

Alaska

2003 Youth Risk Behavior Survey (YRBS) Results

These risk behaviors¹ . . .

Unintentional Injuries and Violence

- 15% Rarely or never wore safety belts
- 25% Rode with a drinking driver during the past month
- 18% Carried a weapon during the past month
- 27% Were in a physical fight during the past year
- 8% Attempted suicide during the past year

Alcohol and Other Drug Use

- 39% Drank alcohol during the past month
- 26% Reported episodic heavy drinking during the past month
- 24% Used marijuana during the past month
- 7% Ever used cocaine
- 10% Ever used inhalants

Sexual Behaviors

- 40% Ever had sexual intercourse
- 12% Ever had four or more sex partners
- 28% Had sexual intercourse during the past three months
- 38% Did not use a condom during last sexual intercourse²
- 75% Did not use birth control pills during last sexual intercourse²

Tobacco Use

- 56% Ever tried cigarette smoking
- 19% Smoked cigarettes during the past month
- 8% Smoked cigarettes on ≥ 20 days during the past month
- 11% Used smokeless tobacco during the past month
- 8% Smoked cigars during the past month

Dietary Behaviors

- 84% Ate < 5 servings of fruits and vegetables per day during the past 7 days
- 88% Drank < 3 glasses of milk per day during the past 7 days

Physical Activity

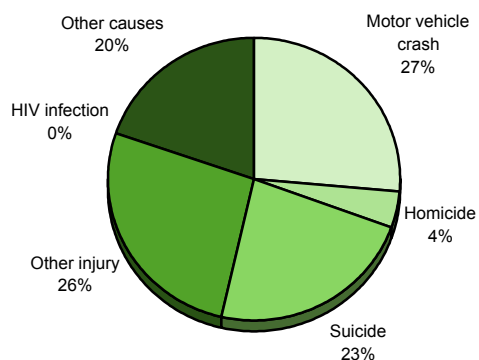
- 32% Participated in insufficient vigorous physical activity³
- 72% Participated in insufficient moderate physical activity⁴
- 55% Were not enrolled in physical education class
- 82% Did not attend physical education class daily
- 8% Did not participate in any vigorous or moderate physical activity

Overweight

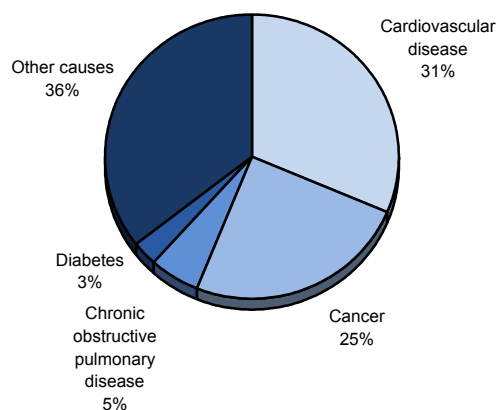
- 14% At risk for becoming overweight⁵
- 11% Overweight⁶

. . . contribute to these leading causes of death.⁷

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



¹ Among high school students only, weighted data.

² Among students who had sexual intercourse during the past 3 months.

³ Did not participate in vigorous physical activity for ≥ 20 minutes on ≥ 3 of the past 7 days.

⁴ Did not participate in moderate physical activity for ≥ 30 minutes on ≥ 5 of the past 7 days.

⁵ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

⁶ Students who were at or above the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

⁷ 2001 mortality data, National Center for Health Statistics.