

---

# State of Nebraska

## 2011 Youth Risk Behavior Survey Results

June 2012

Nebraska Department of Education

Nebraska Department of Health and Human Services

Report Prepared by:

Bureau of Sociological Research

University of Nebraska-Lincoln



*The Youth Risk Behavior Survey is part of the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System, which administers surveys to youth enrolled in Nebraska Schools*

---

# Table of Contents

Executive Summary.....	1
Introduction.....	3
Transportation Safety.....	4
Violence and Bullying.....	8
Mental Health and Suicide.....	11
Tobacco Use.....	14
Alcohol Use.....	17
Drug Use.....	20
Sexual Behaviors and HIV/AIDS.....	23
Body Weight and Weight Loss.....	25
Nutrition.....	28
Physical Activity.....	31
Other Health Topics.....	34
Methodological Overview.....	36
References.....	39
Appendix A: Indicator Table.....	40

# Executive Summary

The eleventh administration of the Nebraska Youth Risk Behavior Survey (YRBS) occurred during the fall of the 2010/2011 academic school year to a random sample of public high school students in Nebraska attending grades 9-12. The 66% overall response rate on the 2011 YRBS allowed the data to be weighted and thus representative of Nebraska high school students for the first time since 2005. The following is a summary of the findings from the Nebraska YRBS.

Overall, the majority of the health topics covered on the YRBS saw improvement since the early 1990s, with several large improvements occurring between 2005 and 2011. This suggests that Nebraska high school students are taking less risk in many of the areas measured than in previous years. Some of the areas showing the greatest improvement included seat belt usage, alcohol impaired driving, physical fighting, suicide consideration, tobacco and alcohol use, and sexual activity (Table 1).

**Table 1. Select Positive Trends among Nebraska High School Students, 1991-2011**

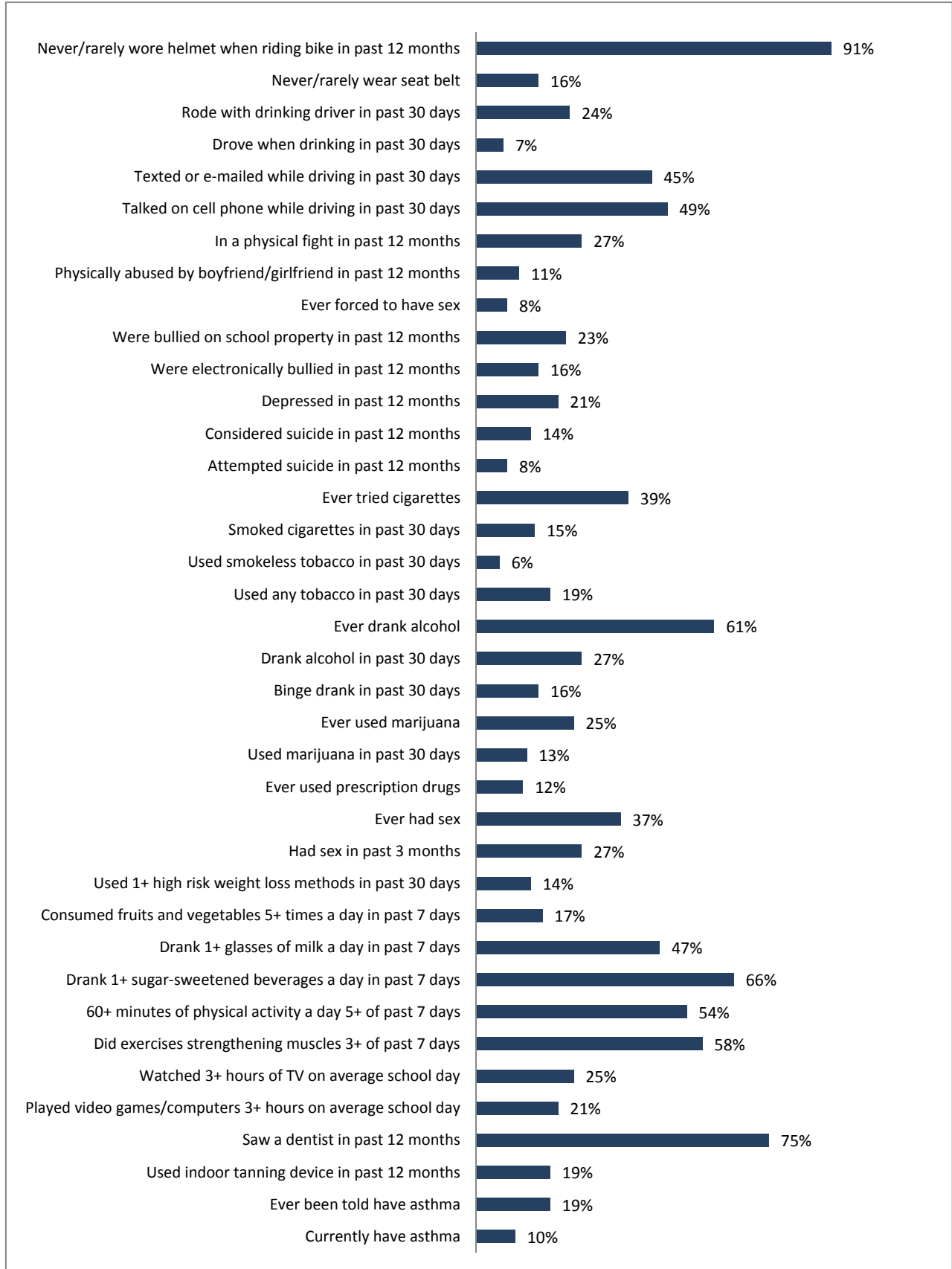
	<u>1991</u>	<u>1993</u>	<u>2003</u>	<u>2005</u>	<u>2011</u>
Never/Rarely Wear Seat Belt	52%	28%	22%	16%	16%
Drove when Drinking Alcohol during the Past 30 Days	23%	23%	21%	17%	7%
In a Physical Fight during the Past 12 Months	42%	35%	30%	29%	27%
Considered Suicide during the Past 12 Months	28%	24%	18%	17%	14%
Smoked Cigarettes during the Past 30 Days	29%	34%	24%	22%	15%
Drank Alcohol during the Past 30 Days	53%	52%	47%	43%	27%
Had Sex during the Past 3 Months	37%	32%	32%	30%	27%

Students in Nebraska compared favorably to students nationally in several areas, including (but not limited to) alcohol, tobacco, and drug use, sexual activity, physical activity, depression, physical fighting, and diagnosed asthma. In contrast, Nebraska compared poorly in seatbelt use, texting while driving, fruit and vegetable consumption, and use of indoor tanning devices.

Male and female students reported similar percentages for many of the health topics covered on the YRBS, including alcohol impaired driving, distracted driving, being bullied on school property, attempting suicide, smoking cigarettes, using alcohol and drugs, sexual activity, and fruit and vegetable consumption. However, males were more likely than females to report not wearing a seat belt, physical fighting, and smokeless tobacco use. Males also reported more physical activity and milk consumption, but in contrast also more sugar-sweetened beverage consumption and video games/computer use not for school. Females, on the other hand, were more likely than males to report having been forced to have sex, being electronically bullied, depression, and suicide consideration.

As grade level increased, students tended to report riskier behavior, including alcohol impaired driving, distracted driving, tobacco, alcohol, and drug use, sexual activity, and use of indoor tanning devices. Participation in preventive behaviors such as physical activity and visiting a dentist tended to decrease as grade level increased.

**Figure 1. Magnitude of Select Health Behaviors among Nebraska High School Students, 2011**



# Introduction

This report summarizes the findings from the 2011 Nebraska Youth Risk Behavior Survey (YRBS). The 2011 YRBS represents the eleventh administration of the survey in Nebraska, which is targeted at public high school students in grades 9-12. However, this is the first administration of the survey under the Nebraska Student Health and Risk Prevention (SHARP) Surveillance System. SHARP consists of the coordinated administration of three school-based student health surveys in Nebraska, including the YRBS, the Youth Tobacco Survey (YTS), and the Nebraska Risk and Protective Factors Student Survey. Under SHARP, all three surveys are administered during the fall of even calendar years. The Nebraska SHARP Surveillance System is administered jointly by the Nebraska Department of Health and Human Services and the Nebraska Department of Education through a contract with the Bureau of Sociological Research at the University of Nebraska-Lincoln. For more information on the SHARP Surveillance System please visit <http://bosr.unl.edu/sharp>.

As a result of the creation of SHARP and its inclusion of the YRBS, the administration schedule for the YRBS shifted from the spring of odd calendar years to the fall of even calendar years. The first ten administrations of the YRBS in Nebraska occurred during the spring of every odd calendar year between 1991 and 2009. The administration of the 2011 YRBS in Nebraska occurred during the fall of 2010. The 2011 administration occurred during the same academic school year as the original administration schedule, but occurred during the first semester of the 2010/2011 academic school year rather than the second; making students slightly younger at the time of survey administration compared to previous administrations. See Methodological Overview for further information.

The Nebraska YRBS is part of the National Youth Risk Behavior Surveillance System managed by the Centers for Disease Control and Prevention (CDC). The YRBS monitors priority health-risk behaviors that contribute to the leading causes of death, disease, injury, and social problems among high school students. The YRBS covers a broad range of topics including unintentional injuries and violence, mental health and suicide, tobacco use, alcohol and drug use, sexual behaviors, weight management, dietary behaviors, and physical activity, among others.

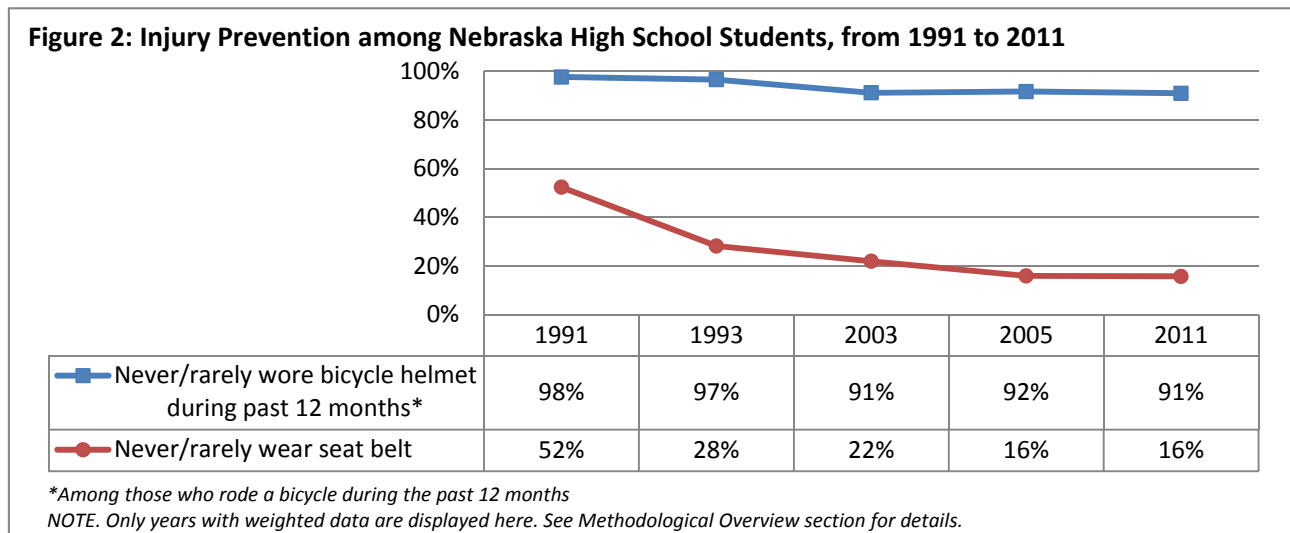
The 2011 Nebraska YRBS data had an overall response rate of 66%. As a result, the data were weighted by the CDC to be representative of public high school students in Nebraska. This was the first time that Nebraska has obtained weighted data since 2005, and only the fifth time since the survey began in 1991. See Methodological Overview for further information on the collection, analysis, and reporting of the 2011 YRBS data.

The YRBS is the only state level source of information for many of the important health behaviors affecting Nebraska high school students. As a result, the data are critically important for local and state health planning, including school-level planning, for securing funding for and evaluating youth prevention programs, and for fulfilling federal reporting requirements, among other uses.

# Transportation Safety

## Injury Prevention

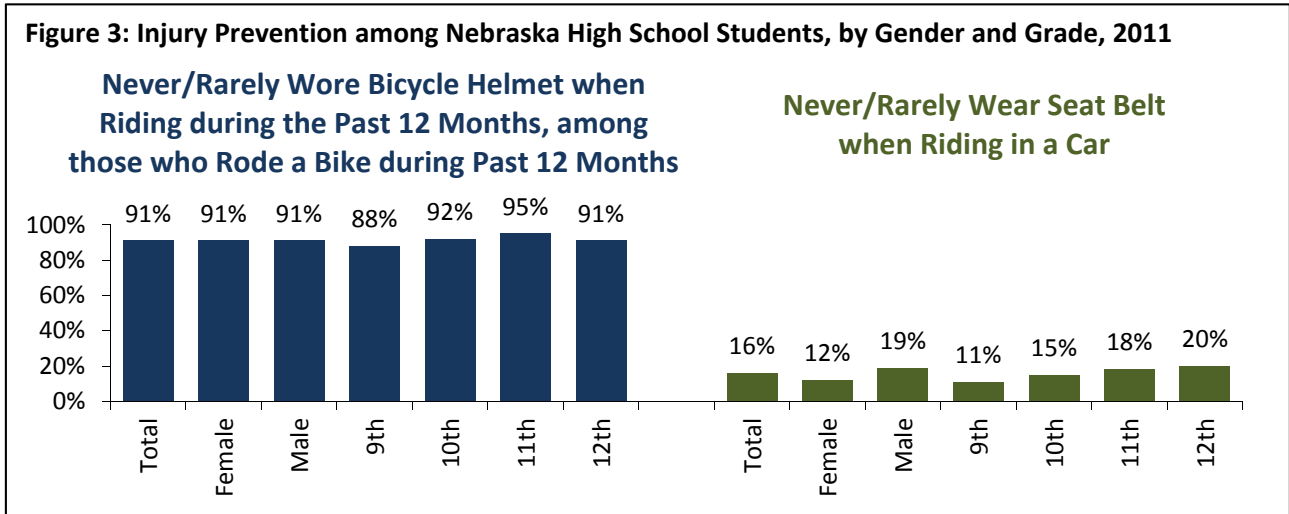
- Bicycle helmet and seat belt use have improved among Nebraska high school students since the early 1990s (Figure 2).
- Among students who rode a bicycle during the past 12 months, the percentage who reported never or rarely wearing a bicycle helmet while riding dropped from 1991 (98%) to 2003 (91%), but has remained stable since 2003.
- The proportion of students who reported never or rarely wearing a seat belt while riding in a car driven by someone else decreased sharply between 1991 and 1993. Slight dips were seen in 2003 and 2005 before leveling off at 16%.



- During 2011, 9 in 10 high school students (91%) who rode a bicycle during the past 12 months reported never or rarely wearing a bicycle helmet while riding while 1 in 6 (16%) reported never or rarely wearing a seat belt (Figure 3).
- Male and female high school students reported the same percentage for never or rarely wearing a bicycle helmet (91%). However, males (19%) were more likely than females (12%) to report never or rarely wearing a seat belt.

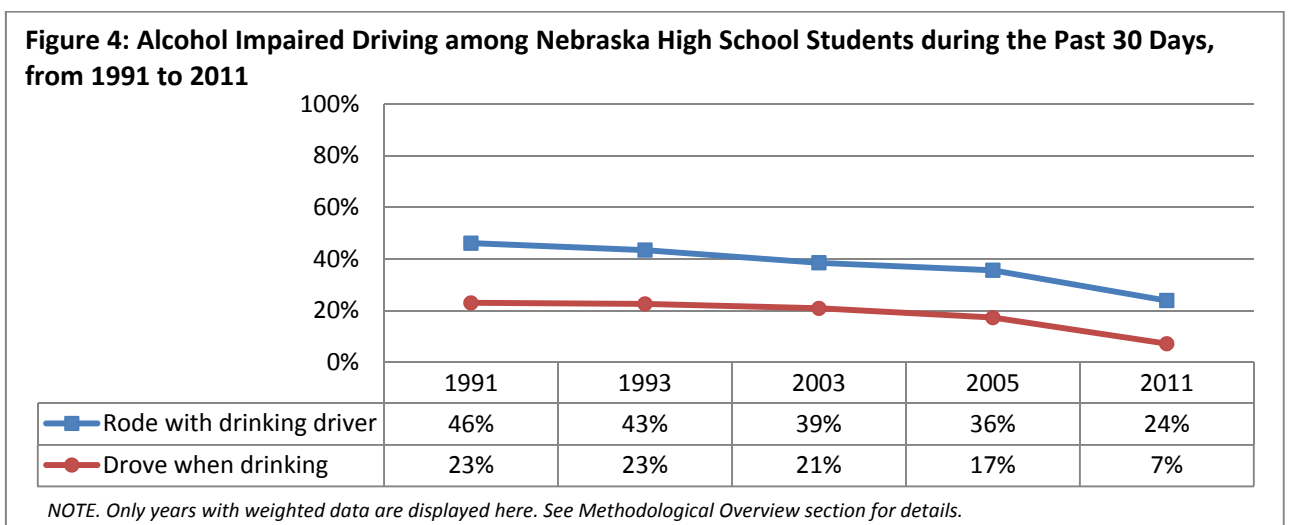
	Nebraska	US
Never/rarely wore bicycle helmet during past 12 months	91%	88%
Never/rarely wear seat belt	16%	8%

- Students in the 9<sup>th</sup> grade were slightly less likely than students in grades 10, 11, and 12 to report never or rarely wearing a bicycle helmet. The percentage of students who reported never or rarely wearing a seat belt increased steadily as grade level increased.



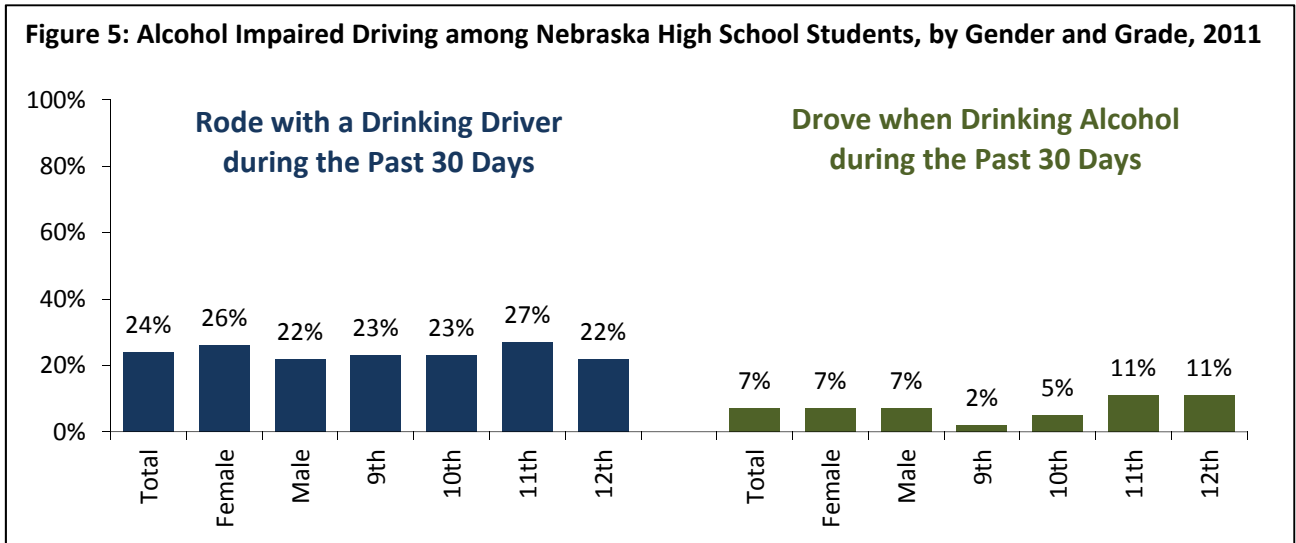
### Alcohol Impaired Driving

- Alcohol impaired driving and riding among high school students decreased considerably since the early 1990s (Figure 4).
- The percentage of high school students who reported riding in a vehicle during the past 30 days driven by someone who had been drinking alcohol dropped nearly in half between 1991 (46%) and 2011 (24%).
- Similarly, the percentage of students who reported driving a vehicle when they had been drinking alcohol during the past 30 days declined from 23% in 1991 to 7% in 2011. While the overall decline since the early 1990s was large, the decline between 2005 and 2011 was quite dramatic, declining from 17% to 7%.



- Though large declines in alcohol impaired driving and riding have occurred in recent years, a fairly large proportion of high school students are still engaging in these behaviors. In 2011, 1 in 4 high school students (24%) reported riding with a drinking driver during the past 30 days while 1 in 14 (7%) reported driving a vehicle when they had been drinking alcohol during the same period (Figure 5).
- Females (26%) had a slightly higher percentage than males (22%) for riding with a drinking driver, but they were equally likely (7%) to report drinking and driving.
- Little difference by grade was seen for riding with a drinking driver during the past 30 days. However, 11<sup>th</sup> and 12<sup>th</sup> grade students were more likely than 9<sup>th</sup> and 10<sup>th</sup> grade students to report drinking and driving during the same period.
- Overall, 1 in 4 (24%) high school students reported either riding with a drinking driver or driving when they had been drinking alcohol during the past 30 days while 6% reported doing both during the same period.

How Nebraska Compares to the Nation		
	Nebraska	US
Rode with a drinking driver during the past 30 days	24%	24%
Drove when drinking during the past 30 days	7%	8%





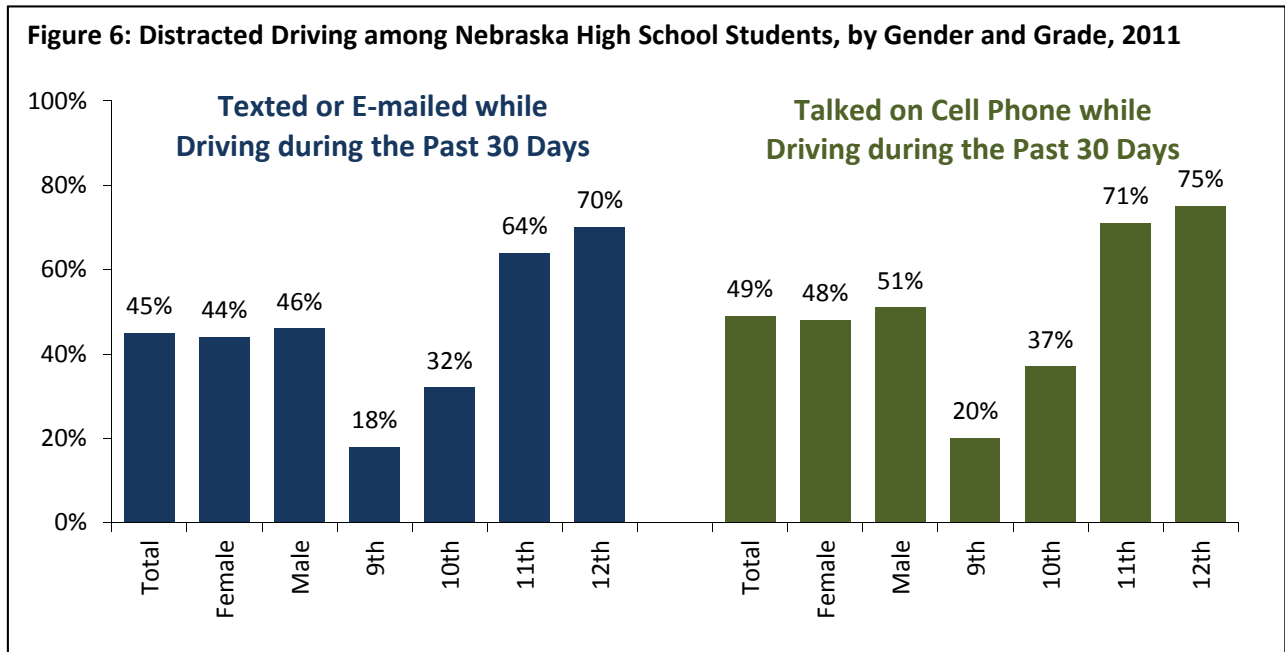
## Distracted Driving

- Trend data for distracted driving is not available as a result of it being added to the YRBS in 2011.
- Nearly half of all high school students (45%) reported texting or e-mailing while driving during the past 30 days while half (49%) reported speaking on a cell phone while driving during the same period in 2011 (Figure 6).
- Male and female students reported roughly the same percentage for texting or e-mailing while driving (46% and 44%, respectively) and for talking on a cell phone while driving (51% and 48%, respectively).
- Eleventh and 12<sup>th</sup> grade students were far more likely than 9<sup>th</sup> and 10<sup>th</sup> grade students to have texted/e-mailed while driving and to have talked on a cell phone while driving during the past 30 days. Three quarters of 12<sup>th</sup> graders (75%) reported talking on a cell phone while driving during the past 30 days while just slightly less (70%) reported texting or e-mailing while driving.
- Over half (54%) of all students reported either texting, e-mailing, or speaking on a cell phone while driving during the past 30 days while 40% reported both.

### How Nebraska Compares to the Nation

	Nebraska	US
Texted/E-mailed while driving during past 30 days	45%	33%

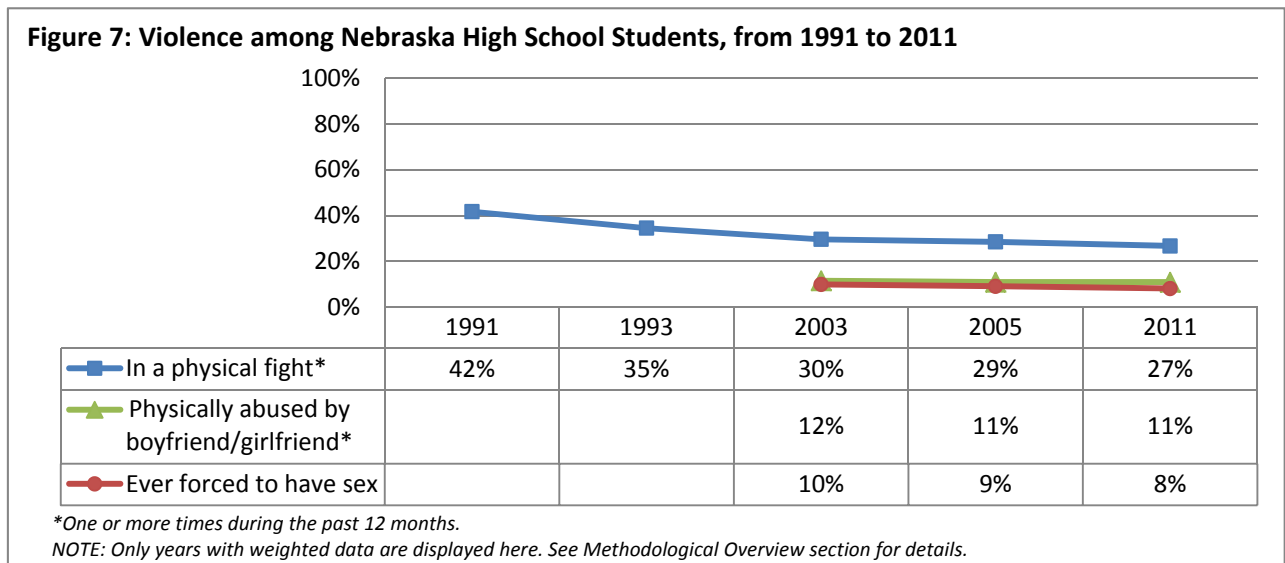
*Note: Cell phone question not asked on national YRBS*



# Violence and Bullying

## Violence

- Nebraska high school students were less likely to experience violence in 2011 than in earlier years (Figure 7).
- The percentage of high school students who reported being in a physical fight one or more times during the past 12 months dropped from 42% in 1991 to 30% in 2003, and gradually declined since 2003.
- Little change occurred between 2003 and 2011 for the percentage of students who reported being hit, slapped, or physically hurt by their boyfriend or girlfriend during the past 12 months as well as the percentage who reported every being forced to have sex.



- During 2011, 1 in 4 high school students (27%) reported being in a physical fight during the past 12 months while 1 in 10 students (11%) reported having been hit, slapped, or physically hurt by their boyfriend or girlfriend during the same period (Figure 8). Nearly 1 in 10 students (8%) reported having been forced to have sex at some point during their lifetime.

How Nebraska Compares to the Nation		
	Nebraska	US
In a physical fight during the past 12 months	27%	33%
Physically abused by boyfriend/girlfriend during the past 12 months	11%	9%
Ever forced to have sex	8%	8%

- Male students (32%) were more likely than female students (21%) to report being in a physical fight during the past 12 month, but they were equally likely (11%) to report being































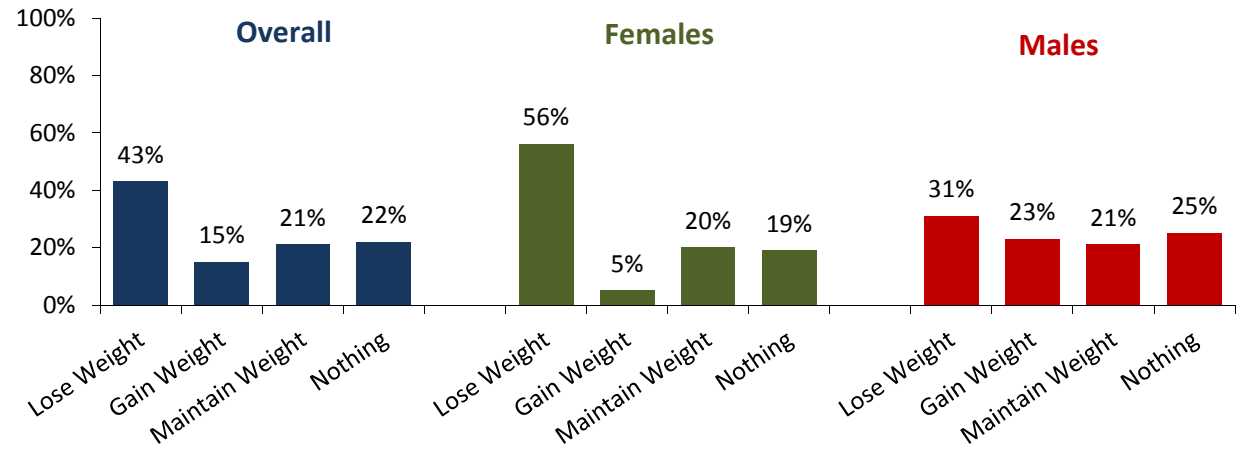








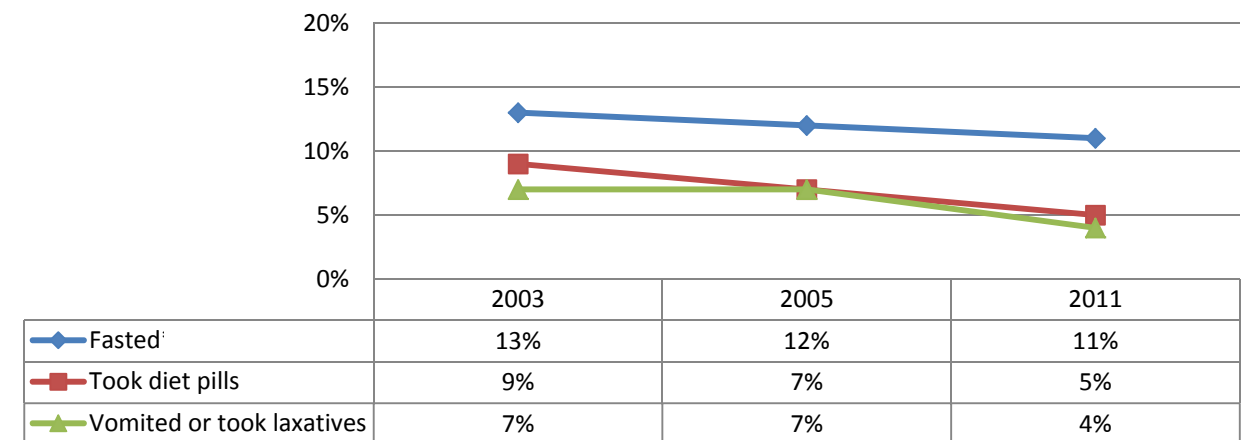
**Figure 28: What Students Are Trying To Do with Their Weight among Nebraska High School Students, by Gender, 2011**



*High Risk Weight Loss Methods*

- The percentage of high school students reporting the use of high-risk methods to lose weight or keep from gaining weight has declined since 2003.
- As shown in Figure 29, the percentage of students reporting that they fasted for 24 hours or more during the past 30 days and the percentage reporting that they took diet pills or supplements without a doctor’s advice during the same period gradually declined from 2003 to 2011. The percentage of students reporting that they vomited or used laxatives during the past 30 days remained constant from 2003 to 2005 before decreasing in 2011.

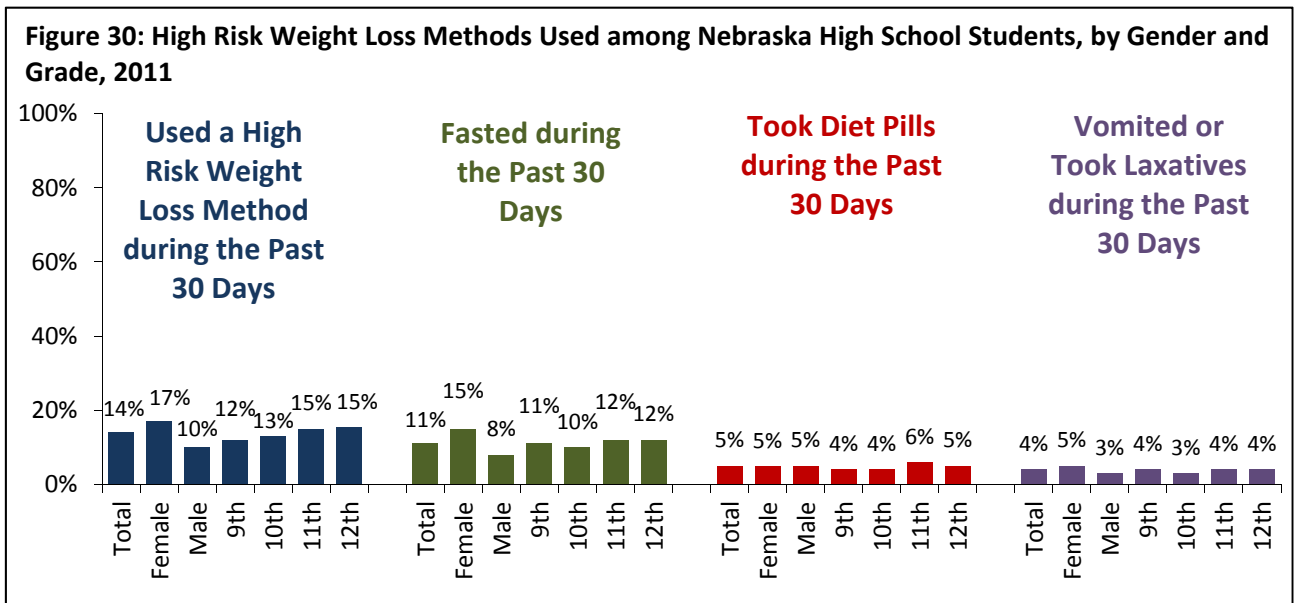
**Figure 29: High Risk Weight Loss Methods used by Nebraska High School Students during the Past 30 Days to Lose Weight or Keep from Gaining Weight, from 2003 to 2011**



*NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.*

- In 2011, nearly 1 in 7 high school students (14%) reported fasting, taking diet supplements, vomiting, or taking laxatives to lose weight or keep from gaining weight during the past 30 days (Figure 30). Over 1 in 10 students reported fasting (11%) while 1 in 20 students reported taking diet pills (5%) and vomiting/laxative use (4%) during this period.
- Female students were somewhat more likely than male students to report using a high risk weight loss method during the past 30 days. Females were nearly twice as likely as males to report fasting during this time while few differences were seen by gender among the other high risk methods.
- Overall, the use of high risk weight loss methods increased only slightly by grade. However, few differences were seen by grade among the individual methods.

	Nebraska	US
Fasted during the past 30 days	11%	12%
Took diet pills during the past 30 days	5%	5%
Vomited or took laxatives during the past 30 days	4%	4%

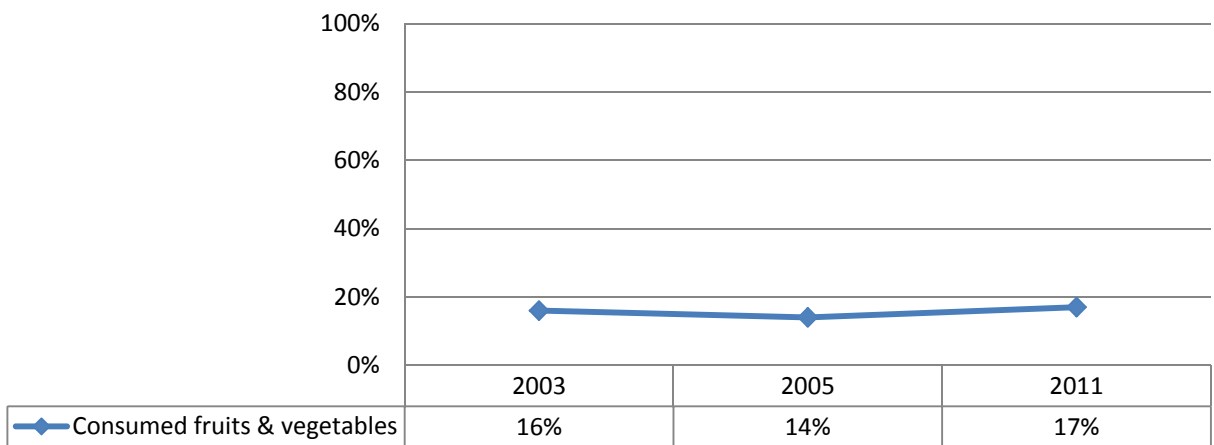


# Nutrition

## Fruit and Vegetable Consumption

- The percentage of Nebraska high school students who reported eating fruits or vegetables five or more times per day during the past seven days changed little between 2003 and 2011 (Figure 31).

**Figure 31: Consumed Fruits and Vegetables 5 or More Times Per Day during the Past 7 Days among Nebraska High School Students, from 2003 to 2011**

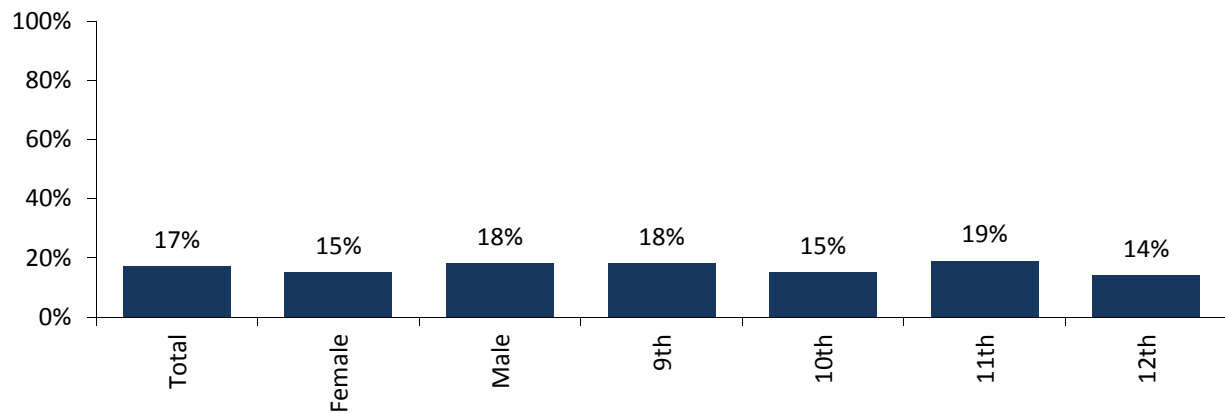


*NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.*

- During 2011, 1 in 6 high school students (17%) reported consuming fruits and vegetables five or more times per day during the past seven days (Figure 32).
- Male students (18%) were slightly more likely than female students (15%) to report eating fruits and vegetables five or more time per day during the past seven days.
- Fruit and vegetable consumption differed little by grade level with no consistent pattern.
- When looking at fruit and vegetable consumption separately, about 1 in 4 high school students (27%) reported eating fruit two or more times per day while just 1 in 8 (12%) reported eating vegetables three or more times per day during the past seven days.

How Nebraska Compares to the Nation		
	Nebraska	US
Consumed fruit two or more times per day	27%	34%
Consumed vegetables three or more times per day	12%	15%

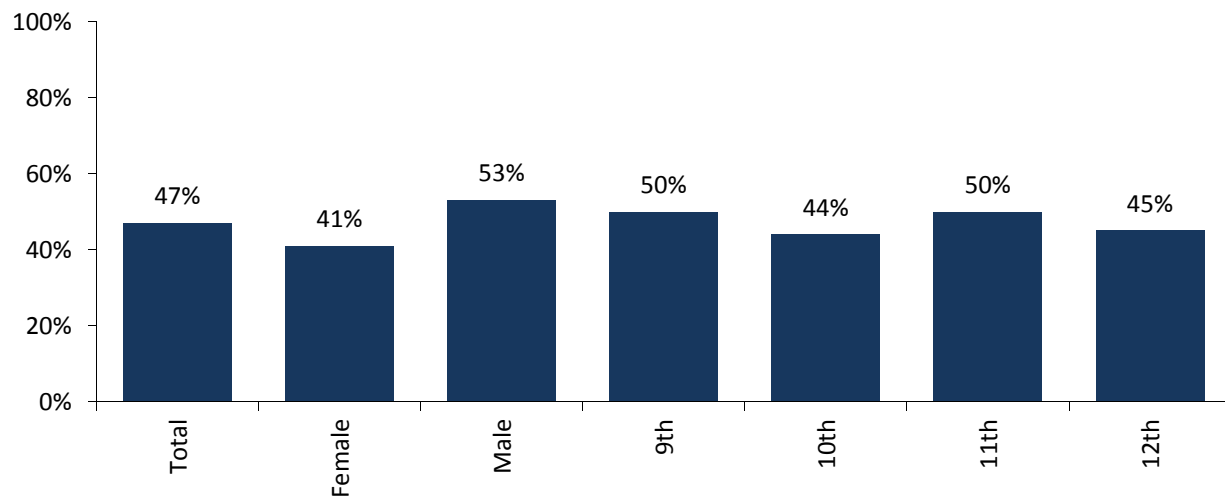
**Figure 32: Consumed Fruits and Vegetables 5 or More Times Per Day during the Past 7 Days among Nebraska High School Students, by Gender and Grade, 2011**



*Beverage Consumption*

- Figure 33 shows that nearly half of all high school students (47%) reported drinking one or more glasses of milk per day during the past seven days.
- Male students (53%) were more likely than female students (41%) to report daily milk consumption, but milk consumption varied little by grade with no clear pattern.

**Figure 33: Drank 1 or more Glasses of Milk Per Day during the Past 7 Days among Nebraska High School Students, by Gender and Grade, 2011**



- The 2011 YRBS asked students how often they drank various sugar-sweetened beverages, including regular (non-diet) soda or pop (such as Coke, Pepsi, or Sprite), full calorie sports drinks (such as Gatorade or PowerAde), and other sugar-sweetened beverages (such as sweet tea or coffee, flavored milk, flavored juice drinks, or energy drinks such as Red Bull).
- Overall, 2 in 3 (66%) high school students reported drinking soda, sport drinks, or other sugar-sweetened beverages an average of one or more times per day during the past seven

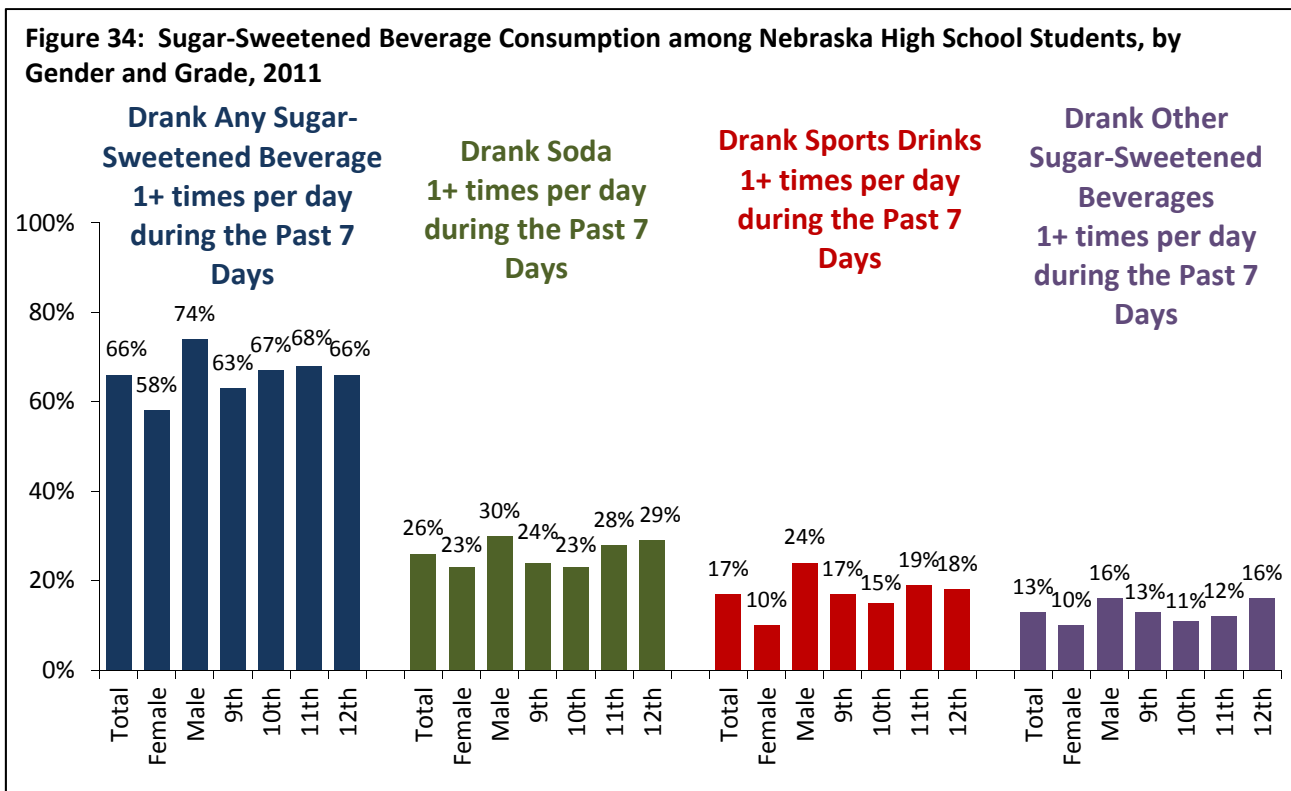
days (Figure 34). About 1 in 4 students (26%) reported drinking soda one or more times per day, 1 in 6 (17%) reported drinking sports drinks one or more times per day, and roughly 1 in 10 (13%) reported drinking some other sugar-sweetened beverage one or more times per day during the past seven days.

- Male students were more likely than female students to report drinking any sugar-sweetened beverages, and were more than twice as likely to report drinking sports drinks one or more times per day during the past seven days (24% and 10%, respectively).

How Nebraska Compares to the Nation		
	Nebraska	US
Drank 1 or more glasses of milk per day*	47%	44%
Drank soda 1 or more times per day*	26%	28%

\*On average during the past 7 days

- Daily consumption of sugar-sweetened beverages during the past seven days did not follow a consistent pattern by grade level.

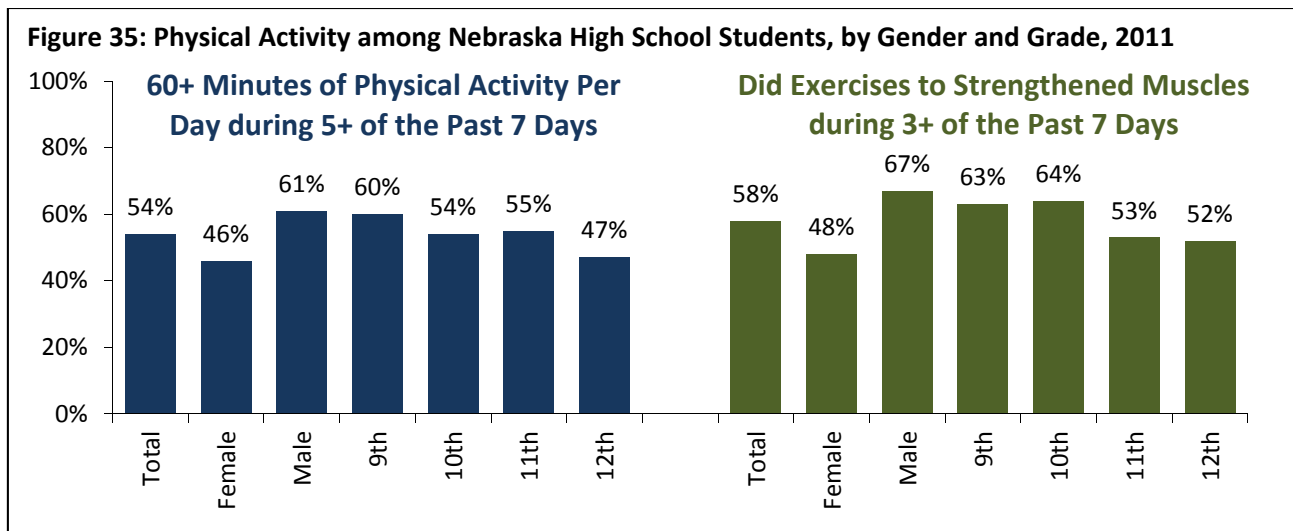




# Physical Activity

## Physical Activity

- According to the 2008 Physical Activity Guidelines for Americans, students should be physically active for 60 minutes or more per day, which should include most of the minutes in aerobic activity and the inclusion of both muscle- and bone-strengthening activities at least three days of the week.<sup>3</sup>
- About half of Nebraska high schools students (54%) in 2011 reported being physically active for 60 or more minutes on five or more of the past seven days. Nearly 3 in 5 (58%) did exercises to strengthen or tone their muscles on three or more of the past seven days.
- Males were more likely than females to report 60 or more minutes of physical activity per day on five or more of the past seven days and to do strengthening exercises (such as push-ups, sit-ups, or weight lifting) on three or more of the past seven days.
- Ninth graders (60%) were more likely than 12<sup>th</sup> graders (47%) to report getting 60 or more minutes of physical activity per day while 9<sup>th</sup> and 10<sup>th</sup> graders were more likely than 11<sup>th</sup> and 12<sup>th</sup> graders to report doing strengthening exercises.



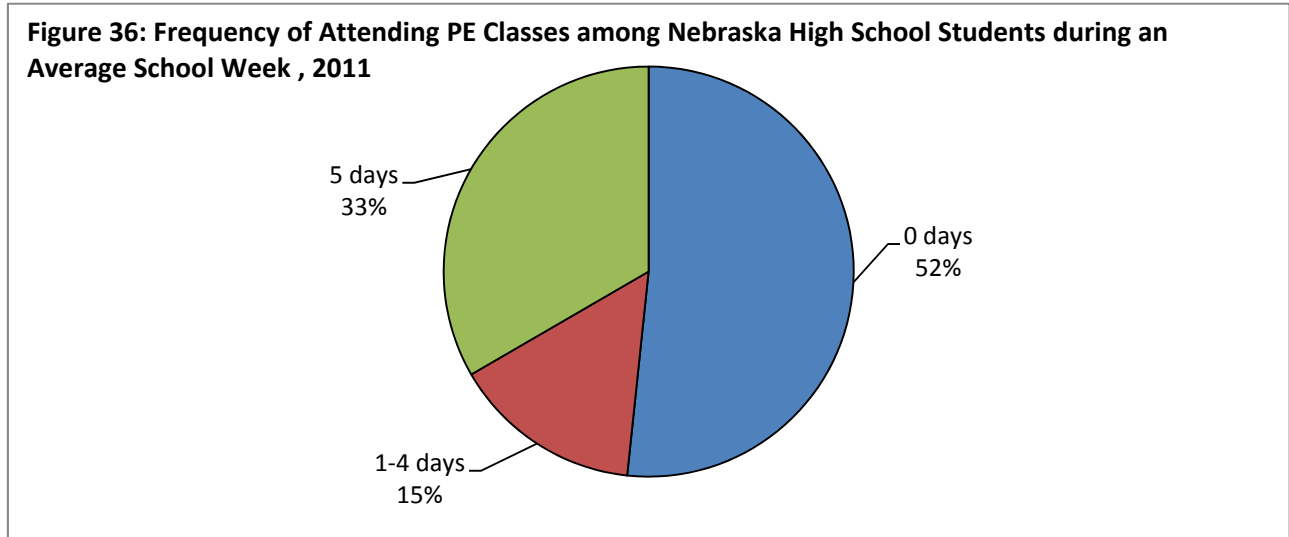
- One in 10 students (10%) reported that they did not get 60 minutes of physical activity on any of the past seven days.

### How Nebraska Compares to the Nation

	Nebraska	US
60 or more minutes of physical activity per day on 5+ of the past 7 days	54%	50%
Strengthening exercises on 3+ of the past 7 days	58%	56%

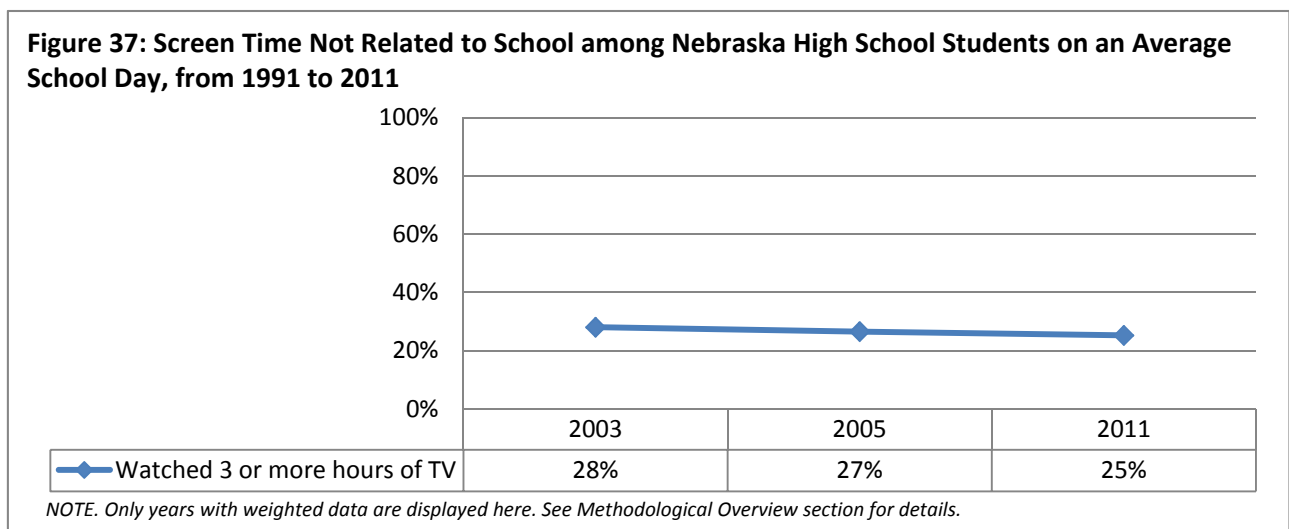
*Physical Education in School*

- As seen in Figure 36, over half of all high school students (52%) did not attend Physical Education (PE) class at all during an average school week. Almost 1 in 7 students (15%) attend PE classes one to four days during an average school week while 1 in 3 (33%) attend PE class daily during an average school week.
- Only about half of all high school students (47%) who attend PE class reported spending 20 or more minutes actually exercising or playing sports during an average PE class.



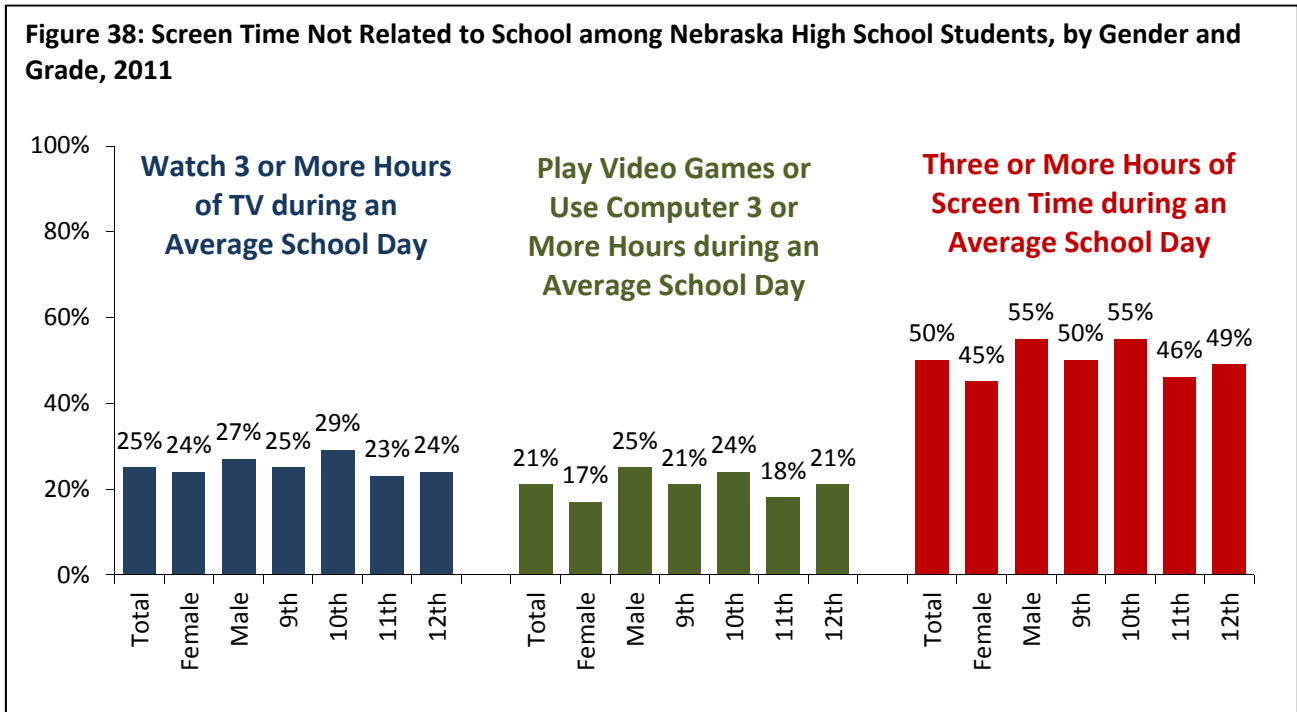
*Screen Time Not Related to School*

- As seen in Figure 37, the percentage of students who reported watching three or more hours of TV per day during an average school day decreased slightly from 28% in 2003 to 25% in 2011.



- During 2011, 1 in 4 high school students (25%) reported watching three or more hours of TV per day during an average school day while 1 in 5 (21%) reported playing video/computer games or using a computer for non-school work for three or more hours during an average school day. Collectively, half (50%) reported watching TV, playing video games, or using the computer for three or more hours per school day (Figure 38).
- Male and female students reported a similar percentage for watching three or more hours of TV during an average school day (27% and 24%, respectively); however, males were more likely than females to play video games or use the computer for non-school work for three or more hours during an average school day (25% and 17%, respectively).
- Tenth graders were the most likely grade to report watching TV and/or playing video games or using the computer for non-school work.

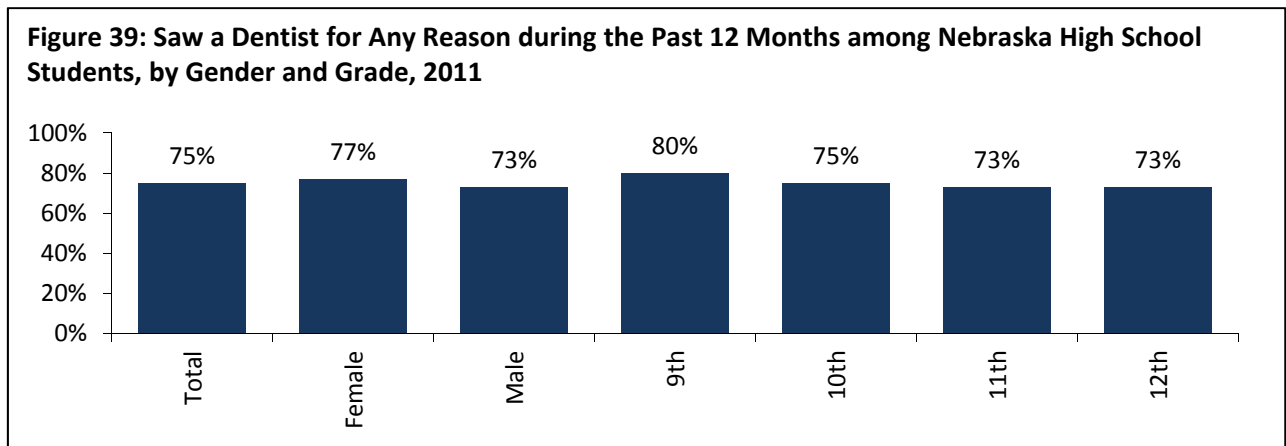
How Nebraska Compares to the Nation		
	Nebraska	US
Watch 3 or more hours of TV on average school day	25%	32%
Played video/computer games 3 or more hours on average school day	21%	31%



# Other Health Topics

## Oral Health

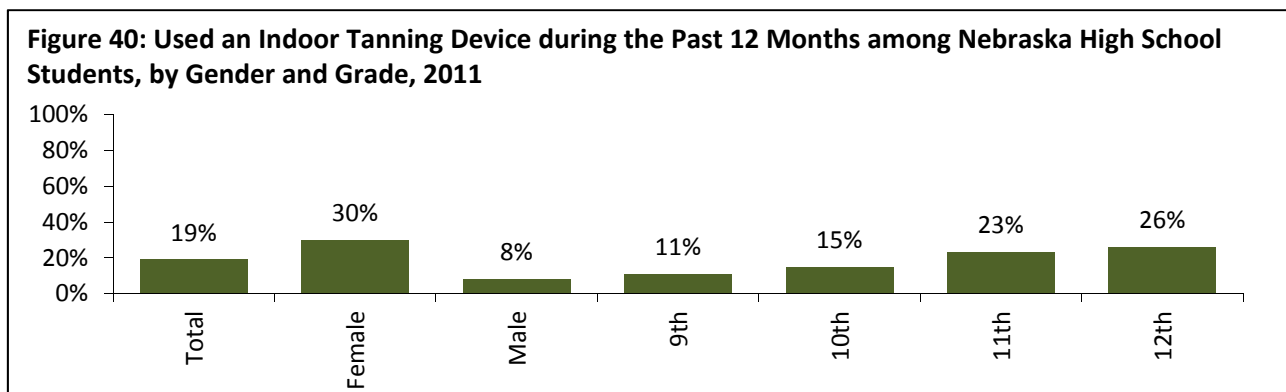
- In 2011, 3 in 4 Nebraska high school students (75%) reported seeing a dentist for a check-up, teeth cleaning, or other dental work during the past 12 months (Figure 39).
- Females (77%) were slightly more likely than males (73%) to report that they saw a dentist during the past 12 months while 9<sup>th</sup> graders (80%) were most likely grade level to report that they saw a dentist.



## Tanning

- Figure 40 shows that 1 in 5 high school students (19%) reported using an indoor tanning device one or more times during the past 12 months.
- Female students (30%) were more likely than male students (8%) to report indoor tanning. Students in 11<sup>th</sup> (23%) and 12<sup>th</sup> (26%) grade were more likely than those in 9<sup>th</sup> (11%) and 10<sup>th</sup> (15%) grade to report using a device.

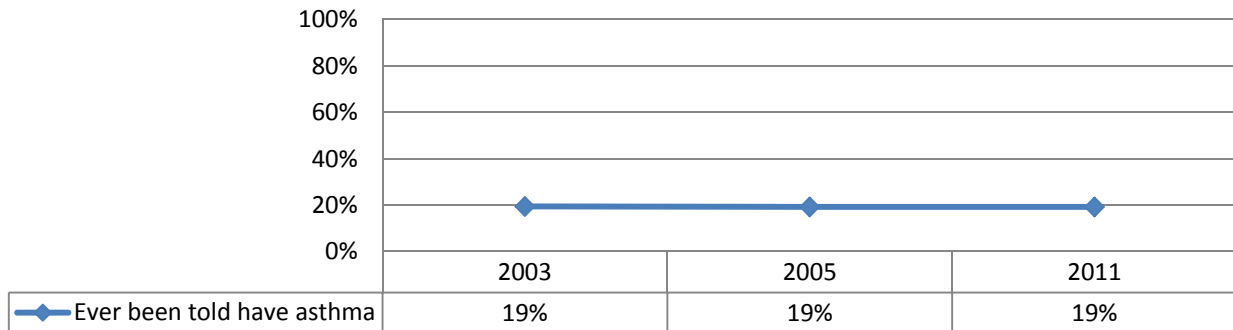
How Nebraska Compares to the Nation		
	Nebraska	US
Used indoor tanning device in past 12 months	19%	13%



## Asthma

- The percentage of high school students reporting that they have ever been told by a doctor or nurse that they have asthma stayed consistent at 19% between 2003 and 2011 (Figure 41). Trend data for currently having asthma is not available as a result of it not being asked during the other years of weighted Nebraska YRBS data.

**Figure 41: Asthma among Nebraska High School Students, from 2003 to 2011**



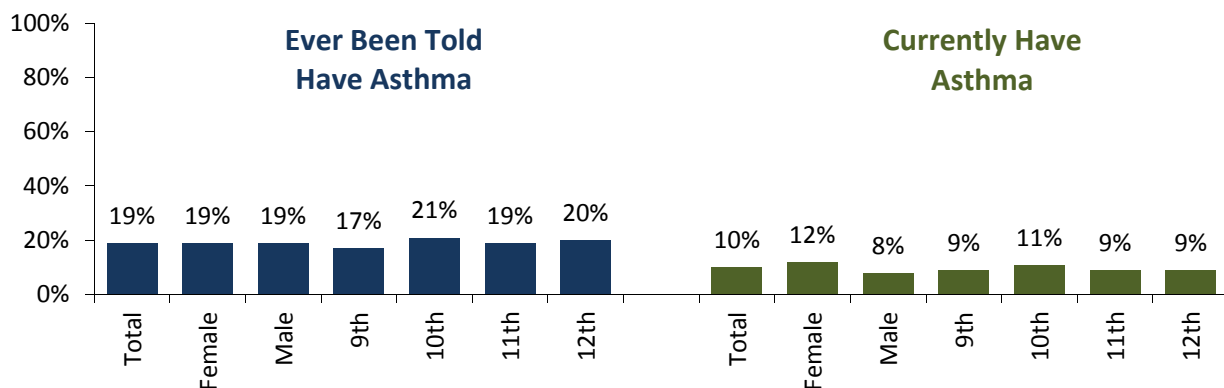
NOTE. Only years with weighted data are displayed here. See Methodological Overview section for details.

- In 2011, 1 in 5 students (19%) reported that they had ever been told they have asthma. However, only 1 in 10 students (10%) reported that they currently had asthma (Figure 42).
- Males and females were equally as likely to report having ever being told that they have asthma (19%), but females (12%) were more likely than males (8%) to report that they still have asthma.
- Little difference by grade was seen for asthma.

### How Nebraska Compares to the Nation

	Nebraska	US
Ever been told have asthma	19%	23%
Currently have asthma	10%	12%

**Figure 42: Asthma among Nebraska High School Students, by Gender and Grade, 2011**



# Methodological Overview

As in previous administrations of the Nebraska YRBS, the CDC drew the 2011 YRBS sample for Nebraska using a two-stage cluster sampling design. In the first stage, a random sample of public high schools was selected with probability proportionate to school enrollment. Schools were then recruited to participate. In the second stage, within each of the participating schools, a random sample of classrooms was selected and all students in those classes were targeted for participation. Under this sampling procedure 82 public schools in Nebraska were randomly selected; however, three were determined to be ineligible and seven chose not to participate. For the 72 participating schools, 282 whole classrooms of students were then selected by either subject (e.g., English, social studies) or class period (e.g., homeroom, second period). The 5,324 students from all selected classrooms were eligible to participate in the survey.

The 2011 Nebraska YRBS was completed by 3,832 students in 72 public high schools. The school response rate was 91% (72 of 79 eligible schools participated) while the student response rate was 72%. The overall response rate was 66%, which was calculated by multiplying the school response rate by the student response rate.

Selected schools were contacted for recruitment. Initial contact was made by the Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln. This contact consisted of email communication with follow-up telephone calls. Schools were also contacted by community stakeholders and encouraged to participate. The group of stakeholders included, but was not limited to, representatives from local health departments, behavioral health regions, community coalitions, and non-profit organizations.

Once a school agreed to participate in the YRBS, the BOSR would work with the school to choose an administration date and would send the school the surveys and instructions for administration. Unless assistance was requested, school staff would coordinate the administration of the survey within each participating school, which consisted of administering the survey to the selected classrooms and returning the completed surveys to the BOSR. Of the 72 participating schools, 69 completed it between mid-September and late November 2010, two completed it in December 2010, and due to extenuating circumstances one did not complete it until mid-January 2011.

School and student participation in the YRBS was voluntary. In addition, the Nebraska YRBS honored the parental consent procedures within participating schools. Though the YRBS does not require active (or informed) consent, some Nebraska schools required active parental consent (parents were required to sign a permission form for their child to participate in the survey) while others used passive consent (parents were informed about the survey and given the opportunity to deny permission). The vast majority of Nebraska schools outside of the Omaha and Lincoln metropolitan areas used passive parental consent while the majority of large school districts

within the Omaha and Lincoln metropolitan areas used active parental consent. Active parental consent schools tend to have lower student response rates as a result of students having to obtain and return signed permission forms.

Student anonymity was protected by using a self-administered format and a scannable answer sheet free of identifiable information beyond basic demographics. To ensure confidentiality of student and school specific results, school specific data are not released to the public.

Once YRBS data collection was complete, the BOSR mailed the completed surveys to the CDC contractor for the YRBS, Westat. Westat then scanned, cleaned, and weighted the Nebraska data before returning it to the Nebraska Department of Education. The 2011 data were weighted to represent all public high school students in Nebraska as a result of having an overall response rate greater than 60%, the level determined by the CDC to be representative. The weights adjusted for student nonresponse and the student distribution of gender, grade, and race/ethnicity.<sup>4</sup> Nebraska YRBS data have only been weighted five times since the survey began in 1991. The weighted years include 1991, 1993, 2003, 2005, and 2011. As a result, data from non-weighted years are not included in this report because they are not representative and not comparable to weighted years.

As a result of the complex sampling methods and weighting used by the YRBS, statistical analysis software capable of properly analyzing these data (e.g., SUDAAN or advanced components of SAS) are recommended for analyzing YRBS data. This allows for the proper calculation of standard errors and subsequently confidence intervals for survey estimates.

The 2011 Nebraska YRBS consisted of 99 questions and was administered by paper and pencil, where students placed their answers onto a bubble answer sheet. Of the 99 questions, 86 were core CDC questions while 13 were state added. The 13 state added questions covered the following topics: distracted driving, alcohol consumption, sugar-sweetened beverage and milk consumption, strengthening exercise, participation in physical education class, oral health care, tanning, and HIV/AIDS education. National data are available for comparison to Nebraska data for core questions, but not for state added questions as they are specific to the Nebraska survey.

The Douglas County Health Department, which includes the city of Omaha, was awarded a federal CDC grant entitled Communities Putting Prevention to Work (CPPW). One requirement of the CPPW grant was that Douglas County had to administer the YRBS to randomly selected high schools within Douglas County. The selected schools had the option to participate in the full version of the YRBS, but were only required to participate in a shortened version (referred to as the CPPW YRBS). The CPPW YRBS consisted only of the CDC core YRBS questions on tobacco use, weight management, nutrition, physical activity, and demographics. Of the 16 schools selected and eligible for the YRBS in Douglas County, 13 chose to participate in the CPPW version and three chose to participate in the full version. The CPPW requirement resulted in the inclusion of Douglas

County schools at a rate higher than experienced in past years. However, the use of the shorter CPPW version resulted in a large amount of missing data for non-CPPW topics.

Differences by race/ethnicity were not presented in this report due to the underrepresentation of minority respondents for some survey topic areas. Topics covered on the CPPW YRBS had sufficient numbers for reporting by some racial/ethnic groups as a result of the participation of Douglas County schools; however, the non-CPPW topic areas underrepresented certain minorities as a result of not having participation from the majority of Douglas County schools.

Historically, the YRBS measured physical activity using two questions, one on vigorous physical activity and one on moderate physical activity. Starting in 2005 the CDC added a new physical activity question measuring participation in at least 60 minutes of aerobic (moderate and vigorous) physical activity in a single question. This was done in response to changes in recommended amounts of physical activity for children. However, the Nebraska and national YRBS retained the historical vigorous and moderate questions in 2005 because they were linked to indicators such as the Healthy People 2010 Objectives, and asked them before the 60 minute question. The historical vigorous and moderate questions were removed from the Nebraska and national YRBS in 2011. According to the CDC the retention and order of these three questions in 2005, and removal of the vigorous and moderate questions in 2011 has had an impact on prevalence rates for the percentage of students reporting that they engage in 60 minutes of physical activity per day. As a result of retaining the historical vigorous and moderate questions and placing them before the 60 minute question students essentially “ran out” of physical activity to report by the time they got to the 60 minute question. Consequently, the prevalence estimates for 60 minutes of physical activity in 2005 were, more than likely, artificially low according to the CDC. Once the vigorous and moderate questions were dropped in 2011 and only the 60 minute physical activity question remained, the prevalence estimates for 60 minutes of physical activity increased significantly. The CDC believes that the increase in 60 minutes of physical activity may be merely a reflection of the number of questions on physical activity and their order in the YRBS questionnaire, and not a reflection of real increases. As a result, trend data for physical activity was not presented in this report.

As noted in the introduction of this report, the 2011 YRBS was administered during the fall semester of the 2010/2011 academic school year rather than the spring semester as it had been during all prior administrations. This resulted in students being slightly younger at the time of survey administration compared to prior surveys. Given the positive association between increasing age and increasing unhealthy and high-risk behavior, the early administration schedule for 2011 likely had some influence (mainly positive) on the 2011 results. The extent of that influence is unknown, but should be considered when comparing 2011 YRBS data to prior survey administrations and when comparing Nebraska to national results (since the national YRBS was administered during the spring of 2010/2011 academic school year).



# References

1. 2011 Nebraska Youth Risk Behavior Survey. <http://bosr.unl.edu/wwwfiles/SHARP/2010NEH%20Questionnaire%20YRBS%20FINAL.pdf>.
2. 2011 National Youth Risk Behavior Survey. [http://www.cdc.gov/healthyyouth/yrbs/pdf/questionnaire/2011\\_xh\\_questionnaire.pdf](http://www.cdc.gov/healthyyouth/yrbs/pdf/questionnaire/2011_xh_questionnaire.pdf).
3. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>.
4. Centers for Disease Control and Prevention. Methodology of the Youth Risk Behavior Surveillance System. *MMWR* 2004; 53(No. RR-12).

# Appendix A: Indicator Table

## *Transportation*

- *Never/rarely wore bicycle helmet:* Among students who rode a bicycle during the past 12 months, the percentage who reported never or rarely wearing a bicycle helmet
- *Never/rarely wore seat belt:* Percentage of students who reported never or rarely wearing a seat belt when riding in a car driven by someone else
- *Rode with drinking driver:* Percentage of students who reported riding one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol
- *Drove when drinking:* Percentage of students who reported driving a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol
- *Rode with a drinking driver or drove while/after drinking themselves:* Percentage of students who reported riding one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol OR driving a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol
- *Rode with a drinking driver and drove while/after drinking themselves:* Percentage of students who reported riding one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol AND driving a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol
- *Texted or e-mailed while driving:* Percentage of students who reported texting or e-mailing while driving a car or other vehicle on one or more of the past 30 days
- *Talked on cell phone while driving:* Percentage of students who reported talking on a cell phone while driving a car or other vehicle on one or more of the past 30 days
- *Texted or e-mailed or talked on a cell phone while driving:* Percentage of students who reported texting or e-mailing while driving a car or other vehicle on one or more of the past 30 days OR talking on a cell phone while driving a car or other vehicle on one or more of the past 30 days
- *Texted or e-mailed and talked on a cell phone while driving:* Percentage of students who reported texting or e-mailing while driving a car or other vehicle on one or more of the past 30 days AND talking on a cell phone while driving a car or other vehicle on one or more of the past 30 days

## *Violence and Bullying*

- *In a physical fight:* Percentage of students who reported that they were in a physical fight one or more times during the past 12 months
- *Physically abused by boyfriend/girlfriend:* Percentage of students who reported that they were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months
- *Ever forced to have sex:* Percentage of students who reported that they had ever been physically forced to have sexual intercourse when they did not want to

- *Bullied at school:* Percentage of students who reported having ever been bullied on school property during the past 12 months
- *Electronically bullied:* Percentage of students who reported having ever been electronically bullied during the past 12 months
- *Bullied on school property or electronically:* Percentage of students who reported having ever been bullied on school property during the past 12 months OR having ever been electronically bullied during the past 12 months
- *Bullied on school property and electronically:* Percentage of students who reported having ever been bullied on school property during the past 12 months AND having ever been electronically bullied during the past 12 months
- *Carried a weapon to school:* Percentage of students who reported carrying a weapon such as a gun, knife, or club on school property on one or more of the past 30 days
- *Missed school because felt unsafe getting to or while at school:* Percentage of students who reported that they did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school
- *Threatened or injured with a weapon at school:* Percentage of students who reported having been threatened or injured with a weapon, such as a gun, knife or club, on school property one or more times during the past 12 months
- *In a physical fight at school:* Percentage of students who reported that they were in a physical fight on school property one or more times during the past 12 months

## *Mental Health and Suicide*

- *Depressed:* Percentage of students who reported feeling 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
- *Considered suicide:* Percentage of students who reported seriously considering attempting suicide during the past 12 months
- *Attempted suicide:* Percentage of students who reported actually attempting suicide one or more times during the past 12 months
- *Bullied at school or electronically:* Percentage of students who reported having ever been bullied on school property during the past 12 months OR having ever been electronically bullied during the past 12 months
- *Made a plan to commit suicide:* Percentage of students who reported making a plan about how they would attempt suicide during the past 12 months
- *Made a suicide attempt resulting in injury, poisoning, overdose:* Percentage of students who reported making a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

## Tobacco Use

- *Ever tried cigarettes:* Percentage of students who reported ever trying cigarette smoking, even one or two puffs
- *Smoked cigarettes during past 30 days:* Percentage of students who reported smoking cigarettes on one or more of the past 30 days
- *Used smokeless tobacco during past 30 days:* Percentage of students who reported using chewing tobacco, snuff, or dip on one or more of the past 30 days
- *Used any tobacco during past 30 days:* Percentage of students who reported smoking cigarettes or cigars or using chewing tobacco, snuff, or dip on one or more of the past 30 days
- *Past 30 day use of cigars, cigarillos, or little cigars:* Percentage of students who reported smoking cigars, cigarillos, or little cigars on one or more of the past 30 days
- *First smoked a whole cigarette before age 13:* Percentage of students who reported smoking a whole cigarette for the first time before age 13 years
- *Tried quitting smoking:* Among past 30 day cigarette users, the percentage who reported ever trying to quit smoking cigarettes during the past 12 months
- *Usual source of cigarettes:* Among past 30 day cigarette users, the reported usual source of cigarettes during the past 30 days

## Alcohol Use

- *Ever drank alcohol:* Percentage of students who reported having had at least one drink of alcohol on one or more days during their life
- *Drank alcohol during past 30 days:* Percentage of students who reported having at least one drink of alcohol on one or more of the past 30 days
- *Binge drank during past 30 days:* Percentage of students who reported having five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days
- *First drink of alcohol before age 13:* Percentage of students who reported having their first drink of alcohol other than a few sips before age 13 years
- *The type of alcohol that students usually drank when drinking:* Among past 30 day alcohol users, the reported usual type of alcohol consumed during the past 30 days
- *How students usually got their alcohol:* Among past 30 day alcohol users, the reported usual source of alcohol during the past 30 days
- *Where students usually consumed their alcohol:* Among past 30 day alcohol users, the reported usual place where alcohol was consumed during the past 30 days

## Drug Use

- *Ever used marijuana:* Percentage of students who reported using marijuana one or more times during their life
- *Used marijuana during past 30 days:* Percentage of students who reported using marijuana one or more times during the past 30 days

- *First used marijuana before age 13:* Percentage of students who reported trying marijuana for the first time before age 13 years
- *Ever used prescription drugs:* Percentage of students who reported taking a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life
- *Ever used cocaine/crack:* Percentage of students who reported using any form of cocaine, including powder, crack, or freebase one or more times during their life
- *Ever used inhalants:* Percentage of students who reported sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high one or more times during their life
- *Ever used heroin:* Percentage of students who reported using heroin one or more times during their life
- *Ever used meth:* Percentage of students who reported using methamphetamines one or more times during their life
- *Ever used ecstasy:* Percentage of students who reported using ecstasy one or more times during their life
- *Ever used steroids:* Percentage of students who reported taking steroid pills or shots without a doctor's prescription one or more times during their life

## *Sexual Activity*

- *Ever had sex:* Percentage of students who reported ever having sexual intercourse
- *Had sex during past 3 months:* Percentage of students who reported having sexual intercourse with one or more people during the past three months
- *First had sex before age 13:* Percentage of students who reported having sexual intercourse for the first time before age 13 years
- *Had sex with four or more people:* Percentage of students who reported having sexual intercourse with four or more people during their life
- *Used drugs or alcohol prior to last sexual intercourse:* Among students who had sexual intercourse during the past three months, the percentage who reported drinking alcohol or using drugs before last sexual intercourse
- *Used a condom:* Among students who had sexual intercourse during the past three months, the percentage who reported using a condom during the last sexual intercourse
- *Type of birth control used the last time had sex:* Among students who had sexual intercourse during the past three months, the reported method to prevent pregnancy used during the last sexual intercourse
- *Taught about AIDS/HIV in school:* Percentage of students who reported ever being taught in school about AIDS or HIV infection
- *Talked about AIDS/HIV with their family:* Percentage of students who reported ever talking about AIDS/HIV infection with their parents or other adults in their family

## *Body Weight and Weight Loss*

- *How students described their weight:* Percentage of students that described their weight as very underweight, slightly underweight, about the right weight, slightly overweight, or very overweight
- *What students are trying to do with their weight:* Percentage of students who reported that they were trying to lose weight, gain weight, maintain weight, or not trying to do anything about their weight
- *Fasted:* Percentage of students who reported going without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days
- *Took diet pills:* Percentage of students who reported taking any diet pills or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days
- *Vomited or took laxatives:* Percentage of students who reported that they vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days
- *High risk weight loss:* Among students that are currently trying to lose weight, percentage of students who reported using one or more high-risk weight loss methods, including fasting, taking diet pills or supplements without a doctor's advice, and vomiting or using laxatives, during the past 30 days

## *Nutrition*

- *Consumed fruits and vegetables:* Percentage of students who reported eating fruits and vegetables five or more times per day during the past seven days
- *Fruit 2+ times/day:* Percentage of students who reported eating fruits two or more times per day during the past seven days
- *Vegetables 3+ times/day:* Percentage of students who reported eating vegetables three or more times per day during the past seven days
- *Both fruits 2+ times/day and vegetables 3+ times/day:* Percentage of students who reported eating fruits two or more times per day and eating vegetables three or more times per day during the past seven days
- *Consumed 1 or more glasses of milk per day:* Percentage of students who reported consuming one or more glasses of milk per day during the past seven days
- *Any sugar-sweetened beverage 1+ per day:* Percentage of students who reported drinking a can, bottle, or glass of soda or pop, sports drink, or other sugar-sweetened beverage one or more times per day during the past seven days
- *Soda 1+ per day:* Percentage of students who reported drinking a can, bottle, or glass of soda or pop one or more times per day during the past seven days
- *Sports drinks 1+ per day:* Percentage of students who reported drinking a can, bottle, or glass of sports drink, such as Gatorade or PowerAde, one or more times per day during the past seven days
- *Other sugar-sweetened beverages 1+ per day:* Percentage of students who reported drinking a can, bottle, or glass of a sugar-sweetened beverage, such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, Sunny Delight, or energy drinks such as Red Bull, one or more times per day during the past seven days

## *Physical Activity*

- *60+ minutes of physical activity per day during 5+ of the past 7 days:* Percentage of students who reported being physically active for a total of at least 60 minutes per day on five or more of the past seven days
- *Did exercise to strengthen muscles during 3+ of the past 7 days:* Percentage of students who reported doing exercises to strengthen or tone their muscles, such as push-ups, sit-ups, or weight lifting, on three or more of the past seven days
- *Did not get 60 minutes of physical activity:* Percentage of students who reported being physically active for a total of at least 60 minutes per day on zero of the past seven days
- *Frequency of attending Physical Education (PE) classes:* The reported number of days students go to physical education (PE) classes during an average school week
- *Spent 20 or more minutes actually exercising or playing sports during an average PE class:* Percentage of students who reported spending more than 20 minutes actually exercising or playing sports during an average physical education (PE) class
- *Watched 3 or more hours of TV on average school day:* Percentage of students who reported watching three or more hours per day of TV on an average school day
- *Played video games 3 or more hours:* Percentage of students who reported playing video or computer games or used a computer for something that was not school work three or more hours per day on an average school day
- *Watched TV or played video games 3 or more hours:* Percentage of students who reported watching three or more hours per day of TV on average school day OR playing video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

## *Other Health Topics*

- *Saw a dentist:* Percentage of students who reported last seeing a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months
- *Used an indoor tanning device 1 or more times:* Percentage of students who reported using an indoor tanning device such as a sunlamp, sun bed, or tanning booth one or more times during the past 12 months
- *Ever been told have asthma:* Percentage of students who reported ever have being told by a doctor or nurse that they had asthma
- *Currently had asthma:* Percentage of students who reported being told by a doctor or nurse that they had asthma and who still have asthma