

# DATA SHEETS ON THE INTER-RELATIONSHIP OF YOUTH RISK BEHAVIORS

## Results from the 2004 Minnesota Student Survey

### 9<sup>th</sup> Grade Students

#### What is the purpose of these tables?

These tables provide data showing the extent to which selected youth risk behaviors are related to one another. Each one-page table focuses on one risk behavior and shows how that behavior is associated with other risk behaviors. There are eight tables altogether, focusing on: smoking cigarettes, drinking alcohol, using marijuana, sexual activity, attempting suicide, engaging in violence, lack of exercise, and unhealthy diet.

It is very important to remember that these tables cannot tell us if one kind of behavior “causes” or “predicts” the other. For example, the data shows that smoking cigarettes and drinking alcohol are highly related. But these tables provide no information as to whether smoking causes drinking, or whether drinking leads to smoking, or whether there are other factors in the person’s life that contribute to both smoking and drinking.

#### What is the Minnesota Student Survey?

These tables are based on responses by students to questions on the 2004 Minnesota Student Survey, which is conducted every three years by the Minnesota Departments of Education, Health, Human Services, Public Safety and Corrections. Nearly all public school districts in the state participate. All 6<sup>th</sup>, 9<sup>th</sup> and 12<sup>th</sup> grade students in these districts are asked to take the survey. Students can choose not to take the survey, and parents can deny permission for their child to participate. The participation rate for 9<sup>th</sup> grade students is reasonably high. 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 these tables. Statewide and county results from the survey can be found on the web at <http://www.mnschoolhealth.com>.

#### How should I read the table?

For each table, 9<sup>th</sup> grade students are divided into three groups, and the table compares results for these three groups. For example, on the table focusing on smoking, we see that 39,194 students said they had not smoked at all in the past 30 days. Of these, 19.3 percent drank alcohol at least once in the past 30 days. There were 3,037 students who smoked less than one cigarette per day in the last 30 days, and 71.0 percent of these students drank in the past month. Finally, 3,821 students smoked “1-5 cigarettes per day or more” in the past 30 days, and 77.2 percent of these students drank in the past month.

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Prepared by: Pete Rode, Center for Health Statistics, Minnesota Department of Health

Phone: (651) 296-6036; E-mail: [peter.rode@health.state.mn.us](mailto:peter.rode@health.state.mn.us)

**CIGARETTE SMOKING AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	During the last 30 days, how frequently have you smoked cigarettes?		
	Never	Less than one per day	"1-5 per day" or more
Number of Students	39,194	3,037	3,821
Percent who drank <b>alcoholic beverages</b> one or more times during the last 30 days	19.3%	71.0%	77.2%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	4.5%	37.2%	59.7%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	12.3%	44.7%	67.8%
Percent who tried to <b>kill themselves</b> during the last year	4.5%	19.2%	27.2%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	27.7%	48.6%	65.4%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	5.7%	16.8%	27.2%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three or more days</i> in the past week	70.0%	63.5%	56.1%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	19.9%	28.0%	36.4%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	16.0%	41.4%	56.6%

Source: Tables prepared by the Center for Health Statistics, Minnesota Department of Health, based on data from the 2004 Minnesota Student Survey. Contact Pete Rode, Center for Health Statistics, (651) 296-6036.

**DRINKING ALCOHOL AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	On how many occasions (if any) have you had alcoholic beverages (beer, wine, wine coolers, or liquor) to drink during the last 30 days?		
	None	One or two times	Three or more times
Number of Students	31,298	6,557	5,465
Percent who smoked <b>cigarettes</b> at any time in last 30 days	5.2%	27.4%	56.0%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	2.8%	21.9%	50.1%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	9.9%	31.0%	57.8%
Percent who tried to <b>kill themselves</b> during the last year	4.1%	11.5%	22.0%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	25.1%	44.2%	59.3%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	4.6%	11.5%	25.0%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three or more days</i> in the past week	68.8%	68.1%	66.8%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	20.2%	23.5%	28.2%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	13.7%	30.7%	51.4%

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**USING MARIJUANA AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	On how many occasions (if any) have you used marijuana (grass, pot) or hashish (hash, hash oil) during the last 30 days?		
	None	One or two times	Three or more times
Number of Students	38,450	1,918	3,120
Percent who smoked <b>cigarettes</b> at any time in last 30 days	8.6%	56.4%	72.5%
Percent who drank <b>alcoholic beverages</b> on one or more occasions during the last 30 days	20.1%	77.3%	85.6%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	13.5%	50.0%	69.8%
Percent who tried <b>to kill themselves</b> during the last year	5.6%	19.6%	24.7%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	28.4%	54.2%	68.4%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	6.2%	18.3%	29.9%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three days or more</i> in the past week	69.4%	63.8%	59.8%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	20.3%	28.5%	34.3%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	16.7%	44.0%	60.1%

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**SEXUAL ACTIVITY AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	Have you ever had sexual intercourse?		
	No	Once or Twice	Three or more times
Number of Students	34,144	3,699	4,535
Percent who smoked <b>cigarettes</b> at any time in last 30 days	7.7%	37.4%	50.5%
Percent who drank <b>alcoholic beverages</b> on one or more occasions during the last 30 days	19.0%	57.1%	65.8%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	5.3%	29.1%	43.3%
Percent who tried to <b>kill themselves</b> during the last year	4.5%	15.8%	23.5%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	25.8%	54.3%	62.5%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	5.0%	18.0%	25.5%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three days or more</i> in the past week	69.0%	67.8%	64.5%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	19.9%	24.8%	30.4%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	15.1%	39.8%	47.6%

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**ATTEMPTING SUICIDE AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	Have you ever tried to kill yourself?		
	No	Yes, more than a year ago	Yes, during the last year
Number of Students	41,396	2,139	3,520
Percent who smoked <b>cigarettes</b> at any time in last 30 days	11.0%	36.0%	47.7%
Percent who drank <b>alcoholic beverages</b> on one or more occasions during the last 30 days	23.9%	48.2%	60.2%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	8.8%	26.0%	34.9%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	15.3%	41.8%	51.6%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	29.6%	51.1%	55.4%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	6.4%	18.1%	25.0%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three days or more</i> in the past week	69.2%	63.0%	61.8%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	20.8%	27.9%	31.2%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	18.8%	33.9%	44.5%

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**BECOMING VIOLENT AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	During the last 12 months, how often have you hit or beat up another person?		
	Never	Once or twice	Three or more times
Number of Students	31,270	10,414	4,720
Percent who smoked <b>cigarettes</b> at any time in last 30 days	9.2%	22.5%	36.0%
Percent who drank <b>alcoholic beverages</b> on one or more occasions during the last 30 days	20.1%	40.2%	52.1%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	6.4%	18.4%	31.5%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	11.7%	30.3%	46.3%
Percent who tried to <b>kill themselves</b> during the last year	4.9%	10.2%	18.4%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	3.5%	13.3%	29.8%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three days or more</i> in the past week	68.7%	67.9%	67.1%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	20.3%	24.0%	28.4%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	15.1%	30.2%	42.8%

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**EXERCISE AND YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	On how many of the last 7 days did you exercise or participate in sports that made you sweat or breathe hard for at least 20 minutes?		
	Zero days	One or two days	Three days or more
Number of Students	6,481	8,861	32,841
Percent who smoked <b>cigarettes</b> at anytime in last 30 days	19.3%	18.9%	12.9%
Percent who drank <b>alcoholic beverages</b> one or more times during the last 30 days	27.1%	29.7%	27.4%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	14.5%	14.0%	10.4%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	22.0%	20.0%	18.6%
Percent who tried to <b>kill themselves</b> during the last year	9.4%	8.7%	6.7%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	33.4%	33.1%	32.2%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	9.6%	8.3%	8.2%
Percent who had only one serving or no servings of <b>fruit, fruit juices or vegetables</b> yesterday	35.9%	27.8%	17.9%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	25.8%	24.2%	20.1%

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**UNHEALTHY DIET AND OTHER YOUTH RISK BEHAVIOR  
2004 Minnesota Student Survey**

**9<sup>th</sup> Grade Students**

	How many servings of fruits, fruit juices, or vegetables did you eat yesterday?		
	Zero to one	Two to Four	Five or more
Number of Students	10,630	30,193	7,114
Percent who smoked <b>cigarettes</b> at anytime in last 30 days	22.2%	12.9%	12.3%
Percent who drank <b>alcoholic beverages</b> one or more times during the last 30 days	32.8%	26.4%	26.1%
Percent who used <b>marijuana</b> or hashish on one or more occasions in last 30 days	17.1%	10.1%	9.6%
Percent who have had <b>sexual intercourse</b> one or more times in lifetime	25.2%	17.3%	19.9%
Percent who tried to <b>kill themselves</b> during the last year	10.6%	6.4%	7.3%
Percent who <b>hit or beat up</b> another person one or more times in last 12 months	37.6%	30.8%	32.5%
Percent who carried a <b>weapon</b> (gun or other weapon) on school property at least one day in last 30 days	11.0%	7.1%	10.4%
Percent who <b>exercised</b> hard for at least 20 minutes on <i>three days or more</i> in the past week	55.1%	70.4%	78.2%
Percent who have <b>skipped or cut</b> full days of school one or more times in last 30 days	29.0%	19.4%	19.8%

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