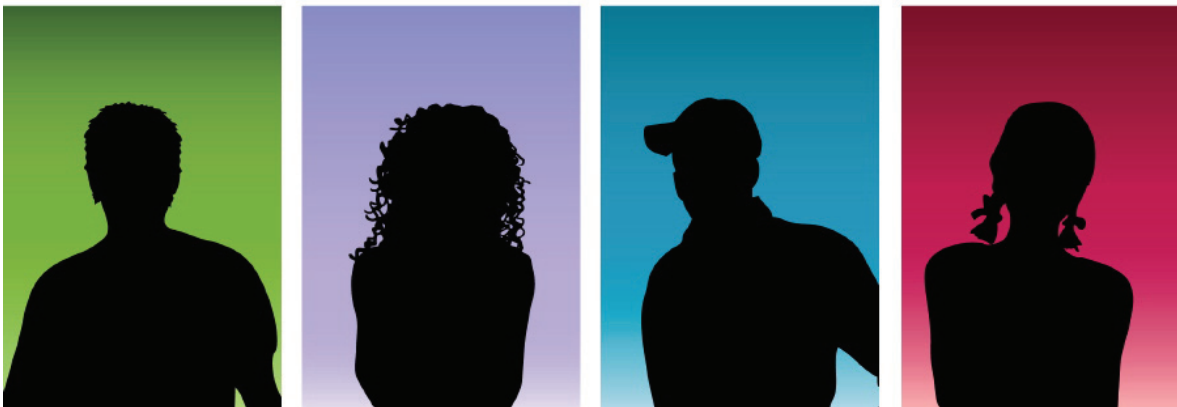


2012 Dane County Youth Assessment Overview Report



Dane County Youth Commission
September 2012

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Project Administration

- Deborah Hobbins, Chair, Dane County Youth Commission
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- Brian Koenig, K12 Associates consulting firm

Financial Sponsors

- Dane County Human Services
- United Way of Dane County
- Participating Schools
- Public Health Madison & Dane County
- City of Madison



Dane County Youth Commission

- Deborah Hobbins, Chair
- Aaron Backer
- Lucy Brown
- Maurice Cheeks
- Nancy Crassweller
- Mary Kelley
- Nichelle Nichols
- Carol Nickles
- Melissa Sargent
- Matt Veldran
- Connie Bettin, Staff

Dane County Youth Assessment Steering Committee

The Steering Committee is a subcommittee of the Dane County Youth Commission charged with providing the oversight and leadership necessary to complete a project of this scope. 2012 Youth Assessment Steering Committee members are:

- Deborah Hobbins, Committee Chair, Dane County Youth Commission
- Bonnie Augusta, community member
- Jill Brown, Madison Metropolitan School District
- Lucy Brown, Dane County Youth Commission
- Judy Howard, Public Health Madison & Dane County
- Kathy Hubbard, United Way of Dane County
- Mary O'Donnell, City of Madison Community Development Division
- Connie Bettin, staff, Dane County Human Services/Youth Commission

Survey Development and other Project Assistance

- Meghan Benson, Planned Parenthood of Wisconsin
- Mamadou Ndiaye, Public Health Madison & Dane County
- Susan Webb-Lukomski, Public Health Madison & Dane County

Participating Schools and Key Staff

- Belleville School District:..... Kim Hegstrom
- Cambridge School District: Denise Parker
- Deerfield School District: Jacquie Schuh
- Edgewood High School: Shannon McDonough
- Madison Metropolitan School District: Jeanette DeLoya
- Marshall School District: T.J. Hansen
- McFarland School District:..... Sandra Radney
- Middleton-Cross Plains Area School District:..... Scott Brown
- Monona Grove School District:..... Colleen Condon
- Mount Horeb Area School District: Carol Nickles
- Oregon School District: Amy Miller
- Stoughton Area School District: Nancy Crassweller, Lisa Koenecke
- Sun Prairie Area School District:..... Brian Dean
- Verona Area School District: Susanne Daering
- Waunakee School District:..... Craig Wille
- Wisconsin Heights School District: Mary Beth Schall

Report Availability, Usage and Citation

This report and future analysis reports are posted on the Dane County Youth Commission website:
www.danecountyhumanservices.org/family/youth/dane_county_youth_commission.aspx.

This report may be printed without permission. Citation for any reporting of data from the Dane County Youth Assessment: 2012 Dane County Youth Assessment, Dane County Youth Commission. The Dane County Youth Commission is interested to know how community organizations make use of this data and it requests that reports using this data be shared with the Dane County Youth Commission.

For More Information

Connie Bettin
Dane County Youth Commission
1202 Northport Drive, Rm 426
Madison, WI 53704
bettin@co.dane.wi.us
Phone: (608) 242-6422

About the Dane County Youth Assessment (DCYA)

The Dane County Youth Commission is pleased to release the summary report for the 2012 Dane County Youth Assessment (DCYA). Every three years, youth in grades 7-12 complete an assessment that captures their opinions, concerns, behaviors, attitudes and experiences on a range of topics. The data gathered from the DCYA provides current and reliable data to educators, policymakers, service providers, parents and funding sources, to inform grantwriting, policy and programming decisions. The DCYA is a collaborative effort led by the Dane County Youth Commission in partnership with the United Way of Dane County, Public Health Madison & Dane County, the City of Madison, and Dane County schools. The Youth Assessment has been administered since 1980.

Survey Development and Administration

Survey development is led by project vendor K12 Associates and a committee of educators, public health professionals, project funders, and citizen and parent representatives. The survey includes questions about both positive and risk behaviors across contexts of school, peer relations, family and community. The 2012 DCYA includes new questions on emerging youth issues while retaining many important questions from past surveys to measure trends. The survey includes items from the national Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey and other national surveys to allow for comparisons to youth in Wisconsin and the U.S. Extensive efforts are made to ensure that questions are clear and understandable. A Spanish version is available.

Between January and February 2012, fifteen of sixteen public school districts and one private high school participated in the Dane County Youth Assessment. The survey was administered electronically at middle and high schools to students in regular and alternative school programs. Students with special needs or reading challenges may receive assistance to complete the survey. Student participation in the DCYA is voluntary and anonymous. Parents are notified four weeks in advance of survey administration, invited to review the survey at their school district office, and given the option to select their child out of the process. School districts attempt to survey all 7th-12th graders, with most districts capturing over 90%. Due to its size, the Madison Metropolitan School District (MMSD) uses sampling methods to survey approximately 50% of its 7th-12th graders.

Data Analysis and Reports

The data for the sample of MMSD students that participated in the survey are weighted to ensure representation of the entire MMSD student body of 7th-12th graders. Results of student responses to survey questions are presented as percentages of the weighted number for each item, with their statistical margin of error (\pm) when making comparisons. The analysis was conducted with the statistical software R and its package survey.¹

Behavioral risk surveys using self-report methodology are widely used and have been proven to be valid and reliable. The large number of participants in the DCYA, the fact that results are in line with national trends, and the consistency in findings from year to year supports the validity of the DCYA. While the survey is available at school district offices for public review prior to its administration, distribution is restricted until after it is administered in order to preserve the integrity of student responses. This report provides an overview of survey findings. A complete set of data tables with all survey questions and countywide responses is posted on the Dane County Youth Commission website.²

Further analyses conducted by funding partners and researchers will yield additional information about Dane County youth including national and state comparisons, trends over time and factors influencing youth behavior. These reports will also be posted on the Dane County Youth Commission website as they become available. All published reports may be printed without permission. Citation for any reporting of the data is 2012 Dane County Youth Assessment, Dane County Youth Commission, Madison, Wisconsin.

The Youth Commission would like to thank those who made this important project possible including the funding partners, participating school districts, DCYA committee members, and the students and parents of Dane County.

Student Demographics

20,838 were in the sample of Dane County 7th-12th grade youth that took the survey. They represent a weighted number of 26,855 youth. The weighted demographic characteristics of the youth who participated in the 2012 Dane County Youth Assessment are as follows:

Characteristic		# of Youth	% of Youth
Sex	Female	13,131	49.6
	Male	13,365	50.4

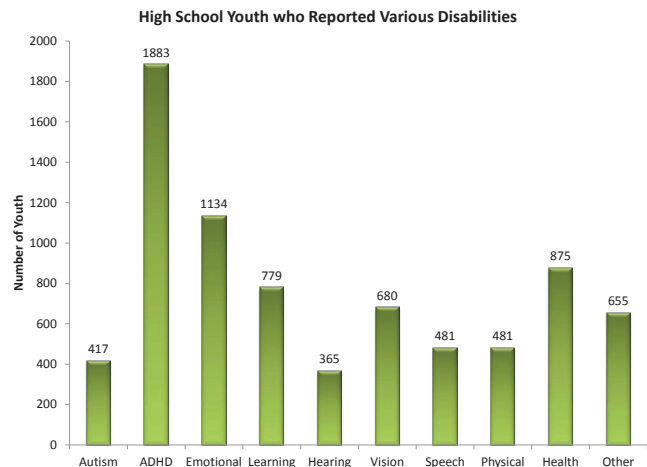
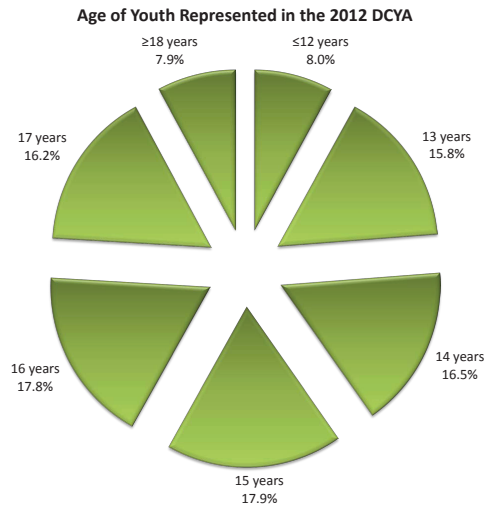
Characteristic		# of Youth	% of Youth
Grade	7	4,220	16.6
	8	4,084	16.1
	9	4,551	17.9
	10	4,368	17.2
	11	4,363	17.2
	12	3,814	15.0

Characteristic		# of Youth	% of Youth
Race	White	17,801	67.0
	Black	2,808	10.6
	Hispanic	1,856	7.0
	Asian excluding Hmong	917	3.5
	Hmong	456	1.7
	Native American	153	0.6
	Middle Eastern	176	0.7
	Mixed or Multiple Races	1,839	6.9
	Other	561	2.1

Note: Youth were allowed to choose multiple race categories. Those who chose more than one race were classified as “Mixed or Multiple Races.” Thus, there is inflation of the multiple race category and underestimation of the specific racial minority groups.

Other characteristics

- 92.8% of all 7th-12th grade youth identify as “straight” or heterosexual. The remaining 7.2% reported that they identify as gay, bisexual or questioning their sexual orientation.
- 23.2% of high school youth reported having at least one disability, with attention deficit problems being the most common, reported by 10.2% of high school youth.



Family and Home

Youth were asked questions about economic conditions that can create family stress, as well as other family factors that can either put youth at greater risk or protect them.

11.6% of all youth recently had to skip meals or eat less because their family did not have enough money

Poverty, food insecurity and homelessness

- 2,942 youth, or 11.6% of all 7th-12th graders, had to skip meals or eat less at least once in the past 30 days because their family did not have enough money for food.
- 24% of all 7th-12th grade youth said they are eligible for free or reduced price school lunch, a federal food subsidy for lower income families. Middle school students were more likely than high school students to report eligibility.
- 4% (± 0.6) of middle school youth and 1.9% (± 0.3) of high school youth have been homeless in the past 12 months. (2.5% of all 7th-12th grade youth)

Parental factors that can put youth at greater risk

- 7% (± 0.7) of middle school youth and 12% (± 0.6) of high school youth said their parents get drunk or use drugs at least once a week. (10.5% of all 7th-12th grade youth)
- 12.3% of all 7th-12th grade youth reported that they have a parent who has been in jail or prison.
- 2.9% of all 7th-12th grade youth said their parents physically fight with each other.

Parental and family factors which are protective

Parental monitoring, guidance and support are associated with positive youth development and lower rates of risky or negative behavior in adolescents.³ Family meals have also been shown to be protective.⁴

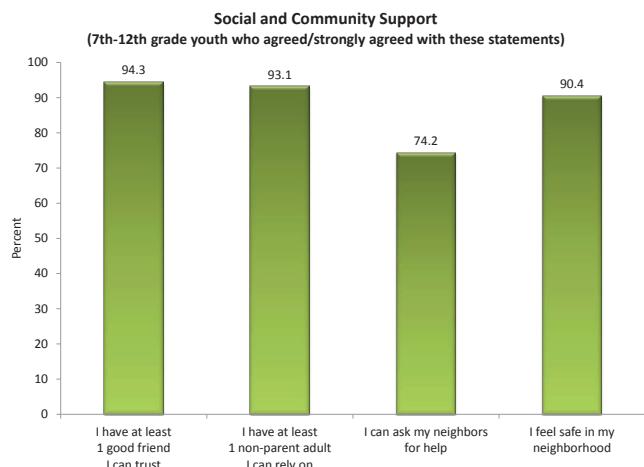
My parent(s) "often" or "always" . . .	Middle School	High School	Statistically significant differences between females (F) and males (M)
Know where I am when I go out	91.8% (± 0.8)	86.5% (± 0.7)	F > M
Set clear rules about what I can and cannot do	87.7% (± 0.9)	81.0% (± 0.7)	
Have consequences if I break rules	83.6% (± 1.0)	78.4% (± 0.8)	
Monitor my school progress	86.1% (± 1.0)	79.1% (± 0.8)	M > F
Talk with me about things that bother me	60.7% (± 1.4)	58.0% (± 1.0)	F > M
Eats the evening meal with the family 4 or more days in an average week	74.2% (± 1.3)	60.4% (± 1.0)	M > F

Other Social Support

Youth were asked about their support system and neighborhood/community. Those who said they agree or strongly agree with the statements are counted here.

- 94.3% of all 7th-12th grade youth have at least one good friend they can trust, and 93.1% have at least one adult other than their parents that they can rely on if they have a problem. This leaves 6-7% of youth without these types of social support.
- 74.2% of all 7th-12th grade youth said they can ask their neighbors for help, indicating that 1 out of 4 youth do not feel they have that support in their neighborhood.
- 90.4% (± 0.5) of all 7th-12th grade youth feel safe in their neighborhood, compared to 92.8% (± 0.6) in 2009.
- There are negligible, if any, differences between males and females, and between middle school and high school youth, for these social support and security questions.

1 out of 10 youth do not feel safe where they live

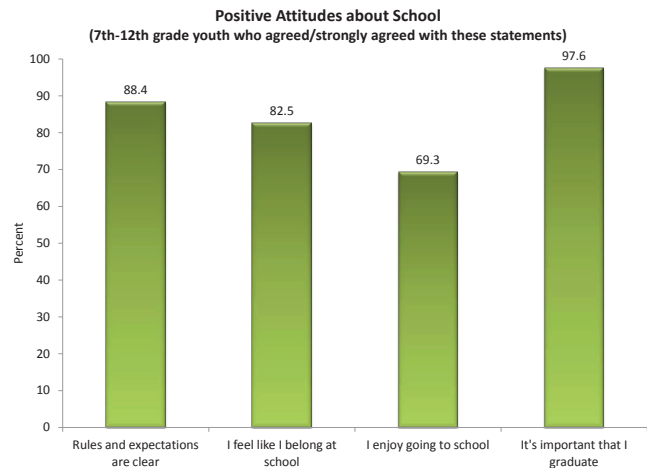


School Experience

Students who are more engaged in school are more likely to earn better grades and perform well on standardized tests, and less likely to drop out of school.⁵ Youth were asked a series of statements about school. Those who said they agree or strongly agree with the statements are counted here.

Attitude toward and connection to school

- 88.4% of all 7th-12th grade youth think that school rules and expectations are clearly explained, with a negligible difference between middle school and high school youth (middle school 89.7% \pm 0.9 vs. high school 87.8% \pm 0.6).
- 82.5% (\pm 0.6) of all 7th-12th grade youth feel like they belong at their school, with no difference between middle school and high school youth. This indicates that there is a sizable minority of youth who do not feel connected to school.
- 69.3% (\pm 0.7) of all 7th-12th grade youth usually enjoy going to school, up slightly from 2009 (66.8% \pm 0.9). This still leaves about one third of all students not enjoying school. Middle school females are most likely to enjoy school.
- Almost all 7th-12th grade youth (97.6%) acknowledged the importance of graduating from high school. Middle school and high school youth share this opinion.
- Females were slightly more likely to say that graduation is important, that school rules and expectations are clear, and that school is enjoyable. Males were slightly more likely to report a feeling of belonging at school, however.



Truancy

- 9% (\pm 0.8) of middle school youth and 21.3% (\pm 0.9) of high school youth reported that they had skipped classes (been absent without permission) at least once in the past 30 days.
- Females and males reported the same truancy rates at both the high school and middle school levels.

Criminal activity at school

- 8% (\pm 0.8) of middle school youth and 36.6% (\pm 1) of high school youth said they have seen students selling or distributing drugs at school at least once during this school year.
- The survey found that 742 high school youth (4.4% \pm 0.4) have carried a weapon onto school property at least once in the past 30 days, 6.7% (\pm 0.7) of males and 2% (\pm 0.4) of females. In 2009, 5.3% (\pm 0.6) of high school youth reported recently carrying a weapon to school.

The survey found that 742 high school youth have recently carried a weapon to school

Activities

The DCYA provides a snapshot of how youth spend their time outside of the school day, including activities that develop their skills and connection to community.

Jobs and volunteer work

- Over half (51.9% ±1) of high school youth currently work at jobs, either regularly or occasionally (such as babysitting or lawn work). Females are more likely than males to be employed. The percent of high school youth who work is higher than in 2009 (46.3% ±1.2).
- 64.9% of all 7th-12th grade youth have done some volunteer work in the past 12 months. Females are more likely than males to volunteer.

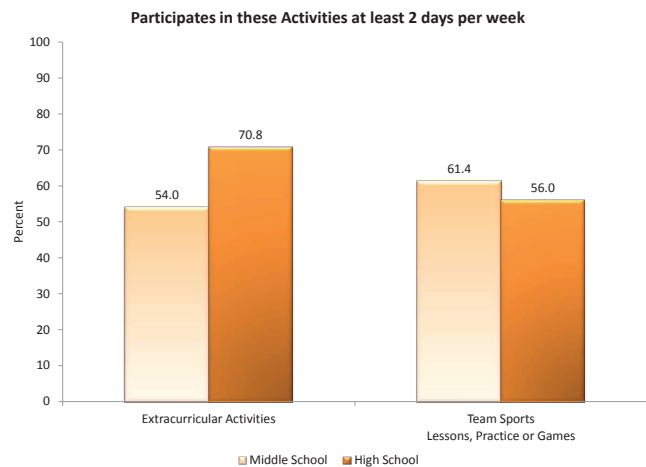
Percentage of high school youth who work at jobs, including occasional jobs

Characteristic	2009	2012
Females	50.8% (±1.7)	56.8% (±1.4)
Males	42.0% (±1.7)	47.1% (±1.3)
All high school youth	46.3% (±1.2)	51.9% (±1.0)

Extracurricular activities and team sports at least 2 days per week

Youth were asked about frequency of participation in extracurricular activities (dance, drama, music, sports and school organizations) and in team sports (lessons, practice or games).

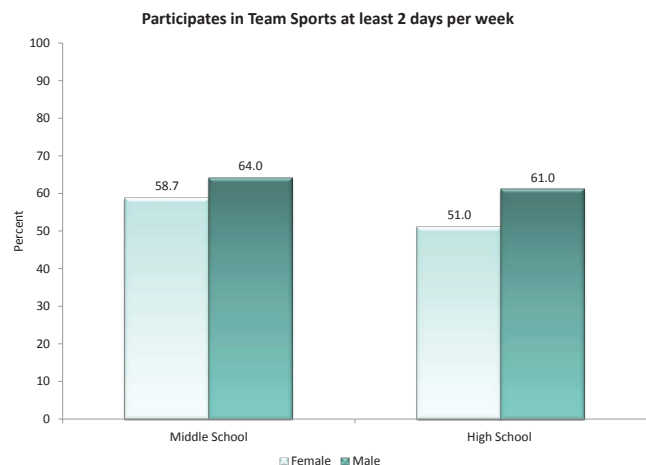
- High school youth are more likely than middle school youth to participate in extracurricular activities at least 2 days per week (70.8% ±0.9 vs. 54.0% ±1.4).
- In middle school, females are more likely to participate regularly in extracurricular activities (63% ±1.9 vs. 45.3% ±2 for males), but rates of participation by females and males are comparable in high school.
- Participation in team sports is higher among middle school youth than high school youth.
- 7th-12th grade males are more likely than females to participate in team sports at least 2 days per week (61.9% ±1.1 vs. 53.3 ±1.1).
- Participation in team sports is lowest among high school females (51% ±1.4).



Screen time

Youth were asked how much time they spend watching TV, playing video games, or using a computer or hand-held device for other than school work, on an average school day/night.

- 40.3% (±1.1) of 7th-12th grade males and 33.3% (±1.1) of females engage in 3 or more hours of non-homework screen time on school days. 10.7% of all 7th-12th grade youth reported 5 or more hours of non-homework screen time.
- High screen time is most prevalent in middle school males, and least prevalent in high school females.



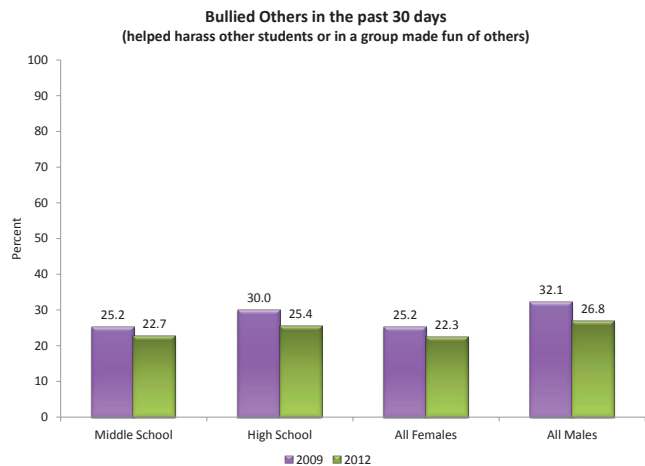
Bullying, Victimization and Delinquency

Bullying

Bullying is recognized as a widespread problem, and research points to serious implications for youth who are victimized as well as for bullies. Bullies are at higher risk for anger, aggression, hyperactivity and delinquency. Being victimized by peers has been linked to illnesses, school avoidance, poor academic performance, increased fear and anxiety, suicidal thoughts, and long-term internalizing difficulties including low self-esteem, anxiety, and depression.⁶ Similar problems are seen long after experiencing childhood physical and sexual abuse.⁷ The DCYA included questions about bullying behavior that youth may have engaged in, and whether they have been a victim of bullying or other types of abuse. Youth were also asked whether they have committed anti-social or criminal acts that victimize the community.

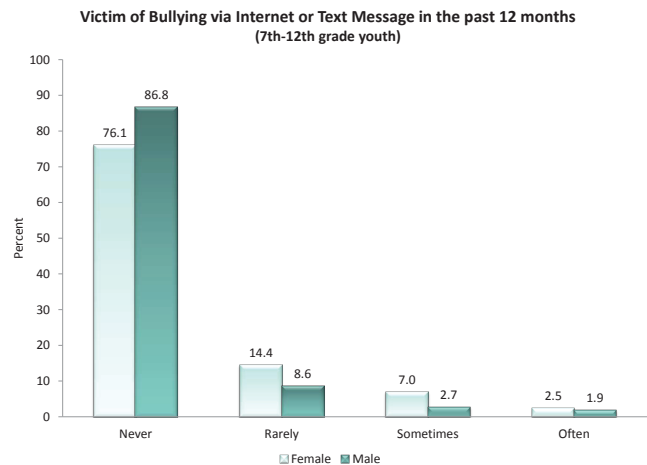
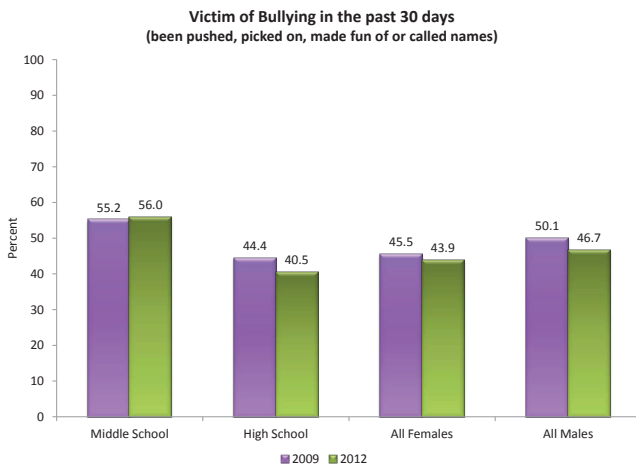
Bullying others

- 24.5% (± 0.7) of all 7th-12th grade youth said they had helped harass others or made fun of others in a group at least once in the past 30 days.
- The percent of 7th-12th grade youth who recently bullied others in these ways is down from 28.5% (± 0.9) in 2009. The decrease was seen for high school females and males, and for middle school males. (In 2009, middle school females already had a lower rate of bullying than the other groups.)
- High school males remain more likely to bully others in these ways compared to females and younger males.



Victim of bullying

- 40.5% (± 1) of high school youth said they had been pushed, picked on, made fun of or called names at least once in the past 30 days. This is lower than in 2009 (44.4% ± 1.2), and lower for both high school females and males.
- 56% (± 1.4) of middle school youth had recently been harassed in these ways, with no improvement since 2009 and no difference between middle school females and males.
- The survey found that regardless of age and sex, youth are more likely to be bullied about how they look than about their race/ethnicity or perceived sexual orientation.
- 18.6% (± 0.6) of all 7th-12th grade youth reported having been bullied, threatened or harassed via internet or text message in the past 12 months, 23.9% (± 0.9) of females and 13.2% (± 0.8) of males. The percentages are consistent between middle school and high school youth.



Victim of other abuses

Physically abused by a parent

- 2,188 youth, or 8.8% (± 0.5) of all 7th-12th grade youth, reported that they have been hit by a parent, leaving signs of injury. The percentages are consistent between middle school and high school youth, and between females and males.

Sexually abused

- 6.2% of all 7th-12th grade youth said they have been forced, either verbally or physically, to take part in a sexual activity (in their lifetime, by anyone).
- The percent reporting sexual abuse was higher for high school youth than middle school youth (7.4% ± 0.5 vs. 3.5% ± 0.5), and higher for females than males (8.3% ± 0.6 vs. 4.2% ± 0.4). About 1 out of 10 high school females (9.8% ± 0.8) has been pressured or forced into sex.

Among middle school youth, about 1 out of 5 males and 1 out of 10 females reported recent fighting

Delinquency

Fighting

- 11.2% of all 7th-12th grade youth said they were in physical fight in the past 30 days. Differences between middle school and high school youth, and between males and females, are displayed in the chart.

Vandalism

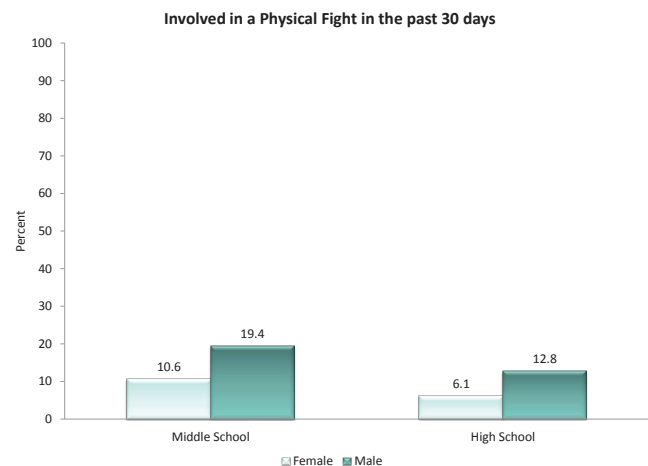
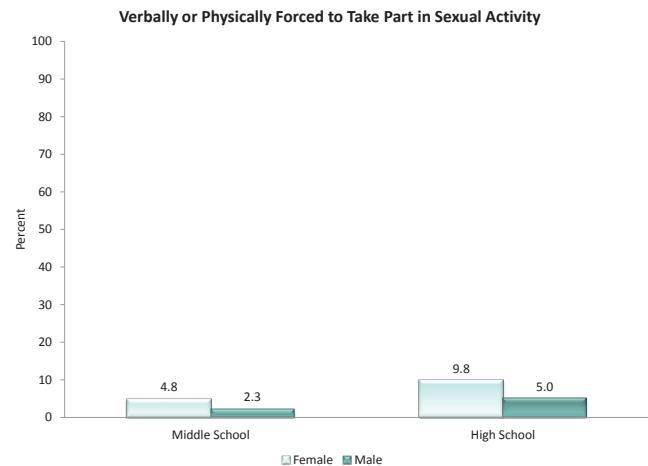
- 8.9% (± 0.5) of all 7th-12th grade youth said they have tagged or vandalized property in the past 12 months, 12.1% (± 0.7) of males and 5.8% (± 0.7) of females.

Gang affiliation

- 4.4% (± 0.4) of all 7th-12th grade youth said they were previously or are now a member of an organized gang - 6.1% (± 0.6) of males and 2.8% (± 0.6) of females.
- Reported gang affiliation is slightly higher for high school males than for middle school males (6.8% ± 0.8 vs. 4.7% ± 0.9), but there is no significant age difference for females.
- 6.8% (± 0.8) of high school males reported past or current gang affiliation compared to 8.8% (± 1.2) in 2009, indicating a positive change.

Abused by a boyfriend or girlfriend

- 7% of high school youth reported that a boyfriend or girlfriend has hit, slapped or physically hurt them, and 4% have been threatened with harm.
- 4.5% of high school youth reported that a boyfriend or girlfriend has forced them to have sexual contact.
- The percentages of high school females and males reporting these types of relationship abuse are comparable.



Carrying a weapon to school

- 4.4% (± 0.4) of high school youth said they carried a weapon onto school property at least once in the past 30 days, 6.7% (± 0.7) of males and 2% (± 0.4) of females. In 2009, 5.3% (± 0.6) of high school youth reported recently carrying a weapon to school.

Tobacco, Alcohol and Drug Use

Tobacco use

The health, social and financial consequences of tobacco use are well known. Nearly all tobacco use begins in adolescence. If young people can remain free of tobacco until age 18, most will never start to smoke. Tobacco use is considered a “gateway drug” because its use generally precedes and increases the risk of other drug use.⁸ The survey results related to lifetime cigarette smoking, current cigarette smoking and use of smokeless tobacco are highlighted here.

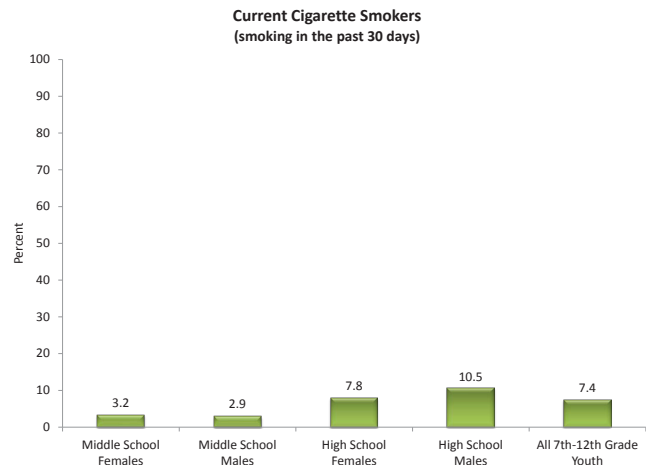
Lifetime cigarette smoking

- 20.1% of high school youth said they have smoked a whole cigarette in their lifetime. Males are slightly more likely to have ever smoked (22.1% ±1.2 vs. 18% ±1.2 for females).
- 46.7% of high school youth who have ever smoked a whole cigarette have gone on to become current smokers. Females and males have comparable rates of continued smoking after initial exposure.

Current cigarette smoking

Youth were asked, “During the past 30 days, on the days you smoked cigarettes, on average how many did you smoke per day?” Those who reported smoking any amount were classified as current smokers.

- 9.1% (±0.6) of high school youth reported smoking cigarettes in the past 30 days, down from 14.9% (±0.9) in 2009.* This may, in part, reflect the recent national trend of teens moving away from cigarettes in favor of less expensive cigars and loose tobacco.⁹
- 3% (±0.5) of middle school youth reported smoking cigarettes in the past 30 days, no significant change from 2009 (3.8% ±0.6)*. However, if Dane County middle school youth have followed the national trend toward less expensive forms of tobacco, smoking may have actually increased since 2009.



Smokeless tobacco use

Youth were asked about use of chewing tobacco, snuff, SNUS and dip.

- 7.7% (±0.7) of high school males use smokeless tobacco. Use of smokeless tobacco is lower in middle school males (2.1% ±0.5) and females (middle school 1.2 ±0.5; high school 1.6 ±0.3).

Alcohol, marijuana and other drug use

The potential consequences of underage alcohol, marijuana and drug use are many. Underage alcohol use increases the risk of academic failure and is correlated with injuries, poisoning, illegal drug use, risky sexual behavior, violence and suicide.¹⁰ Regular use of alcohol in the teen years can impact brain development and may have consequences beyond adolescence.¹¹ Youth who begin drinking alcohol before age 14 are more likely to experience alcohol dependence as adults compared to those who postpone their first drink of alcohol until age 21 or older.¹² Using marijuana leads to changes in the brain that are similar to those caused by alcohol and other drugs.¹³ Marijuana affects alertness, concentration and short-term memory, making learning difficult.¹⁴ Driving skills are impaired after smoking marijuana due to slowed reaction time, impaired motor coordination and altered perception in judging distances and reacting to signals and sounds.¹⁵

Understanding the patterns and trends of alcohol and drug use by Dane County youth allows parents, schools and communities to implement effective prevention and intervention strategies. Alcohol and marijuana are the most commonly used mood altering substances by Dane County youth, but lesser used drugs are also of concern. Data on drunk driving is presented in the Traffic Safety section and data on drug sales at school is in the School Experience section.

* The measure of current smoking changed from the 2009 DCYA. The 2009 survey defined current smokers as those who reported smoking on at least 1 day in the past 30 days.

Alcohol use

Lifetime alcohol use

- 54.1% (± 1) of high school youth said they have had a drink of alcohol in their lifetime, no change from 2009 (55.4% ± 1.2). Among this group, 58.7% (± 1.9) of males and 51.7% (± 2) of females were 14 or younger the first time they drank.

Alcohol use in the past 12 months

- 43.3% (± 1) of high school youth and 12.2% (± 0.9) of middle school youth said they drank alcohol in the past 12 months. (33.8% ± 0.8 of all 7th-12th grade youth)
- Females and males have the same prevalence of alcohol use in the past 12 months (females: 34% ± 1.1 ; males: 33.6% ± 1.1). There is no significant difference between females and males at the middle school level or at the high school level.

Binge drinking

Binge drinking is defined in the survey as “having 5 or more alcoholic drinks at one time, in a row, within a couple of hours.”

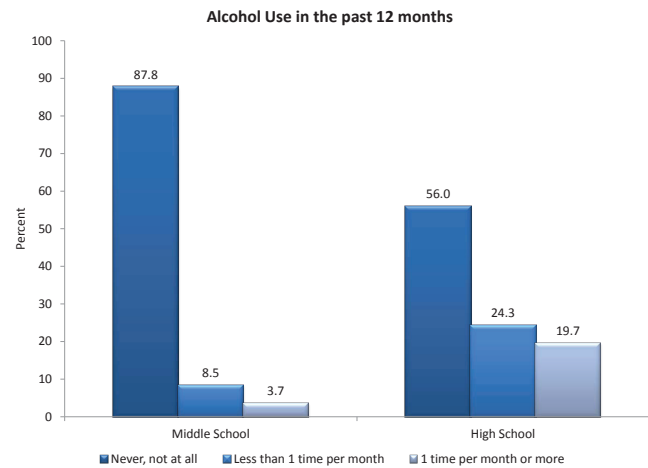
- 15.8% (± 0.7) of high school youth reported binge drinking in the past 30 days, up from 12.6% (± 0.9) in 2009. The increase was seen in both females and males (females: 14.3% ± 1 vs. 10.8% ± 1.2 in 2009; males: 17.4% ± 1 vs. 14.4% ± 1.5 in 2009).
- 1.9% of middle school youth engaged in binge drinking in the past 30 days. There is no statistically significant difference between middle school females and males, and no change since 2009 (1.8% ± 0.5).
- Among high school youth who reported drinking any alcohol in the past 12 months, 36.1% (± 1.5) engaged in binge drinking in the past 30 days. Among middle school youth who reported drinking any alcohol in the past 12 months, 15.4% (± 3) reported recent binge drinking.

Access to alcohol

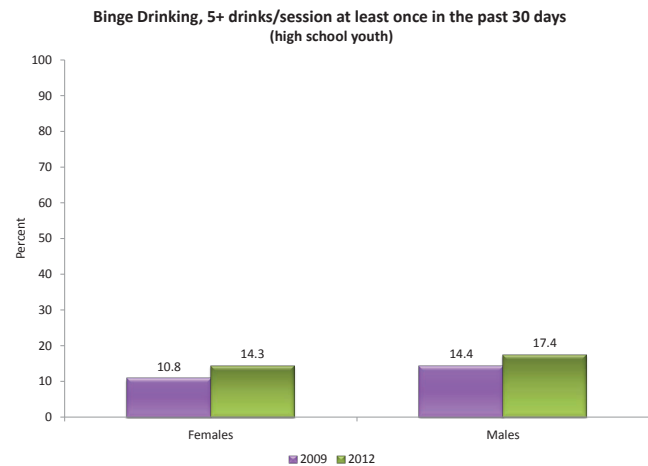
Youth who reported any past alcohol use identified their most frequent sources of alcohol.

Source of Alcohol Access	% of Middle School Youth who have drunk	% of High School Youth who have drunk
From friends	39.3 (± 5.0)	61.8 (± 1.6)
At parties	41.7 (± 5.0)	59.9 (± 1.5)
Someone else buys it for me	12.6 (± 3.2)	39.7 (± 1.6)
I sneak it from home	24.4 (± 4.2)	23.1 (± 1.2)
My parents give it to me	32.5 (± 4.7)	22.4 (± 1.3)
From older brother or sister	15.2 (± 3.5)	19.0 (± 1.2)
I buy it myself	5.7 (± 2.3)	8.2 (± 0.9)
I steal it from a store	6.9 (± 2.6)	5.2 (± 0.7)
I get it some other way	23.7 (± 4.3)	15.0 (± 1.1)

- 43.4% of all high school youth have been at someone’s home where teens were drinking and parents knew it.
- 31.5% of all high school youth have been at someone’s home when parents knowingly provided alcohol.

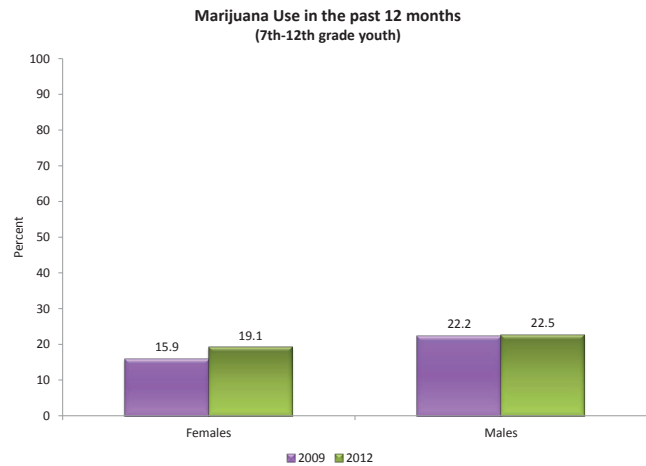


15.8% of high school youth reported recent binge drinking, up slightly from 2009



Marijuana use

- 1 out of 3 high school youth (33.7%) said they have smoked marijuana in their lifetime.
- 27.5% (± 0.9) of high school youth and 5.5% (± 0.7) of middle school youth said they have smoked marijuana in the past 12 months.
- Males are more likely than females to have ever tried marijuana and to have smoked it in the past 12 months, but the gender gap for both measures narrowed since 2009 as marijuana use went up for females while remaining stable for males.



Other drug use

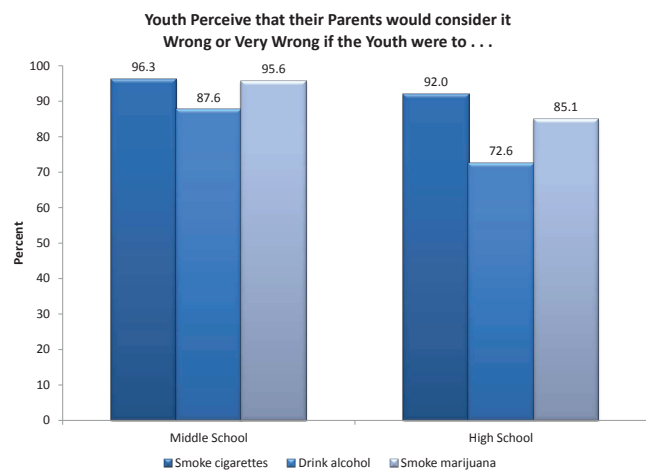
The count and percent of youth who reported any use of these drugs in the past 12 months is highlighted in the table. The middle school survey asked about fewer drugs.

Other Drugs	Middle School		High School	
	Count	Percent	Count	Percent
Over the counter (non-prescription) drugs to get high	187	2.5% (± 0.4)	982	5.7% (± 0.5)
Prescription drugs not prescribed for you	217	2.9% (± 0.5)	1222	7.1% (± 0.5)
Inhalants (glue, paint, spray cans, markers)	411	5.4% (± 0.6)	528	3.1% (± 0.3)
Synthetic marijuana			1600	9.3% (± 0.6)
Ecstasy			590	3.4% (± 0.4)
Cocaine or crack			510	3.0% (± 0.3)
Speed, crystal meth			389	2.3% (± 0.3)
Heroin			367	2.1% (± 0.3)
Bath salts			357	2.1% (± 0.3)
Steroids, HGH			365	2.1% (± 0.3)

Parents' attitudes about smoking, drinking and marijuana use

Youth ranked how wrong their parents would consider it if the youth smoked cigarettes, drank alcohol or smoked marijuana. Data was analyzed for those who said their parents would consider it "wrong" or "very wrong."

- Youth were more likely to report that their parents would strongly disapprove of them smoking cigarettes than smoking marijuana or drinking alcohol. A significantly lower percentage of youth reported strong parental disapproval of youth alcohol use.
- Overall, strong parental disapproval of substance use was reported by a higher percentage of middle school than high school students, and by slightly more females than males.



Traffic Safety

Young drivers are at high risk for injuries and death from traffic crashes. Risk factors include immaturity and lack of driving experience combined with speed, driving after drinking alcohol or using drugs, not wearing seat belts, distracted driving (including cell phone use), and driving when tired and at night.¹⁶ Youth were asked about a number of these factors. Bike helmet use was also assessed.

Not always wearing a seatbelt when driving or riding in a car

- 35% of all 7th-12th grade youth said they do not always wear a seatbelt, with no significant difference between middle school and high school youth.
- 37.3% (± 1.1) of 7th-12th grade males do not always buckle up, compared to 32.6% (± 1.1) of females.
- About half of African American, Latino and Hmong youth said they do not always wear a seatbelt, a much higher percentage than for White youth (28.2%).

Driving after drinking or riding with another teen driver who has been drinking

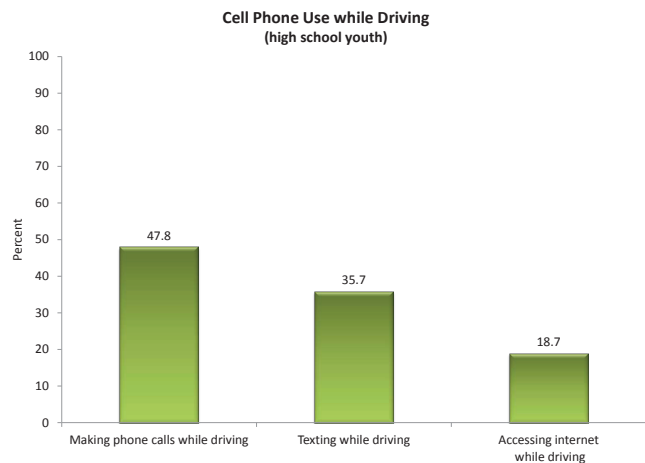
- 17.2% of high school youth have driven after drinking alcohol or ridden with another teen driver who had been drinking. High school females were slightly more likely than males to report this risky behavior (18.5% ± 1.1 vs. 15.8% ± 1).
- 3.5% of middle school youth said they have ridden with a teen driver who had been drinking.

Phone use while driving

- Many high school youth reported using a cell phone while driving, i.e., making calls, texting and checking internet. High school males are slightly more likely than high school females to use a phone in each of these three ways while driving.

Bike helmet use among bike riders

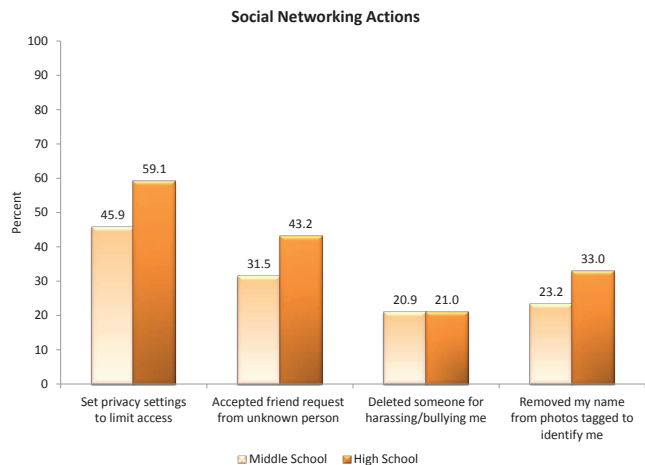
- Among 7th-12th grade youth who ever ride a bike, over half (55%) said they never or rarely wear a helmet. The survey found that high school youth and males are more likely to ride without a helmet.



Social Networking

Youth were asked about social networking actions that are protective and others that could put them at risk. Only high school youth were asked about sending or posting naked or sexually explicit photos of themselves. Key findings are highlighted and others are included in the charts.

- 45.9% (± 1.4) of middle school youth and 59.1% (± 1) of high school youth have set their privacy settings to limit what they share with others (limit access). (55.2% of all 7th-12th grade youth)
- 31.5% (± 1.3) of middle school youth and 43.2% (± 0.9) of high school youth have accepted a “friend request” from someone they didn’t know. (39.7% of all 7th-12th grade youth)
- 20.9% of all 7th-12th grade youth have deleted someone from their “friends list” for harassing or bullying them.
- 17.5% of all 7th-12th grade youth posted updates, comments, photos or videos that they later regretted.
- 10.5% of high school youth said they have sent or posted naked or sexually explicit photos of themselves. There is no difference in the percent of males and females who have done so.

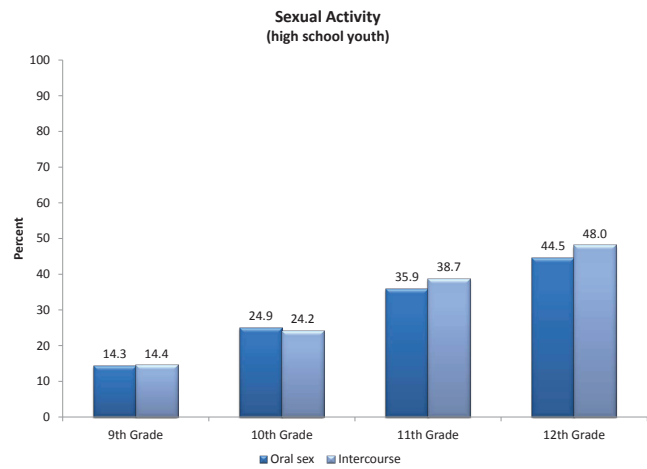


Sexual Behaviors

Sexual activity begins during the teen years for many youth. Nationwide, 1 in 4 teen girls has a sexually transmitted infection (STI),¹⁷ and by the time today's teens are 25 years old, half of them will have contracted an STI.¹⁸ The same sexual behaviors that put teens at risk for infections may also result in unintended pregnancy and other consequences. The 2012 DCYA high school survey included a range of questions related to sexual activity in an effort to identify risks that can be prevented or addressed by parents, health care providers, schools, public health and others that work with youth. The middle school survey included a limited number of questions.

Sexual activity that can result in pregnancy or infections

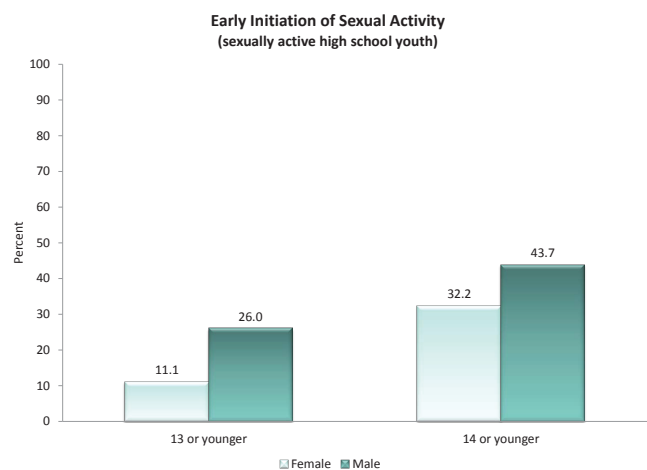
- 37.6% of high school youth have engaged in sexual activity that can result in pregnancy or STI, 40.7% (± 1.4) of males and 34.6% (± 1.4) of females.
- 31.1% (± 1) of high school youth said they have had sexual intercourse, 34.1% (± 1.4) of males and 28.2% (± 1.3) of females.
- Compared to 2009, there has not been a statistically significant change in the percent of all high school youth, females or males who have had sexual intercourse. (In 2009: 29.7% ± 1.2 of all high school youth; 31.7% ± 1.8 of high school males; 27.6% ± 1.6 of high school females)



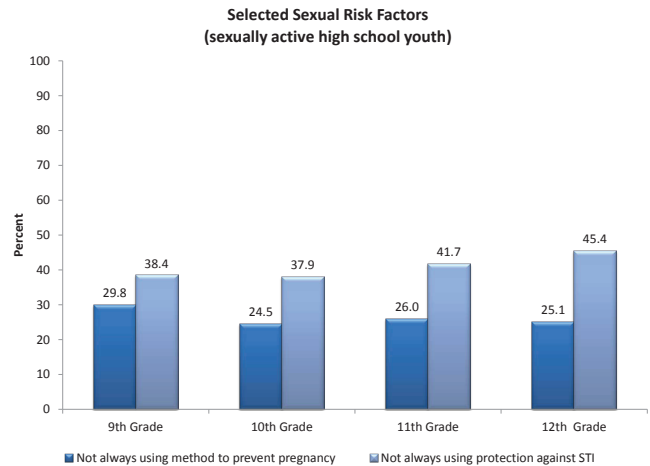
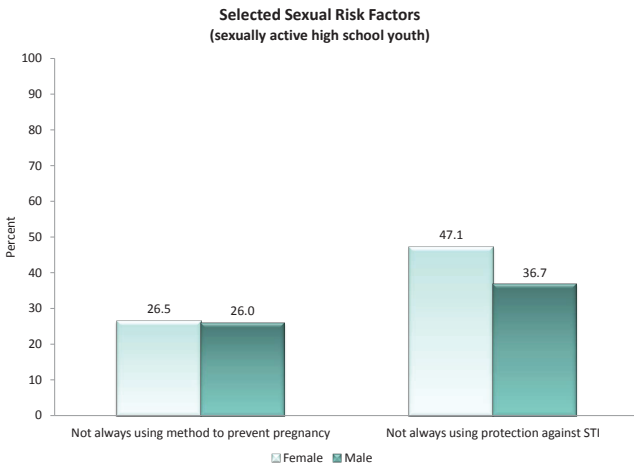
High-risk sexual behaviors of sexually active high school youth

Sexually active high school youth were asked additional questions about sexual behaviors that put them at higher risk for infections and pregnancy including: becoming sexually active at a young age; having multiple partners; sexual activity under the influence of alcohol or drugs; not always using birth control to prevent pregnancy; and not always using a barrier method to prevent STI.

- Compared to 2009, there has not been a statistically significant change in the percentages of high school females or males who started sexual activity by age 13 or 14.
- 29.5% of sexually active high school youth said they have had 4 or more sexual partners, 34.7% (± 2.4) of males and 23.6% (± 2.3) of females.
- 50.9% (± 3) of those who became sexually active at age 14 or younger reported 4 or more sexual partners, compared to 16.6% (± 1.7) of those that started sexual activity at age 15 or older.
- 43.3% of sexually active high school youth have had sex while under the influence of alcohol, marijuana or other drugs, with no difference between females and males.



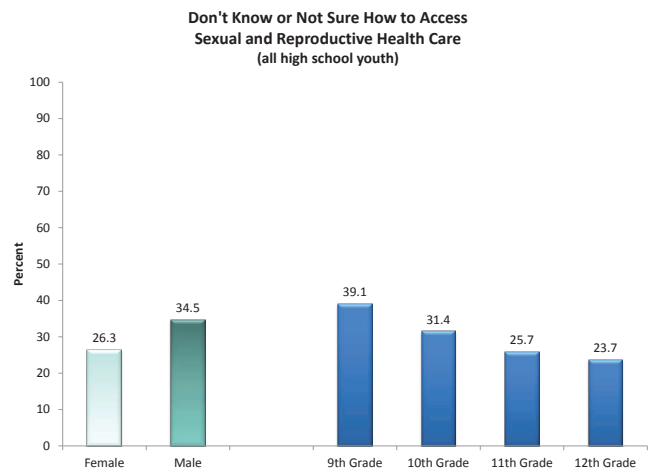
- Among high school youth who said they have had vaginal intercourse, 26.3% never or only sometimes use a method to prevent pregnancy. There is no difference in the percentages of females and males who do not consistently use methods to prevent pregnancy.
- 41.6% of sexually active high school youth do not always use a barrier method when they have sexual contact that is capable of causing an STI. Females are more likely than males to inconsistently use protection.



Accessing care for sexual and reproductive health concerns (all high school youth)

- 30.5% of all high school youth reported that they don't know or aren't sure how to access care if they have concerns of this type. Males and younger high school youth are less likely to have this information.

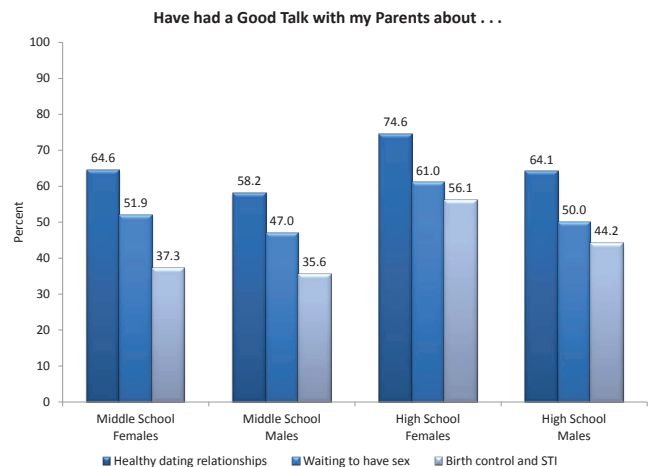
26.3% of sexually active high school youth don't always use contraception



Discussions with parents

The consequences of sexual activity underscore the importance of early and ongoing conversations about sexual risk behaviors and sexual health. Teens are more likely to make safer, healthier decisions when armed with age-appropriate, medically-accurate information about sexual risk behaviors and sexual health.^{19,20}

- 67% of all 7th-12th grade youth said they have "had a good talk with their parents" about healthy dating relationships, 53.7% about waiting to have sex, and 46% about preventing pregnancy and sexually transmitted infections.
- High school females are most likely to have had these discussions with parents.



Emotional Health

19.4% of all youth have had sustained sadness that interfered with their activities in the past 12 months

Youth experience a range of emotional and mental health challenges ranging from short-term reactions to stress to long-term mental illness. Mental illness impacts many domains of students’ lives, including their social interactions and educational achievements.²¹ Among adolescents ages 13 to 18, about 20% have mental health disorders severe enough to cause significant impairment in daily functioning, and nearly two-thirds of these adolescents do not receive mental health services.²² Early identification and treatment of mental health disorders is needed to achieve the best possible outcomes for youth, including prevention of future mental health problems.

Questions in the DCYA provide an understanding of emotional health issues for youth in our community. Youth were asked questions about symptoms of stress and depression, self harm (e.g., cutting), and suicidal thoughts and attempts. High school youth were also asked about long-term mental health disorders and ways that they cope – both positive and negative.

Mental health disorder

Youth were asked if they have depression, anxiety, an eating disorder, or some other mental health problem (excluding ADD/ADHD) lasting at least six months.

- 22.4% of high school youth reported having a long-term mental health problem.
- Females were more likely to report mental health problems (27.4% ±1.2 vs. 17.4% ±1.1 for males).

Percentage of high school youth who reported long-term mental health problems

Disorder	Females	Males	All High School Youth
Depression	12.5% (±1.0)	7.9% (±0.7)	10.2% (±0.6)
Anxiety	10.5% (±0.8)	5.4% (±0.6)	8.0% (±0.5)
Eating disorder	2.0% (±0.4)	1.3% (±0.3)	1.7% (±0.2)

Symptoms of stress and depression

Symptoms of stress

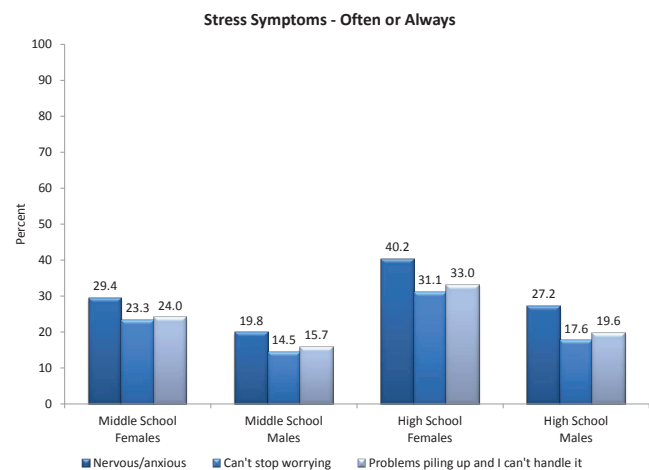
Youth were asked how often they have: “felt nervous, anxious or on edge”; “not been able to stop or control worrying”; and “felt problems were piling up so high that you could not handle them.”

- The survey found that females are more likely than males to often or always have these symptoms of stress. High school females are particularly affected.

Symptoms of depression

Youth were asked, “During the past 12 months, did you ever feel so sad or hopeless almost every day for at least 2 weeks in a row that you stopped doing some usual activities?” Loss of interest in activities and prolonged feelings of sadness and hopelessness suggest clinical depression.

- 19.4% of all 7th-12th grade youth have had sustained sadness that interfered with their activities in the past 12 months.
- Females were more likely than males to report these depressive symptoms, with high school females being most affected (25.6%).



Self harm

Youth were asked if they had intentionally hurt themselves, such as cutting or burning, in the past 12 months.

- 14.6% (± 0.8) of 7th-12th grade females and 8.1% (± 0.6) of males reported self-harming behavior.
- There is no difference in the prevalence of self-harming behaviors between middle school and high school youth, for either females or males.

The survey found that 1,179 youth attempted suicide in the past 12 months

Suicidal thoughts and attempted suicide

Youth were asked, “During the past 30 days, have you thought seriously about killing yourself?”; and “During the past 12 months, have you attempted to kill yourself?”

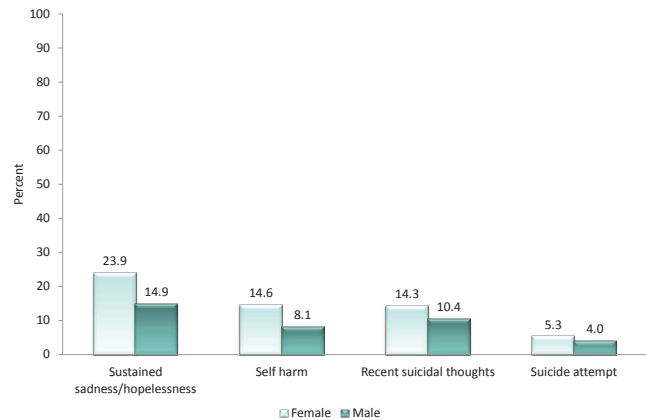
- 12.3% of all 7th-12th grade youth reporting having suicidal thoughts during the past 30 days, and 1,179 youth (4.6%) said they have attempted suicide in the past 12 months.
- 7th-12th grade females are slightly more likely than males to have suicidal thoughts (14.3% ± 0.8 vs. 10.4% ± 0.7), but there is not a significant difference between the percentages of middle school and high school youth who reported recent suicidal thoughts.
- The percent of youth with recent suicidal thoughts was slightly higher than in 2009 for middle school and high school females, and for middle school males.
- There is no difference in the rate of suicide attempts between middle school and high school youth, and a negligible difference between females and males (females > males by about 1%).

Coping skills

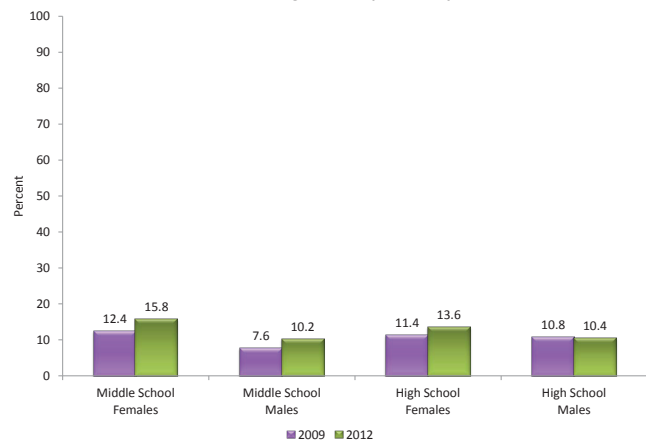
High school youth were asked how they react or cope when things go wrong in their life. The percentages that often or always react or cope in certain ways are displayed in the chart.

- There are differences between high school females and males for most types of reactions or means of coping.

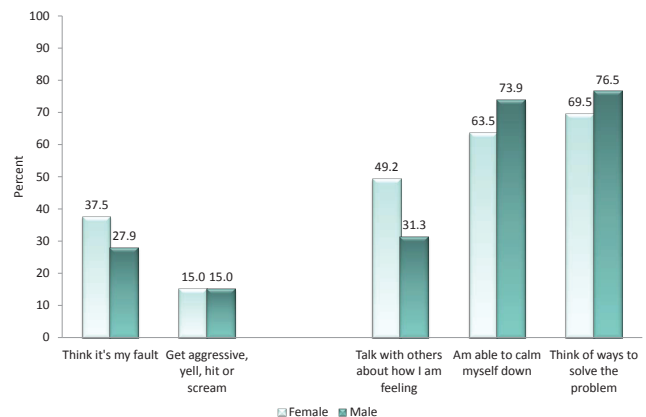
**Mental Health-Related Feelings and Actions
(7th-12th grade youth)**



Suicidal Thoughts in the past 30 days



**Usual Ways of Reacting/Coping when Things Go Wrong
(high school youth)**

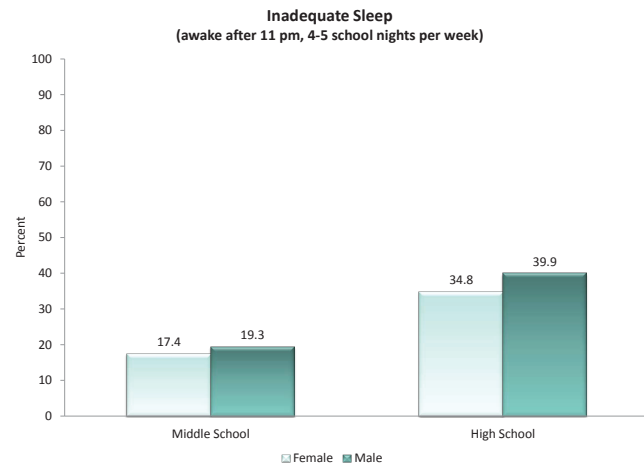


Inadequate Sleep, Asthma and Dental Care

Inadequate sleep

The National Sleep Foundation states that 9 or more hours of sleep a night is optimal for adolescents, a recommendation accepted by the Centers for Disease Control and Prevention.^{23,24} Less than 8 hours of sleep a night is considered insufficient and is associated with learning and discipline problems, many risk behaviors and health problems, including obesity, depression, substance use, accidents and infections.²⁵

- 18.4% (± 1.1) of middle school youth and 37.3% (± 0.9) of high school youth said they stay awake later than 11:00 p.m. on 4 or 5 school nights per week. (31.6% ± 0.8 of all 7th-12th grade youth)
- Among high school youth, males are more likely than females to stay up late on most school nights.
- The percent of high school youth who stay up late every school night decreased slightly from 2009 (30.2% ± 1.2) to present (26.8% ± 0.9). There was no change for middle school youth (13% ± 1 vs. 13.8% ± 1.2 in 2009).



Prevalence of asthma is significantly higher for Dane County high school youth than for high school aged teens in Wisconsin and the U.S.

Asthma

Asthma is an inflammatory disease of the airways of the lungs that often begins in childhood and can impact youth at school and in their other activities. The DCYA measures current active asthma, defined as having had asthma symptoms, taken asthma medication or seen a doctor for asthma within the past 12 months.

- 4,423 youth, or 17.3% of all 7th-12th graders, reported that they currently have asthma. Asthma prevalence was found to be consistent between middle school and high school youth.
- The prevalence of asthma for 7th-12th grade youth who attend school in the City of Madison is slightly higher than for those who attend school outside of Madison (18.4% ± 1.2 vs. 16.5% ± 0.6).

Percentage of high school youth who currently have asthma

Dane County (2012 DCYA)	17.2% (± 0.8)
Wisconsin (2007 CDC Youth Risk Behavior Survey)	12.4% (± 1.5)
U.S. (2011 CDC Youth Risk Behavior Survey)	11.9% (± 1.0)

Dental care

A dental exam with routine preventive care is recommended at least annually and preferably every six months.²⁶

- The vast majority of all 7th-12th grade youth said it has been 1 year or less since they last saw a dentist; however 2,194 youth (8.6%) said it has been 2 years or longer.
- The percent of all 7th-12th grade youth who are overdue for routine dental care is lower than in 2009 when 11% (± 0.7) reported that it had been 2 years or longer.
- There is no significant difference between middle school and high school youth regarding dental visits.

Weight, Physical Activity and Nutrition

Overweight and obesity

The rate of childhood obesity has increased dramatically in the past 30 years. Obesity is associated with serious health and social problems during adolescence, and it generally persists into adulthood, contributing to type 2 diabetes, cardiovascular disease, cancer, osteoarthritis and other chronic conditions.²⁷

Each youth's body mass index (BMI) was calculated based on their reported height and weight and compared to youth of the same age and sex using national scales (CDC BMI-for-age percentiles) to determine their BMI category. Obese is defined as having a body mass index (BMI) $\geq 95\%$ of youth their age and sex; overweight is defined as BMI $\geq 85\%$ but $< 95\%$ of youth their age and sex.²⁸

- The percent of Dane County 7th-12th grade youth who are either overweight or obese has been stable since the 2009 survey (23.2% ± 0.7 in 2012 vs. 24.1% ± 0.9 in 2009). Currently, 9.1% (± 0.5) of all 7th-12th grade youth are obese, compared to 10.2% (± 0.7) in 2009.
- The 9.2% prevalence of obesity for Dane County high school youth is comparable to that for Wisconsin high school youth but lower than the national rate.²⁹
- Middle school and high school youth have the same rates of overweight/obesity.
- Males remain significantly more likely than females to be overweight or obese (27.5% ± 1 vs. 18.8% ± 1).
- The survey found that African American, Latino, Hmong and mixed race youth have significantly higher rates of overweight/obesity than White youth.

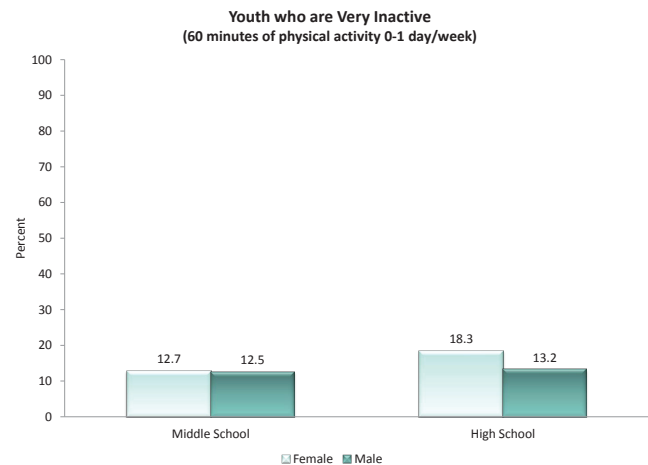
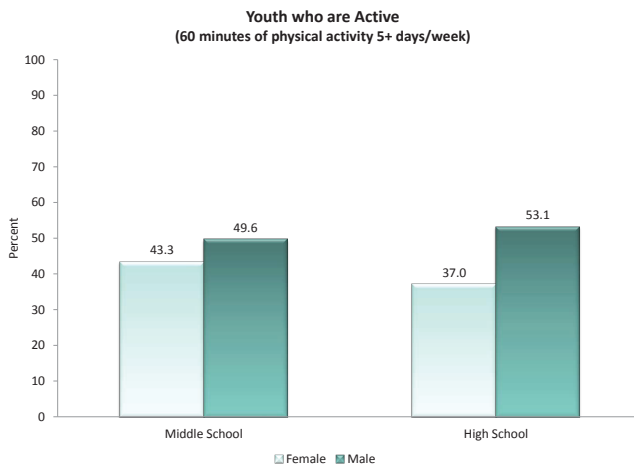
Physical activity and sedentary screen time

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, and helps control weight. It may also reduce anxiety and stress, increase self-esteem, improve blood pressure and cholesterol levels,³⁰ and benefit academic performance and behavior.³¹ Significant time spent sitting in front of a TV or computer screen (screen time) is associated with obesity in adolescents.^{32,33} Health experts recommend that youth should be physically active for at least 60 minutes a day, and limit sedentary screen time to no more than 2 hours a day.³⁴

Physical activity

Youth were asked on how many of the past 7 days they had spent a total of 60 minutes engaged in physical activity that increased their heart rate and made them breathe hard some of the time, including fast walking.

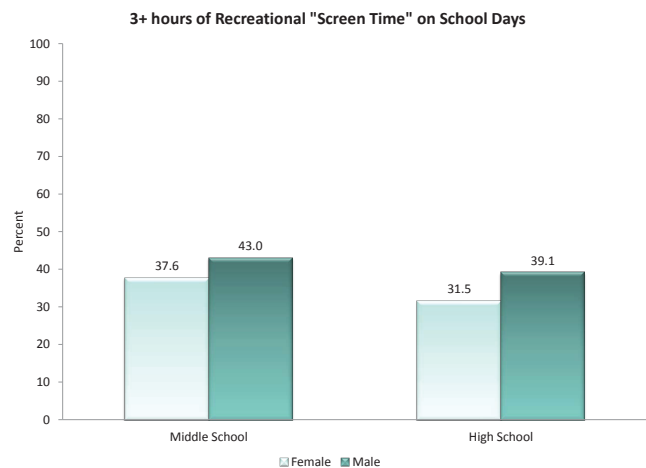
- Less than half (45.5%) of all 7th-12th grade youth are active for 60 minutes at least 5 days per week. 14.8% are very inactive, getting 60 minutes of physical activity on 0 or 1 day per week.
- Males are more active than females, particularly in high school when many girls become less active while males tend to maintain their level of activity.



Screen time

Youth were asked how much time they spend watching TV, playing video games, or using a computer or hand-held device for other than school work, on an average school day/night.

- The percent of 7th-12th grade males who reported high screen time (3 or more hours) was lower than in 2009 (40.3% ±1.1 vs. 45.6% ±1.4). By comparison, fewer 7th-12th grade females (33.3% ±1) reported high screen time, but there was no change since 2009.
- 10.7% of all 7th-12th grade youth spend 5 or more hours on non-homework screen time on school days/nights.
- High screen time is most prevalent in middle school males, and least prevalent in high school females.



Nutrition

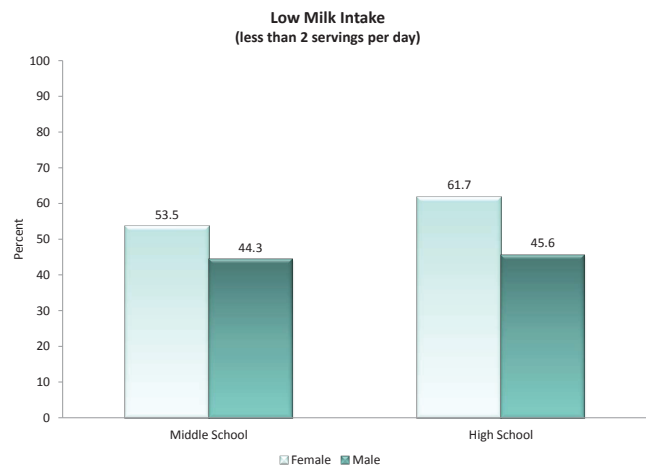
The “Dietary Guidelines for Americans, 2010”³⁵ recommend that adolescents consume 3 cups of low fat dairy foods such as non-fat skim or 1% milk, and eat about 5 servings of fruit and vegetables, per day. A nutritious breakfast contributes to good health and concentration needed for learning. The Guidelines recommend that sugar sweetened beverages that contain no nutrients be restricted because they contribute to obesity while replacing and reducing appetite for nutritious foods. The American Academy of Pediatrics (AAP) warns that energy drinks that contain caffeine or other stimulants are potentially harmful and never appropriate for children and adolescents.³⁶

Skipping breakfast

- 22.6% (±0.7) of all 7th-12th grade youth reported skipping breakfast 5-7 of the past 7 days, comparable to that percentage from the 2009 DCYA (24% ±0.9). Middle school males are less likely to skip breakfast than the other groups.

Milk

- Over half of all 7th-12th grade youth (52.2%), and 61.7% of high school females drink less than 2 servings of milk per day. Milk is a primary source of calcium and vitamin D, which are needed for lifelong health and disease prevention.³⁷



Fruit and vegetables

- Fruit and vegetable consumption (excluding potatoes and juice) is very low for most youth. 23.2% of all 7th-12th grade youth said they eat 0 or 1 serving of fruit or vegetables per day, while only 9.2% eat the recommended 5 servings per day.
- Fruit and vegetable consumption is not significantly different for females and males.
- Several measures point to a decline in fruit/vegetable consumption since 2009: the percent of middle school youth who eat 0-1 serving per day went up from 18.3% (±1.2) in 2009 to 22.2% (±1.1); and percentages of both middle school and high school youth who eat 5 or more servings per day went down.

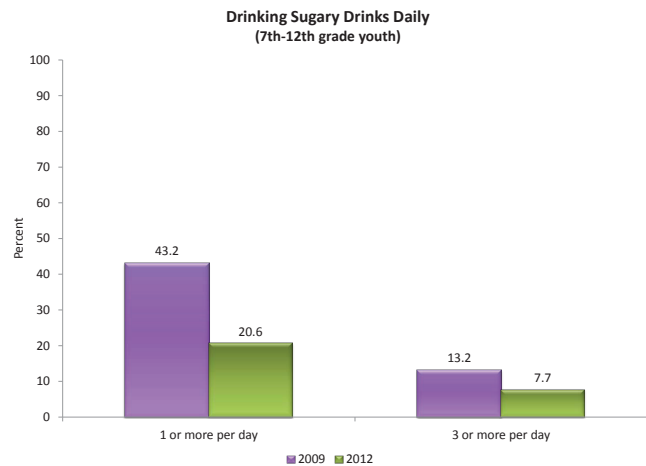
Percentage of youth who reported eating 5 or more servings of fruit or vegetables per day

Youth	2009	2012
Middle School	14.1% (±1.1)	11.4% (±0.9)
High School	10.2% (±0.8)	8.2% (±0.5)
All Youth	11.6% (±0.6)	9.2% (±0.5)

High sugar drinks

Youth were asked the combined total number of cans, bottles, glasses or cups of sugar-sweetened soda/pop and other high sugar drinks they drank over the past week (excluding 100% juice and lower sugar sports drinks).

- Reported consumption of sugar sweetened soda and other sugary drinks is significantly lower than in 2009, for all groups.**
- Males continue to consume more sugary drinks than females: 24.8% (± 1) of males vs. 16.2% (± 0.9) of females drink at least 1 per day.
- Consumption of sugary drinks is lower among high school females than middle school females, but that decrease with age is not seen in males.



Stimulant “energy” drinks

- 13.3% of all 7th-12th grade youth said they drink at least 1 stimulant energy drink per week, with most of those drinking 1-3 per week. 3% of all 7th-12th grade youth drink energy drinks daily. More males than females drink stimulant energy drinks.

Summer activity and diet

Because national research has found that many youth gain weight faster over summer vacation than during the school year,³⁸ the high school survey included questions about dietary and physical activity behaviors in the summer as compared to the school year. High school youth were also asked their opinion about availability of summer programs or facilities for physical activity.

- 50.5% of high school youth eat more “junk food” and 45.7% engage in more screen time during the summer than during the school year.
- 74.2% of high school youth said they are more active during the summer.
- 13.4% of high school youth do not think that there are enough summer sports and fitness programs for them to be active.

** The measure of sugary drink consumption changed from the 2009 DCYA. While the 2012 DCYA asked about number of servings, the 2009 survey asked about the number of times they drank a sugary beverage. We consider these measures comparable.

Comparison to 2009

Of the factors examined for this overview report, those that are the same or comparable to 2009 DCYA questions were examined to identify statistically significant changes in the percentages of affected youth since 2009. These comparisons are detailed in the report and key factors are recapped here. Many of these changes are small and trends will need to be confirmed by the 2015 DCYA. (MS = Middle School; HS = High School)

Desirable Increase

- Employment (HS)
- Enjoyment of school

Undesirable Increase

- Binge drinking (HS)
- Marijuana use by females
- Suicidal thoughts (females, MS males)

No Change

- Ever had an alcohol drink (HS)
- Binge drinking (MS)
- Marijuana use by males
- HS youth who have had sexual intercourse
- Early initiation of sexual activity
- Staying up late every school night (MS)
- Overweight/Obesity
- Skipping breakfast

Desirable Decrease

- Gang affiliation
- Bullying others
- Being bullied (HS)
- Cigarette smoking
- Screen time for males
- Staying up late every school night (HS)
- Soda/sweet drink consumption
- Overdue for dental care

Undesirable Decrease

- Fruit and vegetable consumption
- Feeling safe in my neighborhood

References

- ¹ Lumley TS. *Complex Surveys: A Guide to Analysis Using R*. Wiley; 2010.
- ² Dane County Youth Commission: www.danecountyhumanservices.org/family/youth/dane_county_youth_commission.aspx
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