Wyoming's Youth Risk Behavior Survey 2005 Executive Summary

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February 14, 2006

Dear Youth Advocates:

Wyoming's young people are engaging in risky behaviors that demand a coordinated response from families, schools and communities. How do we know that our young people are engaging in behaviors that put them at risk for serious health and social problems? We asked by administering the 2005 Wyoming Youth Risk Behavior Survey, and that is what they told us.

The Youth Risk Behavior Survey provides data on priority health risk behaviors in six categories. These behaviors contribute to unintentional injury and violence; tobacco use; alcohol and other drug use; teen pregnancy; unhealthy dietary behaviors; and physical inactivity.

It is important to note that the health risk behaviors reported in this document are preventable. These risk behaviors carry a significant cost to the youth themselves and to our society. These include both social costs such as the impact of violence and drug use, and a financial burden on our families and communities in the form of higher taxes, increased health care costs and diminished productivity.

It is evident that if students are to master Wyoming academic standards and reach their full potential as productive citizens, we must work to reduce risk behaviors and help students make positive life choices. Schools and government agencies cannot resolve these problems alone. To bring about a meaningful and lasting change, parents, communities, schools and local/state governments must form partnerships and work together for our youth.

It is my hope that the information contained in this report will be useful in planning a healthy future for Wyoming.

Sincerely,

Dr. Jim McBride Superintendent of Public Instruction

RESULTS OF THE 2005 WYOMING YOUTH RISK BEHAVIOR SURVEY

EXECUTIVE SUMMARY

Prepared for

The Wyoming Department of Education Dr. Jim McBride Superintendent of Public Instruction

By

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March 2006

This executive summary document, the 2005 Wyoming YRBS report, and detailed tables and graphs can be found at the Wyoming Department of Education's web site at www.k12.wy.us. For additional hard copies or for further information, contact the Wyoming Department of Education at (307) 777-6391.

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The 2005 Youth Risk Behavior Survey (YRBS) was a collaborative project between the Wyoming Department of Education and WESTAT. The Centers for Disease Control and Prevention partially funded this survey and provided a great deal of technical assistance and support for the survey. The format and layout of this report includes design elements adapted from previous YRBS reports.

We credit the success of the 2005 survey to the many individuals who worked with us throughout the survey process, including school district superintendents, principals, teachers, school health personnel, and especially the individuals who agreed to be survey coordinators and administrators. We also thank the middle school and high school students who participated in this year's survey.

We thank Dr. Jim McBride, Superintendent of Public Instruction, and Dr. Gerald Maas, Unit Director of Health and Safety in the Wyoming Department of Education, for their full support of this project.

Many thanks to Sunny Kaste, R.N., previous Health and Safety Section Supervisor at the Wyoming Department of Education, for her dedication to school health programs and this project, as well as her respect for and understanding of the value of "good data." We thank Mrs. Kaste for working to make the results of this project valuable and useful to school personnel.

We also must thank the many Department of Education personnel who made contributions to different aspects of the project, including making phone calls to school personnel and packing survey boxes.

Thank you again to everyone who assisted us with this project. Without your help, the 2005 survey would not have been a success!

Nathaniel Castellanos, I.T. Specialist

Introduction

The Youth Risk Behavior Survey (YRBS) was developed by the Centers for Disease Control and Prevention to measure the major health risk behaviors performed by youth. These health risk behaviors include: behaviors that contribute to intentional and unintentional injuries; the use of tobacco, alcohol, and other drugs; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; unhealthy dietary behaviors; and inadequate physical activity. These health risk behaviors are known to cause premature morbidity and mortality among youth and lead to chronic disease.

In Wyoming, the YRBS high school survey has been conducted every other year since 1991, and the YRBS middle school survey has been conducted every other year since 1999. The 2005 statewide high school survey was completed by 2,500 students in 59 Wyoming public schools during the spring semester. The 2005 statewide middle school survey was completed by 2,906 students in 55 Wyoming public schools during the spring semester. The results of the 2005 statewide high school survey are representative of all students in grades 9 through 12, and the results of the 2005 statewide middle school survey are representative of all students in grades 6 through 8. This executive summary document includes highlights of the 2005 YRBS and a comparison of the YRBS results over time. This document also includes a "Wyoming Fast Facts" section for each of the major content areas of the survey: Intentional and Unintentional Injuries; Use of Tobacco, Alcohol, and Other Drugs; Sexual Behaviors; and Nutrition, Weight, and Physical Activity. In the "Highlights" section of the document, percentages are rounded to the nearest whole number.

Why Are the Results of the YRBS Important?

The Wyoming Department of Education uses the YRBS results to help determine the number of Wyoming youth engaging in health risk behaviors and to create school health programs to help reduce these behaviors. For example, the Wyoming Departments of Education, Health, and Family Services have collaborated to fund pilot projects in six school districts as part of the Healthy Living, Healthy Learning program. This school health program is designed to coordinate services in schools and communities that support the physical, social, and cognitive development of children.

As shown in the charts in this report, the YRBS results can be used to explore age and gender differences in the health risk behaviors performed by Wyoming students. Some behaviors are more likely to be performed by younger students (e.g., inhalant use), and some behaviors are more likely to be performed by older students (e.g., sexual activity). Similarly, some behaviors are more likely to be performed by males (e.g., carrying a weapon on school property), and some behaviors are more likely to be performed by females (e.g., weight control behaviors such as fasting, using diet aids, and vomiting or using laxatives).

The YRBS results can also be used to explore relationships among different health risk behaviors performed by youth. For example, the YRBS data can be analyzed to determine if students who reported having been taught about AIDS or HIV were more likely to have used a condom the last time they had sexual intercourse. Later this year, the Wyoming Department of Education will publish a series of Fact Sheets describing the relationships among different health risk behaviors measured by the YRBS.

The Wyoming Department of Education also uses the YRBS data to explore trends over time and to make comparisons with other states. In 2002, the Wyoming Department of Education published "Wyoming Youth Risk Behavior Survey Ten-Year Comparison, 1991-2001," which compared the results of the Wyoming High School Youth Risk Behavior Surveys from the years 1991 through 2001. Later this year, the Wyoming Department of Education will publish a series of Fact Sheets comparing Wyoming's YRBS data to data from other states and to national data.

How Can You Use the Results of the YRBS?

Because the statewide YRBS data is representative of students throughout the state, you can use the statewide results to determine the health risk behaviors that are most likely to be performed by students at your own school. These problem can then be targeted with prevention and intervention programs.

Additionally, in 2001, the Wyoming Department of Education started offering a school-level census survey option for high schools and middle schools. With this option, high schools and middle schools that choose to survey all of their students (instead of a sample of students) receive high school level reports that were created from the survey responses of their own students. In 2005, 63 high schools and 72 middle schools chose to participate in this option. The schools that chose to survey all of their students can compare their own high school data to the state and national YRBS data. If these schools continue to survey all of their students in future years, the data from the high school level reports can be compared over time, and this data can be used for program planning and evaluation at the school level.

Specific examples of ways that you can use the data from the statewide and local Youth Risk Behavior Surveys include:

- Developing targeted at-risk plans to address the health risk behaviors of youth
- Developing nutrition and physical education programs
- Selecting health education curricula
- Evaluating Safe and Drug Free Schools programs
- Tracking outcomes of projects such as the Coordinated School Health pilots and 21st Century State Incentive Grant programs
- Developing grant proposals

Highlights of the 2005 YRBS

MOST STUDENTS ARE ENGAGING IN POSITIVE HEALTH BEHAVIORS:

Intentional and Unintentional Injuries

- 77.6% of middle school students have never seriously thought about killing themselves
- 82.6% of high school students did not seriously consider attempting suicide during the past 12 months
- 84.7% of high school students did not drink and drive during the past 30 days
- 72% of high school students did not carry a weapon during the past 30 days
- 69.6% of high school students were not in a physical fight during the past 12 months

Use of Tobacco, Alcohol, and Other Drugs

- 91.4% of middle school students did not smoke cigarettes during the past 30 days
- 88.3% of middle school students have never used marijuana
- 97.6% of middle school students have never used steroids
- 91.5% of high school students have never used methamphetamines
- 92.6% of high school students have never used ecstasy

Sexual Behaviors

- 84.5% of middle school students have never had sexual intercourse
- 65.6% of middle school students were taught about AIDS/HIV in school
- 89.5% of high school students were taught about AIDS/HIV in school

Nutrition, Weight, and Physical Activity

- Only 10.3% of middle school students are overweight based on the Body Mass Index, by age and sex
- Only 8.4% of high school students are overweight based on the Body Mass Index, by age and sex
- 80% of middle school students participated in 20 minutes of aerobic activities on three or more of the past seven days

Highlights of the 2005 YRBS

THE CHALLENGES AHEAD:

Intentional and Unintentional Injuries

- Only 36.4% of middle school students always wore a seatbelt when riding in a car
- Only 37.9% of high school students always wore a seatbelt when riding in a car driven by someone else
- Only 8.8% of middle school students always wore a helmet when riding a bicycle (of students who rode a bicycle)
- Only 4.2% of high school students always wore a helmet when riding a bicycle (of students who rode a bicycle during the past 12 months)
- 35.7% of middle school students had ridden in a car driven by someone who had been drinking alcohol
- 54% of middle school students had ever been in a physical fight
- 30.4% of high school students were in a physical fight during the past 12 months

Use of Tobacco, Alcohol, and Other Drugs

- 29.6% of middle school students have tried cigarette smoking
- 56.9% of high school students have tried cigarette smoking
- 39.3% of middle school students have ever had a drink of alcohol
- 45.4% of high school students have had a drink of alcohol during the past 30 days
- 38% of high school students have ever used marijuana

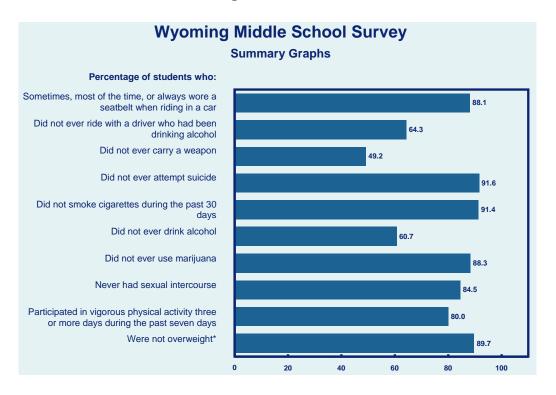
Sexual Behaviors

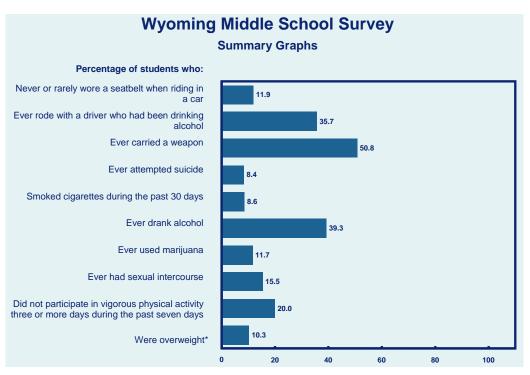
- 15.5% of middle school students ever had sexual intercourse
- 47.1% of high school students ever had sexual intercourse
- 64.9% of high school students used a condom at last sexual intercourse (of those who had had sexual intercourse during the past three months)
- 24.7% of high school students drank alcohol or used drugs before last sexual intercourse (of those who had had sexual intercourse during the past three months)

Nutrition, Weight, and Physical Activity

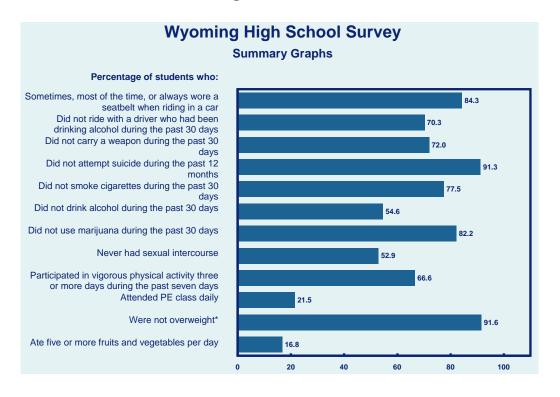
- 42.1% of middle school students are trying to lose weight, although only 10.3% are overweight based on the Body Mass Index
- 42.3% of high school students are trying to lose weight, although only 8.4% are overweight based on the Body Mass Index
- Only 2.7% of high school students ate four or more servings of fruit per day during the last seven days
- Only 19.7% of high school students drank three or more glasses of milk per day during the last seven days
- 30.5% of middle school students watched three or more hours of TV per day on an average school day
- 22.3% of high school students watched three or more hours of TV per day on an average school day

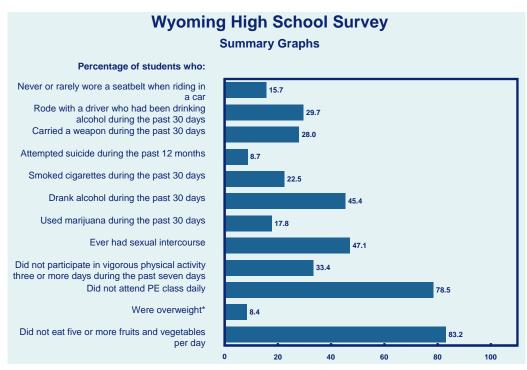
Highlights of the 2005 YRBS Middle School Survey Positive vs. Negative Health Behaviors





Highlights of the 2005 YRBS High School Survey Positive vs. Negative Health Behaviors





Middle School Survey	2001	2003	2005
Intentional and Unintentional Injuries	2001	2002	2000
****Of students who rollerbladed or rode a skateboard, the	77.3	74.1	73.5
percentage who never or rarely wore a helmet	,,,,	,	, 5.6
****Among students who rode a bicycle, the percentage who	70.5	70.0	68.8
never or rarely wore a bicycle helmet			
*Percentage of students who never or rarely wore a seat belt when	14.7	15.7	11.9
riding in a car			
**Percentage of students who ever rode in a car driven by someone	42.9	40.1	35.7
who had been drinking alcohol			
**Percentage of students who ever carried a weapon, such as a gun,	43.5	49.3	50.8
knife, or club			
****Percentage of students who ever seriously thought about	22.1	22.6	22.4
killing themselves			
****Percentage of students who ever tried to kill themselves	9.1	9.6	8.4
Use of Tobacco, Alcohol, and Other Drugs			
**Percentage of students who ever tried cigarette smoking, even	40.4	35.0	29.6
one or two puffs			
**Percentage of students who smoked a whole cigarette for the first	12.5	10.6	7.8
time before age 11			
**Percentage of students who ever smoked cigarettes daily, that is,	8.4	6.8	5.6
at least one cigarette every day for 30 days			
**Percentage of students who had their first drink of alcohol other	22.3	19.7	18.1
than a few sips before age 11			
****Percentage of students who ever used any form of cocaine,	4.8	6.1	4.8
including powder, crack, or freebase			
****Percentage of students who ever used steroids	3.3	3.8	2.4
**Percentage of students who ever used a needle to inject any	1.6	2.5	5.1
illegal drug into their body			
Sexual Behaviors	1	1	1
****Percentage of students who had sexual intercourse for the first	4.1	4.9	5.0
time before age 11			
**Among students who had sexual intercourse, the percentage who	59.6	63.7	69.7
used a condom during last sexual intercourse			
**Percentage of students who had ever been taught in school about	74.0	74.6	65.6
AIDS or HIV infection			
Weight, and Physical Activity	ı	ı	1
****Percentage of students who had ever vomited or taken	6.0	6.2	5.9
laxatives to lose weight or to keep from gaining weight			
****Percentage of students who played on some sports teams	73.0	71.6	71.2
***Percentage of students who attended physical education (PE)	47.8	55.9	49.2
classes daily in an average week when they were in school			

High School Survey	1995	1997	1999	2001	2003	2005
Intentional and Unintentional Injuries	•	•	•	•		
**Percentage of students who never or rarely	33.4	32.9	24.0	20.0	18.6	15.7
wear a seat belt when riding in a car driven by						
someone else						
**Percentage of students who, during the past	42.3	40.9	38.7	35.9	32.2	29.7
30 days, rode one or more times in a car or						
other vehicle driven by someone who had						
been drinking alcohol						
**Percentage of students who carried a	14.1	13.1	11.8	8.4	10.1	10.0
weapon such as a gun, knife, or club on						
school property on one or more of the past 30						
days						
**Percentage of students who did not go to	3.4	4.3	3.0	8.0	5.4	6.1
school on one or more of the past 30 days						
because they felt unsafe at school or on their						
way to or from school						
*Percentage of students who had been	7.3	7.3	8.1	9.4	9.7	7.8
threatened or injured with a weapon such as a						
gun, knife, or club on school property one or						
more times during the past 12 months						
**Percentage of students who were in a	35.6	34.0	31.5	31.4	31.2	30.4
physical fight one or more times during the						
past 12 months						
**Percentage of students who were in a	16.8	14.0	12.9	13.5	12.7	12.2
physical fight on school property one or more						
times during the past 12 months						
*Percentage of students who, during the past	N/A	N/A	22.9	26.2	30.2	26.3
12 months, ever felt so sad or hopeless almost						
every day for two weeks or more in a row that						
they stopped doing some usual activities						
***Percentage of students who made a plan	17.4	19.0	13.3	14.2	15.8	15.7
about how they would attempt suicide during						
the past 12 months						

High School Survey	1995	1997	1999	2001	2003	2005
Use of Tobacco, Alcohol, and Other Drugs						
**Percentage of students who smoked a whole	30.9	29.1	25.9	24.1	21.5	18.2
cigarette for the first time before age 13						
**Percentage of students who smoked cigarettes on	39.5	37.4	35.2	28.4	26.0	22.5
one or more of the past 30 days						
*Percentage of students who smoked cigarettes on 20	19.4	20.3	19.3	13.6	13.3	10.1
or more of the past 30 days						
**Among students who are current smokers, the	14.4	16.8	15.0	11.9	12.5	9.6
percentage who smoked more than 10 cigarettes per						
day on the days that they smoked during the past 30						
days						
*Percentage of students who smoked cigarettes on	17.2	16.6	15.9	10.7	10.2	6.8
school property on one or more of the past 30 days						
**Percentage of students who ever smoked at least	N/A	N/A	N/A	20.7	18.9	16.6
one cigarette per day every day for 30 days						
**Percentage of students who used chewing tobacco,	25.1	22.5	17.7	18.1	13.3	14.3
snuff, or dip on one or more of the past 30 days						
**Percentage of students who used chewing tobacco,	18.3	15.2	10.7	11.5	9.3	8.6
snuff, or dip on school property on one or more of						
the past 30 days						
****Percentage of students who are current smokers,	N/A	N/A	N/A	58.2	57.8	57.4
the percentage who tried to quit smoking during past						
12 months						
**Percentage of students who had their first drink of	42.0	40.5	36.3	33.9	34.7	27.0
alcohol other than a few sips before age 13						
*Percentage of students who had at least one drink of	52.1	55.0	54.8	51.3	49.0	45.4
alcohol on one or more of the past 30 days						
*Percentage of students who had five or more drinks	38.8	40.6	39.5	38.1	34.6	32.0
of alcohol in a row, that is, within a couple of hours,						
on one or more of the past 30 days						
**Percentage of students who used marijuana on	6.7	8.0	4.7	4.4	5.1	4.0
school property one or more times during the past 30						
days						
*Percentage of students who sniffed glue, breathed	28.0	25.7	17.6	16.0	14.0	17.1
the contents of aerosol spray cans, or inhaled any						
sprays to get high one or more times during their life						
*Percentage of students who were offered, sold, or	24.3	31.5	20.3	18.9	18.1	22.7
given an illegal drug on school property by someone						
during the past 12 months			1			

High School Survey	1995	1997	1999	2001	2003	2005
Sexual Behaviors	ı	ı	1	I		
*Percentage of students who had sexual intercourse	8.9	6.2	6.2	5.2	5.8	5.2
for the first time before age 13 years						
**Of students who had sexual intercourse during the	53.7	49.5	57.2	61.8	64.0	64.9
past three months, the percentage who used a						
condom during last sexual intercourse						
**Among students who had sexual intercourse	30.1	33.3	31.3	30.2	27.4	24.7
during the past three months, the percentage who						
drank alcohol or used drugs before last sexual						
intercourse						
****Among students who had sexual intercourse	22.2	21.5	20.7	25.7	22.7	24.9
during the past three months, the percentage who						
used birth control pills to prevent pregnancy before						
last sexual intercourse						
Nutrition, Weight, and Physical Activity						
**Percentage of students who were trying to lose	40.3	42.0	40.4	41.7	43.1	42.3
weight						
**Percentage of students who exercised to lose	55.7	53.6	58.6	59.3	59.0	58.2
weight or to keep from gaining weight during the						
past 30 days						
**Percentage of students who drank three or more	N/A	N/A	27.7	25.0	23.5	19.7
glasses of milk per day during the past seven days						
**Percentage of students who attended P.E. class	36.4	29.2	33.1	30.9	23.2	21.5
daily						

^{*} This table includes behaviors on the YRBS that exhibit linear trends and quadratic trends.

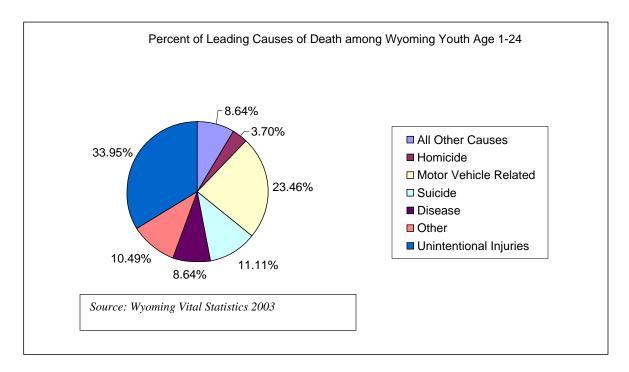
^{** (}Linear) Relating to a straight line or capable of being represented by a straight line, this table includes behaviors on the YRBS that significantly increased or decreased over time.

^{*** (}Quadratic) an equation containing one or more terms raised to the power of two but no higher.

^{**** (}None) did not significantly increase or decrease over time

Intentional and Unintentional Injuries WYOMING FAST FACTS

The YRBS measures behaviors related to intentional and unintentional injuries including drinking and driving, seatbelt use, suicide, helmet use, and violence. These behaviors are related to many of the causes of premature death for youth. The pie chart below shows the percent of deaths, by cause, among Wyoming's youth aged 1-24. As shown in the chart, motor vehicle related and unintentional injuries are the most common causes of death of individuals in this age group followed by suicide.



Motor Vehicle Accidents

• In Wyoming there were 74 motor vehicle related deaths involving youth aged 1 – 24 during 2003. This is equal to 56.06% of the total (132) number of motor vehicle related deaths in Wyoming during this year.²

Suicide

- 13 males aged 15–24 completed suicide in Wyoming during 2003.²
- 5 females aged 15 24 completed suicide in Wyoming during 2003. ²
- CDC Reports Latest Data on Suicide Behaviors, Risk Factors, and Prevention Analysis of data on suicide methods by the Centers for Disease Control and Prevention (CDC) found that among youth aged 10-14 years, suffocation (mostly hangings) has replaced firearms as the most common method of suicide. In 2001, suffocation suicides in this age group occurred nearly twice as often as firearms suicides, the most frequently used method before 1997.¹

What We Know About Intentional and Unintentional Injuries from the YRBS

Middle School Students (6th – 8th grade)

- 68.8% of middle school students never or rarely wore a helmet when riding a bicycle (of those who rode a bicycle)
- 11.9% of middle school students never or rarely wore a seatbelt when riding in a car
- 35.7% of middle school students had ever ridden in a vehicle driven by someone who had been drinking alcohol
- 50.8% of middle school students had ever carried a weapon, such as a gun, knife, or club
- 54.0% of middle school students had ever been in a physical fight
- 22.4% of middle school students had ever seriously considered suicide, and 15.8% had ever made a plan about how they would attempt suicide
- 8.4% of middle school students had ever actually attempted suicide

High School Students (9th – 12th grade)

- 83.1% of high school students never or rarely wore a helmet when riding a bicycle (of those who rode a bicycle during the past 12 months)
- 15.7% of high school students never or rarely wore a seatbelt when riding in a car driven by someone else
- 29.7% of high school students rode in a vehicle driven by someone who had been drinking alcohol during the past 30 days, and 15.3% drove a car when they had been drinking alcohol during the past 30 days
- 10.0% of high school students carried a weapon on school property during the past 30 days
- 30.4% of high school students had been in a physical fight during the past 12 months
- 13.3% of high school students were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months
- 10.3% of high school students have ever been physically forced to have sexual intercourse when they did not want to
- 6.1% of high school students did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school
- 7.8% of high school students were threatened or injured with a weapon such as a gun, knife, or club on school property during the past 12 months
- 26.3% of high school students felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months
- 17.4% of high school students seriously considered suicide during the past 12 months, and 15.7% made a plan about how they would attempt suicide during the past 12 months
- 8.7% of high school students actually attempted suicide during the past 12 months

Use of Tobacco, Alcohol, and Other Drugs WYOMING FAST FACTS

The YRBS measures behaviors related to the use of tobacco, alcohol, and many other drugs, including marijuana, inhalants, and methamphetamines. Second-hand smoke does harm to people not smoking but who are breathing the smoke of cigarette smokers. Each year, more than 3,000 non-smoking Americans die of lung cancer, and more than 35,000 die of heart disease. Up to 300,000 children suffer from respiratory tract infections due to exposure to second-hand smoke. Smoking is also a major cause of heart disease, bronchitis, emphysema, and stroke and contributes to the severity of colds and pneumonia.

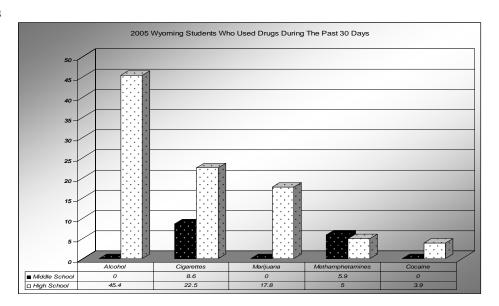
Tobacco

- Many factors interact to encourage tobacco use among youth, including tobacco advertising and promotion, tobacco use by peers and family members, and easy access to tobacco products.⁵
- Early adolescence (age 11—15 years, or sixth through tenth grade) is the period when young people are most likely to try smoking for the first time.⁵
- Existing data suggest that evidence-based curricula and national guidelines have not been widely adopted. Less than 5% of schools nationwide are implementing the major components of *CDC's Guidelines for School Health Programs to Prevent Tobacco Use and Addiction*, which recommends schools should.⁵
- The 2010 national health objectives call for reducing the percentage of retailers willing to sell tobacco products to minors to 5% or less through enforcement of existing laws. To date, no state has met this objective.⁶

Alcohol

- One-quarter of all emergency room admissions, one-third of all suicides, and more than half of all homicides and incidents of domestic violence are alcohol-related.⁸
- Almost half of all traffic fatalities are alcohol-related. Between 48% and 64% of people who die in fires have blood alcohol levels indicating intoxication.⁸
- Alcohol use by pregnant women can lead to fetal alcohol syndrome, the leading known cause of mental retardation.⁸

Illegal Drugs

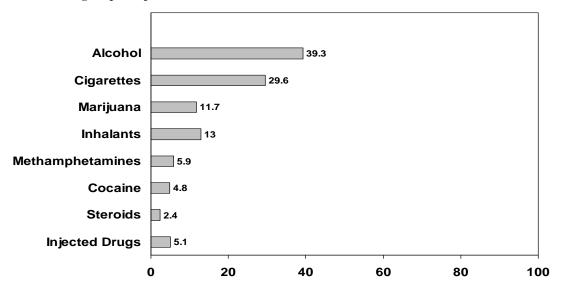


What We Know About the Use of Tobacco, Alcohol, and Other Drugs From the YRBS

2005 Wyoming Middle School Survey

Ever Used Drugs

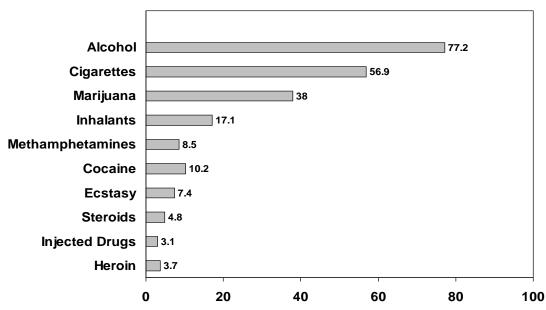
Percentage of participants who ever used:



2005 Wyoming High School Survey

Ever Used Drugs

Percentage of participants who ever used:



Sexual Behaviors that Contributed to AIDS/HIV WYOMING FAST FACTS

Summary

• During the period January 1 through June 30, 2005, two persons with AIDS were reported to the Wyoming Department of Health. One of the two AIDS cases reported this period had previously been reported as a case of HIV infection in another state and one had no previous HIV diagnosis. Nine cases of HIV infection (not AIDS) were reported during this time period. Thus, cases of newly identified HIV disease totaled ten during this period. ³

Trends in Incidence

• When comparing the same time period (January - June) of 2004, eight AIDS cases were reported (two had been previously diagnosed in other states with HIV infection and six had no previous diagnosis of HIV infection) and seven HIV cases were reported. Thus, cases of newly identified HIV disease totaled thirteen.³

Cumulative Morbidity

- Wyoming HIV/AIDS morbidity includes 213 individuals diagnosed with AIDS (43 of these were originally diagnosed as HIV-positive in other states but moved to Wyoming, progressed to AIDS and are now counted as Wyoming AIDS cases). Sixty-four of the individuals classified as Wyoming AIDS cases are currently presumed to be residing in Wyoming.³
- Of the 172 HIV cases reported to date, 98 have since developed AIDS (66 are now classified as Wyoming AIDS cases and are included among the 213 total AIDS cases reported to date and 32 are classified as AIDS cases in other states) leaving a total of 74 individuals currently classified as Wyoming HIV cases.³
- Of the 74 individuals currently classified as HIV cases, seven are deceased, sixteen have moved from Wyoming and fifty-two are presumed to be currently residing in Wyoming.³

Current Status: Mortality

• Of the 213 individuals reported with AIDS through June 30, 2005, 117 are known to be deceased. Seven of the 172 HIV cases reported are known to be deceased (never classified as AIDS). ³

"Imported" Cases

• As of June 30, 2005, a total of 26 persons with HIV infection and 51 persons with AIDS initially diagnosed and reported in other states were presumed to be residing in Wyoming. An additional 41 persons with AIDS and five individuals with HIV infection were also diagnosed and reported in other states prior to moving to Wyoming but are now deceased.³

What We Know About Risky Sexual Behaviors from the YRBS

Middle School Students (6th – 8th grade)

- 15.5% of middle school students have ever had sexual intercourse
- 6.3% of middle school students have had sexual intercourse with three or more people during their lifetime
- 69.7% of middle school students used a condom during their last sexual intercourse (of middle school students who had ever had sexual intercourse)
- 65.6% of middle school students had ever been taught about AIDS or HIV infection in school

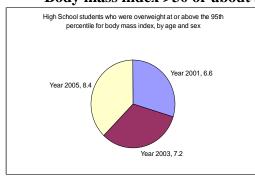
<u>High School Students (9th – 12th grade)</u>

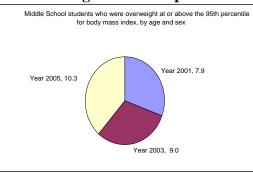
- 47.1% of high school students have ever had sexual intercourse
- 5.2% of high school students had sexual intercourse for the first time before age 13
- 34.7% of high school students have had sexual intercourse with one or more people during the past three months
- 64.9% of high school students used a condom during their last sexual intercourse (of students who had had sexual intercourse during the past three months)
- 24.9% of high school students used birth control pills during their last sexual intercourse (of students who had had sexual intercourse during the past three months)
- 89.5% of high school students had ever been taught about AIDS or HIV infection in school

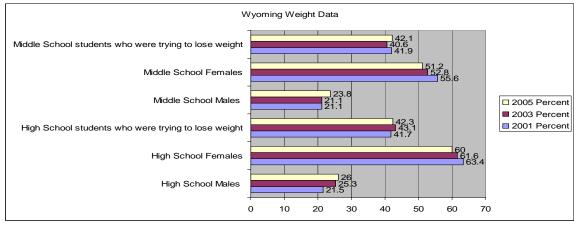
Nutrition, Weight, and Physical Activity WYOMING FAST FACTS

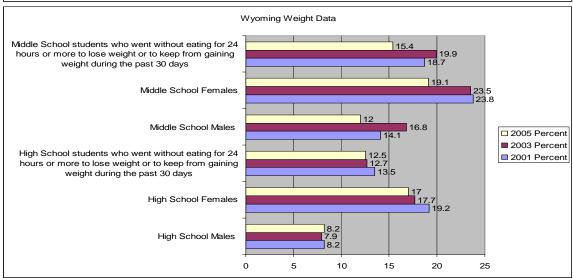
The YRBS measures behaviors that are related to nutrition, weight, and physical activity. These behaviors are important for children's physical health, development, and readiness to learn. Poor dietary habits, being overweight and obese, and physical inactivity contribute to chronic disease in adulthood. Obesity in both childhood and adulthood is quickly becoming a national epidemic.⁹

*Body mass index >30 or about 30 lbs overweight for a 5'4" person.









What We Know About Nutrition, Weight, and Physical Activity from the YRBS

Middle School Students (6th – 8th grade)

- 10.3% of middle school students are overweight based on the Body Mass Index
- 25.4% of middle school students describe themselves as slightly or very overweight
- 42.1% of middle school students (51.2% of females) are trying to lose weight
- 15.4% of middle school students ever went without eating for 24 hours or more
- 6.2% of middle school students (7.5% of females) ever took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight
- 5.9% of middle school students (8.7% of females) ever vomited or took laxatives to lose weight or to keep from gaining weight
- 80.0% of middle school students exercised or participated in physical activity for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days
- 30.5% of middle school students watched three hours or more of TV per day on an average school day
- 49.2% of middle school students attended P.E. class daily
- 71.2% of middle school students played on some sports teams

High School Students (9th – 12th grade)

- 8.4% of high school students are overweight based on the Body Mass Index
- 29.2% of high school students describe themselves as slightly or very overweight
- 42.3% of high school students (60.0% of females) are trying to lose weight
- 12.5% of high school students went without eating for 24 hours or more during the past 30 days to lose weight or to keep from gaining weight
- 7.3% of high school students (8.3% of females) took diet pills, powders, or liquids without a doctor's advice during the past 30 days to lose weight or to keep from gaining weight
- 6.8% of high school students (8.6% of females) vomited or took laxatives during the past 30 days to lose weight or to keep from gaining weight
- 16.8% of high school students ate five or more servings of fruits and vegetables per day during the past seven days
- 19.7% of high school students drank three or more glasses of milk per day during the past seven days
- 66.6% of high school students exercised or participated in physical activities for at least 20 minutes that made them sweat and breathe hard on three or more of the past seven days
- 22.3% of high school students watched three hours or more of TV per day on an average school day
- 21.5% of high school students attended P.E. class daily
- 59.5% of high school students played on one or more sports teams during the past 12 months

References & Resources

- Centers for Disease Control and Prevention, 1600 Clifton Rd, Atlanta, GA 30333, U.S.A Tel: (404) 639-3311 / Public Inquiries: (404) 639-3534 / (800) 311-3435 http://www.cdc.gov/http://www.cdc.gov/od/oc/media/pressrel/r040610.htm
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- 3. Department of Health Brent Sherard, M.D., Director, State Health Officer *HIV AIDS in Wyoming, Vol. 14, No. 1 Wyoming Department of Health* 6101 Yellowstone Rd., # 5 1 0 Cheyenne, WY 82002 Phone: (307) 777-7719 FAX: (307)777-6144

 http://wdh.state.wy.us/HIVSurveillance/index.asp
- 4. Centers for Disease Control and Prevention. Youth risk behavior surveillance United States, 1999. *MMWR*; 49 (SS-5). http://www.cdc.gov/mmwr/PDF/SS/SS4905.pdf
- 5. U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General.* Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2000.
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- 7. US Surgeon Generals Report. Reducing tobacco use: A Report of the Surgeon General; Centers for Disease Control and Prevention National Report on Human Exposure to Environmental Chemicals; American Cancer Society
- 8. Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services; http://www.freeandtrue.com/alcohol/details.asp?nsectionid=2&ncatid=25
- 9. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Mail Stop K–46, 4770 Buford Highway, NE, Atlanta, GA 30341-3717 (770) 488-5820 Fax (770) 488-6000 ccdinfo@cdc.gov http://www.cdc.gov/nccdphp/dnpa