

Delaware County Youth Health Assessment 2004



Commissioned by the
Delaware General Health District

Foreword

Project

This survey of youth attitudes, behavior, and understanding of tobacco issues was commissioned by the Delaware General Health District as a way to evaluate the impact of the youth prevention activities of our local tobacco prevention grant from the Ohio Tobacco Use Prevention and Control Foundation. The youth tobacco prevention activities include Botvin's Life Skills training, Tobacco Education Group and Tobacco Awareness Program (education and cessation programs), and the NIC-oteen program.

The youth tobacco prevention effort is part of our overall program which includes preventing adult tobacco use, preventing tobacco use among pregnant women, and reducing exposure to secondhand smoke. In turn, the tobacco program is part of the Delaware General Health District's larger mission, as stated below.

Mission of the Delaware General Health District

The Delaware General Health District is dedicated to fostering, protecting, and improving the health and the environment of our residents and our communities.

Acknowledgements

We would like to thank the following agencies and organizations for their assistance and cooperation in compiling this report:

Great Lakes Marketing, Inc.
Big Walnut Local School District
Buckeye Valley Local School District
Delaware City Schools
Olentangy Local School District
Village Academy
Delaware General Health District - Board of Health
Ohio Tobacco Use Prevention and Control Foundation
Tobacco Free Tomorrow Coalition

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Delaware County Youth Health Assessment 2004

This summary report provides an overview of health-related data for Delaware County middle school students, grades six through eight, who participated in a county-wide health assessment survey during the winter of 2004. The findings are based on self-administered survey data using a structured questionnaire. The questions were modeled after the survey instruments used by the Center for Disease Control for their national and state Youth Risk Behavior Surveillance Survey (YRBSS), however, the survey questionnaire was developed as a joint effort between Great Lakes Marketing, Inc., and the Delaware General Health District to include topic areas specifically relevant to Delaware County youth. Great Lakes Marketing, Inc., collected the data and analyzed the findings for this study.

Primary Data Collection Methodology

A total of 912 middle school students, grades six through eight, were asked to complete the Delaware County Health Assessment questionnaire. The margin of error for this study is plus or minus two percentage points at the ninety-five percent level of confidence.

The survey questionnaire included a core set of questions that are based on the wording used in the YRBSS questionnaire to benefit from the rigor used to construct these health assessment tools. The YRBSS questionnaire is administered by the CDC in schools nationwide to youth in grades nine through twelve, however, this study included students in grades six through eight only. The exact wording from the YRBSS questionnaire was retained in an effort to provide baseline data for future trending as Delaware County expands research to include high school students in subsequent years. Additional health questions were developed to include topic areas of specific interest to the Delaware General Health District. The questionnaire included a total of 73 questions, covering the health topics of tobacco, diet, nutrition, exercise, drug use, car safety and helmet use.

Youth Sample Methodology

Schools for this study were selected by the Delaware General Health District (DGHD) to give the broadest mix of sixth through eighth grade students in the county. All seven public schools in the health district's jurisdiction were selected and one private school was subsequently added to the study. Of the eight schools selected, all but one school (Genoa Middle School of the Westerville school district) were willing to allow their students to participate in the health assessment process. Genoa Middle School chose not to participate in this DGHD process because of previous school time utilized to complete other surveys through its school district's association with Franklin County.

Primary Data Collection Methodology

Schools participating in 2004 youth health assessment

<u>District</u>	<u>School</u>
<i>Big Walnut</i>	<i>Big Walnut Middle School (6th-8th)</i>
<i>Buckeye Valley</i>	<i>Buckeye Valley Local Middle School (6th-8th)</i>
<i>Delaware City</i>	<i>Willis Intermediate School (6th only)</i>
	<i>Dempsey Middle School (7th-8th only)</i>
<i>Olentangy</i>	<i>Olentangy Liberty Middle School (6th-8th)</i>
	<i>Olentangy Shanahan Middle School (6th-8th)</i>
<i>Private, Independent</i>	<i>Village Academy (6th-8th)</i>

Classes of students were randomly selected from each school building based on school and grade enrollment as a percentage of the total enrollment figure of 3982 middle school students from the seven participating schools. The health assessment sample of 912 students represents 23% of the total enrollment. The county and school enrollment figures were provided by the DGHD. The surveys were administered to classrooms or groups of students in general subjects only, such as physical education or health, in order to collect information from the broadest mix of students. Only students in grades six through eight were included in the sample. The required parental permission policy was followed in each school as necessary.

The surveys were administered in each school by trained survey administrators from Great Lakes Marketing. All responding youths were given a questionnaire booklet and separate answer sheet. The question answers were recoded on the answer sheet and the answer sheets were deposited in a common, private collection area provided by the survey administrator. The answers were recorded on the answer sheet using codes to provide the greatest level of confidence to the youth that their answers could not be interpreted by the survey administrators or other students. In most cases, respondents completed the survey independently. Assistance in understanding the question intent was available if needed.

Schools were offered a financial incentive for participating in the study.

Validation

After the data were compiled, a preliminary analysis was conducted to verify that the answer choices on each youth survey were logical. If two given answers did not pass the logic check, they were recorded as “no answer.” For example, if a respondent reported having never used tobacco, but then reported having used tobacco once or twice in the past 30 days, both questions were recorded as “no answer.” Surveys with more than three illogical choices were eliminated from the final sample and were not included in the data analysis. Approximately 10 youth surveys were eliminated from the final analysis because they did not pass the logic test or were less than 80% complete.

Primary Data Collection Methodology

Weighting

During the collection process, schools and classes were selected to represent Delaware County middle school enrollment. After the data were tabulated, the database was weighted by school and grade level to represent the correct student proportions in Delaware County based on school year 2003-2004 total enrollment figures provided by DGHD.

Throughout the report, survey percentages are based on the number of valid responses for the question unless otherwise noted.

Data Limitations

A significant effort was made to ensure that the schools and classrooms randomly selected would provide access to a mix of students that represent the county. Even though the sample approximates the Delaware County 2003-2004 enrollment figures, the ability to generalize these findings to all county youth cannot be confirmed.

References

In the tobacco opinion and use summary, statistics from another youth study in Ohio is referenced to offer further avenues of exploration. This comparison is only offered for questions asked using the same wording. The other study in Ohio was administered in schools in a similar fashion as was this Delaware County health assessment.

Tobacco Opinions and Use

Societal Issues

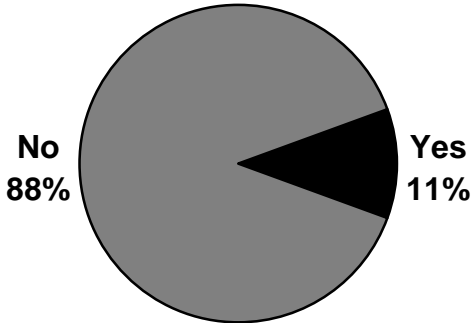
- ◆ Over one in ten (11%) of the Delaware County students surveyed think that young people who smoke have more friends. This sentiment is more likely to be true among minority students (17%) relative to White students (10%) and to students with lower self-image (24%) relative to students who feel positive about themselves (10%).
- ◆ Few students (5%) believe that smoking makes young people look cool.
- ◆ Approximately 14% of all students said that one or more of their four closest friends smoke cigarettes, increasing to 20% of minority students and 24% of 8th grade students .
 - It is more likely that students have only one friend who smokes rather than having all four of their closest friends smoke (i.e., of those with friends who smoke, 62% have one friend who smokes versus only 7% who report that all four of their closest friends smoke).
- ◆ Over half (56%) of all Delaware 6th-8th grade students were taught in school this year about the dangers of tobacco use, however only 30% actually practiced ways to say “no” to tobacco.
- ◆ In the past 30 days, two-fifths (40%) of the students had seen or heard commercials at least daily on TV, the Internet or radio regarding the dangers of using tobacco products. Conversely, 24% reported not seeing or hearing any such commercials, increasing to 28% of all the males surveyed.
- ◆ About 80% of the students said that they had seen actors using tobacco most or some of the time when they went to the movies or watched television. Exposure to tobacco use by entertainers increased with each grade, ranging from 72% of 6th graders to 81% of 7th graders and to 88% of 8th graders.
- ◆ Delaware 6th-8th grade males (17%) are over two times more likely than females (7%) to wear or use something with a tobacco or cigarette company on it. Students reporting the lowest grades (27%) and self-image (32%) show an even higher rate of possibly wearing or using those logo items.

Survey Stats

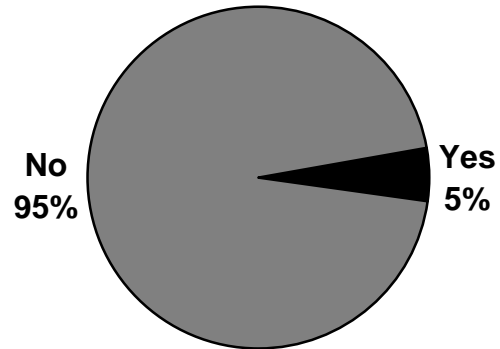
Over half of Delaware 6th-8th grade students were taught in school this year about the dangers of tobacco use but only one-third actually practiced ways to say no.

Tobacco Opinions and Use

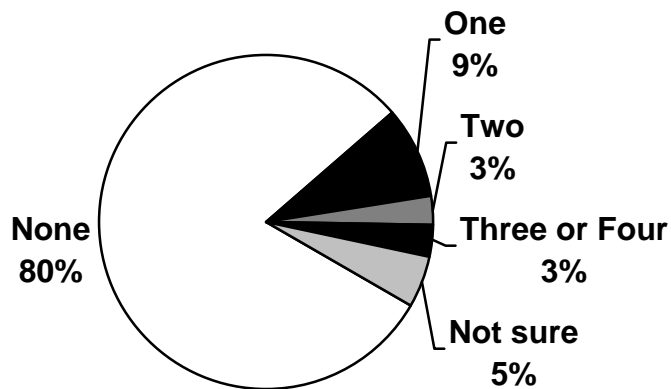
Do smokers have more friends?



Does smoking make kids look cool?



How many of your four closest friends smoke cigarettes?



Tobacco Opinions and Use

Question and Selected Responses	Total
Do you think young people who smoke cigarettes have more friends? Definitely/Probably Yes Definitely/Probably Not	11% 88%
Do you think smoking cigarettes makes young people look cool? Definitely/Probably Yes Definitely/Probably Not	5% 95%
How many of your four closest friends smoke cigarettes? None One Two Three or Four Not sure	81% 9% 3% 3% 5%
During this school year, were you taught about the dangers of tobacco use in any of your classes? Yes No Not sure	56% 21% 23%
During this school year, did you practice ways to say “NO” to tobacco in any of your classes? Yes No Not sure	30% 46% 24%
During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of using tobacco products? More than once a day Daily or almost daily 1-3 times per week 1-3 times in the past 30 days Not in the past 30 days	16% 24% 16% 19% 24%
When you watch TV or go to the movies, how often do you see actors using tobacco products? Most of the time Some of the time Hardly ever Never/I don’t watch TV or go to the movies	28% 52% 15% 4%

Question and Selected Responses	Total
Would you ever wear or use something such as a t-shirt, hat, sunglasses or lighter that has a tobacco or cigarette company name or picture on it?	
Definitely/Probably Yes	12%
Definitely/Probably Not	87%

Opinions About Tobacco

- ◆ Most of the students said that their friends, family and peers (kids in their class/grade) would disapprove if they smoked today (Table 1).
- ◆ Even though most students say their parents would disapprove of their smoking, only 17% of the students said that in the past year their parents had often or very often discussed the dangers of smoking with them.
- ◆ Only one-quarter (25%) of all students said that their doctor has asked if they have tried or used tobacco, increasing to 30% of 8th grade students.
- ◆ Only 4% of the students thought they will probably or definitely smoke a cigarette during the next three months. Sixth graders and those students in grades 6th-8th who report having the best grades, mostly A's, were least likely to predict such smoking behavior (2%). Students who report a low self-image (14%) and those with the lowest grades, mostly D/F's, (19%) were most likely to predict that they will smoke a cigarette in the next three months.
- ◆ Looking further into the future, approximately the same percentage of total students (4%) and those with the lowest grades (19%) thought they would be smoking five years from now. However, two-thirds (66%) of the students who had smoked cigarettes in the past month felt they would be smoking five years from now.
- ◆ Whereas nearly all (98%) 6th grade students would probably or definitely say "no" if their best friends offered them a cigarette, minority students (94%) and 8th graders (92%) were slightly less likely to refuse.

	Friends	Parents	Peers
Total	84%	97%	62%
Smokers	15%	80%	37%
Non-smokers	86%	97%	63%
6th grade	88%	97%	75%
7th grade	83%	97%	60%
8th grade	81%	97%	51%
White	85%	97%	62%
Minority	78%	96%	64%

"Would your closest [friends] [family] [kids in your class] approve or disapprove if you smoked/used tobacco products today?" Table shows disapprove and strongly disapprove of tobacco product use.

Tobacco Opinions and Use

Opinions about Tobacco (continued)

- ◆ Less than one-third (32%) of those with friends who smoke said those smokers would probably or definitely attend a voluntary program to help students stop smoking.
- ◆ Most Delaware County 6th-8th graders (96%) believed that tobacco is addictive. This belief did not vary by race/ethnicity or age. Almost two-fifths (39%) believed that adults exaggerate the health risks of smoking. The youngest students, 6th graders, were more likely to feel adults exaggerate the health risks compared to the 7th and 8th graders (46% compared to 35% for the two older grades). Males (41%) were more likely than females (36%) to believe adults exaggerate.
- ◆ Only 5% of all students said it is okay to smoke for a year or two as long as you quit after that. This increased to 23% of current smokers compared to 5% of non-smokers. A higher percentage of males (8%) believed that quitting after smoking for only a year or two was okay compared to females (3%).
- ◆ 95% of all students and 84% of the current smokers thought young people risk harming themselves if they smoke only one to five cigarettes per day.

Question and Selected Responses	Total
Would your closest friends who are most important to you approve or disapprove if you smoked today? Disapprove/Strongly Disapprove Wouldn't care either way Approve/Strongly Approve	84% 10% 5%
Would the kids in your class/grade at school approve or disapprove if you smoked today? Disapprove/Strongly Disapprove Wouldn't care either way Approve/Strongly Approve	62% 34% 3%
Would your parents/guardians approve or disapprove if you used any tobacco products today? Disapprove/Strongly Disapprove Wouldn't care either way Approve/Strongly Approve	97% 1% 2%

Tobacco Opinions and Use

Question and Selected Responses	Total
<p>In the past 12 months, how often have your parents or guardians discussed the dangers of using tobacco products with you?</p> <p style="padding-left: 40px;">Very Often/Often Sometimes Rarely Never</p>	<p>17% 29% 26% 28%</p>
<p>Has your doctor asked you if you have tried or used tobacco products?</p> <p style="padding-left: 40px;">Yes No</p>	<p>25% 75%</p>
<p>Do you think you will smoke a cigarette at anytime during the next 3 months?</p> <p style="padding-left: 40px;">Definitely/Probably Yes Definitely/Probably Not</p>	<p>4% 96%</p>
<p>Do you think you will be smoking cigarettes 5 years from now?</p> <p style="padding-left: 40px;">Definitely/Probably Yes Definitely/Probably Not</p>	<p>4% 96%</p>
<p>If one of your best friends offered you a cigarette today, would you smoke it?</p> <p style="padding-left: 40px;">Definitely/Probably Yes Definitely/Probably Not</p>	<p>4% 95%</p>
<p>If your school offered a voluntary program to help students stop using tobacco products, would your friends who use tobacco products attend this program? [<i>Percentages based on those who have friends who smoke.</i>]</p> <p style="padding-left: 40px;">Yes No</p>	<p>32% 68%</p>
<p>Do you think people can get addicted (or hooked) to using tobacco just like they can get addicted to using cocaine or heroin?</p> <p style="padding-left: 40px;">Definitely/Probably Yes Definitely/Probably Not</p>	<p>96% 3%</p>
<p>Do you think adults exaggerate the health risks of using tobacco products and make them seem worse than they really are?</p> <p style="padding-left: 40px;">Definitely/Probably Yes Definitely/Probably Not</p>	<p>39% 61%</p>

Question and Selected Responses	Total
Do you think young people risk harming or hurting themselves if they smoke only 1-5 cigarettes per day? Definitely/Probably Yes Definitely/Probably Not	 4% 95%
Do you think it is safe to smoke for only a year or two, as long as you quit after that? Definitely/Probably Yes Definitely/Probably No	 5% 94%

Secondhand Smoke

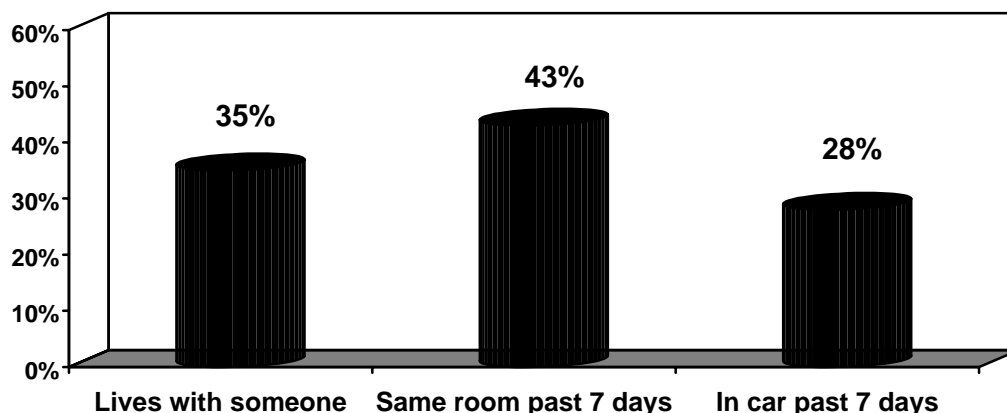
- ◆ Nearly all students (96%) believed that secondhand smoke was harmful.
- ◆ Over one-third (35%) of all students reported living with someone who smoked cigarettes.
- ◆ Approximately 43% of all students had been in a room with someone who was smoking cigarettes at least one or two days out of the past seven days. The incidence of being exposed was highest among 8th graders (51%) and decreased with the grade level (7th grade-40% and 6th grade-39%).
- ◆ Fewer students had ridden in a car with someone who was smoking cigarettes. Of all students, 28% were exposed to secondhand smoke in a car in the past seven days. This percentage was consistent across all grades and ethnicity.

How many of the following persons who live with you smoke cigarettes? [Multiple Answers]

	No other person	Mother	Father	Older brother/sister	Another relative	Someone else	Younger brother/sister
TOTAL	65%	21%	21%	7%	3%	2%	1%
6TH GRADE	63%	21%	22%	6%	2%	2%	1%
7TH GRADE	64%	23%	19%	7%	4%	3%	1%
8TH GRADE	67%	18%	20%	9%	3%	2%	1%
Current Smokers	7%	65%	56%	50%	9%	8%	5%
Mostly A/B Grades	71%	17%	17%	4%	2%	2%	<1%
Mostly C/D/F Grades	39%	39%	37%	17%	7%	3%	0%

Tobacco Opinions and Use

Secondhand Smoke Exposure



Question and Selected Responses	Total
Do you think the smoke from other people's cigarettes is harmful to you? Definitely/Probably Yes Definitely/Probably Not	 96% 4%
How many of the following persons who live with you smoke cigarettes? <i>[Multiple Answers]</i> Your mother Your father An older brother or sister Another relative who lives with you Someone else who lives with you A younger brother or sister No other persons living with me smokes	 21% 21% 7% 3% 2% 1% 65%
During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? 0 days 1 or 2 days 3 or 4 days 5 or 6 days 7 days	 57% 21% 7% 2% 13%
During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes? 0 days 1 or 2 days 3 or 4 days 5 or 6 days 7 days	 72% 12% 5% 5% 6%

Tobacco Opinions and Use

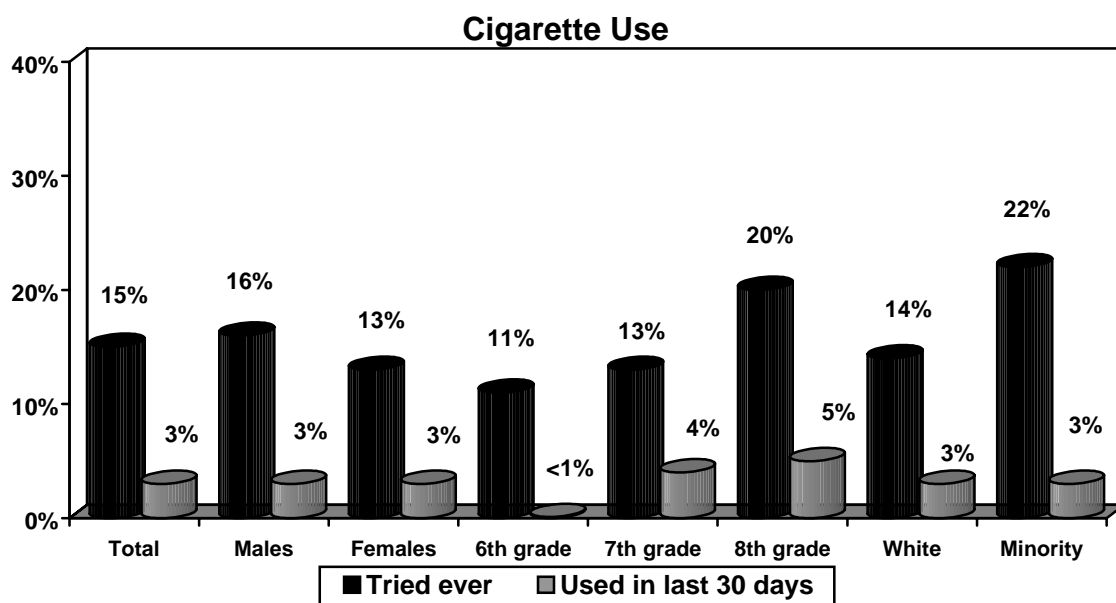
Cigarette Trial and Use

- ◆ Of all Delaware County middle school students surveyed, 15% have tried (taken at least a few puffs) cigarette smoking, increasing to 20% of 8th graders and 21% of minority students.
- ◆ Almost one in ten students (9%) was offered a cigarette in the past 30 days.
- ◆ 3% of Delaware 6th-8th graders were current smokers, defined as having at least one cigarette in the past thirty days. Smoking increased with each grade level, from a 6th grade reported level of less than 1% to a 7th grade reported level of 4% to an 8th grade reported level of 5% current smoking. Current smoking was higher among students with lower school grades (8% of those reporting mostly C-F's on their grade cards) and those with low self-image (12% of those who reported "no" to "I like myself").
- ◆ Most students (74%) who had smoked in the past had "tried it once or twice" but did not smoke now. One-third (33%) of the students who self-described their behavior as being a smoker had never thought seriously about quitting.
- ◆ Almost half (47%) of those students who had smoked a whole cigarette did so for the first time at the age of 10 or younger. Both male and female smokers started smoking whole cigarettes at approximately the same ages.

Survey Stats

15% of Delaware County middle school students have tried cigarette smoking (taken at least a few puffs).

3% are current smokers (defined as having at least one cigarette in the past 30 days).



Tobacco Opinions and Use

Cigarette Smoking/Tobacco Use Behaviors

- ◆ Over half (53%) of the current smokers smoked at least two cigarettes per day on average on the days that they smoked, increasing to 56% of 8th grade current smokers and 58% of female current smokers.
- ◆ 2% of all students used tobacco products on school property in the past 30 days. Use of tobacco on school property increased with age from 1% of 6th grade students to 3% of 8th grade students.
- ◆ Almost half (49%) of the smokers could not wait more than 1 hour after waking up before having their first cigarette. Over one-fourth (27%) of the smokers would hate most to give up the first cigarette of the day.
- ◆ 14% of smokers still smoked cigarettes even if they were so ill that they were in bed most of the day, increasing to 21% of 8th grade smokers and 23 % of male smokers (compared to 4% of female smokers).
- ◆ 74% of smokers thought they could last several days to a week or more without a cigarette, increasing to 81% of male smokers (compared to 63% of female smokers) who said they could last that long.
- ◆ Almost half (45%) of the smokers found it difficult to avoid smoking in restricted places such as in church, on the bus, in school or at the library.

How did Delaware youth tobacco users get their tobacco products?

30% gave someone else money to buy the tobacco products for them

23% borrowed them

2% bought them in a store

Smoking Cessation

- ◆ Almost two-thirds (63%) of the students who had smoked cigarettes claimed they wanted to stop smoking. Female smokers (76%) wanted to quit more than males (52%). Almost two in ten (18%) students thought they would definitely or probably not be able to quit smoking now if they wanted to.
- ◆ In the past 12 months, 69% of students who smoked had tried to quit smoking.
 - Of the students who had smoked in the past year, 36% had tried to quit three or more times in the past year (“quit” was defined as stopping for at least one day or longer with the goal of quitting smoking). Over half (51%) of the females who had smoked in the past year had tried to quit three or more times (compared to 24% of the male smokers).

Tobacco Opinions and Use

Question and Selected Responses	Total
<p>About how many cigarettes have you smoked in your entire life?</p> <ul style="list-style-type: none"> None A few puffs but never a whole cigarette 1 to 5 cigarettes 6 to 99 cigarettes 100 or more cigarettes 	<p>85%</p> <p>6%</p> <p>5%</p> <p>2%</p> <p>1%</p>
<p>In the past 30 days, how many times were you offered a cigarette?</p> <ul style="list-style-type: none"> I was not offered a cigarette in the past 30 days 1 time 2 to 4 times 5 or more times 	<p>91%</p> <p>5%</p> <p>3%</p> <p>2%</p>
<p>During the past 30 days, on how many days did you smoke cigarettes?</p> <ul style="list-style-type: none"> I do not smoke cigarettes 0 days 1 to 5 days 6 to all 30 days 	<p>91%</p> <p>6%</p> <p>1%</p> <p>2%</p>
<p>Which of the answers below best describes your smoking right now?</p> <ul style="list-style-type: none"> I have never smoked I have tried once or twice but I don't smoke now I smoke/have never seriously thought about quitting smoking I quit, but now I smoke again I smoke/thinking about quitting within next 6 months I smoke/thinking of quitting within next 30 days I quit smoking within the past 6 months I quit smoking more than 6 months ago 	<p>85%</p> <p>11%</p> <p>1%</p> <p>1%</p> <p>1%</p> <p><1%</p> <p><1%</p> <p><1%</p>
<p>How old were you when you smoked a whole cigarette for the first time?</p> <ul style="list-style-type: none"> I have never smoked a whole cigarette 8-10 years old 11-16 years old 	<p>91%</p> <p>4%</p> <p>5%</p>

Tobacco Opinions and Use

Question and Selected Responses	Total
<p>During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?</p> <ul style="list-style-type: none"> I did not smoke cigarettes during the past 30 days Less than 1 cigarette per day 1 to 5 cigarettes per day 6 to 10 cigarettes per day More than 20 cigarettes per day 	<p>97%</p> <p>1%</p> <p>2%</p> <p><1%</p> <p><1%</p>
<p>During the past 30 days, on how many days did you use tobacco products on school property?</p> <ul style="list-style-type: none"> 0 days 1 to 5 days 6 to 19 days All 30 days 	<p>97%</p> <p>1%</p> <p>1%</p> <p><1%</p>
<p>During the past 30 days, how did you usually get your tobacco products?</p> <ul style="list-style-type: none"> I do not use tobacco products I did not use tobacco in the past 30 days I gave someone else money to buy them for me I borrowed them from someone else 	<p>93%</p> <p>3%</p> <p>1%</p> <p>1%</p>
<p>When you bought or tried to buy tobacco products in a store during the past 30 days, were you ever asked to show proof of age?</p> <ul style="list-style-type: none"> I did not try to buy tobacco products in a store in the past 30 days Yes, I was asked to show proof of age No, I was not asked to show proof of age 	<p>98%</p> <p>1%</p> <p>1%</p>
<p>During the past 30 days, did anyone ever refuse to sell you tobacco products because of your age?</p> <ul style="list-style-type: none"> I did not try to buy tobacco products in a store in the past 30 days Yes, someone refused to sell me tobacco products because of age No, no one refused to sell me tobacco products because of age 	<p>97%</p> <p>1%</p> <p>1%</p>

Tobacco Opinions and Use

Question and Selected Responses	Total
<p>How soon after you wake up do you smoke your first cigarette?</p> <p style="padding-left: 40px;">I do not smoke cigarettes</p> <p style="padding-left: 40px;">Within 5 minutes</p> <p style="padding-left: 40px;">Within 5 to 30 minutes</p> <p style="padding-left: 40px;">Within 31 to 60 minutes</p> <p style="padding-left: 40px;">Later</p>	<p>95%</p> <p>1%</p> <p>1%</p> <p>1%</p> <p>2%</p>
<p>Which cigarette would you most hate to give up?</p> <p style="padding-left: 40px;">I do not smoke cigarettes</p> <p style="padding-left: 40px;">The first one in the morning</p> <p style="padding-left: 40px;">Any other one later in the day</p>	<p>96%</p> <p>1%</p> <p>2%</p>
<p>Do you still smoke if you are so sick that you are in bed most of the day?</p> <p style="padding-left: 40px;">I do not smoke cigarettes</p> <p style="padding-left: 40px;">Yes</p> <p style="padding-left: 40px;">No</p>	<p>96%</p> <p>1%</p> <p>3%</p>
<p>How long can you go without smoking before you feel like you need a cigarette?</p> <p style="padding-left: 40px;">I have never smoked cigarettes</p> <p style="padding-left: 40px;">I do not smoke now</p> <p style="padding-left: 40px;">Less than an hour to 3 hours</p> <p style="padding-left: 40px;">More than 3 hours to a whole day</p> <p style="padding-left: 40px;">Several days</p> <p style="padding-left: 40px;">A week or more</p>	<p>88%</p> <p>9%</p> <p>1%</p> <p><1%</p> <p>1%</p> <p>2%</p>
<p>Do you find it difficult not to smoke in places where you should not-such as in church, on the bus, in school, or at the library?</p> <p style="padding-left: 40px;">I do not smoke cigarettes</p> <p style="padding-left: 40px;">Yes</p> <p style="padding-left: 40px;">No</p>	<p>96%</p> <p>2%</p> <p>2%</p>

Tobacco Opinions and Use

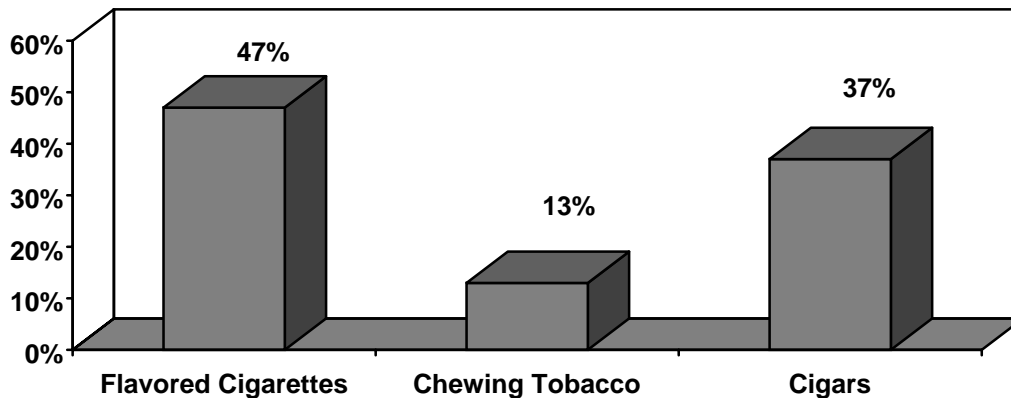
Question and Selected Responses	Total
Do you want to stop smoking? I do not smoke now Yes No	96% 2% 1%
Do you think you would be able to quit smoking cigarettes now if you wanted to? I do not smoke now Definitely/Probably Yes Definitely/Probably Not	96% 3% 1%
How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking? I have not smoked in the past 12 months I have not tried to quit 1-5 times 5 or more times	94% 2% 3% 1%

Brands and Types of Tobacco Used

- ◆ Student smokers in Delaware County were more likely to use Marlboro (46% of those who have a usual brand) than any other brand. Marlboro was used more than twice as often as the second most common brand (Camel-20%).
 - Within the minority sample, 77% smoked Kool.
- ◆ Among smokers, 48% usually smoked menthol cigarettes.
- ◆ Only 2% of all Delaware 6th-8th graders had smoked flavored cigarettes, bidis, clove cigarettes, Liquid Zoo or Dreams in the past 30 days. No Delaware 6th grader reported usage, however, 4% of 8th graders smoked them.
- ◆ Very few (1%) of the students had used chewing tobacco, snuff or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen in the past 30 days. Almost 13% of current cigarette smokers had used smokeless tobacco compared to 1% of non-smokers.
- ◆ Cigar usage was slightly higher than flavored cigarettes or chewing tobacco in Delaware County. 3% of all 6th-8th graders had smoked cigars, cigarillos, little cigars, Black and Milds or Swishers in the past 30 days, increasing to 37% of current cigarette smokers.

Tobacco Opinions and Use

**Tobacco Use of Current Cigarette Smokers*
in the past 30 days**



*Current smokers are defined as those students who have smoked cigarettes in the past 30 days.

Question and Selected Responses	Total
During the past 30 days, what brand of cigarettes did you usually smoke? I do not smoke cigarettes I did not smoke cigarettes in the past 30 days I do not have a usual brand Usual brand, Marlboro Usual brand, all others	92% 6% <1% 1% 1%
Are the cigarettes you usually smoke menthol cigarettes? I do not smoke cigarettes Yes No	96% 2% 2%
In the past 30 days, did you smoke flavored cigarettes, bidis, clove cigarettes, Liquid Zoo or Dreams? Yes No	2% 98%
In the past 30 days, did you use chewing tobacco, snuff or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen? Yes No	1% 98%
In the past 30 days, did you smoke cigars, cigarillos, little cigars, Black and Milds or Swishers? Yes No	3% 97%

Tobacco Opinions and Use

Comparative Data

The following table shows comparative data between Delaware County and another region in Ohio. The data from the other region in Ohio were collected in a different study but in the same manner, in a school setting during a school day, with the same age group of 6th-8th graders. The questions were asked using the same wording.

Issue	Delaware County+	Another region in Ohio*
Middle school student (grades 6 – 8) has smoked cigarettes in the past 30 days	3%	8%
Student is living in a household with a smoker	35%	47%
Student definitely or probably will smoke a cigarette in the next 3 months	4%	6%
Student definitely or probably will be smoking cigarettes 5 years from now	4%	9%
Student would smoke a cigarette if a friend offered it today	4%	7%
Student was taught about the dangers of tobacco use in school during this school year	56%	58%
Student believes young people risk harming themselves if they smoke only 1-5 cigarettes per day	95%	93%
Student has discussed the dangers of using tobacco/smoking with parents often or very often in past 12 months.	17%	21%
Student believes tobacco is addictive	96%	96%
Student believes adults exaggerate the health risks of using tobacco products	39%	48%
Student was in a car with someone smoking in the past week	28%	45%
Student was in a room with someone smoking in the past week	43%	57%
Student believes secondhand smoke is harmful	96%	95%
Student has tried cigarette smoking	15%	25%
Student has been offered a cigarette in the past 30 days	9%	13%
Student has tried to quit smoking in the past 12 mos.	3%	6%
Student has smoked flavored cigarettes in the past 30 days	2%	4%
Student has used smokeless tobacco in the past 30 days	1%	2%
Student has smoked cigars in the past 30 days	3%	4%

+Data have been weighted based on school and grade.

*Data have been weighted based on grade and gender.

Diet, Nutrition and Exercise

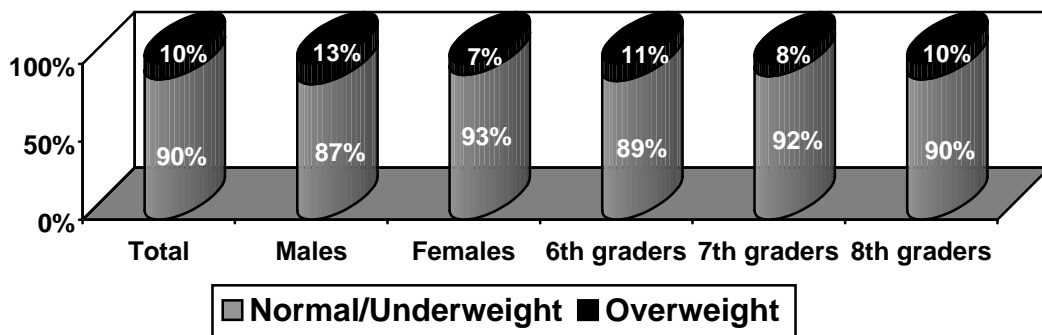
Diet and Nutrition

- ◆ Just over half (55%) of the Delaware 6th-8th grade students described their weight as just about right, however, 24% believed that they are overweight. Just over one-fifth (21%) described themselves as underweight, increasing to 25% of 6th graders. Minority students (32%) and students with a low self-image (37%) were most likely to consider themselves overweight. There were no significant differences in weight perception between males and females.

<i>Weight Perceptions</i>	
<i>Underweight</i>	21%
<i>About the right weight</i>	55%
<i>Overweight</i>	24%
<i>(Total 6th-8th grade students)</i>	

- ◆ Two-fifths (41%) of the 6th-8th grade students are trying to lose weight, increasing to 48% of females. Of the students who perceived themselves as overweight, 87% are trying to lose weight, 4% are trying to stay the same weight and 8% are not actively trying to do anything about their current weight.
- ◆ In the past 30 days, one in ten (10%) Delaware middle school students fasted for 24 hours or more to lose weight or keep from gaining weight, increasing to 12% of all 8th graders and 19% of the students self-described as overweight. Females (11%) reported a slightly higher incidence of fasting than males (9%).
- ◆ According to the Body Mass Index (BMI), calculated using self-reported height and weight, 10% of Delaware 6th-8th graders are considered overweight, increasing to 13% of males and 14% of minority students.
- ◆ Approximately one-third (34%) of the students who considered themselves overweight fall into the BMI overweight classification. Very few students (3%) who described themselves as about the right weight were overweight, based on the BMI calculation.

BMI Classifications



Diet, Nutrition and Exercise

Diet and Nutrition (continued)

- ◆ Over one-third (38%) of the Delaware middle schools students have eaten fruit or had 100% fruit juice at least once per day in the past week, increasing to 42% of 6th graders and 44% of the minority students.
- ◆ Two-fifths (40%) of the students have eaten vegetables such as green salad, carrots, or potatoes at least once per day in the past week. Students who are self-described as about the right weight reported eating vegetables more often than those self-described as overweight (42% eating at least once per day compared to 34%).
- ◆ Milk was more popular with Delaware middle school students than fruit, fruit juice or vegetables. 60% of the students reported drinking milk at least once per day in the past week, with almost half (49%) of the milk drinkers drinking three or more glasses per day. White students reported drinking milk more often than minority student (61% drinking at least once per day compared to 52%).

<i>Unhealthy Eating Habits</i>	
<i>Percentage not eating/drinking at all in the last week</i>	
<i>Fruit/Fruit Juice</i>	6%
<i>Vegetables</i>	5%
<i>Milk</i>	7%

Interest in purchasing if offered in school cafeteria/machines

	Low fat milk, 100% juice and bottled water	Low fat items and snacks: salads, pretzels
Total	71%	64%
Male	65%	58%
Female	77%	70%
6 th grade	78%	67%
7 th grade	66%	63%
8 th grade	68%	61%

Questions asked “If your school offered ...would you purchase any of these products?”

- ◆ Almost one in ten (9%) said they didn’t use their school cafeteria and therefore would not purchase the low-fat items there.

Diet, Nutrition and Exercise

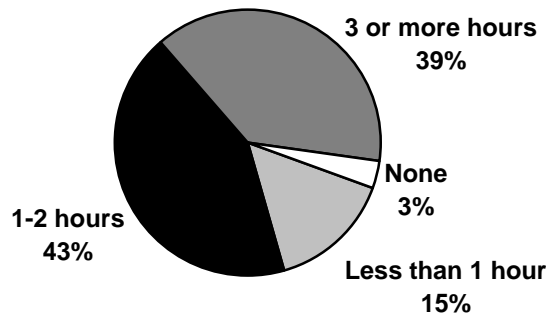
Exercise

- ◆ Almost half (47%) of all Delaware 6th-8th graders reported having physical education (PE) classes all five days in an average week during the school year.
- ◆ The students were also asked about their level of physical activity outside of physical education (PE) classes. Almost three-fourths (72%) participated in at least 30 minutes of physical activity that made them sweat or breathe hard for three or more days in the past week. One in five (21%) participated in this physical activity every day in the past week.
- ◆ Fewer students participated in strengthening exercises than aerobic exercises. Just over half (54%) of the 6th-8th graders participated in exercises that strengthened or toned muscles, such as push-ups, sit-ups or weightlifting in the past week. Almost one in five (19%) did not do any strengthening exercises at all during the past week.

<i>Survey Stats</i>			
<i>More 6th-8th grade males are participating in daily exercise (all 7 days) than females.</i>			
<u>Aerobic activities all 7 days</u>		<u>Strengthening activities all 7 days</u>	
<i>Males</i>	<i>28%</i>	<i>Males</i>	<i>18%</i>
<i>Females</i>	<i>14%</i>	<i>Females</i>	<i>10%</i>

- ◆ Almost two-fifths (39%) of the students watch three or more hours of television on an average school day, increasing to 41% of all females and 41% of all 6th graders. According to the self-reported school grades and hours of television watched, school grades go down as television watching increases (31% percent of “A” students watched TV three or more hours on an average school day compared to 53% of “D/F” students).

Hours of Television on an Average School Day



Diet, Nutrition and Exercise

Question and Selected Responses	Total
<p>How would you describe your weight?</p> <p style="padding-left: 40px;">Very/Slightly Underweight</p> <p style="padding-left: 40px;">About the Right Weight</p> <p style="padding-left: 40px;">Very/Slightly Overweight</p>	<p>21%</p> <p>55%</p> <p>24%</p>
<p>Which of the following are you trying to do about your weight?</p> <p style="padding-left: 40px;">Lose weight</p> <p style="padding-left: 40px;">Stay the same weight</p> <p style="padding-left: 40px;">I am not trying to do anything about my weight</p> <p style="padding-left: 40px;">Gain weight</p>	<p>41%</p> <p>23%</p> <p>23%</p> <p>13%</p>
<p>During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?</p> <p style="padding-left: 40px;">Yes</p> <p style="padding-left: 40px;">No</p>	<p>10%</p> <p>89%</p>
<p>BMI Classification: <i>[Calculated using self-reported height and weight]</i></p> <p style="padding-left: 40px;">Underweight/Normal</p> <p style="padding-left: 40px;">Overweight</p>	<p>90%</p> <p>10%</p>
<p>During the past 7 days, how many times did you eat fruit or drink 100% fruit juice? (Do not count punch, Kool-Aid, sports drinks or other fruit-flavored drinks.)</p> <p style="padding-left: 40px;">1-3 times during the past 7 days</p> <p style="padding-left: 40px;">4-6 times during the past 7 days</p> <p style="padding-left: 40px;">1 time per day</p> <p style="padding-left: 40px;">2 times per day</p> <p style="padding-left: 40px;">3 times per day</p> <p style="padding-left: 40px;">4 or more times per day</p> <p style="padding-left: 40px;">I did not eat fruit or drink juice during the past 7 days</p>	<p>37%</p> <p>18%</p> <p>10%</p> <p>14%</p> <p>6%</p> <p>7%</p> <p>6%</p>
<p>During the past 7 days, how many times did you eat vegetables such as green salad, carrots or potatoes? (Do not count French fries, fried potatoes or potato chips.)</p> <p style="padding-left: 40px;">1-3 times during the past 7 days</p> <p style="padding-left: 40px;">4-6 times during the past 7 days</p> <p style="padding-left: 40px;">1 time per day</p> <p style="padding-left: 40px;">2 times per day</p> <p style="padding-left: 40px;">3 times per day</p> <p style="padding-left: 40px;">4 or more times per day</p> <p style="padding-left: 40px;">I did not eat vegetables during the past 7 days</p>	<p>27%</p> <p>27%</p> <p>15%</p> <p>14%</p> <p>5%</p> <p>6%</p> <p>5%</p>

Diet, Nutrition and Exercise

Question and Selected Responses	Total
<p>During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass/cup/carton, or with cereal. The carton at school equals one glass.)</p> <ul style="list-style-type: none"> 1-3 glasses during the past 7 days 4-6 glasses during the past 7 days 1 glass per day 2 glasses per day 3 glasses per day 4 or more glasses per day I did not drink milk during the past 7 days 	<ul style="list-style-type: none"> 16% 17% 12% 19% 14% 15% 7%
<p>If your school offered low-fat milk, 100% fruit juice and bottled water in vending machines during the school day, would you purchase any of these products from the machines?</p> <ul style="list-style-type: none"> Definitely/Probably Yes Definitely/Probably Not 	<ul style="list-style-type: none"> 71% 28%
<p>If your school offered on the cafeteria line lower fat options like salads and low fat dressing, baked potato chips, pretzels, etc., would you purchase any of these products?</p> <ul style="list-style-type: none"> Definitely/Probably Yes Definitely/Probably Not Do not use cafeteria 	<ul style="list-style-type: none"> 64% 26% 9%
<p>In an average week when you are in school, on how many days do you go to physical education (PE) classes?</p> <ul style="list-style-type: none"> 0 days 1 to 4 days 5 days 	<ul style="list-style-type: none"> 35% 16% 47%
<p>NOT including PE classes, on how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that made you sweat or breathe hard?</p> <ul style="list-style-type: none"> 0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days 	<ul style="list-style-type: none"> 9% 7% 11% 15% 13% 15% 8% 21%

Diet, Nutrition and Exercise

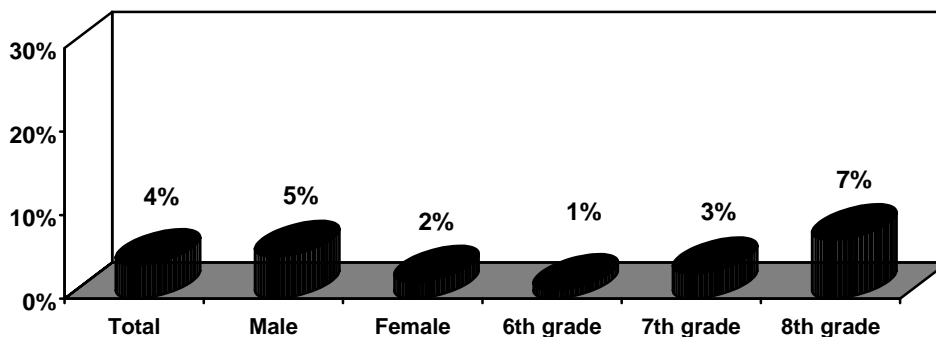
Question and Selected Responses	Total
<p>NOT including PE classes, on how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups or weightlifting?</p> <p style="padding-left: 20px;">0 days</p> <p style="padding-left: 20px;">1 day</p> <p style="padding-left: 20px;">2 days</p> <p style="padding-left: 20px;">3 days</p> <p style="padding-left: 20px;">4 days</p> <p style="padding-left: 20px;">5 days</p> <p style="padding-left: 20px;">6 days</p> <p style="padding-left: 20px;">7 days</p>	<p>19%</p> <p>13%</p> <p>14%</p> <p>13%</p> <p>11%</p> <p>12%</p> <p>5%</p> <p>14%</p>
<p>On an average school day, how many hours do you watch TV?</p> <p style="padding-left: 20px;">Less than 1 hour per day</p> <p style="padding-left: 20px;">1 hour per day</p> <p style="padding-left: 20px;">2 hours per day</p> <p style="padding-left: 20px;">3 hours per day</p> <p style="padding-left: 20px;">4 hours per day</p> <p style="padding-left: 20px;">5 or more hours per day</p> <p style="padding-left: 20px;">I do not watch TV on an average school day</p>	<p>15%</p> <p>15%</p> <p>28%</p> <p>21%</p> <p>8%</p> <p>9%</p> <p>3%</p>

Health Issues

Drug Use

- ◆ Less than one in ten (6%) Delaware 6th-8th graders surveyed have used drugs in their lifetime. Drug use increased with age from 2% of 6th graders to 10% of 8th graders. Delaware County males were more likely to use drugs than females (8% compared to 4%).
- ◆ Approximately 4% of the Delaware 6th-8th graders surveyed have tried marijuana, increasing to 7% of 8th graders. Over two times the number of males have used marijuana (5%) compared to females (2%).

Marijuana Use in Lifetime



- ◆ Other drugs have been used by very few Delaware 6th-8th graders. 2% of the students have used steroid pills or shots without a doctor's prescription and 1% have used cocaine in their lifetime.

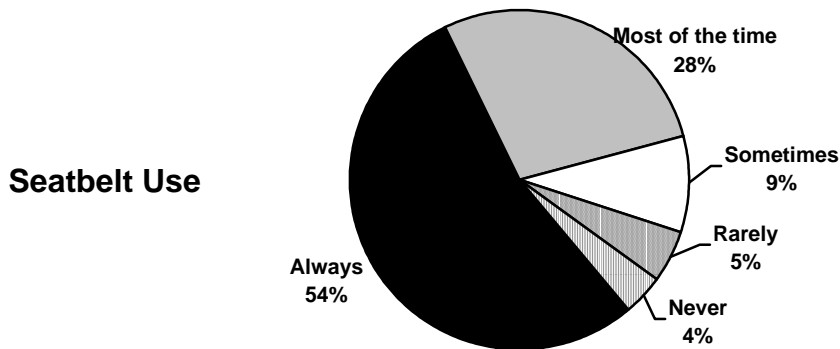
Depression

- ◆ Over one in five (21%) Delaware County middle school students have felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities. Females reported feeling depressed more than males (23% compared to 19%).
- ◆ Almost three-fourths (71%) of the students with a low self-image and almost one-third (30%) of the students who perceive that they are overweight reported feeling this type of depression in the past year.

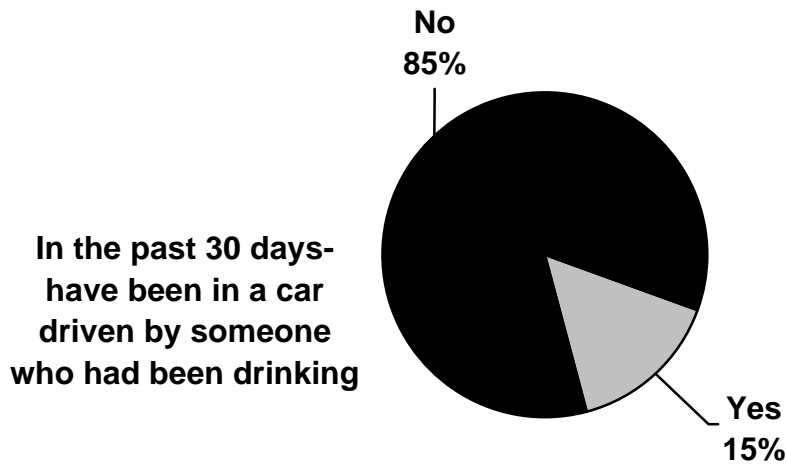
Health Issues

Safety

- Over half (54%) of the Delaware 6th-8th graders reported always wearing a seatbelt when riding in a car and another 28% wear one most of the time. Seatbelt use decreases with age with 60% of 6th graders always wearing a seatbelt, decreasing to 45% of 8th graders buckling up every time they ride in a car.



- Approximately 15% of the students reported that in the past 30 days they had ridden in a car driven by someone who had been drinking alcohol, increasing to 20% of 8th graders and 22% of minority students. Of those minority students, over one-quarter (26%) had ridden in a car with someone drinking alcohol six or more times in the past month.



- Helmet use by Delaware County middle school students is much lower than seatbelt use. Of those students who had biked or roller bladed in the past year, 17% always wore a helmet, with another 11% wearing one most of the time. Almost half (45%) reported never wearing a helmet during those sporting activities, increasing to 60% of all 8th graders. The use of helmets by males and females in Delaware County is approximately the same.

Health Issues

Question and Selected Responses	Total
During your life, have you used any of the following: <i>[Multiple Mentions]</i> Marijuana Steroid pills or shots without a doctor's prescription Cocaine (including powder, crack or Freebase) Ecstasy or E Methamphetamines (speed, crystal, crack or ice) Heroin (Smack, junk or China White)	4% 2% 1% 1% 1% <1%
During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? Yes No	21% 78%
How often do you wear a seatbelt when riding in a car driven by someone else? Always Most of the time Sometimes Rarely Never	54% 28% 9% 5% 4%
During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? 0 times 1 time 2 or 3 times 4 or 5 times 6 or more times	84% 7% 4% 1% 3%
When you rode a bicycle or used roller blades during the past 12 months, how often did you wear a helmet? Always Most of the time Sometimes Rarely Never I did not ride a bike/roller blade in past year	15% 9% 11% 12% 39% 13%

A Survey About You...

This survey asks you about your health and things you do in your life that affect your health.

Please read the questions carefully and write the letter that best describes you on the answer sheet provided. **Do not write in this booklet!** The answer letters are out of order so that anyone who sees your answer sheet cannot tell what you answered. **DO NOT** write your name on your answer sheet. This helps keep your answers private. No one will know what you write, but you must be honest. If you feel you can't be honest, please **DO NOT** answer the question at all. Just leave it blank. When you are finished, return the question booklet and the answer sheet to the person who gave them to you.

Always read ALL the answer choices before you pick your answer or answers.

Thank you!

ABOUT YOU

- | | |
|--|---|
| <p>1. How old are you?
11 years old or younger.....L
12 years old.....A
13 years old.....P
14 years old.....S
15 years old.....Q
16 years old or older.....N</p> <p>2. What is your gender?
Female.....X
Male.....S</p> <p>3. How do you describe yourself?
(WRITE DOWN ONE OR MORE ANSWERS THAT APPLY)
American Indian/Alaska Native.....I
Asian.....F
Black or African American.....R
Hispanic or Latino.....X
Native Hawaiian or Other Pacific Islander..G
White.....M</p> | <p>4. What grade are you in?
6th grade.....P
7th grade.....L
8th grade.....E</p> <p>5. What kind of grades do you usually get on your grade card at school? (CHOOSE ONLY ONE ANSWER)
Mostly A's.....E
Mostly B's.....K
Mostly C's.....J
Mostly D's.....D
Mostly F's.....W
Not sure/not applicable.....Z</p> <p>6. I like myself.
Definitely yes.....T
Probably yes.....C
Probably no.....L
Definitely no.....R</p> |
|--|---|

Please continue onto back of this page→

TOBACCO USE

7. In the past 30 days, did you smoke flavored cigarettes, bidis, clove cigarettes, Liquid Zoo or Dreams?
 Yes.....T
 No.....O
8. In the past 30 days, did you use chewing tobacco, snuff or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits or Copenhagen?
 Yes.....C
 No.....X
9. In the past 30 days, did you smoke cigars, cigarillos, little cigars, Black and Milds or Swishers?
 Yes.....P
 No.....N

CIGARETTE SMOKING

THESE QUESTIONS ARE JUST ABOUT CIGARETTE SMOKING.

10. How many of the following persons who live with you smoke cigarettes? (**WRITE DOWN ALL ANSWERS THAT APPLY**)
 Your mother.....S
 Your father.....T
 An older brother or sister.....L
 A younger brother or sister.....M
 Another relative who lives with you.....P
 Someone else who lives with you.....O
 No other persons living with me smokes.....X
11. Do you think you will smoke a cigarette at anytime during the next 3 months?
 Definitely yes.....T
 Probably yes.....R
 Probably not.....C
 Definitely not.....S

12. Do you think you will be smoking cigarettes 5 years from now?
 I definitely will.....W
 I probably will.....D
 I probably will not.....J
 I definitely will not.....Z
13. If one of your best friends offered you a cigarette today, would you smoke it?
 Definitely yes.....P
 Probably yes.....A
 Probably not.....M
 Definitely not.....L
14. Would your closest friends who are most important to you approve or disapprove if you smoked today?
 Strongly disapprove or strongly disagree...Y
 Disapprove or disagree.....I
 Wouldn't care either way.....W
 Approve or agree.....M
 Strongly approve or strongly agree.....D
15. Would the kids in your class/grade at school approve or disapprove if you smoked today?
 Strongly disapprove or strongly disagree...L
 Disapprove or disagree.....B
 Wouldn't care either way.....S
 Approve or agree.....D
 Strongly approve or strongly agree.....M
16. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
 0 days.....K
 1 or 2 days.....P
 3 or 4 days.....C
 5 or 6 days.....Z
 7 days.....L

17. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?
- 0 days.....S
 1 or 2 days.....X
 3 or 4 days.....Q
 5 or 6 days.....T
 7 days.....R
18. Do you think the smoke from other people's cigarettes is harmful to you?
- Definitely yes.....H
 Probably yes.....A
 Probably not.....M
 Definitely not.....T
19. How many of your four closest friends smoke cigarettes?
- None.....W
 One.....I
 Two.....G
 Three.....A
 Four.....M
 Not sure.....Z
20. In the past 30 days, how many times were you offered a cigarette?
- I was not offered a cigarette by anyone in the past 30 days.....F
 1 time.....Q
 2 times.....H
 3 times.....L
 4 times.....W
 5 or more times.....N

21. Which of the answers below best describes your smoking right now? (**READ ALL ANSWERS. CAREFULLY PICK THE BEST ONE**)
- I have never smoked.....S
 I have tried once or twice but I don't smoke now.....M
 I smoke and have never seriously thought about quitting smoking.....F
 I smoke but I am seriously thinking about quitting smoking within the next 6 months.....D
 I smoke but I am seriously thinking about quitting smoking within the next 30 days.....V
 I quit, but now I smoke again.....G
 I quit smoking within the past 6 months...B
 I quit smoking more than 6 months ago...K
22. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette.....V
 8 years old or younger.....R
 9 years old.....S
 10 years old.....T
 11 years old.....L
 12 years old.....N
 13 years old.....E
 14 years old.....Q
 15 years old or older.....A
23. About how many cigarettes have you smoked in your entire life?
- None.....A
 A few puffs but never a whole cigarette J
 1 cigarette.....R
 2 to 5 cigarettes.....G
 6 to 15 cigarettes.....H
 16 to 25 cigarettes (about 1 pack total)...I
 26 to 99 cigarettes (more than 1 pack, but less than 5 packs).....N
 100 or more cigarettes (5 or more packs) V

24. During the past 30 days, on how many days did you smoke cigarettes?
- I do not smoke cigarettes..... Q
- 0 days..... P
- 1 or 2 days..... I
- 3 to 5 days..... A
- 6 to 9 days..... M
- 10 to 19 days..... K
- 20 to 29 days..... Z
- All 30 days..... H
25. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
- I did not smoke cigarettes during the past 30 days..... X
- Less than 1 cigarette per day..... S
- 1 cigarette per day..... E
- 2 to 5 cigarettes per day..... N
- 6 to 10 cigarettes per day..... G
- 11 to 20 cigarettes per day..... D
- More than 20 cigarettes per day..... L
26. During the past 30 days, what brand of cigarettes did you usually smoke? (**WRITE DOWN ONLY ONE ANSWER**)
- I do not smoke cigarettes..... Q
- I did not smoke cigarettes during the past 30 days..... W
- I do not have a usual brand..... H
- Camel..... L
- Marlboro..... E
- Kool..... R
- Newport..... S
- Virginia Slims..... D
- GPC, Basic, or Doral..... A
- Some other brand..... X

27. Are the cigarettes you usually smoke menthol cigarettes?
- I do not smoke cigarettes..... S
- Yes..... X
- No..... O
28. How soon after you wake up do you smoke your first cigarette?
- I do not smoke cigarettes..... Z
- Within 5 minutes..... C
- Within 5 to 30 minutes..... R
- Within 31 to 60 minutes..... I
- Later..... K
29. How long can you go without smoking before you feel like you need a cigarette?
- I have never smoked cigarettes..... R
- I do not smoke now..... H
- Less than an hour..... T
- 1 to 3 hours..... C
- More than 3 hours but less than a day..... L
- A whole day..... W
- Several days..... N
- A week or more..... Q
30. Do you find it difficult not to smoke in places where you should not – such as in church, on the bus, in school, or at the library?
- I do not smoke cigarettes..... H
- Yes..... L
- No..... Q
31. Which cigarette would you most hate to give up?
- I do not smoke cigarettes..... S
- The first one in the morning..... B
- Any other one later in the day..... T
32. Do you still smoke if you are so sick that you are in bed most of the day?
- I do not smoke cigarettes..... O
- Yes..... W
- No..... J

33. Do you want to stop smoking cigarettes?
 I do not smoke now..... V
 Yes..... H
 No..... J
34. Do you think you would be able to quit smoking cigarettes now if you wanted to?
 I do not smoke now..... E
 Definitely yes..... L
 Probably yes..... N
 Probably not..... T
 Definitely not..... R
35. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?
 I have not smoked in the past 12 months... T
 I have not tried to quit..... S
 1 time..... P
 2 times..... M
 3 to 5 times..... D
 6 to 9 times..... X
 10 or more times..... L
36. Do you think young people who smoke cigarettes have more friends?
 Definitely yes..... B
 Probably yes..... Y
 Probably not..... N
 Definitely not..... E
37. Do you think smoking cigarettes makes young people look cool?
 Definitely yes..... F
 Probably yes..... A
 Probably not..... M
 Definitely not..... G

38. Do you think young people risk harming or hurting themselves if they smoke only 1 - 5 cigarettes per day?
 Definitely yes..... Q
 Probably yes..... P
 Probably not..... T
 Definitely not..... C
39. Do you think it is safe to smoke for only a year or two, as long as you quit after that?
 Definitely yes..... X
 Probably yes..... O
 Probably not..... L
 Definitely not..... U

ALL TOBACCO PRODUCTS

THESE QUESTIONS ARE ABOUT ALL TOBACCO PRODUCTS, SUCH AS CIGARETTES, FLAVORED CIGARETTES, CIGARS, AND SMOKELESS TOBACCO

40. Would your parents/guardians approve or disapprove if you used any tobacco products today?
 Strongly disapprove or strongly disagree... J
 Disapprove or disagree..... F
 Wouldn't care either way..... M
 Approve or agree..... A
 Strongly approve or strongly agree..... O
41. If your school offered a voluntary program to help students stop using tobacco products, would your friends who use tobacco products attend this program?
 Definitely yes..... K
 Probably yes..... L
 Probably not..... O
 Definitely not..... P
 I do not have any friends who use tobacco products..... Z

42. In the past 12 months, how often have your parents or guardians discussed the dangers of using tobacco products with you?
- Never.....G
 Rarely.....M
 Sometimes.....A
 Often.....R
 Very often.....Y
43. Has your doctor asked you if you have tried or used tobacco products?
- Yes.....X
 No.....C
44. Do you think people can get addicted (or hooked) to using tobacco just like they can get addicted to using cocaine or heroin (etc.)?
- Definitely yes.....C
 Probably yes.....R
 Probably not.....A
 Definitely not.....E
45. Do you think that adults exaggerate the health risks of using tobacco products and make them seem worse than they really are?
- Definitely yes.....P
 Probably yes.....I
 Probably not.....Y
 Definitely not.....Z
46. During this school year, were you taught about the dangers of tobacco use in any of your classes?
- Yes.....R
 No.....A
 Not sure.....I
47. During this school year, did you practice ways to say “NO” to tobacco in any of your classes (for example – skits and role playing)?
- Yes.....J
 No.....X
 Not sure.....Q

48. During the past 30 days, how did you usually get your tobacco products? (**READ ALL THE ANSWERS AND PICK THE BEST ONE**)
- I do not use tobacco products.....K
 I did not use tobacco products during the past 30 days.....E
 I bought them in a store such as a convenience store, supermarket, discount store, or gas station.....N
 I bought them from a vending machine.....C
 I gave someone else money to buy them for me.....I
 I borrowed (or bummed) them from someone else.....R
 Parent(s) gave them to me.....X
 A person 18 years old or older gave them to me.....W
 I took them from a store.....S
 I took them from a family member.....A
 I got them from the Internet.....D
 I got them some other way.....J
49. When you bought or tried to buy tobacco products in a store during the past 30 days, were you ever asked to show proof of age?
- I did not try to buy tobacco products in a store during the past 30 days.....S
 Yes, I was asked to show proof of age.....A
 No, I was not asked to show proof of age...E
50. During the past 30 days, did anyone ever refuse to sell you tobacco products because of your age?
- I did not try to buy tobacco products in a store during the past 30 days.....T
 Yes, someone refused to sell me tobacco products because of my age.....B
 No, no one refused to sell me tobacco products because of my age.....Q

51. During the past 30 days, on how many days did you use tobacco products on school property?
- 0 days.....F
- 1 or 2 days.....S
- 3 to 5 days.....L
- 6 to 9 days.....X
- 10 to 19 days.....D
- 20 to 29 days.....J
- All 30 days.....H
52. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of using tobacco products?
- Not in the past 30 days.....F
- 1-3 times in the past 30 days.....D
- 1-3 times per week.....I
- Daily or almost daily.....C
- More than once a day.....N
53. When you watch TV or go to movies, how often do you see actors using tobacco products?
- I don't watch TV or go to movies.....L
- Most of the time.....K
- Some of the time.....Z
- Hardly ever.....P
- Never.....T
54. Would you ever wear or use something such as a t-shirt, hat, sunglasses or lighter that has a tobacco or cigarette company name or picture on it?
- Definitely yes.....I
- Probably yes.....N
- Probably not.....G
- Definitely not.....O

SAFETY ISSUES

55. How often do you wear a seat belt when riding in a car driven by someone else?
- Never.....Q
- Rarely.....W
- Sometimes.....B
- Most of the time.....T
- Always.....G
56. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- 0 times.....L
- 1 time.....P
- 2 or 3 times.....E
- 4 or 5 times.....Z
- 6 or more times.....J
57. When you rode a bicycle or used roller blades during the past 12 months, how often did you wear a helmet?
- I did not ride a bike or roller blade in past 12 months.....V
- Never wore a helmet.....E
- Rarely wore a helmet.....N
- Sometimes wore a helmet.....T
- Most of the time wore a helmet.....L
- Always wore a helmet.....R
58. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
- Yes.....Y
- No.....J

59. During your life, have you used any of the following? (**WRITE DOWN THE LETTER FOR ALL ANSWERS THAT APPLY**)
- Marijuana.....L
 - Cocaine (including powder, crack or Freebase).....R
 - Heroin (also called smack, junk or China White)G
 - Ecstasy or E.....T
 - Methamphetamines (also called speed, crystal, crack or ice).....Z
 - Steroid pills or shots without a doctor's prescription.....V
 - Have not used any of the above.....H

DIET, NUTRITION, AND EXERCISE

60. During the past 7 days, how many times did you eat fruit or drink 100% fruit juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- 1 to 3 times during the past 7 days.....M
 - 4 to 6 times during the past 7 days.....E
 - 1 time per day.....U
 - 2 times per day.....D
 - 3 times per day.....P
 - 4 or more times per day.....Y
 - I did not eat fruit or drink 100% fruit juice during the past 7 days.....J
61. During the past 7 days, how many times did you eat vegetables such as green salad, carrots, and potatoes? (Do not count french fries, fried potatoes, or potato chips)
- 1 to 3 times during the past 7 days.....H
 - 4 to 6 times during the past 7 days.....K
 - 1 time per day.....I
 - 2 times per day.....F
 - 3 times per day.....V
 - 4 or more times per day.....Z
 - I did not eat vegetables during the past 7 days.....B

62. During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half-pint carton of milk served at school as equal to one glass.)
- 1 to 3 glasses during the past 7 days.....Z
 - 4 to 6 glasses during the past 7 days.....N
 - 1 glass per day.....O
 - 2 glasses per day.....F
 - 3 glasses per day.....G
 - 4 or more glasses per day.....K
 - I did not drink milk during the past 7 days.....X
63. How do you describe your weight?
- Very underweight.....G
 - Slightly underweight.....R
 - About the right weight.....A
 - Slightly overweight.....T
 - Very overweight.....N
64. Which of the following are you trying to do about your weight?
- Lose weight.....F
 - Gain weight.....S
 - Stay the same weight.....V
 - I am not trying to do anything about my weight.....O
65. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or keep from gaining weight?
- Yes.....L
 - No.....C
66. If your school offered low-fat milk, 100% fruit juice and bottled water in vending machines during the school day, would you purchase any of these products from the school's machines?
- Definitely yes.....T
 - Probably yes.....C
 - Probably no.....L
 - Definitely no.....R

67. If your school offered on the cafeteria line lower fat options like salads and low fat dressings, baked potato chips, pretzels, and other lower fat snack foods, would you purchase any of these products?
- Do not use cafeteria H
 Definitely yes Z
 Probably yes C
 Probably no M
 Definitely no R
68. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- 0 days Z
 1 day Q
 2 days U
 3 days R
 4 days T
 5 days H
69. NOT including physical education (PE) classes, on how many of the past 7 days did you exercise or participate in physical activity for at least 30 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- 0 days U
 1 day F
 2 days O
 3 days N
 4 days L
 5 days B
 6 days A
 7 days T

70. NOT including physical education (PE) classes, on how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
- 0 days R
 1 day E
 2 days P
 3 days U
 4 days G
 5 days J
 6 days K
 7 days S

71. On an average school day, how many hours do you watch TV?
- Less than 1 hour per day B
 1 hour per day H
 2 hours per day W
 3 hours per day Z
 4 hours per day X
 5 or more hours per day A
 I do not watch TV on an average school day C

72. How tall are you without your shoes on?

WRITE YOUR HEIGHT ON THE LINES FOR FEET AND INCHES ON THE ANSWER SHEET

73. How much do you weigh without your shoes on?

WRITE YOUR WEIGHT ON THE LINE FOR THIS QUESTION ON THE ANSWER SHEET

Please DO NOT write your name on your answer sheet. Return your question booklet and your answer sheet (face down) to the person who gave them to you.

Thank you for your opinions and honest answers!