

Greater Monadnock Region Youth Risk Behaviors

These charts track some of the teen assessments of local students in grades 9 - 12. Please read carefully the notes below when considering this data.

Health Behaviors

| Behavior | NH 2011 | NH 2013 | NH 2015 | NH 2017 | NH 2019 | GMR 2011 | GMR 2013 | GMR 2015 | GMR 2017 | GMR 2019 |
|--|-------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <i>Sexual Behaviors/Identities</i> | % | % | % | % | % | % | % | % | % | % |
| Ever had sexual intercourse | 45 | 42 | 39 | 39 | 40 | 46 | 44 | 43 | 42 | 43 |
| Had sexual intercourse for first time before age 13 (of those who have had sex) | 5 | 4 | (8) | 2.5 | 2(6) | 5 | 4 | (5) | 3 | 4 (10) |
| Drank or used drugs before having sexual intercourse last time had sex | 22 24 19 | 20 22 18 | 19 21 16 | 19 | 18 | 21 | 24 | 20 | 16 | 20 |
| No prevention used during last sexual intercourse | | | | 7 | 7 | | | | 9 | 5 |
| Used a condom during last sexual intercourse | 61 | 63 | 61 | 60 | 59 | 59 | 62 | 57 | 55 | 63 |
| Hit or purposely hurt by boy/girlfriend in past 12 months Physical dating violence. | 9 | 9 | 8 | 8 | 7 | | 10 | 8 | 7 | 5 |
| Was ever forced to have sex when they did not want to (past yr, forced to do something sexual) | 7 | 6 | 6 (13) | 6 (9) | 7 (10) | 7 | 7 (11) | 7 (14) | 7 (8) | 8 (11) |
| During life have had sex with both M & F partners of those having sex | | | | | 9 4 13 | | | | | 11 2 17 |
| Describe self as gay, lesbian, or bisexual | | | | | 12 7 17 | | | | | 14 7 22 |
| Not sure if they are heterosexual | | | | | 4 3 6 | | | | | 5 3 7 |
| <i>Miscellaneous Measures</i> | | | | | | | | | | |
| Used indoor tanning device in past 12 months | 10 5 16 | 8 4 13 | 6 3 9 | | NA | 10 | 9 | 6 3-10 | | NA |
| Physically active for 60 minutes every day in past week | | 23 30 15 | 23 29 15 | 23 | 23 29 16 | | | 25 32-19 | 23 | 23 29 17 |
| Parent/adult live with in jail in past year | | | 9 | 9 | 7 | | | 10 | 9 | 6 |
| Live with someone with substance problem | | | 30 | | 31 28 34 | | | 34 | | 31 26 36 |
| Ever saw/heard adults physically violence at home | | | | | 17 | | | | | 16 |
| Usually sleep in parent/guardian's home | | | | | 97 | | | | | 97 |
| Trying to lose weight | | 45 29 63 | 44 28 60 | | 44 31 58 | | 44 | 45 31-59 | | 45 29 62 |
| Video/computer gaming 3+ hrs/day | | | 39 | 48 | 49 50 48 | | | 37 | 45 | 44 49 31 |
| Less than 8 hrs of sleep on school nights | | | 72 68 75 | 75 | 76 | | | 70 68-76 | 75 | 77 |

Notes about using this data.

- NH YRBS is from random samples that, due to participation levels (57,000) are considered representative samplings for the state. All high schools in the region participated in 2011 and 2013, only 4 participated in 2015 (Keene, Hinsdale, Jaffrey, Peterborough).

- Male and Female percent is only shown when the statistics were available and it is considered significant. It will be shown as two numbers below the total percent with males listed first.

Attitudes and Perceptions

| | NH 2011 | NH 2013 | NH 2015 | NH 2017 | NH 2019 | GMR 2011 | GMR 2013 | GMR 2015 | GMR 2017 | GMR 2019 |
|--|-------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Parents | % | % | % | % | % | % | % | % | % | % |
| Their parents feel it would be wrong or very wrong for them to smoke cigarettes | 85 82 88 | 90 87 93 | 90 88 93 | | NA | 82 | 87 | 89 85-93 | | NA |
| Their parents feel it would be wrong or very wrong for them to drink alcohol regularly | 84 81 87 | 87 84 90 | 89 86 93 | 89 | 91 89 93 | 82 | 85 | 86 81-90 | 86 | 88 86 91 |
| Their parents feel it would be wrong or very wrong for them to smoke marijuana | 82 79 85 | 83 80 85 | 83 | 78 | 78 77 80 | 81 | 79 | 79 76-83 | 73 | 72 69 75 |
| Parents feel it would be wrong or very wrong to take prescription drug without prescription | 92 | 94 | 95 | 94 | 95 94 97 | | 94 | 95 | 93 | 95 93 98 |
| Agree or strongly agree that their family has clear rules and standards for their behaviors | 81 | 77 | 76 | | 76 | 80 | 75 | 75 | | 78 |
| Had talk with parent about dangers of substance use in past 12 months | 48 | 50 | 50 | 52 | NA | 48 | 49 | 52 | 48 | NA |
| Youth Attitudes & Perceptions | % | % | % | % | % | % | % | % | % | % |
| Would be sort of or (very easy) to get cigarettes | 73(49) | 70 | 61 | (35) | NA | 51 | (47) | 69 | (41) | NA |
| Would be sort of or (very easy) to get alcohol | 75(41) | 74 | 68 | (39) | 63 (32) | (41) | (40) | 72 68-76 | (41) | 66 (33) |
| Would be sort of or (very easy) to get marijuana | 68(47) | 68 | 63 | (41) | 61 (39) | (45) | (49) | 69 | (45) | 63 (43) |
| Sort of or (very easy) to get a prescription drug | 39(19) | 35 | 30 | (13) | 25 (10) | (17) | (16) | 32 | (15) | 27 (11) |
| Friends think it is wrong or very wrong for you to smoke tobacco | | 58 53 64 | 66 61 69 | 65 | NA | 64 | 52 | 64 72-60 | 60 | NA |
| Friends think it is wrong or very wrong for you to drink alcohol nearly every day | | 53 47 60 | 57 50 65 | 57 | 65 59 72 | | 49 | 53 46-60 | 53 | 60 55 67 |
| Friends think it is wrong or very wrong for you to smoke marijuana | 54 | 42 37 47 | 43 40 47 | 37 | 38 | 56 | 39 | 38 36-40 | 31 | 35 |
| Friends think it is wrong/very wrong to take prescription drug without prescription | 86 83 89 | 77 73 81 | 82 77 86 | 81 | 84 80 88 | | 76 | 79 73-84 | 78 | 81 79 85 |
| (Wrong) Disapprove someone their age drinking alcohol daily | 60 56 64 | 65 60 71 | 64 60 69 | | 71 66 77 | 62 | | 63 57-70 | | 68 64 74 |
| Think people are at great risk of harm if they smoke 1+ packs of cigarettes daily | 66 61 73 | 67 63 71 | 71 68 74 | 66 | NA | 67 | 66 | 70 66-74 | 63 | NA |
| Think people are at great risk of harm to drink 1-2 drinks of alcohol daily | 32 | | 27 23 32 | | NA | 31 | | 25 22-28 | | NA |
| Think people are at great risk of harm if they take 5+ drinks of alcohol 1-2 times a week | 36 32 41 | 37 33 40 | 41 39 44 | 36 | 27 24 31 | 36 | 33 | 40 | 33 | 25 20 31 |
| Think people are at great risk of harm if they smoke marijuana 1 or 2 times/week | 33 27 39 | 22 19 25 | 18 | 16 | 10 | 33 | 21 | 16 | 11 | 8 |
| Think people are at great risk of harm if they take prescription drug without a prescription | 61 55 65 | 63 59 67 | 63 60 66 | 63 | 57 52 62 | 60 | 62 | 65 62-68 | 61 | 54 50 59 |
| Saw or heard message to avoid substance use | | 68 | 80 | 69 | 70 | | 67 | 79 | 66 | 71 |
| Agree or strongly agree that they matter to people in their community | 48 | 47 51 42 | x | 51 | NA | 47 | 44 | x | 47 | NA |
| Volunteered 1 or more times in past month | 38 37 45 | 41 35 47 | 43 38 48 | | NA | 40 | 40 | 41 39-45 | | NA |

| | | | | | | | | | | |
|--|-------------|-------------|-------------|--|----|----|----|-------------|--|----|
| Involved in activities other than sports or school related 1+ hours a week | 43 39 47 | 39 35 42 | 37 34 41 | | NA | 44 | 41 | 40 36-43 | | NA |
|--|-------------|-------------|-------------|--|----|----|----|-------------|--|----|

Safety Issues and Suicide

| Behavior | NH 2011 | NH 2013 | NH 2015 | NH 2017 | NH 2019 | GMR 2011 | GMR 2013 | GMR 2015 | GMR 2017 | GMR 2019 |
|---|-------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <i>Safety Issues</i> | % | % | % | % | % | % | % | % | % | % |
| During past 30 days, rode in a vehicle driven by someone who had been drinking alcohol | 22 | 17 | 16 | 14 | 15 | 21 | 20 | 19 | 16 | 14 |
| Drivers in past 30 days drove a car or other vehicle when they had been drinking alcohol | 9 | 9 | 7 | 6 | 5 | 8 | 10 | 6 | 5 | 6 |
| Felt unsafe at school/on way to school so didn't go to school on 1+ of past 30 days | 5 | 6 | 5 | 5 | 7 | 4 | 6 | 5 | 5 | 6 |
| Were in a physical fight during the past 12 months (on school property) | (10) | (8) | (6) | 19 | (8) 11 4 | (9) | (9) | (6) | 21 | (8) |
| Electronically bullied in past 12 months | 20 13 27 | 19 11 27 | 19 11 26 | 19 | 20 13 27 | 19 | 19 | 19 | 20 | 18 12 24 |
| Bullied at school in past 12 months | 24 21 27 | 24 19 28 | 22 17 27 | 21 | 23 19 28 | 23 | 24 | 22 | 24 | 26 21 30 |
| Texted/emailed while driving in past month (of those driving) | | 45 | 42 | 42 | 43 | | 42 | 44 | 39 | 38 |
| <i>Suicide</i> | | | | | | | | | | |
| Felt sad/hopeless almost every day for 2+ weeks in past year that they stopped doing usual activities | 26 19 32 | 26 18 35 | 27 18 37 | 28 | 34 24 44 | 24 | 26 | 28 | 32 | 34 |
| Purposely hurt self (cutting, etc) in past year | | 19 11 27 | 18 10-27 | | 20 13 27 | | 18 | 21 12-30 | | 21 15 27 |
| Attempted suicide at least once in past year | 7 | 7 | 7 | 6 | 7 | 6 | 7 | 7 | 8 | 8 |
| Those attempting suicide during the past 12 months who had to be treated medically (of all teens) | 43(2) | 35 | 34 | (2) | 28 (2) | (2) | | 30 | (3) | 35 (3) |

Alcohol and Other Drug Use

| Substance | NH 2011 | NH 2013 | NH 2015 | NH 2017 | NH 2019 | GMR 2011 | GMR 2013 | GMR 2015 | GMR 2017 | GMR 2019 |
|---|-------------|-------------|------------|------------|------------|-------------|-------------|-------------|-------------|-------------|
| <i>Cigarettes</i> | % | % | % | % | % | % | % | % | % | % |
| Have never smoked whole cigarette | 69 | 74 | 80 | | NA | | | 77 | | NA |
| Smoked cigarettes on one or more of the past 30 days | 19 21 17 | 14 16 12 | 9 | 8 | 6 | 20 | 18 | 11 | 10 | 8 |
| Smoked first cigarette before age 13 (of those smoking) | 10 | 8 | 6 (30) | 7 | NA | 12 | 11 | (32) | 8 | NA |
| Smoked cigars, cigarillos on 1+ days in past 30 | 16 | 13 19 7 | 11 16 6 | 10 | NA | 15 | 15 | 13 | 12 | NA |
| Ever used electronic vapor product | | | | | 50 | | | | | |
| Used electronic vapor product in past 30 days | | | 25 | 24 | 34 | | | 25 | 18 | 35 |
| Those who vape purchased it themselves | | | | | 18 | | | | | 18 |

| | | | | | | | | | | |
|---|--|--|--|--|----|--|--|--|--|----|
| Those who vape who had someone buy it for them | | | | | 18 | | | | | 19 |
| Those who vape who borrowed/someone give it to them | | | | | 52 | | | | | 50 |

| Substance | NH 2011 | NH 2013 | NH 2015 | NH 2017 | NH 2019 | GMR 2011 | GMR 2013 | GMR 2015 | GMR 2017 | GMR 2019 |
|--|-------------|-------------|-------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Alcohol | % | % | % | % | % | % | % | % | % | % |
| Ever drank alcohol other than a few sips | 65 | 61 58 65 | 54 | | 53 50 56 | 65 | 62 | 57 | | 55 50 60 |
| Drank alcohol before age 13 (of drinkers) | 15 | 12 | 11(22) | 11 | 10(20) | 17 | 15 | 14(24) | 13 | 14(26) |
| Had at least one drink of alcohol on one or more of the past 30 days | 38 | 33 30 36 | 30 | 29 | 27 25 29 | 38 | 37 | 34 | 31 | 29 26 32 |
| Had five or more drinks of alcohol in a row on one or more of the past 30 days | 24 | 19 | 17 | 16 | 14 | 25 | 22 | 20 | 17 | 17 |
| Those who drink who purchased alcohol themselves | 5 | 5 | 5 | 10 | 5 | | | 4 | 6 | 4 |
| Those who drink who had someone buy it for them | 31 | 24 | 22 | | 16 | | | 26 | | 18 |
| Those who drink had someone give it to them | 32 | 37 | 42 | | 36 | 31 | 39 | 42 | | 38 |
| Marijuana | | | | | | | | | | |
| Ever tried marijuana | 42 | 39 | 37 | | 39 | 42 | 43 | 42 | | 40 |
| Tried marijuana before age 13 (of users) | 8 | 7 | 6 (17) | 5 | 5 (13) | 9 | 9 | 7 (17) | 8 | 7 (11) |
| Used marijuana one or more times during the past 30 days | 27 31 24 | 24 27 21 | 22 | 23 | 26 | 26 | 27 | 26 | 25 | 28 |
| Other Substances | | | | | | | | | | |
| Offered, sold or given an illegal drug on school property in the past year | 23 27 19 | 19 22 15 | 17 19 14 | 16 | 20 | 23 | 21 | 18 | 19 | 24 |
| Used synthetic marijuana | | | 9 | 6 | 9 | | 14 | 9 | 7 | 9 |
| Used any form of cocaine at least once in their life (heroin) | 8 | 5 | 5 (2) | (2) | (2) | 9 | 7 (3) | 6(3) | (2) | (2) |
| Ever sniffed glue, breathed aerosol spray, or inhaled paints or sprays to get high one or more times | 12 | 8 | 6 | | NA | 12 | 10 | 8 | | NA |
| Took prescription drug without a doctor's prescription one or more times during their life | 20 | 17 | 13 | 12 | 10 | 19 | 18 | 13 | 14 | 12 |

