

2013 Youth Risk Behavior Survey - Grades 6, 8, 10 & 12 Arlington

Percent of Arlington Youth (Grades 6, 8, 10 & 12) - YRBS Data for 2013

<i>Individual Characteristics - Race/Ethnicity</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
American Indian	4	8	7	6
African-American	17	17	16	19
Asian	14	13	15	16
Pacific Islander	3	4	3	3
White	60	57	57	52
Latino ethnicity	26	32	29	32
Male*	55	43	48	47
Female*	45	53	49	52

<i>Family, School and Community</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Lives with both parents	74	64	63	60
Mother graduated from college	53	56	62	52
Mostly A's and B's in school	84	75	80	74
Does at least 1 hour of homework per night	46	58	68	54
Willing to discuss serious issues with parents	82	54	55	50
Willing to discuss serious issues with other adults	66	47	50	55
Knows well three or more adult role models	64	80	80	88
Knows well three or more adults who do things that are wrong or dangerous	7	10	17	17
Agree, in my town I matter to people	49	40	39	43
Agree, in my town adults listen to me	48	37	38	38

<i>Physical and Mental Health</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
In poor or fair health	6	9	8	8
Did not have physical in past year	34	30	21	31
Did not have a physical in Past Year, % of Students in Poor/Fair Health	61	56	39	49
Sleeps less than 8 hours on school nights	24	55	69	78
Felt sad or hopeless for 2+weeks in past year	15	19	26	29
Suicide attempt, past year	3	6	5	5
Suicide attempt resulted in medical treatment, past year	1	1	1	1

Note: From the YRBS Survey for Grade 6 and for Grades 8, 10, & 12, the questions on race/ethnicity were changed to have a separate question for Latino ethnicity and to permit multiple responses for race to correspond to state and federal changes in demographic coding.

*In the YRBS 2013 Survey for Grades 8, 10, & 12, the response options for the question on gender identity included: Female; Male; Transgender, male-to-female; Transgender, female-to-male; Transgender, do not identify as exclusively male or female; and Not Sure.

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<i>Safety</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Never or rarely wears helmet while riding a bike	28	30	32	30
Never or rarely wear seatbelt	4	9	6	4
Rode with a drinking driver, past 30 days	13	16	20	22
Has met strangers online	33	49	54	50
Had a scary/uncomfortable online experience	21	26	27	22
Rarely/never use sunscreen (SPF 15 or higher) when outside for more than one hour on a sunny day	39	58	66	69

<i>Victim of Bullying</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Victim of bullying, past year	26	27	19	14
Victim of bullying at school, past year	23	23	16	11
Victim of cyberbullying, past year	10	14	11	11
Agree, bullying is a serious problem at school	30	28	24	20
Agree, bullying is a serious problem in the neighborhood	13	12	7	8
Agree, adults try to help if told about bullying	76	61	64	71
Agree, adults think bullying is a small problem	18	19	19	28

<i>Violence and Weapons</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Carried a weapon, past month	5	12	7	8
Missed school due to safety concerns, past month	4	7	4	2
Threatened/injured with a weapon at school, past year	5	6	4	1
Victim of property crime at school, past year	19	24	22	16
In a physical fight, past year	25	24	18	13
In a physical fight and had to be treated by doctor or nurse, past year	4	5	2	2
In a physical fight at school, past year	13	12	9	5

<i>Gangs</i>				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Member of gang, past year	3	9	7	3
Friend(s) in a gang, past year	8	13	12	9
Gang members in neighborhood or school	15	17	16	15
Agree, safer in a gang	4	9	7	3
Agree, more likely to get hurt or get into trouble in a gang	78	65	72	76
Ever approached to join a gang	4	11	8	8

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Tobacco Use				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Ever tried smoking	3	13	23	43
Smoked a cigarette before age 13	1	5	5	6
Used cigarettes, past 30 days	0	5	7	19
Moderate or great risk of harm from 1 ⁺ pack daily	84	78	80	86
Parents disapprove of teen smoking	99	97	97	93
Access, I got them myself	<1	1	3	11
Access, someone else got/gave them to me	<1	2	4	8

Alcohol Use				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Ever drank alcohol	7	22	48	71
Drank alcohol before age 13	7	16	10	9
Drank alcohol, past 30 days	2	8	22	43
Agree, most/all young people my age use alcohol	<1	2	25	51
Agree, alcohol is easy to get	14	27	53	59
Moderate or great risk of harm from 1-2 drinks daily	77	70	73	67
Moderate or great risk of harm from consuming 5+ drinks within 2 hours	86	81	83	82
Parents disapprove of teen drinking	98	95	90	85
Access, I got it myself	1	2	5	9
Access, someone else got/gave it to me	1	2	13	27

Marijuana Use				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Ever used marijuana	1	9	27	47
Used marijuana before age 13	1	5	3	5
Used marijuana, past 30 days	1	4	12	22
Risk of harm from regular marijuana use	85	70	53	41
Parents disapprove of teen marijuana use	99	96	92	89
Ever used cigarettes, alcohol or marijuana	8	27	54	75

Other Drug Use				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Ever used inhalants	7	8	5	6
Used inhalants before age 13	7	5	2	4
Used inhalants, past 30 days	2	4	1	1
Ever used Steroids	2	3	4	2
Ever used prescription drugs without a doctor's prescription	1	6	10	15
Ever used over-the-counter drugs to get high	2	8	17	18
Was offered or sold drugs at school, past year	3	6	7	13
Ever used any* illegal drug	8	13	29	50
Ever used other** illegal drugs	1	na	na	na

*Includes marijuana, inhalants, or any other illegal drugs.

** Other than marijuana or inhalants

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Body Weight				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Describes self as overweight	20	26	27	33
Trying to lose weight	35	44	43	50
Obese based on Body Mass Index (BMI)	8	7	8	10
At-risk for obesity based on BMI	14	16	15	16
Use of Healthy Weight Loss Methods				
Exercise	55	56	60	60
Reduce calories and/or fat	34	36	40	48
Use of Unhealthy Weight Loss Methods				
Fasting	7	10	8	8
Diet pills or liquids without physician's advice	2	4	5	6
Vomiting or misuse of laxatives	3	6	5	6
Any unhealthy weight loss method	7	12	12	13

Food and Nutrition				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Less than 1 serving of 100% Fruit Juice per day, past week	66	74	73	77
No fruit, past week	4	9	9	7
Less than 1 daily serving of fruit, past week	31	45	46	49
5+ servings of Fruits or Vegetables, past week	47	36	42	33
Drank no milk, past week	12	15	17	21
Fewer than 3 daily glasses of milk, past week	78	81	82	90
2+ daily servings of soda, past week	6	10	8	8
Had breakfast on fewer than 5 days, past week	14	32	37	44
Had breakfast 7 days, past week	73	54	47	41

Exercise and Activities				
YRBS Question Description	Grade 6	Grade 8	Grade 10	Grade 12
Physically active 1+ hours per day on fewer than 5 days past week	34	47	52	66
Physically active 60 minutes, 7 days past week	35	24	25	17
Strength and toning exercise, 4+ times past week	56	42	41	31
Did not play on any sports teams, past year	23	31	36	51
Physically active outside 1+ hours per school day	61	49	54	43
Physically active outside 60 minutes, 7 days past week	31	19	20	14
Watching TV 3+ hours per school day	19	23	23	23
Playing computer or video games 3+ hours per school day	12	24	25	27
Using electronic devices 3+ hours per school day	20	71	77	84
Total screen time 3+ hours per school day	41	53	52	71