

Hays Consolidated Independent School District
High School Youth Risk
Behavior Surveillance
Survey Report, 2016

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Table of contents:

District- wide School Summary.....	3
Purpose, Methods, and Reporting Notes.....	4
Unintentional Injuries and Violence.....	6
Tobacco Use.....	8
Alcohol and Other Drugs.....	9
Sexual Behaviors	10
Dietary Behavior and Weight Control.	12
Physical Activity and Body Weight.....	13
Other Health Topics.	14
Site-Specific Questions.....	15
Cross Tabulation Questions	17

Purpose, Methods, and Reporting Notes

The Youth Risk Behavior Survey (YRBS) is a nationally recognized instrument developed by the Centers for Disease Control and Prevention to monitor risk behaviors among high school students. This validated survey has been useful in assessing youth risk behavior on national, state, and local levels.

For the purposes of this study, a modified version of this survey will be used by Hays Consolidated Independent School District (CISD) to evaluate the current youth risk behaviors. Several site-specific questions have been added to the instrument in order to compare local data from 2016 to data from 2012 and 2014. This study will contribute to local knowledge and the development of programs to address the most prevalent behaviors.

The YRBS consists of questions that are used to monitor health-risk behaviors across six primary topics:

- Unintentional injuries and violence
- Sexual Behaviors
- Alcohol and other drug use
- Dietary Behaviors
- Physical Activity
- Other topics that include prevalence of obesity, asthma, sleep practices, and health care.

Hays CISD administered the paper-based survey and scantron to all high school students in April 2016. Of those administered, 3799 students responded. An additional 70+ scantrons were returned which were not suitable to be a part of the study.

Total Population of respondents to school attended question:

- Hays High School: 50% (1899)
- Lehman High School: 38.1% (1449)
- Impact Center: 1.7% (63)
- Live Oak: Academy: 2.9% (111)
- 47 students selected an invalid answer choice
- 230 students did not respond

Executive Summary

District- wide School Summary

Note the data below is in comparison to National data not taking into consideration Hays trends. Trends of Hays data are provided below for context.

District Strengths (Dark Green)

Compared to high school students represented in the National YRBS, Hays CISD high school students whom responded to the survey report low risk in areas of:

- Cigarette Smoking (10 or more per day) (pg 9)
 - Hays trend demonstrates a decrease in use
 - Note that this may correlate with an increase in use of vapor products
- Purchasing cigarettes from store of gas station (pg 9)
 - Hays trend demonstrates a decrease
- Obtaining alcohol by someone giving it to them (pg 10)
 - Hays trend demonstrates a decrease
- Using drugs or alcohol during last sexual intercourse (pg 12)
 - No Hays data to trend, but far below the national data
- Using a condom during last sexual intercourse (pg 12)
 - Hays trend demonstrates decrease in use of condoms but remains much higher use than national data
- Physical activity on all seven days prior to survey (pg 14)
 - Hays trend demonstrates decrease in physical activity but remains higher than national data

District needs (Orange and Red)

Compared to high school students represented in the National YRBS, Hays high school students are at comparatively high risk in areas of:

- Carried a gun (on at least one day in the last 30) (pg 7)
 - Note that the question does not specify if the weapon was used for hunting.
- Threatened with a weapon on school property (pg 7)
 - Hays trend consistent with previous years
- Missed school because they felt unsafe (at least one day in last 30) (pg 7)
 - Hays trend demonstrates increase
- Injured in a physical fight that required medical attention (pg 8)
- Forced into sexual intercourse (pg 8)
 - No Hays data to trend. Question added this survey year
- Attempted suicide (pg 8)
 - Hays trend demonstrates increase in attempts
- Attempted suicide that resulted in medical attention (pg 8)
 - Hays trend demonstrates increase

Hays CISD 2016 YRBS Report

- Drug use (pg 9-11)
 - Cocaine – decrease in use since 2012
 - Heroin (Highest risk) – increase in use over time
 - Methamphetamines – increase in use over time
 - Ecstasy – decrease in use over time
 - Hallucinogenic Drugs
 - Steroids
 - Illegal drug injections
- Early initiation of sexual activity (before age of 13) (pg 12)
 - Hays trend demonstrates a decrease in early initiation of sex
- Fruit consumption (pg 13)
 - Hays trend demonstrates a decrease
- Time spent watching television (3 or more hours) (pg 14)
 - Hays trend demonstrates an increase
- Did not drink water (during 7 days prior to survey) (pg 13)

District data – data exclusively asked on Hays survey; unable to correlate to National or State data

- Increase in number of students who report they feel threatened or unsafe due to perceived sexual orientation (pg 16)
- Increase in percentage of students who report self-injury without the intent to die (pg 16)
- 85.7% of Hays students claim to be hopeful about their future (pg 17)

The final portion of this report provides a Cross tabulation of questions with the intent to locate statistical correlation. No statistical correlation is evident amongst the questions selected for correlation.

Hays CISD 2016 YRBS Report

The following information will assist in reading the data presented in each table.

The data was recovered from the following sources:

- United States 2015: Centers for Disease Control and Prevention (CDC), national data from YRBS administered in 2015
- United States 2013: Centers for Disease Control and Prevention (CDC), national data from YRBS administered in 2013
- Texas 2013: Centers for Disease Control and Prevention (CDC), state-level data from YRBS administered in 2013
- Hays 2016: Hays CISD, district-level data administered in April 2016
- Hays 2014: Hays CISD, district-level data administered in May 2014
- Hays 2012: Hays CISD, district-level data administered in May 2012

Percent difference was calculated by subtracting National-level data (US 2015) from Hays 2016 data, then dividing by the average of the two and multiplying by 100. For the purposes of this report, a negative percent difference indicates that Hays CISD results indicate a lower risk; positive percent difference indicates risk is higher than National results.

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

Unintentional Injuries and Violence

- Overall, the unintentional injuries and violence section contained the second most questions that reported students of Hays CISD in 2016 at a higher risk for negative health behaviors as compared to National data.
- Hays CISD Students reported engaging in unsafe driving behaviors at a higher percentage than State and National data but lower than students whom responded two years go.
- Among questions regarding violence, Hays CISD 2016 students reported the highest percentage among all groups in feeling threatened or injured with a weapon while in school, carrying a weapon and gun in the 30 days prior to the survey, and not attended school because they felt threatened.

Table 1: Percent Responses to Unintentional Injury and Violence Statements, By Survey

Question	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#6. Never or rarely wore a seat belt (when riding in a car driven by someone else)	6.1%	7.6%	7.4%	8.2% (311)	13.9% (450)	17.7%
#7. 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)	20.0%	21.9%	28.7%	24.7% (931)	26.3% (851)	29.8%
#8. Drove when they had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	7.8%	10.0%	11.2%	7.9% (275)	8.2% (263)	11.4%
#9. Texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	41.5%	41.4%	NA	24.9% (948)	NA	NA
#10. Carried a weapon (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	16.2%	17.9%	18.4%	19.4% (740)	16% (517)	19.2%
#11. Carried a gun (on at least 1 day during the 30 days before the survey)	5.3%	5.5%	6.0%	8.2% (313)	5.9% (194)	7.7%
#12. Carried a weapon on school property (such as, a gun, knife, or club, on at least 1 day during the 30 days before the survey)	4.1%	5.2%	5.6%	6.1% (234)	5.7% (185)	6.3%
#13. 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 past 30 days before the survey)	5.6%	7.1%	7.7%	10.7% (404)	9.8% (318)	7.0%
#14. Were 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)	6.0%	6.9%	7.1%	9.3% (355)	6.7% (217)	7.7%
#15. Were in a physical fight (one or more times during the 12 months before the survey)	22.6%	24.7%	25.4%	21.9% (834)	19.2% (620)	25.6%

Hays CISD 2016 YRBS Report

#16. Were injured in a physical fight (one or more times during the 12 months before the survey and injuries had to be treated by a doctor or nurse)	2.9%	3.1%	3.5%	4.7%(180)	3.6% (114)	4.3%
#17. Were in a physical fight on school property (one or more times during the 12 months before the survey)	7.8%	8.1%	9.1%	10.1% (385)	9.0% (290)	10.2%
#18. Were ever physically forced to have sexual intercourse (when they did not want to)	6.7%	7.3%	NA	11.7% (446)	NA	NA
#19. Experienced physical dating violence (counting being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	9.6%	10.3%	9.9%	8% (307)	11.5% (371)	11.4%
#20. Experienced sexual dating violence (counting kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with one or more times during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)	10.6	10.4	NA	9.8% (373)	NA	NA
#21. Were bullied on school property (during the 12 months before the survey)	20.2%	19.6%	19.1%	20.4% (774)	21.2% (687)	20.5%
#22. Were electronically bullied (counting being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting during the 12 months before the survey)	15.5%	14.8%	13.8%	16% (607)	14.9% (482)	15.8%
#24. 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)	29.9	29.9	28.3%	34% (1292)	33.8% (1090)	32.8%
#26. Seriously considered attempting suicide (during the 12 months before the survey)	17.7%	17.0%	16.7%	19.7% (748)	15.6% (504)	16.6%
#27. Made a plan about how they would attempt suicide (during the 12 months before the survey)	14.6%	13.6%	15.6%	16.7% (634)	15.5% (499)	16.3%
#28. Attempted suicide (one or more times during the 12 months before the survey)	8.6%	8.0%	10.1%	16.9% (640)	14.4% (466)	13.2%
#29. Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)	2.8%	2.7%	3.5%	8.4% (321)	5.1% (165)	5.1%

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.

Hays CISD 2016 YRBS Report

Tobacco Use

- Overall, the Tobacco use section contained the most questions that reported students of Hays CISD in 2016 at a lower risk for negative health behaviors as compared to National data.
- Hays CISD students reported higher percentage than national data in smoking cigarettes before the age of 13, putting them at relatively higher risk.
- Hays CISD students reported higher percentage than national data in smoking various types of cigars, putting them at relatively higher risk.

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

Question	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#30. Ever tried cigarette smoking (even one or two puffs)	32.3%	41.1%	42.1%	31.9% (1212)	39.7% (1277)	47.3%
#31. Smoked a whole cigarette before age 13 years (for the first time)	6.6%	9.3%	8.5%	7.7% (293)	8.4% (259)	11.6%
#32. Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	10.8%	15.7%	14.1%	12.1% (462)	16.4% (530)	21.5%
#33. Smoked more than 10 cigarettes per day (on the days they smoked during the 30 days before the survey, among students who currently smoked cigarettes)	7.9%	8.6%	7.6%	1.7% (65)	.9% (27)	1.4%
#34. Usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey, among students who currently smoked cigarettes and who were aged <18 years)	12.6%	18.1%	16.0%	3.4% (131)	4.8% (153)	5.2%
#34. Usually obtained their own cigarettes by buying on the internet (during the 30 days before the survey, among students who currently smoked cigarettes and who were aged <18 years)	1.0%	NA	NA	.7% (27)	NA	NA
#35. Did not try to quit smoking cigarettes (during the 12 months before the survey, among students who currently smoked cigarettes)	54.6%	52.0%	49.6%	47.8% (278)	9.4% (299)	12.0%
#36. Currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)	7.3%	8.8%	8.1%	6.7% (253)	8.0% (254)	7.8%
#37. Currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)	10.3%	12.6%	13.7%	11.6% (446)	12.1% (388)	17.5%
#38. Ever used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens)	44.9%	NA	NA	45.2% (1719)	NA	NA
#39. Currently used electronic vapor products (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens on at least 1 day during the 30 days before the survey)	24.1%	NA	NA	21% (804)	21.3% (681)	NA

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Alcohol and Other Drugs

- This contained the most questions that reported students of Hays CISD in 2016 at a higher risk for negative health behaviors as compared to National data.
- Heroin use and drug use through needle injection responses by Hays CISD students showed the highest risk when compared to National 2015 data.
- In Question 46, 10.5% (of 40.1%) of participants reported using marijuana 100 or more times during their life.
- Hays CISD high school students reported higher percentages of all drug use as compared to national data.

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

Question	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#40. Ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)	63.2%	66.2%	NA	60.7% (2301)	NA	NA
#41. Drank alcohol before age 13 years (for the first time other than a few sips)	17.2%	18.6%	18.1%	21.2% (807)	20.2% (637)	21.0%
#42. Currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)	32.8%	34.9%	36.1%	32.3% (1231)	37.4% (1196)	44.6%
#43. Drank 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)	17.7	20.8	21.0%	17.2% (654)	21.9% (698)	26.8%
#44. Reported that the largest number of drinks they had in a row was 10 or more (within a couple of hours during the 30 days before the survey)	4.3%	6.1%	NA	4.1% (154)	NA	NA
#45. Usually obtained the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol)	44.1%	41.8%	42.1%	12.3% (469)	15% (474)	19.0%
#46. Ever used marijuana (one or more times during their life)	38.6%	40.7%	37.5%	40.1% (1525)	43.6% (1393)	47.2%
#47. Tried marijuana before age 13 years (for the first time)	7.5%	8.6%	8.2%	11% (420)	11.1% (346)	12.9%
#48. Currently used marijuana (one or more times during the 30 days before the survey)	21.7%	23.4%	20.5%	24.2% (919)	26.5% (845)	28.3%
#49. Ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)	5.2%	5.5%	8.3%	9.6% (363)	8.9% (293)	12.1%
#50. Ever used inhalants (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)	7.0%	8.9%	9.5%	8.9% (341)	7.6% (245)	11.0%
#51. Ever used heroin (also called "smack," "junk," or "China white," one or more times during their life)	2.1%	2.2%	3.8%	4.6% (176)	3.1% (95)	3.7%
#52. Ever used methamphetamines (also called "speed," "crystal," "crank," or "ice," one or more times during their life)	3.0%	3.2%	3.2%	6.1% (235)	4.6% (147)	5.8%
#53. Ever used ecstasy (also called "MDMA," one or more times during their life)	5.0%	6.6%	8.8%	8.7% (330)	8.6% (277)	10.3%

Hays CISD 2016 YRBS Report

#54. Ever used hallucinogenic drugs (such as LSD, acid, PCP, angel dust, mescaline, or mushrooms, one or more times during their life)	6.4%	7.1%	NA	11% (417)	NA	NA
#55. Ever used synthetic marijuana (also called "K2", "Spice", "fake weed", "King Kong", "Yucatan Fire", "Skunk", or "Moon Rocks", one or more times during their life)	9.2%	NA	NA	11.3% (427)	NA	NA
#56. Ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)	3.5%	3.2%	4.6%	6.2% (234)	4.4 (142)%	4.3%
#57. Ever took prescription drugs without a doctor's prescription (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)	16.8%	17.8%	19.0%	20.3% (773)	23.3% (744)	25.9%
#58. Ever injected any illegal drug (used a needle to inject any illegal drug into their body one or more times during their life)	1.8%	1.7%	2.9%	4.4% (168)	2.9% (93)	4.0%
#59. Were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	21.7%	22.1%	26.4%	31.5% (1198)	32.4% (1035)	29.3%

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.

Hays CISD 2016 YRBS Report

Sexual Behaviors

- Early sexual debut (before age 13) by Hays CISD students was the only behavior in sexual behavior topics, which showed a higher risk when compared to national data.
- Moderately high-risk percentage difference seen in Hays CISD students whom responded to not using any method to prevent pregnancy during last intercourse as compared to national data.
- Condom use and drinking alcohol or drug use prior to sexual intercourse were responses that showed district strengths, as a lower percentage of Hays CISD students reported these measures compared to national data.

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

Question	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#60. Ever had sexual intercourse	41.2%	46.8%	45.9%	41.8% (1589)	43.5% (1385)	51.2%
#61. Had sexual intercourse before age 13 years (for the first time)	3.9%	5.6%	5.2%	6% (228)	8.6%** (272)	11.2%
#62. Had sexual intercourse with four or more persons (during their life)	11.5%	15.0%	14.9%	10.7% (405)	12.2% (385)	15.1%
#63. Were currently sexually active (had sexual intercourse with at least one person during the 3 months before the survey)	30.1%	34.0%	NA	26.9% (1014)	NA	NA
#64. Drank alcohol or used drugs (before last sexual intercourse, among students who were currently sexually active)	20.6	22.4	NA	9.7% (369)	NA	NA
#65. Did not use a condom (during last sexual intercourse, among students who were currently sexually active)	43.1%	40.9%	NA	18.4% (698)	8.4% (267)	NA
#66. Did not use a shot (e.g., Depo-Provera), patch (e.g., OrthoEvra), or birth control ring (e.g., NuvaRing) (before last sexual intercourse to prevent pregnancy, among students who were currently sexually active)	94.7%	95.3%	NA	95.8% (1461)	NA	NA
#66. Did not use an IUD (e.g., Mirena or ParaGard) or implant (e.g., Implanon or Nexplanon) (before last sexual intercourse to prevent pregnancy, among students who were currently sexually active)	96.7%	98.4%	NA	97.1% (1480)	NA	NA
#66. Did not use any method to prevent pregnancy (during last sexual intercourse, among students who were currently sexually active)	13.8%	13.7%	NA	20.1 (307)	4% (127)	NA
#66. Did not use birth control pills (before last sexual intercourse to prevent pregnancy)	81.8%	81.0%	NA	84.9% (1294)	NA	NA
#66. Did not use birth control pills; an IUD or implant; or a shot, patch, or birth control ring (before last sexual intercourse to prevent pregnancy)	73.2%	74.7%	NA	77.9% (1187)	NA	NA
#66. Did not use both a condom during and birth control pills; an IUD or implant; or a shot, patch, or birth control ring (before last sexual intercourse to prevent pregnancy)	91.2%	91.2%	NA	84.9% (1289)	NA	NA

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.
- ** Hays 2014 Questionnaire included age 13 in answer choice. Therefore, percentage may be higher than National, State and Local data

Dietary Behavior and Weight Control

- Hays CISD students reported moderately low risk for behaviors involving soda and sports drink consumptions when compared to national data.
- Measures of concern were those involving fruit and water consumption on the seven days prior to survey as Hays CISD reported higher percentages than National data.

Table 5: Percent Response to Dietary Behavior Statements, By Survey

Dietary Behaviors Questions	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#71. Did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)	5.2%	5.0%	5.90%	9.6% (365)	18.0% (569)	19%
#74. Ate fast food more than one day in a week.	No Data	No Data	No Data	48.2% (1830)	46.6% (1475)	45.3%
#76. Drank a can, bottle, or glass of soda or pop (not counting diet soda or diet pop, during the 7 days before the survey)	73.8%	77.7%	NA	69.6% (2644)	NA	NA
#76. 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)	20.4%	27.0%	NA	14.1% (536)	NA	NA
#76. 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)	13.0%	19.4%	NA	8.3% (314)	NA	NA
#76. 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)	7.1%	11.2%	NA	4.2% (157)	NA	NA
#77. Drank a can, bottle, or glass of a sports drink (not counting low calorie sports drinks during the 7 days before the survey)	57.6%	NA	NA	53.8% (2044)	NA	NA
#77. Drank a can, bottle, or glass of a sports drink one or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	13.8%	NA	NA	9.9% (375)	NA	NA
#77. Drank a can, bottle, or glass of a sports drink two or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	8.3%	NA	NA	5.6% (212)	NA	NA
#77. Drank a can, bottle, or glass of a sports drink three or more times per day (not counting low calorie sports drinks during the 7 days before the survey)	4.8%	NA	NA	3.4% (129)	NA	NA
#78. Did not drink water (during the 7 days before the survey)	3.5%	NA	NA	5.6% (214)	NA	NA
#79. Did not eat breakfast (during the 7 days before the survey)	13.8%	13.7%	NA	14.7% (559)	NA	NA
#80. Avoid foods because eating the food could cause an allergic reaction (such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing)	16.0%	NA	NA	13.7% (521)	NA	NA

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.

Hays CISD 2016 YRBS Report

Physical Activity and Body Weight

- Students from Hays CISD whom responded to the survey, reported moderate risk from physical activity behaviors involving exercising for one day and muscle strengthening exercises on three or more days in the seven days prior to survey when compared to the national group.
- Low risk percentage differences were shown for students not trying to lose weight.
- Very low risk percentage differences were seen for Hays CISD students whom reported exercising for 60 minutes on all seven days prior to survey.

Body weight Physical Activity	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#69. Described themselves as slightly or very overweight	31.5%	31.1%	31.7%	30.7% (1160)	32.5% (1031)	27.6%
#70. Were not trying to lose weight	54.4%	52.3%	NA	48.1% (1824)	48.4% (1537)	NA
#81. Did not participate in at least 60 minutes of physical activity on at least 1 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)	14.3%	15.2%	16.6%	19.7% (750)	16.4% (515)	15.3%
#81. Were not physically active at least 60 minutes per day on 5 or more 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)	51.4%	52.7%	NA	39.8% (1514)	NA	NA
#81. Were not physically active at least 60 minutes per day on all 7 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)	72.9%	72.9%	NA	19.7% (750)	NA	NA
#82. Did not participate in muscle strengthening activities on 3 or more days (such as, push-ups, sit-ups, or weight lifting, during the 7 days before the survey)	46.6%	48.3%	NA	53.1% (2019)	NA	NA
#83. Watched 3 or more hours per day of television (on an average school day)	24.7%	32.5%	32.9%	38.1% (1448)	26% (820)	33.7%
#84. Played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	41.7%	41.3%	38.0%	39.1% (1487)	31.7% (998)	31.4%
#85. Did not play on at least one sports team (run by their school or community groups during the 12 months before the survey)	42.4%	46.0%	45.3%	47.9% (1820)	47.7% (1504)	45.8%

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.

Hays CISD 2016 YRBS Report

Other Health Topics

- Hays CISD students reported a higher percentage for asthma diagnosis than all other groups.
- Hays CISD students reported a lower percentage of average sleep on a school night and having ever been tested for HIV.

Other Health Topics	US 2015	US 2013	Texas 2013	Hays 2016	Hays 2014	Hays 2012
#86. Were never tested for HIV (not counting tests done when donating blood)	89.8%	87.1%	NA	71.9% (2733)	NA	NA
#87. Did not see a dentist (for a check-up, exam, teeth cleaning, or other dental work during the 12 months before the survey)	25.6%	NA	NA	28.5% (1079)	NA	NA
#88. Had ever been told by a doctor or nurse that they had asthma	22.8%	21.0%	NA	23.7% (900)	17.2% (542)	16%
#89. You or anyone in your family have diabetes	NA	NA	NA	54.9% (2087)	57.3% (1804)	63.10%
#95. Did not have 8 or more hours of sleep (on an average school night)	72.7%	68.3%	NA	67.2% (2556)	NA	NA

- Data within parenthesis represents number of students whom reported each behavior. These data are not weighted and a direct comparison with national and state data would be misleading.

Site-Specific Questions

Items in this section cannot be compared to National or State data as they appear exclusively on Hays CISD YRBS.

Question	Hays 2016	Hays 2014
#23. In the past 12 months have you ever felt threatened or unsafe because of your perceived sexual orientation?	Yes: 8.4% (321) No: 88.9% (3376)	Yes: 6.6% (214) No: 92.8(2997)
#25. In the last 12 months, have you cut or injured yourself intentionally without the intent to die?	Yes: 16.7% (636) No: 80.6% (3061)	Yes: 14.5% (468) No: 84.8% (2735)
#67. During your life, with whom have you had sexual contact?	I have not had sex: 43.8% (1663) Females: 25.0% (948) Males: 20.2% (769) Males and Females: 6.7% (253)	No Data
#68. Which of the following describes you?	Heterosexual (straight): 78.1% (2966) Gay or Lesbian: 3.7% (141) Bisexual: 8.1% (307) Not Sure: 5.5% (209)	No Data
#72. How many servings of fruit do you eat on a typical day? (Do not count fruit juice)**	None: 18.4% (698) One: 46.5% (1766) Two: 29.7% (1128)	No Data
#73. How many servings of vegetables do you eat on a typical day?**	None: 26.9% (1023) One: 40.7% (1547) Two: 19% (721) Three or more: 8.4% (319)	None: 23.3% (736) One: 42.4% (1342) Two: 24.2% (765) Three or more: 8.4% (310)
#75. How many times did you eat a green salad? (During the 7 days prior to the survey)	None: 44.9% (1705) 1-3: 37.5% (1426) 4-6: 6.5% (238) 1 per day: 3.6% (136) 2 per day: 1.5% (57) 3 per day: .6% (21) 4 or more per day: 1.0 (37)	No Data
#90. When you get sick, where do you seek treatment?	School-based Well Clinic: 10.4% (396) HEB RediClinic: 8.0% (303) Emergency Room: 4.8% (184) Other: 68.6% (2605)	School-based Well Clinic: 9.7% (301) HEB RediClinic: 8.5% (263) Emergency Room: 5.2% (161) Other: 75.3% (2332)
#91. How often does one of your parents or guardian talk with you about what you are doing in school?	Never: 11.0% (417) Less than once a month: 7.6% (288) About once or twice a month: 9.2% (351) About once or twice a week: 22.4% (651) About everyday: 43.5% (1651)	Never: 9.9% (312) Less than once a month: 9.2% (289) About once or twice a month: 9.7% (305) About once or twice a week: 24.2% (762) About everyday: 46.6% (1465)

Hays CISD 2016 YRBS Report

#92. Participated in school-related activities (in the past 30 days)	0 times: 36.9% (1401) 1 or 2 times: 12.7% (461) 3-9 times: 11.5% (438) 10-19 times: 7.0% (267) 20-39 times: 12.6% (479) 40 or more times: 13.3% (504)	No Data
#93. Participated in Non-school related activities (during the past 30 days)	0 hours: 51.9% (1973) 1-4 hours: 17.9% (680) 5-9 hours: 9% (341) 10-19 hours: 6.6% (249) 20 or more hours: 8.2 (313)	No Data
#94. What high school do you attend?	Hays High School: 50% (1899) Lehman High School: 38.1% (1449) Impact Center: 1.7% (63) Live Oak Academy: 2.9% (111)	Hays High School: 57.6% (1774) Lehman High School: 39.1% (1206) Impact Center: 1.6% (48) Live Oak Academy: 1.3% (40)
#96. Where do you sleep (during the last 30 days)	Parent's or guardian's home: 86.1% (3271) Friend, family members, or other person because my parent could not afford housing: 3.7% (142) Shelter or emergency housing: .7 (26) Motel/Hotel: .5% (18) Car, park, etc. or other public place: .8% (32) I do not have a usual place to sleep: .9% (35) Somewhere else .9% (33)	No Data
#97. Slept way from parents/guardians home because you were kicked out, ran away, or were abandoned (30 days prior to survey)	Yes: 7.1% (271) No: 84.7% (3216)	No Data
#98. Hopeful about my future	Strongly Agree: 50.8% (1928) Agree: 34.9% (1324) Disagree: 5.1% (192) Strongly Disagree: 2.2% (85)	No Data
#99. How would you describe your grades? (During the past 12 months)	Mostly A's: 29% (1100) Mostly B's: 40.7% (1548) Mostly C's: 15% (571) Mostly D's: 2.6% (98) Mostly F's: 1.6% (59) None of these: .5% (19) Not sure: 3% (114)	No Data
#100. How well do you speak English?	Very Well: 74.7% (7839) Well: 14.1% (535) Not Well: 2.3% (87) Not at all: 1.3% (50)	No Data

Cross Tabulation Questions

Tables presented in this section compare survey item results in order to determine whether a relationship exists between two questions. The differences and similarities describe how the responses interrelate.

Crosstab Table 1:

	26. During the past 12 months, did you ever seriously consider attempting suicide?			Total
		Yes	No	
22. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Websites, or texting.)	Yes	8.2% (300)	8.2% (300)	16.4%
	No	12.0% (440)	71.7% (2629)	83.6%
Total		20.2% (740)	79.8% (2929)	100.0%

Crosstab Table 2:

	25. In the last 12 months, have you cut or injured yourself intentionally without the intent to die?			Total
		Yes	No	
22. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, Websites, or texting.)	Yes	7.1%(259)	9.2%(339)	16.3%
	No	10.0%(366)	73.7% (2705)	83.7%
Total		17.0% (625)	83.0% (3044)	100.0%

Crosstab Table 3

	26. During the past 12 months, did you ever seriously consider attempting suicide?			Total
		Yes	No	
23. In the past 12 months have you ever felt threatened or unsafe because of your perceived sexual orientation or gender identity?	Yes	5.3% (195)	3.2% (117)	8.5%
	No	14.9% (548)	76.6% (2813)	91.5%
Total		20.2%	79.8%	100.0%

Crosstab Table 4:

	25. In the last 12 months, have you cut or injured yourself intentionally without the intent to die?			Total
		Yes	No	
23. In the past 12 months have you ever felt threatened or unsafe because of your perceived sexual orientation or gender identity?	Yes	4.8% (177)	3.6%(134)	8.5%
	No	12.2% (448)	79.3% (2913)	91.5%
Total		17.0%	83.0%	100.0%

Cross Table 5:

	24. 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?			Total
		Yes	No	
23. In the past 12 months have you ever felt threatened or unsafe because of your perceived sexual orientation or gender identity?	Yes	6.5% (240)	1.9%(70)	8.5%
	No	28.5% (1047)	63.0% (2311)	91.5%
Total		35.1%	64.9%	100.0%

Crosstab Table 6:

		24. 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?			Total
		Yes	No		
84. 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?	I do not play video or computer games or use a computer for something that is not school work	6.1% (215)	11.5%(405)	17.5%	
	Less than 1 hour per day	4.2% (150)	10.1%(356)	14.3%	
	1 hour per day	2.8% (99)	7.9% (279)	10.7%	
	2 hours per day	4.9% (173)	10.8% (383)	15.7%	
	3 hours per day	3.8%(135)	8.4% (212)	12.3%	
	4 hours per day	3.5% (123)	6.0% (212)	9.5%	
	5 or more hours per day	9.9% (350)	10.1% (356)	20.0%	
Total		35.2%	64.8%	100.0%	

Crosstab Table 7:

		98. I am hopeful about my future				Total
		Strongly Agree	Agree	Disagree	Strongly Disagree	
92. During the past 30 days, how many times did you participate in school related activities such as sports, band, drama, or clubs?	0 times	19.4% (682)	16.0% (563)	2.4% (84)	1.5% (53)	39.3%
	1 or 2 times	6.5% (229)	5.7% (202)	.9% (31)	.2% (60)	13.3%
	3 to 9 times	6.5% (230)	4.7% (166)	.8% (27)	.3% (10)	12.3%
	10 to 19 times	4.2% (148)	2.6% (91)	.6% (21)	.1% (4)	7.5%

Hays CISD 2016 YRBS Report

	20 to 39 times	8.8% (309)	4.2% (147)	.3% (12)	.1% (3)	13.4%
	40 or more times	9.2% (322)	4.4% (153)	.4% (14)	.2% (7)	14.1%
Total		54.6%	37.6%	5.4%	2.4%	100.0%

Crosstab Table 8

		98. I am hopeful about my future				Total
		Strongly Agree	Agree	Disagree	Strongly Disagree	
93. During the past 30 days, how many times did you participate in NON-school related activities?	0 hours	27.6% (970)	22.9% (803)	3.4% (120)	1.8% (63)	55.7%
	1 to 4 hours	10.9% (382)	7.3% (256)	.9% (30)	.1% (4)	19.2%
	5 to 9 hours	5.9% (207)	3.0% (105)	.4% (15)	.2% (6)	9.5%
	10 to 19 hours	4.6% (162)	2.0% (69)	.3% (10)	.1% (2)	6.9%
	20 or more hours	5.6% (198)	2.5% (86)	.3% (12)	.3% (9)	8.7%
Total		54.7%	37.6%	5.3%	2.4%	100.0%

Crosstab Table 9:

		57. During your life, how many times have you taken a prescription drug without a doctor's prescription						Total
		0 times	1 or 2 times	3 to 9 times	10 to 19 times	20 to 39 times	40 or more times	
98. I am hopeful about	Strongly Agree	45.5% (1598)	3.2% (113)	2.4% (85)	1.4% (50)	.8% (28)	1.3% (46)	54.6%
	Agree	29.9% (1050)	2.9% (101)	2.5% (87)	1.0% (34)	.5% (17)	.9% (31)	37.6%
	Disagree	3.5% (124)	.7% (24)	.5% (16)	.3% (11)	.1% (4)	.3% (10)	5.4%

Hays CISD 2016 YRBS Report

my future	Strongly Disagree	1.1% (39)	.3% (10)	.2% (8)	.1% (4)	.0% (1)	.7% (23)	2.4%
Total		80.0%	7.1%	5.6%	2.8%	1.4%	3.1%	100.0%

Crosstab Table 10:

		99. During the past 12 months, how would you describe your grades in school?							Total
		Mostly A's	Mostly B's	Mostly C's	Mostly D's	Mostly F's	None of these grades	Not sure	
57. During your life, how many times have you taken a prescription drug without a doctor's prescription	0 times	26.8% (934)	35.9% (1251)	12.0% (419)	1.9% (66)	.6% (22)	.2% (6)	2.4% (82)	79.7%
	1 or 2 times	1.7% (61)	3.1% (107)	1.5% (54)	.1% (5)	.2% (7)	.0% (1)	.2% (7)	6.9%
	3 to 9 times	1.2% (42)	2.5% (86)	1.1% (38)	.4% (13)	.1% (5)	0	.3% (11)	5.6%
	10 to 19 times	.6% (22)	1.2% (41)	.7% (23)	.1% (4)	.1% (3)	.1% (3)	.2% (6)	2.9%
	20 to 39 times	.3% (10)	.7% (25)	.3% (12)	.0% (1)	.1% (4)	0	.1% (2)	1.5%
	40 or more times	.6% (22)	.9% (33)	.7% (23)	.2% (6)	.5% (18)	.2% (6)	.2% (6)	3.3%
Total		31.3%	44.2%	16.3%	2.7%	1.7%	.5%	3.3%	100.0%

Crosstabs Table 11:

		98. I am hopeful about my future	Total

Hays CISD 2016 YRBS Report

		Strongly Agree	Agree	Disagree	Strongly Disagree	
24. 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?	Yes	15.3% (535)	14.6% (508)	3.6% (125)	1.7% (59)	35.2%
	No	39.5% (1378)	23.0% (802)	1.7% (61)	.6% (22)	64.8%
Total		54.8%	37.5%	5.3%	2.3%	100.0%

Crosstab Table 12:

		99. During the past 12 months, how would you describe your grades in school?							Total
		Mostly A's	Mostly B's	Mostly C's	Mostly D's	Mostly F's	None of these grades	Not sure	
81. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	0 days	6.3% (221)	8.1% (281)	3.7% (129)	.8% (27)	.7% (26)	.3% (9)	1.0% (34)	20.8%
	1 day	3.3% (114)	4.7% (163)	1.8% (62)	.4% (15)	.1% (2)	.1% (3)	.3% (10)	10.6%
	2 days	3.2% (113)	4.8% (167)	1.8% (64)	.3% (9)	.1% (4)	.1% (3)	.4% (13)	10.7%
	3 days	3.3% (114)	4.7% (163)	2.1% (74)	.4% (14)	.2% (8)	0	.3% (10)	11.0%
	4 days	2.2% (78)	3.8% (134)	1.3% (46)	.2% (6)	.1% (5)	.0% (1)	.4% (14)	8.1%
	5 days	3.6% (124)	5.5% (193)	1.3% (47)	.1% (5)	.1% (2)	0	.3% (10)	10.9%
	6 days	2.2% (76)	2.2% (77)	.5% (18)	.1% (2)	0	0	.1% (4)	5.1%
	7 days	7.3% (254)	10.4% (363)	3.7% (128)	.5% (19)	.3% (11)	.1% (2)	.5% (18)	22.8%

Hays CISD 2016 YRBS Report

Total		31.3%	44.2%	16.3%	2.8%	1.7%	.5%	3.2%	100.0 %
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Crosstab Table 13:

		92. During the past 30 days, how many times did you participate in school related activities such as sports, band, drama, or clubs?						Total
		0 times	1 or 2 times	3 to 9 times	10 to 19 times	20 to 39 times	40 or more times	
61. How old were you when you had sexual intercourse for the first time?	I have never had sexual intercourse	21.4% (761)	7.9% (282)	7.6% (270)	4.5% (159)	8.7% (309)	8.6% (304)	58.8 %
	11 years old or younger	1.9%(66)	.6% (20)	.4% (14)	.4% (13)	.2% (6)	.7% (25)	4.1%
	12 years old	1.0%(36)	.3%(10)	.2%(7)	.1%(3)	.2%(7)	.2%(7)	2.0%
	13 years old	1.9%(68)	.8%(27)	.4%(15)	.3%(12)	.5%(16)	.4%(15)	4.3%
	14 years old	3.1%(110)	.9%(32)	.6%(22)	.7%(24)	1.2%(43)	1.1%(38)	7.6%
	15 years old	4.7% (168)	1.2%(44)	1.6%(58)	.6%(21)	1.0%(37)	1.7%(59)	10.9 %
	16 years old	3.3% (117)	1.2%(43)	.9%(31)	.5%(17)	1.1%(39)	1.1%(39)	8.1%
	17 years old or older	1.8%(65)	.6%(22)	.5%(18)	.5%(16)	.5%(19)	.4%(14)	4.3%
	Total		39.2%	13.5%	12.3%	7.5%	13.4%	14.1%

Crosstab Table 14:

		93. During the past 30 days, how many times did you participate in NON-school related activities such as clubs, non-paid volunteer, 4-H, Boys and Girls Clubs, recreational sports, YMCA, church groups?					Total
		0 hours	1 to 4 hours	5 to 9 hours	10 to 19 hours	20 or more hours	
61. How old were you when you had sexual intercourse for the first time?	I have never had sexual intercourse	32.4%(1146)	11.2%(396)	5.7%(202)	4.2%(147)	5.2%(185)	58.7%
	11 years old or younger	2.4%(85)	.6%(21)	.3%(12)	.2%(8)	.5%(18)	4.1%
	12 years old	1.3%(45)	.3%(9)	.2%(8)	.1%(4)	.1%(4)	2.0%
	13 years old	2.4%(86)	1.0%(34)	.5%(16)	.3%(12)	.1%(5)	4.3%
	14 years old	4.0%(141)	1.3%(46)	.7%(26)	.5%(18)	1.1%(38)	7.6%
	15 years old	6.1%(214)	2.5%(87)	.8%(29)	.8%(29)	.7%(25)	10.9%
	16 years old	4.6%(162)	1.4%(51)	.8%(28)	.5%(19)	.7%(25)	8.1%

Hays CISD 2016 YRBS Report

	17 years old or older	2.3%(83)	.9%(32)	.5%(18)	.3%(10)	.3%(11)	4.4%
Total		55.5%	19.1%	9.6%	7.0%	8.8%	100.0 %