

# CLARKE COUNTY MIDDLE AND HIGH SCHOOLS

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2686 Students (61% of student body)  
Participated Anonymously (No Names Used)

## BEHAVIOR AND RISK FOR TEENS

A health survey about nutrition, exercise,  
safety, stress, alcohol, tobacco, drugs and sex.

Voluntary and Anonymous Survey (no names used)

## Survey Chart Book

**2011**

Northeast Health District  
Community Health Assessment and Service Evaluation



# Behavior And Risk for Teens Survey

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# Behavior And Risk for Teens Survey

The Behavior And Risk for Teens Survey (BART) is a health risk behavior survey assessing six areas of teen health: physical health and exercise, safety, tobacco use, alcohol and other drug use, mental health / stress management and sexual activity. No names or other identifiers are used, insuring individual student and family privacy.

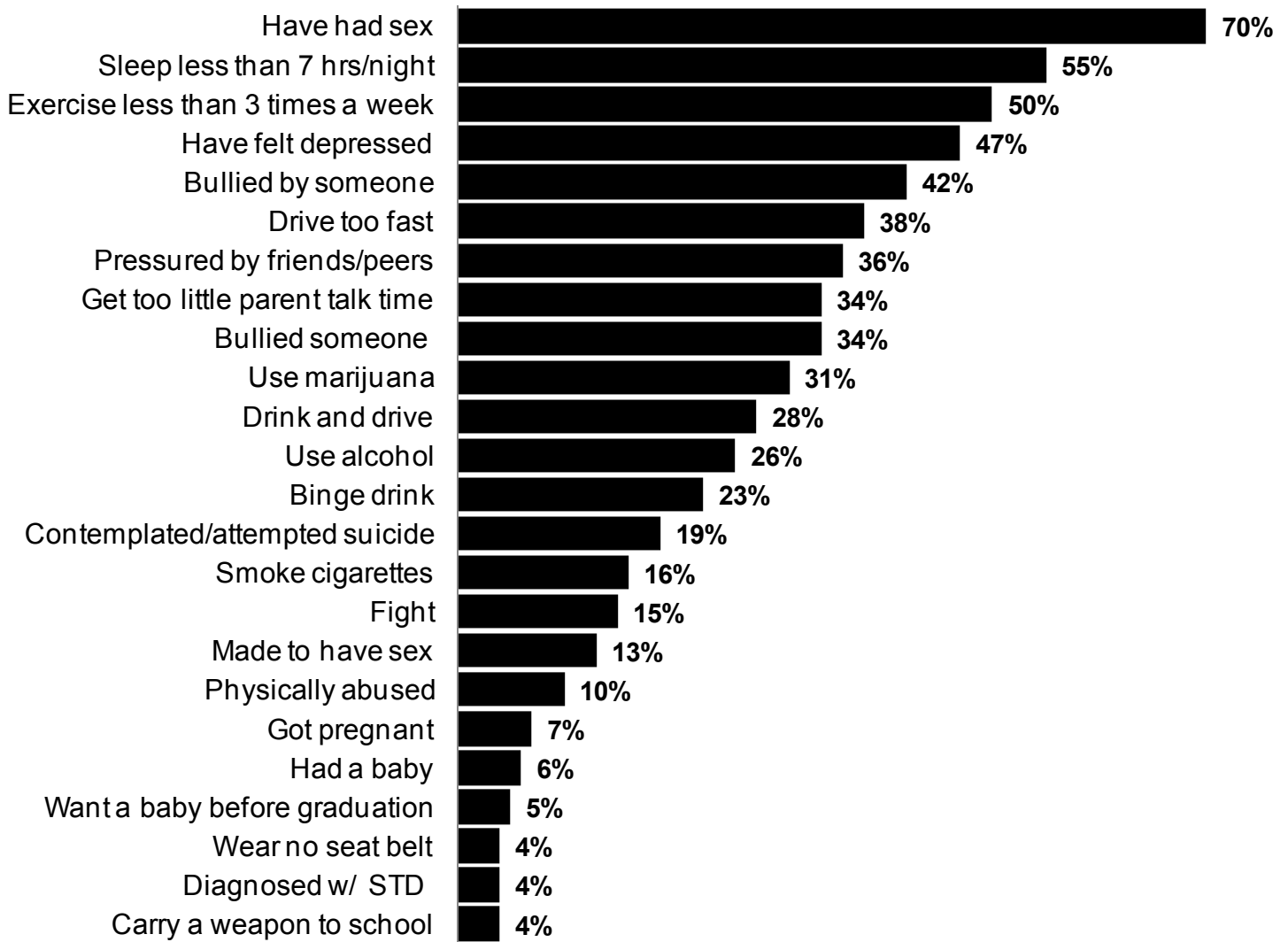
Parents were sent written notification of the survey and given the opportunity to refuse to allow their child to participate. In the spring of 2011, 2686 students in grades 7-12 at Clarke Middle School, Coile Middle School, Hillsman Middle School, Burney-Harris-Lyons Middle School, Cedar Shoals High School, Clarke Central High School, and Classic City High School participated in the BART Survey. This self-selected sample comprises about 61% of the enrolled student population.

To complete the Behavior and Risk for Teens Survey, each students answers 60 multiple choice questions about teen health described above. It takes about 45 minutes to administer, and students are instructed to leave blank any questions that they do not understand or that make them feel uncomfortable. In addition, students are assured that their choice to participate will not affect any class grades.

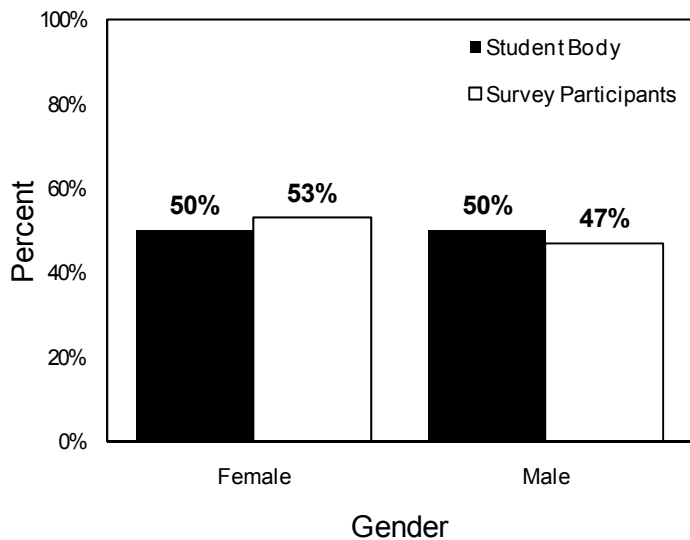
Since 1998, over 60,000 students in 10 counties of the Northeast Health District have completed the Behavior And Risk for Teens Survey. The frequency of risky behaviors has been similar in all the participating county school systems.

As students grow older, more and more participate in unhealthy behaviors, often without knowledge of the risks or input from their parents. Studies confirm that good parent-teen communication with clear recommendations about behavior choices makes a difference in adolescents avoiding risky behavior. This report is intended to identify behavioral health problems of teens in order to help parents, school systems, and local health professionals communicate with teens, and to help them make healthier personal and collective behavior choices.

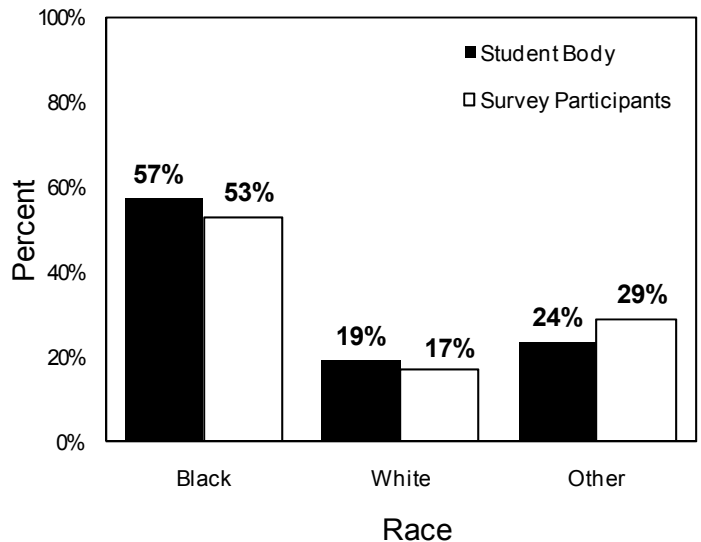
## Behavior Risk Profile Clarke County High School Seniors



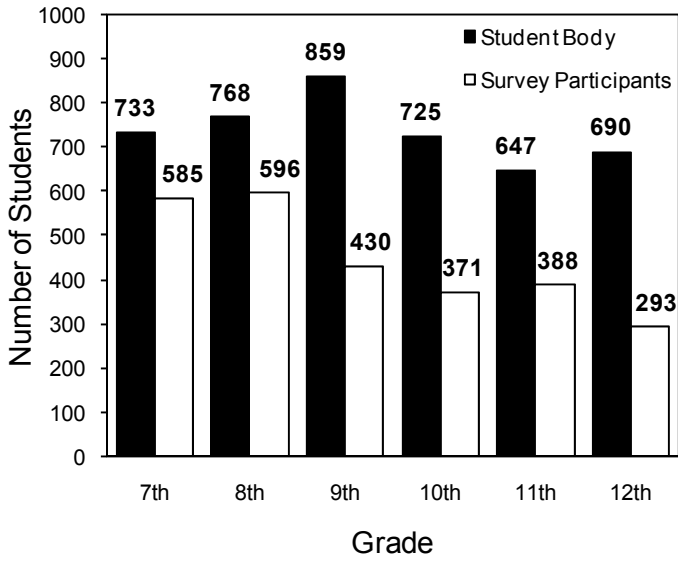
### Gender



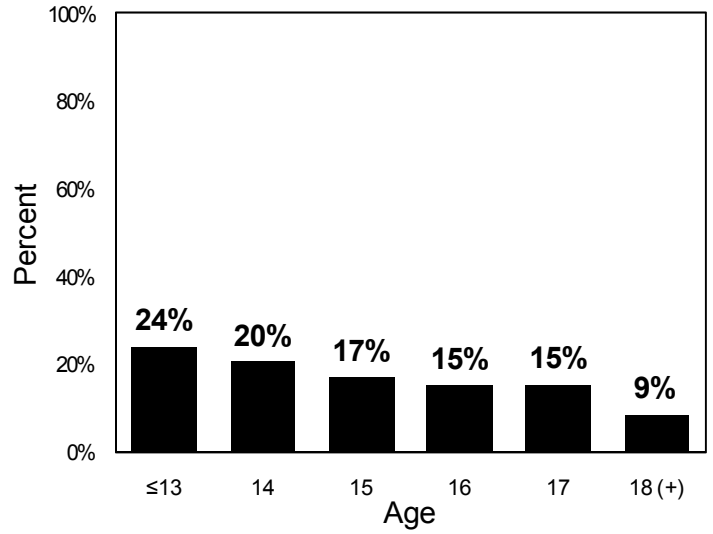
### Race



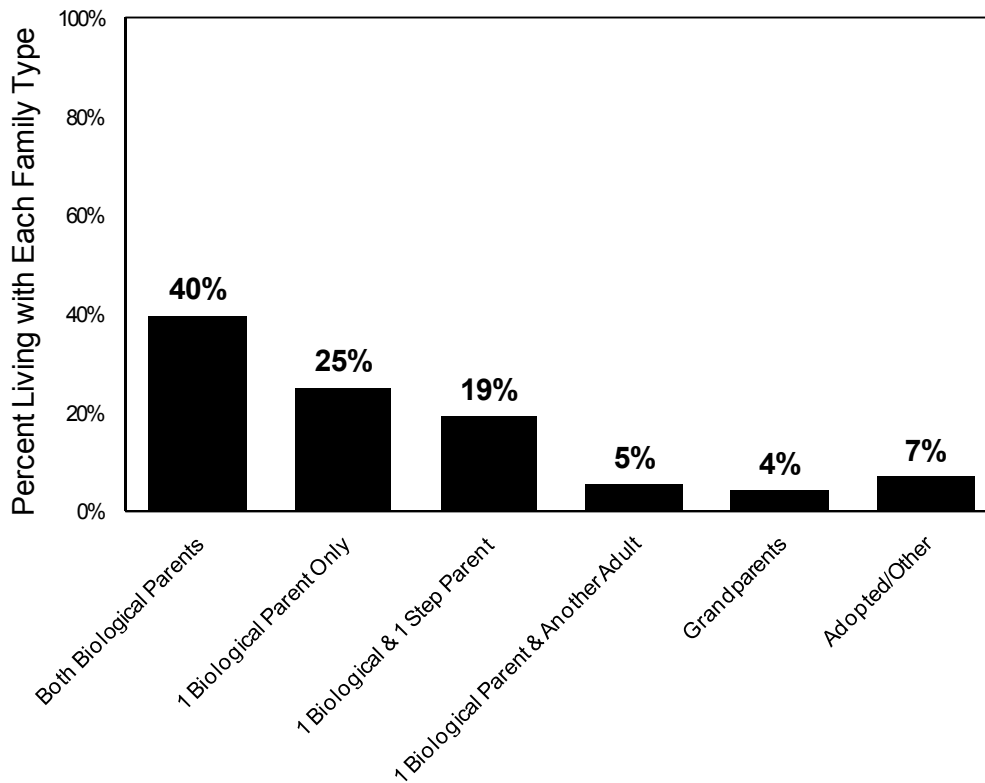
### Grade



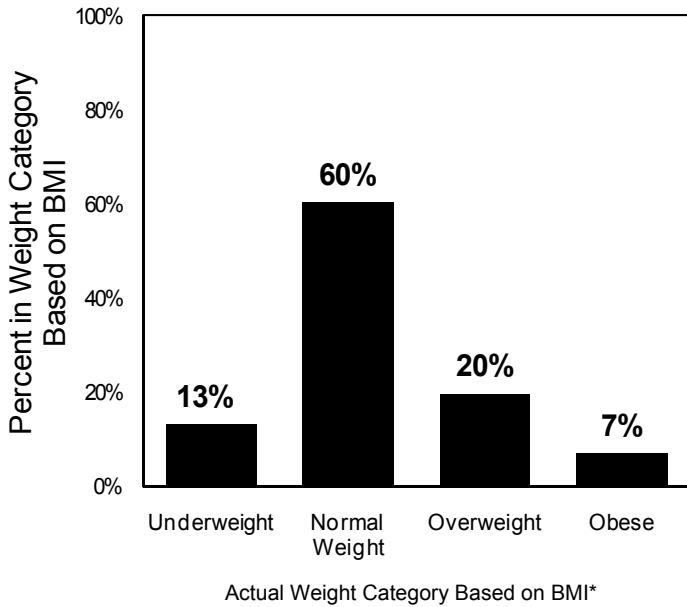
### Age of Survey Participants



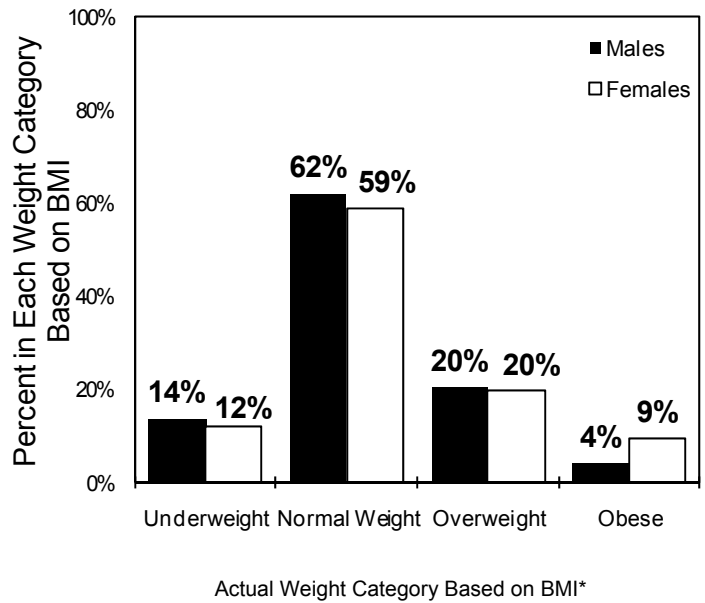
### Family Type of Survey Participants



## Body Weight



## Weight by Gender



\*Body Mass Index (BMI) is calculated by dividing weight in kilograms by height in meters squared.

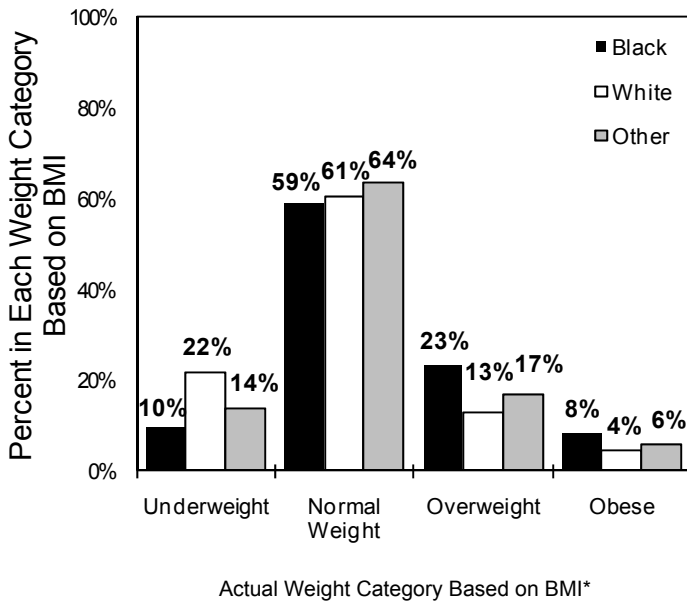
Underweight: BMI <18.5

Normal Weight: BMI=18.5-24.9

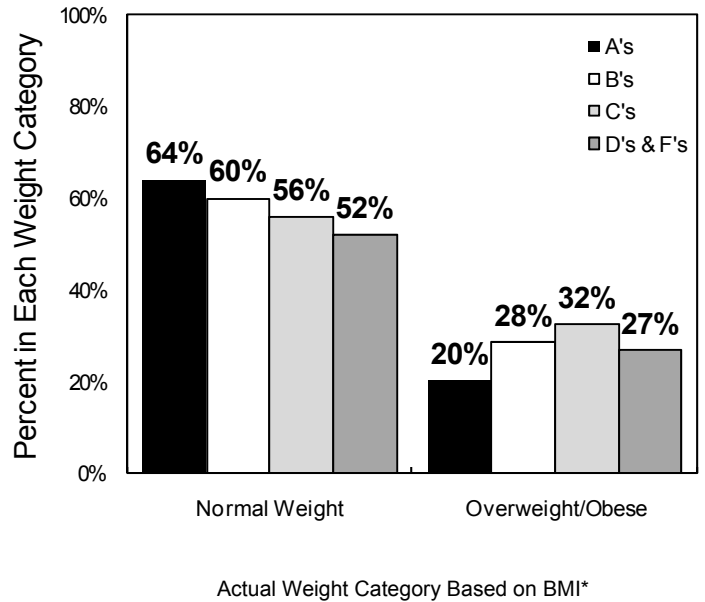
Overweight: BMI=25-29.9

Obese: BMI=30+

## Weight by Race



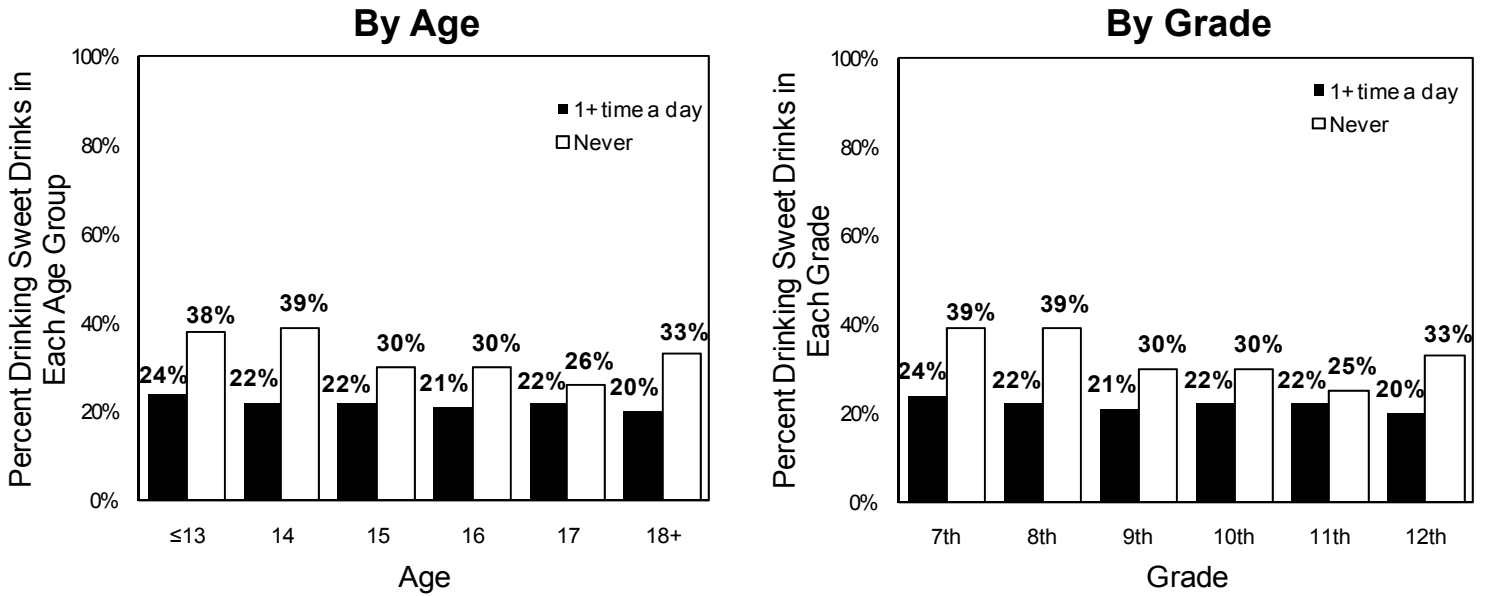
## Weight by Grades in School





## Drink Sweet Drinks at School

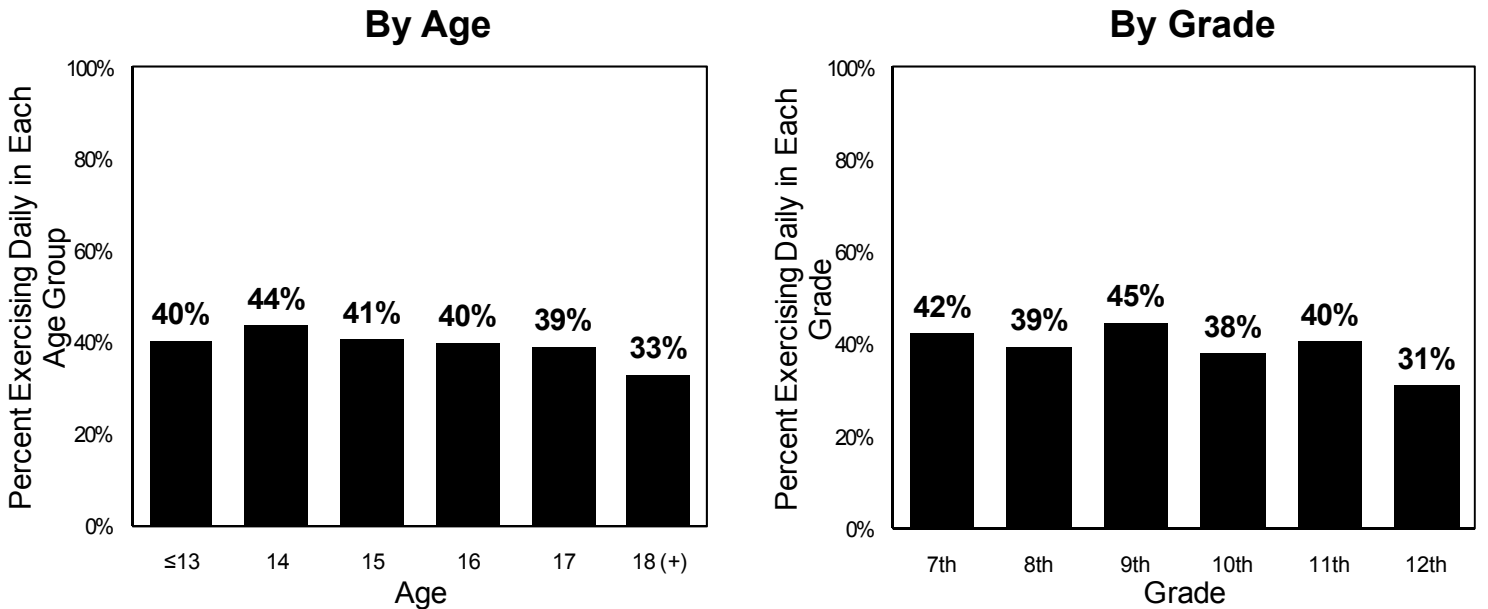
22% of all participating students drink 1 or more sweet drinks at school per day.



Survey Question: "How often do you have a sweet drink at school?"

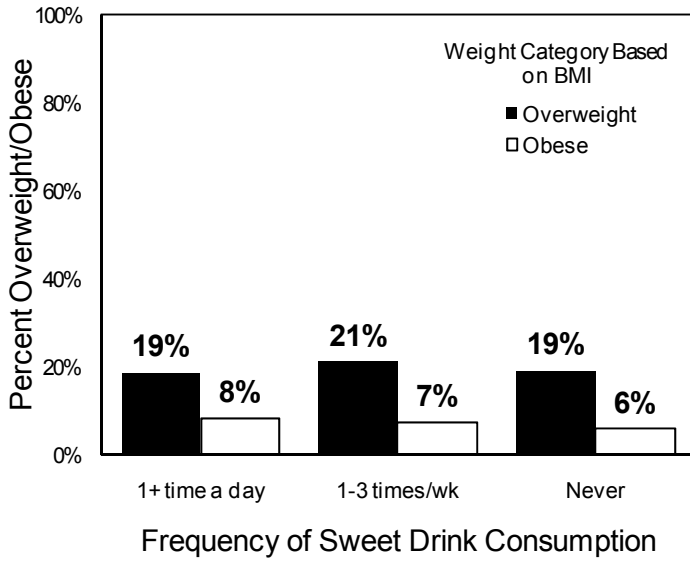
## Exercise

40% of all participating students exercise everyday.

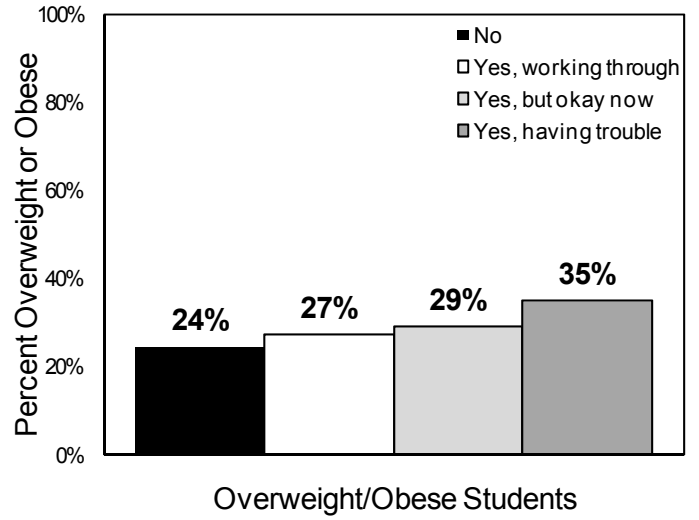


Survey Question: "How long do you exercise per week including sports and other activities?"

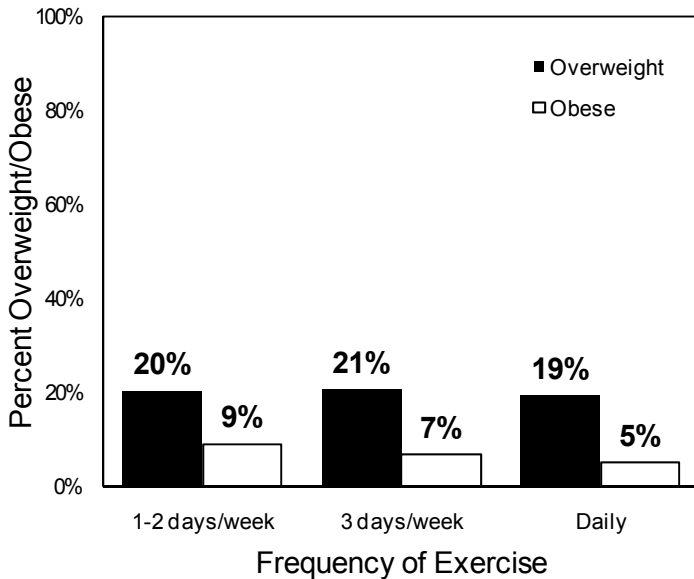
### Weight by Sweet Drink Consumption



### Weight by Depression

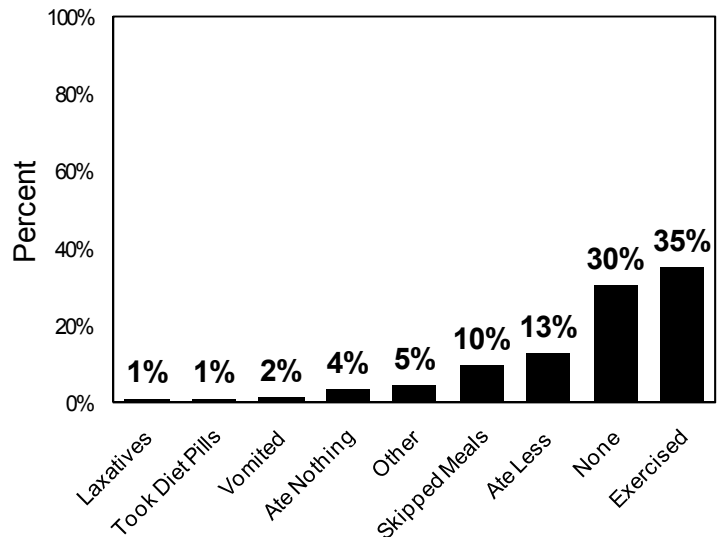


### Weight by Exercise



### Methods of Weight Loss

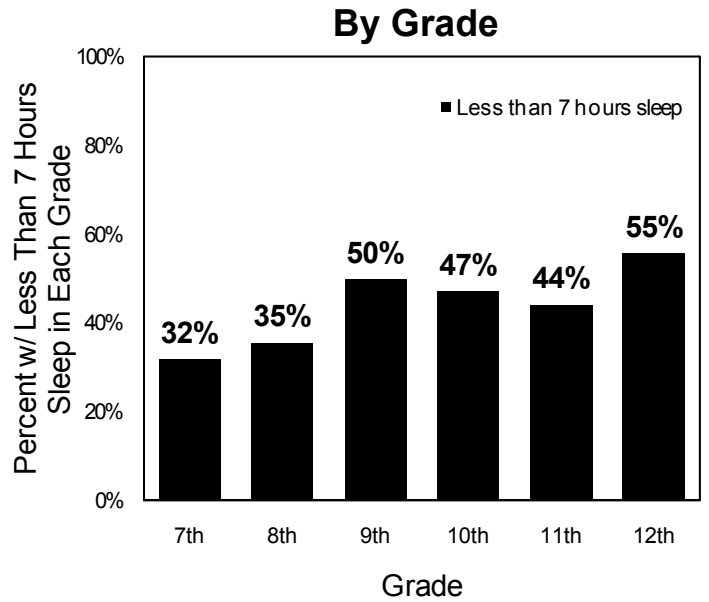
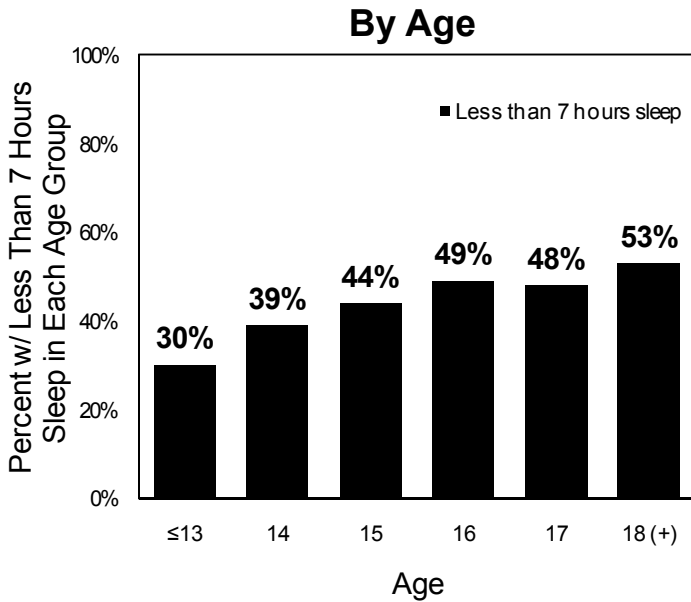
70% of all participating students have tried to lose weight or keep from gaining weight.



Survey Question: "Which of the following methods have you ever used to lose weight or to keep from gaining weight?"

## Insufficient Sleep

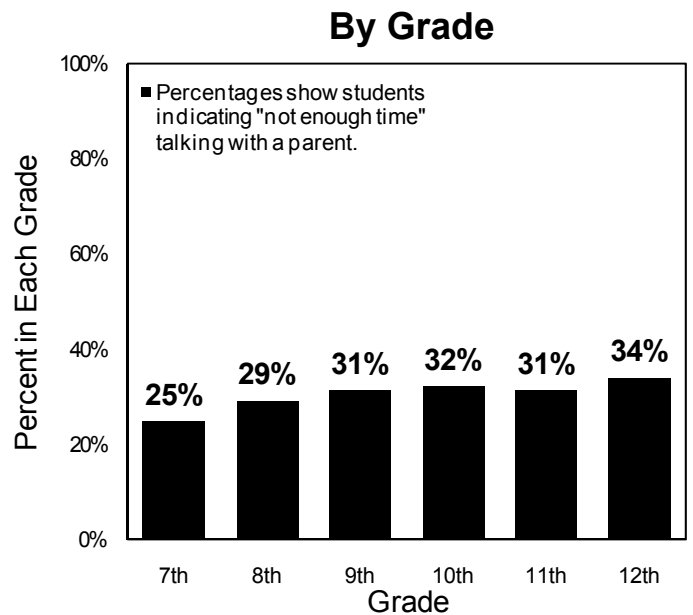
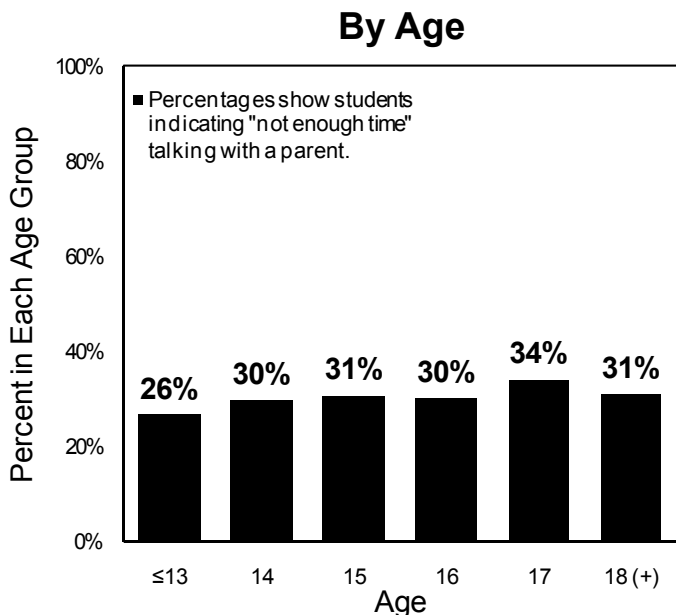
42% of all participating students get less than 7 hours of sleep on an average school night.



Survey Question: "On an average school night, how many hours of sleep do you get?"

## Not Enough Parent Talk Time

30% of all participating students feel that they do not get enough time with a parent to talk about important issues.

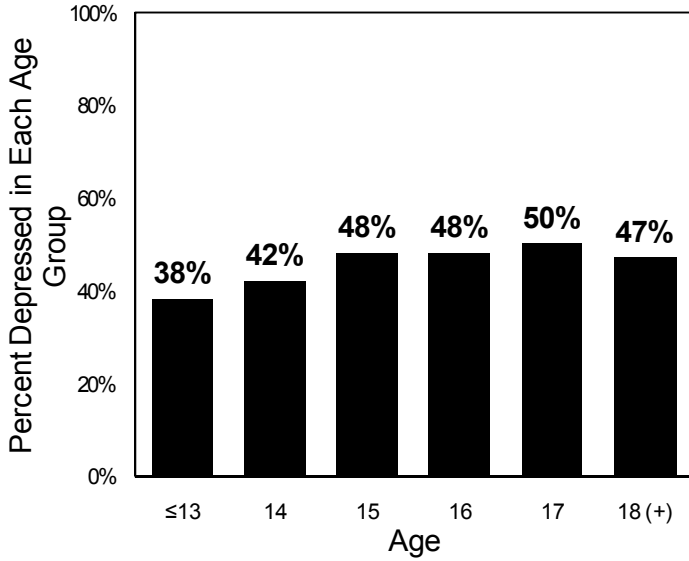


Survey Question: "In your opinion, how much time does a parent or other trusted adult spend talking to you about important stuff like personal feelings or problems, tobacco, alcohol, drugs, and sex?"

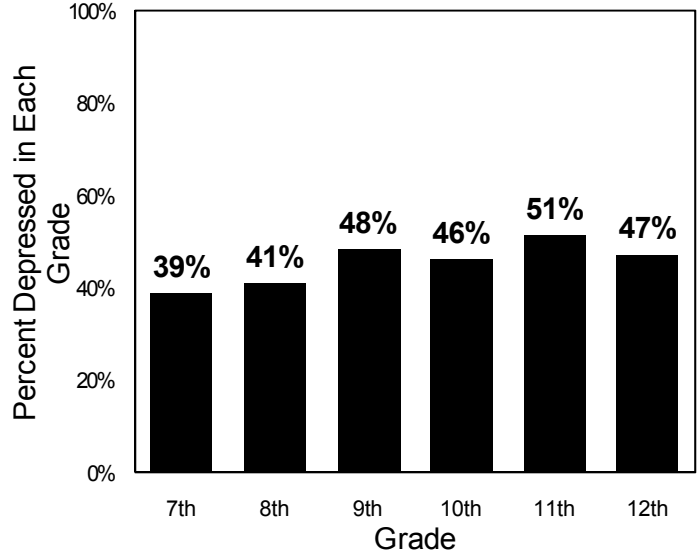
## Depression

45% of all participating students have been depressed in the last 6 months.

### By Age

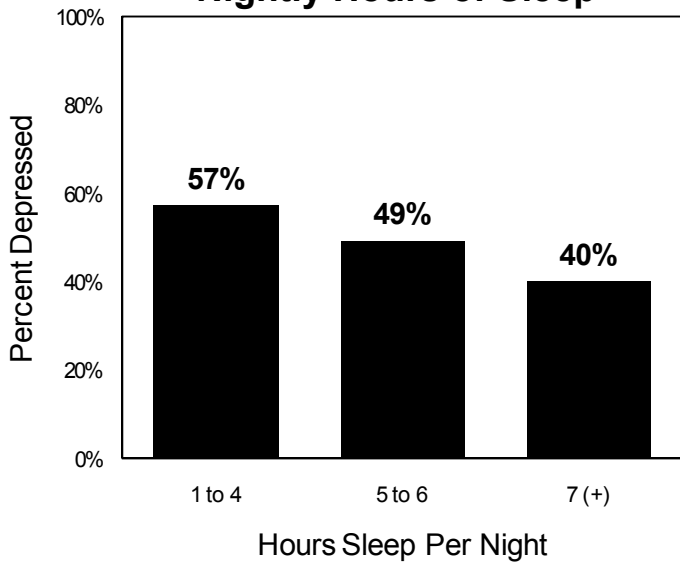


### By Grade

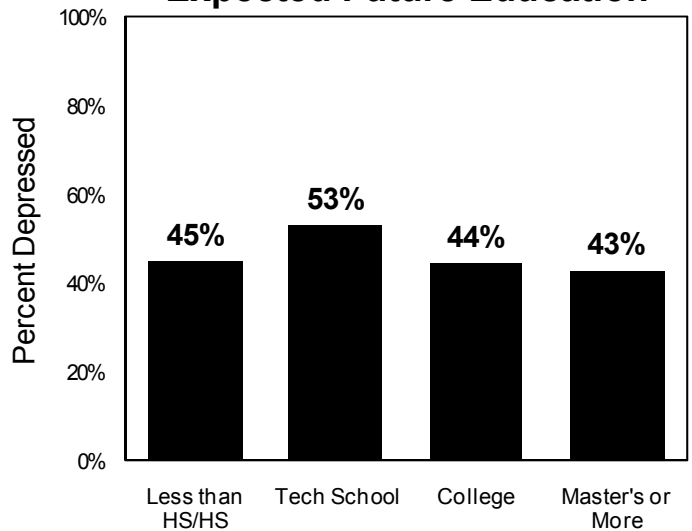


Survey Question: "In the past 6 months, have you been unhappy or depressed for long periods of time?"

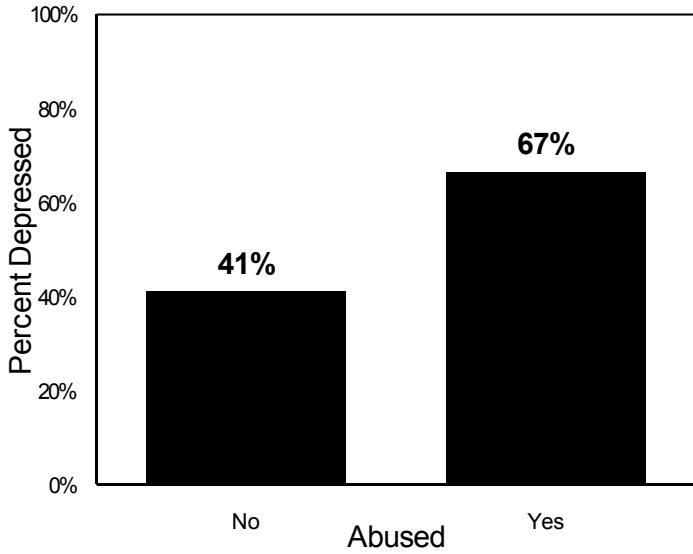
### Depression by Nightly Hours of Sleep



### Depression by Expected Future Education

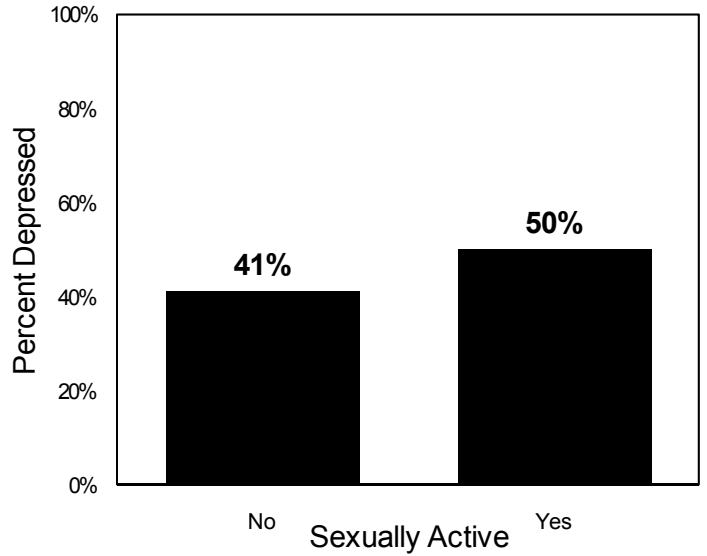


### Depression by Physical Abuse

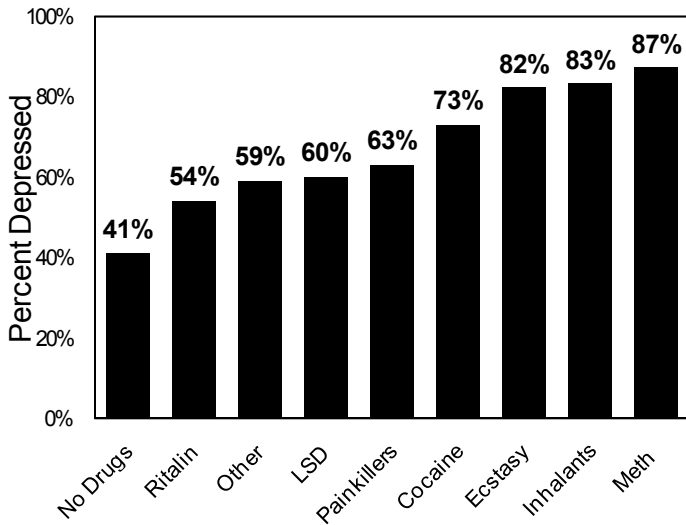


Survey Question: "Has an adult whom you know well ever seriously injured you on purpose or out of anger?"

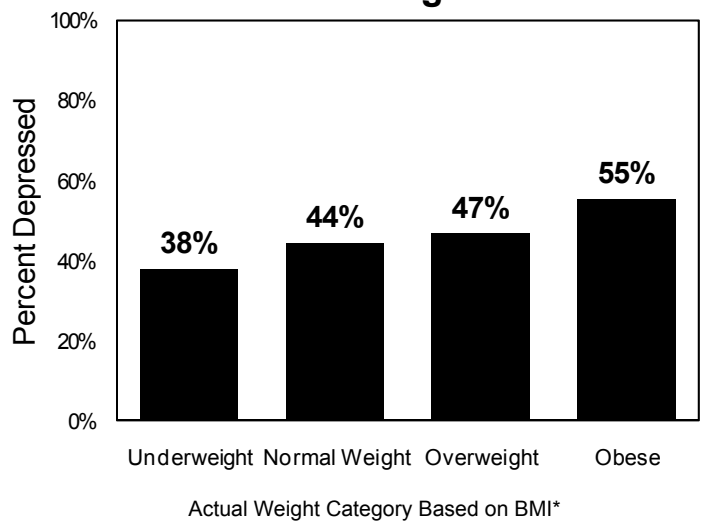
### Depression by Sexual Activity



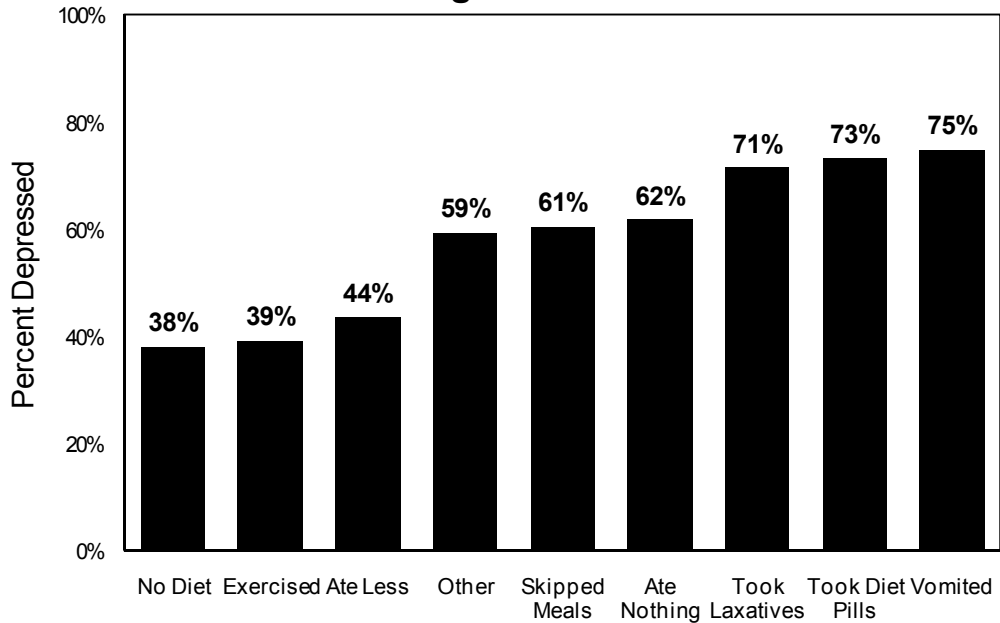
### Depression by Substance Use



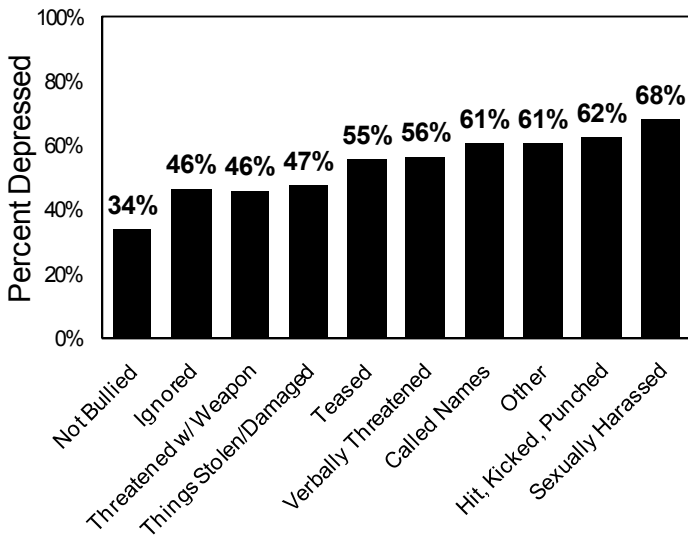
### Depression by Weight



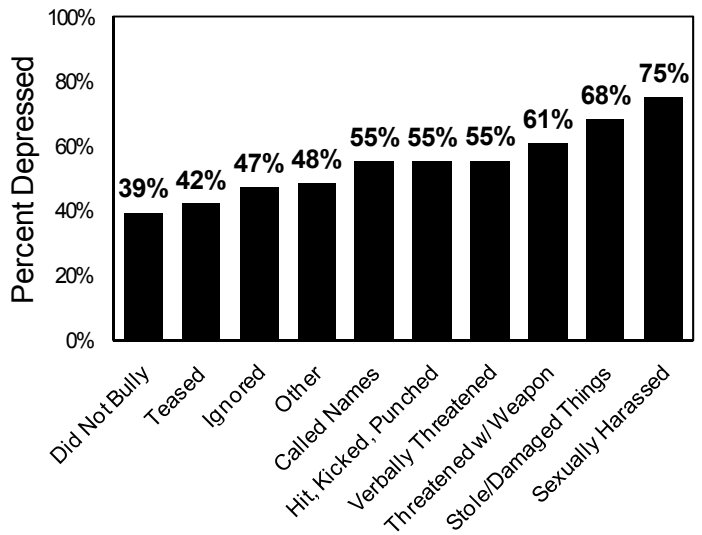
### Depression by Weight Loss Method



### Depression by Been Bullied by Someone Else



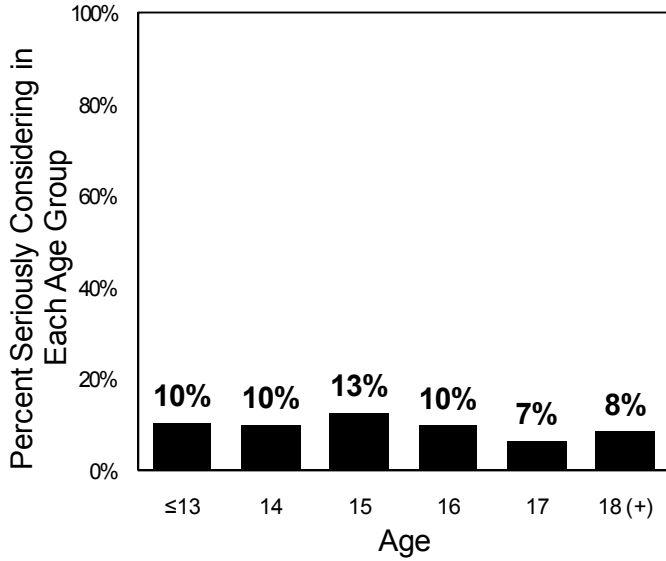
### Depression by Bullied Someone



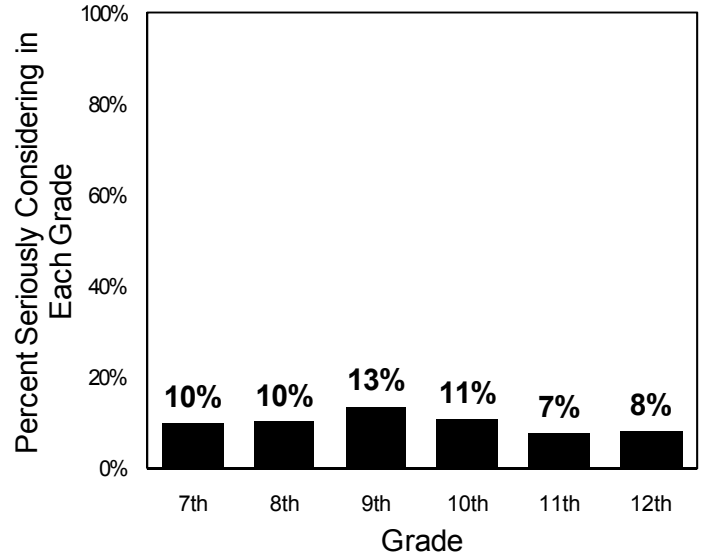
## Suicide

**10% of all participating students have seriously thought about or attempted suicide in the past year.**

### By Age

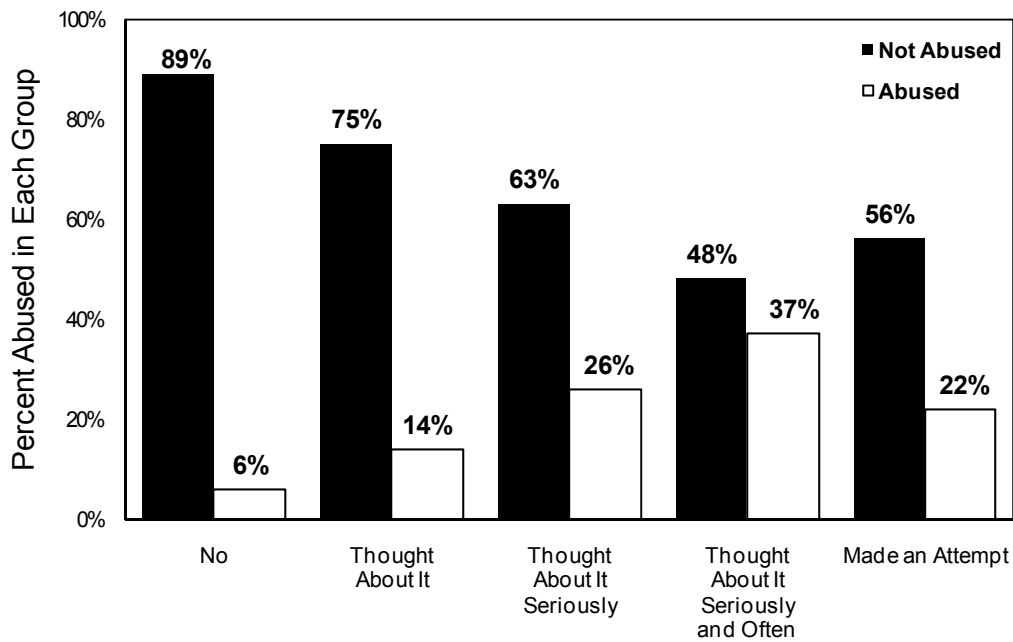


### By Grade



**Survey Question: "In the past year, have you thought about or attempted suicide?"**

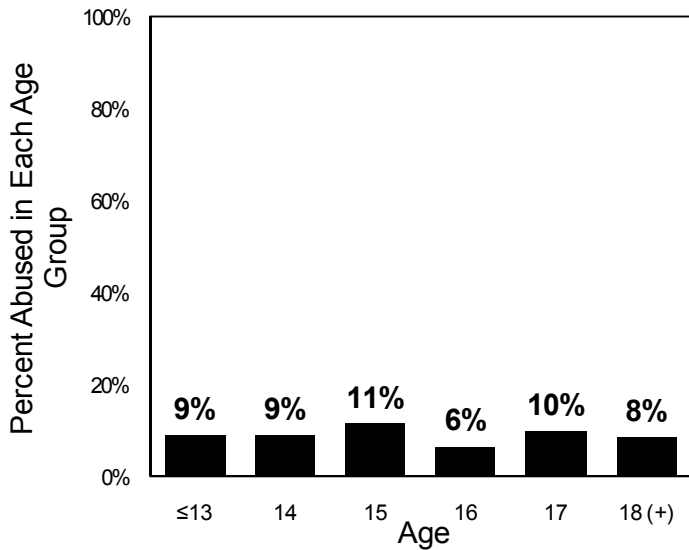
## Physical Abuse by Suicide



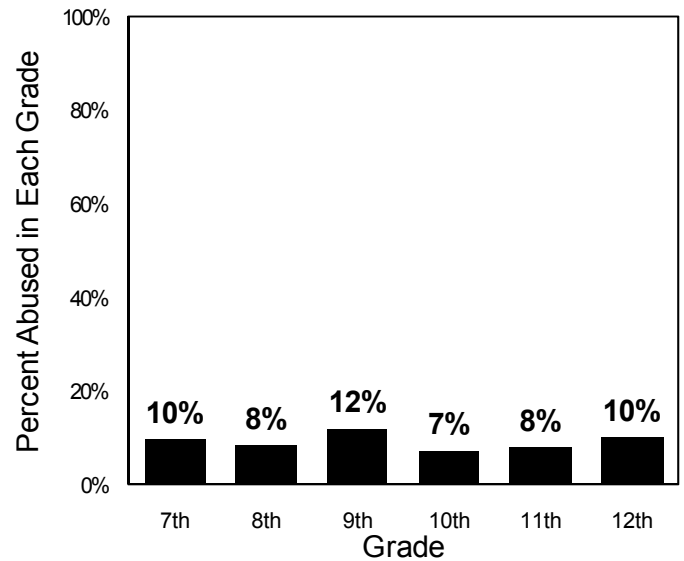
## Physical Abuse

9% of all participating students have been seriously injured on purpose by an adult.

### By Age



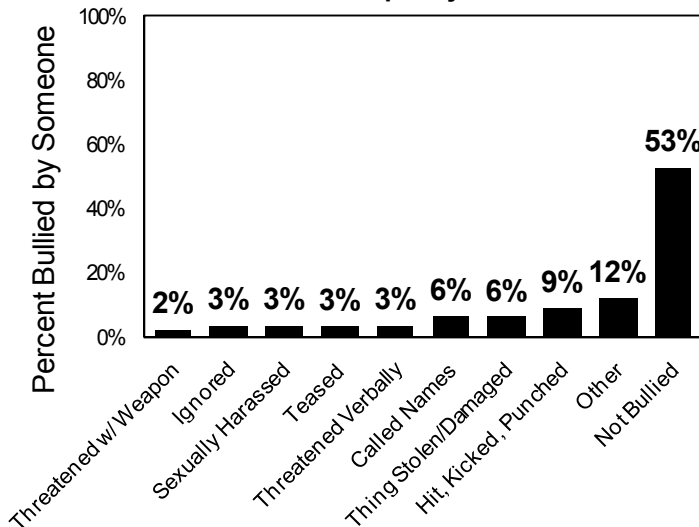
### By Grade



Survey Question: "Has an adult whom you know well ever seriously injured you on purpose or out of anger?"

## Been Bullied by Someone at School

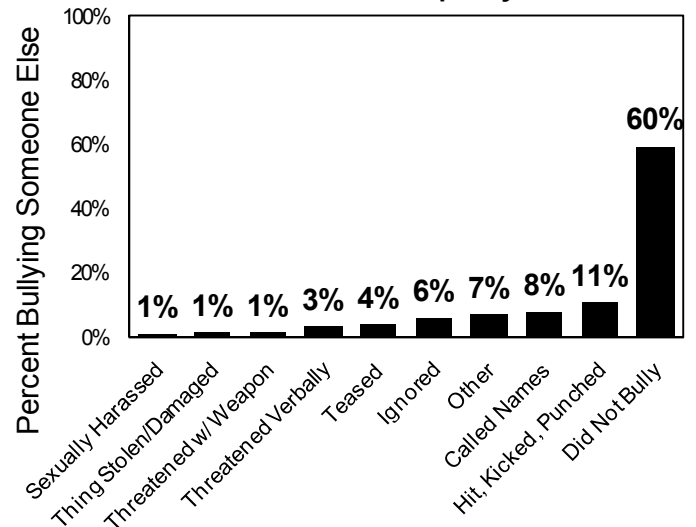
47% of all participating students have been bullied at school in the past year.



Survey Question: "What has happened to you at school in the past 12 months?"

## Bullying Someone Else at School

40% of all participating students have bullied another student at school in the past year.

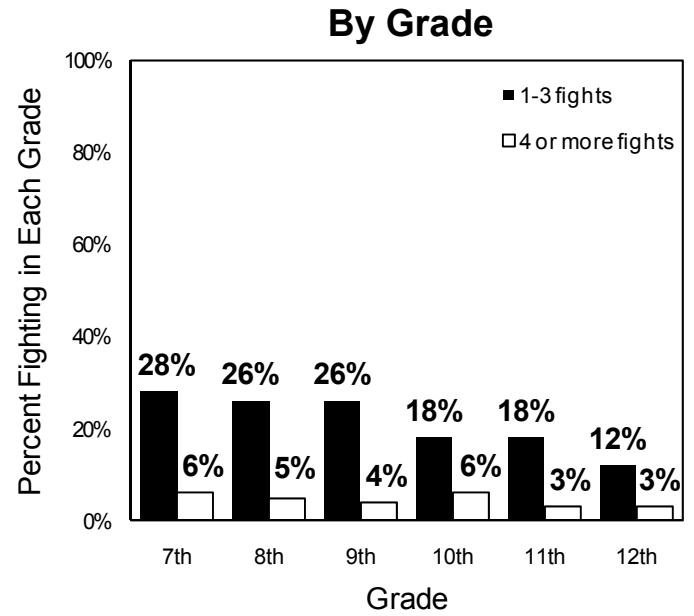
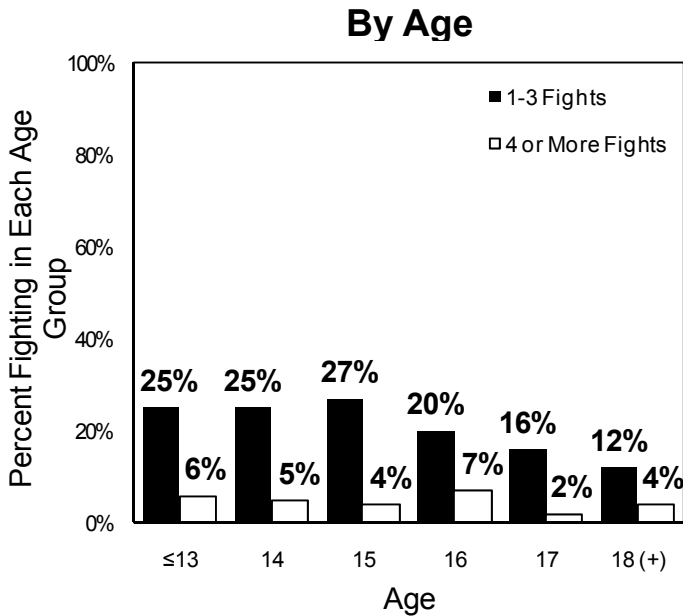


Survey Question: "What have you done to another student at school in the past 12 months?"



## Physical Fighting

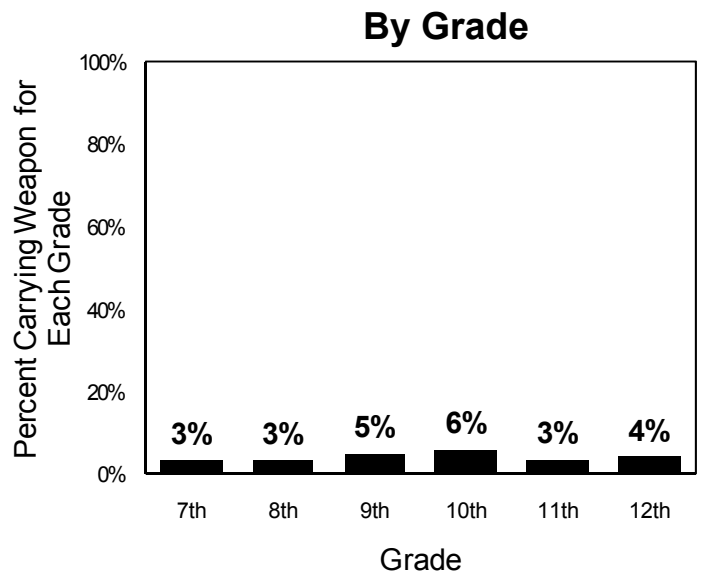
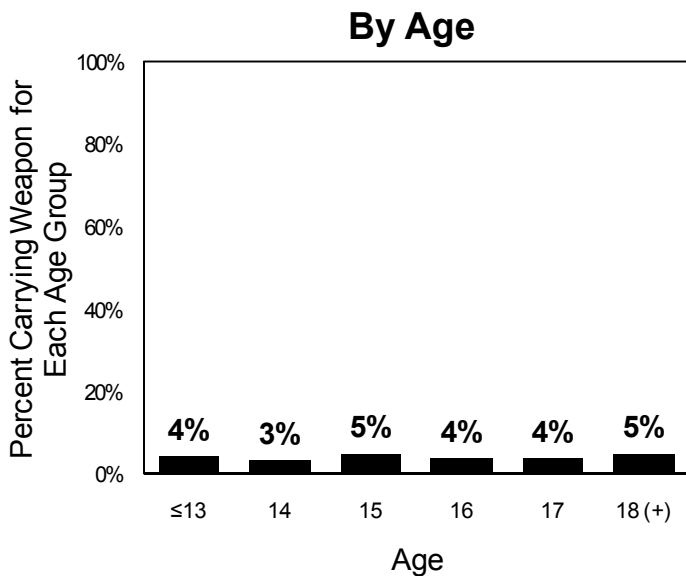
27% of all participating students have been in a physical fight in the last year.



Survey Question: "In the last year, how many times were you in a physical fight at school?"

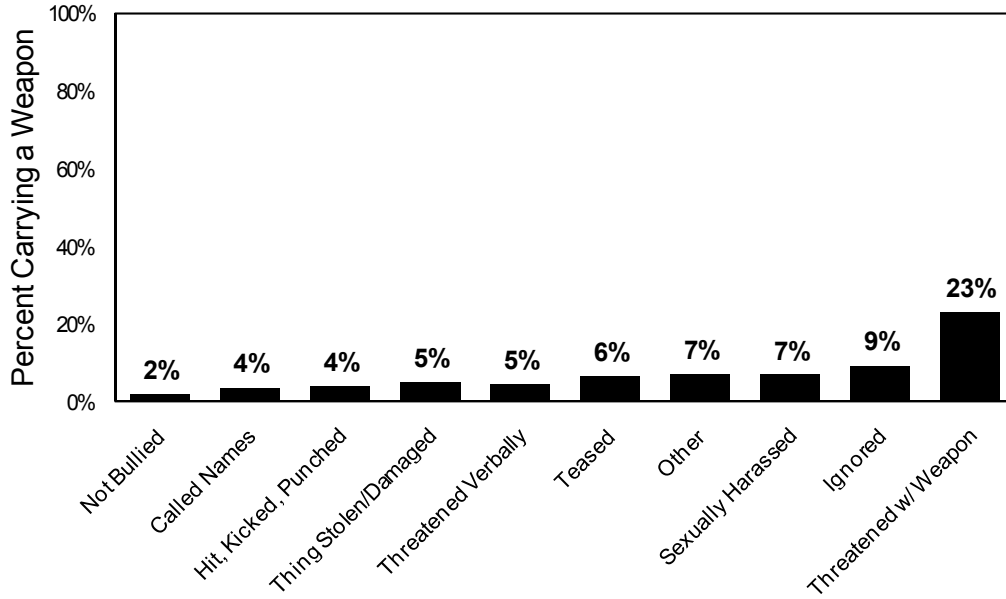
## Carrying a Weapon to School

4% of all participating students carried a weapon to school in the past year.



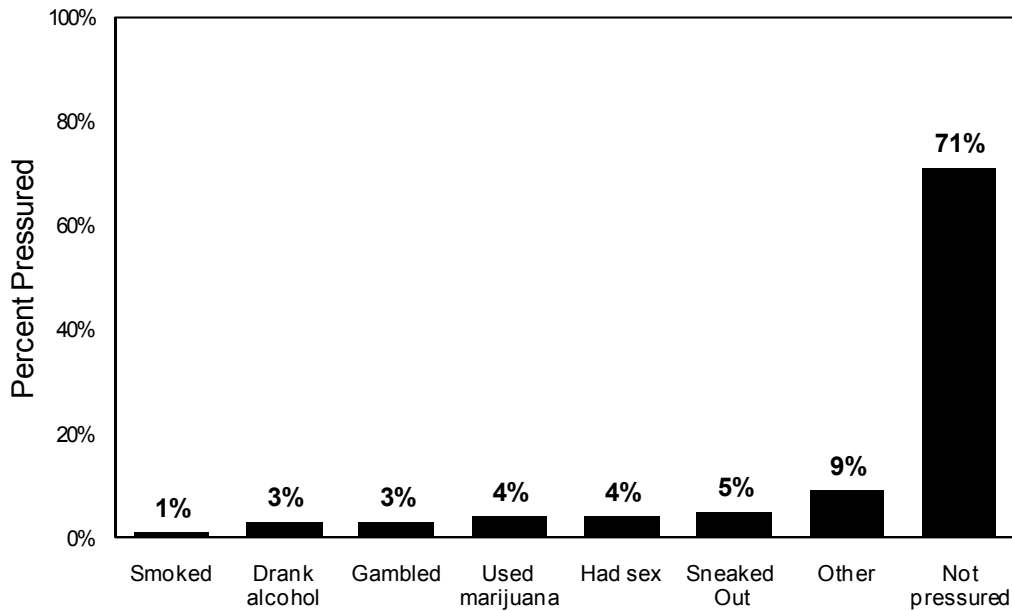
Survey Question: "In the last year, did you carry a weapon to this school?"

## Carrying a Weapon by Been Bullied at School



## Peer Pressure

**30% of all participating students have experienced pressure from friends or peers.**

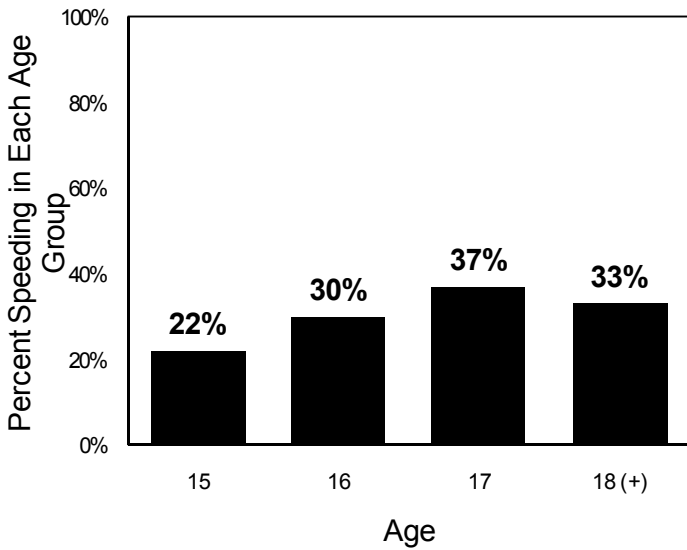


**Survey Question: "Which of the following have you done because of pressure or a suggestion by your friends?"**

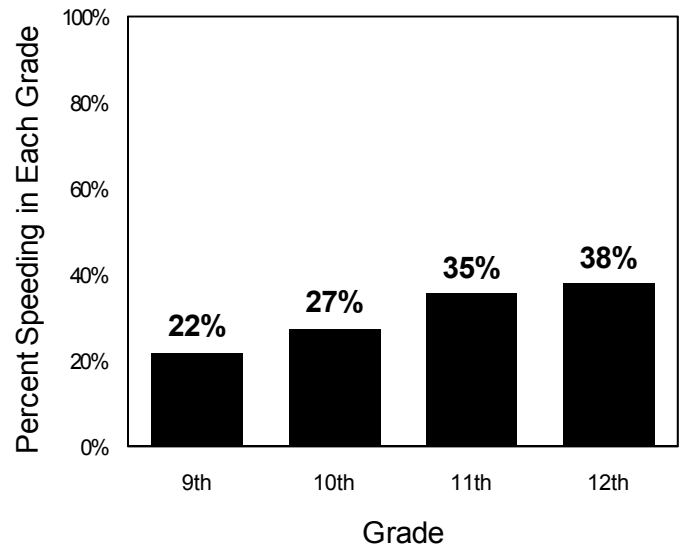
## Speeding

33% of all participating drivers exceed the speed limit.

### By Age



### By Grade

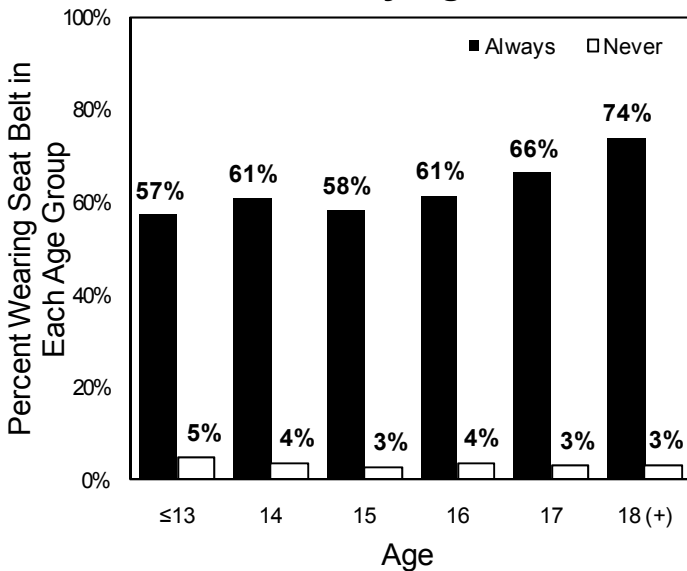


Survey Question: "If you drive, on average, how close to the speed limit do you drive?"

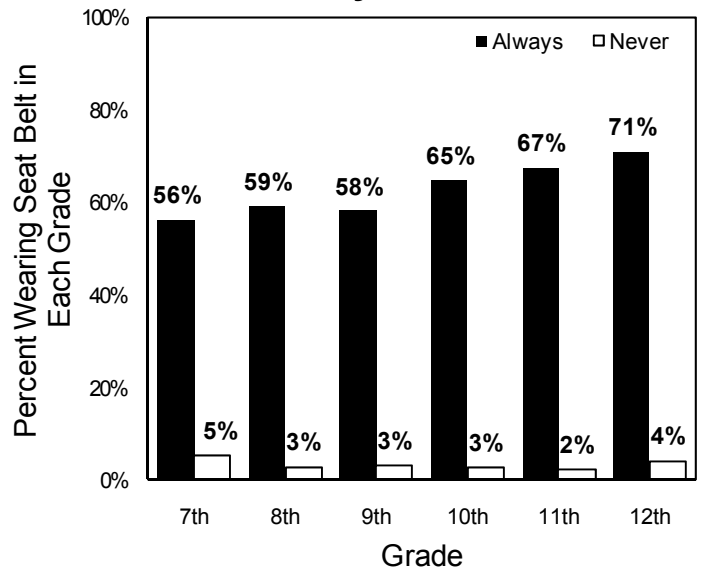
## Seat Belt Use

62% of all participating students always wear their seat belt.

### By Age



### By Grade

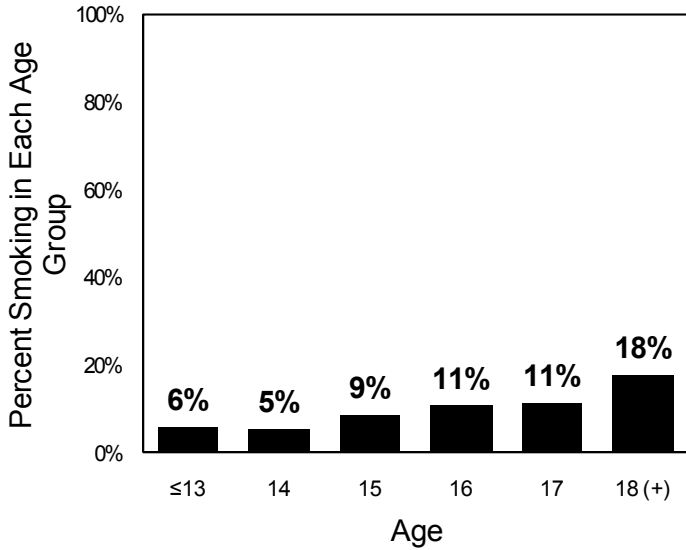


Survey Question: "How often do you use a seat belt when you drive or ride in a car?"

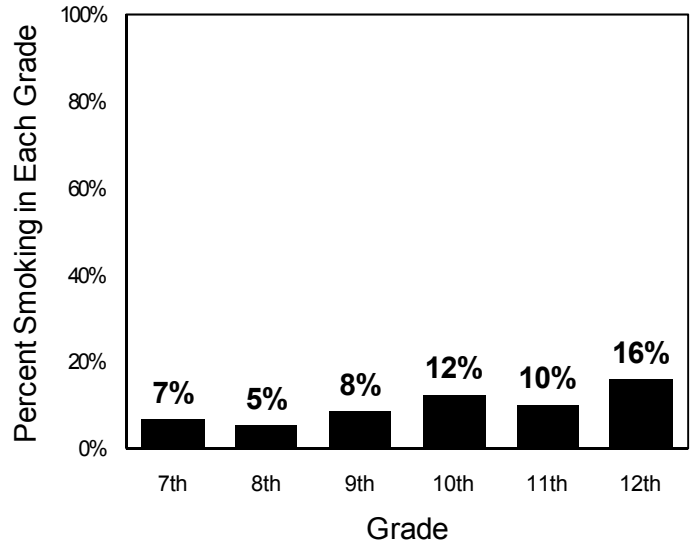
## Smoking

9% of all participating students smoke cigarettes.

### By Age



### By Grade

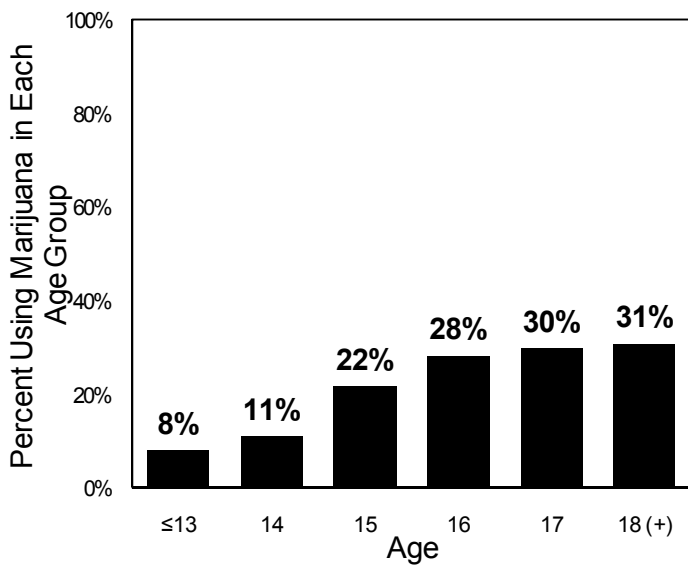


Survey Question: "During the past 30 days, how many cigarettes did you smoke per day?"

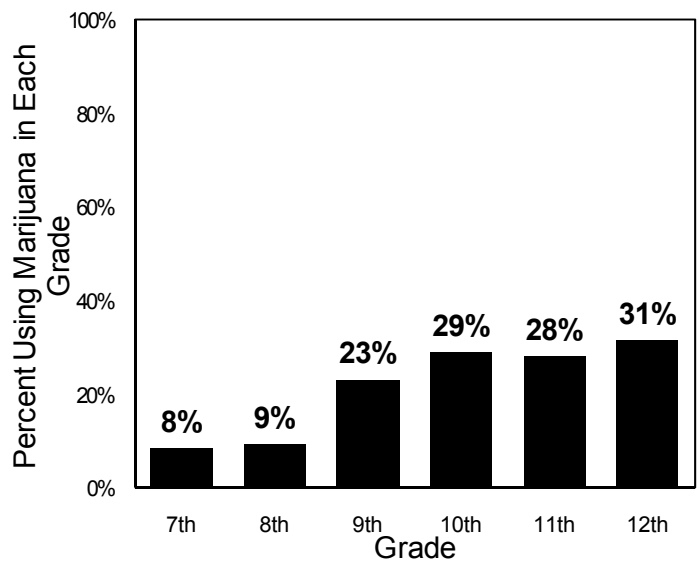
## Marijuana Use

19% of all participating students currently use marijuana.

### By Age



### By Grade

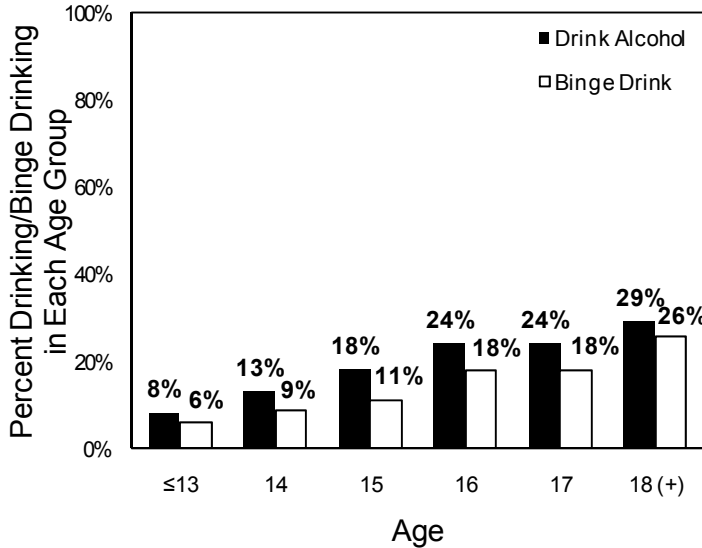


Survey Question: "Do you smoke marijuana?"

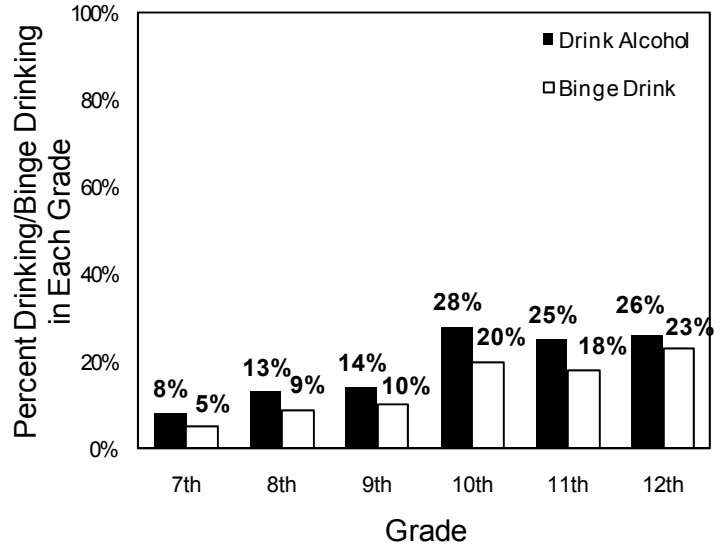
## Alcohol Use

17% of all participating students drank alcohol in the last month.  
13% of all participating students had a binge drinking episode in the past month.

### By Age



### By Grade

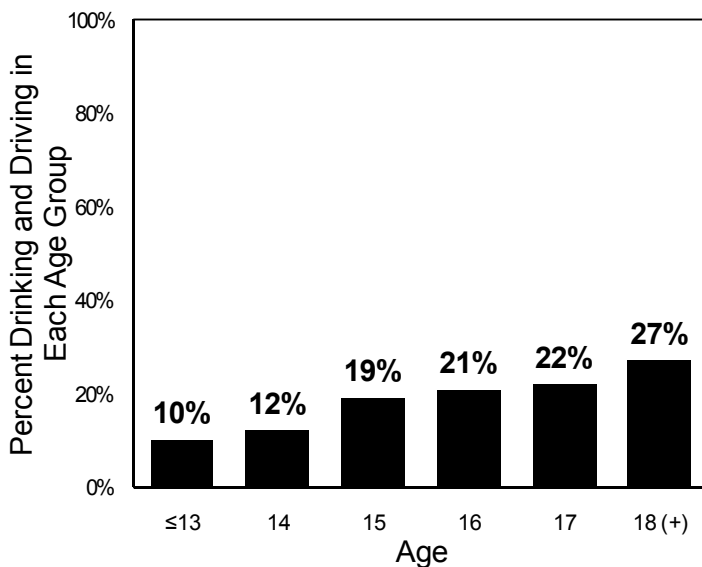


**Survey Question: “During the past 30 days, how many days did you have at least one drink of alcohol?” / “During the past 30 days, how many days did you have 5 or more drinks of alcohol within a few hours?”**

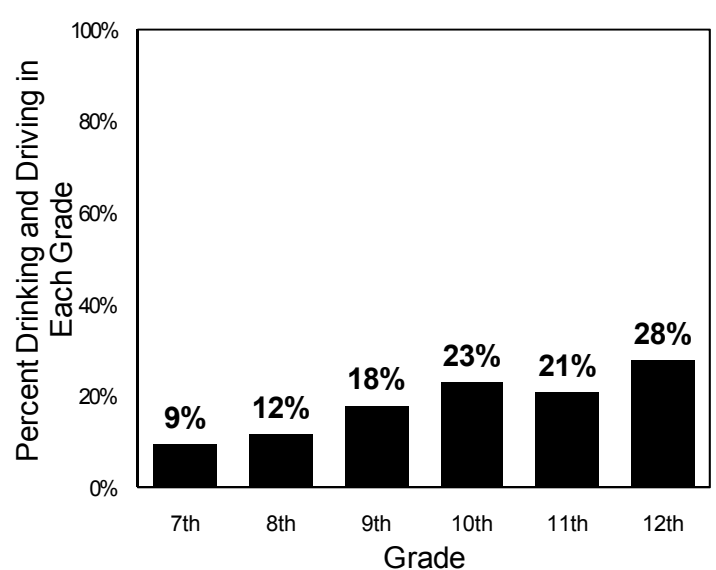
## Drinking and Driving

17% of all participating students have driven after drinking alcohol or using drugs or ridden with a driver who has.

### By Age

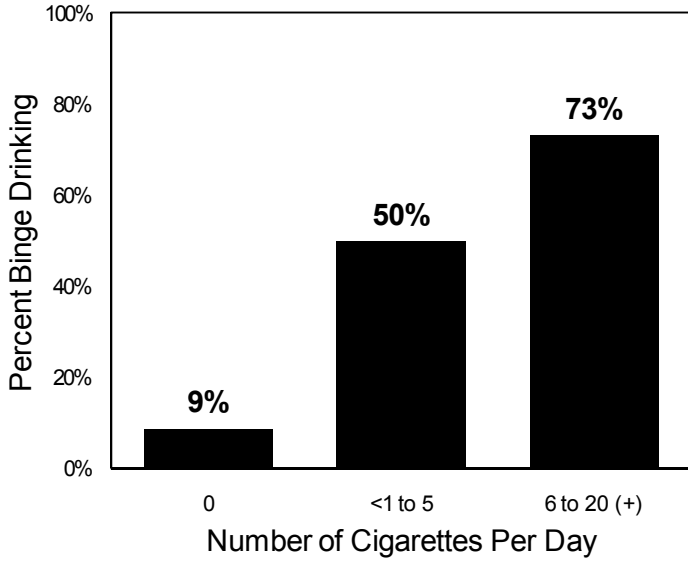


### By Grade

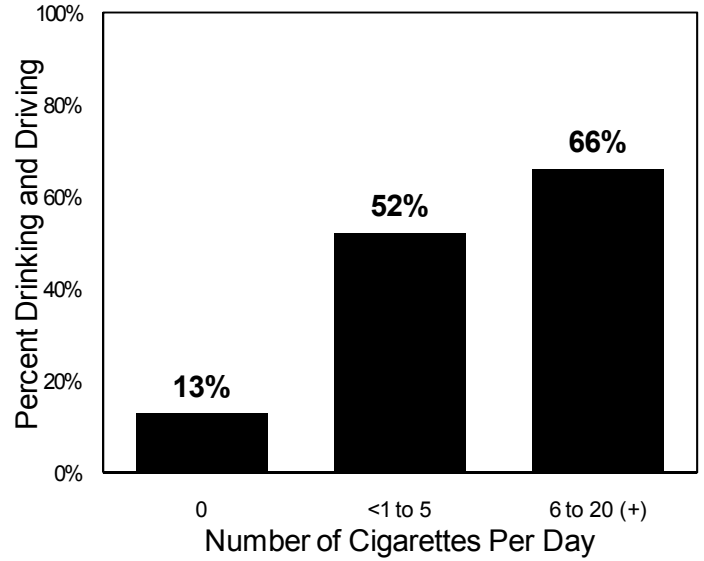


**Survey Question: “In the past 12 months, how many times have you driven after drinking alcohol or using other drugs or ridden with a driver who has?”**

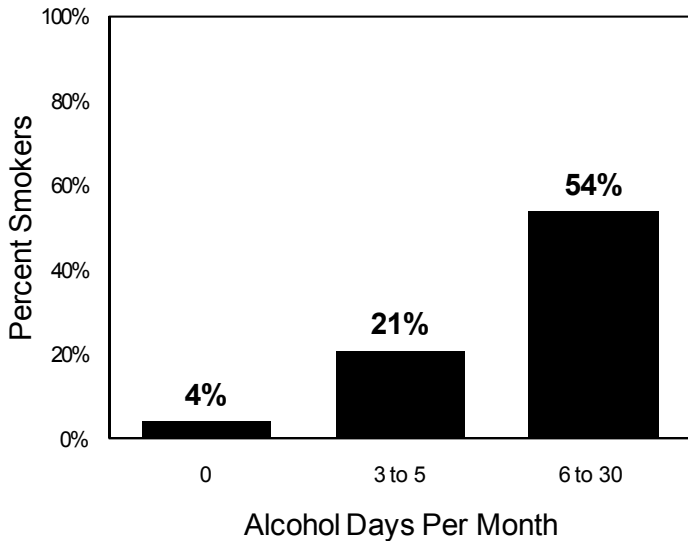
### Binge Drinking by Smoking



### Drinking and Driving by Smoking

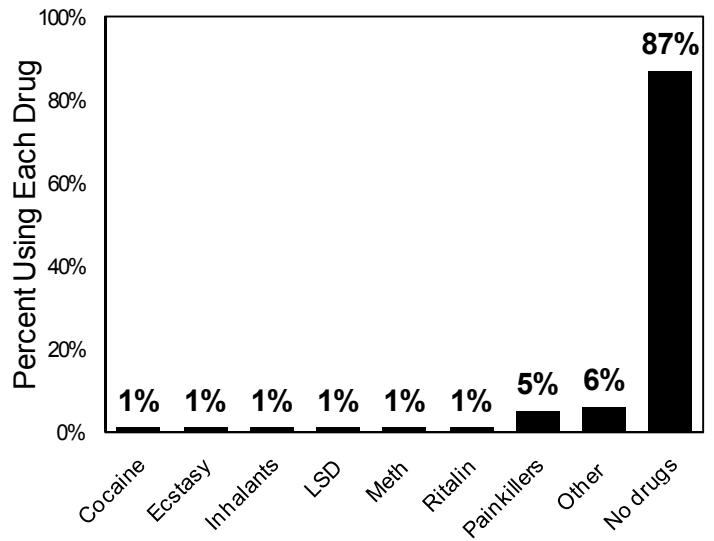


### Cigarette Smoking by Alcohol Use



### Substance Use

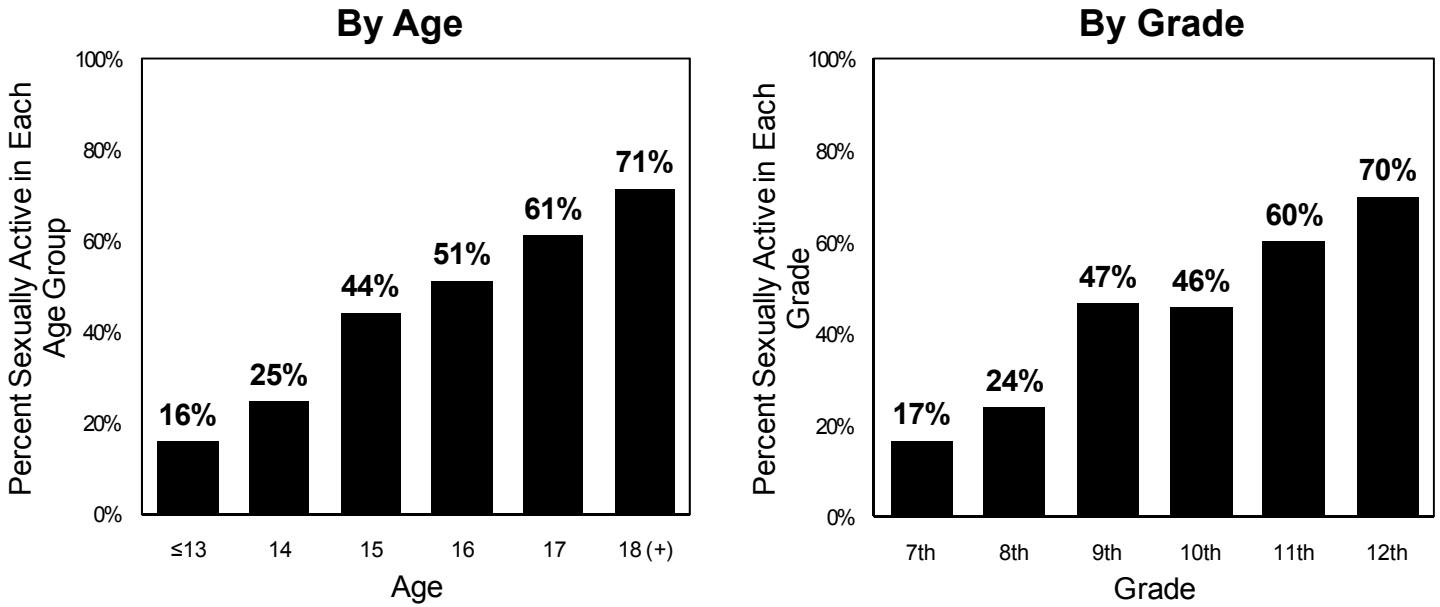
13% of all participating students have used another substance.



Survey Question: "Have you ever used any of the following drugs without a prescription?"

## Sexual Intercourse

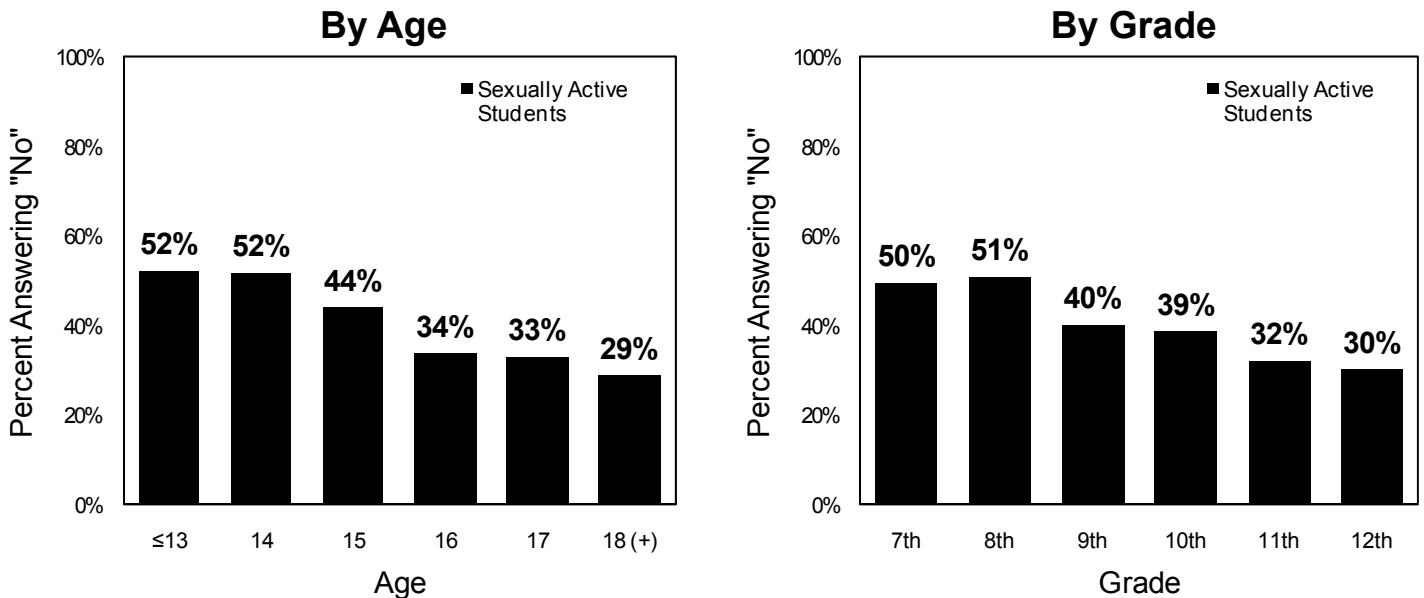
39% of all participating students have had sexual intercourse.



Survey Question: "Have you ever had sexual intercourse?"

## Parent Knowledge of Child's Sexual Activity

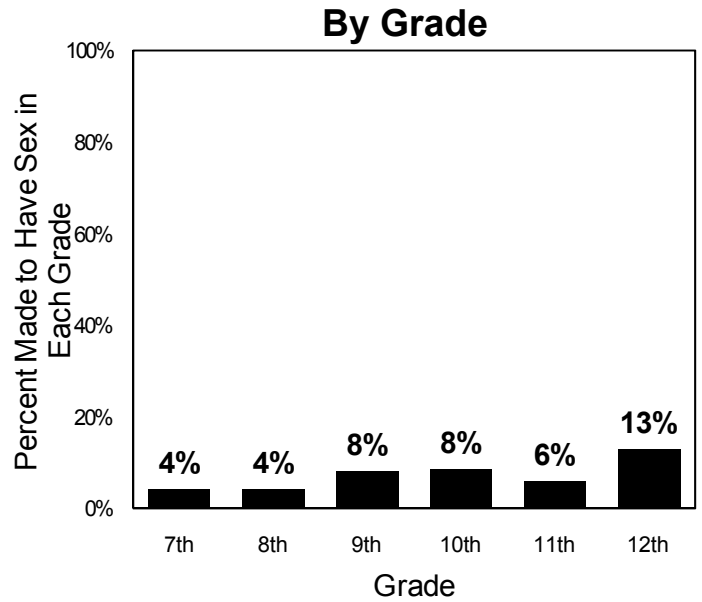
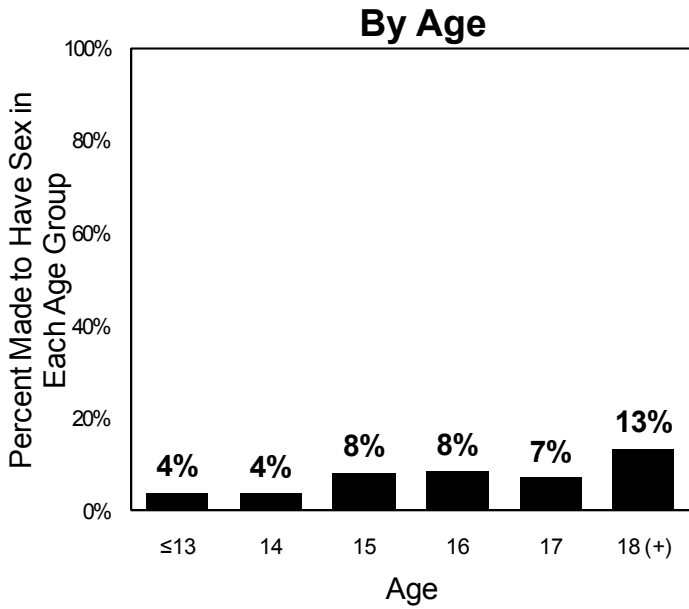
40% of parents do not know their children are sexually active.



Survey Question: "Does one of your parents know you have had sexual intercourse?"

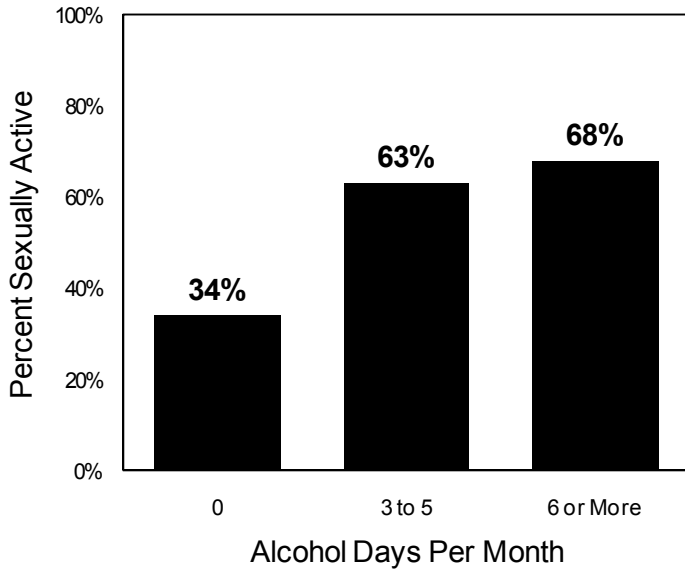
## Made to Have Sex

7% of all participating students have been made to have sexual intercourse.

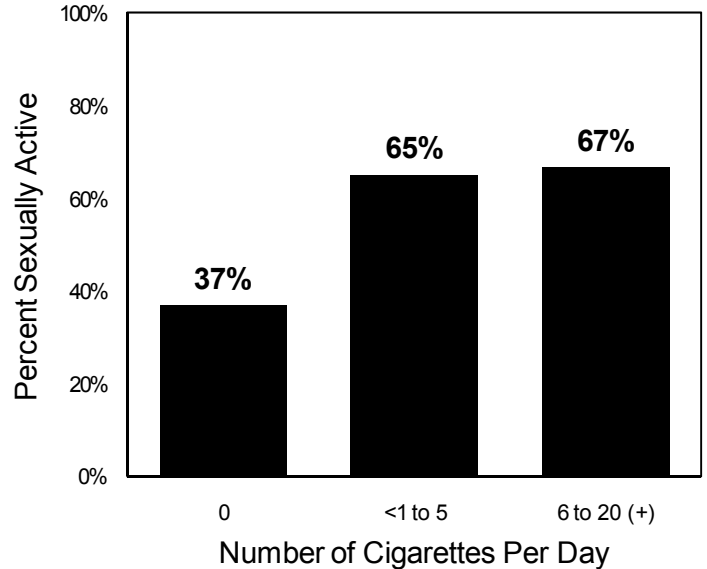


Survey Question: "Has anyone ever made you have sexual intercourse when you did not want to?"

## Sexual Intercourse by Alcohol Use



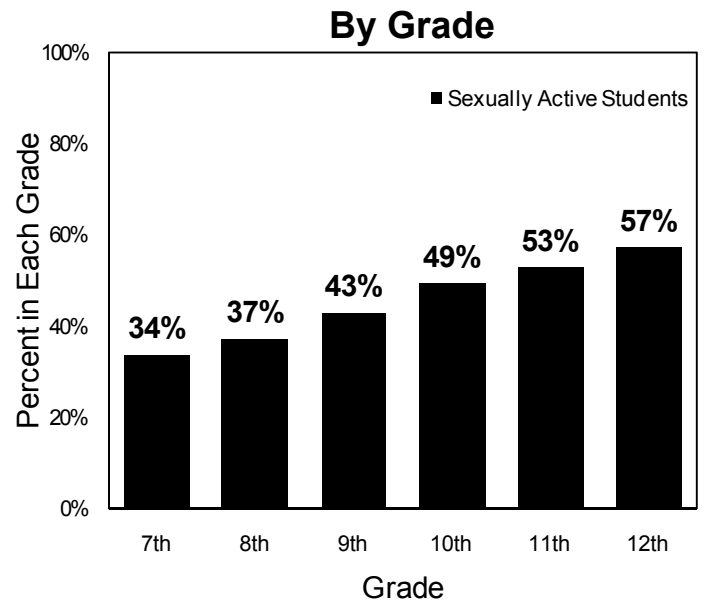
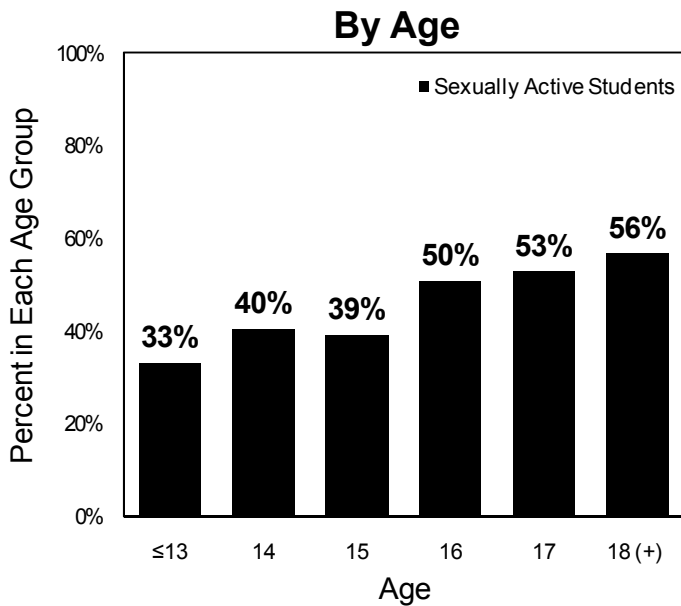
## Sexual Intercourse by Smoking





### 3 or More Sexual Partners in Lifetime

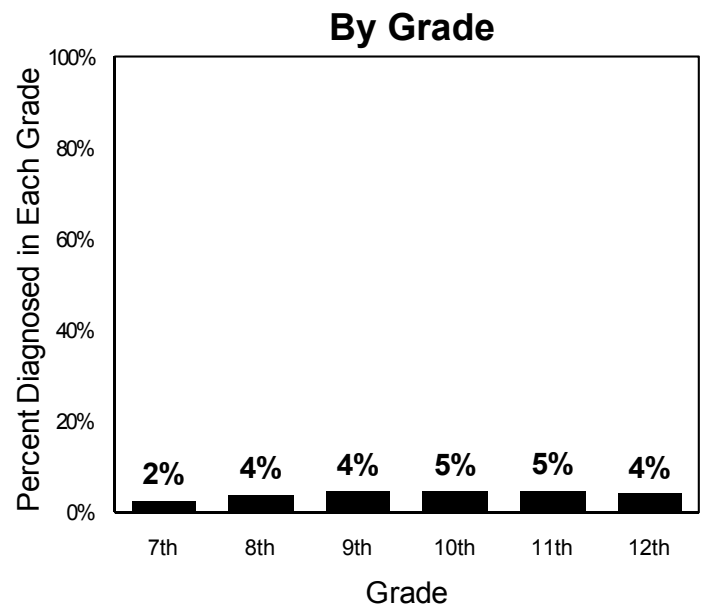
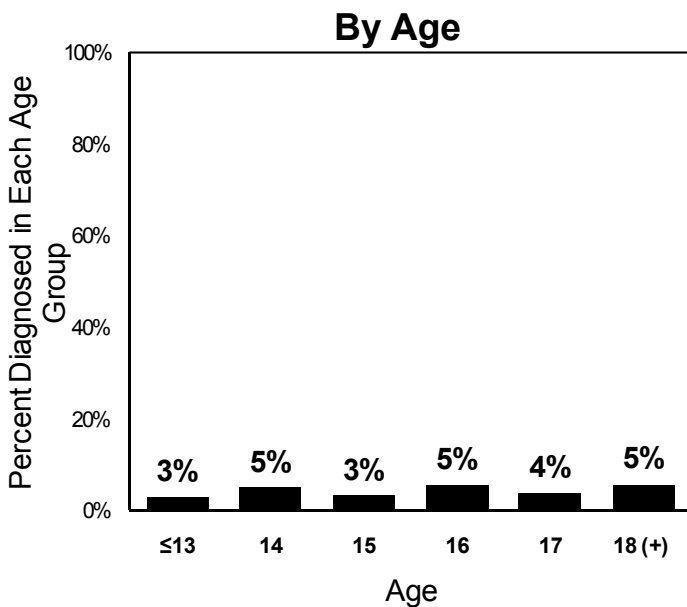
47% of sexually active students have had 3 or more sexual partners.



Survey Question: "In your lifetime, with how many partners have you had sexual intercourse?"

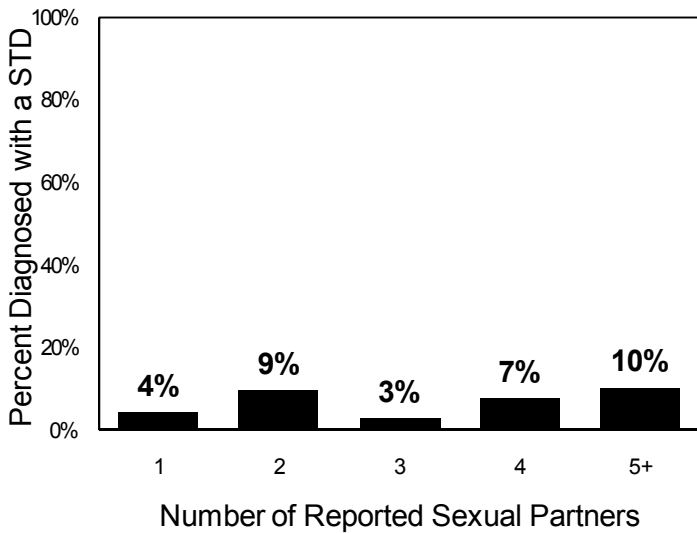
### Sexually Transmitted Diseases

4% of all participating students have been diagnosed with a STD.



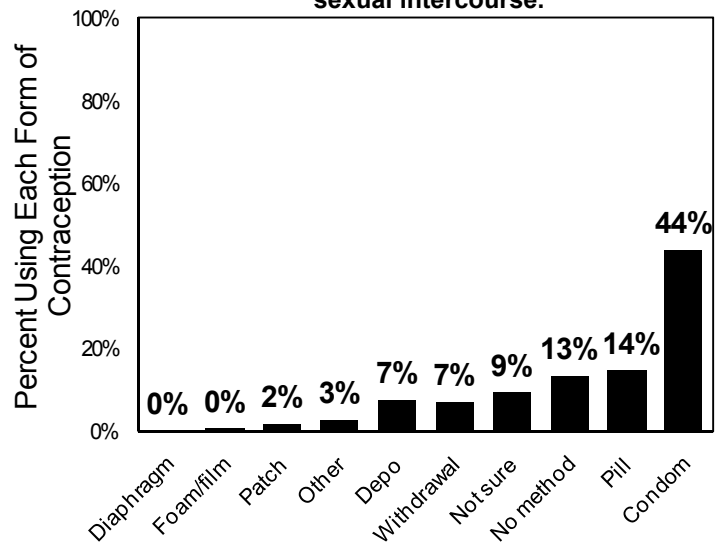
Survey Question: "Have you ever been told by a doctor or a nurse that you had a sexually transmitted disease such as Chlamydia, Gonorrhea, Herpes, Genital Warts, Syphilis, or AIDS/HIV infection?"

## STD Diagnosis by Number of Sexual Partners



## Contraception Use

78% of sexually active students used contraception the last time they had sexual intercourse.

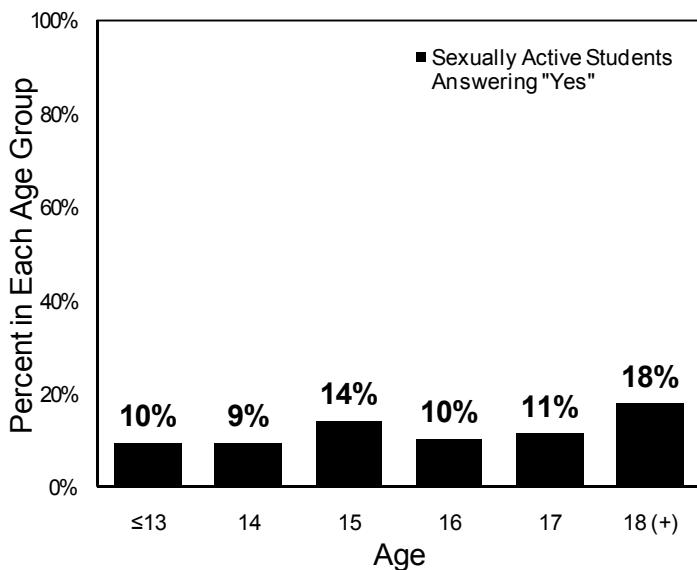


Survey Question: "The last time you had sexual intercourse, which of the following did you or your partner use?"

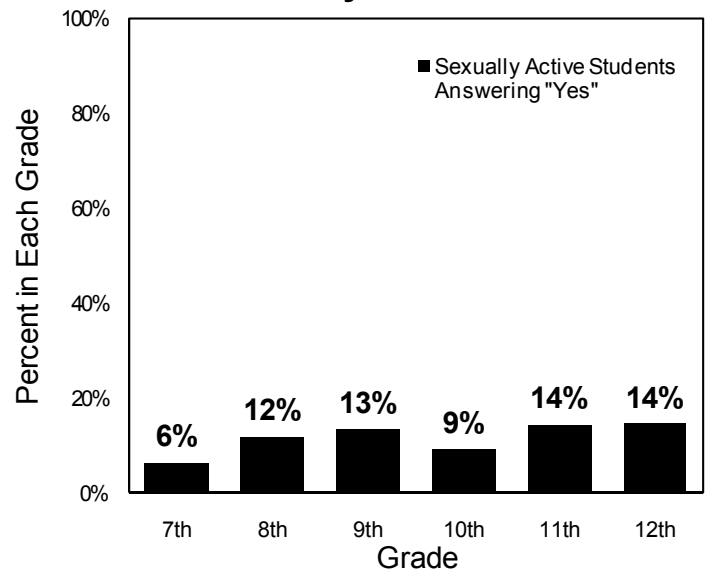
## Using Alcohol or Drugs During Sexual Intercourse

12% of all sexually active students have been using alcohol or drugs the last time they had sexual intercourse.

### By Age



### By Grade

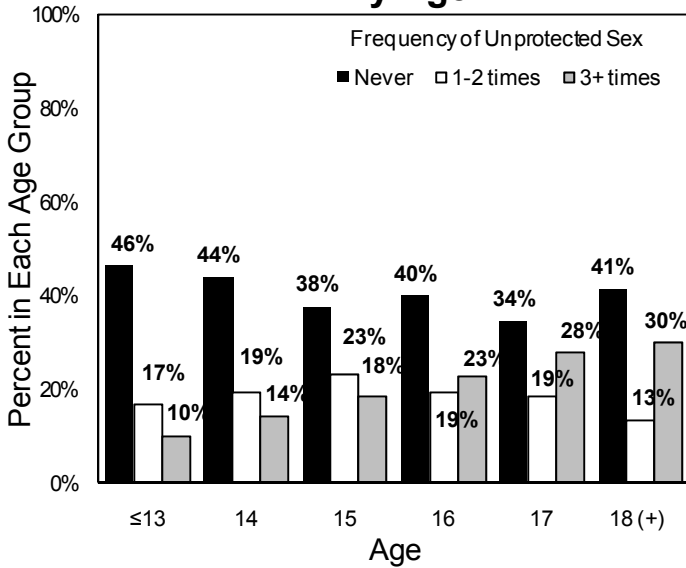


Survey Question: "The last time you had sexual intercourse, had you or your partner been using alcohol or drugs?"

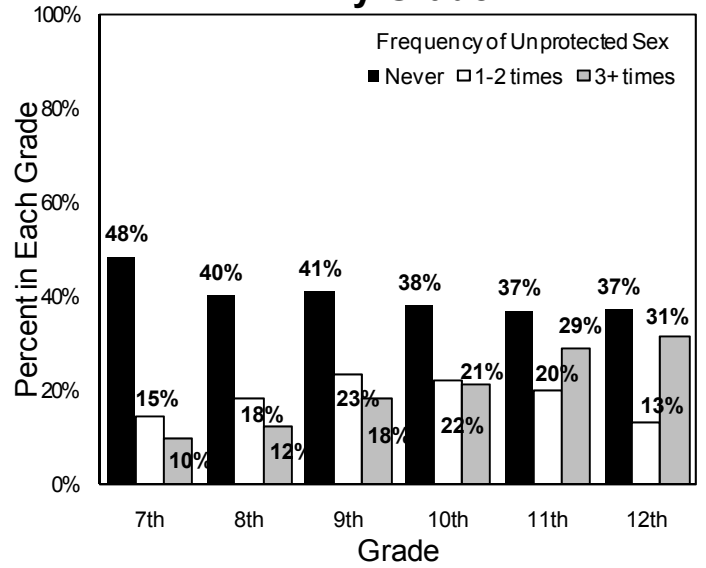
## Frequency of Unprotected Sexual Intercourse

40% of sexually active students have had sexual intercourse without using birth control.

### By Age



### By Grade

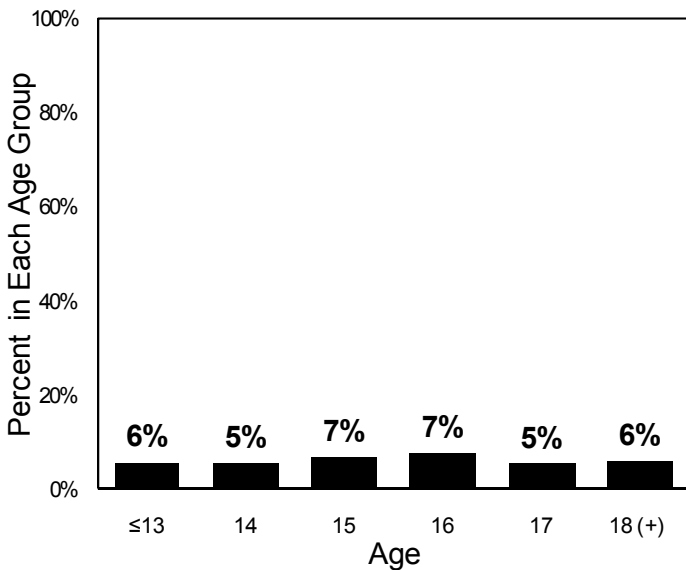


Survey Question: "How many times have you had sexual intercourse without using birth control?"

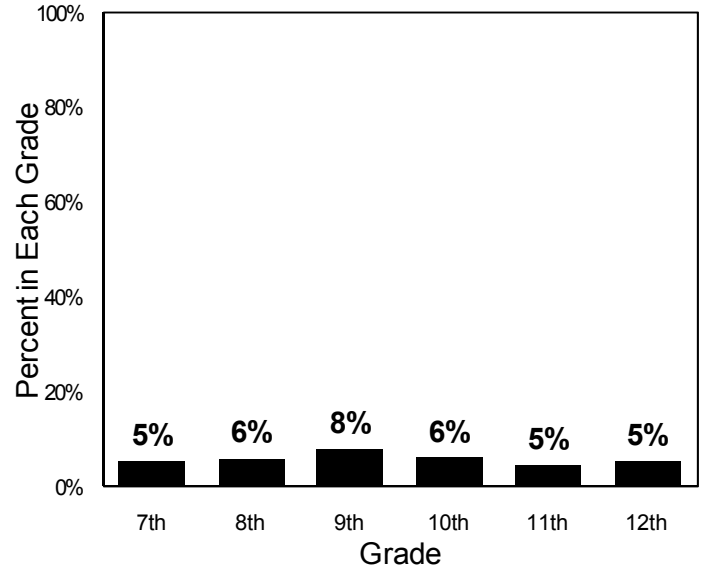
## Want a Baby Before Graduation

6% of all participating students want a baby before high school graduation.

### By Age



### By Grade

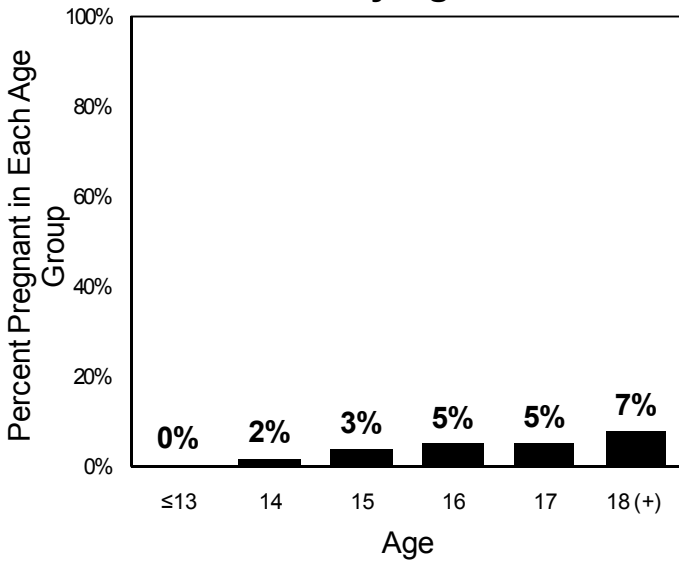


Survey Question: "Do you want to have a baby or father a baby before finishing high school?"

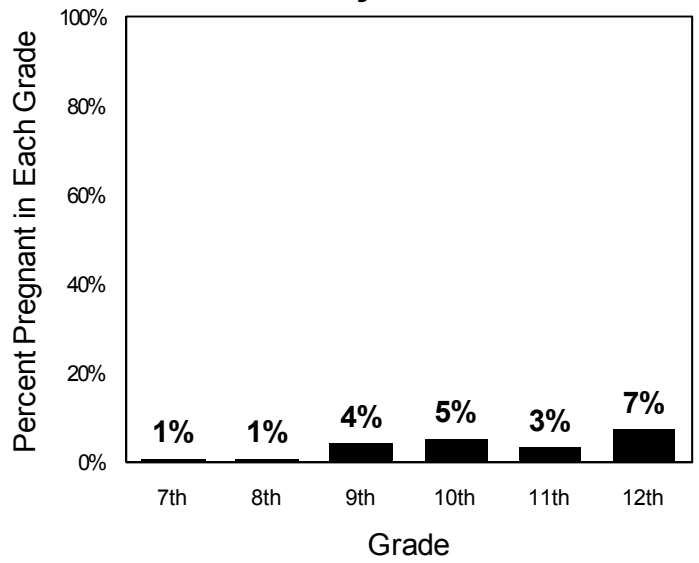
## Pregnancy

3% of all participating students have been pregnant or gotten someone pregnant.

### By Age



### By Grade

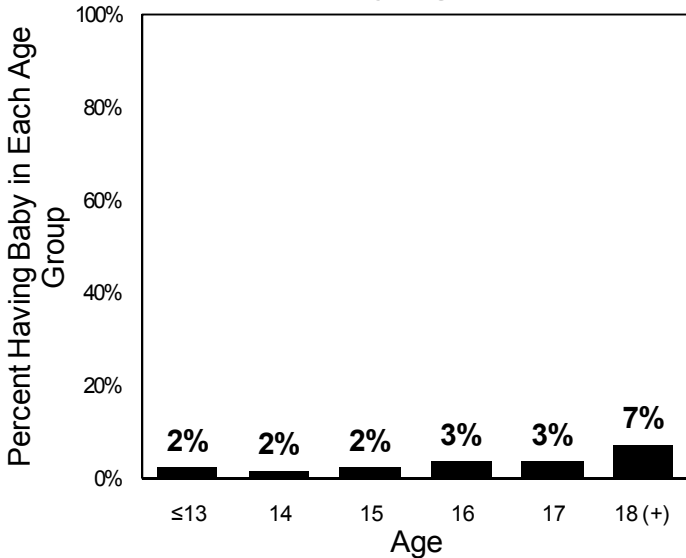


Survey Question: "Have you ever been pregnant or gotten a girl pregnant?"

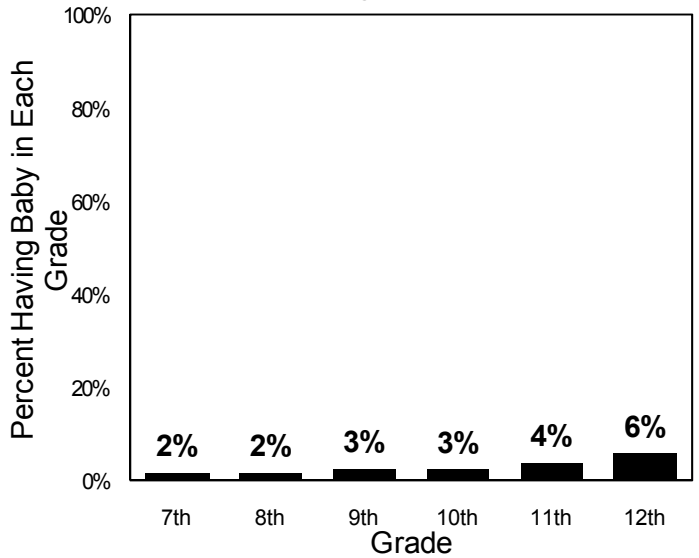
## Had a Baby

3% of all participating students have had a baby.

### By Age



### By Grade



Survey Question: "Have you ever had a baby or fathered a baby?"

# HEALTH INFO LINE

# 1 (800) 4PD-HELP

A number to call to Prevent Disease and ask questions  
about health concerns.

**9am-5pm Monday - Friday**

*If closed, callers may leave a message on the answering machine \*\*\*\*\*Confidentiality is strictly maintained.\*\*\*\*\*  
The Health Information Line is sponsored by the Northeast Health District.*

**Questions can also be asked via email at our website:**

**[www.PUBLICHEALTHATHENS.com](http://www.PUBLICHEALTHATHENS.com)**

**Health Educators are trained to answer questions and provide information and referrals on such topics as:**

- Alcohol, Drugs & Tobacco
- Birth Control
- Cardiovascular Health
- Care of Infants & Children
- Diabetes
- Diet & Nutrition
- Exercise & Weight Loss
- High Blood Pressure
- HIV/AIDS
- Parenting
- Physical Health
- Pregnancy
- Quitting Smoking
- Relationship Issues
- Sexual Harassment
- Sexually Transmitted Diseases
- Stress Management

# CLARKE COUNTY HEALTH DEPARTMENT

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• 345 N. Harris Street Athens, GA 30601 • 706-389-6921 •

**HOURS:** Weekdays 8am-4:30pm, Tuesday 'til 6:30, Friday close at 1:30

1. Blood Sugar, Blood Pressure and Cholesterol Testing and Treatment
2. Birth Control & Counseling
3. Breast Exam and Mammogram Referral
4. Child/Infant Health– Screening and Physicals
5. Environmental Health Services
6. Epidemiology (contacts of infectious disease)
7. HIV/AIDS Testing and Counseling
8. Immunizations– Children and Adults
9. Infectious Disease Control
10. Pregnancy Testing
11. Prenatal Services
12. Services if you are sick: Sore Throat, Ear Ache, Chest Cold, Skin Problems
13. Sexually Transmitted Disease Testing & Treatment
14. Tuberculosis Testing and Treatment
15. Vital Records– Birth & Death Certificates
16. WIC– Supplemental Food Program for Pregnant Women, Infants & Children
17. Women's Health: Physicals, Lab Services, Pap Smears, Urinary Tract Infection Treatment

## TEEN MATTERS

**A center for education and services for teens and their parents in Athens**

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• Clarke • 168 South Rocksprings Court Athens, GA 30605 • 706-369-5670 •

• Cedar • 1275 Cedar Shoals Drive Athens, GA 30606 • 706-227-7198 •

- Teen Matters is a full service health clinic for teenagers between 11 and 19 years old, offering a variety of clinical services, as well as health education, guidance and information.
- Teen Matters is a service designed to promote the health and well-being of adolescents through opportunities and programs that are developed in collaboration with families, communities, schools and other public and private providers.