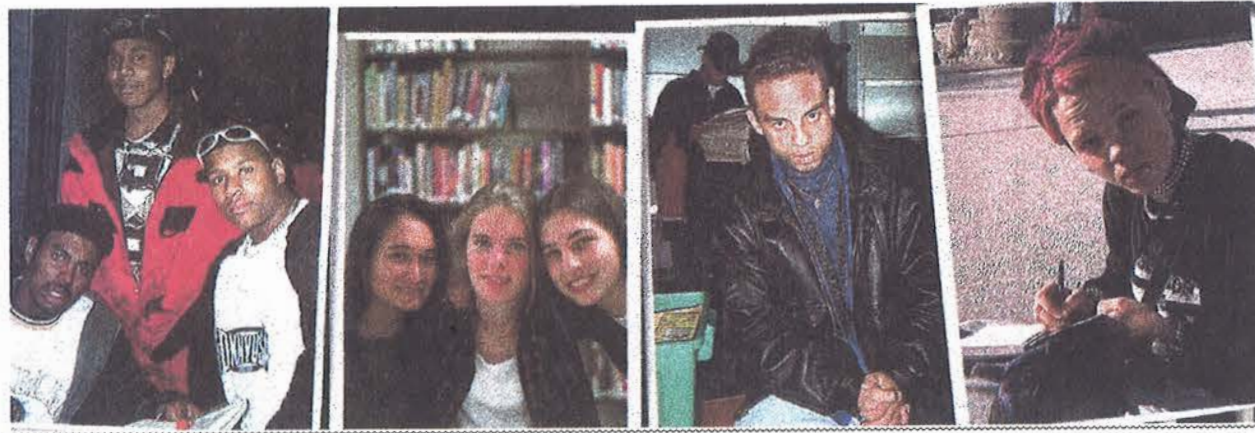


Health Risk Behaviors Among Maine Youth

*Results of the 1997 Youth Risk Behavior Survey
Grades 7 – 12*



**Prepared for the Maine Department of Education
By
Chuck Rhoades
Of
CERES Associates, Inc.**

**Survey Administered by Pan Atlantic Consultants/
Strategic Marketing Services
June, 1998**

Ref
RJ
47.53
R48
1998





To obtain this resource guide in an alternative format, call the HIV Prevention Education Program at 207-287-5118 voice or 207-621-3196 TTY.

“Completed with support provided by a cooperative agreement #U87/CCU109031-06 with the Division of Adolescent and School Health, Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta, GA 30333.”

❖ ACKNOWLEDGMENTS

REF.
R5
47.53
P.48
1998

Sincere appreciation is expressed to the Maine middle and high school students, staff, administrators, and others who helped administer the surveys. Thanks also to Laura Kann, Ph.D., Chief of the Surveillance Research Section at the Centers for Disease Control and Prevention and Sandy Rieder and Teresa Stickler of Westat Consultants.

Joni Foster, HIV Education Coordinator, Maine Department of Education, helped design the format for this report and provided editing and data analysis assistance. Staci Buck with the Department of Education assisted in the final production of this document.

The following people assisted in modifying the survey instruments and provided invaluable resource assistance:

- | | |
|------------------|--------------------|
| ➤ Peaches Bass | ➤ Janet Leiter |
| ➤ Sue Bazinet | ➤ Mary Madden |
| ➤ Cheryl Beyeler | ➤ Doreen Maines |
| ➤ Bruce Brown | ➤ Mike Martin |
| ➤ Judy Cogburn | ➤ Dan Meyer |
| ➤ Cheryl DiCara | ➤ Fran Mullin |
| ➤ De'Ette Hall | ➤ Roger Richards |
| ➤ Suzanne Hart | ➤ Richard Veilleux |
| ➤ Pat Jones | ➤ Kathy Wilbur |
| ➤ Barbara Ginley | |

At Pan Atlantic Consultants/Strategic Marketing Services, we thank Nicole Clavette and Patrick Murphy.

❖ TABLE OF CONTENTS

Introduction	1
Methodology	2
Demographics	3
Safety, Violence & Suicide	4
Alcohol, Drug & Tobacco Use	15
Sexual Behaviors	28
Health Care, Physical Activity & Nutrition	34
References	44

❖ INTRODUCTION

This report describes the 1997 Maine Youth Risk Behavior Survey (YRBS) results. It contains information about adolescent health-risk behaviors that are occurring, as well as prevention indicators. Randomly selected students (3,648), in grades 7-12, in 48 randomly selected public middle and high schools participated. Survey administrators followed strict procedures to safeguard students' privacy and anonymity. School and student participation was voluntary. This report is intended to provide current data on adolescent risk behaviors to school officials, health educators, parents, health care providers, and others throughout the State of Maine.

The Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention developed the survey, in collaboration with representatives from 71 state and local departments of education and nine other federal agencies. The survey monitors priority health-risk behaviors that contribute to the leading causes of death, injury, illness, and social problems among youth and adults in the United States. These behaviors fall into six categories:

- * Behaviors resulting in unintentional and intentional injuries
- * Tobacco Use
- * Alcohol and other drug use
- * Sexual behaviors resulting in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- * Dietary behaviors
- * Physical activity

The report presents selected goals and objectives for adolescent health from the Healthy Maine Year 2000 Goals to draw attention to Maine's projected improvement in adolescent health indicators. Relating these goals to the YRBS data can help guide family, school, and community efforts in planning and implementing efforts to improve the health status of Maine youth. For comparison purposes, data from the 1997 national Youth Risk Behavior Survey is provided when substantially different from Maine survey data.

❖ METHODOLOGY

The Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services regularly conducts the Youth Risk Behavior Survey (YRBS) to gather and analyze information on the health status of the nation's youth. In 1997, Maine expanded the survey to include middle school, as well as high school students. While the language of the questions differ in the surveys administered to these two groups of students, the areas of youth risk behaviors are similar. National survey data was collected at the high school level only.

The data for Maine was collected in the 1997 Spring semester by Pan Atlantic Consultants/Strategic Marketing Services in Portland, Maine, through a contract with the Maine Departments of Education and Human Services. The data for this report was provided by Westat Consultants, a survey research firm located in Rockville, Maryland, under contract with CDC. Survey forms were completed by 1,837 students in 25 public high schools and 1,811 students in 23 public middle schools. Twenty-five of the 29 high schools that were selected, participated in the survey yielding a response rate of 86%. The middle school response rate was 79% (23 of 29 schools). Ninety-seven percent of the high school students sampled and 90% of the middle school students completed usable questionnaires.

All schools participating in the YRBS obtained permission from the school unit superintendents. Administration of the surveys was conducted in accordance with CDC protocols, including safeguards to guarantee student anonymity. Surveys were administered in English classes in schools where English was a required course. Otherwise, surveys were administered in a Period 2 class. A staff-designated member of the Pan Atlantic Consultants/Strategic Marketing Services administered surveys to maintain fidelity to the established protocols. Students who were absent the day of the survey completed it according to the same protocols at a later date and a representative of the school mailed it to Pan Atlantic.

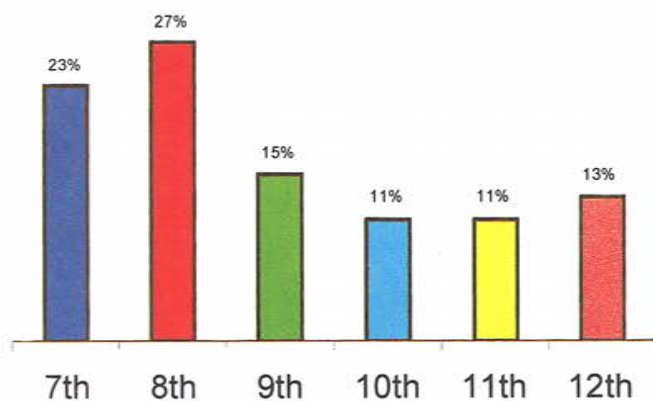
Data from the surveys are aggregated for analysis by the CDC at the national level with state-level data made available for individual participating states. All individual, school, and geographic identifiers are removed, according to standard behavioral survey procedures. The students who participated in the YRBS are representative of students in Maine. The results can be used to make important inferences concerning the health-risk behaviors of all Maine middle and high school students in grades 7-12.

❖ DEMOGRAPHICS

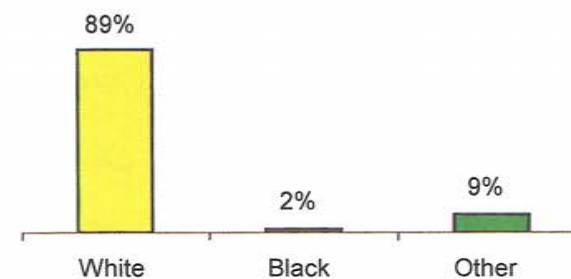
Students were asked demographic questions about their sex, grade in school, age, and race. Ninety percent of students were between the ages of 12 and 18.

The percentages of middle and senior high school students, as well as female and male students, were nearly even. Almost nine of ten students considered their race to be white. The largest percentage of students in the survey was eighth graders. Class sizes were selected to enable a representative sample of Maine students to be surveyed.

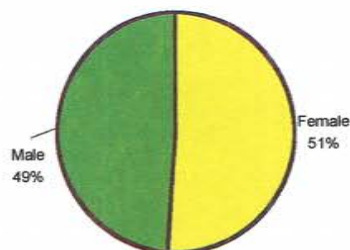
Grades



Race



Sex



❖ SAFETY, VIOLENCE AND SUICIDE

The survey asked students about helmet and seat belt usage, physical abuse, fighting, safety at school, weapon carrying, and suicide. Many of the risk behaviors in this section impact the major causes of death among adolescents – unintentional and intentional injuries.

Healthy Maine Year 2000 Goal

- Reduce the rate of injuries to Maine residents

Healthy Maine Year 2000 Objectives

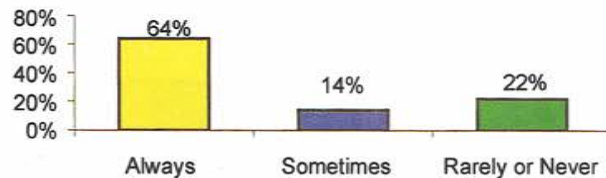
- Increase the use of protective equipment by motor vehicle occupants, motorcycle and bicycle riders by at least 15%
- Reduce the death rate from intentional injuries (homicide and suicide) for 15-24 year olds by 10%
- Reduce injury rates caused by violence by 15%

❖ SEAT BELT USAGE (Unintentional Injury)

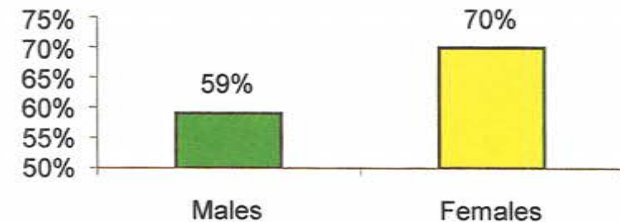
- Approximately two-thirds of Maine adolescents always wear seat belts.
- Seventh-grade students are the highest users of seat belts (68%), followed by 12th graders (66%).

- Female students are more likely to wear seatbelts than their male classmates (70% to 59%).
- About one in five Maine youth rarely or never wear a seat belt, which is true of 19% of high school students nationally.

Percent of Students Wearing Seatbelts Grades 7-12



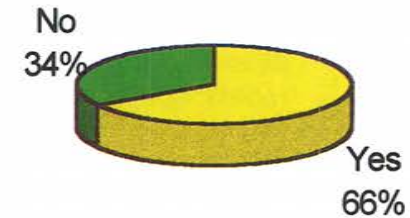
Students Always Wearing Seatbelts - by Sex



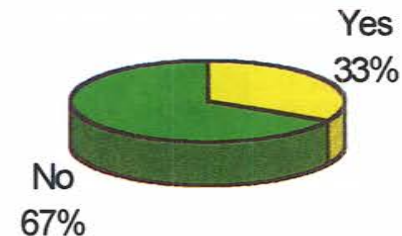
❖ SAFETY HELMET USAGE (Unintentional Injury)

- One-third of high school males and 18% of high school females rode a motorcycle in the 12 months preceding the survey.
- Two-thirds of Maine high school students who rode a motorcycle in the past 12 months wore a helmet, with female and male rates of use very similar (69% and 64%).
- Bicycle riding as reported within the past 12 months declined with age, from 97% of 7th grade students to 73% of 12th grade students.
- One-third of middle school students wore helmets when riding bicycles, compared to 15% of the high school student riders. This compares with national data, which shows that only 12% of high school students use helmets when riding bicycles.
- Sixty-eight percent of middle school students engaged in rollerblading or rode a skateboard in the past 12 months. Twenty percent wore helmets: 26% reporting were females and 15% were males.

Motorcycle Helmet Use - High School



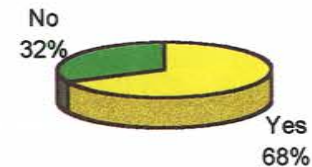
Bicycle Helmet Use - Middle School



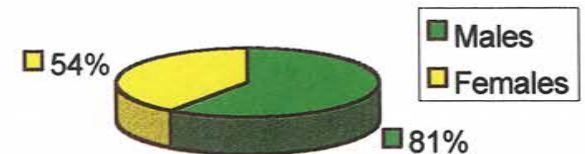
❖ PHYSICAL FIGHTING - Middle School (Intentional Injury)

- Two out of three seventh and eighth graders reported that they had ever been in a physical fight.
- More boys (81%) than girls (54%) reported that they had ever been in a physical fight.
- One out of ten seventh and eighth grade students received injuries from a fight that required treatment by a doctor or nurse. Injury rates were similar for female (10%) and male (12%) students.
- Students of races other than white (21%) were more likely to have been injured in a fight and require medical treatment than were white students (10%).

Percentage of Middle School Students Who Have Been in a Physical Fight



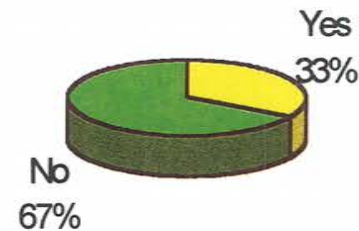
Percentages of Female and Male Middle School Students Who Have Ever Been in a Fight



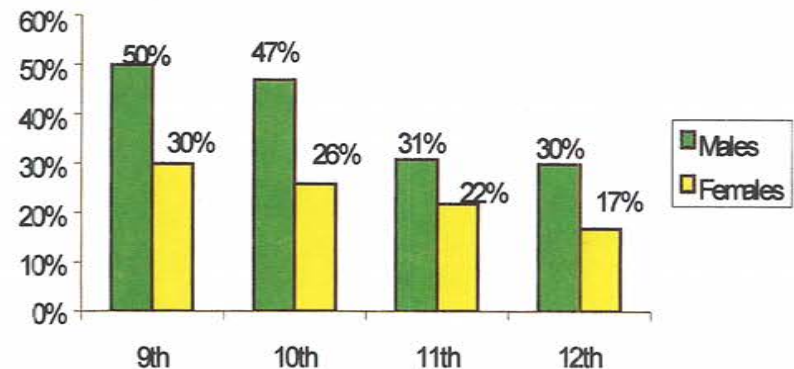
❖ PHYSICAL FIGHTING – High School (Intentional Injury)

- Nearly one of three Maine high school students was in a physical fight during the past 12 months. Thirty-seven percent of all U.S. high school students fought in the past 12 months, including 46% of males and 26% of females.
- Fights occurred most often in lower grades (40% of 9th grade students versus 24% of 12th grade students) and more often for males (40%) than females (24%).
- In the past 12 months, four percent of students were injured in a fight and had to obtain medical treatment.
- About one in five students fought with a friend or someone they knew the last time they fought.

Percentage of High School Students Who Fought in the Past 12 Months



High School Students Who Fought in the Past 12 Months by Grade and Sex

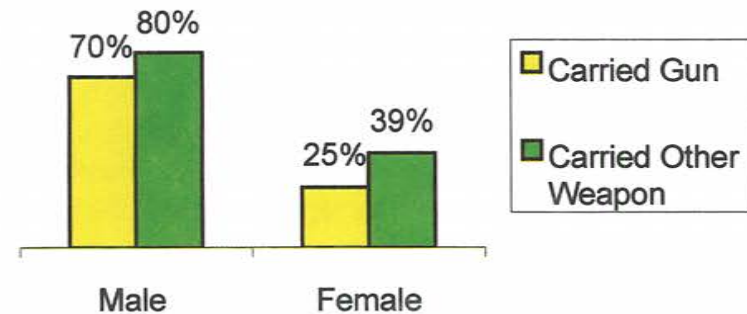


❖ WEAPON CARRYING (Intentional Injury)

Maine students report substantially higher rates of carrying weapons than national averages. This discrepancy may be explained by the popularity of hunting among Maine youth, which may exceed that of youth in other parts of the country.

- Forty-eight percent of seventh and eighth grade students reported that they had ever carried a gun, with 70% of males and 25% of females. Sixty percent reported that they had ever carried a weapon such as a knife or a club. Again, more males (80%) than females (39%) reported this behavior.
- Nationally, 18% of high school youth carried a weapon in the last 30 days compared to 22% in Maine. Male students are more likely to carry a weapon (37% MAINE vs. 28% NATIONAL) than females (6% MAINE vs. 7% NATIONAL).
- Among high school students, 7% reported carrying a gun in the past 30 days, including 12% of the males (6% NATIONAL) and 1% of the females (1% NATIONAL).

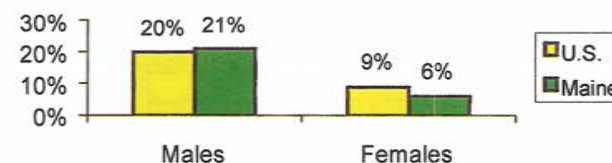
**Ever Carried a Weapon -
Middle School Students**



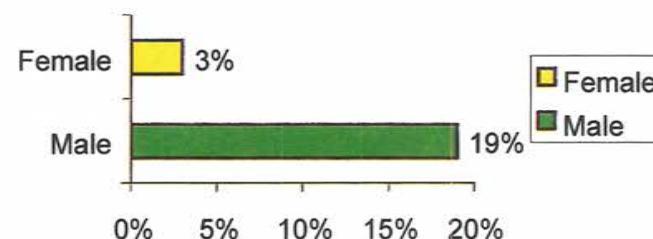
❖ VIOLENCE-RELATED BEHAVIORS ON SCHOOL PROPERTY- HIGH SCHOOL

- About 4% of students did not attend school on one or more of the past 30 days because they felt unsafe either at school or on the way to or from school. Tenth grade males (9%) reported this behavior more than any other group.
- Eleven percent of Maine students (NATIONAL 9%) carried a weapon, such as a gun, knife or club, on school property on one or more days during the 30 days preceding the survey. Male students (19% MAINE; 13% NATIONAL) were more likely to carry weapons than females (3% MAINE; 4% NATIONAL). In 1995, 15% of Maine students carried a weapon to school.
- Being threatened or injured with a weapon on school property during the 12 months preceding the survey was reported by 8% of Maine and 7% of U.S. students.
- More male students reported being threatened or injured with a weapon on school property in the past 12 months than female students (9% to 5%).

Students Who Were Involved in a Physical Fight on School Property in the Past 12 Months



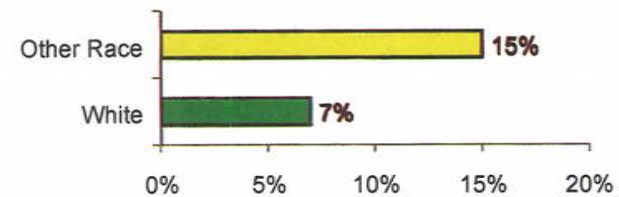
Weapon Carrying in Past 30 Days - High School Students



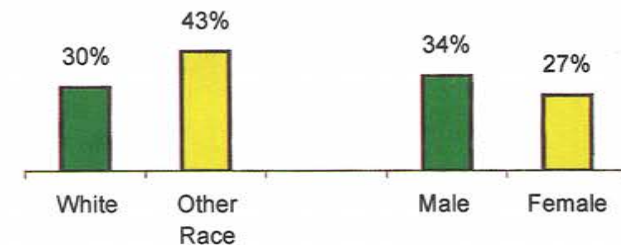
❖ VIOLENCE-RELATED BEHAVIORS ON SCHOOL PROPERTY (Continued)

- Twice as many students of races other than white (15%) were threatened or injured with a weapon on school property during the past twelve months than were white students (7%). Nationally, 6% of white and 10% of students of other races reported being threatened or injured.
- Fourteen percent of Maine students were in a physical fight on school grounds during the 12 months preceding the survey, compared to 15% of students nationally. More males (21% MAINE; 20% NATIONAL) than females (6% MAINE; 9% NATIONAL) reported being in fights.
- One in three students both nationwide and in Maine reported that they had property stolen or deliberately damaged on school property one or more times in the past 12 months. In Maine this occurred more often for students of other races (43%) than white students (30%).

Injured or Threatened with a Weapon



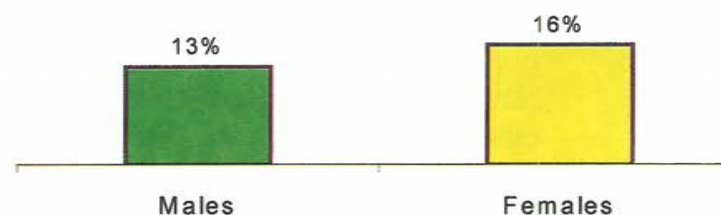
Property Damaged or Stolen



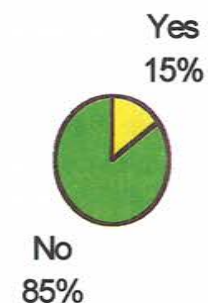
❖ PHYSICAL ABUSE BY A PARENT OR GUARDIAN

- Fifteen percent of high school students reported that they had ever been physically abused by a parent or guardian, including 13% of males and 16% of females. Nearly one in five tenth grade students reported being physically abused.
- Five percent of high school students reported that they had been physically abused by a parent or guardian in the past 12 months, including 4% of the males and 6% of the females. Tenth grade students reported the highest incidence of abuse (7%).

**Sex of Students Reporting Physical Abuse
by a Parent or Guardian**



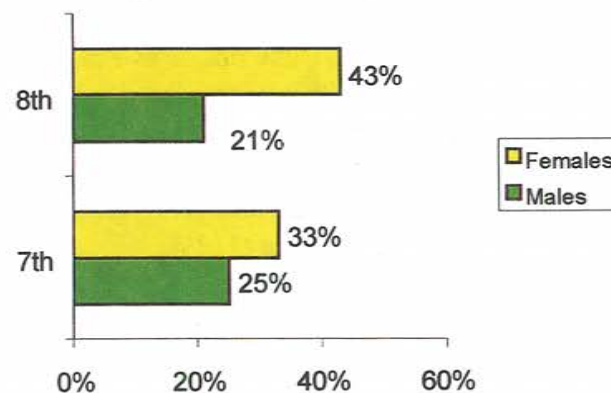
**Students Reporting Physical Abuse
by a Parent or Guardian**



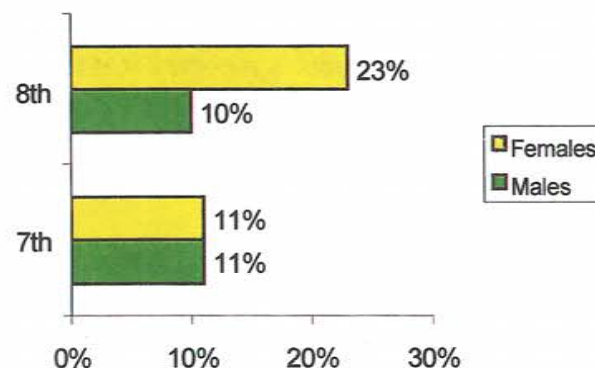
❖ SUICIDE AND DEPRESSION - Middle School (Intentional Injury)

- Nearly one in three seventh and eighth grade students has seriously thought about suicide.
- Females in eighth grade (43%) and those age 14 or older (47%) are most likely to have seriously thought about killing themselves. Eighth grade females (27%) and females age 14 or older (28%) are also most likely to make a plan for suicide.
- Students of other races (51%) are more likely to think seriously about killing themselves than students who consider themselves to be white (28%). Students of other races are also more likely to make a plan for suicide (39%) than white students (16%).
- Fourteen percent of seventh and eighth grade students report that they have tried to kill themselves. This includes one in four female students who are 14 or older, 23% of eighth grade females, and 38% of students who consider themselves to be of a non-white race.

Percentage of Students Who Ever Thought About Suicide by Grade and Sex

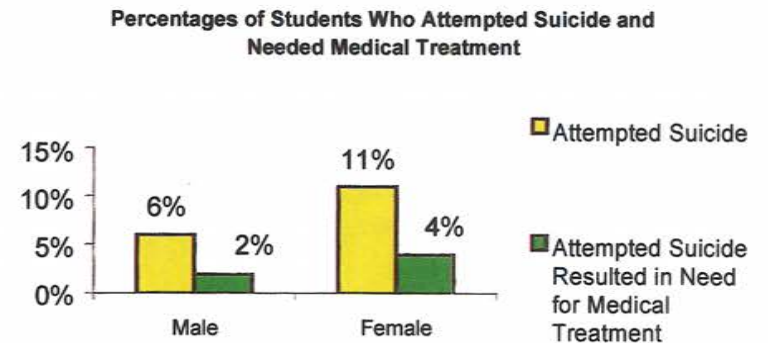
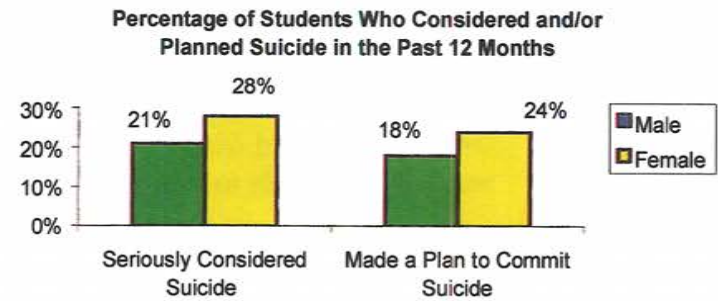


Percentages of Students Who Ever Tried to Kill Themselves by Grade and Sex



❖ SUICIDE AND DEPRESSION - High School Students (Intentional Injury)

- One out of four Maine high school students seriously considered attempting suicide in the past 12 months (One out of five in U.S.). More female students (28%) considered suicide than male students (21%). Female tenth grade students reported considering suicide more than any other group (31%), while tenth grade boys considered suicide the least (19%).
- More than one in five students made a plan about how to kill themselves during the past 12 months (21% (MAINE) versus 16% (NATIONAL)). Ninth grade females were most likely to plan a suicide (29%).
- More than one in ten female students and about 6% of male students reported that they actually attempted suicide during the past 12 months. Female tenth grade students were most likely to report this behavior (15%).
- In the past 12 months, three percent of students made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. This included five percent of female tenth and eleventh grade students.



❖ ALCOHOL, DRUG & TOBACCO USE

The survey asked students to report about their alcohol consumption and use of tobacco and other drugs.

Healthy Maine Year 2000 Goal

- Reduce death and disability related to alcohol, drug, and tobacco use through change in the social and cultural climate.

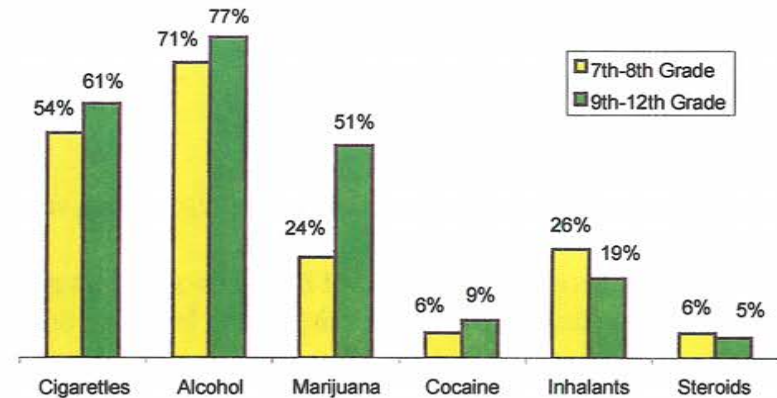
Healthy Maine Year 2000 Objectives

- Reduce the number of alcohol-related motor vehicle fatalities to no more than 72 by the year 2000.
- Reduce the proportion of high school seniors and college students engaging in recent occasions of heavy alcohol drinking (five or more drinks on at least one occasion) by 5%.
- Reduce, by 10%, the number of adolescents ages 12-17 reporting first use of cigarettes, alcohol, and marijuana.
- Reduce the proportion of young people who have used alcohol, marijuana, and cocaine in the past month as follows:
 - Cocaine – reduce by 50%
 - Marijuana – reduce by 25%
 - Alcohol – reduce by 25%
- Reduce weekly smokeless tobacco use, which can lead to significant oral problems including cancer, to a prevalence rate of no more than 5% among boys ages 12-18.

❖ USE OF SUBSTANCES Grades 7-12

- Most middle school students (71%) have had a drink of alcohol.
- Alcohol is the most often used substance among high school students in Maine (77%) as well as nationally (79%).
- Over half of middle school and nearly two-thirds of high school students have smoked cigarettes. The national study showed that 70% of high school students ever smoked.
- One-half of high school students and one out of four middle school students have smoked marijuana. Forty-seven percent of high school students reported that they smoked marijuana in the national survey.
- More middle school students have tried inhalants than high school students.

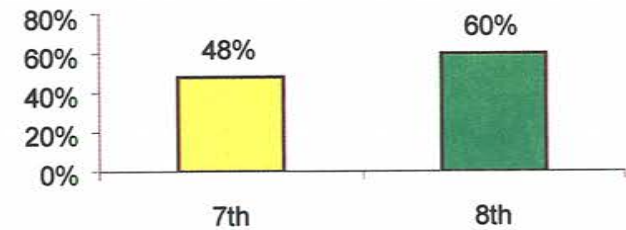
Percentage of Students Using Substances by School Level and Type of Substance



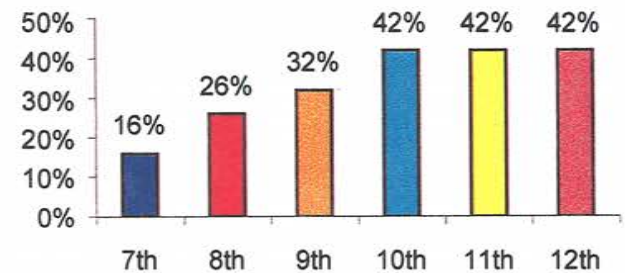
❖ TOBACCO USAGE

- Maine students try smoking cigarettes in elementary and middle school. Fifteen percent of middle school students report trying a cigarette before age 11, while 30% of high school students smoked before age 13.
- Nearly one in two 7th grade students and two of three 8th grade students have ever tried smoking cigarettes.
- The percentages of students who reported that they smoked cigarettes in the 30 days prior to the survey increased by grade level from 7th (16%) through 10th grade (42%), leveling off in 11th and 12th grades (42% each). Slightly more Maine students currently smoke than the national average of 37% of 11th and 40% of 12th grade students.
- Students who reported smoking two or more cigarettes during the 30 days preceding the survey also increased by grade level from 7th (10%) through 10th grade (31%), with a similar leveling off in 11th (32%) and 12th grades (33%). More Maine students are frequent cigarette users than youth nationally (22% MAINE vs. 17% NATIONAL).

Middle School Students Who Ever Tried Smoking Cigarettes by Grade



Students Who Smoked Cigarettes in the Past 30 Days by Grade



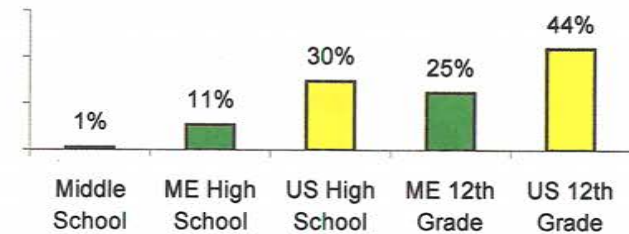
❖ TOBACCO USAGE (Continued)

- Less than 1% of middle school students and only 11% of high school students usually got their own cigarettes by buying them in a store or gas station in the past 30 days. Twelfth grade students (25%) were most likely to buy their own cigarettes. Nationally, 30% of high school students purchased cigarettes at a store or gas station, including 44% of those in the 12th grade.
- Five percent of the middle school students and 8% of high school students bought cigarettes without being asked to show proof of age. Nationally, two out of three students who bought cigarettes were not asked to show proof of age.
- One out of three high school students has tried to quit smoking cigarettes. Tenth grade students report that they are most like to have tried to quit smoking (38%).
- Seventeen percent of middle school students, including 25% of male and 7% of females, have ever tried chewing tobacco or snuff. In the 30 days preceding the survey, 8% of high school students used chewing tobacco or snuff, including 13% of male and 2% of female students.

Percentage of High School Students Who Have Tried to Quit Smoking



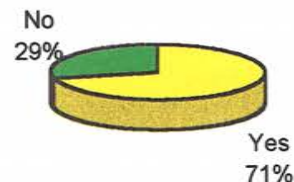
BOUGHT OWN CIGARETTES



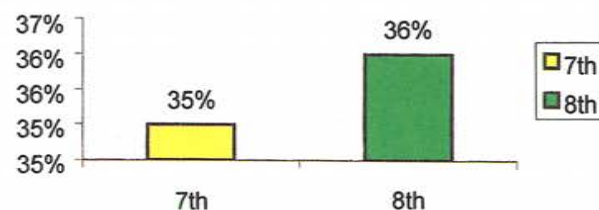
❖ ALCOHOL USAGE

- Most middle school students (71%) have had a drink of alcohol for other than religious reasons. This was reported by 70% of males and 72% of female students.
- Students are reporting first use of alcohol at increasingly early ages. Thirty-six percent of middle school students report drinking alcohol before age 11, while 29% of high school students report drinking alcohol before age 13. Nationally, 31% of high school students consumed alcohol before age 13.
- Among high school students, 35% of males and 22% of females reported that their first use of alcohol occurred before age 13. This was true for 36% of males and 26% of females nationally.

**Percentage of Middle School Students
Who Ever Had At Least A Drink Of
Alcohol**



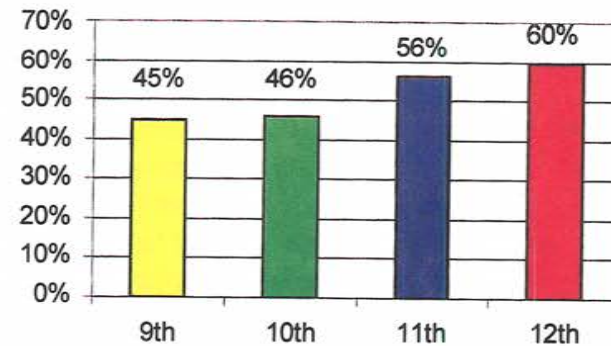
First Alcohol Use Before Age 11



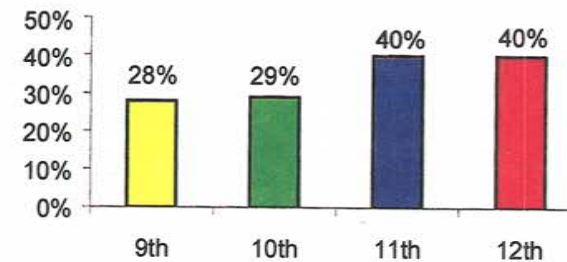
❖ ALCOHOL USAGE (Continued)

- More than half of all high school students consumed alcohol in the 30 days prior to the survey. The incidence of drinking increased by age, with more 12th grade students (60%) reporting drinking than 9th grade students (45%).
- Six percent of students reported that they consumed alcohol on school grounds during the past 30 days.
- In the 30 days prior to the survey, 34% of high school students engaged in binge drinking, defined as consuming five or more drinks in a row within a couple of hours. This is similar to national data.
- Binge drinking in the past 30 days was also related to grade level, with 28% of 9th graders reporting this behavior versus 40% of 11th and 12th graders. More males (37%) than females (30%) reported recent binge drinking.

High School Students Using Alcohol in the Past 30 Days



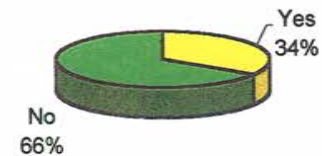
High School Students Reporting Binge Drinking in the Past 30 Days



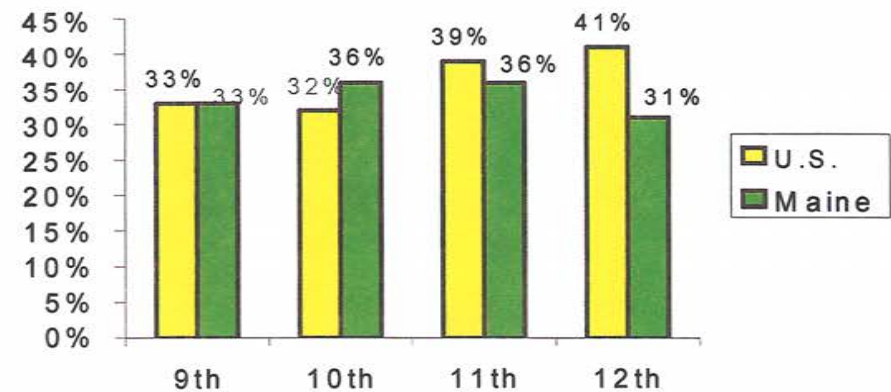
❖ DRINKING AND DRIVING

- Forty-three percent of middle school students report having been in a car when the driver had been drinking alcohol.
- Thirty four percent of high school students rode in a vehicle with someone who had been drinking alcohol, the same figure as in the 1995 survey. Nationally, 37% experienced this risk.
- Riding with someone who had been drinking alcohol remains consistently close to one out of three students across the high school grades. By 12th grade the national percent is 41%.

High School Students Who Were in a Car in the past 30 Days with a Driver Who had Been Drinking Alcohol



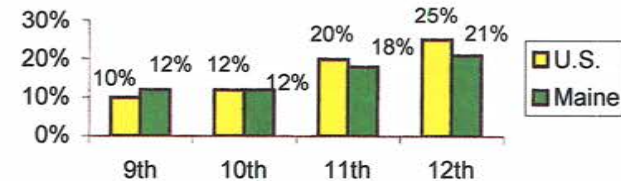
Riding in a Vehicle with Someone Who Had Been Drinking Alcohol by Maine and U.S. High School Students



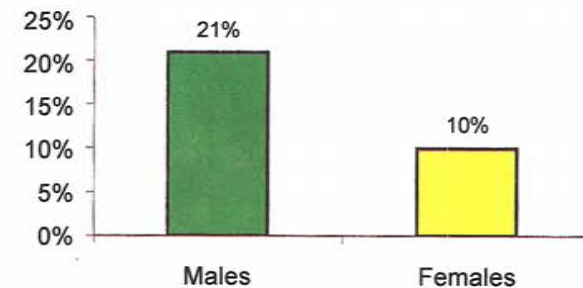
❖ DRINKING AND DRIVING (*Continued*)

- There was an increase from 14% to 16% in the percentage of students who drove after drinking alcohol between the 1995 and 1997 state surveys. The NATIONAL average in 1997 was 17%.
- Driving after drinking alcohol increases by grade level, from 12% of Maine 9th grade students (12% NATIONAL) to 21% of 12th grade youth (25% NATIONAL).
- Males are more likely to drive after drinking (21% MAINE and Nationally) than females (10% MAINE, 12% NATIONAL).

Drinking and Driving By Maine and U.S. High School Students



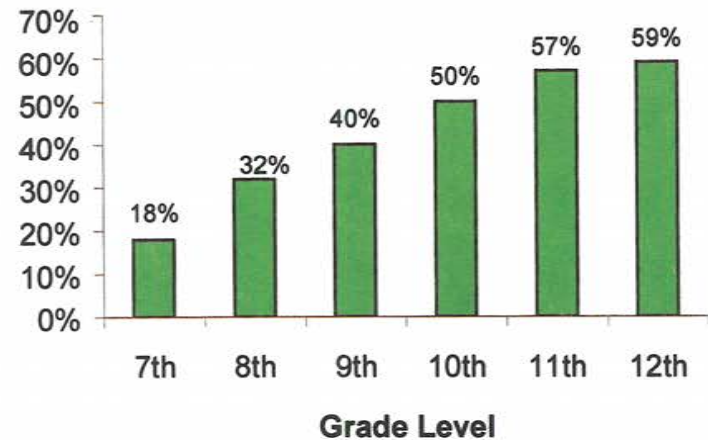
High School Students Who Drove a Car after Drinking Alcohol in the Past 30 days



❖ MARIJUANA USAGE

- Nearly one in four 7th and 8th grade students surveyed has ever used marijuana. More than half of high school students have used marijuana one or more times.
- Four percent of middle school students report that their first use of marijuana occurred before age 11. Early use occurs more for males (7%) than females (2%).
- Twelve percent of high school students report that their first use of marijuana occurred before age 13. Twice as many males (17%) report first use before age 13 than females (8%).
- In the 30 days prior to the survey, 30% of high school students used marijuana, compared to 26% nationally. Ten percent used marijuana on school property during the past 30 days.

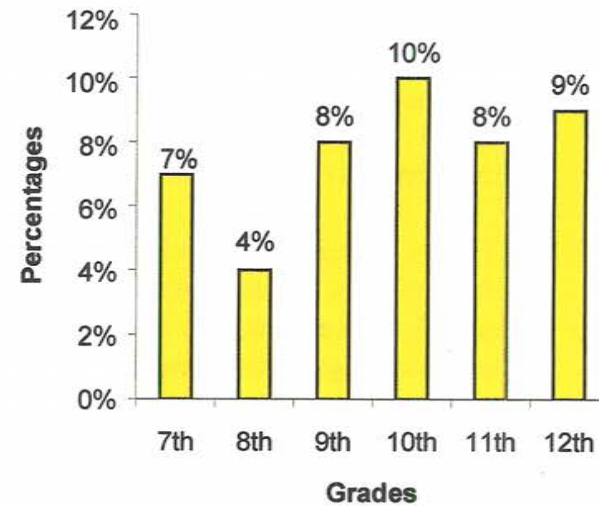
Percentages of Students Who Ever Used Marijuana



❖ COCAINE USAGE

- About 6% of middle school students report that they have ever tried cocaine, compared to 9% of high school students (8% in the national survey).
- Four percent of middle school students used cocaine for the first time before age 11.
- Two percent of high school students used cocaine for the first time before age 13.
- In the 30 days preceding the survey, 3% of high school students used cocaine.

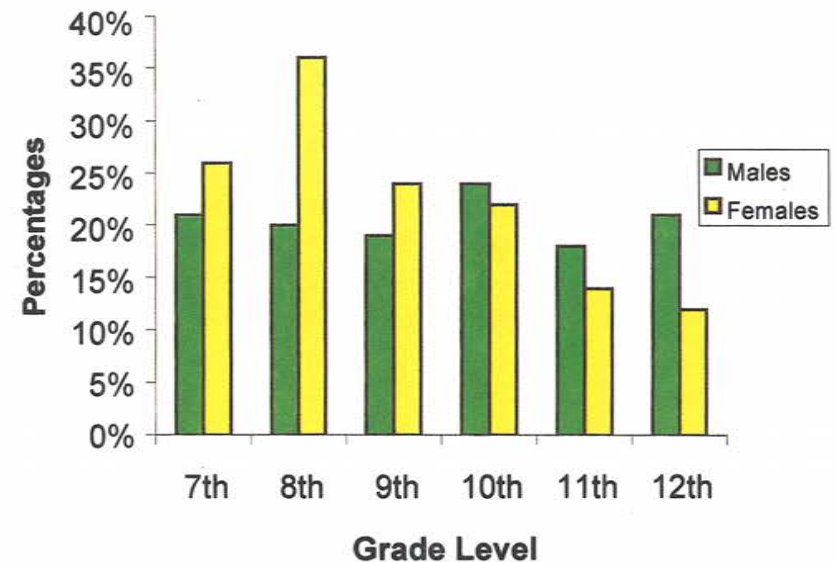
**Percentages of Students Who
Ever Used Cocaine by Grade
Level**



❖ OTHER DRUG USAGE

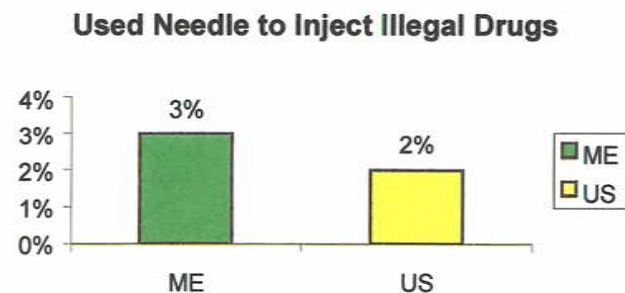
- Twenty-six percent of middle school students and 19% of high school students reported that they had ever used inhalants (sniffing glue, breathing the contents of spray cans, or inhaling any paints or sprays). The national survey found that 16% of high school students had used inhalants.
- Female middle school students reported the greatest use of inhalants (31%), followed by middle school males (21%), high school males (20%), and high school females (18%). Among high school students nationally, 18% of males and 14% of females reported inhalant use.
- One in five high school students have used some other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, or heroin one or more times during their lives.
- Forty-one percent of high school students reported that illegal drugs were available to them on school property during the past 12 months. The national survey found that 32% of high school students had access to drugs at school.

Use of Inhalants by Grade



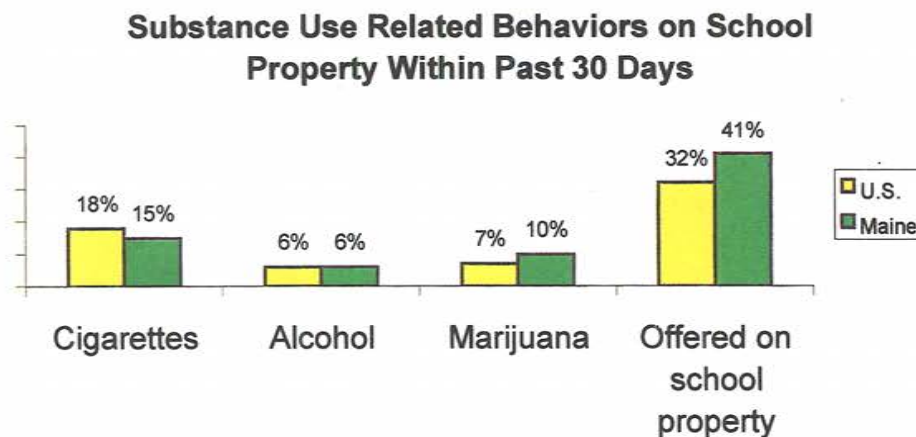
❖ OTHER DRUG USAGE (Continued)

- Middle school students (6%) reported a slightly higher use of steroids than high school students (5%). Male students were more likely than female students to use steroids at both middle schools (8% to 4%) and high schools (7% to 3%). Nationally, 3% of high school students reported using steroids, including 4% of males and 2% of females.
- Three percent of all middle and high school students in the survey reported that they used a needle to inject an illegal drug into their body. Two percent of high school students nationally reported injected drug use.



❖ SUBSTANCE USE BEHAVIORS ON SCHOOL PROPERTY

- Eighteen percent of high school students in Maine and 15% nationally, smoked cigarettes on school property in the 30 days preceding the survey.
- Smokeless tobacco was used on school grounds during the past 30 days by 3% of Maine students and 5% of students nationwide.
- Alcohol was consumed on school property by 6% of students (MAINE and NATIONAL).
- Marijuana was used on school property by 10% of Maine students and 7% of U.S. students.
- Forty one percent of Maine students were offered, sold, or given an illegal drug on school property in the 30 days preceding the survey. This was higher than the national average (32%).



❖ SEXUAL BEHAVIORS

The YRBS survey asked students about sexual behaviors, condom and other contraceptive use, AIDS/HIV education, family communication and sexual violence. HIV infection and sexually transmitted disease risk behaviors are included because AIDS is a critical public health threat, being the second leading cause of death for all Americans 25 to 44 years of age. One of four new HIV infections occurs among youth under 22 years old. HIV prevention education has been carried out in Maine public schools since 1987. Comparisons will be shown between the 1991, 1995 and 1997 YRBS data.

Healthy Maine Year 2000 Goal

- Reduce HIV infection and reduce associated morbidity and mortality.

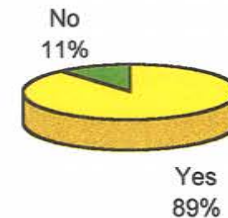
Healthy Maine Year 2000 Objectives

- Decrease the incidence of AIDS cases to no more than 3% per 100,000 individuals.
- Reduce the rate of sexually transmitted diseases in adolescents.
- Reduce the pregnancy rate of 10-14 year olds to 0 per 1,000 females; the rate for 15-17 year olds to 30 per 1,000 females, and the rate for 18-19 year olds to 90 per 1,000 females.

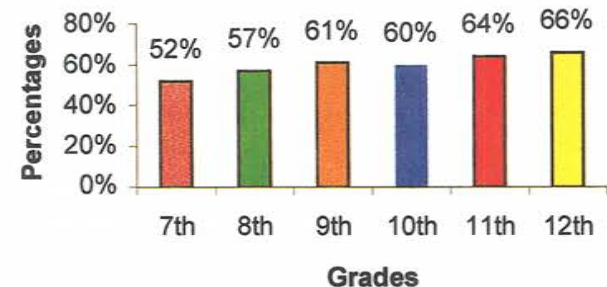
❖ EDUCATION AND COMMUNICATION ABOUT AIDS/HIV

- Most high school students (93%), and a majority of middle school students (85%), were taught about AIDS/HIV in school. Nationally, 92% of high school students reported receiving school HIV/AIDS education.
- High school students are more likely to talk to their parents or other adults about AIDS/HIV than middle school students (62% to 55%).
- Female students are more likely to talk to their parents or other adults about AIDS/HIV than male students at both the middle school (59% to 50%) and high school level (69% to 56%). In the national high school survey, 67% of females and 59% of males talked to parents or other adult family members.
- From 1991 to 1997, the increase in the percentage of high school students receiving school AIDS/HIV education (24%) has been accompanied by an increase in students' communication with parents and other adults (15%).

Percentage of Middle and High School Students Who Were Taught About AIDS/HIV in School



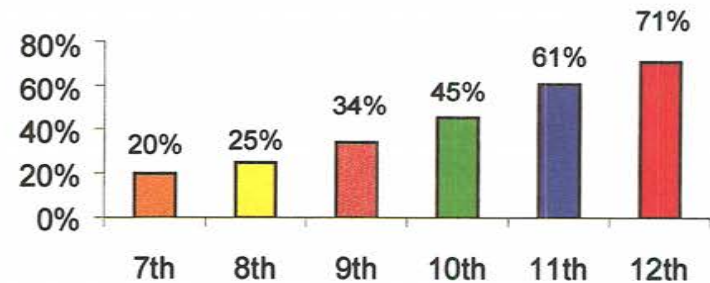
Student Communication with Parents and Other Adults About HIV/AIDS



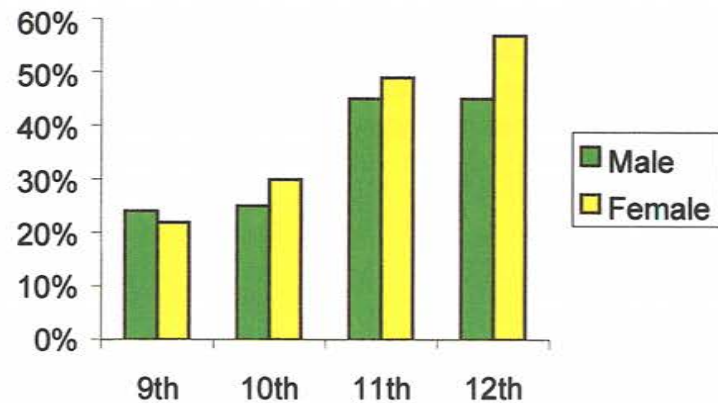
❖ SEXUAL BEHAVIOR

- More than one in five middle school students and nearly one out of two high school students surveyed had ever had sexual intercourse. Forty-eight percent of high school students nationwide reported that they ever had sexual intercourse.
- The percentages of students experiencing sexual intercourse increases by grade level, from 20% in 7th grade to 71% in 12th grade. Sexual intercourse increased in the national survey from 38% of ninth grade students to 61% of 12th grade students.
- Male middle school students report more sexual intercourse experience than female middle school students (28% to 17%). High school students report less difference between the genders, with 53% of males having had sexual intercourse (49% nationally), compared to 50% of females (48% NATIONAL).
- Eight percent of middle school students report having sexual intercourse before age 11.
- Seven percent of high school students (MAINE and NATIONAL) report having sexual intercourse before age 13.

Students Who Had Sexual Intercourse by Grade



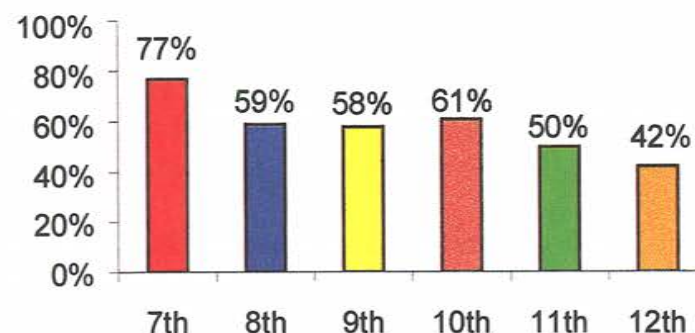
High School Students Having Sexual Intercourse in the Past Three Months



❖ SEXUAL BEHAVIOR (*Continued*)

- Eight percent of middle school students, including 11% of the males and 6% of the females, reported having had sexual intercourse with three or more people during their lifetimes.
- Thirteen percent of the high school students reported having had sexual intercourse with four or more people during their lifetimes. (16% NATIONAL)
- Two-thirds of middle school students who had sexual intercourse used a condom during their last sexual intercourse experience.
- Over half of the high school students who had sexual intercourse used a condom during their last sexual intercourse experience (54% MAINE and 57% NATIONAL), up from 40% (MAINE) in the 1995 survey.

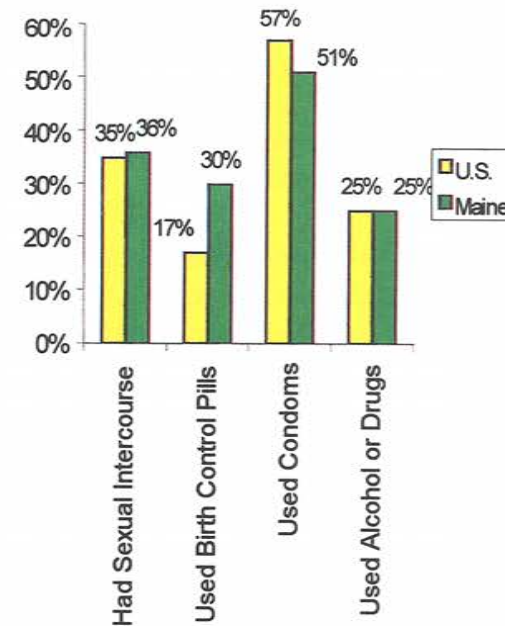
**Percentages of Students Using
Condoms at Last Sexual Intercourse By
Grade**



❖ SEXUAL ACTIVITY

- Thirty six percent of Maine high school students reported that they had sexual intercourse during the 3 months preceding the survey, as did 35% in the national study.
- In Maine, 30% of students who had sexual intercourse during the three months preceding the survey used birth control pills at their last sexual intercourse, compared to 17% nationally. In the 1995 survey, 36% of Maine students used birth control pills at their last sexual intercourse.
- Both in Maine and nationally, one out of four students who had sexual intercourse in the 3 months preceding the survey used alcohol or drugs before their last sexual intercourse. One out of three male high school students engaged in this risk behavior.
- Four percent of high school students reported that they had been pregnant or gotten someone pregnant, compared to 7% of students nationally

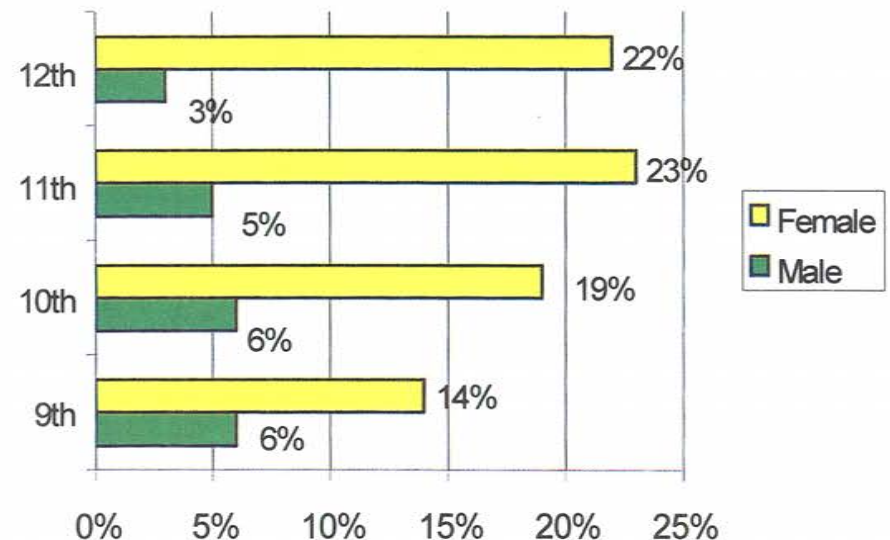
Behaviors of Current Sexually Active High School Students



❖ FORCED SEXUAL BEHAVIOR

- Nearly one in five female high school students has been verbally or physically forced to take part in a sexual activity, as compared to five percent of male students.
- Five percent of high school students, including 4% of the males and 5% of the females, have been forced to have unwanted sexual intercourse on a date. Seven percent of 11th and 12th grade female students reported that they had been forced to have sexual intercourse against their will.
- Three percent of high school students, including 4% of males and 2% of females, had ever verbally or physically forced someone to take part in a sexual activity.
- Eleventh grade male students forced others to engage in a sexual activity more than any other group (7%). The group least likely to force another person to engage in sexual activity was 12th grade males (1%).

Students Who Were Forced to Take Part in A Sexual Activity by Grade and Sex



❖ HEALTH CARE, PHYSICAL ACTIVITY & NUTRITION

In this section, the survey asked students to report on health care, exercise, nutrition and body weight.

Healthy Maine Year 2000 Goal

- Improve the health of teens and young adults and improve access to preventive health care services.

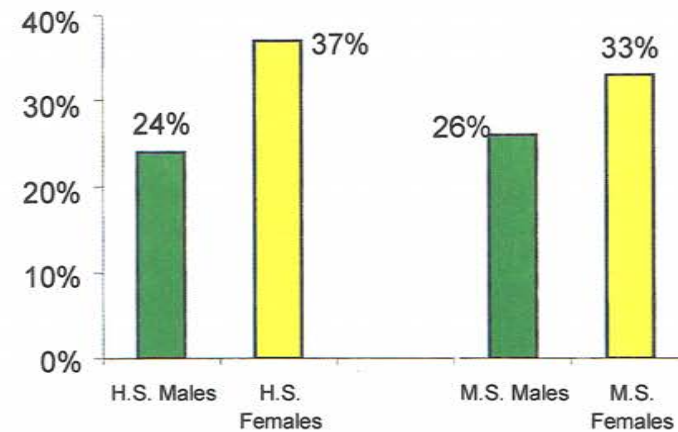
Healthy Maine Year 2000 Objectives

- Reduce dietary fat intake to an average of 30% of calories or less and average saturated fat intake to less than 10% of calories among people aged two and older.
- Increase complex carbohydrates and fiber-containing foods in the diets of adults to five or more servings of vegetables (including legumes) and fruits, and to six or more daily servings for grain products.
- Increase, to at least 50%, the proportion of overweight individuals aged 12 and older who have adopted sound dietary practices, combined with regular physical activity to attain an appropriate body weight.
- Increase, to 90%, the proportion of school lunch and breakfast services and child care food services with menus that are consistent with the nutrition principles in the Dietary Guidelines for Americans.

❖ BODY WEIGHT

- Thirty percent of high school students and 29% of middle schoolers described themselves as overweight. National figures showed that 27% of high school students thought they were overweight.
- Among middle school students, 33% of the females described themselves as overweight, compared to 26% of the males
- Among high school students, 37% of the females described themselves as overweight, compared to 24% of the males. National data indicated that 34% of the females and 22% of the males felt they were overweight.

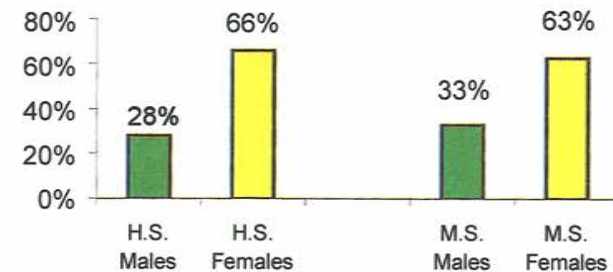
**Students Describing Themselves
As Overweight**



❖ BODY WEIGHT (Continued)

- Almost half (49%) of middle school students report that they are trying to lose weight. This includes nearly two-thirds of the female students and one-third of the male students.
- Forty-six percent of Maine high school students are trying to lose weight, including 66% of female and 28% of male students. Nationally, 40% of high school students were attempting weight loss, including 60% of females and 23% of males.
- Exercise is the most common weight loss method used by middle (62%) including 76% of female and 49% of male students
- 54% of high school students (70% female and 39% male) report exercising to lose weight.
- In the national survey, 52% of high school students reported exercising to lose weight, including 65% of females and 40% of males.

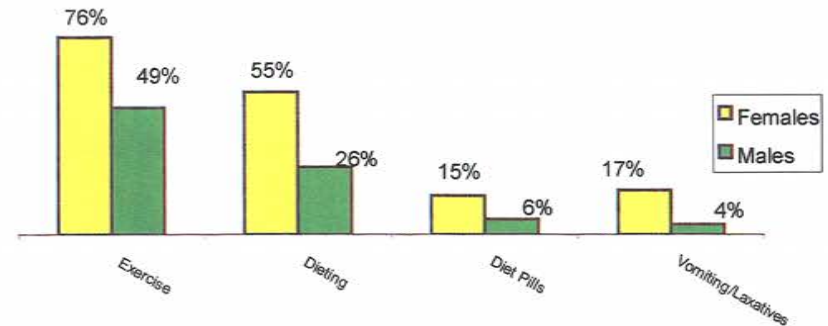
Students Who Are Trying To Lose Weight



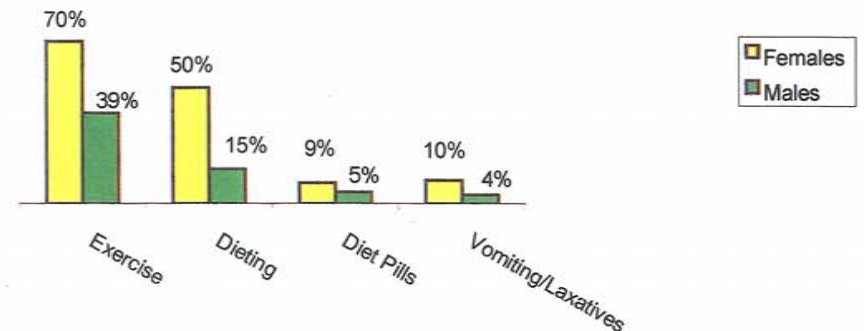
❖ BODY WEIGHT (Continued)

- Forty percent of middle school students report dieting to lose weight. This includes 55% of females and 26% of males.
- Thirty-two percent of high school students report dieting to lose weight. This includes 50% of females and 15% of males.
- Thirty percent of high school students diet for weight loss nationwide, including 46% of females and 18% of males.
- More middle school students (10%) (15% female vs 6% male) took diet pills to lose weight than high school students (7%) (9% female vs 5% male).
- Nationally, 5% of high school students took diet pills (8% of females versus 2% of males).
- Seventeen percent of female middle school students and 10% of female high school students vomited or took laxatives to lose weight. The national survey found this to occur for 5% of high school students, including 8% of the females and 2% of the males.

Methods of Weight Loss By Middle School Students



Methods of Weight Loss By High School Students



❖ NUTRITION

- More than two-thirds of the students ate fruit and drank fruit juice the day preceding the survey.
- Over half of the students ate cooked vegetables on the day before the survey.
- About one-third of the students ate a salad the day preceding the survey.
- Fewer older students tended to consume fruits and vegetables the day before the survey than younger students.
- There was little difference between males and females regarding consumption of fruits and vegetables the day preceding the survey.
- Nationally, 29% of high school students ate five or more servings of fruits and vegetables the day preceding the survey.

Student Intake of Fruits and Vegetables on the Day Preceding the Survey

	7th	8th	9th	10th	11th	12 th
Cooked Vegetables	61%	57%	61%	52%	52%	53%
Salad	36%	34%	37%	38%	34%	33%
Fruit Juice	75%	74%	73%	68%	72%	70%
Fruit	75%	72%	75%	65%	66%	63%

❖ NUTRITION *(Continued)*

- Over 60% of students ate cookies, pie, or cake the day preceding the survey.
- Over half of the students ate french fries or potato chips the day before the survey.
- More males than females ate hamburgers, hot dogs, or sausage the day before the survey. Twice as many high school males ate these foods than high school females (51% to 25%).
- The national survey found that 62% of high school students ate no more than two servings of high fat foods the day preceding the survey.

Student Intake of Selected Foods the Day Preceding the Survey

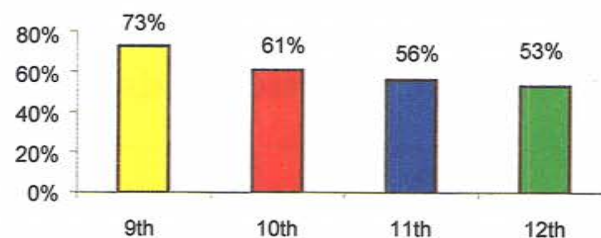
	7th	8th	9th	10th	11th	12th	Male	Female
Cookies, Pies, Cakes	64%	67%	62%	61%	61%	59%	66%	57%
French Fries & Potato Chips	55%	57%	54%	50%	55%	54%	61%	47%
Hamburgers, Hot Dogs & Sausages	43%	40%	42%	39%	37%	34%	48%	29%

❖ PHYSICAL ACTIVITY

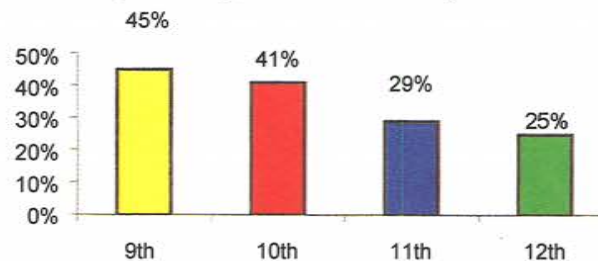
The survey asked students to report on how often in the past seven days they engaged in vigorous and moderate physical activity. The survey defined *vigorous* exercise as participation “in sports activities for at least twenty minutes that made you sweat and breathe hard, such as basketball, jogging, fast dancing, swimming laps, tennis, fast bicycling or similar aerobic activities.” The survey defined *moderate* exercise as walking or bicycling for at least thirty minutes at a time.

- Sixty-two percent of high school youth *vigorously* exercised three or more days in the week preceding the survey. This included 60% of the female and 64% of the male students. Nationally, 64% of students exercised vigorously, including 72% of males and 54% of females.
- Twice as many males (25%) than females (12%) exercised *vigorously* every day of the past seven days.
- Thirty-six percent of the high school students *moderately* exercised for three or more days during the seven days preceding the survey. This was true of 20% of students across the country.
- Activity levels decreased by age for high school students, with vigorous exercise declining from 73% of ninth graders to 53% of twelfth graders, and moderate exercise decline from 45% of ninth graders to 25% of twelfth graders. This decline was also reflected nationally, with 73% of 9th grade students exercising vigorously, compared to 58% of 12th graders.

Students Exercising Vigorously 3+ Days in the Past Week by Grade



Students Exercising Moderately on 3+ Days During the Past Week by Grade

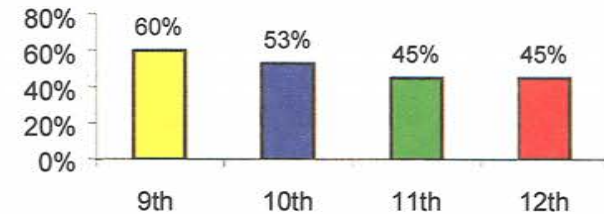


❖ PHYSICAL ACTIVITY (Continued)

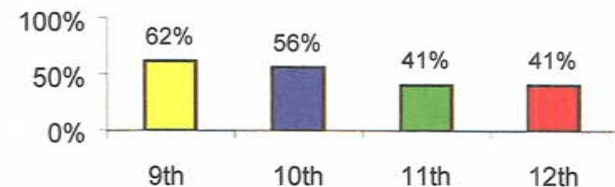
The survey asked students to report on how often in the past seven days they engaged in stretching and strengthening exercises. The survey identified stretching exercises as toe touching, knee bending and leg stretching. Strengthening exercises included push-ups, sit-ups, and weight lifting.

- Almost half of the high school students did stretching and strengthening exercises three or more days during the week preceding the survey. This closely matched national data.
- Fifty-three percent of female students and 50% of males engaged in stretching exercises on three or more days the preceding week.
- Fifty-two percent of male and 48% of female students engaged in strengthening exercises on three or more days the preceding week. This compares to 58% of male and 43% of females nationwide.
- Students tend to engage less often in stretching and strengthening exercises from ninth to twelfth grades in the state and national surveys.

Students Engaging in Stretching Exercises 3+ Days the Past Week by Grade



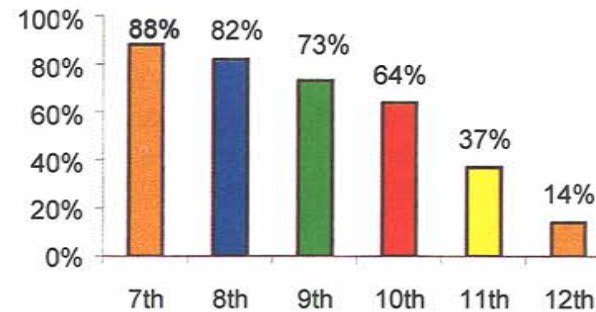
Students Engaging in Strengthening Exercises 3+ Days in the Past Week by Grade



❖ PHYSICAL ACTIVITY *(Continued)*

- Eighty-five percent of middle school students reported that they attended a physical education class on one or more days in an average school week, as compared to 47% of Maine high school students and 49% of high school students nationally.
- Participation in physical education classes declined from 88% of students in seventh grade to only 14% of twelfth grade students.
- Forty-three percent of high school students exercised for more than twenty minutes in their physical education classes in Maine, compared to 74% nationally. This included 66% of ninth grade students, but only 14% of twelfth grade students in Maine, while national data showed 74% of ninth graders and 78% of 12th grade students exercised 20 minutes or more in a typical PE class.

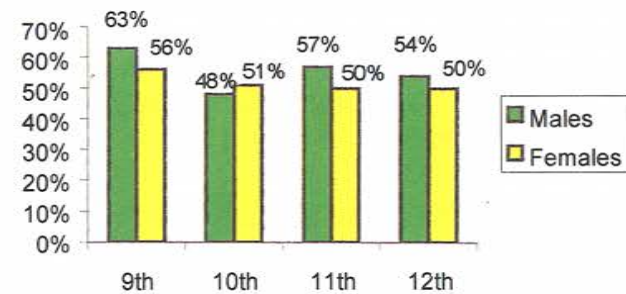
Participation in Physical Education Classes by Grade



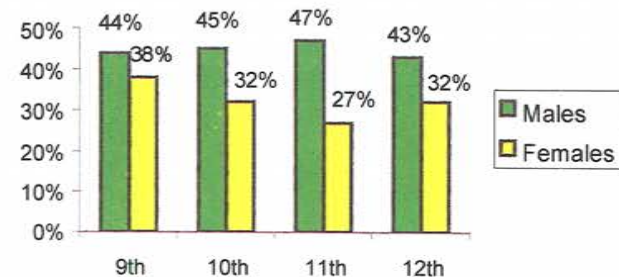
❖ PHYSICAL ACTIVITY (Continued)

- Two-thirds of middle school students participate on a sports team either in-school or outside of school. This includes 68% of male students and 66% of female students.
- Over half of high school students participate on a school sports team. This includes 56% of male students and 52% of female students. About half of students nationally participate on a school sports team, including 56% of males and 42% of females.
- Over one-third of high school students participate on a sports team outside of school. This includes 48% of male students and 32% of female students. Nationally, 38% of high school students play sports outside of school, including 45% of males and 30% of females.

Participation on School Sports Teams by Sex



Participation on Outside School Sports Teams by Sex





Ref RJ 47.53 R48 1998
Rhoades, Chuck.
Health risk behaviors among
Maine youth

❖ REFERENCES

Healthy Maine Year 2000 Goals and Objectives

Healthy Maine 2000: A Health Agenda for the New Decade, Maine Department of Human Services, Bureau of Health, September, 1993

HIV Education in the Classroom

Maine School Health Education Profile (1993 & 1996)

The Maine Youth HIV Risk Behavior Survey 1991, Maine Department of Education, July 1992

The Maine Youth Risk Behavior Survey 1995, Maine Department of Education, July 1996.

Youth Risk Behavior Surveillance – United States, 1997, Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control, 1998.

USM LIBRARY-GORHAM
37 COLLEGE AVE
GORHAM, ME 04038-1088

