

Utah

2003 Youth Risk Behavior Survey (YRBS) Results

These risk behaviors¹ . . .

Unintentional Injuries and Violence

- 6% Rarely or never wore safety belts
- 18% Rode with a drinking driver during the past month
- 15% Carried a weapon during the past month
- 29% Were in a physical fight during the past year
- 8% Attempted suicide during the past year

Alcohol and Other Drug Use

- 21% Drank alcohol during the past month
- 14% Reported episodic heavy drinking during the past month
- 11% Used marijuana during the past month
- 7% Ever used cocaine
- 15% Ever used inhalants

Sexual Behaviors

- NA² Ever had sexual intercourse
- NA Ever had four or more sex partners
- NA Had sexual intercourse during the past three months
- NA Did not use a condom during last sexual intercourse³
- NA Did not use birth control pills during last sexual intercourse³

Tobacco Use

- 33% Ever tried cigarette smoking
- 7% Smoked cigarettes during the past month
- 3% Smoked cigarettes on ≥ 20 days during the past month
- 3% Used smokeless tobacco during the past month
- 7% Smoked cigars during the past month

Dietary Behaviors

- 80% Ate < 5 servings of fruits and vegetables per day during the past 7 days
- 75% Drank < 3 glasses of milk per day during the past 7 days

Physical Activity

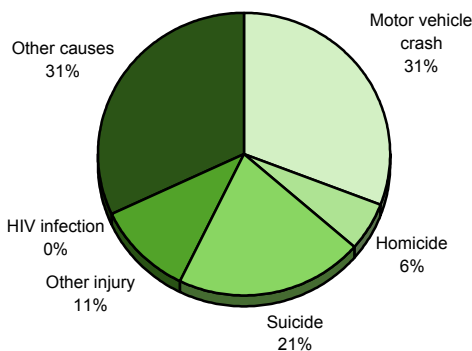
- 29% Participated in insufficient vigorous physical activity⁴
- 71% Participated in insufficient moderate physical activity⁵
- 40% Were not enrolled in physical education class
- 74% Did not attend physical education class daily
- 5% Did not participate in any vigorous or moderate physical activity

Overweight

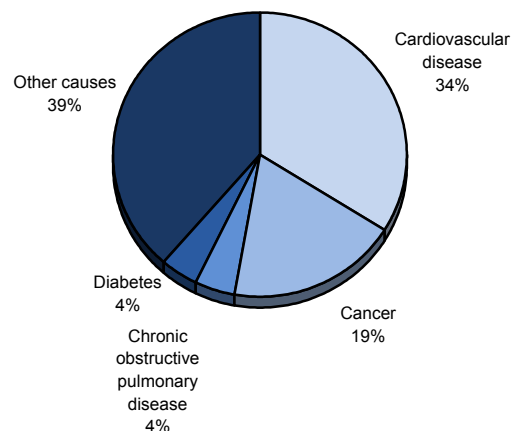
- 11% At risk for becoming overweight⁶
- 7% Overweight⁷

. . . contribute to these leading causes of death.⁸

Youth Aged 10-24 Years



Adults Aged 25 Years and Older



¹ Among high school students only, weighted data.

² Data not available.

³ Among students who had sexual intercourse during the past 3 months.

⁴ Did not participate in vigorous physical activity for ≥ 20 minutes on ≥ 3 of the past 7 days.

⁵ Did not participate in moderate physical activity for ≥ 30 minutes on ≥ 5 of the past 7 days.

⁶ Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

⁷ Students who were at or above the 95th percentile for body mass index by age and sex, National Center for Health Statistics, 2000.

⁸ 2001 mortality data, National Center for Health Statistics.