

2011 Virginia Youth Survey

Weighted Results Summary

Office of Family Health Services
Virginia Department of Health
June 2012

Administration

- The Virginia Youth Survey has been developed to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth within the Commonwealth of Virginia.
- The Virginia Youth Survey was conducted in the fall of 2011 by the Virginia Department of Health in collaboration with the Virginia Department of Education using funding from the U.S. Centers for Disease Control and Prevention (CDC) in randomly sampled public schools across the Commonwealth.
- The school-based survey is anonymous and voluntary. The survey contains 96 questions and measures various behaviors including:
 - Behaviors related to injuries and violence
 - Tobacco use
 - Alcohol and other drug use
 - Dietary behaviors
 - Physical activity
- Additional technical information and data are also available from the CDC at:
www.cdc.gov/yrbs

Sampling

School Level

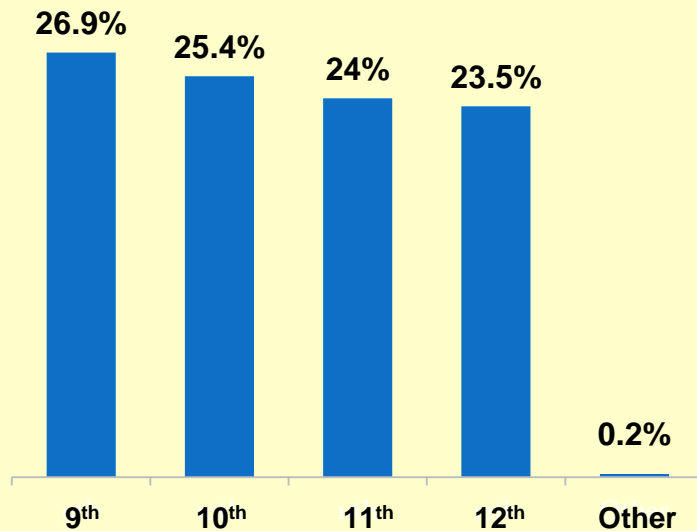
All regular public schools containing grades 9, 10, 11, 12 were included in the sampling frame. Schools were selected systematically with probability proportional to enrollment in grades 9 through 12. A total of 37 schools were selected and 36 schools participated.

Class Level

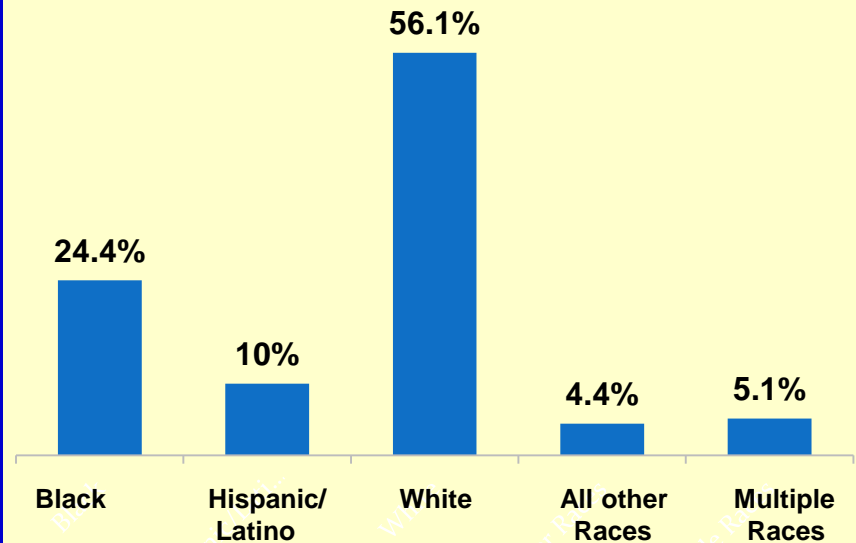
All classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. A total of 2,250 surveys were disseminated within these classes and 1,440 surveys were completed.

Demographics

**Students Surveyed
By Grade Level**

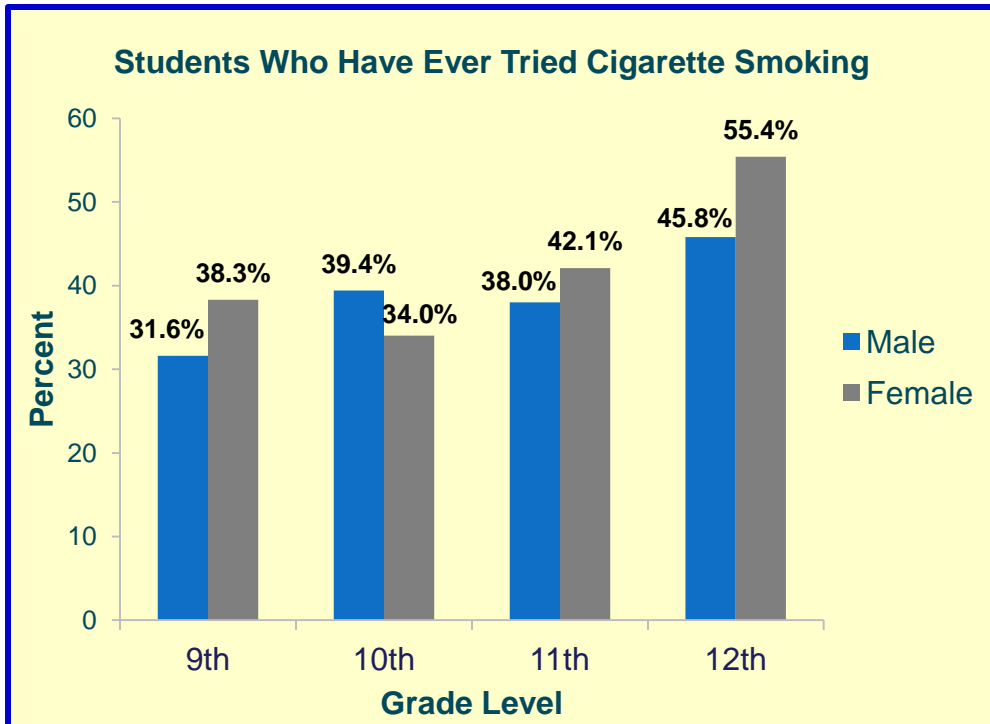


**Students Surveyed
By Race/Ethnicity**



Tobacco Use

40.6% of Virginia youth report ever smoking a cigarette, even one or two puffs



46.7% of students who currently smoke cigarettes have tried to quit in the past year

Tobacco Use

- **15%** of students smoked cigarettes on one or more of the past 30 days
- **9%** of youth have ever smoked cigarettes daily (one cigarette per day for 30 days)
- **3.8%** of students smoked cigarettes on school property in the past 30 days

Other Tobacco Use

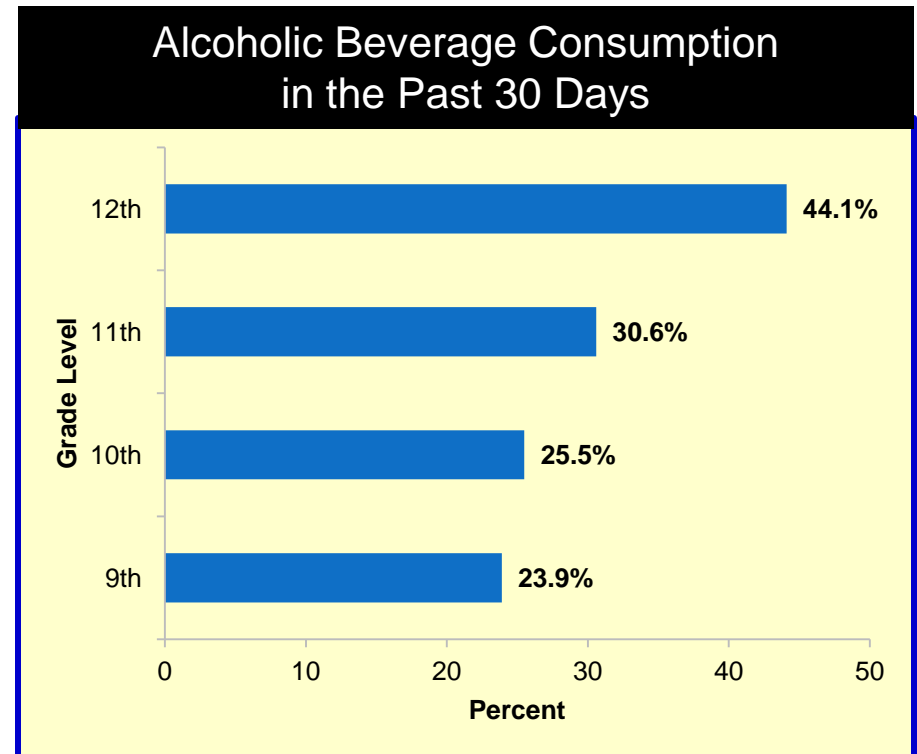
- **8.2%** of students used chewing tobacco, snuff, or dip one or more times in the past 30 days

Alcohol Use

30.5% of students had at least one alcoholic drink in the past 30 days

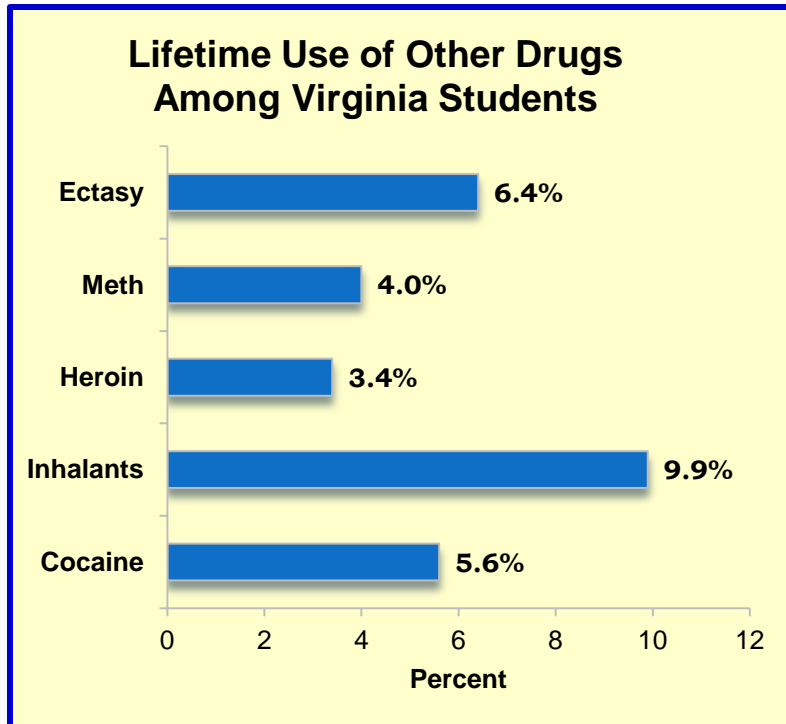
The 2011 Virginia Youth Survey indicates that among students:

- **60.5%** have had at least one drink of alcohol
- **18.1%** had their first drink of alcohol (more than a few sips) before age 13
- **40.7%** who report current alcohol use, usually get the alcohol they drink from someone giving it to them
- **15.7%** had 5 or more drinks in a row, within a couple of hours, in the past 30 days



Other Drug Use

24% of students were offered, sold, or given an illegal drug by someone on school property in the past year



The 2011 Virginia Youth Survey indicates that among students:

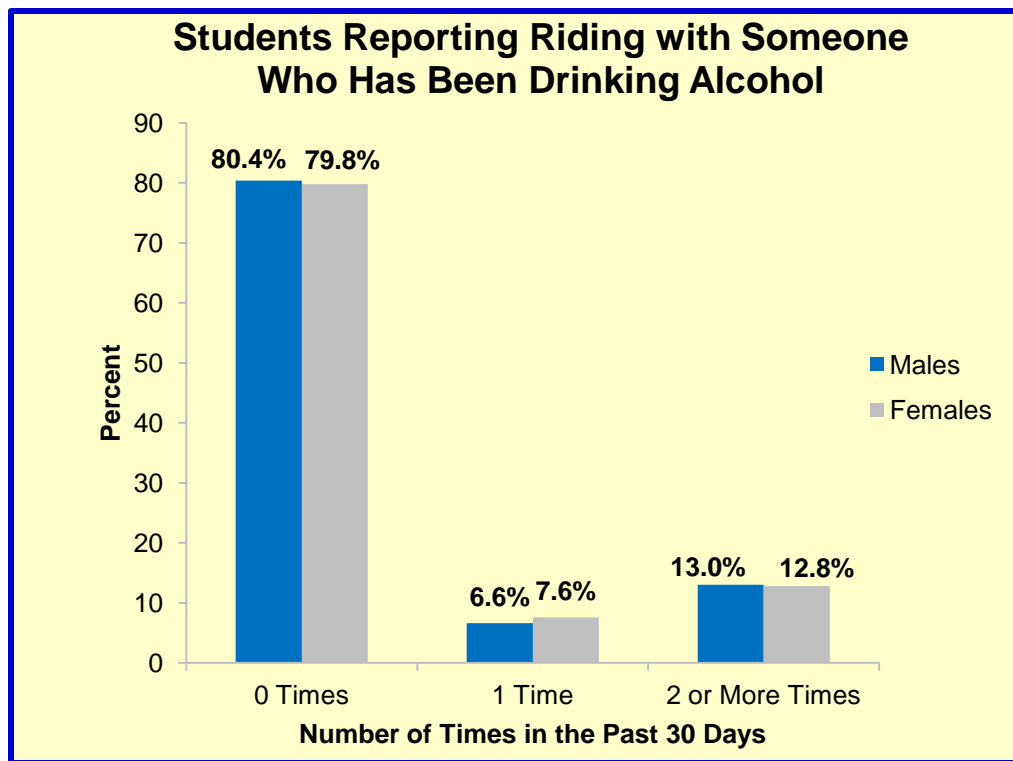
Marijuana

- **49%** think people greatly risk harming themselves with regular marijuana use
- **18%** used marijuana in the past 30 days
- **3.5%** used marijuana on school property in the past 30 days

Prescription Drugs

- **15.6%** have taken a prescription drug without a doctor's prescription during their lifetime

Personal Safety



The 2011 Virginia Youth Survey indicates that among students:

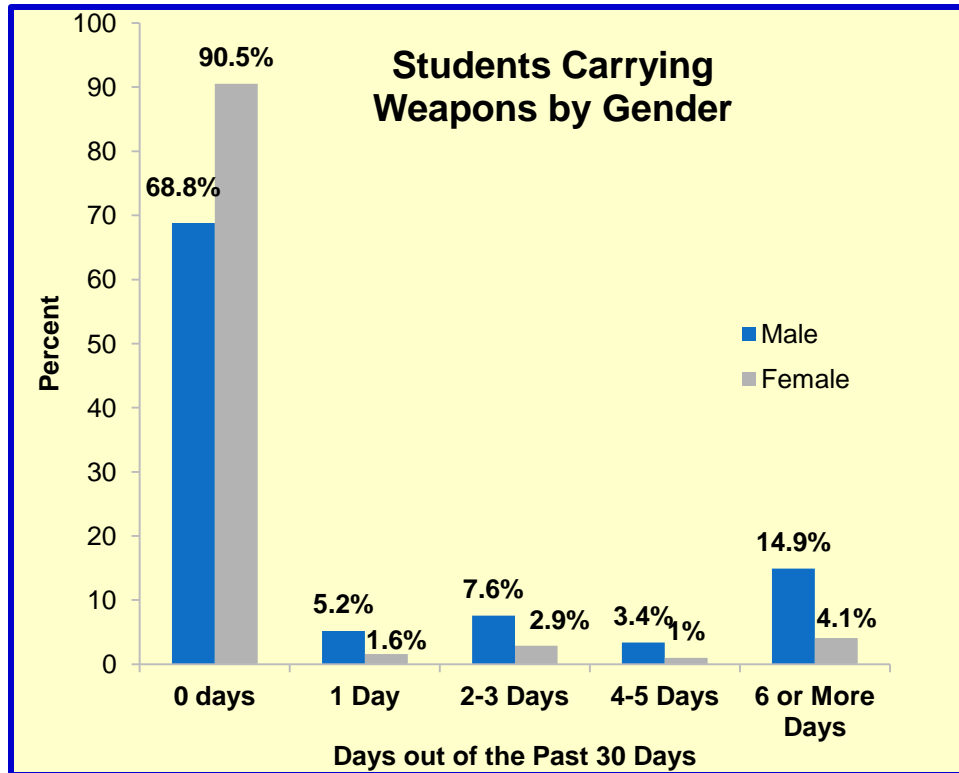
- **80.9%** of students always or frequently wear a seat belt when riding in a car
- **87.1%** of students who rode bicycles rarely or never wore a bicycle helmet
- **5.5%** missed one or more of the past 30 days of school because they felt unsafe at school or going to or from school

In the past 30 days...

- 20% of students rode in a car driven by someone who had been drinking alcohol
- 5.7% of students drove a car or other vehicle when they had been drinking

Violence

20.4% of Virginia students carried a weapon one or more days during the past month



The 2011 Virginia Youth Survey indicates that among students:

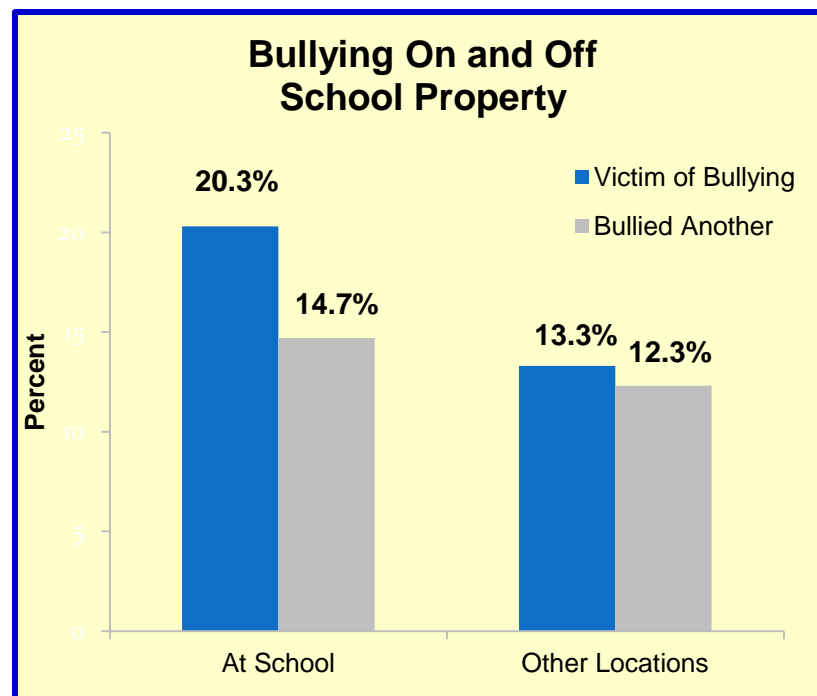
- **24.9%** of students have been in a physical fight one or more times in the past year
- **7.9%** of students have been in a physical fight on school property one or more times in the past year
- **12.1%** of students have been hit, slapped, or physically hurt by a boyfriend or girlfriend in the past year
- **41.2%** “disagree” or “strongly disagree” that violence is a problem at their school

Bullying

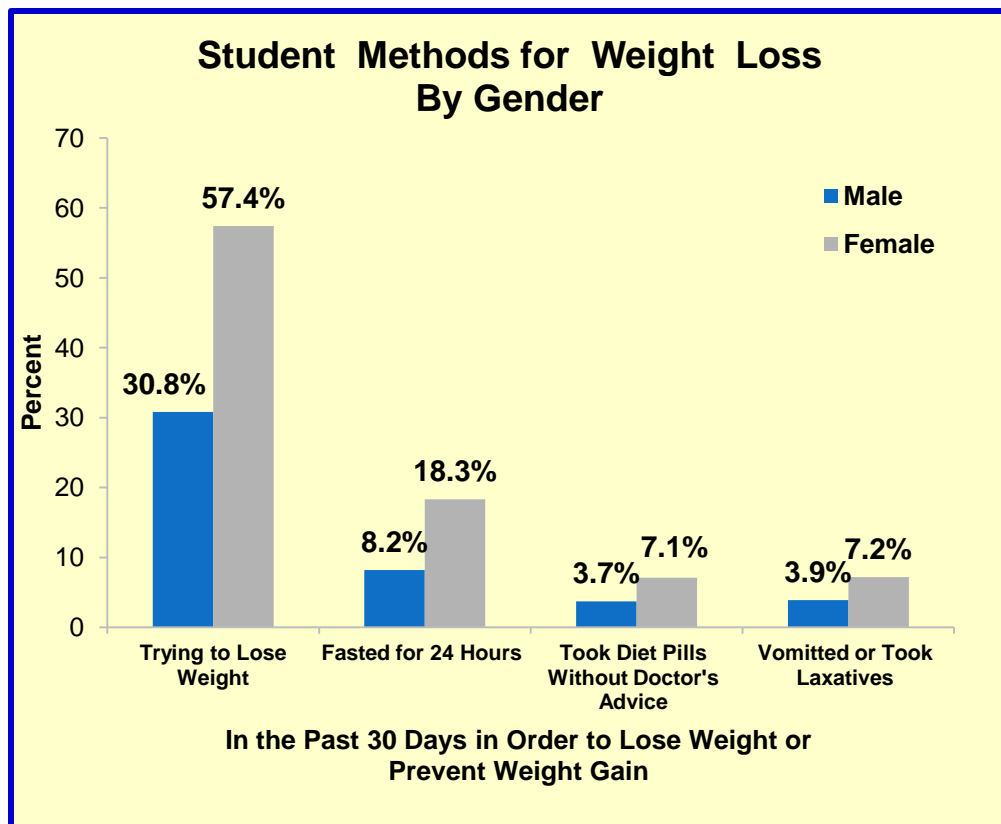
20.3% of Virginia students report being bullied on school property

The 2011 Virginia Youth Survey indicates that among students:

- **7%** have been threatened or injured with a weapon on school property
- **14.8%** report being electronically bullied
- **25.6%** report being teased or called names because of their weight, size, or physical appearance
- **8.1%** report being teased or called names because of their gender



Obesity



The 2011 Virginia Youth Survey indicates that among students:

- **17.2%** of students were overweight*
- **11.1%** of students were obese**
- **28.1%** of students described themselves as slightly or very overweight
- **43.8%** of students were trying to lose weight

* at or above the 85th percentile but below the 95th percentile for body mass index

** at or above the 95th percentile for body mass index

Physical Activity & Nutrition

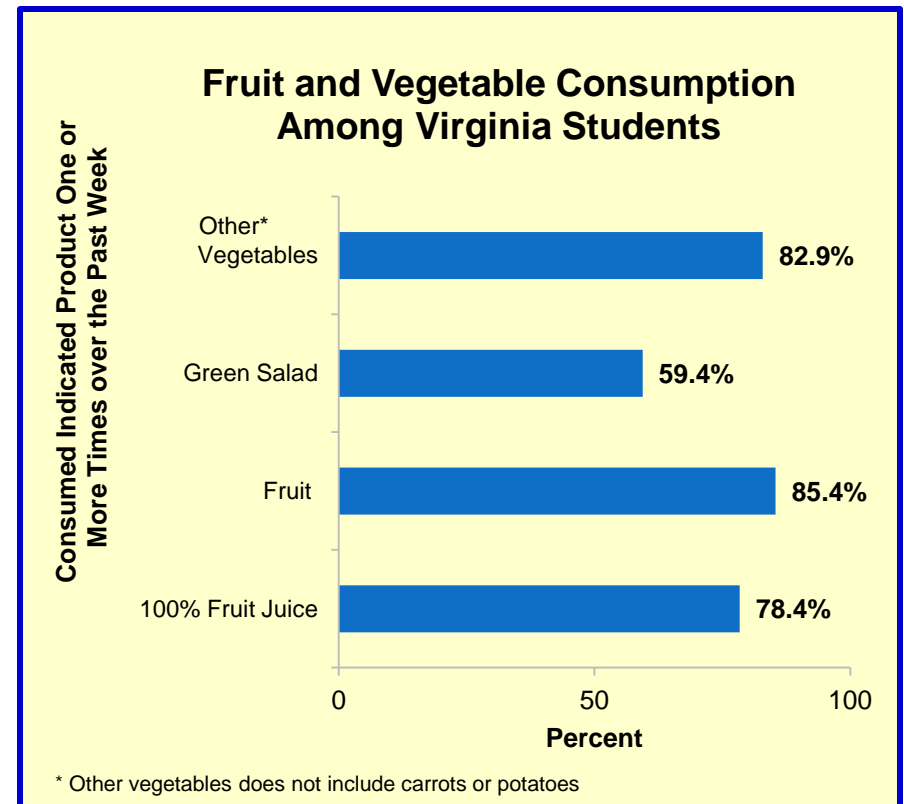
The 2011 Virginia Youth Survey indicates that among students:

Physical Activity

- **46.5%** were physically active for 60 minutes on 5 or more of the past 7 days
- **31.1%** watched 3 or more hours of TV per day
- **50.1%** attended PE Class at least once a week

Nutrition

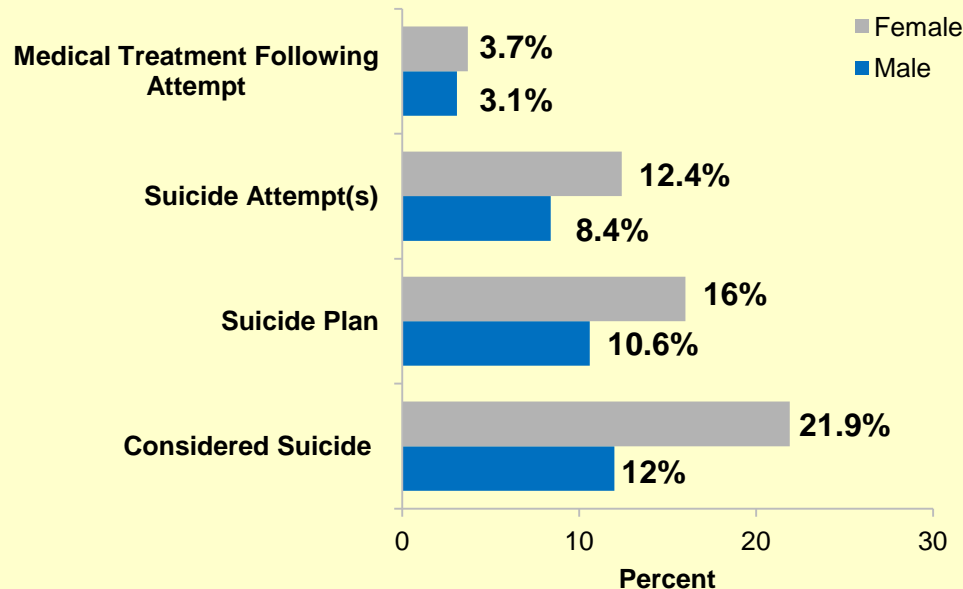
- **85.4%** ate fruit at least once in the past week
- **59.4%** ate green salad at least once in the past week
- **17.5%** ate fruits and vegetables 5 or more times a day in the past 7 days



Mental Health

16.9% of students reported seriously considered attempting suicide

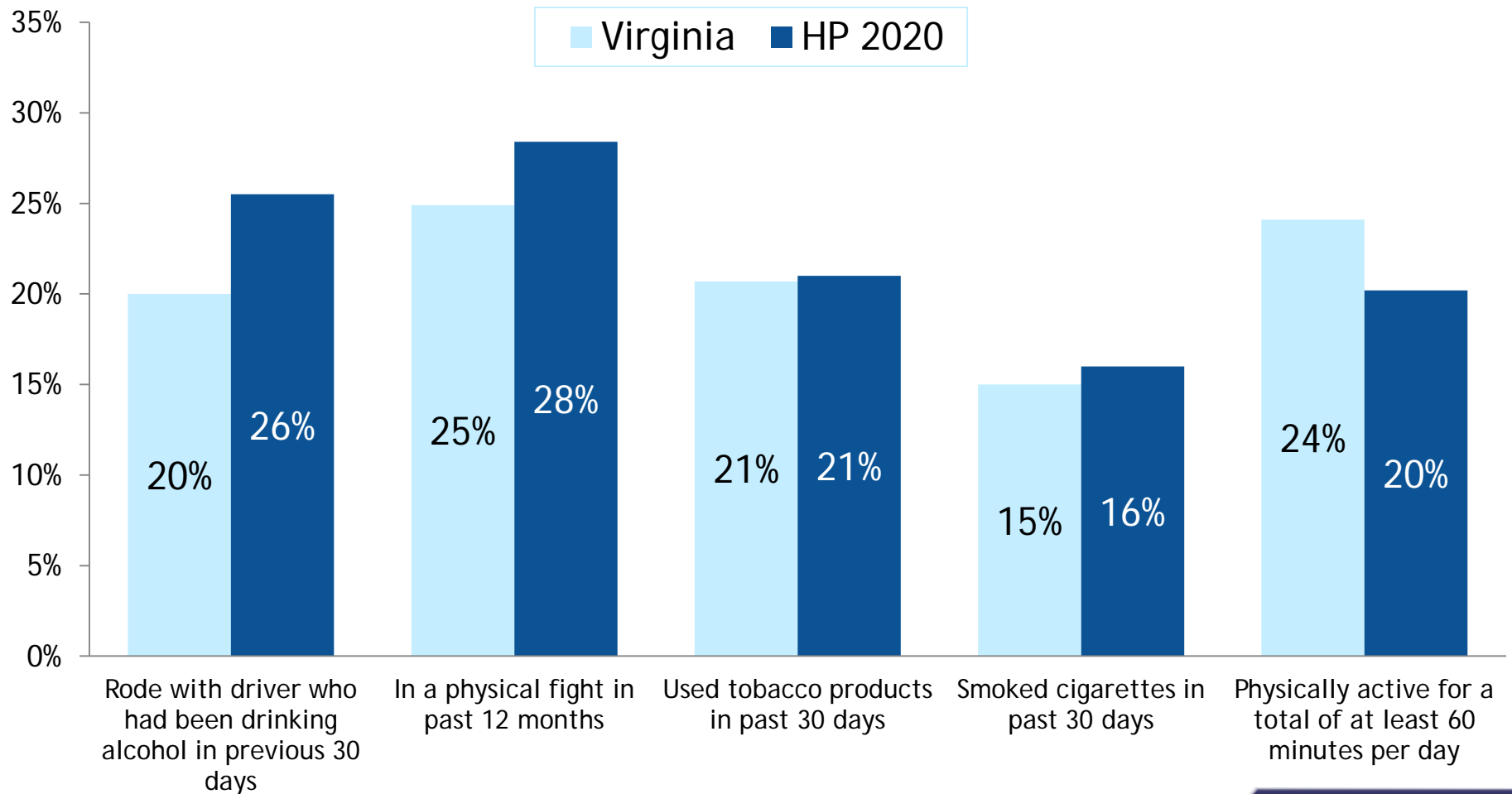
Suicide Considerations, Plans, and Attempts



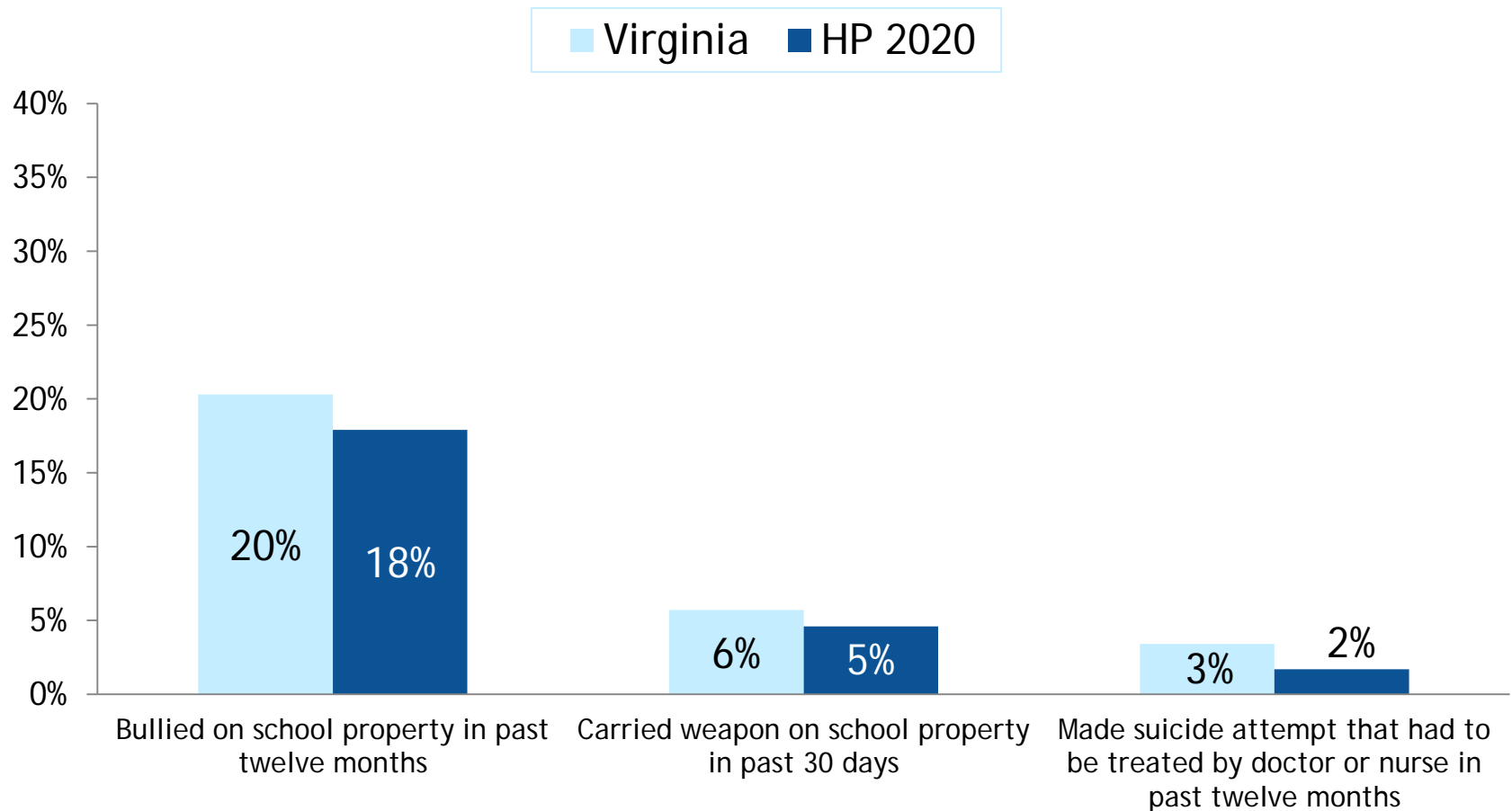
The 2011 Virginia Youth Survey indicates that among students:

- **25.5%** report feeling sad or hopeless daily for two or more weeks such that they stopped doing some usual activities
- **61.9%** said there was at least one teacher or another adult they could talk to if they have a problem
- **78.5%** of students surveyed report feeling safe at school “Most of the time” or “Always”

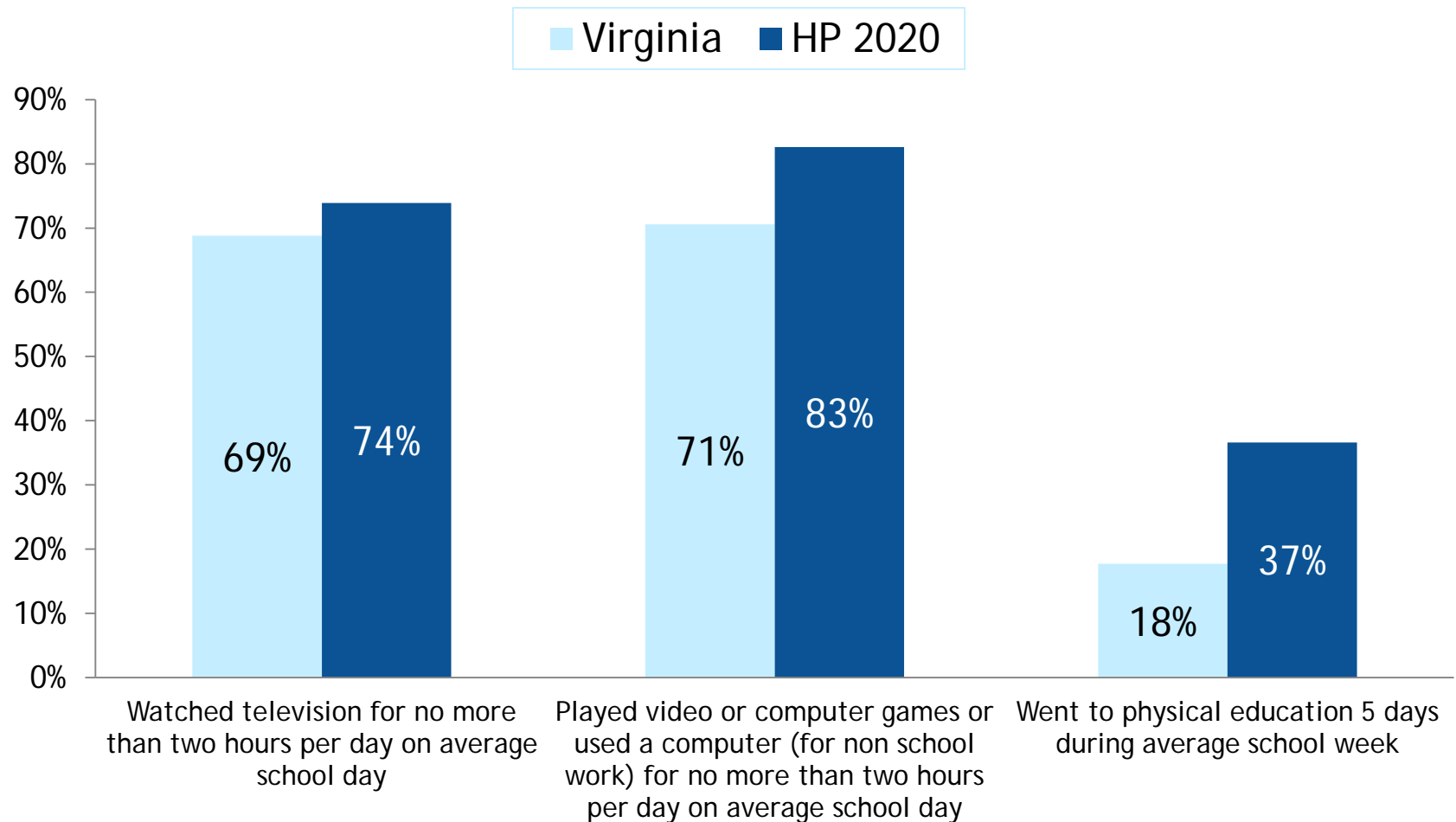
Virginia has met Healthy People 2020 targets for:



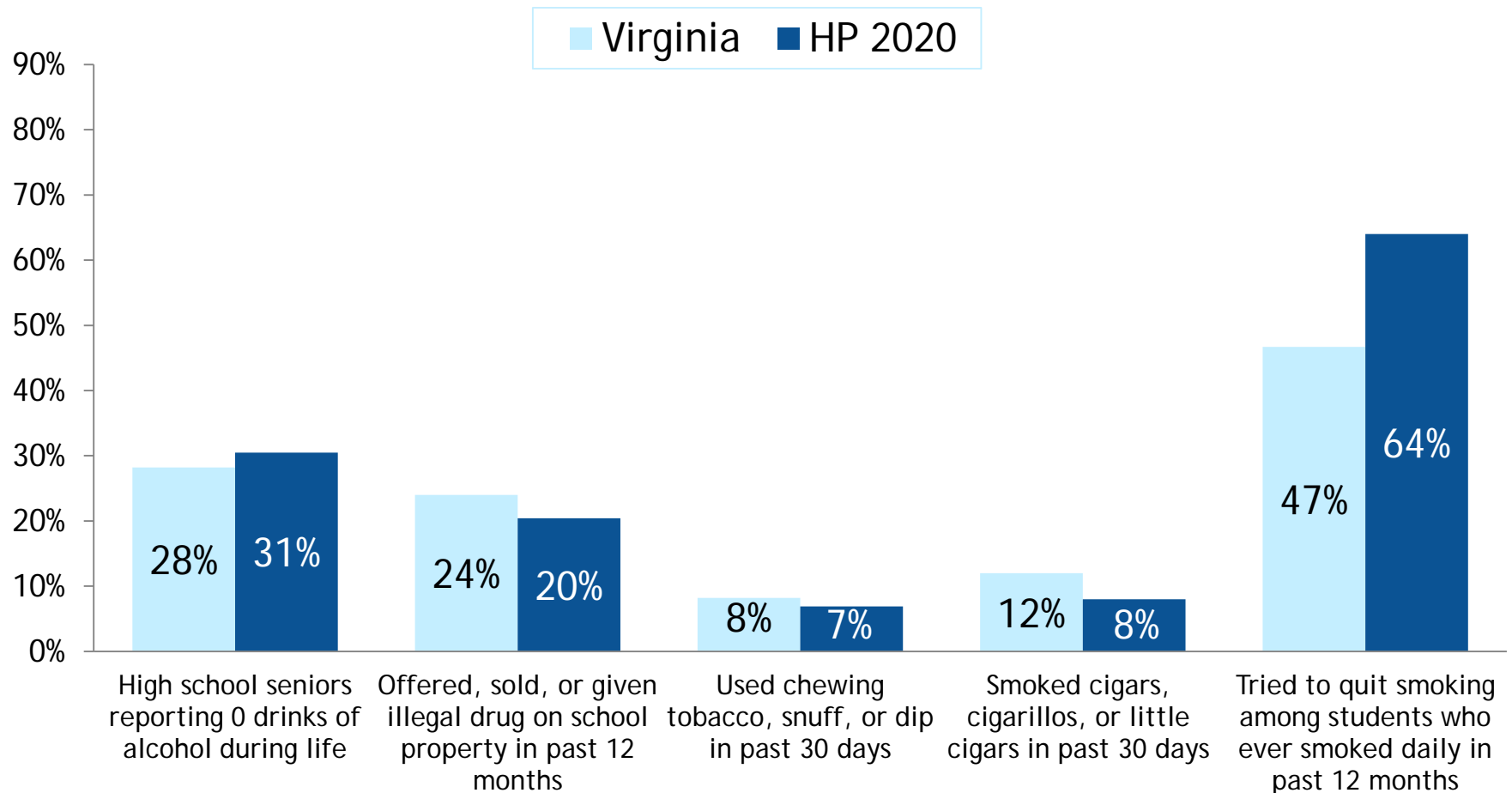
Virginia is working to meet Healthy People 2020 targets for:



Virginia is working to meet Healthy People 2020 targets for:



Virginia is working to meet Healthy People 2020 targets for:



For more information and details please contact:

Office of Family Health Services
Virginia Department of Health
109 Governor Street
Richmond, Virginia 23219

Survey Coordinator:
Danielle Henderson
danielle.henderson@vdh.virginia.gov