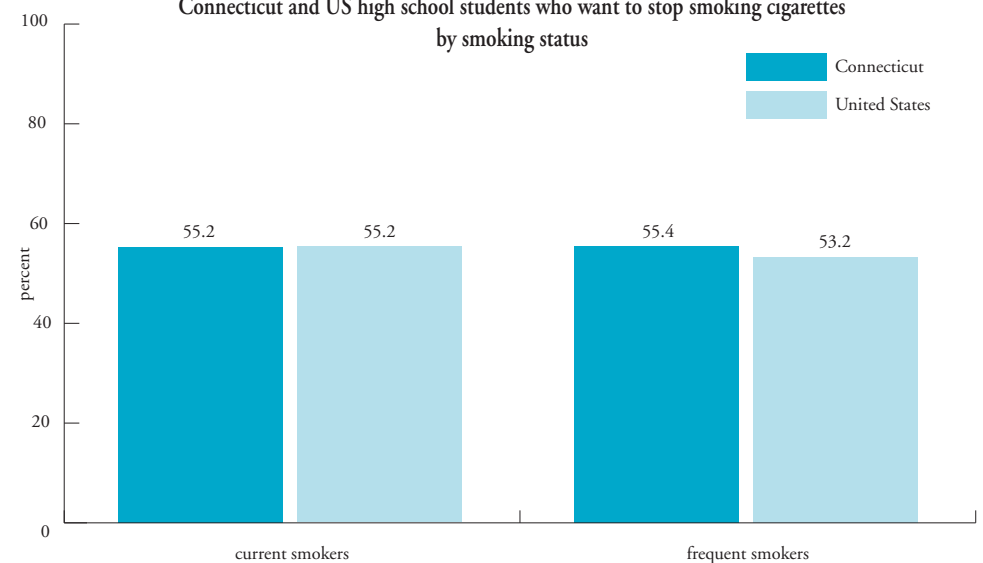
## CESSATION BELIEFS

- About three-quarters of both Connecticut and US high school current smokers believe they could quit smoking now if they wanted to (75.4% and 76.9%)
- 22,000 high school current smokers in Connecticut think they would be able to quit smoking cigarettes now if they wanted to
- Of the 12,500 high school frequent smokers in Connecticut, about 7,600 or 60.9% believe they could quit smoking cigarettes now
- Almost 90% of Connecticut high school and 94% of US high school current smokers who are not frequent smokers say that they would be able to quit smoking cigarettes now if they wanted to—*data not shown*
- More than one-half (55.2%) of both Connecticut and US high school current smokers want to quit smoking cigarettes
  - » 9,300 non-frequent smokers and
  - » 6,900 frequent smokers

Connecticut and US high school students who think they can quit smoking cigarettes now if they wanted to by smoking status



Connecticut and US high school students who want to stop smoking cigarettes by smoking status

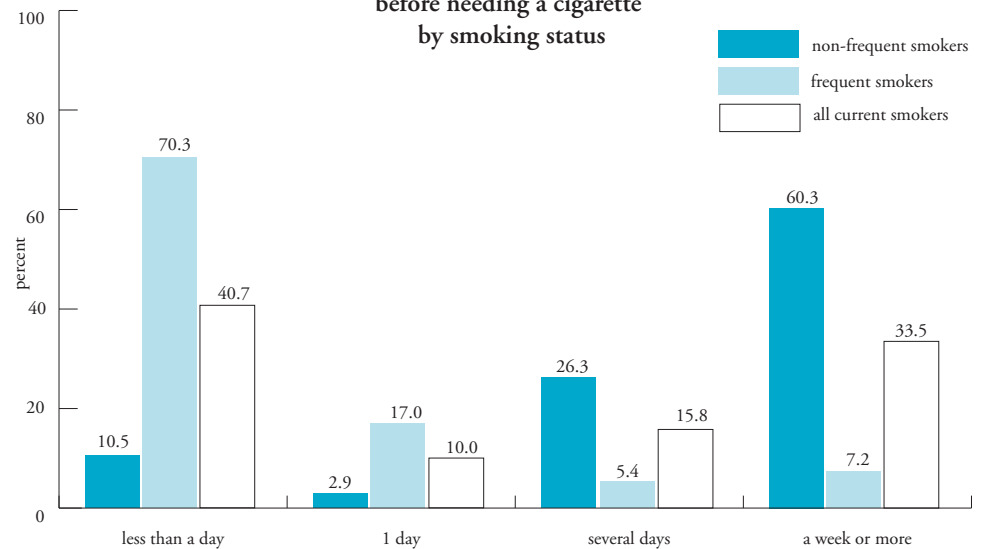


# SMOKING ADDICTION

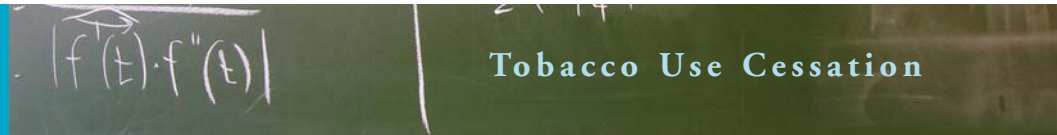
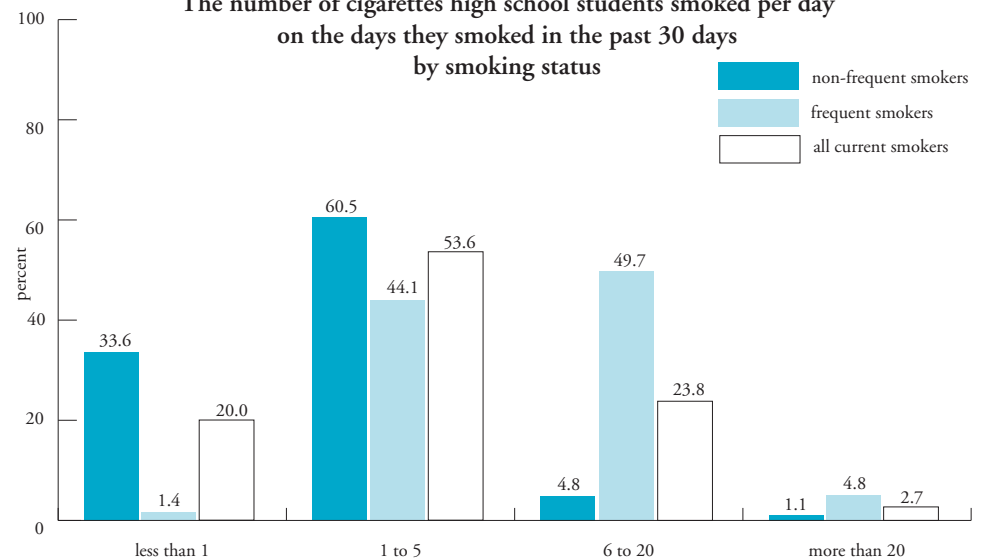
- More than 70% of frequent smokers in high school say they cannot go a day without needing a cigarette
- In high school, non-frequent smokers are about eight times more likely than frequent smokers to be able to go a week or more before they feel like they need a cigarette (60.3% and 7.2%)
- Almost 87% of high school non-frequent smokers can go several days or more before they need a cigarette, while about 13% of frequent current smokers can do so
- More than one-half (50.7%) of all high school current smokers go a day or less before needing to smoke, while about one-third (33.5%) can go a week or more before needing a cigarette
- In high school, about one-half (48.8%) of current smokers who report needing a cigarette less than every hour, smoked their first whole cigarette at age 11 or 12, compared to approximately one-fifth (21.3%) of all current smokers. Most current smokers (68.0%) report smoking their first whole cigarette at age 13 or older—*data not shown*
- Nearly 95% of high school non-frequent smokers smoked five or fewer cigarettes\* on the days they smoked; 33.6% smoked less than a whole cigarette
- About 46% of high school frequent smokers smoked five or fewer cigarettes on the days they smoked; 1.4% smoked less than a whole cigarette
- Just under three-fourths (73.6%) of all high school current smokers smoked five or fewer cigarettes on the days they smoked

\*20 cigarettes=1 pack

The length of time high school smokers can go before needing a cigarette by smoking status



The number of cigarettes high school students smoked per day on the days they smoked in the past 30 days by smoking status





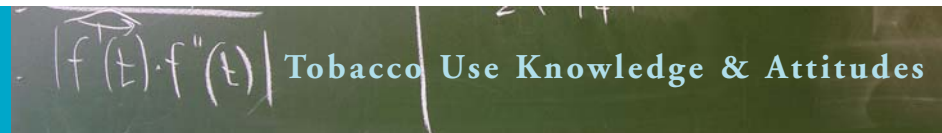
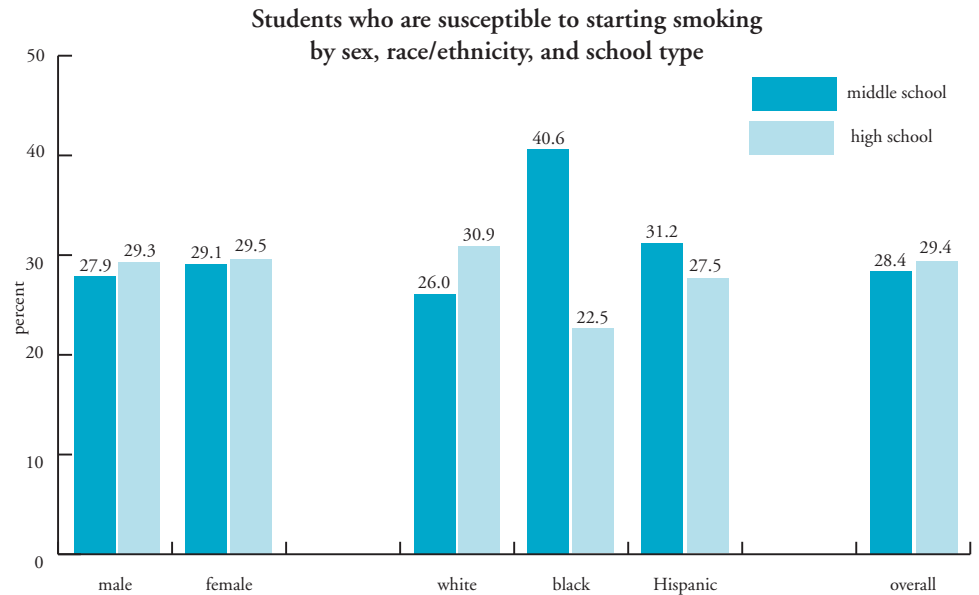
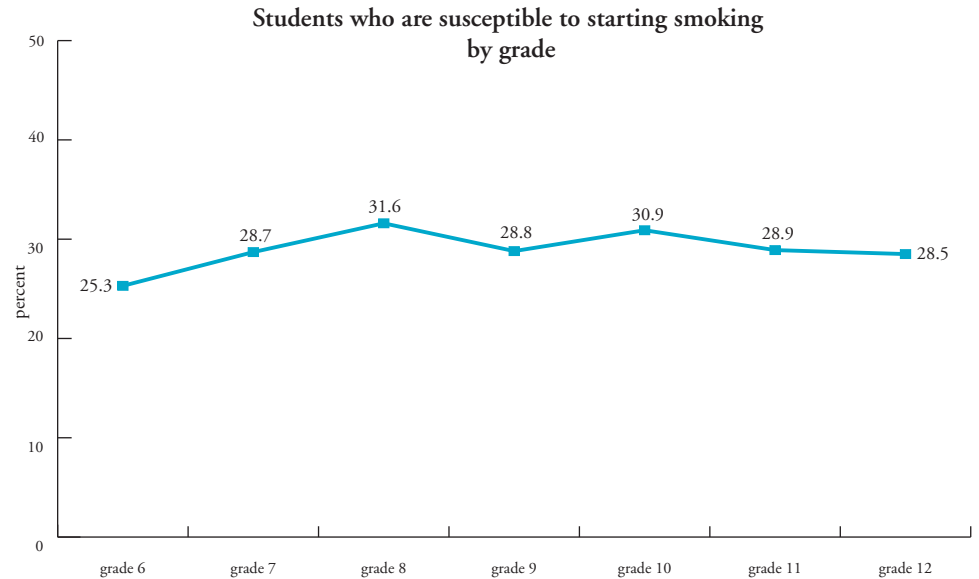


# TOBACCO USE KNOWLEDGE & ATTITUDES

# STUDENTS SUSCEPTIBLE TO STARTING SMOKING

- 58,500 middle and high school students in Connecticut are susceptible\* to starting smoking
  - » 28.4% or 30,700 middle school students and
  - » 29.4% or 27,800 high school students
- Susceptibility to starting smoking varies by grade between 25.3% and 31.6%
- Between middle and high school, susceptibility among black students drops significantly from 40.6% to 22.5%
- In middle school, black students are significantly more likely than white students to be susceptible to starting smoking (40.6% and 26.0%)
- Susceptibility rates are statistically similar for middle and high school students (28.4% and 29.4%)
- Approximately 20% of middle and high school never smokers might try smoking sometime during the next year—*data not shown*
- In both middle and high school, more than 80% of never smokers would definitely not smoke a cigarette offered from a best friend — *data not shown*

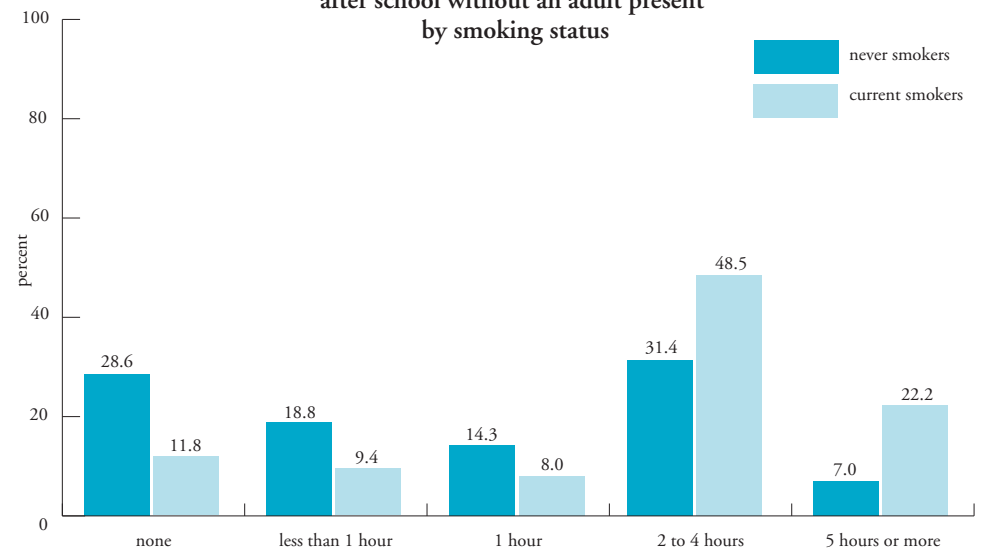
\*See *Glossary of Terms* for definition



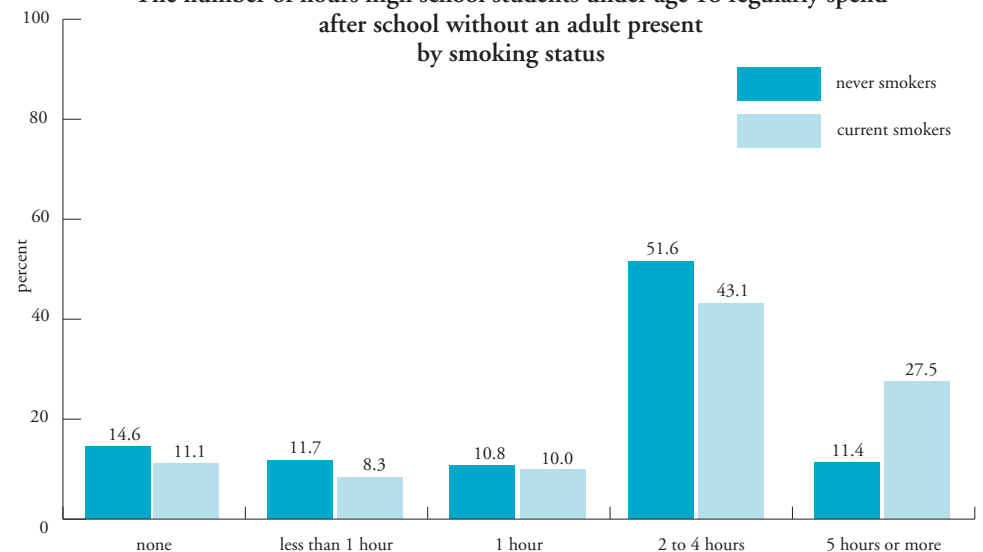
## AFTER SCHOOL ADULT SUPERVISION OF STUDENTS UNDER AGE 18

- More than 25% of middle school students and nearly 15% of high school students typically spend no time after school without adult supervision—*data not shown*
- On a typical day, about 60% of middle school students and 34% of high school students in Connecticut spend one hour or less after school without adult supervision—*data not shown*
- In middle school, never smokers are about 2.5 times more likely than current smokers to regularly spend no time after school without an adult present, and the difference is statistically significant (28.6% and 11.8%)
- Middle school current smokers are over three times more likely than never smokers to spend five or more hours after school without adult supervision, and the difference is statistically significant (22.2% and 7.0%)
- High school current smokers are nearly 2.5 times more likely than never smokers to spend five or more hours after school without adult supervision, and the difference is statistically significant (27.5% and 11.4%)
- While not directly comparable to these data on after school adult supervision, data collected from the Youth Behavioral Component of the Connecticut School Health Survey suggest that parental involvement has a positive influence on student behavior. One of the findings shows that high school students whose parents most of the time or always know the student's whereabouts when the student is away from home are about 54% less likely to be current smokers than are their counterparts whose parents never, rarely, sometimes know the student's whereabouts (*see page 64*)

The number of hours middle school students regularly spend after school without an adult present by smoking status



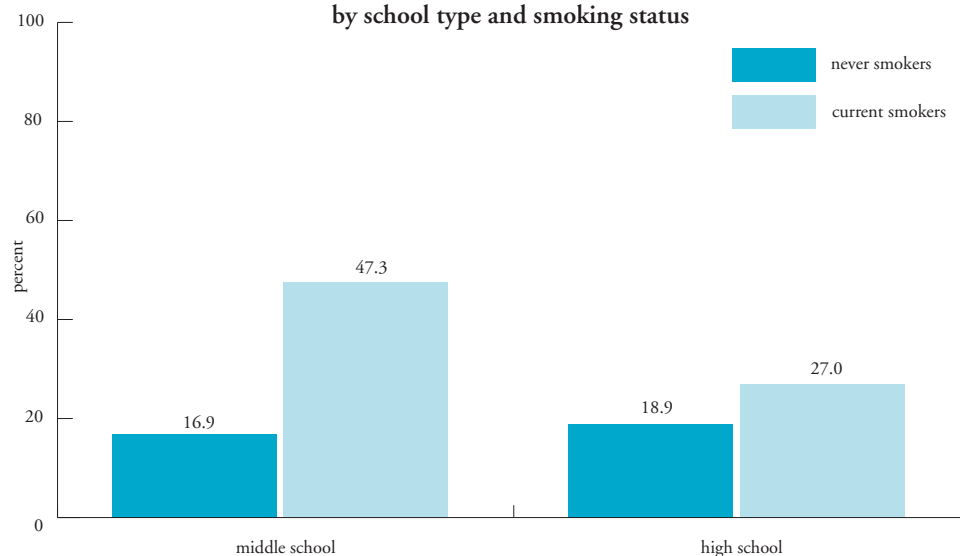
The number of hours high school students under age 18 regularly spend after school without an adult present by smoking status



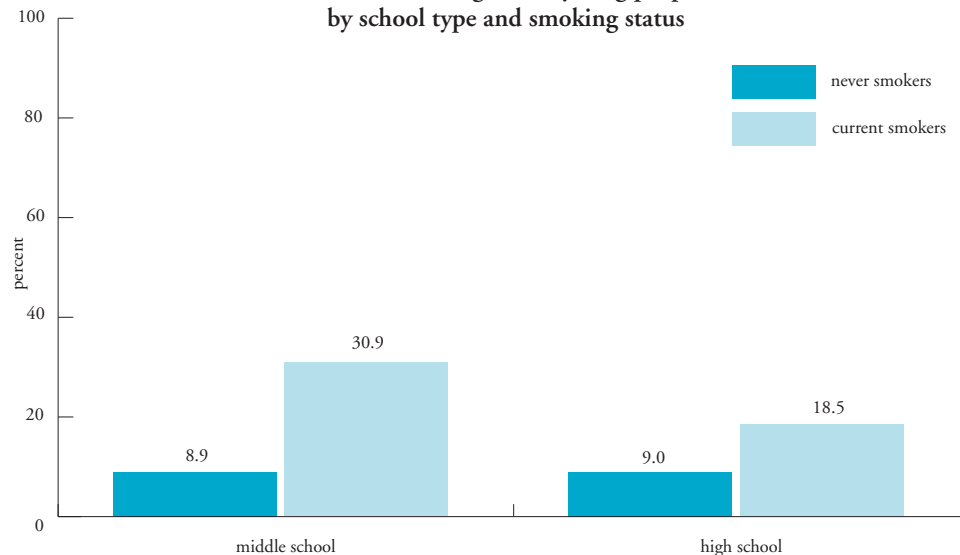
## SOCIAL BELIEFS ABOUT SMOKING

- In middle school, current smokers are nearly three times more likely than never smokers to believe that smokers have more friends (47.3% and 16.9%); by high school, that margin narrows by one-half (27.0% and 18.9%); the difference in middle school is statistically significant
- Among never smokers, white students in middle school are significantly less likely than black and Hispanic students to believe that smokers have more friends (11.6%, 34.8%, and 28.9%, respectively), and the same is true for their counterparts in high school (14.2%, 31.7%, and 32.6%, respectively)—*data not shown*
- In middle school, current smokers are 3.5 times more likely than never smokers to believe that smoking makes young people look cool or fit in (30.9% and 8.9%); in high school, current smokers are twice as likely as never smokers to feel that way (18.5% and 9.0%); the differences are statistically significant
- Among middle school never smokers, white students are significantly less likely than black and Hispanic students to believe that smoking makes young people look cool or fit in (6.4%, 21.1%, and 12.5% respectively), and among never smokers in high school, white students are significantly less likely than Hispanic students to believe it (6.8% and 16.1%)—*data not shown*
- Between middle and high school, never smokers' negative perceptions of smoking remain relatively unchanged; however, during this same time period, current smokers' positive perceptions related to smoking decrease significantly
- Connecticut middle school never smokers are significantly more likely than US middle school never smokers to believe that smoking makes young people look cool or fit in (8.9% and 5.9%), and Connecticut high school never smokers are also significantly more likely than their national counterparts to believe it (9.0% and 5.5%) —*US data not shown*

Students who believe that smokers have more friends by school type and smoking status



Students who believe that smoking makes young people look cool or fit in by school type and smoking status



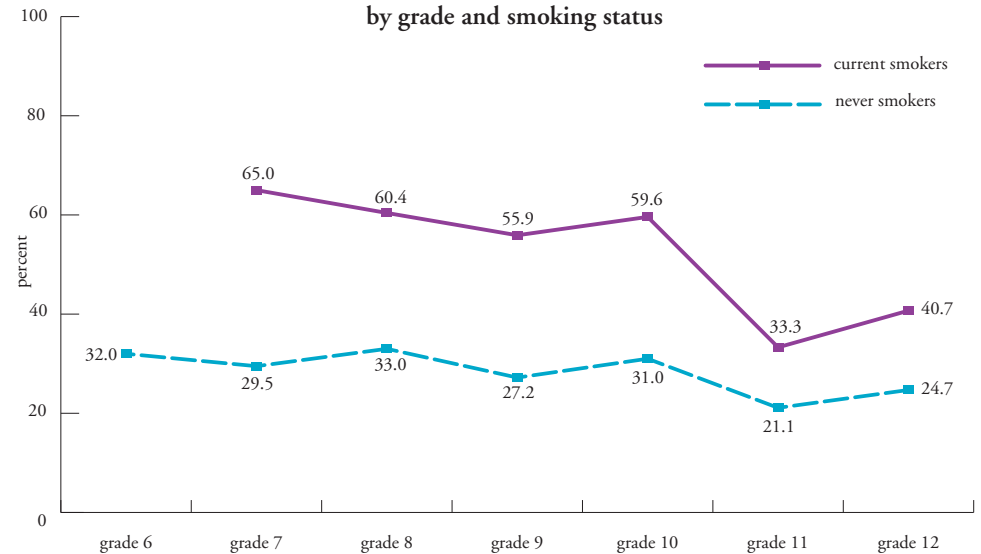
# ENVIRONMENTAL TOBACCO SMOKE (ETS)

# ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

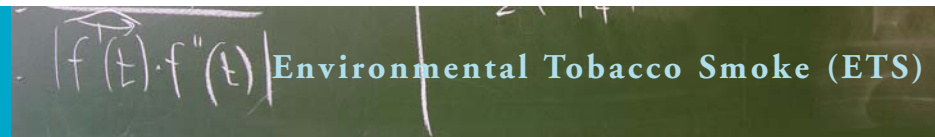
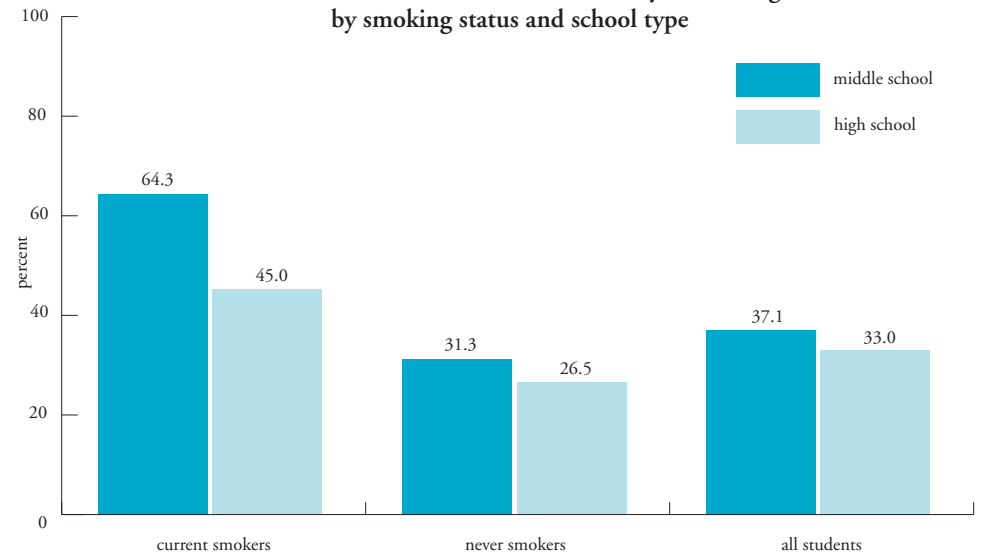
- Approximately 107,000 middle and high school students in Connecticut currently live with a smoker
- Between 2000 and 2005, despite significant declines in cigarette smoking rates among adults\* in Connecticut, the percentages of middle and high school students who live with a smoker did not change significantly during that same time period
  - » In 2000, 19.9% of adults were current smokers,\*\* and 41.1% of middle school and 39.9% of high school students lived with a smoker
  - » In 2005, 16.5% of adults are current smokers,\*\* and 37.1% of middle school and 33.0% of high school students live with a smoker
- The percentage of students who are current smokers and live with someone who smokes cigarettes varies by grade between 33.3% and 65.0%\*\*\*, and for never smokers, it varies by grade between 21.1% and 33.0%
- An estimated 33,800 or 31.3% of middle school and 25,000 or 26.5% of high school students who have never smoked are being exposed to environmental tobacco smoke (ETS) in their homes
- The *Healthy People 2010* objective for ETS is to reduce the proportion of children (age 6 and younger) who are regularly exposed to tobacco smoke in their homes to 10% and to reduce the proportion of non-smokers of all ages exposed to ETS to 45%. In Connecticut, 35% of middle and high school students live with someone who smokes

\* Age 18 and older  
 \*\* Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2000, 2005]  
 \*\*\* The population of current smokers in grade 6 who live with a smoker is too small to accurately interpret the findings; therefore, those findings are not reported here

Students who live with someone who currently smokes cigarettes by grade and smoking status



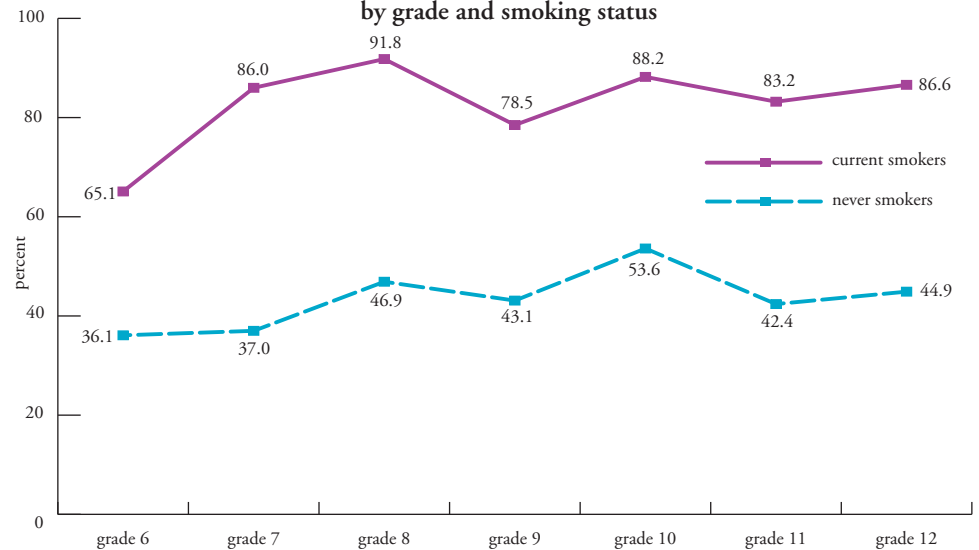
Students who live with someone who currently smokes cigarettes by smoking status and school type



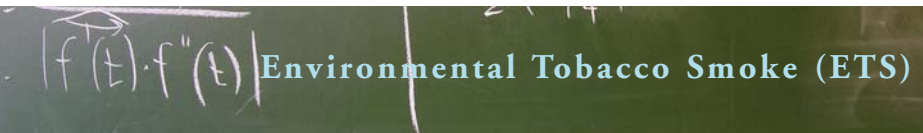
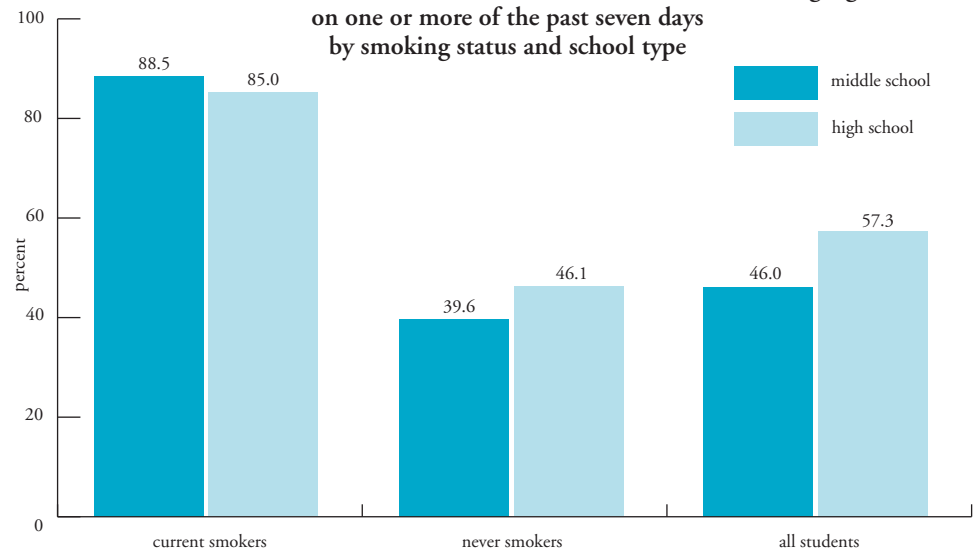
## RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM

- 161,300 students in Connecticut were in the same room with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
  - » 46.0% or 62,000 middle school students and
  - » 57.3% or 99,300 high school students
- From grade 7 through grade 12, current smokers are significantly more likely than never smokers to have recently been in a room with someone who was smoking
- Current smokers in grades 6 through 12 are about twice as likely as never smokers to have been in a room during the past week with someone who was smoking cigarettes
- The percentage of current smokers who have recently been in a room with someone who was smoking cigarettes varies by grade between 65.1% and 91.8% and between 36.1% and 53.6% for never smokers
- An estimated 87,000 middle and high students who have never smoked were exposed to environmental tobacco smoke (ETS) in a room in the week preceding the survey
- Middle and high school current smokers are about twice as likely as their counterparts who have never smoked to have had recent exposure to ETS in a room

Students who were in the same room with someone who was smoking cigarettes on one or more of the past seven days by grade and smoking status



Students who were in the same room with someone who was smoking cigarettes on one or more of the past seven days by smoking status and school type

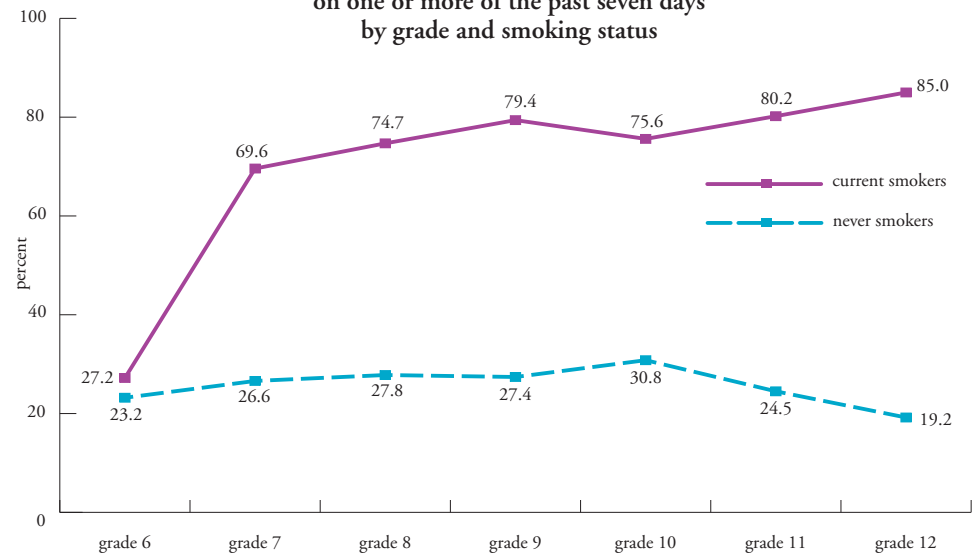




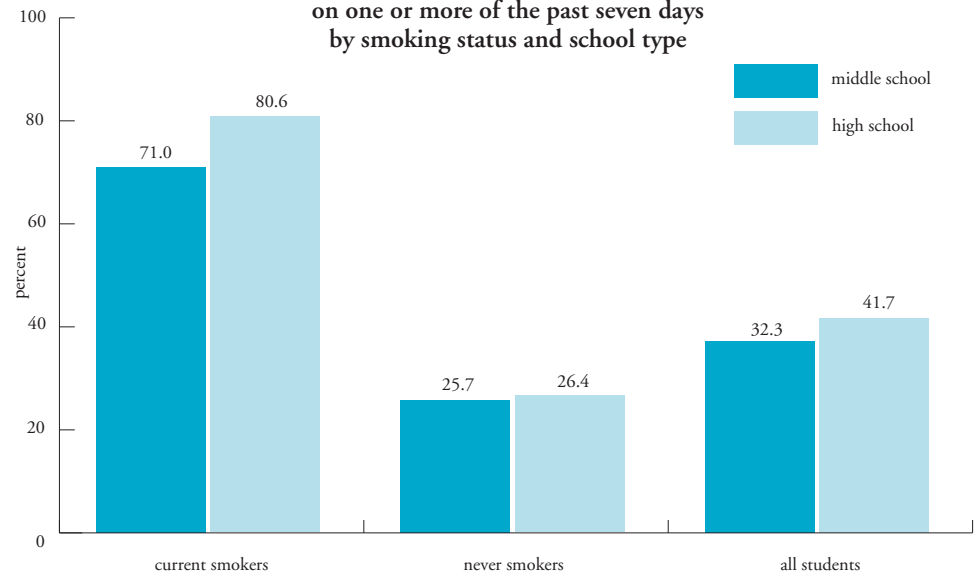
## RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR

- 115,700 students in Connecticut rode in a car with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
  - » 32.3% or 43,500 middle school students and
  - » 41.7% or 72,200 high school students
- From grade 7 through grade 12, current smokers are significantly more likely than never smokers to have recently ridden in a car with someone who was smoking
- Current smokers in grades 7 through 11 are about three times more likely than never smokers to have been in a car during the past week with someone who was smoking cigarettes, while those in grade 12 are more than four times as likely to have done so
- The percentage of current smokers who have recently been in a car with someone who was smoking cigarettes varies by grade between 27.2% and 85.0% and between 19.2% and 30.8% for never smokers
- About one-quarter of both middle and high school never smokers rode in a car in the past seven days with someone who was smoking; therefore, an estimated 53,000 students who have never smoked were exposed to environmental tobacco smoke (ETS) in a car in the week preceding the survey
- Middle and high school current smokers are about three times more likely than their counterparts who have never smoked to have had recent exposure to ETS in a car

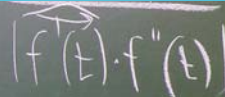
Students who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by grade and smoking status



Students who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by smoking status and school type



# TOBACCO USE TRENDS 2000 - 2005



A chalkboard with the mathematical expression  $f'(t) \cdot f''(t)$  written in white chalk. The expression is enclosed in a rectangular box.

# TRENDS IN TOBACCO USE

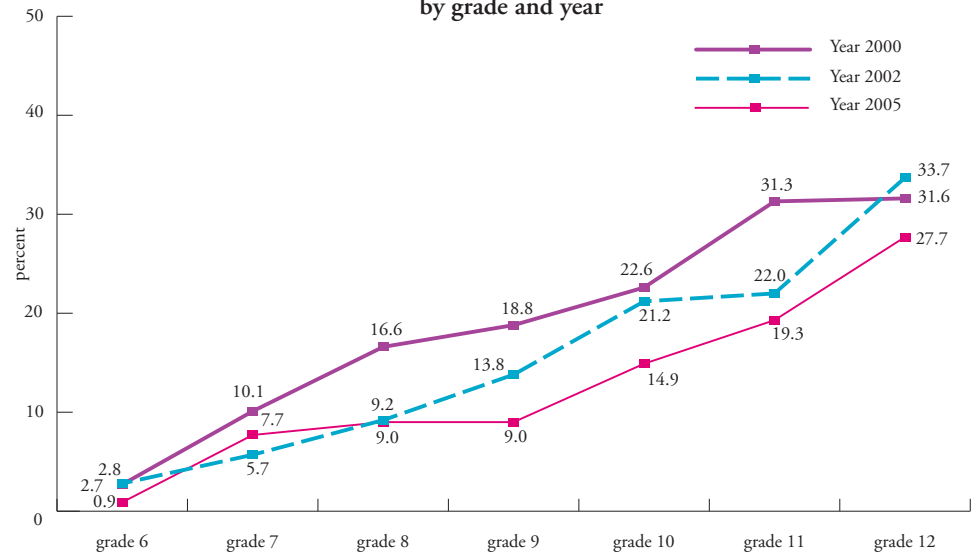
- Since 2000, the rate of tobacco use among Connecticut students has decreased in nearly every grade—*data not shown*
- From 2000 to 2005, overall tobacco use in grades 9 and 10 decreased significantly (26.9% to 16.8% and 32.1% to 21.7%, respectively)—*data not shown*
- Between 2002 and 2005, the rate of cigarette smoking among middle school students remained constant at 5.9%; it is lower than the 2000 rate of 9.8%, but the decrease is not statistically significant—*data not shown*
- There was a statistically significant decrease between 2000 and 2005 in the percentage of students in grade 9 who currently smoke cigarettes (18.8% and 9.0%)
- With few exceptions, from 2000 to 2002 to 2005, the rate of cigarette smoking declined in all grades
- Between 2000 and 2005, the rate of cigarette smoking dropped significantly among Connecticut high school students and adults\* (25.6% to 17.0%\*\* and 19.9% to 16.5%,\*\* respectively)
- Studies indicate that raising cigarette taxes is one of the most effective ways to reduce smoking among both youth and adults. Every 10% increase in the price of cigarettes has been shown to reduce youth smoking by about 7% and overall cigarette consumption by approximately 4%\*\*\*
- Connecticut has the 12th highest cigarette tax in the nation. It was increased by \$0.50 in 2000 to \$1.11 per pack and then again in 2003 by \$0.40 to the state's current rate of \$1.51 per pack. Since those increases, smoking prevalence among high school students dropped nearly 34% and among adults it fell slightly more than 17%
- The *Healthy People 2010* objective for cigarettes is to reduce use among high school students to no more than 16%; in 2005, the rates of cigarette smoking among students in grades 11 and 12 exceed that objective (19.3% and 27.7%)

\* Age 18 and older

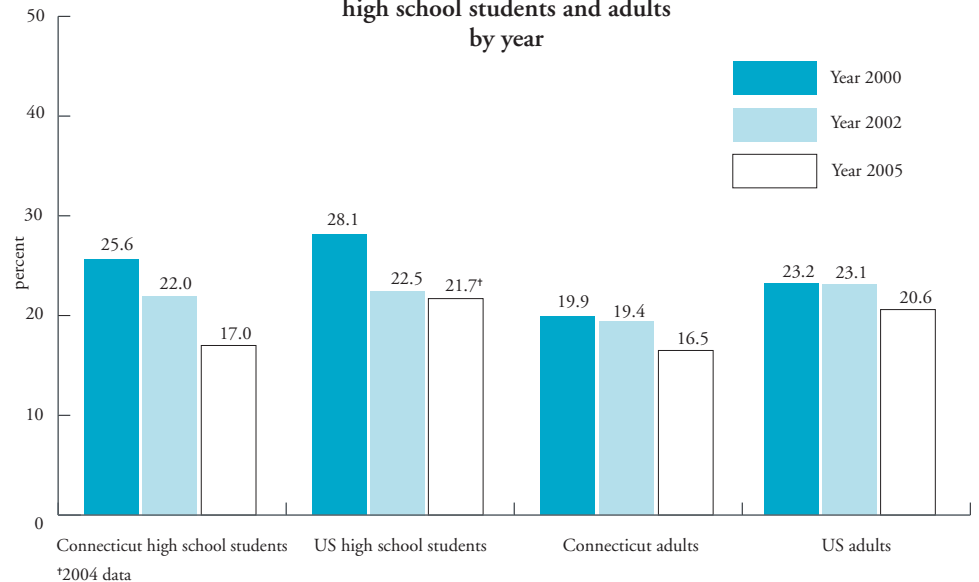
\*\*Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2000, 2005]

\*\*\*Orzechowski & Walker, *Tax Burden on Tobacco*, 2004; media reports; Economic Research Service, US Department of Agriculture, Tobacco Briefing Room Website, <http://www.ers.usda.gov/briefing/tobacco>; and <http://tobaccofreckids.org>

Current cigarette smoking among students by grade and year



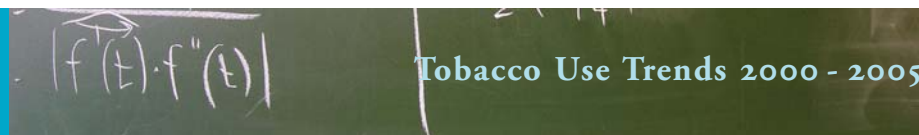
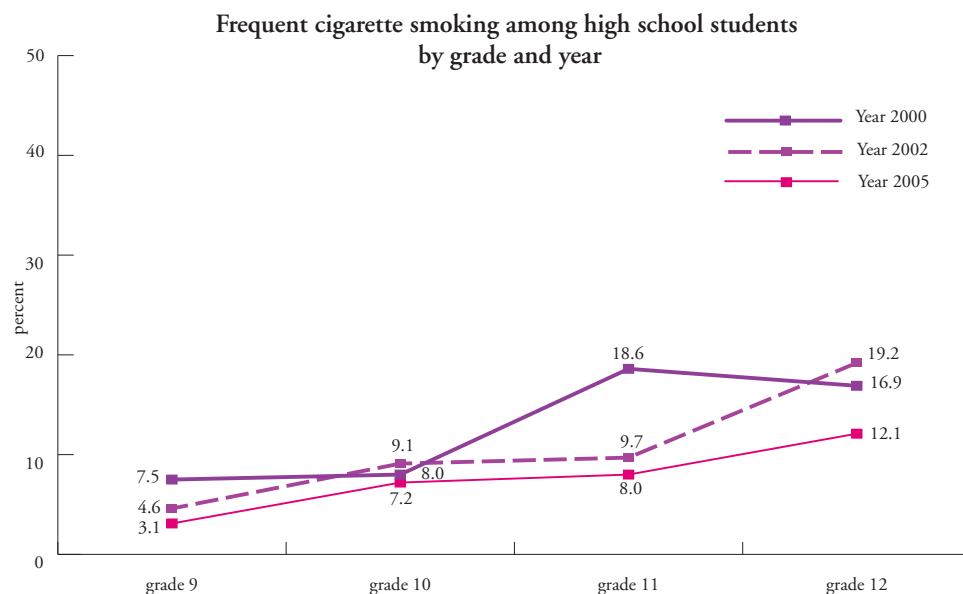
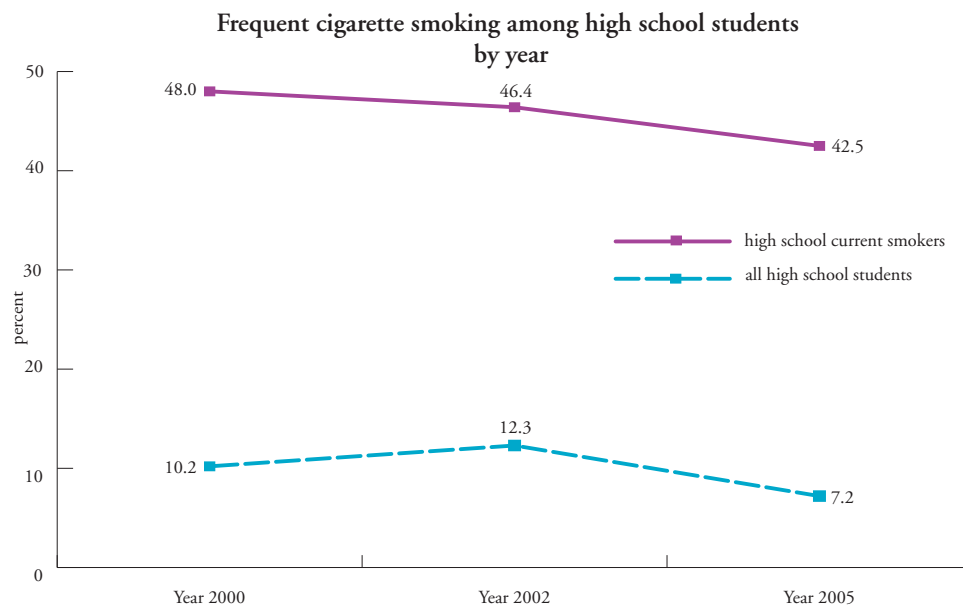
Current cigarette smoking among Connecticut and US high school students and adults by year



# TRENDS IN FREQUENT CIGARETTE SMOKING

- Between 2000 and 2005, the rate of frequent\* cigarette smoking among high school students decreased approximately 30%, and the change is statistically significant (10.2% and 7.2%)
- Frequent smoking among current smokers decreased from 48.0% in 2000 to 42.5% in 2005
- Between 2000 and 2005, frequent smoking decreased in all grades in high school. In grades 9 and 11, the rate fell approximately 57%, in grade 10, it fell 10%, and in grade 12, it fell more than 28%
- Frequent smoking declined in grade 9 from 7.5% in 2000 to 3.1% in 2005, and in grade 11, it went from 18.6% in 2000 to 8.0% in 2005; both decreases are statistically significant
- Since 2000, the number of cigarettes high school frequent smokers smoke per day on the days they smoked remained fairly constant. Approximately two-thirds smoke between 2 and 10 cigarettes, while about one-third smoke more than half a pack (more than 10 cigarettes)—*data not shown*

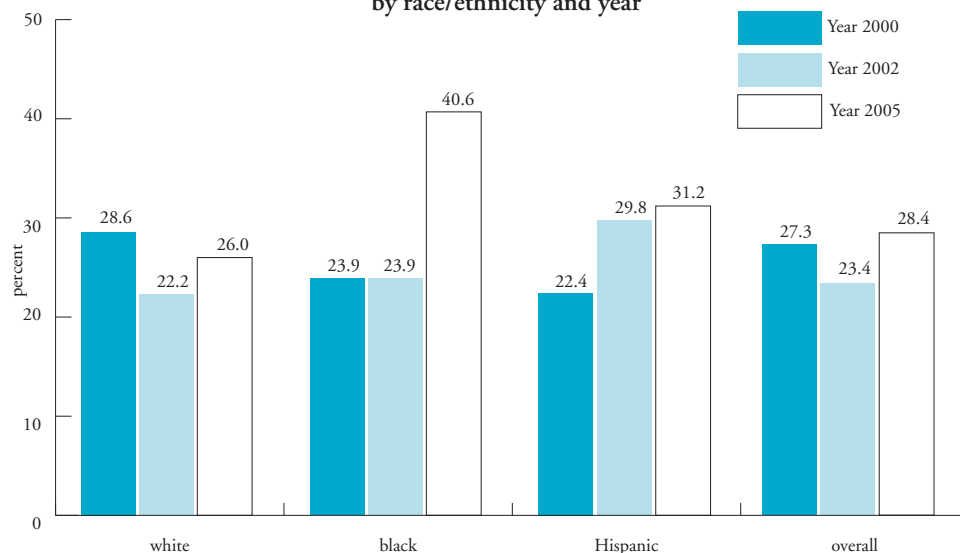
\*See *Glossary of Terms* for definition



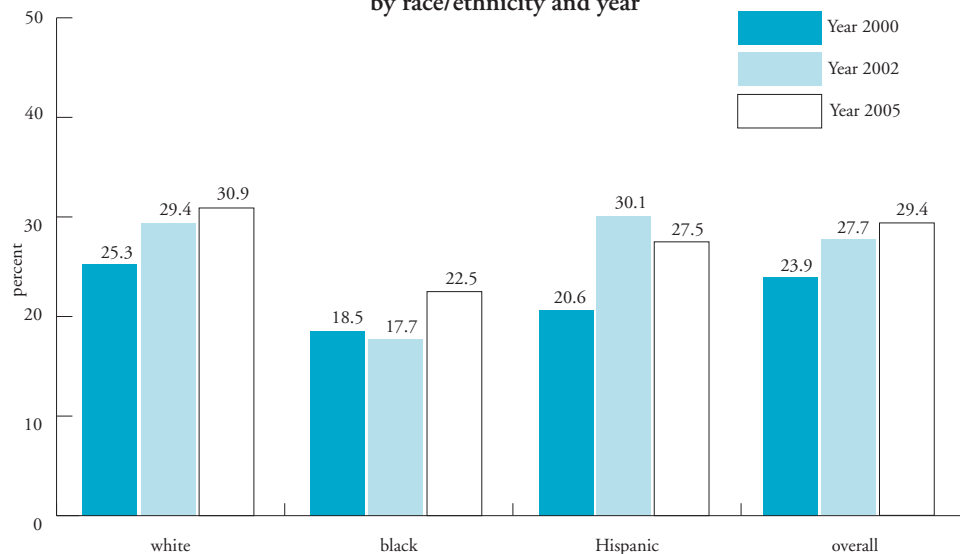
## TRENDS IN SUSCEPTIBILITY TO STARTING SMOKING

- In middle school between 2000 and 2005, susceptibility\* to starting smoking increased for black and Hispanic never smokers and for never smokers overall
- Susceptibility among white never smokers in middle school decreased slightly from 28.6% in 2000 to 26.0% in 2005
- Susceptibility among black never smokers in middle school increased significantly between 2002 and 2005 (23.9% and 40.6%)
- Between 2000 and 2005 in high school, the percentages of white, black, and Hispanic never smokers who are susceptible to starting smoking increased; susceptibility also increased for never smokers overall. None of the changes are statistically significant

Middle school never smokers who are susceptible to starting smoking by race/ethnicity and year



High school never smokers who are susceptible to starting smoking by race/ethnicity and year

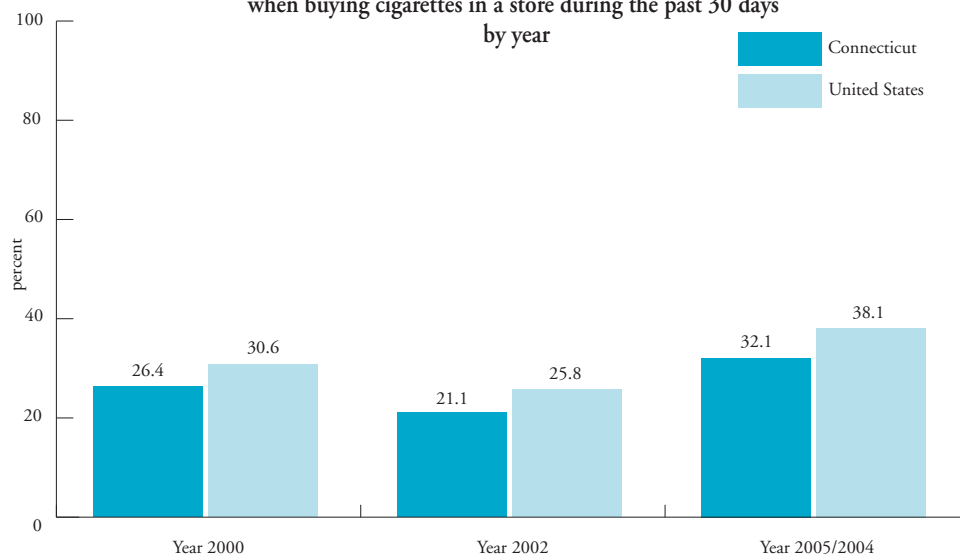


\*See *Glossary of Terms* for definition

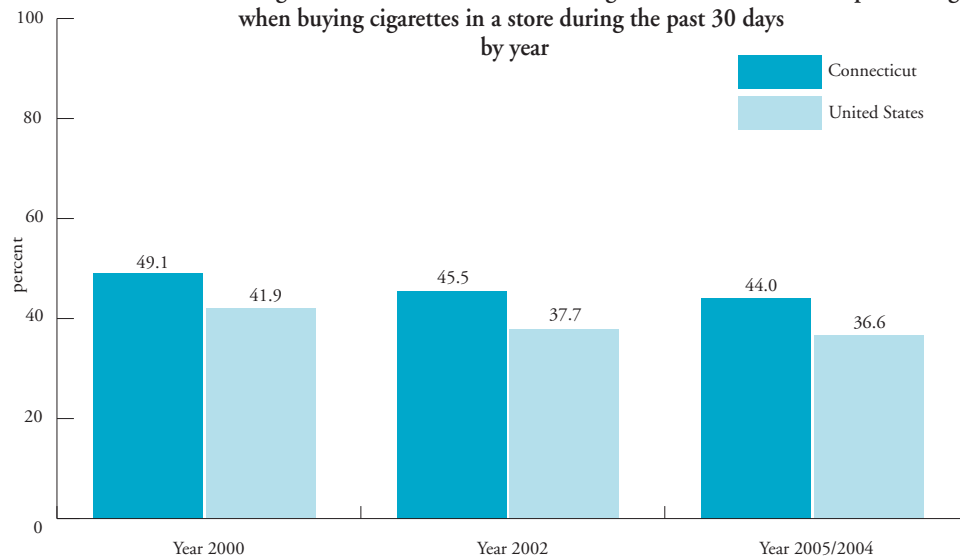
## TRENDS IN ID REQUEST\*

- The percentage of middle school current smokers in Connecticut who were asked for ID when attempting to buy cigarettes increased from 26.4% in 2000 to 32.1% in 2005; this increase is also seen for students nationally
- The percentage of high school current smokers in Connecticut who were asked for ID when attempting to buy cigarettes decreased from 49.1% in 2000 to 44.0% in 2005; the trend is similar for students nationally
- In Connecticut and nationally for 2000, 2002, and 2005/2004, middle school current smokers were less likely than their high school counter parts to be asked for ID when purchasing cigarettes
- In 2000, 2002, and 2005/2004 middle school current smokers in Connecticut were less likely than middle school smokers nationally to be asked for proof of age; the opposite is true for high school smokers

Connecticut and US middle school current smokers under age 18 who were asked for proof of age when buying cigarettes in a store during the past 30 days by year



Connecticut and US high school current smokers under age 18 who were asked for proof of age when buying cigarettes in a store during the past 30 days by year



\*The results displayed here are for current smokers under the age of 18 who tried to buy cigarettes in a store in the 30 days prior to the survey. In Connecticut, it is illegal to sell cigarettes to minors (under age 18)



# YOUTH BEHAVIOR COMPONENT



# INTRODUCTION TO THE YOUTH BEHAVIOR COMPONENT OF THE CONNECTICUT SCHOOL HEALTH SURVEY

*Priority health-risk behaviors, which contribute to the leading causes of morbidity and mortality among youth and adults, often are established during childhood and adolescence, extend into adulthood, are interrelated, and are preventable. In the United States, 71% of all deaths among youth and young adults aged 10-24 years result from four causes: motor vehicle crashes, other unintentional injuries, homicide, and suicide. Since many high school students continue to engage in behaviors that place them at risk for the leading causes of death and disease, effective school health programs and other policy and programmatic interventions are needed to reduce preventable deaths and improve health outcomes among youth.<sup>1</sup>*

The 2005 Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YBC collects data that are used to measure progress toward achieving 15 national health objectives for the US Department of Health and Human Services *Healthy People 2010* (HP 2010) and 3 of the 10 leading health indicators, to assess trends in health-risk behaviors among high school students, and to evaluate the impact of broad school and community interventions. The YBC of the CSHS asks questions that focus on the leading causes of morbidity and mortality among youth and young adults in the United States. Those leading causes of death are related to six categories of priority health-risk behaviors: 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 HIV/AIDS, unhealthy dietary behaviors; and physical inactivity. Between February and June 2005, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with the Centers for Disease Control and Prevention (CDC), the Connecticut Department of Education, and partners from local school districts and local health departments. The YBC of the CSHS was administered to a representative sample of all regular public high school students in Connecticut.

The 2005 YBC was made up of 98 questions developed by CDC and DPH. In total, 2,256 students in grades 9-12 from 45 high schools completed the self-administered, anonymous survey (see Youth Behavior Component Survey Instrument & Sampling design for more details, p. 69). When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white non-Hispanic, black non-Hispanic, and Hispanic)<sup>2</sup>. To help the reader discern true differences between comparison groups, findings that are statistically significant at the  $p \leq 0.05$  level are emphasized as “significant” differences.

Since many of the measures presented in this report are baseline data, some of the results of the 2005 National Youth Risk Behavior Survey are used for comparison. All of the national data used in the YBC section of this report were taken from the Centers for Disease Control and Prevention; Youth Risk Behavior Surveillance, Surveillance Summaries—United States; June 9, 2006, MMWR 2006; 55 (No. SS-5).

For the reader’s convenience, a *Glossary of Terms* is provided at the end of this report. Also, unless otherwise noted, all data presented and discussed in the YBC section of this report are referring to regular public high school students (grades 9-12) in Connecticut.

The next CSHS will be administered in the spring of 2007.

<sup>1</sup>Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2005. Surveillance Summaries, June 9, 2006. MMWR 2006; 55 (No. SS-5)

<sup>2</sup>For the 2005 CSHS, race/ethnicity was computed from one question: “How do you describe yourself?” (response options were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Hispanic or Latino,” “Native Hawaiian or Other Pacific Islander,” or “White”). Students could select more than one response option. For this report, students were classified as “Hispanic” if they selected “Hispanic or Latino” plus any other response option. Students were classified as “Black” if they selected “Black or African American” only. Students were classified as “White” if they selected “White” only. Students were classified as “other” if they selected any one of the other options only or multiple response options except “Hispanic or Latino.” (“other” was not discussed in this report due to small sample sizes)



# YOUTH BEHAVIOR COMPONENT EXECUTIVE SUMMARY

The Connecticut School Health Survey (CSHS) was administered in the spring of 2005. The Youth Behavior Component (YBC) of the 2005 CSHS consisted of anonymous responses from a representative sample of 2,256 Connecticut public school students in grades 9-12. The data were weighted (see Youth Behavior Component Survey Instrument & Sampling Design for more details, p. 69) and analyzed for this report. These weighted results were used to make important inferences concerning health-risk behaviors of all regular public high school (grades 9-12) students in the State of Connecticut. The survey monitors six categories of priority health-risk behaviors among youth: 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. Additionally, the YBC monitors general health status, protective factors, and the prevalence of overweight and asthma. This report summarizes the results from the 2005 survey.

## Behaviors that Lead to Unintentional Injuries and Violence

In the 12 months prior to the survey, about 43,000 high school students in Connecticut felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities and slightly more than 12% attempted suicide at least one time. High school students in Connecticut are significantly more likely than US high school students to have attempted suicide at least once in the past year.

In grades 9 through 12, more than 70% of students who rode a bike in the past 12 months rarely or never wore a helmet, and approximately 10% of students rarely or never wear a seat belt when riding in a car driven by someone else. In the 30 days prior to the survey, slightly less than 30% of high school students rode in a car with a driver who had been drinking alcohol, and 11% or 19,000 high school students drove a car or other vehicle while drinking alcohol.

More than 40% of students in grade 9 were harassed or bullied on school property at least once in the 12 months preceding the survey; this is significantly more than for students in grades 10 and 12. The percentage of high school students who were threatened or injured with a weapon one or more times on school property in the past year varies by grade between 7.6% and 9.9%, and in the past year, one-third of high school boys and one-quarter of high school girls had personal property stolen or deliberately damaged at school. Also, about 11,000 or 6.4% of high school students carried a weapon on school property in the past 30 days. Of those, 6.4% of students, in the past 12 months, nearly 70% had been in a physical fight at least once, and more than 50% had personal property stolen or deliberately damaged at school.

In the 12 months prior to the survey, nearly 28,000 high school students in Connecticut experienced dating violence. Connecticut high school boys, girls, white, and Hispanic students are significantly more likely than their US counterparts to have experienced dating violence in the past year.



## Alcohol and Other Drug Use

Approximately 78,500 or 45% of high school students in Connecticut had at least one alcoholic drink on 1 or more of the 30 days prior to the survey, and of those current drinkers, about 20% have had a drink on 100 or more days in their lives. Current alcohol use increases significantly from 35% in grade 9 to 59% in grade 12. Also, slightly more than one-quarter of high school students consumed five or more alcoholic drinks within a couple of hours (binge drinking) at least once in the 30 days prior to the survey. White high school students are significantly more likely than black high school students to have engaged in binge drinking in the past 30 days.

High school students who are current cigarette smokers are almost three times more likely than non-smokers to currently use alcohol and about four times more likely to have engaged in binge drinking at least once in the past 30 days. They are also twice as likely to have had their first drink of alcohol before age 13 and nearly seven times more likely to have had at least one drink of alcohol on school property on 1 or more of the past 30 days.

An estimated 40,000 or about 23% of Connecticut high school students used marijuana at least once in the 30 days prior to the survey; this rate is statistically similar to the rate for students nationally. Current marijuana use doubles between grades 9 and 12, and the increase is statistically significant. Also, high school current cigarette smokers are five times more likely than non-smokers to be current marijuana users. Furthermore, at least one time in their lives, an estimated 19,200 Connecticut high school students used inhalants; 13,500 used cocaine; 11,000 used ecstasy; and 10,200 used methamphetamines. Additionally, 4.3% of Connecticut high school students have used heroin in their lives; this rate is significantly higher than among US high school students (2.4%).

## Sexual Behaviors

An estimated 80,000 or 46% of high school students in Connecticut have ever had sexual intercourse, and of those students, nearly 80% first had sexual intercourse between the ages of 13 and 16. Also, among high school students who have ever had sexual intercourse, boys are significantly more likely than girls to have had sexual intercourse before age 13.

Approximately 62,000 or 35.6% of high school students had sexual intercourse at least once in the three months prior to the survey (currently sexually active). In high school, white males are significantly less likely than black and Hispanic males to be currently sexually active, while among females, there are no statistically significant differences between any of the racial/ethnic groups. Of the high school students who are currently sexually active, 64.3% used a condom the last time they had sexual intercourse. Currently sexually active white students in high school are significantly more likely than their Hispanic counterparts to have used alcohol or other drugs the last time they had sexual intercourse.



## Physical Inactivity, Weight, and Dietary Behaviors

Approximately 26% of students in grade 9 did not meet minimal recommended levels of physical activity in the seven days prior to the survey; by grade 12, the rate increases significantly to 42.0%. Approximately 44,800 or 25.9% of high school students are overweight, and boys are significantly more likely than girls to be overweight. Nearly one-half of high school students are trying to lose weight, and girls are about twice as likely as boys to be trying to lose weight.

The percentage of students who exercised in the past 30 days to lose weight or to keep from gaining weight decreases from 66.1% in grade 9 to 57.3% in grade 12. From grades 9 through 12, to lose or keep from gaining weight, slightly more than 10% of students, in the past 30 days, went without eating for 24 hours or more, and slightly less than 10% took laxatives or diet pills (without advice from a doctor) or vomited.

In all grades in high school, more than 80% of students ate fruit at least once in the seven days prior to the survey, and the percentage of students who ate vegetables one or more times in the past week, varies by grade between 79.3% and 84.9%. Slightly more than 20% of high school students got the recommended five servings of fruits and vegetables per day in the past week, and high school boys are significantly more likely than high school girls to have eaten five or more servings of fruits and vegetables per day in the past week.

## Health-Risk Behaviors by Grade

The percentages of students engaging in many health-risk behaviors increase steadily and significantly between grades 9 and 12. In grade 9, 35.0% of students drank alcohol on one or more of the 30 days prior to the survey; by grade 12, the rate increases 1.7 times to 59.0%. The percentage of students who had sexual intercourse at least once in the past three months, increases approximately 2.6 times from 20.8% in grade 9 to 55.1% in grade 12. Rates of current cigarette smoking, binge drinking, and current marijuana use all increase significantly between grades 9 and 12.



## Protective Factors and Other Health-Related Topics

From grades 9 through 12, more than 60% of students say that their physical health was good on 28 or more of the past 30 days, and more than 50% say that their mental health was good on 28 or more of the past 30 days. About 7 out of 10 high school boys describe their health as very good or excellent, compared to less than 6 out of 10 high school girls; the difference is statistically significant.

The percentage of students who work at a paying job one or more hours in an average week during the school year more than doubles between grades 9 and 12. Also, on at least one day in the week prior to the survey, approximately 100,000 high school students participated in organized after-school, evening, or weekend activities. Additionally, 30 days prior to the survey, about 44% or 77,000 high school students did at least one hour of volunteer work assisting other people.

An estimated 96,000 or about 56% of high school students plan to complete a post-high school program. In grades 9, 11, and 12, girls are significantly more likely than boys to believe they will definitely complete a post-high school program, and among all the racial/ethnic groups, girls are significantly more likely than boys to believe they will complete a post-high school program.

Nearly 60% of Connecticut high school students live with two parents most of the time. White high school boys and girls are significantly more likely than their black and Hispanic counterparts to live with two parents most of the time. Among high school students who do not live with two parents most of the time, girls are nearly twice as likely as boys to have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities; the difference is statistically significant.

High school students who had a least one meal with their family on five or more of the seven days prior to the survey are significantly less likely to be current marijuana users; to be current smokers; to have experienced dating violence in the past year; to have seriously considered attempting suicide in the past year; or to have ever used inhalants than are than students who did not eat at least one meal with their family on five or more of the seven days prior to the survey.

Students whose parents or other adults in their family always or most of the time know the student's whereabouts when the student is away from home are significantly less likely to binge drink, currently use marijuana, or currently smoke cigarettes than are students whose parents or other adults in the family never, rarely, or sometimes know the student's whereabouts when the student is away from home. Also, about 75% of high school students have at least one adult other than their parents they feel comfortable seeking help from if they have an important question affecting their lives.

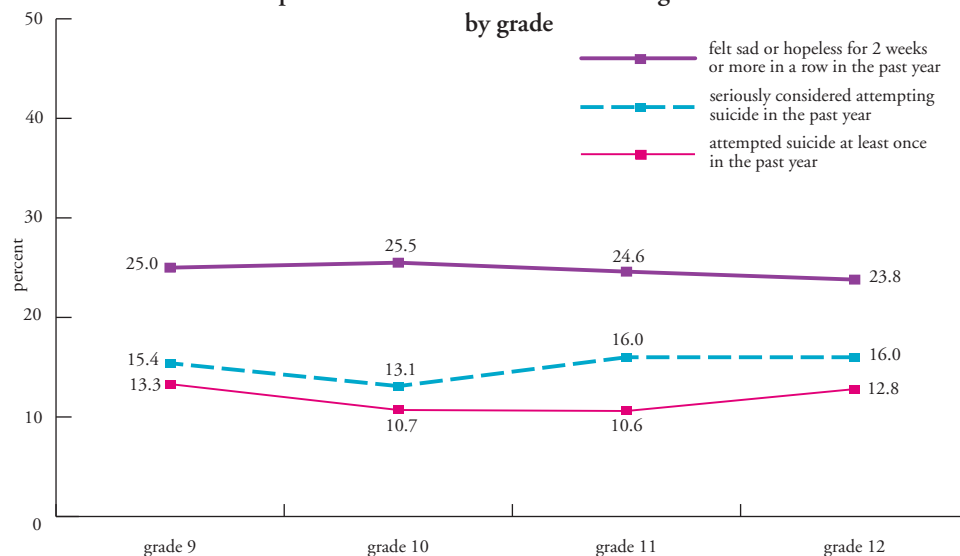


# BEHAVIORS THAT LEAD TO UNINTENTIONAL INJURY AND VIOLENCE

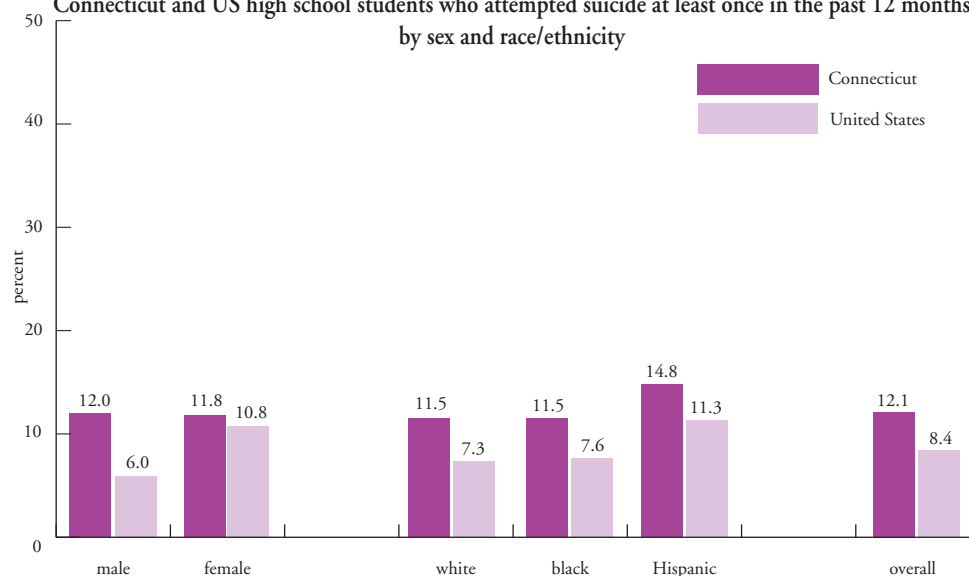
## DEPRESSION AND SUICIDAL BEHAVIOR

- In the 12 months preceding the survey, an estimated 43,000 or 24.8% of high school students in Connecticut felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities —*data not shown*
- Students in grade 9 are more likely than those in grades 10, 11, and 12 to have attempted suicide at least once in the past 12 months, however there are no statistically significant differences between any of the grades (13.3%, 10.7%, 10.6%, and 12.8%, respectively)
- During the past year, 12.1% of Connecticut high school students attempted suicide at least one time
- Of the 12.1% of high school students who attempted suicide in the past 12 months (*following data not shown*),
  - » 56.4% attempted suicide 1 time
  - » 22.5% attempted suicide 2 to 3 times
  - » 21.2% attempted suicide 4 times or more
- In high school in Connecticut, Hispanic students are more likely than both white and black students to have attempted suicide at least once in the past year (14.8%, 11.5%, and 11.5%)
- High school boys in Connecticut are twice as likely as boys nationally to have attempted suicide at least once in the past 12 months, and the difference is statistically significant (12.0% and 6.0%)
- White high school students in Connecticut are about 1.5 times more likely than their national counterparts to have attempted suicide at least once in the past 12 months, and the difference is statistically significant (11.5% and 7.3%)
- High school students in Connecticut are 44% more likely than high school students nationally to have attempted suicide at least once in the past 12 months, and the difference is statistically significant (12.1% and 8.4%)

Depression and suicidal behavior among students by grade



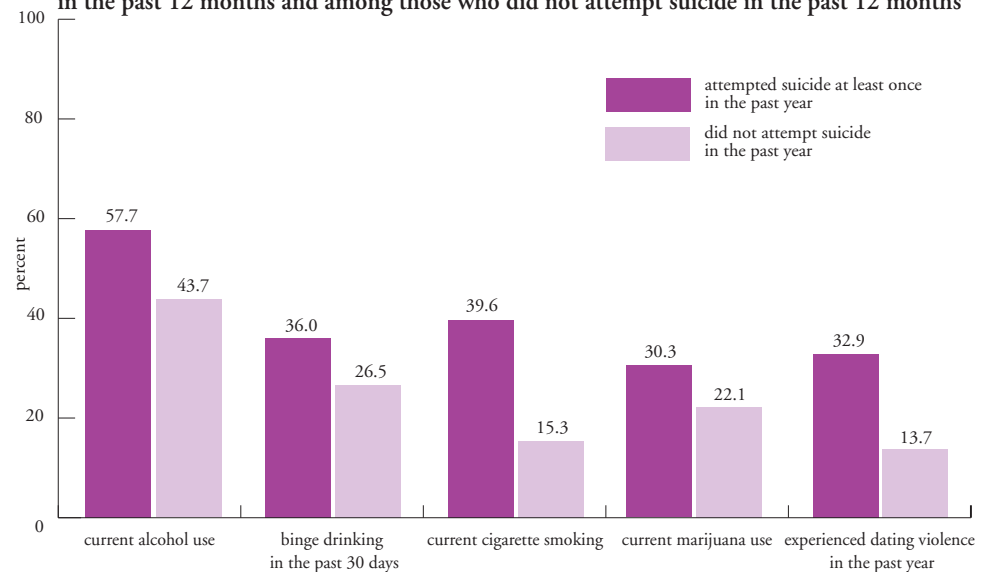
Connecticut and US high school students who attempted suicide at least once in the past 12 months by sex and race/ethnicity



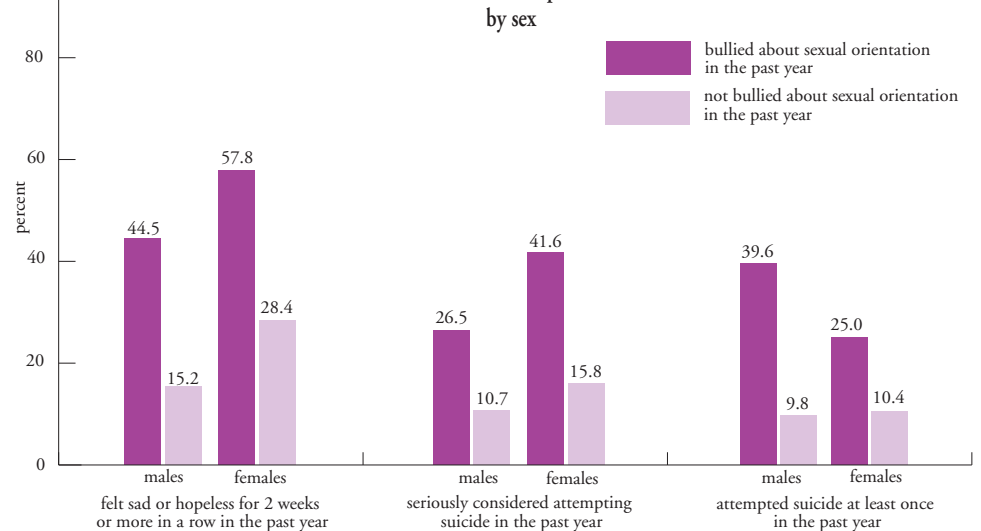
## DEPRESSION AND SUICIDAL BEHAVIOR, (continued)

- High school students who attempted suicide one or more times in the past 12 months are significantly more likely than those who did not attempt suicide to have had at least one drink of alcohol on one or more of the past 30 days (current alcohol use, *see page 39*), to have engaged in binge drinking (*see page 40*) in the past 30 days, to have smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking), and to have experienced dating violence in the past year (*see page 38*)
- Boys and girls in high school who were harassed at least one time in the past 12 months about their perceived sexual orientation are about 2.5 times more likely than their counterparts who were not harassed for this reason to have seriously considered attempting suicide in the past year
- High school boys who were bullied at least once in the past 12 months about their perceived sexual orientation are four times more likely than boys who were not bullied for this reason to have attempted suicide at least once in the past year (39.6% and 9.8%), and among high school girls, the difference between the two groups is more than double for those who were bullied (25.0% and 10.4%)

Health-risk behaviors among high school students who attempted suicide at least once in the past 12 months and among those who did not attempt suicide in the past 12 months



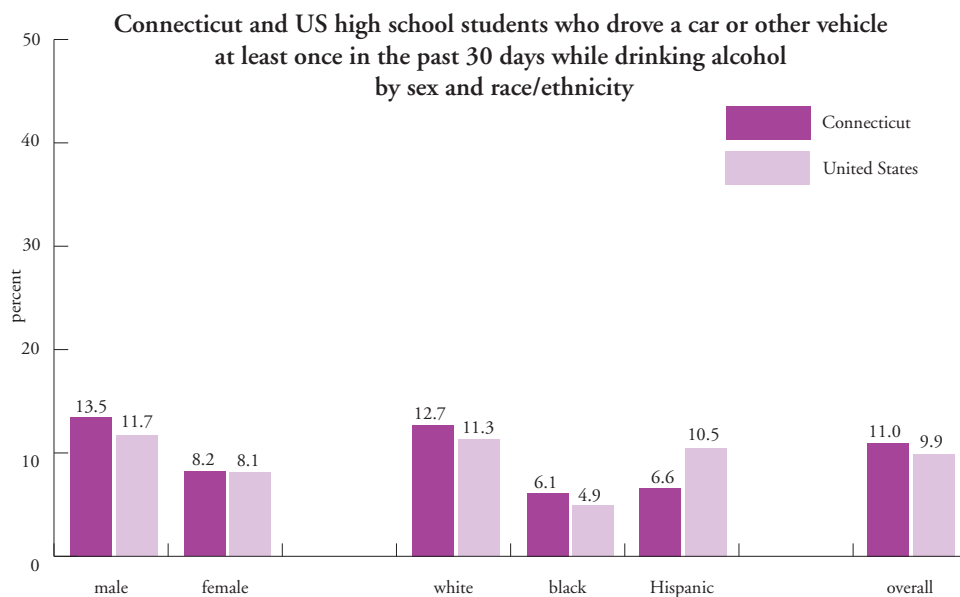
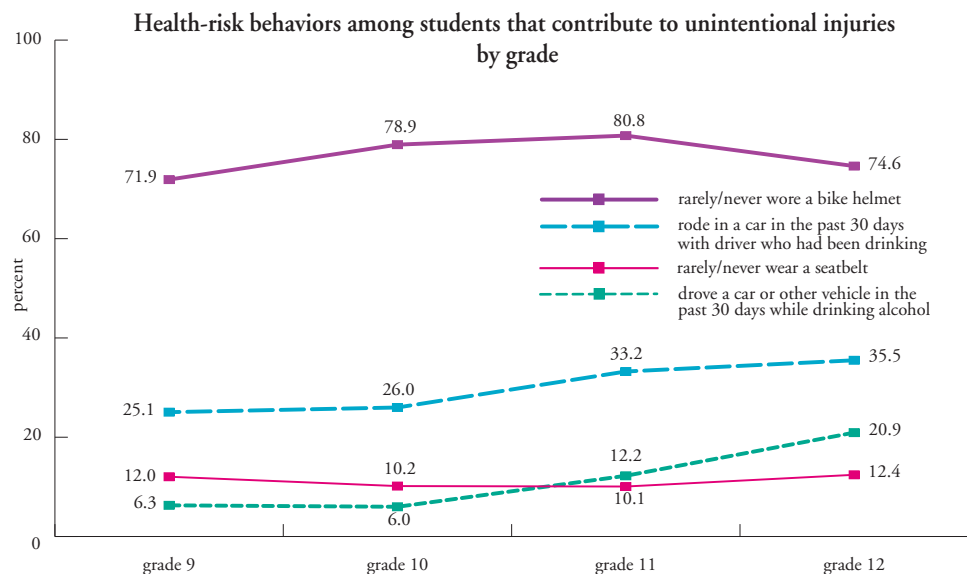
Depression and suicidal behavior among high school students who were bullied about their sexual orientation at least once in the past 12 months and among students who were not bullied about their sexual orientation in the past 12 months





## BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

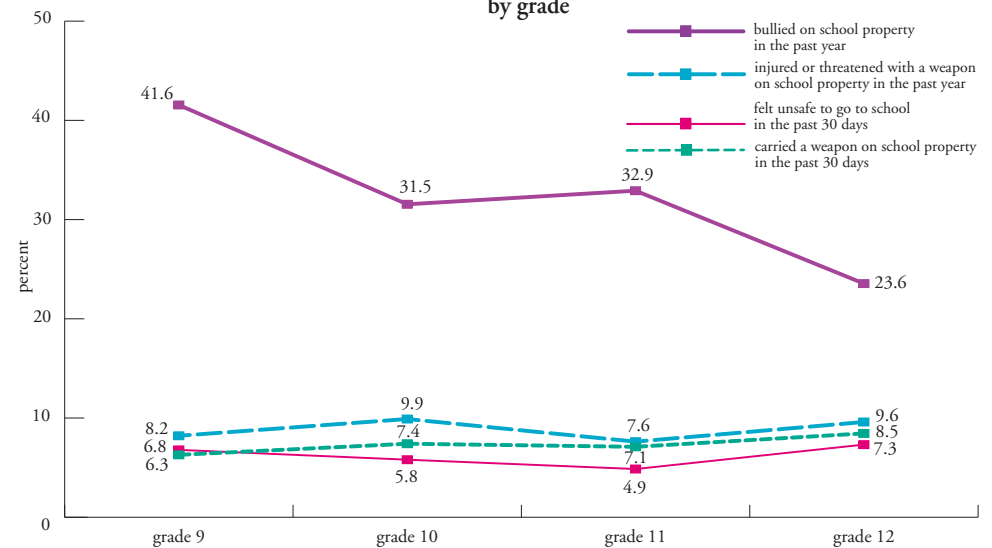
- More than 7 out of 10 students in grades 9, 10, 11, and 12 who rode a bike in the past 12 months rarely or never wore a helmet
- The percentage of high school students who rarely or never wear a seat belt when riding in a car driven by someone else varies by grade between 10.1% and 12.4%
- The percentage of high school students who at least once in the past 30 days rode in a car with a driver who had been drinking alcohol increases significantly from 25.1% in grade 9 to 35.5% in grade 12
- Of the 29.7% of Connecticut high school students who rode in a car in the past 30 days with a driver who had been drinking alcohol (*data not shown*),
  - » 40.5% rode 1 time
  - » 36.5% rode 2 to 3 times
  - » 9.0% rode 4 to 5 times
  - » 14.0% rode 6 times or more
- In Connecticut, high school boys are significantly more likely than high school girls to have driven a car or other vehicle at least once in the past 30 days while drinking alcohol (13.5% and 8.2%)
- The percentage of Connecticut high school students who drove a car or other vehicle at least once in the past 30 days while drinking alcohol increases from 8.9% among 16 year olds to 15.8% among 17 year olds to 20.4% among 18 year olds; the increase between the ages of 16 and 18 is statistically significant —*data not shown*
- In Connecticut, white high school students are significantly more likely than black and Hispanic high school students to have driven a car or other vehicle at least once in the past 30 days while drinking alcohol (12.7%, 6.1%, and 6.6%, respectively)
- At least once in the 30 days prior to the survey, slightly more than 1 in 10 or 19,000 Connecticut high school students drove a car or other vehicle while drinking alcohol
- Of the 11.0% of Connecticut high school students who drove a car or other vehicle in the past 30 days while drinking alcohol (*following data not shown*),
  - » 44.8% drove 1 time
  - » 34.7% drove 2 to 3 times
  - » 20.5% drove 4 times or more



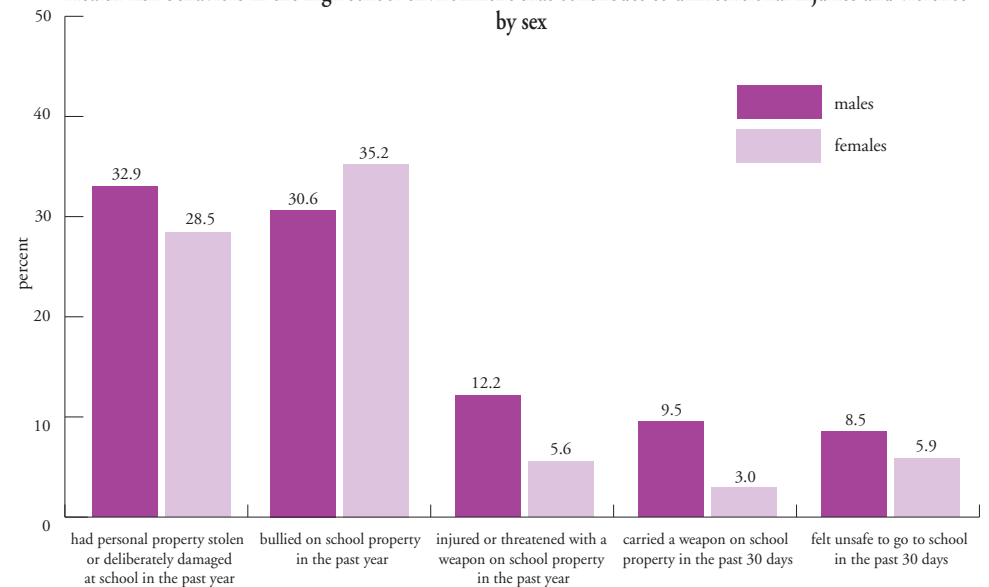
## BEHAVIORS IN THE SCHOOL ENVIRONMENT THAT CONTRIBUTE TO UNINTENTIONAL INJURIES AND VIOLENCE

- Students in grade 9 are significantly more likely than students in grades 10 and 12 to have been harassed or bullied on school property at least once in the past year (41.6%, 31.5%, and 23.6%, respectively)
- At least once in the past year, nearly 1 in 10 students in grades 10 and 12 were injured or threatened with a weapon (such as a gun, knife, or club) on school property (9.9% and 9.6%)
- In high school, boys are significantly more likely than girls to have been injured or threatened with a weapon on school property at least once in the past year (12.2% and 5.6%) or to have carried a weapon on school property on at least 1 of the past 30 days (9.5% and 3.0%)
- Of the 9.1% or 16,000 high school students who were threatened or injured with a weapon on school property in the past year (*data not shown*),
  - » 42.1% were threatened or injured 1 time
  - » 30.0% were threatened or injured 2 to 5 times
  - » 27.9% were threatened or injured 6 times or more
- About one-third of high school boys and more than one-quarter of high school girls had personal property stolen or deliberately damaged at school at least one time in the past year

Health-risk behaviors among students that contribute to unintentional injuries by grade



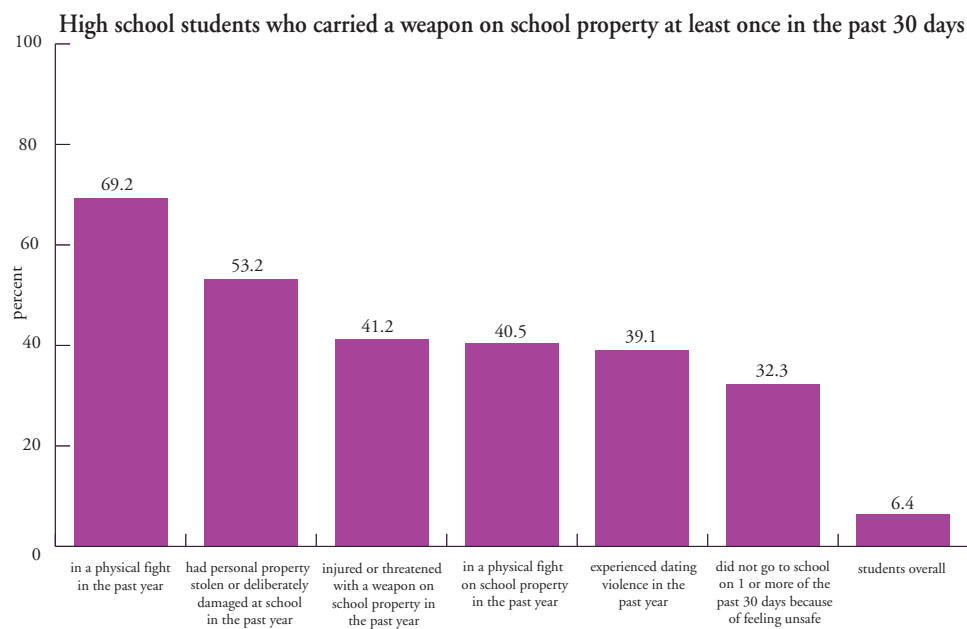
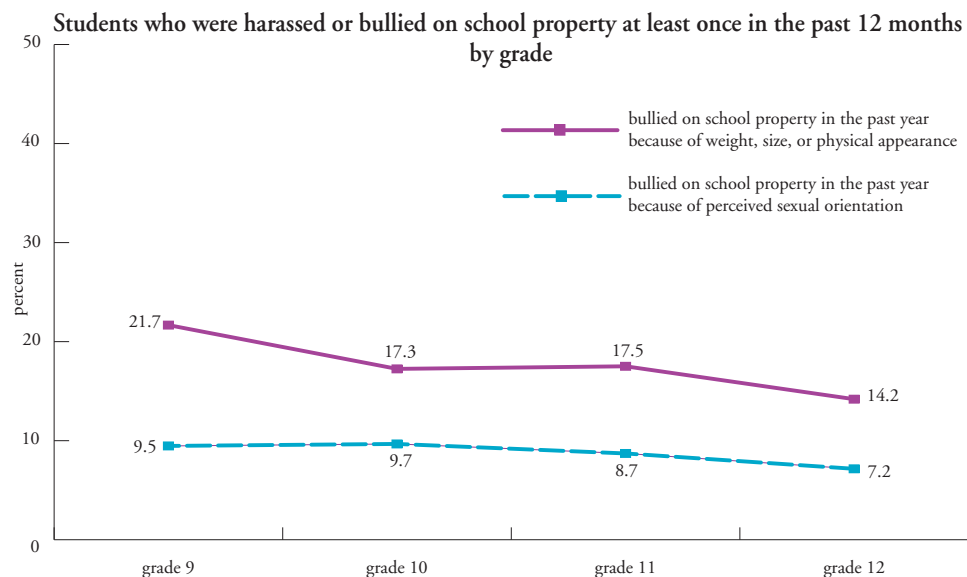
Health-risk behaviors in the high school environment that contribute to unintentional injuries and violence by sex



## BEHAVIORS IN THE SCHOOL ENVIRONMENT THAT CONTRIBUTE TO UNINTENTIONAL INJURIES AND VIOLENCE, *(continued)*

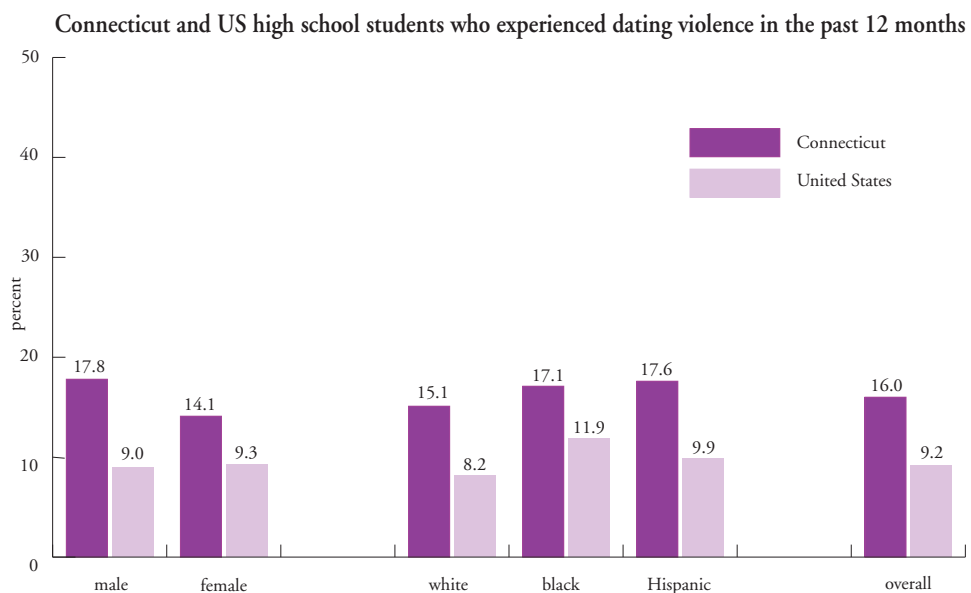
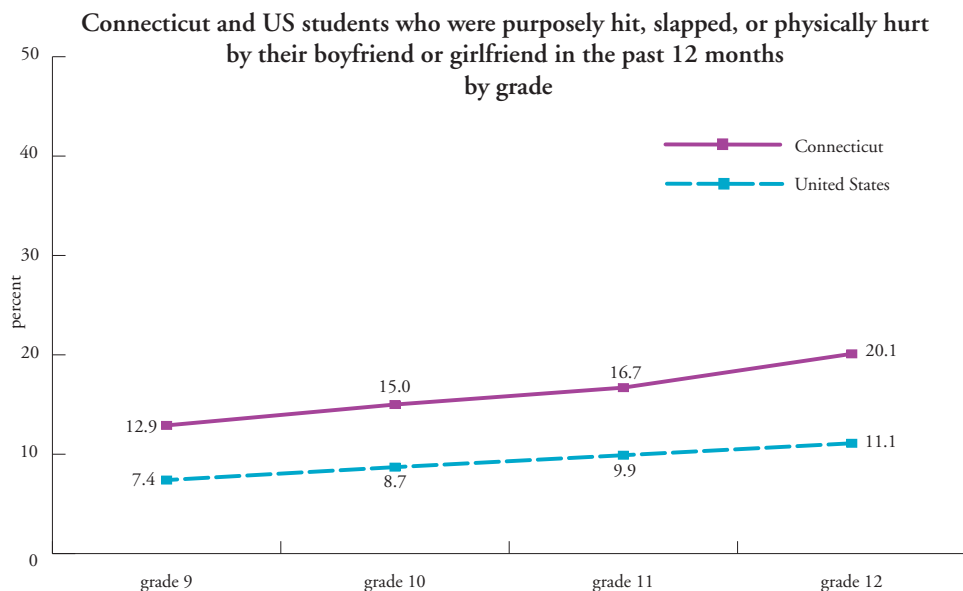
- At least one time in the past year, more than one-fifth (21.7%) students in grade 9 were harassed because of their weight, size, or physical appearance; this is significantly more than among students in grade 12 (14.2%)
- On at least 1 of the past 30 days, an estimated 28,200 or 16.3% of high school students carried a weapon (*data not shown*), and more than 11,000 or 6.4% carried a weapon on school property
- Of the 6.4% of high school students who carried a weapon on school property on at least 1 of the past 30 days,
  - » 69.2% were in a physical fight in the past year (versus 32.7% for students overall)\*
  - » 53.2% had personal property stolen or deliberately damaged at school in the past year (versus 30.8% for students overall)\*
  - » 41.2% were injured or threatened with a weapon on school property in the past year (versus 9.1% for students overall)\*
  - » 40.5% were in a physical fight on school property in the past year (versus 10.5% for students overall)\*
  - » 39.1% experienced dating violence (*see page 38*) in the past year (versus 16.0% for students overall)\*
  - » 32.3% did not go to school on 1 or more of the past 30 days because of feeling unsafe at school or unsafe on the way to or from school (versus 7.4% for students overall)\*

\*Overall student data not shown



## DATING VIOLENCE

- In grades 9, 10, 11, and 12, students in Connecticut are significantly more likely than students nationally to have been purposely hit, slapped, or physically hurt by their boyfriend or girlfriend (dating violence) in the 12 months preceding the survey
- In Connecticut, although it appears that in high school white students are less likely than black and Hispanic students to have experienced dating violence in the past 12 months, the differences are not statistically significant (15.1%, 17.1% and 17.6%, respectively)
- Connecticut high school boys, girls, white, and Hispanic students are significantly more likely than their US counterparts to have experienced dating violence in the past year
- High school students in Connecticut are significantly more likely than high school students nationally to have experienced dating violence in the past year (16.0% and 9.2%)
- High school students who experienced dating violence in the past 12 months are significantly more likely than students overall to have smoked cigarettes on one or more of the past 30 days (27.0% and 18.1%); to have engaged in binge drinking (*see page 40*) in the past 30 days (37.9% and 27.8%); and to have used marijuana one or more times in the past 30 days (current marijuana use, *see page 45*)(35.2% and 23.1%)—*data not shown*

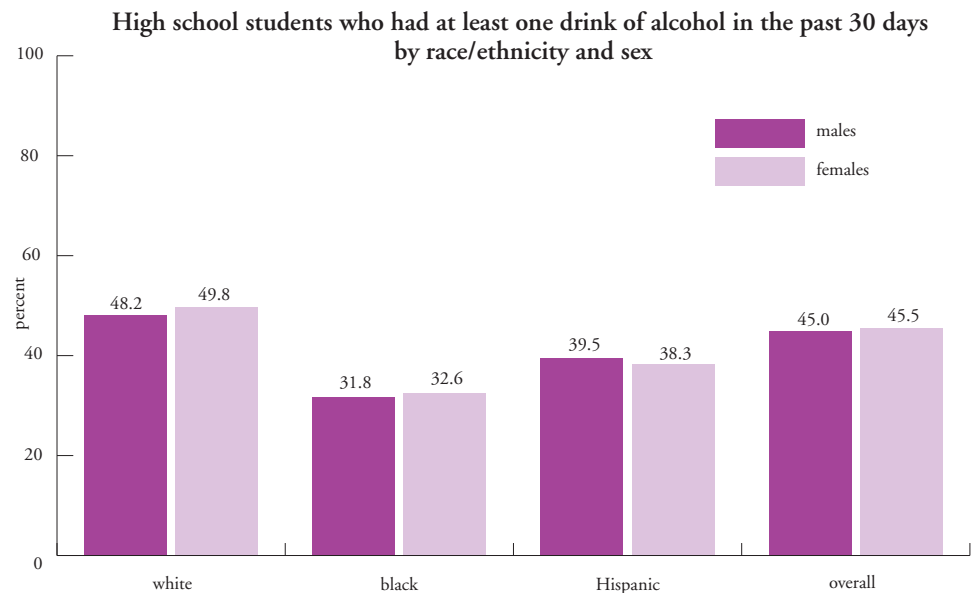
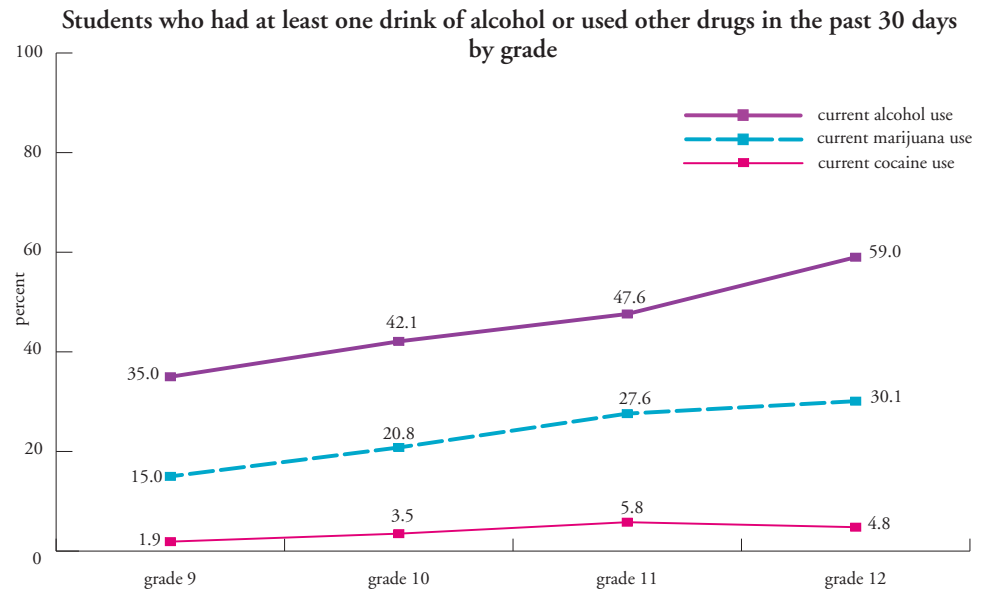




# ALCOHOL AND OTHER DRUG USE

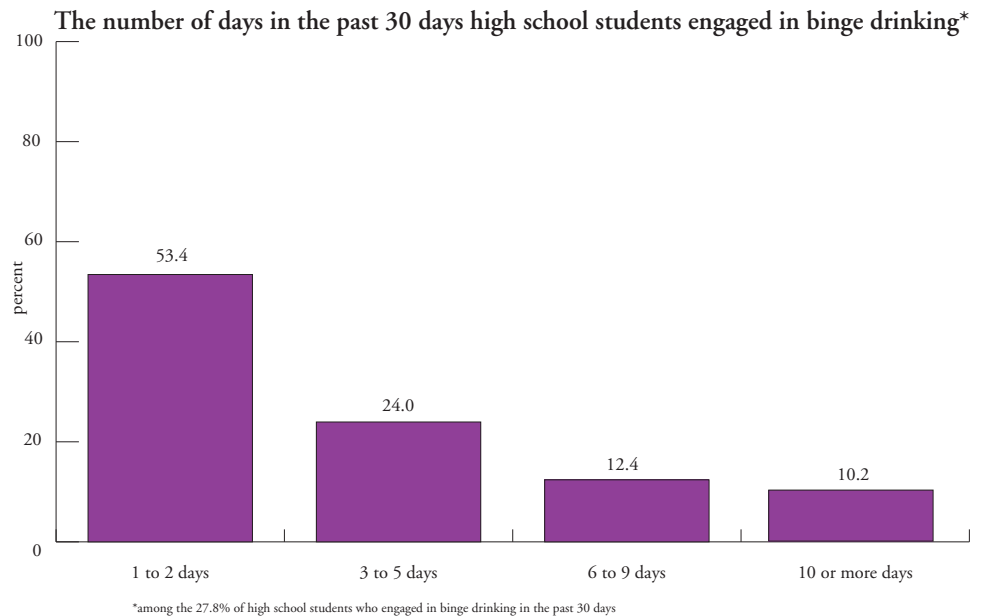
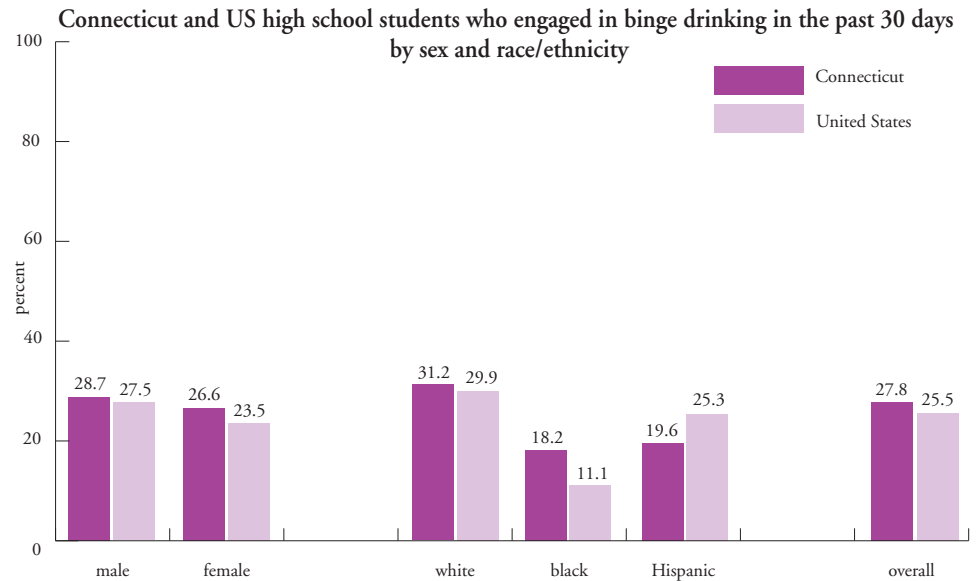
## CURRENT ALCOHOL AND OTHER DRUG USE

- The percentage of students who had at least one drink of alcohol on 1 or more of the past 30 days (current alcohol use) increases significantly from 35.0% in grade 9 to 59.0% in grade 12
- The percentage of students who used marijuana at least one time in the past 30 days (current marijuana use, *see page 45*) doubles between grades 9 and 12 (15.0% and 30.1%); the increase is statistically significant
- The percentage of students who used cocaine at least once in the past 30 days (current cocaine use) varies by grade between 1.9% and 5.8%
- An estimated 78,500 or 45.3% of high school students in Connecticut currently use alcohol; this rate is statistically similar to that for high school students nationally (43.3%)—*data not shown*
- Of the 45.3% of high school students who currently drink alcohol, in the 30 days prior to the survey (*data not shown*),
  - » 43.3% drank on 1 to 2 days
  - » 24.0% drank on 3 to 5 days
  - » 16.8% drank on 6 to 9 days
  - » 10.1% drank on 10 to 19 days
  - » 5.7% drank on 20 or more days
- Among high school students who currently drink alcohol, 19.6% have had a drink of alcohol on 100 or more days in their lives—*data not shown*
- In high school, current alcohol use is significantly higher among white males than among black males (48.2% and 31.8%), and white females are significantly more likely than black females to currently drink alcohol (49.8% and 32.6%)



# BINGE DRINKING

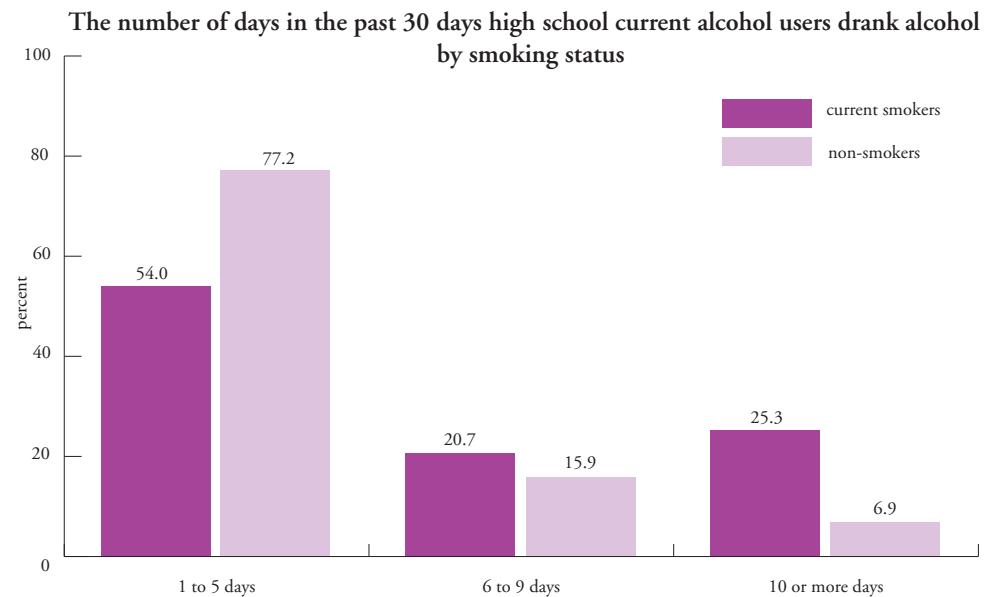
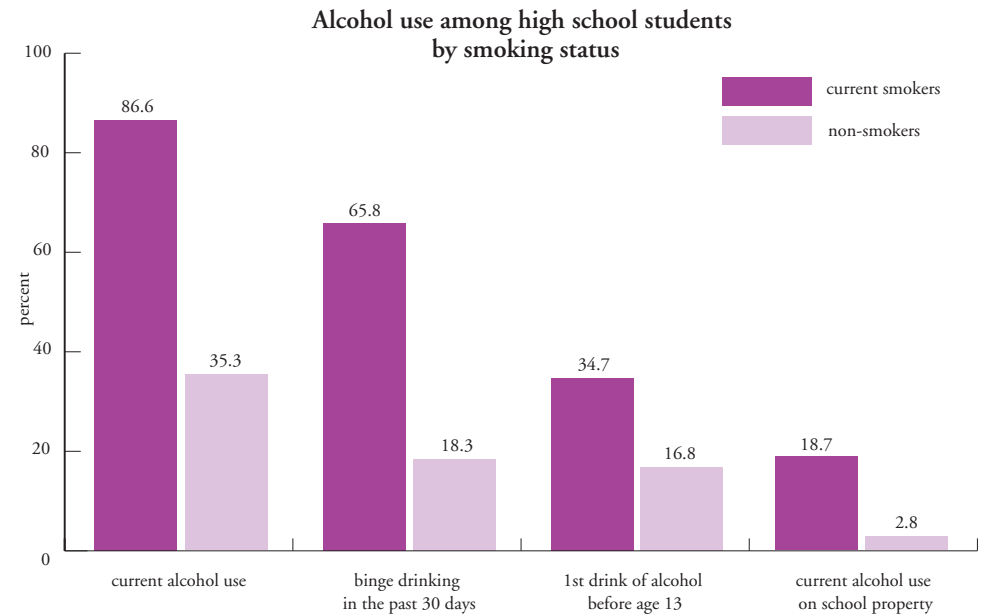
- About 48,200 or 27.8% of high school students in Connecticut consumed five or more alcoholic drinks in a row within a couple of hours (binge drinking) on at least 1 of the past 30 days
- Black high school students in Connecticut are significantly more likely than black high school students nationally to have engaged in binge drinking in the past 30 days (18.2% and 11.1%)
- White high school students are nearly twice as likely as their black classmates to binge drink, and the difference is statistically significant (31.2% and 18.2%)
- The percentage of students who binge drink increases approximately 2.3 times between grades 9 and 12 (17.4% and 40.6%); the increase is statistically significant—*data not shown*
- Of the 27.8% of high school students who binge drink,
  - » 77.4% binge drank on 1 to 5 days of the past 30 days
  - » 12.4% binge drank on 6 to 9 days of the past 30 days
  - » 10.2% binge drank on 10 or more days of the past 30 days





## ALCOHOL USE AND CIGARETTE SMOKING

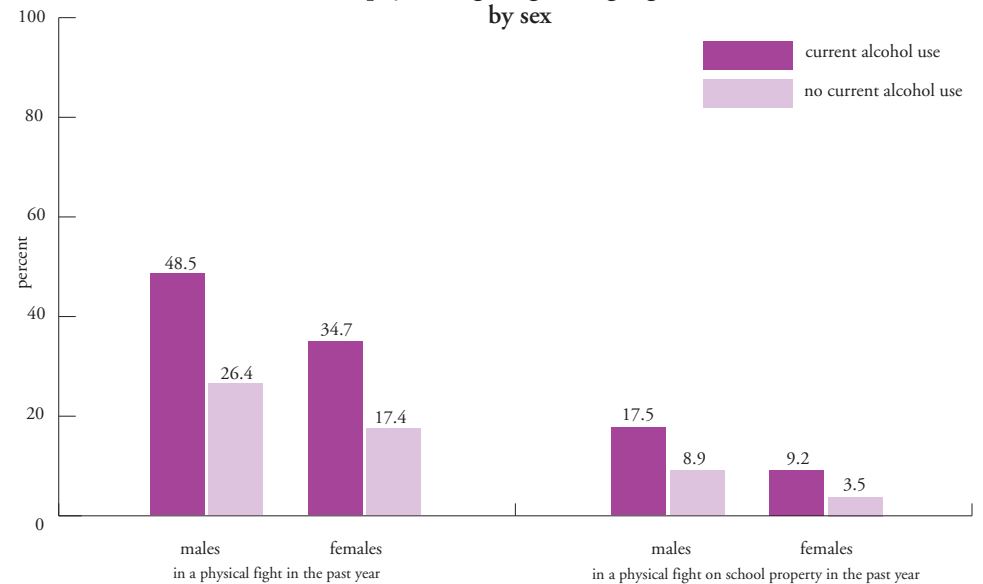
- In high school, students who smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking) are almost three times more likely than non-smokers to currently drink alcohol; about four times more likely to binge drink; twice as likely to have had their first drink of alcohol before age 13 (see page 44); and nearly seven times more likely to have had at least one drink of alcohol on school property on 1 or more of the past 30 days. All of these differences are statistically significant
- Among high school students who currently drink alcohol, 32.8% currently smoke cigarettes, while among those who do not currently drink, 4.0% currently smoke; the difference is statistically significant—*data not shown*
- Among high school students who binge drink, 43.3% currently smoke cigarettes, while among those who do not binge drink, 8.2% currently smoke; the difference is statistically significant—*data not shown*
- Among current alcohol users in high school, students who are current cigarette smokers are nearly four times more likely than non-smokers to have had a drink of alcohol on 10 or more of the past 30 days (25.3% and 6.9%); the difference is statistically significant



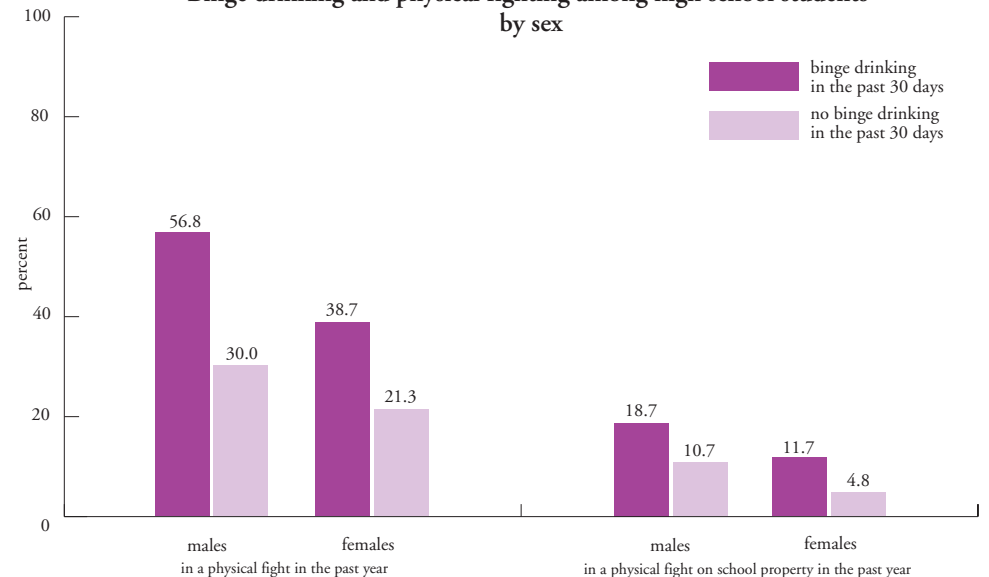
## ALCOHOL USE AND PHYSICAL FIGHTING

- High school boys who currently use alcohol are about twice as likely as their counterparts who are not current alcohol users to have been in a physical fight at least once in the past year (48.5% and 26.4%); the same is true for girls (34.7% and 17.4%). Both differences are statistically significant
- In high school, boys and girls who currently use alcohol are significantly more likely than boys and girls who do not currently use alcohol to have been in a physical fight on school property one or more times in the past year
- More than one-half (56.8%) of high school boys who are binge drinkers have been in a physical fight at least once in the past year; this is significantly more than among high school boys who do not binge drink (30.0%)
- High school girls who binge drink are almost 2.5 times more likely than high school girls who do not binge drink to have been in a physical fight on school property one or more times in the past year (11.7% and 4.8%); the difference is statistically significant

Alcohol use and physical fighting among high school students by sex



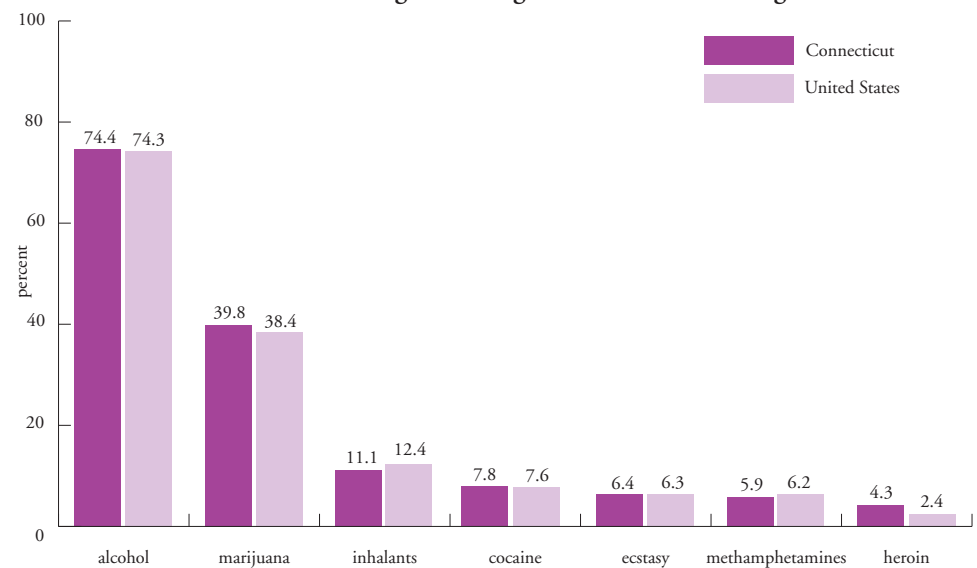
Binge drinking and physical fighting among high school students by sex



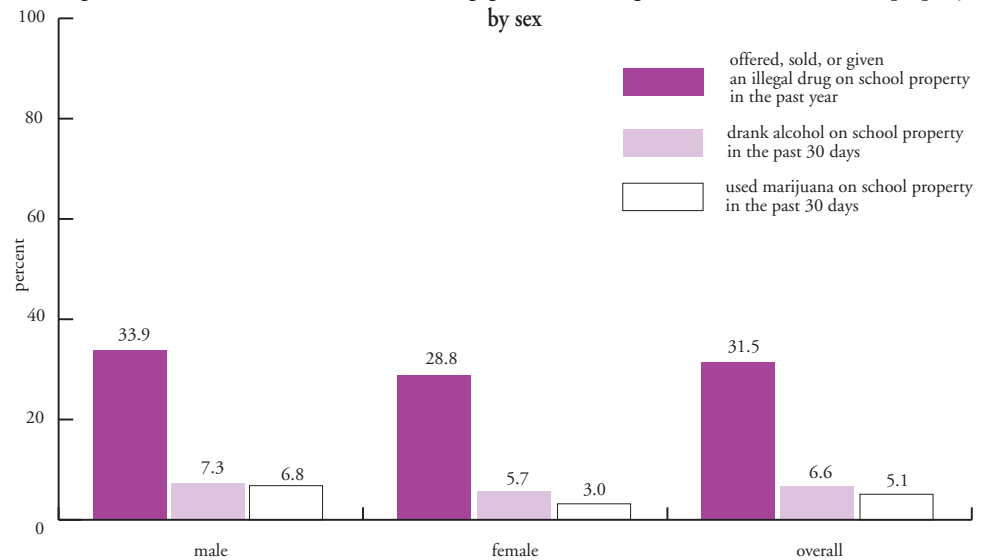
## ALCOHOL AND OTHER DRUG-RELATED HEALTH-RISK BEHAVIORS

- At least once in their lives, an estimated 19,200 Connecticut high school students used inhalants, 13,500 used cocaine, 11,000 used ecstasy, 10,200 used methamphetamines, and 7,400 used heroin
- High school students in Connecticut are significantly more likely than students nationally to have ever used heroin (4.3% and 2.4%)
- At least once in their lives, an estimated 22,500 or 13.0% of Connecticut high school students used over-the-counter (OTC) medications to get high—*data not shown*
- An estimated 55,000 high school students were offered, sold, or given an illegal drug on school property in the past year
- In high school, boys are significantly more likely than girls to have used marijuana on school property at least one time in the past 30 days (6.8% and 3.0%)
- On school property, in the 30 days preceding the survey, approximately 11,400 high school students drank alcohol and 8,800 used marijuana

Lifetime alcohol and other drug use among Connecticut and US high school students



High school students who drank alcohol or engaged in other drug-related activities on school property by sex

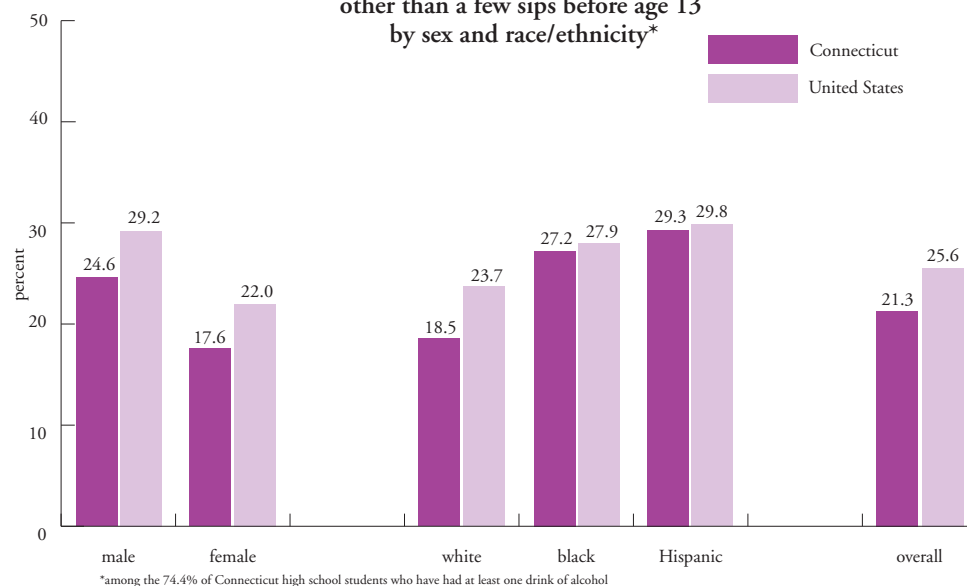


## AGE OF INITIATION OF ALCOHOL USE

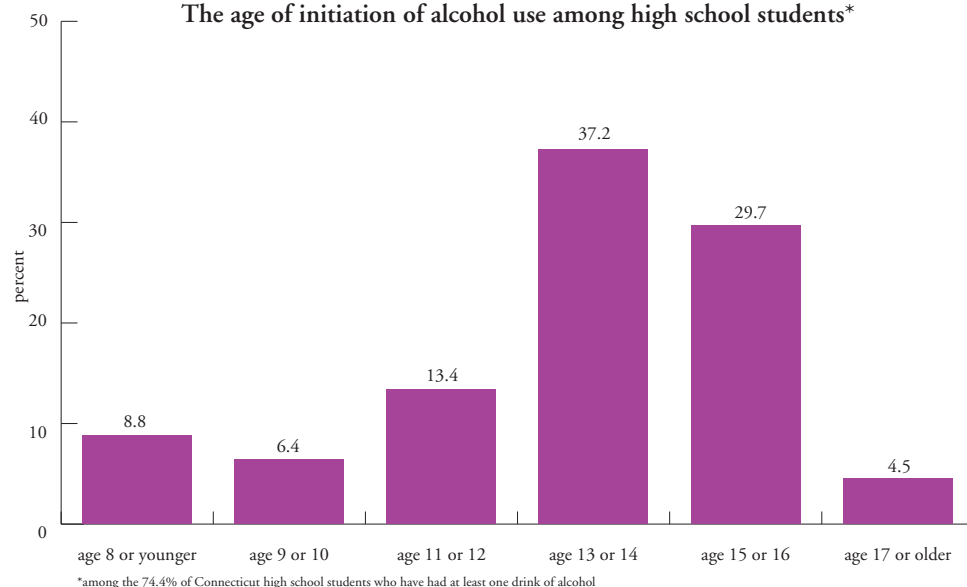
- Approximately 37,000 or 21.3% of high school students in Connecticut had their first drink of alcohol\* before age 13; this rate is statistically similar to that of high school students nationally (25.6%)
- In Connecticut, high school boys are significantly more likely than high school girls to have had their first drink before age 13 (24.6% and 17.6%)
- High school girls in Connecticut are significantly less likely than high school girls nationally to have had their first drink before age 13 (17.6% and 22.0%)
- White high school students in Connecticut are significantly less likely than white high school students nationally to have had their first drink before age 13 (18.5% and 23.7%)
- Of the 74.4% of high school students who ever drank alcohol, 66.9% first drank between the ages of 13 and 16
- Of the 74.4% of high school students who had at least one drink of alcohol in their lifetime, 34.2% of the boys, 22.2% of the girls, 24.3% of the white students, 38.0% of the black students, and 37.6% of the Hispanic students had their first drink before age 13. The difference between the boys and girls is statistically significant, as are the differences between the white and black students and the white and Hispanic students—*data not shown*

\*Other than a few sips

Connecticut and US high school students who had their first drink of alcohol other than a few sips before age 13 by sex and race/ethnicity\*



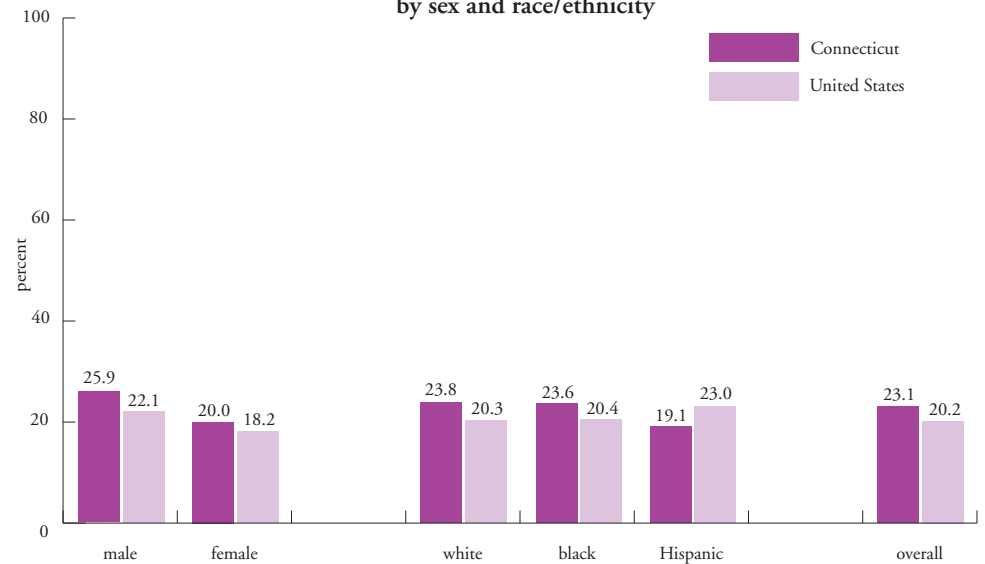
The age of initiation of alcohol use among high school students\*



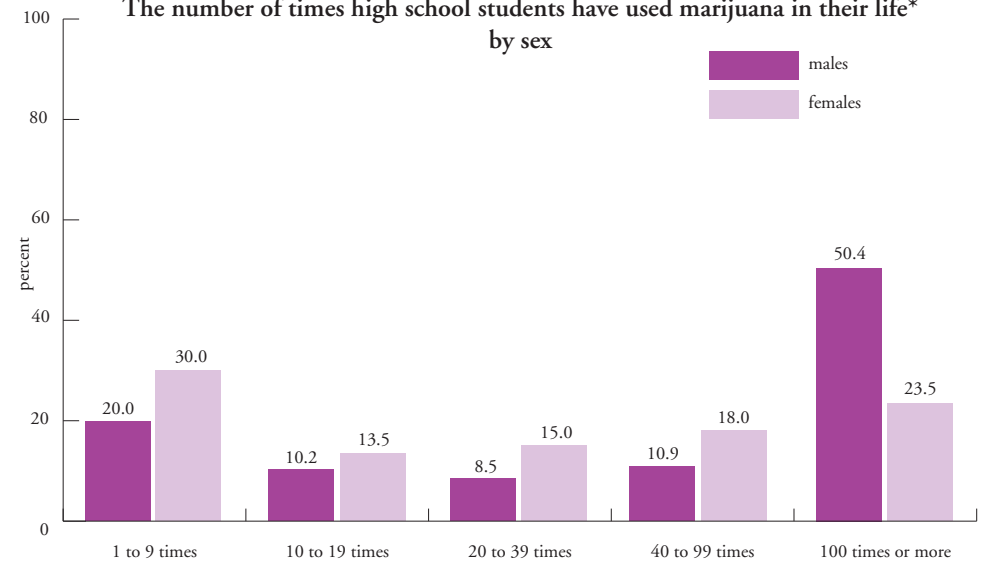
## MARIJUANA USE

- An estimated 40,000 or 23.1% of high school students in Connecticut used marijuana one or more times in the past 30 days (current marijuana use); this rate is somewhat higher than, yet statistically similar to, the rate for high school students nationally (20.2%)
- Current marijuana use rates for boys and girls in high school in Connecticut are higher than those for their US counterparts, as are the rates for white and black students, but none of the differences are statistically significant
- The rate of current marijuana use among Hispanic high school students in Connecticut is lower than that for US Hispanic high school students, although the difference is not statistically significant (19.1% and 23.0%)
- Of the 25.9% of boys in high school who currently use marijuana, slightly more than one-half (50.4%) have used it 100 times or more in their life; this is significantly higher than among their female counterparts (23.5%)
- Of the 39.8% of high school students in Connecticut who have ever used marijuana, more than one-quarter (26.0%) have used it 100 or more times during their life—*data not shown*
- Among current cigarette smokers in high school, 65.0% are current marijuana users, while among non-smokers, 13.0% are current marijuana users; the difference is statistically significant—*data not shown*

Connecticut and US high school students who used marijuana in the past 30 day by sex and race/ethnicity



The number of times high school students have used marijuana in their life\* by sex

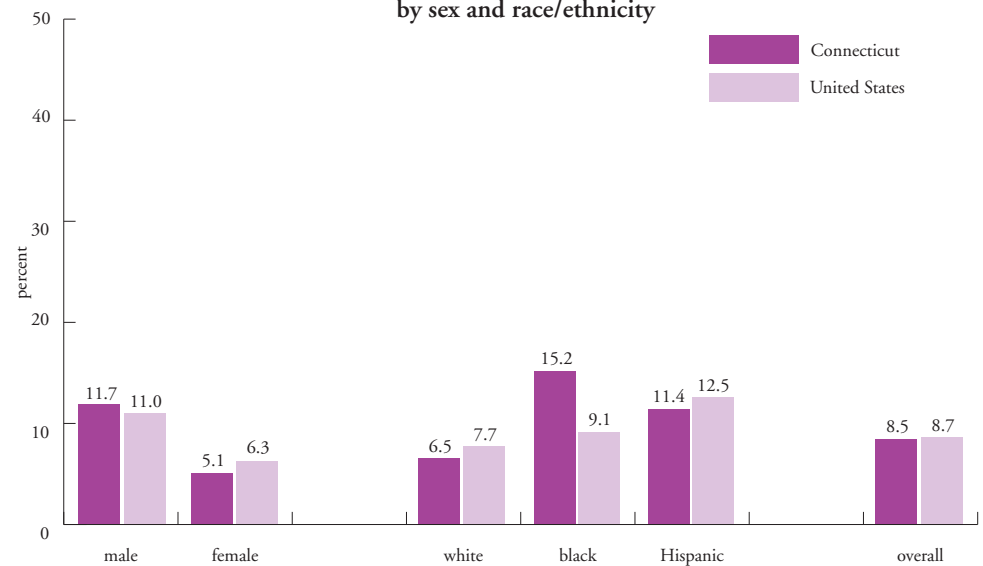


\*among the 25.9% of Connecticut high school male students and the 20.0% of female students who currently use marijuana

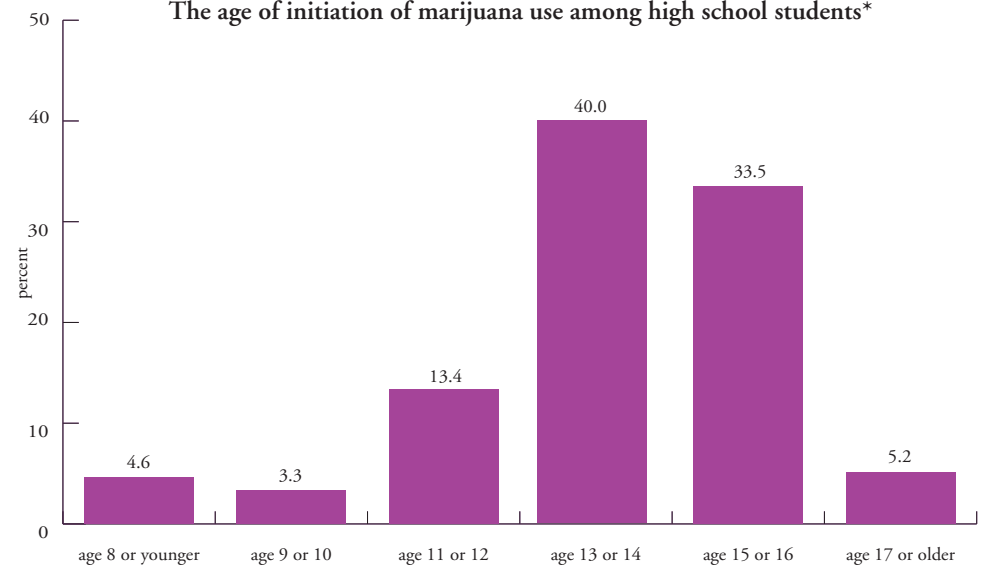
## AGE OF INITIATION OF MARIJUANA USE

- Approximately 14,700 or 8.5% of high school students in Connecticut first tried marijuana before age 13
- High school boys are significantly more likely than high school girls to have first tried marijuana before age 13 (11.7% and 5.1%)
- Black high school students in Connecticut are significantly more likely than their national counterparts to have first tried marijuana before age 13 (15.2% and 9.1%)
- Of the 39.8% of high school students who tried marijuana at least once, nearly three-quarters (73.5%) first tried it between the ages of 13 and 16
- Of the 39.8% of high school students who have tried marijuana, 26.0% of the boys, 13.8% of the girls, 16.5% of the white students, 31.5% of the black students, and 26.3% of the Hispanic students first tried marijuana before age 13. The difference between the boys and girls is statistically significant, as is the difference between the white and black students—*data not shown*

Connecticut and US high school students who first tried marijuana before age 13 by sex and race/ethnicity



The age of initiation of marijuana use among high school students\*



\*among the 39.8% of Connecticut high school students who have tried marijuana



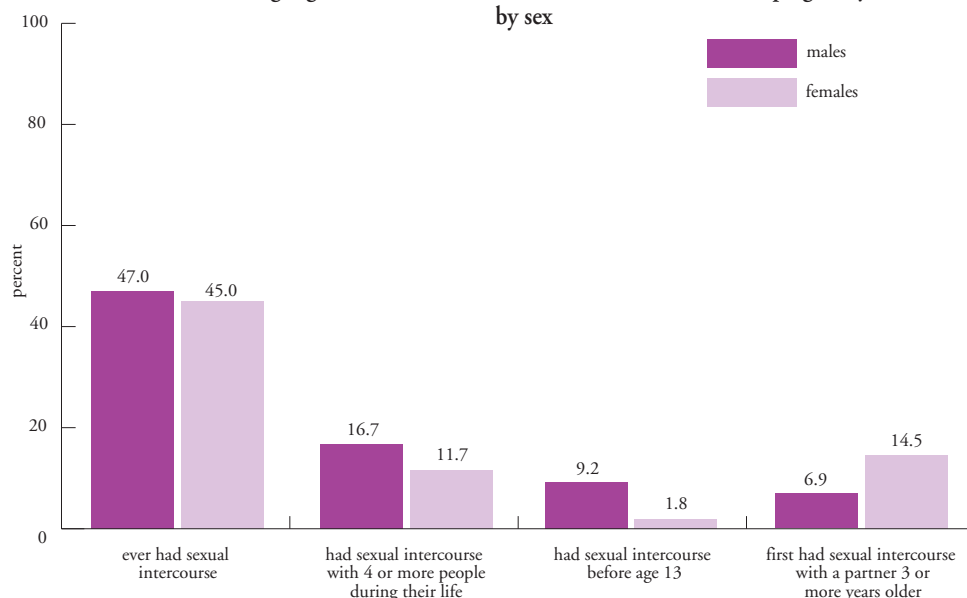
# SEXUAL BEHAVIORS



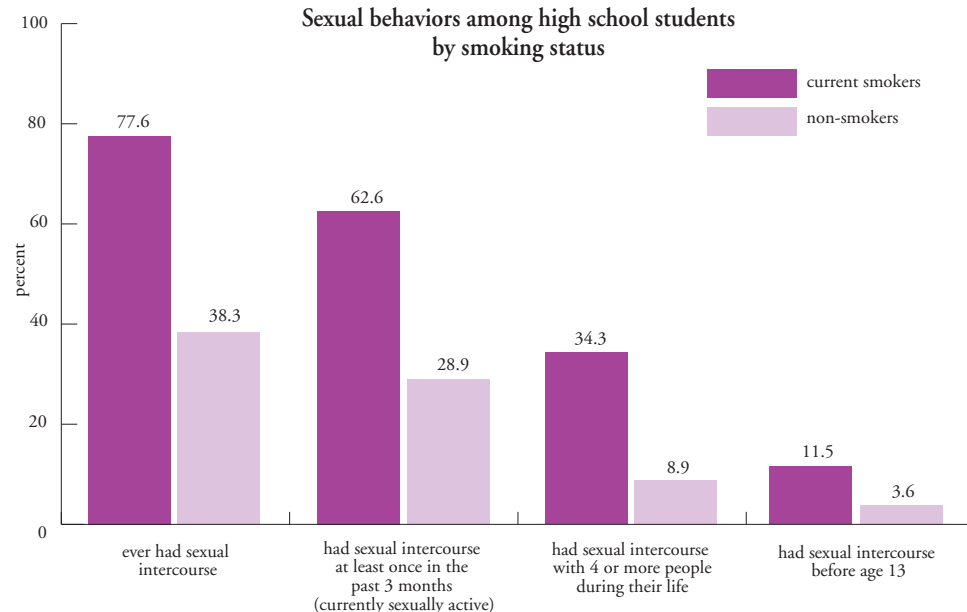
## SEXUAL BEHAVIORS

- An estimated 80,000 or 46.0% of high school students in Connecticut have had sexual intercourse at least once in their lives—*data not shown*
- High school boys are significantly more likely than high school girls to have had sexual intercourse before age 13 (9.2% and 1.8%)
- High school girls are significantly more likely than high school boys to have had a partner who was three or more years older the first time they had sexual intercourse (14.5% and 6.9%)
- Of the 46.0% of high school students who have ever had sexual intercourse (*data not shown*),
  - » 39.9% have had sexual intercourse with 1 person during their lives
  - » 29.4% have had sexual intercourse with 2 to 3 people during their lives
  - » 13.0% have had sexual intercourse with 4 to 5 people during their lives
  - » 17.8% have had sexual intercourse with 6 or more people during their lives
- Of the 47.0% of high school boys who ever had sexual intercourse, nearly one-quarter (23.4%) have had sexual intercourse with six or more people during their lives—*data not shown*
- Students in high school who smoked cigarettes on one or more of the past 30 days (current cigarette smoking) are twice as likely as non-smokers to have ever had sexual intercourse (77.6% and 38.3%) or to have had sexual intercourse at least once in the past three months (62.6% and 28.9%); the differences are statistically significant
- High school current cigarette smokers are nearly four times more likely than non-smokers to have had sexual intercourse with four or more people during their lives (34.3% and 8.9%) and are about three times more likely to have had sexual intercourse before age 13 (11.5% and 3.6%); the differences are statistically significant

Sexual behaviors among high school students that contribute to unintended pregnancy and disease by sex



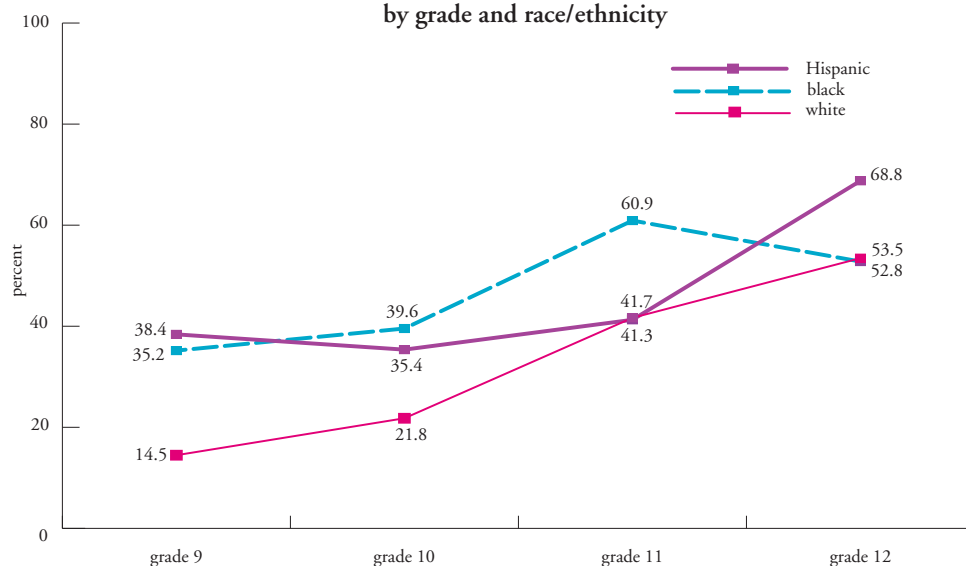
Sexual behaviors among high school students by smoking status



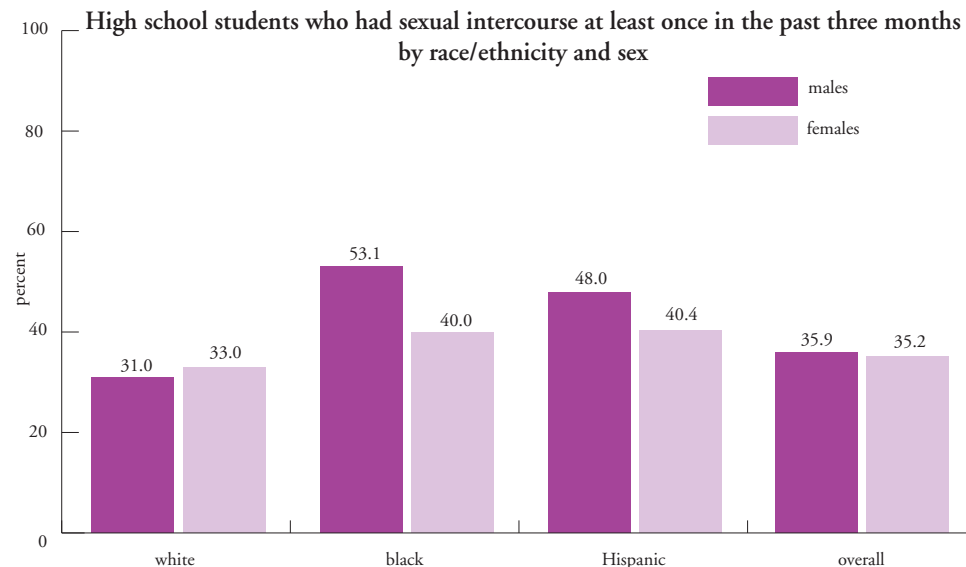
## CURRENT SEXUAL ACTIVITY

- An estimated 62,000 or 35.6% of high school students had sexual intercourse at least once in the past three months (currently sexually active)—*data not shown*
- The percentage of high school students in Connecticut who are currently sexually active increases from 20.8% in grade 9 to 55.1% in grade 12; these rates are statistically similar to those seen nationally—*data not shown*
- In grades 9, 10, and 11, black students are significantly more likely than white students to be currently sexually active
- In grades 9 and 12, Hispanic students are significantly more likely than white students to be currently sexually active
- In high school, white males are significantly less likely than black and Hispanic males to be currently sexually active (31.0%, 53.1%, and 48.0%, respectively)
- Among girls in high school, white students appear less likely than black and Hispanic students to be currently sexually active, however the differences are not statistically significant (33.0%, 40.0%, and 40.4%, respectively)
- Of the 35.6% of high school students who are currently sexually active (*data not shown*),
  - » 35.2% have had sexual intercourse with 1 person during their lives
  - » 28.9% have had sexual intercourse with 2 to 3 people during their lives
  - » 14.1% have had sexual intercourse with 4 to 5 people during their lives
  - » 21.8% have had sexual intercourse with 6 or more people during their lives
- Among students who are currently sexually active, boys are significantly more likely than girls to have had sexual intercourse with six or more people during their lives (28.6% and 14.7%)—*data not shown*

Students who had sexual intercourse at least once in the past three months by grade and race/ethnicity



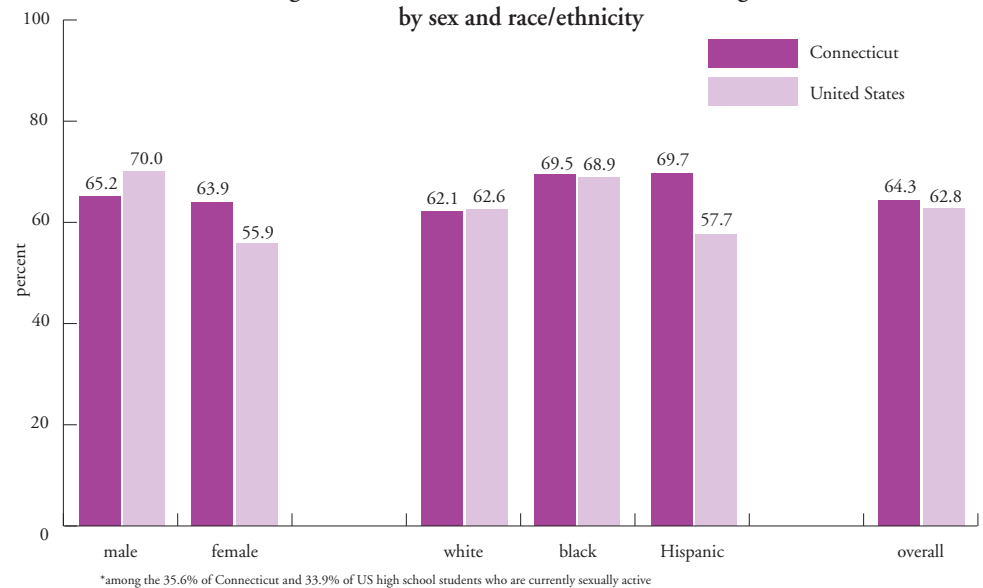
High school students who had sexual intercourse at least once in the past three months by race/ethnicity and sex



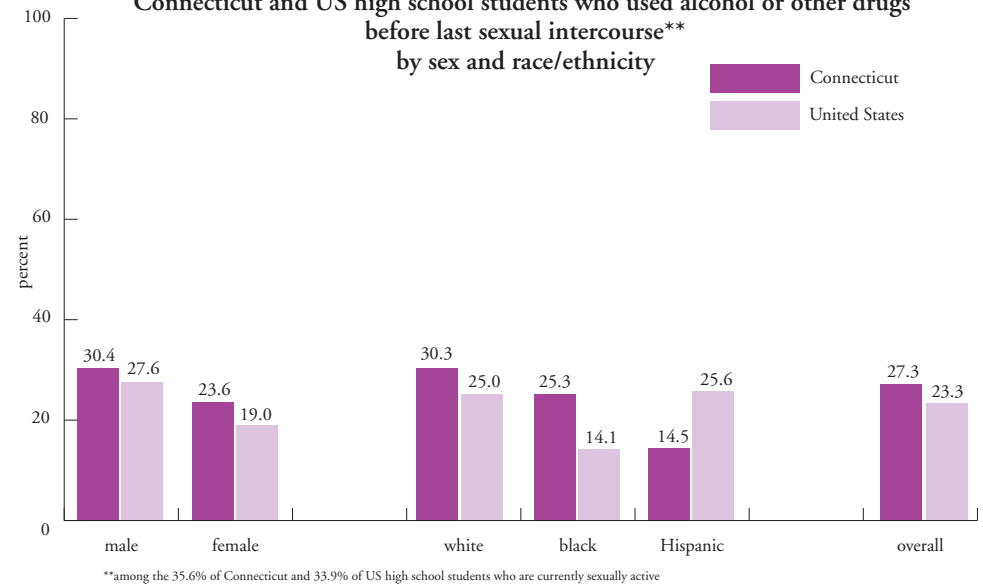
## CURRENT SEXUAL ACTIVITY, (continued)

- Of the 35.6% of high school students who are currently sexually active, 64.3% used a condom the last time they had sexual intercourse; this rate is statistically similar to the one seen nationally (62.8%)
- Hispanic high school students in Connecticut who are currently sexually active are more likely than their national counterparts to have used a condom the last time they had sexual intercourse (69.7% and 57.7%)
- Among Connecticut high school students who are currently sexually active, white students are significantly more likely than Hispanic students to have used alcohol or other drugs the last time they had sexual intercourse (30.3% and 14.5%)
- High school students in Connecticut who are currently sexually active are about as likely as US high school students to have used alcohol or other drugs the last time they had sexual intercourse (27.3% and 23.3%)

Connecticut and US high school students who used a condom during last sexual intercourse\*  
by sex and race/ethnicity



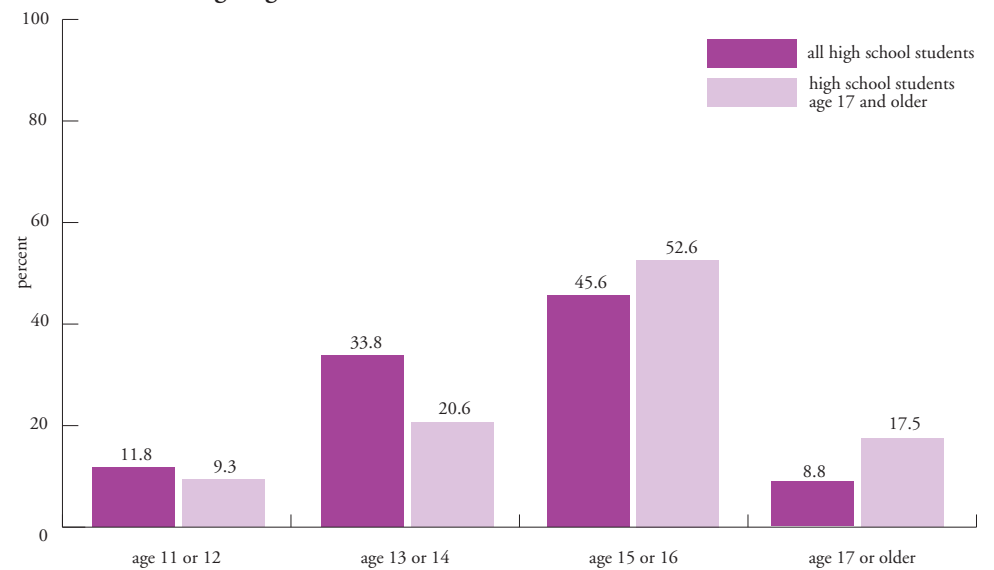
Connecticut and US high school students who used alcohol or other drugs  
before last sexual intercourse\*\*  
by sex and race/ethnicity



## AGE AT FIRST SEXUAL INTERCOURSE

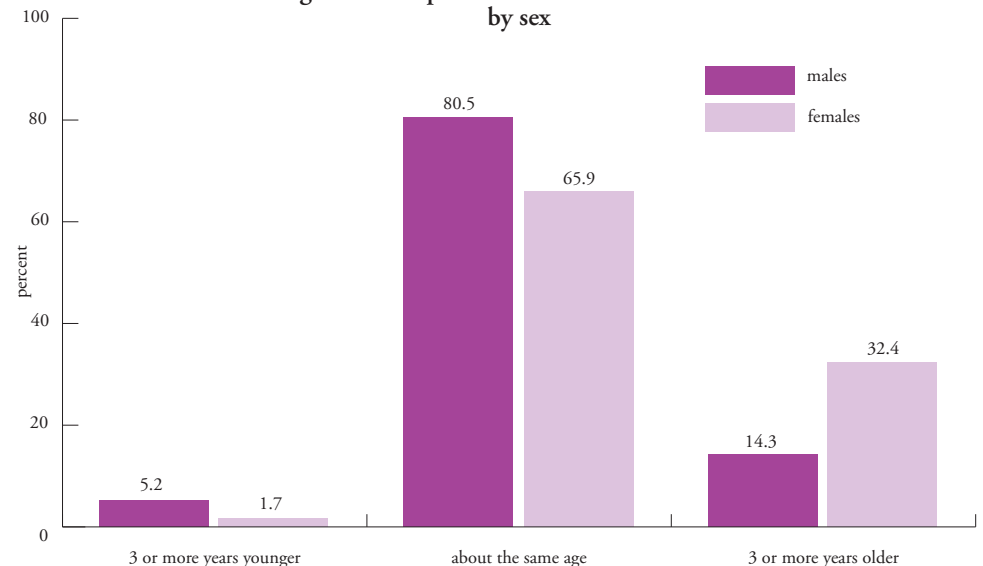
- Of the 46.0% of high school students who ever had sexual intercourse, nearly 80% first had sexual intercourse between the ages of 13 and 16
- Approximately 62% of high school students age 17 years old or older have ever had sexual intercourse; of those students, 70.1% were 15 years old or older the first time they had sexual intercourse
- Of the 46.0% of high school students who ever had sexual intercourse, boys are significantly more likely than girls to have had sexual intercourse before age 13 (19.5% and 3.9%)—*data not shown*
- Nearly one-third (32.4%) of the 45.0% of high school girls who ever had sexual intercourse, first had sexual intercourse with a partner who was three or more years older; this rate is significantly higher than for their male counterparts (14.3%)
- About 8 in 10 of the 47.0% of high school boys who ever had sexual intercourse, first had sexual intercourse with a partner who was about the same age

The age high school students had sexual intercourse for the first time\*



\*among the 46% of Connecticut high school students who ever had sexual intercourse and among the 62% of Connecticut high school students age 17 and older who ever had sexual intercourse

The age of sexual partner at first sexual intercourse\*\*  
by sex

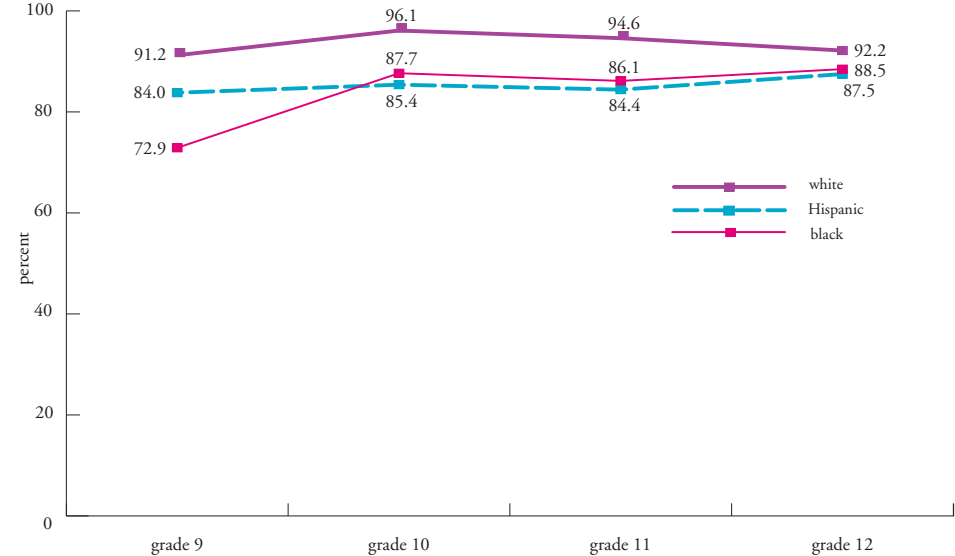


\*\*among the 47% of male and 45% of female Connecticut high school students who ever had sexual intercourse

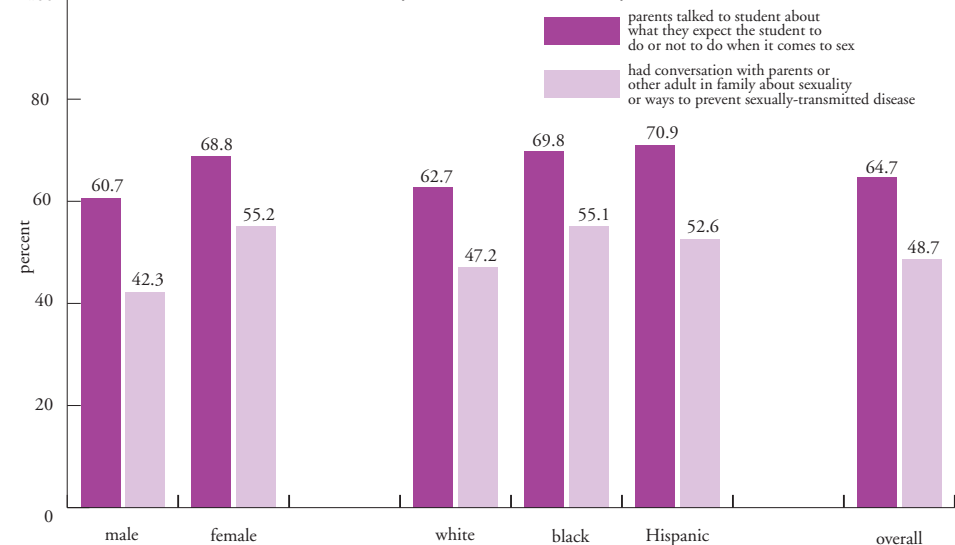
## EDUCATION ABOUT SEXUALITY AND SEXUALLY-TRANSMITTED DISEASE

- About 9 in 10 students in grades 9 through 12 were taught about AIDS/HIV infection—*data not shown*
- More than 90% of white students in grades 9 through 12 were taught about AIDS/HIV in school, while among high school black students, the rate varies by grade between 72.9% and 88.5%; among high school Hispanic students, the rate varies by grade between 84.0% and 87.5%
- High school girls are significantly more likely than high school boys to have been told by their parents or another adult in their family what they expect the student to do or not to do when it comes to sex (68.8% and 60.7%)
- In high school, black and Hispanic students are more likely than white students to have been told by their parents or another adult in their family what they expect the student to do or not to do when it comes to sex (69.8%, 70.9%, and 62.7%); the difference between the Hispanic and white students is statistically significant
- High school girls are significantly more likely than high school boys to have had a conversation in the past year with their parents or other adults in their family about sexuality or about ways to prevent sexually-transmitted diseases or pregnancy (55.2% and 42.3%)

Students who were taught about AIDS/HIV infection in school by grade and race/ethnicity



High school students who were educated about sexuality and sexually-transmitted disease by sex and race/ethnicity

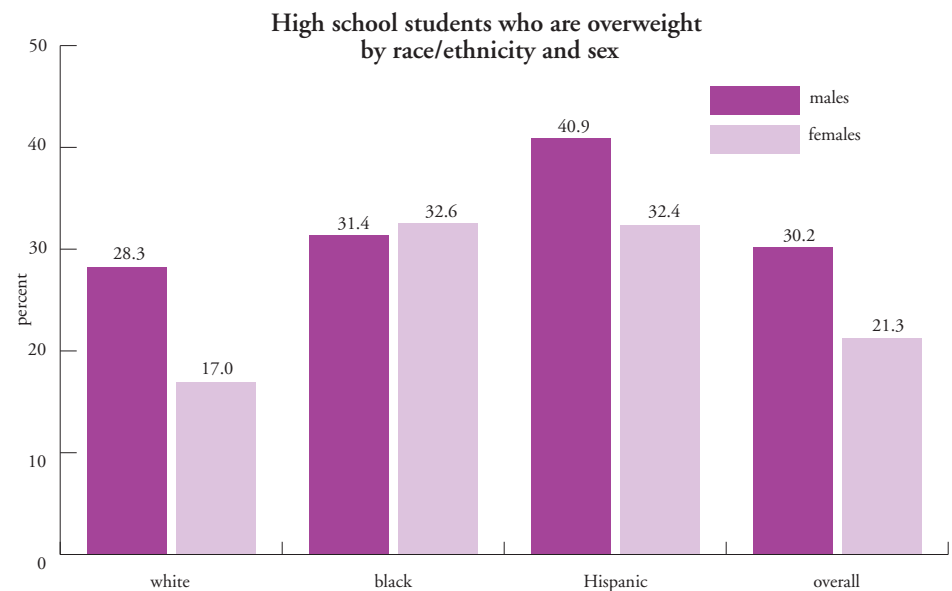
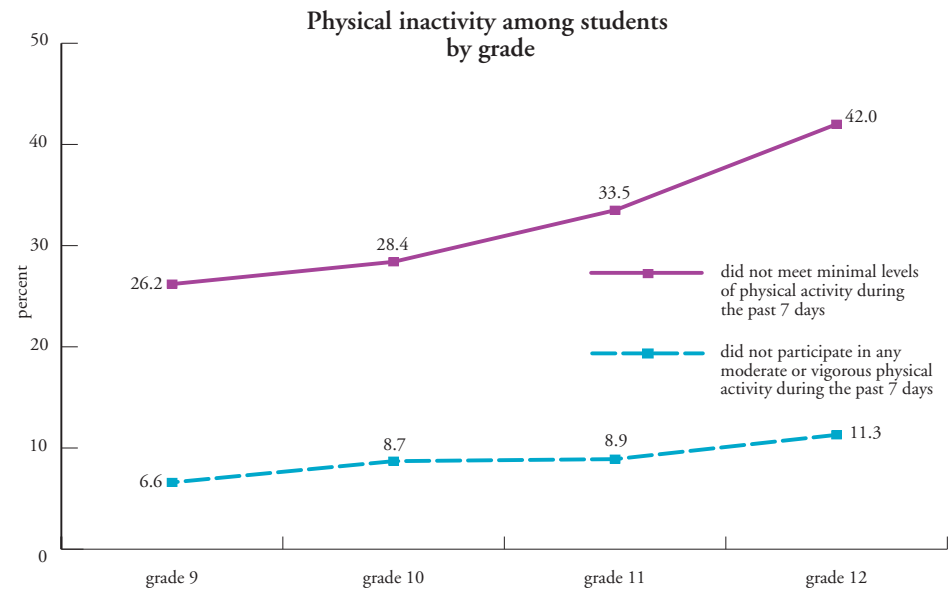


# PHYSICAL INACTIVITY, WEIGHT AND DIETARY BEHAVIORS

## PHYSICAL INACTIVITY AND WEIGHT

- In grade 9, 26.2% of students had not participated in at least 20 minutes of vigorous physical activity on three or more of the past seven days nor had they participated in at least 30 minutes of moderate physical activity on five or more of the past seven days (minimal levels of physical activity); by grade 12, the rate increases significantly to 42.0%
- The percentage of students who did not participate in any moderate or vigorous exercise in the week before the survey ranges from 6.6% in grade 9 to 11.3% in grade 12
- Approximately 44,800 or 25.9% of high school students are overweight\* —*data not shown*
- Among high school boys, Hispanic students are more likely than both white and black students to be overweight (40.9%, 28.3%, and 31.4%, respectively); the difference between the Hispanic and white males is statistically significant
- Among high school girls, black students are about as likely as Hispanic students to be overweight and are significantly more likely than white students to be overweight (32.6%, 32.4%, and 17.0%, respectively)
- In high school, boys are significantly more likely than girls to be overweight (30.2% and 21.3%)

\*See *Glossary of Terms* for definition

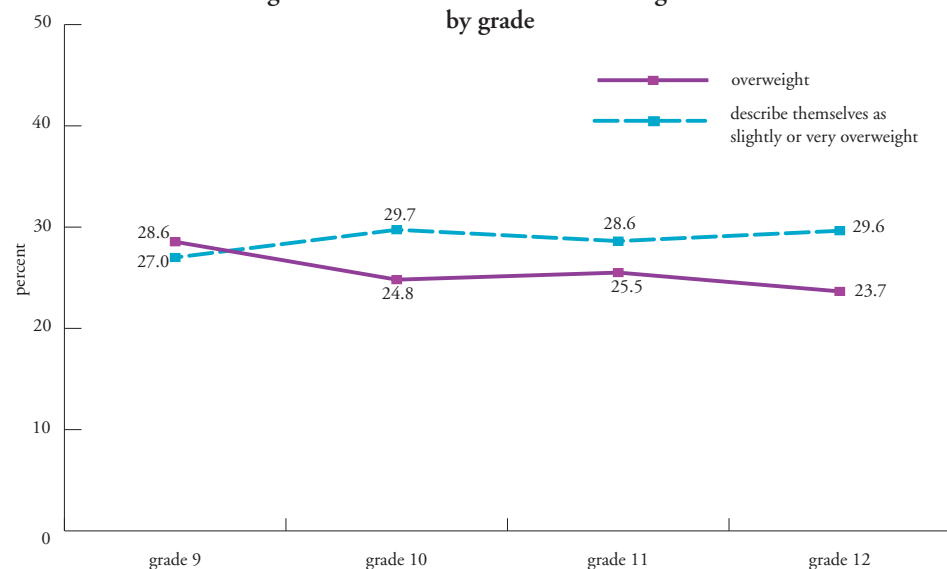


## WEIGHT-RELATED ISSUES AND ATTITUDES

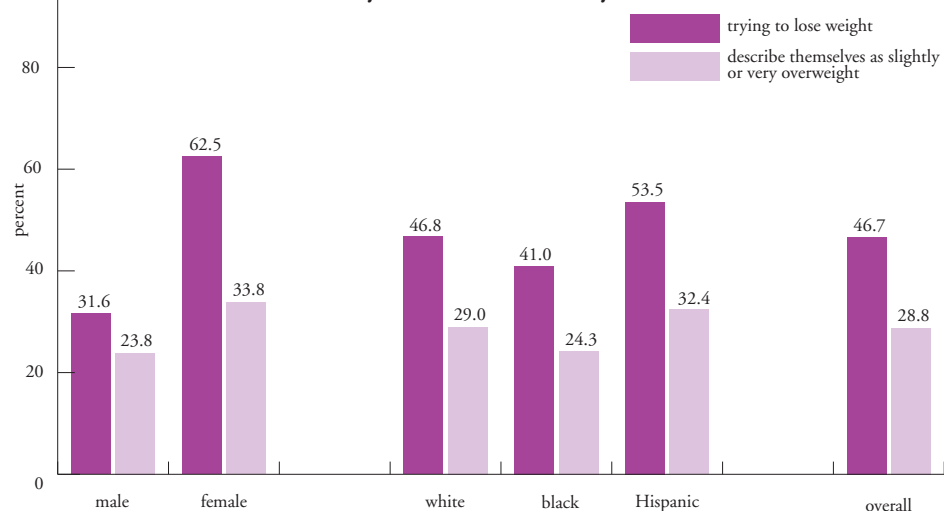
- The percentage of students who are overweight\* varies by grade between 23.7% and 28.6%; there are no statistically significant differences between any of the grades
- From grades 9 through 12, more than one-quarter of students describe themselves as slightly or very overweight
- Nearly one-half (46.7%) of high school students are trying to lose weight
- High school girls are twice as likely as high school boys to be trying to lose weight, and the difference is statistically significant (62.5% and 31.6%)
- In high school, Hispanic students are significantly more likely than black students to be trying to lose weight (53.5% and 41.0%)
- About one-third (33.8%) of high school girls believe they are slightly or very overweight compared to less than one-quarter (23.8%) of high school boys; the difference is statistically significant
- In high school, students who describe themselves as slightly or very overweight are significantly more likely than students who do not describe themselves that way to have felt so sad or hopeless every day for two weeks or more in a row during the past year that they stopped doing some usual activities (31.6% and 22.4%)—*data not shown*

\*See *Glossary of Terms* for definition

Weight-related issues and attitudes among students by grade



High school students who are trying to lose weight and students who describe themselves as slightly or very overweight by sex and race/ethnicity

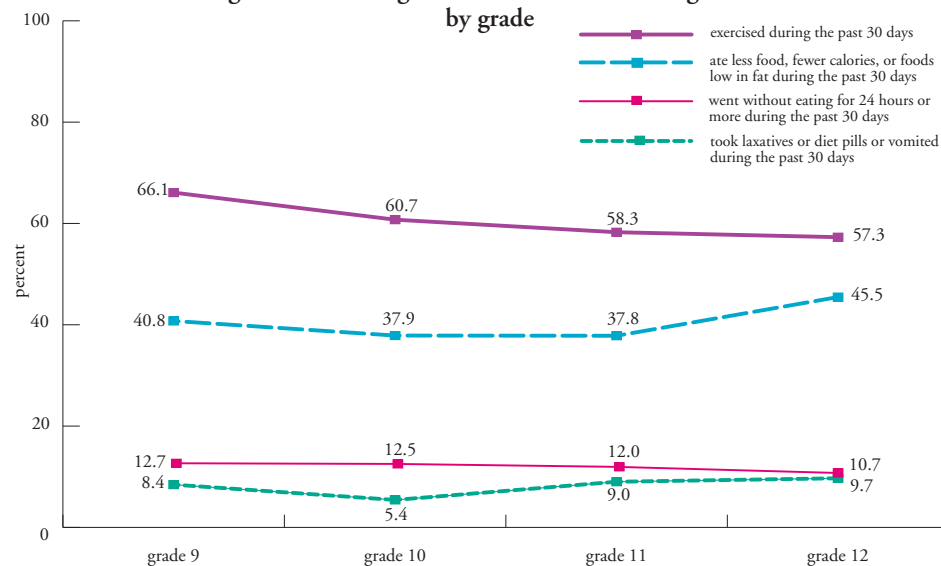




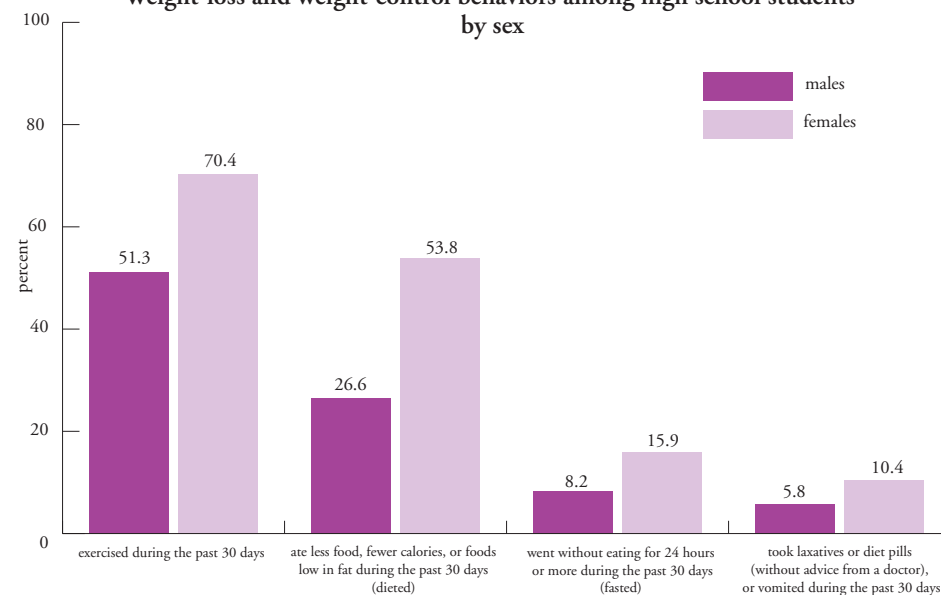
## WEIGHT-LOSS AND WEIGHT-CONTROL BEHAVIORS

- The percentage of students who exercised in the past 30 days to lose weight or to keep from gaining weight decreases from 66.1% in grade 9 to 57.3% in grade 12; in each grade, the percentages are statistically similar to those for students nationally—*US data not shown*
- The percentage of students who ate less food, fewer calories, or foods low in fat in the 30 days preceding the survey to lose weight or to keep from gaining weight (dieted) varies by grade between 37.8% and 45.5%; in each grade, the percentages are statistically similar to those for students nationally—*US data not shown*
- In grades 9 through 11, the proportion of students who went without eating for 24 hours or more (fasted) during the past 30 days to lose weight is approximately 1 in 9; in grade 12, it decreases slightly to 1 in 10
- In the 30 days prior to the survey, an estimated 69,500 or 40.1% of high school students dieted to lose weight or to keep from gaining weight, and approximately 105,000 or 60.8% exercised to lose weight or to keep from gaining weight—*data not shown*
- High school girls are twice as likely as high school boys to have dieted during the past 30 days to lose or to control their weight (53.8% and 26.6%), and the difference is statistically significant
- High school girls are significantly more likely than high school boys to have engaged in unhealthy behaviors in the 30 days prior to the survey to lose or control their weight, such as fasting for 24 hours or more, vomiting, or taking laxatives or diet pills without advice from a doctor

Weight-loss and weight-control behaviors among students by grade

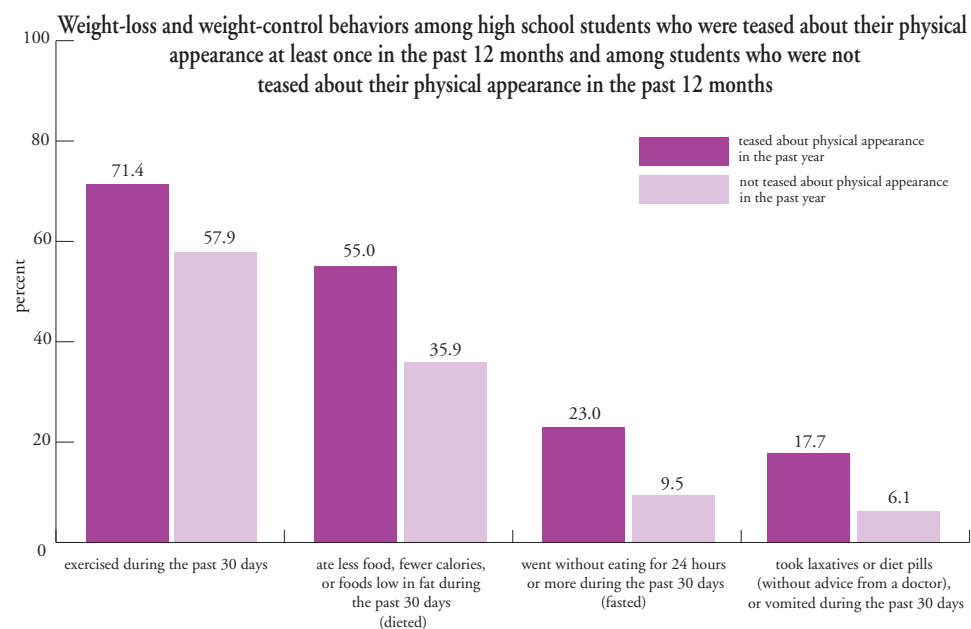
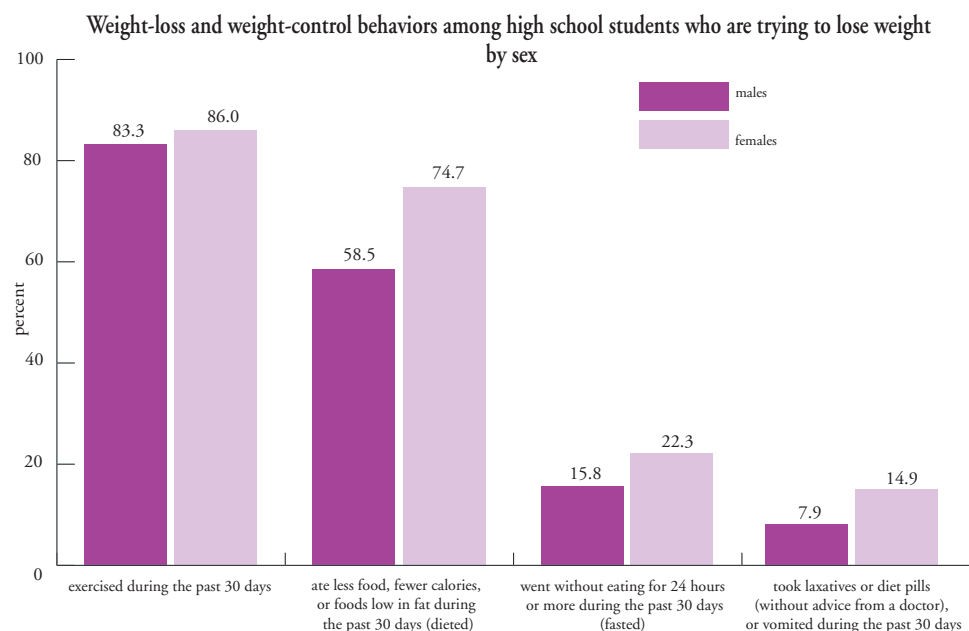


Weight-loss and weight-control behaviors among high school students by sex



## WEIGHT-LOSS AND WEIGHT-CONTROL BEHAVIORS, *(continued)*

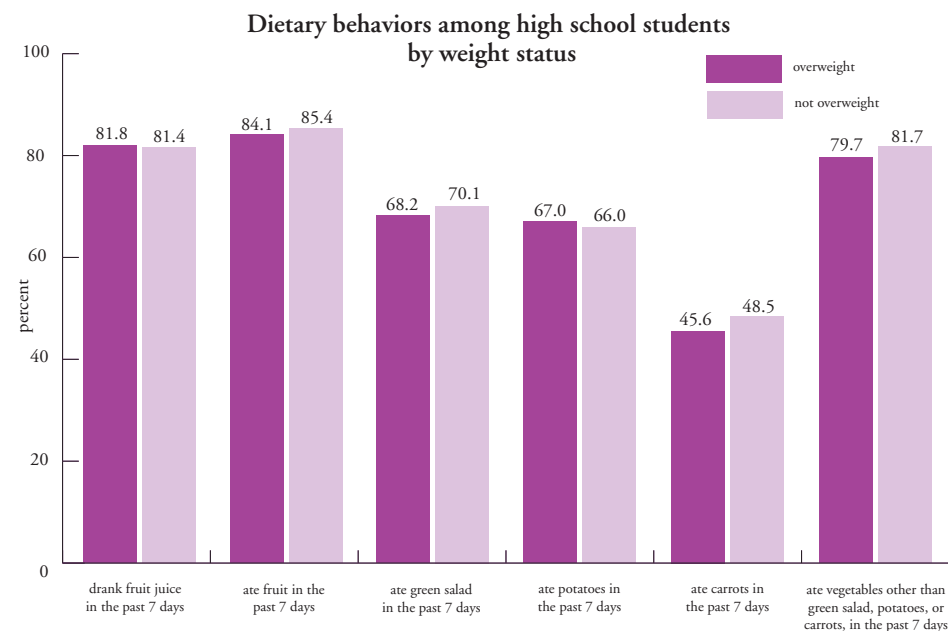
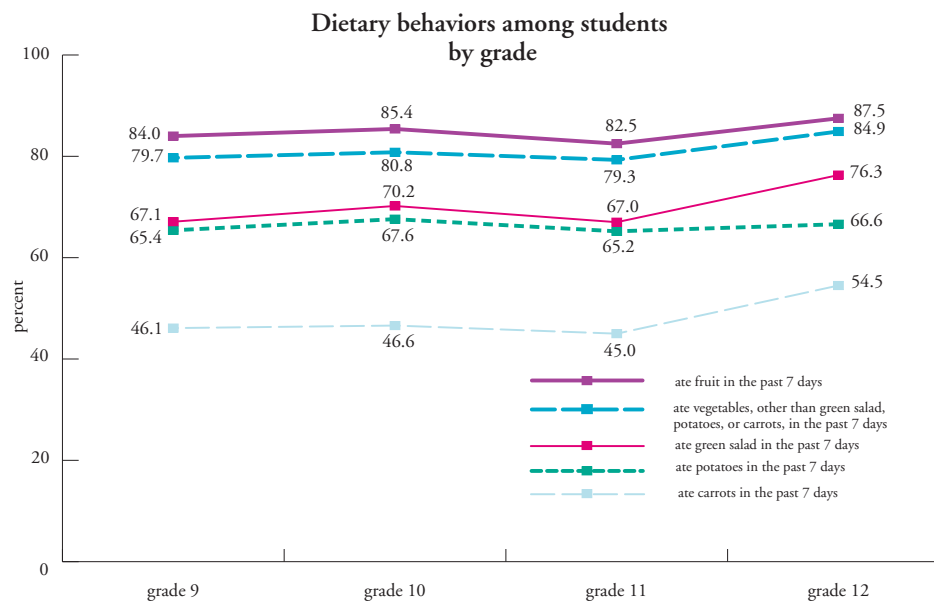
- Among high school students who are trying to lose weight, more than 8 in 10 boys and girls exercised in the past 30 days to lose weight (83.3% and 86.0%)
- Nearly three-quarters (74.7%) of high school girls who are trying to lose weight dieted during the 30 days prior to the survey
- High school girls who are trying to lose weight are significantly more likely than their male counterparts to have taken laxatives or diet pills or to have vomited in the past 30 days to lose or control their weight (14.9% and 7.9%)
- Students who were teased about their physical appearance at least once in the 12 months prior to the survey are significantly more likely than students who were not teased for that reason to engage in unhealthy dietary behaviors to lose weight or to keep from gaining weight, such as fasting (23.0% and 9.5%) or vomiting, taking laxatives or diet pills without medical advice (17.7% and 6.1%)



## DIETARY BEHAVIORS

- In grades 9 through 12, more than 8 out of 10 students ate fruit one or more times in the past seven days
- The percentage of students who ate green salad one or more times in the seven days prior to the survey varies by grade between 67.0% and 76.3%
- From grades 9 through 12, the proportion of students who ate potatoes at least once in the past week (other than French fries, fried potatoes, or chips) remains relatively constant at about 2 in 3
- In grades 9 through 11, less than one-half of all students ate carrots in the past week; by grade 12, the percentage increases to 54.5%, but there are no statistically significant differences between any of the grades
- High school students who are overweight\* are about as likely as students who are not overweight to have had fruit juice, eaten fruit, eaten green salad, eaten potatoes, eaten carrots, or eaten other types of vegetables in the week prior to the survey

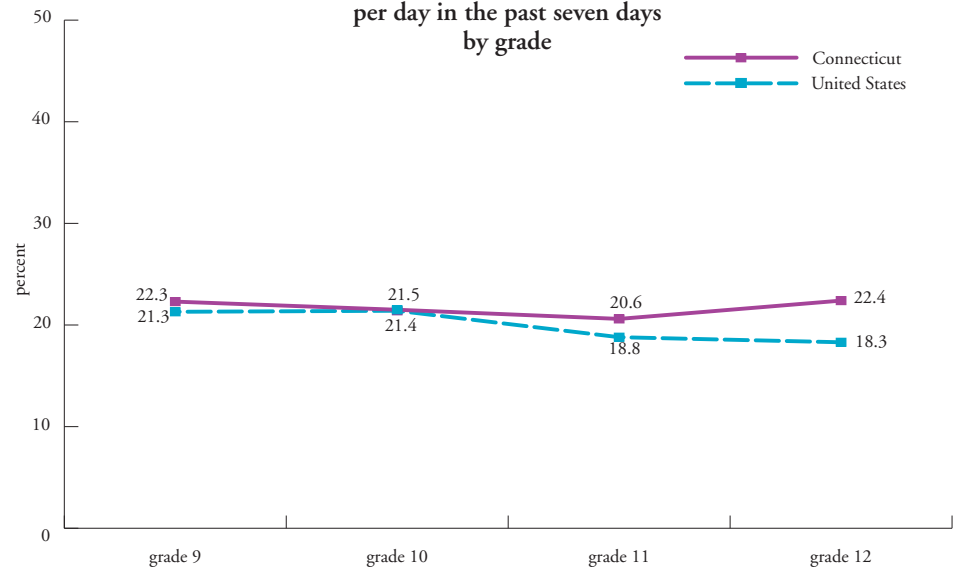
\*See *Glossary of Terms* for definition



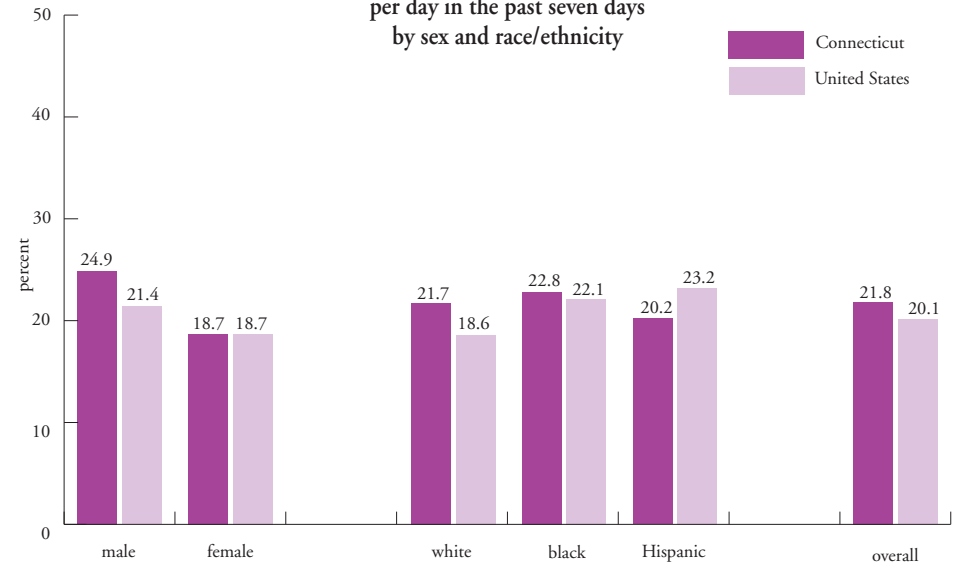
## 5 SERVINGS OF FRUITS AND VEGETABLES PER DAY

- In the week prior to the survey, less than one-quarter of students in grades 9 through 12 ate five or more servings of fruits and vegetables per day; in every grade, Connecticut students are more likely than US students to have eaten at least five servings per day, but statistically none of the differences are significant
- In Connecticut, high school boys are significantly more likely than high school girls to have eaten five or more servings of fruits and vegetables per day in the seven days prior to the survey (24.9% and 18.7%); among high school students nationally, boys are more likely than girls to have had five or more servings of fruits and vegetables per day, although the difference is not statistically significant (21.4% and 18.7%)
- In Connecticut, high school black students are slightly more likely than their white and Hispanic counterparts to have eaten five or more servings of fruits and vegetables per day in the week prior to the survey, yet there are no statistically significant differences between any of the groups (22.8%, 21.7%, and 20.2%, respectively)
- In the week prior to the survey, approximately 38,000 or 21.8% of high school students in Connecticut ate the recommended five or more servings of fruits and vegetables per day

Connecticut and US students who ate at least five servings of fruits and vegetables per day in the past seven days by grade



Connecticut and US high school students who ate at least five servings of fruits and vegetables per day in the past seven days by sex and race/ethnicity



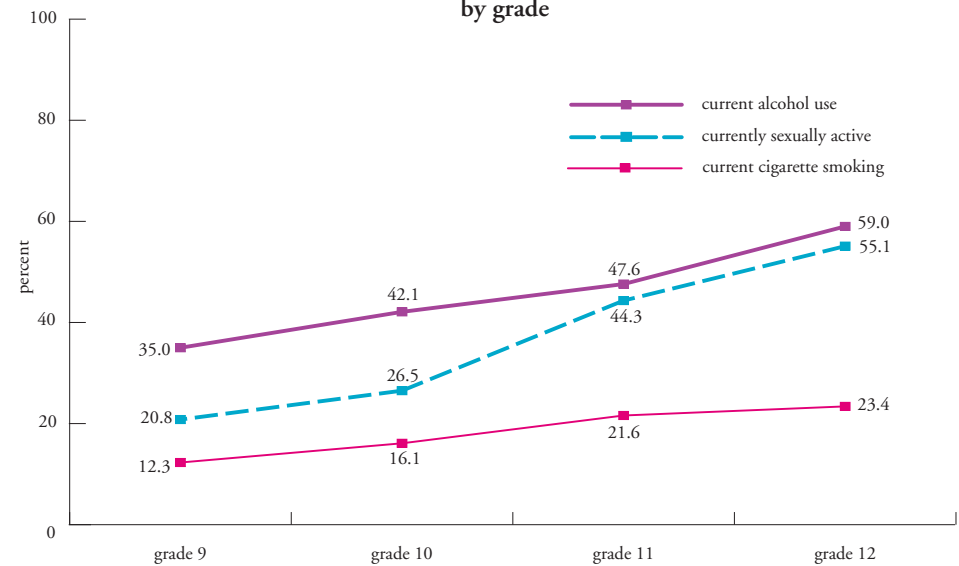


# HEALTH-RISK BEHAVIORS BY GRADE

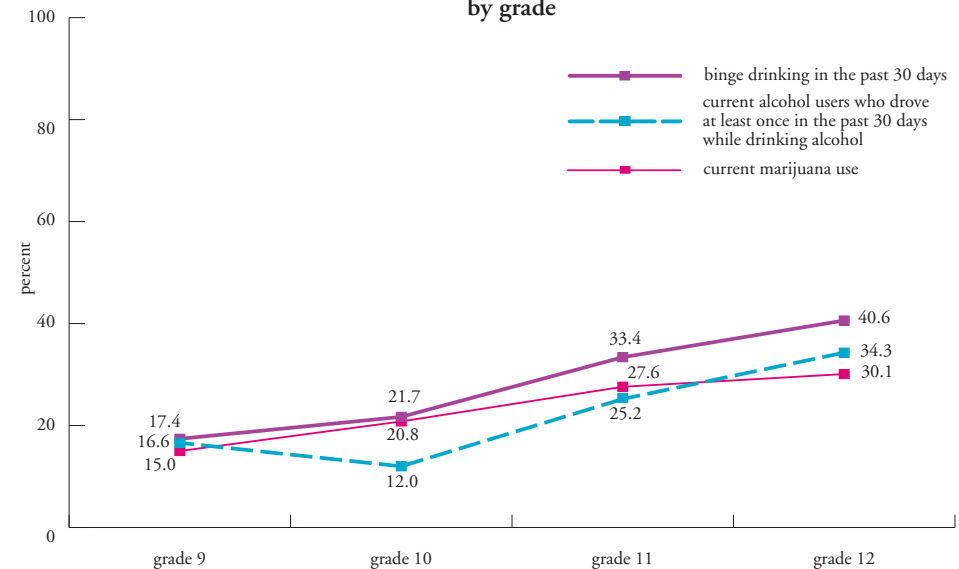
## HEALTH-RISK BEHAVIORS BY GRADE

- The percentage of students who had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (current alcohol use) increases nearly 1.7 times between grades 9 and 12 (35.0% and 59.0%); the increase is statistically significant
- The percentage of students who had sexual intercourse at least once in the past three months (currently sexually active) increases approximately 2.6 times between grades 9 and 12 (20.8% and 55.1%); the increase is statistically significant
- Current sexual activity among students increases more than 67% between grades 10 and 11 (26.5% and 44.3%); the increase is statistically significant
- The percentage of students who smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking) increases significantly between grades 9 and 12 (12.3% and 23.4%); data collected from the Youth Tobacco Component of the Connecticut School Health Survey show the same significant increase between grades 9 and 12 (9.0% and 27.7%; *see page 11*)
- The percentage of students who consumed five or more alcoholic drinks within a couple of hours (binge drinking) on at least 1 of the past 30 days increases about 2.3 times between grades 9 and 12 (17.4% and 40.6%); the increase is statistically significant
- The percentage of current alcohol users who drove at least one time in the past 30 days while drinking alcohol nearly triples between grades 10 and 12 (12.0% and 34.3%); the increase is statistically significant
- The percentage of students who used marijuana one or more times in the past 30 days (current marijuana use) doubles from 15.0% in grade 9 to 30.1% in grade 12; the increase is statistically significant
- Current marijuana use among students increases significantly between grades 9 and 11 (15.0% and 27.6%)

Health-risk behaviors among students by grade



Health-risk behaviors among students by grade



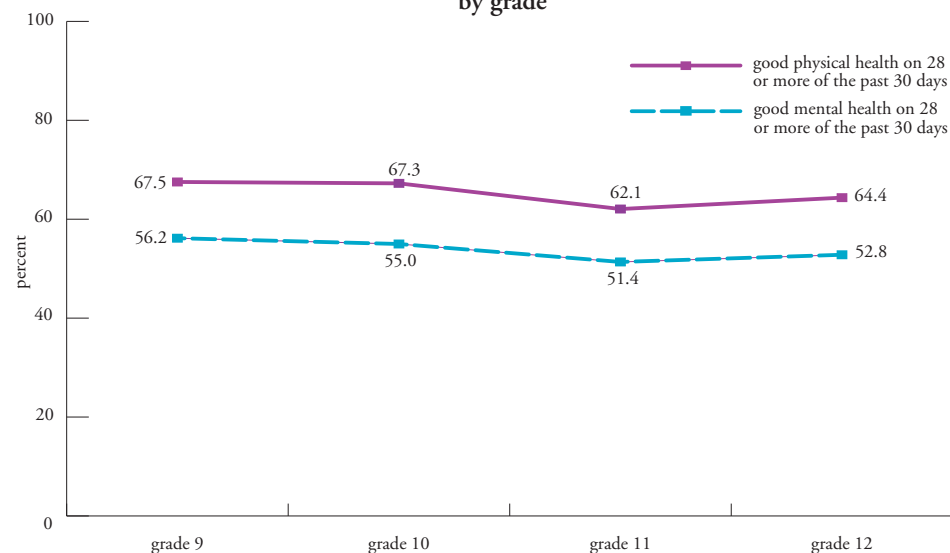
# PROTECTIVE FACTORS AND OTHER HEALTH-RELATED TOPICS



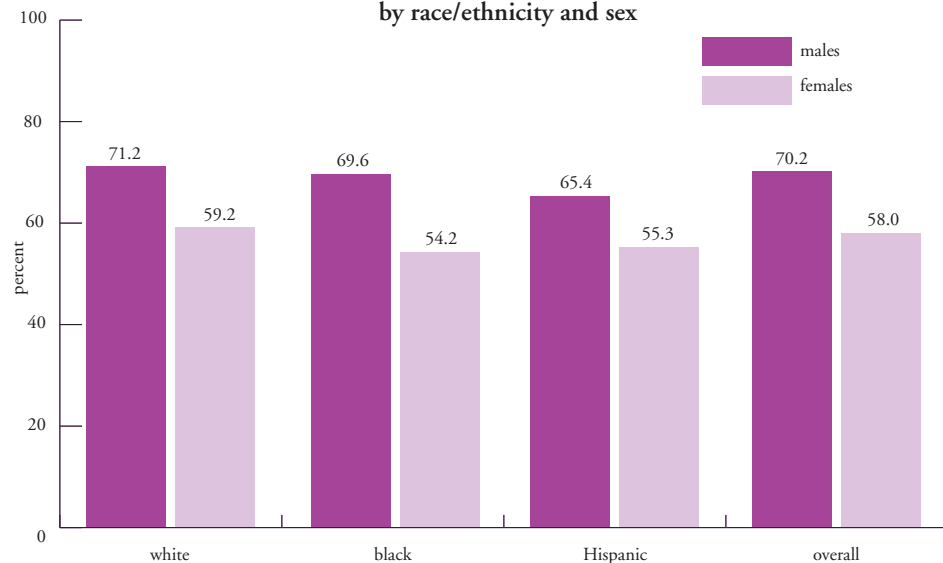
## STUDENT HEALTH

- The percentage of students who said their physical health was good on 28 or more of the past 30 days varies by grade between 62.1% and 67.5%
- The percentage of students who said their mental health was good on 28 or more of the past 30 days varies by grade between 51.4% and 56.2%
- In high school, 30.7% of students said their physical health was good on all 30 of the past 30 days, and 30.6% said their mental health was good on all 30 of the past 30 days—*data not shown*
- From grade 9 through grade 12, boys are consistently more likely than girls to describe their health as very good or excellent—*data not shown*
- Among high school white students, boys are significantly more likely than girls to report that their health is very good or excellent (71.2% and 59.2%)
- Among high school black students, boys are more likely than girls to report that their health is very good or excellent (69.6% and 54.2%); this is also true among Hispanic boys and girls (65.4% and 55.3%)
- Slightly more than 7 out of 10 (70.2%) high school boys describe their health as very good or excellent, compared to less than 6 out of 10 (58.0%) high school girls; the difference is statistically significant

Student mental and physical health by grade

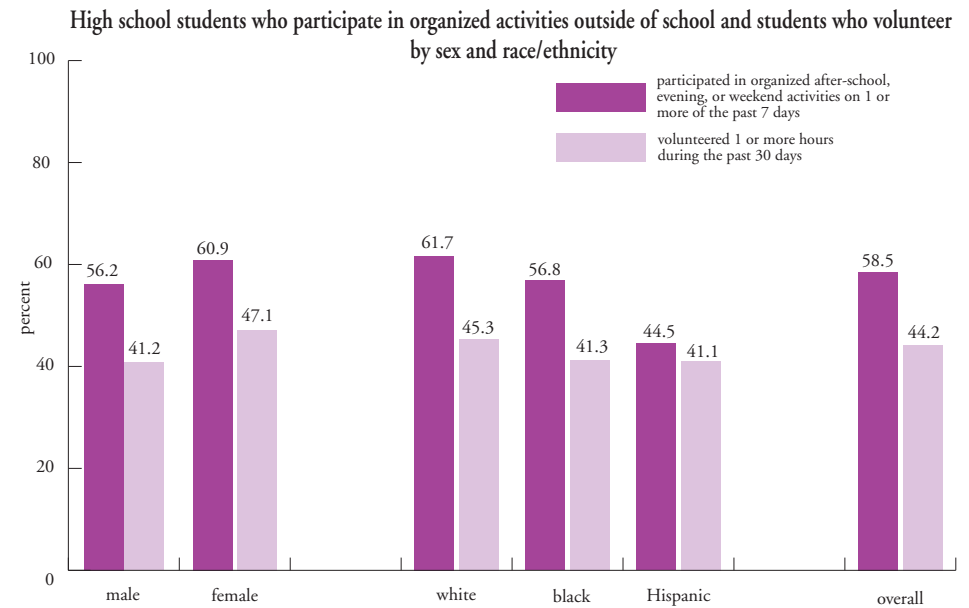
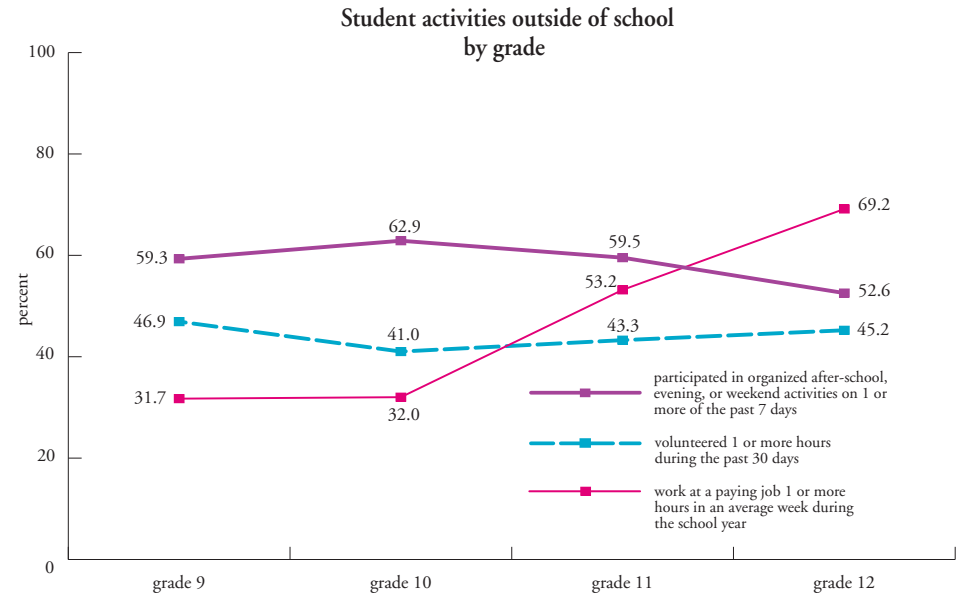


High school students who describe their health as very good or excellent by race/ethnicity and sex



## STUDENT ACTIVITIES OUTSIDE OF SCHOOL

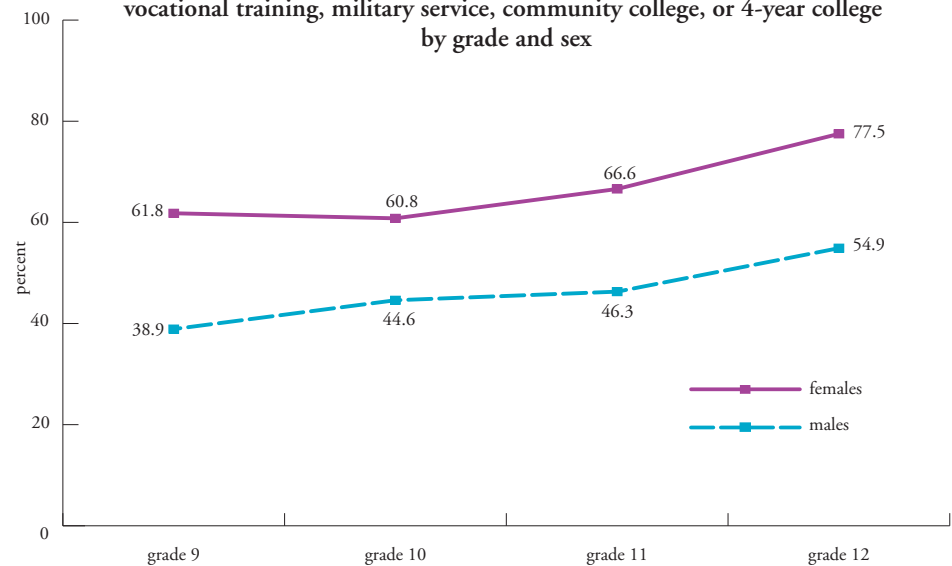
- The percentage of students who work at a paying job one or more hours in an average week during the school year more than doubles between grades 9 and 12 (31.7% and 69.2%)
- On at least one day in the week prior to the survey, nearly 6 in 10 or 101,000 high school students participated in organized after-school, evening, or weekend activities (such as school clubs, sports, community center groups, music/art/dance lessons, drama, church, or other supervised activities)
- High school girls are somewhat more likely than high school boys to have done at least one hour of volunteer work in the past 30 days assisting other people, such as helping out at a hospital, daycare center, food pantry, youth program, or community service agency, to make their community a better place for people to live (47.1% and 41.2%)
- Among all high school students, 44.2% or about 77,000 did at least one hour of volunteer work in the 30 days prior to the survey



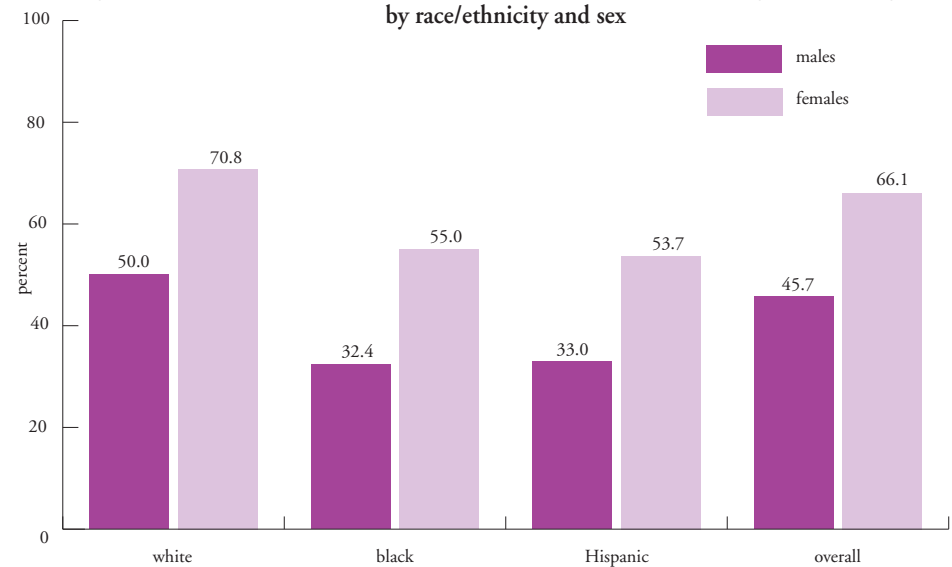
## POST-GRADUATION PLANS

- An estimated 96,000 or 55.6% of high school students think they will definitely complete a post-high school program (such as vocational training, military service, community college, or 4-year college)—*data not shown*
- In grades 9, 11, and 12, girls are significantly more likely than boys to believe they will definitely complete a post-high school program
- In high school, 50% of white males think they will definitely complete a post-high school program; this rate significantly higher than the rates for black and Hispanic males (32.4% and 33.0%); this is also true among high school white, black, and Hispanic females (70.8%, 55.0%, and 53.7%, respectively)
- In high school, white, black, and Hispanic females are significantly more likely than their male counterparts to think they will definitely complete a post-high school program

Students who think they will definitely complete a post-high school program such as vocational training, military service, community college, or 4-year college by grade and sex



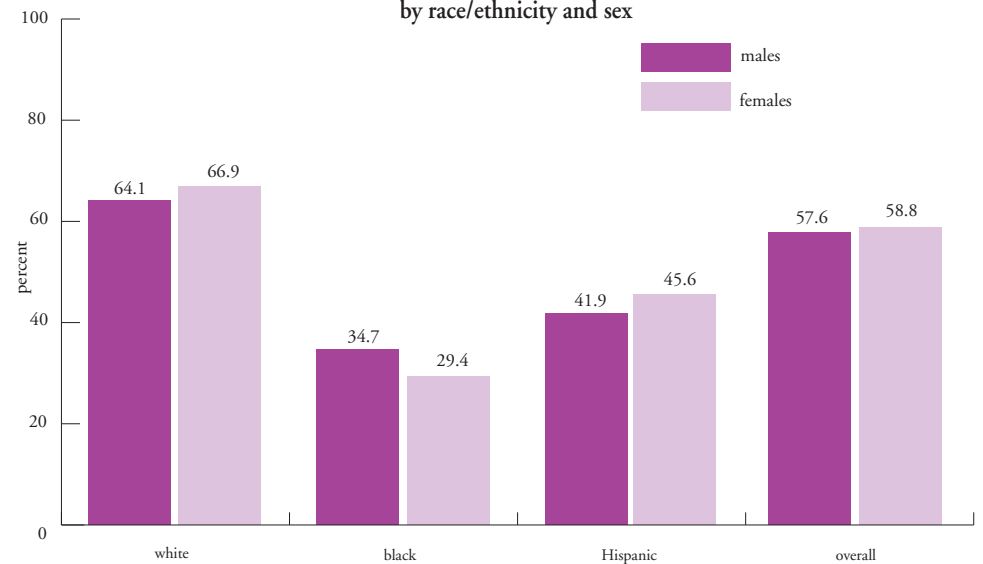
High school students who think they will definitely complete a post-high school program by race/ethnicity and sex



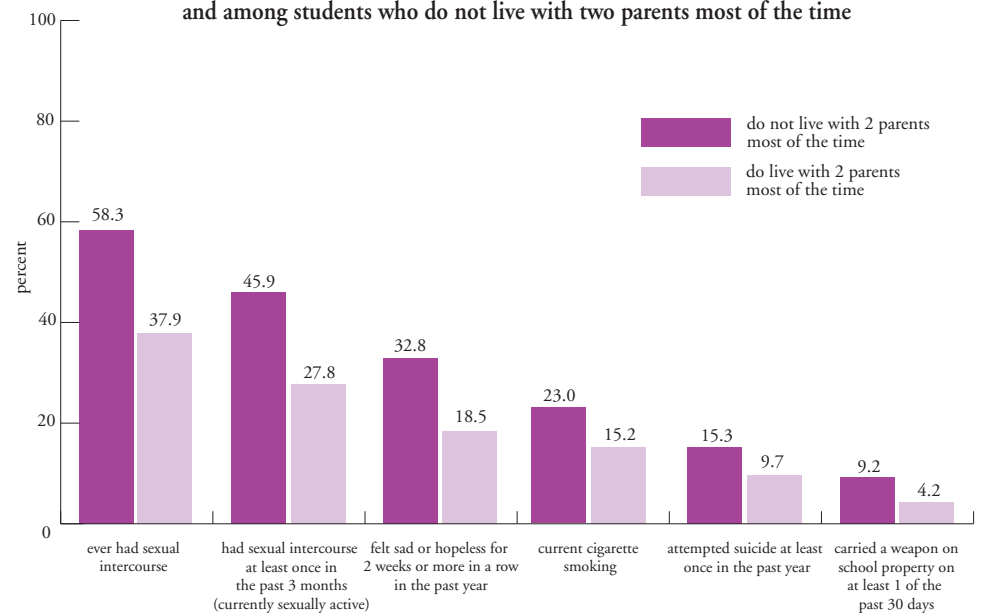
## LIVE WITH 2 PARENTS MOST OF THE TIME

- The percentage of high school students who live with two parents most of the time varies by grade between 55.5% and 60.6% —*data not shown*
- An estimated 100,800 or 58.2% of high school students in Connecticut live with two parents most of the time—*data not shown*
- High school boys and girls are nearly equally likely to live with two parents most of the time (57.6% and 58.8%)
- Among high school boys, white students are significantly more likely than black and Hispanic students to live with two parents most of the time (64.1%, 34.7%, and 41.9%, respectively)
- Among high school girls, white students are significantly more likely than black and Hispanic students to live with two parents most of the time (66.9%, 29.4%, and 45.6%, respectively)
- In high school, students who live with two parents most of the time are significantly less likely than students who do not live with two parents most of the time:
  - » To have ever had sexual intercourse (37.9% and 58.3%)
  - » To be currently sexually active (27.8% and 45.9%)
  - » To have felt so sad or hopeless for 2 weeks or more in a row in the past year that they stopped doing some usual activities (18.5% and 32.8%)
  - » To have smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking) (15.2% and 23.0%)
  - » To have attempted suicide at least once in the past year (9.7% and 15.3%)
  - » To have carried a weapon on school property in the past 30 days (4.2% and 9.2%)
- In high school, girls who do not live with two parents most of the time are nearly twice as likely as boys who do not live with two parents most of the time to have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities; the difference is statistically significant (42.7% and 23.3%)—*data not shown*

High school students who live with two parents most of the time by race/ethnicity and sex



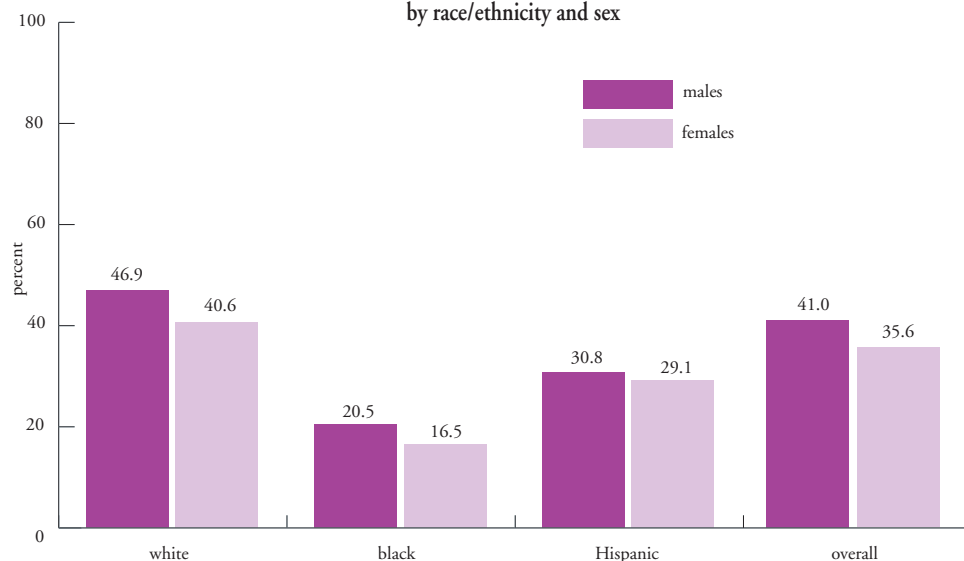
Health-risk behaviors among high school students who live with two parents most of the time and among students who do not live with two parents most of the time



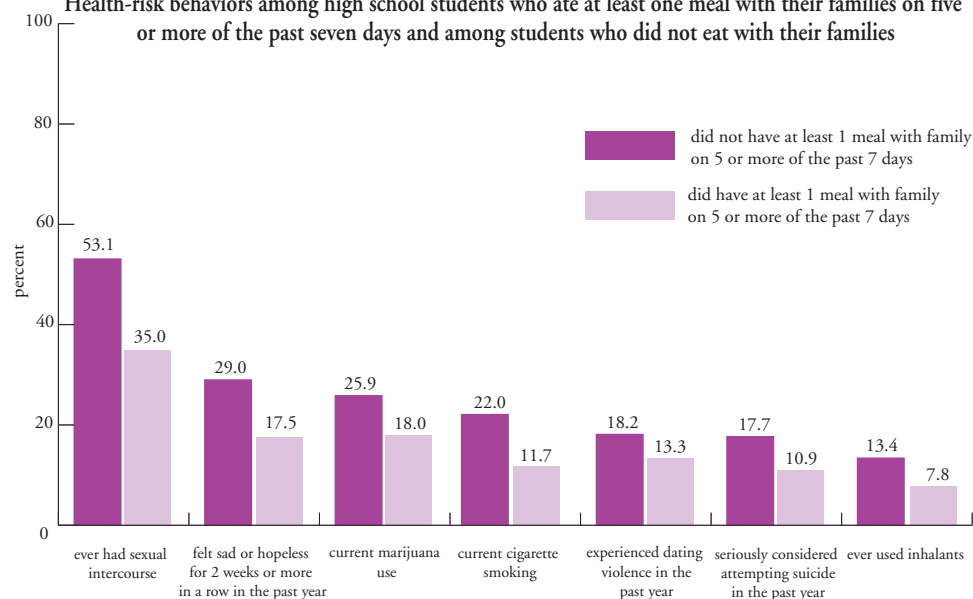
## MEALS WITH FAMILY

- The percentage of students who ate at least one meal with their family on five or more of the seven days prior to the survey decreases by grade from 46.2% in grade 9 to 27.2% in grade 12—*data not shown*
- Among high school boys, white students are significantly more likely than black and Hispanic students to have eaten at least one meal with their family on five or more of the past seven days (46.9%, 20.5%, and 30.8%, respectively)
- Among high school girls, white students are significantly more likely than black students to have eaten at least one meal with their family on five or more of the past seven days (40.6% and 16.5%)
- More than one-half (53.1%) of high school students who did not have at least one meal with their family on five or more of the past seven days had sexual intercourse at least once in their lives, compared to about one-third (35.0%) of students who had at least one meal with their family; the difference is statistically significant
- In comparison to high school students who did not have at least one meal with their family on five or more of the seven days prior to the survey, high school students who did have at least one meal with their family were (*all of the following differences are statistically significant*):
  - » 34% less likely to have ever had sexual intercourse
  - » 40% less likely to have felt so sad or hopeless every day for 2 weeks or more in a row in the past year that they stopped doing some usual activities
  - » 31% less likely to be current marijuana users
  - » 47% less likely to be current cigarette smokers
  - » 27% less likely to have experienced dating violence in the past year
  - » 38% less likely to have seriously considered attempting suicide in the past year
  - » 42% less likely to have ever used inhalants

High school students who ate at least one meal with their families on five or more of the past seven days by race/ethnicity and sex



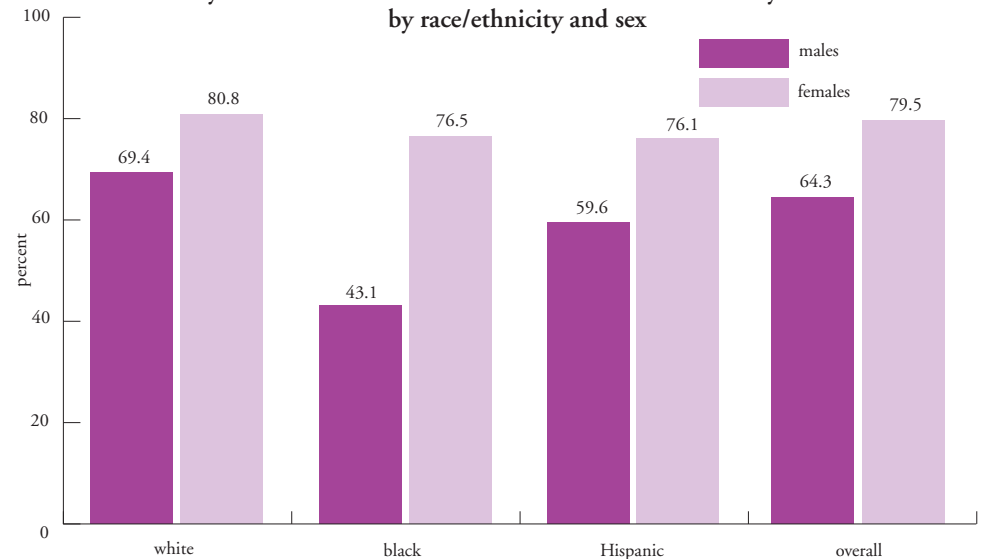
Health-risk behaviors among high school students who ate at least one meal with their families on five or more of the past seven days and among students who did not eat with their families



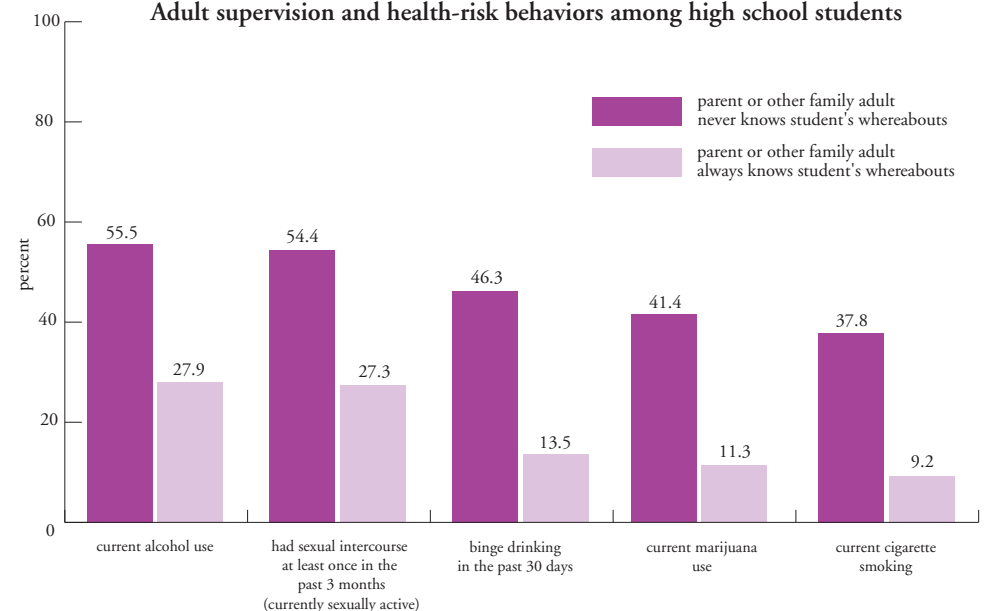
## ADULT SUPERVISION

- Students were asked, “When you are away from home, how often do your parents or other adults in your family know where you are?”
  - » From grade 9 through grade 12, female students are significantly more likely than male students to have a parent or another adult family member who most of the time or always knows where the student is when the student is away from home —*data not shown*
  - » In high school, white, black, and Hispanic females are significantly more likely than their male counterparts to have a parent or another adult family member who most of the time or always knows where the student is when the student is away from home
  - » High school students who answered “always” are 50% less likely than students who answered “never” to currently drink alcohol or to be currently sexually active, 71% less likely to binge drink, 73% less likely to currently use marijuana, and 76% less likely to currently smoke cigarettes; all of the differences are statistically significant

High school students whose parents or other adults in the family most of the time or always know where the student is when the student is away from home by race/ethnicity and sex



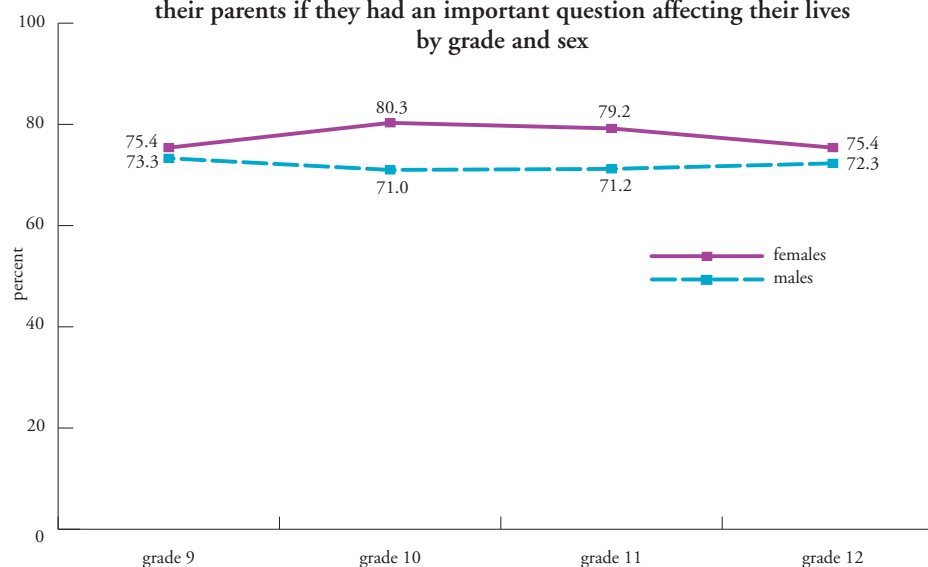
Adult supervision and health-risk behaviors among high school students



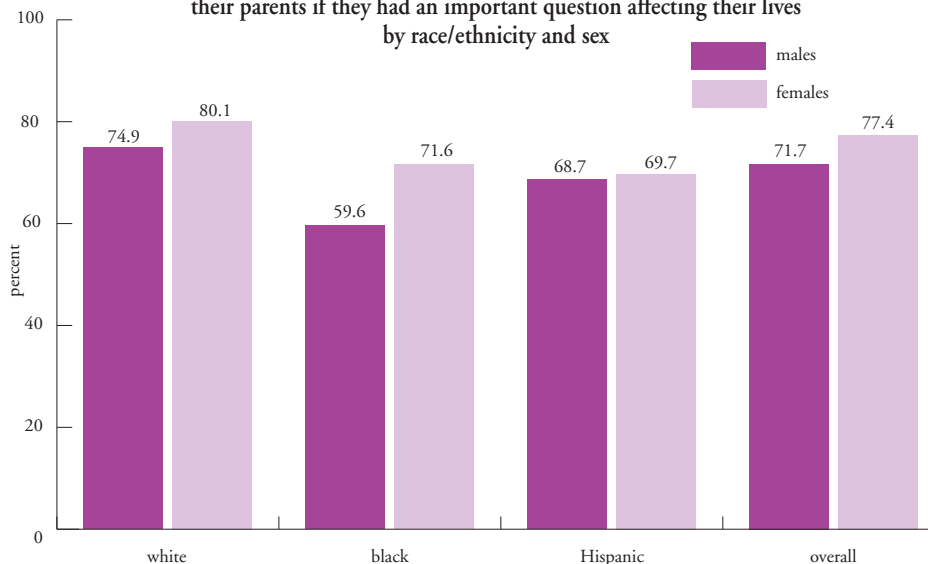
## ADULT GUIDANCE

- The percentage of high school students who usually get the help they need when they feel sad, empty, hopeless, angry, or anxious varies by grade between 70.9% and 76.1%—*data not shown*
- From grade 9 through grade 12, the percentages of high school girls who have an adult besides their parents they feel comfortable seeking help from are higher than those for boys, however none of the differences are statistically significant
- Almost three-quarters (74.4%) of high school students have at least one adult other than their parents they feel comfortable seeking help from if they have an important question affecting their lives—*data not shown*
- Among high school boys, white students are more likely than black and Hispanic students to have an adult other than their parents to seek help from, but only the difference between the white and black students is statistically significant (74.9%, 59.6%, and 68.7%, respectively)
- Among high school girls, it appears that white students are more likely than black and Hispanic students to have an adult other than their parents to seek help from, but there are no statistically significant differences between any of the groups (80.1%, 71.6%, and 69.7%, respectively)
- High school students who have at least one adult other than their parents they feel comfortable seeking help from are less likely than their counterparts who do not have an adult other than a parent to seek help from to have felt so sad or hopeless for 2 weeks or more in the past year that they stopped doing some usual activities (22.0% and 31.8%) and are less likely to have seriously considered attempting suicide in the past year (12.8% and 21.1%). They are also nearly 50% less likely to have had sexual intercourse before age 13 (4.6% and 8.7%); all these differences are statistically significant—*data not shown*
- The percentage of high school students who would most likely talk to a counselor when they feel sad, empty, hopeless, angry, or anxious varies by grade between 2.0% and 3.8%—*data not shown*

Students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their lives by grade and sex



High school students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their lives by race/ethnicity and sex



# TECHNICAL NOTES AND TABLES





## 2005 CONNECTICUT SCHOOL HEALTH SURVEY YOUTH TOBACCO COMPONENT DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

Category	Middle School		High School		Total Surveyed		State Demographics**	
	n	%*	n	%*	n	%	N	%
<b>Sex</b>								
Male	1,081	51.4	1,054	51.2	2,135	49.4	141,932	48.6
Female	1,014	48.6	1,175	48.8	2,189	50.6	150,336	51.4
<b>Race/Ethnicity</b>								
White	1,370	69.5	1,419	70.7	2,789	66.3	212,796	69.1
Black	248	14.2	312	14.5	560	13.3	42,027	13.7
Hispanic	302	12.9	348	11.2	650	15.5	42,722	13.9
Other	113	3.4	93	3.6	206	4.9	10,340	3.4
<b>Grade</b>								
6	482	33.0	-	-	482	11.3	44,457	14.4
7	885	33.5	-	-	885	20.8	45,136	14.7
8	693	33.4	-	-	693	16.2	45,071	14.6
9	-	-	711	28.6	711	16.7	49,178	16.0
10	-	-	652	25.5	652	15.3	44,579	14.5
11	-	-	497	23.8	497	11.7	41,124	13.4
12	-	-	345	22.1	345	8.1	38,340	12.5
<b>Age</b>								
12 or younger	810	43.9	2	0.1	812	18.6	72,669	21.3
13	823	34.0	1	0.0	824	18.9	46,531	13.6
14	410	19.6	284	10.9	694	15.9	46,652	13.7
15	48	2.2	690	26.8	738	16.9	45,038	13.2
16	6	0.2	584	24.1	590	13.5	43,918	12.9
17	2	0.1	454	23.7	456	10.5	43,657	12.8
18 or older	1	0.0	230	14.4	231	5.3	42,642	12.5
<b>Total</b>	<b>2,108</b>		<b>2,248</b>		<b>4,356</b>		<b>307,885</b>	

\*Figures represent the unweighted sample size and weighted percent

\*\*Student sex, race/ethnicity, and enrollment by grade provided by the Connecticut Department of Education (2004 data). Age information was taken from the US Census Bureau estimates of the Connecticut population. It does not necessarily reflect the population of enrolled students.



## 2005 CONNECTICUT SCHOOL HEALTH SURVEY YOUTH BEHAVIOR COMPONENT DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS

Category	Total Surveyed		State Demographics**	
	n	%*	N	%
<b>Sex</b>				
Male	1,130	51.2	88,471	51.1
Female	1,110	48.8	84,705	48.9
<b>Race/Ethnicity</b>				
White	1,275	69.8	121,111	69.9
Black	276	13.5	23,449	13.5
Hispanic	426	13.9	22,845	13.2
Other	267	2.7	5,816	3.4
<b>Grade</b>				
9	644	28.3	49,178	28.4
10	594	25.6	44,579	25.7
11	546	23.6	41,124	23.7
12	442	22.1	38,340	22.1
<b>Age</b>				
13 or younger	18	0.6	70,633	22.6
14	259	11.4	46,652	14.9
15	566	24.9	45,038	14.4
16	611	26.3	43,918	14.0
17	514	23.6	43,657	13.9
18 or older	281	13.6	63,328	20.2
<b>Total</b>	<b>2,256</b>		<b>173,221</b>	

\*Figures represent the unweighted sample size and weighted percent

\*\*Student sex, race/ethnicity, and enrollment by grade provided by the Connecticut Department of Education (2004 data). Age information was taken from the US Census Bureau estimates of the Connecticut population. It does not necessarily reflect the population of enrolled students.



## Youth Tobacco Component Survey Instrument & Sampling Design

The Youth Tobacco Component (YTC) of the 2005 Connecticut School Health Survey (CSHS) instrument is based on the core questionnaire from the National Youth Tobacco Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 82 questions that collect demographic information about the student, as well as data on current and lifetime use of tobacco products including cigarettes, smokeless tobacco, cigars, pipes, and bidis; cigarette use, initiation, and cessation attempts; access to tobacco; knowledge and attitudes about tobacco; exposure to tobacco advertising; exposure to environmental tobacco smoke; and information relating to a few other health topics. Many other states are using CDC's 64 core questions and procedures for their statewide assessments. This will provide a good source of comparison data to complement national data.

The CSHS was conducted in public middle and high schools across Connecticut. For the YTC, a two-stage cluster design was used to produce a representative sample of all regular public school students in grades 6-8 and in grades 9-12 in Connecticut. In the first stage, schools are selected randomly within the grade range specified with a probability proportional to enrollment size. In all, 59 middle schools and 59 high schools were chosen. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each of the selected schools. All of the students within a selected class are eligible to participate in the survey; however, participation is voluntary. No individual identifying information was collected. A total of 2,108 students from 41 middle schools and 2,248 students from 45 high schools completed the survey. For middle school, the school response rate was 69.5%, and the student response rate was 88.5%, yielding an overall response rate of 61.5% (school rate x student rate). For high school, the school response rate was 76.3%, and the student response rate was 78.7%, yielding an overall response rate of 60%.

Once collected, the survey data were weighted by CDC's Office on Smoking and Health to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, data in this report are representative of all non-institutionalized, public middle and high schools students in Connecticut. The sampling design does not allow for analysis at the school or district level. The CDC and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.



## Youth Behavior Component Survey Instrument & Sampling Design

The Youth Behavior Component (YBC) of the 2005 Connecticut School Health Survey (CSHS) instrument is based on the core questionnaire from the National Youth Risk Behavior Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 98 questions that collect demographic information about the student, as well as data on 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. Additionally, the YBC monitors general health status, protective factors, and the prevalence of overweight and asthma. Many other states are using CDC's core questions and procedures for their statewide assessments. This will provide a good source of comparison data to complement national data.

The YBC of the CSHS was administered in public high schools across Connecticut. For the YBC, a two-stage cluster design was used to produce a representative sample of students in grades 9-12. All regular public schools containing grades 9, 10, 11, or 12 were included in the sampling frame. In the first stage, schools were selected systematically from that sampling frame with a probability proportional to enrollment size. A total of 60 high schools were selected; one school was ineligible. In the second sampling stage, in each participating school, all classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Classes were selected using systematic equal probability sampling with a random start. All the students within a selected class were eligible to participate in the survey; however, survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. No individual identifying information was collected. A total of 2,256 students from 45 high schools completed the self-administered survey. The school response rate was 76.3%, and the student response rate was 78.4%, yielding an overall response rate of 60% (school rate x student rate).

Once collected, the survey data were weighted by Westat to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, data in this report are representative of all non-institutionalized, public high schools students in Connecticut. The sampling design does not allow for analysis at the school or district level. Westat and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.





# GLOSSARY OF TERMS



# GLOSSARY OF TERMS

**Bidis:** brown, leaf-wrapped cigarettes made primarily in India, which are available in different flavors such as chocolate and cherry.

**Binge drinking:** consumption of five or more alcoholic beverages within a couple of hours at least once in the 30 days prior to the survey.

**Current:** using tobacco, alcohol, or other drug or engaging in a risky behavior (except for sexual intercourse; see definition for “currently sexually active”) at least once in the 30 days prior to the survey.

**Current alcohol use:** consuming at least one alcoholic beverage on 1 or more of the 30 days prior to the survey.

**Current cigarette smoking:** smoking cigarettes on 1 or more of the 30 days prior to the survey.

**Current drinking:** consuming at least one alcoholic beverage on 1 or more of the 30 days prior to the survey.

**Current tobacco use:** using any form of tobacco on 1 or more of the 30 days prior to the survey.

**Currently sexually active:** sexual intercourse at least once in the three months prior to the survey.

**Daily smoking:** smoking at least one cigarette per day on all 30 of the 30 days prior to the survey.

**Dating violence:** purposely hit, slapped, or physically hurt by a boyfriend or girlfriend in the 12 months prior to the survey.

**Environmental Tobacco Smoke (ETS):** (also known as secondhand smoke) is a complex mixture of gases and particles that come from a burning cigarette, cigar, bidi, or pipe tip (sidestream smoke) and exhaled as mainstream smoke.

ETS is a known human carcinogen (cancer-causing agent). More than 50 compounds in ETS have been identified as known or reasonably anticipated human carcinogens. ETS contains at least 250 chemicals that are known to be toxic or carcinogenic.

**Ever:** using a product, such as tobacco, alcohol, or other drug, or engaging in a behavior at least once during one’s lifetime.

**Ever cigarette use:** any cigarette smoking during one’s lifetime, even one or two puffs.

**Ever-daily smoking:** smoking at least one cigarette per day for 30 days in a row at anytime during one’s lifetime.

**Ever tobacco use:** any cigarette, smokeless tobacco, cigar, pipe, or bidi use during one’s lifetime.

**Feeling sad or hopeless:** depression that is present every day for two weeks or more in a row (in the 12 months prior to the survey) that caused a student to stop doing some usual activities.

**Felt unsafe to go to school:** not going to school on at least 1 day in the 30 days prior to the survey because of feeling unsafe at school or feeling unsafe going to or from school.

**Frequent cigarette smoking:** smoking cigarettes on 20 or more of the 30 days prior to the survey.

**High school:** grades 9, 10, 11, and 12.

**Inhalant use:** sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high.

**Middle school:** grades 6, 7, and 8.



## GLOSSARY OF TERMS *(Continued)*

**Minimal levels of physical activity:** vigorous physical activity for at least 20 minutes on three or more of the seven days prior to the survey or at least 30 minutes of moderate physical activity on five or more of the seven days prior to the survey.

**Moderate physical activity:** participation in activities that do not result in hard breathing or sweating.

**Never cigarette smokers:** students who have never tried cigarette smoking, even one or two puffs.

**Non-frequent current smoking:** smoking cigarettes on at least 1, but on fewer than 20, of the 30 days prior to the survey.

**Non-smokers:** students who did not smoke at all during the 30 days prior to the survey.

**Not susceptible to starting smoking:** never smokers who answered that they would definitely not smoke in the next year, and they would definitely not try a cigarette soon, and they would definitely not smoke a cigarette offered by a best friend.

**Overall:** the entire group of students in middle or high school.

**Overweight:** determination of this risk is based on age, sex, and body mass index (BMI).<sup>\*</sup> For this report, students who were considered “at risk for becoming overweight,” which is when BMI percentile is at or above the 85th percentile by age and sex, and students who were considered “overweight,” which is when BMI percentile is at or above the 95th percentile by age and sex, were combined to form one group of students. This group of students is defined as “overweight” in this report.

**Poor physical health:** student’s health was not good on 1 or more of the 30 days prior to the survey.

**Race/ethnicity:** was computed from one question: “How do you describe yourself?” (response options were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Hispanic or Latino,” “Native Hawaiian or Other Pacific Islander,” or “White”). Students could select more than one response option. For this report, students were classified as “Hispanic” if they selected “Hispanic or Latino” plus any other response option. Students were classified as “Black” if they selected “Black or African American” only. Students were classified as “White” if they selected “White” only. Students were classified as “other” if they selected any one of the other options only or multiple response options except “Hispanic or Latino.” For this report, 3 classifications were used:

- **White:** white, non-Hispanic
- **Black:** black or African American, non-Hispanic
- **Hispanic:** Hispanic or Latino

**Significant differences:** reflect a statistical probability of  $p < 0.05$  that the difference seen between categories is due to chance. Conversely, when the term “no significant difference” or “insignificant” is used, the 95% confidence intervals around the point estimates overlap, making it impossible to tell whether a true difference exists.

**Susceptible to starting smoking:** never smokers who answered that they might try a cigarette soon or in the next year and who would consider smoking a cigarette offered by a best friend.

**Vigorous physical activity:** participation in activities that result in hard breathing and sweating.

<sup>\*</sup>CDC growth charts were used to calculate BMI percentile for age and sex and to generate percentages for “at risk for becoming overweight” and “overweight.” This program is posted on CDC’s Division of Nutrition and Physical Activity website (<http://www.cdc.gov/nccdphp/dnpa/growthcharts/sas.htm>)





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