

A 2007 - 2008 Sonoma County Healthy Kids Update:

What Are Our Kids Saying?



In 2007-2008, Sonoma County students in grades 5, 7, 9, and 11, as well as students in alternative education took the California Healthy Kids Survey and told us about their lives at home, in school and in their neighborhood. This update presents a snapshot of what kids are saying about their:

- Tobacco use
- Alcohol and other drug use
- Health
- Safety at school
- Resiliency



	SAFETY	ALCOHOL & OTHER DRUGS
<p>5th Grade Students (10-11 years old)</p> <p>2,565 Respondents</p>	<ul style="list-style-type: none"> • 83% of 5th graders feel safe at school • 47% of 5th graders were hit or pushed at school (other than just playing around) • 4% of 5th graders brought a gun or knife to school in the past year • 22% of 5th graders saw another student with a gun or knife at school 	<ul style="list-style-type: none"> • 3% of 5th graders ever had a full drink • 60% of 5th graders think alcohol use is “very bad” compared to the state average of 69% • 73% of 5th graders think marijuana is “very bad” compared to the state average of 81%
<p>7th Grade Students (12-13 years old)</p> <p>2,611 Respondents</p>	<ul style="list-style-type: none"> • 68% of 7th graders feel safe at school • 24% of 7th graders were in a physical fight at school in the past year • 5% of 7th graders carried a gun on school property in the last year • 10% of 7th graders were threatened with a weapon at school during the past year • 7% of 7th graders consider themselves a member of a gang 	<ul style="list-style-type: none"> • 4% of 7th graders currently use marijuana • 14% of 7th graders currently use alcohol • 5% of 7th graders currently binge drink • 44% of 7th graders have ridden in a car with a driver who had been drinking
<p>9th Grade Students (14-15 years old)</p> <p>2,837 Respondents</p>	<ul style="list-style-type: none"> • 58% of 9th graders feel safe at school • 20% of 9th graders were in a physical fight in the past year • 6% of 9th graders carried a gun on school property in the past year • 9% of 9th graders were threatened with a weapon at school during the past year • 9% of 9th graders consider themselves a member of a gang 	<ul style="list-style-type: none"> • 16% of 9th graders currently use marijuana • 28% of 9th graders currently use alcohol • 16% of 9th graders currently binge drink • 22% of 9th graders have driven a car after drinking or been driven by a friend who had been drinking
<p>11th Grade Students (16-17 years old)</p> <p>2,683 Respondents</p>	<ul style="list-style-type: none"> • 63% of 11th graders feel safe at school • 14% of 11th graders were in a physical fight in the past year • 4% of 11th graders carried a gun on school property in the past year • 6% of 11th graders were threatened with a weapon at school during the past year • 7% of 11th graders consider themselves a member of a gang • 11th graders reported fewer violence related behaviors than 7th or 9th graders 	<ul style="list-style-type: none"> • 26% of 11th graders currently use marijuana compared to 16% state-wide • 45% of 11th graders currently use alcohol compared to 37% state-wide • 32% of 11th graders currently binge drink compared to 22% state-wide • 31% of 11th graders have driven a car after drinking or been driven by a friend who had been drinking
<p>Alternative Education Students</p> <p>551 Respondents</p>	<ul style="list-style-type: none"> • 58% of alternative education students feel safe at school • 35% of alternative education students were in a physical fight in the past year • 12% of alternative education students carried a gun on school property in the past year • 19% of alternative education students were threatened with a weapon at school during the past year • The percentages of alternative education students who carried a weapon other than guns has declined from 39% to 26% in the past 4 years • 18% of alternative education students consider themselves a member of a gang <p>Note: <i>In some cases, the violence related behaviors among Alternative Education students occurred at the school they previously attended</i></p>	<ul style="list-style-type: none"> • 65% of alternative education students currently use alcohol • 56% of alternative education students currently use marijuana compared to 42% state-wide • 28% of alternative education students smoke marijuana daily compared to 15% state-wide • 55% of alternative education students currently binge drink compared to 39% state-wide • 58% of alternative education students have driven a car after drinking or been driven by a friend who had been drinking • Methamphetamine use among alternative education students has steadily declined from 37% to 19% in the past 4 years

1. Current use is defined as use within the past 30 days

2. Bold type indicates the Performance Indicators that are tracked by the CA Department of Education

3. Binge Drinking is defined as having 5 or more drinks in a row, within a couple of hours

ARE SAYING ABOUT

HEALTH	TOBACCO	RESILIENCY
<ul style="list-style-type: none"> 84% of 5th graders ate breakfast on the day of the CHKS survey 14% of 5th graders think they are too fat 45% of 5th graders are trying to lose weight 	<ul style="list-style-type: none"> 3% of 5th graders have ever smoked a cigarette 98% of 5th graders think that cigarettes are bad for a person's health 	<ul style="list-style-type: none"> 65% of 5th graders scored high on the school connectedness scale compared to 59% state-wide* 58% of 5th graders rated themselves high in total school assets**
<ul style="list-style-type: none"> 69% of 7th graders ate breakfast on the day of the CHKS survey 23% of 7th graders felt sad and hopeless for 2 weeks or more during the past year (24% of 7th grade females and 23% of 7th grade males) 	<ul style="list-style-type: none"> 5% of 7th graders have ever smoked a cigarette 3% of 7th graders currently smoke The percent of 7th graders that have ever smoked decreased 40% since 2000 27% of 7th graders reported that they believe it is easy to obtain cigarettes. 19% of 7th graders believe there is no harm in smoking occasionally 	<ul style="list-style-type: none"> 58% of 7th graders scored high on the school connectedness scale compared to 41% state-wide* 39% of 7th graders rated themselves high in total school assets** 72% of 7th graders rated themselves high in total community assets**
<ul style="list-style-type: none"> 61% of 9th graders ate breakfast on the day of the CHKS survey 29% of 9th graders felt sad and hopeless for 2 weeks or more during the past year (35% of 9th grade females and 22% of 9th grade males) 	<ul style="list-style-type: none"> 19% of 9th graders have ever smoked a cigarette 11% of 9th graders currently smoke The rate of current smoking among 9th graders has not changed since 2000 60% of 9th graders believe it is easy to obtain cigarettes 	<ul style="list-style-type: none"> 44% of 9th graders scored high on the school connectedness scale compared to 33% state-wide* 27% of 9th graders rated themselves high in total school assets** 65% of 9th graders rated themselves high in total community assets**
<ul style="list-style-type: none"> 60% of 11th graders ate breakfast on the day of the CHKS survey 32% of 11th graders felt sad and hopeless for 2 weeks or more during the past year (41% of 11th grade females and 23% of 11th grade males) 	<ul style="list-style-type: none"> 32% of 11th graders have ever smoked a cigarette 16% of 11th graders currently smoke 5% of 11th graders reported smoking cigarettes daily 77% of 11th graders believe it is easy to obtain cigarettes 	<ul style="list-style-type: none"> 43% of 11th graders scored high on the school connectedness scale compared to 34% state-wide* 34% of 11th graders rated themselves high in total school assets** 67% of 11th graders rated themselves high in total community assets**
<ul style="list-style-type: none"> 39% of alternative education students ate breakfast on the day of the CHKS survey 37% of alternative education students felt sad and hopeless for 2 weeks or more during the past year (51% of alternative education females and 25% of alternative education males) 	<ul style="list-style-type: none"> 70% of alternative education students report having ever smoked a cigarette 50% of alternative education students currently smoke 27% of alternative education students reported they smoke daily compared to 14% of their peers state-wide 	<ul style="list-style-type: none"> 44% of alternative education students scored high on the school connectedness scale compared to 27% state-wide* 29% of alternative education students rated themselves high in total school assets** 43% of alternative education students rated themselves high in total community assets**

*The School Connectedness scale uses five questions to measure student's connection to their school, teachers and safety.

**Total Assets refer to students having caring adults who hold high expectations of them and opportunities for meaningful participation in school or in the community.

● YOU HAVE THE POWER ●

Now that you have seen what Sonoma County kids are saying, how can we encourage their strengths and support their healthy growth?

Find out what you can do by answering these questions.

At Home

- Do you spend time listening and talking to your child while driving the car, taking a walk, or eating a meal together?
- Do you encourage and praise good behavior?
- Do you set limits for your child's behavior with clear, fair rules and consequences?
- Do you notice whether your child's habits are changing, such as sleeping, eating, grooming, physical activity or weight?
- How do you monitor your teen's use of electronic devices?

At School

- Are you a member of your child's school parents' group?
- Do you know what foods are served at your child's school every day?
- Do you know if your child gets daily physical activity at recess and in P.E. class?
- Do you know what to do if your child is bullied or harassed at school?

With Friends

- Do you know what your child or teen is doing right now?
- What do you know about your child's friends?
- Have you invited your child's friends to come to your home and visit?
- Would you know if your child's friends had changed?

In the Community

- Have you walked your neighborhood to see where youth gather?
- Have you talked with other parents about how your community can support youth?
- Have you encouraged your child to get involved with a community project?
- Have you supported local efforts for safe places for youth to meet and spend time together?

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TIPS FOR PARENTS

Do you want more information about keeping your child or teen healthy? Learn about signs of drug use, bullying, healthy eating, physical activity, and youth mental health needs. Also get tips on how to support your school's health and wellness programs.

2-1-1 Hotline Call 2-1-1

This free 24-hour multilingual information and referral service links Sonoma County residents with many services including drug abuse treatment programs, family resource centers, legal services, parent education, medical care, social services, and city recreation programs. For a brochure go to their website www.211wc.org

Your School District's Healthy Kids Survey Report

The California Department of Education sponsors the statewide Healthy Kids Survey. Find a report of your local school district's Healthy Kids Survey results.

http://www.wested.org/pub/docs/chks_bsearch.html

Parenting Tips from the American Medical Association

Find out the signs of teen depression and get advice on healthy eating, physical activity and preventing youth violence and drug abuse.

<http://www.ama-assn.org/ama/upload/mm/39/parentinfo.pdf>

Parent Resource Center: Center for Health and Health Care in Schools

This site will give you questions to ask your school about safety, nutrition programs, physical education programs and school emergency preparedness.

<http://www.healthinschools.org/parents/index.htm>

Parents: The Anti-Drug

This site will help you identify the signs of teen drug-use, ways to talk to your teen and how to get help.

<http://www.theantidrug.com>

Search Institute

Find ways to support and build your child's positive assets.

<http://www.search-institute.org>

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