

2005 Georgia Student Health Survey Report





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Table of Contents

Summary	iv
Introduction	1
Middle School Findings	
Risk Behaviors for Unintentional Injuries	2
Weapon Carrying and Violent Behaviors	3
Suicidal Ideation and Behaviors	4
Tobacco Use	5
Alcohol and Other Drug Use	6
Initiation of Smoking and Drinking	7
Obesity	8
Weight Loss Practices	9
Dietary Behaviors	10
Nutritional Behaviors	11
Physical Activity	12
Physical Education	13
Sedentary Behaviors	14
High School Findings	
Risk Behaviors for Unintentional Injuries	16
Drinking and Driving	17
Weapon Carrying	18
Violent Behaviors	19
Suicidal Ideation and Behaviors	20

Table of Contents (cont'd)

Tobacco Use	21
Alcohol Use	22
Current Drug Use	23
Lifetime Drug Use	24
Drug Transactions at School	25
Initiation of Smoking, Drinking, and Marijuana Use	26
Obesity	27
Weight Loss Practices	28
Dietary Behaviors	29
Nutritional Behaviors	30
Physical Activity	31
Physical Education	32
Sedentary Behaviors	33
Appendices	
Appendix A:	
National Health Objectives and Leading Health Indicators from Healthy People 2010	
Measured by the Georgia Student Health Survey, 2005	35
Appendix B:	
Methodology	36
Appendix C:	
Survey Questions	39
Appendix D:	
Detailed Data Tables for Middle School and High School Students – 2005 Georgia Student Health Survey	44

Summary

Some behaviors pose immediate threats to health (e.g., drinking and driving); others are more closely related to long-term threats to health (e.g., physical inactivity). The 2005 Georgia Student Health Survey provides information about both immediate and long-term threats to health among middle and high school students in Georgia, including unintentional injuries, violence, suicide, tobacco use, alcohol and other drug use, initiation of risk behaviors, obesity, weight loss practices, dietary behaviors, nutritional behaviors, physical activity, physical education, and sedentary behaviors.

With respect to 17 health behaviors that are targeted in the national public health objectives for 2010 (Healthy People 2010, see Appendix A), Georgia high school students are meeting only one objective, riding with a drunk driver in the past 30 days (26.7% vs. U.S. objective of 30%), and are within 1-2% of the national objective for three objectives: seat belt use (90.4% vs. U.S. objective of 92%), physical fighting in the past 12 months (33.8% vs. U.S. objective of 32%), and cigarette use in the past 30 days (17.2% vs. U.S. objective of 16%).

From 2003 to 2005, there has been no substantial change among middle school students with respect to their health behaviors. Among high school students, however, there has been a significant decrease from 12% to 6% in the percentage of high school students who rarely or never wear a seat belt when driving a car.

Introduction

Many of the behaviors that put adults at elevated risk for disease and death are initiated in adolescence, including tobacco use, physical inactivity, poor dietary habits, and behaviors that can result in unintentional injuries and violence. In Georgia, 80 percent of all deaths among youth and young adults aged 10–19 years result from only four causes – motor vehicle crashes (37%), other unintentional injuries (19%), homicide (12%), and suicide (12%). Among adults 25 years of age and older, 49 percent of all deaths in Georgia result from heart disease (26%) and cancer (23%). Tobacco use, physical inactivity, and unhealthy diet contribute to heart disease, many cancers, and other chronic diseases. These behaviors are all subject to prevention or modification among school-aged children.

To monitor priority health-risk behaviors that put youth at risk for the leading causes of morbidity, mortality, and social problems, the Georgia Department of Human Resources, Division of Public Health, in collaboration with the Georgia Department of Education, conducted the 2005 Georgia Student Health Survey among students enrolled in sample of public middle school and high schools, statewide. A total of 1,923 middle school students and 1,755 high school students participated in the 2005 survey. Topics covered by the survey include unintentional injuries and violence, tobacco use, alcohol and other drug use, dietary behaviors, and physical activity. By monitoring these behaviors, Georgia can assess the overall progress of programs and policies to reduce the behaviors that put youth at risk for developing what are, by and large, preventable health problems.

This report summarizes results from the 2005 Georgia Student Health Survey. A detailed description of the survey population and the survey methods including criteria for determining whether differences in populations were “significant”, are provided in Appendix B. Detailed data tables are presented in Appendix D and the survey questions are presented in Appendix C.

Middle School Findings

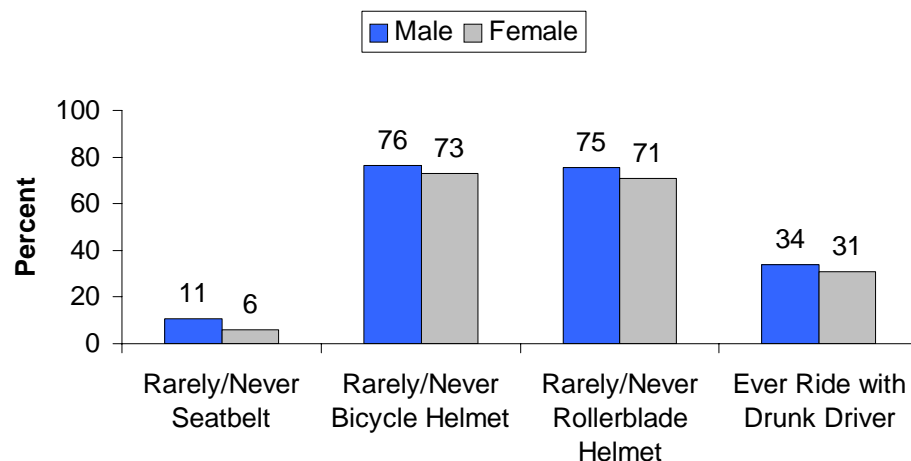


Risk Behaviors for Unintentional Injuries

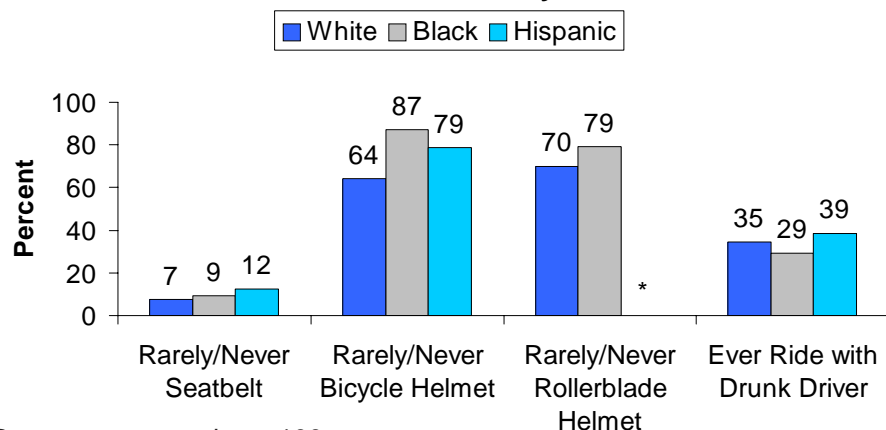
Percent of middle school students who:

- **Rarely or never wear a seatbelt – 8%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Rarely or never wear a bicycle helmet – 75%**
- Significantly more Black students than White students rarely or never wear a bicycle helmet.
- **Rarely or never wear a helmet while rollerblading or skateboarding – 73%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever ridden in a car with a drunk driver – 32%**
- 7th and 8th graders are significantly more likely than 6th graders to have ridden in a car with a drunk driver.

Risk Behaviors for Unintentional Injuries by Sex

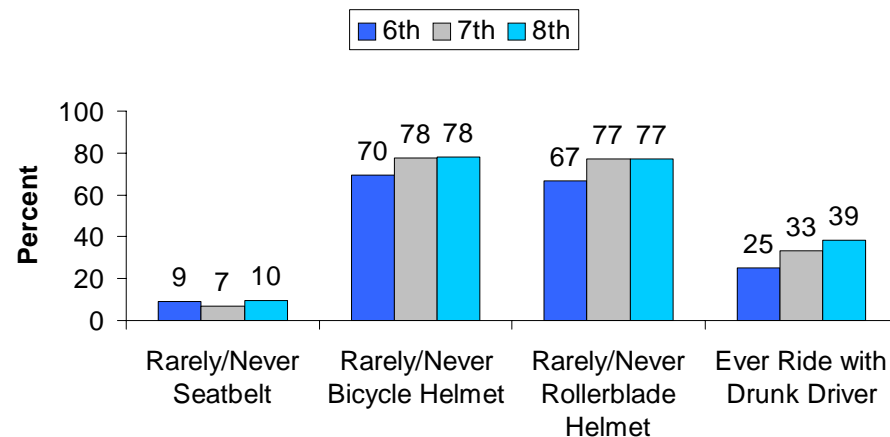


Risk Behaviors for Unintentional Injuries by Race/Ethnicity



* Data not presented, n < 100.

Risk Behaviors for Unintentional Injuries by Grade

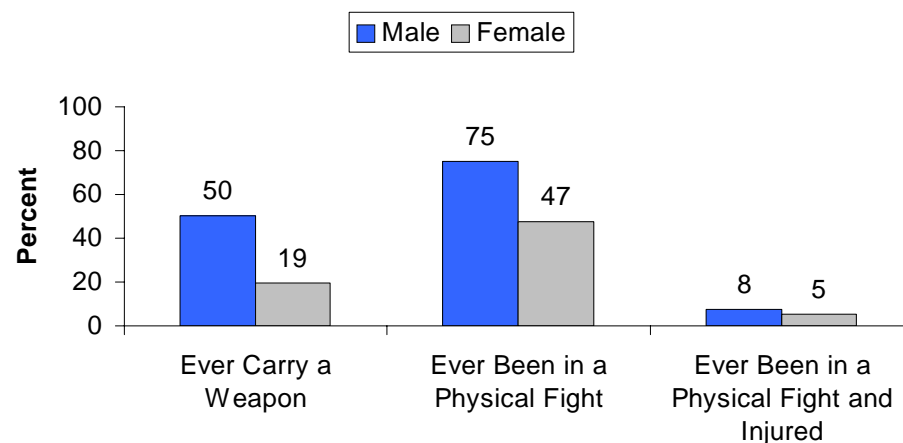


Weapon Carrying and Violent Behaviors

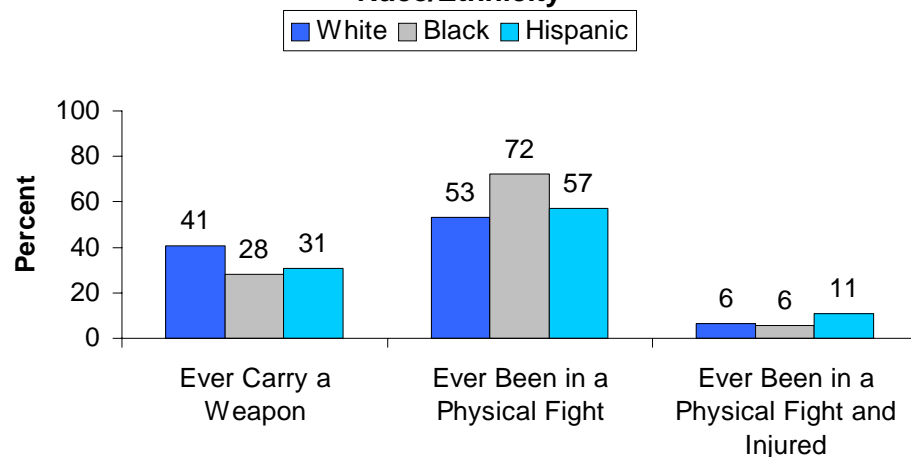
Percent of middle school students who:

- **Have ever carried a weapon such as a gun, knife, or club – 35%**
 - Significantly more male students than female students have ever carried a weapon.
 - White students are significantly more likely than Black or Hispanic students to have ever carried a weapon.
 - 8th graders are significantly more likely than 6th graders to have ever carried a weapon.
- **Have ever been in a physical fight – 62%**
 - Significantly more male students than female students have ever been in a physical fight.
 - Significantly more Black students than White or Hispanic students have ever been in a physical fight.
- **Have ever been in a physical fight resulting in a medically-treated injury – 7%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.

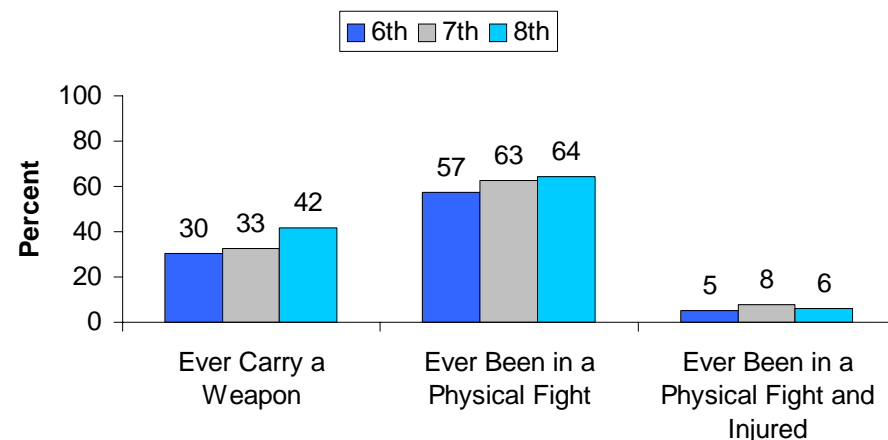
Weapon Carrying and Violent Behaviors by Sex



Weapon Carrying and Violent Behaviors by Race/Ethnicity



Weapon Carrying and Violent Behaviors by Grade

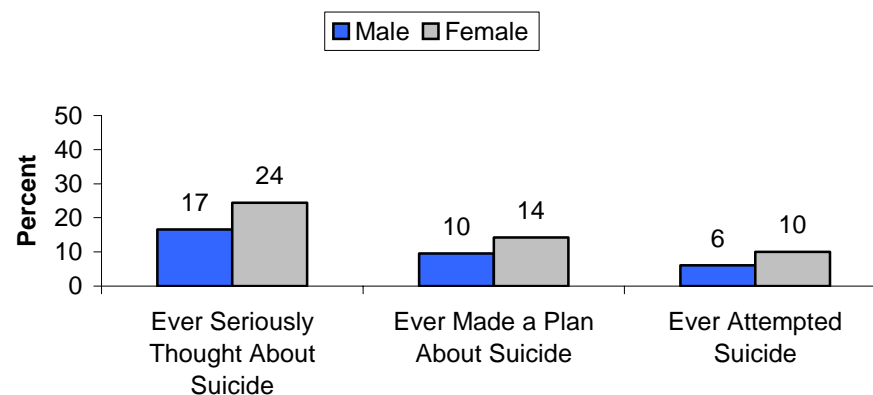


Suicidal Ideation and Behaviors

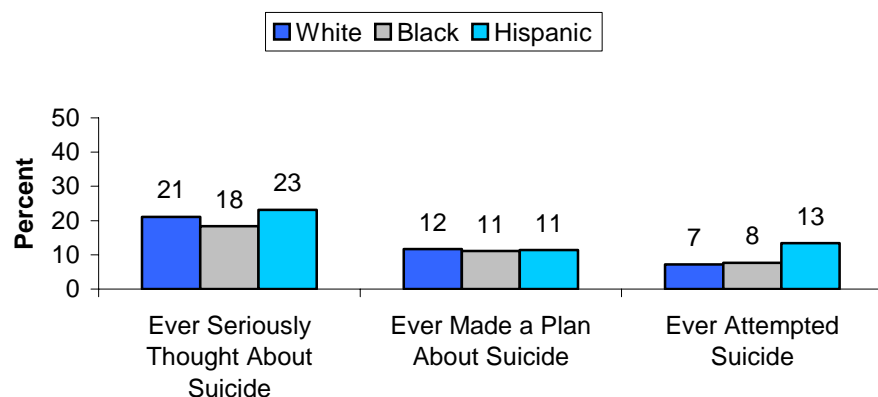
Percent of middle school students who:

- **Have ever seriously thought about killing themselves – 20%**
 - Female students are significantly more likely than male students to have ever seriously thought about killing themselves.
 - 7th and 8th graders are significantly more likely than 6th graders to have ever seriously thought about killing themselves.
- **Have ever made a plan for killing themselves – 12%**
 - Significantly more female students than male students have ever made a plan for killing themselves.
- **Have ever attempted suicide – 8%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.

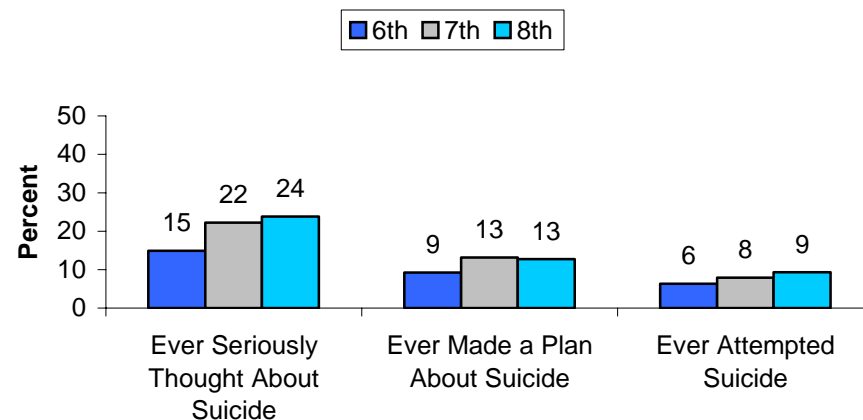
Suicidal Ideation and Behaviors by Sex



Suicidal Ideation and Behaviors by Race/Ethnicity



Suicidal Ideation and Behaviors by Grade

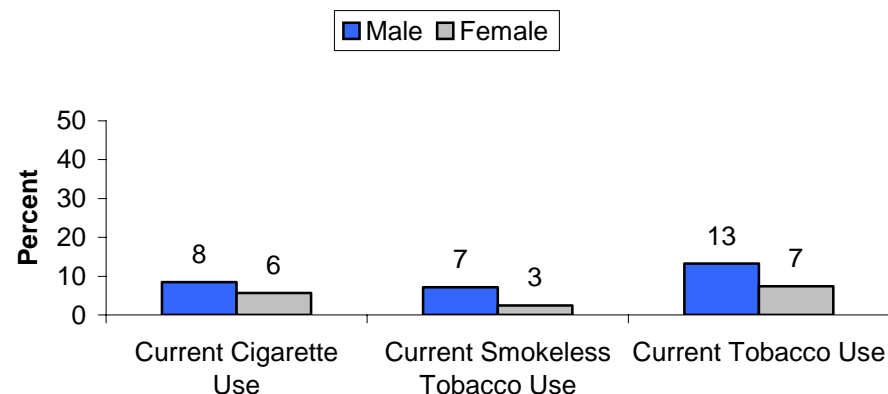


Tobacco Use

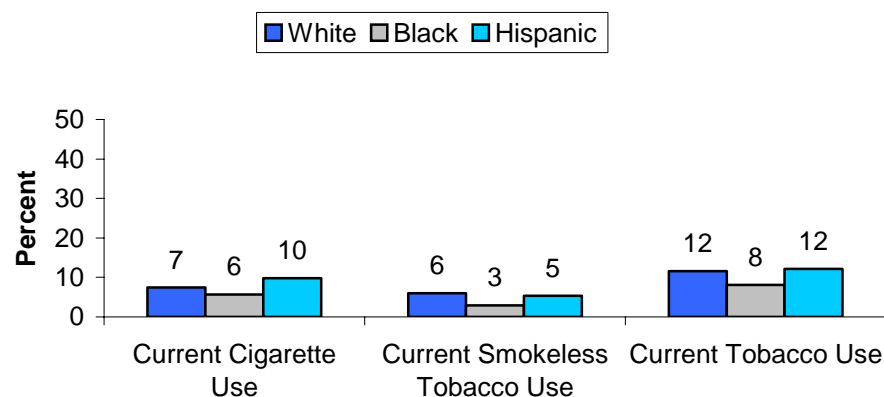
Percent of middle school students who:

- **Smoked cigarettes on one or more of the past 30 days – 7%**
- 8th graders are significantly more likely than 6th graders to have smoked cigarettes on one or more of the past 30 days.
- **Used smokeless tobacco on one or more of the past 30 days – 5%**
- Male students are significantly more likely than female students to have used smokeless tobacco on one or more of the past 30 days.
- **Used any tobacco on one or more of the past 30 days – 10%**
- 8th graders are significantly more likely than 6th graders to have used tobacco on one or more of the past 30 days.

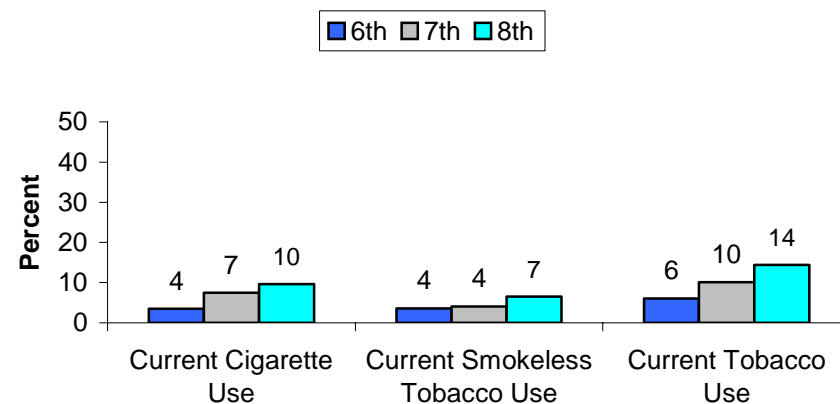
Tobacco Use by Sex



Tobacco Use by Race/Ethnicity



Tobacco Use by Grade

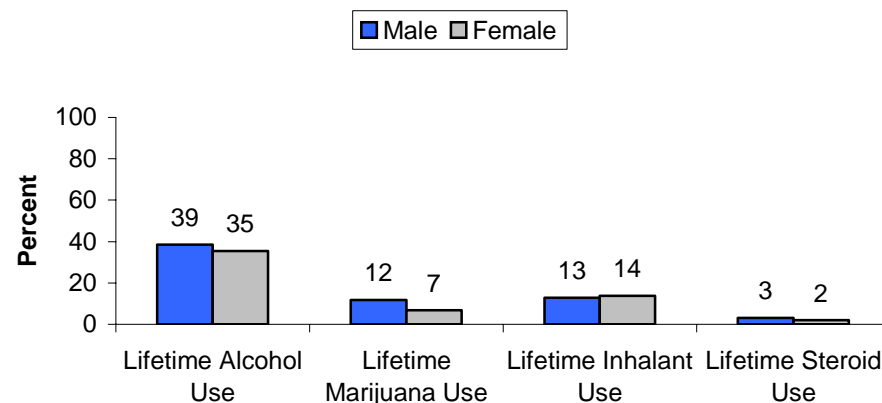


Alcohol and Other Drug Use

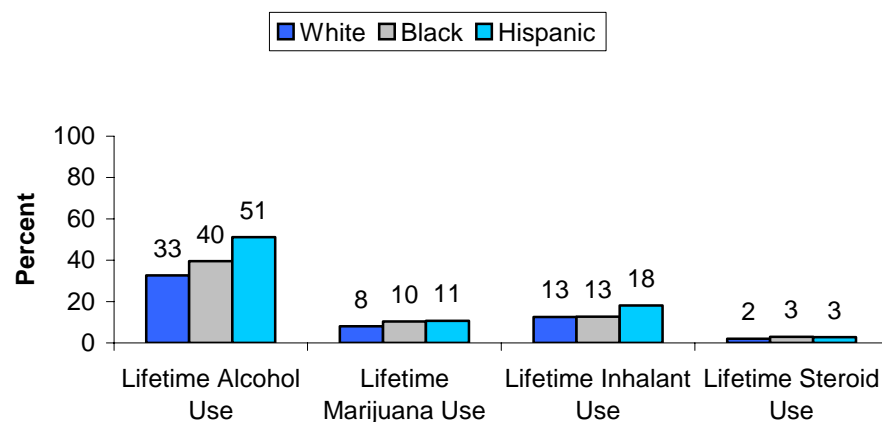
Percent of middle school students who:

- **Have ever had a drink of alcohol (other than a few sips) – 37%**
 - Significantly more Hispanic students than Black or White students have ever had a drink of alcohol.
 - 8th graders are significantly more likely than 6th or 7th graders to have ever had a drink of alcohol.
- **Have ever used marijuana – 9%**
 - Significantly more male students than female students have ever used marijuana.
 - 7th and 8th graders are significantly more likely than 6th graders to have ever used marijuana.
- **Have ever used inhalants – 13%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever used steroids – 3%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.

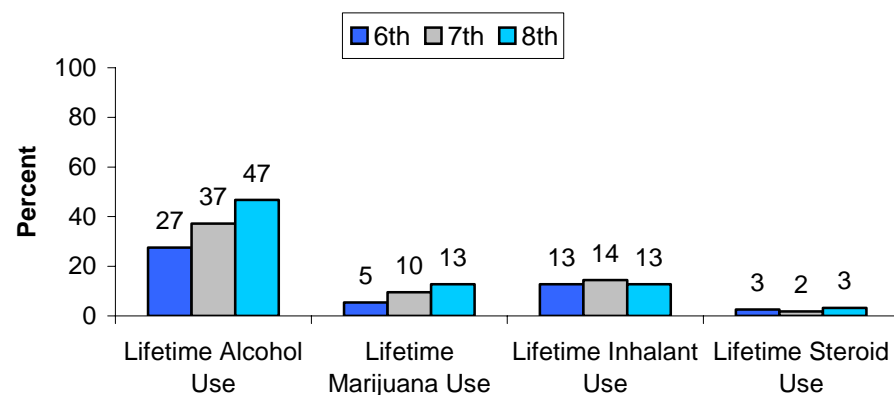
Alcohol and Other Drug Use by Sex



Alcohol and Other Drug Use by Race/Ethnicity



Alcohol and Other Drug Use by Grade

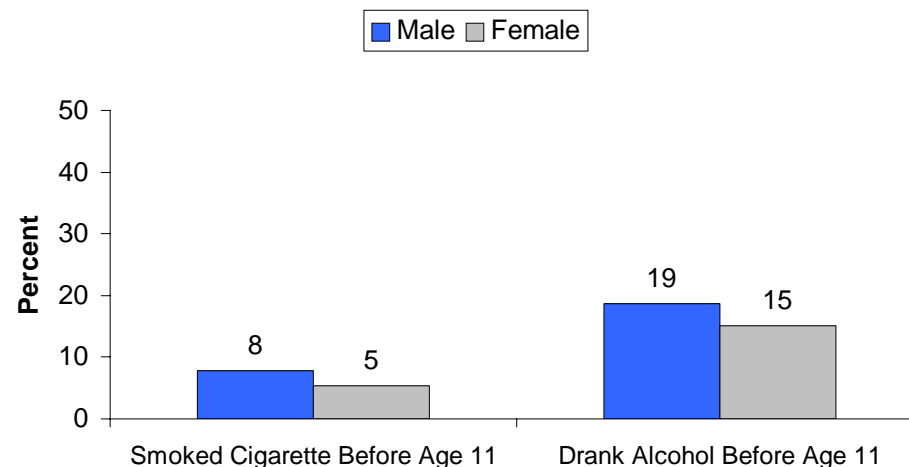


Initiation of Smoking and Drinking

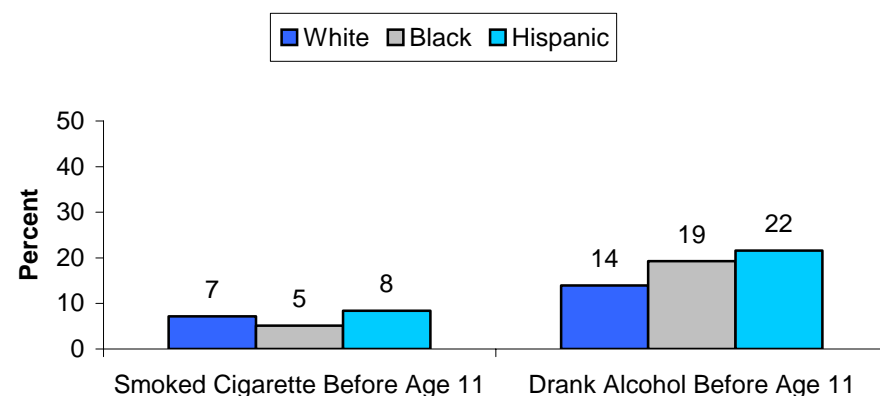
Percent of middle school students who:

- **Smoked a whole cigarette for the first time before age 11 – 7%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Had their first drink of alcohol (other than a few sips) before age 11 – 17%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.

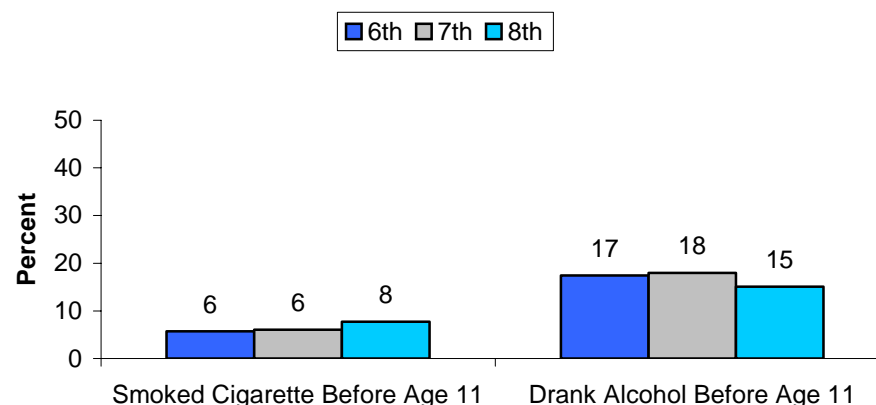
Initiation of Smoking and Drinking by Sex



Initiation of Smoking and Drinking by Race/Ethnicity



Initiation of Smoking and Drinking by Grade

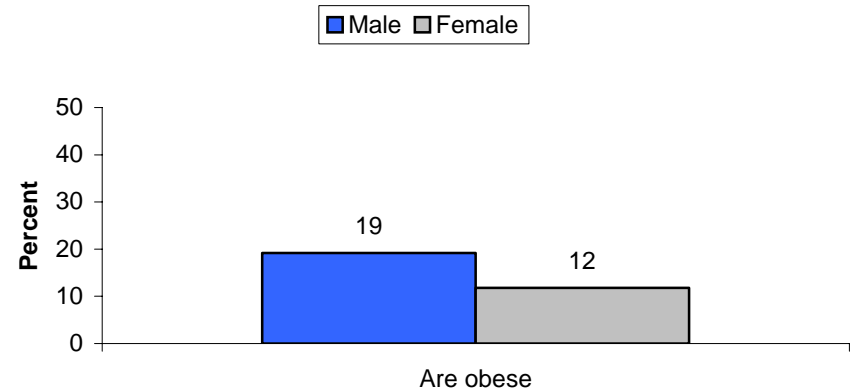


Obesity

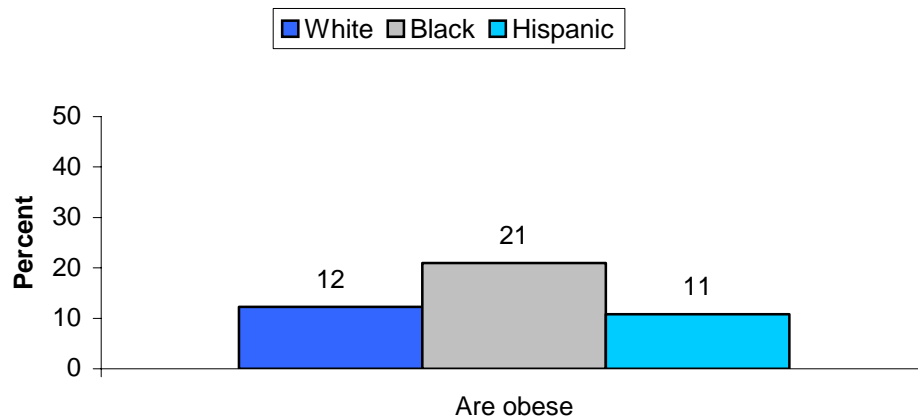
Percent of middle school students who:

- **Are obese – 16%**
 - Significantly more male students than female students are obese.
 - Black students are significantly more likely than White or Hispanic students to be obese.

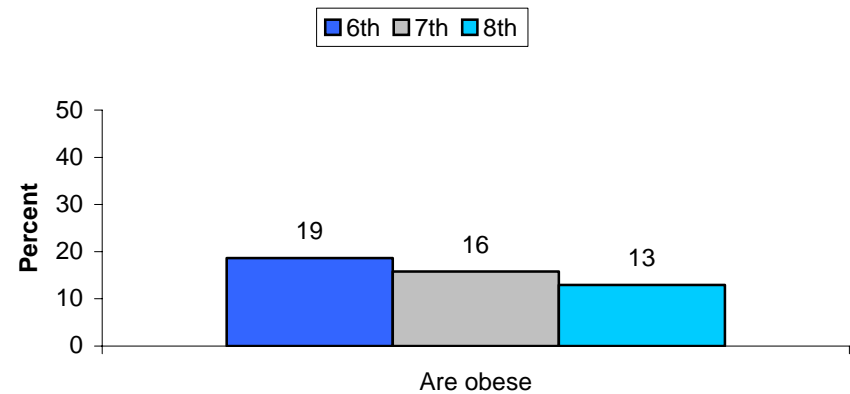
Obesity by Sex



Obesity by Race/Ethnicity



Obesity by Grade

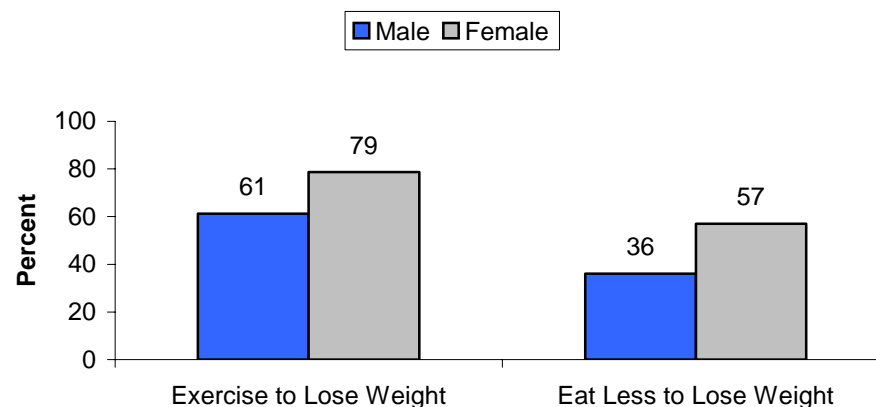


Weight Loss Practice

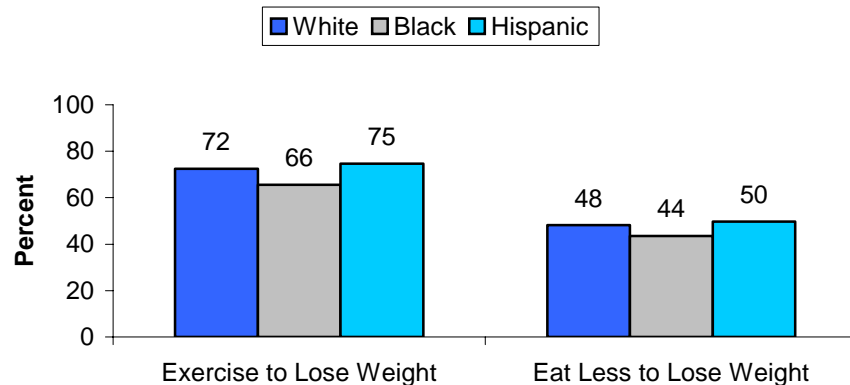
Percent of middle school students who:

- **Ever exercised to lose weight or to keep from gaining weight – 70%**
- Female students are significantly more likely than male students to exercise to lose or keep from gaining weight.
- **Ever ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight – 46%**
- Significantly more female students than male students have ever eaten less to lose or keep from gaining weight.

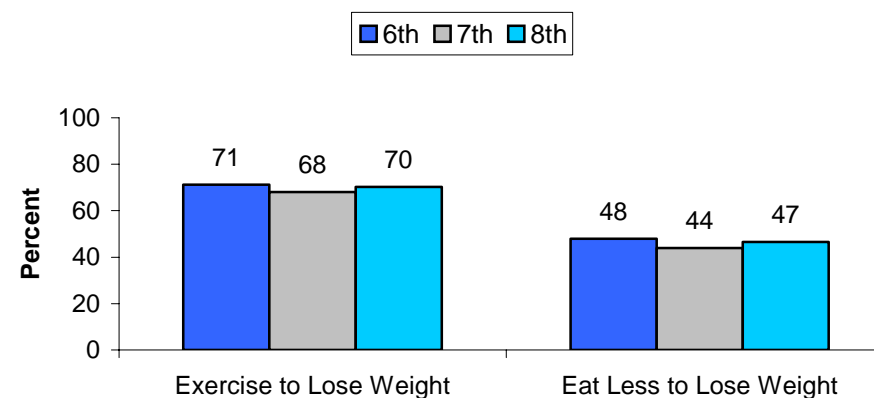
Weight Loss Practices by Sex



Weight Loss Practices by Race/Ethnicity



Weight Loss Practices by Grade

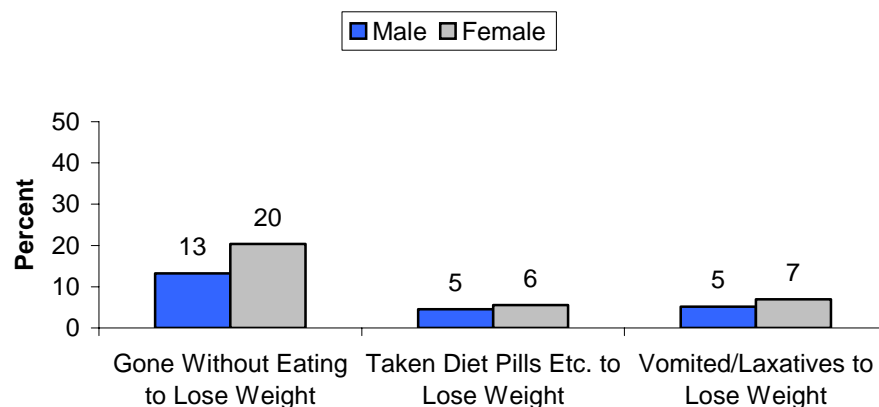


Dietary Behaviors

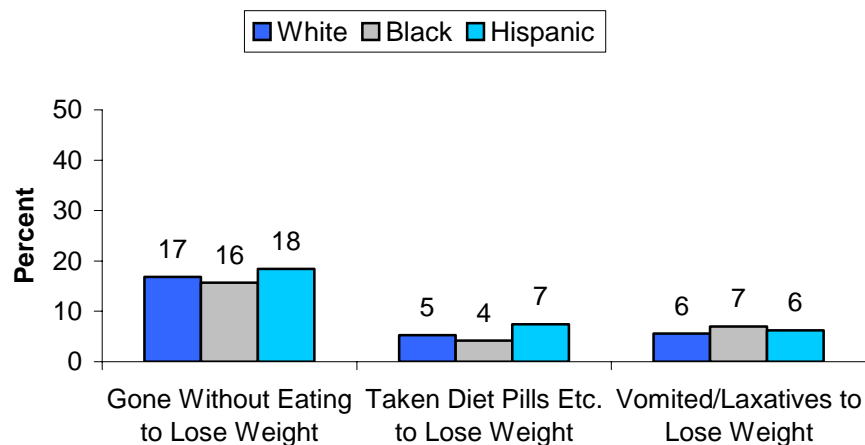
Percent of middle school students who:

- **Ever went without eating 24 hours or more to lose weight – 17%**
- Significantly more female students than male students have ever gone without eating for 24 hours or more to lose weight.
- **Ever took diet pills, powders, or liquids without a doctor's advice to lose weight – 5%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Ever vomited or took laxatives to lose weight – 6%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.

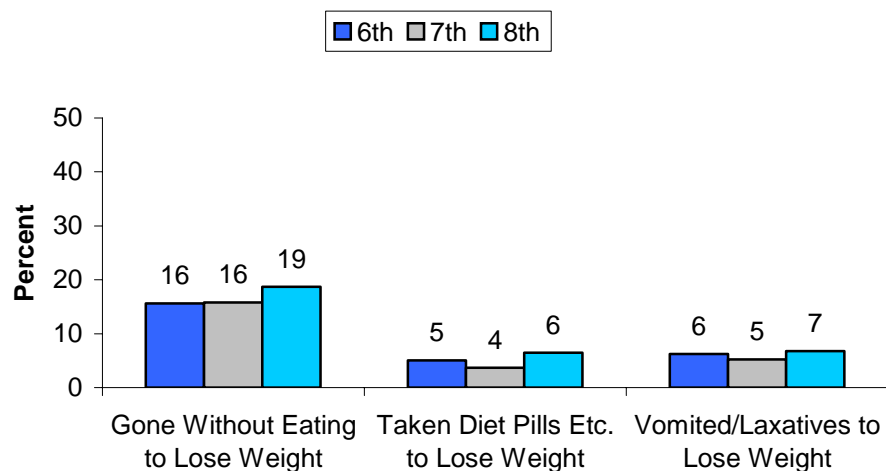
Dietary Behaviors by Sex



Dietary Behaviors by Race/Ethnicity



Dietary Behaviors by Grade

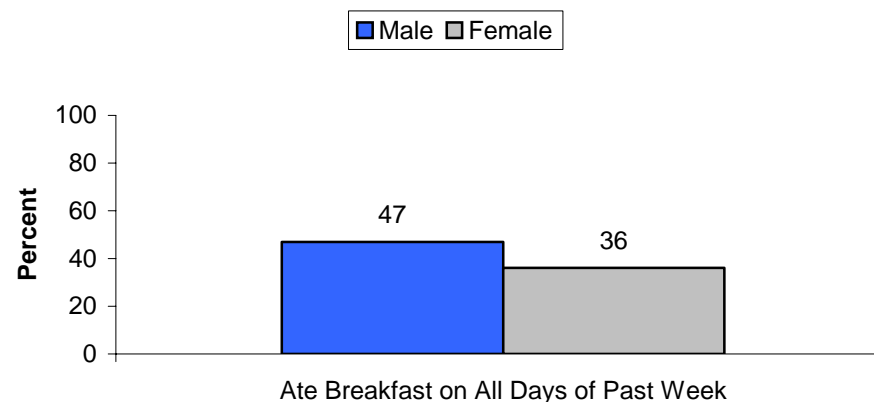


Nutritional Behaviors

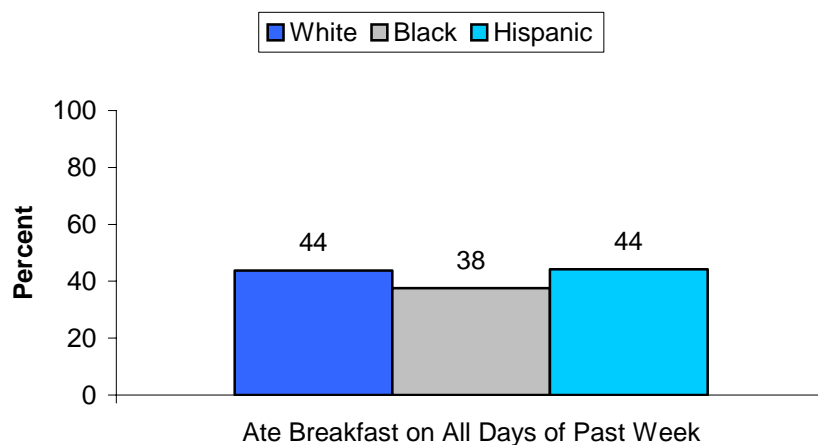
Percent of middle school students who:

- **Ate breakfast on all days of the past seven days – 42%**
 - Significantly more male students than female students ate breakfast each day of the past week.
 - 6th graders are significantly more likely than 8th graders to eat breakfast every day.

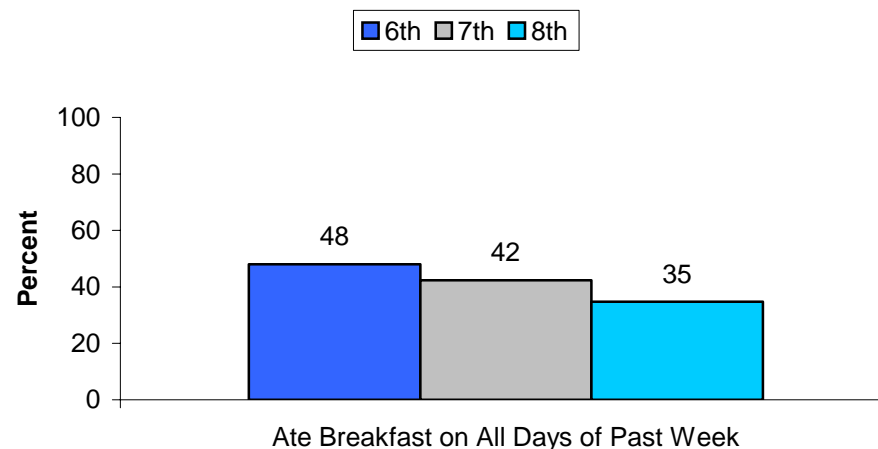
Nutritional Behaviors by Sex



Nutritional Behaviors by Race/Ethnicity



Nutritional Behaviors by Grade

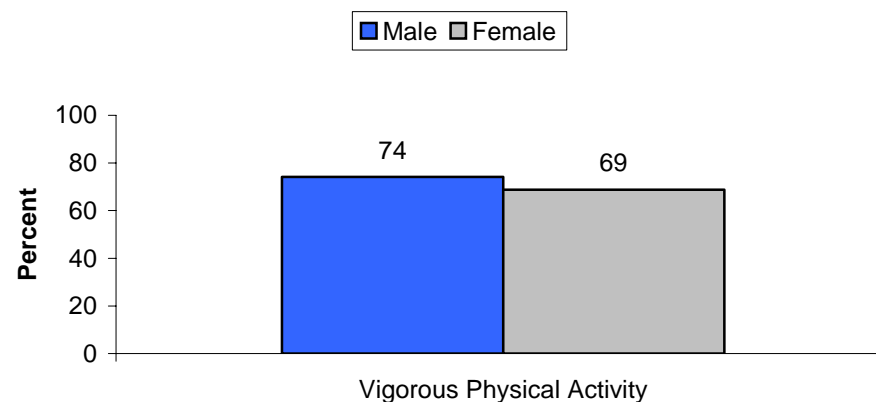


Physical Activity

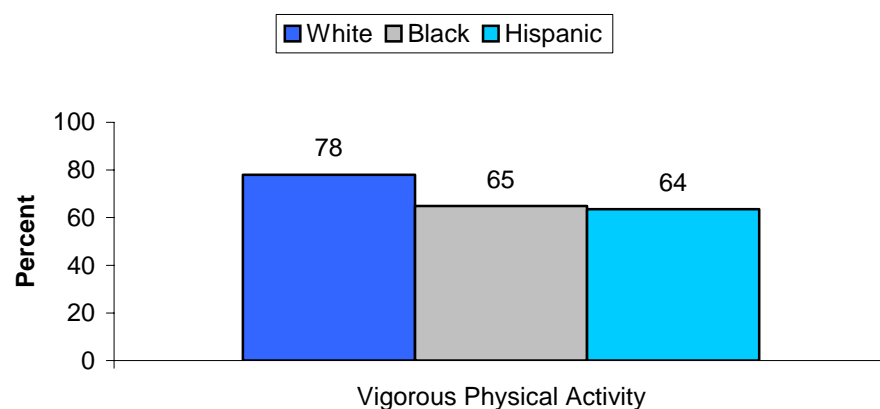
Percent of middle school students who:

- **Exercised or participated in physical activity for at least 20 minutes that made them sweat or breathe hard on 3 or more of the past 7 days – 71%**
 - Significantly more White students than Black or Hispanic students exercised or participated in vigorous physical activity.

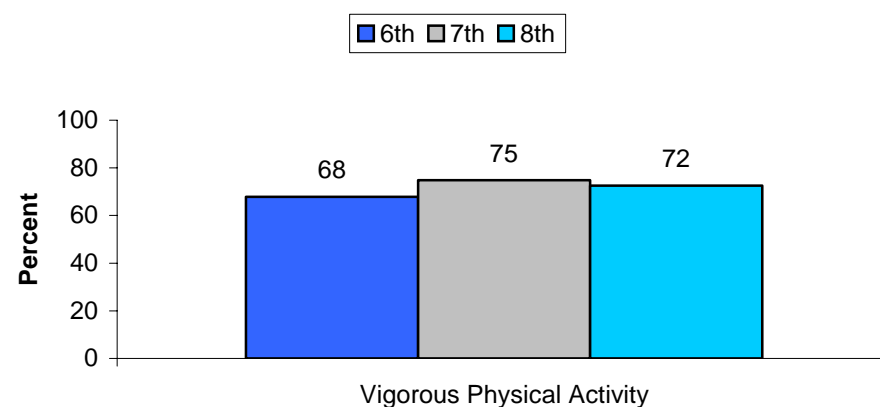
Physical Activity by Sex



Physical Activity by Race/Ethnicity



Physical Activity by Grade

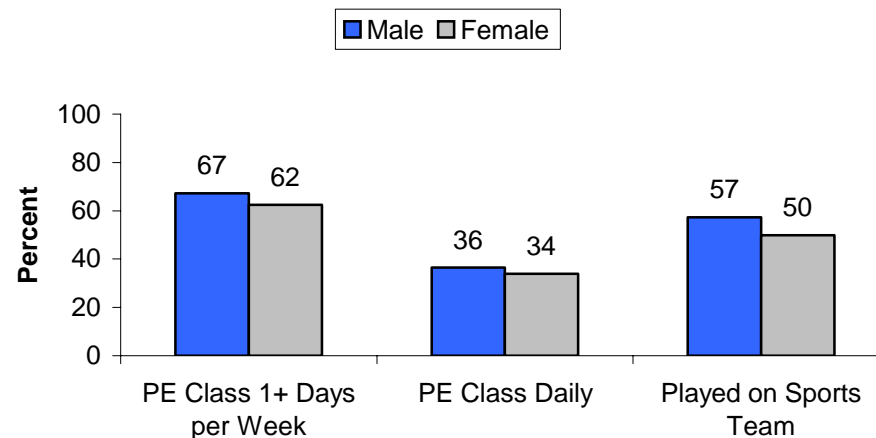


Physical Education

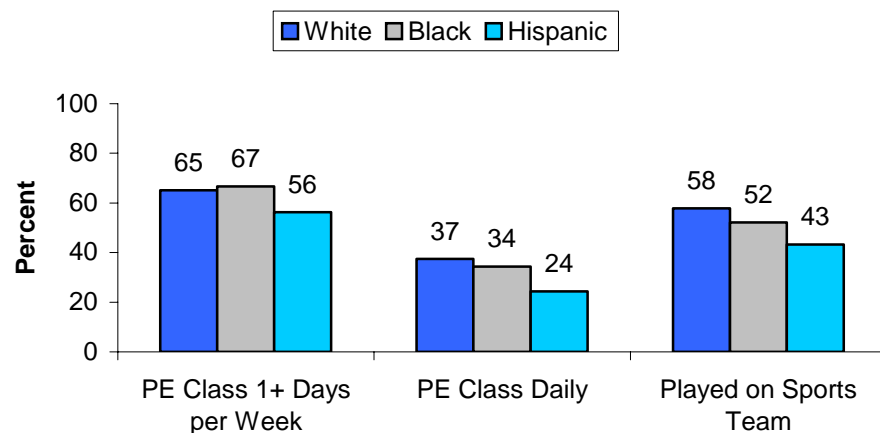
Percent of middle school students who:

- **Attend physical education class on one or more days during the week – 65%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attend physical education class daily – 35%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Played on some sports teams – 54%**
- White students are significantly more likely than Hispanic students to have played on some sports teams.

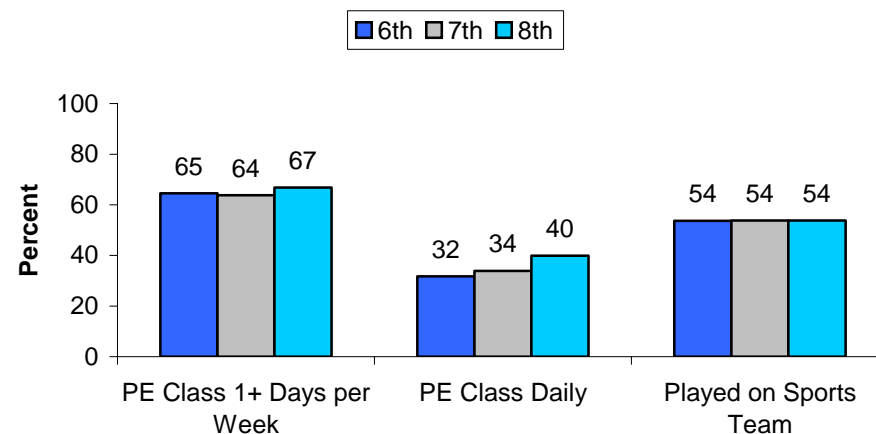
Physical Education by Sex



Physical Education by Race/Ethnicity



Physical Education by Grade

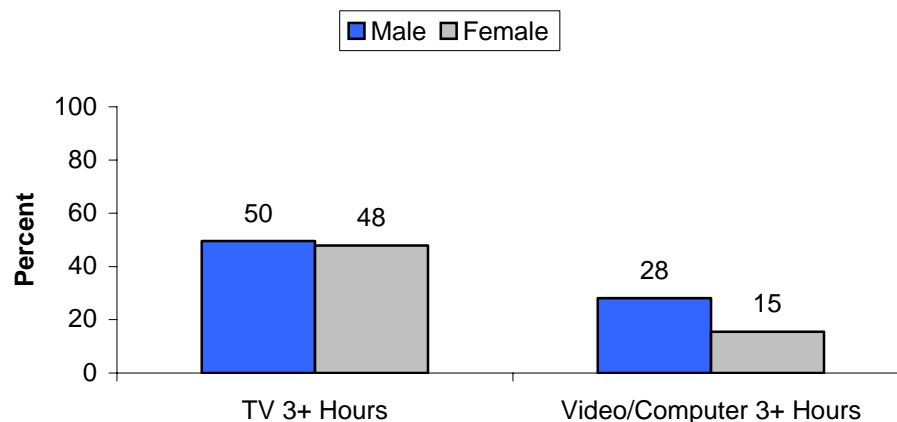


Sedentary Behaviors

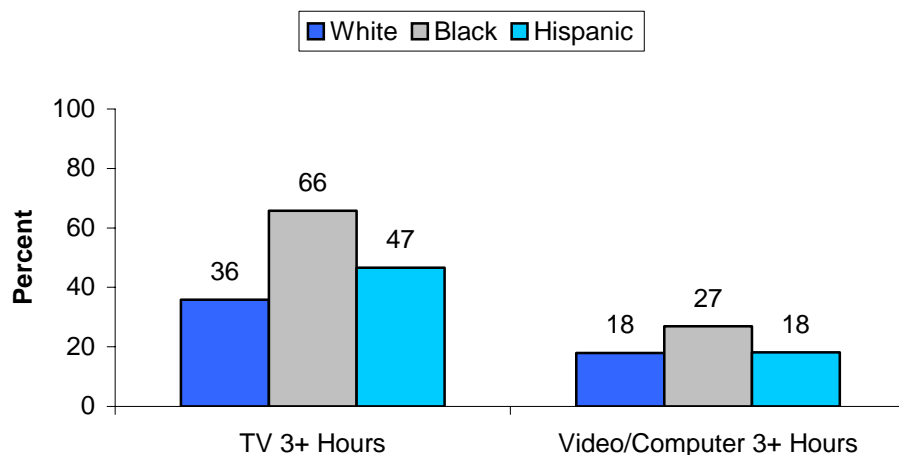
Percent of middle school students who:

- **Watched 3 hours or more of TV per day on an average school day – 49%**
 - Significantly more Black students than White or Hispanic students watch 3 hours or more of TV per day on an average school day.
- **Played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day – 22%**
 - Male students are significantly more likely than female students to have played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day.
 - Significantly more Black students than White students spend 3 hours or more per day on an average school day playing video or computer games or using a computer for something that is not school work.
 - 8th graders are significantly more likely than 6th graders to have played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day.

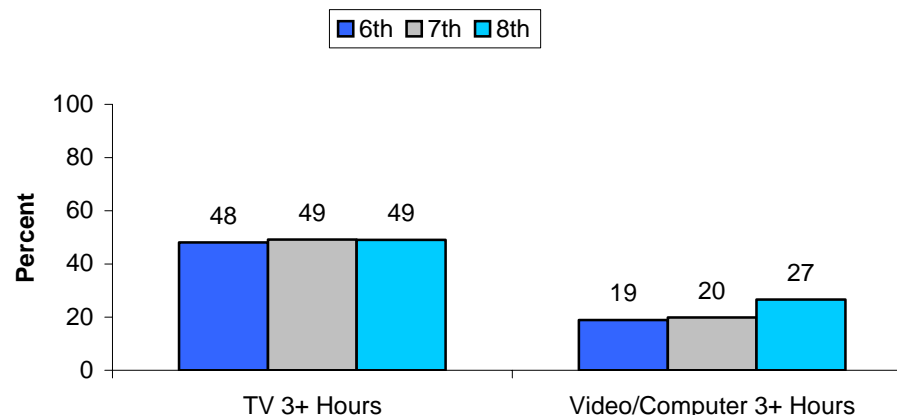
Sedentary Behaviors by Sex



Sedentary Behaviors by Race/Ethnicity



Sedentary Behaviors by Grade



High School Findings

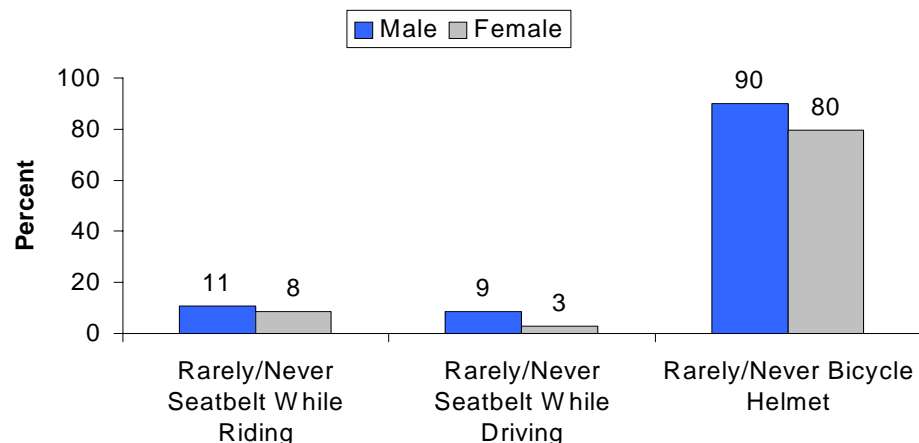


Risk Behaviors for Unintentional Injuries

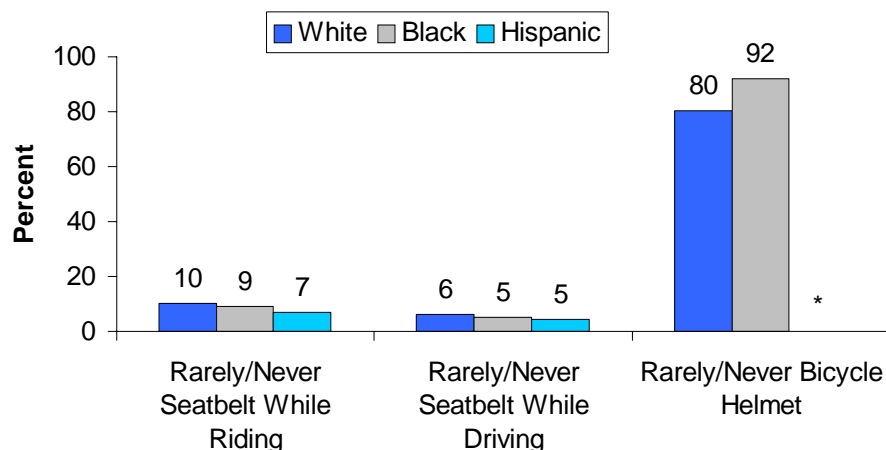
Percent of high school students who:

- **Rarely or never wear a seatbelt while riding in a car – 10%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Rarely or never wear a seatbelt while driving a car – 6%**
- Significantly more male students than female students rarely or never wear a seatbelt while driving a car.
- **Rarely or never wear a bicycle helmet – 86%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.

Risk Behaviors for Unintentional Injuries by Sex

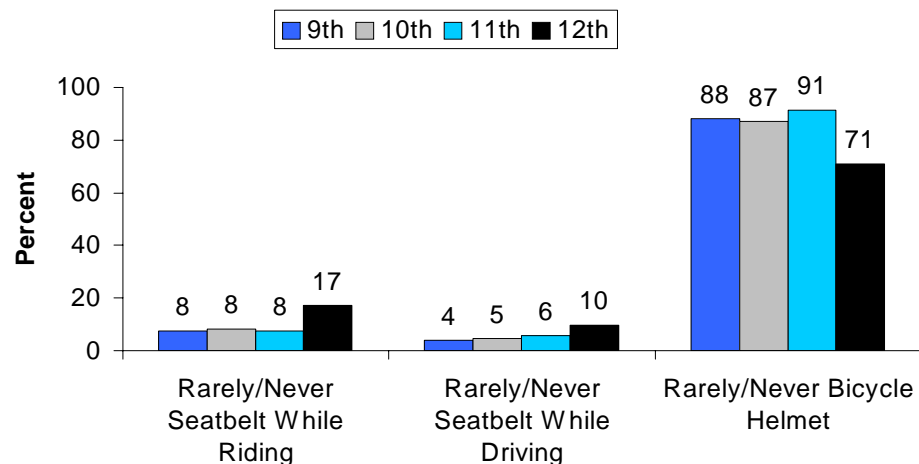


Risk Behaviors for Unintentional Injuries by Race/Ethnicity



* Data not presented, n < 100.

Risk Behaviors for Unintentional Injuries by Grade

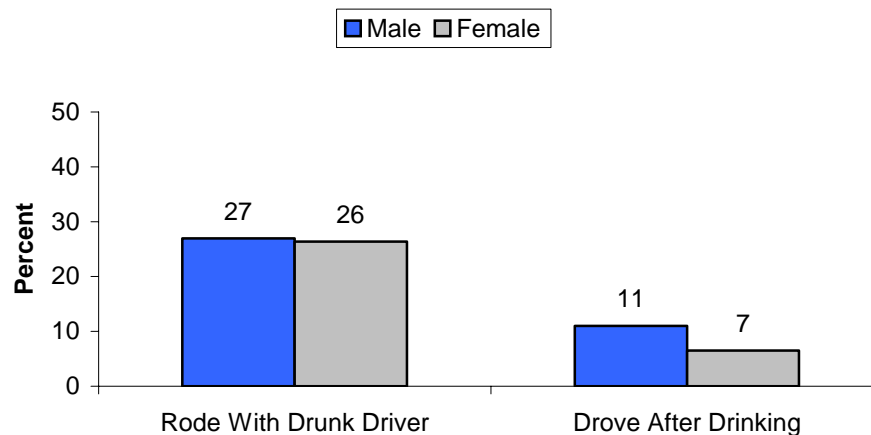


Drinking and Driving

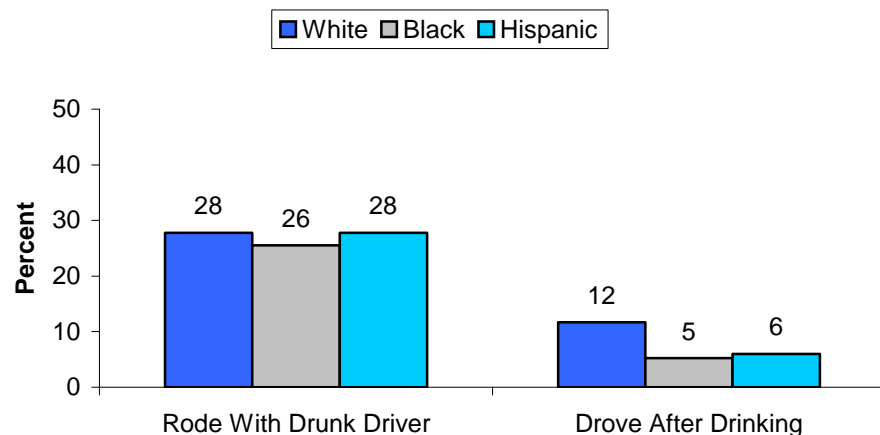
Percent of high school students who:

- **Rode in a car driven by someone who had been drinking alcohol one or more times in the past 30 days – 27%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Drove a car when they had been drinking alcohol one or more times in the past 30 days - 9%**
 - Significantly more White students than Black students have driven a car after drinking.
 - 11th and 12th graders are significantly more likely than 9th graders to have driven after drinking.

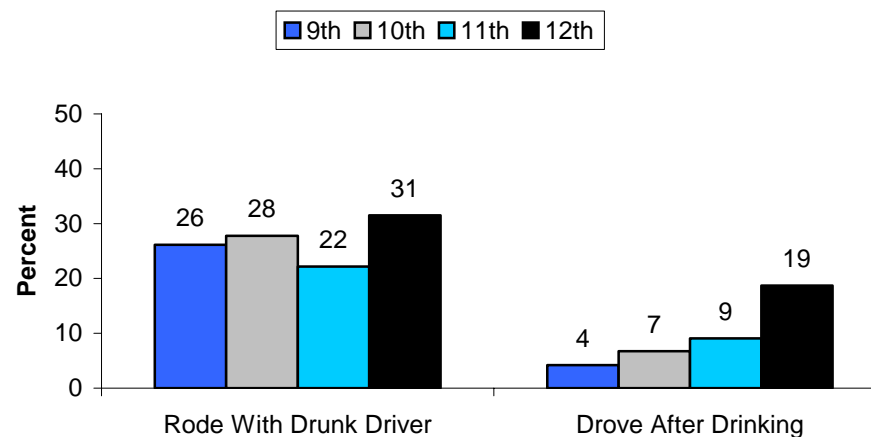
Drinking and Driving by Sex



Drinking and Driving by Race/Ethnicity



Drinking and Driving by Grade

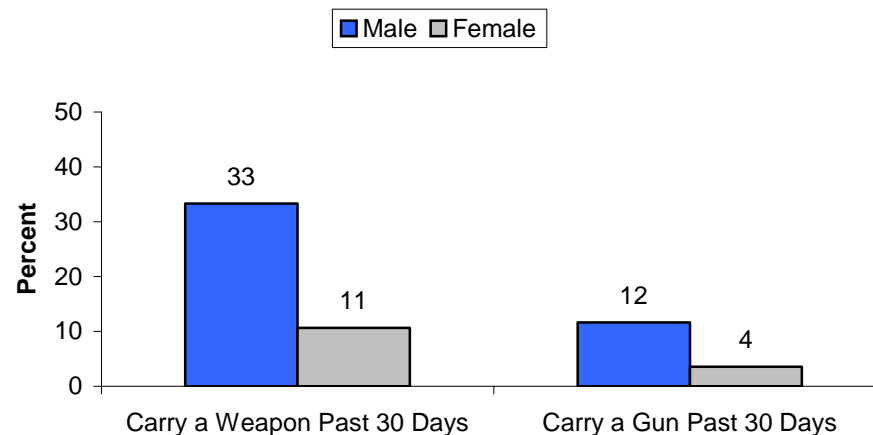


Weapon Carrying

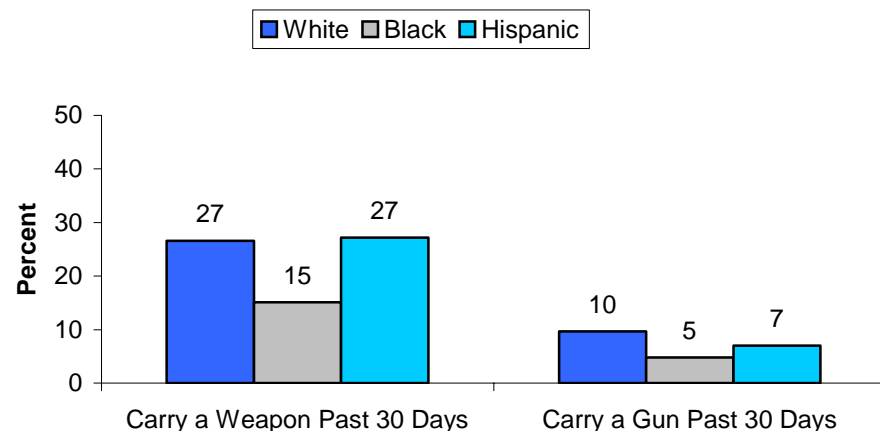
Percent of high school students who:

- **Carried a weapon such as a gun, knife, or club on one or more of the past 30 days – 22%**
 - Significantly more male students than female students have carried a weapon in the past 30 days.
 - Significantly more White students than Black students have carried a weapon in the past 30 days.
- **Carried a gun on one or more of the past 30 days – 8%**
 - Significantly more male students than female students have carried a gun in the past 30 days.

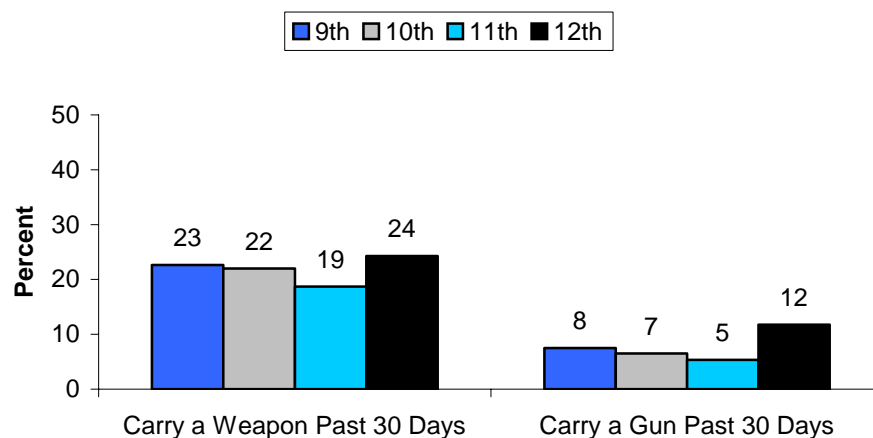
Weapon Carrying by Sex



Weapon Carrying by Race/Ethnicity



Weapon Carrying by Grade

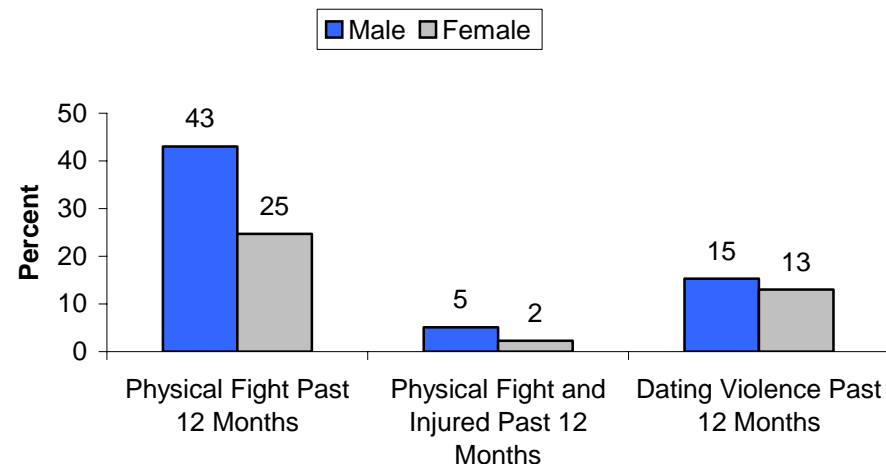


Violent Behaviors

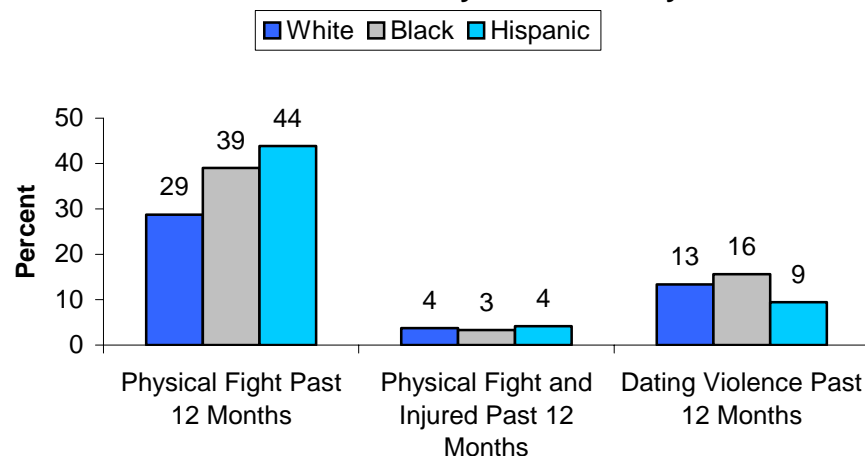
Percent of high school students who:

- **Have been in one or more physical fights in the past 12 months – 34%**
 - Significantly more male students than female students have been in a physical fight in the past 12 months.
 - Black students are significantly more likely than White students to have been in a physical fight in the past 12 months.
 - Significantly more 9th graders than 12th graders have been in a physical fight in the past 12 months.
- **Have been in one or more physical fights resulting in a medically-treated injury in the past 12 months - 4%**
 - Significantly more male students than female students have been in a fight in which they were hurt and had to be treated by a doctor or nurse in the past 12 months.
- **Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months - 14%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.

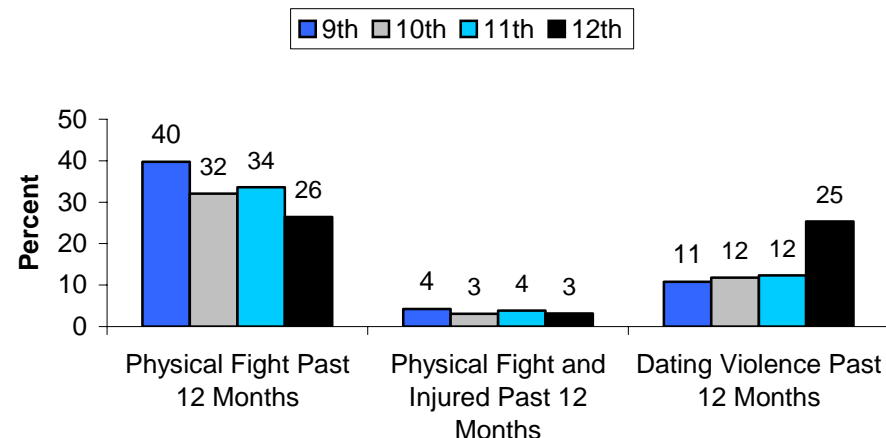
Violent Behaviors by Sex



Violent Behaviors by Race/Ethnicity



Violent Behaviors by Grade

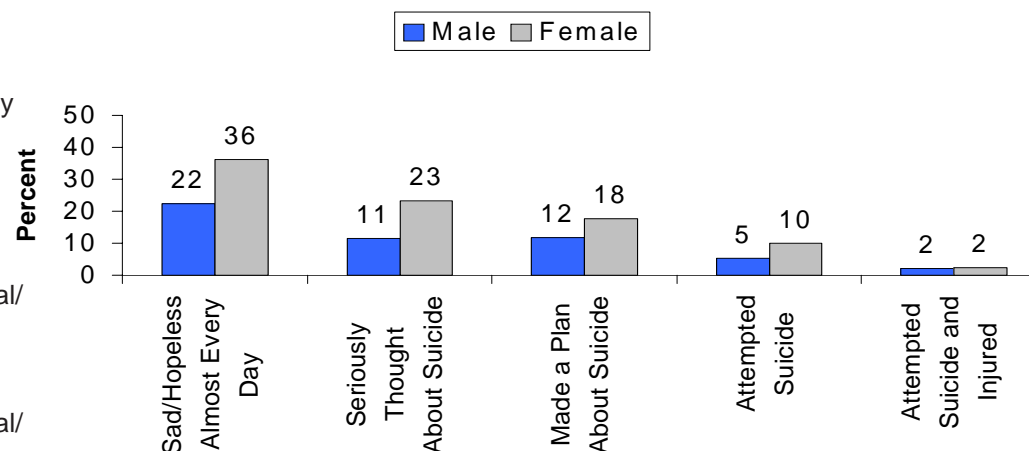


Suicidal Ideation and Behaviors

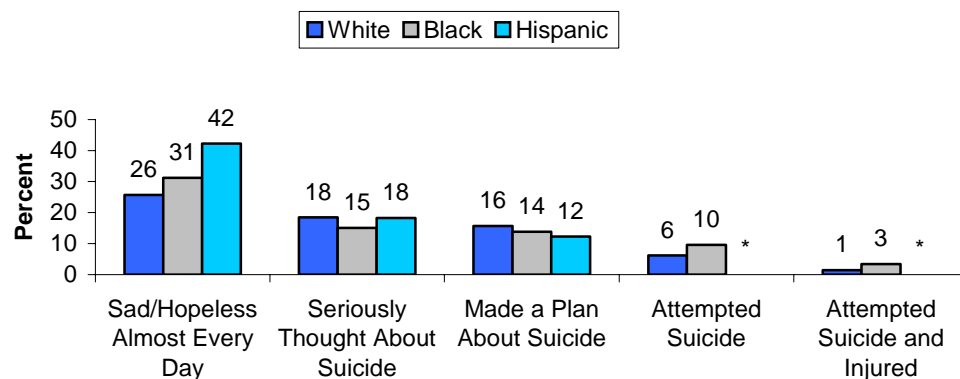
Percent of high school students who:

- **Ever felt so sad/hopeless every day for 2+ weeks they stopped usual activities – 29%**
 - Significantly more female students than male students have ever felt so sad/hopeless they stopped their usual activities.
- **Seriously thought about suicide in the past 12 months – 17%**
 - Significantly more female students than male students have seriously thought about suicide.
 - 10th graders are significantly more likely than 11th graders to have seriously thought about suicide.
- **Made a plan for suicide in the past 12 months – 15%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attempted suicide one or more times in the past 12 months - 8%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Attempted suicide in the past 12 months resulting in a medically-treated injury - 2%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.

Suicidal Ideation and Behaviors by Sex

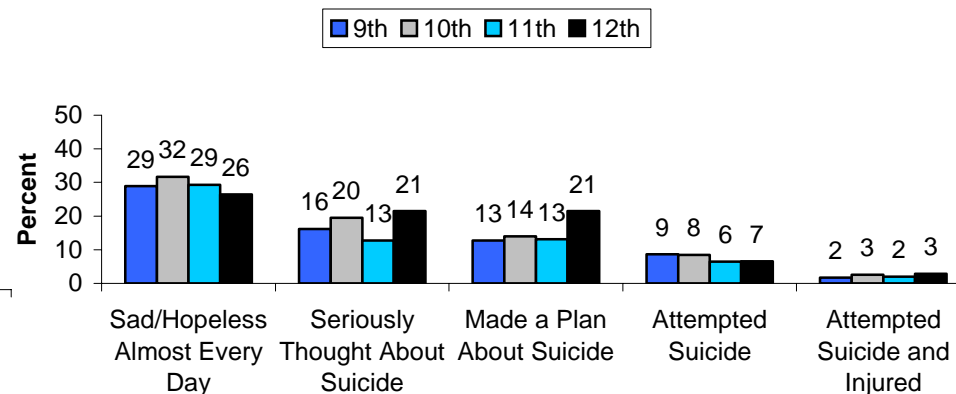


Suicidal Ideation and Behaviors by Race/Ethnicity



* Data not presented, n < 100.

Suicidal Ideation and Behaviors by Grade

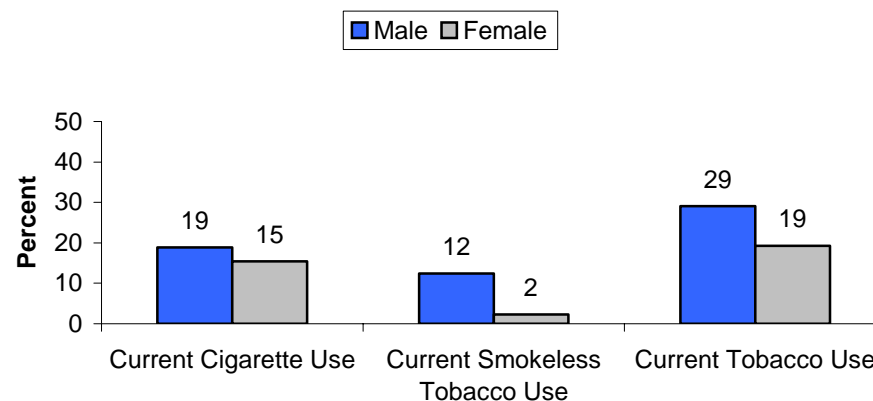


Tobacco Use

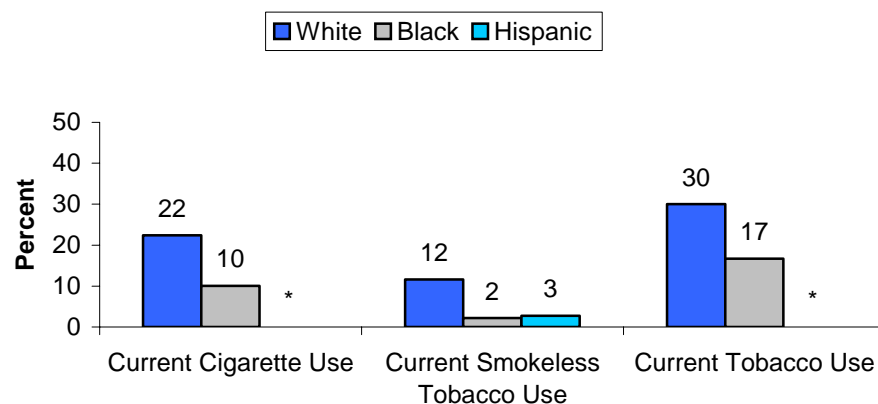
Percent of high school students who:

- **Smoked cigarettes on one or more of the past 30 days – 17%**
 - Significantly more White students than Black students smoked cigarettes in the past 30 days.
- **Used smokeless tobacco on one or more of the past 30 days – 7%**
 - Significantly more male students than female students used smokeless tobacco in the past 30 days.
 - White students are significantly more likely than Black or Hispanic students to have used smokeless tobacco in the past 30 days.
- **Used any tobacco on one or more of the past 30 days – 24%**
 - Significantly more male students than female students used some form of tobacco in the past 30 days.
 - White students are significantly more likely than Black students to have used some form of tobacco in the past 30 days.
 - Significantly more 12th graders than 9th graders used some form of tobacco in the past 30 days.

Tobacco Use by Sex

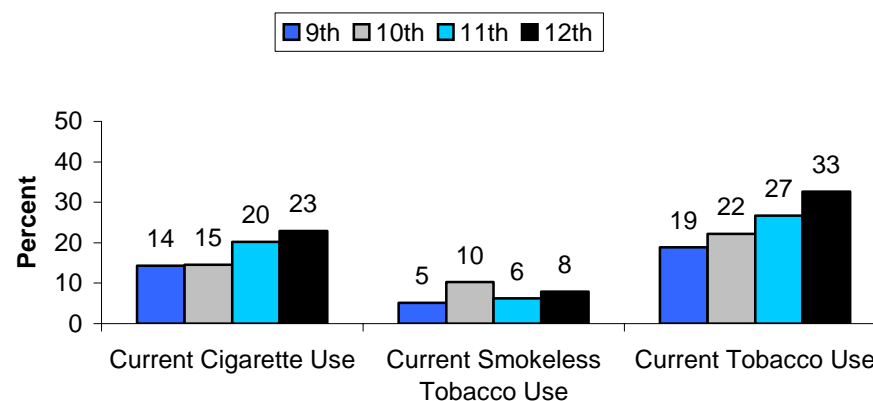


Tobacco Use by Race/Ethnicity



*Data not presented, n<100

Tobacco Use by Grade

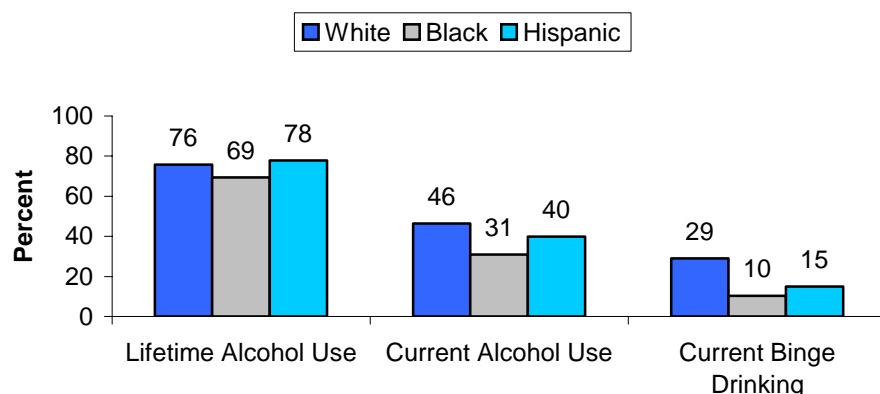


Alcohol Use

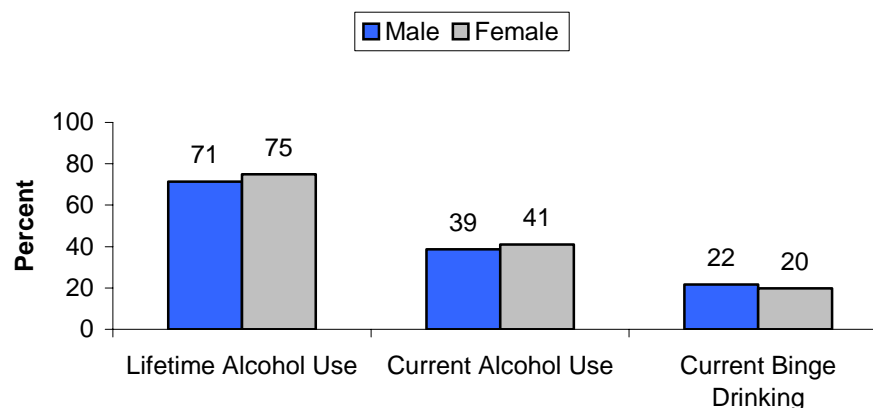
Percent of high school students who:

- **Ever had at least one drink of alcohol during their life – 73%**
 - Significantly more White students than Black students have ever had a drink of alcohol during their life.
 - 11th and 12th graders are significantly more likely than 9th graders to have ever had a drink of alcohol. 12th graders are also significantly more likely than 10th graders to have ever had a drink of alcohol.
- **Had at least one drink of alcohol on one or more of the past 30 days – 40%**
 - Significantly more White students than Black students have drunk alcohol in the past 30 days.
 - 11th and 12th graders are significantly more likely than 9th graders to have drunk alcohol in the past 30 days.
- **Had five or more drinks of alcohol in a row (within a couple of hours) on one or more of the past 30 days – 21%**
 - Significantly more White students than Black or Hispanic students reported binge drinking in the past 30 days.
 - 11th and 12th graders are significantly more likely than 9th graders to report binge drinking in the past 30 days.

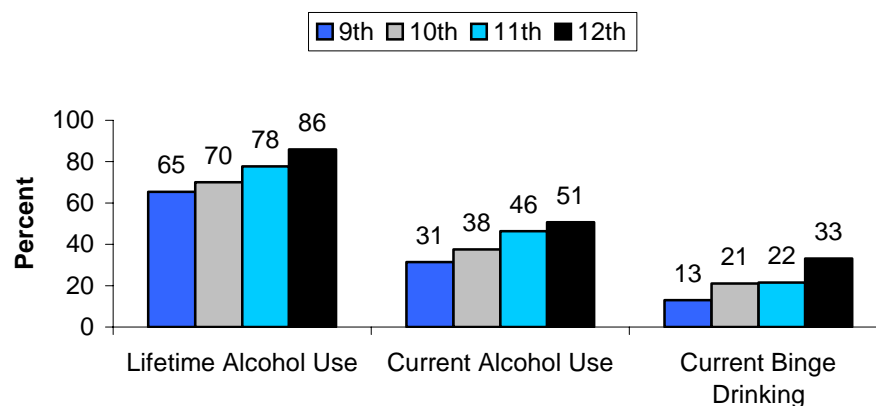
Alcohol Use by Race/Ethnicity



Alcohol Use by Sex



Alcohol Use by Grade

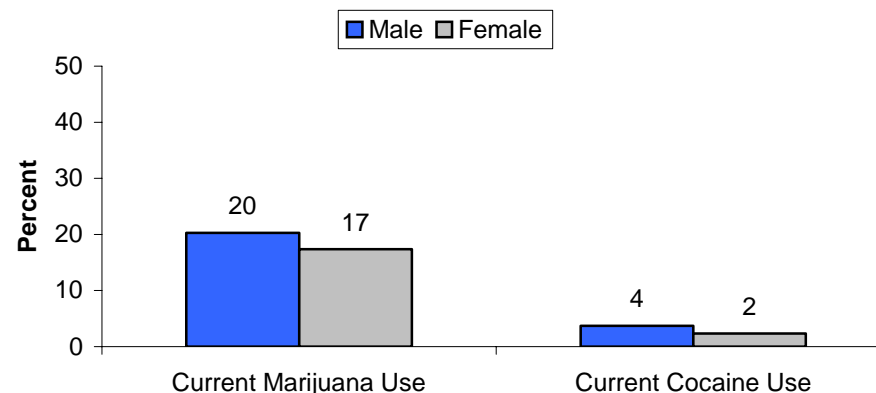


Current Drug Use

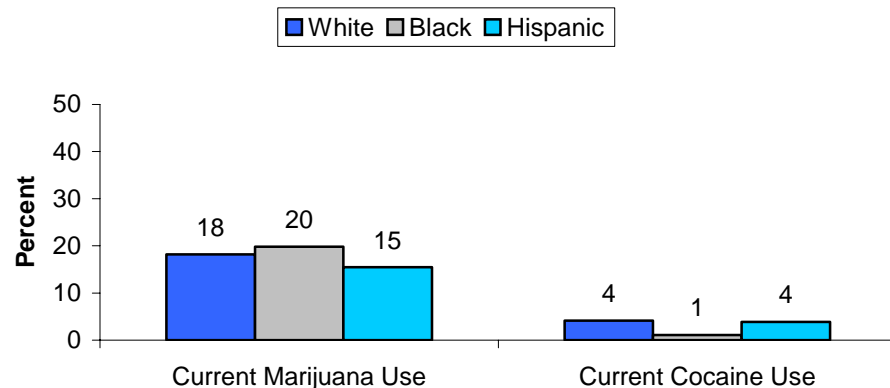
Percent of high school students who:

- **Have used marijuana on one or more of the past 30 days – 19%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have used cocaine on one or more of the past 30 days – 3%**
- Significantly more White students than Black students have used cocaine in the past 30 days.

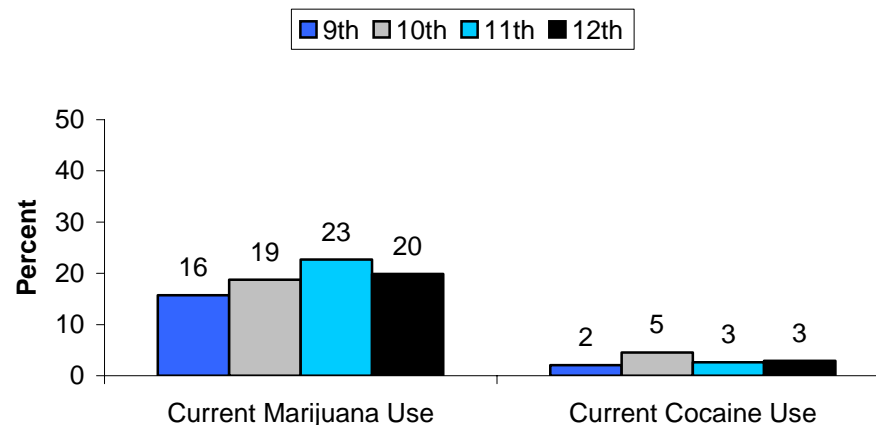
Current Drug Use by Sex



Current Drug Use by Race/Ethnicity



Current Drug Use by Grade

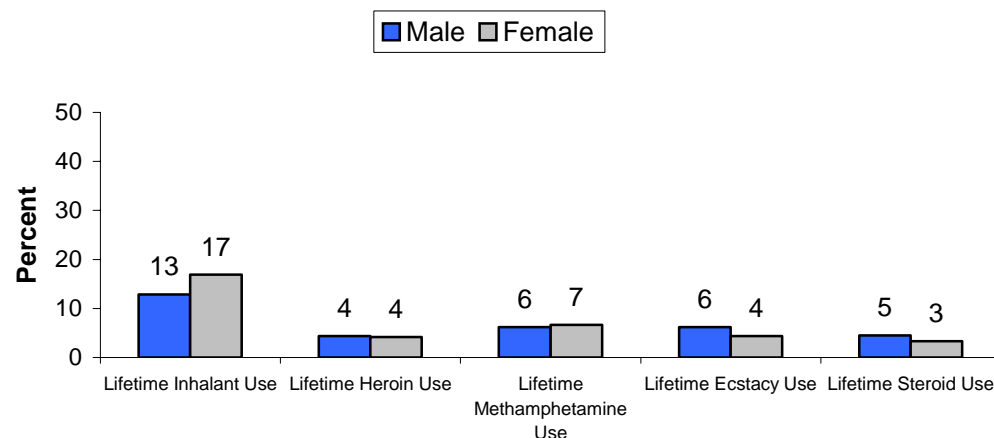


Lifetime Drug Use

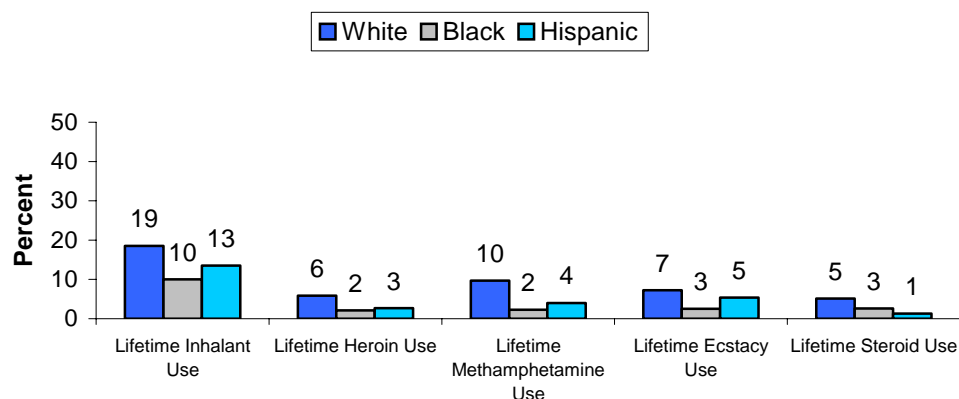
Percent of high school students who:

- **Have ever used inhalants – 15%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever used heroin – 4%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Have ever used methamphetamines – 6%**
- Significantly more White students than Black students have ever used methamphetamines.
- **Have ever used ecstasy – 5%**
- Significantly more White students than Black students have ever used ecstasy.
- **Have ever used steroids – 4%**
- Significantly more White students than Hispanic students have ever used steroids.

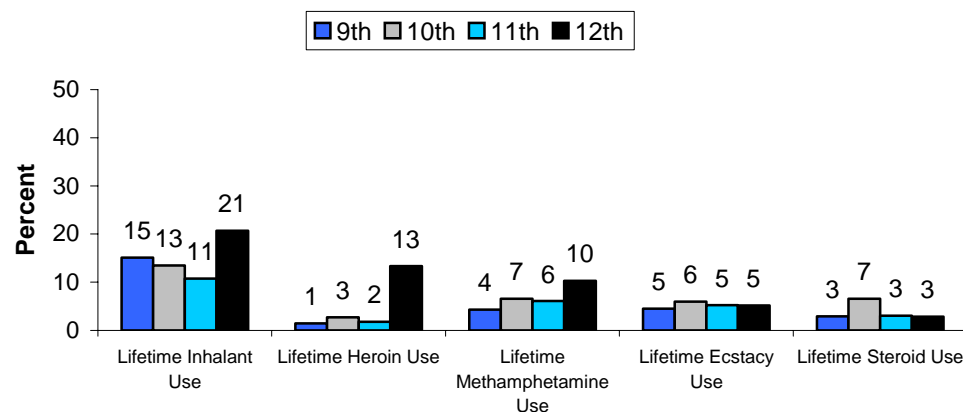
Lifetime Drug Use by Sex



Lifetime Drug Use by Race/Ethnicity



Lifetime Drug Use by Grade

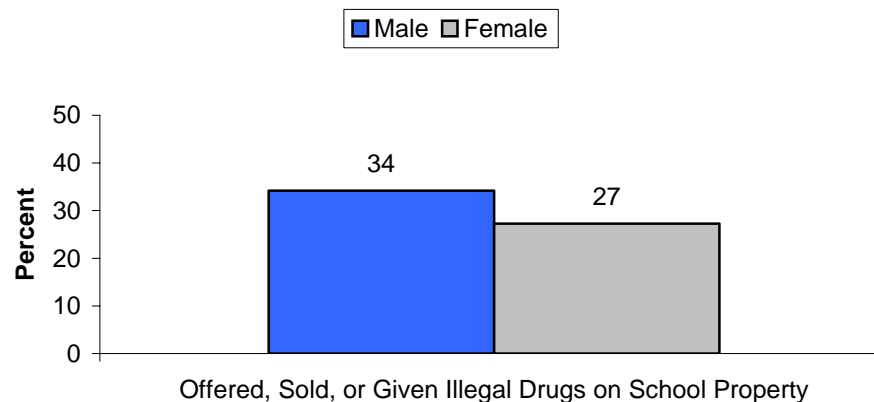


Drug Transactions at School

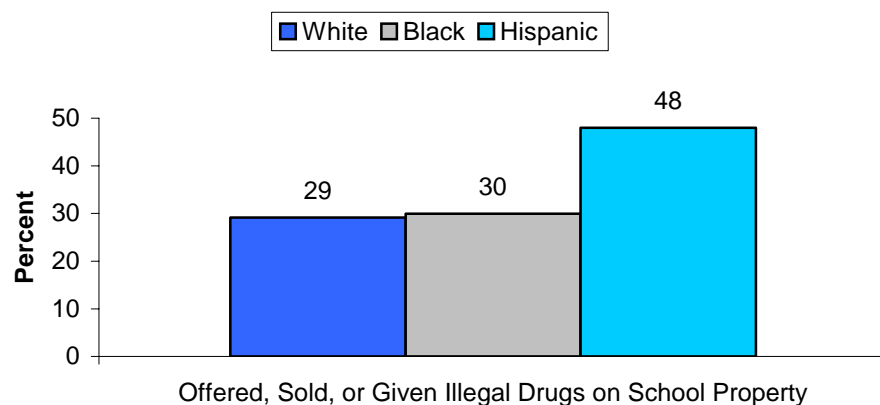
Percent of high school students who:

- **Were offered, sold, or given an illegal drug on school property in the past 12 months – 31%**
 - Significantly more male students than female students have been offered, sold, or given drugs on school property in the past 12 months.
 - Hispanic students are significantly more likely than Black or White students to have been offered, sold, or given drugs on school property in the past 12 months

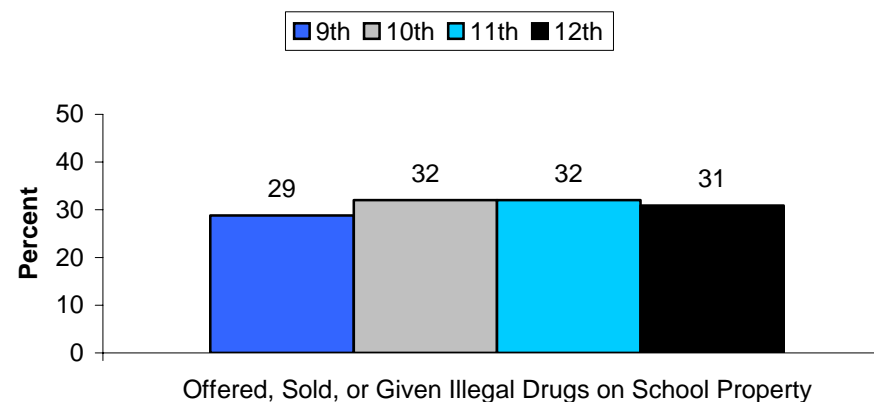
Drug Transactions at School by Sex



Drug Transactions at School by Race/Ethnicity



Drug Transactions at School by Grade

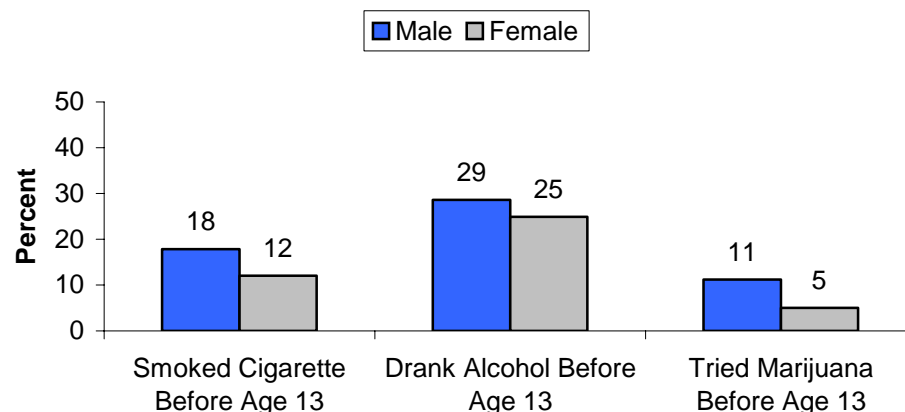


Initiation of Smoking, Drinking, and Marijuana Use

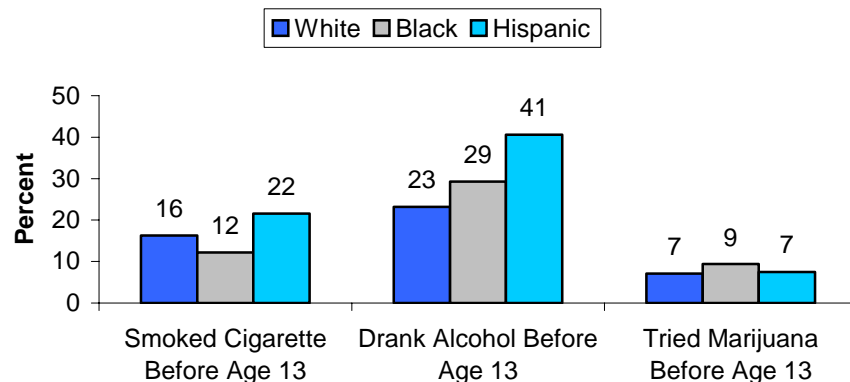
Percent of high school students who:

- **Smoked a whole cigarette for the first time before age 13 – 15%**
 - Significantly more male students than female students smoked a whole cigarette before age 13.
 - Hispanic students are significantly more likely than Black students to have smoked a whole cigarette before age 13.
- **Had their first drink of alcohol (other than a few sips) before age 13 – 27%**
 - Significantly more Hispanic students than White students had their first drink of alcohol before age 13.
 - 9th graders are significantly more likely than 10th or 11th graders to have had their first drink of alcohol before age 13.
- **Tried marijuana for the first time before age 13 – 8%**
 - Significantly more male students than female students tried marijuana for the first time before age 13.

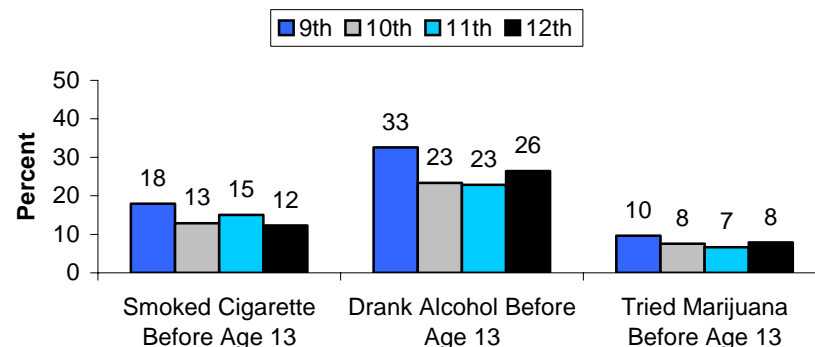
Initiation of Smoking, Drinking, and Marijuana Use by Sex



Initiation of Smoking, Drinking, and Marijuana Use by Race/Ethnicity



Initiation of Smoking, Drinking, and Marijuana Use by Grade



Obesity

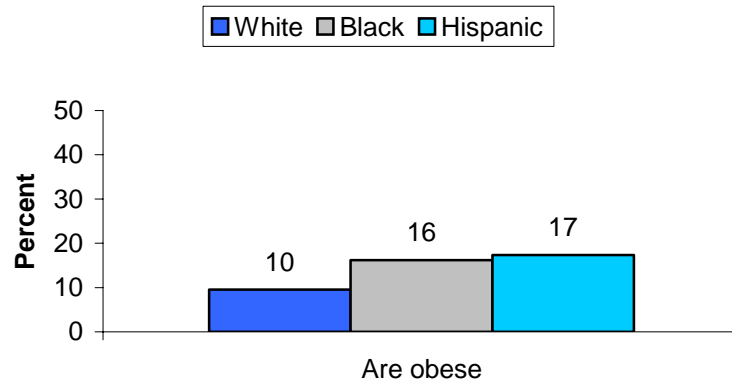
Percent of high school students who:

- **Are obese – 12%**
 - Significantly more Black students than White students are obese.

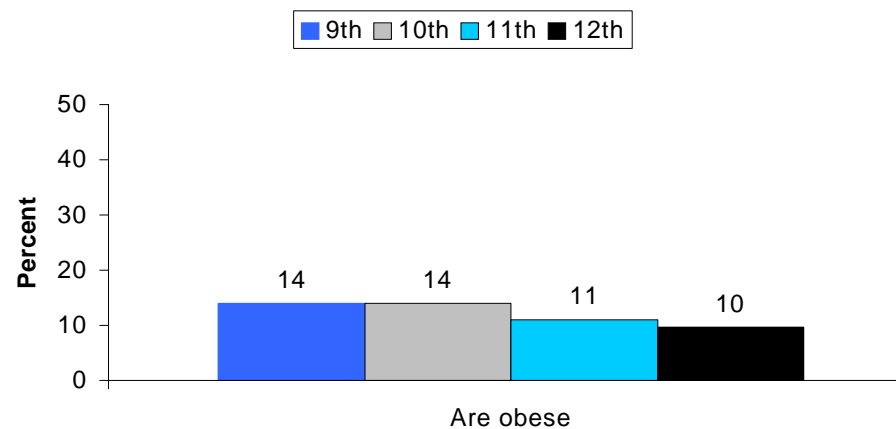
Obesity by Sex



Obesity by Race/Ethnicity



Obesity by Grade

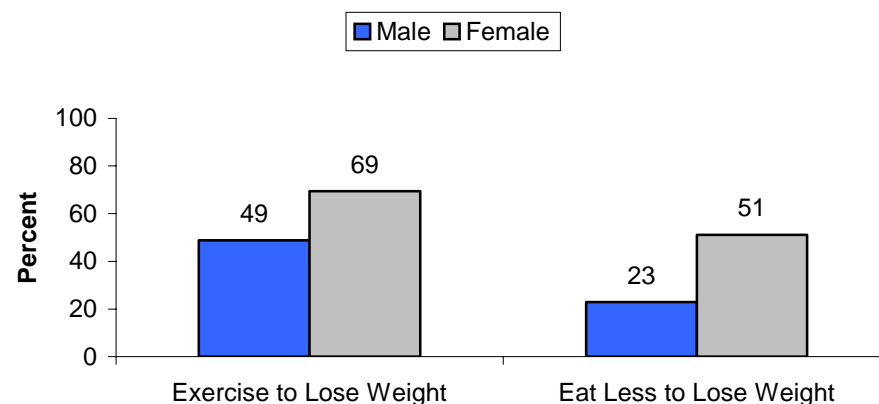


Weight Loss Practices

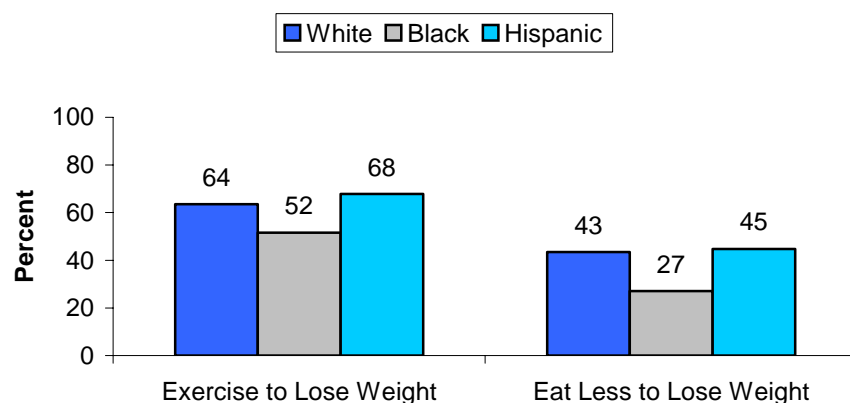
Percent of high school students who:

- **Exercised to lose weight or to keep from gaining weight during the past 30 days – 59%**
 - Significantly more female students than male students have exercised to lose or keep from gaining weight in the past 30 days.
 - Significantly more White students than Black students have exercised to lose or keep from gaining weight in the past 30 days.
- **Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days – 37%**
 - Female students are significantly more likely than male students to eat less to lose or keep from gaining weight.
 - White and Hispanic students are significantly more likely than Black students to eat less to lose or keep from gaining weight.

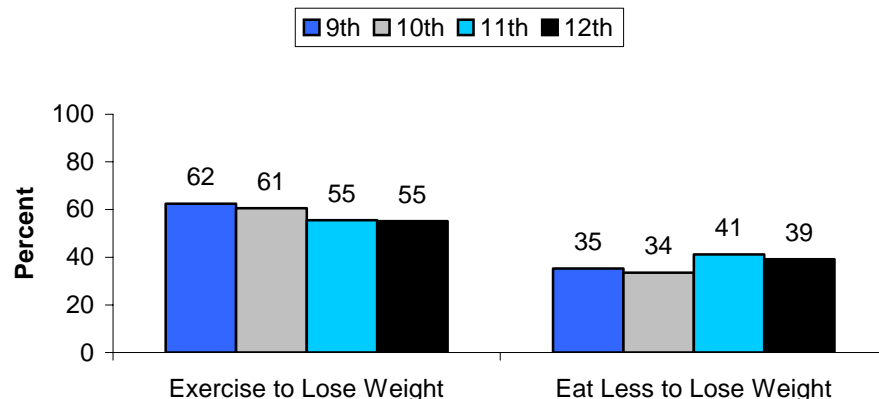
Weight Loss Practices by Sex



Weight Loss Practices by Race/Ethnicity



Weight Loss Practices by Grade

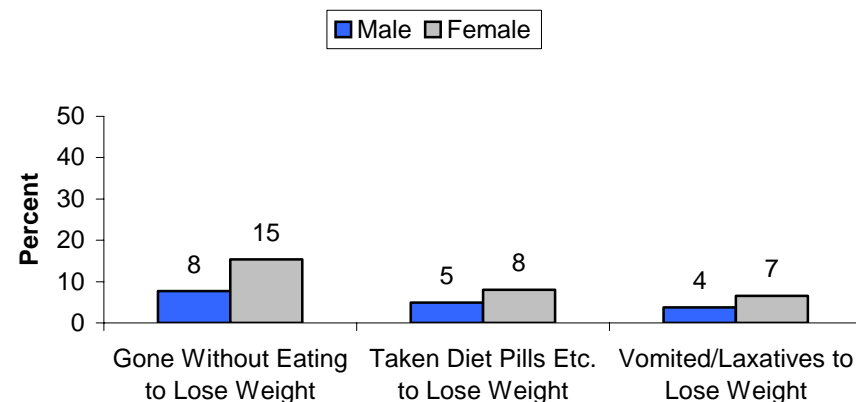


Dietary Behaviors

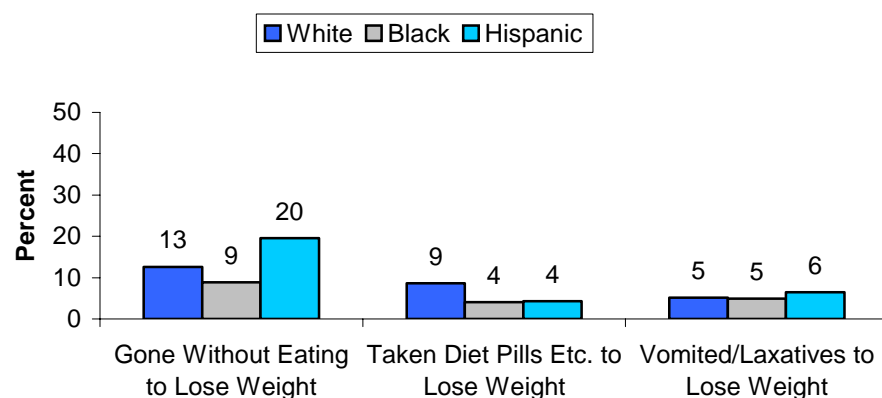
Percent of high school students who:

- **Went without eating 24 hours or more to lose weight in the past 30 days – 12%**
- Female students are significantly more likely than male students to go without eating 24 hours or more to lose weight.
- **Took diet pills, powders, or liquids without a doctor's advice to lose weight in the past 30 days – 7%**
- Significantly more White students than Black students took diet pills, powders, or liquids to lose weight in the past 30 days.
- **Vomited or took laxatives to lose weight in the past 30 days – 5%**
- There are no significant differences among males and females, racial/ethnic groups, or grades.

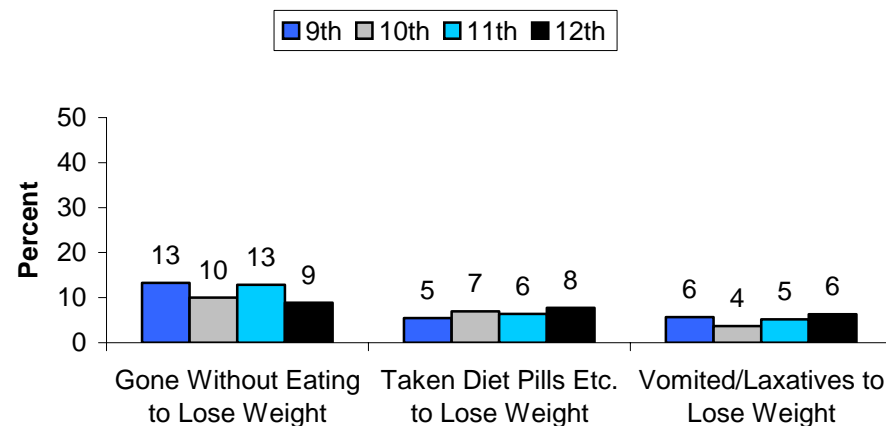
Dietary Behaviors by Sex



Dietary Behaviors by Race/Ethnicity



Dietary Behaviors by Grade

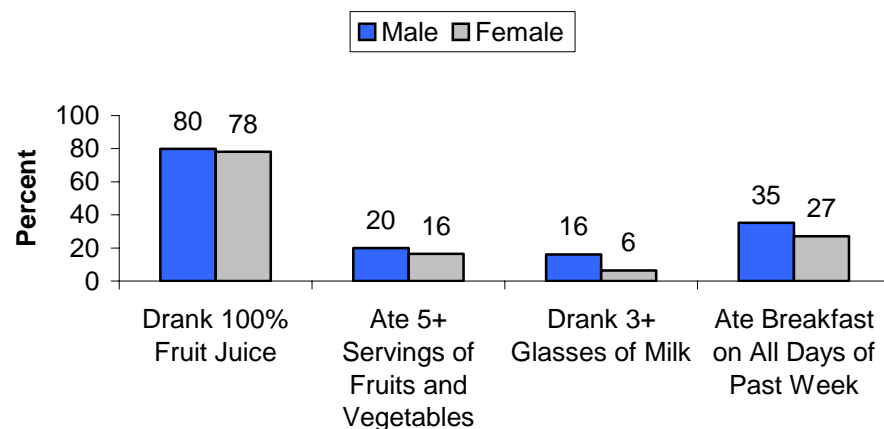


Nutritional Behaviors

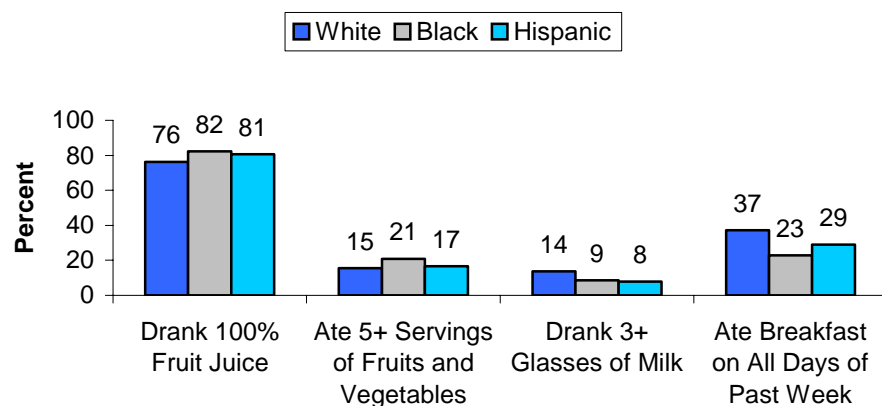
Percent of high school students who:

- **Drank 100% fruit juice one or more times in the past 7 days – 79%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Ate 5 or more servings of fruits and vegetables per day in the past 7 days – 18%**
 - There are no significant differences among males and females, racial/ethnic groups, or grades.
- **Drank 3 or more glasses of milk per day in the past 7 days – 11%**
 - Significantly more male students than female students drank 3 or more glasses of milk per day in the past 7 days.
 - White students are significantly more likely than Black students to have drunk 3 or more glasses of milk per day in the past 7 days.
- **Ate breakfast on all days of the past seven days – 31%**
 - Significantly more male students than female students ate breakfast each day of the past week.
 - White students are significantly more likely than Black students to eat breakfast every day.

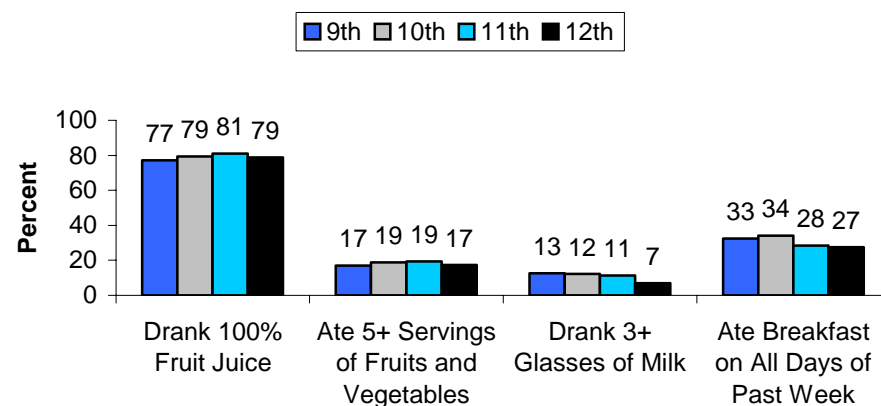
Nutritional Behaviors by Sex



Nutritional Behaviors by Race/Ethnicity



Nutritional Behaviors by Grade

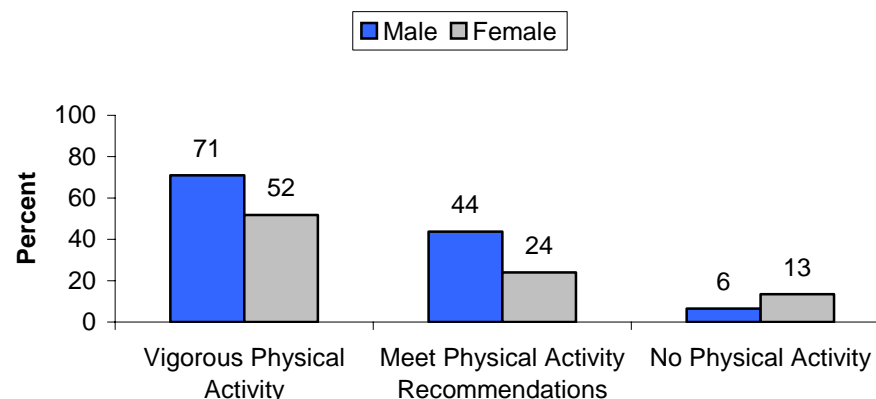


Physical Activity

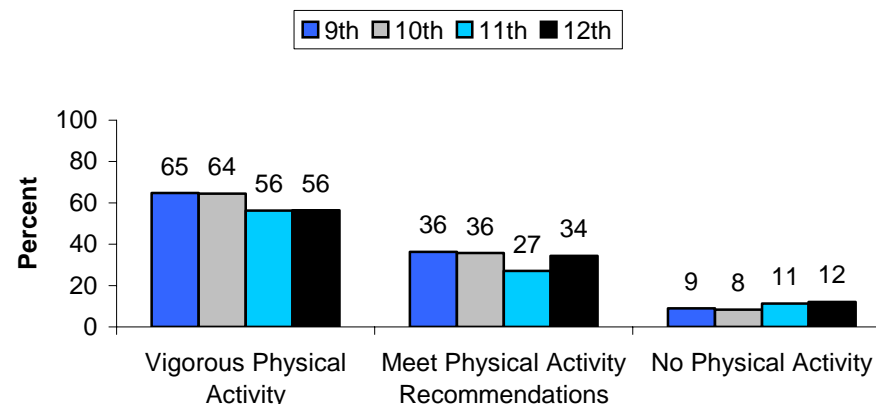
Percent of high school students who:

- **Exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days – 61%**
 - Significantly more male students than female students exercised or participated in vigorous physical activity.
 - White students are significantly more likely than Black students to exercise or participate in vigorous physical activity.
- **Meet current physical activity recommendations¹ – 34%**
 - Significantly more male students than female students meet the current physical activity recommendations.
 - White students are significantly more likely than Black or Hispanic students to meet the current physical activity recommendations.
- **Participated in no vigorous or moderate physical activity in the past 7 days – 10%**
 - Significantly more female students than male students did not participate in any vigorous or moderate physical activity.
 - Black students are significantly more likely than White or Hispanic students to not participate in any vigorous or moderate physical activity.

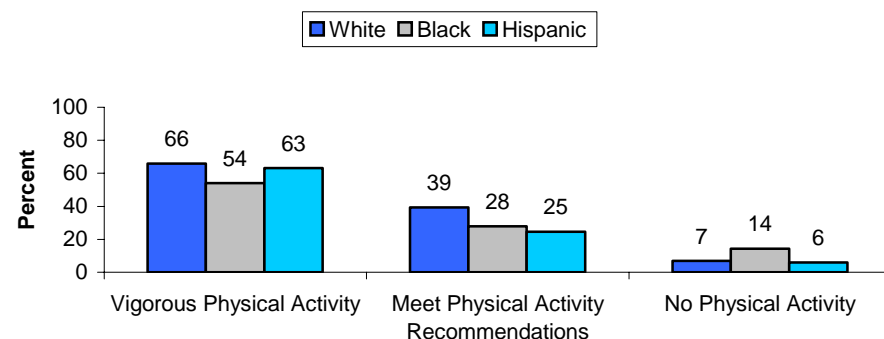
Physical Activity by Sex



Physical Activity by Grade



Physical Activity by Race/Ethnicity



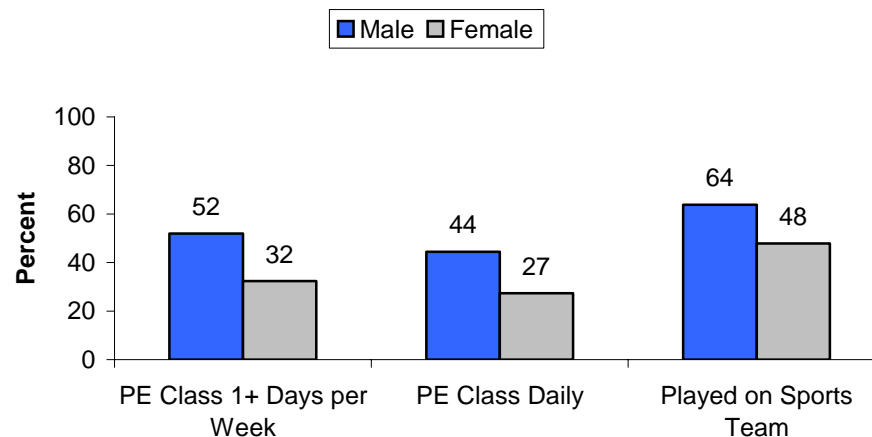
¹ Current physical activity recommendations are 60 minutes or more per day on 5 or more days per week.

Physical Education

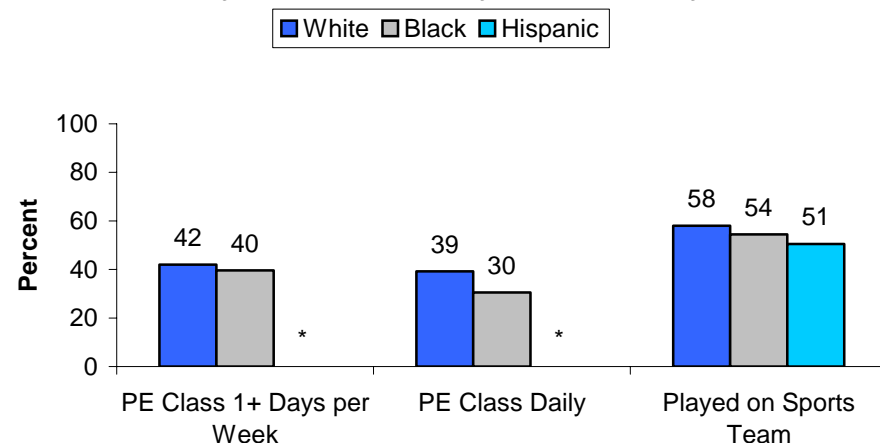
Percent of high school students who:

- **Attend physical education class on one or more days during the week – 42%**
 - Significantly more male students than female students attended PE class on one or more days during an average week.
 - 9th graders are significantly more likely than 10th, 11th, or 12th graders to have attended PE class on one or more days during an average week.
- **Attend physical education class daily – 36%**
 - Significantly more male students than female students attended PE classes daily.
 - 9th graders are significantly more likely than 10th, 11th, or 12th graders to have attended PE class daily.
- **Played on one or more sports teams in the past 12 months – 56%**
 - Significantly more male students than female students have played on one or more sports teams in the past 12 months.

Physical Education by Sex

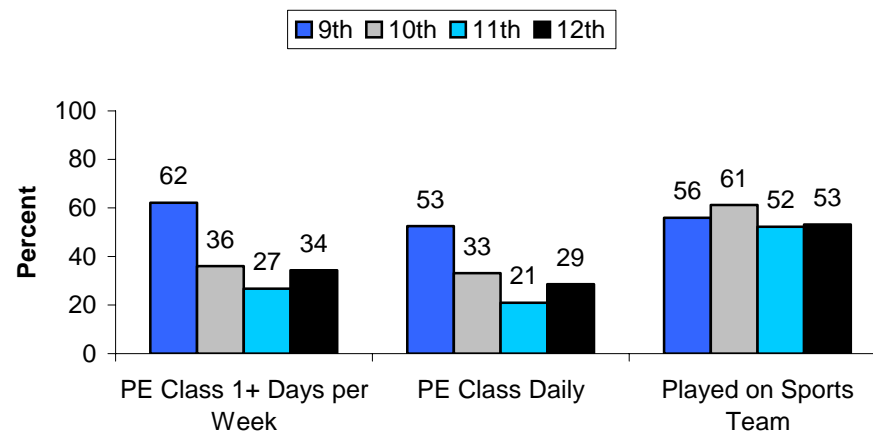


Physical Education by Race/Ethnicity



* Data not presented, n < 100.

Physical Education by Grade

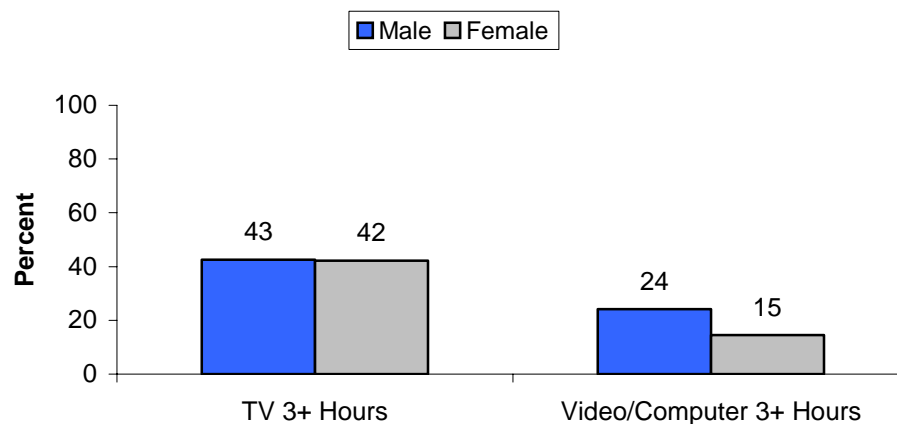


Sedentary Behaviors

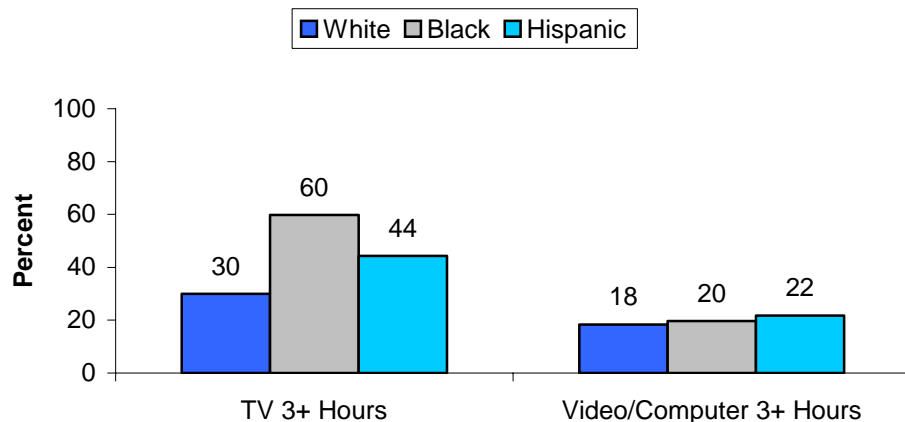
Percent of high school students who:

- **Watched 3 hours or more of TV per day on an average school day – 42%**
 - Black students are significantly more likely than White students to have watched 3 hours or more of TV per day on an average school day.
 - Significantly more 9th graders than 12th graders watched 3 hours or more of TV per day on an average school day.
- **Played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day – 19%**
 - Male students are significantly more likely than female students to have played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day.
 - Significantly more 9th graders than 11th or 12th graders played video or computer games or used a computer for something that is not school work for 3 hours or more per day on an average school day.

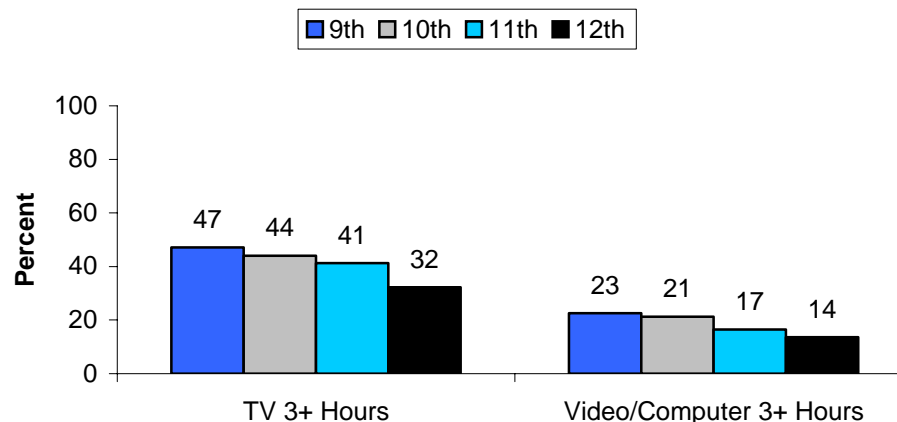
Sedentary Behaviors by Sex



Sedentary Behaviors by Race/Ethnicity



Sedentary Behaviors by Grade



Appendices

Appendix A:

National Health Objectives and Leading Health Indicators from Healthy People 2010¹ measured by the Georgia Student Health Survey, 2005, High School

Objective No.	Objective	2010 Target (%)	Data from 2003 GA Student Health Survey (%)	Data from 2005 GA Student Health Survey (%)
15 - 19	Increase use of safety belts.	92	90.6 ☺	90.4 ☺
15 - 21	Increase the proportion of motorcyclists using helmets.	79	§	§
15 - 38	Reduce physical fighting among adolescents.	32	31.4 ☺	33.8 ☺
15 - 39	Reduce weapon carrying by adolescents on school property.	4.9	5.0 ☺	7.5
18 - 2	Reduce the rate of suicide attempts by adolescents.	1.0	8.5	7.8
22 - 6	Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.	35	25.4	23.7
22 - 7	Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.	85	59.0	61.3
22 - 9	Increase the proportion of adolescents who participate in daily school physical education.	50	29.1	35.9
22 - 10	Increase the proportion of adolescents who spend at least 50% of school physical education class time being physically active.	50	31.0	32.7
22 - 11	Increase the proportion of adolescents who view television < 2 hours on a school day.	75	57.6	57.6
25 - 11	Increase the proportion of adolescents who abstain from sexual intercourse or use condoms, if currently sexually active.	95	§	§
26 - 6	Reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol.	30	24.0 ☺	26.7 ☺
27 - 2	Reduce tobacco use by adolescents.			
27 - 2a	Reduce tobacco product use (past month).	21	26.1	24.1
27 - 2b	Reduce cigarette use (past month).	16	20.9	17.2 ☺
27 - 2c	Reduce spit tobacco use (past month).	1	7.6	7.4
27 - 2d	Reduce cigar use (past month).	8	13.9	15.1
27 - 7	Increase tobacco use cessation attempts by adolescent smokers.	84	59.4	57.3

¹ U.S. Department of Health and Human Services. With understanding and improving health and objectives for improving health. In: Healthy People 2010 (Conference ed, in 2 vols.). Washington, D.C.

NOTE: The presence of a happy face indicates that Georgia high school students met or were within 1-2% of the Healthy People 2010 objective for that health behavior.

§ Georgia Student Health Survey data not collected for this behavior.

Appendix B: Methodology

The purpose of the Georgia Student Health Survey was to gather data on behaviors among youth related to the leading causes of mortality and morbidity.

Questionnaire Development

Two self-administered, anonymous questionnaires were developed by the Georgia Division of Public Health for the survey. One questionnaire was developed for middle school students and contained 52 items. The other questionnaire was developed for high school students, and contained 90 items. Both questionnaires were modeled after the core Youth Risk Behavior Survey (YRBS), developed by the Centers for Disease Control and Prevention (CDC). Both questionnaires covered five topics from the YRBS: 1) behaviors that result in unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) dietary behaviors; and 5) physical activity. Additional questions about asthma were added to both questionnaires. Additionally, the high school questionnaires asked about gambling. No questions about sexual behavior were included in either of the questionnaires.

Sampling

Sample Design

A separate middle school and high school sample was selected, with an objective of having 95% confidence limits of approximately $\pm 5\%$ around prevalence estimate of key variables. The sampling frame consisted of all regular public schools containing students enrolled in grades 6-8 for the middle schools and 9-12 for the high schools. A two-stage cluster sample design was used to produce a representative sample of middle school students in grades 6-8 and high school students in grade 9-12. The sampling program PC-Sample was used to draw both the middle school and high school samples.

Sampling Procedures

School level – The first-stage sampling frame consisted of all public schools containing any of grades 6-8 for the middle schools and 9-12 for the high schools. Schools were selected systematically with probability proportional to school enrollment size (PPS) using a random start. The sample included 50 public middle schools and 50 public high schools.

Class level – The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each middle school and high school that participated in the survey. 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.

Student level – All students in the selected classes were eligible to participate in the survey. Student make-ups were also conducted.

Appendix B: Methodology (cont'd)

Data Collection

Recruitment of Sampled Districts and Schools

School district and school recruitment began in mid January 2005. Tailored letters of invitation were sent to the school districts. These letters were followed by phone calls directly to the superintendent to answer questions and obtain permission to contact the school. School packets were included with the district invitation packet and the superintendents were asked to forward these on to the principal after their approval was received. The recruitment process sometimes included the completion of special research proposals, attendance at board meetings and principal meetings, and other clearance procedures.

As soon as notification was received that a school packet had been sent to the principal, the principal was called, a contact person was assigned, classes selected, and a date for data collection was scheduled.

Classroom-level Data Collection

The Georgia Student Health Survey was administered between March 7 and May 24, 2005 by six specially trained field staff. The data collectors were recruited from a variety of sources, including local and state retired teachers' associations, local universities, and job fairs. They completed an intensive training that included lectures, simulations, and group role plays and discussions. Detailed arrangements and survey schedules were set prior to each school visit.

Weighting

For both the middle school and high school data, a weight variable was calculated for each student record to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

W1 = the inverse of the probability of selecting the school

W2 = the inverse of the probability of selecting the classroom within the school

f1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large)

f2 = a student-level non-response adjustment factor calculated by class

f3 = a post stratification adjustment factor calculated by sex, grade, and race

Appendix B: Methodology (cont'd)

Georgia Student Health Survey Response Rates

	School			Student			Overall ¹
	Selected	Participated	Response Rate (%)	Selected	Participated	Response Rate (%)	Response Rate (%)
Middle	50	46	92.0	2,187	1,923	87.9	80.9
High	50	43	86.0	1,962	1,755	89.4	76.9

Georgia Student Health Survey Demographic Distribution of Sample

	Middle School		High School	
	n	%	n	%
Sex				
Male	920	51.5	835	50.2
Female	999	48.5	915	49.8
Grade				
6 th	534	33.3		
7 th	682	33.3		
8 th	691	33.2		
9 th			525	32.6
10 th			479	25.9
11 th			428	22.0
12 th			307	19.3
Race/ethnicity				
White	855	48.8	803	52.1
Black	721	39.8	702	38.2
Hispanic	146	7.2	110	5.8

Statistical Significance

SUDAAN was used to compute 95% confidence intervals, which were used to determine the differences among subgroups at the $p < 0.05$ level. Differences between prevalence estimates were considered statistically significant if the 95% confidence intervals did not overlap.

¹ Overall Response Rate = School Response Rate * Student Response Rate

Appendix C: Survey Questions¹

1. How often do you wear a seat belt when riding in a car? *[wording used with middle school students]*
2. How often do you wear a seat belt when riding in a car driven by someone else? *[wording used with high school students]*
3. How often do you wear a seat belt when driving a car? *[asked only of high school students]*
4. When you ride a bicycle, how often do you wear a helmet? *[wording used with middle school students]*
5. When you rode a bicycle during the past 12 months, how often did you wear a helmet? *[wording used with high school students]*
6. When you rollerblade or ride a skateboard, how often do you wear a helmet? *[asked only of middle school students]*
7. Have you ever ridden in a car driven by someone who had been drinking alcohol? *[wording used with middle school students]*
8. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? *[wording used with high school students]*
9. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? *[asked only of high school students]*
10. Have you ever carried a weapon, such as a gun, knife, or club? *[wording used with middle school students]*
11. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club? *[wording used with high school students]*
12. During the past 30 days, on how many days did you carry a gun? *[asked only of high school students]*
13. Have you ever been in a physical fight? *[wording used with middle school students]*
14. During the past 12 months, how many times were you in a physical fight? *[wording used with high school students]*
15. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse? *[wording used with middle school students]*
16. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse? *[wording used with high school students]*
17. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose? *[asked only of high school students]*

¹ Questions were identical for middle school and high school students, unless otherwise specified.

Appendix C: Survey Questions (cont'd)

18. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? *[asked only of high school students]*
19. Have you ever seriously thought about killing yourself? *[wording used with middle school students]*
20. During the past 12 months, did you ever seriously consider attempting suicide? *[wording used with high school students]*
21. Have you ever made a plan about how you would kill yourself? *[wording used with middle school students]*
22. During the past 12 months, did you make a plan about how you would attempt suicide? *[wording used with high school students]*
23. Have you ever tried to kill yourself? *[wording used with middle school students]*
24. During the past 12 months, how many times did you actually attempt suicide? *[wording used with high school students]*
25. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse? *[asked only of high school students]*
26. During the past 30 days, on how many days did you smoke cigarettes?
27. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
28. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars²?
29. Have you ever had a drink of alcohol, other than a few sips? *[wording used with middle school students]*
30. During your life, on how many days have you had at least one drink of alcohol? *[wording used with high school students]*
31. During the past 30 days, on how many days did you have at least one drink of alcohol? *[asked only of high school students]*
32. During the past 30 days, on how many days did you have five or more drinks of alcohol in a row, that is, within a couple of hours? *[asked only of high school students]*
33. Have you ever used marijuana? *[asked only of middle school students]*

² Cigar use in the past 30 days is not presented in this report; however, current tobacco use is presented as a composite of students who have reported using cigarettes, smokeless tobacco, and/or cigars on one or more days in the past 30 days.

Appendix C: Survey Questions (cont'd)

34. During the past 30 days, how many times did you use marijuana? *[asked only of high school students]*
35. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase? *[asked only of high school students]*
36. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high? *[wording used with middle school students]*
37. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high? *[wording used with high school students]*
38. During your life, how many times have you used heroin (also called smack, junk, or China White)? *[asked only of high school students]*
39. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)? *[asked only of high school students]*
40. During your life, how many times have you used ecstasy (also called MDMA)? *[asked only of high school students]*
41. Have you ever used steroids? *[wording used with middle school students]*
42. During your life, how many times have you taken steroid pills or shots without a doctor's prescription? *[wording used with high school students]*
43. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? *[asked only of high school students]*
44. How old were you when you smoked a whole cigarette for the first time?
45. How old were you when you had your first drink of alcohol other than a few sips?
46. How old were you when you tried marijuana for the first time?
47. How tall are you without your shoes on?
48. How much do you weigh without your shoes on?
49. Have you ever exercised to lose weight or to keep from gaining weight? *[wording used with middle school students]*
50. During the past 30 days, did you exercise to lose weight or to keep from gaining weight? *[wording used with high school students]*
51. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight? *[wording used with middle school students]*

Appendix C: Survey Questions (cont'd)

52. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight? *[wording used with high school students]*
53. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight? *[wording used with middle school students]*
54. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight? *[wording used with high school students]*
55. Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? *[wording used with middle school students]*
56. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? *[wording used with high school students]*
57. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight? *[wording used with middle school students]*
58. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight? *[wording used with high school students]*
59. During the past seven days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? *[asked only of high school students]*
60. During the past seven days, how many times did you eat fruit? *[asked only of high school students]*
61. During the past seven days, how many times did you eat green salad³? *[asked only of high school students]*
62. During the past seven days, how many glasses of milk did you drink? *[asked only of high school students]*
63. On how many of the past seven days did you eat breakfast?
64. On how many of the past seven days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
65. During the past seven days, on how many days were you physically active for a total of at least 60 minutes per day? *[asked only of high school students]*

³ Consumption of green salad, potatoes, carrots, and other vegetables are not presented individually in this report; however, consumption of vegetables is presented as a composite of these variables.

Appendix C: Survey Questions (cont'd)

66. On how many of the past seven days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors? *[asked only of high school students]*
67. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
68. Do you play on any sports teams? *[wording used with middle school students]*
69. During the past 12 months, on how many sports teams did you play? *[wording used with high school students]*
70. On an average school day, how many hours do you watch TV?
71. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?

Race/Ethnicity is based on responses to a question how the student describes himself/herself. Answer categories were: American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Native Hawaiian or other Pacific Islander, and white.

Appendix D: Detailed Data Tables for Middle School and High School Students – 2005 Georgia Student Health Survey

Table 1: Risk Behaviors for Unintentional Injuries by Sex, Grade, and Race/Ethnicity, Middle School and High School

Unintentional Injuries	Never/Rarely Seatbelt Riding in Car % (95% CI)	Never/Rarely Seatbelt Driving Car % (95% CI)	Never/Rarely Bicycle Helmet % (95% CI)	Never/Rarely Helmet While Skateboarding/ Rollerblading % (95% CI)	Rode with Drunk Driver* % (95% CI)	Drove After Drinking Past 30 Days % (95% CI)
Middle School	8.5 (+1.8)	N/A	74.8 (+4.6)	73.2 (+5.0)	32.5 (+3.0)	N/A
Male	10.6 (+2.8)	N/A	76.3 (+5.0)	75.4 (+4.6)	33.9 (+3.4)	N/A
Female	6.2 (+1.8)	N/A	73.1 (+5.0)	71.0 (+7.0)	30.9 (+3.7)	N/A
6 th	9.2 (+2.7)	N/A	69.6 (+9.2)	66.8 (+9.0)	25.3 (+3.6)	N/A
7 th	6.9 (+2.4)	N/A	77.8 (+5.3)	77.0 (+6.0)	33.5 (+4.3)	N/A
8 th	9.5 (+3.2)	N/A	78.0 (+4.5)	77.3 (+5.2)	38.5 (+4.6)	N/A
White	7.3 (+2.2)	N/A	64.0 (+6.5)	69.9 (+6.8)	34.6 (+4.8)	N/A
Black	9.1 (+2.3)	N/A	87.1 (+3.4)	79.2 (+4.2)	29.2 (+3.3)	N/A
Hispanic	12.4 (+5.1)	N/A	78.7 (+9.0)	§	38.6 (+8.2)	N/A
High School	9.6 (+3.7)	5.7 (+1.7)	85.6 (+6.5)	N/A	26.7 (+3.2)	8.8 (+2.9)
Male	10.7 (+3.3)	8.5 (+2.5)	89.9 (+5.7)	N/A	26.9 (+3.6)	11.0 (+3.4)
Female	8.5 (+4.8)	2.8 (+1.5)	79.6 (+8.5)	N/A	26.4 (+5.2)	6.5 (+2.9)
9 th	7.6 (+2.1)	3.8 (+1.7)	88.1 (+6.2)	N/A	26.1 (+5.1)	4.2 (+1.4)
10 th	8.1 (+2.8)	4.6 (+2.0)	87.3 (+5.1)	N/A	27.8 (+6.2)	6.8 (+3.0)
11 th	7.5 (+1.8)	5.9 (+2.7)	91.4 (+4.5)	N/A	22.2 (+4.4)	9.1 (+2.7)
12 th	17.1 (+16.5)	9.8 (+5.5)	71.0(+24.8)	N/A	31.5 (+9.1)	18.7 (+11.6)
White	10.1 (+5.5)	6.2 (+2.1)	80.3 (+10.1)	N/A	27.8 (+4.5)	11.7 (+4.2)
Black	9.0 (+2.7)	5.3 (+2.1)	91.9 (+3.5)	N/A	25.5 (+3.8)	5.2 (+1.8)
Hispanic	7.0 (+7.4)	4.5 (+6.4)	§	N/A	27.8 (+5.9)	6.0 (+7.6)

* Rode in vehicle driven by someone who had been drinking alcohol – ever in lifetime (middle school); 1+ times in the past 30 days (high school).

§ Data not presented, n < 100.

Table 2: Weapon Carrying and Violent Behaviors by Sex, Grade, and Race/Ethnicity, Middle School and High School

Violent Behaviors	Carried a Weapon* % (95% CI)	Carried a Gun % (95% CI)	Physical Fight** % (95% CI)	Physical Fight with Injury** % (95% CI)	Dating Violence % (95% CI)
Middle School	35.1 (+3.0)	N/A	61.6 (+3.3)	6.5 (+1.2)	N/A
Male	50.3 (+5.4)	N/A	75.0 (+2.4)	7.7 (+2.2)	N/A
Female	19.4 (+2.1)	N/A	47.4 (+4.9)	5.3 (+1.5)	N/A
6 th	30.4 (+5.0)	N/A	57.4 (+5.8)	5.3 (+2.2)	N/A
7 th	32.7 (+4.6)	N/A	62.8 (+4.4)	8.0 (+1.8)	N/A
8 th	41.9 (+4.7)	N/A	64.5 (+4.9)	6.2 (+2.1)	N/A
White	40.5 (+3.3)	N/A	53.3 (+3.8)	6.4 (+1.9)	N/A
Black	28.0 (+4.0)	N/A	72.5 (+3.5)	5.5 (+1.5)	N/A
Hispanic	30.9 (+5.6)	N/A	57.0 (+6.8)	10.8 (+4.0)	N/A
High School	22.1 (+3.9)	7.6 (+2.8)	33.8 (+2.7)	3.7 (+0.9)	14.2 (+3.4)
Male	33.3 (+4.6)	11.6 (+2.9)	43.0 (+3.6)	5.1 (+1.3)	15.3 (+3.4)
Female	10.7 (+4.3)	3.5 (+3.7)	24.7 (+3.3)	2.3 (+1.0)	13.0 (+4.2)
9 th	22.7 (+5.9)	7.5 (+3.4)	39.8 (+6.1)	4.2 (+1.5)	10.8 (+2.9)
10 th	22.0 (+3.4)	6.5 (+3.3)	32.1 (+3.8)	3.1 (+1.7)	11.8 (+2.7)
11 th	18.7 (+3.5)	5.4 (+2.3)	33.6 (+3.8)	3.9 (+1.6)	12.4 (+2.6)
12 th	24.3 (+13.0)	11.8 (+12.5)	26.5 (+5.3)	3.2 (+1.7)	25.4 (+16.2)
White	26.6 (+5.4)	9.7 (+4.7)	28.7 (+3.6)	3.7 (+1.3)	13.4 (+5.6)
Black	15.1 (+4.2)	4.8 (+2.3)	39.0 (+4.3)	3.3 (+1.1)	15.6 (+3.5)
Hispanic	27.2 (+19.2)	7.0 (+6.1)	43.9 (+16.5)	4.1 (+2.4)	9.5 (+6.3)

* Carried a weapon such as a gun, knife, or club – ever in lifetime (middle school); 1+ times in the past 30 days (high school).

* In physical fight 1+ times – ever in lifetime (middle school); in the past 12 months (high school).

Table 3: Suicidal Ideation and Behavior by Sex, Grade, and Race/Ethnicity, Middle School and High School

Suicidal Ideation and Behavior	Sad/Hopeless Every Day for 2+ Weeks % (95% CI)	Considered Suicide* % (95% CI)	Made Suicide Plan** % (95% CI)	Attempted Suicide*** % (95% CI)	Attempted Suicide Resulted in Injury in Past 12 Months % (95% CI)
Middle School	N/A	20.4 (+2.1)	11.8 (+1.6)	8.0 (+1.6)	N/A
Male	N/A	16.6 (+2.1)	9.6 (+1.8)	6.1 (+1.9)	N/A
Female	N/A	24.5 (+2.8)	14.3 (+2.2)	10.1 (+2.2)	N/A
6 th	N/A	14.9 (+3.1)	9.3 (+2.4)	6.3 (+2.5)	N/A
7 th	N/A	22.3 (+3.4)	13.2 (+2.7)	7.9 (+2.4)	N/A
8 th	N/A	23.8 (+3.3)	12.8 (+2.4)	9.4 (+2.5)	N/A
White	N/A	21.1 (+3.0)	11.7 (+2.5)	7.2 (+2.4)	N/A
Black	N/A	18.4 (+2.8)	11.1 (+2.2)	7.7 (+2.1)	N/A
Hispanic	N/A	23.2 (+4.9)	11.4 (+4.5)	13.5 (+4.4)	N/A
High School	29.1 (+2.9)	17.4 (+4.1)	14.9 (+4.4)	7.8 (+1.5)	2.2 (+0.6)
Male	22.2 (+3.2)	11.5 (+3.8)	11.9 (+4.2)	5.4 (+2.1)	2.0 (+1.2)
Female	36.1 (+3.1)	23.4 (+5.0)	17.8 (+5.4)	10.0 (+2.6)	2.5 (+0.8)
9 th	28.9 (+4.4)	16.2 (+3.6)	12.8 (+3.2)	8.6 (+3.0)	1.7 (+1.0)
10 th	31.6 (+4.3)	19.5 (+3.4)	13.9 (+3.2)	8.4 (+2.5)	2.6 (+1.5)
11 th	29.3 (+3.6)	12.8 (+3.1)	13.1 (+3.0)	6.5 (+1.9)	2.0 (+1.1)
12 th	26.4 (+8.3)	21.5 (+18.3)	21.5 (+18.9)	6.6 (+3.3)	2.8 (+1.8)
White	25.7 (+2.8)	18.4 (+5.9)	15.7 (+6.1)	6.2 (+1.9)	1.5 (+1.0)
Black	31.2 (+3.6)	15.1 (+3.8)	13.8 (+3.8)	9.6 (+2.2)	3.4 (+1.1)
Hispanic	42.3 (+14.1)	18.2 (+6.9)	12.3 (+7.9)	§	§

* Considered suicide – ever in lifetime (middle school); in the past 12 months (high school).

** Made suicide plan - ever in lifetime (middle school); in the past 12 months (high school).

*** Attempted suicide - ever in lifetime (middle school); in the past 12 months (high school).

§ Data not presented, n < 100.

Table 4: Tobacco Use by Sex, Grade, and Race/Ethnicity, Middle School and High School

Tobacco Use	Current Cigarette Use* % (95% CI)	Current Smokeless Tobacco Use** % (95% CI)	Current Tobacco Use*** % (95% CI)
Middle School	7.1 (+1.9)	4.9 (+1.4)	10.4 (+2.4)
Male	8.5 (+3.0)	7.2 (+2.4)	13.2 (+3.6)
Female	5.7 (+2.0)	2.5 (+1.0)	7.4 (+2.3)
6 th	3.5 (+1.6)	3.6 (+2.1)	6.0 (+1.9)
7 th	7.4 (+3.2)	4.1 (+1.5)	10.1 (+3.9)
8 th	9.7 (+3.4)	6.5 (+2.3)	14.4 (+4.1)
White	7.5 (+2.5)	6.0 (+2.0)	11.6 (+3.5)
Black	5.7 (+2.2)	2.9 (+1.4)	8.1 (+2.7)
Hispanic	9.8 (+4.0)	5.3 (+3.3)	12.1 (+4.3)
High School	17.2 (+3.1)	7.4 (+1.9)	24.1 (+3.6)
Male	18.9 (+4.5)	12.4 (+3.1)	29.0 (+5.8)
Female	15.4 (+3.0)	2.3 (+1.0)	19.2 (+3.0)
9 th	14.3 (+3.8)	5.1 (+2.0)	18.9 (+4.7)
10 th	14.5 (+5.8)	10.3 (+3.5)	22.2 (+6.2)
11 th	20.2 (+4.9)	6.2 (+3.3)	26.7 (+5.8)
12 th	22.9 (+7.8)	7.9 (+4.2)	32.6 (+7.9)
White	22.4 (+4.0)	11.6 (+3.0)	30.0 (+4.6)
Black	10.1 (+2.9)	2.2 (+1.1)	16.7 (+3.8)
Hispanic	§	2.8 (+3.4)	§

* Smoked cigarettes on 1+ days in the past 30 days.

** Used smokeless tobacco on 1+ days in the past 30 days.

*** Used any tobacco product on 1+ days in the past 30 days.

§ Data not presented, n < 100.

Table 5: Alcohol Use by Sex, Grade, and Race/Ethnicity, Middle School and High School

Alcohol Use	Lifetime Alcohol Use* % (95% CI)	Current Alcohol Use** % (95% CI)	Current Binge Drinking*** % (95% CI)
Middle School	37.1 (+3.2)	N/A	N/A
Male	38.6 (+3.5)	N/A	N/A
Female	35.4 (+4.7)	N/A	N/A
6 th	27.5 (+4.9)	N/A	N/A
7 th	37.2 (+4.9)	N/A	N/A
8 th	46.7 (+2.9)	N/A	N/A
White	32.7 (+4.6)	N/A	N/A
Black	39.6 (+3.0)	N/A	N/A
Hispanic	51.2 (+7.8)	N/A	N/A
High School	73.2 (+2.3)	39.9 (+4.2)	20.8 (+3.8)
Male	71.4 (+4.4)	38.8 (+5.7)	21.6 (+5.0)
Female	75.0 (+3.8)	41.0 (+4.8)	19.9 (+4.4)
9 th	65.3 (+5.0)	31.3 (+5.5)	13.0 (+3.6)
10 th	70.0 (+5.7)	37.5 (+6.5)	21.1 (+6.2)
11 th	77.8 (+3.6)	46.4 (+6.2)	21.6 (+3.8)
12 th	85.9 (+5.7)	50.7 (+11.4)	33.2 (+12.7)
White	75.7 (+2.9)	46.4 (+5.0)	29.0 (+4.9)
Black	69.4 (+3.3)	31.0 (+4.5)	10.4 (+2.2)
Hispanic	77.8 (+10.7)	39.9 (+8.0)	15.1 (+6.0)

* At least one drink of alcohol on 1+ days during their life.

** Had at least one drink of alcohol on 1+ days in the past 30 days.

*** Had 5+ drinks of alcohol in a row within a couple of hours on 1+ days in the past 30 days.

Table 6: Drug Use by Sex, Grade, and Race/Ethnicity, Middle School and High School

Drug Use	Marijuana Use* % (95% CI)	Cocaine Use** % (95% CI)	Inhalant Use*** % (95% CI)
Middle School	9.4 (+1.7)	N/A	13.3 (+1.6)
Male	11.8 (+2.5)	N/A	12.9 (+2.4)
Female	6.8 (+1.7)	N/A	13.8 (+2.0)
6 th	5.4 (+2.1)	N/A	12.7 (+2.6)
7 th	9.6 (+1.9)	N/A	14.4 (+3.3)
8 th	12.7 (+3.2)	N/A	12.8 (+3.0)
White	8.1 (+2.2)	N/A	12.6 (+3.2)
Black	10.4 (+2.2)	N/A	12.7 (+2.1)
Hispanic	10.7 (+5.4)	N/A	18.1 (+6.9)
High School	18.9 (+3.1)	3.0 (+1.2)	14.9 (+4.2)
Male	20.3 (+4.1)	3.7 (+1.9)	12.8 (+3.6)
Female	17.4 (+3.5)	2.4 (+1.3)	16.9 (+5.2)
9 th	15.7 (+4.8)	2.0 (+1.4)	15.1 (+3.1)
10 th	18.8 (+5.7)	4.5 (+2.4)	13.5 (+5.3)
11 th	22.7 (+4.3)	2.6 (+1.6)	10.8 (+2.6)
12 th	19.9 (+5.8)	2.9 (+2.2)	20.7 (+18.4)
White	18.2 (+3.9)	4.2 (+2.1)	18.5 (+6.7)
Black	19.8 (+3.1)	1.1 (+0.7)	10.0 (+3.0)
Hispanic	15.5 (+15.7)	3.9 (+5.4)	13.5 (+6.1)

* Used marijuana – ever in lifetime (middle school); 1+ times in the past 30 days (high school).

** Used cocaine on 1+ days in the past 30 days.

*** Used inhalants – ever in lifetime.

Table 7: Lifetime Drug Use by Sex, Grade, and Race/Ethnicity, Middle School and High School

Lifetime Drug Use	Heroin Use % (95% CI)	Methamphetamine Use % (95% CI)	Ecstasy Use % (95% CI)	Steroid Use % (95% CI)	Were Offered/Sold/Given Illegal Drug on School Property % (95% CI)
Middle School	N/A	N/A	N/A	2.5 (+0.7)	N/A
Male	N/A	N/A	N/A	3.0 (\pm 1.1)	N/A
Female	N/A	N/A	N/A	2.0 (\pm 0.8)	N/A
6 th	N/A	N/A	N/A	2.5 (\pm 1.4)	N/A
7 th	N/A	N/A	N/A	1.8 (\pm 0.9)	N/A
8 th	N/A	N/A	N/A	3.2 (\pm 1.5)	N/A
White	N/A	N/A	N/A	2.0 (\pm 1.0)	N/A
Black	N/A	N/A	N/A	3.0 (\pm 1.3)	N/A
Hispanic	N/A	N/A	N/A	2.8 (\pm 2.3)	N/A
High School	4.3 (+4.0)	6.4 (+2.9)	5.3 (+1.3)	4.0 (+1.1)	30.7 (+2.5)
Male	4.4 (\pm 3.6)	6.2 (\pm 2.5)	6.2 (\pm 2.2)	4.5 (\pm 1.8)	34.2 (\pm 3.7)
Female	4.2 (\pm 4.6)	6.7 (\pm 3.9)	4.4 (\pm 1.5)	3.4 (\pm 1.2)	27.3 (\pm 2.7)
9 th	1.5 (\pm 1.1)	4.3 (\pm 1.5)	4.5 (\pm 1.7)	2.9 (\pm 1.6)	28.8 (\pm 6.2)
10 th	2.7 (\pm 1.6)	6.6 (\pm 3.6)	6.0 (\pm 2.7)	6.5 (\pm 2.4)	32.0 (\pm 5.0)
11 th	1.8 (\pm 1.5)	6.1 (\pm 2.3)	5.3 (\pm 2.6)	3.0 (\pm 1.8)	32.0 (\pm 5.7)
12 th	13.3 (\pm 19.1)	10.3 (\pm 12.5)	5.1 (\pm 3.5)	2.9 (\pm 2.1)	30.9 (\pm 7.7)
White	5.9 (\pm 6.3)	9.6 (\pm 4.2)	7.2 (\pm 2.0)	5.1 (\pm 1.6)	29.1 (\pm 3.3)
Black	2.1 (\pm 1.6)	2.3 (\pm 1.4)	2.5 (\pm 1.4)	2.6 (\pm 1.0)	29.9 (\pm 4.1)
Hispanic	2.7 (\pm 3.2)	4.0 (\pm 3.9)	5.3 (\pm 4.4)	1.3 (\pm 1.8)	48.0 (\pm 7.3)

Table 8: Age of Initiation of Risk Behaviors by Sex, Grade, and Race/Ethnicity, Middle School and High School

Age of Initiation*	Initiation of Cigarette Smoking % (95% CI)	Initiation of Alcohol Use % (95% CI)	Initiation of Marijuana Use % (95% CI)
Middle School	6.6 (+1.5)	16.9 (+2.3)	N/A
Male	7.8 (+2.0)	18.6 (+3.1)	N/A
Female	5.3 (+1.6)	15.1 (+3.1)	N/A
6 th	5.7 (+2.4)	17.4 (+3.8)	N/A
7 th	6.0 (+2.7)	18.0 (+4.3)	N/A
8 th	7.7 (+2.5)	15.1 (+2.9)	N/A
White	7.2 (+2.6)	14.0 (+2.9)	N/A
Black	5.1 (+1.8)	19.3 (+3.3)	N/A
Hispanic	8.5 (+3.7)	21.6 (+7.6)	N/A
High School	14.9 (+2.6)	26.8 (+3.7)	8.2 (+1.9)
Male	17.9 (+3.1)	28.6 (+4.2)	11.2 (+2.9)
Female	12.0 (+2.6)	24.9 (+4.0)	5.0 (+1.3)
9 th	18.0 (+3.5)	32.6 (+4.7)	9.6 (+2.3)
10 th	12.9 (+3.9)	23.3 (+4.3)	7.5 (+3.1)
11 th	15.1 (+3.5)	22.9 (+3.3)	6.7 (+2.9)
12 th	12.3 (+6.0)	26.4 (+15.1)	7.9 (+4.5)
White	16.3 (+4.0)	23.2 (+5.5)	7.1 (+2.7)
Black	12.2 (+2.4)	29.3 (+4.3)	9.4 (+2.2)
Hispanic	21.6 (+4.8)	40.6 (+8.1)	7.5 (+4.2)

* Percent of middle school students who initiated risk behaviors before age 11; percent of high school students who initiated risk behaviors before age 13.

Appendix D: Detailed Data Tables for Middle School and High School Students – 2005 Georgia Student Health Survey

Table 9: Dietary Behaviors by Sex, Grade, and Race/Ethnicity, Middle School and High School

Dietary Behaviors	Obese % (95% CI)	Exercised to Lose Weight* % (95% CI)	Ate Less to Lose Weight** % (95% CI)	Gone Without Eating to Lose Weight*** % (95% CI)	Taken Diet Pills, Etc. to Lose Weight**** % (95% CI)	Vomited/Used Laxatives to Lose Weight***** % (95% CI)
Middle School	15.6 (+2.3)	69.7 (+3.0)	46.2 (+3.5)	16.7 (+2.0)	5.1 (+0.9)	6.1 (+1.2)
Male	19.2 (+3.0)	61.2 (+3.9)	36.1 (+4.2)	13.2 (+3.1)	4.6 (+1.5)	5.2 (+1.7)
Female	11.8 (+2.1)	78.7 (+3.5)	56.9 (+4.1)	20.4 (+3.0)	5.6 (+1.7)	7.0 (+1.5)
6 th	18.6 (+3.7)	71.2 (+4.7)	47.9 (+6.0)	15.6 (+4.1)	5.0 (+2.0)	6.3 (+2.3)
7 th	15.8 (+3.1)	68.1 (+5.0)	44.0 (+4.2)	15.8 (+2.9)	3.7 (+1.3)	5.2 (+1.8)
8 th	13.0 (+3.7)	70.3 (+4.5)	46.5 (+4.6)	18.7 (+3.6)	6.5 (+2.8)	6.8 (+2.1)
White	12.3 (+2.9)	72.5 (+3.7)	48.2 (+3.7)	16.8 (+2.8)	5.3 (+1.8)	5.6 (+1.2)
Black	21.0 (+3.0)	65.6 (+4.8)	43.5 (+5.0)	15.7 (+3.8)	4.2 (+1.4)	7.0 (+2.4)
Hispanic	10.8 (+6.2)	74.6 (+8.0)	49.7 (+7.8)	18.4 (+5.8)	7.4 (+4.1)	6.3 (+4.0)
High School	12.4 (+2.1)	59.0 (+2.8)	36.8 (+2.5)	11.6 (+1.7)	6.5 (+1.2)	5.2 (+1.4)
Male	15.0 (+3.3)	48.7 (+3.2)	22.9 (+2.5)	7.8 (+2.3)	5.0 (+1.8)	3.8 (+1.4)
Female	9.8 (+2.0)	69.5 (+4.2)	51.0 (+3.7)	15.4 (+3.1)	8.1 (+1.8)	6.6 (+1.9)
9 th	13.5 (+2.8)	62.4 (+6.7)	35.3 (+4.4)	13.3 (+2.9)	5.5 (+2.4)	5.7 (+2.3)
10 th	14.2 (+4.2)	60.6 (+6.8)	33.5 (+4.6)	10.0 (+4.8)	7.0 (+3.0)	3.7 (+2.1)
11 th	11.0 (+3.7)	55.5 (+5.5)	41.1 (+5.1)	12.8 (+2.9)	6.4 (+2.4)	5.2 (+2.9)
12 th	9.6 (+5.0)	55.0 (+5.4)	39.2 (+6.6)	8.9 (+3.8)	7.7 (+2.8)	6.3 (+2.5)
White	9.5 (+3.2)	63.6 (+3.2)	43.4 (+4.0)	12.6 (+2.5)	8.6 (+1.7)	5.2 (+2.2)
Black	16.2 (+3.2)	51.6 (+5.3)	27.1 (+3.3)	8.9 (+2.2)	4.1 (+1.4)	5.0 (+2.0)
Hispanic	17.4 (+7.2)	67.8 (+11.0)	44.7 (+5.7)	19.6 (+9.7)	4.3 (+3.2)	6.5 (+3.7)

* Exercised to lose weight or to keep from gaining weight – ever in lifetime (middle school); in the past 30 days (high school).

** Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight – ever in lifetime (middle school); in the past 30 days (high school).

*** Gone without eating for 24+ hours to lose weight or to keep from gaining weight – ever in lifetime (middle school); in the past 30 days (high school).

**** Taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight – ever in lifetime (middle school); in the past 30 days (high school).

***** Vomited or took laxatives to lose weight or to keep from gaining weight – ever in lifetime (middle school); in the past 30 days (high school).

Table 10: Nutritional Behaviors by Sex, Grade, and Race/Ethnicity, Middle School and High School

Nutritional Behaviors	Drank 100% Fruit Juices % (95% CI)	Ate 5+ Servings of Fruits/Vegetables % (95% CI)	Drank 3+ Glasses of Milk % (95% CI)	Ate Breakfast Daily % (95% CI)
Middle School	N/A	N/A	N/A	41.6 (+2.9)
Male	N/A	N/A	N/A	46.9 (+4.5)
Female	N/A	N/A	N/A	36.1 (+3.3)
6 th	N/A	N/A	N/A	48.0 (+5.4)
7 th	N/A	N/A	N/A	42.4 (+4.2)
8 th	N/A	N/A	N/A	34.8 (+3.9)
White	N/A	N/A	N/A	43.7 (+4.7)
Black	N/A	N/A	N/A	37.5 (+3.4)
Hispanic	N/A	N/A	N/A	44.2 (+8.9)
High School	78.9 (+2.2)	18.1 (+1.6)	11.2 (+1.2)	31.2 (+3.2)
Male	79.8 (+3.1)	19.9 (+2.7)	16.0 (+2.2)	35.3 (+4.3)
Female	78.1 (+2.2)	16.4 (+1.9)	6.4 (+1.5)	27.0 (+3.7)
9 th	77.2 (+4.3)	17.0 (+3.0)	12.7 (+3.1)	32.6 (+7.7)
10 th	79.4 (+4.1)	18.9 (+4.7)	12.1 (+2.6)	34.1 (+2.8)
11 th	81.0 (+4.0)	19.3 (+4.8)	11.3 (+2.9)	28.5 (+5.0)
12 th	78.9 (+6.6)	17.4 (+3.3)	7.0 (+3.6)	27.5 (+6.1)
White	76.3 (+2.9)	15.4 (+2.7)	13.6 (+2.0)	37.3 (+2.4)
Black	82.4 (+3.7)	20.8 (+3.1)	8.5 (+2.2)	22.8 (+4.8)
Hispanic	80.7 (+8.1)	16.6 (+7.0)	7.9 (+4.8)	29.1 (+8.8)

Appendix D: Detailed Data Tables for Middle School and High School Students – 2005 Georgia Student Health Survey

Table 11: Physical Activity by Sex, Grade, and Race/Ethnicity, Middle School and High School

Physical Activity	Vigorous Physical Activity* % (95% CI)	Meet Physical Activity Recommendations** % (95% CI)	No Physical Activity*** % (95% CI)	PE Classes 1+ Times a Week % (95% CI)	PE Classes Daily % (95% CI)	Participation on Sports Teams % (95% CI)
Middle School	71.5 (+3.4)	N/A	N/A	64.9 (+7.3)	35.2 (+7.8)	53.8 (+3.6)
Male	74.1 (+4.8)	N/A	N/A	67.2 (+7.3)	36.4 (+8.9)	57.3 (+3.7)
Female	68.7 (+3.7)	N/A	N/A	62.4 (+8.1)	33.9 (+7.6)	49.9 (+4.8)
6 th	67.8 (+6.9)	N/A	N/A	64.5 (+11.1)	31.8 (+13.3)	53.7 (+7.1)
7 th	74.8 (+4.0)	N/A	N/A	63.8 (+6.3)	34.0 (+9.5)	53.8 (+4.2)
8 th	72.5 (+4.5)	N/A	N/A	66.9 (+11.2)	39.8 (+9.7)	53.8 (+6.1)
White	78.0 (+4.4)	N/A	N/A	65.2 (+8.0)	37.4 (+10.0)	57.8 (+4.9)
Black	64.9 (+4.8)	N/A	N/A	66.7 (+9.0)	34.4 (+9.5)	52.1 (+3.9)
Hispanic	63.6 (+6.4)	N/A	N/A	56.2 (+12.1)	24.3 (+10.5)	43.2 (+7.5)
High School	61.3 (+3.7)	33.9 (+3.1)	9.9 (+1.6)	42.1 (+6.9)	35.9 (+6.8)	55.9 (+3.7)
Male	70.9 (+5.0)	43.7 (+3.7)	6.4 (+1.8)	52.0 (+7.8)	44.5 (+7.7)	63.9 (+4.7)
Female	51.8 (+4.4)	24.0 (+3.2)	13.4 (+2.4)	32.4 (+7.1)	27.3 (+6.7)	47.9 (+4.1)
9 th	64.7 (+5.4)	36.3 (+5.6)	8.9 (+2.6)	62.1 (+7.4)	52.5 (+8.0)	55.9 (+6.4)
10 th	64.4 (+4.0)	35.7 (+3.8)	8.3 (+1.6)	36.0 (+10.0)	33.1 (+9.9)	61.2 (+4.4)
11 th	56.3 (+6.2)	27.1 (+5.1)	11.2 (+2.8)	26.7 (+7.1)	20.9 (+7.0)	52.2 (+5.1)
12 th	56.4 (+8.7)	34.3 (+7.9)	12.1 (+4.5)	34.3 (+11.5)	28.6 (+11.5)	53.2 (+10.4)
White	65.9 (+5.2)	39.4 (+4.2)	7.0 (+1.4)	42.0 (+9.3)	39.2 (+9.0)	58.1 (+5.6)
Black	54.0 (+4.5)	27.8 (+3.2)	14.3 (+3.4)	39.6 (+6.1)	30.5 (+5.7)	54.4 (+4.3)
Hispanic	63.2 (+5.4)	24.6 (+6.3)	6.0 (+4.7)	§	§	50.5 (+13.0)

* Exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on 3+ days of the past 7 days.

** Current physical activity recommendations are 60 minutes or more per day on 5+ days per week.

*** Participated in no vigorous or moderate physical activities in the past 7 days.

§ Data not presented, n < 100.

Table 12: Sedentary Behaviors by Sex, Grade, and Race/Ethnicity, Middle School and High School

Sedentary Behaviors and Walking to School	TV Watching 3+ Hours per School Day % (95% CI)	Video/Computer Games 3+ Hours per School Day % (95% CI)
Middle School	48.7 (+3.9)	21.9 (+2.0)
Male	49.6 (+4.6)	28.2 (+3.1)
Female	47.9 (+4.5)	15.5 (+2.3)
6 th	48.1 (+6.6)	18.9 (+3.1)
7 th	49.2 (+5.6)	19.9 (+3.8)
8 th	49.1 (+5.7)	26.6 (+3.9)
White	35.8 (+4.5)	18.0 (+2.5)
Black	65.8 (+3.1)	26.9 (+3.8)
Hispanic	46.6 (+7.3)	18.2 (+8.3)
High School	42.4 (+3.7)	19.4 (+2.0)
Male	42.6 (+3.0)	24.2 (+3.2)
Female	42.2 (+5.6)	14.5 (+3.0)
9 th	47.1 (+6.0)	22.6 (+2.8)
10 th	44.0 (+6.1)	21.2 (+2.6)
11 th	41.3 (+4.5)	16.5 (+2.6)
12 th	32.3 (+8.3)	13.6 (+6.0)
White	29.9 (+5.5)	18.4 (+2.9)
Black	59.8 (+3.8)	19.7 (+3.2)
Hispanic	44.3 (+12.8)	21.7 (+7.3)



