

## 2010 Youth Risk Behavior Survey - Arlington

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Individual Characteristics			Family, School and Community		
<b>American Indian</b>	<b>2007</b>	<b>2010</b>	<b>Lives with both parents</b>	<b>2007</b>	<b>2010</b>
All	6	5	All	68	68
Male	4	5	Male	70	68
Female	6	6	Female	66	67
<b>African-American</b>	<b>2007</b>	<b>2010</b>	<b>Mother graduated from college</b>	<b>2007</b>	<b>2010</b>
All	12	23	All	50	52
Male	14	21	Male	51	50
Female	10	26	Female	50	54
<b>Asian</b>	<b>2007</b>	<b>2010</b>	<b>Willing to discuss serious issues with parents</b>	<b>2007</b>	<b>2010</b>
All	12	13	All	79	75
Male	12	14	Male	78	74
Female	12	12	Female	80	76
<b>Pacific Islander</b>	<b>2007</b>	<b>2010</b>	<b>Mostly A's and B's in school</b>	<b>2007</b>	<b>2010</b>
All	1	2	All	77	80
Male	1	2	Male	74	79
Female	1	1	Female	81	82
<b>White</b>	<b>2007</b>	<b>2010</b>	<b>Does at least 1 hour of homework per night</b>	<b>2007</b>	<b>2010</b>
All	49	57	All	62	51
Male	45	59	Male	57	47
Female	53	56	Female	66	56
<b>Latino ethnicity</b>	<b>2007</b>	<b>2010</b>	<b>Agree, amount of homework is about right</b>	<b>2007</b>	<b>2010</b>
All	21	27	All	50	57
Male	24	28	Male	53	51
Female	18	25	Female	47	64
<b>Sex</b>	<b>2007</b>	<b>2010</b>	<b>Agree, in my town I matter to people</b>	<b>2007</b>	<b>2010</b>
Male	47	54	All	52	53
Female	53	46	Male	54	50
			Female	50	56
			<b>Agree, in my town adults listen to me</b>	<b>2007</b>	<b>2010</b>
			All	49	50
			Male	52	50
			Female	46	51

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<i><b>PHYSICAL AND MENTAL HEALTH</b></i>			<i><b>WEIGHT STATUS</b></i>		
<b>In poor or fair health</b>	<b>2007</b>	<b>2010</b>	<b>Describes self as overweight</b>	<b>2007</b>	<b>2010</b>
All	10	7	All	23	20
Male	9	8	Male	24	22
Female	12	5	Female	22	18
<b>Did not have physical in past year</b>	<b>2007</b>	<b>2010</b>	<b>Trying to lose weight</b>	<b>2007</b>	<b>2010</b>
All	36	34	All	43	38
Male	38	38	Male	41	39
Female	35	29	Female	45	37
<b>In poor/fair health and did not have a physical</b>	<b>2007</b>	<b>2010</b>	<b>Obese based on Body Mass Index (BMI)</b>	<b>2007</b>	<b>2010</b>
All	45	60	All	10	9
Male	48	65	Male	12	12
Female	43	50	Female	8	6
<b>Sleeps less than 8 hours on school nights</b>	<b>2007</b>	<b>2010</b>	<b>At-risk for obesity based on BMI</b>	<b>2007</b>	<b>2010</b>
All	na	27	All	14	11
Male	na	31	Male	17	12
Female	na	24	Female	11	9
<i><b>DEPRESSIVE OR SUICIDAL</b></i>			<i><b>USE OF HEALTHY WEIGHT LOSS METHODS</b></i>		
<b>Felt sad or hopeless for 2+weeks in past year</b>	<b>2007</b>	<b>2010</b>	<b>Exercise</b>	<b>2007</b>	<b>2010</b>
All	15	20	All	61	53
Male	12	18	Male	62	57
Female	17	22	Female	60	49
<b>Suicide attempt, past year</b>	<b>2007</b>	<b>2010</b>	<b>Reduce calories and/or fat</b>	<b>2007</b>	<b>2010</b>
All	5	4	All	36	33
Male	4	4	Male	35	35
Female	5	3	Female	37	31
<i><b>USE OF SAFETY DEVICES</b></i>			<i><b>UNHEALTHY WEIGHT LOSS METHODS</b></i>		
<b>Never or rarely wear seatbelt</b>	<b>2007</b>	<b>2010</b>	<b>Fasting</b>	<b>2007</b>	<b>2010</b>
All	7	7	All	9	9
Male	8	7	Male	9	11
Female	6	6	Female	9	6
<b>Never or rarely wears helmet while riding a bike</b>	<b>2007</b>	<b>2010</b>	<b>Diet pills or liquids without physician's advice</b>	<b>2007</b>	<b>2010</b>
All	31	31	All	3	3
Male	37	37	Male	4	4
Female	26	24	Female	2	2
<b>Never or rarely wears helmet while skateboarding</b>	<b>2007</b>	<b>2010</b>	<b>Vomiting or misuse of laxatives</b>	<b>2007</b>	<b>2010</b>
All	42	46	All	4	4
Male	44	50	Male	4	5
Female	40	41	Female	5	3
<b>Any unhealthy weight loss method</b>	<b>2007</b>	<b>2010</b>	<b>Any unhealthy weight loss method</b>	<b>2007</b>	<b>2010</b>
All	12	11	All	12	11
Male	13	14	Male	13	14
Female	11	8	Female	11	8

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<b><i>BULLYING</i></b>		
<b>Victim of bullying, past year</b>	<b>2007</b>	<b>2010</b>
All	22	27
Male	24	28
Female	21	26
<b>Victim of cyberbullying, past year</b>	<b>2007</b>	<b>2010</b>
All	n/a	12
Male	n/a	11
Female	n/a	13
<b>Victim of bullying at school, past year</b>	<b>2007</b>	<b>2010</b>
All	22	26
Male	24	29
Female	20	23
<b>Agree, bullying is a serious problem at school</b>	<b>2007</b>	<b>2010</b>
All	26	32
Male	30	33
Female	23	30
<b>Agree, bullying is a serious problem in the neighborhood</b>	<b>2007</b>	<b>2010</b>
All	14	13
Male	17	14
Female	12	11
<b>Agree, adults try to help if told about bullying</b>	<b>2007</b>	<b>2010</b>
All	69	76
Male	68	72
Female	70	80
<b>Agree, adults think bullying is a small problem</b>	<b>2007</b>	<b>2010</b>
All	22	25
Male	24	28
Female	19	21
<b><i>VICTIMIZATION</i></b>		
<b>Missed school due to safety concerns, past month</b>	<b>2007</b>	<b>2010</b>
All	5	7
Male	7	7
Female	3	6
<b>Victim of property crime at school, past year</b>	<b>2007</b>	<b>2010</b>
All	21	27
Male	27	30
Female	15	23

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ALCOHOL USE			CIGARETTE SMOKING		
<b>Ever drank alcohol</b>	<b>2007</b>	<b>2010</b>	<b>Ever smoked cigarettes</b>	<b>2007</b>	<b>2010</b>
All	7	11	All	1	5
Male	8	14	Male	1	7
Female	6	8	Female	<1	2
<b>Used alcohol, past 30 days</b>	<b>2007</b>	<b>2010</b>	<b>Used cigarettes, past 30 days</b>	<b>2007</b>	<b>2010</b>
All	1	4	All	<1	1
Male	2	5	Male	<1	1
Female	1	2	Female	<1	0
<b>Drank alcohol before age 13</b>	<b>2007</b>	<b>2010</b>	<b>Smoked a cigarette before age 13</b>	<b>2007</b>	<b>2010</b>
All	7	11	All	1	1
Male	7	14	Male	1	2
Female	6	8	Female	<1	0
<b>Rode with a drinking driver, past year</b>	<b>2007</b>	<b>2010</b>			
All	12	11			
Male	12	9			
Female	11	13			
<b>Moderate or great risk of harm from 1-2 drinks daily</b>	<b>2007</b>	<b>2010</b>	<b>Moderate or great risk of harm from 1+ pack daily</b>	<b>2007</b>	<b>2010</b>
All	na	76	All	na	86
Male	na	72	Male	na	84
Female	na	81	Female	na	88
<b>Parents disapprove of teen drinking</b>	<b>2007</b>	<b>2010</b>	<b>Parents disapprove of teen smoking</b>	<b>2007</b>	<b>2010</b>
All	na	96	All	na	98
Male	na	95	Male	na	98
Female	na	97	Female	na	99
<b>Agree, most/all young people my age use alcohol</b>	<b>2007</b>	<b>2010</b>			
All	1	2			
Male	1	4			
Female	1	0			
<b>Agree, alcohol is easy to get</b>	<b>2007</b>	<b>2010</b>			
All	15	18			
Male	16	20			
Female	15	16			

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MARIJUANA USE				INHALANTS AND OTHER DRUGS			
<b>Ever used marijuana</b>		<b>2007</b>	<b>2010</b>	<b>Ever used inhalants</b>		<b>2007</b>	<b>2010</b>
	All	1	1		All	8	12
	Male	1	2		Male	8	13
	Female	<1	0		Female	8	11
<b>Used marijuana, past 30 days</b>		<b>2007</b>	<b>2010</b>	<b>Used inhalants, past 30 days</b>		<b>2007</b>	<b>2010</b>
	All	0	1		All	3	5
	Male	0	2		Male	4	5
	Female	0	0		Female	3	6
<b>Used marijuana before age 13</b>		<b>2007</b>	<b>2010</b>	<b>Used inhalants before age 13</b>		<b>2007</b>	<b>2010</b>
	All	1	1		All	8	12
	Male	1	2		Male	8	13
	Female	<1	0		Female	8	11
<b>Risk of harm from regular marijuana use</b>		<b>2007</b>	<b>2010</b>	<b>Ever used other* illegal drugs</b>		<b>2007</b>	<b>2010</b>
	All	na	88		All	1	1
	Male	na	86		Male	1	2
	Female	na	89		Female	2	0
<b>Parents disapprove of teen marijuana use</b>		<b>2007</b>	<b>2010</b>	<b>Ever used any** illegal drug</b>		<b>2007</b>	<b>2010</b>
	All	na	98		All	11	12
	Male	na	97		Male	13	14
	Female	na	100		Female	10	11
<b>Ever used cigarettes, alcohol or marijuana</b>		<b>2007</b>	<b>2010</b>	<b>Was offered or sold drugs at school, past year</b>		<b>2007</b>	<b>2010</b>
	All	12	20		All	2	3
	Male	16	24		Male	4	5
	Female	8	16		Female	1	2

\* Other than marijuana or inhalants

\*\*Includes marijuana, inhalants, or any other illegal drugs.

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<i><b>DIET</b></i>			<i><b>EXERCISE</b></i>		
<b>Drank no milk</b>	<b>2007</b>	<b>2010</b>	<b>Inadequate exercise</b>	<b>2007</b>	<b>2010</b>
All	11	13	All	52	43
Male	12	12	Male	51	39
Female	11	15	Female	52	48
<b>Drank less than 3 daily servings of milk</b>	<b>2007</b>	<b>2010</b>	<b>Did not play on any sports teams, past year</b>	<b>2007</b>	<b>2010</b>
All	69	75	All	32	33
Male	68	70	Male	31	30
Female	71	81	Female	33	37
<b>No fruit</b>	<b>2007</b>	<b>2010</b>	<b>Excessive* time watching TV</b>	<b>2007</b>	<b>2010</b>
All	8	6	All	25	25
Male	9	7	Male	27	28
Female	7	5	Female	23	21
<b>Less than 1 daily serving of fruit</b>	<b>2007</b>	<b>2010</b>	<b>Excessive* time playing computer or video games</b>	<b>2007</b>	<b>2010</b>
All	38	40	All	12	13
Male	37	38	Male	15	17
Female	39	41	Female	10	9
<b>Less than 1 daily serving of fruit juice</b>	<b>2007</b>	<b>2010</b>	<b>Excessive* screen time</b>	<b>2007</b>	<b>2010</b>
All	59	62	All	59	49
Male	57	61	Male	54	53
Female	61	64	Female	64	44
<b>Two or more daily servings of soda</b>	<b>2007</b>	<b>2010</b>	<i>*More than 2 hours per school day</i>		
All	10	3			
Male	14	4			
Female	6	2			

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<b>GANGS</b>		
Member of gang, past year	2007	2010
All	4	3
Male	5	5
Female	4	1
Friend(s) in a gang, past year	2007	2010
All	12	7
Male	12	9
Female	12	5
Gang members in neighborhood or school	2007	2010
All	17	13
Male	18	14
Female	15	13
Agree, you are safer in a gang	2007	2010
All	6	6
Male	8	5
Female	3	6
Agree, more likely to get hurt or get into trouble in a gang	2007	2010
All	80	80
Male	79	80
Female	81	81
<b>WEAPONS AND FIGHTING</b>		
Carried a weapon, past month	2007	2010
All	11	10
Male	16	15
Female	7	4
In a physical fight, past year	2007	2010
All	29	35
Male	42	48
Female	18	20