



# **Monroe County Youth Risk Behavior Survey**

## **2005 Report**

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# Introduction

## Background

The Monroe County Youth Risk Behavior Survey (YRBS) was conducted in public high schools for the seventh time in 2005. The Youth Risk Behavior Survey, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are to assess health risk behaviors among high school students, to monitor changes in these behaviors over time, to broadly evaluate the impact of preventive programs, and to monitor progress in the achievement of relevant Objectives for the Year 2010 presented in the report: **Healthy People 2010**. Local survey results assess the health risks of public high school students in Monroe County. These data can be compared to those of other localities. Monroe County schools, service providers and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury and premature death in the young adult population.

## Methodology

A random sample of public high school students in eighteen Monroe County districts was developed with a projected 5% margin of error and an 80% response rate. A total of 2,010 surveys were completed. Classes were selected randomly for each school. Once classes were selected, substitution was not allowed. Students from these classes participated in the survey voluntarily.

Through a contract with a data processing firm, data were scanned and entered into Epi-Info and Excel files for analysis. Responses to each question are presented in the next section.

Twelve school districts conducted the survey at the district level in 2005 in addition to contributing to the overall county sample. These districts will be able to describe the level of risk behaviors of adolescents in their own districts and compare their results with the county data.

## **Demographic Characteristics of Respondents**

The demographic characteristics of the sample are shown below.

<b>Age</b>	<b>Number</b>	<b>Percentage</b>
<b>12 or younger</b>	12	0.6
<b>13 years old</b>	28	1.4
<b>14 years old</b>	252	12.6
<b>15 years old</b>	492	24.6
<b>16 years old</b>	537	26.9
<b>17 years old</b>	466	23.3
<b>18 years old or older</b>	213	10.7
<b>Total</b>	2000	100.0

<b>Gender</b>	<b>Number</b>	<b>Percentage</b>
<b>Female</b>	1034	51.9
<b>Male</b>	957	48.1
<b>Total</b>	1991	100.0

Students were given the option to select more than one race. When the Rochester City School District data were compiled, students were counted in each race category they selected. When the suburban data were compiled students were only counted in the first race category that they selected on the answer sheet. Since “white” was the last choice on the answer sheet, the proportion of students who are white may be under-reported.

<b>Race/Ethnicity</b>	<b>Number</b>	<b>Percentage</b>
<b>American Indian or Alaska Native</b>	58	2.9
<b>Asian</b>	63	3.2
<b>Black or African American</b>	420	21.0
<b>Hispanic or Latino</b>	156	7.8
<b>Native Hawaiian or Pacific Islander</b>	30	15.0
<b>White</b>	1,300	65.0

## **Format of this Report**

The following pages contain crude rates for risk behaviors measured in the Youth Risk Behavior Survey. In Spring 2006, the Adolescent Health Report Card will be published. The report card will contain Monroe County YRBS trends and disparities between populations based on adjusted rates, along with comparisons to national rates and the Healthy People 2010 Goals for the Nation.

**Monroe County Youth Risk Behavior Survey, 2005**  
**Percent of Public High Schools Students Reporting Risk Behaviors**

	<b>Unintentional Injuries</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q9	Sometimes, most of the time, always wore a bike helmet when riding a bike in the past year	19.4%	1448
Q10	During the past month, rode in a car/vehicle driven by someone who had been drinking alcohol	27.2%	1967
Q11	During the past month, drove a car/vehicle when they had been drinking alcohol	11.7%	1964
	<b>Intentional Injuries – Violence</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q12	Carried a weapon in the past month	16.5%	1968
Q13	Carried a gun in the past month	5.5%	1968
Q14	Carried a weapon on school property in the past month	5.5%	1966
Q15	Did not go to school on one or more days in the past month because they felt unsafe	5.5%	1966
Q16	Were teased, harassed, or attacked at school or on the way to school in the past month	26.5%	1961
Q17	Were threatened/injured on school property 1 or more times in the past year	7.9%	1967
Q18	Had property stolen or deliberately damaged on school property in the past year	22.7%	1967
Q19	Engaged in a physical fight in the past year	34.1%	1967
Q20	Engaged in a physical fight on school property in the past year	12.8%	1968
Q21	Were hit, slapped or physically hurt on purpose by a boyfriend or girlfriend in the past year	10.7%	1958
Q22	Were ever forced to have sexual intercourse	8.7%	1949
	<b>Intentional Injuries – Suicide Risk</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q23	In the past year, felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing their usual activities	25.8%	1961
Q24	Seriously considered attempting suicide in the past year	14.6%	1956
Q25	Made a specific plan about how they would attempt suicide, in the past year	11.5%	1945
Q26	Attempted suicide in the past year	14.2%	1959
Q27	Attempted suicide in the past year that resulted in an injury that needed treatment by a doctor or nurse	5.1%	1942
	<b>Tobacco</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q28	Ever tried smoking cigarettes, even one or two puffs	45.4%	1951
Q29	Smoked a whole cigarette before age 13	11.9%	1953
Q30	Current smokers <sup>1</sup>	18.8%	1960
Q30	Smoked on 20 or more of the last 30 days	7.2%	1960
Q31	Smoked more than 10 cigarettes on the days they smoked in the past 30 days	2.7%	1954
Q32	Bought cigarettes from a convenience store, supermarket, discount store or gas station in the past 30 days, <i>of current smokers<sup>1</sup> under age 18</i>	15.0%	294
Q33	Ever smoked daily <sup>2</sup>	11.4%	1953
Q34	Tried to quit smoking in the past 12 months, <i>of those who smoked every day in the past 30 days</i>	49.5%	95
Q35	Used smokeless tobacco in the past month	4.9%	1954
Q36	Smoked cigars in the past month	13.0%	1952

<sup>1</sup> Smoked on one or more days in the past month

<sup>2</sup> Smoked 1 cigarette every day for 30 days

	<b>Alcohol Use</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q37	Ever drank one or more drinks of alcohol <sup>3</sup> in their lifetime	73.5%	1958
Q38	Drank one or more drinks of alcohol <sup>3</sup> before age 13	20.0%	1948
Q39	Had at least one drink of alcohol <sup>3</sup> in the past month	44.6%	1954
Q40	Engaged in binge drinking in the past month <sup>4</sup>	27.0	1939
Q40	Engaged in binge drinking in the past month <sup>4</sup> of high school seniors	34.6	434
	<b>Drug Use</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q41	Used marijuana in their lifetime	40.4%	1952
Q42	Used marijuana before age 13	9.7%	1953
Q43	Used marijuana in the past month	22.4%	1952
Q44	Used cocaine in their lifetime	6.3%	1950
Q45	Used cocaine in the past month	4.6%	1953
Q46	Ever sniffed glue, spray cans or paint to get high	11.2%	1953
Q47	Sniffed glue, spray cans or paint to get high in the past month	4.9%	1952
Q48	Used heroin in their lifetime	3.4%	1953
Q49	Used methamphetamines in their lifetime	5.7%	1954
Q50	Used ecstasy in their lifetime	5.3%	1950
Q51	Used steroids without a doctor's permission in their lifetime	3.4%	1947
Q52	Took a drug prescribed for someone else to get high in their lifetime	10.3%	1949
Q53	Took any form of over the counter drug to get high in their lifetime	8.6%	1947
Q54	Injected any illegal drug into their body in their lifetime	2.3%	1942
Q55	Used any other type of illegal drug, such as LSD, PCP, or mushrooms in their lifetime	8.2%	1947
Q56	Was offered, sold or given an illegal drug on school property in the past year	32.1%	1936
	<b>Sexual Risk</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q57	Ever had sex in their lifetime	44.8%	1927
Q58	Had sexual intercourse before age 13	8.8%	1941
Q59	Had sexual intercourse with 4 or more partners in their lifetime	13.6%	1942
Q60	Currently sexually active <sup>5</sup>	30.8%	1940
Q60	Abstained from sex in past 3 months, of those who ever had sexual intercourse	27.1%	820
Q61	The last time they had sexual intercourse, they used alcohol or drugs beforehand, of those who are currently sexually active <sup>5</sup>	22.0%	583
Q62	Used a condom the last time they had sexual intercourse, of currently sexually active males <sup>5</sup>	67.7%	279
Q62	Used a condom the last time they had sexual intercourse, of currently sexually active females <sup>5</sup>	60.5%	301
Q63	Birth control pill use before last sexual intercourse, of currently sexually active males <sup>5</sup>	16.3%	283
Q63	Birth control pill use before last sexual intercourse, of currently sexually active females <sup>5</sup>	23.4%	304
Q64	Ever participated in oral sex	42.1%	1912

<sup>3</sup> Includes beer, wine coolers and liquor. Doesn't include drinking for religious purposes

<sup>4</sup> 5 or more drinks of alcohol in a row, within a couple of hours

<sup>5</sup> Had sexual intercourse in the past 3 months

<b>Nutrition</b>		<b>Rate</b>	<b>Number of Respondents</b>
Q65	Thought they were slightly overweight or very overweight	26.4%	1926
Q66	Currently trying to lose weight	42.8%	1929
Q67	Exercised to lose weight or to keep from gaining weight in the past 30 days	60.6%	1914
Q68	Ate less food, fewer calories or foods low in fat to lose weight or keep from gaining weight in the past 30 days	39.3%	1914
Q69	Went without eating for 24 hours or more to lose weight or keep from gaining weight in the past 30 days	11.5%	1917
Q70	Took any diet pills, powders or liquids <sup>6</sup> without a doctor's advice to lose weight or keep from gaining weight in the past 30 days	5.8%	1910
Q71	Drank 3 or more glasses of milk per day during the past 7 days	24.1%	1911
<b>Physical Activity</b>		<b>Rate</b>	<b>Number of Respondents</b>
Q72	Participated in vigorous physical activity <sup>7</sup> for 20 minutes on each occasion on 3 or more of the 7 days preceding the survey	63.3%	1920
Q73	Participated in moderate physical activity <sup>8</sup> for 30 minutes daily on 5 or more of the 7 days preceding the survey	26.9%	1913
Q74	Participated in at least 60 minutes of physical activity per day for 5 or more of the 7 days preceding the survey <sup>9</sup>	32.2%	1912
Q75	Watches >=3 hours per day of television on an average school day	32.5%	1910
Q76	Spends >=2 hours per day chatting or playing on the computer, or playing video games on an average school day	52.1%	1907
q78	Played on 1 or more sports teams during the past year	59.5%	1893
<b>Preventive Health</b>		<b>Rate</b>	<b>Number of Respondents</b>
Q79	Saw a doctor or health care provider for a check-up or physical exam in the past year	77.4%	1899
Q80	During their last check-up, their doctor or health care provider discussed ways to prevent pregnancy, AIDS or other sexually transmitted diseases	47.7%	1882
Q81	During their last check-up, their doctor or health care provider discussed ways to avoid alcohol use	30.5%	1890
Q82	During their last check-up, their doctor or health care provider discussed ways to avoid tobacco use	32.0%	1881
Q83	During their last check-up, their doctor or health care provider talked with them about their diet or eating habits	54.8%	1808
Q84	During their last check-up, their doctor or health care provider talked with them about ways to be physically active	50.1%	1807
Q85	In the last 12 months, got a chance to speak with a doctor or other health care provider privately <sup>10</sup>	67.5%	1865
<b>Asthma</b>		<b>Rate</b>	<b>Number of Respondents</b>
q86	Ever been told by a doctor or nurse that you have asthma	23.6%	1881
q87	Had an episode of asthma or an asthma attack in the past year	8.7%	1879

<sup>6</sup> Does not include meal replacements like Slimfast

<sup>7</sup> Activities that made them breathe hard or sweat

<sup>8</sup> Activities that did not make them breathe hard or sweat

<sup>9</sup> All time spent of physical activity that increased your heart rate and makes you breathe hard some of the time

<sup>10</sup> Without parents or other people in the room

	<b>Assets</b>	<b>Rate</b>	<b>Number of Respondents</b>
Q90	I like myself-strongly agree	46.0%	1802
Q90	I like myself-agree	44.9%	1802
Q91	My family gives me support-strongly agree	47.6%	1801
Q91	My family gives me support-agree	33.7%	1801
Q92	In my family there are clear rules about what I can and cannot do-strongly agree	38.5%	1797
Q92	In my family there are clear rules about what I can and cannot do- agree	40.6%	1797
Q93	When I have important questions about life, there are 1 or 2 adults that I feel comfortable going to for help <sup>11</sup>	45.8%	1776
Q93	When I have important questions about life, there are 3 or more adults that I feel comfortable going to for help <sup>11</sup>	37.0%	1776
Q94	I get encouragement at school-strongly agree	20.0%	1787
Q94	I get encouragement at school- agree	41.2%	1787

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<sup>11</sup> Not counting parents