

2006 Youth Survey Groton Adolescent Substance-Abuse Prevention (GASP) Coalition

Report Prepared by:

Archie C. Swindell, PhD, Quantitative Services, statistical consulting

Cindy Barry, MA, Assistant Director, Ledge Light Health District

November 15, 2006

ACKNOWLEDGEMENTS

In Spring of 2000, the Governor's Prevention Initiative for Youth (GPIY) survey was administered to students in Groton Public Schools, grades 7-10, to ascertain prevalence, attitudes and behaviors related to use of substances (tobacco, alcohol, and illicit drugs). In Spring of 2004, this same survey was again administered to a random sample of Groton students, grades 7-10. In May of 2006, the survey was again administered to students in Groton Public Schools, grades 7-12, after it had been modified to reflect changes in available illegal substances and in gambling behaviors, and to add questions related to health and wellness.

The authors are sincerely grateful to the superintendent, principals and teachers of the Groton Public Schools, who approved this survey and assisted in administering it, and to the students who shared their personal experiences and opinions. The authors also thank Ledge Light Health District personnel for organizing and helping to administer the survey.

In 2006, the survey was administered on-line through the SurveyMonkey.com® web site. Previous surveys were administered on printed forms available through the Department of Community Medicine and Health Care, University of Connecticut. Reports are available electronically for the surveys of 2000 [1] and 2004 [2]. The 2006 report draws liberally on the two earlier reports for formatting and structure, and for key comparisons and changes during the intervening years. Comparisons with national and Connecticut data utilize data from the Youth Risk Behavior Survey for 2005 [3].

The administration of this survey, and the analysis and reporting of results, were conducted under grant number 2001-JN-FX-0130, U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention – Drug Free Communities Support Program.

PUBLIC DOMAIN NOTICE

All materials in this report are in the public domain and may be reproduced or copied without permission from Ledge Light Health District. Citation of the source is appreciated. The data on which this report is based are subject to confidentiality regulations of HIPAA [4] and FERPA [5]. Access is available for research purposes, through Ledge Light Health District.

DISCLAIMER

Opinions expressed herein are the views of the authors and may not necessarily reflect the views, official policy or position of the Ledge Light Health District, the Office of Juvenile Justice and Delinquency Prevention, or other participating agencies or individuals.

TABLE OF CONTENTS

Acknowledgements	1
Public Domain Notice	1
Disclaimer	1
Table of Contents	2
Executive Summary	5
Methods	7
Results	9
References	14
 Section 1. Demography	
Table 1 Schools / grades of students surveyed	15
Table 2 Surveys excluded from analysis	15
Table 3 Gender of students surveyed	15
Table 4 Ethnicity of students surveyed	16
 Section 2. Tobacco, Alcohol, and Other Drug Use	
Table 5 Recent use of substances by gender, grade	16
Table 6 Recent use of substances by race – 2006	17
Table 7 Association of smoking with use of other substances – 2006	17
Table 8 Tobacco use	18
Table 9 Alcohol use	18
Table 10 Lifetime drug use	19
Table 11 Recent drug use, within past 30 days	20
Table 12 Mean age of initiation for specific behaviors	20
Table 12A Statistical summary. Age of initiation of specific behaviors	21
 Section 3. Individual / Peer Domain	
Table 13 Availability of alcohol, tobacco, marijuana, and guns	22
Table 13A Statistical summary. Availability of substances and guns	22
Table 14 Sources for obtaining cigarettes: responses of students who report recent cigarette use	23
Table 15 Sources for obtaining alcohol: responses of students who report recent alcohol use	24
Table 16 Place and prevalence of alcohol and drug use: responses of students who report using alcohol or drugs in their lifetime	25
Table 17 Perceived harm of alcohol, tobacco, or marijuana	26
Table 17A Statistical summary. Perceived harm of alcohol, cigarettes, marijuana ...	26
Table 18 Peer use of alcohol, tobacco, or other drugs	27

Table 18A	Statistical summary. Peer use of substances	27
Table 19	Social supports	28
Table 19A	Statistical summary. Social supports	29
Table 20	Antisocial behavior	29
Table 21	Attitudes toward antisocial behavior	30
Table 21A	Statistical summary. Attitudes toward antisocial behavior	32
Table 22	How students report spending time after school	33
Table 22A	Statistical summary. Time spent after school	35
Table 26	Self-concept	36
Table 26A	Statistical summary. Self-concept	38

Section 4. Family Domain

Table 24	Family attitudes toward alcohol, tobacco, and marijuana	39
Table 24A	Statistical summary. Family attitudes toward substances	30
Table 25	Family status of alcohol and cigarette use	40
Table 26	Family management	40
Table 26A	Statistical summary. Family management	41
Table 27	Parental attachment and communication	41
Table 27A	Statistical summary. Parental attachment	42
Table 28	Positive family involvement	42
Table 28A	Statistical summary. Positive family involvement	43

Section 5. School Domain

Table 29	School performance	43
Table 30	Commitment to school	44
Table 30A	Statistical summary. Commitment to school	44
Table 31	School enforcement of policies on substances	45

Section 6. Community Domain

Table 32	Perception of neighborhood environment	46
Table 32A	Statistical summary. Perception of neighborhood	47
Table 33	Neighborhood drug involvement	47
Table 33A	Statistical summary. Neighborhood drug involvement	47
Table 34	Perception of strategies to prevent alcohol use	48
Table 34A	Statistical summary. Perception of alcohol strategies	49
Table 35	Comparison of Groton with National & Connecticut statistics	50
Table 36	Correlations between recent substance use and personal characteristics	51
	A. Availability	51
	B. Perception of risk of harm	52
	C. Talk over problems with parents	52
	D. Parental attitudes toward substances	52
	E. Existence of family rules	52
	F. Feelings of sadness	52
	G. Time spent without adults	53
	H. Trying hard in school	53
	G. Positive self-concept (Glad I am me)	53
Table 37	Correlations between recent substance use and time spent after school	53
	A. Sports or exercise	54

B. Watching TV	54
C. Reading	54
D. Hanging out with friends	54
E. Working for pay	54
F. Doing chores at home	54
G. Volunteer work	55
H. Performing music	55
I. Religious activities	55
J. Recreational computer use	55

Section 7. Health and Wellness

Table 38	Body weight and physical activity	56
Table 39	Health status indices	57
Figure 1	Female relationship of BMI to age	58
Figure 2	Male relationship of BMI to age	58

Section 8. Intervention Domain: GASP Coalition

Table 40	Participation in and awareness of GASP Coalition	59
Table 41	Participation in GASP Coalition programs	59
Table 42	Participants and odds ratios of GASP programs	60

EXECUTIVE SUMMARY

Survey. Groton youth were surveyed in May, 2006, to learn about behavior related to the use of substances: tobacco, alcohol, illicit drugs, inhalants, and medications without prescriptions. The comprehensive survey was sponsored by the 22-member GASP coalition of community groups, and was administered using internet-based technology in Groton public schools. Similar youth surveys, with many of the same questions, were given in Groton on paper forms in 2000 and 2004. The 2006 survey was modified to include questions about wellness, bullying, and gambling behavior. Sizes of analyzable samples were 436 (2000), 595 (2004), and 562 (2006). Grades included were 7-10 in 2000 and 2004, and 7-12 in 2006. In 2006, the sample was 15-32% of all youth in each of the grades. The demographic profile of the samples closely reflected that of the entire district. Procedures for randomization, and for exclusion of surveys from analysis, were the same for all three surveys.

Tobacco. Cigarette smoking among middle school youth (grades 7-8, ages 11-15) decreased between 2000 and 2004, and remained at low levels (about 6%) in 2006. Prevalence of smoking by youth in grades 9-10, which did not change from 2000 to 2004, decreased from 22% in 2004 to 14% in 2006, possibly reflecting a continuation of the decrease seen with this same cohort of youth when they were surveyed in middle school in 2004. Both lifetime and current smoking among Groton high school students were lower than national averages, but, unlike national statistics, more girls than boys reported smoking. Smoking reported among peers decreased in 2006. Smoking began at an average age of 12.4, a full year later than in prior years. Perceptions of both personal harm from smoking and parental disapproval continued to be high. Despite decreased usage, cigarettes continued to be available to most youth, especially in high school. Most smokers obtained cigarettes from their friends, from home without parental approval, and by purchasing them in stores. Among GASP program participants, smoking was lowest in SMART Moves (Boys & Girls Club), Unite For Youth, and the Nurturing Program. The use of tobacco products other than cigarettes was relatively high, especially among high school boys. Cigarette smoking was closely associated with use of other substances, especially marijuana, illicit drugs, and other forms of tobacco.

Alcohol. Drinking alcoholic beverages was much more prevalent than the use of any other substance. In middle school, prevalence of current drinking was 13-22%, higher among boys. In high school, prevalence was 36-59%, with Groton girls higher both than Groton boys and than girls nationwide. Unlike smoking, prevalence of drinking alcohol did not change much since 2000 or 2004. Having more than one drink per occasion has become somewhat more common. Drinking began at an average age of 12.2 in 2006, about ½ year later than in prior years. Alcohol was considered easy to obtain by about 80% of high school youth, and by more than half of middle school youth. Common sources of alcohol were sharing among friends, from home with or without parental consent, and at parties, even when adults were present. Direct purchase of alcoholic beverages was uncommon. Drinking typically took place at home or at the home of friends, at parties, or at outdoor gatherings. Perceived risk of harm from regular drinking was very low for 35-40% of high school youth, and for 25% of middle school youth. Perception of risk decreased significantly since 2004. Reported drinking by peers decreased somewhat among 9th and 10th graders. A majority of youth think their parents disapprove of their drinking, but less so than smoking or using marijuana. More high school girls in Groton than nationally reported riding with a driver who had been drinking.

Marijuana. Use of marijuana decreased from 12.6% in 2004 to 2.2% in 2006 among middle school girls, and increased slightly among boys. A cohort of girls who were in grades 7-8 in 2004 and in grades 9-10 in 2006 reported the highest prevalence of recent marijuana use, 25%. Compared to national averages, lifetime use of marijuana was lower for Groton high school boys and higher for girls. About 70% of high school youth reported that at least some of their close friends use

marijuana. Average age of starting marijuana was 13.4 years, similar to prior surveys. Marijuana is reportedly easy to obtain by most high school youth, and even by 25% of middle school youth. Regular marijuana use was perceived to be less risky in 2006 than in prior years, with one-third of high school youth seeing “no risk” or “very little risk”. Their parents did not agree, and more than 85% thought marijuana use is wrong. Youth were somewhat more accepting of marijuana than of tobacco, and about 20% of high school junior and seniors indicated that marijuana use by youth is “not at all wrong”

Inhalants, and illicit and prescription drugs. Groton youth use inhalants to get “high” less frequently than national averages. Inhalant use was more prevalent among girls than boys in high school. Numbers of recent users were low, about 3% of each grade group. In 2006, lifetime use was 9-11%, slightly increased since 2004 among middle school youth and slightly decreased among high school youth. Fewer than 18% report that close friends use inhalants, unchanged from prior surveys. Fewer than 10% believe that inhalant use is harmless. Lifetime use of most “harder” illicit drugs in 2006 decreased from 2004, with the exception of cocaine, and recent use also decreased. Lifetime use of hallucinogens was considerably less common in Groton than nationally. Fewer than 3% of all Groton youth reported recent use of any illicit drug, with girls slightly outnumbering boys. Availability of illicit drugs was surprisingly high, given low use rates. The use of medications without valid prescriptions was similar in 2006 to 2004, with two exceptions. Prevalence of use of amphetamines or other stimulants decreased significantly among 9th and 10th graders, and use of pain medications like oxycontin or vicadin decreased among 7th and 8th graders. Lifetime use of steroids is very low, about one-tenth the use reported nationally.

Youth behaviors and concepts. Youth continue to discuss their problems with their parents and, increasingly, with their friends. More youth reported fighting than in 2004, but fewer were involved in buying or selling drugs. Arrests decreased in 2006, and expulsions remained constant. Carrying weapons in or out of school was far less prevalent in Groton than nationally, especially among high school juniors and seniors. Of the youth who reported they sold drugs, 69% said they carried a weapon, compared to 1% of those who did not sell drugs. Disapproval of most antisocial behavior continued to be strong, unchanged from 2004. Attitudes toward bullying were strongly negative. Attitudes toward gambling, however, were much more permissive. Large numbers of youth reported playing cards for money, betting on-line, and playing instant lottery. Youth reported shifts in leisure time activities since 2004, with less time spent watching TV or hanging out with friends, and more time spent working at paying jobs and doing volunteer work. Less time was spent on homework, but commitment to school remained high.

Health and wellness. Prevalence of overweight or obesity among Groton high school youth was similar to national averages. More high school girls consider themselves overweight than actually are, according to BMI calculations. More girls than boys are trying to lose weight. High school boys in grades 11-12 are the group least likely to participate in regular physical activity.

Correlations. Many of the perceptions and behaviors of youth were correlated with reported recent use of cigarettes, alcohol and marijuana. The statistical method of “logistic regression” was used to estimate the probability that the reported level of a behavior, lowest to highest, was associated with use of each of the substances. Reduced use was most closely associated with: (1) parental disapproval and family rules, (2) perception of personal harm, (3) low availability, (4) less time without adults after school, and (5) trying hard in school. Future surveys can profit from further analysis of these data, to reduce redundancy (and the length of the survey) and to focus on characteristics which may predict substance use, as possible targets for social programs.

METHODS

The survey instrument used to collect data for this report was developed by GASP Coalition representatives, using as a starting point the Connecticut Governor's Prevention Initiative for Youth (GPIY) Youth Survey for 6th to 12th Grade. The GPIY survey was first administered to Groton student in grades 7-10 in 2000, by the Department of Community Medicine and Health, University of Connecticut Health Center. In 2004, the GASP Coalition, in collaboration with Groton Public Schools, administered the same printed GPIY survey to Groton public school students in grades 7-10. In 2006, the modified survey was administered on-line to Groton students in grades 7-12, using the SurveyMonkey.com® web site and software. Dates of administration were May 8-31, 2006. The survey was given with cooperation of the Groton Public Schools Board of Education and Superintendent, after a review by District administrators. Its administration was supervised by classroom teachers and Ledge Light Health District personnel, under guidelines developed by the University of Connecticut Health Center [6]. The length of time (minutes) required by each subject to complete the survey was determined by subtracting the start from the finish date-time, both of which are recorded along with the originating IP address by SurveyMonkey.com.

All statistical computations, tabulations and graphics were carried out in Statistica® version 7 (StatSoft, Tulsa, OK). Data checking and formatting operations were carried out in Microsoft Excel®, and the final report was produced in Microsoft Word®. All software is licensed to Quantitative Services.

Statistical comparisons of the 2006 results with those of 2000 and 2004 were facilitated by the availability of all the data for all three years. Many of the questions were identically worded in all three surveys, with Likert-scale answers, and could therefore be compared directly. First, all the Likert-type answers were modified, if necessary, so that scales of the three surveys were identical. Two-sample t-tests for independent samples were run for each question, comparing 2006 results against 2000 or 2004. Several of the comparisons were repeated using the non-parametric Mann-Whitney method, to test the validity of the assumption of normality implicit in the t-tests, and p-values were very close to the same by either method. The t-test was used because of greater ease of implementation. Because many hypothesis tests were run, the problem of false positive results due to multiple comparisons was considered. In this report, only those differences which are significant at the $p < 0.01$ level are designated as significantly different by **bold underline**, rather than the more customary $p < 0.05$, as a hedge against the multiple comparison problem. Also, results in this report are considered exploratory and hypothesis-generating, rather than testing of predetermined hypotheses, so a more aggressive approach is in order. Note that the direction of significant change in 2006 compared to earlier years may be either up or down.

In addition to hypothesis testing, interpretation of data involves examining patterns without formal statistics. The Results section discusses "cohort" analysis, under the assumption that the underlying population in grades 7-8 and 9-10 in 2004 is about the same as grades 9-10 and 11-12 in 2006, and that the surveys use random samples from these populations. This approximation does not correct for changes due to transient populations or other issues.

The calculation of sampling variance for simple random sampling from a small population is [7]:

$$\text{var}(p) = \left(\frac{1 - \left(\frac{n}{N} \right)}{n - 1} \right) p(1 - p),$$

where p = percent responding, n = sample size, and N = population size. The coefficient of variation (standard deviation divided by mean) of scale-scores is calculated for typical questions. Sampling

variance was $\pm 4\%$ or less, much less than the coefficient of variation of most scale-scores, typically 20-30%, so sampling variance is not a major factor in deciding if the changes are significant.

Correlations between two dichotomous (Yes or No) variables (e.g., recent smoking vs. smoker in the home) were calculated using the 2-tailed Fisher's Exact Test. Correlations between one dichotomous variable and a Likert-scale variable (e.g., recent drinking vs. time alone after school) were calculated using logistic regression, with the dichotomous variable as the dependent variable and the scaled variable as independent.

The odds ratios is a standard method for estimating the relative effectiveness (e.g., in preventing substance use) of one alternative (e.g., a GASP program) vs. one other alternative (e.g., non-participation). The odds ratio is calculated as follows.

Let: U = User of a substance
N = Non-User of the same substance
G = Participant in a GASP program (Some or A Lot)
X = Non-Participant in the same GASP program
NX = Number of Non-User, Non-Participants
UG = Number of User, Participants
UX = Number of User, Non-Participants
NG = Number of Non-User, Participants
Odds Ratio = $(NX \cdot UG)/(UX \cdot NG)$

An indication that a program may have a positive effect in decreasing substance use is an Odds Ratio of less than 1.0. A major weakness of this method is that it does not take into account the relative risk of substance use by participants at entry into a program. Thus, a program which targets individuals with very high risk may be effective with several participants, but not with all, leaving a high odds ratio. Despite this shortcoming, odds ratios will be presented for GASP programs.

In asking respondents how they describe their ethnic background, multiple answers were permitted, to encourage mixed-race individuals to respond. Responses were standardized as follows. Any European national identity (e.g., Irish or French) was considered to be White. If two responses were given and one was White, the individual was classified as the checked minority. If two minorities were checked, the individual was randomly assigned to one or the other. If more than two responses were checked, the individual was classified as Other.

Body mass index (BMI) was calculated from the height and weight reported by each respondent:

$$BMI = [\text{Weight (kilograms)}] \div [\text{Height (meters)}]^2$$

Classification of each person's relative weight was based on the U.S. population percentile into which his/her BMI fell, with categories defined as :Underweight = $\leq 5^{\text{th}}$ percentile, Normal = 5^{th} to 85^{th} percentile, Overweight = $\geq 85^{\text{th}}$ percentile, and Obese = $\geq 95^{\text{th}}$ percentile. Definitions are set by the Center for Disease Control [8] and the National Heart, Lung and Blood Institute [9]. Percentile boundaries were determined by least-squares fit of quadratic equations to points transcribed from graphics of a reference web site [10]. Transcribed points and fitted functions are shown (Figures 1 and 2). Classification of BMI was dependent on the age and gender of each youth, calculated in an Excel program. Two sources of possible error in weight classification are acknowledged here. First, because subjects were not actually measured, there may be inaccuracies in the height and weight they report for themselves. Systematic errors of this type should result in lower BMI values, due to overestimate of height and underestimate of weight, with decreased likelihood of being classified as overweight. An error in classification of BMI can also occur if a subject possesses an unusually large muscle mass, possibly due to body-building or use of androgens, a situation which is uncommon among adolescent youth. National BMI guidelines do not provide a correction for body type.

RESULTS

Demography.

The Groton Adolescent Substance-abuse Prevention (GASP) coalition is comprised of 22 community organizations, plus individual teens, parents, and other community members. The organizations are:

- Boys & Girls Club of Southeastern Connecticut
- Child and Family Agency
- Citizen’s Task Force on Addictions
- Cold Stone Creamery
- Connecticut Coalition to Stop Underage Drinking
- Ella T. Grasso Technical High School
- Groton City Police Department
- Groton Human Services Department
- Groton Parks and Recreation Department
- Groton Public Library
- Groton Public Schools
- Groton Town Police Department
- Ledge Light Health District
- MADD
- Mystic Arts Center
- Mystic Ecumenical Council
- Sacred Heart Catholic Church
- St. Andrew Presbyterian Church
- Stonington Institute
- Women’s Center of Southeastern Connecticut
- Women’s Coalition
- YMCA of Southeastern Connecticut

The grades and the public schools attended by the Groton youth who were included in this survey are presented in Table 1. This survey represents the youth of Groton, not Groton schools. Sampling is done within schools for logistical reasons. The survey required 16-28 minutes on-line to complete. Percentages of total enrollment in the sample, student ages, and time to complete the survey (99% confidence bounds) in each grade are:

<u>Grade</u>	<u>Students in Sample</u> % of enrollment	<u>Age of Students, years</u> median (range)	<u>Time Required</u> min.
7	31.8	13 (11-14)	24.5 – 27.9
8	31.4	14 (13-15)	21.3 – 23.8
9	29.3	15 (14-16)	17.0 – 19.9
10	15.0	16 (15-17)	17.6 – 21.7
11	25.2	17 (16-18)	17.7 – 22.3
12	22.5	18 (16-19)	16.0 – 20.2

The numbers of survey subjects in grades 7-8 from each of the three middle schools was proportional to the total enrollment of each school. Groton students enrolled in Grasso Technical High School were included in 2004, but not in the 2006 survey. Sampling of students was carried out by selecting school subjects which all students in that grade are required to take, then selecting entire classes of students at random and sending them to a computer lab where the survey was given on-line to the whole class at the same time. Conversation among students was discouraged, and classes were

reassured about the anonymity of the surveys and the need for their honest input. That fact can be repeated here: there is no way to link a set of responses to an individual after he or she logs off the survey.

Of the 601 surveys, 34 (6.0%) were excluded from any analysis (Table 2) because of inconsistent or incomplete responses. Inconsistency meant that the subject answered Yes to use or sale of “Allovites”, a non-existent substance deliberately included in the survey to detect spurious answers. Incomplete surveys contained no responses after the demographic questions, i.e., no information about substance use or personal behaviors – the person in effect legitimately declined to participate.

The total sample size in 2006 was comparable to the samples in 2000 and 2004 (Table 3). Females slightly outnumbered males in the 2006 sample. Ethnicities approximately reflected the composition of the district (Table 4). The percentage of subjects not responding or answering Other to the question of ethnicity decreased from 8.9% in 2004 to 2% in 2006, probably due to the multiple choice option. The percentage of Native Americans in the sample was greater than reported for the district; many of the Native Americans also marked a second race.

Tobacco, Alcohol, and Other Drug Use.

Recent cigarette smoking prevalence declined from 14% (2000) to 6% (2004) among middle school boys and girls. This gain was sustained in 2006 (Table 5). Among 9th and 10th graders, smoking prevalence was unchanged or slightly increased from 2000 to 2004, and was higher among girls than boys. The 9th and 10th graders in 2006, the same cohort whose smoking prevalence was low when they were in grades 7-8 in 2004, sustained their decreased prevalence. The age of initiation of cigarette smoking increased by almost a full year, 2006 vs. 2004 and 2000, a highly significant shift (Tables 12, 12A). A gender pattern of smoking is apparent, with middle school boys and girls equally likely to smoke, but high school girls more likely to smoke than boys. The gender pattern among high school students was much less pronounced in national and Connecticut statistics (Table 38). Prevalence of smoking among Groton high school youth in 2006 was lower than 2005 national averages: in grades 9-10, boys 12% Groton vs. 20% national, girls 17% Groton vs. 21% national; in grades 11-12, boys 12% vs. 27%, girls 16% vs. 25%. Prevalence of lifetime cigarette smoking decreased from 2004 to 2006 among Groton youth in both middle school and high school, and the reported frequency and intensity of smoking also decreased (Table 8).

In contrast to decreases in smoking, recent consumption of alcoholic beverages has been fairly constant from 2000 and 2004 to 2006 (Table 5). The prevalence of drinking increases with age. Among boys, reported prevalence increased from 22% (grades 7-8) to 36% (grades 9-10) to 46% (grades 11-12). Among girls, prevalence went from 13% (7-8) to 43% (9-10) to 59% (11-12). Thus, middle school boys are more likely than girls to drink, but the gender pattern is reversed in high school. The average age of starting to drink alcohol in 2006 increased by about 5 months, a highly significant change (Tables 12, 12A). The gender pattern of drinking among Groton high school students, both lifetime and recent, is opposite to national patterns (Table 38). There are changes in frequency and intensity of drinking in Groton from 2004 to 2006, but no clear pattern emerges (Table 9). Compared to national averages (Table 38), recent alcohol consumption in 2006 is reported by slightly fewer Groton boys in grades 9-10 (36% Groton vs. 39% national) and in grades 11-12 (46% vs. 50%), but somewhat more Groton girls in grades 9-10 (43% Groton vs. 39% national) and in grades 11-12 (59% vs. 49%).

The pattern of marijuana use is more complex (Table 5). A cohort of girls, grades 7-8 in 2004 and grades 9-10 in 2006, report a relatively high prevalence of marijuana use: 13% in 2004 and 26% in 2006. This “peak” cohort is followed by a “trough” group in grades 7-8 in 2006, with prevalence of

only 2%. Among boys in grades 7-8, reported marijuana use has been roughly constant at 4-7%. There are signs that marijuana use may decrease after a period of experimentation. In grades 9-10 in 2004, prevalence was 17% in boys and 20% in girls; this cohort in grades 11-12 in 2006 reported prevalences of 14% in boys and 16% in girls. Compared to national averages (Table 38), the gender pattern of lifetime use of marijuana is similar to that of alcohol: slightly lower among high school boys in Groton than the national prevalence, and higher among Groton high school girls.

The number of youth who reported recent use of inhalants in 2006 increased substantially from 2004 (Table 5). Inhalant use by middle school youth, which had decreased from 2000 to 2004, rebounded in 2006 to even higher prevalence. Nevertheless, use reported by Groton high school students was lower than in Connecticut or the nation in 2005 (Tables 10, 38). Inhalant use by girls in 2006 was 2-5 times higher than by boys, a ratio which increased with age. Overall use of inhalants tends to decrease with increasing age. A few youth experimented with harder drugs in 2004, but these numbers have decreased further, so that lifetime or recent use of drugs like cocaine, heroin, MDMA, PCP or hallucinogens among Groton youth was rare in 2006 (Tables 10, 11).

Ethnic patterns of the use of substances reveal that tobacco, alcohol and marijuana were about the same in 2006 as in 2004 among White youth, but use of inhalants and other illicit drugs increased (Table 6). Youth identifying themselves as Native American, with or without other racial identifications, had higher prevalences of all substances than other ethnic groups. Smoking decreased sharply among Black, Hispanic and Asian youth.

An individual who uses one substance frequently uses others as well. Use of alcohol, inhalants, marijuana and other drugs is tabulated (Table 7), comparing smokers with non-smokers. For example, 57.7% of recent male smokers are also recent users of alcohol, while 30.5% of male non-smokers report drinking recently, for a ratio of $57.7 \div 30.5 = 1.9$. With marijuana and other illicit drugs, many more smokers than non-smokers (up to 17-fold) are recent users. As large as these ratios were in 2006, they were even larger in 2004.

Individual / Peer Domain.

Availability of all substances in 2006 increased with age (Table 13). Cigarettes were harder to obtain than alcohol by middle schoolers, while the opposite was true among high school students. None of the availabilities has changed significantly since 2000 or 2004 (Table 13A). Among recent smokers, more than 90% obtain cigarettes from their friends, and more than half from their parents without permission (Table 14). The percentage claiming to obtain cigarettes with parental consent has increased since 2004. The percentage who purchase their own cigarettes is surprisingly high, given statutes prohibiting sale to minors. In 2006, 67% of the middle school youth who report drinking alcohol recently do so at home with parental consent (Table 15), an increase from 2004. High school youth who drink at home are more likely to do so without consent, and about 90% of them also obtain alcohol from their friends. More than half of high school students, and more than a quarter of middle schoolers, report obtaining alcohol at parties with adults present, possibly in violation of the social host statute. Situations in which alcohol is most commonly consumed are: at home, at homes of others, outdoors, with older friends, and at parties (Table 16).

Perceived risk of harm from smoking is greater than for regular use of either alcohol or marijuana (Table 17). The perception of risk from alcohol and marijuana significantly decreased in 2006, compared to 2000 and 2004 (Table 17A). More than half of high school students report that at least some of their close friends smoke (Table 18). About 90% have friends who drink, and about 70% have friends who use marijuana. The percentage of 9th and 10th graders with close friends who smoke or drink has decreased significantly since 2004 (Table 18A).

The people in whom youth with problems confide continues to be predominately parents or friends (Table 19). Significant changes from 2004 are in grades 7-8, with less communication with adults outside the family and more with friends (Table 19A).

Patterns of antisocial behavior have improved somewhat from 2004 (Table 20), although many of the behaviors show surprising consistency. The prevalence of students selling drugs and carrying weapons in the high school have decreased. These two behaviors were significantly linked in 2004 data. One-quarter of all youth report that they have bullied others to deliberately hurt the feelings, a surprisingly high prevalence. Entry-level gambling activities such as poker for money stakes and scratch tickets were reported by about one-quarter of all youth, even in grades 7-8. On-line gambling is increasing among high school juniors and seniors. Attitudes toward antisocial behaviors have not changed significantly since 2004 (Tables 21, 21A). Most students still feel that acts of violence and use of harder drugs are not acceptable. The most permissive attitudes are toward alcohol consumption and gambling activities.

Youth in 2006 report spending their free time more constructively than in 2004 (Table 22, 22A). Less time was spent watching TV, hanging out in public areas, and talking on the telephone. More time was spent working at paying jobs and doing volunteer work. Youth self-concept in 2006 remained high, with most feeling that they have many good qualities (Table 23). Among middle school youth, there were significant increases in restlessness and in trouble sleeping or concentrating (Table 23A).

Family Domain.

In 2006, there was a small but significant decrease in parental disapproval of alcohol consumption by middle school youth (Tables 24, 24A). Strong parental disapproval of smoking and use of marijuana continued in 2006. The prevalence of youth who reported living in homes with a family member who smokes was 40-55%, and who drinks alcohol was 75-85% (Table 25). Time reportedly spent after school without an adult present has not changed since 2000, and is 2.8-3.5 hours, increasing with age (Tables 26, 26A). Most youth continue to feel close to their parents and to enjoy spending time with them, but somewhat fewer confide in them regularly (Tables 27, 27A). Most parents are reported to be supportive, but parental participation in school activities, never high, may be declining (Tables 28, 28A).

School Domain.

Achievement in school in 2006 is similar to 2004 (Table 29). Average grades have decreased somewhat in middle school and increased slightly in grades 9-10. Time reportedly spent on homework has decreased in all grades, and 18% of students in grades 11-12 report usually doing no homework at all. Commitment to school remains high, unchanged from 2000 and 2004 (Tables 30, 30A). The perception of high school rules is that a student who smokes at school is subject to lesser discipline than for possession of alcohol or marijuana (Table 31).

Community Domain.

Attitudes of youth about Groton neighborhoods in 2006 continues to be positive (Tables 32, 32A). There has been a small but significant decrease in the perception of safety in neighborhoods among middle school youth. These youth also perceive that more kids are using marijuana, and that there is somewhat less effort by people to keep kids off drugs (Tables 33, 33A). Perception of effectiveness of strategies to prevent underage drinking has not changed significantly for previous years (Tables 34,

34A). High price, advertisements, and alcohol education in school are among the most effective means. National and Connecticut statistics are available from the 2005 Youth Risk Behavior Surveillance Survey, or YRBSS (Table 35). The national survey is conducted in odd-numbered years for youth in grades 9-12. Connecticut had a sufficiently survey sample in 2005 to be included for the first time. Comparisons of many of the YRBSS averages with Groton statistics are made in this report under the specific headings.

Health and Wellness.

Questions taken from the YRBSS were asked in the Groton survey for the first time in 2006, to provide baseline data and to compare to national and state averages. The percentage of youth who considered themselves overweight was 15-30% (Table 36), with very few reporting that they were very overweight. However, based on body mass index (BMI) calculated from heights and weights reported by the subjects, 21-37% are the youth are overweight or obese, and these percentages are likely to be even higher if heights and weights are actually measured (Table 37). Many youth (56-68%) are exercising to lose or maintain weight, and 33-40% are dieting for this purpose. More than 80% ate few or no green salads, a surrogate measure for a "healthy" diet. More than one-quarter of youth claimed to engage in heavy exercise more than once a day, and 15-30% said they did strength training more than once a day, claims which raise doubts about how they interpret these questions.

The number of youth who indicate they have been diagnosed as asthmatics is 14-18%, and use medications to aid breathing, figures which are consistent with previous school surveys (Table 37). An additional 5-6% of youth indicate they may have undiagnosed asthma, and a few are using medications without prescriptions. The percentage of youth who have participated in programs for diabetic children is 4-10%.

Intervention Domain: GASP Coalition.

The GASP Coalition has raised its name recognition from 3.7% in 2004 to about 12% in 2006. About half of Groton youth have participated in at least one GASP program (Table 38). Percentages of youth who have at some time participated in each of 14 GASP programs, either Some or A Lot, are presented (Table 39). The median number of participants in GASP programs was 50, with a range of 31 (Unite for Youth) to 258 (VIP Program) (Table 40). Odds ratios of less than 1.0 indicate decreased use of substances (alcohol, cigarettes, marijuana, or inhalants). Programs scoring with the lowest use of substances were Job Shadowing, SMART Moves, and Art For All. As stated under Methods, this scoring method does not take into account the relative risk of substance use by participants entering the programs. Some programs with odds ratios greater than 1.0 may be brief in duration but still contribute to the community-wide movement to curb substance abuse, or may be targeting individuals with very high risk.

REFERENCES

1. The Governor's Prevention Initiative for Youth 2000 Student Survey: Groton.
http://www.dmhas.state.ct.us/sig/pdf/GPIY2000_Groton.pdf
2. Groton Adolescent Substance-Abuse Prevention Coalition Youth Survey, Spring 2004 http://www.ledgelighthd.org/frame_HealthPromotion.htm
3. National Center for Chronic Disease Prevention and Health Promotion. YRBSS: Youth Risk Behavior Surveillance System, 2005: <http://www.cdc.gov/mmwr/PDF/SS/SS5505.pdf>
4. U.S. Department of Health & Human Services. Office for Civil Rights – HIPAA. Medical Privacy – National Standards to Protect the Privacy of Personal Health Information.
<http://www.hhs.gov/ocr/hipaa/privacy.html>
5. U.S. Department of Education. Family Educational Rights and Privacy Act (FERPA):
<http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html>
6. Governor's Prevention Initiative for Youth, 2000 Youth Survey.
<http://www.commed.uhc.edu/healthservices/2000studentsurvey.htm>
7. Groves, R.M., F.J. Fowler, M.P. Couper, J.M. Lepkowski, E. Singer and R. Tourangeau, *Survey Methodology*, 2004, Wiley-Interscience, Hoboken, NJ.
8. Body Mass Index, Child and Teen Calculator:
<http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>
9. National Heart, Lung and Blood Institute, Obesity Education Initiative:
<http://www.nhlbisupport.com/bmi/>
10. Steven B. Halls, MD. BMI Calculator and Body Weight Comparison:
<http://www.halls.md/body-mass-index/av.htm>

TABLES AND GRAPHS

SECTION I. DEMOGRAPHY

Table 1. Schools / grades of students surveyed

School Name	Level	Grade	Number of Students	
			Surveyed	Total
Fitch	High School	9	113	386
Fitch	High School	10	56	374
(Grade Group)	High School	9-10	169	760
Fitch	High School	11	83	330
Fitch	High School	12	65	289
(Grade Group)	High School	11-12	148	619
Cutler	Middle School	7	42	
Fitch	Middle School	7	41	
West Side	Middle School	7	36	
	Middle School	7	119	374
Cutler	Middle School	8	43	
Fitch	Middle School	8	52	
West Side	Middle School	8	31	
	Middle School	8	126	401
(Grade Group)	Middle School	7-8	245	775

TABLE 2. Students excluded from survey

Grade Group	Number of Surveys excluded	Reason for exclusion
	count	
11-12	7	Inconsistent responses
9-10	2	
7-8	5	
11-12	4	Incomplete surveys
9-10	2	
7-8	14	
All	34 (6.0%)	All reasons

TABLE 3. Gender and grade of students surveyed

Grade	Gender						Total		
	Male			Female			2000	2004	2006
	2000	2004	2006	2000	2004	2006			
7	50	69	56	47	63	63	104	144	119
8	55	88	54	57	73	72	118	175	126
9	58	68	54	58	81	59	117	154	113
10	43	57	33	48	59	23	97	122	56
11	0	0	43	0	0	40	0	0	83
12	0	0	35	0	0	30	0	0	65
Total	206	282	197	210	276	217	436	595	562

TABLE 4. Ethnicity of students surveyed

		Grade			Percent in Total:	
		7-8	9-10	11-12	Sample	District
Race	White	151	122	105	66.7	70.2
	Black/African American	25	17	16	10.2	13.3
	Hispanic or Latino	36	7	11	9.5	8.8
	Asian or Pacific Islander	22	15	6	7.6	6.1
	Native American	9	8	5	3.9	1.6
	Other	4	1	6	1.9	
	No response	1	0	0	0.2	
Language spoken in home	English	219	157	135	91.1	
	Spanish	8	1	1	1.8	
	Haitian Creole	0	0	1	0.2	
	Both English & Spanish	9	4	5	3.2	
	Both English & Haitian Creole	0	0	1	0.2	
	Another language	9	6	5	3.6	

SECTION 2. TOBACCO, ALCOHOL, AND OTHER DRUG USE

TABLE 5. Recent (past 30 days) use of substances by gender, grade

Substance	Grade	Male			Female		
		2000	2004	2006	2000	2004	2006
Cigarettes	7-8	13.7	5.8	6.4	13.7	5.2	5.9
	9-10	16.0	18.6	11.5	23.9	26.1	17.1
	11-12			11.5			15.7
Other tobacco*	7-8			10.9			3.7
	9-10			14.9			11.0
	11-12			20.5			8.6
Alcohol	7-8	20.4	19.0	21.8	17.9	13.2	13.3
	9-10	43.2	32.5	35.6	39.4	42.0	42.7
	11-12			46.2			58.6
Marijuana	7-8	5.3	4.0	7.3	3.6	12.6	2.2
	9-10	23.4	16.5	10.3	17.2	19.7	25.6
	11-12			14.1			15.7
Inhalants	7-8	7.5	0.7	3.6	7.1	0.0	2.2
	9-10	6.3	1.7	0.0	5.4	6.6	6.3
	11-12			1.3			4.4
Other illicit drugs	7-8	2.3	2.6	0.0	0.9	0.7	0.0
	9-10	4.2	3.3	1.3	2.1	8.0	2.5
	11-12			2.7			2.9

* Questions changed in 2006, not comparable to 2000 and 2004.

TABLE 6. Recent use of substances by race - 2006

Race	N	Respondents reporting recent use of:					
		Cigarettes	Tobacco	Alcohol	Marijuana	Inhalants	Other Illicit Drugs
	count	%	%	%	%	%	%
White	378	11.6	12.4	33.3	10.6	2.5	0.8
Black/African American	58	3.4	5.2	20.7	8.6	1.8	1.8
Hispanic or Latino	54	7.4	5.6	31.5	13.0	3.8	0.0
Asian or Pacific Islander	43	7.0	7.0	27.9	7.0	0.0	2.3
Native American	22	13.6	9.1	50.0	27.3	4.8	4.8
Other	11	27.3	27.3	72.7	18.2	27.3	9.1

TABLE 7. Association of smoking with use of other substances - 2006

Percent of smokers (respondents reporting recent use of cigarettes) and non-smokers who report use of other substances

Other substance reportedly used	Gender	Smoker to Non-smoker Ratio		
		Smokers	Non-smokers	Ratio
		%	%	
Alcohol	Male	57.7	30.5	1.9
	Female	75.8	27.2	2.8
Other tobacco	Male	80.8	8.0	10.1
	Female	42.4	2.4	18.0
Marijuana	Male	50.0	6.0	8.3
	Female	51.5	7.1	7.3
Inhalants	Male	4.0	1.7	2.4
	Female	15.6	2.4	6.5
Other illicit drugs	Male	8.0	0.4	20.0
	Female	6.3	0.8	7.9

TABLE 8. Tobacco use

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
	%	%	%	%	%
Lifetime cigarette use	21.4	16.1	49.3	35.2	34.2
How many days did you smoke cigarettes in the past month?					
in the past month?					
1-5 days	4.4	4.0	11.2	6.8	2.7
6 or more days	<1.0	2.0	11.2	8.0	11.0
Number of cigarettes smoked in the past month					
Less than one cigarette to 5 cigarettes a day	4.4	5.6	16.7	11.7	8.9
About 1/2 pack a day or more	*	*	5.8	2.5	4.8
Lifetime non-cigarette tobacco use					
1-2 times		4.1		8.8	9.7
3-10 times		5.3		4.4	7.6
More than 10 times		2.0		11.9	11.0
How many times did you use non-cigarette tobacco products in the past month?					
1-2 times		4.8		4.9	7.5
3-10 times		2.0		6.8	4.1
More than 10 times		0.0		1.9	3.4

Note: * = greater than 0.0% but less than 1.0%

Bold = 2006 significantly different from 2004 ($p < 0.01$, chi-square test)

TABLE 9. Alcohol use

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
	%	%	%	%	%
Lifetime alcohol use (more than a sip)	40.2	47.8	64.9	74.0	74.3
How many occasions have you had alcohol to drink in your lifetime?					
1-5 occasions	29.3	31.2	29.3	51.6	20.2
6 or more occasions	8.2	16.6	32.2	22.3	54.1
In the past month, how many days did you drink alcohol?					
1-5 days	14.1	14.2	27.9	33.7	39.2
6 or more days	2.2	2.8	9.4	5.3	13.5
In the past month, on the days you drank, how many drinks did you usually have?					
1 drink or less	8.2	11.7	8.3	11.8	10.1
2-3 drinks	5.4	2.0	11.6	17.8	12.8
More than 3 drinks	*	2.8	13.7	10.1	29.1

None of 2006 results are significantly different from 2004 ($p < 0.01$, chi-square test)

TABLE 10. Lifetime drug use

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
	%	%	%	%	%
I have used these drugs some time in my life					
Marijuana	11.3	10.1	41.3	33.1	41.8
Inhalants (things you sniff or inhale, like glue, paint, aerosol sprays, whippets, or snappers)	8.2	11.3	14.1	11.4	9.0
Cocaine	1.9	*	4.3	4.5	4.9
Crack (rock)	1.6	0.0	2.2	*	3.5
Hallucinogens (LSD, acid, mushrooms)	0.0	0.0	9.8	7.0	7.6
Heroin	0.0	0.0	1.8	*	2.1
Angel Dust (PCP)	*	0.0	5.4	2.5	5.6
MDMA (ecstasy)	1.3	0.0	4.3	3.2	2.8
Ketamine		*		*	0.0
GHB		0.0		*	1.4
I have used these drugs or medicine on my own without a prescription or a doctor or dentist telling me to.					
Steroids (juice, roids)	*	1.2	1.4	0.6	1.4
Downers (barbiturates, sleeping pills, quaaludes)	8.2	5.3	17.8	12.1	13.9
Tranquilizers (valium, librium)	*	0.8	4.7	1.9	3.5
Uppers (stimulants, amphetamines)	2.5	1.6	6.9	1.9	5.6
Prescription meds (oxycontin, ritalin, vicadin)	11.3	4.5	17.0	8.2	16.0
OTC meds to get high (cough med, mouthwash)		7.7		8.3	6.9

Note: * = greater than 0.0% but less than 1.0%

Bold = 2006 significantly different from 2004 (p<0.01, chi-square test)

TABLE 11. Recent drug use, within past 30 days

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
	%	%	%	%	%
I have used these drugs in past 30 days					
Marijuana	7.5	4.5	26.0	18.8	15.1
Inhalants (things you sniff or inhale, like glue, paint, aerosol sprays, whippets, or snappers)	5.5	2.8	5.2	3.2	2.8
Cocaine	*	0.0	1.8	1.9	1.4
Crack (rock)	*	0.0	*	*	1.4
Hallucinogens (LSD, acid, mushrooms)	0.0	0.0	2.5	*	2.1
Heroin	0.0	0.0	*	0.0	1.4
Angel Dust (PCP)	*	0.0	2.2	0.0	0.7
MDMA (ecstasy)	1.6	0.0	2.5	0.0	1.4
Ketamine		0.0		*	0.0
GHB		0.0		*	1.4
I have used these drugs or medicine on my own without a prescription or a doctor or dentist telling me to.					
Steroids (juice, roids)		0.0		*	0.7
Downers (barbiturates, sleeping pills, quaaludes)		2.0		1.9	1.4
Tranquilizers (valium, librium)		0.0		1.3	0.7
Uppers (stimulants, amphetamines)		*		*	1.4
Prescription meds (oxycontin, ritalin, vicadin)		2.4		2.5	3.5
OTC meds to get high (cough med, mouthwash)		3.2		3.8	3.5

TABLE 12. Mean age of initiation for specific behaviors

Questions and responses	Year of Survey	Grade					
		7	8	9	10	11	12
		(all ages in years)					
Age at time of survey	2000	12.8	13.5	14.9	15.7		
	2004	12.9	13.8	14.8	15.8		
	2006	12.6	13.6	14.7	15.7	16.6	17.7
How old were you when you first tried Alcohol beverages	2000	10.2	11.0	12.2	12.7		
	2004	10.5	10.5	12.1	13.1		
	2006	11.3	12.0	12.5	13.1	13.6	13.8
How old were you when you first tried Cigarettes	2000	10.6	10.5	11.7	12.5		
	2004	10.4	10.5	11.9	12.3		
	2006	11.3	12.1	12.6	13.2	13.5	13.4
How old were you when you first tried Marijuana	2000	11.9	12.0	13.2	14.2		
	2004	11.4	11.4	13.1	13.9		
	2006	12.4	13.3	14.0	12.9	13.4	14.0

TABLE 12A. Statistical summary. Age of initiation for specific behaviors

Age at the time of:	Year of Survey	Grade 7-10 Statistics		
		Mean	P-value, 2006 vs.	
			2000	2004
Taking the survey	2000	years 14.2	(not comparable)	
	2004	14.2		
	2006	13.9		
First use of alcohol	2000	11.8	<u>0.00012</u>	<u>0.00056</u>
	2004	11.8		
	2006	12.2		
Beginning smoking cigarettes	2000	11.5	<u>0.0060</u>	<u>0.0091</u>
	2004	11.5		
	2006	12.4		
First use of marijuana	2000	13.3	0.48	0.018
	2004	12.9		
	2006	13.4		

SECTION 3. INDIVIDUAL / PEER DOMAIN

TABLE 13. Availability of alcohol, tobacco, marijuana, and guns

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
If you wanted to, how easy would it be for you to get:			
Beer, wine, wine coolers, or hard liquor			
Very easy	29.5	47.8	50.7
Sort of easy	24.6	29.9	34.5
Sort of hard	19.7	12.1	7.7
Very hard	26.2	10.2	7.0
Cigarettes			
Very easy	27.0	46.5	62.4
Sort of easy	20.5	26.1	19.1
Sort of hard	10.2	8.9	6.4
Very hard	42.2	18.5	12.1
Marijuana			
Very easy	14.3	38.2	49.3
Sort of easy	9.8	17.2	22.5
Sort of hard	11.9	8.9	12.0
Very hard	63.9	35.7	16.2
A drug like cocaine, heroin, LSD, or amphetamines			
Very easy	3.3	16.6	13.4
Sort of easy	4.9	8.9	17.6
Sort of hard	13.2	17.2	23.9
Very hard	78.6	57.3	45.1
A gun			
Very easy	9.5	12.7	16.2
Sort of easy	8.3	12.1	8.5
Sort of hard	11.6	14.6	31.0
Very hard	70.7	60.5	44.4

TABLE 13A. Statistical summary. Availability of substances and guns

Ease of obtaining	Average scale score (1=easiest, 4=hardest)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Alcoholic beverages	2.5	2.7	2.4	1.9	2.1	1.8	1.7
Cigarettes	2.6	2.9	2.7	1.8	2.0	2.0	1.7
Marijuana	3.3	3.4	3.3	2.3	2.3	2.4	1.9
A gun	3.4	3.5	3.4	3.2	3.3	3.2	3.0
A drug like cocaine or heroin	3.6	3.7	3.7	3.3	3.2	3.2	3.0

**TABLE 14. Sources for obtaining cigarettes
(Responses of students who report recent cigarette use)**

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How often do you get cigarettes from:			
Your parents with their permission			
Sometimes	23.1	4.2	5.0
Often	0.0	8.3	20.0
Your parents without their permission			
Sometimes	30.8	20.8	25.0
Often	7.7	41.7	20.0
Your friends			
Sometimes	71.4	20.8	45.0
Often	21.4	70.8	45.0
Your brother(s) or sister(s)			
Sometimes	21.4	8.3	25.0
Often	7.1	12.5	15.0
Stores (you buy them)			
Sometimes	23.1	29.2	25.0
Often	0.0	8.3	30.0
Machines (you buy them)			
Sometimes	23.1	4.2	5.0
Often	0.0	12.5	10.0

**TABLE 15. Sources for obtaining alcohol
(Responses of students who report recent alcohol use)**

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How often do you get alcohol from:			
Home, with your parents' permission			
Sometimes	50.0	34.8	35.9
Often	16.7	3.0	10.3
Home, without your parents' permission			
Sometimes	38.1	50.0	44.9
Often	9.5	18.2	14.1
Your friends			
Sometimes	45.2	54.5	51.3
Often	11.9	36.4	39.7
Your brother(s) or sister(s)			
Sometimes	26.2	18.2	24.4
Often	2.4	16.7	16.7
From other people who buy it for you			
Sometimes	11.9	37.9	42.3
Often	2.4	21.2	26.9
At a party with adults present			
Sometimes	21.4	34.8	47.4
Often	7.1	19.7	19.2
At a party without adults present			
Sometimes	28.6	34.8	50.0
Often	4.8	40.9	37.2
A store, bar or restaurant (you buy it)			
Sometimes	2.4	1.5	14.1
Often	2.4	6.1	10.3

**TABLE 16. Place and prevalence of alcohol and drug use
(Responses of students who report using alcohol or drugs in their lifetime)**

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
In the past month, how many days did you use alcohol or drugs in the following places or during the following times:			
At home			
1-2 days	46.4	44.4	37.5
3 or more days	28.6	13.0	20.3
On the street, in the woods, or in parks or fields			
1-2 days	28.6	33.3	19.0
3 or more days	21.4	25.9	22.2
With older friends			
1-2 days	14.3	40.7	40.3
3 or more days	46.4	31.5	25.8
At the homes of other people			
1-2 days	35.7	33.3	30.2
3 or more days	21.4	29.6	33.3
At school activities, such as dances or football games			
1-2 days	7.1	14.8	7.8
3 or more days	3.6	9.3	6.3
At work			
1-2 days	0.0	1.9	1.6
3 or more days	3.6	3.7	4.8
When skipping school			
1-2 days	3.6	5.6	7.8
3 or more days	0.0	3.7	9.4
While driving a car, truck, or motorcycle			
1-2 days	3.6	7.5	7.8
3 or more days	3.6	5.7	7.8
At a party with an adult present			
1-2 days	7.1	24.1	22.2
3 or more days	17.9	11.1	12.7
At a party without an adult present			
1-2 days	21.4	44.4	42.2
3 or more days	14.3	22.2	34.4

TABLE 17. Perceived harm of tobacco or alcohol use

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How much do you think people risk harming themselves if they:			
Use alcohol regularly			
No risk	4.5	4.9	7.5
Very little risk	21.5	31.1	34.9
Some risk	43.3	44.5	37.7
A lot of risk	30.8	19.5	19.9
Smoke cigarettes regularly			
No risk	0.4	1.9	2.8
Very little risk	3.2	3.1	8.4
Some risk	21.1	22.0	10.5
A lot of risk	75.3	73.0	78.3
Use marijuana regularly			
No risk	4.9	5.0	9.1
Very little risk	4.9	21.4	28.7
Some risk	17.8	29.6	30.8
A lot of risk	72.5	44.0	31.5

TABLE 17A. Statistical summary. Perceived harm of alcohol, cigarettes, marijuana

Regular use of	Average scale score (1=least harm, 4=most harm)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Alcohol	3.7	3.7	3.0 (00,04)	3.7	3.5	2.8 (00,04)	2.8
Cigarettes	3.8	3.8	3.7	3.8	3.7	3.7	3.7
Marijuana	3.9	3.9	3.6 (00,04)	3.7	3.6	3.1 (00,04)	2.9

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.01)

TABLE 18. Peer use of alcohol, tobacco, or other drugs

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How many of your close friends smoke cigarettes?			
None	63.0	35.0	39.0
Some	30.5	51.6	48.9
Most	6.5	13.4	12.1
How many of your close friends drink beer, wine, wine coolers, or hard liquor?			
None	55.3	17.2	9.9
Some	34.0	44.6	48.2
Most	10.7	38.2	41.8
How many of your close friends use marijuana?			
None	70.9	32.7	27.0
Some	22.5	44.2	57.4
Most	6.6	23.1	15.6
How many of your close friends use inhalants?			
None	89.0	81.5	85.6
Some	8.9	17.2	13.7
Most	2.0	1.3	0.7
How many of your close friends tried a drug like cocaine, LSD, heroin, or amphetamines?			
None	87.8	72.9	70.2
Some	11.0	24.5	27.0
Most	1.2	2.6	2.8

TABLE 18A. Statistical summary. Peer use of substances.

How many close friends	Average scale score (1=none, 2=some, 3=most)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Smoke cigarettes	1.5	1.4	1.4	2.0	2.0	1.8 (00,04)	1.8
Drink alcohol	1.5	1.6	1.6	2.3	2.5	2.2 (04)	2.3
Use marijuana	1.3	1.4	1.4	2.1	2.2	1.9	1.9
Use inhalants	1.2	1.2	1.1	1.2	1.3	1.2	1.2
Have tried drugs	1.1	1.1	1.1	1.3	1.4	1.3	1.4

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.01)

TABLE 19. Social supports

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
When you have problem that bothers you, how often do you talk about it with:			
Your parent(s) or guardian(s)			
Never or almost never	21.5	31.1	24.1
Sometimes	45.0	39.7	39.0
Often	20.7	16.6	20.6
Always or almost always	12.8	12.6	16.3
A relative, other than a parent			
Never or almost never	42.0	52.3	49.3
Sometimes	36.6	30.5	36.4
Often	13.6	11.3	7.9
Always or almost always	7.8	6.0	6.4
A teacher			
Never or almost never	63.2	70.2	68.1
Sometimes	28.1	22.5	27.0
Often	6.2	5.3	2.8
Always or almost always	2.5	2.0	2.1
An adult who is not a family member (not including a teacher)			
Never or almost never	64.6	58.7	56.0
Sometimes	24.6	23.3	29.1
Often	8.3	12.0	9.2
Always or almost always	2.5	6.0	5.7
A brother or a sister			
Never or almost never	41.1	36.4	43.9
Sometimes	29.9	35.1	30.9
Often	16.2	13.9	13.7
Always or almost always	12.9	14.6	11.5
A friend			
Never or almost never	11.2	8.7	10.0
Sometimes	22.8	25.3	29.3
Often	22.4	27.3	20.7
Always or almost always	43.6	38.7	40.0
I keep it to myself			
Never or almost never	20.3	16.6	16.3
Sometimes	43.2	37.7	46.1
Often	23.7	19.9	19.1
Always or almost always	12.9	25.8	18.4

TABLE 19A. Statistical summary. Social supports

I talk about a problem with	Average scale score (1=never, 2=sometimes, 3=often, 4=always)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Parent(s) or guardian(s)	2.2	2.2	2.2	2.1	2.2	2.1	2.3
Relative other than parent	1.9	1.8	1.9	1.7	1.8	1.7	1.7
Teacher	1.4	1.4	1.5	1.3	1.3	1.4	1.4
Adult non-family	1.6	1.7	1.5 (04)	1.6	1.6	1.7	1.6
Brother or sister	1.8	1.8	2.0	1.9	2.0	2.1	1.9
Friend	2.9	2.7	3.0 (04)	3.0	2.9	3.0	2.9
Keep it to myself	2.4	2.3	2.3	2.4	2.3	2.5	2.4

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.01)

TABLE 20. Antisocial behavior

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
	%	%	%	%	%
In the past year, I have:					
Stolen something worth less than \$100	21.3	21.9	30.9	28.7	23.2
Gotten suspended or expelled from school	11.6	11.7	15.6	14.0	5.6
Gotten into trouble with the police	13.2	14.2	22.5	22.9	11.3
Picked a fight with someone (not a family member)	23.2	32.4	23.3	31.8	19.7
Attacked someone to seriously hurt them	5.0	15.0	12.7	14.1	15.5
Bully to hurt someone's feelings	*	27.9	*	29.5	23.9
Cheated on a test	29.2	29.1	51.6	54.1	52.1
Sold illegal drugs	1.9	2.8	12.4	6.4	7.7
Bought illegal drugs	5.0	4.9	21.5	14.0	15.5
Purposely damaged another's property	16.0	18.2	20.0	24.2	16.9
Carried a knife, gun, or other weapon	16.0	14.2	19.6	14.6	14.9
Brought a knife, gun, or other weapon to school	2.5	1.2	8.0	7.0	2.1
Gotten arrested	4.1	2.8	10.5	7.0	4.2
Play games for money (e.g., poker)	*	25.1	*	30.6	27.5
Place bets on-line	*	1.2	*	2.5	7.8
Scratch tickets for money	*	23.1	*	17.9	28.2
Ride with driver who was drinking or using drugs	*	20.6	*	34.4	26.8

* Question added or modified in 2006 survey

Bold = 2006 significantly different from 2004 (p<0.01), chi-square test

Counts of respondents		Sold Drugs in Past Year	
		No	Yes
Carried Weapon in Past Year	No	456	10
	Yes	61	18

P-value (chi-square) = <0.001

TABLE 21. Attitudes towards antisocial behavior

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How wrong do you think it is for someone your age to:			
Drink beer, wine, wine coolers, or hard liquor			
Not at all wrong	8.7	17.8	32.6
Somewhat wrong	31.8	58.6	51.8
Very wrong	59.5	23.7	15.6
Smoke cigarettes			
Not at all wrong	6.2	11.9	20.6
Somewhat wrong	20.7	41.7	41.1
Very wrong	73.1	46.4	38.3
Use marijuana			
Not at all wrong	7.0	12.5	20.6
Somewhat wrong	11.9	40.1	43.3
Very wrong	81.1	47.4	36.2
Use inhalants			
Not at all wrong	4.6	5.9	8.5
Somewhat wrong	12.9	21.1	24.1
Very wrong	82.5	73.0	67.4
Purposely damage or destroy property that does not belong to them			
Not at all wrong	5.8	3.9	4.3
Somewhat wrong	28.2	30.9	22.1
Very wrong	66.0	65.1	73.6
Carry a knife, gun or other weapon			
Not at all wrong	9.9	9.2	12.1
Somewhat wrong	21.5	30.3	28.4
Very wrong	68.6	60.5	59.6
Steal something worth less than \$100			
Not at all wrong	6.2	7.9	5.7
Somewhat wrong	29.0	33.6	31.2
Very wrong	64.7	58.6	63.1
Pick a fight with someone (not a family member)			
Not at all wrong	11.2	10.5	9.9
Somewhat wrong	36.8	48.0	46.8
Very wrong	52.1	41.4	43.3
Attack someone to hurt them			
Not at all wrong	5.0	5.3	6.4
Somewhat wrong	17.0	30.9	27.7
Very wrong	78.0	63.8	66.0
Tease someone to hurt their feelings			
Not at all wrong	4.1	6.6	5.7
Somewhat wrong	34.7	36.2	42.6
Very wrong	61.2	57.2	51.8

TABLE 21. Attitudes towards antisocial behavior, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Say nothing to a bully			
Not at all wrong	8.3	13.2	9.2
Somewhat wrong	41.3	38.8	44.0
Very wrong	50.4	48.0	46.8
Cheat on a test at school			
Not at all wrong	9.5	22.4	17.0
Somewhat wrong	39.7	54.6	60.3
Very wrong	50.8	23.0	22.7
Drink and drive			
Not at all wrong	4.1	3.9	4.3
Somewhat wrong	11.2	14.5	14.3
Very wrong	84.7	81.6	81.4
Play games for money (poker)			
Not at all wrong	19.8	34.9	36.9
Somewhat wrong	36.0	36.2	43.3
Very wrong	44.2	28.9	19.9
Place bets on-line			
Not at all wrong	13.9	24.3	27.0
Somewhat wrong	36.3	36.2	46.8
Very wrong	49.8	39.5	26.2
Scratch tickets for money			
Not at all wrong	25.2	34.2	37.6
Somewhat wrong	32.6	37.5	46.8
Very wrong	42.1	28.3	15.6

TABLE 21A. Statistical summary. Attitudes toward antisocial behavior

How wrong is it to:	Average scale score (1=not, 2=somewhat, 3=very wrong)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Drink alcoholic beverages	2.4	2.3	2.5	1.9	2.0	2.1	1.8
Smoke cigarettes	2.4	2.5	2.7	2.2	2.2	2.3	2.2
Use marijuana	2.7	2.7	2.7	2.3	2.2	2.3	2.2
Use inhalants	2.7	2.6	2.8	2.7	2.6	2.7	2.6
Damage property	2.6	2.6	2.6	2.6	2.6	2.6	2.7
Carry weapon	2.6	2.5	2.6	2.5	2.5	2.5	2.5
Steal less than \$100	2.5	2.5	2.6	2.5	2.4	2.5	2.6
Pick a fight	2.4	2.4	2.4	2.4	2.3	2.3	2.3
Attack someone	2.6	2.6	2.7	2.6	2.6	2.6	2.6
Tease to hurt feelings			2.6			2.5	2.5
Say nothing to bully			2.4			2.3	2.4
Cheat on test	2.3	2.2	2.4	2.1	2.0	2.0	2.1
Drink and drive	2.8	2.8	2.8	2.8	2.7	2.8	2.8
Play money games			2.2			1.9	1.8
Bet on-line			2.4			2.2	2.0
Play scratch tickets			2.2			1.9	1.8

(No 2006 score significantly different from 2000 or 2004 (p>0.001))

TABLE 22. How students report spending time after school

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How many hours a week do you usually spend:			
Exercising, working out, or playing sports			
None	4.0	10.7	12.8
1-2 hours	24.6	29.0	25.5
3-5 hours	28.6	18.9	26.2
6-10 hours	17.7	23.7	15.4
11 or more hours	25.0	17.8	20.1
In clubs (e.g., scouts, boy/girls club, school clubs)			
None	66.8	65.7	55.0
1-2 hours	18.4	23.1	26.2
3-5 hours	11.1	4.1	14.8
6-10 hours	2.0	5.3	2.7
11 or more hours	1.6	1.8	1.3
Watching TV			
None	4.2	7.7	10.8
1-2 hours	36.4	30.8	31.8
3-5 hours	25.1	36.7	22.3
6-10 hours	22.6	16.0	23.6
11 or more hours	11.7	8.9	11.5
Reading books, magazines, or newspapers			
None	19.5	28.6	21.9
1-2 hours	48.1	50.0	45.9
3-5 hours	19.5	15.5	19.9
6-10 hours	8.3	2.4	8.2
11 or more hours	4.6	3.6	4.1
Hanging out with friends in public areas			
None	10.2	8.4	11.6
1-2 hours	20.4	21.1	20.4
3-5 hours	31.8	30.1	30.6
6-10 hours	20.4	25.9	15.0
11 or more hours	17.1	14.5	22.4
Working at a paying job			
None	40.9	48.8	25.5
1-2 hours	26.3	15.5	5.4
3-5 hours	18.6	16.1	12.1
6-10 hours	10.5	11.9	22.1
11 or more hours	3.6	7.7	34.9

TABLE 22. How students report spending time after school, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Helping around the house			
None	6.5	7.7	11.4
1-2 hours	41.2	38.7	44.3
3-5 hours	29.0	41.7	28.9
6-10 hours	16.7	8.3	10.7
11 or more hours	6.5	3.6	4.7
Doing volunteer work			
None	65.2	67.9	58.5
1-2 hours	23.5	21.8	31.3
3-5 hours	7.7	7.9	6.1
6-10 hours	2.0	1.8	3.4
11 or more hours	1.6	0.6	0.7
Band, choir or musical instrument			
None	60.8	63.9	72.5
1-2 hours	15.9	16.0	6.7
3-5 hours	17.6	9.5	12.1
6-10 hours	4.1	7.7	3.4
11 or more hours	1.6	3.0	5.4
Religious services or programs			
None	61.0	67.3	68.9
1-2 hours	24.0	21.4	20.3
3-5 hours	11.8	10.1	4.1
6-10 hours	2.8	0.6	4.1
11 or more hours	0.4	0.6	2.7
Computer, unrelated to school			
None	6.5	9.5	10.8
1-2 hours	36.0	37.3	27.7
3-5 hours	27.9	26.0	27.7
6-10 hours	19.0	16.0	18.9
11 or more hours	10.5	11.2	14.9
Playing video games			
None	39.9	44.4	45.0
1-2 hours	25.8	24.3	20.1
3-5 hours	20.6	16.6	14.8
6-10 hours	5.2	10.1	11.4
11 or more hours	8.5	4.7	8.7
Talking on telephone			
None	17.0	22.0	17.8
1-2 hours	41.3	39.3	41.1
3-5 hours	17.8	20.8	22.6
6-10 hours	13.0	8.3	11.6
11 or more hours	10.9	9.5	6.8

TABLE 22. How students report spending time after school, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Listening to music			
None	3.3	3.6	3.4
1-2 hours	25.5	19.6	17.0
3-5 hours	26.7	27.4	29.9
6-10 hours	17.7	16.7	19.0
11 or more hours	26.7	32.7	30.6

TABLE 22A. Statistical summary. Time spent after school

Activity	Average time spent (hours/week)						
	Grade 7-8			Grade 9-10			Gr. 11-12
	2000	2004	2006	2000	2004	2006	2006
Exercise, workout, sports	4.8	4.6	5.1	5.8	5.0	4.3	4.7
Clubs	1.0	0.8	0.8	0.8	0.8	0.8	0.2
Watch TV	5.3	5.3	4.0 (00,04)	4.8	4.9	3.7 (00,04)	6.0
Read books, etc.	2.9	2.9	2.3	2.7	2.6	1.6 (00,04)	3.9
Hang out in public areas	5.0	4.8	2.3 (00,04)	5.2	5.0	1.6 (00,04)	2.1
Work for pay	3.1	3.1	4.4 (00,04)	3.7	3.4	4.5 (04)	5.0
Help around house	1.8	1.5	1.7	3.3	2.5	1.9 (00)	1.9
Volunteer work	2.8	2.4	3.4 (04)	2.7	2.6	3.0	2.3
Sing or play music	0.8	0.7	0.8	0.8	1.5	0.7	0.8
Religious programs	1.3	1.5	1.0	1.3	1.2	1.0	0.8
Computer, non-school	0.9	1.2	0.9	1.0	1.0	0.7	0.9
Video games	3.5	3.7	3.8	3.2	3.1	3.6	2.8
Talk on telephone	3.5	2.8	3.0	3.9	3.1	2.6 (00)	3.9
Listen to music	5.7	5.5	5.2	6.6	6.2	5.7	5.6

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.001)

TABLE 23. Self-concept

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How much do you disagree or agree with the following:			
I am good at making friends			
Strongly disagree	2.5	3.3	3.5
Disagree	6.6	5.9	6.4
Agree	52.9	54.9	56.0
Strongly agree	38.1	35.9	34.0
I feel no one understands me			
Strongly disagree	27.5	24.3	33.3
Disagree	48.8	47.4	49.6
Agree	19.7	24.3	13.5
Strongly agree	4.1	3.9	3.5
At times, I think I am no good at all			
Strongly disagree	27.9	34.9	35.0
Disagree	38.1	28.9	40.0
Agree	27.0	27.0	19.3
Strongly agree	7.0	9.2	5.7
I feel lonely			
Strongly disagree	33.6	38.4	31.4
Disagree	40.6	33.1	46.4
Agree	20.5	21.2	17.1
Strongly agree	5.3	7.3	5.0
I am good at making decisions			
Strongly disagree	4.1	5.9	5.7
Disagree	8.7	17.8	11.4
Agree	58.1	54.6	60.7
Strongly agree	29.0	21.7	22.1
I feel that no one really cares about me			
Strongly disagree	52.0	49.3	48.2
Disagree	30.3	33.6	44.7
Agree	14.3	13.2	3.5
Strongly agree	3.3	3.9	3.5
I feel I do not have much to be proud of			
Strongly disagree	52.9	45.4	48.9
Disagree	31.1	32.2	35.5
Agree	13.5	16.4	10.6
Strongly agree	2.5	5.9	5.0
I think I have a good sense of humor			
Strongly disagree	3.7	2.0	5.0
Disagree	10.7	9.9	7.9
Agree	50.4	49.7	51.4
Strongly agree	35.2	38.4	35.7

TABLE 23. Self-concept, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
I often have trouble sleeping			
Strongly disagree	26.9	27.0	28.4
Disagree	33.1	35.5	37.6
Agree	27.3	31.6	22.0
Strongly agree	12.8	5.9	12.1
I feel sad most of the time			
Strongly disagree	42.8	42.1	41.8
Disagree	37.9	38.2	43.3
Agree	15.2	17.8	12.8
Strongly agree	4.1	2.0	2.1
On the whole, I like myself			
Strongly disagree	6.2	4.0	7.8
Disagree	12.4	13.9	7.1
Agree	44.6	47.7	55.3
Strongly agree	36.8	34.4	29.8
I have so much energy, I don't know what to do with it			
Strongly disagree	11.2	13.2	17.0
Disagree	38.4	47.7	48.9
Agree	31.0	29.1	24.8
Strongly agree	19.4	9.9	9.2
I have less energy than I think I should have			
Strongly disagree	40.7	28.9	30.5
Disagree	42.8	36.8	40.4
Agree	13.6	29.6	24.8
Strongly agree	2.9	4.6	4.3
I have a number of good qualities			
Strongly disagree	2.9	2.0	5.7
Disagree	7.0	12.5	7.1
Agree	52.7	52.0	56.7
Strongly agree	37.4	33.6	30.5
All in all, I am glad I am me			
Strongly disagree	2.5	3.3	7.1
Disagree	8.2	11.2	8.5
Agree	36.2	53.3	47.5
Strongly agree	53.1	32.2	36.9
I wish I was dead			
Strongly disagree	81.6	67.5	73.8
Disagree	12.3	25.2	21.3
Agree	5.3	4.6	3.5
Strongly agree	0.8	2.6	1.4

TABLE 23. Self-concept, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
I am restless and can't sit still			
Strongly disagree	29.0	30.3	34.0
Disagree	38.2	36.8	40.4
Agree	26.1	25.0	19.9
Strongly agree	6.6	7.9	5.7
I have trouble concentrating			
Strongly disagree	26.4	21.3	25.7
Disagree	34.7	39.3	35.0
Agree	31.0	30.7	31.4
Strongly agree	7.9	8.7	7.9
Stand up to a bully			
Strongly disagree	10.8	4.0	9.2
Disagree	13.7	19.2	16.3
Agree	39.4	51.7	52.5
Strongly agree	36.1	25.2	22.0

TABLE 23A. Statistical summary. Self-concept

Agreement that:	Average score (1=strongly disagree, ..., 4=strongly agree)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
I am good at making friends	3.3	3.3	3.3	3.3	3.3	3.2	3.2
No one understands me	2.0	2.0	2.0	2.1	2.0	2.1	1.9
I am no good at all	2.1	2.0	2.1	2.1	2.1	2.1	2.0
I feel lonely	2.0	1.9	2.0	2.1	2.1	2.0	2.0
I am good at making decisions	3.1	3.0	3.1	3.1	2.9	2.9	3.0
No one really cares about me	1.7	1.6	1.7	1.6	1.7	1.7	1.6
I do not have much to be proud of	1.8	1.7	1.7	1.7	1.8	1.8	1.7
I have a good sense of humor	3.3	3.2	3.2	3.3	3.3	3.2	3.2
I have trouble sleeping	2.1	2.0	2.3 (04)	2.3	2.2	2.2	2.2
I feel sad	1.8	1.7	1.8	1.8	1.8	1.8	1.8
I like myself	3.2	3.2	3.1	3.1	3.1	3.1	3.1
I have too much energy	2.5	2.5	2.6	2.4	2.4	2.4	2.3
I have too little energy	1.9	1.9	1.8	2.0	2.0	2.1	2.0
I have many good qualities	3.3	3.2	3.2	3.2	3.2	3.2	3.1
I am glad I am me	3.3	3.2	3.4	3.3	3.2	3.1	3.1
I wish I were dead	1.3	1.3	1.3	1.2	1.3	1.4	1.3
I am restless	1.8	1.8	2.1 (00,04)	1.9	2.0	2.1	2.0
I have trouble concentrating	1.9	2.0	2.2 (00)	2.1	2.2	2.3	2.2
I would stand up to a bully			3.0			3.0	2.9

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.01)

SECTION 4. FAMILY DOMAIN

TABLE 24. Family attitudes towards alcohol, tobacco, and marijuana

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How wrong does your parent/guardian(s) feel it would be for you to drink beer, wine, wine coolers, or hard liquor (besides a few sips)?			
Not all wrong	3.3	4.9	11.0
A little bit wrong	13.4	17.1	28.3
Wrong	28.0	35.4	29.0
Very Wrong	55.3	42.7	31.7
How wrong does your parent/guardian(s) feel it would be for you to smoke cigarettes?			
Not all wrong	1.6	2.5	5.5
A little bit wrong	4.0	9.4	8.9
Wrong	15.0	21.3	20.5
Very Wrong	79.4	66.9	65.1
How wrong does your parent/guardian(s) feel it would be for you to use marijuana?			
Not all wrong	0.4	1.3	4.9
A little bit wrong	2.8	4.4	9.0
Wrong	8.9	19.0	18.8
Very Wrong	87.8	75.3	67.4

TABLE 24A. Statistical summary. Family attitudes towards substances

How wrong do your parents feel it would be if you:	Average score (1=not at all wrong, ..., 4=very wrong)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Drink alcoholic beverages	3.6	3.5	3.4 (00,04)	3.4	3.2	3.2	2.8
Smoke cigarettes	3.7	3.8	3.7	3.5	3.6	3.5	3.4
Use marijuana	3.9	3.9	3.8	3.8	3.6	3.7	3.5

Bold = 2006 significantly different from 2000 and/or 2004 (p<0.01)

TABLE 25. Family status of alcohol and cigarette use

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Do either of your parents/guardians, or any of you brothers or sisters: Drink alcoholic beverages?			
Yes	64.5	81.1	79.1
I Don't Know	8.1	5.9	4.1
Smoke cigarettes?			
Yes	52.0	51.2	39.0
I Don't Know	3.6	4.9	2.1

TABLE 26. Family management

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
On regular day, how many hours do you usually spend after school without an adult present?			
None	4.4	1.8	2.0
One hour or less	28.2	14.7	14.8
2-4 hours	42.7	48.2	38.9
More than 4 hours	24.6	35.3	44.3
When I am away from home, my parent/guardian knows where I am and who I am with			
Definitely not true	2.4	2.4	6.8
Mostly not true	6.5	7.7	7.4
Mostly true	36.3	54.8	56.8
Definitely true	54.8	35.1	29.1
If I break one of my parent/guardian(s)' rules, I usually get punished			
Definitely not true	6.9	6.5	12.1
Mostly not true	20.2	23.2	18.1
Mostly true	41.7	52.4	50.3
Definitely true	31.2	17.9	19.5
My family has clear rules about alcohol			
Definitely not true	2.8	3.6	7.5
Mostly not true	7.3	7.8	11.6
Mostly true	23.9	34.1	26.5
Definitely true	66.0	54.5	54.4
My family has clear rules about smoking			
Definitely not true	4.8	3.7	6.9
Mostly not true	5.6	9.1	8.3
Mostly true	18.1	18.3	13.8
Definitely true	71.4	68.9	71.0

TABLE 26A. Statistical summary. Family management

Survey question	Average value						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Time spent after school without an adult present	hrs/day	hrs/day	hrs/day	hrs/day	hrs/day	hrs/day	hrs/day
	2.9	2.9	2.8	3.2	3.3	3.3	3.5
When I am away, my parents know where I am	average scale score (1=not true, ..., 4=definitely true)						
	3.4	3.5	3.2	3.3	3.3	3.2	3.1
If I break my parents' rules, I usually get punished	3.0	3.0	2.8 (00)	3.0	2.9	2.8	2.8
My family has rules about alcohol			3.5			3.4	3.3
My family has rules about smoking			3.6			3.5	3.5

Underline = 2006 significantly different from 2000 and/or 2004 (p<0.01)

TABLE 27. Parental attachment and communication

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
I feel very close to my parent/guardian(s)			
Definitely not true	3.2	7.2	6.1
Mostly not true	6.0	10.8	6.1
Mostly true	29.8	46.4	36.7
Definitely true	60.9	35.5	51.0
I enjoy spending time with my parent/guardian(s)			
Definitely not true	2.9	8.4	4.1
Mostly not true	12.2	19.2	16.4
Mostly true	45.3	46.7	47.9
Definitely true	39.6	25.7	31.5
I share my thoughts and feelings with my parent/guardian(s)			
Definitely not true	11.3	15.6	10.9
Mostly not true	27.1	34.1	30.6
Mostly true	43.3	38.9	40.1
Definitely true	18.2	11.4	18.4

TABLE 27A. Statistical summary. Parental attachment

Responses regarding attachment to parents/guardians	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Feeling close	3.4	3.5	3.5	3.1	3.2	3.1	3.3
Enjoy spending time	3.1	3.2	3.2	3.0	3.0	2.9	3.0
Share thoughts and feelings	2.7	2.7	2.7	2.5	2.6	2.5	2.6

No 2006 results significantly different from 2000 and/or 2004 (p<0.01))

TABLE 28. Positive family involvement

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
My parent/guardian(s) gives lots of chances to do fun things with them and my family			
Definitely not true	3.6	4.2	10.7
Mostly not true	12.6	21.1	16.8
Mostly true	38.1	41.6	48.3
Definitely true	45.7	33.1	24.2
My parent/guardian(s) gives me help and support when I need it			
Definitely not true	1.6	1.8	5.4
Mostly not true	5.3	12.5	7.4
Mostly true	31.6	44.0	31.1
Definitely true	61.5	41.7	56.1
My parent/guardian(s) asks if my homework is done			
Definitely not true	4.8	9.0	16.9
Mostly not true	11.7	21.0	18.9
Mostly true	27.4	29.9	34.5
Definitely true	56.0	40.1	29.7
My parent/guardian(s) participates in activities at my school			
Definitely not true	40.3	47.9	37.8
Mostly not true	26.6	19.2	22.3
Mostly true	23.8	26.9	25.7
Definitely true	9.3	6.0	14.2

TABLE 28A. Statistical summary. Family involvement

	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
My parents/guardians							
Give chances to do fun things with the family	3.2	3.2	3.3	3.0	3.0	3.0	2.8
Give me support when I need it	3.5	3.5	3.5	3.4	3.4	3.3	3.4
Ask if my homework is done	3.5	3.4	3.3	3.1	3.2	3.0	2.8
Participate in school activities	2.2	2.2	2.0	2.2	2.0	1.9 (00)	2.1

Underline = 2006 significantly different from 2000 and/or 2004 (p<0.01)

SECTION 5. SCHOOL DOMAIN

TABLE 29. School performance

Questions and responses	Grade				
	7-8		9-10		11-12
	2004	2006	2004	2006	2006
What kind of grades do you usually get?	%	%	%	%	%
Mostly A's	24.7	15.7	18.0	21.2	26.2
A's and B's	32.7	31.0	35.6	28.8	22.8
Mostly B's	10.3	19.4	8.8	21.8	25.5
B's and C's	19.3	18.1	22.2	10.6	9.4
Mostly C's	7.0	9.7	6.5	8.2	12.8
C's and D's	4.7	4.0	5.0	5.3	0.7
Mostly D's	0.0	1.6	1.5	2.4	0.7
D's and F's	1.3	0.0	1.9	0.6	0.0
Mostly F's	0.0	0.4	4.0	1.2	1.3
On average, how many hours a day do you spend doing homework?					
None	3.2	2.8	13.0	9.4	18.1
Less than 1 hour	23.2	48.8	23.5	52.9	47.7
1 to 3 hours	73.7	43.1	59.1	34.1	30.9
More than 3 hours	2.7	4.4	4.4	2.9	2.0

TABLE 30. Commitment to school

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
I try hard to do good work at school			
Definitely not true	1.2	2.4	8.1
Mostly not true	3.6	11.2	4.7
Mostly true	54.0	48.2	48.0
Definitely true	41.1	38.2	39.2
I want very much to get more education after high school			
Definitely not true	2.0	2.9	4.7
Mostly not true	4.1	7.6	4.1
Mostly true	27.3	23.5	21.6
Definitely true	66.5	65.9	69.6
It is important to me to get good grades			
Definitely not true	0.4	0.6	4.1
Mostly not true	4.1	8.3	6.8
Mostly true	31.3	31.4	33.6
Definitely true	64.2	59.8	55.5
I have given up on school			
Definitely not true	84.1	79.4	69.4
Mostly not true	13.5	13.5	19.0
Mostly true	1.6	5.9	5.4
Definitely true	0.8	1.2	6.1
I feel safe at school			
Definitely not true	5.7	7.1	9.5
Mostly not true	14.8	18.2	10.1
Mostly true	53.3	55.3	61.5
Definitely true	26.2	19.4	18.9

TABLE 30A. Statistical summary. Commitment to school

Commitment to school	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
I try hard to do good work	3.4	3.4	3.4	3.4	3.3	3.2	3.2
I want more education	3.5	3.5	3.6	3.7	3.4	3.5	3.5
Important to get good grades	3.6	3.6	3.6	3.6	3.4	3.5	3.4
I have given up on school	1.2	1.2	1.2	1.2	1.3	1.3	1.5
I feel safe at school	3.0	3.0	3.0	3.0	2.8	2.9	2.9

(No 2006 result significantly different from 2000 and/or 2004 (p>0.01))

TABLE 31. Perception of school enforcement of policies on substances

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Most severe thing if student is caught with an alcoholic beverage at school?			
Nothing	0.8	0.0	2.7
Sent to principal's office	1.2	1.8	0.7
Detention	1.6	1.2	1.4
Suspension	31.2	48.8	26.7
Expulsion	47.4	34.8	51.4
I don't know	17.8	13.4	17.1
What happens to a student who is caught smoking a cigarette at school?			
Nothing	0.8	2.5	6.2
Sent to principal's office	1.6	5.6	2.1
Detention	3.7	16.3	24.0
Suspension	39.0	53.8	40.4
Expulsion	40.2	10.0	10.3
I don't know	14.6	11.9	17.1
What happens to a student who is caught with marijuana at school?			
Nothing	0.4	0.6	2.8
Sent to principal's office	0.4	0.0	1.4
Detention	0.0	0.0	2.1
Suspension	10.5	30.2	21.7
Expulsion	76.9	59.1	58.7
I don't know	11.7	10.1	13.3

SECTION 6. COMMUNITY DOMAIN

TABLE 32. Perception of neighborhood environment

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
There are a lot of things for young people to do in my neighborhood			
Definitely not true	21.4	30.6	43.7
Mostly not true	27.8	36.3	35.2
Mostly true	33.9	23.6	18.3
Definitely true	16.9	9.6	2.8
You've got to be tough to get along in my neighborhood			
Definitely not true	56.1	56.7	69.0
Mostly not true	25.6	26.1	24.6
Mostly true	11.4	15.9	3.5
Definitely true	6.9	1.3	2.8
My neighborhood is a safe place			
Definitely not true	9.3	5.1	7.1
Mostly not true	14.1	19.2	12.8
Mostly true	44.4	44.2	46.8
Definitely true	32.3	31.4	33.3
People in my neighborhood look out for one another			
Definitely not true	9.7	18.6	13.5
Mostly not true	22.6	23.7	29.8
Mostly true	44.0	43.6	42.6
Definitely true	23.8	14.1	14.2
People in my neighborhood carry knife, gun or other weapon			
Definitely not true	54.4	49.0	54.6
Mostly not true	26.6	35.7	31.9
Mostly true	11.7	13.4	9.9
Definitely true	7.3	1.9	3.5
In my neighborhood, kids are often teased or taunted			
Definitely not true	44.1	44.9	53.9
Mostly not true	31.0	37.2	34.8
Mostly true	13.9	13.5	7.8
Definitely true	11.0	4.5	3.5

TABLE 32A. Statistical summary. Perception of neighborhood environment

Perception of neighborhood environment	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Lots of things to do	2.5	2.5	2.5	2.2	2.2	2.1	1.8
Have to be tough	1.6	1.7	1.7	1.5	1.6	1.6	1.4
A safe place	3.2	3.1	3.0 (00)	3.2	3.1	3.0	3.1
People look out	2.7	2.8	2.8	2.8	2.6	2.5	2.6
People carry weapons	1.5	1.6	1.7	1.5	1.6	1.7	1.6
Kids are often taunted			1.9			1.8	1.6

Bold: 2006 result significantly different from 2000 and/or 2004 (p<0.01)

TABLE 33. Neighborhood drug involvement

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
A lot of drugs are sold in my neighborhood			
Definitely not true	60.3	46.8	55.6
Mostly not true	24.7	24.4	28.9
Mostly true	7.3	18.6	11.3
Definitely true	7.7	10.3	4.2
A lot of kids I know in my neighborhood are into using marijuana and other drugs			
Definitely not true	53.8	28.2	35.2
Mostly not true	25.9	30.8	26.8
Mostly true	11.7	27.6	27.5
Definitely true	8.5	13.5	10.6
People in my neighborhood are trying to keep kids off drugs			
Definitely not true	20.7	22.4	26.2
Mostly not true	24.0	30.8	31.2
Mostly true	28.0	32.7	29.1
Definitely true	27.2	14.1	13.5

TABLE 33A. Statistical summary. Neighborhood drug involvement

In my neighborhood	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
Lots of drugs sold	1.6	1.6	1.6	1.6	1.8	1.9	1.6
Kids use marijuana, etc.	1.6	1.6	1.7 (04)	2.1	2.3	2.3	2.1
People try to keep kids off drugs	2.7	2.9	2.6 (04)	2.6	2.5	2.4	2.3

Bold: 2006 result significantly different from 2000 and/or 2004 (p<0.01)

TABLE 34. Perception of strategies to prevent alcohol use

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
How important do you think the following are in preventing kids from drinking alcohol?			
High price			
Very important	26.1	21.3	11.0
Somewhat important	31.4	29.3	25.3
Not important	28.6	40.9	55.5
I don't know	13.9	8.5	8.2
Checking I.D.s in stores and bars			
Very important	74.4	62.2	45.2
Somewhat important	16.7	24.4	25.3
Not important	7.3	11.0	24.7
I don't know	1.6	2.4	4.8
Advertisements that show the problems associated with drinking			
Very important	45.9	26.4	16.4
Somewhat important	32.4	32.5	30.1
Not important	15.6	35.0	46.6
I don't know	6.1	6.1	6.8
Friends who don't drink			
Very important	57.9	49.4	37.0
Somewhat important	22.7	29.0	33.6
Not important	12.1	19.1	24.0
I don't know	7.3	2.5	5.5
Friends who disapprove of drinking			
Very important	55.3	39.9	37.0
Somewhat important	24.8	37.4	32.9
Not important	11.0	19.6	24.7
I don't know	8.9	3.1	5.5
Parental strictness about drinking			
Very important	62.6	33.7	30.6
Somewhat important	24.0	38.7	34.0
Not important	8.9	25.2	28.5
I don't know	4.5	2.5	6.9
Getting arrested for drinking			
Very important	61.5	50.3	52.1
Somewhat important	25.9	35.0	26.0
Not important	5.7	11.7	16.4
I don't know	6.9	3.1	5.5

TABLE 34. Perception of strategies to prevent alcohol use, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Alcohol education in school			
Very important	46.6	23.8	18.5
Somewhat important	30.4	32.3	29.5
Not important	17.8	39.6	45.9
I don't know	5.3	4.3	6.2
Alcohol-free activities			
Very important	58.1	27.6	23.3
Somewhat important	24.8	39.3	30.8
Not important	11.4	29.4	37.7
I don't know	5.7	3.7	8.2
Fear of addiction			
Very important	42.3	27.6	23.4
Somewhat important	31.7	38.0	32.4
Not important	15.4	29.4	35.2
I don't know	10.6	4.9	9.0
Blood alcohol or breathalyzer tests at school or home			
Very important	47.8	30.7	39.0
Somewhat important	30.8	45.4	34.2
Not important	10.9	18.4	20.5
I don't know	10.5	5.5	6.2

TABLE 34A. Statistical summary. Perception of alcohol strategies

Importance in preventing kids from drinking alcohol	Average score (1=definitely not true, ..., 4=definitely true)						
	Grade 7-8			Grade 9-10			Grade 11-12
	2000	2004	2006	2000	2004	2006	2006
High price	1.9	1.8	2.0	2.2	2.2	2.1	2.4
Check I.D.s	1.3	1.2	1.3	1.4	1.5	1.4	1.7
Advertisements	1.6	1.6	1.6	1.9	1.9	2.0	2.3
Friends who don't drink	1.5	1.4	1.5	1.6	1.6	1.6	1.8
Friends who disapprove	1.4	1.4	1.5	1.6	1.6	1.7	1.8
Parental strictness	1.4	1.4	1.4	1.7	1.7	1.8	1.9
Getting arrested	1.4	1.4	1.4	1.6	1.6	1.5	1.6
Alcohol education in school	1.6	1.6	1.7	1.9	2.0	2.1	2.2
Alcohol-free activities	1.6	1.5	1.5	1.8	1.9	1.9	2.1
Fear of addiction	1.6	1.6	1.7	1.9	1.9	1.9	2.1
Breathalyzer tests	1.7	1.6	1.6	1.9	1.8	1.8	1.8

(No 2006 result significantly different from 2000 and/or 2004 ($p>0.01$))

TABLE 35. Comparison of Groton with National and Connecticut Statistics*

* Statistics from Youth Risk Behavior Surveillance Study survey, 2005 [3]

Response to question	Groton, Grades:			National, Grades:		CT, Grades:
	7-8	9-10	11-12	9-10	11-12	9-12
	%	%	%	%	%	%
Rode in vehicle with driver who had been drinking alcohol						
Female	22.4	45.6	32.4	29.8	25.9	31.9
Male	19.1	22.1	21.6	29.4	28.6	27.5
Carried a knife, gun or other weapon						
Female	4.5	10.1	9.0	8.0	6.2	6.8
Male	25.5	19.5	20.3	31.1	28.1	25.2
Bring a knife, gun or other weapon to school						
Female	1.5	5.1	2.9	2.9	2.3	3.0
Male	0.9	9.1	1.4	10.2	10.5	9.5
Felt sad or hopeless						
Female	26.9	23.4	19.1	37.8	35.3	36.4
Male	10.4	14.9	11.0	20.6	19.8	14.4
Lifetime cigarette use						
Female	17.8	39.0	47.1	49.2	56.6	not available
Male	14.5	30.4	23.4	52.0	60.9	available
Currently smoke cigarettes						
Female	5.9	17.1	15.7	21.2	25.2	18.2
Male	6.4	11.5	11.5	20.0	26.6	17.8
Currently use tobacco products other than cigarettes						
Female	3.7	11.0	8.6	2.7	1.7	not available
Male	10.9	14.9	20.5	12.3	15.2	available
Lifetime consumption of alcohol beverages						
Female	45.5	76.8	78.3	71.1	69.9	77.4
Male	50.0	70.9	70.5	79.5	78.5	71.6
Current consumption of alcoholic beverages						
Female	13.3	42.7	58.6	39.5	46.9	45.5
Male	21.8	35.6	46.2	38.7	49.9	45.0
Lifetime use of marijuana						
Female	9.0	32.1	45.6	31.8	41.1	37.2
Male	11.8	33.3	39.0	35.0	48.8	42.2
Lifetime use of inhalants						
Female	11.9	12.5	8.8	16.1	10.4	11.0
Male	4.5	3.9	4.0	11.3	11.1	10.9
Lifetime use of steroids						
Female	0.0	1.3	2.9	16.1	10.4	11.0
Male	2.7	0.0	0.0	11.3	11.1	10.9
Lifetime use of hallucinogenic drugs						
Female	0.0	6.3	8.8	16.1	10.4	11.0
Male	0.0	7.8	6.7	11.3	11.1	10.9

TABLE 35. Comparison of Groton with National and Connecticut Statistics, continued

Response to question	Groton, Grades:			National, Grades:		CT, Grades:
	7-8	9-10	11-12	9-10	11-12	9-12
	%	%	%	%	%	%
Participated in NO vigorous or moderate physical activity						
Female	7.0	7.8	14.9	9.2	13.8	10.3
Male	3.7	5.4	22.5	7.4	8.4	7.1
At risk of becoming overweight						
Female	15.2	16.7	14.0	15.6	15.4	12.9
Male	15.3	17.4	12.9	16.4	15.0	16.3
Overweight						
Female	5.1	18.3	7.0	10.5	9.6	12.9
Male	10.6	21.7	19.4	15.8	16.4	16.3
Consider self overweight or very overweight						
Female	15.8	33.8	22.1	36.2	40.4	33.8
Male	14.7	27.0	23.3	24.4	25.8	23.8
Trying to lose weight						
Female	57.9	61.0	52.9	60.8	62.9	62.5
Male	33.9	27.0	24.7	30.0	29.6	31.6
Lifetime asthma						
Female	14.1	23.2	27.1	18.1	15.7	26.5
Male	14.5	14.9	11.5	18.0	16.2	28.2

Table 36. Correlations between recent use of alcohol, cigarettes and marijuana and personal perceptions and characteristics. Values are percentages of subjects at the indicated level of the characteristic who report recent use of the substance. P-values are from a logistic regression model.

Table 36A. Correlation with Availability of Substances

Substance	Recent Users vs. Availability (how easy to get):				P-Value
	Very Easy	Easy	Hard	Very Hard	
	%	%	%	%	
Alcohol	52.1	33.3	10.3	1.1	4.2E-17
Cigarettes	20.7	7.6	0.0	0.0	8.5E-07
Marijuana	31.5	7.2	3.3	0.0	1.4E-09

Table 36B. Correlation with Perception of Risk of Harm

Substance	Recent Users vs. Perceived Risk of Harm				P-Value
	No Risk	Slight	Moderate	Great	
	%	%	%	%	
Alcohol	56.7	39.4	30.6	24.8	0.00024
Cigarettes	*	28.0	21.6	7.0	4.1E-05
Marijuana	39.4	31.0	12.6	1.4	4.5E-15

* Too few to analyze

Table 36C. Correlation with Talking Over Problems With Parents

Substance	Recent Users vs. Communicate Problems to Parents				P-Value
	Never	Some	Often	Always	
	%	%	%	%	
Alcohol	39.1	34.4	26.0	27.4	0.026
Cigarettes	15.8	9.8	7.7	6.9	0.028
Marijuana	16.5	10.3	8.7	8.2	0.048

Table 36D. Correlation with Parental Attitude Toward Substances

Substance	Recent Users vs. Perceived Parental Attitude				P-Value
	Not Wrong	A Bit	Wrong	Very	
	%	%	%	%	
Alcohol	68.8	58.8	33.7	17.5	2.6E-15
Cigarettes	56.3	34.2	16.8	5.0	1.1E-12
Marijuana	50.0	37.0	22.8	6.5	4.8E-10

Table 36E. Correlation with Existence of Family Rules

Substance	Recent Users vs. Family Rules				P-Value
	Not True	Mostly Not True	Mostly True	True	
	%	%	%	%	
Alcohol	58.3	54.2	44.5	23.1	9.2E-09
Cigarettes	28.6	19.5	14.7	7.4	4.0E-05

Table 36F. Correlation with Feelings of Sadness

Substance	Recent Users vs. Feeling Sad				P-Value
	Strongly Disagree	Disagree	Agree	Strongly Agree	
	%	%	%	%	
Alcohol	33.0	32.7	31.7	31.3	0.81
Cigarettes	5.7	10.0	18.3	43.8	4.0E-06
Marijuana	9.3	13.7	7.3	18.8	0.56

Table 36G. Correlation with Time Spent Without Adults

Substance	Recent Users vs. Hours After School Without Adult				P-Value
	None	<1 Hr	2-4 Hrs	>4 Hrs	
	%	%	%	%	
Alcohol	17.7	26.5	26.8	46.0	5.5E-05
Cigarettes	5.9	4.3	6.5	19.8	1.8E-05
Marijuana	5.9	8.6	6.9	18.7	0.0021

Table 36H. Correlation with Trying Hard in School

Substance	Recent Users vs. "I Try Hard in School"				P-Value
	Strongly Disagree	Disagree	Agree	Strongly Agree	
	%	%	%	%	
Alcohol	78.9	51.4	36.2	21.8	7.7E-06
Cigarettes	31.6	17.1	14.3	2.7	0.00021
Marijuana	31.6	28.6	12.5	4.9	0.0011

Table 36I. Correlation with Positive Self-Concept

Substance	Recent Users vs. "Glad I Am Me"				P-Value
	Strongly Disagree	Disagree	Agree	Strongly Agree	
	%	%	%	%	
Alcohol	52.4	42.9	34.8	27.0	0.0020
Cigarettes	14.3	22.5	10.2	7.8	0.016
Marijuana	28.6	12.2	10.2	10.4	0.096

Table 37. Correlations between recent use of alcohol, cigarettes and marijuana and time spent after school. Values are percentages of subjects at the indicated level of time spent who report recent use of the substance. P-values were not calculated.

Table 37A. Correlation with Time Spent In Sports or Exercise

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	40.4%	27.0%	33.8%	36.4%	32.8%
Cigarettes	25.5%	12.8%	9.9%	6.5%	5.7%
Marijuana	21.3%	14.9%	7.0%	12.1%	6.6%

Table 37B. Correlation with Time Spent Watching TV

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	35.9%	30.1%	36.1%	30.2%	40.0%
Cigarettes	23.1%	8.1%	12.9%	3.4%	18.3%
Marijuana	15.4%	9.7%	14.2%	6.0%	16.7%

Table 37C. Correlation with Time Spent Reading

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	37.8%	34.1%	29.4%	22.2%	17.4%
Cigarettes	18.1%	7.5%	9.8%	5.6%	13.0%
Marijuana	15.7%	11.2%	8.8%	5.6%	4.3%

Table 37D. Correlation with Time Spent Hanging Out with Friends

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	17.9%	18.3%	28.9%	41.7%	54.5%
Cigarettes	10.7%	7.0%	6.9%	9.6%	20.2%
Marijuana	10.7%	5.2%	7.5%	11.3%	23.2%

Table 37E. Correlation with Time Spent Working for Pay

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	27.1%	29.3%	27.5%	45.6%	48.6%
Cigarettes	8.1%	10.1%	7.7%	12.7%	18.9%
Marijuana	7.7%	12.1%	11.0%	13.9%	17.6%

Table 37F. Correlation with Time Spent Doing Chores at Home

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	50.0%	33.6%	34.2%	21.1%	17.2%
Cigarettes	21.7%	9.5%	10.3%	8.5%	6.9%
Marijuana	28.3%	7.8%	13.0%	9.9%	3.4%

Table 37G. Correlation with Time Spent in Volunteer Work

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	33.7%	33.6%	24.4%	38.5%	16.7%
Cigarettes	12.8%	3.6%	9.8%	7.7%	33.3%
Marijuana	13.6%	5.7%	2.4%	15.4%	33.3%

Table 37H. Correlation with Time Spent Performing Music

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	37.5%	19.7%	26.0%	25.0%	41.2%
Cigarettes	12.1%	7.9%	3.9%	7.1%	23.5%
Marijuana	12.9%	11.8%	5.2%	3.6%	11.8%

Table 37I. Correlation with Time Spent in Religious Activities

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	37.0%	24.8%	21.2%	28.6%	66.7%
Cigarettes	12.3%	4.8%	7.7%	0.0%	33.3%
Marijuana	12.9%	5.6%	9.6%	7.1%	33.3%

Table 37J. Correlation with Time Spent in Recreational Computer Use

Substance	Recent Users vs. Hours per Week Spent in Activity				
	None	1-2	3-5	6-10	11+
	%	%	%	%	%
Alcohol	35.4%	27.5%	34.4%	34.3%	40.3%
Cigarettes	20.8%	8.8%	9.1%	9.8%	11.9%
Marijuana	20.8%	8.3%	13.6%	9.8%	7.5%

SECTION 7. HEALTH AND WELLNESS

TABLE 38. Body weight and physical activity

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Describe your weight			
Very underweight	1.6	2.0	3.5
Underweight	10.6	14.5	9.2
About the right weight	72.7	53.3	64.5
Overweight	14.3	27.6	19.1
Very overweight	0.8	2.6	3.5
What are you trying to do about weight			
Gain	12.7	14.5	16.3
Stay the same	24.1	20.4	13.5
Lose	47.3	44.7	38.3
Nothing	15.9	20.4	31.9
Exercise to lose weight, last 30 days?			
Yes	67.9	59.6	56.0
Eat less food to lose weight, last 30 days?			
Yes	39.8	39.7	32.6
Eat green salad, last 7 days:			
None	30.3	40.8	35.0
1-6 times	54.5	52.6	53.6
Every day	11.9	4.6	9.3
More than once a day	3.3	2.0	2.1
Heavy exercise, last 7 days			
None	6.6	11.9	21.4
1-6 times	21.5	33.8	30.0
Every day	36.8	29.1	20.0
More than once a day	35.1	25.2	28.6
Light exercise, last 7 days			
None	25.3	23.0	34.3
1-6 times	33.2	40.1	30.7
Every day	20.3	21.7	20.7
More than once a day	21.2	15.1	14.3
Strength training, last 7 days			
None	16.6	27.0	27.3
1-6 times	29.5	27.0	27.3
Every day	25.7	25.7	30.2
More than once a day	28.2	20.4	15.1

TABLE 39. Health status indices

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Do you have asthma?			
Yes, diagnosed by a doctor	14.5	18.8	18.8
Think so, but not diagnosed	3.6	8.2	4.0
Do use an inhaler or other med to help breathing?			
Yes, with prescription	14.6	19.5	16.8
Yes, without prescription	1.2	0.6	1.3
Body Mass Index category (calculated from BMI, NHLBI thresholds)			
Underweight ($\leq 5^{\text{th}}$ percentile)	4.8	1.5	5.0
Normal weight	72.2	61.5	68.1
Overweight ($\geq 85^{\text{th}}$ percentile)	15.5	16.9	13.4
Obese ($\geq 95^{\text{th}}$ percentile)	7.5	20.0	13.4
Participation in program for diabetics			
Some	8.1	3.5	4.0
A Lot	1.6	2.4	0.0

Figure 1. FEMALES: Relationship of Body Mass Index (BMI) to Age
 Percentiles: M5=5th, M85=85th, M95=95th

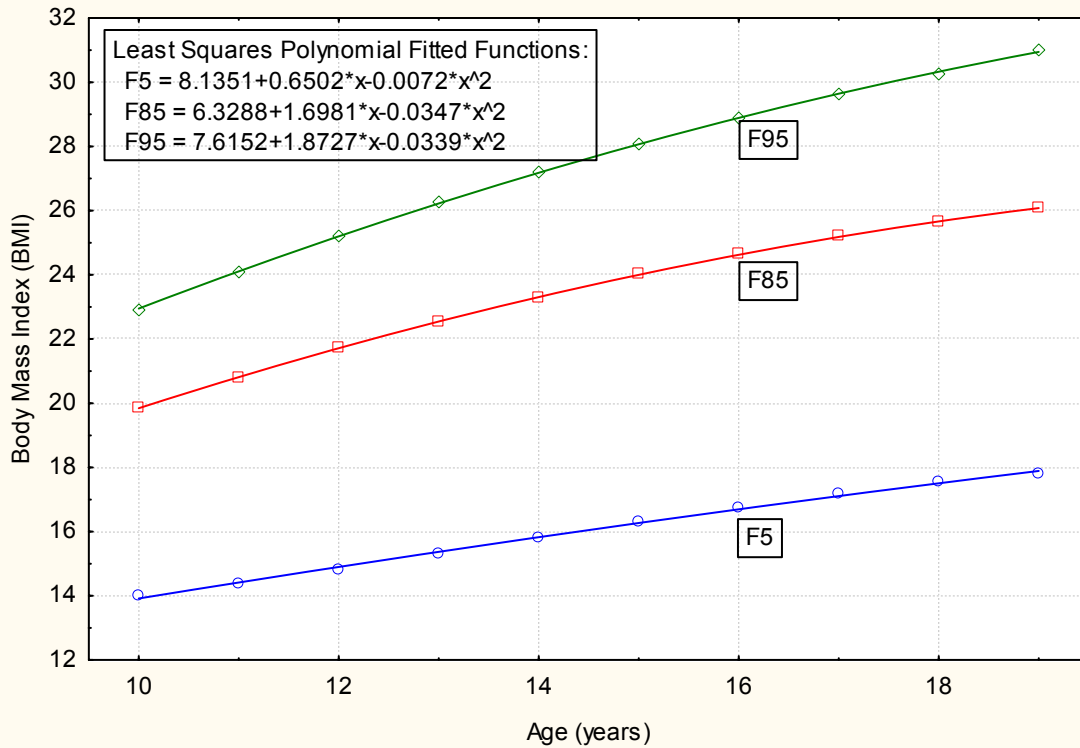
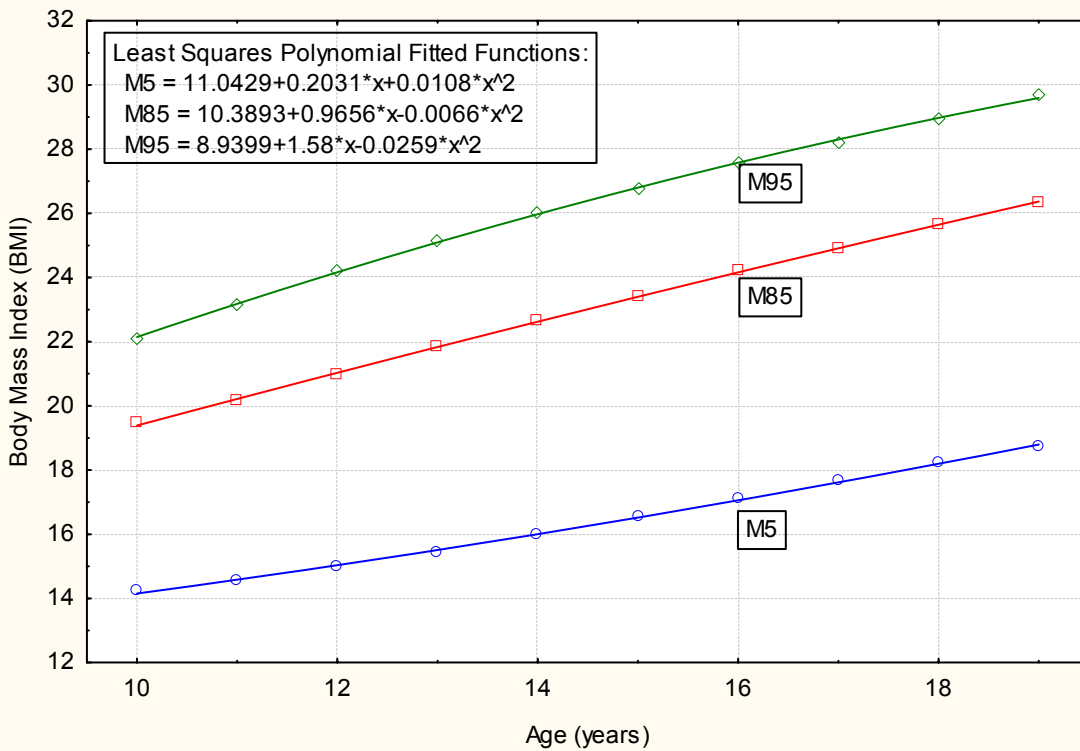


Figure 2. MALES: Relationship of Body Mass Index (BMI) to Age
 Percentiles: M5=5th, M85=85th, M95=95th



SECTION 8. INTERVENTION DOMAIN: GASP COALITION

TABLE 40. Participation in, and awareness of, GASP Coalition

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Have you ever heard of the GASP Coalition?			
Yes	14.5	7.6	12.1
No	81.0	78.2	81.2
No response	4.4	14.1	6.7
Participation in number of GASP programs:			
None	43.5	57.1	49.7
One	26.6	17.6	24.2
Two	14.1	12.4	15.4
Three	4.8	5.3	6.7
Four or more	10.9	7.6	4.0

TABLE 41. Participation in GASP Coalition programs

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Check extent of your participation in these programs:			
Unite for Youth			
Some	7.3	2.4	2.7
A lot	1.2	0.6	0.7
V.I.P. program			
Some	42.3	27.6	35.6
A lot	7.3	13.5	8.1
Groton Maritime Academy			
Some	6.0	2.9	2.7
A lot	1.2	1.8	3.4
Job shadowing			
Some	6.9	5.3	12.8
A lot	1.2	1.8	1.3
SMART Moves			
Some	7.3	5.3	2.7
A lot	1.2	0.6	0.7
Nurturing program			
Some	5.6	2.9	2.0
A lot	1.2	0.6	0.0
In-School mentoring program			
Some	8.9	10.6	6.7
A lot	3.2	2.9	0.7
Groton Town Police substation activities			
Some	10.1	4.7	2.0
A lot	1.2	3.5	2.0

TABLE 41. Participation in GASP Coalition programs, continued

Questions and responses	Grades		
	7-8	9-10	11-12
	%	%	%
Groton City Police activities			
Some	11.3	11.2	5.4
A lot	2.4	2.4	1.3
Art for All & Art in a Box			
Some	7.7	2.4	0.7
A lot	2.4	1.2	0.7
Groton City Day			
Some	12.5	8.8	5.4
A lot	4.0	7.1	6.0
Neighborhood Block Party			
Some	15.7	11.2	7.4
A lot	2.8	4.7	4.0
Groton Family Day			
Some	10.5	10.0	9.4
A lot	2.0	1.8	1.3
ACE Camp			
Some	6.5	5.9	5.4
A lot	1.2	4.1	2.7

Table 42. Number of Participants & Odds Ratios for Substance Use of GASP Programs

GASP Program	N	Odds Ratio for Use of:			
		Alcohol	Cigarettes	Marijuana	Inhalants
Unite for Youth	31	0.97	0.46	1.58	1.30
V.I.P. Program	258	0.95	1.72	0.89	1.18
Groton Maritime Academy	35	0.69	0.68	0.74	2.31
Job Shadowing	53	0.96	0.62	0.82	0.68
SMART Moves	36	0.67	0.45	1.00	0.77
Nurturing Program	26	0.91	0.36	1.98	1.13
Mentoring Program	64	0.65	1.14	0.98	0.88
Groton Town Police Substation Activities	48	0.74	0.54	1.16	1.53
Groton City Police Activities	67	1.16	0.72	1.48	1.61
Art for All & Art in a Box	33	0.64	0.63	0.79	1.20
Groton City Day	85	1.01	1.14	1.23	1.18
Neighborhood Block Party	90	0.91	0.80	1.29	1.97
Groton Family Day	67	0.86	0.84	1.69	1.19
ACE Camp	48	1.25	0.54	0.92	1.26