



Broome County, NY 2005 Youth Risk Behavior Survey (YRBS) Results

Tobacco Use: Cigarettes

47.3% ever tried cigarette smoking
12.7% smoked a whole cigarette before age 13
17.1% smoked cigarettes during the past month
15.4% of smokers smoked >½ pack per day on days smoked during the past month
8.9% smoked cigarettes on ≥ 20 days during the past month
7.0% smoked cigarettes on school property during the past month
13.4% ever smoked cigarettes daily
59.7% of smokers tried to quit during the past year

Tobacco Use: Cigarette Purchase

11.0% of smokers age < 18 purchased own cigarettes at a store or gas station during the past month

Tobacco Counseling

8.9% reported their doctor or nurse discussed ways to avoid tobacco use during their last check-up

Dietary Behaviors: Weight

14.3% were at risk for becoming overweight
11.5% were overweight
31.2% described themselves as slightly or very overweight

Dietary Behaviors: Weight Loss

45.3% were trying to lose weight

During the past month, to lose weight or keep from gaining weight:

62.0% exercised
36.0% ate less food, fewer calories, or foods low in fat
8.9% went without eating for 24 hours or more
5.4% took diet pills, powders, or liquids without a doctor's advice
4.5% vomited or took laxatives

Dietary Behaviors: Dietary Intake

One or more times during the past week:

82.6% drank 100% fruit juices
87.0% ate fruit
71.3% ate green salad
68.6% ate potatoes
51.4% ate carrots
84.1% ate other vegetables
18.0% ate five or more servings per day of fruits and vegetables

Milk & Soft Drink Consumption

76.1% usually drink skim or non-fat, 1% or 2% milk
53.1% drank carbonated soft drinks one or more times during the past month

Fast Food

19.6% ate fast food at a restaurant three or more times during the past week

Food & Nutrition in School

During the past month:

50.7% most of the time or always ate lunch at school

During the past school year, in any of their classes:

40.7% were taught about the benefits of eating more fruits & vegetables
29.3% were taught how to make healthy meals & snacks



Healthy Youth!



Broome County, NY 2005 Youth Risk Behavior Survey (YRBS) Results

Physical Activity: Activity

On three or more days during the past week:

71.9% exercised or participated in physical activity that made them sweat or breathe hard for 20 minutes or more

47.1% exercised to strengthen or tone their muscles

On five or more days during the past week:

32.4% participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more

Physical Activity: Inactivity

23.9% did not participate in at least 20 minutes of vigorous physical activity three or more times during the past week and did not participate in at least 30 minutes of moderate physical five or more times during the past week

3.8% did not participate in any vigorous or moderate physical activity during the past week

On an average school day:

26.1% watched TV for 3 or more hours per day

22.5% played video or computer games or used a computer for other than schoolwork for 3 or more hours per day

Physical Education (PE)

In an average week:

98.0% attended PE classes on one or more days

5.3% attended PE classes daily

Among those enrolled in PE:

75.7% actually exercised or played sports more than 20 minutes during an average PE class

64.1% played on one or more sports teams during the past year

Physical Activity Education in School

During the past school year, in some of their classes:

59.7% were taught about the benefits of physical activity

41.9% were taught how to develop a physical fitness plan for themselves

30.9% were taught about opportunities for physical activity in their community

Exercise or Sports Injury

16.3% saw a doctor or nurse for an injury that happened while exercising or playing sports during the past month

Health Conditions: Asthma

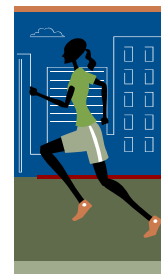
21.9% have ever been told by a doctor or nurse that they had asthma

18.0% currently have asthma

38.7% of those with current asthma had an asthma attack in the past year

Health Conditions: Diabetes

4.0% have ever been told by a doctor or nurse that they have diabetes



Healthy Youth!