

Hays Consolidated Independent School District
High School Youth Risk Behavior
Surveillance Survey Report, 2012

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District-wide High School Summary

District Strengths (Dark Green)

Compared to Texas State high school students, Hays CISD high school students are at comparatively low risk in the areas of:

- Smoking cigarettes
- Quitting smoking
- Purchasing cigarettes from a store

District Needs (Orange and Red)

Hays CISD high school students are at comparatively high risk in the areas of:

- Seat belt use
- Chewing tobacco, snuff, or dip use on school property
- Alcohol consumption on school property
- Early initiation of sexual activity
- Drinking soda daily
- Not eating vegetables
- Asthma

Further Areas of Exploration

- Illegal use of prescription drugs is reported by nearly 26% of students. Comparable data are available, and, aside from marijuana use (28.3%), this type of drug abuse is the most prevalent reported by Hays CISD high school students.
- The percentage of students who report bullying, being threatened or injured by a weapon on school grounds and students who did not go to school because they felt unsafe at or on the way to school are close to state and national levels. But the rates of feeling sad or hopeless, seriously considering suicide, planning suicide and attempting suicide rates are higher than both the state and national levels.
- Future administrations of the YRBS will build upon lessons learned from this first administration of the survey in order to maximize response rates from every school.

Methods and Reporting Notes

The survey was administered by Hays CISD via paper-based survey in May 2012.

The overall response rate of 78% was relatively high for a first-time, district-wide administration of the survey using this method. Many schools had high response rates, signifying that the results are representative of the district's high school population as a whole.

Data presented in each table are from the following sources:

- **United States 2011:** United States Centers for Disease Control and Prevention, national-level data from YRBS administered in 2011
- **Texas State 2011:** United States Centers for Disease Control and Prevention, state-level data from YRBS administered in 2011
- **Hays CISD 2012:** Hays CISD, district-wide administration of YRBS in May 2012
- **Percent Difference Between Hays CISD and Texas:** The percent difference between Hays CISD and Texas State was calculated when both surveys had a percent available. If Texas State data were not available, the percent difference shown is between Hays CISD and United States.

Percent difference between Hays CISD and Texas State (or national) was calculated by subtracting Texas State percent from Hays CISD percent, then dividing by the average of the two and multiplying by 100%. In this report, negative percent difference indicates that the Hays CISD percent is lower than the Texas State percent; positive percent difference indicates that the Hays CISD percent is higher than the Texas State percent.

Shading demonstrates the degree to which Hays CISD differs from the state or national data. Statements for which Hays CISD had a lower risk were shaded green; statements in which Hays CISD had a higher risk were shaded in red. The table below shows the meaning of each shade of green and red.

Lower Risk	Higher Risk
-1% to -10% Difference	0%-10% Difference
-11% to -40% Difference	11% to 40% Difference
-41% to -70% Difference	41% to 70% Difference
-71% or Larger Difference	71% or Larger Difference

While the degree of difference from Texas State is a guide for areas of focus, it is also important to consider whether the percent of Hays CISD students engaging in each of these behaviors is acceptable to the community.

Unintentional Injuries and Violence

- Hays CISD respondents have a relatively high likelihood of engaging in drinking-and-driving behaviors.
- Although students reported carrying weapons, they are more likely to have been threatened with a weapon on school property and more likely to feel unsafe while in or while traveling to school than students statewide or nationally.
- More Hays CISD students report experiencing bullying on school property, compared with students statewide or nationally.
- Hays CISD students had higher levels of sad or hopeless feelings than Texas State and US students, with over one-third experiencing those feelings for at least 2 weeks sometime during the year prior to the survey.
- The percentages of those thinking about suicide, planning a suicide attempt, attempting suicide, and seeking medical treatment for a suicide attempt are higher than state and national levels
- The percentage of students carrying a weapon on school property is higher than the state and national levels.

Table 1: Percent Responses to Unintentional Injuries and Violence Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Rarely or never wore a seat belt (when riding in a car driven by someone else)	7.7	8.0	17.7
Rode with a driver who had been drinking alcohol one or more times (in a car or other vehicle during the 30 days before the survey)	24.1	32.2	29.8
Drove when drinking alcohol one or more times (a car or other vehicle during the 30 days before the survey)	8.2	10.2	11.4
Carried a weapon on school property on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	5.4	4.9	6.3
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)	5.9	7.1	7.0
Threatened or injured with a weapon on school property one or more times (for example, a gun, knife, or club during the 12 months before the survey)	7.4	6.8	7.7
In a physical fight on school property one or more times (during the 12 months before the survey)	12.0	12.5	10.2
Bullied on school property (during the 12 months before the survey)	20.1	16.5	20.5
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)	28.5	29.2	32.8

Seriously considered attempting suicide (during the 12 months before the survey)	15.8	15.8	16.6
Made a plan about how they would attempt suicide (during the 12 months before the survey)	12.8	13.2	16.3
Attempted suicide one or more times (during the 12 months before the survey)	7.8	10.8	13.2
Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2.4	3.5	5.1
Carried a weapon on at least 1 day (for example, a gun, knife, or club during the 30 days before the survey)	16.6	17.6	19.2
Carried a gun on at least 1 day (during the 30 days before the survey)	5.1	6.0	7.7
In a physical fight one or more times (during the 12 months before the survey)	32.8	34.1	25.6
Injured in a physical fight one or more times (injuries had to be treated by a doctor or nurse, during the 12 months before the survey)	3.9	3.9	4.3
Hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (during the 12 months before the survey)	9.4	11.8	11.4
Ever been electronically bullied (including through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	16.2	13.0	15.8

Tobacco Use

- Fewer than 7% of Hays CISD students report habitual smoking (smoked cigarettes on 20 or more days during the 30 days prior to taking the survey).
- Hays CISD students report substantially lower levels of tobacco use than Texas State and US students on almost all measures.
- Chewing tobacco general use and use on school property is higher than the state and national averages

Table 2: Percent Responses to Tobacco Use Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Ever tried cigarette smoking (even one or two puffs)	44.7	50.2	47.3
Smoked a whole cigarette for the first time before age 13 years	10.3	10.0	11.6
Smoked cigarettes on at least 1 day (during the 30 days before the survey)	18.1	17.4	21.5
Smoked cigarettes on 20 or more days (during the 30 days before the survey)	6.4	4.5	6.1
Smoked more than 10 cigarettes per day (among students who currently smoked cigarettes, on the days they smoked during the 30 days before the survey)	7.8	3.7	1.4
Ever smoked at least one cigarette every day for 30 days	10.2	8.5	2.7
Did not try to quit smoking cigarettes (among students who currently smoked cigarettes, during the 12 months before the survey)	50.1	50.7	12.0
Usually obtained their own cigarettes by buying them in a store or gas station (among the students who were aged <18 years and who currently smoked cigarettes, during the 30 days before the survey)	14.0	12.6	5.2
Used chewing tobacco, snuff, or dip on at least 1 day (during the 30 days before the survey)	7.7	6.2	7.8
Used chewing tobacco, snuff, or dip on school property on at least 1 day (during the 30 days before the survey)	4.8	3.7	5.8
Smoked cigars, cigarillos, or little cigars on at least 1 day (during the 30 days before the survey)	13.1	16.0	17.5

Alcohol and Drug Use

- Alcohol use among Hays CISD high school students is higher than state and national levels.
- Nearly 26% of Hays CISD students report ever having taken a prescription drug without a prescription.
- Use of illegal drugs is moderately higher than state and national levels.
- The percent of Hays CISD students who report ever having smoked marijuana, tried the drug prior to age 13, smoked it within the past month and smoked while on school property is moderately higher than state and national levels.

Table 3: Percent Responses to Alcohol and Drug Use Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Ever had at least one drink of alcohol on at least 1 day (during their life)	70.8	72.7	65.5
Drank alcohol for the first time before age 13 years (other than a few sips)	20.5	22.8	21.0
Had at least one drink of alcohol on at least 1 day (during the 30 days before the survey)	38.7	39.7	44.6
Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day (during the 30 days before the survey)	21.9	23.5	26.8
Usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol during the 30 days before the survey)	40.0	38.3	19.0
Had at least one drink of alcohol on school property on at least 1 day (during the 30 days before the survey)	5.1	3.9	8.2
Ever used marijuana one or more times (during their life)	39.9	40.5	47.2
Tried marijuana for the first time before age 13 years	8.1	9.0	12.9
Used marijuana one or more times (during the 30 days before the survey)	23.1	20.8	28.3
Used marijuana on school property one or more times (during the 30 days before the survey)	5.9	4.8	7.2
Ever used any form of cocaine one or more times (for example, powder, crack, or freebase, during their life)	6.8	9.4	12.1
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)	11.4	11.4	11.0
Ever used heroin one or more times (also called "smack", "junk", or "China white", during their life)	2.9	3.3	3.7
Ever used methamphetamines one or more times (also called "speed", "crystal", "crank", or "ice", during their life)	3.8	5.0	5.8
Ever used ecstasy one or more times (also called "MDMA", during their life)	8.2	11.9	10.3

Ever took steroid pills or shots without a doctor's prescription one or more times (during their life)	3.6	4.8	4.3
Ever took prescription drugs one or more times without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, during their life)	20.7	22.1	25.9
Ever used a needle to inject any illegal drug into their body one or more times (during their life)	2.3	3.1	4.0
Offered, sold, or given an illegal drug by someone on school property (during the 12 months before the survey)	25.6	29.4	29.3

Sexual Behavior

- Over half of Hays CISD students report ever having had sexual intercourse.
- Over 11% of Hays CISD students report an early initiation of sexual activity (before 13 years of age), which is much higher than state and national levels.
- One out of every six Hays CISD students report having had four or more sexual partners during their life
- Hays CISD students are more likely to report having learned about HIV and AIDS in school than students nationally.

Table 4: Percent Responses to Sexual Behavior Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Ever had sexual intercourse	47.4	51.6	51.2
Had sexual intercourse for the first time before age 13 years	6.2	7.0	11.2
Had sexual intercourse with four or more persons (during their life)	15.3	16.7	15.1
Were never taught in school about AIDS or HIV infection	16.0	19.0	13.9

Dietary Behaviors

- Overall, Hays CISD students are more likely to eat fruits and vegetables than students statewide or nationally. However, fruit and vegetable consumption estimates have low recall validity, so it is difficult to determine the accuracy of this information.
- Hays CISD students are more likely to drink regular (not diet) soda than Texas State and US students.
- While almost 28% of Hays CISD students describe themselves as “slightly” or “very” overweight, nearly 39% of students have Body Mass Indexes (BMI) in the overweight (18.8%) or obese (19.8%) range, based on 2012 Fitnessgram data.
- Approximately 19% of Hays CISD students have BMIs in the overweight range (15% State, 16% US), and 19.8% of Hays CISD students have BMIs in the obese range (13% State; 15.6% US).
- Hays CISD students are more likely to take diet products or vomit in order to lose weight and engage in fasting behaviors than other students nationally.

Table 5: Percent Responses to Dietary Behaviors Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Did not eat fruit (during the 7 days before the survey)	11.7	14.9	19.0
Drank a can, bottle, or glass of soda or pop one or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	27.8	29.0	61.2
Drank a can, bottle, or glass of soda or pop two or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	19.0	19.9	20.1
Drank a can, bottle, or glass of soda or pop three or more times per day (not counting diet soda or diet pop, during the 7 days before the survey)	11.3	10.2	6.7
Did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	5.7	9.0	22.6
Ate vegetables less than one time per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)	37.7	47.5	42.7
Overweight (students who were \geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	15.2	16.0	18.8
Obese (students who were \geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts)	13.0	15.6	19.8

Described themselves as slightly or very overweight	29.2	30.3	27.6
Did not eat for 24 or more hours to lose weight or to keep from gaining weight (during the 30 days before the survey)	12.2	12.8	16.7
Took diet pills, powders or liquids to lose weight or to keep from gaining weight (without a doctor's advice, during the 30 days before the survey)	5.1	7.2	10.0
Vomited or took laxatives to lose weight or to keep from gaining weight (during the 30 days before the survey)	4.3	6.3	8.1

Physical Activity

- 15.3% of Hays CISD students report that they did not engage in any physical activity in the 7 days prior to taking the survey.
- Hays CISD students are more likely to attend Physical Education classes but less likely play on sports teams than their peers statewide and nationally.
- Hays CISD students are comparable statewide and nationally to watch 3 or more hours of television and use computers for 3 or more hours a day.

Table 6: Percent Responses to Physical Activity Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Physically active at least 60 minutes per day on less than 5 days (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)	50.5	55.5	63.0
Did not attend physical education classes in an average week (when they were in school)	48.2	49.2	41.8
Did not play on sports teams (run by their school or community groups during the 12 months before the survey)	41.6	42.4	45.8
Watched television 3 or more hours per day (on an average school day)	32.4	37.2	33.7
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)	31.1	32.2	31.4
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)	13.8	16.4	15.3

Asthma

Asthma rates among Hays CISD high school students are higher than state and national levels, with nearly 16% reporting that they still have asthma.

Table 7: Percent Responses to Asthma Statements, by Survey

Question	United States 2011	Texas 2011	Hays 2012
Ever told by a doctor or nurse that they had asthma	23.0	21.4	23.3
Ever told by a doctor or nurse that they had asthma and still have asthma	11.9	9.7	16.0

Site-Added Questions

Question	Rationale	Response
During the past 12 months, did your boyfriend or girlfriend ever force you to do something you did not want to do?	Wording changed to exclude forced sexual intercourse. Dr. Lyon was not comfortable asking students' questions regarding rape.	8.7
Are you sexually active? (Sexual activity refers to physical contact with another person; up to but not including sexual intercourse.)	Wording changed to include all sexual activity as students have misconceptions regarding sexual activity as a disease spreading activity.	53.9
How many days in a week do you eat fast food?	With the influx of fast food options in Kyle and Buda, we found this to be a relevant question.	More than 1: 45.3
How often do you drink a soda , such as Coke, Pepsi, or Sprite? (Do not count diet soda.)	We wanted to exclude diet sodas; our focus is on sugar and high calorie beverages.	61.2
How often do you drink energy drinks , such as Red Bull, Monster, Rock Star?	Energy drinks are seen widespread throughout the district.	24.2
Do you or anyone in your family have diabetes?	Added to gain insight on the obesity epidemic	63.1
When you are sick, where do you go to seek treatment?	We wanted to correlate the usage of the WELL clinic compared to other service providers, especially the ER at Seton.	Well Clinic: 12.7 ER: 4.1 Other: 83.2
Parents that talk with you about what you are doing in school less than twice a week?	Added to gain significance	29.9