

TEEN WELLNESS SURVEY 2001

Summary of Results for all Middle and High Schools

Background

In 2001 the Department of Health conducted a large-scale wellness survey of Middle and High School-level students.

In total 3,465 students were surveyed. They answered questions on health attitudes and behaviours, health status, health needs, and they underwent height and weight screenings and a fitness test.

Each student received personalised health information upon the completion of the survey. Each school received a report on the health of their student population.

This is a summary of the main findings.

Sample information

| Grade Level | # Girls | # Boys | Total # | % |
|------------------------|---------|--------|---------|------|
| 6 th Grade | 307 | 325 | 632 | 18% |
| 7 th Grade | 376 | 324 | 700 | 20% |
| 8 th Grade | 333 | 273 | 606 | 17% |
| 9 th Grade | 295 | 249 | 544 | 16% |
| 10 th Grade | 304 | 236 | 540 | 16% |
| 11 th Grade | 199 | 160 | 359 | 10% |
| 12 th Grade | 47 | 36 | 83 | 2% |
| Not in School | 1 | 0 | 1 | 0% |
| Group Total | 1862 | 1603 | 3465 | 100% |

Tobacco Use

- 123 (4%) are current smokers (smoked in the past 30 days).
- 32 (1%) Smoke daily or nearly everyday.
- 38 (1%) are current smokeless tobacco users (in the past 30 days).

Alcohol Use

- 433 (12%) are current drinkers (drank in the past 30 days).
- 28 (1%) drink 10 or more days per month.
- 155 (4%) drink three or more drinks at a time.

Teen Suicide

- 276 (8%) student(s) have seriously considered suicide in the past year.
- 105 (3%) boy(s) have seriously considered suicide in the past year.
- 171 (5%) girl(s) have seriously considered suicide in the past year.

Mental Health

- 598 (17%) student(s) feel worthless and unimportant most of the time.
- 830 (24%) student(s) feel unable to cope with life.
- 1551 (45%) student(s) feel angry, frustrated, or impatient most of the time.
- 350 (10%) student(s) feel unhappy most of the time.
- 1419 (41%) student(s) have experienced a personal crisis recently.
- 407 (12%) student(s) do not get adequate sleep (7+ hours) each night.

Social Health

- 391 (11%) student(s) do not have a social support system.
- 121 (3%) student(s) do not have close friends.
- 226 (7%) student(s) do not have adult friends.
- 167 (5%) student(s) do not feel close to their parents.
- 1029 (30%) student(s) do not feel close to their teachers.

Physical Activity

- 989 (29%) get five or more days of physical activity each week.
- 949 (27%) get little or no daily physical activity.
- The average participation in PE classes is 1.9 days per week.
- 2108 (61%) participate on one or more sports team each year.
- 874 (25%) of this group is overweight (based on BMI).
- 314 (9%) consider themselves overweight.
- 540 (16%) watch five or more hours of TV each year.

Dietary Habits

- 1978 (57%) each eat less than five servings of fruits and vegetables daily.
- 2834 (82%) eat less than six servings of bread or cereal daily.
- 872 (25%) eat three or more servings of fats and or fried foods daily.
- 718 (21%) eat fast foods three or more times per week.
- 1247 (36%) drink one or less servings of milk each day.
- 1057 (31%) of these students skip breakfast regularly.
- 845 (24%) have been dieting to lose or not gain weight.
- 117 (3%) use laxatives or vomit to lose or not gain weight.

Safety and Violence

- 555 (16%) ride in vehicles driven by people affected by alcohol.
- 2886 (83%) do not use seat belts all the time.
- 1443 (42%) do not wear helmets all the time when riding bikes, ATVs, motorcycles or while in-line skating.
- 2104 (61%) don't have or aren't sure if they have working smoke detectors at home.
- 1363 (39%) have been in a physical fight one or more times in the past year.

Preventive Health Care

- 493 (14%) student(s) were sick five or more days during the past six months.

- 2387 (69%) get a yearly physical check-up.
- 2440 (70%) get at least a yearly dental examination.
- 809 (23%) report having current MMR immunizations.
- 994 (29%) report having current tetanus immunizations.
- 2064 (60%) report having had chicken pox or current immunizations.
- 814 (23%) report having current hepatitis B immunizations.

Health Status

- 598 (17%) report having asthma.
- 28 (1%) report having diabetes.
- 89 (3%) report having an activity-limiting disability or health problem.
- 0 (0) have high cholesterol values (170 or higher).
- 0 (%) have high blood pressure (126/82 or higher).
- 874 (25%) are overweight (BMI greater than recommended).
- 1799 (52%) have excessive body fat (percent body fat greater than recommended).

Fitness Tests

| Test | Participants | # Meet Norm | % Meet Norm |
|-----------------|--------------|-------------|-------------|
| Flexibility | 3016 | 2090 | 69% |
| Sit-ups | 3069 | 1521 | 50% |
| Curl-ups | 0 | 0 | 0% |
| Push-ups | 3041 | 1928 | 63% |
| Chin-ups | 12 | 4 | 33% |
| Mod Chin-ups | 0 | 0 | 0% |
| Grip strength | 0 | 0 | 0% |
| 1 mile walk/run | 2843 | 1015 | 26% |