

2019 NORTH CENTRAL REGION YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL FREQUENCY DISTRIBUTIONS

The following frequency distributions are based upon surveys with 729 middle school students in North Central Region during February of 2019. Frequency distributions may not total 729 due to nonresponse and percents may not total 100 percent due to rounding.

Question	Responses	Count	Percent
Q-1. How old are you?			
A.	10 years old or younger	0	0.00%
B.	11 years old	3	0.41%
C.	12 years old	165	22.66%
D.	13 years old	326	44.78%
E.	14 years old	224	30.77%
F.	15 years old	8	1.10%
G.	16 years old or older	2	0.27%
	TOTALS	728	100.00%
Q-2. What is your sex?			
A.	Female	366	50.48%
B.	Male	359	49.52%
	TOTALS	725	100.00%
Q-3. In what grade are you?			
A.	7th grade	366	50.83%
B.	8th grade	354	49.17%
	TOTALS	720	100.00%
Q-4. Are you Hispanic or Latino?			
A.	Yes	73	10.46%
B.	No	625	89.54%
	TOTALS	698	100.00%
Q-5. What is your race?			
A.	American Indian or Alaskan Native	191	24.55%
B.	Asian	16	2.06%
C.	Black or African American	28	3.60%
D.	Native Hawaiian or Other Pacific Islander	19	2.44%
E.	White	524	67.35%
	TOTALS	778	100.00%
Q-6. How often do you wear a seat belt when riding in a car driven by someone else?			
A.	Never	12	1.66%
B.	Rarely	40	5.54%
C.	Sometimes	92	12.74%
D.	Most of the time	277	38.37%
E.	Always	301	41.69%
	TOTALS	722	100.00%

Q-7. How often do you wear a seat belt when driving a car?

A.	I do not drive a car	473	65.60%
B.	Never	6	0.83%
C.	Rarely	14	1.94%
D.	Sometimes	21	2.91%
E.	Most of the time	63	8.74%
F.	Always	144	19.97%
TOTALS		721	100.00%

Q-8. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

A.	0 times	572	79.78%
B.	1 time	54	7.53%
C.	2 or 3 times	46	6.42%
D.	4 or 5 times	4	0.56%
E.	6 or more times	41	5.72%
TOTALS		717	100.00%

Q-9. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

A.	0 days	563	77.44%
B.	1 day	47	6.46%
C.	2 or 3 days	48	6.60%
D.	4 or 5 days	14	1.93%
E.	6 or more days	55	7.57%
TOTALS		727	100.00%

Q-10. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

A.	0 days	714	98.21%
B.	1 day	8	1.10%
C.	2 or 3 days	4	0.55%
D.	4 or 5 days	0	0.00%
E.	6 or more days	1	0.14%
TOTALS		727	100.00%

Q-11. During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)

A.	0 days	656	90.61%
B.	1 day	16	2.21%
C.	2 or 3 days	13	1.80%
D.	4 or 5 days	9	1.24%
E.	6 or more days	30	4.14%
TOTALS		724	100.00%

Q-12. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

A.	0 days	650	89.29%
B.	1 day	41	5.63%
C.	2 or 3 days	23	3.16%
D.	4 or 5 days	5	0.69%
E.	6 or more days	9	1.24%
TOTALS		728	100.00%

Q-13. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

A.	0 times	686	94.23%
B.	1 time	24	3.30%
C.	2 or 3 times	14	1.92%
D.	4 or 5 times	1	0.14%
E.	6 or 7 times	0	0.00%
F.	8 or 9 times	3	0.41%
G.	10 or 11 times	0	0.00%
H.	12 or more times	0	0.00%
TOTALS		728	100.00%

Q-14. During the past 12 months, how many times were you in a physical fight?

A.	0 times	453	62.74%
B.	1 time	119	16.48%
C.	2 or 3 times	89	12.33%
D.	4 or 5 times	24	3.32%
E.	6 or 7 times	18	2.49%
F.	8 or 9 times	5	0.69%
G.	10 or 11 times	1	0.14%
H.	12 or more times	13	1.80%
TOTALS		722	100.00%

Q-15. During the past 12 months, how many times were you in a physical fight on school property?

A.	0 times	590	80.93%
B.	1 time	95	13.03%
C.	2 or 3 times	26	3.57%
D.	4 or 5 times	10	1.37%
E.	6 or 7 times	5	0.69%
F.	8 or 9 times	1	0.14%
G.	10 or 11 times	0	0.00%
H.	12 or more times	2	0.27%
TOTALS		729	100.00%

Q-16. Have you ever been physically forced to have sexual intercourse when you did not want to?			
A.	Yes	34	4.69%
B.	No	691	95.31%
TOTALS		725	100.00%
Q-17. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)			
A.	0 times	682	94.07%
B.	1 time	25	3.45%
C.	2 or 3 times	13	1.79%
D.	4 or 5 times	3	0.41%
E.	6 or more times	2	0.28%
TOTALS		725	100.00%
Q-18. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)			
A.	I did not date or go out with anyone during the past 12 months	354	48.69%
B.	0 times	347	47.73%
C.	1 time	14	1.93%
D.	2 or 3 times	11	1.51%
E.	4 or 5 times	0	0.00%
F.	6 or more times	1	0.14%
TOTALS		727	100.00%
Q-19. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)			
A.	I did not date or go out with anyone during the past 12 months	346	47.46%
B.	0 times	370	50.75%
C.	1 time	10	1.37%
D.	2 or 3 times	3	0.41%
E.	4 or 5 times	0	0.00%
F.	6 or more times	0	0.00%
TOTALS		729	100.00%
Q-20. During the past 12 months, have you ever been bullied on school property?			
A.	Yes	208	28.97%
B.	No	510	71.03%
TOTALS		718	100.00%
Q-21. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)			
A.	Yes	148	20.33%
B.	No	580	79.67%
TOTALS		728	100.00%
Q-22. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?			
A.	Yes	128	17.63%
B.	No	598	82.37%
TOTALS		726	100.00%

Q-23. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?			
A.	Yes	220	30.81%
B.	No	494	69.19%
TOTALS		714	100.00%
Q-24. During the past 12 months, did you ever seriously consider attempting suicide?			
A.	Yes	150	20.75%
B.	No	573	79.25%
TOTALS		723	100.00%
Q-25. During the past 12 months, did you make a plan about how you would attempt suicide?			
A.	Yes	129	17.79%
B.	No	596	82.21%
TOTALS		725	100.00%
Q-26. During the past 12 months, how many times did you actually attempt suicide?			
A.	0 times	623	86.05%
B.	1 time	72	9.94%
C.	2 or 3 times	23	3.18%
D.	4 or 5 times	3	0.41%
E.	6 or more times	3	0.41%
TOTALS		724	100.00%
Q-27. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?			
A.	I did not attempt suicide during the past 12 months	597	82.57%
B.	Yes	22	3.04%
C.	No	104	14.38%
TOTALS		723	100.00%
Q-28. Have you ever tried cigarette smoking, even one or two puffs?			
A.	Yes	156	21.49%
B.	No	570	78.51%
TOTALS		726	100.00%
Q-29. How old were you when you first tried cigarette smoking, even one or two puffs?			
A.	I have never tried cigarette smoking, not even one or two puffs	581	80.14%
B.	8 years old or younger	28	3.86%
C.	9 or 10 years old	37	5.10%
D.	11 or 12 years old	51	7.03%
E.	13 or 14 years old	27	3.72%
F.	15 or 16 years old	0	0.00%
G.	17 years old or older	1	0.14%
TOTALS		725	100.00%

Q-30. During the past 30 days, on how many days did you smoke cigarettes?			
A.	0 days	700	96.42%
B.	1 or 2 days	11	1.52%
C.	3 to 5 days	10	1.38%
D.	6 to 9 days	2	0.28%
E.	10 to 19 days	0	0.00%
F.	20 to 29 days	2	0.28%
G.	All 30 days	1	0.14%
TOTALS		726	100.00%
Q-31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?			
A.	I did not smoke cigarettes during the past 30 days	688	95.16%
B.	Less than 1 cigarette per day	20	2.77%
C.	1 cigarette per day	9	1.24%
D.	2 to 5 cigarettes per day	6	0.83%
E.	6 to 10 cigarettes per day	0	0.00%
F.	11 to 20 cigarettes per day	0	0.00%
G.	More than 20 cigarettes per day	0	0.00%
TOTALS		723	100.00%
Q-32. Have you ever used an electronic vapor product?			
A.	Yes	220	30.34%
B.	No	505	69.66%
TOTALS		725	100.00%
Q-33. During the past 30 days, on how many days did you use an electronic vapor product?			
A.	0 days	599	82.39%
B.	1 or 2 days	62	8.53%
C.	3 to 5 days	21	2.89%
D.	6 to 9 days	15	2.06%
E.	10 to 19 days	12	1.65%
F.	20 to 29 days	8	1.10%
G.	All 30 days	10	1.38%
TOTALS		727	100.00%
Q-34. During the past 30 days, on how many days did you use an electronic vapor product on school property?			
A.	0 days	687	94.37%
B.	1 or 2 days	27	3.71%
C.	3 to 5 days	6	0.82%
D.	6 to 9 days	4	0.55%
E.	10 to 19 days	3	0.41%
F.	20 to 29 days	0	0.00%
G.	All 30 days	1	0.14%
TOTALS		728	100.00%

Q-35. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)			
A.	I did not use any electronic vapor products during the past 30 days	590	82.17%
B.	I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store	3	0.42%
C.	I got them on the Internet	5	0.70%
D.	I gave someone else money to buy them for me	21	2.92%
E.	I borrowed them from someone else	65	9.05%
F.	A person who can legally buy these products gave them to me	11	1.53%
G.	I took them from a store or another person	3	0.42%
H.	I got them some other way	20	2.79%
TOTALS		718	100.00%
Q-36. What is the main reason you have used electronic vapor products? (Select only one response.)			
A.	I have never used an electronic vapor product	529	73.47%
B.	Friend or family member used them	60	8.33%
C.	To try to quit using other tobacco products	8	1.11%
D.	They cost less than other tobacco products	0	0.00%
E.	They are easier to get than other tobacco products	7	0.97%
F.	They are less harmful than other forms of tobacco	14	1.94%
G.	They are available in flavors, such as mint, candy, fruit, or chocolate	26	3.61%
H.	I used them for some other reason	76	10.56%
TOTALS		720	100.00%
Q-37. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)			
A.	0 days	697	96.54%
B.	1 or 2 days	13	1.80%
C.	3 to 5 days	5	0.69%
D.	6 to 9 days	2	0.28%
E.	10 to 19 days	2	0.28%
F.	20 to 29 days	0	0.00%
G.	All 30 days	3	0.42%
TOTALS		722	100.00%
Q-38. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?			
A.	0 days	702	97.77%
B.	1 or 2 days	9	1.25%
C.	3 to 5 days	6	0.84%
D.	6 to 9 days	1	0.14%
E.	10 to 19 days	0	0.00%
F.	20 to 29 days	0	0.00%
G.	All 30 days	0	0.00%
TOTALS		718	100.00%

Q-39. During the past 12 months, did you ever try to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?		
A.	I did not use any tobacco products during the past 12 months	617 85.22%
B.	Yes	54 7.46%
C.	No	53 7.32%
TOTALS		724 100.00%
Q-40. How old were you when you had your first drink of alcohol other than a few sips?		
A.	I have never had a drink of alcohol other than a few sips	492 68.52%
B.	8 years old or younger	61 8.50%
C.	9 or 10 years old	47 6.55%
D.	11 or 12 years old	73 10.17%
E.	13 or 14 years old	45 6.27%
F.	15 or 16 years old	0 0.00%
G.	17 years old or older	0 0.00%
TOTALS		718 100.00%
Q-41. During the past 30 days, on how many days did you have at least one drink of alcohol?		
A.	0 days	616 85.56%
B.	1 or 2 days	71 9.86%
C.	3 to 5 days	18 2.50%
D.	6 to 9 days	8 1.11%
E.	10 to 19 days	5 0.69%
F.	20 to 29 days	1 0.14%
G.	All 30 days	1 0.14%
TOTALS		720 100.00%
Q-42. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?		
A.	0 days	677 93.64%
B.	1 day	21 2.90%
C.	2 days	11 1.52%
D.	3 to 5 days	9 1.24%
E.	6 to 9 days	4 0.55%
F.	10 to 19 days	1 0.14%
G.	20 or more days	0 0.00%
TOTALS		723 100.00%

Q-43. During the past 30 days, how did you usually get the alcohol you drank?			
A.	I did not drink alcohol during the past 30 days	620	86.11%
B.	I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station	5	0.69%
C.	I bought it at a restaurant, bar, or club	0	0.00%
D.	I bought it at a public event such as a concert or sporting event	0	0.00%
E.	I gave someone else money to buy it for me	11	1.53%
F.	Someone gave it to me	36	5.00%
G.	I took it from a store or family member	20	2.78%
H.	I got it some other way	28	3.89%
TOTALS		720	100.00%

Q-44. During your life, how many times have you used marijuana?			
A.	0 times	592	82.91%
B.	1 or 2 times	43	6.02%
C.	3 to 9 times	16	2.24%
D.	10 to 19 times	14	1.96%
E.	20 to 39 times	15	2.10%
F.	40 to 99 times	11	1.54%
G.	100 or more times	23	3.22%
TOTALS		714	100.00%

Q-45. How old were you when you tried marijuana for the first time?			
A.	I have never tried marijuana	599	83.08%
B.	8 years old or younger	13	1.80%
C.	9 or 10 years old	26	3.61%
D.	11 or 12 years old	52	7.21%
E.	13 or 14 years old	31	4.30%
F.	15 or 16 years old	0	0.00%
G.	17 years old or older	0	0.00%
TOTALS		721	100.00%

Q-46. During the past 30 days, how many times did you use marijuana?			
A.	0 times	656	91.62%
B.	1 or 2 times	26	3.63%
C.	3 to 9 times	7	0.98%
D.	10 to 19 times	12	1.68%
E.	20 to 39 times	3	0.42%
F.	40 or more times	12	1.68%
TOTALS		716	100.00%

Q-47. During your life, how many times have you used synthetic marijuana?			
A.	0 times	681	95.78%
B.	1 or 2 times	14	1.97%
C.	3 to 9 times	8	1.13%
D.	10 to 19 times	1	0.14%
E.	20 to 39 times	3	0.42%
F.	40 or more times	4	0.56%
TOTALS		711	100.00%
Q-48. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?			
A.	0 times	641	89.03%
B.	1 or 2 times	44	6.11%
C.	3 to 9 times	15	2.08%
D.	10 to 19 times	8	1.11%
E.	20 to 39 times	6	0.83%
F.	40 or more times	6	0.83%
TOTALS		720	100.00%
Q-49. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?			
A.	0 times	696	96.80%
B.	1 or 2 times	17	2.36%
C.	3 to 9 times	2	0.28%
D.	10 to 19 times	2	0.28%
E.	20 to 39 times	1	0.14%
F.	40 or more times	1	0.14%
TOTALS		719	100.00%
Q-50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?			
A.	0 times	634	88.55%
B.	1 or 2 times	54	7.54%
C.	3 to 9 times	15	2.09%
D.	10 to 19 times	7	0.98%
E.	20 to 39 times	5	0.70%
F.	40 or more times	1	0.14%
TOTALS		716	100.00%
Q-51. During your life, how many times have you used heroin (also called smack, junk, or China White)?			
A.	0 times	714	99.44%
B.	1 or 2 times	3	0.42%
C.	3 to 9 times	1	0.14%
D.	10 to 19 times	0	0.00%
E.	20 to 39 times	0	0.00%
F.	40 or more times	0	0.00%
TOTALS		718	100.00%

Q-52. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?			
A.	0 times	711	98.89%
B.	1 or 2 times	6	0.83%
C.	3 to 9 times	2	0.28%
D.	10 to 19 times	0	0.00%
E.	20 to 39 times	0	0.00%
F.	40 or more times	0	0.00%
TOTALS		719	100.00%
Q-53. During your life, how many times have you used ecstasy (also called MDMA)?			
A.	0 times	701	99.43%
B.	1 or 2 times	2	0.28%
C.	3 to 9 times	2	0.28%
D.	10 to 19 times	0	0.00%
E.	20 to 39 times	0	0.00%
F.	40 or more times	0	0.00%
TOTALS		705	100.00%
Q-54. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?			
A.	0 times	704	98.05%
B.	1 or 2 times	6	0.84%
C.	3 to 9 times	3	0.42%
D.	10 to 19 times	3	0.42%
E.	20 to 39 times	1	0.14%
F.	40 or more times	1	0.14%
TOTALS		718	100.00%
Q-55. During your life, how many times have you used a needle to inject any illegal drug into your body?			
A.	0 times	710	99.16%
B.	1 time	5	0.70%
C.	2 or more times	1	0.14%
TOTALS		716	100.00%
Q-56. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?			
A.	Yes	99	13.87%
B.	No	615	86.13%
TOTALS		714	100.00%
Q-57. Have you ever had sexual intercourse?			
A.	Yes	98	13.69%
B.	No	618	86.31%
TOTALS		716	100.00%

Q-58. How old were you when you had sexual intercourse for the first time?			
A.	I have never had sexual intercourse	633	88.28%
B.	11 years old or younger	27	3.77%
C.	12 years old	27	3.77%
D.	13 years old	20	2.79%
E.	14 years old	9	1.26%
F.	15 years old	1	0.14%
G.	16 years old	0	0.00%
H.	17 years old or older	0	0.00%
TOTALS		717	100.00%

Q-59. During your life, with how many people have you had sexual intercourse?			
A.	I have never had sexual intercourse	639	89.12%
B.	1 person	36	5.02%
C.	2 people	17	2.37%
D.	3 people	13	1.81%
E.	4 people	3	0.42%
F.	5 people	2	0.28%
G.	6 or more people	7	0.98%
TOTALS		717	100.00%

Q-60. During the past 3 months, with how many people did you have sexual intercourse?			
A.	I have never had sexual intercourse	640	89.39%
B.	I have had sexual intercourse, but not during the past 3 months	46	6.42%
C.	1 person	21	2.93%
D.	2 people	5	0.70%
E.	3 people	3	0.42%
F.	4 people	1	0.14%
G.	5 people	0	0.00%
H.	6 or more people	0	0.00%
TOTALS		716	100.00%

Q-61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?			
A.	I have never had sexual intercourse	623	87.25%
B.	Yes	22	3.08%
C.	No	69	9.66%
TOTALS		714	100.00%

Q-62. The last time you had sexual intercourse, did you or your partner use a condom?			
A.	I have never had sexual intercourse	628	88.20%
B.	Yes	43	6.04%
C.	No	41	5.76%
TOTALS		712	100.00%

Q-63. How do you describe your weight?			
A.	Very underweight	22	3.06%
B.	Slightly underweight	109	15.16%
C.	About the right weight	381	52.99%
D.	Slightly overweight	182	25.31%
E.	Very overweight	25	3.48%
TOTALS		719	100.00%
Q-64. Which of the following are you trying to do about your weight?			
A.	Lose weight	322	44.85%
B.	Gain weight	80	11.14%
C.	Stay the same weight	141	19.64%
D.	I am not trying to do anything about my weight	175	24.37%
TOTALS		718	100.00%
Q-65. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)			
A.	I did not drink 100% fruit juice during the past 7 days	200	27.93%
B.	1 to 3 times during the past 7 days	306	42.74%
C.	4 to 6 times during the past 7 days	96	13.41%
D.	1 time per day	28	3.91%
E.	2 times per day	40	5.59%
F.	3 times per day	15	2.09%
G.	4 or more times per day	31	4.33%
TOTALS		716	100.00%
Q-66. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)			
A.	I did not eat fruit during the past 7 days	71	9.81%
B.	1 to 3 times during the past 7 days	240	33.15%
C.	4 to 6 times during the past 7 days	191	26.38%
D.	1 time per day	69	9.53%
E.	2 times per day	55	7.60%
F.	3 times per day	41	5.66%
G.	4 or more times per day	57	7.87%
TOTALS		724	100.00%
Q-67. During the past 7 days, how many times did you eat green salad?			
A.	I did not eat green salad during the past 7 days	267	36.93%
B.	1 to 3 times during the past 7 days	277	38.31%
C.	4 to 6 times during the past 7 days	91	12.59%
D.	1 time per day	53	7.33%
E.	2 times per day	19	2.63%
F.	3 times per day	5	0.69%
G.	4 or more times per day	11	1.52%
TOTALS		723	100.00%

Q-68. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)			
A.	I did not eat potatoes during the past 7 days	293	40.64%
B.	1 to 3 times during the past 7 days	323	44.80%
C.	4 to 6 times during the past 7 days	69	9.57%
D.	1 time per day	16	2.22%
E.	2 times per day	9	1.25%
F.	3 times per day	2	0.28%
G.	4 or more times per day	9	1.25%
TOTALS		721	100.00%

Q-69. During the past 7 days, how many times did you eat carrots?			
A.	I did not eat carrots during the past 7 days	345	47.78%
B.	1 to 3 times during the past 7 days	249	34.49%
C.	4 to 6 times during the past 7 days	77	10.66%
D.	1 time per day	20	2.77%
E.	2 times per day	8	1.11%
F.	3 times per day	4	0.55%
G.	4 or more times per day	19	2.63%
TOTALS		722	100.00%

Q-70. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)			
A.	I did not eat other vegetables during the past 7 days	142	19.72%
B.	1 to 3 times during the past 7 days	273	37.92%
C.	4 to 6 times during the past 7 days	153	21.25%
D.	1 time per day	66	9.17%
E.	2 times per day	39	5.42%
F.	3 times per day	23	3.19%
G.	4 or more times per day	24	3.33%
TOTALS		720	100.00%

Q-71. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)			
A.	I did not drink soda or pop during the past 7 days	177	24.79%
B.	1 to 3 times during the past 7 days	318	44.54%
C.	4 to 6 times during the past 7 days	119	16.67%
D.	1 time per day	49	6.86%
E.	2 times per day	23	3.22%
F.	3 times per day	14	1.96%
G.	4 or more times per day	14	1.96%
TOTALS		714	100.00%

Q-72. During the past 7 days, how many glasses of milk did you drink? (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

A.	I did not drink milk during the past 7 days	118	16.37%
B.	1 to 3 glasses during the past 7 days	170	23.58%
C.	4 to 6 glasses during the past 7 days	153	21.22%
D.	1 glass per day	89	12.34%
E.	2 glasses per day	95	13.18%
F.	3 glasses per day	49	6.80%
G.	4 or more glasses per day	47	6.52%
TOTALS		721	100.00%

Q-73. During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt? (Do not count diet or sports drinks such as Gatorade or PowerAde.)

A.	I did not drink energy drinks during the past 7 days	563	78.52%
B.	1 to 3 times during the past 7 days	116	16.18%
C.	4 to 6 times during the past 7 days	21	2.93%
D.	1 time per day	6	0.84%
E.	2 times per day	5	0.70%
F.	3 times per day	2	0.28%
G.	4 or more times per day	4	0.56%
TOTALS		717	100.00%

Q-74. During the past 7 days, on how many days did you eat breakfast?

A.	0 days	60	8.34%
B.	1 day	40	5.56%
C.	2 days	66	9.18%
D.	3 days	56	7.79%
E.	4 days	47	6.54%
F.	5 days	71	9.87%
G.	6 days	57	7.93%
H.	7 days	322	44.78%
TOTALS		719	100.00%

Q-75. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

A.	0 days	51	7.10%
B.	1 day	42	5.85%
C.	2 days	53	7.38%
D.	3 days	84	11.70%
E.	4 days	80	11.14%
F.	5 days	114	15.88%
G.	6 days	67	9.33%
H.	7 days	227	31.62%
TOTALS		718	100.00%

CAUTION! Please use this information carefully. Depending on sample size and procedures, the information contained in this report may or may not be representative of the entire student enrollment for the school.

Q-76. On an average school day, how many hours do you watch TV?			
A.	I do not watch TV on an average school day	150	20.95%
B.	Less than 1 hour per day	160	22.35%
C.	1 hour per day	130	18.16%
D.	2 hours per day	134	18.72%
E.	3 hours per day	70	9.78%
F.	4 hours per day	31	4.33%
G.	5 or more hours per day	41	5.73%
TOTALS		716	100.00%

Q-77. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)			
A.	I do not play video or computer games or use a computer for something that is not school work	124	17.49%
B.	Less than 1 hour per day	123	17.35%
C.	1 hour per day	75	10.58%
D.	2 hours per day	101	14.25%
E.	3 hours per day	101	14.25%
F.	4 hours per day	66	9.31%
G.	5 or more hours per day	119	16.78%
TOTALS		709	100.00%

Q-78. In an average week when you are in school, on how many days do you go to physical education (PE) classes?			
A.	0 days	62	8.66%
B.	1 day	12	1.68%
C.	2 days	70	9.78%
D.	3 days	283	39.53%
E.	4 days	34	4.75%
F.	5 days	255	35.61%
TOTALS		716	100.00%

Q-79. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)			
A.	0 teams	204	28.53%
B.	1 team	157	21.96%
C.	2 teams	129	18.04%
D.	3 or more teams	225	31.47%
TOTALS		715	100.00%

Q-80. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?			
A.	0 times	578	80.95%
B.	1 time	86	12.04%
C.	2 times	20	2.80%
D.	3 times	12	1.68%
E.	4 or more times	18	2.52%
TOTALS		714	100.00%

Q-81. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?			
A.	During the past 12 months	522	73.11%
B.	Between 12 and 24 months ago	62	8.68%
C.	More than 24 months ago	22	3.08%
D.	Never	6	0.84%
E.	Not sure	102	14.29%
TOTALS		714	100.00%
Q-82. Has a doctor or nurse ever told you that you have asthma?			
A.	Yes	139	19.58%
B.	No	495	69.72%
C.	Not sure	76	10.70%
TOTALS		710	100.00%
Q-83. On an average school night, how many hours of sleep do you get?			
A.	4 or less hours	44	6.22%
B.	5 hours	38	5.37%
C.	6 hours	106	14.99%
D.	7 hours	158	22.35%
E.	8 hours	207	29.28%
F.	9 hours	105	14.85%
G.	10 or more hours	49	6.93%
TOTALS		707	100.00%
Q-84. During the past 30 days, where did you usually sleep?			
A.	In my parent's or guardian's home	683	95.93%
B.	In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing	16	2.25%
C.	In a shelter or emergency housing	3	0.42%
D.	In a motel or hotel	1	0.14%
E.	In a car, park, campground, or other public place	1	0.14%
F.	I do not have a usual place to sleep	1	0.14%
G.	Somewhere else	7	0.98%
TOTALS		712	100.00%
Q-85. During the past 12 months, how would you describe your grades in school?			
A.	Mostly A's	306	43.53%
B.	Mostly B's	210	29.87%
C.	Mostly C's	80	11.38%
D.	Mostly D's	30	4.27%
E.	Mostly F's	20	2.84%
F.	None of these grades	2	0.28%
G.	Not sure	55	7.82%
TOTALS		703	100.00%

Q-86. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)

A.	0 times	685	97.58%
B.	1 or 2 times	12	1.71%
C.	3 to 9 times	3	0.43%
D.	10 to 19 times	1	0.14%
E.	20 to 39 times	0	0.00%
F.	40 or more times	1	0.14%
TOTALS		702	100.00%

Q-87. During the past 12 months, did you receive help from a resource teacher, speech therapist or other special education teacher at school?

A.	Yes	164	23.46%
B.	No	535	76.54%
TOTALS		699	100.00%