

The Living Room Times

All the Nose that's fit to print

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Team Three takes state health survey

**Results in on questions ranging from drugs to
stress to sunscreen use**

Room 204, Martin Kellogg-The results are in today from a confidential state health survey taken Friday by Mrs. Thompson of the State Health Department's Chronic Disease section.

Mrs. Thompson came to Kellogg Friday, equipped with hi-tech computer equipment to take a survey of students' opinions and experiences involving health issues such as drug and alcohol abuse, stress, and suicide.

The survey was conducted in Room 204 in each of Mr. Spitzer's five science class. Mrs. Thompson passed out a booklet of questions and an answer sheet, and asked students to honestly answer all the questions, assuring everyone that these results were confidential and would not get back to parents or anyone else.

Generalized results of the team as a whole were revealed today.

The results showed that as far as drug abuse, assuming everyone answered honestly, 4% of the 119 students surveyed currently smoke marijuana. 2% have tried cocaine, and 1% have tried crack. 8% have tried other drugs. 5% of the students on the team smoke tobacco cigarettes now. 2% use smokeless tobacco.

In the category of alcohol, 70% of the team have had at least a sip of alcohol other than for religious reasons, but that only 11% drink alcohol every week. 27% have had two or more drinks at a time, and 16% have been drunk in the last two months. 33% have been in the car with someone who they are aware has been using drugs or alcohol. 23% have been asked to try drugs.

11% of the students said they were under a lot of stress at home. 10% indicated high stress levels at school. 4% are under high stress because of boyfriend/girlfriend pressure. 11% said they are depressed now. 8% often feel that life is not worth living. 5% of the students said they have, at some point in their lives, considered suicide, but no students said that they have attempted to commit suicide.

26% of the students surveyed indicated that they eat breakfast less than three times a week, while 47% eat fruits or vegetables less than three times in one week. 14% exercise less than three times per week. 22% said they are currently on a diet to lose weight. 38% eat junk food almost daily. 7% don't brush their teeth daily.

39% of students almost never wear a seat belt. 24% have access to a gun in their home. 61% of the team does not always use sunscreen. 60% have been in a fight in the last year. 1% of the team does not know what AIDS is. 15% feel pressure to be sexually active, and 48% of the team has a boyfriend or girlfriend.

Each student was given a score out of one hundred after their survey was completed, to determine how healthy they are. Some received risk messages, telling them that they are at risk because of their answers. 10% received these risk messages, and 20% had a health score below 70, which is in the POOR or VERY POOR range. The average score was 80.3 points.