

### These risk behaviors among high school students<sup>1</sup> ...

#### Unintentional Injuries and Violence

- 12% Rarely or never wore a seat belt
- 21% Rode with a driver who had been drinking alcohol, during the past month
- 20% Carried a weapon during the past month
- 28% Were in a physical fight during the past year
- 9% Attempted suicide during the past year

#### Alcohol and Other Drug Use

- 33% Drank alcohol during the past month
- 22% Reported episodic heavy drinking during the past month<sup>2</sup>
- 23% Used marijuana during the past month
- 7% Ever used cocaine
- 10% Ever used inhalants
- 21% Ever used prescription drugs without prescription

#### Sexual Behaviors

- 44% Ever had sexual intercourse
- 11% Had sexual intercourse with ≥ 4 people
- 30% Had sexual intercourse during the past three months
- 38% Did not use a condom during last sexual intercourse<sup>3</sup>

#### Tobacco Use

- 48% Ever tried cigarette smoking
- 16% Smoked cigarettes during the past month
- 5% Smoked cigarettes on ≥ 20 days during the past month
- 14% Used smokeless tobacco during the past month
- 10% Smoked cigars during the past month

#### Dietary Behaviors

- 83% Ate fruits and vegetables < 5 times/day during the past 7 days
- 20% Drank soda or pop one or more times a day during the past 7 days (not including diet soda or pop)

#### Physical Activity

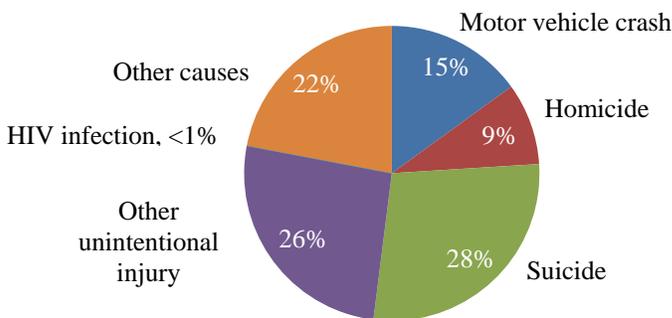
- 58% Did not meet currently recommended levels of physical activity<sup>4</sup>
- 54% Did not attend physical education class
- 82% Did not attend physical education class daily

#### Overweight

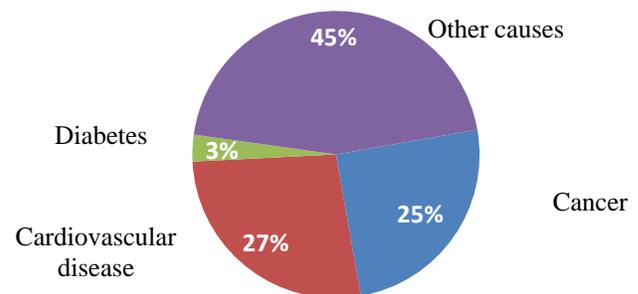
- 14% Were overweight<sup>5</sup>
- 12% Were obese<sup>6</sup>

### ... contribute to these leading causes of death<sup>7</sup>

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



<sup>1</sup> High school students grades 9-12 in Alaska excluding alternative schools and boarding schools, weighted data.

<sup>2</sup> Students who had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the past 30 days

<sup>3</sup> Among students who had sexual intercourse during the past 3 months.

<sup>4</sup> Students who were not physically active for a total of at least 60 minutes per day on 5 or more days of the past 7 days.

<sup>5</sup> Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex.

<sup>6</sup> Students who were at or above the 95th percentile for body mass index by age and sex.

<sup>7</sup> 2004-2006 Alaska mortality data, Centers for Disease Control and Prevention.

For more information visit [www.hss.state.ak.us/dph/chronic](http://www.hss.state.ak.us/dph/chronic)  
Or call 1-888-465-3140



The Alaska Youth Risk Behavior Survey is a joint project between the Department of Health and Social Services and the Department of Education & Early Development in cooperation with the Centers for Disease Control and Prevention

