

APPENDIX A: 2007 NEW JERSEY - U.S. COMPARISON FACT SHEET: Comparison Between New Jersey Students And U.S. Students on Health Risk Behaviors

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, using items from the YRBS, 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). While CDC only produces these comparisons tables for states that obtained a survey response rate exceeding 60%, BCSR weighted the NJ Student Health Survey data using methods similar, but not identical to the CDC. BCSR followed the CDC approach to generate a similar risk comparison fact sheet for New Jersey. For each behavior reported within each sample, the mean score and the 95% confidence interval are given. The "two-tailed t-test" is a common statistical technique for testing whether mean scores drawn from different samples are equal or different - and, if different, which is greater or lesser. By using this test to compare the mean scores of each sample, we were able to easily and robustly determine for each risk behavior whether New Jersey students were at "less," "equal" or "greater" risk than their national counterparts.

	New Jersey Students ² %	U.S. Students ³ %	New Jersey Students Are At: ⁴
Behaviors that Contribute to Unintentional Injuries and Violence			
Rarely or never wore a seat belt (When riding in a car driven by someone else.)	11.0 (8.9 - 13.2) ⁵	11.1 (8.9 - 13.8)	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.)	24.2 (21.5 - 27.0)	29.1 (27.2 - 31.2)	Less risk
Carried a weapon (For example, a gun, knife, or club on at least 1 day during the 30 days before the survey.)	10.9 (8.1 - 13.7)	18.0 (16.3 - 19.8)	Less risk
In a physical fight (One or more times during the 12 months before the survey.)	30.9 (27.6 - 34.2)	35.5 (34.0 - 37.1)	Less risk
Did not go to school because they felt unsafe at school or on their way to or from school (On at least 1 day during the 30 days before the survey.)	5.8 (3.5 - 8.1)	5.5 (4.7 - 6.3)	Equal risk
Seriously considered attempting suicide (During the 12 months before the survey.)	11.6 (9.8 - 13.5)	14.5 (13.4 - 15.6)	Equal risk
Attempted suicide (One or more times during the 12 months before the survey.)	7.2 (5.1 - 9.3)	6.9 (6.3 - 7.6)	Equal risk
Tobacco Use			
Lifetime cigarette use (Ever tried cigarette smoking, even one or two puffs.)	46.5 (42.1 - 51.0)	50.3 (47.2 - 53.5)	Less risk
Current cigarette use (Smoked cigarettes on a least 1 day during the 30 days before the survey.)	18.8 (16.0 - 21.5)	20.0 (17.6 - 22.6)	Equal risk
Current smokeless tobacco use (Used chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey.)	Not Asked	7.9 (6.3 - 9.8)	

1 Table format duplicated from: http://www.cdc.gov/HealthyYouth/yrbs/state_district_comparisons.htm.

2 Source, 2007 *NJ Student Health Survey* conducted by BCSR-Rutgers for NJ DOE.

3 Source, 2007 *National Youth Risk Behavior Survey* conducted by CDC.

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

5 95% confidence interval.

	New Jersey Students %	U.S. Students %	New Jersey Students Are At:
Alcohol and Other Drug Use			
Lifetime alcohol use (Had at least one drink of alcohol on at least 1 day during their life.)	76.2 (72.9 - 79.4)	75.0 (72.4 - 77.4)	Equal risk
Current alcohol use (Had at least one drink of alcohol on at least 1 day during the 30 days before the survey.)	51.0 (46.0 - 56.1)	44.7 (42.4 - 47.0)	Greater risk
Episodic heavy drinking (Had five or more drinks of alcohol in a row within a couple hours on at least 1 day during the 30 days before the survey.)	31.1 (25.9 - 36.3)	26.0 (24.0 - 28.0)	Greater risk
Lifetime marijuana use (Used marijuana one or more times during their life.)	36.3 (32.5 - 40.0)	38.1 (35.5 - 40.7)	Equal risk
Lifetime cocaine use (Used any form of cocaine, including powder, crack, or freebase one or more times during their life.)	5.5 (4.0 - 7.0)	7.2 (6.2 - 8.2)	Equal risk
Lifetime methamphetamine use (Used methamphetamines [also called speed, crystal, crank, or ice] one or more times during their life.)	3.1 (2.0 - 4.2)	4.4 (3.7 - 5.3)	Equal risk
Lifetime inhalant use (Sniffed glue, breathed the contents of aerosol spray can, or inhaled any paints or sprays to get high one or more times during their life.)	10.5 (8.8 - 12.3)	13.3 (12.1 - 14.6)	Equal risk
Offered, sold, or given an illegal drug by someone on school property (During the 12 months before the survey.)	25.0 (22.1 - 28.0)	22.3 (20.3 - 24.4)	Equal risk
Sexual Behaviors that Contribute to Unintended Pregnancy and STDs, including HIV Infection			
Ever had sexual intercourse	45.5 (39.3 - 51.6)	47.8 (45.1 - 50.6)	Equal risk
Currently sexually active (Had sexual intercourse with at least one person during the 3 months before the survey.)	33.7 (29.7 - 37.7)	35.0 (32.8 - 37.2)	Equal risk
Had sexual intercourse with four or more persons during their life	14.0 (10.4 - 17.5)	14.9 (13.4 - 16.5)	Equal risk
Did not use a condom during the last sexual intercourse (Among students who were currently sexually active.)	34.5 (29.9 - 39.1)	38.5 (36.4 - 40.6)	Equal risk
Physical Activity			
Did not meet recommended levels of physical activity (Were not physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on 5 or more days during the 7 days before the survey.)	69.4 (65.8 - 73.0)	65.3 (63.0 - 67.5)	Greater risk
Watched television 3 or more hours per day (On an average school day.)	31.4 (26.5 - 36.2)	35.4 (33.1 - 37.7)	Less risk
Did not attend physical education classes daily (5 days in an average week when they were in school.)	Not Asked	69.7 (64.2 - 74.6)	

	New Jersey Students %	U.S. Students %	New Jersey Students Are At:
Obesity and Dietary Behaviors			
Were obese (Students who were ≥ 95th percentile for body mass index, by age and sex, based on reference data.)	10.7 (7.8 - 13.6)	13.0 (11.9 - 14.1)	Equal risk
Ate fruits and vegetables less than five times per day (100% fruit juices, fruit, green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables during the 7 days before the survey.)	81.5 (79.7 - 83.3)	78.6 (76.9 - 80.2)	Equal risk
Drank a can, bottle, or glass of soda or pop at least one time per day (Not including diet soda or diet pop, during the 7 days before the survey.)	21.6 (18.6 - 24.7)	33.8 (31.0 - 36.8)	Less risk