

YOUTH RISK BEHAVIOR AND SOCIAL FACTORS ASSOCIATED WITH SMOKING CIGARETTES

Results from the 2007 Minnesota Student Survey STATEWIDE 9th Grade Students

What is the purpose of this table?

This table shows how cigarette smoking is associated with a wide variety of risk behaviors (like drinking) and social/personal conditions (like school environment and emotional distress). It is very important to remember that this table can only tell us how two variables are associated with each other. It cannot by itself tell us if one variable “causes” or “predicts” the other. For example, smoking and emotional distress are highly related. Students who smoke are more likely than non-smokers to report feelings of stress, sadness, anxiety and hopelessness. But the table provides no information as to whether smoking causes emotional distress, or whether emotional distress causes smoking, or whether both feed on each other, or whether there are other factors in the person’s social or personal life that contribute to both smoking and emotional distress.

What is the Minnesota Student Survey?

This table is based on responses to questions on the 2007 Minnesota Student Survey. Nearly all public school districts in the state (91%) participated in 2007. All 6th, 9th and 12th grade students in these districts were asked to take the survey. Students can choose not to take the survey, and parents can deny permission for their child to participate. Students who were absent from school on the survey date or who have dropped out are not included in the results. In 2007, 76 percent of all 9th grade students in Minnesota’s regular public schools participated in the survey. Please note that students in area learning centers, alternative schools, and juvenile correctional facilities are surveyed separately, and their results are not included in this table. Statewide and county results, the 1992-2007 trend report, and other reports based on the survey can be found on the web at: <http://www.health.state.mn.us/divs/chs/mss>.

How should I read the table?

Ninth-grade students are divided into three groups: those who did not smoke in the last 30 days, those who smoked on 1-19 days in the last 30 days, and those who smoked on 20 or more days in the last 30 days. The first numbers to appear at the top of the table are the number of students in each of the three groups who completed the survey. For example, 42,402 students said they had not smoked at all in the past 30 days. Of these, 16.7 percent reported drinking alcohol at least once in the past 30 days. There were 3,976 students who smoked on 1-19 days in the last 30 days, and 75.4 percent of these students drank in the past month. Finally, 1,772 students smoked on 20 or more days in the past 30 days, and 80.3 percent of these students drank in the past month.

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**YOUTH RISK BEHAVIOR AND SOCIAL FACTORS
ASSOCIATED WITH SMOKING CIGARETTES
Results from the 2007 Minnesota Student Survey
STATEWIDE
9th Grade Students**

	During the last 30 days, on how many days did you smoke a cigarette?		
	None	Moderate (1-19 days)	Frequent (20-30 days)
Number of Students	42,402	3,976	1,772
TOBACCO PRODUCTS			
Percent who smoked cigars on one or more days in the past 30 days	1.6%	34.9%	53.8%
Percent who used smokeless tobacco on one or more days in the past 30 days	1.8%	22.1%	35.9%
ALCOHOL			
Percent who drank alcoholic beverages on one or more occasions in last 30 days	16.7%	75.4%	80.3%
Percent who drank alcoholic beverages on three or more occasions in last 30 days	5.2%	43.1%	56.5%
Percent who consumed five drinks in a row on at least one occasion in past two weeks (binge drinking)	7.0%	51.7%	66.0%
MARIJUANA			
Percent who used marijuana or hashish on one or more occasions in last 30 days	4.1%	46.1%	67.5%
Percent who used marijuana or hashish on three or more occasions in last 30 days	1.9%	26.9%	52.5%

	None	Moderate (1-19 days)	Frequent (20-30 days)
OTHER DRUGS			
Percent who have used others drugs besides tobacco, alcohol or marijuana on one or more days in the past 30 days	1.6%	24.3%	35.8%
Percent who have used the following drugs at least once during the last 12 months:			
-- Sniffed glue, breathed the contents of aerosol spray cans or inhaled other gases or sprays in order to get high	1.5%	18.9%	23.8%
-- LSD, PCP or other psychedelics	0.7%	15.2%	27.6%
-- MDMA ("ecstasy")	0.7%	12.6%	22.4%
-- "Crack" (cocaine in chunk or rock form) or cocaine in any other form	0.6%	11.5%	23.0%
-- Heroin	0.3%	5.8%	11.2%
-- Methamphetamine (meth, glass, crank, crystal meth, ice)	0.3%	7.1%	14.9%
-- Stimulants like Benzedrine or diet pills not prescribed for you, or that you took to get high	0.9%	16.4%	24.1%
-- Your own or someone else's ADHD or ADD drugs to get high	1.1%	17.7%	29.0%
-- Your own or someone else's OxyContin, Vicodin or other pain relievers to get high	1.3%	18.4%	34.4%
-- Tranquilizers or sedatives not prescribed for you, or that you took to get high	0.5%	9.4%	17.9%
PEER DISAPPROVAL			
Percent whose close friends would disapprove if they smoke a pack of cigarettes a day	90.0%	56.7%	30.4%
Percent whose close friends would diisapprove if they had five or more alcoholic drinks once or twice a week	81.7%	40.6%	28.0%
Percent whose close friends would disapprove if they smoked marijuana once or twice a week	87.1%	46.6%	28.6%
Percent whose close friends would disapprove if they used other drugs once or twice a week	91.4%	70.1%	58.8%

	None	Moderate (1-19 days)	Frequent (20-30 days)
PERCEPTION AND DISCUSSION OF RISK			
Percent who see "great risk" if someone smokes a pack of cigarettes a day	73.5%	43.8%	33.0%
Percent who see "great risk" if someone has 5 or more alcoholic drinks once or twice a week	57.6%	28.1%	26.1%
Percent who see "great risk" if someone smokes marijuana once or twice a week	66.5%	28.4%	19.7%
Have talked with at least one parent about the dangers of tobacco, alcohol and drugs in last 12 months	50.0%	43.7%	44.0%
SEXUAL ACTIVITY			
Percent who have had sexual intercourse one or more times in lifetime	13.2%	55.2%	74.1%
Percent who have been pregnant or gotten someone pregnant	1.0%	7.7%	15.9%
SUICIDE ATTEMPTS AND SELF-HARM			
Percent who intentionally hurt themselves (cutting, burns) during the past year	9.8%	37.8%	40.8%
Percent who thought about killing themselves during the past year	14.3%	38.6%	40.1%
Percent who tried to kill themselves during the last year	2.3%	12.7%	18.4%

	None	Moderate (1-19 days)	Frequent (20-30 days)
EMOTIONAL DISTRESS AND HEALTH			
Percent who have felt under great amount of stress or pressure in last 30 days	11.5%	24.9%	32.6%
Percent who have felt sad "all the time" or "most of the time" in last 30 days	11.5%	29.0%	34.8%
Percent who have felt very discouraged or hopeless in last 30 days	11.8%	31.2%	37.9%
Percent who have felt nervous, worried or upset "all the time" or "most of the time" in last 30 days	11.9%	26.4%	32.1%
Percent who agree that they get lots of headaches, stomachaches or sickness	35.1%	56.6%	58.1%
Percent who agree that they are often irritable and angry	24.2%	49.5%	57.3%
Percent who agree that they have many fears and are easily scared	18.1%	23.4%	20.1%
Percent who agree that they often have trouble concentrating	36.8%	63.0%	69.4%
Percent who agree that they are restless and cannot stay still for long	35.8%	58.8%	62.9%
Percent who agree that they often have trouble getting to sleep and staying asleep	31.0%	49.6%	55.1%
Percent who agree that they do things before they think	40.2%	60.1%	62.2%
Percent who agree that they are often unhappy, depressed or tearful.	15.9%	38.1%	42.0%

	None	Moderate (1-19 days)	Frequent (20-30 days)
GAMBLING			
Percent engaging in the following gambling activities "about once a month" or "weekly" or "daily":			
-- Played cards for money	11.7%	23.4%	32.5%
-- Bet money on games of personal skill like pool, golf or bowling	11.1%	21.9%	29.7%
-- Bet money on sports teams	8.5%	16.2%	21.1%
-- Bought lottery tickets or scratch offs	3.6%	11.3%	19.2%
-- Gambled in a casino	1.1%	4.9%	10.5%
-- Gambled for money online	1.6%	6.5%	13.5%
PHYSICAL ACTIVITY			
Percent who exercised hard (hard enough to make you sweat or breathe hard) for at least 20 minutes on three or more days of past week	73.8%	64.3%	59.4%
Percent who were physically active for total of 30 minutes on five or more days of past week	57.2%	43.9%	41.9%
DIET AND EATING BEHAVIORS			
Percent who had five or more servings of fruit, fruit juices or vegetables yesterday	18.6%	15.8%	16.1%
Percent who drank the following beverages yesterday:			
-- three or more glasses of milk	33.3%	25.2%	23.4%
-- one or more glasses of 100% fruit juice	56.3%	55.7%	49.5%
-- one or more glasses of fruit juice drinks	47.3%	53.2%	50.5%
-- one or more glasses of pop or soda	50.4%	67.7%	73.8%
-- one or more glasses of sports drinks	37.8%	44.6%	45.4%
Percent who have done any of the following in last 12 months to lose weight or control weight:			
-- Fast or skip meals	15.9%	35.6%	28.2%
-- Smoke cigarettes	0.4%	19.8%	41.6%
-- Exercise	52.6%	47.9%	34.9%
-- Use diet pills or speed	1.4%	10.0%	14.4%
-- Eat healthier	43.4%	38.2%	25.7%
-- Vomit on purpose after eating	2.1%	11.0%	12.7%
-- Use laxatives	0.6%	3.4%	6.7%

	None	Moderate (1-19 days)	Frequent (20-30 days)
SCHOOL AND SCHOOL ENVIRONMENT			
Percent who have an Individualized Education Plan (IEP)	14.3%	19.1%	23.3%
Percent who have changed schools one or more times since the beginning of the school year	3.9%	9.4%	15.5%
Percent who like school "very much" or "quite a bit"	49.4%	26.0%	16.6%
Percent who plan to go to college	91.5%	75.1%	59.9%
Percent who have skipped or cut full days of school one or more times in last 30 days	16.6%	49.4%	60.6%
Percent who say that "all" or "most" of their teachers are interested in them as a person	40.5%	24.1%	19.1%
Percent who say that "all" or "most" of their teachers show respect for the students	76.3%	55.3%	45.3%
Percent whose two most frequent grades are A's and B's	65.4%	29.8%	17.1%
Percent whose two most frequent grades are C's, D's and/or F's	11.7%	35.6%	52.3%
THREATS, VIOLENCE, PROPERTY DAMAGE AND DRUG OFFERS AT SCHOOL			
Percent who say that the following has happened to them on school property in last 12 months:			
-- A student threatened you	19.5%	37.6%	46.8%
-- A student pushed, shoved or grabbed you	40.8%	57.5%	58.8%
-- A student kicked, bit or hit you	23.1%	38.1%	42.8%
-- A student touched, grabbed, or pinched you in a sexual way			
-- A student made unwanted sexual comments, jokes, gestures or looks toward you	19.6%	44.9%	46.9%
	26.8%	45.2%	47.0%

	None	Moderate (1-19 days)	Frequent (20-30 days)
Percent who had property stolen or deliberately damaged on school property one or more times in last 12 months	32.3%	44.5%	45.5%
Percent who were offered, sold or given an illegal drug on school property in last 12 months	11.5%	42.2%	53.2%
Percent who did not go to school at least one day in last 30 days because they felt unsafe at school or on the way to school	3.9%	13.0%	18.1%
Percent who were made fun of or teased in a hurtful way by other students, once a week or more often in last 30 days	11.4%	18.6%	22.6%
Percent who made fun of or teased another student in a hurtful way, once a week or more often in last 30 days	11.3%	25.8%	32.8%
VIOLENT, RUNAWAY, AND DELINQUENT BEHAVIOR			
Percent who hit or beat up another person one or more times in last 12 months	21.8%	49.3%	65.2%
Percent who carried a weapon on school property at least one day in last 30 days	4.5%	20.3%	28.5%
Percent who ran away from home at least once in last 12 months	6.6%	30.9%	42.0%
Percent who damaged or destroyed property one or more times in last 12 months	14.3%	44.4%	55.6%
Percent who took something from a store without paying one or more times in last 12 months	14.6%	57.1%	68.4%

	None	Moderate (1-19 days)	Frequent (20-30 days)
VEHICLE SAFETY			
Percent who "always" wear a seat belt when they ride in a car	61.1%	34.0%	25.2%
Percent who "often" ride with friends after the friends have been using alcohol or other drugs	1.8%	19.4%	39.1%
Percent who drove a motor vehicle after using alcohol or drugs in past 12 months	1.8%	19.1%	34.1%
GENERAL HEALTH			
Percent who had their last physical exam three or more years ago	12.4%	15.4%	21.0%
Percent who have a physical condition or problem that has lasted at least 12 months	12.1%	16.3%	20.2%
Percent who have a mental or emotional health problem that has lasted at least 12 months	8.8%	23.6%	29.4%
Percent who have ever been treated for a mental or emotional health problem	9.8%	23.0%	29.0%
Percent who have ever been treated for an alcohol or other drug problem	1.2%	14.0%	28.7%
Percent who have ever been told by a doctor or nurse that they have asthma	17.2%	21.0%	21.7%
Overweight status:*			
-- Normal weight or underweight	78.4%	72.5%	70.6%
-- At risk of overweight	13.0%	15.7%	15.5%
-- Overweight	8.6%	11.8%	14.0%
Percent who think they are overweight	21.7%	33.4%	32.8%

*CDC definition based on body-mass index

	None	Moderate (1-19 days)	Frequent (20-30 days)
DEMOGRAPHICS			
Percent who live with:			
-- Two parents	72.3%	55.2%	45.5%
-- Sometimes with mother, sometimes with father	8.4%	11.4%	10.1%
-- One parent	16.8%	28.2%	36.5%
-- Neither parent (ie. Lives with relatives, foster family, other adults, alone....)	2.5%	5.2%	7.9%
Gender:			
-- Male	48.7%	43.8%	54.2%
-- Female	51.3%	56.2%	45.8%
Percent low family income (receive free or reduced-price lunch at school)	21.3%	30.8%	40.3%
RELATIONSHIPS WITH PARENTS, ADULTS AND FRIENDS			
Percent who say parents care about them "very much"	80.8%	57.2%	53.0%
Percent who can talk to father about problems "most of the time" or "some of the time"	66.9%	44.7%	39.1%
Percent who can talk to mother about problems "most of the time" or "some of the time"	82.5%	64.0%	59.8%
Percent who feel the following adults care about them "very much" or "quite a bit"			
-- Teachers or other adults at school	43.3%	23.5%	16.7%
-- Church or spiritual leaders	55.5%	34.3%	23.8%
-- Other adults in your community	40.8%	24.7%	19.2%
-- Other adult relatives	86.8%	70.7%	64.2%
Percent who feel that their friends care about them "very much" or "quite a bit"	75.9%	66.1%	61.3%

	None	Moderate (1-19 days)	Frequent (20-30 days)
PHYSICAL OR SEXUAL ABUSE			
Has any adult in your household ever hit you so hard or so often that you had marks or were afraid of that person? (Percent saying "yes")	8.8%	25.2%	29.2%
Percent who experienced some form of unwanted or forced sexual touching	5.4%	18.3%	25.0%
DATE VIOLENCE			
Percent saying that someone they were going out with hit, hurt, or threatened them, or made them feel afraid	5.1%	18.7%	27.2%
Percent saying that someone they were going out with forced them to have sex or do something sexual when they did not want to	4.3%	16.3%	22.4%
Percent who have ever physically or sexually hurt someone they were going out with	1.7%	8.3%	13.3%
FAMILY ALCOHOL AND DRUG PROBLEMS			
Percent who say that alcohol use by a family member has repeatedly caused family, health, job or legal problems	12.9%	32.3%	41.5%
Percent who say that drug use by a family member has repeatedly caused family, health, job or legal problems	8.4%	25.3%	35.1%
PARTICIPATION IN ORGANIZED ACTIVITIES			
Percent who participate in the following activities once or twice per week or more often:			
-- fine arts activities (band, choir, dance, etc.)	49.6%	35.7%	26.1%
-- private lessons (music, dance, etc.)	21.4%	14.1%	8.3%
-- club or community sports teams	39.5%	26.4%	17.4%
-- school sports teams	50.6%	32.6%	22.3%
-- hobby and academic clubs (chess, etc.)	9.7%	6.1%	6.0%
-- community clubs and programs (4-H, park and rec, community education, etc.)	7.6%	7.1%	6.4%
-- mentoring programs	4.4%	4.7%	5.0%
-- religious activities (services, education, youth group, etc.)	44.8%	28.7%	18.0%

	None	Moderate (1-19 days)	Frequent (20-30 days)
PARTICIPATION IN PERSONAL ACTIVITIES			
Percent who spend 6 or more hours per week doing homework	30.7%	15.2%	12.2%
Percent who spend 3 or more hours per week reading for pleasure	23.2%	18.7%	15.9%
Percent who spend 6 or more hours per week watching TV, DVDs or videos	47.8%	47.7%	51.4%
Percent who spend 6 or more hours per week playing computer or video games	29.6%	33.8%	36.2%
Percent who spend 3 or more hours per week talking on the phone or text messaging	44.4%	69.1%	70.6%
Percent who spend 3 or more hours per week on online activities (e-mail, instant messaging, blogging, web surfing, etc.)	52.6%	64.2%	56.2%
Percent who spend one or more hours per week doing volunteer work or community service	34.4%	26.7%	21.3%
Percent who spend 11 or more hours per week working for pay	7.2%	12.5%	15.8%
Percent who spend 11 or more hours per week "hanging out"	30.6%	55.1%	65.2%

Source: Tables prepared by the Center for Health Statistics, Minnesota Department of Health, based on data from the 2007 Minnesota Student Survey.

For more information: Contact Pete Rode, Minnesota Department of Health, (651) 201-5942.

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