

# 2007 Youth Risk Behavior Survey Results

## San Diego Unified School District

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The Youth Risk Behavior Survey (YRBS) is one component of the Youth Risk Behavior Surveillance System (YRBSS) developed by the Centers for Disease Control and Prevention in collaboration with representatives from state and local departments of education and health, other federal agencies, and national education and health organizations. The YRBSS was designed to focus the nation on behaviors related to the leading causes of mortality and morbidity among both youth and young adults and to assess how these risk behaviors change over time.

The priority health-risk behaviors fall into the following six categories: (1) behaviors that result in unintentional injury and violence; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; (5) dietary behaviors, and (6) physical activity.

In San Diego, the YRBS was administered to 1,542 students in 29 public high schools during the spring of 2007. Students completed a self-administered, anonymous, 99-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. State parental permission procedures were followed before survey administration.

The school response rate was 91% and the student response rate was 89%. The results are representative of all students in grades 9-12. The sample was comprised of the following students: (1) females, 48.8%; males, 51.2%; (2) 9<sup>th</sup> grade, 30.1%; 10<sup>th</sup> grade, 27.6%; 11<sup>th</sup> grade, 22.8%; 12<sup>th</sup> grade, 19.5%; and (3) Black, 13.4%; Asian, 7.0%; Filipino, 5.3%; Hispanic, 41.4%; White, 26.2%; multiple races, 5.0%, and all other races, 1.7%.

This report summarizes San Diego's 2007 Youth Risk Behavior Survey results; where available, local data are compared to the 2005 national estimates (2007 results are not yet available). For selected risk behaviors, local trends from 1997 to 2007 are presented in Tables 1-9 (pages 15-25).

The County of San Diego, Health and Human Services Agency in collaboration with San Diego Unified School District prepared this report. More information about the Youth Risk Behavior Survey can be obtained from the Physical Education Health and Athletics Department, 619-725-7126.

## Behaviors That Result in Unintentional Injuries and Violence

### Carrying a Weapon

Among all students in San Diego, 14.1% had carried a weapon such as a gun, knife, or club during the 30 days preceding the survey (Table 1; YRBS QN12); male students (21.8%) were significantly more likely than female students (6.2%) to have carried a weapon. Hispanic (16.1%), African American (14.7%) and white (14.4%) students were significantly more likely than Filipino (2.9%) students to carry a weapon on one or more of the 30 days preceding the survey; this behavior was reported by 8.1% of Asian students. Among male students, 23.9% of Hispanic and 22.8% of white students reported such behavior. Hispanic female students (7.5%) were more likely than white female students (5.3%) to report such behavior. The prevalence of weapon-carrying during the 30 days preceding the survey was higher among students in grade 9 (17.1%) than students in grade 12 (9.5%).

Nationwide, 18.5% of students had carried a weapon on one or more of the 30 days preceding the survey (1). Male students (29.8%) were more likely than female students (7.1%) to have carried a weapon. Overall, 18.7% of white, 19.0% of Hispanic and 16.4% of African American students reported such behavior.

In San Diego, 5.0% of all students had carried a weapon such as a gun, knife or club on school property during the 30 days preceding the survey (Table 1; YRBS QN14). Male students (7.2%) were significantly more likely than female students (2.7%) to have done so. African American (7.0%) and Hispanic (5.7%) students were more likely than white (3.2%) and Asian (2.2%) students to have carried a weapon on school property.

Nationwide, 6.5% of students had carried a weapon on school property on one or more the 30 days preceding the survey (1). Overall, the prevalence of having carried a weapon on school property was higher among male (10.2%) than female (2.6%) students. The prevalence of having carried a weapon on school property was higher among Hispanic (8.2%) than African American (5.1%) students; 6.1% of white students reported such behavior.

Among all students in San Diego, 6.2% had missed at least one day of school during the 30 days preceding the survey because they had felt unsafe at school or on their way to or from school (Table 1; YRBS QN15). Hispanic students (8.7%) were significantly more likely than white (2.5%) students to have felt unsafe at school. Overall, 7.1% of African American, 3.5% of Asian and 2.5% of Filipino students reported such behavior.

Nationwide, 6.0% of students had not gone to school on one or more of the 30 days preceding the survey because they felt they would be unsafe at school or on their way to or from school (1). Overall, the prevalence of having not gone to school because of safety concerns was higher among African American (8.7%) and Hispanic (10.2%) than white (4.4%) students.

In San Diego, the prevalence of students who had been threatened or injured with a weapon on school property during the 12 months preceding the survey was 8.1% (Table 1; YRBS QN16); male students (11.0%) were significantly more likely than female students (4.7%) to have done so. The prevalence of having been threatened or injured with a weapon on school property was higher among African American (12.9%) than Hispanic (8.2%) and white (5.5%) students. This behavior was reported by 3.9% and 5.3% of Asian and Filipino students, respectively. Among females, students in 9<sup>th</sup> grade (7.0%) were more likely than students in 12<sup>th</sup> grade (2.5%) to have been threatened or injured with a weapon on school property.

Nationwide, the prevalence of students who had been threatened or injured with a weapon on school property one or more times during the 12 months preceding the survey was 7.9% (1). Male students (9.7%) were more likely than female students (6.1%) to have been threatened or injured with a weapon on school property. Overall, the prevalence of having been threatened or injured with a weapon on school property was higher among Hispanic (9.8%) than white (7.2%) students. Such behavior was reported by 8.1% of African American students.

### **Physical Fighting**

Among all students in San Diego, 32.5% had been in a physical fight during the 12 months preceding the survey (Table 2; YRBS QN18); male students (42.5%) were significantly more likely than female students (21.9%) to have been in a physical fight. African American (45.9%) and Hispanic (37.3%) students were significantly more likely than white (23.3%), Asian (20.2%) and Filipino (20.0%) students to have been in a physical fight during the 12 months preceding the survey. Among males, 46.1% and 37.3% of Hispanic and white students reported such behavior, respectively. Hispanic female students (27.6%) were significantly more likely than white female students (8.0%) to have been in a physical fight. Students in grade 9 (39.7%) were significantly more likely than students in grade 12 (25.2%) to have done so.

Nationwide, 35.9% of students had been in a physical fight one or more times during the 12 months preceding the survey (1). Overall, the prevalence of having been in a physical fight was higher among male (43.4%) than female (28.1%) students. African American (43.1%) and Hispanic (41.0%) students were more likely than white (33.1%) students to have been in a physical fight.

In San Diego, 3.5% of all students had been treated by a doctor or nurse for injuries sustained in a physical fight during the 12 months preceding the survey (Table 2; YRBS QN19); male students (4.6%) were more likely than female students (2.1%) to report this behavior. African American (8.8%) students were significantly more likely than white (1.7%) students to have been treated for injuries sustained in a physical fight. This behavior was reported by 2.2% and 2.8% of Asian and Hispanic students, respectively.

Nationwide, 3.6% of students had been in a physical fight one or more times during the 12 months preceding the survey in which they were injured and had to be treated by a doctor or nurse (1). Male students (4.8%) were more likely than female students (2.4%) to have been injured in a physical fight. Overall, the prevalence of having been injured in a physical fight was higher among African American (5.4%) and Hispanic (5.3%) than white (2.4%) students.

Among all students in San Diego, 14.3% had been in a physical fight on school property during the 12 months preceding the survey (Table 2; YRBS QN20). Male students (20.9%) were significantly more likely than female students (7.5%) to report this behavior. The prevalence of having been in a physical fight on school property was significantly higher among African American (25.3%) and Hispanic (16.6%) students than white (8.4%), Asian (6.6%) and Filipino (6.2%) students. Students in grade 9 (18.8%) were significantly more likely than students in grade 12 (8.8%) to have been in a physical fight on school property. Male students in grade 9 (28.9%) were significantly more likely than male students in grade 12 (12.6%) to have done so.

Nationwide, 13.6% of students had been in a physical fight on school property one or more times during the 12 months preceding the survey (1). Male students (18.2%) were more likely than female students (8.8%) to have been in a physical fight on school property. Overall, the prevalence of having been in a physical fight on school property was higher among African American (16.9%) and Hispanic (18.3%) than white (11.6%) students.

### **Harassment**

Among all students in San Diego, 12.7% reported that during the past 12 months they were harassed one or more times because someone thought they were gay, lesbian, or bisexual (Table 2; YRBS QN89); this behavior was reported by 13.8% of male and 11.0% of female students. Asian (12.9%), Filipino (12.6%) and Hispanic (12.5%) students were slightly more likely to report being harassed than African American (12.0%) and white (11.1%) students.

During the 30 days preceding the survey, 22.5% of students in San Diego reported having been the victim of a verbal slur because of their race or ethnic background (Table 2; YRBS QN90). Male students (28.1%) were significantly more likely to have been a victim of a verbal slur compared to female students (16.5%). African American students (29.8%) were significantly more likely to experience this behavior than Filipino students (13.9%). Such experience was reported by 21.8% of Hispanic, 21.0% of Asian and 20.1% of white students.

### **Suicide Ideation and Attempts**

Among all students in San Diego, 12.7% had seriously considered attempting suicide during the 12 months preceding the survey (Table 3; YRBS QN24); female students (16.6%) were significantly more likely than male students (9.0%) to have done so. African American (13.8%), Hispanic (13.3%) and white (12.8%) students were more likely than Filipino (11.1%) and Asian (7.4%) students to have considered attempting suicide. Among females, 18.4% and 13.7% of Hispanic and white students reported this behavior, respectively.

Nationwide, 16.9% of students had seriously considered attempting suicide during the 12 months preceding the survey (1). Female students (21.8%) were more likely than male students (12.0%) to have considered attempting suicide. Overall, the prevalence of having seriously considered attempting suicide was higher among white (16.9%) and Hispanic (17.9%) than African American (12.2%) students.

In San Diego, 10.1% of all students had made a plan about how they would attempt suicide during the 12 months preceding the survey (Table 3; YRBS QN25); female students (12.3%) were significantly more likely than male students (8.1%) to have made a suicide plan. African American (13.6%) and Filipino (10.7%) students were more likely than Hispanic (9.7%), white (9.4%) and Asian (8.3%) students to report such behavior. Among female students, 11.8% of Hispanic and 11.2% of white students had made a plan to attempt suicide.

More serious suicide ideation was observed among 13.0% of students nationwide who, during the 12 months preceding the survey, had made a specific plan to attempt suicide (1). Female students (16.2%) were significantly more likely than male students (9.9%) to have made a suicide plan. Overall, the prevalence of having made a suicide plan was higher among white (12.5%) and Hispanic (14.5%) than African American (9.6%) students.

Among all students in San Diego, 7.7% had actually attempted suicide during the 12 months preceding the survey (Table 3; YRBS QN26); female students (9.4%) were more likely than male students (5.9%) to have attempted suicide. The prevalence of having attempted suicide was significantly higher among African American (14.3%) and Hispanic (7.7%) than white (2.1%) students; 8.3% and 5.6% of Filipino and Asian students reported such behavior, respectively. Hispanic female students (11.4%) were significantly more likely than white female students (2.7%) to have done so.

Nationwide, 8.4% of students had actually attempted suicide one or more times during the 12 months preceding the survey (1). Female students (10.8%) were more likely than male students (6.0%) to have attempted suicide. Overall, the prevalence of having actually attempted suicide was higher among Hispanic (11.3%) than white (7.3%) and African American (7.6%) students.

During the 12 months preceding the survey, 2.7% of students in San Diego reported having made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 3; YRBS QN27). Overall, 2.9% of male and 2.4% of female students reported this behavior. African American students (5.8%) were significantly more likely than white students (0.7%) to report attempted suicide that required medical attention. Asian (0.8%) and Filipino (0.9%) students were less likely than Hispanic (2.6%) students to report such behavior. Among females, Hispanic students (2.6%) were more likely than white students (1.4%) to have done so.

Nationwide, 2.3% of students reported having made a suicide attempt during the 12 months preceding the survey that resulted in an injury, poisoning, or overdose that had been treated by a doctor or nurse (1). Female students (2.9%) were more likely than male students (1.8%) to have required medical attention. Overall, the prevalence of having made a suicide attempt that required medical attention was higher among Hispanic (3.2%) than white (2.1%) students. Such behavior was reported by 2.0% of African American students.

## Tobacco Use

Among all students in San Diego, 43.6% had ever tried cigarette smoking (Table 4; YRBS QN28). Hispanic students (47.5%) were significantly more likely than Asian students (32.4%) to report lifetime cigarette use; 41.5% of African American, 41.0% of Filipino and 40.4% of white students reported this behavior. Among males, 52.3% of Hispanic and 44.7% of white students had ever tried cigarette smoking. Hispanic female students (42.0%) were more likely than white female students (35.8%) to report lifetime cigarette use. Students in grade 12 (53.1%) were significantly more likely than students in grade 9 (38.7%) to report ever having tried cigarette smoking.

Nationwide, 54.3% of students had ever tried cigarette smoking (1). Overall, the prevalence of lifetime cigarette use was higher among male (55.9%) than female (52.7%) students. Lifetime cigarette use was reported by 57.1% of Hispanic, 54.7% of African American and 54.0% of white students.

During the 30 days preceding the survey, 11.0% of students in San Diego had smoked cigarettes (i.e., current cigarette use) (Table 4; YRBS QN30). Overall, white (13.8%) and Hispanic (11.9%) students were significantly more likely than Filipino (2.6%) students to report current cigarette use. Approximately 7.8% of African American and 6.8% of Asian students reported having smoked cigarettes on one or more of the 30 days preceding the survey. The prevalence of current cigarette use was higher among 12<sup>th</sup> grade (16.8%) than 9<sup>th</sup> grade (6.6%) students.

Nationwide, 23.0% of students had smoked cigarettes on one or more of the 30 days preceding the survey (1). Overall, the prevalence of current cigarette use was higher among white (25.9%) and Hispanic (22.0%) than African American (12.9%) students.

In San Diego, 2.6% of all students had smoked cigarettes on 20 or more of the 30 days preceding the survey (i.e., frequent cigarette use) (Table 4; YRBS QNFRCIG). Male students (3.4%) were more likely than female students (1.8%) to report frequent cigarette use. White (4.0%) students were more likely than Hispanic (1.9%) and Asian (1.9%) students to report such behavior. Approximately 1.4% of African American students reported frequent cigarette use. White female students (4.2%) were more likely than Hispanic female students (1.0%) to have done so.

Nationwide, 9.4% of students had smoked cigarettes on 20 or more of the 30 days preceding the survey (1). Overall, the prevalence of current frequent cigarette use was higher among white (11.2%) than African American (3.7%) and Hispanic (6.5%) students.

## Alcohol and Other Drug Use

### Alcohol Use

Among all students in San Diego, 72.0% had had at least one drink of alcohol during their life (i.e., lifetime alcohol use) (Table 5; YRBS QN39). Female students (75.0%) were more likely than male students (68.9%) to report this behavior. Hispanic (78.2%) and white (74.8%) students were significantly more likely to report lifetime alcohol use than African American (55.6%) students. This behavior was reported by 65.8% and 67.4% of Asian and Filipino students, respectively. The prevalence of lifetime alcohol use was significantly higher among 12<sup>th</sup> grade (79.4%) than 9<sup>th</sup> grade (66.3%) students.

Nationwide, 74.3% of students had had at least one drink of alcohol during their lifetime (1). Overall, the prevalence of lifetime alcohol use was higher among white (75.3%) and Hispanic (79.4%) than African American (69.0%) students.

In San Diego, 36.7% of all students had had at least one drink of alcohol during the 30 days preceding the survey (i.e., current alcohol use) (Table 5; YRBS QN41). White (42.1%) and Hispanic (41.7%) students were significantly more likely than Filipino (16.6%) students to report current alcohol use. The prevalence of current alcohol use was significantly higher among Hispanic (41.7%) than African American (27.6%) students. Approximately 28.3% of Asian students reported such behavior. Students in grade 12 (49.2%) were significantly more likely than students in grade 9 (28.9%) to report current alcohol use.

Nationwide, 43.3% of students had had at least one drink of alcohol on one or more of the 30 days preceding the survey (1). Overall, the prevalence of current alcohol use was higher among white (46.4%) and Hispanic (46.8%) than African American (31.2%) students.

Among all students in San Diego, 21.8% had had five or more drinks of alcohol on at least one occasion during the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 5; YRBS QN42). White (26.6%), Hispanic (23.9%) and African American (18.8%) students were significantly more likely than Filipino (4.2%) students to report such behavior. Hispanic students (23.9%) were significantly more likely than Asian students (11.9%) to report episodic heavy drinking. The prevalence of episodic heavy drinking was higher among students in grade 12 (35.4%) than grades 9 (15.3%) and 11 (19.2%); 21.8% of students in grade 10 reported this behavior.

Nationwide, 25.5% of students had had five or more drinks of alcohol on at least one occasion during the 30 days preceding the survey (1). Overall, the prevalence of episodic heavy drinking was higher among male (27.5%) than female (23.5%) students. The prevalence of episodic heavy drinking was higher among white (29.9%) than African American (11.1%) and Hispanic (25.3%) students.

## **Marijuana Use**

In San Diego, 34.6% of all students had used marijuana during their lifetime (Table 6; YRBS QN45). Overall, 36.8% of male and 32.4% of female students reported such behavior. White (38.6%) and Hispanic (37.6%) students were significantly more likely than Asian (17.6%) and Filipino (17.4%) students to report lifetime marijuana use. This behavior was reported by 33.4% of African American students. The prevalence of lifetime marijuana use was significantly higher among 12<sup>th</sup> grade (48.1%) than 9<sup>th</sup> grade (27.6%) students.

Nationwide, 38.4% of students had used marijuana during their lifetime (1). Overall, the prevalence of lifetime marijuana use was higher among male (40.9%) than female (35.9%) students. The prevalence of lifetime marijuana use was higher among Hispanic (42.6%) than white (38.0%) students; 40.7% of African American students reported this behavior.

Among all students in San Diego, 16.6% had used marijuana at least once during the 30 days preceding the survey (i.e., current marijuana use) (Table 6; YRBS QN47); 18.7% of male and 14.5% of female students reported such behavior. Current marijuana use was significantly more likely among white (22.3%) and Hispanic (17.1%) than Asian (6.7%) and Filipino (3.4%) students. African American students (13.9%) were significantly more likely than Filipino students (3.4%) to report such behavior. The prevalence of current marijuana use was significantly higher among 12<sup>th</sup> grade (25.7%) than 9<sup>th</sup> grade (12.7%) students.

Nationwide, 20.2% of students had used marijuana one or more times during the 30 days preceding the survey (1). The prevalence of current marijuana use was higher among male (22.1%) than female (18.2%) students. Current marijuana use was reported by 23.0% of Hispanic students. This behavior was reported by 20.3% and 20.4% of white and African American students, respectively.

## **Cocaine Use**

Among all students in San Diego, 8.6% had used some form of cocaine including powder, crack or freebase one or more times during their life (i.e., lifetime cocaine use) (Table 6; YRBS QN49). Overall, 9.0% of male and 8.2% of female students reported such behavior. White students (10.9%) were significantly more likely than Filipino students (1.7%) to report lifetime cocaine use; 5.2% of Asian, 5.7% of African American and 8.9% of Hispanic students reported this behavior. Among males, white students (10.6%) were more likely than Hispanic students (8.4%) to report lifetime cocaine use. The prevalence of lifetime cocaine use was higher among white female (11.1%) than Hispanic female (9.4%) students.

Nationwide, 7.6% of students had used some form of cocaine one or more times during their life (1). Overall, the prevalence of lifetime cocaine use was higher among male (8.4%) than female (6.8%) students. The prevalence of lifetime cocaine use was higher among white (7.7%) and Hispanic (12.2%) than African American (2.3%) students.

In San Diego, 3.6% of all students had used some form of cocaine including powder, crack or freebase at least once during the 30 days preceding the survey (i.e., current cocaine use) (Table 6; YRBS QN50). African American (4.2%) and Hispanic (4.0%) students were more likely than white (3.1%) and Asian (1.2%) students to report current cocaine use. Among females, Hispanic students (5.3%) were more likely than white students (3.2%) to have used some form of cocaine during the 30 days preceding the survey. Hispanic and white



male students (2.7% and 2.9%, respectively) were equally likely to report such behavior.

Nationwide, 3.4% of students had used any form of cocaine one or more times during the 30 days preceding the survey (1). The prevalence of current cocaine use was higher among male (4.0%) than female (2.8%) students. Overall, the prevalence of current cocaine use was higher among white (3.2%) and Hispanic (6.1%) than African American (1.5%) students.

### **Illegal-drug Injection**

Among all students in San Diego, 3.0% had used a needle to inject any illegal drug into their body one or more times during their life (i.e., lifetime injected illegal-drug use) (Table 6; YRBS QN56). Overall, 3.9% of male and 2.0% of female students reported such behavior. African American students (5.4%) were more likely than Hispanic (2.9%) and white (2.0%) students to report lifetime injected illegal-drug use. Such behavior was reported by 1.4% and 0.8% of Asian and Filipino students, respectively. Among males, ever use of injecting illegal drugs was reported by 3.4% of Hispanic and 2.5% of white students.

Nationwide, 2.1% of students had used a needle to inject any illegal drug into their body one or more times during their lifetime (1). The prevalence of lifetime illegal injection drug use was higher among male (3.0%) than female (1.1%) students. Overall, the prevalence of this behavior was higher among Hispanic (3.0%) than white (1.9%) students. Lifetime illegal injection drug use was reported by 1.7% of African American students.

## Sexual Behaviors

### Sexual Intercourse

Among all students in San Diego, 38.8% had had sexual intercourse during their lifetime (Table 7; YRBS QN58). Overall, 42.1% of male and 35.5% of female students reported such behavior. African American (50.2%), Hispanic (41.2%) and white (37.7%) students were significantly more likely than Asian (22.6%) students to have ever had sexual intercourse. The prevalence of having had sexual intercourse was significantly higher among African American (50.2%) than Filipino (25.0%) students. Hispanic male students (44.9%) were more likely than white male students (39.5%) to have ever had sexual intercourse. Such behavior was significantly more likely among students in grades 11 (41.7%) and 12 (54.3%) than students in grade 9 (28.0%); 37.6% of 10<sup>th</sup> grade students reported having had sexual intercourse.

Nationwide, 46.8% of students had had sexual intercourse during their life (1). Overall, the prevalence of having had sexual intercourse was higher among African American (67.6%) than white (43.0%) and Hispanic (51.0%) students.

In San Diego, the percentage of students who had sexual intercourse with four or more sex partners during their lifetime was 10.1% (Table 7; YRBS QN60); male students (14.5%) were significantly more likely than female students (5.8%) to report such behavior. African American (14.1%) and Hispanic (11.6%) students were more likely than white (8.6%), Asian (3.4%) and Filipino (2.9%) students to have had sex with four or more partners during their lifetime. The prevalence of having had four or more sex partners was significantly lower among 9<sup>th</sup> grade (7.1%) than 12<sup>th</sup> grade (15.4%) students.

Nationwide, 14.3% of students had had sexual intercourse with four or more persons during their life (1). Male students (16.5%) were more likely than female students (12.0%) to have done so. Overall, the prevalence of having had sexual intercourse with four or more persons was higher among African American (28.2%) than white (11.4%) and Hispanic (15.9%) students.

During the 3 months preceding the survey, 28.0% of all students in San Diego had had sexual intercourse (i.e., current sexual activity) (Table 7; YRBS QN61); 28.3% of male and 27.7% of female students reported such behavior. African American (35.8%) and Hispanic (30.4%) students were significantly more likely than Asian (15.7%) students to have done so. Current sexual activity was reported by 28.1% and 16.7% of white and Filipino students, respectively. The prevalence of such behavior was significantly higher among students in grades 11 (31.3%) and 12 (41.6%) than students in grade 9 (18.0%).

Nationwide, 33.9% of students had had sexual intercourse with one or more persons during the 3 months preceding the survey (1). Overall, the prevalence of being currently sexually active was higher among African American (47.4%) than white (32.0%) and Hispanic (35.0%) students.

### **Condom Use**

In San Diego, among the 28.0% of currently sexually active students, 57.0% reported that either they or their partner had used a condom during last sexual intercourse (Table 7; YRBS QN63). Male students (63.4%) were more likely than female students (50.3%) to report condom use. Overall, 58.7% of Hispanic students reported condom use during last sexual intercourse. The prevalence of such behavior was 53.8% among 12<sup>th</sup> grade students.

Among the 33.9% of currently sexually active students nationwide, 62.8% reported that either they or their partner had used a condom during last sexual intercourse (1). Male students (70.0%) were more likely than female students (55.9%) to report condom use. Overall, the prevalence of having used a condom during last sexual intercourse was higher among African American (68.9%) than white (62.6%) and Hispanic (57.7%) students.

### **Oral Sex**

In San Diego, 37.2% of all students reported having participated in oral sex during their life. Overall, 40.1% of male and 34.1% of female students reported this behavior (Table 7; YRBS QN93). The prevalence of having ever had oral sex was higher among African American (37.2%) and Hispanic (34.5%) than Filipino (29.3%) students. White students (46.1%) were significantly more likely than Asian students (25.2%) to report such behavior. Students in grades 9 (29.9%) and 10 (33.4%) were significantly less likely than students in grade 12 (49.0%) to have had oral sex; 41.7% of students in grade 11 reported such behavior.

## Dietary Behaviors

### Perceived Overweight

In San Diego, 31.0% of all students described themselves as slightly or very overweight (Table 8; YRBS QN65); female students (35.5%) were significantly more likely than male students (26.6%) to consider themselves overweight. Filipino students (40.1%) were significantly more likely than African American (23.1%) and white (23.7%) students to report this behavior. Hispanic students (36.3%) were significantly more likely than white students (23.7%) to consider themselves overweight; 32.1% of Asian students reported such behavior. Hispanic female students (40.9%) were more likely than white female students (28.3%) to describe themselves as overweight. The prevalence of this behavior was higher among Hispanic male (32.1%) than white male (19.4%) students.

Nationwide, 31.5% of students described themselves as slightly or very overweight (1). Overall, the prevalence of describing themselves as overweight was higher among female (38.1%) than male (25.1%) students. The prevalence of such behavior was higher among Hispanic (37.1%) than white (31.1%) and African American (27.2%) students.

### Attempted Weight Loss

Among all students in San Diego, 46.8% were attempting weight loss (Table 8; YRBS QN66); female students (59.8%) were significantly more likely than male students (34.3%) to do so. Hispanic students (54.7%) were significantly more likely than African American (35.0%) and white (40.8%) students to report such behavior. The prevalence of trying to lose weight was significantly higher among Filipino (52.2%) than African American (35.0%) students; 44.2% of Asian students reported such behavior. Hispanic female students (64.1%) were more likely than white female students (61.6%) to be attempting weight loss. Among males, Hispanic students (46.1%) were significantly more likely than white students (21.6%) to have done so.

Nationwide, 45.6% of all students were trying to lose weight (1). Overall, the prevalence of trying to lose weight was higher among female (61.7%) than male (29.9%) students. The prevalence of such behavior was higher among Hispanic (51.2%) than white (45.9%) and African American (38.9%) students.

In San Diego, 5.8% of all students had taken diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 8; YRBS QN70); male and female students (5.9% and 5.7%, respectively) were equally likely to report such behavior. Overall, the prevalence of having taken diet pills, powders, or liquids to lose weight or to keep from gaining weight was higher among African American (9.9%) and Hispanic (7.3%) students than Asian (3.6%), Filipino (2.5%) and white (2.3%) students.

Nationwide, 6.3% of all students had taken diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days preceding the survey (1). The prevalence of such behavior was higher among female (8.1%) than male (4.6%) students. Overall, the prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to

keep from gaining weight was higher among white (6.6%) and Hispanic (6.6%) than African American (5.0%) students.

The percentage of students in San Diego who had taken laxatives or had vomited either to lose weight or to keep from gaining weight during the 30 days preceding the survey was 6.4% (Table 8; YRBS QN71). Female students (7.3%) were significantly more likely than male students (5.5%) to report such behavior. The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was higher among Hispanic (6.8%) and African American (5.7%) than Filipino (5.0%), Asian (4.9%) and white (4.9%) students.

Nationwide, 4.5% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (1). The prevalence of such behavior was higher among female (6.2%) than male (2.8%) students. Overall, the prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was higher among Hispanic (5.4%) and white (4.4%) than African American (3.4%) students.

## Physical Activity

### Participation in Physical Education Class

Among all students in San Diego, 41.3% attended physical education (PE) classes daily in an average week when they were in school (YRBS QNDLYPE); 42.9% of male and 39.7% of female students reported such behavior. Asian students (35.5%) were less likely than Filipino students (48.9%) to report daily PE class attendance. The prevalence of this behavior was 42.6% and 41.8% among African American and white students, respectively. Approximately 41.0% of Hispanic students reported having done so. The prevalence of daily PE class attendance was significantly higher among 9<sup>th</sup> grade (58.8%) and 10<sup>th</sup> grade (49.1%) than 11<sup>th</sup> grade (22.4%) and 12<sup>th</sup> grade (24.3%) students.

Nationwide, 33.0% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (1). The prevalence of such behavior was higher among male (37.1%) than female (29.0%) students. Overall, the prevalence of daily PE class attendance was higher among Hispanic (38.3%) than African American (34.4%) and white (31.7%) students.

### Met Currently Recommended Levels of Physical Activity

Among all students in San Diego, 46.2% were physically active for a total of at least 60 minutes per day on 5 or more of the 7 days preceding the survey (YRBS QN80). Male students (51.3%) were significantly more likely than female students (41.1%) to have done so. The prevalence of having participated in physical activity for at least 60 minutes per day on 5 or more of the 7 days preceding the survey was significantly higher among white (59.7%) than Filipino (41.3%), Asian (38.9%) and Hispanic (38.5%) students. This behavior was reported by 45.9% of African American students. Students in grades 9 (52.2%) and 10 (49.0%) were more likely than students in grades 11 (37.3%) and 12 (43.5%) to have done so.

Nationwide, 35.8% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on 5 or more of the 7 days preceding the survey (i.e., met currently recommended levels of physical activity). The prevalence of such behavior was higher among male (43.8%) than female (27.8%) students. Overall, the prevalence of having met currently recommended levels of physical activity was higher among white (38.7%) than African American (29.5%) and Hispanic (32.9%) students.

## References

1. Centers for Disease Control and Prevention (CDC). Youth Risk Behavior Surveillance – United States, 2005. MMWR June 9, 2006 / Vol. 55 / No. SS-5.

**Table 1. Weapon-Carrying & Safety**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Carried a weapon such as a gun, knife, or club <sup>1</sup>							
Total	18.2	14.0	12.3	14.7	14.0	14.1	18.5
Male	28.4	22.9	19.5	23.1	20.4	21.8	29.8
Female	7.8	5.3	5.2	5.8	7.1	6.2	7.1
Carried a weapon such as a gun, knife, or club on school property <sup>1</sup>							
Total	7.2	6.5	5.0	5.1	5.8	5.0	6.5
Male	10.6	10.8	7.2	8.3	7.4	7.2	10.2
Female	3.7	2.1	2.8	1.5	3.8	2.7	2.6
Felt too unsafe to go to school <sup>1</sup>							
Total	5.7	6.6	9.6	7.7	9.1	6.2	6.0
Male	5.9	6.4	8.2	8.3	8.3	6.5	5.7
Female	5.3	6.9	11.1	7.1	9.6	5.7	6.3
Threatened or injured with a weapon such as a gun, knife or club on school property <sup>2</sup>							
Total	8.1	9.4	10.1	10.2	10.3	8.1	7.9
Male	10.8	12.4	12.9	14.8	12.7	11.0	9.7
Female	5.3	6.3	7.4	5.1	7.3	4.7	6.1
Property stolen or deliberately damaged on school property <sup>2</sup>							
Total	36.5	NA	30.3	32.7	35.4	32.6	29.8
Male	41.2		32.7	36.1	36.5	34.8	31.4
Female	31.6		27.7	29.0	33.7	30.4	28.0

NA Not available

- 1 On one or more of the 30 days preceding the survey.
- 2 One or more times during the 12 months preceding the survey.

**Table 2. Injury and Violence**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
In a physical fight <sup>1</sup>							
Total	37.2	34.8	33.5	35.5	34.6	32.5	35.9
Male	45.6	41.2	39.3	43.1	39.9	42.5	43.4
Female	28.9	28.6	27.8	27.5	29.3	21.9	28.1
Injured in a physical fight <sup>2</sup>							
Total	4.7	4.8	4.5	3.5	4.9	3.5	3.6
Male	6.2	6.1	5.7	5.3	5.8	4.6	4.8
Female	3.2	3.5	3.4	1.6	3.5	2.1	2.4
In a physical fight on school property <sup>1</sup>							
Total	14.8	12.8	12.1	13.2	13.8	14.3	13.6
Male	20.4	18.5	14.3	18.3	17.3	20.9	18.2
Female	9.2	7.1	9.9	7.8	10.3	7.5	8.8

NA Not available

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

2 Students who were injured seriously enough to be treated by a doctor or nurse one or more times during the 12 months preceding the survey.

3 During the 30 days preceding the survey.

(Continued)



**Table 2. Injury and Violence (Continued)**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year		2005 National Data
	2005 (N = 1695)	2007 (N = 1542)	
Harassed because someone thought they were gay, lesbian, or bisexual <sup>1</sup>			
Total	12.8	12.7	NA
Male	12.5	13.8	
Female	12.6	11.0	
Victim of verbal slur because of their race or ethnic background <sup>3</sup>			
Total	24.1	22.5	NA
Male	27.6	28.1	
Female	20.4	16.5	

NA Not available

- 1 One or more times during the 12 months preceding the survey.
- 2 Students who were injured seriously enough to be treated by a doctor or nurse one or more times during the 12 months preceding the survey.
- 3 During the 30 days preceding the survey.

**Table 3. Depression and Suicide**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Seriously considered attempting suicide <sup>2</sup>							
Total	22.7	22.3	21.0	19.4	17.5	12.7	16.9
Male	16.0	17.0	16.1	14.4	12.1	9.0	12.0
Female	29.3	27.3	26.1	24.6	23.0	16.6	21.8
Made a suicide plan <sup>2</sup>							
Total	21.1	17.7	16.9	16.7	13.0	10.1	13.0
Male	15.3	12.4	11.9	11.8	9.8	8.1	9.9
Female	26.9	22.9	22.1	21.7	16.3	12.3	16.2
Attempted suicide <sup>1, 2</sup>							
Total	9.5	9.2	10.5	10.9	10.0	7.7	8.4
Male	4.9	6.4	6.3	8.9	6.9	5.9	6.0
Female	13.9	11.8	14.5	13.1	12.5	9.4	10.8
Suicide attempt required medical attention <sup>2</sup>							
Total	3.0	3.3	3.5	3.3	2.6	2.7	2.3
Male	2.2	3.0	3.6	3.6	2.1	2.9	1.8
Female	3.9	3.3	3.5	2.9	2.7	2.4	2.9
Students who did something to purposely hurt themselves without wanting to die							
Total	NA	NA	NA	NA	NA	16.2	NA
Male						12.1	
Female						20.2	

NA Not available

1 One or more times.

2 During the 12 months preceding the survey.

**Table 4. Tobacco Use**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Lifetime cigarette use <sup>1</sup>							
Total	70.8	62.8	61.8	54.0	49.8	43.6	54.3
Male	72.2	64.9	62.2	55.5	51.4	47.7	55.9
Female	69.2	60.7	61.5	52.3	47.8	39.1	52.7
Current cigarette use <sup>2</sup>							
Total	24.2	23.1	17.1	13.2	14.2	11.0	23.0
Male	25.5	24.9	17.0	12.9	13.6	12.9	22.9
Female	23.0	21.5	17.1	13.5	14.5	8.9	23.0
Current frequent cigarette use <sup>3</sup>							
Total	7.5	5.7	4.7	3.4	3.5	2.6	9.4
Male	8.7	6.8	5.3	5.0	4.3	3.4	9.3
Female	6.4	4.7	4.2	1.8	2.6	1.8	9.3
Cigarette use on school property <sup>4</sup>							
Total	9.6	7.1	4.4	4.4	4.5	3.2	6.8
Male	11.8	7.8	4.6	5.3	4.5	4.0	7.4
Female	7.5	6.5	4.4	3.4	4.5	2.4	6.2
Current smokeless tobacco use <sup>5</sup>							
Total	2.5	2.5	2.5	2.5	3.4	3.3	8.0
Male	3.4	3.5	3.8	3.7	3.4	5.5	13.6
Female	1.6	1.5	1.2	1.2	2.9	0.9	2.2

NA Not available

- 1 Ever tried cigarette smoking, even one or two puffs.
- 2 Smoked cigarettes on one or more of the 30 days preceding the survey.
- 3 Smoked cigarettes on 20 or more of the 30 days preceding the survey.
- 4 On one or more of the 30 days preceding the survey.
- 5 Used chewing tobacco or snuff on one or more of the 30 days preceding the survey.

**Table 5. Alcohol Use**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Lifetime alcohol use <sup>1</sup>							
Total	76.1	75.3	76.5	75.3	71.6	72.0	74.3
Male	77.2	77.1	75.6	75.8	68.2	68.9	73.8
Female	75.0	73.8	77.4	74.8	74.7	75.0	74.8
Current alcohol use <sup>2</sup>							
Total	47.1	39.4	41.0	38.5	38.8	36.7	43.3
Male	48.8	40.1	39.3	37.6	37.0	35.2	43.8
Female	45.5	39.1	42.6	39.4	40.2	38.2	42.8
Alcohol use on school property <sup>2</sup>							
Total	11.0	9.4	9.2	8.6	11.3	7.1	4.3
Male	10.6	9.8	9.2	8.6	10.8	7.4	5.3
Female	11.2	9.0	9.2	8.3	11.7	6.9	3.3
Episodic heavy drinking <sup>3</sup>							
Total	27.1	22.3	24.3	22.2	22.2	21.8	25.5
Male	30.2	24.8	23.3	23.6	21.1	21.7	27.5
Female	23.9	20.1	25.3	20.8	22.7	22.0	23.5

NA Not available

- 1 Ever had at least one drink of alcohol.
- 2 Drank alcohol on one or more of the 30 days preceding the survey.
- 3 Drank 5 or more drinks of alcohol on at least one occasion on one or more of the 30 days preceding the survey.

**Table 6. Drug Use**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Lifetime marijuana use <sup>1</sup>							
Total	49.6	43.1	41.8	42.5	39.2	34.6	38.4
Male	52.9	46.8	44.1	45.0	40.2	36.8	40.9
Female	46.3	39.8	39.5	39.8	37.8	32.4	35.9
Current marijuana use <sup>2</sup>							
Total	26.4	22.2	22.5	22.4	18.6	16.6	20.2
Male	29.7	26.5	24.3	25.5	19.3	18.7	22.1
Female	23.0	18.2	20.8	19.0	18.0	14.5	18.2
Marijuana use on school property <sup>2</sup>							
Total	9.8	7.0	7.1	7.6	6.9	4.7	4.5
Male	11.7	9.2	9.0	9.9	6.9	5.7	6.0
Female	8.0	4.9	5.3	5.2	6.8	3.8	3.0

NA Not available

- 1 Ever used marijuana.
- 2 Used marijuana one or more times during the 30 days preceding the survey.
- 3 Ever tried any form of cocaine including powder, crack, or freebase.
- 4 Used any form of cocaine including powder, crack, or freebase one or more times during the 30 days preceding the survey.
- 5 Ever used illegal steroids (i.e., took steroid pills or shots without a doctor's prescription one or more times during their life).
- 6 Ever injected illegal drugs (i.e., used a needle to inject any illegal drug into their body one or more times during their life).

(Continued)

**Table 6. Drug Use (Continued)**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Lifetime cocaine use <sup>3</sup>							
Total	9.9	8.4	8.8	7.7	8.6	8.6	7.6
Male	9.3	8.6	8.0	8.2	8.1	9.0	8.4
Female	10.5	8.2	9.5	7.0	8.5	8.2	6.8
Current cocaine use <sup>4</sup>							
Total	4.0	3.2	3.8	3.0	4.1	3.6	3.4
Male	4.0	4.1	3.8	3.7	4.1	3.9	4.0
Female	4.1	2.3	3.7	2.1	3.8	3.4	2.8
Lifetime illegal steroid use <sup>5</sup>							
Total	3.7	3.4	5.2	4.4	4.1	3.8	4.0
Male	4.5	3.6	5.1	4.8	4.6	5.0	4.8
Female	2.9	3.1	5.3	3.7	3.2	2.3	3.2
Lifetime injected illegal-drug use <sup>6</sup>							
Total	2.2	1.5	1.8	2.4	2.3	3.0	2.1
Male	3.0	2.1	2.1	3.7	2.7	3.9	3.0
Female	1.3	0.8	1.4	0.9	1.7	2.0	1.1

NA Not available

- 1 Ever used marijuana.
- 2 Used marijuana one or more times during the 30 days preceding the survey.
- 3 Ever tried any form of cocaine including powder, crack, or freebase.
- 4 Used any form of cocaine including powder, crack, or freebase one or more times during the 30 days preceding the survey.
- 5 Ever used illegal steroids (i.e., took steroid pills or shots without a doctor's prescription one or more times during their life).
- 6 Ever injected illegal drugs (i.e., used a needle to inject any illegal drug into their body one or more times during their life).

**Table 7. Sexual Behaviors**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Students who have ever participated in oral sex							
Total	NA	NA	NA	NA	NA	37.2	NA
Male						40.1	
Female						34.1	
Ever had sexual intercourse							
Total	44.7	38.5	38.2	40.4	40.7	38.8	46.8
Male	46.0	44.4	42.3	43.2	43.4	42.1	47.9
Female	43.4	32.7	34.4	37.5	37.7	35.5	45.7
Currently sexually active <sup>1</sup>							
Total	31.2	25.3	26.6	26.7	27.4	28.0	33.9
Male	29.3	27.2	26.3	26.0	26.5	28.3	33.3
Female	33.1	23.3	27.0	27.1	27.9	27.7	34.6
Four or more sex partners during lifetime							
Total	15.1	11.0	11.2	12.3	10.7	10.1	14.3
Male	17.9	16.5	13.5	15.7	14.0	14.5	16.5
Female	12.2	5.7	9.0	8.6	7.4	5.8	12.0
Condom use during last sexual intercourse <sup>2</sup>							
Total	50.1	58.3	62.7	59.9	61.8	57.0	62.8
Male	55.5	65.1	63.7	64.7	70.9	63.4	70.0
Female	45.8	51.0	61.6	55.9	53.5	50.3	55.9

NA Not available

1 Sexual intercourse during the 3 months preceding the survey.

2 Among currently sexually active students (i.e., those who reported sexual intercourse during the past 3 months).

**Table 8. Dietary Behaviors**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Described themselves as slightly or very overweight							
Total	28.2	29.9	29.3	33.1	32.8	31.0	31.5
Male	21.9	23.1	23.7	26.9	27.9	26.6	25.1
Female	34.6	36.1	35.0	39.5	37.8	35.5	38.1
Were attempting weight loss							
Total	41.0	43.3	45.6	47.5	47.7	46.8	45.6
Male	27.3	27.6	31.9	34.4	35.3	34.3	29.9
Female	54.8	58.9	59.4	61.2	60.2	59.8	61.7
Dieted to lose weight or to control weight gain <sup>1, 2</sup>							
Total	29.7	36.9	37.2	38.7	39.4	38.7	40.7
Male	17.4	22.5	24.9	27.0	28.7	27.9	26.8
Female	42.2	51.2	49.4	50.9	49.9	49.8	54.8
Took laxatives or vomited to lose weight or to control weight gain <sup>1</sup>							
Total	5.4	4.4	5.6	5.5	5.9	6.4	4.5
Male	3.0	2.4	3.8	3.6	3.5	5.5	2.8
Female	7.8	6.5	7.3	7.5	8.1	7.3	6.2
Took diet pills to lose weight or to control weight gain <sup>1, 3</sup>							
Total	6.1	7.3	8.1	7.4	6.7	5.8	6.3
Male	4.5	2.9	6.3	6.2	4.7	5.9	4.6
Female	7.7	11.5	9.9	8.6	8.0	5.7	8.1

NA Not available

1 During the 30 days preceding the survey.

2 Question slightly modified in 2003 (i.e., ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight).

3 Question slightly modified in 2003 (i.e., took diet pills, powders, or liquids without a doctor's advice to lose weight or to control weight gain).



**Table 9. Physical Activity**  
**San Diego Youth Risk Behavior Survey, 1997-2007**

Survey Question	Year						2005 National Data
	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	
Attended PE class <sup>1</sup>							
Total	64.8	64.0	63.7	62.1	62.3	59.2	54.2
Male	68.3	68.4	68.1	63.7	65.3	61.1	60.0
Female	61.2	60.0	59.2	60.3	59.4	57.3	48.3
Students who played on one or more sports teams during the past 12 months							
Total	NA	55.6	55.5	52.4	53.3	54.5	56.0
Male		62.8	63.5	59.0	59.7	58.6	61.8
Female		48.5	47.9	45.8	47.0	50.3	50.2
Students who watched 3 or more hours of TV on an average school day							
Total	NA	45.7	41.8	41.8	40.8	37.9	37.2
Male		49.4	41.9	43.0	45.4	39.1	38.0
Female		42.3	41.8	40.4	36.5	36.5	36.3

NA Not available

1 One or more days during an average school week.