

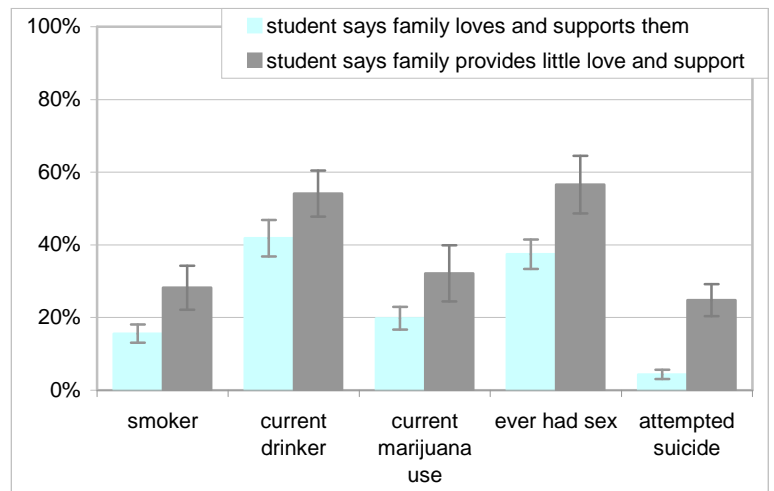
Connecticut School Health Survey 2009

C S H S

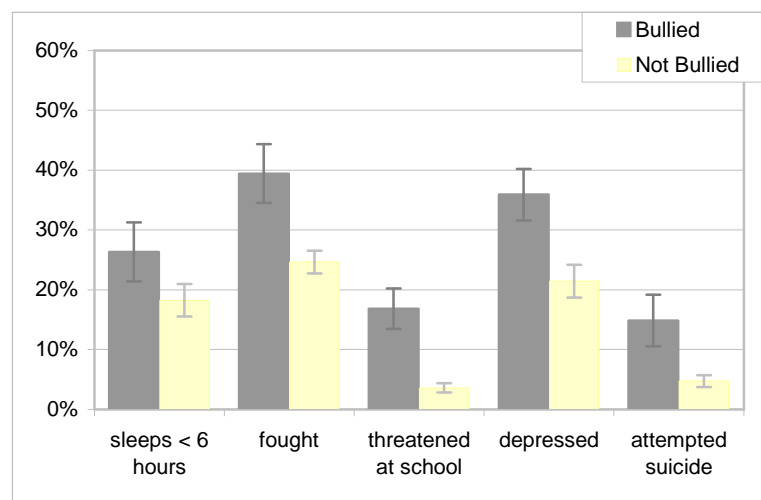
The **Connecticut School Health Survey (CSHS)** is administered to public middle and high school students in Connecticut and is comprised of two components: the Youth Tobacco Component (YTC), and the Youth Behavior Component (YBC).

Some encouraging signs have been seen since 1997, including an increase in seatbelt use, a decrease in drinking and driving, a decrease in tobacco use, and a decrease in use of inhalants to get high. Connecticut youth are involved in many positive activities. Most youth (67 %) report being involved in after school activities, 48% report volunteer activities, 26% work at a paying job, and 64% report eating at least one meal with their family on at least three days during the past week.

Supportive adult involvement in student lives remains a strong factor in reducing the possibility of unhealthy behaviors. Students who say their parents usually know where they are, eat meals with their family, and agree that their family loves and supports them are less likely to get into fights, smoke, drink alcohol, take drugs, be sexually active, be depressed or attempt suicide.



Students, however, face many obstacles as well. Twenty eight percent of students report being in a physical fight, 7% report being threatened with a weapon, 10 % report being physically hurt by their boyfriend or girlfriend, during the past year. Also, during the past year 25% report being depressed, and 7 % report having attempted suicide.



One in four students report being bullied during the past year with 9th graders being more likely (35%) than 12th graders (18%) to report being bullied. Students who report being bullied are more likely to get less sleep, have property stolen at school, miss school because they feel unsafe, carry a weapon to school, experience dating violence, be depressed, and attempt suicide.

New questions in 2009 asked about verbal abuse, absenteeism, family environment and prescription drug use. Seventeen percent of students report verbal abuse from their boyfriend or girlfriend and approximately 10% of students used prescription medication without a doctor's prescription to get high.

CT Department of
Public Health

J. Robert Galvin, MD, MPH, MBA
Commissioner



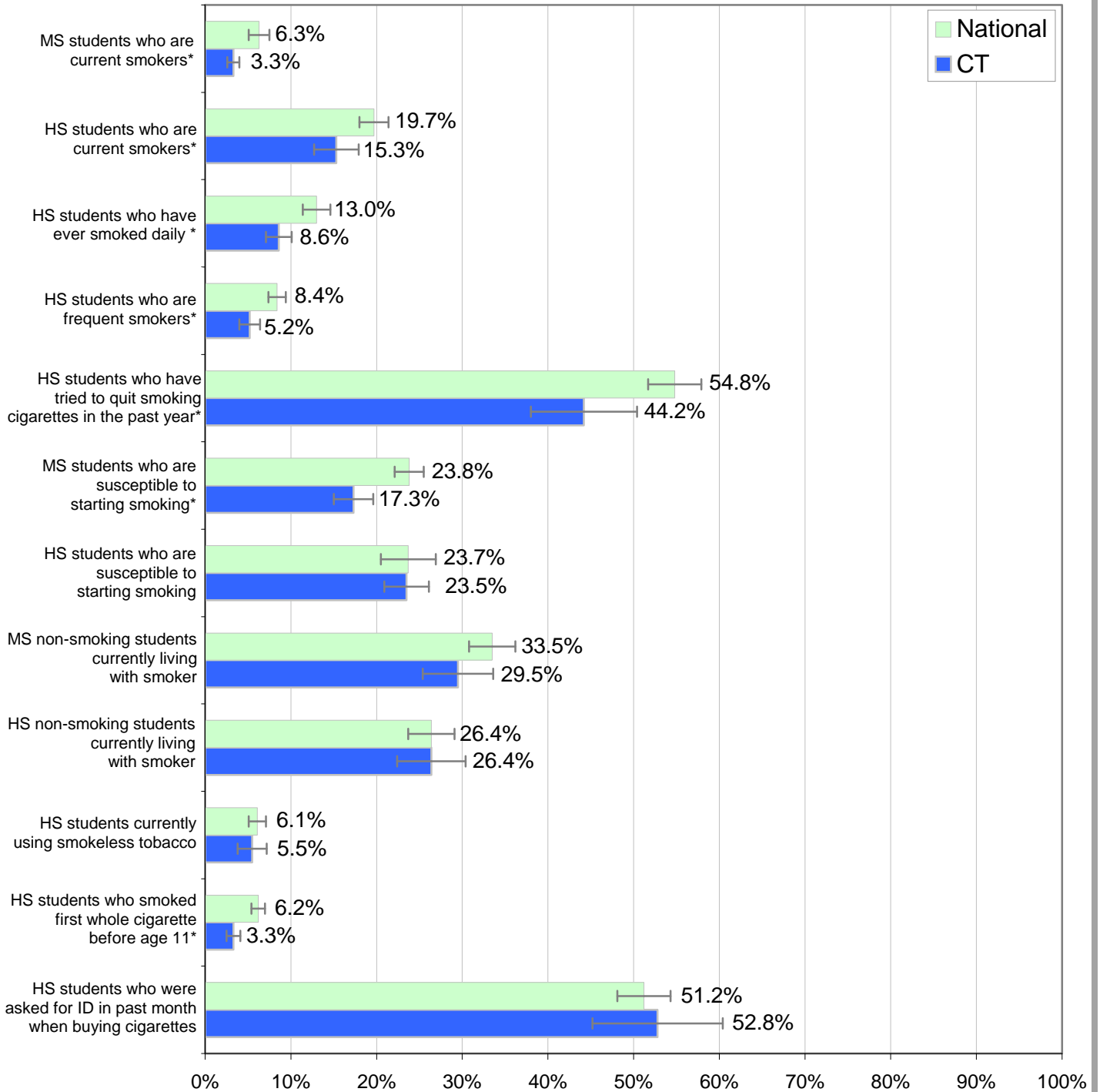
CT Department
of Education
Mark K. McQuillan
Commissioner





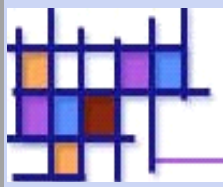
Youth Tobacco Component

CT Public Middle School (MS) and Public High School (HS) Students in Grades 6-12



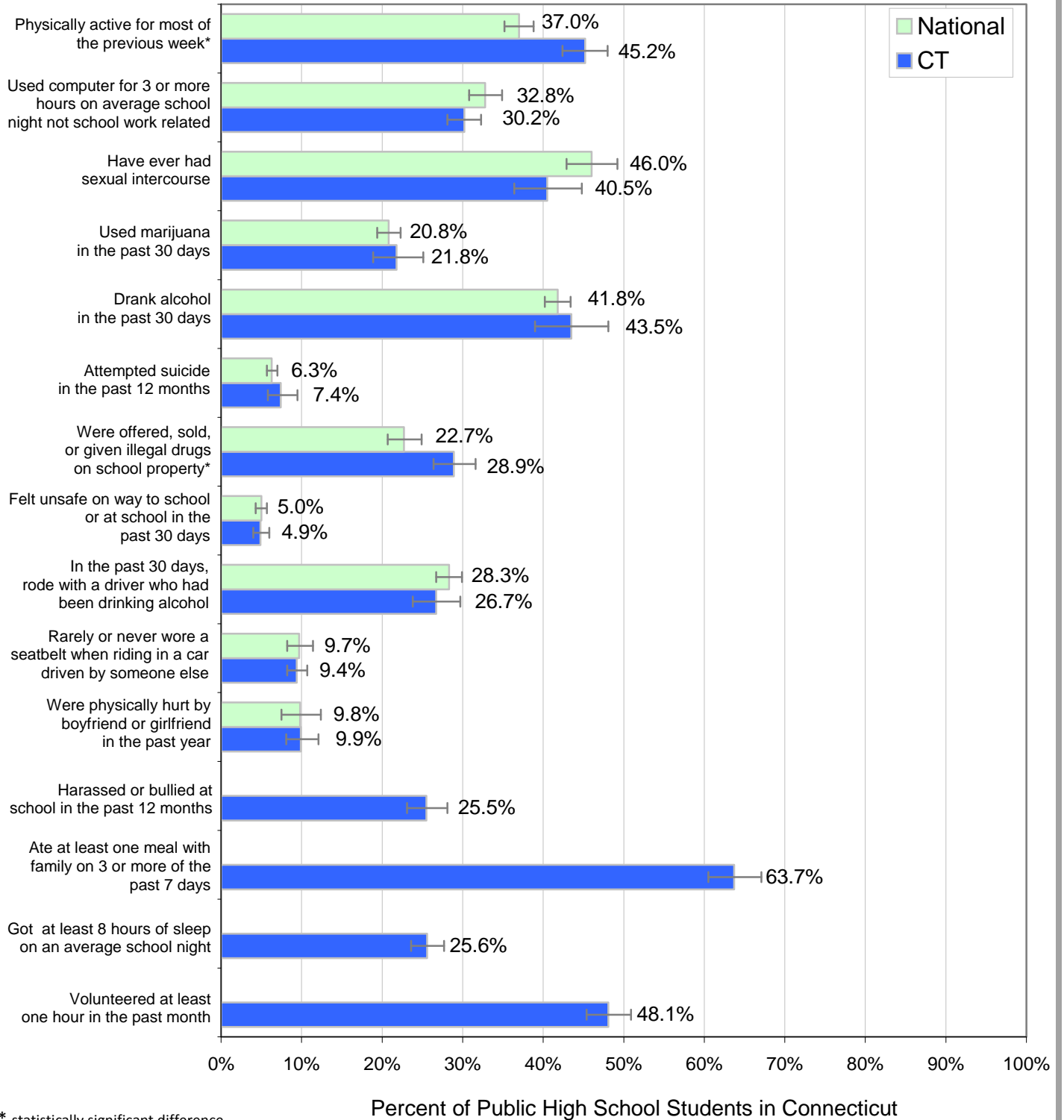
* statistically significant difference

Percent of Public School Students in Connecticut



Youth Behavior Component

CT Public High School Students in Grades 9-12



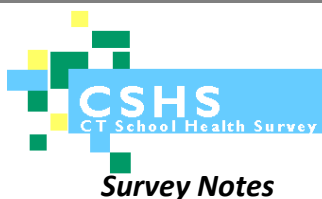
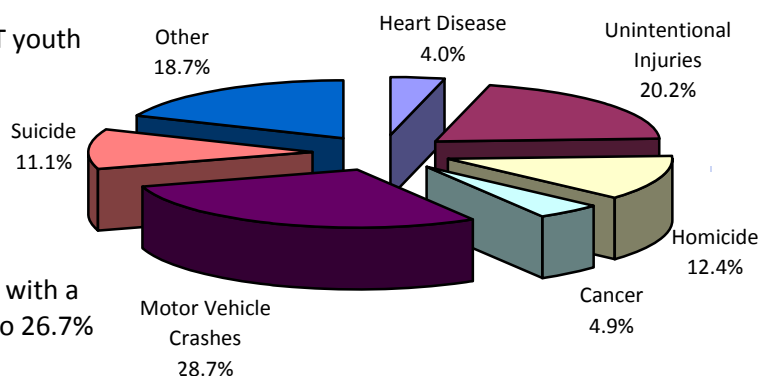
* statistically significant difference

Did You Know...?

According to Connecticut mortality data for 2004–2006, 72.4% of all deaths among youth and young adults aged 10–24 years result from four primary causes (see chart below):

Behaviors related to health, injury or violence among CT youth that have improved since 1997 include:

- ♦ Seat belt use among high school students increased to 90.6% in 2009 from 76.4% in 1997.
- ♦ The percentage of high school students who are smokers decreased to 15.3% in 2009 from 35.2% in 1997.
- ♦ The percentage of high school students who rode with a driver who had been drinking alcohol decreased to 26.7% in 2009 from 38.3% in 1997



Youth Tobacco Component

The Youth Tobacco Component (YTC) is a comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, and exposure among Connecticut students in grades 6-12.

Youth Behavior Component

The Youth Behavior Component (YBC) is intended to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. Data measuring protective factors and resiliency are also collected.

The survey asks questions of CT high school students in grades 9-12 in the following topic areas:

- positive influences
- dietary behaviors
- sexual behaviors
- behaviors that contribute to unintentional injuries and violence
- alcohol & other drug use
- physical activity
- school environment

In the year 2009, 4,616 completed the YTC achieving a 64% response rate in Middle Schools and 67% response rate in High Schools. In 2009, 2,392 youth in high schools completed the YBC, achieving a 64% response rate. Both components in 2009 met the Centers for Disease Control (CDC) criteria to be considered representative of high school students in Connecticut (and middle school students for the YTC).

The State Board of Education has adopted a *Position Statement on a Coordinated Approach to School Health*, available at www.ct.gov/sde/healthyconnections. This Statement includes policy and practice recommendations on how schools and families can support the health and achievement of students including many of the issues identified in this fact sheet.

FOR MORE INFORMATION
on the Connecticut School Health Survey

Department of Public Health
YBC Coordinator
860-509-7662

www.ct.gov/dph/cshs
www.ct.gov/sde/healthyconnections

Department of Public Health
Tobacco Use Prevention & Control
860-509-8251