

YOUTH RISK BEHAVIOR AND SOCIAL FACTORS ASSOCIATED WITH DRINKING ALCOHOL

Results from the 2004 Minnesota Student Survey STATEWIDE 9th Grade Students

What is the purpose of this table?

This table shows how drinking alcohol is associated with a wide variety of risk behaviors (like smoking) 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, drinking and emotional distress are highly related. Students who drink are more likely than non-drinkers to report feelings of stress, sadness, anxiety and hopelessness. But the table provides no information as to whether drinking causes emotional distress, or whether emotional distress causes drinking, 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 drinking and emotional distress.

What is the Minnesota Student Survey?

This table is based on responses to questions on the 2004 Minnesota Student Survey. Nearly all public school districts in the state (88%) participated. 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. In 2004, 72 percent of all 9th grade students in Minnesota’s regular public schools participated in the survey. However, students who were absent from school on the survey date or who have dropped out are not included in the results. Also, students in area learning centers, alternative schools, juvenile correctional facilities, and treatment centers are surveyed separately, and their results are not included in this table. Statewide and county results from the survey can be found on the web at <http://www.mnschoolhealth.com>.

How should I read the table?

Ninth-grade students are divided into three groups: those reporting that they did not drink any alcohol in the last 30 days, those who drank on one or two occasions in the last 30 days, and those who drank on three or more occasions 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, 31,298 students said they did not drink at all in the past 30 days. Of these, 5.2 percent reported smoking cigarettes in the past 30 days. There were 6,557 students who drank on one or two occasions, and 27.4 percent of these students smoked at some time in the past month. Finally, 5,465 students drank on three or more occasions, and 56.0 percent of these students smoked at some time in the past month.

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**YOUTH RISK BEHAVIOR AND SOCIAL FACTORS
ASSOCIATED WITH DRINKING ALCOHOL
Results from the 2004 Minnesota Student Survey
STATEWIDE
9th Grade Students**

	On how many occasions have you had alcoholic beverages to drink in last 30 days?		
	None	Once or twice	Three times or more
Number of Students	31,298	6,557	5,465
CIGARETTES			
Percent who smoked cigarettes at any time in last 30 days	5.2%	27.4%	56.0%
Percent who smoked 1-5 cigarettes per day or more in last 30 days	2.6%	12.6%	35.9%
Percent who smoked cigars "monthly", "weekly" or "daily"	1.3%	5.3%	19.1%
MARIJUANA			
Percent who used marijuana or hashish on one or more occasions in last 30 days	2.8%	21.9%	50.1%
Percent who used marijuana or hashish on three or more occasions in last 30 days	1.4%	11.3%	35.3%

	None	Once or Twice	Three or more times
OTHER DRUGS			
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%	8.7%	20.9%
-- LSD, PCP or other psychedelics	0.6%	3.9%	16.9%
-- MDMA ("ecstasy")	0.5%	3.6%	15.2%
-- "Crack" or cocaine in any other form	0.7%	4.8%	18.8%
-- Methamphetamine (meth, speed, crank)	0.7%	5.6%	20.9%
-- Amphetamines	1.4%	10.2%	29.0%
-- Barbiturates or tranquilizers	0.7%	5.0%	16.8%
-- Heroin or any other narcotics or opiates	0.5%	3.0%	12.5%
-- Other people's prescription drugs	1.9%	13.3%	32.4%
EARLY SEXUAL ACTIVITY			
Percent who have had sexual intercourse three or more times in lifetime	4.9%	16.2%	35.9%
Percent who have been pregnant or gotten someone pregnant	0.9%	2.7%	7.7%
SUICIDE ATTEMPTS AND EMOTIONAL DISTRESS			
Percent who tried to kill themselves during the last year	4.1%	11.5%	22.0%
Percent who have felt under great amount of stress or pressure in last 30 days	10.6%	17.3%	25.1%
Percent who have felt sad "all the time" or "most of the time" in last 30 days	11.4%	20.8%	28.7%
Percent who have felt very discouraged or hopeless in last 30 days	11.6%	20.1%	30.7%
Percent who have felt nervous, worried or upset "all the time" or "most of the time" in last 30 days	13.1%	21.3%	29.0%

	None	Once or Twice	Three or more times
ENGAGED IN VIOLENCE/CARRIED WEAPON			
Percent who hit or beat up another person three or more times in last 12 months	6.6%	12.6%	26.0%
Percent who carried a weapon (gun, knife, etc.) on school property at least one day in last 30 days	4.6%	11.5%	25.0%
GAMBLING			
Percent engaging in the following gambling activities "about once a month" or "weekly" or "daily":			
-- Played cards for money	14.4%	23.3%	36.2%
-- Bet money on games of personal skill like pool, golf or bowling	11.5%	20.2%	32.3%
-- Bet money on sports teams	9.3%	15.2%	25.0%
-- Bought lottery tickets or scratch offs	2.9%	5.7%	14.3%
-- Gambled in a casino	1.1%	1.7%	6.1%
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	68.8%	68.1%	66.8%
Percent who were physically active for total of 30 minutes on five or more days of past week	53.9%	50.5%	51.1%
UNHEALTHY DIET AND EATING BEHAVIORS			
Percent who had no servings or only one serving of fruit, fruit juices or vegetables yesterday	20.2%	23.5%	28.2%
Percent who have binge-eaten in last 12 months (eaten so much in a short period of time that they felt out of control)	17.7%	28.5%	33.6%

	None	Once or Twice	Three or more times
CONCERN ABOUT WEIGHT			
Percent who feel they are overweight	20.8%	24.9%	27.0%
Percent who have done any of the following in the last 12 months to lose or control weight:			
-- Exercise	75.4%	76.4%	70.9%
-- Fast or skip meals	21.7%	35.6%	40.3%
-- Smoke cigarettes	2.0%	9.9%	26.7%
-- Use diet pills or speed	1.4%	4.3%	12.9%
-- Vomit on purpose after eating	2.1%	6.9%	13.6%
-- Use laxatives	0.8%	1.5%	4.6%
SCHOOL AND SCHOOL ENVIRONMENT			
Percent who like school "very much" or "quite a bit"	45.5%	29.2%	19.8%
Percent who plan to go to college	89.0%	82.7%	70.3%
Percent who have skipped or cut full days of school three or more times in last 30 days	3.1%	7.5%	20.9%
Percent who say that "all" or "most" of their teachers are interested in them as a person	42.0%	27.3%	22.1%
Percent who say that "all" or "most" of their teachers show respect for the students	76.7%	62.6%	48.7%
Percent whose most frequent grades are A and B	65.0%	48.3%	33.2%
Percent whose most frequent grades are C, D and/or F	11.6%	19.6%	33.2%
RUNAWAY AND DELINQUENT BEHAVIOR			
Percent who ran away from home at least once in last 12 months	7.2%	19.3%	35.8%
Percent who damaged or destroyed property three or more times in last 12 months	4.8%	12.6%	30.3%
Percent who took something from a store without paying three or more times in last 12 months	4.3%	15.9%	32.4%

	None	Once or Twice	Three or more times
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	21.6%	33.1%	44.1%
-- A student pushed, shoved or grabbed you	40.8%	52.5%	59.0%
-- A student kicked, bit or hit you	22.5%	31.6%	41.0%
Percent who had property stolen or deliberately damaged on school property one or more times in last 12 months	36.1%	46.6%	53.3%
Percent who were offered, sold or given an illegal drug on school property in last 12 months	11.9%	32.8%	52.3%
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	3.8%	6.6%	13.3%
SAFETY			
Percent who "often" or "always" wear a seat belt when they ride in a car	84.0%	70.1%	55.8%
Percent who "often" ride with friends after the friends have been using alcohol or other drugs	1.5%	8.7%	32.2%
Percent who have experienced the following at least once in last 12 months			
-- Blacked out because someone hit you on the head	4.3%	8.4%	17.7%
-- Blacked out because you fell and hit your head or were accidentally hit in the head	11.5%	18.2%	27.1%

	None	Once or twice	Three or more times
GENERAL HEALTH			
Percent who had their last physical exam three or more years ago	13.4%	14.5%	16.2%
Percent who have a mental or physical condition or other health problem that has lasted at least 12 months	13.4%	16.5%	21.9%
Percent who have ever been treated for an alcohol or drug problem	1.6%	4.5%	15.6%
RELATIONSHIP WITH PARENTS AND FAMILY			
Percent who live with:			
-- Two parents	73.2%	65.8%	59.4%
-- Sometimes with mother, sometimes with father	7.5%	10.5%	10.0%
-- One parent	16.4%	21.2%	25.8%
-- Neither parent (ie. Lives with relatives, foster family, other adults, alone....)	2.9%	2.5%	4.8%
Percent who say parents care about them "very much"	79.1%	67.4%	55.7%
Your family cares about your feelings..... ("very much" or "quite a bit")	72.3%	59.9%	48.7%
Your family understands you..... ("very much" or "quite a bit")	50.4%	33.7%	26.6%
Your family has lots of fun together..... ("very much" or "quite a bit")	54.6%	38.2%	30.8%
Your family respects your privacy..... ("very much" or "quite a bit")	57.3%	42.0%	35.6%
Percent who can talk to father about problems "most of the time" or "some of the time"	66.8%	52.6%	44.9%
Percent who can talk to mother about problems "most of the time" or "some of the time"	82.8%	72.4%	63.2%

	None	Once or twice	Three or more times
CARING ADULTS AND FRIENDS			
Percent who feel the following adults care about them "very much" or "quite a bit"			
-- Teachers or other adults at school	41.1%	26.8%	20.6%
-- Church or spiritual leaders	54.5%	41.5%	32.3%
-- Police officers	31.4%	18.7%	13.1%
-- Other adults in your community	32.9%	22.1%	18.1%
-- Other adult relatives	84.4%	76.3%	65.6%
Percent who feel that their friends care about them "very much" or "quite a bit"	72.5%	71.0%	64.4%
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")	8.5%	16.0%	24.7%
Percent who experienced some form of unwanted or forced sexual touching	5.3%	10.7%	19.1%
FAMILY ALCOHOL AND DRUG PROBLEMS			
Percent who say that alcohol use by a family member has repeatedly caused problems	14.2%	24.9%	33.5%
Percent who say that drug use by a family member has repeatedly caused problems	9.6%	18.1%	26.0%
SELF-ESTEEM			
Percent who "agree" or "mostly agree" with the following statements:			
-- I usually feel good about myself	86.0%	76.6%	68.1%
-- I am able to do things as well as others my age	91.2%	88.1%	83.0%
-- On the whole, I am satisfied with myself	86.0%	76.9%	69.3%
-- I feel I do not have much to be proud of	19.4%	28.2%	36.5%
-- Sometimes I think that I am no good	26.4%	39.3%	46.2%
-- I feel that I can't do anything right	17.5%	27.1%	36.0%
-- I feel that my life is not very useful	15.1%	24.0%	34.4%

	None	Once or twice	Three or more times
PARTICIPATION IN ACTIVITIES			
Percent who spend 6 or more hours per week doing homework	30.0%	20.9%	16.7%
Percent who spend 3 or more hours per week on band, choir, orchestra, music lessons or music practice	28.6%	22.3%	17.6%
Percent who spend 3 or more hours per week on clubs or organizations outside of school	29.8%	25.3%	22.4%
Percent who spend 6 or more hours per week playing sports on a school team	38.3%	37.1%	32.6%
Percent who spend 3 or more hours per week on other physical activities	51.5%	52.3%	51.3%
Percent who spend 3 or more hours per week attending services, groups or programs at a church, synagogue or mosque	26.0%	19.0%	16.1%
Percent who spend 3 or more hours per week reading for pleasure	25.8%	18.3%	16.5%
Percent who spend 6 or more hours per week watching TV or videos	44.5%	47.2%	46.9%
Percent who spend 6 or more hours per week playing computer or video games	28.1%	30.6%	32.4%
Percent who spend 3 or more hours per week on volunteer work or community service	9.4%	8.4%	10.2%
Percent who spend 3 or more hours per week on doing chores at home	41.3%	43.0%	41.7%
Percent who spend 11 or more hours per week working for pay	6.6%	9.0%	15.0%
Percent who spend 11 or more hours per week "hanging out"	26.4%	44.1%	58.1%

	None	Once or twice	Three or more times
SOURCES OF INFORMATION			
Percent who have received most of their information about alcohol and other drugs from the following sources:			
-- Friends/peers	64.2%	82.3%	81.7%
-- Parents	55.3%	49.2%	45.4%
-- Brothers or sisters	24.2%	36.7%	39.4%
-- School/teachers/counselors	68.5%	55.1%	46.1%
-- Clinics/doctors/nurses	14.9%	12.6%	14.0%
-- Internet	15.4%	20.7%	25.2%
-- TV/radio/magazines/newspapers/books	46.4%	45.8%	41.2%
-- I do not know much about alcohol and other drugs	5.2%	1.8%	3.1%

Source: Tables prepared by the Center for Health Statistics, Minnesota Department of Health, based on data from the 2004 Minnesota Student Survey.

For more information: Contact Pete Rode, Minnesota Department of Health, (651) 296-6036.

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