

2013 YOUTH RISK BEHAVIOR SURVEY Comparison Between New Jersey and U.S. Students

The Youth Risk Behavior Survey (YRBS) monitors priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States. The national YRBS is conducted every two years during the spring semester and provides data representative of 9th through 12th grade students in public and private schools throughout the United States. The New Jersey Student Health Survey also is conducted every two years and provides data representative of 9th through 12th grade students in public schools throughout New Jersey.

Following the CDC's format¹ for fact sheets comparing state to national results, BCSR at Rutgers - under contract with NJ DOE - constructed a replication of this comparison table which presents risk comparisons of New Jersey students (the New Jersey sample) to similarly situated students throughout the United States (the national sample). CDC only produces these comparison tables for states that obtained a survey response rate exceeding 60%. For each behavior reported within each sample, the mean score and the 95% confidence interval are given. Comparisons between New Jersey and national data are based on t-test analyses. By using this test to compare the mean scores of each sample, it is determined for each risk behavior whether New Jersey students were at "less," "equal," or "greater" risk than their national counterparts.

	New Jersey Students %	U.S. Students %	New Jersey Students Are At: ²
Alcohol Use			
Lifetime alcohol use (Had at least one drink of alcohol on at least one day during their life.)	67.9 (65.0–70.7) ³	66.2 (63.7–68.5)	Equal Risk
Drank alcohol for the first time before age 13 years (Other than a few sips.)	14.6 (10.9–19.3)	18.6 (17.2–20.0)	Equal Risk
Recent alcohol use (Had at least one drink of alcohol on at least one day during the 30 days before the survey.)	39.3 (35.3–43.5)	34.9 (32.8–37.1)	Equal Risk
Had five or more drinks of alcohol in a row (Within a couple of hours on at least one day during the 30 days before the survey.)	23.0 (19.5–26.9)	20.8 (19.1–22.7)	Equal Risk
Cigarette Use			
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs.)	34.2 (30.9–37.7)	41.1 (38.4–43.8)	Less Risk
Smoked a whole cigarette for the first time before age 13 years	5.6 (4.3–7.4)	9.3 (7.8–11.1)	Less Risk
Recent cigarette use (Smoked cigarettes on a least one day during the 30 days before the survey.)	12.9 (10.8–15.3)	15.7 (13.5–18.1)	Equal Risk
Smoked cigarettes on 20 or more days (During the 30 days before the survey.)	4.7 (3.8–5.8)	5.6 (4.4–7.1)	Equal Risk
Smoked more than 10 cigarettes per day (Among students who recently smoked cigarettes, on the days they smoked during the 30 days before the survey.)	12.5 (8.6–17.9)	8.6 (6.6–11.2)	Equal Risk
Smoked cigarettes on all 30 days (During the 30 days before the survey.)	3.6 (2.7–4.7)	4.0 (3.0–5.3)	Equal Risk
Drug Use			
Lifetime marijuana use (Used marijuana one or more times during their life.)	38.9 (35.8–42.0)	40.7 (37.9–43.5)	Equal Risk
Tried marijuana for the first time before age 13 years	5.1 (3.5–7.4)	8.6 (7.4–10.1)	Less Risk
Recent marijuana use (Used marijuana one or more times during the 30 days before the survey.)	21.0 (18.5–23.6)	23.4 (21.3–25.7)	Equal Risk

	New Jersey Students %	U.S. Students %	New Jersey Students Are At: ²
Drug Use (continued)			
Lifetime cocaine use (Used any form of cocaine, such as, powder, crack, or freebase, one or more times during their life.)	4.8 (3.4–6.8)	5.5 (4.7–6.6)	Equal Risk
Lifetime inhalant use (Ever 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.)	9.7 (7.9–11.8)	8.9 (7.9–10.1)	Equal Risk
Lifetime heroin use (Used heroin [also called smack, junk, or china white] one or more times during their life.)	2.4 (1.7–3.3)	2.2 (1.7–2.8)	Equal Risk
Lifetime methamphetamine use (Used methamphetamines [also called speed, crystal, crank, or ice] one or more times during their life.)	2.6 (1.8–3.8)	3.2 (2.6–4.0)	Equal Risk
Lifetime hallucinogen use (Used hallucinogens such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life.)	6.3 (5.1–7.7)	7.1 (6.0–8.4)	Equal Risk
Lifetime ecstasy use (Used ecstasy [also called MDMA] one or more times during their life.)	6.7 (5.1–8.9)	6.6 (5.6–7.7)	Equal Risk
Lifetime steroid use (Used steroid pills or shots without a doctor's prescription one or more times during their life.)	2.3 (1.5–3.7)	3.2 (2.7–3.6)	Equal Risk
Lifetime prescription drug use without a doctor's prescription (Used prescription drugs such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax one or more times during their life.)	11.8 (9.8–14.0)	17.8 (15.9–19.9)	Less Risk
Lifetime needle use (Used a needle to inject any illegal drug into their body one or more times during their life.)	2.0 (1.5–2.7)	1.7 (1.3–2.3)	Equal Risk
Offered, sold, or given an illegal drug by someone on school property (During the 12 months before the survey.)	30.7 (27.2–34.4)	22.1 (20.2–24.1)	Greater Risk
Sexual Behavior			
Ever had sexual intercourse	39.0 (34.5–43.6)	46.8 (43.7–49.8)	Less Risk
Had sexual intercourse for the first time before age 13 years	4.6 (3.6–5.9)	5.6 (4.9–6.5)	Equal Risk
Had sexual intercourse with four or more persons (During their life.)	12.2 (10.0–14.9)	15.0 (13.6–16.6)	Equal Risk
Recently sexually active (Had sexual intercourse with at least one person during the 3 months before the survey.)	29.1 (26.4–32.0)	34.0 (31.6–36.5)	Less Risk
Drank alcohol or used drugs before last sexual intercourse (Among students who were recently sexually active.)	21.4 (17.4–26.1)	22.4 (20.7–24.3)	Equal Risk
Did not use a condom during last sexual intercourse (Among students who were recently sexually active.)	41.4 (36.7–46.2)	40.9 (38.1–43.7)	Equal Risk
Did not use birth control pills before last sexual intercourse (To prevent pregnancy, among students who were recently sexually active.)	78.5 (73.6–82.8)	81.0 (78.3–83.4)	Equal Risk
Did not use any method to prevent pregnancy (During last sexual intercourse, among students who were recently sexually active.)	13.8 (9.1–20.3)	13.7 (12.2–15.4)	Equal Risk
Were never tested for HIV (Not including tests done when donating blood.)	91.0 (89.2–92.5)	87.1 (85.6–88.5)	Greater Risk
Ever physically forced to have sexual intercourse (When they did not want to.)	8.4 (6.6–10.5)	7.3 (6.6–8.1)	Equal Risk

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Violence / Bullying / Suicide			
Did not go to school because they felt unsafe at school or on their way to or from school (On at least one day during the 30 days before the survey.)	5.8 (4.1–8.2)	7.1 (6.0–8.3)	Equal Risk
Threatened or injured with a weapon on school property (Such as, a gun, knife, or club one or more times during the 12 months before the survey.)	6.2 (4.7–8.1)	6.9 (6.2–7.7)	Equal Risk
Carried a gun (On at least one day during the 30 days before the survey.)	2.9 (1.9–4.4)	5.5 (4.8–6.3)	Less Risk
Carried a weapon on school property (Such as, a gun, knife, or club on at least one day during the 30 days before the survey.)	2.7 (2.1–3.6)	5.2 (4.4–6.2)	Less Risk
Carried a weapon (Such as, a gun, knife, or club on at least one day during the 30 days before the survey.)	10.2 (8.1–12.7)	17.9 (16.5–19.4)	Less Risk
In a physical fight (One or more times during the 12 months before the survey.)	21.7 (19.0–24.7)	24.7 (23.2–26.2)	Equal Risk
Bullied on school property (During the 12 months before the survey.)	21.3 (19.0–23.8)	19.6 (18.6–20.8)	Equal Risk
Electronically bullied (Including through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey.)	14.8 (12.4–17.7)	14.8 (13.7–15.9)	Equal Risk
Felt sad or hopeless (Almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey.)	28.7 (25.8–31.7)	29.9 (28.3–31.6)	Equal Risk
Seriously considered attempting suicide (During the 12 months before the survey.)	13.9 (11.8–16.4)	17.0 (15.8–18.2)	Less Risk
Made a plan about how they would attempt suicide (During the 12 months before the survey.)	11.5 (9.3–14.1)	13.6 (12.3–15.0)	Equal Risk
Attempted suicide one or more times (During the 12 months before the survey.)	9.9 (8.2–11.8)	8.0 (7.2–8.9)	Equal Risk
Student Health			
Watched television 3 or more hours per day (On an average school day.)	28.5 (24.2–33.2)	32.5 (30.4–34.7)	Equal Risk
Used computers 3 or more hours per day (Played video or computer games or used a computer for something that was not school work on an average school day.)	36.6 (34.3–39.0)	41.3 (39.2–43.4)	Less Risk
Did not participate in at least 60 minutes of physical activity on any day (Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey.)	11.6 (9.7–13.8)	15.2 (13.9–16.6)	Less Risk
Did not attend physical education classes daily (5 days in an average week when they were in school.)	54.8 (43.1–65.9)	70.6 (65.9–74.9)	Less Risk
Did not eat fruit or drink 100% fruit juices on any day (During the 7 days before the survey.)	3.9 (2.6–5.8)	5.0 (4.5–5.7)	Equal Risk
Did not eat vegetables on any day (Green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey.)	5.2 (3.5–7.7)	6.6 (5.9–7.4)	Equal Risk
Did not drink milk on any day (During the 7 days before the survey.)	24.9 (22.6–27.4)	19.4 (17.9–20.9)	Greater Risk
Drank a can, bottle, or glass of soda or pop at least once per day (Not including diet soda or diet pop, during the 7 days before the survey.)	12.2 (9.8–15.1)	27.0 (23.8–30.5)	Less Risk
Did not eat breakfast on any day (During the 7 days before the survey.)	11.3 (8.7–14.5)	13.7 (12.3–15.2)	Equal Risk

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Student Health (continued)			
Were overweight (Students who were ≥ 85th percentile but < 95th percentile for body mass index, by age and sex, based on reference data.)	14.0 (11.9–16.3)	16.6 (15.4–17.8)	Less Risk
Were obese (Students who were ≥ 95th percentile for body mass index, by age and sex, based on reference data.)	8.7 (6.8–11.2)	13.7 (12.6–14.9)	Less Risk
Diagnosed with asthma (Were ever told by a doctor or nurse that they had asthma)	25.9 (23.1–28.9)	21.0 (20.0–22.0)	Greater Risk
Did not have 8 or more hours of sleep (On an average school night.)	73.4 (69.6–76.9)	68.3 (66.8–69.8)	Greater Risk
Vehicle Safety			
Never or rarely wore a seat belt (When riding in a car driven by someone else.)	9.5 (6.9–12.9)	7.6 (6.4–9.1)	Equal Risk
Rode with a driver who had been drinking alcohol (In a car or other vehicle one or more times during the 30 days before the survey.)	19.9 (17.6–22.4)	21.9 (20.0–23.9)	Equal Risk
Drove when drinking alcohol (In a car or other vehicle one or more times during the 30 days before the survey.)	8.7 (6.7–11.2)	10.0 (8.5–11.8)	Equal Risk
Texted or e-mailed while driving (In a car or other vehicle one or more times during the 30 days before the survey.)	36.0 (30.7–41.7)	41.4 (38.2–44.7)	Equal Risk

¹ <http://www.cdc.gov/healthyyouth/yrbs/factsheets/index.htm#compare>

² Compared to US students, based on t-test analyses, p < .05

³ 95% confidence interval