

## **Oklahoma Youth Risk Behavior Survey (YRBS) 2013 Results Overview**

The 2013 Oklahoma Youth Risk Behavior Survey (YRBS) was an 86 question survey that monitored six categories of health-risk behaviors, the prevalence of obesity, and other health-related topics. The six categories of health-risk behaviors included: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs); unhealthy dietary behaviors; and physical inactivity. The Oklahoma YRBS is conducted every two years on odd numbered years and provides data representative of students in grades 9-12 in Oklahoma public schools.

### **Oklahoma 2013 YRBS Results Overview**

This overview briefly highlights key data points for each of the six health behaviors from the Oklahoma 2013 YRBS. National YRBS data for 2013 are currently unavailable, therefore, only Oklahoma data will be presented in this document.

#### **Behaviors that Contribute to Unintentional Injury and Violence**

- 8.2% of students never or rarely wore a seat belt when riding in a car driven by someone else. This was a statistically significant decrease from 11.1% in 2003.
- 17.6% of students rode in a car or other vehicle driven by someone who had been drinking alcohol during the 30 days before the survey. This was a statistically significant decrease from 30.6% in 2003.
- 19.9% of students had carried a weapon such as a gun, knife, or club on one or more days during the 30 days before the survey.
- 6.0% of students had carried a gun on one or more days during the 30 days before the survey.
- 6.0% of students had carried a weapon (e.g., a gun, knife, or club) on school property on one or more days during the 30 days before the survey. This was a statistically significant decrease from 8.0% in 2003.
- 18.6% of students were bullied on school property during the 12 months before the survey.
- 14.3% of students were bullied electronically during the 12 months before the survey (e.g., being bullied through e-mail, chat rooms, instant messaging, websites, or texting).
- 27.3% of students felt so sad or hopeless almost every day for two weeks in a row that they stopped doing some usual activities during the 12 months before the survey.
- 15.7% of students seriously considered attempting suicide during the 12 months before the survey.

## **Tobacco Use**

- 45.7% of students had ever tried cigarette smoking, even one or two puffs. This was a statistically significant decrease from 64.1% in 2003.
- 10.4% of students had smoked a whole cigarette before age 13. This was a statistically significant decrease from 23.7% in 2003.
- 18.5% of students smoked cigarettes on one or more of the 30 days before the survey. This was a statistically significant decrease from 26.5% in 2003.
- 9.5% of students smoked daily, that is, at least one cigarette every day for 30 days, during the past 30 days. This was a statistically significant decrease from 17.5% in 2003.
- 2.9% of students smoked cigarettes on school property on one or more of the past 30 days. This was a statistically significant decrease from 7.6% in 2003.

## **Alcohol Use**

- 68.3% of students had at least one drink of alcohol on one or more days during their life. This was a statistically significant decrease from 78.6% in 2003.
- 18.7% of students had their first drink of alcohol, other than a few sips, before age 13 years. This was a statistically significant decrease from 26.8% in 2003.
- 33.4% of students had at least one drink of alcohol on one or more of the 30 days before the survey. This was a statistically significant decrease from 47.8% in 2003.
- 21.8% of students had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the 30 days before the survey. This was a statistically significant decrease from 34.0% in 2003.

## **Other Drug Use**

- 35.3% of students used marijuana one or more times during their life. This was a statistically significant decrease from 42.5% in 2003.
- 8.0% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.
- 3.2% of students used methamphetamines one or more times during their life. This was a statistically significant decrease from 9.9% in 2003.
- 18.0% of students had taken a prescription drug without a doctor's prescription one or more times during their life.
- 14.0% of students were offered, sold, or given an illegal drug by someone on school property during the 12 months before the survey. This was a statistically significant decrease from 22.2% in 2003.

## Physical Activity

- 56.6% of students were physically active for a total of at least 60 minutes per day on **five or more** of the past seven days. This was a statistically significant increase from 38.2% in 2005.
- 38.5% of students were physically active for a total of at least 60 minutes per day on **seven** of the past seven days. This was a statistically significant increase from 19.3% in 2005.
- 31.9% of students watched three or more hours per day of TV on an average school day. This was a statistically significant decrease from 36.7% in 2003.
- 43.0% of students played 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. This was a statistically significant increase from 19.1% in 2007.
- 32.2% of students attended physical education (PE) classes daily in an average week when they were in school.

## Obesity and Dietary Behaviors

- 15.3% of students were overweight (i.e., at or above the 85th percentile but below the 95<sup>th</sup> percentile for body mass index, by age and sex).
- 11.8% of students were obese (i.e., at or above the 95th percentile for body mass index, by age and sex). This was a statistically significant decrease from 16.7% in 2011.
- 31.6% of students described themselves as slightly or very overweight.
- 6.2% of students took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days before the survey. This was a statistically significant decrease from 9.0% in 2003.
- 48.0% of students were trying to lose weight.
- 14.8% of students went without eating for 24 hours or more to lose weight or to keep from gaining weight during the 30 days before the survey.
- 58.7% of students ate green salad one or more times during the seven days before the survey. This was a statistically significant decrease from 66.4% in 2003.
- 14.4% of students ate fruits and vegetables five or more times per day during the seven days before the survey.
- 21.4% of students drank a can, bottle, or glass of soda or pop two or more times per day during the past seven days. This was a statistically significant decrease from 29.4% in 2007.

## Sexual Behaviors that Contribute to Unintended Pregnancy and STDs

- 50.1% of students had ever had sexual intercourse.
- 4.6% of students had sexual intercourse for the first time before age 13 years. This was a statistically significant decrease from 5.8% in 2003.
- 18.0% of students have had sexual intercourse with four or more people during their life.
- 36.2% of students had sexual intercourse with one or more people during the three months before the survey.
- Among students who had sexual intercourse during the three months before the survey, 58.2% used a condom during last sexual intercourse.
- 81.2% of students had ever been taught in school about AIDS or HIV infection. This was a statistically decrease from 86.2% in 2003.

### Sample Description

**School Level** - Public schools containing grades 9, 10, 11, or 12 were included in the sampling frame. Schools were selected systematically with probability proportional to enrollment in grades 9 through 12 using a random start. Fifty schools were sampled.

**Class Level** - All classes meeting during the second period were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey.

### Response Rates

**Schools:** 80% - 40 of the 49 sampled schools participated.

**Students:** 81% - 1,474 of the 1,810 sampled students participated.

**Overall response rate:** 65%

The overall response rate is computed as the product of the weighted school response rate and the weighted student response rate.

### Weighting

A weight has been associated with each respondent to reflect the likelihood of being sampled and to adjust for nonresponse. The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular public school students in grades 9 through 12.