Safe and Supportive Schools: Health Risks

Student risk behaviors and attitudes

- They did not eat any vegetables or fruits in the past day.
- On an average school day, they watch TV at least 2 hours or more.

Percent of students who say that within the last 30 days:

- They smoked at least one day.
- They used chewing tobacco or snuff.
- They used illegal drugs (such as marijuana, uppers, downers, inhalants).
- They drank alcohol at least once.

Percent who say their close friends would approve or not care if:

- They smoked marijuana regularly.
- They had 5 or more alcoholic drinks once or twice each weekend.

Student health practices

- They felt they had problems with one of the following: acne, overweight, underweight, too tall, too short.
- They did not eat any vegetables or fruits in the past day.
- On a typical night they get 7 hours of sleep or less.
- During the past week they ate breakfast 2 days or fewer.
- On an average school day, they watch TV at least 2 hours or more.
- On an average school day, they Instant Message (IM), check their e-mail, or visit chat rooms at least 2 hours or more.

Teacher and principal attitudes

- Percent who agree or strongly agree that the following practices are essential to effective education:

Students’ primary care

Where students say they usually see their regular doctor or nurse when they are sick:

- Community health clinic
- Doctor’s office
- Emergency room/Hospital
- Other health-care facility
- I have no regular doctor or nurse.