

2010 Youth Risk Behavior Survey - Arlington

SCHOOL & COMMUNITY			
Mostly A's and B's in School	2004	2007	2010
All	69	72	77
6th	72	77	80
8th	66	70	77
10th	69	73	75
12th	67	69	74
Amount of Homework is About Right	2004	2007	2010
All	n/a	50	52
6th	n/a	50	57
8th	n/a	51	50
10th	n/a	49	50
12th	n/a	51	51
At Least 1 Hour of Homework per Night	2004	2007	2010
All	n/a	62	66
6th	n/a	62	51
8th	n/a	59	72
10th	n/a	65	76
12th	n/a	62	65
Agree, in my town I matter to people	2004	2007	2010
All	38	44	50
6th	46	51	53
8th	40	40	55
10th	34	41	47
12th	33	44	48
Agree, in my town adults listen to me	2004	2007	2010
All	33	37	45
6th	46	49	50
8th	34	33	49
10th	27	34	38
12th	27	32	44

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Risk Behaviors Related to Health, Depression, & Safety								
HEALTH/MEDICAL CARE				DEPRESSION/SUICIDE				
Health is Fair or Poor	2004	2007	2010	Felt Sad or Hopeless for 2+ Weeks, past year	2004	2007	2010	
All	n/a	11	9	All	30	21	24	
6th	n/a	11	7	6th	24	15	20	
8th	n/a	10	6	8th	29	20	19	
10th	n/a	9	11	10th	31	20	30	
12th	n/a	12	10	12th	35	29	29	
Did not have a Physical in Past Year, % of Students in Fair/Poor Health	2004	2007	2010	Attempted Suicide, past year	2004	2007	2010	
All	n/a	52	52	All	8	5	5	
6th	n/a	45	60	6th	7	5	4	
8th	n/a	63	57	8th	12	4	5	
10th	n/a	45	44	10th	7	6	6	
12th	n/a	54	51	12th	6	3	4	
				SAFETY				
Did not have a Physical in Past Year, % of All Students	2004	2007	2010	Never/Rarely Wear Seatbelt	2004	2007	2010	
All	35	33	30	All	8	8	7	
6th	41	36	34	6th	7	7	7	
8th	34	32	27	8th	8	8	6	
10th	32	30	27	10th	10	9	9	
12th	33	32	30	12th	7	7	6	
Less than 8 hrs of Sleep Per School Night	2004	2007	2010	Never/Rarely Wear Helmet (% students who ride bicycles)	2004	2007	2010	
All	n/a	n/a	33	All	53	47	46	
6th	n/a	n/a	27	6th	38	31	31	
8th	n/a	n/a	50	8th	53	53	43	
10th	n/a	n/a	69	10th	56	54	57	
12th	n/a	n/a	78	12th	67	58	57	

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Risk Behavior Related to Tobacco Use			
Ever Tried Cigarette Smoking	2004	2007	2010
All	35	25	24
6th	7	1	5
8th	25	17	13
10th	43	37	33
12th	61	50	48
Used Cigarettes, past 30 days	2004	2007	2010
All	15	9	9
6th	4	0	1
8th	11	4	3
10th	17	13	12
12th	26	21	20
Smoked a Whole Cigarette before age 13	2004	2007	2010
All	11	6	4
6th	7	1	1
8th	15	8	4
10th	11	11	5
12th	13	7	6
Moderate or Great Risk of Harm from Smoking 1+ Packs Per Day	2004	2007	2010
All	n/a	n/a	87
6th	n/a	n/a	86
8th	n/a	n/a	87
10th	n/a	n/a	87
12th	n/a	n/a	89
Parents Think it is Wrong for the Student to Smoke	2004	2007	2010
All	n/a	n/a	96
6th	n/a	n/a	98
8th	n/a	n/a	97
10th	n/a	n/a	96
12th	n/a	n/a	92

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Risk Behavior Related to Alcohol Use								
				Moderate or Great Risk of Harm from 1 or 2 Drinks Nearly Every Day				
Ever Drank Alcohol	2004	2007	2010		2004	2007	2010	
All	53	43	43	All	n/a	n/a	75	
6th	17	7	11	6th	n/a	n/a	76	
8th	46	30	27	8th	n/a	n/a	77	
10th	63	58	57	10th	n/a	n/a	72	
12th	81	81	76	12th	n/a	n/a	74	
				Parents Think it is Wrong for the Student to Drink				
Current Use, past 30 days	2004	2007	2010		2004	2007	2010	
All	31	25	22	All	n/a	n/a	91	
6th	5	1	4	6th	n/a	n/a	96	
8th	23	13	9	8th	n/a	n/a	95	
10th	39	35	32	10th	n/a	n/a	91	
12th	52	55	43	12th	n/a	n/a	81	
				Agree, Alcohol is Easy to Get				
Drank Alcohol (other than a few sips) before 13	2004	2007	2010		2004	2007	2010	
All	21	14	13	All	45	40	39	
6th	17	7	11	6th	19	15	18	
8th	31	20	16	8th	43	33	36	
10th	19	17	13	10th	54	52	47	
12th	16	13	11	12th	64	61	56	
Rode with a Drinking Driver in past 30 days	2004	2007	2010					
All	23	21	18					
6th	11	12	11					
8th	19	20	17					
10th	27	24	19					
12th	34	30	27					

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Risk Behavior Related to Illegal Drug Use								
Ever Used Marijuana	2004	2007	2010	Ever Used Inhalants	2004	2007	2010	
All	25	22	21	All	13	10	10	
6th	4	1	1	6th	16	8	12	
8th	13	9	7	8th	20	14	13	
10th	32	31	30	10th	11	12	10	
12th	47	49	46	12th	6	8	7	
Used Marijuana, past 30 days	2004	2007	2010	Used Inhalants, past 30 days	2004	2007	2010	
All	13	12	11	All	5	3	4	
6th	2	0	1	6th	8	3	5	
8th	7	5	4	8th	8	5	5	
10th	17	17	15	10th	3	4	3	
12th	24	26	26	12th	1	1	1	
Used Marijuana before age 13	2004	2007	2010	Used Inhalants before age 13	2004	2007	2010	
All	5	4	3	All	10	6	7	
6th	4	1	1	6th	16	8	12	
8th	7	4	3	8th	15	9	8	
10th	6	7	4	10th	6	5	4	
12th	5	5	4	12th	3	3	3	
Risk of Harm from Regular Marijuana Use	2004	2007	2010	Ever Used ANY Type of Illegal Drug**	2004	2007	2010	
All	n/a	n/a	71	All	36	32	29	
6th	n/a	n/a	88	6th	21	11	12	
8th	n/a	n/a	79	8th	30	20	20	
10th	n/a	n/a	61	10th	39	37	36	
12th	n/a	n/a	56	12th	52	52	49	
Parents Think it is Wrong for the Student to Use Pot	2004	2007	2010	Was Offered or was Sold Drugs at School, past year	2004	2007	2010	
All	n/a	n/a	95	All	16	12	12	
6th	n/a	n/a	98	6th	5	2	3	
8th	n/a	n/a	97	8th	15	5	9	
10th	n/a	n/a	94	10th	23	21	19	
12th	n/a	n/a	89	12th	21	20	16	
Any Use of Cigarettes, Alcohol or Marijuana	2004	2007	2010					
All	61	48	50					
6th	28	12	20					
8th	58	36	39					
10th	71	65	64					
12th	86	82	81					

****Includes marijuana, inhalants, or any other type of illegal drug**

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Risk Behavior Related to Bullying								
Victim of Bullying, past year	2004	2007	2010	Victim of Bullying at School, past year	2004	2007	2010	
All	22	19	22	All	n/a	18	20	
6th	33	22	27	6th	n/a	22	26	
8th	27	27	28	8th	n/a	24	25	
10th	19	16	21	10th	n/a	15	18	
12th	13	11	14	12th	n/a	9	12	
Agree, Bullying is a Serious Problem at School	2004	2007	2010	Agree, Bullying is a Serious Problem in Neighborhood	2004	2007	2010	
All	28	23	24	All	10	11	8	
6th	35	26	32	6th	14	14	13	
8th	32	27	27	8th	11	11	6	
10th	26	19	21	10th	11	10	8	
12th	19	19	17	12th	8	9	7	
Agree, Adults Try to Help if Told about Bullying	2004	2007	2010	Agree, Adults Think Bullying is a Small Problem	2004	2007	2010	
All	66	66	70	All	31	28	27	
6th	71	69	76	6th	25	22	25	
8th	66	65	67	8th	30	27	29	
10th	63	61	65	10th	29	30	27	
12th	64	67	72	12th	39	33	28	
Risk Behavior Related to Victimization								
Missed School Due to Safety Concerns, past month	2004	2007	2010	Victim of Property Crime at School, past year	2004	2007	2010	
All	5	4	4	All	29	25	24	
6th	9	5	7	6th	33	21	27	
8th	6	4	3	8th	34	30	23	
10th	4	5	2	10th	28	28	25	
12th	3	3	3	12th	23	22	21	

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Risk Behavior Related to Physical Activity								
Inadequate Exercise, past week**					Does not plays on any Sports Teams			
	2004	2007	2010		2004	2007	2010	
All	n/a	60	50	All	42	37	37	
6th	n/a	52	43	6th	36	32	33	
8th	n/a	63	48	8th	40	31	33	
10th	n/a	59	51	10th	41	37	37	
12th	n/a	66	58	12th	49	45	46	
More than 2 hours of TV per School Day				More than 2 hrs of Computer/Video Games per School Day				
	2004	2007	2010		2004	2007	2010	
All	36	29	24	All	n/a	21	21	
6th	36	25	25	6th	n/a	12	13	
8th	42	32	22	8th	n/a	23	19	
10th	33	31	25	10th	n/a	26	26	
12th	33	29	25	12th	n/a	25	26	
More than 2 hrs of Screen Time per School Day								
	2004	2007	2010					
All	n/a	62	54					
6th	n/a	59	49					
8th	n/a	63	53					
10th	n/a	62	58					
12th	n/a	63	59					

The CDC defines adequate exercise as 1 hour or more of physical activity on at least 5 days per week.

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Risk Behavior Related to Diet & Nutrition			
Less than 3 Glasses of Milk per Day, past week	2004	2007	2010
All	83	80	82
6th	74	69	75
8th	80	80	80
10th	87	85	84
12th	90	88	90
< 1 Serving of Fruit per Day, past week	2004	2007	2010
All	58	50	55
6th	48	38	40
8th	58	51	52
10th	60	53	62
12th	66	62	65
< 1 Serving of 100% Fruit Juice per Day, past week	2004	2007	2010
All	66	63	65
6th	59	59	62
8th	65	60	64
10th	67	64	64
12th	71	69	70
2+ Servings of Soda per Day, past week	2004	2007	2010
All	n/a	14	9
6th	n/a	10	3
8th	n/a	14	9
10th	n/a	17	11
12th	n/a	15	14

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Risk Behaviors Related to Weight Management							
Describes Self as Overweight	2004	2007	2010	Trying to Lose Weight	2004	2007	2010
All	29	24	25	All	45	44	42
6th	26	23	20	6th	45	43	38
8th	31	25	24	8th	46	47	37
10th	27	25	27	10th	41	44	44
12th	33	25	30	12th	50	43	48
Obese (based on BMI)	2004	2007	2010	At Risk for Obesity (based on BMI)	2004	2007	2010
All	10	9	9	All	16	14	12
6th	14	10	9	6th	17	14	11
8th	12	11	7	8th	17	13	12
10th	7	7	8	10th	17	18	12
12th	11	8	10	12th	15	11	14
METHODS USED TO LOSE/MAINTAIN WEIGHT (past month):							
Exercise	2004	2007	2010	Consuming Fewer Calories or Less Fat	2004	2007	2010
All	58	59	59	All	38	38	37
6th	56	61	53	6th	33	36	33
8th	61	59	61	8th	37	37	33
10th	54	58	62	10th	35	39	40
12th	59	56	59	12th	46	40	41
Fasting	2004	2007	2010	Diet Pills, Powders, or Liquids without a physician's advice	2004	2007	2010
All	8	7	7	All	4	4	4
6th	7	9	9	6th	3	3	3
8th	9	8	5	8th	3	2	3
10th	9	8	7	10th	5	4	3
12th	9	6	7	12th	4	5	6
Vomiting or Laxatives	2004	2007	2010	Any Unhealthy Method of Weight Loss, past 30 days**	2004	2007	2010
All	5	4	4	All	11	11	10
6th	4	4	4	6th	9	12	11
8th	4	3	4	8th	12	10	8
10th	6	6	4	10th	12	12	11
12th	4	4	4	12th	13	11	11

**** Fasting, use of diet pills/powders/liquids without doctor's advice, vomiting, or use of laxatives**

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Risk Behaviors & Attitudes Related to Gangs								
Member of Gang, past year	2004	2007	2010	Agree, you are safer in a gang	2004	2007	2010	
All	8	5	3	All		6	5	
6th	9	4	3	6th	9	6	6	
8th	10	6	4	8th	9	5	7	
10th	10	8	3	10th		8	4	
12th	5	3	2	12th		4	3	
Friend(s) in a Gang, past year	2004	2007	2010	Agree, you can get hurt or into trouble in a gang	2004	2007	2010	
All	33	24	17	All		75	78	
6th	23	12	7	6th	75	80	80	
8th	43	30	19	8th	68	70	75	
10th	40	30	20	10th		69	76	
12th	27	27	17	12th		82	80	
Gang Members in Neighborhood or School	2004	2007	2010					
All	57	31	26					
6th	42	16	13					
8th	64	32	23					
10th	65	39	34					
12th	56	37	32					
Risk Behavior Related to Weapons & Fighting								
Carried a Weapon (past month)	2004	2007	2010	In a Physical Fight (past year)	2004	2007	2010	
All	14	13	10	All	31	27	25	
6th	11	11	10	6th	36	29	35	
8th	18	12	11	8th	41	33	27	
10th	14	15	12	10th	25	25	21	
12th	14	14	9	12th	23	19	17	