

KEY FINDINGS FROM THE MISSOURI 2015 YOUTH RISK BEHAVIOR SURVEY AND 2015 YOUTH TOBACCO SURVEY

The good news.....

- ✓ Non-diet soda consumption continued to decline among middle and high school students
- ✓ Physical activity continued to increase among high school students
- ✓ Television viewing continued to decline among middle and high school students
- ✓ Lifetime and current cigarette smoking continued to decline among middle and high school students
- ✓ Current alcohol use and binge alcohol drinking continued to decline among high school students
- ✓ Lifetime and current sexual intercourse continued to decline among high school students

Of concern...

- Video game and non-school computer use continued to increase among middle and high school students
- Use of electronic vapor products increased significantly among middle and high school students
- Almost one-half of middle and high school students were exposed to secondhand tobacco smoke at indoor or outdoor public places
- Almost one-third of middle school students were bullied on school property
- One-third of 12th grade males had taken a prescription drug without a doctor's prescription
- Almost one-half of high school students had texted or e-mailed, or talked on a cell phone while driving
- More than three-quarters of high school students had ridden with a someone who was using a cell phone while driving including over 80 percent of females
- Condom use continued to decline among high school students

A report of the survey results, *Health Risk Behaviors among Missouri Middle and High School Students*, is available on the Missouri Department of Health and Senior Services website at <http://www.health.mo.gov/data/yrbss/index.php>. See highlights on reverse side of this page.

Progress is being made with these behaviors...

- ✓ In 2007, one-third of middle and high school students drank non-diet soda one or more times per day and by 2015 the percentage had dropped to about 20 percent.
- ✓ The percentage of high school students who participated in any type of physical activity that increased their heart rate and made them breathe hard some of the time for at least 60 minutes per day on five or more days of the week increased significantly from 36.0 percent in 2005 to 45.7 percent in 2015.
- ✓ Current cigarette smoking declined significantly among high school students from 21.3 percent in 2005 to 11.0 percent in 2015 and among middle school students from 8.3 percent to 2.4 percent.
- ✓ Current alcohol use among high school students declined significantly from 40.8 percent in 2005 to 34.5 percent in 2015.
- ✓ Current sexual intercourse among high school students declined significantly from 33.2 percent in 2005 to 27.5 percent in 2015.

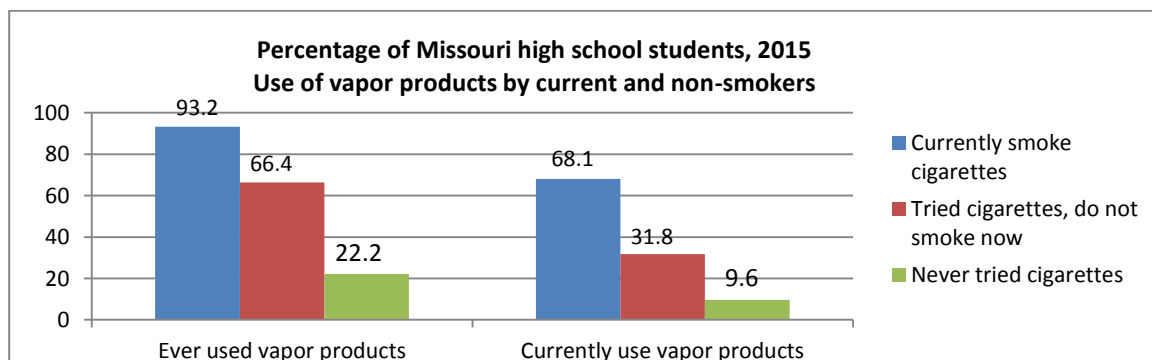
Behaviors that need may attention....

- Video game or non-school work computer use for three or more hours per day on an average school day increased significantly among high school students from 21.5 percent in 2007 to 37.4 in 2015 and among middle school students from 25.9 percent in 2009 to 31.8 percent in 2015.
- The percentage of high school students that used a condom during last sexual intercourse declined significantly from 67.2 percent in 2005 to 56.4 percent in 2015.

Electronic Vapor Product Use – An emerging public health concern

- The percentage of high school students who had ever tried using an electronic vapor product (e-cigarette) increased significantly from 12.4 percent in 2013 to 40.6 percent in 2015 and among middle school students from 8.5 percent in 2013 to 14.0 percent in 2015. Twenty-two (22.0) percent of high school students and 7.2 percent of middle school students currently used electronic vapor products in 2015.

The figure below shows the percentage of high school students who ever used and currently use vapor products among students that currently smoke cigarettes, students that have tried cigarettes and are not smoking now, and students who have never tried smoking cigarettes. The data reveals that electronic vapor products are introducing non-smoking students to a new way of becoming addicted to nicotine.



For a fact sheet on electronic vapor products or electronic nicotine delivery systems (ENDS) from the Centers for Disease Control and Prevention, go to <http://www.cdc.gov/tobacco/stateandcommunity/pdfs/ends-key-facts2015.pdf>