

2005 Youth Risk Behavior Survey Results San Diego Unified School District

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 and intentional injuries 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 1,695 students in 33 public high schools during the spring of 2005. Students completed a self-administered, anonymous, 95-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

The school response rate was 100%, the student response rate was 85%, and the overall response rate was 85%. The results are representative of all students in grades 9-12. The sample was comprised of the following students: (1) females, 50.1%; males, 49.9%; (2) 9th grade, 29.3%; 10th grade, 26.9%; 11th grade, 23.4%; 12th grade, 19.9%; and (3) African American, 14.1%; Asian, 5.1%; Filipino, 4.3%; Hispanic, 41.2%; White, 28.2%; multiple races, 5.0%, and all other races, 2.2%.

This report summarizes San Diego's 2005 Youth Risk Behavior Survey results; where available, local data are compared to the 2003 national estimates (1). For selected risk behaviors, local trends from 1995 to 2005 are presented in Tables 1-9 (pages 14-24).

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

Behaviors That Contribute to Intentional Injuries

Carrying a Weapon

Among all students in San Diego, 14.0% had carried a weapon such as a gun, knife, or club during the 30 days preceding the survey (Table 1; YRBS Q.12); male students (20.4%) were significantly more likely than female students (7.1%) to have carried a weapon. Hispanic students (15.1%) were more likely than Asian (11.2%) and Filipino (7.6%) students to carry a weapon on one or more of the 30 days preceding the survey. 13.5% and 10.2% of white and African American students reported this behavior, respectively. Among male students, 22.2% of Hispanic and 18.7% of white students reported such behavior. Hispanic female students (9.0%) were more likely than white female students (7.0%) to report such behavior. The prevalence of weapon-carrying among students in grade 9 was 13.8%; of students in grade 12, 10.2% reported such behavior.

Nationwide, 17.1% of students had carried a weapon on one or more of the 30 days preceding the survey (1). Male students (26.9%) were significantly more likely than female students (6.7%) to have carried a weapon. Overall, 16.7% of white, 16.5% of Hispanic and 17.3% of African American students reported such behavior.

In San Diego, 5.8% 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 Q.14). Male students (7.4%) were more likely than female students (3.8%) to have done so. Hispanic (7.6%), African American (4.5%) and Asian (4.4%) students were more likely than white (3.9%) and Filipino (2.4%) students to have carried a weapon on school property.

Nationwide, the prevalence of weapon-carrying on school property during the 30 days preceding the survey was 6.1% (1). Male students (8.9%) were significantly more likely than female students (3.1%) to have carried a weapon on school property. Overall, 5.5% of white, 6.0% of Hispanic and 6.9% of African American students reported such behavior.

Among all students in San Diego, 9.1% 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 Q.15). Hispanic students (14.2%) were significantly more likely than white (5.1%) and African American (4.2%) students to have felt unsafe at school. Overall, 6.2% of Asian and 7.3% of Filipino students reported such behavior.

Nationwide, 5.4% of students 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 (1). The prevalence of having not gone to school because of safety concerns was higher among African American (8.4%) and Hispanic (9.4%) than white (3.1%) 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 10.3% (Table 1; YRBS Q.16); male students (12.7%) were significantly more likely than female students (7.3%) to have done so. The prevalence of having been threatened or injured with a weapon on school property was higher among Asian (12.4%) and African American (11.0%) than Filipino (4.8%) students. This behavior was reported by 10.9% and 9.1% of Hispanic and white students, respectively. Among males, students in 12th grade (9.6%) were less likely than students in 9th grade (12.6%), 10th grade (13.4%) and 11th grade (14.2%) to report this behavior. Female students in 12th grade (3.2%) were significantly less likely than female students in 10th grade (10.9%) 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 9.2% (1). Male students (11.6%) were significantly more likely than female students (6.5%) 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 African American (10.9%) than white (7.8%) students. Such behavior was reported by 9.4% of Hispanic students.

Physical Fighting

Among all students in San Diego, 34.6% had been in a physical fight during the 12 months preceding the survey (Table 2; YRBS Q.18); male students (39.9%) were significantly more likely than female students (29.3%) to have been in a physical fight. Filipino (23.5%) and Asian (21.4%) students were significantly less likely than African American (41.1%) and Hispanic (35.4%) students to have been in a physical fight during the 12 months preceding the survey; 33.2% of white students reported such behavior. Male students in grades 9 (39.1%), 10 (44.7%) and 11 (39.9%) were more likely than male students in grade 12 (35.1%) to have been in a physical fight. Female students in grades 9 (35.4%), 10 (31.6%) and 11 (31.3%) were significantly more likely than female students in grade 12 (14.5%) to have done so.

Nationwide, one third (33.0%) of all students had been in a physical fight one or more times during the 12 months preceding the survey (1). Male students (40.5%) were significantly more likely than female students (25.1%) to have been in a physical fight. Overall, the prevalence of having been in a physical fight was higher among African American (39.7%) and Hispanic (36.1%) than white (30.5%) students.

In San Diego, 4.9% 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 Q.19); male students (5.8%) were more likely than female students (3.5%) to report this behavior. Hispanic (5.7%) and African American (5.2%) students were more likely than Filipino (4.4%), white (3.7%) and Asian (3.2%) students to have been treated for injuries sustained in a physical fight.

Nationwide, 4.2% of students had been treated by a doctor or nurse for injuries sustained in a physical fight during the 12 months preceding

the survey (1). Male students (5.7%) were significantly more likely than female students (2.6%) to have been injured in a physical fight. Overall, the prevalence of having been injured in a physical fight was higher among African American (5.5%) and Hispanic (5.2%) than white (2.9%) students.

Among all students in San Diego, 13.8% had been in a physical fight on school property during the 12 months preceding the survey (Table 2; YRBS Q.20). Male students (17.3%) were significantly more likely than female students (10.3%) to report this behavior. The prevalence of having been in a physical fight on school property was significantly higher among African American (19.0%) than Filipino (7.1%) students. Overall, 14.1% of Hispanic, 11.7% of Asian and 11.3% of white students reported such behavior. Students in grades 9 and 10 (16.3% and 16.7%, respectively) were significantly more likely than students in grade 12 (6.7%) to have been in a physical fight on school property. Male students in grades 9 (19.4%), 10 (19.0%) and 11 (18.0%) were more likely than male students in grade 12 (11.2%) to have done so.

Nationwide, 12.8% 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 (17.1%) were significantly more likely than female students (8.0%) 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 (17.1%) and Hispanic (16.7%) than white (10.0%) students.

Harassment

Among all students in San Diego, 12.8% 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 Q.90); male students (12.5%) were equally likely to report this behavior as female students (12.6%). White students (19.5%) were significantly more likely to report being harassed than Hispanic (9.8%), African American (8.1%) and Asian (7.7%) students. Overall, 13.0% of Filipino students reported such behavior.

During the 30 days preceding the survey, 24.1% of students in San Diego reported having been the victim of a verbal slur because of their race or ethnic background (Table 2; YRBS Q.91). Male students (27.6%) were significantly more likely to have been a victim of a verbal slur compared to female students (20.4%). White students (26.1%) were more likely to experience this behavior than Filipino students (15.4%).

Suicide Ideation and Attempts

Among all students in San Diego, 17.5% had seriously considered attempting suicide during the 12 months preceding the survey (Table 3; YRBS Q.24); female students (23.0%) were significantly more likely than male students (12.1%) to have done so. Hispanic (18.2%) and white (18.2%) students were more likely than African American (12.6%) students to have considered attempting suicide. 17.3% and 16.6% of Filipino and Asian 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 (21.3%) were significantly more likely than male students (12.8%) to have considered attempting suicide. Overall, the prevalence of having considered attempting suicide was higher among white (16.5%) and Hispanic (18.1%) than African American (12.5%) students.

In San Diego, 13.0% of all students had made a specific plan to attempt suicide during the 12 months preceding the survey (Table 3; YRBS Q.25); female students (16.3%) were significantly more likely than male students (9.8%) to have made a suicide plan. Such behavior was reported by 15.0% and 11.9% of Asian and Filipino students, respectively. Hispanic (13.4%) and white (13.3%) students were more likely than African American (8.6%) students to have had a suicide plan. Among female students, 15.3% of Hispanic and 16.4% of white students had made a specific plan to attempt suicide.

More serious suicide ideation was observed among 16.5% of students nationwide who, during the 12 months preceding the survey, had made a specific plan to attempt suicide (1). Female students (18.9%) were more likely than male students (14.1%) to have made a suicide plan. Overall, the prevalence of having made a suicide plan was higher among white (16.2%) and Hispanic (17.6%) than African American (10.4%) students.

Among all students in San Diego, 10.0% had actually attempted suicide during the 12 months preceding the survey (Table 3; Q.26); female students (12.5%) were significantly more likely than male students (6.9%) to have attempted suicide. 7.3% and 9.4% of Asian and Filipino students reported such behavior, respectively. The prevalence of having attempted suicide was significantly higher among Hispanic (12.5%) than African American (5.2%) students; 8.3% of white students reported such behavior. Hispanic female students (14.3%) were more likely than white female students (11.4%) to have done so.

Nationwide, 8.5% of students had actually attempted suicide one or more times during the 12 months preceding the survey (1). Female students (11.5%) were significantly more likely than male students (5.4%) to have attempted suicide. Overall, the prevalence of having attempted suicide was higher among Hispanic (10.6%) than white (6.9%) and African American (8.4%) students.

During the 12 months preceding the survey, 2.6% 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, Q.27). Overall, 2.1% of male and 2.7% of female students reported this behavior. Hispanic students (4.2%) were significantly more likely than white students (1.1%) to report attempted suicide that required medical attention. Asian (2.6%) and Filipino (2.3%) students were more likely than African American (1.4%) students to report such behavior. Among females, Hispanic students (3.9%) were more likely than white students (1.3%) to have done so.

Nationwide, 2.9% 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 (3.2%) were more likely than male students (2.4%) to have required medical attention. Overall, the prevalence of having made a suicide attempt that required medical attention was higher among African American (3.7%) and Hispanic (5.0%) than white (1.7%) students.

Tobacco Use

Cigarette Use

Among all students in San Diego, 49.8% had ever tried cigarette smoking (Table 4; YRBS Q.28). Hispanic students (54.2%) were significantly more likely than Asian students (39.0%) to report lifetime cigarette use. 47.3% and 46.7% of white and African American students reported this behavior, respectively. Overall, 45.6% of Filipino students had ever tried cigarette smoking. Among males, 56.3% of Hispanic and 43.1% of white students reported such behavior. Hispanic female students (52.2%) were more likely than white female students (50.8%) to report lifetime cigarette use. Students in grade 12 (56.5%) were more likely than students in grade 9 (45.0%) to report ever having tried cigarette smoking.

Nationwide, 58.4% of students had ever tried cigarette smoking (1). Lifetime cigarette use was reported by 61.9% of Hispanic, 58.4% of African American and 58.1% of white students.

During the 30 days preceding the survey, 14.2% of students in San Diego had smoked cigarettes (i.e., current cigarette use) (Table 4; YRBS Q.30). Overall, white (18.5%) and Hispanic (14.6%) students were significantly more likely than African American (5.1%) students to report current cigarette use. Asian students (7.4%) were significantly less likely than white students (18.5%) to report such behavior. Approximately 13.6% of Filipino students reported having smoked cigarettes on one or more of the 30 days preceding the survey. Students in 12th grade (17.6%) were more likely than students in 9th grade (11.2%) to have done so. The prevalence of current cigarette use was significantly higher among 11th grade (19.7%) than 10th grade (10.0%) students.

Nationwide, 21.9% 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 (24.9%) than African American (15.1%) and Hispanic (18.4%) students.

In San Diego, 3.5% 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 Q.FRCIG). Male students (4.3%) were more likely than female students (2.6%) to report frequent cigarette use. White (5.8%) and Asian (3.4%) students were more likely than African American (1.6%) students to report such behavior. 2.4% and 2.3% of Filipino and Hispanic students reported frequent cigarette use, respectively. White female students (5.6%) were more likely than Hispanic female students (1.4%) to have done so.

Approximately one tenth (9.7%) of students nationwide 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 (11.8%) than African American (5.5%) and Hispanic (5.5%) students.

Alcohol and Other Drug Use

Alcohol Use

Among all students in San Diego, 71.6% had had at least one drink of alcohol during their life (i.e., lifetime alcohol use) (Table 5; YRBS Q.39). White (76.3%) and Hispanic (75.5%) students were significantly more likely to report lifetime alcohol use than Asian (62.5%) and African American (55.0%) students. This behavior was reported by 66.6% of Filipino students.

Nationwide, 74.9% of students had had at least one drink of alcohol during their lifetime (1). Overall, the prevalence of lifetime alcohol use was higher among Hispanic (79.5%) than African American (71.4%) students. This behavior was reported by 75.4% of white students.

In San Diego, 38.8% 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 Q.41). White (49.1%) and Hispanic (40.0%) students were significantly more likely than Asian (24.9%) and African American (24.7%) students to report current alcohol use. Overall, 27.3% of Filipino students reported such behavior. The prevalence of current alcohol use was significantly higher among 11th grade (42.1%) than 9th grade (31.9%) students.

Nationwide, 44.9% of all 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 (47.1%) and Hispanic (45.6%) than African American (37.4%) students.

Among all students in San Diego, 22.2% 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 Q.42). White and Hispanic students (29.2% and 22.8%, respectively) were significantly more likely than Asian (11.0%) and Filipino (10.2%) students to report such behavior. African American students (15.8%) were significantly less likely than white students (29.2%) to report episodic heavy drinking. Students in grade 12 (25.0%) were more likely than students in grades 9 (17.1%) and 10 (20.0%) to have done so. The prevalence of episodic heavy drinking was significantly higher among 11th grade (27.8%) than 9th grade (17.1%) students.

Nationwide, 28.3% of students had had five or more drinks of alcohol on at least one occasion during the 30 days preceding the survey (1). Overall, 29.0% of male and 27.5% of female students reported such behavior. The prevalence of episodic heavy drinking was higher among white (31.8%) and Hispanic (28.9%) than African American (15.3%) students.

Marijuana Use

In San Diego, 39.2% of all students had used marijuana during their lifetime (Table 6; YRBS Q.44). Overall, 40.2% of male and 37.8% of female students reported such behavior. African American (43.1%), white (42.4%) and Hispanic (39.5%) students were significantly more likely than Filipino (24.4%) and Asian (18.7%) students to report lifetime marijuana use. Among male students, this behavior was reported by 39.4% and 40.1% of Hispanic and white students, respectively. Students in grades 11 (48.6%) and 12 (44.3%) were more likely than students in grades 9 (28.6%) and 10 (38.9%) to report lifetime marijuana use. The prevalence of lifetime marijuana use was significantly higher among 11th grade (48.6%) than 9th grade (28.6%) students.

Nationwide, 40.2% of students had used marijuana during their lifetime (1). Overall, the prevalence of lifetime marijuana use was higher among male (42.7%) than female (37.6%) students. The prevalence of lifetime marijuana use was higher among 10th grade (40.4%), 11th grade (44.5%), and 12th grade (48.5%) than 9th grade (30.7%) students.

Among all students in San Diego, 18.6% had used marijuana at least once during the 30 days preceding the survey (i.e., current marijuana use) (Table 6; YRBS Q.46); 19.3% of male and 18.0% of female students reported such behavior. Current marijuana use was significantly more likely among white (26.1%), African American (19.1%) and Hispanic (15.4%) than Filipino (7.3%) students. White students (26.1%) were significantly more likely than Hispanic and Asian students (15.4% and 9.1%, respectively) to report such behavior. Among male students, 22.3% and 16.3% of white and Hispanic students reported current marijuana use, respectively. White female students (30.3%) were significantly more likely than Hispanic female students (14.5%) to report such behavior.

Nationwide, over one fifth (22.4%) 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 (25.1%) than female (19.3%) students. Overall, the prevalence of current marijuana use was higher among 11th grade (24.1%) and 12th grade (25.8%) than 9th grade (18.5%) students.

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 (Table 6; YRBS Q.48). Overall, 8.1% of male and 8.5% of female students reported such behavior. Hispanic students (10.9%) were significantly more likely than African American students (4.1%) to report lifetime cocaine use. 8.0% of white, 5.3% of Asian and 5.0% of Filipino students reported this behavior. Among males, Hispanic students (12.2%) were more likely than white students (5.6%) to report lifetime cocaine use. Hispanic and white female students (9.6% and 9.7%, respectively) were equally likely to have used some form of cocaine during their lifetime.

Nationwide, 8.7% of students had used some form of cocaine during their lifetime (1). 9.5% and 7.7% of male and female students reported this behavior, respectively. Overall, the prevalence of lifetime cocaine use was higher among white (8.7%) and Hispanic (12.5%) than

African American (3.2%) students.

In San Diego, 4.1% 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 Q.49). Hispanic (5.1%) and white (4.6%) students were significantly more likely than African American (0.4%) students to report current cocaine use. 3.8% and 2.6% of Asian and Filipino students reported this behavior, respectively. Among males, Hispanic students (7.1%) were significantly more likely than white (1.8%) and African American (0.8%) students to have used some form of cocaine during the 30 days preceding the survey. White female students (7.1%) were more likely than Hispanic female students (3.1%) to report such behavior.

Nationwide, 4.1% of students had used some form of cocaine at least once during the 30 days preceding the survey (1). Approximately 4.6% of male and 3.5% of female students reported such behavior. Overall, the prevalence of current cocaine use was higher among white (3.8%) and Hispanic (5.7%) than African American (2.2%) students.

Illegal-drug Injection

Among all students in San Diego, 2.3% 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 Q.55). Hispanic students (4.2%) were significantly more likely than African American (1.1%) and white (0.6%) students to have ever injected. 1.8% and 2.6% of Asian and Filipino students reported this behavior, respectively. Ever use of injecting illegal drugs was significantly more likely among Hispanic male (5.3%) than white male (0.8%) students; 3.2% of Hispanic female students reported such behavior. Students in 9th grade (3.0%) were more likely than students in 12th grade (1.2%) to report lifetime injected illegal-drug use.

Nationwide, 3.2% of students had used a needle to inject any illegal drug into their body one or more times during their lifetime (1). Approximately 3.8% of male and 2.5% of female students reported such behavior. 3.9% of Hispanic, 2.5% of white and 2.4% of African American students reported lifetime illegal injection-drug use.

Sexual Behaviors

Sexual Intercourse

Among all students in San Diego, 40.7% had had sexual intercourse during their lifetime (Table 7; YRBS Q.57). Overall, 43.4% of male and 37.7% of female students reported such behavior. African American (49.7%) and Hispanic (42.2%) students were significantly more likely than Asian (24.4%) students to have ever had sexual intercourse. 38.5% and 38.3% of white and Filipino students reported this behavior, respectively. Hispanic male students (46.8%) were more likely than white male students (35.7%) to have ever had sexual intercourse. Such behavior was significantly more likely among students in grades 11 and 12 (51.2% and 54.4%, respectively) than students in grades 9 and 10 (25.4% and 36.7%, respectively).

Nationwide, 46.7% of students had had sexual intercourse during their lifetime (1). Overall, the prevalence of having had sexual intercourse was higher among African American (67.3%) than white (41.8%) and Hispanic (51.4%) students. The prevalence of having had sexual intercourse was higher among 10th grade (44.1%), 11th grade (53.2%), and 12th grade (61.6%) than 9th grade (32.8%) students.

In San Diego, the percentage of students who had sexual intercourse with four or more sex partners during their lifetime was 10.7% (Table 7; YRBS Q.59); male students (14.0%) were significantly more likely than female students (7.4%) to report such behavior. African American and Hispanic students (16.6% and 10.8%, respectively) were significantly more likely than Filipino students (3.7%) to have had sex with four or more partners during their lifetime; 9.7% of white and 6.0% of Asian students reported such behavior. The prevalence of having had four or more sex partners was significantly lower among 9th grade (4.2%) than 10th grade (10.0%), 11th grade (15.5%) and 12th grade (14.3%) students.

Nationwide, 14.4% of students had had sexual intercourse during their lifetime with four or more sex partners (1). Male students (17.5%) were significantly more likely than female students (11.2%) to have done so. Overall, the prevalence of having had four or more sex partners was higher among African American (28.8%) and Hispanic (15.7%) than white (10.8%) students. The prevalence of such behavior was higher among 12th grade (20.3%) than 9th grade (10.4%), 10th grade (12.6%), and 11th grade (16.0%) students.

During the 3 months preceding the survey, 27.4% of all students in San Diego had had sexual intercourse (i.e., current sexual activity) (Table 7; YRBS Q.60); 26.5% of male and 27.9% of female students reported such behavior. 29.1% of white, 28.6% of African American and 27.5% of Hispanic students reported current sexual activity. 26.6% and 18.1% of Filipino and Asian students reported such behavior, respectively. The prevalence of current sexual activity was significantly higher among students in grades 11 (35.8%) and 12 (44.3%) than students in grades 9 (13.9%) and 10 (20.8%).

Approximately one third (34.3%) of students nationwide had had sexual intercourse during the 3 months preceding the survey (1). Overall, the prevalence of being currently sexually active was higher among African American (49.0%) than white (30.8%) and Hispanic (37.1%) students. The prevalence of such behavior was higher among 10th grade (30.6%), 11th grade (41.1%), and 12th grade (48.9%) than 9th grade (21.2%) students.

Condom Use

In San Diego, among the 27.4% of currently sexually active students, 61.8% reported that either they or their partner had used a condom during last sexual intercourse (Table 7; YRBS Q.62). Male students (70.9%) were significantly more likely than female students (53.5%) to report condom use. Overall, 58.5% of Hispanic students and 63.1% of white students reported condom use during last sexual intercourse. The prevalence of such behavior was higher among 11th grade (62.1%) than 12th grade (55.5%) students.

Among the 34.3% of currently sexually active students nationwide, 63.0% reported that either they or their partner had used a condom during last sexual intercourse (1). Male students (68.8%) were significantly more likely than female students (57.4%) to report condom use. Overall, the prevalence of having used a condom during last sexual intercourse was higher among African American (72.8%) than white (62.5%) and Hispanic (57.4%) students. The prevalence of such behavior was higher among 9th grade (69.0%) and 10th grade (69.0%) than 11th grade (60.8%) and 12th grade (57.4%) students.

Dietary Behaviors

Perceived Overweight

In San Diego, 32.8% of all students described themselves as slightly or very overweight (Table 8; YRBS Q.64); female students (37.8%) were significantly more likely than male students (27.9%) to consider themselves overweight. Hispanic students (41.1%) were significantly more likely than Filipino (28.1%), white (27.0%), Asian (25.1%), and African American (24.7%) students to describe themselves as overweight. The prevalence of describing themselves as overweight was significantly higher among Hispanic female (45.4%) than white female (30.7%) students. Hispanic male students (36.0%) were significantly more likely than white male (23.8%) and African American male (17.4%) students to consider themselves overweight.

Nationwide, 29.6% of students described themselves as slightly or very overweight (1). Female students (36.1%) were significantly more likely than male students (23.5%) to consider themselves overweight. The prevalence of describing themselves as overweight was higher among white (30.8%) and Hispanic (31.6%) than African American (22.3%) students.

Attempted Weight Loss

Among all students in San Diego, 47.7% were attempting weight loss (Table 8; YRBS Q.65); female students (60.2%) were significantly more likely than male students (35.3%) to do so. Hispanic students (55.0%) were significantly more likely than African American (35.6%) and Asian (41.3%) students to report such behavior. Hispanic female students (64.1%) were more likely than white female students (60.2%) to be attempting weight loss.

Nationwide, 43.8% of all students were trying to lose weight (1). Overall, female students (59.3%) were significantly more likely than male students (29.1%) to do so. The prevalence of trying to lose weight was higher among white (44.8%) and Hispanic (49.4%) than African American (34.7%) students.

In San Diego, 6.7% 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 Q.69); female students (8.0%) were more likely than male students (4.7%) 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 significantly higher among Hispanic (7.8%) than Filipino (2.5%) students. 7.1% of African American, 5.0% of white and 3.3% of Asian students reported this behavior.

Nationwide, 9.2% 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). Female students (11.3%) were significantly more likely than male students (7.1%) to

have done so. 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 (9.8%) and Hispanic (10.5%) 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 5.9% (Table 8; YRBS Q.70). Female students (8.1%) were significantly more likely than male students (3.5%) 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 (6.1%) than Filipino (1.4%) students; 5.8% of white, 5.1% of African American, and 5.0% of Asian students reported having done so.

Nationwide, 6.0% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (1). Female students (8.4%) were significantly more likely than male students (3.7%) to have done so. 7.4% of Hispanic, 5.5% of white and 5.3% of African American students reported this behavior.

Physical Activity

Participation in Physical Education Class

Among all students in San Diego, 40.5% attended physical education (PE) class daily in an average week when they were in school (YRBS Q.DLYPE). Overall, white (39.1%) and Hispanic (38.8%) students were less likely than Asian (44.4%) and Filipino (44.3%) students to attend PE class daily; 40.7% of African American students reported such behavior. The prevalence of daily PE class attendance was significantly higher among 9th grade (61.6%) than 11th grade (29.7%) and 12th grade (19.1%) students.

Nationwide, 28.4% of students went to PE classes 5 days in an average week when they were in school (i.e., daily PE class attendance) (1). The prevalence of daily PE class attendance was higher among Hispanic (36.7%) than white (24.9%) students. Overall, 33.0% of African American students reported having done so. The prevalence of this behavior was higher among 9th grade (37.9%) and 10th grade (31.3%) than 12th grade (18.2%) students.

Vigorous Physical Activity

Among all students in San Diego, 64.6% had participated in physical activities that made them sweat and breathe hard for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e. vigorous physical activity) (Table 9; YRBS Q.78). Male students (72.0%) were significantly more likely than female students (57.8%) to report such behavior. Overall, white students (72.6%) were more likely than African American (62.1%) and Hispanic (60.7%) students to report vigorous physical activity. 57.7% and 60.8% of Asian and Filipino students reported this behavior, respectively.

Nationwide, 62.6% of students had exercised or participated in physical activities that made them sweat and breathe hard for at least 20 minutes on 3 or more of the 7 days preceding the survey (1). Male students (70.0%) were significantly more likely than female students (55.0%) to have participated in vigorous physical activity. The prevalence of this behavior was higher among white (65.2%) than African American (54.8%) and Hispanic (59.3%) students. Overall, the prevalence of having participated in sufficient vigorous physical activity was higher among 9th grade (68.5%) and 10th grade (64.9%) than 11th grade (60.1%) and 12th grade (55.0%) students.

References

1. Centers for Disease Control and Prevention (CDC). Youth Risk Behavior Surveillance – United States, 2003. MMWR 2004 / Vol. 53 / No. SS-2.

Table 1. Weapon-Carrying & Safety
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Carried a weapon such as a gun, knife, or club ¹							
Total	18.5	18.2	14.0	12.3	14.7	14.0	17.1
Male	30.2	28.4	22.9	19.5	23.1	20.4	26.9
Female	8.1	7.8	5.3	5.2	5.8	7.1	6.7
Carried a weapon such as a gun, knife, or club on school property ¹							
Total	7.9	7.2	6.5	5.0	5.1	5.8	6.1
Male	12.2	10.6	10.8	7.2	8.3	7.4	8.9
Female	4.1	3.7	2.1	2.8	1.5	3.8	3.1
Felt too unsafe to go to school ¹							
Total	6.9	5.7	6.6	9.6	7.7	9.1	5.4
Male	8.3	5.9	6.4	8.2	8.3	8.3	5.5
Female	5.6	5.3	6.9	11.1	7.1	9.6	5.3
Threatened or injured with a weapon such as a gun, knife or club on school property ²							
Total	9.5	8.1	9.4	10.1	10.2	10.3	9.2
Male	13.9	10.8	12.4	12.9	14.8	12.7	11.6
Female	5.5	5.3	6.3	7.4	5.1	7.3	6.5
Property stolen or deliberately damaged on school property ²							
Total	39.8	36.5	NA	30.3	32.7	35.4	29.8
Male	44.0	41.2		32.7	36.1	36.5	33.1
Female	36.1	31.6		27.7	29.0	33.7	26.2

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. Physical Fighting
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
In a physical fight ¹							
Total	34.6	37.2	34.8	33.5	35.5	34.6	33.0
Male	44.3	45.6	41.2	39.3	43.1	39.9	40.5
Female	26.0	28.9	28.6	27.8	27.5	29.3	25.1
Injured in a physical fight ²							
Total	4.2	4.7	4.8	4.5	3.5	4.9	4.2
Male	5.3	6.2	6.1	5.7	5.3	5.8	5.7
Female	3.3	3.2	3.5	3.4	1.6	3.5	2.6
In a physical fight on school property ¹							
Total	13.7	14.8	12.8	12.1	13.2	13.8	12.8
Male	20.1	20.4	18.5	14.3	18.3	17.3	17.1
Female	8.1	9.2	7.1	9.9	7.8	10.3	8.0

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. Physical Fighting (Continued)
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year	2003 National Data
	2005 (N = 1695)	
Harassed because someone thought they were gay, lesbian, or bisexual ¹		
Total	12.8	NA
Male	12.5	
Female	12.6	
Victim of verbal slur because of their race or ethnic background ³		
Total	24.1	NA
Male	27.6	
Female	20.4	

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. Suicide Attempts
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Seriously considered attempting suicide ²							
Total	26.7	22.7	22.3	21.0	19.4	17.5	16.9
Male	20.7	16.0	17.0	16.1	14.4	12.1	12.8
Female	32.1	29.3	27.3	26.1	24.6	23.0	21.3
Made a suicide plan ²							
Total	20.7	21.1	17.7	16.9	16.7	13.0	16.5
Male	16.4	15.3	12.4	11.9	11.8	9.8	14.1
Female	24.5	26.9	22.9	22.1	21.7	16.3	18.9
Attempted suicide ^{1, 2}							
Total	10.0	9.5	9.2	10.5	10.9	10.0	8.5
Male	6.1	4.9	6.4	6.3	8.9	6.9	5.4
Female	13.7	13.9	11.8	14.5	13.1	12.5	11.5
Suicide attempt required medical attention ²							
Total	2.8	3.0	3.3	3.5	3.3	2.6	2.9
Male	1.6	2.2	3.0	3.6	3.6	2.1	2.4
Female	3.9	3.9	3.3	3.5	2.9	2.7	3.2

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, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Lifetime cigarette use ¹							
Total	69.3	70.8	62.8	61.8	54.0	49.8	58.4
Male	71.7	72.2	64.9	62.2	55.5	51.4	58.7
Female	67.1	69.2	60.7	61.5	52.3	47.8	58.1
Current cigarette use ²							
Total	23.8	24.2	23.1	17.1	13.2	14.2	21.9
Male	24.1	25.5	24.9	17.0	12.9	13.6	21.8
Female	23.6	23.0	21.5	17.1	13.5	14.5	21.9
Current frequent cigarette use ³							
Total	NA	7.5	5.7	4.7	3.4	3.5	9.7
Male		8.7	6.8	5.3	5.0	4.3	9.6
Female		6.4	4.7	4.2	1.8	2.6	9.7
Cigarette use on school property ⁴							
Total	10.1	9.6	7.1	4.4	4.4	4.5	8.0
Male	10.1	11.8	7.8	4.6	5.3	4.5	8.2
Female	10.1	7.5	6.5	4.4	3.4	4.5	7.6
Current smokeless tobacco use ⁵							
Total	3.2	2.5	2.5	2.5	2.5	3.4	6.7
Male	5.5	3.4	3.5	3.8	3.7	3.4	11.0
Female	1.2	1.6	1.5	1.2	1.2	2.9	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, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Lifetime alcohol use ¹							
Total	74.0	76.1	75.3	76.5	75.3	71.6	74.9
Male	75.3	77.2	77.1	75.6	75.8	68.2	73.7
Female	73.0	75.0	73.8	77.4	74.8	74.7	76.1
Current alcohol use ²							
Total	44.1	47.1	39.4	41.0	38.5	38.8	44.9
Male	45.1	48.8	40.1	39.3	37.6	37.0	43.8
Female	43.4	45.5	39.1	42.6	39.4	40.2	45.8
Alcohol use on school property ²							
Total	9.7	11.0	9.4	9.2	8.6	11.3	5.2
Male	10.5	10.6	9.8	9.2	8.6	10.8	6.0
Female	9.0	11.2	9.0	9.2	8.3	11.7	4.2
Episodic heavy drinking ³							
Total	23.9	27.1	22.3	24.3	22.2	22.2	28.3
Male	27.0	30.2	24.8	23.3	23.6	21.1	29.0
Female	21.3	23.9	20.1	25.3	20.8	22.7	27.5

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. Marijuana, Cocaine & Other Drug Use
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Lifetime marijuana use ¹							
Total	44.7	49.6	43.1	41.8	42.5	39.2	40.2
Male	48.2	52.9	46.8	44.1	45.0	40.2	42.7
Female	41.6	46.3	39.8	39.5	39.8	37.8	37.6
Current marijuana use ²							
Total	26.5	26.4	22.2	22.5	22.4	18.6	22.4
Male	29.3	29.7	26.5	24.3	25.5	19.3	25.1
Female	24.2	23.0	18.2	20.8	19.0	18.0	19.3
Marijuana use on school property ²							
Total	11.8	9.8	7.0	7.1	7.6	6.9	5.8
Male	15.7	11.7	9.2	9.0	9.9	6.9	7.6
Female	8.5	8.0	4.9	5.3	5.2	6.8	3.7
Lifetime cocaine use ³							
Total	9.8	9.9	8.4	8.8	7.7	8.6	8.7
Male	10.3	9.3	8.6	8.0	8.2	8.1	9.5
Female	9.4	10.5	8.2	9.5	7.0	8.5	7.7

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. (Continued)
San Diego Youth Risk Behavior Survey, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Current cocaine use ⁴							
Total	4.4	4.0	3.2	3.8	3.0	4.1	4.1
Male	4.4	4.0	4.1	3.8	3.7	4.1	4.6
Female	4.4	4.1	2.3	3.7	2.1	3.8	3.5
Lifetime illegal steroid use ⁵							
Total	3.3	3.7	3.4	5.2	4.4	4.1	6.1
Male	4.4	4.5	3.6	5.1	4.8	4.6	6.8
Female	2.4	2.9	3.1	5.3	3.7	3.2	5.3
Lifetime injected illegal-drug use ⁶							
Total	2.0	2.2	1.5	1.8	2.4	2.3	3.2
Male	2.8	3.0	2.1	2.1	3.7	2.7	3.8
Female	1.3	1.3	0.8	1.4	0.9	1.7	2.5

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, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Ever had sexual intercourse							
Total	44.6	44.7	38.5	38.2	40.4	40.7	46.7
Male	50.5	46.0	44.4	42.3	43.2	43.4	48.0
Female	39.5	43.4	32.7	34.4	37.5	37.7	45.3
Currently sexually active ¹							
Total	30.6	31.2	25.3	26.6	26.7	27.4	34.3
Male	31.8	29.3	27.2	26.3	26.0	26.5	33.8
Female	29.6	33.1	23.3	27.0	27.1	27.9	34.6
Four or more sex partners during lifetime							
Total	14.8	15.1	11.0	11.2	12.3	10.7	14.4
Male	18.6	17.9	16.5	13.5	15.7	14.0	17.5
Female	11.4	12.2	5.7	9.0	8.6	7.4	11.2
Condom use during last sexual intercourse ²							
Total	48.2	50.1	58.3	62.7	59.9	61.8	63.0
Male	53.2	55.5	65.1	63.7	64.7	70.9	68.8
Female	43.2	45.8	51.0	61.6	55.9	53.5	57.4

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, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Described themselves as slightly or very overweight							
Total	29.8	28.2	29.9	29.3	33.1	32.8	29.6
Male	22.1	21.9	23.1	23.7	26.9	27.9	23.5
Female	36.8	34.6	36.1	35.0	39.5	37.8	36.1
Were attempting weight loss							
Total	38.6	41.0	43.3	45.6	47.5	47.7	43.8
Male	22.2	27.3	27.6	31.9	34.4	35.3	29.1
Female	53.1	54.8	58.9	59.4	61.2	60.2	59.3
Dieted to lose weight or to control weight gain ^{1,2}							
Total	27.8	29.7	36.9	37.2	38.7	39.4	42.2
Male	13.6	17.4	22.5	24.9	27.0	28.7	28.9
Female	40.6	42.2	51.2	49.4	50.9	49.9	56.2
Took laxatives or vomited to lose weight or to control weight gain ¹							
Total	4.6	5.4	4.4	5.6	5.5	5.9	6.0
Male	2.7	3.0	2.4	3.8	3.6	3.5	3.7
Female	6.2	7.8	6.5	7.3	7.5	8.1	8.4
Took diet pills to lose weight or to control weight gain ^{1,3}							
Total	7.0	6.1	7.3	8.1	7.4	6.7	9.2
Male	3.7	4.5	2.9	6.3	6.2	4.7	7.1
Female	9.8	7.7	11.5	9.9	8.6	8.0	11.3

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, 1995-2005

Survey Question	Year						2003 National Data
	1995 (N = 1997)	1997 (N = 2445)	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	
Attended PE class ¹							
Total	65.5	64.8	64.0	63.7	62.1	62.3	55.7
Male	69.6	68.3	68.4	68.1	63.7	65.3	58.5
Female	61.6	61.2	60.0	59.2	60.3	59.4	52.8
Exercised 20 minutes or more in an average PE class ²							
Total	82.5	82.1	83.3	84.9	82.0	83.4	80.3
Male	86.4	84.8	87.4	87.6	85.6	88.4	84.5
Female	78.7	79.2	79.4	81.8	78.1	78.1	75.3
Participated in vigorous physical activity ³							
Total	63.2	67.4	67.2	65.0	65.8	64.6	62.6
Male	71.6	74.2	74.4	72.3	71.9	72.0	70.0
Female	55.6	60.5	60.2	57.8	59.3	57.8	55.0
Participated in strengthening exercises ^{4,5}							
Total	49.5	52.5	55.2	52.4	50.4	51.1	51.9
Male	59.1	60.6	66.6	60.2	56.3	61.2	60.1
Female	40.6	44.5	44.1	44.9	44.1	41.1	43.4

NA Not available.

1 One or more days during an average school week.

2 Question slightly modified in 1999 (i.e., of students enrolled in PE, the percentage who exercised or played sports more than 20 minutes during an average PE class).

3 Activities that caused sweating and hard breathing for at least 20 minutes on 3 or more of the 7 days preceding the survey.

4 Such as push-ups, sit-ups, or weight lifting on 3 or more of the 7 days preceding the survey.

5 Question slightly modified in 1999 (i.e., percentage of students who did exercises to strengthen or tone their muscles on 3 or more of the past 7 days).