
Youth Risk Behavior Survey 2003:
Commonwealth of the Northern Mariana Islands,
Republic of the Marshall Islands,
Republic of Palau

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INTRODUCTION

To monitor priority health-risk behaviors among youth and young adults, the Centers for Disease Control and Prevention developed the Youth Risk Behavior Surveillance System (YRBSS). The YRBSS includes national, state, territory, and local school-based surveys of high school students in grades 9–12. In addition, some states, territories, and cities conduct a school-based Youth Risk Behavior Survey (YRBS) among middle school students. In 2003, five Pacific Island territories conducted a YRBS among students in grades 9–12 and three territories conducted a YRBS among students in grades 6–8.

Adults and adolescents living in the Pacific Island territories encounter both the communicable diseases found in developing countries and the chronic diseases associated with developed countries. Overall, the leading causes of death for the region are coronary heart disease, cancer, suicide, and accidents. Health issues among adults include tobacco and substance abuse, tuberculosis, and sexually transmitted diseases.¹ In addition, the World Health Organization reports a high prevalence of obesity (up to 70% in some areas) among adults. Consequently, diabetes is an increasingly prevalent public health problem in the Pacific Island region.^{1,2} Among adolescents, substantial morbidity, mortality, and social problems result from suicide, substance abuse, violence, pregnancy, and sexually transmitted diseases.^{1,3-5}

This report summarizes data from three territories (Commonwealth of the Northern Mariana Islands, Republic of the Marshall Islands, and Republic of Palau) with weighted high school data and from two territories (Commonwealth of the Northern Mariana Islands and Republic of Palau) with weighted middle school data. Two additional territories (American Samoa and Guam) conducted a YRBS among high school students but did not obtain weighted data, and one territory (Guam) conducted a YRBS among middle school students but did not obtain weighted data. All the surveys were conducted during spring 2003. Data from territories with unweighted data are not included in this report.

BACKGROUND

Commonwealth of the Northern Mariana Islands (CNMI)

CNMI is located in the North Pacific Ocean, 1,842 miles east of Hong Kong and 3,226 miles west of Hawaii.^{6,7} CNMI consists of 14 volcanic islands encompassing approximately 180 square miles of land.⁸ The climate is tropical throughout the year, with an average temperature of 83° Fahrenheit.⁸ CNMI is a trust territory of the United States; however, it is self-governed by an elected governor and has an independent constitution.⁹⁻¹¹ The indigenous people are U.S. citizens, and the official languages are English, Chamorro, and Carolinian.^{6,8}

As of June 2005, CNMI had approximately 80,300 residents, with the majority living on three islands: Saipan (the capital), Tinian, and Rota.^{6,9} Ethnic groups include Chamorro, Carolinians and other Micronesians, Filipinos, Caucasians, Japanese, Chinese, and Korean.⁶ Saipan, Rota, and Tinian are the only islands with paved roads, and inter-island transportation occurs by plane and occasionally by boat.⁹ Fifty percent of the workforce is employed in tourism, which is the primary source of CNMI's economy.^{9,10} Construction, garments, handicrafts, and farming of fruits and vegetables also contribute to the economy.^{6,9}

The Commonwealth Health Center is the main hospital in CNMI and is located on Saipan.¹²

Private clinics that provide basic care are dispersed throughout all the inhabited islands.¹² The five leading causes of morbidity for all age groups are heart disease, cancer, cerebrovascular diseases, perinatal conditions, and motor vehicle accidents.¹⁰ Obesity, diabetes, hypertension, and cardiovascular disease are increasing in prevalence.¹⁰ In addition, infectious diseases are reemerging and are among the top five leading causes of morbidity in CNMI.¹⁰

In CNMI, education is mandatory through grade 12.¹³ Saipan has 10 public elementary schools, 2 public junior high schools, and 3 public high schools.¹⁴ Rota and Tinian each have 1 public elementary school, 1 public junior high school, and 1 public high school.¹⁴ In addition, 19 private elementary schools, 1 private junior high school, and 14 private high schools operate throughout the CNMI.¹³ CNMI has a 97% literacy rate among persons 15 years of age or older, and nearly 70% of adults have completed high school.^{6,15}

Republic of the Marshall Islands (RMI)

RMI is located 3,000 miles southeast of Japan and 2,300 miles southwest of Hawaii in the North Pacific Ocean.¹⁵⁻¹⁷ RMI consists of 1,225 islands and islets encompassing only 70 square miles of

land.¹⁷⁻¹⁹ The climate is tropical year-round, with an average temperature of 81° Fahrenheit.^{19,20} RMI was governed by the United States for nearly 4 decades through the United Nations Trust Territory of the Pacific Islands.²¹ In 1986, RMI and the United States signed a Compact of Free Association, which recognized RMI as a self-governing democracy.^{15,22}

The Compact stipulates that the United States will provide economic support and defense in exchange for military facilities.^{15,21,22} RMI's 24 electoral districts are governed by a president and a parliament composed of both tribal chiefs and publicly elected senators.^{23,24} The official languages are Marshallese and English.^{16,17,19,20,23}

As of June 2005, RMI had approximately 59,000 residents, with the majority living on two islands: Majuro and Ebeye.^{17,25} The main ethnic group is Micronesian.¹⁷ Transportation between islands is by boat and airplane.¹⁹ RMI's economy depends on U.S. government assistance, including land-lease agreements for missile testing.^{15,17,19} Tourism accounts for 10% of the economy, while minimal revenue is derived from agriculture products.¹⁷

Majuro and Ebeye Islands each have one hospital, while the outer islands have health clinics.^{15,19} The five leading causes of mortality for all age groups are malnutrition, accidents of all types, infections, pneumonia, and cancer.²³ The primary health concerns are obesity, sexually transmitted

diseases, diabetes, tuberculosis, leprosy, teen pregnancy, child immunizations, and suicide.^{15,23} An increasingly westernized lifestyle, combined with the lingering conditions of a developing country, has led to a high prevalence of both communicable and noncommunicable diseases.¹⁵

In RMI, education is mandatory from first through eighth grade.^{15,26} Every inhabited island has at least 1 primary school, with a total of 75 public and 25 private primary schools throughout RMI.^{15,19} RMI has 4 public high schools, each of which requires an entrance exam for admission.¹⁵ Typically, approximately 500 students are accepted into the ninth grade each year, and students who do not qualify either attend one of the 13 private secondary schools or go to work.¹⁵ School dropout occurs at both primary (20%) and secondary (39%) school levels, and only 40% of adults in RMI have completed high school.¹⁵ RMI has a 94% literacy rate among persons 15 years of age or older.¹⁷

Republic of Palau

Palau is located in the North Pacific Ocean, approximately 2,500 miles north of Australia and 4,500 miles southwest of Hawaii.^{27,28} Palau consists of approximately 340 islands encompassing 284 square miles of land.^{27,29} The climate is tropical year-round with a mean temperature of 81° Fahrenheit.²⁹ Palau was governed by the United States for nearly 3 decades through the United Nations Trust

Territory of the Pacific Islands.²⁷ In 1994, Palau and the United States signed a Compact of Free Association, which recognized Palau as a self-governing democracy.^{27,29-31} The Compact stipulates that the United States will provide economic support and defense in exchange for military facilities.^{27,29} Palau's 16 states are governed by a bicameral government and a publicly elected president.^{27,30,32} The official languages are English and Palauan.²⁷

As of June 2005, Palau had approximately 20,300 residents, with nearly all of them living on two islands: Koror (the nation's capital) and Babelthuap.^{27,30} Ethnic groups include Palauan, Asian, and white.²⁷ A steel bridge provides transportation between Koror and Babelthuap.²⁹ Otherwise, transportation between islands is by airplane or boat.²⁹ The Palauan government is the primary employer, but it relies substantially on U.S. funding.^{27,29,32} Tourism is the primary source of Palau's economy, followed by subsistence fishing and farming.^{27,29,32}

Palau has one hospital, but dispensaries throughout the islands deliver health care to local residents.^{29,32} The top five leading causes of mortality in all age groups are cardiovascular diseases, unknown causes, other circulatory diseases, injuries, and cancer.³² Additionally, high incidences of mental illness, tuberculosis, suicide, and alcoholism are reported.^{29,32}

In Palau, education is mandatory through elementary school.³³ Each state has at least 1 public elementary school, for a total of 22 elementary schools.^{29,33} The only public high school is located on Koror.³³ In addition, 2 private parochial elementary schools and 5 private parochial high schools are available.³³ Among the territories, Palau has one of the highest high school retention rates (50%), and nearly three-quarters (74%) of the adult population have a high school diploma.^{15,34} Palau has a 92% literacy rate among persons 15 years of age or older.²⁷

METHODOLOGY

QUESTIONNAIRE

High School

The high school YRBS questionnaire was developed to measure six categories of behaviors associated with the leading causes of morbidity and mortality—behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancies and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity—plus overweight. In 2003, the core questionnaire contained 87 multiple-choice questions. To meet individual needs, territories added and deleted questions. The CDC provided each site with a camera-ready copy of its questionnaire along with computer-scannable answer sheets.

Middle School

The middle school YRBS questionnaire is modeled on the high school YRBS questionnaire and is designed to measure the same six categories of behaviors. Questions about fruit, vegetable, and milk consumption, which are included on the high school questionnaire, are not included on the middle school questionnaire because of the complexity of the response options. Given the low prevalence of most risk behaviors among middle school students, the time frame used to measure behaviors related

to unintentional injuries and violence, alcohol and other drug use, and sexual behaviors is limited to lifetime. In 2003, the core questionnaire contained 49 multiple-choice questions. To meet individual needs, territories added and deleted questions. The CDC provided each site with a camera-ready copy of its questionnaire along with computer-scannable answer sheets.

SAMPLING

In 2003, all public high schools with any of grades 9–12 in CNMI, RMI, and Palau, as well as all classes within these schools, were asked to participate. In addition, all public middle schools with any of grades 6–8 in CNMI and Palau, as well as all classes within these schools, were asked to participate. The student sample sizes ranged from 524 to 2,177 in the high schools and from 677 to 1,543 in the middle schools (Table 1). School response rates were 100% for all surveys. High school student response rates ranged from 78% to 99%, and middle school student response rates ranged from 88% to 98%. The overall high school response rates ranged from 78% to 99%. The overall middle school response rates ranged from 88% to 98%. The school response rate multiplied by the student response rate produced the overall response rate for each site. The three high school and two middle school surveys each had an overall response

rate of 60% or more and appropriate documentation to allow the data to be weighted. The data were weighted to reflect student nonresponse. Thus, the data are considered representative of students in grades 9–12 in CNMI, RMI, and Palau and representative of students in grades 6–8 in CNMI and Palau.

DATA COLLECTION

Survey procedures were designed to protect students' privacy by allowing for anonymous and voluntary participation. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a computer-scannable answer sheet. Before the survey was conducted, local parental permission procedures were followed.

DATA ANALYSIS

Each data set was cleaned and edited for inconsistencies. Missing data were not statistically imputed. The numbers of completed high school questionnaires that failed quality-control checks and were excluded from analysis were 21 in CNMI, 2 in RMI, and 0 in Palau. The numbers of completed middle school questionnaires that failed quality-control checks and were excluded from analysis were 1 in Palau and 6 in CNMI.

The percentages of students who were overweight or at risk for becoming overweight were determined using calculations based on self-reported height and weight, which were then applied to reference data from the National Health and Nutrition Examination Survey.³⁵ “At risk for becoming overweight” was defined as having a body mass index (BMI) equal to or greater than the 85th percentile but less than the 95th percentile by age and sex. Overweight was defined as having a BMI equal to or greater than the 95th percentile by age and sex. A BMI equal to or greater than the 95th percentile by age and sex among adolescents is approximately equivalent to a BMI of 30 or above in adults. An adult with a BMI of 30 is approximately 30 pounds overweight.

SAS[®] was used to compute prevalence estimates for all variables and all data sets.³⁶ By sex, differences of 10 or more percentage points but fewer than 20 percentage points are reported in the results section as “higher.” Differences of 20 or more percentage points are reported as “substantially higher.”

HIGH SCHOOL RESULTS

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Seat Belt Use

Overall, 14.1% of students had rarely or never worn seat belts when riding in a car driven by someone else (Table 2a). The prevalence of having rarely or never worn seat belts was 15.2% among male and 12.7% among female students.

Bicycle Helmet Use

Among the 48.8% of students who had ridden a bicycle during the 12 months preceding the survey, 93.6% had rarely or never worn a bicycle helmet (Table 2a). The prevalence of having rarely or never worn a bicycle helmet was 94.3% among male and 92.2% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days preceding the survey, 53.8% of students had ridden in a car or other vehicle one or more times with a driver who had been drinking alcohol (Table 3a). The prevalence of having ridden with a driver who had been drinking alcohol was 54.7% among male and 52.8% among female students.

Drove After Drinking Alcohol

During the 30 days preceding the survey, 19.4% of students had driven a car or other vehicle one or more times after drinking alcohol (Table 3a). The prevalence of having driven after drinking alcohol was higher among male (24.8%) than female (13.7%) students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

Carried a Weapon

Overall, 19.1% of students had carried a weapon (e.g., a gun, knife, or club) on 1 or more of the 30 days preceding the survey (Table 4a). The prevalence of having carried a weapon was substantially higher among male (28.9%) than female (8.6%) students.

Carried a Gun

Overall, 6.4% of students had carried a gun on 1 or more of the 30 days preceding the survey (Table 4a). The prevalence of having carried a gun was 10.1% among male and 2.2% among female students.

Physical Fighting

Overall, 31.0% of students had been in a physical fight one or more times during the 12 months preceding the survey (Table 5a). The prevalence of having been in a physical fight was higher among male (36.0%) than female (25.6%) students.

Injured in a Physical Fight

Overall, 5.3% of students had been in a physical fight one or more times during the 12 months preceding the survey that resulted in injuries that had to be treated by a doctor or nurse (Table 5a). The prevalence of having been injured in a physical fight was 6.7% among male and 3.5% among female students.

Dating Violence

During the 12 months preceding the survey, 11.7% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6a). The prevalence of dating violence was 11.4% among male and 11.8% among female students.

Forced Sexual Intercourse

Overall, 13.8% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6a). The prevalence of having been forced to have sexual intercourse was higher among female (19.1%) than male (8.6%) students.

Carried a Weapon on School Property

Overall, 8.3% of students carried a weapon (e.g., a gun, knife, or club) on school property on 1 or more of the 30 days preceding the survey (Table 7a). The prevalence of having carried a weapon on school property was 12.7% among male and 3.2% among female students.

Threatened or Injured with a Weapon on School Property

During the 12 months preceding the survey, 7.7% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times (Table 7a). The prevalence of having been threatened or injured with a weapon on school property was 9.5% among male and 5.4% among female students.

Physical Fight on School Property

Overall, 13.5% of students had been in a physical fight on school property one or more times during the 12 months preceding the survey (Table 8a). The prevalence of having been in a physical fight on school property was 16.0% among male and 10.7% among female students.

Did Not Go to School Because of Safety Concerns

Approximately one-tenth (9.1%) of students had not gone to school on 1 or more of the 30 days preceding the survey because they felt unsafe at school or on their way to or from school (Table 8a). The prevalence of having not gone to school because of safety concerns was 9.8% among male and 7.9% among female students.

Property Stolen or Damaged on School Property

One-fourth (25.2%) of students had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey (Table 8a). The prevalence of having property stolen or damaged on school property was 24.7% among male and 25.4% among female students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 40.2% of students had felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities (Table 9a). The prevalence of having felt sad or hopeless almost every day for 2 weeks or more was higher among female (48.8%) than male (32.0%) students.

Seriously Considered Attempting Suicide

Overall, 32.9% of students had seriously considered attempting suicide during the 12 months preceding the survey (Table 9a). The prevalence of having considered attempting suicide was substantially higher among female (44.5%) than male (21.8%) students.

Made a Suicide Plan

During the 12 months preceding the survey, 32.2% of students had made a plan about how they would attempt suicide (Table 9a). The prevalence of having made a suicide plan was substantially higher among female (42.8%) than male (22.1%) students.

Attempted Suicide

Overall, 24.7% of students had actually attempted suicide one or more times during the 12 months preceding the survey (Table 10a). The prevalence of having attempted suicide was higher among female (33.9%) than male (15.7%) students.

Suicide Attempt Required Medical Attention

During the 12 months preceding the survey, 5.6% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10a). The prevalence of having made a suicide attempt that required medical attention was 3.0% among male and 8.3% among female students.

TOBACCO USE

Lifetime Cigarette Use

Overall, 87.9% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11a). The prevalence of lifetime cigarette use was 85.9% among male and 89.9% among female students.

Lifetime Daily Cigarette Use

One-fourth (25.0%) of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11a). The prevalence of lifetime daily cigarette use was 24.1% among male and 25.9% among female students.

Current Cigarette Use

Nearly one-half (48.8%) of students had smoked cigarettes on 1 or more of the 30 days preceding the survey (i.e., current cigarette use) (Table 12a). The prevalence of current cigarette use was 46.4% among male and 51.2% among female students.

Current Frequent Cigarette Use

Overall, 16.8% of students had smoked cigarettes on at least 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12a). The prevalence of current frequent cigarette use was 15.7% among male and 17.7% among female students.

Smoked More Than 10 Cigarettes per Day

Overall, 2.8% of students had smoked more than 10 cigarettes per day on the days they smoked during the 30 days preceding the survey (Table 12a). The prevalence of having smoked more than 10 cigarettes per day was 3.3% among male and 2.1% among female students.

Tried to Quit Smoking

Among the 48.8% of students who reported current cigarette use, 79.6% tried to quit smoking cigarettes during the past 12 months (Table 13a). The prevalence of having attempted to quit smoking cigarettes was 79.5% among male and 80.1% among female students.

Purchased Cigarettes at a Store or Gas Station

Data regarding access to cigarettes are reported only for the 48.4% of students under the age of 18 years who reported current cigarette use. Nearly one-third (30.3%) of these students had usually gotten their own cigarettes by purchasing them in a store or gas station during the 30 days preceding the survey (Table 13a). The prevalence of having purchased cigarettes in a store or gas station was higher among male (40.9%) than female (21.2%) students.

Current Smokeless Tobacco Use

Overall, 42.5% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on 1 or more of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14a). The prevalence of current smokeless tobacco use was higher among male (51.6%) than female (33.3%) students.

Current Cigar Use

Overall, 10.0% of students had smoked cigars, cigarillos, or little cigars on 1 or more of the 30 days preceding the survey (i.e., current cigar use) (Table 14a). The prevalence of current cigar use was 12.8% among male and 6.8% among female students.

Current Tobacco Use

Overall, 61.2% of students had reported current cigarette use, current smokeless tobacco use, or current cigar use on 1 or more of the 30 days preceding the survey (i.e., current tobacco use) (Table 14a). The prevalence of current tobacco use was 63.4% among male and 59.1% among female students.

ALCOHOL AND OTHER DRUG USE

Lifetime Alcohol Use

Overall, 79.4% of students had had at least one drink of alcohol on 1 or more days during their lifetime (i.e., lifetime alcohol use) (Table 15a). The prevalence of lifetime alcohol use was 77.9% among male and 81.0% among female students.

Current Alcohol Use

Nearly one-half (49.0%) of students had had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (i.e., current alcohol use) (Table 15a). The prevalence of current alcohol use was 52.4% among male and 45.7% among female students.

Episodic Heavy Drinking

Overall, 31.0% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on 1 or more of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15a). The prevalence of episodic heavy drinking was higher among male (36.8%) than female (25.0%) students.

Lifetime Marijuana Use

Overall, 68.1% of students had used marijuana one or more times during their lifetime (i.e., lifetime marijuana use) (Table 16a). The prevalence of lifetime marijuana use was 72.3% among male and 63.8% among female students.

Current Marijuana Use

Overall, 41.2% of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16a). The prevalence of current marijuana use was higher among male (49.2%) than female (33.1%) students.

Lifetime Cocaine Use

Overall, 5.3% of students had used any form of cocaine (e.g., powder, “crack,”* or “freebase”†) one or more times during their lifetime (i.e., lifetime cocaine use) (Table 17a). The prevalence of lifetime cocaine use was 7.6% among male and 2.9% among female students.

* Pellet-sized pieces of highly purified cocaine.

† A process whereby cocaine is dissolved in ether or sodium hydroxide and the precipitate filtered off.

Current Cocaine Use

Overall, 3.6% of students had used any form of cocaine one or more times during the 30 days preceding the survey (i.e., current cocaine use) (Table 17a). The prevalence of current cocaine use was 5.0% among male and 1.6% among female students.

Lifetime Heroin Use

Overall, 4.2% of students had used heroin (also called “smack,” “junk,” or “China White”) one or more times during their lifetime (i.e., lifetime heroin use) (Table 18a). The prevalence of lifetime heroin use was 6.1% among male and 1.9% among female students.

Lifetime Methamphetamine Use

Overall, 6.9% of students had used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their lifetime (i.e., lifetime methamphetamine use) (Table 18a). The prevalence of lifetime methamphetamine use was 9.4% among male and 4.0% among female students.

Lifetime Ecstasy Use

Overall, 6.4% of students had used ecstasy (also called “MDMA”) one or more times during their lifetime (i.e., lifetime ecstasy use) (Table 18a). The prevalence of lifetime ecstasy use was 8.8% among male and 3.6% among female students.

Lifetime Illegal Steroid Use

Overall, 5.6% of students had taken steroid pills or shots without a doctor’s prescription one or more times during their lifetime (i.e., lifetime illegal steroid use) (Table 19a). The prevalence of lifetime illegal steroid use was 6.1% among male and 4.8% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 3.3% of students had used a needle to inject any illegal drug into their body one or more times during their lifetime[§] (i.e., lifetime illegal injection-drug use) (Table 19a). The prevalence of lifetime illegal injection-drug use was 4.2% among male and 2.3% among female students.

[§] Students were classified as injection-drug users only if they 1) reported injection-drug use and 2) answered “one or more times” to any of the following questions: “During your life, how many times have you used any form of cocaine including powder, crack, or freebase?”; “During your life, how many times have you used heroin (also called smack, junk, or China white)?”; “During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?”; or “During your life, how many times have you taken steroid pills or shots without a doctor’s prescription?”

AGE OF INITIATION OF RISK BEHAVIORS

Cigarette Smoking Before Age 13 Years

Overall, 40.1% of students had smoked a whole cigarette for the first time before age 13 years (Table 20a). The prevalence of having smoked a whole cigarette before age 13 years was 38.6% among male and 41.7% among female students.

Alcohol Use Before Age 13 Years

Overall, 29.8% of students had their first drink of alcohol (other than a few sips) for the first time before age 13 years (Table 20a). The prevalence of having drunk alcohol before age 13 years was 33.1% among male and 26.3% among female students.

Marijuana Use Before Age 13 Years

One quarter (24.8%) of students had tried marijuana for the first time before age 13 years (Table 20a). The prevalence of having tried marijuana before age 13 years was higher among male (32.1%) than female (17.2%) students.

TOBACCO, ALCOHOL, AND OTHER DRUG USE ON SCHOOL PROPERTY

Cigarette Use on School Property

Overall, 15.5% of students had smoked cigarettes on school property on 1 or more of the 30 days preceding the survey (Table 21a). The prevalence of having smoked cigarettes on school property was 12.5% among male and 18.5% among female students.

Smokeless Tobacco Use on School Property

Overall, 35.7% of students had used smokeless tobacco on school property on 1 or more of the 30 days preceding the survey (Table 21a). The prevalence of having used smokeless tobacco on school property was higher among male (44.3%) than female (27.0%) students.

Alcohol Use on School Property

Overall, 7.6% of students had had at least one drink of alcohol on school property on 1 or more of the 30 days preceding the survey (Table 21a). The prevalence of having drunk alcohol on school property was 8.8% among male and 6.2% among female students.

Marijuana Use on School Property

Overall, 15.8% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22a). The prevalence of having used marijuana on school property was 20.5% among male and 10.9% among female students.

Were Offered, Sold, or Given an Illegal Drug on School Property

Overall, 38.3% of students had been offered, sold, or given an illegal drug on school property during the 12 months preceding the survey (Table 22a). The prevalence of having been offered, sold, or given an illegal drug on school property was 41.8% among male and 34.6% among female students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND STDs, INCLUDING HIV INFECTION

Sexual Intercourse

Overall, 53.9% of students had had sexual intercourse during their lifetime (Table 23a). The prevalence of having had sexual intercourse was 55.9% among male and 52.1% among female students.

Sexual Intercourse Before Age 13 Years

Overall, 11.8% of students had sexual intercourse for the first time before age 13 years (Table 23a). The prevalence of having sexual intercourse before age 13 years was 15.9% among male and 7.6% among female students.

Four or More Sex Partners

Overall, 15.1% of students had had sexual intercourse during their lifetime with four or more sex partners (Table 23a). The prevalence of having had four or more sex partners was 18.5% among male and 11.8% among female students.

Currently Sexually Active

Overall, 36.7% of students had had sexual intercourse during the 3 months preceding the survey (i.e., currently sexually active) (Table 24a). The prevalence of being currently sexually active was 35.5% among male and 37.8% among female students.

Condom Use During Last Sexual Intercourse

Among the 36.7% of currently sexually active students, 35.6% reported that either they or their partner had used a condom during last sexual intercourse (Table 24a). The prevalence of having used a condom during last sexual intercourse was higher among male (44.5%) than female (27.9%) students.

Birth Control Pill Use Before Last Sexual Intercourse

Among the 36.7% of currently sexually active students, 8.0% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24a). The prevalence of having used birth control pills before last sexual intercourse was 5.5% among male and 10.3% among female students.

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 36.7% of currently sexually active students, 34.3% had drunk alcohol or used drugs before last sexual intercourse (Table 25a). The prevalence of having drunk alcohol or used drugs before last sexual intercourse was higher among male (44.3%) than female (25.2%) students.

Pregnancy

Overall, 6.5% of students had been pregnant or had gotten someone pregnant (Table 25a). The prevalence of having been pregnant or having gotten someone pregnant was 6.3% among male and 6.8% among female students.

Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection Education

Overall, 83.5% of students had been taught in school about AIDS or HIV infection (Table 25a). The prevalence of having been taught in school about AIDS or HIV infection was 79.5% among male and 87.6% among female students.

DIETARY BEHAVIORS

Consumption of Milk

Overall, 9.1% of students had drunk three or more glasses of milk per day during the 7 days preceding the survey (Table 26a). The prevalence of having drunk three or more glasses of milk per day was 11.2% among male and 6.5% among female students.

PHYSICAL ACTIVITY

Sufficient Vigorous Physical Activity

Overall, 53.2% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activity) for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 27a).

The prevalence of having participated in sufficient vigorous physical activity was higher among male (60.1%) than female (46.3%) students.

Sufficient Moderate Physical Activity

Overall, 21.4% of students had participated in physical activity that did not make them sweat or breathe hard (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) for at least 30 minutes on 5 or more of the 7 days preceding the survey (i.e., sufficient moderate physical activity) (Table 27a). The prevalence of having participated in sufficient moderate physical activity was 26.0% among male and 16.4% among female students.

Insufficient Amount of Physical Activity

Overall, 43.0% of students had not participated in sufficient vigorous or moderate physical activity during the 7 days preceding the survey (i.e., insufficient amount of physical activity) (Table 28a). The prevalence of having participated in an insufficient amount of physical activity was higher among female (50.1%) than male (36.2%) students.

No Vigorous or Moderate Physical Activity

Overall, 14.2% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 28a). The prevalence of no vigorous or moderate physical activity was 10.2% among male and 18.3% among female students.

Enrolled in Physical Education Class

One-half (50.5%) of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., enrolled in PE class) (Table 29a). The prevalence of having been enrolled in PE class was 54.9% among male and 45.9% among female students.

Attended PE Class Daily

One-third (33.9%) of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (Table 29a). The prevalence of daily PE class attendance was 32.2% among male and 35.3% among female students.

Exercised or Played Sports for More Than 20 Minutes During PE Class

Among the 50.5% of students enrolled in PE class, 79.0% actually exercised or played sports for more than 20 minutes during an average PE class (Table 29a). The prevalence of having exercised or played sports for more than 20 minutes during an average PE class was 75.6% among male and 83.5% among female students.

Participated in Strengthening Exercises

Overall, 47.1% of students had done exercises to strengthen or tone their muscles (e.g., push-ups, sit-ups, or weightlifting) on 3 or more of the 7 days preceding the survey (Table 30a). The prevalence of having done strengthening exercises was higher among male (55.9%) than female (37.6%) students.

Played on Sports Teams

Overall, 47.5% of students had played on one or more sports teams (run by their school or community groups) during the 12 months preceding the survey (Table 30a). The prevalence of having played on one or more sports teams was substantially higher among male (58.0%) than female (36.3%) students.

Watched Television

One-third (33.9%) of students had watched television 3 or more hours per day on an average school day (Table 30a). The prevalence of having watched television 3 or more hours per day was 32.9% among male and 35.2% among female students.

OVERWEIGHT AND WEIGHT CONTROL

At Risk for Becoming Overweight

Overall, 17.0% of students were at risk for becoming overweight (Table 31a). The prevalence of being at risk for becoming overweight was 15.7% among male and 18.5% among female students.

Overweight

Overall, 17.4% of students were overweight (Table 31a). The prevalence of being overweight was 19.4% among male and 15.2% among female students.

Described Themselves as Overweight

One-fourth (25.3%) of students described themselves as slightly or very overweight (Table 32a). The prevalence of describing themselves as overweight was 20.6% among male and 30.4% among female students.

Trying to Lose Weight

Overall, 47.8% of students were trying to lose weight (Table 32a). The prevalence of trying to lose weight was higher among female (56.1%) than male (39.9%) students.

Ate Less Food to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 42.1% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 33a). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was higher among female (49.2%) than male (35.2%) students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 60.4% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33a). The prevalence of having exercised to lose weight or to keep from gaining weight was 61.2% among male and 59.5% among female students.

Went Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining Weight

Overall, 18.2% of students had gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34a). The prevalence of having gone without eating for 24 hours or more to lose weight or to keep from gaining weight was 15.2% among male and 21.2% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 5.8% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34a). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 7.0% among male and 4.5% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 8.3% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34a). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 6.5% among male and 10.1% among female students.

REPUBLIC OF THE MARSHALL ISLANDS

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Seat Belt Use

Overall, 61.9% of students had rarely or never worn seat belts when riding in a car driven by someone else (Table 2b). The prevalence of having rarely or never worn seat belts was 59.4% among male and 64.2% among female students.

Bicycle Helmet Use

Among the 63.3% of students who had ridden a bicycle during the 12 months preceding the survey, 77.0% had rarely or never worn a bicycle helmet (Table 2b). The prevalence of having rarely or never worn a bicycle helmet was 75.2% among male and 79.0% among female students.

Drove After Drinking Alcohol

During the 30 days preceding the survey, 17.9% of students had driven a car or other vehicle one or more times after drinking alcohol (Table 3b). The prevalence of having driven after drinking alcohol was higher among male (24.1%) than female (12.0%) students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

Carried a Weapon

Overall, 16.5% of students had carried a weapon (e.g., a gun, knife, or club) on 1 or more of the 30 days preceding the survey (Table 4b). The prevalence of having carried a weapon was higher among male (23.0%) than female (10.4%) students.

Physical Fighting

Overall, 40.5% of students had been in a physical fight one or more times during the 12 months preceding the survey (Table 5b). The prevalence of having been in a physical fight was higher among male (48.8%) than female (32.8%) students.

Injured in a Physical Fight

Overall, 10.9% of students had been in a physical fight one or more times during the 12 months preceding the survey that resulted in injuries that had to be treated by a doctor or nurse (Table 5b). The prevalence of having been injured in a physical fight was 12.6% among male and 9.2% among female students.

Dating Violence

During the 12 months preceding the survey, 29.9% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6b). The prevalence of dating violence was 34.1% among male and 25.7% among female students.

Forced Sexual Intercourse

Overall, 29.3% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6b). The prevalence of having been forced to have sexual intercourse was 31.3% among male and 27.2% among female students.

Carried a Weapon on School Property

Overall, 9.0% of students carried a weapon (e.g., a gun, knife, or club) on school property on 1 or more of the 30 days preceding the survey (Table 7b). The prevalence of having carried a weapon on school property was 12.6% among male and 5.6% among female students.

Threatened or Injured with a Weapon on School Property

During the 12 months preceding the survey, 21.6% of students had been threatened or injured with a weapon (e.g., a gun, knife, or club) on school property one or more times (Table 7b). The prevalence of having been threatened or injured with a weapon on school property was 23.9% among male and 19.4% among female students.

Physical Fight on School Property

Overall, 16.5% of students had been in a physical fight on school property one or more times during the 12 months preceding the survey (Table 8b). The prevalence of having been in a physical fight on school property was 20.6% among male and 12.6% among female students.

Did Not Go to School Because of Safety Concerns

Approximately one-third (31.8%) of students had not gone to school on 1 or more of the 30 days preceding the survey because they felt unsafe at school or on their way to or from school (Table 8b). The prevalence of having not gone to school because of safety concerns was 31.3% among male and 32.3% among female students.

Property Stolen or Damaged on School Property

Overall, 63.5% of students had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey (Table 8b). The prevalence of having property stolen or damaged on school property was 67.8% among male and 59.5% among female students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 49.1% of students had felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities (Table 9b). The prevalence of having felt sad or hopeless almost every day for 2 weeks or more was 46.9% among male and 51.1% among female students.

Seriously Considered Attempting Suicide

Overall, 26.4% of students had seriously considered attempting suicide during the 12 months preceding the survey (Table 9b). The prevalence of having considered attempting suicide was 28.5% among male and 24.4% among female students.

Made a Suicide Plan

During the 12 months preceding the survey, 31.8% of students had made a plan about how they would attempt suicide (Table 9b). The prevalence of having made a suicide plan was 30.9% among male and 32.7% among female students.

Attempted Suicide

Overall, 30.9% of students had actually attempted suicide one or more times during the 12 months preceding the survey (Table 10b). The prevalence of having attempted suicide was 34.2% among male and 27.7% among female students.

Suicide Attempt Required Medical Attention

During the 12 months preceding the survey, 14.3% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10b). The prevalence of having made a suicide attempt that required medical attention was 15.6% among male and 13.1% among female students.

TOBACCO USE

Lifetime Cigarette Use

Overall, 70.1% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11b). The prevalence of lifetime cigarette use was substantially higher among male (80.4%) than female (59.1%) students.

Lifetime Daily Cigarette Use

Overall, 23.6% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11b). The prevalence of lifetime daily cigarette use was higher among male (32.2%) than female (15.5%) students.

Current Cigarette Use

Overall, 37.5% of students had smoked cigarettes on 1 or more of the 30 days preceding the survey (i.e., current cigarette use) (Table 12b). The prevalence of current cigarette use was substantially higher among male (51.7%) than female (25.2%) students.

Current Frequent Cigarette Use

Overall, 15.9% of students had smoked cigarettes on at least 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12b). The prevalence of current frequent cigarette use was higher among male (24.1%) than female (8.9%) students.

Smoked More Than 10 Cigarettes per Day

Overall, 4.1% of students had smoked more than 10 cigarettes per day on the days they smoked during the 30 days preceding the survey (Table 12b). The prevalence of having smoked more than 10 cigarettes per day was 6.1% among male and 2.4% among female students.

Tried to Quit Smoking

Among the 37.5% of students who reported current cigarette use, 83.7% tried to quit smoking cigarettes during the past 12 months (Table 13b). The prevalence of having attempted to quit smoking cigarettes was 84.8% among male students (data not available for female students).

Purchased Cigarettes at a Store or Gas Station

Data regarding access to cigarettes are reported only for the 35.7% of students under the age of 18 years who reported current cigarette use. Nearly one-third (32.0%) of these students had usually gotten their own cigarettes by purchasing them in a store or gas station during the 30 days preceding the survey (Table 13b). The prevalence of having purchased cigarettes in a store or gas station was 36.8% among male students (data not available for female students).

Current Smokeless Tobacco Use

Overall, 37.5% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on 1 or more of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14b). The prevalence of current smokeless tobacco use was higher among male (47.7%) than female (28.1%) students.

Current Cigar Use

Overall, 30.1% of students had smoked cigars, cigarillos, or little cigars on 1 or more of the 30 days preceding the survey (i.e., current cigar use) (Table 14b). The prevalence of current cigar use was higher among male (37.5%) than female (23.1%) students.

Current Tobacco Use

Overall, 40.3% of students had reported current cigarette use, current smokeless tobacco use, or current cigar use on 1 or more of the 30 days preceding the survey (i.e., current tobacco use) (Table 14b). The prevalence of current tobacco use was substantially higher among male (53.0%) than female (30.2%) students.

ALCOHOL AND OTHER DRUG USE

Lifetime Alcohol Use

Overall, 59.6% of students had had at least one drink of alcohol on 1 or more days during their lifetime (i.e., lifetime alcohol use) (Table 15b). The prevalence of lifetime alcohol use was substantially higher among male (73.0%) than female (47.9%) students.

Current Alcohol Use

Overall, 45.7% of students had had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (i.e., current alcohol use) (Table 15b). The prevalence of current alcohol use was substantially higher among male (58.7%) than female (35.4%) students.

Episodic Heavy Drinking

Overall, 31.9% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on 1 or more of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15b). The prevalence of episodic heavy drinking was higher among male (41.1%) than female (24.3%) students.

Lifetime Marijuana Use

Overall, 19.2% of students had used marijuana one or more times during their lifetime (i.e., lifetime marijuana use) (Table 16b). The prevalence of lifetime marijuana use was substantially higher among male (31.0%) than female (8.9%) students.

Current Marijuana Use

Overall, 13.4% of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16b). The prevalence of current marijuana use was higher among male (21.5%) than female (6.1%) students.

Lifetime Cocaine Use

Overall, 6.0% of students had used any form of cocaine (e.g., powder, “crack,” or “freebase”) one or more times during their lifetime (i.e., lifetime cocaine use) (Table 17b). The prevalence of lifetime cocaine use was 7.7% among male and 4.4% among female students.

Current Cocaine Use

Overall, 4.5% of students had used any form of cocaine one or more times during the 30 days preceding the survey (i.e., current cocaine use) (Table 17b). The prevalence of current cocaine use was 5.3% among male and 3.7% among female students.

Lifetime Heroin Use

Overall, 8.3% of students had used heroin (also called “smack,” “junk,” or “China White”) one or more times during their lifetime (i.e., lifetime heroin use) (Table 18b). The prevalence of lifetime heroin use was 11.0% among male and 5.8% among female students.

Lifetime Methamphetamine Use

Overall, 12.3% of students had used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their lifetime (i.e., lifetime methamphetamine use) (Table 18b). The prevalence of lifetime methamphetamine use was 14.2% among male and 10.6% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 13.9% of students had used a needle to inject any illegal drug into their body one or more times during their lifetime (i.e., lifetime illegal injection-drug use) (Table 19b). The prevalence of lifetime illegal injection-drug use was 14.4% among male and 13.5% among female students.

AGE OF INITIATION OF RISK BEHAVIORS

Cigarette Smoking Before Age 13 Years

Overall, 9.6% of students had smoked a whole cigarette for the first time before age 13 years (Table 20b). The prevalence of having smoked a whole cigarette before age 13 years was 11.6% among male and 7.5% among female students.

Alcohol Use Before Age 13 Years

Overall, 10.5% of students had their first drink of alcohol (other than a few sips) for the first time before age 13 years (Table 20b). The prevalence of having drunk alcohol before age 13 years was 14.9% among male and 6.4% among female students.

Marijuana Use Before Age 13 Years

Overall, 6.4% of students had tried marijuana for the first time before age 13 years (Table 20b). The prevalence of having tried marijuana before age 13 years was 8.1% among male and 4.9% among female students.

TOBACCO, ALCOHOL, AND OTHER DRUG USE ON SCHOOL PROPERTY

Cigarette Use on School Property

Overall, 17.3% of students had smoked cigarettes on school property on 1 or more of the 30 days preceding the survey (Table 21b). The prevalence of having smoked cigarettes on school property was higher among male (23.1%) than female (12.2%) students.

Smokeless Tobacco Use on School Property

Overall, 24.9% of students had used smokeless tobacco on school property on 1 or more of the 30 days preceding the survey (Table 21b). The prevalence of having used smokeless tobacco on school property was higher among male (33.0%) than female (17.4%) students.

Alcohol Use on School Property

Overall, 17.7% of students had had at least one drink of alcohol on school property on 1 or more of the 30 days preceding the survey (Table 21b). The prevalence of having drunk alcohol on school property was 21.6% among male and 14.2% among female students.

Marijuana Use on School Property

Overall, 6.9% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22b). The prevalence of having used marijuana on school property was 10.2% among male and 3.8% among female students.

Were Offered, Sold, or Given an Illegal Drug on School Property

Overall, 28.8% of students had been offered, sold, or given an illegal drug on school property during the 12 months preceding the survey (Table 22b). The prevalence of having been offered, sold, or given an illegal drug on school property was 31.9% among male and 25.9% among female students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND STDs, INCLUDING HIV INFECTION

Sexual Intercourse

Overall, 58.7% of students had had sexual intercourse during their lifetime (Table 23b). The prevalence of having had sexual intercourse was substantially higher among male (73.5%) than female (46.3%) students.

Sexual Intercourse Before Age 13 Years

Overall, 10.6% of students had sexual intercourse for the first time before age 13 years (Table 23b). The prevalence of having sexual intercourse before age 13 years was higher among male (18.7%) than female (3.7%) students.

Four or More Sex Partners

Overall, 23.8% of students had had sexual intercourse during their lifetime with four or more sex partners (Table 23b). The prevalence of having had four or more sex partners was substantially higher among male (37.7%) than female (12.8%) students.

Currently Sexually Active

Overall, 44.5% of students had had sexual intercourse during the 3 months preceding the survey (i.e., currently sexually active) (Table 24b). The prevalence of being currently sexually active was substantially higher among male (57.4%) than female (34.0%) students.

Condom Use During Last Sexual Intercourse

Among the 44.5% of currently sexually active students, 48.5% reported that either they or their partner had used a condom during last sexual intercourse (Table 24b). The prevalence of having used a condom during last sexual intercourse was 57.4% among male students (data not available for female students).

Birth Control Pill Use Before Last Sexual Intercourse

Among the 44.5% of currently sexually active students, 6.2% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24b). The prevalence of having used birth control pills before last sexual intercourse was 9.2% among male students (data not available for female students).

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 44.5% of currently sexually active students, 35.8% had drunk alcohol or used drugs before last sexual intercourse (Table 25b). The prevalence of having drunk alcohol or used drugs before last sexual intercourse was 51.7% among male students (data not available for female students).

Pregnancy

Overall, 8.3% of students had been pregnant or had gotten someone pregnant (Table 25b). The prevalence of having been pregnant or having gotten someone pregnant was 10.9% among male and 6.0% among female students.

Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection Education

Overall, 61.5% of students had been taught in school about AIDS or HIV infection (Table 25b). The prevalence of having been taught in school about AIDS or HIV infection was higher among male (66.8%) than female (56.4%) students.

DIETARY BEHAVIORS

Consumption of Milk

Overall, 16.8% of students had drunk three or more glasses of milk per day during the 7 days preceding the survey (Table 26b). The prevalence of having drunk three or more glasses of milk per day was 16.8% among male and 16.9% among female students.

PHYSICAL ACTIVITY

Sufficient Vigorous Physical Activity

Overall, 42.2% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activity) for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 27b).

The prevalence of having participated in sufficient vigorous physical activity was higher among male (50.1%) than female (34.6%) students.

Sufficient Moderate Physical Activity

Overall, 17.9% of students had participated in physical activity that did not make them sweat or breathe hard (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) for at least 30 minutes on 5 or more of the 7 days preceding the survey (i.e., sufficient moderate physical activity) (Table 27b). The prevalence of having participated in sufficient moderate physical activity was 21.3% among male and 14.6% among female students.

Insufficient Amount of Physical Activity

Overall, 55.0% of students had not participated in sufficient vigorous or moderate physical activity during the 7 days preceding the survey (i.e., insufficient amount of physical activity) (Table 28b). The prevalence of having participated in an insufficient amount of physical activity was higher among female (62.8%) than male (46.9%) students.

No Vigorous or Moderate Physical Activity

Overall, 16.9% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 28b). The prevalence of no vigorous or moderate physical activity was higher among female (22.6%) than male (11.0%) students.

Enrolled in Physical Education Class

Overall, 57.9% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., enrolled in PE class) (Table 29b). The prevalence of having been enrolled in PE class was 59.6% among male and 56.2% among female students.

Attended PE Class Daily

Overall, 14.9% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (Table 29b). The prevalence of daily PE class attendance was 14.1% among male and 15.7% among female students.

Exercised or Played Sports for More Than 20 Minutes During PE Class

Among the 57.9% of students enrolled in PE class, 56.3% actually exercised or played sports for more than 20 minutes during an average PE class (Table 29b). The prevalence of having exercised or played sports for more than 20 minutes during an average PE class was 60.2% among male and 52.8% among female students.

Participated in Strengthening Exercises

Overall, 40.8% of students had done exercises to strengthen or tone their muscles (e.g., push-ups, sit-ups, or weightlifting) on 3 or more of the 7 days preceding the survey (Table 30b). The prevalence of having done strengthening exercises was substantially higher among male (53.7%) than female (28.4%) students.

Played on Sports Teams

Overall, 65.5% of students had played on one or more sports teams (run by their school or community groups) during the 12 months preceding the survey (Table 30b). The prevalence of having played on one or more sports teams was higher among male (71.2%) than female (59.9%) students.

Watched Television

Nearly one-quarter (24.0%) of students had watched television 3 or more hours per day on an average school day (Table 30b). The prevalence of having watched television 3 or more hours per day was 24.7% among male and 23.4% among female students.

OVERWEIGHT AND WEIGHT CONTROL

At Risk for Becoming Overweight

Overall, 23.7% of students were at risk for becoming overweight (Table 31b). The prevalence of being at risk for becoming overweight was 19.3% among male and 28.7% among female students.

Overweight

Overall, 18.9% of students were overweight (Table 31b). The prevalence of being overweight was 21.4% among male and 15.9% among female students.

Described Themselves as Overweight

Overall, 8.8% of students described themselves as slightly or very overweight (Table 32b). The prevalence of describing themselves as overweight was 8.2% among male and 9.2% among female students.

Trying to Lose Weight

Overall, 34.8% of students were trying to lose weight (Table 32b). The prevalence of trying to lose weight was 30.3% among male and 39.1% among female students.

Ate Less Food to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 56.5% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 33b). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was 60.0% among male and 53.2% among female students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 60.8% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33b). The prevalence of having exercised to lose weight or to keep from gaining weight was higher among male (68.1%) than female (53.9%) students.

Went Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining Weight

Overall, 36.4% of students had gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34b). The prevalence of having gone without eating for 24 hours or more to lose weight or to keep from gaining weight was 34.0% among male and 38.6% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 22.0% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34b). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 19.9% among male and 23.8% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 27.1% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34b). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 28.9% among male and 25.3% among female students.

REPUBLIC OF PALAU

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Bicycle Helmet Use

Among the 71.3% of students who had ridden a bicycle during the 12 months preceding the survey, 95.6% had rarely or never worn a bicycle helmet (Table 2c). The prevalence of having rarely or never worn a bicycle helmet was 96.5% among male and 94.7% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

During the 30 days preceding the survey, 53.2% of students had ridden in a car or other vehicle one or more times with a driver who had been drinking alcohol (Table 3c). The prevalence of having ridden with a driver who had been drinking alcohol was 58.1% among male and 49.0% among female students.

Drove After Drinking Alcohol

During the 30 days preceding the survey, 19.6% of students had driven a car or other vehicle one or more times after drinking alcohol (Table 3c). The prevalence of having driven after drinking alcohol was higher among male (27.7%) than female (13.0%) students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

Physical Fighting

Overall, 29.6% of students had been in a physical fight one or more times during the 12 months preceding the survey (Table 5c). The prevalence of having been in a physical fight was higher among male (38.9%) than female (21.7%) students.

Injured in a Physical Fight

Overall, 5.6% of students had been in a physical fight one or more times during the 12 months preceding the survey that resulted in injuries that had to be treated by a doctor or nurse (Table 5c). The prevalence of having been injured in a physical fight was 8.7% among male and 3.0% among female students.

Dating Violence

During the 12 months preceding the survey, 11.2% of students had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend (i.e., dating violence) (Table 6c). The prevalence of dating violence was 13.6% among male and 9.1% among female students.

Forced Sexual Intercourse

Overall, 14.2% of students had ever been physically forced to have sexual intercourse when they did not want to (Table 6c). The prevalence of having been forced to have sexual intercourse was 10.8% among male and 17.2% among female students.

Physical Fight on School Property

Overall, 13.1% of students had been in a physical fight on school property one or more times during the 12 months preceding the survey (Table 8c). The prevalence of having been in a physical fight on school property was 18.2% among male and 8.7% among female students.

Did Not Go to School Because of Safety Concerns

Overall, 15.0% of students had not gone to school on 1 or more of the 30 days preceding the survey because they felt unsafe at school or on their way to or from school (Table 8c). The prevalence of having not gone to school because of safety concerns was 15.7% among male and 14.5% among female students.

Property Stolen or Damaged on School Property

Overall, 31.0% of students had their property (e.g., car, clothing, or books) stolen or deliberately damaged on school property one or more times during the 12 months preceding the survey (Table 8c). The prevalence of having property stolen or damaged on school property was 30.1% among male and 31.7% among female students.

Felt Sad or Hopeless

During the 12 months preceding the survey, 43.6% of students had felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities (Table 9c). The prevalence of having felt sad or hopeless almost every day for 2 weeks or more was higher among female (48.8%) than male (37.6%) students.

Seriously Considered Attempting Suicide

Overall, 27.3% of students had seriously considered attempting suicide during the 12 months preceding the survey (Table 9c). The prevalence of having considered attempting suicide was higher among female (32.7%) than male (21.1%) students.

Suicide Attempt Required Medical Attention

During the 12 months preceding the survey, 5.5% of students had made a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (Table 10c). The prevalence of having made a suicide attempt that required medical attention was 6.8% among male and 4.4% among female students.

TOBACCO USE

Lifetime Cigarette Use

Overall, 79.9% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 11c). The prevalence of lifetime cigarette use was 82.6% among male and 77.8% among female students.

Lifetime Daily Cigarette Use

Overall, 13.7% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 11c). The prevalence of lifetime daily cigarette use was higher among male (21.5%) than female (7.4%) students.

Current Cigarette Use

Overall, 38.6% of students had smoked cigarettes on 1 or more of the 30 days preceding the survey (i.e., current cigarette use) (Table 12c). The prevalence of current cigarette use was higher among male (48.0%) than female (31.0%) students.

Current Frequent Cigarette Use

Overall, 7.1% of students had smoked cigarettes on at least 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 12c). The prevalence of current frequent cigarette use was higher among male (13.8%) than female (1.6%) students.

Smoked More Than 10 Cigarettes per Day

Overall, 2.0% of students had smoked more than 10 cigarettes per day on the days they smoked during the 30 days preceding the survey (Table 12c). The prevalence of having smoked more than 10 cigarettes per day was 4.0% among male and 0.4% among female students.

Tried to Quit Smoking

Among the 38.6% of students who reported current cigarette use, 73.6% tried to quit smoking cigarettes during the past 12 months (Table 13c) (data not available for male and female students).

Purchased Cigarettes at a Store or Gas Station

Data regarding access to cigarettes are reported only for the 37.9% of students under the age of 18 years who reported current cigarette use. Nearly one-fifth (19.7%) of these students had usually gotten their own cigarettes by purchasing them in a store or gas station during the 30 days preceding the survey (Table 13c) (data not available for male and female students).

Current Smokeless Tobacco Use

Overall, 40.9% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on 1 or more of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 14c). The prevalence of current smokeless tobacco use was 39.6% among male and 41.9% among female students.

ALCOHOL AND OTHER DRUG USE

Lifetime Alcohol Use

Nearly three-quarters (74.1%) of students had had at least one drink of alcohol 1 or more days during their lifetime (i.e., lifetime alcohol use) (Table 15c). The prevalence of lifetime alcohol use was higher among male (80.1%) than female (69.2%) students.

Current Alcohol Use

Approximately one-half (51.2%) of students had had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (i.e., current alcohol use) (Table 15c). The prevalence of current alcohol use was higher among male (57.9%) than female (46.2%) students.

Episodic Heavy Drinking

Overall, 34.0% of students had had five or more drinks of alcohol in a row (i.e., within a couple of hours) on 1 or more of the 30 days preceding the survey (i.e., episodic heavy drinking) (Table 15c). The prevalence of episodic heavy drinking was higher among male (39.9%) than female (29.5%) students.

Lifetime Marijuana Use

Overall, 55.7% of students had used marijuana one or more times during their lifetime (i.e., lifetime marijuana use) (Table 16c). The prevalence of lifetime marijuana use was 59.6% among male and 52.4% among female students.

Current Marijuana Use

One-third (33.9%) of students had used marijuana one or more times during the 30 days preceding the survey (i.e., current marijuana use) (Table 16c). The prevalence of current marijuana use was 38.9% among male and 29.6% among female students.

Lifetime Methamphetamine Use

Overall, 8.9% of students had used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their lifetime (i.e., lifetime methamphetamine use) (Table 18c). The prevalence of lifetime methamphetamine use was higher among male (15.6%) than female (3.0%) students.

Lifetime Ecstasy Use

Overall, 3.7% of students had used ecstasy (also called “MDMA”) one or more times during their lifetime (i.e., lifetime ecstasy use) (Table 18c). The prevalence of lifetime ecstasy use was 5.5% among male and 2.1% among female students.

Lifetime Illegal Steroid Use

Overall, 4.7% of students had taken steroid pills or shots without a doctor’s prescription one or more times during their lifetime (i.e., lifetime illegal steroid use) (Table 19c). The prevalence of lifetime illegal steroid use was 6.5% among male and 3.2% among female students.

Lifetime Illegal Injection-Drug Use

Overall, 3.6% of students had used a needle to inject any illegal drug into their body one or more times during their lifetime (i.e., lifetime illegal injection-drug use) (Table 19c). The prevalence of lifetime illegal injection-drug use was 6.8% among male and 1.0% among female students.

AGE OF INITIATION OF RISK BEHAVIORS

Cigarette Smoking Before Age 13 Years

One-quarter (24.9%) of students had smoked a whole cigarette for the first time before age 13 years (Table 20c). The prevalence of having smoked a whole cigarette before age 13 years was 30.2% among male and 20.6% among female students.

Alcohol Use Before Age 13 Years

Overall, 22.2% of students had their first drink of alcohol (other than a few sips) for the first time before age 13 years (Table 20c). The prevalence of having drunk alcohol before age 13 years was 24.8% among male and 20.0% among female students.

Marijuana Use Before Age 13 Years

Overall, 16.6% of students had tried marijuana for the first time before age 13 years (Table 20c). The prevalence of having tried marijuana before age 13 years was higher among male (24.6%) than female (9.7%) students.

TOBACCO, ALCOHOL, AND OTHER DRUG USE ON SCHOOL PROPERTY

Cigarette Use on School Property

One-tenth (10.8%) of students had smoked cigarettes on school property on 1 or more of the 30 days preceding the survey (Table 21c). The prevalence of having smoked cigarettes on school property was higher among male (16.4%) than female (6.0%) students.

Smokeless Tobacco Use on School Property

Overall, 37.2% of students had used smokeless tobacco on school property on 1 or more of the 30 days preceding the survey (Table 21c). The prevalence of having used smokeless tobacco on school property was 36.1% among male and 38.0% among female students.

Alcohol Use on School Property

One-tenth (10.6%) of students had had at least one drink of alcohol on school property on 1 or more of the 30 days preceding the survey (Table 21c). The prevalence of having drunk alcohol on school property was 12.1% among male and 9.2% among female students.

Marijuana Use on School Property

Overall, 15.5% of students had used marijuana on school property one or more times during the 30 days preceding the survey (Table 22c). The prevalence of having used marijuana on school property was 18.6% among male and 13.0% among female students.

Were Offered, Sold, or Given an Illegal Drug on School Property

Overall, 30.4% of students had been offered, sold, or given an illegal drug on school property during the 12 months preceding the survey (Table 22c). The prevalence of having been offered, sold, or given an illegal drug on school property was higher among male (36.1%) than female (25.6%) students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND STDs, INCLUDING HIV INFECTION

Sexual Intercourse

Overall, 41.6% of students had had sexual intercourse during their lifetime (Table 23c). The prevalence of having had sexual intercourse was substantially higher among male (58.0%) than female (29.1%) students.

Sexual Intercourse Before Age 13 Years

Overall, 7.7% of students had sexual intercourse for the first time before age 13 years (Table 23c). The prevalence of having sexual intercourse before age 13 years was higher among male (15.3%) than female (1.7%) students.

Four or More Sex Partners

Overall, 17.2% of students had had sexual intercourse during their lifetime with four or more sex partners (Table 23c). The prevalence of having had four or more sex partners was substantially higher among male (33.6%) than female (4.8%) students.

Currently Sexually Active

Overall, 28.5% of students had had sexual intercourse during the 3 months preceding the survey (i.e., currently sexually active) (Table 24c). The prevalence of being currently sexually active was higher among male (38.7%) than female (20.6%) students.

Condom Use During Last Sexual Intercourse

Among the 28.5% of currently sexually active students, 44.6% reported that either they or their partner had used a condom during last sexual intercourse (Table 24c) (data not available for male and female students).

Birth Control Pill Use Before Last Sexual Intercourse

Among the 28.5% of currently sexually active students, 7.0% reported either they or their partner had used birth control pills to prevent pregnancy before last sexual intercourse (Table 24c) (data not available for male and female students).

Alcohol or Drug Use Before Last Sexual Intercourse

Among the 28.5% of currently sexually active students, 35.5% had drunk alcohol or used drugs before last sexual intercourse (Table 25c) (data not available for male and female students).

Pregnancy

Overall, 2.7% of students had been pregnant or had gotten someone pregnant (Table 25c). The prevalence of having been pregnant or having gotten someone pregnant was 2.7% among male and 2.6% among female students.

Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection Education

Overall, 74.3% of students had been taught in school about AIDS or HIV infection (Table 25c). The prevalence of having been taught in school about AIDS or HIV infection was higher among female (79.5%) than male (68.1%) students.

DIETARY BEHAVIORS

Consumption of Fruits and Vegetables

One-fifth (20.9%) of students had eaten fruits and vegetables[†] five or more times per day during the 7 days preceding the survey (Table 26c). The prevalence of having eaten fruits and vegetables five or more times per day was 22.8% among male and 19.2% among female students.

Consumption of Milk

Overall, 9.2% of students had drunk three or more glasses of milk per day during the 7 days preceding the survey (Table 26c). The prevalence of having drunk three or more glasses of milk per day was 8.6% among male and 9.7% among female students.

PHYSICAL ACTIVITY

Sufficient Vigorous Physical Activity

Overall, 58.7% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activity) for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 27c). The prevalence of having participated in sufficient vigorous physical activity was higher among male (69.1%) than female (49.9%) students.

[†] Consumption of fruits and vegetables includes 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Sufficient Moderate Physical Activity

One-fifth (20.3%) of students had participated in physical activity that did not make them sweat or breathe hard (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) for at least 30 minutes on 5 or more of the 7 days preceding the survey (i.e., sufficient moderate physical activity) (Table 27c). The prevalence of having participated in sufficient moderate physical activity was 23.4% among male and 17.7% among female students.

Insufficient Amount of Physical Activity

Overall, 38.2% of students had not participated in sufficient vigorous or moderate physical activity during the 7 days preceding the survey (i.e., insufficient amount of physical activity) (Table 28c). The prevalence of having participated in an insufficient amount of physical activity was higher among female (47.3%) than male (27.6%) students.

No Vigorous or Moderate Physical Activity

Overall, 14.0% of students had not participated in any vigorous or moderate physical activity during the 7 days preceding the survey (Table 28c). The prevalence of no vigorous or moderate physical activity was higher among female (18.6%) than male (8.6%) students.

Enrolled in Physical Education Class

Overall, 41.7% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., enrolled in PE class) (Table 29c). The prevalence of having been enrolled in PE class was 42.2% among male and 41.4% among female students.

Attended PE Class Daily

Overall, 35.7% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (Table 29c). The prevalence of daily PE class attendance was 33.5% among male and 37.4% among female students.

Exercised or Played Sports for More Than 20 Minutes During PE Class

Among the 41.7% of students enrolled in PE class, 83.1% actually exercised or played sports for more than 20 minutes during an average PE class (Table 29a). The prevalence of having exercised or played sports for more than 20 minutes during an average PE class was 86.1% among female students (data not available for male students).

Participated in Strengthening Exercises

Overall, 34.7% of students had done exercises to strengthen or tone their muscles (e.g., push-ups, sit-ups, or weightlifting) on 3 or more of the 7 days preceding the survey (Table 30c). The prevalence of having done strengthening exercises was higher among male (43.2%) than female (27.5%) students.

Played on Sports Teams

Overall, 61.7% of students had played on one or more sports teams (run by their school or community groups) during the 12 months preceding the survey (Table 30c). The prevalence of having played on one or more sports teams was higher among male (67.1%) than female (57.0%) students.

Watched Television

Overall, 31.9% of students had watched television 3 or more hours per day on an average school day (Table 30c). The prevalence of having watched television 3 or more hours per day was 31.4% among male and 32.3% among female students.

OVERWEIGHT AND WEIGHT CONTROL

At Risk for Becoming Overweight

Overall, 14.9% of students were at risk for becoming overweight (Table 31c). The prevalence of being at risk for becoming overweight was 12.8% among male and 16.8% among female students.

Overweight

Overall, 15.5% of students were overweight (Table 31c). The prevalence of being overweight was 19.8% among male and 11.6% among female students.

Described Themselves as Overweight

Overall, 21.5% of students described themselves as slightly or very overweight (Table 32c). The prevalence of describing themselves as overweight was 18.5% among male and 24.1% among female students.

Trying to Lose Weight

Overall, 35.8% of students were trying to lose weight (Table 32c). The prevalence of trying to lose weight was higher among female (40.7%) than male (30.1%) students.

Ate Less Food to Lose Weight or to Keep from Gaining Weight

During the 30 days preceding the survey, 42.4% of students had eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 33c). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was 40.1% among male and 44.4% among female students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 52.4% of students had exercised to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 33c). The prevalence of having exercised to lose weight or to keep from gaining weight was 54.2% among male and 50.9% among female students.

Went Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining

One-quarter (24.4%) of students had gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34c). The prevalence of having gone without eating for 24 hours or more to lose weight or to keep from gaining weight was 22.5% among male and 26.0% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 6.3% of students had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34c). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 7.3% among male and 5.3% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 7.4% of students had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days preceding the survey (Table 34c). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 7.7% among male and 7.0% among female students.

MIDDLE SCHOOL RESULTS

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Seat Belt Use

Overall, 12.2% of students had rarely or never worn seat belts when riding in a car (Table 35a). The prevalence of having rarely or never worn seat belts was 15.7% among male and 8.6% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

Overall, 57.0% of students had ever ridden in a car with a driver who had been drinking alcohol (Table 35a). The prevalence of having ridden with a driver who had been drinking alcohol was 56.1% among male and 58.1% among female students.

Bicycle Helmet Use

Among the 70.4% of students who had ridden a bicycle, 89.7% had rarely or never worn a bicycle helmet (Table 36a). The prevalence of having rarely or never worn a bicycle helmet was 89.0% among male and 90.7% among female students.

Rollerblade or Skateboard Helmet Use

Among the 47.7% of students who had used rollerblades or ridden a skateboard, 85.5% had rarely or never worn a helmet (Table 36a). The prevalence of having rarely or never worn a helmet was 85.4% among male and 85.5% among female students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

Carried a Weapon

Overall, 42.0% of students had ever carried a weapon (e.g., a gun, knife, or club) (Table 37a). The prevalence of having carried a weapon was substantially higher among male (55.0%) than female (28.1%) students.

In a Physical Fight

Overall, 57.2% of students had ever been in a physical fight (Table 37a). The prevalence of having been in a physical fight was substantially higher among male (68.4%) than female (45.4%) students.

Hurt in a Physical Fight

Overall, 5.7% of students had been in a physical fight one or more times during the 12 months preceding the survey that resulted in injuries that had to be treated by a doctor or nurse (Table 37a). The prevalence of having been hurt in a physical fight was 6.6% among male and 4.8% among female students.

Seriously Thought About Killing Themselves

Overall, 46.1% of students had ever seriously thought about killing themselves (Table 38a). The prevalence of having thought about killing themselves was substantially higher among female (59.3%) than male (34.0%) students.

Made a Plan About How to Kill Themselves

Overall, 36.3% of students had ever made a plan about how to kill themselves (Table 38a). The prevalence of having made a suicide plan was substantially higher among female (46.9%) than male (26.4%) students.

Tried to Kill Themselves

One-fifth (20.6%) of students had ever tried to kill themselves (Table 38a). The prevalence of having tried to kill themselves was higher among female (28.6%) than male (13.2%) students.

TOBACCO USE

Lifetime Cigarette Use

Overall, 68.8% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 39a). The prevalence of lifetime cigarette use was 67.7% among male and 69.9% among female students.

Lifetime Daily Cigarette Use

Overall, 12.8% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 39a). The prevalence of lifetime daily cigarette use was 11.7% among male and 14.0% among female students.

Current Cigarette Use

Nearly one-third (32.8%) of students had smoked cigarettes on 1 or more of the 30 days preceding the survey (i.e., current cigarette use) (Table 40a). The prevalence of current cigarette use was 29.8% among male and 35.7% among female students.

Current Frequent Cigarette Use

Overall, 3.9% of students had smoked cigarettes on at least 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 40a). The prevalence of current frequent cigarette use was 3.6% among male and 4.3% among female students.

Smoked More Than 10 Cigarettes per Day

Overall, 0.7% of students had smoked more than 10 cigarettes per day on the days they smoked during the 30 days preceding the survey (Table 40a). The prevalence of having smoked more than 10 cigarettes per day was 0.9% among male and 0.5% among female students.

Current Smokeless Tobacco Use

Overall, 34.1% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on 1 or more of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 41a). The prevalence of current smokeless tobacco use was higher among male (42.1%) than female (25.6%) students.

Current Cigar Use

Overall, 11.7% of students had smoked cigars, cigarillos, or little cigars on 1 or more of the 30 days preceding the survey (i.e., current cigar use) (Table 41a). The prevalence of current cigar use was 12.4% among male and 11.0% among female students.

Current Tobacco Use

Overall, 47.2% of students had reported current cigarette use, current smokeless tobacco use, or current cigar use on 1 or more of the 30 days preceding the survey (i.e., current tobacco use) (Table 41a). The prevalence of current tobacco use was 49.5% among male and 44.9% among female students.

ALCOHOL AND OTHER DRUG USE

Lifetime Alcohol Use

Nearly one-half (49.4%) of students had ever had a drink of alcohol (other than a few sips) (i.e., lifetime alcohol use) (Table 42a). The prevalence of lifetime alcohol use was 53.6% among male and 45.2% among female students.

Lifetime Marijuana Use

Overall, 34.2% of students had ever used marijuana (i.e., lifetime marijuana use) (Table 42a). The prevalence of lifetime marijuana use was higher among male (39.5%) than female (29.2%) students.

Lifetime Cocaine Use

Overall, 4.6% of students had ever used any form of cocaine (e.g., powder, “crack,” or “freebase”) (i.e., lifetime cocaine use) (Table 43a). The prevalence of lifetime cocaine use was 4.4% among male and 4.9% among female students.

Lifetime Steroid Use

Overall, 2.4% of students had ever used steroids (i.e., lifetime steroid use) (Table 43a). The prevalence of lifetime steroid use was 3.4% among male and 1.4% among female students.

AGE OF INITIATION OF RISK BEHAVIORS

Cigarette Smoking Before Age 11 Years

Overall, 21.9% of students had smoked a whole cigarette for the first time before age 11 years (Table 44a). The prevalence of having smoked a whole cigarette before age 11 years was 22.6% among male and 21.3% among female students.

Alcohol Use Before Age 11 Years

One-fifth (19.5%) of students had had their first drink of alcohol (other than a few sips) before age 11 years (Table 44a). The prevalence of having drunk alcohol before age 11 years was 23.7% among male and 15.2% among female students.

Marijuana Use Before Age 11 Years

Overall, 5.6% of students had tried marijuana for the first time before age 11 years (Table 44a). The prevalence of having tried marijuana before age 11 years was 8.6% among male and 2.6% among female students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND STDs, INCLUDING HIV INFECTION

Sexual Intercourse

Overall, 15.3% of students had ever had sexual intercourse (Table 45a). The prevalence of having had sexual intercourse was 18.8% among male and 11.9% among female students.

Sexual Intercourse Before Age 11 Years

Overall, 4.2% of students had sexual intercourse for the first time before age 11 years (Table 45a). The prevalence of having had sexual intercourse before age 11 years was 5.9% among male and 2.5% among female students.

Three or More Sex Partners

Overall, 3.8% of students had ever had sexual intercourse with three or more sex partners (Table 45a). The prevalence of having had three or more sex partners was 5.6% among male and 2.0% among female students.

Condom Use During Last Sexual Intercourse

Among the 15.3% of students who had ever had sexual intercourse, 53.6% reported that either they or their partner had used a condom during last sexual intercourse (Table 46a). The prevalence of having used a condom during last sexual intercourse was 56.1% among male students (data not available for female students).

Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection Education

Overall, 79.9% of students had ever been taught in school about AIDS or HIV infection (Table 46a). The prevalence of having been taught in school about AIDS or HIV infection was 76.6% among male and 83.6% among female students.

PHYSICAL ACTIVITY

Sufficient Vigorous Physical Activity

Overall, 65.4% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities) for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 47a).

The prevalence of having participated in sufficient vigorous physical activity was 66.4% among male and 64.4% among female students.

Played on Sports Teams

Overall, 48.5% of students had played on any sports teams (run by their school or community groups) (Table 47a). The prevalence of having played on any sports teams was higher among male (56.1%) than female (40.7%) students.

Watched Television

Overall, 31.2% of students had watched television 3 or more hours per day on an average school day (Table 47a). The prevalence of having watched television 3 or more hours per day was 33.4% among male and 29.1% among female students.

Enrolled in Physical Education Class

Overall, 59.5% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., enrolled in PE class) (Table 48a). The prevalence of having been enrolled in PE class was 60.0% among male and 58.9% among female students.

Attended PE Class Daily

Overall, 21.0% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (Table 48a). The prevalence of attending PE class daily was 22.2% among male and 19.5% among female students.

OVERWEIGHT AND WEIGHT CONTROL

At Risk for Becoming Overweight

Overall, 18.5% of students were at risk for becoming overweight (Table 49a). The prevalence of being at risk for becoming overweight was 18.4% among male and 18.6% among female students.

Overweight

One-fifth (20.4%) of students were overweight (Table 49a). The prevalence of being overweight was 23.5% among male and 16.5% among female students.

Described Themselves as Overweight

One-fifth (20.9%) of students described themselves as slightly or very overweight (Table 50a). The prevalence of describing themselves as overweight was 18.9% among male and 23.0% among female students.

Trying to Lose Weight

Overall, 51.2% of students were trying to lose weight (Table 50a). The prevalence of trying to lose weight was higher among female (57.2%) than male (45.2%) students.

Ate Less Food to Lose Weight or to Keep from Gaining Weight

Overall, 59.5% of students had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 51a). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was higher among female (64.9%) than male (54.2%) students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 75.5% of students had ever exercised to lose weight or to keep from gaining weight (Table 51a). The prevalence of having exercised to lose weight or to keep from gaining weight was 74.9% among male and 76.3% among female students.

Went Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining Weight

Overall, 30.4% of students had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight (Table 52a). The prevalence of having gone without eating for 24 hours or more to lose weight or to keep from gaining weight was 29.8% among male and 31.0% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 5.6% of students had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 52a). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 5.6% among male and 5.6% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

Overall, 12.1% of students had ever vomited or taken laxatives to lose weight or to keep from gaining weight (Table 52a). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 9.2% among male and 14.9% among female students.

REPUBLIC OF PALAU

BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

Seat Belt Use

Overall, 59.0% students had rarely or never worn seat belts when riding in a car (Table 35b). The prevalence of having rarely or never worn seat belts was 61.6% among male and 55.9% among female students.

Rode with a Driver Who Had Been Drinking Alcohol

Overall, 57.2% of students had ever ridden in a car with a driver who had been drinking alcohol (Table 35b). The prevalence of having ridden with a driver who had been drinking alcohol was higher among male (65.0%) than female (48.7%) students.

Bicycle Helmet Use

Among the 88.4% of students who had ridden a bicycle, 90.2% had rarely or never worn a bicycle helmet (Table 36b). The prevalence of having rarely or never worn a bicycle helmet was 88.1% among male and 92.6% among female students.

Rollerblade or Skateboard Helmet Use

Among the 44.5% of students who had used rollerblades or ridden a skateboard, 81.8% had rarely or never worn a helmet (Table 36b). The prevalence of having rarely or never worn a helmet was 80.2% among male and 83.6% among female students.

BEHAVIORS THAT CONTRIBUTE TO VIOLENCE

In a Physical Fight

Overall, 53.5% of students had ever been in a physical fight (Table 37b). The prevalence of having been in a physical fight was substantially higher among male (72.5%) than female (33.0%) students.

Hurt in a Physical Fight

Overall, 7.5% of students had been in a physical fight one or more times during the 12 months preceding the survey that resulted in injuries that had to be treated by a doctor or nurse (Table 37b). The prevalence of having been hurt in a physical fight was 9.9% among male and 5.1% among female students.

Seriously Thought About Killing Themselves

Overall, 36.3% of students had ever seriously thought about killing themselves (Table 38b). The prevalence of having thought about killing themselves was 31.7% among male and 41.3% among female students.

Tried to Kill Themselves

Overall, 21.6% of students had ever tried to kill themselves (Table 38b). The prevalence of having tried to kill themselves was 19.6% among male and 23.6% among female students.

TOBACCO USE

Lifetime Cigarette Use

Overall, 56.7% of students had ever tried cigarette smoking (even one or two puffs) (i.e., lifetime cigarette use) (Table 39b). The prevalence of lifetime cigarette use was higher among male (61.8%) than female (51.1%) students.

Lifetime Daily Cigarette Use

Overall, 8.9% of students had ever smoked at least one cigarette every day for 30 days (i.e., lifetime daily cigarette use) (Table 39b). The prevalence of lifetime daily cigarette use was 11.2% among male and 6.3% among female students.

Current Cigarette Use

Overall, 27.3% of students had smoked cigarettes on 1 or more of the 30 days preceding the survey (i.e., current cigarette use) (Table 40b). The prevalence of current cigarette use was 30.4% among male and 23.9% among female students.

Current Frequent Cigarette Use

Overall, 2.0% of students had smoked cigarettes on at least 20 of the 30 days preceding the survey (i.e., current frequent cigarette use) (Table 40b). The prevalence of current frequent cigarette use was 2.4% among male and 1.3% among female students.

Smoked More Than 10 Cigarettes per Day

Overall, 0.8% of students had smoked more than 10 cigarettes per day on the days they smoked during the 30 days preceding the survey (Table 40b). The prevalence of having smoked more than 10 cigarettes per day was 1.6% among male and 0.0% among female students.

Current Smokeless Tobacco Use

Overall, 34.0% of students had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on 1 or more of the 30 days preceding the survey (i.e., current smokeless tobacco use) (Table 41b). The prevalence of current smokeless tobacco use was 34.7% among male and 33.4% among female students.

ALCOHOL AND OTHER DRUG USE

Lifetime Alcohol Use

One-half (50.3%) of students had ever had a drink of alcohol (other than a few sips) (i.e., lifetime alcohol use) (Table 42b). The prevalence of lifetime alcohol use was higher among male (58.0%) than female (42.1%) students.

Lifetime Marijuana Use

Overall, 26.9% of students had ever used marijuana (i.e., lifetime marijuana use) (Table 42b). The prevalence of lifetime marijuana use was higher among male (33.4%) than female (20.1%) students.

Lifetime Cocaine Use

Overall, 3.1% of students had ever used any form of cocaine (e.g., powder, “crack,” or “freebase”) (i.e., lifetime cocaine use) (Table 43b). The prevalence of lifetime cocaine use was 4.1% among male and 1.8% among female students.

Lifetime Steroid Use

Overall, 2.8% of students had ever used steroids (i.e., lifetime steroid use) (Table 43b). The prevalence of lifetime steroid use was 4.1% among male and 1.5% among female students.

AGE OF INITIATION OF RISK BEHAVIORS

Cigarette Smoking Before Age 11 Years

Overall, 13.6% of students had smoked a whole cigarette for the first time before age 11 years (Table 44b). The prevalence of having smoked a whole cigarette before age 11 years was 15.1% among male and 11.9% among female students.

Alcohol Use Before Age 11 Years

Overall, 17.0% of students had had their first drink of alcohol (other than a few sips) before age 11 years (Table 44b). The prevalence of having drunk alcohol before age 11 years was 21.6% among male and 12.1% among female students.

Marijuana Use Before Age 11 Years

Overall, 5.1% of students had tried marijuana for the first time before age 11 years (Table 44b). The prevalence of having tried marijuana before age 11 years was 7.2% among male and 2.8% among female students.

SEXUAL BEHAVIORS THAT CONTRIBUTE TO UNINTENDED PREGNANCY AND STDs, INCLUDING HIV INFECTION

Sexual Intercourse

Overall, 6.3% of students had ever had sexual intercourse (Table 45b). The prevalence of having had sexual intercourse was 9.4% among male and 2.6% among female students.

Sexual Intercourse Before Age 11 Years

Overall, 0.5% of students had sexual intercourse for the first time before age 11 years (Table 45b). The prevalence of having had sexual intercourse before age 11 years was 0.7% among male and 0.4% among female students.

Three or More Sex Partners

Overall, 2.6% of students had ever had sexual intercourse with three or more sex partners (Table 45b). The prevalence of having had three or more sex partners was 4.7% among male and 0.3% among female students.

Condom Use During Last Sexual Intercourse

Data not available.

Acquired Immunodeficiency Syndrome (AIDS) or Human Immunodeficiency Virus (HIV) Infection Education

Overall, 58.4% of students had ever been taught in school about AIDS or HIV infection (Table 46b).

The prevalence of having been taught in school about AIDS or HIV infection was 60.4% among male and 56.2% among female students.

PHYSICAL ACTIVITY

Sufficient Vigorous Physical Activity

Overall, 59.4% of students had exercised or participated in physical activity that made them sweat and breathe hard (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities) for at least 20 minutes on 3 or more of the 7 days preceding the survey (i.e., sufficient vigorous physical activity) (Table 47b).

The prevalence of having participated in sufficient vigorous physical activity was 61.1% among male and 58.4% among female students.

Played on Sports Teams

Overall, 58.4% of students had played on any sports teams (run by their school or community groups) (Table 47b). The prevalence of having played on any sports teams was 63.1% among male and 53.2% among female students.

Watched Television

One-quarter (25.3%) of students had watched television three or more hours per day on an average school day (Table 47b). The prevalence of having watched television three or more hours per day was 26.1% among male and 24.8% among female students.

Enrolled in Physical Education Class

Overall, 88.5% of students went to physical education (PE) classes on 1 or more days in an average week when they were in school (i.e., enrolled in PE class) (Table 48b). The prevalence of having been enrolled in PE class was 87.7% among male and 89.2% among female students.

Attended PE Class Daily

Overall, 16.6% of students went to PE classes 5 days in an average week when they were in school (i.e., attended PE class daily) (Table 48b). The prevalence of attending PE class daily was 17.7% among male and 15.6% among female students.

OVERWEIGHT AND WEIGHT CONTROL

At Risk for Becoming Overweight

One-fifth (19.9%) of students were at risk for becoming overweight (Table 49b). The prevalence of being at risk for becoming overweight was 23.5% among male and 16.5% among female students.

Overweight

One-quarter (24.7%) of students were overweight (Table 49b). The prevalence of being overweight was 26.2% among male and 23.2% among female students.

Described Themselves as Overweight

Overall, 22.5% of students described themselves as slightly or very overweight (Table 50b). The prevalence of describing themselves as overweight was 22.4% among male and 22.6% among female students.

Trying to Lose Weight

Overall, 44.2% of students were trying to lose weight (Table 50b). The prevalence of trying to lose weight was 41.8% among male and 46.4% among female students.

Ate Less Food to Lose Weight or to Keep from Gaining Weight

Overall, 55.6% of students had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (Table 51b). The prevalence of having eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight was 54.9% among male and 56.4% among female students.

Exercised to Lose Weight or to Keep from Gaining Weight

Overall, 67.0% of students had ever exercised to lose weight or to keep from gaining weight (Table 51b). The prevalence of having exercised to lose weight or to keep from gaining weight was 68.0% among male and 65.7% among female students.

Went Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining Weight

Overall, 31.8% of students had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight (Table 52b). The prevalence of having gone without eating for 24 hours or more to lose weight or to keep from gaining weight was 31.2% among male and 32.3% among female students.

Took Diet Pills, Powders, or Liquids to Lose Weight or to Keep from Gaining Weight

Overall, 6.0% of students had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (Table 52b). The prevalence of having taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight was 8.4% among male and 3.6% among female students.

Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight

One-tenth (10.6%) of students had ever vomited or taken laxatives to lose weight or to keep from gaining weight (Table 52b). The prevalence of having vomited or taken laxatives to lose weight or to keep from gaining weight was 10.9% among male and 10.4% among female students.

DISCUSSION

Approximately one-half of the Pacific Island territories' population is composed of young people under the age of 20, and too many middle and high school students engage in behaviors that place them at risk for death, disability, and social problems.⁴ Risk behaviors associated with unintentional injuries and violence; tobacco, alcohol, and other drug use; HIV infection and other STDs; unintended pregnancy; physical inactivity; and overweight are problematic among middle and high school students. Certain risk behaviors are more likely to occur in particular subpopulations of students defined by sex, race and ethnicity, or grade. However, this analysis could not isolate the effects of sex, race and ethnicity, or grade from those measures of socioeconomic status (SES) or culture on risk behaviors with substantial disparities.

For most risk behaviors, prevalence rates among high school students in the United States and high school students in CNMI, RMI, and Palau are very similar. However, a difference of at least 20 percentage points was identified for the following risk behaviors:

- Rarely or never wore seat belts (U.S.: 18.2%; RMI: 61.9%).
- Rode with a driver who had been drinking alcohol (U.S.: 30.2%; CNMI: 53.8%; Palau: 53.2%).

- Dating violence (U.S.: 8.9%; RMI: 29.9%).
- Forced to have sexual intercourse (U.S.: 9.0%; RMI: 29.3%).
- Did not go to school because of safety concerns (U.S.: 5.4%; RMI: 31.8%).
- Property stolen or damaged on school property (U.S.: 29.8%; RMI: 63.5%).
- Felt sad or hopeless (U.S.: 28.6%; RMI: 49.1%).
- Attempted suicide (U.S.: 8.5%; RMI: 30.9%).
- Lifetime cigarette use (U.S.: 58.4%; CNMI: 87.9%; Palau: 79.9%).
- Current cigarette use (U.S.: 21.9%; CNMI: 48.8%).
- Current smokeless tobacco use (U.S.: 6.7%; CNMI: 42.5%; RMI: 37.5%; Palau: 40.9%).
- Current tobacco use (U.S.: 27.5%; CNMI: 61.2%).
- Lifetime marijuana use (U.S.: 40.2%; CNMI: 68.1%; RMI: 19.2%).
- Cigarette smoking before age 13 years (U.S.: 18.3%; CNMI: 40.1%).
- Smokeless tobacco use on school property (U.S.: 5.9%; CNMI: 35.7%; Palau: 37.2%).
- Condom use during last sexual intercourse (U.S.: 63.0%; CNMI: 35.6%).
- AIDS or HIV education (U.S.: 87.9%; RMI: 61.5%).
- Sufficient vigorous physical activity (U.S.: 62.6%; RMI: 42.2%).

- Insufficient amount of physical activity (U.S.: 33.4%; RMI: 55.0%).
- Exercised or played sports 20 minutes or more during PE class (U.S.: 80.3%; RMI: 56.3%).
- Described themselves as overweight (U.S.: 29.6%; RMI: 8.8%).
- Went without eating for 24 hours or more to lose weight or to keep from gaining weight (U.S.: 13.3%; RMI: 36.4%).
- Vomited or took laxatives to lose weight or to keep from gaining weight (U.S.: 6.0%; RMI: 27.1%).
- Current marijuana use (CNMI: 41.2%; RMI: 13.4%; Palau: 33.9%).
- Cigarette smoking before age 13 years (CNMI: 40.1%; RMI: 9.6%).
- AIDS or HIV education (CNMI: 83.5%; RMI: 61.5%).
- Exercised or played sports for more than 20 minutes during an average PE class (CNMI: 79.0%; RMI: 56.3%; Palau: 83.1%).

Among middle school students, a difference of at least 20 percentage points between students in CNMI and students in Palau was identified for the following risk behaviors:

For most risk behaviors, prevalence rates among high school students across the three territories also were quite similar. However, a difference of at least 20 percentage points was identified for the following risk behaviors:

- Rarely or never wore seat belts (CNMI: 14.1%; RMI: 61.9%).
- Did not go to school because of safety concerns (CNMI: 9.1%; RMI: 31.8%).
- Property stolen or damaged on school property (CNMI: 25.2%; RMI: 63.5%; Palau: 31.0%).
- Current cigar use (CNMI: 10.0%; RMI: 30.1%).
- Current tobacco use (CNMI: 61.2%; RMI: 40.3%).
- Lifetime marijuana use (CNMI: 68.1%; RMI: 19.2%; Palau: 55.7%).
- Rarely or never wore seat belts (CNMI: 12.2%; Palau: 59.0%).
- AIDS or HIV education (CNMI: 79.9%; Palau: 58.4%).
- Enrolled in PE class (CNMI: 59.5%; Palau: 88.5%).

An Institute of Medicine report indicated that persons living in the Pacific Region, which includes CNMI, RMI, and Palau, have a higher rate of cigarette smoking compared to persons in both developed and undeveloped countries.¹ In 2003, between one-third and one-half of high school students in CNMI, RMI, and Palau (48.8%, 37.5%, and 38.6%, respectively) reported current cigarette use compared with only one-fifth (21.9%) of high school students in the United States.³⁷ In addition, at least a five-fold difference in the prevalence of smokeless tobacco use was found between high school students in CNMI, RMI, and Palau (42.5%, 37.5%, and 40.9%, respectively) and high school students in the United States (6.7%).³⁷ This may be partially explained by the common practice of chewing betel nut, which often accompanies smokeless tobacco use.³⁸ Data from the 2001 Palau Youth Tobacco Survey (YTS) demonstrated a prevalence of 18.0% and 23.0% for current cigarette use among middle and high school students, respectively, compared with the prevalence observed in the 2003 Palau middle school (27.3%) and high school (38.6%) YRBS.^{37,39} Data from the 2000 CNMI YTS demonstrated a prevalence of 23.6% and 43.8% for current cigarette use among middle and high school students, respectively, compared to the prevalence observed in the 2003 CNMI middle school (32.8%) and high school (48.8%) YRBS (C.W. Warren, PhD [wcw1@cdc.gov], email, April 19, 2005).³⁷ These variations in prevalence could

be attributed to many factors, including differences in populations, as YRBS data represent students in public schools only, whereas the YTS data represent students in both public and private school.^{37,39}

The United States Drug Enforcement Administration reports an increase in the availability and use of methamphetamines throughout the Pacific Region, with an epidemic of methamphetamine abuse in CNMI.⁴⁰ The prevalence of methamphetamine use among high school students in CNMI, RMI, and Palau (6.9%, 12.3%, and 8.9%, respectively) is similar to that among high school students in the United States (7.6%).³⁷ Marijuana is grown throughout the Pacific Region, which allows for high accessibility at a low cost, and Palau is a known distributor of marijuana throughout the islands.⁴⁰ More than one-third of high school students in CNMI and Palau reported current marijuana use (41.2% and 33.9%, respectively), as compared to 22.4% among high school students in the United States.³⁷ RMI, a territory that is less developed, has a lower prevalence of current marijuana use (13.4%) among high school students compared with high school students in CNMI, Palau, and the United States. As RMI continues the transition to a developed country, effective programs should be in place to prevent an increase in the initiation of marijuana and other substance use.

Suicide is a leading cause of death among adolescent males in the Pacific Region.⁴¹ Between one-quarter and one-third of high school students in CNMI, RMI, and Palau (32.9%, 26.4%, 27.3%, respectively) reported that they seriously considered attempting suicide during the 12 months preceding the survey, compared with 16.9% of high school students in the United States.³⁷ In addition, 24.7% of high school students in CNMI and 30.9% of high school students in RMI reported having attempted suicide during the 12 months preceding the survey, as compared with 8.5% of high school students in the United States.³⁷ Interventions are needed to provide timely and effective help to adolescents considering suicide.

The World Health Organization identified the Pacific Region as having the highest prevalence of obesity in the world, up to 70% in some areas.² In CNMI, RMI, and Palau, 17.4%, 18.9%, and 15.5%, respectively, of high school students were overweight and 17.0%, 23.7%, and 14.9%, respectively, were at risk for becoming overweight, compared with high school students in the United States, of whom 12.1% were overweight and 14.8% were at risk for becoming overweight.³⁷ Given the association between overweight and chronic health problems such as diabetes, hyperlipidemia, and hypertension, school health programs could help educate students on healthful eating and the importance of physical activity.⁴²

LIMITATIONS

The findings in this report are subject to multiple limitations. First, these data apply only to youth who attend public school and, therefore, are not representative of all persons in this age group. Throughout these territories, only 53% to 70% of students enrolled in elementary school will attend high school.³⁴ Second, the extent of under- or over-reporting of behaviors cannot be determined, although survey questions demonstrate good test-retest reliability.⁴³ Third, BMI is calculated on the basis of self-reported height and weight and therefore tends to underestimate the prevalence of overweight and at risk for becoming overweight.⁴⁴

APPLICATIONS OF DATA AND RESOURCES

Territory education agencies use YRBS data to set health education and health promotion goals, support curricula modifications, support legislation that promotes health, and seek funding for new initiatives. CNMI's Public School System used YRBS data to revise the health education curriculum and design programs for creating awareness among schools, parents, and the community about adolescent health-risk behaviors. For example, peer education programs, including a media-based campaign, were introduced to address health issues among adolescents. In addition, a newly initiated parent-youth training program facilitates parent-youth communication on sexual behavior and substance use. Palau's

Ministry of Education used YRBS data to develop an HIV/AIDS administrative policy that requires HIV education to be taught in schools. YRBS data also helped secure funds to expand youth outreach programs that use peer education to address adolescent health issues. The 2002 Palau Student Partnership Conference focused primarily on health-risk behaviors identified by the YRBS. RMI's Ministry of Education shared its YRBS data with primary school teachers and principals attending the 2005 RMI Principal Institute, and with public and private high schools. Continued support for the Youth Risk Behavior Surveillance System will help monitor and ensure the effectiveness of these and other public health and school health programs for youth.

With funding from the Centers for Disease Control and Prevention for HIV Prevention for School-Age Youth, the territory education agencies plan to promote school health education and HIV prevention through professional development, teacher training, program evaluation, collaboration, and policy revision. CNMI's Public School System will review and refine its school-based HIV/AIDS policies and will establish an evaluation plan to assess HIV programs. The school system also plans to provide professional development and teacher training to middle school and high school teachers on the HIV curriculum. In addition, CNMI plans to collaborate with external agencies to address the

students at highest risk for HIV infection and AIDS. The RMI Ministry of Education will provide teacher training and technical assistance on HIV/AIDS curricula to assist teachers with increasing students' knowledge. RMI will plan and implement HIV programs and will evaluate program effectiveness. The Palau Ministry of Education will provide teacher training on HIV to educators within public schools. In addition, Palau will use its peer leadership groups, the peer Student Partnership Conference and Young PRIDE, to increase student awareness about HIV/AIDS. In conjunction with this, the Palau Ministry of Education will develop a calendar of events for providing HIV/AIDS prevention education in schools. Additional efforts that will address other health-risk behaviors and health problems are also planned to further reduce risks and improve the short- and long-term health outcomes of adolescents in the Pacific Island territories.

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TABLES

YOUTH RISK BEHAVIOR SURVEY
2003

Table 1. Sample sizes, response rates, and demographic characteristics — selected Pacific Island territories, High School and Middle School Youth Risk Behavior Surveys, 2003

Student Sample Size	Response Rate (%)		Sex (%)		Grade (%)				Race/Ethnicity (%)						
	School	Student	Overall	Male	Female	9	10	11	12	Chamorro	Carolinian	Filipino/Asian	Marshallese	Palauan	Other
HIGH SCHOOL															
Commonwealth of the Northern Mariana Islands	2,177	100	86	51.5	48.5	31.4	29.7	22.7	16.1	64.3	11.4	12.8	NA	NA	11.5*
Republic of the Marshall Islands	928	100	99	49.2	50.8	22.2	27.5	26.2	24.1	NA	NA	NA	90.6	NA	9.4†
Republic of Palau	524	100	78	46.6	53.4	30.8	26.2	25.1	17.9	NA	NA	NA	NA	90.8	9.3§
MIDDLE SCHOOL															
Commonwealth of the Northern Mariana Islands	1,543	100	88	51.7	48.3	12.7	43.6	43.2		65.5	13.1	11.1	NA	NA	10.2*
Republic of Palau	677	100	98	51.6	48.4	39.7	31.1	29.2		NA	NA	NA	NA	90.3	9.6†

* Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Multiple Races, White, All Other Races.

† Multiple Races, White, African American, All Other Races.

NA = not applicable.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY
2003

Table 2a. Percentage of high school students who rarely or never wore seat belts* or bicycle helmets,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore seat belts			
Race/Ethnicity			
Chamorro	16.0	13.0	14.7
Carolinian	— [§]	17.4	16.0
Filipino/Asian	11.4	8.6	10.5
Other [¶]	15.0	10.7	13.0
Grade			
9	15.3	14.3	15.1
10	16.0	14.2	15.1
11	13.5	10.8	12.2
12	15.9	8.5	12.1
Total	15.2	12.7	14.1
Rarely or never wore bicycle helmets			
Race/Ethnicity			
Chamorro	94.1	92.7	93.6
Carolinian	—	—	—
Filipino/Asian	94.4	—	93.7
Other [¶]	93.7	92.8	93.4
Grade			
9	95.1	90.7	93.5
10	93.7	95.0	94.2
11	94.4	—	92.4
12	—	—	94.5
Total	94.3	92.2	93.6

* When riding in a car driven by someone else.

† Among the 48.8% of students who had ridden a bicycle during the 12 months preceding the survey.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 3a. Percentage of high school students who rode with a driver who had been drinking alcohol* and who drove after drinking alcohol,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Chamorro	58.1	56.9	57.7
Carolinian	—†	61.6	57.7
Filipino/Asian	38.0	30.1	34.3
Other§	56.8	45.6	51.4
Grade			
9	54.2	51.7	53.2
10	50.9	50.4	50.8
11	58.6	51.6	55.3
12	57.2	60.9	59.1
Total	54.7	52.8	53.8
Drove after drinking alcohol			
Race/Ethnicity			
Chamorro	28.1	16.4	22.4
Carolinian	—	8.0	13.7
Filipino/Asian	10.2	8.8	10.0
Other	27.9	10.2	19.1
Grade			
9	18.4	8.5	13.9
10	15.3	11.2	13.2
11	32.9	15.0	24.3
12	42.1	25.0	33.4
Total	24.8	13.7	19.4

* In a car or other vehicle one or more times during the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 4a. Percentage of high school students who carried a weapon* or a gun,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Chamorro	30.1	8.1	19.5
Carolinian	— [§]	—	20.6
Filipino/Asian	20.3	2.9	12.4
Other [¶]	37.2	9.9	23.5
Grade			
9	32.8	10.2	22.2
10	27.2	10.5	18.7
11	29.7	4.4	17.6
12	23.3	8.1	15.4
Total	28.9	8.6	19.1
Carried a gun			
Race/Ethnicity			
Chamorro	11.0	2.0	6.7
Carolinian	—	5.4	7.5
Filipino/Asian	5.1	0.7	3.5
Other	11.4	2.1	6.8
Grade			
9	10.9	2.0	6.9
10	9.7	3.2	6.4
11	12.5	1.0	7.0
12	5.3	2.5	3.8
Total	10.1	2.2	6.4

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 5a. Percentage of high school students who were in a physical fight* and who were injured in a physical fight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
In a physical fight			
Race/Ethnicity			
Chamorro	35.7	24.2	30.2
Carolinian	— [§]	—	37.2
Filipino/Asian	31.4	21.3	26.9
Other [¶]	43.6	24.5	34.5
Grade			
9	39.8	28.8	34.8
10	36.5	28.8	32.5
11	34.7	19.5	27.6
12	29.4	22.2	25.7
Total	36.0	25.6	31.0
Injured in a physical fight			
Race/Ethnicity			
Chamorro	6.9	3.0	5.1
Carolinian	—	9.0	7.7
Filipino/Asian	5.4	1.3	3.8
Other	7.9	2.7	5.5
Grade			
9	7.0	4.2	5.7
10	6.8	3.0	4.9
11	5.3	3.3	4.3
12	7.5	2.7	5.1
Total	6.7	3.5	5.3

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 6a. Percentage of high school students who experienced dating violence* and who were physically forced to have sexual intercourse, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Dating violence			
Race/Ethnicity			
Chamorro	11.7	13.6	12.8
Carolinian	—†	8.7	10.0
Filipino/Asian	7.6	7.5	8.0
Other§	13.5	9.9	11.9
Grade			
9	11.4	10.8	11.4
10	7.6	9.9	8.7
11	12.4	13.5	12.9
12	16.1	15.4	15.7
Total	11.4	11.8	11.7
Forced to have sexual intercourse			
Race/Ethnicity			
Chamorro	7.4	19.5	13.4
Carolinian	—	21.6	19.2
Filipino/Asian	6.2	13.9	10.3
Other	10.2	19.5	14.9
Grade			
9	6.9	21.6	14.3
10	8.0	19.5	13.7
11	10.3	17.6	13.8
12	10.2	15.6	13.0
Total	8.6	19.1	13.8

* Hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend during the 12 months preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 7a. Percentage of high school students who carried a weapon on school property and were threatened or injured with a weapon on school property,^{†§} by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Carried a weapon on school property			
Race/Ethnicity			
Chamorro	12.5	2.6	7.9
Carolinian	— [†]	—	9.8
Filipino/Asian	9.3	0.7	5.6
Other**	20.0	3.6	11.9
Grade			
9	14.4	3.0	9.3
10	10.6	3.7	7.2
11	14.1	3.8	9.2
12	10.7	2.0	6.2
Total	12.7	3.2	8.3
Threatened or injured with a weapon on school property			
Race/Ethnicity			
Chamorro	9.2	5.7	7.7
Carolinian	—	3.5	7.2
Filipino/Asian	8.0	4.1	6.6
Other	12.4	7.2	10.0
Grade			
9	9.3	6.4	8.2
10	11.3	6.4	8.9
11	10.7	3.9	7.5
12	4.3	3.2	3.7
Total	9.5	5.4	7.7

* On ≥ 1 of the 30 days preceding the survey.

† For example, a gun, knife, or club.

§ One or more times during the 12 months preceding the survey.

[†] Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 8a. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or damaged on school property,‡§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Engaged in a physical fight on school property			
Race/Ethnicity			
Chamorro	15.9	11.0	13.6
Carolinian	— [¶]	17.0	15.4
Filipino/Asian	11.7	6.0	9.4
Other**	22.4	7.6	15.3
Grade			
9	21.0	12.0	17.0
10	16.4	12.4	14.4
11	12.8	8.8	10.9
12	9.9	7.4	8.6
Total	16.0	10.7	13.5
Did not go to school because of safety concerns			
Race/Ethnicity			
Chamorro	9.2	8.1	8.9
Carolinian	—	8.9	9.5
Filipino/Asian	10.7	5.1	8.5
Other	11.9	9.5	11.0
Grade			
9	12.5	11.4	12.3
10	8.7	7.3	8.0
11	10.7	6.6	8.7
12	5.1	4.7	4.9
Total	9.8	7.9	9.1
Property stolen or deliberately damaged on school property			
Race/Ethnicity			
Chamorro	23.1	25.5	24.4
Carolinian	—	25.4	22.6
Filipino/Asian	33.5	24.6	29.6
Other	28.8	25.6	27.5
Grade			
9	26.0	29.2	27.8
10	27.2	27.5	27.3
11	25.9	16.7	21.6
12	16.9	26.1	21.6
Total	24.7	25.4	25.2

* One or more times during the 12 months preceding the survey.

† On ≥1 of the 30 days preceding the survey.

‡ For example, car, clothing, or books.

§ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 9a. Percentage of high school students who felt sad or hopeless,† who seriously considered attempting suicide,† and who made a suicide plan,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Felt sad or hopeless			
Race/Ethnicity			
Chamorro	30.7	51.7	40.8
Carolinian	— [§]	44.1	39.7
Filipino/Asian	32.5	37.5	35.1
Other [¶]	35.8	50.5	43.0
Grade			
9	30.8	48.5	39.2
10	32.3	51.3	41.7
11	38.5	47.2	42.6
12	24.3	47.5	36.0
Total	32.0	48.8	40.2
Seriously considered attempting suicide			
Race/Ethnicity			
Chamorro	24.0	46.9	35.0
Carolinian	—	48.4	32.6
Filipino/Asian	14.3	31.7	22.6
Other	23.6	41.3	32.3
Grade			
9	20.1	46.5	32.7
10	27.3	47.7	37.4
11	22.8	40.6	31.3
12	13.7	39.1	26.6
Total	21.8	44.5	32.9
Made a suicide plan			
Race/Ethnicity			
Chamorro	23.5	44.3	33.6
Carolinian	—	44.9	32.6
Filipino/Asian	17.4	33.0	24.8
Other	24.0	42.9	33.3
Grade			
9	20.9	46.0	32.9
10	23.5	43.0	33.2
11	22.8	40.0	31.0
12	20.4	39.6	30.2
Total	22.1	42.8	32.2

* Felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ Not available.

¶ Micronesia, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 10a. Percentage of high school students who actually attempted suicide and whose suicide attempt required medical attention,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Attempted suicide			
Race/Ethnicity			
Chamorro	17.0	35.1	25.8
Carolinian	— [§]	—	25.3
Filipino/Asian	12.0	26.1	19.1
Other [¶]	17.9	32.4	25.3
Grade			
9	16.3	38.2	27.0
10	15.2	35.8	25.7
11	16.1	30.5	22.8
12	13.5	26.8	20.4
Total	15.7	33.9	24.7
Suicide attempt required medical attention			
Race/Ethnicity			
Chamorro	2.5	8.3	5.3
Carolinian	—	—	5.4
Filipino/Asian	2.6	8.6	5.6
Other	6.4	8.9	7.6
Grade			
9	3.3	9.5	6.3
10	3.0	10.2	6.7
11	3.0	5.5	4.2
12	1.7	6.1	4.0
Total	3.0	8.3	5.6

* During the 12 months preceding the survey.

† One or more times.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

**Table 11a. Percentage of high school students who smoked cigarettes, by sex, race/ethnicity, and grade
— Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Chamorro	87.2	93.3	90.1
Carolinian	—†	—	86.9
Filipino/Asian	77.9	75.9	77.1
Other§	87.4	87.7	87.6
Grade			
9	85.1	86.8	86.0
10	85.8	88.1	86.7
11	84.3	93.7	88.8
12	90.4	94.2	92.4
Total	85.9	89.9	87.9
Lifetime daily cigarette use¶			
Race/Ethnicity			
Chamorro	29.0	30.2	29.5
Carolinian	—	14.6	10.6
Filipino/Asian	15.9	17.4	16.6
Other	24.1	24.4	24.4
Grade			
9	19.4	24.9	22.1
10	23.6	23.8	23.6
11	27.0	25.2	26.1
12	30.1	33.5	31.8
Total	24.1	25.9	25.0

* Ever tried cigarette smoking, even one or two puffs.

† Not available.

§ Micronesia, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Ever smoked one or more cigarettes every day for 30 days.

Table 12a. Percentage of high school students who smoked cigarettes during the past 30 days, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Chamorro	51.2	56.2	53.7
Carolinian	—†	—	45.9
Filipino/Asian	33.1	27.7	30.5
Other§	46.8	46.2	46.6
Grade			
9	45.0	50.7	48.0
10	41.3	49.6	45.3
11	49.7	50.2	49.9
12	53.4	57.1	55.4
Total	46.4	51.2	48.8
Current frequent cigarette use¶			
Race/Ethnicity			
Chamorro	17.9	22.1	20.1
Carolinian	—	—	7.1
Filipino/Asian	15.6	6.6	11.3
Other	15.8	13.0	14.4
Grade			
9	12.9	12.1	12.8
10	11.1	16.2	13.6
11	18.7	20.8	19.7
12	25.0	26.8	25.9
Total	15.7	17.7	16.8
Smoked >10 cigarettes/day**			
Race/Ethnicity			
Chamorro	3.3	2.6	2.9
Carolinian	—	—	0.6
Filipino/Asian	4.3	1.4	3.4
Other	5.4	1.0	3.2
Grade			
9	2.4	0.9	1.6
10	2.6	2.5	2.5
11	3.3	3.4	3.4
12	6.1	1.8	3.8
Total	3.3	2.1	2.8

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** Smoked >10 cigarettes per day on the days they smoked during the 30 days preceding the survey.

Table 13a. Percentage of high school students who tried to quit smoking cigarettes*† and who usually got their own cigarettes by purchasing them in a store or gas station,§¶ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Tried to quit smoking cigarettes			
Race/Ethnicity			
Chamorro	78.7	81.4	79.8
Carolinian	—**	—	—
Filipino/Asian	—	—	—
Other††	74.9	83.3	78.7
Grade			
9	80.9	82.7	81.0
10	87.3	79.3	82.8
11	68.7	—	73.7
12	—	—	80.7
Total	79.5	80.1	79.6
Purchased cigarettes at a store or gas station			
Race/Ethnicity			
Chamorro	41.6	22.3	31.4
Carolinian	—	—	—
Filipino/Asian	—	—	—
Other	—	—	29.9
Grade			
9	30.4	11.2	20.2
10	40.7	18.9	28.9
11	—	—	41.3
12	—	—	—
Total	40.9	21.2	30.3

* Among the 48.8% of students who smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† During the 12 months preceding the survey.

§ Among the 48.4% of students who were aged <18 years who smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

¶ During the 30 days preceding the survey.

** Not available.

†† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 14a. Percentage of high school students who used smokeless tobacco,* smoked cigars,† and used any tobacco product,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Chamorro	56.4	32.0	44.2
Carolinian	— [¶]	—	63.2
Filipino/Asian	18.9	7.1	13.2
Other**	53.3	37.8	45.8
Grade			
9	47.7	34.1	41.3
10	52.8	35.5	43.8
11	55.2	29.6	42.6
12	51.3	32.5	41.6
Total	51.6	33.3	42.5
Current cigar use			
Race/Ethnicity			
Chamorro	12.3	6.5	9.6
Carolinian	—	9.3	11.6
Filipino/Asian	12.1	3.2	7.9
Other	15.1	9.8	12.6
Grade			
9	14.5	7.7	11.5
10	11.8	7.9	9.8
11	11.4	4.6	8.2
12	13.5	6.0	9.7
Total	12.8	6.8	10.0
Current tobacco use			
Race/Ethnicity			
Chamorro	68.3	62.2	65.1
Carolinian	—	—	72.2
Filipino/Asian	40.0	28.9	34.6
Other	63.8	58.3	61.1
Grade			
9	59.7	53.5	56.8
10	61.9	63.1	62.3
11	64.5	56.8	60.6
12	70.2	65.7	67.8
Total	63.4	59.1	61.2

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

§ Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 15a. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime alcohol use*			
Race/Ethnicity			
Chamorro	80.1	86.8	83.3
Carolinian	—†	—	71.0
Filipino/Asian	70.8	63.4	67.4
Other§	79.9	75.2	77.6
Grade			
9	70.8	74.9	72.9
10	73.7	78.1	75.7
11	88.2	86.8	87.5
12	85.2	89.7	87.5
Total	77.9	81.0	79.4
Current alcohol use¶			
Race/Ethnicity			
Chamorro	58.2	51.1	54.6
Carolinian	—	—	45.4
Filipino/Asian	32.2	24.1	28.3
Other	53.7	39.8	46.7
Grade			
9	47.2	40.6	44.2
10	41.8	49.0	45.4
11	62.9	41.5	52.3
12	66.7	54.8	60.6
Total	52.4	45.7	49.0
Episodic heavy drinking**			
Race/Ethnicity			
Chamorro	42.8	28.5	35.7
Carolinian	—	—	23.0
Filipino/Asian	18.0	12.2	15.2
Other	41.3	21.8	31.6
Grade			
9	31.7	21.2	26.8
10	30.3	25.4	27.7
11	46.1	23.8	35.2
12	45.6	32.5	38.8
Total	36.8	25.0	31.0

* Ever had at least one drink of alcohol on ≥1 day.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Drank at least one drink of alcohol on ≥1 of the 30 days preceding the survey.

** Drank 5 or more drinks of alcohol in a row on ≥1 of the 30 days preceding the survey.

Table 16a. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime marijuana use*			
Race/Ethnicity			
Chamorro	76.3	69.8	73.0
Carolinian	—†	—	70.2
Filipino/Asian	52.2	31.3	42.4
Other§	77.1	57.6	67.4
Grade			
9	65.0	57.0	61.2
10	73.7	60.3	66.8
11	76.1	69.7	73.0
12	78.5	74.3	76.3
Total	72.3	63.8	68.1
Current marijuana use¶			
Race/Ethnicity			
Chamorro	55.0	37.2	46.1
Carolinian	—	—	36.8
Filipino/Asian	33.9	12.4	23.7
Other	47.4	29.2	38.4
Grade			
9	49.4	33.7	41.8
10	45.4	34.2	39.7
11	52.0	29.3	40.7
12	50.8	34.4	42.2
Total	49.2	33.1	41.2

* Used marijuana one or more times during their lifetime.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Used marijuana one or more times during the 30 days preceding the survey.

Table 17a. Percentage of high school students who used cocaine, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cocaine use*			
Race/Ethnicity			
Chamorro	8.4	3.4	6.0
Carolinian	—†	2.9	3.7
Filipino/Asian	3.4	0.8	2.2
Other§	10.2	2.5	6.4
Grade			
9	8.3	3.4	5.9
10	5.3	3.7	4.5
11	9.2	1.2	5.4
12	7.1	2.9	4.9
Total	7.6	2.9	5.3
Current cocaine use¶			
Race/Ethnicity			
Chamorro	5.2	1.7	3.7
Carolinian	—	2.6	2.1
Filipino/Asian	4.0	0.8	2.9
Other	7.4	1.1	4.3
Grade			
9	5.4	2.8	4.4
10	3.9	2.1	3.0
11	6.3	0.0	3.3
12	3.8	1.0	2.4
Total	5.0	1.6	3.6

* Used any form of cocaine (e.g., powder, "crack," or "freebase") one or more times during their lifetime.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Used cocaine one or more times during the 30 days preceding the survey.

Table 18a. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime heroin use			
Race/Ethnicity			
Chamorro	5.5	2.2	4.0
Carolinian	— [¶]	1.8	4.6
Filipino/Asian	4.5	0.7	3.2
Other**	8.8	1.7	5.5
Grade			
9	6.5	3.2	5.2
10	5.2	1.4	3.3
11	5.7	0.2	3.1
12	6.1	3.0	4.5
Total	6.1	1.9	4.2
Lifetime methamphetamine use			
Race/Ethnicity			
Chamorro	8.7	4.6	6.8
Carolinian	—	4.1	6.9
Filipino/Asian	8.8	0.8	5.4
Other	12.9	4.2	8.7
Grade			
9	9.2	3.8	6.9
10	7.3	3.7	5.5
11	10.4	3.7	7.2
12	11.5	5.4	8.4
Total	9.4	4.0	6.9
Lifetime ecstasy use			
Race/Ethnicity			
Chamorro	9.3	3.5	6.6
Carolinian	—	4.8	5.0
Filipino/Asian	6.3	3.8	5.1
Other	12.0	2.8	7.7
Grade			
9	7.6	3.8	6.0
10	8.0	3.4	5.7
11	10.2	1.9	6.2
12	10.1	5.8	7.9
Total	8.8	3.6	6.4

* Used heroin (also called "smack," "junk," or "China White") one or more times during their lifetime.

† Used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their lifetime.

§ Used ecstasy (also called "MDMA") one or more times during their lifetime.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 19a. Percentage of high school students who took steroids* and who injected illegal drugs,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime illegal steroid use			
Race/Ethnicity			
Chamorro	4.9	3.8	4.6
Carolinian	— [§]	10.6	9.9
Filipino/Asian	5.4	2.9	4.6
Other [¶]	9.4	6.3	7.9
Grade			
9	7.9	5.0	6.8
10	4.9	6.7	5.8
11	5.1	3.6	4.4
12	5.1	2.5	3.8
Total	6.1	4.8	5.6
Lifetime illegal injection-drug use			
Race/Ethnicity			
Chamorro	3.6	2.0	3.0
Carolinian	—	4.7	5.7
Filipino/Asian	2.3	1.5	1.9
Other	6.5	1.7	4.1
Grade			
9	4.4	3.5	4.3
10	3.5	1.7	2.6
11	4.3	1.8	3.1
12	4.5	1.7	3.1
Total	4.2	2.3	3.3

* Took steroid pills or shots without a doctor's prescription one or more times during their lifetime.

† Used a needle to inject any illegal drug into their body one or more times during their lifetime. Students were classified as illegal injection-drug users only if they 1) reported injecting-drug use and 2) answered "one or more times" to any of the following questions: "During your life, how many times have you used any form of cocaine including powder, crack, or freebase?"; "During your life, how many times have you used heroin (also called smack, junk, or China White)?"; "During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?"; or "During your life, how many times have you taken steroid pills or shots without a doctor's prescription?"

[§] Not available.

[¶] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 20a. Percentage of high school students who initiated drug-related behaviors before age 13 years, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 13 years			
Race/Ethnicity			
Chamorro	41.3	47.1	44.0
Carolinian	—*	—	29.3
Filipino/Asian	32.2	23.9	28.5
Other†	43.8	41.1	42.5
Grade			
9	42.8	51.8	47.1
10	37.6	35.5	36.4
11	40.3	42.6	41.4
12	29.8	33.2	31.6
Total	38.6	41.7	40.1
Drank alcohol before age 13 years§			
Race/Ethnicity			
Chamorro	34.9	29.2	32.2
Carolinian	—	—	21.9
Filipino/Asian	27.8	17.7	23.2
Other	37.9	25.0	31.6
Grade			
9	38.7	36.0	37.6
10	31.2	25.8	28.4
11	31.8	23.4	27.8
12	27.0	13.7	20.2
Total	33.1	26.3	29.8
Tried marijuana before age 13 years			
Race/Ethnicity			
Chamorro	35.4	19.6	27.8
Carolinian	—	18.4	23.5
Filipino/Asian	14.4	4.7	9.8
Other	36.9	14.8	26.0
Grade			
9	34.1	24.6	29.7
10	29.1	13.0	20.9
11	33.7	18.8	26.6
12	30.3	8.0	19.0
Total	32.1	17.2	24.8

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

§ Other than a few sips.

Table 21a. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Cigarette use on school property*			
Race/Ethnicity			
Chamorro	13.5	22.5	17.9
Carolinian	— [†]	—	8.1
Filipino/Asian	12.4	10.1	11.3
Other [§]	14.0	14.7	14.3
Grade			
9	11.2	17.4	14.4
10	10.0	18.9	14.4
11	13.2	18.8	15.8
12	18.4	19.5	19.0
Total	12.5	18.5	15.5
Smokeless tobacco use on school property[¶]			
Race/Ethnicity			
Chamorro	47.8	26.2	37.0
Carolinian	—	—	53.2
Filipino/Asian	16.4	3.0	9.9
Other	46.7	31.3	39.2
Grade			
9	39.8	27.6	33.9
10	45.9	29.6	37.4
11	49.3	23.3	36.6
12	42.6	25.9	34.1
Total	44.3	27.0	35.7
Alcohol use on school property**			
Race/Ethnicity			
Chamorro	9.1	5.7	7.4
Carolinian	—	10.7	9.1
Filipino/Asian	4.0	3.0	4.0
Other	13.1	8.1	10.5
Grade			
9	12.0	6.5	9.3
10	5.9	6.8	6.4
11	8.7	6.8	7.8
12	8.2	3.3	5.6
Total	8.8	6.2	7.6

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

[¶] Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** Drank at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22a. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Marijuana use on school property*			
Race/Ethnicity			
Chamorro	22.2	11.8	17.2
Carolinian	— [†]	12.2	14.8
Filipino/Asian	11.2	3.7	7.6
Other [§]	24.1	11.4	17.9
Grade			
9	22.6	11.5	17.5
10	16.9	13.4	15.1
11	21.2	8.7	15.0
12	21.0	7.4	14.1
Total	20.5	10.9	15.8
Offered, sold, or given an illegal drug on school property[¶]			
Race/Ethnicity			
Chamorro	42.4	36.0	39.3
Carolinian	—	34.5	34.4
Filipino/Asian	43.3	30.1	37.0
Other	42.7	30.8	37.0
Grade			
9	40.1	36.6	38.6
10	43.0	34.0	38.4
11	43.6	28.6	36.4
12	39.6	38.2	38.9
Total	41.8	34.6	38.3

* Used marijuana one or more times during the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

[¶] During the 12 months preceding the survey.

Table 23a. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Chamorro	60.8	59.9	60.3
Carolinian	—*	—	48.6
Filipino/Asian	35.8	33.9	34.9
Other†	57.2	37.1	46.8
Grade			
9	45.0	41.0	43.3
10	53.9	47.8	50.5
11	61.8	56.8	59.3
12	73.6	73.8	73.7
Total	55.9	52.1	53.9
Had first sexual intercourse before age 13 years			
Race/Ethnicity			
Chamorro	17.5	9.2	13.4
Carolinian	—	—	9.4
Filipino/Asian	7.4	1.8	4.7
Other	19.5	7.1	13.2
Grade			
9	17.5	13.9	16.0
10	17.9	5.4	11.2
11	12.9	4.9	8.9
12	12.7	4.3	8.3
Total	15.9	7.6	11.8
Had ≥4 sex partners during lifetime			
Race/Ethnicity			
Chamorro	21.0	15.3	18.2
Carolinian	—	—	9.9
Filipino/Asian	6.2	5.7	6.0
Other	22.2	3.9	12.9
Grade			
9	14.0	9.0	11.9
10	14.0	9.5	11.6
11	21.4	12.8	17.1
12	31.9	19.2	25.1
Total	18.5	11.8	15.1

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 24a. Percentage of high school students who were currently sexually active*, and who used a condom during† or birth control pills before† last sexual intercourse, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Currently sexually active			
Race/Ethnicity			
Chamorro	39.8	43.9	41.9
Carolinian	— [§]	—	31.4
Filipino/Asian	18.9	28.3	23.6
Other [¶]	35.6	22.7	29.2
Grade			
9	26.7	28.9	28.1
10	30.2	32.0	31.1
11	47.0	42.9	45.0
12	47.7	57.3	52.8
Total	35.5	37.8	36.7
Condom use during last sexual intercourse			
Race/Ethnicity			
Chamorro	43.6	29.0	35.7
Carolinian	—	—	—
Filipino/Asian	—	—	—
Other	—	—	40.8
Grade			
9	—	—	48.8
10	—	—	37.3
11	—	—	32.2
12	—	—	25.6
Total	44.5	27.9	35.6
Birth control pill use before last sexual intercourse			
Race/Ethnicity			
Chamorro	3.8	11.7	8.0
Carolinian	—	—	—
Filipino/Asian	—	—	—
Other	—	—	5.2
Grade			
9	—	—	5.5
10	—	—	4.1
11	—	—	5.2
12	—	—	16.8
Total	5.5	10.3	8.0

* Sexual intercourse during the 3 months preceding the survey.

† Among currently sexually active students.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 25a. Percentage of high school students who had drunk alcohol or used drugs before last sexual intercourse;* were ever pregnant or got someone pregnant; and were taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Alcohol or drug use before last sexual intercourse			
Race/Ethnicity			
Chamorro	45.8	26.1	35.5
Carolinian	—†	—	—
Filipino/Asian	—	—	—
Other§	—	—	45.6
Grade			
9	—	—	41.6
10	—	—	27.3
11	41.7	—	35.1
12	—	—	32.8
Total	44.3	25.2	34.3
Had been pregnant or gotten someone pregnant			
Race/Ethnicity			
Chamorro	7.1	8.5	7.7
Carolinian	—	4.4	3.2
Filipino/Asian	3.6	4.4	4.0
Other	8.1	3.2	5.6
Grade			
9	4.7	5.8	5.2
10	6.0	5.4	5.6
11	8.0	8.3	8.1
12	7.8	9.1	8.5
Total	6.3	6.8	6.5
Taught in school about AIDS or HIV infection			
Race/Ethnicity			
Chamorro	79.3	89.9	84.5
Carolinian	—	82.9	81.3
Filipino/Asian	80.7	82.4	81.5
Other	78.3	85.2	81.7
Grade			
9	77.0	86.1	81.4
10	80.8	84.5	82.7
11	84.1	92.5	88.1
12	76.9	89.3	83.2
Total	79.5	87.6	83.5

* Among currently sexually active students.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 26a. Percentage of high school students who had eaten fruits and vegetables* ≥ 5 times/day and who had drunk ≥ 3 glasses/day of milk,[†] by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate fruits and vegetables ≥ 5 times			
Race/Ethnicity			
Chamorro			
Carolinian			
Filipino/Asian			
Other			
Question Not Asked			
Grade			
9			
10			
11			
12			
Total			
Drank ≥ 3 glasses/day of milk			
Race/Ethnicity			
Chamorro	10.8	6.2	8.9
Carolinian	— [§]	10.0	10.9
Filipino/Asian	11.1	2.3	6.9
Other [¶]	12.8	9.1	10.9
Grade			
9	12.6	4.9	9.2
10	9.2	6.0	7.8
11	13.1	8.2	10.8
12	7.9	8.3	8.1
Total	11.2	6.5	9.1

* Had consumed 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables ≥ 5 times/day during the 7 days preceding the survey.

[†] Had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey.

[§] Not available.

[¶] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 27a. Percentage of high school students who participated in sufficient vigorous physical activity* and sufficient moderate physical activity,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Chamorro	56.8	44.8	50.8
Carolinian	—§	54.8	59.3
Filipino/Asian	67.9	37.1	53.1
Other¶	65.2	54.9	60.1
Grade			
9	57.9	48.9	53.5
10	69.3	52.3	60.6
11	56.4	41.0	49.0
12	54.0	39.3	46.5
Total	60.1	46.3	53.2
Participated in sufficient moderate physical activity			
Race/Ethnicity			
Chamorro	27.0	15.0	21.3
Carolinian	—	21.9	25.6
Filipino/Asian	21.7	14.0	18.0
Other	23.7	20.9	22.3
Grade			
9	25.9	19.5	23.1
10	28.0	14.8	21.6
11	25.9	12.8	19.6
12	22.9	18.3	20.5
Total	26.0	16.4	21.4

* Exercised or participated in physical activity that made students sweat and breathe hard for at least 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Physical activity that did not make students sweat and breathe hard for at least 30 minutes on ≥ 5 of the 7 days preceding the survey (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors).

§ Not available.

¶ Micronesia, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 28a. Percentage of high school students who participated in an insufficient amount of physical activity* and no vigorous or moderate physical activity,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in an insufficient amount of physical activity			
Race/Ethnicity			
Chamorro	39.1	52.2	45.4
Carolinian	— [§]	40.8	37.5
Filipino/Asian	28.7	57.9	42.7
Other [¶]	32.1	41.5	36.8
Grade			
9	36.2	46.5	40.9
10	28.7	45.8	37.2
11	40.4	56.6	48.2
12	43.2	55.0	49.3
Total	36.2	50.1	43.0
No vigorous or moderate physical activity			
Race/Ethnicity			
Chamorro	11.3	20.6	15.7
Carolinian	—	11.5	10.1
Filipino/Asian	8.7	20.8	14.4
Other	8.1	11.3	9.7
Grade			
9	10.3	12.0	11.0
10	7.0	16.0	11.5
11	11.0	23.4	17.0
12	14.7	27.2	21.1
Total	10.2	18.3	14.2

* Had not participated in sufficient vigorous physical activity and had not participated in sufficient moderate physical activity during the 7 days preceding the survey.

† Had not participated in any vigorous physical activity or moderate physical activity during the 7 days preceding the survey.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 29a. Percentage of high school students who were enrolled in physical education (PE) class,* attended PE class daily,† and spent >20 minutes exercising or playing sports during an average PE class,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Were enrolled in PE class			
Race/Ethnicity			
Chamorro	55.6	46.9	51.4
Carolinian	— [¶]	—	50.5
Filipino/Asian	56.3	44.6	50.9
Other**	48.8	41.1	44.9
Grade			
9	66.6	59.9	63.4
10	61.7	50.3	55.9
11	42.0	37.0	39.5
12	34.4	25.7	29.8
Total	54.9	45.9	50.5
Attended PE class daily			
Race/Ethnicity			
Chamorro	31.8	36.8	34.4
Carolinian	—	—	32.4
Filipino/Asian	36.4	37.8	37.4
Other	29.3	31.4	30.3
Grade			
9	38.2	46.4	42.4
10	42.4	37.6	40.1
11	22.6	32.0	27.2
12	15.2	17.3	16.3
Total	32.2	35.3	33.9
Exercised or played sports >20 minutes during an average PE class			
Race/Ethnicity			
Chamorro	75.4	83.8	79.1
Carolinian	—	—	—
Filipino/Asian	—	—	84.0
Other	76.5	—	76.2
Grade			
9	69.8	83.2	75.6
10	79.9	86.6	83.1
11	—	—	78.7
12	—	—	—
Total	75.6	83.5	79.0

* Went to PE classes on one or more days in an average week when they were in school.

† Five days in an average week when they were in school.

§ Among the 50.5% of students enrolled in PE class.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 30a. Percentage of high school students who did strengthening exercises,* played on one or more sports teams,† and who watched ≥3 hours/day of television,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Did strengthening exercises			
Race/Ethnicity			
Chamorro	55.4	36.3	46.2
Carolinian	— [¶]	42.4	50.0
Filipino/Asian	57.6	31.3	45.6
Other**	53.8	46.2	50.1
Grade			
9	53.4	42.7	48.5
10	64.7	41.7	53.1
11	53.1	35.6	44.8
12	48.5	25.1	36.6
Total	55.9	37.6	47.1
Played on ≥1 sports teams			
Race/Ethnicity			
Chamorro	55.9	33.3	44.9
Carolinian	—	52.0	62.5
Filipino/Asian	51.7	27.3	40.5
Other	59.5	44.6	52.2
Grade			
9	59.1	34.5	47.3
10	59.4	40.6	50.1
11	53.9	39.4	47.0
12	58.2	27.7	42.9
Total	58.0	36.3	47.5
Watched ≥3 hours/day of TV			
Race/Ethnicity			
Chamorro	31.6	34.8	33.1
Carolinian	—	29.3	26.1
Filipino/Asian	45.5	43.9	44.7
Other	33.4	33.7	33.6
Grade			
9	34.6	36.4	35.4
10	34.0	40.1	37.0
11	32.3	27.2	29.9
12	28.0	34.9	31.6
Total	32.9	35.2	33.9

* For example, push-ups, sit-ups, or weightlifting on ≥3 of the 7 days preceding the survey to strengthen or tone their muscles.

† Run by their school or community groups during the 12 months preceding the survey.

§ On an average school day.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 31a. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Chamorro	15.1	18.9	16.9
Carolinian	— [§]	—	18.4
Filipino/Asian	16.5	13.6	15.2
Other [¶]	18.9	17.8	18.4
Grade			
9	16.6	19.6	18.0
10	18.8	17.5	18.2
11	11.1	17.2	13.9
12	14.0	20.4	17.2
Total	15.7	18.5	17.0
Overweight			
Race/Ethnicity			
Chamorro	20.1	14.9	17.6
Carolinian	—	—	27.2
Filipino/Asian	13.3	5.6	9.9
Other	16.6	12.7	14.7
Grade			
9	16.3	13.6	15.1
10	22.2	17.5	20.0
11	18.8	12.8	16.0
12	22.1	16.0	19.1
Total	19.4	15.2	17.4

* Students who were ≥85th percentile but <95th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥95th percentile for body mass index, by age and sex, based on reference data.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 32a. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Chamorro	20.1	32.1	25.8
Carolinian	—*	35.4	27.9
Filipino/Asian	26.4	20.5	23.5
Other†	18.0	27.5	22.8
Grade			
9	20.8	30.9	25.6
10	22.3	27.8	25.0
11	19.7	27.9	23.6
12	19.4	38.2	28.9
Total	20.6	30.4	25.3
Were trying to lose weight			
Race/Ethnicity			
Chamorro	40.2	57.0	48.2
Carolinian	—	58.5	50.8
Filipino/Asian	38.4	54.2	46.1
Other	39.5	51.4	45.4
Grade			
9	43.2	55.6	49.1
10	40.9	55.6	48.2
11	40.4	54.1	46.9
12	30.5	61.2	46.0
Total	39.9	56.1	47.8

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 33a. Percentage of high school students who engaged in healthy behaviors associated with weight control* to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	34.5	50.4	42.3
Carolinian	—†	45.4	40.3
Filipino/Asian	36.7	45.2	40.7
Other§	36.5	52.0	44.5
Grade			
9	41.1	53.8	47.3
10	37.4	43.6	40.5
11	33.0	47.8	40.1
12	21.2	54.0	37.9
Total	35.2	49.2	42.1

Exercised to lose weight or to keep from gaining weight

Race/Ethnicity			
Chamorro	61.8	59.2	60.5
Carolinian	—	60.4	60.3
Filipino/Asian	59.6	58.2	59.0
Other	63.3	61.3	62.4
Grade			
9	64.2	64.1	64.2
10	69.4	61.0	65.0
11	55.6	55.2	55.4
12	48.2	54.3	51.3
Total	61.2	59.5	60.4

* During the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 34a. Percentage of high school students who engaged in unhealthy behaviors associated with weight control,* by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Went without eating for \geq24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	14.2	21.1	17.6
Carolinian	—†	24.5	21.7
Filipino/Asian	13.8	14.4	14.1
Other§	18.7	26.5	22.7
Grade			
9	18.3	20.3	19.3
10	15.5	21.3	18.4
11	13.1	22.2	17.5
12	10.8	21.8	16.4
Total	15.2	21.2	18.2
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight¶			
Race/Ethnicity			
Chamorro	7.8	4.4	6.1
Carolinian	—	5.8	5.6
Filipino/Asian	2.4	2.2	2.3
Other	10.1	6.0	8.1
Grade			
9	8.2	4.7	6.5
10	7.0	5.0	6.0
11	7.6	4.1	5.9
12	4.0	4.2	4.1
Total	7.0	4.5	5.8
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	6.4	10.6	8.4
Carolinian	—	10.2	9.3
Filipino/Asian	4.3	8.5	6.3
Other	8.8	9.5	9.1
Grade			
9	9.3	13.2	11.1
10	8.2	9.3	8.7
11	3.5	8.4	5.9
12	2.6	8.8	5.8
Total	6.5	10.1	8.3

* During the 30 days preceding the survey.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Without a doctor's advice.

REPUBLIC OF THE MARSHALL ISLANDS

HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY
2003

Table 2b. Percentage of high school students who rarely or never wore seat belts* or bicycle helmets,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore seat belts			
Race/Ethnicity			
Marshalllese	58.4	64.5	61.6
Other§	—¶	—	—
Grade			
9	—	65.0	63.6
10	61.2	69.4	64.8
11	58.9	54.8	56.8
12	54.0	68.6	62.1
Total	59.4	64.2	61.9

Rarely or never wore bicycle helmets

Race/Ethnicity			
Marshalllese	75.0	77.6	76.2
Other	—	—	—
Grade			
9	—	—	83.0
10	—	—	71.9
11	—	—	81.6
12	—	—	72.1
Total	75.2	79.0	77.0

* When riding in a car driven by someone else.

† Among the 63.3% of students who had ridden a bicycle during the 12 months preceding the survey.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 3b. Percentage of high school students who rode with a driver who had been drinking alcohol* and who drove after drinking alcohol,* by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Marshallese			
Other			
Grade			
9			
10			
11			
12			
Total			

Question Not Asked

Drove after drinking alcohol

Race/Ethnicity			
Marshallese	24.7	12.0	18.2
Other†	—§	—	—
Grade			
9	—	4.8	7.0
10	28.8	—	23.5
11	31.0	15.5	23.0
12	—	—	16.8
Total	24.1	12.0	17.9

* In a car or other vehicle one or more times during the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

Table 4b. Percentage of high school students who carried a weapon* or a gun,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Marshalllese	22.5	10.5	16.2
Other§	—¶	—	—
Grade			
9	—	—	15.6
10	20.8	10.5	16.0
11	21.3	14.3	17.7
12	—	7.5	15.9
Total	23.0	10.4	16.5
Carried a gun			
Race/Ethnicity			
Marshalllese	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total	Question Not Asked		

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 5b. Percentage of high school students who were in a physical fight* and who were injured in a physical fight, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
In a physical fight			
Race/Ethnicity			
Marshallese	48.7	32.5	40.2
Other [§]	— [¶]	—	—
Grade			
9	—	—	41.8
10	44.5	30.1	37.7
11	45.6	40.4	42.9
12	—	—	39.9
Total	48.8	32.8	40.5
Injured in a physical fight			
Race/Ethnicity			
Marshallese	11.7	9.1	10.3
Other	—	—	—
Grade			
9	—	—	11.0
10	9.7	8.5	9.1
11	6.7	10.4	8.6
12	—	—	14.0
Total	12.6	9.2	10.9

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 6b. Percentage of high school students who experienced dating violence* and who were physically forced to have sexual intercourse, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Dating violence			
Race/Ethnicity			
Marshallese	32.6	26.4	29.4
Other†	—§	—	—
Grade			
9	—	19.8	26.9
10	35.0	25.9	30.9
11	32.2	31.2	31.7
12	—	24.5	29.4
Total	34.1	25.7	29.9

Forced to have sexual intercourse

Race/Ethnicity			
Marshallese	30.9	27.8	29.3
Other	—	—	—
Grade			
9	—	21.7	21.5
10	32.1	29.8	31.1
11	28.6	27.4	28.0
12	—	28.6	35.4
Total	31.3	27.2	29.3

* Hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend during the 12 months preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

Table 7b. Percentage of high school students who carried a weapon on school property† and were threatened or injured with a weapon on school property,†§ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Carried a weapon on school property			
Race/Ethnicity			
Marshallese	12.7	5.6	9.0
Other [¶]	—**	—	—
Grade			
9	—	—	7.0
10	10.6	3.9	7.5
11	11.0	10.0	10.5
12	—	5.7	10.3
Total	12.6	5.6	9.0

Threatened or injured with a weapon on school property

Race/Ethnicity			
Marshallese	24.1	19.6	21.8
Other	—	—	—
Grade			
9	—	13.0	17.0
10	25.7	18.4	22.4
11	19.6	22.8	21.3
12	27.9	20.3	23.7
Total	23.9	19.4	21.6

* On ≥1 of the 30 days preceding the survey.

† For example, a gun, knife, or club.

§ One or more times during the 12 months preceding the survey.

¶ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

** Not available.

Table 8b. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or damaged on school property,‡ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Engaged in a physical fight on school property			
Race/Ethnicity			
Marshalllese	21.4	11.3	16.1
Other [¶]	—**	—	—
Grade			
9	—	8.8	17.8
10	13.5	7.6	10.8
11	15.9	21.6	18.8
12	—	11.4	19.7
Total	20.6	12.6	16.5
Did not go to school because of safety concerns			
Race/Ethnicity			
Marshalllese	32.0	32.8	32.4
Other	—	—	—
Grade			
9	—	36.1	33.8
10	34.3	28.3	31.6
11	21.4	27.3	24.5
12	40.4	36.8	38.3
Total	31.3	32.3	31.8
Property stolen or deliberately damaged on school property			
Race/Ethnicity			
Marshalllese	69.3	58.8	63.9
Other	—	—	—
Grade			
9	—	63.8	66.8
10	77.9	63.1	71.2
11	62.0	57.3	59.5
12	57.3	52.2	54.3
Total	67.8	59.5	63.5

* One or more times during the 12 months preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

‡ For example, car, clothing, or books.

¶ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

** Not available.

Table 9b. Percentage of high school students who felt sad or hopeless,† who seriously considered attempting suicide,† and who made a suicide plan,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Felt sad or hopeless			
Race/Ethnicity			
Marshallese	46.9	52.4	49.8
Other [§]	— [¶]	—	—
Grade			
9	—	46.2	44.1
10	53.1	50.0	51.6
11	43.2	51.6	47.6
12	50.0	57.4	54.1
Total	46.9	51.1	49.1
Seriously considered attempting suicide			
Race/Ethnicity			
Marshallese	27.7	24.0	25.8
Other	—	—	—
Grade			
9	—	23.3	29.9
10	31.4	20.4	26.3
11	22.1	26.4	24.3
12	24.5	27.6	26.0
Total	28.5	24.4	26.4
Made a suicide plan			
Race/Ethnicity			
Marshallese	30.5	32.8	31.7
Other	—	—	—
Grade			
9	—	37.1	35.7
10	33.1	23.2	28.6
11	24.8	29.8	27.3
12	—	41.8	38.1
Total	30.9	32.7	31.8

* Felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 10b. Percentage of high school students who actually attempted suicide and whose suicide attempt required medical attention,* by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Attempted suicide			
Race/Ethnicity			
Marshalllese	34.3	26.7	30.4
Other [§]	— [¶]	—	—
Grade			
9	—	—	—
10	—	—	29.4
11	—	—	26.0
12	—	—	27.6
Total	34.2	27.7	30.9

Suicide attempt required medical attention

Race/Ethnicity			
Marshalllese	14.5	12.3	13.3
Other	—	—	—
Grade			
9	—	—	—
10	—	—	14.7
11	—	—	11.7
12	—	—	14.0
Total	15.6	13.1	14.3

* During the 12 months preceding the survey.

† One or more times.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

**Table 11b. Percentage of high school students who smoked cigarettes, by sex, race/ethnicity, and grade
— Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Marshallese	81.2	60.0	70.7
Other†	—§	—	—
Grade			
9	—	—	60.6
10	73.9	—	64.5
11	—	—	78.9
12	—	—	75.0
Total	80.4	59.1	70.1
Lifetime daily cigarette use¶			
Race/Ethnicity			
Marshallese	32.2	14.7	23.0
Other	—	—	—
Grade			
9	—	—	18.9
10	26.4	9.8	18.7
11	38.1	18.0	28.0
12	—	20.6	28.8
Total	32.2	15.5	23.6

* Ever tried cigarette smoking, even one or two puffs.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Ever smoked one or more cigarettes every day for 30 days.

Table 12b. Percentage of high school students who smoked cigarettes during the past 30 days, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Marshallese	51.5	25.5	37.5
Other†	—§	—	—
Grade			
9	—	—	33.4
10	—	—	30.4
11	—	—	39.6
12	—	—	46.4
Total	51.7	25.2	37.5
Current frequent cigarette use¹			
Race/Ethnicity			
Marshallese	24.2	8.7	15.8
Other	—	—	—
Grade			
9	—	—	11.8
10	—	—	9.5
11	—	—	20.1
12	—	—	23.1
Total	24.1	8.9	15.9
Smoked >10 cigarettes/day**			
Race/Ethnicity			
Marshallese	6.4	2.0	4.0
Other	—	—	—
Grade			
9	—	—	2.0
10	—	—	4.1
11	—	—	6.5
12	—	—	2.7
Total	6.1	2.4	4.1

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¹ Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** Smoked >10 cigarettes per day on the days they smoked during the 30 days preceding the survey.

Table 13b. Percentage of high school students who tried to quit smoking cigarettes and who usually got their own cigarettes by purchasing them in a store or gas station,^{§†¶} by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Tried to quit smoking cigarettes			
Race/Ethnicity			
Marshalllese	84.8	—**	84.7
Other††	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	84.8	—	83.7
Purchased cigarettes at a store or gas station			
Race/Ethnicity			
Marshalllese	—	—	29.7
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	36.8	—	32.0

* Among the 37.5% of students who smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† During the 12 months preceding the survey.

§ Among the 35.7% of students who were aged <18 years who smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

¶ During the 30 days preceding the survey.

** Not available.

†† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

Table 14b. Percentage of high school students who used smokeless tobacco,* smoked cigars,† and used any tobacco product,§ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Marshallese	47.6	27.8	37.1
Other¶	—**	—	—
Grade			
9	—	27.4	33.9
10	46.2	28.7	37.7
11	54.0	30.8	42.2
12	—	22.9	33.9
Total	47.7	28.1	37.5
Current cigar use			
Race/Ethnicity			
Marshallese	38.7	22.9	30.6
Other	—	—	—
Grade			
9	—	20.5	27.7
10	31.7	17.9	25.4
11	39.1	29.1	33.8
12	45.2	20.3	31.7
Total	37.5	23.1	30.1
Current tobacco use			
Race/Ethnicity			
Marshallese	52.9	30.3	40.4
Other	—	—	—
Grade			
9	—	—	37.1
10	—	—	34.7
11	—	—	43.5
12	—	—	46.0
Total	53.0	30.2	40.3

* Used chewing tobacco, snuff, or dip on ≥1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥1 of the 30 days preceding the survey.

§ Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on ≥1 of the 30 days preceding the survey.

¶ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

** Not available.

Table 15b. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime alcohol use*			
Race/Ethnicity			
Marshalllese	73.0	48.1	59.8
Other†	—§	—	—
Grade			
9	—	—	45.7
10	67.0	—	58.9
11	—	—	66.1
12	—	—	65.4
Total	73.0	47.9	59.6
Current alcohol use[¶]			
Race/Ethnicity			
Marshalllese	58.9	35.8	46.1
Other	—	—	—
Grade			
9	—	—	35.1
10	—	—	47.8
11	—	—	49.9
12	—	—	48.1
Total	58.7	35.4	45.7
Episodic heavy drinking**			
Race/Ethnicity			
Marshalllese	41.6	25.1	32.6
Other	—	—	—
Grade			
9	—	—	28.0
10	43.1	20.0	31.9
11	—	28.3	33.4
12	—	24.5	32.5
Total	41.1	24.3	31.9

* Ever had at least one drink of alcohol on ≥ 1 day.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Drank at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

** Drank 5 or more drinks of alcohol in a row on ≥ 1 of the 30 days preceding the survey.

Table 16b. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime marijuana use*			
Race/Ethnicity			
Marshallese	31.4	8.2	18.9
Other†	—§	—	—
Grade			
9	—	7.9	17.5
10	24.4	5.5	15.2
11	—	15.5	26.0
12	—	5.7	17.5
Total	31.0	8.9	19.2
Current marijuana use¶			
Race/Ethnicity			
Marshallese	21.9	5.4	13.1
Other	—	—	—
Grade			
9	—	5.0	13.7
10	17.2	3.6	10.7
11	25.5	10.2	17.4
12	—	4.7	10.7
Total	21.5	6.1	13.4

* Used marijuana one or more times during their lifetime.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Used marijuana one or more times during the 30 days preceding the survey.

Table 17b. Percentage of high school students who used cocaine, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cocaine use*			
Race/Ethnicity			
Marshallese	7.6	4.1	5.7
Other†	—§	—	—
Grade			
9	—	5.7	5.8
10	5.3	1.8	3.7
11	5.5	6.5	6.0
12	—	3.7	8.7
Total	7.7	4.4	6.0
Current cocaine use¶			
Race/Ethnicity			
Marshallese	5.7	3.4	4.5
Other	—	—	—
Grade			
9	—	4.8	3.8
10	5.2	1.8	3.7
11	2.8	5.6	4.3
12	—	2.8	6.3
Total	5.3	3.7	4.5

* Used any form of cocaine (e.g., powder, "crack," or "freebase") one or more times during their lifetime.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Used cocaine one or more times during the 30 days preceding the survey.

Table 18b. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,§ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime heroin use			
Race/Ethnicity			
Marshallese	10.7	5.1	7.8
Other¶	—**	—	—
Grade			
9	—	5.7	6.1
10	11.5	1.8	7.1
11	5.3	6.3	5.8
12	20.6	7.9	13.7
Total	11.0	5.8	8.3
Lifetime methamphetamine use			
Race/Ethnicity			
Marshallese	14.8	10.3	12.5
Other	—	—	—
Grade			
9	—	14.2	13.2
10	16.5	8.0	12.7
11	8.0	9.4	8.8
12	19.8	9.7	14.3
Total	14.2	10.6	12.3
Lifetime ecstasy use			
Race/Ethnicity			
Marshallese			
Other			
Grade			
9			
10			
11			
12			
Total			

Question Not Asked

* Used heroin (also called “smack,” “junk,” or “China White”) one or more times during their lifetime.
 † Used methamphetamines (also called “speed,” “crystal,” “crank,” or “ice”) one or more times during their lifetime.
 § Used ecstasy (also called “MDMA”) one or more times during their lifetime.
 ¶ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.
 ** Not available.

Table 19b. Percentage of high school students who took steroids* and who injected illegal drugs,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime illegal steroid use			
Race/Ethnicity			
Marshallese			
Other			
Grade			
9			
10			
11			
12			
Total			
Question Not Asked			
Lifetime illegal injection-drug use			
Race/Ethnicity			
Marshallese	13.9	13.2	13.6
Other§	—¶	—	—
Grade			
9	—	13.2	14.2
10	13.9	8.8	11.5
11	9.7	12.1	10.9
12	—	18.7	18.9
Total	14.4	13.5	13.9

* Took steroid pills or shots without a doctor's prescription one or more times during their lifetime.

† Used a needle to inject any illegal drug into their body one or more times during their lifetime. Students were classified as illegal injection-drug users only if they 1) reported injecting-drug use and 2) answered "one or more times" to any of the following questions: "During your life, how many times have you used any form of cocaine including powder, crack, or freebase?"; "During your life, how many times have you used heroin (also called smack, junk, or China White)?"; "During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?"; or "During your life, how many times have you taken steroid pills or shots without a doctor's prescription?"

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 20b. Percentage of high school students who initiated drug-related behaviors before age 13 years, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 13 years			
Race/Ethnicity			
Marshallese	11.7	6.4	9.0
Other*	—†	—	—
Grade			
9	—	—	9.9
10	11.7	—	10.4
11	—	—	7.7
12	—	—	9.8
Total	11.6	7.5	9.6
Drank alcohol before age 13 years§			
Race/Ethnicity			
Marshallese	15.1	5.0	9.9
Other	—	—	—
Grade			
9	—	—	12.5
10	13.2	—	9.6
11	10.0	—	7.1
12	—	—	12.3
Total	14.9	6.4	10.5
Tried marijuana before age 13 years			
Race/Ethnicity			
Marshallese	7.2	3.9	5.4
Other	—	—	—
Grade			
9	—	5.0	6.6
10	7.3	0.9	4.2
11	4.9	6.7	5.9
12	—	5.5	8.7
Total	8.1	4.9	6.4

* Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

† Not available.

§ Other than a few sips.

Table 21b. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Cigarette use on school property*			
Race/Ethnicity			
Marshalllese	24.6	12.4	18.0
Other†	—§	—	—
Grade			
9	—	11.0	14.7
10	16.5	7.9	12.4
11	—	11.3	16.4
12	—	—	26.3
Total	23.1	12.2	17.3
Smokeless tobacco use on school property¶			
Race/Ethnicity			
Marshalllese	32.7	16.8	24.3
Other	—	—	—
Grade			
9	—	20.6	23.6
10	33.6	15.7	25.0
11	34.0	19.8	26.8
12	—	12.7	22.8
Total	33.0	17.4	24.9
Alcohol use on school property**			
Race/Ethnicity			
Marshalllese	22.1	14.4	18.1
Other	—	—	—
Grade			
9	—	—	16.4
10	18.0	11.8	15.0
11	26.2	15.7	20.8
12	—	17.5	18.4
Total	21.6	14.2	17.7

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** Drank at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22b. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade – Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Marijuana use on school property*			
Race/Ethnicity			
Marshalllese	9.9	2.9	6.2
Other†	—§	—	—
Grade			
9	—	3.9	8.2
10	9.1	2.7	6.1
11	9.6	4.2	6.7
12	—	3.6	6.0
Total	10.2	3.8	6.9

Offered, sold, or given an illegal drug on school property[¶]

Race/Ethnicity			
Marshalllese	31.4	25.9	28.6
Other	—	—	—
Grade			
9	—	22.3	28.5
10	37.0	25.0	31.5
11	25.7	30.3	28.0
12	—	25.7	27.3
Total	31.9	25.9	28.8

* Used marijuana one or more times during the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ During the 12 months preceding the survey.

Table 23b. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Marshalllese	72.5	47.4	58.5
Other*	—†	—	—
Grade			
9	—	—	42.8
10	—	—	51.6
11	—	—	71.1
12	—	—	69.6
Total	73.5	46.3	58.7
Had first sexual intercourse before age 13 years			
Race/Ethnicity			
Marshalllese	20.1	3.6	11.1
Other	—	—	—
Grade			
9	—	—	4.5
10	—	—	11.5
11	—	—	11.7
12	—	—	13.8
Total	18.7	3.7	10.6
Had ≥4 sex partners during lifetime			
Race/Ethnicity			
Marshalllese	35.6	12.8	22.7
Other	—	—	—
Grade			
9	—	—	15.5
10	—	—	16.4
11	—	—	27.3
12	—	—	37.0
Total	37.7	12.8	23.8

* Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

† Not available.

Table 24b. Percentage of high school students who were currently sexually active*, and who used a condom during† or birth control pills before† last sexual intercourse, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Currently sexually active			
Race/Ethnicity			
Marshalllese	58.7	33.9	44.8
Other§	—¶	—	—
Grade			
9	—	—	28.3
10	—	—	37.2
11	—	—	57.3
12	—	—	54.2
Total	57.4	34.0	44.5
Condom use during last sexual intercourse			
Race/Ethnicity			
Marshalllese	—	—	47.5
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	57.4	—	48.5
Birth control pill use before last sexual intercourse			
Race/Ethnicity			
Marshalllese	—	—	5.7
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	9.2	—	6.2

* Sexual intercourse during the 3 months preceding the survey.

† Among currently sexually active students.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 25b. Percentage of high school students who had drunk alcohol or used drugs before last sexual intercourse;* were ever pregnant or got someone pregnant; and were taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Alcohol or drug use before last sexual intercourse			
Race/Ethnicity			
Marshalllese	50.6	—	35.4
Other†	—§	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	51.7	—	35.8
Had been pregnant or gotten someone pregnant			
Race/Ethnicity			
Marshalllese	10.3	5.7	7.9
Other	—	—	—
Grade			
9	—	4.0	3.9
10	11.0	3.9	7.7
11	8.8	8.5	8.6
12	—	—	13.1
Total	10.9	6.0	8.3
Taught in school about AIDS or HIV infection			
Race/Ethnicity			
Marshalllese	65.9	57.6	61.6
Other	—	—	—
Grade			
9	—	53.0	54.9
10	71.8	65.5	68.8
11	78.4	61.8	69.8
12	—	46.0	49.7
Total	66.8	56.4	61.5

* Among currently sexually active students.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

Table 26b. Percentage of high school students who had eaten fruits and vegetables* ≥ 5 times/day and who had drunk ≥ 3 glasses/day of milk,[†] by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate fruits and vegetables ≥ 5 times			
Race/Ethnicity			
Marshallese			
Other			
Grade			
9			
10			
11			
12			
Total			
Question Not Asked			
Drank ≥ 3 glasses/day of milk			
Race/Ethnicity			
Marshallese	17.3	17.2	17.3
Other [§]	— [¶]	—	—
Grade			
9	—	15.6	20.0
10	13.9	19.6	16.5
11	18.4	19.7	19.0
12	12.5	12.4	12.4
Total	16.8	16.9	16.8

* Had consumed 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables ≥ 5 times/day during the 7 days preceding the survey.

[†] Had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey.

[§] Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

[¶] Not available.

Table 27b. Percentage of high school students who participated in sufficient vigorous physical activity* and sufficient moderate physical activity,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Marshallese	50.2	34.0	41.8
Other [§]	— [¶]	—	—
Grade			
9	—	38.0	40.3
10	61.3	42.5	52.7
11	53.1	35.9	44.1
12	40.4	22.3	31.1
Total	50.1	34.6	42.2
Participated in sufficient moderate physical activity			
Race/Ethnicity			
Marshallese	21.2	15.1	18.0
Other	—	—	—
Grade			
9	—	10.4	13.3
10	24.4	20.7	22.7
11	19.8	17.3	18.5
12	24.3	9.6	16.3
Total	21.3	14.6	17.9

* Exercised or participated in physical activity that made students sweat and breathe hard for at least 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Physical activity that did not make students sweat and breathe hard for at least 30 minutes on ≥ 5 of the 7 days preceding the survey (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors).

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 28b. Percentage of high school students who participated in an insufficient amount of physical activity* and no vigorous or moderate physical activity,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in an insufficient amount of physical activity			
Race/Ethnicity			
Marshallese	46.9	63.1	55.3
Other [§]	— [¶]	—	—
Grade			
9	—	60.4	59.1
10	35.1	55.9	44.6
11	42.3	59.1	51.1
12	55.3	75.9	66.0
Total	46.9	62.8	55.0

No vigorous or moderate physical activity

Race/Ethnicity			
Marshallese	10.4	23.1	17.0
Other	—	—	—
Grade			
9	—	18.9	14.8
10	7.5	18.9	12.7
11	11.7	22.1	17.1
12	14.6	30.3	22.9
Total	11.0	22.6	16.9

* Had not participated in sufficient vigorous physical activity and had not participated in sufficient moderate physical activity during the 7 days preceding the survey.

† Had not participated in any vigorous physical activity or moderate physical activity during the 7 days preceding the survey.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 29b. Percentage of high school students who were enrolled in physical education (PE) class,* attended PE class daily,† and spent >20 minutes exercising or playing sports during an average PE class,§ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Were enrolled in PE class			
Race/Ethnicity			
Marshalllese	59.7	56.5	58.0
Other¶	—**	—	—
Grade			
9	—	—	62.2
10	75.2	—	72.5
11	—	49.0	44.0
12	—	—	50.3
Total	59.6	56.2	57.9
Attended PE class daily			
Race/Ethnicity			
Marshalllese	14.6	16.0	15.4
Other	—	—	—
Grade			
9	—	—	10.6
10	24.8	—	22.8
11	—	14.4	11.3
12	—	—	13.7
Total	14.1	15.7	14.9
Exercised or played sports >20 minutes during an average PE class			
Race/Ethnicity			
Marshalllese	61.0	52.1	56.4
Other	—	—	—
Grade			
9	—	—	—
10	—	—	63.8
11	—	—	—
12	—	—	—
Total	60.2	52.8	56.3

* Went to PE classes on one or more days in an average week when they were in school.

† Five days in an average week when they were in school.

§ Among the 57.9% of students enrolled in PE class.

¶ Micronesia, Other Pacific Islander, Multiple Races, All Other Races.

** Not available.

Table 30b. Percentage of high school students who did strengthening exercises,* played on one or more sports teams,† and who watched ≥3 hours/day of television,§ by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Did strengthening exercises			
Race/Ethnicity			
Marshalllese	54.0	28.7	40.9
Other [¶]	—**	—	—
Grade			
9	—	28.6	38.7
10	59.6	37.4	49.7
11	64.2	26.8	44.7
12	39.4	19.7	28.8
Total	53.7	28.4	40.8
Played on ≥1 sports teams			
Race/Ethnicity			
Marshalllese	70.5	59.6	64.9
Other	—	—	—
Grade			
9	—	60.3	63.4
10	73.7	64.9	69.7
11	64.3	61.5	62.8
12	78.6	52.6	64.9
Total	71.2	59.9	65.5
Watched ≥3 hours/day of TV			
Race/Ethnicity			
Marshalllese	24.5	24.0	24.3
Other	—	—	—
Grade			
9	—	25.3	21.9
10	31.4	19.1	25.8
11	27.9	22.6	25.1
12	19.4	26.7	23.2
Total	24.7	23.4	24.0

* For example, push-ups, sit-ups, or weightlifting on ≥3 of the 7 days preceding the survey to strengthen or tone their muscles.

† Run by their school or community groups during the 12 months preceding the survey.

§ On an average school day.

¶ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

** Not available.

Table 31b. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Marshallese	19.4	27.6	23.3
Other§	— [¶]	—	—
Grade			
9	—	—	10.6
10	—	—	25.0
11	19.0	—	21.6
12	—	—	33.9
Total	19.3	28.7	23.7
Overweight			
Race/Ethnicity			
Marshallese	20.7	16.5	18.7
Other	—	—	—
Grade			
9	—	—	19.4
10	—	—	26.9
11	19.0	—	17.6
12	—	—	12.4
Total	21.4	15.9	18.9

* Students who were ≥85th percentile but <95th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥95th percentile for body mass index, by age and sex, based on reference data.

§ Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

¶ Not available.

Table 32b. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Marshallese	8.5	8.2	8.3
Other*	—†	—	—
Grade			
9	—	8.4	6.5
10	11.6	5.4	8.8
11	7.2	10.2	8.8
12	8.9	12.3	11.2
Total	8.2	9.2	8.8
Were trying to lose weight			
Race/Ethnicity			
Marshallese	30.9	38.3	34.7
Other	—	—	—
Grade			
9	—	38.4	36.4
10	29.0	41.4	34.6
11	24.8	39.2	32.2
12	34.0	36.6	35.3
Total	30.3	39.1	34.8

* Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

† Not available.

Table 33b. Percentage of high school students who engaged in healthy behaviors associated with weight control* to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Marshalllese	59.9	51.9	55.7
Other†	—§	—	—
Grade			
9	—	53.4	57.7
10	59.4	54.1	56.9
11	64.3	52.0	58.0
12	—	52.7	52.7
Total	60.0	53.2	56.5
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Marshalllese	67.8	52.9	60.0
Other	—	—	—
Grade			
9	—	55.7	61.9
10	69.4	55.9	63.2
11	68.8	57.4	62.9
12	—	46.7	54.2
Total	68.1	53.9	60.8

* During the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

Table 34b. Percentage of high school students who engaged in unhealthy behaviors associated with weight control,* by sex, race/ethnicity, and grade — Republic of the Marshall Islands, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Went without eating for \geq24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Marshallese	34.8	37.8	36.4
Other†	—§	—	—
Grade			
9	—	36.0	38.4
10	30.6	33.9	32.1
11	28.2	42.1	35.5
12	—	40.5	39.6
Total	34.0	38.6	36.4
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight¶			
Race/Ethnicity			
Marshallese	20.0	23.1	21.6
Other	—	—	—
Grade			
9	—	26.0	24.4
10	19.3	20.5	19.8
11	13.4	22.7	18.1
12	—	26.4	26.8
Total	19.9	23.8	22.0
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Marshallese	29.3	24.3	26.7
Other	—	—	—
Grade			
9	—	27.2	32.7
10	25.5	20.4	23.2
11	20.5	25.2	22.9
12	—	26.8	30.4
Total	28.9	25.3	27.1

* During the 30 days preceding the survey.

† Micronesian, Other Pacific Islander, Multiple Races, All Other Races.

§ Not available.

¶ Without a doctor's advice.

REPUBLIC OF PALAU

HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY
2003

Table 2c. Percentage of high school students who rarely or never wore seat belts* or bicycle helmets,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore seat belts			
Race/Ethnicity			
Palauan			
Other			
Grade			
9			
10			
11			
12			
Total			
Rarely or never wore bicycle helmets			
Race/Ethnicity			
Palauan	96.1	94.0	95.0
Other‡	—¶	—	—
Grade			
9	—	—	95.3
10	—	—	96.6
11	—	—	—
12	—	—	—
Total	96.5	94.7	95.6

Question Not Asked

* When riding in a car driven by someone else.

† Among the 71.3% of students who had ridden a bicycle during the 12 months preceding the survey.

‡ Multiple Races, White, All Other Races.

¶ Not available.

Table 3c. Percentage of high school students who rode with a driver who had been drinking alcohol* and who drove after drinking alcohol,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Palauan	58.9	49.1	53.6
Other†	—§	—	—
Grade			
9	—	—	52.6
10	—	—	48.8
11	—	—	55.2
12	—	—	57.7
Total	58.1	49.0	53.2
Drove after drinking alcohol			
Race/Ethnicity			
Palauan	26.7	12.1	18.6
Other	—	—	—
Grade			
9	—	—	18.3
10	—	—	14.4
11	—	—	18.4
12	—	—	—
Total	27.7	13.0	19.6

* In a car or other vehicle one or more times during the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

Table 4c. Percentage of high school students who carried a weapon* or a gun,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Palauan	Question Not Asked		
Other§			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			
Carried a gun			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			

* For example, a gun, knife, or club on ≥ 1 of the 30 days preceding the survey.

† On ≥ 1 of the 30 days preceding the survey.

§ Multiple Races, White, All Other Races.

Table 5c. Percentage of high school students who were in a physical fight* and who were injured in a physical fight, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
In a physical fight			
Race/Ethnicity			
Palauan	40.5	21.1	29.8
Other [§]	— [¶]	—	—
Grade			
9	—	—	31.6
10	—	—	35.0
11	—	—	30.2
12	—	—	—
Total	38.9	21.7	29.6
Injured in a physical fight			
Race/Ethnicity			
Palauan	9.5	2.9	5.8
Other	—	—	—
Grade			
9	—	—	8.4
10	—	—	4.1
11	—	—	5.4
12	—	—	—
Total	8.7	3.0	5.6

* One or more times during the 12 months preceding the survey.

† Injuries had to be treated by a doctor or nurse.

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 6c. Percentage of high school students who experienced dating violence* and who were physically forced to have sexual intercourse, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Dating violence			
Race/Ethnicity			
Palauan	13.5	9.5	11.3
Other†	—§	—	—
Grade			
9	—	—	12.1
10	—	—	13.0
11	—	—	7.7
12	—	—	—
Total	13.6	9.1	11.2
Forced to have sexual intercourse			
Race/Ethnicity			
Palauan	10.7	17.4	14.4
Other	—	—	—
Grade			
9	—	—	12.1
10	—	—	15.3
11	—	—	15.9
12	—	—	—
Total	10.8	17.2	14.2

* Hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend during the 12 months preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

Table 7c. Percentage of high school students who carried a weapon on school property and were threatened or injured with a weapon on school property,†§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Carried a weapon on school property			
Race/Ethnicity			
Palauan	Question Not Asked		
Other¶			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			
Threatened or injured with a weapon on school property			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			

* On ≥1 of the 30 days preceding the survey.

† For example, a gun, knife, or club.

§ One or more times during the 12 months preceding the survey.

¶ Multiple Races, White, All Other Races.

Table 8c. Percentage of high school students who were in a physical fight on school property,* who did not go to school because they felt unsafe at school or on their way to or from school,† and who had their property stolen or damaged on school property,‡ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Engaged in a physical fight on school property			
Race/Ethnicity			
Palauan	18.5	8.8	13.2
Other [¶]	—**	—	—
Grade			
9	—	—	16.0
10	—	—	15.7
11	—	—	13.0
12	—	—	—
Total	18.2	8.7	13.1
Did not go to school because of safety concerns			
Race/Ethnicity			
Palauan	15.2	14.6	14.9
Other	—	—	—
Grade			
9	—	—	18.4
10	—	—	20.5
11	—	—	11.3
12	—	—	6.6
Total	15.7	14.5	15.0
Property stolen or deliberately damaged on school property			
Race/Ethnicity			
Palauan	31.4	31.7	31.6
Other	—	—	—
Grade			
9	—	—	33.0
10	—	—	37.4
11	—	—	26.5
12	—	—	23.7
Total	30.1	31.7	31.0

* One or more times during the 12 months preceding the survey.

† On ≥1 of the 30 days preceding the survey.

‡ For example, car, clothing, or books.

¶ Multiple Races, White, All Other Races.

** Not available.

Table 9c. Percentage of high school students who felt sad or hopeless,† who seriously considered attempting suicide,† and who made a suicide plan,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %			
Felt sad or hopeless						
Race/Ethnicity						
Palauan	39.3	46.8	43.4			
Other [§]	— [¶]	—	—			
Grade						
9	—	—	50.2			
10	—	—	36.2			
11	—	—	44.1			
12	—	—	42.8			
Total	37.6	48.8	43.6			
Seriously considered attempting suicide						
Race/Ethnicity						
Palauan	21.9	33.1	28.1			
Other	—	—	—			
Grade						
9	—	—	26.0			
10	—	—	31.0			
11	—	—	28.9			
12	—	—	—			
Total	21.1	32.7	27.3			
Made a suicide plan						
Race/Ethnicity						
Palauan	Question Not Asked					
Other						
Grade						
9						
10						
11						
12						
Total						

* Felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities.

† During the 12 months preceding the survey.

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 10c. Percentage of high school students who actually attempted suicide and whose suicide attempt required medical attention,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Attempted suicide			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			

Suicide attempt required medical attention

Race/Ethnicity			
Palauan	6.3	3.4	4.7
Other [§]	— [¶]	—	—
Grade			
9	—	—	4.8
10	—	—	7.3
11	—	—	7.1
12	—	—	—
Total	6.8	4.4	5.5

* During the 12 months preceding the survey.

† One or more times.

§ Multiple Races, White, All Other Races.

¶ Not available.

**Table 11c. Percentage of high school students who smoked cigarettes, by sex, race/ethnicity, and grade
— Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Palauan	83.6	78.3	80.6
Other†	—§	—	—
Grade			
9	—	—	77.3
10	—	—	79.1
11	—	—	79.7
12	—	—	—
Total	82.6	77.8	79.9
Lifetime daily cigarette use¶			
Race/Ethnicity			
Palauan	21.0	7.2	13.3
Other	—	—	—
Grade			
9	—	—	15.6
10	—	—	17.6
11	—	—	9.6
12	—	—	—
Total	21.5	7.4	13.7

* Ever tried cigarette smoking, even one or two puffs.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Ever smoked one or more cigarettes every day for 30 days.

Table 12c. Percentage of high school students who smoked cigarettes during the past 30 days, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Palauan	49.1	31.0	38.9
Other†	—§	—	—
Grade			
9	—	—	45.9
10	—	—	37.4
11	—	—	33.1
12	—	—	—
Total	48.0	31.0	38.6
Current frequent cigarette use[¶]			
Race/Ethnicity			
Palauan	13.1	1.8	6.7
Other	—	—	—
Grade			
9	—	—	6.2
10	—	—	8.4
11	—	—	6.7
12	—	—	—
Total	13.8	1.6	7.1
Smoked >10 cigarettes/day**			
Race/Ethnicity			
Palauan	3.8	0.4	1.9
Other	—	—	—
Grade			
9	—	—	1.7
10	—	—	4.1
11	—	—	1.0
12	—	—	—
Total	4.0	0.4	2.0

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** Smoked >10 cigarettes per day on the days they smoked during the 30 days preceding the survey.

Table 13c. Percentage of high school students who tried to quit smoking cigarettes and who usually got their own cigarettes by purchasing them in a store or gas station,^{§¶} by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003**

Question	Male %	Female %	Total %
Tried to quit smoking cigarettes			
Race/Ethnicity			
Palauan	—**	—	72.2
Other††	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	73.6
Purchased cigarettes at a store or gas station			
Race/Ethnicity			
Palauan	—	—	19.4
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	19.7

* Among the 38.6% of students who smoked cigarettes on ≥1 of the 30 days preceding the survey.

† During the 12 months preceding the survey.

§ Among the 37.9% of students who were aged <18 years who smoked cigarettes on ≥1 of the 30 days preceding the survey.

¶ During the 30 days preceding the survey.

** Not available.

†† Multiple Races, White, All Other Races.

Table 14c. Percentage of high school students who used smokeless tobacco,* smoked cigars,† and used any tobacco product,‡ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Palauan	39.4	42.6	41.2
Other [¶]	— ^{**}	—	—
Grade			
9	—	—	36.7
10	—	—	42.9
11	—	—	45.0
12	—	—	—
Total	39.6	41.9	40.9
Current cigar use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			
Current tobacco use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			

* Used chewing tobacco, snuff, or dip on ≥1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥1 of the 30 days preceding the survey.

‡ Smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on ≥1 of the 30 days preceding the survey.

¶ Multiple Races, White, All Other Races.

** Not available.

Table 15c. Percentage of high school students who drank alcohol, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime alcohol use*			
Race/Ethnicity			
Palauan	82.0	69.2	74.8
Other†	—§	—	—
Grade			
9	—	—	71.8
10	—	—	71.2
11	—	—	77.3
12	—	—	—
Total	80.1	69.2	74.1
Current alcohol use¶			
Race/Ethnicity			
Palauan	59.6	45.8	51.6
Other	—	—	—
Grade			
9	—	—	52.7
10	—	—	43.0
11	—	—	53.1
12	—	—	—
Total	57.9	46.2	51.2
Episodic heavy drinking**			
Race/Ethnicity			
Palauan	40.1	29.4	33.9
Other	—	—	—
Grade			
9	—	—	35.6
10	—	—	23.7
11	—	—	35.6
12	—	—	—
Total	39.9	29.5	34.0

* Ever had at least one drink of alcohol on ≥ 1 day.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Drank at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

** Drank 5 or more drinks of alcohol in a row on ≥ 1 of the 30 days preceding the survey.

Table 16c. Percentage of high school students who used marijuana, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime marijuana use*			
Race/Ethnicity			
Palauan	59.5	52.4	55.6
Other†	—§	—	—
Grade			
9	—	—	52.7
10	—	—	56.3
11	—	—	51.1
12	—	—	—
Total	59.6	52.4	55.7
Current marijuana use[¶]			
Race/Ethnicity			
Palauan	38.5	28.8	33.2
Other	—	—	—
Grade			
9	—	—	38.3
10	—	—	34.9
11	—	—	30.0
12	—	—	—
Total	38.9	29.6	33.9

* Used marijuana one or more times during their lifetime.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Used marijuana one or more times during the 30 days preceding the survey.

Table 17c. Percentage of high school students who used cocaine, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cocaine use*			
Race/Ethnicity			
Palauan	Question Not Asked		
Other†			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			
Current cocaine use§			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			

* Used any form of cocaine (e.g., powder, "crack," or "freebase") one or more times during their lifetime.

† Multiple Races, White, All Other Races.

§ Used cocaine one or more times during the 30 days preceding the survey.

Table 18c. Percentage of high school students who used heroin,* methamphetamines,† and ecstasy,§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime heroin use			
Race/Ethnicity			
Palauan			
Other			
Grade			
9	Question Not Asked		
10			
11			
12			
Total			
Lifetime methamphetamine use			
Race/Ethnicity			
Palauan	14.9	3.2	8.5
Other¶	—**	—	—
Grade			
9	—	—	6.7
10	—	—	6.3
11	—	—	11.9
12	—	—	12.2
Total	15.6	3.0	8.9
Lifetime ecstasy use			
Race/Ethnicity			
Palauan	4.8	2.0	3.2
Other	—	—	—
Grade			
9	—	—	4.3
10	—	—	3.2
11	—	—	3.8
12	—	—	3.1
Total	5.5	2.1	3.7

* Used heroin (also called "smack," "junk," or "China White") one or more times during their lifetime.

† Used methamphetamines (also called "speed," "crystal," "crank," or "ice") one or more times during their lifetime.

§ Used ecstasy (also called "MDMA") one or more times during their lifetime.

¶ Multiple Races, White, All Other Races.

** Not available.

Table 19c. Percentage of high school students who took steroids* and who injected illegal drugs,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime illegal steroid use			
Race/Ethnicity			
Palauan	6.4	3.1	4.6
Other§	—¶	—	—
Grade			
9	—	—	4.2
10	—	—	4.8
11	—	—	7.1
12	—	—	—
Total	6.5	3.2	4.7
Lifetime illegal injection-drug use			
Race/Ethnicity			
Palauan	5.7	0.7	3.0
Other	—	—	—
Grade			
9	—	—	3.6
10	—	—	3.8
11	—	—	2.4
12	—	—	5.4
Total	6.8	1.0	3.6

* Took steroid pills or shots without a doctor's prescription one or more times during their lifetime.

† Used a needle to inject any illegal drug into their body one or more times during their lifetime. Students were classified as illegal injection-drug users only if they 1) reported injecting-drug use and 2) answered "one or more times" to any of the following questions: "During your life, how many times have you used any form of cocaine including powder, crack, or freebase?"; "During your life, how many times have you used heroin (also called smack, junk, or China White)?"; "During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?"; or "During your life, how many times have you taken steroid pills or shots without a doctor's prescription?"

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 20c. Percentage of high school students who initiated drug-related behaviors before age 13 years, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 13 years			
Race/Ethnicity			
Palauan	30.4	19.9	24.5
Other*	—†	—	—
Grade			
9	—	—	30.6
10	—	—	21.7
11	—	—	22.0
12	—	—	—
Total	30.2	20.6	24.9
Drank alcohol before age 13 years§			
Race/Ethnicity			
Palauan	24.9	19.0	21.6
Other	—	—	—
Grade			
9	—	—	29.7
10	—	—	21.0
11	—	—	19.1
12	—	—	—
Total	24.8	20.0	22.2
Tried marijuana before age 13 years			
Race/Ethnicity			
Palauan	25.2	8.6	16.2
Other	—	—	—
Grade			
9	—	—	18.3
10	—	—	15.2
11	—	—	14.8
12	—	—	—
Total	24.6	9.7	16.6

* Multiple Races, White, All Other Races.

† Not available.

§ Other than a few sips.

Table 21c. Percentage of high school students who used tobacco and drank alcohol on school property, by sex, race/ethnicity, and grade

Question	Male %	Female %	Total %
Cigarette use on school property*			
Race/Ethnicity			
Palauan	15.9	5.5	10.2
Other†	—§	—	—
Grade			
9	—	—	14.8
10	—	—	11.2
11	—	—	5.8
12	—	—	—
Total	16.4	6.0	10.8
Smokeless tobacco use on school property¶			
Race/Ethnicity			
Palauan	36.5	38.7	37.8
Other	—	—	—
Grade			
9	—	—	32.0
10	—	—	40.6
11	—	—	40.0
12	—	—	—
Total	36.1	38.0	37.2
Alcohol use on school property**			
Race/Ethnicity			
Palauan	12.2	8.8	10.3
Other	—	—	—
Grade			
9	—	—	13.0
10	—	—	9.0
11	—	—	6.9
12	—	—	—
Total	12.1	9.2	10.6

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

** Drank at least one drink of alcohol on ≥ 1 of the 30 days preceding the survey.

Table 22c. Percentage of high school students who engaged in drug-related behaviors on school property, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Marijuana use on school property*			
Race/Ethnicity			
Palauan	18.2	12.0	14.8
Other†	—§	—	—
Grade			
9	—	—	17.7
10	—	—	14.9
11	—	—	16.2
12	—	—	—
Total	18.6	13.0	15.5
Offered, sold, or given an illegal drug on school property[¶]			
Race/Ethnicity			
Palauan	36.5	24.1	29.6
Other	—	—	—
Grade			
9	—	—	31.1
10	—	—	34.4
11	—	—	31.9
12	—	—	—
Total	36.1	25.6	30.4

* Used marijuana one or more times during the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

¶ During the 12 months preceding the survey.

Table 23c. Percentage of high school students who engaged in sexual behaviors, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ever had sexual intercourse			
Race/Ethnicity			
Palauan	58.1	28.4	41.0
Other*	—†	—	—
Grade			
9	—	—	33.8
10	—	—	40.5
11	—	—	47.1
12	—	—	—
Total	58.0	29.1	41.6
Had first sexual intercourse before age 13 years			
Race/Ethnicity			
Palauan	15.6	1.4	7.5
Other	—	—	—
Grade			
9	—	—	4.9
10	—	—	9.2
11	—	—	8.5
12	—	—	—
Total	15.3	1.7	7.7
Had ≥4 sex partners during lifetime			
Race/Ethnicity			
Palauan	32.7	3.7	15.9
Other	—	—	—
Grade			
9	—	—	11.3
10	—	—	13.6
11	—	—	19.9
12	—	—	—
Total	33.6	4.8	17.2

* Multiple Races, White, All Other Races.

† Not available.

Table 24c. Percentage of high school students who were currently sexually active*, and who used a condom during† or birth control pills before† last sexual intercourse, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Currently sexually active			
Race/Ethnicity			
Palauan	37.5	20.4	27.6
Other§	—¶	—	—
Grade			
9	—	—	22.5
10	—	—	25.4
11	—	—	32.0
12	—	—	—
Total	38.7	20.6	28.5
Condom use during last sexual intercourse			
Race/Ethnicity			
Palauan	—	—	45.0
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	44.6
Birth control pill use before last sexual intercourse			
Race/Ethnicity			
Palauan	—	—	8.0
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	7.0

* Sexual intercourse during the 3 months preceding the survey.

† Among currently sexually active students.

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 25c. Percentage of high school students who had drunk alcohol or used drugs before last sexual intercourse;* were ever pregnant or got someone pregnant; and were taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Alcohol or drug use before last sexual intercourse			
Race/Ethnicity			
Palauan	—†	—	34.6
Other§	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	—	35.5
Had been pregnant or gotten someone pregnant			
Race/Ethnicity			
Palauan	2.1	2.5	2.3
Other	—	—	—
Grade			
9	—	—	1.1
10	—	—	3.5
11	—	—	1.7
12	—	—	—
Total	2.7	2.6	2.7
Taught in school about AIDS or HIV infection			
Race/Ethnicity			
Palauan	67.4	79.9	74.2
Other	—	—	—
Grade			
9	—	—	70.8
10	—	—	68.7
11	—	—	79.2
12	—	—	—
Total	68.1	79.5	74.3

* Among currently sexually active students.

† Not available.

§ Multiple Races, White, All Other Races.

Table 26c. Percentage of high school students who had eaten fruits and vegetables* ≥ 5 times/day and who had drunk ≥ 3 glasses/day of milk,[†] by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate fruits and vegetables ≥ 5 times			
Race/Ethnicity			
Palauan	22.5	18.5	20.3
Other [§]	— [¶]	—	—
Grade			
9	—	—	21.0
10	—	—	18.3
11	—	—	25.0
12	—	—	—
Total	22.8	19.2	20.9

Drank ≥ 3 glasses/day of milk

Race/Ethnicity			
Palauan	8.2	9.4	8.8
Other	—	—	—
Grade			
9	—	—	7.3
10	—	—	10.6
11	—	—	13.4
12	—	—	4.7
Total	8.6	9.7	9.2

* Had consumed 100% fruit juice, fruit, green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables ≥ 5 times/day during the 7 days preceding the survey.

[†] Had drunk ≥ 3 glasses/day of milk during the 7 days preceding the survey.

[§] Multiple Races, White, All Other Races.

[¶] Not available.

Table 27c. Percentage of high school students who participated in sufficient vigorous physical activity* and sufficient moderate physical activity,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Palauan	69.3	50.7	59.1
Other [§]	— [¶]	—	—
Grade			
9	—	—	63.9
10	—	—	60.7
11	—	—	57.8
12	—	—	48.1
Total	69.1	49.9	58.7
Participated in sufficient moderate physical activity			
Race/Ethnicity			
Palauan	23.5	17.3	20.1
Other	—	—	—
Grade			
9	—	—	19.5
10	—	—	23.5
11	—	—	19.5
12	—	—	18.5
Total	23.4	17.7	20.3

* Exercised or participated in physical activity that made students sweat and breathe hard for at least 20 minutes on ≥ 3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Physical activity that did not make students sweat and breathe hard for at least 30 minutes on ≥ 5 of the 7 days preceding the survey (e.g., fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors).

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 28c. Percentage of high school students who participated in an insufficient amount of physical activity* and no vigorous or moderate physical activity,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in an insufficient amount of physical activity			
Race/Ethnicity			
Palauan	26.8	47.1	38.0
Other [§]	— [¶]	—	—
Grade			
9	—	—	34.4
10	—	—	33.9
11	—	—	39.7
12	—	—	49.1
Total	27.6	47.3	38.2

No vigorous or moderate physical activity

Race/Ethnicity			
Palauan	8.2	17.9	13.6
Other	—	—	—
Grade			
9	—	—	10.1
10	—	—	7.7
11	—	—	17.8
12	—	—	24.4
Total	8.6	18.6	14.0

* Had not participated in sufficient vigorous physical activity and had not participated in sufficient moderate physical activity during the 7 days preceding the survey.

† Had not participated in any vigorous physical activity or moderate physical activity during the 7 days preceding the survey.

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 29c. Percentage of high school students who were enrolled in physical education (PE) class,* attended PE class daily,† and spent >20 minutes exercising or playing sports during an average PE class,§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Were enrolled in PE class			
Race/Ethnicity			
Palauan	41.5	41.8	41.7
Other¶	—**	—	—
Grade			
9	—	—	50.1
10	—	—	56.4
11	—	—	30.8
12	—	—	—
Total	42.2	41.4	41.7
Attended PE class daily			
Race/Ethnicity			
Palauan	32.5	38.3	35.7
Other	—	—	—
Grade			
9	—	—	43.4
10	—	—	51.1
11	—	—	25.3
12	—	—	—
Total	33.5	37.4	35.7
Exercised or played sports >20 minutes during an average PE class			
Race/Ethnicity			
Palauan	—	—	83.3
Other	—	—	—
Grade			
9	—	—	—
10	—	—	—
11	—	—	—
12	—	—	—
Total	—	86.1	83.1

* Went to PE classes on one or more days in an average week when they were in school.

† Five days in an average week when they were in school.

§ Among the 41.7% of students enrolled in PE class.

¶ Multiple Races, White, All Other Races.

** Not available.

Table 30c. Percentage of high school students who did strengthening exercises,* played on one or more sports teams,† and who watched ≥3 hours/day of television,§ by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Did strengthening exercises			
Race/Ethnicity			
Palauan	42.9	27.2	34.2
Other [¶]	— ^{**}	—	—
Grade			
9	—	—	29.3
10	—	—	38.4
11	—	—	41.7
12	—	—	—
Total	43.2	27.5	34.7
Played on ≥1 sports teams			
Race/Ethnicity			
Palauan	68.4	58.1	62.8
Other	—	—	—
Grade			
9	—	—	63.7
10	—	—	61.2
11	—	—	60.2
12	—	—	61.8
Total	67.1	57.0	61.7
Watched ≥3 hours/day of TV			
Race/Ethnicity			
Palauan	32.5	33.4	33.0
Other	—	—	—
Grade			
9	—	—	29.9
10	—	—	29.6
11	—	—	32.6
12	—	—	37.8
Total	31.4	32.3	31.9

* For example, push-ups, sit-ups, or weightlifting on ≥3 of the 7 days preceding the survey to strengthen or tone their muscles.

† Run by their school or community groups during the 12 months preceding the survey.

§ On an average school day.

¶ Multiple Races, White, All Other Races.

** Not available.

Table 31c. Percentage of high school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Palauan	12.5	16.5	14.7
Other§	— [¶]	—	—
Grade			
9	—	—	17.5
10	—	—	11.4
11	—	—	14.6
12	—	—	—
Total	12.8	16.8	14.9
Overweight			
Race/Ethnicity			
Palauan	20.2	11.4	15.5
Other	—	—	—
Grade			
9	—	—	14.8
10	—	—	19.2
11	—	—	13.3
12	—	—	—
Total	19.8	11.6	15.5

* Students who were ≥85th percentile but <95th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥95th percentile for body mass index, by age and sex, based on reference data.

§ Multiple Races, White, All Other Races.

¶ Not available.

Table 32c. Percentage of high school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Palauan	19.4	24.2	22.0
Other*	—†	—	—
Grade			
9	—	—	23.6
10	—	—	21.9
11	—	—	17.5
12	—	—	22.2
Total	18.5	24.1	21.5

Were trying to lose weight

Race/Ethnicity			
Palauan	28.2	40.2	34.8
Other	—	—	—
Grade			
9	—	—	37.0
10	—	—	37.9
11	—	—	32.3
12	—	—	—
Total	30.1	40.7	35.8

* Multiple Races, White, All Other Races.

† Not available.

Table 33c. Percentage of high school students who engaged in healthy behaviors associated with weight control* to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male	Female	Total
	%	%	%
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	41.4	42.5	42.0
Other†	—§	—	—
Grade			
9	—	—	43.7
10	—	—	44.6
11	—	—	42.6
12	—	—	—
Total	40.1	44.4	42.4
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	52.9	50.1	51.4
Other	—	—	—
Grade			
9	—	—	50.4
10	—	—	57.9
11	—	—	55.8
12	—	—	43.0
Total	54.2	50.9	52.4

* During the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

Table 34c. Percentage of high school students who engaged in unhealthy behaviors associated with weight control,* by sex, race/ethnicity, and grade — Republic of Palau, High School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Went without eating for \geq24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	22.2	26.2	24.4
Other†	—§	—	—
Grade			
9	—	—	21.2
10	—	—	26.4
11	—	—	25.8
12	—	—	—
Total	22.5	26.0	24.4
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight¶			
Race/Ethnicity			
Palauan	6.8	5.2	5.9
Other	—	—	—
Grade			
9	—	—	3.4
10	—	—	6.8
11	—	—	8.8
12	—	—	—
Total	7.3	5.3	6.3
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	7.7	7.1	7.4
Other	—	—	—
Grade			
9	—	—	8.6
10	—	—	9.9
11	—	—	6.4
12	—	—	—
Total	7.7	7.0	7.4

* During the 30 days preceding the survey.

† Multiple Races, White, All Other Races.

§ Not available.

¶ Without a doctor's advice.

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY
2003

Table 35a. Percentage of middle school students who had rarely or never wore seat belts* and who had ever ridden in a car with a driver who had been drinking alcohol, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore seat belts			
Race/Ethnicity			
Chamorro	16.4	8.1	12.4
Carolinian	—†	—	15.3
Filipino/Asian	6.6	—	7.1
Other§	12.6	10.9	11.7
Grade			
6	1.9	2.6	2.2
7	17.5	5.2	11.3
8	17.6	14.0	16.0
Total	15.7	8.6	12.2
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Chamorro	57.5	62.6	59.8
Carolinian	—	—	57.8
Filipino/Asian	39.9	—	39.1
Other	58.9	56.5	57.8
Grade			
6	—	41.7	37.6
7	52.5	56.2	54.3
8	65.3	65.5	65.4
Total	56.1	58.1	57.0

* When riding in a car.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 36a. Percentage of middle school students who had rarely or never wore bicycle helmets* or rollerblade or skateboard helmets† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore bicycle helmets			
Race/Ethnicity			
Chamorro	87.7	90.9	89.0
Carolinian	— [§]	—	90.0
Filipino/Asian	—	—	91.3
Other [¶]	93.5	90.1	91.7
Grade			
6	—	—	81.8
7	86.0	89.9	87.8
8	94.3	95.9	94.9
Total	89.0	90.7	89.7

Rarely or never wore a helmet when using rollerblades or riding a skateboard

Race/Ethnicity			
Chamorro	83.1	86.3	84.5
Carolinian	—	—	—
Filipino/Asian	—	—	—
Other	88.6	87.4	87.7
Grade			
6	—	—	75.7
7	82.7	85.9	84.3
8	92.1	87.0	90.0
Total	85.4	85.5	85.5

* Among the 70.4% of students who had ridden a bicycle.

† Among the 47.7% of students who had used rollerblades or ridden a skateboard.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 37a. Percentage of middle school students who had ever carried a weapon,* who had ever been in a physical fight, and who had ever been hurt in a physical fight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Chamorro	56.3	29.2	43.4
Carolinian	— [§]	—	40.6
Filipino/Asian	44.0	—	33.0
Other [¶]	62.9	29.9	45.7
Grade			
6	—	18.0	37.9
7	51.4	27.3	39.5
8	57.8	32.3	46.0
Total	55.0	28.1	42.0
Were in a physical fight			
Race/Ethnicity			
Chamorro	68.8	45.0	57.3
Carolinian	—	—	57.6
Filipino/Asian	60.6	—	49.0
Other	75.9	53.5	64.5
Grade			
6	62.6	38.8	51.4
7	65.5	43.1	54.1
8	73.0	50.0	62.3
Total	68.4	45.4	57.2
Were hurt in a physical fight			
Race/Ethnicity			
Chamorro	5.9	4.5	5.2
Carolinian	—	—	6.7
Filipino/Asian	10.1	—	6.8
Other	7.9	5.3	6.5
Grade			
6	—	7.3	6.1
7	8.4	4.5	6.4
8	5.2	4.4	4.8
Total	6.6	4.8	5.7

* For example, a gun, knife, or club.

† Had to be treated by a doctor or nurse.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 38a. Percentage of middle school students who had ever seriously thought about killing themselves, who had ever made a plan about how to kill themselves, and who had ever tried to kill themselves, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Seriously thought about killing themselves			
Race/Ethnicity			
Chamorro	34.9	61.9	47.7
Carolinian	—*	—	49.9
Filipino/Asian	19.6	—	29.8
Other†	34.0	63.2	48.8
Grade			
6	—	46.5	33.0
7	34.2	54.4	44.3
8	38.0	68.4	52.0
Total	34.0	59.3	46.1
Made a plan about how to kill themselves			
Race/Ethnicity			
Chamorro	27.2	49.2	37.7
Carolinian	—	—	40.9
Filipino/Asian	15.4	—	20.5
Other	23.7	51.7	38.2
Grade			
6	8.2	36.4	22.1
7	27.5	41.6	34.5
8	30.4	56.2	42.3
Total	26.4	46.9	36.3
Tried to kill themselves			
Race/Ethnicity			
Chamorro	13.8	31.4	22.1
Carolinian	—	—	19.3
Filipino/Asian	7.2	—	10.9
Other	14.4	32.3	23.5
Grade			
6	—	19.1	14.1
7	16.0	25.6	20.8
8	11.6	35.0	22.4
Total	13.2	28.6	20.6

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 39a. Percentage of middle school students who had ever smoked cigarettes, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Chamorro	69.8	73.4	71.5
Carolinian	—†	—	73.4
Filipino/Asian	—	—	48.0
Other§	66.0	71.5	68.9
Grade			
6	—	48.4	47.1
7	63.4	64.8	64.1
8	77.1	82.2	79.5
Total	67.7	69.9	68.8

Lifetime daily cigarette use¶

Race/Ethnicity			
Chamorro	12.3	15.4	13.8
Carolinian	—	—	12.2
Filipino/Asian	5.5	—	8.1
Other	13.9	12.4	13.1
Grade			
6	—	8.4	8.1
7	8.9	11.5	10.3
8	15.0	18.2	16.5
Total	11.7	14.0	12.8

* Ever tried cigarette smoking, even one or two puffs.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

¶ Ever smoked at least one cigarette every day for 30 days.

Table 40a. Percentage of middle school students who smoked cigarettes during the past 30 days, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Chamorro	32.9	38.8	35.8
Carolinian	— [†]	—	33.1
Filipino/Asian	—	—	16.7
Other [§]	27.7	36.6	32.3
Grade			
6	—	23.0	21.1
7	30.1	33.8	32.0
8	32.3	42.4	37.1
Total	29.8	35.7	32.8
Current frequent cigarette use[¶]			
Race/Ethnicity			
Chamorro	4.1	5.2	4.6
Carolinian	—	—	2.3
Filipino/Asian	—	—	2.6
Other	4.5	1.9	3.1
Grade			
6	—	0.0	2.1
7	0.5	2.8	1.7
8	6.4	7.2	6.8
Total	3.6	4.3	3.9
Smoked >10 cigarettes/day**			
Race/Ethnicity			
Chamorro	1.1	0.7	0.9
Carolinian	—	—	0.0
Filipino/Asian	—	—	0.3
Other	0.7	0.9	0.8
Grade			
6	—	0.0	1.2
7	0.2	0.1	0.1
8	1.1	1.2	1.1
Total	0.9	0.5	0.7

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

[†] Not available.

[§] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

[¶] Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** Smoked >10 cigarettes per day on the days they smoked during the 30 days preceding the survey.

Table 41a. Percentage of middle school students who had used smokeless tobacco,* had smoked cigars,† and had used any tobacco product,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Chamorro	45.4	25.7	35.9
Carolinian	— [¶]	—	48.5
Filipino/Asian	9.6	—	8.8
Other**	33.2	28.8	30.8
Grade			
6	30.1	11.1	20.6
7	37.0	21.3	29.1
8	49.5	34.9	42.7
Total	42.1	25.6	34.1
Current cigar use			
Race/Ethnicity			
Chamorro	13.4	11.3	12.4
Carolinian	—	—	11.7
Filipino/Asian	8.2	—	7.7
Other	11.1	12.8	11.9
Grade			
6	11.3	9.1	10.2
7	15.1	10.5	12.8
8	9.5	12.0	10.7
Total	12.4	11.0	11.7
Current tobacco use			
Race/Ethnicity			
Chamorro	54.0	47.3	50.7
Carolinian	—	—	58.6
Filipino/Asian	—	—	19.7
Other	42.0	46.0	44.0
Grade			
6	—	28.0	30.5
7	44.7	41.8	43.2
8	58.1	54.0	56.1
Total	49.5	44.9	47.2

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

§ Reported current cigarette use, current cigar use, or had used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 42a. Percentage of middle school students who had ever had a drink of alcohol* and who had ever used marijuana, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime alcohol use			
Race/Ethnicity			
Chamorro	57.9	46.1	52.2
Carolinian	—†	—	46.8
Filipino/Asian	—	—	37.1
Other§	48.2	48.5	48.4
Grade			
6	—	23.5	27.6
7	48.8	35.7	42.1
8	63.8	62.7	63.3
Total	53.6	45.2	49.4
Lifetime marijuana use			
Race/Ethnicity			
Chamorro	39.5	31.0	35.2
Carolinian	—	—	46.4
Filipino/Asian	—	—	18.5
Other	37.1	25.1	30.9
Grade			
6	—	9.0	12.6
7	33.7	20.2	26.5
8	51.3	45.1	48.4
Total	39.5	29.2	34.2

* Ever had a drink of alcohol, other than a few sips.

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 43a. Percentage of middle school students who had ever used cocaine* and who had ever used steroids, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cocaine use			
Race/Ethnicity			
Chamorro	4.2	4.7	4.4
Carolinian	—†	—	7.4
Filipino/Asian	5.2	—	2.7
Other§	3.6	5.3	4.5
Grade			
6	—	3.2	4.0
7	4.8	4.9	4.8
8	3.8	5.2	4.4
Total	4.4	4.9	4.6
Lifetime steroid use			
Race/Ethnicity			
Chamorro	3.6	1.2	2.5
Carolinian	—	—	3.2
Filipino/Asian	2.0	—	1.0
Other	2.2	3.1	2.6
Grade			
6	—	1.2	3.0
7	3.4	0.7	2.0
8	2.5	2.3	2.4
Total	3.4	1.4	2.4

* Ever used any form of cocaine (e.g., powder, "crack," or "freebase").

† Not available.

§ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 44a. Percentage of middle school students who had initiated drug-related behaviors before age 11 years, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 11 years			
Race/Ethnicity			
Chamorro	25.0	22.9	24.0
Carolinian	—*	—	20.6
Filipino/Asian	—	—	12.4
Other†	21.3	19.3	20.4
Grade			
6	—	17.3	17.7
7	23.4	19.9	21.7
8	23.1	24.6	23.8
Total	22.6	21.3	21.9
Had first drink of alcohol before age 11 years§			
Race/Ethnicity			
Chamorro	25.0	16.7	21.0
Carolinian	—	—	17.0
Filipino/Asian	—	—	11.6
Other	24.5	19.5	21.8
Grade			
6	—	17.4	17.9
7	23.8	12.3	18.0
8	24.8	17.4	21.3
Total	23.7	15.2	19.5
Tried marijuana before age 11 years			
Race/Ethnicity			
Chamorro	8.9	2.3	5.6
Carolinian	—	—	7.9
Filipino/Asian	—	—	2.7
Other	8.8	3.1	5.7
Grade			
6	—	1.3	3.9
7	7.3	4.0	5.6
8	10.1	1.6	6.0
Total	8.6	2.6	5.6

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

§ Other than a few sips.

Table 45a. Percentage of middle school students who had engaged in sexual behaviors, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Had ever had sexual intercourse			
Race/Ethnicity			
Chamorro	18.9	13.2	16.1
Carolinian	—*	—	18.8
Filipino/Asian	—	—	6.5
Other†	21.6	11.4	16.2
Grade			
6	—	5.4	5.2
7	16.7	8.2	12.4
8	24.0	18.0	21.1
Total	18.8	11.9	15.3
Had first sexual intercourse before age 11 years			
Race/Ethnicity			
Chamorro	5.7	2.9	4.3
Carolinian	—	—	4.1
Filipino/Asian	—	—	2.7
Other	7.3	3.8	5.5
Grade			
6	—	4.2	5.1
7	5.0	1.4	3.2
8	6.0	3.2	4.7
Total	5.9	2.5	4.2
Had ≥3 sex partners			
Race/Ethnicity			
Chamorro	4.1	2.1	3.1
Carolinian	—	—	7.0
Filipino/Asian	—	—	2.2
Other	9.5	2.2	5.6
Grade			
6	—	3.1	2.4
7	4.5	1.6	3.0
8	7.2	2.1	4.7
Total	5.6	2.0	3.8

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 46a. Percentage of middle school students who had used a condom during last sexual intercourse* and had ever been taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Used a condom during last sexual intercourse			
Race/Ethnicity			
Chamorro	— [†]	—	56.9
Carolinian	—	—	—
Filipino/Asian	—	—	—
Other [§]	—	—	—
Grade			
6	—	—	—
7	—	—	—
8	—	—	50.1
Total	56.1	—	53.6
Had been taught in school about AIDS or HIV infection			
Race/Ethnicity			
Chamorro	77.4	85.2	81.1
Carolinian	—	—	69.0
Filipino/Asian	85.6	—	86.4
Other	76.2	83.4	80.0
Grade			
6	—	73.0	73.8
7	72.1	83.8	78.1
8	81.7	86.4	83.9
Total	76.6	83.6	79.9

* Among the 15.3% of students who ever had sexual intercourse.

[†] Not available.

[§] Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 47a. Percentage of middle school students who participated in sufficient vigorous physical activity,* had played on any sports teams,† and who had watched ≥3 hours per day of TV,§ by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Chamorro	63.7	61.6	62.6
Carolinian	— [¶]	—	68.8
Filipino/Asian	77.6	—	73.8
Other**	70.3	70.2	70.2
Grade			
6	—	65.1	65.3
7	68.1	73.1	70.4
8	65.0	55.1	60.4
Total	66.4	64.4	65.4
Played on any sports teams			
Race/Ethnicity			
Chamorro	55.4	39.3	47.5
Carolinian	—	—	57.3
Filipino/Asian	43.4	—	40.3
Other	56.7	49.7	52.8
Grade			
6	—	55.8	59.5
7	55.9	42.9	49.2
8	54.7	33.3	44.7
Total	56.1	40.7	48.5
Watched ≥3 hours per day of TV			
Race/Ethnicity			
Chamorro	32.3	27.7	30.0
Carolinian	—	—	24.8
Filipino/Asian	46.8	—	43.8
Other	35.1	32.5	33.8
Grade			
6	35.3	22.3	28.7
7	32.8	30.1	31.3
8	33.4	30.0	31.8
Total	33.4	29.1	31.2

* Exercised or participated in physical activity that made them sweat and breathe hard for at least 20 minutes on ≥3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Run by their school or community groups.

§ On an average school day.

¶ Not available.

** Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 48a. Percentage of middle school students who were enrolled in physical education (PE) class* and attended PE class daily,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Were enrolled in PE class			
Race/Ethnicity			
Chamorro	60.0	59.8	59.9
Carolinian	— [§]	—	57.4
Filipino/Asian	53.4	—	56.3
Other [¶]	65.7	61.8	63.8
Grade			
6	—	94.1	93.6
7	89.1	91.7	90.4
8	24.5	13.6	19.5
Total	60.0	58.9	59.5
Attended PE class daily			
Race/Ethnicity			
Chamorro	22.5	22.3	22.5
Carolinian	—	—	21.9
Filipino/Asian	11.2	—	12.6
Other	24.3	15.1	19.4
Grade			
6	—	38.0	37.8
7	30.3	28.2	29.4
8	10.6	5.2	8.1
Total	22.2	19.5	21.0

* Went to PE classes on one or more days in an average week when they were in school.

† Five days in an average week when they were in school.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 49a. Percentage of middle school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Chamorro	16.7	18.8	17.6
Carolinian	— [§]	—	—
Filipino/Asian	—	—	21.4
Other [¶]	16.5	19.3	17.9
Grade			
6	—	—	21.4
7	17.8	19.6	18.6
8	19.5	15.8	17.9
Total	18.4	18.6	18.5
Overweight			
Race/Ethnicity			
Chamorro	25.0	19.0	22.4
Carolinian	—	—	—
Filipino/Asian	—	—	14.1
Other	29.1	15.8	22.2
Grade			
6	—	—	40.0
7	23.4	18.1	21.0
8	19.9	10.5	15.9
Total	23.5	16.5	20.4

* Students who were ≥85th percentile but <95th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥95th percentile for body mass index, by age and sex, based on reference data.

§ Not available.

¶ Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 50a. Percentage of middle school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Chamorro	19.2	21.9	20.5
Carolinian	—*	—	20.4
Filipino/Asian	21.1	—	19.6
Other†	22.0	30.2	26.1
Grade			
6	—	22.4	18.4
7	19.4	23.0	21.1
8	20.1	23.2	21.5
Total	18.9	23.0	20.9
Were trying to lose weight			
Race/Ethnicity			
Chamorro	45.2	59.2	51.9
Carolinian	—	—	44.3
Filipino/Asian	48.7	—	47.5
Other	50.2	64.4	57.7
Grade			
6	48.1	56.1	51.8
7	47.4	56.2	51.9
8	43.0	59.6	50.8
Total	45.2	57.2	51.2

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 51a. Percentage of middle school students who had ever engaged in healthy behaviors associated with weight control to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	54.2	64.3	59.1
Carolinian	—*	—	64.1
Filipino/Asian	45.5	—	54.2
Other†	55.9	68.7	62.5
Grade			
6	—	62.1	55.6
7	56.9	65.2	61.2
8	53.7	65.2	59.0
Total	54.2	64.9	59.5
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	73.9	76.2	74.8
Carolinian	—	—	79.2
Filipino/Asian	72.5	—	73.3
Other	75.7	78.5	77.0
Grade			
6	—	74.1	73.3
7	74.5	77.9	76.1
8	75.8	74.9	75.3
Total	74.9	76.3	75.5

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

Table 52a. Percentage of middle school students who had ever engaged in unhealthy behaviors associated with weight control to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Commonwealth of the Northern Mariana Islands, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Went without eating for \geq24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	29.8	29.7	29.7
Carolinian	—*	—	39.0
Filipino/Asian	12.9	—	17.0
Other†	30.7	43.7	37.5
Grade			
6	—	23.3	22.7
7	39.2	31.0	34.9
8	23.4	34.2	28.5
Total	29.8	31.0	30.4
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight§			
Race/Ethnicity			
Chamorro	4.2	5.5	4.8
Carolinian	—	—	6.9
Filipino/Asian	5.5	—	5.4
Other	10.6	8.5	9.4
Grade			
6	—	2.8	4.7
7	5.8	3.5	4.7
8	4.7	8.0	6.2
Total	5.6	5.6	5.6
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Chamorro	8.2	13.5	10.9
Carolinian	—	—	14.9
Filipino/Asian	7.7	—	10.6
Other	12.9	22.4	17.7
Grade			
6	—	7.6	8.3
7	11.0	13.5	12.5
8	7.7	18.8	12.9
Total	9.2	14.9	12.1

* Not available.

† Micronesian, Other Pacific Islander, Multiple Non-Hispanic, All Other Races.

§ Without a doctor's advice.

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Table 35b. Percentage of middle school students who had rarely or never wore seat belts* and who had ever ridden in a car with a driver who had been drinking alcohol, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore seat belts			
Race/Ethnicity			
Palauan	63.1	56.2	59.7
Other†	—§	—	—
Grade			
6	54.7	55.6	55.1
7	64.0	—	57.6
8	—	62.7	66.8
Total	61.6	55.9	59.0
Rode with a driver who had been drinking alcohol			
Race/Ethnicity			
Palauan	65.3	48.7	57.0
Other	—	—	—
Grade			
6	59.7	42.3	51.8
7	70.6	—	61.0
8	—	53.2	59.8
Total	65.0	48.7	57.2

* When riding in a car.

† Multiple Races, White, African American, All Other Races.

§ Not available.

Table 36b. Percentage of middle school students who had rarely or never wore bicycle helmets* or rollerblade or skateboard helmets† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Rarely or never wore bicycle helmets			
Race/Ethnicity			
Palauan	88.8	92.9	90.8
Other§	—¶	—	—
Grade			
6	81.5	—	86.1
7	—	—	93.0
8	—	—	94.2
Total	88.1	92.6	90.2

Rarely or never wore a helmet when using rollerblades or riding a skateboard

Race/Ethnicity			
Palauan	80.5	83.7	82.0
Other	—	—	—
Grade			
6	—	—	75.4
7	—	—	—
8	—	—	—
Total	80.2	83.6	81.8

* Among the 88.4% of students who had ridden a bicycle.

† Among the 44.5% of students who had used rollerblades or ridden a skateboard.

§ Multiple Races, White, African American, All Other Races.

¶ Not available.

Table 37b. Percentage of middle school students who had ever carried a weapon,* who had ever been in a physical fight, and who had ever been hurt in a physical fight,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Carried a weapon			
Race/Ethnicity			
Palauan			
Other			
Grade			
6			
7			
8			
Total			
Question Not Asked			
Were in a physical fight			
Race/Ethnicity			
Palauan	70.8	34.1	52.6
Other§	—¶	—	—
Grade			
6	72.9	38.3	57.4
7	68.2	—	51.3
8	—	26.4	49.5
Total	72.5	33.0	53.5
Were hurt in a physical fight			
Race/Ethnicity			
Palauan	8.4	4.8	6.6
Other	—	—	—
Grade			
6	10.0	3.6	7.2
7	12.3	—	9.3
8	—	5.6	6.5
Total	9.9	5.1	7.5

* For example, a gun, knife, or club.

† Had to be treated by a doctor or nurse.

§ Multiple Races, White, African American, All Other Races.

¶ Not available.

Table 38b. Percentage of middle school students who had ever seriously thought about killing themselves, who had ever made a plan about how to kill themselves, and who had ever tried to kill themselves, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Seriously thought about killing themselves			
Race/Ethnicity			
Palauan	31.8	40.5	36.2
Other*	—†	—	—
Grade			
6	25.6	32.3	28.6
7	38.7	32.1	35.7
8	—	61.2	47.7
Total	31.7	41.3	36.3
Made a plan about how to kill themselves			
Race/Ethnicity			
Palauan			
Other			
Grade			
6			
7			
8			
Total			
Question Not Asked			
Tried to kill themselves			
Race/Ethnicity			
Palauan	19.6	24.0	21.9
Other	—	—	—
Grade			
6	18.0	19.7	18.8
7	21.2	18.5	20.3
8	—	31.7	25.8
Total	19.6	23.6	21.6

* Multiple Races, White, African American, All Other Races.

† Not available.

Table 39b. Percentage of middle school students who had ever smoked cigarettes, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cigarette use*			
Race/Ethnicity			
Palauan	61.8	49.9	55.9
Other [†]	— [§]	—	—
Grade			
6	47.1	41.5	44.5
7	67.5	—	57.5
8	—	64.8	71.5
Total	61.8	51.1	56.7
Lifetime daily cigarette use[¶]			
Race/Ethnicity			
Palauan	10.8	6.1	8.4
Other	—	—	—
Grade			
6	10.7	5.2	8.2
7	8.5	—	6.8
8	—	8.7	11.5
Total	11.2	6.3	8.9

* Ever tried cigarette smoking, even one or two puffs.

[†] Multiple Races, White, African American, All Other Races.

[§] Not available.

[¶] Ever smoked at least one cigarette every day for 30 days.

Table 40b. Percentage of middle school students who smoked cigarettes during the past 30 days, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current cigarette use*			
Race/Ethnicity			
Palauan	30.8	23.3	26.8
Other†	—§	—	—
Grade			
6	27.2	22.1	24.8
7	—	—	28.5
8	—	—	28.6
Total	30.4	23.9	27.3
Current frequent cigarette use¹			
Race/Ethnicity			
Palauan	2.7	1.4	2.1
Other	—	—	—
Grade			
6	2.7	0.9	1.8
7	—	—	1.1
8	—	—	2.8
Total	2.4	1.3	2.0
Smoked >10 cigarettes/day**			
Race/Ethnicity			
Palauan	1.9	0.0	0.9
Other	—	—	—
Grade			
6	0.9	0.0	0.5
7	—	—	0.0
8	—	—	2.2
Total	1.6	0.0	0.8

* Smoked cigarettes on ≥ 1 of the 30 days preceding the survey.

† Multiple Races, White, African American, All Other Races.

§ Not available.

¹ Smoked cigarettes on ≥ 20 of the 30 days preceding the survey.

** Smoked >10 cigarettes per day on the days they smoked during the 30 days preceding the survey.

Table 41b. Percentage of middle school students who had used smokeless tobacco,* had smoked cigars,† and had used any tobacco product,§ by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Current smokeless tobacco use			
Race/Ethnicity			
Palauan	34.1	33.2	33.7
Other¶	—**	—	—
Grade			
6	25.7	31.6	28.4
7	45.7	41.6	44.0
8	—	27.0	31.7
Total	34.7	33.4	34.0
Current cigar use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
6	Question Not Asked		
7			
8			
Total			
Current tobacco use			
Race/Ethnicity			
Palauan	Question Not Asked		
Other			
Grade			
6	Question Not Asked		
7			
8			
Total			

* Used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

† Smoked cigars, cigarillos, or little cigars on ≥ 1 of the 30 days preceding the survey.

§ Reported current cigarette use, current cigar use, or had used chewing tobacco, snuff, or dip on ≥ 1 of the 30 days preceding the survey.

¶ Multiple Races, White, African American, All Other Races.

** Not available.

Table 42b. Percentage of middle school students who had ever had a drink of alcohol* and who had ever used marijuana, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime alcohol use			
Race/Ethnicity			
Palauan	57.5	40.6	49.0
Other†	—§	—	—
Grade			
6	46.4	32.0	39.5
7	61.2	—	53.4
8	—	—	60.6
Total	58.0	42.1	50.3
Lifetime marijuana use			
Race/Ethnicity			
Palauan	33.1	19.8	26.4
Other	—	—	—
Grade			
6	21.4	7.8	15.1
7	35.6	—	31.8
8	—	26.8	38.1
Total	33.4	20.1	26.9

* Ever had a drink of alcohol, other than a few sips.

† Multiple Races, White, African American, All Other Races.

§ Not available.

Table 43b. Percentage of middle school students who had ever used cocaine* and who had ever used steroids, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Lifetime cocaine use			
Race/Ethnicity			
Palauan	4.4	1.7	3.0
Other†	—§	—	—
Grade			
6	4.4	1.7	3.2
7	3.8	—	1.9
8	—	2.8	3.5
Total	4.1	1.8	3.1
Lifetime steroid use			
Race/Ethnicity			
Palauan	4.0	1.7	2.9
Other	—	—	—
Grade			
6	4.4	2.6	3.6
7	2.8	1.0	1.9
8	—	0.0	2.5
Total	4.1	1.5	2.8

* Ever used any form of cocaine (e.g., powder, "crack," or "freebase").

† Multiple Races, White, African American, All Other Races.

§ Not available.

Table 44b. Percentage of middle school students who had initiated drug-related behaviors before age 11 years, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Smoked a whole cigarette before age 11 years			
Race/Ethnicity			
Palauan	15.1	11.9	13.7
Other*	—†	—	—
Grade			
6	11.2	11.3	11.2
7	17.6	—	12.9
8	—	17.3	17.8
Total	15.1	11.9	13.6
Had first drink of alcohol before age 11 years§			
Race/Ethnicity			
Palauan	22.4	11.5	16.9
Other	—	—	—
Grade			
6	23.3	16.0	20.0
7	22.8	—	14.8
8	—	—	15.1
Total	21.6	12.1	17.0
Tried marijuana before age 11 years			
Race/Ethnicity			
Palauan	6.9	2.7	4.8
Other	—	—	—
Grade			
6	5.2	3.5	4.4
7	8.8	—	5.4
8	—	3.0	5.8
Total	7.2	2.8	5.1

* Multiple Races, White, African American, All Other Races.

† Not available.

§ Other than a few sips.

Table 45b. Percentage of middle school students who had engaged in sexual behaviors, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Had ever had sexual intercourse			
Race/Ethnicity			
Palauan	9.1	2.8	6.0
Other*	—†	—	—
Grade			
6	3.7	1.9	2.8
7	—	—	5.6
8	—	—	11.0
Total	9.4	2.6	6.3
Had first sexual intercourse before age 11 years			
Race/Ethnicity			
Palauan	0.7	0.4	0.6
Other	—	—	—
Grade			
6	0.0	1.0	0.5
7	—	—	0.0
8	—	—	1.1
Total	0.7	0.4	0.5
Had ≥3 sex partners			
Race/Ethnicity			
Palauan	4.2	0.3	2.2
Other	—	—	—
Grade			
6	2.8	0.0	1.4
7	—	—	1.5
8	—	—	4.8
Total	4.7	0.3	2.6

* Multiple Races, White, African American, All Other Races.

† Not available.

Table 46b. Percentage of middle school students who had used a condom during last sexual intercourse* and had ever been taught about acquired immunodeficiency syndrome (AIDS) or human immunodeficiency virus (HIV) infection in school, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Used a condom during last sexual intercourse			
Race/Ethnicity			
Palauan	—†	—	—
Other§	—	—	—
Grade			
6	—	—	—
7	—	—	—
8	—	—	—
Total	—	—	—
Had been taught in school about AIDS or HIV infection			
Race/Ethnicity			
Palauan	60.6	55.5	58.2
Other	—	—	—
Grade			
6	55.7	48.0	52.2
7	56.9	—	54.5
8	—	70.3	71.2
Total	60.4	56.2	58.4

* Among the 6.3% of students who ever had sexual intercourse.

† Not available.

§ Multiple Races, White, African American, All Other Races.

Table 47b. Percentage of middle school students who participated in sufficient vigorous physical activity,* had played on any sports teams,† and who had watched ≥3 hours per day of TV,§ by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Participated in sufficient vigorous physical activity			
Race/Ethnicity			
Palauan	60.3	58.6	59.2
Other [¶]	— ^{**}	—	—
Grade			
6	55.9	49.6	53.1
7	64.7	—	64.8
8	—	61.7	63.3
Total	61.1	58.4	59.4
Played on any sports teams			
Race/Ethnicity			
Palauan	63.1	54.1	58.6
Other	—	—	—
Grade			
6	59.6	55.8	57.9
7	53.8	—	51.8
8	—	53.1	65.4
Total	63.1	53.2	58.4
Watched ≥3 hours per day of TV			
Race/Ethnicity			
Palauan	26.3	25.4	25.8
Other	—	—	—
Grade			
6	21.1	14.4	18.1
7	30.6	—	28.5
8	—	34.2	32.4
Total	26.1	24.8	25.3

* Exercised or participated in physical activity that made them sweat and breathe hard for at least 20 minutes on ≥3 of the 7 days preceding the survey (e.g., basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities).

† Run by their school or community groups.

§ On an average school day.

¶ Multiple Races, White, African American, All Other Races.

** Not available.

Table 48b. Percentage of middle school students who were enrolled in physical education (PE) class* and attended PE class daily,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Were enrolled in PE class			
Race/Ethnicity			
Palauan	87.7	89.7	88.7
Other§	—¶	—	—
Grade			
6	87.6	87.1	87.4
7	83.7	—	85.1
8	—	94.1	93.1
Total	87.7	89.2	88.5
Attended PE class daily			
Race/Ethnicity			
Palauan	17.9	16.6	17.2
Other	—	—	—
Grade			
6	18.9	11.0	15.4
7	16.5	—	18.7
8	—	15.6	16.8
Total	17.7	15.6	16.6

* Went to PE classes on one or more days in an average week when they were in school.

† Five days in an average week when they were in school.

§ Multiple Races, White, African American, All Other Races.

¶ Not available.

Table 49b. Percentage of middle school students who were at risk for becoming* or were overweight,† by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
At risk for becoming overweight			
Race/Ethnicity			
Palauan	25.9	16.7	21.0
Other§	—¶	—	—
Grade			
6	—	—	—
7	—	—	—
8	—	—	16.4
Total	23.5	16.5	19.9
Overweight			
Race/Ethnicity			
Palauan	26.8	21.9	24.2
Other	—	—	—
Grade			
6	—	—	—
7	—	—	—
8	—	—	18.6
Total	26.2	23.2	24.7

* Students who were ≥85th percentile but <95th percentile for body mass index, by age and sex, based on reference data.

† Students who were ≥95th percentile for body mass index, by age and sex, based on reference data.

§ Multiple Races, White, African American, All Other Races.

¶ Not available.

Table 50b. Percentage of middle school students who described themselves as slightly or very overweight and who were trying to lose weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Described themselves as overweight			
Race/Ethnicity			
Palauan	21.9	21.8	21.8
Other*	—†	—	—
Grade			
6	18.0	18.6	18.3
7	28.3	—	26.1
8	—	25.0	23.9
Total	22.4	22.6	22.5
Were trying to lose weight			
Race/Ethnicity			
Palauan	40.7	46.7	43.9
Other	—	—	—
Grade			
6	41.5	46.2	43.6
7	40.3	43.4	42.1
8	—	48.5	46.4
Total	41.8	46.4	44.2

* Multiple Races, White, African American, All Other Races.

† Not available.

Table 51b. Percentage of middle school students who had ever engaged in healthy behaviors associated with weight control to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	54.6	55.4	55.0
Other*	—†	—	—
Grade			
6	54.1	56.2	55.0
7	61.5	—	57.9
8	—	58.3	55.1
Total	54.9	56.4	55.6
Exercised to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	67.4	66.0	66.6
Other	—	—	—
Grade			
6	65.0	62.1	63.7
7	77.4	65.5	71.2
8	—	69.4	66.3
Total	68.0	65.7	67.0

* Multiple Races, White, African American, All Other Races.

† Not available.

Table 52b. Percentage of middle school students who had ever engaged in unhealthy behaviors associated with weight control to lose weight or to keep from gaining weight, by sex, race/ethnicity, and grade — Republic of Palau, Middle School Youth Risk Behavior Survey, 2003

Question	Male %	Female %	Total %
Went without eating for ≥ 24 hours to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	31.5	32.5	32.1
Other*	—†	—	—
Grade			
6	26.9	30.1	28.4
7	28.6	35.7	31.9
8	—	32.1	37.0
Total	31.2	32.3	31.8
Took diet pills, powders, or liquids to lose weight or to keep from gaining weight§			
Race/Ethnicity			
Palauan	9.0	3.5	6.2
Other	—	—	—
Grade			
6	11.8	5.2	8.8
7	5.9	—	4.7
8	—	1.9	4.0
Total	8.4	3.6	6.0
Vomited or took laxatives to lose weight or to keep from gaining weight			
Race/Ethnicity			
Palauan	10.4	10.6	10.5
Other	—	—	—
Grade			
6	16.2	16.0	16.1
7	9.7	—	8.7
8	—	5.9	5.2
Total	10.9	10.4	10.6

* Multiple Races, White, African American, All Other Races.

† Not available.

§ Without a doctor's advice.

