2001 Youth Risk Behavior Survey

The Results

A collaborative effort of
Boulder Valley School District &
Boulder County Health Department

February 2002

Forward

In 2001, the Boulder County Health Department and the Boulder Valley School District committed to yet another partnership to improve the well being of our county's youth. Though both agencies deliver seemingly diverse missions, we have a shared goal of healthy, educated youth who become adults equipped with health related skills, beliefs, and practices conducive to a lifetime of learning, good health, productivity, and economic success. This document represents a tangible measure of the success of that partnership.

These data provide us, for the first time, with a comprehensive, credible view of our youth with regard to our nation's most significant adolescent risk behaviors. This knowledge will allow us to develop and implement both community and school based programs to address these behaviors. Additionally, the data provide a baseline from which we may evaluate our progress.

The good news is that in many respects our children are healthy. The extent to which they engage in many of these risky behaviors is below – often well below – available state and national benchmarks. However, we should not be – and are not – satisfied with findings that are merely below state and national averages. We must remain mindful of the often tragic consequences that result from these behaviors, and continually strive to do better. Doing better doesn't merely reflect a lowering of the rates presented in this document, it represents improvement in the health and well being of our youth.

Our hope is that all members of our county will thoughtfully examine these findings, and join us in our shared goal of improving the prospects for youth as they move toward the future as healthy, educated, and productive adults.

Charles L. Stout, MPH
Director
Boulder County Health Department

George F. Garcia, Ed.D
Superintendent
Boulder Valley School District

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For more information, please contact:

Boulder County Health Department
Terry Bryant, Health Planner
Phone: (303) 441-1280
E-mail: tbryant@co.boulder.co.us

Boulder Valley School District
Lisa Cech, Safe and Drug-Free Schools Coordinator
Phone: (303) 499-4624
E-mail: lisa.cech@admin.bvsd.k12.co.us

Katy Fleming, Health Curriculum Development
Phone: (303) 618-9246
E-mail: katy.fleming@admin.bvsd.k12.co.us

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This report was prepared by:
Terry Bryant, MS
Health Planner
Boulder County Health Department
Boulder, Colorado

Executive Summary

Across the country, health and education agencies are successfully collaborating to meet their shared goal of healthy, educated students who become adults equipped with health-related skills, beliefs, and practices conducive to a lifetime of learning, good health, productivity, and economic success. During fall 2001, Boulder County Health Department (BCHD) and Boulder Valley School District (BVSD) jointly conducted the Youth Risk Behavior Survey (YRBS) in eight BVSD high schools. The project is intended to provide information regarding priority health-risk behaviors of students in grades 9-12 that contribute to the leading causes of morbidity, mortality, and social problems among youth and adults alike. Categorically, these behaviors include or relate to:

Injury (unintentional and intentional)
Tobacco use
Alcohol and drug use
Sexual behaviors
Overweight/obesity

The survey results will be used by BCHD, as well as BVSD, to assist in the planning of community and school-based health programs and policies that reduce the health-risk behaviors of Boulder County youth and improve their physical and mental health.

A random sample of 51 classrooms was selected to participate in the survey. To protect student privacy, participation was voluntary and anonymous, and 1,138 of the 1,371 students (83%) enrolled in these classrooms completed the survey. The data were weighted to cause the distribution of the sample to match the distribution of males and females in each grade in the participating schools. The weighted data are representative of students in grades 9-12 that attend the eight participating high schools, and are thus generalizable to the student population at those schools.

Summary of Results

Unintentional Injuries – In the U.S., unintentional injuries are the leading cause of death among adolescents and young adults.

- Only 5.8% of students had rarely or never worn a seatbelt when riding in a car or truck driven by someone else.
- Over half of students (52.1%) who had ridden a bicycle in the past 12 months rarely or never wore a helmet.
- One out of four students (26.1%) rode in a car driven by someone who had been drinking alcohol.
- One in seven 11th and 12th grade students (16.8% and 16.1%, respectively) had driven a car after drinking alcohol.

Intentional Injuries – Violence is a common and tragic behavior among adolescents. Suicide and homicide are the second and third leading causes of death for this age group in Colorado.

- Nearly one-quarter of male students (24.4%) carried a gun, knife, or club during the past 30 days.
- One-third (35.1%) of male students had been in a physical fight in the past year. Less than half of those fought at school.
- 7.7% of female students had been forced to have sexual intercourse.
- One-quarter of all students (25.1%) had felt sad or hopeless almost every day for two or more weeks in a row.
- 6.1% of all students had attempted suicide in the past year.

Tobacco Use – Tobacco use is the leading preventable cause of death in the United States. Nearly all adults who smoke cigarettes began smoking by the time they were 18 years old.

- Less than half of all students (49.9%) had ever tried cigarette smoking.
- One out of five students (20.5%) currently smokes cigarettes.
- One out of six male students (16.9%) currently uses smokeless tobacco.
- 28.8% of all students currently use some form of tobacco.

Alcohol and Drug Use – Alcohol and drug abuse are major health problems for adolescents and adults alike. They are associated with unintentional injury, violence, academic failure, and high-risk sexual behavior.

- Nearly three out of four students (73.9%) have tried alcohol.
- Almost half of all students (47.3%) currently drink alcohol.
- Nearly one-third of all students (31.9%) drank 5 or more drinks within a couple of hours at least once during the 30 days preceding the survey.
- More than half of 11th and 12th grade students have tried marijuana; one in four have tried it by 9th grade.
- Over one-quarter of all students (26.5%) currently uses marijuana.
- One in nine students in grade 12 (12.4%) has used cocaine; 8.2% have used methamphetamines.
- 28.4% of students have been offered, sold, or given illegal drugs on school property.

Sexual Behavior – High-risk sexual behavior is related to unintended pregnancy, sexually transmitted diseases (STDs), and negative social and psychological development.

- 45.5% of students in grade 12 have had sexual intercourse; 33.7% of these students are currently sexually active.
- 63.5% of sexually active students used a condom the last time they had sexual intercourse.
- Nearly one-third of sexually active students (32.2%) used alcohol or drugs the last time they had sexual intercourse.

Overweight/obesity – Overweight and obesity are related to a considerable number of chronic diseases, including diabetes and hypertension. The prevalence of overweight/obesity has increased dramatically in the U.S. during the past decade. Dietary and physical activity behaviors developed during youth may contribute to overweight/obesity, unsafe weight-loss practices, and eating disorders.

- 3.8% of all students were overweight; 9.4% were at risk for becoming overweight; 23.9% thought they were overweight.
- Less than one-fourth of students (24.0%) had eaten five or more servings per day of fruits and vegetables.
- Nearly three-fourths of all students (70.9%) participated in vigorous physical activity; almost half (48.8%) participated in strengthening exercises.
- Only 20% of all students watched more than two hours of TV during an average school day.
- Over 60% of male and female students (65.4% and 60.1%, respectively) played on a sports team.

Introduction

In 1991, the Centers for Disease Control and Prevention (CDC) established the Youth Risk Behavior Surveillance System (YRBSS) to monitor the prevalence of youth behaviors that most influence health. Since that time, a national Youth Risk Behavior Survey (YRBS) has been conducted biennially to assess youth behaviors as they relate to health risks. Specifically, six categories of high-risk behaviors are monitored – behaviors that contribute to unintentional and intentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; unhealthy dietary behaviors; and physical activity. In addition to the national survey, a vast majority of states, as well as a significant number of municipalities, conduct the survey.

In fall 2001, Boulder County Health Department (BCHD), in collaboration with Boulder Valley School District (BVSD), conducted the YRBS in eight BVSD high schools in Boulder County. The results from the YRBS will be used by BCHD, as well as BVSD, to measure the prevalence of high-risk health behaviors among Boulder County youth, and to assist in the planning of community and school-based health programs and policies for youth.

Methodology

Sample Selection Procedures

Eight of 10 schools that serve students in grades 9-12 were selected for inclusion in the 2001 YRBS. One of the excluded schools was a charter school, and the other was a preparatory school. Together, these two schools enroll less than 1% of the students in grades 9-12 in the district. At each of the eight schools that participated in the survey, a sample size of no fewer than 12% of the students was desired. Each participating school elected to conduct the survey in either second or third period classes. From these, classes were randomly selected for inclusion in the survey. Classes were selected until the minimum threshold of 12% of all students was reached. The number of classrooms selected within each school ranged from 1 to 11. A total of 51 classrooms were selected to participate. Every student enrolled in the classes selected was eligible for inclusion in the survey. An information packet was mailed to the parents of students selected to participate. The packet included information regarding the survey, a notice to parents that their student had been selected to participate, and a form that parents could use to exclude their student. Additional information, including a copy of the survey instrument and an electronic exclusion form, was made available on the BCHD Web site. The BCHD telephone number was also included, and parents were encouraged to call with questions and/or comments, or to exclude their student from participation.

Survey Procedures

The survey implementation procedures were designed to protect the students' privacy by allowing for anonymous and voluntary participation. Participating students were asked to complete an 87-item self-administered questionnaire in their classrooms during the regular class period. Students that elected not to participate were provided an alternative educational activity in another classroom or the school library. Volunteers from BCHD, BVSD, the City of Boulder, the Mental Health Center of Boulder County, and the community, administered the survey in each classroom.

Response Rate

There were 1,371 students enrolled in the 51 classrooms selected to participate in the survey; 59 of the selected students (4.3%) elected not to participate, and an additional 174 students (12.7%) were absent on the day the survey was administered. As a result, 1,138 surveys were completed for an overall response rate of 83%. This extraordinary response rate far exceeds the CDC requirement of a 60% response rate to enable the application of a weighting factor.

Weighting

A weighting factor was applied to each student record to improve the precision of estimates and to reduce nonresponse and sample selection bias. The weighting factor was derived to cause the distribution of the sample to match the distribution of males and females in each grade in the participating schools, and was scaled so that the weighted count of students was equal to the total sample size. Rather than being limited to the students that participated in the survey, weighted data are representative of students in grades 9-12 that attend the eight participating high schools, and are thus generalizable to the student population at those schools.

Data Analysis

Data analysis was conducted using SUDAAN, a statistical software package capable of precisely calculating sampling variances for complex survey data. While the actual sample was clustered after the first stage of selection, an assumption of simple random sampling after the first stage was made during the analysis of the data; thus, SUDAAN-estimated variances may slightly underestimate the true variances.

Data Presentation

This report presents data from the 2001 YRBS conducted among students in grades 9-12 at BVSD high schools. Each page presents prevalence estimates for two or three related health behaviors under study. Aggregate estimates are presented for all students, for all female students, and for all male students. At every grade level, estimates are presented for both male and female students, as well as for both sexes combined. Because interpretation of estimates derived from only a few respondents is difficult, no data are presented for any question in which fewer than 30 responses were received. Questions for which the number of respondents fell below 30 are indicated by ***.

In addition to prevalence estimates, 95 percent confidence intervals are presented for each estimate. Confidence intervals represent a range in which the actual prevalence being estimated is likely to fall. The size of the confidence interval reflects the certainty of the accuracy of the estimate. Larger confidence intervals reflect less certainty, and smaller confidence intervals reflect greater certainty. To some degree, the width of a confidence interval is related to the size of the sample (smaller samples result in wider confidence intervals). In some cases, the portion of the overall sample that was included in the estimation procedure was small, resulting in wide confidence intervals. In addition, some confidence intervals include zero. In both of these cases, the reader is encouraged to use caution in their interpretation of the results. Confidence intervals may be used to determine the statistical significance of differences in observed results. Confidence intervals that do not overlap indicate that the difference in estimates is statistically significant.[*]

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[*] Assumes a significance level of $\alpha = 0.05$.

Data from the 2001 Colorado YRBS and the 1999 national YRBS are included, where available. Though every effort was made to collect and analyze the data using similar protocols, these data are not directly comparable and should be used for reference only. Data from the 2001 Colorado YRBS were provided by the Colorado Department of Public Health and Environment, Health Statistics Section, Survey Research Unit. Data from the 1999 national YRBS were obtained from the CDC.

Sample Data Presentation

Health Behavior

Prevalence Estimate

95% Confidence Interval

2001 Colorado YRBS Estimates

1999 National YRBS Estimates

Health Behavior

Unintentional Injuries

	Rode with a driver who had been drinking alcohol*			Drove after drinking alcohol*		
Grade	Female	Male	Total	Female	Male	Total
9th	23.7%	24.4%	**24.1%**	1.1%	5.5%	**3.3%**
	(±8.6%)	(±8.9%)	**(±6.2%)**	(±2.1%)	(±4.7%)	**(±2.6%)**
10th	24.4%	***	**23.5%**	3.2%	6.0%	**4.7%**
	(±6.7%)	(±6.4%)	**(±4.6%)**	(±2.8%)	(±3.6%)	**(±2.3%)**
11th	33.0%	29.9%	**31.4%**	13.0%	20.2%	**16.8%**
	(±6.4%)	(±6.8%)	**(±4.7%)**	(±4.6%)	(±6.0%)	**(±3.8%)**
12th	28.6%	23.6%	**26.1%**	18.3%	14.0%	**16.1%**
	(±7.9%)	(±8.1%)	**(±5.7%)**	(±6.7%)	(±6.6%)	**(±4.7%)**
Total	**27.1%**	**25.1%**	**26.1%**	**8.3%**	**11.0%**	**9.7%**
	(±3.8%)	**(±3.8%)**	**(±2.7%)**	**(±2.2%)**	**(±2.6%)**	**(±1.7%)**
Colorado	29.6%	30.5%	30.0%	10.7%	15.5%	13.2%
U.S.	31.7%	34.4%	33.1%	8.7%	17.4%	13.1%

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

Results

Demographic Characteristics

Sample Size: 1,371 Response Rate: 83% (n = 1,138)

Sex		Grade		Race/Ethnicity	
Female	48.5%	9th	28.8%	African American	1.2%
Male	51.5%	10th	25.5%	Hispanic/Latino	8.6%
		11th	23.6%	White	82.7%
		12th	22.2%	Asian	3.8%
				All other races	1.0%
				Multiple races	2.8%

The 2001 Youth Risk Behavior Survey was completed by 1,138 students in eight high schools in the Boulder Valley School District in November 2001. The overall response rate of 83% allows the data to be weighted to represent all students in grades 9-12 at the eight schools included in the sample. The data were weighted for sex and grade, but not race/ethnicity. However, the distribution of race/ethnicity in the sample is similar to the distribution of race/ethnicity for students in grades 9-12 in Boulder Valley School District.

BVSD Race/Ethnicity Distribution*

Race/Ethnicity	
African American	0.7%
Hispanic/Latino	10.2%
White	83.4%
Asian	4.2%
All other races	1.5%
Multiple races	2.0%

*Students in grades 9-12.

Unintentional Injuries

Grade	Rarely or never wore seatbelts*			Rarely or never wore motorcycle helmets†			Rarely or never wore bicycle helmets‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	4.3%	5.5%	**4.9%**	***	***	***	38.0%	45.5%	**41.8%**
	(±4.1%)	(±4.7%)	**(±3.1%)**	-	-	-	(±10.7%)	(±11.1%)	**(±7.7%)**
10th	3.2%	***	**5.3%**	36.7%	35.0%	**35.7%**	44.7%	61.6%	**53.8%**
	(±2.8%)	(±3.9%)	**(±2.5%)**	(±17.2%)	(±14.8%)	**(±11.2%)**	(±8.5%)	(±7.9%)	**(±5.9%)**
11th	3.4%	8.6%	**6.1%**	15.8%	33.3%	**27.0%**	56.3%	58.6%	**57.6%**
	(±2.5%)	(±4.2%)	**(±2.5%)**	(±11.6%)	(±12.9%)	**(±9.4%)**	(±7.9%)	(±8.0%)	**(±5.7%)**
12th	6.4%	8.4%	**7.4%**	***	37.5%	**28.0%**	52.0%	67.6%	**60.1%**
	(±4.3%)	(±5.3%)	**(±3.4%)**	-	(±16.8%)	**(±11.6%)**	(±11.2%)	(±10.9%)	**(±7.9%)**
Total	**4.3%**	**7.3%**	**5.8%**	**24.4%**	**36.1%**	**31.6%**	**46.4%**	**57.2%**	**52.1%**
	(±1.8%)	**(±2.3%)**	**(±1.5%)**	**(±13.4%)**	**(±8.3%)**	**(±6.2%)**	**(±5.0%)**	**(±4.9%)**	**(±3.5%)**

*When riding in a car or truck driven by someone else.

†Among the 21.8% of students who rode a motorcycle during the 12 months preceding the survey.

‡Among the 79.8% of students who rode a bicycle during the 12 months preceding the survey.

Colorado	10.0%	14.8%	12.6%	***	43.2%	42.8%	83.4%	83.1%	83.3%
U.S.	11.9%	20.8%	16.4%	26.6%	44.5%	38.0%	83.6%	86.7%	85.3%

Summary

Riding in a car without a seatbelt, or on a motorcycle or bicycle without a helmet, are behaviors that contribute to unintentional injury. During adolescent and young adult years, unintentional injury is the leading cause of death nationally, as well as locally.[1,2]

Only 5.8% of the students had rarely or never worn seat belts when riding in a car or truck driven by someone else. The data suggest that students in lower grades wear seatbelts more regularly than students in higher grades, and that female students wear seatbelts more regularly than male students.

Few students had ridden a motorcycle during the 12 months preceding the survey (21.8%). Of those who had, 31.6% rarely or never wore a motorcycle helmet. Overall, 36.1% of male students who had ridden a motorcycle during the 12 months preceding the survey rarely or never wore a motorcycle helmet, while 24.4% of female students who had ridden a motorcycle during the 12 months preceding the survey rarely or never wore a motorcycle helmet.

Nearly 80% of students had ridden a bicycle during the 12 months preceding the survey. Slightly more than half of those (52.1%) rarely or never wore a bicycle helmet. Overall, male students (57.2%) were significantly more likely than female students (46.4%) to ride a bicycle without a helmet. Students in grade 12 (60.1%) were significantly more likely than students in grade 9 (41.8%) to ride a bicycle without a helmet.

Unintentional Injuries

Grade	Rode with a driver who had been drinking alcohol*			Drove after drinking alcohol*		
	Female	Male	Total	Female	Male	Total
9th	23.7% (±8.6%)	24.4% (±8.9%)	**24.1% (±6.2%)**	1.1% (±2.1%)	5.5% (±4.7%)	**3.3% (±2.6%)**
10th	24.4% (±6.7%)	22.8% (±6.4%)	**23.5% (±4.6%)**	3.2% (±2.8%)	6.0% (±3.6%)	**4.7% (±2.3%)**
11th	33.0% (±6.4%)	29.9% (±6.8%)	**31.4% (±4.7%)**	13.0% (±4.6%)	20.2% (±6.0%)	**16.8% (±3.8%)**
12th	28.6% (±7.9%)	23.6% (±8.1%)	**26.1% (±5.7%)**	18.3% (±6.7%)	14.0% (±6.6%)	**16.1% (±4.7%)**
Total	**27.1% (±3.8%)**	**25.1% (±3.8%)**	**26.1% (±2.7%)**	**8.3% (±2.2%)**	**11.0% (±2.6%)**	**9.7% (±1.7%)**

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

Colorado	29.6%	30.5%	30.0%	10.7%	15.5%	13.2%
U.S.	31.7%	34.4%	33.1%	8.7%	17.4%	13.1%

Summary

One out of every four students rode in a car driven by someone who had been drinking alcohol during the 30 days preceding the survey. Prevalence of riding in a car with a driver who had been drinking remained fairly constant for both male and female students across all grade levels.

During the 30 days preceding the survey, nearly 1 in 10 students had driven a car at least once after drinking alcohol. Prevalence of driving after drinking was significantly higher among students in grades 11 and 12 than students in grades 9 and 10. Although the difference is not statistically significant, male students, with the exception of those in grade 12, were more likely than female students to drive after drinking alcohol.

Violence*

	Carried a weapon†			Carried a gun‡		
Grade	Female	Male	Total	Female	Male	Total
9th	4.4%	22.0%	**13.3%**	1.1%	3.3%	**2.2%**
	(±4.2%)	(±8.5%)	**(±5.0%)**	(±2.1%)	(±3.7%)	**(±2.1%)**
10th	5.8%	25.2%	**16.1%**	0.6%	5.4%	**3.2%**
	(±3.7%)	(±6.6%)	**(±4.0%)**	(±1.3%)	(±3.4%)	**(±1.9%)**
11th	4.3%	24.7%	**14.9%**	0.0%	3.5%	**1.8%**
	(±2.7%)	(±6.4%)	**(±3.7%)**	(±0.0%)	(±2.7%)	**(±1.4%)**
12th	4.8%	26.2%	**15.4%**	1.6%	3.8%	**2.7%**
	(±3.7%)	(±8.3%)	**(±4.8%)**	(±2.2%)	(±3.6%)	**(±2.1%)**
Total	**4.8%**	**24.4%**	**14.9%**	**0.8%**	**4.0%**	**2.5%**
	(±1.9%)	**(±3.8%)**	**(±2.2%)**	**(±0.9%)**	**(±1.7%)**	**(±1.0%)**

*Includes events and activities that occurred on school property and in the community.
†For example, a gun, knife, or club on 1 or more of the 30 days preceding the survey.
‡On 1 or more of the 30 days preceding the survey.

Colorado	7.2%	30.5%	19.4%	0.6%	8.5%	4.7%
U.S.	6.0%	28.6%	17.3%	0.8%	9.0%	4.9%

Summary

While unintentional injuries are the leading cause of death for adolescents and young adults, intentional injuries may result in either intended or unintended homicide or suicide, the second and third leading causes of death among adolescents and young adults.[3] Carrying a weapon (especially a gun) is associated with violent behavior that leads to injury. Locally, 14.9% of students carried a weapon (e.g., a gun, knife, or club), and 2.5% carried a gun, on one or more of the 30 days preceding the survey. In every grade, male students were significantly more likely to carry a weapon than female students.

Violence*

	In a physical fight†			Physically hurt by a boyfriend or girlfriend‡			Forced to have sexual intercourse		
Grade	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	22.8% (±8.6%)	38.5% (±10.0%)	**30.8% (±6.7%)**	5.4% (±4.6%)	0.0% (±3.7%)	**2.7% (±0.0%)**	8.9% (±5.9%)	1.1% (±2.1%)	**4.9% (±3.1%)**
10th	14.8% (±5.6%)	32.9% (±7.1%)	**24.5% (±4.7%)**	4.5% (±3.3%)	3.6% (±3.4%)	**4.0% (±2.8%)**	4.5% (±3.3%)	1.2% (±1.6%)	**2.8% (±1.8%)**
11th	19.1% (±5.3%)	34.1% (±7.1%)	**26.9% (±4.5%)**	3.8% (±2.6%)	4.0% (±2.7%)	**3.9% (±2.9%)**	10.1% (±4.1%)	1.7% (±1.9%)	**5.7% (±2.2%)**
12th	17.5% (±6.6%)	34.6% (±9.0%)	**26.0% (±5.7%)**	3.2% (±3.1%)	5.6% (±3.6%)	**4.4% (±4.4%)**	7.1% (±4.5%)	2.8% (±3.2%)	**5.0% (±2.8%)**
Total	**18.8% (±3.5%)**	**35.1% (±4.3%)**	**27.2% (±2.8%)**	**4.3% (±1.8%)**	**3.1% (±1.7%)**	**3.7% (±1.4%)**	**7.7% (±2.4%)**	**1.7% (±1.1%)**	**4.6% (±1.3%)**

*Includes events and activities that occurred on school property and in the community.

†One or more times during the 12 months preceding the survey.

‡Students who were hit, slapped, or otherwise physically hurt on purpose during the 12 months preceding the survey.

Colorado	26.2%	39.7%	33.3%	6.6%	9.0%	7.8%	10.9%	5.6%	8.0%
U.S.	27.3%	44.0%	35.7%	9.3%	8.3%	8.8%	12.5%	5.2%	8.8%

Summary

In every grade level, male students were more likely to be involved in a physical fight at least once during the 12 months preceding the survey than were female students, though this difference is not significant among 9th grade students. Female and male students in grade 9 may be more likely than students in other grades to have been involved in a physical fight. While most fights did not lead to physical injury, approximately 1% of students reported having received an injury that required treatment by a doctor or nurse as a result of having been involved in a physical fight.

Dating violence (i.e. being physically hurt on purpose by a boyfriend or girlfriend) was reported by 3.7% of the students. Female and male students reported similar prevalence of dating violence. Overall, female students were significantly more likely to report having been forced into sexual intercourse; 7.7% of female students, as compared to 1.7% of male students, reported being forced to have sexual intercourse.

Violence at School

Grade	Felt too unsafe to go to school*			Threatened or injured with a weapon on school property†			Engaged in a physical fight on school property†		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	2.2%	2.2%	**2.2%**	7.7%	8.8%	**8.3%**	8.7%	18.7%	**13.8%**
	(±3.0%)	(±3.0%)	**(±2.1%)**	(±5.5%)	(±5.8%)	**(±4.0%)**	(±5.8%)	(±8.0%)	**(±5.0%)**
10th	3.2%	3.0%	**3.1%**	4.5%	12.0%	**8.5%**	7.1%	11.5%	**9.4%**
	(±2.8%)	(±2.6%)	**(±1.9%)**	(±3.3%)	(±4.9%)	**(±3.1%)**	(±4.1%)	(±4.8%)	**(±3.2%)**
11th	2.9%	3.5%	**3.2%**	5.3%	10.3%	**7.9%**	4.8%	12.1%	**8.6%**
	(±2.3%)	(±2.7%)	**(±1.8%)**	(±3.0%)	(±4.5%)	**(±2.8%)**	(±2.9%)	(±4.8%)	**(±2.9%)**
12th	2.4%	0.0%	**1.2%**	6.4%	8.4%	**7.4%**	6.4%	10.4%	**8.4%**
	(±2.7%)	(±0.0%)	**(±1.4%)**	(±4.3%)	(±5.3%)	**(±3.4%)**	(±4.3%)	(±5.8%)	**(±3.6%)**
Total	**2.6%**	**2.2%**	**2.4%**	**6.0%**	**9.9%**	**8.0%**	**6.9%**	**13.4%**	**10.3%**
	(±1.4%)	**(±1.3%)**	**(±0.9%)**	**(±2.2%)**	**(±2.6%)**	**(±1.7%)**	**(±2.3%)**	**(±3.1%)**	**(±2.0%)**

*On 1 or more of the 30 days preceding the survey.

†One or more times during the 12 months preceding the survey.

Colorado	9.5%	7.1%	8.3%	8.5%	12.1%	10.4%	10.2%	17.9%	14.2%
U.S.	5.7%	4.8%	5.2%	5.8%	9.5%	7.7%	9.8%	18.5%	14.2%

Summary

School-related violence includes physical violence with or without a weapon, as well as the threat of physical violence. Overall, 2.4% of students had missed at least 1 day of school during the previous 30 days because they felt unsafe at school or on the way to or from school. This percentage was relatively constant for both males and females and for students at every grade level.

Eight percent of students reported having been threatened or injured by someone with a weapon on school property during the 12 months preceding the survey. At every grade level, male students were more likely to report being threatened or injured on school property than were female students, though the difference is not statistically significant.

During the 12 months that preceded the survey, a significantly greater percentage of male students had been involved in a physical fight on school property than female students; 13.4% of males, as opposed to 6.9% of females, reported being involved in a physical fight on school property at least once during the twelve months preceding the survey. Students in grade 9 may be more likely to have been involved in a physical fight on school property than students in other grades.

Suicide

Grade	Felt sad or hopeless*			Seriously considered attempting suicide†			Attempted suicide‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	28.0% (±9.1%)	18.7% (±9.6%)	**23.3% (±6.1%)**	17.2% (±7.7%)	8.8% (±5.8%)	**12.9% (±4.8%)**	10.0% (±6.2%)	3.3% (±3.7%)	**6.6% (±3.6%)**
10th	28.2% (±7.1%)	19.2% (±6.0%)	**23.4% (±4.6%)**	18.6% (±6.1%)	9.0% (±4.3%)	**13.5% (±3.7%)**	9.0% (±4.5%)	4.8% (±3.3%)	**6.8% (±2.7%)**
11th	34.5% (±6.4%)	25.9% (±6.5%)	**30.0% (±4.6%)**	22.5% (±5.7%)	17.8% (±5.7%)	**20.1% (±4.0%)**	11.1% (±4.3%)	3.5% (±2.7%)	**7.1% (±2.5%)**
12th	31.0% (±8.1%)	17.8% (±7.3%)	**24.4% (±5.5%)**	17.5% (±6.6%)	13.1% (±6.4%)	**15.3% (±4.6%)**	6.4% (±4.3%)	0.9% (±1.8%)	**3.7% (±2.4%)**
Total	**30.2% (±4.0%)**	**20.3% (±3.5%)**	**25.1% (±2.7%)**	**18.8% (±3.4%)**	**11.9% (±2.8%)**	**15.3% (±2.2%)**	**9.1% (±2.5%)**	**3.2% (±1.5%)**	**6.1% (±1.5%)**

*Almost every day for 2 or more weeks in a row during the 12 months preceding the survey.

†During the 12 months preceding the survey.

‡One or more times during the 12 months preceding the survey.

Colorado	32.8%	19.2%	25.7%	26.1%	13.1%	19.3%	14.9%	6.8%	10.7%
U.S.	35.7%	21.0%	28.3%	24.9%	13.7%	19.3%	10.9%	5.7%	8.3%

Summary

Suicide is the third leading cause of death for adolescents aged 15-19 in the United States, and the second leading cause of death for this age group in Colorado.[4,5] Feeling sad or hopeless almost every day for two or more weeks in a row is one of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) criteria for depression, a mental illness that is highly correlated with attempted suicide.[6,7]

One-fourth of students (25.1%) reported feeling sad or hopeless for two or more weeks in a row. Female students (30.2%) were more likely than male students (20.3%) to report feeling this way. Female students also were more likely to seriously consider attempting suicide (18.8%), and to attempt to commit suicide (9.1%), than male students (11.9% and 3.2%, respectively). Prevalence of contemplating and attempting suicide is higher for females at every grade level, though the difference is significant only for attempted suicide among females in grade 11. While females are more likely to attempt suicide, male attempts are far more often successful, however.[8]

Cigarettes

Grade	Lifetime cigarette use*			Current cigarette use†			Current frequent cigarette use‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	30.1% (±9.3%)	42.9% (±10.2%)	**36.6% (±7.0%)**	14.1% (±7.1%)	13.5% (±7.1%)	**13.8% (±5.0%)**	3.3% (±3.6%)	3.4% (±3.7%)	**3.3% (±2.6%)**
10th	41.7% (±7.7%)	42.5% (±7.5%)	**42.1% (±5.4%)**	15.2% (±5.7%)	12.1% (±5.0%)	**13.6% (±3.8%)**	4.0% (±3.1%)	3.0% (±2.6%)	**3.5% (±2.0%)**
11th	58.7% (±6.7%)	63.8% (±7.2%)	**61.3% (±4.9%)**	24.4% (±6.0%)	27.1% (±6.7%)	**25.8% (±4.5%)**	8.1% (±3.8%)	12.4% (±4.9%)	**10.4% (±3.2%)**
12th	58.9% (±8.7%)	69.2% (±8.8%)	**64.0% (±6.2%)**	28.6% (±8.1%)	34.6% (±9.0%)	**31.7% (±6.1%)**	16.8% (±6.7%)	17.8% (±7.3%)	**17.3% (±5.0%)**
Total	**46.1% (±4.4%)**	**53.4% (±4.4%)**	**49.9% (±3.1%)**	**20.0% (±3.5%)**	**21.0% (±3.6%)**	**20.5% (±2.5%)**	**7.6% (±2.3%)**	**8.6% (±2.4%)**	**8.1% (±1.6%)**

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

†Smoked cigarettes on one or more of the 30 days preceding the survey.

‡Smoked cigarettes on 20 or more of the 30 days preceding the survey.

Colorado	67.2%	65.6%	66.3%	29.3%	24.3%	26.7%	12.7%	12.3%	12.5%
U.S.	70.2%	70.5%	70.4%	34.9%	34.7%	34.8%	15.6%	17.9%	16.8%

Summary

Cigarette smoking is the leading preventable cause of disease and death in the United States.[9] Nationally, smoking results in more than 400,000 deaths, and more than 5 million years of potential life lost, each year.[10] Though disease and death associated with smoking typically affects adults, it is during adolescence that smoking begins. Approximately 80% of adult smokers started smoking before the age of 18.[11]

Locally, one-half of students (49.9%) had ever tried cigarette smoking. Prevalence of lifetime cigarette use was 53.4% among male students and 46.1% among female students. Students in grades 11 and 12 were significantly more likely to have used cigarettes in their lifetime than students in grades 9 and 10. The prevalence of lifetime cigarette use increased by nearly 50% between grade 10 and grade 11.

Male and female students are equally likely to currently use cigarettes; approximately one in five reports doing so. Students in grades 11 and 12 were significantly more likely to report current cigarette smoking than were students in grades 9 or 10. The largest increase in the prevalence of current cigarette use occurred between grades 10 and 11.

Less than half of those students who currently use cigarettes do so frequently; 8.1% of all students reported they had smoked cigarettes on 20 or more of the 30 days preceding the survey. Students in grades 11 and 12 were significantly more likely to report frequent cigarette smoking than were students in grades 9 or 10. The prevalence of current frequent cigarette use increased from 3.5% among students in grade 10 to 10.4% among students in grade 11.

Any Tobacco

Grade	Current smokeless tobacco use*			Current cigar use†			Current tobacco use‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	2.2%	12.1%	**7.2%**	4.3%	11.0%	**7.7%**	15.2%	23.3%	**19.3%**
	(±2.9%)	(±6.7%)	**(±3.8%)**	(±4.1%)	(±6.4%)	**(±3.9%)**	(±7.4%)	(±8.7%)	**(±5.8%)**
10th	0.7%	11.4%	**6.4%**	6.5%	18.6%	**12.9%**	17.3%	27.1%	**22.6%**
	(±1.3%)	(±4.8%)	**(±2.7%)**	(±3.9%)	(±5.9%)	**(±3.7%)**	(±6.1%)	(±6.8%)	**(±4.6%)**
11th	2.9%	21.3%	**12.5%**	8.1%	23.6%	**16.2%**	28.7%	43.6%	**36.6%**
	(±2.3%)	(±6.1%)	**(±3.5%)**	(±3.7%)	(±6.3%)	**(±3.8%)**	(±6.2%)	(±7.4%)	**(±5.0%)**
12th	3.2%	25.2%	**14.2%**	7.9%	28.0%	**18.0%**	31.4%	48.6%	**40.2%**
	(±3.1%)	(±8.2%)	**(±4.6%)**	(±4.7%)	(±8.5%)	**(±5.0%)**	(±8.3%)	(±9.5%)	**(±6.4%)**
Total	**2.2%**	**16.9%**	**9.8%**	**6.6%**	**19.6%**	**13.3%**	**22.5%**	**34.6%**	**28.8%**
	(±1.3%)	**(±3.3%)**	**(±1.8%)**	**(±2.1%)**	**(±3.4%)**	**(±2.1%)**	**(±3.6%)**	**(±4.2%)**	**(±2.8%)**

*Used chewing tobacco or snuff on one or more of the 30 days preceding the survey.

†Smoked cigar on one or more of the 30 days preceding the survey.

‡Smoked cigarettes or cigars or used chewing tobacco or snuff on 1 or more of the 30 days preceding the survey.

Colorado	3.8%	14.1%	9.2%	10.6%	21.9%	16.4%	31.8%	35.2%	33.5%
U.S.	1.3%	14.2%	7.8%	9.9%	25.4%	17.7%	36.5%	43.8%	40.2%

Summary

Current use of smokeless tobacco (i.e., chewing tobacco or snuff) was reported by 9.8% of students. Males (16.9%) were far more likely than females (2.2%) to report current smokeless tobacco use. The increased prevalence of smokeless tobacco use by male students was significant at every grade level. The data suggest that the prevalence of smokeless tobacco use increases as grade level increases.

Current cigar use was reported by 13.3% of all students. As with smokeless tobacco, males were significantly more likely than females, to report current cigar use. The increased prevalence of cigar use by male students was significant at grades 10, 11, and 12. Overall, students in grade 12 (18.0%) reported a significantly higher prevalence of current cigar use than students in grade 9 (7.7%).

The use of tobacco in any form is dangerous. It is highly addictive and increases the risk of cancer-mortality, regardless of the form it takes. Locally, 28.8% of students reported current use of at least one type of tobacco. Male students were more likely to use tobacco than were female students, with most of this difference coming in the form of smokeless tobacco use or cigar use. Prevalence of tobacco use increased as grade level increased. A significant increase in the prevalence of tobacco use occurred between grades 10 and 11; by grade 12, 40.2% of students reported that they currently use some form of tobacco.

Alcohol

Grade	Lifetime alcohol use*			Current alcohol use†			Binge drinking‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	58.6% (±10.3%)	57.9% (±11.1%)	**58.3% (±7.6%)**	37.0% (±9.9%)	34.1% (±9.7%)	**35.5% (±6.9%)**	15.4% (±7.4%)	23.6% (±8.8%)	**19.6% (±5.6%)**
10th	68.6% (±7.7%)	69.2% (±7.3%)	**68.9% (±5.3%)**	39.2% (±7.7%)	42.3% (±7.6%)	**40.9% (±5.4%)**	27.1% (±7.0%)	29.7% (±7.0%)	**28.5% (±5.0%)**
11th	82.7% (±5.2%)	84.3% (±5.5%)	**83.5% (±3.8%)**	58.7% (±6.7%)	59.8% (±7.4%)	**59.2% (±5.0%)**	39.4% (±6.6%)	41.6% (±7.4%)	**40.6% (±5.0%)**
12th	86.0% (±6.2%)	88.8% (±6.0%)	**87.4% (±4.3%)**	52.4% (±8.8%)	62.6% (±9.2%)	**57.6% (±6.4%)**	38.1% (±8.5%)	46.7% (±9.5%)	**42.4% (±6.4%)**
Total	**73.1% (±4.2%)**	**74.6% (±4.1%)**	**73.9% (±2.9%)**	**46.1% (±4.4%)**	**48.5% (±4.5%)**	**47.3% (±3.1%)**	**29.1% (±3.8%)**	**34.5% (±4.2%)**	**31.9% (±2.9%)**

*Ever had at least one drink of alcohol.

†Drank at least 1 drink of alcohol on 1 or more of the 30 days preceding the survey.

‡Drank 5 or more drinks of alcohol on 1 or more of the 30 days preceding the survey.

Colorado	79.3%	80.1%	79.7%	52.9%	49.5%	50.9%	34.8%	34.0%	34.3%
U.S.	81.7%	80.4%	81.0%	47.7%	52.3%	50.0%	28.1%	34.9%	31.5%

Summary

Alcohol abuse is a major health problem for adults and adolescents alike. Together with hazardous drinking (binge drinking), it is associated with unintentional injury, suicide, homicide, and violence.[12,13]

Nearly three out of four students (73.9%) reported ever having at least one drink of alcohol. The prevalence of lifetime alcohol use increased as grade level increased; by grade 12, 87.4% of all students reported having had at least one drink of alcohol in their lifetime. Males and females were equally likely to have ever had a drink of alcohol.

Slightly fewer than half of students (47.3%) reported that they drank at least 1 drink of alcohol during the 30 days that preceded the survey. Almost 60% of students in grades 11 or 12 reported current alcohol use. Male and female students reported similar rates of current alcohol use.

Drinking 5 or more drinks on one or more of the 30 days preceding the survey (i.e., episodic heavy drinking or binge drinking), was reported by 31.9% of the students. The data suggests that male students (34.5%) were more likely to report binge drinking than female students (29.1%). Overall, the prevalence of binge drinking was significantly higher among students in grades 11 and 12 than among students in grades 9 and 10. More than 40% of the students in grades 11 and 12 drank 5 or more drinks on at least 1 occasion during the 30 days that preceded the survey.

Marijuana

Grade	Lifetime marijuana use*			Current marijuana use†		
	Female	Male	Total	Female	Male	Total
9th	19.4% (±8.0%)	34.1% (±9.7%)	**26.8% (±6.4%)**	12.0% (±6.6%)	24.2% (±8.8%)	**18.2% (±5.6%)**
10th	29.5% (±7.2%)	45.8% (±7.6%)	**38.1% (±5.3%)**	14.9% (±5.6%)	27.5% (±6.8%)	**21.7% (±4.5%)**
11th	54.1% (±6.8%)	58.6% (±7.3%)	**56.4% (±5.0%)**	31.6% (±6.3%)	32.2% (±6.9%)	**31.9% (±4.7%)**
12th	47.2% (±8.8%)	66.4% (±9.0%)	**56.8% (±6.4%)**	33.3% (±8.2%)	40.6% (±9.3%)	**36.9% (±6.2%)**
Total	**36.3% (±4.1%)**	**50.0% (±4.4%)**	**43.3% (±3.1%)**	**22.2% (±3.5%)**	**30.5% (±4.1%)**	**26.5% (±2.7%)**

*Ever used marijuana.

†Used marijuana 1 or more times during the 30 days preceding the survey.

Colorado	45.5%	52.1%	48.9%	27.0%	33.3%	30.2%
U.S.	43.4%	51.0%	47.2%	22.6%	30.8%	26.7%

Summary

Among adolescents, marijuana is the most widely used illegal drug. It is associated with higher-risk sexual behaviors, lower school success and social attainment, depression, delinquency, and other drug use.[14,15] Nationally, lifetime marijuana use increased from 31.3% in 1991 to 47.2% in 1999.

Locally, 43.3% of students had used marijuana during their lifetime. Half of the male students had used marijuana in their lifetime, as had 36.3% of female students. One out of four students had used marijuana at least once by grade 9, and by grade 11, more than half of all students had used it.

One-fourth of students reported using marijuana at least once during the 30 days preceding the survey. Overall, male students (30.5%) were more likely than female students (22.2%) to report current marijuana use; 40.6% of male students in grade 12 reported current marijuana use.

Patterns of lifetime and current marijuana use were similar. Overall, male students reported a significantly higher prevalence of use than female students. Older students (grades 11 and 12) also reported a significantly higher prevalence of use than younger students (grades 9 and 10).

Other Drugs

Grade	Lifetime cocaine use*			Lifetime inhalant use†			Lifetime heroin use‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	4.4% (±4.2%)	7.8% (±5.5%)	**6.1% (±3.5%)**	17.2% (±7.7%)	12.1% (±6.7%)	**14.6% (±5.1%)**	3.2% (±3.6%)	3.3% (±3.7%)	**3.3% (±2.6%)**
10th	3.2% (±2.8%)	2.4% (±2.3%)	**2.8% (±1.8%)**	3.9% (±3.1%)	10.2% (±4.6%)	**7.3% (±2.9%)**	1.3% (±1.8%)	0.6% (±1.2%)	**0.9% (±1.0%)**
11th	10.5% (±4.2%)	8.1% (±4.0%)	**9.2% (±2.9%)**	8.1% (±3.7%)	9.2% (±4.3%)	**8.7% (±2.9%)**	1.0% (±1.3%)	0.6% (±1.1%)	**0.8% (±0.9%)**
12th	7.9% (±4.7%)	16.8% (±7.1%)	**12.4% (±4.3%)**	7.1% (±4.5%)	4.7% (±4.0%)	**5.9% (±3.0%)**	1.6% (±2.2%)	3.7% (±3.6%)	**2.7% (±2.1%)**
Total	**6.3% (±2.0%)**	**8.4% (±2.5%)**	**7.4% (±1.6%)**	**9.5% (±2.8%)**	**9.3% (±2.6%)**	**9.4% (±1.9%)**	**1.9% (±1.3%)**	**2.0% (±1.4%)**	**2.0% (±0.9%)**

*Ever tried any form of cocaine (e.g., "powder," "crack," or "freebase").

†Ever sniffed glue or breathed the contents of aerosol spray cans or inhaled any paints or sprays to become intoxicated.

‡Ever used heroin.

Colorado	11.4%	11.1%	11.2%	16.2%	11.4%	13.6%	2.8%	3.8%	3.3%
U.S.	8.4%	10.7%	9.5%	14.6%	14.7%	14.6%	1.3%	3.5%	2.4%

Summary

Among adolescents and young adults, the use of illegal drugs, including cocaine, inhalants, heroin, methamphetamines, and illegal steroids is associated with increased morbidity and mortality from all three of the leading causes of death (i.e., unintentional injury, suicide, and homicide) for people of this age group. It is also associated with unintended pregnancy, school failure, and sexually transmitted diseases (STDs), including Human Immunodeficiency Virus (HIV) infection.[16]

Locally, 7.4% of students had used cocaine in some form during their lifetime. Students in grades 11 and 12 reported significantly higher prevalence of lifetime cocaine use (12.4%) than students in grade 10 (2.8%).

Sniffing glue or breathing the contents of aerosol spray cans, or inhaling paints or sprays to become intoxicated (i.e., inhalant use) one or more times during their lifetime was reported by 9.4% of students. Male and female students were equally likely to use inhalants. Lifetime inhalant use was greater among students in grade 9 (14.6%) than for students in any other grade, and students in grade 12 reported the lowest prevalence of lifetime inhalant use (5.9%).

Male (2.0%) and female (1.9%) were equally likely to report having used heroin one or more times during their lifetime. The data suggest that students in grades 10 and 11 may be less likely to have used heroin (less than 1%) than were students in grades 9 and 12 (3.3% and 2.7%), respectively.

Other Drugs

Grade	Lifetime methamphetamine use*			Lifetime illegal steroid use†			Lifetime injecting illegal drug use‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	3.2% (±3.6%)	6.6% (±5.1%)	**4.9% (±3.1%)**	3.2% (±3.6%)	6.6% (±5.1%)	**4.9% (±3.1%)**	1.1% (±2.1%)	2.2% (±3.0%)	**1.6% (±1.8%)**
10th	3.9% (±3.1%)	2.4% (±2.3%)	**3.1% (±1.9%)**	2.6% (±2.5%)	1.8% (±2.0%)	**2.2% (±1.6%)**	0.7% (±1.3%)	0.6% (±1.2%)	**0.6% (±0.9%)**
11th	7.7% (±3.6%)	6.3% (±3.6%)	**7.0% (±2.5%)**	4.8% (±2.9%)	4.0% (±2.9%)	**4.4% (±2.1%)**	0.5% (±0.9%)	0.6% (±1.1%)	**0.5% (±0.7%)**
12th	7.1% (±4.5%)	9.4% (±5.5%)	**8.2% (±3.6%)**	4.0% (±3.4%)	2.8% (±3.1%)	**3.4% (±2.3%)**	0.8% (±1.5%)	1.9% (±2.6%)	**1.3% (±1.5%)**
Total	**5.3% (±1.9%)**	**6.0% (±2.2%)**	**5.7% (±1.4%)**	**3.6% (±1.6%)**	**3.9% (±1.8%)**	**3.8% (±1.2%)**	**0.8% (±0.8%)**	**1.3% (±1.1%)**	**1.1% (±0.7%)**

*Ever used methamphetamines (e.g., "speed," "crystal," "crank," or "ice").

†Ever used illegal steroids.

‡Students were classified as having injected illegal drugs if they: a) reported injecting-drug use not prescribed by a physician and b) answered "one or more times" to any of the questions regarding the use of cocaine, heroin, methamphetamines, or illegal steroids.

Colorado	10.8%	10.9%	10.9%	3.8%	5.6%	4.7%	2.3%	2.3%	2.3%
U.S.	8.4%	9.9%	9.1%	2.2%	5.2%	3.7%	0.7%	2.8%	1.8%

Summary

During their lifetime, 5.7% of students report having used methamphetamines. Overall, 5.3% of females and 6.0% of males have used methamphetamines. The data suggests that students in grades 11 and 12 may be more likely to have used methamphetamines during their lifetime than were students in grades 9 and 10.

3.8% of students reported that they have used illegal steroids (i.e., without a doctor's prescription) during their lifetime. Overall, female and male students were almost equally likely to have used illegal steroids (3.6% of females, 3.9% of males). Students in grade 9 (4.9%), especially male students (6.6%), reported the highest prevalence of illegal steroid use.

Students were classified as having injected illegal drugs if they reported injecting-drug use without a doctor's prescription and they had used cocaine, heroin, methamphetamines, or illegal steroids one or more times during their lifetime. Locally, 1.1% of students reported having injected illegal drugs during their lifetime.

Early Initiation of Tobacco, Alcohol, or Marijuana Use

	Smoked a whole cigarette before age 13 years			Drank alcohol before age 13 years*			Tried marijuana before age 13 years		
Grade	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	16.1% (±7.5%)	18.9% (±8.1%)	**17.5% (±5.5%)**	31.5% (±9.5%)	26.4% (±9.1%)	**28.9% (±6.6%)**	4.3% (±4.1%)	17.6% (±7.8%)	**11.0% (±4.6%)**
10th	7.1% (±4.1%)	12.0% (±4.9%)	**9.7% (±3.3%)**	14.2% (±5.5%)	30.7% (±7.1%)	**22.9% (±4.6%)**	3.3% (±2.8%)	10.8% (±4.7%)	**7.3% (±2.9%)**
11th	10.1% (±4.1%)	19.1% (±5.9%)	**14.7% (±3.6%)**	22.7% (±5.7%)	25.0% (±6.5%)	**23.9% (±4.2%)**	5.3% (±3.0%)	14.6% (±5.3%)	**10.1% (±3.1%)**
12th	18.4% (±6.8%)	10.4% (±5.8%)	**14.4% (±4.5%)**	19.8% (±7.0%)	20.6% (±7.7%)	**20.2% (±5.2%)**	4.8% (±3.7%)	12.5% (±6.4%)	**8.6% (±3.7%)**
Total	**13.1%** (±3.1%)	**15.3%** (±3.3%)	**14.2% (±2.2%)**	**22.5%** (±3.8%)	**25.9%** (±3.9%)	**24.3% (±2.7%)**	**4.4%** (±1.8%)	**14.0%** (±3.2%)	**9.3% (±1.9%)**

*More than a few sips.

Colorado	27.0%	25.0%	25.8%	28.9%	38.7%	33.8%	14.5%	16.8%	15.6%
U.S.	22.1%	27.3%	24.7%	26.8%	37.4%	32.2%	8.0%	14.5%	11.3%

Summary

Early initiation of tobacco, alcohol, or drug use is associated with a stronger addiction to those substances.[17,18] Use of cigarettes and alcohol by younger adolescents has been shown to be associated with marijuana use, which in turn, is associated with the use of other drugs.[19]

Locally, 14.2% of students had smoked cigarettes before age 13 years. The data suggest that male students (15.3%) may be slightly more likely than female students (13.1%) to have smoked cigarettes before 13 years of age, and that prevalence of early cigarette smoking initiation may be highest among 9th grade students (17.5%).

Nearly one-quarter of students (24.3%) drank alcohol before age 13. As with cigarette use, the data suggest that male students (25.9%) may be slightly more likely than female students (22.5%) than female students (22.5%) to have drunk alcohol before age 13, and that prevalence of early alcohol use may be highest among 9th grade students (28.9%).

9.3% of students tried marijuana before age 13. Male students (14.0%) were significantly more likely than female students (4.4%) to have tried marijuana before age 13. This increased likelihood for early marijuana use by male students was evident for students in every grade level, and was significant in 9th and 11th grades.

Drug-related Behaviors at School

	Alcohol use on school property*			Marijuana use on school property†			Offered, sold, or given an illegal drug on school property‡		
Grade	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	2.2%	4.4%	**3.3%**	2.4%	2.8%	**2.6%**	23.1%	25.6%	**24.3%**
	(±3.0%)	(±4.2%)	**(±2.6%)**	(±3.3%)	(±3.8%)	**(±2.5%)**	(±8.7%)	(±9.0%)	**(±6.3%)**
10th	7.8%	7.8%	**7.8%**	0.8%	1.6%	**1.2%**	22.4%	36.1%	**29.7%**
	(±4.2%)	(±4.1%)	**(±2.9%)**	(±1.5%)	(±2.2%)	**(±1.3%)**	(±6.5%)	(±7.3%)	**(±5.0%)**
11th	11.5%	7.5%	**9.4%**	4.1%	3.3%	**3.7%**	25.4%	39.7%	**32.8%**
	(±4.4%)	(±3.9%)	**(±2.9%)**	(±3.2%)	(±3.2%)	**(±2.3%)**	(±5.9%)	(±7.3%)	**(±4.8%)**
12th	6.4%	11.2%	**8.8%**	2.3%	6.0%	**4.1%**	19.8%	35.5%	**27.7%**
	(±4.3%)	(±6.0%)	**(±3.7%)**	(±3.2%)	(±5.7%)	**(±3.2%)**	(±7.0%)	(±9.1%)	**(±5.8%)**
Total	**6.7%**	**7.5%**	**7.1%**	**2.3%**	**3.2%**	**2.7%**	**22.7%**	**33.9%**	**28.4%**
	(±2.0%)	(±2.3%)	**(±1.5%)**	(±1.5%)	(±1.9%)	**(±1.2%)**	(±3.7%)	(±4.2%)	**(±2.8%)**

*Drank alcohol on school property on 1 or more of the 30 days preceding the survey.

†Used marijuana on school property on 1 or more of the 30 days preceding the survey.

‡During the 12 months preceding the survey.

Colorado	7.3%	7.4%	7.3%	3.8%	12.3%	8.2%	25.4%	33.1%	29.3%
U.S.	3.6%	6.1%	4.9%	4.4%	10.1%	7.2%	25.7%	34.7%	30.2%

Summary

School violence has been shown to increase in concordance with the availability and use of illegal drugs at school.[20]

Locally, 7.1% of students drank alcohol on school property at least once during the 30 days preceding the survey. The data suggest that the prevalence of alcohol use on school property increased as grade level increased, and that female 11th grade students (11.5%) and male 12th grade students (11.2%) were most likely to drink alcohol on school property.

2.7% of students had used marijuana on school property during the 30 days preceding the survey. Use of marijuana on school property was relatively consistent between male and female students. Younger students (grades 9 and 10) may be less likely to use marijuana on school property than older students (grades 11 and 12).

During the 12 months that preceded the survey, 28.4% of students had been offered, sold, or given an illegal drug on school property. Overall, male students (33.9%) were significantly more likely than female students (22.7%) to have been offered, sold, or given an illegal drug on school property. This difference was consistent at every grade level, though it was significant only at grade 11. More than 35% of males in grades 10, 11, and 12 had been offered, sold, or given an illegal drug on school property.

Sexual Behavior

Grade	Ever had sexual intercourse			Four or more sex partners during lifetime			Currently sexually active*		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	9.8% (±6.1%)	17.6% (±7.8%)	**13.8% (±5.0%)**	3.3% (±3.6%)	3.3% (±3.7%)	**3.3% (±2.6%)**	5.4% (±4.6%)	9.9% (±6.1%)	**7.7% (±3.9%)**
10th	19.9% (±6.3%)	17.4% (±5.7%)	**18.5% (±4.2%)**	1.3% (±1.8%)	3.1% (±2.7%)	**2.2% (±1.6%)**	12.4% (±5.2%)	9.2% (±4.4%)	**10.7% (±3.4%)**
11th	35.9% (±6.5%)	25.9% (±6.5%)	**30.7% (±4.6%)**	7.7% (±3.6%)	8.2% (±4.1%)	**7.9% (±2.7%)**	28.7% (±6.1%)	20.5% (±6.1%)	**24.5% (±4.3%)**
12th	39.7% (±8.5%)	51.4% (±9.5%)	**45.5% (±6.4%)**	9.5% (±5.1%)	11.2% (±6.0%)	**10.4% (±3.9%)**	33.3% (±8.2%)	34.0% (±9.0%)	**33.7% (±6.1%)**
Total	**25.2%** (±3.6%)	**26.8%** (±3.9%)	**26.0% (±2.7%)**	**5.3%** (±1.9%)	**6.2%** (±2.1%)	**5.7% (±1.4%)**	**19.0%** (±3.2%)	**17.4%** (±3.3%)	**18.2% (±2.3%)**

*Sexual intercourse during the 3 months preceding the survey.

Colorado	39.9%	44.3%	42.3%	10.0%	15.3%	12.7%	29.9%	28.2%	29.1%
U.S.	47.7%	52.2%	49.9%	13.1%	19.3%	16.2%	36.3%	36.2%	36.3%

Summary

Every year in the United States, about 1 million teenagers become pregnant; 95% of those pregnancies are unintended, and almost one third end in abortions.[21] In addition to its association with unintended pregnancy, early sexual activity is associated with sexually transmitted diseases (STDs), including HIV infection, and negative effects on social and psychological development.[22]

26.0% of students had had sexual intercourse during their lifetime. Overall, the data suggest that the likelihood of ever having had sexual intercourse increased at every grade level, but the likelihood increased at an earlier grade level for females than for males. Females in grade 11 reported a significantly higher prevalence of lifetime sexual intercourse than females in grade 10, and males in grade 12 reported a significantly higher prevalence of lifetime sexual intercourse than males in grade 11. For male and female students combined, the prevalence of lifetime sexual intercourse is significantly higher in 11th grade than in 10th grade, and is significantly higher in 12th grade than in 11th grade.

Overall, 5.7% of students had had sexual intercourse with four or more partners during their lifetime. Students in grades 11 and 12 (7.9% and 10.4%, respectively) were significantly more likely to have had sex with four or more partners during their lifetime than were students in grades 9 and 10 (3.3% and 2.2%, respectively). Prevalence of lifetime sexual intercourse with four or more partners was similar for male and female students.

Students who have had sexual intercourse during the 30 days preceding the survey are considered to be sexually active. Overall, 18.2% of students met this definition. Students in grades 11 and 12 were significantly more likely than students in grades 9 and 10 to be currently sexually active. This difference was evident for both male and female students. One-third of all students in grade 12 are sexually active.

Sexual Behavior

	Condom use during last sexual intercourse*			Have been pregnant or gotten someone pregnant			Alcohol or drug use at last sexual intercourse*		
Grade	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	***	***	*******	0.0%	1.1%	**0.6%**	***	***	*******
	-	-	**-**	(±0.0%)	(±2.1%)	**(±1.1%)**	-	-	**-**
10th	***	***	**70.7%**	1.3%	1.8%	**1.6%**	***	***	**41.3%**
	-	-	**(±15.3%)**	(±1.8%)	(±2.0%)	**(±1.4%)**	-	-	**(±16.6%)**
11th	61.7%	65.7%	**63.4%**	1.5%	1.2%	**1.3%**	35.0%	37.1%	**35.9%**
	(±12.3%)	(±15.7%)	**(±9.8%)**	(±1.6%)	(±1.6%)	**(±1.2%)**	(±12.1%)	(±16.0%)	**(±9.7%)**
12th	47.6%	69.4%	**58.6%**	1.6%	1.9%	**1.7%**	23.8%	30.6%	**27.2%**
	(±15.1%)	(±15.1%)	**(±10.9%)**	(±2.2%)	(±2.6%)	**(±1.7%)**	(±12.9%)	(±15.1%)	**(±9.9%)**
Total	**56.9%**	**70.3%**	**63.5%**	**1.0%**	**1.5%**	**1.3%**	**29.5%**	**35.0%**	**32.2%**
	(±9.1%)	(±9.5%)	**(±6.6%)**	(±0.8%)	(±1.1%)	**(±0.7%)**	(±8.2%)	(±9.9%)	**(±6.4%)**

*Among currently sexually active students.

Colorado	58.5%	74.8%	66.7%	5.1%	3.1%	4.0%	26.8%	36.9%	31.7%
U.S.	50.7%	65.5%	58.0%	7.6%	5.0%	6.3%	18.5%	31.2%	24.8%

Summary

For sexually active young people, using condoms is a good way to protect themselves from unintended pregnancy, as well as HIV and other sexually transmitted diseases. Of currently sexually active students, 63.5% reported that either they or their partner used a condom the last time they had sexual intercourse. Overall, male students (70.3%) were more likely than female students (56.9%) to report condom use by themselves or their partner the last time they had sexual intercourse. Although this difference is not statistically significant, it is suggested at every grade level. Condom use may decline as grade level increased (71.6% for students in grade 9, 58.6% for students in grade 12).

Overall, 1.3% of students have been pregnant or have gotten someone pregnant during their lifetime. The data suggest that the prevalence of having been pregnant or to have gotten someone pregnant during their lifetime is similar for both male and female students at every grade level.

Use of alcohol or drugs before sexual intercourse increases the risk for unintended pregnancy, sexual assault, and STDs, including HIV.[23] Nearly one-third of students (32.2%) that are currently sexually active drank alcohol or used drugs before their last sexual intercourse. Though the differences are not significant, the results indicate that male students at every grade level, as well as overall, may be more likely than their female counterparts to have used alcohol or drugs before their last sexual intercourse. This difference was evident at every grade level. In addition, students in grades 10 and 11 may be more likely to have used alcohol or drugs before their last sexual intercourse than students in grades 9 and 12.

Body Weight

Grade	At risk for becoming overweight*			Overweight†			Thought they were overweight		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	3.4% (±3.7%)	13.9% (±7.6%)	**8.9% (±4.3%)**	2.3% (±3.1%)	2.4% (±3.3%)	**2.3% (±2.3%)**	24.7% (±8.8%)	14.3% (±7.2%)	**19.4% (±5.7%)**
10th	6.5% (±3.9%)	14.5% (±5.8%)	**11.5% (±3.6%)**	0.7% (±1.3%)	5.1% (±3.5%)	**3.0% (±1.9%)**	33.3% (±7.4%)	21.7% (±6.3%)	**27.2% (±4.9%)**
11th	5.9% (±3.3%)	16.0% (±5.4%)	**10.1% (±3.2%)**	2.0% (±1.9%)	5.5% (±3.5%)	**3.8% (±2.0%)**	34.6% (±6.5%)	16.3% (±5.5%)	**25.1% (±4.3%)**
12th	4.1% (±3.5%)	14.1% (±5.9%)	**7.1% (±3.4%)**	5.8% (±4.2%)	7.1% (±5.1%)	**6.4% (±3.3%)**	34.4% (±8.3%)	15.2% (±6.9%)	**24.9% (±5.5%)**
Total	**4.9%** (±1.8%)	**10.1%** (±3.2%)	**9.4% (±1.9%)**	**2.6%** (±1.4%)	**4.9%** (±1.9%)	**3.8% (±1.2%)**	**31.3%** (±4.0%)	**16.9%** (±3.3%)	**23.9% (±2.6%)**

*Students who were ≥ 85th percentile but < 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

†Students who were ≥ 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

Colorado	7.6%	9.5%	8.6%	2.5%	11.1%	7.1%	34.4%	20.2%	26.9%
U.S.	14.4%	17.5%	16.0%	7.9%	11.9%	9.9%	36.4%	23.7%	30.0%

Summary

Overweight and obesity in the United States has reached epidemic proportions. More than 60% of adults and 10% of adolescents, are overweight or obese.[24] Overweight and obesity are related to a considerable number of chronic diseases, including diabetes and hypertension. Students who were between the 85th and 95th percentile for body mass index by age and sex were considered to be at risk for becoming overweight. Overall, one in ten students (9.4%) were at risk for becoming overweight. Male students (10.1%) were significantly more likely than female students (4.9%) to be at risk for becoming overweight. The increased likelihood for males to be at risk for becoming overweight as compared to females was present at every grade level, and was statistically significant at the 11th and 12th grade.

Students who were beyond the 95th percentile for body mass index by age and sex were considered to be overweight. Overall, 3.8% of the students met this definition. Though neither between grade nor between sex differences were significant, the data suggest that males (4.9%) were more likely than females (2.6%) to be overweight, and that the prevalence of overweight increased as grade level increased. This increase appears to occur uniformly across grade levels for males, but does not begin until grade 11 for females.

The perception that they were overweight was held by 23.9% of students. Female students (31.3%) were significantly more likely than male students (16.9%) to think that they were overweight. One-quarter of females in grade 9 (24.7%) thought they were overweight, and one-third or more of females in grades 10, 11, and 12 thought they were overweight.

Weight Loss

Grade	Were attempting weight loss			Exercised to lose weight or to avoid gaining weight*			Ate less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight*		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	45.2%	17.8%	**31.4%**	66.3%	44.0%	**54.9%**	51.1%	11.0%	**30.7%**
	(±10.1%)	(±7.9%)	**(±6.7%)**	(±9.7%)	(±10.2%)	**(±7.2%)**	(±10.2%)	(±6.4%)	**(±6.7%)**
10th	52.6%	21.0%	**35.8%**	72.4%	43.4%	**57.1%**	50.0%	18.6%	**33.3%**
	(±7.8%)	(±6.2%)	**(±5.2%)**	(±7.0%)	(±7.5%)	**(±5.4%)**	(±7.8%)	(±5.9%)	**(±5.1%)**
11th	59.3%	19.0%	**38.3%**	63.6%	41.6%	**52.2%**	53.1%	20.7%	**36.2%**
	(±6.7%)	(±5.8%)	**(±4.8%)**	(±6.5%)	(±7.4%)	**(±5.1%)**	(±6.8%)	(±6.0%)	**(±4.8%)**
12th	50.8%	17.8%	**34.3%**	61.9%	32.7%	**47.4%**	49.6%	18.7%	**34.1%**
	(±8.7%)	(±7.3%)	**(±6.1%)**	(±8.5%)	(±8.9%)	**(±6.4%)**	(±8.8%)	(±7.4%)	**(±6.1%)**
Total	**51.6%**	**18.9%**	**34.8%**	**66.2%**	**40.8%**	**53.1%**	**51.0%**	**16.9%**	**33.4%**
	(±4.4%)	(±3.5%)	**(±2.9%)**	(±4.1%)	(±4.4%)	**(±3.1%)**	(±4.4%)	(±3.2%)	**(±2.9%)**

*During the 30 days preceding the survey.

Colorado	59.7%	23.4%	40.6%	72.3%	43.1%	56.9%	54.0%	19.8%	35.9%
U.S.	59.4%	26.1%	42.7%	67.4%	49.5%	58.4%	56.1%	25.0%	40.4%

Summary

Though only 3.8% of students were overweight and 9.4% were at risk for becoming overweight, more than one-third of students (34.8%) were currently trying to lose weight. Attempting to lose weight was significantly more prevalent among female students (51.6%) than among their male counterparts (18.9%). This significant difference was evident at every grade level.

Over half of all students (53.1%) had exercised to lose weight or to avoid gaining weight during the 30 days preceding the survey. Regardless of grade level, female students (66.2% overall) were significantly more likely to have exercised to lose weight or to avoid gaining weight than were male students (40.8% overall). Though they are not significantly different from females in other grade levels, the data suggest that female 10th graders have the highest prevalence of exercise to lose weight or to avoid gaining weight during the 30 days preceding the survey (72.4%).

One-third of students (33.4%) had eaten less food, fewer calories, or foods low in fat to lose weight or to avoid gaining weight during the 30 days preceding the survey. Half of the female students (51%) reported this behavior, as did 16.9% of the male students. This significant difference between male and female students occurred at every grade level.

Fruits, vegetables, and milk

	Ate 5+ servings of fruits and vegetables*			Drank 3+ glasses of milk†		
Grade	Female	Male	Total	Female	Male	Total
9th	25.8% (±8.9%)	28.6% (±9.3%)	**27.2% (±6.4%)**	11.8% (±6.6%)	23.3% (±8.7%)	**17.6% (±5.5%)**
10th	22.4% (±6.5%)	22.2% (±6.3%)	**22.3% (±4.5%)**	15.4% (±5.7%)	18.8% (±6.0%)	**17.2% (±4.1%)**
11th	20.6% (±5.5%)	23.6% (±6.3%)	**22.1% (±4.2%)**	8.6% (±3.8%)	24.1% (±6.4%)	**16.7% (±3.9%)**
12th	20.6% (±7.1%)	27.1% (±8.4%)	**23.9% (±5.5%)**	8.8% (±5.0%)	17.8% (±7.3%)	**13.3% (±4.4%)**
Total	**22.6% (±3.7%)**	**25.4% (±3.9%)**	**24.0% (±2.7%)**	**11.3% (±2.8%)**	**21.1% (±3.7%)**	**16.3% (±2.3%)**
Colorado	21.0%	23.0%	22.0%	13.9%	23.3%	18.7%
U.S.	23.4%	24.4%	23.9%	12.9%	23.0%	18.0%

*Had eaten ≥ 5 servings/day of 100% fruit juice, fruit, green salad, potatoes (excluding french fries, fried potatoes, or potato chips), carrots, or other vegetables during the 7 days preceding the survey.

†Had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey.

Summary

Due to its relationship with overweight and obesity, the greatest dietary concern in the United States today is excessive caloric intake. Nonetheless, other dietary concerns persist. One of these is the prevalence of diets that contain inadequate servings of fruits and vegetables. Fruits and vegetables provide a good source for vitamins, minerals, and other important nutrients (including some types of dietary fiber). Studies have shown that fruits and vegetables reduce the risk of heart disease, cancer, stroke, and diabetes.[25] The Dietary Guidelines for Americans recommends a minimum of five daily servings of fruits and vegetables.[26]

Only 24.0% of students had eaten five or more servings/day of fruits and vegetables during the seven days preceding the survey. Overall, the data suggest that male students (25.4%) may have been more likely than female students (22.6%) to eat five or more servings/day of fruits and vegetables.

Milk and dairy products are good sources of high-quality protein and several vitamins, and they are the best food source of the mineral calcium, a nutrient associated with the prevention and treatment of osteoporosis.[27]

During the seven days that preceded the survey, 16.3% of students drank three or more glasses of milk per day. Overall, male students (21.1%) were significantly more likely than female students (11.3%) to have drunk three or more glasses/day of milk. This difference in milk-drinking was apparent at every grade level, but reached statistical significance only at the 11th grade.

Physical Activity

Grade	Participated in vigorous physical activity*			Participated in strengthening exercises†			Watched television 2+ hours‡		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	75.3% (±8.8%)	86.5% (±7.1%)	**80.9% (±5.7%)**	47.3% (±10.2%)	54.4% (±10.3%)	**50.9% (±7.3%)**	82.8% (±7.7%)	75.6% (±8.9%)	**79.2% (±5.9%)**
10th	68.6% (±7.3%)	74.9% (±6.6%)	**71.9% (±4.9%)**	46.2% (±7.8%)	56.6% (±7.5%)	**51.7% (±5.5%)**	85.3% (±5.6%)	72.7% (±6.8%)	**78.7% (±4.5%)**
11th	56.5% (±6.7%)	75.1% (±6.4%)	**66.2% (±4.7%)**	42.3% (±6.7%)	53.8% (±7.4%)	**48.3% (±5.1%)**	87.1% (±4.5%)	74.7% (±6.5%)	**80.6% (±4.1%)**
12th	52.4% (±8.7%)	71.4% (±8.6%)	**61.8% (±6.3%)**	37.3% (±8.4%)	49.5% (±9.5%)	**43.4% (±6.4%)**	87.2% (±5.9%)	76.4% (±8.1%)	**81.8% (±5.0%)**
Total	**64.0%** (±4.1%)	**77.5%** (±3.6%)	**70.9% (±2.8%)**	**43.6%** (±4.4%)	**53.8%** (±4.4%)	**48.8% (±3.1%)**	**85.4%** (±3.2%)	**74.8%** (±3.9%)	**80.0% (±2.5%)**

*Activities that caused sweating and hard breathing for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey.

†For example, push-ups, sit-ups, or weightlifting on ≥ 3 of the 7 days preceding the survey.

‡During an average school day.

Colorado	63.6%	76.6%	70.2%	50.4%	67.3%	59.2%	76.2%	65.8%	70.8%
U.S.	57.1%	72.3%	64.7%	43.6%	63.5%	53.6%	59.0%	55.5%	57.2%

Summary

Regular physical activity is important in the development and maintenance of physical and psychological health. It helps to maintain healthy bones and muscles, control weight, reduce fat, and it attenuates feelings of depression and anxiety.[28] It also plays a substantial role in the prevention of chronic disease, including heart disease, some cancer, diabetes, and high blood pressure.[29]

70.9% of students had participated in activities that caused sweating and hard breathing for 20 or more minutes (i.e., vigorous physical activity) on at least three of the seven days preceding the survey. More male students (77.5%) than female students (64.0%) reported this behavior. This difference between male and female students was significant at grades 11 and 12, as well as overall. Students in grade 9 (80.9%) were significantly more likely to participate in vigorous physical activity than were students in grades 11 and 12 (66.2% and 61.8%, respectively).

Slightly fewer than half of students (48.8%) participated in strengthening activities (e.g., weightlifting) on three or more of the seven days preceding the survey. Prevalence of participation in strengthening activities was significantly higher among male students (53.8%) than female students (43.6%).

Watching television is the principle sedentary leisure time activity in the United States, and it has been shown to be correlated with overweight.[30] Four out of five students (80%) watched two or fewer hours of television during a typical school day. Overall, female students (85.4%) were significantly more likely than male students (74.8%) to watch two or fewer hours of television. This between sex difference was apparent at every grade level, and was statistically significant for 10th and 11th grade students.

Physical Activity

Grade	Enrolled in PE class			Attended PE class daily			Played on one or more sports teams*		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
9th	50.0%	52.3%	**51.1%**	32.6%	39.8%	**36.2%**	63.4%	75.6%	**69.6%**
	(±10.2%)	(±10.4%)	**(±7.3%)**	(±9.6%)	(±10.2%)	**(±7.0%)**	(±9.8%)	(±8.9%)	**(±6.7%)**
10th	42.1%	45.2%	**43.8%**	14.2%	19.9%	**17.2%**	71.0%	63.5%	**67.0%**
	(±8.0%)	(±7.6%)	**(±5.5%)**	(±5.5%)	(±6.1%)	**(±4.1%)**	(±7.2%)	(±7.3%)	**(±5.1%)**
11th	22.1%	31.1%	**26.8%**	13.0%	14.6%	**13.8%**	54.8%	61.5%	**58.3%**
	(±5.8%)	(±7.0%)	**(±4.6%)**	(±4.6%)	(±5.3%)	**(±3.5%)**	(±6.8%)	(±7.2%)	**(±5.0%)**
12th	23.6%	41.4%	**32.2%**	14.4%	21.5%	**18.0%**	49.6%	58.9%	**54.2%**
	(±7.5%)	(±9.7%)	**(±6.2%)**	(±6.2%)	(±7.8%)	**(±5.0%)**	(±8.8%)	(±9.3%)	**(±6.4%)**
Total	**35.6%**	**43.1%**	**39.5%**	**19.3%**	**24.6%**	**22.0%**	**60.1%**	**65.4%**	**62.8%**
	(±4.4%)	(±4.5%)	**(±3.2%)**	(±3.7%)	(±4.0%)	**(±2.7%)**	(±4.3%)	(±4.2%)	**(±3.0%)**

*Played on any sports team during the 12 months preceding the survey, including those run by school or community groups.

Colorado	44.4%	56.8%	50.9%	22.7%	26.1%	24.4%	62.6%	63.7%	63.3%
U.S.	51.5%	60.7%	56.1%	26.3%	31.9%	29.1%	48.5%	61.7%	55.1%

Summary

Children and adolescents are generally more physically active than adults, but this activity begins to decline in adolescence. School physical education (PE) classes can increase the frequency and duration of participation in moderate to vigorous physical activity, as well as to help establish lifelong, healthy physical activity habits so that they obtain the benefits throughout life. Overall, 39.5% of students reported that they were enrolled in a PE class. At every grade level, as well as overall, male students (43.1%) were more likely than female students (35.6%) to be enrolled in a PE class, although the difference was significant only for 12th grade students (41.4% of males and 23.6% of females). Students in grade 9 were significantly more likely than students in grades 11 and 12 to be enrolled in a PE class.

While nearly 40% of students were enrolled in a PE class, only 22% of students attended PE class daily. The data suggest that male students (24.6%) were more likely than female students (19.3%) to attend PE class daily. This difference in the likelihood of daily attendance between male and female students was suggested at every grade level. A significantly higher prevalence of daily attendance in PE class was evident for students in grade 9 (36.2%) than for students in any other grade level.

During the 12 months that preceded the survey, 62.8% of students played on at least one sports team. Overall, the data suggest that a greater percentage of male students (65.4%) than female students (60.1%) played on a sports team. More than two-thirds of 9th grade students (69.6%) played on a sports team; by 12th grade, the percentage of students that played on a sports team fell to just over half (54.2%).

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