



Youth Risk Behavior Survey 2005

Commonwealth of the Northern Mariana Islands,
Republic of Palau,
Commonwealth of Puerto Rico



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

Suggested Citation

Lippe J, Brener ND, McManus T, Kann L, Speicher N.
Youth Risk Behavior Survey 2005: Commonwealth of the Northern Mariana Islands,
Republic of Palau, Commonwealth of Puerto Rico.
Atlanta, GA: Centers for Disease Control and Prevention, 2008.

Ordering Information

For additional information about school health or to request free copies of this report,
send an e-mail to cdc-info@cdc.gov, call 1-800-CDC-INFO (1-800-232-4636),
TTY at 1-888-232-6343, or visit our Web site at www.cdc.gov/yrbs.

YOUTH RISK BEHAVIOR SURVEY 2005

Commonwealth of the Northern Mariana Islands,
Republic of Palau,
Commonwealth of Puerto Rico

Jaclynn Lippe

Nancy D. Brener, Ph.D.

Tim McManus, M.S.

Laura Kann, Ph.D.

Nancy Speicher, M.A.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Centers for Disease Control and Prevention

2008

CONTENTS

YOUTH RISK BEHAVIOR SURVEY COORDINATORS.....	v
INTRODUCTION	1
BACKGROUND.....	2
Commonwealth of the Northern Mariana Islands (CNMI)	2
Republic of Palau	2
Commonwealth of Puerto Rico	3
METHODOLOGY	4
Questionnaire Development.....	4
Sampling	4
Data Collection.....	5
Data Analysis.....	5
HIGH SCHOOL RESULTS.....	6
Commonwealth of the Northern Mariana Islands.....	6
Behaviors That Contribute to Unintentional Injuries	6
Behaviors That Contribute to Violence	6
Tobacco Use.....	8
Alcohol and Other Drug Use	9
Age of Initiation of Risk Behaviors	10
Tobacco, Alcohol, and Other Drug Use on School Property.....	10
Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection.....	11
Dietary Behaviors.....	11
Physical Activity	12
Overweight and Weight Control	12
Republic of Palau.....	14
Behaviors That Contribute to Unintentional Injuries	14
Behaviors That Contribute to Violence	14
Tobacco Use.....	15
Alcohol and Other Drug Use	16
Age of Initiation of Risk Behaviors	17
Tobacco, Alcohol, and Other Drug Use on School Property.....	17
Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection.....	17
Dietary Behaviors.....	18
Physical Activity	18
Overweight and Weight Control	19
Other Health-Related Topics.....	20
Commonwealth of Puerto Rico.....	21
Behaviors That Contribute to Unintentional Injuries	21
Behaviors That Contribute to Violence	21
Tobacco Use.....	22
Alcohol and Other Drug Use	23
Age of Initiation of Risk Behaviors	25

Tobacco, Alcohol, and Other Drug Use on School Property.....	25
Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection.....	25
Dietary Behaviors.....	26
Physical Activity	26
Overweight and Weight Control	27
Other Health-Related Topics.....	28
MIDDLE SCHOOL RESULTS	29
Commonwealth of the Northern Mariana Islands.....	29
Behaviors That Contribute to Unintentional Injuries	29
Behaviors That Contribute to Violence	29
Tobacco Use.....	30
Alcohol and Other Drug Use	30
Age of Initiation of Risk Behaviors	31
Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection.....	31
Physical Activity	31
Overweight and Weight Control	32
Republic of Palau.....	33
Behaviors That Contribute to Unintentional Injuries	33
Behaviors That Contribute to Violence	33
Tobacco Use.....	33
Alcohol and Other Drug Use	34
Age of Initiation of Risk Behaviors	34
Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection.....	34
Physical Activity	35
Overweight and Weight Control	35
Other Health-Related Topics.....	36
DISCUSSION	37
Pacific Island Territories.....	37
Commonwealth of Puerto Rico	39
Limitations	41
Applications of Data and Resources	41
REFERENCES.....	43
TABLES.....	49

YOUTH RISK BEHAVIOR SURVEY COORDINATORS

SITE	COORDINATOR	AFFILIATION
Commonwealth of the Northern Mariana Islands	Jackie Quitugua	Public School System
Republic of Palau	Debbie Rebluud Nagata	Ministry of Education
Commonwealth of Puerto Rico	Dennise Meledez	Ministry of Education

INTRODUCTION

To monitor priority health-risk behaviors among youth and young adults, the Centers for Disease Control and Prevention (CDC) developed the Youth Risk Behavior Surveillance System (YRBSS). The YRBSS includes national, state, territorial, and local school-based surveys of high school students in grades 9–12. In addition, some states, territories, and cities conduct a school-based Youth Risk Behavior Survey (YRBS) among middle school students. In 2005, four U.S. territories (Commonwealth of the Northern Mariana Islands [CNMI], Palau, Guam, and Commonwealth of Puerto Rico) conducted a YRBS among students in grades 9–12, and three territories (CNMI, Palau, and Guam) conducted a YRBS among students in grades 6–8.

This report summarizes data from three territories with weighted high school data (CNMI, Palau, and Puerto Rico) and from two territories with weighted middle school data (CNMI and Palau). Surveys that had a census or a scientifically selected sample of students, appropriate documentation, and an overall response rate of 60% or more were weighted. Although Guam conducted both a middle school and a high school YRBS, it did not obtain weighted data. Therefore, the unweighted data from Guam are omitted from this report. All the surveys were conducted during spring 2005.

Puerto Rico, CNMI, and Republic of Palau are all U.S. territories. For the purpose of this report, they are divided into two groups: Pacific Island territories and Puerto Rico. CNMI and Palau share similar culture and demographics, while Puerto Rico has more commonalities with the United States than it does with the Pacific Island territories. Thus, in the discussion section, CNMI and Palau data are compared, while Puerto Rico and the United States are compared.

Adults and adolescents in the Pacific Islands encounter a double burden of disease, facing both communicable diseases such as tuberculosis and malaria and chronic diseases such as cardiovascular diseases and diabetes.¹ Puerto Ricans are more at risk for chronic diseases than communicable diseases. Although human immunodeficiency virus (HIV) infection is one of the leading causes of mortality for Puerto Rican adults aged 40–44 years, cardiovascular diseases (representing 29% of all deaths) are the leading cause of death for this population.²

The health issues that contribute to the burden faced by CMNI, Palau, and Puerto Rico are causally related to the modifiable risk behaviors measured by the YRBSS: unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including HIV infection; unhealthy dietary behaviors; and physical inactivity. The data in this report provide a glimpse, not only at the current burden faced by the youth of CNMI, Palau, and Puerto Rico, but also at the burden they will face as adults.

BACKGROUND

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS (CNMI)

CNMI is located in the North Pacific Ocean, 1,842 miles east of Hong Kong and 3,226 miles west of Hawaii.^{3,4} CNMI consists of 14 volcanic islands totaling approximately 180 square miles of land.⁵ The climate is tropical throughout the year, with an average temperature of 83° Fahrenheit.⁵ CNMI is a trust territory of the United States; however, it is self-governed by an elected governor and has an independent constitution.^{3,6} The indigenous people are U.S. citizens, and the official languages are English, Chamorro, and Carolinian.^{3,5}

As of July 2006, CNMI had approximately 80,300 residents, with the majority living on three islands: Saipan (the capital), Tinian, and Rota.^{3,7} Ethnic groups include Chamorro, Carolinian and other Micronesians, Filipino, Caucasian, Japanese, Chinese, and Korean.³ Saipan, Rota, and Tinian are the only islands with paved roads, totaling 225 miles.⁷ Interisland transportation is by plane and occasionally by boat.⁷ Half of the workforce is employed in tourism, which is the primary source of CNMI's economy.^{6,7} Construction, garment manufacturing, handicrafts, and farming fruits and vegetables also contribute to the economy.^{3,7} The unemployment rate for CNMI is 4.6%.⁷

The Commonwealth Health Center is the main hospital within CNMI, and it is located on Saipan.⁸ Private clinics are dispersed throughout Saipan, Rota, and Tinian for basic care.⁸ The five leading causes of mortality among all ages are cardiovascular disease, cancer, cerebrovascular diseases, perinatal conditions, and motor vehicle accidents.⁶ Obesity, diabetes, hypertension, and cardiovascular disease are increasing in prevalence.⁶ In addition, infectious diseases are reemerging and are the top five leading causes of morbidity in CNMI.⁶ STDs, including HIV infection, also are among the top 10 leading causes of mortality.⁶

In CNMI, education is mandatory through grade 12.⁹ Saipan has 10 public elementary schools, 2 public junior high schools, and 3 public high schools.¹⁰ Rota and Tinian each have one public elementary school, one public junior high school, and one public high school.¹⁰ In addition, 19 private elementary schools, 1 private junior high school, and 14 private high schools operate across CNMI.⁹ CNMI has a 97% literacy rate among persons aged 15 years or older, and nearly 70% of adults complete high school.^{3,7}

REPUBLIC OF PALAU

Palau is located in the North Pacific Ocean, approximately 2,500 miles north of Australia and 4,500 miles southwest of Hawaii.^{11,12} Palau consists of eight main islands plus more than 250 islets totaling about 200 square miles of land.¹³ The climate is tropical year-round with a mean temperature of 82° Fahrenheit.¹² Palau was governed by the United States for nearly 3 decades through the United Nations Trust Territory of the Pacific Islands.¹¹ In 1994, Palau and the United States signed a Compact of Free Association, which recognized Palau as a self-governing democracy. Palauan residents are not U.S. citizens but can travel and reside in the United States without a visa.^{11,13} The compact stipulates that the United States will provide economic support and defense in exchange for military facilities.^{11,14} Palau's 16 states are governed by a bicameral government and a publicly elected president.¹³ The official languages are English and Palauan.¹⁴

As of September 2006, Palau had about 20,600 residents, with nearly all of them living on two islands: Babelthuap (the capital) and Koror.^{11,13} Ethnic groups include Palauan, Asian, and Caucasian.^{11,14} Palau has 38 miles of road, of which 59% are paved.¹⁴ A suspension bridge connects Babelthuap and Koror and is used to transport all necessary amenities to Koror.¹⁵ Otherwise, transportation between islands is by airplane or boat.¹⁴ The Palauan government

is the primary employer, but it relies substantially on U.S. funding.¹⁶ Tourism is Palau's primary source of income, followed by subsistence fishing and farming.¹⁶ The unemployment rate for Palau is 4.2%.¹¹

Palau has one hospital and 25 physicians, but dispensaries throughout the islands deliver health care to local residents.¹⁶ Cardiovascular diseases are the leading cause of mortality, and other injuries, suicide, and car accidents are fourth, eighth, and ninth, respectively.¹⁶

In Palau, education is mandatory through elementary school.¹⁷ Each state has at least 1 public elementary school, for a total of 22 elementary schools.¹⁷ The only public high school is on Koror.¹⁷ In addition, two private, parochial elementary schools and five private, parochial high schools are available.¹⁷ More than three-fourths (77%) of the adult population has a high school diploma.¹⁴ Palau has a 99.9% literacy rate among persons aged 15 years or older.¹⁴

COMMONWEALTH OF PUERTO RICO

Puerto Rico is located between the Caribbean Sea and the North Atlantic Ocean, approximately 1,000 miles southeast of Miami, Florida.^{18,19} Puerto Rico encompasses 3,515 square miles of land and is the smallest island of the Greater Antilles.^{20,21} The climate is tropical year-round with a mean temperature of 80° Fahrenheit.²⁰ Puerto Rico was established as a territory of the United States more than a century ago. The Federal Relations Act of 1950 authorized Puerto Rico to draw up its own constitution and develop a local self-government. This constitution was ratified, and in 1952, Puerto Rico became a commonwealth of the United States.^{22,23}

Puerto Rico's government has autonomy over its internal affairs unless those affairs involve issues governed by U.S. laws, such as the laws related to public health.²⁴ Puerto

Rico's constitution mirrors that of the United States and contains three branches of government (executive, legislative, and judicial). Puerto Rico's 78 municipalities are governed by a publicly elected governor.¹⁸ The official languages are Spanish and English.¹⁸

As of 2005, Puerto Rico had approximately 3,977,000 residents, with one-third of them living in the San Juan-Carolina-Bayamón metropolitan area.^{25,26} More than 98% of the population self-identifies as some form of Hispanic or Latino.²⁷ Transportation to the island is either through San Juan's international airport or the city's deepwater harbor.²⁸ Puerto Rico also has an extensive system of roads, highways, and expressways. The island's economy is based on services and manufacturing.²⁹ Tourism also has traditionally been an important part of the economy, with almost 5 million U.S. tourists arriving in 2004.¹⁸ Puerto Rico's unemployment rate is 12%.¹⁸

Puerto Rico has 71 hospitals, which are overseen by the Department of Health.² The top five leading causes of mortality among all ages are cardiovascular diseases, malignant neoplasms, diabetes mellitus, hypertensive diseases, and unintentional injuries.² In addition, homicide, AIDS, and liver disease are among the leading causes of mortality in adults.² The leading causes of mortality in adolescents are all unintentional injuries, neoplasms, and homicides.²

In Puerto Rico, education is free and mandatory for adolescents until the age of 17.²⁶ Despite this, the drop-out rate is high, with only 66% receiving a high school diploma.^{27,30} There are more than 1,500 public schools, more than 500 private schools and 44 universities.^{18,20,26} A bachelor's degree is held by one-fifth of the population.²⁷ Puerto Rico has a 94% literacy rate among persons aged 15 years or older.¹⁸

METHODOLOGY

QUESTIONNAIRE DEVELOPMENT

High School

The high school YRBS questionnaire was developed to measure six categories of behaviors associated with the leading causes of morbidity and mortality—behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancies and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. In addition, the YRBSS monitors general health status and the prevalence of overweight and asthma. The 2005 core questionnaire contained 87 multiple-choice questions. To meet individual needs, territories added or deleted questions. CDC provided each site with a camera-ready copy of the questionnaire along with computer-scannable answer sheets.

Middle School

The middle school YRBS questionnaire is modeled on the high school YRBS questionnaire and is designed to measure the same six categories of behaviors. Questions about fruit, vegetable, and milk consumption, which are included on the high school questionnaire, are not included on the middle school questionnaire because of the complexity of the response options. Given the low prevalence of most risk behaviors among middle school students, the time frame used to measure behaviors related to unintentional injuries and violence, alcohol and other drug use, and sexual behaviors is limited to lifetime, rather than past 12 months or past 30 days. The 2005 core questionnaire contained 49 multiple-choice questions. To meet individual needs, territories added or deleted questions. CDC provided each site with a camera-ready copy of the questionnaire along with computer-scannable answer sheets.

SAMPLING

In 2005, all public high schools in CNMI and Palau with any of grades 9–12, as well as all classes within these schools, were asked to participate. Puerto Rico used a 2-stage cluster sample design to produce a representative sample of students in grades 9–12. The schools in Puerto Rico were selected with probability proportional to school enrollment size, and at the second sampling stage, classes were selected on the basis of either subject or class period. The classes were selected randomly and all students within the selected classes were eligible to participate. In addition, all public middle schools with any of grades 6–8 in CNMI and Palau, as well as all classes within these schools, were asked to participate.

The student sample sizes ranged from 600 to 2,640 in the high school surveys and from 739 to 1,556 in the middle school surveys. High school and middle school response rates were 100% for CNMI and Palau. Puerto Rico had a high school response rate of 91%. High school student response rates ranged from 85% to 95%, and middle school student response rates ranged from 86% to 95%.

The overall high school response rates ranged from 77% to 95%, and the overall middle school response rates ranged from 86% to 95% (Table 1). (The school response rate multiplied by the student response rate produces the overall response rate for each site.) The three high school and two middle school surveys each had an overall response rate of 60% or more and appropriate documentation, allowing the data to be weighted. Thus, the high school data are representative of students in grades 9–12 in CNMI, Palau, and Puerto Rico. The middle school data are representative of students in grades 6–8 in CNMI and Palau.

DATA COLLECTION

Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable answer sheet. Before the survey was conducted, local parental permission procedures were followed.

DATA ANALYSIS

Each data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. The number of completed high school questionnaires that failed quality-control checks and were excluded from analysis were 14 from CNMI, 0 from Palau, and 6 from Puerto Rico. The number of completed middle school questionnaires that failed quality-control checks and were excluded from analysis were 2 from CNMI and 1 from Palau.

Respondents were classified as being at risk for becoming overweight or being overweight on the basis of self-reported height and weight data, using reference data from CDC growth charts.³¹ At risk for becoming overweight was defined as a body mass index (BMI) of ≥ 85 th percentile and < 95 th percentile by age and sex. Overweight was defined as a BMI ≥ 95 th percentile by age and sex. A BMI ≥ 95 th percentile by age and sex among youth is approximately equivalent to a BMI ≥ 30 among adults. For an adult, a BMI of 30 is approximately 30 pounds overweight.

SAS[®] was used to compute prevalence estimates for all variables and all data sets.³² In addition, SUDAAN was used to compute confidence intervals for Puerto Rico. Differences between prevalence estimates, by sex, for CNMI and Palau are reported in the results section as higher if the value differs by 10 or more percentage points. Differences between prevalence estimates, by sex, for Puerto Rico were considered statistically significant if the t-test p-value was < 0.05 .

HIGH SCHOOL RESULTS

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Behaviors That Contribute to Unintentional Injuries

Seat Belt Use

Overall, 13.6% of students had rarely or never worn a seat belt when riding in a car driven by someone else (Table 2a). The prevalence of having rarely or never worn a seat belt was 15.0% among male and 11.9% among female students.

Bicycle Helmet Use

Among the 48.9% of students who had ridden a bicycle during the 12 months preceding the survey, 93.1% had rarely or never worn a bicycle helmet (Table 2a). The prevalence of having rarely or never worn a bicycle helmet was 92.0% among male and 95.1% among female students.

Rode With a Driver Who Had Been Drinking Alcohol

During the 30 days preceding the survey, 49.0% of students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol (Table 3a). The prevalence of having ridden with a driver who had been drinking alcohol was 51.3% among male and 46.5% among female students.

Drove When Drinking Alcohol

During the 30 days preceding the survey, 14.1% of students had driven a car or other vehicle one or more times when they had been drinking alcohol (Table 3a). The prevalence of having driven when they had been drinking alcohol was 18.0% among male and 10.2% among female students.

Behaviors That Contribute to Violence

Carried a Weapon

Overall, 16.8% of students had carried a weapon (e.g., a gun, knife, or club) on ≥ 1 of the 30 days preceding the

survey (Table 4a). The prevalence of having carried a weapon was higher among male (27.5%) than female (6.2%) students.

Carried a Gun

Overall, 5.4% of students had carried a gun on ≥ 1 of the 30 days preceding the survey (Table 4a). The prevalence of having carried a gun was 10.1% among male and 0.6% among female students.

In a Physical Fight

During the 12 months preceding the survey, 31.5% of students had been in a physical fight one or more times (Table 5a). The prevalence of having been in a physical fight was higher among male (37.7%) than female (25.2%) students.

Injured in a Physical Fight

During the 12 months preceding the survey, 4.9% of students had been in a physical fight one or more times in which they were injured and had to be treated by a doctor or nurse (Table 5a). The prevalence of having been injured in a physical fight was 6.8% among male and 2.9% among female students.

Dating Violence

During the 12 months preceding the survey, 9.8% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6a). The prevalence of dating violence was 9.9% among male and 9.4% among female students.

Forced to Have Sexual Intercourse

Overall, 14.3% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6a). The prevalence of having been forced to have sexual intercourse was 10.9% among male and 17.6% among female students.

Carried a Weapon on School Property

Overall, 6.4% of students had carried a weapon (e.g., a gun, knife, or club) on school property on ≥ 1 of the 30 days preceding the survey (Table 7a). The prevalence of having carried a weapon on school property was 10.1% among male and 2.6% among female students.

Threatened or Injured with a Weapon on School Property

During the 12 months preceding the survey, 7.6% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times (Table 7a). The prevalence of having been threatened or injured with a weapon on school property was 9.7% among male and 5.1% among female students.

In a Physical Fight on School Property

During the 12 months preceding the survey, 13.2% of students had been in a physical fight on school property one or more times (Table 8a). The prevalence of having been in a physical fight on school property was 16.4% among male and 9.9% among female students.

Did Not Go to School Because of Safety Concerns

Overall, 7.9% of students had not gone to school on ≥ 1 of the 30 days preceding the survey because they felt they would be unsafe at school or on their way to or from school (Table 8a). The prevalence of having not gone to school because of safety concerns was 7.8% among male and 7.8% among female students.

Had Property Stolen or Damaged on School Property

During the 12 months preceding the survey, 24.3% of students had had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times (Table 8a). The prevalence of having property stolen or damaged on school property was 25.3% among male and 23.1% among female students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 38.5% of students had felt so sad or hopeless almost every day for ≥ 2 weeks in a row that they stopped doing some usual activities (Table 9a). The prevalence of having felt sad or hopeless almost every day for ≥ 2 weeks was higher among female (45.4%) than male (31.7%) students.

Seriously Considered Attempting Suicide

During the 12 months preceding the survey, 28.3% of students had seriously considered attempting suicide (Table 9a). The prevalence of having seriously considered attempting suicide was higher among female (36.6%) than male (20.2%) students.

Made a Suicide Plan

During the 12 months preceding the survey, 27.1% of students had made a plan about how they would attempt suicide (Table 9a). The prevalence of having made a suicide plan was higher among female (34.2%) than male (20.3%) students.

Attempted Suicide

During the 12 months preceding the survey, 19.9% of students had actually attempted suicide one or more times (Table 10a). The prevalence of having attempted suicide was higher among female (26.6%) than male (13.0%) students.

Suicide Attempt Treated by a Doctor or Nurse

During the 12 months preceding the survey, 5.3% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10a). The prevalence of having made a suicide attempt that required medical attention was 4.1% among male and 6.3% among female students.

Tobacco Use

Lifetime Cigarette Use

Overall, 82.7% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11a). The prevalence of lifetime cigarette use was 81.6% among male and 83.6% among female students.

Lifetime Daily Cigarette Use

Overall, 18.7% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11a). The prevalence of lifetime daily cigarette use was 16.0% among male and 21.5% among female students.

Current Cigarette Use

Overall, 35.8% of students had smoked cigarettes on ≥ 1 of the 30 days preceding the survey (i.e., current cigarette use) (Table 12a). The prevalence of current cigarette use was 33.7% among male and 37.6% among female students.

Current Frequent Cigarette Use

Overall, 11.1% of students had smoked cigarettes on ≥ 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12a). The prevalence of current frequent cigarette use was 9.6% among male and 12.5% among female students.

Smoked ≥ 10 Cigarettes/Day

Among the 35.8% of students who reported current cigarette use, 4.7% of students had smoked ≥ 10 cigarettes/day on the days they smoked during the 30 days preceding the survey (Table 12a). The prevalence of having smoked ≥ 10 cigarettes/day was 5.0% among male and 4.6% among female students.

Tried to Quit Smoking Cigarettes

Among the 35.8% of students who reported current cigarette use, 79.3% had tried to quit smoking cigarettes during the 12 months preceding the survey (Table 13a). The prevalence of having tried to quit smoking cigarettes was 76.4% among male and 81.3% among female students.

Bought Cigarettes at a Store or Gas Station

Overall, 29.5% of the 34.9% of students who reported current cigarette use and were aged < 18 years usually got their own cigarettes by buying them in a store (i.e., convenience store, supermarket, or discount store) or gas station during the 30 days preceding the survey (Table 13a). The prevalence of having bought their own cigarettes in a store or gas station was higher among male (38.5%) than female (22.7%) students.

Current Smokeless Tobacco Use

Overall, 36.9% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on ≥ 1 of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14a). The prevalence of current smokeless tobacco use was higher among male (43.6%) than female (30.1%) students.

Current Cigar Use

Overall, 8.6% of students had smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey (i.e., current cigar use) (Table 14a). The prevalence of current cigar use was 10.4% among male and 6.4% among female students.

Current Tobacco Use

Overall, 50.4% of students reported current cigarette use, current smokeless tobacco use, or current cigar use (i.e., current tobacco use) (Table 14a). The prevalence of current tobacco use was 52.7% among male and 48.2% among female students.

Alcohol and Other Drug Use

Lifetime Alcohol Use

Overall, 73.9% of students had had at least one drink of alcohol on ≥ 1 day during their life (i.e., lifetime alcohol use) (Table 15a). The prevalence of lifetime alcohol use was 75.2% among male and 73.1% among female students.

Current Alcohol Use

Overall, 43.6% of students had had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey (i.e., current alcohol use) (Table 15a). The prevalence of current alcohol use was 47.6% among male and 40.0% among female students.

Episodic Heavy Drinking

Overall, 27.0% of students had had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15a). The prevalence of episodic heavy drinking was 31.4% among male and 22.6% among female students.

Lifetime Marijuana Use

Overall, 58.1% of students had used marijuana one or more times during their life (i.e., lifetime marijuana use) (Table 16a). The prevalence of lifetime marijuana use was higher among male (63.9%) than female (52.2%) students.

Current Marijuana Use

Overall, 29.8% of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16a). The prevalence of current marijuana use was higher among male (35.9%) than female (23.5%) students.

Lifetime Cocaine Use

Overall, 5.1% of students had used any form of cocaine (e.g., powder, crack,* or freebase[†]) one or more times during their life (i.e., lifetime cocaine use) (Table 17a). The prevalence of lifetime cocaine use was 7.2% among male and 3.0% among female students.

Current Cocaine Use

Overall, 2.3% of students had used any form of cocaine one or more times during the 30 days preceding the survey (i.e., current cocaine use) (Table 17a). The prevalence of current cocaine use was 3.6% among male and 1.1% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 3.8% of students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., lifetime illegal injection-drug use) (Table 17a). The prevalence of lifetime illegal injection-drug use was 5.3% among male and 2.1% among female students.

Lifetime Illegal Steroid Use

Overall, 4.4% of students had taken steroid pills or shots without a doctor's prescription one or more times during their life (i.e., lifetime illegal steroid use) (Table 18a). The prevalence of lifetime illegal steroid use was 5.9% among male and 2.8% among female students.

Lifetime Heroin Use

Overall, 3.6% of students had used heroin (also called “smack,” “junk,” or “China White”) one or more times during their life (i.e., lifetime heroin use) (Table 19a). The prevalence of lifetime heroin use was 6.0% among male and 1.1% among female students.

* Pellet-sized pieces of highly purified cocaine.

[†] A process in which cocaine is dissolved in ether or sodium hydroxide and the precipitate is filtered off.

Lifetime Methamphetamine Use

Overall, 4.9% of students had used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their life (i.e., lifetime methamphetamine use) (Table 19a). The prevalence of lifetime methamphetamine use was 7.2% among male and 2.3% among female students.

Lifetime Ecstasy Use

Overall, 5.4% of students had used ecstasy (also called “MDMA”) one or more times during their life (i.e., lifetime ecstasy use) (Table 19a). The prevalence of lifetime ecstasy use was 7.6% among male and 2.8% among female students.

Age of Initiation of Risk Behaviors

Smoked a Whole Cigarette Before Age 13 Years

Overall, 34.0% of students had smoked a whole cigarette for the first time before age 13 years (Table 20a). The prevalence of having smoked a whole cigarette before age 13 years was 32.8% among male and 34.9% among female students.

Drank Alcohol Before Age 13 Years

Overall, 26.1% of students had drunk alcohol (other than a few sips) for the first time before age 13 years (Table 20a). The prevalence of having drunk alcohol before age 13 years was 32.0% among male and 20.3% among female students.

Tried Marijuana Before Age 13 Years

Overall, 20.9% of students had tried marijuana for the first time before age 13 years (Table 20a). The prevalence of having tried marijuana before age 13 years was higher among male (31.1%) than female (10.6%) students.

Tobacco, Alcohol, and Other Drug Use on School Property

Smoked Cigarettes on School Property

Overall, 10.1% of students had smoked cigarettes on school property on ≥ 1 of the 30 days preceding the survey (Table 21a). The prevalence of having smoked cigarettes on school property was 7.9% among male and 12.2% among female students.

Used Smokeless Tobacco on School Property

Overall, 29.6% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on school property on ≥ 1 of the 30 days preceding the survey (Table 21a). The prevalence of having used smokeless tobacco on school property was higher among male (35.8%) than female (23.4%) students.

Drank Alcohol on School Property

Overall, 5.2% of students had drunk at least one drink of alcohol on school property on ≥ 1 of the 30 days preceding the survey (Table 21a). The prevalence of having drunk alcohol on school property was 5.3% among male and 5.0% among female students.

Used Marijuana on School Property

Overall, 11.6% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22a). The prevalence of having used marijuana on school property was 16.5% among male and 6.6% among female students.

Offered, Sold, or Given an Illegal Drug on School Property

During the 12 months preceding the survey, 35.6% of students had been offered, sold, or given an illegal drug by someone on school property (Table 22a). The prevalence of having been offered, sold, or given an illegal drug on school property was higher among male (41.0%) than female (30.3%) students.

Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

Ever Had Sexual Intercourse

Overall, 48.4% of students had had sexual intercourse during their life (Table 23a). The prevalence of having had sexual intercourse was 50.9% among male and 46.4% among female students.

Had First Sexual Intercourse Before Age 13 Years

Overall, 8.6% of students had had sexual intercourse for the first time before age 13 years (Table 23a). The prevalence of having had sexual intercourse before age 13 years was 11.7% among male and 5.8% among female students.

Had Sexual Intercourse with Four or More Persons During Their Life

Overall, 13.9% of students had had sexual intercourse with ≥ 4 persons during their life (Table 23a). The prevalence of having had sexual intercourse with ≥ 4 persons was 18.0% among male and 10.3% among female students.

Currently Sexually Active

Overall, 33.6% of students had had sexual intercourse with ≥ 1 person during the 3 months preceding the survey (i.e., currently sexually active) (Table 24a). The prevalence of being currently sexually active was 32.9% among male and 34.2% among female students.

Condom Use

Among the 33.6% of currently sexually active students, 43.1% reported that either they or their partner had used a condom during last sexual intercourse (Table 24a). The prevalence of having used a condom during last sexual intercourse was higher among male (48.5%) than female (38.4%) students.

Birth Control Pill Use

Among the 33.6% of currently sexually active students, 7.4% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24a). The prevalence of having used birth control pills before last sexual intercourse was 5.5% among male and 9.0% among female students.

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 33.6% of currently sexually active students, 26.3% had drunk alcohol or used drugs before last sexual intercourse (Table 25a). The prevalence of having drunk alcohol or used drugs before last sexual intercourse was higher among male (36.5%) than female (17.2%) students.

Taught in School About AIDS or HIV Infection

Overall, 81.0% of students had ever been taught in school about acquired immunodeficiency syndrome (AIDS) or HIV infection (Table 25a). The prevalence of having been taught in school about AIDS or HIV infection was 76.9% among male and 85.1% among female students.

Dietary Behaviors

Ate Fruits and Vegetables ≥ 5 Times/Day

Overall, 21.1% of students had eaten fruits and vegetables[§] ≥ 5 times/day during the 7 days preceding the survey (Table 26a). The prevalence of having eaten fruits and vegetables ≥ 5 times/day was 23.2% among male and 19.0% among female students.

Drank ≥ 3 Glasses of Milk/Day

Overall, 10.1% of students had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey (Table 26a). The prevalence of having drunk ≥ 3 glasses/day of milk was 13.4% among male and 6.9% among female students.

[§] Refers to 100% fruit juice, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Physical Activity

Met Previously Recommended Levels of Physical Activity

Overall, 58.5% of students had participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey (i.e., met previously recommended levels of physical activity) (Table 27c). The prevalence of having met previously recommended levels of physical activity was higher among male (64.0%) than female (53.1%) students.

No Vigorous or Moderate Physical Activity

Overall, 13.7% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 27a). The prevalence of no vigorous or moderate physical activity was 10.3% among male and 17.3% among female students.

Attended Physical Education Classes

Overall, 48.9% of students went to physical education (PE) classes on one or more days in an average week when they were in school (i.e., attended PE classes) (Table 28a). The prevalence of attending PE classes was 52.5% among male and 45.2% among female students.

Attended PE Classes Daily

Overall, 34.5% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) (Table 28a). The prevalence of having attended PE classes daily was 33.5% among male and 35.5% among female students.

Exercised or Played Sports ≥ 20 Minutes During an Average PE Class

Among the 49.4% of students who attended PE classes, 76.5% actually exercised or played sports ≥ 20 minutes during an average PE class (Table 28a). The prevalence of having exercised or played sports ≥ 20 minutes during an average PE class was 74.9% among male and 78.4% among female students.

Played on ≥ 1 Sports Teams

During the 12 months preceding the survey, 45.7% of students had played on ≥ 1 sports teams (run by their school or community groups) (Table 29a). The prevalence of having played on ≥ 1 sports teams was higher among male (53.7%) than female (37.5%) students.

Watched Television ≥ 3 Hours/Day

Overall, 31.2% of students watched television ≥ 3 hours/day on an average school day (Table 29a). The prevalence of having watched television ≥ 3 hours/day was 29.7% among male and 33.0% among female students.

Overweight and Weight Control

At Risk for Becoming Overweight

Overall, 16.6% of students were at risk for becoming overweight (Table 30a). The prevalence of being at risk for becoming overweight was 15.3% among male and 18.0% among female students.

Overweight

Overall, 17.0% of students were overweight (Table 30a). The prevalence of being overweight was 20.1% among male and 13.6% among female students.

Described Themselves as Overweight

Overall, 25.7% of students described themselves as slightly or very overweight (Table 31a). The prevalence of describing themselves as overweight was 22.5% among male and 29.2% among female students.

Were Trying to Lose Weight

Overall, 49.8% of students were trying to lose weight (Table 31a). The prevalence of trying to lose weight was higher among female (57.4%) than male (42.5%) students.

Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep From Gaining Weight

During the 30 days preceding the survey, 42.0% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 32a). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was higher among female (47.1%) than male (36.6%) students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 66.1% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 32a). The prevalence of having exercised to lose weight or to keep from gaining weight was 66.8% among male and 65.2% among female students.

Went Without Eating for ≥ 24 Hours to Lose Weight or to Keep From Gaining Weight

Overall, 17.5% of students had gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33a). The prevalence of having gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight was 15.4% among male and 19.1% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep From Gaining Weight

During the 30 days preceding the survey, 6.6% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 33a). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 8.2% among male and 4.8% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 9.6% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33a). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 8.2% among male and 11.1% among female students.

REPUBLIC OF PALAU

Behaviors That Contribute to Unintentional Injuries

Bicycle Helmet Use

Among the 79.3% of students who had ridden a bicycle during the 12 months preceding the survey, 96.8% had rarely or never worn a bicycle helmet (Table 2b). The prevalence of having rarely or never worn a bicycle helmet was 97.0% among male and 96.8% among female students.

Rode With a Driver Who Had Been Drinking Alcohol

During the 30 days preceding the survey, 50.2% of students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol (Table 3b). The prevalence of having ridden with a driver who had been drinking alcohol was 49.1% among male and 51.3% among female students.

Drove When Drinking Alcohol

During the 30 days preceding the survey, 14.7% of students had driven a car or other vehicle one or more times when they had been drinking alcohol (Table 3b). The prevalence of having driven when they had been drinking alcohol was 19.7% among male and 10.4% among female students.

Behaviors That Contribute to Violence

In a Physical Fight

During the 12 months preceding the survey, 28.0% of students had been in a physical fight one or more times (Table 5b). The prevalence of having been in a physical fight was higher among male (38.0%) than female (19.5%) students.

Injured in a Physical Fight

During the 12 months preceding the survey, 5.1% of students had been in a physical fight one or more times in which they were injured and had to be treated by a doctor or nurse (Table 5b). The prevalence of having been injured in a physical fight was 7.3% among male and 3.2% among female students.

Dating Violence

During the 12 months preceding the survey, 12.7% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6b). The prevalence of dating violence was 13.9% among male and 11.7% among female students.

Forced to Have Sexual Intercourse

Overall, 14.8% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6b). The prevalence of having been forced to have sexual intercourse was 17.3% among male and 12.8% among female students.

In a Physical Fight on School Property

During the 12 months preceding the survey, 12.6% of students had been in a physical fight on school property one or more times (Table 8b). The prevalence of having been in a physical fight on school property was 17.3% among male and 8.6% among female students.

Did Not Go to School Because of Safety Concerns

Overall, 13.4% of students had not gone to school on ≥ 1 of the 30 days preceding the survey because they felt they would be unsafe at school or on their way to or from school (Table 8b). The prevalence of having not gone to school because of safety concerns was 17.1% among male and 10.1% among female students.

Had Property Stolen or Damaged on School Property

During the 12 months preceding the survey, 27.2% of students had had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times (Table 8b). The prevalence of having property stolen or damaged on school property was 28.3% among male and 26.2% among female students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 40.5% of students had felt so sad or hopeless almost every day for ≥ 2 weeks in a row that they stopped doing some usual activities (Table 9b). The prevalence of having felt sad or hopeless almost every day for ≥ 2 weeks was higher among female (46.4%) than male (33.6%) students.

Seriously Considered Attempting Suicide

During the 12 months preceding the survey, 30.4% of students had seriously considered attempting suicide (Table 9b). The prevalence of having seriously considered attempting suicide was higher among female (38.0%) than male (21.6%) students.

Suicide Attempt Treated by a Doctor or Nurse

During the 12 months preceding the survey, 8.8% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10b). The prevalence of having made a suicide attempt that required medical attention was 10.1% among male and 7.7% among female students.

Tobacco Use**Lifetime Cigarette Use**

Overall, 74.8% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11b). The prevalence of lifetime cigarette use was 79.0% among male and 71.5% among female students.

Lifetime Daily Cigarette Use

Overall, 16.9% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11b). The prevalence of lifetime daily cigarette use was higher among male (23.5%) than female (11.5%) students.

Current Cigarette Use

Overall, 37.0% of students had smoked cigarettes on ≥ 1 of the 30 days preceding the survey (i.e., current cigarette use) (Table 12b). The prevalence of current cigarette use was higher among male (49.8%) than female (26.8%) students.

Current Frequent Cigarette Use

Overall, 7.6% of students had smoked cigarettes on ≥ 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12b). The prevalence of current frequent cigarette use was higher among male (13.8%) than female (2.8%) students.

Smoked ≥ 10 Cigarettes/Day

Among the 37.0% of students who reported current cigarette use, 5.7% of students had smoked ≥ 10 cigarettes/day on the days they smoked during the 30 days preceding the survey (Table 12b). The prevalence of having smoked ≥ 10 cigarettes/day was 7.5% among male students (data not available for female students).

Tried to Quit Smoking Cigarettes

Among the 37.0% of students who reported current cigarette use, 73.5% had tried to quit smoking cigarettes during the 12 months preceding the survey (Table 13b). The prevalence of having tried to quit smoking cigarettes was 76.1% among male students (data not available for female students).

Bought Cigarettes at a Store or Gas Station

Overall, 17.1% of the 35.8% of students who reported current cigarette use and were aged < 18 years usually got their own cigarettes by buying them in a store (i.e., convenience store, supermarket, or discount store) or gas station during the 30 days preceding the survey (Table 13b).

Current Smokeless Tobacco Use

Overall, 41.1% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on ≥ 1 of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14b). The prevalence of current smokeless tobacco use was 42.8% among male and 39.7% among female students.

Alcohol and Other Drug Use

Lifetime Alcohol Use

Overall, 62.2% of students had had at least one drink of alcohol on ≥ 1 day during their life (i.e., lifetime alcohol use) (Table 15b). The prevalence of lifetime alcohol use was 67.0% among male and 58.3% among female students.

Current Alcohol Use

Overall, 40.1% of students had had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey (i.e., current alcohol use) (Table 15b). The prevalence of current alcohol use was higher among male (47.4%) than female (34.3%) students.

Episodic Heavy Drinking

Overall, 26.5% of students had had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15b). The prevalence of episodic heavy drinking was higher among male (34.7%) than female (19.8%) students.

Lifetime Marijuana Use

Overall, 48.8% of students had used marijuana one or more times during their life (i.e., lifetime marijuana use) (Table 16b). The prevalence of lifetime marijuana use was 51.5% among male and 46.5% among female students.

Current Marijuana Use

Overall, 28.1% of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16b). The prevalence of current marijuana use was 30.5% among male and 26.1% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 5.6% of students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., lifetime illegal injection-drug use) (Table 17b). The prevalence of lifetime illegal injection-drug use was 6.2% among male and 5.0% among female students.

Lifetime Illegal Steroid Use

Overall, 6.7% of students had taken steroid pills or shots without a doctor's prescription one or more times during their life (i.e., lifetime illegal steroid use) (Table 18b). The prevalence of lifetime illegal steroid use was 8.9% among male and 4.7% among female students.

Lifetime Methamphetamine Use

Overall, 9.2% of students had used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life (i.e., lifetime methamphetamine use) (Table 19b). The prevalence of lifetime methamphetamine use was 13.2% among male and 5.7% among female students.

Lifetime Ecstasy Use

Overall, 6.5% of students had used ecstasy (also called "MDMA") one or more times during their life (i.e., lifetime ecstasy use) (Table 19b). The prevalence of lifetime ecstasy use was 10.3% among male and 3.2% among female students.

Age of Initiation of Risk Behaviors

Smoked a Whole Cigarette Before Age 13 Years

Overall, 20.7% of students had smoked a whole cigarette for the first time before age 13 years (Table 20b). The prevalence of having smoked a whole cigarette before age 13 years was higher among male (29.7%) than female (13.5%) students.

Drank Alcohol Before Age 13 Years

Overall, 20.9% of students had drunk alcohol (other than a few sips) for the first time before age 13 years (Table 20b). The prevalence of having drunk alcohol before age 13 years was higher among male (29.2%) than female (13.9%) students.

Tried Marijuana Before Age 13 Years

Overall, 13.6% of students had tried marijuana for the first time before age 13 years (Table 20b). The prevalence of having tried marijuana before age 13 years was higher among male (19.8%) than female (8.3%) students.

Tobacco, Alcohol, and Other Drug Use on School Property

Smoked Cigarettes on School Property

Overall, 14.1% of students had smoked cigarettes on school property on ≥ 1 of the 30 days preceding the survey (Table 21b). The prevalence of having smoked cigarettes on school property was higher among male (23.2%) than female (6.6%) students.

Used Smokeless Tobacco on School Property

Overall, 35.9% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on school property on ≥ 1 of the 30 days preceding the survey (Table 21b). The prevalence of having used smokeless tobacco on school property was 36.5% among male and 35.3% among female students.

Drank Alcohol on School Property

Overall, 8.1% of students had drunk at least one drink of alcohol on school property on ≥ 1 of the 30 days preceding the survey (Table 21b). The prevalence of having drunk alcohol on school property was 11.9% among male and 4.9% among female students.

Used Marijuana on School Property

Overall, 12.2% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22b). The prevalence of having used marijuana on school property was 14.4% among male and 10.3% among female students.

Offered, Sold, or Given an Illegal Drug on School Property

During the 12 months preceding the survey, 23.3% of students had been offered, sold, or given an illegal drug by someone on school property (Table 22b). The prevalence of having been offered, sold, or given an illegal drug on school property was 26.6% among male and 20.5% among female students.

Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

Ever Had Sexual Intercourse

Overall, 43.8% of students had had sexual intercourse during their life (Table 23b). The prevalence of having had sexual intercourse was higher among male (55.4%) than female (34.5%) students.

Had First Sexual Intercourse Before Age 13 Years

Overall, 5.0% of students had had sexual intercourse for the first time before age 13 years (Table 23b). The prevalence of having had sexual intercourse before age 13 years was 8.8% among male and 1.8% among female students.

Had Sexual Intercourse with Four or More Persons

During Their Life

Overall, 13.3% of students had had sexual intercourse with ≥ 4 persons during their life (Table 23b). The prevalence of having had sexual intercourse with ≥ 4 persons was higher among male (23.9%) than female (4.7%) students.

Currently Sexually Active

Overall, 27.8% of students had had sexual intercourse with ≥ 1 person during the 3 months preceding the survey (i.e., currently sexually active) (Table 24b). The prevalence of being currently sexually active was higher among male (35.9%) than female (21.3%) students.

Condom Use

Among the 27.8% of currently sexually active students, 52.3% reported that either they or their partner had used a condom during last sexual intercourse (Table 24b).

Birth Control Pill Use

Among the 27.8% of currently sexually active students, 10.4% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24b).

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 27.8% of currently sexually active students, 30.0% had drunk alcohol or used drugs before last sexual intercourse (Table 25b).

Taught in School About AIDS or HIV Infection

Overall, 79.4% of students had ever been taught in school about AIDS or HIV infection (Table 25b). The prevalence of having been taught in school about AIDS or HIV infection was 75.1% among male students and 83.0% among female students.

Dietary Behaviors

Ate Fruits and Vegetables ≥ 5 Times/Day

Overall, 24.5% of students had eaten fruits and vegetables[§] ≥ 5 times/day during the 7 days preceding the survey (Table 26b). The prevalence of having eaten fruits and vegetables ≥ 5 times/day was 24.2% among male and 24.8% among female students.

Drank ≥ 3 Glasses of Milk/Day

Overall, 12.7% of students had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey (Table 26b). The prevalence of having drunk ≥ 3 glasses/day of milk was 13.3% among male and 12.2% among female students.

Physical Activity

Met Currently Recommended Levels of Physical Activity

Overall, 27.9% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey (i.e., met currently recommended levels of physical activity) (Table 27b). The prevalence of having met currently recommended levels of physical activity was 31.6% among male and 24.8% among female students.

Met Previously Recommended Levels of Physical Activity

Overall, 53.8% of students had participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey (i.e., met previously recommended levels of physical activity) (Table 27c). The prevalence of having met previously recommended levels of physical activity was 58.0% among male and 50.4% among female students.

[§] Refers to 100% fruit juice, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

No Vigorous or Moderate Physical Activity

Overall, 18.1% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 27b). The prevalence of having not participated in any vigorous or moderate physical activity was 14.0% among male and 21.4% among female students.

Attended Physical Education Classes

Overall, 40.1% of students went to physical education (PE) classes on one or more days in an average week when they were in school (i.e., attended PE classes) (Table 28b). The prevalence of attending PE classes was higher among male (47.7%) than female (34.6%) students.

Attended PE Classes Daily

Overall, 26.6% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) (Table 28b). The prevalence of having attended PE classes daily was 29.2% among male and 24.7% among female students.

Exercised or Played Sports ≥ 20 Minutes During an Average PE Class

Among the 40.7% of students who attended PE classes, 78.3% actually exercised or played sports ≥ 20 minutes during an average PE class (Table 28b). The prevalence of having exercised or played sports ≥ 20 minutes during an average PE class was 79.2% among male and 77.3% among female students.

Played on ≥ 1 Sports Teams

During the 12 months preceding the survey, 55.4% of students had played on ≥ 1 sports teams (run by their school or community groups) (Table 29b). The prevalence of having played on ≥ 1 sports teams was higher among male (62.4%) than female (50.0%) students.

Watched Television ≥ 3 Hours/Day

Overall, 29.6% of students watched television ≥ 3 hours/day on an average school day (Table 29b). The prevalence of having watched television ≥ 3 hours/day was 27.2% among male and 31.4% among female students.

Overweight and Weight Control**At Risk for Becoming Overweight**

Overall, 11.1% of students were at risk for becoming overweight (Table 30b). The prevalence of being at risk for becoming overweight was 9.7% among male and 12.4% among female students.

Overweight

Overall, 10.6% of students were overweight (Table 30b). The prevalence of being overweight was 12.3% among male and 9.0% among female students.

Described Themselves as Overweight

Overall, 21.8% of students described themselves as slightly or very overweight (Table 31b). The prevalence of describing themselves as overweight was higher among female (27.4%) than male (15.3%) students.

Were Trying to Lose Weight

Overall, 37.6% of students were trying to lose weight (Table 31b). The prevalence of trying to lose weight was higher among female (46.0%) than male (28.0%) students.

Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 40.6% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 32b). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was 38.7% among male and 42.2% among female students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 49.7% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 32b). The prevalence of having exercised to lose weight or to keep from gaining weight was 48.6% among male and 50.7% among female students.

Went Without Eating for ≥ 24 Hours to Lose Weight or to Keep from Gaining Weight

Overall, 24.2% of students had gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33b). The prevalence of having gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight was 23.1% among male and 25.1% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 7.8% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 33b). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 12.1% among male and 4.1% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 11.7% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33b). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 14.8% among male and 9.1% among female students.

Other Health-Related Topics

Lifetime Asthma

Overall, 16.0% of students had ever been told by a doctor or nurse that they had asthma (i.e., lifetime asthma) (Table 34b). The prevalence of lifetime asthma was 16.8% among male and 15.3% among female students.

Current Asthma

Overall, 9.4% of students had lifetime asthma and, during the 12 months preceding the survey, reported either having asthma but no episode or attack or having an asthma episode or attack (i.e., current asthma) (Table 34b). The prevalence of current asthma was 7.5% among male and 10.9% among female students.

Described Health as Fair or Poor

Overall, 15.4% of students had described their health, in general, as fair or poor (Table 35b). The prevalence of having described their health as fair or poor was 16.9% among male and 14.0% among female students.

COMMONWEALTH OF PUERTO RICO

Behaviors That Contribute to Unintentional Injuries

Seat Belt Use

Overall, 6.5% of students had rarely or never worn a seat belt when riding in a car driven by someone else (Table 2c). The prevalence of having rarely or never worn a seat belt was higher among male (9.0%) than female (4.2%) students.

Bicycle Helmet Use

Among the 77.9% of students who had ridden a bicycle during the 12 months preceding the survey, 94.4% had rarely or never worn a bicycle helmet (Table 2c). The prevalence of having rarely or never worn a bicycle helmet was 94.6% among male and 94.3% among female students.

Rode With a Driver Who Had Been Drinking Alcohol

During the 30 days preceding the survey, 32.6% of students had ridden one or more times in a car or other vehicle driven by someone who had been drinking alcohol (Table 3c). The prevalence of having ridden with a driver who had been drinking alcohol was 34.4% among male and 30.9% among female students.

Drove When Drinking Alcohol

During the 30 days preceding the survey, 7.3% of students had driven a car or other vehicle one or more times when they had been drinking alcohol (Table 3c). The prevalence of having driven when they had been drinking alcohol was higher among male (11.6%) than female (3.5%) students.

Behaviors That Contribute to Violence

Carried a Weapon

Overall, 8.9% of students had carried a weapon (e.g., a gun, knife, or club) on ≥ 1 of the 30 days preceding the survey (Table 4c). The prevalence of having carried a weapon was higher among male (15.8%) than female (2.7%) students.

Carried a Gun

Overall, 4.0% of students had carried a gun on ≥ 1 of the 30 days preceding the survey (Table 4c). The prevalence of having carried a gun was higher among male (7.4%) than female (1.0%) students.

In a Physical Fight

During the 12 months preceding the survey, 25.9% of students had been in a physical fight one or more times (Table 5c). The prevalence of having been in a physical fight was higher among male (32.5%) than female (20.1%) students.

Injured in a Physical Fight

During the 12 months preceding the survey, 3.9% of students had been in a physical fight one or more times in which they were injured and had to be treated by a doctor or nurse (Table 5c). The prevalence of having been injured in a physical fight was higher among male (5.7%) than female (2.2%) students.

Dating Violence

During the 12 months preceding the survey, 7.6% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6c). The prevalence of dating violence was 7.2% among male and 7.9% among female students.

Forced to Have Sexual Intercourse

Overall, 6.4% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6c). The prevalence of having been forced to have sexual intercourse was higher among female (7.7%) than male (5.0%) students.

Carried a Weapon on School Property

Overall, 3.6% of students had carried a weapon (e.g., a gun, knife, or club) on school property on ≥ 1 of the 30 days preceding the survey (Table 7c). The prevalence of having carried a weapon on school property was higher among male (6.3%) than female (1.2%) students.

Threatened or Injured with a Weapon on School Property

During the 12 months preceding the survey, 6.3% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times (Table 7c). The prevalence of having been threatened or injured with a weapon on school property was higher among male (7.6%) than female (5.1%) students.

In a Physical Fight on School Property

During the 12 months preceding the survey, 13.4% of students had been in a physical fight on school property one or more times (Table 8c). The prevalence of having been in a physical fight on school property was higher among male (18.6%) than female (8.7%) students.

Did Not Go to School Because of Safety Concerns

Overall, 13.4% of students had not gone to school on ≥ 1 of the 30 days preceding the survey because they felt they would be unsafe at school or on their way to or from school (Table 8c). The prevalence of having not gone to school because of safety concerns was 13.4% among male and 13.5% among female students.

Had Property Stolen or Damaged on School Property

During the 12 months preceding the survey, 21.0% of students had had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times (Table 8c). The prevalence of having property stolen or damaged on school property was higher among male (24.5%) than female (17.8%) students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 32.1% of students had felt so sad or hopeless almost every day for ≥ 2 weeks in a row that they stopped doing some usual activities (Table 9c). The prevalence of having felt sad or hopeless almost every day for ≥ 2 weeks was higher among female (39.7%) than male (23.7%) students.

Seriously Considered Attempting Suicide

During the 12 months preceding the survey, 11.8% of students had seriously considered attempting suicide (Table 9c). The prevalence of having seriously considered attempting suicide was higher among female (15.9%) than male (7.2%) students.

Made a Suicide Plan

During the 12 months preceding the survey, 10.5% of students had made a plan about how they would attempt suicide (Table 9c). The prevalence of having made a suicide plan was higher among female (13.3%) than male (7.4%) students.

Attempted Suicide

During the 12 months preceding the survey, 14.8% of students had actually attempted suicide one or more times (Table 10c). The prevalence of having attempted suicide was 12.4% among male and 16.6% among female students.

Suicide Attempt Treated by a Doctor or Nurse

During the 12 months preceding the survey, 3.7% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10c). The prevalence of having made a suicide attempt that required medical attention was 3.7% among male and 3.6% among female students.

Tobacco Use

Lifetime Cigarette Use

Overall, 36.3% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11c). The prevalence of lifetime cigarette use was 36.3% among male and 36.3% among female students.

Lifetime Daily Cigarette Use

Overall, 5.5% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11c). The prevalence of lifetime daily cigarette use was higher among male (6.9%) than female (4.4%) students.

Current Cigarette Use

Overall, 10.5% of students had smoked cigarettes on ≥ 1 of the 30 days preceding the survey (i.e., current cigarette use) (Table 12c). The prevalence of current cigarette use was 11.2% among male and 9.8% among female students.

Current Frequent Cigarette Use

Overall, 2.3% of students had smoked cigarettes on ≥ 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12c). The prevalence of current frequent cigarette use was higher among male (3.2%) than female (1.5%) students.

Smoked ≥ 10 Cigarettes/Day

Among the 10.5% of students who reported current cigarette use, 3.0% of students had smoked ≥ 10 cigarettes/day on the days they smoked during the 30 days preceding the survey (Table 12c). The prevalence of having smoked ≥ 10 cigarettes/day was 4.6% among male and 1.3% among female students.

Tried to Quit Smoking Cigarettes

Among the 10.5% of students who reported current cigarette use, 64.8% had tried to quit smoking cigarettes during the 12 months preceding the survey (Table 13c). The prevalence of having tried to quit smoking cigarettes was 60.7% among male and 69.0% among female students.

Bought Cigarettes at a Store or Gas Station

Overall, 19.2% of the 9.7% of students who reported current cigarette use and were aged < 18 years usually got their own cigarettes by buying them in a store (i.e., convenience store, supermarket, or discount store) or gas station during the 30 days preceding the survey (Table 13c). The prevalence of having bought their own cigarettes in a store or gas station was higher among male (25.8%) than female (13.0%) students.

Current Smokeless Tobacco Use

Overall, 2.7% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on ≥ 1 of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14c). The prevalence of current smokeless tobacco use was higher among male (4.2%) than female (1.5%) students.

Current Cigar Use

Overall, 10.1% of students had smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey (i.e., current cigar use) (Table 14c). The prevalence of current cigar use was 10.6% among male and 9.6% among female students.

Current Tobacco Use

Overall, 11.8% of students reported current cigarette use, current smokeless tobacco use, or current cigar use (i.e., current tobacco use) (Table 14c). The prevalence of current tobacco use was 12.7% among male and 11.1% among female students.

Alcohol and Other Drug Use**Lifetime Alcohol Use**

Overall, 67.0% of students had had at least one drink of alcohol on ≥ 1 day during their life (i.e., lifetime alcohol use) (Table 15c). The prevalence of lifetime alcohol use was 65.8% among male and 68.1% among female students.

Current Alcohol Use

Overall, 39.0% of students had had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey (i.e., current alcohol use) (Table 15c). The prevalence of current alcohol use was 39.0% among male and 38.9% among female students.

Episodic Heavy Drinking

Overall, 22.5% of students had had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15c). The prevalence of episodic heavy drinking was higher among male (25.9%) than female (19.5%) students.

Lifetime Marijuana Use

Overall, 12.5% of students had used marijuana one or more times during their life (i.e., lifetime marijuana use) (Table 16c). The prevalence of lifetime marijuana use was 12.8% among male and 12.2% among female students.

Current Marijuana Use

Overall, 6.8% of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16c). The prevalence of current marijuana use was higher among male (8.4%) than female (5.4%) students.

Lifetime Cocaine Use

Overall, 2.1% of students had used any form of cocaine (e.g., powder, crack,* or freebase[†]) one or more times during their life (i.e., lifetime cocaine use) (Table 17c). The prevalence of lifetime cocaine use was higher among male (2.9%) than female (1.3%) students.

Current Cocaine Use

Overall, 1.3% of students had used any form of cocaine one or more times during the 30 days preceding the survey (i.e., current cocaine use) (Table 17c). The prevalence of current cocaine use was higher among male (2.0%) than female (0.7%) students.

Lifetime Illegal Injection-Drug Use

Overall, 1.5% of students had used a needle to inject any illegal drug into their body one or more times during their life (i.e., lifetime illegal injection-drug use) (Table 17c). The prevalence of lifetime illegal injection-drug use was 1.9% among male and 1.2% among female students.

Lifetime Inhalant Use

Overall, 6.7% of students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life (i.e., lifetime inhalant use) (Table 18c). The prevalence of lifetime inhalant use was 7.9% among male and 5.7% among female students.

Lifetime Illegal Steroid Use

Overall, 2.6% of students had taken steroid pills or shots without a doctor's prescription one or more times during their life (i.e., lifetime illegal steroid use) (Table 18c). The prevalence of lifetime illegal steroid use was higher among male (4.4%) than female (0.9%) students.

Lifetime Heroin Use

Overall, 1.6% of students had used heroin (also called "smack," "junk," or "China White") one or more times during their life (i.e., lifetime heroin use) (Table 19c). The prevalence of lifetime heroin use was higher among male (2.8%) than female (0.6%) students.

Lifetime Methamphetamine Use

Overall, 1.9% of students had used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their life (i.e., lifetime methamphetamine use) (Table 19c). The prevalence of lifetime methamphetamine use was higher among male (3.3%) than female (0.6%) students.

* Pellet-sized pieces of highly purified cocaine.

[†] A process in which cocaine is dissolved in ether or sodium hydroxide and the precipitate is filtered off.

Lifetime Ecstasy Use

Overall, 2.2% of students had used ecstasy (also called “MDMA”) one or more times during their life (i.e., lifetime ecstasy use) (Table 19c). The prevalence of lifetime ecstasy use was higher among male (3.1%) than female (1.4%) students.

Age of Initiation of Risk Behaviors***Smoked a Whole Cigarette Before Age 13 Years***

Overall, 8.1% of students had smoked a whole cigarette for the first time before age 13 years (Table 20c). The prevalence of having smoked a whole cigarette before age 13 years was higher among male (9.6%) than female (6.8%) students.

Drank Alcohol Before Age 13 Years

Overall, 26.7% of students had drunk alcohol (other than a few sips) for the first time before age 13 years (Table 20c). The prevalence of having drunk alcohol before age 13 years was higher among male (28.9%) than female (24.6%) students.

Tried Marijuana Before Age 13 Years

Overall, 3.9% of students had tried marijuana for the first time before age 13 years (Table 20c). The prevalence of having tried marijuana before age 13 years was higher among male (5.2%) than female (2.7%) students.

Tobacco, Alcohol, and Other Drug Use on School Property***Smoked Cigarettes on School Property***

Overall, 2.9% of students had smoked cigarettes on school property on ≥ 1 of the 30 days preceding the survey (Table 21c). The prevalence of having smoked cigarettes on school property was higher among male (4.1%) than female (1.8%) students.

Used Smokeless Tobacco on School Property

Overall, 1.3% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on school property on ≥ 1 of the 30 days preceding the survey (Table 21c). The prevalence of having used smokeless tobacco on school property was 1.8% among male and 0.9% among female students.

Drank Alcohol on School Property

Overall, 4.4% of students had drunk at least one drink of alcohol on school property on ≥ 1 of the 30 days preceding the survey (Table 21c). The prevalence of having drunk alcohol on school property was 5.3% among male and 3.6% among female students.

Used Marijuana on School Property

Overall, 2.5% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22c). The prevalence of having used marijuana on school property was higher among male (3.9%) than female (1.1%) students.

Offered, Sold, or Given an Illegal Drug on School Property

During the 12 months preceding the survey, 18.2% of students had been offered, sold, or given an illegal drug by someone on school property (Table 22c). The prevalence of having been offered, sold, or given an illegal drug on school property was higher among male (21.7%) than female (15.2%) students.

Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection***Ever Had Sexual Intercourse***

Overall, 37.6% of students had sexual intercourse during their life (Table 23c). The prevalence of having had sexual intercourse was higher among male (44.0%) than female (32.1%) students.

Had First Sexual Intercourse Before Age 13 Years

Overall, 7.0% of students had sexual intercourse for the first time before age 13 years (Table 23c). The prevalence of having sexual intercourse before age 13 years was higher among male (10.5%) than female (4.0%) students.

Had Sexual Intercourse with Four or More Persons During Their Life

Overall, 8.0% of students had had sexual intercourse with ≥ 4 persons during their life (Table 23c). The prevalence of having had sexual intercourse with ≥ 4 persons was higher among male (11.8%) than female (4.8%) students.

Currently Sexually Active

Overall, 24.3% of students had had sexual intercourse with ≥ 1 person during the 3 months preceding the survey (i.e., currently sexually active) (Table 24c). The prevalence of being currently sexually active was 24.2% among male and 24.5% among female students.

Condom Use

Among the 24.3% of currently sexually active students, 41.8% reported that either they or their partner had used a condom during last sexual intercourse (Table 24c). The prevalence of having used a condom during last sexual intercourse was higher among male (50.2%) than female (35.1%) students.

Birth Control Pill Use

Among the 24.3% of currently sexually active students, 4.9% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24c). The prevalence of having used birth control pills before last sexual intercourse was 4.7% among male and 5.1% among female students.

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 24.3% of currently sexually active students, 11.7% had drunk alcohol or used drugs before last sexual intercourse (Table 25c). The prevalence of having drunk alcohol or used drugs before last sexual intercourse was higher among male (17.1%) than female (7.4%) students.

Taught in School About AIDS or HIV Infection

Overall, 86.0% of students had ever been taught in school about AIDS or HIV infection (Table 25c). The prevalence of having been taught in school about AIDS or HIV infection was higher among female (89.1%) than male (82.6%) students.

Dietary Behaviors

Ate Fruits and Vegetables ≥ 5 Times/Day

Overall, 19.3% of students had eaten fruits and vegetables[§] ≥ 5 times/day during the 7 days preceding the survey (Table 26c). The prevalence of having eaten fruits and vegetables ≥ 5 times/day was higher among male (21.4%) than female (17.5%) students.

Drank ≥ 3 Glasses of Milk/Day

Overall, 12.0% of students had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey (Table 26c). The prevalence of having drunk ≥ 3 glasses/day of milk was 13.5% among male and 10.6% among female students.

Physical Activity

Met Currently Recommended Levels of Physical Activity

Overall, 20.8% of students had been physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey (i.e., met currently recommended levels of physical activity) (Table 27c). The prevalence of having met currently recommended levels of physical activity was higher among male (26.5%) than female (15.6%) students.

[§] Refers to 100% fruit juice, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Met Previously Recommended Levels of Physical Activity

Overall, 48.0% of students had participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not make them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey (i.e., met previously recommended levels of physical activity) (Table 27c). The prevalence of having met previously recommended levels of physical activity was higher among male (55.0%) than female (41.7%) students.

No Vigorous or Moderate Physical Activity

Overall, 21.2% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 27c). The prevalence of having not participated in any vigorous or moderate physical activity was higher among female (25.3%) than male (16.6%) students.

Attended Physical Education Classes

Overall, 42.5% of students went to physical education (PE) classes on one or more days in an average week when they were in school (i.e., attended PE classes) (Table 28c). The prevalence of attending PE classes was higher among male (47.5%) than female (38.4%) students.

Attended PE Classes Daily

Overall, 31.6% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) (Table 28c). The prevalence of having attended PE classes daily was 33.6% among male and 29.9% among female students.

Exercised or Played Sports ≥ 20 Minutes During an Average PE Class

Among the 42.7% of students who attended PE classes, 50.2% actually exercised or played sports ≥ 20 minutes during an average PE class (Table 28c). The prevalence of having exercised or played sports ≥ 20 minutes during an average PE class was higher among male (56.8%) than female (43.2%) students.

Played on ≥ 1 Sports Teams

During the 12 months preceding the survey, 42.4% of students had played on ≥ 1 sports teams (run by their school or community groups) (Table 29c). The prevalence of having played on ≥ 1 sports teams was higher among male (53.7%) than female (32.1%) students.

Watched Television ≥ 3 Hours/Day

Overall, 48.9% of students watched television ≥ 3 hours/day on an average school day (Table 29c). The prevalence of having watched television ≥ 3 hours/day was higher among female (54.7%) than male (42.5%) students.

Overweight and Weight Control**At Risk for Becoming Overweight**

Overall, 14.0% of students were at risk for becoming overweight (Table 30c). The prevalence of being at risk for becoming overweight was 14.0% among male and 14.0% among female students.

Overweight

Overall, 12.0% of students were overweight (Table 30c). The prevalence of being overweight was higher among male (15.2%) than female (9.0%) students.

Described Themselves as Overweight

Overall, 26.9% of students described themselves as slightly or very overweight (Table 31c). The prevalence of describing themselves as overweight was higher among female (29.6%) than male (23.7%) students.

Were Trying to Lose Weight

Overall, 42.8% of students were trying to lose weight (Table 31c). The prevalence of trying to lose weight was higher among female (49.1%) than male (35.9%) students.

Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 40.8% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 32c). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was higher among female (45.8%) than male (35.3%) students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 54.8% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 32c). The prevalence of having exercised to lose weight or to keep from gaining weight was 54.2% among male and 55.3% among female students.

Went Without Eating for ≥ 24 Hours to Lose Weight or to Keep from Gaining Weight

Overall, 9.8% of students had gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33c). The prevalence of having gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight was 8.9% among male and 10.7% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 6.4% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 33c). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 6.9% among male and 6.0% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 4.7% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33c). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 4.6% among male and 4.9% among female students.

Other Health-Related Topics

Lifetime Asthma

Overall, 31.5% of students had ever been told by a doctor or nurse that they had asthma (i.e., lifetime asthma) (Table 34c). The prevalence of lifetime asthma was higher among male (34.8%) than female (28.5%) students.

Current Asthma

Overall, 17.5% of students had lifetime asthma and, during the 12 months preceding the survey, reported either having asthma but no episode or attack or having an asthma episode or attack (i.e., current asthma) (Table 34c). The prevalence of current asthma was 17.3% among male and 17.6% among female students.

Asthma Episode or Attack

Among the 17.5% of students with current asthma, 45.5% had had an asthma episode or attack during the 12 months preceding the survey (i.e., asthma episode or attack) (Table 34c). The prevalence of having had an asthma episode or attack was 42.6% among male and 48.0% among female students.

Described Health as Fair or Poor

Overall, 6.8% of students had described their health, in general, as fair or poor (Table 35c). The prevalence of having described their health as fair or poor was 6.4% among male and 7.1% among female students.

MIDDLE SCHOOL RESULTS

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Behaviors That Contribute to Unintentional Injuries

Seat Belt Use

Overall, 10.2% of students had rarely or never worn seat belts when riding in a car (Table 36a). The prevalence of having rarely or never worn seat belts was 10.5% among male and 9.7% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

Overall, 51.2% of students had ever ridden in a car driven by someone who had been drinking alcohol (Table 36a). The prevalence of having ridden with a driver who had been drinking alcohol was 49.2% among male and 53.1% among female students.

Bicycle Helmet Use

Among the 74.2% of students who had ridden a bicycle, 86.8% had rarely or never worn a bicycle helmet (Table 37a). The prevalence of having rarely or never worn a bicycle helmet was 88.2% among male and 84.8% among female students.

Rollerblade or Skateboard Helmet Use

Among the 46.3% of students who had rollerbladed or ridden a skateboard, 80.7% had rarely or never worn a helmet (Table 37a). The prevalence of having rarely or never worn a helmet was 83.0% among male and 78.0% among female students.

Behaviors That Contribute to Violence

Carried a Weapon

Overall, 43.9% of students had ever carried a weapon (e.g., a gun, knife, or club) (Table 38a). The prevalence of having carried a weapon was higher among male (55.7%) than female (31.1%) students.

In a Physical Fight

Overall, 58.8% of students had ever been in a physical fight (Table 38a). The prevalence of having been in a physical fight was higher among male (70.3%) than female (46.5%) students.

Hurt in a Physical Fight

Overall, 6.5% of students had ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse (Table 38a). The prevalence of having been hurt in a physical fight was 8.6% among male and 4.2% among female students.

Seriously Thought About Killing Themselves

Overall, 36.7% of students had ever seriously thought about killing themselves (Table 39a). The prevalence of having thought about killing themselves was higher among female (43.6%) than male (30.2%) students.

Made a Plan About How to Kill Themselves

Overall, 29.0% of students had ever made a plan about how to kill themselves (Table 39a). The prevalence of having made a plan was higher among female (35.3%) than male (23.1%) students.

Tried to Kill Themselves

Overall, 16.9% of students had ever tried to kill themselves (Table 39a). The prevalence of having tried to kill themselves was 12.4% among male and 21.6% among female students.

Tobacco Use

Lifetime Cigarette Use

Overall, 58.5% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 40a). The prevalence of lifetime cigarette use was 60.1% among male and 56.7% among female students.

Lifetime Daily Cigarette Use

Overall, 7.7% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 40a). The prevalence of lifetime daily cigarette use was 7.0% among male and 8.4% among female students.

Current Cigarette Use

Overall, 21.7% of students had smoked cigarettes on ≥ 1 of the 30 days preceding the survey (i.e., current cigarette use) (Table 41a). The prevalence of current cigarette use was 21.9% among male and 21.3% among female students.

Current Frequent Cigarette Use

Overall, 2.3% of students had smoked cigarettes on ≥ 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 41a). The prevalence of current frequent cigarette use was 2.8% among male and 1.9% among female students.

Current Smokeless Tobacco Use

Overall, 30.2% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on ≥ 1 of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 42a). The prevalence of current smokeless tobacco use was higher among male (35.2%) than female (25.0%) students.

Current Cigar Use

Overall, 8.5% of students had smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey (i.e., current cigar use) (Table 42a). The prevalence of current cigar use was 9.2% among male and 7.7% among female students.

Current Tobacco Use

Overall, 36.5% of students reported current cigarette use, current smokeless tobacco use, or current cigar use (i.e., current tobacco use) (Table 42a). The prevalence of current tobacco use was 40.2% among male and 32.5% among female students.

Alcohol and Other Drug Use

Lifetime Alcohol Use

Overall, 46.0% of students had ever had a drink of alcohol (other than a few sips) (i.e., lifetime alcohol use) (Table 43a). The prevalence of lifetime alcohol use was 46.7% among male and 45.3% among female students.

Lifetime Marijuana Use

Overall, 23.1% of students had ever used marijuana (i.e., lifetime marijuana use) (Table 43a). The prevalence of lifetime marijuana use was higher among male (28.5%) than female (17.3%) students.

Lifetime Cocaine Use

Overall, 3.6% of students had ever used any form of cocaine (e.g., powder, crack,* or freebase[†]) (i.e., lifetime cocaine use) (Table 43a). The prevalence of lifetime cocaine use was 3.1% among male and 4.1% among female students.

Lifetime Steroid Use

Overall, 3.7% of students had ever used steroids (i.e., lifetime steroid use) (Table 44a). The prevalence of lifetime steroid use was 4.7% among male and 2.7% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 2.4% of students had ever used a needle to inject any illegal drug into their body (i.e., lifetime illegal injection-drug use) (Table 44a). The prevalence of lifetime illegal injection-drug use was 2.9% among male and 1.8% among female students.

* Pellet-sized pieces of highly purified cocaine.

[†] A process in which cocaine is dissolved in ether or sodium hydroxide and the precipitate is filtered off.

Age of Initiation of Risk Behaviors

Smoked a Whole Cigarette Before Age 11 Years

Overall, 16.1% of students had smoked a whole cigarette for the first time before age 11 years (Table 45a). The prevalence of having smoked a whole cigarette before age 11 years was 15.8% among male and 16.3% among female students.

Drank Alcohol Before Age 11 Years

Overall, 16.7% of students had drunk alcohol (other than a few sips) for the first time before age 11 years (Table 45a). The prevalence of having drunk alcohol before age 11 years was 18.2% among male and 15.1% among female students.

Tried Marijuana Before Age 11 Years

Overall, 6.7% of students had tried marijuana for the first time before age 11 years (Table 45a). The prevalence of having tried marijuana before age 11 years was 9.9% among male and 3.2% among female students.

Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

Ever Had Sexual Intercourse

Overall, 15.0% of students had had sexual intercourse during their life (Table 46a). The prevalence of having had sexual intercourse was 17.1% among male and 12.8% among female students.

Had First Sexual Intercourse Before Age 11 Years

Overall, 4.1% of students had had sexual intercourse for the first time before age 11 years (Table 46a). The prevalence of having had sexual intercourse before age 11 years was 5.3% among male and 2.7% among female students.

Had Sexual Intercourse With Three or More Persons During Their Life

Overall, 4.5% of students had sexual intercourse with ≥ 3 persons during their life (Table 46a). The prevalence of having had sexual intercourse with ≥ 3 persons was 6.1% among male and 2.8% among female students.

Condom Use

Among the 15.0% of students who had ever had sexual intercourse, 50.6% reported that either they or their partner had used a condom during last sexual intercourse (Table 47a). The prevalence of having used a condom during last sexual intercourse was 47.6% among male students (data not available for female students).

Taught in School About AIDS or HIV Infection

Overall, 72.3% of students had ever been taught in school about AIDS or HIV infection (Table 47a). The prevalence of having been taught in school about AIDS or HIV infection was 68.6% among male and 76.2% among female students.

Physical Activity

Sufficient Vigorous Physical Activity

Overall, 60.5% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities) for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 48a). The prevalence of having participated in sufficient vigorous physical activity was 61.6% among male and 59.2% among female students.

Played on Sports Teams

Overall, 48.1% of students had played on any sports teams (run by their school or community groups) (Table 48a). The prevalence of having played on any sports teams was higher among male (55.0%) than female (40.8%) students.

Watched Television ≥3 Hours/Day

Overall, 32.2% of students watched television ≥3 hours/day on an average school day (Table 48a). The prevalence of having watched television ≥3 hours/day was 32.1% among male and 32.2% among female students.

Attended Physical Education Classes

Overall, 71.3% of students went to physical education (PE) classes on one or more days in an average week when they were in school (i.e., attended PE classes) (Table 49a). The prevalence of attending PE classes was 72.2% among male and 70.3% among female students.

Attended PE Classes Daily

Overall, 18.5% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) (Table 49a). The prevalence of having attended PE classes daily was 20.4% among male and 16.5% among female students.

Overweight and Weight Control

At Risk for Becoming Overweight

Overall, 17.3% of students were at risk for becoming overweight (Table 50a). The prevalence of being at risk for becoming overweight was 17.3% among male and 17.2% among female students.

Overweight

Overall, 19.3% of students were overweight (Table 50a). The prevalence of being overweight was 22.4% among male and 16.0% among female students.

Described Themselves as Overweight

Overall, 18.7% of students described themselves as slightly or very overweight (Table 51a). The prevalence of describing themselves as overweight was 17.4% among male and 20.2% among female students.

Trying to Lose Weight

Overall, 52.2% of students were trying to lose weight (Table 51a). The prevalence of trying to lose weight was higher among female (58.5%) than male (46.2%) students.

Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight

Overall, 54.0% of students had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 52a). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was 51.5% among male and 56.7% among female students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 76.3% of students had ever exercised to lose weight or to keep from gaining weight (Table 52a). The prevalence of having exercised to lose weight or to keep from gaining weight was 77.0% among male and 75.5% among female students.

Went Without Eating for ≥24 Hours to Lose Weight or to Keep from Gaining Weight

Overall, 27.3% of students had ever gone without eating for ≥24 hours to lose weight or to keep from gaining weight (Table 53a). The prevalence of having gone without eating for ≥24 hours to lose weight or to keep from gaining weight was 27.7% among male and 26.8% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 6.6% of students had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 53a). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 6.8% among male and 6.2% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 8.8% of students had ever vomited or taken laxatives to lose weight or to keep from gaining weight (Table 53a). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 8.8% among male and 8.8% among female students.

REPUBLIC OF PALAU

Behaviors That Contribute to Unintentional Injuries

Seat Belt Use

Overall, 64.7% of students had rarely or never worn seat belts when riding in a car (Table 36b). The prevalence of having rarely or never worn seat belts was 65.0% among male and 64.4% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

Overall, 54.6% of students had ever ridden in a car driven by someone who had been drinking alcohol (Table 36b). The prevalence of having ridden with a driver who had been drinking alcohol was 55.8% among male and 53.3% among female students.

Bicycle Helmet Use

Among the 88.3% of students who had ridden a bicycle, 90.5% had rarely or never worn a bicycle helmet (Table 37b). The prevalence of having rarely or never worn a bicycle helmet was 91.1% among male and 89.9% among female students.

Rollerblade or Skateboard Helmet Use

Among the 37.5% of students who had rollerbladed or ridden a skateboard, 86.6% had rarely or never worn a helmet (Table 37b). The prevalence of having rarely or never worn a helmet was 86.3% among male and 86.9% among female students.

Behaviors That Contribute to Violence

In a Physical Fight

Overall, 60.8% of students had ever been in a physical fight (Table 38b). The prevalence of having been in a physical fight was higher among male (72.1%) than female (48.7%) students.

Hurt in a Physical Fight

Overall, 9.3% of students had ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse (Table 38b). The prevalence of having been hurt in a physical fight was 12.2% among male and 6.1% among female students.

Seriously Thought About Killing Themselves

Overall, 42.3% of students had ever seriously thought about killing themselves (Table 39b). The prevalence of having thought about killing themselves was higher among female (53.7%) than male (31.2%) students.

Tried to Kill Themselves

Overall, 28.5% of students had ever tried to kill themselves (Table 39b). The prevalence of having tried to kill themselves was higher among female (36.1%) than male (21.1%) students.

Tobacco Use

Lifetime Cigarette Use

Overall, 64.2% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 40b). The prevalence of lifetime cigarette use was 65.1% among male and 63.3% among female students.

Lifetime Daily Cigarette Use

Overall, 12.7% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 40b). The prevalence of lifetime daily cigarette use was 16.2% among male and 9.2% among female students.

Current Cigarette Use

Nearly one-third (31.9%) of students had smoked cigarettes on ≥ 1 of the 30 days preceding the survey (i.e., current cigarette use) (Table 41b). The prevalence of current cigarette use was 33.2% among male and 30.6% among female students.

Current Frequent Cigarette Use

Overall, 4.8% of students had smoked cigarettes on ≥ 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 41b). The prevalence of current frequent cigarette use was 6.5% among male and 3.1% among female students.

Current Smokeless Tobacco Use

Overall, 35.7% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on ≥ 1 of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 42b). The prevalence of current smokeless tobacco use was 31.3% among male and 40.2% among female students.

Alcohol and Other Drug Use

Lifetime Alcohol Use

Overall, 48.4% of students had ever had a drink of alcohol (other than a few sips) (i.e., lifetime alcohol use) (Table 43b). The prevalence of lifetime alcohol use was 49.4% among male and 47.4% among female students.

Lifetime Marijuana Use

Overall, 33.7% of students had ever used marijuana (i.e., lifetime marijuana use) (Table 43b). The prevalence of lifetime marijuana use was higher among male (39.8%) than female (27.9%) students.

Lifetime Cocaine Use

Overall, 8.4% of students had ever used any form of cocaine (e.g., powder, crack,* or freebase[†]) (i.e., lifetime cocaine use) (Table 43b). The prevalence of lifetime cocaine use was 11.2% among male and 5.6% among female students.

* Pellet-sized pieces of highly purified cocaine.

[†] A process in which cocaine is dissolved in ether or sodium hydroxide and the precipitate is filtered off.

Lifetime Steroid Use

Overall, 5.9% of students had ever used steroids (i.e., lifetime steroid use) (Table 44b). The prevalence of lifetime steroid use was 8.0% among male and 3.6% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 7.1% of students had ever used a needle to inject any illegal drug into their body (i.e., lifetime illegal injection-drug use) (Table 44b). The prevalence of lifetime illegal injection-drug use was 8.9% among male and 5.2% among female students.

Age of Initiation of Risk Behaviors

Smoked a Whole Cigarette Before Age 11 Years

Overall, 18.3% of students had smoked a whole cigarette for the first time before age 11 years (Table 45b). The prevalence of having smoked a whole cigarette before age 11 years was 20.5% among male and 16.0% among female students.

Drank Alcohol Before Age 11 Years

Overall, 21.3% of students had drunk alcohol (other than a few sips) for the first time before age 11 years (Table 45b). The prevalence of having drunk alcohol before age 11 years was 24.4% among male and 18.1% among female students.

Tried Marijuana Before Age 11 Years

Overall, 10.4% of students had tried marijuana for the first time before age 11 years (Table 45b). The prevalence of having tried marijuana before age 11 years was higher among male (16.7%) than female (4.3%) students.

Sexual Behaviors That Contribute to Unintended Pregnancy and STDs, Including HIV Infection

Ever Had Sexual Intercourse

Overall, 15.1% of students had had sexual intercourse during their life (Table 46b). The prevalence of having had sexual intercourse was higher among male (20.2%) than female (10.1%) students.

Had First Sexual Intercourse Before Age 11 Years

Overall, 4.7% of students had had sexual intercourse for the first time before age 11 years (Table 46b). The prevalence of having had sexual intercourse before age 11 years was 7.6% among male and 1.9% among female students.

Had Sexual Intercourse With Three or More Persons During Their Life

Overall, 8.0% of students had ever had sexual intercourse with ≥ 3 persons during their life (Table 46b). The prevalence of having had sexual intercourse with ≥ 3 persons was 12.1% among male and 4.1% among female students.

Taught in School About AIDS or HIV Infection

Overall, 65.5% of students had ever been taught in school about AIDS or HIV infection (Table 47b). The prevalence of having been taught in school about AIDS or HIV infection was 62.8% among male and 68.3% among female students.

Physical Activity**Sufficient Vigorous Physical Activity**

Overall, 55.5% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities) for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey (i.e., 24, sufficient vigorous physical activity) (Table 48b). The prevalence of having participated in sufficient vigorous physical activity was 56.5% among male and 54.4% among female students.

Played on Sports Teams

Overall, 59.7% of students had played on any sports teams (run by their school or community groups) (Table 48b). The prevalence of having played on any sports teams was 62.8% among male and 56.5% among female students.

Watched Television ≥ 3 Hours/Day

Overall, 30.3% of students had watched television ≥ 3 hours/day on an average school day (Table 48b). The prevalence of having watched television ≥ 3 hours/day was 26.9% among male and 33.8% among female students.

Attended Physical Education Classes

Overall, 89.0% of students went to physical education (PE) classes on one or more days in an average week when they were in school (i.e., attended PE classes) (Table 49b). The prevalence of attending PE classes was 86.4% among male and 91.8% among female students.

Attended PE Classes Daily

Overall, 18.3% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE classes daily) (Table 49b). The prevalence of having attended PE classes daily was 19.3% among male and 17.3% among female students.

Overweight and Weight Control**At Risk for Becoming Overweight**

Overall, 22.2% of students were at risk for becoming overweight (Table 50b). The prevalence of being at risk for becoming overweight was 19.5% among male and 24.6% among female students.

Overweight

Overall, 16.5% of students were overweight (Table 50b). The prevalence of being overweight was 18.4% among male and 14.8% among female students.

Described Themselves as Overweight

Overall, 23.1% of students described themselves as slightly or very overweight (Table 51b). The prevalence of describing themselves as overweight was 19.1% among male and 27.3% among female students.

Trying to Lose Weight

Overall, 45.5% of students were trying to lose weight (Table 51b). The prevalence of trying to lose weight was 44.5% among male and 46.5% among female students.

Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight

Overall, 54.9% of students had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 52b). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was higher among female (54.7%) than male (55.0%) students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 67.3% of students had ever exercised to lose weight or to keep from gaining weight (Table 52b). The prevalence of having exercised to lose weight or to keep from gaining weight was 66.2% among male and 68.4% among female students.

Went Without Eating for ≥ 24 Hours to Lose Weight or to Keep from Gaining Weight

Overall, 35.1% of students had ever gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight (Table 53b). The prevalence of having gone without eating for ≥ 24 hours to lose weight or to keep from gaining weight was 32.7% among male and 37.5% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 9.1% of students had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 53b). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 10.2% among male and 8.0% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 10.7% of students had ever vomited or taken laxatives to lose weight or to keep from gaining weight (Table 53b). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 12.4% among male and 8.9% among female students.

Other Health-Related Topics

Described Health as Fair or Poor

Overall, 14.1% of students had described their health, in general, as fair or poor (Table 54b). The prevalence of having described their health as fair or poor was 14.3% among male and 13.9% among female students.

DISCUSSION

The YRBSS measures priority health-risk behaviors among youth and young adults. These behaviors can be classified into the following categories: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity.

These behaviors are frequently interrelated, and they are often established during childhood and adolescence and then extended into adulthood. Information on general health status, overweight, and asthma also is collected.

Although the top 10 leading causes of mortality for CNMI, Palau, and Puerto Rico slightly differ, they all include causes of mortality that can be attributed to the risk behaviors measured by the YRBSS. Figure 1 shows the leading causes of mortality for CNMI, Palau, and Puerto Rico, in no particular order, and some of the risk factors that are related to them.

PACIFIC ISLAND TERRITORIES

The behaviors measured by the YRBSS are important indicators of the current burden on the health of adolescents in CNMI and Palau, as well as the future burden that will be placed on their societies. Certain risk behaviors are more likely to occur among particular subpopulations of students defined by sex, race/ethnicity, and grade. However, YRBSS data cannot be used to isolate the effects of sex, race/ethnicity, or grade from the effects of socioeconomic status (SES) or culture on risk behaviors with substantial disparities.

For most risk behaviors, prevalence rates among high school students in the United States and high school students in CNMI and Palau are very similar. However, a difference of at least 20 percentage points was identified for the following risk behaviors:

- Rode with a driver who had been drinking alcohol (U.S.: 28.5%; CNMI: 49.0%; Palau: 50.2%).
- Lifetime cigarette use (U.S.: 54.3%; CNMI: 82.7%; Palau: 74.8%).

Figure 1: Leading causes of mortality in CNMI, Palau, and Puerto Rico

Cause of mortality	Attributable risk behavior measured by the YRBSS
Asthma and chronic obstructive pulmonary disease (COPD)	Tobacco use
Cardiovascular diseases (CVD)	Tobacco use, physical inactivity, unhealthy dietary behaviors
Injuries and all accidents, including road traffic accidents	Seat belt use, helmet use, alcohol use, other drug use
Cancer	Tobacco use, alcohol use, unhealthy dietary behaviors, physical inactivity, sexual behaviors
Diabetes	Unhealthy dietary behaviors, physical inactivity
HIV Infection and AIDS	Alcohol use, other drug use, sexual behaviors

- Tried to quit smoking cigarettes (U.S.: 54.6%; CNMI: 79.3%).
- Current smokeless tobacco use (U.S.: 8.0%; CNMI: 36.9%; Palau: 41.1%).
- Current tobacco use (U.S.: 28.4%; CNMI: 50.4%).
- Used smokeless tobacco on school property (U.S.: 5.0%; CNMI: 29.6%; Palau: 35.9%).

Among middle school students, a difference of at least 20 percentage points between middle school students in CNMI and middle school students in Palau was identified for the following risk behavior:

- Rarely or never wore seat belts (CNMI: 10.2%; Palau: 64.7%).

According to data from 43 countries that participated in the Global Youth Tobacco Survey, CNMI has the highest prevalence (79.8%) of lifetime cigarette use among youth aged 13–15 years—more than double the global median (33.0%). Palau also has a high percentage of students (61.4%) who reported lifetime cigarette use.³³

In 2005, more than one-third of high school students in CNMI and Palau (35.8% and 37.0%, respectively) reported current cigarette use, compared with 23.0% of high school students in the United States.³⁴ In addition, at least a four-fold difference in the prevalence of smokeless tobacco use was found between high school students in CNMI and Palau (36.9% and 41.1%, respectively) and high school students in the United States (8.0%).³⁴ This finding may be partially explained by the common practice among Pacific Islanders of chewing betel nut, which is often accompanied by tobacco.³⁵ A recent study in Saipan, CNMI recorded that 63.4% of high school students were regular users of betel nut.³⁶

The U.S. Drug Enforcement Administration reported in 2004 an increase in the availability, production, and use of methamphetamines throughout the Pacific Region, with an epidemic of methamphetamine abuse in CNMI.³⁷ However, the prevalence of methamphetamine use among high school students in CNMI and Palau (4.9% and 9.2%, respectively) is similar to that among high school students in the United States (6.2%).³⁴ Marijuana is grown throughout the Pacific Region, which allows for high accessibility at a low cost, and Palau is a known distributor of marijuana among the islands.³⁷ More than one-third of high school students in CNMI and Palau reported current marijuana use (29.8% and 28.1%, respectively), as compared with 20.2% among high school students in the United States.³⁴

Suicide is among the top 10 leading causes of mortality in both CNMI and Palau.^{6,16} During the 12 months preceding the survey, between one-fourth and one-third of high school students in CNMI and Palau (28.3% and 30.4%, respectively) reported that they seriously considered attempting suicide, compared with 16.9% of high school students in the United States.³⁸ In addition, during the 12 months preceding the survey, 19.9% of high school students in CNMI reported having attempted suicide as compared with 8.4% of high school students in the United States.³⁹ Interventions are needed to provide timely and effective help to adolescents considering suicide.

In CNMI and Palau, 17.0% and 10.6%, respectively, of high school students were overweight, and 16.6% and 11.1%, respectively, were at risk for becoming overweight; these rates are similar to prevalence rates in the United States.³⁴ Given the association between overweight and chronic health problems such as diabetes, hyperlipidemia, and hypertension, students could benefit from school health programs on healthful eating and the importance of physical activity.⁴⁰

COMMONWEALTH OF PUERTO RICO

Puerto Rico's public health sector is managed by the United States. Although the United States and Puerto Rico have the same government providing health services, the prevalence of health-risk behaviors among high school students in the United States and high school students in Puerto Rico are significantly different for most of the risk behaviors measured by the YRBSS. Differences between prevalence estimates for the United States and Puerto Rico were considered statistically significant if the t-test p-value was <0.05.

Puerto Rican high school students were significantly more likely than U.S. high school students to engage in the following behaviors or report the following asthma-related health outcomes:

- Rarely or never wore a bicycle helmet (U.S.: 83.4%; PR: 94.4%).
 - Rode with a driver who had been drinking alcohol (U.S.: 28.5%; PR: 32.6%).
 - Did not go to school because of safety concerns (U.S.: 6.0%; PR: 13.4%).
 - Felt sad or hopeless (U.S.: 28.5%; PR: 32.1%).
 - Attempted suicide (U.S.: 8.4%; PR: 14.8%).
 - Suicide attempt treated by a doctor or nurse (U.S.: 2.3%; PR: 3.7%).
 - Tried to quit smoking cigarettes (U.S.: 54.6%; PR: 64.8%).
 - Drank alcohol before age 13 years (U.S.: 25.6%; PR: 26.7%).
 - Did not use a condom during last sexual intercourse (U.S.: 47.2%; PR: 58.2%).
 - No vigorous or moderate physical activity (U.S.: 9.6%; PR: 21.2%).
 - Watched television ≥ 3 hours per day (U.S.: 37.2%; PR: 48.9%).
 - Lifetime asthma (U.S.: 17.1%; PR: 31.5%).
 - Current asthma (U.S.: 14.5%; PR: 17.5%).
 - Asthma episode or attack (U.S.: 37.9%; PR: 45.5%).
- Puerto Rican high school students were less likely than U.S. high school students to engage in the following behaviors:
- Rarely or never wore a seat belt (U.S.: 10.2%; PR: 6.5%).
 - Drove when drinking alcohol (U.S.: 9.9%; PR: 7.3%).
 - Carried a weapon (U.S.: 18.5%; PR: 8.9%).
 - Carried a gun (U.S.: 5.4%; PR: 4.0%).
 - Carried a weapon on school property (U.S.: 6.5%; PR: 3.6%).
 - Threatened or injured with a weapon on school property (U.S.: 7.9%; PR: 6.3%).
 - Property stolen or deliberately damaged on school property (U.S.: 29.8%; PR: 21.0%).
 - In a physical fight (U.S.: 35.9%; PR: 25.9%).
 - Dating violence (U.S.: 9.2%; PR: 7.6%).
 - Seriously considered attempting suicide (U.S.: 16.9%; PR: 11.8%).
 - Made a suicide plan (U.S.: 13.0%; PR: 10.5%).
 - Lifetime cigarette use (U.S.: 54.3%; PR: 36.3%).
 - Lifetime daily cigarette use (U.S.: 13.4%; PR: 5.5%).
 - Current cigarette use (U.S.: 23.0%; PR: 10.5%).
 - Current frequent cigarette use (U.S.: 9.4%; PR: 2.3%).
 - Smoked ≥ 10 cigarettes per day (U.S.: 10.7%; PR: 3.0%).

- Current smokeless tobacco use (U.S.: 8.0%; PR: 2.7%).
- Current cigar use (U.S.: 14.0%; PR: 10.1%).
- Current tobacco use (U.S.: 28.4%; PR: 11.8%).
- Lifetime alcohol use (U.S.: 74.3%; PR: 67.0%).
- Lifetime marijuana use (U.S.: 38.4%; PR: 12.5%).
- Current marijuana use (U.S.: 20.2%; PR: 6.8%).
- Lifetime cocaine use (U.S.: 7.6%; PR: 2.1%).
- Current cocaine use (U.S.: 3.4%; PR: 1.3%).
- Lifetime inhalant use (U.S.: 12.4%; PR: 6.7%).
- Lifetime illegal steroid use (U.S.: 4.0%; PR: 2.6%).
- Lifetime methamphetamine use (U.S.: 6.2%; PR: 1.9%).
- Lifetime ecstasy use (U.S.: 6.3%; PR: 2.2%).
- Smoked a whole cigarette before age 13 years (U.S.: 16.0%; PR: 8.1%).
- Tried marijuana before age 13 years (U.S.: 8.7%; PR: 3.9%).
- Smoked cigarettes on school property (U.S.: 6.8%; PR: 2.9%).
- Used smokeless tobacco on school property (U.S.: 5.0%; PR: 1.3%).
- Used marijuana on school property (U.S.: 4.5%; PR: 2.5%).
- Offered, sold, or given an illegal drug by someone on school property (U.S.: 25.4%; PR: 18.2%).
- Ever had sexual intercourse (U.S.: 46.8%; PR: 37.6%).
- Had sexual intercourse with ≥ 4 persons during their life (U.S.: 14.3%; PR: 8.0%).
- Currently sexually active (U.S.: 33.9%; PR: 24.3%).
- Birth control pill use (U.S.: 17.6%; PR: 4.9%).
- Alcohol or drug use before last sexual intercourse (U.S.: 23.3%; PR: 11.7%).
- Drank ≥ 3 glasses of milk per day (U.S.: 16.2%; PR: 12.0%).
- Met currently recommended levels of physical activity (U.S.: 35.8%; PR: 20.8%).
- Met previously recommended levels of physical activity (U.S.: 68.7%; PR: 48.0%).
- Attended PE classes (U.S.: 54.2%; PR: 42.5%).
- Exercise or played sports ≥ 20 minutes during an average PE class (U.S.: 84.0%; PR: 50.2%).
- Played on ≥ 1 sports team (U.S.: 56.0%; PR: 42.4%).
- Described themselves as overweight (U.S.: 31.5%; PR: 26.9%).
- Were trying to lose weight (U.S.: 45.6%; PR: 42.8%).
- Exercised to lose weight or to keep from gaining weight (U.S.: 60.0%; PR: 54.8%).
- Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight (U.S.: 12.3%; PR: 9.8%).
- Described health as fair or poor (U.S.: 8.3%; PR: 6.8%).

Although mortality from HIV/AIDS in Puerto Rico has decreased since 1994, when it was the fourth leading cause of death, it is still the 13th leading cause of mortality in Puerto Rico.² STD incidence rates are increasing. The incidence of gonorrhea increased 35% from 1999 to 2000.² Condom use prevents transmission of many STDs, including HIV infection, but 58.2% of sexually active Puerto Rican high school students did not use condoms during last sexual intercourse.

Previous studies have found that substance use among adolescents in Puerto Rico is alarmingly high, even though the prevalence is still lower than in the United States.⁴¹

Puerto Rico's YRBS confirms this, showing that 39.0% of high school students report current alcohol use and 12.5% have used marijuana during their lifetime. Another study that surveyed both middle school and high school students found that females had markedly higher prevalence of substance use in middle school than in high school.⁴¹ The Puerto Rican High School YRBS shows that 38.9% of females reported current alcohol use and 24.6% drank alcohol before age 13 years.

Although the prevalence of current alcohol use in Puerto Rico is not different than in the United States (39.0% and 43.3%, respectively), the prevalence of adolescents who drank alcohol before age 13 years is higher in Puerto Rico than in the United States.³⁴ This finding provides evidence that drug prevention programs are needed for adolescents, especially females, in Puerto Rico before they enter middle school.⁴¹

Puerto Rican adolescents have a higher prevalence of lifetime asthma (31.5%), current asthma (17.5%), and having an asthma episode or attack (45.5%) than their U.S. counterparts (17.1%, 14.5%, and 37.9%, respectively). High rates of asthma have been previously documented in Puerto Rico.⁴² This finding may be explained by some of the risk factors for asthma, such as tobacco use and exposure to tobacco smoke, indoor allergens, and outdoor allergens.⁴³

Puerto Rico has a lower prevalence of high school students who carried a weapon (8.9%), carried a gun (4.0%), carried a weapon on school property (3.6%), and were in a physical fight (25.9%) than the United States (18.5%, 5.4%, 6.5%, and 35.9%, respectively).³⁴ However, Puerto Rican students have a higher prevalence of not going to school because of safety concerns than U.S. students (13.4% and 6.0%, respectively).³⁴

LIMITATIONS

The findings in this report are subject to multiple limitations. First, these data apply only to youth who attend public school and therefore are not representative of all persons in this age group. Second, the extent of under- or overreporting of behaviors cannot be determined, although survey questions demonstrate good test-retest reliability.⁴⁴ Third, BMI is calculated on the basis of self-reported height and weight, and therefore tends to underestimate the prevalence of overweight and at risk for becoming overweight.⁴⁵

APPLICATIONS OF DATA AND RESOURCES

Education agencies use YRBS data to set health education and health promotion goals, to support curricula modifications, to support legislation that promotes health, and to seek funding for new initiatives. CNMI's public school system disseminated the results of the 2003 YRBS data to key stakeholders to drive programmatic decision making, planning, and development. For example, peer education programs, including a media-based campaign, were introduced to address health issues among adolescents. In addition, a newly initiated parent-youth training program facilitates parent-youth communication on sexual behavior and substance use.

Palau's Ministry of Education used their 2005 YRBS data to develop an HIV/AIDS administrative policy that requires HIV education be taught in schools. YRBS data also helped secure funds to expand youth outreach programs that use peer education to address adolescent health issues. The 2002 Palau Student Partnership Conference focused primarily on health risk behaviors identified by the YRBS. Continued support for YRBSS will help monitor and ensure the effectiveness of these and other public health and school health programs for youth.

With funding from CDC for HIV Prevention for School-Age Youth, the territorial education agencies in CNMI, Palau, and Puerto Rico plan to promote school health education and HIV prevention through professional development, teacher training, program evaluation, collaboration, and policy revision. CNMI's public school system will review and refine its school-based HIV/AIDS policies and establish an evaluation plan to assess HIV programs. School officials plan to provide professional development and teacher training to middle school and high school teachers on HIV curricula. In addition, CNMI plans to collaborate with external agencies to address the students at highest risk for HIV infection and AIDS.

The Palau Ministry of Education will provide teacher training on HIV infection and AIDS to educators within public schools. In addition, Palau will use peer leadership groups, the peer Student Partnership Conference, and Young PRIDE to increase student awareness about HIV/AIDS. In conjunction with these efforts, the Palau Ministry of Education will develop a calendar of events for providing HIV/AIDS prevention education in schools. Additional efforts that will address other health risk behaviors and health problems also are planned to further reduce risks and improve the short- and long-term health outcomes of adolescents in the Pacific Island territories.

REFERENCES

1. World Health Organization Regional Office for the Western Pacific. Child health Web site. http://www.wpro.who.int/health_topics/child_health/general_info.htm. Accessed March 21, 2007.
2. Pan American Health Organization. Health Situation and Trend Analysis: Puerto Rico. http://www.paho.org/English/DD/AIS/cp_630.htm. Accessed April 3, 2007.
3. Central Intelligence Agency. *The World Factbook 2007: Northern Mariana Islands*. <https://www.cia.gov/library/publications/the-world-factbook/index.html>. Accessed April 2, 2007.
4. Commonwealth Development Authority. Investing in the Marianas: Transportation. <http://www.cda.gov.mp/transport.htm>. Accessed April 2, 2007.
5. The CNMI Guide: Commonwealth of the Northern Mariana Islands Information. <http://www.cnmi-guide.com/info/>. Accessed April 2, 2007.
6. World Health Organization Regional Office for the Western Pacific. Country Health Information Profiles, Northern Mariana Islands. http://www.wpro.who.int/NR/rdonlyres/5D6E8D26-8246-46AB-913D-90E9AAA48DA1/0/27_Northern_Mariana_Islands.pdf. Accessed April 2, 2007.
7. "Northern Mariana Islands, World Data." *Encyclopaedia Britannica* online. <http://www.britannica.com/wdpdf/NorthernMarianaIslands.pdf>. Accessed April 3, 2007.
8. Commonwealth Development Authority. Investing in the Marianas: Health. <http://www.cda.gov.mp/health.htm>. Accessed April 3, 2007.
9. Commonwealth Development Authority. Investing in the Marianas: Education. <http://www.cda.gov.mp/edu.htm>. Accessed April 2, 2007.
10. Commonwealth of the Northern Mariana Islands Public School System. PSS Central Office. <http://www.pss.cnmi.mp/PSSCentralOffice/index2.cfm>. Accessed April 2, 2007.
11. Central Intelligence Agency. *The World Factbook 2007: Palau*. <https://www.cia.gov/library/publications/the-world-factbook/index.html>. Accessed April 2, 2007.
12. Embassy of the Republic of Palau. Visitor Information. April 2, 2007. <http://www.palauembassy.com/Travel.htm>. Accessed April 2, 2007.
13. U.S. Department of State. Bureau of East Asian and Pacific Affairs. Background Note: Palau. September 2006. <http://www.state.gov/r/35/ei/bgn/1840.htm>. Accessed April 2, 2007.
14. "Palau, World Data." *Encyclopaedia Britannica* online. <http://www.britannica.com/wdpdf/Palau.pdf>. Accessed April 3, 2007.
15. "Palau, History." *Encyclopaedia Britannica* online. <http://www.britannica.com/eb/article-54026/Palau>. Accessed April 3, 2007.
16. World Health Organization Regional Office for the Western Pacific. Country Health Information Profiles, Palau. http://www.wpro.who.int/NR/rdonlyres/92431EE4-C99E-498A-ABFD-AFE3A06A78A8/0/28_Palau.pdf. Accessed April 2, 2007.

17. Republic of Palau Ministry of Education. Elementary and High School. http://www.palaumoe.net/school/elem_high.htm. Accessed April 2, 2007.
18. Central Intelligence Agency. *The World Factbook 2007: Puerto Rico*. <https://www.cia.gov/library/publications/the-world-factbook/index.html>. Accessed April 3, 2007.
19. Welcome to Puerto Rico. Puerto Rico Description. <http://welcome.topuertorico.org/descrip.shtml>. Accessed February 1, 2007.
20. Welcome to Puerto Rico. Puerto Rico Description. <http://welcome.topuertorico.org/geogra.shtml>. Accessed February 1, 2007.
21. "Puerto Rico, Introduction." *Encyclopaedia Britannica* online. <http://www.britannica.com/ebc/article-9376116>. Accessed February 2, 2007.
22. U.S. National Archives and Records Administration. Records of the Spanish Governors of Puerto Rico. <http://www.archives.gov/research/guide-fed-records/groups/186.html>. Accessed February 2, 2007.
23. "Puerto Rico, Administration and Social Conditions, Government." *Encyclopaedia Britannica* online. <http://www.britannica.com/eb/article-54539/Puerto-Rico>. Accessed February 2, 2007.
24. Welcome to Puerto Rico. Puerto Rico Description. <http://welcome.topuertorico.org/government.shtml>. Accessed February 1, 2007.
25. Pan American Health Organization, Health Analysis and Statistics Unit (HA). Health Situation in the Americas: Basic Indicators 2006. Washington, 21.19., 2006.
26. Welcome to Puerto Rico. Puerto Rico Description. <http://welcome.topuertorico.org/people.shtml>. Accessed February 1, 2007.
27. U.S. Census Bureau. Puerto Rico, 2005 American Community Survey. April 5, 2007. <http://factfinder.census.gov/>. Accessed April 5, 2007.
28. "Puerto Rico, The Economy: Transportation." *Encyclopaedia Britannica* online. <http://www.britannica.com/eb/article-54537/Puerto-Rico>. Accessed February 2, 2007.
29. "Puerto Rico, The Economy." *Encyclopaedia Britannica* online. <http://www.britannica.com/eb/article-54530/Puerto-Rico>. Accessed February 2, 2007.
30. "Puerto Rico, Administration and Social Conditions, Education." *Encyclopaedia Britannica* online. <http://www.britannica.com/eb/article-54540/Puerto-Rico>. Accessed February 2, 2007.
31. Kuczumski RJ, Ogden CL, Grummer-Strawn LM, et al. CDC growth charts: United States. *Adv Data*. 2000;314.
32. SAS Institute, Inc. SAS,® version 8.02 [Software and documentation]. Cary, NY: SAS Institute, 2001.
33. The Global Youth Tobacco Survey Collaborative Group. Tobacco use among youth: a cross country comparison. *Tob Control*. 2002;11:252–270.
34. Centers for Disease Control and Prevention. Youth Risk Behaviors Surveillance: United States, 2005. *MMWR*. 2006;55(SS-5).
35. Warnakulasuriya S, Trivedy C, Peters TJ. Areca nut use: an independent risk factor for oral cancer: the health problem is under-recognized. *BMJ*. 2002;324:799–800.

36. Oakley 24, Demaine L, Warnakulasuriya S. Areca (betel) nut chewing habit among high-school children in the Commonwealth of the Northern Mariana Islands (Micronesia). *Bulletin of the World Health Organization*. 2005;83(9):656–660.
37. Europe, Asia, Africa Strategic Intelligence Unit of the Office of Strategic Intelligence. DEA resources, for law enforcement officers, intelligence reports, New Zealand country brief 2004. The Pacific Islands Region. <http://www.dea.gov/pubs/intel/04012/04012.html>. Accessed April 5, 2007.
38. World Health Organization. World report on road traffic injury prevention: summary. April 7, 2004. <http://www.who.int/mediacentre/factsheets/fs307/en/print.html>. Accessed April 5, 2007.
39. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, *MMWR Surveillance Summaries*. 2006;55(No.SS-5).
40. Freedman DS, Dietz WH, Srinivasan SR, Berenson GS. The relation of overweight to cardiovascular risk factors among children and adolescents: the Bogalusa heart study. *Pediatrics*. 1999;103:1175–1182.
41. Latimer W, Floyd LJ, Vasquez M, O'Brien M, Arzola A, Rivera N. Substance use among school-based youths in Puerto Rico: Differences between gender and grade levels. *Addict Behav*. 2004;29:1659–1664.
42. Loyo-Berríos NI, Orengo JC, and Serrano-Rodríguez RA. Child asthma prevalence in Northern Puerto Rico, the Rio Grande, and Loíza Experience. *J Asthma*. 2006;43:619-624.
43. World Health Organization. Fact Sheet N 307, Asthma. August 2006. <http://www.who.int/mediacentre/factsheets/fs307/en/print.html>. Accessed April 5, 2007.
44. Brener ND, Kann L, McManus T, Kinchen SA, Sundberg EC, Ross JG. Reliability of the 1999 Youth Risk Behavior Survey questionnaire. *J Adolesc Health*. 2002;31:336–342.
45. Brener ND, McManus T, Galuska DA, Lowry R, Wechsler H. Reliability and validity of self-reported height and weight among high school students. *J Adolesc Health*. 2003;32:281–287.

TABLES

2005 YOUTH RISK BEHAVIOR SURVEY

Table 1. Sample sizes, response rates, and demographic characteristics — selected U.S. territories, High School and Middle School Youth Risk Behavior Survey, 2005

Student sample size	Response Rate (%)		Sex (%)		Grade (%)				Race/Ethnicity (%)				
	School	Student	Male	Female	9	10	11	12	Carolinian Chamorro	Asian	Hispanic/Latino	Palauan	Other
High School													
2371	100	85	51.0	49.0	30.7	28.3	19.2	21.5	6.7	43.3	18.5	NA	31.5*
600	100	95	47.0	53.0	32.3	25.3	20.7	21.5	NA	NA	NA	91.2	8.8†
2640	91	85	47.6	52.4	33.7	29.7	19.5	16.8	NA	NA	83.7	NA	16.3‡
Middle School													
1556	100	86	51.9	48.1	14.4	43.7	41.6	8.8	42.3	19.3	NA	NA	29.6†
739	100	95	51.0	49.0	36.2	29.9	33.6	NA	NA	NA	NA	87.3	12.7‡

* Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

† Black, Hispanic/Latino, White, All Other Races, Multiple Races.

‡ Black, White, Multiple Races, All Other Races.

NA = Not applicable.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

2005 HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

Table 2a. Percentage of high school students who rarely or never wore a seat belt* or a bicycle helmet,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a seat belt			
Race/Ethnicity			
Carolinian	12.3	— [§]	12.9
Chamorro	16.7	13.2	15.2
Filipino/Asian	10.8	10.2	10.5
Other [¶]	15.9	10.8	13.5
Grade			
9	13.8	14.3	14.1
10	13.2	7.8	10.7
11	13.7	11.4	12.7
12	18.0	13.5	15.8
Total	15.0	11.9	13.6
Rarely or never wore a bicycle helmet			
Race/Ethnicity			
Carolinian	—	—	92.0
Chamorro	95.5	95.2	95.2
Filipino/Asian	83.5	—	88.4
Other	91.9	94.0	92.8
Grade			
9	93.3	94.0	93.6
10	89.2	96.3	91.6
11	95.3	—	95.9
12	91.6	—	92.3
Total	92.0	95.1	93.1

* When riding in a car driven by someone else.

† Among the 48.9% of students who had ridden a bicycle during the 12 months preceding the survey.

§ Not available.

¶ Micronesia, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 3a. Percentage of high school students who rode in a car or other vehicle driven by someone who had been drinking alcohol* and who drove a car or other vehicle when they had been drinking alcohol,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Carolinian	54.5	— [†]	51.2
Chamorro	59.1	53.6	56.4
Filipino/Asian	37.5	31.0	34.4
Other [§]	47.8	45.5	46.7
Grade			
9	49.2	43.8	46.4
10	48.9	43.6	46.5
11	55.6	49.0	52.3
12	52.0	50.9	51.5
Total	51.3	46.5	49.0
Drove when drinking alcohol			
Race/Ethnicity			
Carolinian	20.2	—	12.8
Chamorro	20.6	13.1	17.0
Filipino/Asian	11.3	5.2	8.4
Other	18.2	10.4	14.1
Grade			
9	11.0	8.5	9.7
10	12.6	5.8	9.4
11	21.7	10.5	16.0
12	29.9	17.2	23.2
Total	18.0	10.2	14.1

* One or more times during the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 4a. Percentage of high school students who carried a weapon* or a gun,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Carolinian	23.2	— [§]	14.5
Chamorro	28.5	5.2	16.9
Filipino/Asian	18.8	2.2	10.8
Other [¶]	32.8	10.0	20.7
Grade			
9	26.1	8.6	17.2
10	26.0	5.8	16.5
11	30.1	5.8	17.6
12	25.7	3.3	13.7
Total	27.5	6.2	16.8
Carried a gun			
Race/Ethnicity			
Carolinian	5.1	—	3.3
Chamorro	12.8	0.5	6.8
Filipino/Asian	7.9	0.0	4.1
Other	8.6	1.1	4.8
Grade			
9	8.5	1.3	4.8
10	9.4	0.7	5.3
11	12.6	0.3	6.4
12	9.2	0.0	4.3
Total	10.1	0.6	5.4

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ Not available.

¶ Micronesia, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 5a. Percentage of high school students who were in a physical fight* and who were injured in a physical fight,*† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
In a physical fight			
Race/Ethnicity			
Carolinian	39.6	— [§]	32.8
Chamorro	37.4	26.6	32.0
Filipino/Asian	32.1	19.3	26.2
Other [¶]	41.2	26.7	33.9
Grade			
9	34.9	29.2	32.1
10	44.0	20.0	33.0
11	35.6	24.0	29.6
12	32.2	26.3	29.0
Total	37.7	25.2	31.5
Injured in a physical fight			
Race/Ethnicity			
Carolinian	7.3	—	5.6
Chamorro	7.0	2.4	4.7
Filipino/Asian	6.7	0.8	3.9
Other	6.6	4.6	5.7
Grade			
9	6.4	3.2	5.0
10	6.5	1.4	4.1
11	5.9	2.7	4.2
12	7.8	4.4	6.0
Total	6.8	2.9	4.9

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ Not available.

¶ Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 6a. Percentage of high school students who experienced dating violence* and who were ever physically forced to have sexual intercourse,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Dating violence			
Race/Ethnicity			
Carolinian	14.1	— [§]	9.3
Chamorro	10.5	10.3	10.4
Filipino/Asian	11.2	12.5	11.8
Other [¶]	7.0	7.9	7.5
Grade			
9	6.4	5.5	5.9
10	9.4	7.7	8.6
11	12.1	11.4	11.7
12	12.2	15.0	13.6
Total	9.9	9.4	9.8
Forced to have sexual intercourse			
Race/Ethnicity			
Carolinian	10.9	—	15.5
Chamorro	10.6	18.1	14.4
Filipino/Asian	8.4	13.3	10.7
Other	13.0	18.7	15.8
Grade			
9	7.7	17.1	12.4
10	10.6	17.4	13.6
11	10.6	17.7	14.2
12	16.2	18.5	17.4
Total	10.9	17.6	14.3

* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months preceding the survey.

† When they did not want to.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 7a. Percentage of high school students who carried a weapon on school property*† and were threatened or injured with a weapon on school property,†§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon on school property			
Race/Ethnicity			
Carolinian	8.6	—†	5.3
Chamorro	10.8	2.3	6.7
Filipino/Asian	6.2	1.0	3.7
Other**	11.9	4.2	8.0
Grade			
9	7.5	3.7	5.6
10	8.7	2.6	5.9
11	11.6	1.8	6.7
12	13.2	1.6	7.0
Total	10.1	2.6	6.4
Threatened or injured with a weapon on school property			
Race/Ethnicity			
Carolinian	13.4	—	11.8
Chamorro	8.7	3.9	6.5
Filipino/Asian	9.0	2.6	6.1
Other	10.6	6.9	9.1
Grade			
9	9.7	7.2	8.7
10	9.4	5.1	7.4
11	8.2	2.5	5.2
12	9.1	4.3	6.6
Total	9.7	5.1	7.6

* On ≥ 1 of the 30 days preceding the survey.

† For example, a gun, knife, or club.

§ One or more times during the 12 months preceding the survey.

¶ Not available.

** Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 8a. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or deliberately damaged on school property,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005**

Question	Male %	Female %	Total %
In a physical fight on school property			
Race/Ethnicity			
Carolinian	18.1	— [‡]	14.5
Chamorro	16.3	10.1	13.2
Filipino/Asian	10.8	4.5	8.0
Other**	19.9	12.4	16.0
Grade			
9	16.8	13.4	15.1
10	16.9	6.2	12.1
11	16.4	10.3	13.2
12	14.0	8.9	11.3
Total	16.4	9.9	13.2
Did not go to school because of safety concerns			
Race/Ethnicity			
Carolinian	9.5	—	12.5
Chamorro	7.6	6.5	7.1
Filipino/Asian	3.4	4.3	3.9
Other	10.2	9.8	10.3
Grade			
9	6.9	8.4	7.9
10	8.2	9.6	8.8
11	5.2	5.3	5.3
12	9.0	7.1	8.0
Total	7.8	7.8	7.9
Had property stolen or deliberately damaged on school property			
Race/Ethnicity			
Carolinian	24.0	—	24.3
Chamorro	23.5	21.2	22.4
Filipino/Asian	30.1	25.4	28.0
Other	24.9	23.9	24.4
Grade			
9	25.9	26.3	26.1
10	24.2	22.0	23.1
11	25.9	19.7	22.9
12	25.4	23.2	24.2
Total	25.3	23.1	24.3

* One or more times during the 12 months preceding the survey.

† On ≥1 of the 30 days preceding the survey.

§ For example, car, clothing, or books.

[‡] Not available.

** Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 9a. Percentage of high school students who felt sad or hopeless,*† who seriously considered attempting suicide,† and who made a plan about how they would attempt suicide,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Felt sad or hopeless			
Race/Ethnicity			
Carolinian	33.1	— [§]	39.7
Chamorro	27.8	46.1	36.8
Filipino/Asian	30.9	39.2	34.8
Other [¶]	37.5	47.3	42.3
Grade			
9	26.3	50.6	38.4
10	34.2	47.5	40.2
11	32.1	40.7	36.6
12	35.6	39.8	37.7
Total	31.7	45.4	38.5
Seriously considered attempting suicide			
Race/Ethnicity			
Carolinian	23.5	—	27.5
Chamorro	20.2	38.4	29.3
Filipino/Asian	14.9	28.4	21.3
Other	22.8	39.2	31.2
Grade			
9	19.6	41.2	30.6
10	17.2	34.8	25.2
11	22.9	36.4	29.9
12	22.1	33.0	27.8
Total	20.2	36.6	28.3
Made a suicide plan			
Race/Ethnicity			
Carolinian	24.6	—	26.3
Chamorro	20.3	38.4	29.2
Filipino/Asian	16.4	27.5	21.6
Other	21.9	33.2	27.7
Grade			
9	18.4	37.7	28.2
10	19.1	33.0	25.3
11	21.0	35.9	28.8
12	22.6	29.4	26.1
Total	20.3	34.2	27.1

* Almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 10a. Percentage of high school students who actually attempted suicide*† and whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attempted suicide			
Race/Ethnicity			
Carolinian	— [§]	—	21.2
Chamorro	12.3	25.5	19.0
Filipino/Asian	12.4	24.8	18.5
Other [¶]	13.5	29.2	21.8
Grade			
9	14.3	29.8	22.2
10	9.6	27.4	18.2
11	13.8	25.9	20.2
12	12.8	22.5	18.1
Total	13.0	26.6	19.9
Suicide attempt treated by a doctor or nurse			
Race/Ethnicity			
Carolinian	—	—	6.2
Chamorro	2.5	6.2	4.5
Filipino/Asian	5.5	4.1	4.8
Other	5.1	7.7	6.5
Grade			
9	2.4	5.1	3.8
10	3.5	8.1	5.7
11	6.0	6.0	6.2
12	5.2	6.3	5.8
Total	4.1	6.3	5.3

* During the 12 months preceding the survey.

† One or more times.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 11a. Percentage of high school students who ever smoked cigarettes, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Carolinian	—†	—	84.9
Chamorro	85.6	89.2	87.4
Filipino/Asian	72.2	68.7	70.5
Other [§]	81.2	83.4	82.5
Grade			
9	77.4	79.5	78.5
10	78.8	81.1	80.0
11	84.2	85.5	85.0
12	89.1	90.0	89.6
Total	81.6	83.6	82.7
Lifetime daily cigarette use[¶]			
Race/Ethnicity			
Carolinian	10.0	—	11.6
Chamorro	17.7	28.2	23.0
Filipino/Asian	19.2	14.1	16.7
Other	13.1	17.8	15.6
Grade			
9	11.1	16.9	14.0
10	16.2	17.7	17.1
11	21.5	21.6	21.5
12	17.6	32.0	25.3
Total	16.0	21.5	18.7

* Ever tried cigarette smoking, even one or two puffs.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

¶ Ever smoked at least one cigarette every day for 30 days.

Table 12a. Percentage of high school students who currently smoked cigarettes, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Carolinian	— [†]	—	28.9
Chamorro	40.3	45.6	43.0
Filipino/Asian	27.0	25.0	26.0
Other [§]	31.6	34.7	33.7
Grade			
9	27.0	30.7	29.1
10	31.9	32.9	32.5
11	38.2	43.3	40.9
12	41.1	47.3	44.7
Total	33.7	37.6	35.8
Current frequent cigarette use[¶]			
Race/Ethnicity			
Carolinian	—	—	2.9
Chamorro	12.6	17.1	15.0
Filipino/Asian	10.6	7.2	9.0
Other	6.4	11.0	9.0
Grade			
9	7.6	6.8	7.1
10	8.7	11.3	10.0
11	13.6	13.4	13.5
12	9.8	20.7	16.1
Total	9.6	12.5	11.1
Smoked ≥ 10 cigarettes/day**			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	6.2	3.9	4.9
Filipino/Asian	—	—	3.6
Other	—	—	5.3
Grade			
9	—	4.2	3.5
10	—	—	5.9
11	—	2.9	3.1
12	—	—	6.4
Total	5.0	4.6	4.7

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[¶] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** On the days they smoked during the 30 days preceding the survey, among the 35.8% of students who reported current cigarette use.

Table 13a. Percentage of high school students who tried to quit smoking cigarettes* and who usually got their own cigarettes by buying them in a store or gas station,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Tried to quit smoking cigarettes			
Race/Ethnicity			
Carolinian	— [§]	—	—
Chamorro	76.3	82.2	79.6
Filipino/Asian	—	—	79.4
Other [¶]	—	—	78.7
Grade			
9	—	—	80.9
10	—	—	83.0
11	—	76.7	76.6
12	—	—	76.7
Total	76.4	81.3	79.3
Bought cigarettes in a store or gas station			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	42.8	23.5	32.0
Filipino/Asian	—	—	—
Other	—	—	28.1
Grade			
9	—	—	21.6
10	—	—	28.0
11	—	24.3	33.4
12	—	—	—
Total	38.5	22.7	29.5

* During the 12 months preceding the survey, among the 35.8% of students who reported current cigarette use.

† During the 30 days preceding the survey, among the 34.9% of students who were aged <18 years and who reported current cigarette use.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 14a. Percentage of high school students who currently used smokeless tobacco,* currently smoked cigars,† and currently used tobacco,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Carolinian	— [¶]	—	56.9
Chamorro	53.2	34.9	44.1
Filipino/Asian	16.5	6.4	11.8
Other**	44.3	33.1	38.2
Grade			
9	38.4	29.7	33.9
10	42.6	30.6	37.0
11	49.0	33.3	40.9
12	47.9	26.9	36.8
Total	43.6	30.1	36.9
Current cigar use			
Race/Ethnicity			
Carolinian	8.9	—	9.7
Chamorro	10.5	5.6	8.1
Filipino/Asian	8.8	4.2	6.8
Other	11.5	8.0	9.9
Grade			
9	9.1	9.2	9.2
10	7.7	4.0	6.0
11	9.4	4.7	7.1
12	15.5	6.9	11.2
Total	10.4	6.4	8.6
Current tobacco use			
Race/Ethnicity			
Carolinian	—	—	62.9
Chamorro	62.8	57.3	59.9
Filipino/Asian	31.7	27.4	29.6
Other	50.5	46.4	48.6
Grade			
9	45.3	43.9	44.7
10	51.7	45.5	48.9
11	58.0	50.7	54.2
12	58.9	55.2	56.9
Total	52.7	48.2	50.4

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

§ Current cigarette use, current smokeless tobacco use, or current cigar use.

¶ Not available.

** Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 15a. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime alcohol use*			
Race/Ethnicity			
Carolinian	— [†]	—	74.3
Chamorro	80.2	80.1	80.2
Filipino/Asian	67.7	65.8	66.8
Other [§]	73.3	68.6	70.4
Grade			
9	62.8	62.7	62.6
10	73.8	73.7	73.7
11	83.8	75.7	79.6
12	87.0	84.1	85.5
Total	75.2	73.1	73.9
Current alcohol use[¶]			
Race/Ethnicity			
Carolinian	—	—	48.9
Chamorro	52.6	46.3	49.4
Filipino/Asian	39.9	33.2	36.6
Other	45.1	34.8	39.5
Grade			
9	37.4	34.5	35.8
10	43.9	37.6	40.9
11	49.9	39.1	44.3
12	64.7	51.0	57.2
Total	47.6	40.0	43.6
Episodic heavy drinking**			
Race/Ethnicity			
Carolinian	25.9	—	27.6
Chamorro	37.0	25.3	31.2
Filipino/Asian	21.2	14.2	17.9
Other	31.7	22.5	26.9
Grade			
9	24.2	20.3	22.2
10	29.6	16.6	23.7
11	34.3	22.5	28.2
12	41.0	32.4	36.5
Total	31.4	22.6	27.0

* Had at least one drink of alcohol on ≥ 1 day during their life.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[¶] Had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

** Had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey.

Table 16a. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime marijuana use*			
Race/Ethnicity			
Carolinian	—†	—	65.5
Chamorro	73.4	63.0	68.2
Filipino/Asian	38.4	28.1	33.4
Other [§]	65.9	50.0	57.8
Grade			
9	54.8	38.8	46.7
10	58.8	48.8	54.3
11	73.8	62.7	67.9
12	76.2	65.7	70.6
Total	63.9	52.2	58.1
Current marijuana use[¶]			
Race/Ethnicity			
Carolinian	—	—	37.1
Chamorro	43.8	31.1	37.4
Filipino/Asian	17.2	9.1	13.3
Other	35.1	20.1	27.6
Grade			
9	28.6	17.9	23.3
10	34.1	22.8	28.9
11	41.9	26.8	34.0
12	42.8	29.3	35.7
Total	35.9	23.5	29.8

* Used marijuana one or more times during their life.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

¶ Used marijuana one or more times during the 30 days preceding the survey.

Table 17a. Percentage of high school students who used cocaine and who injected illegal drugs, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cocaine use*			
Race/Ethnicity			
Carolinian	7.4	— [†]	5.6
Chamorro	7.3	1.9	4.7
Filipino/Asian	6.5	2.7	4.7
Other [§]	7.2	4.6	5.8
Grade			
9	5.4	2.6	4.0
10	5.5	1.7	3.7
11	5.7	4.5	5.2
12	11.8	3.9	7.6
Total	7.2	3.0	5.1
Current cocaine use[¶]			
Race/Ethnicity			
Carolinian	5.6	—	4.1
Chamorro	4.1	0.3	2.2
Filipino/Asian	2.5	1.0	1.8
Other	2.8	1.9	2.3
Grade			
9	2.7	1.5	2.1
10	2.5	1.0	1.8
11	2.8	1.0	1.9
12	6.2	0.7	3.3
Total	3.6	1.1	2.3
Lifetime illegal injection-drug use**			
Race/Ethnicity			
Carolinian	9.8	—	7.5
Chamorro	4.5	2.0	3.2
Filipino/Asian	3.2	0.8	2.1
Other	6.4	2.4	4.8
Grade			
9	4.7	2.6	3.8
10	5.4	2.4	4.1
11	4.2	0.7	2.4
12	4.5	2.3	3.3
Total	5.3	2.1	3.8

* Used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[¶] Used any form of cocaine one or more times during the 30 days preceding the survey.

** Used a needle to inject any illegal drug into their body one or more times during their life.

Table 18a. Percentage of high school students who used inhalants* and who took steroids,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime inhalant use			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other [¶]			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			
Lifetime illegal steroid use			
Race/Ethnicity			
Carolinian	9.9	— [§]	6.5
Chamorro	6.4	2.7	4.5
Filipino/Asian	4.2	2.4	3.3
Other	5.2	3.4	4.2
Grade			
9	4.7	3.5	4.1
10	6.1	3.5	4.9
11	3.9	2.6	3.2
12	8.1	1.2	4.5
Total	5.9	2.8	4.4

* Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.

† Took steroid pills or shots without a doctor's prescription one or more times during their life.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

§ Not available.

Table 19a. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime heroin use			
Race/Ethnicity			
Carolinian	9.4	— [¶]	6.3
Chamorro	5.6	0.9	3.3
Filipino/Asian	4.5	0.7	2.7
Other**	6.4	1.5	3.8
Grade			
9	5.2	1.6	3.4
10	5.0	1.5	3.4
11	4.4	0.6	2.6
12	7.0	0.5	3.6
Total	6.0	1.1	3.6
Lifetime methamphetamine use			
Race/Ethnicity			
Carolinian	8.9	—	6.0
Chamorro	7.9	2.2	5.1
Filipino/Asian	6.2	1.5	4.0
Other	6.2	3.0	4.8
Grade			
9	5.6	1.5	3.6
10	5.4	1.3	3.7
11	6.1	3.7	5.0
12	10.3	3.4	6.6
Total	7.2	2.3	4.9
Lifetime ecstasy use			
Race/Ethnicity			
Carolinian	7.5	—	6.4
Chamorro	7.2	2.6	5.0
Filipino/Asian	7.2	1.4	4.6
Other	8.5	3.4	6.3
Grade			
9	5.2	1.9	3.7
10	5.4	2.3	4.2
11	8.4	3.2	5.9
12	10.5	4.1	7.1
Total	7.6	2.8	5.4

* Used heroin (also called “smack,” “junk,” or “China White”) one or more times during their life.

† Used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their life.

§ Used ecstasy (also called “MDMA”) one or more times during their life.

¶ Not available.

** Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 20a. Percentage of high school students who used drugs for the first time before age 13 years, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 13 years			
Race/Ethnicity			
Carolinian	—*	—	28.2
Chamorro	39.4	42.3	40.9
Filipino/Asian	24.3	23.4	23.9
Other†	31.4	30.5	31.0
Grade			
9	36.9	39.5	38.2
10	31.7	29.5	30.8
11	27.8	39.2	34.0
12	33.1	30.6	31.7
Total	32.8	34.9	34.0
Drank alcohol before age 13 years[§]			
Race/Ethnicity			
Carolinian	—	—	19.7
Chamorro	33.9	24.1	29.1
Filipino/Asian	28.9	13.1	21.4
Other	33.1	20.3	26.3
Grade			
9	31.0	29.9	30.3
10	32.6	17.8	25.9
11	32.7	17.3	24.9
12	32.2	12.4	21.6
Total	32.0	20.3	26.1
Tried marijuana before age 13 years			
Race/Ethnicity			
Carolinian	26.4	—	19.9
Chamorro	37.6	14.4	26.0
Filipino/Asian	14.1	1.0	7.8
Other	34.1	10.9	22.2
Grade			
9	35.1	13.3	24.3
10	26.1	8.1	17.7
11	31.4	13.2	21.9
12	32.8	7.4	19.2
Total	31.1	10.6	20.9

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

§ Other than a few sips.

Table 21a. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked cigarettes on school property*			
Race/Ethnicity			
Carolinian	3.0	— [†]	7.3
Chamorro	10.0	13.4	11.7
Filipino/Asian	7.0	7.4	7.2
Other [§]	6.4	13.2	10.3
Grade			
9	7.0	11.9	9.5
10	8.8	10.1	9.5
11	9.2	12.2	10.7
12	6.4	14.8	11.2
Total	7.9	12.2	10.1
Used smokeless tobacco on school property[†]			
Race/Ethnicity			
Carolinian	—	—	46.1
Chamorro	43.8	26.7	35.2
Filipino/Asian	14.0	3.3	9.1
Other	36.3	26.3	30.9
Grade			
9	31.4	22.9	27.0
10	35.7	24.4	30.3
11	39.0	25.8	32.2
12	39.2	21.0	29.5
Total	35.8	23.4	29.6
Drank alcohol on school property**			
Race/Ethnicity			
Carolinian	4.2	—	8.8
Chamorro	4.8	3.4	4.1
Filipino/Asian	3.3	1.2	2.5
Other	7.8	7.4	7.7
Grade			
9	3.8	6.6	5.2
10	6.2	5.1	5.9
11	4.1	2.4	3.2
12	5.5	4.9	5.2
Total	5.3	5.0	5.2

* On ≥ 1 of the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[†] Chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** At least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22a. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Used marijuana on school property*			
Race/Ethnicity			
Carolinian	20.2	—†	14.6
Chamorro	20.9	7.5	14.3
Filipino/Asian	5.3	1.2	3.3
Other [§]	16.3	8.0	12.2
Grade			
9	14.7	5.8	10.2
10	16.9	7.8	12.8
11	16.2	6.4	11.1
12	17.8	6.3	11.6
Total	16.5	6.6	11.6
Offered, sold, or given an illegal drug by someone on school property[¶]			
Race/Ethnicity			
Carolinian	39.2	—	30.6
Chamorro	40.1	30.6	35.4
Filipino/Asian	37.2	23.4	30.5
Other	45.0	35.6	40.1
Grade			
9	35.6	28.0	31.6
10	39.8	31.2	36.0
11	42.3	32.3	37.1
12	49.7	30.4	39.6
Total	41.0	30.3	35.6

* One or more times during the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

¶ During the 12 months preceding the survey.

Table 23a. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Carolinian	—*	—	51.2
Chamorro	57.3	61.8	59.6
Filipino/Asian	28.1	29.6	28.9
Other†	53.2	37.6	44.5
Grade			
9	30.2	30.8	30.5
10	51.4	41.7	46.4
11	60.3	60.5	60.4
12	70.7	60.7	65.3
Total	50.9	46.4	48.4
Had first sexual intercourse before age 13 years			
Race/Ethnicity			
Carolinian	—	—	10.4
Chamorro	12.4	8.2	10.3
Filipino/Asian	4.6	0.5	2.5
Other	14.5	5.7	9.6
Grade			
9	8.4	6.9	7.6
10	13.8	4.6	9.3
11	9.9	9.1	9.7
12	14.7	2.6	8.1
Total	11.7	5.8	8.6
Had sexual intercourse with ≥ 4 persons during their life			
Race/Ethnicity			
Carolinian	—	—	13.0
Chamorro	20.5	13.7	17.0
Filipino/Asian	8.0	4.4	6.2
Other	20.8	9.9	14.7
Grade			
9	9.5	5.2	7.2
10	16.4	9.3	12.9
11	16.5	16.4	16.6
12	33.3	13.0	22.1
Total	18.0	10.3	13.9

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 24a. Percentage of high school students who were currently sexually active,* who used a condom during last sexual intercourse,† and who used birth control pills before last sexual intercourse,‡§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Currently sexually active			
Race/Ethnicity			
Carolinian	— [¶]	—	34.9
Chamorro	38.1	48.1	43.3
Filipino/Asian	17.4	22.0	19.7
Other**	32.9	24.8	28.5
Grade			
9	18.8	22.0	20.5
10	28.6	29.6	29.0
11	40.4	46.3	43.7
12	51.2	45.9	48.4
Total	32.9	34.2	33.6
Condom use			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	49.2	41.2	44.5
Filipino/Asian	—	—	—
Other	—	—	42.6
Grade			
9	—	—	54.5
10	—	—	44.2
11	—	35.9	40.7
12	—	—	37.0
Total	48.5	38.4	43.1
Birth control pill use			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	6.0	9.0	7.7
Filipino/Asian	—	—	—
Other	—	—	5.8
Grade			
9	—	—	3.0
10	—	—	8.3
11	—	9.2	8.4
12	—	—	7.9
Total	5.5	9.0	7.4

* Had sexual intercourse with ≥ 1 person during the 3 months preceding the survey.

† Among the 33.6% of students who were currently sexually active.

‡ To prevent pregnancy.

¶ Not available.

** Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 25a. Percentage of high school students who drank alcohol or used drugs before last sexual intercourse,* and were ever taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Alcohol or drug use before last sexual intercourse			
Race/Ethnicity			
Carolinian	—†	—	—
Chamorro	40.4	17.9	27.3
Filipino/Asian	—	—	—
Other§	—	—	27.3
Grade			
9	—	—	32.5
10	—	—	28.4
11	—	14.7	23.2
12	—	—	22.2
Total	36.5	17.2	26.3
Taught in school about AIDS or HIV infection			
Race/Ethnicity			
Carolinian	73.7	—	75.4
Chamorro	78.2	86.4	82.3
Filipino/Asian	71.6	84.1	77.5
Other	79.5	85.1	82.2
Grade			
9	74.4	81.4	78.0
10	76.0	87.6	81.4
11	80.8	85.7	83.3
12	79.0	86.4	83.0
Total	76.9	85.1	81.0

* Among the 33.6% of students who were currently sexually active.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 26a. Percentage of high school students who ate fruits and vegetables* ≥ 5 times/day[†] and who drank ≥ 3 glasses/day of milk,[†] by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate fruits and vegetables ≥ 5 times/day			
Race/Ethnicity			
Carolinian	30.9	— [§]	24.6
Chamorro	21.7	16.8	19.2
Filipino/Asian	21.4	19.9	20.6
Other [¶]	24.8	21.8	23.1
Grade			
9	21.7	23.4	22.6
10	25.8	13.8	20.1
11	25.1	16.8	20.8
12	19.0	19.9	19.4
Total	23.2	19.0	21.1
Drank ≥ 3 glasses/day of milk			
Race/Ethnicity			
Carolinian	19.7	—	14.2
Chamorro	12.9	6.4	9.7
Filipino/Asian	12.8	3.8	8.4
Other	12.9	9.4	11.0
Grade			
9	14.0	7.9	10.9
10	15.7	7.2	11.7
11	10.5	6.6	8.5
12	11.9	5.4	8.4
Total	13.4	6.9	10.1

* 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

[†] During the 7 days preceding the survey.

[§] Not available.

[¶] Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 27a. Percentage of high school students who met currently recommended levels of physical activity,* who met previously recommended levels of physical activity,† and who participated in no vigorous or moderate physical activity,‡ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Met currently recommended levels of physical activity			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other [¶]			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			
Met previously recommended levels of physical activity			
Race/Ethnicity			
Carolinian	61.6	—**	56.8
Chamorro	63.8	47.8	55.9
Filipino/Asian	61.8	54.7	58.3
Other	66.2	59.5	62.6
Grade			
9	65.6	58.9	62.3
10	63.8	56.9	60.5
11	66.9	51.8	59.3
12	61.6	41.6	51.0
Total	64.0	53.1	58.5
No vigorous or moderate physical activity			
Race/Ethnicity			
Carolinian	12.1	—	12.9
Chamorro	10.3	19.7	15.0
Filipino/Asian	13.4	16.7	14.9
Other	7.9	15.2	11.6
Grade			
9	8.4	10.4	9.4
10	11.2	21.0	15.8
11	10.9	18.5	14.8
12	10.7	21.1	16.1
Total	10.3	17.3	13.7

* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

† Participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not made them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey.

‡ During the 7 days preceding the survey.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

** Not available.

Table 28a. Percentage of high school students who attended physical education (PE) classes,* attended PE classes daily,[†] and actually exercised or played sports ≥ 20 minutes during an average PE class,[§] by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attended PE classes			
Race/Ethnicity			
Carolinian	— [¶]	—	54.4
Chamorro	52.0	44.4	48.1
Filipino/Asian	48.2	38.3	43.6
Other**	54.7	49.2	52.0
Grade			
9	60.8	58.9	59.8
10	53.8	48.7	51.1
11	43.4	30.1	36.4
12	46.9	35.8	41.1
Total	52.5	45.2	48.9
Attended PE classes daily			
Race/Ethnicity			
Carolinian	—	—	40.9
Chamorro	31.8	34.3	33.0
Filipino/Asian	32.6	32.6	32.6
Other	35.7	36.7	36.4
Grade			
9	44.5	45.2	44.9
10	34.7	39.3	36.8
11	26.1	22.8	24.3
12	23.4	29.2	26.4
Total	33.5	35.5	34.5
Exercised or played sports ≥ 20 minutes during an average PE class			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	71.5	80.2	75.6
Filipino/Asian	—	—	82.5
Other	78.3	73.1	75.6
Grade			
9	74.1	79.8	77.0
10	78.8	77.0	78.0
11	77.2	—	78.7
12	—	—	72.3
Total	74.9	78.4	76.5

* On one or more days in an average week when they were in school.

[†] Five days in an average week when they were in school.

[§] Among the 49.4% of students who attended PE classes.

[¶] Not available.

** Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 29a. Percentage of high school students who played on one or more sports teams,* and who watched ≥ 3 hours/day of television,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Played on ≥ 1 sports teams			
Race/Ethnicity			
Carolinian	62.2	— [§]	53.9
Chamorro	51.0	33.0	42.2
Filipino/Asian	48.3	34.6	41.7
Other [¶]	59.3	43.6	51.0
Grade			
9	48.7	39.3	44.0
10	50.7	37.4	44.4
11	57.4	38.0	47.4
12	62.8	34.2	47.6
Total	53.7	37.5	45.7
Watched television ≥ 3 hours/day			
Race/Ethnicity			
Carolinian	28.6	—	30.2
Chamorro	28.5	34.0	31.1
Filipino/Asian	33.5	37.7	35.4
Other	29.0	29.5	29.3
Grade			
9	28.2	32.1	30.1
10	27.3	34.1	30.4
11	32.7	31.3	31.9
12	34.1	34.2	34.1
Total	29.7	33.0	31.2

* Run by their school or community groups during the 12 months preceding the survey.

† On an average school day.

§ Not available.

¶ Micronesians, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 30a. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Carolinian	— [§]	—	15.7
Chamorro	14.2	19.0	16.5
Filipino/Asian	16.4	15.8	16.1
Other [¶]	17.1	17.2	17.2
Grade			
9	13.2	19.6	16.3
10	16.6	17.8	17.2
11	15.1	18.4	16.7
12	17.4	15.4	16.4
Total	15.3	18.0	16.6
Overweight			
Race/Ethnicity			
Carolinian	—	—	24.6
Chamorro	20.2	15.0	17.7
Filipino/Asian	15.2	4.4	10.2
Other	21.7	15.1	18.4
Grade			
9	23.3	15.8	19.7
10	20.4	13.2	17.2
11	17.7	13.9	15.8
12	17.3	11.4	14.3
Total	20.1	13.6	17.0

* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 31a. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Carolinian	22.4	—*	26.0
Chamorro	20.5	29.9	25.1
Filipino/Asian	23.0	27.2	25.0
Other [†]	25.3	29.6	27.2
Grade			
9	21.2	26.9	24.0
10	21.3	31.5	25.9
11	23.1	30.7	27.0
12	26.4	28.0	27.2
Total	22.5	29.2	25.7
Were trying to lose weight			
Race/Ethnicity			
Carolinian	36.9	—	45.0
Chamorro	43.3	59.6	51.2
Filipino/Asian	42.4	57.7	49.7
Other	42.9	54.9	48.9
Grade			
9	44.9	60.3	52.6
10	44.9	57.8	50.7
11	40.1	55.6	48.0
12	39.3	54.4	47.1
Total	42.5	57.4	49.8

* Not available.

[†] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 32a. Percentage of high school students who engaged in healthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	33.4	—†	39.0
Chamorro	36.9	44.1	40.6
Filipino/Asian	37.8	46.8	42.1
Other [§]	36.3	51.5	44.3
Grade			
9	39.6	52.8	46.3
10	37.9	50.0	43.4
11	32.0	42.3	37.4
12	34.9	40.1	37.8
Total	36.6	47.1	42.0
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	66.3	—	67.3
Chamorro	66.2	61.3	63.9
Filipino/Asian	65.7	73.1	69.3
Other	68.5	65.3	67.0
Grade			
9	69.9	70.1	70.0
10	68.0	71.7	69.8
11	62.9	62.7	62.9
12	64.4	53.5	58.5
Total	66.8	65.2	66.1

* During the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 33a. Percentage of high school students who engaged in unhealthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	24.0	— [†]	18.0
Chamorro	15.6	18.6	17.2
Filipino/Asian	10.7	14.1	12.3
Other [§]	16.1	24.1	20.4
Grade			
9	15.5	21.0	18.3
10	13.6	20.9	17.0
11	11.5	17.7	14.9
12	20.7	15.8	18.1
Total	15.4	19.1	17.5
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight[¶]			
Race/Ethnicity			
Carolinian	8.4	—	8.3
Chamorro	6.9	5.0	6.0
Filipino/Asian	7.1	2.2	4.7
Other	10.6	5.6	8.3
Grade			
9	6.3	4.7	5.5
10	8.7	4.7	7.0
11	7.8	4.1	5.9
12	9.5	5.3	7.2
Total	8.2	4.8	6.6
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	7.4	—	7.4
Chamorro	9.1	11.1	10.0
Filipino/Asian	9.8	11.6	10.6
Other	6.2	11.7	9.0
Grade			
9	8.3	11.5	9.9
10	7.3	10.7	8.8
11	7.2	11.7	9.5
12	9.2	10.2	9.7
Total	8.2	11.1	9.6

* During the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[¶] Without a doctor's advice.

Table 34a. Percentage of high school students who had lifetime asthma,* had current asthma,† and who had an episode of asthma or an asthma attack,‡ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime asthma			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other [¶]			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			
Current asthma			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			
Asthma episode or attack			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			

* Ever told by a doctor or nurse they had asthma.

† Had lifetime asthma and during the 12 months preceding the survey, reported either having asthma but no episode or attack or having an asthma episode or attack.

‡ Had an asthma episode or attack during the 12 months preceding the survey, among students with current asthma.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 35a. Percentage of high school students who described their health, in general, as fair or poor, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described health as fair or poor			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other*			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			

* Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

REPUBLIC OF PALAU

2005 HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

Table 2b. Percentage of high school students who rarely or never wore a seat belt* or a bicycle helmet,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a seat belt			
Race/Ethnicity			
Palauan			
Other [§]			
Grade			
9			
10			
11			
12			
Total			
Question Not Asked			
Rarely or never wore a bicycle helmet			
Race/Ethnicity			
Palauan	97.2	96.9	97.0
Other	— [¶]	—	—
Grade			
9	—	—	98.0
10	—	—	96.1
11	—	—	—
12	—	—	—
Total	97.0	96.8	96.8

* When riding in a car driven by someone else.

† Among the 79.3% of students who had ridden a bicycle during the 12 months preceding the survey.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 3b. Percentage of high school students who rode in a car or other vehicle driven by someone who had been drinking alcohol* and who drove a car or other vehicle when they had been drinking alcohol,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Palauan	49.6	51.4	50.5
Other [†]	— [§]	—	—
Grade			
9	—	48.6	43.5
10	—	—	55.1
11	—	—	55.2
12	—	—	48.0
Total	49.1	51.3	50.2
Drove when drinking alcohol			
Race/Ethnicity			
Palauan	19.9	10.3	14.7
Other	—	—	—
Grade			
9	—	—	8.6
10	—	—	13.8
11	—	—	20.5
12	—	—	16.3
Total	19.7	10.4	14.7

* One or more times during the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

Table 4b. Percentage of high school students who carried a weapon* or a gun,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Palauan			
Other [§]			
Grade			
9	Question Not Asked		
10	Question Not Asked		
11	Question Not Asked		
12	Question Not Asked		
Total	Question Not Asked		
Carried a gun			
Race/Ethnicity			
Palauan			
Other			
Grade			
9	Question Not Asked		
10	Question Not Asked		
11	Question Not Asked		
12	Question Not Asked		
Total	Question Not Asked		

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

Table 5b. Percentage of high school students who were in a physical fight* and who were injured in a physical fight,*† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
In a physical fight			
Race/Ethnicity			
Palauan	38.4	19.0	27.9
Other [§]	— [¶]	—	—
Grade			
9	—	18.0	26.4
10	—	—	28.9
11	—	—	31.4
12	—	—	24.7
Total	38.0	19.5	28.0
Injured in a physical fight			
Race/Ethnicity			
Palauan	7.6	2.5	4.9
Other	—	—	—
Grade			
9	—	4.0	4.3
10	—	—	4.7
11	—	—	5.0
12	—	—	6.4
Total	7.3	3.2	5.1

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 6b. Percentage of high school students who experienced dating violence* and who were ever physically forced to have sexual intercourse,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Dating violence			
Race/Ethnicity			
Palauan	15.2	11.4	13.2
Other [§]	— [¶]	—	—
Grade			
9	—	13.0	11.7
10	—	—	11.0
11	—	—	15.5
12	—	—	14.4
Total	13.9	11.7	12.7
Forced to have sexual intercourse			
Race/Ethnicity			
Palauan	17.4	12.5	14.8
Other	—	—	—
Grade			
9	—	10.9	10.0
10	—	—	12.9
11	—	—	12.5
12	—	—	24.6
Total	17.3	12.8	14.8

* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months preceding the survey.

† When they did not want to.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 7b. Percentage of high school students who carried a weapon on school property*† and were threatened or injured with a weapon on school property,‡§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon on school property			
Race/Ethnicity			
Palauan			
Other¶			
Grade			
9	Question Not Asked		
10	Question Not Asked		
11	Question Not Asked		
12	Question Not Asked		
Total	Question Not Asked		
Threatened or injured with a weapon on school property			
Race/Ethnicity			
Palauan			
Other			
Grade			
9	Question Not Asked		
10	Question Not Asked		
11	Question Not Asked		
12	Question Not Asked		
Total	Question Not Asked		

* On ≥1 of the 30 days preceding the survey.

† For example, a gun, knife, or club.

‡ One or more times during the 12 months preceding the survey.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

Table 8b. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or deliberately damaged on school property,§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005**

Question	Male %	Female %	Total %
In a physical fight on school property			
Race/Ethnicity			
Palauan	17.0	7.4	11.8
Other [†]	—**	—	—
Grade			
9	—	6.9	10.6
10	—	—	15.7
11	—	—	11.7
12	—	—	12.2
Total	17.3	8.6	12.6
Did not go to school because of safety concerns			
Race/Ethnicity			
Palauan	17.5	9.4	13.2
Other	—	—	—
Grade			
9	—	4.9	10.4
10	—	—	16.7
11	—	—	12.2
12	—	—	14.4
Total	17.1	10.1	13.4
Had property stolen or deliberately damaged on school property			
Race/Ethnicity			
Palauan	28.4	24.6	26.4
Other	—	—	—
Grade			
9	—	25.5	28.1
10	—	—	25.5
11	—	—	27.6
12	—	—	27.8
Total	28.3	26.2	27.2

* One or more times during the 12 months preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ For example, car, clothing, or books.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 9b. Percentage of high school students who felt sad or hopeless,*† who seriously considered attempting suicide,† and who made a plan about how they would attempt suicide,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %			
Felt sad or hopeless						
Race/Ethnicity						
Palauan	33.3	46.2	40.3			
Other [§]	— [¶]	—	—			
Grade						
9	—	37.6	32.9			
10	—	—	44.9			
11	—	—	49.2			
12	—	—	37.7			
Total	33.6	46.4	40.5			
Seriously considered attempting suicide						
Race/Ethnicity						
Palauan	22.9	38.8	31.4			
Other	—	—	—			
Grade						
9	—	30.9	24.3			
10	—	—	31.1			
11	—	—	38.0			
12	—	—	31.1			
Total	21.6	38.0	30.4			
Made a suicide plan						
Race/Ethnicity						
Palauan	Question Not Asked					
Other						
Grade						
9						
10						
11						
12						
Total						

* Almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 10b. Percentage of high school students who actually attempted suicide*† and whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attempted suicide			
Race/Ethnicity			
Palauan			
Other§			
Grade			
9			
10			
11			
12			
Total			
Question Not Asked			
Suicide attempt treated by a doctor or nurse			
Race/Ethnicity			
Palauan	9.5	8.0	8.7
Other	—†	—	—
Grade			
9	—	—	8.6
10	—	—	8.1
11	—	—	4.1
12	—	—	13.5
Total	10.1	7.7	8.8

* During the 12 months preceding the survey.

† One or more times.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 11b. Percentage of high school students who ever smoked cigarettes, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Palauan	79.0	73.2	75.8
Other [†]	— [§]	—	—
Grade			
9	—	—	64.0
10	—	—	77.3
11	—	—	81.9
12	—	—	79.1
Total	79.0	71.5	74.8
Lifetime daily cigarette use[¶]			
Race/Ethnicity			
Palauan	23.0	10.8	16.4
Other	—	—	—
Grade			
9	—	—	13.2
10	—	—	14.7
11	—	—	23.3
12	—	—	14.5
Total	23.5	11.5	16.9

* Ever tried cigarette smoking, even one or two puffs.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Ever smoked at least one cigarette every day for 30 days.

Table 12b. Percentage of high school students who currently smoked cigarettes, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Palauan	52.0	25.9	37.6
Other [†]	— [§]	—	—
Grade			
9	—	—	29.9
10	—	—	41.2
11	—	—	43.1
12	—	—	—
Total	49.8	26.8	37.0
Current frequent cigarette use[†]			
Race/Ethnicity			
Palauan	14.0	1.6	7.2
Other	—	—	—
Grade			
9	—	—	3.2
10	—	—	6.9
11	—	—	11.8
12	—	—	—
Total	13.8	2.6	7.6
Smoked ≥ 10 cigarettes/day**			
Race/Ethnicity			
Palauan	6.9	—	4.9
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	7.5	—	5.7

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[†] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** On the days they smoked during the 30 days preceding the survey, among the 37.0% of students who reported current cigarette use.

Table 13b. Percentage of high school students who tried to quit smoking cigarettes* and who usually got their own cigarettes by buying them in a store or gas station,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Tried to quit smoking cigarettes			
Race/Ethnicity			
Palauan	76.2	— [§]	73.4
Other [¶]	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	76.1	—	73.5
Bought cigarettes in a store or gas station			
Race/Ethnicity			
Palauan	—	—	17.5
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	17.1

* During the 12 months preceding the survey, among the 37.0% of students who reported current cigarette use.

† During the 30 days preceding the survey, among the 35.8% of students who were aged <18 years and who reported current cigarette use.

§ Not available.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

Table 14b. Percentage of high school students who currently used smokeless tobacco,* currently smoked cigars,† and currently used tobacco,§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Palauan	43.7	38.9	41.1
Other [¶]	—**	—	—
Grade			
9	—	—	38.6
10	—	—	38.1
11	—	—	45.0
12	—	—	43.9
Total	42.8	39.7	41.1
Current cigar use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total	Question Not Asked		
Current tobacco use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total	Question Not Asked		

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

§ Current cigarette use, current smokeless tobacco use, or current cigar use.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 15b. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime alcohol use*			
Race/Ethnicity			
Palauan	68.0	59.5	63.3
Other [†]	— [§]	—	—
Grade			
9	—	—	48.8
10	—	—	64.8
11	—	—	79.3
12	—	—	61.9
Total	67.0	58.3	62.2
Current alcohol use[¶]			
Race/Ethnicity			
Palauan	47.1	34.8	40.2
Other	—	—	—
Grade			
9	—	—	33.1
10	—	—	38.6
11	—	—	53.4
12	—	—	38.1
Total	47.4	34.3	40.1
Episodic heavy drinking**			
Race/Ethnicity			
Palauan	35.5	20.2	27.0
Other	—	—	—
Grade			
9	—	21.8	22.1
10	—	—	25.6
11	—	—	33.3
12	—	—	25.2
Total	34.7	19.8	26.5

* Had at least one drink of alcohol on ≥ 1 day during their life.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

** Had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey.

Table 16b. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime marijuana use*			
Race/Ethnicity			
Palauan	52.7	48.0	50.2
Other [†]	— [§]	—	—
Grade			
9	—	—	38.1
10	—	—	54.6
11	—	—	63.5
12	—	—	41.7
Total	51.5	46.5	48.8
Current marijuana use[¶]			
Race/Ethnicity			
Palauan	30.4	26.8	28.5
Other	—	—	—
Grade			
9	—	19.8	24.2
10	—	—	37.9
11	—	—	30.4
12	—	—	17.9
Total	30.5	26.1	28.1

* Used marijuana one or more times during their life.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Used marijuana one or more times during the 30 days preceding the survey.

Table 17b. Percentage of high school students who used cocaine and who injected illegal drugs, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cocaine use*			
Race/Ethnicity			
Palauan			
Other†			
Grade			
9			
10			
11			
12			
Total			
Current cocaine use‡			
Race/Ethnicity			
Palauan			
Other			
Grade			
9			
10			
11			
12			
Total			
Lifetime illegal injection-drug use¶			
Race/Ethnicity			
Palauan	5.2	4.2	4.6
Other	—**	—	—
Grade			
9	—	6.8	5.2
10	—	—	5.5
11	—	—	4.9
12	—	—	4.0
Total	6.2	5.0	5.6

* Used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life.

† Black, Hispanic/Latino, White, All Other Races, Multiple Races.

‡ Used any form of cocaine one or more times during the 30 days preceding the survey.

¶ Used a needle to inject any illegal drug into their body one or more times during their life.

** Not available.

Table 18b. Percentage of high school students who used inhalants* and who took steroids,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime inhalant use			
Race/Ethnicity			
Palauan			
Other [§]			
Grade			
9			
10			
11			
12			
Total			
Lifetime illegal steroid use			
Race/Ethnicity			
Palauan	8.5	4.2	6.2
Other	— [¶]	—	—
Grade			
9	—	4.8	5.2
10	—	—	6.1
11	—	—	7.3
12	—	—	6.4
Total	8.9	4.7	6.7

* Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.

† Took steroid pills or shots without a doctor's prescription one or more times during their life.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 19b. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,‡ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime heroin use			
Race/Ethnicity			
Palauan			
Other [¶]			
Grade			
9			
10			
11			
12			
Total			
Question Not Asked			
Lifetime methamphetamine use			
Race/Ethnicity			
Palauan	12.6	5.5	8.8
Other	—**	—	—
Grade			
9	—	3.9	5.7
10	—	—	8.2
11	—	—	13.0
12	—	—	9.6
Total	13.2	5.7	9.2
Lifetime ecstasy use			
Race/Ethnicity			
Palauan	9.3	3.1	6.0
Other	—	—	—
Grade			
9	—	1.9	5.2
10	—	—	6.8
11	—	—	4.9
12	—	—	7.2
Total	10.3	3.2	6.5

* Used heroin (also called “smack,” “junk,” or “China White”) one or more times during their life.

† Used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their life.

‡ Used ecstasy (also called “MDMA”) one or more times during their life.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 20b. Percentage of high school students who used drugs for the first time before age 13 years, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 13 years			
Race/Ethnicity			
Palauan	29.5	12.6	20.1
Other*	—†	—	—
Grade			
9	—	—	19.1
10	—	—	19.3
11	—	—	23.1
12	—	—	21.2
Total	29.7	13.5	20.7
Drank alcohol before age 13 years[§]			
Race/Ethnicity			
Palauan	28.8	13.8	20.7
Other	—	—	—
Grade			
9	—	—	19.6
10	—	—	23.6
11	—	—	21.7
12	—	—	16.1
Total	29.2	13.9	20.9
Tried marijuana before age 13 years			
Race/Ethnicity			
Palauan	19.1	8.0	13.1
Other	—	—	—
Grade			
9	—	—	13.8
10	—	—	12.7
11	—	—	15.1
12	—	—	11.1
Total	19.8	8.3	13.6

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

§ Other than a few sips.

Table 21b. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked cigarettes on school property*			
Race/Ethnicity			
Palauan	24.5	6.4	14.6
Other [†]	— [§]	—	—
Grade			
9	—	—	11.3
10	—	—	16.1
11	—	—	13.5
12	—	—	14.9
Total	23.2	6.6	14.1
Used smokeless tobacco on school property[¶]			
Race/Ethnicity			
Palauan	37.5	34.9	36.1
Other	—	—	—
Grade			
9	—	—	31.8
10	—	—	34.8
11	—	—	41.7
12	—	—	37.9
Total	36.5	35.3	35.9
Drank alcohol on school property**			
Race/Ethnicity			
Palauan	11.7	4.9	8.1
Other	—	—	—
Grade			
9	—	4.0	7.0
10	—	—	8.7
11	—	—	6.7
12	—	—	9.2
Total	11.9	4.9	8.1

* On ≥ 1 of the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** At least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22b. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Used marijuana on school property*			
Race/Ethnicity			
Palauan	14.1	10.3	12.0
Other [†]	— [§]	—	—
Grade			
9	—	10.9	12.0
10	—	—	13.1
11	—	—	14.5
12	—	—	7.5
Total	14.4	10.3	12.2
Offered, sold, or given an illegal drug by someone on school property[¶]			
Race/Ethnicity			
Palauan	26.1	20.6	23.2
Other	—	—	—
Grade			
9	—	—	19.8
10	—	—	23.9
11	—	—	28.1
12	—	—	21.5
Total	26.6	20.5	23.3

* One or more times during the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] During the 12 months preceding the survey.

Table 23b. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Palauan	57.3	35.2	45.1
Other*	—†	—	—
Grade			
9	—	—	21.8
10	—	—	37.4
11	—	—	63.8
12	—	—	63.3
Total	55.4	34.5	43.8
Had first sexual intercourse before age 13 years			
Race/Ethnicity			
Palauan	8.7	1.6	4.8
Other	—	—	—
Grade			
9	—	—	3.0
10	—	—	3.9
11	—	—	4.9
12	—	—	7.9
Total	8.8	1.8	5.0
Had sexual intercourse with ≥ 4 persons during their life			
Race/Ethnicity			
Palauan	24.2	5.1	13.6
Other	—	—	—
Grade			
9	—	—	4.9
10	—	—	10.2
11	—	—	21.2
12	—	—	20.5
Total	23.9	4.7	13.3

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 24b. Percentage of high school students who were currently sexually active,* who used a condom during last sexual intercourse,† and who used birth control pills before last sexual intercourse,‡§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Currently sexually active			
Race/Ethnicity			
Palauan	37.8	22.0	29.0
Other¶	—**	—	—
Grade			
9	—	—	12.3
10	—	—	20.4
11	—	—	43.3
12	—	—	43.0
Total	35.9	21.3	27.8
Condom use			
Race/Ethnicity			
Palauan	—	—	51.6
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	52.3
Birth control pill use			
Race/Ethnicity			
Palauan	—	—	10.9
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	10.4

* Had sexual intercourse with ≥ 1 person during the 3 months preceding the survey.

† Among the 27.8% of students who were currently sexually active.

‡ To prevent pregnancy.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 25b. Percentage of high school students who drank alcohol or used drugs before last sexual intercourse;* and were ever taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Alcohol or drug use before last sexual intercourse			
Race/Ethnicity			
Palauan	— [†]	—	29.1
Other [§]	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	30.0
Taught in school about AIDS or HIV infection			
Race/Ethnicity			
Palauan	76.0	83.1	79.9
Other	—	—	—
Grade			
9	—	—	79.6
10	—	—	79.2
11	—	—	81.5
12	—	—	80.2
Total	75.1	83.0	79.4

* Among the 27.8% of students who were currently sexually active.

[†] Not available.

[§] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

Table 26b. Percentage of high school students who ate fruits and vegetables* ≥ 5 times/day[†] and who drank ≥ 3 glasses/day of milk,[‡] by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate fruits and vegetables ≥ 5 times/day			
Race/Ethnicity			
Palauan	24.2	22.8	23.5
Other [§]	— [¶]	—	—
Grade			
9	—	—	22.6
10	—	—	29.5
11	—	—	23.3
12	—	—	21.9
Total	24.2	24.8	24.5
Drank ≥ 3 glasses/day of milk			
Race/Ethnicity			
Palauan	13.1	11.6	12.3
Other	—	—	—
Grade			
9	—	—	12.8
10	—	—	10.9
11	—	—	17.1
12	—	—	11.3
Total	13.3	12.2	12.7

* 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

[†] During the 7 days preceding the survey.

[§] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[¶] Not available.

Table 27b. Percentage of high school students who met currently recommended levels of physical activity,* who met previously recommended levels of physical activity,† and who participated in no vigorous or moderate physical activity,‡ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Met currently recommended levels of physical activity			
Race/Ethnicity			
Palauan	32.1	24.2	27.7
Other [¶]	—**	—	—
Grade			
9	—	—	24.3
10	—	—	36.2
11	—	—	22.3
12	—	—	28.2
Total	31.6	24.8	27.9
Met previously recommended levels of physical activity			
Race/Ethnicity			
Palauan	59.4	50.0	54.1
Other	—	—	—
Grade			
9	—	—	50.0
10	—	—	64.3
11	—	—	48.8
12	—	—	53.9
Total	58.0	50.4	53.8
No vigorous or moderate physical activity			
Race/Ethnicity			
Palauan	14.6	21.9	18.7
Other	—	—	—
Grade			
9	—	—	19.1
10	—	—	14.3
11	—	—	22.3
12	—	—	17.4
Total	14.0	21.4	18.1

* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

† Participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not made them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey.

‡ During the 7 days preceding the survey.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 28b. Percentage of high school students who attended physical education (PE) classes,* attended PE classes daily,[†] and actually exercised or played sports ≥ 20 minutes during an average PE class,[§] by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attended PE classes			
Race/Ethnicity			
Palauan	48.0	35.1	40.5
Other [¶]	—**	—	—
Grade			
9	—	—	24.6
10	—	—	60.3
11	—	—	32.0
12	—	—	—
Total	47.7	34.6	40.1
Attended PE classes daily			
Race/Ethnicity			
Palauan	30.4	25.9	27.8
Other	—	—	—
Grade			
9	—	—	13.9
10	—	—	51.6
11	—	—	25.0
12	—	—	—
Total	29.2	24.7	26.6
Exercised or played sports ≥ 20 minutes during an average PE class			
Race/Ethnicity			
Palauan	—	—	78.6
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	79.2	77.3	78.3

* On one or more days in an average week when they were in school.

[†] Five days in an average week when they were in school.

[§] Among the 40.7% of students who attended PE classes.

[¶] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 29b. Percentage of high school students who played on one or more sports teams,* and who watched ≥ 3 hours/day of television,[†] by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Played on ≥ 1 sports teams			
Race/Ethnicity			
Palauan	63.5	51.1	56.5
Other [§]	— [¶]	—	—
Grade			
9	—	—	49.4
10	—	—	63.3
11	—	—	55.0
12	—	—	55.4
Total	62.4	50.0	55.4
Watched television ≥ 3 hours/day			
Race/Ethnicity			
Palauan	27.1	32.2	30.0
Other	—	—	—
Grade			
9	—	—	19.9
10	—	—	35.1
11	—	—	41.0
12	—	—	26.0
Total	27.2	31.4	29.6

* Run by their school or community groups during the 12 months preceding the survey.

[†] On an average school day.

[§] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[¶] Not available.

Table 30b. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Palauan	9.8	13.6	11.8
Other [§]	— [¶]	—	—
Grade			
9	—	—	9.1
10	—	—	12.3
11	—	—	13.0
12	—	—	10.8
Total	9.7	12.4	11.1
Overweight			
Race/Ethnicity			
Palauan	12.7	7.6	10.0
Other	—	—	—
Grade			
9	—	—	7.4
10	—	—	8.7
11	—	—	13.1
12	—	—	13.2
Total	12.3	9.0	10.6

* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 31b. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Palauan	15.2	26.6	21.3
Other*	—†	—	—
Grade			
9	—	22.8	19.9
10	—	—	19.4
11	—	—	26.5
12	—	—	20.6
Total	15.3	27.4	21.8
Were trying to lose weight			
Race/Ethnicity			
Palauan	28.0	45.9	37.6
Other	—	—	—
Grade			
9	—	—	40.3
10	—	—	33.2
11	—	—	41.5
12	—	—	33.6
Total	28.0	46.0	37.6

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 32b. Percentage of high school students who engaged in healthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	38.2	40.9	39.7
Other [†]	— [§]	—	—
Grade			
9	—	—	43.0
10	—	—	40.4
11	—	—	34.0
12	—	—	42.8
Total	38.7	42.2	40.6
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	49.1	50.8	50.0
Other	—	—	—
Grade			
9	—	—	51.7
10	—	—	51.8
11	—	—	48.0
12	—	—	47.0
Total	48.6	50.7	49.7

* During the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.[§] Not available.

Table 33b. Percentage of high school students who engaged in unhealthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	22.8	25.4	24.2
Other [†]	— [§]	—	—
Grade			
9	—	—	24.8
10	—	—	25.0
11	—	—	23.4
12	—	—	22.0
Total	23.1	25.1	24.2
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight[¶]			
Race/Ethnicity			
Palauan	11.9	3.5	7.3
Other	—	—	—
Grade			
9	—	6.0	12.4
10	—	—	5.5
11	—	—	5.1
12	—	—	6.5
Total	12.1	4.1	7.8
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	14.5	8.8	11.4
Other	—	—	—
Grade			
9	—	—	15.3
10	—	—	8.9
11	—	—	10.8
12	—	—	10.3
Total	14.8	9.1	11.7

* During the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Without a doctor's advice.

Table 34b. Percentage of high school students who had lifetime asthma,* had current asthma,† and who had an episode of asthma or an asthma attack,‡ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime asthma			
Race/Ethnicity			
Palauan	16.9	15.1	15.9
Other [¶]	—**	—	—
Grade			
9	—	—	17.7
10	—	—	10.6
11	—	—	22.2
12	—	—	14.0
Total	16.8	15.3	16.0
Current asthma			
Race/Ethnicity			
Palauan	7.5	10.9	9.4
Other	—	—	—
Grade			
9	—	—	9.8
10	—	—	5.0
11	—	—	13.3
12	—	—	10.0
Total	7.5	10.9	9.4
Asthma episode or attack			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total	Question Not Asked		

* Ever told by a doctor or nurse they had asthma.

† Had lifetime asthma and during the 12 months preceding the survey, reported either having asthma but no episode or attack or having an asthma episode or attack.

‡ Had an asthma episode or attack during the 12 months preceding the survey, among the 9.4% of students with current asthma.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 35b. Percentage of high school students who described their health, in general, as fair or poor, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described health as fair or poor			
Race/Ethnicity			
Palauan	17.0	13.3	15.0
Other*	—†	—	—
Grade			
9	—	13.7	15.3
10	—	—	12.3
11	—	—	21.4
12	—	—	11.3
Total	16.9	14.0	15.4

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

COMMONWEALTH OF PUERTO RICO

2005 HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY

Table 2c. Percentage of high school students who rarely or never wore a seat belt* or a bicycle helmet,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Rarely or never wore a seat belt						
Race/Ethnicity						
Hispanic/Latino	8.2	1.8	4.3	1.4	6.1	1.0
Other [¶]	12.0	4.6	3.2	2.5	8.1	2.6
Grade						
9	10.8	2.4	5.2	2.1	7.9	1.7
10	6.8	2.3	5.5	3.1	6.1	1.8
11	8.3	4.0	1.5	1.3	4.5	1.7
12	9.5	4.2	3.0	2.8	6.3	2.5
Total	9.0	1.8	4.2	1.3	6.5	0.9
Rarely or never wore a bicycle helmet						
Race/Ethnicity						
Hispanic/Latino	95.3	1.5	94.5	1.7	94.9	1.2
Other	92.7	3.2	93.3	3.8	93.0	2.1
Grade						
9	94.3	2.5	93.3	2.1	93.8	2.0
10	93.9	2.9	94.0	2.5	93.9	2.2
11	94.1	4.3	94.4	3.7	94.2	2.5
12	98.4	1.6	97.4	2.9	98.0	1.5
Total	94.6	1.4	94.3	1.5	94.4	1.1

* When riding in a car driven by someone else.

† Among the 77.9% of students who had ridden a bicycle during the 12 months preceding the survey.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 3c. Percentage of high school students who rode in a car or other vehicle driven by someone who had been drinking alcohol* and who drove a car or other vehicle when they had been drinking alcohol,* by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [†] (±)	%	CI (±)	%	CI (±)
Rode with a driver who had been drinking alcohol						
Race/Ethnicity						
Hispanic/Latino	33.2	3.5	30.1	4.1	31.6	3.0
Other [§]	40.3	7.7	37.1	9.3	38.9	6.5
Grade						
9	30.6	3.7	29.8	7.4	30.2	4.3
10	32.7	5.5	29.7	5.3	31.1	4.7
11	35.6	9.0	29.6	8.0	32.3	7.2
12	44.0	8.2	37.9	6.3	41.0	5.0
Total	34.4	3.7	30.9	4.2	32.6	3.1
Drove when drinking alcohol						
Race/Ethnicity						
Hispanic/Latino	10.5	2.8	3.7	1.1	6.8	1.7
Other	16.5	4.3	1.8	2.1	9.8	2.7
Grade						
9	7.6	3.3	2.1	1.7	4.8	2.2
10	9.2	3.1	3.0	1.3	5.8	1.6
11	12.5	6.8	3.6	2.2	7.6	4.0
12	22.0	6.6	7.0	4.4	14.6	4.6
Total	11.6	2.7	3.5	1.0	7.3	1.7

* One or more times during the 30 days preceding the survey.

† 95% confidence interval.

§ Black, White, Multiple Races, All Other Races.

Table 4c. Percentage of high school students who carried a weapon* or a gun,[†] by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Carried a weapon						
Race/Ethnicity						
Hispanic/Latino	14.1	2.7	2.7	1.3	7.9	1.5
Other [¶]	22.9	6.1	2.9	2.3	13.8	3.9
Grade						
9	14.8	4.6	1.9	0.9	8.3	2.5
10	16.2	4.6	3.1	2.7	9.0	2.5
11	11.7	6.7	2.0	1.8	6.3	3.2
12	21.0	6.7	4.9	4.2	12.8	4.7
Total	15.8	2.8	2.7	1.2	8.9	1.6
Carried a gun						
Race/Ethnicity						
Hispanic/Latino	6.8	1.6	1.0	0.5	3.6	0.8
Other	9.6	3.5	0.9	1.2	5.6	2.1
Grade						
9	6.0	2.4	0.6	0.8	3.2	1.4
10	8.2	3.6	0.8	0.9	4.1	1.7
11	6.8	4.4	0.7	0.9	3.3	1.9
12	10.3	4.3	2.5	2.2	6.3	2.8
Total	7.4	1.7	1.0	0.5	4.0	0.9

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

[†] On ≥ 1 of the 30 days preceding the survey.

[§] 95% confidence interval.

[¶] Black, White, Multiple Races, All Other Races.

Table 5c. Percentage of high school students who were in a physical fight* and who were injured in a physical fight,*† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
In a physical fight						
Race/Ethnicity						
Hispanic/Latino	30.6	4.2	19.7	2.8	24.7	2.7
Other [¶]	41.5	7.0	20.1	7.0	31.9	5.8
Grade						
9	35.6	6.8	23.5	4.2	29.4	5.0
10	33.7	5.5	18.2	4.6	25.2	4.1
11	30.5	9.2	17.0	6.4	22.9	6.1
12	27.7	7.0	21.5	4.0	24.6	4.4
Total	32.5	3.7	20.1	2.9	25.9	2.7
Injured in a physical fight						
Race/Ethnicity						
Hispanic/Latino	4.9	1.8	2.3	1.0	3.5	1.0
Other	9.3	4.7	1.0	1.4	5.6	2.8
Grade						
9	7.5	3.0	3.3	2.1	5.4	1.9
10	4.0	2.0	1.3	1.2	2.5	1.0
11	2.7	1.8	1.0	1.5	1.7	1.2
12	8.1	3.7	3.6	2.8	5.9	2.2
Total	5.7	1.5	2.2	0.9	3.9	0.8

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 6c. Percentage of high school students who experienced dating violence* and who were ever physically forced to have sexual intercourse,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Dating violence						
Race/Ethnicity						
Hispanic/Latino	7.5	2.1	7.9	1.6	7.7	1.4
Other [¶]	5.4	2.9	8.0	4.1	6.6	2.3
Grade						
9	7.2	3.6	4.9	1.6	6.1	2.1
10	8.1	4.1	7.2	3.1	7.6	2.3
11	5.5	2.7	9.7	3.9	7.8	3.1
12	7.7	4.2	13.0	4.6	10.3	2.5
Total	7.2	2.0	7.9	1.3	7.6	1.3
Forced to have sexual intercourse						
Race/Ethnicity						
Hispanic/Latino	4.7	1.5	7.9	1.7	6.5	1.0
Other	5.6	3.0	6.7	3.5	6.1	2.2
Grade						
9	2.7	2.7	6.0	2.2	4.4	2.0
10	6.1	2.6	6.7	3.4	6.5	2.2
11	4.0	1.9	7.2	3.6	5.8	2.0
12	7.9	3.2	13.7	4.7	10.8	2.5
Total	5.0	1.4	7.7	1.4	6.4	1.0

* Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months preceding the survey.

† When they did not want to.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 7c. Percentage of high school students who carried a weapon*[†] and were threatened or injured with a weapon on school property,^{‡§} by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Carried a weapon on school property						
Race/Ethnicity						
Hispanic/Latino	5.3	1.5	1.2	0.9	3.1	0.8
Other**	10.1	4.3	0.9	1.2	5.9	2.6
Grade						
9	5.8	2.6	0.6	1.1	3.2	1.5
10	6.1	2.7	1.5	1.5	3.6	1.2
11	5.2	2.5	0.5	1.1	2.6	1.3
12	9.3	4.4	3.1	3.2	6.2	3.2
Total	6.3	1.7	1.2	0.8	3.6	1.0
Threatened or injured with a weapon on school property						
Race/Ethnicity						
Hispanic/Latino	6.5	1.5	5.4	1.9	5.9	1.3
Other	12.4	4.3	3.2	2.4	8.3	2.6
Grade						
9	5.4	2.3	5.0	2.7	5.2	1.9
10	7.0	2.0	4.7	2.8	5.7	1.9
11	7.1	2.5	5.4	3.8	6.1	2.7
12	13.1	5.9	5.6	2.8	9.4	3.5
Total	7.6	1.6	5.1	1.7	6.3	1.2

* On ≥ 1 of the 30 days preceding the survey.

[†] For example, a gun, knife, or club.

^{‡§} One or more times during the 12 months preceding the survey.

[¶] 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

Table 8c. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or deliberately damaged on school property,*§ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [†] (±)	%	CI (±)	%	CI (±)
In a physical fight on school property						
Race/Ethnicity						
Hispanic/Latino	17.1	2.8	8.2	2.2	12.3	2.0
Other**	25.5	6.3	10.4	4.3	18.8	4.4
Grade						
9	22.6	5.8	11.5	4.6	16.9	4.4
10	16.3	3.6	6.3	2.7	10.9	2.7
11	15.2	4.2	7.6	4.1	11.0	3.4
12	19.2	4.9	9.0	2.9	14.1	3.4
Total	18.6	2.6	8.7	2.1	13.4	1.9
Did not go to school because of safety concerns						
Race/Ethnicity						
Hispanic/Latino	12.7	2.6	13.5	2.2	13.1	1.8
Other	15.6	6.1	14.1	5.9	15.0	3.7
Grade						
9	12.4	4.6	14.9	3.9	13.7	2.8
10	14.7	3.6	14.1	4.2	14.4	3.1
11	13.9	5.0	8.7	3.7	11.0	3.0
12	12.6	3.8	15.6	4.6	14.1	2.8
Total	13.4	2.3	13.5	2.0	13.4	1.5
Had property stolen or deliberately damaged on school property						
Race/Ethnicity						
Hispanic/Latino	23.7	3.4	17.6	2.4	20.4	2.3
Other	28.5	4.4	18.8	6.4	24.2	4.7
Grade						
9	27.8	4.9	20.9	5.3	24.3	4.5
10	19.1	4.5	14.3	3.1	16.5	3.3
11	22.8	7.7	16.0	5.9	19.0	5.1
12	28.9	5.7	20.4	4.5	24.7	3.7
Total	24.5	2.9	17.8	2.4	21.0	2.3

* One or more times during the 12 months preceding the survey.

† On ≥1 of the 30 days preceding the survey.

§ For example, car, clothing, or books.

† 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

Table 9c. Percentage of high school students who felt sad or hopeless,*† who seriously considered attempting suicide,† and who made a plan about how they would attempt suicide,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Felt sad or hopeless						
Race/Ethnicity						
Hispanic/Latino	23.6	2.5	39.4	3.3	32.1	2.3
Other [¶]	25.1	4.9	41.7	7.9	32.6	5.4
Grade						
9	20.1	4.0	42.6	4.2	31.6	3.6
10	21.5	3.7	37.5	4.2	30.3	3.0
11	25.4	4.2	39.6	7.4	33.3	4.1
12	30.8	5.9	37.7	8.6	34.3	4.8
Total	23.7	2.4	39.7	3.2	32.1	2.1
Seriously considered attempting suicide						
Race/Ethnicity						
Hispanic/Latino	7.3	1.8	15.9	2.6	12.0	1.5
Other	5.4	3.3	15.3	6.9	9.9	3.7
Grade						
9	5.5	3.3	16.1	4.7	10.9	2.6
10	6.1	2.6	16.5	3.9	11.8	2.5
11	7.0	2.6	11.7	4.4	9.6	2.6
12	10.8	4.4	19.4	7.6	15.1	3.9
Total	7.2	1.8	15.9	2.5	11.8	1.4
Made a suicide plan						
Race/Ethnicity						
Hispanic/Latino	7.0	2.2	13.2	2.0	10.4	1.5
Other	8.7	4.3	13.9	5.6	11.0	3.1
Grade						
9	6.1	3.7	13.5	4.2	9.9	2.7
10	5.8	3.2	13.7	3.4	10.1	2.6
11	6.5	2.2	12.9	3.9	10.0	2.6
12	11.6	3.9	12.7	4.8	12.2	3.1
Total	7.4	2.1	13.3	2.0	10.5	1.4

* Almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 10c. Percentage of high school students who actually attempted suicide*† and whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse,* by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Attempted suicide						
Race/Ethnicity						
Hispanic/Latino	11.9	3.0	16.0	3.3	14.3	2.2
Other [†]	13.6	6.6	19.9	8.3	16.7	5.3
Grade						
9	13.7	5.8	16.7	6.1	15.4	5.0
10	11.3	4.8	15.9	3.5	14.0	2.1
11	10.6	6.2	15.2	6.1	13.3	5.1
12	12.0	5.9	18.6	8.0	15.5	3.7
Total	12.4	2.9	16.6	3.2	14.8	2.2
Suicide attempt treated by a doctor or nurse						
Race/Ethnicity						
Hispanic/Latino	2.9	1.1	3.5	1.2	3.2	0.8
Other	7.3	4.7	4.3	4.5	5.8	3.2
Grade						
9	4.6	2.0	3.1	2.5	3.7	1.4
10	3.7	3.4	3.2	2.0	3.4	1.7
11	2.4	2.5	3.5	3.0	3.1	2.3
12	3.0	2.1	5.1	3.6	4.1	2.3
Total	3.7	1.2	3.6	1.3	3.7	0.9

* During the 12 months preceding the survey.

† One or more times.

§ 95% confidence interval.

† Black, White, Multiple Races, All Other Races.

Table 11c. Percentage of high school students who ever smoked cigarettes, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Lifetime cigarette use[†]						
Race/Ethnicity						
Hispanic/Latino	35.8	4.3	36.4	4.5	36.1	3.4
Other [§]	37.5	7.2	37.4	7.1	37.5	6.1
Grade						
9	24.7	3.9	31.1	5.3	28.1	3.1
10	37.3	6.5	35.3	7.8	36.2	6.2
11	39.9	9.1	37.4	8.8	38.5	7.7
12	54.0	9.1	47.9	8.1	50.9	4.4
Total	36.3	4.0	36.3	4.1	36.3	3.2
Lifetime daily cigarette use[†]						
Race/Ethnicity						
Hispanic/Latino	6.3	2.2	4.2	1.4	5.2	1.4
Other	9.3	4.4	5.7	3.7	7.7	3.0
Grade						
9	3.9	2.1	3.9	3.1	3.9	1.8
10	5.4	2.5	3.9	2.2	4.6	1.8
11	11.3	7.1	4.3	2.8	7.4	3.9
12	9.6	4.7	6.5	3.0	8.1	2.6
Total	6.9	2.1	4.4	1.4	5.5	1.4

* 95% confidence interval.

[†] Ever tried cigarette smoking, even one or two puffs.

[§] Black, White, Multiple Races, All Other Races.

[†] Ever smoked at least one cigarette every day for 30 days.

Table 12c. Percentage of high school students who currently smoked cigarettes, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Current cigarette use[†]						
Race/Ethnicity						
Hispanic/Latino	11.4	2.5	10.1	2.8	10.7	2.0
Other [§]	10.0	4.5	8.9	4.3	9.5	3.4
Grade						
9	7.1	2.3	8.2	4.5	7.6	2.4
10	10.1	3.7	7.9	3.8	8.9	2.6
11	12.9	6.4	11.6	6.4	12.2	5.5
12	19.7	5.5	14.7	5.5	17.1	4.0
Total	11.2	2.3	9.8	2.5	10.5	1.8
Current frequent cigarette use[†]						
Race/Ethnicity						
Hispanic/Latino	2.9	1.3	1.5	0.9	2.1	0.9
Other	5.0	3.1	2.1	1.7	3.6	1.8
Grade						
9	1.4	1.3	1.5	1.9	1.4	1.4
10	3.0	1.9	1.8	1.5	2.3	1.3
11	4.1	4.5	1.4	1.4	2.6	2.5
12	6.3	2.9	1.5	2.3	3.9	1.8
Total	3.2	1.3	1.5	0.8	2.3	0.8
Smoked ≥ 10 cigarettes/day^{**}						
Race/Ethnicity						
Hispanic/Latino	3.9	4.6	1.5	2.0	2.7	2.5
Other	— ^{††}	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	—	—
11	—	—	—	—	—	—
12	—	—	—	—	—	—
Total	4.6	4.2	1.3	1.8	3.0	2.4

* 95% confidence interval.

[†] Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.[§] Black, White, Multiple Races, All Other Races.[†] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.^{**} On the days they smoked during the 30 days preceding the survey, among the 10.5% of students who reported current cigarette use.^{††} Not available.

Table 13c. Percentage of high school students who tried to quit smoking cigarettes* and who usually got their own cigarettes by buying them in a store or gas station,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Tried to quit smoking cigarettes						
Race/Ethnicity						
Hispanic/Latino	58.6	8.7	68.9	11.0	63.8	6.9
Other [¶]	—**	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	—	—
11	—	—	—	—	—	—
12	—	—	—	—	—	—
Total	60.7	9.2	69.0	10.0	64.8	6.2
Bought cigarettes in a store or gas station						
Race/Ethnicity						
Hispanic/Latino	—	—	—	—	16.7	5.6
Other	—	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	—	—
11	—	—	—	—	—	—
12	—	—	—	—	—	—
Total	25.8	7.0	13.0	7.9	19.2	5.6

* During the 12 months preceding the survey, among the 10.5% of students who reported current cigarette use.

† During the 30 days preceding the survey, among the 9.7% of students who were aged <18 years and who reported current cigarette use.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

** Not available.

Table 14c. Percentage of high school students who currently used smokeless tobacco,* currently smoked cigars,† and currently used tobacco,‡ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Current smokeless tobacco use						
Race/Ethnicity						
Hispanic/Latino	4.0	1.1	1.4	1.1	2.6	0.7
Other**	4.8	2.5	1.8	1.9	3.4	1.7
Grade						
9	3.4	1.5	0.5	0.7	1.9	0.8
10	3.6	1.0	1.7	1.1	2.5	0.7
11	3.4	2.6	1.8	3.6	2.5	2.3
12	6.9	3.3	2.5	2.5	4.7	1.9
Total	4.2	1.0	1.5	1.0	2.7	0.6
Current cigar use						
Race/Ethnicity						
Hispanic/Latino	10.1	2.3	9.9	2.3	10.0	1.7
Other	12.8	4.8	8.5	3.8	10.9	3.3
Grade						
9	7.2	2.5	8.8	3.8	8.0	2.7
10	9.3	2.6	6.9	3.4	8.0	2.1
11	12.3	5.6	12.2	5.9	12.3	4.8
12	18.2	6.5	13.5	4.6	15.9	3.6
Total	10.6	2.2	9.6	2.0	10.1	1.6
Current tobacco use						
Race/Ethnicity						
Hispanic/Latino	12.5	2.5	11.1	2.7	11.8	1.9
Other	13.3	5.6	11.8	6.0	12.6	4.0
Grade						
9	8.6	3.0	10.2	4.6	9.4	2.6
10	11.6	3.7	9.0	4.0	10.2	2.5
11	13.4	6.8	12.4	6.5	12.8	5.6
12	22.4	5.9	15.6	4.9	18.9	3.7
Total	12.7	2.4	11.1	2.5	11.8	1.7

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

‡ Current cigarette use, current smokeless tobacco use, or current cigar use.

§ 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

Table 15c. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Lifetime alcohol use[†]						
Race/Ethnicity						
Hispanic/Latino	65.9	4.5	69.5	3.7	67.8	3.3
Other [§]	66.1	7.3	58.7	9.9	62.9	7.2
Grade						
9	52.7	6.5	65.1	7.2	59.1	5.4
10	68.2	6.8	64.8	6.8	66.4	5.5
11	72.0	6.1	72.5	7.2	72.3	5.0
12	80.5	5.7	75.3	6.5	78.0	3.5
Total	65.8	4.1	68.1	4.1	67.0	3.3
Current alcohol use[¶]						
Race/Ethnicity						
Hispanic/Latino	38.0	4.6	39.1	3.9	38.6	3.4
Other	43.5	7.6	38.1	9.6	41.0	6.9
Grade						
9	28.7	4.9	39.8	8.0	34.5	5.4
10	39.0	5.9	38.5	5.2	38.8	4.8
11	45.5	7.9	35.5	8.3	40.1	6.5
12	52.8	8.3	43.3	7.6	48.1	5.8
Total	39.0	4.2	38.9	3.9	39.0	3.4
Episodic heavy drinking^{**}						
Race/Ethnicity						
Hispanic/Latino	25.1	4.1	19.8	3.8	22.2	3.2
Other	29.0	6.2	18.2	6.8	24.1	5.3
Grade						
9	17.0	4.4	18.7	6.3	17.9	3.9
10	25.1	4.7	17.4	4.8	20.9	3.9
11	31.3	9.4	18.3	7.1	24.1	7.2
12	39.0	9.3	27.3	7.1	33.2	7.1
Total	25.9	3.9	19.5	3.6	22.5	3.2

* 95% confidence interval.

[†] Had at least one drink of alcohol on ≥ 1 day during their life.

[§] Black, White, Multiple Races, All Other Races.

[¶] Had at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

** Had ≥ 5 drinks of alcohol in a row (i.e., within a couple of hours) on ≥ 1 of the 30 days preceding the survey.

Table 16c. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Lifetime marijuana use[†]						
Race/Ethnicity						
Hispanic/Latino	13.1	2.9	12.0	2.7	12.5	2.2
Other [§]	12.2	5.1	14.3	5.9	13.2	3.9
Grade						
9	5.9	2.5	9.7	2.7	7.9	2.0
10	8.7	3.8	7.9	3.6	8.3	3.0
11	19.3	8.0	16.7	7.1	17.9	6.7
12	25.9	7.9	19.0	5.9	22.4	4.6
Total	12.8	2.6	12.2	2.5	12.5	2.2
Current marijuana use[¶]						
Race/Ethnicity						
Hispanic/Latino	8.2	2.3	5.6	1.8	6.8	1.4
Other	9.6	4.7	4.4	3.1	7.3	3.1
Grade						
9	4.5	1.9	5.6	2.9	5.1	1.7
10	7.3	3.0	4.9	2.6	6.0	2.1
11	11.9	4.8	4.7	2.9	7.9	3.5
12	14.5	7.4	6.7	2.8	10.6	3.4
Total	8.4	2.1	5.4	1.5	6.8	1.3

* 95% confidence interval.

[†] Used marijuana one or more times during their life.[§] Black, White, Multiple Races, All Other Races.[¶] Used marijuana one or more times during the 30 days preceding the survey.

Table 17c. Percentage of high school students who used cocaine and who injected illegal drugs, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Lifetime cocaine use[†]						
Race/Ethnicity						
Hispanic/Latino	2.5	1.3	1.4	0.8	1.9	0.7
Other [§]	5.2	3.1	1.3	1.6	3.5	1.7
Grade						
9	1.4	1.0	1.0	1.3	1.2	0.6
10	2.5	1.8	1.8	1.6	2.1	1.2
11	2.9	1.6	0.9	1.1	1.8	0.9
12	6.4	4.3	1.8	1.7	4.1	2.7
Total	2.9	1.3	1.3	0.7	2.1	0.7
Current cocaine use[¶]						
Race/Ethnicity						
Hispanic/Latino	1.5	1.0	0.7	0.6	1.1	0.5
Other	4.2	2.7	0.5	0.9	2.5	1.5
Grade						
9	0.9	1.0	0.8	1.2	0.8	0.5
10	1.6	1.3	0.7	0.8	1.1	0.7
11	1.2	0.7	0.4	0.7	0.7	0.5
12	4.9	3.7	0.8	1.1	2.8	2.1
Total	2.0	1.0	0.7	0.5	1.3	0.5
Lifetime illegal injection-drug use^{**}						
Race/Ethnicity						
Hispanic/Latino	1.5	0.7	1.2	0.6	1.4	0.5
Other	3.5	2.7	0.7	1.4	2.3	1.6
Grade						
9	0.9	1.3	1.2	1.0	1.0	0.7
10	1.6	1.0	1.7	1.2	1.7	0.7
11	1.1	1.3	0.4	0.7	0.7	0.7
12	5.6	3.4	1.1	1.1	3.3	2.1
Total	1.9	0.9	1.2	0.6	1.5	0.5

* 95% confidence interval.

[†] Used any form of cocaine (e.g., powder, crack, or freebase) one or more times during their life.

[§] Black, White, Multiple Races, All Other Races.

[¶] Used any form of cocaine one or more times during the 30 days preceding the survey.

** Used a needle to inject any illegal drug into their body one or more times during their life.

Table 18c. Percentage of high school students who used inhalants* and who took steroids,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Lifetime inhalant use						
Race/Ethnicity						
Hispanic/Latino	7.5	2.3	5.8	1.7	6.6	1.6
Other [¶]	10.1	3.7	5.4	3.2	8.0	2.8
Grade						
9	8.0	3.1	7.5	4.3	7.8	3.0
10	4.6	2.0	5.4	1.8	5.0	1.5
11	8.7	4.3	4.9	2.4	6.6	2.5
12	11.5	6.6	3.8	2.4	7.7	3.7
Total	7.9	2.1	5.7	1.7	6.7	1.6
Lifetime illegal steroid use						
Race/Ethnicity						
Hispanic/Latino	3.5	1.5	0.9	0.6	2.1	0.8
Other	8.3	3.9	0.4	0.8	4.8	2.3
Grade						
9	1.4	1.2	0.4	0.7	0.9	0.7
10	3.5	2.4	1.0	1.0	2.1	1.3
11	4.6	2.7	1.0	1.1	2.6	1.6
12	11.2	4.7	1.5	1.3	6.4	2.8
Total	4.4	1.5	0.9	0.5	2.6	0.8

* Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.

† Took steroid pills or shots without a doctor's prescription one or more times during their life.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 19c. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,§ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Lifetime heroin use						
Race/Ethnicity						
Hispanic/Latino	2.0	1.1	0.4	0.5	1.2	0.6
Other**	5.7	3.6	1.5	1.7	3.8	2.3
Grade						
9	1.3	1.1	0.0	0.0	0.6	0.6
10	2.6	2.0	1.5	1.5	2.0	1.2
11	1.6	1.3	0.4	0.7	0.9	0.7
12	6.5	4.5	0.4	0.7	3.5	2.5
Total	2.8	1.2	0.6	0.5	1.6	0.7
Lifetime methamphetamine use						
Race/Ethnicity						
Hispanic/Latino	2.4	1.3	0.7	0.6	1.5	0.7
Other	7.2	3.4	0.6	1.1	4.3	2.2
Grade						
9	2.2	1.6	0.5	0.8	1.3	1.0
10	2.7	2.1	1.1	1.3	1.8	1.2
11	2.3	2.2	0.4	0.7	1.2	1.2
12	7.1	5.3	0.4	0.7	3.8	3.0
Total	3.3	1.5	0.6	0.5	1.9	0.8
Lifetime ecstasy use						
Race/Ethnicity						
Hispanic/Latino	2.5	1.4	1.4	0.7	1.9	0.8
Other	6.3	3.2	1.6	1.8	4.2	1.9
Grade						
9	1.8	1.3	0.8	1.2	1.3	1.0
10	3.2	2.2	1.5	1.2	2.2	1.0
11	1.9	1.6	2.4	1.9	2.2	1.4
12	7.1	5.1	1.1	1.2	4.1	2.9
Total	3.1	1.3	1.4	0.6	2.2	0.8

* Used heroin (also called “smack,” “junk,” or “China White”) one or more times during their life.

† Used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their life.

§ Used ecstasy (also called “MDMA”) one or more times during their life.

¶ 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

Table 20c. Percentage of high school students who used drugs for the first time before age 13 years, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Smoked a whole cigarette before age 13 years						
Race/Ethnicity						
Hispanic/Latino	9.5	2.4	7.1	1.5	8.2	1.3
Other [†]	10.6	5.1	5.4	3.4	8.2	3.4
Grade						
9	6.4	1.6	8.5	2.5	7.5	1.7
10	10.0	3.2	6.1	2.4	7.8	2.0
11	10.5	5.6	5.5	3.8	7.7	3.8
12	13.8	5.8	6.4	3.2	10.0	3.5
Total	9.6	2.1	6.8	1.2	8.1	1.2
Drank alcohol before age 13 years[§]						
Race/Ethnicity						
Hispanic/Latino	29.2	3.8	24.9	2.5	26.9	2.3
Other	28.9	7.9	21.2	7.8	25.6	5.7
Grade						
9	29.8	6.8	32.8	5.6	31.3	5.2
10	31.3	6.9	23.9	4.3	27.4	4.0
11	24.5	4.5	18.3	5.4	21.2	3.5
12	27.7	7.6	17.2	4.1	22.6	3.9
Total	28.9	3.6	24.6	2.4	26.7	2.2
Tried marijuana before age 13 years						
Race/Ethnicity						
Hispanic/Latino	4.6	1.5	2.7	1.2	3.6	1.0
Other	8.0	3.3	2.5	2.3	5.5	2.0
Grade						
9	3.1	1.8	3.3	2.4	3.2	2.0
10	5.2	2.5	2.3	1.8	3.6	1.6
11	5.9	3.0	2.4	1.9	3.9	1.9
12	8.2	3.9	2.1	1.8	5.1	2.1
Total	5.2	1.5	2.7	1.0	3.9	1.0

* 95% confidence interval.

† Black, White, Multiple Races, All Other Races.

§ Other than a few sips.

Table 21c. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Smoked cigarettes on school property[†]						
Race/Ethnicity						
Hispanic/Latino	4.1	1.6	1.7	1.0	2.8	1.0
Other [§]	4.3	3.0	2.6	2.8	3.5	2.1
Grade						
9	2.8	1.8	1.6	2.1	2.2	1.6
10	3.8	2.3	2.0	1.5	2.8	1.4
11	5.3	4.7	0.9	1.3	2.9	2.4
12	5.9	4.4	2.9	2.3	4.4	2.8
Total	4.1	1.5	1.8	1.0	2.9	0.9
Used smokeless tobacco on school property^{††}						
Race/Ethnicity						
Hispanic/Latino	1.6	0.8	1.0	1.0	1.3	0.6
Other	2.8	1.9	0.6	1.2	1.8	1.2
Grade						
9	1.3	0.9	0.3	0.5	0.8	0.5
10	1.8	0.9	0.8	1.0	1.3	0.6
11	1.4	1.7	1.8	3.6	1.6	2.1
12	2.4	2.0	1.5	2.2	2.0	1.5
Total	1.8	0.7	0.9	0.9	1.3	0.6
Drank alcohol on school property^{**}						
Race/Ethnicity						
Hispanic/Latino	4.9	1.6	3.1	0.9	3.9	1.0
Other	7.1	3.6	6.8	4.5	7.0	2.9
Grade						
9	2.2	1.4	1.5	1.2	1.9	0.9
10	3.1	2.6	4.9	2.4	4.1	1.9
11	10.3	5.8	3.8	1.9	6.7	2.9
12	9.8	3.9	5.1	2.5	7.4	2.8
Total	5.3	1.7	3.6	1.0	4.4	1.0

* 95% confidence interval.

[†] On ≥ 1 of the 30 days preceding the survey.

[§] Black, White, Multiple Races, All Other Races.

^{††} Chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** At least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22c. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Used marijuana on school property[†]						
Race/Ethnicity						
Hispanic/Latino	3.8	1.4	1.3	0.7	2.4	0.7
Other [§]	4.3	3.0	0.4	0.9	2.6	1.7
Grade						
9	1.9	1.2	0.6	1.1	1.2	1.0
10	4.0	2.2	1.3	1.4	2.5	1.3
11	3.3	2.5	1.3	1.5	2.2	1.3
12	7.3	5.1	1.8	1.6	4.5	2.5
Total	3.9	1.4	1.1	0.5	2.5	0.7
Offered, sold, or given an illegal drug by someone on school property[¶]						
Race/Ethnicity						
Hispanic/Latino	21.2	3.3	14.9	2.2	17.8	1.9
Other	24.2	5.5	17.8	5.6	21.3	4.4
Grade						
9	17.6	6.5	12.7	3.2	15.1	3.2
10	20.7	4.4	18.3	4.1	19.4	2.8
11	25.1	5.7	14.0	3.2	18.9	3.6
12	26.5	5.7	16.0	2.5	21.3	3.3
Total	21.7	3.1	15.2	1.9	18.2	1.7

* 95% confidence interval.

[†] One or more times during the 30 days preceding the survey.[§] Black, White, Multiple Races, All Other Races.[¶] During the 12 months preceding the survey.

Table 23c. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Ever had sexual intercourse						
Race/Ethnicity						
Hispanic/Latino	42.8	4.2	32.0	3.6	36.8	3.2
Other [†]	49.4	10.2	30.7	8.6	40.4	8.0
Grade						
9	27.0	5.9	20.5	3.9	23.5	3.5
10	45.8	7.6	27.5	4.7	35.5	5.9
11	51.6	5.8	40.1	7.5	45.2	5.7
12	66.5	7.1	54.2	9.7	60.2	5.5
Total	44.0	4.3	32.1	3.7	37.6	3.4
Had first sexual intercourse before age 13 years						
Race/Ethnicity						
Hispanic/Latino	11.0	2.1	4.0	1.0	7.1	1.2
Other	9.2	4.9	4.3	3.1	6.8	2.7
Grade						
9	9.0	3.2	4.8	1.8	6.8	1.7
10	11.1	3.5	4.2	2.0	7.2	2.2
11	9.6	3.3	3.4	1.6	6.1	1.7
12	12.9	5.9	3.0	2.0	7.8	3.4
Total	10.5	1.8	4.0	1.0	7.0	1.0
Had sexual intercourse with ≥4 persons during their life						
Race/Ethnicity						
Hispanic/Latino	11.3	2.5	4.9	1.8	7.7	1.6
Other	15.2	5.8	5.0	3.9	10.3	3.8
Grade						
9	4.4	3.0	2.9	1.8	3.6	2.2
10	12.7	3.6	2.8	2.0	7.1	1.8
11	14.5	5.5	7.3	5.8	10.4	5.3
12	22.1	7.0	9.4	3.5	15.5	3.8
Total	11.8	2.3	4.8	1.8	8.0	1.6

* 95% confidence interval.

† Black, White, Multiple Races, All Other Races.

Table 24c. Percentage of high school students who were currently sexually active,* who used a condom during last sexual intercourse,† and who used birth control pills before last sexual intercourse,‡§ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Currently sexually active						
Race/Ethnicity						
Hispanic/Latino	23.1	3.8	24.2	3.4	23.7	2.9
Other**	30.0	10.1	24.6	7.8	27.4	7.7
Grade						
9	10.9	3.6	15.5	3.4	13.4	3.2
10	25.2	5.0	21.6	4.7	23.2	4.3
11	31.1	8.9	30.3	5.8	30.6	6.1
12	41.6	8.4	40.2	9.0	40.9	4.9
Total	24.2	3.8	24.5	3.5	24.3	3.1
Condom use						
Race/Ethnicity						
Hispanic/Latino	48.7	8.0	36.3	5.6	41.6	4.7
Other	— ^{††}	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	45.9	7.7
11	—	—	—	—	46.4	8.4
12	—	—	—	—	38.3	9.4
Total	50.2	7.8	35.1	4.8	41.8	4.6
Birth control pill use						
Race/Ethnicity						
Hispanic/Latino	4.4	2.7	5.5	2.7	5.0	1.9
Other	—	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	3.9	2.6
11	—	—	—	—	4.7	3.6
12	—	—	—	—	7.2	4.1
Total	4.7	2.7	5.1	2.4	4.9	1.7

* Had sexual intercourse with ≥ 1 person during the 3 months preceding the survey.

† Among the 24.3% of students who were currently sexually active.

‡ To prevent pregnancy.

¶ 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

†† Not available.

Table 25c. Percentage of high school students who drank alcohol or used drugs before last sexual intercourse;* and were ever taught in school about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI† (±)	%	CI (±)	%	CI (±)
Alcohol or drug use before last sexual intercourse						
Race/Ethnicity						
Hispanic/Latino	16.2	3.9	7.4	2.9	11.2	2.4
Other‡	— [¶]	—	—	—	—	—
Grade						
9	—	—	—	—	—	—
10	—	—	—	—	10.1	4.2
11	—	—	—	—	10.0	3.4
12	—	—	—	—	14.5	6.3
Total	17.1	4.7	7.4	2.2	11.7	2.4
Taught in school about AIDS or HIV infection						
Race/Ethnicity						
Hispanic/Latino	84.0	2.9	90.0	2.7	87.2	2.1
Other	78.2	6.1	86.0	5.5	81.7	4.6
Grade						
9	82.1	5.2	91.1	2.8	86.7	3.5
10	82.0	3.5	87.8	3.9	85.2	2.8
11	85.4	4.6	86.0	6.4	85.8	4.4
12	83.1	4.3	91.3	4.5	87.1	3.5
Total	82.6	2.5	89.1	2.5	86.0	1.9

* Among the 24.3% of students who were currently sexually active.

† 95% confidence interval.

‡ Black, White, Multiple Races, All Other Races.

¶ Not available.

Table 26c. Percentage of high school students who ate fruits and vegetables* ≥ 5 times/day[†] and who drank ≥ 3 glasses/day of milk,[†] by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (\pm)	%	CI (\pm)	%	CI (\pm)
Ate fruits and vegetables ≥ 5 times/day						
Race/Ethnicity						
Hispanic/Latino	20.6	3.0	16.8	2.0	18.5	2.0
Other [¶]	25.3	6.6	22.7	6.7	24.1	4.5
Grade						
9	23.3	6.4	18.9	3.7	21.0	4.4
10	18.6	3.8	16.8	3.3	17.6	2.8
11	18.7	4.5	16.5	4.0	17.5	3.9
12	24.5	7.8	17.3	3.7	20.9	4.4
Total	21.4	2.9	17.5	1.9	19.3	2.1
Drank ≥ 3 glasses/day of milk						
Race/Ethnicity						
Hispanic/Latino	13.6	3.1	10.6	2.0	12.0	1.9
Other	13.0	5.3	11.2	4.7	12.2	3.4
Grade						
9	15.9	5.2	12.6	3.8	14.2	3.1
10	13.4	3.8	8.4	3.2	10.7	2.7
11	13.0	4.9	9.0	4.3	10.8	3.6
12	9.5	3.6	12.7	4.1	11.1	2.8
Total	13.5	2.7	10.6	2.0	12.0	1.7

* 100% fruit juice, fruit, green salad, potatoes (excluding french fries, fried potatoes, or potato chips), carrots, or other vegetables.

[†] During the 7 days preceding the survey.

[§] 95% confidence interval.

[¶] Black, White, Multiple Races, All Other Races.

Table 27c. Percentage of high school students who met currently recommended levels of physical activity,* who met previously recommended levels of physical activity,† and who participated in no vigorous or moderate physical activity,‡ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Met currently recommended levels of physical activity						
Race/Ethnicity						
Hispanic/Latino	25.3	2.9	16.3	2.1	20.4	1.8
Other**	31.2	7.2	10.0	4.7	21.7	4.3
Grade						
9	18.8	5.4	16.0	4.0	17.4	2.7
10	29.1	4.8	16.4	3.2	22.2	3.4
11	31.9	8.0	16.2	2.5	23.2	4.3
12	32.7	7.0	12.1	4.6	22.6	3.9
Total	26.5	3.2	15.6	1.9	20.8	1.9
Met previously recommended levels of physical activity						
Race/Ethnicity						
Hispanic/Latino	56.4	3.4	42.6	3.7	48.9	2.6
Other	49.0	7.5	37.5	6.7	43.9	4.6
Grade						
9	52.8	6.5	49.9	7.0	51.3	5.0
10	56.3	5.5	39.6	4.8	47.1	4.0
11	56.8	7.9	41.2	5.6	48.2	5.0
12	54.9	6.1	29.2	7.3	42.1	4.6
Total	55.0	3.3	41.7	3.2	48.0	2.4
No vigorous or moderate physical activity						
Race/Ethnicity						
Hispanic/Latino	16.7	2.4	25.1	3.2	21.3	2.3
Other	15.0	5.9	25.9	6.8	19.9	3.8
Grade						
9	17.2	3.1	19.2	4.5	18.2	2.8
10	13.4	3.5	26.2	4.1	20.4	3.0
11	20.3	6.6	24.9	7.8	22.8	5.8
12	16.3	6.1	36.5	6.6	26.3	5.6
Total	16.6	2.4	25.3	2.9	21.2	2.1

* Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day on ≥ 5 of the 7 days preceding the survey.

† Participated in at least 20 minutes of vigorous physical activity (i.e., physical activity that made them sweat and breathe hard) on ≥ 3 of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (i.e., physical activity that did not made them sweat and breathe hard) on ≥ 5 of the 7 days preceding the survey.

‡ During the 7 days preceding the survey.

¶ 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

Table 28c. Percentage of high school students who attended physical education (PE) classes,* attended PE classes daily,[†] and actually exercised or played sports ≥ 20 minutes during an average PE class,[§] by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [¶] (±)	%	CI (±)	%	CI (±)
Attended PE classes						
Race/Ethnicity						
Hispanic/Latino	46.6	8.0	37.9	7.5	41.7	7.2
Other**	51.9	11.0	39.7	9.6	46.1	8.5
Grade						
9	53.5	12.4	52.2	14.6	52.8	12.8
10	54.9	14.2	39.3	13.0	46.1	13.3
11	35.7	13.0	29.6	12.7	32.1	11.4
12	36.4	9.9	20.5	7.2	28.2	6.9
Total	47.5	7.7	38.4	7.2	42.5	7.0
Attended PE classes daily						
Race/Ethnicity						
Hispanic/Latino	33.7	7.2	29.3	6.5	31.2	6.4
Other	33.0	8.8	32.5	8.2	32.8	7.2
Grade						
9	39.7	11.3	42.1	13.8	41.0	12.1
10	43.5	12.3	29.0	10.9	35.4	11.2
11	21.1	11.1	24.4	10.5	23.0	9.7
12	18.3	6.1	14.3	6.1	16.3	4.5
Total	33.6	6.6	29.9	6.5	31.6	6.2
Exercised or played sports ≥ 20 minutes during an average PE class						
Race/Ethnicity						
Hispanic/Latino	55.9	6.5	43.7	8.3	49.8	6.1
Other	— ^{††}	—	—	—	50.8	10.3
Grade						
9	57.4	8.2	47.7	14.6	52.3	9.4
10	57.6	9.0	46.0	6.9	52.1	6.2
11	—	—	—	—	45.8	19.5
12	—	—	—	—	40.1	8.8
Total	56.8	6.3	43.2	7.8	50.2	5.8

* On one or more days in an average week when they were in school.

[†] Five days in an average week when they were in school.

[§] Among the 42.7% of students who attended PE classes.

[¶] 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

^{††} Not available.

Table 29c. Percentage of high school students who played on one or more sports teams,* and who watched ≥ 3 hours/day of television,[†] by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Played on ≥ 1 sports teams						
Race/Ethnicity						
Hispanic/Latino	53.9	3.1	31.2	2.9	41.7	2.1
Other [¶]	53.8	6.8	38.5	7.1	47.0	5.3
Grade						
9	55.1	4.3	41.2	6.1	48.0	2.6
10	52.4	5.7	34.2	5.5	42.5	4.6
11	50.1	8.8	24.2	5.7	35.8	6.1
12	58.3	4.4	19.5	4.5	39.1	5.0
Total	53.7	2.7	32.1	2.9	42.4	2.0
Watched television ≥ 3 hours/day						
Race/Ethnicity						
Hispanic/Latino	44.3	2.9	55.9	2.8	50.6	1.9
Other	36.0	7.4	47.6	7.3	41.2	5.0
Grade						
9	42.8	5.3	54.8	5.6	48.9	3.5
10	43.5	5.9	52.0	5.0	48.1	5.1
11	41.1	8.3	55.5	8.1	49.1	5.7
12	42.2	6.4	58.5	8.4	50.2	7.2
Total	42.5	2.9	54.7	2.8	48.9	2.0

* Run by their school or community groups during the 12 months preceding the survey.

[†] On an average school day.

[§] 95% confidence interval.

[¶] Black, White, Multiple Races, All Other Races.

Table 30c. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
At risk for becoming overweight						
Race/Ethnicity						
Hispanic/Latino	14.4	2.0	14.6	2.4	14.5	1.6
Other [¶]	12.5	3.0	10.4	4.2	11.6	2.6
Grade						
9	15.1	2.8	16.4	5.2	15.7	2.5
10	14.5	3.2	11.7	3.3	13.0	2.7
11	11.3	2.8	14.4	4.1	13.0	2.7
12	14.2	3.9	13.4	2.3	13.8	2.4
Total	14.0	1.8	14.0	2.1	14.0	1.4
Overweight						
Race/Ethnicity						
Hispanic/Latino	15.1	2.0	8.6	2.0	11.6	1.4
Other	15.2	4.5	11.4	5.4	13.6	3.9
Grade						
9	16.4	4.0	10.3	4.7	13.3	3.3
10	13.7	4.2	8.5	3.6	10.9	2.8
11	16.9	4.9	8.7	3.8	12.4	2.9
12	12.6	3.9	8.0	2.9	10.3	2.6
Total	15.2	2.0	9.0	2.0	12.0	1.4

* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.

§ 95% confidence interval.

¶ Black, White, Multiple Races, All Other Races.

Table 31c. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Described themselves as overweight						
Race/Ethnicity						
Hispanic/Latino	24.2	2.5	30.5	2.9	27.6	2.1
Other†	21.9	6.0	26.4	5.5	23.9	4.4
Grade						
9	21.2	4.8	27.8	4.7	24.6	3.7
10	23.7	4.2	27.9	4.3	26.0	3.0
11	26.8	4.6	33.3	6.3	30.4	3.9
12	25.8	7.1	32.0	4.8	28.9	4.4
Total	23.7	2.4	29.6	2.7	26.9	2.0
Were trying to lose weight						
Race/Ethnicity						
Hispanic/Latino	36.5	2.8	49.1	2.4	43.3	2.0
Other	32.6	7.4	50.0	7.2	40.3	5.0
Grade						
9	38.9	3.4	50.2	4.2	44.6	2.8
10	34.4	5.3	48.7	5.3	42.2	4.4
11	28.9	4.4	49.2	5.0	40.2	2.7
12	38.1	7.8	46.7	8.2	42.4	5.1
Total	35.9	2.7	49.1	2.5	42.8	1.9

* 95% confidence interval.

† Black, White, Multiple Races, All Other Races.

Table 32c. Percentage of high school students who engaged in healthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI† (±)	%	CI (±)	%	CI (±)
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight						
Race/Ethnicity						
Hispanic/Latino	35.5	1.9	45.6	2.5	41.0	1.7
Other [§]	35.3	5.4	47.1	6.5	40.7	3.9
Grade						
9	34.0	3.1	48.2	5.1	41.3	2.9
10	34.4	4.7	44.6	4.3	40.0	3.6
11	34.8	5.3	44.0	5.3	39.9	3.9
12	38.7	5.2	44.7	3.7	41.7	3.4
Total	35.3	1.7	45.8	2.4	40.8	1.5
Exercised to lose weight or to keep from gaining weight						
Race/Ethnicity						
Hispanic/Latino	54.4	3.0	55.1	3.3	54.8	2.3
Other	53.4	7.6	56.8	5.7	54.9	5.4
Grade						
9	53.6	4.3	62.6	7.5	58.2	4.5
10	55.6	4.7	51.4	3.9	53.3	3.6
11	53.4	6.8	56.5	4.2	55.1	4.7
12	53.2	6.7	45.8	7.3	49.5	5.6
Total	54.2	2.8	55.3	2.9	54.8	2.1

* During the 30 days preceding the survey.

† 95% confidence interval.

§ Black, White, Multiple Races, All Other Races.

Table 33c. Percentage of high school students who engaged in unhealthy behaviors to lose weight or to keep from gaining weight,* by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI† (±)	%	CI (±)	%	CI (±)
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight						
Race/Ethnicity						
Hispanic/Latino	7.7	1.6	10.1	1.9	9.0	1.3
Other§	12.8	4.9	14.9	4.9	13.8	3.1
Grade						
9	9.0	3.7	9.2	3.3	9.1	2.5
10	7.9	2.6	10.6	3.9	9.4	2.4
11	9.4	3.9	10.6	3.0	10.0	2.6
12	8.4	4.5	13.5	4.8	11.0	3.7
Total	8.9	1.6	10.7	1.9	9.8	1.4
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight¶						
Race/Ethnicity						
Hispanic/Latino	5.9	1.7	5.6	1.5	5.7	1.2
Other	11.2	3.7	8.7	3.8	10.0	2.3
Grade						
9	6.7	3.2	3.2	2.0	4.9	1.9
10	3.2	1.7	6.8	3.4	5.2	2.2
11	7.0	2.5	5.0	2.3	5.9	1.3
12	10.3	4.6	10.8	4.0	10.6	3.4
Total	6.9	1.7	6.0	1.5	6.4	1.2
Vomited or took laxatives to lose weight or to keep from gaining weight						
Race/Ethnicity						
Hispanic/Latino	3.7	1.1	4.6	1.4	4.2	0.9
Other	7.3	3.4	7.1	4.1	7.2	2.8
Grade						
9	3.9	2.1	3.7	2.0	3.8	1.5
10	3.2	1.4	4.7	3.3	4.0	2.1
11	4.5	2.2	4.5	2.3	4.5	1.7
12	6.7	3.1	8.5	3.5	7.6	1.9
Total	4.6	1.0	4.9	1.3	4.7	0.9

* During the 30 days preceding the survey.

† 95% confidence interval.

§ Black, White, Multiple Races, All Other Races.

¶ Without a doctor's advice.

Table 34c. Percentage of high school students who had lifetime asthma,* had current asthma,† and who had an episode of asthma or an asthma attack,‡ by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI [§] (±)	%	CI (±)	%	CI (±)
Lifetime asthma						
Race/Ethnicity						
Hispanic/Latino	34.4	3.5	27.5	3.1	30.6	2.6
Other**	35.3	6.5	33.7	6.1	34.6	4.9
Grade						
9	36.2	5.0	28.4	6.3	32.2	4.3
10	33.9	3.7	28.3	4.2	30.9	3.0
11	31.5	7.9	27.3	4.6	29.2	4.5
12	35.9	6.5	31.2	7.5	33.5	5.0
Total	34.8	2.8	28.5	2.8	31.5	2.2
Current asthma						
Race/Ethnicity						
Hispanic/Latino	17.0	2.4	18.0	2.4	17.5	1.9
Other	18.2	5.3	15.4	5.4	16.9	4.0
Grade						
9	16.5	2.7	17.1	4.9	16.8	3.2
10	16.1	2.8	17.6	3.1	16.9	2.1
11	19.1	6.1	17.3	3.8	18.1	3.1
12	18.8	6.6	19.3	6.0	19.0	5.0
Total	17.3	2.3	17.6	2.2	17.5	1.8
Asthma episode or attack						
Race/Ethnicity						
Hispanic/Latino	43.1	8.2	48.6	7.0	46.1	5.8
Other	— ^{††}	—	—	—	—	—
Grade						
9	—	—	—	—	47.2	11.7
10	—	—	—	—	43.9	6.5
11	—	—	—	—	43.4	10.9
12	—	—	—	—	—	—
Total	42.6	7.7	48.0	6.3	45.5	5.2

* Ever told by a doctor or nurse they had asthma.

† Had lifetime asthma and during the 12 months preceding the survey, reported either having asthma but no episode or attack or having an asthma episode or attack.

‡ Had an asthma episode or attack during the 12 months preceding the survey, among the 17.5% of students with current asthma.

§ 95% confidence interval.

** Black, White, Multiple Races, All Other Races.

†† Not available.

Table 35c. Percentage of high school students who described their health, in general, as fair or poor, by sex, race/ethnicity, and grade — Puerto Rico, High School Youth Risk Behavior Survey, 2005

Question	Male		Female		Total	
	%	CI* (±)	%	CI (±)	%	CI (±)
Described health as fair or poor						
Race/Ethnicity						
Hispanic/Latino	5.4	1.8	6.5	1.3	6.0	1.3
Other [†]	10.5	4.9	11.5	3.4	11.0	3.5
Grade						
9	6.6	3.8	7.4	2.8	7.0	2.7
10	5.7	2.5	7.0	2.1	6.4	1.8
11	7.3	3.2	6.6	2.6	6.9	2.0
12	3.9	2.5	7.6	3.8	5.7	2.1
Total	6.4	1.6	7.1	1.3	6.8	1.1

* 95% confidence interval.

[†] Black, White, Multiple Races, All Other Races.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

2005 MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

Table 36a. Percentage of middle school students who rarely or never wore a seat belt* and who ever rode in a car driven by someone who had been drinking alcohol, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a seat belt			
Race/Ethnicity			
Carolinian	— [†]	—	11.4
Chamorro	9.8	13.0	11.4
Filipino/Asian	7.7	5.5	6.7
Other [§]	12.5	7.9	10.3
Grade			
6	10.7	9.1	10.0
7	8.5	7.4	8.1
8	12.8	12.2	12.5
Total	10.5	9.7	10.2
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Carolinian	—	—	54.2
Chamorro	54.0	57.9	56.0
Filipino/Asian	33.2	32.3	32.8
Other	50.9	60.7	55.5
Grade			
6	40.9	39.9	40.5
7	43.1	46.2	44.6
8	58.8	63.5	61.3
Total	49.2	53.1	51.2

* When riding in a car.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 37a. Percentage of middle school students who rarely or never wore a bicycle helmet* and a rollerblade or skateboard helmet,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a bicycle helmet			
Race/Ethnicity			
Carolinian	— [§]	—	91.2
Chamorro	89.6	81.1	86.1
Filipino/Asian	—	—	83.5
Other [¶]	88.1	88.3	88.2
Grade			
6	79.5	—	78.5
7	88.8	80.6	85.2
8	91.3	92.5	91.9
Total	88.2	84.8	86.8
Rarely or never wore a rollerblade or skateboard helmet			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	81.2	75.8	78.6
Filipino/Asian	—	—	75.5
Other	84.6	82.7	83.8
Grade			
6	—	—	72.7
7	81.2	73.0	77.5
8	89.7	84.8	87.2
Total	83.0	78.0	80.7

* Among the 74.2% of students who rode bicycles.

† Among the 46.3% of students who rollerbladed or rode a skateboard.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 38a. Percentage of middle school students who ever carried a weapon,* who ever were in a physical fight, and who ever were hurt in a physical fight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Carolinian	— [§]	—	45.6
Chamorro	58.2	30.0	44.8
Filipino/Asian	43.4	18.4	31.2
Other [¶]	58.8	40.7	50.3
Grade			
6	44.4	23.0	35.2
7	51.3	31.2	41.7
8	65.5	33.7	49.5
Total	55.7	31.1	43.9
In a physical fight			
Race/Ethnicity			
Carolinian	—	—	55.0
Chamorro	70.9	45.7	58.9
Filipino/Asian	63.3	36.2	49.9
Other	73.9	55.9	65.4
Grade			
6	66.6	30.7	51.0
7	68.7	41.9	55.8
8	73.3	55.8	64.5
Total	70.3	46.5	58.8
Hurt in a physical fight			
Race/Ethnicity			
Carolinian	—	—	6.8
Chamorro	7.8	4.7	6.3
Filipino/Asian	7.2	3.0	5.2
Other	10.3	4.3	7.5
Grade			
6	8.4	4.1	6.6
7	7.2	3.5	5.4
8	10.2	5.1	7.6
Total	8.6	4.2	6.5

* For example, a gun, knife, or club.

† Injuries had to be treated by a doctor or nurse.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 39a. Percentage of middle school students who ever seriously thought about killing themselves, who ever made a plan about how they would kill themselves, and who ever tried to kill themselves, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Seriously thought about killing themselves			
Race/Ethnicity			
Carolinian	—*	—	39.2
Chamorro	27.6	48.4	37.7
Filipino/Asian	25.3	23.6	24.5
Other†	34.0	51.8	42.3
Grade			
6	28.9	29.6	29.2
7	30.0	39.4	34.5
8	30.3	52.9	41.8
Total	30.2	43.6	36.7
Made a plan about how they would kill themselves			
Race/Ethnicity			
Carolinian	—	—	28.1
Chamorro	20.7	40.0	30.1
Filipino/Asian	19.8	20.1	19.9
Other	27.9	39.8	33.5
Grade			
6	20.2	18.8	19.6
7	22.2	29.2	25.5
8	25.0	46.5	35.9
Total	23.1	35.3	29.0
Tried to kill themselves			
Race/Ethnicity			
Carolinian	—	—	15.4
Chamorro	10.2	27.4	18.6
Filipino/Asian	10.6	5.9	8.3
Other	15.3	26.1	20.3
Grade			
6	12.6	12.0	12.3
7	10.4	19.0	14.5
8	14.4	27.5	21.2
Total	12.4	21.6	16.9

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 40a. Percentage of middle school students who ever smoked cigarettes, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Carolinian	—†	—	55.9
Chamorro	65.0	62.9	64.1
Filipino/Asian	40.5	31.9	36.2
Other [§]	65.5	66.1	65.8
Grade			
6	42.8	32.7	38.3
7	55.6	51.1	53.4
8	72.1	68.7	70.5
Total	60.1	56.7	58.5
Lifetime daily cigarette use[¶]			
Race/Ethnicity			
Carolinian	—	—	4.2
Chamorro	6.3	11.9	9.1
Filipino/Asian	1.6	0.7	1.2
Other	11.8	10.2	11.0
Grade			
6	7.1	3.6	5.6
7	5.1	6.6	5.8
8	9.0	11.4	10.4
Total	7.0	8.4	7.7

* Ever tried cigarette smoking, even one or two puffs.

† Not available.

§ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

¶ Ever smoked ≥ 1 cigarettes every day for 30 days.

Table 41a. Percentage of middle school students who currently smoked cigarettes, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Carolinian	— [†]	—	16.1
Chamorro	25.8	25.3	25.8
Filipino/Asian	12.1	5.3	8.6
Other [§]	23.1	30.0	26.4
Grade			
6	13.9	19.6	16.6
7	19.5	17.1	18.3
8	27.6	26.1	27.1
Total	21.9	21.3	21.7
Current frequent cigarette use[¶]			
Race/Ethnicity			
Carolinian	—	—	0.7
Chamorro	2.5	2.6	2.5
Filipino/Asian	2.4	0.0	1.2
Other	3.8	2.8	3.4
Grade			
6	2.9	0.8	1.9
7	1.9	0.6	1.3
8	3.7	3.2	3.4
Total	2.8	1.9	2.3

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[¶] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

Table 42a. Percentage of middle school students who used smokeless tobacco,* smoked cigars,† and used any tobacco product,‡ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Carolinian	— [¶]	—	42.3
Chamorro	45.0	30.2	37.9
Filipino/Asian	12.9	2.7	7.9
Other**	30.0	30.1	30.0
Grade			
6	26.7	18.7	23.3
7	32.2	22.4	27.5
8	41.3	29.3	35.3
Total	35.2	25.0	30.2
Current cigar use			
Race/Ethnicity			
Carolinian	—	—	9.8
Chamorro	10.0	8.1	9.2
Filipino/Asian	2.4	0.0	1.2
Other	11.7	11.9	11.8
Grade			
6	10.2	6.6	8.7
7	9.8	5.0	7.5
8	8.4	10.4	9.5
Total	9.2	7.7	8.5
Current tobacco use			
Race/Ethnicity			
Carolinian	—	—	49.0
Chamorro	48.4	37.5	43.2
Filipino/Asian	17.5	6.6	11.9
Other	37.4	43.2	40.1
Grade			
6	30.6	26.6	28.8
7	35.5	27.7	31.7
8	48.4	39.4	44.0
Total	40.2	32.5	36.5

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

‡ Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

¶ Not available.

** Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 43a. Percentage of middle school students who ever drank alcohol,* who ever used marijuana, and who ever used cocaine,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime alcohol use			
Race/Ethnicity			
Carolinian	— [§]	—	39.6
Chamorro	51.8	49.7	50.7
Filipino/Asian	40.4	31.5	36.1
Other [¶]	43.5	52.8	47.9
Grade			
6	32.9	22.8	28.6
7	39.0	39.3	39.0
8	61.4	58.4	59.8
Total	46.7	45.3	46.0
Lifetime marijuana use			
Race/Ethnicity			
Carolinian	—	—	26.3
Chamorro	32.4	21.5	27.2
Filipino/Asian	15.3	4.6	10.1
Other	29.5	19.7	24.9
Grade			
6	12.0	4.0	8.6
7	25.8	12.3	19.2
8	38.0	26.3	32.2
Total	28.5	17.3	23.1
Lifetime cocaine use			
Race/Ethnicity			
Carolinian	—	—	2.0
Chamorro	3.6	3.6	3.6
Filipino/Asian	0.0	2.4	1.2
Other	4.9	6.4	5.6
Grade			
6	5.5	4.5	5.1
7	2.5	3.2	2.8
8	3.0	4.9	3.9
Total	3.1	4.1	3.6

* Ever had ≥ 1 drinks of alcohol, other than a few sips.

† Ever used any form of cocaine (e.g., powder, “crack,” or “freebase”).

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 44a. Percentage of middle school students who used steroids and who injected illegal drugs,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime steroid use			
Race/Ethnicity			
Carolinian	— [†]	—	3.3
Chamorro	4.2	2.9	3.5
Filipino/Asian	4.7	0.0	2.4
Other [§]	5.8	4.1	5.0
Grade			
6	5.3	3.2	4.4
7	5.2	3.8	4.5
8	3.9	1.6	2.8
Total	4.7	2.7	3.7
Lifetime illegal injection-drug use			
Race/Ethnicity			
Carolinian	—	—	4.9
Chamorro	2.3	1.7	2.0
Filipino/Asian	0.8	0.0	0.4
Other	4.1	2.8	3.5
Grade			
6	3.2	2.4	2.9
7	3.9	2.0	3.0
8	1.7	1.5	1.6
Total	2.9	1.8	2.4

* Ever used a needle to inject any illegal drug into the body.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 45a. Percentage of middle school students who used tobacco or drugs for the first time before age 11 years, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 11 years			
Race/Ethnicity			
Carolinian	—*	—	18.1
Chamorro	16.1	19.5	17.8
Filipino/Asian	6.1	5.7	5.9
Other†	20.7	19.0	19.9
Grade			
6	17.1	10.8	14.4
7	14.1	17.5	15.7
8	17.5	16.4	17.0
Total	15.8	16.3	16.1
Drank alcohol before age 11 years[§]			
Race/Ethnicity			
Carolinian	—	—	12.7
Chamorro	22.1	17.3	19.9
Filipino/Asian	17.3	11.0	14.3
Other	15.0	15.3	15.1
Grade			
6	23.2	13.8	19.2
7	17.3	14.3	15.9
8	17.0	16.4	16.8
Total	18.2	15.1	16.7
Tried marijuana before age 11 years			
Race/Ethnicity			
Carolinian	—	—	5.1
Chamorro	11.6	4.0	8.0
Filipino/Asian	7.5	0.0	3.9
Other	10.2	3.9	7.3
Grade			
6	5.9	2.4	4.4
7	11.1	3.2	7.3
8	10.0	3.6	6.9
Total	9.9	3.2	6.7

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

§ Other than a few sips.

Table 46a. Percentage of middle school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Carolinian	—*	—	17.5
Chamorro	17.4	16.4	17.0
Filipino/Asian	7.0	4.1	5.6
Other [†]	22.6	13.2	18.1
Grade			
6	10.4	5.4	8.2
7	13.9	6.8	10.4
8	23.4	20.7	22.0
Total	17.1	12.8	15.0
Had first sexual intercourse before age 11 years			
Race/Ethnicity			
Carolinian	—	—	4.0
Chamorro	5.1	3.8	4.6
Filipino/Asian	2.5	1.1	1.8
Other	7.1	2.5	4.9
Grade			
6	5.7	1.0	3.6
7	4.7	1.7	3.2
8	5.6	4.1	4.9
Total	5.3	2.7	4.1
Had sexual intercourse with ≥ 3 persons during their life			
Race/Ethnicity			
Carolinian	—	—	6.3
Chamorro	5.8	4.0	4.9
Filipino/Asian	0.7	0.0	0.4
Other	8.7	3.5	6.2
Grade			
6	3.7	1.9	2.9
7	4.8	2.7	3.8
8	8.1	3.0	5.5
Total	6.1	2.8	4.5

* Not available.

[†] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 47a. Percentage of middle school students who used a condom during last sexual intercourse* and were ever taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Condom use during last sexual intercourse			
Race/Ethnicity			
Carolinian	— [†]	—	—
Chamorro	—	—	59.4
Filipino/Asian	—	—	—
Other [§]	—	—	—
Grade			
6	—	—	—
7	—	—	—
8	—	—	51.5
Total	47.6	—	50.6
Taught about AIDS or HIV infection in school			
Race/Ethnicity			
Carolinian	—	—	61.3
Chamorro	68.6	76.2	72.3
Filipino/Asian	69.3	75.9	72.5
Other	73.2	78.3	75.6
Grade			
6	49.5	50.6	50.0
7	69.5	80.6	74.8
8	75.2	79.2	77.3
Total	68.6	76.2	72.3

* Among the 15.0% of students who ever had sexual intercourse.

[†] Not available.

[§] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 48a. Percentage of middle school students who participated in sufficient vigorous physical activity,* played on any sports teams,† and who watched ≥ 3 hours per day of television,‡ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Carolinian	— [¶]	—	50.8
Chamorro	61.2	60.7	61.0
Filipino/Asian	66.3	59.4	63.0
Other**	62.0	60.4	61.3
Grade			
6	51.3	59.9	55.0
7	62.2	59.8	61.0
8	64.9	58.8	61.9
Total	61.6	59.2	60.5
Played on any sports teams			
Race/Ethnicity			
Carolinian	—	—	57.6
Chamorro	55.3	45.5	50.4
Filipino/Asian	49.4	25.1	37.6
Other	56.2	40.6	48.8
Grade			
6	59.5	48.7	54.7
7	52.0	37.3	44.8
8	56.2	42.1	49.1
Total	55.0	40.8	48.1
Watched ≥ 3 hours per day of television			
Race/Ethnicity			
Carolinian	—	—	24.2
Chamorro	32.5	30.9	32.0
Filipino/Asian	38.0	39.5	38.7
Other	29.0	32.1	30.4
Grade			
6	33.5	20.2	27.6
7	31.1	33.8	32.5
8	32.0	34.1	33.3
Total	32.1	32.2	32.2

* Exercised or participated in physical activities that made students sweat and breathe hard for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g. basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Run by their school or community groups.

‡ On an average school day.

¶ Not available.

** Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 49a. Percentage of middle school students who attended physical education (PE) classes* and attended PE classes daily,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attended PE classes			
Race/Ethnicity			
Carolinian	— [§]	—	73.1
Chamorro	73.0	68.7	70.9
Filipino/Asian	69.7	72.9	71.3
Other [¶]	72.1	70.0	71.1
Grade			
6	91.0	96.5	93.3
7	87.5	90.1	88.7
8	48.8	43.7	46.4
Total	72.2	70.3	71.3
Attended PE classes daily			
Race/Ethnicity			
Carolinian	—	—	22.9
Chamorro	24.5	20.6	22.6
Filipino/Asian	7.2	7.5	7.3
Other	20.4	15.7	18.2
Grade			
6	37.1	36.7	36.9
7	19.7	14.9	17.4
8	14.9	12.1	13.4
Total	20.4	16.5	18.5

* On ≥ 1 days in an average week when they were in school.

† 5 days in an average week when they were in school.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 50a. Percentage of middle school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Carolinian	— [§]	—	—
Chamorro	15.9	15.9	15.9
Filipino/Asian	—	—	14.7
Other [¶]	20.2	19.5	19.9
Grade			
6	—	—	20.6
7	16.5	20.8	18.5
8	15.6	14.9	15.2
Total	17.3	17.2	17.3
Overweight			
Race/Ethnicity			
Carolinian	—	—	—
Chamorro	25.4	15.6	20.8
Filipino/Asian	—	—	12.1
Other	24.8	17.4	21.2
Grade			
6	—	—	29.2
7	25.6	18.9	22.5
8	16.0	12.4	14.2
Total	22.4	16.0	19.3

* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.

§ Not available.

¶ Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 51a. Percentage of middle school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Carolinian	—*	—	14.4
Chamorro	13.4	23.1	18.0
Filipino/Asian	18.3	16.4	17.4
Other†	23.3	20.8	22.1
Grade			
6	16.1	17.7	16.8
7	19.7	20.3	20.0
8	14.9	21.3	18.0
Total	17.4	20.2	18.7
Were trying to lose weight			
Race/Ethnicity			
Carolinian	—	—	46.1
Chamorro	47.0	64.3	55.4
Filipino/Asian	39.7	46.6	43.1
Other	50.4	60.9	55.3
Grade			
6	53.1	54.9	53.9
7	50.5	60.1	55.1
8	39.1	58.1	48.8
Total	46.2	58.5	52.2

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 52a. Percentage of middle school students who ever engaged in healthy behaviors to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	—*	—	50.4
Chamorro	52.5	60.7	56.5
Filipino/Asian	48.0	50.1	49.0
Other†	53.8	56.3	55.0
Grade			
6	59.2	52.7	56.4
7	53.5	54.8	54.0
8	46.4	60.1	53.4
Total	51.5	56.7	54.0
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	—	—	71.7
Chamorro	74.1	78.5	76.2
Filipino/Asian	77.2	68.3	72.9
Other	82.1	77.9	80.1
Grade			
6	79.8	68.6	74.9
7	77.5	75.5	76.4
8	75.4	77.4	76.5
Total	77.0	75.5	76.3

* Not available.

† Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

Table 53a. Percentage of middle school students who ever engaged in unhealthy behaviors to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	—*	—	30.3
Chamorro	28.8	29.7	29.3
Filipino/Asian	21.8	14.4	18.2
Other [†]	28.5	31.1	29.8
Grade			
6	33.1	17.3	26.4
7	26.7	26.7	26.7
8	26.7	30.0	28.4
Total	27.7	26.8	27.3
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight[§]			
Race/Ethnicity			
Carolinian	—	—	8.2
Chamorro	6.3	7.1	6.8
Filipino/Asian	2.8	1.7	2.2
Other	9.6	7.7	8.7
Grade			
6	9.5	4.9	7.6
7	6.7	4.2	5.5
8	5.7	8.6	7.3
Total	6.8	6.2	6.6
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Carolinian	—	—	11.9
Chamorro	9.4	11.9	10.7
Filipino/Asian	4.7	3.3	4.0
Other	8.8	8.0	8.4
Grade			
6	18.9	6.0	13.5
7	8.8	8.9	8.9
8	5.0	9.4	7.3
Total	8.8	8.8	8.8

* Not available.

[†] Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

[§] Without a doctor's advice.

Table 54a. Percentage of middle school students who described their health, in general, as fair or poor, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described health as fair or poor			
Race/Ethnicity			
Carolinian			
Chamorro			
Filipino/Asian			
Other*			
Question Not Asked			
Grade			
6			
7			
8			
Total			

* Micronesian, Other Pacific Islanders, Multiple Non-Hispanic, All Other Races.

REPUBLIC OF PALAU

2005 MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

Table 36b. Percentage of middle school students who rarely or never wore a seat belt* and who ever rode in a car driven by someone who had been drinking alcohol, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a seat belt			
Race/Ethnicity			
Palauan	64.5	65.1	64.8
Other [†]	— [§]	—	—
Grade			
6	54.4	56.9	55.6
7	68.3	62.4	65.5
8	71.7	73.6	72.7
Total	65.0	64.4	64.7
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Palauan	56.2	54.1	55.1
Other	—	—	—
Grade			
6	55.1	46.3	50.8
7	59.7	57.0	58.4
8	53.9	58.5	56.2
Total	55.8	53.3	54.6

* When riding in a car.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.[§] Not available.

Table 37b. Percentage of middle school students who rarely or never wore a bicycle helmet* and a rollerblade or skateboard helmet,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Rarely or never wore a bicycle helmet			
Race/Ethnicity			
Palauan	90.9	90.3	90.6
Other [§]	— [¶]	—	—
Grade			
6	86.6	86.9	86.7
7	94.3	—	93.8
8	92.6	—	92.7
Total	91.1	89.9	90.5
Rarely or never wore a rollerblade or skateboard helmet			
Race/Ethnicity			
Palauan	87.1	85.6	86.3
Other	—	—	—
Grade			
6	—	—	86.0
7	—	—	—
8	—	—	—
Total	86.3	86.9	86.6

* Among the 88.3% of students who rode bicycles.

† Among the 37.5% of students who rollerbladed or rode a skateboard.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 38b. Percentage of middle school students who ever carried a weapon,* who ever were in a physical fight, and who ever were hurt in a physical fight,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Palauan			
Other [§]			
Grade			
6			
7			
8			
Total			
Question Not Asked			
In a physical fight			
Race/Ethnicity			
Palauan	71.0	46.6	58.7
Other	— [¶]	—	—
Grade			
6	73.2	44.7	59.2
7	75.2	—	60.9
8	67.7	56.8	62.3
Total	72.1	48.7	60.8
Hurt in a physical fight			
Race/Ethnicity			
Palauan	10.8	6.5	8.6
Other	—	—	—
Grade			
6	15.9	4.6	10.3
7	7.9	—	6.0
8	12.7	10.1	11.5
Total	12.2	6.1	9.3

* For example, a gun, knife, or club.

† Injuries had to be treated by a doctor or nurse.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 39b. Percentage of middle school students who ever seriously thought about killing themselves, who ever made a plan about how they would kill themselves, and who ever tried to kill themselves, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Seriously thought about killing themselves			
Race/Ethnicity			
Palauan	30.8	52.9	42.1
Other*	—†	—	—
Grade			
6	35.7	47.9	41.7
7	22.5	54.5	38.0
8	34.3	61.6	47.7
Total	31.2	53.7	42.3
Made a plan about how they would kill themselves			
Race/Ethnicity			
Palauan			
Other			
Grade			
6			
7			
8			
Total			
Question Not Asked			
Tried to kill themselves			
Race/Ethnicity			
Palauan	22.0	34.6	28.4
Other	—	—	—
Grade			
6	25.2	33.8	29.4
7	17.3	35.6	26.2
8	20.7	39.5	30.0
Total	21.2	36.1	28.5

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 40b. Percentage of middle school students who ever smoked cigarettes, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Palauan	64.7	62.8	63.7
Other [†]	— [§]	—	—
Grade			
6	57.6	62.8	60.2
7	70.3	60.2	65.2
8	68.0	66.9	67.5
Total	65.1	63.3	64.2
Lifetime daily cigarette use[¶]			
Race/Ethnicity			
Palauan	15.4	8.8	12.1
Other	—	—	—
Grade			
6	16.6	10.3	13.6
7	10.8	—	8.5
8	20.6	9.7	15.1
Total	16.2	9.2	12.7

* Ever tried cigarette smoking, even one or two puffs.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[¶] Ever smoked at least one cigarette every day for 30 days.

Table 4Ib. Percentage of middle school students who currently smoked cigarettes, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Palauan	31.9	28.4	30.1
Other [†]	— [§]	—	—
Grade			
6	28.1	31.9	29.9
7	—	—	30.0
8	38.0	31.3	34.6
Total	33.2	30.6	31.9
Current frequent cigarette use[†]			
Race/Ethnicity			
Palauan	6.6	2.0	4.2
Other	—	—	—
Grade			
6	4.4	1.9	3.2
7	—	—	2.6
8	12.4	3.7	7.9
Total	6.5	3.1	4.8

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

[†] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

Table 42b. Percentage of middle school students who used smokeless tobacco,* smoked cigars,[†] and used any tobacco product,[§] by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Palauan	32.0	39.1	35.6
Other [¶]	—**	—	—
Grade			
6	37.8	39.4	38.6
7	26.8	40.1	33.3
8	27.9	41.1	34.4
Total	31.3	40.2	35.7
Current cigar use			
Race/Ethnicity			
Palauan			
Other			
Grade			
6	Question Not Asked		
7	Question Not Asked		
8	Question Not Asked		
Total	Question Not Asked		
Current tobacco use			
Race/Ethnicity			
Palauan			
Other			
Grade			
6	Question Not Asked		
7	Question Not Asked		
8	Question Not Asked		
Total	Question Not Asked		

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

[†] Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

[§] Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

[¶] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 43b. Percentage of middle school students who ever drank alcohol,* who ever used marijuana, and who ever used cocaine,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime alcohol use			
Race/Ethnicity			
Palauan	47.5	47.6	47.6
Other [§]	— [¶]	—	—
Grade			
6	44.6	44.9	44.7
7	—	—	45.3
8	54.8	55.6	55.2
Total	49.4	47.4	48.4
Lifetime marijuana use			
Race/Ethnicity			
Palauan	40.2	28.0	33.8
Other	—	—	—
Grade			
6	30.1	14.7	22.2
7	45.4	24.0	34.7
8	45.2	44.2	44.7
Total	39.8	27.9	33.7
Lifetime cocaine use			
Race/Ethnicity			
Palauan	10.2	4.3	7.2
Other	—	—	—
Grade			
6	13.4	5.3	9.4
7	7.6	2.9	5.3
8	11.8	6.9	9.4
Total	11.2	5.6	8.4

* Ever had ≥ 1 drinks of alcohol, other than a few sips.

† Ever used any form of cocaine (e.g., powder, “crack,” or “freebase”).

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 44b. Percentage of middle school students who used steroids and who injected illegal drugs,* by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Lifetime steroid use			
Race/Ethnicity			
Palauan	8.0	3.3	5.6
Other [†]	— [§]	—	—
Grade			
6	6.7	2.3	4.5
7	5.7	1.9	3.8
8	11.2	6.7	9.0
Total	8.0	3.6	5.9
Lifetime illegal injection-drug use			
Race/Ethnicity			
Palauan	8.4	3.6	6.0
Other	—	—	—
Grade			
6	13.2	3.8	8.6
7	2.7	4.7	3.6
8	10.4	6.8	8.6
Total	8.9	5.2	7.1

* Ever used a needle to inject any illegal drug into the body.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

Table 45b. Percentage of middle school students who used tobacco or drugs for the first time before age 11 years, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 11 years			
Race/Ethnicity			
Palauan	20.7	14.0	17.3
Other*	— [†]	—	—
Grade			
6	22.8	24.9	23.9
7	24.1	—	18.6
8	14.7	10.4	12.5
Total	20.5	16.0	18.3
Drank alcohol before age 11 years[§]			
Race/Ethnicity			
Palauan	24.1	17.2	20.5
Other	—	—	—
Grade			
6	25.7	23.7	24.7
7	30.5	—	22.1
8	17.8	17.5	17.6
Total	24.4	18.1	21.3
Tried marijuana before age 11 years			
Race/Ethnicity			
Palauan	16.8	3.8	10.0
Other	—	—	—
Grade			
6	20.1	3.2	11.4
7	12.6	4.0	8.3
8	16.6	5.2	10.8
Total	16.7	4.3	10.4

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[†] Not available.

[§] Other than a few sips.

Table 46b. Percentage of middle school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Palauan	21.3	8.9	14.8
Other*	—†	—	—
Grade			
6	16.6	7.7	11.8
7	—	—	11.5
8	28.3	14.0	21.0
Total	20.2	10.1	15.1
Had first sexual intercourse before age 11 years			
Race/Ethnicity			
Palauan	7.9	1.7	4.6
Other	—	—	—
Grade			
6	9.5	0.9	4.9
7	—	—	3.2
8	8.5	2.8	5.6
Total	7.6	1.9	4.7
Had sexual intercourse with ≥ 3 persons during their life			
Race/Ethnicity			
Palauan	12.8	3.0	7.7
Other	—	—	—
Grade			
6	11.5	3.4	7.1
7	—	—	7.0
8	15.1	4.8	9.9
Total	12.1	4.1	8.0

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 47b. Percentage of middle school students who used a condom during last sexual intercourse* and were ever taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Condom use during last sexual intercourse			
Race/Ethnicity			
Palauan			
Other [†]			
Grade			
6			
7			
8			
Total			
Question Not Asked			
Taught about AIDS or HIV infection in school			
Race/Ethnicity			
Palauan	62.6	68.5	65.6
Other	— [§]	—	—
Grade			
6	51.6	59.8	55.6
7	69.1		72.8
8	71.9	70.3	71.1
Total	62.8	68.3	65.5

* Among the 15.1% of students who ever had sexual intercourse.

[†] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[§] Not available.

Table 48b. Percentage of middle school students who participated in sufficient vigorous physical activity,* played on any sports teams,† and who watched ≥ 3 hours per day of television,‡ by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Palauan	55.0	53.2	54.1
Other [¶]	—**	—	—
Grade			
6	51.3	45.5	48.5
7	63.7	56.3	60.1
8	56.8	63.0	59.8
Total	56.5	54.4	55.5
Played on any sports teams			
Race/Ethnicity			
Palauan	62.8	55.8	59.2
Other	—	—	—
Grade			
6	67.3	55.5	61.4
7	60.8	48.8	54.9
8	59.5	63.6	61.5
Total	62.8	56.5	59.7
Watched ≥ 3 hours per day of television			
Race/Ethnicity			
Palauan	26.5	34.4	30.6
Other	—	—	—
Grade			
6	24.3	25.6	25.0
7	27.5	41.8	34.5
8	29.6	35.2	32.3
Total	26.9	33.8	30.3

* Exercised or participated in physical activities that made students sweat and breathe hard for ≥ 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g. basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Run by their school or community groups.

‡ On an average school day.

¶ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

** Not available.

Table 49b. Percentage of middle school students who attended physical education (PE) classes* and attended PE classes daily,[†] by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Attended PE classes			
Race/Ethnicity			
Palauan	85.3	92.2	88.8
Other [§]	— [¶]	—	—
Grade			
6	85.9	93.8	89.8
7	88.1	88.3	88.2
8	85.5	93.1	89.2
Total	86.4	91.8	89.0
Attended PE classes daily			
Race/Ethnicity			
Palauan	17.5	17.9	17.7
Other	—	—	—
Grade			
6	21.2	23.5	22.4
7	18.8	10.7	14.9
8	17.0	16.7	16.8
Total	19.3	17.3	18.3

* On ≥ 1 days in an average week when they were in school.

[†] 5 days in an average week when they were in school.

[§] Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[¶] Not available.

Table 50b. Percentage of middle school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Palauan	20.0	24.9	22.6
Other [§]	— [¶]	—	—
Grade			
6	—	—	28.2
7	—	—	23.1
8	—	—	16.3
Total	19.5	24.6	22.2
Overweight			
Race/Ethnicity			
Palauan	18.8	13.9	16.1
Other	—	—	—
Grade			
6	—	—	22.8
7	—	—	16.2
8	—	—	11.9
Total	18.4	14.8	16.5

* Students who were ≥ 85 th percentile but < 95 th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥ 95 th percentile for body mass index, by age and sex, based on reference data.

§ Black, Hispanic/Latino, White, All Other Races, Multiple Races.

¶ Not available.

Table 51b. Percentage of middle school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Palauan	18.5	28.8	23.8
Other*	—†	—	—
Grade			
6	16.9	22.2	19.5
7	21.8	33.5	27.5
8	18.8	28.8	23.8
Total	19.1	27.3	23.1
Were trying to lose weight			
Race/Ethnicity			
Palauan	45.5	47.0	46.3
Other	—	—	—
Grade			
6	49.0	46.3	47.7
7	36.3	49.0	42.4
8	47.2	44.7	45.9
Total	44.5	46.5	45.5

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 52b. Percentage of middle school students who ever engaged in healthy behaviors to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	53.6	54.0	53.8
Other*	—†	—	—
Grade			
6	55.1	51.3	53.2
7	55.3	59.1	57.2
8	53.0	56.5	54.7
Total	54.7	55.0	54.9
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	65.3	67.7	66.5
Other	—	—	—
Grade			
6	64.3	64.8	64.5
7	68.8	72.1	70.4
8	66.2	69.8	67.9
Total	66.2	68.4	67.3

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

† Not available.

Table 53b. Percentage of middle school students who ever engaged in unhealthy behaviors to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	33.7	36.6	35.2
Other*	— [†]	—	—
Grade			
6	33.5	35.6	34.5
7	35.9	36.0	35.9
8	28.7	40.5	34.5
Total	32.7	37.5	35.1
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight[§]			
Race/Ethnicity			
Palauan	9.3	6.7	8.0
Other	—	—	—
Grade			
6	13.6	10.0	11.8
7	8.2	4.7	6.5
8	8.1	9.1	8.6
Total	10.2	8.0	9.1
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	12.5	8.1	10.3
Other	—	—	—
Grade			
6	15.9	10.1	13.1
7	8.0	6.0	7.0
8	11.5	10.8	11.1
Total	12.4	8.9	10.7

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[†] Not available.

[§] Without a doctor's advice.

Table 54b. Percentage of middle school students who described their health, in general, as fair or poor, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2005

Question	Male %	Female %	Total %
Described health as fair or poor			
Race/Ethnicity			
Palauan	13.7	13.6	13.7
Other*	— [†]	—	—
Grade			
6	14.5	10.5	12.5
7	15.4	15.6	15.5
8	12.7	15.9	14.3
Total	14.3	13.9	14.1

* Black, Hispanic/Latino, White, All Other Races, Multiple Races.

[†] Not available.

Please center and adjust spine for actual width.

Youth Risk Behavior Survey 2005

Commonwealth of the Northern Mariana Islands,
Republic of Palau, Commonwealth of Puerto Rico