

# 2013

## YOUTH RISK BEHAVIOR SURVEY

### Executive Summary

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION  
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## Executive Summary

The 2013 Wisconsin Youth Risk Behavior Survey (YRBS) is conducted as part of a national effort by the U.S. Centers for Disease Control and Prevention to monitor health risk behaviors of the nation's high school students. This report contains findings from the 2013 Wisconsin YRBS in eight priority areas: protective assets; traffic safety; weapons and violence; suicide; tobacco use; alcohol and other drug use; sexual behaviors; and nutrition and exercise.

The Department of Public Instruction (DPI) has administered the YRBS every two years beginning with 1993. The YRBS was administered to 2,843 students in 53 public schools in Wisconsin in the spring of 2013. The school response rate was 82%, the student response rate was 84%, and the overall response rate was 68%. The survey results are representative of ninth through twelfth grade public high school students in Wisconsin. The weighted demographic characteristics of the sample are as follows:

Female	49%	9th grade	25%	Asian	3%
Male	51%	10th grade	25%	Black*	9%
		11th grade	25%	Hispanic/Latino	8%
		12th grade	25%	White*	77%
				All other races	1%
				Multiple races	3%

\*Non-Hispanic

The 2013 Wisconsin YRBS Executive Summary report provides prevalence rates and trends from the eight YRBS priority areas and an overall summary of trends across all priority areas. The summary on trends and the trend line graphs in this report describe whether a behavior has increased, decreased, or stayed the same over time. Most of the graphs provide trends for the total population (i.e., Wisconsin public high school students) and a few look at trends by gender. The trend analysis used all available years of data. It does not consider the oldest and the most recent data point only. The trend analysis provides an appropriate test of change over long periods of time.

Students completed a self-administered, anonymous, 99-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing anonymous and voluntary participation. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary.

## Assets

### Wisconsin Highlights

A youth's behavior is influenced by a complexity of experiences and influences. Positive influences have been described as assets. These assets have the power to protect youth from risk behaviors as well as promote healthy behaviors. Historically, Wisconsin high school students have reported high levels of assets. In 2013, students reported high levels of social support, including support from teachers and other adults, which is essential in preventing risk behaviors among youth.

Over the last decade, Wisconsin students who reported having strong family and teacher support and felt connected to their schools were less likely to engage in risky behaviors, including physical fights, carrying a weapon, using tobacco and marijuana, drinking alcohol, and having sex.

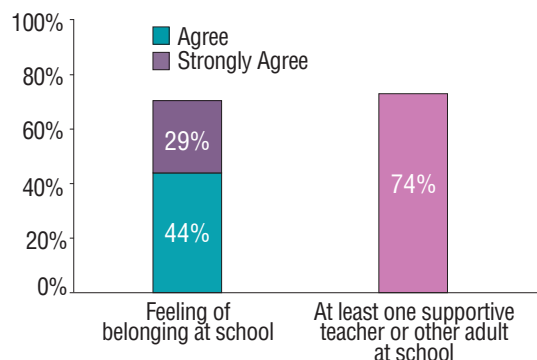
Students reporting higher grades (mostly A's and B's) were less likely than those who report lower grades to be involved in risky health behaviors. Examples include drinking alcohol, using marijuana, having sex, carrying a weapon on school property, and fighting. In addition, these students were more likely to report feeling safe at school and less likely to report being threatened or injured with a weapon at school.

Only 35% of students get eight or more hours of sleep on an average night. Students reporting "mostly A's" in school were significantly more likely to get eight or more hours of sleep compared to their peers reporting mostly D's and F's (38%:21%).

### Both male and female students reported high levels of social support.

	Males	Females
Feel like you belong at school	77%	70%
Adult (teacher or other staff) at school you could talk to	73%	75%

### Social support received from teachers and other adults.



# Traffic Safety

## Wisconsin Highlights

Motor vehicle crashes are the leading cause of death among youth (5-17 year olds) in Wisconsin. Fortunately, we have seen a significant increase in the percentage of Wisconsin high school students who report wearing a seat belt and not being a passenger in a car driven by someone who has been drinking alcohol. Unfortunately, a significant percentage of high school students report drinking and driving, not consistently wearing a seat belt and texting while driving.

- During 1993-2013, a significant decrease occurred in the percentage of students who reported never or rarely wearing a seat belt when riding in a car driven by someone else (29%-8%).
- Almost one out of five students reported riding with a driver who had been drinking alcohol at least once in the past 30 days (21%).
- Seven percent of 11th grade students and 15% of 12th grade students reported driving after drinking alcohol at least once in the last 30 days (9% of all students).
- Nearly half of all students who drove a car or other vehicle during the past 30 days reported texting while driving (48%).

## Traffic safety by race/ethnicity.

	Asian	Black	Hisp	White
Never or rarely wore a seatbelt	9%	22%	9%	6%
Rode in car with someone who had been drinking (past 30 days)	16%	21%	23%	20%
Drove car after drinking (past 30 days)	*	*	11%	8%

*\*Sample size too small*

% of students who reported texting while driving in past 30 days by grade	
9th	14%
10th	23%
11th	57%
12th	66%

# Weapons & Violence

## Wisconsin Highlights

A majority of Wisconsin high school students report feeling safe at school and they report fewer incidents of violence at school than not at school. However, a significant number of students report being harassed and bullied while at school, and violence is an issue of concern for many high school students.

- Fourteen percent of students reported that someone tried to hurt them by hitting, punching, or kicking them while at school.
- Twenty-three percent of high school students reported being bullied on school property. Eighteen percent of high school students were electronically bullied anywhere during the past 12 months.
- Over one-third of male students (38%) and approximately one-half of female students (53%) believed that harassment and bullying were a problem at their school.
- One out of five high school students (21%) believed that violence was a problem at their school.
- The percentage of high school students who reported carrying a weapon, including a gun, both anywhere and on school property decreased significantly from 1993 to 2013. The percentage of males carrying a weapon increased from 17% in 2011 to 24% in 2013.
- Reports of physical fighting, including on school property, decreased significantly from 1993 to 2013.
- Female students were significantly more likely than males to report being forced, either verbally or physically, to take part in a sexual activity (11% compared to 4%).
- Twenty-five percent of female students reported purposely hurting themselves (e.g., cutting, burning) compared to 10% of males.

## Students reporting D's/F's reported higher risk taking behaviors related to violence.

	A's	D's/F's
Physical fight anywhere	12%	52%
Physical fight at school	4%	15%
Didn't go to school, felt unsafe	3%	14%
Carried weapon anywhere	8%	26%
Being hit, punched	7%	32%

## Male students reported higher risk taking behaviors related to violence.\*

	Males	Females
Carried a weapon anywhere	24%	5%
Physical fight anywhere	29%	16%
Physical fight at school	10%	4%
Being hit, punched or kicked at school	20%	8%

*\*During the past 12 months*

# Suicide

## Wisconsin Highlights

The youth suicide rate in Wisconsin consistently exceeds the national average. Wisconsin YRBS data indicate a downward trend in the percentage of students who report feeling sad or hopeless and those seriously considering suicide.

- Twenty-five percent of high school students reported feeling sad or hopeless almost every day for two weeks or more in a row in the past 12 months.
- During 1993-2013, a significant decrease occurred in the percentage of students who reported having seriously considered suicide in the past 12 months (27%-13%).
- The percentage of students who reported making a plan about how they would attempt suicide decreased from 15% in 2005 to 12% in 2013.
- Students who reported attempting suicide in the past 12 months decreased from 1999 to 2013 (8%-6%).
- Eighty-three percent of gay, lesbian, or bisexual students reported their mental health was not good on one or more of the past 30 days vs. 54% of their heterosexual peers.

## Female students were significantly more likely than male students to report risk behaviors related to suicide.

	Males	Females
Feeling sad or hopeless, two weeks in a row	17%	33%
Considered suicide	10%	16%
Made a plan to attempt suicide	9%	15%
Attempted suicide	6%	6%

## Gay, lesbian and bisexual students were significantly more likely than heterosexual students to report risk behavior related suicide.

	Heterosexual	Gay, lesbian, bisexual
Sad/hopeless	22%	57%
Considered suicide	11%	49%
Made a plan	10%	41%
Attempted suicide	4%	28%

# Tobacco

## Wisconsin Highlights

The trend of decreasing cigarette and other tobacco use among Wisconsin high school students now stretches over a decade. Since 1993, Wisconsin has seen a significant decrease on most measures of tobacco use on the YRBS.

- In 2013, 33% of high school students reported trying a cigarette at least one time in their life compared to 64% in 2001.
- The prevalence of students who smoked a cigarette before the age of 13 decreased from 27% in 1993 to 7% in 2013.
- During 1993-2013, a significant decrease occurred in the percentage of students who reported smoking a cigarette on one or more of the past 30 days (32%-12%).
- Reports of smoking cigarettes on school property in the past 30 days has decreased from 14% in 1993 to 3% in 2013.
- Gay, lesbian or bisexual students are significantly more likely than heterosexual students to have smoked a whole cigarette for the first time before the age of 13 (17%:6%).

## Female and male students reported similar tobacco use behaviors, except for smokeless tobacco and cigars.

	Males	Females
Ever tried smoking a cigarette	36%	30%
Smoked cigarette prior to age 13	8%	6%
Smoked cigarette in the past 30 days	14%	10%
Used smokeless tobacco in the past 30 days	13%	2%
Smoked cigar, cigarillo, or little cigar in the past 30 days	16%	6%

## Among students who smoke, heavy smoking behavior dropped significantly.

	1993	2013
Smoked on 20 or more of the past 30 days	16%	4%
Smoked more than 10 cigarettes per day on the days they smoked	15%	10%

# Alcohol & Other Drugs

## Wisconsin Highlights

In 2013, a large percentage of Wisconsin high school students reported drinking alcohol. The percentage of students reporting binge drinking (five or more drinks of alcohol in a row) in Wisconsin is higher than many states.

- During 1993-2013, a significant decrease occurred in the percentage of students who reported drinking alcohol in the past 30 days (48%-33%).
- Eighteen percent of students reported binge drinking (five or more drinks of alcohol in a row) in the past 30 days, including 22% of 11th grade and 28% of 12th grade students.
- The prevalence of marijuana use has decreased between the years 1999-2013. Students who reported using marijuana at least once in their life has decreased significantly from 39% in 1999 to 31% in 2013. One out of six students reported using marijuana one or more times in the past 30 days (17%).
- Between 1999 and 2013, the percentage of students who reported being offered, sold, or given an illegal drug on school property during the past 12 months decreased significantly from 29% to 18%.
- Thirteen percent of all students reported attending school under the influence of alcohol or other illegal drugs in the past 12 months. Students reporting grades of mostly D's and F's were significantly more likely to report attendance under the influence at 37%.

## Abuse of prescription and over-the-counter drugs.

	Males	Females
Ever taken a prescription drug without a doctor's prescription	16%	14%
Ever taken an over-the-counter drug to get high	8%	7%
Took a prescription drug without a doctor's prescription in past 30 days	9%	6%

## Marijuana use by race/ethnicity.

	Asian	Black	Hisp	White
Ever used marijuana	15%	51%	44%	27%
Tried marijuana prior to age 13	5%	16%	12%	4%
Used marijuana in past 30 days	8%	29%	27%	15%

# Sexual Behaviors

## Wisconsin Highlights

Many of the risky sexual behaviors reported by high school students on the YRBS have decreased significantly since 1993. However, a significant percentage of students are still engaging in risky sexual behaviors and putting themselves at risk for negative health outcomes.

- During 1993-2013, a significant decrease occurred in the percentage of students who reported ever having had sexual intercourse (47%-35%).
- The long-term trend of high school students who reported having had sexual intercourse with at least one partner in the last three months decreased from 33% in 1993 to 26% in 2013.
- The percentage of students who reported sexual intercourse before the age of 13 decreased during 1993-2013 (7%-3%).
- The percentage of students who reported multiple sexual partners (four or more) decreased during 1993-2013 (14%-10%).
- The percentage of students who used a condom during last sexual intercourse increased from 58% in 1993 to 63% in 2013.

## Behaviors among sexually active students.\*

	Males	Females
Had sexual intercourse in past 3 months	24%	28%
Used alcohol or drugs before last sexual intercourse*	30%	16%
Used condom during last sexual intercourse*	68%	58%
Used birth control pills before last sexual intercourse*	21%	26%

\*Among students who had sexual intercourse in the last 3 months

## Sexual intercourse by race/ethnicity.

	Asian	Black	Hisp	White
Ever had sexual intercourse	14%	62%	41%	32%
Sexual intercourse before age 13	1%	11%	7%	1%
4 or more partners	3%	22%	11%	8%
Sexual intercourse past 3 months	8%	39%	32%	24%

# Nutrition & Physical Activity

## Wisconsin Highlights

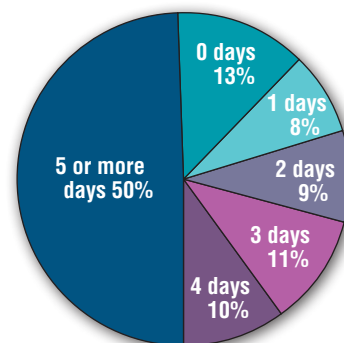
Overall, Wisconsin high school students report inadequate levels of physical activity, consumption of breakfast, and fruits and vegetables. The percent of overweight and obese high school students, as measured on the YRBS, has not changed since 1999.

- One-fourth of high school students are overweight or obese according to their height and weight (self-reported) for their age. Males are more likely to be obese compared to females (15%:8%).
- One out of two students did not eat breakfast on five or more days in the past seven days.
- Only seven percent of students reported eating vegetables three or more times per day over the last week.
- Twenty percent of students reported drinking one or more cans, bottles, or glasses of pop per day over the last seven days. Males were significantly more likely to drink pop compared to females (24%:15%).
- The percentage of students who reported being physically active 60 or more minutes per day on five or more of the past seven days increased significantly from 35% in 2005 to 50% in 2013. Females were significantly less likely to report being physically active compared to males (44%:55%).
- Nearly one out of four (23%) students reported watching TV for three or more hours per day on an average school day.
- From 2007 to 2013, the percentage of students who played video and computer games or used a computer for three or more hours for non school work increased significantly from 20% to 34%. The percentage of females reporting use increased from 17% in 2011 to 35% in 2013.

### Male and female students seldom reported similar dietary and physical activity behaviors.

	Males	Females
Obese	15%	8%
Trying to lose weight	27%	60%
Drank one or more pops/day during past week	24%	15%
Drank sugar-sweetened beverage other than soda or pop/day during past week	14%	8%
Walk or bike to school at least 4 days in average week weather permitting	10%	7%

Frequency of 60 or more minutes of physical activity in the past 7 days.



## Wisconsin YRBS Trend Summary 1993 – 2013

### Key

- ▲ Increased
- ▼ Decreased
- No Change

### Alcohol

- ▼ First drink of alcohol before age 13
- ▼ Current alcohol use (past 30 days)
- ▼ Binge drinking (five or more drinks in a row)

### Other Drugs

- Ever used marijuana
- ▼ Tried marijuana before age 13
- Current marijuana use (past 30 days)
- ▼ Offered, sold, or were given illegal drugs on school property

### Physical Activity

- ▲ 60 or more minutes of physical activity per day
- ▼ Watched three or more hours of TV on an average school day
- ▲ Played computer games three or more hours on an average school day

### Sexual Behaviors

- ▲ Abstaining longer before first sexual intercourse
- ▼ Ever had sexual intercourse
- ▼ Multiple sexual partners (four or more)
- ▲ Condom use
- Alcohol and other drug use before last sexual intercourse

- ▼ Talked about HIV/AIDS with parents

### Suicide

- ▼ Feeling sad or hopeless for two or more weeks in a row
- ▼ Seriously considered attempting suicide
- ▼ Made a plan about attempting suicide
- ▼ Suicide attempts

### Weight

- Overweight (according to body mass index)
- Obese (according to body mass index)

### Traffic Safety

- ▼ Passenger in a car with a driver who had been drinking alcohol
- ▲ Seat belt use

### Weapons and Violence

- ▼ Carrying a weapon anywhere
- ▼ Carrying a weapon on school property
- ▼ Involved in a fight anywhere
- ▼ Involved in a fight on school property
- ▼ Being threatened or injured by a weapon on school property

### Tobacco

- ▼ Ever tried cigarettes
- ▼ Smoked first cigarette before age 13
- ▼ Current smoking (past 30 days)
- ▼ Smokeless tobacco use
- ▼ Current cigar smoking

1993-2013 trend line graphs can be viewed at [sppw.dpi.wi.gov/sppw\\_yrbsindx](http://sppw.dpi.wi.gov/sppw_yrbsindx)



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