

Date: October 13, 2015

For ACTION \_\_\_\_\_

For INFORMATION  X

Board Agenda: Yes \_\_\_\_\_  
No  X

**FROM:** Clinton Page, Ed.S., Chief Accountability Officer  
Julie Crawford, Ed.D., Chief of Student Services, Alternative Paths and Equity

**THROUGH:** Alvin L. Crawley, Ed.D., Superintendent of Schools

**TO:** The Honorable Karen Graf, Chair, and Members of the Alexandria City School Board

**TOPIC:** Youth Risk Behavior Survey Report

**BACKGROUND:**

The Alexandria Youth Risk Behavior Survey (YRBS), based on the original Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention, is a voluntary, anonymous, self-reported survey administered on a three year cycle within Alexandria City Public Schools (ACPS) to students in grades 8, 10 and 12. The survey administration and the attached report were a result of the collaboration among a wide range of academic, government, volunteer and non- governmental organizations working to improve the health and wellness of adolescents in Alexandria. In particular, the Substance Abuse Prevention Coalition of Alexandria (SAPCA) and the Alexandria Health Department teamed with ACPS in all phases of the survey administration. This YRBS administration represents the third collaborative effort across local organizations/agencies to garner these important data dating back to 2006-2007.

The goal of the survey is to obtain information on youth behaviors in six risk areas identified as contributing to the leading causes of death, disability, and social problems among youth in the United States. These risk areas are: physical health; dietary behavior; behaviors that contribute to unintentional or intentional injuries; alcohol and other drug use; tobacco use; and sexual behaviors that contribute to unintended pregnancy or sexually transmitted infections. The results from the survey are then utilized across organizations within the city to target programming and services to best meet the needs of students and families.

**RECOMMENDATION:**

Review the attached Youth Risk Behavior Survey Report for possible planning, procedural, programmatic, and/or budgetary changes.

**IMPACT:**

Overall, results show a decrease in many risk behaviors regarding substance use, sexual behavior, and aggressive and violent behaviors when compared to local 2011 survey results. Further, Alexandria results were below national averages where comparison

results were available in these critical risk areas. Physical and mental health of respondents emerged as focus areas. Attention and immediate action must be taken concerning the increases seen from respondents with respect to internalizing mental health concerns including sad or hopeless feelings and suicidal ideation.

**CONTACT PERSON:** Clinton Page

# Youth Risk Behavior Survey 2013-2014

Alexandria, VA

**Alexandria City Public Schools**  
**Alexandria Health Department**



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# Youth Risk Behavior Survey

Alexandria, Virginia

2013-2014

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## **Introduction**

The Alexandria Youth Risk Behavior Survey (YRBS), based on the original Youth Risk Behavior Surveillance System developed by the Centers for Disease Control and Prevention, is a voluntary, anonymous, self-reported survey administered to adolescents in grades 8, 10 and 12. This survey of Alexandria's public school youth was a result of the collaboration among a wide range of academic, government, volunteer and non-governmental organizations working to improve the health and wellness of adolescents in Alexandria. In particular, the *Substance Abuse Prevention Coalition of Alexandria* (SAPCA) worked diligently to collaborate with Alexandria City Public Schools to ensure implementation of the survey. SAPCA was also instrumental in ensuring that a wide range of community organizations focused on adolescent health were able to contribute additional questions to the original CDC survey tool. The goal of the survey is to obtain information on youth behaviors in six risk areas identified as contributing to the leading causes of death, disability, and social problems among youth in the United States:<sup>1</sup>

- (1) Physical health
- (2) Behaviors that contribute to unintentional or intentional injuries
- (3) Alcohol and other drug use
- (4) Tobacco use
- (5) Sexual behaviors that contribute to unintended pregnancy or sexually transmitted infections, including HIV
- (6) Dietary behavior

The survey was conducted in December 2013 among students in grade 8 and in November 2014 among grades 10 and 12. Notable risk behaviors reported among students in grades 10 and 12 on the high school survey are highlighted graphically in this report. Comparable data from Alexandria's 2011 YRBS were included where possible; however, methodologies differed in that the 2011 YRBS utilized a paper-based survey for data collection, while data for the 2013 and 2014 surveys were collected electronically.

The attached appendices provide a comprehensive summary of results from the Alexandria YRBS in all three grades surveyed. National estimates from the 2013 CDC YRBSS were included in the appendices as a reference point, but various methodologies were utilized by states across the nation and may account for some difference in outcomes.

## **Methodology**

The sampling frame for the 2013-2014 YRBS in Alexandria included all students in grades 8, 10 and 12 attending school at George Washington Middle School, Francis C. Hammond Middle School, Jefferson-Houston School and T.C. Williams High School. The survey was offered to students in these grades who were present on days selected by each school's administration.

Eighth grade students completed a 69-question survey on December 17, 2013. A longer survey (114 questions) was administered to tenth and twelfth graders at T.C. Williams on November 18-19, 2014. A total of 1,591 students from all three grades completed the questionnaires.

Parents were notified about the survey one month prior to administration and given the opportunity to opt their children out of participation. Nine parents chose this option. Students were able to choose whether or not to take part in the survey and those who participated could also skip individual items. The survey was self-administered electronically via each student's laptop computer, during a 50 minute class period.

### **Survey Data**

Of the 1,591 students who completed the questionnaires, 61 were not included in the analysis. Reasons for removal include blank or highly incomplete questionnaires, extreme/conflicting responses to all questions, or incomplete information on grade level. Removing these questionnaires from analysis avoided inclusion of responses that would place known bias into survey results.

#### **Grade 8 Survey**

- 33 questionnaires were removed from analysis
- 82% of eighth graders registered for the 2013-2014 school year completed the survey (n=638)

#### **Grades 10 and 12 Survey**

- 28 questionnaires were removed from analysis
- 54% of tenth graders registered for the 2014-2015 school year completed the survey (n=495)
- 53% of twelfth graders registered for the 2014-2015 school year completed the survey (n=397)

### **Analysis**

This report focuses on graphical portrayals of notable results from the YRBS conducted among grades 8, 10, and 12. The graphs present results stratified by grade level (age), race/ethnicity, and gender. Data analysis was conducted by the Alexandria Health Department, using IBM SPSS Statistics 22. Data were weighted to reflect the true population proportions according to race and gender.

### **Statistical Significance**

The use of an asterisk next to an indicator highlights if there was a statistically significant difference between the high school grades, race/ethnicities or genders surveyed within the same survey year. Differences are statistically significant if the "p-value" in statistical analysis resulted at or below 0.05. Such a low p-value means that there is a 5% or less probability that the observed difference is based on chance alone and would not be replicated if the survey were conducted again with the same population. Statistical significance in and of itself does not necessarily indicate public health significance.

### **Limitations**

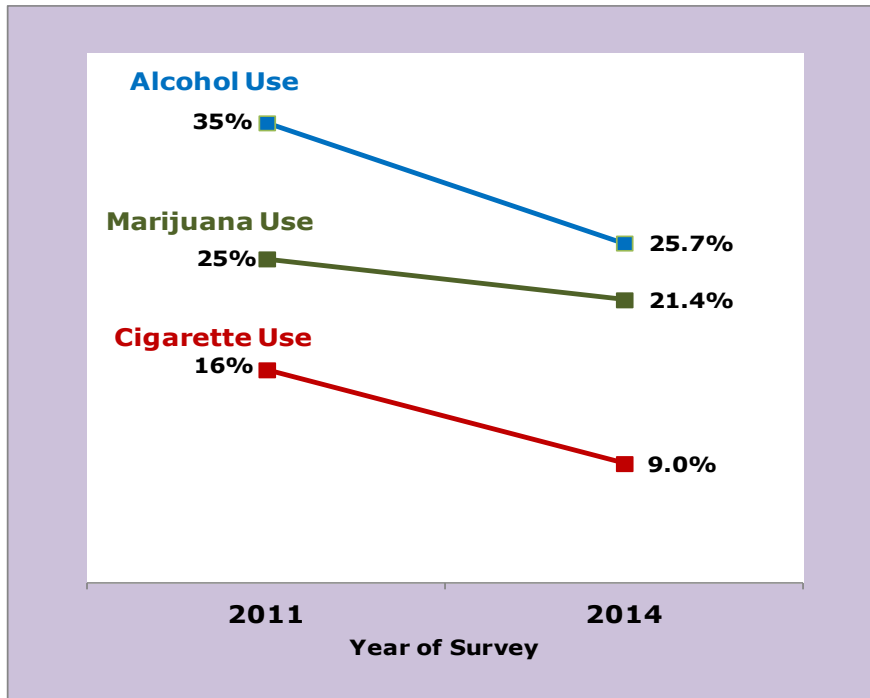
While the response rates from 2014 are comparable to the YRBS 2011 survey, it should be noted that there may be some bias in the responses, given that roughly half of eligible students opted not to participate in the survey or were not present at school that day. Inherent differences in the two populations – those who participated in the survey and those who did not – cannot be measured.

Questions about this report may be directed to [alex\\_epi@vdh.virginia.gov](mailto:alex_epi@vdh.virginia.gov).

**2014 Alexandria YRBS Results  
Grades 10 and 12**

# Alexandria YRBS Results: Youth Substance Use – Grades 10 and 12

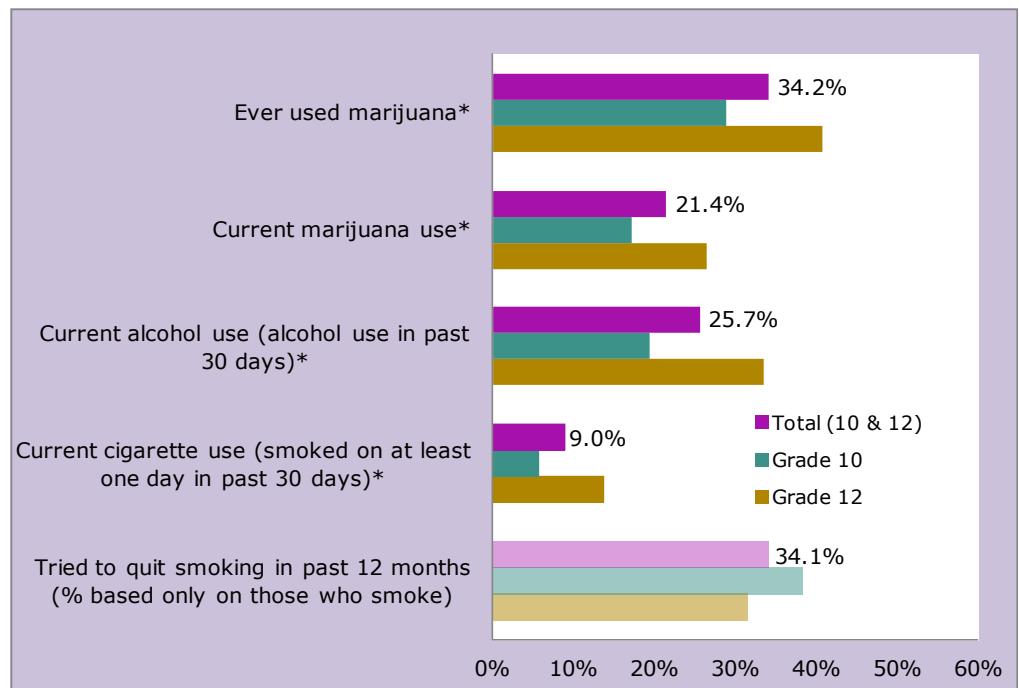
**Figure 1: Alcohol, Marijuana & Cigarette Use in Last 30 Days  
2011 & 2014, Grades 10 & 12**



**Substance Behaviors**

- Current use of alcohol, cigarettes and marijuana was reported at *decreased* levels in 2014 from 2011.

**Figure 2: Substance Use, by Grade, 2014 (n=892)**



**Substance Behaviors**

- In 2014, use of alcohol, cigarettes and marijuana was reported at statistically significant *higher* levels among twelfth graders, relative to tenth graders.

\*Statistically significant – see page 4 for details

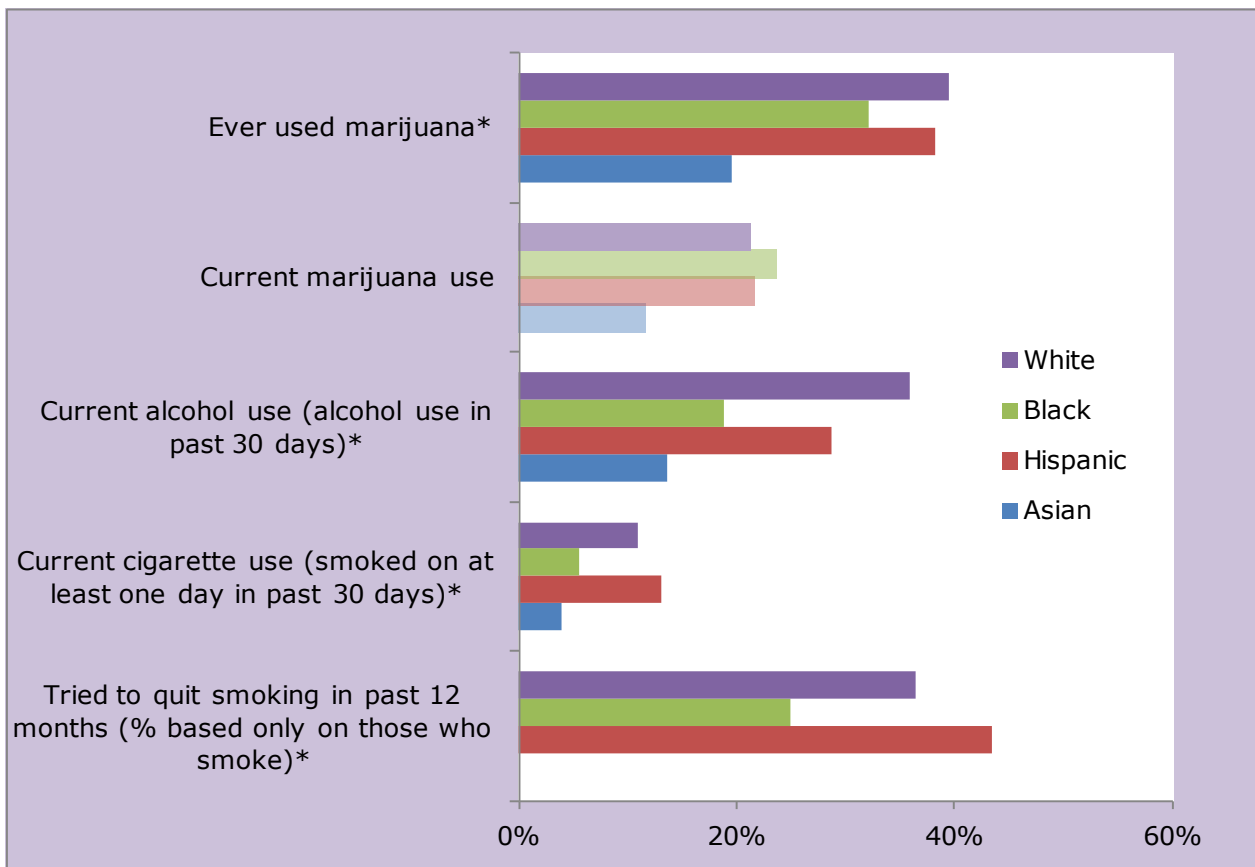


## Alexandria YRBS Results: Youth Substance Use – Grades 10 and 12

### Substance Behaviors

- Statistically significant *higher* proportions of White and Hispanic students reported ever using marijuana, current alcohol use and current cigarette use, relative to Black and Asian students.
- Statistically significant *higher* proportions of White and Hispanic students reported trying to quit smoking in the past year, relative to Black students. Note: The number of Asian students answering the survey question regarding trying to quit smoking was not sufficient for inclusion in the analysis of this indicator.

**Figure 3: Substance Use, by Race/Ethnicity, 2014 (n=786)**



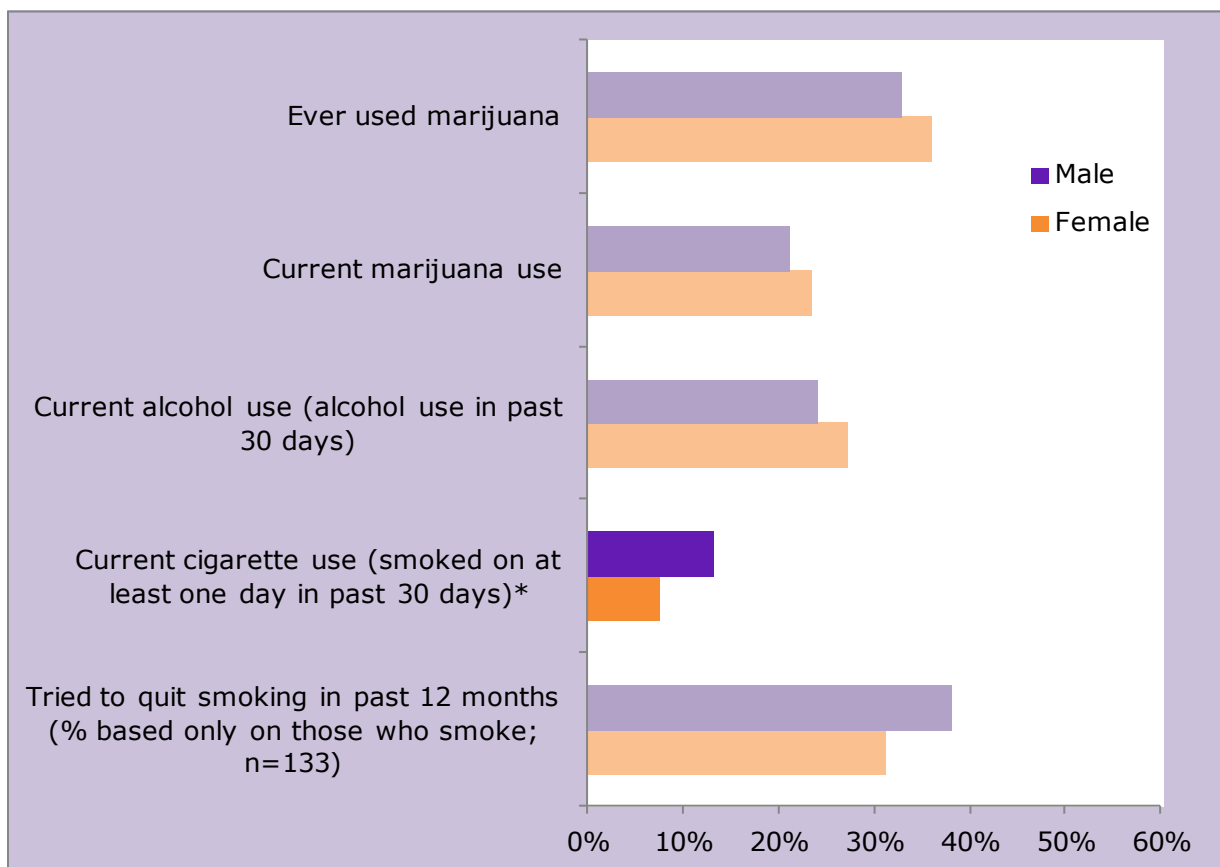
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Youth Substance Use – Grades 10 and 12

### Substance Behaviors

- A larger, statistically significant proportion of males reports current smoking, relative to females.

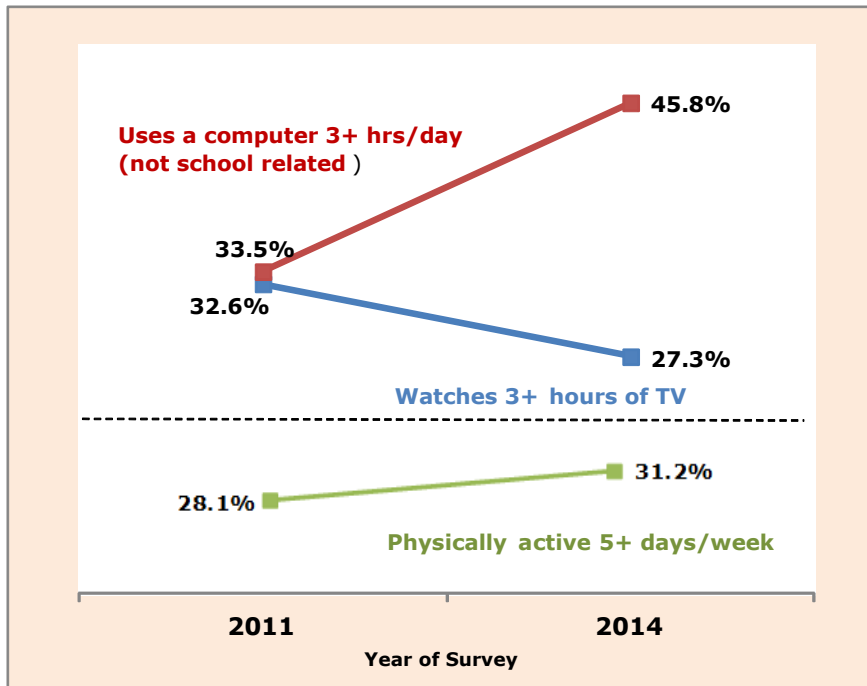
Figure 4: Substance Use, by Gender, 2014 (n=887)



\* Statistically significant – see page 4 for details

# Alexandria YRBS Results: Wellness and Healthcare – Grades 10 and 12

**Figure 5: Daily Screen Time and Physical Activity  
2011 & 2014, Grades 10 & 12**



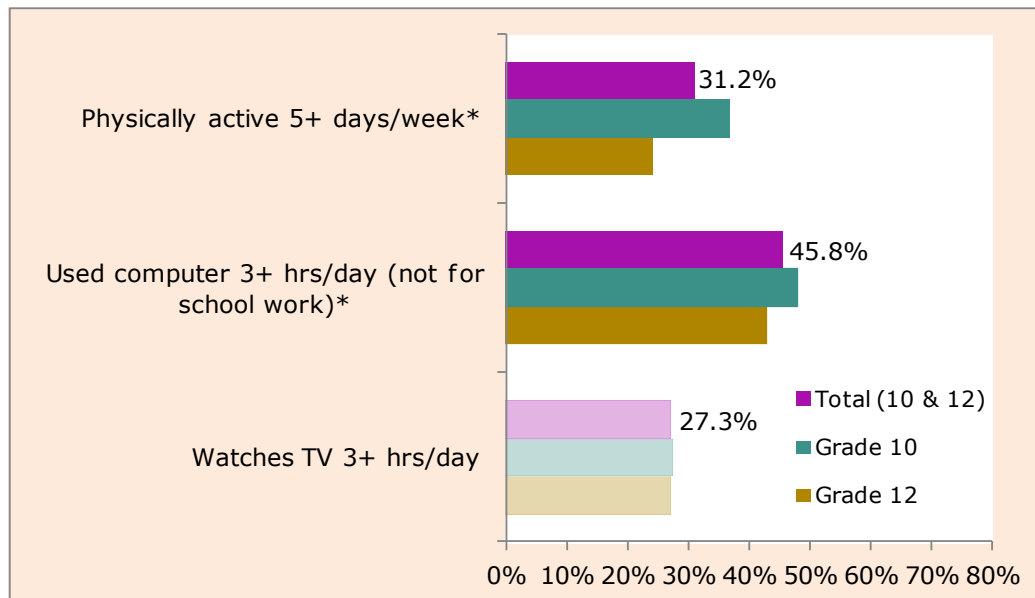
**Screen Time & Physical Activity**

- Use of a computer (including smartphones) for 3+ hours/day *increased* in 2014 from 2011, while watching TV *decreased*.
- Physical activity for 60 minutes, 5 days/week *increased* from 2011 to 2014.

**Figure 6: Daily Screen Time and Physical Activity, by Grade, 2014 (n=883)**

**Screen Time & Physical Activity**

- A statistically significant, *greater* proportion of tenth graders reported being physically active at least 60 minutes a day, 5 or more days each week, and using a computer 3+ hours/day, relative to twelfth graders.



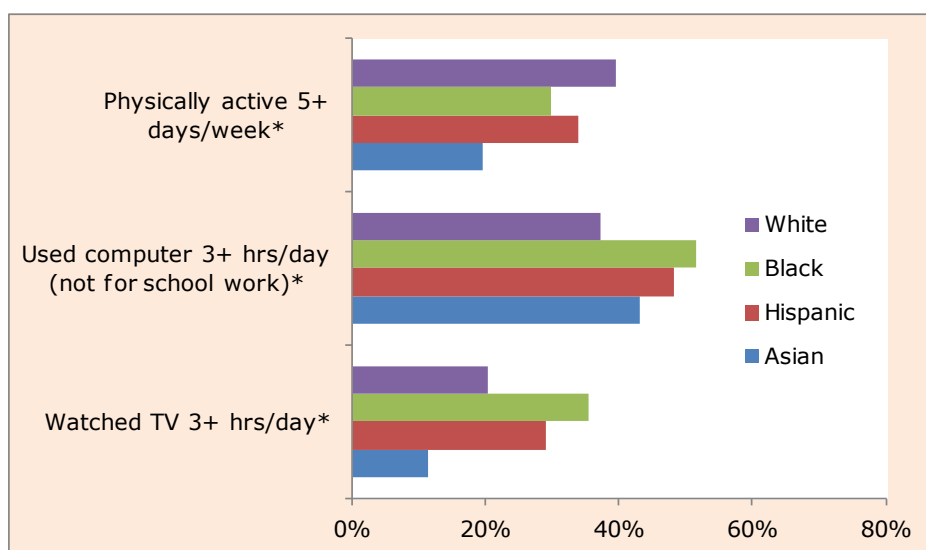
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Wellness and Healthcare – Grades 10 and 12

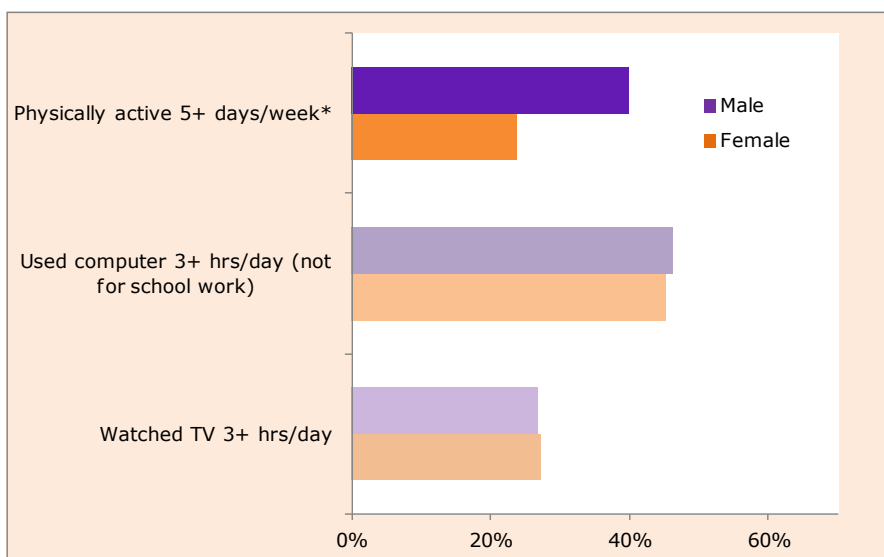
### Screen Time & Physical Activity

- Statistically significant *higher* proportions of White and Hispanic students reported being physically active for at least 60 minutes a day, at least 5 days each week, relative to Black and Asian students.
- Black and Hispanic students reported using computers for 3 or more hours/day (non-school use) and watching TV for 3 or more hours/day at statistically significantly *higher* levels than White or Asian students.

**Figure 7: Daily Screen Time and Physical Activity by Race/Ethnicity, 2014 (n=786)**



**Figure 8: Daily Screen Time and Physical Activity by Gender, 2014 (n=883)**



### Screen Time & Physical Activity

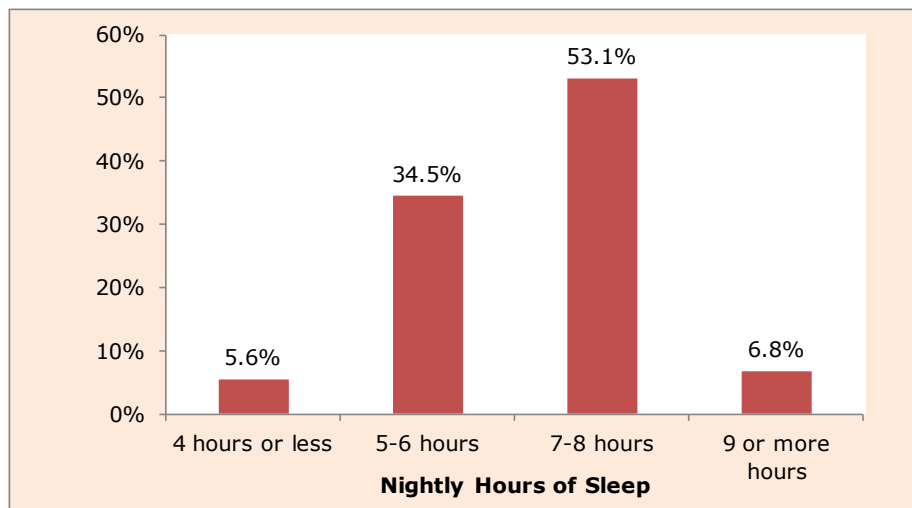
- A *greater*, statistically significant proportion of males reports being physically active for 60 minutes a day, at least 5 days per week in 2014, relative to females.

\* Statistically significant – see page 4 for details

### Sleep Habits

- Approximately 60% of all surveyed students reported having *at least* 7 hours of sleep on a typical school night.

**Figure 9: Hours of Sleep on a Typical School Night  
Grades 10 & 12, 2014 (n=890)**



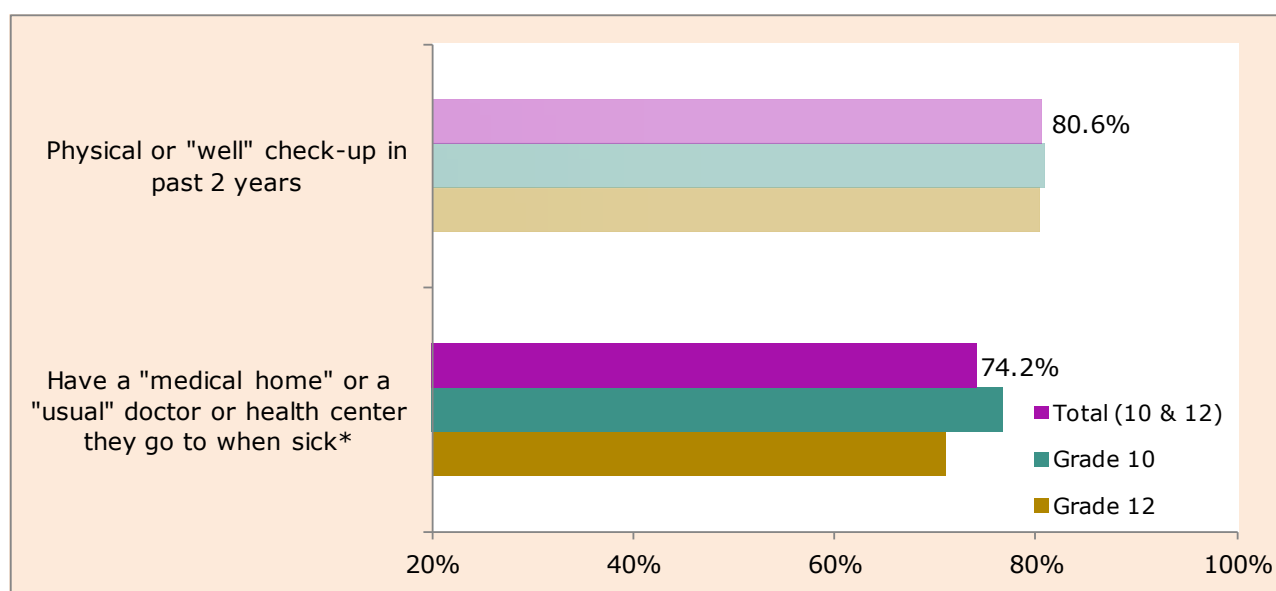
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Wellness and Healthcare – Grades 10 and 12

**Healthcare Provider Usage**

- Approximately 80% of students surveyed have had a physical or check up in the past 2 years, however 25% report not having a medical home or usual health care provider.
- A *larger*, statistically significant portion of tenth graders (76.7%) reported having a medical home or “usual” health care provider than reported by twelfth graders (71.1%).

**Figure 10: Healthcare Provider Usage, by Grade, 2014 (n=889)**



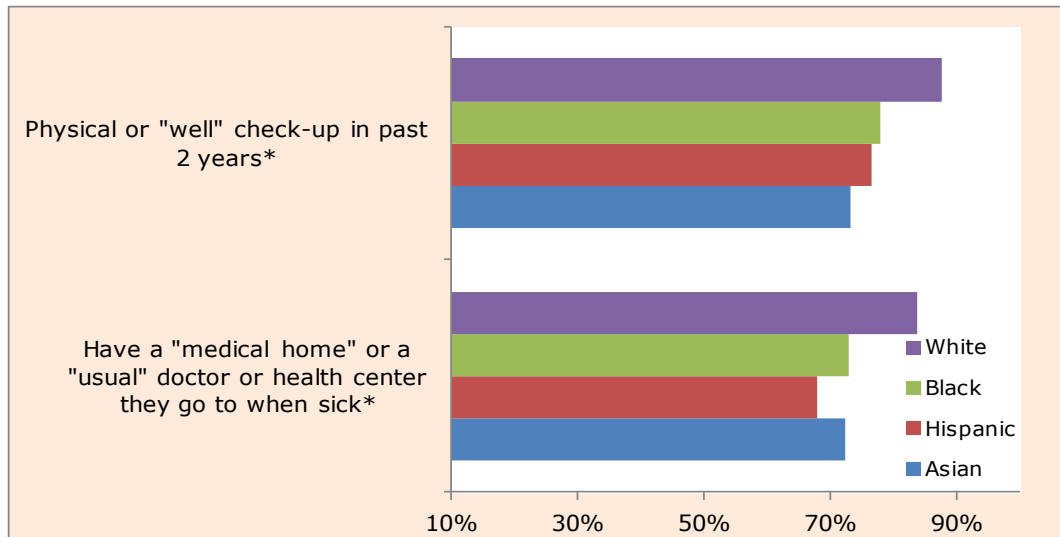
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Wellness and Healthcare – Grades 10 and 12

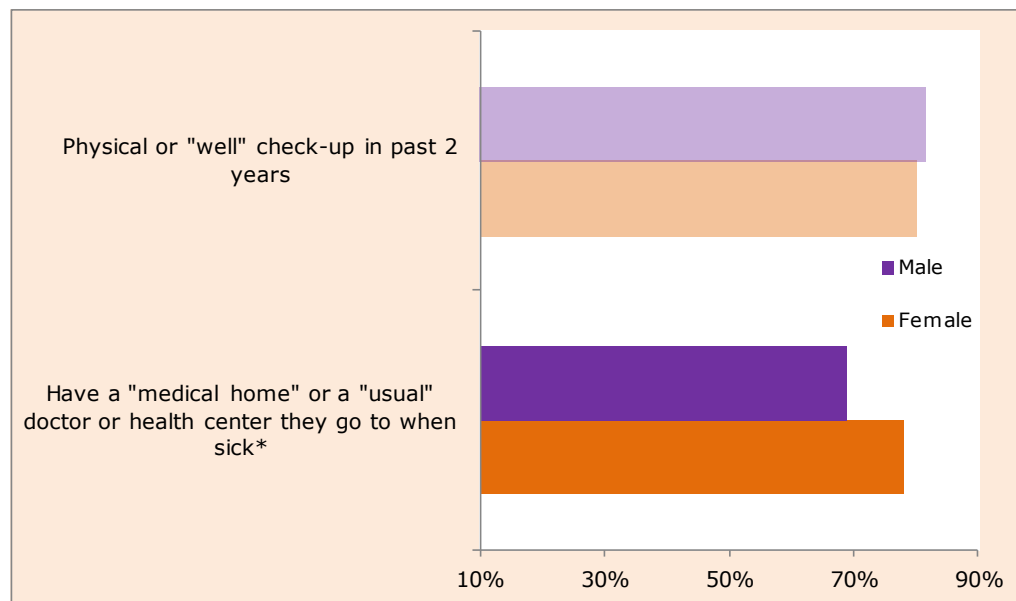
### Healthcare Provider Usage

- *Larger*, statistically significant portions of White students reported having a “well” check up in the past two years, and having a medical home or “usual” health care provider, relative to other racial/ethnic groups.

**Figure 11: Healthcare Provider Usage, by Race/Ethnicity, 2014 (n=786)**



**Figure 12: Healthcare Provider Usage, by Gender, 2014 (n=889)**



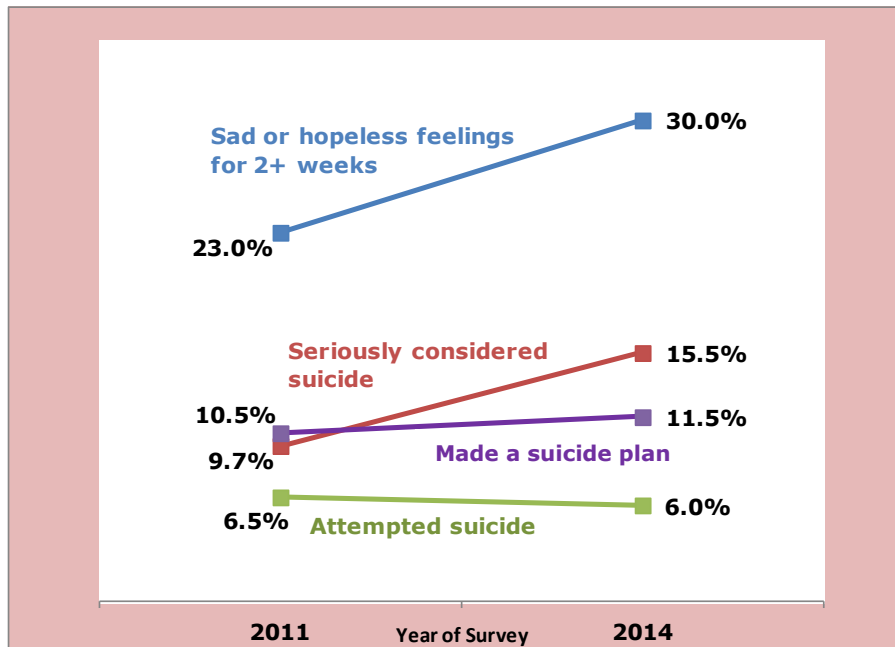
### Healthcare Provider Usage

- *A larger*, statistically significant portion of females reported having a medical home or “usual” health care provider, relative to males.

\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Mental Health – Grades 10 and 12

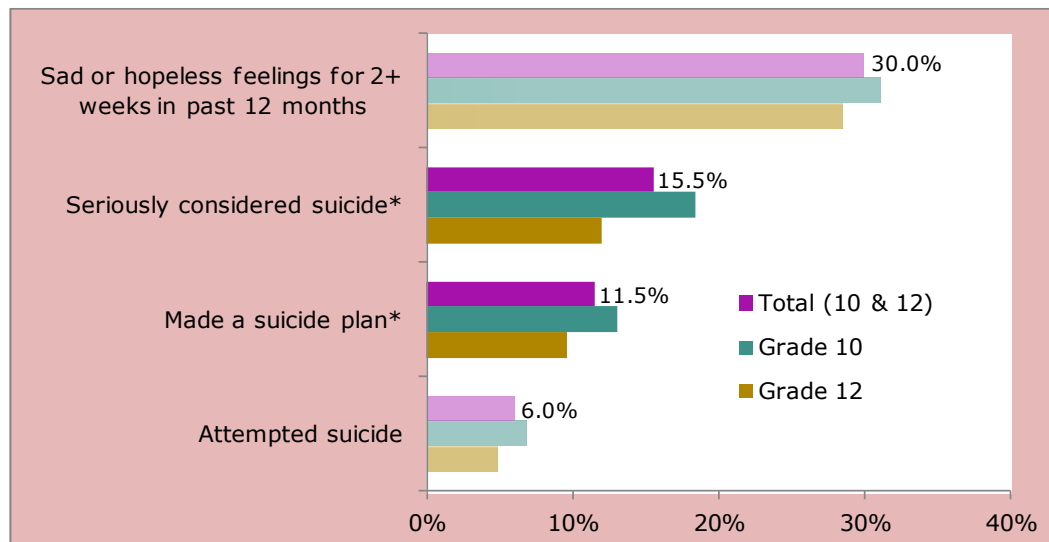
**Figure 13: Depression and Thoughts of Suicide  
2011 & 2014, Grades 10 & 12**



### Mental Health

- Overall reports of sad or hopeless feelings, serious consideration of suicide and plans for suicide *increased* in 2014 from 2011. Serious consideration of suicide estimates showed a 50% increase in 2014.
- Overall reports of suicide attempts remained *relatively unchanged* from 2011 to 2014.

**Figure 14: Depression and Thoughts of Suicide, by Grade, 2014 (n=883)**



### Mental Health

- A statistically significantly *higher* proportion of tenth graders reported they seriously considered suicide or made a suicide plan, relative to twelfth graders in 2014.

\* Statistically significant – see page 4 for details

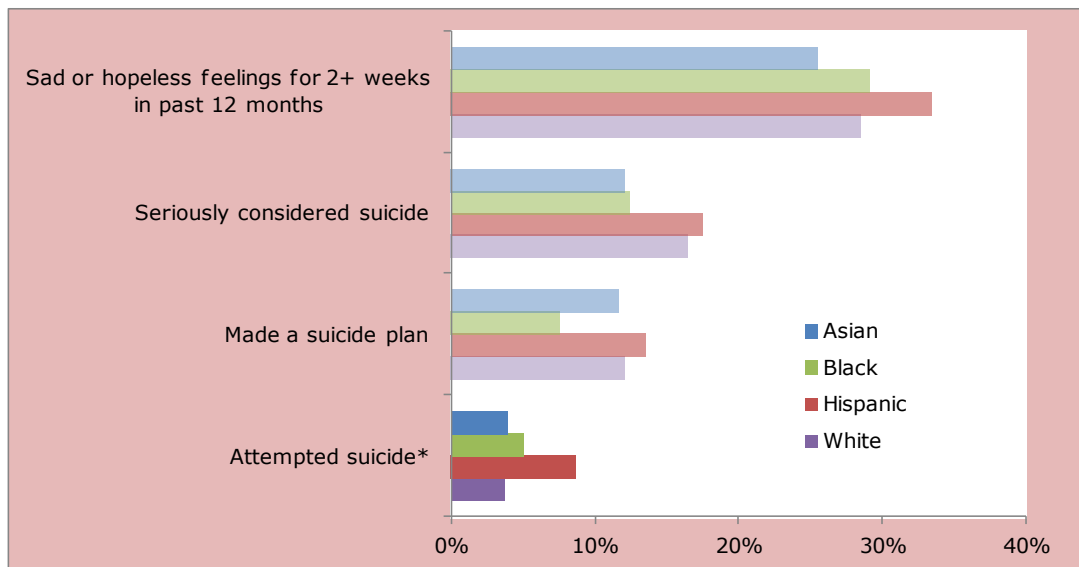


## Alexandria YRBS Results: Mental Health – Grades 10 and 12

### Mental Health

- A statistically significant *higher* proportion of Hispanic students reported they had attempted suicide, relative to Black, White or Asian students in 2014.

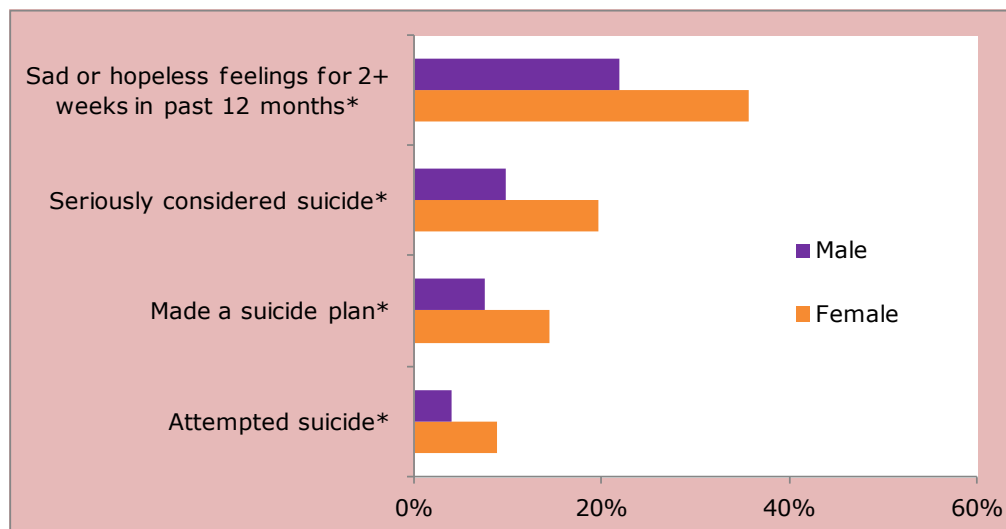
**Figure 15: Depression & Thoughts of Suicide, by Race/Ethnicity, 2014 (n=786)**



### Mental Health

- A statistically significant *higher* proportion of female students reported they had sad or hopeless feelings for at least 2 weeks, seriously considered suicide, made a suicide plan and attempted suicide, relative to male students in 2014.

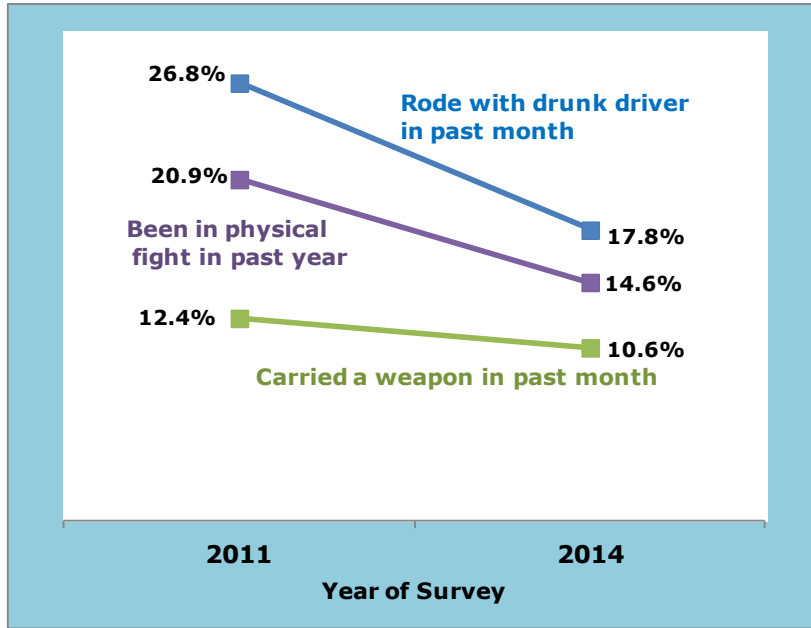
**Figure 16: Depression & Thoughts of Suicide, by Gender, 2014 (n=883)**



\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Aggressive Behavior, Injuries and Violence – Grades 10 and 12

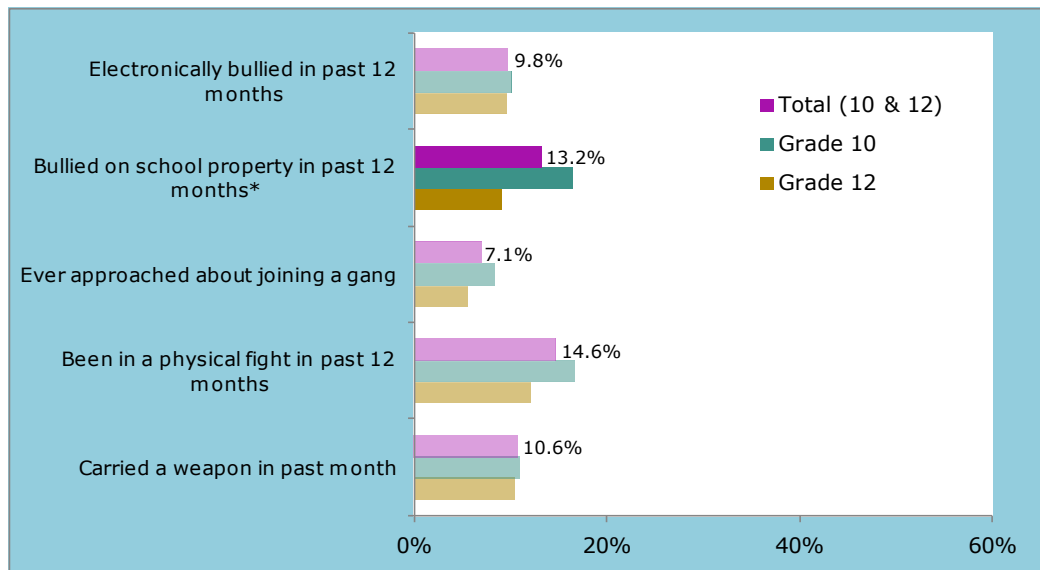
**Figure 17: Aggressive Behavior, Injuries & Violence 2011 & 2014, Grades 10 & 12**



**Aggressive Behavior, Injuries & Violence**

- Student reports of riding with a drunk driver, being in a physical fight in the past year or carrying a weapon in the past month were at *decreased* levels in 2014 than in 2011.

**Figure 18: Aggressive Behavior, Injuries & Violence by Grade, 2014 (n=889)**



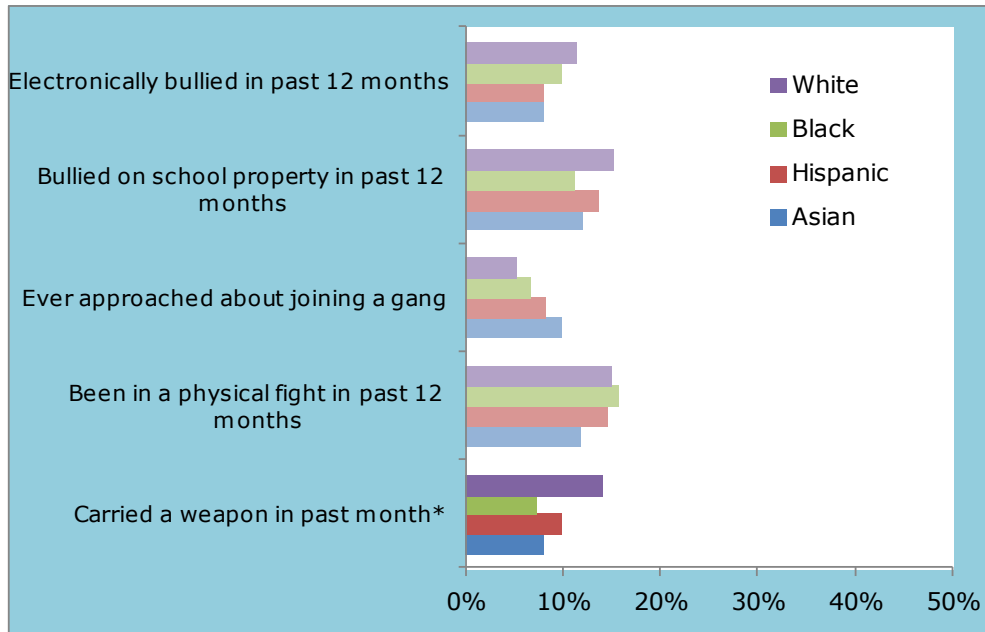
**Aggressive Behavior, Injuries & Violence**

- A statistically significant *higher* proportion of tenth graders reported being bullied on school property in the past year, relative to twelfth graders.

\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Aggressive Behavior, Injuries and Violence – Grades 10 and 12

**Figure 19: Aggressive Behavior, Injuries & Violence by Race/Ethnicity, 2014 (n=783)**



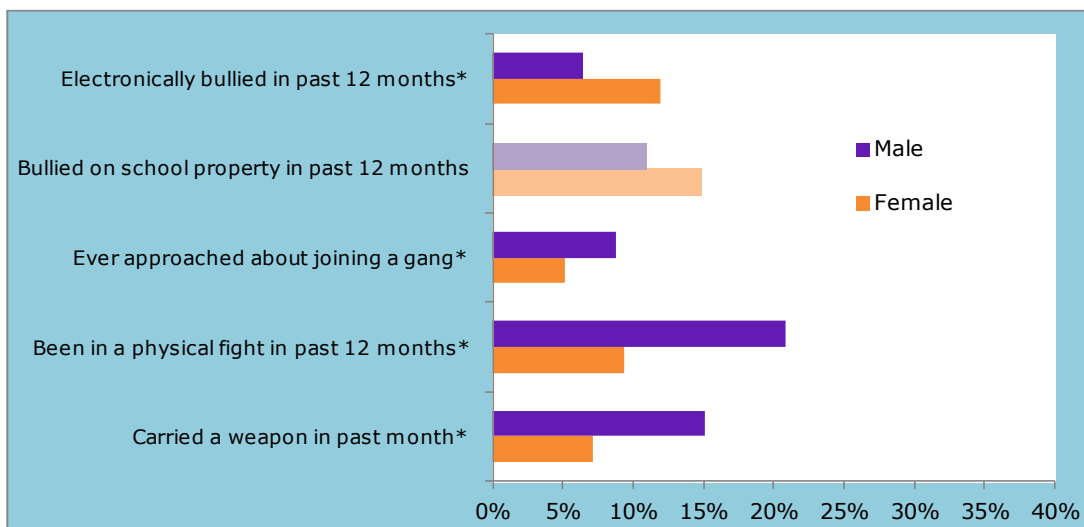
### Aggressive Behavior, Injuries & Violence

- Statistically significant *higher* proportions of White students reported carrying a weapon in the past month, relative to Black, Asian and Hispanic students.

### Aggressive Behavior, Injuries & Violence

- A statistically significant *higher* proportion of females reported being electronically bullied in the past 12 months, relative to males.
- Statistically significant *higher* proportions of males reported being approached to join a gang, being in a physical fight, and carrying a weapon in the past month, relative to females.

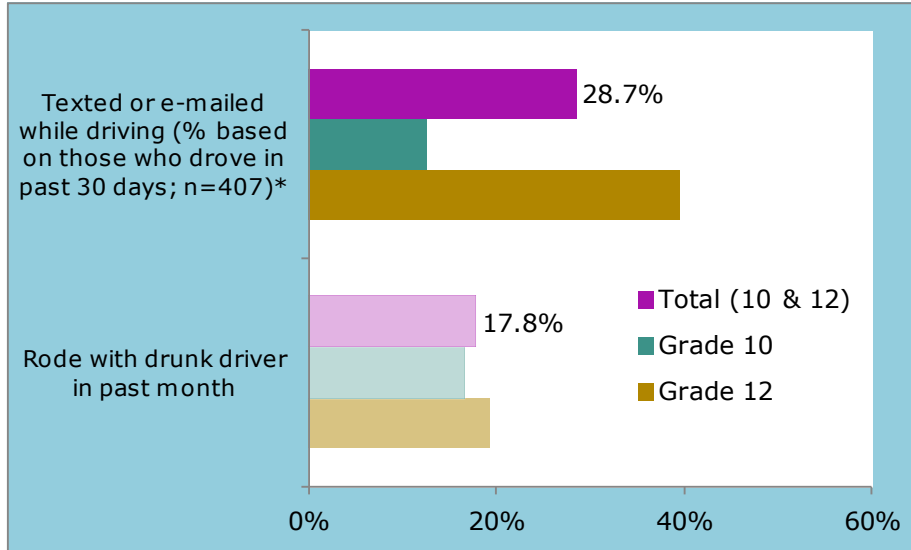
**Figure 20: Aggressive Behavior, Injuries & Violence, by Gender, 2014 (n=889)**



\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Aggressive Behavior, Injuries and Violence – Grades 10 and 12

**Figure 21: Vehicle Safety Behavior, by Grade, 2014 (n=888)**



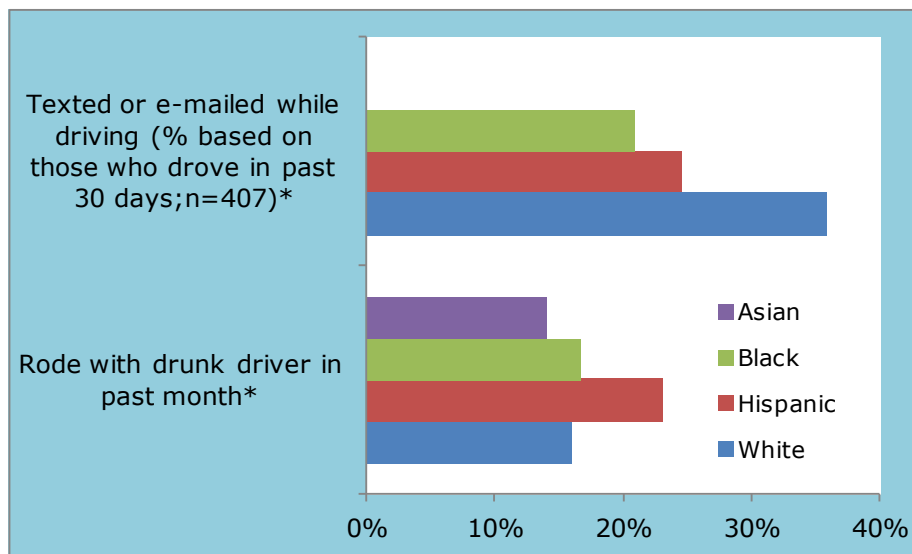
**Vehicle Safety**

- A statistically significant, *higher* proportion of twelfth graders reported texting or emailing while driving, relative to tenth graders.
- No statistically significant differences were found with regard to texting behind the wheel or riding with a drunk driver when stratified by gender.

**Vehicle Safety**

- A statistically significant, *higher* proportion of White students reported texting or emailing while driving, relative to Black or Hispanic students. Note: The number of Asian students answering the survey question was not sufficient for inclusion in the analysis of this indicator.
- A statistically significant, *higher* proportion of Hispanic students reported riding with a drunk driver in the past month, relative to Asian, Black or White students.

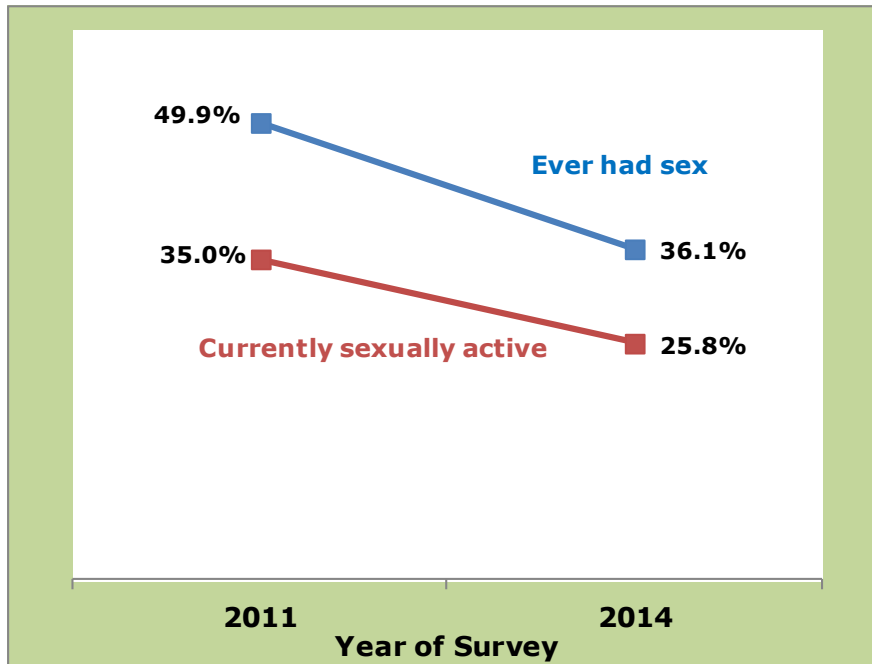
**Figure 22: Vehicle Safety Behavior, by Race/Ethnicity, 2014 (n=888)**



\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Sexual Behavior – Grades 10 and 12

Figure 23: Sexual Activity, 2011 & 2014, Grades 10 & 12



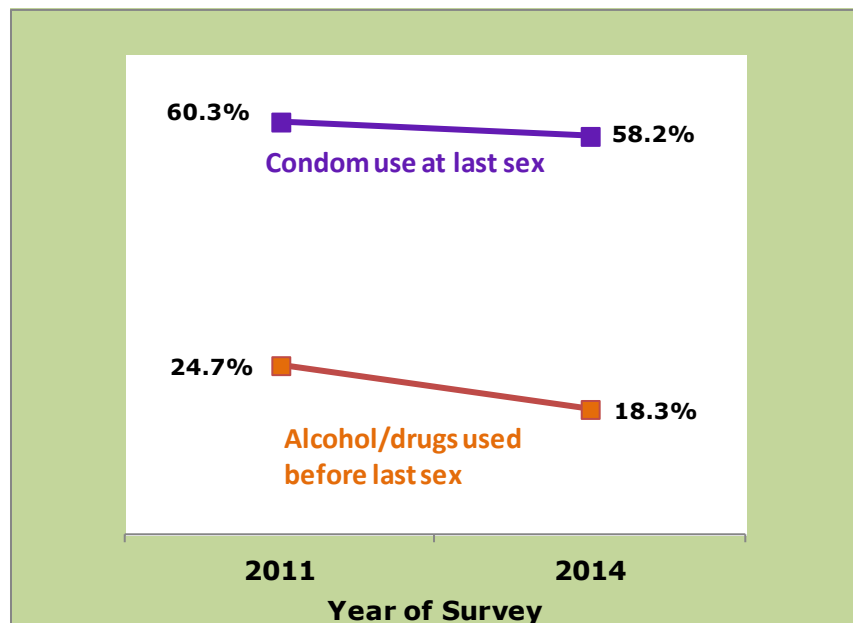
**Sexual Activity**

- The proportion of tenth and twelfth graders who reported they ever had sex or were currently sexually active *decreased* in 2014 from 2011. “Currently sexually active” is defined on the survey as having sexual intercourse within the past three months.

Figure 24: Safety & Sexual Behavior 2011 & 2014, Grades 10 & 12

**Safety & Sexual Behavior**

- Condom use at the last sexual encounter among tenth and twelfth graders *decreased* in 2014 from 2011.
- Alcohol/drug use before the last sexual encounter among tenth and twelfth graders *decreased* in 2014 from 2011.



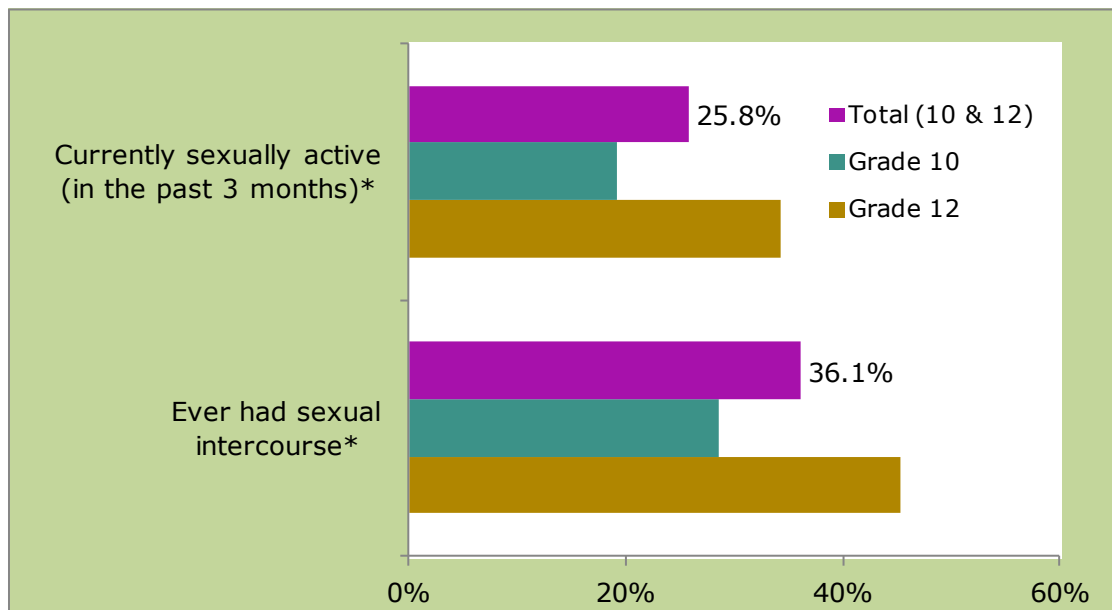
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Sexual Behavior – Grades 10 and 12

### Sexual Behavior

- A statistically significant, *higher* proportion of twelfth graders reported ever having sex and current sexual activity, relative to tenth graders.
- No statistically significant differences were found regarding ever having sex or current sexual activity when stratified by gender (not displayed).
- There were no statistically significant differences observed for safety and sexual behavior indicators (condom use; use of alcohol/drugs before sex) when stratified by grade, race/ethnicity or gender (not displayed).

**Figure 25: Sexual Activity, by Grade, 2014 (n=877)**



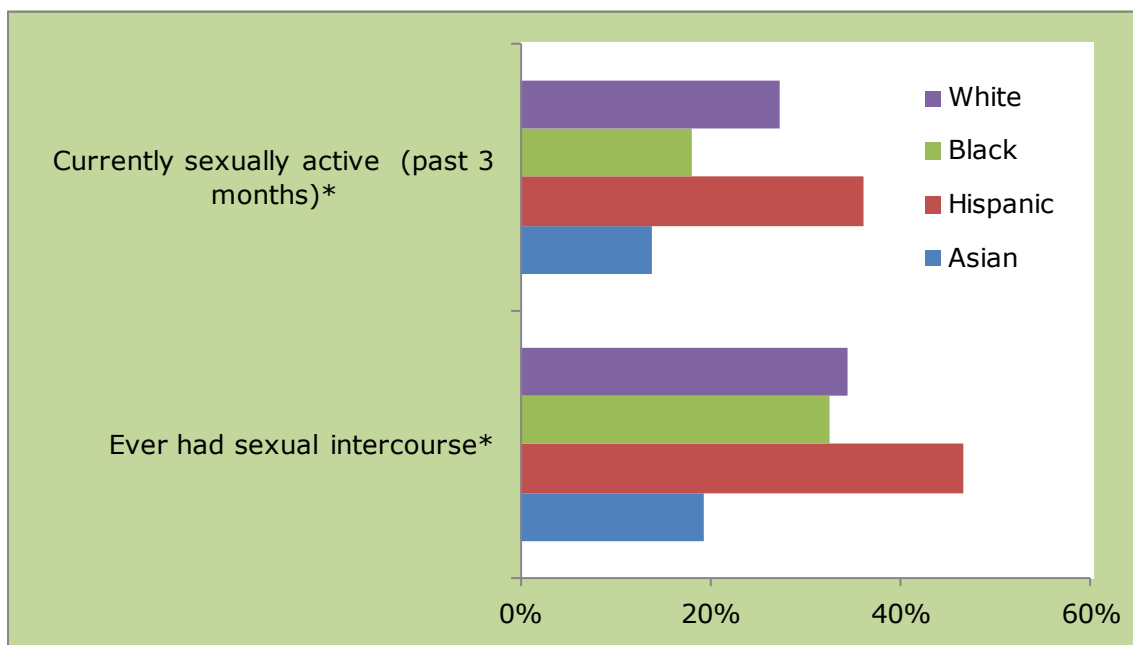
\* Statistically significant – see page 4 for details

## Alexandria YRBS Results: Sexual Behavior – Grades 10 and 12

### Sexual Behavior

- Statistically significant, *higher* proportions of Hispanic students reported ever having sex and current sexual activity, relative to Asian, Black or White students.

**Figure 26: Sexual Activity, by Race/Ethnicity, 2014 (n=783)**



\* Statistically significant – see page 4 for details

## Alexandria YRBS – Survey Respondent Demographics Grades 10 and 12

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**Table 1: Response by Gender**

<b>Gender</b>	<b>#</b>	<b>%</b>
Female	479	53.7%
Male	397	44.5%
Transgender	2	0.2%
Unsure	9	1.0%
<i>No response</i>	5	0.6%

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**Table 2: Response by Race**

<b>Race</b>	<b>#</b>	<b>%</b>
Asian	64	7.2%
Black	267	29.9%
Multiracial**	84	9.4%
White	265	29.7%
Other	22	2.4%
<i>No response</i>	190	21.3%

*\*\*This group represents all respondents who self-identified into 14 distinct biracial/multiracial groups.*

**Table 3: Response by Hispanic Ethnicity**

<b>Hispanic Ethnicity</b>	<b>#</b>	<b>%</b>
Hispanic	270	30.3%
Non-Hispanic	613	68.7%
<i>No response</i>	9	1.0%

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**Table 4: Response by Sexual Identity**

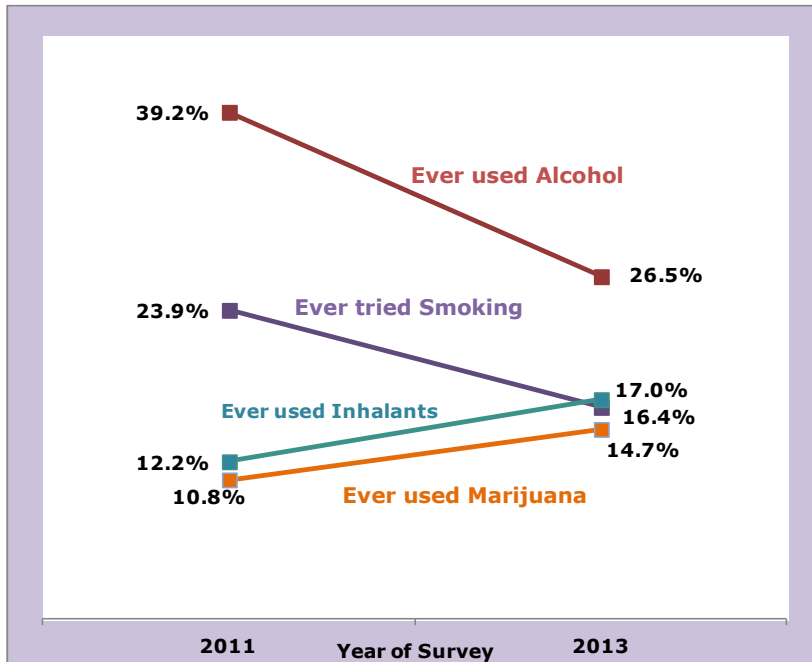
<b>Sexual Identity</b>	<b>#</b>	<b>%</b>
Bisexual	49	5.5%
Heterosexual	784	87.9%
Homosexual	23	2.6%
Not sure	23	2.6%
<i>No response</i>	13	1.5%



**2013 Alexandria YRBS Results**  
**Grade 8**

## 2013 Alexandria YRBS Results: Youth Substance Use – Grade 8

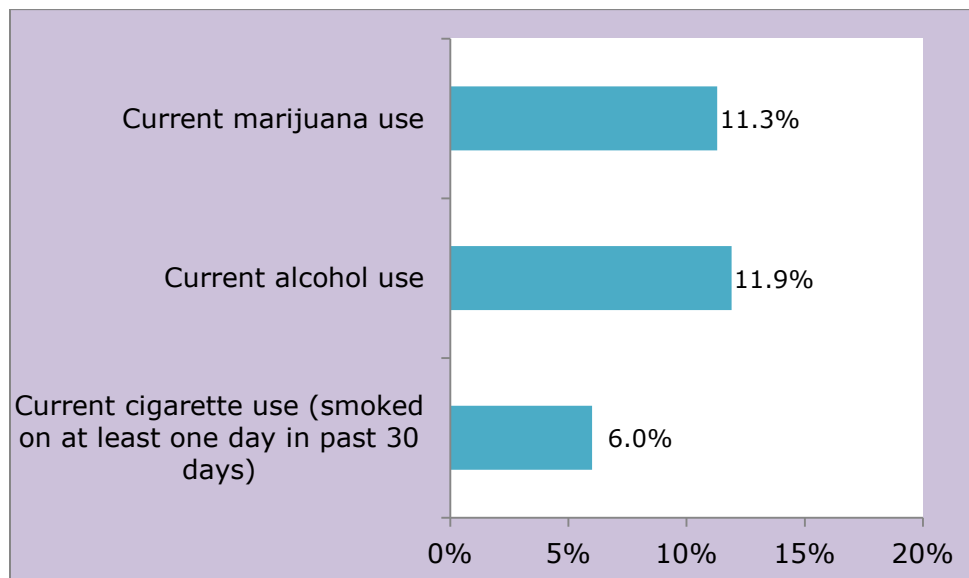
Figure 27: History of Substance Use, 2011 & 2013, Grade 8



### Substance Behaviors

- The proportion of eighth graders who reported ever using alcohol or tried cigarettes *decreased* in 2014 from 2011, however, reports of ever using marijuana or inhalants *increased* in 2014 from 2011.

Figure 28: Current Use of Marijuana, Alcohol & Cigarettes 2013, Grade 8 (n=604)



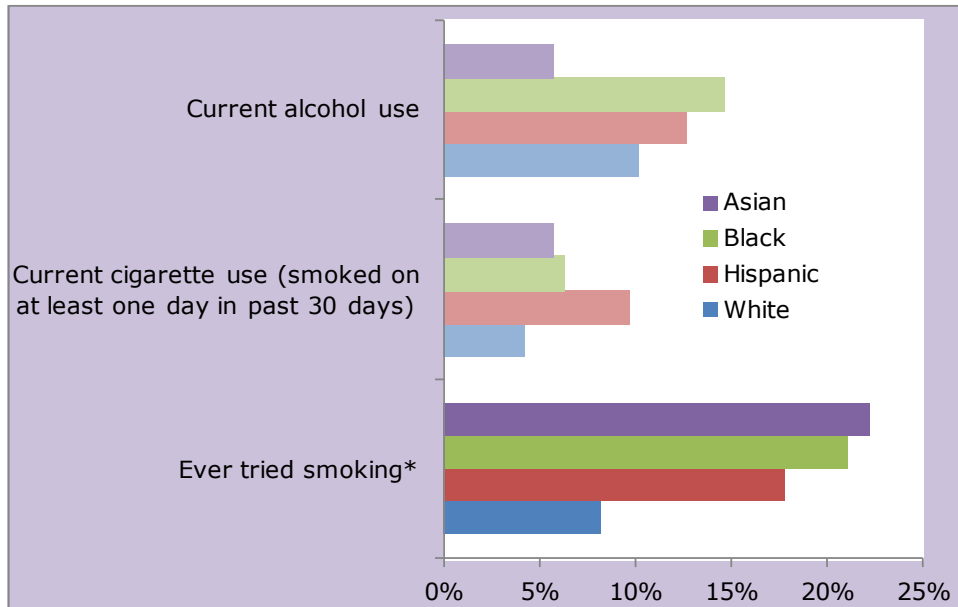
### Substance Behaviors

- Current marijuana and alcohol use were reported in similar proportion among eighth graders.
- Current cigarette use was approximately 50% lower than use of either alcohol or marijuana. "Current" use is defined as use of a product within the past 30 days.

\* Statistically significant – see page 4 for details

## 2013 Alexandria YRBS Results: Youth Substance Use – Grade 8

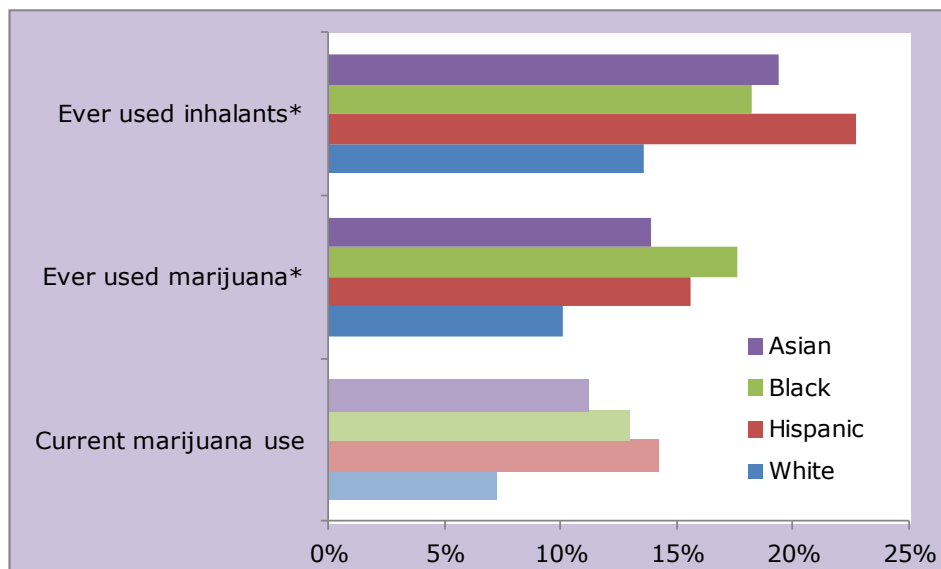
**Figure 29: Alcohol & Cigarette Use, by Race/Ethnicity, 2013, Grade 8 (n=529)**



### Substance Behaviors

- Statistically significant differences were observed among students of different racial/ethnic groups with regard to having ever tried smoking, ever having used inhalants to get high, and ever having used marijuana. White students reported *lower* levels of ever having smoked or using marijuana, while a *higher* proportion of Hispanic students reported ever having used inhalants.
- No statistically significant differences in substance use were found when these indicators were analyzed by gender (not displayed).

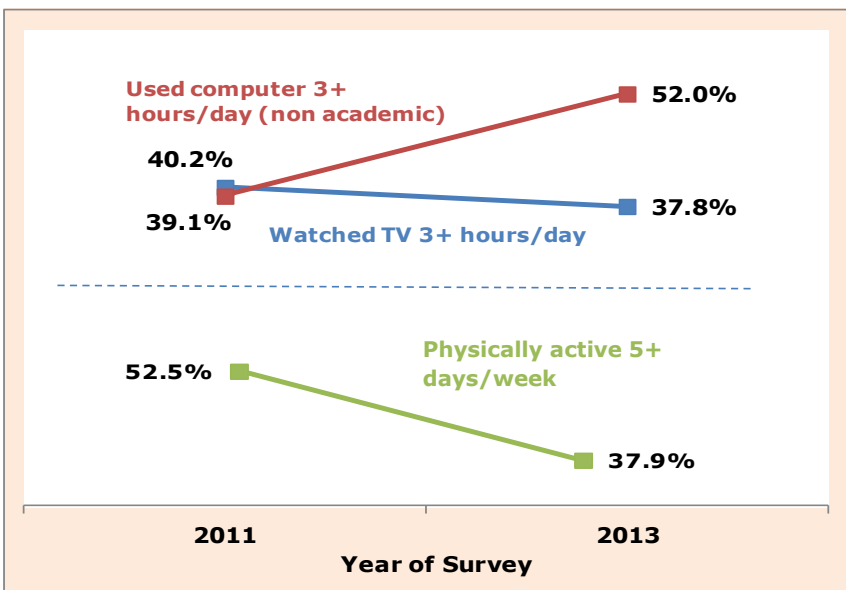
**Figure 30: Marijuana & Inhalant Use, by Race/Ethnicity, 2013, Grade 8 (n=529)**



\* Statistically significant – see page 4 for details

## 2013 Alexandria YRBS Results: Wellness – Grade 8

Figure 31: Daily Screen Time & Physical Activity, 2011 & 2013, Grade 8



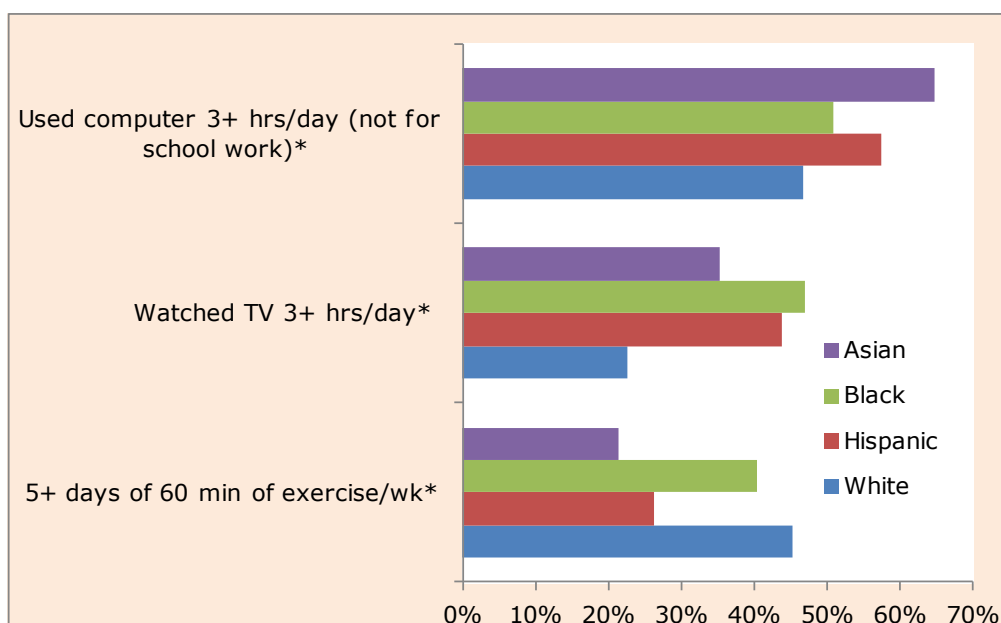
**Screen Time & Physical Activity**

- Use of a computer (including smartphones) for 3+ hours/day *increased* in 2014 from 2011, while watching TV *decreased*.
- Physical activity for 60 minutes, 5 days/week *decreased* from 2011 to 2014.

### Screen Time & Physical Activity

- Computer use for 3+ hours/day was statistically significantly *higher* among Asian and Hispanic students. *Note: Use of a computer includes screen time spent on a smartphone.*
- Statistically significant *higher* proportions of Black and Hispanic students watched 3+ hours of TV/day.
- White and Black students reported statistically significant *higher* levels of daily exercise.

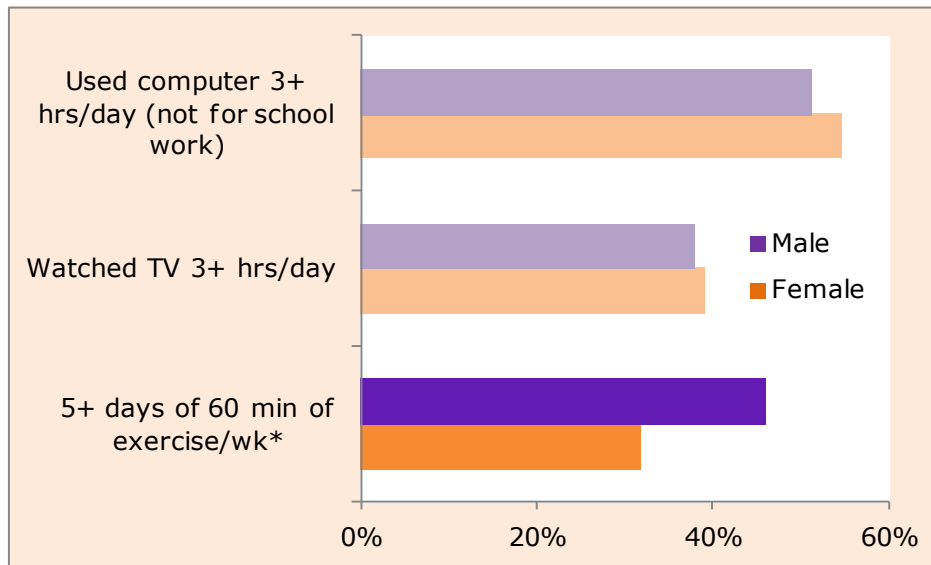
Figure 32: Daily Screen Time & Physical Activity by Race/Ethnicity, 2013, Grade 8 (n=529)



\* Statistically significant – see page 4 for details

## 2013 Alexandria YRBS Results: Wellness – Grade 8

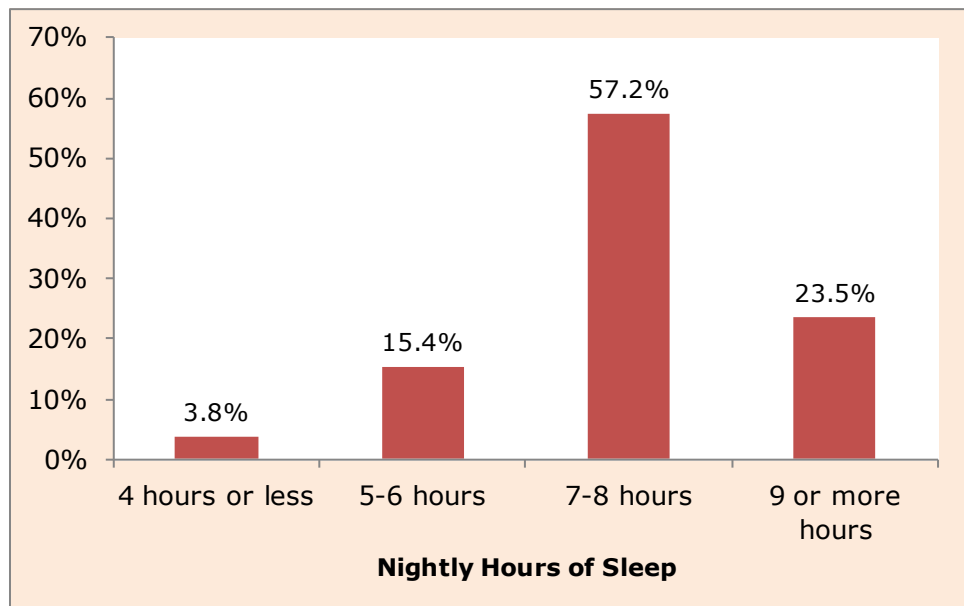
**Figure 33: Daily Screen Time & Physical Activity by Gender, 2013, Grade 8 (n=586)**



**Screen Time & Physical Activity**

- A statistically significant, *higher* proportion of males reported exercising at least 60 minutes, 5 or more days each week, relative to females.

**Figure 34: Hours of Sleep on a Typical School Night Grade 8, 2013 (n=604)**



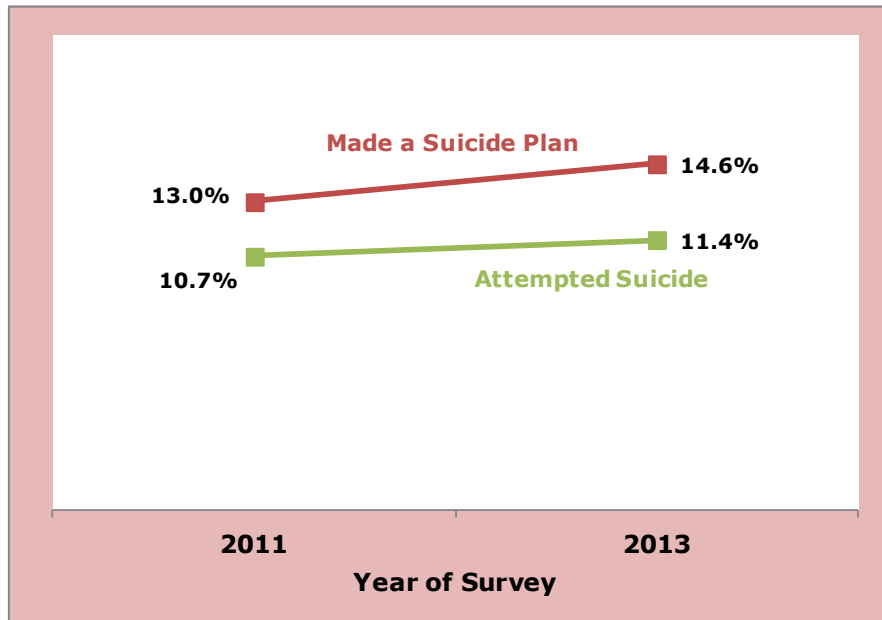
**Sleep Habits**

- Approximately 80% of all surveyed eighth graders reported having *at least* 7 hours of sleep on a typical school night.

\* Statistically significant – see page 4 for details

## 2013 Alexandria YRBS Results: Mental Health – Grade 8

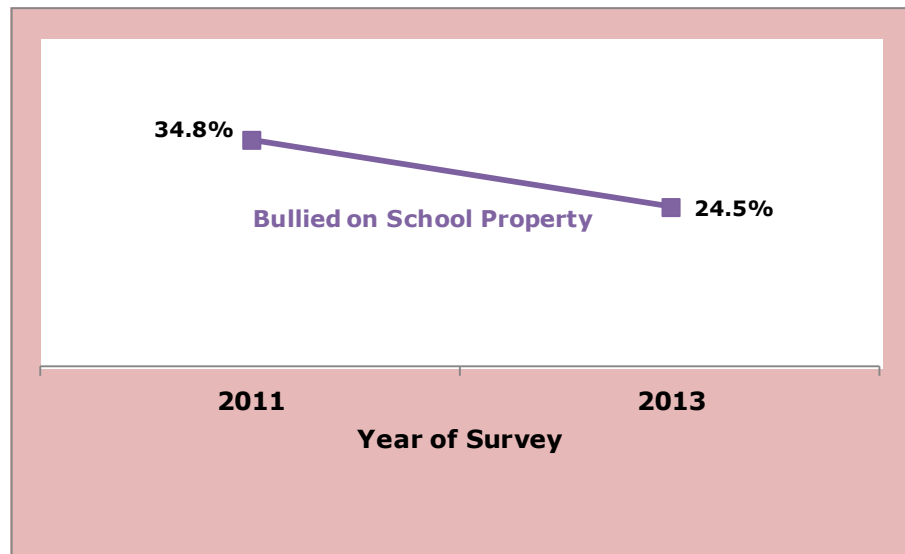
**Figure 35: Depression & Thoughts of Suicide  
2011 & 2013, Grade 8**



### Mental Health

- Overall reports of plans for suicide and suicide attempts were *higher* among eighth graders in 2014 from 2011.

**Figure 36: Bullying on School Property, 2011 & 2013, Grade 8**



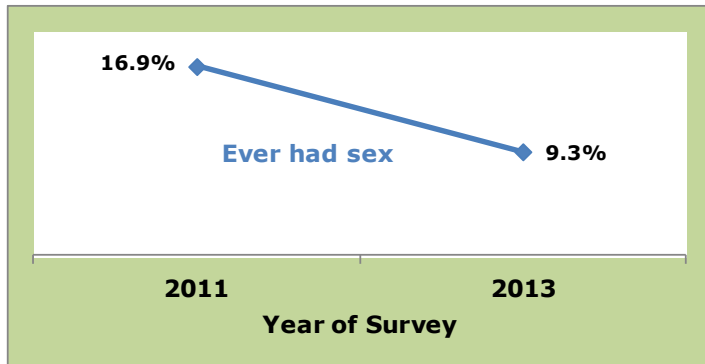
### Bullying

- Reports of being bullied on school property *decreased* among eighth graders in 2014 from 2011.

\* Statistically significant – see page 4 for details

## 2013 Alexandria YRBS Results: Sexual Activity – Grade 8

**Figure 37: Sexual Activity, 2011 & 2013, Grade 8**



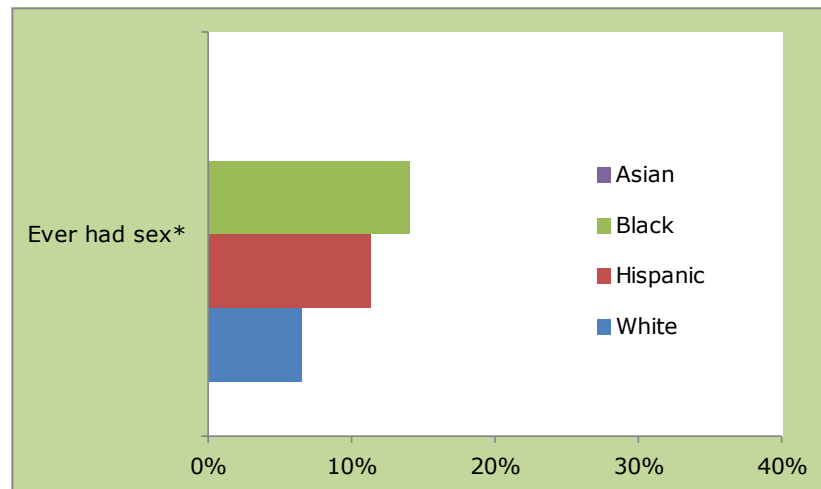
**Sexual Activity**

- Reports of ever having sex *decreased* among eighth graders in 2014 from 2011.

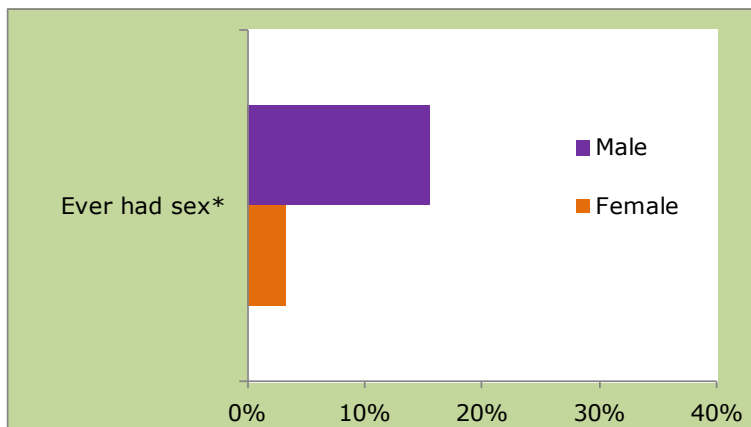
**Figure 38: Sexual Activity, by Race/Ethnicity 2013, Grade 8 (n=529)**

**Sexual Activity**

- A *higher*, statistically significant proportion of Black students reported ever having sex, relative to other Asian, White or Hispanic students.



**Figure 39: Sexual Activity, by Gender 2013, Grade 8 (n=586)**



**Sexual Activity**

- A *higher*, statistically significant proportion of male students reported ever having sex, relative to female students.

\* Statistically significant – see page 4 for details

## Alexandria YRBS – Survey Respondent Demographics Grade 8

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**Table 5: Response by Gender**

<b>Gender</b>	<b>#</b>	<b>%</b>
Female	311	51.4%
Male	275	45.5%
Transgender	2	0.3%
Not sure	11	1.8%
No response	6	1.0%

---

**Table 6: Response by Race**

<b>Race</b>	<b>#</b>	<b>%</b>
Asian	36	6.0%
Black	194	32.1%
Multiracial	60	9.9%
White	170	28.1%
Other	17	2.7%
<i>No response</i>	<i>128</i>	<i>21.2%</i>

**Table 7: Response by Hispanic Ethnicity**

<b>Hispanic Ethnicity</b>	<b>#</b>	<b>%</b>
Hispanic	199	32.9%
Non-Hispanic	397	65.6%
<i>No response</i>	<i>9</i>	<i>1.5%</i>



### **Alexandria YRBS – Grades 10 & 12**

The tables in these appendices display Alexandria High School YRBS results from 2011 and 2014, stratified by grade level for all indicators on the survey, as well as by gender and race/ethnicity for key indicators. Frequencies for the total sample as well as by grade are provided for each question (labeled "Indicator"). The table displaying the total survey indicators includes CDC YRBS data from 2013, the most recent year for which national estimates are available. The posted CDC data reflect total estimates for high school grades 9-12, as well as estimates for grades 10 and 12.

While the CDC estimates offer a point of reference, please exercise caution when comparing national numbers with the data from Alexandria, as the survey year, methodologies and sample populations differ between the survey systems. The CDC YRBS estimates are based on multiple state survey results, which differ from the Alexandria methodology for data collection. Additionally, the total results from CDC include data from students in grades 9 and 11, which alter the direct comparability of the data.

Alexandria High School Youth Risk Behavioral Survey - November 2014												
Results by Grade (Grades 10 and 12)												
CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)			
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th	
<b>TOBACCO USE</b>												
<u>Cigarettes</u>												
Ever tried smoking	41.4	35.9	47.3	*	<b>26.9</b>	22.4	32.5	*	41.1	39.0	48.1	
Smoked a cigarette prior to age 13	8.4	8.4	8.4		<b>9.2</b>	8.6	9.9		9.3	9.2	7.3	
Ever smoked cigarettes daily	8.4	6.5	10.5	*	<b>4.2</b>	2.9	5.9	*	8.8	6.9	12.2	
Current cigarette use (smoked on at least one day in past 30 days)	16.1	12.8	19.8	*	<b>9.0</b>	5.7	13.2	*	15.7	13.2	19.2	
Current frequent cigarette use (smoked on 20+ days of past 30 days)	4.1	2.7	5.6	*	<b>1.8</b>	1.4	2.3		5.6	4.0	8.4	
Smoked > 10 cigarettes/day (% based only on those who smoke)	5.1	1.7	7.6		<b>12.3</b>	-	8.9		8.6	8.7	10.0	
Tried to quit smoking in past 12 months (% based only on those who smoke)	42.3	43.8	41.1		<b>34.1</b>	38.2	31.3		48.0	44.2	48.4	
Method for acquiring cigarettes in the past month: (% based only on those who smoke)												
Bought cigarettes at a store or gas station	33.3	10.2	51.3		<b>21.4</b>	6.7	29.6		18.1	13.5	24.1	
Someone 18+ years old gave them to him/her	11.1	16.9	6.6		<b>13.1</b>	13.3	13.0					
Gave someone money to buy cigarettes for him/her	12.6	16.9	9.2		<b>4.8</b>	6.7	3.7					
Borrowed or "bummed" cigarettes from someone else	26.7	32.2	22.4	*	<b>32.1</b>	30.0	33.3					
<u>Other Tobacco or E-cigarettes</u>												
Currently used smokeless tobacco (past 30 days)	3.6	3.4	3.8		<b>3.3</b>	2.0	4.8		8.8	8.1	9.4	
Currently used cigars (past 30 days)	12.5	11.2	14.0		<b>6.8</b>	5.2	8.4		12.6	10.8	16.7	
Currently used e-cigarettes (past 30 days)					<b>5.4</b>	4.5	6.6					
<u>At school</u>												
Smoked on school property in past 30 days	6.7	4.8	8.9	*	<b>2.4</b>	1.2	3.8		3.8	2.9	4.7	
Use of smokeless tobacco at school												
<u>Secondhand Smoke Exposure</u>												
Someone smokes tobacco (cigarettes/cigars, etc) inside their home					<b>11.1</b>	10.8	11.5					

**Alexandria High School Youth Risk Behavioral Survey - November 2014**

**Results by Grade (Grades 10 and 12)**

CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<b>ALCOHOL AND DRUG USE</b>											
<u>Alcohol</u>											
Ever drank alcohol	59.3	55.3	63.8	*	<b>52.1</b>	45.7	60.0	*	66.2	64.0	75.6
First alcoholic drink prior to age 13	17.1	19.6	14.2	*	<b>14.2</b>	16.5	11.5	*	18.6	19.2	14.7
Current alcohol use (alcohol use in past 30 days)	34.8	30.3	39.9	*	<b>25.7</b>	19.5	33.5	*	34.9	30.9	46.8
Consumed 5 more more alcoholic drinks in a row, at least one day in past month	18.6	14.7	23.0	*	<b>13.8</b>	9.3	19.4	*	20.8	17.4	29.2
Method for acquiring alcohol in past month: (% based only on those who drank alcohol)											
Usually got alcohol b/c someone gave it to them	39.0	37.6	40.1	*	<b>50.6</b>	46.5	53.7		41.8	42.9	38.7
Usually got alcohol b/c they gave someone money to buy it for them	17.0	12.8	20.4		<b>14.0</b>	15.8	12.7				
Took it from a store or family member	12.3	19.5	6.6		<b>8.9</b>	10.9	7.5				
Bought it in a store or gas station	7.3	6.8	7.8		<b>5.1</b>	4.0	6.0				
Bought it at a restaurant, bar or club	4.0	1.5	6.0		<b>2.1</b>	4.0	0.7				
<u>Marijuana</u>											
Ever used marijuana	38.5	34.2	43.4	*	<b>34.2</b>	28.9	40.7	*	40.7	39.1	48.6
First tried marijuana before age 13	7.3	8.3	6.2	*	<b>5.6</b>	6.7	4.3		8.6	9.6	6.2
Current marijuana use	24.5	23.2	25.9		<b>21.4</b>	17.3	26.5	*	23.4	23.5	27.7
<u>Cocaine</u>											
Ever used cocaine	4.9	5.3	4.4		<b>4.6</b>	3.9	5.6		5.5	4.0	7.1

**Alexandria High School Youth Risk Behavioral Survey - November 2014**

**Results by Grade (Grades 10 and 12)**

CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<u>Other Drug Use</u>											
Ever used inhalants	8.2	8.5	7.9		<b>9.0</b>	9.7	8.1		8.9	7.9	7.6
Ever used heroin	1.9	1.8	2.0		<b>2.6</b>	2.2	3.0		2.2	2.0	2.1
Ever used Methamphetamines	2.7	2.3	3.1		<b>2.7</b>	2.4	3.0		3.2	3.0	3.3
Ever used ecstasy	6.3	6.0	6.6		<b>4.5</b>	4.1	5.1		6.6	5.5	8.6
Ever used steroids without a prescription	3.6	4.4	2.8		<b>2.8</b>	2.7	3.0		3.2	3.2	3.1
Ever injected any illegal drug	3.2	3.8	2.5		<b>2.5</b>	1.8	3.3		1.7	1.7	1.9
Ever used prescription drugs without prescription	12.7	9.7	16.1		<b>13.5</b>	12.2	15.2		17.8	17.3	21.3
Ever used over-the-counter (OTC) drugs to get high	19.6	20.5	18.5		<b>9.1</b>	8.1	10.4				
<u>At School</u>											
Alcohol use at school											
Marijuana use at school											
Offered/sold/given you drugs at school in past 12 months	22.3	24.1	20.3		<b>19.0</b>	19.3	18.6		22.1	23.2	18.8

Alexandria High School Youth Risk Behavioral Survey - November 2014												
Results by Grade (Grades 10 and 12)												
CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)			
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th	
<b>SEXUAL BEHAVIOR</b>												
<i>Sexual Activity</i>												
Ever had sexual intercourse	49.9	41.4	59.3	*	<b>36.1</b>	28.6	45.4	*	46.8	41.4	64.1	
Sexual intercourse prior to age 13	10.3	12.1	8.3	*	<b>6.1</b>	6.7	5.4		5.6	6.0	4.9	
Number of partners >=4 in lifetime	17.9	14.2	22.0	*	<b>10.5</b>	8.4	13.1	*	15.0	12.6	23.4	
Currently sexually active (past 3 months)	35.0	26.0	45.2	*	<b>25.8</b>	19.1	34.2	*	34.0	29.4	49.3	
<i>Context Variables, based on those students who have had sex</i>												
Alcohol/drugs before last sex	24.7	23.0	25.9		<b>18.3</b>	17.5	19.0		22.4	22.3	21.9	
Condom use at last sex	60.3	58.1	62.1		<b>58.2</b>	57.7	58.7		59.1	61.7	53.0	
Method used at last sex to <b>prevent pregnancy:</b>												
No method to prevent pregnancy	10.9	18.1	5.7	*	<b>10.0</b>	12.6	8.0		13.7	14.1	13.3	
Birth control pills	16.9	13.9	19.1		<b>18.1</b>	13.3	21.7		19.0	16.7	23.7	
Condoms (to prevent pregnancy)	53.0	53.6	52.6		<b>50.6</b>	51.1	50.3					
Injectable BC/BC ring/implant or IUD	6.1	3.0	8.3		<b>2.6</b>	0.7	4.0			6.3	5.4	8.5
Withdrawal or some other method	10.6	7.8	12.6		<b>13.2</b>	14.8	12.0					
"Not sure"	2.5	3.6	1.7		<b>5.5</b>	7.4	4.0					

**Alexandria High School Youth Risk Behavioral Survey - November 2014**

**Results by Grade (Grades 10 and 12)**

CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<b>PHYSICAL HEALTH</b>											
General health described as "good" "very good" or "excellent"					<b>88.3</b>	88.3	88.4				
8 or more hours of sleep on a typical school night					<b>28.7</b>	35.1	20.8	*	31.7	33.5	23.3
Have a "medical home" or a "usual" doctor or health center they go to when sick					<b>74.2</b>	76.7	71.1	*			
Physical or "well" check-up in past 2 years					<b>80.6</b>	80.9	80.3				
<u>Weight Status</u>											
Overweight (BMI calculated, based on age and reported height and weight)	15.2 (all grades)				<b>17.8</b>	21.0	13.8	*	16.6	16.1	16.2
Obese (BMI calculated, based on age and reported height and weight)	10.6 (all grades)				<b>11.0</b>	12.0	9.8	*	13.7	13.6	13.5
Described self as overweight	23.9	21.0	27.2		<b>29.7</b>	30.8	28.5		31.1	30.4	31.5
Trying to lose weight	44.3	45.3	43.2		<b>45.6</b>	48.8	41.7		47.7	46.7	47.0
<u>Method used to lose weight</u>											
Fasted for 24+ hours	10.9	12.3	9.4		<b>12.7</b>	14.3	10.7		13.0	13.7	11.7
Used diet pills, powders, liquids	4.1	5.1	2.9		<b>3.7</b>	3.3	4.3		5.0	4.6	6.8
Vomited or used laxatives	4.2	4.9	3.4		<b>4.0</b>	3.9	4.1		4.4	4.3	4.8
<u>Dietary choices</u>											
1+ serving of soda/day	26.1	27.7	24.3		<b>18.4</b>	20.7	15.5	*	27.0	25.4	26.0
Ate breakfast all 7 days in the past week					<b>38.4</b>	40.7	35.6		38.1	38.1	35.7
Did not eat breakfast in previous week					<b>11.4</b>	11.4	11.5		13.7	12.4	13.1
Fast food meals or snacks consumed at least once in the past week					<b>71.0</b>	68.0	74.7				

Alexandria High School Youth Risk Behavioral Survey - November 2014											
Results by Grade (Grades 10 and 12)											
CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<i>Physical Activity</i>											
5+ days of 60 min of exercise/wk	28.1	32.6	23.0	*	<b>31.2</b>	36.9	24.1	*	47.3	49.1	43.9
Watched TV 3+ hrs/day	32.6	36.6	28.3	*	<b>27.3</b>	27.4	27.2		32.5	32.3	31.3
Used computer 3+ hrs/day (not for school work)	33.5	31.3	35.9		<b>45.8</b>	48.0	43.0	*	41.3	42.9	36.9
Played on 1+ sports teams in past 12 months	55.0	59.5	49.9	*	<b>51.5</b>	55.5	46.6	*	54.0	58.4	48.5
PE Class at least 1x/week	43.9	68.5	16.4	*	<b>44.8</b>	68.9	14.8	*	48.0	50.5	35.2
PE Class 5 days/week	10.6	16.4	4.2	*	<b>8.6</b>	12.7	3.6	*	29.4	31.1	20.2
<i>Other Health-related topics</i>											
Ever had asthma	19.9	19.9	19.8		<b>20.2</b>	21.4	18.8		21.0	21.4	21.3
Flu vaccine in past 12 months					<b>24.8</b>	26.3	22.8				
Taught about HIV/AIDS at school	81.2	78.8	83.8		<b>80.3</b>	83.1	76.8	*	85.3	85.3	88.0
Ever tested for HIV					<b>11.2</b>	9.1	13.8		12.9	10.6	17.2
Ever tested for sexually transmitted infections (STI) (not HIV)					<b>10.4</b>	6.5	15.2	*			
<i>Oral Health</i>											
Brush teeth at least twice a day					<b>75.0</b>	76.7	73.2				
Saw dentist or orthodontist (for any reason) within the past 12 months					<b>70.6</b>	71.3	69.8				
Teeth cleaned by dentist/dental hygienist within past 12 months					<b>69.9</b>	70.5	69.2				

Alexandria High School Youth Risk Behavioral Survey - November 2014												
Results by Grade (Grades 10 and 12)												
CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)			
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th	
<b>MENTAL HEALTH</b>												
<u>Depression</u>												
Sad or hopeless feelings for 2+ weeks in past 12 months	23.0	26.1	19.6	*	<b>30.0</b>	31.2	28.5		29.9	29.4	29.1	
<u>Suicide (in past 12 months)</u>												
Seriously considered suicide	9.7	11.8	7.4	*	<b>15.5</b>	18.4	12.0	*	17.0	17.3	14.9	
Made a suicide plan	10.5	10.9	10.2		<b>11.5</b>	13.1	9.6	*	13.6	14.1	12.8	
Attempted suicide	6.5	7.4	5.6		<b>6.0</b>	6.9	4.8		8.0	8.6	6.2	
Had injury from suicide attempt needing medical attention					<b>2.3</b>	2.3	2.3		2.7	2.6	2.4	
<b>INJURIES &amp; VIOLENCE</b>												
<u>Transportation Safety</u>												
Rarely or never use bike helmet (% based on those who rode a bike in past year)	71.6	69.8	74.2		<b>63.3</b>	59.1	69.0		87.9	88.5	88.0	
Rarely or never use car seatbelt	8.7	8.5	8.9		<b>7.2</b>	7.3	7.1		7.6	7.1	6.7	
Rode with drunk driver in past month	26.8	25.6	28.1		<b>17.8</b>	16.7	19.2		21.9	21.8	24.2	
Drove drunk in past month (% based on those who drove in past 30 days)	10.4	8.1	13.0	*	<b>9.9</b>	6.4	12.4	*	10.0	6.2	13.1	
Texted or e-mailed while driving (% based on those who drove in past 30 days)					<b>28.7</b>	11.9	39.4	*	41.4	26.5	60.3	



**Alexandria High School Youth Risk Behavioral Survey - November 2014**

**Results by Grade (Grades 10 and 12)**

CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<b><u>Violence</u></b>											
Carried a weapon in past month	12.4	12.4	12.4		<b>10.6</b>	10.8	10.3		17.9	17.8	18.3
Carried a gun in past month	6.3	6.2	6.6		<b>3.3</b>	3.5	3.0		5.5	5.0	5.7
Been in a physical fight in past 12 months	20.9	24.1	17.4		<b>14.6</b>	16.7	12.1		24.7	26.4	18.8
Injury from fight treated by a doctor	4.8	4.8	4.8		<b>2.0</b>	1.8	2.3		3.1	3.3	2.7
<b><u>Dating/Relationship Violence</u></b>											
Ever been forced to have sexual intercourse	7.7	8.5	6.9		<b>6.6</b>	6.5	6.6		7.3	7.2	8.4
Forced to do sexual things they did not want to do - kissing/touching/intercourse (% based on those dating someone in past 12 months)					<b>10.4</b>	12.7	8.0		10.4	10.5	10.2
Boyfriend/girlfriend slapped/hit/physically hurt you (% based on those dating someone in past 12 months)	11.7	11.4	12.1		<b>7.2</b>	6.0	8.6		10.3	10.0	11.7
Experienced verbal abuse from boyfriend/girlfriend					<b>13.3</b>	12.8	13.8				
<b><u>Gangs</u></b>											
Reported gang members present at school or in neighborhood in past 12 months					<b>29.2</b>	29.6	28.7				
Ever approached about joining a gang					<b>7.1</b>	8.3	5.5				
<b><u>School Environment</u></b>											
Carried weapon at school in past 30 days	4.1	4.3	3.8		<b>3.0</b>	2.9	3.3		5.2	4.8	5.3
Didn't attend school due to feeling unsafe at school or on way there in past 30 days	6.2	6.6	5.8		<b>4.6</b>	3.7	5.8		7.1	8.0	5.5
Threatened/injured at school in past 12 months	6.7	8.2	5.1		<b>5.1</b>	6.8	3.0	*	6.9	7.0	4.9
Involved in fight at school in past 12 months	10.4	11.9	8.8		<b>5.0</b>	6.0	3.8		8.1	8.3	4.9
<b><u>Bullying</u></b>											
Bullied on school property in past 12 months	12.2	14.8	9.4	*	<b>13.2</b>	16.5	9.1	*	19.6	22.2	13.3
Electronically bullied in past 12 months	8.0	9.4	6.4		<b>9.8</b>	10.0	9.6		14.8	14.5	13.5

Alexandria High School Youth Risk Behavioral Survey - November 2014											
Results by Grade (Grades 10 and 12)											
CATEGORY/Indicator	2011 Alexandria (%)				2014 Alexandria (%)				2013 CDC National Estimates (%)		
	Total sample (Grades 10&12) (n=837)	10th (n=440)	12th (n=397)	Sig*	Total sample (Grades 10&12) (n=892)	10th (n=495)	12th (n=397)	Sig*	Total sample (grades 9-12)	10th	12th
<b>PERCEPTION of RISK</b>											
Perceives intake of 1-2 alcoholic drinks/day as a "great risk" to health	36.2	39.2	33.0		<b>37.1</b>	40.2	33.2				
Perceives smoking 1+ packs cigarettes/day as a "great risk" to health	64.2	64.3	64.2		<b>63.6</b>	66.6	59.9				
Perceives smoking pot regularly as a "great risk" to health	39.1	44.6	33.1	*	<b>31.0</b>	35.3	25.5				
<b>PERCEPTION OF OTHERS BEHAVIOR</b>											
Perception that <b>half or more</b> of students in their grade currently drink alcohol (alcohol consumed within past 30 days) ( <i>Data on current alcohol use, page 2</i> )					<b>65.8</b>	62.4	70.1				
Perception that <b>half or more</b> of students in their grade are currently sexually active (have had sex in the past three months) ( <i>Data on current sexual activity, page 4</i> )					<b>60.7</b>	57.5	64.6				
<b>PERCEPTION OF PARENTAL DISAPPROVAL</b>											
Student perception of parents' view of student's drinking alcohol regularly as "wrong" or "very wrong"	85.9	86.7	85.0		<b>85.7</b>	87.4	83.7				
Student perception of parents' view of student's smoking cigarettes as "wrong" or "very wrong"	93.1	96.0	90.0	*	<b>94.9</b>	96.3	93.1				
Student perception of parents' view of student smoking marijuana as "wrong" or "very wrong"	88.9	90.6	87.1		<b>87.6</b>	89.1	85.7				
<b>TALKING TO PARENTS/ADULTS ABOUT CONCERNS</b>											
Would talk or probably talk to his/her parent about an important concern					<b>47.6</b>	48.2	46.9				
Would talk/probably talk to another adult about an important concern					<b>49.8</b>	48.9	51.0				

## Alexandria YRBS Results

### Key Indicators, by Gender - Grades 10 and 12

Weighted by Gender						
Alexandria High School Youth Risk Behavioral Survey - November 2014						
Results by Gender (Grades 10 and 12)						
CATEGORY/Indicator	2011 Alexandria YRBS (%)	2014 Alexandria YRBS (%)				2013 CDC YRBS National Estimates (%)
	Total sample (Grades 10 & 12) (n=837)	Total sample (Grades 10 & 12) (n=892)	Female	Male	*Statistically Significant	Total sample (Grades 9-12)
<b>TOBACCO, ALCOHOL AND DRUG USE</b>						
Current cigarette use (smoked on at least one day in past 30 days)	16.1	9.0	7.3	13.1	*	15.7
Tried to quit smoking in past 12 months ( <i>% based only on those who smoke</i> )	42.3	34.1	30.9	37.9		48.0
Current alcohol use (alcohol use in past 30 days)	34.8	25.7	27.1	23.9		34.9
Current marijuana use	24.5	21.4	23.2	20.9		23.4
Ever used marijuana	38.5	34.2	35.7	32.7		40.7
<b>PHYSICAL HEALTH</b>						
8 or more hours of sleep on a typical school night		28.7	26.6	32.2		31.7
Have a "medical home" or a "usual" doctor or health center they go to when sick		74.2	78.1	68.8	*	
Physical or "well" check-up in past 2 years		80.6	79.7	81.4		
5+ days of 60 min of exercise/week	28.1	31.2	23.7	39.7	*	47.3
Watched TV 3+ hrs/day	32.6	27.3	27.3	26.8		32.5
Used computer 3+ hrs/day (not for school work)	33.5	45.8	45.1	46.1		41.3
<b>Weight Status</b>						
Overweight (BMI calculated, based on age and reported height and weight)	15.2 (all grades)	17.8	16.6	19.1		16.6
Obese (BMI calculated, based on age and reported height and weight)	10.6 (all grades)	11.0	9.5	14.4		13.7
Overweight + Obese	25.8	28.8	26.1	33.5		
Described self as overweight	23.9	29.7	36.7	21.9	*	31.1
Trying to lose weight	44.3	45.6	55.9	33.2	*	47.7
<b>MENTAL HEALTH</b>						
Sad or hopeless feelings for 2+ weeks in past 12 months	23.0	30.0	35.7	21.9	*	29.9
Seriously considered suicide	9.7	15.5	19.6	9.8	*	17.0
Made a suicide plan	10.5	11.5	14.4	7.6	*	13.6
Attempted suicide	6.5	6.0	8.8	4.0	*	8.0
<b>INJURIES &amp; VIOLENCE</b>						
Rode with drunk driver in past month	26.8	17.8	19.2	16.4		21.9
Texted or e-mailed while driving ( <i>% based on those who drove in past 30 days</i> )		28.7	27.0	29.7		41.4
Carried a weapon in past month	12.4	10.6	7.1	15.1	*	17.9
Been in a physical fight in past 12 months	20.9	14.6	9.4	20.9	*	24.7
Ever approached about joining a gang		7.1	5.2	8.8	*	
Bullied on school property in past 12 months	12.2	13.2	14.8	10.9		
Electronically bullied in past 12 months	8.0	9.8	11.9	6.5	*	
<b>SEXUAL BEHAVIOR</b>						
Ever had sexual intercourse	49.9	36.1	33.8	38.3		46.8
Currently sexually active (past 3 months)	35.0	25.8	25.5	27.5		34.0
Condom use at last sex	60.3	58.2	57.5	59.5		59.1
Alcohol/drugs used before last sex	24.7	18.3	16.6	19.5		22.4

## Alexandria YRBS Results

### Key Indicators, by Race/Ethnicity, Grades 10 and 12

WEIGHTED BY RACE								
Alexandria High School Youth Risk Behavioral Survey - November 2014								
Results by Race and Ethnicity (Grades 10 and 12)								
CATEGORY/Indicator	2011 Alexandria YRBS (%)	2014 Alexandria YRBS (%)					2013 CDC YRBS National Estimates (%)	
	Total sample (Grades 10 & 12) (n=837)	Total sample (Grades 10 & 12) (n=892)	Asian	Hispanic	Black	White	*Statistically Significant	Total sample (Grades 9-12)
<b>TOBACCO, ALCOHOL AND DRUG USE</b>								
Current cigarette use (smoked on at least one day in past 30 days)	16.1	9.0	3.9	13.1	5.5	10.9	*	15.7
Tried to quit smoking in past 12 months ( <i>% based only on those who smoke</i> )	42.3	34.1	-	43.4	25.0	36.4	*	48.0
Current alcohol use (alcohol use in past 30 days)	34.8	25.7	13.7	28.7	18.8	35.9	*	34.9
Current marijuana use	24.5	21.4	11.5	21.6	23.6	21.1		23.4
Ever used marijuana	38.5	34.2	19.6	38.3	32.1	39.5	*	40.7
<b>PHYSICAL HEALTH</b>								
8 or more hours of sleep on a typical school night		28.7	19.6	33.5	25.5	28.4	*	31.7
Have a "medical home" or a "usual" doctor or health center they go to when sick		74.2	72.5	68.0	72.9	83.7	*	
Physical or "well" check-up in past 2 years		80.6	73.1	76.5	78.0	87.8	*	
5+ days of 60 min of exercise/week	28.1	31.2	19.5	34.0	29.7	39.5	*	47.3
Watched TV 3+ hrs/day	32.6	27.3	11.3	28.9	35.5	20.4	*	32.5
Used computer 3+ hrs/day (not for school work)	33.5	45.8	43.1	48.3	51.6	37.2	*	41.3
<b>Weight Status</b>								
Overweight (BMI calculated, based on age and reported height and weight)	15.2 (grades 9-12)	17.8	14.9	20.4	20.5	11.6	*	16.6
Obese (BMI calculated, based on age and reported height and weight)	10.6 (grades 9-12)	11.0	4.3	18.6	9.5	10.5		13.7
Overweight + Obese	25.8	28.8	19.2	39.0	30.0	22.1		
Described self as overweight	23.9	29.7	25.5	37.2	27.4	24.0	*	31.1
Trying to lose weight	44.3	45.6	47.1	51.3	41.9	43.6		47.7
<b>MENTAL HEALTH</b>								
Sad or hopeless feelings for 2+ weeks in past 12 months	23.0	30.0	25.5	33.3	29.1	28.4		29.9
Seriously considered suicide	9.7	15.5	12.0	17.4	12.3	16.4		17.0
Made a suicide plan	10.5	11.5	11.5	13.4	7.5	12.0		13.6
Attempted suicide	6.5	6.0	3.8	8.6	4.9	3.6	*	8.0
<b>INJURIES &amp; VIOLENCE</b>								
Rode with drunk driver in past month	26.8	17.8	14.1	23.0	16.5	15.8	*	21.9
Texted or e-mailed while driving ( <i>% based on those who drove in past 30 days</i> )		28.7	-	24.6	20.9	35.8	*	41.4
Carried a weapon in past month	12.4	10.6	7.8	9.7	7.1	13.8	*	17.9
Been in a physical fight in past 12 months	20.9	14.6	11.5	14.4	15.6	14.8		24.7
Ever approached about joining a gang		7.1	9.8	8.1	6.5	5.1		
Bullied on school property in past 12 months	12.2	13.2	11.8	13.4	11.0	14.9		
Electronically bullied in past 12 months	8.0	9.8	7.8	7.8	9.7	11.3		
<b>SEXUAL BEHAVIOR</b>								
Ever had sexual intercourse	49.9	36.1	19.2	46.6	32.5	34.4	*	46.8
Currently sexually active (past 3 months)	35.0	25.8	13.7	36.0	18.0	27.3	*	34.0
Condom use at last sex ( <i>based on those who have had sex</i> )	60.3	58.2	50.0	54.0	53.2	64.7		59.1
Alcohol/drugs used before last sex ( <i>based on those who have had sex</i> )	24.7	18.3	-	15.0	20.4	19.4		22.4

## **APPENDIX B – Grade 8 YRBS Results – Total Indicators - 2013**

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### **Alexandria YRBS – Grade 8**

Results from the eighth grade YRBS in 2013 are displayed in the following tables. Comparative results from the Alexandria 2011 YRBS, for eighth grade only, are included. Comparable results for YRBS at a national level are not available for eighth grade.

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>TOBACCO USE</b>		
<u>Cigarettes</u>		
Ever tried smoking	23.9	16.4
Ever smoked cigarettes daily	4.1	3.0
Current cigarette use (smoked on at least one day in past 30 days)	5.9	6.0
Current frequent cigarette use (smoked on 20+ days of past 30 days)	--	--
Method for acquiring cigarettes in the past month: ( <i>% based only on those who smoke</i> )		
Bought cigarettes at a store or gas station	--	--
Someone 18+ y/o gave cigarettes to him/her	--	--
Gave someone money to buy cigarettes for him/her	--	--
"Bummed" cigarettes from someone else	--	--
<u>Other Tobacco or E-cigarettes</u>		
Currently used e-cigarettes (past 30 days)		3.8
<u>Secondhand Smoke Exposure</u>		
Someone smokes tobacco (cigarettes/cigars, etc) inside their home		13.7
<b>ALCOHOL AND DRUG USE</b>		
<u>Alcohol</u>		
Ever used alcohol	39.2	26.5
First alcoholic drink prior to age 13	25.5	18.7
Current alcohol use (used alcohol at least once in past 30 days)		11.9
Consumed 5 more more alcoholic drinks in a row, at least one day in past month		5.1
Method for acquiring alcohol in past month: ( <i>% based only on those who drank alcohol</i> )		
Usually got alcohol b/c someone gave it to them		--
Usually got alcohol b/c they gave someone money to buy it for them		--
Usually got alcohol b/c they took it from a store or family member		--
Usually got alcohol some other way		--

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>ALCOHOL AND DRUG USE</b>		
<u>Marijuana</u>		
Ever used marijuana	10.8	14.7
First tried marijuana before age 13	7.8	7.4
Current marijuana use		11.3
<u>Other Drug Use</u>		
Ever used inhalants	12.2	17.0
Ever used ecstasy		2.8
Ever used prescription drugs without prescription	4.7	7.0
Ever used over-the-counter (OTC) drugs to get high	14.0	8.8
<u>At School</u>		
Offered/sold/given you drugs at school		11.4

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>SEXUAL BEHAVIOR</b>		
<i>Sexual Activity</i>		
Ever had sex	16.9	9.3
Sexual intercourse prior to age 13	10.3	3.5
Currently sexually active (past 3 months)		6.7
<i>Context Variables - based on those students who have had sex</i>		
Alcohol/drugs before last sex		14.1
Condom use at last sex	56.8	51.3
<b>PHYSICAL HEALTH</b>		
General health described as "good" "very good" or "excellent"		90.2
8 or more hours of sleep on a typical school night		56.5
<i>Weight Status</i>		
Overweight (BMI calculated, based on age and reported height and weight)		16.4
Obese (BMI calculated, based on age and reported height and weight)		11.9
Described self as overweight ("slightly" or "very")	24.3	26.0
Trying to lose weight	43.0	47.9
<i>Method used to lose weight</i>		
Fasted for 24+ hours	18.8	17.0
Vomited or used laxatives	5.6	5.6



<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>PHYSICAL HEALTH</b>		
<i>Dietary choices</i>		
1+ serving of soda/day		21.2
Ate breakfast 5 or more days in the past week		53.6
Fast food meals or snacks consumed at least once in the past week		67.3
<i>Physical Activity</i>		
5+ days of 60 min of exercise/wk	52.5	37.9
Watched TV 3+ hrs/day	40.2	37.8
Used computer 3+ hrs/day (not for school work)	39.1	52.0
PE Class 5 days/week		
<i>Other Health-related topics</i>		
Ever had asthma	28.2	22.2
Taught about HIV/AIDS at school	86.1	80.2
Saw dentist or orthodontist (for any reason) within the past 12 months		66.8

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>MENTAL HEALTH</b>		
<u>Depression</u>		
Sad or hopeless feelings in past 12 months		29.4
<u>Suicide</u>		
Seriously considered suicide	21.0	
Made a suicide plan	13.0	14.6
Attempted suicide	10.7	11.4
<b>INJURIES &amp; VIOLENCE</b>		
<u>Transportation Safety</u>		
Rarely or never used bike helmet ( <i>% based on those who rode a bike in past year</i> )	63.9	60.7
Rarely or never use car seatbelt	6.6	11.9
Rode with drunk driver in past month	21.9	19.5
<u>Violence</u>		
Ever carried a weapon (2011)	23.1	
Carried a weapon in the past month (2013)		10.0
Ever involved in a physical fight (2011)	54.0	
Involved in a physical fight in the past 12 months (2013)		30.4
<u>Dating/Relationship Violence</u>		
Ever been forced to have sex		3.2
<u>Gangs</u>		
Reported gang members present at school or in neighborhood in past 12 months		27.3
Ever approached about joining a gang		7.8
<u>School Environment</u>		
Carried weapon at school in past 30 days		4.5
Threatened/injured at school		7.9
Involved in a physical fight at school in past 12 months		16.6
<u>Bullying</u>		
Bullied on school property	34.8	24.5
Electronically bullied	16.7	13.4

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>		
<b>CATEGORY/Indicator</b>	<b>2011 Alexandria Middle School Survey (%) - 8th grade (n=470)</b>	<b>2013 Alexandria 8th Grade Survey (%) - (n=605)</b>
<b>PERCEPTION of RISK</b>		
Perceives intake of 1-2 alcoholic drinks/day as a "great risk" to health	35.8	30.5
Perceives smoking 1+ packs cigarettes/day as a "great risk" to health	60.1	54.6
Perceives smoking marijuana regularly as a "great risk" to health	54.9	46.4
<b>PERCEPTION OF OTHERS BEHAVIOR</b>		
Perception that <b>half or more</b> of students in their grade currently drink alcohol (within past 30 days) ( <i>Data on current alcohol use, page 2</i> )		23.5
<b>PERCEPTION OF PARENT DISAPPROVAL</b>		
Student perception of parents' view of student's drinking regularly as "wrong" or "very wrong"	93.0	89.9
Student perception of parents' view of student's smoking cigarettes as "wrong" or "very wrong"	97.0	95.9
Student perception of parents' view of student smoking marijuana as "wrong" or "very wrong"	96.1	93.0
<b>TALKING TO PARENTS/ADULTS ABOUT CONCERNS</b>		
Would talk or probably talk to his/her parent about an important concern		49.4
Would talk/probably talk to another adult about an important concern		41.4

## Alexandria Grade 8 YRBS Results, by Gender - 2013

<b>Alexandria 8th Grade Youth Risk Behavioral Survey - December 2013</b>					
<b>Results by Gender</b>					
	<b>2011 Alexandria Middle School Survey - Grade 8 only (%) (n=468)</b>	<b>2013 Alexandria Grade 8 survey (%) (n=586)</b>			
<b>CATEGORY/Indicator</b>	Total sample	Total sample	Female (n=311)	Male (n=275)	Sig*
<b>PHYSICAL HEALTH</b>					
8 or more hours of sleep on a typical school night		56.5	48.8	66.9	*
<u>Weight Status</u>					
Overweight (based on BMI for age, CDC)		16.4	17.3	15.3	
Obese (based on BMI for age, CDC)		11.9	11.3	12.6	
Described self as overweight ("slightly" or "very")	24.3	26.0	32.0	19.9	*
Trying to lose weight	43.0	47.9	58.6	35.7	*
<u>Physical Activity</u>					
5+ days of 60 min of exercise/wk	52.5	37.9	31.5	45.8	*
Watched TV 3+ hrs/day	40.2	37.8	38.9	37.9	
Used computer 3+ hrs/day (not for school work)	39.1	52.0	54.5	51.1	
<b>SEXUAL BEHAVIOR</b>					
<u>Sexual Activity</u>					
Ever had sex	16.9	9.3	3.2	15.6	*
<b>TOBACCO USE</b>					
<u>Cigarettes</u>					
Ever tried smoking	23.9	16.4	15.9	16.8	
Current cigarette use (smoked on at least one day in past 30 days)	5.9	6.0	5.8	6.3	
<b>ALCOHOL AND DRUG USE</b>					
<u>Alcohol</u>					
First alcoholic drink prior to age 13	25.5	18.7	21.5	14.8	
Current alcohol use		11.9	13.3	10.3	
<u>Marijuana</u>					
Ever used marijuana	10.8	14.7	12.6	15.7	
Current marijuana use		11.3	9.3	12.5	
<u>Other Drug Use</u>					
Ever used inhalants	12.2	17.0	17.8	15.8	
<b>MENTAL HEALTH</b>					
<u>Depression</u>					
Sad or hopeless feelings in past 12 months		29.4	40.9	16.4	*
<u>Suicide</u>					
Made a suicide plan	13.0	14.6	21.4	6.6	*
Attempted suicide	10.7	11.4	16.5	5.1	*
Bullied on school property	34.8	24.5	29.0	20.4	*

## Alexandria Grade 8 YRBS Results, by Race/Ethnicity - 2013

Alexandria Grade 8 Youth Risk Behavioral Survey - December 2013							
Results by Race/Ethnicity							
CATEGORY/Indicator	2011 Alexandria Middle School Survey - Grade 8 only (%) (n=468)	2013 Alexandria Grade 8 survey (%) (n=529)					
	Total sample	Total sample	White (n=117)	Hispanic (n=199)	Black (n=177)	Asian (n=36)	Sig*
<b>PHYSICAL HEALTH</b>							
8 or more hours of sleep on a typical school night		56.5	61.8	53.8	51.6	54.4	
<u>Weight status</u>							
Described self as overweight ("slightly" or "very")	24.3	26.0	15.7	31.4	24.5	33.3	*
Trying to lose weight	43.0	47.9	41.6	59.2	44.7	58.3	*
<u>Physical Activity</u>							
5+ days of 60 min of exercise/wk	52.5	37.9	45.3	26.2*	40.4	21.3	*
Watched TV 3+ hrs/day	40.2	37.8	22.5	43.8	47.1	35.2	*
Used computer 3+ hrs/day (not for school work)	39.1	52.0	46.7	57.5	51.0	64.7	*
<b>SEXUAL BEHAVIOR</b>							
<u>Sexual Activity</u>							
Ever had sex	16.9	9.3	6.5	11.3	14.1	0.0	
Sex prior to age 13		3.5	2.4	3.0	7.6	0.0	*
<b>TOBACCO USE</b>							
<u>Cigarettes</u>							
Ever tried smoking	23.9	16.4	8.2	17.8	21.1	22.2	*
Current cigarette use (smoked on at least one day in past 30 days)	5.9	6.0	4.1	9.6	6.2	5.6	
<b>ALCOHOL AND DRUG USE</b>							
<u>Alcohol</u>							
First alcoholic drink prior to age 13	25.5	18.7	16.2	21.3	23.7	6.0	
Current alcohol use		11.9	10.1	12.6	14.6	5.6	
<u>Marijuana</u>							
Ever used marijuana	10.8	14.7	10.1	15.6	17.6	13.9	
Current marijuana use		11.3	7.1	14.1	12.9	11.1	
<u>Other Drug Use</u>							
Ever used inhalants	12.2	17.0	13.6	22.7	18.2	19.4	*
<b>MENTAL HEALTH</b>							
<u>Depression</u>							
Sad or hopeless feelings		29.4	25.7	31.8	28.5	41.7	
<u>Suicide</u>							
Made a suicide plan	13.0	14.6	13.8	13.6	14.0	25.0	
Attempted suicide	10.7	11.4	11.8	13.1	7.3	11.1	*
Bullied on school property	34.8	24.5	24.4	22.1	24.9	22.2	

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<sup>1</sup> Centers for Disease Control & Prevention. Youth Risk Behavior Surveillance System. Available at <http://www.cdc.gov/healthyyouth/data/yrbs/index.htm>. Accessibility verified July 30, 2015.