

**Data From the 2005-2006  
Hopkinton  
Youth Risk Behavior Survey –  
High School (Grades 9-12)**

Submitted to:  
The Hopkinton Public Schools  
Hopkinton, Massachusetts

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## **APPENDIX: SELECTED DATA TABLES**

Alcohol, Tobacco, and Other Drug Use  
Violence and Safety  
Miscellaneous

## BACKGROUND

### ➤ WHO CONDUCTED THE SURVEY?

The survey was conducted by the Hopkinton Public Schools in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

### ➤ HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2006 to all students in Hopkinton High School (grades 9 through 12). The number of respondents in each grade is as follows:

9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	Unknown	TOTAL
215	218	185	177	3	798

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom.

### ➤ WHAT DID THE SURVEY ASK ABOUT?

The survey is based on the Centers for Disease Control and Prevention's (CDC's) *Youth Risk Behavior Survey* (YRBS) and focuses mainly on risky and healthy behaviors. Questions range from demographic and background items (e.g., gender, age), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as suicide, violence and safety, sexual behavior, dietary behavior, and vehicle-related risk behavior.

### ➤ VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Hopkinton Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L.,

McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

### ➤ **NON-RESPONDENTS**

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

### ➤ **TRENDS**

Trend comparisons can provide extremely useful information on whether certain behaviors or conditions have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the third administration of the Hopkinton Youth Risk Behavior Survey (the survey was also administered in 2002 and 2004), it is possible to look at trends among Hopkinton youth.

### ➤ **COMPARATIVE DATA**

A limitation of such data is that it is difficult to compare results from Hopkinton to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Hopkinton data. The most useful comparisons are made by looking at Hopkinton over time.

In addition to Hopkinton high school trend data, limited comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent available data from this survey are from Spring of 2003. (Note: The Massachusetts *YRBS* was also administered in the Spring of 2005; however, results from that survey were not available at the time of this report.)

### ➤ **WHO HAS THE PROBLEM?**

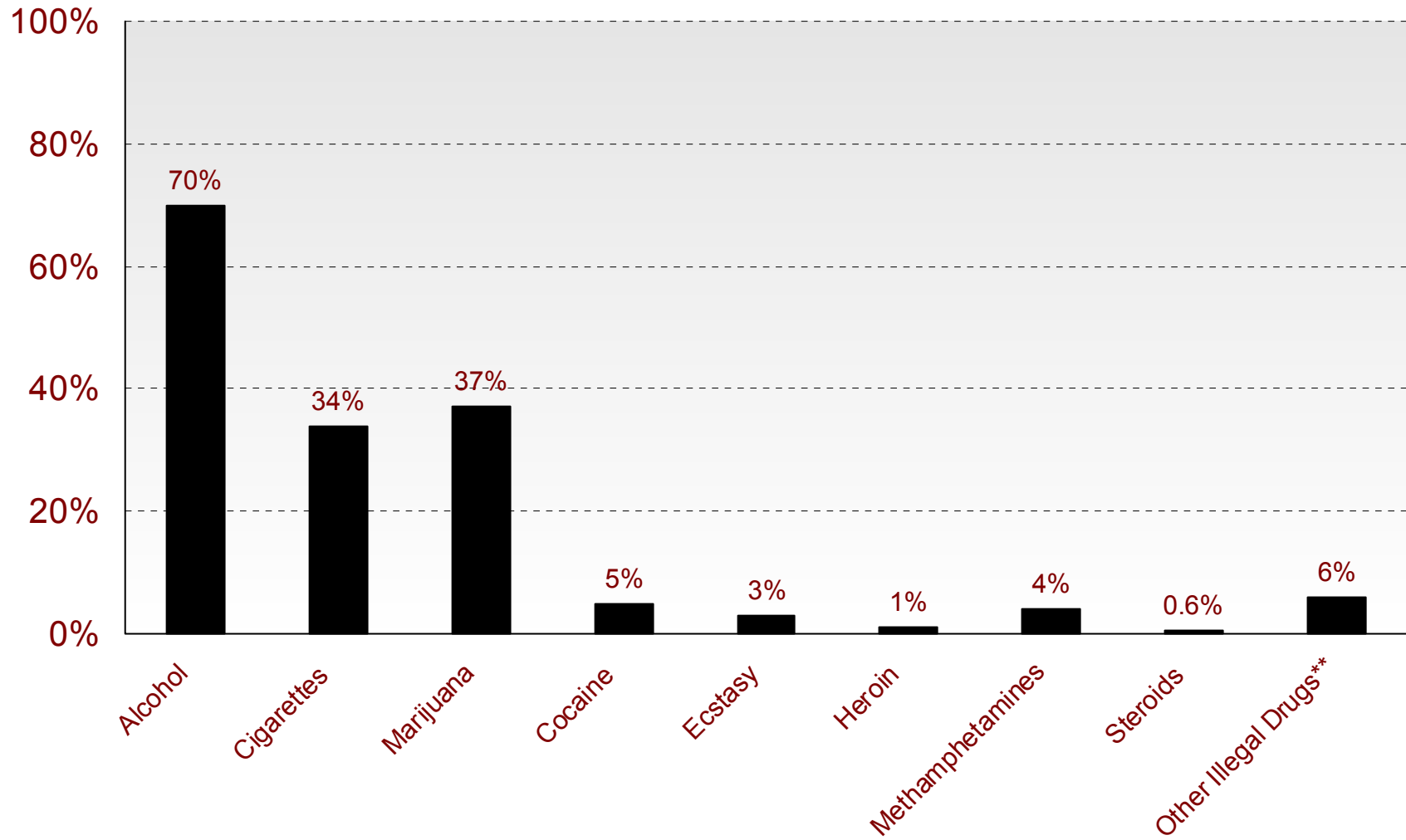
Although this survey was administered to high school students, this does not mean that the problems addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address many of the positive aspects of adolescent life.

### ➤ **WHO IS RESPONSIBLE?**

Data on health issues among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the issues revealed in these surveys. These issues are not school problems; they are community problems that require the attention of all community members and organizations.

# Alcohol, Tobacco, & Other Drug Use

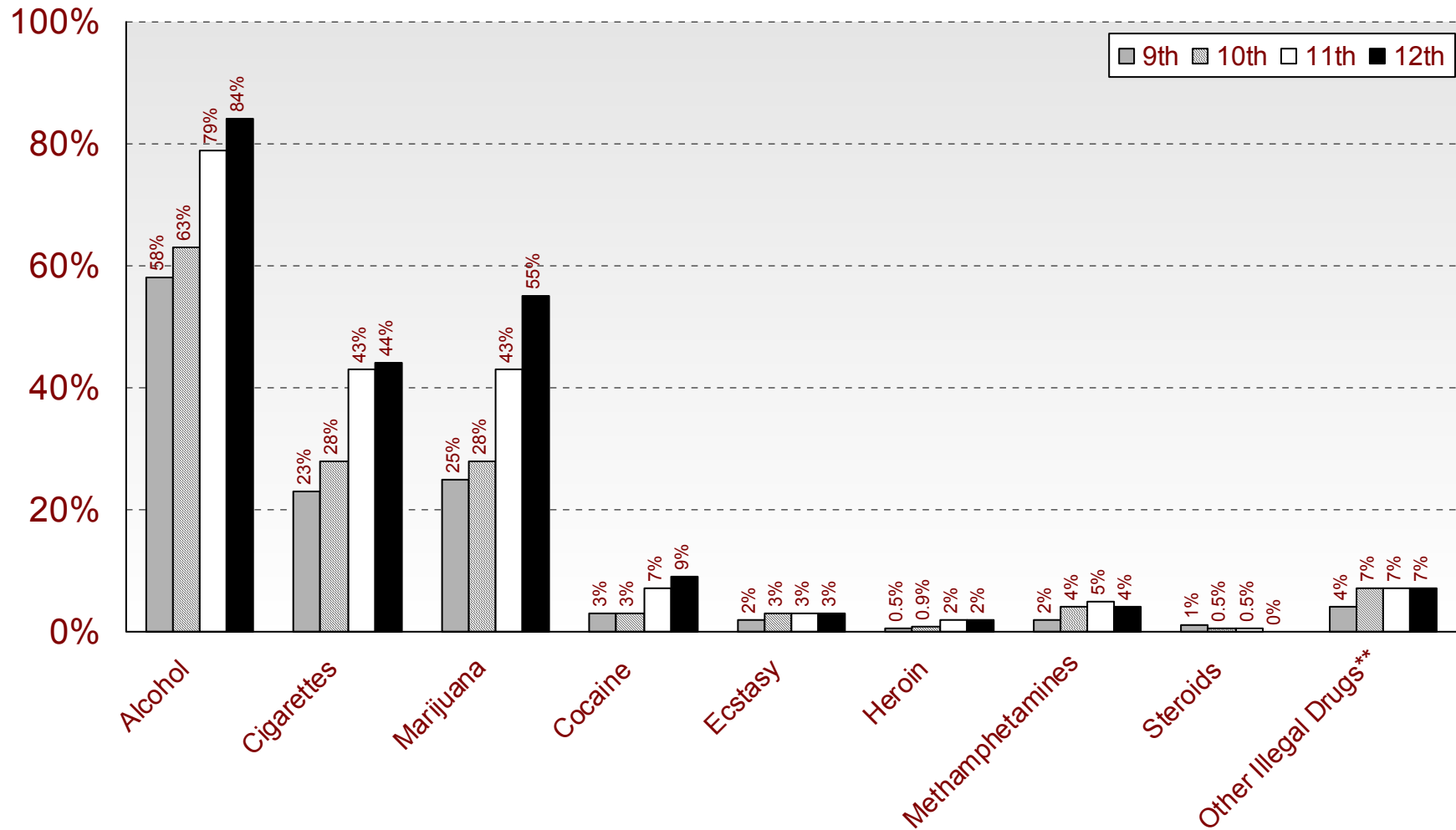
## Lifetime\* Substance Use for Hopkinton High School Students (2006)



\* Lifetime use is any use in one's lifetime.

\*\* Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

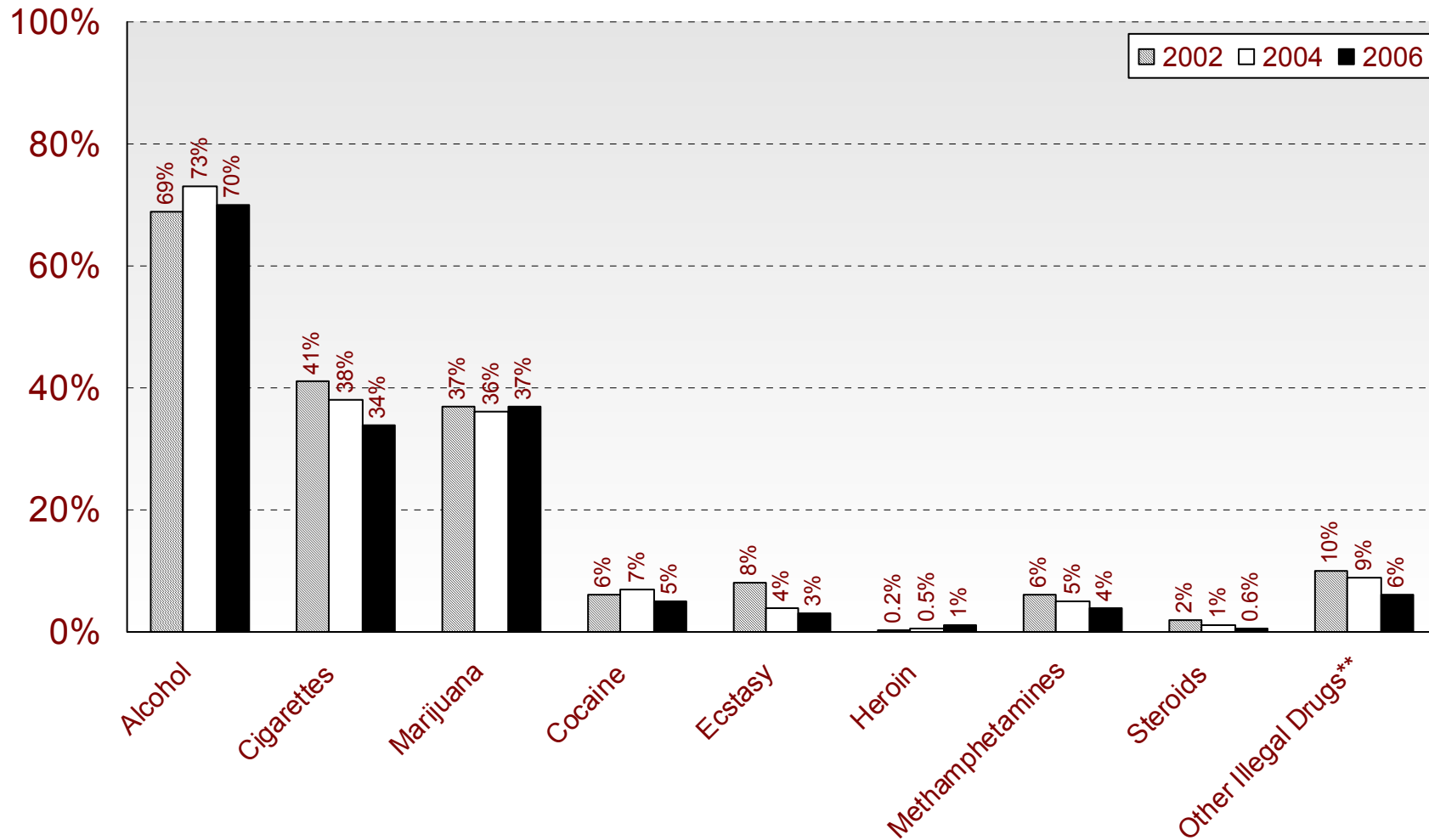
## Lifetime\* Substance Use for Hopkinton High School Students, by Grade (2006)



\* Lifetime use is any use in one's lifetime.

\*\* Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

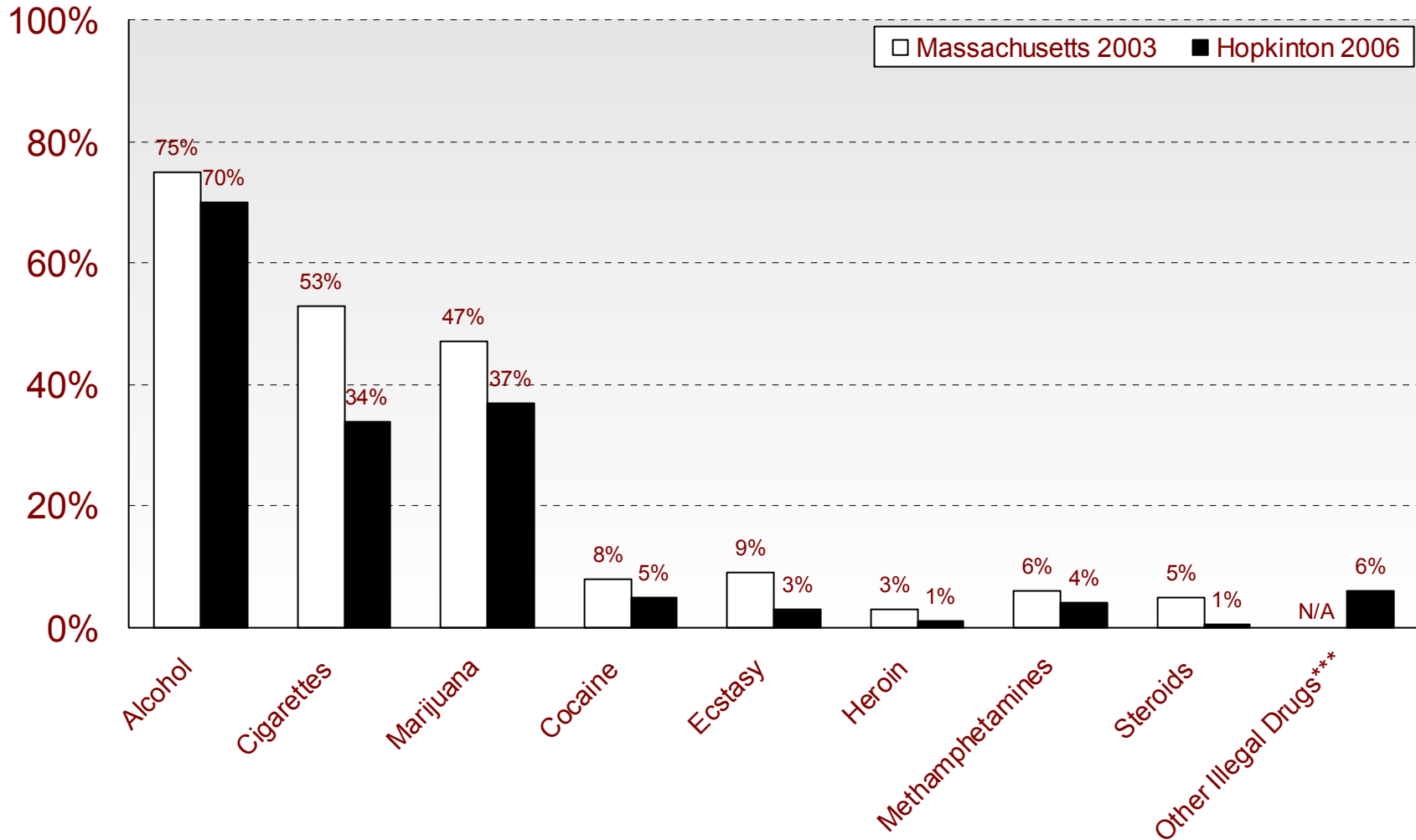
## Trends in Lifetime\* Substance Use for Hopkinton High School Students (2002, 2004, 2006)



\* Lifetime use is any use in one's lifetime.

\*\* Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

## Lifetime\* Substance Use for Massachusetts\*\* (2003) and Hopkinton (2006) High School Students

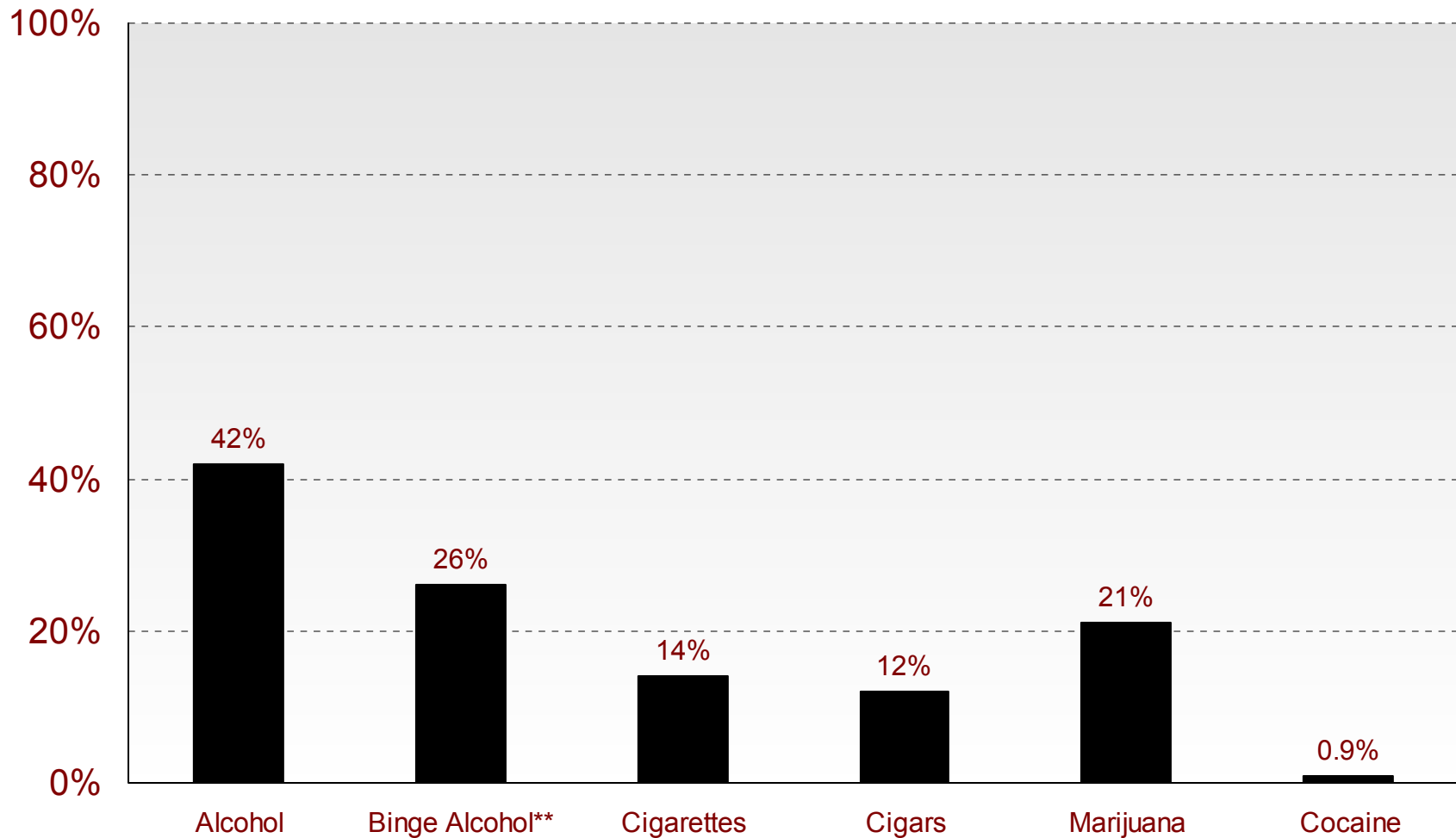


\* Lifetime use is any use in one's lifetime.

\*\* Massachusetts high school data are from the 2003 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2003.

\*\*\* Respondents were asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

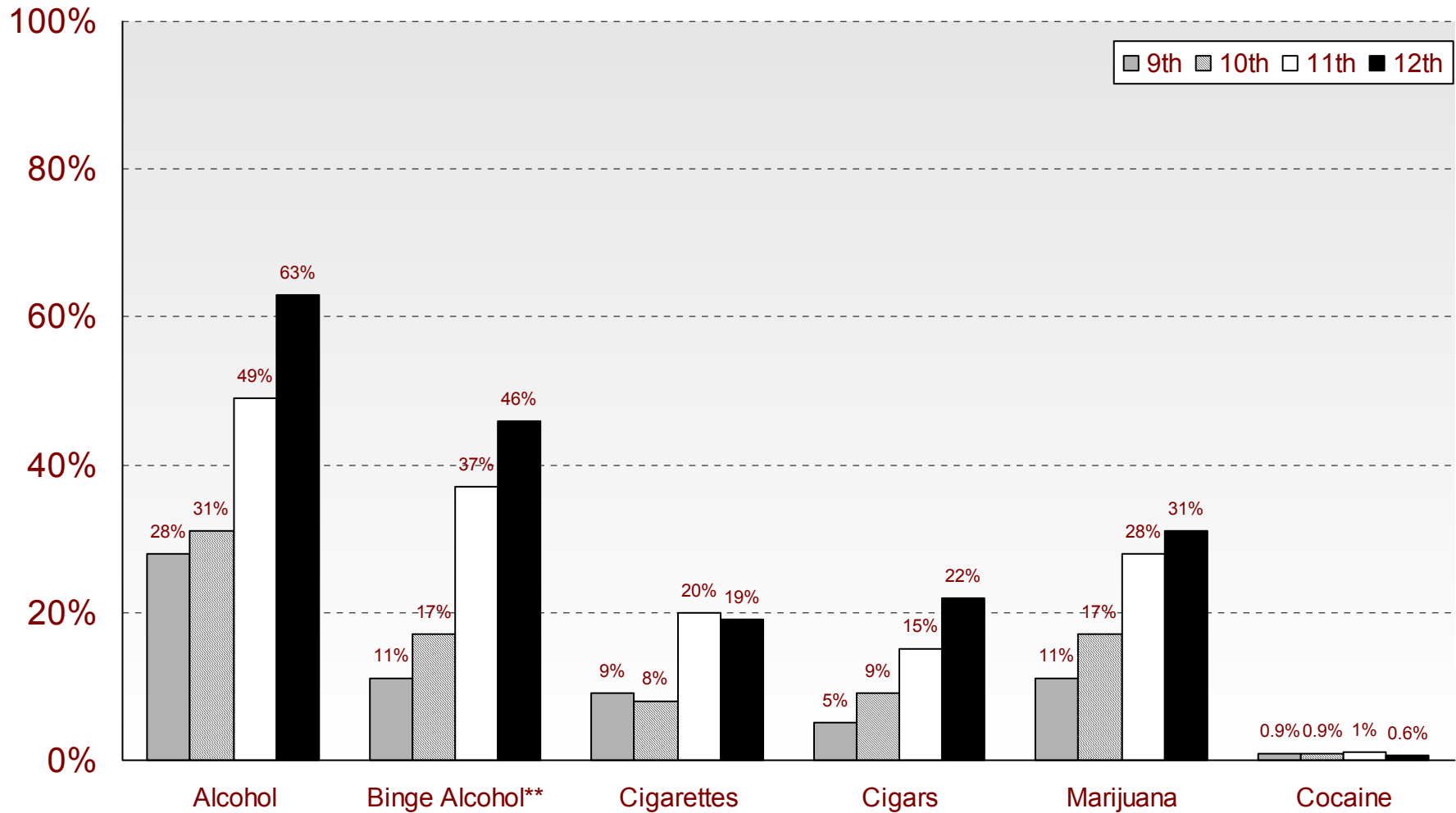
## Current\* Substance Use for Hopkinton High School Students (2006)



\* Current use is any use in the 30 days prior to the survey.

\*\* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

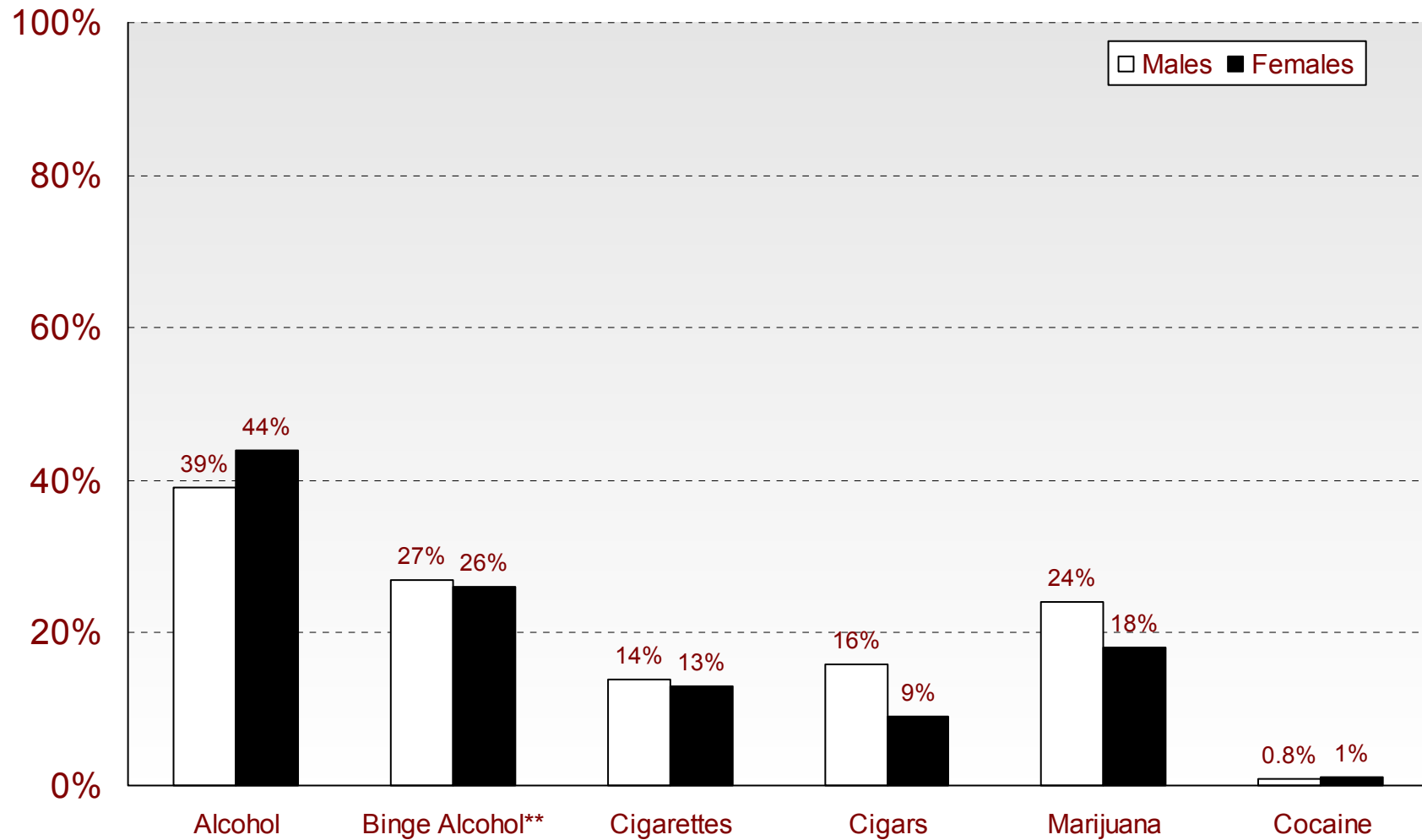
## Current\* Substance Use for Hopkinton High School Students, by Grade (2006)



\* Current use is any use in the 30 days prior to the survey.

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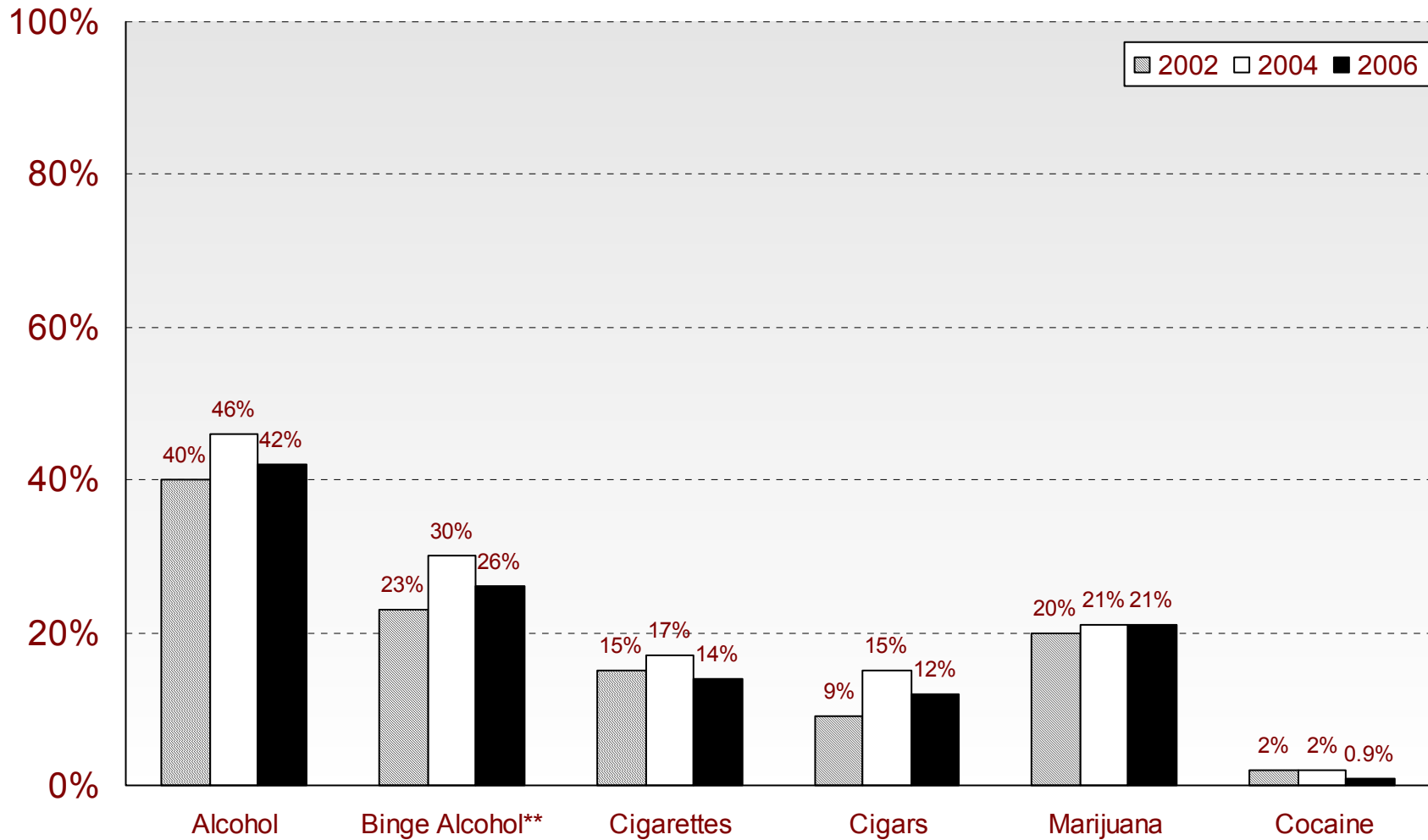
## Current\* Substance Use for Hopkinton High School Students, by Gender (2006)



\* Current use is any use in the 30 days prior to the survey.

\*\* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

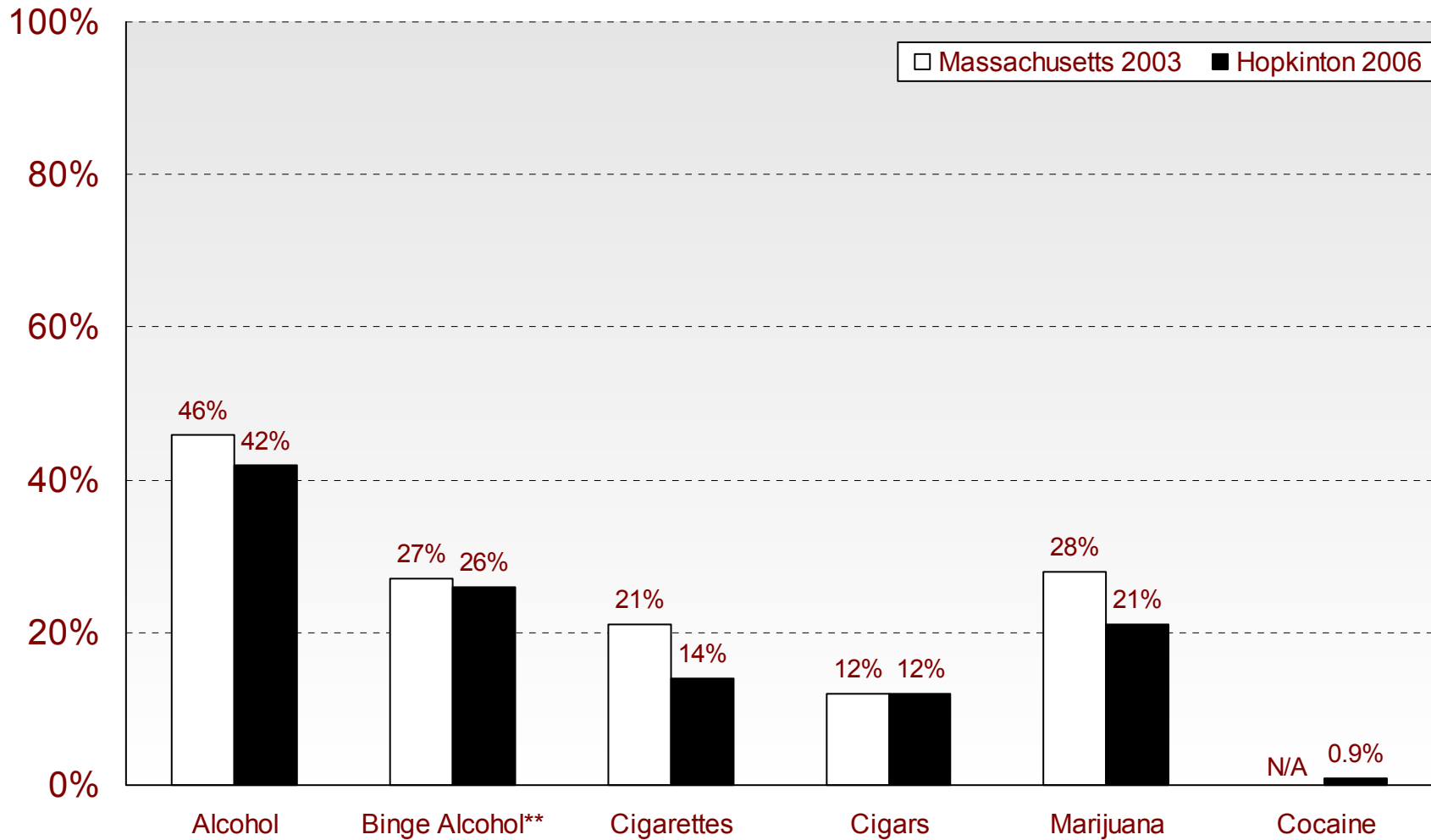
## Trends in Current\* Substance Use for Hopkinton High School Students (2002, 2004, 2006)



\* Current use is any use in the 30 days prior to the survey.

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## Current\* Substance Use for Massachusetts (2003)\*\* and Hopkinton (2006) High School Students

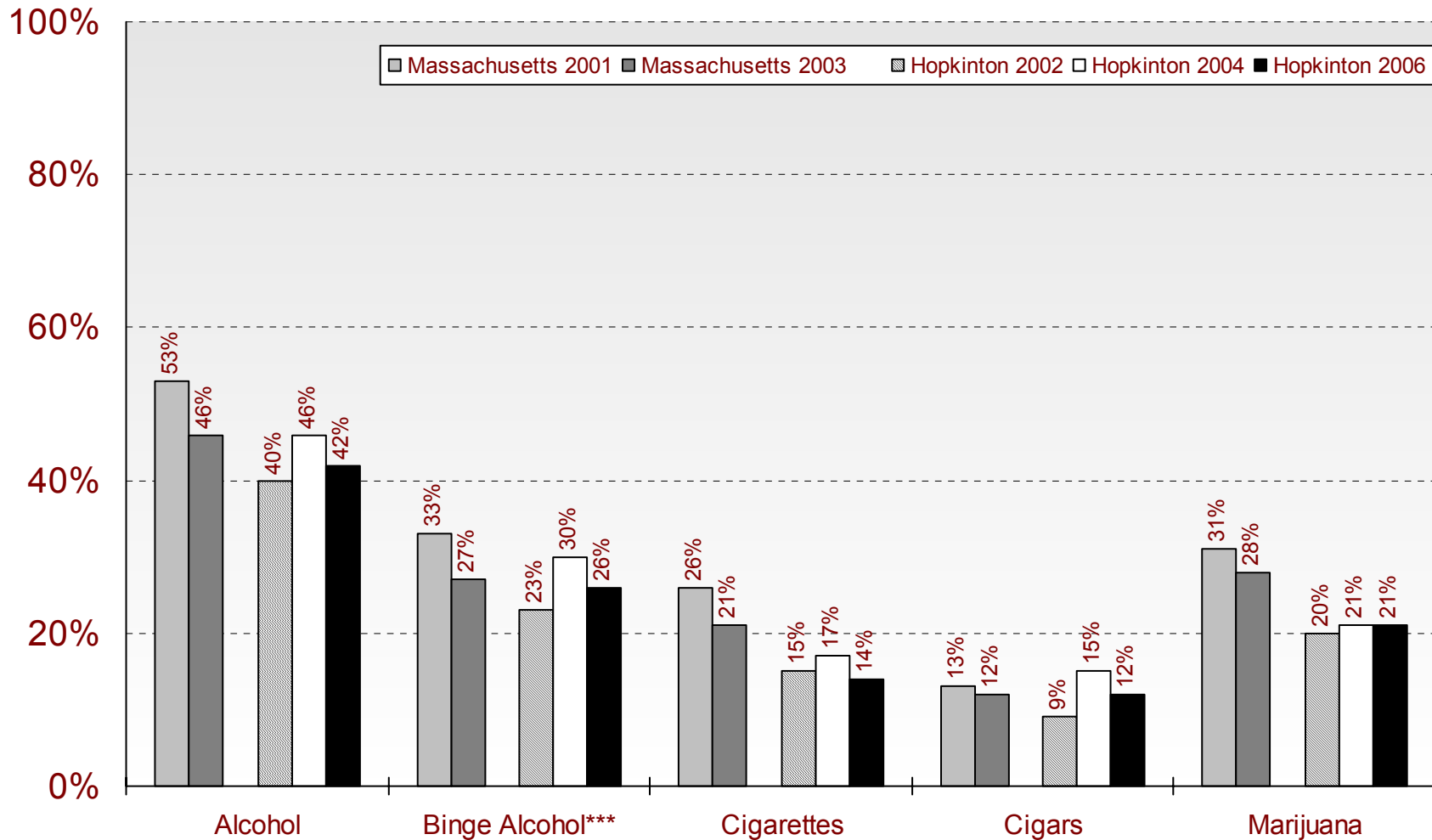


\* Current use is any use in the 30 days prior to the survey.

\*\* Massachusetts high school data are from the 2003 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2003.

\*\*\* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

# Current\* Substance Use for Massachusetts\*\* (2001, 2003) and Hopkinton (2002, 2004, 2006) High School Students



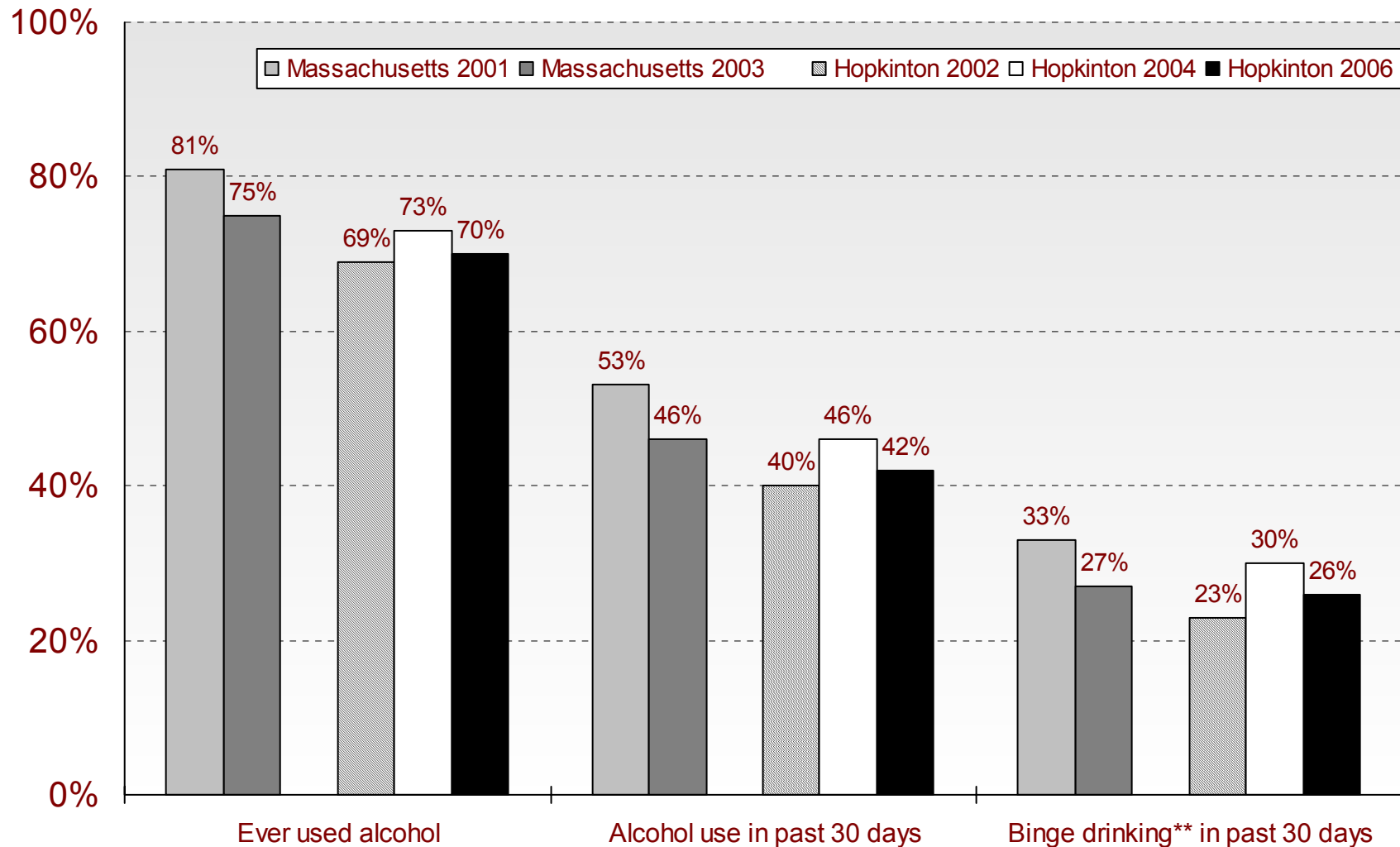
\* Current use is any use in the 30 days prior to the survey.

\*\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

\*\*\* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

# Issues Related to Alcohol Use

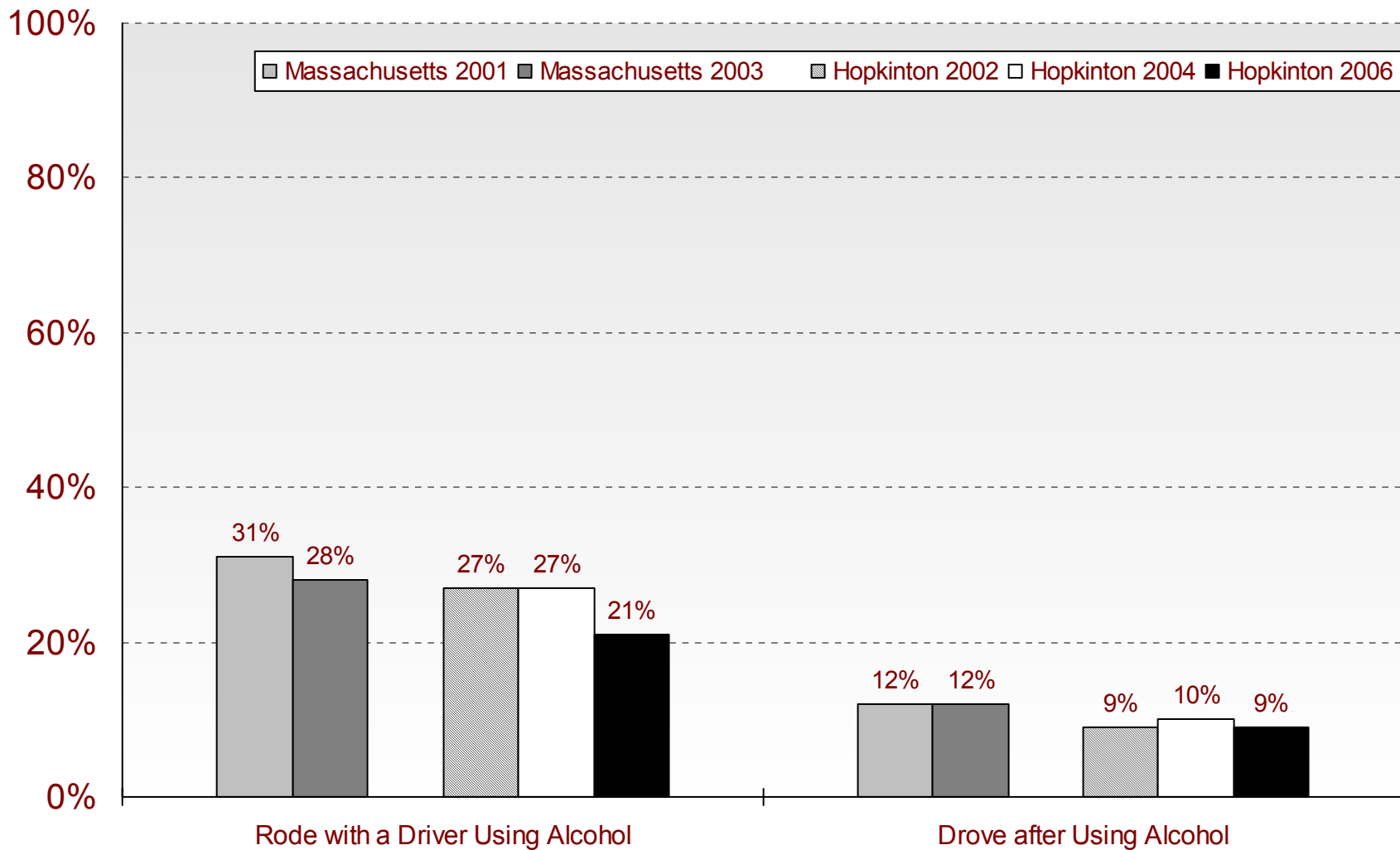
## Alcohol Use by Massachusetts\* (2001, 2003) and Hopkinton (2002, 2004, 2006) High School Students



\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

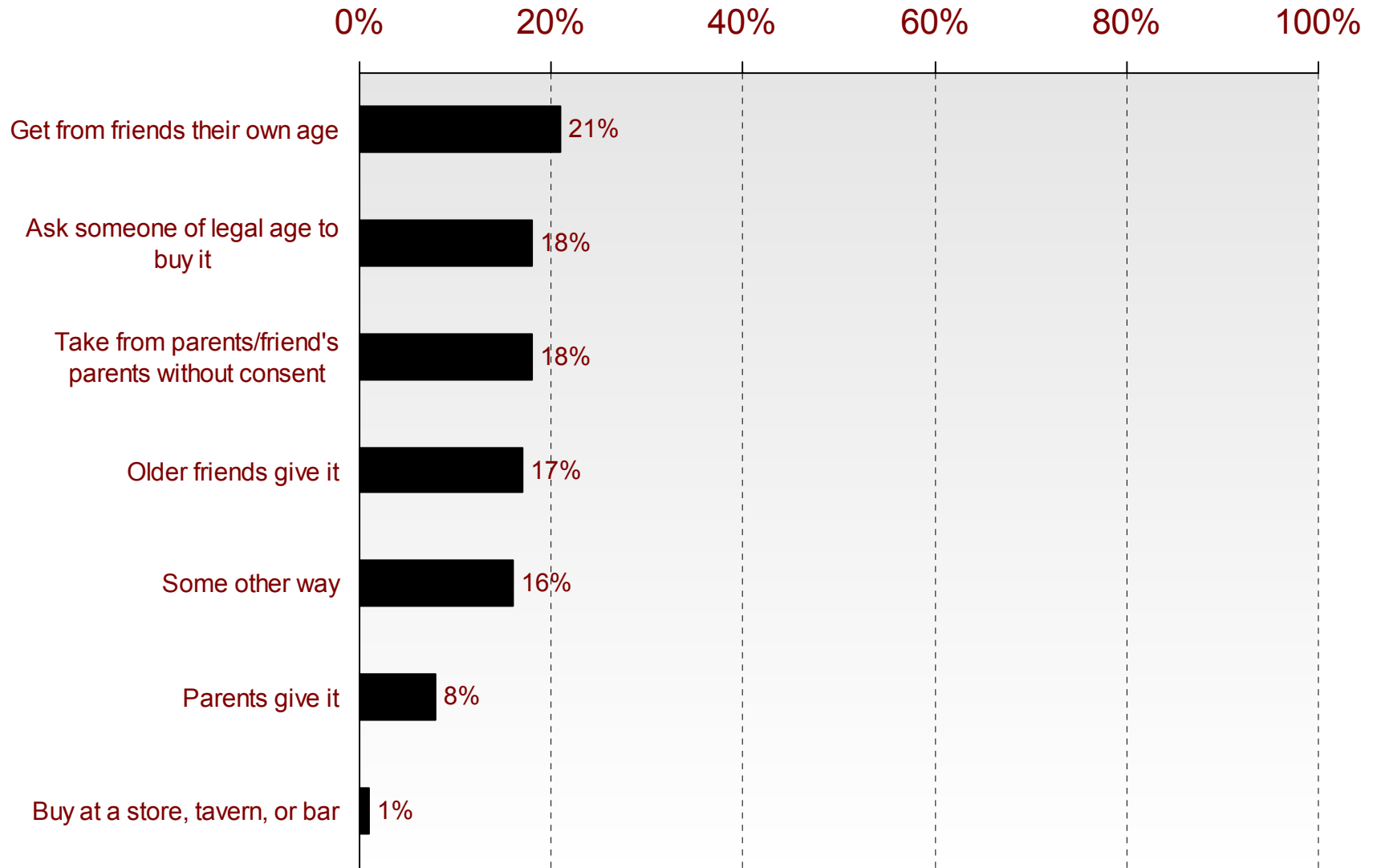
\*\* Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

## Percent of Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who, in the Past 30 Days, Rode With a Driver Who Had Been Using Alcohol or Drove After Drinking

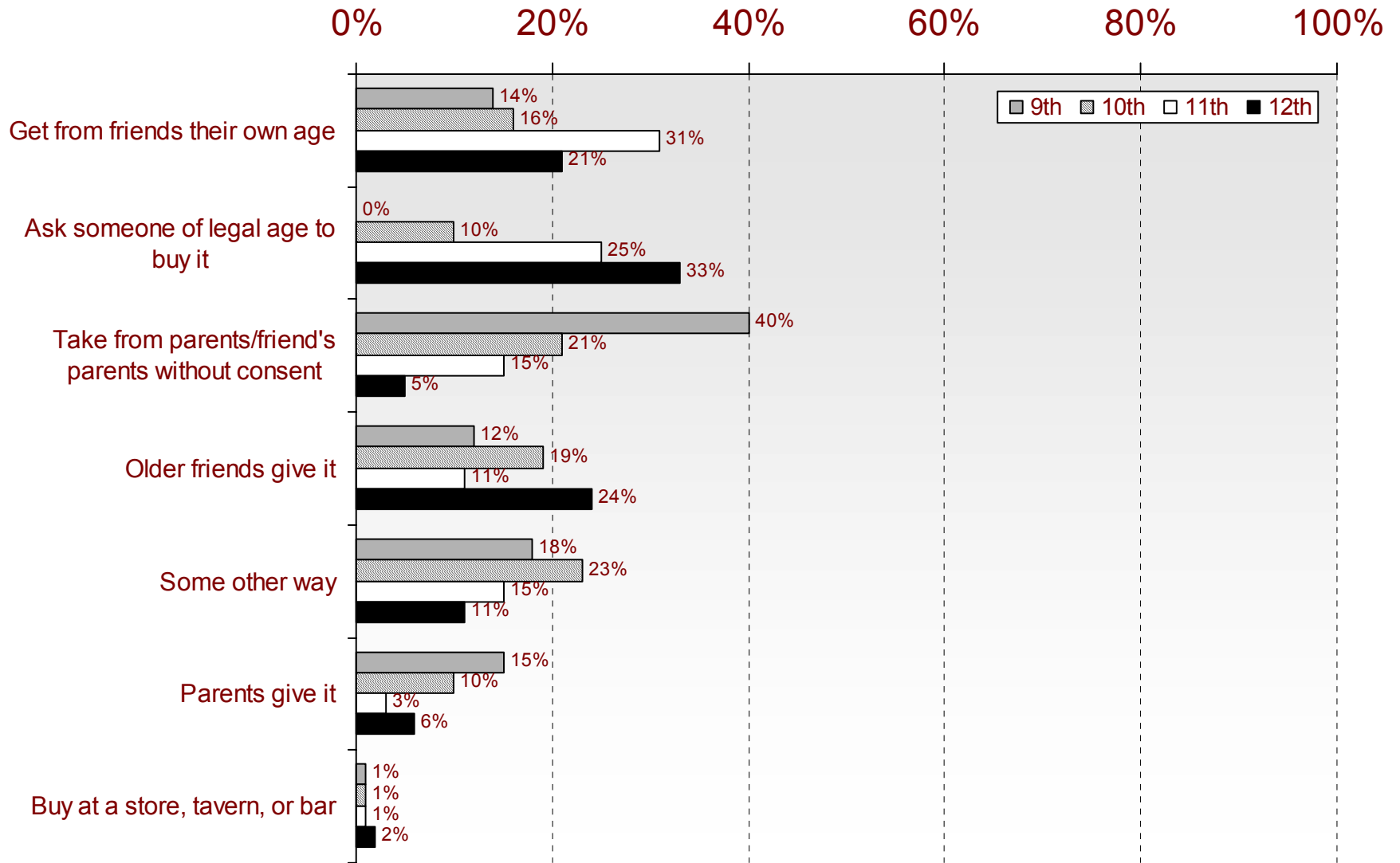


\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

## Of Those Hopkinton High School Students Who Reported Current Alcohol Use, Usual Alcohol Source (2006)

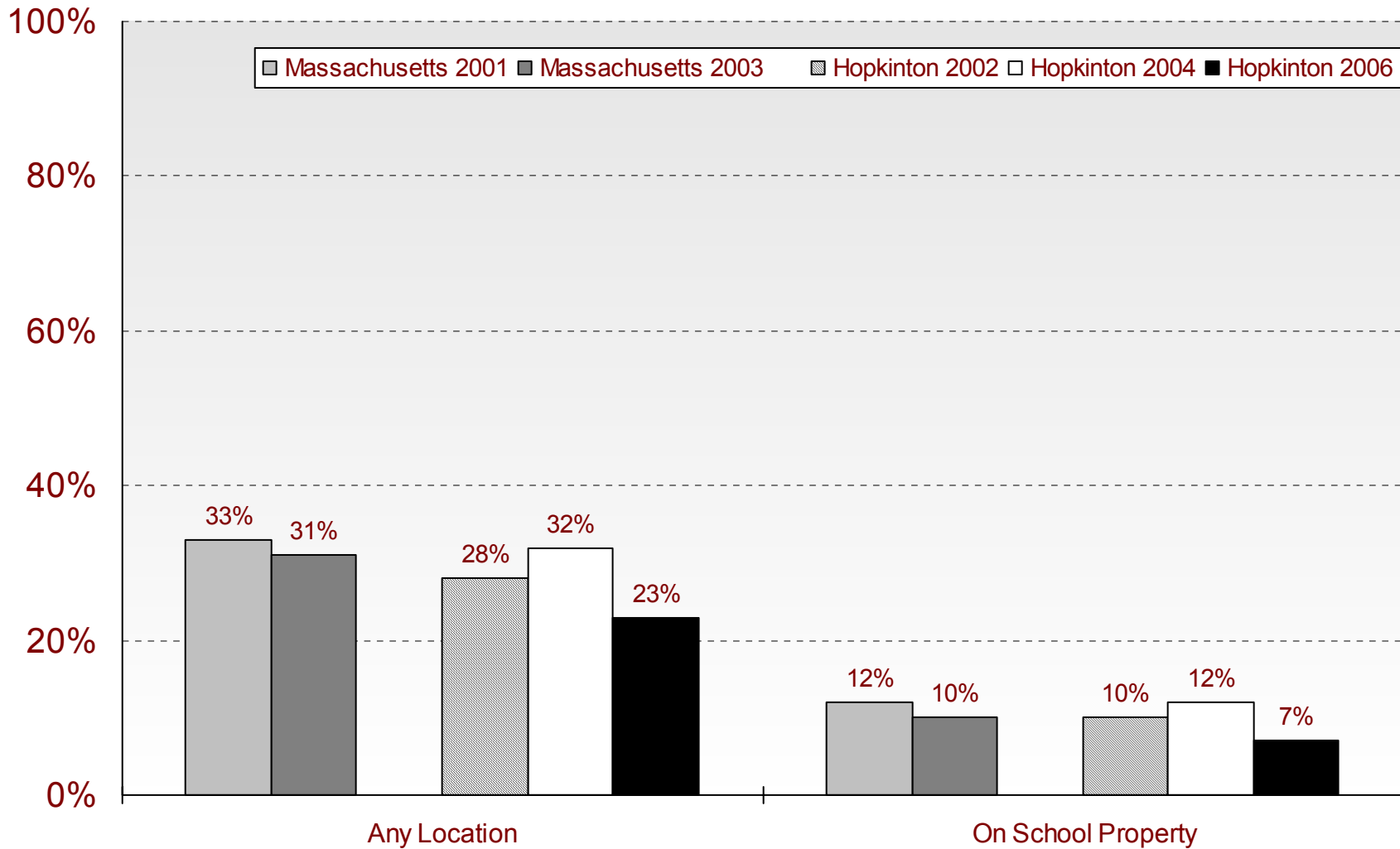


# Of Those Hopkinton High School Students Who Reported Current Alcohol Use, Usual Alcohol Source, by Grade (2006)



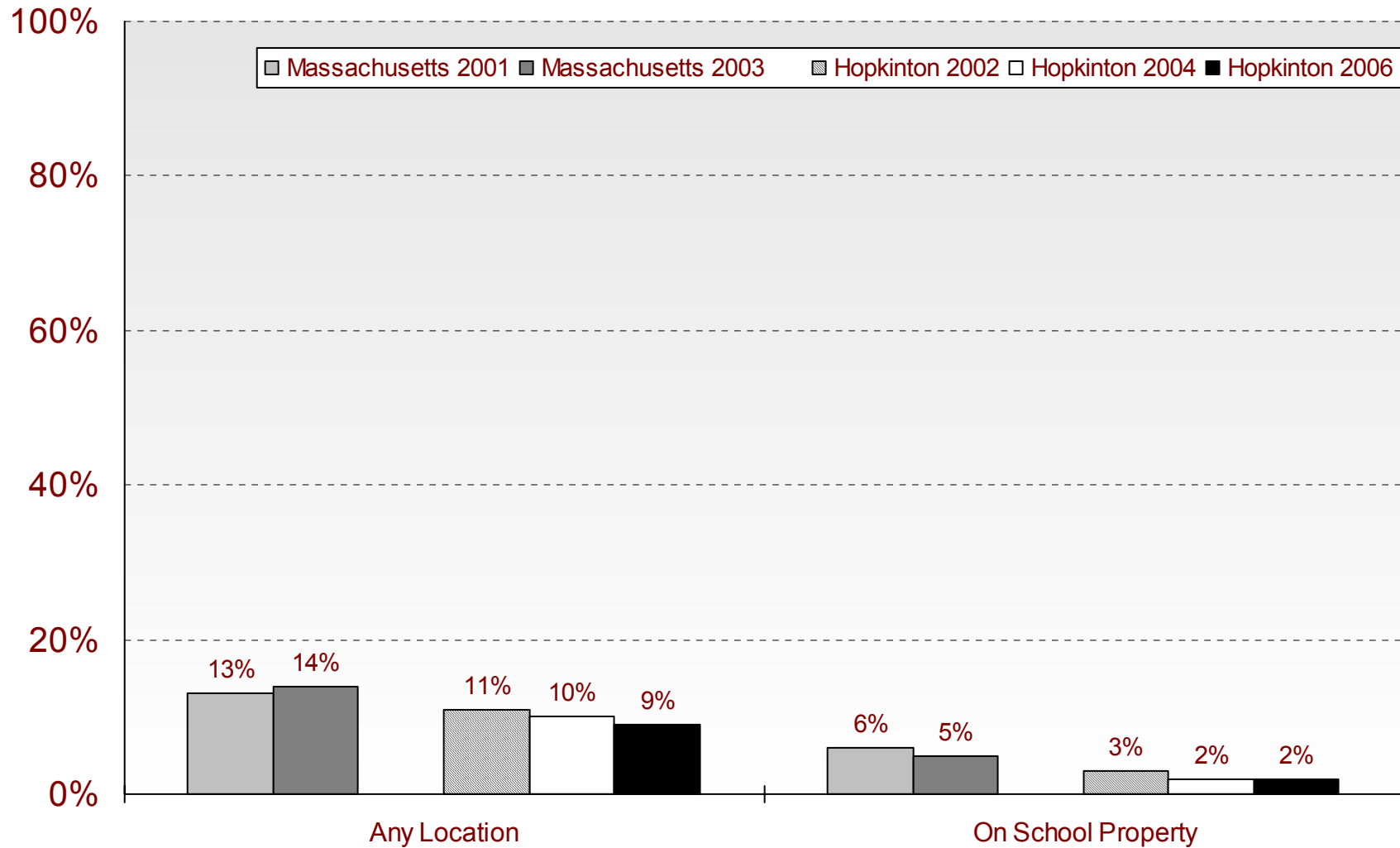
# Violence & Safety

# Percent of Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who Were in a Physical Fight in the Past 12 Months



\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

## Percent of Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who Carried a Weapon\*\* in the Past 30 Days

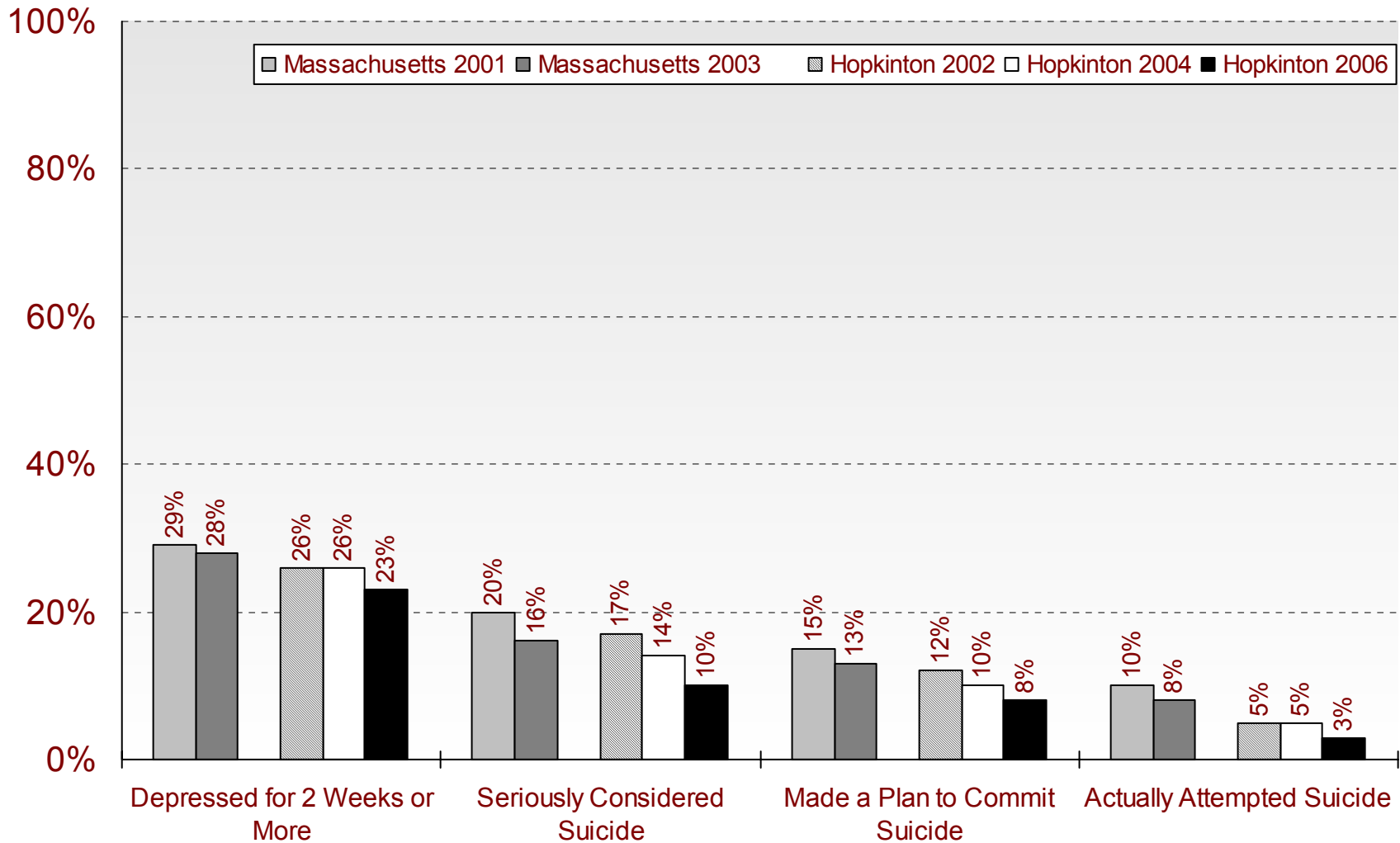


\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

\*\* Respondents were asked about "a weapon such as a gun, knife, or club."

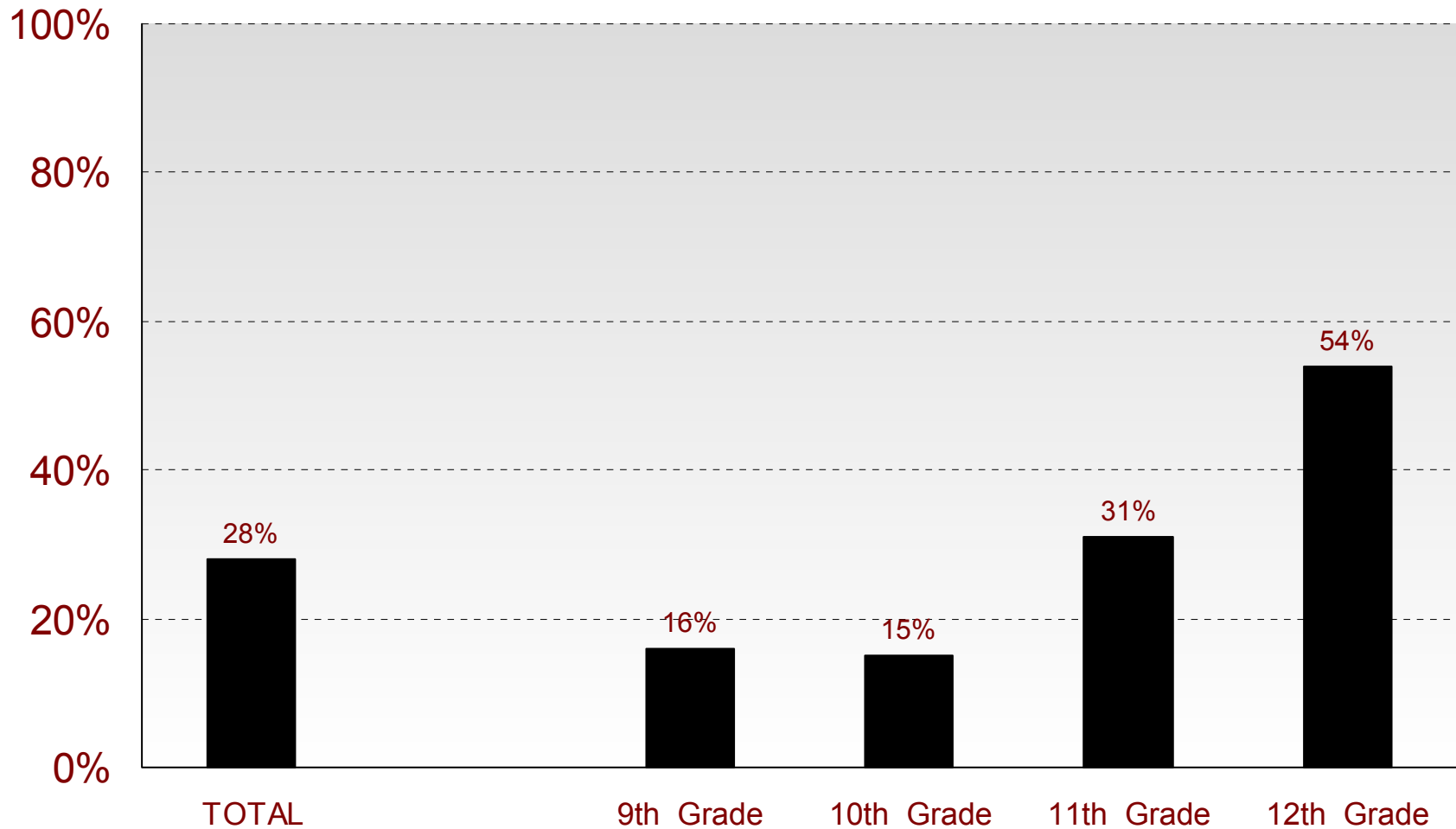
# Mental & Physical Health

# Percent of Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who Reported Depression and Considered, Planned, and Attempted Suicide in the Past 12 Months

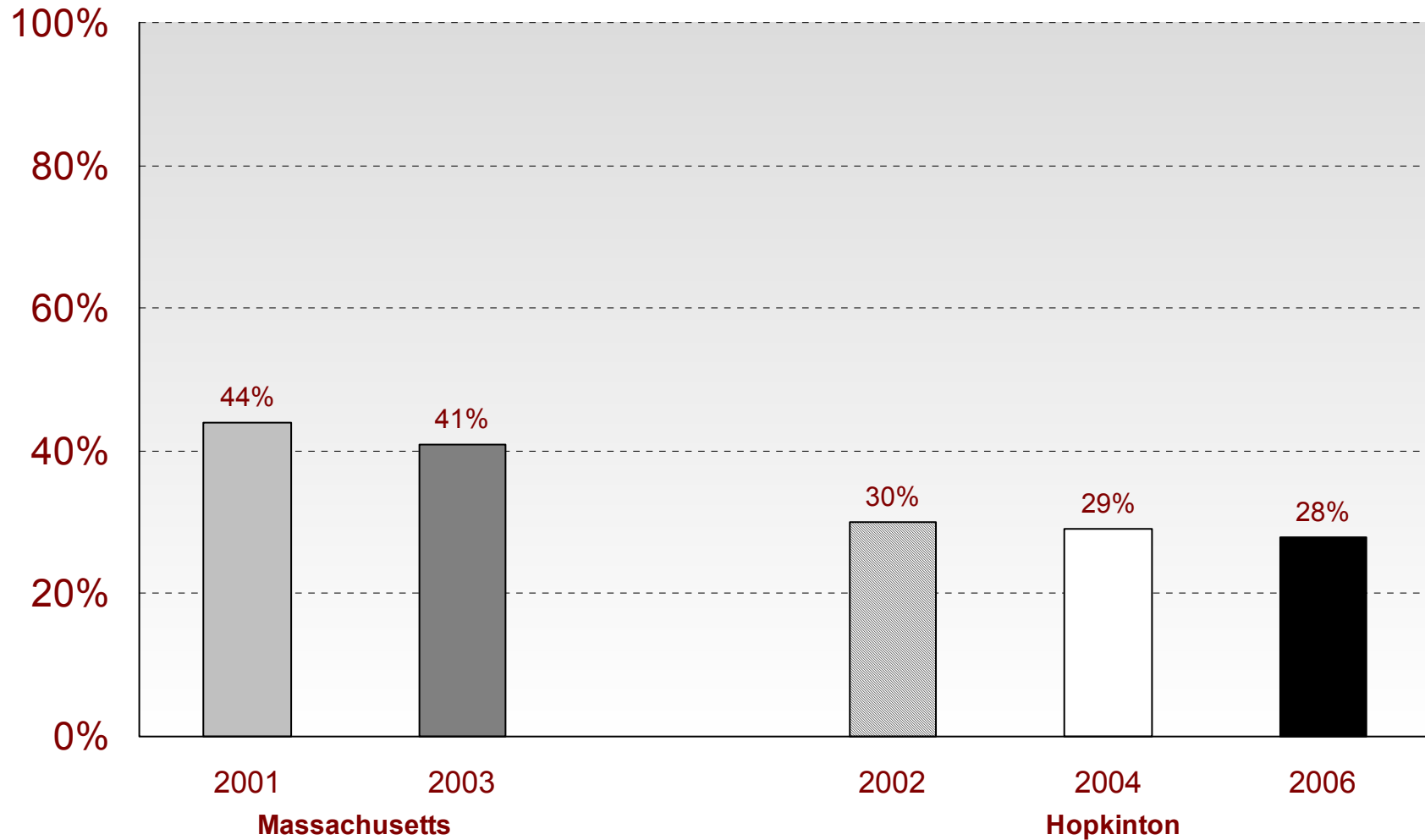


\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

# Percent of Hopkinton High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2006)

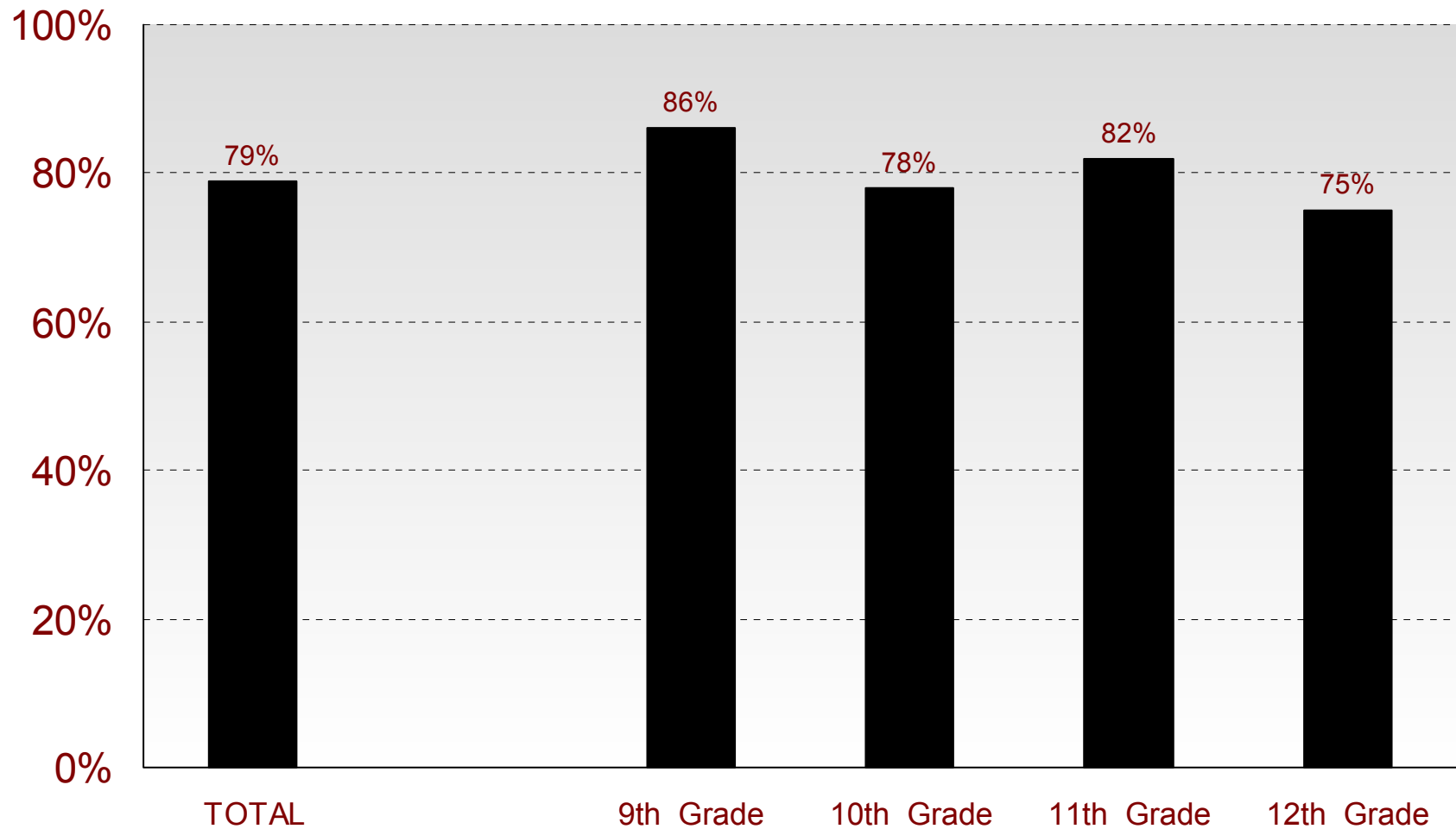


# Percent of Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who Have Ever Had Sexual Intercourse

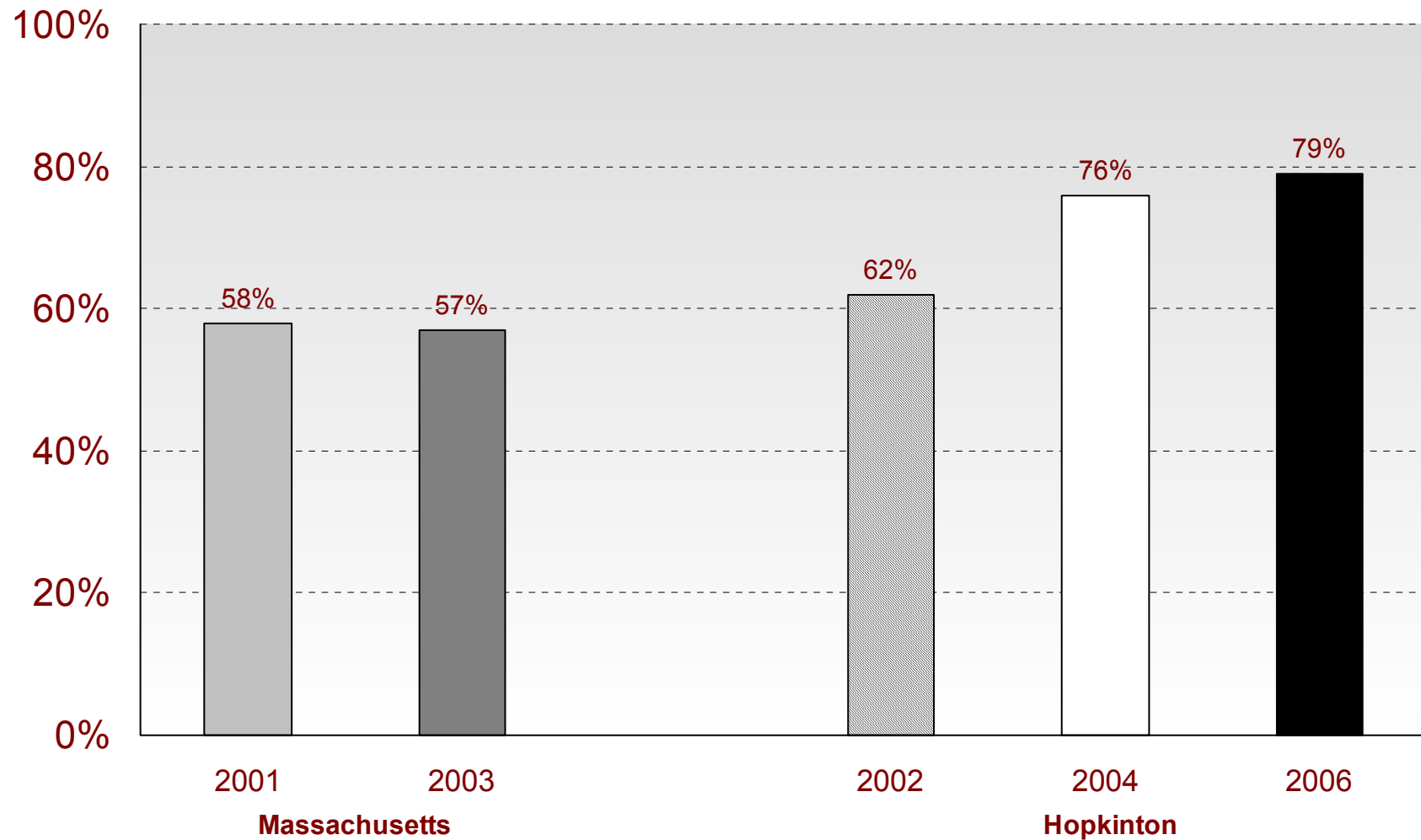


\* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in the Spring of 2001 and 2003.

## Percent of Sexually Active Hopkinton High School Students Who Used a Condom the Last Time They Had Intercourse, Total and by Grade (2006)

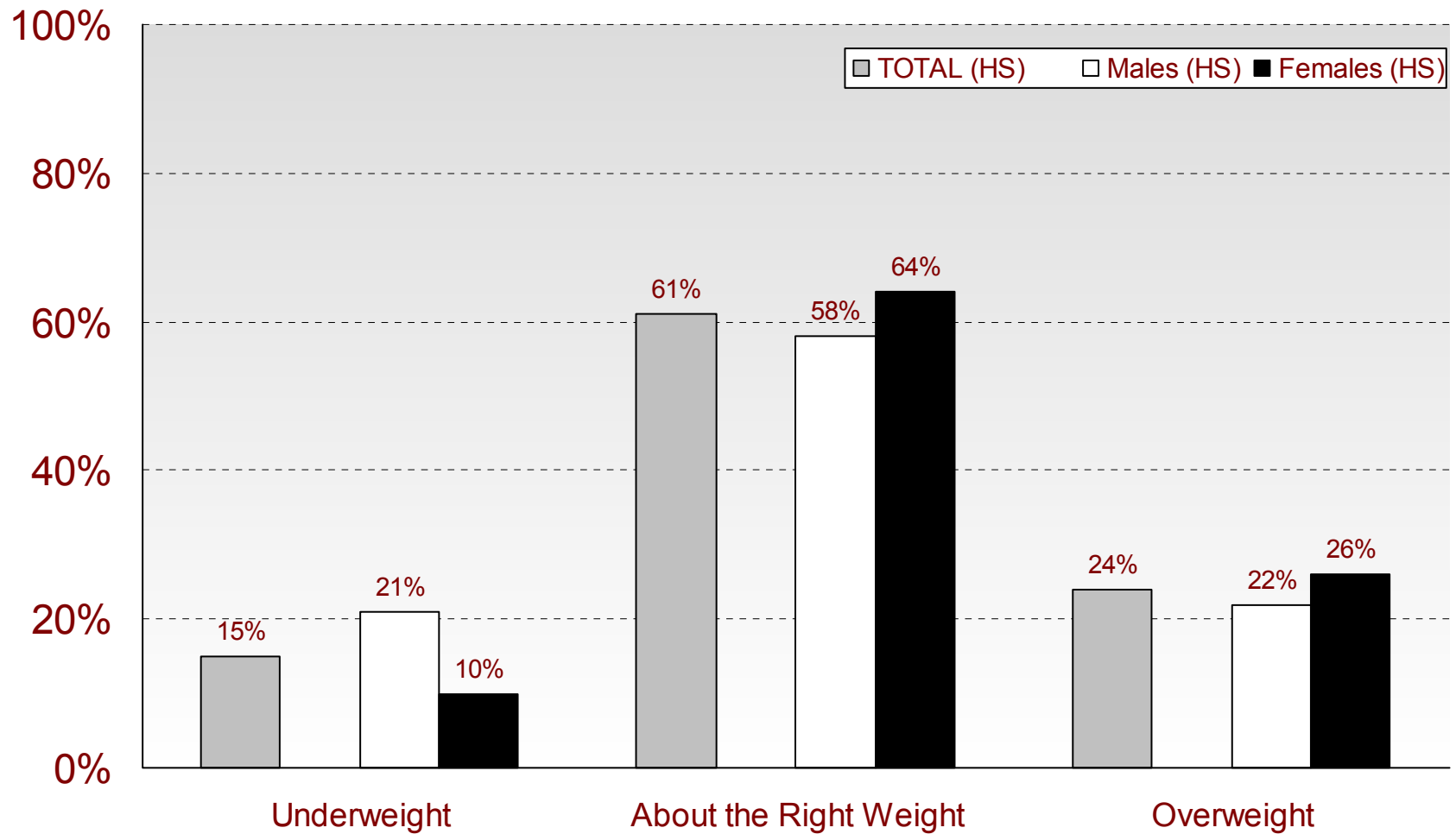


## Percent of Sexually Active Massachusetts\* ('01, '03) and Hopkinton ('02, '04, '06) High School Students Who Used a Condom the Last Time

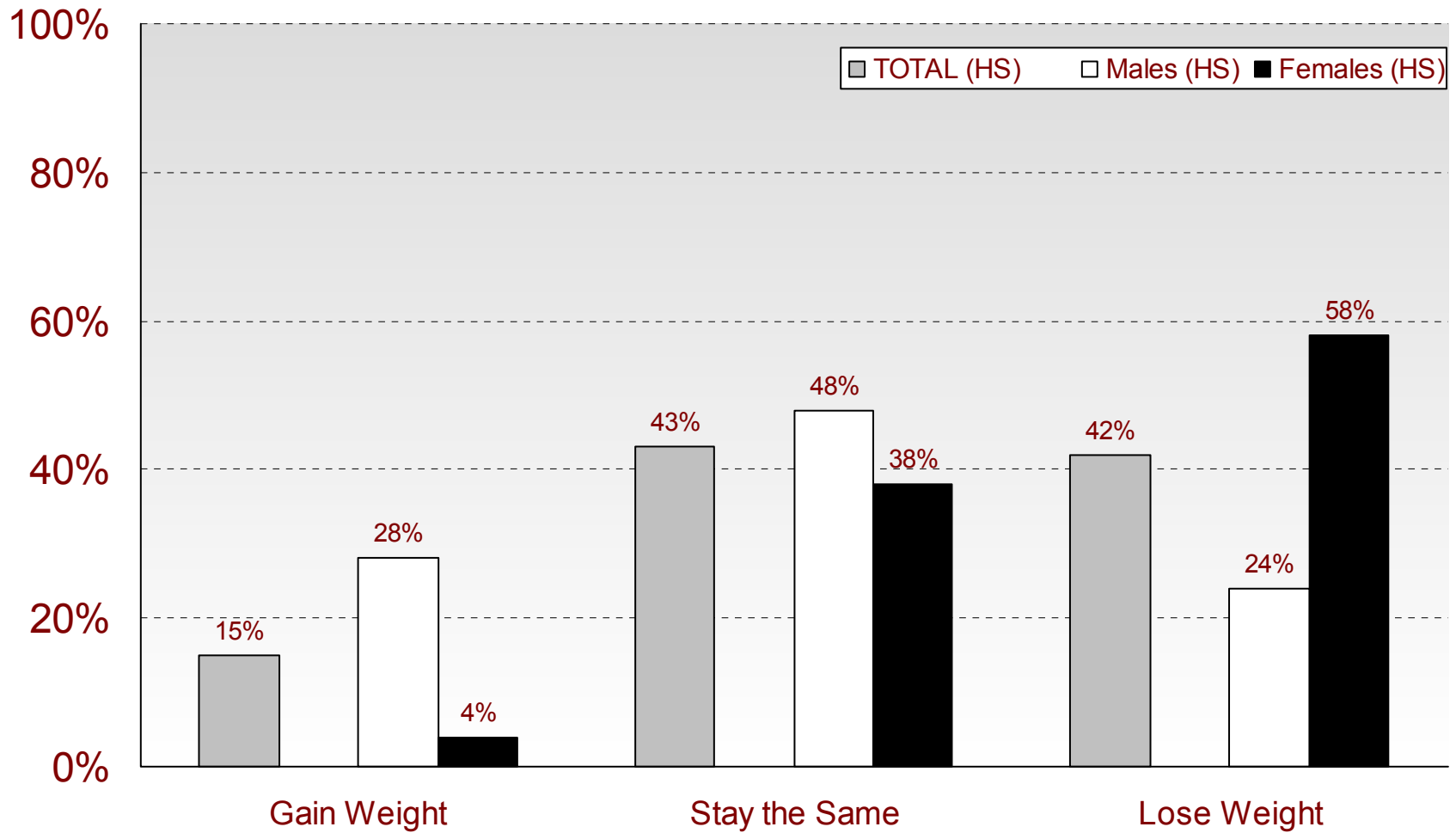


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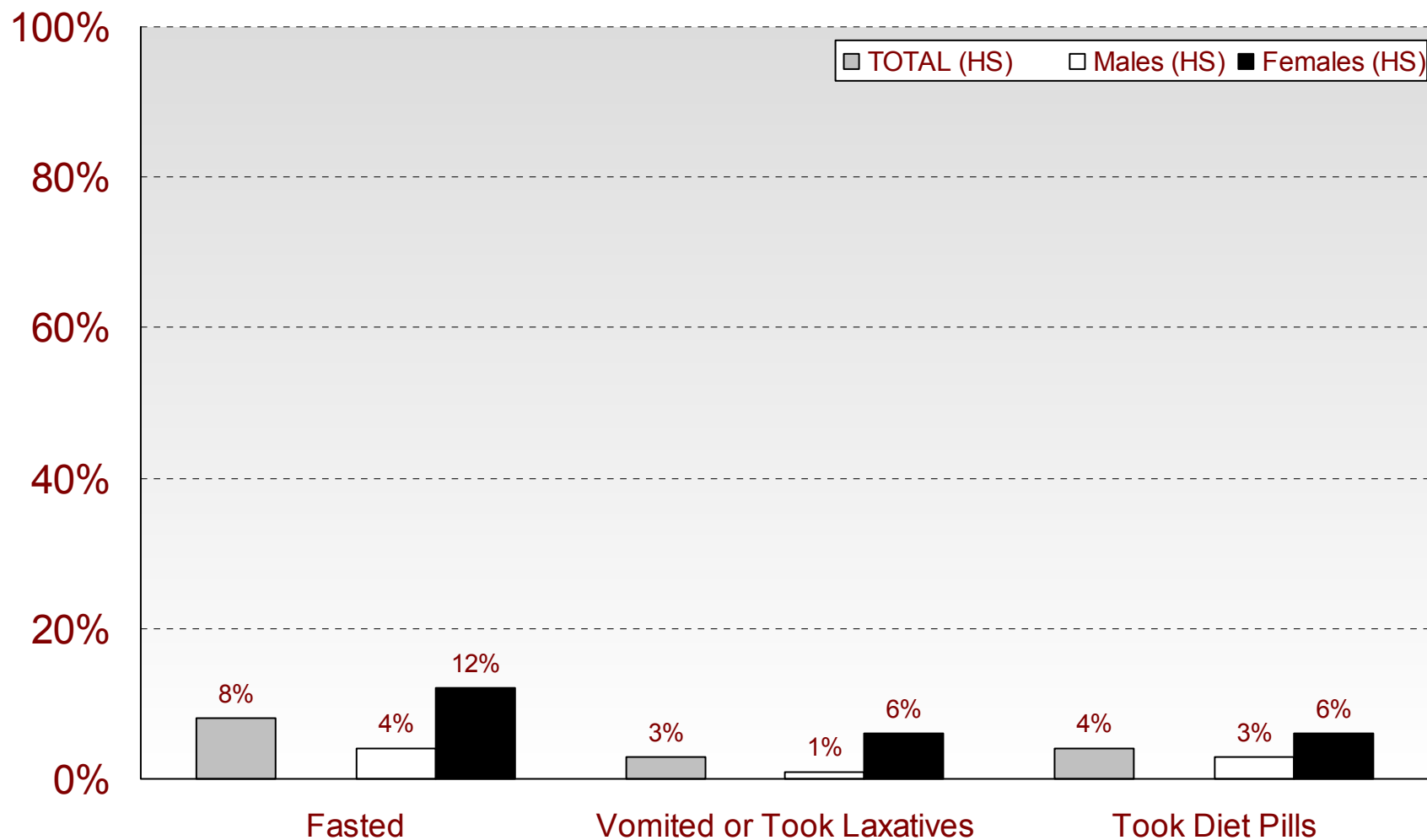
## Perception of Body Weight Among Hopkinton High School Students, Total and by Gender (2006)



## Current Weight Control Efforts Among Hopkinton High School Students, Total and by Gender (2006)



## Weight Loss/Maintenance Methods Used by Hopkinton High School Students in the Past 30 Days, Total and by Gender (2006)



## Appendix: Selected Data Tables

**2005-2006 HOPKINTON YOUTH RISK BEHAVIOR SURVEY**  
**Alcohol, Tobacco, and Other Drug Use – High School (N≈798)**

	TOTAL					GENDER		GRADE			
	MA YRBS		Hopkinton			Females	Males	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
	2001	2003	2002	2004	2006						
	(4204)	(3624)	(549)	(744)	(798)	(419)	(378)	(215)	(218)	(185)	(177)
<b>LIFETIME (any use in lifetime)</b>											
Cigarettes	62%	53%	40.6%	38.3%	33.6%	34.9%	32.2%	23.4%	27.6%	43.2%	43.8%
Cigars, Cigarillos, Little Cigars	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smokeless Tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol	81%	75%	69.4%	73.4%	70.2%	73.7%	66.1%	57.5%	63.4%	78.9%	84.1%
Binge Alcohol <sup>1</sup>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	50%	47%	36.7%	36.3%	36.6%	36.0%	37.0%	24.8%	27.5%	43.2%	55.1%
Cocaine	8%	8%	5.7%	6.7%	5.3%	4.8%	5.8%	2.8%	3.2%	7.0%	9.0%
Ecstasy	13%	9%	7.7%	4.2%	2.8%	3.1%	2.4%	1.9%	2.8%	3.2%	3.4%
Inhalants	12%	N/A	9.3%	8.2%	8.2%	10.0%	6.1%	10.3%	7.3%	8.1%	6.8%
Heroin	3%	3%	0.2%	0.5%	1.1%	1.7%	0.5%	0.5%	0.9%	1.6%	1.7%
Methamphetamines (speed)	7%	6%	5.5%	5.4%	3.8%	3.6%	4.0%	2.3%	3.7%	5.4%	4.0%
Steroids	5%	5%	2.4%	1.3%	0.6%	0.7%	0.5%	1.4%	0.5%	0.5%	0.0%
Other illegal drugs <sup>2</sup>	16%	N/A	10.4%	8.9%	6.1%	5.7%	6.6%	3.7%	6.9%	7.0%	7.3%
<b>CURRENT (any use in past 30 days)</b>											
Cigarettes	26%	21%	15.1%	16.8%	13.7%	13.4%	14.0%	9.3%	8.3%	20.0%	19.2%
Cigars, Cigarillos, Little Cigars	13%	12%	8.6%	15.1%	12.3%	8.9%	16.2%	5.1%	9.2%	15.1%	22.0%
Smokeless Tobacco	4%	4%	1.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol	53%	46%	40.4%	46.0%	41.5%	44.0%	38.9%	28.4%	30.7%	49.2%	63.1%
Binge Alcohol <sup>1</sup>	33%	27%	22.9%	29.6%	26.2%	25.8%	26.7%	10.7%	17.4%	36.8%	45.5%
Marijuana	31%	28%	19.5%	21.0%	20.9%	17.7%	24.3%	10.7%	17.1%	28.1%	30.5%
Cocaine	N/A	N/A	2.0%	1.6%	0.9%	1.0%	0.8%	0.9%	0.9%	1.1%	0.6%
Ecstasy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Inhalants	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Heroin	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Methamphetamines (speed)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other illegal drugs <sup>2</sup>	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

<sup>1</sup> Binge alcohol use was defined in the survey as having "5 or more drinks of alcohol in a row, that is, within a couple of hours."

<sup>2</sup> Respondents were asked about their use of "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), or GHB."

**2005-2006 HOPKINTON YOUTH RISK BEHAVIOR SURVEY**  
**Violence and Safety – High School (N~798)**

	MA YRBS		TOTAL Hopkinton			GENDER		GRADE			
	2001 (4204)	2003 (3624)	2002 (549)	2004 (744)	2006 (798)	Females (419)	Males (378)	9 <sup>th</sup> (215)	10 <sup>th</sup> (218)	11 <sup>th</sup> (185)	12 <sup>th</sup> (177)
<b>CARRYING WEAPONS<sup>1</sup> (30 days)</b>											
Carried a weapon (any location)	13%	14%	10.7%	10.1%	8.7%	2.6%	15.4%	10.7%	6.9%	7.1%	9.0%
Carried a weapon on school property	6%	5%	2.7%	2.2%	1.8%	0.7%	2.9%	1.9%	2.3%	0.5%	2.3%
<b>PHYSICAL FIGHTING (12 months)</b>											
In a physical fight (any location)	33%	31%	28.2%	31.6%	22.7%	16.7%	29.4%	32.1%	22.0%	17.4%	18.1%
In a physical fight on school property	12%	10%	10.2%	12.4%	7.4%	3.1%	12.2%	12.6%	5.5%	4.9%	6.2%
<b>SCHOOL SAFETY ISSUES</b>											
Stayed home out of fear for safety (30 days)	8%	5%	3.1%	3.5%	3.9%	6.0%	1.6%	5.6%	1.8%	3.8%	4.5%
Threatened/injured with a weapon on school property (12 months)	8%	6%	7.5%	6.1%	11.2%	11.2%	11.1%	12.1%	12.8%	8.1%	10.7%
<b>PHYSICALLY/SEXUALLY HURT BY A DATE</b>											
Ever hurt physically <i>only</i>	5%	5%	5.8%	4.2%	5.0%	6.7%	3.2%	6.1%	2.3%	5.5%	6.8%
Ever hurt sexually <i>only</i>	2%	3%	2.6%	2.3%	2.0%	3.8%	0.0%	0.9%	3.2%	1.6%	2.3%
Ever hurt <i>both</i> physically and sexually	3%	3%	3.6%	2.0%	1.3%	1.9%	0.5%	1.9%	0.0%	1.1%	2.3%
<b>ALCOHOL-RELATED VEHICLE USE</b>											
Rode with drinking driver in 30 days prior to survey	31%	28%	26.5%	27.0%	21.0%	22.4%	19.3%	20.5%	17.0%	26.5%	20.3%
Drove after drinking in 30 days prior to survey	12%	12%	8.9%	10.0%	8.8%	9.3%	8.3%	3.3%	2.8%	12.5%	19.4%

<sup>1</sup> The survey asked about "a weapon such as a gun, knife, or club."

**2005-2006 HOPKINTON YOUTH RISK BEHAVIOR SURVEY**  
**Miscellaneous – High School (N≈798)**

	TOTAL					GENDER		GRADE			
	MA YRBS		Hopkinton			Females	Males	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
	2001 (4204)	2003 (3624)	2002 (549)	2004 (744)	2006 (798)	(419)	(378)	(215)	(218)	(185)	(177)
<b>DEPRESSION AND SUICIDE</b>											
Felt sad or hopeless almost every day for 2 weeks or more in a row (12 months)	29%	28%	26.1%	26.2%	23.1%	30.5%	14.9%	24.8%	18.3%	27.0%	23.2%
Seriously considered suicide (12 months)	20%	16%	17.4%	14.4%	9.7%	12.4%	6.6%	12.6%	7.4%	11.9%	6.8%
Made a plan to commit suicide (12 months)	15%	13%	12.3%	10.4%	7.5%	10.0%	4.8%	10.7%	6.4%	8.1%	4.5%
Attempted suicide (12 months)	10%	8%	5.1%	5.0%	3.4%	4.1%	2.7%	4.2%	2.3%	4.9%	2.3%
Injured in a suicide attempt (12 months)	N/A	3%	1.6%	1.1%	1.8%	2.4%	1.1%	1.9%	1.4%	2.7%	1.1%
<b>SEXUAL BEHAVIOR</b>											
Ever had sexual intercourse	44%	41%	30.2%	28.9%	27.8%	30.4%	24.8%	16.2%	15.4%	30.6%	54.3%
Condom use at last intercourse <sup>1</sup>	58%	57%	62.2%	75.5%	79.0%	78.5%	79.5%	86.2%	78.1%	81.8%	75.3%
Alcohol/drugs at last intercourse <sup>1</sup>	23%	N/A	32.7%	25.6%	24.3%	28.1%	19.3%	20.0%	25.8%	27.3%	23.7%
Ever had sexual contact against will	10%	10%	6.9%	6.9%	6.2%	10.6%	1.3%	5.2%	5.1%	6.0%	9.1%
<b>DIETARY BEHAVIOR (Behavior to lose weight or keep from gaining weight in the 30 days prior to survey)</b>											
Fasted	14%	12%	13.0%	10.6%	7.8%	11.5%	3.7%	9.8%	5.5%	8.1%	7.3%
Took diet pills, powders, or liquids	8%	7%	6.6%	4.9%	4.4%	6.0%	2.6%	2.8%	3.2%	5.9%	6.3%
Vomited or took laxatives	6%	6%	4.7%	4.2%	3.4%	5.5%	1.1%	1.9%	2.3%	5.5%	4.5%

<sup>1</sup> Of those who had sexual intercourse.