Alaska Youth Risk Behavior Survey Trends 1995-2011

Prevalence of Selected Risk Behaviors for Students in Traditional High Schools (grades 9-12)

1995	1997	1999	2001	2003	2005	2007	2009	2011	Trend from 1995-2011**
Rarely or r	never wore a	seat belt:							
19.5%				15.1%		7.0%	12.1%	8.7%	Θ Decreasing
Rode with	a driver who	o had been	drinking ald	cohol one or	more time	s:			
31.9%				25.0%		23.5%	21.3%	18.6%	Θ Decreasing
Carried a v	weapon on s	chool prop	erty on at le	east one day	' :				
12.3%				7.1%		8.4%	7.8%	5.7%	Θ Decreasing
In a physic	al fight duri	ing the past	year:						
35.8%				27.1%		29.2%	27.8%	23.7%	Θ Decreasing
Did not go	to school b	ecause the	/ felt unsafe	e at school o	or on their v	vay to or fro	m school o	n at least 1	day:
3.6%				4.1%		5.5%	6.0%	4.7%	No change
Seriously of	considered	attempting :	suicide:						
23.9%				16.7%		16.5%	13.9%	14.5%	Θ Decreasing
Attempted	suicide one	or more tir	nes during	the past yea	ar:				
9.4%				8.1%		10.7%	8.5%	8.7%	No change
Current sn	noking:								
36.5%				19.2%		17.8%	15.7%	14.1%	Θ Decreasing
Current sn	nokeless tol	pacco use:							
15.6%				11.2%		10.4%	13.6%	8.4%	Θ Decreasin
Current dr	inking:								
47.5%				38.7%		39.7%	33.2%	28.7%	Θ Decreasin
Binge drin	king:								
31.3%				26.5%		25.8%	21.7%	16.6%	Θ Decreasing
Current ma	arijuana use	:							
28.7%				23.9%		20.5%	22.7%	21.2%	Θ Decreasin
Ever had s	exual interc	ourse:							
47.2%				39.6%		45.1%	43.5%	38.3%	Θ Decreasin
Currently s	sexually act	ive:							
30.5%				27.6%		30.9%	30.4%	25.2%	No change
Had sexua	l intercours	e with 4 or ı	nore people	e during the	ir life:				
17.1%				12.1%		13.4%	11.4%	9.7%	Θ Decreasin
Used a cor	ndom before	last sexual	intercourse	e (among stu	idents who	were sexua	lly active):		
53.7%				62.3%		60.8%	62.2%	59.6%	⊕ Increasing
Percentage	e of student	s who were	overweigh	t or obese: (Question a	dded in 200	3):		
				25.5%		27.3%	26.2%	25.9%	No change
Drank one	or more so	das every d	ay in past v	veek (not inc	luding diet	soda):			
						21.8%	20.1%	17.6%	Θ Decreasing
Attended p	hysical edu	cation daily	in an aver	age week:					
26.4%				18.2%		17.7%	17.7%	17.4%	Θ Decreasing
+Data only n	resented in voc	ars when states	vide renresen	tative data wer	e ohtained: * o	Statistically sign	nificant linear t	rend	•





Alaska Youth Risk Behavior Survey



2011 Highlights

Alaska Youth Risk Behavior Survey

2011 Comparison: United States Traditional High School Students and Alaska Traditional High School Students

		n School Students		
U.S. Students	Alaska Students	Alaska Students were at*:		
Rarely or neve	r wore a seat b	elt:		
8%	9%	= Equal risk		
Rode with a dr	iver who had b	een drinking alcohol:		
24%	19%	⊖ Less risk		
Carried a weap	on on school pr	operty on at least 1 day:		
5%	6%	= Equal risk		
In a physical fi	ght during the	past year:		
33%	24%	⊖ Less risk		
		hey felt unsafe at school ol on at least 1 day:		
6%	5%	= Equal risk		
Seriously cons	idered attemptir	ng suicide:		
16%	15%	= Equal risk		
Attempted suic	ide during the p	past year:		
8%	9%	= Equal risk		
Current smoking	ıg:			
18%	14%	= Equal risk		
Current smoke	less tobacco us	e:		
8%	8%	= Equal risk		
Current drinkin	g:			
39%	29%	⊖ Less risk		
Binge drinking:				
22%	17%	⊖ Less risk		
Current marijua	ına use:			
23%	21%	= Equal risk		
Ever had sexua	Il intercourse:			
47%	38%	⊖ Less risk		
Currently sexua	ally active:			
34%	25%	⊖ Less risk		
Had sexual inte	rcourse with 4 o	or more people during		
15%	10%	⊖ Less risk		
Used condom I	pefore last sexua	al intercourse:		
60%	60%	= Equal risk		
Percentage of s	students who we	ere overweight or obese:		
28%	26%	= Equal risk		
Drank 1 or more (not including of	e sodas every d liet soda):	ay in past week		
28%	18%	⊖ Less risk		
Attended physi	cal education da	aily in an average week:		
32%	17%	⊕ Greater risk		
Statistically signification	ant difference	•		

^{*}Statistically significant difference.

Alaska Youth Risk Behavior Survey

The Alaska Youth Risk Behavior Survey (YRBS) is part of an epidemiological surveillance system that was established in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor the prevalence of health-risk behaviors among youth. The survey was first implemented in Alaska in 1995. The YRBS is a biennial, anonymous and voluntary survey of students grades 9 - 12 in public traditional high schools (excluding boarding, correspondence, home study, alternative, and correctional schools). The YRBS is a joint project between the Department of Education & Early Development and the Department of Health and Social Services, in cooperation with the CDC.

The YRBS asks students to self-report on their behaviors in six major areas of health that directly lead to morbidity and mortality in youth and adult populations within our country. These six areas are:

- behaviors that result in unintentional and intentional injuries;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that can result in human immunodeficiency virus (HIV) infection, other sexually transmitted diseases (STDs) and unintended pregnancies;
- dietary behaviors; and
- physical activity.

In 2009 and 2011, a statewide survey of alternative high schools in Alaska was also implemented.

Supporters of Alaska Youth Risk Behavior Survey

- Alaska Association of School Administrators
- Alaska Association of Secondary School Principals
- Alaska Health Education Consortium
- Alaska Mental Health Board
- Alaska Mental Health Trust Authority
- Alaska Native Tribal Health Consortium
- Alaska Network on Domestic Violence and Sexual Assault
- Alaska Parent Teacher Association (PTA)
- Alaska Public Health Association
- Alaska School Nurses Association
- Alaska Tobacco Control Alliance
- All Alaska Pediatric Partnership
- American Cancer Society
- American Heart Association
- American Lung Association
- Association of Alaska School Boards
- Governor's Advisory Board on Alcoholism and Drug Abuse
- United Way of Anchorage
- United Way of Mat-Su
- United Way of Southeast Alaska
- United Way of the Tanana Valley
- And more...

Summary of the 2011 Survey Results

On average, in an Alaska high school class of 30 students*:

- 5 6 rode (in the past month) with a driver who had been drinking alcohol
- 1 2 had carried a weapon to school
- 7 were in a physical fight in the past year
- 2 3 attempted suicide in the past year
- 4 smoked cigarettes and 2 3 used smokeless tobacco in the past month
- 8 9 drank alcohol in the past month
- 5 engaged in binge drinking in the past month
- 6 7 used marijuana in the past month
- 11 12 had ever had sexual intercourse
- 8 were either overweight or obese
- 16 17 were physically active for less than the recommended total of at least 60 minutes per day (on 5 or more days of the past 7 days).

Many students started engaging in risk behaviors before the age of 13:

- 11.1% had smoked a whole cigarette
- 16.9% had consumed their first drink of alcohol
- 10.4% had tried marijuana.

We also know that:

- 23% were bullied at school last year
- 15.3% were cyber-bullied last year
- 12% were physically hurt by a boyfriend or girlfriend in the past year, and
- 9.2% had ever been forced to have unwanted sexual intercourse

Many high school students are still engaging in unhealthy behaviors, increasing their likelihood of being hurt, fatally injured or developing diseases:

- Some of the goals set forth in Healthy Alaskans 2010
 have been achieved and health-risk behaviors have been
 reduced in the following major areas: tobacco use, alcohol
 and other drug use, violence, and risky sexual behavior.
- Alternative high school students were at significantly greater risk than students in traditional high schools in Alaska for most health-risk behaviors and more likely to have engaged in risky behavior before the age of 13.
- Alternative high school students were more likely than traditional school students to feel that their teachers really cared about them and gave them a lot of encouragement and that their school had clear rules and consequences for behavior.

2011 Comparison: Alaska Traditional High School and Alternative High School Students

Alterna	ative High So	chool Students
Traditional High Schools	Alternative High Schools	Alternative students were at*:
Rarely or never	er wore a seat be	elt:
9%	12%	= Equal risk
Rode with a di	river who had be	een drinking alcohol:
19%	28%	⊕ Greater risk
Carried a weap	on on school pro	perty on at least 1 day:
6%	9%	⊕ Greater risk
In a physical f	ight during the p	oast year:
24%	44%	⊕ Greater risk
Did not go to s or on their way	chool because the to or from school	ney felt unsafe at school ol on at least 1 day:
5%	7%	Greater risk
Seriously con	sidered attempti	ng suicide:
15%	21%	Greater risk
Attempted sui	cide during the	past year:
9%	13%	Greater risk
Current smoki	ing:	
14%	48%	Greater risk
Current smoke	eless tobacco us	se:
8%	17%	Greater risk
Current drinki	ng:	
29%	49%	⊕ Greater risk
Binge drinking	g:	
17%	37%	⊕ Greater risk
Current mariju	ıana use:	
21%	48%	Greater risk
Ever had sexu	al intercourse:	
38%	80%	Greater risk
Currently sexu	ually active:	
25%	61%	Greater risk
Had sexual inte their life:	ercourse with 4 or	r more people during
10%	47%	⊕ Greater risk
Used condom	before last sexu	ual intercourse:
60%	47%	⊕ Greater risk
Percentage of	students who we	ere overweight or obese:
26%	34%	Greater risk
Drank 1 or mor (not including of	e sodas every da diet soda):	y in past week
18%	31%	⊕ Greater risk
Attended phys	ical education da	aily in an average week:
17%	17%	= Equal risk
Ot-0-0-0-10-10-10-1	and difference	

^{*}Statistically significant difference.

^{*}Traditional high schools only.