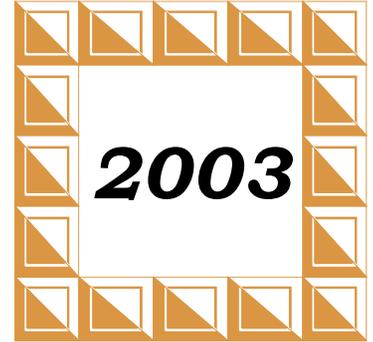




*Metro Public Health Department of
Nashville and Davidson County*

Risk Behaviors of Nashville's Youth



About the Youth Risk Behavior Survey (YRBS)

The link between the health-related behavior choices made by today's youth and the adults that they will become remains critical. Some of these choices contribute significantly to death, disability, and social problems.

The YRBS was introduced by the Centers For Disease Control and Prevention (CDC) in 1990. According to the CDC, it was designed to 1) determine the prevalence of health risk behaviors; 2) Assess whether health risk behaviors increase, decrease, or stay the same over time; 3) Examine the co-occurrence of health risk behaviors; 4) Provide comparable national, state, and local data; 5) Provide comparable data among subpopulations of youth; and 6) Monitor progress toward achieving the Healthy People 2010 objectives and other program indicators (1) . The survey is administered across the nation every two years. Health departments across the country utilize the 87 question survey and administration protocol developed by the CDC.

During the Spring of 2003, the Metro Public Health Department surveyed a sample of adolescent students (grades 9-12) about their health and safety behaviors. All responses were anonymous and participation was voluntary. Parents were notified about the time and nature of the survey.

In Nashville and Davidson County, 15 public high schools and 5 private high schools participated in the survey process yielding a sample of 1,884 students. Eighty percent of students in classes selected for the sample completed the survey with a refusal rate of 2.6%. The results reported are representative with 95% confidence and a margin of error of +/- 2.3%. The demographic profile of students participating in the survey were: 53% female, 47% male; 48% White, 42% Black or African-American, 7% Other race or Ethnic group, and 3% Multi-Racial; 29% were in ninth grade, 23% in tenth grade, 30% in eleventh grade, and 18% in twelfth grade.

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Health Warning: Obesity

According to the CDC, an unhealthy diet and lack of physical activity can be a contributing factor in many chronic diseases and conditions, including type-2 diabetes, hypertension, heart disease, stroke, breast cancer, colon cancer, gall bladder disease, and arthritis (2). During the past two years the results of the Nashville YRBS has revealed that 13% of Nashville youth are obese (based on body mass index) , above the Healthy People 2010 goal of 5%.



The importance of educating and supporting our youth in making healthy nutritional decisions as well as becoming physically active is highlighted not only by the increasing incidences of obesity but also by the number of Federal initiatives available to help communities and organizations develop interventions . In 2003, U.S. Department of Health and Human Services Secretary Tommy G. Thompson held a National conference "to call on Americans to take the steps that will lead to a healthier nation." The initiative, *STEPS to a HEALTHIER US*, focuses on the importance of prevention and promising approaches for promoting healthy environments. The *STEPS to a Healthier US* Initiative has created a list of selected intervention strategies for a variety of health issues including nutrition, physical activity, and obesity among others (3).

When we educate our youth about nutrition and physical activity, we take positive steps toward alleviating the burden of disease that many will face if their behaviors are not modified. Combating the obesity epidemic necessitates collaborative interventions between health officials, schools, parents, and other organizations. Other obesity interventions for youth include using Body Mass Index assessments as early as age two and training providers on current screening, assessment, and management of overweight children and adolescents.

Special points of interest:

- 14% of students reported smoking daily
- 19% of students report drinking 5 or more alcoholic drinks in the past 30 days
- 27% of surveyed students reported that someone offered, sold, or gave them drugs on school property in the past 12 months.
- 13% are overweight (based on BMI)
- 49% watch more than 3 hours of TV on an average school day

Healthy People 2010 Objectives

Since 1979, various national health-related initiatives have been introduced. The most current initiative, entitled “Healthy People 2010” (hereafter called HP 2010) continues the tradition of fostering policy that seeks to improve health. The objectives set forth in this initiative were established by a team of experts from various federal agencies. While there are 467 objectives to improve health (in 28 focus areas), there are two goals that provide the foundation for the others. The first goal is to help individuals of all ages increase life expectancy *and* improve their quality of life. This goal focuses on helping individuals gain the knowledge, motivation, and opportunities needed to make informed health decisions. The second goal is to eliminate health disparities, by encouraging communities, states, and national organizations to take a multidisciplinary approach to achieve health equality (4).

Included in the HP 2010 objectives are goals for the health of adolescents. The decisions that are made by adolescents today directly impact their health in the future. This reality highlights the importance of educators, parents, and community leaders, among others to help youth make informed decisions regarding their behaviors. The table below highlights some of the HP 2010 adolescent objectives. Also presented are data from the 2001 and 2003 Nashville Youth Risk Behavior Survey (YRBS). At best, only marginal strides have been made in the past two years in reducing the percentage of adolescents who engage in risky behaviors related to obesity and other risk behaviors.

	Healthy People 2010 Target	2003 Nashville	2001 Nashville
• <i>Physically Active (Vigorous Activity 3 of the past 7 days)</i>	85%	61%	59%
• <i>Watch TV 2 hrs or less/day</i>	75%	51%	50%
• <i>Obese (based on BMI)</i>	6%	13%	13%
• <i>Current Cigarette Use (at least 1 daily)</i>	16%	14%	17%
• <i>Tried to Quit Smoking (past 30 days)</i>	84%	58%	58%
• <i>Current Marijuana Use (past 30 days)</i>	.7%	25%	25%
• <i>Rode with Drunk Driver (past 30 days)</i>	30%	24%	27%
• <i>Binge Drink (5 drinks in a row)</i>	3%	19%	20%
• <i>Condom Use (not active/ used during last sexual intercourse)</i>	95%	82%	82%
• <i>Attempted Suicide (past 12 months)</i>	2.6%	8%	8%

Spotlight on Health Disparities

Amid concerns over the health of the population in general, some groups suffer from diseases at a disproportionate rate. While the YRBS does not investigate specific diseases, disparities can be seen in many of the behaviors reported by teens that may serve as precursors to disease or injury. The table below displays some of the disparities seen in reported adolescent behavior. (Note: The percentages reported below do not total all ethnic groups surveyed because only Black and White students are presented in the table. The percentage reported represents only the adolescents engaging in that particular behavior. For example, of the adolescents who report being sexually active, 25% of those are Black females.)

	Black Females	White Females	Black Males	White Males
• <i>Currently sexually active (past 3 months)</i>	25%	20%	24%	20%
• <i>Pregnant or gotten someone pregnant at least 1 time</i>	45%	14%	20%	8%
• <i>Ever had sexual intercourse</i>	25%	18%	25%	20%
• <i>Never or rarely wore seatbelt</i>	16%	13%	34%	19%
• <i>In a physical fight (past 12 months)</i>	21%	15%	23%	29%
• <i>Considered Suicide (past 12 months)</i>	29%	34%	9%	15%
• <i>Smoked cigarettes daily (past 30 days)</i>	12%	37%	10%	29%
• <i>Smoked a cigarette before age 13</i>	15%	24%	16%	29%
• <i>Watched TV more than 2 hours/day</i>	29%	14%	27%	18%

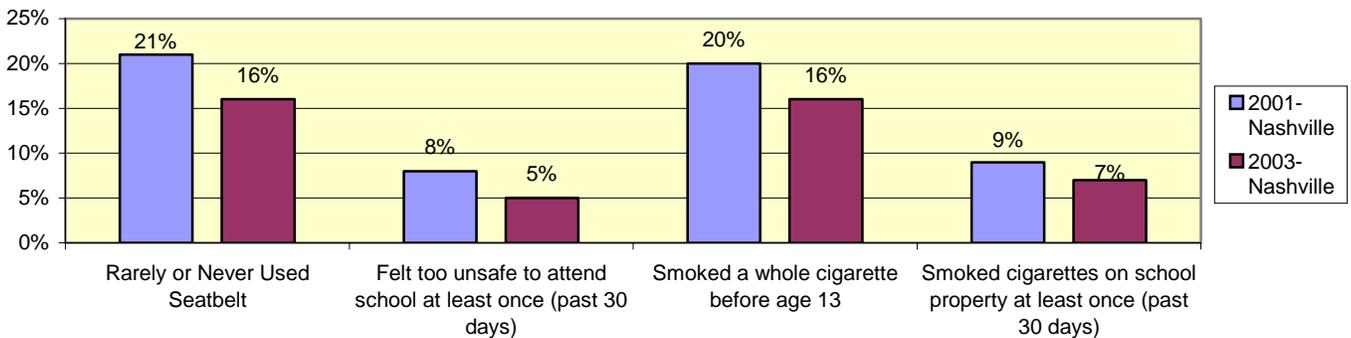
Comparisons and Trends

The administration of both the 2001 and 2003 Nashville YRBS were comparable making comparisons across these two years possible. For many risk behaviors there was little (less than two percentage points) or no change in the percentages of youth who reported that they engaged in risky behaviors. These categories included:

- * Being in a physical fight
- * Attempted Suicide
- * Current Alcohol Use
- * Current Marijuana Use
- * Current Cocaine Use
- * Current Inhalant Use
- * Currently sexually active
- * Current Condom Use
- * Overweight (based on BMI)
- * Physically Active five or more days

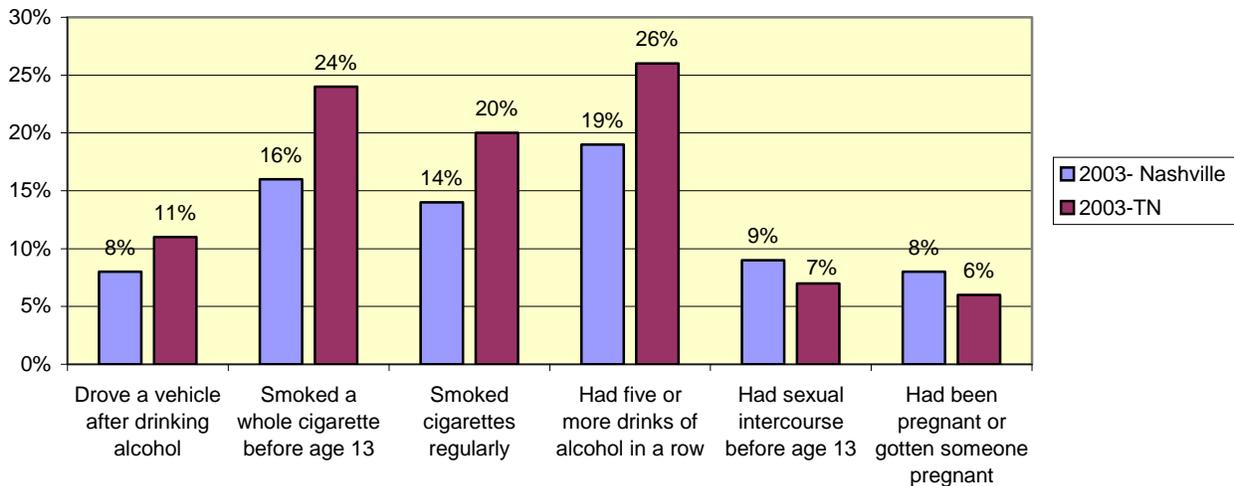
While many behaviors remained stagnant, the data reveal that there were substantive (the level of difference between the observed and expected values) declines in some risk behaviors. A ratio of 1.20 or above indicates excess risk, while a ratio of .80 or less suggests some protection in some way from the risk. The chart below details these declines.

Substantive Differences between 2001 and 2003 Nashville YRBS Results



There were also substantive differences between the 2003 Local and State YRBS data. The chart below highlights some of these differences. (State results from 2003 for all questions can be found on pages 8-9).

Substantive Differences between 2003 Local and State Data



Daily Nutritional Recommendations



76% of surveyed students failed to meet all of the recommended daily requirements for fruit, vegetables, and milk.

The nutritional questions contained on the 2003 YRBS questions are also part of the HP 2010 National Guidelines for healthy eating. These goals include eating at least 2 daily servings of fruit, 3 daily servings of vegetables (with at least one serving coming from a dark green or orange vegetable), and 2 servings of milk daily. These nutritional questions were combined to create a scale to assess the daily nutritional intake of Nashville's youth. Youth were classified into four categories: failed to meet all of these recommendations, failed to meet 2 recommendations, failed to meet 1 recommendation, and met all recommendations. The majority (76%) of surveyed youth failed to meet all of the basic nutritional recommendations. Less than one percent of surveyed students met all of the daily recommendations for fruits, vegetables, and milk. It is important to note that these differences did not differ substantially by race, grade level, or sex.

This does not indicate that healthy choices are not available in schools or at home, however, it does indicate a need to provide education to our youth on the dangers associated with unhealthy eating (obesity, chronic disease, physical inactivity, etc.) Youth need to be educated on the dangers associated with poor nutrition and encouraged to make better food choices.

Levels of Physical Activity



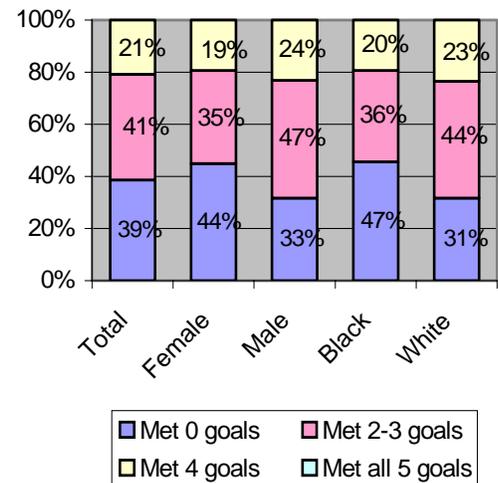
Regular physical activity decreases the risk of death from heart disease, lowers the risk of developing diabetes, and is associated with a decreased risk of colon cancer. Regular physical activity also helps prevent high blood pressure and reduces blood pressure in persons with elevated levels (4). The benefits of physical activity are numerous and include not only health

benefits but also mental and social benefits as well. HP 2010 has established several targets for adolescents that are measured on the YRBS. These include engaging in vigorous exercise at least 3 days/week for 20 or more minutes, moderate activity 5 days/week, 50% of students attending physical education (PE) class daily, at least 20 minutes of PE is spent exercising or playing sports, and watching 2 hours or less television on an average school day.

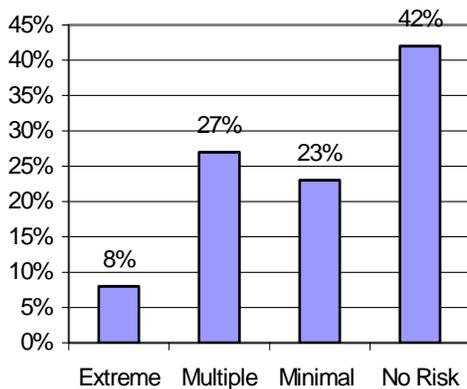
As depicted in the chart, differences were apparent by sex and race, with more females classified as sedentary than males and more Black students than White students. None of the surveyed students met all 5 physical activity goals.

The importance of encouraging physical activity in youth goes without saying. By encouraging youth to engage in physical activity, health professionals not only encourage a healthy lifestyle now, but also directly impact the health status and behaviors of these future adults.

Physical Activity



Extreme, Multiple, & Minimal Risk Takers



Based on the number of reported risk taking behaviors students engage in, four categories of students emerge. Risk taking behaviors included: smoking cigarettes, using marijuana, drinking alcohol, and engaging in sexual intercourse. Students can be categorized into extreme, multiple, minimal, and no risks. Extreme risk takers are those who engage in four risk behaviors, multiple risk takers engage in 2-3 behaviors, and minimal risk takers engage in one risk behavior.

It is important to note that 42% of high schools students surveyed did not report engaging in any risk behaviors. While these behaviors don't differ substantially by race and gender, differences are apparent by self-reported grades. Students who reported making mostly A's were the least likely to engage in multiple risk behaviors, while those reporting grades of mostly F's were mostly likely to report engaging in multiple risk behaviors.

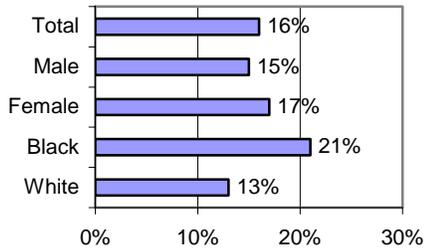


Weight and Dietary Behaviors

Sixteen percent of Nashville youth surveyed are at risk for becoming overweight based on BMI.

- Twenty-one percent of African American youth included in the sample are at risk for becoming overweight compared to 13% for Whites.

At Risk for Becoming Overweight (Based on BMI)



- Eighteen percent of African American youth compared to ten percent of White youth were overweight based on BMI.



- Eleven percent of youth report drinking three or more glasses of milk per day during the past seven days.

- Twenty-nine percent of youth perceive themselves to be overweight.

Physical Activity

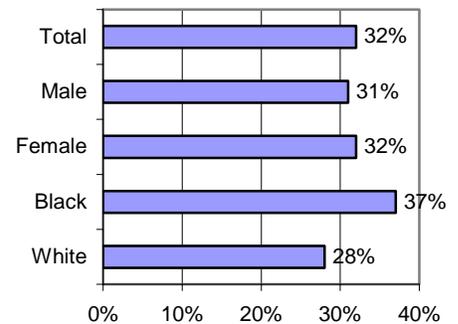
Only 32% of surveyed youth attended Physical Education classes daily.



21% of students reported that they participated in non-aerobic activity on 5 of the past 7 days.

- Forty-four percent of Nashville youth did activities to strengthen or tone their muscles 3 or more days per week.
- Fifty percent of surveyed Nashville youth reported playing on one or more sports teams.
- Sixty-one percent of youth did exercise that made them sweat on 3 or more of the past 7 days.
- Twenty-one percent of youth report exercise that did not make them sweat on 5 of the past 7 days.

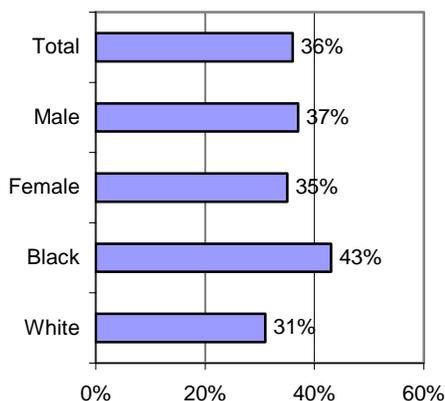
Attended PE classes daily



Sexual Behavior

Thirty-six percent of students reported being sexually active.

Currently Sexually Active (Past 3 months)

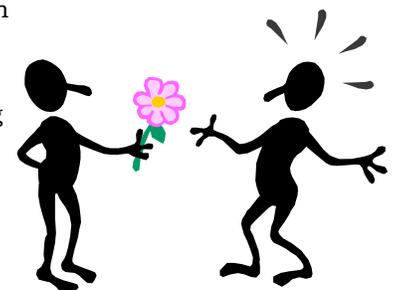


- Forty-three percent of African American students reported sexual activity compared with 31% of Whites.

- Seventeen percent of Nashville youth reported having sexual intercourse with four or more people during their life.

- Eight percent of youth report having been pregnant or gotten someone pregnant at least once.

- Sixty-four percent of youth report condom use the last time they engaged in sexual intercourse.



17% of students report alcohol or drug consumption prior to having sexual intercourse.

Unintentional Injuries

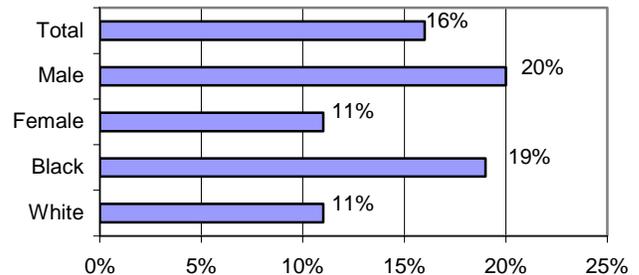
Sixteen percent of Nashville students reported that they rarely or never wear a seatbelt.



8% of students report driving while under the influence of alcohol.

- Nineteen percent of African American students surveyed reported that they rarely or never wear a seatbelt.
- Twenty-four percent of Nashville youth reported riding in a vehicle with someone under the influence of alcohol.
- Males represented 20% of those who reported not wearing a seatbelt.
- Eight-five percent of students who rode bikes reported rarely or never wearing a helmet.

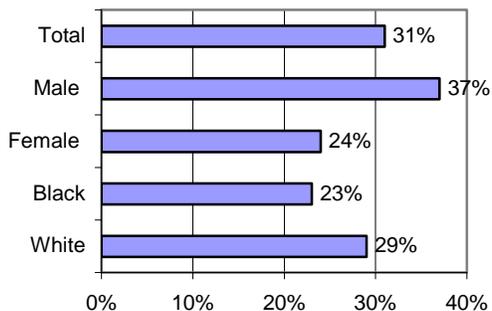
Rarely or Never Wore Seatbelt



Intentional Injuries

Thirty-one percent of students reported being in a physical fight in the past twelve months.

Fighting



- Male students were more likely to be involved in a physical fight than females.
- Thirty-one percent of students had their property stolen or deliberately damaged on school property.
- Sixteen percent of students reported carrying a weapon in the past 30 days.
- Eight percent of students reported being forced to have sexual intercourse.



Suicidal Ideation

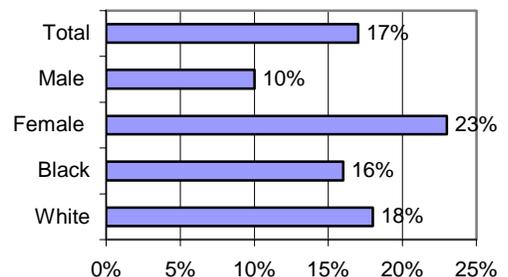
Seventeen percent of Nashville youth reported seriously considering suicide during the previous 12 months.



30% of students reported that they felt so sad that their usual activities were stopped.

- Twenty-three percent of surveyed females reported that they had considered suicide.
- Eight percent of Nashville youth reported attempting suicide.
- Thirteen percent of students reported making a specific plan to commit suicide.
- Three percent of students who had attempted suicide needed medical attention.

Considered Suicide



Tobacco Use

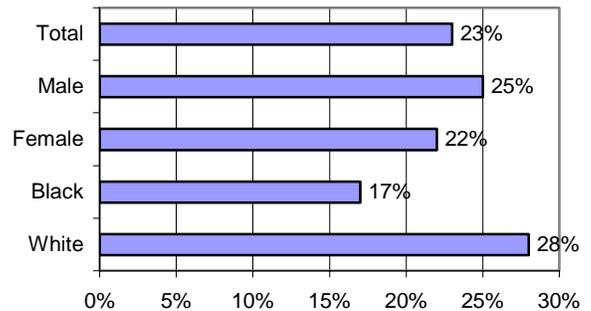
Twenty-three percent of surveyed students reported that they currently smoke cigarettes (smoked on one or more days during the 30 days prior to the survey).



14% of students under the age of 18, reported purchasing cigarettes at a store or gas station.

- Twenty-eight percent of current smokers identified their racial category as White.
- Fifty-six percent of students reported that they have tried smoking cigarettes.
- Ten percent of students report smoking cigarettes on 20 or more days in the past 30 days.
- Fifty-eight percent of students reported that they have tried to quit smoking cigarettes in the past 12 months.

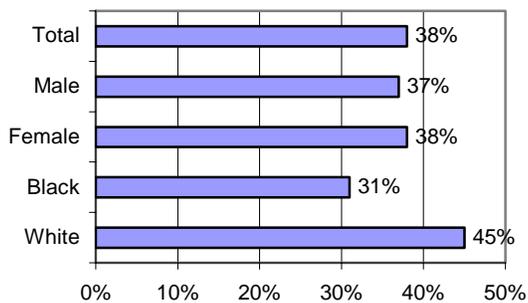
Current Cigarette Use



Alcohol Use

Thirty-eight percent of students reported having at least one drink of alcohol in the past 30 days.

Consumed Alcohol in the Past 30 Days



- Thirty-one percent of African American students reported alcohol consumption compared to 45% of White students.



- Twenty-three percent of students reported having their first drink of alcohol before age 13.
- Sixty-nine percent of students have had at least one drink of alcohol during their life.
- Twenty-one percent of males reported having five or more drinks in a row at least once in the past 30 days.

Marijuana, Cocaine, and Other Drug Use

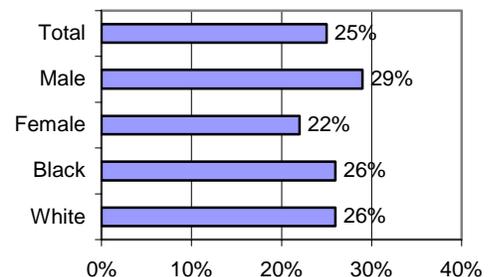
Twenty-five percent of students reported using marijuana in the past 30 days.



6% of students reported having used ecstasy.

- Ten percent of students reported sniffing glue, or inhalants to get high.
- Forty-four percent of students have tried marijuana one or more times during their life.
- Six percent of students reported trying ecstasy.
- Six percent of students reported cocaine use at least once during their life.

Marijuana Use



Results of 2003 High School Youth Risk Behavior Survey

Unintentional Injuries	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
1. Rarely or never wore bicycle helmet (past 12 months)	85%	88%	81%	79%	92%	86%	86%	85%
2. Rarely or never wear a seat belt	16%	20%	11%	11%	19%	21%*	14%	14%
3. Rode one or more times with a driver who had been drinking alcohol (past 30 days)	24%	23%	18%	25%	23%	27%	27%	31%*
4. Had driven a vehicle one or more times after drinking alcohol (past 30 days)	8%	10%	6%	10%	5%	10%*	11%*	13%*

Intentional Injuries	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
5. Carried weapon (gun, knife, club) on one or more days (past 30 days)	16%	27%	6%	18%	13%	16%	21%*	17%
6. Carried gun on one or more days (past 30 days)	7%	12%	1%	5%	8%	7%	7%	6%
7. Carried weapon on school property on one or more days (past 30 days)	4%	6%	2%	5%	3%	4%	5%*	6%*
8. Felt too unsafe to go to school on one or more days (past 30 days)	5%	4%	5%	4%	5%	8%*	6%	7%*
9. Threatened or injured with a weapon on school property (past 12 months)	7%	9%	5%	7%	7%	8%	8%	9%*
10. Someone stole or deliberately damaged your property on school property	31%	37%	24%	29%	33%	NA	28%	NA
11. In a physical fight in past twelve months	31%	37%	24%	29%	23%	33%	28%	33%
12. Injured in a physical fight & needed medical treatment (past 12 months)	3%	5%	2%	3%	3%	3%	4%*	4%*
13. Was in a physical fight on school property (past 12 months)	13%	16%	10%	12%	13%	12%	12%	13%
14. Hit, slapped, or physically hurt by boy/girlfriend (past 12 months)	9%	8%	9%	7%	10%	7%*	10%	10%
15. Ever forced to have sexual intercourse when they did not want to	8%	4%	11%	7%	9%	8%	8%	8%

Suicidal Ideation (during past twelve months)	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
16. Felt so sad every day for 2 weeks that stopped usual activities	30%	20%	38%	28%	29%	28%	28%	28%
17. Seriously considered suicide	17%	10%	23%	18%	16%	17%	18%	19%
18. Made a specific plan to attempt suicide	13%	7%	18%	13%	11%	12%	14%	15%
19. Attempted suicide one or more times	8%	4%	11%	7%	8%	8%	9%	9%
20. Suicide attempt resulted in a condition that had to be treated by doctor	3%	2%	3%	2%	3%	2%*	3%	3%

Tobacco Use	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
21. Ever tried cigarette smoking, even one or two puffs	56%	56%	55%	57%	53%	62%	62%	64%
22. Smoked a whole cigarette for first time before age 13	16%	18%	14%	19%	13%	20%*	24%*	22%*
23. Smoked cigarettes one or more days (past 30 days)	23%	25%	22%	28%	17%	26%	28%	29%*
24. Smoked cigarettes on 20 or more days (past 30 days)	10%	11%	10%	15%	5%	11%	15%*	14%*
25. Bought cigarettes in a store or gas station during (past 30 days/< age 18)	17%	20%	15%	10%	26%	18%	17%	19%*
26. Smoked cigarettes on school property on one or more days (past 30 days)	7%	8%	7%	8%	5%	9%*	9%*	10%*
27. Smoked cigarettes regularly (at least one cigarette every day for 30 days)	14%	14%	15%	20%	8%	17%	20%*	20%*
28. Ever tried to quit smoking cigarettes (smoked in past 12 months)	58%	54%	63%	61%	56%	58%	61%	57%
29. Used chewing tobacco or snuff (1 or more days during the past 30 days)	4%	8%	1%	7%	1%	5%*	12%*	8%*
30. Used chewing tobacco or snuff on school property (1 or more days of past 30 days)	3%	5%	1%	4%	1%	3%	8%*	5%*
31. Smoked cigars, cigarillos, or little cigars (1 or more days of past 30 days)	15%	19%	10%	15%	14%	16%	17%	15%

Alcohol Use	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
32. Had at least 1 drink of alcohol on one or more days of their life	69%	66%	61%	73%	66%	73%	74%	78%
33. Had first drink of alcohol before age 13	23%	26%	20%	21%	25%	25%	26%	29%*
34. Had at least 1 drink of alcohol (one or more days of past 30 days)	38%	38%	37%	45%	31%	38%	41%	47%
35. Had five or more drinks of alcohol in a row (1 or more of past 30 days)	19%	21%	17%	27%	10%	20%	26%*	30%*
36. Had at least 1 drink of alcohol on school property (1 or more of past 30 days)	4%	5%	3%	3%	4%	3%*	4%	5%*

* Indicates the difference between local data is of substantive importance.

Results of 2003 High School Youth Risk Behavior Survey

Marijuana, Cocaine, and Other Drug Use	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
37. Used marijuana one or more times during their life	44%	47%	41%	46%	43%	47%	43%	42%
38. Tried marijuana for the first time before age 13	10%	8%	8%	10%	11%	12%	13%*	10%
39. Used marijuana one or more times (past 30 days)	25%	29%	22%	26%	26%	25%	24%	24%
40. Used marijuana on school property one or more times (past 30 days)	5%	8%	3%	5%	6%	4%*	4%*	5%
41. Used any form of cocaine one or more times during their life	6%	8%	4%	9%	2%	6%	9%*	9%*
42. Used any form of cocaine one or more times (past 30 days)	3%	4%	1%	3%	1%	3%	4%*	4%*
43. Ever sniffed glue, breathed aerosol cans, inhaled paint/spray to get high	10%	11%	8%	12%	6%	9%	14%*	15%*
44. Sniffed glue, breathed aerosol cans, inhaled paint/spray to get high (past 30 days)	3%	3%	2%	3%	2%	2%*	4%*	5%*
45. Used heroin during their life	1%	2%	1%	2%	0%	2%*	2%*	3%*
46. Used methamphetamines during their life	4%	5%	3%	6%	1%	5%*	10%*	10%*
47. Used ecstasy during their life	6%	7%	6%	9%	3%	NA	8%*	NA
48. Took steroid pills or shots without a prescription	3%	4%	3%	3%	2%	4%*	7%*	5%*
49. Ever used needle to inject any illegal drug into their body	1%	2%	1%	2%	1%	1%	3%*	2%*
50. Had someone offer, sell, or give them illegal drugs on school property (past 12 months)	27%	33%	21%	29%	24%	25%	24%	29%

Sexual Behavior	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
51. Ever had sexual intercourse	50%	53%	46%	41%	62%	50%	50%	46%
52. Had sexual intercourse for the first time before age 13	9%	14%	5%	6%	12%	9%	7%*	7%*
53. Had sexual intercourse with 4 or more people during their life	17%	21%	12%	12%	23%	17%	15%	14%*
54. Had sexual intercourse during the past three months	36%	37%	35%	31%	43%	37%	36%	33%
55. Drank alcohol or used drugs before last sexual intercourse (past 3 months)	17%	21%	12%	24%	11%	19%	22%*	26%*
56. Used condom or partner used condom during last sexual intercourse (past 3 months)	64%	71%	58%	61%	68%	62%	63%	58%
57. Used birth control pills or partner used during last sexual intercourse (past 3 months)	13%	11%	15%	19%	10%	13%	14%*	18%*
58. Had been pregnant or gotten someone pregnant one or more times	8%	7%	9%	4%	12%	9%	6%*	5%*

Weight and Dietary Behaviors	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
59. Perceive themselves to be overweight	29%	23%	34%	32%	27%	29%	31%	29%
60. Are trying to lose weight	43%	27%	58%	46%	41%	44%	44%	46%
61. Exercised to lose weight or keep from gaining weight (past 30 days)	55%	47%	63%	60%	50%	56%	60%	60%
62. Ate less food, fewer calories, or low fat foods to lose weight (past 30 days)	38%	25%	50%	44%	31%	41%	41%	44%
63. Went without eating for 24 hours or more to lose weight (past 30 days)	11%	6%	15%	12%	9%	12%	14%*	14%*
64. Took diet pills, powders, or liquids to lose weight (past 30 days)	6%	3%	8%	6%	4%	7%	10%*	9%*
65. Vomited or took laxatives to lose weight (past 30 days)	5%	2%	6%	6%	3%	4%*	5%	5%
66. Drank 100% fruit juices at least once (past 30 days)	79%	81%	78%	77%	84%	83%	79%	83%
67. Ate fruit at least once during the past seven days	79%	79%	78%	83%	72%	78%	81%	84%
68. Ate green salad at least once during the past seven days	60%	54%	66%	67%	53%	59%	62%	67%
69. Ate potatoes at least once during the past seven days	68%	71%	56%	75%	62%	70%	75%	73%
70. Ate carrots at least once during the past seven days	38%	37%	38%	49%	23%	38%	41%	47%
71. Ate other vegetables at least once during past seven days	84%	82%	87%	87%	80%	85%	83%	85%
72. Drank three or more glasses of milk per day during past seven days	11%	16%	5%	14%	7%	12%	12%	16%*
73. At risk of becoming overweight (based on BMI)	16%	15%	17%	13%	21%	17%	15%	14%
74. Obese (based on BMI)	13%	14%	12%	10%	18%	13%	15%	10%*

Physical Activity	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
75. Exercised or physical activity that made them sweat on 3 or more of past 7 days	61%	56%	52%	66%	55%	59%	69%	65%
76. Had physical activity that did not make them sweat on 5 of past 7 days	21%	22%	19%	24%	17%	21%	24%	26%
77. Did exercise to strengthen or tone muscles on 3 or more of past 7 days	44%	55%	37%	47%	43%	48%	51%	53%
78. Watch TV for 3 or more hours or more on an average school day	49%	53%	46%	34%	68%	51%	44%	38%*
79. Attend PE classes daily	32%	31%	32%	28%	37%	37%	29%	32%
80. Exercise 20 or more minutes in an average PE class	76%	82%	70%	80%	73%	71%	78%	83%
81. Played on one or more sports teams during past 12 months	50%	43%	56%	48%	51%	53%	51%	55%

HIV Education	Total	Male	Female	White	Black	Nashville '01	TN '03	US '01
82. Have been taught about AIDS or HIV infection in school	86%	85%	87%	88%	87%	87%	90%	89%

* Indicates difference between local data is of substantive importance.

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Promoting and Protecting
Health



Acknowledgements

The 2003 Youth Risk Behavior Survey was a joint undertaking by Metropolitan Public Health Department and Metropolitan Nashville Public Schools. The Youth Risk Behavior Survey Advisory Committee was composed of the following persons who guided the project:

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Metropolitan Nashville Public Schools

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Appreciation is expressed to all principals, assistant principals, guidance counselors and other staff members at the participating schools for their help in coordinating the administration of the survey. Appreciation is also extended to all staff members of the Division of Health Promotion, Division of Policy and Research, MPH, and students enrolled in Master of Science in Public Health Program, Meharry Medical College, for help in administering the surveys.



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For more information on the *STEPS to a Healthier US* Initiative Please visit: <http://www.healthierus.gov/steps/index.html>
Last accessed on 7/31/2003

To learn more about Health People 2010, Please visit : <http://www.healthypeople.gov/document/tableofcontents.htm#under>
Last accessed on 7/31/2003

This report is intended to provide the public with a cursory glance of the 2003 Nashville YRBS results. For additional information, please direct all correspondence and inquiries to:

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