

## HIGHLIGHTS

### • LIFESTYLE RISK FACTORS – ADOLESCENTS •

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- In 2007, 32% of Alaska Native high school students smoked cigarettes on one or more of the past 30 days. This was a significantly higher rate than for U.S. students (20%) and Alaska non-Native students (13%,  $p < .05$ ). However, this was a large improvement from 1995, when 66% of Alaska Native high school students had smoked in the past month ( $p < .05$ ).
- The proportion of Alaska Native high school students who were at risk of overweight increased from 2003 to 2007 (13.0% to 21.4%). The proportion of Alaska Native high school students who are overweight is similar to that of U.S. students (13.2% vs. 13.0%).
- The percent of Alaska Native high school students who report having at least one drink of alcohol on one or more of the past 30 days (41.0%) is not significantly different from Alaska non-Native (39.3%) or U.S. students (44.7%).



## Tobacco Use – Adolescents

**Definition:** Percent of high school students, grades 9-12, who have smoked cigarettes on one or more of the past 30 days.

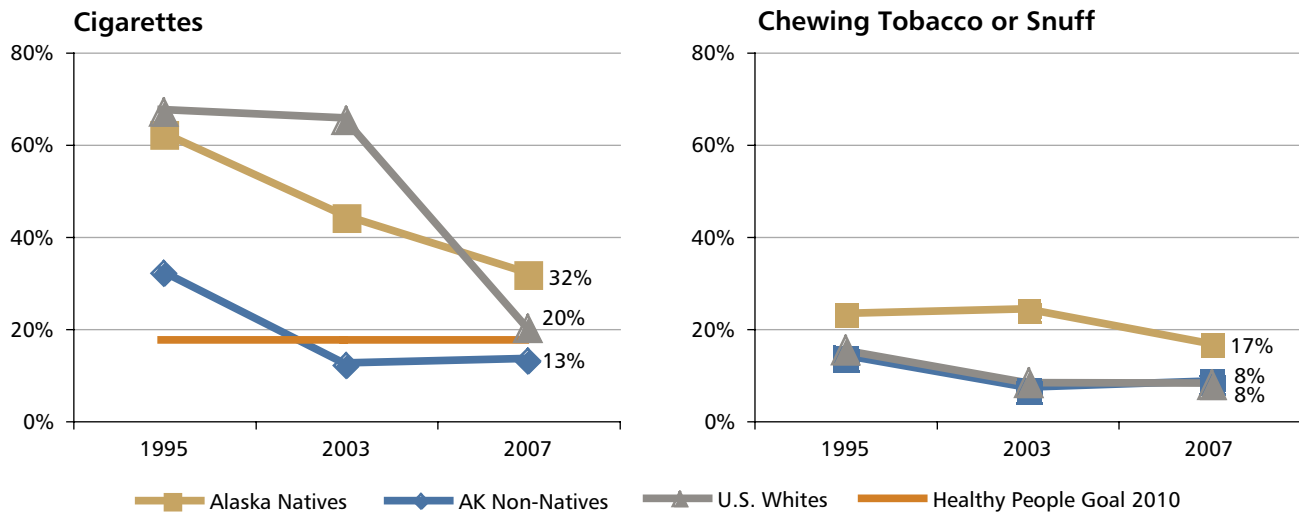
**Healthy People 2010, Objective 27.2b:** Reduce cigarette smoking by adolescents to 17%.

**Healthy Alaskans 2010, Objective 3.1:** Reduce cigarette smoking by adolescents to 16%.

### High School Students Who Have Used Tobacco on One or More of the Past 30 Days

Data Source: Alaska Youth Risk Behavior Survey

US Data Source: Youth Risk Behavior Survey



#### Summary:

- In 2007, 32% of Alaska Native high school students smoked cigarettes on one or more of the past 30 days. This was a significantly higher rate than for U.S. students (20%) and Alaska non-Native students (13%,  $p < .05$ ). However, this was a large improvement from 1995, when 66% of Alaska Native high school students had smoked in the past month ( $p < .05$ ).
- In 2007, 17% of Alaska Native high school students had used chewing tobacco or snuff during the past 30 days. Although there appears to be differences between Alaska Native and non-Native students' smokeless tobacco use rates, these differences were not statistically significant.

**Data Availability:** Available by race and statewide. Sample size is not large enough to be broken down to the regional level.

**For more information:** For Alaska Youth Risk Behavior Survey Reports (YRBS), go to <http://www.hss.state.ak.us/dph/chronic/school/YRBS.htm>  
For state and national level data, visit CDC Youth Risk Behavior Surveillance System at <http://apps.nccd.cdc.gov/yrbss/>

## Overweight – Adolescents

**Definition:** In children and adolescents, *overweight* is defined as having a Body Mass Index (BMI) greater than or equal to the 95th percentile (based on CDC growth charts).

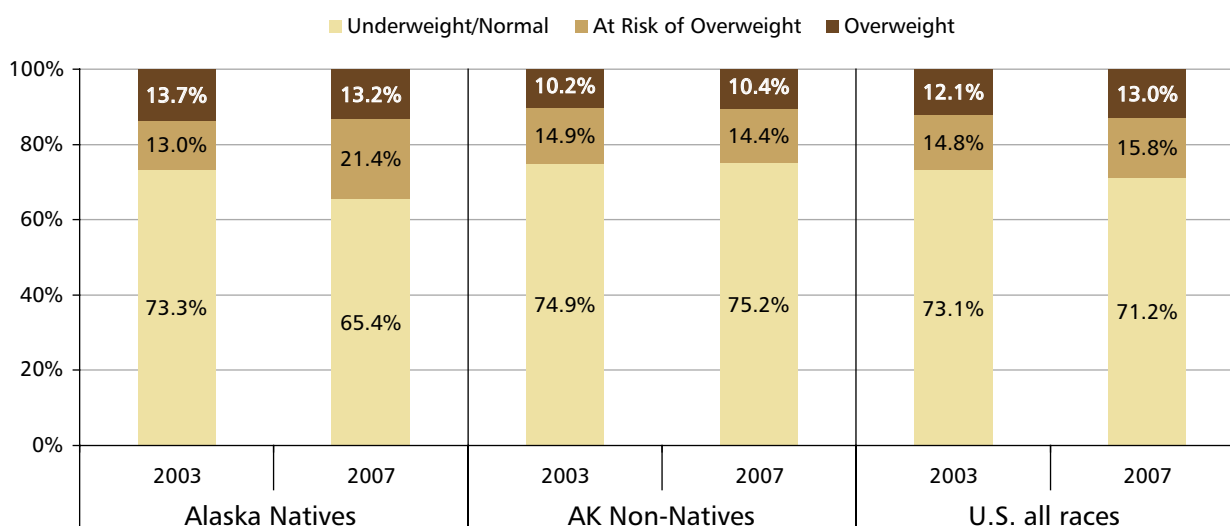
*At risk of overweight* is defined as having a Body Mass Index greater than the 85th but less than 95th percentile.

**Healthy People 2010, Goal 19-3c:** Reduce the proportion of children and adolescents who are overweight to 5%.

**Healthy Alaskans 2010, Objective 1.5:** Reduce the proportion of adolescents who are overweight to 5%.

### Weight Status by BMI, High School Students

Data Source: Alaska Youth Risk Behavior Survey  
US Data Source: Youth Risk Behavior Survey



#### Summary:

- The proportion of Alaska Native high school students who were overweight remained similar from 2003 to 2007. However, the proportion of Alaska Native high school students who were at risk of overweight appears to have increased from 2003 to 2007.
- The proportion of Alaska Native high school students who are overweight is similar to that of U.S. students.

**Data Availability:** Available by race and statewide. Sample size is not large enough to be broken down to the regional level.

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For state and national level data, visit CDC Youth Risk Behavior Surveillance System at <http://apps.nccd.cdc.gov/yrbss/>

## Physical Activity – Adolescents

**Definition:** Recommended levels of physical activity for adolescents is defined as students who were physically active for a total of at least sixty minutes per day on five or more of the past seven days.

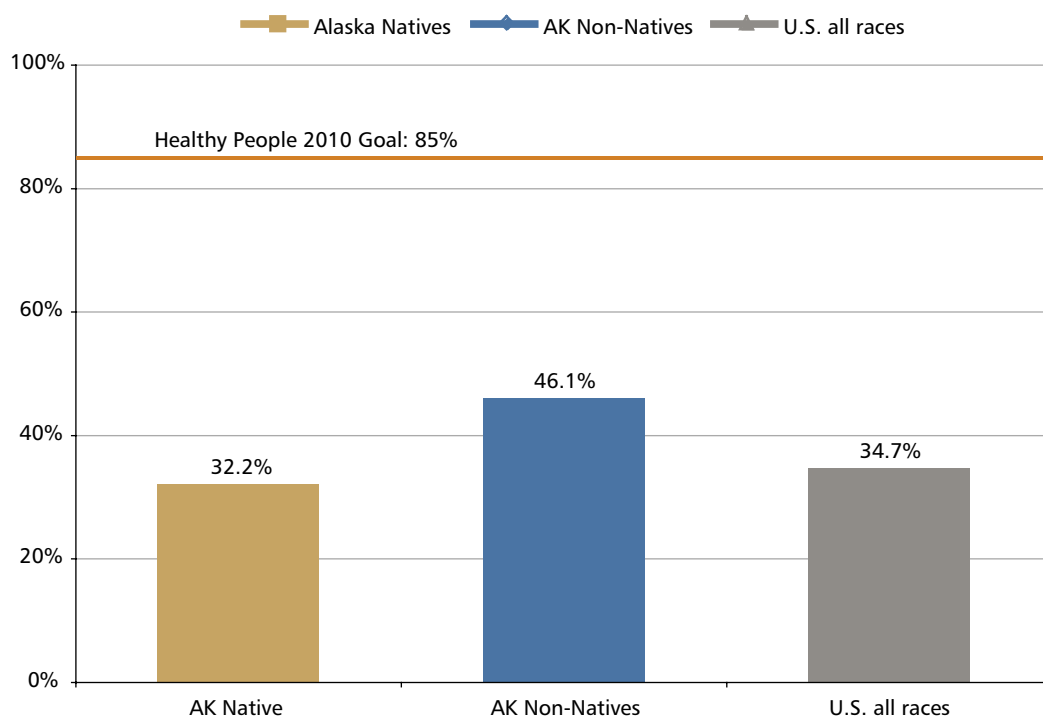
**Healthy People 2010, Objective 22.7:** Increase the proportion of adolescents who engage in recommended levels of physical activity to 85%.

**Healthy Alaskans 2010, Objective 1.5:** Increase the proportion of adolescents who engage in recommended levels of physical activity to 85%.

### Percent of High School Students who meet Recommended Levels of Physical Activity, 2007

Data Source: Alaska Youth Risk Behavior Survey

US Data Source: Youth Risk Behavior Survey



#### Summary:

- 32% of Alaska Native high school students engaged in recommended levels of physical activity. This was 15% less than Alaska non-Native students ( $p < .05$ ).
- None of the above high school student populations have achieved the Healthy People 2010 goal.

**Data Availability:** Available by race and statewide. Sample size is not large enough to be broken down to the regional level.

**For more information:** For Alaska Youth Risk Behavior Survey Reports (YRBS), go to <http://www.hss.state.ak.us/dph/chronic/school/YRBS.htm>  
For state and national level data, visit CDC Youth Risk Behavior Surveillance System at <http://apps.nccd.cdc.gov/yrbss/>

## Substance Abuse – Adolescents

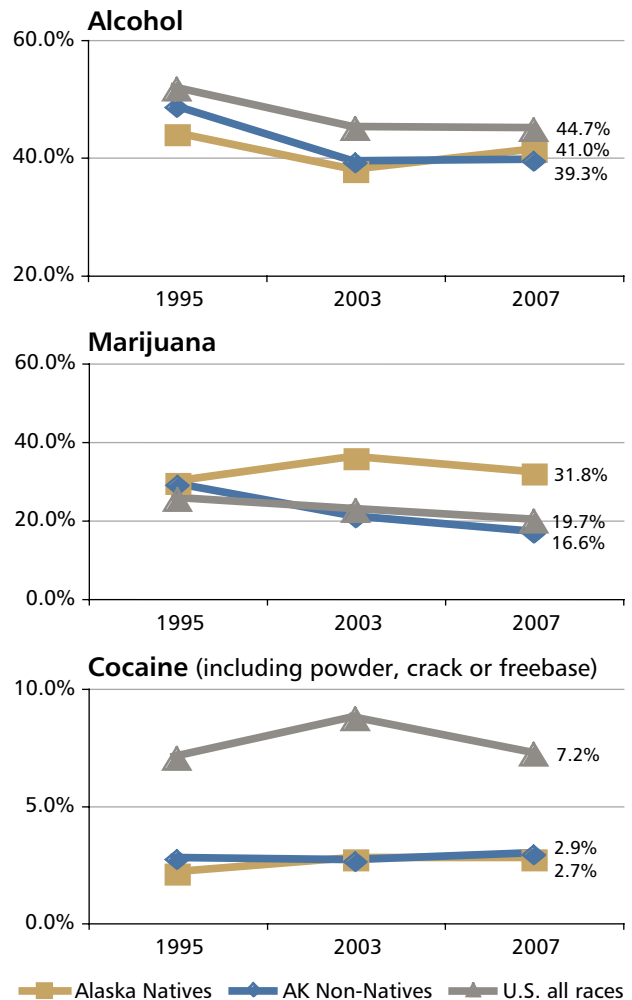
**Definition:** Substance abuse among adolescents is defined as having used alcohol, marijuana or cocaine in the past 30 days.

**Healthy People 2010, Objective 26.10a:** Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days to 89%.

**Healthy Alaskans 2010, Objective 4.7:** Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days to 60%.

### Percent of High School Students who have used Alcohol or Drugs on One or More of the Past 30 Days

Data Source: Alaska Youth Risk Behavior Survey  
US Data Source: Youth Risk Behavior Survey



#### Summary:

- The percent of Alaska Native high school students who report having at least one drink of alcohol on one or more of the past 30 days is not significantly different from Alaska non-Native or U.S. students.
- Almost one-third (32%) of Alaska Native high school students report using marijuana during one or more of the past 30 days compared to 17% of Alaska non-Native high school students ( $p < .05$ ).
- The percent of Alaska Native high school students who used any form of cocaine in the last month was similar to that for Alaska non-Native students. This rate is much lower than for U.S. high school students ( $p < .05$ ).

**Data Availability:** Available by race and statewide. Sample size is not large enough to be broken down to the regional level.

**For more information:** For Alaska Youth Risk Behavior Survey Reports (YRBS), go to <http://www.hss.state.ak.us/dph/chronic/school/YRBS.htm>  
For state and national level data, visit CDC Youth Risk Behavior Surveillance System at <http://apps.nccd.cdc.gov/yrbss/>