



## Trends in the Prevalence of Selected Risk Behaviors and Obesity for White Students National YRBS: 1991–2011

The national Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9<sup>th</sup> through 12<sup>th</sup> grade students in public and private schools throughout the United States.

| 1991   | 1993                | 1995                | 1997                | 1999                | 2001                | 2003                | 2005                | 2007                | 2009                | 2011                | Changes from 1991–2011 <sup>1</sup>          | Change from 2009–2011 <sup>2</sup> |
|--|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--|------------------------------------|
| <b>Rarely or never wore a seat belt</b><br>(when riding in a car driven by someone else)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 23.9<br>(18.1–30.9) <sup>3</sup>   | 17.2<br>(14.3–20.6) | 20.5<br>(16.4–25.2) | 17.1<br>(13.2–21.8) | 15.5<br>(12.0–19.9) | 13.6<br>(11.6–15.9) | 16.9<br>(12.2–22.8) | 9.4<br>(7.4–11.9)   | 10.1<br>(7.4–13.8)  | 9.5<br>(7.5–12.1)   | 6.3<br>(4.8–8.1)    | Decreased, 1991–2011                         | Decreased                          |
| <b>Rode with a driver who had been drinking alcohol one or more times</b><br>(in a car or other vehicle during the 30 days before the survey)                |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 40.5<br>(37.9–43.1)  | 34.1<br>(30.6–37.7) | 37.7<br>(32.4–43.3) | 36.9<br>(34.1–39.8) | 32.4<br>(29.9–35.0) | 30.3<br>(28.1–32.6) | 28.5<br>(25.9–31.2) | 28.3<br>(25.7–31.0) | 27.9<br>(25.4–30.6) | 26.2<br>(24.1–28.4) | 22.1<br>(20.7–23.5) | Decreased, 1991–2011                         | Decreased                          |
| <b>Carried a weapon on at least 1 day</b><br>(for example, a gun, knife, or club during the 30 days before the survey)                                       |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 25.1<br>(22.5–27.8)  | 20.6<br>(17.9–23.6) | 18.9<br>(17.1–20.8) | 17.0<br>(14.5–19.7) | 16.4<br>(13.8–19.3) | 17.9<br>(15.4–20.7) | 16.7<br>(14.8–18.7) | 18.7<br>(16.5–21.1) | 18.2<br>(15.8–21.0) | 18.6<br>(16.4–21.1) | 17.0<br>(15.0–19.3) | Decreased, 1991–1999<br>No change, 1999–2011 | No change                          |
| <b>Did not go to school because they felt unsafe at school or on their way to or from school on at least 1 day</b><br>(during the 30 days before the survey) |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| NA <sup>4</sup>  | 3.0<br>(2.3–3.8)    | 2.8<br>(2.1–3.7)    | 2.4<br>(1.8–3.2)    | 3.9<br>(2.8–5.6)    | 5.0<br>(3.9–6.3)    | 3.1<br>(2.5–3.8)    | 4.4<br>(2.9–6.5)    | 4.0<br>(3.2–4.9)    | 3.5<br>(2.9–4.3)    | 4.4<br>(3.6–5.4)    | Increased, 1993–2011                         | No change                          |
| <b>Attempted suicide one or more times</b><br>(during the 12 months before the survey)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 6.7<br>(5.7–7.9)   | 7.7<br>(6.8–8.8)    | 7.6<br>(6.6–8.9)    | 6.3<br>(5.2–7.6)    | 6.7<br>(5.3–8.4)    | 7.9<br>(6.9–9.1)    | 6.9<br>(5.9–8.0)    | 7.3<br>(6.3–8.4)    | 5.6<br>(5.0–6.3)    | 5.0<br>(4.4–5.7)    | 6.2<br>(5.6–6.9)    | Decreased, 1991–2011                         | Increased                          |
| <b>Smoked cigarettes on a least 1 day</b><br>(during the 30 days before the survey)  |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 30.9<br>(27.6–34.5)  | 33.7<br>(31.4–36.0) | 38.3<br>(35.6–41.1) | 39.7<br>(37.3–42.2) | 38.6<br>(35.5–41.9) | 31.9<br>(29.6–34.4) | 24.9<br>(22.4–27.5) | 25.9<br>(22.9–29.2) | 23.2<br>(20.4–26.2) | 22.5<br>(20.0–25.2) | 20.3<br>(18.4–22.2) | Increased, 1991–1997<br>Decreased, 1997–2011 | No change                          |
| <b>Had at least one drink of alcohol on at least 1 day</b><br>(during the 30 days before the survey)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 52.9<br>(49.7–56.1)  | 49.9<br>(47.4–52.5) | 54.1<br>(50.5–57.6) | 54.0<br>(51.0–57.0) | 52.5<br>(49.2–55.7) | 50.4<br>(48.1–52.7) | 47.1<br>(44.1–50.2) | 46.4<br>(42.8–50.2) | 47.3<br>(43.9–50.7) | 44.7<br>(42.4–47.1) | 40.3<br>(38.3–42.2) | No change, 1991–1997<br>Decreased, 1997–2011 | Decreased                          |

| 1991   | 1993                | 1995                | 1997                | 1999                | 2001                | 2003                | 2005                | 2007                | 2009                | 2011                | Changes from 1991–2011 <sup>1</sup>          | Change from 2009–2011 <sup>2</sup> |
|--|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|--|------------------------------------|
| <b>Used marijuana one or more times</b><br>(during the 30 days before the survey)  |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 15.2<br>(12.5–18.3)  | 17.3<br>(14.6–20.3) | 24.5<br>(22.0–27.3) | 25.0<br>(22.0–28.3) | 26.4<br>(23.3–29.7) | 24.4<br>(22.4–26.6) | 21.7<br>(19.4–24.2) | 20.3<br>(18.1–22.6) | 19.9<br>(17.4–22.6) | 20.7<br>(18.9–22.6) | 21.7<br>(19.6–24.0) | Increased, 1991–1999<br>Decreased, 1999–2011 | No change                          |
| <b>Ever used methamphetamines one or more times</b><br>(also called “speed”, “crystal”, “crank”, or “ice”, during their life)  |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| NA   | NA                  | NA                  | NA                  | 10.3<br>(8.9–11.8)  | 11.4<br>(9.4–13.7)  | 8.1<br>(7.0–9.3)    | 6.5<br>(5.4–7.7)    | 4.5<br>(3.5–5.6)    | 3.7<br>(3.1–4.5)    | 3.7<br>(3.1–4.3)    | Decreased, 1999–2011                         | No change                          |
| <b>Ever had sexual intercourse</b>   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 50.0<br>(46.7–53.4)  | 48.4<br>(45.6–51.3) | 48.9<br>(43.8–54.1) | 43.6<br>(39.4–48.0) | 45.1<br>(41.1–49.2) | 43.2<br>(40.7–45.8) | 41.8<br>(39.0–44.5) | 43.0<br>(38.8–47.3) | 43.7<br>(40.5–47.0) | 42.0<br>(37.9–46.3) | 44.3<br>(41.1–47.4) | Decreased, 1991–2003<br>No change, 2003–2011 | No change                          |
| <b>Had sexual intercourse with four or more persons</b><br>(during their life)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 14.7<br>(13.0–16.7)  | 14.3<br>(12.3–16.6) | 14.2<br>(11.8–16.8) | 11.6<br>(10.2–13.2) | 12.4<br>(10.4–14.7) | 12.0<br>(10.6–13.5) | 10.8<br>(9.4–12.4)  | 11.4<br>(9.7–13.3)  | 11.5<br>(9.6–13.7)  | 10.5<br>(9.0–12.3)  | 13.1<br>(11.7–14.5) | Decreased, 1991–2003<br>No change, 2003–2011 | Increased                          |
| <b>Used a condom during last sexual intercourse</b><br>(among students who were currently sexually active)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 46.5<br>(41.8–51.2)  | 52.3<br>(48.2–56.3) | 52.5<br>(48.4–56.6) | 55.8<br>(53.8–57.8) | 55.0<br>(49.8–60.2) | 56.8<br>(53.7–59.9) | 62.5<br>(59.2–65.6) | 62.6<br>(60.0–65.2) | 59.7<br>(56.8–62.5) | 63.3<br>(60.4–66.1) | 59.5<br>(55.4–63.5) | Increased, 1991–2003<br>No change, 2003–2011 | No change                          |
| <b>Did not use any method to prevent pregnancy during last sexual intercourse</b><br>(among students who were currently sexually active)                             |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 12.6<br>(10.8–14.6)  | 13.6<br>(11.6–15.8) | 13.3<br>(11.0–16.1) | 13.7<br>(11.2–16.8) | 13.3<br>(11.4–15.4) | 11.3<br>(9.7–13.1)  | 7.7<br>(6.2–9.4)    | 10.1<br>(8.4–11.9)  | 9.3<br>(7.4–11.7)   | 8.0<br>(6.6–9.8)    | 10.0<br>(8.5–11.8)  | Decreased, 1991–2011                         | No change                          |
| <b>Attended physical education daily</b><br>(5 days in an average week when they were in school)   |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| 38.6<br>(31.9–45.7)  | 32.1<br>(26.7–38.0) | 21.7<br>(11.9–36.1) | 23.8<br>(17.6–31.4) | 28.3<br>(17.1–43.2) | 29.5<br>(24.5–35.2) | 24.9<br>(18.4–32.8) | 31.7<br>(26.3–37.6) | 28.9<br>(23.0–35.5) | 30.6<br>(24.0–38.1) | 33.0<br>(25.9–41.0) | Decreased, 1991–1995<br>No change, 1995–2011 | No change                          |
| <b>Obese</b><br>(students who were ≥ 95 <sup>th</sup> percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) |                     |                     |                     |                     |                     |                     |                     |                     |                     |                     |  |                                    |
| NA   | NA                  | NA                  | NA                  | 9.9<br>(8.1–12.0)   | 8.8<br>(7.8–9.8)    | 10.3<br>(8.5–12.3)  | 11.7<br>(10.6–12.8) | 10.6<br>(9.2–12.2)  | 10.2<br>(8.7–11.9)  | 11.5<br>(9.7–13.5)  | No change, 1999–2011                         | No change                          |

<sup>1</sup> Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade.

<sup>2</sup> Based on t-test analyses, p < 0.05.

<sup>3</sup> 95% confidence interval.

<sup>4</sup> Not available.

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