

2005 Pinellas (Steps Intervention Area)

YOUTH RISK BEHAVIOR SURVEY

The YRBS is one component of the Youth Risk Behavior Surveillance System (YRBSS) developed by the Centers for Disease Control and Prevention in collaboration with representatives from state and local departments of education and health, other federal agencies, and national education and health organizations. The Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the Centers for Disease Control and Prevention to monitor health-risk behaviors of the nation's high school students. The Youth Risk Behavior Surveillance System was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time.

Students completed a self-administered, anonymous, 40-item questionnaire. This report contains findings from the 2005 YRBS in the following categories: Tobacco use; Body weight; Dietary behaviors (Nutrition); Physical activity; Asthma and Diabetes. The YRBS also measures self-reported height and weight to allow calculation of body mass index.

Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

The Youth Risk Behavior Survey (YRBS) was completed by 836 students in all 7 Steps intervention area public high schools in Pinellas County - FL during the spring of 2005. The school response rate was 100%, the student response rate was 83%, and the overall response rate was 83%. The results are representative of all students in grades 9-12.

Demographic information is as shown in table 1.

Table 1

Gender	Percentage	Grade	Percentage	Race	Percentage
Male	50.6	9 th	34.2	Black	27.8
Female	49.4	10 th	28	Hispanic/Latino	6.9
		11 th	22.2	White	59.5
		12 th	15.5	All other races	3.7
		Other	0.2	Multiple races	2.1

TOBACCO

- 44% of the students reported ever trying cigarette smoking.

Highlights

- 12% of the students reported smoking a whole cigarette for the first time before the age of 13.
- 13% of the students reported smoking a cigarette in the past 30 days.
- 3% of the students reported smoking a cigarette on school property in the past 30 days.

Male and female students reported similar tobacco use. The exception was that males were more likely to have smoked a cigarette prior to age 13.

Table 2

	Males	Females
Ever tried smoking a cigarette	44%	44%
Smoked cigarette prior to age 13	15%	10%
Smoked cigarette past 30 days	13%	12%
Smoked cigarettes daily	8%	7%

BODY WEIGHT

Highlights

- 11% of the students are overweight.
- 17% of the students are “at risk” for becoming overweight.
- 28% of the students described themselves as slightly or very overweight.
- 42% of the students are trying to lose weight.
- 57% of the students exercised to lose weight or to keep from gaining weight during the past 30 days.

NUTRITION

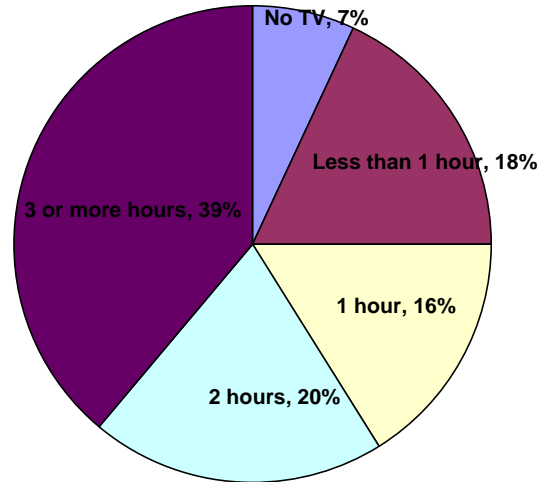
Highlights

- 18% of the students ate 5 or more servings per day of fruits and vegetables during the past 7 days.

PHYSICAL ACTIVITY

Highlights

- 27% of the students were physically active for a total of 60 minutes or more per day on 5 or more of the past 7 days.
- 56% of the students exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on 3 or more of the past 7 days.
- 30% of the students exercised or participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more on 5 or more of the past 7 days.
- 39% of the students watched 3 or more hours per day of TV on an average school day.



Number of hours of TV watched on an average school day

Male and female students’ perception varied considerably when it came to body image, eating habits, and physical activity

Table 3

	Males	Females
Overweight (BMI ≥ 95%)	11%	10%
Describe themselves as overweight	24%	32%
Trying to lose weight	28%	57%
Exercised to lose weight or to keep from gaining weight	49%	65%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	25%	45%
Physically active 60 or more minutes/day on 5 or more days of the past 7 days	35%	19%

ASTHMA

- 18% of the students had been told by a doctor or nurse that they had asthma.
- 3% of the students had been told by a doctor or nurse that they had diabetes.

DIABETES

Behaviors in Need of Improvement

Tobacco

- ❖ Ever tried smoking cigarettes
- ❖ Smoked a cigarette before age 13
- ❖ Smoked a cigarette in the past 30 days

Body Weight and Nutrition

- ❖ Overweight
- ❖ Eating 5 A Day

Physical activity

- ❖ Physical activity for at least 60 minutes per day
- ❖ Number of hours of TV watched on a school day