



## Trends in the Prevalence of Selected Risk Behaviors and Obesity for All Students National YRBS: 1991–2009

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	Changes from 1991–2009 <sup>1</sup>	Change from 2007–2009 <sup>2</sup>
<b>Rarely or never wore a seat belt</b> (when riding in a car driven by someone else)											
25.9 (20.8–31.7) <sup>3</sup>	19.1 (16.6–21.9)	21.7 (18.4–25.4)	19.3 (16.0–23.0)	16.4 (13.7–19.4)	14.1 (12.5–15.9)	18.2 (14.3–22.9)	10.2 (8.5–12.1)	11.1 (8.9–13.8)	9.7 (8.2–11.4)	Decreased, 1991–2009	No change
<b>Rode with a driver who had been drinking alcohol one or more times</b> (in a car or other vehicle during the 30 days before the survey)											
39.9 (37.7–42.2)	35.3 (32.7–38.1)	38.8 (35.0–42.7)	36.6 (34.4–38.8)	33.1 (30.8–35.4)	30.7 (28.7–32.8)	30.2 (28.1–32.5)	28.5 (26.5–30.5)	29.1 (27.2–31.2)	28.3 (26.7–29.9)	Decreased, 1991–2009	No change
<b>Carried a weapon on at least 1 day</b> (for example, a gun, knife, or club during the 30 days before the survey)											
26.1 (23.7–28.5)	22.1 (19.8–24.6)	20.0 (18.8–21.4)	18.3 (16.5–20.2)	17.3 (15.4–19.3)	17.4 (15.5–19.5)	17.1 (15.4–19.0)	18.5 (16.9–20.2)	18.0 (16.3–19.8)	17.5 (16.1–19.0)	Decreased, 1991–1999 No change, 1999–2009	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> (during the 30 days before the survey)											
NA <sup>4</sup>	4.4 (3.7–5.2)	4.5 (3.8–5.3)	4.0 (3.4–4.7)	5.2 (4.0–6.8)	6.6 (5.7–7.7)	5.4 (4.7–6.3)	6.0 (4.9–7.4)	5.5 (4.7–6.3)	5.0 (4.3–5.7)	Increased, 1993–2001 Decreased, 2001–2009	No change
<b>Attempted suicide one or more times</b> (during the 12 months before the survey)											
7.3 (6.4–8.3)	8.6 (7.9–9.5)	8.7 (7.9–9.5)	7.7 (6.8–8.7)	8.3 (7.3–9.4)	8.8 (8.0–9.7)	8.5 (7.4–9.6)	8.4 (7.6–9.3)	6.9 (6.3–7.6)	6.3 (5.7–7.0)	No change, 1991–2001 Decreased, 2001–2009	No change
<b>Smoked cigarettes on a least 1 day</b> (during the 30 days before the survey)											
27.5 (24.8–30.3)	30.5 (28.6–32.4)	34.8 (32.5–37.2)	36.4 (34.1–38.7)	34.8 (32.3–37.4)	28.5 (26.4–30.6)	21.9 (19.8–24.2)	23.0 (20.7–25.5)	20.0 (17.6–22.6)	19.5 (17.9–21.2)	Increased, 1991–1997 Decreased, 1997–2009	No change
<b>Had at least one drink of alcohol on at least 1 day</b> (during the 30 days before the survey)											
50.8 (47.9–53.7)	48.0 (45.9–50.2)	51.6 (49.2–54.1)	50.8 (47.9–53.6)	50.0 (47.4–52.7)	47.1 (44.8–49.3)	44.9 (42.5–47.4)	43.3 (40.5–46.1)	44.7 (42.4–47.0)	41.8 (40.2–43.4)	No change, 1991–1999 Decreased, 1999–2009	Decreased

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	Changes from 1991–2009 <sup>1</sup>	Change from 2007–2009 <sup>2</sup>
<b>Used marijuana one or more times</b> (during the 30 days before the survey)											
14.7 (12.6–17.0)	17.7 (15.3–20.3)	25.3 (23.5–27.3)	26.2 (24.0–28.5)	26.7 (24.2–29.4)	23.9 (22.3–25.5)	22.4 (20.2–24.6)	20.2 (18.6–22.0)	19.7 (17.8–21.8)	20.8 (19.4–22.3)	Increased, 1991–1999 Decreased, 1999–2009	No change
<b>Ever used methamphetamines one or more times</b> (also called “speed”, “crystal”, “crank”, or “ice”, during their life)											
NA	NA	NA	NA	9.1 (7.9–10.5)	9.8 (8.3–11.5)	7.6 (6.7–8.7)	6.2 (5.3–7.2)	4.4 (3.7–5.3)	4.1 (3.6–4.6)	No change, 1999–2001 Decreased, 2001–2009	No change
<b>Ever had sexual intercourse</b>											
54.1 (50.5–57.8)	53.0 (50.2–55.8)	53.1 (48.4–57.7)	48.4 (45.2–51.6)	49.9 (46.1–53.7)	45.6 (43.2–48.1)	46.7 (44.0–49.4)	46.8 (43.4–50.2)	47.8 (45.1–50.6)	46.0 (42.9–49.2)	Decreased, 1991–2009	No change
<b>Had sexual intercourse with four or more persons</b> (during their life)											
18.7 (16.6–21.0)	18.7 (16.8–20.9)	17.8 (15.2–20.7)	16.0 (14.6–17.5)	16.2 (13.7–19.0)	14.2 (13.0–15.6)	14.4 (12.9–16.1)	14.3 (12.8–15.8)	14.9 (13.4–16.5)	13.8 (12.4–15.4)	Decreased, 1991–2009	No change
<b>Used a condom during last sexual intercourse</b> (among students who were currently sexually active)											
46.2 (42.8–49.6)	52.8 (50.0–55.6)	54.4 (50.7–58.0)	56.8 (55.2–58.4)	58.0 (53.6–62.3)	57.9 (55.6–60.1)	63.0 (60.5–65.5)	62.8 (60.6–64.9)	61.5 (59.4–63.6)	61.1 (59.0–63.1)	Increased, 1991–2003 No change, 2003–2009	No change
<b>Used birth control pills or Depo-Provera before last sexual intercourse to prevent pregnancy</b> (among students who were currently sexually active)											
NA	NA	NA	NA	19.5 (16.5–22.9)	22.6 (20.8–24.5)	20.7 (18.1–23.6)	20.5 (17.9–23.5)	18.8 (16.6–21.1)	22.9 (20.3–25.7)	No change, 1999–2009	Increased
<b>Attended physical education daily in an average week</b> (when they were in school)											
41.6 (36.0–47.3)	34.3 (29.5–39.4)	25.4 (16.9–36.2)	27.4 (22.1–33.5)	29.1 (20.3–39.7)	32.2 (27.4–37.4)	28.4 (22.9–34.7)	33.0 (27.8–38.6)	30.3 (25.4–35.8)	33.3 (27.7–39.3)	Decreased, 1991–1995 No change, 1995–2009	No change
<b>Obese</b> (students who were $\geq 95^{\text{th}}$ percentile for body mass index, by age and sex, based on reference data)											
NA	NA	NA	NA	10.7 (9.6–12.0)	10.5 (9.5–11.5)	12.1 (10.8–13.6)	13.1 (12.2–14.0)	13.0 (11.9–14.1)	12.0 (10.9–13.1)	Increased, 1999–2009	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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