

WALTON COUNTY HIGH SCHOOLS

3310 Students (86% of student body)
Participated Anonymously

BEHAVIOR AND RISK FOR TEENS

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

Voluntary and Anonymous Survey
Computerized Individual Student and School Feedback

Survey Results

2016

**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 that assesses 6 areas related to teen health: physical health and exercise, safety, tobacco use, alcohol and other drug use, mental health / stress management and sexual activity. To insure the privacy of participants, names and other identifying information were not used. The survey is anonymous and confidential. Parents were sent written notification of the survey and given the opportunity to opt their child out of participation.

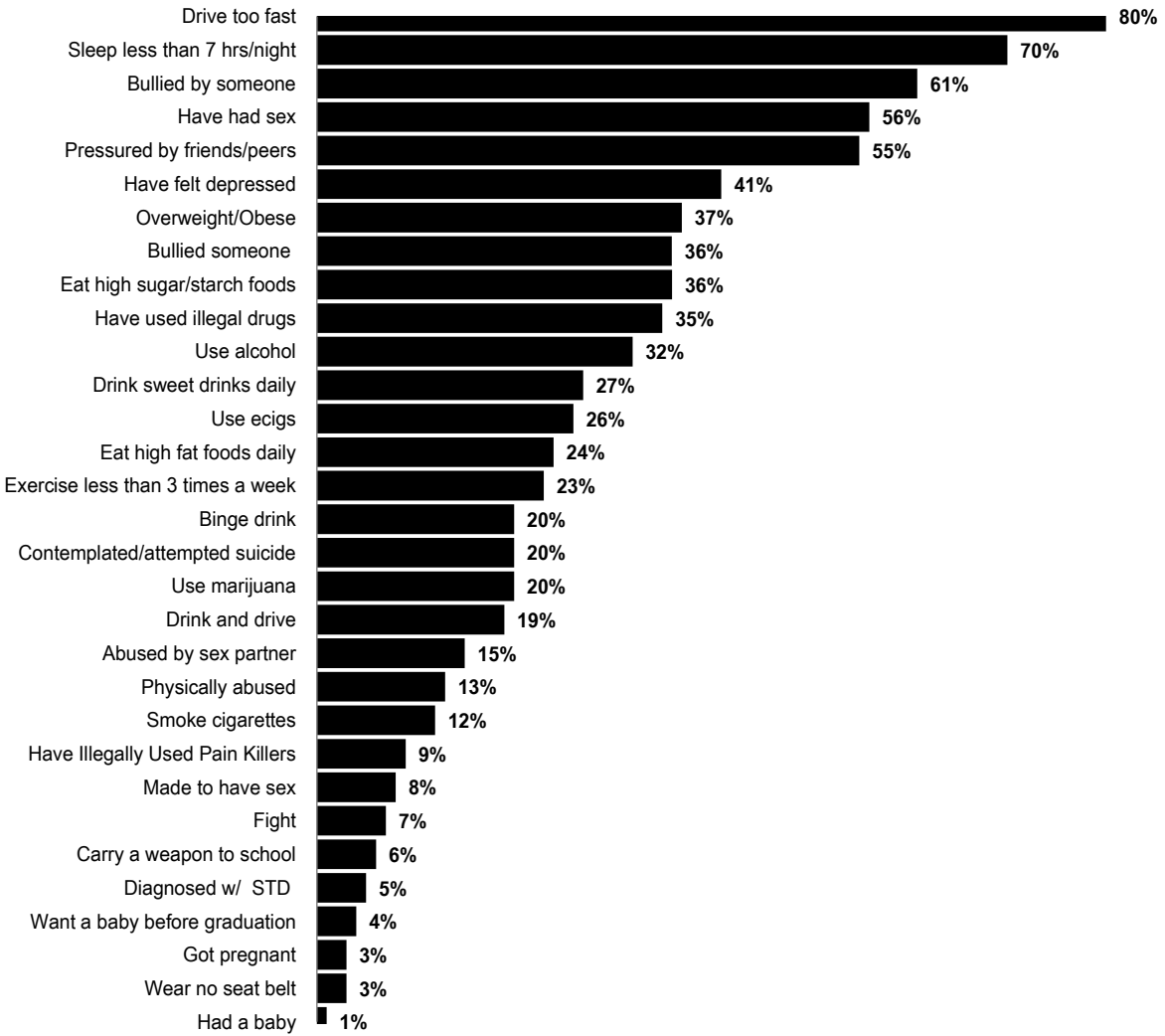
In the spring of 2016, 3,310 students in grades 9-12 at Loganville High School, Monroe Area High School and Walnut Grove High School participated in the BART Survey. This self-selected sample comprises about 86% of the enrolled student population.

To complete the Behavior and Risk for Teens Survey, each student answers 58 multiple choice questions about teen health described above. It takes about 45 minutes to administer. Students are instructed to leave blank questions that they do not understand or that make them feel uncomfortable. Additionally, students are assured that their choice to participate has no impact on academic grades.

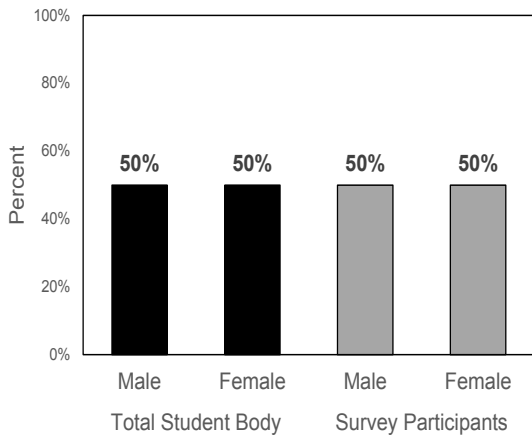
Since 1990, over 60,000 students in 10 counties of the Northeast Health District have completed the Behavior And Risk for Teens Survey.

As students grow older, their participation in unhealthy behaviors increases, 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.

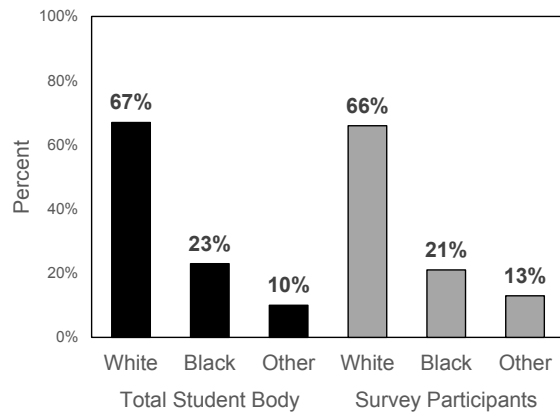
Behavior Risk Profile Walton County High School Seniors



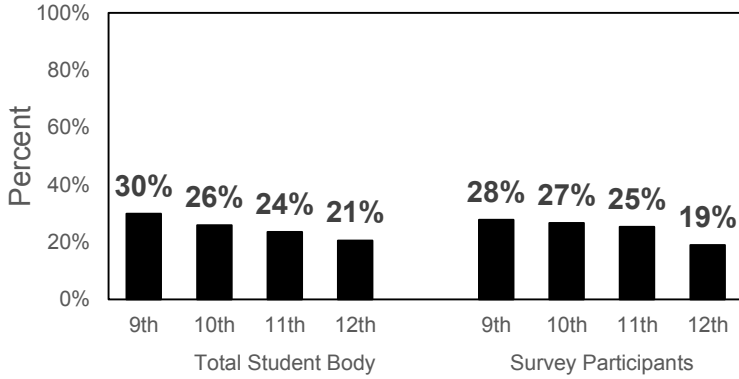
Gender



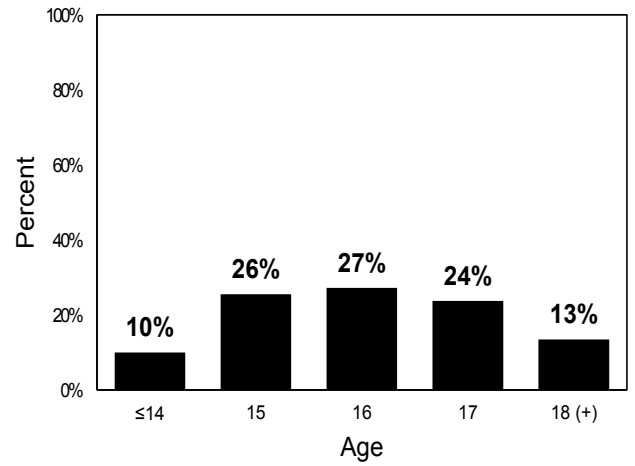
Race



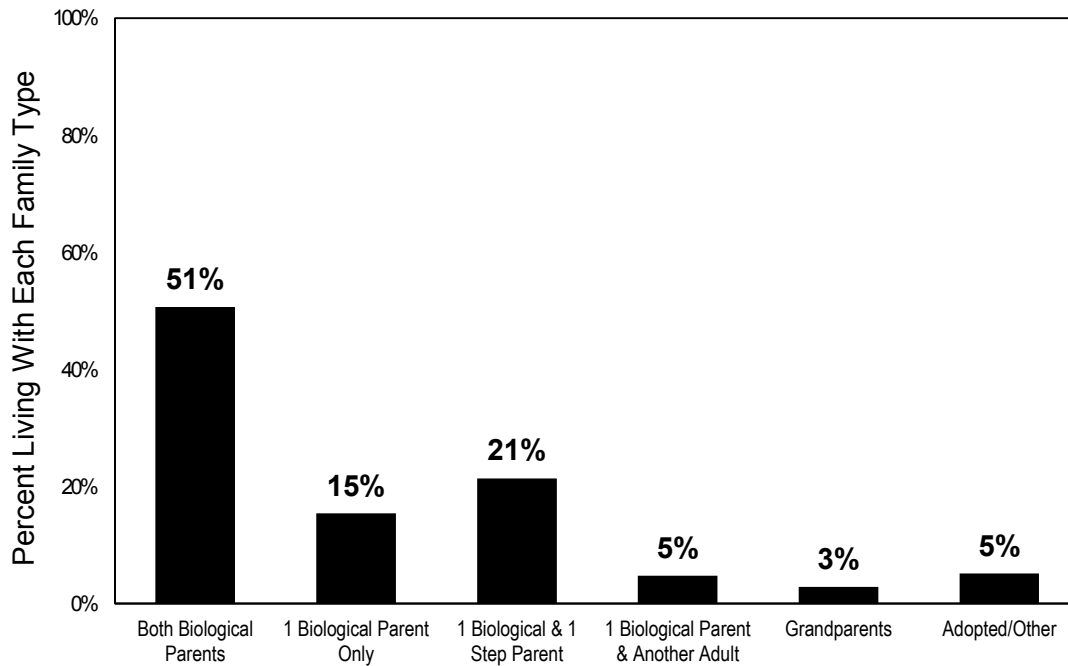
Grade



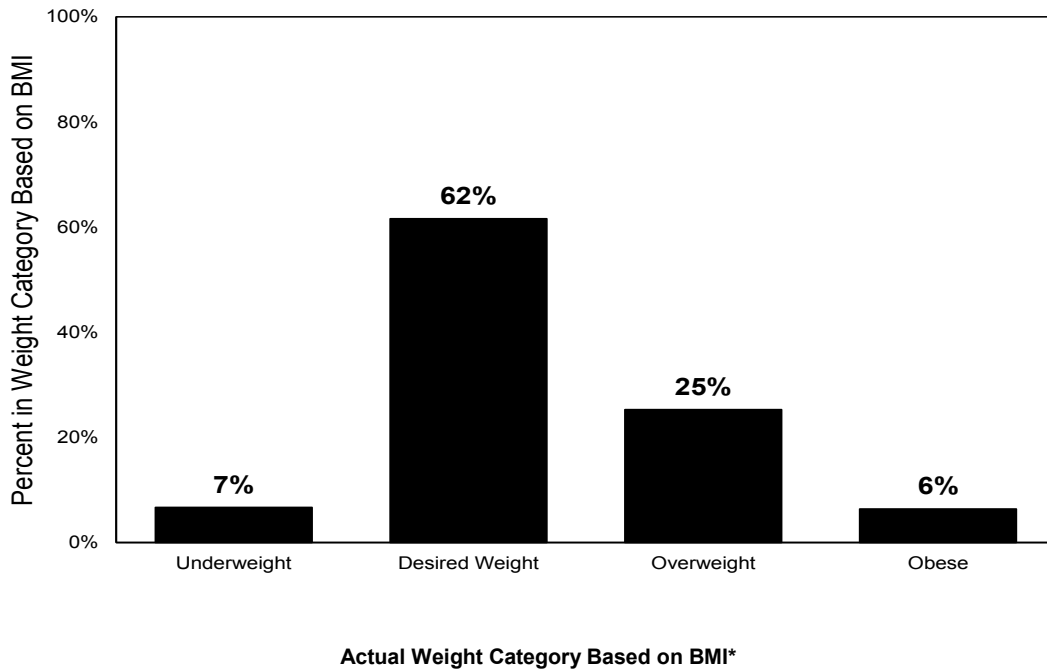
Age of Survey Participants



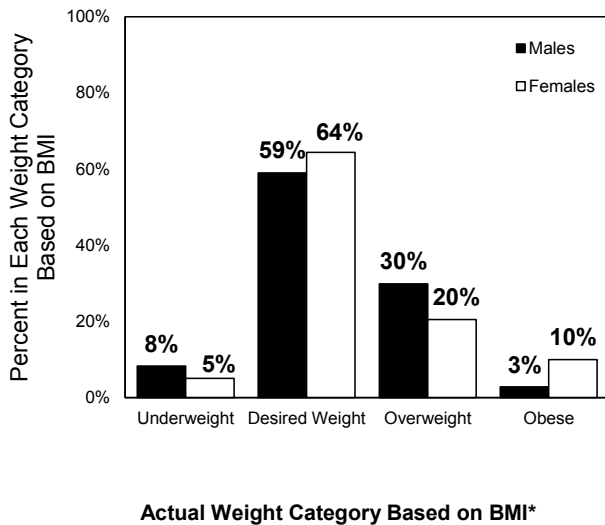
Family Type of Survey Participants



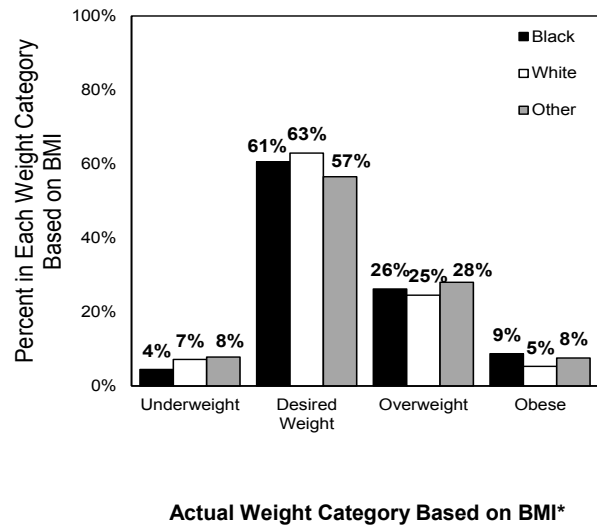
Body Weight of Survey Participants



Weight by Gender



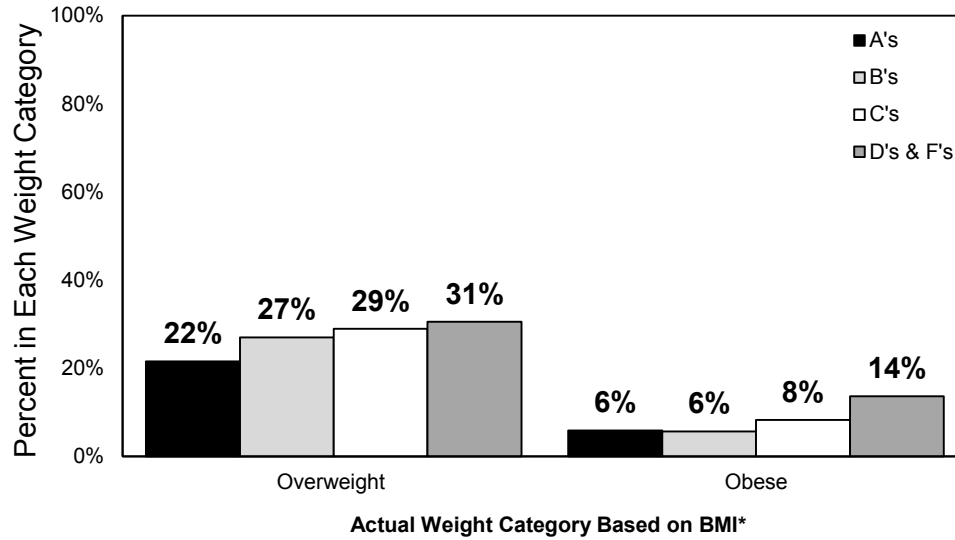
Weight by Race



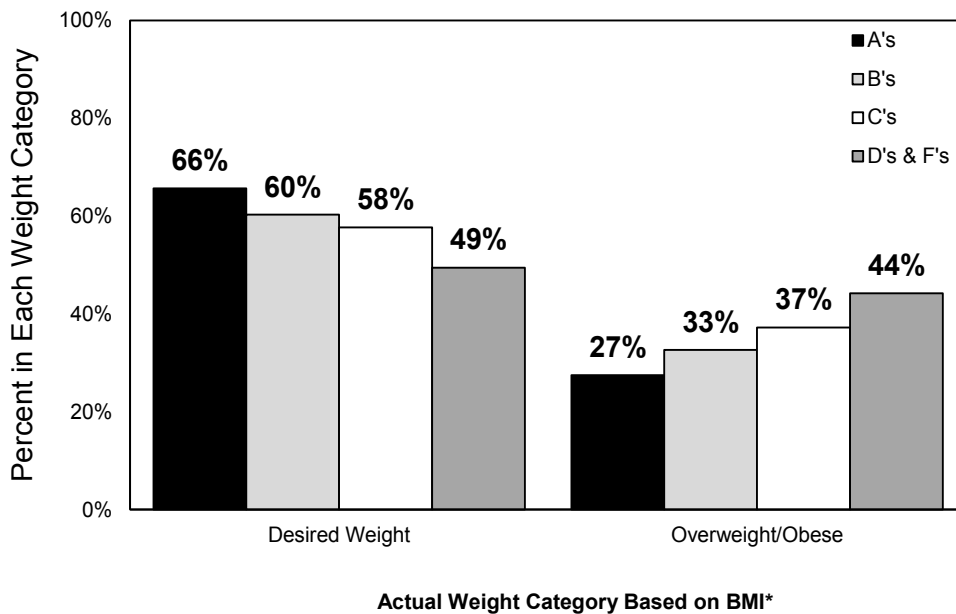
***Body Mass Index (BMI) is calculated by dividing weight in kilograms by height in meters squared.**

Underweight: BMI <18.5
Desired Weight: BMI=18.5-24.9
Overweight: BMI=25-29.9
Obese: BMI=30+

Weight by Grades Made in School Overweight and Obese



Weight by Grades Made in School Desired Weight and Overweight/Obese



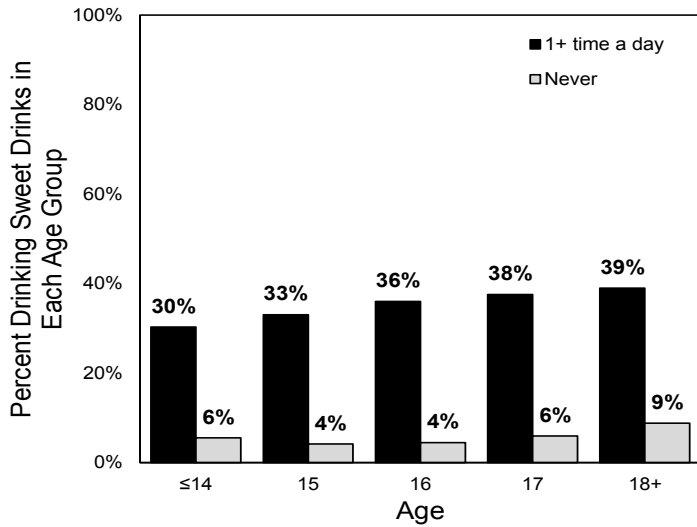
*Body Mass Index (BMI) is calculated by dividing weight in kilograms
by height in meters squared.
Underweight: BMI <18.5
Desired Weight: BMI=18.5-24.9
Overweight: BMI=25-29.9
Obese: BMI=30+

Survey Question: "How often do you have a sweet drink including sodas and juices?"

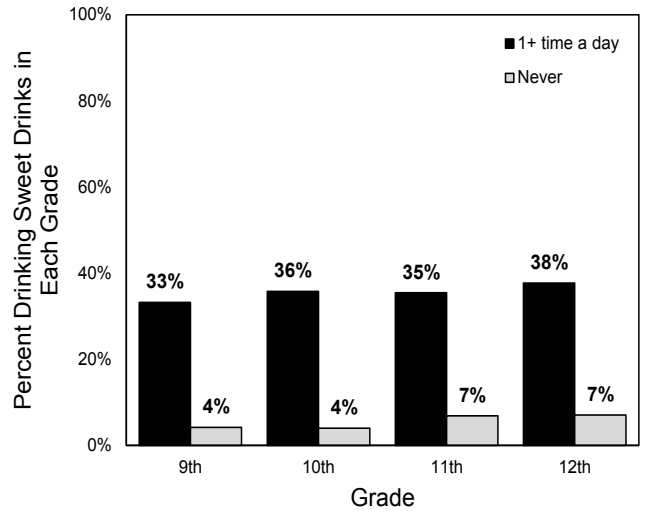
Drink Sweet Drinks

36% of all participating students drink 1 or more sweet drinks per day.

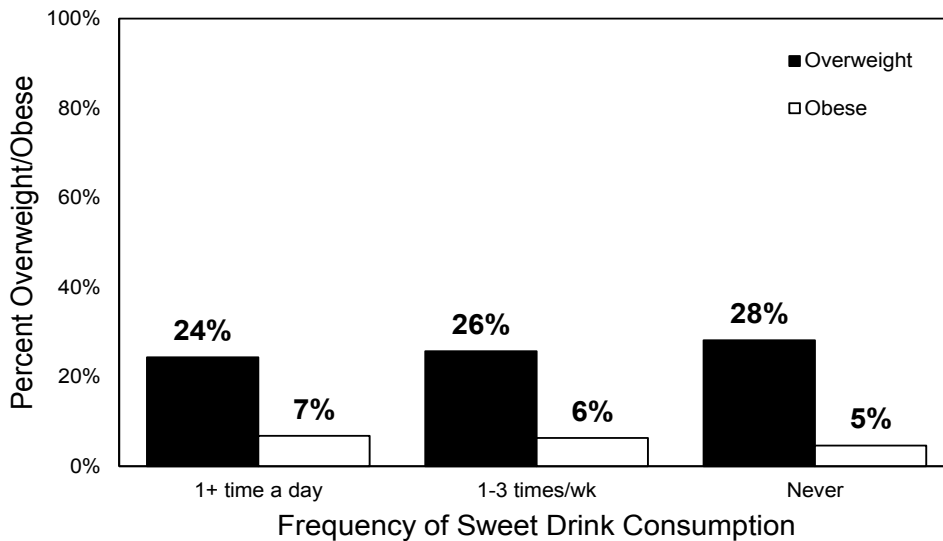
Consumption By Age



Consumption By Grade



Weight by Sweet Drink Consumption

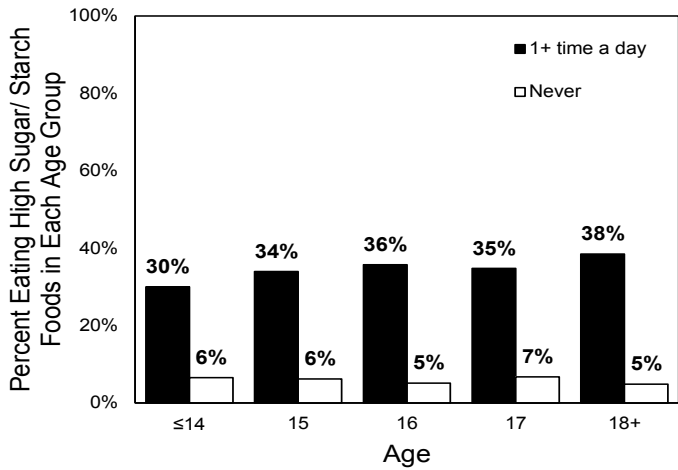


Survey Question: "How often do you eat high sugar/ starch foods? (Includes foods like desserts, candy, mashed potatoes, breads, pasta, etc.)"

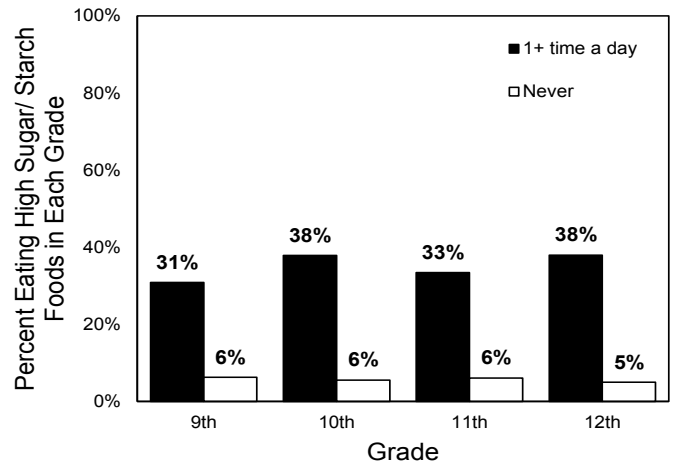
Eat High Sugar & Starch Foods

31% of all participating students eat foods high in sugars and starch per day.

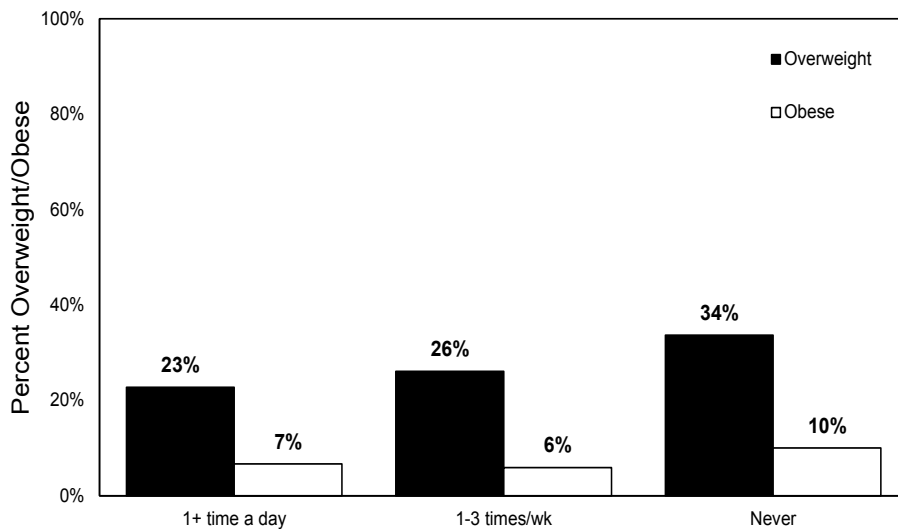
**Consumption
By Age**



**Consumption
By Grade**



Weight by High Sugar/ Starch Consumption

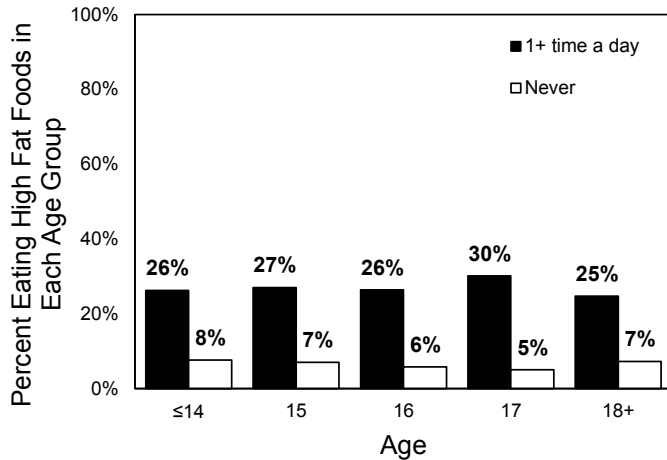


Survey Question: "How often do you eat high fat foods? (Includes foods like hamburgers, hotdogs, french fries, chips, sausage biscuits, etc.)"

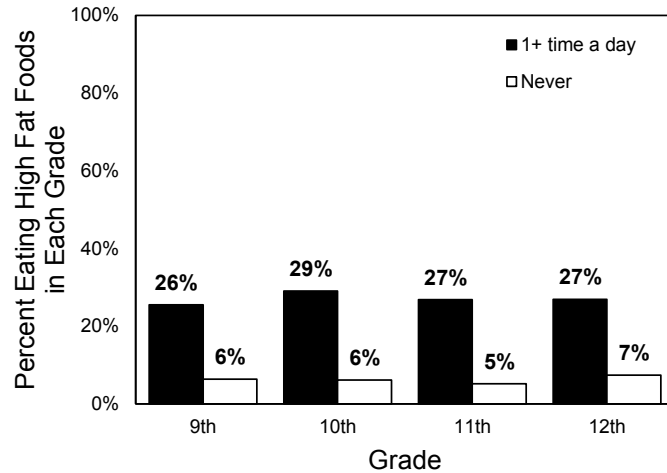
Eat High Fat Foods

22% of all participating students eat foods high in fat per day.

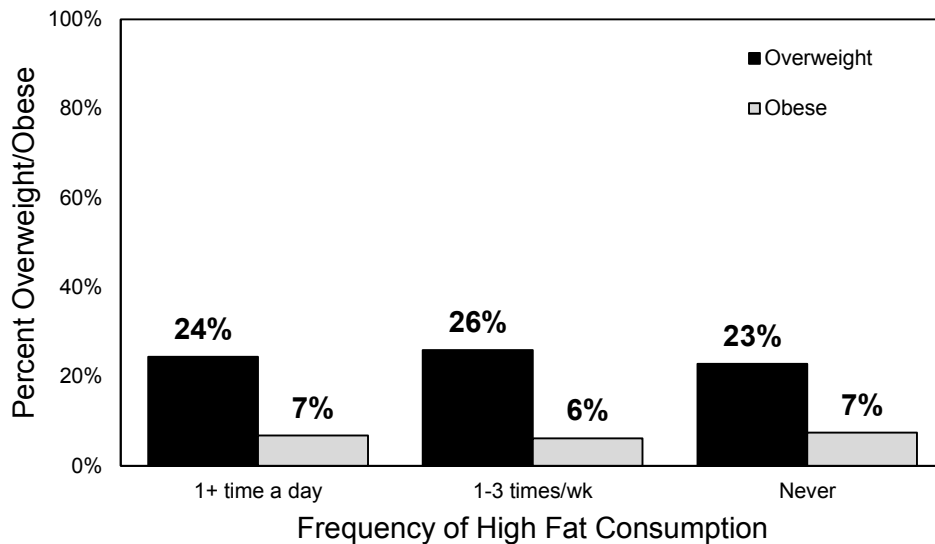
Consumption By Age



Consumption By Grade



Weight by High Fat Consumption

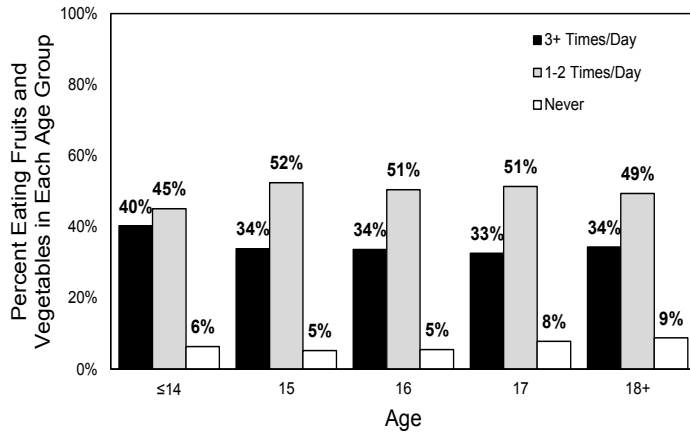


Survey Question: "How many servings of fruits and vegetables do you eat a day?"

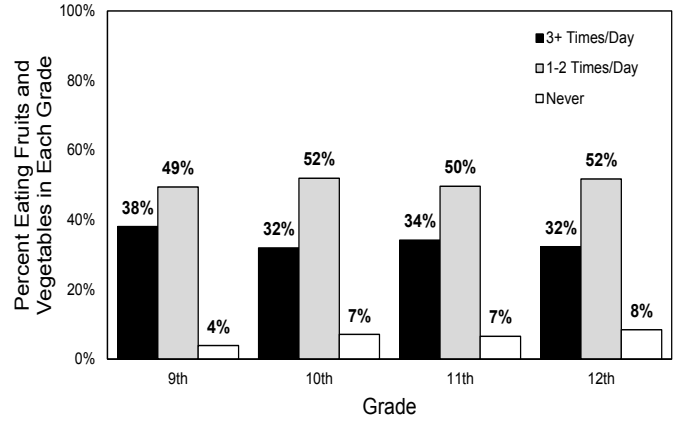
Eat Fruits and Vegetables

93% of all participating students eat fruits and vegetables at least 1 time a day.

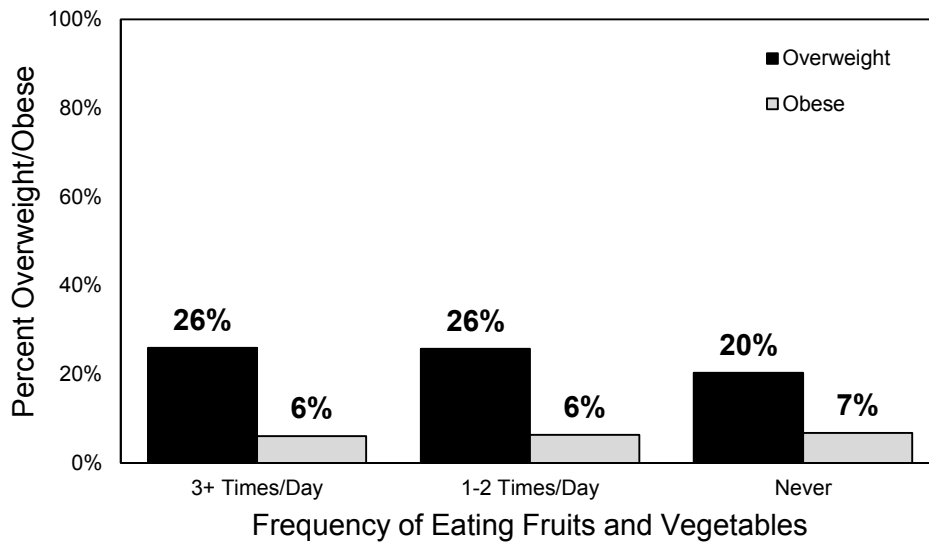
Consumption By Age



Consumption By Grade



Weight by Fruits and Vegetables Consumption

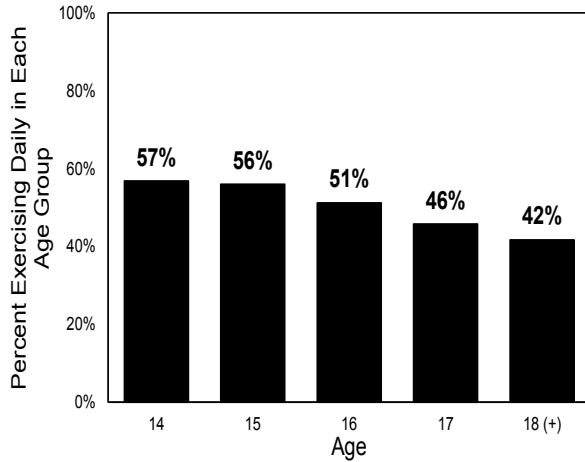


Survey Question: “How often do you exercise for at least 30 minutes including sports and other activities?”

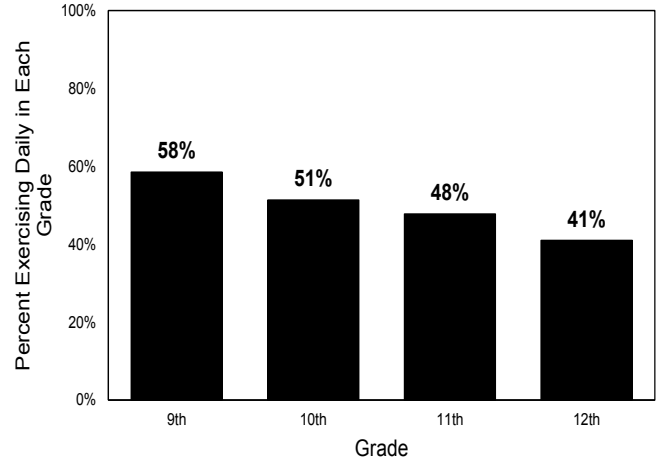
Exercise

50% of all participating students exercise everyday.

By Age

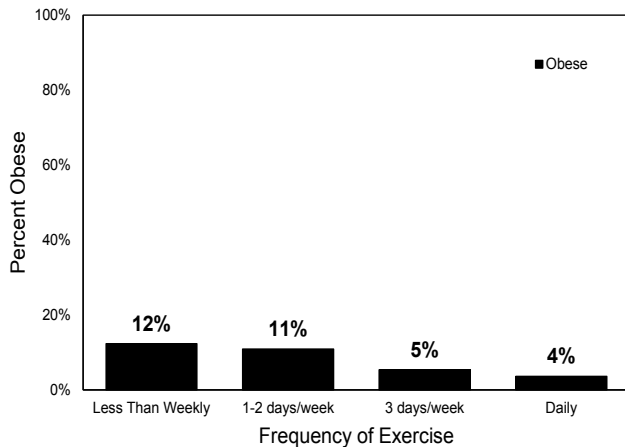


By Grade



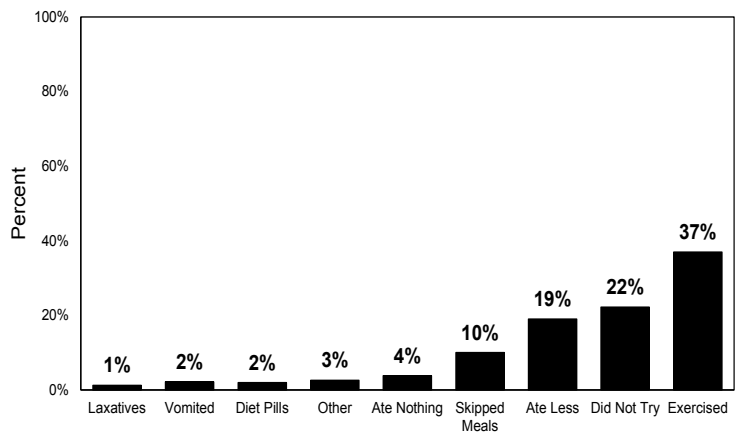
Survey Question: “Which of the following methods have you ever used to lose weight or to keep from gaining weight?”

Obesity by Exercise



Methods of Weight Loss

75% of all participating students have tried to lose weight or keep from gaining weight.

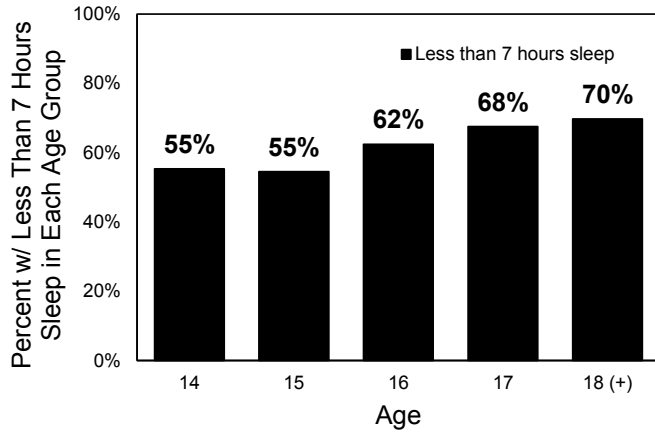


Survey Question: "On an average school night, how many hours of sleep do you get?"

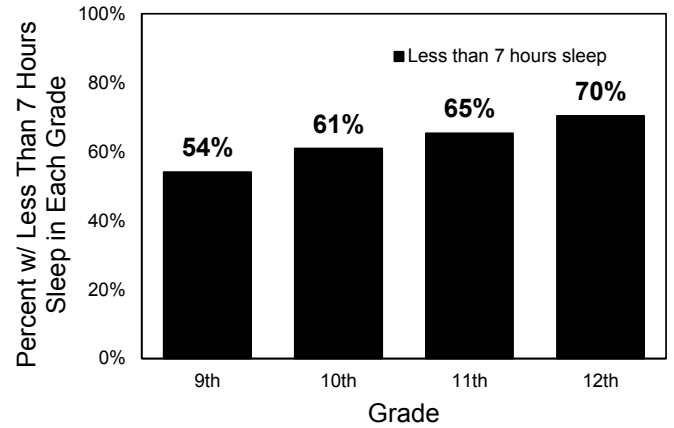
Insufficient Sleep

62% of all participating students get less than 7 hours of sleep on an average school night.

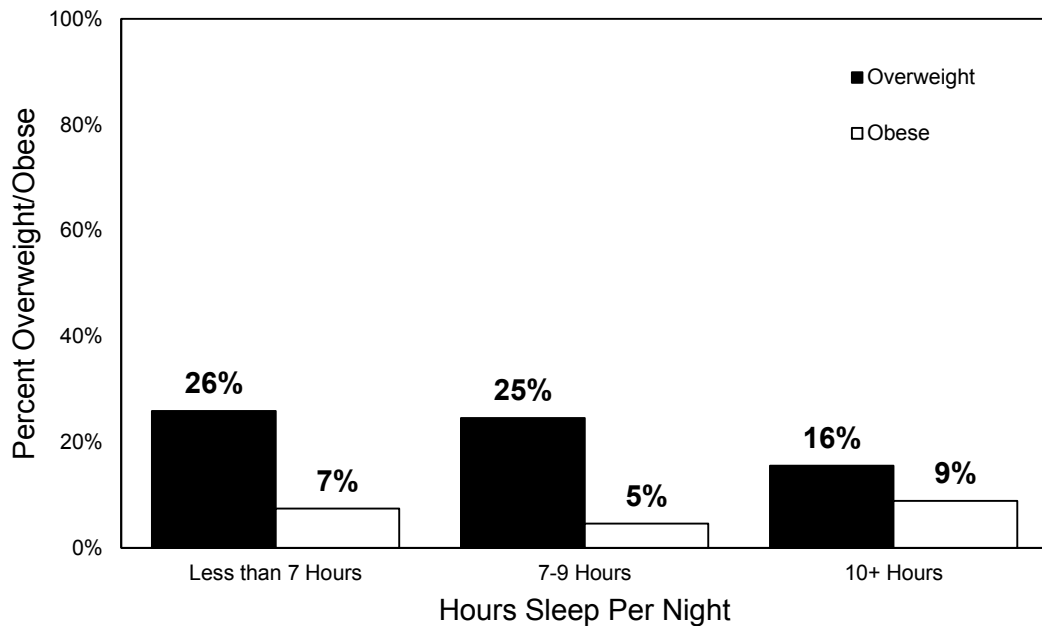
By Age



By Grade



Weight by Nightly Hours of Sleep

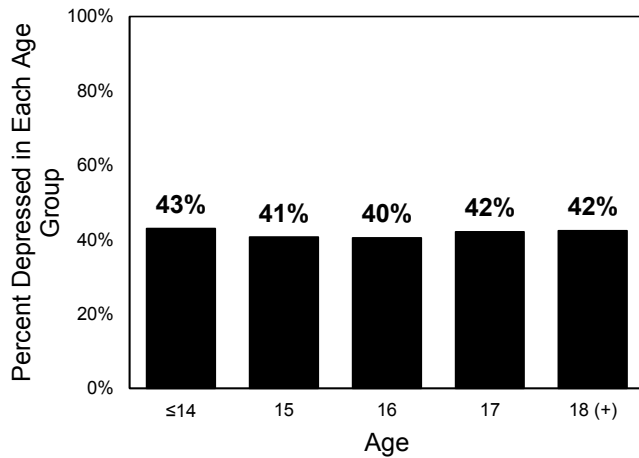


Survey Question: "In the past 6 months, have you been unhappy or depressed for long periods of time?"

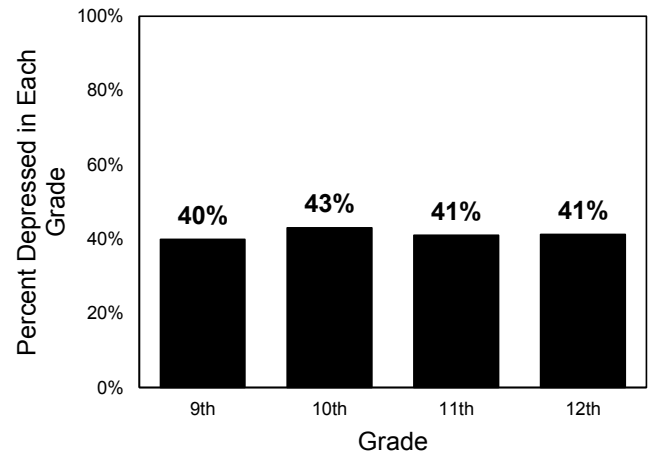
Depression

41% (1,351) of all participating students have been depressed in the last 6 months.

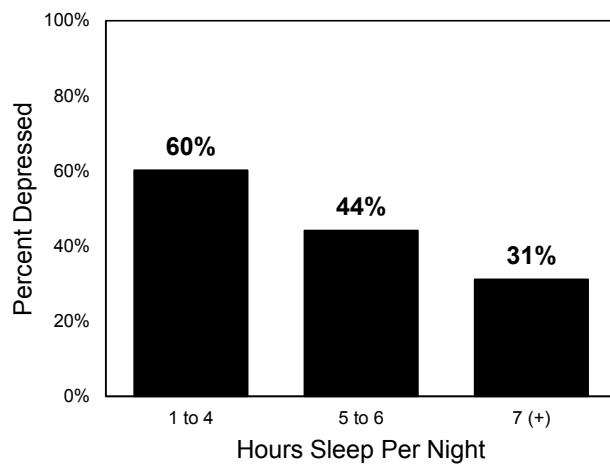
By Age



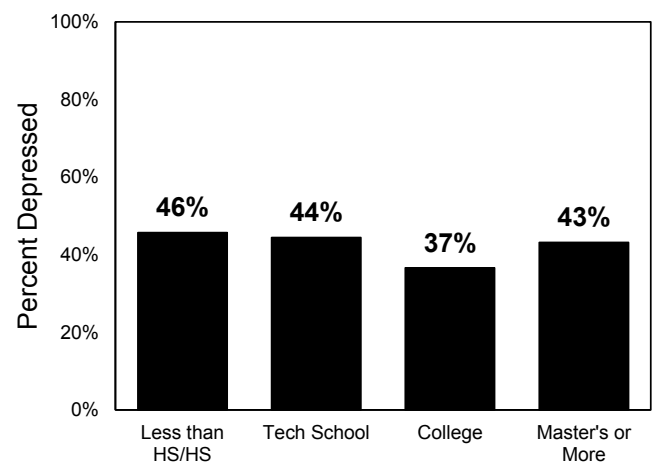
By Grade



Depression by Nightly Hours of Sleep

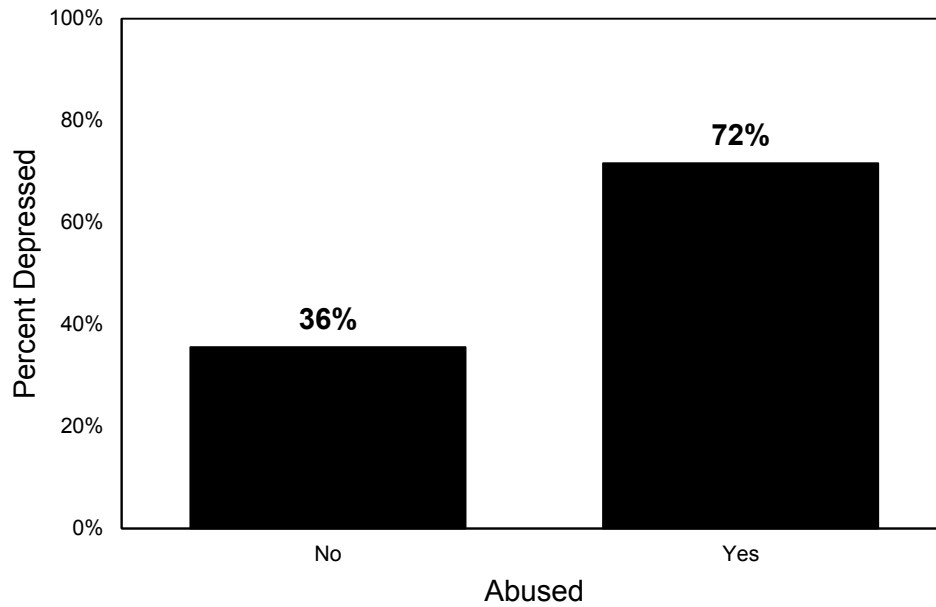


Depression by Expected Future Education

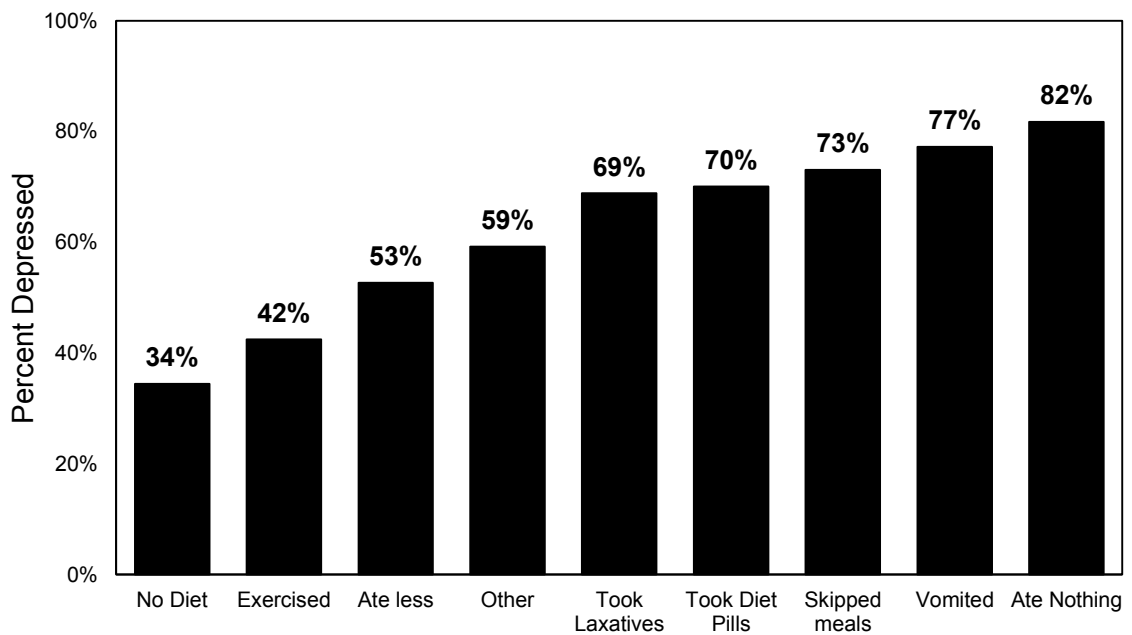


Survey Question: “Has a parent, guardian, or other trusted adult ever been physically violent towards you (hit you, slapped you, pushed you, kicked you, etc.)?”

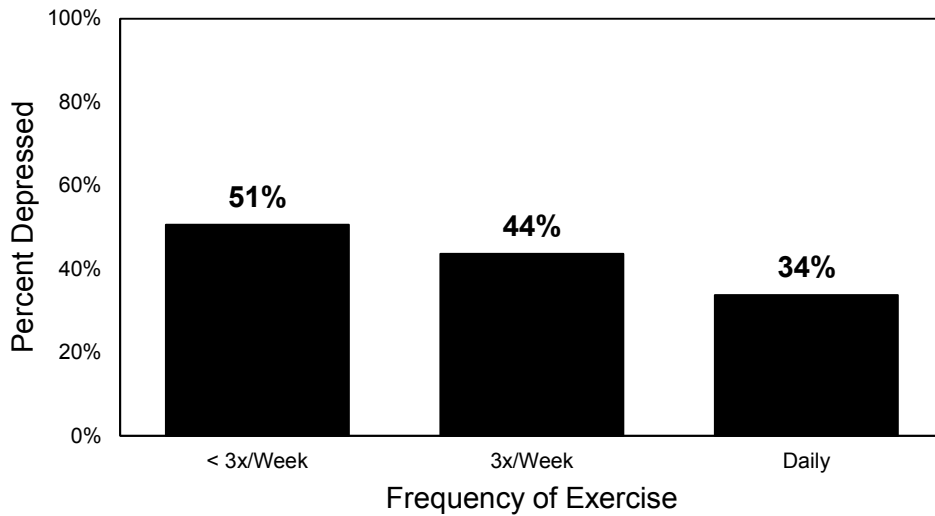
Depression by Physical Abuse



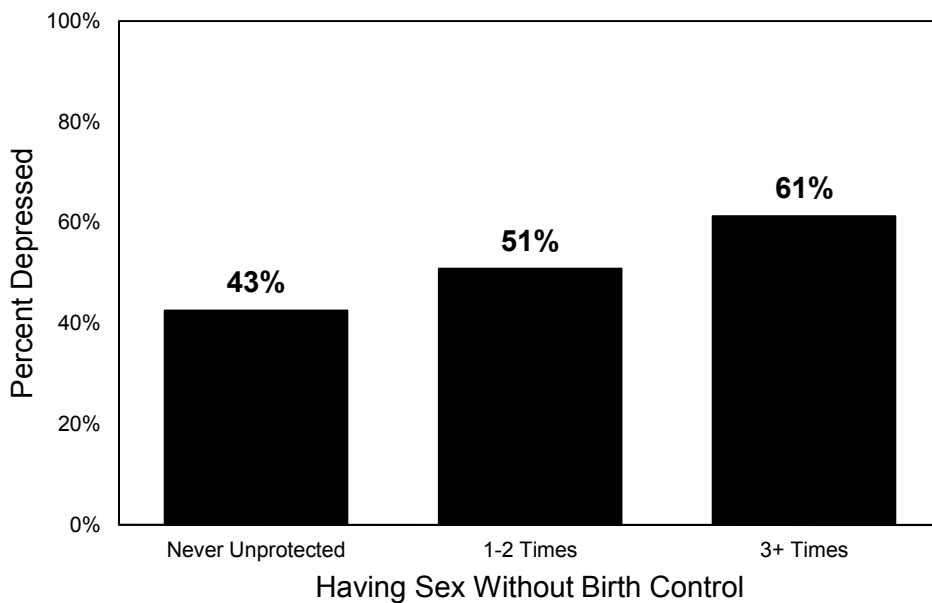
Depression by Weight Loss Method



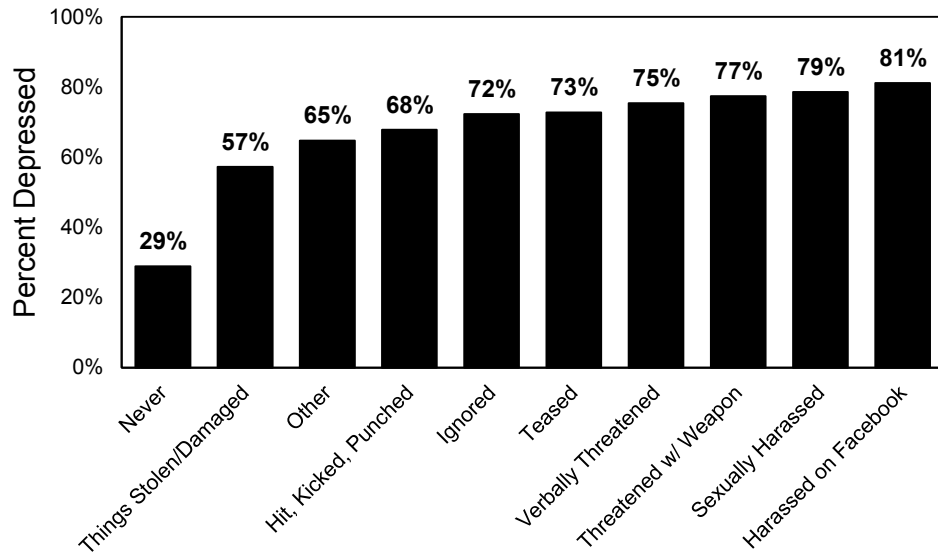
Depression by Exercise



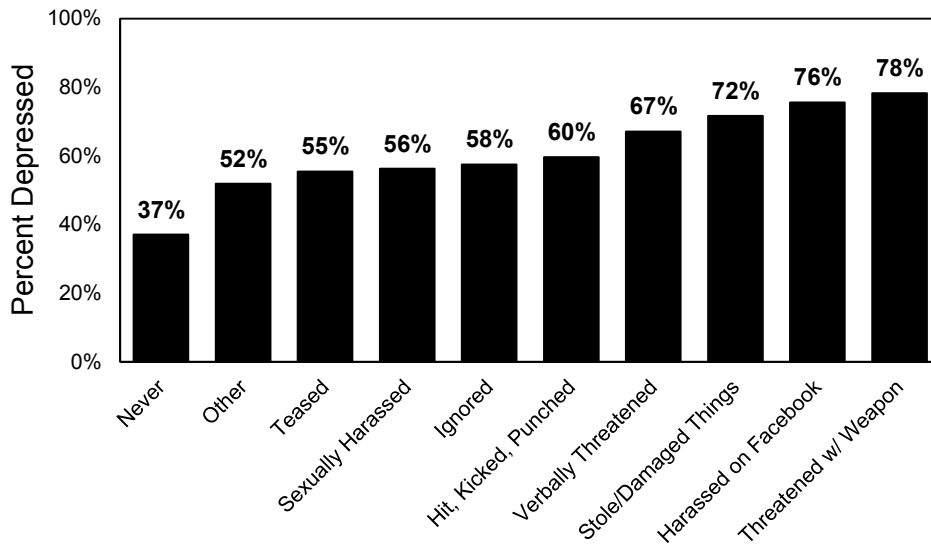
Depression by Having Sex Without Birth Control



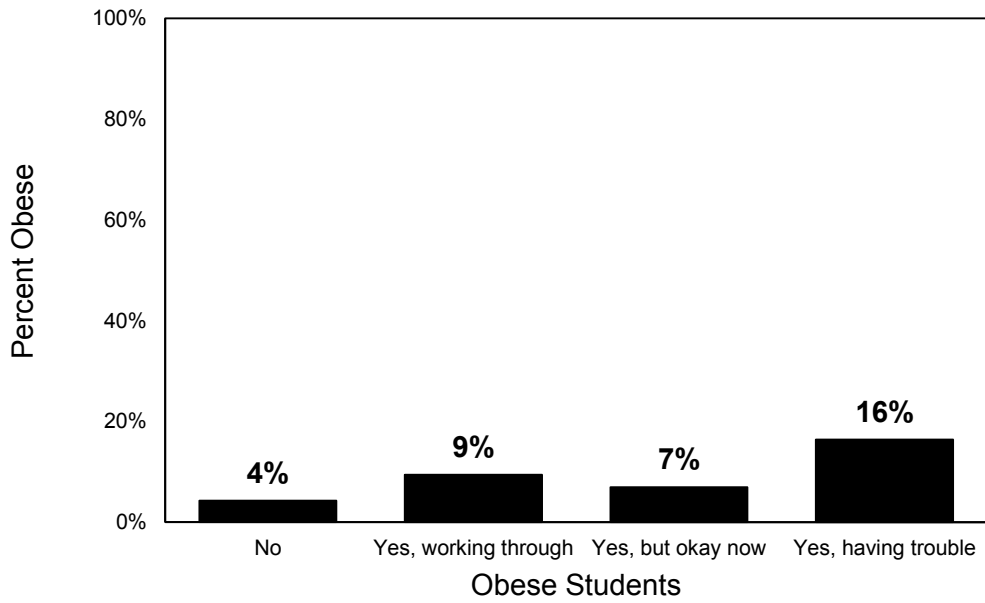
Depression by Been Bullied by Someone Else



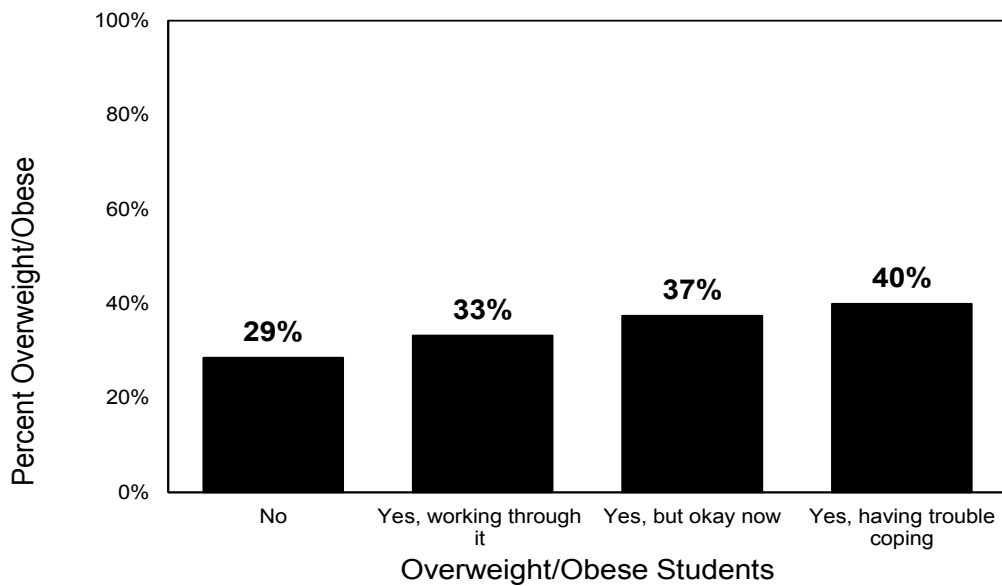
Depression by Bullied Someone



Obesity by Depression



Weight by Depression

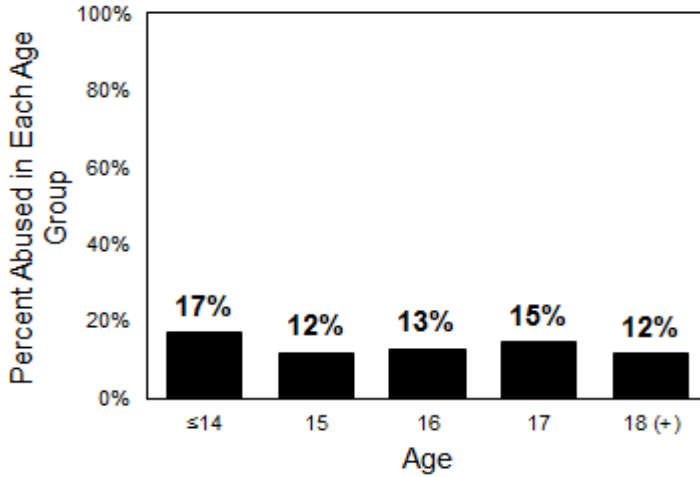


Survey Question: "Has a parent, guardian, or other trusted adult ever been physically violent towards you (hit you, slapped you, pushed you, kicked you, etc.)?"

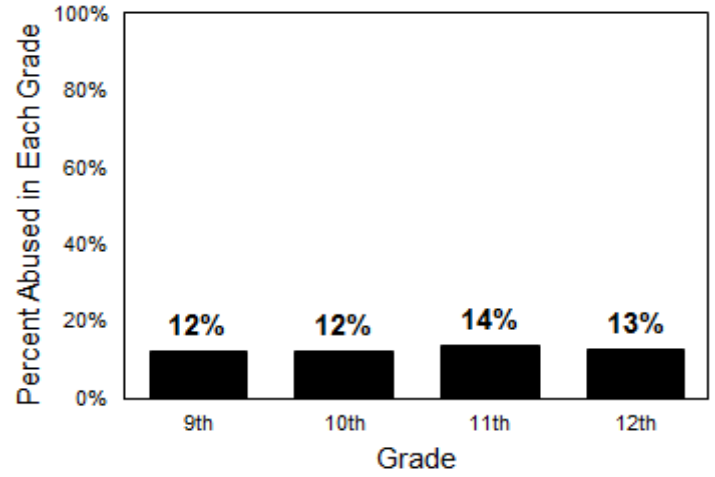
Physical Abuse

13% of all participating students has had a parent be physically violent towards them.

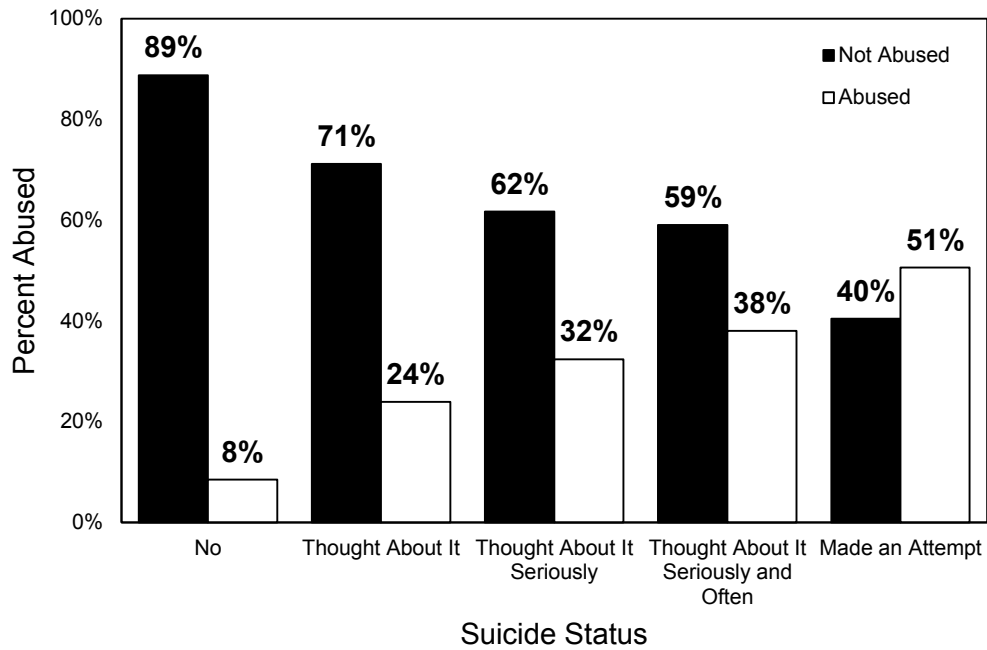
By Age



By Grade



Physical Abuse by Suicide

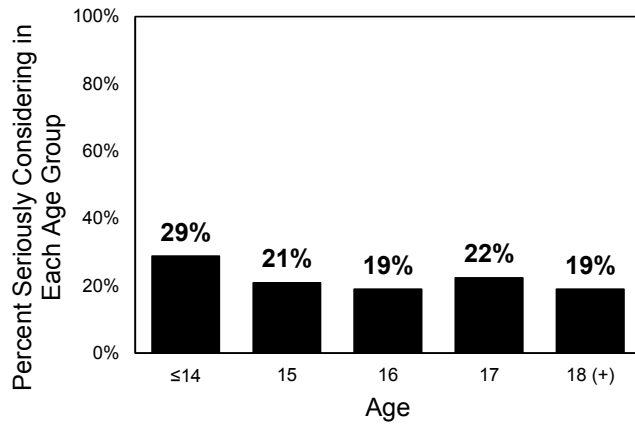


Survey Question: "In the past year, have you thought about or attempted suicide?"

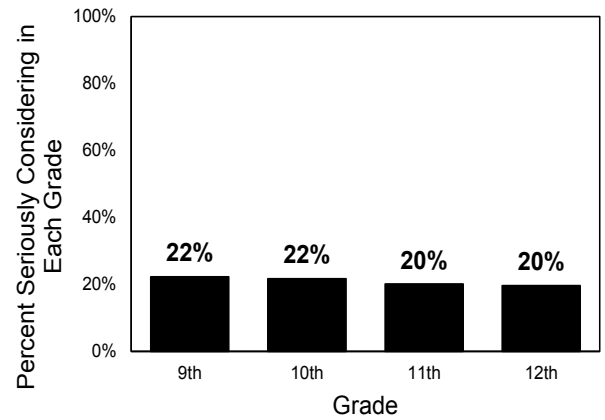
Suicide

21% (694) of all participating students have seriously thought about or attempted suicide in the past

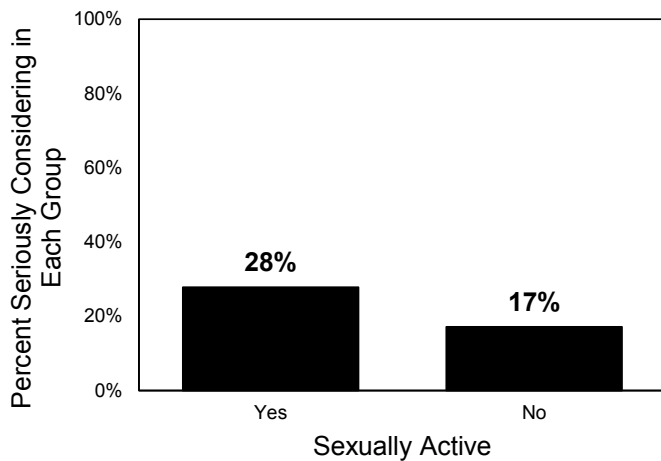
By Age



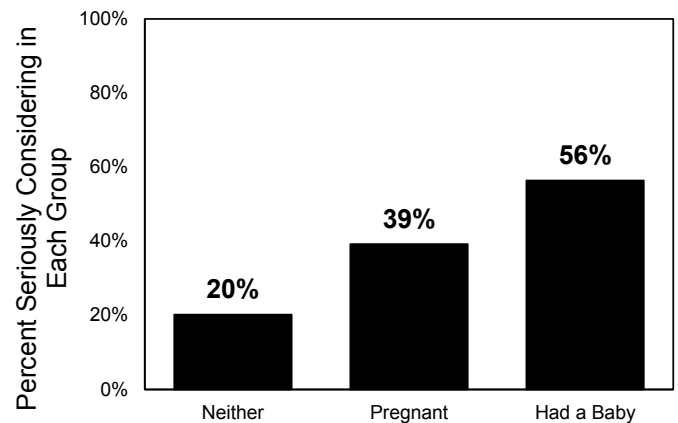
By Grade



Suicide by Sexual Activity



Suicide by Been Pregnant or Had a Baby

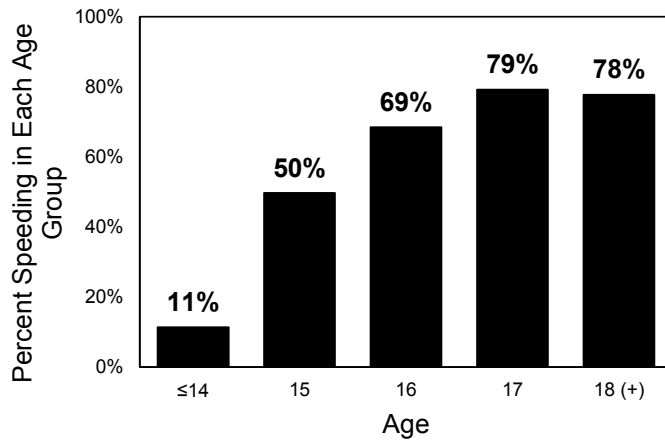


Survey Question: "If you drive, on average, how close to the speed limit do you drive?"

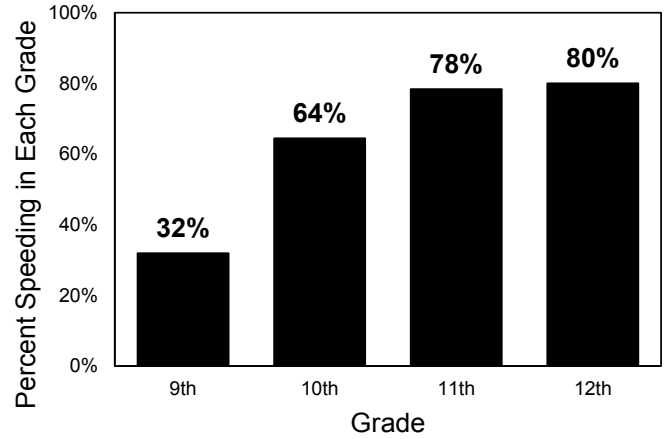
Speeding

62% of all participating drivers exceed the speed limit.

By Age



By Grade

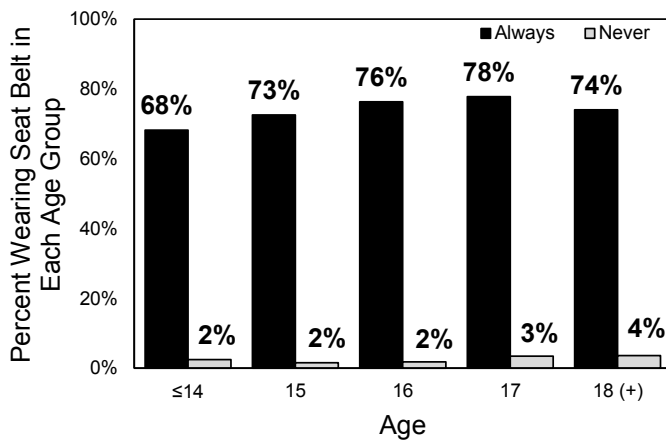


Survey Question: "How often do you use a seat belt when you drive or ride in a car?"

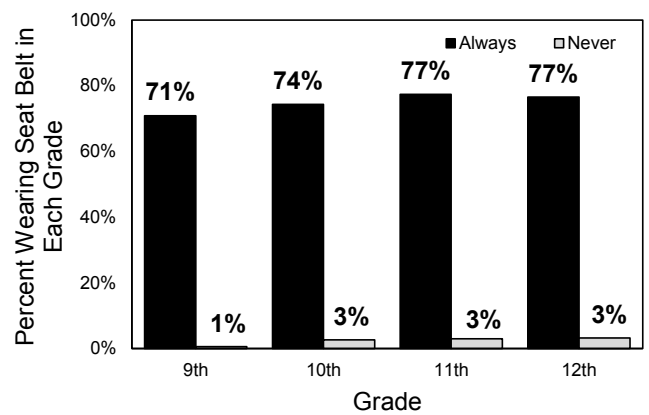
Seat Belt Use

74% of all participating students always wear their seat belt.

By Age



By Grade

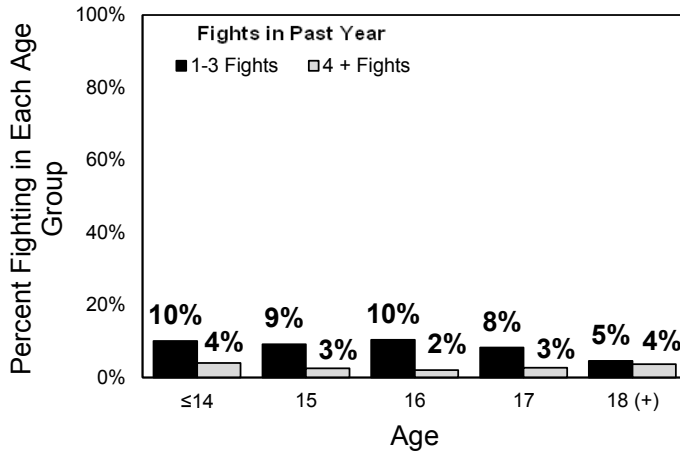


Survey Question: "In the last year, how many times were you in a physical fight at school?"

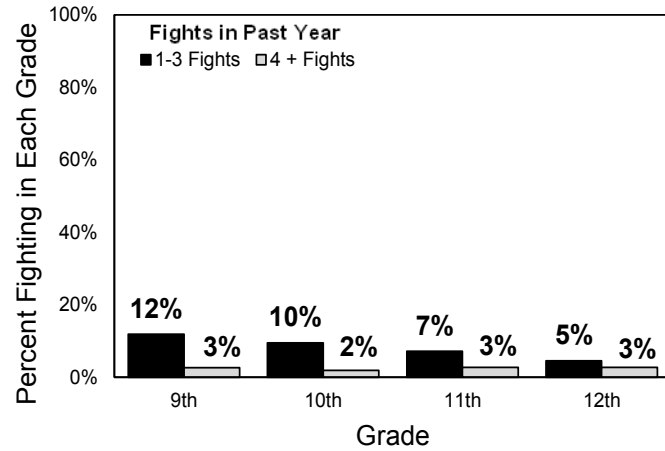
Physical Fighting

11% of all participating students have been in a physical fight in the last year.

By Age



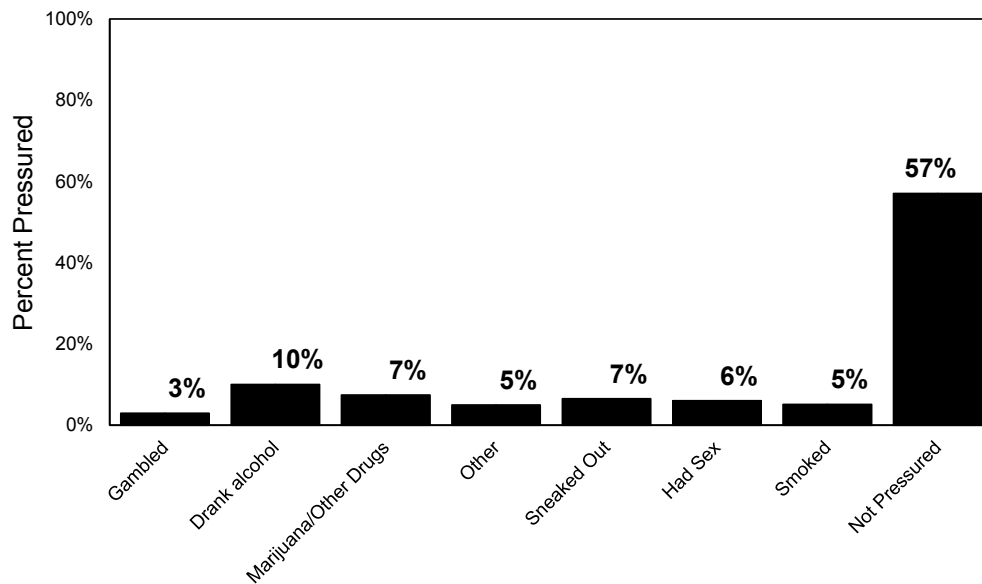
By Grade



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

Peer Pressure

58% of all participating students have experienced pressure from friends or peers.

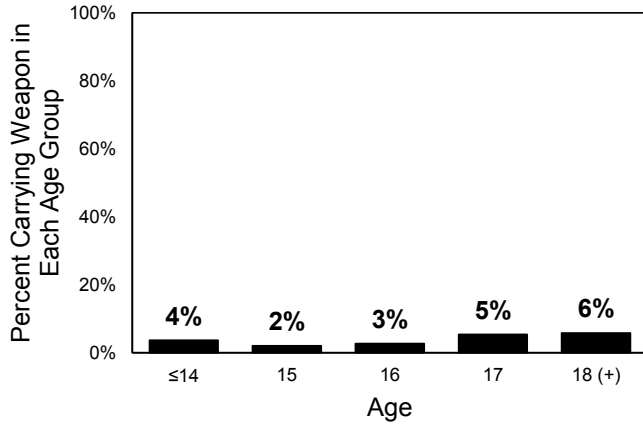


Survey Question: "In the last year, did you carry a weapon to this school?"

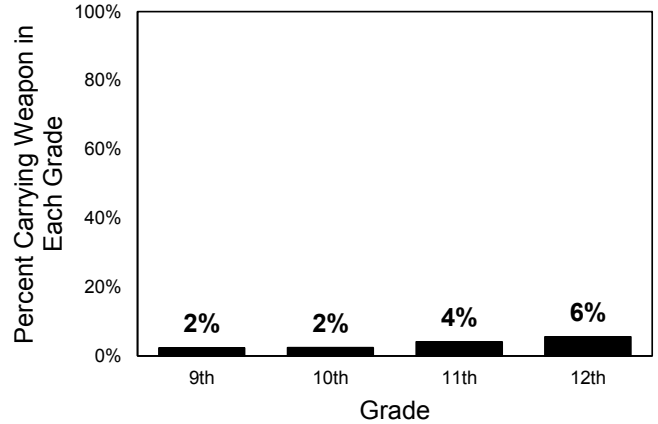
Carrying a Weapon to School

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

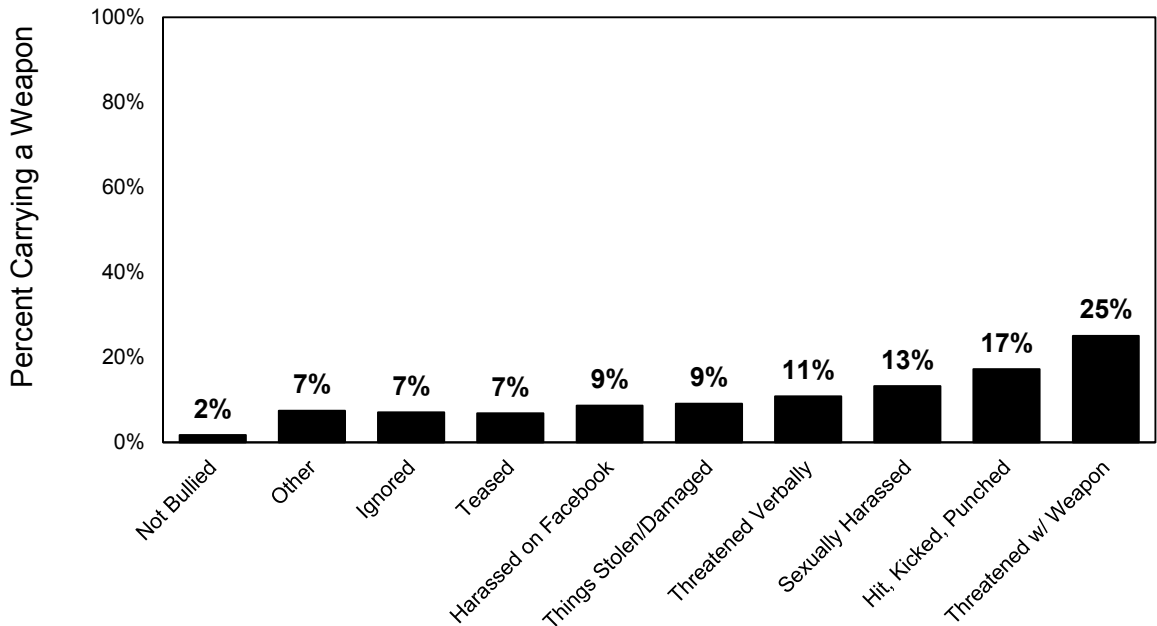
By Age



By Grade



Carrying a Weapon by Been Bullied at School

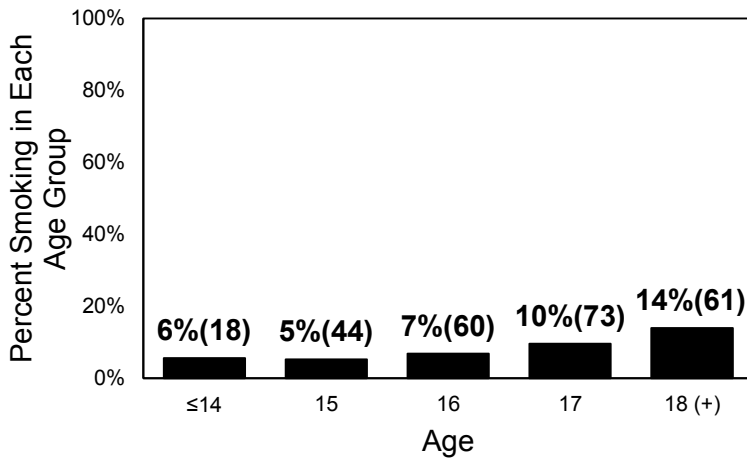


Survey Question: "During the past 30 days, how many cigarettes did you smoke per day?"

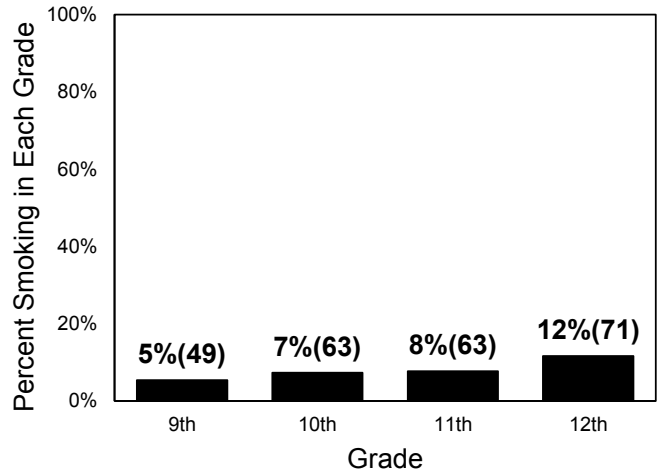
Smoking

8% (256) of all participating students smoke cigarettes.

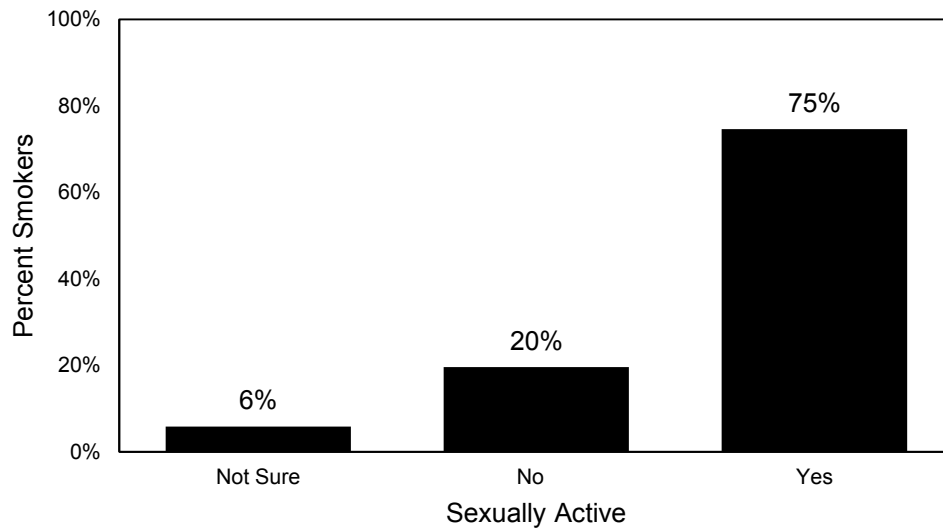
By Age



By Grade



Sexually Active Among Smokers



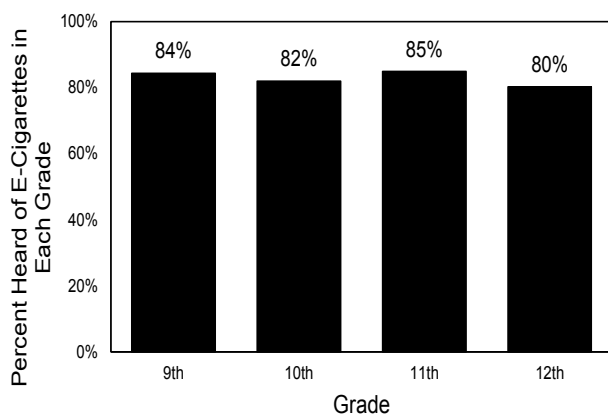
Electronic Cigarettes

These questions were asked to 56% of the participating Walton County high school population.

Survey Question: "Have you heard of electronic cigarettes?"

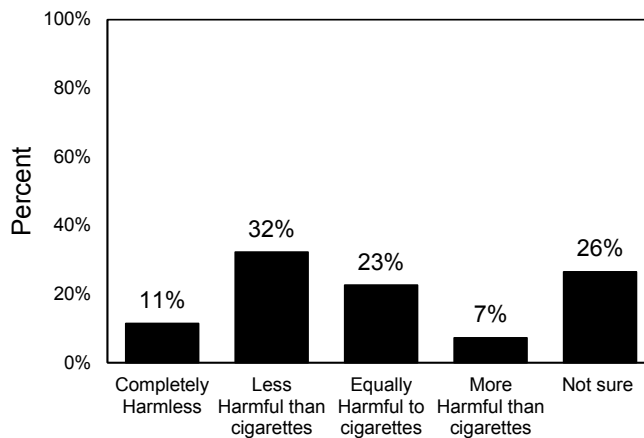
Heard of E-Cigarettes By Grade

83% of all participating students have heard about electronic cigarettes.



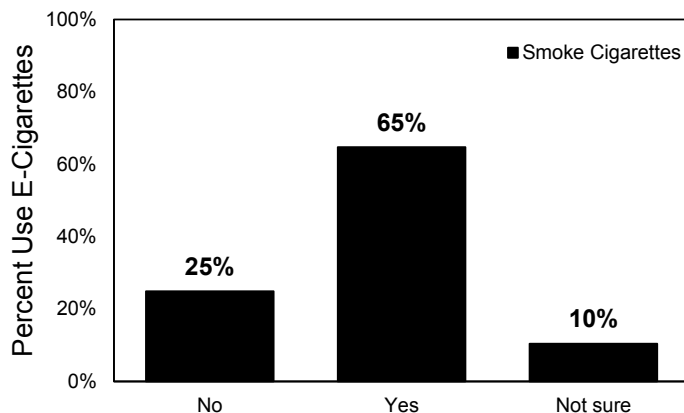
Survey Question: "Do you think electronic cigarettes are:"

Perception of E-Cigarettes



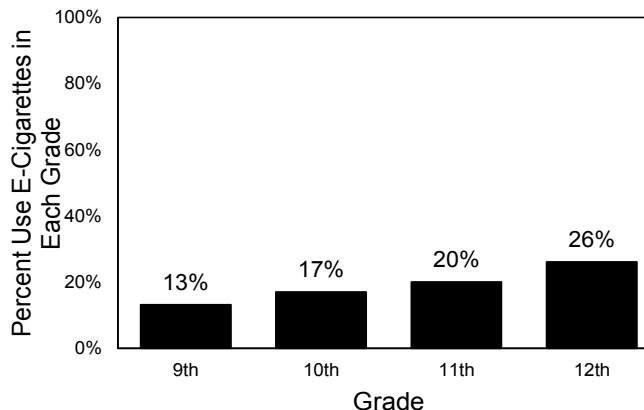
Survey Question: "Have you used electronic cigarettes (vaping)?"

Used E-Cigarettes By Smoke Cigarettes



Used E-Cigarettes By Grade

18% of all participating students have used electronic cigarettes.

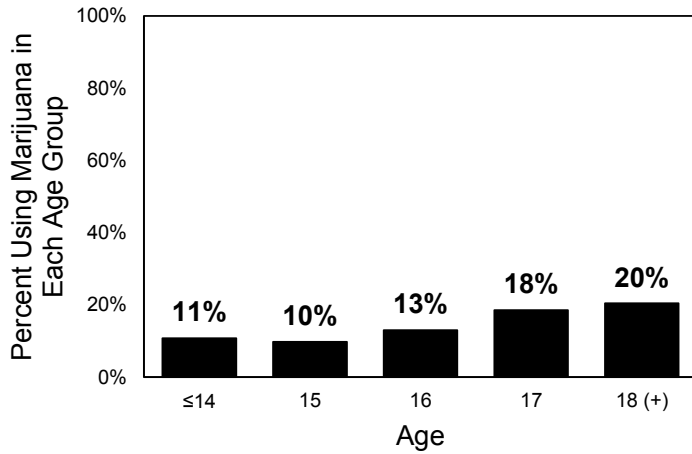


Survey Question: "Do you smoke marijuana?"

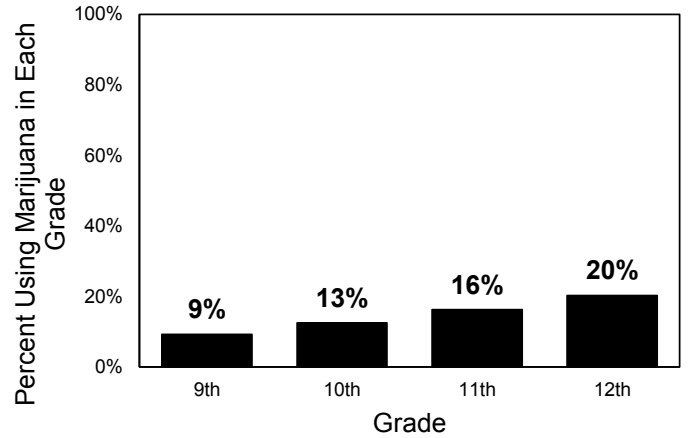
Marijuana Use

14% of all participating students currently use marijuana.

By Age

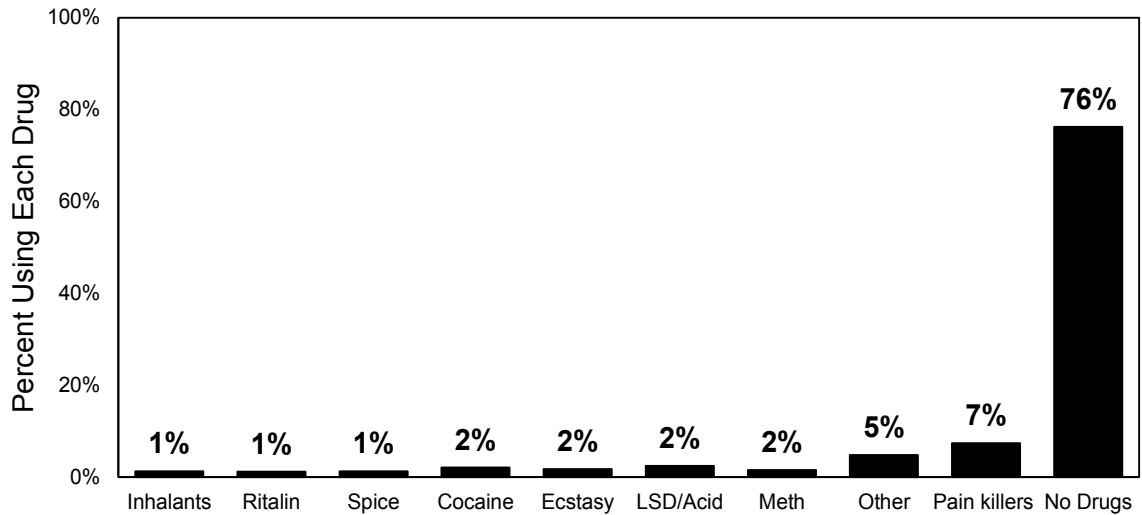


By Grade



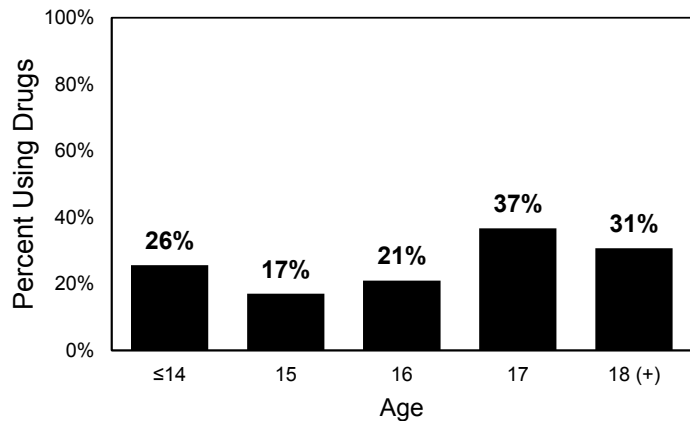
Substance Use

24% of all participating students have abused another substance.

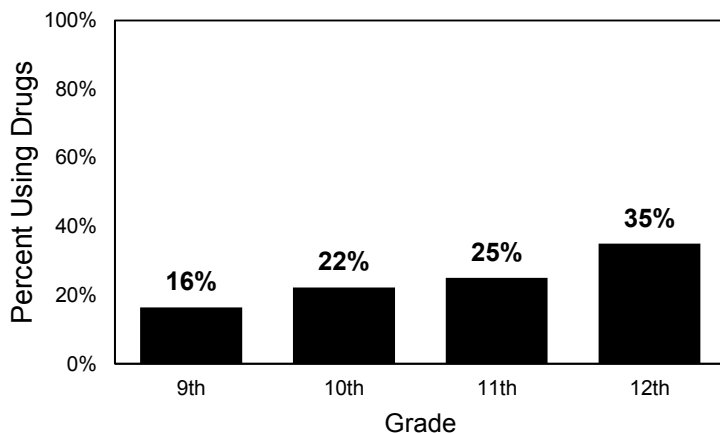


Substance Use

By Age



By Grade

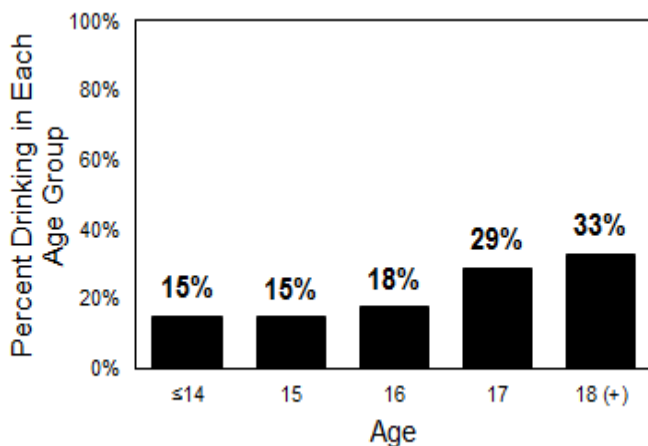


Survey Question: "During the past 30 days, how many days did you have at least one drink of alcohol?"

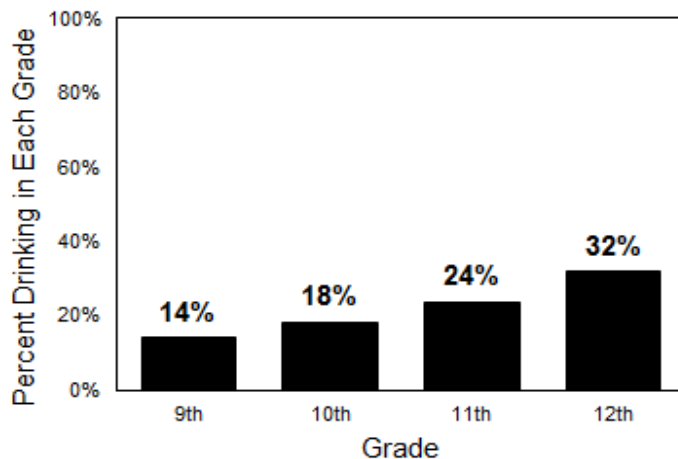
Alcohol Use

21% of all participating students drank alcohol in the last month.

By Age



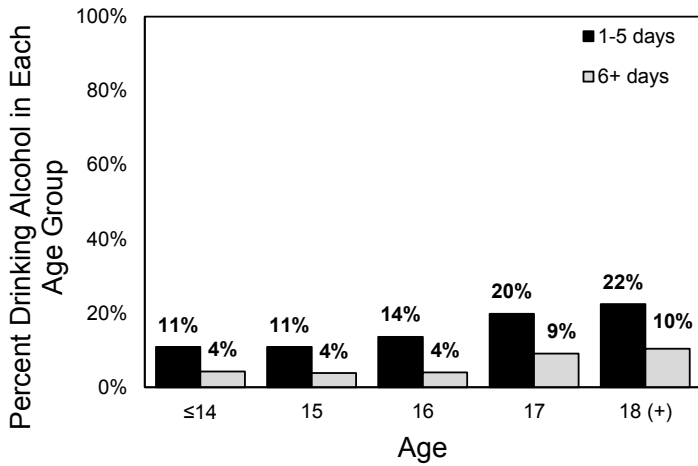
By Grade



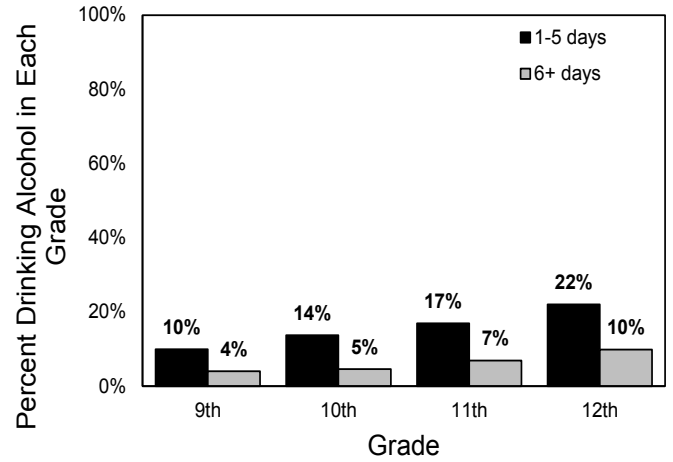
Survey Question: "During the past 30 days, how many days did you have at least one drink of alcohol?"

Frequency of Alcohol Use

By Age



By Grade

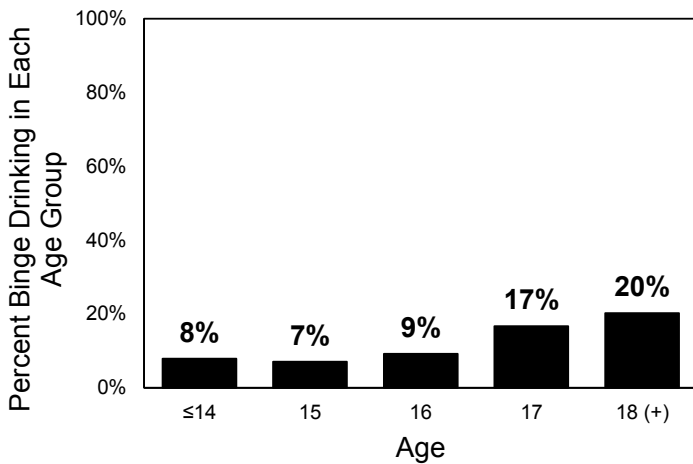


Survey Question: "During the past 30 days, how many days did you have 5 or more drinks of alcohol within a few hours?"

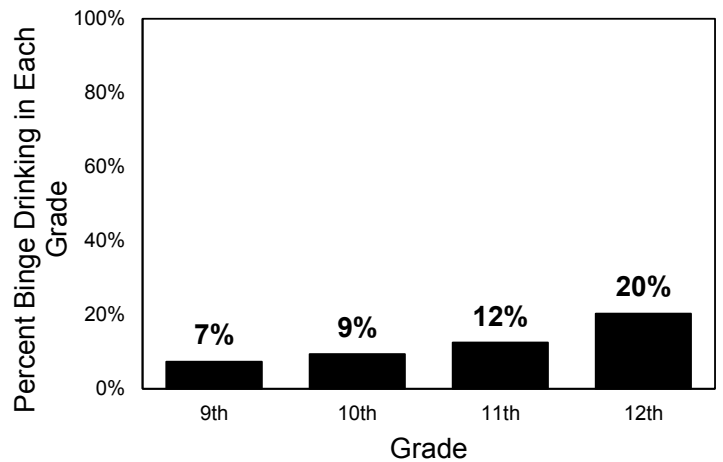
Binge Drinking

12% of all participating students had a binge drinking episode in the past month.

By Age



By Grade

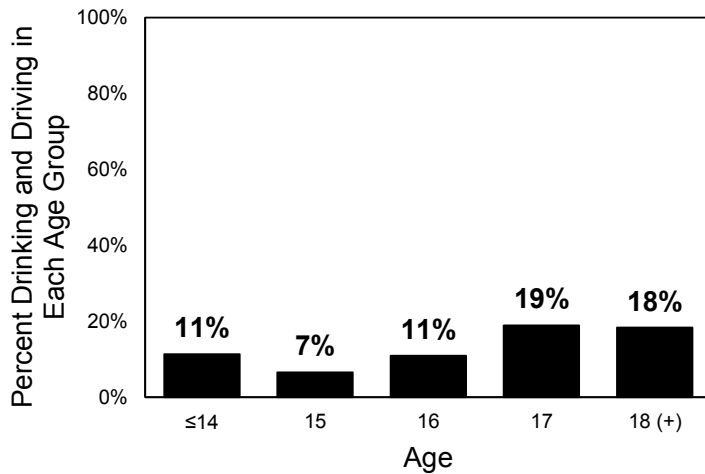


Survey Question: "In the past 12 months, how many times have you driven after drinking alcohol or using other drugs or ridden with a driver who has?"

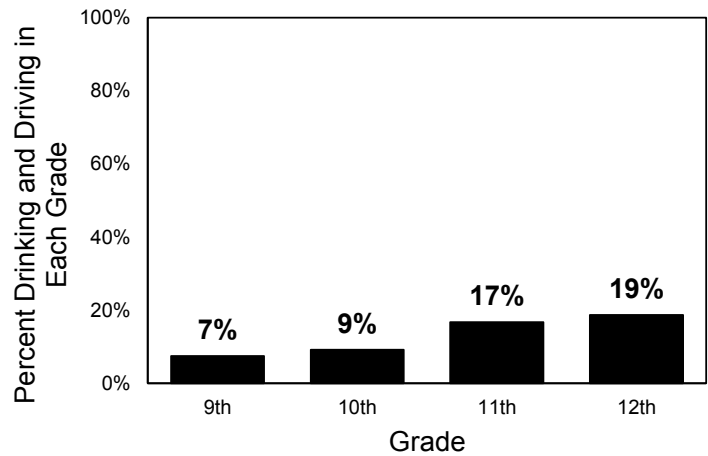
Drinking and Driving

13% of all participating students have driven after drinking alcohol or using drugs or ridden with a driver who has.

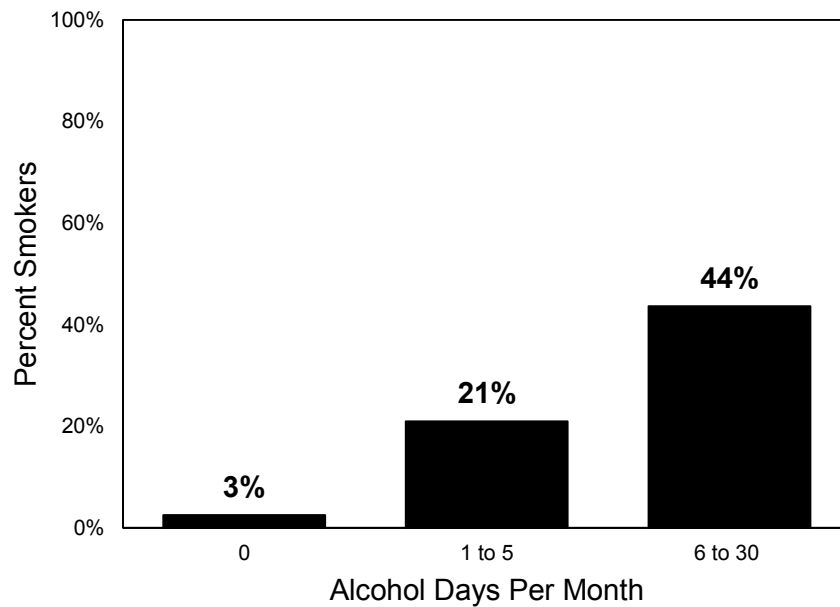
By Age



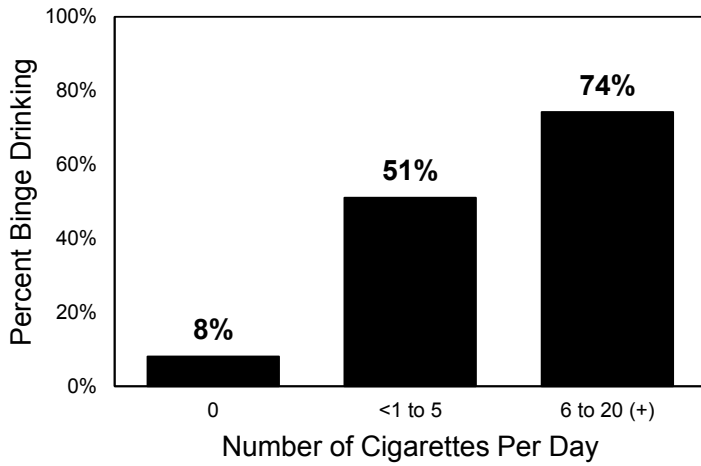
By Grade



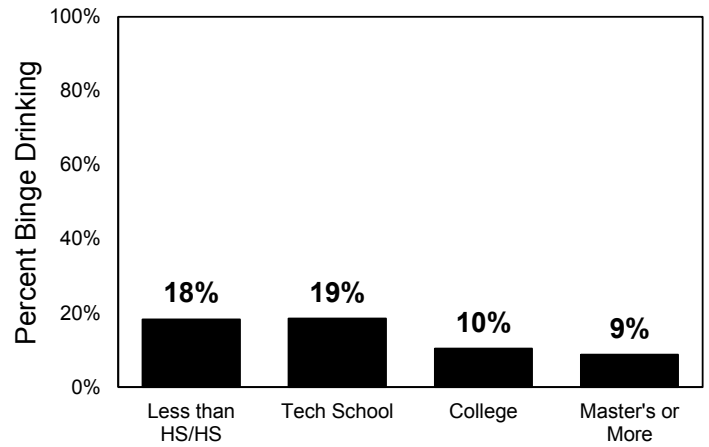
Cigarette Smoking by Alcohol Use



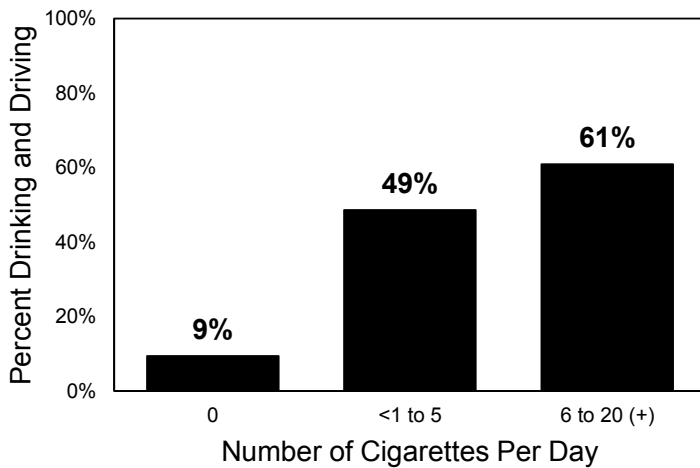
Binge Drinking by Smoking



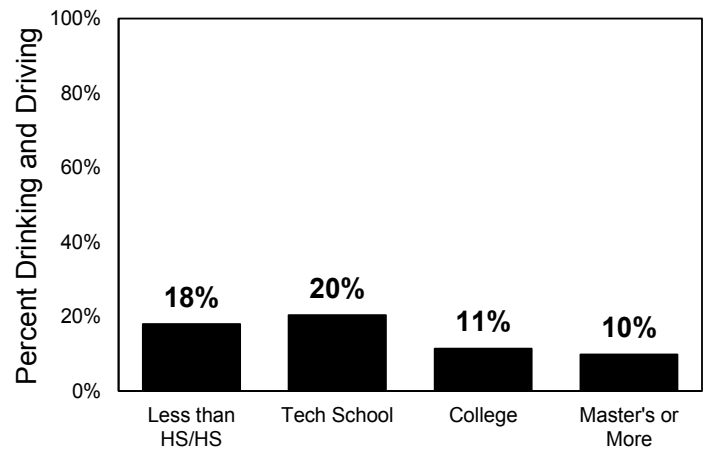
Binge Drinking by Expected Future Education



Drinking and Driving by Smoking



Drinking and Driving by Expected Future Education

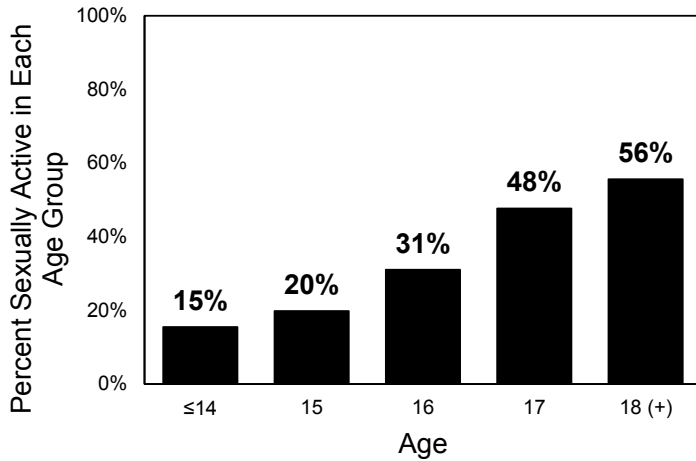


Survey Question: "Have you ever had sexual intercourse?"

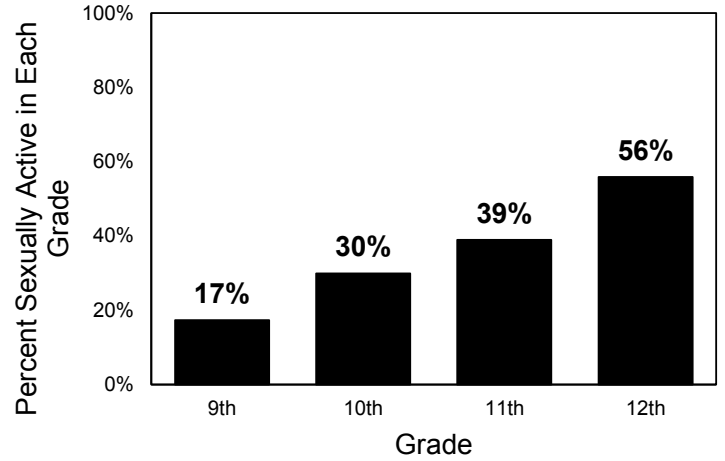
Sexual Intercourse

34% of all participating students have had sexual intercourse.

By Age



By Grade

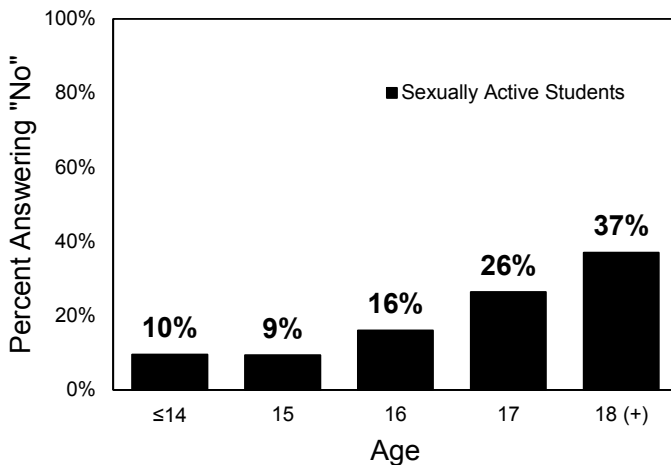


Survey Question: "Does one of your parents know you have had sexual intercourse?"

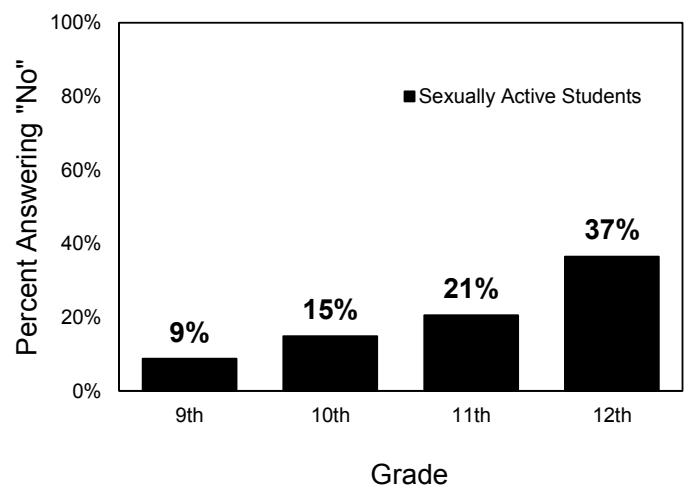
Parental Knowledge of Sexual Activity

48% of parents do not know their children are sexually active.

By Age



By Grade

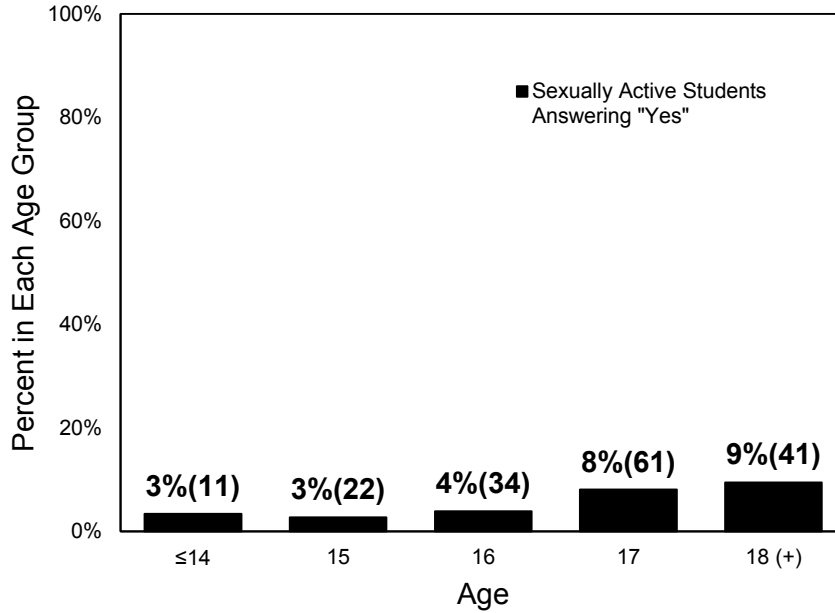


Survey Question: "The last time you had sexual intercourse, had you or your partner been using alcohol or drugs?"

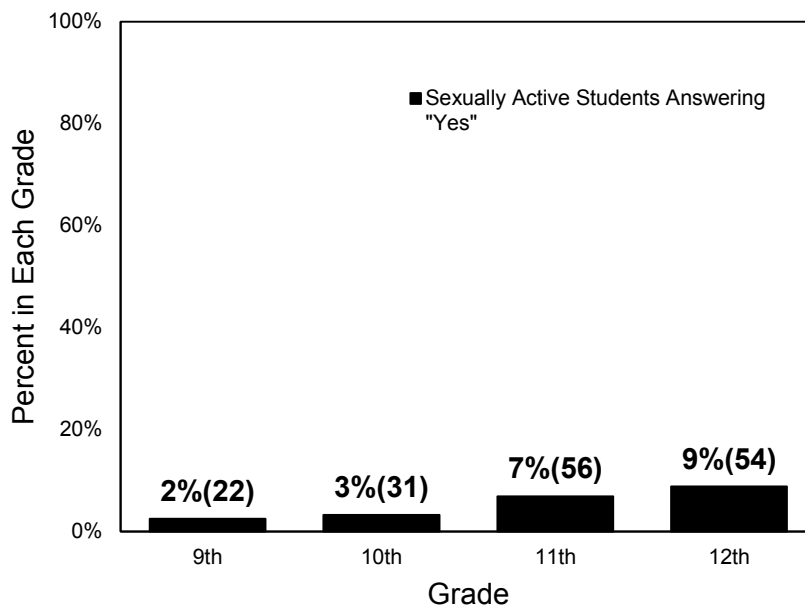
Use Drugs or Alcohol During Sexual Intercourse

13% (170) of all sexually active students have been using alcohol or drugs the last time they had sexual intercourse.

By Age



By Grade

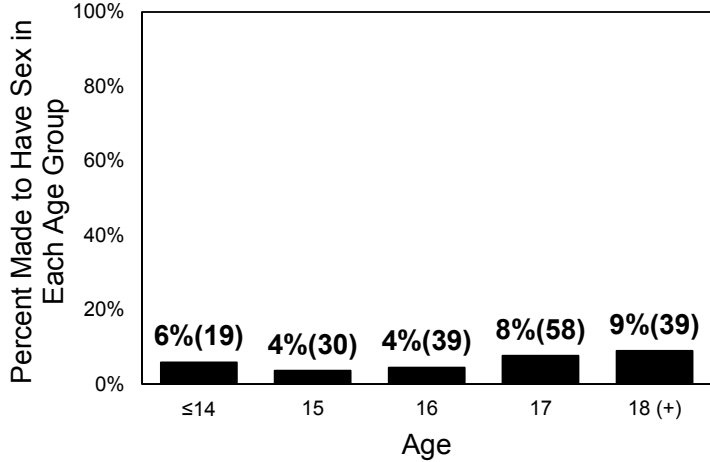


Survey Question: "Has anyone ever made you have sexual intercourse when you did not want to?"

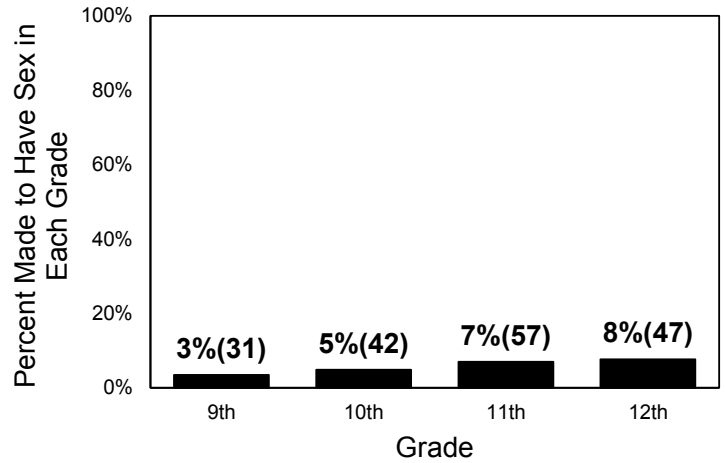
Made to Have Sex

6% (185) of all participating students have been made to have sexual intercourse.

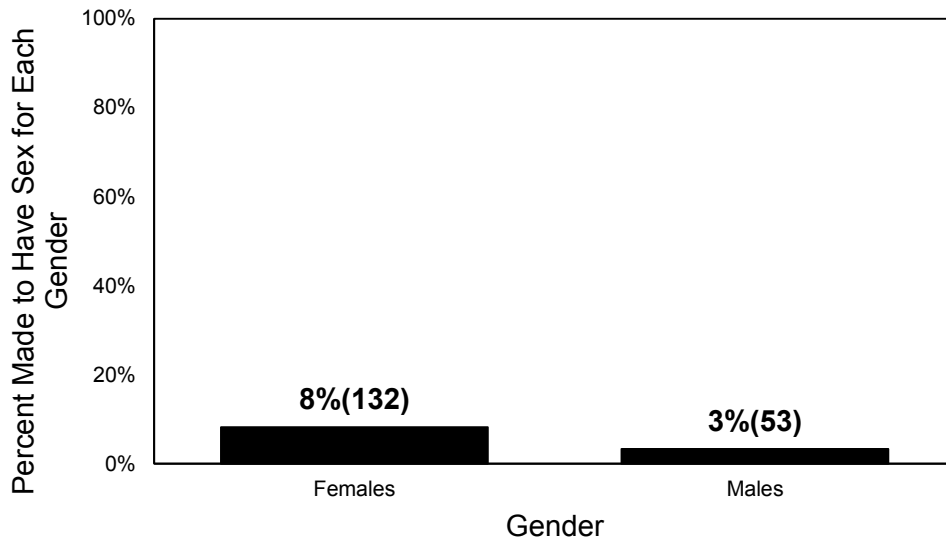
Unwanted Sexual Intercourse by Age



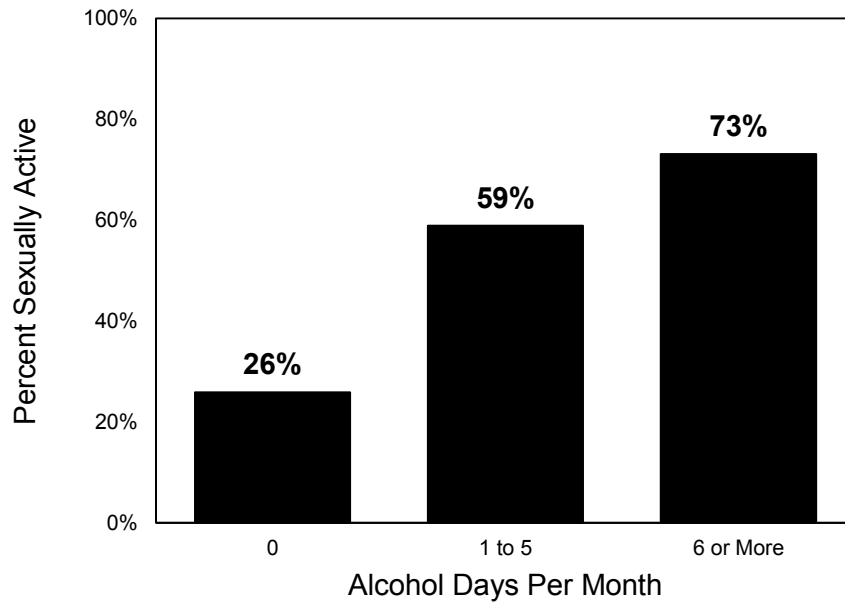
Unwanted Sexual Intercourse by Grade



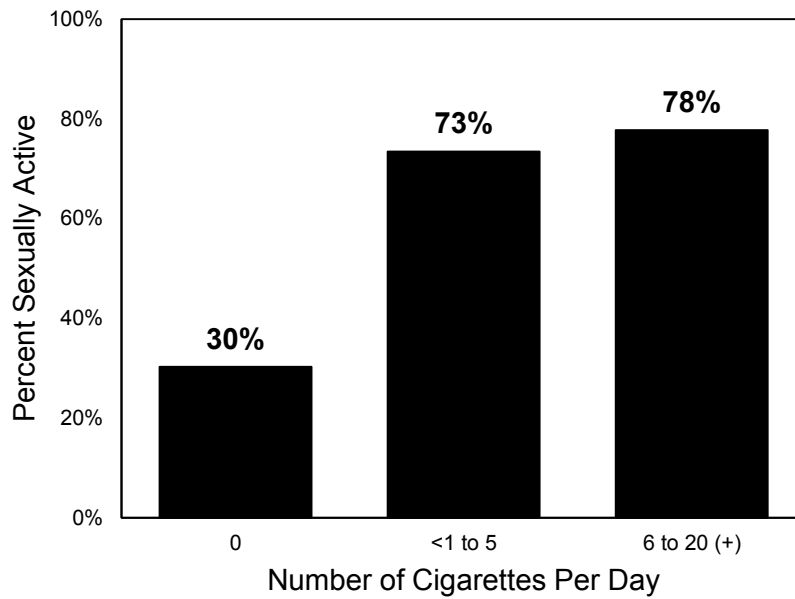
Unwanted Sexual Intercourse by Gender



Sexual Intercourse by Alcohol Use

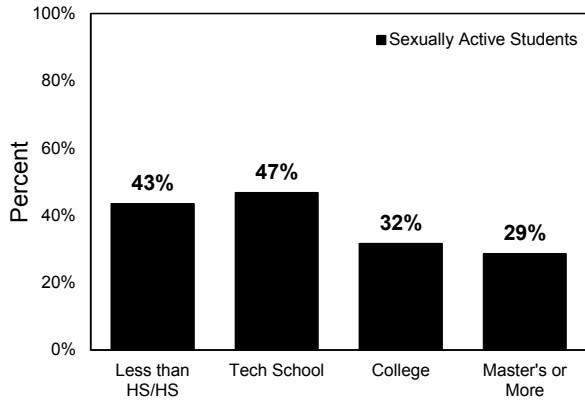


Sexual Intercourse by Smoking

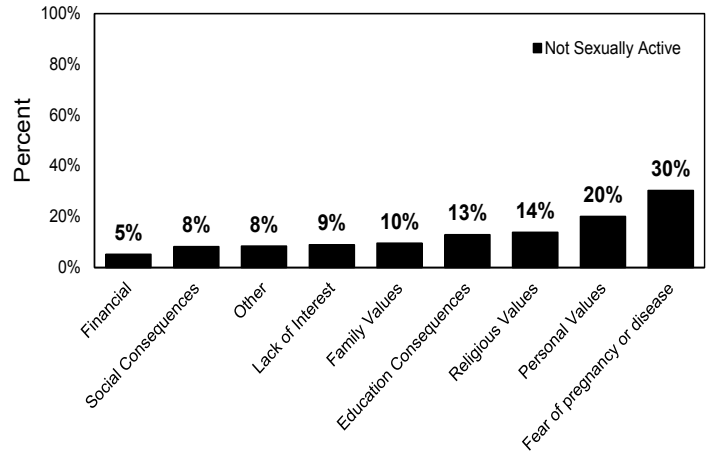


Survey Question: "If you have decided not to have sexual intercourse at this point in your life, why?"

Sexual Activity By Expected Future Education



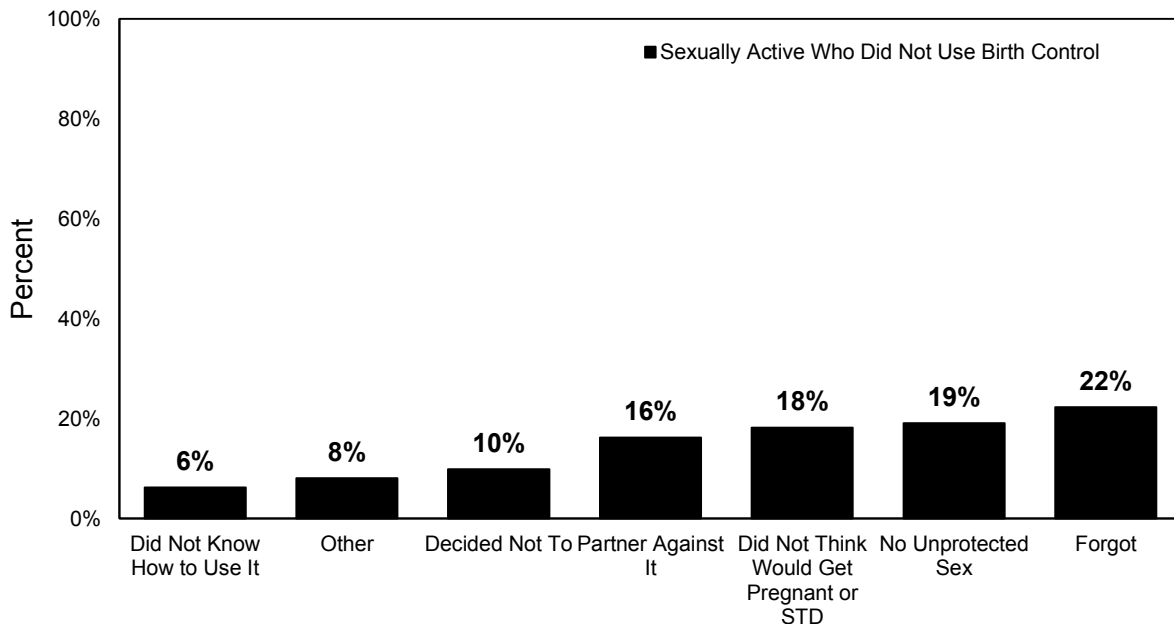
Reasons for Not Having Sexual Intercourse



Reasons Why Not Sexually Active

Survey Question: "If you are sexually active and birth control is available to you, why have you sometimes not used it?"

Reasons for Not Using Birth Control



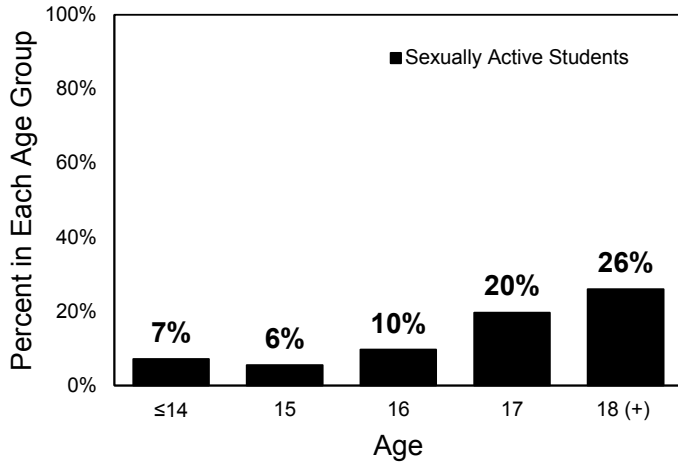
Reasons for No Birth Control

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

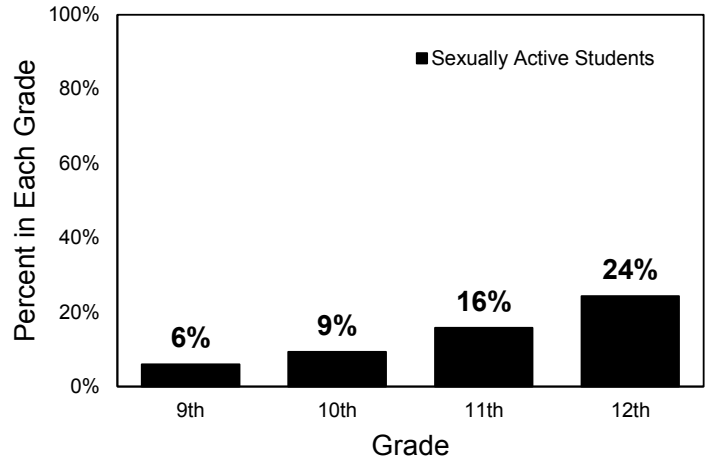
3 or More Sexual Partners in Lifetime

37% of sexually active students have had 3 or more sexual partners.

By Age



By Grade

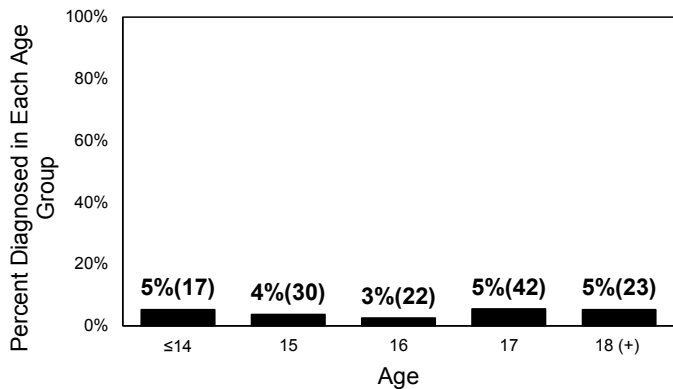


Survey Question: "Have you ever been told by a doctor or a nurse that you had a sexually transmitted disease such as Chlamydia, Gonorrhea, Herpes, Genital Warts, Syphilis, or AIDS/HIV infection?"

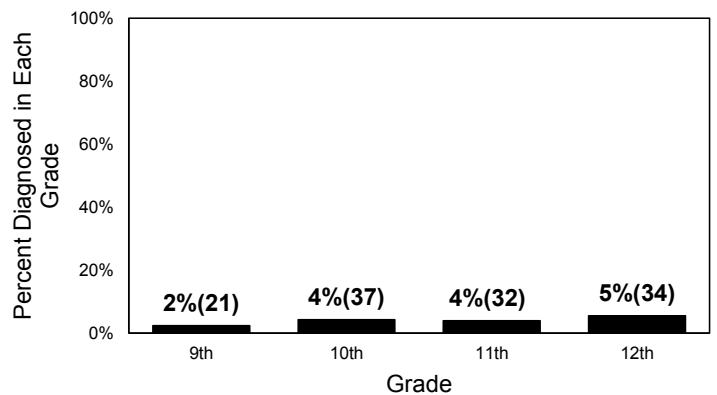
Sexually Transmitted Diseases

4% (136) of all participating students have been diagnosed with a STD.

By Age



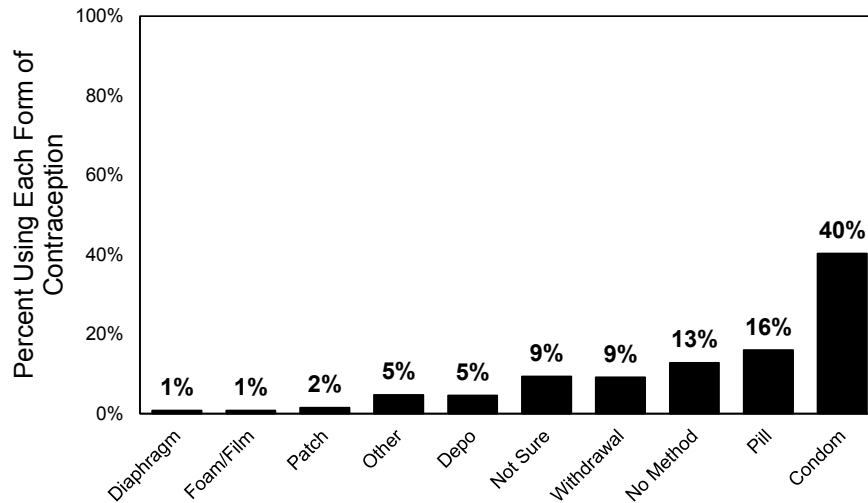
By Grade



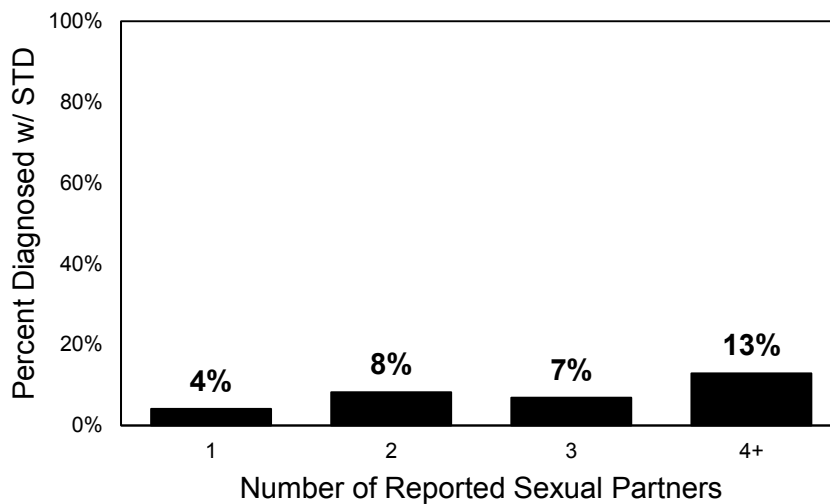
Survey Question: "The last time you had sexual intercourse, which of the following did you or your partner use?"

Contraception Use

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



STD Diagnosis by Number of Sexual Partners

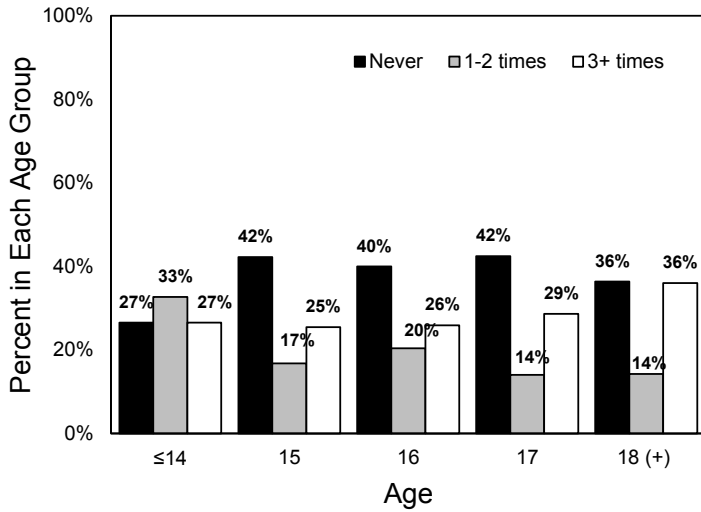


Survey Question: "How many times have you had sexual intercourse without using birth control?"

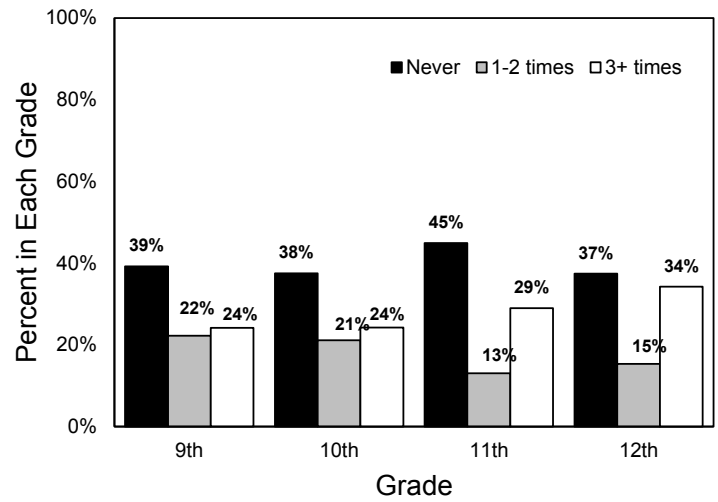
Frequency of Unprotected Sexual Intercourse

44% of sexually active students have had sexual intercourse without using birth control.

By Age



By Grade

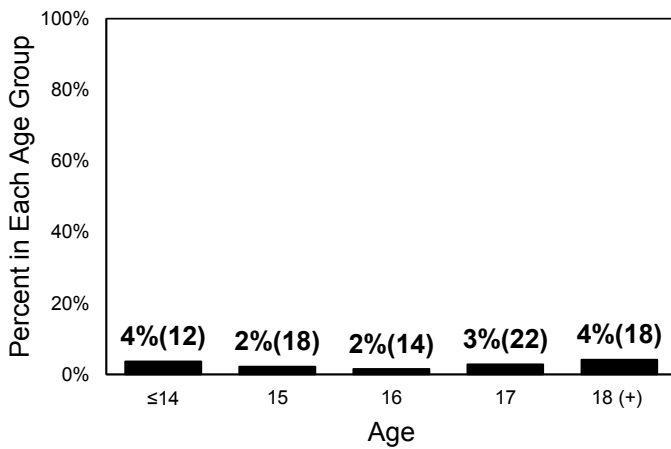


Survey Question: "Do you want to have a baby or father a baby before finishing high school?"

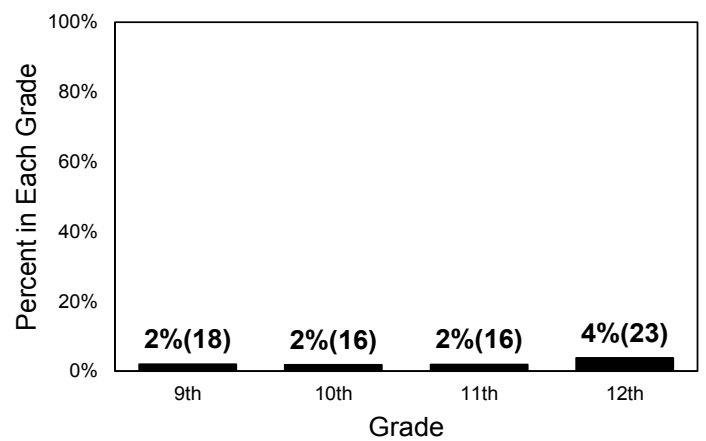
Want a Baby Before Graduation

3% (85) of all participating students want a baby before high school graduation.

By Age



By Grade

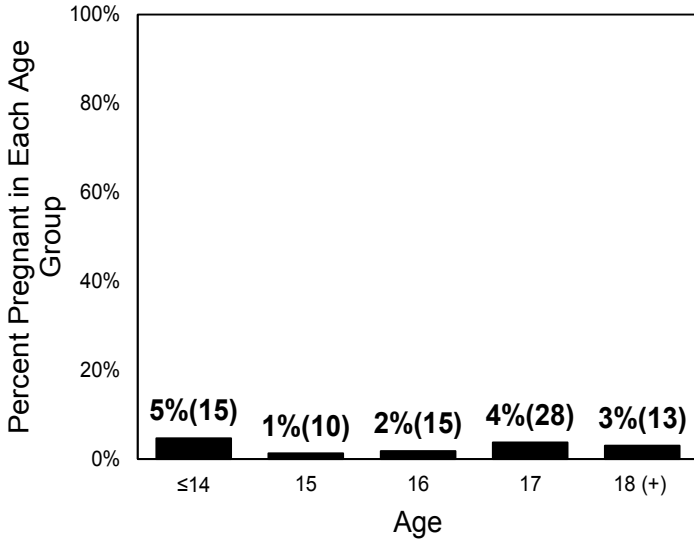


Survey Question: "Have you ever been pregnant or gotten a girl pregnant?"

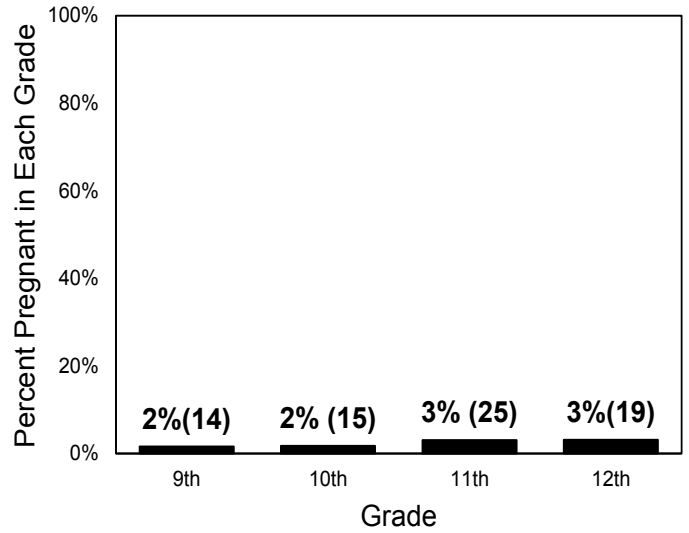
Pregnancy

3% (81) of all participating students have been pregnant or gotten someone pregnant.

By Age



By Grade



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

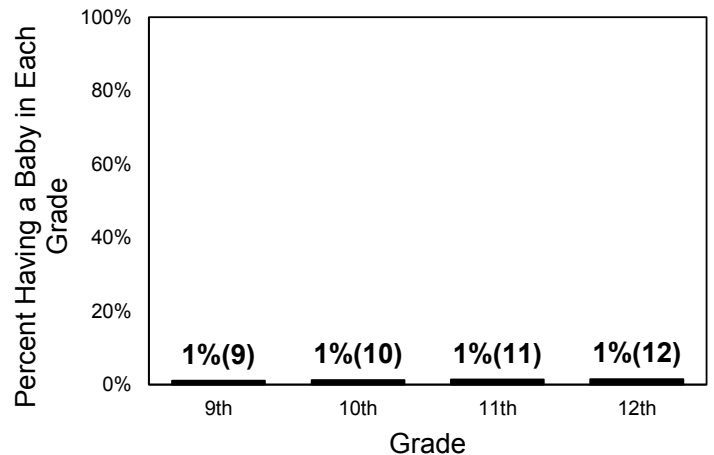
Had a Baby

1% (42) of all participating students have had a baby.

By Age



By Grade



Notes