

# Academic Performance and Student Health Risk

Technical Report

April 2014



*Substance Abuse  
and Mental Health Services*  
*An Office of the  
Department of Health and Human Services*

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

This technical report was developed by Stephen Corral and collaboratively edited by the Maine Integrated Youth Health Survey (MIYHS) Steering Committee. The Steering Committee is made up of staff from the Office of Substance Abuse and Mental Health Services, and the Maine Center for Disease Control and Prevention, Department of Health and Human Services; and the Maine Department of Education.

Prepared for: Department of Health and Human Services, Office of Substance Abuse and Mental Health Services; Office of the Maine Center for Disease Control and Prevention; and Department of Education

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**2013 Maine Integrated Youth Health Survey  
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**Purpose:**

The purpose of this report is to examine the relationship between health behaviors, attitudes, and perception and academic performance for Maine high school students.

The “Risk Behavior and Academic Performance Report” by the U.S. Center for Disease Control and Prevention Division of Adolescent and School Health using the Youth Risk Behavior Survey serves as the model for this report.

**Data:**

Every two years, the State of Maine administers the Maine Integrated Youth Health Survey (MIYHS), a comprehensive survey of adolescent health, risk behaviors, and protective factors. All public high schools in Maine are invited to participate in the MIYHS. In 2013, 37,366 Maine high school students in 104 schools around the state completed the survey; 79.4% of high schools participated in the survey with 79.8% of students within those schools responding to the survey for an overall response rate of 63.3%.

Maine high school students take one of four versions of the survey. The four versions for the MIYHS High school module are randomly assigned by school and by classes within each school, so not all students answer all items. On one of these versions, the following question about grades was asked to assess academic performance:

During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

Since the question used to assess academic performance only appears on one version of the MIYHS High School module, we can only run analyses for the subset of questions on the same version and results can only be generalized to the state of Maine. We are not able to analyze these data at the public health district, county, school administrative, or school level of analysis. The data were weighted to be representative of all high school students in the state.

For more information, please see the [2013 MIYHS Methodological Report](#).

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### Analysis:

Each question also has a calculated variable that is a dichotomous (yes vs. no) answer of interest. The dichotomous answer of interest variables are used as the outcome in logistic regression models designed to measure the likelihood that students will answer yes to a particular health behavior, attitude, or perception. The main predictor in these models is academic performance. In the models, the responses to the grades mostly earned question are divided into four categories: Mostly A's, Mostly B's, Mostly C's, Mostly D's/F's. Students answering "None of these grades" or "Not Sure" are excluded from these models. All models were adjusted by sex (female and male), race/ethnicity (White Non-Hispanic, Black Non-Hispanic, Hispanic, and Other), and grade in school (9<sup>th</sup> grade, 10<sup>th</sup> grade, 11<sup>th</sup> grade, and 12<sup>th</sup> grade) of the students.

Analyses were performed with Stata release 13 using the "svy" procedure to account for the sampling weights and complex sample design. Predicted probabilities, which are interpreted as percentages in this report, of health behavior, attitude, and perception by academic performance for each model were calculated using the mean values of all variables used in the model.

### Table Column Headings:

- **Health Behavior/Attitude/Risk:** All questions appearing on the same questionnaire version of the MIYHS High School module as the grades mostly earned question appear in this report. The text reflects the answer of interest for the particular question. Questions are organized by health category (unintentional injury, violence, bullying, etc...). The variable name is in parentheses before each item.
- **Percentage of Maine high school students who engaged in risky behaviors or hold a particular health perception or attitude by academic performance:** Predicted prevalence estimates for each level of academic performance derived from the individual logistic regression models.
- **P-Value:** The P-Value is the overall Wald p-value for academic performance. Typically, the preferred method for testing significant associations in a logistic regression models is a maximum likelihood test. However, the maximum likelihood test relies on the assumption that observations are independent. This assumption is violated with complex survey designs. As a result, a Wald test is used instead.
- **Significant Association:** Indicates if there is a statistically significant association between academic performance and the health outcome. This report uses a 1% significance level in order to account for multiple comparisons, like the reports by the Division of Adolescent and School Health. If the p-value<0.01, then the association between the health question and academic performance is statically significant. If the p-value>0.01 then there is not a statistically significant association between the health behavior and academic performance.
  - **What does "No" significant association mean?**
    - The model indicates there is no statistically significant association between academic performance and the health outcome. You may make statements like: "The health outcome does not differ by types of grades earned after controlling for race/ethnicity, grade in school, and sex."

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- **What does “Yes” significant association mean?**
  - The model indicates there is a statistically significant association between academic performance and the health outcome. You may make statements like: “Students with poor grades have a significantly different prevalence in a health outcome than students with better grades.”

**Notes about MIYHS data:**

The MIYHS is limited due to its exclusive focus on youth in school. With such a focus, some subpopulations – such as school dropouts, students with high rates of absenteeism, home-schooled students, homeless youth, and runaway youth – will be missed or underrepresented. Also of note, some schools with very small enrollments (such as those found on Maine’s islands and/or in very rural areas) may be underrepresented due to enrollment-based sampling exclusions.

Because of the anonymous nature of the questionnaire and the difficulty in translating questions into multiple languages, students with very limited English language proficiency may be underrepresented. In addition, to maintain both confidentiality and consistency in the interpretation of questions, teachers were instructed to not provide additional explanation of questions, so students with reading abilities below that of the survey or with cognitive disabilities may have not completed the survey and, therefore, may be underrepresented as well.

Self-report data may be prone to bias due to forgetting, deception, or misunderstanding of the questions, all of which can contribute to underreporting or over-reporting of some behaviors. However, several studies have shown that surveys of adolescents yield valid and reliable data<sup>1</sup>.

**Notes about the analysis in this report:**

The analyses in this report indicate the presence or absence of a significant association between health behaviors and academic performance controlling for race/ethnicity, sex, and grade in school. Due to the fact that the Maine Integrated Youth Health Survey is a cross-sectional survey (occurring at one point in time), we cannot make any statements about the causal relationship between academic performance and health behavior. A significant association indicates that the likelihood to engage in a health behavior differs by academic performance. The presence of a significant association does not indicate academic performance causes a student to engage in a health behavior and vice versa.

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<sup>1</sup> <http://www.cdc.gov/mmwr/PDF/rr/rr5312.pdf>

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Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risky behavior or hold a particular health perception or attitude by grades mostly earned				P-Value	Significant Association*
	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
	<b>Unintentional Injury</b>					
(hn11)How often do you wear a seat belt when riding in a car driven by someone else? Percentage of students who answered 'Never' or 'Rarely'	3.7% (2.9%-4.6%)	4.7% (3.7%-5.7%)	9.6% (7.0%-12.2%)	19.1% (15.8%-22.4%)	0.000	Yes
(hn213)How often do you wear a seat belt when driving a car? Among students who drive, the percentage of students who answered 'Never' or 'Rarely'	2.8% (2.0%-3.7%)	3.3% (2.5%-4.0%)	8.3% (6.0%-10.5%)	17.5% (12.0%-22.9%)	0.000	Yes
(hn13)During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? Percentage of students who answered at least 1 time	9.0% (7.9%-10.0%)	12.4% (10.9%-13.8%)	18.0% (16.1%-20.0%)	26.2% (21.9%-30.4%)	0.000	Yes
(hn15)During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been taking illegal drugs such as marijuana? Percentage of students who answered at least 1 time	11.7% (10.3%-13.1%)	17.3% (15.6%-19.0%)	28.0% (25.4%-30.6%)	40.9% (35.9%-45.8%)	0.000	Yes
<b>Violence</b>						
(hn33)Do you agree or disagree with the following statement? 'I feel safe at my school.' Percentage of students who answered 'Strongly agree' or 'Agree'	91.1% (88.5%-93.7%)	88.7% (86.6%-90.9%)	82.1% (79.5%-84.7%)	71.3% (66.4%-76.1%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

†Confidence Interval

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Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risky behavior or hold a particular health perception or attitude by grades mostly earned				P-Value	Significant Association*
	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
<b>Bullying</b>						
(hn34)During the past 12 months, have you ever been bullied on school property? Percentage of students who answered 'Yes'	19.9% (17.5%-22.2%)	24.6% (22.6%-26.6%)	28.9% (26.1%-31.8%)	36.8% (31.7%-41.9%)	0.000	Yes
<b>Suicide &amp; Depression</b>						
(hn42)During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? Percentage of students who answered 'Yes'	14.6% (13.2%-15.9%)	21.6% (19.8%-23.5%)	31.8% (28.8%-34.8%)	45.6% (40.4%-50.9%)	0.000	Yes
(hn43a)During the past 12 months, when you felt sad or hopeless, from whom did you get help? Among students who have ever felt sad or hopeless during the past 12 months, the percentage of students who answered that they got help from an adult	26.6% (23.9%-29.3%)	22.7% (19.9%-25.4%)	21.0% (17.0%-25.0%)	14.1% (9.9%-18.3%)	0.001	Yes
(hn44)During the past 12 months, did you ever seriously consider attempting suicide? Percentage of students who answered 'Yes'	8.7% (7.5%-9.8%)	12.3% (10.9%-13.6%)	20.3% (17.6%-22.9%)	34.2% (28.6%-39.7%)	0.000	Yes
<b>Tobacco</b>						
(hn48)During the past 30 days, on how many days did you smoke cigarettes? Percentage of students who answered at least 1 day	4.9% (3.6%-6.1%)	10.2% (8.4%-11.9%)	22.4% (19.1%-25.8%)	36.7% (30.1%-43.3%)	0.000	Yes

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Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risky behavior or hold a particular health perception or attitude by grades mostly earned				P-Value	Significant Association*
	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
	(hn51)How old were you when you smoked a whole cigarette for the first time? Among students who have smoked a whole cigarette, the percentage of students who answered before age 13	26.4% (20.7%-32.1%)	27.9% (23.4%-32.4%)	28.6% (23.9%-33.3%)		
(hn51_2)How old were you when you smoked a whole cigarette for the first time? Percentage of students who answered before age 13 (among all students)	2.8% (2.0%-3.5%)	5.3% (4.4%-6.3%)	10.8% (8.7%-12.8%)	21.7% (17.5%-26.0%)	0.000	Yes
(hn50)During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? Percentage of students who answered at least 1 day	2.3% (1.7%-2.9%)	2.8% (2.1%-3.5%)	5.7% (4.4%-7.1%)	9.5% (6.8%-12.2%)	0.000	Yes
(hn49)During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars? Percentage of students who answered at least 1 day	5.8% (4.5%-7.0%)	8.4% (7.2%-9.6%)	13.3% (11.6%-15.1%)	20.5% (16.7%-24.3%)	0.000	Yes
(hn52a)During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes? Percentage of students who answered at least 1 day	23.3% (20.2%-26.3%)	38.5% (35.5%-41.6%)	55.4% (51.5%-59.3%)	69.6% (64.8%-74.4%)	0.000	Yes
(hn204)During the past 12 months, were you taught in any of your classes about the dangers of tobacco use? Percentage of students who answered 'Yes'	44.8% (41.6%-47.9%)	38.5% (35.8%-41.2%)	35.6% (32.2%-39.0%)	32.1% (27.1%-37.1%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risky behavior or hold a particular health perception or attitude by grades mostly earned				P-Value	Significant Association*
	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn54)How wrong do your parents feel it would be for you to smoke cigarettes? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	4.5% (3.6%-5.4%)	7.4% (6.4%-8.5%)	14.3% (12.2%-16.4%)	21.3% (17.2%-25.3%)	0.000	Yes
(hn55)How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day? Percentage of students who answered 'No risk' or 'Slight risk'	5.1% (4.0%-6.3%)	7.4% (6.3%-8.5%)	10.6% (8.8%-12.4%)	16.5% (12.8%-20.2%)	0.000	Yes
(hn56)If you wanted to get some cigarettes, how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	53.3% (50.5%-56.0%)	64.0% (61.4%-66.7%)	76.0% (73.2%-78.7%)	77.6% (74.0%-81.1%)	0.000	Yes
(hn57)During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age? Among students under the age of 18 who tried to buy cigarettes during the past 30 days, the percentage of students who answered 'Yes'	19.4% (7.7%-31.1%)	19.9% (10.3%-29.5%)	18.2% (11.8%-24.6%)	15.7% (6.2%-25.2%)	0.900	No
(hn58)Have your parents ever told you not to smoke cigarettes? Percentage of students who answered 'Yes'	91.3% (90.1%-92.5%)	91.0% (89.8%-92.2%)	90.7% (88.8%-92.6%)	84.0% (79.4%-88.6%)	0.006	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn59)When you go to a supermarket, grocery store, convenience store or gas station mini-mart, how often do you see tobacco industry advertisements on signs or poster boards? Percentage of students who answered 'A lot'	44.5% (42.3%-46.7%)	50.2% (48.3%-52.0%)	56.7% (54.4%-59.0%)	58.4% (55.2%-61.6%)	0.000	Yes
(hn60)How much do you think people risk harming themselves (physically or in other ways) if they are exposed to other people's cigarette smoke? Percentage of students who answered 'No risk' or 'Slight risk'	19.8% (17.5%-22.1%)	27.1% (24.8%-29.4%)	35.7% (32.2%-39.2%)	39.3% (33.9%-44.7%)	0.000	Yes
(hn68)Think of your four best friends. How many in the past year have smoked cigarettes? Percentage of students who answered at least 1 friend	30.2% (26.6%-33.8%)	44.3% (41.0%-47.5%)	63.1% (59.8%-66.3%)	73.6% (68.6%-78.5%)	0.000	Yes
<b>Alcohol</b>						
(hn78)During your life, how many days have you had at least one drink of alcohol? Percentage of students who answered at least 1 day	44.8% (42.4%-47.1%)	55.2% (52.6%-57.8%)	69.6% (66.5%-72.7%)	75.4% (69.8%-81.1%)	0.000	Yes
(hn79)How old were you when you had your first drink of alcohol other than a few sips? Among students who have had more than a few sips of alcohol, the percentage of students who answered before age 13	16.2% (13.3%-19.1%)	22.0% (19.3%-24.7%)	24.6% (20.8%-28.5%)	40.1% (33.2%-47.0%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn79_2)How old were you when you had your first drink of alcohol other than a few sips? The percentage of students who answered before age 13 (among all students)	7.6% (6.3%-9.0%)	13.2% (11.6%-14.7%)	18.8% (15.9%-21.6%)	33.0% (27.2%-38.8%)	0.000	Yes
(hn80)During the past 30 days, on how many days did you have at least one drink of alcohol? Percentage of students who answered at least 1 day	18.4% (16.8%-20.0%)	23.5% (21.4%-25.5%)	34.2% (30.8%-37.5%)	48.2% (41.6%-54.8%)	0.000	Yes
(hn81a)During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? Percentage of students who answered at least 1 day	8.8% (7.5%-10.1%)	12.0% (10.5%-13.5%)	20.0% (17.3%-22.7%)	30.9% (25.7%-36.2%)	0.000	Yes
(hn82a)During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.) Among students who reported alcohol use during the past 30 days, the percentage of students who answered 'Someone gave it to me'	41.2% (37.1%-45.3%)	36.3% (32.3%-40.3%)	34.9% (30.4%-39.4%)	32.2% (22.9%-41.5%)	0.098	No
(hn83)During the past 30 days, on how many days did you have at least one drink of alcohol on school property? Percentage of students who answered at least 1 day	1.6% (1.0%-2.2%)	1.8% (1.3%-2.3%)	3.5% (2.5%-4.5%)	8.9% (5.6%-12.2%)	0.000	Yes
(hn84)If you wanted to get some alcohol, how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	65.1% (62.7%-67.5%)	66.3% (64.4%-68.2%)	71.2% (68.4%-74.1%)	73.2% (68.9%-77.4%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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Health Behavior/Attitude/Perception	Percentage of Maine high school students who engaged in a risky behavior or hold a particular health perception or attitude by grades mostly earned				P-Value	Significant Association*
	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn86)If you drank some alcohol without your parents' permission, would you be caught by your parents? Percentage of students who answered 'Probably not' or 'Definitely not'	45.9% (44.0%-47.8%)	53.8% (51.8%-55.8%)	63.8% (61.4%-66.2%)	70.1% (64.8%-75.4%)	0.000	Yes
(hn87)If a kid drank some alcohol in your neighborhood, would he or she be caught by the police? Percentage of students who answered 'Probably not' or 'Definitely not'	84.9% (83.6%-86.3%)	86.2% (84.4%-88.0%)	87.1% (84.8%-89.4%)	89.1% (85.8%-92.3%)	0.143	No
(hn88b)How much do you think people risk harming themselves (physically or in other ways) if they have 1 or 2 drinks of an alcoholic beverage nearly every day? Percentage of students who answered 'No risk' or 'Slight risk'	37.5% (34.9%-40.1%)	41.7% (39.5%-44.0%)	49.2% (44.9%-53.6%)	54.5% (49.9%-59.2%)	0.000	Yes
(hn89b)How much do you think people risk harming themselves (physically or in other ways) if they have 5 or more drinks of an alcoholic beverage in a row once or twice a week? Percentage of students who answered 'No risk' or 'Slight risk'	12.6% (10.7%-14.5%)	18.0% (16.3%-19.7%)	26.9% (25.0%-28.8%)	32.2% (27.6%-36.9%)	0.000	Yes
(hn90)What are the chances you would be seen as cool if you began drinking alcoholic beverages regularly, that is, at least once or twice a month? Percentage of students who answered 'Pretty good chance' or 'Very good chance'	13.2% (11.8%-14.6%)	13.6% (12.2%-15.1%)	13.8% (11.6%-16.0%)	23.3% (18.5%-28.2%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn91)How wrong would most adults (over 21) in your neighborhood think it is for kids your age to drink alcohol? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	18.2% (16.3%-20.1%)	24.9% (22.7%-27.1%)	29.8% (26.3%-33.4%)	39.4% (34.5%-44.3%)	0.000	Yes
(hn217)How do you feel about someone your age having 1 or 2 drinks of an alcoholic beverage nearly every day? Percentage of students who answered 'Strongly approve' or 'Approve'	5.5% (4.6%-6.4%)	6.4% (5.2%-7.6%)	9.7% (8.0%-11.4%)	16.1% (12.7%-19.5%)	0.000	Yes
(hn95)Think of your four best friends. How many in the past year have tried alcohol when their parents didn't know about it? Percentage of students who answered at least 1 friend	62.0% (59.6%-64.4%)	69.3% (66.7%-71.9%)	77.5% (75.0%-80.0%)	81.0% (77.9%-84.2%)	0.000	Yes
(hn218)How wrong do your friends feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	21.7% (19.5%-23.8%)	31.7% (29.4%-34.1%)	47.5% (44.2%-50.8%)	54.7% (49.1%-60.2%)	0.000	Yes
(hn219)How wrong do your parents feel it would be for you to have 1 or 2 drinks of an alcoholic beverage nearly every day? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	3.2% (2.4%-4.0%)	4.9% (4.1%-5.8%)	8.8% (6.9%-10.7%)	13.0% (9.9%-16.0%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

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	Mostly A's	Mostly B's	Mostly C's	Mostly D's/F's		
	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn97a)How wrong do you think it is for someone your age to have 5 or more drinks of alcohol once or twice each week? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	10.1% (8.7%-11.6%)	15.2% (13.4%-17.0%)	27.8% (25.2%-30.4%)	42.4% (36.9%-47.9%)	0.000	Yes
<b>Marijuana</b>						
(hn99)How old were you when you tried marijuana for the first time? Among students who have tried marijuana, the percentage of students who answered before age 13	16.5% (13.5%-19.4%)	15.3% (12.4%-18.1%)	22.7% (18.2%-27.3%)	35.5% (28.2%-42.8%)	0.000	Yes
(hn99_2)How old were you when you tried marijuana for the first time? Percentage of students who answered before age 13 (among all students)	4.1% (3.3%-5.0%)	5.6% (4.3%-6.8%)	12.3% (9.6%-14.9%)	24.0% (18.6%-29.5%)	0.000	Yes
(hn100)During the past 30 days, how many times did you use marijuana? Percentage of students who answered at least 1 time	12.4% (10.8%-14.0%)	19.7% (17.6%-21.7%)	32.7% (28.9%-36.5%)	49.8% (43.0%-56.6%)	0.000	Yes
(hn101)If you wanted to get some marijuana, how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	50.2% (47.0%-53.5%)	59.0% (56.5%-61.4%)	70.5% (67.8%-73.3%)	74.1% (69.4%-78.9%)	0.000	Yes
(hn102)How wrong do your parents feel it would be for you to smoke marijuana? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	8.8% (7.5%-10.0%)	13.3% (11.8%-14.8%)	23.3% (21.0%-25.6%)	32.6% (25.8%-39.4%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn103)How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly? Percentage of students who answered 'No risk' or 'Slight risk'	38.9% (36.6%-41.3%)	51.0% (48.4%-53.5%)	67.0% (63.8%-70.2%)	75.1% (70.4%-79.8%)	0.000	Yes
(hn220)How much do you think people risk harming themselves (physically or other ways) if they smoke marijuana once or twice a week? Percentage of students who answered 'No risk' or 'Slight risk'	46.5% (44.2%-48.7%)	59.9% (57.9%-62.0%)	72.4% (69.7%-75.1%)	81.2% (77.2%-85.3%)	0.000	Yes
(hn105)What are the chances you would be seen as cool if you smoked marijuana? Percentage of students who answered 'Pretty good chance' or 'Very good chance'	14.0% (12.8%-15.2%)	15.9% (14.3%-17.4%)	17.5% (15.3%-19.6%)	25.3% (21.5%-29.1%)	0.000	Yes
(hn221)How wrong do your friends feel it would be for you to smoke marijuana? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	40.2% (38.0%-42.5%)	53.3% (50.9%-55.6%)	67.7% (65.0%-70.4%)	75.6% (70.6%-80.6%)	0.000	Yes
(hn107)If a kid smoked marijuana in your neighborhood, would he or she be caught by the police? Percentage of students who answered 'Probably not' or 'Definitely not'	75.7% (74.0%-77.4%)	79.0% (76.9%-81.1%)	82.0% (79.1%-84.8%)	88.5% (85.3%-91.6%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn108)How wrong do you think it is for someone your age to smoke marijuana? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	31.6% (28.7%-34.5%)	44.5% (42.4%-46.7%)	59.6% (56.3%-62.8%)	67.6% (61.8%-73.3%)	0.000	Yes
(hn109)During the past 30 days, how many times did you use marijuana on school property? Percentage of students who answered at least 1 time	3.1% (2.0%-4.2%)	3.3% (2.4%-4.3%)	7.4% (5.1%-9.7%)	16.6% (12.1%-21.0%)	0.000	Yes
(hn110)Think of your four best friends. How many in the past year have used marijuana? Percentage of students who answered at least 1 friend	49.8% (47.1%-52.6%)	63.3% (60.8%-65.7%)	73.7% (71.0%-76.3%)	76.5% (70.7%-82.3%)	0.000	Yes
<b>Other Drugs</b>						
(hn111)During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high? Percentage of students who answered at least 1 time	4.6% (3.7%-5.5%)	6.6% (5.5%-7.6%)	13.2% (10.8%-15.7%)	23.8% (19.8%-27.8%)	0.000	Yes
(hn118a)During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high? Percentage of students who answered at least 1 time	1.3% (0.8%-1.8%)	1.8% (1.3%-2.3%)	3.4% (2.3%-4.5%)	12.0% (9.2%-14.8%)	0.000	Yes

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	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
	(hn112a)During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? Percentage of students who answered at least 1 time	6.6% (5.6%-7.6%)	10.5% (9.2%-11.8%)	18.0% (15.3%-20.7%)		
(hn113a)During the past 30 days, how many times did you take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? Percentage of students who answered at least 1 time	2.9% (2.2%-3.7%)	4.2% (3.4%-5.0%)	9.1% (6.9%-11.3%)	18.8% (14.8%-22.7%)	0.000	Yes
(hn117)During your life, how many times have you used any form of cocaine, including powder, crack, or freebase? Percentage of students who answered at least 1 time	2.8% (1.9%-3.7%)	3.3% (2.4%-4.1%)	6.6% (4.7%-8.6%)	18.3% (14.0%-22.6%)	0.000	Yes
(hn119)During your life, how many times have you used heroin (also called smack, junk, or China White)? Percentage of students who answered at least 1 time	2.0% (1.3%-2.7%)	2.0% (1.5%-2.4%)	3.0% (2.0%-4.0%)	10.6% (6.8%-14.4%)	0.000	Yes
(hn222)During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)? Percentage of students who answered at least 1 time	2.2% (1.4%-3.0%)	2.2% (1.6%-2.7%)	4.2% (2.9%-5.4%)	14.0% (10.5%-17.5%)	0.000	Yes
(hn121)During your life, how many times have you used ecstasy (also called MDMA)? Percentage of students who answered at least 1 time	3.3% (2.5%-4.1%)	4.7% (3.8%-5.6%)	8.9% (7.1%-10.7%)	22.9% (17.8%-28.0%)	0.000	Yes

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	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
	(hn122)During your life, how many times have you taken steroid pills or shots without a doctor's prescription? Percentage of students who answered at least 1 time	2.0% (1.5%-2.5%)	1.7% (1.1%-2.3%)	2.1% (1.2%-2.9%)		
(hn223)During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms? Percentage of students who answered at least 1 time	4.1% (3.3%-5.0%)	6.0% (4.8%-7.1%)	12.5% (9.3%-15.6%)	22.6% (18.5%-26.6%)	0.000	Yes
(hn126)How many times in the past year (12 months) have you been drunk or high at school? Percentage of students who answered at least 1 time	6.7% (5.6%-7.8%)	11.3% (9.6%-13.0%)	23.0% (19.7%-26.3%)	36.4% (29.8%-43.0%)	0.000	Yes
(hn127)How many times in the past year (12 months) have you sold illegal drugs? Percentage of students who answered at least 1 time	4.7% (3.6%-5.9%)	7.6% (6.4%-8.8%)	13.0% (10.5%-15.4%)	25.1% (20.1%-30.0%)	0.000	Yes
(hn114)During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? Percentage of students who answered 'Yes'	20.5% (18.4%-22.7%)	23.1% (20.6%-25.6%)	31.1% (28.4%-33.8%)	42.1% (36.4%-47.8%)	0.000	Yes
(hn125)If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some? Percentage of students who answered 'Sort of easy' or 'Very easy'	10.9% (9.2%-12.6%)	14.8% (13.2%-16.3%)	20.7% (18.4%-23.1%)	28.2% (24.3%-32.2%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn116)During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use? Percentage of students who answered 'Yes'	57.2% (55.0%-59.4%)	50.5% (48.1%-52.9%)	45.0% (42.3%-47.6%)	40.2% (34.5%-45.9%)	0.000	Yes
(hn115)Do you agree or disagree with the following statement? 'My family has clear rules about alcohol and drug use.' Percentage of students who answered 'Strongly agree' or 'Agree'	91.7% (90.4%-93.1%)	88.4% (87.4%-89.5%)	82.3% (80.5%-84.0%)	70.0% (66.3%-73.7%)	0.000	Yes
(hn224)How wrong do your parents feel it would be for you to take a prescription drug not prescribed to you? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	3.3% (2.6%-4.1%)	3.9% (3.3%-4.5%)	7.4% (5.8%-9.0%)	15.5% (11.7%-19.3%)	0.000	Yes
(hn129)During the past 12 months, do you recall hearing, reading or watching an advertisement about the prevention of substance use? Percentage of students who answered 'Yes'	73.9% (71.5%-76.3%)	68.8% (66.8%-70.7%)	63.4% (60.4%-66.4%)	58.6% (55.1%-62.1%)	0.000	Yes
(hn131a)How much do you think people risk harming themselves (physically or in other ways) if they take a prescription drug that is not prescribed to them? Percentage of students who answered 'No risk' or 'Slight risk'	10.4% (9.0%-11.8%)	11.4% (10.1%-12.7%)	14.4% (12.5%-16.3%)	21.9% (18.1%-25.6%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn225)How wrong do your friends feel it would be for you to take a prescription drug not prescribed to you? Percentage of students who answered 'A little bit wrong' or 'Not wrong at all'	11.4% (10.3%-12.5%)	16.0% (14.3%-17.7%)	25.2% (22.1%-28.4%)	34.4% (29.8%-39.1%)	0.000	Yes
(hn132)Think of your four best friends. How many in the past year have used LSD, cocaine, amphetamines, or other illegal drugs? Percentage of students who answered at least 1 friend	14.1% (12.5%-15.8%)	21.0% (19.0%-22.9%)	30.5% (27.5%-33.5%)	39.8% (34.8%-44.9%)	0.000	Yes
(hn133)About how many adults (over 21) have you known personally who in the past year have used marijuana, crack, cocaine, or other drugs? Percentage of students who answered at least 1 adult	39.3% (37.1%-41.5%)	49.5% (46.6%-52.4%)	61.6% (58.3%-64.9%)	72.7% (68.1%-77.4%)	0.000	Yes
<b>Sexual Behaviors</b>						
(hn135)Have you ever had sexual intercourse? Percentage of students who answered 'Yes'	32.3% (29.5%-35.0%)	43.6% (40.9%-46.2%)	56.8% (53.5%-60.0%)	62.8% (57.3%-68.3%)	0.000	Yes
<b>Nutrition</b>						
(hnfruit) Percentage of students who drank 100% fruit juice and/or ate fruit two or more times per day during the past seven days	37.2% (34.1%-40.4%)	30.1% (27.2%-33.1%)	27.1% (24.6%-29.7%)	23.5% (19.3%-27.6%)	0.000	Yes
(hnveg) Percentage of students who ate vegetables three or more times per day during the past seven days	11.7% (10.2%-13.2%)	8.1% (7.0%-9.3%)	9.1% (7.5%-10.6%)	9.2% (6.3%-12.1%)	0.003	Yes

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	Mostly A's %* 95% CI†	Mostly B's % 95% CI	Mostly C's % 95% CI	Mostly D's/F's % 95% CI		
	(hnfrvg) Percentage of students who drank 100% fruit juice, ate fruit and/or ate vegetables five or more times per day during the past seven days	19.8% (17.4%-22.1%)	15.4% (13.5%-17.2%)	12.9% (10.9%-14.9%)		
(hn207_2)During the past 7 days, how many times did you drink a can, bottle, or glass of soda, sports drink, energy drink, or other sugar-sweetened beverage...? Percentage of students who answered at least once per day in the past week	18.3% (16.8%-19.8%)	25.6% (23.6%-27.5%)	33.7% (30.9%-36.4%)	42.4% (38.3%-46.6%)	0.000	Yes
(hn228)What kind of milk do you usually drink? (Select only one response.) Among students who drink milk, percentage of students who answered '1% or low fat milk' or 'Fat-free, skim, or non-fat milk'	54.6% (50.9%-58.2%)	45.8% (43.5%-48.2%)	34.9% (30.8%-39.0%)	29.3% (24.0%-34.7%)	0.000	Yes
(hn161)During the past 7 days, how many meals did you eat with your family? Percentage of students who answered at least 7 meals	40.6% (38.4%-42.9%)	35.0% (33.1%-36.8%)	28.3% (25.6%-31.1%)	20.7% (16.8%-24.5%)	0.000	Yes
<b>Physical Activity</b>						
(hn209)During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Include any kind of physical activity that ...) Percentage of students who answered at least 5 days	50.7% (48.4%-53.0%)	44.7% (41.9%-47.6%)	35.3% (31.4%-39.3%)	28.6% (25.1%-32.0%)	0.000	Yes
(hnpa7day) Percent of students who were physically active for a total of at least 60 minutes per day on all of the past seven days	24.3% (22.6%-26.0%)	20.4% (18.2%-22.5%)	18.5% (15.7%-21.2%)	13.9% (10.4%-17.5%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn163_2)Other than at school, during an average week how many days are you physically active? (Include any...activities such as running, walking, skateboarding, bicycling, and dancing.) Percentage of students who answered at least 5 days	46.7% (44.3%-49.1%)	40.4% (37.5%-43.2%)	35.2% (32.9%-37.4%)	26.8% (22.8%-30.8%)	0.000	Yes
(hn168)In an average week when you are in school, on how many days do you go to physical education (PE) classes? Percentage of students who answered at least 1 day	33.6% (28.1%-39.1%)	37.9% (34.0%-41.9%)	39.5% (33.8%-45.1%)	41.4% (35.1%-47.7%)	0.097	No
(hndlype) Percentage of students who attended physical education (PE) classes daily in an average week when they were in school	3.6% (2.1%-5.1%)	4.7% (2.9%-6.5%)	4.6% (2.9%-6.3%)	3.4% (1.5%-5.3%)	0.248	No
(hn169)During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports? Among students who take a physical education (PE) class, the percentage of students who answered more than 20 minutes	92.1% (90.1%-94.1%)	90.9% (89.2%-92.5%)	89.1% (86.6%-91.6%)	80.1% (73.6%-86.7%)	0.000	Yes
<b>Gambling</b>						
(hn183a)In your lifetime, how many times have you gambled (bet) with money or something else of value? (Bet at a casino, race track, or online, bought lottery tickets, bet on a sports team...) Percentage of students who answered at least 1 time	39.0% (36.9%-41.0%)	44.0% (41.6%-46.4%)	47.6% (44.0%-51.1%)	58.5% (54.4%-62.6%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn184)Has the money or time that you spent on gambling led to financial problems or problems in your family, work, school or personal life? Percentage of students who answered 'Yes'	1.7% (1.1%-2.3%)	2.0% (1.4%-2.5%)	3.7% (2.7%-4.7%)	6.6% (4.0%-9.3%)	0.000	Yes
<b>Assets</b>						
(hn186)Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it? Percentage of students who answered 'Strongly agree' or 'Agree'	89.2% (88.0%-90.4%)	83.0% (81.4%-84.6%)	74.9% (73.2%-76.7%)	64.8% (58.6%-70.9%)	0.000	Yes
(hn210)How often does your school enforce rules fairly? Percentage of students who answered 'Most of the time' or 'Always'	56.0% (51.8%-60.2%)	47.0% (44.0%-49.9%)	40.4% (36.8%-44.1%)	31.6% (26.6%-36.6%)	0.000	Yes
(hn211)How often do adults in your school address conflict, negative language, and bullying in positive ways to help students? Percentage of students who answered 'Most of the time' or 'Always'	37.6% (34.8%-40.4%)	33.1% (31.0%-35.2%)	30.8% (27.9%-33.7%)	29.2% (24.6%-33.7%)	0.002	Yes
(hn187)How often does one of your parents talk with you about what you are doing in school? Percentage of students who answered 'About every day' or 'About once or twice a week'	89.4% (87.8%-91.1%)	83.4% (81.8%-85.0%)	75.1% (72.4%-77.8%)	62.0% (57.5%-66.5%)	0.000	Yes
(hn189)During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours? Percentage of students who answered at least 1 hour	66.3% (63.4%-69.3%)	50.2% (47.5%-53.0%)	38.6% (34.1%-43.1%)	36.9% (32.1%-41.8%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn190a)During an average week, approximately how many hours do you typically spend doing community services - helping people in the community without getting paid? Percentage of students who answered at least 1 hour	47.3% (44.7%-49.9%)	39.6% (36.8%-42.4%)	32.9% (29.1%-36.6%)	31.3% (26.3%-36.2%)	0.000	Yes
(hn191a)Do you agree or disagree that in your community you feel like you matter to people? Percentage of students who answered 'Strongly agree' or 'Agree'	56.0% (53.0%-59.0%)	46.2% (44.1%-48.3%)	35.2% (32.2%-38.2%)	27.7% (23.6%-31.7%)	0.000	Yes
(hn196)I have parent(s) who try to help me succeed. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	87.3% (85.4%-89.2%)	82.6% (81.0%-84.2%)	70.2% (66.9%-73.4%)	58.6% (52.4%-64.8%)	0.000	Yes
(hn197)I have good neighbors who care about me. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	44.5% (41.9%-47.1%)	35.9% (33.8%-38.1%)	30.8% (28.0%-33.7%)	26.7% (22.7%-30.7%)	0.000	Yes
(hn198)I have a school that cares about kids and encourages them. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	64.5% (59.4%-69.7%)	53.3% (49.3%-57.4%)	43.2% (38.3%-48.1%)	33.6% (28.2%-38.9%)	0.000	Yes
(hn199)I have support from adults other than my parents. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	73.6% (71.6%-75.5%)	66.3% (64.1%-68.4%)	58.6% (54.9%-62.4%)	46.2% (41.2%-51.1%)	0.000	Yes

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	%* 95% CI†	% 95% CI	% 95% CI	% 95% CI		
(hn200)I have a family that gives me love and support. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	88.0% (86.2%-89.8%)	85.1% (83.7%-86.6%)	77.9% (75.3%-80.5%)	62.0% (57.1%-66.9%)	0.000	Yes
(hn201)I have parents who are good at talking with me about things. Percentage of students who answered 'Very or often' or 'Extremely or almost always'	68.7% (66.1%-71.4%)	62.8% (61.3%-64.2%)	52.7% (49.0%-56.3%)	40.0% (34.2%-45.7%)	0.000	Yes

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school, p<0.01.

†Confidence Interval

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Academic Performance and Student Health Risk Report**

## **Acknowledgements**

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