Fairfax County

6th Grade Youth Survey

School Year 2016 - 2017

Fairfax County PUBLIC SCHOOLS
ENGAGE • INSPIRE • THRIVE

Fall 2017

A publication of
Fairfax County, Va., and
Fairfax County Public Schools

www.fairfaxcounty.gov/youthsurvey

SPONSORS

Fairfax County Board of Supervisors

Sharon Bulova
Chairman

Penelope A. Gross
Vice Chairman and
Mason District

John C. Cook
Braddock District

John W. Foust
Dranesville District

Catherine M. Hudgins
Hunter Mill District

Jeffrey C. McKay
Lee District

Daniel G. Storck
Mount Vernon District

Linda Q. Smyth
Providence District

Pat Herrity
Springfield District

Kathy L. Smith
Sully District

Fairfax County School Board

Jane K. Strauss
Chairman and
Dranesville District

Karen Corbett Sanders
Vice Chairman and
Mount Vernon District

Megan McLaughlin
Braddock District

Pat Hynes
Hunter Mill District

Tamara Derenak Kaufax
Lee District

Sandy Evans
Mason District

Dalia Palchik
Providence District

Elizabeth Schultz
Springfield District

Thomas Wilson
Sully District

Karen Keys-Gamarra
Member At Large

Ryan McElveen
Member At Large

Ilryong Moon
Member At Large


COUNTY OF FAIRFAX
1742
VIRGINIA


FC
PS

2016 Fairfax County
6th Grade Youth Survey

School Year 2016-2017

Results and Tabulations

Publication Date: September 2017

A complete copy of this report, as well as previous Youth Survey reports, may be found on our website at:

http://www.fairfaxcounty.gov/youthsurvey

Report prepared by:

Indiana University
Indiana Prevention Resource Center
501 N. Morton St., Suite 110
Bloomington, IN 47404

Rosemary A. King, MPH
Mikyoung Jun, Ph.D., MPH

Fairfax County
Health & Human Services
12000 Government Center Pkwy.
Fairfax, VA 22035

Sophia Dutton

The Fairfax County
Human Services System

To request this information in an alternate format, call the Department of Neighborhood and Community Services, (703) 324-4600, TTY 711.

TABLE OF CONTENTS

List of Tables iii

List of Figures viii

Executive Summary 1

Key Findings 1

Introduction 6

Survey Instrument 7

Survey Administration 8

Data Processing 9

Demographic Profile of Surveyed Youth 11

Data Weighting 13

How to Interpret Results 13

Substance Use 14

Alcohol Use 17

Inhalant Use 19

Tobacco Use 21

Marijuana Use 23

Use of Other Drugs 25

Aggressive Behaviors 27

Bullying 29

Cyberbullying 32

Other Aggressive Behaviors and Victimization 35

Physical and Mental Health 39

Physical Activity and Non-Academic Use of Electronic Media 39

Nutrition 45

Mental Health 55

Extracurricular and Civic Behaviors 58

Extracurricular Activities 59

Civic Behaviors 63

References 66

Appendix A. History of Fairfax County Youth Surveys 67

Appendix B. Survey Methodology 70
Survey Validity, Reliability, and Sampling 70
Data Processing Methodology 71
Data Analysis Methodology 73
Appendix C. Univariate Tables 74

List of Tables

Table 1. Response Rate 8

Table 2. Number of Usable Questionnaires (2001-2016) 10

Table 3. Selected Demographic Characteristics of Survey Respondents and Fairfax County Student Population, 2016 12

Table 4. Primary Language Spoken at Home, by Selected Demographic Characteristics, Fairfax County, 2016 12

Table 5. Percentage of Students Reporting Use of Selected Substances in Their Lifetime, by Selected Demographic Characteristics, Fairfax County, 2016 15

Table 6. Percentage of Students Reporting Use of Selected Substances in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 16

Table 7. Lifetime Prevalence of Alcohol Use, by Selected Demographic Characteristics, Fairfax County, 2012-2016 17

Table 8. Past Month Prevalence of Alcohol Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 17

Table 9. Frequency of Alcohol Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 18

Table 10. Lifetime Prevalence of Inhalant Use, by Selected Demographic Characteristics, Fairfax County, 2012-2016 19

Table 11. Past Month Prevalence of Inhalant Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 19

Table 12. Frequency of Inhalant Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 20

Table 13. Lifetime Prevalence of Smoking Cigarettes, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 21

Table 14. Frequency of Smoking Cigarettes in Lifetime, by Selected Demographic Characteristics, Fairfax County, 2016 21

Table 15. Past Month Prevalence of Smoking Cigarettes, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 22

Table 16. Frequency of Smoking Cigarettes in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 22

Table 17. Lifetime Prevalence of Marijuana Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 23

Table 18. Past Month Prevalence of Marijuana Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 23

Table 19. Frequency of Marijuana Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 24

Table 20. Lifetime Prevalence of Other Illegal Drug Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 25

Table 21. Past Month Prevalence of Other Illegal Drug Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 25

Table 22. Frequency of Other Illegal Drug Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 26

Table 23. Prevalence of Committing Selected Aggressive Behaviors in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 28

Table 24. Prevalence of Experiencing Selected Aggressive Behaviors in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 28

Table 25. Prevalence of Bullying Someone On and Off School Property in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016 29

Table 26. Prevalence of Having Been Bullied On and Off School Property in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016 30

Table 27. Prevalence of Cyberbullying a Student Who Attends the Same School in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 32

Table 28. Frequency of Cyberbullying a Student Who Attends the Same School in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 32

Table 29. Prevalence of Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 33

Table 30. Frequency of Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, by Selected Demographic Characteristics, Fairfax County, 2016 33

Table 31. Prevalence of Making and Experiencing Derogatory Statements in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016 35

Table 32. Frequency of Having Said Something Bad about Someone's Race or Culture in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 35

Table 33. Frequency of Having Something Bad Said to Them about Their Race or Culture in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 36

Table 34. Past Month Prevalence of Carrying a Weapon, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016 37

Table 35. Frequency of Carrying a Weapon in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 37

Table 36. Frequency of Carrying a Weapon on School Property in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 38

Table 37. Frequency of Physical Activity for at Least One Hour per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 40

Table 38. Percentage of Students Who Were Physically Active for at Least One Hour on Five or More Days in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 41

Table 39. Amount of Time Spent Watching Television on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016 42

Table 40. Percentage of Students Who Spend Three or More Hours Watching TV on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 42

Table 41. Amount of Time Spent Playing Video Games or Using a Computer for Non-Academic Purposes on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016 43

Table 42. Percentage of Students Who Spend Three or More Hours Playing Video Games or Using a Computer for Non-Academic Purposes on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 43

Table 43. Frequency of Eating Fruits and Vegetables in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 46

Table 44. Percentage of Students Who Ate Fruits and Vegetables Five or More Times Per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 47

Table 45. Frequency of Eating Fruits in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 48

Table 46. Frequency of Eating Vegetables in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 48

Table 47. Frequency of Drinking Soda or Pop in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 49

Table 48. Percentage of Students Who Drank Soda or Pop At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016 49

Table 49. Frequency of Drinking Sugar-Sweetened Beverages in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 51

Table 50. Frequency of Drinking Sports Drinks in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 51

Table 51. Frequency of Drinking Energy Drinks in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 52

Table 52. Prevalence of Drinking Non-Carbonated Sweetened Beverages At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016 52

Table 53. Frequency of Drinking Any Sweetened Beverage in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016 53

Table 54. Prevalence of Drinking Any Sweetened Beverage At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016 53

Table 55. Frequency of Going Hungry in the Past Month Due to Lack of Food in the Home, by Selected Demographic Characteristics, Fairfax County, 2016 54

Table 56. Percentage of Students Who Reported Going Hungry in the Past Month Due to Lack of Food in the Home, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 54

Table 57. Percentage of Students Who Experienced Selected Levels of Stress in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016 55

Table 58. Percentage of Students Who Felt Sad or Hopeless in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 56

Table 59. Frequency of Participating in Extracurricular Activities at School, by Selected Demographic Characteristics, Fairfax County, 2016 59

Table 60. Frequency of Participating in Extracurricular Activities Away from School, by Selected Demographic Characteristics, Fairfax County, 2016 59

Table 61. Frequency of Doing Homework Outside of School on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016 60

Table 62. Frequency of Going to Work on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016 60

Table 63. Percentage of Students Who Spend One Hour or More on Extracurricular Activities on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016 61

Table 64. Percentage of Students Who Spend One Hour or More on Homework or Going to Work on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016 61

Table 65. Total Amount of Time Spent Doing Homework, Going to Work, and Participating in Extracurricular Activities on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016 62

Table 66. Frequency of Volunteering to Do Community Service, by Selected Demographic Characteristics, Fairfax County, 2016 63

Table 67. Percentage of Students Who Reported Volunteering to Do Community Service in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 63

Table 68. Frequency of Being a Leader in a Group or Organization in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016 64

Table 69. Percentage of Students Who Reported Being a Leader in a Group or Organization in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016 64

Table 70. Instruments Used to Survey Fairfax County Youth, 2001-2016 69

Table 71. Results of Data Cleaning Procedures, Fairfax County, 2016 72

List of Figures

Figure 1. Three to Succeed Asset Graph, Fairfax County, 2016 5

Figure 2. Percentage of Students Reporting Use of Selected Substances in Their Lifetime, Fairfax County, 2010 - 2016 15

Figure 3. Percentage of Students Who Bullied Someone on School Property in the Past Year, by Past Month Substance Use, Fairfax County, 2016 31

Figure 4. Percentage of Students Who Have Been Bullied by Someone on School Property in the Past Year, by Past Month Substance Use, Fairfax County, 2016 31

Figure 5. Percentage of Students Who Reported Cyberbullying or Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, Fairfax County, 2010 – 2016 34

Figure 6. Percentage of Students Who Carried a Weapon on School Property in the Past Month, by Past Month Substance Use, Fairfax County, 2016 38

Figure 7. Frequency of Physical Activity for at Least One Hour per Day in the Past Week, Fairfax County, 2016 40

Figure 8. Prevalence of Physical Activity, Television Viewing, and Non-Academic Use of Electronic Devices, Fairfax County, 2010 – 2016 44

Figure 9. Frequency of Eating Fruits and Vegetables in the Past Week, Fairfax County, 2016 46

Figure 10. Percentage of Students Who Ate Fruits and Vegetables Five or More Times Per Day in the Past Week, Fairfax County, 2010 - 2016 47

Figure 11. Percentage of Students Who Drank Soda or Pop At Least One Time per Day in the Past Week, Fairfax County, 2010 – 2016 50

Figure 12. Percentage of Students Who Felt Sad or Hopeless in the Past Year, Fairfax County, 2010 – 2016 56

Figure 13. Percentage of Students Who Felt Sad or Hopeless in the Past Year, by Past Month Substance Use, Fairfax County, 2016 57

Figure 14. Percentage of Students Who Reported Volunteering to Do Community Service or Being a Leader in a Group or Organization in the Past Year, Fairfax County, 2010 – 2016 65

EXECUTIVE SUMMARY

This report summarizes the results of the *2016 Fairfax County Youth Survey of 6th Grade Students*. The survey examined behaviors, experiences, and other factors that influence the health and well-being of the county's youth. Students' participation in the survey was voluntary and anonymous. The Fairfax County Board of Supervisors and the Fairfax County School Board co-sponsor the survey to provide information about youth behaviors – those that are positive as well as those that are harmful. These data provide insight into the prevalence and frequency of substance use, violence and delinquency, health and health risk behaviors, and extracurricular activities of the students. The survey also assesses factors in the youth's environment that have been shown to protect youth from substance use and other problem behaviors.

This is the twelfth year that the Fairfax County Youth Survey has been conducted and the tenth year that sixth-grade students have participated in the survey. The survey was administered in November 2016, and resulted in valid responses from 11,961 students in sixth grade. A simultaneous administration of a separate survey instrument to eighth-, tenth-, and twelfth-grade students resulted in 32,491 valid responses. This report, as well as a report of the *2016 Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students* can be found at www.fairfaxcounty.gov/youthsurvey.

KEY FINDINGS

Substance Use

- Alcohol was the substance most frequently used by Fairfax County sixth-grade students in their lifetime, with 14.9% of the students having consumed it at least once. Male students were more likely to have reported using alcohol in their lifetime (18.3% vs. 11.3% of female students).

- Inhalants were the second most frequently used substance by the students in their lifetime (4.3%). Substantially fewer students reported ever smoking cigarettes (1.1%), using marijuana (0.7%), or using other drugs (0.4%).

- Almost two percent of sixth-grade students (1.9%) reported using inhalants in the past month, and 1.5% reported using alcohol. Less than one percent of the students reported smoking cigarettes, using marijuana, or using other drugs (0.2% each) in the past month.

- The percentage of students who reported having ever used alcohol, inhalants, or cigarettes declined steadily from 2010 through 2015, then increased slightly in 2016. The lifetime rate of alcohol use in 2016 was 6.2 percentage points lower than in 2010. Rates of lifetime inhalant use declined by almost half over the same period, falling 3.7 percentage points from the 2010 rate.

- Lifetime rates of marijuana use and use of other drugs have remained nearly unchanged since 2010.

(See Lifetime Substance Use and Past Month Substance Use tables on pages 15 and 16.)

Aggressive Behaviors

- Nearly forty percent of the Fairfax County sixth-grade students (38.6%) reported having had something bad said to them about their race or culture, and approximately one in six of the students (17.8%) reported having made derogatory comments about someone's race or culture. Male students were more likely to report making derogatory comments (21.0% compared to 14.7% of female students) and having such comments made to them (39.9% vs. 37.2%).

- Nearly one-fourth of the students (23.7%) reported having been bullied on school property in the past year, while 4.2% of the students reported bullying someone on school property. More female students reported being bullied on school property (24.9%) compared to male students (22.4%).

- Ten percent of the students (10.0%) reported having been cyberbullied by a student at their school in the past year, while 3.2% reported cyberbullying a student at their school. Female students were more likely to report experiencing the aggression (12.2% compared to 7.9% of male students). The percentages of students who reported cyberbullying and having been cyberbullied were the lowest rates observed since 2010.

- One in ten of the sixth-grade students (10.1%) reported carrying a weapon in the past month, while less than one percent (0.8%) did so on school property. Male students were more than twice as likely to report carrying a weapon (14.1% compared to 5.9% of female students).

Physical Activity and Non-Academic Use of Electronic Media

- Half of the students (50.4%) reported being physically active for at least one hour per day on five or more days in the past week, which was the lowest rate reported since 2010. Male students were more likely to report this level of activity than female students (55.6% and 44.9%, respectively).

- Approximately one in seven students (15.4%) reported watching three or more hours of television on an average school day, which was 13.2 percentage points lower than in 2010.

- Over one-quarter of the students (29.3%) reported spending three or more hours on an average school day playing video games or using a computer or other electronic device (such as iPads or smartphones) for non-academic purposes. The 2016 rate is 8.1 percentage points higher than in 2010. Male students were more likely to report spending three or more hours engaged in this activity than female students (32.1% and 26.3%, respectively).

Nutrition

- Three in ten Fairfax County sixth-grade students (30.6%) reported eating fruits and vegetables at least five times per day in the week prior to the survey.

- Almost half of the students (44.0%) reported that they had not consumed soda or pop (excluding diet soda) within the past week, while 9.8% reported drinking non-diet soda at least once a day in the week prior to the survey.

- One in seven of the students (14.5%) reported drinking sugar-sweetened beverages at least once per day, while 7.3% reported consuming sports drinks daily and 2.2% consumed energy drinks daily.

- Over one-fourth of the Fairfax County students (26.2%) reported drinking a sweetened beverage (all categories combined) more than once per day. Male students were more likely to report consuming more than one sweetened beverage a day (31.8% compared to 20.4% of female students).

- Eight percent of the students (8.3%) reported going hungry in the past month (some of the time, most of the time, or always) due to a lack of food in the home.

Mental Health

- Almost one in seven of the Fairfax County sixth-grade students (13.7%) reported experiencing a high level of stress during the month prior to the survey, and 47.5% reported experiencing a moderate level.

- One-fifth of sixth-grade students (20.7%) reported feeling so sad or hopeless every day for two or more weeks in a row within the past year that they stopped doing some usual activities. Female students were more likely to report experiencing this level of sadness (22.5% compared to 18.8% of male students).

Extra-Curricular Activities and Civic Behaviors

- One-fourth of the Fairfax County students (25.6%) reported that they participate in extracurricular activities at school (such as participation in a team, club, or program) for one hour or more on an average school day, and almost three in five (57.4%) reported participating in such activities away from school for at least one hour.

- Approximately one-third of the students (29.3%) reported spending an hour or more doing homework on an average school day, while 8.4% reported going to work for an hour or more. Female students were more likely to report doing homework outside of school for an hour or more (30.9% compared to 27.9% of male students), while male students were more likely to work for an hour or more (10.9% compared to 5.7% of female students).

- Two-fifths of the students (39.1%) reported volunteering in the past year to do community service, and 61.2% reported being a leader in a group or organization in the past year. Female students were more likely to report volunteering in the past year (41.1% compared to 37.2% of male students) and to report being a leader (62.4% compared to 60.2% of male students). The rates for volunteering and being a leader were the lowest reported since 2010.

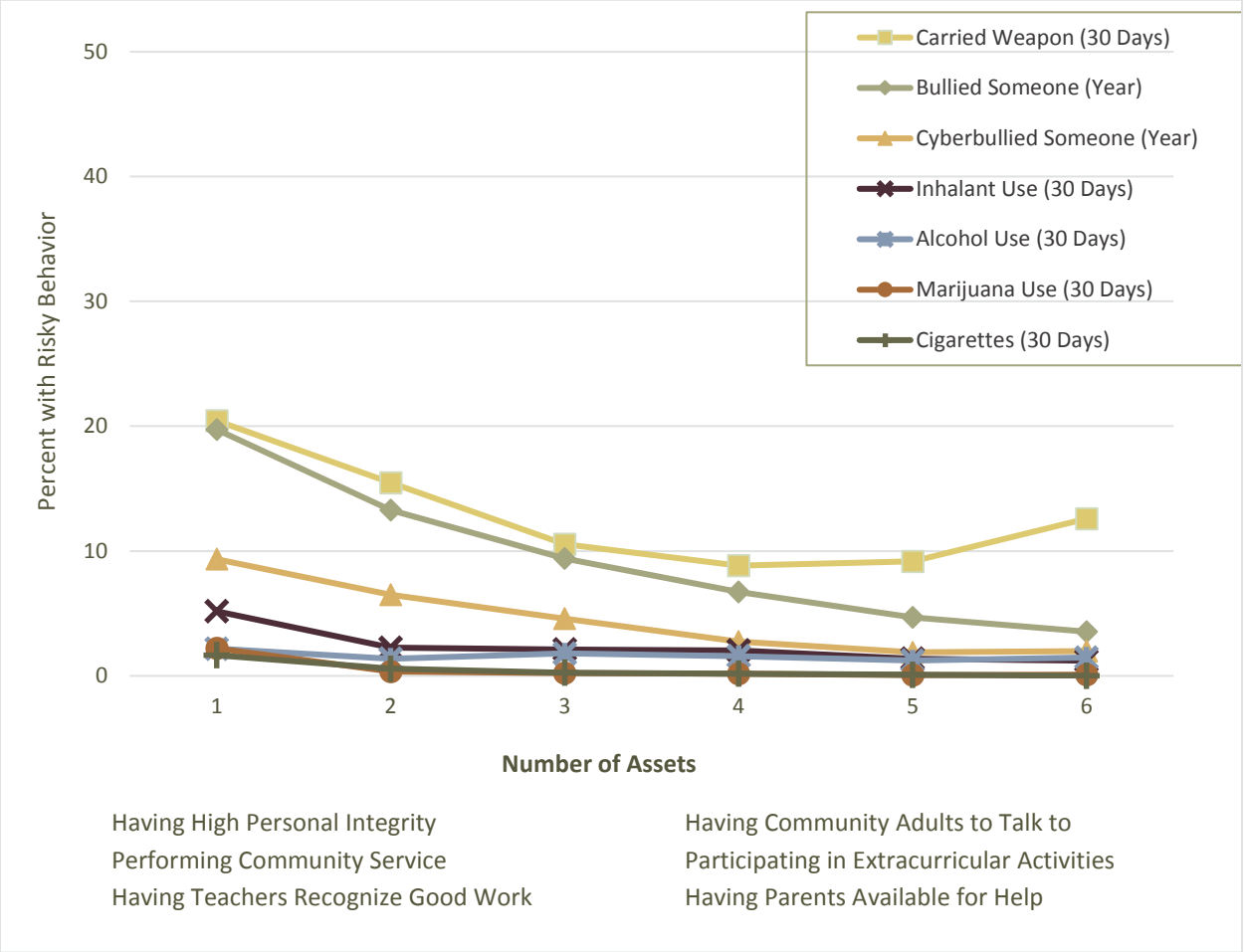
Three to Succeed

The Three to Succeed concept is based on the youth survey analysis that shows how just having three assets (or strengths) dramatically reduces risk behaviors and promotes thriving youth.

Assets are strengths in young people, their families, schools, and communities that help them thrive in health, in school, and daily life, and in a safe environment. The more assets an individual has in his or her life, the fewer risk behaviors are reported.

Young people in Fairfax County report positive influences from their communities, families, schools, and friends. This support demonstrates the benefits derived from everyone taking a role in ensuring that children are thriving in Fairfax County.

Figure 1. Three to Succeed Asset Graph, Fairfax County, 2016



Note. All percentages were calculated from valid cases (missing responses were not included). The scale (y-axis) for this figure is reduced to aid in interpretation of the data.

INTRODUCTION

According to the Centers for Disease Control and Prevention, the leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of health-risk behaviors: 1) those that contribute to unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that contribute to unintended pregnancy and sexually transmitted infections (including HIV infection); 5) unhealthy dietary behaviors; and 6) physical inactivity. These behaviors often are established during childhood and adolescence and are interrelated (Kann et al., 2016).

To monitor the behaviors and attitudes that affect the health and well-being of Fairfax County youth, the Fairfax County Board of Supervisors and the Fairfax County School Board co-sponsor the Fairfax County Youth Survey. The survey, first administered in 2001, informs our community of essential factors related to youth health and well-being. This information provides a mechanism with which schools, community groups, and governmental agencies can plan, evaluate, and improve programs designed to prevent health problems and promote healthy behaviors. The results of the survey serve as a barometer of the extent to which our community has successfully fostered healthy choices in our youth.

The Fairfax County Youth Survey includes questions on substance use, aggression and other antisocial behaviors, health and health-risk behaviors, mental health, civic and extracurricular behaviors, and items to measure the levels of assets present in the students' environments. Assets are opportunities, experiences, and resources that foster healthy development in children and adolescents. Data from the Monitoring the Future Survey* are included in this report to provide a national comparison for measures of substance use.

The survey's administration and the use of the survey's results represent a collaborative effort involving multiple county agencies and Fairfax County Public Schools. The support and contributions of these key individuals and groups, and their commitment to our youth, make the survey possible.

* Monitoring the Future is an annual survey of substance use that is administered to eighth-, tenth-, and twelfth-grade students across the nation (Johnston, O'Malley, Miech, Bachman & Schulenberg, 2017).

SURVEY INSTRUMENT

The 2016 Fairfax County Youth Survey was conducted in November, 2016. The survey instrument for sixth-grade students contained 84 questions. The survey derives many of its questions from the Communities That Care Youth Survey (from the U.S. Substance Abuse and Mental Health Services Administration) and the U.S. Centers for Disease Control and Prevention's Youth Risk Behavior Survey.

This is the twelfth year that the Fairfax County Youth Survey has been conducted. The survey instrument has been modified since it was first administered in 2001, but core questions related to risky and healthy behaviors have remained consistent. Sixth-grade students were included in the survey for the first time in 2005, when one survey instrument was administered to a sample of students in sixth, eighth, tenth, and twelfth grades. Due to concerns with both the length and language of the survey, a separate *6th Grade Survey* instrument was developed for administration in 2008. Also in that year, two separate instruments were administered to eighth-, tenth-, and twelfth-grade students: one focusing on risk and protective factors and the other focusing on healthy behaviors. From 2009 to 2014, the two instruments for older students (the *Risk and Protective Factors Survey* and the *Healthy Behaviors Survey*) were administered in alternating years. The questionnaire for the eighth-, tenth-, and twelfth-grade students was re-designed in 2015, resulting in a single instrument that will be administered annually. The instrument for sixth-grade students was also modified slightly in 2015.

The results of the *2016 Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students* are presented in a separate report, which can be found at www.fairfaxcounty.gov/youthsurvey. A more detailed discussion of the history of the Fairfax County Youth Survey is provided in Appendix A on page 67.

SURVEY ADMINISTRATION

All Fairfax County Public Schools sixth-grade students in class at the time of the survey administration were invited to participate. Parents and/or guardians were notified of the survey one month before survey administration. The notice included instructions on where to view the survey instrument and how to exclude their child from participation. In addition, students were informed that the survey was voluntary and that they could choose not to participate in the entire survey, or to skip individual questions they did not want to answer. Instructions from survey administrators and written instructions on the front of all surveys assured students that their answers would be kept strictly confidential. Students completed the self-administered questionnaire during one class period. Responses were entered directly on a computer-scannable booklet.

A total of 12,196 sixth-grade students participated in the 2016 Fairfax County Youth Survey, representing 86.7% of all sixth-grade students enrolled in Fairfax County Public Schools.

Table 1. Response Rate

FCPS Enrollment[a]	Number of Respondents	Response Rate
14,069	12,196	86.7%

[a]Total Fairfax County Public Schools enrollment in 6th grade -- November, 2016.

DATA PROCESSING

Significant changes were made in 2010 to the protocol used for validating responses. These changes were made to better align the methodology with those used by the national benchmarks. Changing the criteria used to determine which data to keep and which to eliminate from the analysis can have a significant effect on the results. Therefore, comparisons should not be made between this year's data and data from years prior to 2010.

Questionnaires were eliminated from the analysis if any of the following conditions were met:

- fewer than eight questions were answered
- the student answered "I was not honest at all" on the honesty question
- the student reported use of a fictitious drug (cabeniferol)
- the grade information was missing, or the student reported being in 5^{th} or 7^{th} grade
- the student provided more than two inconsistent responses regarding substance use
- the student provided pharmacologically implausible responses (i.e., a combination of drugs and frequencies of use whose cumulative effect would be lethal).

Missing data were not imputed. A more thorough description of the survey administration and validation is presented in Appendix B beginning on page 70.

A total of 235 questionnaires were rejected due to meeting at least one of the data cleaning criteria, leaving 11,961 usable questionnaires (98.1%). Table 2 presents the number of usable questionnaires for each year that the Fairfax County Youth Survey has been conducted.

Table 2. Number of Usable Questionnaires (2001-2016)

	Number of Usable Questionnaires by Survey Instrument
2001 Fairfax County Youth Survey [a]	11,631
2003 Virginia Community Youth Survey [a]	4,074
2005 Fairfax County Youth Survey [b]	13,235
2008	
Risk & Protective Factors Survey [a]	12,468
Healthy Behaviors Survey [a]	3,988
6th Grade Survey	3,958
2009	
Healthy Behaviors Survey [a]	29,223
6th Grade Survey	10,927
2010	
Risk & Protective Factors Survey [a]	30,399
6th Grade Survey	11,049
2011	
Healthy Behaviors Survey [a]	31,106
6th Grade Survey	11,238
2012	
Risk & Protective Factors Survey [a]	32,027
6th Grade Survey	11,613
2013	
Healthy Behaviors Survey [a]	32,439
6th Grade Survey	11,597
2014	
Risk & Protective Factors Survey [a]	32,590
6th Grade Survey	11,778
2015	
Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students	33,276
Fairfax County Youth Survey of 6th Grade Students	11,932
2016	
Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students	32,491
Fairfax County Youth Survey of 6th Grade Students	11,961

[a] Questionnaires administered to 8th-, 10th-, and 12th-grade students. [b] Questionnaires administered to 6th-, 8th-, 10th-, and 12th-grade students.

DEMOGRAPHIC PROFILE OF SURVEYED YOUTH

Race/ethnicity was computed using two questions: 1) "What do you consider yourself to be?" (Response options were "Hispanic or Latino" and "Not Hispanic nor Latino"), and 2) "What do you consider yourself to be (Select one or more)?" (Response options were "American Indian or Alaskan native," "Asian," "Black or African-American," "Native Hawaiian or other Pacific Islander," and "White"). For this report, students are referred to as "Hispanic" if they answered "Hispanic or Latino" to the first question, regardless of how they answered the second question. Students who answered "Not Hispanic nor Latino" to the first question and selected only "White" to the second question are referred to as "White." Students who answered "Not Hispanic nor Latino" to the first question and selected only "Black or African-American" to the second question are referred to as "Black." Students who answered "Not Hispanic nor Latino" to the first question and selected only "Asian" or only "Native Hawaiian or other Pacific Islander" to the second question are referred to as "Asian." Students who answered "Not Hispanic nor Latino" to the first question and selected "American Indian or Alaskan native" or selected multiple responses to the second question are referred to as "Other/Multiple." Students who did not answer the first question were classified according to their response to the second question. Race/ethnicity was classified as missing for students who did not answer either question, and for students who answered "Not Hispanic nor Latino" on the first question and left the second question blank.

Thirty-seven percent of the survey respondents (37.0%) identified themselves as non-Hispanic White. The largest minority population among survey respondents was Hispanic (23.1%), followed by Asian (20.5%). Over one-fourth of the students (26.5%) reported that a language other than English is the primary language spoken in their home. Demographic characteristics of the students who participated in the survey are compared to the total Fairfax County Public Schools sixth-grade student population in Table 3.

Table 3. Selected Demographic Characteristics of Survey Respondents and Fairfax County Student Population, 2016

	Survey Respondents[a]			FCPS Enrollment[b]	
	Number	Percent		Number	Percent
Gender					
Female	5,833	49.2	***	6,824	48.5%
Male	6,022	50.8	***	7,245	51.5%
Race/Ethnicity[c]					
White	4,203	37.0	***	5,529	39.3%
Black	1,255	11.1		1,448	10.3%
Hispanic	2,619	23.1		3,412	24.3%
Asian	2,330	20.5		2,820	20.0%
Other/Multiple	946	8.3	***	860	6.1%

Note. Data in this table are not weighted.
[a]Because of missing responses to the gender and race/ethnicity questions, sums for these categories do not equal the number of valid cases included in the report. [b]Total 6th grade enrollment in Fairfax County Public Schools in November, 2016. [c]Racial categories do not include Hispanic students who are treated as a separate category in this table.
****p* < .001 (statistically significant differences between the percentage of survey respondents and percentage of enrolled students in that demographic category).

Table 4. Primary Language Spoken at Home, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Primary Language Spoken at Home		
	English	**Spanish**	**Other**
Overall	73.6	12.8	13.6
Gender			
Female	72.7	13.8	13.6
Male	74.6	11.7	13.7
Race/Ethnicity[a]			
White	94.9	0.7	4.4
Black	82.3	0.4	17.3
Hispanic	41.1	57.0	2.0
Asian	59.8	0.2	40.0
Other/Multiple	86.7	1.1	12.2

Note. Data in this table are not weighted. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

DATA WEIGHTING

The ratio of sixth-grade survey respondents from a given pyramid* to all survey respondents (all pyramids) was compared to the ratio of all students enrolled in sixth grade in that pyramid to all students enrolled in sixth grade in all Fairfax County Public Schools. Corrective weights were applied to the data to ensure proportional representation based on enrollment by pyramid. The calculations for weighting are described in Appendix B on page 73. Although statistically significant differences were observed among sub-populations of the respondents and the FCPS enrollment (gender and race/ethnicity), data were weighted by pyramid only. Because of the desire to analyze the data at the pyramid level, the number of male and female students in some racial/ethnic groups within a pyramid is small enough to jeopardize the anonymity of their responses if weights by gender or race/ethnicity are applied.

HOW TO INTERPRET RESULTS

This report provides data on both *prevalence* and *frequency* of health-related behaviors.

Lifetime prevalence is the percentage of respondents who report a specified behavior at least once in their lifetime. Lifetime prevalence of substance use is a general indicator of occasional or experimental use of a substance.

Past month prevalence is the percentage of respondents who report a specified behavior at least once in the 30 days prior to the administration of the survey. Monthly prevalence is useful for determining how many students are currently engaging in a specified behavior.

Frequency describes *how often* or *the number of times* a specific behavior is performed or experienced within the specified timeframe. For example, a student who reports use of marijuana on one or two days in the past month and a student who reports using marijuana on ten or more days in the past month are counted equally in the prevalence rate, although their levels of use are dramatically different.

Information about statistical significance is not included in the tables in the report, but differences of a percentage point or more typically would be significant at the 95 percent confidence level for a sample the size of the Fairfax County Youth Survey respondent pool. When the difference between estimates is statistically significant, it means that at a specified level of confidence there is a real or measurable difference between the values that is not due to random variation or chance. A statistically significant difference does not mean that the difference is large or important; this is a judgment that is made by those interpreting the results.

* The Fairfax County Public Schools' system that assigns schools to a pyramid which is comprised of a high school and its feeder elementary and middle schools.

SUBSTANCE USE

Students were asked about their use of alcohol, cigarettes, inhalants, marijuana, and other substances in the *2016 Fairfax County Youth Survey of 6th Grade Students*. The questions are based on those used in the Monitoring the Future* (MTF) survey, a nationwide study of substance use by eighth-, tenth-, and twelfth-grade students. Because sixth-grade students are not included in the MTF survey, comparisons between Fairfax County data and national data are not provided in this report.

One in seven Fairfax County sixth-grade students (14.9%) reported having consumed alcohol at least once in their lifetime. The second most commonly used substance were inhalants, with 4.3% reporting use in their lifetime. Male students were more likely to report using all of the investigated substances in their lifetime. Over one in six male students (18.3%) reported drinking alcohol at least once in their lifetime, compared to 11.3% of female students. Rates of lifetime alcohol use varied among racial/ethnic groups, ranging from 10.9% of Asian students to 17.0% of White students. The lifetime rates of alcohol, inhalants, and cigarette use declined steadily from 2012 through 2015, then increased slightly in 2016. Lifetime rates of marijuana use and use of other drugs have remained nearly identical over the five-year period.

More students reported using inhalants in the past month than alcohol (1.9% vs. 1.5%, respectively). Very few students (0.2% each) reported smoking cigarettes, or using marijuana or other drugs in the 30 days prior to the survey. Male students were more likely to report alcohol use in the past 30 days (2.0% compared to 1.0% of female students), and slightly more likely to report use of inhalants and marijuana. Rates of alcohol, inhalants, and marijuana use in the past month each increased by 0.1 percentage point from 2015, while past month use of cigarettes and other drugs remained unchanged.

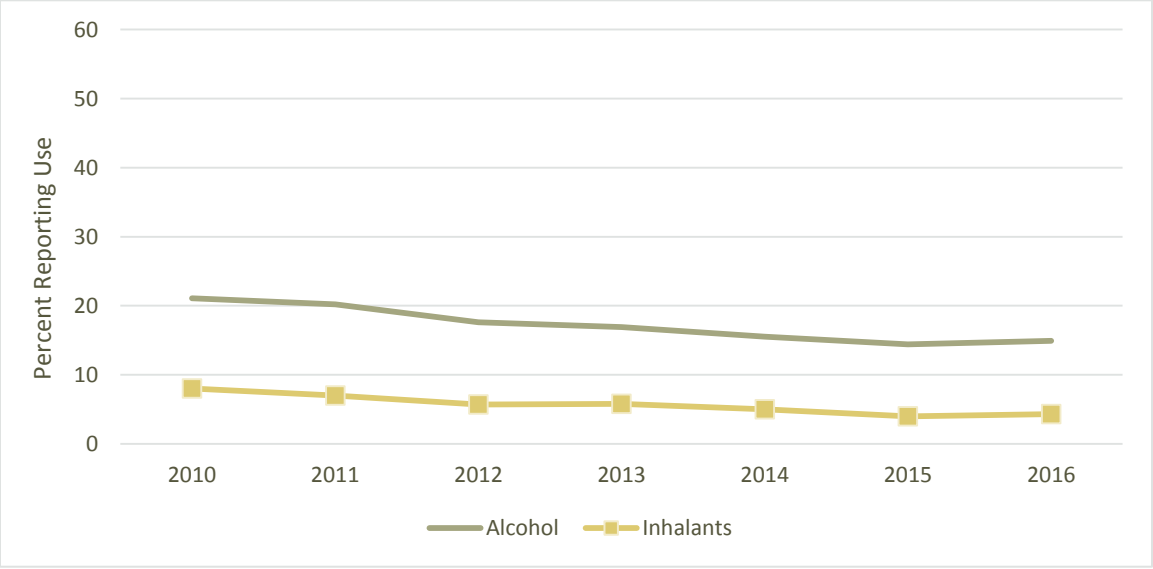
* Monitoring the Future is an annual survey of substance use that is administered to eighth-, tenth-, and twelfth-grade students across the nation (Johnston, O'Malley, Miech, Bachman & Schulenberg, 2017).

Table 5. Percentage of Students Reporting Use of Selected Substances in Their Lifetime, by Selected Demographic Characteristics, Fairfax County, 2016

	Alcohol	Inhalants	Cigarettes	Marijuana	Other Illegal Drugs
Overall	14.9	4.3	1.1	0.7	0.4
Gender					
Female	11.3	3.8	0.8	0.5	0.3
Male	18.3	4.8	1.4	0.8	0.5
Race/Ethnicity[a]					
White	17.0	3.7	0.8	0.4	0.2
Black	14.9	5.9	1.4	1.6	0.7
Hispanic	15.8	4.4	2.4	1.1	0.7
Asian	10.9	4.7	0.5	0.2	0.2
Other/Multiple	16.2	4.9	0.7	0.9	0.2

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 2. Percentage of Students Reporting Use of Selected Substances in Their Lifetime, Fairfax County, 2010 - 2016



Note. All percentages were calculated from valid cases (missing responses were not included). The scale (y-axis) for this figure is reduced to aid in interpretation of the data.

Table 6. Percentage of Students Reporting Use of Selected Substances in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

	Alcohol	Inhalants	Cigarettes	Marijuana	Other Illegal Drugs
Overall	1.5	1.9	0.2	0.2	0.2
Gender					
Female	1.0	1.6	0.2	0.1	0.2
Male	2.0	2.2	0.2	0.2	0.2
Race/Ethnicity[a]					
White	1.9	1.5	0.1	0.1	0.1
Black	1.2	2.4	0.3	0.2	0.3
Hispanic	1.7	2.4	0.6	0.5	0.3
Asian	0.8	1.9	0.1	0.0	0.1
Other/Multiple	1.6	2.1	0.1	0.2	0.1

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

ALCOHOL USE

Table 7. Lifetime Prevalence of Alcohol Use, by Selected Demographic Characteristics, Fairfax County, 2012-2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	17.6	16.9	15.5	14.4	14.9
Gender					
Female	13.7	13.5	12.6	10.8	11.3
Male	21.5	20.3	18.3	17.7	18.3
Race/Ethnicity[a]					
White	18.5	17.9	17.6	15.0	17.0
Black	18.4	16.6	14.0	15.0	14.9
Hispanic	20.4	20.7	17.5	17.3	15.8
Asian	12.2	12.0	11.5	10.5	10.9
Other/Multiple	21.8	18.5	16.8	15.5	16.2

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 8. Past Month Prevalence of Alcohol Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	2.1	1.7	1.5	1.4	1.5
Gender					
Female	1.8	1.3	1.2	1.0	1.0
Male	2.4	2.2	1.8	1.7	2.0
Race/Ethnicity[a]					
White	2.3	1.7	1.6	1.6	1.9
Black	2.9	1.6	1.5	1.6	1.2
Hispanic	2.8	2.9	2.1	1.8	1.7
Asian	0.9	0.6	0.6	0.5	0.8
Other/Multiple	1.4	2.6	1.5	1.2	1.6

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 9. Frequency of Alcohol Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	1-2 days	3-5 days	6-9 days	10+ days
Overall	98.5	1.3	0.2	0.0	0.1
Gender					
Female	99.0	0.9	0.0	0.0	0.1
Male	98.0	1.6	0.3	0.0	0.1
Race/Ethnicity[a]					
White	98.1	1.5	0.3	0.0	0.1
Black	98.8	1.0	0.2	0.0	0.0
Hispanic	98.3	1.5	0.1	0.0	0.1
Asian	99.2	0.7	0.0	0.0	0.0
Other/Multiple	98.4	1.4	0.1	0.0	0.1

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

INHALANT USE[*]

Table 10. Lifetime Prevalence of Inhalant Use, by Selected Demographic Characteristics, Fairfax County, 2012-2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	5.7	5.8	5.0	4.0	4.3
Gender					
Female	5.7	5.8	4.6	3.7	3.8
Male	5.7	5.8	5.3	4.2	4.8
Race/Ethnicity[a]					
White	4.7	4.4	4.9	3.3	3.7
Black	6.7	6.3	4.6	5.3	5.9
Hispanic	7.7	7.3	5.3	4.1	4.4
Asian	5.0	6.7	5.0	4.6	4.7
Other/Multiple	7.3	5.9	6.0	4.1	4.9

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 11. Past Month Prevalence of Inhalant Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	2.5	2.3	2.0	1.8	1.9
Gender					
Female	2.5	2.2	2.0	1.7	1.6
Male	2.6	2.4	2.1	1.8	2.2
Race/Ethnicity[a]					
White	1.9	1.4	1.9	1.4	1.5
Black	3.4	2.4	1.6	2.1	2.4
Hispanic	4.2	3.6	2.5	1.7	2.4
Asian	1.6	3.0	2.0	2.1	1.9
Other/Multiple	2.3	1.6	2.4	2.0	2.1

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

[*] Inhalants are fumes or gases that are inhaled to get high. They include common household substances such as glues, aerosols, butane, and solvents. Many household products are the most commonly used inhalants. Inhalant use is more prevalent among younger students, perhaps because they are often the easiest drugs for them to obtain: they are easily accessible, legal to obtain, and relatively cheap.

Table 12. Frequency of Inhalant Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	1-2 days	3-5 days	6-9 days	10+ days
Overall	98.1	1.5	0.2	0.1	0.1
Gender					
Female	98.4	1.3	0.2	0.1	0.1
Male	97.9	1.6	0.3	0.0	0.2
Race/Ethnicity[a]					
White	98.5	1.2	0.2	0.0	0.1
Black	97.6	1.8	0.3	0.3	0.1
Hispanic	97.7	1.8	0.4	0.0	0.2
Asian	98.1	1.5	0.2	0.1	0.0
Other/Multiple	97.9	1.3	0.3	0.0	0.5

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 13. Lifetime Prevalence of Smoking Cigarettes, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	1.6	1.5	1.4	1.0	1.1
Gender					
Female	1.3	1.2	1.0	0.7	0.8
Male	1.9	1.7	1.7	1.4	1.4
Race/Ethnicity[a]					
White	0.9	0.6	0.7	0.4	0.8
Black	3.1	2.2	2.4	1.5	1.4
Hispanic	2.9	3.1	2.6	2.2	2.4
Asian	0.9	1.2	1.0	0.6	0.5
Other/Multiple	2.2	1.4	1.6	1.7	0.7

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 14. Frequency of Smoking Cigarettes in Lifetime, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	Once or twice	Once in a while but not regularly	Regularly in the past	Regularly now
Overall	98.9	0.9	0.1	0.1	0.1
Gender					
Female	99.2	0.6	0.1	0.0	0.1
Male	98.6	1.1	0.1	0.1	0.1
Race/Ethnicity[a]					
White	99.2	0.6	0.1	0.0	0.1
Black	98.6	0.9	0.2	0.2	0.2
Hispanic	97.7	1.9	0.2	0.2	0.1
Asian	99.5	0.4	0.0	0.0	0.1
Other/Multiple	99.3	0.6	0.0	0.0	0.1

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 15. Past Month Prevalence of Smoking Cigarettes, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	0.3	0.2	0.3	0.2	0.2
Gender					
Female	0.2	0.2	0.3	0.1	0.2
Male	0.4	0.3	0.4	0.3	0.2
Race/Ethnicity[a]					
White	0.1	0.1	0.2	0.0	0.1
Black	0.5	0.3	0.8	0.4	0.3
Hispanic	0.6	0.7	0.5	0.3	0.6
Asian	0.1	0.0	0.1	0.1	0.1
Other/Multiple	0.7	0.1	0.3	0.0	0.1

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 16. Frequency of Smoking Cigarettes in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Not at all	Less than 1 cigarette per day	1-5 cigarettes per day	About one-half pack per day	About one pack per day	More than one pack per day
Overall	99.8	0.1	0.0	0.0	0.0	0.0
Gender						
Female	99.8	0.1	0.0	0.0	0.0	0.0
Male	99.8	0.1	0.0	0.0	0.0	0.0
Race/Ethnicity[a]						
White	99.9	0.0	0.1	0.0	0.0	0.0
Black	99.7	0.3	0.0	0.0	0.0	0.0
Hispanic	99.5	0.4	0.0	0.0	0.0	0.0
Asian	99.9	0.0	0.0	0.0	0.0	0.0
Other/Multiple	99.9	0.0	0.0	0.0	0.0	0.1

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

MARIJUANA USE

Table 17. Lifetime Prevalence of Marijuana Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	0.7	0.7	0.7	0.6	0.7
Gender					
Female	0.6	0.5	0.6	0.5	0.5
Male	0.8	0.8	0.9	0.8	0.8
Race/Ethnicity[a]					
White	0.3	0.3	0.3	0.2	0.4
Black	1.8	1.2	0.9	1.1	1.6
Hispanic	0.9	1.5	1.8	1.4	1.1
Asian	0.3	0.4	0.4	0.5	0.2
Other/Multiple	1.4	0.5	1.0	0.3	0.9

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 18. Past Month Prevalence of Marijuana Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	0.3	0.2	0.1	0.1	0.2
Gender					
Female	0.3	0.1	0.1	0.0	0.1
Male	0.3	0.2	0.2	0.2	0.2
Race/Ethnicity[a]					
White	0.2	0.1	0.1	0.0	0.1
Black	0.6	0.2	0.3	0.2	0.2
Hispanic	0.4	0.5	0.3	0.3	0.5
Asian	0.1	0.1	0.0	0.1	0.0
Other/Multiple	0.6	0.0	0.1	0.1	0.2

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 19. Frequency of Marijuana Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	1-2 days	3-5 days	6-9 days	10+ days
Overall	99.8	0.1	0.1	0.0	0.0
Gender					
Female	99.9	0.1	0.0	0.0	0.0
Male	99.8	0.1	0.1	0.0	0.1
Race/Ethnicity[a]					
White	99.9	0.0	0.1	0.0	0.0
Black	99.8	0.1	0.0	0.0	0.2
Hispanic	99.5	0.2	0.2	0.0	0.1
Asian	100.0	0.0	0.0	0.0	0.0
Other/Multiple	99.8	0.1	0.0	0.0	0.1

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

USE OF OTHER DRUGS

Table 20. Lifetime Prevalence of Other Illegal Drug Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	0.4	0.4	0.4	0.4	0.4
Gender					
Female	0.3	0.3	0.4	0.3	0.3
Male	0.6	0.5	0.4	0.5	0.5
Race/Ethnicity[a]					
White	0.3	0.2	0.2	0.2	0.2
Black	1.2	0.9	0.9	0.7	0.7
Hispanic	0.4	0.8	0.8	1.0	0.7
Asian	0.3	0.4	0.2	0.1	0.2
Other/Multiple	0.5	0.4	0.0	0.1	0.2

Note. Other illegal drugs do not include alcohol, tobacco, inhalants, or marijuana. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic persons who are treated as a separate category in this table.

Table 21. Past Month Prevalence of Other Illegal Drug Use, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	0.2	0.2	0.2	0.2	0.2
Gender					
Female	0.2	0.2	0.2	0.1	0.2
Male	0.3	0.3	0.2	0.2	0.2
Race/Ethnicity[a]					
White	0.2	0.1	0.1	0.1	0.1
Black	0.8	0.4	0.2	0.4	0.3
Hispanic	0.4	0.5	0.4	0.5	0.3
Asian	0.1	0.2	0.0	0.0	0.1
Other/Multiple	0.1	0.1	0.0	0.2	0.1

Note. Other illegal drugs do not include alcohol, tobacco, inhalants, or marijuana. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic persons who are treated as a separate category in this table.

Table 22. Frequency of Other Illegal Drug Use in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	1-2 days	3-5 days	6-9 days	10+ days
Overall	99.8	0.1	0.0	0.0	0.0
Gender					
Female	99.8	0.1	0.1	0.0	0.0
Male	99.8	0.2	0.0	0.0	0.1
Race/Ethnicity[a]					
White	99.9	0.1	0.0	0.0	0.1
Black	99.8	0.1	0.2	0.0	0.0
Hispanic	99.7	0.3	0.0	0.0	0.0
Asian	99.9	0.1	0.0	0.0	0.1
Other/Multiple	99.9	0.0	0.0	0.0	0.1

Note. Other illegal drugs do not include alcohol, tobacco, inhalants, or marijuana. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic persons who are treated as a separate category in this table.

AGGRESSIVE BEHAVIORS

The *2016 Fairfax County Youth Survey of 6th Grade Students* included several questions on bullying, cyberbullying*, derogatory racial/ethnic comments, and carrying weapons. Many more students reported experiencing the aggressive behaviors than carrying them out. Approximately one in six students (17.8%) reported making derogatory comments about someone's race or culture†, while nearly two in five (38.6%) reported having something bad said to them. Approximately half of the non-White students reported experiencing the behavior, including over half of the Black students (50.4%) and Asian students (51.5%). More male students reported making derogatory comments (21.0% compared to 14.7% of female students) and having such comments made to them (39.9% vs. 37.2%).

While 4.2% of the students reported bullying‡ someone on school property in the past year, nearly one-quarter of the students (23.7%) reported having been bullied on school property. Students who reported using any substance in the past month were much more likely to report both bullying someone on school property (15.3%) and being bullied by someone on school property (39.6%).

The percentages of students who reported cyberbullying a student at their school in the past year and having been cyberbullied by a student at their school were the lowest rates observed in the past five years. The percentage who cyberbullied a student at their school fell from 5.0% in 2012 to 3.2% in 2015 and 2016, while the percentage who reported being cyberbullied declined from a high of 13.9% in 2014 to 10.0% this year. Female students were more likely to report having been cyberbullied in the past year (12.2% compared to 7.9% of male students).

One in ten sixth-grade student (10.1%) reported carrying a weapon in the past month, with less than one percent (0.8%) doing so on school property. Male students were much more likely to report carrying a weapon (14.1% compared to 5.9% of female students). The percentage of students who carried a weapon varied by race/ethnicity, ranging from 7.9% of Black students to 12.7% of students of other or multiple races.

* Cyberbullying was defined as electronic bullying, such as through e-mail, chat rooms, instant messaging, websites, or text messaging.

† The wording of the response options for the derogatory comments items was changed in the 2015 Fairfax County Youth Survey. Comparisons of this year's results with years prior to 2015 are not advised.

‡ The definition of bullying and the response options for the bullying items were changed in the 2015 Fairfax County Youth Survey. The definition of bullying was expanded to clarify that bullying is any aggressive and unwanted behavior that is intended to harm, intimidate, or humiliate the victim; involves a real or perceived power imbalance between the aggressor and victim; and is repeated over time or causes severe emotional trauma. The clarification that bullying does not include ordinary teasing, horseplay, argument, or peer conflict was added. The response options were changed from seven options of varying numbers of times bullying was committed or experienced, to yes/no responses. Because of these changes, comparing this year's results with years prior to 2015 is not advised.

Table 23. Prevalence of Committing Selected Aggressive Behaviors in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Said something bad about someone's race or culture	Bullied someone on school property	Cyberbullied[a] a student attending your school
Overall	17.8	4.2	3.2
Gender			
Female	14.7	3.7	3.2
Male	21.0	4.7	3.2
Race/Ethnicity[b]			
White	14.8	2.9	2.1
Black	20.5	7.6	4.6
Hispanic	20.5	6.1	5.3
Asian	20.0	2.9	2.8
Other/Multiple	18.1	4.4	2.5

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging.
[b]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 24. Prevalence of Experiencing Selected Aggressive Behaviors in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Had something bad said about your race or culture	Been bullied on school property	Been cyberbullied[a] by a student who attends your school
Overall	38.6	23.7	10.0
Gender			
Female	37.2	24.9	12.2
Male	39.9	22.4	7.9
Race/Ethnicity[b]			
White	25.1	22.8	9.2
Black	50.4	24.1	10.3
Hispanic	42.0	26.3	12.5
Asian	51.5	20.1	8.6
Other/Multiple	43.9	27.4	11.8

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging.
[b]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 25. Prevalence of Bullying Someone On and Off School Property in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016

(Values are percentages)

	Bullied someone on school property		Bullied someone away from school property	
	2015	**2016**	**2015**	**2016**
Overall	4.1	4.2	4.3	4.4
Gender				
Female	3.8	3.7	3.6	3.6
Male	4.3	4.7	5.0	5.1
Race/Ethnicity[a]				
White	3.2	2.9	3.0	3.6
Black	6.3	7.6	7.6	7.3
Hispanic	5.9	6.1	5.6	5.7
Asian	2.5	2.9	3.5	3.4
Other/Multiple	4.4	4.4	5.5	3.6

Note. Bullying was defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. The wording for these items was changed in 2015, resulting in markedly different rates from previous years for these measures. Therefore, it is not recommended to compare these rates with previous years. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 26. Prevalence of Having Been Bullied On and Off School Property in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016

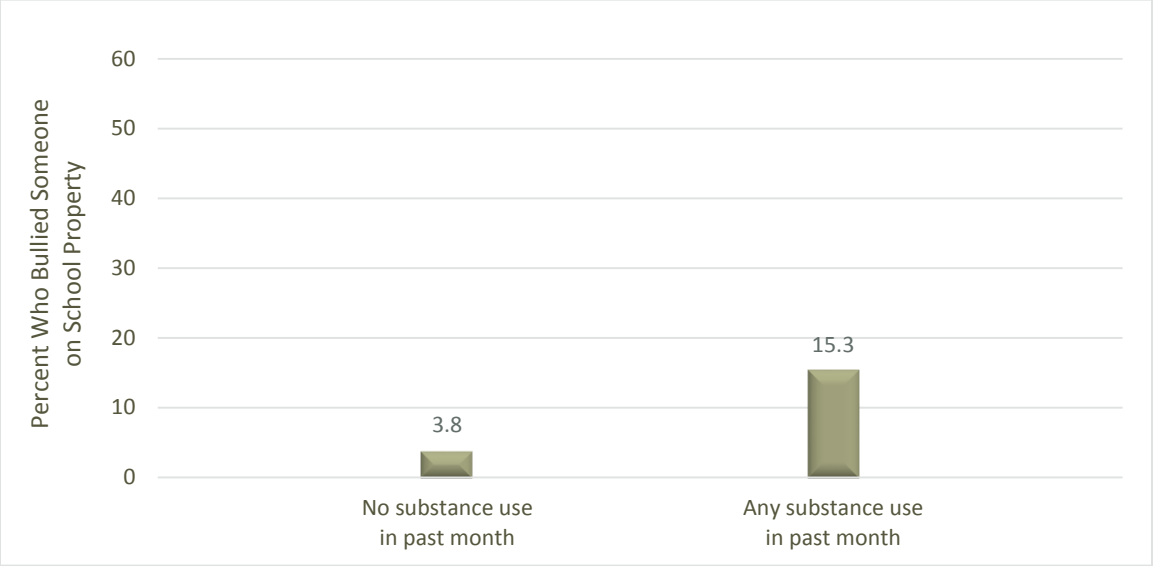
(Values are percentages)

	Been bullied on school property		Been bullied away from school property	
	2015	**2016**	**2015**	**2016**
Overall	25.1	23.7	17.7	16.2
Gender				
Female	27.5	24.9	17.4	16.3
Male	22.6	22.4	17.9	16.1
Race/Ethnicity[a]				
White	24.8	22.8	17.1	16.2
Black	26.4	24.1	19.3	18.0
Hispanic	27.1	26.3	19.2	16.9
Asian	22.1	20.1	16.0	14.2
Other/Multiple	26.7	27.4	20.6	18.2

Note. Bullying was defined as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. The wording for these items was changed in 2015, resulting in markedly different rates from previous years for these measures. Therefore, it is not recommended to compare these rates with previous years. All percentages were calculated from valid cases (missing responses were not included).

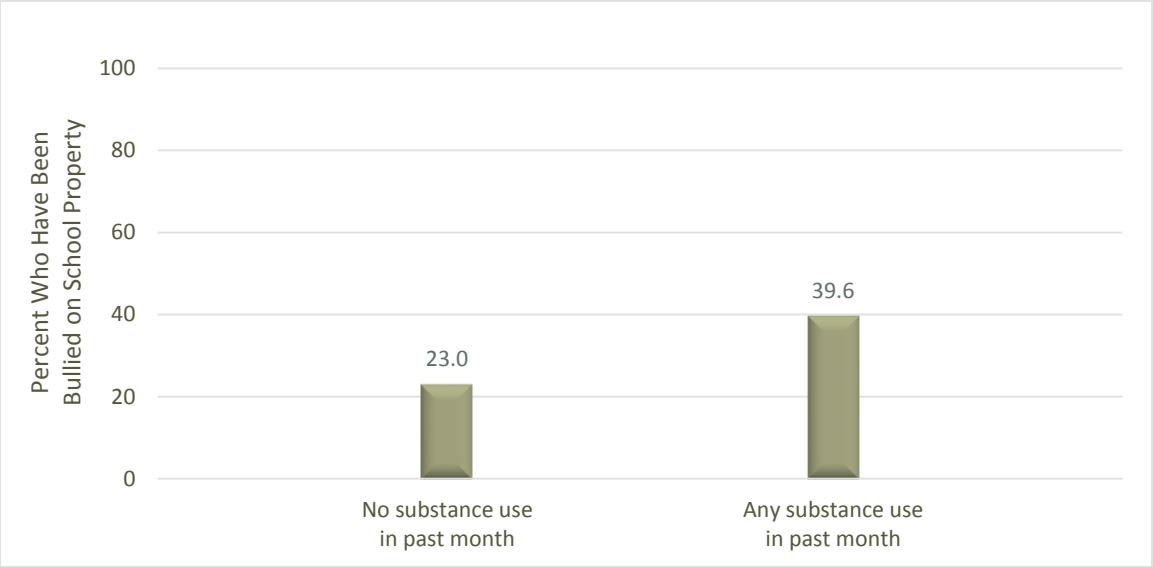
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 3. Percentage of Students Who Bullied Someone on School Property in the Past Year, by Past Month Substance Use, Fairfax County, 2016



Note. Any substance use includes students who reported using alcohol, cigarettes, or other drugs in the past month. All percentages were calculated from valid cases (missing responses were not included). The scale (y-axis) for this figure is reduced to aid in interpretation of the data.

Figure 4. Percentage of Students Who Have Been Bullied by Someone on School Property in the Past Year, by Past Month Substance Use, Fairfax County, 2016



Note. Any substance use includes students who reported using alcohol, cigarettes, or other drugs in the past month. All percentages were calculated from valid cases (missing responses were not included).

CYBERBULLYING

Table 27. Prevalence of Cyberbullying a Student Who Attends the Same School in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	5.0	4.7	4.6	3.2	3.2
Gender					
Female	5.2	4.6	4.6	3.1	3.2
Male	4.7	4.8	4.7	3.4	3.2
Race/Ethnicity[a]					
White	3.7	3.1	3.3	2.1	2.1
Black	6.3	5.7	6.1	4.3	4.6
Hispanic	7.5	7.1	7.2	5.2	5.3
Asian	4.3	5.0	3.9	2.6	2.8
Other/Multiple	4.9	4.9	4.9	3.8	2.5

Note. Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 28. Frequency of Cyberbullying a Student Who Attends the Same School in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	1-2 times	3-5 times	6-9 times	10-19 times	20-29 times	30-39 times	40+ times
Overall	96.8	2.4	0.4	0.2	0.1	0.1	0.0	0.1
Gender								
Female	96.8	2.5	0.3	0.2	0.0	0.1	0.0	0.1
Male	96.8	2.2	0.5	0.2	0.1	0.1	0.0	0.2
Race/Ethnicity[a]								
White	97.9	1.7	0.3	0.1	0.0	0.0	0.0	0.1
Black	95.4	3.0	0.4	0.7	0.2	0.1	0.1	0.2
Hispanic	94.7	3.8	0.7	0.5	0.1	0.1	0.0	0.2
Asian	97.2	2.4	0.2	0.0	0.0	0.0	0.0	0.1
Other/Multiple	97.5	1.4	0.6	0.2	0.2	0.1	0.0	0.0

Note. Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 29. Prevalence of Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

(Values are percentages)

	2012	2013	2014	2015	2016
Overall	12.5	13.1	13.9	10.6	10.0
Gender					
Female	15.1	16.0	16.9	12.9	12.2
Male	9.9	10.2	10.9	8.4	7.9
Race/Ethnicity[a]					
White	12.0	13.1	12.9	9.3	9.2
Black	11.9	13.4	14.8	11.4	10.3
Hispanic	14.5	15.5	16.9	13.9	12.5
Asian	11.7	10.8	12.1	9.5	8.6
Other/Multiple	14.0	13.3	14.8	11.2	11.8

Note. Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 30. Frequency of Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, by Selected Demographic Characteristics, Fairfax County, 2016

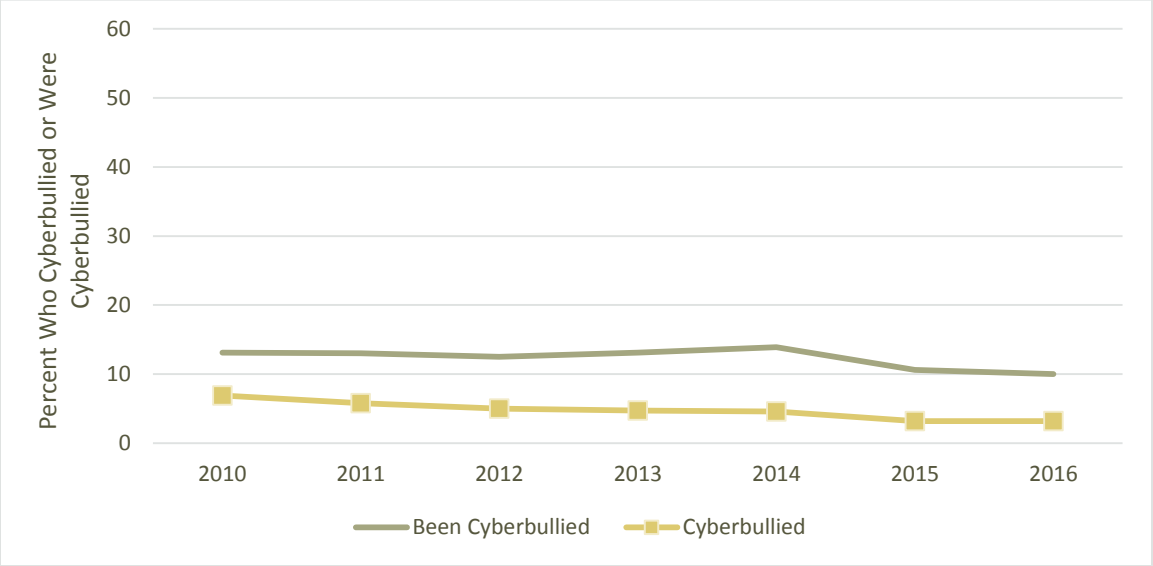
(Values are percentages)

	Never	1-2 times	3-5 times	6-9 times	10-19 times	20-29 times	30-39 times	40+ times
Overall	90.0	6.2	1.7	0.9	0.5	0.2	0.1	0.4
Gender								
Female	87.8	7.8	2.1	0.9	0.6	0.2	0.1	0.4
Male	92.1	4.6	1.4	0.8	0.4	0.2	0.1	0.4
Race/Ethnicity[a]								
White	90.8	5.8	1.5	0.6	0.6	0.2	0.1	0.3
Black	89.8	5.9	1.7	1.0	0.4	0.4	0.1	0.7
Hispanic	87.5	7.5	2.0	1.2	0.7	0.4	0.2	0.5
Asian	91.4	5.6	1.7	0.6	0.4	0.1	0.0	0.3
Other/Multiple	88.2	7.2	2.2	1.5	0.4	0.0	0.2	0.2

Note. Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 5. Percentage of Students Who Reported Cyberbullying or Having Been Cyberbullied in the Past Year by a Student Who Attends the Same School, Fairfax County, 2010 – 2016



Note. Cyberbullying was defined as bullying through e-mail, chat rooms, instant messaging, web sites, or text messaging. All percentages were calculated from valid cases (missing responses were not included). The scale (y-axis) for this figure is reduced to aid in interpretation of the data.

Table 31. Prevalence of Making and Experiencing Derogatory Statements in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016

(Values are percentages)

	Said something bad about someone's race/culture		Had something bad said about your race/culture	
	2015	**2016**	**2015**	**2016**
Overall	18.7	17.8	38.8	38.6
Gender				
Female	15.8	14.7	37.7	37.2
Male	21.5	21.0	39.8	39.9
Race/Ethnicity[a]				
White	15.4	14.8	25.2	25.1
Black	20.1	20.5	51.6	50.4
Hispanic	24.8	20.5	45.1	42.0
Asian	20.2	20.0	51.3	51.5
Other/Multiple	17.5	18.1	42.6	43.9

Note. The wording for these items was changed in 2015, resulting in markedly different rates from previous years for these measures. Therefore, it is not recommended to compare these rates with previous years. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 32. Frequency of Having Said Something Bad about Someone's Race or Culture in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	**1-2 times**	**3-5 times**	**6-9 times**	**10-19 times**	**20-29 times**	**30-39 times**	**40+ times**
Overall	82.2	12.5	2.4	1.2	0.7	0.3	0.1	0.6
Gender								
Female	85.4	10.7	1.9	0.8	0.5	0.2	0.1	0.4
Male	79.0	14.3	2.9	1.6	0.9	0.4	0.2	0.7
Race/Ethnicity[a]								
White	85.2	11.3	1.5	0.7	0.5	0.3	0.2	0.3
Black	79.5	12.0	3.4	2.0	1.3	0.6	0.2	1.2
Hispanic	79.5	14.3	2.8	1.3	0.9	0.4	0.1	0.8
Asian	80.0	14.3	3.0	1.5	0.7	0.2	0.0	0.4
Other/Multiple	81.9	12.0	2.3	1.5	0.5	0.3	0.2	1.2

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 33. Frequency of Having Something Bad Said to Them about Their Race or Culture in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	1-2 times	3-5 times	6-9 times	10-19 times	20-29 times	30-39 times	40+ times
Overall	61.4	20.2	7.9	4.1	2.6	1.1	0.6	2.0
Gender								
Female	62.8	21.2	7.2	3.6	2.0	0.9	0.6	1.8
Male	60.1	19.3	8.7	4.6	3.2	1.4	0.6	2.2
Race/Ethnicity[a]								
White	74.9	14.7	4.9	2.0	1.8	0.5	0.2	1.1
Black	49.6	24.1	10.0	7.2	2.4	2.0	1.1	3.5
Hispanic	58.0	22.4	8.2	4.5	2.8	1.4	0.5	2.2
Asian	48.5	26.2	11.4	5.7	3.6	1.6	0.9	2.0
Other/Multiple	56.1	20.2	9.8	4.7	4.2	1.1	1.0	3.0

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 34. Past Month Prevalence of Carrying a Weapon, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016

(Values are percentages)

	Carried a weapon		Carried a weapon on school property	
	2015	**2016**	**2015**	**2016**
Overall	9.5	10.1	0.8	0.8
Gender				
Female	5.2	5.9	0.6	0.6
Male	13.5	14.1	1.0	1.0
Race/Ethnicity[a]				
White	11.8	12.3	0.6	0.6
Black	6.8	7.9	0.8	0.9
Hispanic	7.6	8.7	1.3	1.6
Asian	7.9	8.3	0.5	0.7
Other/Multiple	11.9	12.7	1.2	0.6

Note. Weapons include guns, knives, or clubs. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 35. Frequency of Carrying a Weapon in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 days	1 day	2-3 days	4-5 days	6 or more days
Overall	89.9	4.3	3.2	0.9	1.7
Gender					
Female	94.1	2.7	1.8	0.4	1.0
Male	85.9	5.9	4.5	1.3	2.5
Race/Ethnicity[a]					
White	87.8	5.1	4.0	1.1	2.2
Black	92.1	4.4	2.0	0.5	1.0
Hispanic	91.3	4.0	2.2	0.7	1.8
Asian	91.7	3.5	2.9	0.7	1.3
Other/Multiple	87.3	4.2	5.2	1.3	2.0

Note. Weapons include guns, knives, or clubs. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 36. Frequency of Carrying a Weapon on School Property in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

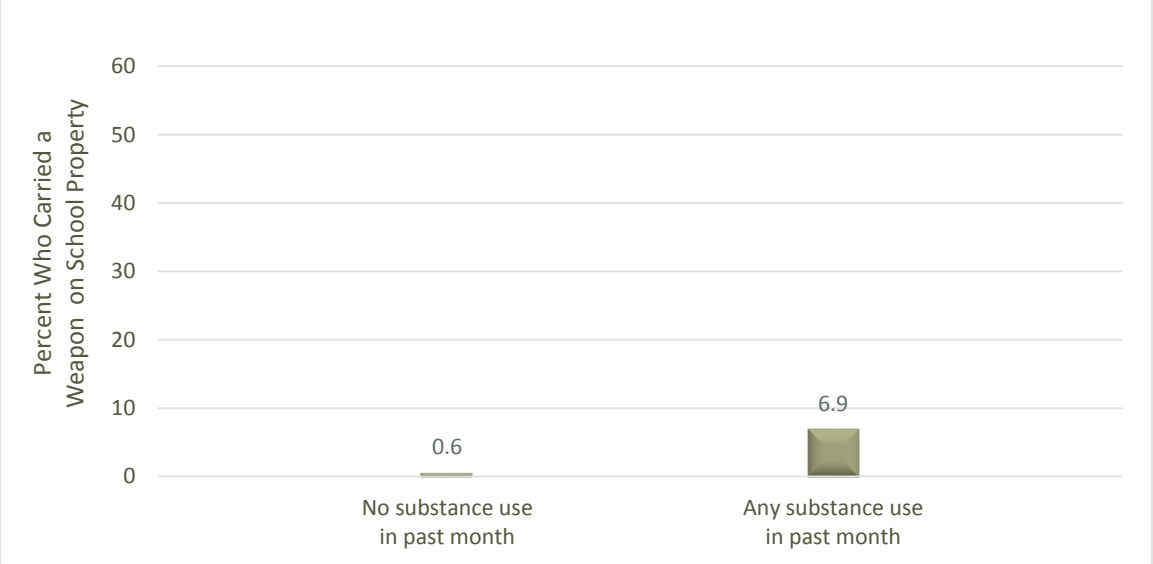
(Values are percentages)

	0 days	1 day	2-3 days	4-5 days	6 or more days
Overall	99.2	0.4	0.2	0.0	0.2
Gender					
Female	99.4	0.2	0.2	0.0	0.1
Male	99.0	0.6	0.2	0.0	0.2
Race/Ethnicity[a]					
White	99.4	0.3	0.2	0.0	0.1
Black	99.1	0.6	0.2	0.0	0.1
Hispanic	98.5	0.8	0.4	0.1	0.2
Asian	99.3	0.4	0.2	0.0	0.2
Other/Multiple	99.4	0.1	0.1	0.1	0.3

Note. Weapons include guns, knives, or clubs. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 6. Percentage of Students Who Carried a Weapon on School Property in the Past Month, by Past Month Substance Use, Fairfax County, 2016



Note. All percentages were calculated from valid cases (missing responses were not included). The scale (y-axis) for this figure is reduced to aid in interpretation of the data.

PHYSICAL AND MENTAL HEALTH

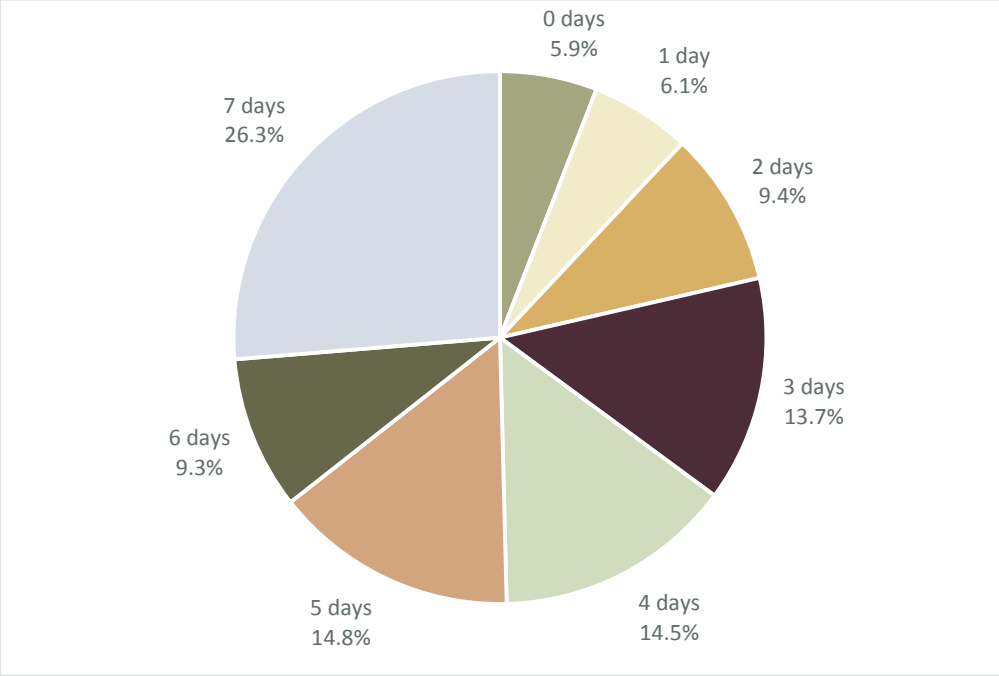
Physical Activity and Non-Academic Use of Electronic Media

Several items on the *2016 Fairfax County Youth Survey of 6th Grade Students* were included to assess students' levels of physical activity, eating behaviors, and mental health. Over one-quarter of the students (26.3%) indicated that they were physically active for at least one hour per day on all seven days in the week before the survey, while 5.9% reported not engaging in that level of activity on any of the previous seven days. Half of the students (50.4%) reported being physically active for at least one hour per day on five or more days in the past week. This was the lowest rate since 2012, when 54.3% of the students reported five or more days of physical activity. A larger percentage of male students (55.6%) reported being physically active on five or more days, than did female students (44.9%). The rates of physical activity on five or more days ranged from 40.2% of Hispanic students to 58.2% of White students.

Students were asked how many hours they spend watching television on an average school day. Fifteen percent of the students (15.4%) reported watching three or more hours, which was the lowest rate since 2012, when one-quarter of the students (25.4%) reported doing so. The percentage of students who spent three or more hours watching television varied by race/ethnicity, from 8.0% of Asian students to 29.6% of Black students. Male and female students reported nearly identical rates (15.6% and 15.2%, respectively).

Students were also asked how many hours they spend on an average school day playing video games or using a computer or other electronic device (such as iPads or smartphones) for non-academic purposes. Almost thirty percent of the students (29.3%) reported spending three or more hours in such activities. Male students were more likely to report spending three or more hours on an average school day (32.1% compared to 26.3% of female students). Approximately one-quarter of Asian and White students (23.6% and 24.6%, respectively) reported spending three or more hours on non-school-related electronic media, compared to over one-third of Hispanic and Black students (37.4% and 39.5%, respectively). While rates of television viewing have decreased over time, the percentage of students engaged with electronic devices has increased from 24.7% in 2012.

Figure 7. Frequency of Physical Activity for at Least One Hour per Day in the Past Week, Fairfax County, 2016



Note. Physical activity was defined as participating in activity that increased the student's heart rate and made them breathe hard some of the time. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

Table 37. Frequency of Physical Activity for at Least One Hour per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Overall	5.9	6.1	9.4	13.7	14.5	14.8	9.3	26.3
Gender								
Female	6.3	7.1	10.8	15.6	15.4	15.0	8.9	21.1
Male	5.5	5.2	8.2	11.9	13.7	14.6	9.7	31.3
Race/Ethnicity[a]								
White	3.3	5.0	7.9	11.7	14.0	15.5	11.6	31.2
Black	8.0	7.6	9.7	12.3	11.6	13.8	8.0	29.0
Hispanic	10.0	7.6	11.3	15.8	15.2	12.6	6.1	21.5
Asian	5.0	5.6	10.2	16.4	16.3	16.4	8.7	21.4
Other/Multiple	5.0	4.6	9.9	10.9	14.6	15.7	10.7	28.7

Note. Physical activity was defined as activity that increased the student's heart rate and made them breathe hard some of the time. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 38. Percentage of Students Who Were Physically Active for at Least One Hour on Five or More Days in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

	2012	2013	2014	2015	2016
Overall	54.3	52.3	53.3	50.8	50.4
Gender					
Female	49.9	46.3	47.3	45.8	44.9
Male	58.7	58.4	59.1	55.5	55.6
Race/Ethnicity[a]					
White	60.2	59.5	60.0	56.9	58.2
Black	53.7	49.2	50.4	48.8	50.8
Hispanic	47.0	45.8	47.2	44.2	40.2
Asian	48.8	46.8	47.3	47.0	46.5
Other/Multiple	58.8	53.6	55.7	53.0	55.1

Note. Physical activity was defined as activity that increased the student's heart rate and made them breathe hard some of the time. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 39. Amount of Time Spent Watching Television on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Not at all	Less than 1 hour per day	1 hour per day	2 hours per day	3 hours per day	4 hours per day	5 or more hours per day
Overall	19.9	29.8	18.7	16.3	8.2	3.0	4.3
Gender							
Female	20.6	29.8	18.4	16.0	8.1	3.1	4.0
Male	19.1	29.6	19.0	16.7	8.2	2.8	4.5
Race/Ethnicity[a]							
White	19.5	33.8	21.2	14.9	7.0	2.0	1.7
Black	18.6	20.9	13.1	17.9	12.2	5.4	12.0
Hispanic	12.5	24.7	18.1	21.5	11.6	4.5	7.1
Asian	28.6	32.9	18.0	12.5	5.2	1.4	1.4
Other/Multiple	22.7	31.3	18.0	15.1	5.6	3.2	4.2

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 40. Percentage of Students Who Spend Three or More Hours Watching TV on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	25.4	22.8	20.0	16.1	15.4
Gender					
Female	24.8	21.7	19.3	15.4	15.2
Male	25.8	23.8	20.6	16.8	15.6
Race/Ethnicity[a]					
White	18.1	15.9	14.3	10.5	10.7
Black	43.2	38.2	35.4	29.6	29.6
Hispanic	39.9	35.8	31.2	24.7	23.2
Asian	16.1	14.8	11.7	10.1	8.0
Other/Multiple	25.7	23.8	19.5	16.1	12.9

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 41. Amount of Time Spent Playing Video Games or Using a Computer for Non-Academic Purposes on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Not at all	Less than 1 hour per day	1 hour per day	2 hours per day	3 hours per day	4 hours per day	5 or more hours per day
Overall	10.7	21.9	19.1	18.9	12.3	6.2	10.8
Gender							
Female	11.2	25.8	19.4	17.4	10.6	5.8	10.0
Male	10.2	18.3	18.9	20.5	13.9	6.7	11.5
Race/Ethnicity[a]							
White	9.7	24.5	21.7	19.5	11.6	6.1	6.9
Black	12.6	17.6	14.3	15.9	13.3	6.2	20.0
Hispanic	8.6	14.9	18.4	20.8	14.8	7.6	14.9
Asian	12.9	27.1	18.9	17.5	10.9	5.1	7.6
Other/Multiple	12.3	23.4	16.2	20.0	10.7	5.6	11.8

Note. Video/computer games include playing Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

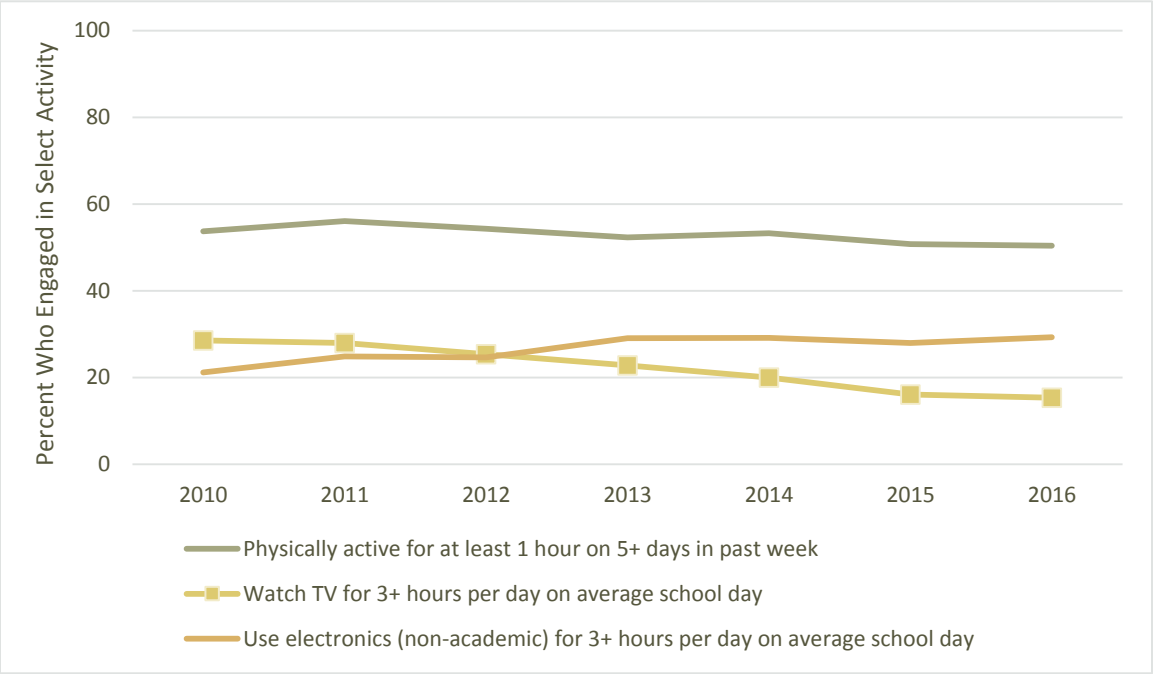
Table 42. Percentage of Students Who Spend Three or More Hours Playing Video Games or Using a Computer for Non-Academic Purposes on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	24.7	29.1	29.2	28.0	29.3
Gender					
Female	18.3	25.2	26.1	24.7	26.3
Male	30.9	32.8	32.2	31.2	32.1
Race/Ethnicity[a]					
White	20.2	24.9	25.1	23.5	24.6
Black	32.9	36.1	36.2	38.4	39.5
Hispanic	32.6	36.9	36.1	35.8	37.4
Asian	22.0	24.9	25.3	23.8	23.6
Other/Multiple	25.1	29.7	31.5	26.7	28.2

Note. Video/computer games include playing Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 8. Prevalence of Physical Activity, Television Viewing, and Non-Academic Use of Electronic Devices, Fairfax County, 2010 – 2016



Note. Physical activity was defined as activity that increased the student's heart rate and made them breathe hard some of the time. Video/computer games include playing Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet. All percentages were calculated from valid cases (missing responses were not included).

Nutrition

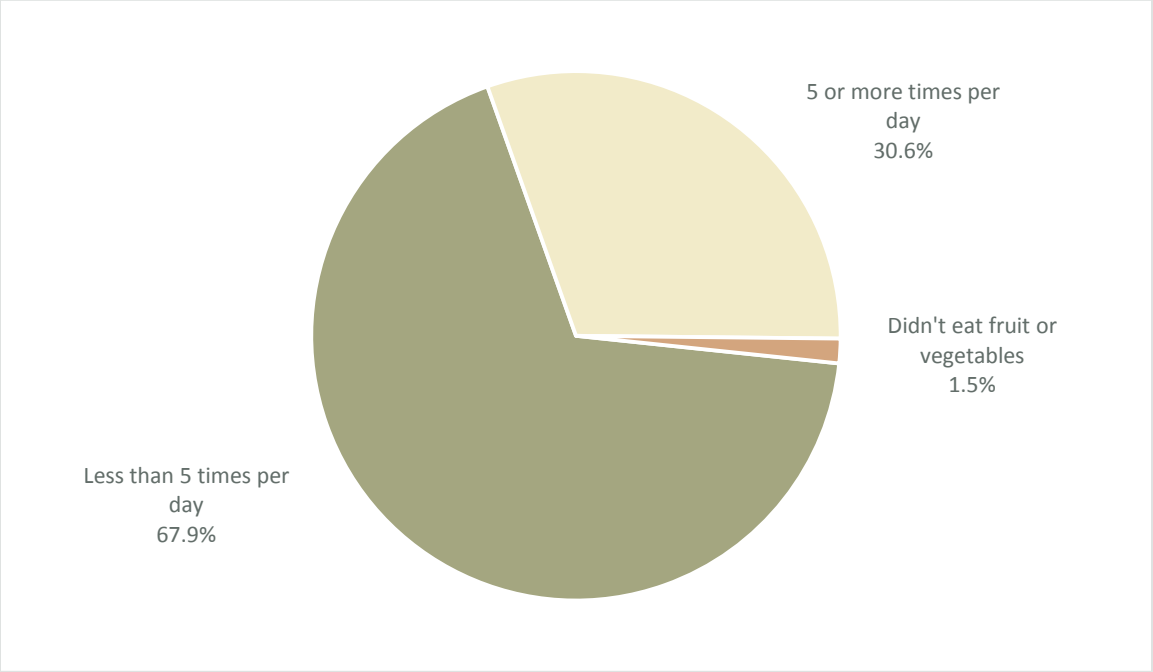
While nearly all students reported eating some fruits and vegetables in the week prior to the survey, only 30.6% reported eating them at least five times per day. This was the lowest percentage reported in the past five years. Asian students and students of other or multiple races reported the highest rates of eating fruits and vegetables five or more times per day (34.0% and 33.1%, respectively).

Ten percent of the students (9.8%) reported drinking non-diet soda at least once a day in the week prior to the survey. Rates of daily consumption of soda have decreased steadily over the past five years, falling from 13.7% in 2012. Items were added to the survey in 2015 to assess students' consumption of other sweetened beverages, including non-carbonated sweetened drinks such as lemonade and sweetened tea, as well as sports drinks and energy drinks. One in seven of the students (14.5%) reported drinking non-carbonated sweetened drinks at least once per day, while 7.3% reported consuming sports drinks daily and 2.2% consumed energy drinks daily. A larger percentage of male students reported daily consumption of soda, non-carbonated sweetened beverages, sports drinks, and energy drinks than did female students.

Over one-fourth of the Fairfax County students (26.2%) reported drinking a sweetened beverage (all categories combined) more than once per day. Male students were more likely to report consuming more than one sweetened beverage a day (31.8% compared to 20.4% of female students). Consumption of sweetened beverages varied by race/ethnicity, ranging from 16.5% of Asian students to 38.8% of Hispanic students consuming them more than once per day.

Eight percent of the students (8.3%) reported going hungry in the past month (some of the time, most of the time, or always) due to a lack of food in the home. White students reported the lowest rate of going hungry in the past month (some of the time, most of the time, or always) due to a lack of food in the home (3.6%), ranging to approximately one in six Hispanic students (16.0%).

Figure 9. Frequency of Eating Fruits and Vegetables in the Past Week, Fairfax County, 2016



Note. Fruits and vegetables do not include fruit juice, french fries, fried potatoes, or potato chips. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

Table 43. Frequency of Eating Fruits and Vegetables in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	No fruits or vegetables	Less than 5 times per day	5 or more times per day
Overall	1.5	67.9	30.6
Gender			
Female	1.1	68.5	30.4
Male	1.8	67.4	30.8
Race/Ethnicity[a]			
White	1.0	67.3	31.7
Black	2.3	70.0	27.6
Hispanic	2.5	70.8	26.7
Asian	0.8	65.2	34.0
Other/Multiple	1.5	65.4	33.1

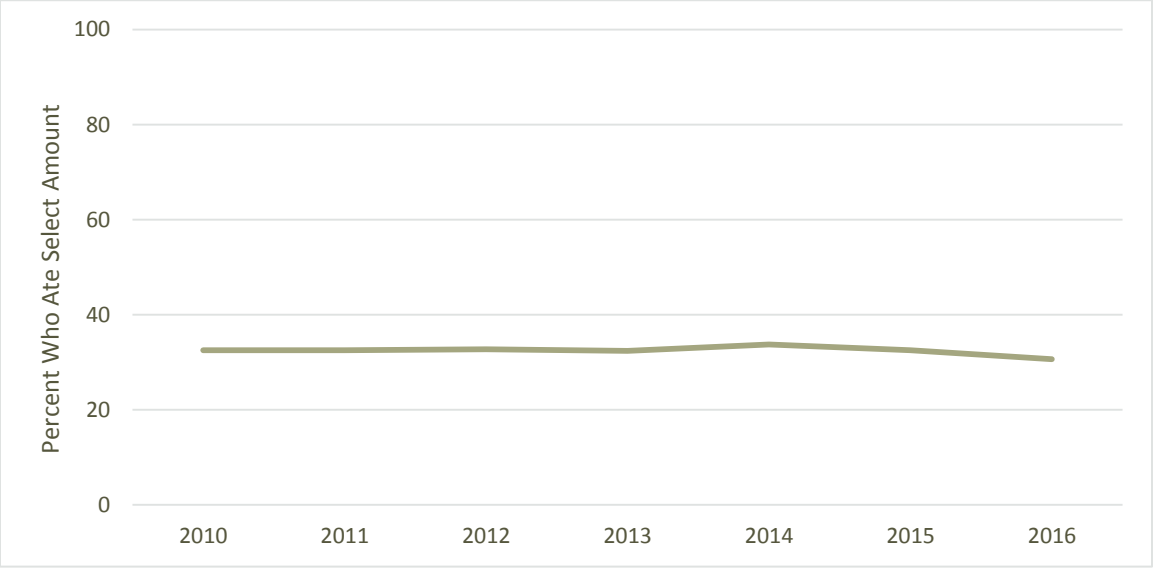
Note. Fruits and vegetables do not include fruit juice, french fries, fried potatoes, or potato chips. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 44. Percentage of Students Who Ate Fruits and Vegetables Five or More Times Per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

	2012	2013	2014	2015	2016
Overall	32.7	32.4	33.7	32.5	30.6
Gender					
Female	32.4	32.6	32.9	32.7	30.4
Male	32.8	32.2	34.5	32.3	30.8
Race/Ethnicity[a]					
White	31.1	31.4	32.5	32.0	31.7
Black	31.6	26.7	31.0	29.2	27.6
Hispanic	30.6	32.2	33.2	31.1	26.7
Asian	37.3	37.2	37.7	36.7	34.0
Other/Multiple	37.9	32.7	35.5	35.3	33.1

Note. Fruits and vegetables do not include fruit juice, french fries, fried potatoes, or potato chips. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 10. Percentage of Students Who Ate Fruits and Vegetables Five or More Times Per Day in the Past Week, Fairfax County, 2010 - 2016



Note. Fruits and vegetables do not include fruit juice, french fries, fried potatoes, or potato chips. All percentages were calculated from valid cases (missing responses were not included).

Table 45. Frequency of Eating Fruits in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	3.9	15.3	16.5	13.2	20.8	13.3	17.1
Gender							
Female	3.3	15.7	16.6	13.1	21.7	13.4	16.4
Male	4.4	15.0	16.4	13.3	19.9	13.3	17.7
Race/Ethnicity[a]							
White	2.9	12.7	15.2	14.2	23.9	15.7	15.4
Black	7.0	20.7	15.7	10.9	15.2	10.8	19.8
Hispanic	4.8	18.4	18.8	10.3	16.8	11.0	19.9
Asian	2.4	13.3	17.4	16.0	22.8	13.3	14.8
Other/Multiple	5.5	14.1	14.7	12.8	21.3	13.6	17.9

Note. Fruits do not include fruit juice. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 46. Frequency of Eating Vegetables in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	6.7	17.3	14.9	16.8	17.9	11.2	15.3
Gender							
Female	5.9	17.2	14.5	17.7	18.4	11.6	14.8
Male	7.5	17.5	15.1	16.0	17.4	10.8	15.7
Race/Ethnicity[a]							
White	4.3	14.1	14.9	20.7	20.9	12.2	13.0
Black	9.8	22.2	15.4	15.1	13.6	8.1	15.9
Hispanic	11.9	23.2	15.0	13.1	13.5	8.7	14.6
Asian	3.4	14.0	15.0	15.1	19.5	14.4	18.5
Other/Multiple	5.9	15.8	13.7	16.7	19.0	11.3	17.7

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 47. Frequency of Drinking Soda or Pop in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	44.0	41.4	4.9	4.8	2.6	0.9	1.5
Gender							
Female	48.5	39.1	4.2	4.2	2.2	0.6	1.2
Male	39.7	43.7	5.4	5.4	2.9	1.2	1.8
Race/Ethnicity[a]							
White	46.0	43.5	4.5	3.5	1.2	0.7	0.7
Black	42.0	36.3	6.5	6.2	4.1	1.9	3.0
Hispanic	31.9	43.7	6.5	8.4	4.6	1.7	3.3
Asian	54.3	38.4	3.0	2.6	1.4	0.2	0.3
Other/Multiple	45.6	39.5	4.5	4.7	3.6	0.7	1.5

Note. Students were instructed not to include diet soda. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

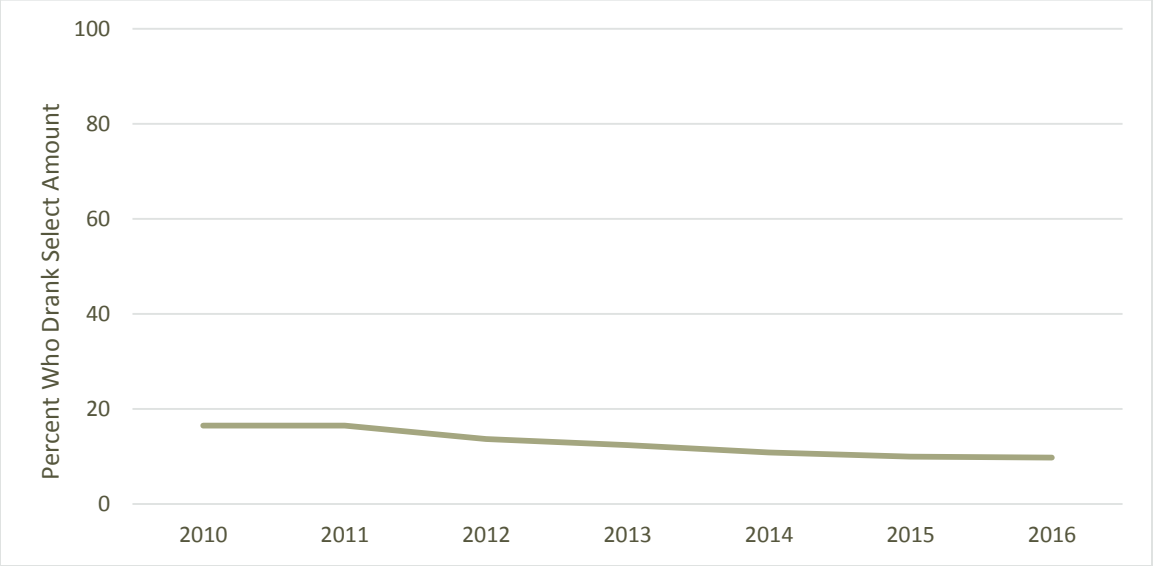
Table 48. Percentage of Students Who Drank Soda or Pop At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2012 - 2016

	2012	2013	2014	2015	2016
Overall	13.7	12.4	10.9	10.0	9.8
Gender					
Female	11.4	10.5	9.1	8.0	8.2
Male	16.0	14.3	12.7	11.7	11.3
Race/Ethnicity[a]					
White	9.7	7.7	7.0	6.6	6.1
Black	20.3	19.7	14.9	16.0	15.2
Hispanic	24.2	22.5	20.6	18.1	17.9
Asian	7.6	7.9	6.6	5.6	4.4
Other/Multiple	13.6	11.2	10.0	8.2	10.5

Note. Students were instructed not to include diet soda. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 11. Percentage of Students Who Drank Soda or Pop At Least One Time per Day in the Past Week, Fairfax County, 2010 – 2016



Note. Students were instructed not to include diet soda. All percentages were calculated from valid cases (missing responses were not included).

Table 49. Frequency of Drinking Sugar-Sweetened Beverages in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	34.3	42.3	8.8	6.9	3.7	1.8	2.2
Gender							
Female	34.2	44.2	8.2	6.6	3.3	1.8	1.8
Male	34.5	40.5	9.5	7.3	4.0	1.7	2.5
Race/Ethnicity[a]							
White	35.8	45.0	8.2	5.6	2.7	1.3	1.4
Black	28.4	37.9	10.7	9.2	6.6	3.2	4.1
Hispanic	28.6	39.8	10.3	10.1	4.9	3.0	3.4
Asian	39.7	43.4	7.4	5.1	2.6	0.6	1.1
Other/Multiple	34.6	41.7	9.3	7.2	3.3	1.7	2.2

Note. Sugar-sweetened beverages include lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, and Sunny Delight. Students were instructed not to count soda, sports drinks, energy drinks, or 100% fruit juice. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 50. Frequency of Drinking Sports Drinks in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	59.7	28.0	5.0	3.6	1.7	0.7	1.3
Gender							
Female	69.5	23.0	2.8	2.7	1.1	0.4	0.6
Male	50.2	32.9	7.2	4.4	2.3	0.9	2.0
Race/Ethnicity[a]							
White	60.6	30.1	4.6	2.7	1.0	0.4	0.6
Black	58.0	23.5	6.3	5.1	2.6	1.4	3.1
Hispanic	50.7	29.8	6.2	6.0	3.5	1.3	2.5
Asian	68.5	24.2	4.3	1.8	0.6	0.2	0.4
Other/Multiple	58.8	29.3	5.2	3.3	1.5	0.5	1.3

Note. Sports drinks include Gatorade and PowerAde. Students were instructed not to count low-calorie sports drinks such as Propel or G2. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 51. Frequency of Drinking Energy Drinks in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	0 times	1-3 times	4-6 times	Once per day	2 times per day	3 times per day	4+ times per day
Overall	92.2	4.8	0.8	1.1	0.4	0.2	0.5
Gender							
Female	94.7	3.4	0.4	0.9	0.2	0.1	0.3
Male	90.0	6.1	1.1	1.3	0.5	0.4	0.6
Race/Ethnicity[a]							
White	95.2	3.5	0.4	0.3	0.3	0.1	0.2
Black	86.2	7.3	2.2	1.8	0.7	0.7	1.2
Hispanic	87.2	7.4	1.0	2.5	0.5	0.4	1.0
Asian	95.5	3.2	0.4	0.6	0.1	0.1	0.1
Other/Multiple	93.0	4.4	0.8	0.8	0.3	0.2	0.5

Note. Energy drinks include Red Bull and Jolt. Students were instructed not to count diet energy drinks or sports drinks such as Gatorade or PowerAde. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 52. Prevalence of Drinking Non-Carbonated Sweetened Beverages At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2015 - 2016

(Values are percentages)

	Sugar-sweetened beverages[a]		Sports drinks[b]		Energy drinks[c]	
	2015	2016	2015	2016	2015	2016
Overall	14.4	14.5	7.5	7.3	2.3	2.2
Gender						
Female	13.1	13.4	4.7	4.8	1.4	1.6
Male	15.7	15.5	10.2	9.6	3.2	2.7
Race/Ethnicity[a]						
White	10.6	11.0	5.2	4.7	1.0	0.9
Black	23.4	23.0	11.9	12.2	5.1	4.4
Hispanic	21.9	21.3	13.5	13.3	4.7	4.4
Asian	9.3	9.4	3.8	3.0	1.1	1.0
Other/Multiple	12.9	14.3	7.2	6.7	1.2	1.9

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Sugar-sweetened beverages include lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, and Sunny Delight. Students were instructed not to count soda, sports drinks, energy drinks, or 100% fruit juice. [b]Sports drinks include Gatorade and PowerAde. Students were instructed not to count low-calorie sports drinks such as Propel or G2. [c]Energy drinks include Red Bull and Jolt. Students were instructed not to count diet energy drinks or sports drinks such as Gatorade or PowerAde. [d]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 53. Frequency of Drinking Any Sweetened Beverage in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Did not drink any sweetened beverage	Less than one time per day	One time per day	More than one time per day
Overall	15.1	51.7	7.1	26.2
Gender				
Female	17.3	55.1	7.3	20.4
Male	12.8	48.6	6.8	31.8
Race/Ethnicity[a]				
White	15.3	57.4	6.4	20.9
Black	12.5	41.3	8.7	37.6
Hispanic	9.4	44.0	7.9	38.8
Asian	21.5	55.3	6.7	16.5
Other/Multiple	14.6	51.0	7.2	27.2

Note. Any sweetened beverage includes non-diet soda; sweetened beverages such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, and Sunny Delight; energy drinks such as Red Bull and Jolt; and sports drinks such as Gatorade and PowerAde. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 54. Prevalence of Drinking Any Sweetened Beverage At Least One Time per Day in the Past Week, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016

(Values are percentages)

	2015	2016
Overall	32.6	33.3
Gender		
Female	26.8	27.7
Male	38.2	38.6
Race/Ethnicity[a]		
White	27.8	27.3
Black	43.6	46.3
Hispanic	48.1	46.6
Asian	21.6	23.2
Other/Multiple	28.0	34.4

Note. Any sweetened beverage includes non-diet soda; sweetened beverages such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, and Sunny Delight; energy drinks such as Red Bull and Jolt; and sports drinks such as Gatorade and PowerAde. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 55. Frequency of Going Hungry in the Past Month Due to Lack of Food in the Home, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	Rarely	Sometimes	Most of the Time	Always
Overall	76.3	15.4	6.4	1.5	0.5
Gender					
Female	78.5	13.4	6.2	1.4	0.4
Male	74.3	17.2	6.4	1.6	0.5
Race/Ethnicity[a]					
White	86.9	9.6	3.0	0.4	0.2
Black	66.6	20.5	10.1	1.9	0.9
Hispanic	60.7	23.3	12.1	3.1	0.9
Asian	79.3	14.3	4.9	1.3	0.2
Other/Multiple	78.5	15.0	4.1	1.7	0.7

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 56. Percentage of Students Who Reported Going Hungry in the Past Month Due to Lack of Food in the Home, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	7.9	8.8	8.4	8.4	8.3
Gender					
Female	7.1	7.7	7.9	7.5	8.1
Male	8.8	9.8	8.8	9.2	8.4
Race/Ethnicity[a]					
White	4.1	4.0	4.0	3.7	3.6
Black	11.2	13.7	13.0	11.7	12.9
Hispanic	14.8	16.3	15.7	16.8	16.0
Asian	7.1	7.7	6.8	6.7	6.4
Other/Multiple	7.4	7.9	8.6	7.9	6.4

Note. Students who reported going hungry "sometimes", "most of the time", or "always" are included. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Mental Health

Students were asked to rate their average level of stress during the past month on a scale from 1 (little or no stress) to 10 (a great deal of stress). Responses were categorized as "Low" (responses of 1, 2, or 3), "Moderate" (responses of 4, 5, 6, or 7), or "High" (responses of 8, 9, or 10) (see American Psychological Association, 2014). Almost one in seven of the students (13.7%) reported experiencing levels of stress that fell in the high category, and 47.5% fell in the moderate category.

One in five students (20.7%) reported feeling so sad or hopeless almost every day for two or more weeks in a row within the past year that they stopped doing usual activities. Female students were more likely to report experiencing this level of sadness (22.5% compared to 18.8% of male students). Among racial/ethnic groups, Black and Hispanic students reported the highest rates of experiencing this level of sadness (26.6% and 26.8%, respectively) while White students had the lowest rate (16.1%). Students who reported substance use in the past month were twice as likely to report experiencing this level of sadness or hopelessness (40.5% compared to 19.8% of students who did not use substances).

Table 57. Percentage of Students Who Experienced Selected Levels of Stress in the Past Month, by Selected Demographic Characteristics, Fairfax County, 2016

	Low	Moderate	High
Overall	38.8	47.5	13.7
Gender			
Female	36.4	48.6	15.0
Male	41.1	46.5	12.4
Race/Ethnicity[a]			
White	38.7	47.7	13.6
Black	41.7	44.5	13.9
Hispanic	38.1	47.5	14.5
Asian	39.3	48.7	12.0
Other/Multiple	35.2	47.6	17.2

Note. Students were asked to rate their average level of stress using a 10-point scale where 1 means "little or no stress" and 10 means "a great deal of stress". Responses were categorized as "Low" (responses of 1, 2, or 3), "Moderate" (responses of 4, 5, 6, or 7) or "High" (responses of 8, 9, or 10) based on the American Psychological Association's report "Stress in America™: Are Teens Adopting Adults' Stress Habits?" (American Psychological Association, 2014). All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

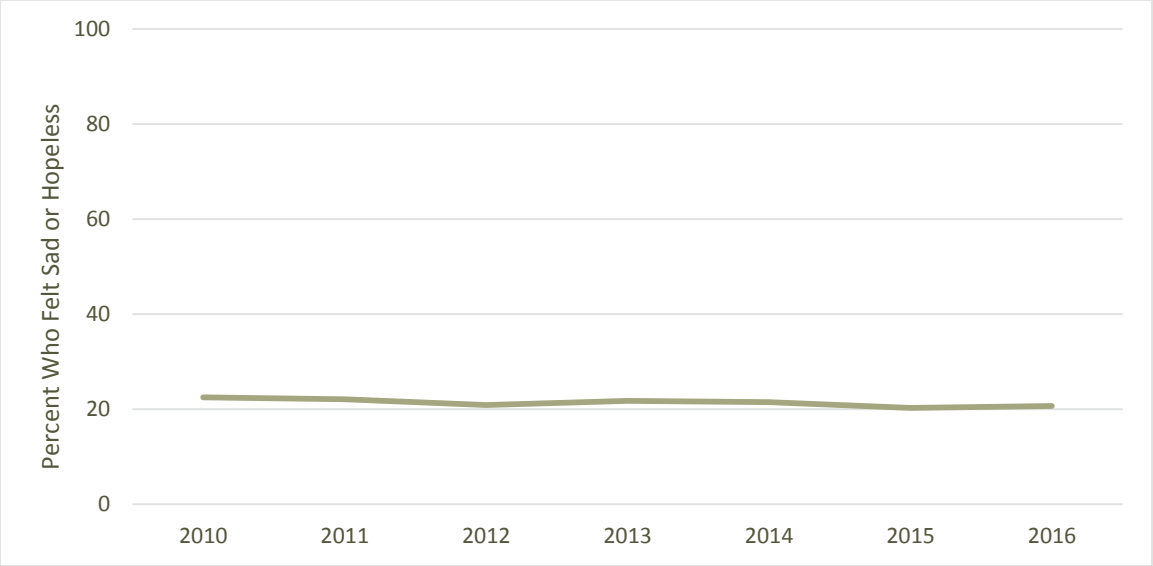
Table 58. Percentage of Students Who Felt Sad or Hopeless in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	20.9	21.8	21.5	20.3	20.7
Gender					
Female	22.5	24.6	23.8	21.9	22.5
Male	19.1	18.9	19.2	18.6	18.8
Race/Ethnicity[a]					
White	17.2	17.6	17.6	15.9	16.1
Black	25.7	26.3	25.5	24.1	26.6
Hispanic	27.1	28.4	27.5	27.2	26.8
Asian	17.9	19.6	18.7	18.3	17.7
Other/Multiple	24.6	25.3	26.0	23.5	22.9

Note. Students were asked if they ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. All percentages were calculated from valid cases (missing responses were not included).

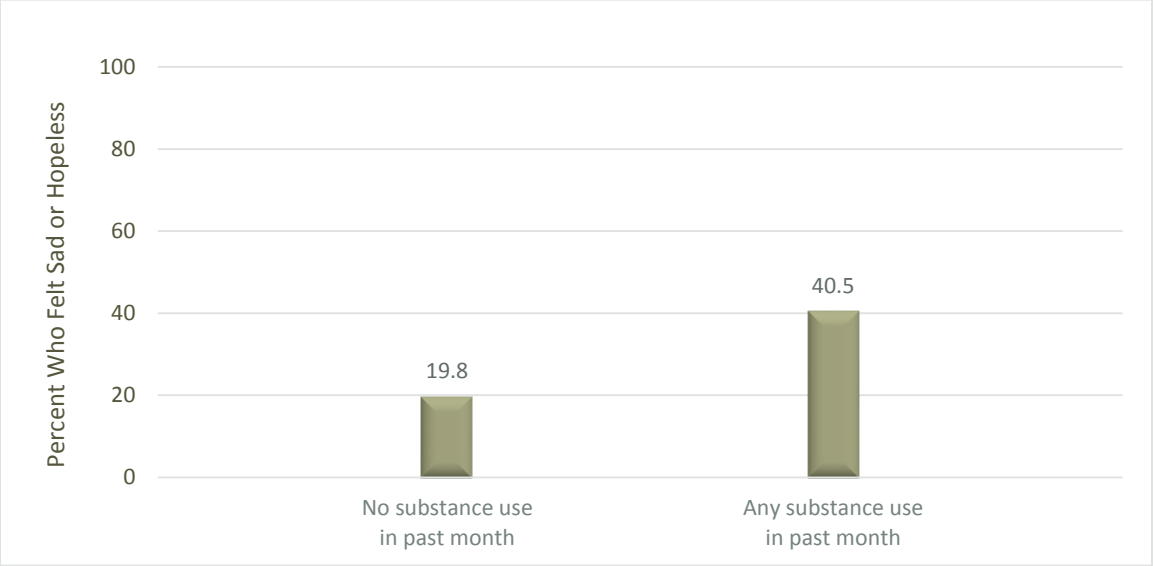
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 12. Percentage of Students Who Felt Sad or Hopeless in the Past Year, Fairfax County, 2010 – 2016



Note. Students were asked if they ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. All percentages were calculated from valid cases (missing responses were not included).

Figure 13. Percentage of Students Who Felt Sad or Hopeless in the Past Year, by Past Month Substance Use, Fairfax County, 2016



Note. Students were asked if they ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. Any substance use includes students who reported using alcohol, cigarettes, or other drugs in the past month. All percentages were calculated from valid cases (missing responses were not included).

EXTRACURRICULAR AND CIVIC BEHAVIORS

One-fourth of the Fairfax County students (25.6%) reported participating in extracurricular activities at school (such as participation in a team, club, or program) for one hour or more on an average school day, and almost three in five (57.4%) reported participating in such activities away from school for at least one hour. Rates of participation in extracurricular activities away from school varied substantially by race/ethnicity, ranging from 41.5% of Hispanic students to 68.8% of White students.

Students were also asked to indicate how much time they spend on an average school day doing homework and going to work. Less than one-third of the students (29.3%) reported spending an hour or more doing homework, and 8.4% reported going to work for an hour or more. Asian students were most likely to report doing an hour or more of homework (35.9%), and male students were more likely to work for an hour or more on an average school day (10.9% compared to 5.7% of female students).

Table 65 shows the amount of time students spend on an average school day in all afterschool activities combined. Over one-fourth of the students (25.5%) spend more than 3½ hours on the combined activities.

Two-fifths of the students (39.1%) reported volunteering in the past year to do community service, and 61.2% reported being a leader in a group or organization in the past year. Female students were more likely to report volunteering in the past year (41.1% compared to 37.2% of male students). Rates of volunteering and being a group leader in the past year varied by race/ethnicity, ranging from 26.3% of Hispanic students to 50.5% of White students volunteering, and 52.6% of Hispanic students to 67.3% of White students being a leader.

Extracurricular Activities

Table 59. Frequency of Participating in Extracurricular Activities at School, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	Half hour or less	Between ½ - 1 hour	1 hour	2 hours	3 or more hours
Overall	62.6	4.7	7.2	15.9	7.3	2.5
Gender						
Female	59.7	5.4	8.5	16.7	7.4	2.4
Male	65.5	3.9	5.9	15.1	7.1	2.5
Race/Ethnicity[a]						
White	64.3	4.9	7.0	16.0	6.1	1.7
Black	60.2	4.5	8.0	14.5	9.2	3.7
Hispanic	60.3	4.9	6.3	16.0	9.2	3.3
Asian	63.6	4.2	7.8	16.2	6.3	1.9
Other/Multiple	61.9	4.5	8.3	14.7	7.9	2.8

Note. Students were asked how many hours they spend on an average school day staying after school to participate in a team, club, program, etc. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 60. Frequency of Participating in Extracurricular Activities Away from School, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	Half hour or less	Between ½ - 1 hour	1 hour	2 hours	3 or more hours
Overall	31.8	3.5	7.3	21.8	24.4	11.2
Gender						
Female	32.1	3.9	8.4	21.8	22.1	11.7
Male	31.4	3.0	6.2	21.9	26.8	10.8
Race/Ethnicity[a]						
White	20.9	3.0	7.2	25.1	30.9	12.8
Black	38.3	3.5	7.3	16.2	21.5	13.2
Hispanic	47.9	4.1	6.5	16.2	17.4	8.0
Asian	29.0	3.7	8.3	25.6	22.5	11.0
Other/Multiple	27.3	4.3	7.7	22.0	27.1	11.6

Note. Students were asked how many hours they spend on an average school day participating in a team, club, program, etc. somewhere other than at school. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 61. Frequency of Doing Homework Outside of School on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	Half hour or less	Between ½ - 1 hour	1 hour	2 hours	3 or more hours
Overall	3.6	32.1	35.0	15.2	9.8	4.3
Gender						
Female	3.1	29.8	36.2	15.1	11.2	4.6
Male	3.9	34.2	34.0	15.4	8.6	3.9
Race/Ethnicity[a]						
White	2.3	29.4	39.7	16.5	9.4	2.8
Black	4.8	36.2	30.8	13.7	9.0	5.5
Hispanic	5.6	38.6	30.7	13.6	7.3	4.2
Asian	2.9	27.8	33.4	16.8	13.4	5.7
Other/Multiple	3.6	31.1	36.4	13.3	9.9	5.8

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 62. Frequency of Going to Work on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	None	Half hour or less	Between ½ - 1 hour	1 hour	2 hours	3 or more hours
Overall	78.7	8.2	4.7	2.7	1.8	3.9
Gender						
Female	83.6	7.1	3.7	2.1	1.3	2.3
Male	74.2	9.3	5.7	3.3	2.2	5.3
Race/Ethnicity[a]						
White	78.9	8.7	4.3	2.7	1.8	3.7
Black	78.4	7.4	5.0	2.9	1.5	4.8
Hispanic	76.3	8.3	6.4	2.8	1.5	4.7
Asian	82.0	6.9	3.4	2.9	1.9	2.8
Other/Multiple	75.8	10.4	5.1	2.2	3.2	3.3

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 63. Percentage of Students Who Spend One Hour or More on Extracurricular Activities on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016

	Extracurricular at school		Extracurricular away from school	
	2015	2016	2015	2016
Overall	26.9	25.6	58.3	57.4
Gender				
Female	27.4	26.5	57.3	55.6
Male	26.4	24.7	59.5	59.4
Race/Ethnicity[a]				
White	24.4	23.8	69.7	68.8
Black	33.3	27.4	50.5	50.9
Hispanic	28.7	28.5	43.9	41.5
Asian	26.6	24.4	57.7	59.1
Other/Multiple	25.6	25.3	59.5	60.7

Note. Extracurricular activities include participation in a team, club, program, etc. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 64. Percentage of Students Who Spend One Hour or More on Homework or Going to Work on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2015 – 2016

	Doing homework		Going to work	
	2015	2016	2015	2016
Overall	33.8	29.3	8.3	8.4
Gender				
Female	37.1	30.9	5.2	5.7
Male	30.7	27.9	11.3	10.9
Race/Ethnicity[a]				
White	32.2	28.6	6.7	8.2
Black	32.6	28.2	9.6	9.2
Hispanic	29.6	25.2	10.4	9.0
Asian	41.3	35.9	7.8	7.6
Other/Multiple	33.5	28.9	10.0	8.7

Note. All percentages were calculated from valid cases (missing responses were not included).
[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 65. Total Amount of Time Spent Doing Homework, Going to Work, and Participating in Extracurricular Activities on an Average School Day, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Less than 2 hours	2 – 3 ½ hours	3 ¾ - 5 ½ hours	5 ¾ - 7 ¾ hours	8 or more hours
Overall	38.6	35.9	18.9	5.6	1.1
Gender					
Female	39.7	34.9	19.4	5.1	0.9
Male	37.4	36.9	18.6	6.0	1.1
Race/Ethnicity[a]					
White	32.1	41.4	21.1	4.6	0.9
Black	39.8	32.8	18.6	7.8	0.9
Hispanic	48.9	29.4	14.8	5.9	1.1
Asian	36.9	36.0	20.4	5.6	1.0
Other/Multiple	34.5	38.3	19.6	6.0	1.6

Note. Extracurricular activities include participation in a team, club, program, etc. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 66. Frequency of Volunteering to Do Community Service, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	I've done it but not in past year	Less than once a month	About once a month	2 – 3 times a month	Once a week or more
Overall	41.0	20.0	13.0	11.8	8.0	6.2
Gender						
Female	38.1	20.8	12.9	12.3	8.5	7.4
Male	43.6	19.3	13.2	11.3	7.5	5.2
Race/Ethnicity[a]						
White	28.0	21.5	19.1	16.6	9.9	5.0
Black	47.6	18.7	10.1	7.2	8.7	7.7
Hispanic	57.2	16.5	6.2	8.0	5.6	6.5
Asian	41.6	21.5	12.3	10.1	7.1	7.3
Other/Multiple	36.2	21.4	13.9	12.3	9.0	7.4

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 67. Percentage of Students Who Reported Volunteering to Do Community Service in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	44.7	43.0	41.9	40.5	39.1
Gender					
Female	48.0	45.3	43.8	42.7	41.1
Male	41.6	41.0	40.1	38.3	37.2
Race/Ethnicity[a]					
White	54.5	53.9	51.9	51.3	50.5
Black	35.9	31.2	38.4	34.4	33.7
Hispanic	33.1	32.2	29.1	28.8	26.3
Asian	40.9	40.3	38.1	37.2	36.8
Other/Multiple	47.3	41.5	44.4	38.6	42.5

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Table 68. Frequency of Being a Leader in a Group or Organization in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2016

(Values are percentages)

	Never	Once	Twice	3-4 times	5 or more times
Overall	38.8	19.3	14.3	12.8	14.9
Gender					
Female	37.6	20.0	15.3	13.0	14.1
Male	39.9	18.6	13.3	12.5	15.8
Race/Ethnicity[a]					
White	32.7	18.8	15.6	15.0	17.9
Black	39.2	18.3	14.3	11.3	16.9
Hispanic	47.5	20.9	13.1	9.5	9.0
Asian	38.2	19.4	14.6	13.4	14.4
Other/Multiple	37.6	18.3	12.6	13.4	18.2

Note. All percentages were calculated from valid cases (missing responses were not included). Percentages may not sum to 100% due to rounding.

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

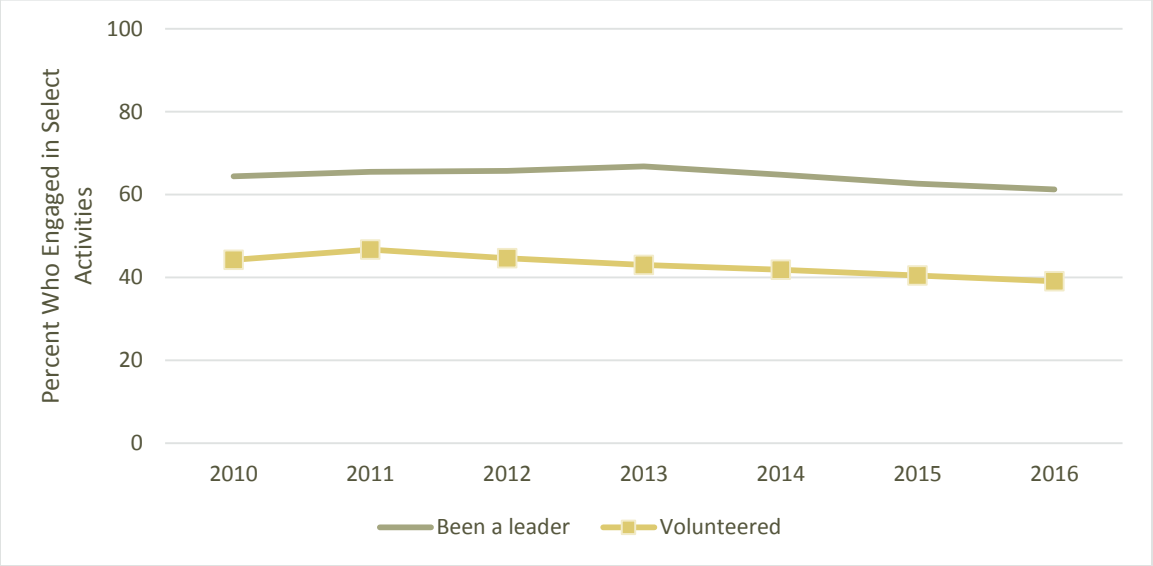
Table 69. Percentage of Students Who Reported Being a Leader in a Group or Organization in the Past Year, by Selected Demographic Characteristics, Fairfax County, 2012 – 2016

	2012	2013	2014	2015	2016
Overall	65.8	66.8	64.8	62.6	61.2
Gender					
Female	67.5	68.3	65.6	63.3	62.4
Male	64.0	65.5	64.0	62.1	60.2
Race/Ethnicity[a]					
White	69.5	70.6	67.8	66.7	67.3
Black	66.6	66.5	67.7	63.4	60.8
Hispanic	62.3	62.5	60.5	55.5	52.6
Asian	62.4	64.4	61.5	62.1	61.8
Other/Multiple	65.4	68.1	68.5	65.3	62.4

Note. All percentages were calculated from valid cases (missing responses were not included).

[a]Racial categories do not include Hispanic students who are treated as a separate category in this table.

Figure 14. Percentage of Students Who Reported Volunteering to Do Community Service or Being a Leader in a Group or Organization in the Past Year, Fairfax County, 2010 – 2016



Note. All percentages were calculated from valid cases (missing responses were not included).

REFERENCES

American Psychological Association. (2014). *Stress in America™: Are teens adopting adults' stress habits?* Washington, D.C.: American Psychological Association.

Johnston, L. D., O'Malley, P. M., Miech, R. A., Bachman, J. G., & Schulenberg, J. E. (2017). *Monitoring the Future national survey results on drug use, 1975-2016: Overview, key findings on adolescent drug use*. Ann Arbor: Institute for Social Research, The University of Michigan.

Kann, L., McManus, T., Harris, W.A., Shanklin, S. L., Flint, K. H., Hawkins, J., … Zaza, S. (2016). Youth Risk Behavior Surveillance – United States, 2015. *MMWR Surveill Summ 2016;65* (No. SS-6).

APPENDIX A. HISTORY OF FAIRFAX COUNTY YOUTH SURVEYS

In 1999, Fairfax County convened a Youth Survey Work Group sponsored collaboratively by the Fairfax County Board of Supervisors, Fairfax County Public School Board, Fairfax County Human Services Council, and Fairfax County Partnership for Youth. The work group reviewed national youth surveys and made the recommendation to design the 2001 Fairfax County Youth Survey using the Communities That Care Youth Survey, with additional items related to safety, mental health, use of leisure time, and violence from the Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey. Classes were randomly selected from eighth- and tenth-grade Physical Education courses and twelfth-grade Government courses. A total of 11,951 students participated in the survey, representing just over 37% of the students in eighth, tenth, and twelfth grades.

In 2003, the county participated in the Virginia Community Youth Survey sponsored by the Commonwealth of Virginia. The questionnaire was comprised of items from the Communities That Care Youth Survey with almost all items in common with the 2001 Fairfax County Youth Survey. Students in eighth, tenth, and twelfth grades from randomly-selected English classes were surveyed. A total of 4,239 questionnaires were completed by students, representing nearly 13% of the total FCPS student membership in those grades.

In 2005, additional items on substance use and risk factors were added to the previous survey instrument. Students in the sixth grade were included in the survey for the first time. Classes were randomly selected from all sixth-grade classes, and eighth-, tenth-, and twelfth-grade English classes. Almost every elementary, middle, and high school (including the three alternative high schools) were represented. A total of 13,235 questionnaires were completed by students, representing nearly one-third of all students in sixth, eighth, tenth, and twelfth grades.

In 2008, the Fairfax County Youth Survey Team weighed the desire to add more questions to the questionnaire related to youth's use of time, general health, and other behaviors against the need to keep the instrument at a length that would allow for completion within one class period, as specified by survey protocol. In order to include a larger number of items, the questions were divided into two instruments: the *Healthy Behaviors Survey* and the *Risk and Protective Factors Survey*. These questionnaires were administered to eighth-, tenth-, and twelfth-grade students. To allow for year-to-year comparisons, both instruments included 39 "core questions." The *Risk and Protective Factors Survey* included additional questions about risk and protective factors while the *Healthy Behaviors Survey* included additional questions about health, health risks, and outcomes. A separate *6th Grade Survey* was developed for administration in 2008 due to concerns with both the length and language of the questionnaires for use with older students. The 2008 *6th Grade Survey* had fewer questions but included most of the core items in the other questionnaires.

For the eighth-, tenth-, and twelfth-grade survey, English classrooms were randomly selected from every school. The number of classrooms selected was proportional to the pyramid size to ensure a representative sample to allow for generalized survey results. (The Fairfax County Public School system is divided into 24 pyramids comprised of a high school and its feeder elementary and middle schools. The alternative high

schools form an additional pyramid as does Thomas Jefferson High School for Science and Technology for purposes of this survey only). Of the selected classrooms, 75% received the *Risk and Protective Factors Survey* and 25% received the *Healthy Behaviors Survey*. The sixth-grade sampling utilized a two-step process. First, schools containing sixth-grade classrooms were randomly selected proportionately by pyramid. Then, sixth-grade classrooms within the selected schools were randomly selected to participate in the *6th Grade Survey*.

In 2009, the decision was made to administer the Fairfax County Youth Survey every year, alternating between the *Healthy Behaviors Survey* and the *Risk and Protective Factors Survey* for the eighth, tenth, and twelfth grades and administering the *6th Grade Survey* annually. A census approach was adopted in 2009, giving all students in the targeted grades the opportunity to participate in the surveys. Survey data were weighted by grade and race. Since 2010 the survey data have been weighted by grade within each pyramid to allow generalization of survey results to the entire population.

The questionnaire for the eighth-, tenth-, and twelfth-grade students was re-designed in 2015. A single instrument was developed that combined items of interest from the two previous versions into one questionnaire, to be administered annually. Wording on some questions was changed to align with new wording on national surveys used for comparison of Fairfax County youth results, and additional questions were added on substance use, bullying and harassment, nutrition and extra-curricular activities. The instrument for sixth-grade students was modified slightly in 2015.

Table 70. Instruments Used to Survey Fairfax County Youth, 2001-2016

Year	*Survey*	*Targeted Population*	*Number of Questions*	*National Comparison*
2001	Fairfax County Youth Survey	8th, 10th, 12th	228	MTF
2003	Virginia Community Youth Survey	8th, 10th, 12th	135	MTF
2005	Fairfax County Youth Survey	6th, 8th, 10th, 12th	137	MTF (for 8th, 10th, and 12th)
2008	Fairfax County Youth Survey : Risk and Protective Factors Survey	8th, 10th, 12th	154	MTF
	Fairfax County Youth Survey: Healthy Behaviors Survey	8th, 10th, 12th	109	YRBS
	Fairfax County Youth Survey: 6th Grade Survey	6th	62	None
2009	Fairfax County Youth Survey: Healthy Behaviors Survey	8th, 10th, 12th	151	MTF & YRBS
	Fairfax County Youth Survey: 6th Grade Survey	6th	82	None
2010	Fairfax County Youth Survey: Risk and Protective Factors Survey	8th, 10th, 12th	203	MTF
	Fairfax County Youth Survey: 6th Grade Survey	6th	84	None
2011	Fairfax County Youth Survey: Healthy Behaviors Survey	8th, 10th, 12th	155	MTF & YRBS
	Fairfax County Youth Survey: 6th Grade Survey	6th	84	None
2012	Fairfax County Youth Survey: Risk and Protective Factors Survey	8th, 10th, 12th	207	MTF
	Fairfax County Youth Survey: 6th Grade Survey	6th	84	None
2013	Fairfax County Youth Survey: Healthy Behaviors Survey	8th, 10th, 12th	155	MTF & YRBS
	Fairfax County Youth Survey: 6th Grade Survey	6th	84	None
2014	Fairfax County Youth Survey: Risk and Protective Factors Survey	8th, 10th, 12th	210	MTF
	Fairfax County Youth Survey: 6th Grade Survey	6th	84	None
2015	Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students	8th, 10th, 12th	164	MTF & YRBS
	Fairfax County Youth Survey of 6th Grade Students	6th	84	None
2016	Fairfax County Youth Survey of 8th, 10th, and 12th Grade Students	8th, 10th, 12th	164	MTF & YRBS
	Fairfax County Youth Survey of 6th Grade Students	6th	84	None

Note. Monitoring the Future (MTF) is an annual survey of substance use that is administered to eighth-, tenth-, and twelfth-grade students across the nation (Johnston, O'Malley, Miech, Bachman & Schulenberg, 2017). The Youth Risk Behavior Survey (YRBS) is a national survey conducted every other year by the U.S. Centers for Disease Control and Prevention among students in grades 9 – 12 (Kann et al., 2016).

APPENDIX B. SURVEY METHODOLOGY

SURVEY VALIDITY, RELIABILITY, AND SAMPLING

The validity of a survey is the extent to which it measures what its designers intend it to measure. Reliability is an estimate of how consistently survey items measure the same concept each time they are administered under the same conditions and with the same subjects. To ensure the validity and reliability of the information about student behaviors, the 2016 Fairfax County Youth Survey used items from nationally-validated youth surveys. Approximately forty percent of the questions come from the Communities That Care Youth Survey from the U.S. Substance Abuse and Mental Health Services Administration, and approximately one-third come from the U.S. Centers for Disease Control and Prevention's Youth Risk Behavior Survey. Other questions are derived from the Search Institute and other surveys.

The 2016 Fairfax County Youth Survey used a census sampling method, where all students in sixth, eighth, tenth, and twelfth grades were invited to participate. Non-response bias may occur if one or more shared characteristics differentiate those who completed the survey from those who did not (if the answers of respondents differ from the potential answers of those who chose not to participate.) A non-response bias limits the extent to which the results of the survey can be generalized to populations other than the sample who completed the survey.

The *2016 Fairfax County Youth Survey of 6th Grade Students* had a response rate of 86.7%. Table 3 on page 12 presents a comparison of the students who completed the survey and the total enrollment figures, by selected demographic characteristics. Statistical differences ($p < .001$) were observed for gender and racial/ethnic sub-groups: for example, female students were over-represented in the sample and students identifying themselves as White were under-represented. However, because the data are analyzed at the pyramid level, and the number of male and female students in some racial/ethnic groups within a pyramid is small enough to jeopardize the anonymity of their responses, the data were not weighted by gender or race/ethnicity. The data were weighted by pyramid only.

DATA PROCESSING METHODOLOGY

The following six conditions were used to clean the *2016 Fairfax County Youth Survey of 6th Grade Students* data. Missing data were not imputed.

Condition 1: Blank Surveys

There were a total of 84 questions on the survey instrument, including seven questions that asked about students' demographic information. Cases where students provided seven or fewer responses were eliminated from the data analysis.

Condition 2: Truthfulness

The final item of the survey instrument asked students, "How honest were you in filling out this survey?" The response options for this question were:

- I was very honest.
- I was honest pretty much of the time.
- I was honest some of the time.
- I was honest once in a while.
- I was not honest at all.

Cases where students responded "I was not honest at all" were eliminated from the data analysis.

Condition 3: Cabeniferol (cabbies) Use

There were two items on "cabeniferol (cabbies)" use – in their lifetime and during the past 30 days. The drug is fictitious and was created to check the validity of students' responses. Cases where students reported any use were eliminated from the data analysis.

Condition 4: Missing or Incorrect Grade Information

Cases where students reported being in fifth or seventh grade were eliminated from the data analysis, as were cases where students did not provide an answer to the grade question.

Condition 5: Substance Use Inconsistencies

The consistency of responses between lifetime and 30-day use of substances was checked. There are five substances that were queried for both lifetime and 30-day use: cigarettes, alcohol, inhalants, marijuana, and other illegal drugs. Responses were considered inconsistent if students answered "never" to lifetime use of a substance, but indicated use of the substance in the past month. Surveys with three or more inconsistent responses were eliminated from the data analysis. Surveys with fewer than three inconsistencies were kept in the dataset but the inconsistent responses were set to missing.

Condition 6: Pharmacological Implausibility

The over-reporting of substance use was examined through patterns of responses that are pharmacologically implausible. The 30-day use of the following substances was examined: alcohol, marijuana, inhalants, and other illegal drugs (cigarettes were not included). Cases where students reported "10 or more days" for all four of the substances were eliminated from data analysis.

Table 71 presents the number of surveys eliminated from the analysis at each step of the data cleaning process.

Table 71. Results of Data Cleaning Procedures, Fairfax County, 2016

	Number	Percent
Rejected questionnaires		
Blank questionnaires	54	0.4
"Not honest at all" responses	56	0.5
Reported fictitious drug use	36	0.3
Rejected by grade check	87	0.7
Rejected by consistency check	1	0.0
Rejected by dose check	1	0.0
Total number of usable questionnaires	**11,961**	**98.1**
Total	12,196	100.0

DATA ANALYSIS METHODOLOGY

The ratio of sixth-grade survey respondents from a given pyramid* to all survey respondents (all pyramids) was compared to the ratio of all students enrolled in sixth grade in that pyramid to all students enrolled in sixth grade in all Fairfax County Public Schools. Corrective weights were applied to the data to ensure proportional representation based on the total sixth-grade student enrollment in each pyramid. Each record was weighted by the factor

$$w_i = \frac{X_i \div X}{Y_i \div Y}$$

Where

X_i= # of students enrolled in sixth grade in Pyramid *i*

X = total # of students enrolled in sixth grade in Pyramids 1-25

Y_i= # of survey respondents in sixth grade in Pyramid *i*

Y = total # of survey respondents in sixth grade in Pyramids 1-25

($1 \leq i \leq 25$)

SAS 9.4 was used to generate all tables in this report. The SAS and SPSS data analysis programs use slightly different weighting processes so readers using SPSS for data analysis may receive slightly different outputs (0.1% or less).

* The Fairfax County Public Schools' system that assigns schools to a pyramid which is comprised of a high school and its feeder elementary and middle schools.

APPENDIX C. UNIVARIATE TABLES*

Q1 How old are you?

		Number	%
	10 or younger	93	0.8
	11	9,305	78.0
	12	2,509	21.0
	13	29	0.3
	14 or older	1	0.0
	Total	11,938	100.0
Missing		23	
Total		11,961	

Q2 What grade are you in?

		Number	%
	6th	11,961	100.0

Q3 Gender

		Number	%
	Female	5,836	49.2
	Male	6,019	50.8
	Total	11,855	100.0
Missing		106	
Total		11,961	

Q4 & Q5 Race/Ethnicity

		Number	%
	White	4,180	36.8
	Black	1,265	11.2
	Hispanic	2,656	23.4
	Asian/Pacific Islander	2,307	20.3
	Other/Multiple	942	8.3
	Total	11,350	100.0
Missing		611	
Total		11,961	

Q6 Which of the following people live with you?

		Number	%*
	Mother	11,516	96.9
	Father	9,913	83.4
	Stepmother	281	2.4
	Stepfather	682	5.7
	Grandmother(s)	1,412	11.9
	Grandfather(s)	784	6.6
	Foster parent	17	0.1
	Other adults	1,364	11.5
	Sister(s)	6,409	53.9
	Brother(s)	6,707	56.4
	Stepsister(s)	424	3.6
	Stepbrother(s)	399	3.4
	Other children	770	6.5

*Denominator = 11,889. Students who did not respond to any of the multiple choice items on Q6 are excluded from the calculations (missing = 72).

Q7 What language do you use most often at home?

		Number	%
	English	8,355	73.4
	Spanish	1,488	13.1
	Another language	1,545	13.6
	Total	11,387	100.0
Missing		574	
Total		11,961	

Q8 Has your parent or guardian ever served in the military?

		Number	%
	Yes	2,606	22.1
	No	7,687	65.2
	Not sure	1,496	12.7
	Total	11,789	100.0
Missing		172	
Total		11,961	

* Univariate tables reflect weighted data. Due to rounding, percentages may not sum to 100.0

Q9 Do you have someone in your family who is currently in the military?

		Number	%
	Yes	1,484	12.7
	No	9,149	78.1
	Not sure	1,085	9.3
	Total	11,718	100.0
Missing		243	
Total		11,961	

Q10 Putting them all together, what were your grades like last year?

		Number	%
	Mostly Fs	32	0.3
	Mostly Ds	79	0.8
	Mostly Cs	531	5.1
	Mostly Bs	3,973	38.3
	Mostly As	5,755	55.5
	Total	10,371	100.0
Missing		1,590	
Total		11,961	

Q11 I think sometimes it is okay to cheat at school.

		Number	%
	NO!!	9,158	77.6
	no	2,253	19.1
	yes	333	2.8
	YES!!	62	0.5
	Total	11,805	100.0
Missing		156	
Total		11,961	

Q12 I can do well in school if I want to.

		Number	%
	Strongly agree	4,945	42.7
	Agree	3,752	32.4
	Not sure	1,676	14.5
	Disagree	751	6.5
	Strongly disagree	447	3.9
	Total	11,570	100.0
Missing		391	
Total		11,961	

Q13 I feel safe at my school.

		Number	%
	NO!!	144	1.2
	no	608	5.2
	yes	5,714	48.5
	YES!!	5,326	45.2
	Total	11,792	100.0
Missing		169	
Total		11,961	

Q14 My teacher notices when I am doing a good job and lets me know about it.

		Number	%
	NO!!	312	2.7
	no	1,832	15.7
	yes	6,545	56.2
	YES!!	2,964	25.4
	Total	11,652	100.0
Missing		309	
Total		11,961	

Q15 The school lets my parents know when I have done something well.

		Number	%
	NO!!	955	8.4
	no	3,964	34.7
	yes	4,656	40.7
	YES!!	1,864	16.3
	Total	11,439	100.0
Missing		522	
Total		11,961	

Q16 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row...

		Number	%
	Yes	2,418	20.7
	No	9,274	79.3
	Total	11,692	100.0
Missing		269	
Total		11,961	

Q17 On a scale of 1 to 10, where 1 means little or no stress and 10 means a great deal of stress, how would you rate your average level of stress during the past month?

		Number	%
	1 - little or no stress	1,220	10.4
	2	1,509	12.8
	3	1,834	15.6
	4	1,639	13.9
	5	1,755	14.9
	6	1,122	9.5
	7	1,072	9.1
	8	872	7.4
	9	382	3.3
	10 - a great deal of stress	357	3.0
	Total	11,762	100.0
Missing		199	
Total		11,961	

Q18 I ignore rules that get in my way.

		Number	%
	Very false	5,832	50.3
	Somewhat false	4,026	34.7
	Somewhat true	1,582	13.6
	Very true	154	1.3
	Total	11,595	100.0
Missing		366	
Total		11,961	

Q19 There are lots of adults in my neighborhood I could talk to about something important.

		Number	%
	NO!!	2,243	19.3
	no	3,912	33.6
	yes	3,627	31.2
	YES!!	1,860	16.0
	Total	11,642	100.0
Missing		319	
Total		11,961	

Q20 My neighbors notice when I am doing a good job and let me know about it.

		Number	%
	NO!!	3,913	33.7
	no	4,612	39.7
	yes	2,343	20.2
	YES!!	752	6.5
	Total	11,620	100.0
Missing		341	
Total		11,961	

Q21 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

		Number	%
	0 days	10,574	89.9
	1 day	507	4.3
	2 or 3 days	373	3.2
	4 or 5 days	101	0.9
	6 or more days	202	1.7
	Total	11,756	100.0
Missing		205	
Total		11,961	

Q22 During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

		Number	%
	0 days	11,737	99.2
	1 day	48	0.4
	2 or 3 days	28	0.2
	4 or 5 days	5	0.0
	6 or more days	19	0.2
	Total	11,837	100.0
Missing		124	
Total		11,961	

Q23 How important is the following to you in your life? Accepting responsibility for my actions when I make a mistake or get in trouble.

		Number	%
	Extremely important	4,905	41.7
	Quite important	4,858	41.3
	Not sure	1,288	10.9
	Somewhat important	639	5.4
	Not important	81	0.7
	Total	11,771	100.0
Missing		190	
Total		11,961	

Q24 How important is the following to you in your life? Doing my best even when I have to do a job I don't like.

		Number	%
	Extremely important	4,950	42.0
	Quite important	4,557	38.6
	Not sure	1,313	11.1
	Somewhat important	821	7.0
	Not important	156	1.3
	Total	11,797	100.0
Missing		164	
Total		11,961	

Q25 When things don't go well for me, I am good at finding a way to make things better.

		Number	%
	Strongly agree	2,553	21.6
	Agree	5,632	47.6
	Not sure	2,519	21.3
	Disagree	884	7.5
	Strongly disagree	238	2.0
	Total	11,826	100.0
Missing		135	
Total		11,961	

Q26 I feel as if I can solve most problems in my life.

		Number	%
	Strongly agree	2,478	20.9
	Agree	5,542	46.8
	Not sure	2,563	21.7
	Disagree	967	8.2
	Strongly disagree	289	2.4
	Total	11,838	100.0
Missing		123	
Total		11,961	

Q27 I have much in life to be thankful for.

		Number	%
	Strongly agree	9,125	76.9
	Agree	2,162	18.2
	Not sure	447	3.8
	Disagree	96	0.8
	Strongly disagree	35	0.3
	Total	11,866	100.0
Missing		95	
Total		11,961	

Q28 How much do you do the following when you have a problem...I try to find different solutions to the problem.

		Number	%
	A lot	4,225	36.0
	Sometimes	6,227	53.0
	A little	1,116	9.5
	Never	172	1.5
	Total	11,739	100.0
Missing		222	
Total		11,961	

Q29 How many times have you participated in school or non-school-based activities after the regular school day ended?

		Number	%
	Never	1,276	11.1
	I've done it, but not in the past year	1,766	15.3
	Less than once a month	307	2.7
	About once a month	350	3.0
	Two or three times a month	694	6.0
	Once a week or more	7,131	61.9
	Total	11,524	100.0
Missing		437	
Total		11,961	

Q30 How many times have you volunteered to do community service?

		Number	%
	Never	4,689	41.0
	I've done it, but not in the past year	2,288	20.0
	Less than once a month	1,490	13.0
	About once a month	1,351	11.8
	Two or three times a month	919	8.0
	Once a week or more	713	6.2
	Total	11,451	100.0
Missing		510	
Total		11,961	

Q31 On an average school day, how many hours do you spend doing homework outside of school?

		Number	%
	None	418	3.6
	Half hour or less	3,776	32.1
	Between 1/2 and 1 hour	4,122	35.0
	1 hour	1,793	15.2
	2 hours	1,155	9.8
	3 hours or more	500	4.3
	Total	11,763	100.0
Missing		198	
Total		11,961	

Q32 On an average school day, how many hours do you spend going to work?

		Number	%
	None	8,131	78.7
	Half hour or less	849	8.2
	Between 1/2 and 1 hour	486	4.7
	1 hour	280	2.7
	2 hours	188	1.8
	3 hours or more	399	3.9
	Total	10,333	100.0
Missing		1,628	
Total		11,961	

Q33 On an average school day, how many hours do you spend staying after school to participate in a team, club, program, etc.?

		Number	%
	None	7,200	62.6
	Half hour or less	537	4.7
	Between 1/2 and 1 hour	825	7.2
	1 hour	1,823	15.9
	2 hours	834	7.3
	3 hours or more	282	2.5
	Total	11,501	100.0
Missing		460	
Total		11,961	

Q34 On an average school day, how many hours do you spend participating in a team, club, program, etc. somewhere other than at school?

		Number	%
	None	3,635	31.8
	Half hour or less	397	3.5
	Between 1/2 and 1 hour	837	7.3
	1 hour	2,498	21.8
	2 hours	2,792	24.4
	3 hours or more	1,282	11.2
	Total	11,442	100.0
Missing		519	
Total		11,961	

Q35 On an average school day, how many hours do you watch TV?

		Number	%
	Not at all	2,311	19.9
	Less than 1 hour per day	3,461	29.8
	1 hour per day	2,176	18.7
	2 hours per day	1,900	16.3
	3 hours per day	949	8.2
	4 hours per day	343	3.0
	5 or more hours per day	495	4.3
	Total	11,636	100.0
Missing		325	
Total		11,961	

Q36 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?

		Number	%
	Not at all	1,237	10.7
	Less than 1 hour per day	2,540	21.9
	1 hour per day	2,212	19.1
	2 hours per day	2,189	18.9
	3 hours per day	1,422	12.3
	4 hours per day	720	6.2
	5 or more hours per day	1,253	10.8
	Total	11,573	100.0
Missing		388	
Total		11,961	

Q37 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

		Number	%
	0 days	672	5.9
	1 day	691	6.1
	2 days	1,071	9.4
	3 days	1,557	13.7
	4 days	1,646	14.5
	5 days	1,682	14.8
	6 days	1,052	9.3
	7 days	2,993	26.3
	Total	11,365	100.0
Missing		596	
Total		11,961	

Q38 During the past 12 months, have you ever bullied someone else on school property?

		Number	%
	Yes	492	4.2
	No	11,282	95.8
	Total	11,775	100.0
Missing		186	
Total		11,961	

Q39 During the past 12 months, have you ever bullied someone else away from school property?

		Number	%
	Yes	513	4.4
	No	11,234	95.6
	Total	11,747	100.0
Missing		214	
Total		11,961	

Q40 During the past 12 months, have you ever been bullied on school property?

		Number	%
	Yes	2,777	23.7
	No	8,965	76.4
	Total	11,743	100.0
Missing		218	
Total		11,961	

Q41 During the past 12 months, have you ever been bullied away from school property?

		Number	%
	Yes	1,898	16.2
	No	9,813	83.8
	Total	11,711	100.0
Missing		250	
Total		11,961	

Q42 How many times in the past year have you said something bad about someone's race or culture?

		Number	%
	Never	9,577	82.2
	1 to 2 times	1,459	12.5
	3 to 5 times	280	2.4
	6 to 9 times	138	1.2
	10 to 19 times	85	0.7
	20 to 29 times	36	0.3
	30 to 39 times	16	0.1
	40 or more times	66	0.6
	Total	11,656	100.0
Missing		305	
Total		11,961	

Q43 How many times in the past year has anyone done the following to you...said something bad about your race or culture?

		Number	%
	Never	7,167	61.4
	1 to 2 times	2,361	20.2
	3 to 5 times	925	7.9
	6 to 9 times	477	4.1
	10 to 19 times	306	2.6
	20 to 29 times	132	1.1
	30 to 39 times	69	0.6
	40 or more times	233	2.0
	Total	11,672	100.0
Missing		289	
Total		11,961	

Q44 How many times in the past year has a parent or adult in your household bullied, taunted, ridiculed, or teased you?

		Number	%
	Never	9,389	80.4
	1 to 2 times	1,051	9.0
	3 to 5 times	349	3.0
	6 to 9 times	207	1.8
	10 to 19 times	184	1.6
	20 to 29 times	107	0.9
	30 to 39 times	55	0.5
	40 or more times	337	2.9
	Total	11,679	100.0
Missing		282	
Total		11,961	

Q45 How many times in the past year have you been cyberbullied by a student who attends your school?

		Number	%
	Never	10,615	90.0
	1 to 2 times	725	6.2
	3 to 5 times	204	1.7
	6 to 9 times	101	0.9
	10 to 19 times	64	0.5
	20 to 29 times	25	0.2
	30 to 39 times	12	0.1
	40 or more times	43	0.4
	Total	11,789	100.0
Missing		172	
Total		11,961	

Q46 How many times in the past year have you cyberbullied a student attending your school?

		Number	%
	Never	11,410	96.8
	1 to 2 times	277	2.4
	3 to 5 times	45	0.4
	6 to 9 times	28	0.2
	10 to 19 times	8	0.1
	20 to 29 times	7	0.1
	30 to 39 times	2	0.0
	40 or more times	13	0.1
	Total	11,790	100.0
Missing		171	
Total		11,961	

Q47 Do you agree or disagree that harassment and bullying by other students is a problem at your school?

		Number	%
	Strongly agree	3,098	26.9
	Agree	1,987	17.3
	Neutral	3,048	26.5
	Disagree	2,083	18.1
	Strongly disagree	1,281	11.1
	Total	11,497	100.0
Missing		464	
Total		11,961	

Q48 How much do you think people risk harming themselves if they smoke one or more packs of cigarettes per day?

		Number	%
	No risk	1,397	12.1
	Slight risk	418	3.6
	Moderate risk	1,599	13.8
	Great risk	8,169	70.5
	Total	11,583	100.0
Missing		378	
Total		11,961	

Q49 How much do you think people risk harming themselves if they try marijuana once or twice?

		Number	%
	No risk	1,725	15.5
	Slight risk	1,808	16.2
	Moderate risk	3,067	27.5
	Great risk	4,546	40.8
	Total	11,146	100.0
Missing		815	
Total		11,961	

Q50 How much do you think people risk harming themselves if they smoke marijuana regularly?

		Number	%
	No risk	1,624	14.5
	Slight risk	290	2.6
	Moderate risk	1,132	10.1
	Great risk	8,139	72.8
	Total	11,184	100.0
Missing		777	
Total		11,961	

Q51 How much do you think people risk harming themselves if they take one or two drinks of an alcoholic beverage nearly every day?

		Number	%
	No risk	1,842	16.1
	Slight risk	1,975	17.2
	Moderate risk	3,550	30.9
	Great risk	4,106	35.8
	Total	11,471	100.0
Missing		490	
Total		11,961	

Q52 Have you ever smoked cigarettes?

		Number	%
	Never	11,645	98.9
	Once or twice	104	0.9
	Once in a while but not regularly	12	0.1
	Regularly in the past	6	0.1
	Regularly now	11	0.1
	Total	11,779	100.0
Missing		182	
Total		11,961	

Q53 How often have you smoked cigarettes during the past 30 days?

		Number	%
	Not at all	11,724	99.8
	Less than one cigarette per day	16	0.1
	One to five cigarettes per day	3	0.0
	About one-half pack per day	2	0.0
	About one pack per day	1	0.0
	More than one pack per day	3	0.0
	Total	11,749	100.0
Missing		212	
Total		11,961	

Q54 Have you ever, even once in your lifetime, had more than a sip or two of beer, wine, or hard liquor?

		Number	%
	Yes	1,730	14.9
	No	9,903	85.1
	Total	11,633	100.0
Missing		328	
Total		11,961	

Q55 During the past 30 days, on how many days did you drink beer, wine, or hard liquor?

		Number	%
	None	11,546	98.5
	1-2 days	148	1.3
	3-5 days	22	0.2
	6-9 days	1	0.0
	10 or more days	8	0.1
	Total	11,725	100.0
Missing		236	
Total		11,961	

Q56 Have you ever, even once in your lifetime, smoked marijuana?

		Number	%
	Yes	79	0.7
	No	11,623	99.3
	Total	11,702	100.0
Missing		259	
Total		11,961	

Q57 During the past 30 days, on how many days did you use marijuana?

		Number	%
	None	11,590	99.8
	1-2 days	9	0.1
	3-5 days	7	0.1
	6-9 days	1	0.0
	10 or more days	5	0.0
	Total	11,612	100.0
Missing		349	
Total		11,961	

Q58 Have you ever, even once in your lifetime, sniffed glue, breathed the contents of an aerosol spray can...?

		Number	%
	Yes	489	4.3
	No	10,904	95.7
	Total	11,393	100.0
Missing		568	
Total		11,961	

Q59 During the past 30 days, on how many days did you sniff glue, breathe the contents of an aerosol spray can...?

		Number	%
	None	11,191	98.1
	1-2 days	165	1.5
	3-5 days	27	0.2
	6-9 days	7	0.1
	10 or more days	16	0.1
	Total	11,407	100.0
Missing		554	
Total		11,961	

Q62 Have you ever, even once in your lifetime, used other illegal drugs?

		Number	%
	Yes	45	0.4
	No	11,566	99.6
	Total	11,611	100.0
Missing		350	
Total		11,961	

Q63 During the past 30 days, on how many days did you use other illegal drugs?

		Number	%
	None	11,591	99.8
	1-2 days	13	0.1
	3-5 days	3	0.0
	10 or more days	5	0.0
	Total	11,613	100.0
Missing		348	
Total		11,961	

Q64 How easy or hard would it be for you to get beer, wine, or hard liquor?

		Number	%
	Very hard	7,398	68.8
	Sort of hard	1,832	17.1
	Sort of easy	982	9.1
	Very easy	535	5.0
	Total	10,747	100.0
Missing		1,214	
Total		11,961	

Q65 How easy or hard would it be for you to get some cigarettes?

		Number	%
	Very hard	9,099	86.3
	Sort of hard	794	7.5
	Sort of easy	378	3.6
	Very easy	274	2.6
	Total	10,544	100.0
Missing		1,417	
Total		11,961	

Q66 During the past 7 days, how many times did you eat fruit? Do not count fruit juice.

		Number	%
	I did not eat fruit during the past 7 days	453	3.9
	1 to 3 times during the past 7 days	1,785	15.3
	4 to 6 times during the past 7 days	1,924	16.5
	1 time per day	1,536	13.2
	2 times per day	2,428	20.8
	3 times per day	1,558	13.3
	4 or more times per day	1,995	17.1
	Total	11,680	100.0
Missing		281	
Total		11,961	

Q67 During the past 7 days, how many times did you eat vegetables?

		Number	%
	I did not eat vegetables during the past 7 days	778	6.7
	1 to 3 times during the past 7 days	2,019	17.3
	4 to 6 times during the past 7 days	1,733	14.9
	1 time per day	1,960	16.8
	2 times per day	2,090	17.9
	3 times per day	1,305	11.2
	4 or more times per day	1,779	15.3
	Total	11,664	100.0
Missing		297	
Total		11,961	

Q68 During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop? Do not include diet soda.

		Number	%
	I did not drink soda or pop during the past 7 days	5,127	44.0
	1 to 3 times during the past 7 days	4,823	41.4
	4 to 6 times during the past 7 days	566	4.9
	1 time per day	561	4.8
	2 times per day	300	2.6
	3 times per day	109	0.9
	4 or more times per day	177	1.5
	Total	11,664	100.0
Missing		297	
Total		11,961	

Q69 During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened beverage such as lemonade...?

		Number	%
	I did not drink sugar-sweetened beverages during the past 7 days	3,987	34.3
	1 to 3 times during the past 7 days	4,918	42.3
	4 to 6 times during the past 7 days	1,027	8.8
	1 time per day	807	6.9
	2 times per day	424	3.7
	3 times per day	206	1.8
	4 or more times per day	250	2.2
	Total	11,618	100.0
Missing		343	
Total		11,961	

Q70 During the past 7 days, how many times did you drink a can, bottle, or glass of an energy drink, such as Red Bull or Jolt?

		Number	%
	I did not drink energy drinks during the past 7 days	10,702	92.2
	1 to 3 times during the past 7 days	559	4.8
	4 to 6 times during the past 7 days	89	0.8
	1 time per day	128	1.1
	2 times per day	40	0.4
	3 times per day	28	0.2
	4 or more times per day	59	0.5
	Total	11,604	100.0
Missing		357	
Total		11,961	

Q71 During the past 7 days, how many times did you drink a can, bottle, or glass of a sports drink, such as Gatorade or PowerAde?

		Number	%
	I did not drink sports drinks during the past 7 days	6,944	59.7
	1 to 3 times during the past 7 days	3,263	28.0
	4 to 6 times during the past 7 days	585	5.0
	1 time per day	416	3.6
	2 times per day	196	1.7
	3 times per day	78	0.7
	4 or more times per day	155	1.3
	Total	11,638	100.0
Missing		323	
Total		11,961	

Q72 How many times have you changed homes since kindergarten?

		Number	%
	None	5,431	46.7
	1-2 times	3,716	31.9
	3-4 times	1,779	15.3
	5-6 times	445	3.8
	7 or more times	265	2.3
	Total	11,637	100.0
Missing		324	
Total		11,961	

Q73 My parents ask me what I think before most family decisions affecting me are made.

		Number	%
	NO!!	810	7.3
	no	1,983	17.9
	yes	4,937	44.7
	YES!!	3,325	30.1
	Total	11,054	100.0
Missing		907	
Total		11,961	

Q74 If I had a personal problem, I could ask my mom or dad for help.

		Number	%
	NO!!	333	2.8
	no	768	6.5
	yes	3,512	29.9
	YES!!	7,124	60.7
	Total	11,738	100.0
Missing		223	
Total		11,961	

Q75 People in my family often insult or yell at each other.

		Number	%
	NO!!	4,073	35.4
	no	4,639	40.3
	yes	2,154	18.7
	YES!!	657	5.7
	Total	11,523	100.0
Missing		438	
Total		11,961	

Q76 During the past 30 days, how often did you go hungry because there was not enough food in your home?

		Number	%
	Never	8,932	76.3
	Rarely	1,799	15.4
	Sometimes	744	6.4
	Most of the time	175	1.5
	Always	54	0.5
	Total	11,705	100.0
Missing		256	
Total		11,961	

Q77 During the last 12 months, how many times have you been a leader in a group or organization?

		Number	%
	Never	4,414	38.8
	Once	2,193	19.3
	Twice	1,628	14.3
	3-4 times	1,453	12.8
	5 or more times	1,700	14.9
	Total	11,388	100.0
Missing		573	
Total		11,961	

Q78 During the last 12 months, how many times have you helped make sure that all people are treated fairly?

		Number	%
	Never	1,748	15.5
	Once	1,700	15.1
	Twice	1,646	14.6
	3-4 times	2,216	19.6
	5 or more times	3,971	35.2
	Total	11,281	100.0
Missing		680	
Total		11,961	

Q79 People who know me would say this: Giving up when things get hard for me is...

		Number	%
	Not at all like me	5,009	43.6
	A little like me	4,265	37.2
	Somewhat like me	1,527	13.3
	Quite like me	420	3.7
	Very much like me	260	2.3
	Total	11,481	100.0
Missing		480	
Total		11,961	

Q80 People who know me would say this: Knowing how to say 'no' when someone wants me to do things I know are wrong or dangerous is...

		Number	%
	Not at all like me	946	8.2
	A little like me	704	6.1
	Somewhat like me	658	5.7
	Quite like me	2,069	18.0
	Very much like me	7,097	61.9
	Total	11,474	100.0
Missing		487	
Total		11,961	

Q81 People who know me would say this: Thinking through the possible good and bad results of different choices before I make decisions is...

		Number	%
	Not at all like me	624	5.6
	A little like me	1,484	13.2
	Somewhat like me	2,338	20.8
	Quite like me	3,701	32.9
	Very much like me	3,090	27.5
	Total	11,237	100.0
Missing		724	
Total		11,961	

Q82 I get along well with students who are different from me.

		Number	%
	Strongly agree	4,332	37.3
	Agree	5,109	44.0
	Not sure	1,722	14.8
	Disagree	297	2.6
	Strongly disagree	162	1.4
	Total	11,622	100.0
Missing		339	
Total		11,961	

Q83 I know how to disagree without starting an argument or fight.

		Number	%
	Strongly agree	3,317	28.6
	Agree	5,013	43.2
	Not sure	2,487	21.4
	Disagree	561	4.8
	Strongly disagree	238	2.1
	Total	11,617	100.0
Missing		344	
Total		11,961	

Q84 How honest were you in filling out this survey?

		Number	%
	I was very honest	9,395	80.7
	I was honest pretty much of the time	2,042	17.5
	I was honest some of the time	173	1.5
	I was honest once in a while	34	0.3
	Total	11,643	100.0
Missing		318	
Total		11,961	

www.fairfaxcounty.gov/youthsurvey