



San Diego Unified School District 2009 Youth Risk Behavior Survey Executive Summary Grades 9 – 12

SDUSD HIV Prevention Program has had a cooperative agreement with the Centers for Disease Control and Prevention (CDC) since 1990. The CDC provides funding for HIV prevention education and for the Youth Risk Behavior Survey (YRBS).

The YRBS was developed by the CDC to monitor priority health risk behaviors that lead to morbidity and mortality for youth. Since 1991, the survey has been administered nationally every two years. San Diego is one of the local and state education agencies that have received weighted data for all 10 surveys.

This report summarizes San Diego's 2009 Youth Risk Behavior Survey results. For selected risk behaviors, local trends from 1999 to 2009 are presented along with the 2009 national results. The Executive Summary and the complete YRBS report are available at www.sandi.net/depts/sex_ed.



**Sex Education and HIV Prevention Program
Physical Education, Health and Athletics Department
Funded by:
Centers for Disease Control and Prevention
Division of Adolescent School Health**

San Diego Unified School District

We would like to thank the high school students who completed the 2009 Youth Risk Behavior Survey. SDUSD had a 100% school response rate and a 90% student response rate.

We appreciate the efforts of the high school principals, vice principals and teachers who facilitated the administration of the survey. A special thanks to San Diego parents for allowing their children to participate in this important survey.

The following high schools participated in the 2009 YRBS:

Clairemont	Lincoln	SCPA
Crawford Complex	Madison	San Diego Complex
Garfield	Mira Mesa	Scripps Ranch
Henry	Mission Bay	Serra
Hoover	Morse	Twain
Kearny Complex	Muir	University City
La Jolla	Pt. Loma	

Superintendent: Bill Kowba

Board of Education Members: Richard Barrera, President
John Lee Evans, Vice-President
John de Beck
Shelia Jackson
Katherine Nakamura

For further information contact:

Bruce Ward, Director
Physical Education, Health and Athletics Department

Marge Kleinsmith, YRBS Coordinator
Resource Teacher, HIV Prevention and Sex Education

Maggie Silva
Resource Teacher, HIV Prevention and Sex Education

San Diego Unified School District
4100 Normal St., Rm. 2155
San Diego, CA 92103
www.sandi.net/depts/sex_ed

2009 Youth Risk Behavior Survey Results San Diego Unified School District

The Youth Risk Behavior Survey (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 YRBS was designed to focus the nation on behaviors related to the leading causes of mortality and morbidity among youth and young adults and to assess how these risk behaviors change over time.

The priority health-risk behaviors fall into the following six categories:

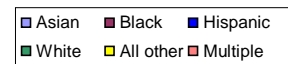
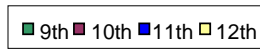
- Behaviors that result in unintentional injury and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, sexually transmitted diseases, and unintended pregnancies
- Dietary behaviors
- Physical activity

San Diego Unified School District (SDUSD) has taken part in the YRBS since 1991. The district's data is used to monitor the health-related behaviors of high school students and guide program planning for some of the district's health programs.

The YRBS was administered to 1,667 students in 31 public high schools during the spring of 2009. Students completed a self-administered, 99-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. State parental notification procedures were followed before survey administration.

The results of the 2009 YRBS met statistical standards and can be generalized to the high school population of SDUSD.

Demographic Profile of 2009 YRBS



San Diego Unified School District Areas of Success

There have been several positive trends in health behavior over the past 10 years, with significant changes in the following areas:

Risk Behavior		1999	2009
Violence	Fewer students considered attempting suicide	22.3	13.9
	Fewer fights on school campuses	12.8	10.8
Tobacco Use	Fewer students try smoking	62.8	43.7
	Fewer students begin smoking before age 13	18.3	9.1
Alcohol and Other Drug Use	Fewer students consume alcohol before age 13	32.3	22.7
	Fewer students are using marijuana	43.1	37.3
Sexual Behavior	Fewer students are having sex before age 13	6.8	4.8
	More sexually active students are using condoms	58.5	65.5
Nutrition & Physical Activity	Fewer students are watching 3 or more hours of TV on school days	45.7	30.7
	More students are exercising to lose or maintain weight	59.9	63.5

**Table1: Unintentional Injury and Violence
Trend Analysis 1999-2009**

Survey Question	SDUSD Data						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Carried a weapon such as a gun, knife, or club in the past 30 days	14.0	12.3	14.7	14.0	14.1	12.9	17.5
Carried a weapon such as a gun, knife, or club on school property in the past 30 days	6.5	5.0	5.1	5.8	5.0	4.4	5.6
Felt too unsafe to go to school in the past 30 days	6.6	9.6	7.7	9.1	6.2	4.8	5.0
Threatened or injured with a weapon on school property in the past 30 days	9.4	10.1	10.2	10.3	8.1	7.4	7.7
Hit, slapped or hurt on purpose by boyfriend or girlfriend in the past 12 months	11.1	10.1	11.1	11.6	10.3	12.4	9.8
Ever physically forced to have sexual intercourse	NA	9.2	8.4	10.3	9.2	7.1	7.4
Rode in a car in the past 30 days when the driver was drinking alcohol	27.6	28.0	29.1	27.5	27.7	25.0	28.3

**Table 2: Unintentional Injury and Violence (cont.)
Trend Analysis 1999-2009**

Survey Question	SDUSD Data						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Seriously considered attempting suicide during the past 12 months	22.3	21.0	19.4	17.5	12.7	13.9	13.8
Made a suicide plan during the past 12 months	17.7	16.9	16.7	13.0	10.1	10.6	10.9
Attempted suicide one or more times in the past 12 months	9.2	10.5	10.9	10.0	7.7	6.0	6.3
Attempted suicide that required medical attention during the past 12 months	3.3	3.5	3.3	2.6	2.7	1.6	1.9
Did something to purposely hurt themselves without wanting to die, one or more times during the past 12 months	NA	NA	NA	NA	16.2	16.2	NA
Harassed because someone thought they were gay, lesbian, or bisexual in the past 12 months	NA	NA	NA	12.8	12.7	11.3	NA
Victim of verbal slur because of their race or ethnic background in the past 30 days	NA	NA	NA	24.1	22.5	22.3	NA

**Table 3: Tobacco Use
Trend Analysis 1999-2009**

Survey Question	SDUSD Data						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Ever tried cigarette smoking	62.8	61.8	54.0	49.8	43.6	43.7	46.3
Smoked a whole cigarette for the first time before the age of 13	18.3	16.7	15.9	13.3	9.8	9.1	10.7
Smoked cigarettes on 20 or more days during the past 30 days	5.7	4.7	3.4	3.5	2.6	2.8	7.3
Smoked cigarettes on school property during the past 30 days	7.1	4.4	4.4	4.5	3.2	2.2	5.1
Used smokeless tobacco during the past 30 days	2.5	2.5	2.5	3.4	3.3	2.4	8.9

**Table 4: Alcohol and Other Drug Use
Trend Analysis 1999-2009**

Survey Question	SDUSD Data						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Had at least one drink of alcohol in their life	75.3	76.5	75.3	71.6	72.0	69.4	72.5
Had at least one drink of alcohol during the past 30 days	39.4	41.0	38.5	38.8	36.7	36.2	41.8
Had their first drink, other than a few sips, before the age of 13	32.3	30.1	28.3	25.9	24.9	22.7	21.1
Had at least one drink of alcohol on school property during the last 30 days	9.4	9.2	8.6	11.3	7.1	7.5	4.5
Had 5 or more drinks in a row on one or more of the past 30 days	22.3	24.3	22.2	22.2	21.8	20.6	24.2
Used marijuana one or more times in their life	43.1	41.8	42.5	39.2	34.6	37.3	36.8
Used marijuana one or more times in the past 30 days	22.2	22.5	22.4	18.6	16.6	18.9	20.8
Used methamphetamine one or more times in their life	9.2	8.4	7.6	7.9	6.4	3.8	4.1

**Table 5: Sexual Behaviors That Result in HIV, STDs and Unintended Pregnancy
Trend Analysis 1999-2009**

Survey Question	SDUSD Data						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Ever participated in oral sex	NA	NA	NA	NA	37.2	36.6	NA
Ever had sexual intercourse	38.5	38.2	40.4	40.7	38.8	39.2	46.0
Had sexual intercourse for the first time before age of 13	6.8	5.6	6.4	6.2	7.2	4.8	5.9
Had sex with one or more people during the past 3 months	25.3	26.6	26.7	27.4	28.0	27.7	34.2
Had four or more sex partners during their lifetime	11.0	11.2	12.3	10.7	10.1	11.2	13.8
Had sex with one or more people during the past 3 months and used a condom during last intercourse	58.3	62.7	59.9	61.8	57.0	65.5	61.1
Had sex with one or more people during the past 3 months and used birth control pills before last intercourse	11.8	16.7	16.1	14.5	16.9	17.7	19.8

**Table 6: Dietary Behaviors
Trend Analysis 1999-2009**

Survey Question	Year						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Were overweight (between 85 th and 95 th percentile for BMI)	12.6	14.2	15.7	14.3	15.1	14.0	15.8
Were obese (at or above the 95 th percentile for BMI)	7.0	7.8	9.6	12.7	12.3	11.5	12.0
Described themselves as slightly or very overweight	29.9	29.3	33.1	32.8	31.0	26.4	27.7
Were trying to lose weight	43.3	45.6	47.5	47.7	46.8	45.4	45.2
Ate less food or fewer calories to keep from gaining weight during the past 30 days	36.9	37.2	38.7	39.4	38.7	38.3	39.5
Took laxatives or vomited to lose weight or to control weight gain during the past 30 days	4.4	5.6	5.5	5.9	6.4	5.1	4.0
Took diet pills without a doctors advice to lose weight during the past 30 days	7.3	8.1	7.4	6.7	5.8	5.1	5.0

**Table 7: Physical Activity and Health
Trend Analysis 1999-2009**

Survey Question	Year						2009 National Data
	1999 (N = 1715)	2001 (N = 1814)	2003 (N = 1811)	2005 (N = 1695)	2007 (N = 1542)	2009 (N = 1667)	
Were physically active at least 60 minutes per day on 5 or more of the past 7 days	NA	NA	NA	NA	46.2	47.0	37.0
Played on one or more sports teams during the past 12 months	55.6	55.5	52.4	53.3	54.5	56.8	58.3
Watched 3 or more hours of TV on an average school day	45.7	41.8	41.8	40.8	37.9	30.7	32.8
Were ever told they have asthma	NA	NA	NA	NA	21.6	20.9	22.0
Still have asthma	NA	NA	NA	NA	9.0	9.2	10.8
Went to emergency room or urgent care center for asthma treatment during the past 12 months	NA	NA	NA	NA	NA	32.6	NA

The 2009 YRBS Executive Summary was developed by:

**Marge Kleinsmith-Hildebrand, YRBS Coordinator
HIV Prevention and Sex Education Program Resource Teacher
Physical Education, Health and Athletics Department
January 2010/Updated September 2010**