

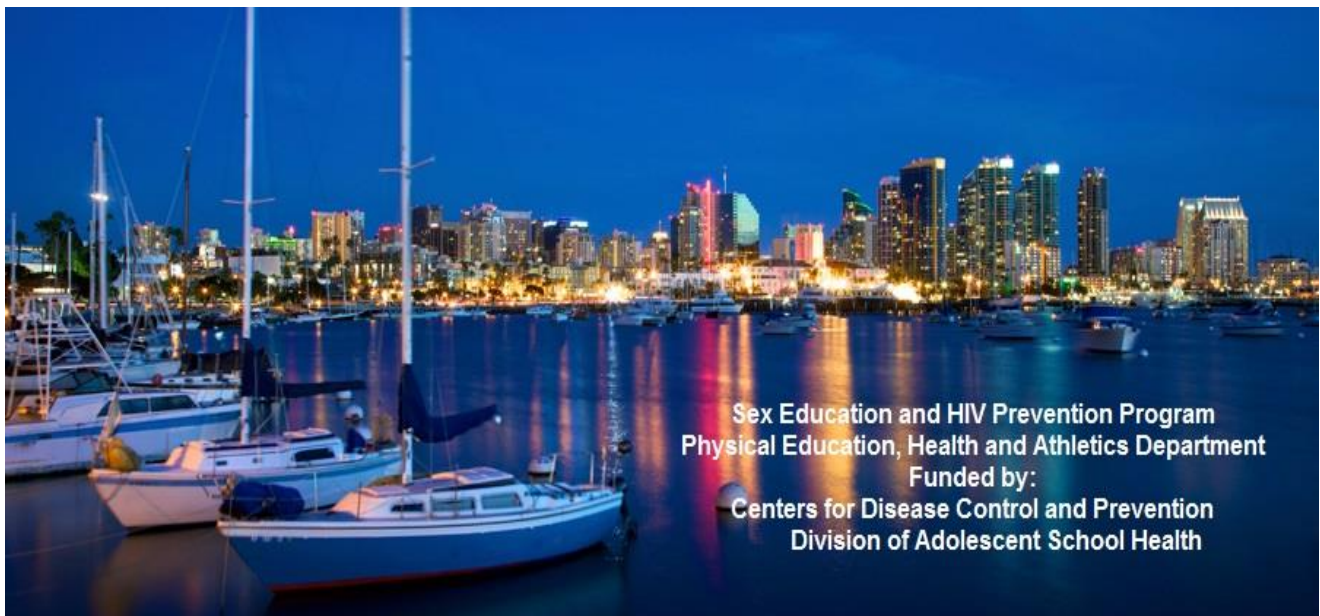


## **San Diego Unified School District 2013 Youth Risk Behavior Survey Executive Summary Grades 9–12**

SDUSD HIV Prevention Program has had a cooperative agreement with the Centers for Disease Control and Prevention (CDC) since 1990. The CDC provides funding for HIV prevention education and for the Youth Risk Behavior Survey (YRBS).

The YRBS was developed by the CDC to monitor priority health risk behaviors that lead to morbidity and mortality for youth. Since 1991, the survey has been administered nationally every two years. San Diego is one of the local and state education agencies that have received weighted data for all 11 surveys.

This report summarizes SDUSD's 2013 Youth Risk Behavior Survey results. For selected risk behaviors, local trends from 2003 to 2013 are presented along with the 2013 national results. The Executive Summary and the complete YRBS report are available at [www.sandi.net/depts/sex\\_ed](http://www.sandi.net/depts/sex_ed).



Sex Education and HIV Prevention Program  
Physical Education, Health and Athletics Department  
Funded by:  
Centers for Disease Control and Prevention  
Division of Adolescent School Health

# San Diego Unified School District

We would like to thank the high school students who completed the 2013 Youth Risk Behavior Survey. SDUSD had a 100% school response rate and a 90% student response rate.

We appreciate the efforts of the high school principals, vice principals and teachers who facilitated the administration of the survey. A special thanks to San Diego parents for allowing their children to participate in this important survey.

The following high schools participated in the 2013YRBS:

Clairemont  
Crawford  
Garfield  
Henry  
Hoover  
Kearny Complex  
La Jolla

Lincoln  
Madison  
Mira Mesa  
Mission Bay  
Morse  
Muir  
Pt. Loma

SCPA  
San Diego Complex  
Scripps Ranch  
Serra  
Twain  
University City

Superintendent:

Cindy Marten

Board of Education Members:

Scott Barnett  
Richard Barrera  
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# 2013 Youth Risk Behavior Survey Results

## San Diego Unified School District

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The Youth Risk Behavior Survey (YRBS) is one component of the Youth Risk Behavior Surveillance System (YRBSS) developed by the Centers for Disease Control and Prevention in collaboration with representatives from state and local departments of education and health, other federal agencies, and national education and health organizations. The YRBS was designed to focus the nation on behaviors related to the leading causes of mortality and morbidity among youth and young adults and to assess how these risk behaviors change over time.

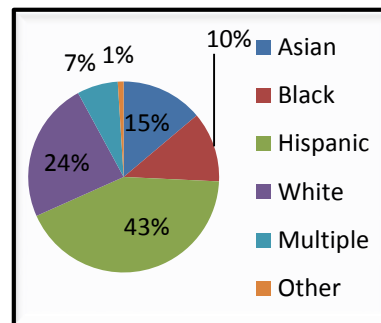
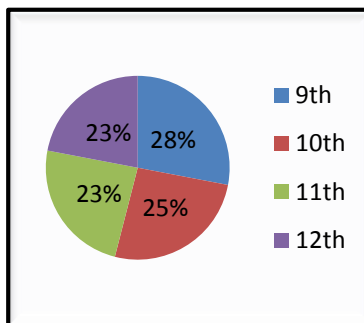
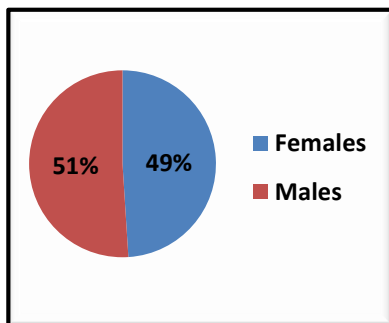
The priority health-risk behaviors fall into the following six categories:

- Behaviors that result in unintentional injury and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, sexually transmitted diseases, and unintended pregnancies
- Dietary behaviors
- Physical activity

San Diego Unified School District (SDUSD) has taken part in the YRBS since 1991. The district's data is used to monitor the health-related behaviors of high school students and guide program planning for some of the district's health programs.

The YRBS was administered to 1,357 students in 26 public high schools during spring 2013. Students completed a self-administered, 99-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. State parental notification procedures were followed before survey administration. The results of the 2013 YRBS met statistical standards and can be generalized to the high school population of SDUSD.

### Demographic Profile for 2013 YRBS



## Questions Added to the 2013 Survey

The following questions were added to the 2013 YRBS. These questions were developed by health experts and reflect current national health objectives.

Risk Behavior		2013 SDUSD Data (%)	2013 National Data (%)
<b>Unintentional Injuries and Violence</b>	Students who have been physically hurt on purpose one or more times by someone they were dating during the past 12 months	7.4	*10.3
	Students who were forced by someone they were dating to do sexual things that they did not want to do one or more times during the past 12 months	11.0	10.4
	Students who emailed or texted while driving a car within the past 30 days	31.8	*41.4
<b>Alcohol and Other Drug Use</b>	Students who had five or more drinks of alcohol in a row within a couple of hours at least once during the past 30 days	16.1	*20.8
<b>Sexual Behavior/Identity</b>	Students who think other people at school would describe them as equally feminine and masculine	10.4	NA
	Students who have never been tested for HIV, the virus that causes AIDS	86.1	87.1
<b>Health</b>	Students who drank zero glasses of milk during the past 7 days	22.7	*19.4
	Students who ate no breakfast during the past 7 days	13.9	13.7

\* There is a significant difference between 2013 SDUSD and National data.

## Unintentional Injury and Violence Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
In a physical fight on school property during the past 12 months	13.2	13.8	14.3	10.8	10.9	**5.9	*8.1
Carried a weapon such as a gun, knife, or club on school property in the past 30 days	5.1	5.8	5.0	4.4	4.5	*2.6	*5.2
Threatened or injured with a weapon on school property during the past 12 month	10.2	10.3	8.1	7.4	6.7	**4.3	*6.9
Felt too unsafe to go to school in the past 30 days	7.7	9.1	6.2	4.8	6.1	5.7	7.1
Bullied on school property during the past 12 months	NA	NA	NA	NA	15.6	15.4	*19.6
Electronically bullied during the past 12 months	NA	NA	NA	NA	12.4	14.4	14.8
Threatened or made to feel unsafe by boyfriend or girlfriend	NA	NA	NA	11.8	11.0	**6.5	NA
Ever physically forced to have sexual intercourse	8.4	10.3	9.2	7.1	6.9	7.5	7.3

\* There is a significant difference between 2013 SDUSD and National data.

\*\* There was a significant decrease in this behavior from 2011 to 2013.

\*\*\* There was a significant increase in this behavior from 2011 to 2013.

## Unintentional Injury and Violence – Suicide Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing usual activities	31.1	33.8	27.5	25.9	25.6	***29.6	29.9
Seriously considered attempting suicide during the past 12 months	19.4	17.5	12.7	13.9	13.3	15.5	17.0
Made a suicide plan during the past 12 months	16.7	13.0	10.1	10.6	11.5	13.4	13.6
Attempted suicide one or more times in the past 12 months	10.9	10.0	7.7	6.0	9.1	8.4	8.0
Attempted suicide that required medical attention during the past 12 months	3.3	2.6	2.7	1.6	3.0	2.3	2.7
Did something to purposely hurt themselves without wanting to die, one or more times during the past 12 months	NA	NA	NA	16.2	16.7	17.6	NA

\* There is a significant difference between 2013 SDUSD and National data.

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## Tobacco Use Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Ever tried cigarette smoking	54.0	49.8	43.6	43.7	43.4	37.5	41.1
Smoked a whole cigarette for the first time before the age of 13	15.9	13.3	9.8	9.1	8.8	**5.6	*9.3
Smoked cigarettes on 20 or more days during the past 30 days	3.4	3.5	2.6	2.8	3.7	**1.1	*5.6
Smoked cigarettes on school property during the past 30 days	4.4	4.5	3.2	2.2	3.2	**1.2	*3.8
Ever smoked at least one cigarette every day for 30 days (daily use)	8.3	7.3	5.4	5.7	6.9	**4.6	*8.8
Used chewing tobacco, snuff or dip on school property during the past 30 days	1.6	1.9	1.9	1.0	2.0	2.9	*8.8

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## Alcohol and Other Drug Use Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Had at least one drink of alcohol on at least one day in their life	75.3	71.6	72.0	69.4	65.1	61.3	*66.2
Had at least one drink of alcohol during the past 30 days	38.5	38.8	36.7	36.2	33.0	28.7	*34.9
Had their first drink, other than a few sips, before the age of 13	28.3	25.9	24.9	22.7	21.7	**15.8	18.6
Had 5 or more drinks in a row on one or more of the past 30 days (binge drinking)	22.2	22.2	21.8	20.6	19.0	16.1	*20.8
Rode in a car in the past 30 days with a driver who had been drinking alcohol	29.1	27.5	27.7	25.0	24	**19.8	21.9
Used marijuana one or more times in their life	42.5	39.2	34.6	37.3	40.1	40.5	40.7
Used marijuana one or more times in the past 30 days	22.4	18.6	16.6	18.9	24.0	21.9	23.4
Used ecstasy one or more times in their life	9.0	7.4	9.0	10.2	16.1	**10.7	*6.6

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## Sexual Behaviors That Result in HIV, STDs and Unintended Pregnancy Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Ever participated in oral sex	NA	NA	37.2	36.6	38.2	37.3	NA
Ever had sexual intercourse	40.4	40.7	38.8	39.2	42.5	36.6	*46.8
Had sexual intercourse for the first time before age of 13	6.4	6.2	7.2	4.8	6.1	4.4	5.6
Had sex with one or more people during the past 3 months	26.7	27.4	28.0	27.7	27.8	24.3	*34.0
Had four or more sex partners during their lifetime	12.3	10.7	10.1	11.2	11.9	**8.2	*15.0
Did not use a condom during last sexual intercourse	40.1	38.2	43.0	34.5	41.4	43.4	40.9
Drank alcohol or used drugs before last sexual intercourse during past 3 months	24.0	20.4	20.9	21.4	21.9	18.4	22.4

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## Dietary Behaviors Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Were overweight (between 85 <sup>th</sup> and 95 <sup>th</sup> percentile for BMI)	15.7	14.3	15.1	14.0	16.0	16.4	16.6
Were obese (at or above the 95 <sup>th</sup> percentile for BMI)	9.6	12.7	12.3	11.5	11.4	11.4	*13.7
Described themselves as slightly or very overweight	33.1	32.8	31.0	26.4	27.9	30.8	31.1
Went without eating for 24 hours, or more to lose weight or keep from gaining weight during past 30 days	11.6	11.2	10.6	9.4	10.5	11.5	13.0
Took laxatives or vomited to lose weight or to control weight gain during the past 30 days	5.5	5.9	6.4	5.1	4.8	4.9	4.4
Took diet pills, powders or liquids, without a doctor's advice, to lose weight during the past 30 days	7.4	6.7	5.8	5.1	5.6	4.3	5.0
Drank a can, bottle or glass of soda or pop one or more times per day during the past 7 days (does not include diet soda)	NA	NA	19.8.	18.2	18.1	**13.7	*27.0

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## Physical Activity and Health Trend Analysis 2003–2013

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Did not participate in at least 60 minutes of physical activity on any day during the past 7 days.	NA	NA	15.5	14.9	17.0	15.9	15.2
Did not play on one or more sports teams during the past 12 months	47.6	46.7	45.5	43.2	49.5	47.1	46.0
Watched 3 or more hours of TV on an average school day	41.8	40.8	37.9	30.7	33.0	**27.9	*32.5
Were ever told by a doctor or nurse that they have asthma	NA	NA	21.6	20.9	21.8	**18.3	*21.0
Played video or computer games or used a computer for non-school activities for 3 or more hours on an average school day	NA	NA	32.5	32.2	34.5	38.6	41.3
Attended physical education (PE) classes daily in an average school week	45.1	42.0	42.9	41.6	42.0	43.5	NA
Wear sunscreen of an SPF of 15 or higher when outside on a sunny day	NA	NA	7.5	7.0	6.0	7.3	10.1

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**Gender Identity and Sexual Orientation  
Trend Analysis 2003–2013**

Survey Question	SDUSD Data (%)						2013 National Data (%)
	2003	2005	2007	2009	2011	2013	
Describe themselves as gay, lesbian or bisexual	NA	NA	NA	NA	7.2	5.9	NA
Has had sexual contact with both males and females	NA	NA	NA	NA	5.2	4.5	NA
Harassed because someone thought they were gay, lesbian, or bisexual in the past 12 months	NA	NA	NA	11.3	10.8	9.5	NA

**The 2013 YRBS Executive Summary was developed by:**

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