



Yap Youth Survey

2016 Report

Prepared by: Haley Cash, PIHOA



The Yap State Youth Survey (YSYS) was an initiative of the Wa'ab Healthy Lifestyle Coalition in collaboration with Yap Department of Health Services and is reflective of the mission of both entities to strengthen the health of the people of Yap.

The YSYS was a locally developed survey that used standard items found in youth surveys as well as considered relevant elements that made this survey unique to Yap.

This survey was conducted from May 2016 to September 2016 and included all five high schools in Yap State at the time – three from the main island and two from the neighboring islands. There were many logistical challenges to plan and prepare for in order to get the survey completed to represent as closely as possible the behavior of high school students statewide. The survey would not have been completed successfully had it not been for the schools and their staff.

The information in this report will hopefully serve as a guide to useful and meaningful public health evidence-based interventions as well as policies that will curb these behavioral risks affecting our youth. The Yap State Department of Education can also benefit from the insights gleaned from the students' responses to better address their challenges and make health a priority for a strong future.

Respectfully yours,


Jeffrey Wuthel
Acting Chairman
Wa'ab Healthy Lifestyle Coalition

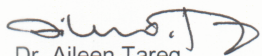

Dr. Aileen Tareg
Director
Yap Dept. of Health Services

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Summary

The aim of this report is to present current prevalence of certain risk factors for developing non-communicable disease and behavioral health issues among high school youth in Yap. These data can be used to better understand the burden of these risk factors, monitor trends, and determine who is at greatest risk for poor health in order to improve health among Yap youth through the development of targeted evidence-based interventions. The table below compares selected comparable indicators in Yap to Guam, CNMI, and the US.

	Yap	Guam*	CNMI*	US*
Substance Use	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Smoking (within past 30 days)	39.0 (35.5-42.7)	13.2 (10.5-16.6)	12.4 (11.0-13.9)	8.8 (7.2-10.7)
Tobacco chewing (within past 30 days)	60.7 (57.0-64.4)	13.5 (10.6-16.9)	15.2 (13.7-16.9)	5.5 (4.4-6.7)
Alcohol use (within past 30 days)	45.5 (41.7-49.3)	18.2 (15.1-21.8)	23.3 (21.4-25.3)	29.8 (27.3-32.4)
Marijuana use (within past 30 days)	37.4 (33.7-41.1)	28.2 (24.9-31.8)	26.0 (24.1-27.9)	19.8 (18.1-21.6)
Ever used inhalants	18.9 (15.9-21.9)	7.0 (5.6-8.6)	6.3 (5.3-7.4)	6.2 (5.6-6.9)
Behavioral Health				
Felt sad or hopeless almost every day for 2 weeks or more	38.0 (34.4-41.7)	40.5 (36.7-44.4)	40.7 (38.6-42.8)	31.5 (29.6-33.4)
Sexual Health				
Ever had sexual intercourse	46.2 (42.4-50.0)	33.6 (29.4-38.1)	33.6 (31.5-35.9)	39.5 (36.8-42.4)
Did not use any method to prevent pregnancy at last intercourse (among sexually active youth)	44.2 (39.2-49.2)	33.0 (25.3-41.7)	23.8 (19.9-28.3)	13.8 (12.0-15.9)
Overweight/obesity and physical activity				
Did not participate in physical education at least once/week	62.7 (59.0-66.4)	57.4 (50.8-63.7)	55.9 (53.8-58.0)	48.3 (44.0-52.8)
Had obesity	11.1 (8.2-14.0)	23.0 (19.8-26.5)	16.4 (14.8-18.1)	14.8 (13.8-15.8)
Were overweight	22.3 (18.4-26.2)	19.3 (16.8-22.1)	18.2 (16.6-20.0)	15.6 (14.7-16.6)

*Guam, CNMI, and US data from the 2017 YRBS

Background

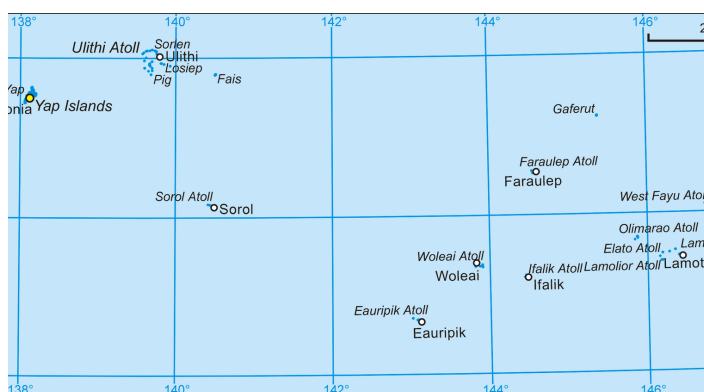


Figure 1. Map of Yap

<https://en.wikipedia.org/wiki/Yap#/media/File:Yap.png>

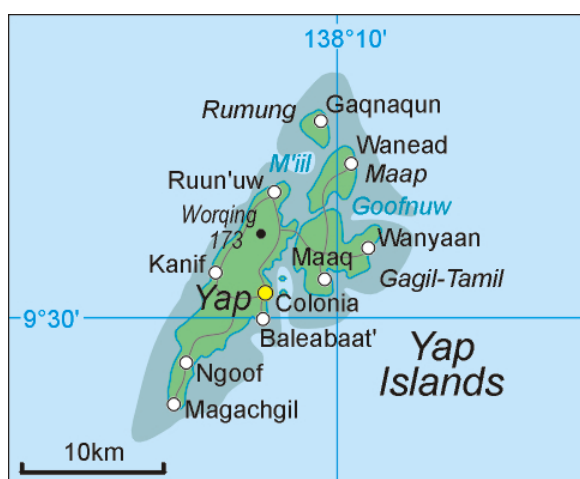


Figure 2. Map of Yap Islands

https://en.wikipedia.org/wiki/Yap#/media/File:Yap_Islands.png

Yap is one of the four states of the Federated States of Micronesia (FSM) located in the Pacific Ocean east of the Philippines. Yap is made up of many islands that are widely spread out with a total landmass of just 39 square miles. The main islands are referred to as the Yap Islands or Yap Proper, and the majority (65%) of the population resides on these islands. The other islands are referred to as the Outer Islands, and the remaining 35% of the population is spread out amongst

these islands. As of 2010, the total population of Yap is 11,376 making it the third most populated state in FSM. Yap is known for its strong tradition and culture. Subsistence activities are still very common, especially in the Outer Islands. In 2015, Yap State declared a State of Health Emergency due to the epidemic of non-communicable diseases (NCDs). This is largely due to loss of longevity, quality of life, and loss of workforce productivity due to NCDs. There has been a shift away from traditional lifestyle and foods that

negatively impacts the culture and health of Yapese. The majority of the adult population in Yap is now overweight or obese and over

80% of adults chew betel nut, most with tobacco.

In 2010, the Pacific Island Health Officers' Association (PIHOA) declared a regional health emergency due to the epidemic of NCDs in the US-Affiliated Pacific Islands (USAPIs). The USAPIs include American Samoa, Commonwealth of the Mariana Islands (CNMI), Guam, Federated States of Micronesia (FSM), Republic of Palau, and Republic of the Marshall Islands.

Stemming from this regional declaration of emergency, all six of these USAPIs agreed upon a regional NCD surveillance framework that includes core NCD and risk factor indicators that need to be routinely and consistently collected across the region in order to monitor the progress of local and regional NCD responses. This includes the following core youth indicators to be measured among high school youth: 30-day tobacco smoking, 30-day tobacco chewing, 30-day alcohol use, and overweight/obesity (by physical measurement of height and weight). Therefore, Yap conducted its own "Yap Youth Survey" in 2016 to collect data on these indicators.

Methodology

The Yap Youth Survey was developed by the Wa'ab Healthy Lifestyle Coalition (see Annex for copy of the survey). The Yap Youth Survey was conducted in all high schools in Yap to include Yap High School (YHS), Yap Catholic High School (YCHS), Yap Seventh Day Adventist School (YSDA), Outer Islands High School (OIHS), and Neighboring Islands Community High School (NICHS). All students in grades 9-12 present on the survey day were eligible to participate in the survey.

Yap Department of Health Services (Yap DHS) staff conducted this survey at each school between May 2016 and May 2017. Teachers in each school were trained on administration of the survey by Yap DHS staff. The long period of data collection was due to the fact that two of the high schools are in the outer islands and regular ship transport there is a challenge. The paper survey was completed by students confidentially then turned in anonymously. Afterwards, Yap DHS staff entered the paper surveys into a Microsoft Excel database. PIHOA provided technical support for cleaning and analyzing these data.

All data collected were based on self-report, including height and weight used to calculate body mass index (BMI) to determine overweight/obesity. Sections of the survey included: demographics, alcohol, tobacco, and other drugs, behavioral health and wellness, sexual behavior, nutrition, and physical activity. A copy of the questionnaire used is provided in the Annex.

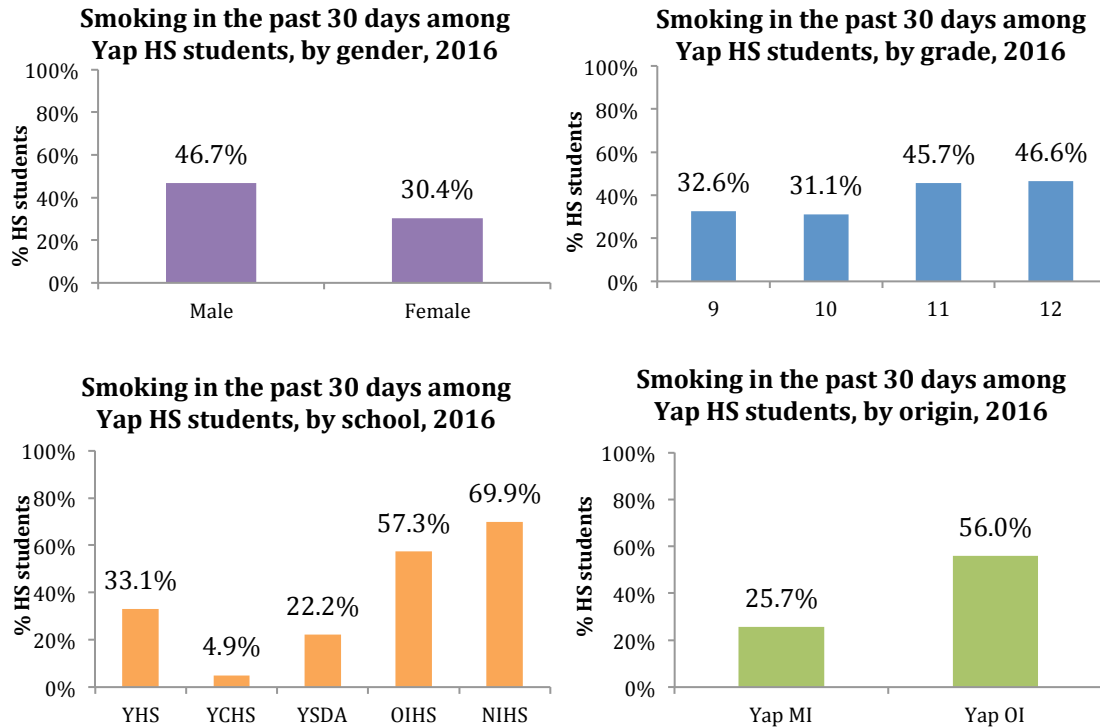
Sample Characteristics (N=699)*

	N	%
Gender		
Male	373	55.0
Female	305	45.0
Age Group		
12-14	97	14.9
15-17	375	57.7
18+	178	27.4
School		
Yap High School	355	51.0
Yap Catholic High School	64	9.2
Yap Seventh Day Adventist	51	7.3
Outer Islands High School	87	12.5
Neighboring Islands High School	139	20.0
Grade		
9	187	28.3
10	146	22.1
11	175	26.5
12	152	23.0
Ethnicity		
Yap Main Island	354	51.6
Yap Outer Islands	315	45.9
Other FSM State	5	0.7
Other Pacific Islander	3	0.4
Philippines	9	1.3
Municipality of Residence		
Gagil	41	6.2
Maap	37	5.6
Rumung	1	0.2
Tomil	76	11.5
Fanif	30	4.5
Weloy	51	7.7
Dalipebinaw	21	3.2
Rull	134	20.3
Kanifay	20	3.0
Gilman	27	4.1
Ulithi	84	12.7
Woleai	139	21.0

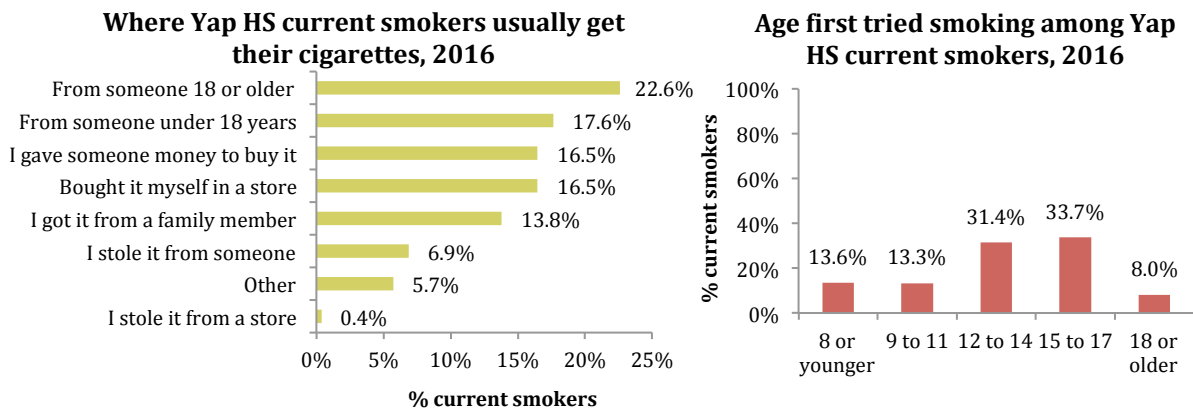
*21 missing gender, 49 missing age, 3 missing school, 39 missing grade, 13 missing ethnicity, 39 missing municipality

Smoking

39.0% of high school students in Yap are current smokers (smoked in the past 30 days).



Male students have a higher smoking prevalence than female students (46.7% vs. 30.4%). Additionally, smoking prevalence increases greatly between grades 10 and 11. There also appears to be a lot of variation in smoking prevalence between schools ranging from 4.9% (YCHS) to 69.9% (NIHS). Finally, high school students from the Yap Outer Islands have a smoking prevalence two times higher than high school students from Yap Main Island.

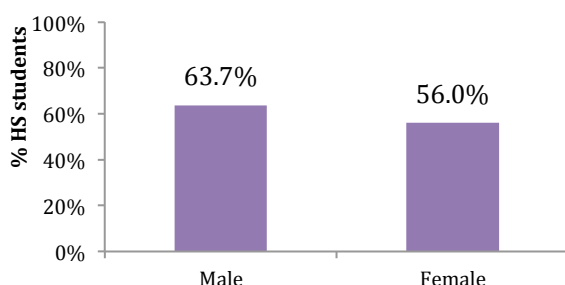


Most high school students in Yap get their cigarettes from someone else or give someone money to buy them. About one-third of these students first tried smoking under the age of 12, and the majority tried smoking between ages 12 to 17.

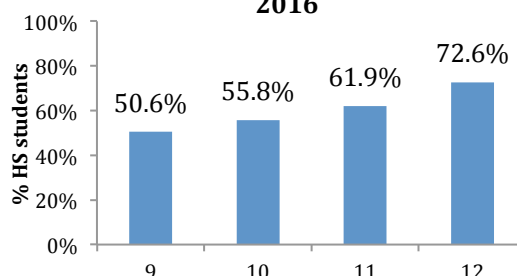
Chewing Tobacco

60.7% of high school students in Yap are current tobacco chewers (chewed tobacco in the past 30 days).

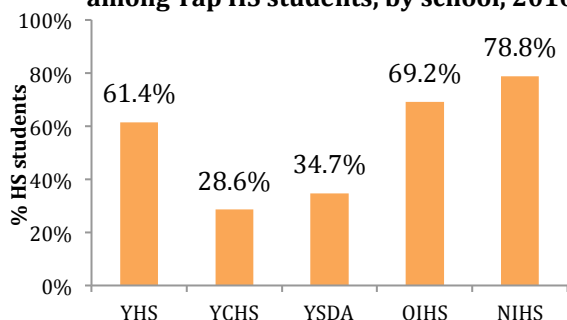
Tobacco chewing in the past 30 days among Yap HS students, by gender, 2016



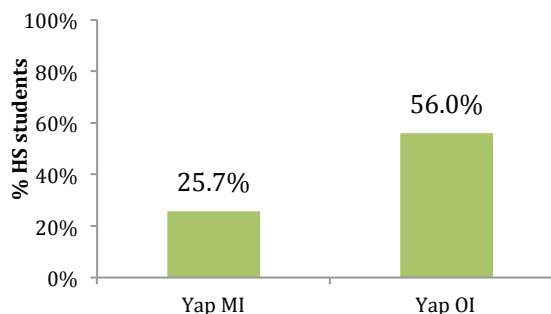
Tobacco chewing in the past 30 days among Yap HS students, by grade, 2016



Tobacco chewing in the past 30 days among Yap HS students, by school, 2016

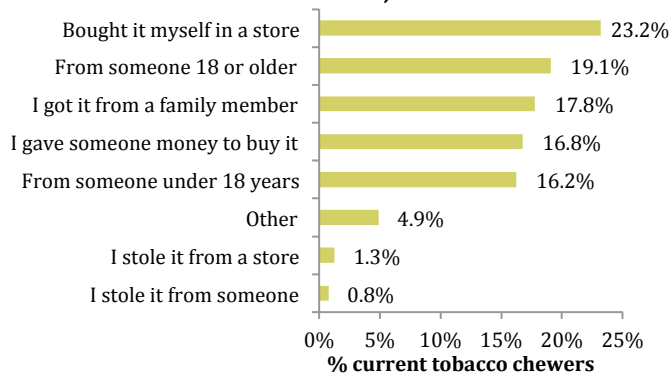


Tobacco Chewing in the past 30 days among Yap HS students, by origin, 2016

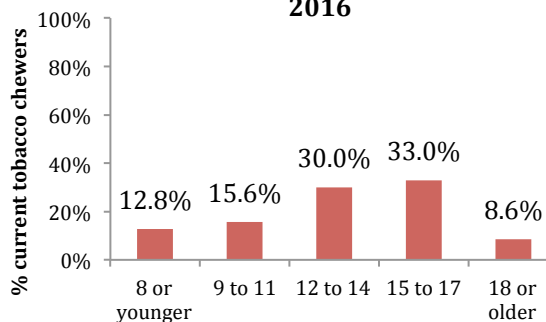


Male students have a higher tobacco chewing prevalence than female students (63.7% vs. 56.0%). Tobacco chewing prevalence increases with grade, but is still high at 50.6% in 9th grade. Tobacco chewing prevalence varies by school with similar trends to smoking. Finally, high school students from the Yap Outer Islands have a tobacco chewing prevalence twice as high as Yap high school students from Main Island.

Where Yap HS current chewers usually get their tobacco, 2016



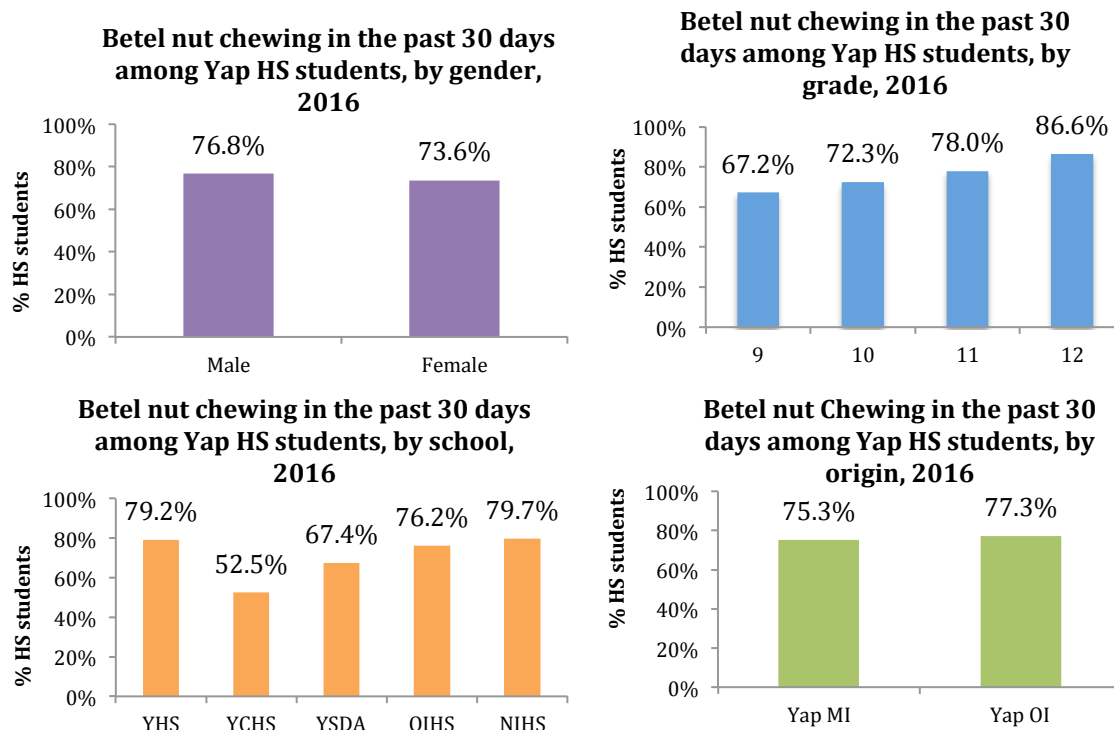
Age first tried chewing tobacco among Yap HS current chewers, 2016



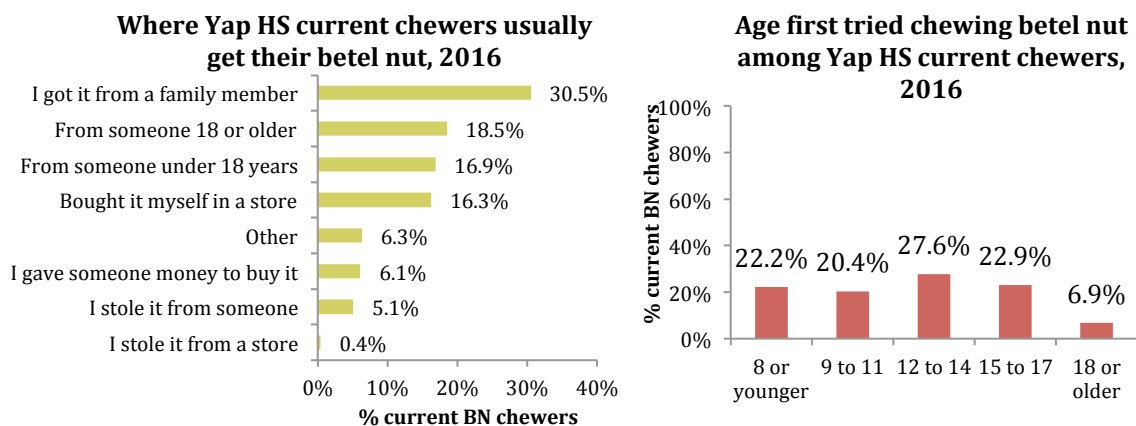
Most high school students in Yap reported buying tobacco to chew from the store themselves, though many got their tobacco to chew from someone else. The majority of these students first started chewing tobacco between the ages of 12-17.

Betel Nut Chewing

Over three-quarters (75.8%) of high school students in Yap are current betel nut chewers (chewed betel nut in the past 30 days).



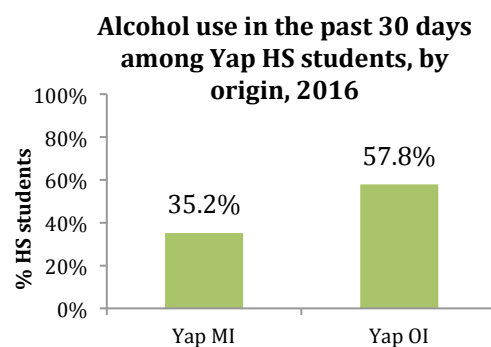
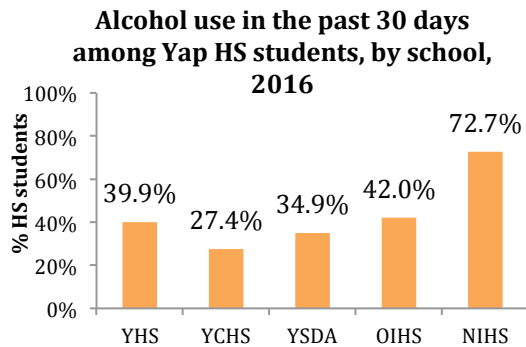
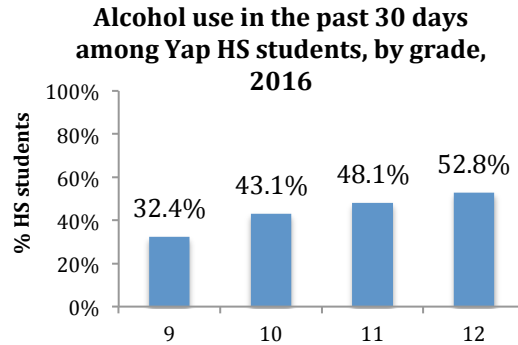
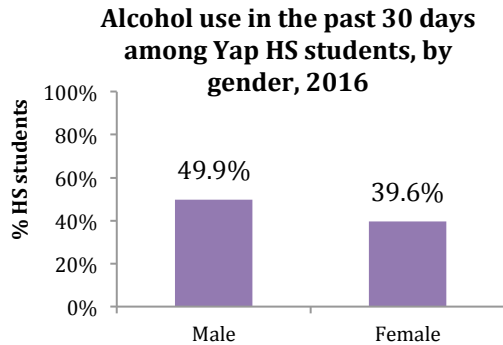
Betel nut chewing prevalence is similar amongst male and female high school students in Yap. Betel nut chewing prevalence also increases with grade like tobacco use; however, prevalence is still high in 9th grade at 67.2%. Although there is variation between schools, the difference observed is not as great as with tobacco use. Finally, betel nut chewing prevalence is similar between Yap high school students from the Main and Outer Islands.



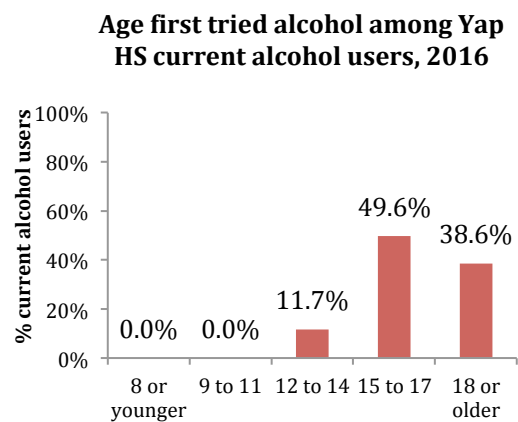
Most high school students in Yap who chew betel nut get their betel nut from someone else. About one-third (30.5%) reported that they get their betel nut from a family member. Almost one-quarter (22.2%) reported that they tried betel nut at 8 years old or younger.

Alcohol Use

Almost half (45.5%) of high school students in Yap have used alcohol in the past 30 days.



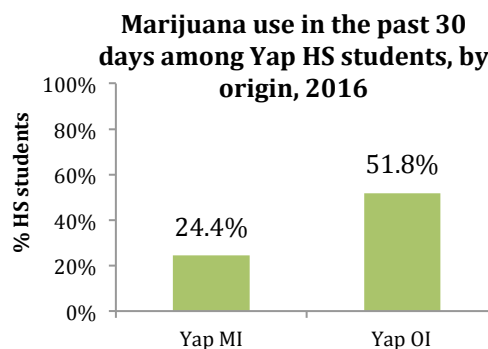
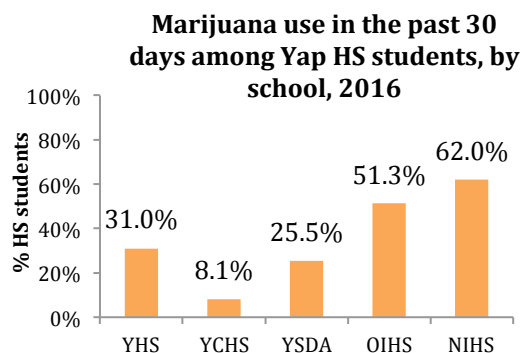
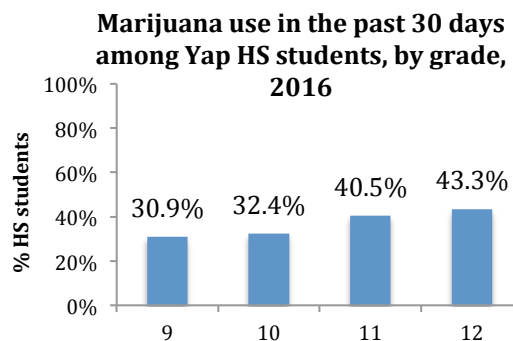
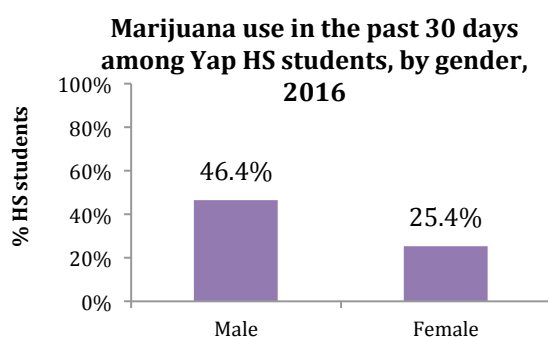
Alcohol use prevalence is higher among male students (49.9%) compared to female students (39.6%). Like other substances, prevalence increases with grade and shows variation by school. Additionally, alcohol use prevalence was almost twice as high among Yap high school students from the Outer Islands (57.8%) compared to those from Main Island (35.2%).



Students most commonly get their alcohol from someone 21 or older, or give someone money to buy it for them. The majority of high school students who use alcohol did not try alcohol until they were 15 or older.

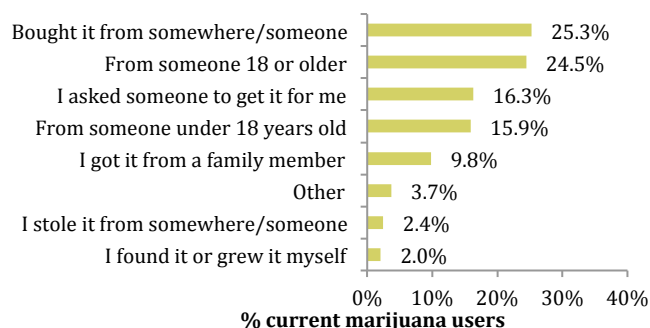
Marijuana Use

About one-third (37.4%) of high school students in Yap have used marijuana in the past 30 days.

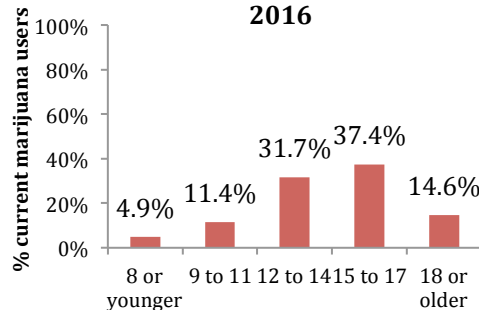


Marijuana use prevalence is higher among male students (46.4%) compared to female students (25.4%), and high among students in grades 11 and 12 compared to those in grades 9 and 10. There is also variation by school, and students from Yap Outer Islands have a higher prevalence (51.8%) compared to students from Yap Main Island (24.4%).

Where Yap HS current marijuana users usually get their marijuana, 2016



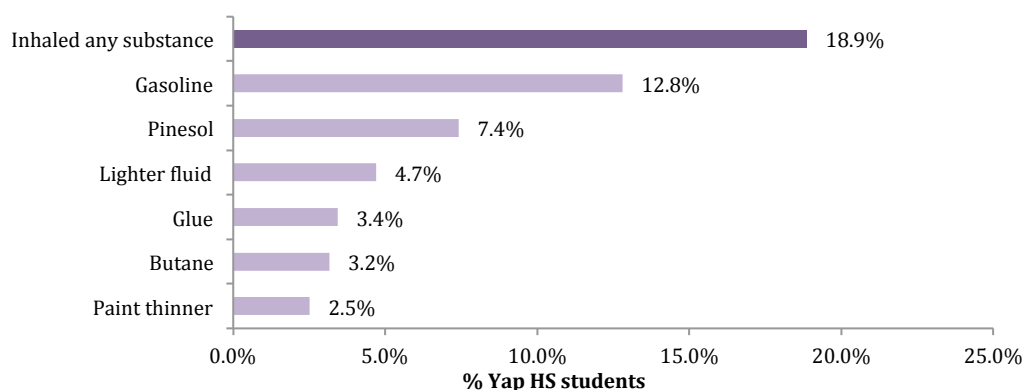
Age first tried marijuana among Yap HS current marijuana users, 2016



Most students who use marijuana buy it from someone, or get it from someone. The majority of students who use marijuana first used at 12 years or older.

Inhalant Use

Inhalant use reported by Yap students, 2016



About one out of five (18.9%) high school students in Yap reported ever inhaling a substance to get high. The most commonly reported substance used was gasoline, followed by gasoline and pinesol.

Behavioral Health and Wellness

Behavioral Health & Wellness	Overall	Male	Female
Problems dealing with stressful situations	47.4%	41.2%	54.7%
Problems controlling anger	47.7%	42.1%	53.8%
During the past 12 months, feeling sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities	38.0%	36.8%	40.1%
Too much energy every day for two weeks or longer	36.8%	36.2%	37.6%
Feel so worried all the time that it bothers your sleep, work, and duties expected of you	34.4%	28.7%	39.6%
Have trouble thinking straight, hear voices, and see things that are not there	28.7%	25.6%	32.8%
Feel like taking your own life and/or have attempted to harm yourself anywhere on your body	26.5%	26.3%	26.3%
Been in trouble with the police or broken the law	17.2%	22.3%	11.5%

About half (47.4%) of Yap high schools students reported that they have problems dealing with stressful situations, and almost half (47.7%) have problems controlling anger; both conditions were more prevalence among female students. More than one-third of Yap high school students reported feeling sad or hopeless almost every day (38.0%) or having too much energy every day (36.8%) for two weeks or longer. About one-third (34.4%) of students feel worried all of the time and about one-third have trouble thinking straight (28.7%); these are both more prevalent among female students. Over one-quarter (26.5%) of Yap high school students feel like taking their own life or have attempted to harm themselves. Finally, 17.2% of Yap high school students have been in trouble with the police or broken the law, and this is more prevalent among male students.

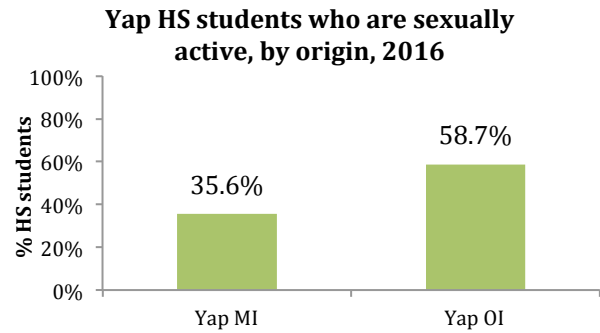
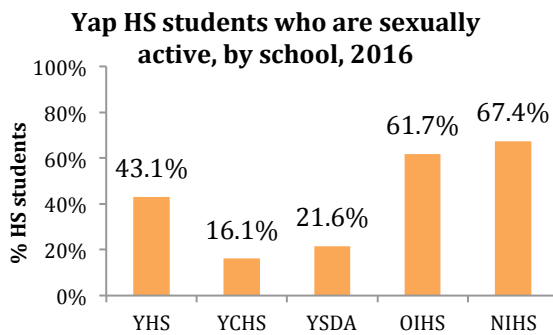
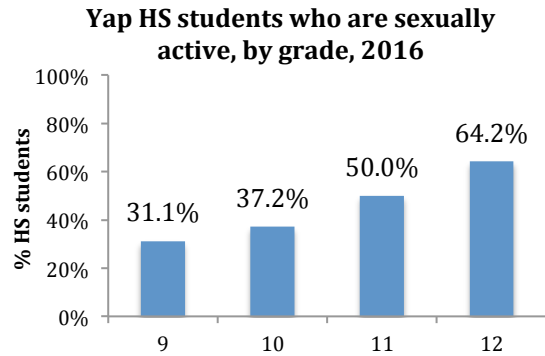
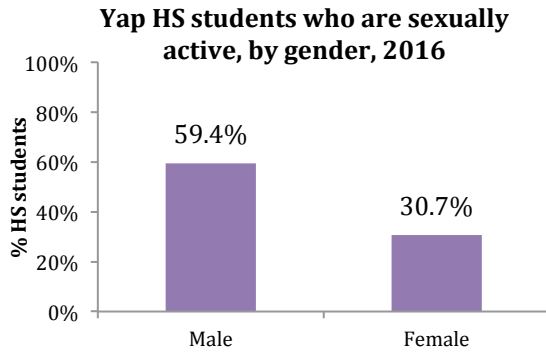
Abuse

<u>Types of Abuse</u>	Ever experienced	WHERE			BY WHOM				
		At home	At school	Other	Family member	Friend or classmate	Neighbor	School staff	Other
Violence/physical abuse	22.5%	10.6%	9.3%	3.7%	6.7%	9.4%	1.6%	1.1%	5.0%
Unwelcomed touching or gestures that make you uncomfortable	23.0%	5.6%	15.2%	2.4%	3.4%	13.6%	1.9%	1.6%	4.1%
Someone hitting or beating you	28.3%	9.0%	16.0%	3.1%	6.2%	14.4%	1.9%	1.9%	5.0%
Feeling that no one cares for you or pays attention to you	31.9%	18.2%	16.0%	2.4%	16.5%	14.0%	2.6%	2.6%	4.4%

Almost one-quarter (22.5%) of Yap high school students reported that they have ever experienced violence or physical abuse. This was most commonly reported to occur at home or at school by a family member or friend/classmate. Additionally, 23.0% of Yap high school students reported experiencing unwelcomed touching or gestures that made them uncomfortable. This was most commonly reported to occur at school by friends or classmates. Over one-quarter (28.3%) of Yap high school students reported being hit or beat by someone, most commonly at school by friends or classmates. Finally, almost one-third (31.9%) of Yap high school students reported feeling that no one cares or pays attention to them. This was most commonly reported are home or school by family members or friends/classmates.

Sexual Health

About half (46.2%) of all high school students in Yap reported that they are sexually active.



Male high school students in Yap reported a higher prevalence of being sexually active than female students (59.4% vs. 30.7%). Prevalence of being sexually active increases by grade, with 64.2% of 12 graders reporting being sexually active. There is quite a bit of variation by school, with YCHS and YSDA have the lowest prevalence of being sexually active at 16.1% and 21.6% respectively compared to the highest prevalence of being sexually active at OIHS (61.7%) and NIHS (67.4%). Finally, high school students from the Yap Outer Islands report a prevalence of being sexually active that is almost twice as high as students from Yap Main Island (58.7% vs. 35.6%).

Sexual Health

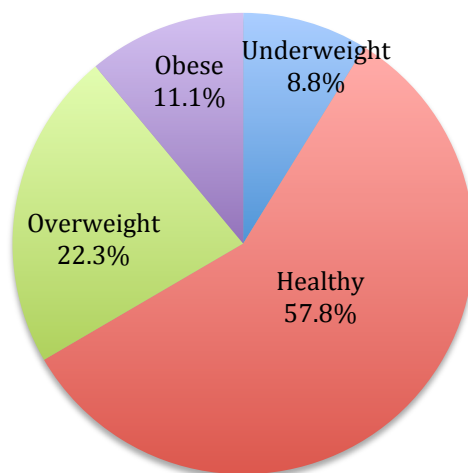
Among those students who are sexually active	Overall	Male	Female
Age at first sexual intercourse			
11 to 13	23.5%	25.7%	16.9%
14 to 16	51.0%	51.5%	50.6%
17 or older	25.5%	22.8%	32.6%
Number of lifetime sexual partners			
1 to 2	44.8%	38.0%	60.9%
3 to 4	24.7%	27.3%	19.5%
5 or more	30.4%	34.6%	19.5%
Drinking or drugs ever led to sex			
Yes	45.5%	46.6%	43.3%
Condom use during sex			
Never	16.0%	17.1%	13.6%
Rarely	6.7%	4.9%	10.2%
Sometimes	40.3%	40.5%	38.6%
Mostly	9.3%	8.8%	11.4%
Always	27.7%	28.8%	26.1%
Use anything to prevent pregnancy			
Yes	55.8%	55.8%	55.8%
Method used to prevent pregnancy among users			
Birth control pills	6.5%	1.9%	17.0%
Condoms	86.3%	91.5%	74.5%
IUD/implant	0.0%	0.0%	0.0%
Injection/Depo	3.3%	1.9%	6.4%
Other	3.9%	4.7%	2.1%
Ever had sex in exchange for drugs, money, or gifts			
Yes	45.0%	46.4%	42.4%
Comfortable being tested for STIs			
Yes	58.4%	54.4%	72.5%

Over half (51.0%) of the high school students in Yap who are sexually active had their first intercourse between 14-16 years old, and one-quarter (23.5%) were between 11-13 years old. Almost half of the sexually active students report one to two lifetime sexual partners, and male students report more sexual partners than female students. Almost half (45.5%) of sexually active high school students reported that drinking or drugs have led to sex and almost half (45.0%) reported that they ever had sex in exchange for drugs, money, or gifts. Fewer than one-third (27.7%) of sexually active high school students report always using a condom during sex, and only about half (55.8%) reported using anything to prevent pregnancy. Among those students who used anything to prevent pregnancy, the majority (86.3%) used condoms. A little over half (58.4%) of sexually active high school students reported that they were comfortable being tested for sexually transmitted diseases (STIs), and female students were more comfortable than male students.

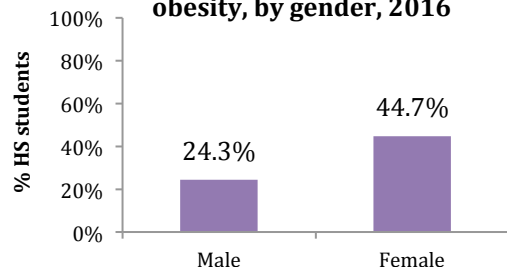
Overweight/Obesity

One-third (33.4%) of high school students in Yap are overweight or obese.

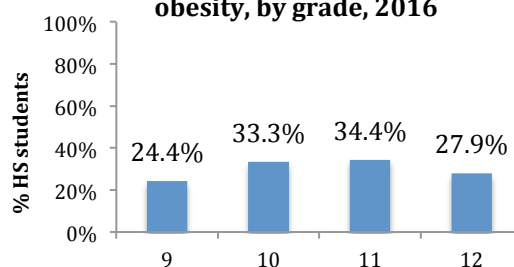
Body Mass Index (BMI) Categories of Yap HS students, 2016



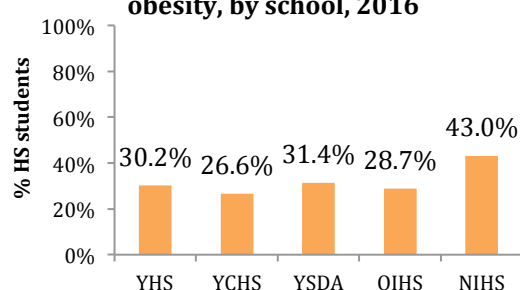
Yap HS student overweight/obesity, by gender, 2016



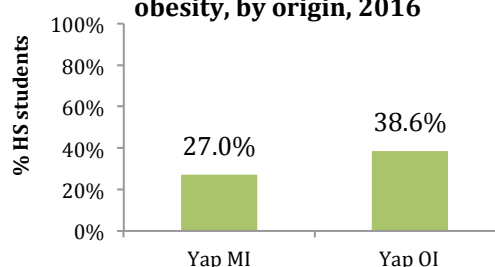
Yap HS student overweight/obesity, by grade, 2016



Yap HS student overweight/obesity, by school, 2016



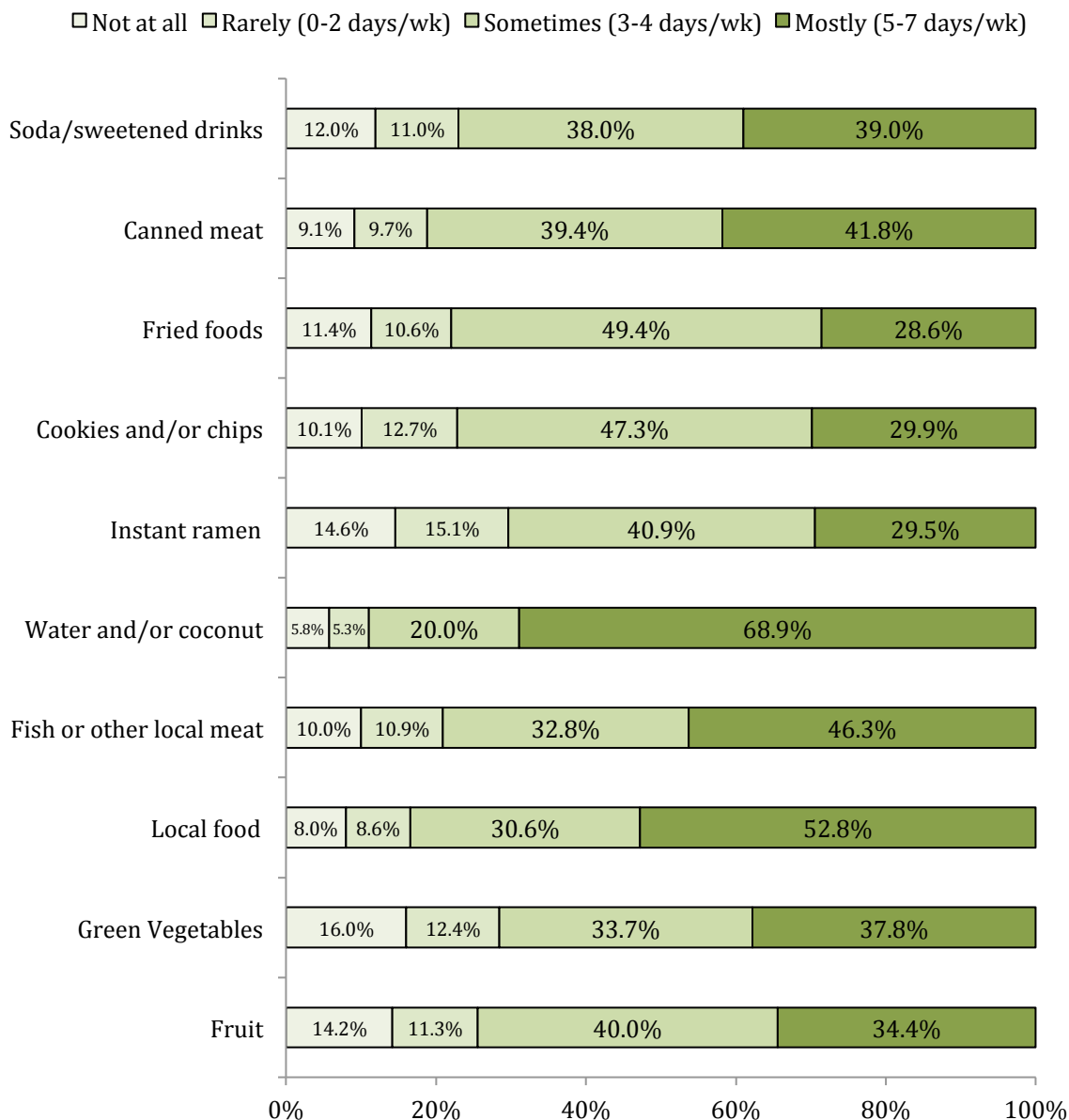
Yap HS student overweight/obesity, by origin, 2016



Prevalence of overweight/obesity is higher among female students (44.7%) compared to male students (24.3%). There is no clear trend in overweight/obesity by grade or school, though overweight/obesity prevalence appears to be highest at NIHS (43.0%). Prevalence of overweight/obesity is higher among students from the Yap Outer Islands (38.6%) compared to students from the Yap Main Island (27.0%).

Nutrition

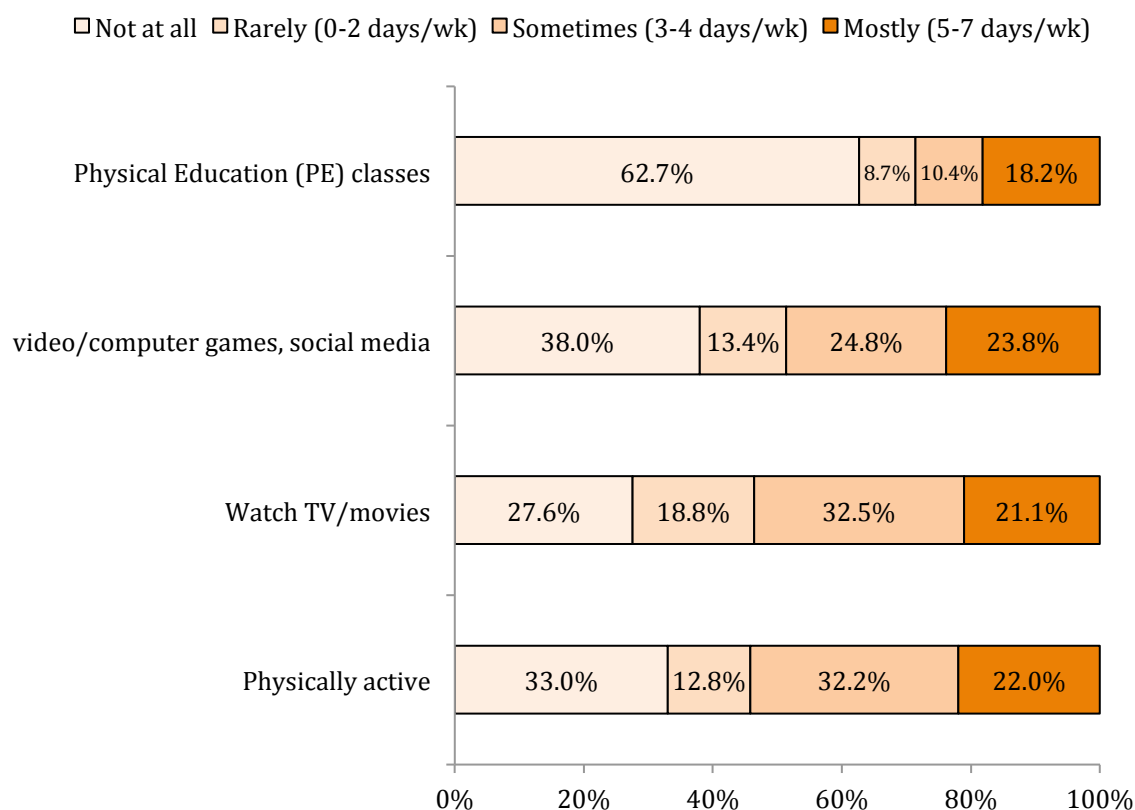
Nutrition habits among Yap HS students, 2016



The majority of Yap high school students consume soda/sweetened drinks (77.0%), canned meat (81.2%), fried foods (78.0%), cookies/chips (77.2%), and instant ramen (70.4%) at least 3 days per week. About one-third (31.1%) of Yap high school students drink water/coconut 4 days a week or less, and 5.8% do not drink water/coconut at all. About half of these students consume fish/local meat (53.7%) and local food (47.2%) 4 days or less per week, and 10.0% of students do not eat any fish/local meat at all, and 8.0% do not eat any local food at all. Finally, about one-quarter of Yap high school students eat green vegetables (28.4%) and fruit (25.3%) 2 days or less per week, and only about one-third eat green vegetables (37.8%) and fruit (34.4%) most days out of the week.

Physical Activity

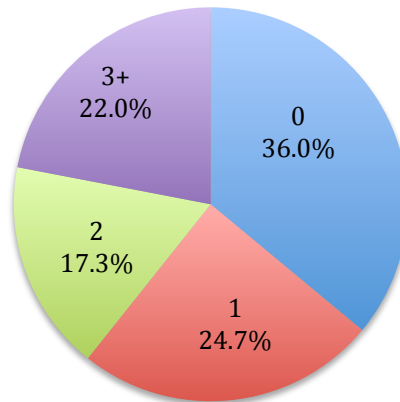
Activity habits among Yap HS students, 2016



Almost two-thirds (62.7%) of Yap high school students do not participate in physical education (PE) classes at all in school, and one-third (33.0%) are not physically active at all. Less than one-quarter (22.0%) of these students reported being physically active most days out o the week. However, about half of Yap high school students reported playing video/computer games or using social media (48.6%) and watching TV/movies (53.6%) at least 3 days per week.

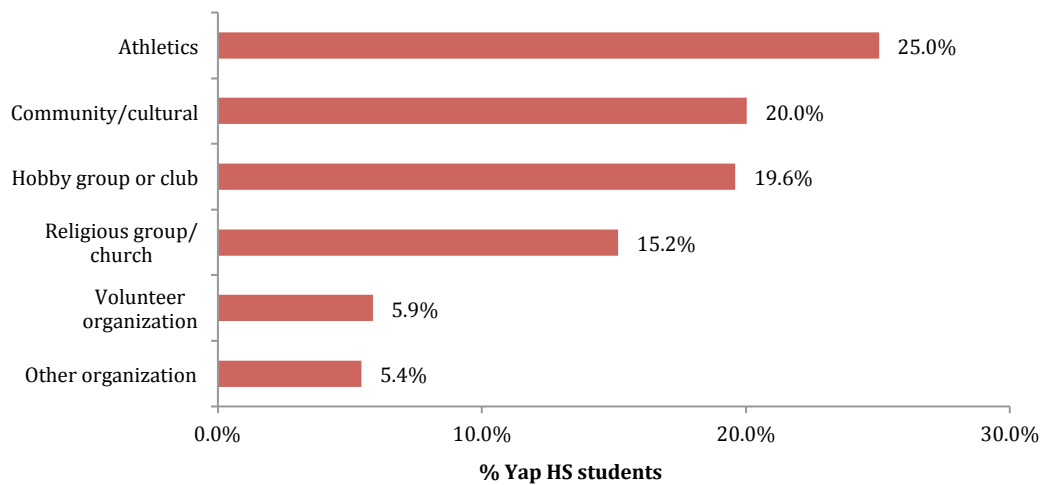
Recreational Activities

Number of sports teams Yap HS students were a member of in the past 12 months, 2016



Over one-third (36.0%) of Yap high school students reported that they did not participate in any sports teams in the past 12 months.

Recreational activities that Yap HS students are interested in, 2016



When Yap high school students were asked what type of recreational activities they are interested in, the most commonly reported was athletics, followed by community/cultural activities, and hobby groups or clubs.

Discussion

Based on the data presented in this report, it's clear that there are many risk factors prevalent among youth in Yap. Tobacco use through smoking and chewing (with betel nut) is a significant concern given that these prevalence rates are much higher than other jurisdictions in the region and the **majority of high school youth are using tobacco**. Additionally, **almost half of high school youth in Yap are using alcohol**, and **drug use (specifically marijuana and inhalants) is higher than neighboring islands** of Guam and CNMI. There are clear trends in these use patterns, highlighting the need to prioritize certain high schools in Yap for intervention. Additionally, substance use begins early in Yap, so interventions in youth prior to high school should be considered.

Although obesity in Yap is not as high as the US, the overweight prevalence is high, and many of these students have the potential to become obese over time. Also, **physical education participation is low, and many students are not consuming fruits and vegetables daily**. Students in this survey indicated that they are **interested in recreational activities, most specifically sports**. Therefore, offering these activities can help to promote healthy weight among Yap youth, with the added potential to also reduce substance use by providing alternative activities.

Many students reported behavioral health issues and having experienced different forms of abuse. **The majority of this abuse was at school from friends or classmates**. Providing healthy, supportive environments at school is important for promoting good mental health. Bullying is an issue that may want to be considered as well.

Almost half of high school students in Yap are sexually active. **Many of these sexually active students are engaging in risky sexual behavior** such as using drugs or alcohol prior to sex, or trading money or other goods for sex. Also, **few students regularly use condoms, and only about half are using methods to prevent pregnancy**. Effective modern methods such as birth control pills, implants, IUDs, and Depo are highly under-utilized by students.

Recommendations

Overall, the Yap Youth Survey was able to collect much needed data from Yap high school youth. It is highly recommended that **this survey be conducted on a regular, biannual basis**. However, some improvements could be made to the methodology. There was quite a bit of missing data that could have been prevented by **revising the format of this survey**, or even using electronic data collection. Also, **many questions were not validated questions**, so it was challenging to compare to other locations. It is recommended that this survey be modified to include validated questions, such as those used in YRBS. Finally, in order to accurately assess overweight/obesity, **measured height and weight are preferred to self-reported height and weight**.

Acknowledgements

Waab Healthy Lifestyle Coalition:

- John Malimai
- Jesse Salalu
- Jeffrey Wuthel
- Sylvia Gurepin
- Aileen Tareg
- Martina Reichhardt
- Jennifer Palemar
- Margaret Beengin
- Sandy Keiji
- Christina Fillmed

Yap SPF-PFS:

- Jonathan Tamag
- Joyce Anefal
- Alvin Rubothin
- Hilda Tafledep

Family Planning:

- Naty Malrgarsoh

STI Program:

- Paula Mitmow

NCD Program:

- Dr. Aileen Tareg

Behavioral Health & Wellness Program:

- Hilda Tafledep

Tobacco Program:

- Sylvia Gurepin

Yap Department of Health Services:

- Martina Reichhardt, Director, DHS
- Celine Tacheliol, Chief, Public Health

Cancer Program:

- Martina Reichhardt
- Jennifer Palemar
- Ritchie Wichilib

Dept. of Education:

- Teresa Filepin, Director, DOE
- Domingo Techur, Principal, YHS
- Lorenzo Sartilug, SASS, DOE
- Yap High School Teachers
- Outer Island High School Teachers
- OIHS Students (SY 2016-2017)
- Neighboring Islands Central High School (NICHHS)
- NICHHS Students (SY 2016-2017)

Yap SDA School:

- John Tamngin, Principal
- High School students (SY 2016-2017)

Yap Catholic High School:

- Michael Wiencek
- High School students (SY 2016-2017)

FSM SPF-PFS:

- Kerio Walliby
- Benido Victor
- Gloria Ureseram

Contract, OIHS:

- Robert Tanglir
- Kaycelina Lemor

PIHOA

- Dr. Haley Cash

Annex

Wa'ab Healthy Lifestyle Coalition's Yap Youth Survey 2016

This survey is about health behavior. It can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like you.

DO NOT WRITE YOUR NAME ON THIS SURVEY.

The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in class. If you are not comfortable answering a question, just leave it blank.

The questions that ask you about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Please try to answer as completely as possible. When you are finished, follow the instructions of the person giving you the survey.

ABOUT YOU

Please check off any of the boxes or write in answers for the questions as they apply to you.

1. Gender	2. Age	3. Weight	4. Height	5. School you attend:
<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	 <hr/>	 <hr/>	<input type="checkbox"/> Yap High School <input type="checkbox"/> Yap Catholic High School <input type="checkbox"/> Yap Seventh-Day Adventist High School <input type="checkbox"/> Outer Islands High School <input type="checkbox"/> Neighboring Islands Central High School

6. Current Grade	7. Origin	8. Municipality where you live	9. Village where you live
<input type="checkbox"/> 9th <input type="checkbox"/> 10 th <input type="checkbox"/> 11 th <input type="checkbox"/> 12 th <input type="checkbox"/> GED Program	<input type="checkbox"/> Main island Yap <input type="checkbox"/> Yap Outer Islands <input type="checkbox"/> Other FSM state <input type="checkbox"/> Other Pacific Island <input type="checkbox"/> Philippines <input type="checkbox"/> Other (please write):	 <hr/>	 <hr/>

ALCOHOL, TOBACCO, & OTHER DRUGS

Please read the shaded boxes to choose or fill in your answers in the white boxes below:

Have you ever tried...	a. How old were you when you first tried?	b. During the past 30 days, how many days did you...	c. On the days that you did use, how much did you use?	d. In the last 30 days, where did you usually get it from?
10. ... SMOKING cigarettes or home-rolled tobacco? <input type="checkbox"/> No (skip to question 2) <input type="checkbox"/> Yes (continue to the right)	(Even one puff) <input type="checkbox"/> 8 yrs. or younger <input type="checkbox"/> 9-11 yrs. old <input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	...Smoke? <input type="checkbox"/> 0 days (skip to question 2) <input type="checkbox"/> 1-4 days <input type="checkbox"/> 5-8 days <input type="checkbox"/> 9-12 days <input type="checkbox"/> 13-16 days <input type="checkbox"/> 17-20 days <input type="checkbox"/> 21 or more days	<input type="checkbox"/> 1 cigarette or less per day <input type="checkbox"/> 2-4 per day <input type="checkbox"/> 5-7 per day <input type="checkbox"/> 8-10 per day <input type="checkbox"/> 9-11 per day <input type="checkbox"/> 12-14 per day <input type="checkbox"/> 15-17 per day <input type="checkbox"/> 18-20 per day <input type="checkbox"/> 21 or more per day	<input type="checkbox"/> I bought it myself in a store <input type="checkbox"/> I gave someone money to buy for me <input type="checkbox"/> From someone under 18 yrs. old <input type="checkbox"/> From someone 18 yrs. or older <input type="checkbox"/> I stole it from someone <input type="checkbox"/> I stole it from a store <input type="checkbox"/> I got it from a family member <input type="checkbox"/> Other way (Write where):
11. ... CHEWING cigarettes or other tobacco? Examples: Redman, Skoal, Copenhagen, etc. <input type="checkbox"/> No (skip to question 3) <input type="checkbox"/> Yes (continue to the right)	(Even a little bit) <input type="checkbox"/> 8 yrs. or younger <input type="checkbox"/> 9-11 yrs. old <input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	...Chew? <input type="checkbox"/> 0 days (skip to question 3) <input type="checkbox"/> 1-4 days <input type="checkbox"/> 5-8 days <input type="checkbox"/> 9-12 days <input type="checkbox"/> 13-16 days <input type="checkbox"/> 17-20 days <input type="checkbox"/> 21 or more days	<input type="checkbox"/> 1 cigarette worth or less per day <input type="checkbox"/> 2-4 per day <input type="checkbox"/> 5-7 per day <input type="checkbox"/> 8-10 per day <input type="checkbox"/> 9-11 per day <input type="checkbox"/> 12-14 per day <input type="checkbox"/> 15-17 per day <input type="checkbox"/> 18-20 per day <input type="checkbox"/> 21 or more per day	<input type="checkbox"/> I bought it myself in a store <input type="checkbox"/> I gave someone money to buy for me <input type="checkbox"/> From someone under 18 yrs. old <input type="checkbox"/> From someone 18 yrs. or older <input type="checkbox"/> I stole it from someone <input type="checkbox"/> I stole it from a store <input type="checkbox"/> I got it from a family member <input type="checkbox"/> Other way (Write where):

Have you ever tried...	How old were you when you first tried?	During the past 30 days, how many days did you...	On the days that you did use, how much did you use?	In the last 30 days, where did you usually get it from?
12. ...Betel-nut for CHEWING <input type="checkbox"/> No (skip to question 4) <input type="checkbox"/> Yes (continue to the right)	(Even half of a whole betel-nut) <input type="checkbox"/> 8 yrs. or younger <input type="checkbox"/> 9-11 yrs. old <input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	...Chew? <input type="checkbox"/> 0 days (skip to question 4) <input type="checkbox"/> 1-4 days <input type="checkbox"/> 5-8 days <input type="checkbox"/> 9-12 days <input type="checkbox"/> 13-16 days <input type="checkbox"/> 17-20 days <input type="checkbox"/> 21 or more days	<input type="checkbox"/> 1 nut or less per day <input type="checkbox"/> 2-4 per day <input type="checkbox"/> 5-7 per day <input type="checkbox"/> 8-10 per day <input type="checkbox"/> 9-11 per day <input type="checkbox"/> 12-14 per day <input type="checkbox"/> 15-17 per day <input type="checkbox"/> 18-20 per day <input type="checkbox"/> 21 or more per day Check all that apply: <input type="checkbox"/> With tobacco/cigarette <input type="checkbox"/> With vodka/alcohol <input type="checkbox"/> With leaf <input type="checkbox"/> With lime	<input type="checkbox"/> I bought it myself in a store <input type="checkbox"/> I gave someone money to buy for me <input type="checkbox"/> From someone under 18 yrs. old <input type="checkbox"/> From someone 18 yrs. or older <input type="checkbox"/> I stole it from someone <input type="checkbox"/> I stole it from a store <input type="checkbox"/> I got it from a family member <input type="checkbox"/> I found or picked it myself <input type="checkbox"/> Other way (Write where):
13. ...Alcohol for DRINKING <input type="checkbox"/> No (skip to question 5) <input type="checkbox"/> Yes (continue to the right)	(Even a sip) <input type="checkbox"/> 8 yrs. or younger <input type="checkbox"/> 9-11 yrs. old <input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	...Drink? <input type="checkbox"/> 0 days (skip to question 5) <input type="checkbox"/> 1-4 days <input type="checkbox"/> 5-8 days <input type="checkbox"/> 9-12 days <input type="checkbox"/> 13-16 days <input type="checkbox"/> 17-20 days <input type="checkbox"/> 21 or more days	<input type="checkbox"/> 1 can/glass or less per day <input type="checkbox"/> 2-4 per day <input type="checkbox"/> 5-7 per day <input type="checkbox"/> 8-10 per day <input type="checkbox"/> 9-11 per day <input type="checkbox"/> 12-14 per day <input type="checkbox"/> 15-17 per day <input type="checkbox"/> 18-20 per day <input type="checkbox"/> 21 or more per day	<input type="checkbox"/> I bought it myself in a store <input type="checkbox"/> I gave someone money to buy for me <input type="checkbox"/> From someone under 21 yrs. old <input type="checkbox"/> From someone 21 yrs. or older <input type="checkbox"/> I stole it from someone <input type="checkbox"/> I stole it from a store <input type="checkbox"/> I got it from a family member <input type="checkbox"/> It was served at a family party <input type="checkbox"/> Other way (Write where):

Have you ever tried...	a. How old were you when you first tried?	b. During the past 30 days, how many days did you...	c. On the days that you did use, how much did you use?	d. In the last 30 days, where did you usually get it from?
14. ...smoking Marijuana? <input type="checkbox"/> No (skip to question 5) <input type="checkbox"/> Yes (continue to the right)	(Even one puff) <input type="checkbox"/> 8 yrs. or younger <input type="checkbox"/> 9-11 yrs. old <input type="checkbox"/> 12-14 yrs. old <input type="checkbox"/> 15-17 yrs. old <input type="checkbox"/> 18 yrs. or older	...Smoke? <input type="checkbox"/> 0 days (skip to question 2) <input type="checkbox"/> 1-4 days <input type="checkbox"/> 5-8 days <input type="checkbox"/> 9-12 days <input type="checkbox"/> 13-16 days <input type="checkbox"/> 17-20 days <input type="checkbox"/> 21-all 30 days	<input type="checkbox"/> 1 joint or less per day <input type="checkbox"/> 2-4 per day <input type="checkbox"/> 5-7 per day <input type="checkbox"/> 8-10 per day <input type="checkbox"/> 9-11 per day <input type="checkbox"/> 12-14 per day <input type="checkbox"/> 15-17 per day <input type="checkbox"/> 18-20 per day <input type="checkbox"/> 21 or more per day	<input type="checkbox"/> I bought it from someone/somewhere <input type="checkbox"/> I asked someone to get it for me <input type="checkbox"/> From someone under 18 yrs. old <input type="checkbox"/> From someone 18 yrs. or older <input type="checkbox"/> I stole it from someone/somewhere <input type="checkbox"/> I got it from a family member <input type="checkbox"/> I found or grew it myself <input type="checkbox"/> Other way (Write where):

15. Have you ever tried inhaling the following to get high?	a. Glue: b. Pinesol: c. Gasoline: d. Lighter fluid:				
	e. Paint thinner:				
	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes	<input type="checkbox"/> No <input type="checkbox"/> Yes
	f. Butane:				
	<input type="checkbox"/> No <input type="checkbox"/> Yes				
	Please list any other substance(s) you use to get high:				

BEHAVIORAL HEALTH & WELLNESS

16. Do you have problems dealing with and solving stressful situations? <input type="checkbox"/> Yes <input type="checkbox"/> No
17. Do you have problems controlling your anger? <input type="checkbox"/> Yes <input type="checkbox"/> No
18. During the past 12 months, did you ever feel sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? <input type="checkbox"/> Yes <input type="checkbox"/> No
19. Have you ever felt like you had too much energy every day for 2 weeks or longer? <input type="checkbox"/> Yes <input type="checkbox"/> No
20. Do you feel so worried all the time that it bothers your sleep, work, and duties expected of you? <input type="checkbox"/> Yes <input type="checkbox"/> No
21. Do you usually have trouble thinking straight, hear voices and see things that are not there? <input type="checkbox"/> Yes <input type="checkbox"/> No
22. Do you sometimes feel like taking your own life and/or have attempted to harm yourself anywhere on your body? <input type="checkbox"/> Yes <input type="checkbox"/> No
23. Have you been in trouble with the police or broken the law? <input type="checkbox"/> Yes <input type="checkbox"/> No

Do you experience:	Where?	By whom?
24. Violence/physical abuse <input type="checkbox"/> Yes (continue to the right) <input type="checkbox"/> No (skip to next question below)	<input type="checkbox"/> Home <input type="checkbox"/> School <input type="checkbox"/> Other (write where)	<input type="checkbox"/> Family member <input type="checkbox"/> Friend/classmate <input type="checkbox"/> Neighbor <input type="checkbox"/> School staff <input type="checkbox"/> Other
25. Unwelcomed touching or gestures that make you feel uncomfortable <input type="checkbox"/> Yes (continue to the right) <input type="checkbox"/> No (skip to next question below)	<input type="checkbox"/> Home <input type="checkbox"/> School <input type="checkbox"/> Other (write where)	<input type="checkbox"/> Family member <input type="checkbox"/> Friend/classmate <input type="checkbox"/> Neighbor <input type="checkbox"/> School staff <input type="checkbox"/> Other
26. Someone hitting or beating you or making you do something you don't want to do <input type="checkbox"/> Yes (continue to the right) <input type="checkbox"/> No (skip to next question below)	<input type="checkbox"/> Home <input type="checkbox"/> School <input type="checkbox"/> Other (write where)	<input type="checkbox"/> Family member <input type="checkbox"/> Friend/classmate <input type="checkbox"/> Neighbor <input type="checkbox"/> School staff <input type="checkbox"/> Other
27. A feeling that no one cares for you or pays no attention to you <input type="checkbox"/> Yes (continue to the right) <input type="checkbox"/> No (skip to next question below)	<input type="checkbox"/> Home <input type="checkbox"/> School <input type="checkbox"/> Other (write where)	<input type="checkbox"/> Family member <input type="checkbox"/> Friend/classmate <input type="checkbox"/> Neighbor <input type="checkbox"/> School staff <input type="checkbox"/> Other

28. Have you been in trouble with police or broken the law? <input type="checkbox"/> Yes <input type="checkbox"/> No	29. How many positive role models and supportive adults do you have in your life? <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 or more
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SEXUAL BEHAVIOR

30. Have you ever had sexual intercourse? <input type="checkbox"/> Yes <input type="checkbox"/> No (if you answered No then skip to question #39)	31. How old were you when you had sexual intercourse for the first time? <input type="checkbox"/> 11-13 yrs old <input type="checkbox"/> 14-16 yrs old <input type="checkbox"/> 17 yrs or older	32. How many people have you had sexual intercourse with? <input type="checkbox"/> 1-2 people <input type="checkbox"/> 3-4 people <input type="checkbox"/> 5-6 people or more	33. Has drinking or using drugs ever led to having sex? <input type="checkbox"/> Yes <input type="checkbox"/> No
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34. Do you use condoms when you have sexual intercourse? <input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Mostly <input type="checkbox"/> Always	35. Do you use anything to prevent pregnancy? <input type="checkbox"/> Yes <input type="checkbox"/> No (if you answered No then skip to question #37)	36. What do you use? <input type="checkbox"/> Birth control pills <input type="checkbox"/> Condoms <input type="checkbox"/> IUD/implant <input type="checkbox"/> Injection/Depo <input type="checkbox"/> Withdrawal <input type="checkbox"/> Other	37. Have you had sex in exchange for drugs, money or gifts? <input type="checkbox"/> Yes <input type="checkbox"/> No
--	--	---	--

38. If you were diagnosed with a sexually transmitted infection in the last 12 months, please mark which: <input type="checkbox"/> Chlamydia <input type="checkbox"/> Gonorrhea <input type="checkbox"/> Syphilis <input type="checkbox"/> HIV <input type="checkbox"/> Other (write what):	39. Are you comfortable getting tested for sexually transmitted infections (STI's)/HIV? <input type="checkbox"/> Yes <input type="checkbox"/> No; why not? _____ _____
---	---

NUTRITION & PHYSICAL ACTIVITY

Please check only ONE answer in each box.

During the past 7 days, how often did you eat/drink...	
40. ...FRUITS? <i>Examples: Apple, coconut, ging-gang, grapefruit, guava, orange, pandanus, papaya, pineapple, etc.</i> <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)	41. ...GREEN VEGETABLES? <i>Examples: Beans, cabbage, kangkung, okra, etc.</i> <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)
42. ...LOCAL FOOD (grown)? <i>Examples: Breadfruit, "Honolulu," pumpkin, sweet potato, tapioca, taro, unripe banana, yam, etc.</i> <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)	43. ...fresh FISH and other "local meat" (caught or raised)? <i>Examples: Tuna, crab, local pork/chickens, etc.</i> <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)
44. ...plain WATER and/or COCONUT? <input type="checkbox"/> I did not drink any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)	45. ...INSTANT RAMEN (dry or in a soup)? <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)
46. ...COOKIES and/or CHIPS? <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)	47. ...FRIED FOODS? <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)
48. ...CANNED MEAT? <input type="checkbox"/> I did not eat any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)	49. ...SODA/COLA or sweetened drinks (ICED TEA, KOOL-AID, FRUIT JUICE)? <input type="checkbox"/> I did not drink any in the past 7 days (skip to next question) <input type="checkbox"/> Mostly (5-7 days out of the week) <input type="checkbox"/> Sometimes (3-4 days out of the week) <input type="checkbox"/> Rarely (0-2 days out of the week)

During the past 7 days,...	
<p>50. ...how often were you PHYSICALLY ACTIVE to the point where your heart rate was increased and you breathed hard? (Either in or out of school)</p> <p><input type="checkbox"/> I was not physical active in the past 7 days (skip to next question)</p> <p><input type="checkbox"/> Mostly (5-7 days out of the week)</p> <p><input type="checkbox"/> Sometimes (3-4 days out of the week)</p> <p><input type="checkbox"/> Rarely (0-2 days out of the week)</p>	<p>51. ...on school days, how often did you WATCH TV/MOVIES?</p> <p><input type="checkbox"/> I did not watch any on school days in the past 7 days (skip to next question)</p> <p><input type="checkbox"/> Mostly (5-7 days out of the week)</p> <p><input type="checkbox"/> Sometimes (3-4 days out of the week)</p> <p><input type="checkbox"/> Rarely (0-2 days out of the week)</p>
<p>52. ...on school days, how often did you PLAY VIDEO/COMPUTER GAMES OR USE A COMPUTER FOR SOMETHING OTHER THAN SCHOOL WORK?</p> <p><i>Examples: Xbox, PlayStation, iPod, iPad, other tablet, smartphone, YouTube, Facebook, etc.</i></p> <p><input type="checkbox"/> I did not play in any of the above ways on school days in the past 7 days (skip to next question)</p> <p><input type="checkbox"/> Mostly (5-7 days out of the week)</p> <p><input type="checkbox"/> Sometimes (3-4 days out of the week)</p> <p><input type="checkbox"/> Rarely (0-2 days out of the week)</p>	<p>53. ...on school days, how many days do you go to PHYSICAL EDUCATION (PE) CLASSES?</p> <p><input type="checkbox"/> PE is not offered at my school (skip to next question)</p> <p><input type="checkbox"/> I did not attend any PE at school in the past 7 days (skip to next question)</p> <p><input type="checkbox"/> Mostly (5-7 days out of the week)</p> <p><input type="checkbox"/> Sometimes (3-4 days out of the week)</p> <p><input type="checkbox"/> Rarely (0-2 days out of the week)</p>
<p>54. Do you or would you like having PE classes at your school?</p> <p><input type="checkbox"/> No</p> <p><input type="checkbox"/> Yes; what kind of activities do you like or want?</p> <p>Please list below:</p>	<p>55. During the past 12 months, how many types of sports were you a team member for? (Count any teams run by your school or community groups)</p> <p><input type="checkbox"/> 0 types (skip to next question)</p> <p><input type="checkbox"/> 1 type</p> <p><input type="checkbox"/> 2 types</p> <p><input type="checkbox"/> 3 or more types</p>

<p>56. What types of recreational activities are you interested in? (check all that apply)</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Community/cultural group</p> <p><input type="checkbox"/> Hobby group or club</p> <p><input type="checkbox"/> Athletics</p> <p><input type="checkbox"/> Religious group/church</p> <p><input type="checkbox"/> Volunteer organization</p> <p><input type="checkbox"/> Other organization</p>	<p>57. What types of recreational activities are you currently participating in? (check all that apply)</p> <p><input type="checkbox"/> None</p> <p><input type="checkbox"/> Community/cultural group</p> <p><input type="checkbox"/> Hobby group or club</p> <p><input type="checkbox"/> Athletics</p> <p><input type="checkbox"/> Religious group/church</p> <p><input type="checkbox"/> Volunteer organization</p> <p><input type="checkbox"/> Other organization</p>	<p>58. How would you rate yourself in your academic performance?</p> <p><input type="checkbox"/> Honor student (mostly A's)</p> <p><input type="checkbox"/> Above 3.0 (mostly A's and B's)</p> <p><input type="checkbox"/> 2.0 to 3.0 (mostly B's and C's, no F's)</p> <p><input type="checkbox"/> 1.0 to 2.0 (mostly C's and D's, some F's)</p> <p><input type="checkbox"/> Below 1.0 (some D's and mostly F's)</p>	<p>59. How comfortable was it for you to answer the questions in the survey?</p> <p><input type="checkbox"/> Very comfortable</p> <p><input type="checkbox"/> Somewhat comfortable</p> <p><input type="checkbox"/> Somewhat uncomfortable</p> <p><input type="checkbox"/> Very uncomfortable</p>	<p>60. How truthful were you when answering the questions?</p> <p><input type="checkbox"/> Very truthful</p> <p><input type="checkbox"/> Somewhat truthful</p> <p><input type="checkbox"/> Somewhat untruthful</p> <p><input type="checkbox"/> Very untruthful</p>
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Please write down any comments about this survey if you have any:

-END-

**THANK YOU! YOUR ANSWERS WILL GUIDE THE WAY
TO A BETTER FUTURE FOR ALL YOUTH IN YAP
STATE.**