

NEBRASKA ADOLESCENTS

The Results of the 2005
Youth Risk Behavior Survey of
Nebraska Public High School
Students (Grades 9-12)

THE NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM

Youth Risk Behavior Survey 2005 Highlights

Of the 3,755 Nebraska youth, grades 9-12, surveyed . . .

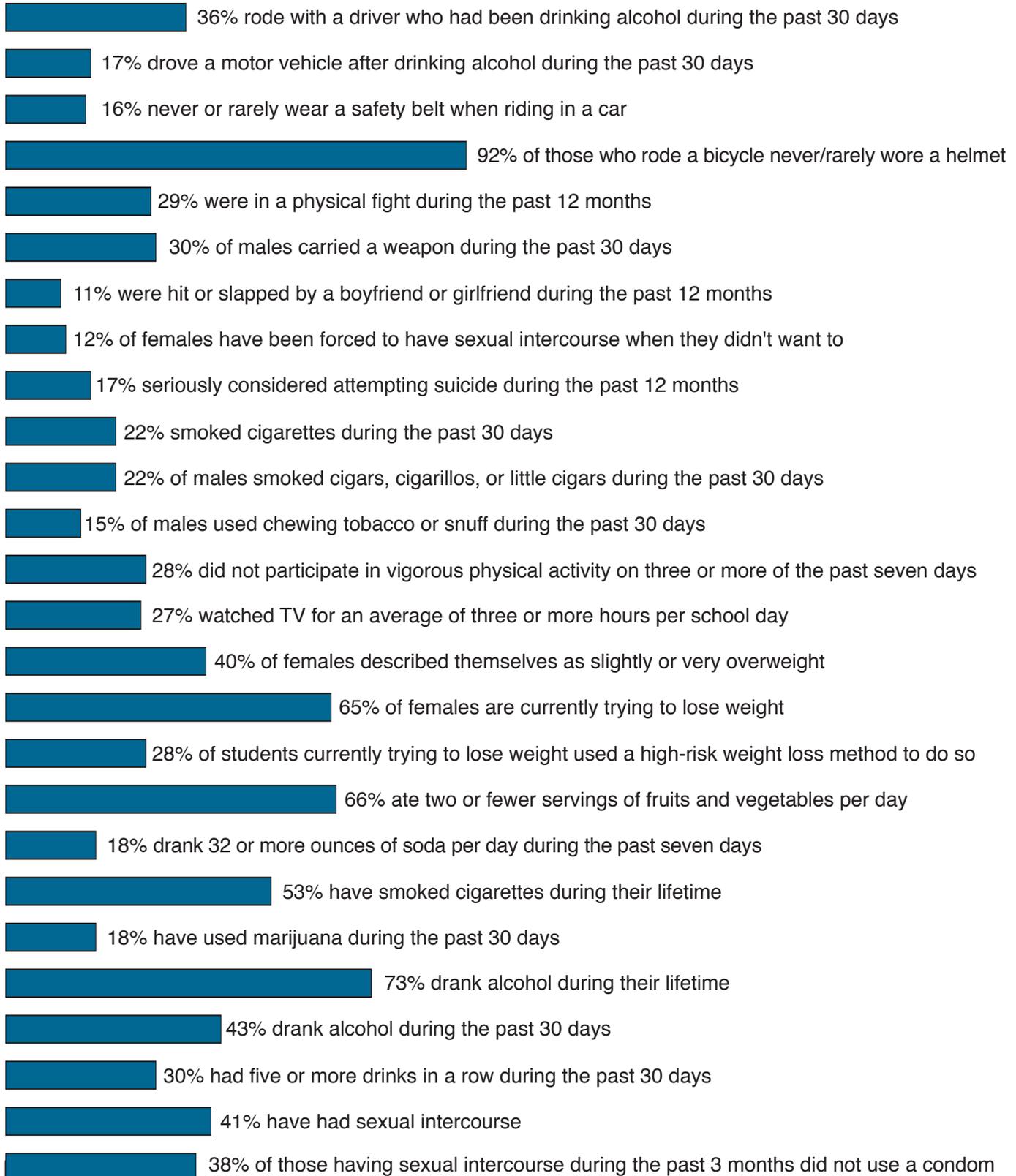


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Nebraska Adolescents: Their Risks of Illness, Disability and Premature Death

This report is one of a continuing series, prepared by the Nebraska Health and Human Services System (NHHSS), about Nebraska's adolescents and their health risks. It is based on the self-reported health behaviors of a random sample of 3,755 Nebraska youth, in grades 9–12, enrolled in a sample of public schools in the spring of 2005.

Background

To meet the nation's health goals for the year 2010, people need to behave in ways to reduce their personal health risks. For young people, reducing risky behaviors will reap lifelong benefits. This report provides data for planning programs to help young people reduce their health-related risks.

In 1990, the Centers for Disease Control and Prevention (CDC) initiated a program of national and state surveys to provide estimates of behaviors related to poor health, disability, and premature death among young people. These surveys are known as the Youth Risk Behavior Surveys (YRBS). The YRBS is part of the Youth Risk Behavior Surveillance System, established by the CDC, and has been completed eight times in Nebraska: 1991, 1993, 1995, 1997, 1999, 2001, 2003, and 2005.

The Youth Risk Behavior Survey (YRBS)

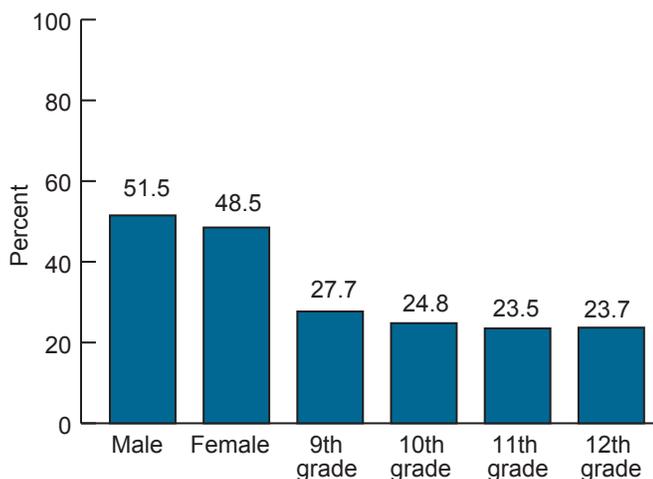
The Youth Risk Behavior Surveillance System was established and is managed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion at the CDC.

Priority health-risk behaviors are assessed in six areas:

- Behaviors that result in unintentional and intentional injuries
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- Dietary behaviors
- Physical activity

YRBS results are used by state and local health and education agencies to: 1) monitor progress toward the national health goals; 2) focus comprehensive school health education, teacher training, and instructional programs; 3) support comprehensive school health programs; and 4) encourage community and parental understanding of the health challenges faced by schools and their teachers.

Weighted Demographic Characteristics of the 2005 Nebraska Youth Risk Behavior Survey Sample*



*0.3% of students did not indicate grade

The Nebraska 2005 YRBS

In the spring of 2005, 60 schools with 9-12 grade students were randomly selected from all Nebraska public schools with students in these grades. Seventy-two percent of these schools agreed to participate in the YRBS, with 93% of the students participating, resulting in an overall response rate of 67%. These survey results provide an important description of priority health risk behaviors. Statistically, the results are representative of all Nebraska public school students in grades 9-12.

Students completed a self-administered, anonymous, 96-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.

**Dear Nebraskans:**

As many parents of teens can tell you, it's sometimes very difficult getting teens to listen. It's our job though, as parents and adults to ensure young people listen, because many of the choices they make and behaviors they adapt as teens can impact them, and those around them, throughout their lives.

The Nebraska Youth Risk Behavior Survey (YRBS) shows that many of our young people are participating in risky behaviors ... in some cases to a greater extent than in the past, in other cases not as much so.

YRBS results estimate the levels of risky behaviors among young people in a number of areas, including: intentional and unintentional injuries, tobacco use, alcohol and other drug use, sexual behavior, nutrition, and physical activity. These behaviors can cause or contribute to the greatest number of premature deaths and disabilities.

The results of past surveys have been used to plan public health and educational programs, to generate support for health promotion initiatives, and to assist community leaders and parents in developing ways to help young people.

Over time these results indicate that we're making strides in some areas and falling behind in others.

- Youth tobacco use rates are declining, yet tobacco use continues to be the principal cause of premature death in our society.
- More young people die in motor vehicle accidents than from any other cause. Too many drink. Too many drink and drive. Too many are passengers in vehicles where the driver has been drinking. And, too many don't use their seatbelts.
- More students carry a weapon now than at any time in the recent past.
- Too many young people drink more than a quart of soda a day, watch too much TV, and don't engage in enough physical activity.
- A number of young people are sexually active. Sexual activity increases the risks of sexually transmitted diseases and / or an undesired pregnancy.

I encourage you to review this report, talk to your children about the importance of making healthy choices, and support efforts to make our communities healthier and safer for our young people and people of all ages.

Sincerely,

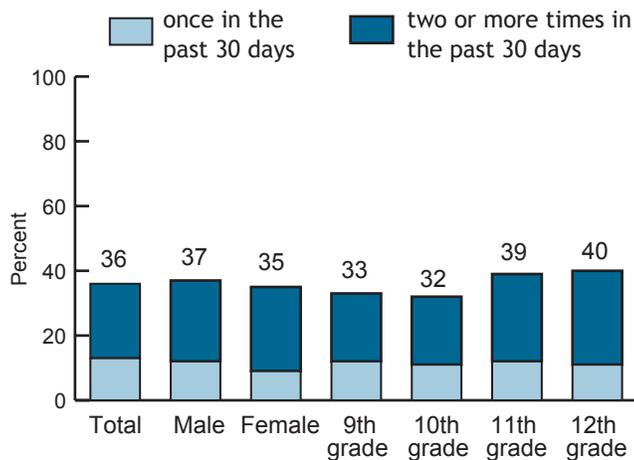


Joann Schaefer MD, Chief Medical Officer
Nebraska Health and Human Services System

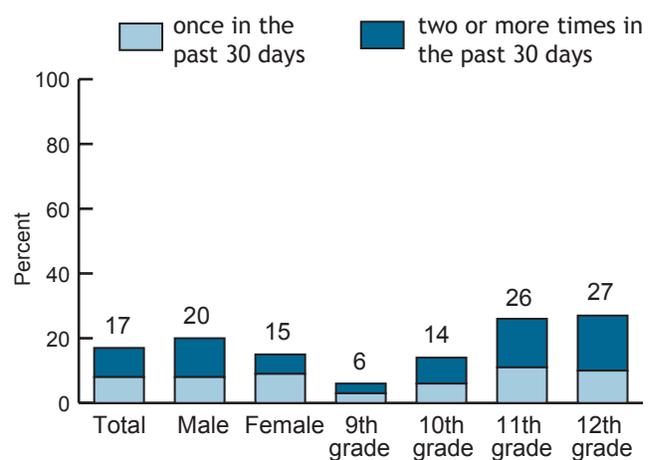
Alcohol and Motor Vehicle Crashes ...

- ◆ In Nebraska in 2005, 36% of high school students had ridden in a vehicle in the previous 30 days driven by someone who had been drinking alcohol; 25% had done so on two or more occasions.
- ◆ In the United States in 2005, among high school students 30% had ridden in a car in the previous 30 days with a driver who had been drinking.¹
- ◆ Nebraska's young people, on average, are more likely to ride in a car driven by a driver who had been drinking than young people in the rest of the country.

Percentage of students who rode in a vehicle driven by someone who had been drinking alcohol

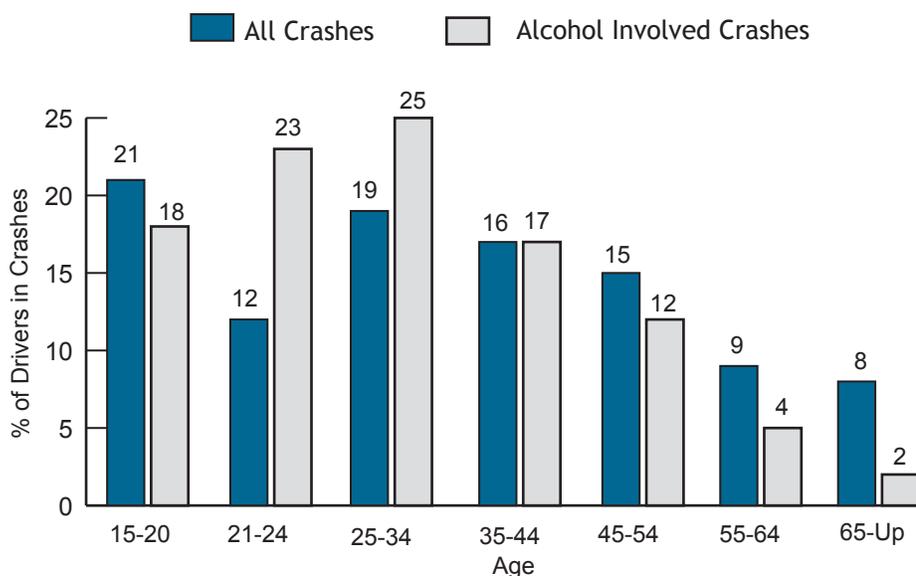


Percentage of students who drove a car or other vehicle when they had been drinking alcohol



Alcohol, Automobiles and Inexperience: A Fatal Mix

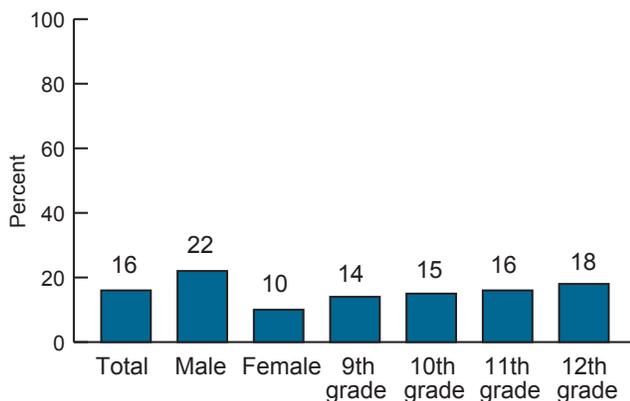
In Nebraska, alcohol use is illegal for persons under age 21. Yet in 2005 18% of all alcohol-related crashes involved drivers aged 15 to 20 years. Drivers aged 21 to 24 are the most over represented in alcohol-involved crashes, being involved in 23% of alcohol-related crashed but only 12% of all crashes.²



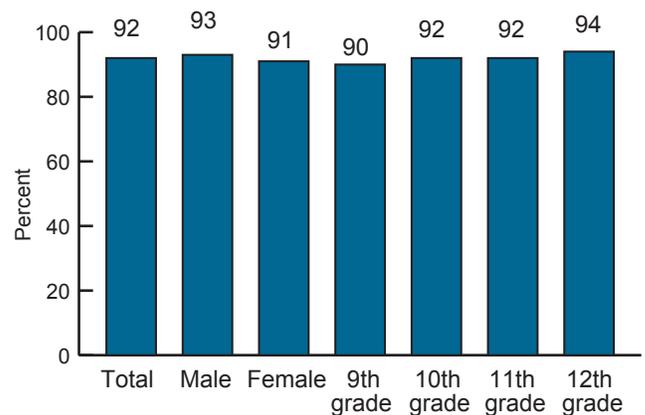
Unintentional Injuries ...

- ◆ *Approximately 84% of all deaths among adolescents aged 10-24 in the U.S. are attributed to injuries from four causes: motor vehicle crashes (37%), all other unintentional injuries (16%), homicide (18%) and suicide (13%).³*
- ◆ *In Nebraska in 2005, 92% of high school students never or rarely wore a helmet when riding a bike.*

Percentage of students who never or rarely wear a seat belt when riding in a car driven by someone else



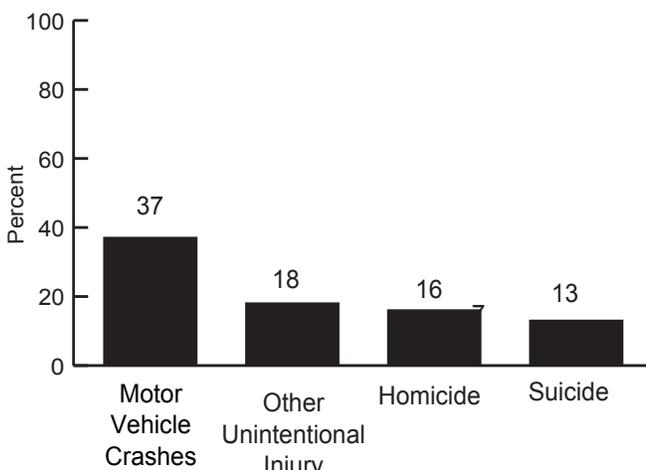
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a helmet



The single most effective way to reduce deaths and injuries from motor vehicle crashes is to wear seat belts at all times when riding in or driving a vehicle.

Deaths Among 10-24 Year Olds

Injury and violence are the leading cause of death among Nebraskans aged 10-24.⁴



How We Compare: Nebraska and the USA

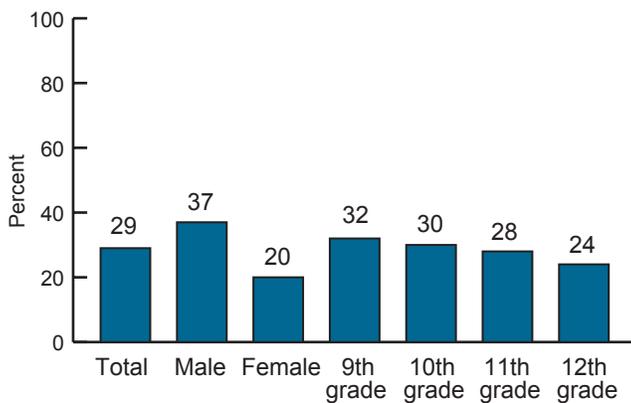
	Nebraska	USA ¹
Rode with a drinking driver during the past 30 days	36%	30%
Drove after drinking alcohol during the past 30 days	17%	10%
Never or rarely wore a seat belt when riding in a car	16%	10%

Violence ...

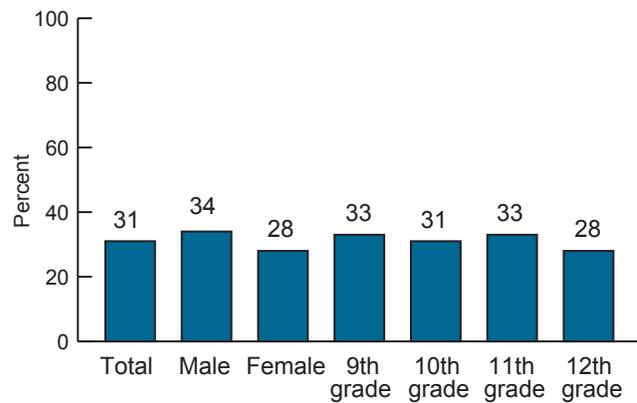
- ◆ *There are three types of violence: 1) violence against another person as in fights and assaults; 2) violence against oneself, as in suicide; and 3) violence against property, as in vandalism.*
- ◆ *Males are most at risk of violence against another person; females are most at risk for violence against oneself.*

Physical Fights and Vandalism

Percentage of students who were involved in a physical fight during the past 12 months



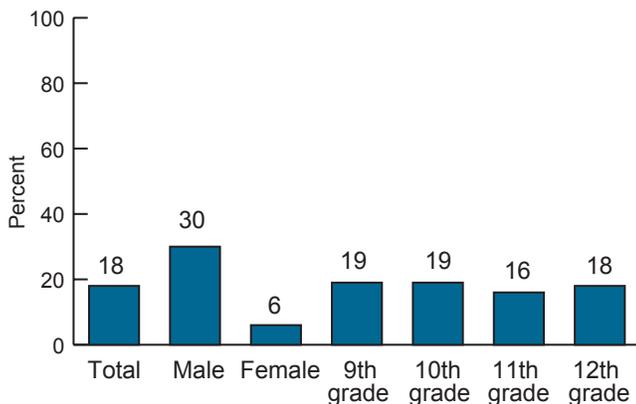
Percentage of students who had property, such as their car, clothing, or books stolen or damaged on school property during the past 12 months



Weapons and High School Students

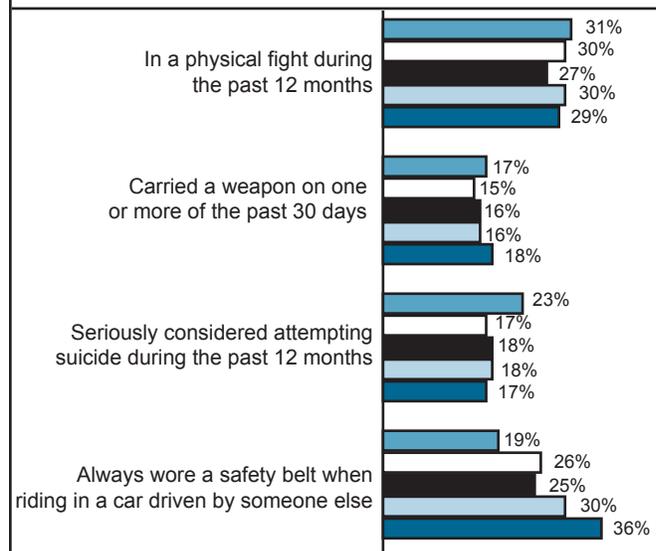
Adolescent homicides are more common in the U.S. than in any other developed country in the world.⁵ About nine out of every ten homicide victims are killed by a weapon such as a gun, knife, or club.⁶

Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days



TRENDS...

1997* 1999* 2001*
2003 2005



*Data was not weighted to represent all students statewide.

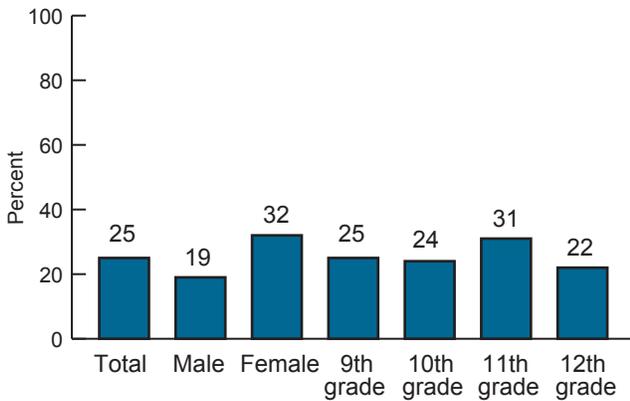
◆ *In Nebraska in 2005. . .*

- *37% of male high school students were involved in a physical fight during the previous 12 months and 34% reported that they had personal property stolen or damaged while at school.*
- *19% of high school boys and 32% of high school girls reported that during the previous year they felt so sad or helpless almost every day for two weeks or more that they stopped doing some of their usual activities.*

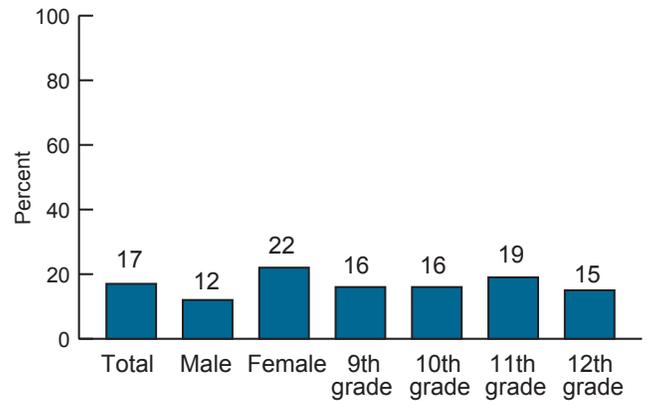
Suicide is violence against oneself . . .

Percentage of students who . . .

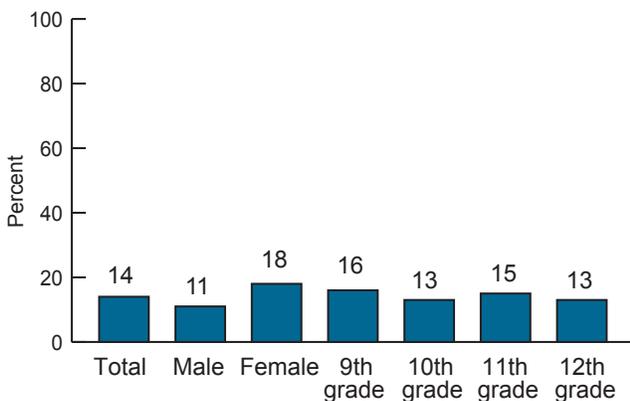
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months



Seriously considered attempting suicide during the past 12 months



Made a plan about how they would attempt suicide during the past 12 months



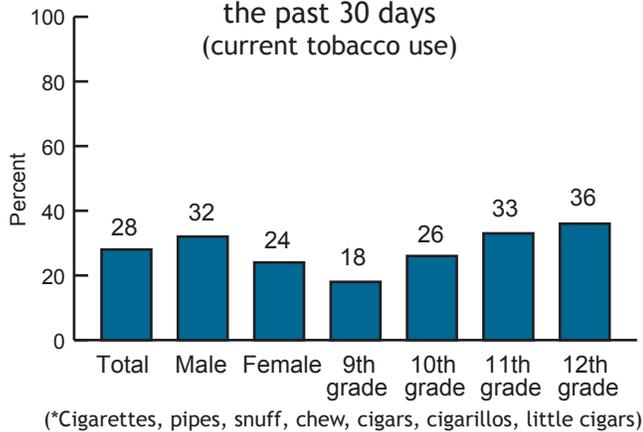
***How We Compare:
Nebraska and the USA***

	Nebraska	USA ¹
In a fight during the past 12 months	29%	36%
Personal property vandalized at school during past 12 mo.	31%	30%
Carried a weapon in the past 30 days	18%	19%
Felt so sad or hopeless it prevented a usual activity	25%	29%
Seriously considered attempting suicide during the past 12 months	17%	17%
Made a suicide plan during the past 12 months	14%	13%

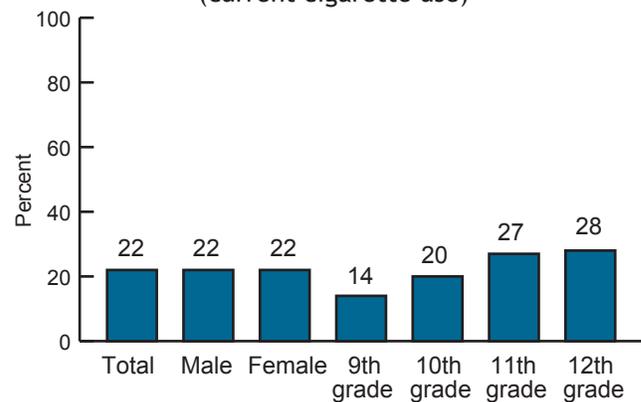
Tobacco—It Kills The Most People ...

- ◆ *One third of Nebraska high school males used some form of tobacco in the last 30 days, as did one quarter of the females.*
- ◆ *All tobacco products, including chew; cigars; and cigarettes, damage health.*
- ◆ *Tobacco-related disease, disability and death is 100% preventable.*

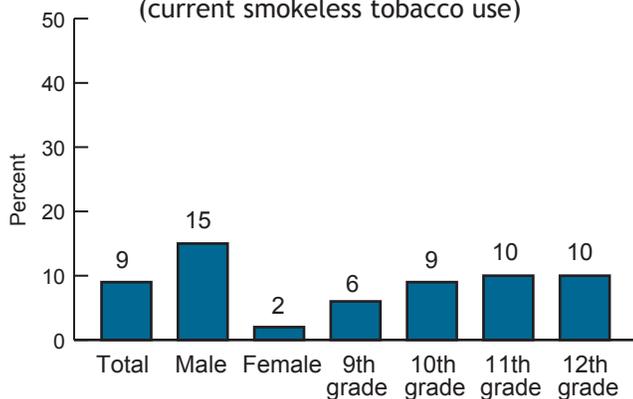
Percentage of students who used any form of tobacco* one or more times during the past 30 days (current tobacco use)



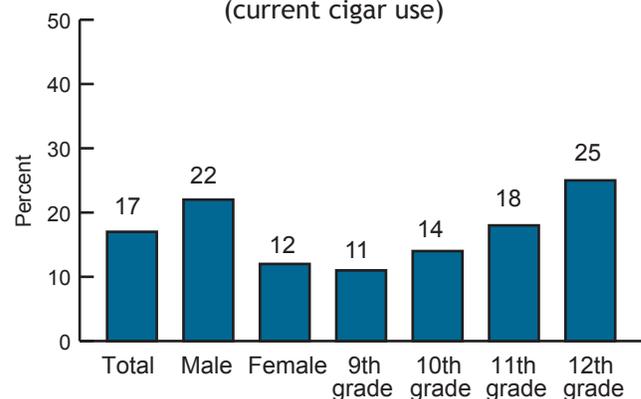
Percentage of students who smoked cigarettes one or more times during the past 30 days (current cigarette use)



Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days (current smokeless tobacco use)



Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days (current cigar use)

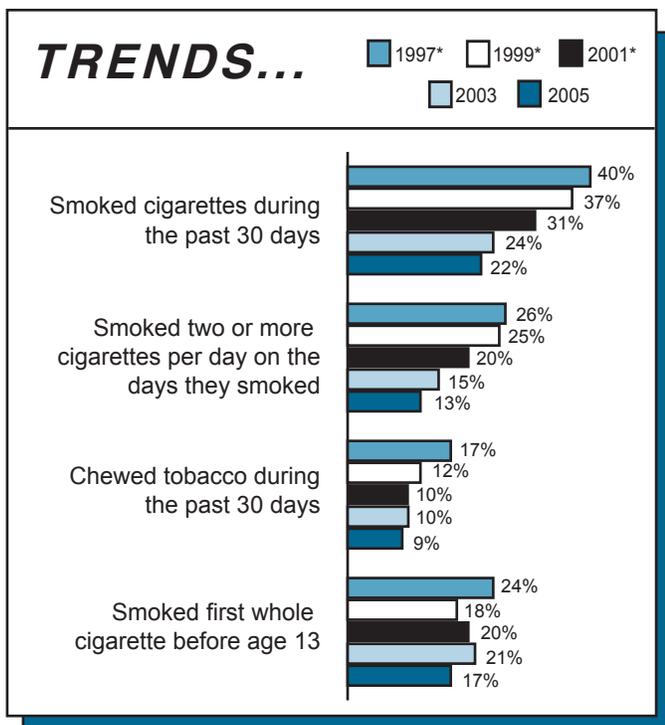
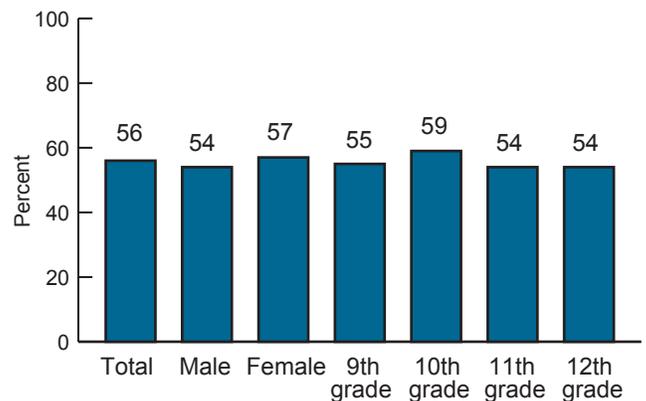


- ◆ *More than half of Nebraska high school smokers have tried to quit at least once in the past 12 months.*
- ◆ *The percentage of high school cigarette smokers was lower in 2005 than at any other time in the decade.*

How Smokers Usually Get Their Cigarettes . . .

Males	Females	
35%	39%	Get someone else to buy
23%	30%	Borrow
20%	12%	Purchase
13%	6%	Another way
5%	7%	From a person 18 or older
3%	5%	Steal

Percentage of students who were current smokers and tried to quit smoking at least once during the past 12 months



How We Compare: Nebraska and the USA

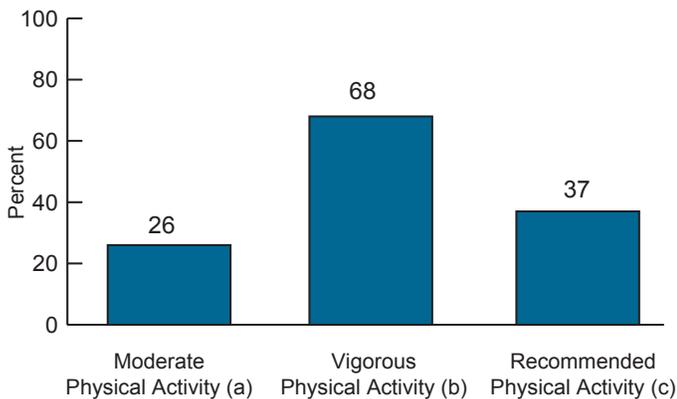
	Nebraska	USA ¹
Smoked in the past 30 days	22%	23%
Chewed in the past 30 days	9%	8%
Used any form of tobacco in the past 30 days	28%	28%
Current smokers who tried to quit smoking in the past 12 months	56%	55%

*Data was not weighted to represent all students statewide.

Physical Activity ...

- ◆ *Physical activity has numerous health benefits including less risk of disease; healthier bones, muscles, and joints; better weight control; and less anxiety and depression ... yet in 2005, nearly two-thirds of Nebraska high school students failed to participate in 60 or more minutes of physical activity on 5 or more days per week (the recommended amount of physical activity for youth).*

Percentage of students who participated in sufficient levels of the following physical activities



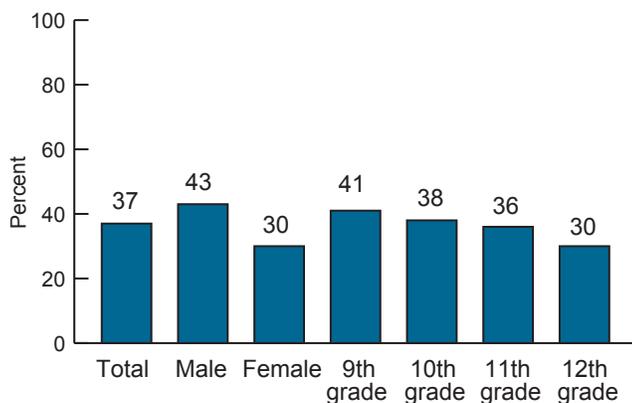
- (a) Participated in moderate physical activity for 30 or more minutes on 5 or more of the past 7 days
- (b) Participated in vigorous physical activity for 20 or more minutes on 3 or more of the past 7 days
- (c) Participated in physical activity for 60 or more minutes on 5 or more of the past 7 days

How Much Is Enough?

According to the Dietary Guidelines for Americans 2005⁷, youth should engage in at least 60 minutes of physical activity on most, preferably all, days of the week. To maximize health, these 60 minutes should be a combination of vigorous, moderate, and strengthening/flexibility exercises.

- ◆ **In 2005, just 1 in every 3 of Nebraska high school students (37%) engaged in physical activity for 60 or more minutes on 5 or more of the past 7 days.**

Percentage of students who participated in physical activity for 60+ minutes on 5 or more of the past 7 days



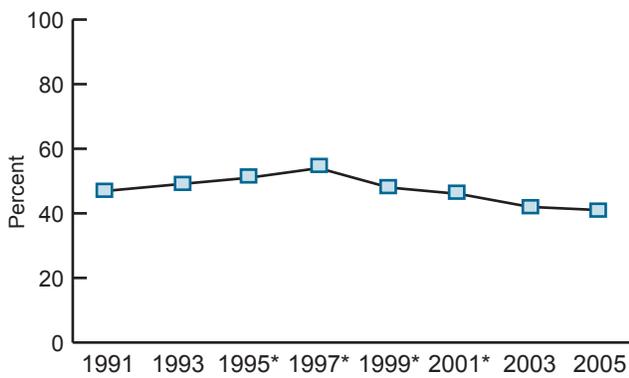
Physical Activity Among Nebraska High School Students In 2005:

- ◆ Male students were 1.4 times more likely than female students, and 9th grade students were 1.4 times more likely than 12th grade students to engage in the recommended amount of physical activity (60 or more minutes per day on five or more days per week).
- ◆ Students in 9th grade were 1.6 times more likely than students in 12th grade to attend physical education class daily and exercise for more than 20 minutes during an average class.

- ◆ Participation on a sports team can promote better health and can teach youth important life skills ... yet in 2005, just 2 in every 5 Nebraska high school students (41%) participated on two or more sports teams during the past 12 months, a decline from roughly 50% observed in the mid 1990s.
- ◆ Physical Education classes teach youth (especially those not involved in organized athletics) the skills necessary to engage in lifelong physical activity ... yet in 2005, less than 1 in every 3 Nebraska high school students attended PE daily and engaged in physical activity for more than 20 minutes during class.

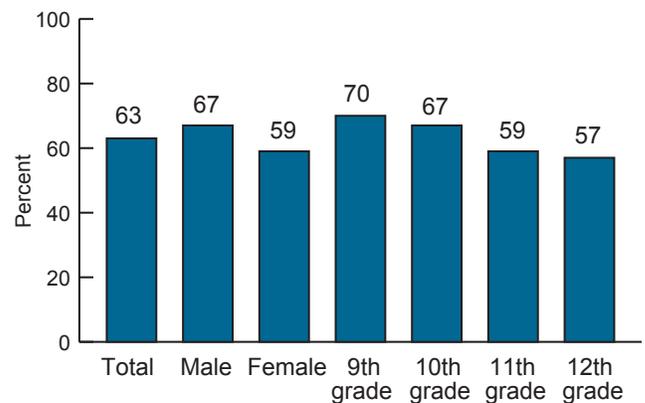
Trends in Sports Team Participation...

Percentage of students who participated on 2 or more sports teams during the past 12 months*

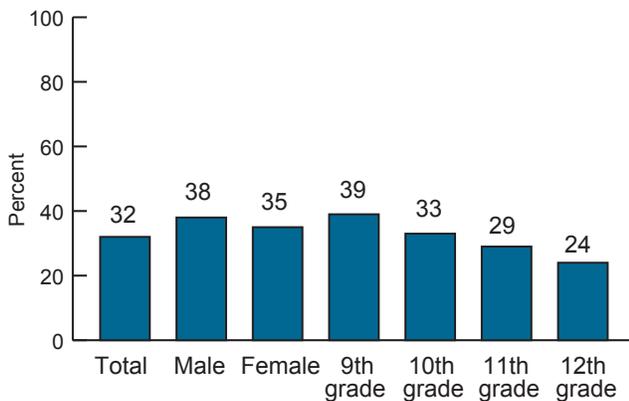


*Data was not weighted to represent all students statewide

Percentage of students who played on one or more sports teams during the past 12 months



Percentage of students who attend PE class daily and exercise for more than 20 minutes during an average PE class (Quality daily PE)



How We Compare: Nebraska and the USA

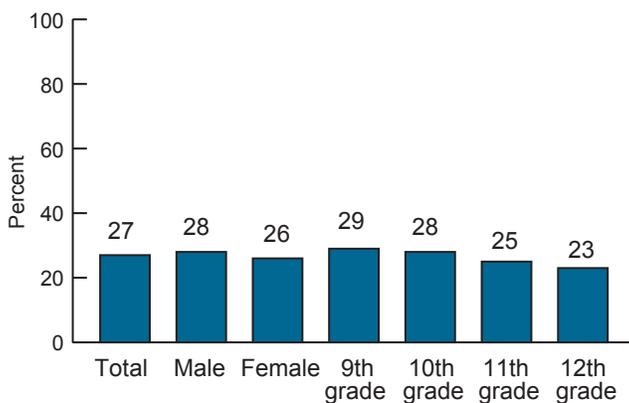
	Nebraska	USA ¹
Attended physical education classes daily	34%	33%
Played on one or more sports teams during the past 12 months	63%	56%
Participated in vigorous physical activity on at least 3 of the past 7 days	68%	66%
Watched three or more hours of TV per day on an average school day	27%	37%

Sedentary Behaviors ...

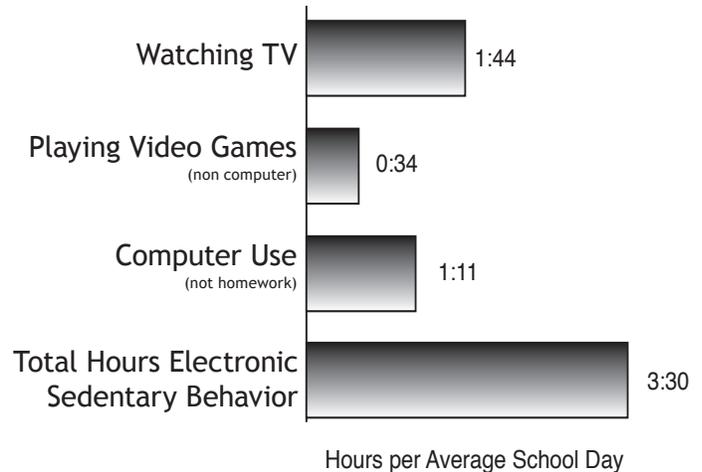
- ◆ *In 2005, more than a quarter of Nebraska high school students spent three or more hours during an average school day watching television.*
- ◆ *Excessive time spent engaging in electronic sedentary behavior takes away opportunities for physical activity and academics, and often promotes unhealthy eating.*

TV—The Other Exercise

Percentage of students who watched three or more hours of TV on an average school day



Hours Spent On Electronic Sedentary Behaviors (ESB) During an Average School Day



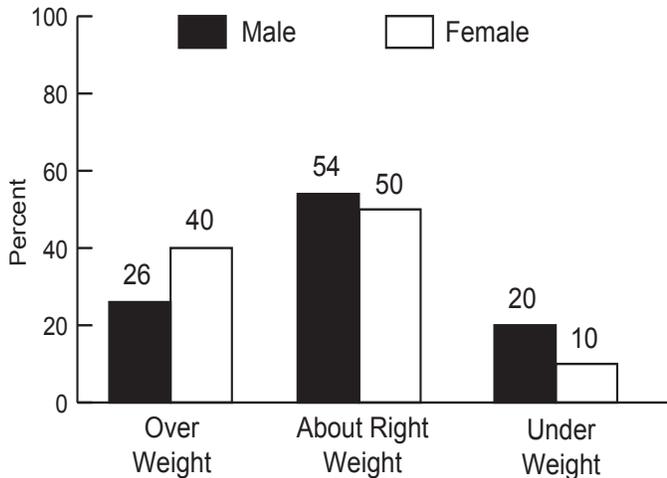
Playing For Fun

Not long ago kids played outdoors—just for the fun of it. Today, between time spent on video games and competitive sports teams, "just for fun" pick-up games of basketball, baseball, soccer, and the like, are becoming a thing of the past. As a result, unless it's an organized team sport, high school students typically do not participate in physical activities. The older a student gets, the opportunities to participate on a sports team decrease. The challenge is to promote physical activity as a fun and healthy lifestyle, rather than limiting a student's physical activity level to competitive play or activity.

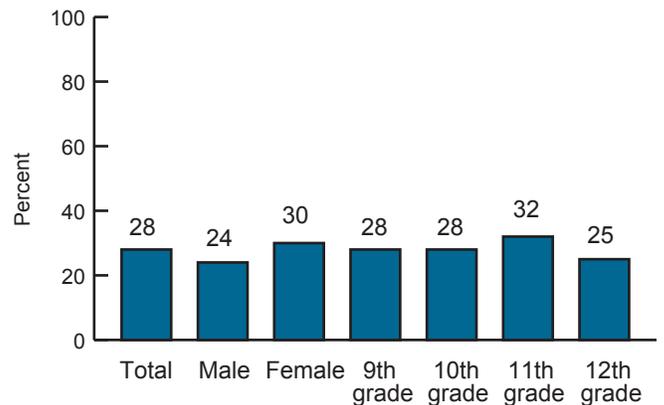
Overweight, Dieting, and Eating Disorders ...

- ◆ *The desire to lose weight appears to be much more common among high school females in Nebraska, where 65% reported that they were currently trying to lose weight in 2005, compared to 29% of males.*
- ◆ *Among Nebraska high school students trying to lose weight in 2005, more than 1 in every 4 used a high risk weight loss method (fasting, supplements without doctors advice, or vomiting/laxatives use) to try and lose weight during the past 30 days.*

How Students Describe Their Weight

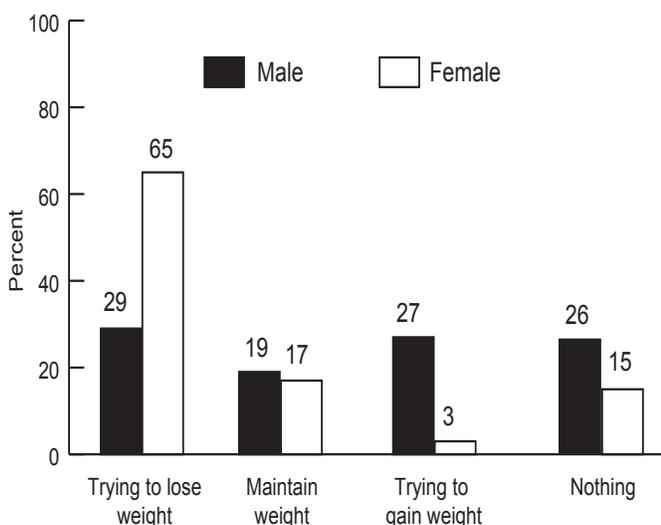


Among students that are currently trying to lose weight, percentage that used one or more high-risk weight loss methods* to try and lose weight



* Fasted for 24 hours or more, took diet pills or supplements without a doctor's advice, vomited, or used laxatives during the past 30 days.

What Students Are Doing About Their Weight



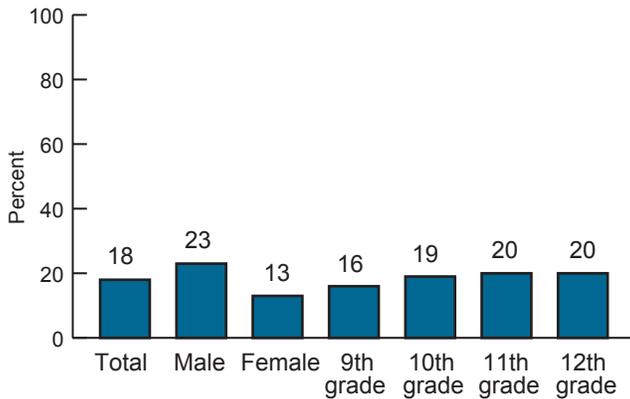
Methods used to lose weight during the past 30 days among students who are trying to lose weight

Method	Males	Females
Exercise	86%	86%
Eat less food, fewer calories, low-fat food	60%	76%
Go without eating for 24 or more hours	17%	22%
Take diet pills, powders, or liquids without doctor's advice	11%	12%
Vomit or take laxatives	7%	13%

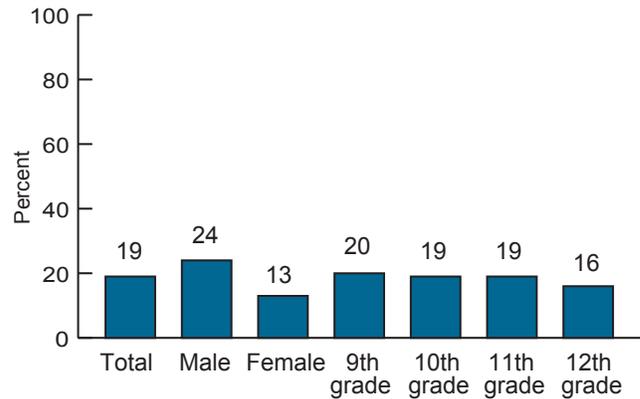
Nutrition ...

- ◆ *The Dietary Guidelines for Americans³ recommend limiting the consumption of sugar ... yet in 2005, nearly half of Nebraska high school students drank 12 or more ounces of soda per day, and among those who drank soda, half drank only regular (non-diet) soda.*
- ◆ *Youth aged 9 and older are encouraged to consume three servings of fat-free or reduced fat dairy products every day ... yet in 2005, less than 1 in every 5 Nebraska high school students drank an average of three or more glasses of milk per day.*

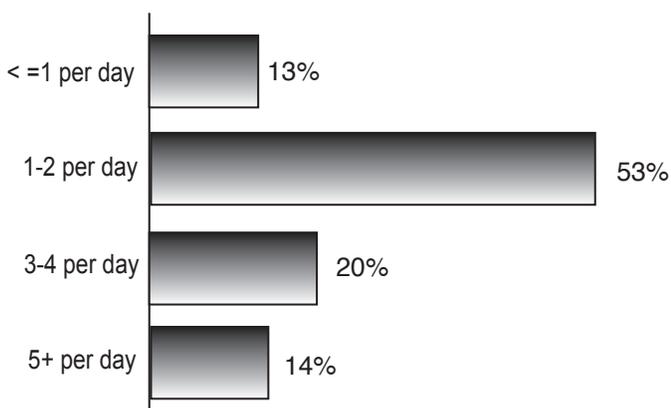
Percentage of students who drank 32 or more ounces of soda per day during the past 7 days



Percentage of students who drank three or more glasses of milk per day during the past seven days (regular milk consumption)



Daily Fruit and Vegetable Consumption Among Nebraska High School Students*



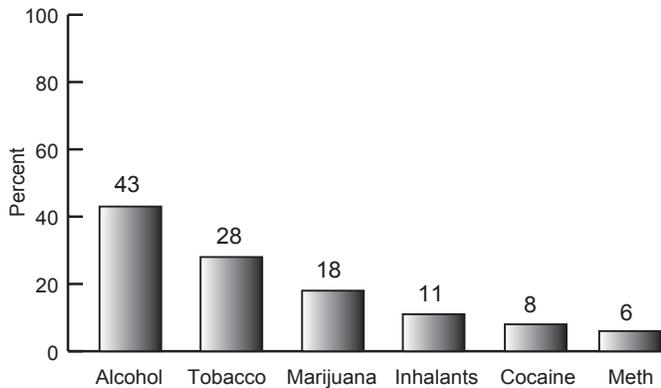
*Average number of times per day that fruits and vegetables were eaten during the past 7 days

- ◆ Dairy products are important for maximizing bone growth and protecting against future risk of osteoporosis, especially in females. In 2005, male students were 1.8 times more likely than female students to drink an average of three or more glasses of milk per day.
- ◆ The Dietary Guidelines for Americans recommend that youth aged 14-18 consume seven to nine servings of fruits and vegetables per day. In 2005, 66 percent of students ate fruits and vegetables two or fewer times per day.
- ◆ In 2005, high school students nationally were 35% more likely than high school students in Nebraska to consume fruits and vegetables five or more times per day.

Drug Use ...

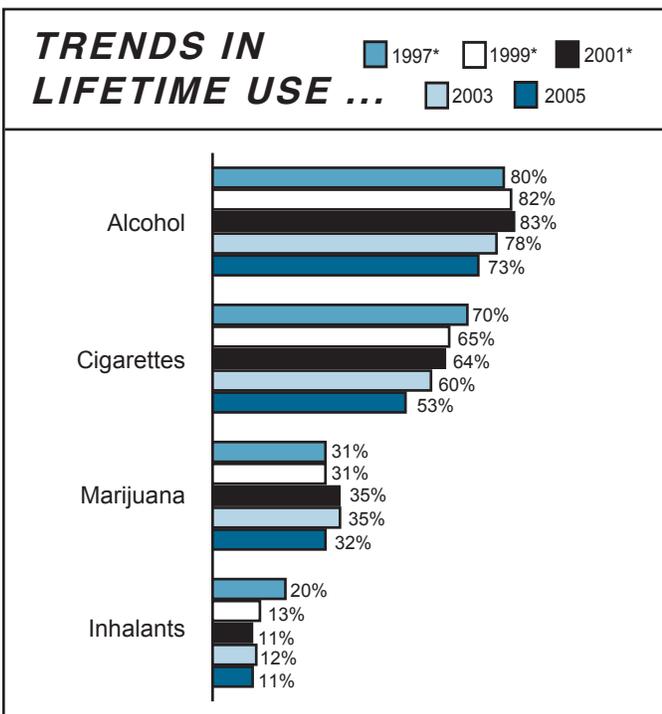
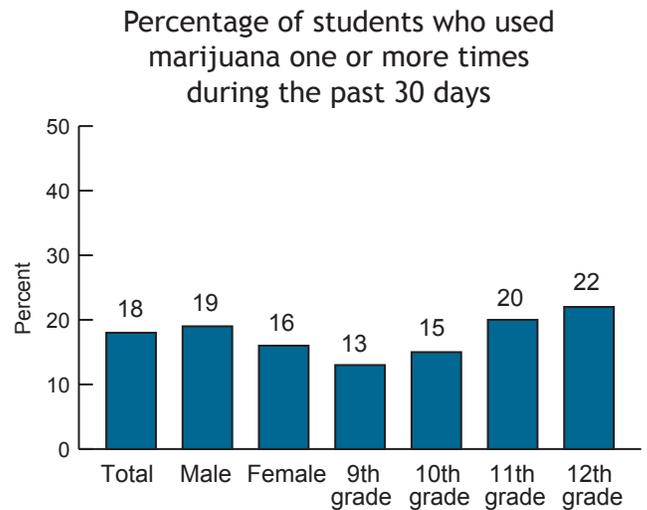
- ◆ Alcohol and tobacco and marijuana are the drugs of choice of Nebraska's high school students.
- ◆ Since 2003, the percentage of students using alcohol and tobacco has declined, but not marijuana.
- ◆ Marijuana use today is approximately the same as in 1997*.

Percentage of students using ...



Data for alcohol, tobacco (any form), and marijuana use represents the percentage of students who used a substance at least once in the past 30 days. Inhalants, cocaine, and meth use percentages represent lifetime use.

Inhalants included glue, the contents of aerosol cans, paints, sprays, and motor fuels that are inhaled. Cocaine included powder, crack and freebase. Meth refers to methamphetamines (also called speed, crystal, crank, or ice).



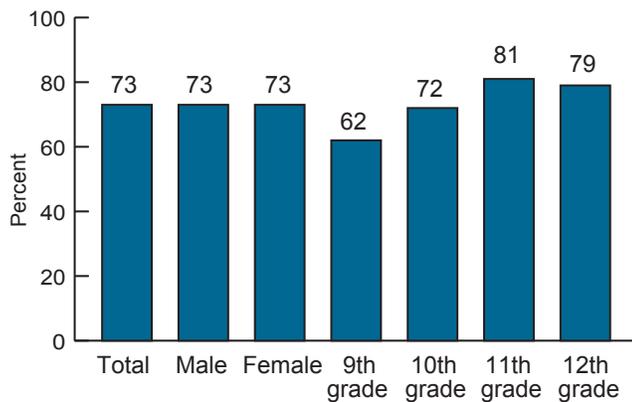
*Data was not weighted to represent all students statewide.

<i>How We Compare: Nebraska and the USA</i>		
	Nebraska	USA ¹
Alcohol use in last 30 days	43%	43%
Tobacco use in last 30 days	28%	28%
Marijuana use in last 30 days	18%	20%
Inhalant use in lifetime	11%	12%

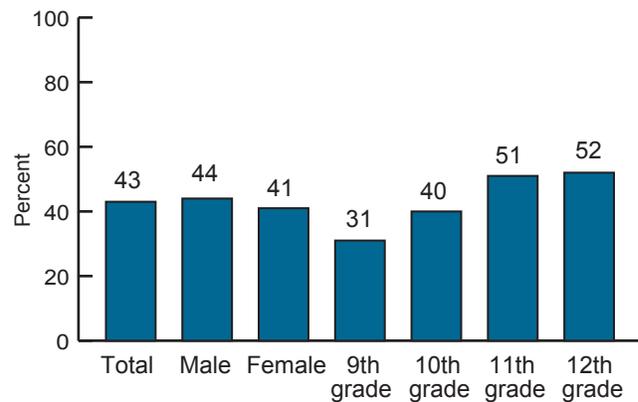
Alcohol—The Drug That Kills Adolescents Most Often

- ◆ *People who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.⁸*
- ◆ *Nearly one in every three Nebraska high school students was a binge drinker in the past 30 days.*
- ◆ *Alcohol abuse is the third leading cause of preventable death in the USA and is a factor in 41% of all deaths in motor vehicle crashes.⁹*

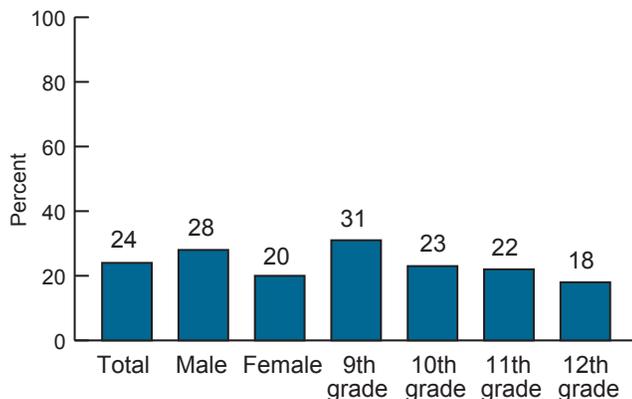
Percentage of students who have had at least one drink of alcohol during their lifetime (lifetime alcohol use)



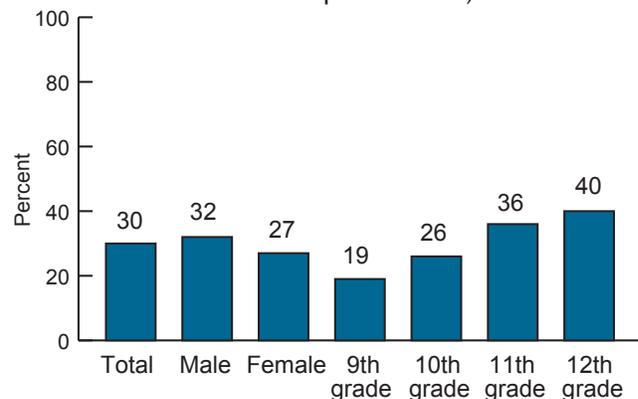
Percentage of students who have had at least one drink of alcohol on one or more of the past 30 days (current alcohol use)



Percentage of students who had their first drink of alcohol, other than a few sips, before the age of 13

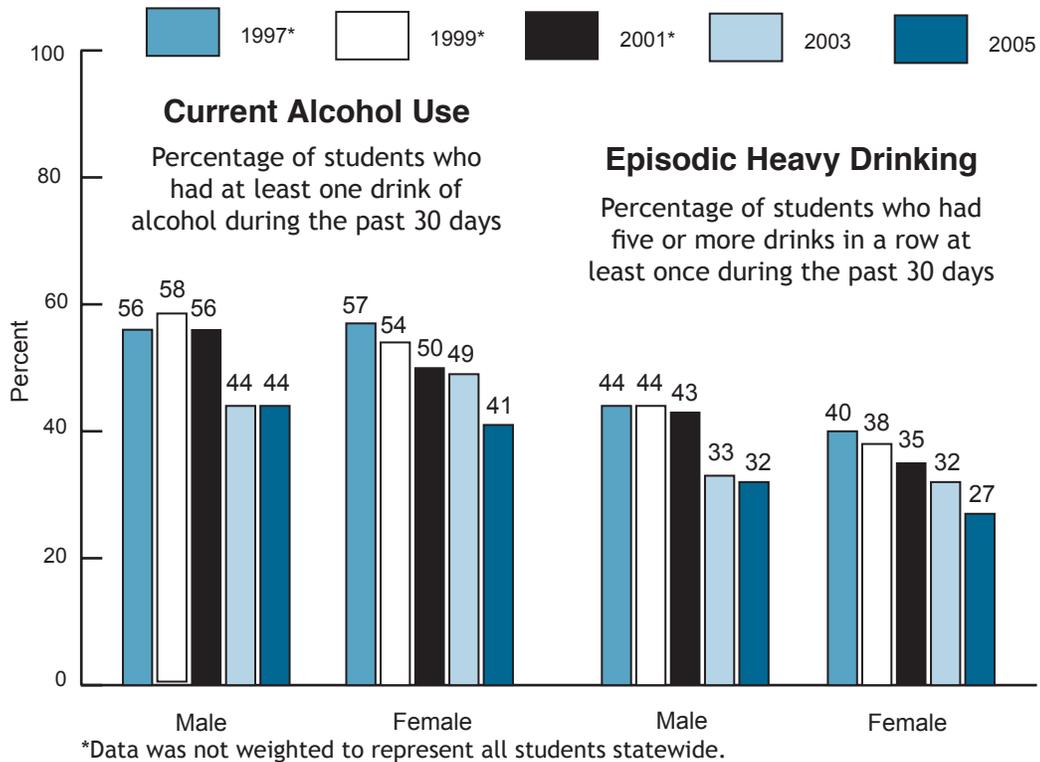


Percentage of students who engaged in episodic heavy drinking during the past 30 days (Five plus drinks in a row within a couple of hours)

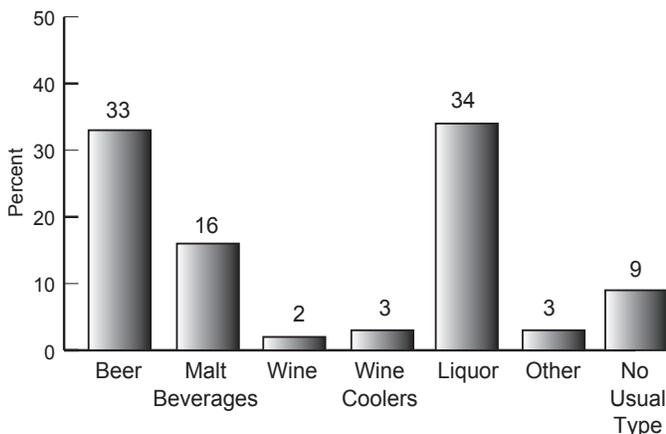


- ◆ Lifetime alcohol dependence declined from more than 40% among individuals who started drinking at age 14 years or younger, to about 10% among those who started drinking at age 20 years or older.¹⁰
- ◆ Eighty percent of teenagers do not know that a 12 oz. can of beer has the same amount of alcohol as a shot of whiskey; similarly, 55% do not know that a 5 oz. glass of wine and a 12 oz. can of beer have the same amount of alcohol.¹¹

What's Happening Over Time?



Among students who drank alcohol during the past 30 days, the type of alcohol they most commonly drank



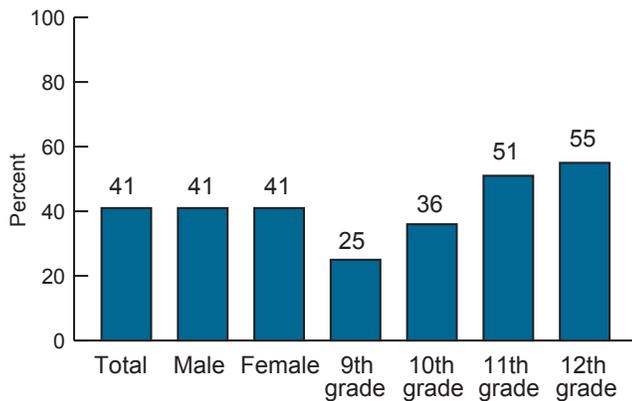
How We Compare: Nebraska and the USA

	Nebraska	USA ¹
Drank alcohol during the past 30 days	43%	43%
Drank five or more drinks in a row during the past 30 days	30%	26%
First drink of alcohol before age 13	24%	26%

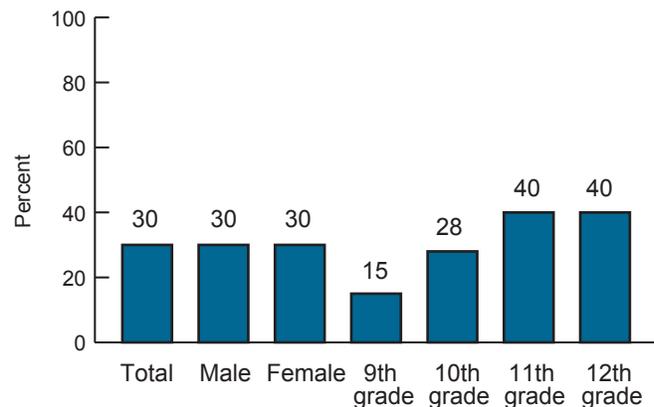
Sexual Behavior and HIV/AIDS ...

- ◆ *In the United States there are approximately 19 million new people infected with sexually transmitted diseases (STDs) each year. Almost half are among youth aged 15-24 years.¹²*
- ◆ *Abstinence for vaginal and anal intercourse is the only 100% effective way to prevent HIV other STD's and pregnancy.*

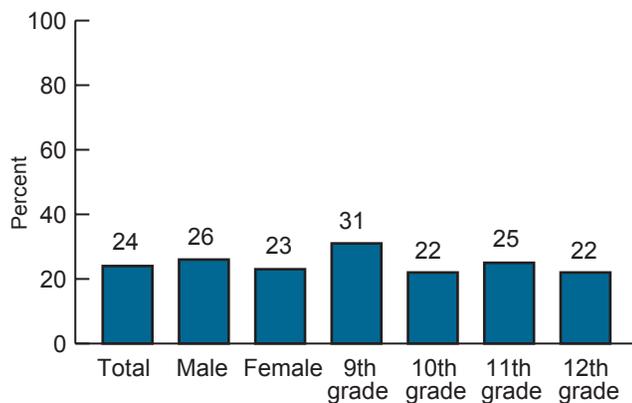
Percentage of students who ever had sexual intercourse



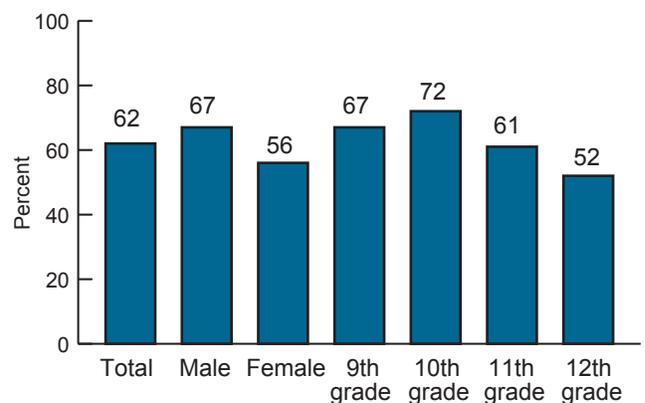
Percentage of students who had sexual intercourse during the past three months (currently sexually active)



Among currently sexually active students, the percentage who drank alcohol or used drugs before last sexual intercourse

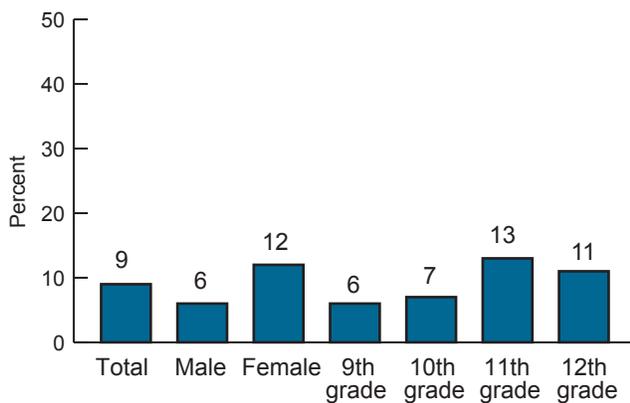


Among currently sexually active students, the percentage who used a condom the last time they had sexual intercourse

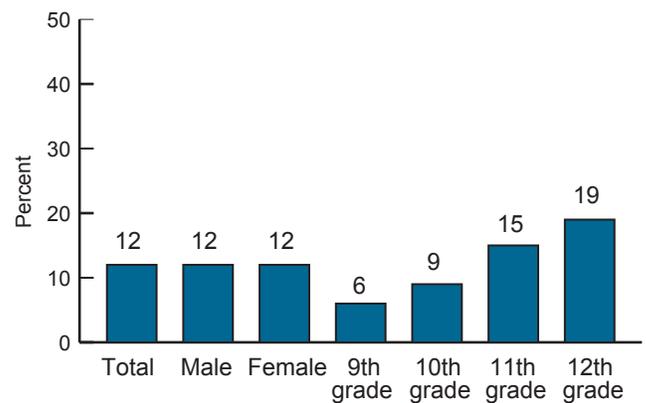


- ◆ *Consistent, correct use of latex condoms by males is highly effective at reducing the risk of HIV/AIDS and other sexually transmitted diseases (STDs).*¹³
- ◆ *HIV and AIDS are currently impacting female adolescents at equal or greater rates than male adolescents.*¹⁴

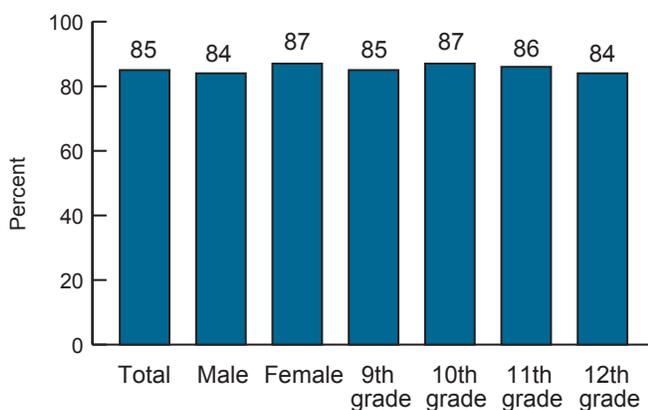
Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to



Percentage of students who have had sexual intercourse with four or more people during their lifetime



Percentage of students who have ever been taught about AIDS or HIV infection in school



How We Compare: Nebraska and the USA

	Nebraska	USA ¹
Ever had sexual intercourse	41%	47%
Had sexual intercourse during the past 3 months	30%	34%
Of students who had sexual intercourse during past 3 mo., percentage that used a condom the last time they had intercourse	62%	63%
Taught about HIV/AIDS in school	85%	88%

References

Many references in this report are available on the Internet. The Internet has much information about adolescent health and the reader is encouraged to look further at references sited. Because websites change from time to time, the date the website was referenced is noted. Often the data available on a website is updated regularly, giving the reader the most up-to-date information available.

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