

Connecticut School Health Survey

2013 Results

Factsheet



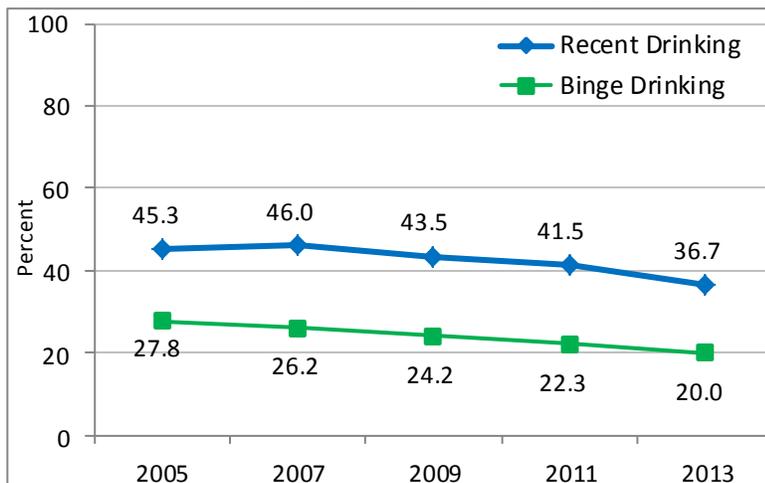
September, 2014—The Connecticut School Health Survey (CSHS) is sponsored by the Department of Public Health and the State Department of Education, in cooperation with the Centers for Disease Control and Prevention. It is administered biennially to public middle and high school students in Connecticut and is comprised of two components: the Youth Tobacco Component (YTC) for grades 6 to 12, and the Youth Behavior Component (YBC) for grades 9 to 12. The two components have been administered to Connecticut public school students as the CSHS since 2005.



Alcohol Use and Abuse

CSHS results since 2005 have shown a decrease in alcohol use and abuse in high-school age youth. In 2013, about 36.7% of teens reported having at least one alcoholic drink in the month before taking the survey. That is a decrease from 45.3% reported in 2005, and an even greater decrease since 1997 when over half of students (52.6%) reported drinking in the past month. There was also a decline seen in students reporting an episode of binge drinking in the past month. Binge drinking is defined as having five or more drinks of alcohol in a row, within a couple of hours. About 20.0% of students reported recent binge drinking, in comparison to students in 2005, when about 27.8% reported binge drinking. The younger that youth start drinking, the more vulnerable they are to abuse alcohol later in life, so it is encouraging to see that fewer CT youth in 2013 (14.9%) reported having their first drink of alcohol younger than age 13, compared to 21.3% of youth in 2005.

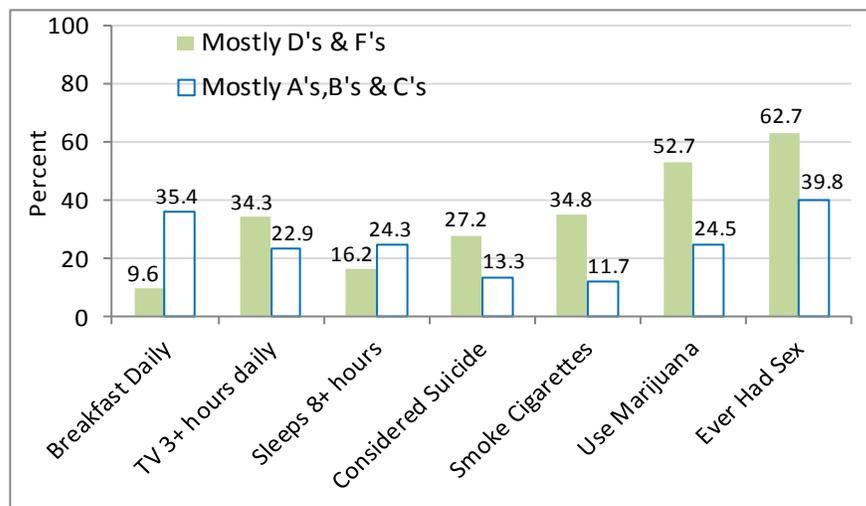
Figure 1: Alcohol Use and Binge drinking in the past month, 2005—2013



Health and Academic Performance

Survey results continue to show the strong relationship between health and academic performance. Connecticut high school age youth reporting their grades to be mostly D's and F's were less likely to get adequate sleep or eat breakfast daily, and more likely to have unhealthy behaviors such as excessive TV viewing, cigarette smoking, marijuana use, considered suicide in the past year, and history of sexual activity.

Figure 2: Academic Grades and Risk Behaviors, 2013



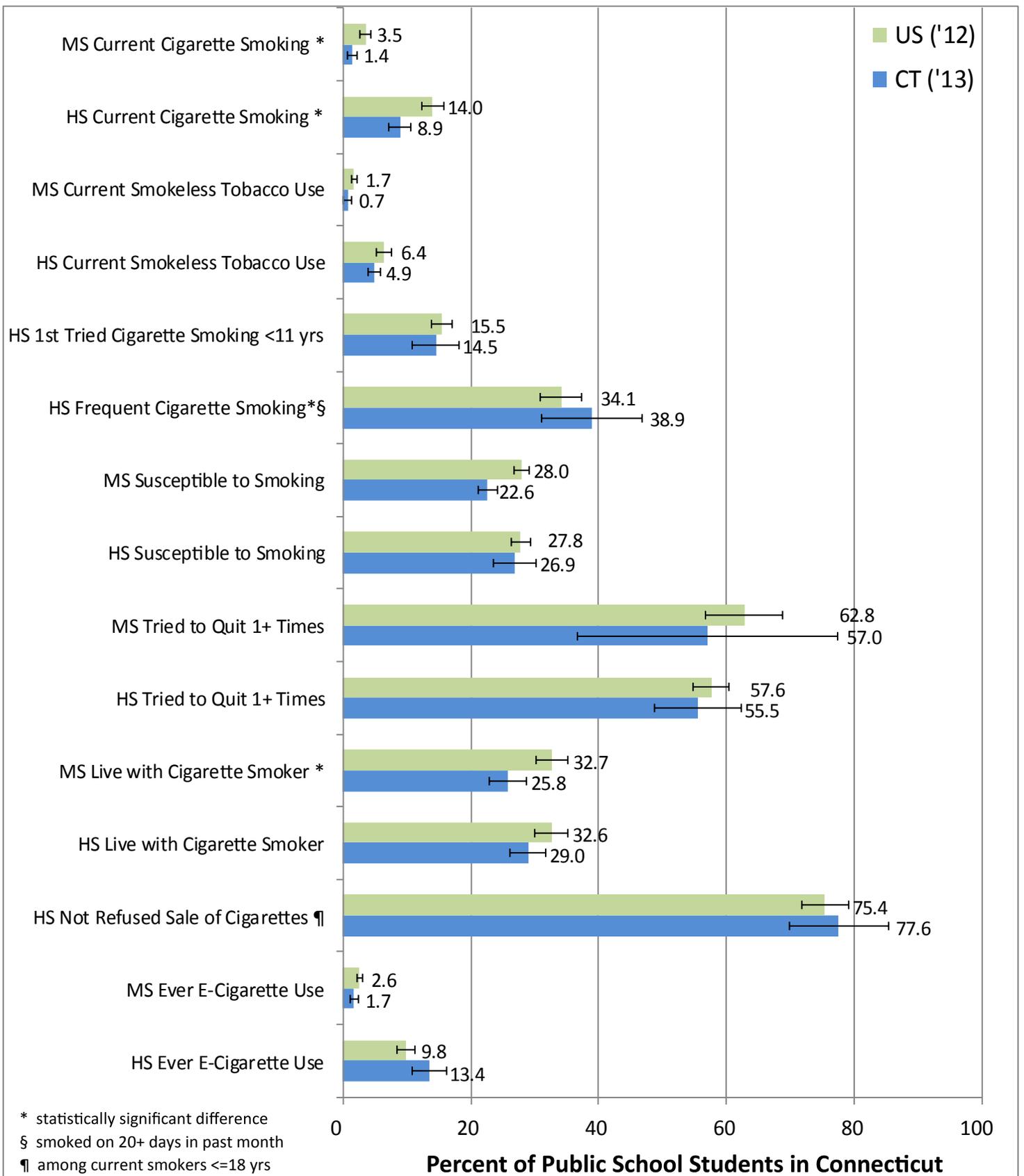
Sugar-sweetened Beverage Consumption

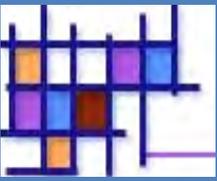
The 2013 survey collected information on consumption of sugar-sweetened drinks (non-diet). Results show Connecticut high school age youth were less likely than their national counterparts to drink soda. About 10.4% of students in Connecticut reported being daily soda drinkers, compared to 27.0% nationally. About 16.1% of Connecticut students reported drinking other sugar-sweetened beverages on a daily basis. Male students were more likely than females to report drinking non-diet beverages like lemonade, Snapple™, or Gatorade™.



Youth Tobacco Component

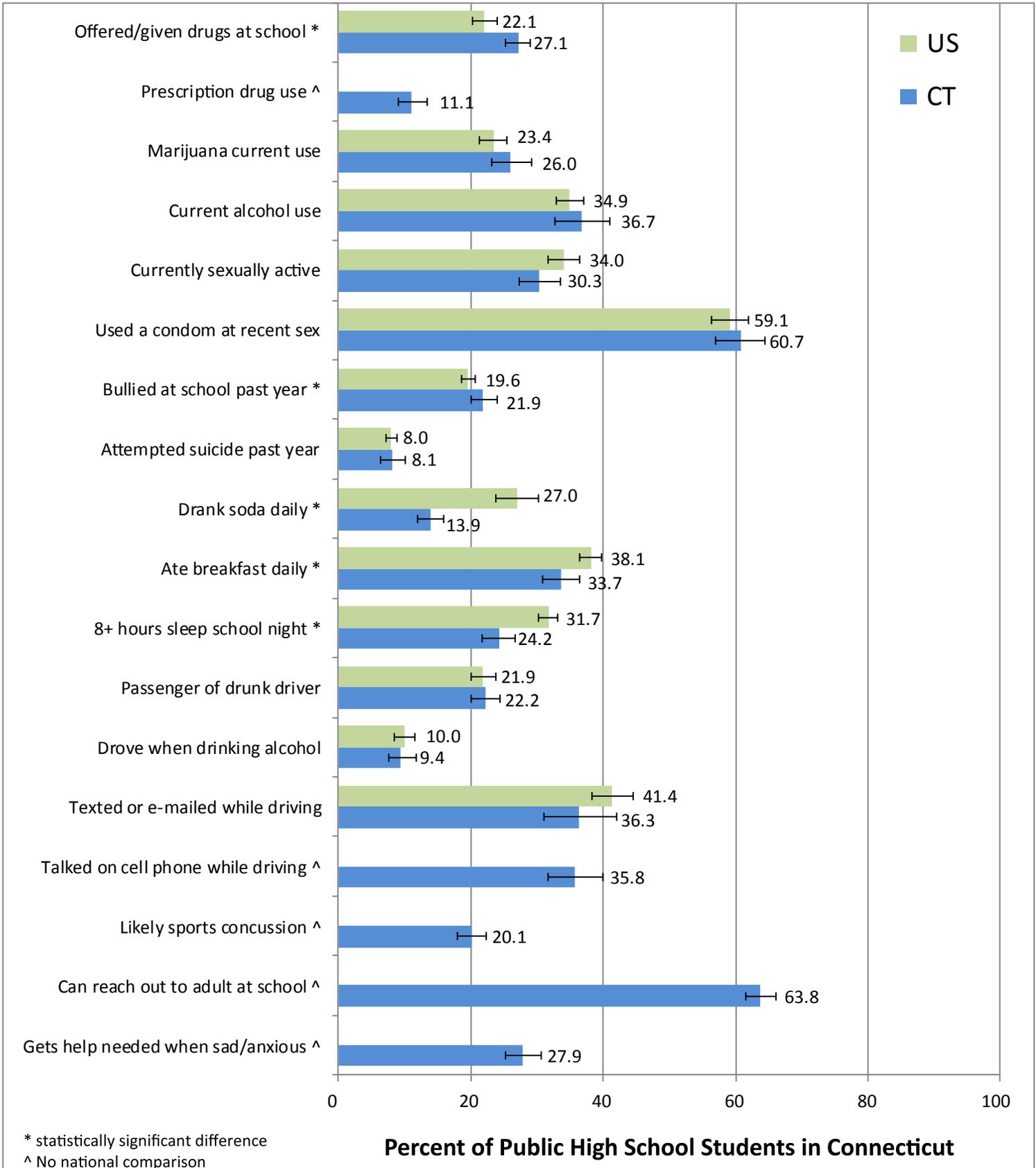
CT Public Middle School (MS) and Public High School (HS) Students in Grades 6-12





Youth Behavior Component

CT Public High School Students in Grades 9-12



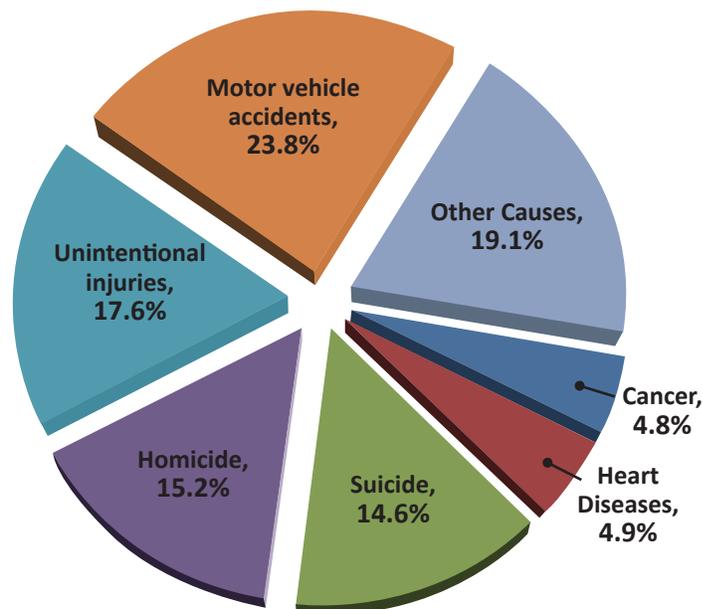
Connecticut School Health Survey

According to Connecticut mortality data for the years 2009–2011, over 70% of all deaths among youth and young adults aged 10–24 years resulted from unintentional and intentional injuries or accidents (see chart on right).

Both components of the CSHS monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth and adults in the United States.

Motor vehicle injuries account for the majority of these deaths. The CSHS monitors progress of safe driving practices, such as seat belt usage in youth, as well as monitoring emerging issues with unsafe driving such as cell phone calls, texting while driving, and drinking and driving.

Leading Causes of Death in CT Youth Ages 10-24 years, 2009–2011



Youth Tobacco Component

The Youth Tobacco Component (YTC) is a comprehensive survey of tobacco use, access, cessation, knowledge and attitudes, and exposure among Connecticut students in grades 6-12.

Youth Behavior Component

The Youth Behavior Component (YBC), in addition to monitoring priority health risk behaviors also measures protective factors and resiliency. The survey asks questions of CT high school students in grades 9-12 in the following topic areas:

- ♦ positive influences
- ♦ dietary behaviors
- ♦ sexual behaviors
- ♦ alcohol & other drug use
- ♦ behaviors that contribute to unintentional injuries and violence
- ♦ physical activity
- ♦ school environment

In the year 2013, 5,434 youth completed the YTC achieving a 73% response rate in Middle Schools and 72% response rate in High Schools. In 2013, 2,405 youth in high schools completed the YBC, achieving a 67% response rate. Both components in 2011 met the Centers for Disease Control (CDC) criteria to be considered representative of high school students in Connecticut (and middle school students for the YTC).

The State Board of Education has adopted a Position Statement on a Coordinated Approach to School Health, available at www.ct.gov/sde/healthyconnections. This Statement includes policy and practice recommendations on how schools and families can support the health and achievement of students including many of the issues identified in this fact sheet. A full CSHS report can be accessed at www.ct.gov/dph/cshs.

More information on the Connecticut School Health Survey:

Department of Public Health
Health Statistics & Surveillance
860-509-7658
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State Department of Education
Comprehensive School Health
860-807-2055
www.ct.gov/sde/healthyconnections