



North Carolina Youth Risk Behavior Survey

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**MIDDLE SCHOOL
2005 SURVEY RESULTS**



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Executive Summary

From *Morbidity and Mortality Weekly Report: Youth Risk Behavior Surveillance-United States, 2005, June 9, 2006/Vol. 55/No. SS-5.*

In the United States, 71% of all deaths among youth and young adults aged 10-24 years result from four causes: motor vehicle crashed (31%), other unintended injuries (14%), homicide (15%), and suicide (11%) (CDC, 2006). Substantial morbidity and social problems also result from the approximately 831,000 pregnancies among women aged 15-19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15-24 years and the estimated 4,842 cases of HIV/AIDS among persons aged 15-24 years that occur annually in the United States. Among adults aged 25 and older, 61% of all deaths result from cardiovascular diseases (38%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are inter-related and often are established during childhood and adolescence and extend into adulthood (MMWR, 2006).

To monitor priority health-risk behaviors among youth and young adults in each of these six categories and general health status, overweight and asthma, The 2005 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified to meet the needs of North Carolina. This survey is administered at the middle and/or high school level by individual states and select cities in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide indicators for improving school health education policies and programs. This report summarizes results from the 81 question 2005 NC Middle School YRBS and regional trends from 1995 to 2005 in selected risk behaviors.

A random sample of 3,659 middle school students drawn from 59 schools across the state participated in the 2005 NCYRBS. The NCYRBS asks students to identify themselves by gender, age, grade and race/ethnicity. In 2005, the middle school NCYRBS did not achieve an adequate response rate to generalize results for all North Carolina middle school students and therefore, statistical significance could not be derived. However, the information collected from these students provides insight on statewide behaviors. Additionally, the CDC does not currently implement a national middle school survey for national comparison. This report only summarizes data from North Carolina.

Health Disparities

The Youth Risk Behavior Survey results reveal differences in health status among different sub-groups of adolescents. These differences are categorized by gender, race or ethnicity, geographical region, and grade level. It is important to note that these variables on their own are not intrinsic risks. According to the U.S. Department of Health and Human Services' Healthy People 2010 report, "Current information about the biologic and genetic characteristics of African Americans, Hispanics, American Indians, Alaska Natives, Asians, Native Hawaiians, and Pacific Islanders does not explain the health disparities experienced by these groups compared with the white, non-Hispanic population in the United States. These disparities are believed to be the result of the complex interaction among genetic variations, environmental factors, and specific health behaviors." The statistics in this report show disparities between racial/ethnic groups of high school students in North Carolina. However, the report does not suggest that these health disparities are based on race.

GENDER DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

Male students were **more** likely than **female** students to:

- Never or rarely wore a seat belt when riding in a car
- Never or rarely wore a bicycle helmet, among students who rode a bicycle
- Have ever carried a weapon, such as a gun, knife, or club
- Have ever been in a physical fight and have been in a fight and had to be treated by a doctor or nurse
- Have smoked a whole cigarette for the first time before age 11 years and who smoked cigarettes on one or more of the past 30 days
- Have ever had a drink of alcohol, other than a few sips, have had their first drink of alcohol other than a few sips before age 11 years
- Have ever use marijuana, tried marijuana for the first time before the age of 11 years, used marijuana one or more times during the past 30 days and used marijuana on school property one or more times during the past 30 days
- Have ever use steroids
- Have been offered, sold, or given an illegal drug on school property during the past 12 months
- Be at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)*
- Be overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)*
- Have drank three or more glasses of milk per day during the past seven days
- Have eaten breakfast on seven of the past seven days
- Have eaten dinner at home with their family four or more times during the past seven days
- Have been physically active for a total of 60 minutes or more per day on five or more of the past seven days
- Have spent 20 minutes or more being physically active on a typical school day
- Have actually exercised or played sports more than 20 minutes during an average PE class, among students enrolled in physical education (PE) class
- Have spent three or more hours per day playing video games or using a computer for something that is not school work on an average day
- Have never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day
- Be alone without a parent or trusted adult for two or more hours on an average school day
- Have ever been told by a doctor or nurse that they had asthma
- Agree or strongly agree they feel good about themselves

Female students were **more** likely than **male** students to:

- Describe their general health as fair or poor
- Agree or strongly agree they feel alone in their life
- Have ever felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities
- Have ever seriously thought about killing themselves or ever made a plan about how they would kill themselves
- Describe themselves as slightly or very overweight,
- Be trying to lose weight, had ever exercised to lose weight or to keep from gaining weight, eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight, taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight and had ever vomited or taken laxatives to lose weight or to keep from gaining weight
- Have been harassed or bullied on school property one or more times during the past 12 months and who agree or strongly agree that harassment and bullying by other students is a problem at their school
- Have been the victim of teasing or name calling during the past 30 days because of their weight, size, or physical appearance
- Have ever been taught about abstaining from sexual activity and whose parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex
- Watch TV three or more hours per day on an average weekend day
- Consider themselves to have a disability

GRADE LEVEL DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

6th grade students were **more** likely than other students to:

- Eat fruit three or more times on a typical day
- Have eaten breakfast on seven of the past seven days
- Spend 20 minutes or more being physically active on a typical weekend day
- Get approximately seven or more hours of sleep on an average school night
- Consider themselves to have a disability

7th grade students were **more** likely than other students to:

- Have ever used a needle to inject any illegal drug into their body
- Have seen a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months

8th grade students were **more** likely than other students to:

- Agree or strongly agree they feel alone in their life
- Describe their general health as fair or poor
- Never or rarely wear a seat belt when riding in a car or wear a bicycle helmet among students who rode a bicycle
- Ever ride in a car driven by someone who had been drinking alcohol
- Have ever carried a weapon, such as a gun, knife, or club
- Have ever been in a physical fight
- Have ever felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities

Grade Level Disparities continued

- Have ever seriously thought about killing themselves and made a plan about how they would kill themselves
- Have smoked a whole cigarette for the first time before age 11 years, smoked cigarettes on one or more of the past 30 days, smoked cigarettes on 20 or more of the past 30 days, and tried to quit smoking cigarettes during the past 12 months
- Have ever had a drink of alcohol, other than a few sips
- Have ever used marijuana, used marijuana one or more times during the past 30 days, and used marijuana on school property one or more times during the past 30 days
- Have taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life
- Have been offered, sold, or given an illegal drug on school property during the past 12 months
- Agree or strongly agree that drugs are a problem at their school
- Have ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight and ever vomited or taken laxatives to lose weight or to keep from gaining weight
- Have bought food and/or drinks from vending machines at school one or more times during the past seven days
- Have attended physical education (PE) classes daily in an average week when they were in school
- Have watched three or more hours per day of TV on an average school day and an average weekend day
- Have spent three or more hours per day playing video games or using a computer for something that is not school work on an average day
- Have had parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex
- Be alone without a parent or trusted adult for two or more hours on an average school day

ADDITIONALLY

6th grade students were **less** likely than other students to:

- Have ever been taught about abstaining from sexual activity, chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV), or ever being taught in school about AIDS or HIV infection
- Have ever used any form of cocaine, including powder, crack, or freebase
- Describe themselves as slightly or very overweight
- Have seen a doctor or a nurse for a check-up or physical exam when they were not sick or injured was during the past 12 months

7th grade students were **less** likely than other students to:

- Have ever used steroids
- Be overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)*
- Be trying to lose weight
- Have attended physical education (PE) classes one or more days during an average school week

8th grade students were **less** likely than other students to:

- Be at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)*
- Not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school
- Have been harassed or bullied on school property one or more times during the past 12 months
- Never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day

RACIAL/ETHNIC DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

Students that identify as White were more likely to:

- Have ever carried a weapon, such as a gun, knife, or club
- Drink three or more glasses of milk per day during the past seven days
- Eat breakfast on seven of the past seven days and eat dinner at home with their family four or more times during the past seven days
- Be physically active for a total of 60 minutes or more per day on five or more of the past seven days and spend 20 minutes or more being physically active on a typical weekend day
- Exercise or play sports more than 20 minutes during an average PE class, among students enrolled in physical education (PE) class
- Get approximately seven or more hours of sleep on an average school night
- Participate in some extracurricular activities at school (such as sports, band, drama, clubs, S.O.S., etc.)
- Have seen a doctor or a nurse for a check-up or physical exam when they were not sick or injured was during the past 12 months
- Have seen a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months

Students that identify as Black were more likely to:

- Never or rarely wore a bicycle helmet among students who rode a bicycle
- Ride in a car driven by someone who had been drinking alcohol
- Have ever been in a physical fight
- Have had their first drink of alcohol other than a few sips before age 11 years
- Have ever used marijuana and used marijuana one or more times during the past 30 days
- Have ever used a needle to inject any illegal drug into their body
- Agree or strongly agree that drugs are a problem at their school
- Be overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)*
- Eat french fries three or more times during the past seven days
- Have bought food and/or drinks from vending machines at school one or more times during the past seven days
- Attend physical education (PE) classes daily in an average week when they were in school
- Watch three or more hours per day of TV on an average school day and average weekend day
- Spend three or more hours per day playing video games or using a computer for something that is not school work on an average day
- Have ever been taught about abstaining from sexual activity, chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV), and learned in school about AIDS or HIV infection
- Have parents or other adults in their family ever talk with them about what they expect them to do or not to do when it comes to sex
- Be alone without a parent or trusted adult for two or more hours on an average school day
- Never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day
- Be limited in some way in some activities because of some impairment or health problem
- Have ever been told by a doctor or nurse that they had asthma and have ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma)
- Agree or strongly agree they feel good about themselves

Students that identify as Hispanic were more likely to:

- Ever be in a physical fight in which they were hurt and had to be treated by a doctor or nurse
- Not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school
- Have property, such as their clothing or books, has been stolen or deliberately damaged on school property one or more times during the past 12 months
- Have ever felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities
- Have smoked cigarettes on 20 or more of the past 30 days
- Have ever had a drink of alcohol, other than a few sips
- Have tried marijuana for the first time before age 11 years
- Be trying to lose weight, and ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- Eat fruit three or more times on a typical day
- Have some trouble learning, remembering, or concentrating because of some impairment or health problem
- Walk or ride their bike to school three or more days per week

Students that identify as Multiple Races were more likely to:

- Have been threatened or injured with a weapon, such as a gun, knife, or club, on school property one or more times during the past 12 months
- Have been harassed or bullied on school property one or more times during the past 12 months
- Have ever seriously thought about killing themselves and ever made a plan about how they would kill themselves
- Have ever used any form of cocaine, including powder, crack, or freebase, ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high, have taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life, and have been offered, sold, or given an illegal drug on school property during the past 12 months
- Have ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight and ever vomited or taken laxatives to lose weight or to keep from gaining weight
- Eat vegetables three or more times on a typical day
- Spend 20 minutes or more being physically active on a typical school day
- Consider themselves to have a disability
- Agree or strongly agree that harassment and bullying by other students is a problem at their school

Students that identify as Other were more likely to:

- Describe their general health as fair or poor
- Never or rarely wore a seat belt when riding in a car
- Have smoked a whole cigarette for the first time before age 11 years, smoked cigarettes on one or more of the past 30 days, and tried to quit smoking cigarettes during the past 12 months
- Have used marijuana on school property one or more times during the past 30 days
- Have ever used steroids
- Be at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)*
- Describe themselves as slightly or very overweight
- Have ever exercised to lose weight or to keep from gaining weight

Racial/Ethnic Disparities continued

- Have attended physical education (PE) classes one or more days during an average school week
- Have been the victim of teasing or name calling during the past 30 days because of their weight, size, or physical appearance
- Never or rarely do one or more of the following to protect themselves from the sun when they are outside for more than one hour on a sunny day: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades their face, ears, and neck



Introduction

The 2005 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified by the North Carolina Department of Public Instruction (NCDPI) and their state collaborative partners. The NCYRBS is used to assess health risk behaviors that contribute to the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and high school level in the spring of odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey is to measure progress towards achieving the National Healthy People and North Carolina Health Objectives for the year 2010.

Additionally, education and health officials use NC YRBS data to fund programs and create policies that reduce health-risk behaviors among youth, as behaviors in youth often transcend into adulthood. State and local agencies and nongovernmental organizations use NCYRBS data to set health education and health promotion goals, support curricula or program modification, support legislation that promotes health, and to seek funding for new initiatives (CDC, Morbidity and Mortality Weekly Report (MMWR), May 21, 2004).

At the March 2005 North Carolina State Board of Education meeting, Secretary of Health and Human Services, Carmen Hooker Odom, stated that,

“The YRBS is intended to assess the health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This is the only North Carolina data source for us to know which risk behaviors (in addition to tobacco use) our adolescents are engaging in. It is critical to program planning, evaluation, and even grant writing. We need for all schools to participate in these surveys.”

The 2005 Middle School NCYRBS consisted of 81 items that addressed behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, health education experiences, and the perceived safety of the school environment. The items were mainly presented in a multiple-choice format and the entire survey could be completed in 45-50 minutes, or one class period. A copy of the questionnaire used for the 2005 Middle School NCYRBS is located in Appendix A.



Procedures

Sampling. In 2005, the Middle School NCYRBS was administered for the fifth time since 1995¹. The sample of students chosen to participate in the survey was drawn through a two-stage process. First, a probability sample of middle schools was drawn from all of the middle schools in the state, serving at least one grade six through eight. The CDC was responsible for drawing the sample using PCSample® Software. Then, individual classes (e.g., Mrs. Johnson's 2nd period Algebra class) was randomly sampled from within those schools. All of the students in those selected classes then comprised the sample.

The NCYRBS sample is drawn in such a manner that, if the overall response rate is above 60%, the results of the survey can be generalized to the entire population of high school students in the state with a relatively high level of precision. The overall response rate is a function of the percentage of sampled schools that participate as well as the percentage of students enrolled in the sampled classes that actually complete the survey. In 1995 and 2001, an overall response rate of 60% or higher was achieved for the Middle School NCYRBS, meaning that those results can be considered to be representative of the statewide population of high school students in each of those years. In 1997, 2003 and 2005, however, the overall response rate for the sample was below 60%, meaning that the data from that year cannot be considered to be representative of the state's entire high school population, just those students surveyed (Tables 1-2). Therefore, the reader should understand that data from the 2003 study cannot be assumed to be representative of all middle schools in North Carolina.

Table 1. Sample sizes and response rates for the Middle School NCYRBS, 1995-2005.

Statewide YRBS	Number of Schools Participating	Number of Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
1995	53	2,227	74%	86%	64%
1997 ²	62	2,372	72%	82%	59%
2001	60	2,197	83%	90%	75%
2003	52	2,018	72%	80%	58%
2005	59	3,659	66%	89%	58%

¹ The NCYRBS was not conducted in 1999 because the participation rate for the sampled schools would have been too low to generate valid statewide estimates.

² In 1997, 2001 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

Although response rates statewide did not yield weighted data, there was more success at the regional level. The Eastern region of North Carolina achieved a high enough response rate in both 2003 and 2005 to generalize the results to all students in that region. In 2005 only, the Western region achieved a high enough response rate to generalize data for all students in that region. The Central region was unable to achieve a high enough response rate in either year.

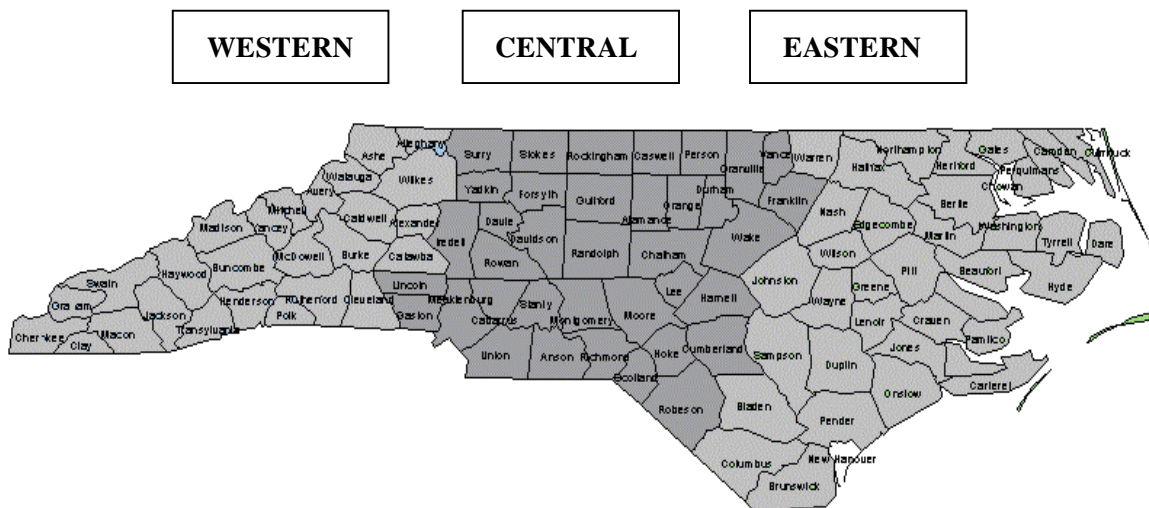
Table 2. Sample sizes and response rates for the Regional Middle School NCYRBS, 2003 and 2005.

Regional YRBS	Number of Schools Participating	Number of Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
Western					
2003	16	729	67%	83%	56%
2005*	20	1,397	67%	92%	61%*
Central					
2003	16	548	67%	83%	56%
2005	14	889	47%	90%	42%
Eastern					
2003*	20	741	83%	76%	63%*
2005*	25	1,373	83%	85%	71%*

Note: More schools were sampled in 2005 in an effort to increase the response rate in those regions.

*These regions achieved a high enough response rate to generalize to all students in that region.

Figure 1. Regions for the NCYRBS.



Parental Permission. Although the Pupil Protection Rights Amendment (PPRA) of 1994 primarily applies to *required* surveys funded by the federal Department of Education, it also applies to any student survey, regardless of funded origin, that asks sensitive questions. Since the NCYRBS does ask some sensitive questions to assess student risk, LEAs must notify a parent at least annually, at the beginning of the school year, of the specific or approximate date(s) of the survey and an opportunity to opt his or her child out of participating. LEAs must also notify parents that they have the right to review, upon request, any instructional materials used in connection with any survey that contains a sensitive question as defined by PPRA.

Schools can either offer **active** or **passive** parental permission for the NCYRBS. This can be done at the beginning of the school year and cover all student surveys or prior to the NCYRBS implementation. Active permission is when a parent completes a permission form for their child to participate. Passive permission is when a parent only completes permission to **opt their student out**. Data supports that response rates are higher when passive permission is used, as students often times forget to bring completed permission forms back to class. In a study on student alcohol consumption, data from students whose parents allowed them to participate through active consent revealed sample bias of underreported lifetime alcohol consumption (Frissell KC et al., 2004).

For more information on the PPRA visit: <http://www.ed.gov/policy/gen/guid/fpco/index.html>.

Data Collection. In the fall of 2004, 90 schools (30 in each region) were selected to participate in the 2005 Middle School NCYRBS² from among all of the public schools statewide that served grades six through eight. Of those, 59 participated. NCYRBS Coordinators were identified by their Superintendents to implement the survey. Information on standardized survey administration procedures as well as sets of materials for administering the survey were disseminated at regional training sessions held by NCDPI Healthy Schools. Coordinators then made arrangements with each school to conduct the survey during the Spring semester of 2005 on a date that was convenient for the school. The surveys were administered during a single class period to the students in the sampled classes who were present on the day of administration. Observations of survey administrators as well as analyses of missing data patterns confirmed that students were easily able to complete the survey during the allotted time. Students completed the survey instrument on a **voluntary** basis.

Data Processing. NCYRBS Coordinators returned all student response sheets and other related information to NCDPI, where they were cataloged and checked for anomalies before being sent to CDC for scanning and processing in the summer of 2005. CDC staff then generated statistical weights to be applied to the data that allowed for the generation of statewide estimates based on the responses of the sampled students. CDC then provided separate analyses for each NCYRBS survey item to NCDPI in the Fall of 2005.

Sample Characteristics. In addition to providing responses to survey items focused on various health risk behaviors, students completing the NCYRBS also responded to questions about basic demographic information. Because of the sampling procedures employed for the NCYRBS, the sample of students participating each year has been relatively proportional to the overall statewide high school student population in terms of demographics (Figure 1).

Table 3. Characteristics of students participating in the Middle School NCYRBS, 1993 through 2005.

	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	50.2%	49.8%	25.0%	38.0%	37.0%	63.1%	28.7%	2.3%		5.9%
1997	48.3%	51.7%	32.4%	32.4%	35.2%	56.4%	34.1%	2.8%		6.7%
2001	48.7%	51.3%	24.0%	40.3%	35.7%	54.5%	29.3%	5.5%	6.7%	4.0%
2003	51.5%	48.5%	25.7%	41.9%	32.4%	58.9%	25.7%	5.0%	5.6%	4.8%
2005	51.2%	48.8%	30.6%	33.3%	35.8%	57.3%	22.6%	7.3%	5.7%	7.1%

Note: Percentages in this figure are unweighted. Prior to 2001, the number of students in the sample identifying themselves as Hispanic was too small to provide accurate subgroup estimates. The survey did not give students the option of identifying themselves as Multi-racial until 2001.

² Juvenile justice schools, hospital schools, and schools for students with severe disabilities were not included in the sampling frame.

Table 4. Characteristics of students participating in the Regional North Carolina High School YRBS, 2003 and 2005.

	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western										
2003	51.0%	49.0%	31.0%	26.0%	23.0%	86.2%	8.7%	1.3%	1.7%	2.1%
2005	51.0%	49.0%	29.9%	26.5%	22.8%	83.2%	10.2%	3.7%	1.4%	1.6%
Central										
2003	50.5%	49.5%	31.9%	26.3%	22.5%	61.5%	30.3%	2.6%	2.2%	3.4%
2005	50.3%	49.7%	31.8%	25.9%	22.3%	57.6%	32.3%	6.3%	1.3%	2.4%
Eastern										
2003	50.2%	49.8%	47.1%	24.1%	16.3%	52.4%	33.1%	5.6%	5.0%	3.8%
2005	50.3%	49.7%	31.7%	26.2%	22.4%	55.4%	39.0%	4.4%	0.6%	0.6%

Table 5. Percentage of students who received grades of mostly D's and F's in school during the past 12 months, 2005.

	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	7.6%	10.1%	5.2%	6.3%	8.4%	8.0%	6.7%	8.5%	12.7%	5.1%	9.3%

Interpretation of Results. The YRBS sampling design allows for estimates of health risk behaviors to be generated at an overall level as well as disaggregated by major demographic subgroups (e.g., gender, ethnicity, grade level). Overall and individual results are reported in this document under the following topical headings:

- Personal Safety
- Violence
- Tobacco Use
- Alcohol Use
- Other Drug Use
- Weight Management
- Physical Health
- Nutrition
- Physical Activity
- Psychological Health
- School Environment
- Disability
- Sexual Behavior
- Prevention Related Indicators

As mentioned previously, the results from 1997 were not based on a sufficient response rate (less than 60% combined school and student participation) to generalize those results to the state as a whole. Therefore, the interpretation of results focuses primarily on changes between 1995, 2001, 2003 and 2005, as well as differences between subgroups within those years.

Also, in many instances the differences highlighted in this document, in terms of trends over time or differences among subgroups of students, represent *statistically significant differences* when indicated as “significant”. Although many of the estimates in the figures may differ slightly from one another, the fact that they are based on a sample (rather than the responses of all high school students in the state) means that any discussion of differences between estimates must take into account some error due to sampling. Statistical significance tests have been applied to the estimates in this report that take this sampling error into account, in instances where a high enough response rate was achieved. The results of those tests provided information as to whether the observed differences likely reflected true differences in the student population from which the sample was drawn, rather than just peculiarities due to sampling. The Youth Risk Behavior Surveillance—United States, 2005 *Morbidity & Mortality Weekly Report* 2004; 53(SS-2):1-29 is available at the following website: <http://www.cdc.gov/healthyyouth/yrbs/> and provides comparisons between the 2005 national and NCYRBS data.



Personal Safety

Each year over 600,000 people are treated in emergency departments for bicycle-related injuries and 824 die from this type of injury. Unintentional injuries are the leading cause of death among adolescents ages 15-19.¹ Head injury is the most common cause of death and serious disability in bicycle-related crashes, and account for 60 percent of the deaths, and 30 percent of the bicycle-related emergency department visits. Many of these nonfatal head injuries produce lifelong disability from irreversible brain damage. Bicycle helmets are a proven intervention that reduces the risk of bicycle-related brain injury by about 65-88%, brain related deaths by 56%, and serious injuries in the upper and middle regions of the face (e.g. facial fractures) by 65%.²

Motor-vehicle related injuries are the leading cause of death among adolescents ages 15-19 years.³ Two out of five deaths among U.S. teens are the result of a motor vehicle crash. In 2002, more than 5,000 teens ages 16 to 19 died of injuries caused by motor vehicle crashes.⁴ The risk of motor vehicle crashes is higher among 16-19 year olds than among any other age group.⁵

Compared with other age groups, teens have the lowest rate of seat belt use. Drivers and passengers can cut their risk of dying in a crash by half simply by buckling up.⁷ Proper use of lap and shoulder belts reduces the risk of fatal injury to passengers in the front seat by 45% and this risk of moderate-to-critical injury by 50%.² All drivers and front seat passengers ages 16 and older must wear their seat belts.

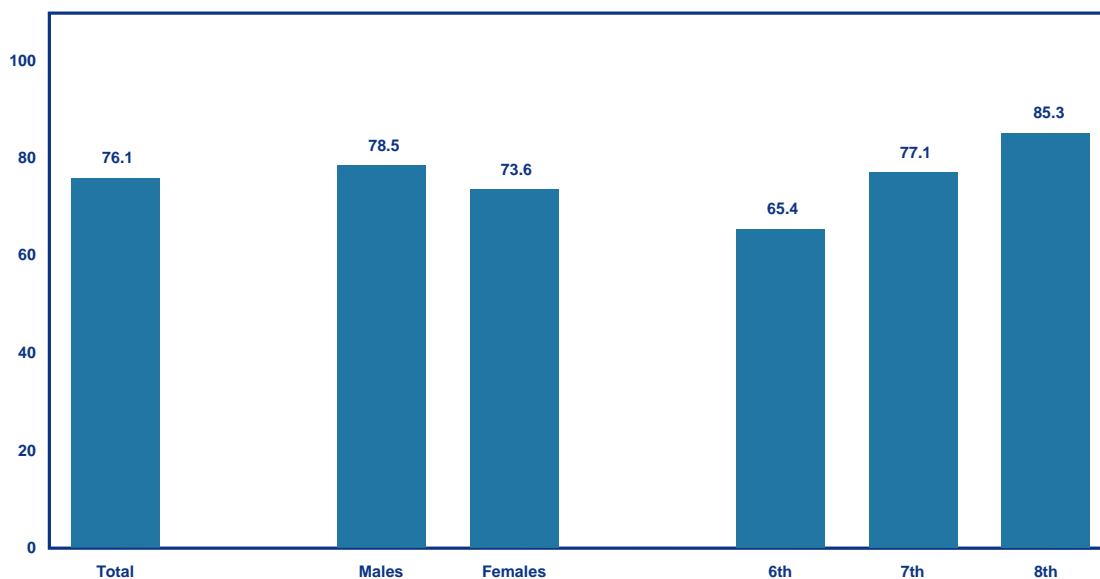
Motor vehicle crashes remain the leading cause of death for persons 34 years and younger, nationwide. One in four deaths involve a driver who has consumed alcohol.⁹ In 2000, 5% of 15 to 20 year old drivers involved in crashes that resulted in injuries, and 22% that resulted in death had been drinking alcohol. Alcohol use is associated with 20% of fatalities among those under the age of 15 years.²

National Health Objectives for the Year 2010: Increase use of seatbelts to 92%, reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%.

North Carolina Health Objectives for the Year 2010: Reduce deaths cause by motor vehicle crashes to 15.8%, reduce nonfatal injuries cause by motor vehicle crashes to 15.6%, reduce nonfatal alcohol-related motor vehicle crashes to 1.05%, reduce fatal alcohol-related motor vehicle crashes to 0.045%, Increase use of safety belts to 92%.



Among students who rode a bicycle during the past 12 months, the percent who never or rarely wore a bicycle helmet



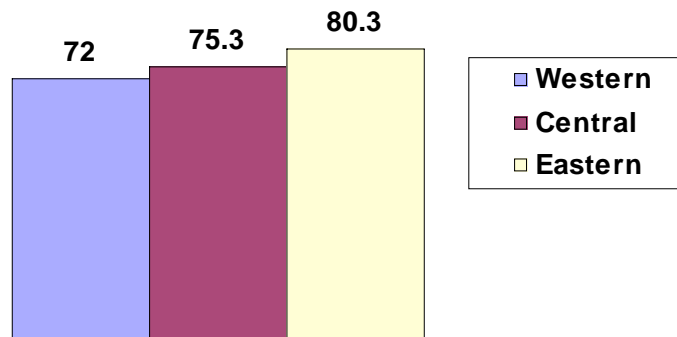
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	75.6%	80.2%	70.9%	72.3%	79.1%	74.7%	75.9%	76.2%			
1997	73.1%	77.3%	68.6%	70.0%	71.6%	77.3%	71.0%	77.5%			
2001	67.4%	72.7%	62.0%	65.8%	64.8%	71.4%	65.0%	74.7%	53.4%	61.4%	
2003	63.5%	68.3%	58.2%	60.0%	63.1%	67.1%	59.9%	71.2%		66.1%	
2005	76.1%	78.5%	73.6%	65.4%	77.1%	85.3%	69.3%	89.4%	83.8%	80.5%	79.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- Males were **more** likely than females to never or rarely wore a helmet during the past 12 months, although not significantly.
- Students in the 8th grade were **more** likely than students in the 6th grade to never or rarely wore a helmet during the past 12 months, although not significantly.

REGIONAL RESULTS

Among students who rode a bicycle during the past 12 months, the percent who never or rarely wore a bicycle helmet



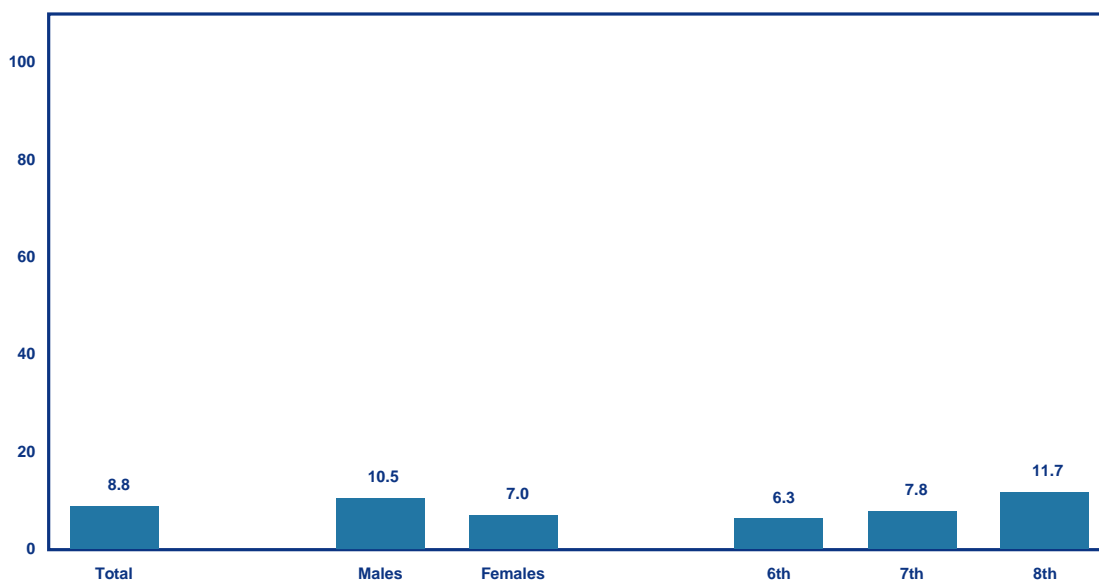
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	60.2%	63.3%	56.5%	57.6%	61.9%	61.6%	59.5%				
*2005	72.0%	75.0%	68.7%	65.2%	72.3%	78.5%	68.9%				
Central											
2003	64.8%	72.4%	56.7%		61.9%	67.4%	59.3%	70.8%			
2005	75.3%	79.7%	70.8%	61.3%	79.3%	86.9%	66.1%	86.0%			
Eastern											
*2003	66.1%	69.1%	62.7%	60.0%	65.9%	72.2%	61.6%	71.9%			
*2005	80.3%	79.6%	81.0%	71.5%	79.9%	90.0%	72.1%	90.4%			

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- Students in the Eastern region were significantly more likely than students in the Western region to never or rarely wear a helmet during the past 12 months.
- In 2005, students in the Eastern region were significantly more likely to never or rarely wear a helmet during the past 12 months than in 2003. Female students and students in the 7th and 8th grade were specifically more likely to never or rarely wear a helmet in 2005 than in 2003.



Percent of students who never or rarely wore a seat belt when riding in a car driven by someone else



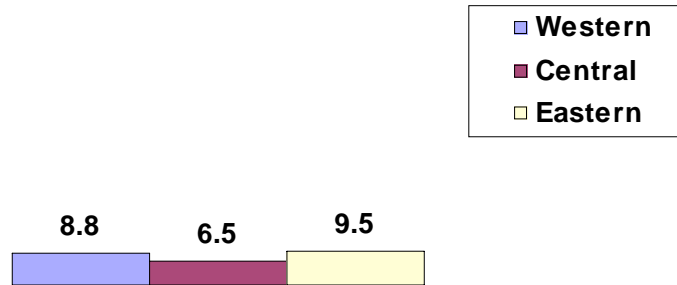
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	10.8%	14.2%	7.2%	7.7%	12.6%	11.5%	10.5%	10.6%			
1997	11.3%	14.9%	7.5%	8.1%	12.3%	12.9%	11.5%	10.2%			
2001	7.9%	9.4%	6.3%	6.4%	8.0%	8.8%	7.1%	9.6%	5.4%	7.2%	
2003	9.6%	11.7%	7.5%	7.2%	10.2%	10.8%	7.7%	12.7%		9.0%	
2005	8.8%	10.5%	7.0%	6.3%	7.8%	11.7%	7.0%	11.1%	11.4%	9.7%	12.7%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, males were **more** likely than females to never or rarely wear a seatbelt when riding in a car driven by someone else, although not significantly.
- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grades to never or rarely wear a seatbelt when riding in a car driven by someone else, although not significantly.

REGIONAL RESULTS

Percent of students who never or rarely wore a seat belt when riding in a car driven by someone else



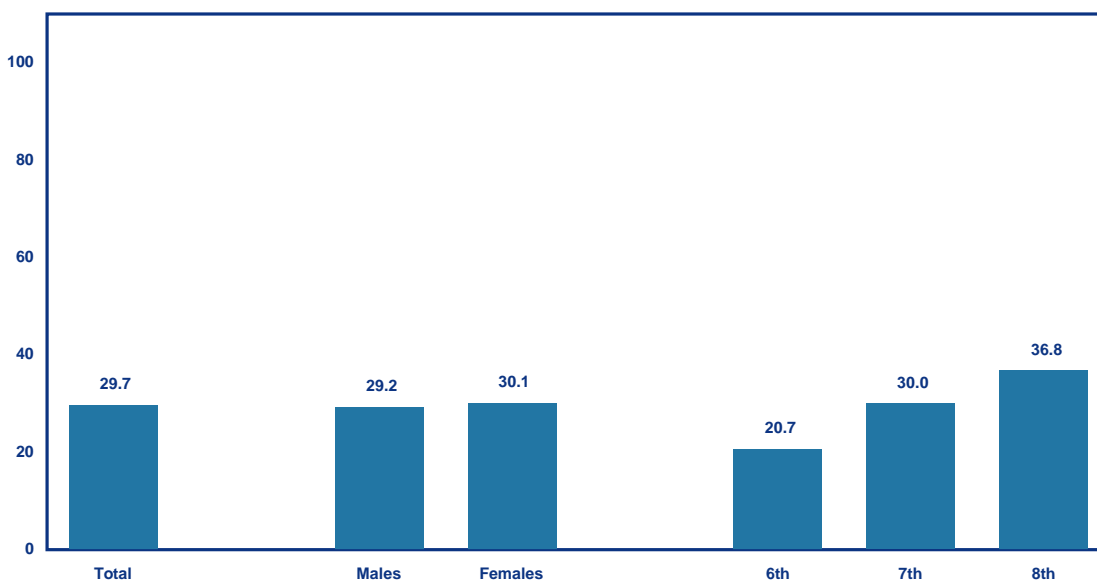
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	7.6%	9.9%	5.2%	3.4%	10.3%	9.0%	7.2%				
*2005	8.8%	11.3%	6.0%	6.6%	8.1%	10.9%	6.9%	19.2%			
Central											
2003	7.2%	9.3%	4.9%		9.3%	5.2%	5.5%	10.7%			
2005	6.5%	6.6%	6.4%	5.1%	6.0%	8.7%	4.6%	7.3%			10.0%
Eastern											
*2003	12.9%	15.8%	9.9%	11.7%	9.7%	17.3%	10.0%	15.4%			
*2005	9.5%	11.7%	7.0%	5.7%	8.8%	13.8%	8.2%	11.0%	8.9%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to never or rarely wear a seatbelt when riding in a car driven by someone else, although not significantly.



Percent of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days



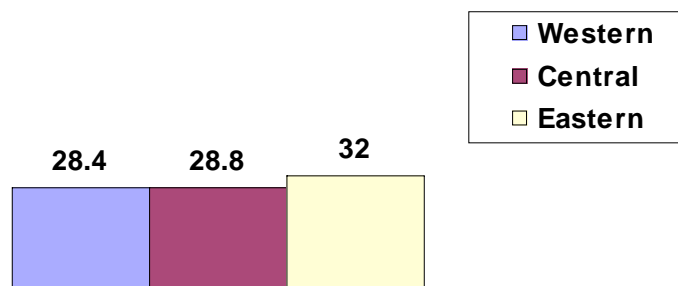
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	39.6%	40.7%	38.4%	25.6%	39.6%	50.4%	38.0%	44.9%			
1997	34.6%	36.9%	32.3%	26.0%	32.9%	43.9%	32.2%	38.8%			
2001	24.8%	24.4%	25.3%	17.1%	26.5%	30.5%	25.2%	24.3%	29.5%	25.2%	
2003	26.7%	26.6%	26.7%	19.7%	27.8%	30.4%	24.9%	27.4%		39.3%	
2005	29.7%	29.2%	30.1%	20.7%	30.0%	36.8%	27.3%	35.6%	23.8%	31.9%	35.0%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- Students in the 8th grade are **more** likely than students in the 6th grade to ride in a car driven by someone who had been drinking alcohol in the past 30 days, although not significantly.
- Students that identify as Hispanic are **less** likely than other students to ride in a car driven by someone who had been drinking alcohol in the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	22.9%	23.0%	22.8%	13.5%	27.1%	27.5%	21.5%				
*2005	28.4%	28.4%	28.4%	18.9%	28.0%	36.5%	28.0%	34.0%			
Central											
2003	28.8%	26.6%	30.8%		27.9%	29.7%	28.4%	27.5%			
2005	28.8%	25.7%	31.6%	35.7%	35.2%	38.8%	39.3%	24.5%			47.9%
Eastern											
*2003	27.0%	27.8%	25.9%	21.2%	26.2%	33.0%	27.4%	25.2%			
*2005	32.0%	32.0%	31.9%	26.3%	29.9%	39.0%	27.7%	38.5%	25.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to ride in a car driven by someone who had been drinking alcohol in the past 30 days, although not significantly.
- In 2005, students in the Eastern region were **significantly more** likely to ride in a car driven by someone who had been drinking alcohol in the past 30 days than in 2003. Students that identify as Black were specifically more likely to ride in a car driven by someone who had been drinking alcohol in the past 30 days in 2005 than in 2003.



Violence-Related Behavior

Youth violence results in preventable deaths and injuries each year. Highly associated with these injuries are physical fights and weapon possession. Physical fighting is an antecedent for many fatal and non-fatal injuries.¹ In 2004, more than 750,000 young people ages 10 to 24 were treated in emergency departments for injuries sustained due to violence.²

Homicide is the 2nd leading cause of death for young people ages 15 to 24 (9.4 per 100,000). Approximately 18% of all deaths among adolescents aged 10 to 24 years are from homicide. Nine of ten homicide victims in the U.S. are killed with a weapon, such as a gun, knife or club. In 2003, 5,570 young people ages 10 to 24 were murdered—an average of 15 each day. Of these victims, 82% were killed with firearms.³ The *FBI's Uniform Crime Reports* show that in 2004, 11% of murder victims were under the age of 18.⁴

Findings from the *2004 Indicators of School Crime and Safety Survey* reveal that students' ages 12 to 18 years were victims of about 309,000 serious violent crimes away from school, compared with about 88,000 at school. Between 1993 and 2003, the percent of students in grades 9 through 12 who reported being in a fight declined from 42% to 33%. In 2003, 5% of students ages 12 to 18 reported being victims of nonfatal crimes, 4% reported being victims of theft, and 1% reported being victims of violent incidents.⁵

According to the *2004 National Criminal Victimization Survey*, males were equally vulnerable to violence by strangers (50%) as by non-strangers (48%), while females were most often victimized by non-strangers (64%).⁴ Forced sexual intercourse has been associated with poorer physical and mental health among women.²

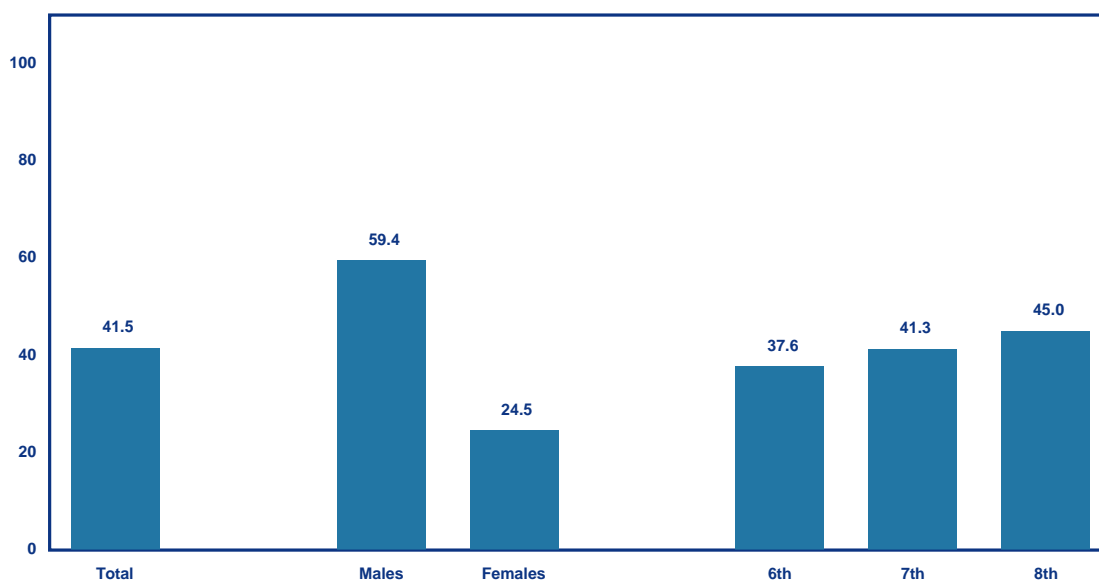
Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms. In 2001, about 1.2 million thefts of student property occurred at school.²

National Health Objectives for the Year 2010: Reduce weapon carrying by adolescents on school property to 4.9%, Reduce physical fighting among adolescents students to 32%.

North Carolina Health Objectives for the Year 2010: Reduce sexual assault, Reduce the rate of physical abuse by current or former intimate partners, Reduce homicides to 5.0 homicides per 100,000 population, Reduce firearm-related deaths to 5 per 100,000 population, Reduce juvenile assault crime rate.



Percent of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days



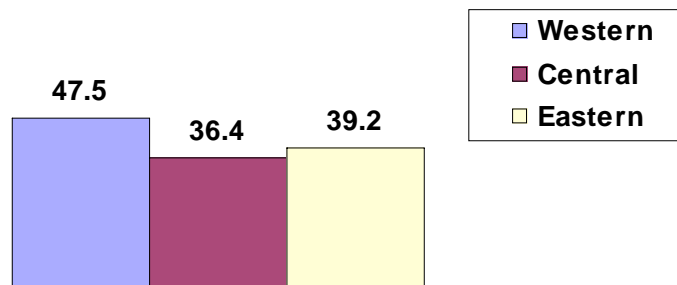
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	41.5%	59.4%	24.5%	37.6%	41.3%	45.0%	45.9%	29.2%	38.6%	45.8%	44.0%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- Students in the 8th grade were **more** likely than students in the 6th and 7th grades to carry a weapon such as a gun, knife, or club, although not significantly.
- Male students were **more** likely than female students to carry a weapon such as a gun, knife, or club, although not significantly.
- Students that identify as Black were **less** likely than all other students to carry a weapon such as a gun, knife, or club, although not significantly.

REGIONAL RESULTS

Percent of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days



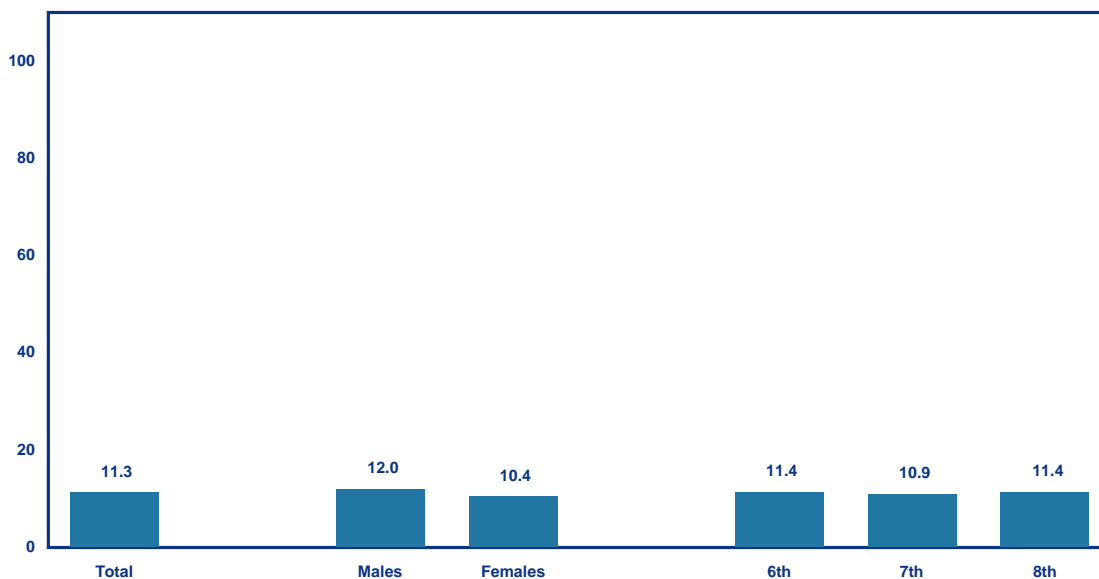
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	47.5%	66.4%	27.7%	40.1%	51.7%	49.2%	49.4%	34.0%			
Central											
2005	36.4%	55.2%	18.8%	35.7%	35.2%	38.8%	39.3%	24.5%			47.9%
Eastern											
*2005	39.2%	53.8%	23.8%	38.0%	36.7%	43.0%	46.2%	30.3%	37.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, male students in the Western and Eastern regions were significantly more likely than female students to have ever carried a weapon such as a gun, knife or club.
- In 2005, 7th grade students in the Western region were significantly more likely than 7th grade students in the Eastern region to have ever carried a weapon such as a gun, knife or club.



Percent of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.



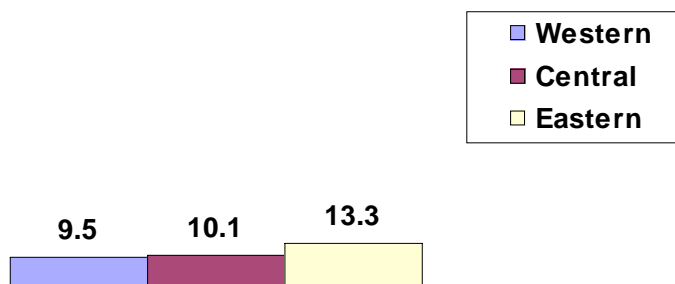
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1997	10.2%	11.6%	8.7%	10.1%	10.5%	10.1%	9.7%	10.8%			
2001	10.8%	12.3%	9.1%	10.5%	11.0%	9.0%	9.9%	11.9%	11.0%	14.5%	
2003	10.0%	10.7%	9.2%	10.1%	10.9%	8.6%	8.9%	10.9%	13.0%	15.2%	
2005	11.3%	12.0%	10.4%	11.4%	10.9%	11.4%	9.9%	13.0%	13.3%	16.7%	10.8%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report having been threatened or injured with a weapon, such as a gun, knife, or club, on school property one or more times during the past 12 months, although not significantly.
- The percentage of students that report having been threatened or injured with a weapon, such as a gun, knife, or club, on school property one or more times during the past 12 months has **increased** since 1997, although not significantly.

REGIONAL RESULTS

Percent of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.



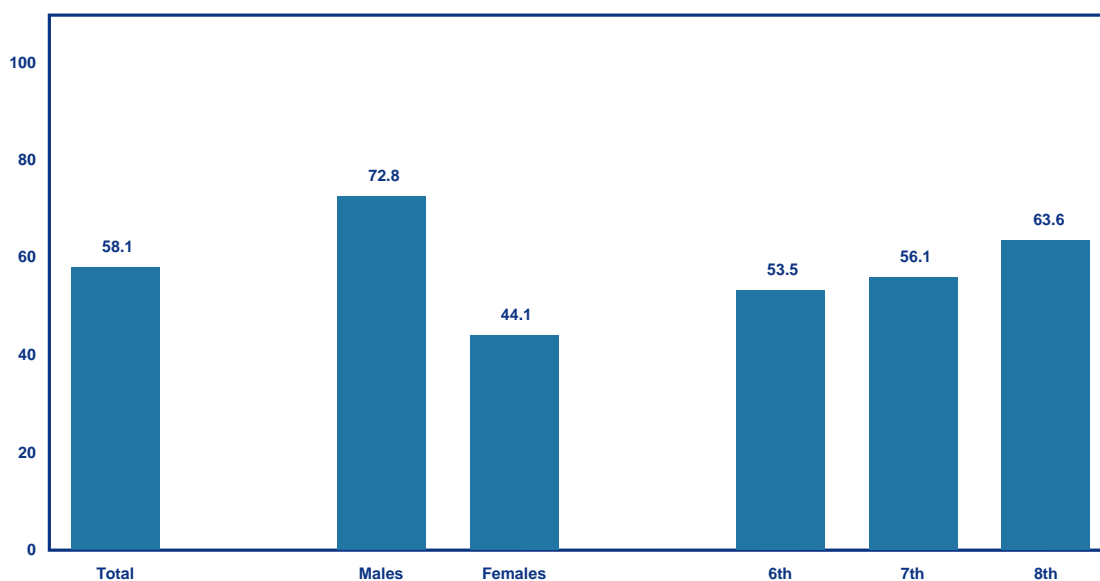
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	11.1%	11.5%	10.8%	12.9%	12.0%	8.7%	9.5%	13.2%			
*2005	9.5%	10.7%	8.0%	11.1%	8.1%	9.4%	9.0%	12.0%			
Central											
2003	11.0%	13.9%	7.6%		11.0%	10.7%	9.8%	10.7%			
2005	10.1%	11.1%	9.3%	9.2%	11.6%	9.7%	10.7%	8.7%			5.8%
Eastern											
*2003	11.1%	11.5%	10.8%	12.9%	12.0%	8.7%	9.5%	13.2%			
*2005	13.3%	13.8%	12.2%	15.1%	12.8%	11.5%	11.2%	15.3%	13.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report having been threatened or injured with a weapon, such as a gun, knife, or club, on school property one or more times during the past 12 months, although not significantly.



Percent of students who have ever been in a physical fight



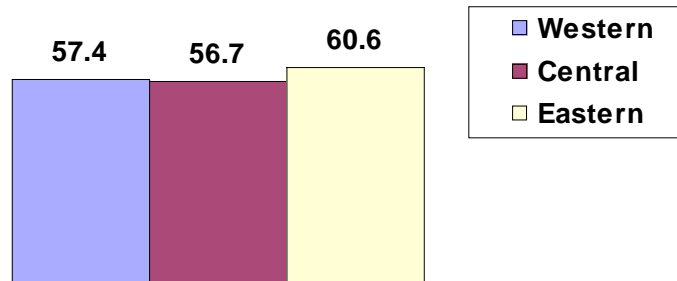
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	58.1%	72.8%	44.1%	53.5%	56.1%	63.6%	53.2%	69.8%	60.2%	63.4%	54.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, males students were **more** likely than females to report ever being in a physical fight, although not significantly.
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report ever being in a physical fight, although not significantly.

REGIONAL RESULTS

Percent of students who have ever been in a physical fight



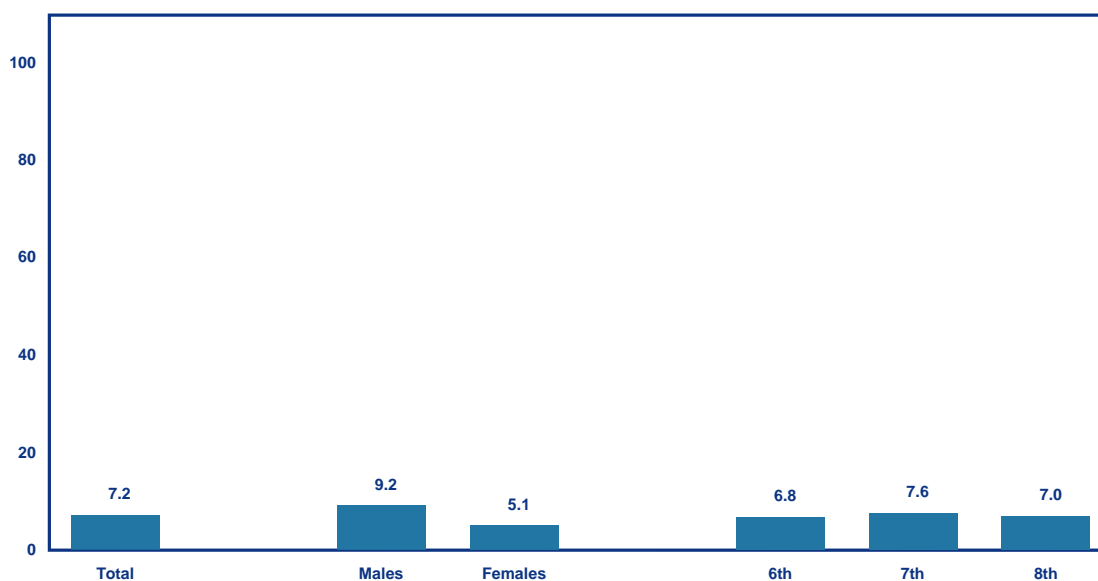
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	57.4%	73.1%	41.0%	54.7%	55.8%	60.9%	55.5%	71.6%			
Central											
2005	56.7%	73.6%	41.0%	53.9%	57.4%	59.5%	49.6%	64.1%			60.8%
Eastern											
*2005	60.6%	71.0%	49.7%	56.4%	57.0%	67.9%	52.3%	72.1%	55.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to have ever been in a physical fight, although not significantly.
- Male students in the Western and Eastern regions were significantly more likely than females in those regions to have ever been in a physical fight.
- Students in the Eastern region that identify as Black were significantly more likely than White students to have ever been in a physical fight.



Percent of students who were injured in a physical fight and had to be treated by a doctor or nurse



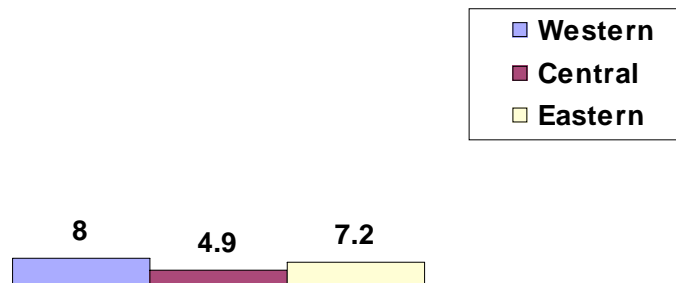
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	5.5%	7.1%	3.8%	4.9%	6.1%	5.3%	4.9%	6.2%			
1997	7.6%	9.2%	6.0%	7.1%	6.8%	8.9%	7.5%	6.7%			
2001	10.2%	14.4%	5.9%	10.8%	9.3%	10.4%	10.4%	10.1%	8.4%	11.7%	
2003	10.4%	14.4%	6.1%	10.8%	9.8%	10.2%	11.0%	8.2%		14.7%	
2005	7.2%	9.2%	5.1%	6.8%	7.6%	7.0%	6.8%	6.8%	10.7%	8.4%	6.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, males were **more** likely than females to have been in a physical fight in which they were hurt and had to be treated by a doctor or nurse, although not significantly.

REGIONAL RESULTS

Percent of students who were injured in a physical fight and had to be treated by a doctor or nurse



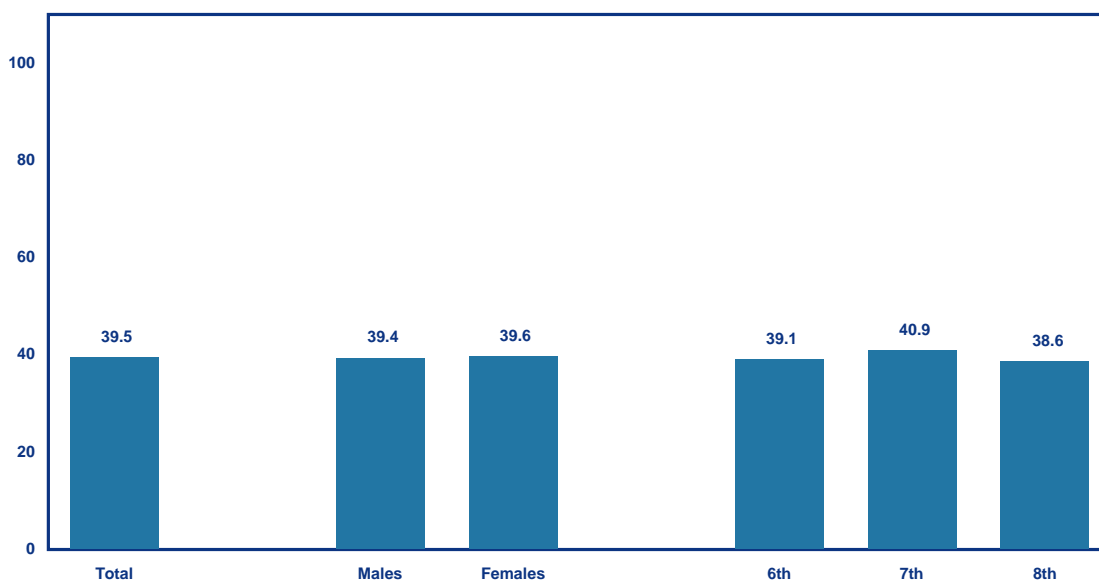
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	10.5%	14.4%	6.3%	8.5%	12.1%	8.6%	10.4%				
*2005	8.0%	10.7%	4.9%	8.1%	8.4%	7.2%	7.7%	8.0%			
Central											
2003	10.3%	14.6%	5.3%		6.6%	13.2%	10.9%	7.1%			
2005	4.9%	5.5%	4.2%	4.8%	5.0%	4.7%	5.4%	4.2%			3.3%
Eastern											
*2003	10.7%	16.6%	4.5%	14.8%	9.3%	8.1%	12.0%	9.2%			
*2005	7.2%	8.9%	5.3%	6.2%	8.2%	7.0%	6.7%	7.3%	10.5%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- Male students in the Western and Eastern regions were significantly more likely than female students in those regions to have been in a physical fight in which they were hurt and had to be treated by a doctor or nurse.
- In 2005, students in the Eastern region were significantly less likely to have been in a physical fight in which they were hurt and had to be treated by a doctor or nurse than in 2003. Specifically, male students were less likely to participate in this behavior in 2005, as well as students in the 6th grade.



Percent of students who had property, such as their clothing or books has been stolen or deliberately damaged on school property one or more times during the past 12 months



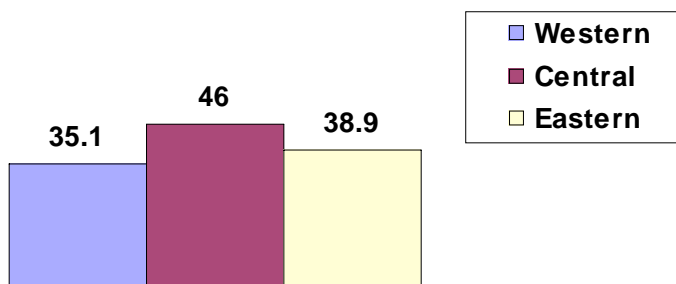
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	41.0%	43.4%	38.5%	42.6%	41.8%	38.6%	38.8%	44.2%	44.6%	41.2%	
2003	39.7%	41.9%	37.2%	38.3%	42.0%	38.4%	37.5%	41.1%	53.0%	53.0%	
2005	39.5%	39.4%	39.6%	39.1%	40.9%	38.6%	38.6%	39.1%	44.4%	44.1%	40.3%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students were **less** likely than in 2001 to have their property, such as their clothing or books, stolen or deliberately damaged on school property one or more times during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who had property, such as their clothing or books has been stolen or deliberately damaged on school property one or more times during the past 12 months



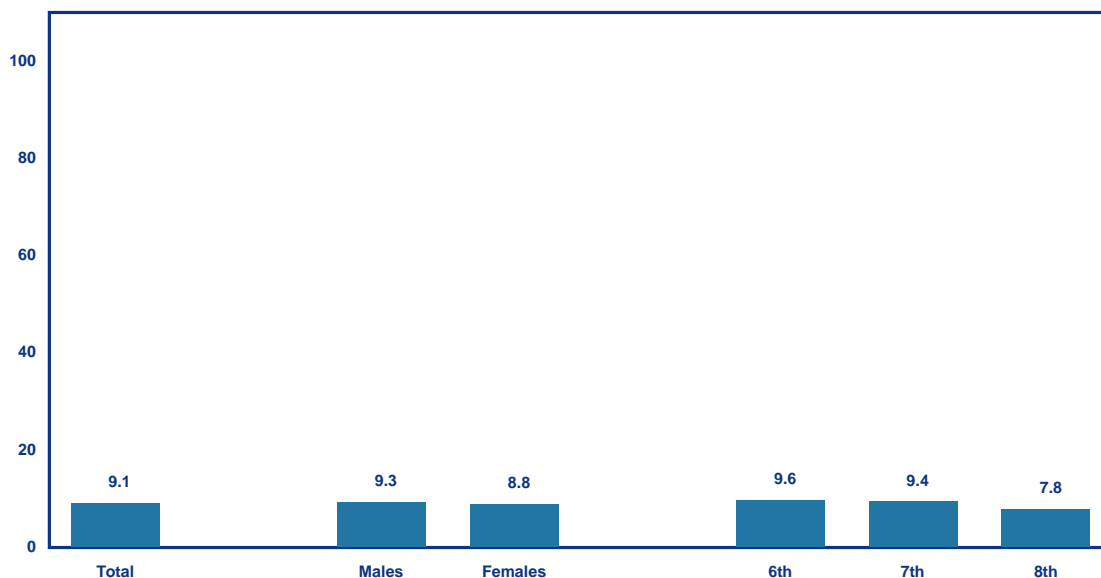
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	37.1%	37.8%	36.2%	33.6%	40.8%	37.4%	36.2%				
*2005	35.1%	33.7%	36.4%	35.4%	33.1%	36.5%	34.4%	34.4%			
Central											
2003	42.2%	45.9%	38.0%		44.3%	39.7%	38.4%	44.1%			
2005	46.0%	44.7%	47.3%	46.1%	50.2%	42.2%	46.5%	42.5%			40.7%
Eastern											
*2003	39.8%	41.1%	38.7%	41.6%	39.9%	38.4%	59.0%	41.3%			
*2005	38.9%	40.0%	37.3%	37.5%	41.6%	37.0%	39.7%	37.6%	38.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to have their property, such as their clothing or books, stolen or deliberately damaged on school property one or more times during the past 12 months, although not significantly.



Percent of students who did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days



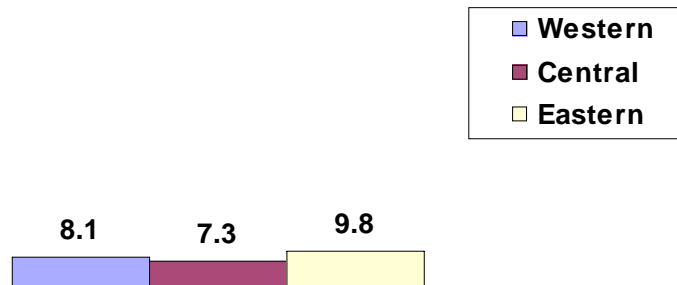
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	9.1%	9.3%	8.8%	9.6%	9.4%	7.8%	7.5%	10.4%	12.5%	11.7%	11.3%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, 8th grade students were **less** likely than 6th and 7th grade students to report they did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days



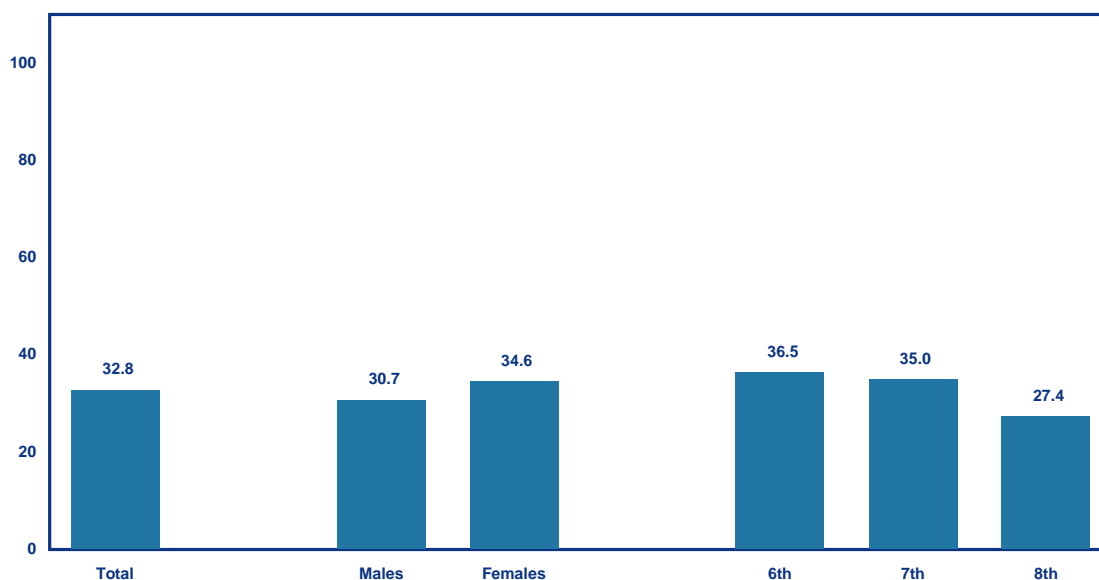
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	8.1%	6.4%	9.7%	10.9%	7.3%	5.9%	6.9%	10.7%			
Central											
2005	7.3%	9.2%	5.7%	7.4%	7.7%	6.4%	7.0%	5.5%			10.2%
Eastern											
*2005	9.8%	10.3%	9.3%	8.9%	10.8%	8.8%	7.5%	13.0%	10.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days, although not significantly.



Percent of students who have been harassed or bullied on school property one or more times during the past 12 months



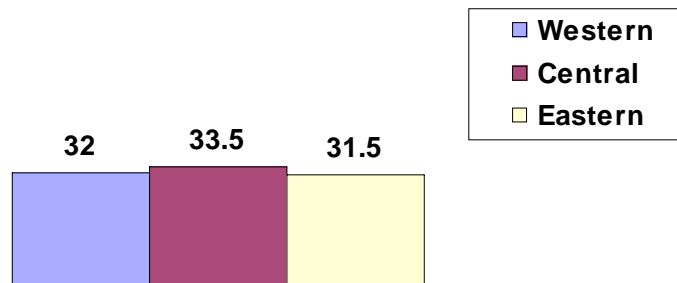
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	32.8%	30.7%	34.6%	36.5%	35.0%	27.4%	34.9%	24.3%	36.7%	39.2%	33.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, 8th grade students were **less** likely than 6th and 7th grade students to report having been harassed or bullied on school property one or more times during the past 12 months., although not significantly.
- In 2005, female students were **more** likely than male students to report having been harassed or bullied on school property one or more times during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who have been harassed or bullied on school property one or more times during the past 12 months



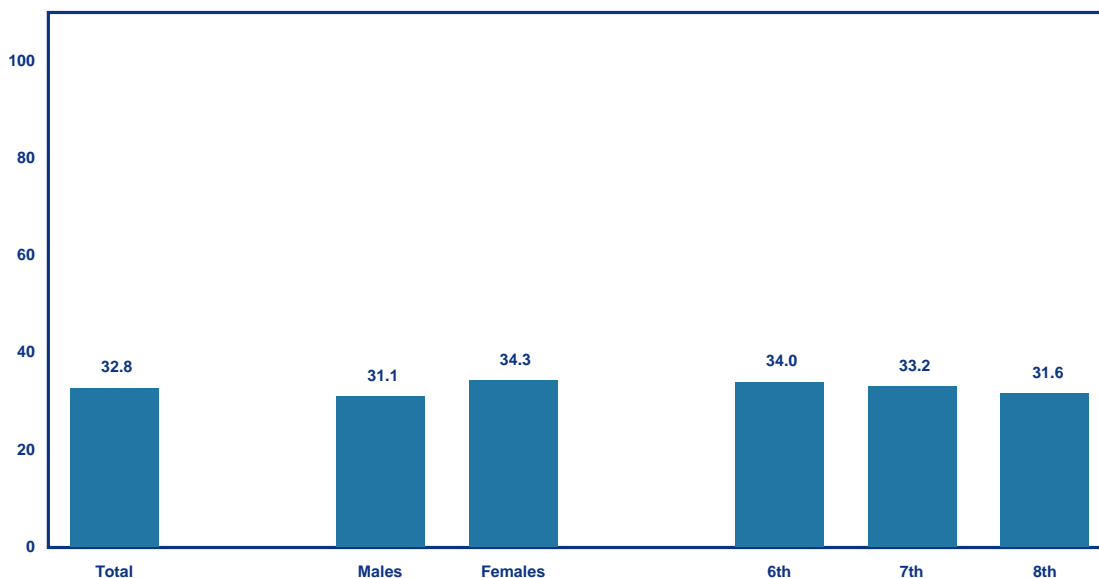
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	32.0%	29.1%	35.0%	36.1%	33.0%	27.3%	32.9%	22.9%			
Central											
2005	33.5%	31.9%	34.9%	37.8%	34.0%	28.7%	40.4%	21.5%			28.3%
Eastern											
*2005	31.5%	31.0%	31.7%	34.8%	34.4%	24.9%	34.6%	26.2%	37.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, 8th grade students in the Eastern region were significantly less likely than 6th and 7th graders to have been harassed or bullied on school property one or more times during the past 12 months.



Percent of students who have been the victim of teasing or name calling during the past 30 days because of their weight, size, or physical appearance



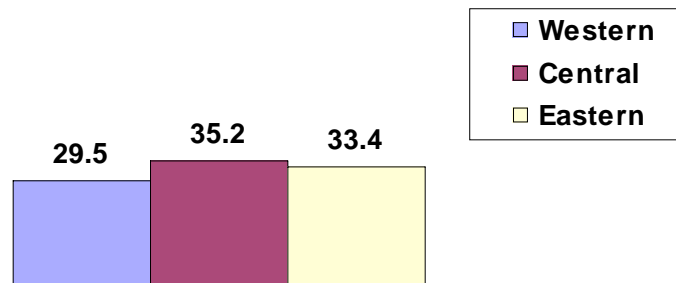
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	32.8%	31.1%	34.3%	34.0%	33.2%	31.6%	31.8%	32.1%	35.4%	35.0%	38.8%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, 8th grade students were **less** likely than 6th and 7th grade students to report having been the victim of teasing or name calling during the past 30 days because of their weight, size or appearance, although not significantly.
- In 2005, female students were **more** likely than male students to report having been the victim of teasing or name calling during the past 30 days because of their weight, size or appearance, although not significantly.

REGIONAL RESULTS

Percent of students who have been the victim of teasing or name calling during the past 30 days because of their weight, size, or physical appearance



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	29.5%	28.0%	31.2%	31.1%	29.5%	28.7%	29.0%	28.2%			
Central											
2005	35.2%	34.6%	35.7%	36.3%	35.2%	34.4%	37.8%	30.0%			36.1%
Eastern											
*2005	33.4%	30.7%	36.1%	34.4%	34.7%	30.7%	32.7%	33.6%	35.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to have been the victim of teasing or name calling during the past 30 days because of their weight, size or appearance, although not significantly.
- In 2005, female students were **more** likely than male to have been the victim of teasing or name calling during the past 30 days because of their weight, size or appearance, although not significantly.
- In 2005, 8th grade students were **less** likely than 6th and 7th grade students to have been the victim of teasing or name calling during the past 30 days because of their weight, size or appearance, although not significantly.



Tobacco Use

Tobacco remains one of the most significant public health concerns today in the U.S. and elsewhere. Cigarette smoking has been described as the “single most preventable cause of premature death in the United States.”¹ Tobacco use is considered the chief preventable cause of death in the U.S. with 18% of all deaths attributable to tobacco use.² Tobacco is the leading cause of death and disease in North Carolina, claiming an estimated 11,500 deaths a year. Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.³ Tobacco use in adolescence is associated with many other health risk behaviors, including higher risk sexual behavior and use of alcohol or other drugs.⁴

If current behavior patterns of smoking continue, an estimated 6.4 million people in the U.S., who were under the age of 18 in the year 2000 could die prematurely from smoking related-illnesses.¹

Everyday, 3,000 U.S. teens start smoking and approximately 1,000 will die of a smoking-related disease (FDA Statement, 1995). For any cross section of adults who smoke daily, 90% began using cigarettes before age 20. The average age people start smoking is 13 or 14. The earlier individuals start to smoke, the harder it will be to quit later, and the more likely they will die prematurely.

It is a federal violation to sell tobacco products to persons under the age of 18. In North Carolina, the Division of Alcohol Law Enforcement (ALE) enforces the new Food and Drug Administration (FDA) rules regarding tobacco sales to minors. When tobacco age restriction laws are enforced, tobacco sales to minors can be sharply reduced.⁵

National Health Objectives for the Year 2010

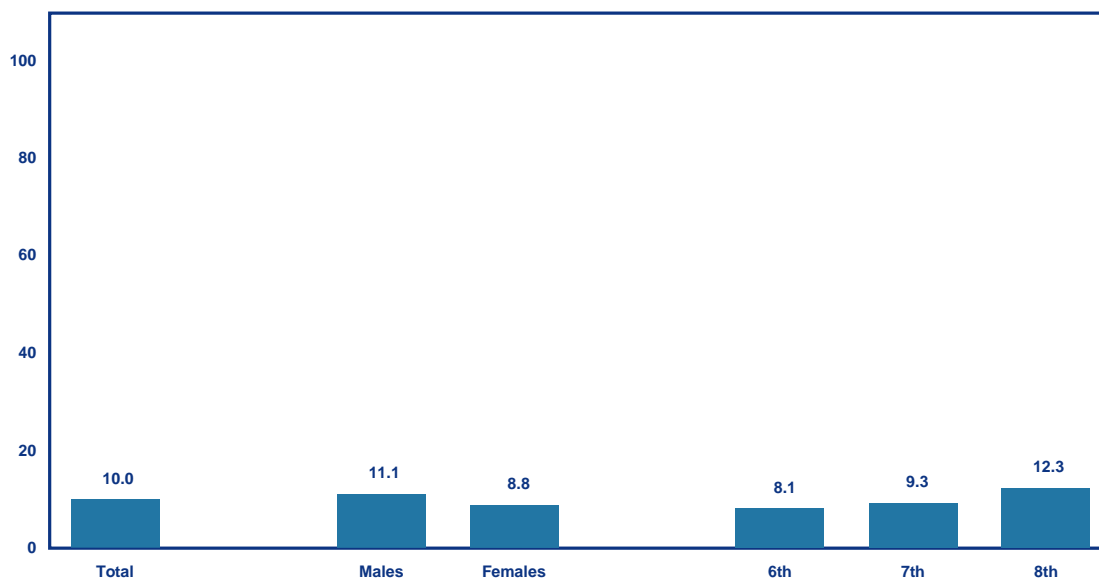
Reduce use of tobacco products in the past month by adolescents to 21%, reduce use of cigarettes in the past month by adolescents to 16%, increase tobacco use cessation attempts by adolescent smokers to 84%.

North Carolina 2010 Health Objectives

Reduce tobacco use by high school students, grades 9 through 12, to 19.1%, reduce cigarette smoking by high school students, grades 9 through 12, to 15.8%, reduce the percent of children who begin to smoke before age 11 to 10%.



Percent of students who smoked a whole cigarette for the first time before the age of 11



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	16.8%	20.2%	13.1%	14.8%	16.2%	18.6%	16.7%	13.4%			
1997	17.6%	22.4%	12.5%	15.3%	17.5%	19.7%	19.7%	13.8%			
2001	10.6%	13.2%	7.8%	7.8%	11.2%	12.3%	11.3%	9.0%	12.7%	11.7%	
2003	11.6%	14.3%	8.7%	12.3%	10.6%	12.0%	10.6%	11.7%		17.3%	
2005	10.0%	11.1%	8.8%	8.1%	9.3%	12.3%	9.1%	9.9%	10.1%	11.2%	16.1%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

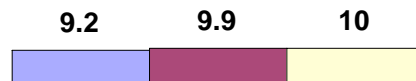
- In 2005, male students were **more** likely than female students to report smoking a whole cigarette for the first time before the age of 11, although not significantly.
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report smoking a whole cigarette for the first time before the age of 11, although not significantly.

REGIONAL RESULTS

Percent of students who smoked a whole cigarette for the first time before the age of 11



■ Western
■ Central
■ Eastern



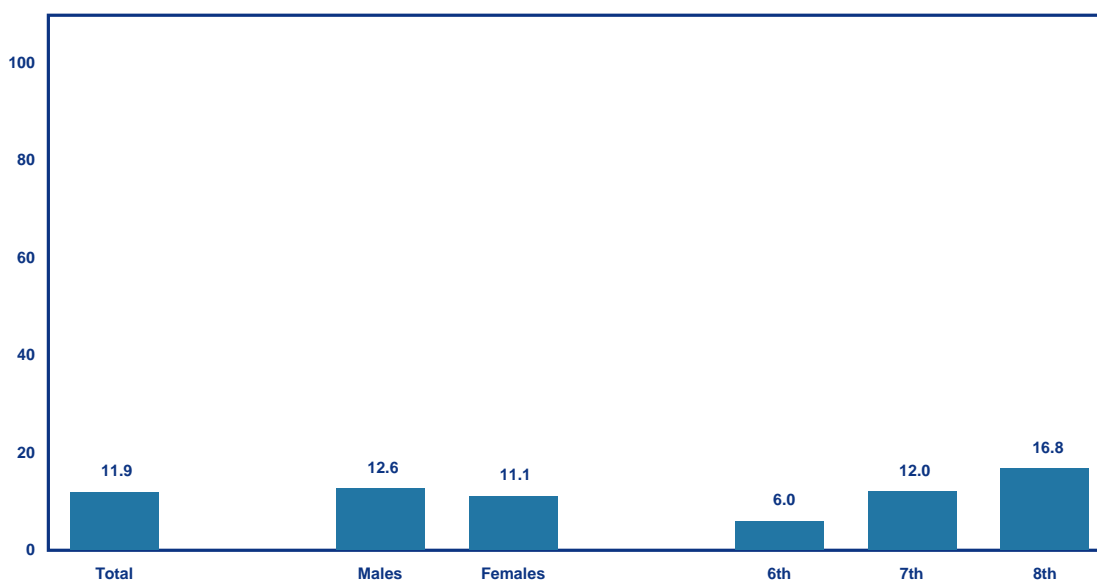
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	12.9%	15.2%	10.4%	10.5%	14.1%	13.0%	12.0%				
*2005	9.2%	10.1%	8.3%	7.0%	8.4%	11.6%	8.8%	10.8%			
Central											
2003	8.0%	10.6%	5.4%		5.9%	9.1%	7.7%	5.5%			
2005	9.9%	10.7%	8.8%	7.7%	10.9%	11.3%	7.6%	8.7%			17.9%
Eastern											
*2003	12.3%	15.1%	9.4%	13.2%	10.6%	13.3%	10.6%	14.3%			
*2005	10.0%	11.3%	8.2%	9.7%	9.0%	11.4%	9.9%	10.3%	6.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, male students were **more** likely than female students to have smoked a whole cigarette for the first time before the age of 11, although not significantly.
- While students in the Western and Eastern regions were **less** likely to report smoking a whole cigarette for the first time before the age of 11 in 2005, students in the Central region reported an increase in this behavior, although not significantly.



Percent of students who smoked cigarettes on one or more of the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	22.8%	26.2%	19.2%	11.8%	23.7%	30.4%	24.5%	17.7%			
1997	23.0%	25.3%	20.7%	14.2%	22.3%	31.5%	25.8%	17.9%			
2001	11.6%	12.6%	10.6%	6.5%	11.9%	16.1%	12.9%	9.4%	9.7%	11.0%	
2003	12.8%	13.7%	11.6%	6.7%	12.6%	18.0%	12.4%	12.9%		16.5%	
2005	11.9%	12.6%	11.1%	6.0%	12.0%	16.8%	10.3%	13.7%	14.3%	13.3%	15.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

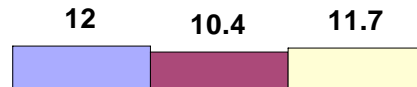
- In 2005, 8th grade students were **more** likely than 6th and 7th grader students to report smoking a whole cigarette on one or more of the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who smoked cigarettes on one or more of the past 30 days



■ Western
■ Central
■ Eastern



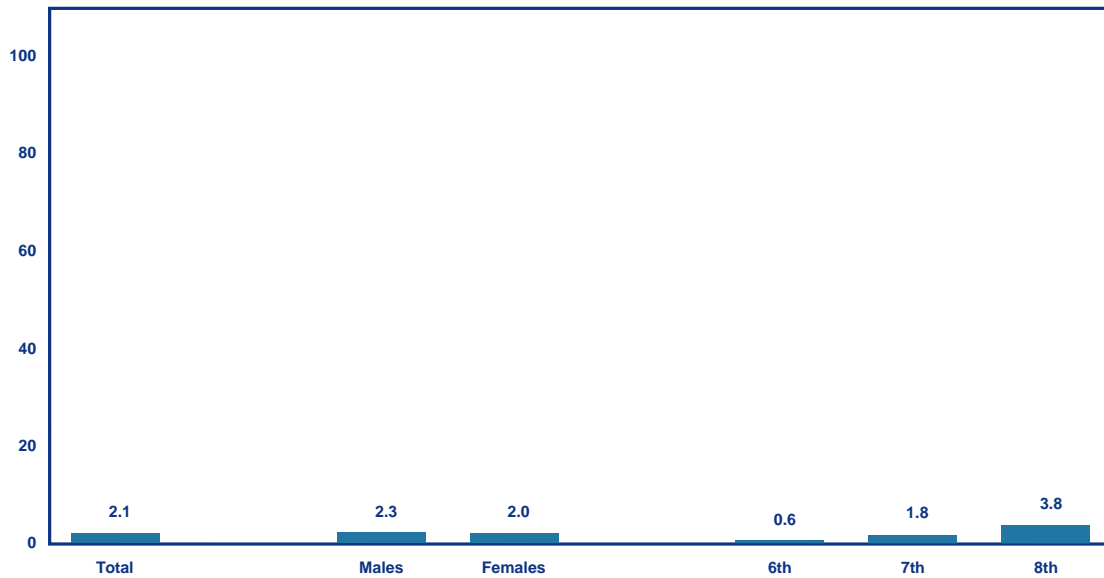
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	11.4	12.2	10.5	3.8	13.9	16.7	10.7				
*2005	12.0	11.8	12.0	6.1	12.8	15.9	11.3	15.2			
Central											
2003	11.3	11.2	11.1		9.3	13.9	12.0	10.2			
2005	10.4	11.8	9.3	5.5	14.0	12.1	9.5	8.4			18.3
Eastern											
*2003	15.3	18.3	11.9	9.2	12.1	24.7	15.0	15.8			
*2005	11.7	12.5	10.3	6.3	9.9	18.3	8.7	15.5	9.2		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, 6th grade students in the Western and Eastern regions were significantly less likely than 7th and 8th graders to report smoking a whole cigarette on one or more of the past 30 days.



Percent of students who smoked cigarettes on 20 or more of the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	2.1%	2.3%	2.0%	0.6%	1.8%	3.8%	2.2%	1.5%	3.0%	2.5%	2.7%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

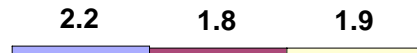
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report smoking cigarettes on 20 or more of the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who smoked cigarettes on 20 or more of the past 30 days



■ Western
■ Central
■ Eastern



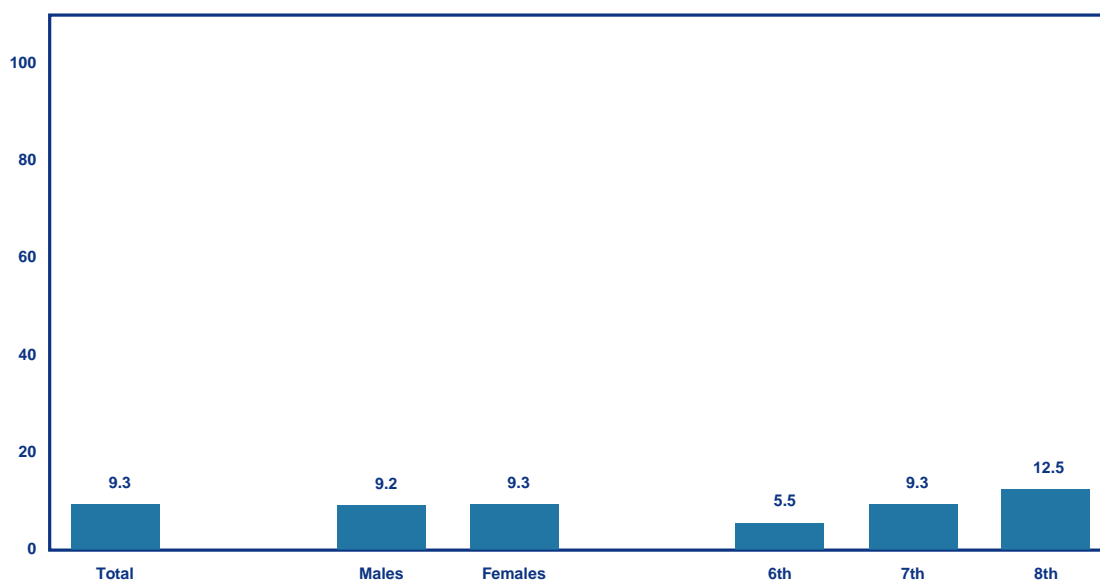
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	2.2%	2.3%	2.1%	0.7%	1.6%	4.1%	2.1%	1.8%			
Central											
2005	1.8%	1.6%	2.0%	0.3%	2.8%	2.4%	2.1%	1.4%			2.5%
Eastern											
*2005	1.9%	2.4%	1.3%	0.9%	1.2%	3.6%	2.4%	1.2%	1.9%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report smoking cigarettes on 20 or more of the past 30 days, although not significantly.



Among students who are current smokers, the percent who tried to quit smoking during the past 12 months



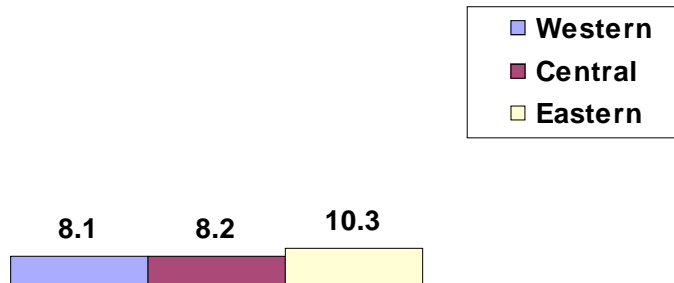
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	9.3%	9.2%	9.3%	5.5%	9.3%	12.5%	9.1%	9.6%	8.9%	10.0%	10.1%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report ever trying to quit smoking cigarettes during the past 12 months, although not significantly.

REGIONAL RESULTS

Among students who are current smokers,
the percent who tried to quit smoking during
the past 12 months



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	8.1%	7.8%	8.3%	5.3%	8.8%	10.0%	8.3%	7.7%			
Central											
2005	8.2%	9.3%	7.3%	6.2%	7.8%	10.8%	9.3%	6.5%			11.7%
Eastern											
*2005	10.3%	9.2%	11.1%	4.8%	10.1%	15.4%	9.5%	11.4%	9.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report ever trying to quit smoking cigarettes during the past 12 months, although not significantly.



Alcohol Use

Alcohol is a factor in approximately 41% of all deaths from motor vehicle crashes.¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.² Alcohol abuse is the third leading preventable cause of death in the U.S.³ Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as psychiatric problems such as depression, anxiety, and antisocial personality disorder. Drug use contributes directly and indirectly to the HIV epidemic, and alcohol and drug use contribute markedly to infant morbidity and mortality.⁴ Alcohol use is a leading risk factor in the three leading causes of death among youth: unintentional injuries (including motor vehicle crashes and drownings); suicides; and homicides. Other adverse consequences of underage drinking include risky sexual behavior and poor school performance.⁵

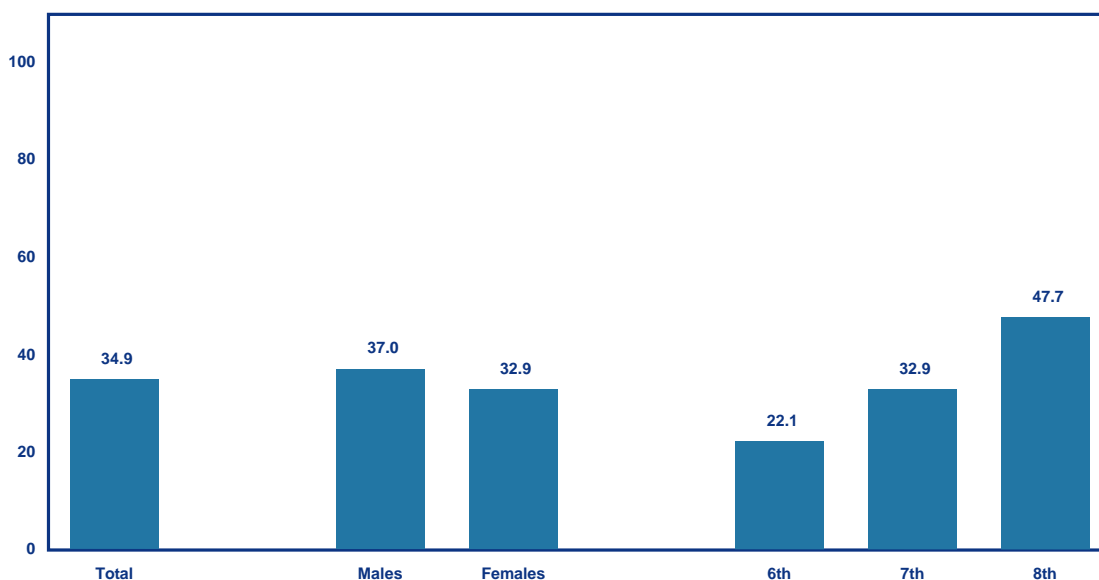
It is currently illegal for a person less than 21 years old to purchase, to attempt to purchase, or to possess alcohol.

National Health Objectives for the Year 2010: *Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days.*

North Carolina Health Objectives for the Year 2010: *Reduce the percentage of high school students who consumed alcohol within the past 20 days to 28.8%, Reduce the percentage of high school students who had five or more drinks of alcohol within the past 30 days to 15%.*



Percent of students who ever had a drink of alcohol, other than a few sips



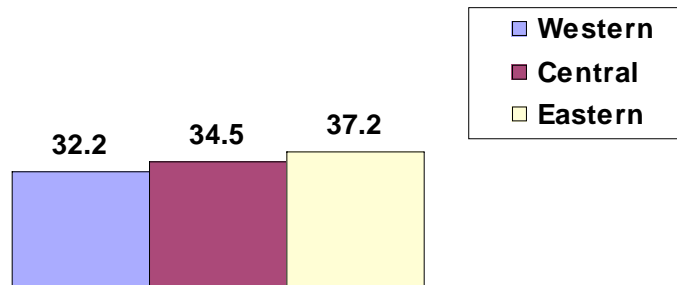
	Total	Male	Female	6 th	7 th	8 th	White	Black	Hispanic	Multi-racial	Other
1995	58.6%	61.3%	55.9%	42.6%	59.8%	69.8%	57.6%	61.6%			
1997	49.8%	53.2%	46.1%	35.6%	48.5%	63.4%	49.6%	51.4%			
2001	32.6%	35.5%	29.4%	21.9%	32.4%	42.9%	31.3%	35.1%	38.2%	32.7%	
2003	33.9%	36.8%	30.7%	22.5%	33.2%	43.6%	31.7%	37.3%		39.6%	
2005	34.9%	37.0%	32.9%	22.1%	32.9%	47.7%	33.2%	36.9%	38.5%	36.6%	38.4%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report ever having a drink of alcohol, other than a few sips, although not significantly.

REGIONAL RESULTS

Percent of students who ever had a drink of alcohol, other than a few sips



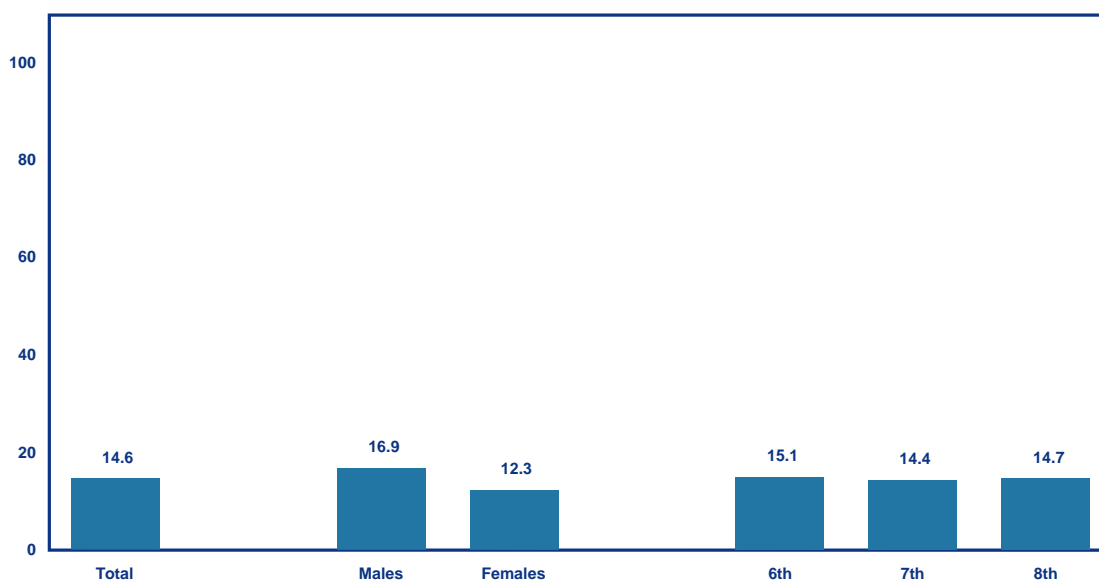
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	32.2%	33.0%	31.5%	19.1%	28.6%	46.6%	31.6%				
Central											
2005	34.5%	36.0%	32.9%	23.4%	32.0%	47.8%	32.1%	31.3%			43.2%
Eastern											
*2005	37.2%	38.9%	35.3%	24.0%	37.5%	49.2%	35.7%	39.5%	34.5%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, 6th grade students in the Western and Eastern regions were significantly less likely than 7th and 8th grade students to ever have had a drink of alcohol, other than a few sips. Additionally, 7th grade students were significantly less likely than 8th grade students to report this behavior.



Percent of students who had their first drink of alcohol other than a few sips before the age of 11



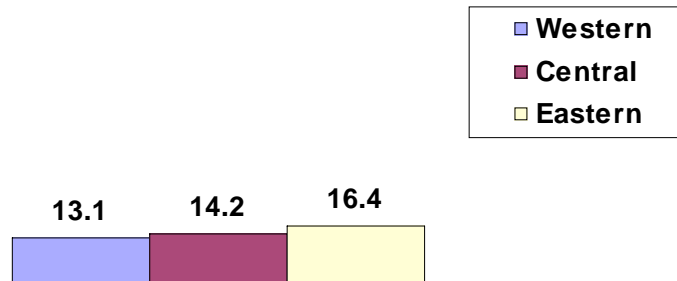
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	33.5%	37.6%	29.2%	31.3%	35.1%	33.3%	33.1%	33.5%			
1997	24.8%	29.3%	19.9%	24.7%	22.8%	26.8%	22.8%	28.3%			
2001	14.8%	19.2%	10.3%	14.5%	15.4%	14.4%	12.9%	18.1%	25.7%	16.3%	
2003	17.8%	20.5%	14.8%	15.7%	19.4%	16.9%	15.0%	19.8%		26.1%	
2005	14.6%	16.9%	12.3%	15.1%	14.4%	14.7%	12.7%	17.9%	17.3%	14.7%	16.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, 6th grade students were **more** likely than 7th and 8th grade students to report drinking alcohol before the age of 11, although not significantly.

REGIONAL RESULTS

Percent of students who had their first drink of alcohol other than a few sips before the age of 11



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	15.4%	19.2%	11.2%	11.7%	17.0%	15.5%	14.2%				
*2005	13.1%	14.9%	11.1%	13.3%	11.0%	15.0%	11.6%				
Central											
2003	17.9%	19.1%	15.9%		17.9%	17.7%	13.5%	19.3%			
2005	14.2%	16.4%	12.1%	14.0%	14.6%	14.4%	13.2%	12.4%			18.0%
Eastern											
*2003	17.1%	19.7%	15.7%	17.2%	20.7%	15.2%	16.0%	19.0%			
*2005	16.4%	18.7%	13.7%	18.4%	17.1%	14.1%	13.8%	20.1%	13.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report that they had their first drink of alcohol before the age of 11, although not significantly.



How students usually got their alcohol during the past 30 days

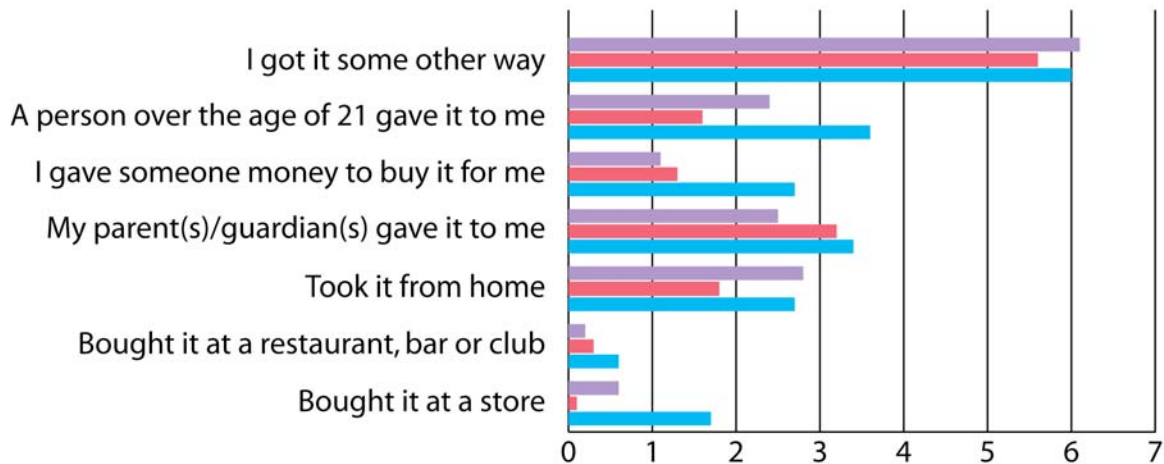


2005	Total	Male	Female	6th	7th	8th
I got it some other way.	6.0%	6.5%	5.6%	3.9%	5.6%	8.1%
A person over the age of 21 gave it to me.	2.5%	2.6%	2.5%	1.2%	2.1%	4.0%
I gave someone money to buy it for me.	1.8%	2.2%	1.5%	0.4%	1.3%	3.6%
My parent(s)/guardian(s) gave it to me.	3.2%	3.1%	3.4%	2.7%	3.6%	3.4%
I took it from home.	2.6%	2.6%	2.5%	0.9%	2.2%	4.3%
I bought it at a restaurant, bar, or club.	0.4%	0.5%	0.3%	0.3%	0.5%	0.4%
I bought it at a store.	0.9%	1.2%	0.5%	0.6%	1.1%	0.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

REGIONAL RESULTS

How students usually got their alcohol during the past 30 days



2005 Regional Totals	West			Central			East		
	Total	Male	Female	Total	Male	Female	Total	Male	Female
Got it some other way.	6.1%	6.4%	5.9%	5.6%	6.6%	4.5%	6.0%	6.1%	5.8%
Person over the age of 21 gave it to me	2.4%	2.2%	2.5%	1.6%	1.9%	1.3%	3.6%	3.3%	4.0%
Gave someone money to buy it for me.	1.1%	1.1%	1.1%	1.3%	1.7%	0.9%	2.7%	3.0%	2.5%
My parent(s)/guardian(s) gave it to me.	2.5%	2.5%	2.4%	3.2%	3.1%	3.4%	3.4%	3.2%	3.6%
Took it from home.	2.8%	3.4%	2.1%	1.8%	0.2%	3.4%	2.7%	2.9%	2.4%
Bought it at a restaurant, bar, or club.	0.2%	0.1%	0.3%	0.3%	0.7%	0%	0.6%	0.6%	0.6%
Bought it at a store.	0.6%	0.7%	0.3%	0.1%	0.2%	0%	1.7%	2.2%	0.6%

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*



Other Drug Use

These questions measure lifetime and current use of various drugs including marijuana, cocaine, hallucinogens, ecstasy, heroin, steroids, methamphetamines, and the inhalation of various substances. The use of drugs is associated with many negative health and behavioral outcomes among adolescents. Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmissions of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection.¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.²

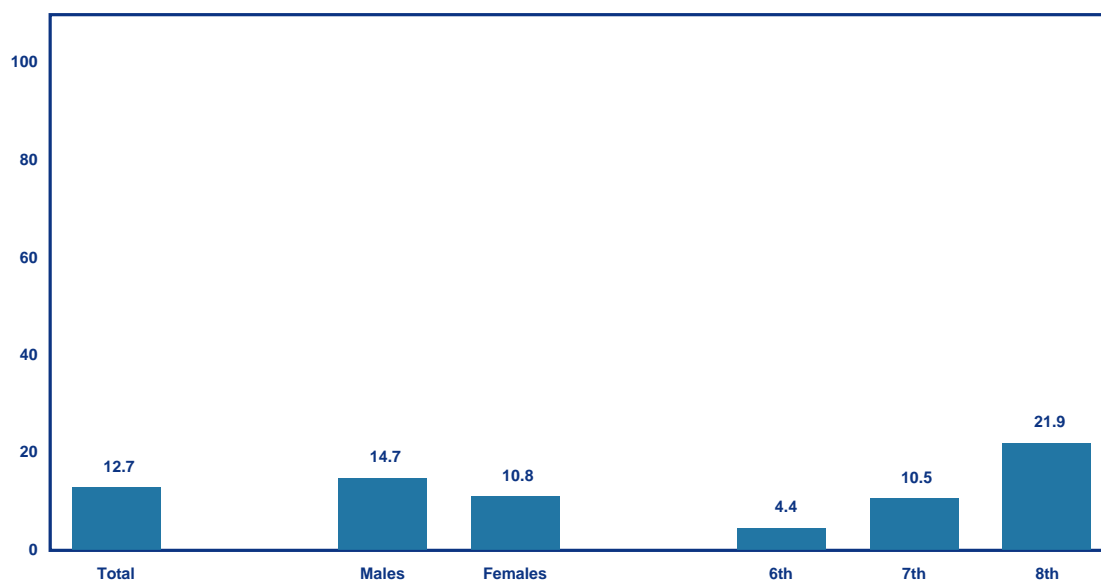
- **Marijuana** is the most commonly used illegal drug in the U.S. The short term effects of marijuana include memory and learning problems, distorted perception, and difficulty thinking or solving problems.³ Students who smoke marijuana get lower grades and are less likely to graduate from high school, compared with their nonsmoking peers.⁴
- **Cocaine** is a powerfully addictive drug that is snorted, sniffed, injected, or smoked. Common health effects include heart attacks, respiratory failure, strokes, and seizures. Large amounts can cause bizarre and violent behavior, and even death.⁵
- **Methamphetamine** is an addictive stimulant that has toxic effects on the central nervous system. Chronic long term use can lead to psychotic behavior, hallucinations, and stroke.⁶
- **Ecstasy** is a human made drug that acts as both a stimulant and a hallucinogen. Adverse health effects include nausea, chills, sweating, teeth clenching, muscle cramping, and blurred vision.⁷
- **Steroid** abuse can lead to serious and sometimes irreversible health problems. Major side effects include liver tumors and cancer, jaundice, high blood pressure, kidney tumors, severe acne, altered sex characteristics, and trembling. In teenagers, growth may be halted prematurely and permanently.⁸
- **Inhalants** are among the first drugs that young kids use. Most solvents and gasses that are inhaled produce anesthesia, a loss of sensation, and even unconsciousness.⁹

National Health Objectives for the Year 2010: Increase the age and proportion of adolescents who remain alcohol and drug free, increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days, reduce steroid use among adolescents, reduce the proportion of adolescents who use inhalants.

North Carolina Health Objectives for the Year 2010: Reduce the percentage of high school students who used marijuana in the past 30 days to 16%, reduce the percentage of middle and high school students who sniffed glue or spray containers to get high at some time in their life to 13%, reduce the percentage of middle and high school students who have ever used any form of cocaine to 4%.



Percent of students who used marijuana one or more times during their life



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	17.1%	22.1%	12.0%	7.2%	15.9%	26.5%	15.5%	20.7%			
1997	20.2%	24.1%	16.1%	9.4%	19.0%	30.9%	20.4%	21.0%			
2001	12.1%	15.1%	9.1%	5.6%	11.9%	18.4%	11.7%	13.6%	8.9%	11.0%	
2003	13.2%	15.2%	11.0%	6.8%	11.7%	20.2%	11.9%	15.9%		11.7%	
2005	12.7%	14.7%	10.8%	4.4%	10.5%	21.9%	10.1%	17.8%	15.6%	14.5%	14.2%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report ever using marijuana, although not significantly.
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report ever using marijuana, although not significantly.
- In 2005, students that identify as White were **less** likely than students that identify as being non-white to report ever using marijuana, although not significantly.

REGIONAL RESULTS

Percent of students who used marijuana one or more times during their life



■ Western
■ Central
■ Eastern



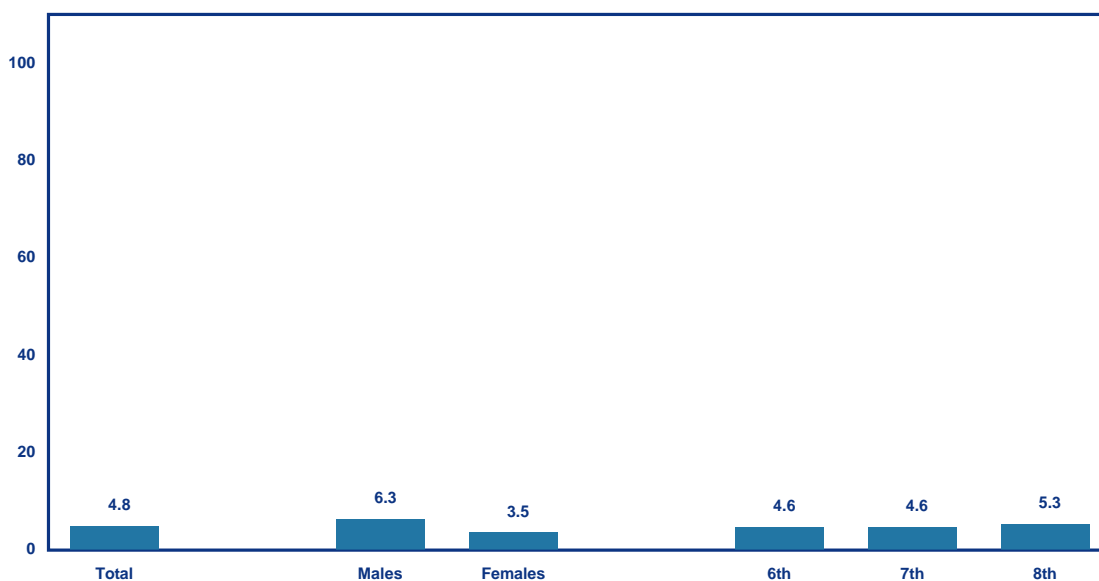
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	11.7%	11.8%	11.4	3.7%	8.5%	21.4%	10.3%				
Central											
2005	12.0%	15.2%	9.1	5.7%	10.9%	18.7%	8.6%	15.0%			17.2%
Eastern											
*2005	12.7%	14.1%	11.2%	4.3%	11.5%	22.1%	9.7%	16.1%	11.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were slightly **more** likely than students in the Western and Central regions to have ever smoked marijuana, although not significantly.



Percent of students who tried marijuana for the first time before the age of 11 years



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	3.6%	5.6%	1.7%	3.6%	3.7%	3.5%	3.0%	4.2%			
1997	5.5%	7.1%	3.8%	3.4%	5.8%	7.1%	5.2%	6.2%			
2001	3.5%	5.0%	2.0%	3.0%	4.6%	3.0%	3.6%	3.6%	2.8%	1.1%	
2003	3.9%	5.5%	2.3%	3.5%	3.3%	4.8%	2.5%	5.8%		6.3%	
2005	4.8%	6.3%	3.5%	4.6%	4.6%	5.3%	3.9%	5.9%	7.1%	5.5%	6.0%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report ever using marijuana before the age of 11, although not significantly.
- In 2005, students that identify as White were **more** likely than students that identify as being non-white to report ever using marijuana before the age of 11, although not significantly.

REGIONAL RESULTS

Percent of students who tried marijuana for the first time before age 11 years



■ Western
■ Central
■ Eastern



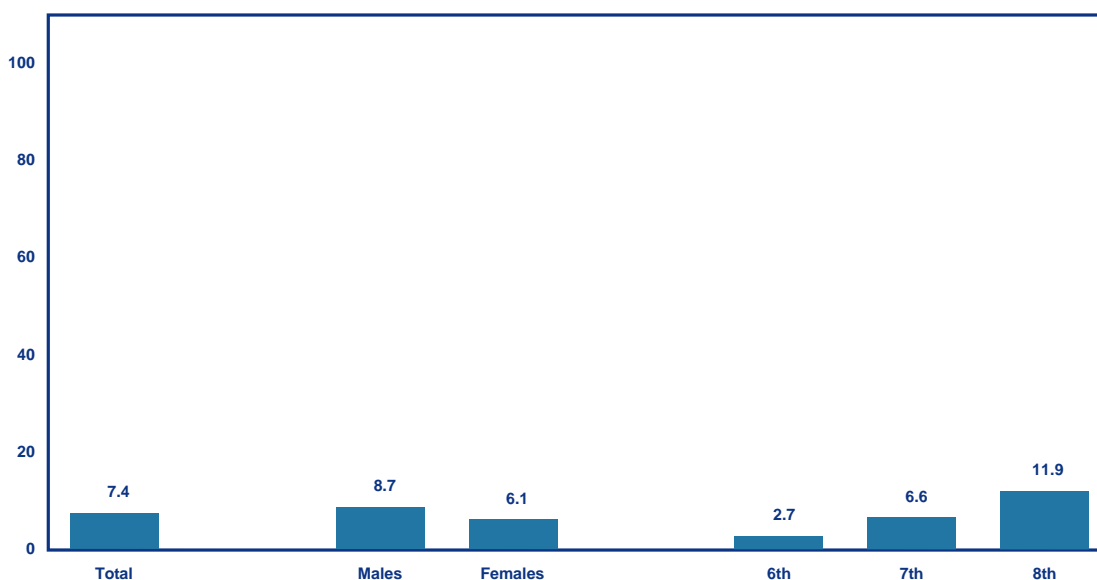
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	3.7%	5.0%	2.3%	2.9%	4.0%	3.3%	3.3%				
*2005	4.6%	5.5%	3.8%	4.8%	4.8%	4.3%	4.3%	4.6%			
Central											
2003	3.7%	5.7%	1.5%		3.1%	3.9%	1.8%	5.9%			
2005	4.8%	6.9%	2.9%	5.9%	4.7%	4.1%	3.8%	7.5%			3.4%
Eastern											
*2003	4.1%	5.8%	2.2%	2.9%	1.9%	7.6%	1.7%	6.7%			
*2005	3.9%	5.1%	2.8%	2.6%	3.9%	5.4%	2.9%	4.7%	5.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were slightly **less** likely than students in the Western and Central regions to have ever smoked marijuana before the age of 11, although not significantly.



Percent of students who used marijuana one or more times during the past 30 days



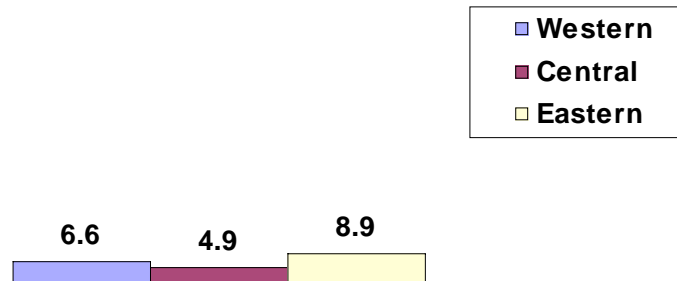
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1997	13.7%	16.6%	10.7%	7.6%	12.9%	20.1%	14.3%	12.8%			
2001	6.3%	8.0%	4.3%	2.1%	7.4%	8.8%	5.6%	7.6%	4.1%	7.4%	
2003	8.5%	9.9%	6.7%	4.3%	7.4%	13.1%	7.2%	10.3%		9.0%	
2005	7.4%	8.7%	6.1%	2.7%	6.6%	11.9%	5.3%	11.7%	10.0%	5.9%	8.9%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report using marijuana in the past 30 days, although not significantly.
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report using marijuana in the past 30 days, although not significantly.
- In 2005, students that identify as Black were **more** likely to report using marijuana in the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who used marijuana one or more times during the past 30 days



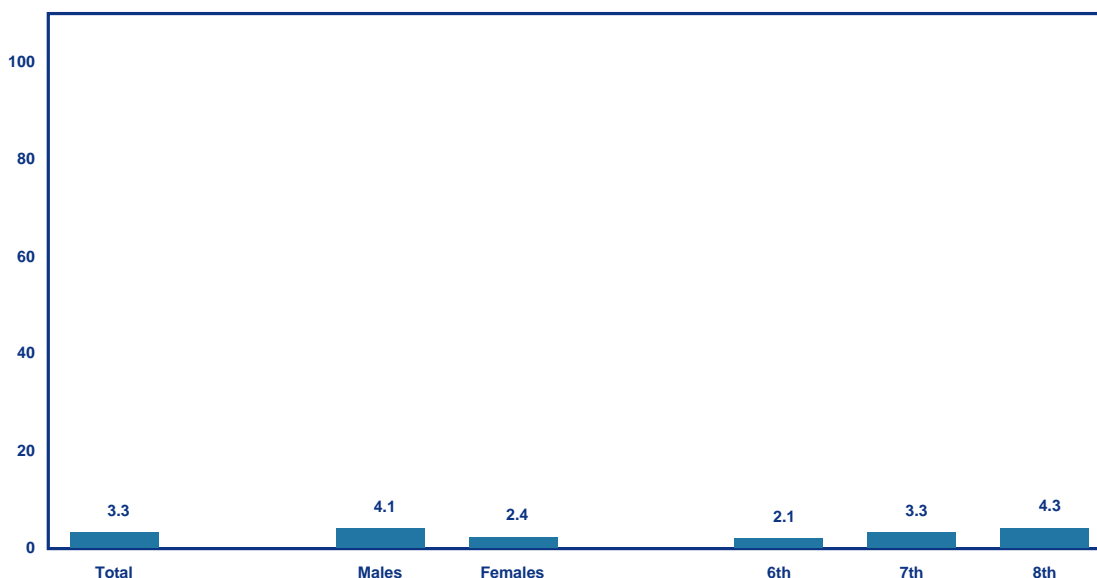
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	7.0%	9.0%	4.9%	1.7%	7.8%	11.4%	7.4%				
*2005	6.6%	6.5%	6.6%	2.7%	5.4%	10.7%	5.5%	11.9%			
Central											
2003	8.2%	9.6%	6.3%		6.7%	10.0%	5.1%	9.7%			
2005	4.9%	6.6%	3.1%	1.7%	6.7%	5.7%	2.6%	7.8%			7.5%
Eastern											
*2003	9.4%	10.1%	8.3%	4.7%	6.8%	16.8%	7.8%	10.8%			
*2005	8.9%	10.6%	6.8%	4.9%	7.5%	14.2%	6.4%	12.1%	6.9%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report using marijuana in the past 30 days, although not significantly.



Percent of students who used marijuana on school property one or more times during the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	3.3%	4.1%	2.4%	2.1%	3.3%	4.3%	2.4%	4.8%	3.1%	4.4%	5.4%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report using marijuana on school property in the past 30 days, although not significantly.
- In 2005, 8th grade students were **more** likely than 6th and 7th grade students to report using marijuana on school property in the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who used marijuana on school property one or more times during the past 30 days



■ Western
■ Central
■ Eastern



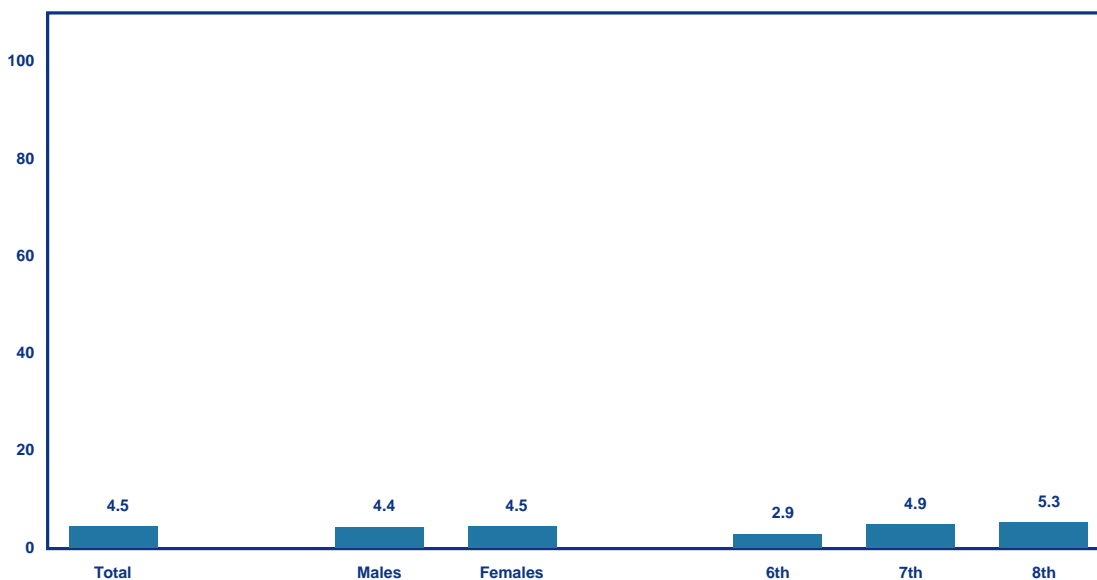
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	2.8%	2.9%	2.5%	2.1%	1.9%	3.7%	2.3%	4.1%			
Central											
2005	2.7%	3.8%	1.8%	1.0%	5.6%	1.7%	2.3%	4.1%			2.5%
Eastern											
*2005	3.9%	4.7%	2.6%	4.8%	2.9%	4.0%	2.8%	5.2%	1.2%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report using marijuana on school property in the past 30 days, although not significantly.



Percent of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	3.1%	4.5%	1.6%	2.3%	3.0%	3.7%	2.6%	2.6%			
1997	5.6%	6.3%	4.9%	4.7%	5.7%	6.3%	6.5%	3.2%			
2001	4.7%	5.0%	4.4%	2.9%	4.2%	6.3%	4.9%	3.9%	7.3%	8.3%	
2003	5.5%	6.2%	4.8%	4.3%	4.9%	6.6%	5.5%	4.3%		3.6%	
2005	4.5%	4.4%	4.5%	2.9%	4.9%	5.3%	3.9%	4.2%	6.5%	7.4%	4.2%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

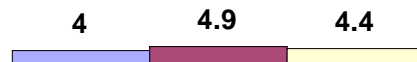
- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report ever using any form of cocaine, including powder, crack, or freebase one or more times during their life.

REGIONAL RESULTS

Percent of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life



■ Western
■ Central
■ Eastern



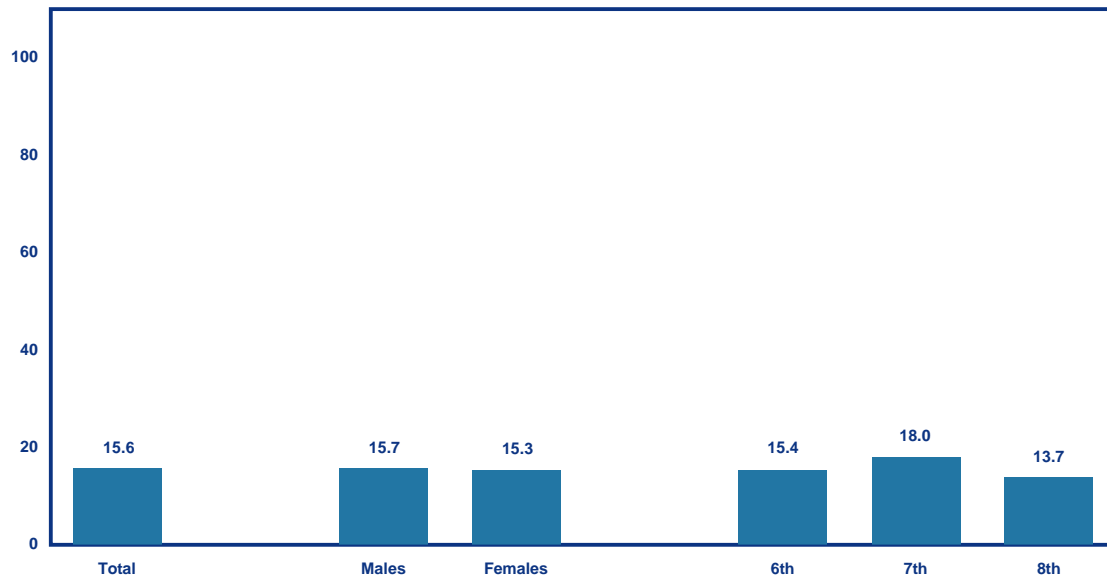
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	5.1%	5.8%	4.3%	2.5%	5.5%	5.2%	5.9%				
*2005	4.0%	3.5%	4.4%	2.2%	3.7%	5.7%	3.3%	6.1%			
Central											
2003	6.2%	7.1%	5.3%		5.7%	6.8%	4.7%	7.1%			
2005	4.9%	4.9%	4.8%	3.4%	6.0%	5.0%	5.4%	4.1%			2.5%
Eastern											
*2003	4.9%	5.6%	4.2%	5.3%	3.3%	6.3%	5.6%	3.8%			
*2005	4.4%	4.3%	4.5%	3.9%	5.1%	4.3%	4.5%	3.6%	5.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report ever using any form of cocaine, including powder, crack, or freebase one or more times during their life.



Percent of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	18.9%	21.3%	16.3%	11.7%	20.5%	23.2%	21.8%	11.1%			
1997	18.4%	16.7%	20.2%	16.0%	17.6%	21.3%	21.8%	12.3%			
2001	14.2%	16.0%	12.2%	14.9%	13.2%	14.3%	15.2%	12.1%	17.2%	14.1%	
2003	15.8%	16.6%	14.8%	14.4%	16.7%	15.3%	15.3%	13.8%		27.7%	
2005	15.5%	15.3%	15.6%	14.4%	15.8%	16.2%	15.7%	13.1%	18.5%	20.6%	12.4%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

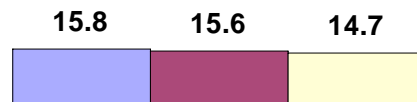
- In 2005, students in the 7th grade were **more** likely than students in the 6th and 8th grade to report ever having sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life, although not significantly.

REGIONAL RESULTS

Percent of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life



■ Western
■ Central
■ Eastern



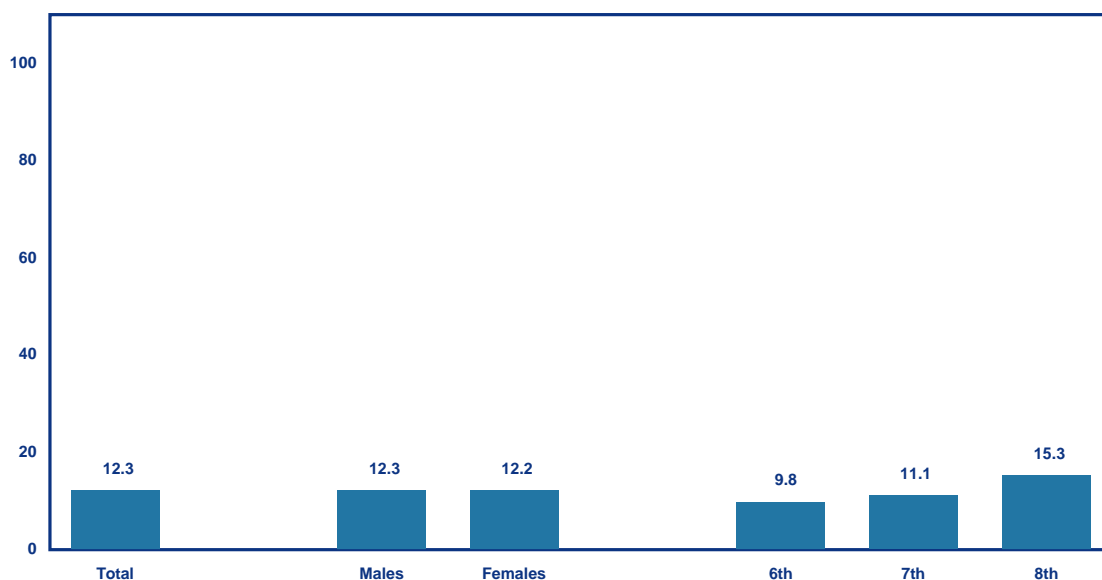
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	16.7%	18.6%	14.7%	12.6%	18.5%	17.1%	17.6%				
*2005	15.8%	16.3%	15.2%	13.1%	16.2%	17.5%	15.8%	14.8%			
Central											
2003	13.8%	13.2%	14.1%		12.8%	13.7%	12.4%	13.6%			
2005	15.6%	15.7%	15.3%	15.4%	18.0%	13.7%	16.6%	14.2%			9.2%
Eastern											
*2003	15.0%	16.9%	12.7%	14.9%	16.6%	13.6%	14.0%	15.1%			
*2005	14.7%	13.6%	15.6%	15.6%	14.3%	14.1%	15.3%	12.6%	17.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report ever having sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life, although not significantly.



Percent of students who have taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life



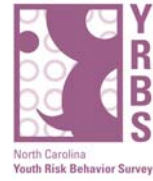
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	12.3%	12.3%	12.2%	9.8%	11.1%	15.3%	12.1%	10.8%	10.7%	16.6%	15.8%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

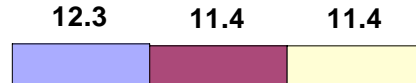
- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report ever having taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life, although not significantly.

REGIONAL RESULTS

Percent of students who have taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life



■ Western
■ Central
■ Eastern



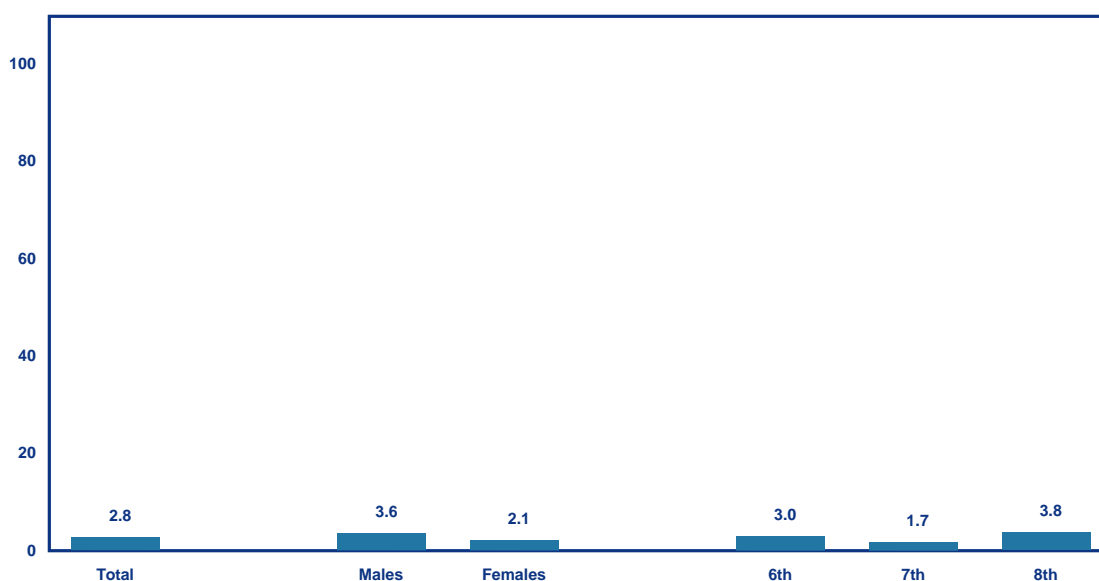
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	12.3%	11.9%	12.7%	9.5%	10.2%	16.6%	12.4%	10.2%			
Central											
2005	11.4%	13.0%	9.7%	8.9%	13.8%	11.4%	11.5%	11.9%			12.6%
Eastern											
*2005	11.4%	11.6%	11.1%	10.5%	9.3%	14.1%	11.7%	11.2%	7.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report ever having taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription one or more times during their life, although not significantly.



Percent of students who took steroid pills or shots without a doctor's prescription one or more times during their life



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	2.8%	4.0%	1.4%	2.0%	3.3%	2.7%	3.1%	1.2%			
1997	3.6%	3.8%	3.3%	2.6%	3.5%	4.5%	3.9%	1.8%			
2001	4.9%	4.9%	4.8%	4.1%	5.7%	4.6%	3.9%	6.0%	12.7%	7.9%	
2003	5.8%	5.8%	5.8%	4.4%	5.9%	6.8%	5.4%	4.6%		9.3%	
2005	2.8%	3.6%	2.1%	3.0%	1.7%	3.8%	2.8%	3.0%	2.3%	2.5%	3.9%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

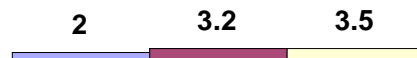
- In 2005, students in the 7th grade were **less** likely than students in the 6th and 8th grade to report ever having taken steroid pills or shots without a doctor's prescription one or more times during their life, although not significantly.

REGIONAL RESULTS

Percent of students who took steroid pills or shots without a doctor's prescription one or more times during their life



■ Western
■ Central
■ Eastern



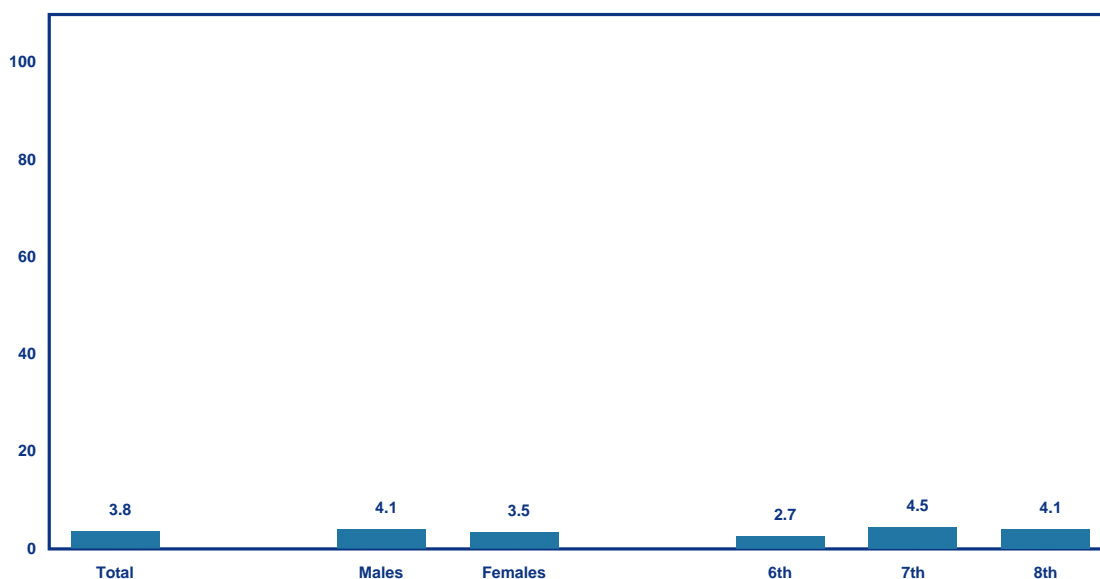
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	5.1%	4.3%	5.8%	3.9%	5.4%	5.5%	4.7%				
*2005	2.0%	2.4%	1.4%	2.1%	0.5%	3.2%	2.2%	0.9%			
Central											
2003	6.2%	6.6%	5.8%		5.4%	7.0%	7.2%	4.3%			
2005	3.2%	4.0%	2.4%	3.8%	1.8%	4.0%	2.8%	3.7%			4.2%
Eastern											
*2003	5.5%	6.4%	4.5%	3.8%	4.8%	7.9%	4.9%	5.8%			
*2005	3.5%	4.3%	2.4%	4.6%	2.6%	3.4%	4.1%	3.0%	1.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report ever having taken steroid pills or shots without a doctor's prescription one or more times during their life, although not significantly.



Percent of students who used a needle to inject any illegal drug into their body one or more times during their life



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	3.8%	4.1%	3.5%	2.7%	4.5%	4.1%	3.3%	5.0%	3.4%	3.9%	4.3%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

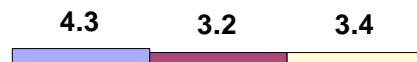
- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report ever having used a needle to inject any illegal drug into their body one or more times during their life, although not significantly.

REGIONAL RESULTS

Percent of students who used a needle to inject any illegal drug into their body one or more times during their life



■ Western
■ Central
■ Eastern



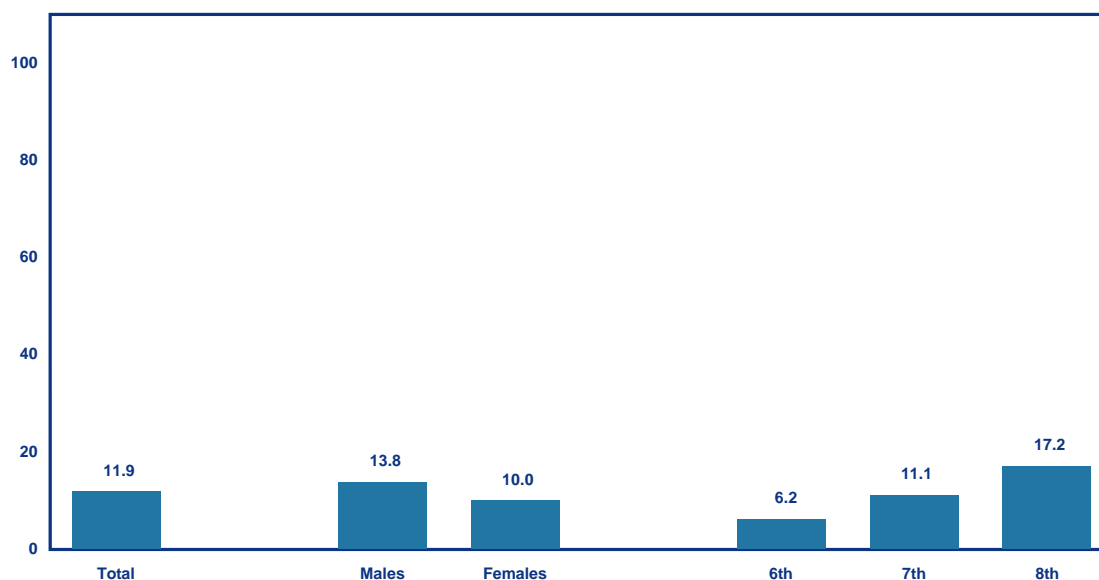
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	4.3%	4.3%	4.2%	4.0%	4.1%	4.7%	4.2%	5.2%			
Central											
2005	3.2%	4.5%	1.8%	2.0%	5.0%	2.3%	2.8%	4.6%			2.5%
Eastern											
*2005	3.4%	3.3%	3.6%	2.3%	4.2%	3.8%	2.0%	5.5%	2.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern region to report ever having used a needle to inject any illegal drug into their body one or more times during their life, although not significantly.



Percent of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1997	14.8%	16.7%	12.8%	8.4%	14.4%	20.8%	17.6%	9.9%			
2001	10.1%	11.2%	9.0%	5.3%	10.8%	13.9%	10.0%	10.0%	10.1%	16.5%	
2003	13.5%	15.7%	11.0%	9.2%	11.5%	19.5%	13.2%	11.9%		13.5%	
2005	11.9%	13.8%	10.0%	6.2%	11.1%	17.2%	11.2%	12.6%	13.1%	14.2%	11.2%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report ever having been offered, sold, or given an illegal drug on school property by someone during the past 12 months, although not significantly.
- In 2005, male students were **more** likely than females students to report ever having been offered, sold, or given an illegal drug on school property by someone during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months



■ Western
■ Central
■ Eastern



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	13.8%	15.5%	12.1%	8.0%	14.4%	19.0%	14.7%				
*2005	11.9%	13.4%	10.3%	6.5%	10.6%	17.8%	11.5%	14.3%			
Central											
2003	13.2%	14.7%	11.0%		11.1%	16.7%	11.2%	11.9%			
2005	12.2%	14.0%	10.5%	5.6%	15.0%	15.7%	11.7%	12.0%			9.2%
Eastern											
*2003	13.6%	17.8%	9.3%	9.9%	8.7%	22.6%	14.0%	12.5%			
*2005	11.0%	12.7%	9.1%	5.9%	9.3%	17.3%	10.2%	12.3%	8.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report ever having been offered, sold, or given an illegal drug on school property by someone during the past 12 months, although not significantly.



Weight Management

Self-reported height and weight data can be used to calculate Body Mass Index (BMI) and create a proxy measure to determine if students are overweight. While it is recognized that estimates of overweight prevalence from self-reported data are likely to be low¹, they can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight data have been consistent with trend data from national surveys using measured height and weight.²

Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980.³ Approximately 400,000 deaths each year in the U.S. are associated with overweight and obesity. If this trend continues, it is expected to replace tobacco as the leading cause of death.⁴

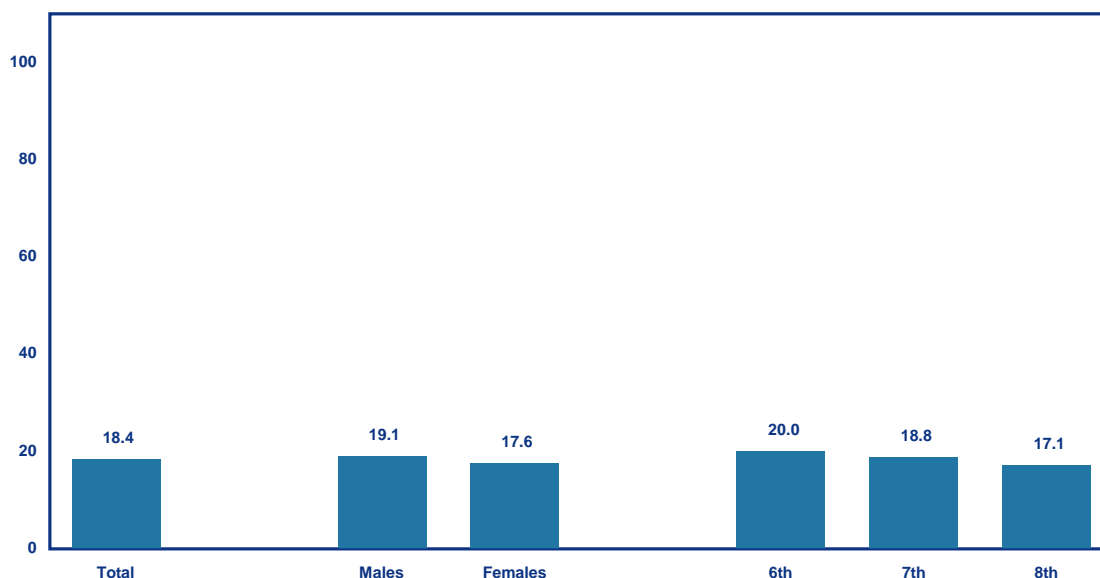
Approximately 30.3% of children ages 6 to 11 years are overweight and 15.3% are obese. For adolescents ages 12 to 19 years, 30.4% are overweight and 15.5% are obese.⁵

In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁶ Data has shown that high perception of body dissatisfaction and dieting among adolescent females, with many participating in unhealthy weight control behaviors such as self-induced vomiting and fasting, can lead to abnormal physical and psychological development.⁷ It is estimated that seven to eight percent of females in the United States suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.⁸

North Carolina Health Objectives for the Year 2010:
Reduce the percent of children and adolescents who are overweight or obese to 10%.



Percent of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index (BMI), by age and sex)



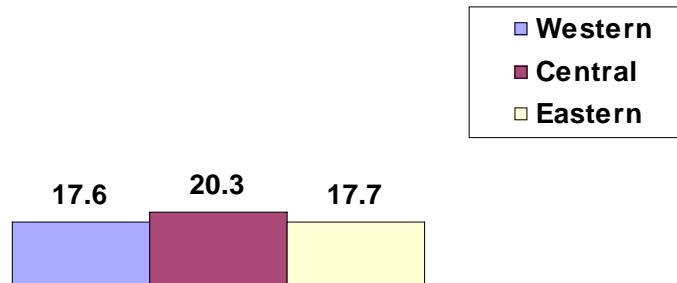
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	16.2%	18.8%	13.5%	14.7%	17.7%	15.5%	14.4%	19.5%	12.8%		
2003	14.7%	14.7%	14.7%	16.7%	14.9%	13.1%	14.7%	17.6%			
2005	18.4%	19.1%	17.6%	20.0%	18.8%	17.1%	17.4%	20.5%	14.9%	19.9%	21.6%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 8th grade were **less** likely than students in the 6th and 7th grade to be at risk for becoming overweight, although not significantly.
- In 2005, students that identify as Hispanic were **less** likely than all other students to be at risk for becoming overweight, although not significantly.

REGIONAL RESULTS

Percent of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index (BMI), by age and sex)



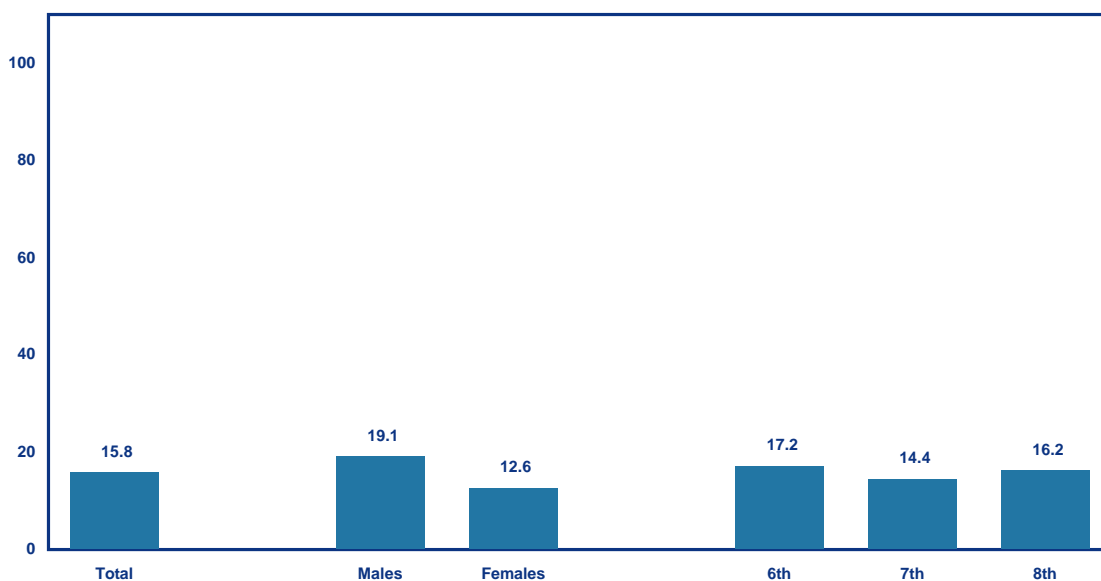
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	14.8%	14.9%	14.7%	15.9%	15.4%	12.8%	14.8%				
*2005	17.6%	20.0%	15.0%	19.1%	19.1%	15.5%	18.4%				
Central											
2003	14.3%	15.3%	13.1%		15.9%	12.9%	14.4%	19.6%			
2005	20.3%	20.9%	19.8%	24.2%	19.7%	17.4%	18.5%	21.6%			
Eastern											
*2003	16.2%	15.6%	16.8%	18.9%	15.1%	14.4%	15.9%	17.2%			
*2005	17.7%	16.7%	18.8%	16.9%	18.5%	17.9%	15.9%	20.6%			

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to be at risk for becoming overweight, although not significantly.



Percent of students who overweight (i.e., at or above the 95th for body mass index (BMI), by age and sex)



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	13.2%	16.8%	9.3%	17.1%	10.4%	12.5%	10.6%	18.5%		11.5%	
2003	14.2%	16.9%	11.5%	17.2%	13.3%	13.4%	11.5%	20.4%			
2005	15.8%	19.1%	12.6%	17.2%	14.4%	16.2%	29.1%	23.5%	30.5%	27.1%	31.5%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

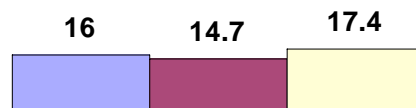
- In 2005, male students were **more** likely than female students to be overweight, although not significantly.
- In 2005, students that identify as Black were **less** likely than all other students to be overweight, although not significantly.

REGIONAL RESULTS

**Percent of students who were overweight
(i.e., at or above the 95th percentile for
body mass index (BMI), by age and sex)**



■ Western
■ Central
■ Eastern



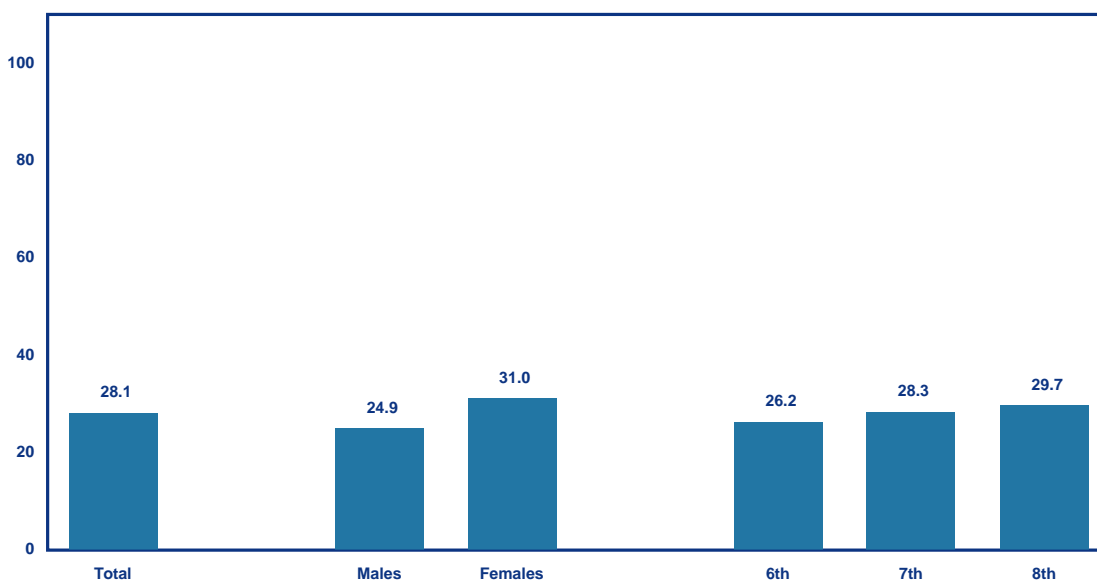
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	15.6%	20.5%	10.4%	19.4%	12.7%	15.4%	14.1%				
*2005	16.0%	19.9%	11.65	18.6%	15.1%	15.1%	15.0%				
Central											
2003	12.2%	13.6%	10.7%		11.9%	13.4%	7.4%	21.7%			
2005	14.7%	17.5%	11.9%	15.6%	13.9%	14.8%	12.4%	16.3%			
Eastern											
*2003	14.4%	16.7%	12.1%	18.2%	15.7%	10.1%	10.3%	19.9%			
*2005	17.4%	18.3%	16.4%	19.4%	15.9%	17.0%	14.4%	21.8%			

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than all students in the Western and Central regions to be overweight, although not significantly.



Percent of students who described themselves as slightly or very overweight



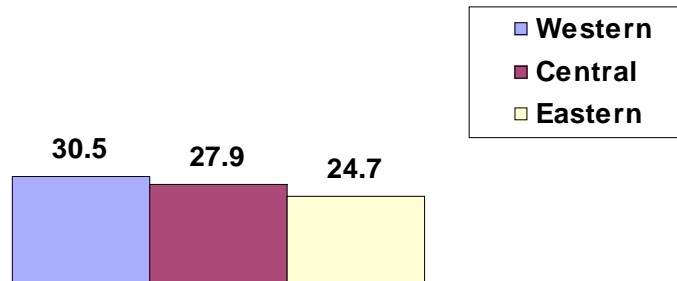
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	23.8%	21.8%	25.9%	23.5%	22.0%	26.4%	25.3%	19.6%			
1997	25.5%	23.0%	28.1%	26.5%	22.2%	27.9%	26.6%	22.9%			
2001	25.4%	23.8%	26.9%	22.5%	24.9%	28.6%	26.4%	24.0%	25.7%	22.6%	
2003	25.7%	21.8%	29.7%	25.0%	26.1%	26.1%	27.0%	24.8%		27.7%	
2005	28.1%	24.9%	31.0%	26.2%	28.3%	29.7%	29.1%	23.5%	30.5%	27.1%	31.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to describe themselves as slightly or very overweight, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to describe themselves as slightly or very overweight, although not significantly.

REGIONAL RESULTS

Percent of students who described themselves as slightly or very overweight



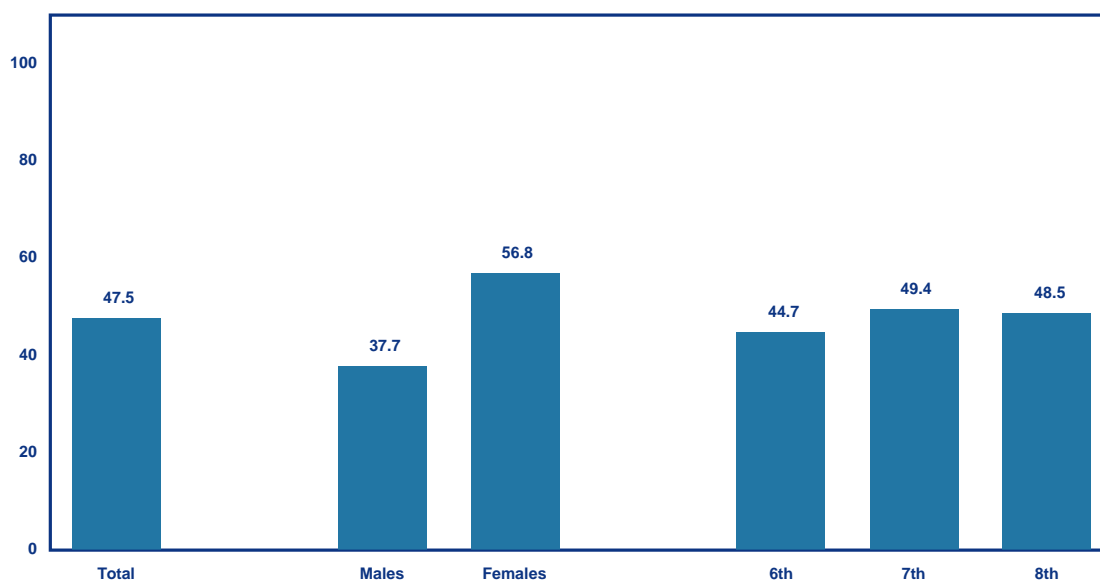
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	25.0%	22.0%	28.2%	21.2%	26.8%	27.5%	26.0%				
*2005	30.5%	28.9%	32.1%	27.8%	30.0%	33.6%	31.1%	22.2%			
Central											
2003	27.3%	20.6%	34.0%		28.6%	26.5%	26.7%	28.6%			
2005	27.9%	23.9%	31.4%	28.3%	30.0%	26.1%	30.4%	22.1%			29.1%
Eastern											
*2003	26.1%	23.8%	28.6%	29.5%	26.2%	22.2%	28.6%	24.1%			
*2005	24.7%	21.2%	28.4%	22.2%	25.0%	27.0%	25.1%	23.5%	23.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, 6th grade students in the Eastern region were **less** likely than students in the Western and Central regions to describe themselves as slightly or very overweight, although not significantly.



Percent of students who were trying to lose weight



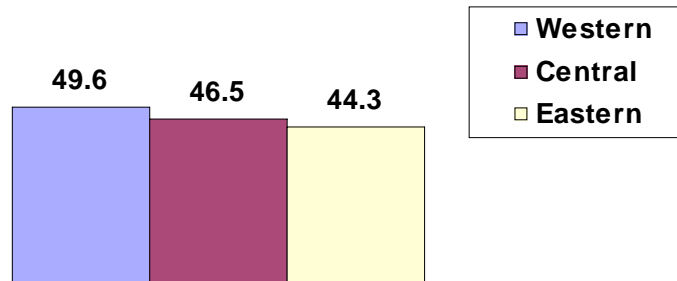
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	40.4%	30.5%	50.6%	38.6%	41.0%	41.7%	41.6%	37.3%			
1997	43.0%	30.0%	55.9%	43.6%	41.4%	44.0%	43.7%	40.3%			
2001	40.4%	32.7%	48.4%	40.0%	40.0%	41.5%	41.2%	39.6%	45.6%	34.1%	
2003	42.8%	33.3%	52.9%	42.0%	44.3%	41.1%	43.7%	41.5%		50.0%	
2005	47.5%	37.7%	56.8%	44.7%	49.4%	48.5%	47.3%	43.6%	55.1%	50.7%	51.6%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report having tried to lose weight, although not significantly.

REGIONAL RESULTS

Percent of students who were trying to lose weight



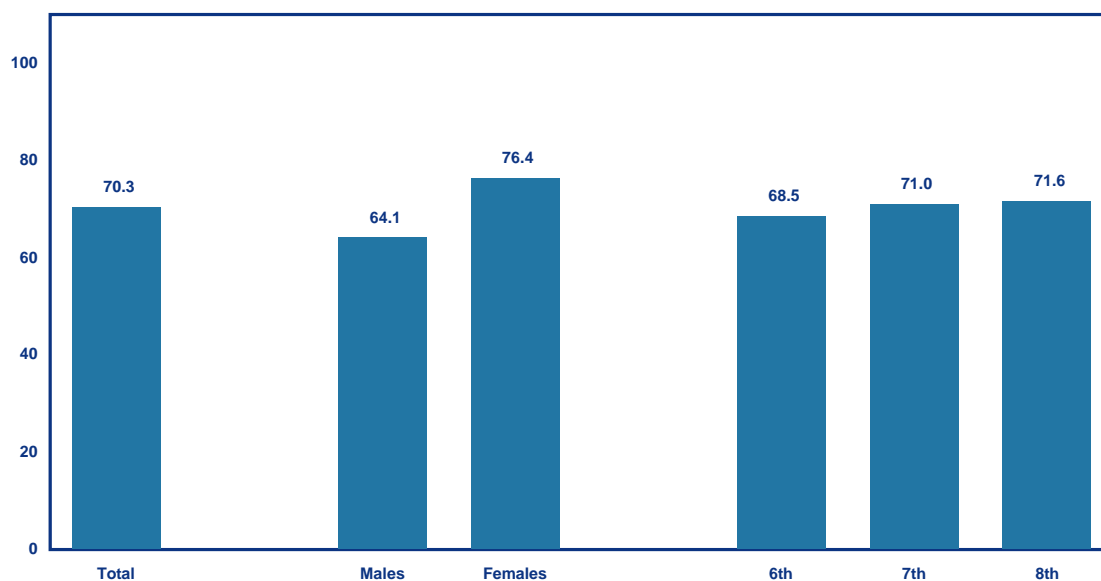
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	42.3%	32.7%	52.7%	36.0%	46.3%	42.9%	41.8%				
*2005	49.6%	41.4%	58.2%	43.9%	53.8%	51.1%	49.9%	43.2%			
Central											
2003	43.3%	31.8%	55.6%		46.4%	39.9%	46.0%	42.8%			
2005	46.5%	35.3%	56.5%	47.1%	46.3%	46.8%	46.3%	42.8%			53.4%
Eastern											
*2003	43.1%	36.9%	49.8%	46.8%	42.0%	40.1%	45.2%	40.4%			
*2005	44.3%	34.4%	54.7%	40.6%	46.5%	45.1%	43.9%	43.7%	50.9%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Eastern and Central regions to report having tried to lose weight, although not significantly.



Percent of students who exercised to lose weight or to keep from gaining weight during the past 30 days



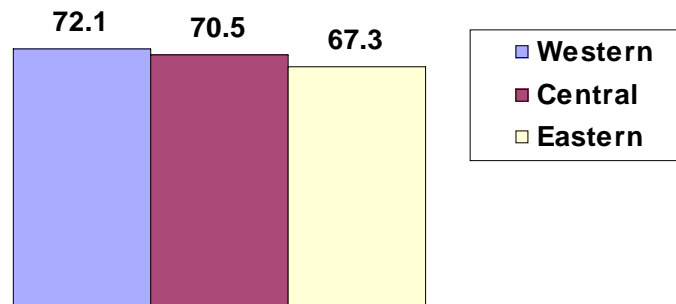
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	59.4%	47.9%	71.0%	58.0%	59.5%	60.7%	60.8%	55.8%			
1997	62.4%	51.2%	74.2%	62.7%	63.5%	61.1%	63.8%	59.5%			
2001	65.9%	59.1%	73.0%	64.1%	67.0%	66.6%	68.8%	60.4%	68.7%	71.8%	
2003	66.4%	58.4%	70.0%	65.1%	65.9%	68.1%	68.3%	63.4%		67.6%	
2005	70.3%	64.1%	76.4%	68.5%	71.0%	71.6%	71.1%	68.1%	70.0%	68.1%	74.8%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students report having exercised to lose weight or to keep from gaining weight during the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who exercised to lose weight or to keep from gaining weight during the past 30 days



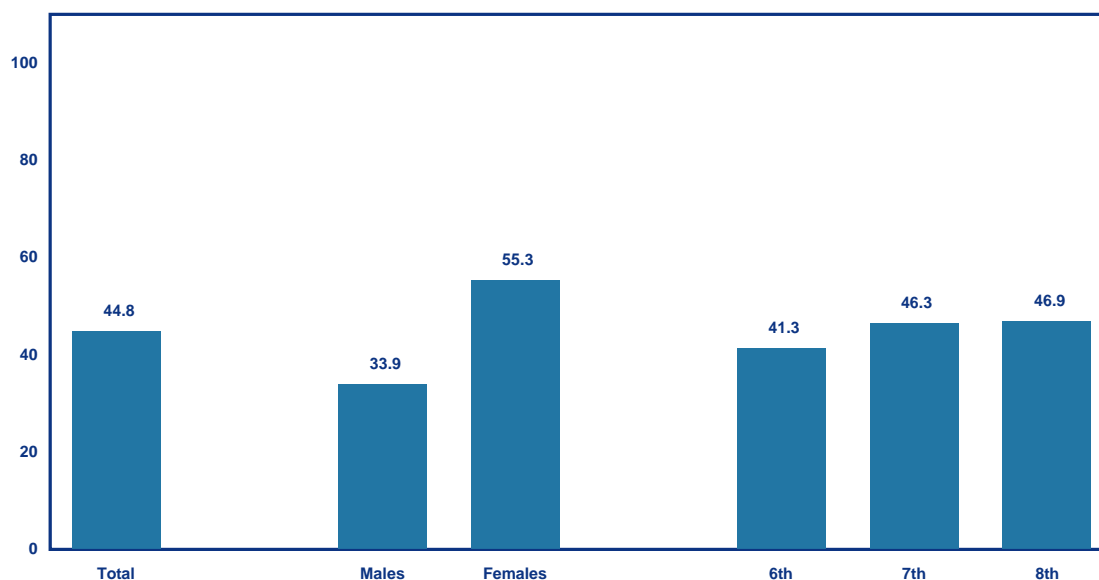
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	68.3%	59.4%	78.3%	64.0%	68.9%	71.8%	68.7%				
*2005	72.1%	66.2%	78.3%	68.5%	75.9%	72.1%	73.8%	64.8%			
Central											
2003	64.6%	56.3%	73.2%		62.3%	67.4%	64.8%	64.2%			
2005	70.5%	63.7%	77.0%	70.8%	66.4%	74.7%	68.6%	74.1%			73.3%
Eastern											
*2003	66.2%	59.5%	73.2%	66.1%	66.5%	66.3%	70.8%	61.2%			
*2005	67.3%	61.5%	73.9%	63.5%	69.6%	68.5%	68.5%	65.8%	67.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report having exercised to lose weight or to keep from gaining weight during the past 30 days, although not significantly.



Percent of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days



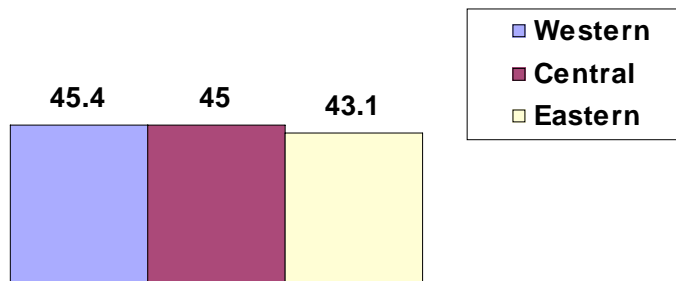
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	34.5%	24.2%	44.9%	29.3%	36.7%	36.4%	35.3%	32.5%			
1997	38.4%	26.4%	50.9%	36.9%	36.5%	41.6%	40.4%	34.8%			
2001	34.4%	26.7%	42.4%	31.6%	33.9%	38.0%	36.6%	30.4%	42.2%	29.4%	
2003	37.3%	26.6%	48.3%	35.0%	38.2%	37.4%	40.3%	30.2%		47.1%	
2005	44.8%	33.9%	55.3%	41.3%	46.3%	46.9%	46.5%	38.6%	48.8%	44.4%	48.6%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report eating less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to report eating less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days



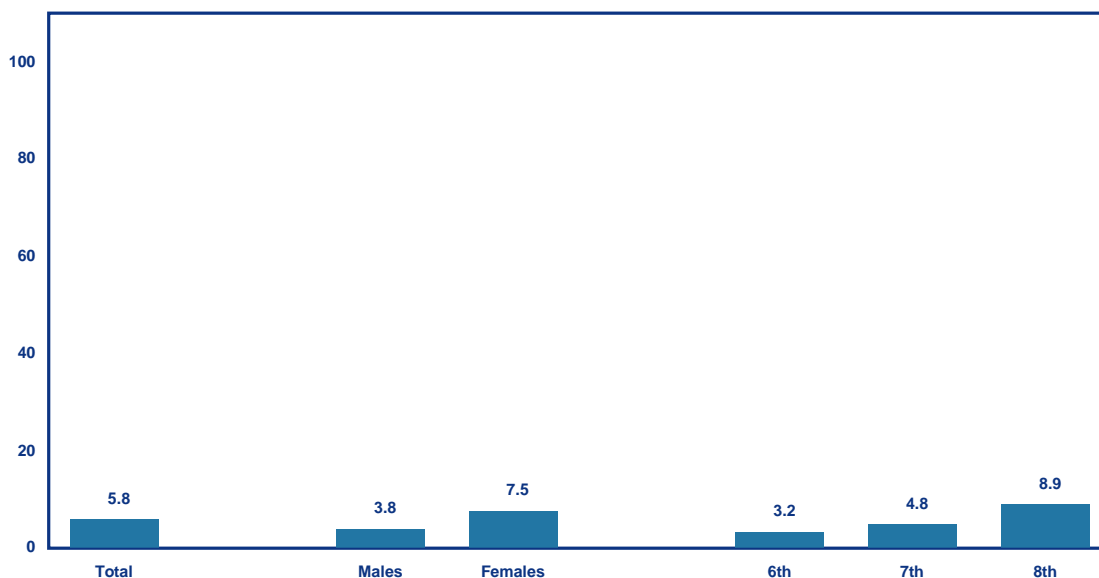
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	38.5%	26.8%	51.0%	30.0%	41.6%	41.9%	38.9%				
*2005	45.4%	35.6%	55.7%	39.6%	48.8%	47.1%	46.3%	39.7%			
Central											
2003	34.0%	23.6%	44.8%		33.5%	33.2%	37.9%	30.8%			
2005	45.0%	31.9%	57.2%	45.9%	43.1%	46.6%	47.4%	36.1%			51.7%
Eastern											
*2003	38.0%	29.5%	46.5%	39.1%	38.0%	37.2%	44.3%	29.8%			
*2005	43.1%	33.6%	53.3%	37.1%	45.5%	46.6%	45.8%	39.4%	42.5%		

*Indicates that results in this region can be generalized results for all middle school students in that region for that year.

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report eating less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days, although not significantly.



Percent of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	6.8%	4.7%	8.8%	3.5%	6.4%	10.0%	7.0%	5.7%			
1997	7.4%	5.3%	9.6%	4.8%	8.1%	8.9%	7.3%	6.7%			
2001	5.5%	4.2%	6.8%	3.4%	5.3%	7.5%	5.4%	5.5%	4.2%	7.7%	
2003	6.9%	5.2%	8.6%	4.3%	6.7%	8.2%	7.1%	4.1%		10.7%	
2005	5.8%	3.8%	7.5%	3.2%	4.8%	8.9%	5.3%	5.1%	8.3%	8.8%	7.4%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to report taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days



■ Western
■ Central
■ Eastern



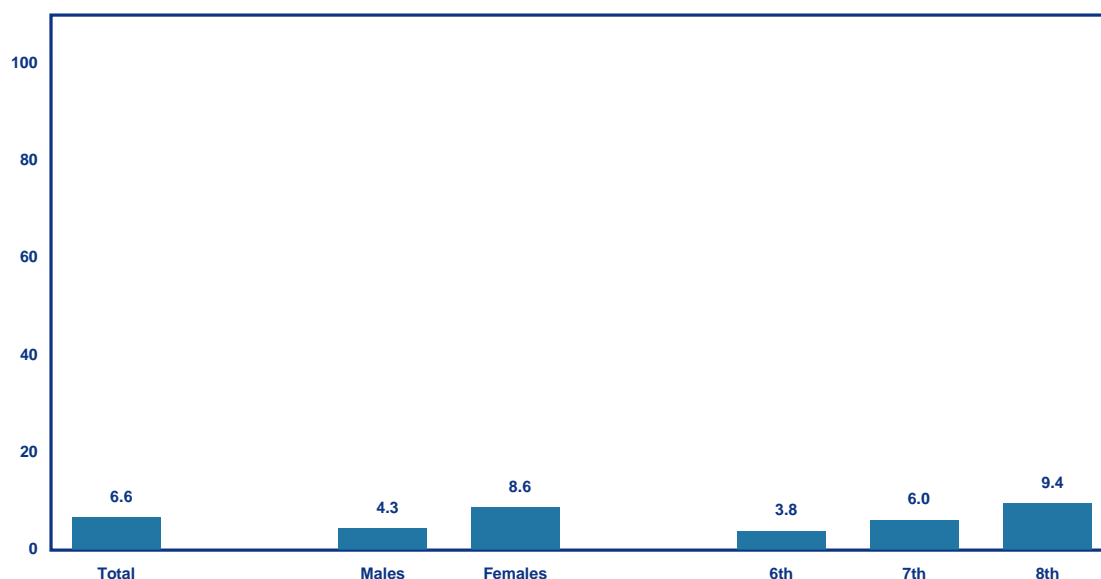
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	8.0%	5.8%	10.4%	4.7%	8.8%	8.1%	8.0%				
*2005	5.5%	3.1%	8.0%	3.2%	6.6%	6.4%	5.6%	4.9%			
Central											
2003	6.5%	4.7%	8.4%		5.8%	8.2%	6.5%	5.4%			
2005	5.8%	3.8%	7.3%	4.2%	3.6%	9.8%	4.5%	3.3%			9.2%
Eastern											
*2003	5.1%	4.4%	5.8%	3.8%	4.7%	6.9%	6.4%	2.6%			
*2005	5.4%	4.1%	6.7%	2.2%	3.9%	10.2%	5.1%	5.6%	8.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days, although not significantly.



Percent of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	6.8%	4.0%	9.7%	4.5%	7.4%	8.2%	6.0%	9.0%			
1997	8.9%	3.8%	12.3%	5.9%	7.2%	10.6%	8.1%	7.6%			
2001	6.3%	4.1%	8.6%	5.1%	6.3%	7.3%	6.1%	6.1%	6.7%	14.3%	
2003	6.9%	4.5%	9.5%	4.3%	6.8%	8.3%	6.5%	6.0%		12.5%	
2005	6.6%	4.3%	8.6%	3.8%	6.0%	9.4%	5.7%	6.7%	7.5%	11.1%	8.7%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

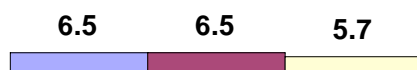
- In 2005, female students were **more** likely than male students to report they vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to report they vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days



■ Western
■ Central
■ Eastern



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	7.2%	4.0%	10.7%	3.0%	9.2%	7.1%					
*2005	6.5%	3.4%	9.6%	4.1%	5.9%	8.7%	6.1%	8.0%			
Central											
2003	6.8%	5.0%	8.8%		5.3%	8.1%	6.2%	7.1%			
2005	6.5%	4.6%	8.3%	3.8%	7.2%	8.5%	6.0%	5.1%			5.9%
Eastern											
*2003	6.4%	5.0%	7.9%	4.5%	5.3%	9.5%	6.2%	6.1%			
*2005	5.7%	4.2%	6.6%	3.4%	5.0%	8.5%	4.3%	7.1%	4.2%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report they vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days, although not significantly.



Physical Health

Access to Health Care

Among children under 18 years, only 70% visit a health care provider each year for a routine appointment, and fewer than half see a dentist each year.¹

Guidelines from the American Academy of Pediatrics and the American Academy of Family Physicians recommend that children ages one to six receive annual well child exams and children ages 7 to 17 receive exams every two years.²

The American Academy of Pediatric Dentistry recommends a dental check-up at least twice a year for most children. Some children need more frequent dental visits because of increased risk of tooth decay, unusual growth patterns or poor oral hygiene.

Asthma

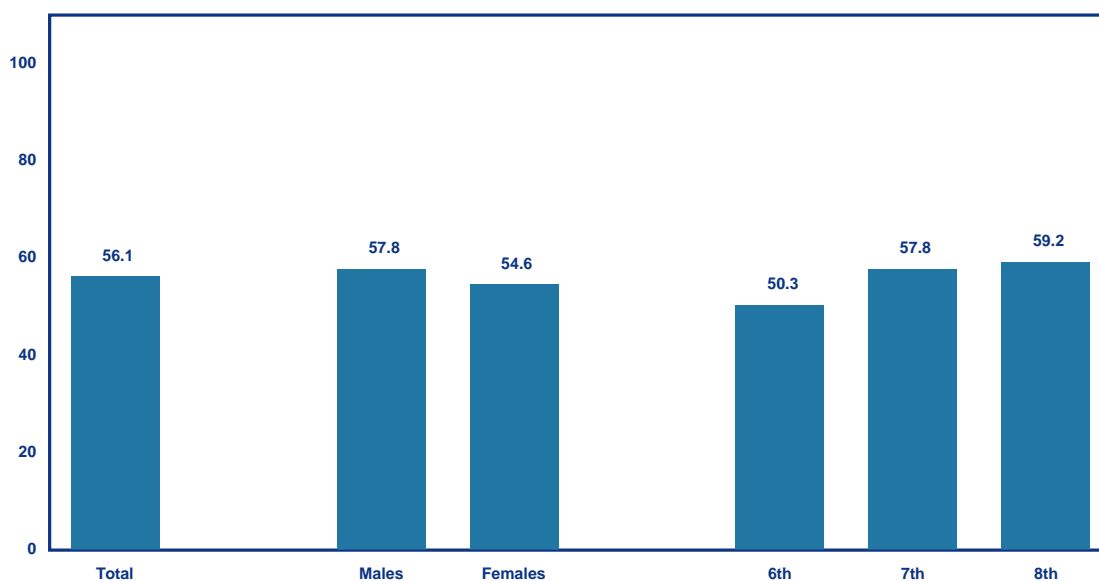
In 2001, 6.3 million (9%) U.S. children had asthma as diagnosed by a doctor or other health care professional. Additionally, children accounted for 4.6 million visits to doctors' offices and hospital outpatient departments, made 728,000 visits to hospital emergency departments, and had 214,000 hospitalizations due to asthma.²

It is estimated that 14 million lost school days are attributed to asthma among school aged youth.³ The impact of illness and death due to asthma is disproportionately higher among racial and ethnic minorities, low-income populations, and children living in inner cities than in the general population.

North Carolina Health Objectives for the Year 2010: Increase the proportion of children under age 19 at or below 200 percent of the Federal Poverty Level who received any preventive dental service during the past year.



Percent of students who responded that the last time they saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured was during the past 12 months



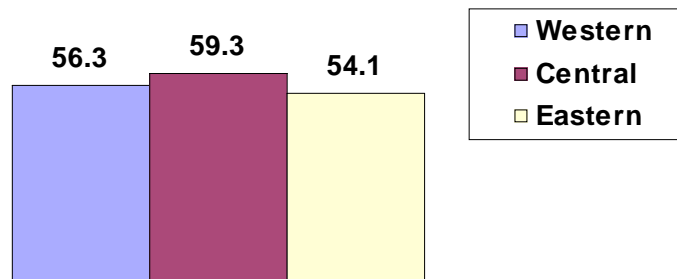
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	57.8%	57.0%	58.7%	50.5%	61.0%	62.6%	61.4%	51.8%	48.3%	61.7%	
2003	56.3%	57.7%	54.7%	51.3%	56.5%	59.7%	61.1%	48.8%		55.4%	
2005	56.1%	57.8%	54.6%	50.3%	57.8%	59.2%	57.3%	55.6%	52.2%	56.3%	52.4%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that the last time they saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured was during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who responded that the last time they saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured was during the past 12 months



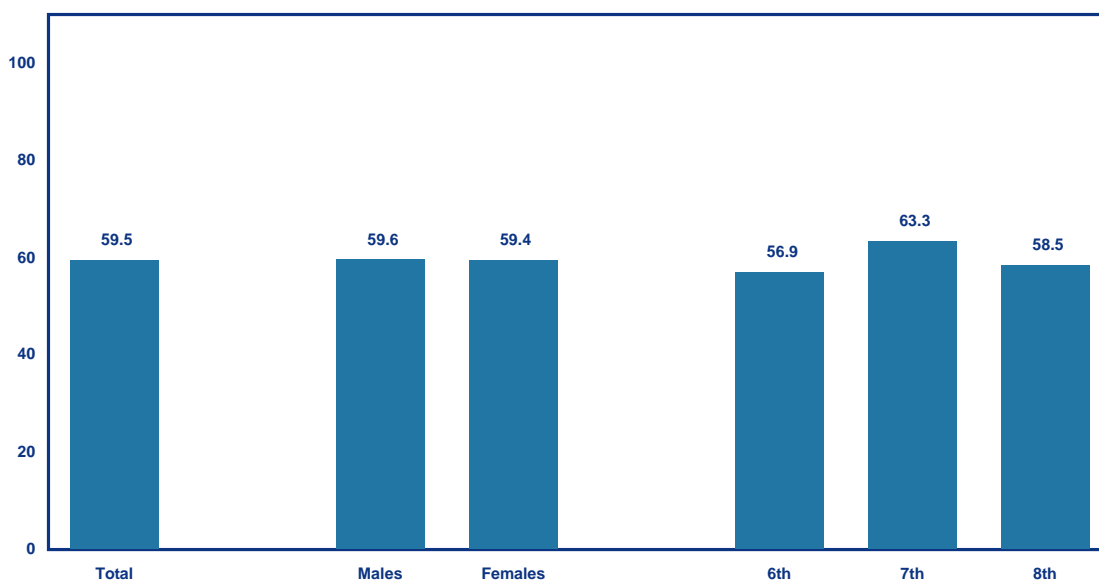
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	56.9%	58.4%	54.9%	51.1%	53.5%	66.8	59.7%				
*2005	56.3%	59.4%	53.3%	50.8%	58.4%	59.0	57.1%				
Central											
2003	56.3%	58.6%	53.5%		56.3%	61.4	62.3%	50.3%			
2005	59.3%	59.3%	59.2%	54.4%	59.6%	63.3	60.6%	58.8%			58.1%
Eastern											
*2003	55.0%	54.1%	56.1%	55.4%	57.5%	52.0%	63.0	44.9%			
*2005	54.1%	55.9%	52.5%	47.1%	56.2%	58.6%	56.3	50.6%	55.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report that the last time they saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured was during the past 12 months, although not significantly.



Percent of students who responded that the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months



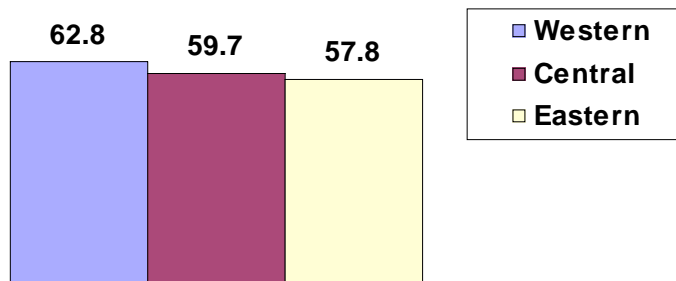
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	64.8%	63.9%	65.7%	59.7%	68.1%	66.7%	73.0%	50.0%	42.6%	75.8%	
2003	61.5%	60.6%	62.5%	56.4%	64.1%	61.9%	72.2%	45.1%		53.6%	
2005	59.5%	59.6%	59.4%	56.9%	63.3%	58.5%	66.8%	50.4%	43.8%	59.7%	47.2%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 7th grade were **more** likely than students in the 6th and 8th grade to report that the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months, although not significantly.
- In 2005, students that identify as White were **more** likely than all other students to report that the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who responded that the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months



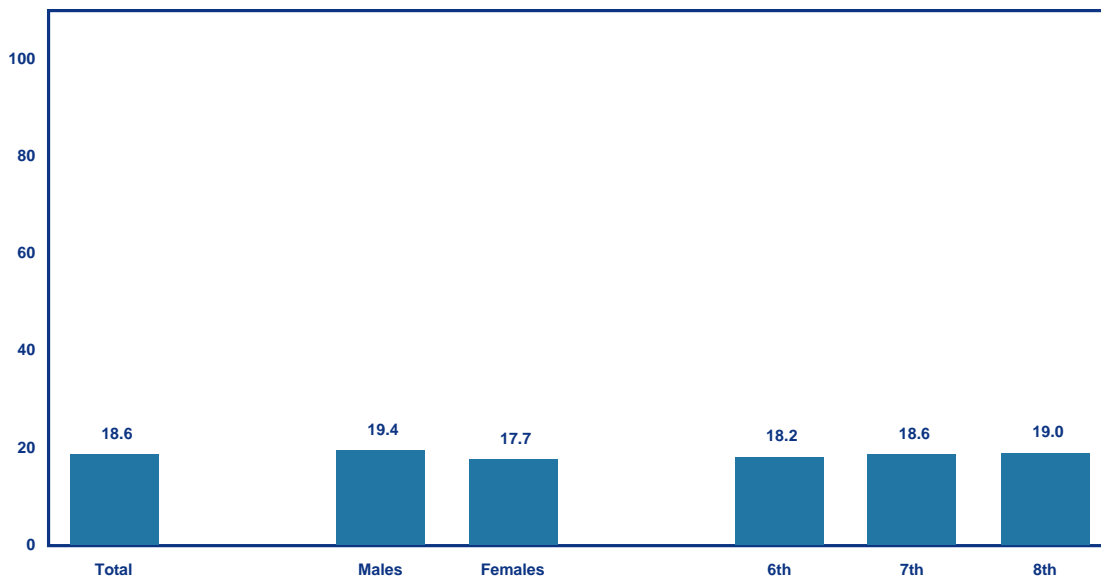
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	64.0%	62.0%	66.0%	60.8%	66.4%	63.5%	70.6%				
*2005	62.8%	63.5%	62.3%	59.1%	67.0%	63.0%	65.9%				
Central											
2003	61.7%	63.7%	60.1%		65.6%	63.8%	74.3%	47.6%			
2005	59.7%	57.2%	61.8%	57.9%	62.2%	59.3%	68.6%	51.4%			50.0%
Eastern											
*2003	57.9%	55.9%	59.9%	54.5%	61.3%	58.3%	72.6%	40.7%			
*2005	57.8%	59.8%	55.8%	54.8%	62.0%	56.8%	67.7%	47.4%	44.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report that the last time they saw a dentist for a check-up, exam, teeth cleaning, or other dental work was during the past 12 months, although not significantly.



Percent of students who had ever been told by a doctor or nurse that they had asthma



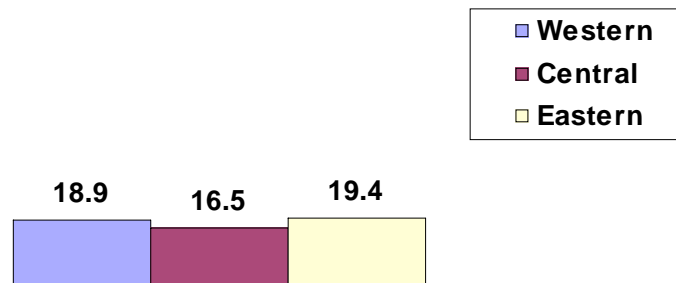
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	18.6%	19.4%	17.7%	18.2%	18.6%	19.0%	18.0%	21.8%	13.7%	20.6%	16.7%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were slightly **more** likely to report ever having been told by a doctor or nurse that they had asthma, although not significantly.

REGIONAL RESULTS

Percent of students who had ever been told by a doctor or nurse that they had asthma



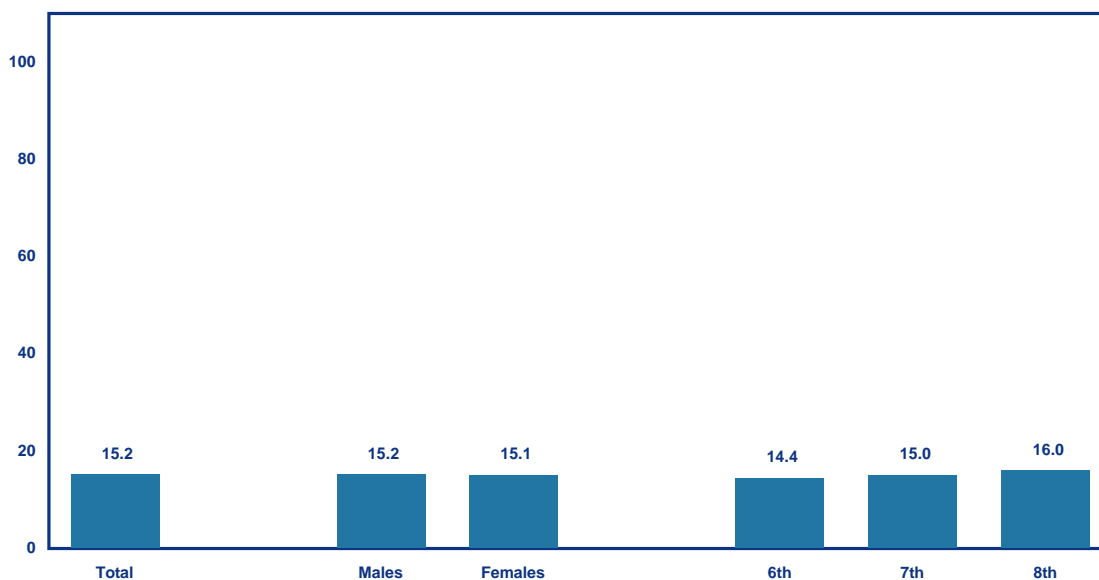
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	18.9%	20.7%	16.9%	22.4%	16.7%	18.0%	17.7%				
Central											
2005	16.5%	19.0%	13.8%	13.0%	19.1%	17.3%	17.5%	18.6%			14.7%
Eastern											
*2005	19.4%	18.8%	19.8%	18.7%	19.4%	20.5%	18.4%	21.7%	10.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **less** likely than students in the Western and Eastern regions to report ever having been told by a doctor or nurse that they had asthma, although not significantly.



Percent of students who have ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma)



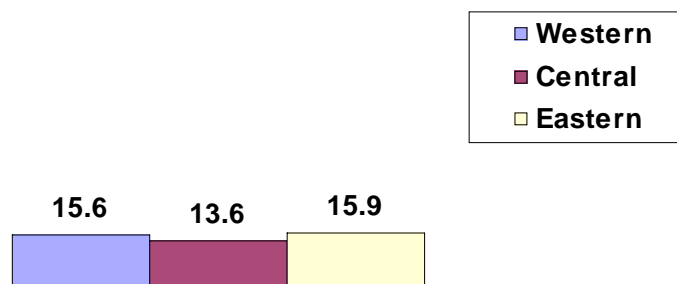
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	15.2%	15.2%	15.1%	14.4%	15.0%	16.0%	14.9%	17.8%	10.6%	14.7%	13.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students that identify as Hispanic were **less** likely than all other student to report having ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma), although not significantly.

REGIONAL RESULTS

Percent of students who have ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma)



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	15.6%	16.3%	14.9%	18.0%	13.3%	15.9%	14.9%				
Central											
2005	13.6%	14.6%	12.5%	10.0%	15.8%	15.0%	13.9%	15.5%			13.8%
Eastern											
*2005	15.9%	14.7%	16.8%	15.7%	15.0%	17.3%	15.4%	17.8%	8.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **less** likely than students in the Western and Eastern regions to report having ever been told by a doctor or nurse that they had asthma and who have asthma but had not had an episode of asthma or an asthma attack during the past 12 months or who had an episode of asthma or an asthma attack during the past 12 months (i.e., current asthma), although not significantly.



Nutrition

Along with inactivity, improper nutrition is a major factor in the obesity epidemic that has emerged in the U.S. in recent years. A poor diet, along with physical inactivity, is linked to diseases that account for an estimated three out of four deaths in the U.S. each year. The United States Department of Agriculture offers Dietary Guidelines that describe a healthy diet: one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats and other protein sources; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.¹

Chronic diseases linked to what we eat cause an estimated three out of four U.S. deaths each year. These diseases include heart disease, high blood pressure, stroke, some types of cancer, and diabetes. Eating a diet that contains 5 to 9 servings of fruits and vegetables a day as part of a healthy, active lifestyle lowers the risk for all of these diseases.² Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances necessary for good health. There is some evidence to suggest that dietary behaviors with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer³ and of being overweight.⁴

Children and adolescents nine years of age and older should consume three cups per day of fat-free or low-fat milk or equivalent milk products. Calcium is essential for the forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.⁵

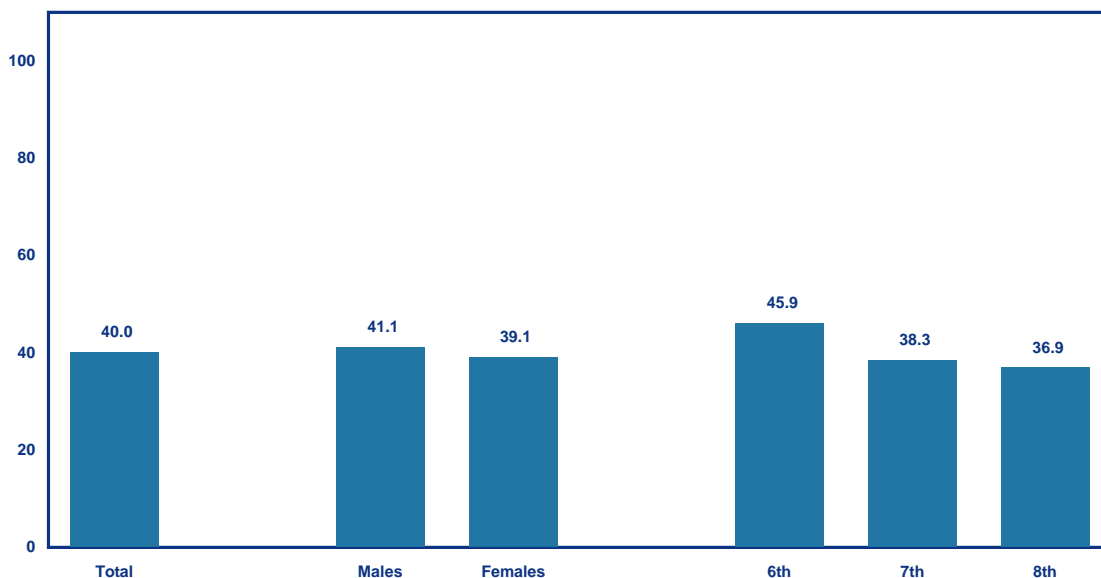
The National Cancer Institute and the Centers for Disease Control and Prevention recommend the consumption of seven servings of fruit and vegetables each day for older kids and teen girls and nine servings for teen boys.

National Health Objectives for the Year 2010: Reduce the proportion of children and adolescents who are overweight or obese, increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit, increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange, increase the proportion of persons aged 2 years and older who meet dietary recommendations for calcium.

North Carolina Health Objectives for the Year 2010: Increase the percent of middle school and high school students who eat any fruit or fruit juice on a given day to 95%, increase the percent of middle school and high school students who eat any vegetables on a given day to 95%, decrease the percent of students who eat high-sugar snack foods on a given day to 50%.



Percent of students who eat fruit one or more times on a typical day



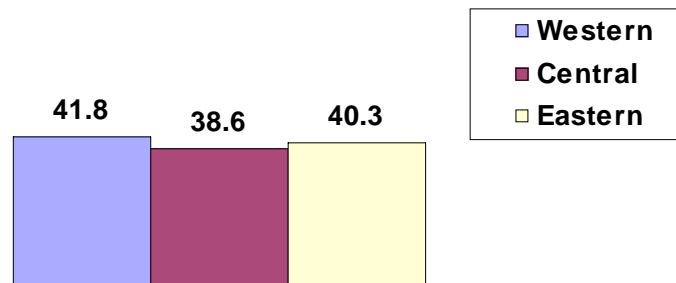
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	40.0%	41.1%	39.1%	45.9%	38.3%	36.9%	38.8%	38.9%	53.6%	39.2%	40.7%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **more** likely than students in the 7th and 8th grade to report eating fruit one or more times on a typical day, although not significantly.

REGIONAL RESULTS

Percent of students who eat fruit one or more times on a typical day



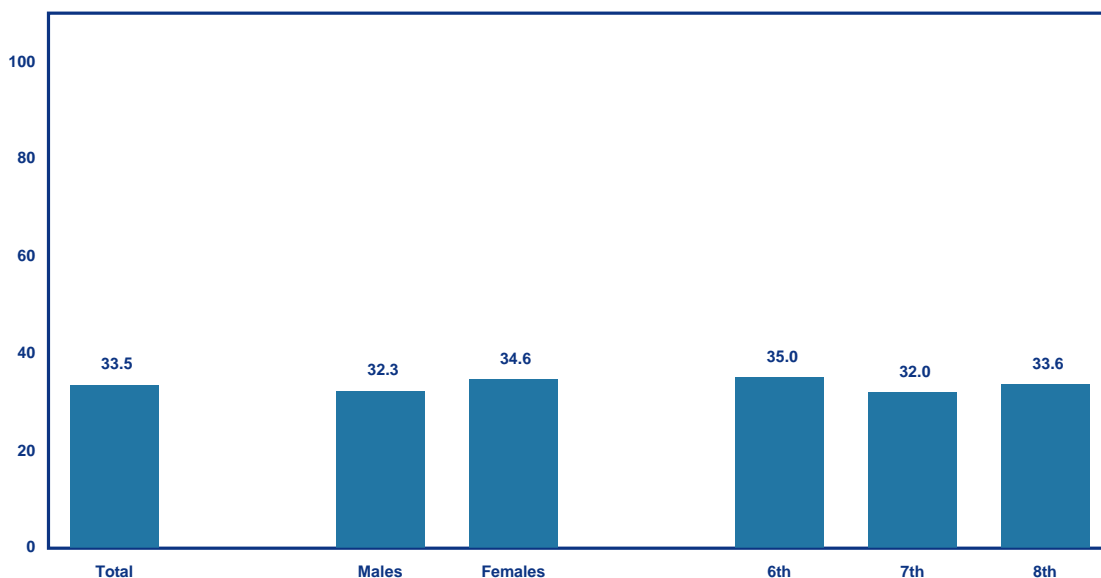
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	41.8%	41.2%	42.4%	47.0%	42.5%	37.1%	41.0%	42.5%			
Central											
2005	38.6%	41.8%	35.8%	41.7%	37.7%	36.5%	33.9%	43.8%			34.7%
Eastern											
*2005	40.3%	41.3%	39.5%	50.7%	34.6%	36.1%	40.4%	37.0%	60.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **less** likely than students in the Western and Eastern regions to report eating fruit one or more times on a typical day, although not significantly.



Percent of students who eat vegetables one or more times on a typical day



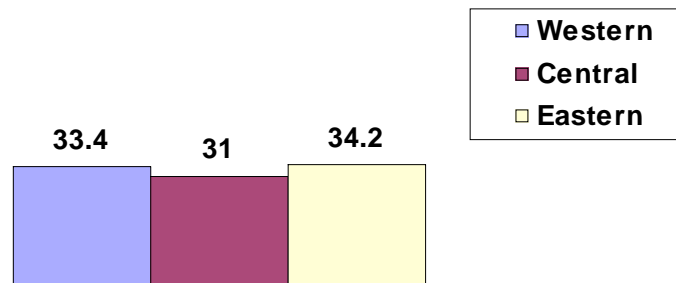
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	33.5%	32.3%	34.6%	35.0%	32.0%	33.6%	33.4%	31.2%	38.1%	38.9%	34.1%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **more** likely than students in the 7th and 8th grade to report eating vegetables one or more times on a typical day, although not significantly.

REGIONAL RESULTS

Percent of students who eat vegetables one or more times on a typical day



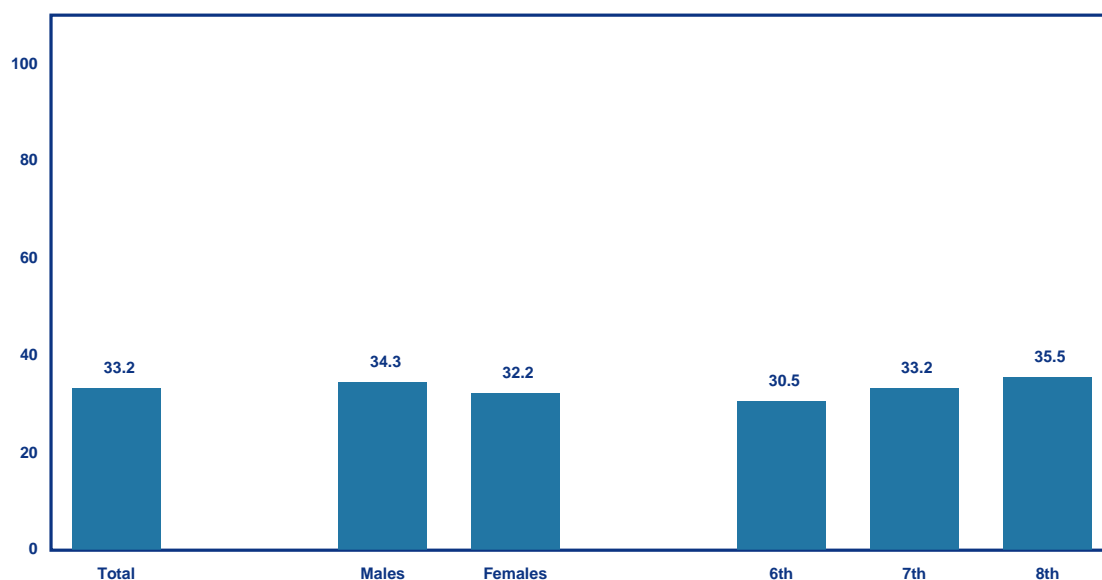
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	33.4%	31.3%	35.5%	34.9%	31.8%	33.5%	33.7%	30.6%			
Central											
2005	31.0%	31.4%	30.5%	33.0%	31.3%	28.5%	31.0%	31.3%			29.4%
Eastern											
*2005	34.2%	32.6%	35.9%	36.1%	30.7%	36.2%	35.1%	31.4%	43.5%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **less** likely than students in the Western and Eastern regions to report eating vegetables one or more times on a typical day, although not significantly.



Percent of students who ate French fries one or more times during the past seven days



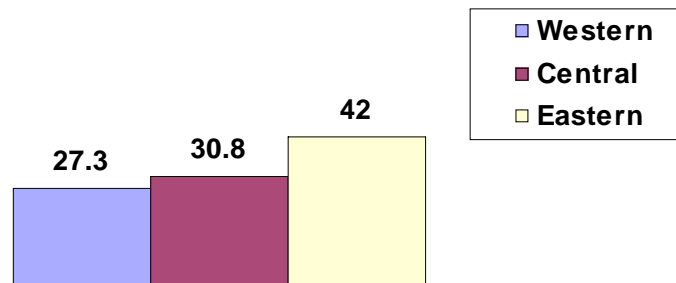
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	33.2%	34.3%	32.2%	30.5%	33.2%	35.5%	30.6%	41.5%	30.2%	34.3%	30.4%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report eating French fries one or more times during the past seven days, although not significantly.
- In 2005, students that identify as Black were **more** likely than all other students to report eating French fries one or more times during the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who ate French fries one or more times during the past seven days



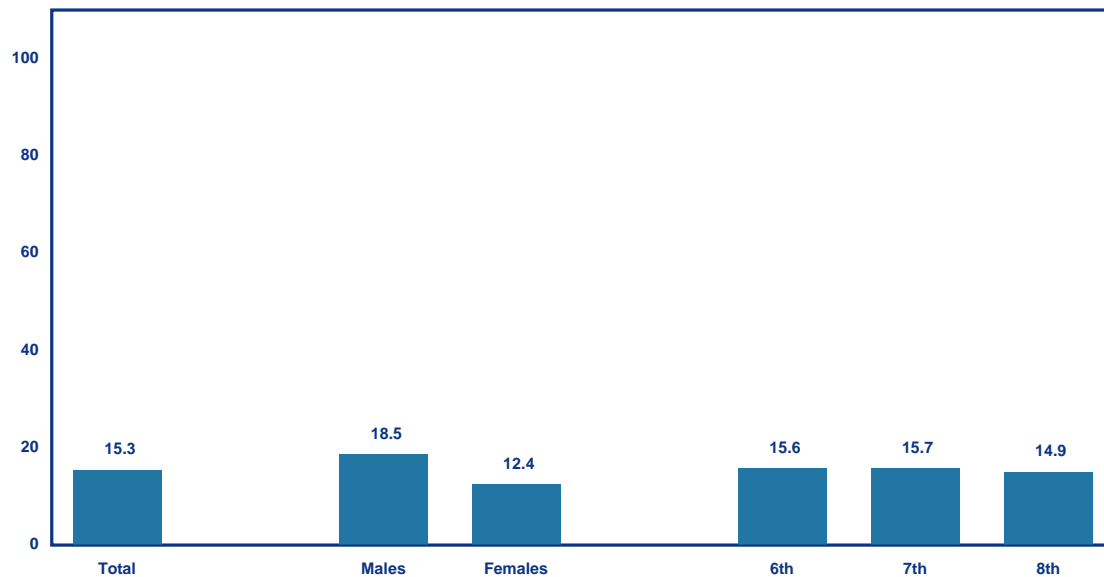
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	27.3%	28.75	25.9%	23.6%	27.3%	30.5%	27.0%	31.2%			
Central											
2005	30.8%	31.5%	30.0%	29.6%	31.6%	31.3%	29.6%	35.6%			26.5%
Eastern											
*2005	42.0%	41.9%	42.3%	44.4%	37.6%	43.8%	39.0%	46.5%	35.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were significantly **more** likely than students in the Western region to report eating French fries one or more times during the past seven days. This was true for both genders, 6th grade students and students that identify as Black.



Percent of students who drank three or more glasses of milk daily during the past seven days



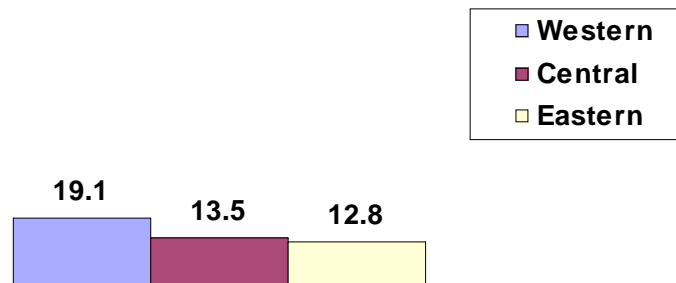
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	15.3%	18.5%	12.4%	15.6%	15.7%	14.9%	19.7%	6.8%	14.5%	15.7%	8.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report drinking three or more glasses of milk during the past seven days, although not significantly.
- In 2005, students that identify as Black and students that identify as Other were **less** likely than all other students to report drinking three or more glasses of milk during the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who drank three or more glasses of milk daily during the past seven days



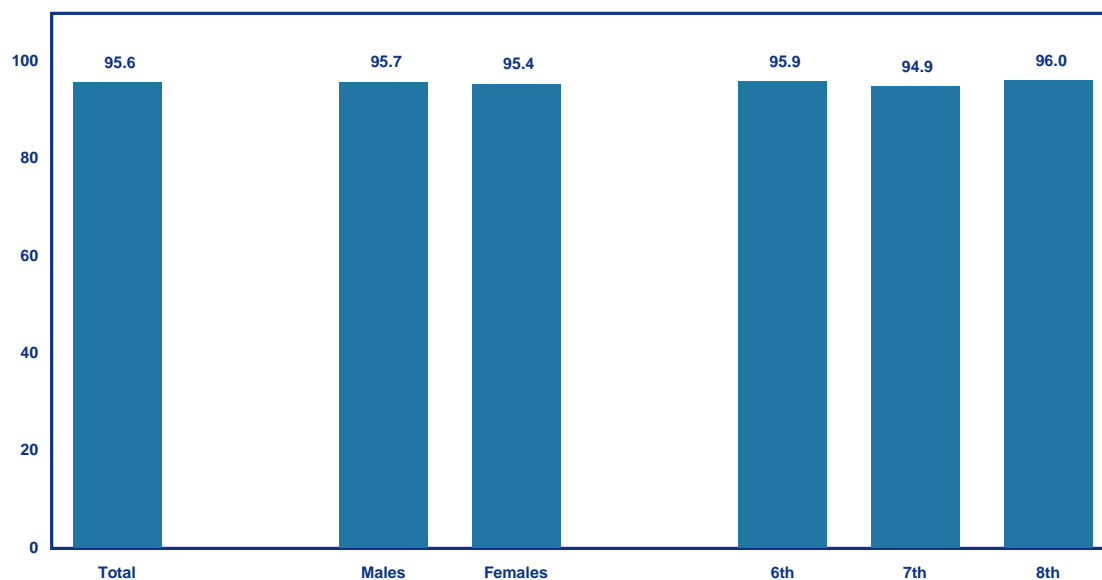
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	19.1%	22.1%	15.7%	17.8%	17.5%	21.6%	20.7%	9.6%			
Central											
2005	13.5%	16.1%	11.3%	13.7%	15.7%	11.6%	18.3%	7.5%			5.1%
Eastern											
*2005	12.8%	15.9%	9.6%	12.7%	14.2%	11.9%	18.6%	5.6%	12.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were significantly more likely than students in the Eastern region to report drinking three or more glasses of milk during the past seven days.
- In 2005, 8th grade students in the Western region were significantly more likely than 8th grade students in the Eastern region to report drinking three or more glasses of milk during the past seven days.



Percent of students who drink a soft drink or sweetened beverage one or more times on a typical day



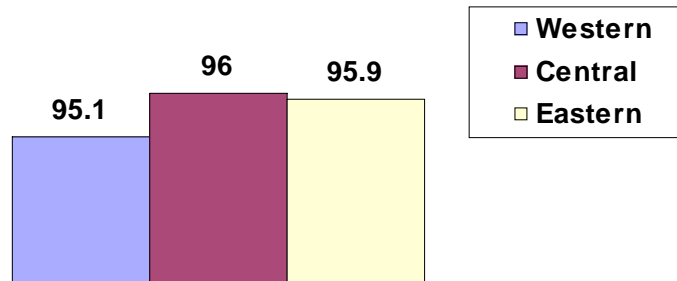
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	95.6%	95.7%	95.4%	95.9%	94.9%	96.0%	95.3%	96.9%	92.6%	94.9%	96.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students that identify as Hispanic were **less** likely than all other students to report drinking a soft drink or sweetened beverage one or more times on a typical day, although not significantly.

REGIONAL RESULTS

Percent of students who drink a soft drink or sweetened beverage one or more times on a typical day



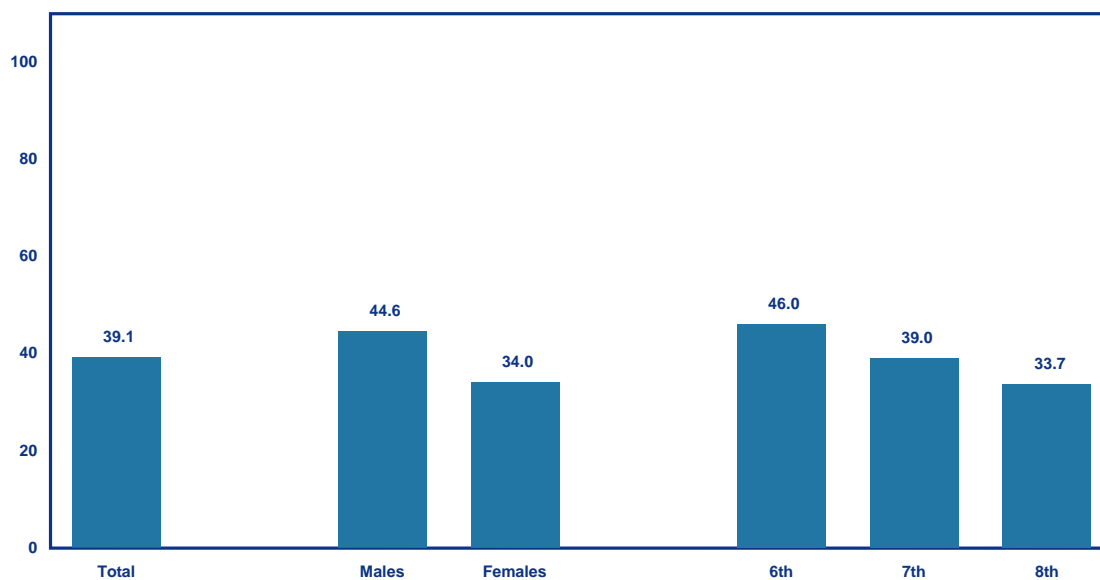
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	95.1%	95.8%	94.3%	95.7%	93.6%	96.2%	95.3%	96.3%			
Central											
2005	6.0%	96.4%	95.6%	96.5%	95.0%	96.3%	95.0%	97.2%			98.3%
Eastern											
*2005	95.9%	95.1%	96.7%	95.8%	95.8%	96.1%	95.6%	96.9%	90.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than all students in the Central and Eastern regions to report drinking a soft drink or sweetened beverage one or more times on a typical day, although not significantly.



Percent of students who ate breakfast on seven of the past seven days



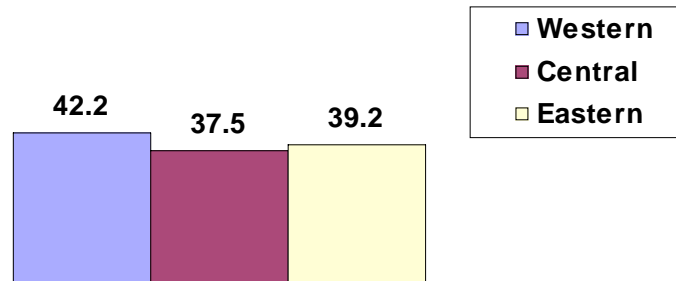
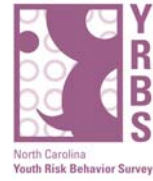
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	39.1%	44.6%	34.0%	46.0%	39.0%	33.7%	44.2%	30.6%	35.8%	40.0%	28.0%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **more** likely than students in the 7th and 8th grade to report eating breakfast on seven of the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who ate breakfast on seven of the past seven days



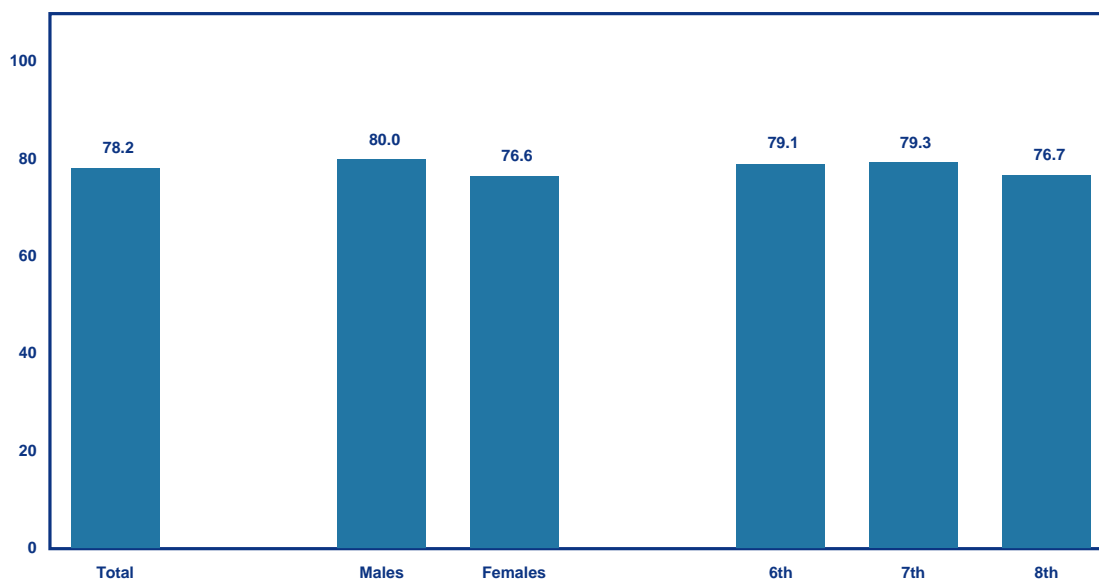
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	42.2%	47.5%	36.8%	48.1%	43.4%	36.1%	43.3%	39.5%			
Central											
2005	37.5%	44.2%	30.9%	43.7%	33.2%	35.4%	46.3%	28.2%			27.4%
Eastern											
*2005	39.2%	44.2%	34.1%	46.7%	40.6%	31.1%	45.4%	30.1%	46.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report eating breakfast on seven of the past seven days, although not significantly.



Percent of students who ate dinner at home with their family four or more times during the past seven days



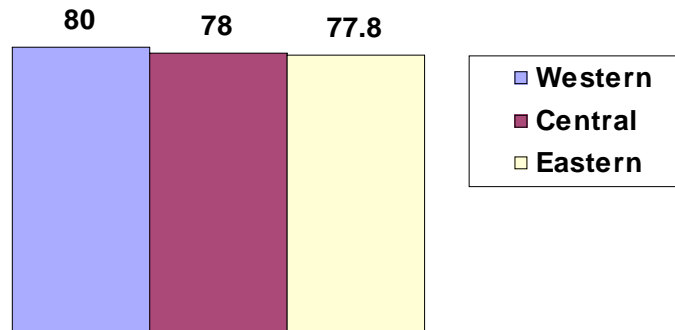
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	78.2%	80.0%	76.6%	79.1%	79.3%	76.7%	80.9%	72.7%	77.5%	73.5%	78.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report eating dinner with their family on four of the past seven days, although not significantly.
- In 2005, 8th grade students were **less** likely than 6th and 7th grade students to report eating dinner with their family on four of the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who ate dinner at home with their family four or more times during the past seven days



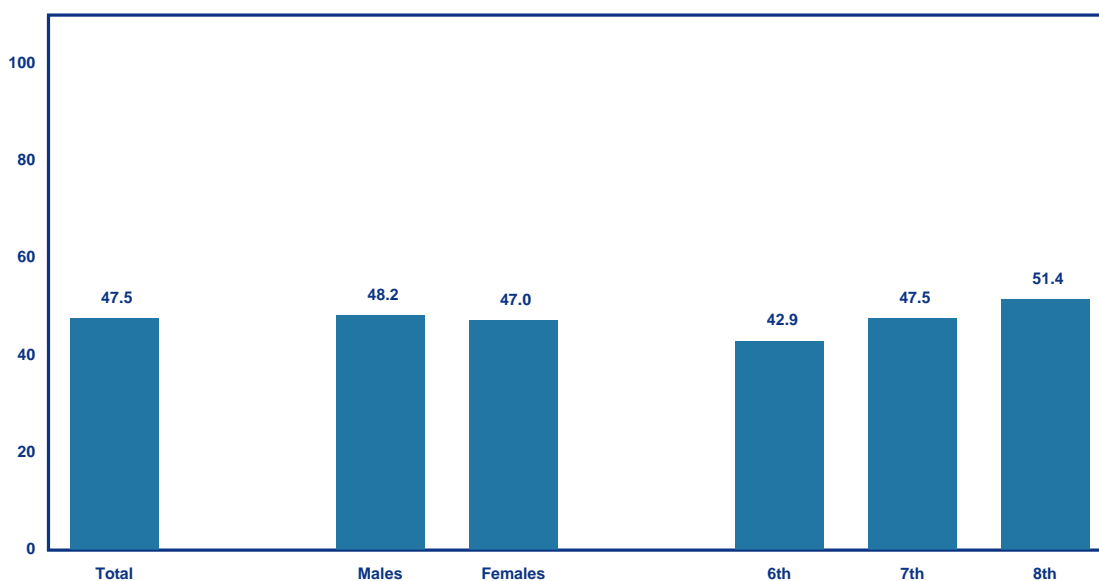
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	80.0%	81.3%	78.8%	78.0%	81.2%	80.8%	80.0%				
Central											
2005	78.0%	82.8%	74.0%	80.4%	80.6%	73.5%	81.0%	72.4%			82.1%
Eastern											
*2005	77.8%	79.5%	76.4%	82.5%	76.5%	75.1%	83.3%	70.6%	80.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report eating dinner with their family on four of the past seven days, although not significantly.



Percent of students who bought food and/or drinks from vending machines at school one or more times during the past seven days



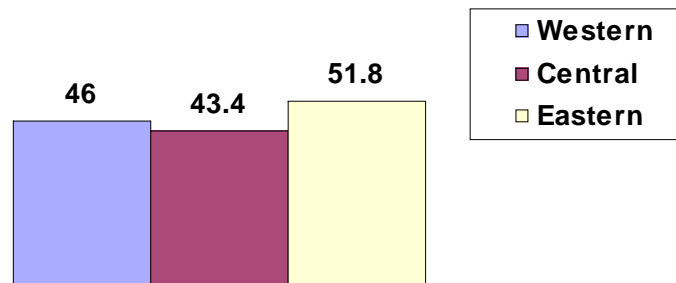
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	47.5%	48.2%	47.0%	42.9%	47.5%	51.4%	43.2%	58.7%	44.1%	42.9%	54.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they bought food and/or drinks from vending machines at school one or more times during the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who bought food and/or drinks from vending machines at school one or more times during the past seven days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	46.0%	45.8%	46.2%	43.4%	46.1%	48.5%	44.8%	52.6%			
Central											
2005	43.4%	43.9%	43.4%	41.2%	43.6%	45.2%	37.9%	48.1%			57.1%
Eastern											
*2005	51.8%	52.3%	51.2%	45.5%	50.8%	58.5%	42.5%	65.1%	41.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report that they bought food and/or drinks from vending machines at school one or more times during the past seven days, although not significantly.



Physical Activity

Regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat. It also reduces feelings of depression and anxiety, while promoting psychological well-being.¹ Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular.² It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity on most days of the week, preferably daily. Through a quality physical education program, students learn a variety of skills to be physically active for a lifetime.

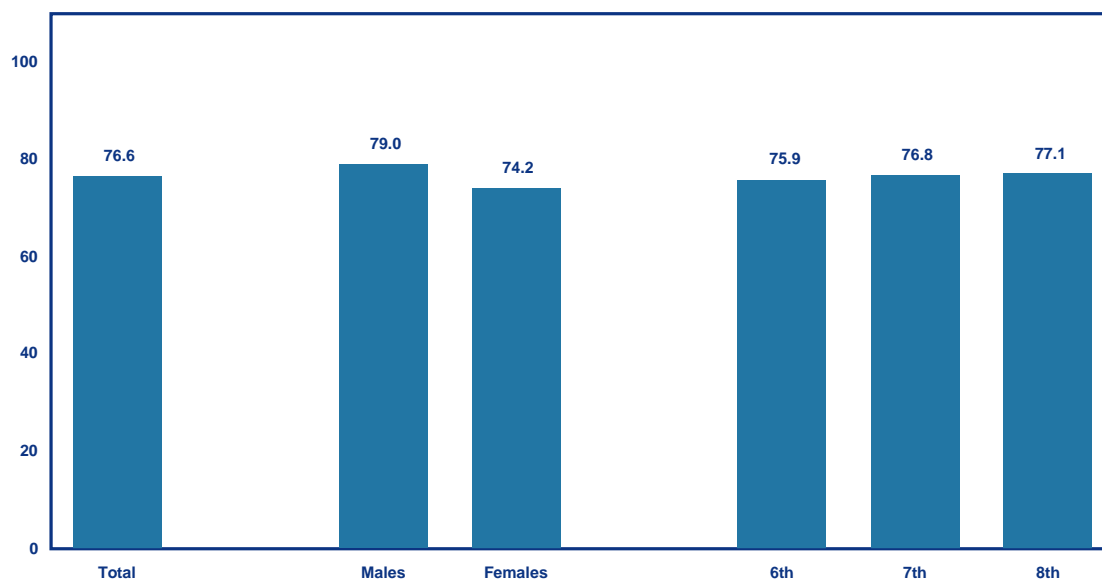
Despite the well-known benefits of physical activity, most adults and many children lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as follows, “engaging in no leisure-time physical activity (exercises, sports, physically active hobbies) in a two-week period.”⁴ Decreases in vigorous physical activity occur during grades 9 through 12, particularly for girls; by 11th grade, half of female high school students do not participate in sufficient levels of vigorous physical activity.⁵ Television viewing and using the computer, now referred to as “screen time,” is the principal sedentary leisure time behavior in the U.S and is linked to obesity in youth.⁶ Promoting physical activity and healthy eating are key strategies for preventing obesity.⁷

National Health Objectives for the Year 2010: Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days to 35%, increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion to 85%, increase the proportion of adolescents who participate in daily school physical education to 50%, the proportion of adolescents who spend at least 50% of school physical education class time being physically active to 50%, increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%.

North Carolina Health Objectives for the Year 2010: Increase the proportion of middle and high school students who report participating in vigorous physical activity for at least 20 minutes on 3 or more of the previous 7 days to 80%, increase the proportion of middle and high school students who report participating in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days.



Percent of students who spend 20 minutes or more being physically active on a typical school day



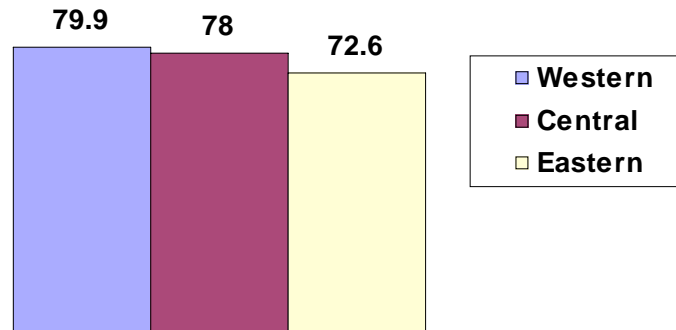
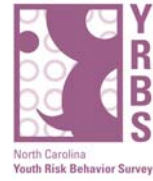
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	76.6%	79.0%	74.2%	75.9%	76.8%	77.1%	79.6%	72.0%	68.4%	80.7%	71.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students in the 6th and 7th grade to report spending 20 minutes or more being physically active on a typical school day, although not significantly.

REGIONAL RESULTS

Percent of students who spend 20 minutes or more being physically active on a typical school day



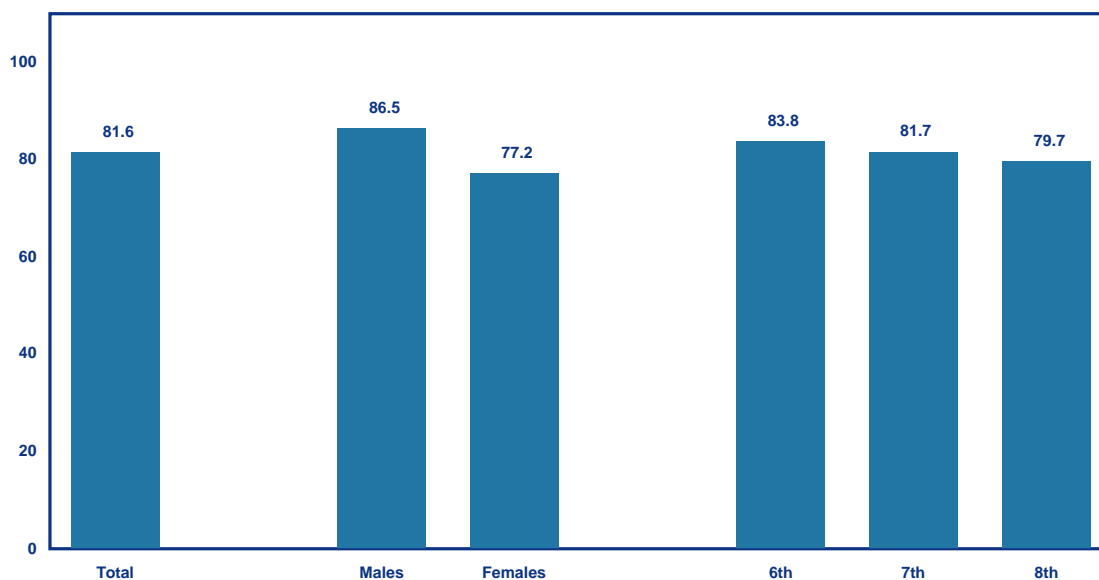
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	79.9%	82.3%	77.4%	80.2%	79.6%	80.2%	81.5%				
Central											
2005	78.0%	79.5%	76.8%	73.3%	83.0%	77.8%	78.7%	78.6%			77.8%
Eastern											
*2005	72.6%	75.5%	69.3%	71.9%	70.5%	75.6%	76.7%	68.2%	65.2%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report spending 20 minutes or more being physically active on a typical school day, although not significantly.



Percent of students who spend 20 minutes or more being physically active on a typical weekend day



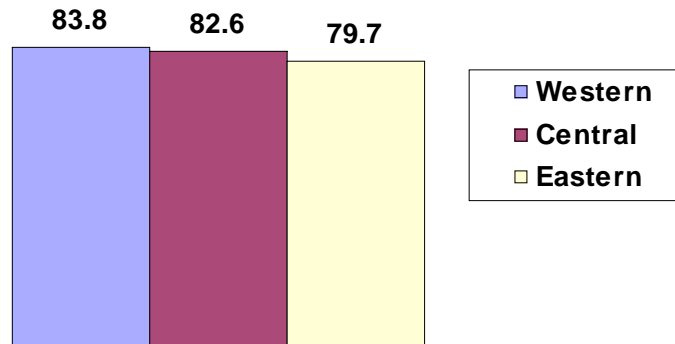
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	81.6%	86.5%	77.2%	83.8%	81.7%	79.7%	87.3%	72.1%	72.3%	79.3%	78.0%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report spending 20 minutes or more being physically active on a typical weekend day, although not significantly.

REGIONAL RESULTS

Percent of students who spend 20 minutes or more being physically active on a typical weekend day



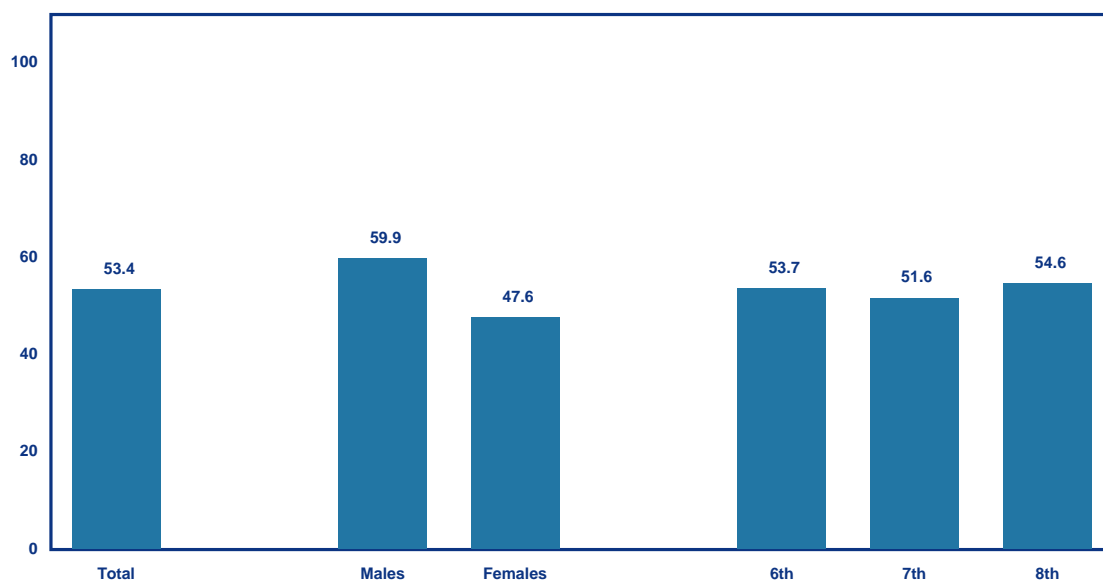
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	83.8%	87.4%	80.3%	85.2%	84.2%	82.6%	86.2%	75.8%			
Central											
2005	82.6%	86.4%	79.3%	85.6%	82.7%	79.7%	89.1%	73.5%			82.6%
Eastern											
*2005	79.7%	86.4%	72.8%	81.0%	80.0%	77.9%	87.5%	70.3%	73.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report spending 20 minutes or more being physically active on a typical weekend day, although not significantly.



Percent of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days



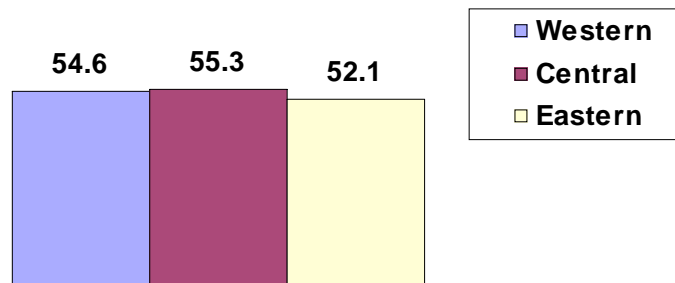
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	53.4%	59.9%	47.6%	53.7%	51.6%	54.6%	58.1%	47.2%	43.5%	54.5%	46.3%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report being physically active for a total of 60 minutes or more per day on five or more of the past seven days, although not significantly.

REGIONAL RESULTS

Percent of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days



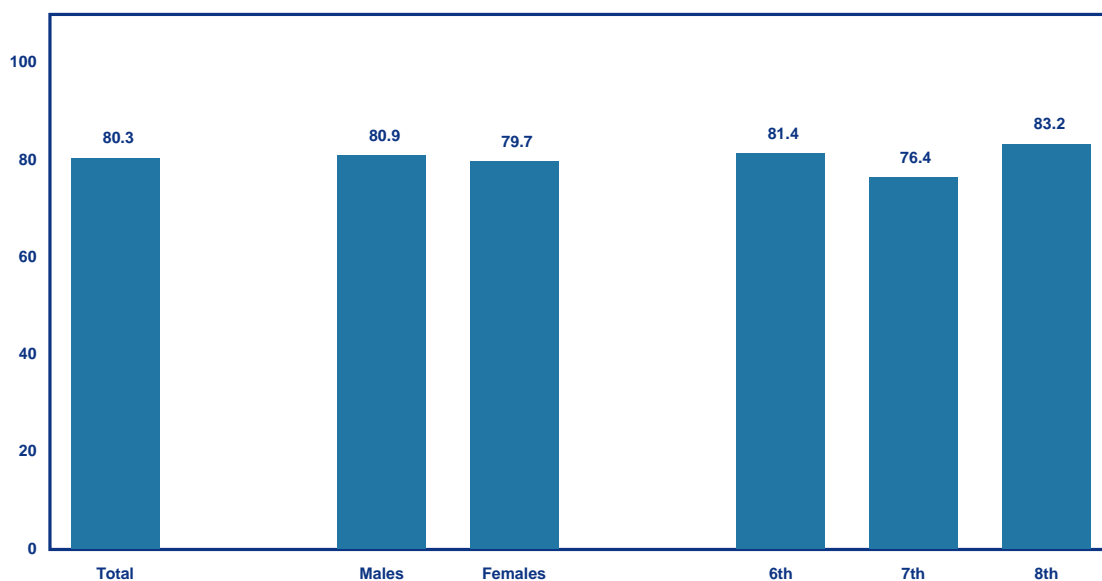
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	54.6%	60.9%	78.2%	53.3%	53.9%	56.0%	56.0%	54.2%			
Central											
2005	55.3%	61.6%	49.9%	53.7%	56.0%	56.5%	60.0%	53.2%			48.7%
Eastern											
*2005	52.1%	58.0%	46.0%	55.3%	47.5%	53.2%	60.3%	42.8%	46.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in the Western and Central regions to report being physically active for a total of 60 minutes or more per day on five or more of the past seven days, although not significantly.



Percent of students who attended physical education (PE) classes on one or more days in an average week when they were in school



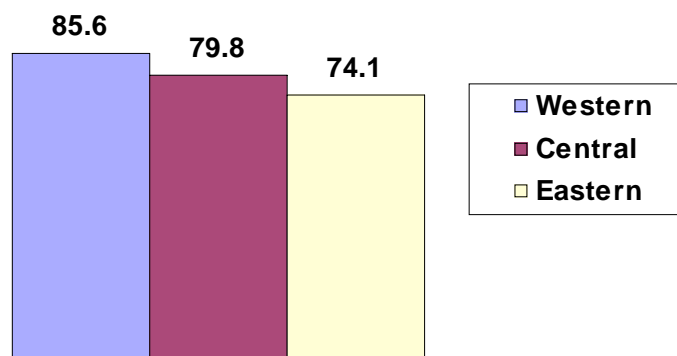
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	80.3%	80.9%	79.7%	81.4%	76.4%	83.2%	79.9%	81.2%	77.3%	80.5%	82.5%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 7th grade were **less** likely than students in the 6th and 8th grade to report that they attended physical education (PE) classes on one or more days in an average week when they were in school, although not significantly.

REGIONAL RESULTS

Percent of students who attended physical education (PE) classes on one or more days in an average week when they were in school



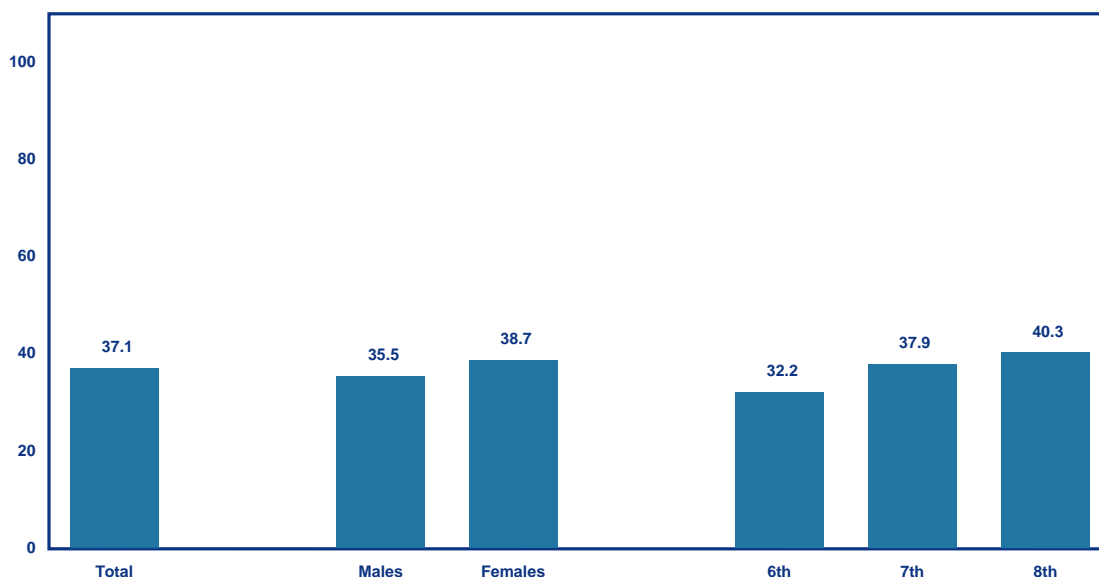
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	85.6%	86.5%	84.8%	89.4%	84.3%	83.9%	85.4%				
Central											
2005	79.8%	80.1%	79.7%	76.7%	76.5%	86.3%	76.2%	83.3%			88.1%
Eastern											
*2005	74.1%	74.6%	73.5%	71.1%	69.9%	81.3%	70.6%	78.5%	72.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report that they attended physical education (PE) classes on one or more days in an average week when they were in school, although not significantly.



Percent of students who attended physical education (PE) classes daily in an average week when they were in school



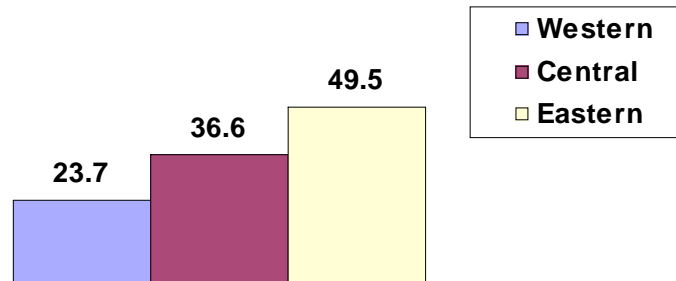
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	37.1	35.5	38.7	32.2	37.9	40.3	34.9	43.6	41.6	41.0	25.7

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male to report attending physical education (PE) classes daily in an average week when they were in school, although not significantly.
- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report attending physical education (PE) classes daily in an average week when they were in school, although not significantly.

REGIONAL RESULTS

Percent of students who attended physical education (PE) classes daily in an average week when they were in school



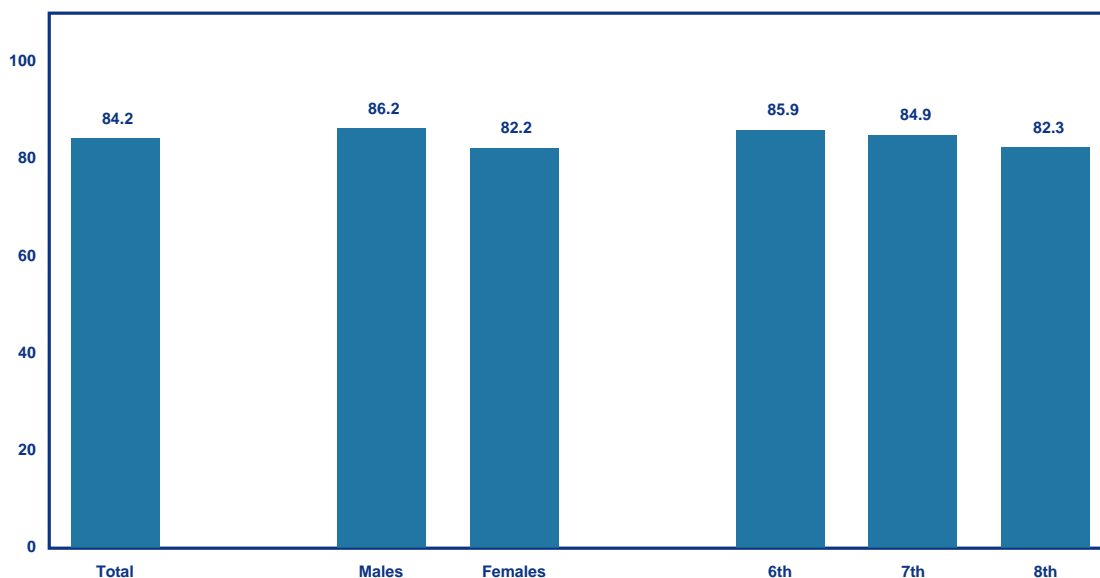
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	23.7%	21.9%	25.4%	17.7%	20.9%	31.2%	22.5%				
Central											
2005	36.6%	36.2%	37.1%	33.7%	41.3%	34.8%	38.9%	42.6%			14.4%
Eastern											
*2005	49.5%	46.4%	53.1%	51.9%	45.6%	51.4%	50.9%	47.3%	50.5%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were significantly more likely than students in the Western region to report attending physical education (PE) classes daily in an average week when they were in school, although not significantly. This is true for both genders, students in the 6th and 7th grades and students that identify as White.



Among students enrolled in physical education (PE) class, the percent who actually exercised or played sports more than 20 minutes during an average PE class



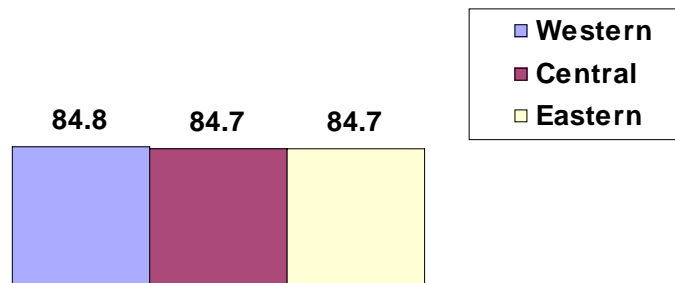
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	84.2%	86.2%	82.2%	85.9%	84.9%	82.3%	86.0%	80.3%	82.8%	34.3%	83.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report being enrolled in physical education (PE) class and actually exercising or playing sports more than 20 minutes during an average PE class, although not significantly.

REGIONAL RESULTS

Among students enrolled in physical education (PE) class, the percent who actually exercised or played sports more than 20 minutes during an average PE class



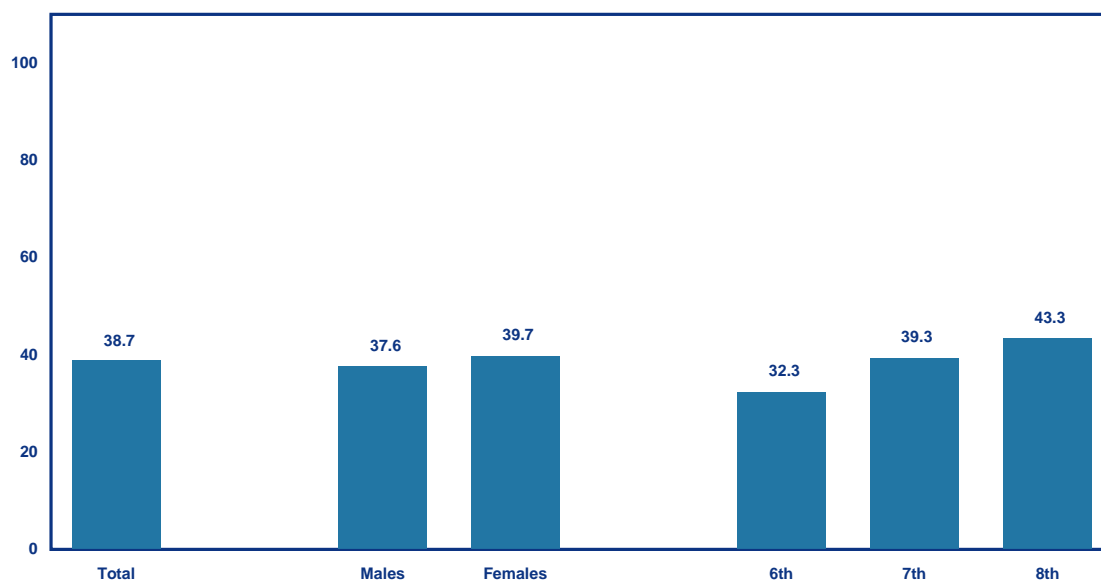
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	84.8%	86.7%	82.9%	84.9%	86.8%	83.6%	85.8%				
Central											
2005	84.7%	86.0%	83.3%	86.4%	85.4%	82.6%	84.8%	84.2%			88.1%
Eastern											
*2005	84.7%	87.6%	81.4%	90.8%	82.4%	81.3%	88.2%	79.5%			

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were slightly **more** likely than students in the Central and Eastern regions to report being enrolled in physical education (PE) class and actually exercising or playing sports more than 20 minutes during an average PE class, although not significantly.



Percent of students who watched three or more hours per day of TV on an average school day



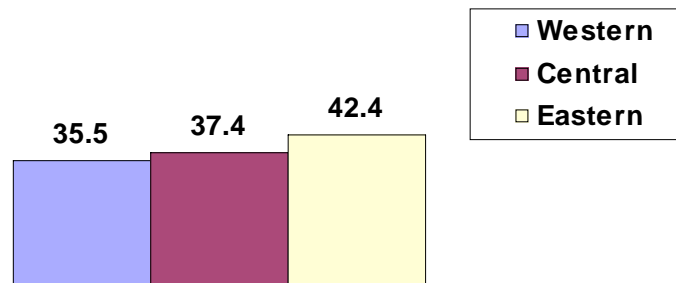
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	38.7%	37.6%	39.7%	32.3%	39.3%	43.3%	30.0%	59.6%	43.4%	40.0%	36.3%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report that they watched three or more hours per day of TV on an average school day, although not significantly.

REGIONAL RESULTS

Percent of students who watched three or more hours per day of TV on an average school day



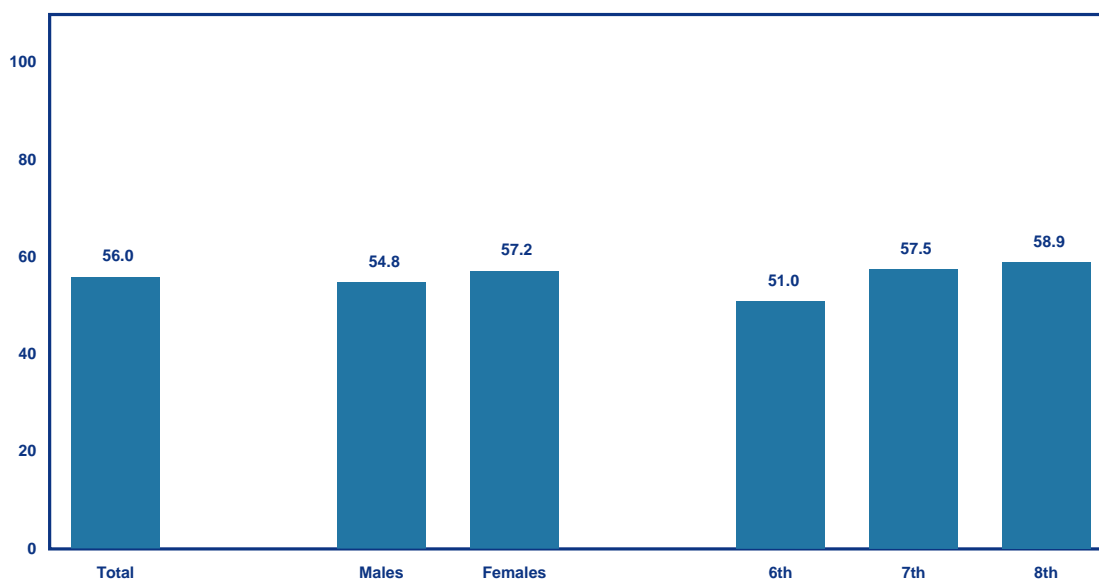
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	35.5%	34.4%	36.5%	32.0%	32.9%	40.9%	32.3%				
Central											
2005	37.4%	34.0%	40.7%	31.0%	40.1%	41.2%	24.5%	59.6%			39.3%
Eastern											
*2005	42.4%	42.0%	42.8%	34.1%	43.9%	48.6%	29.1%	58.3%	51.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report that they watched three or more hours per day of TV on an average school day, although not significantly.



Percent of students who watch TV three or more hours on an average weekend



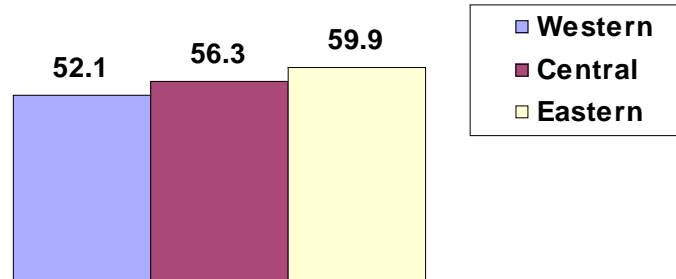
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	56.0%	54.8%	57.2%	51.0%	57.5%	58.9%	49.8%	69.7%	57.9%	55.2%	61.8%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they watched three or more hours per day of TV on an average weekend day, although not significantly.
- In 2005, students that identify as Black were **more** likely than all other students to report that they watched three or more hours per day of TV on an average weekend day, although not significantly.

REGIONAL RESULTS

Percent of students who watch TV three or more hours on an average weekend



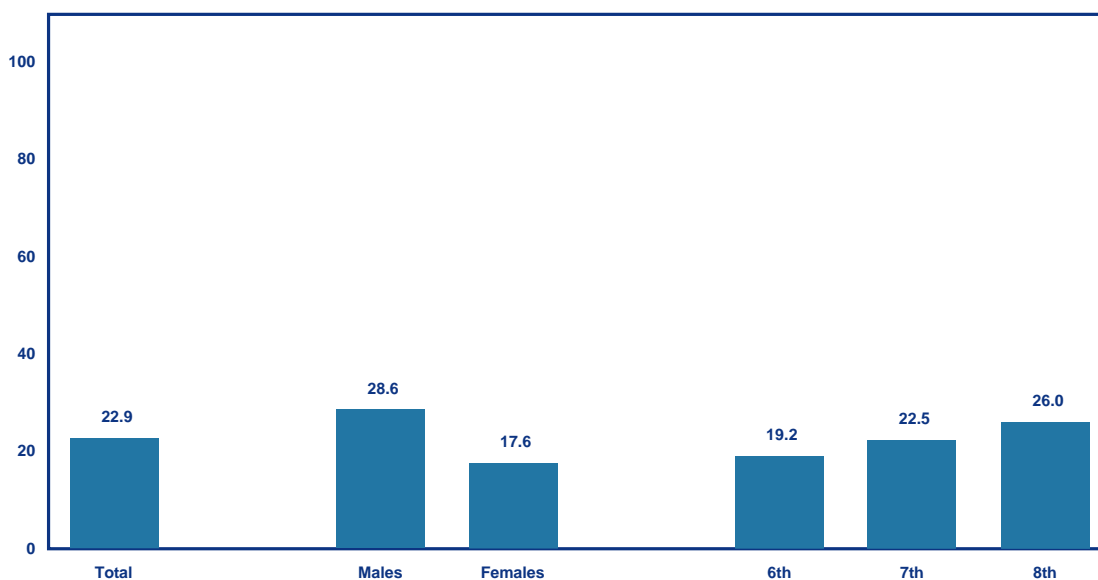
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	52.1%	50.7%	53.5%	49.9%	51.5%	55.0%	49.9%				
Central											
2005	56.3%	53.8%	58.7%	50.7%	57.7%	60.6%	48.3%	66.2%			65.8%
Eastern											
*2005	59.9%	58.7%	61.4%	54.4%	61.8%	62.8%	51.2%	70.9%	64.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were significantly **more** likely than students in the Western region to report that they watched three or more hours per day of TV on an average weekend day.



Percent of students who spend three or more hours per day playing video games or using a computer for something that is not school work on an average day



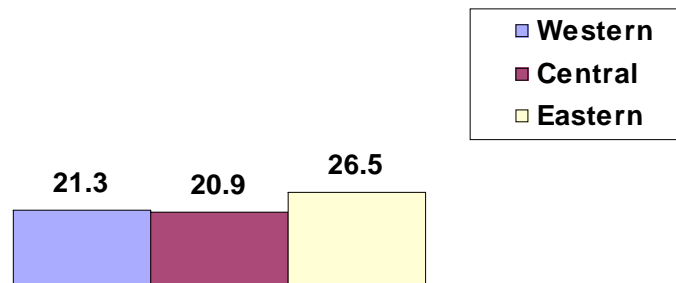
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	22.9%	28.6%	17.6%	19.2%	22.5%	26.0%	20.9%	28.3%	18.9%	26.6%	21.8%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report that they spend three or more hours per day playing video games or using a computer for something that is not school work on an average day, although not significantly.
- In 2005, male students in the 8th grade were **more** likely than students in the 6th and 7th grade to report that they spend three or more hours per day playing video games or using a computer for something that is not school work on an average day, although not significantly.

REGIONAL RESULTS

Percent of students who spend three or more hours per day playing video games or using a computer for something that is not school work on an average day



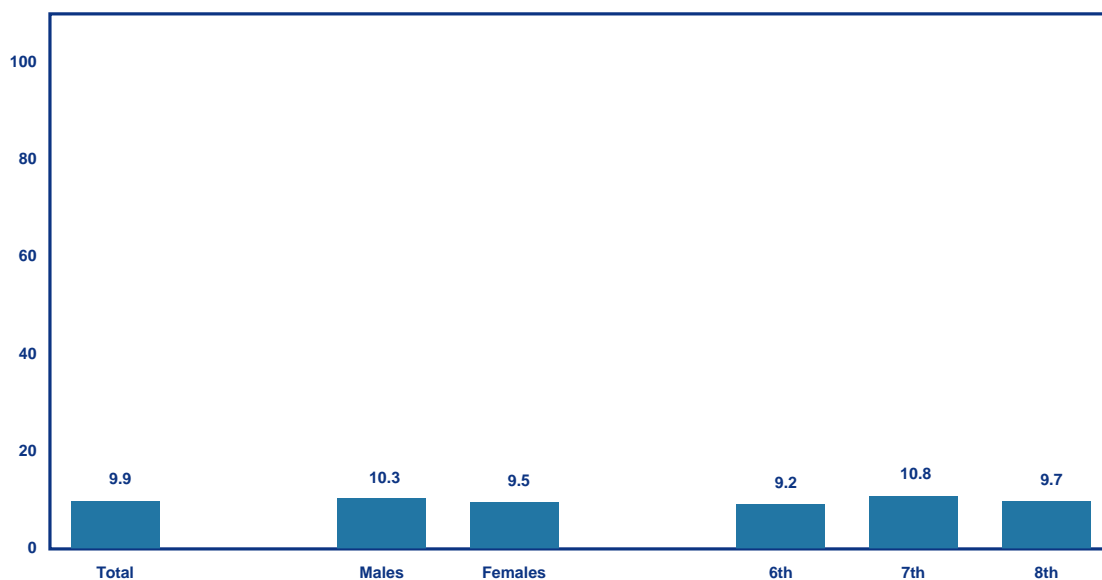
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	21.3%	26.9%	15.6%	18.0%	21.2%	24.0%	19.9%				
Central											
2005	20.9%	26.7%	15.6%	17.0%	22.5%	23.5%	19.0%	26.9%			18.6%
Eastern											
*2005	26.5%	31.8%	21.0%	25.9%	24.3%	28.7%	24.6%	29.2%	26.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report that they spend three or more hours per day playing video games or using a computer for something that is not school work on an average day, although not significantly.



Percent of students who usually walk or ride their bike to school on three or more days per week



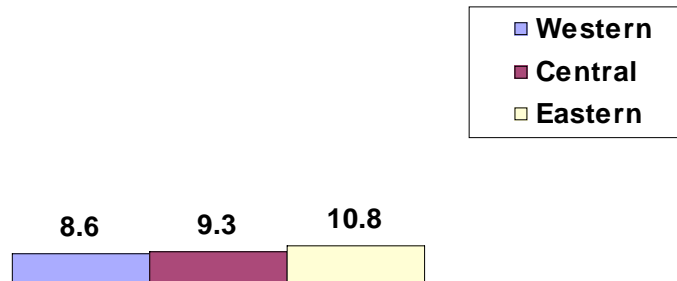
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	9.9%	10.3%	9.5%	9.2%	10.8%	9.7%	7.7%	13.9%	16.3%	8.9%	9.1%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students that identify as Hispanic were **more** likely than all other students to report that they usually walk or ride their bike to school on three or more days per week, although not significantly.

REGIONAL RESULTS

Percent of students who usually walk or ride their bike to school on three or more days per week



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	8.6%	9.0%	8.0%	9.1%	8.1%	8.5%	7.6%				
Central											
2005	9.3%	8.9%	9.7%	11.4%	10.3%	6.3%	7.6%	14.5%			6.5%
Eastern											
*2005	10.8%	11.5%	10.2%	8.0%	11.5%	12.5%	7.9%	13.6%	18.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **more** likely than students in the Western and Central regions to report that they usually walk or ride their bike to school on three or more days per week, although not significantly.



Health Education

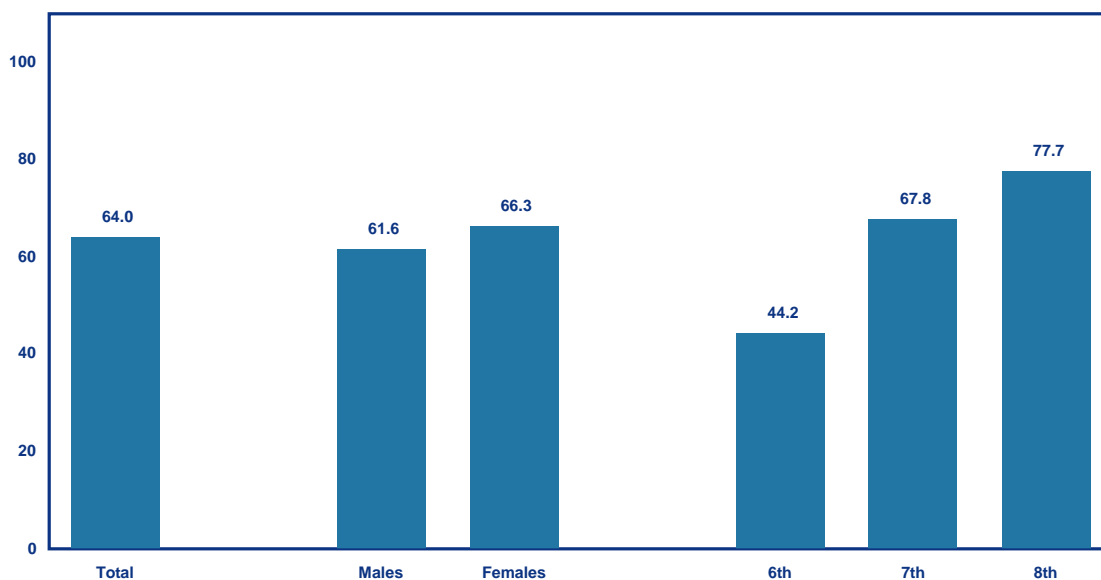
The North Carolina Healthful Living Standard Course of Study outlines objectives for health education regarding sexuality education. While the state mandates students be taught that abstinence until marriage is the expected standard for all school age youth, they are also required to learn about Human Immunodeficiency Virus (HIV) and other Sexually Transmitted Diseases (STD).

According to North Carolina Legislation G.S. 115C-81 (e1) guidelines, schools must:

- Present factually accurate biological or pathological information that is related to the human reproductive system;
- Focus on the benefits of abstinence until marriage and the risks of premarital sexual intercourse;
- Establish abstinence from sexual intercourse outside of marriage as the expected standard for all school-age children;
- Offer positive reinforcement for abstinence;
- Provide opportunities that allow for interaction between the parent or legal guardian and the student;
- Assure that students are aware of the difference between risk reduction through use of contraceptives and/or condoms and risk elimination through abstinence;
- For any instruction concerning contraceptives or prophylactics, provide accurate statistical information on their effectiveness and failure rates for preventing pregnancy and sexually-transmitted diseases, including HIV/AIDS, in actual use among adolescent populations;
- Inform students of the current legal status of those homosexual acts that are a significant means of transmitting diseases, including HIV/AIDS; and
- Assure that students understand that a mutually faithful, monogamous, heterosexual relationship in the context of marriage is the best lifelong means of avoiding diseases transmitted by sexual contact, including HIV/AIDS.



Percent of students who had ever been taught about abstaining from sexual activity



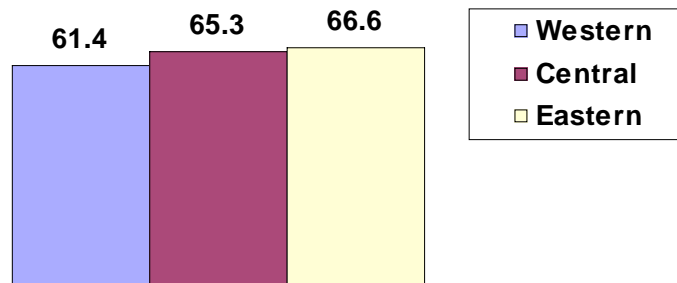
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	64.0%	61.6%	66.3%	44.2%	67.8%	77.7%	62.8%	72.7%	53.6%	67.3%	55.5%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they have ever been taught about abstaining from sexual activity, although not significantly.

REGIONAL RESULTS

Percent of students who had ever been taught about abstaining from sexual activity



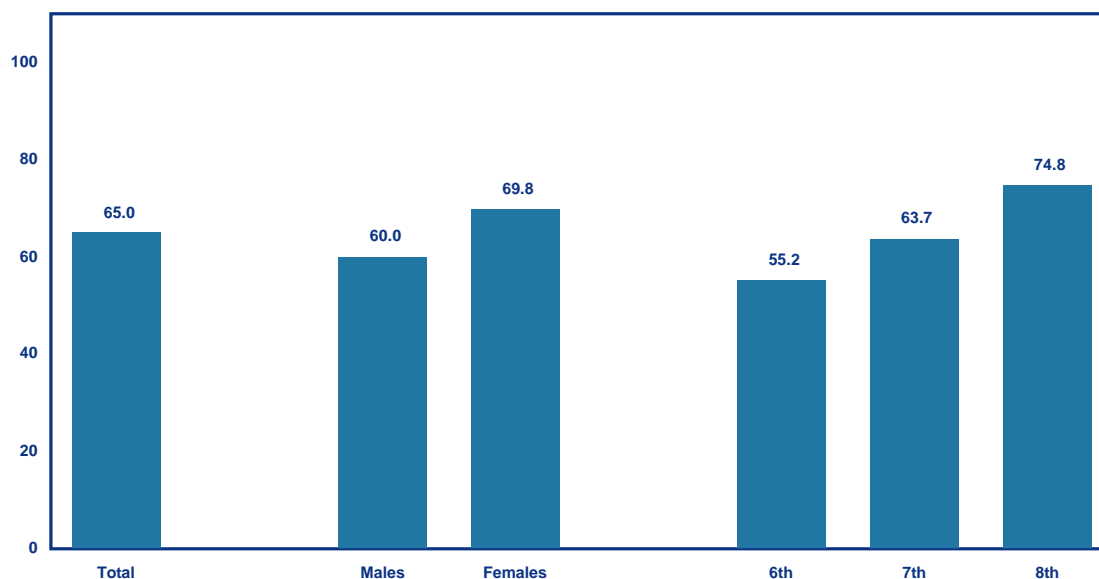
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	61.4%	58.1%	64.9%	39.4%	65.2%	76.7%	62.1%	65.6%			
Central											
2005	65.3%	63.2%	67.0%	45.3%	70.5%	79.7%	61.4%	74.3%			59.2%
Eastern											
*2005	66.6%	63.6%	69.9%	51.5%	69.2%	78.6%	64.6%	71.5%	51.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Western regions to report that they have ever been taught about abstaining from sexual activity, although not significantly.



Percent of students whose parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex



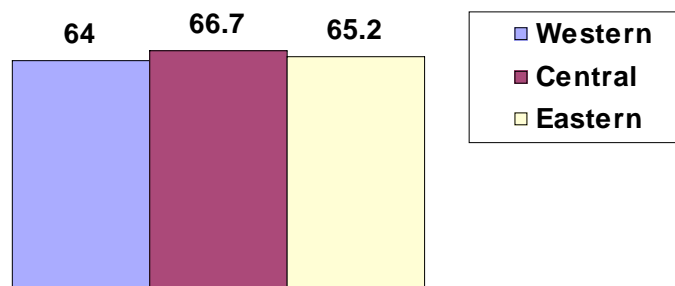
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	65.0%	60.0%	69.8%	55.2%	63.7%	74.8%	62.5%	74.7%	59.0%	67.2%	58.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report that their parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex, although not significantly.
- In 2005, students in the 8th grade were **more** likely than students in the 6th and 7th grade to report that their parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex, although not significantly.
- In 2005, students that identify as Black were **more** likely than all other students to report that their parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex, although not significantly.

REGIONAL RESULTS

Percent of students whose parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex



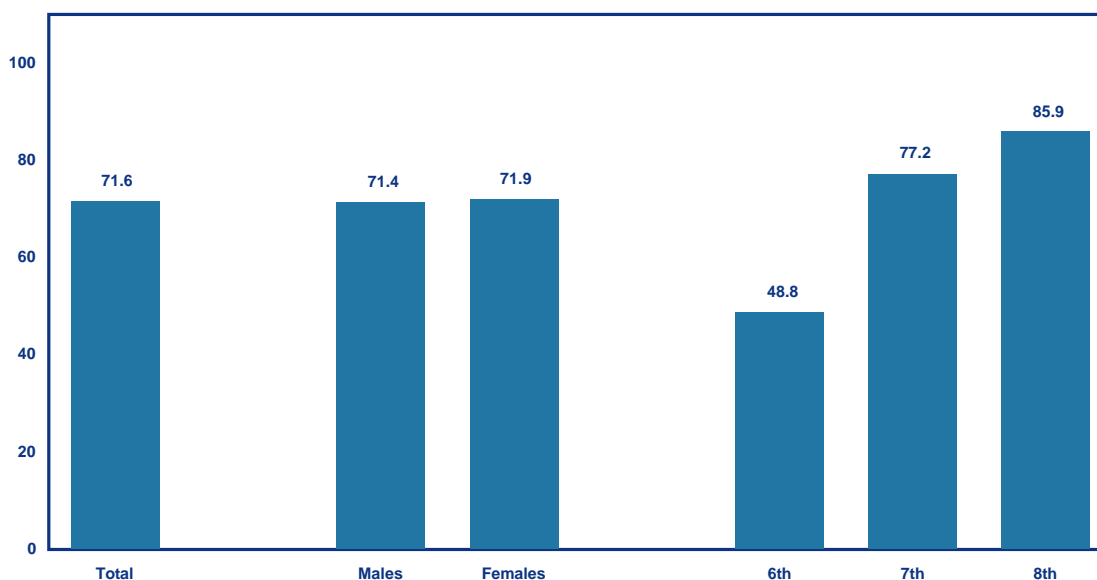
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	64.0%	59.8%	68.5%	53.9%	61.4%	75.0%	63.9%	72.7%			
Central											
2005	66.7%	60.1%	72.7%	55.6%	66.7%	77.6%	62.1%	76.5%			63.9%
Eastern											
*2005	65.2%	61.0%	69.7%	55.9%	64.5%	75.0%	60.5%	72.8%	54.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that their parents or other adults in their family ever talked with them about what they expect them to do or not to do when it comes to sex, although not significantly.



Percent of students who had been taught in school about AIDS or HIV infection



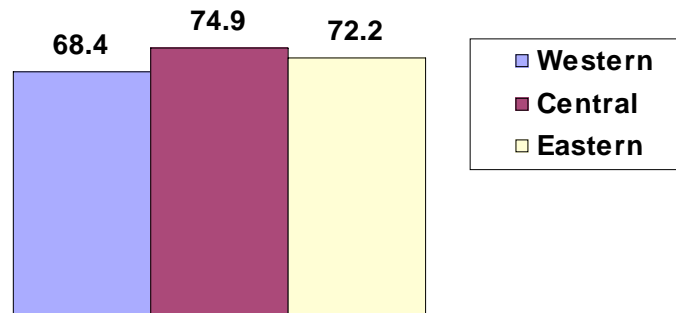
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
1995	79.4%	78.6%	80.1%	66.2%	83.3%	85.5%	79.9%	80.0%			
1997	76.9%	74.8%	79.2%	63.1%	81.5%	84.4%	77.4%	77.1%			
2001	75.5%	73.4%	77.8%	63.3%	74.9%	88.5%	77.0%	75.2%	51.1%	75.5%	
2003	70.2%	72.2%	68.2%	49.2%	74.3%	81.3%	70.0%	73.1%		60.0%	
2005	71.6%	71.4%	71.9%	48.8%	77.2%	85.9%	71.0%	76.8%	62.1%	74.3%	70.5%

In 1997, 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they had ever been taught in school about AIDS or HIV infection, although not significantly.

REGIONAL RESULTS

Percent of students who had been taught in school about AIDS or HIV infection



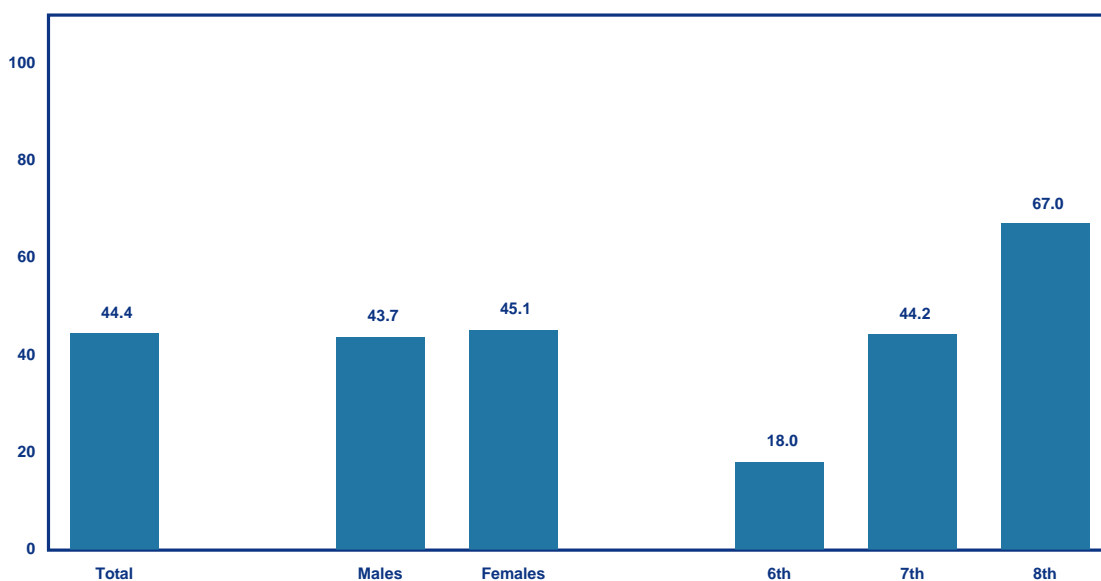
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	66.2%	68.4%	64.0%	51.5%	62.2%	87.2%	66.2%				
*2005	68.4%	67.5%	69.4%	40.3%	76.3%	84.7%	69.5%	69.9%			
Central											
2003	71.9%	74.2%	69.2%		77.9%	77.7%	73.5%	73.8%			
2005	74.9%	70.9%	78.8%	56.6%	79.5%	88.7%	75.2%	75.5%			74.2%
Eastern											
*2003	70.7%	71.6%	70.0%	52.4%	81.5%	78.5%	70.0%	71.5%			
*2005	72.2%	73.6%	70.9%	53.1%	76.2%	86.1%	70.1%	76.6%	64.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they had ever been taught in school about AIDS or HIV infection, although not significantly.



Percent of students who had ever been taught about Chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV)



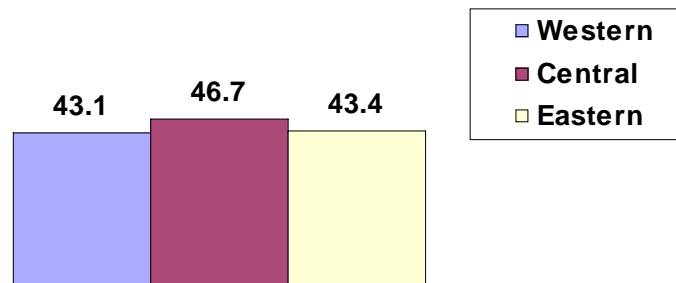
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2003	38.4%	38.5%	38.4%	15.3%	36.3%	59.4%	36.5%	44.4%		29.6%	
2005	44.4%	43.7%	45.1%	18.0%	44.2%	67.0%	40.1%	57.1%	37.2%	47.8%	44.4%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they had ever been taught in school Chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV), although not significantly.

REGIONAL RESULTS

Percent of students who had ever been taught about Chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV)



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	34.9%	35.4%	34.5%	12.3%	26.8%	69.2%	34.1%				
*2005	43.1%	41.7%	44.7%	14.0%	43.4%	67.6%	42.8%	52.5%			
Central											
2003	41.9%	44.8%	38.8%		41.6%	52.4%	42.3%	44.3%			
2005	46.7%	44.1%	49.9%	19.9%	45.9%	73.7%	38.0%	59.4%			53.3%
Eastern											
*2003	38.6%	35.6%	41.9%	20.4%	41.3%	55.1%	34.8%	43.5%			
*2005	43.4%	42.9%	44.2%	21.8%	41.9%	65.2%	35.9%	54.4%	34.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report that they had ever been taught in school Chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV), although not significantly.



Psychological Health

It is estimated that approximately one out of every ten children in the U.S. suffer from a mental or emotional illness severe enough to compromise their daily functioning.¹ Nearly 5%, or an estimated 2.7 million children, are reported by their parents to suffer from definite or severe emotional or behavioral difficulties. These problems may interfere with their family life, their ability to learn, and their formation of friendships. These difficulties may persist through a child's development and lead to lifelong disability, including more serious illness, more difficult to treat illness, and co-occurring mental illnesses.²

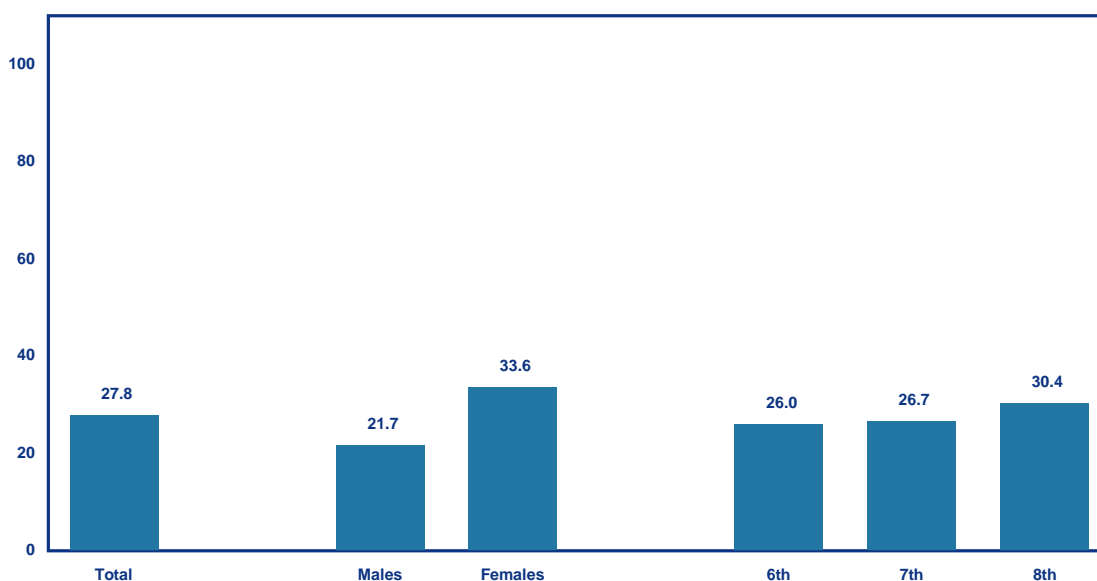
Untreated mental health disorders can be very costly to families, communities, and the health care system. Children with mental health conditions are at higher risk for a variety of negative outcomes, including school dropout, violence, and drug use.³ When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide.⁴ Suicide is the third leading cause of death among young people ages 15 to 19.⁵ Adolescents and young adults often experience stress, confusion, and depression from situations occurring in their families, schools, and communities. Such feelings can overwhelm young people and lead them to consider suicide as a "solution."⁶

National Health Objectives for the Year 2010: *Reduce the rate of suicide attempts by adolescents to 1%.*

North Carolina Health Objectives for the Year 2010: *Increase the proportion of children and adolescents, birth to age 18, with serious emotional disturbances who receive treatment.*



Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the last 12 months



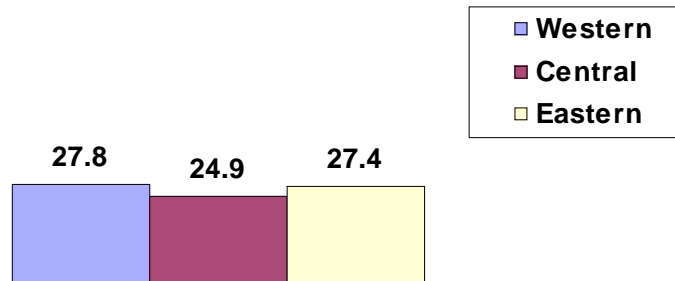
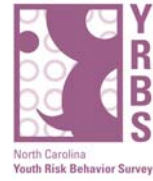
	Total	Male	Female	6th	7 th	8th	White	Black	Hispanic	Multi-racial	Other
2001	26.1%	21.7%	30.6%	27.8%	23.8%	26.1%	22.6%	30.6%	45.8%	29.3%	
2003	29.5%	25.2%	34.0%	26.5%	31.6%	28.4%	27.2%	31.7%	35.0%	34.2%	
2005	27.8%	21.7%	33.6%	26.0%	26.7%	30.4%	25.7%	26.5%	38.4%	36.6%	31.1%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the last 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the last 12 months



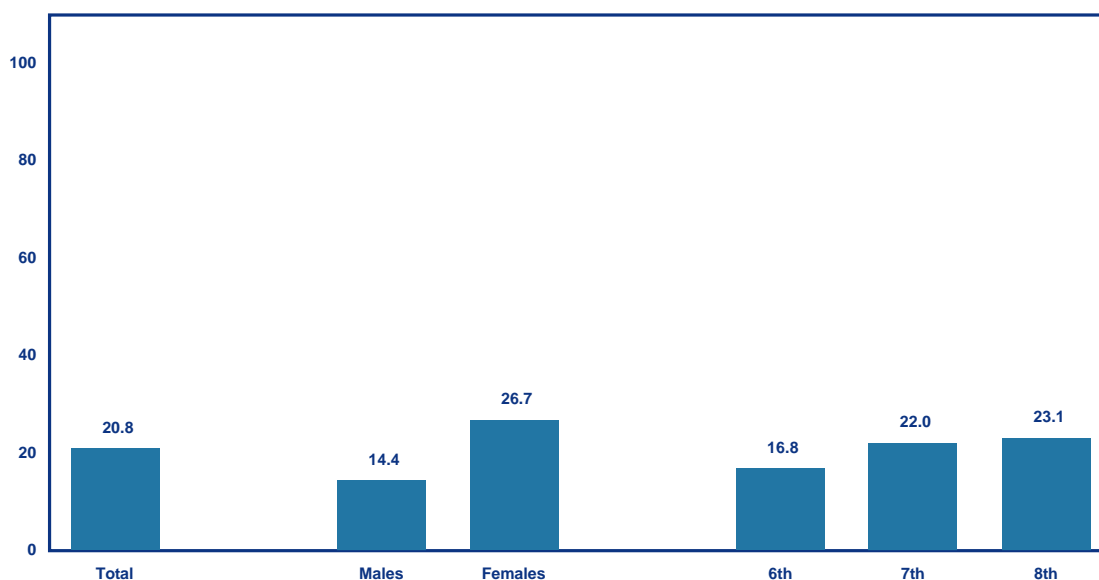
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	26.7%	23.6%	30.2%	18.9%	30.1%	30.0%	25.3%				
*2005	27.8%	22.1%	33.6%	25.2%	28.9%	28.6%	26.9%	25.4%			
Central											
2003	28.6%	24.4%	33.2%		33.0%	24.4%	27.3%	27.1%			
2005	24.9%	18.1%	31.5%	24.4%	22.5%	28.2%	22.3%	24.3%			29.2%
Eastern											
*2003	32.8%	27.9%	37.7%	35.6%	29.6%	32.6%	29.4%	37.5%			
*2005	27.4%	22.4%	32.2%	25.2%	25.0%	31.3%	25.7%	27.6%	34.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **less** likely than students in the Western and Eastern regions to report that they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the last 12 months, although not significantly.



Percent of students who seriously considered attempting suicide during the past 12 months



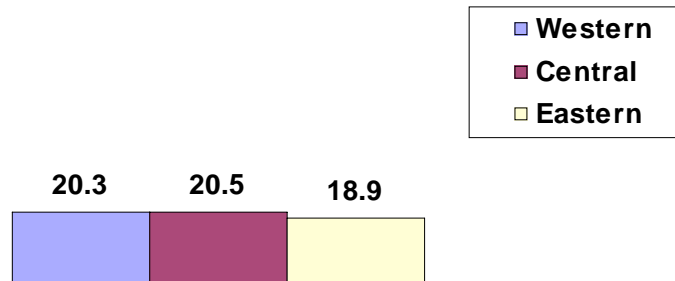
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	20.8%	14.4%	26.7%	16.8%	22.0%	23.1%	18.9%	20.2%	24.2%	34.2%	23.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they seriously considered attempting suicide during the past 12 months, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to report that they seriously considered attempting suicide during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who seriously considered attempting suicide during the past 12 months



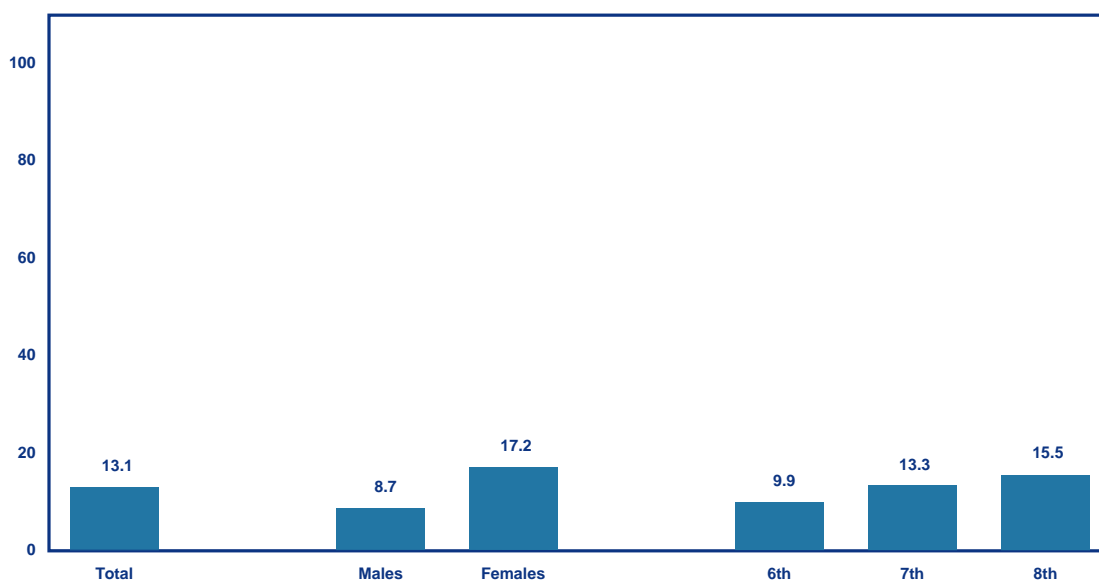
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	19.1%	13.8%	24.9%	13.9%	19.6%	22.5%	17.3%				
*2005	20.3%	15.0%	25.9%	14.9%	21.6%	23.7%	19.6%	22.7%			
Central											
2003	19.7%	18.1%	21.3%		16.9%	23.3%	17.1%	22.9%			
2005	20.5%	15.5%	25.1%	19.7%	21.2%	20.5%	18.2%	18.4%			25.2%
Eastern											
*2003	21.6%	18.8%	24.2%	24.4%	15.3%	25.3%	19.6%	24.2%			
*2005	18.9%	11.2%	26.4%	12.5%	20.7%	23.0%	17.1%	19.8%	21.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were **less** likely than students in Western and Central regions to report that they seriously considered attempting suicide during the past 12 months, although not significantly.



Percent of students who made a plan about how they would attempt suicide during the past 12 months



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	13.1	8.7	17.2	9.9	13.3	15.5	11.4	13.1	18.3	21.6	15.2

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

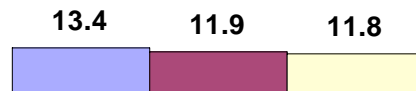
- In 2005, female students were **more** likely than male students to report that they ever made a plan about how they would attempt suicide during the past 12 months, although not significantly.
- In 2005, 6th grade students were **less** likely than 7th and 8th grade students to report that they ever made a plan about how they would attempt suicide during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who made a plan about how they would attempt suicide during the past 12 months



■ Western
■ Central
■ Eastern



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	13.4%	9.0%	17.9%	10.0%	14.4%	15.2%	12.7%	15.5%			
Central											
2005	11.9%	8.2%	15.5%	9.2%	12.3%	14.5%	10.0%	11.1%			12.7%
Eastern											
*2005	11.8%	7.9%	15.6%	7.5%	12.1%	14.6%	9.3%	13.6%	16.9%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in Central and Eastern regions to report that they ever made a plan about how they would attempt suicide during the past 12 months, although not significantly.



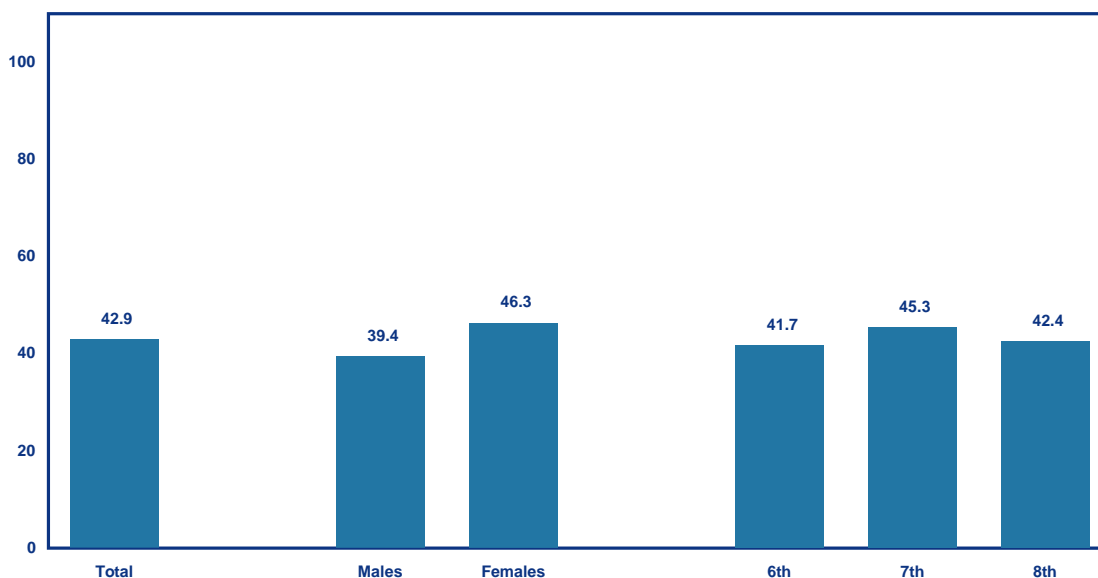
School Environment

The presence of drugs and violence in school often has harmful effects on the learning environment and on students' perceptions of safety. During the 1990's, there was a national decline in the percentage of student's victimized by crime in school and the percentage of students who fear for their safety either in school or traveling to or from school. Despite these declines, students ages 12 to 18 were still the victims of 2.5 million crimes at school in 1999, including 186,000 rapes, sexual assaults, robberies, and aggravated assaults, and drug use and availability at school has generally remained steady since 1995.¹

New anti-aggression programs can prevent up to half of all bullying which now affects one out of three children in grades six to ten and can lead to violent crime and death. For children in sixth through tenth grade, nearly one in six, 3.2 million, are victims of bullying each year. An additional 3.7 million bully other children. Kids who are bullied are five times more likely to be depressed than other kids, and also far more likely to be suicidal. Bullies are much more likely than other kids to carry a weapon to school. One expert commented that, "Bullying is a ticking time bomb in our schools and our society; America needs to defuse this problem before more children are harmed, killed or take their own lives."²



Percent of students who agree or strongly agree that harassment and bullying by other students is a problem at their school



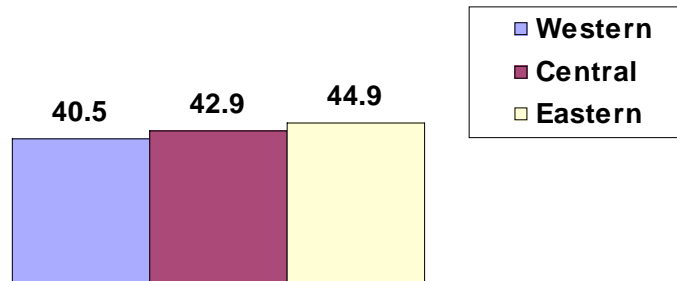
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	41.6%	40.4%	42.7%	41.8%	44.4%	38.3%	44.5%	35.8%	31.0%	42.5%	
2003	42.9%	40.7%	45.2%	43.1%	42.7%	43.4%	44.5%	38.6%		45.4%	
2005	42.9%	39.4%	46.3%	41.7%	45.3%	42.4%	43.3%	42.4%	43.8%	45.4%	40.0%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they agree or strongly agree that harassment and bullying by other students is a problem at their school, although not significantly.

REGIONAL RESULTS

Percent of students who agree or strongly agree that harassment and bullying by other students is a problem at their school



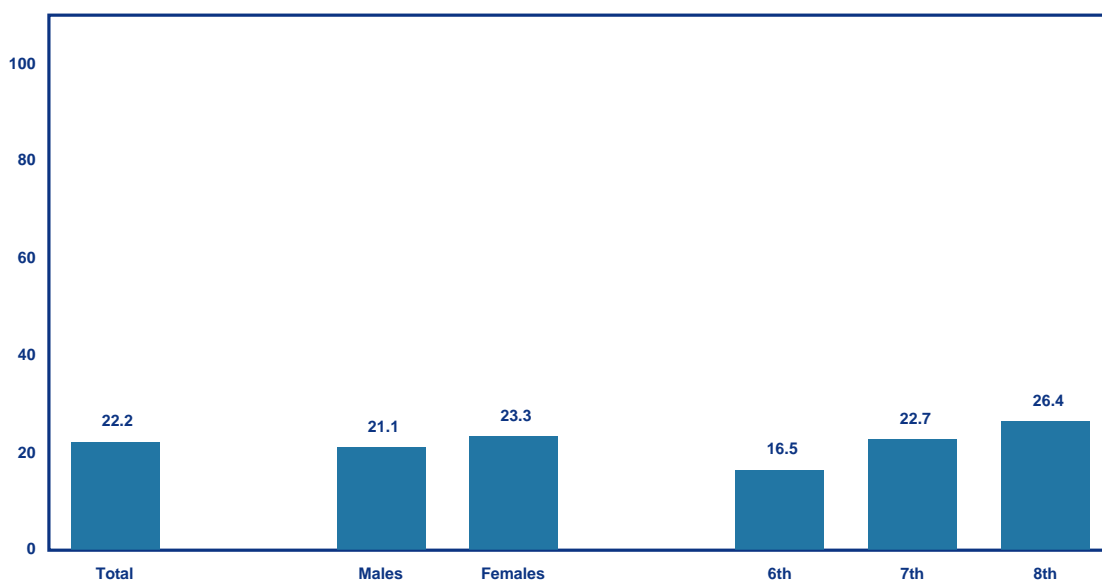
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	40.1%	36.8%	43.6%	40.1%	40.7%	40.3%	41.0%				
*2005	40.5%	37.2%	43.9%	37.8%	44.4%	39.5%	39.7%				
Central											
2003	45.7%	42.9%	49.0%		45.7%	45.0%	48.3%	41.1%			
2005	42.9%	40.9%	44.7%	46.7%	38.4%	44.0%	48.3%	38.3%			33.6%
Eastern											
*2003	44.1%	44.0%	44.1%	46.7%	40.9%	45.0%	47.9%	39.4%			
*2005	44.9%	39.8%	50.3%	41.7%	49.8%	42.9%	45.5%	43.6%	45.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they agree or strongly agree that harassment and bullying by other students is a problem at their school, although not significantly.



Percent of students who agree or strongly agree that drugs are a problem at their school



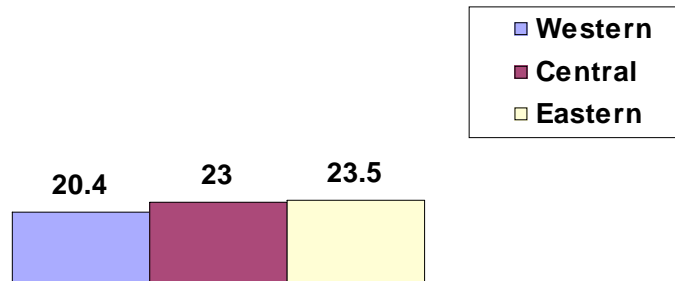
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2001	15.9%	15.3%	16.3%	10.0%	16.9%	20.8%	16.5%	13.6%	17.5%	19.3%	
2003	20.4%	18.9%	21.9%	16.5%	20.1%	24.1%	21.3%	17.6%		19.8%	
2005	22.2%	21.1%	23.3%	16.5%	22.7%	26.4%	21.0%	26.0%	20.7%	23.1%	21.0%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that agree or strongly agree that drugs are a problem at their school, although not significantly.
- In 2005, students that identify as Black were **more** likely than all other students to report that agree or strongly agree that drugs are a problem at their school, although not significantly.

REGIONAL RESULTS

Percent of students who agree or strongly agree that drugs are a problem at their school



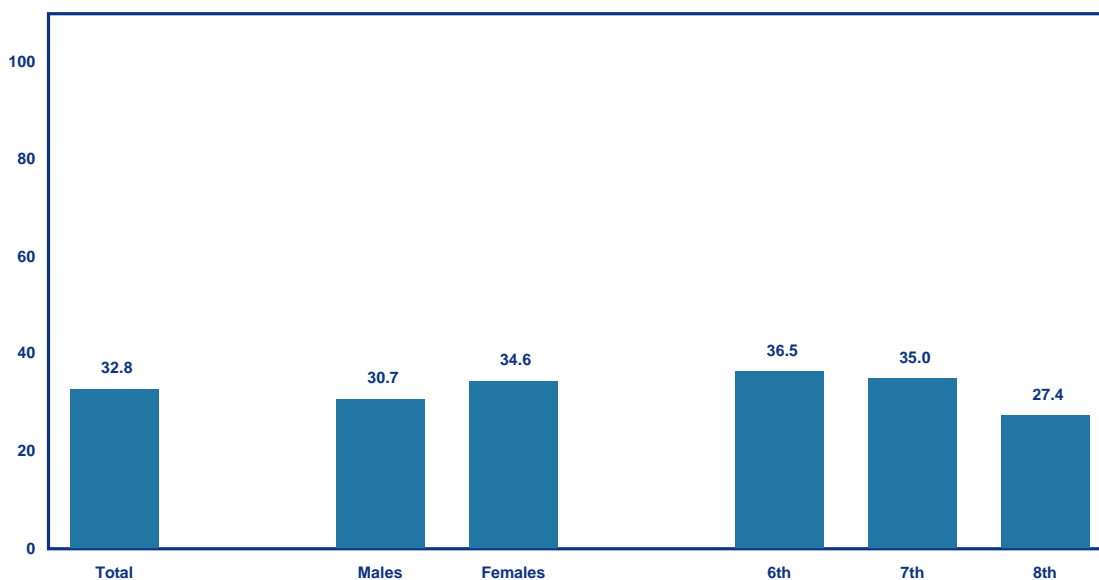
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	17.3%	16.4%	18.5%	15.0%	17.8%	19.9%	17.4%				
*2005	20.4%	20.9%	19.9%	13.2%	23.7%	22.7%	19.0%				
Central											
2003	21.5%	19.6%	23.2%		23.5%	23.4%	25.7%	14.6%			
2005	23.0%	19.7%	26.1%	19.4%	24.1%	25.5%	23.4%	22.2%			20.7%
Eastern											
*2003	22.0%	20.2%	23.9%	20.0%	17.8%	28.5%	22.6%	21.3%			
*2005	23.5%	21.5%	25.3%	18.8%	21.9%	28.8%	21.4%	26.8%	17.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Western regions to report that agree or strongly agree that drugs are a problem at their school, although not significantly.



Percent of students who have been harassed or bullied on school property one or more times during the past 12 months



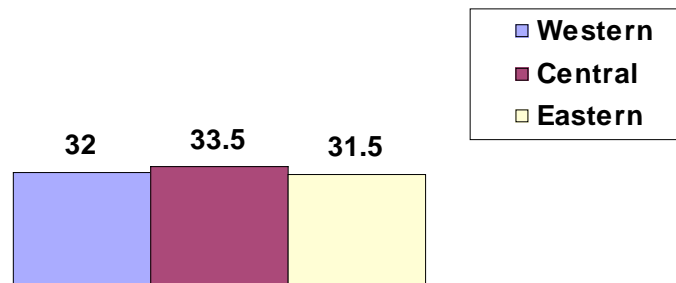
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	32.8%	30.7%	34.6%	36.5%	35.0%	27.4%	34.9%	24.3%	36.7%	39.2%	33.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they have been harassed or bullied on school property one or more times during the past 12 months, although not significantly.
- In 2005, students in the 8th grade were **less** likely than students in the 6th and 7th grade to report that they have been harassed or bullied on school property one or more times during the past 12 months, although not significantly.

REGIONAL RESULTS

Percent of students who have been harassed or bullied on school property one or more times during the past 12 months



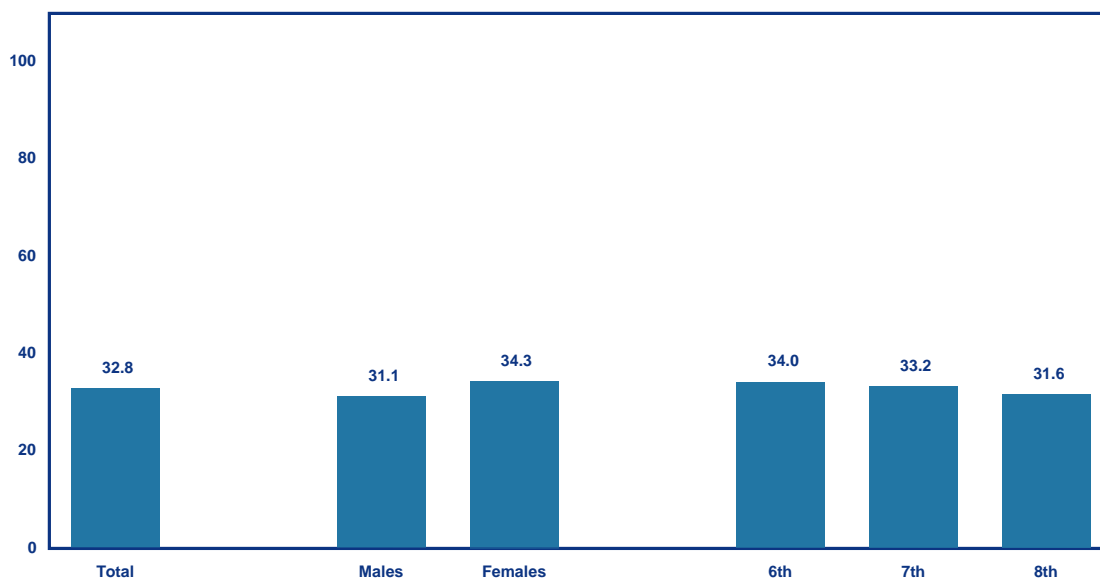
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	32.0%	29.1%	35.0%	36.1%	33.0%	27.3%	32.9%	22.9%			
Central											
2005	33.5%	31.9%	34.9%	37.8%	34.0%	28.7%	40.4%	21.5%			28.3%
Eastern											
*2005	31.5%	31.0%	31.7%	34.8%	34.4%	24.9%	34.6%	26.2%	37.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report that they have been harassed or bullied on school property one or more times during the past 12 months, although not significantly.



Percent of students who have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days



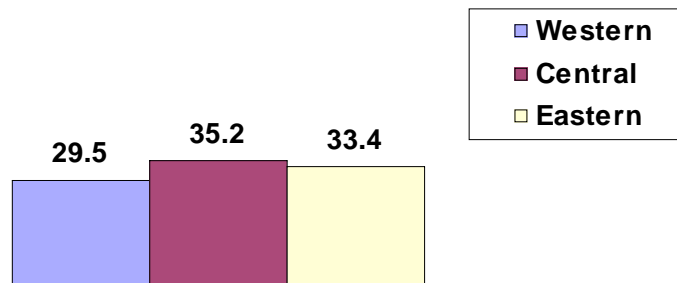
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	32.8%	31.1%	34.3%	34.0%	33.2%	31.6%	31.8%	32.1%	35.4%	35.0%	38.8%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days, although not significantly.

REGIONAL RESULTS

Percent of students who have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	29.5%	28.0%	31.2%	31.1%	29.5%	28.7%	29.0%	28.2%			
Central											
2005	35.2%	34.6%	35.7%	36.3%	35.2%	34.4%	37.8%	30.0%			36.1%
Eastern											
*2005	33.4%	30.7%	36.1%	34.4%	34.7%	30.7%	32.7%	33.6%	35.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days, although not significantly.



Sun Safety

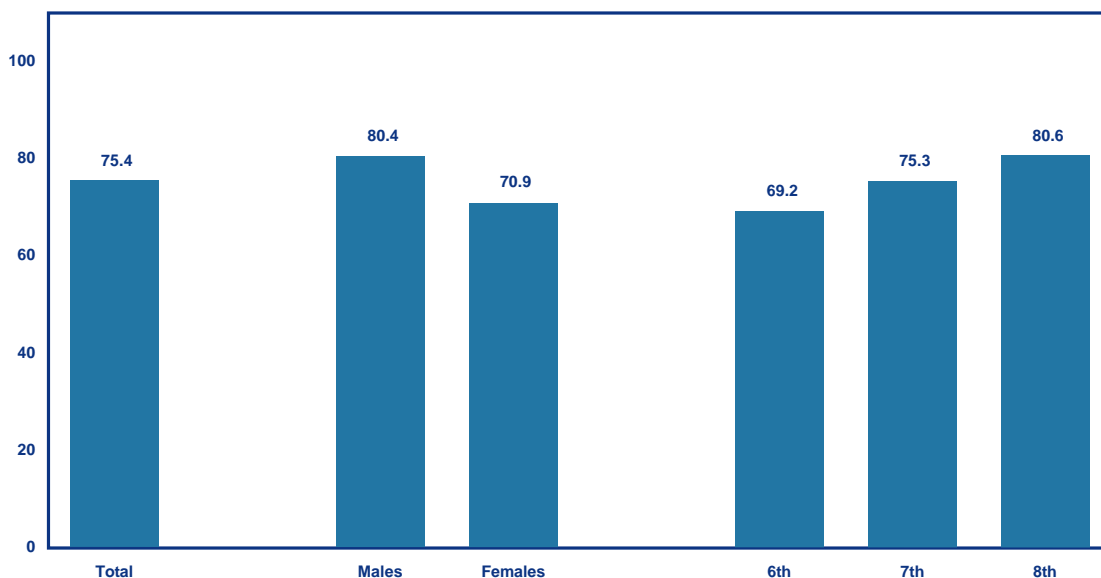
Effective sun protection is practiced by less than one-third of U.S. youth. In a recent survey by the American Cancer Society of youth aged 11 to 18 years, routinely practiced sun-protection behaviors among young people on sunny days were wearing sunglasses (32%) or long pants (21%), staying in the shade (22%), and applying sunscreen (31%). Fifty-eight percent of those using sunscreen, used sunscreen with sun protection factor (SPF) of 15 or more when at the beach or pool.

Approximately 80% of sun exposure and potential skin damage occurs before the age of 18. One exposure to the sun causing burning and/or blistering increases someone's chance of developing skin cancer by as much as 50%. Sunscreen is a vital step in protecting oneself from the harmful affects of sun exposure, but not the most effective. Avoiding long term UV rays or covering up is more effective. Sunscreen should be worn on cloudy days and even in the winter months. UVA rays travel through glass, clouds, and reflect off of snow, water, and concrete. Sunscreens protect the skin by absorbing and reflecting UVA and UVB rays. It is recommended that one use a broad spectrum sunscreen with a SPF of 15 or higher.

A recent survey of parents of children under 12 years found that approximately 43% of white children experienced at least one sunburn in the past year. As a result of the growing concern about the importance of minimizing UV exposure during childhood and the rising incidence of skin cancer, the U.S. Centers for Disease Control and Prevention (CDC) developed the Guidelines for School Programs to Prevent Skin Cancer to help state and local education agencies and schools promote safety and help schools be safe places to learn.¹



Percent of students who never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day



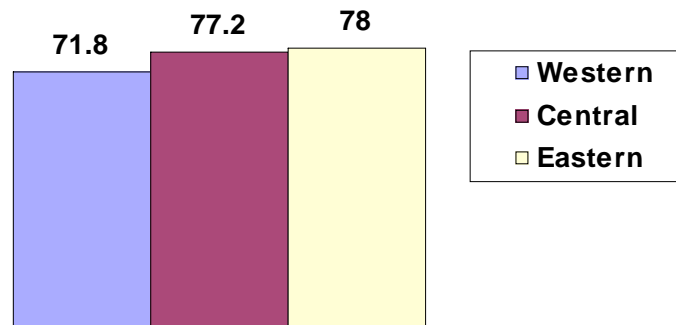
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	75.4%	80.4%	70.9%	69.2%	75.3%	80.6%	70.3%	85.9%	78.9%	73.2%	80.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report that they never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.
- In 2005, male students in the 8th grade were **more** likely than students in the 6th and 7th grade to report that they never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.

REGIONAL RESULTS

Percent of students who never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day



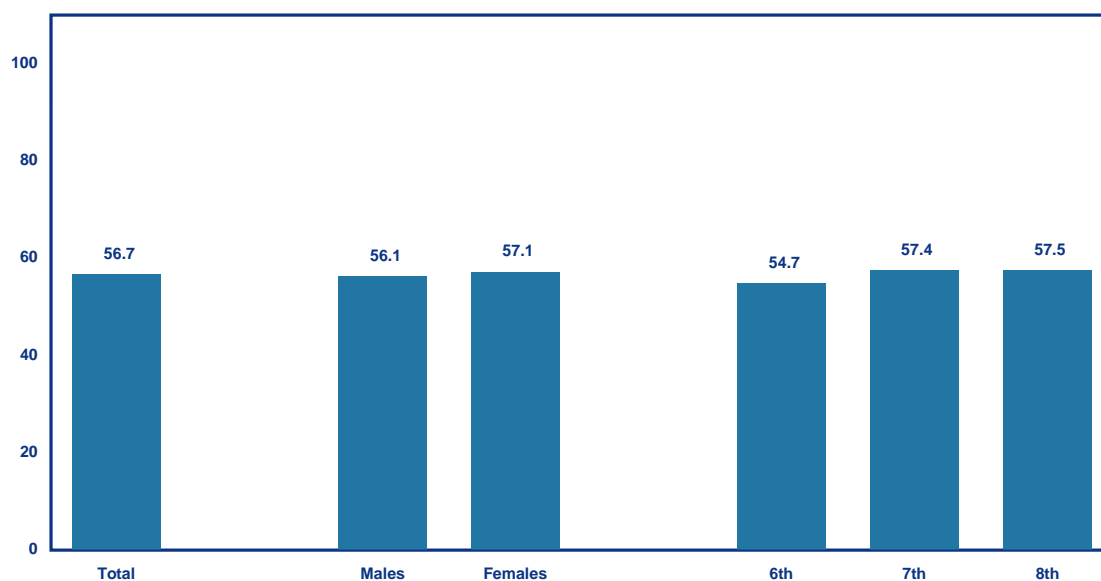
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	71.8%	78.7%	65.1%	68.2%	71.1%	75.6%	69.9%				
Central											
2005	77.2%	81.1%	73.7%	70.1%	75.9%	84.6%	68.0%	88.3%			88.0%
Eastern											
*2005	78.0%	80.5%	75.3%	72.2%	78.9%	82.0%	72.0%	86.1%	76.5%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Eastern region were significantly more likely than students in the Western region to report that they never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.
- In 2005, female students in the Eastern region were significantly more likely than female students in the Western region to report that they never or rarely wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.



Percent of students who never or rarely do one or more of the following to protect themselves from the sun when they are outside for more than one hour on a sunny day: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades their face, ears, and neck



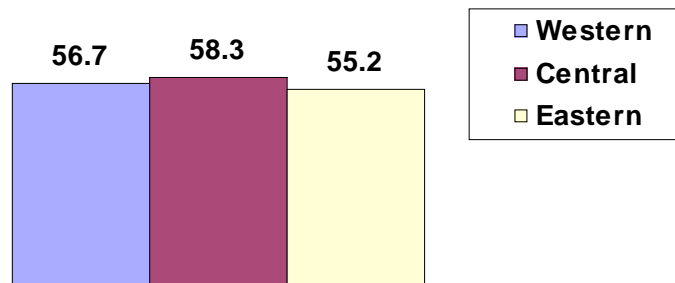
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	56.7%	56.1%	57.1%	54.7%	57.4%	57.5%	58.9%	51.4%	51.2%	56.3%	61.6%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 6th and 7th grade to report that they never or rarely do one or more of the following to protect themselves from the sun when they are outside for more than one hour on a sunny day: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades their face, ears, and neck.

REGIONAL RESULTS


Percent of students who never or rarely do one or more of the following to protect themselves from the sun when they are outside for more than one hour on a sunny day: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades their face, ears, and neck



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	56.7%	56.5%	56.8%	55.1%	55.7%	58.1%	57.3%				
Central											
2005	58.3%	57.1%	59.2%	54.0%	61.5%	58.9%	60.2%	54.7%			62.7%
Eastern											
*2005	55.2%	54.7%	55.8%	54.0%	57.6%	54.9%	60.6%	49.2%	54.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report that they never or rarely do one or more of the following to protect themselves from the sun when they are outside for more than one hour on a sunny day: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades their face, ears, and neck.



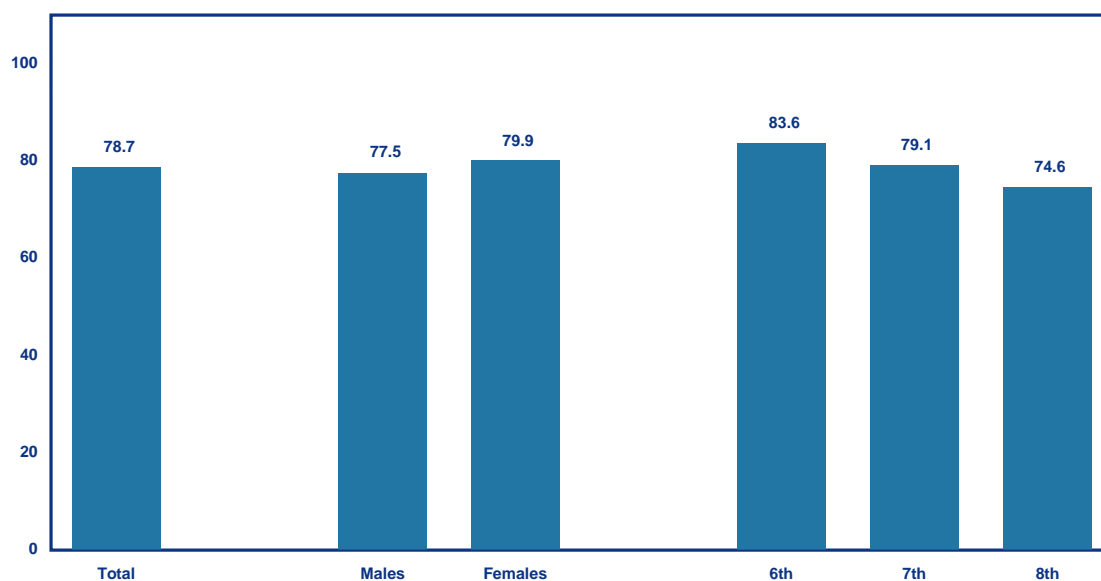
Selected Prevention-Related Indicators

In addition to questions about health risk behaviors and related perceptions, the NCYRBS also measures selected factors associated with lower risk for engaging in negative health behaviors. These include characteristics of the home environment and how students use their free time.¹

According to findings from the National Sleep Foundation, adolescents need 8.5 to 9.25 hours of sleep a night.² The National Institutes of Health (NIH) have identified adolescents and young adults (ages 12 to 25 years) as a population at high risk for problem sleepiness. The most troubling consequences of sleepiness are injuries and deaths related to lapses in attention and delayed response times at critical moments, such as while driving. Drowsiness or fatigue has been identified as a principle cause in at least 100,000 police-reported traffic crashes each year, killing more than 1,500 Americans and injuring another 71,000, according to the National Highway Traffic Safety Administration (NHTSA, 1994). Young drivers age 25 or under are involved in more than one-half of fall-asleep crashes.³



Percent of students who get approximately seven or more hours of sleep on an average school night



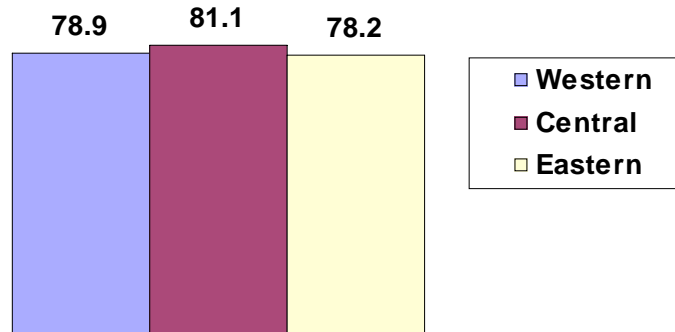
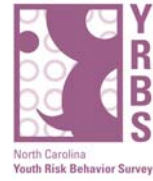
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	78.7%	77.5%	79.9%	83.6%	79.1%	74.6%	81.5%	73.0%	80.4%	74.0%	78.2%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **more** likely than students in the 7th and 8th grade to report that they get approximately seven or more hours of sleep on an average school night, although not significantly.

REGIONAL RESULTS

Percent of students who get approximately seven or more hours of sleep on an average school night



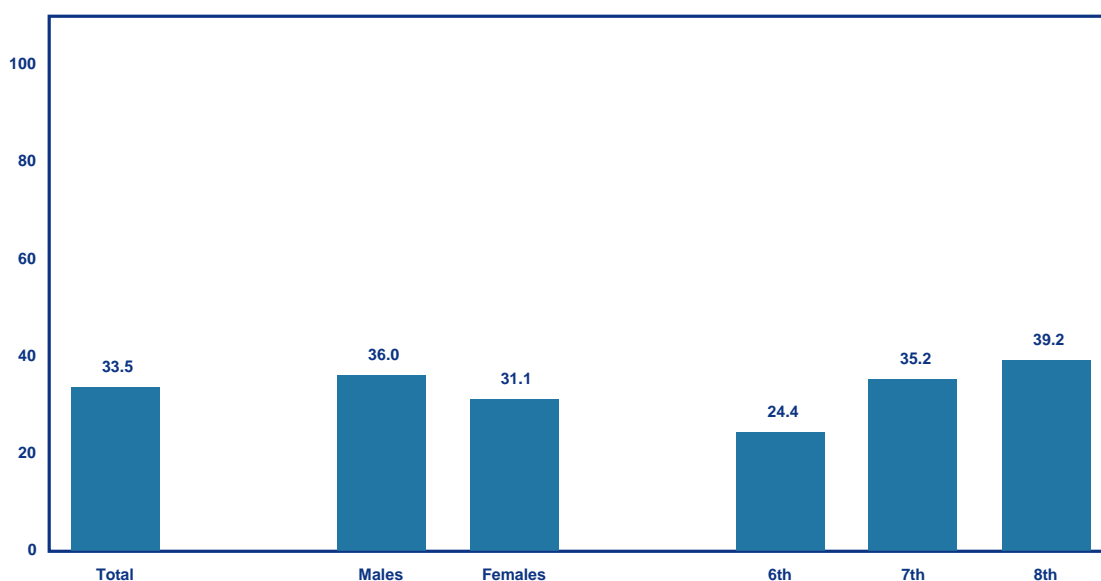
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	78.9%	78.1%	80.0%	82.2%	79.4%	76.5%	80.0%				
Central											
2005	81.1%	79.0%	73.2%	88.5%	75.3%	79.5%	81.1%	79.2%			87.3%
Eastern											
*2005	78.2%	77.7%	78.8%	80.8%	81.9%	72.1%	84.1%	70.5%	83.1%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report that they get approximately seven or more hours of sleep on an average school night, although not significantly.



Percent of students who are alone without a parent or trusted adult for one or more hours on an average day



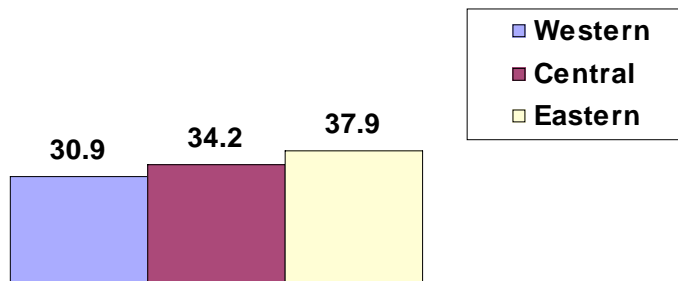
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	33.5%	36.0%	31.1%	24.4%	35.2%	39.2%	31.5%	41.2%	30.4%	30.8%	29.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **less** likely than students in the 7th and 8th grade to report that they are alone without a parent or trusted adult for one or more hours on an average school day, although not significantly.
- In 2005, male students were **more** likely than female students to report that they are alone without a parent or trusted adult for one or more hours on an average school day, although not significantly.
- In 2005, students that identify as Black were **more** likely than all other students to report that they are alone without a parent or trusted adult for one or more hours on an average school day, although not significantly.

REGIONAL RESULTS

Percent of students who are alone without a parent or trusted adult for one or more hours on an average day



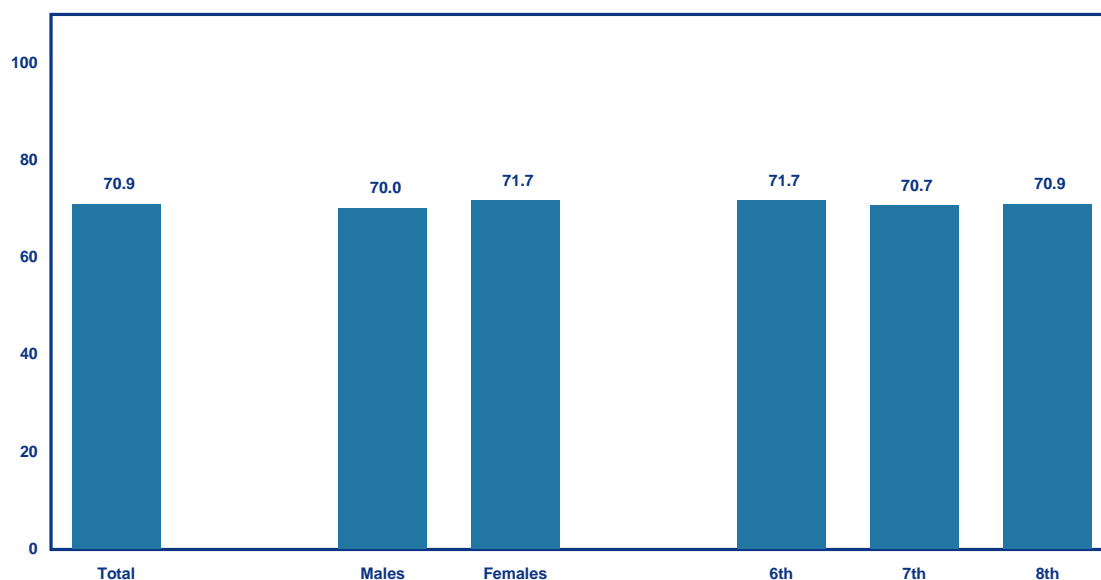
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	30.9%	31.8%	30.0%	17.0%	35.8%	37.7%	29.9%				
Central											
2005	34.2%	33.8%	34.5%	32.4%	32.0%	37.6%	30.2%	38.7%			32.2%
Eastern											
*2005	37.9%	41.9%	33.4%	30.0%	40.4%	42.4%	36.3%	41.5%	29.7%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, 6th grade students in the Eastern region were significantly more likely than 6th grade students in the Western region to report that they are alone without a parent or trusted adult for one or more hours on an average school day.



Percent of students who participate in some extracurricular activities at school (such as sports, band, drama, clubs, S.O.S, etc.)



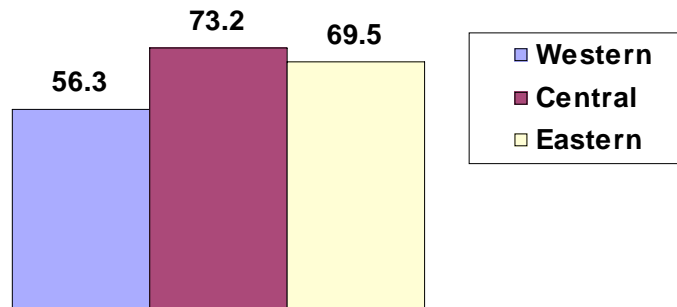
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	70.9%	70.0%	71.7%	71.7%	70.7%	70.9%	75.0%	65.6%	63.6%	63.3%	68.7%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students that identify as White were **more** likely than all other students to report that they participate in some extracurricular activities at school (such as sports, band, drama, clubs, S.O.S, etc.), although not significantly.

REGIONAL RESULTS

Percent of students who participate in some extracurricular activities at school (such as sports, band, drama, clubs, S.O.S, etc.)



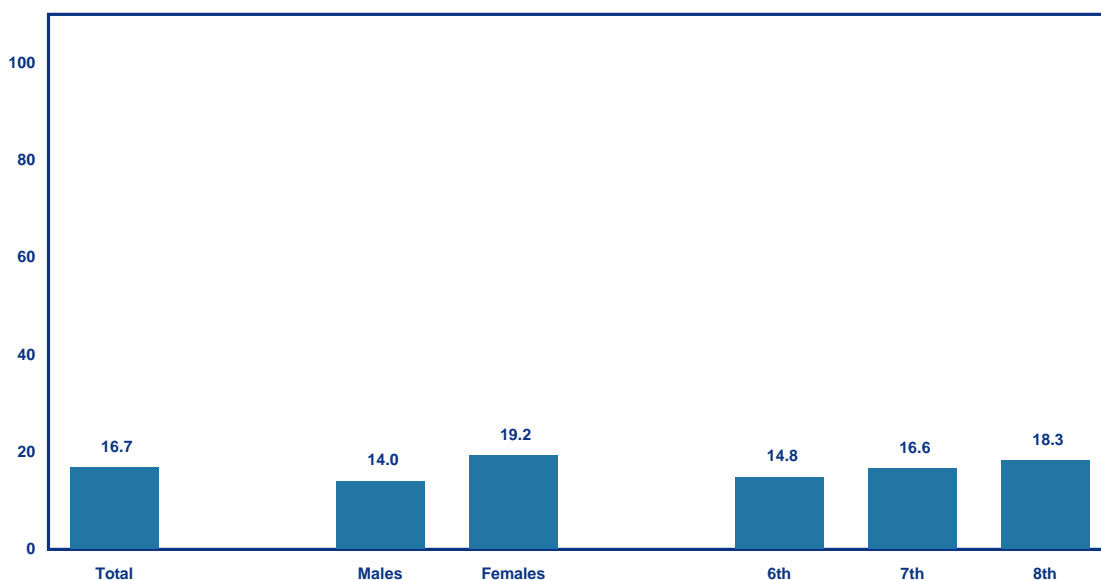
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	56.3%	59.4%	53.3%	50.8%	58.4%	59.0%	57.1%				
Central											
2005	73.2%	73.1%	73.2%	76.5%	69.6%	73.6%	76.6%	68.7%			75.7%
Eastern											
*2005	69.5%	71.1%	68.0%	69.4%	71.1%	67.7%	75.2%	63.2%	61.3%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they participate in some extracurricular activities at school (such as sports, band, drama, clubs, S.O.S, etc.), although not significantly.



Percent of students who agree or strongly agree that they feel alone in their life



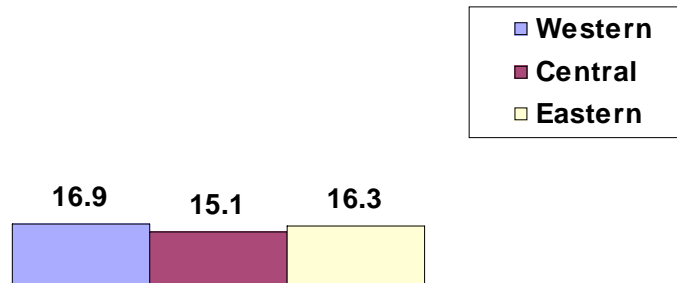
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	16.7%	14.0%	19.2%	14.8%	16.6%	18.3%	15.8%	16.8%	19.2%	19.2%	19.0%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, female students were **more** likely than male students to report that they agree or strongly agree that they feel alone in their life, although not significantly.

REGIONAL RESULTS

Percent of students who agree or strongly agree that they feel alone in their life



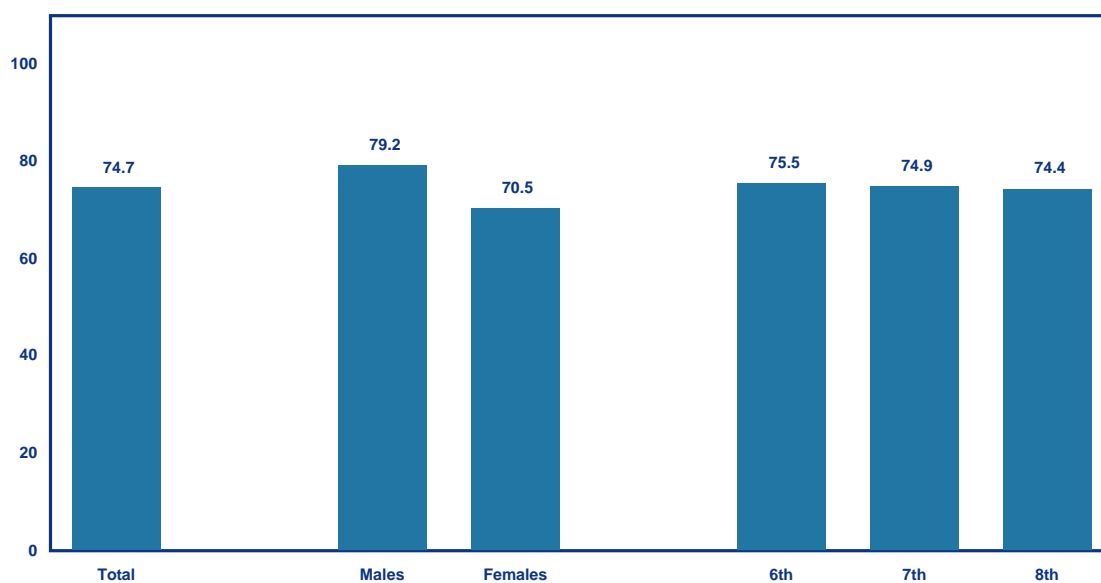
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	16.9%	13.3%	20.4%	14.2%	20.5%	15.6%	16.8%				
Central											
2005	15.1%	13.1%	17.2%	15.0%	15.4%	15.2%	16.9%	12.8%			13.7%
Eastern											
*2005	16.3%	13.9%	18.8%	12.5%	14.2%	21.5%	13.1%	18.6%	23.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Central region were **more** likely than students in the Western and Eastern regions to report that they agree or strongly agree that they feel alone in their life, although not significantly.



Percent of students who agree or strongly agree that they feel good about themselves



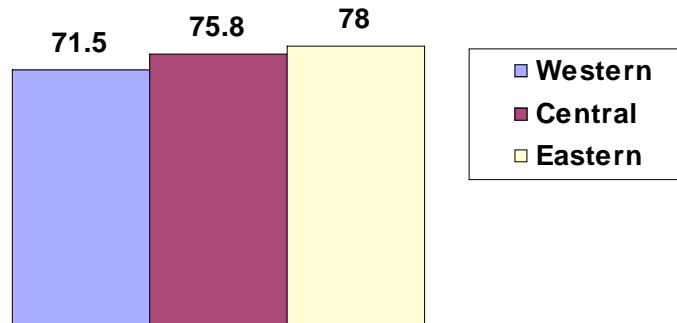
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2005	74.7%	79.2%	70.5%	75.5%	74.9%	74.4%	73.7%	79.1%	72.9%	69.3%	74.9%

In 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, male students were **more** likely than female students to report that they agree or strongly agree that they feel good about themselves, although not significantly.

REGIONAL RESULTS

Percent of students who agree or strongly agree that they feel good about themselves



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
*2005	71.5%	75.9%	67.0%	74.0%	71.6%	70.1%	71.6%				
Central											
2005	75.8%	79.5%	72.5%	76.2%	73.9%	77.6%	73.3%	81.6%			74.6%
Eastern											
*2005	78.0%	81.4%	74.2%	80.4%	79.0%	75.4%	77.8%	79.7%	71.8%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they agree or strongly agree that they feel good about themselves, although not significantly.



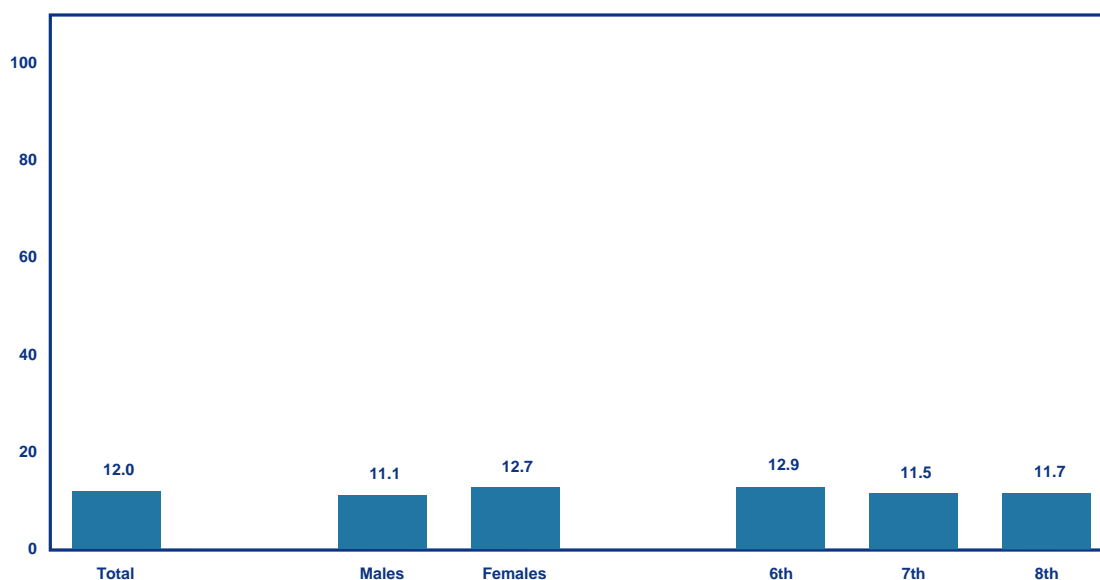
Disability

Limited information on the prevalence and correlates of disability in the population has resulted in the growth of inclusion of questions on disability in censuses and national surveys. Data on health-risk behaviors among children and youth with disabilities has been a particular concern given functional limitations and susceptibility of this population.

Concepts and definitions of disability vary not only across disciplines, government agencies and service systems but also as a function of the age of the individual. This variability has contributed to a lack of consistent estimates of disability in the population. The publication of the International Classification of Functioning, Disability and Health-ICF by WHO (2001) has provided a universal framework and taxonomy for documenting dimensions of disability as an alternative to diagnosed health conditions. As such, functional limitations in learning, mobility and performance of activities of daily life as defined by the ICF, have served as the base for operationalizing items in surveys. The inclusion of items limitations of function in the YRBS, is important in that it can provide estimates of the school population at risk for experiencing difficulties in meeting the academic and/or social demands of the school."



Percent of students who consider themselves to have a disability



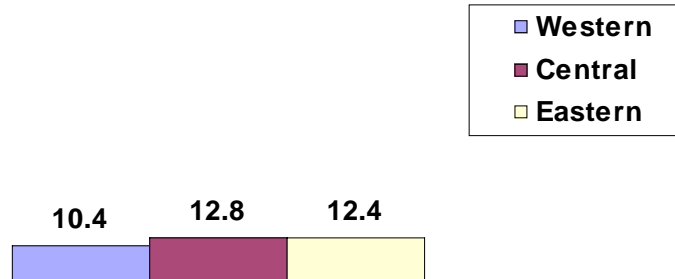
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2003	37.7%	36.9%	38.7%	37.4%	38.1%	37.9%	34.9%	43.4%		37.3%	
2005	12.0%	11.1%	12.7%	12.9%	11.5%	11.7%	11.5%	11.0%	11.0%	20.5%	12.5%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students in the 6th grade were **more** likely than students in the 7th and 8th grade to report that they consider themselves to have a disability, although not significantly.

REGIONAL RESULTS

Percent of students who consider themselves to have a disability



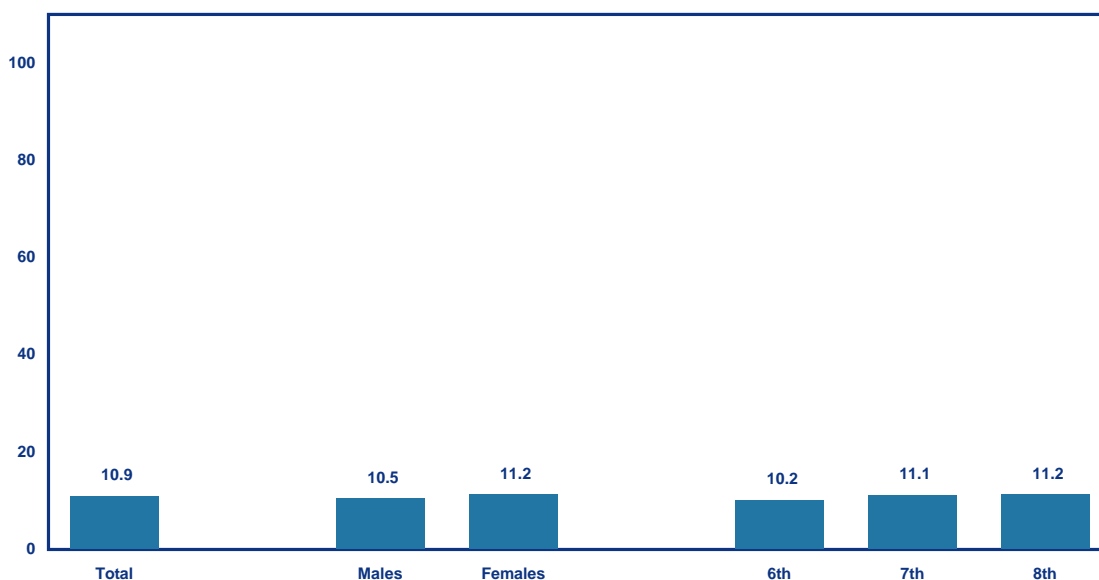
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	12.6%	13.7%	11.1%	12.2%	8.5%	16.3%	12.0%				
*2005	10.4%	10.2%	10.4%	11.3%	8.9%	10.6%	10.6%				
Central											
2003	11.9%	9.4%	14.7%		7.6%	14.2%	11.3%	10.4%			
2005	12.8%	12.2%	13.2%	15.9%	12.2%	10.5%	13.1%	8.1%			12.1%
Eastern											
*2003	13.0%	12.9%	13.2%	14.6%	11.1%	13.3%	12.6%	13.3%			
*2005	12.4%	11.3%	13.1%	12.6%	12.9%	11.7%	12.2%	13.0%	6.0%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **less** likely than students in the Central and Eastern regions to report that they consider themselves to have a disability, although not significantly.



Percent of students who are limited in some way in some activities because of some impairment or health problem



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2003	10.0%	9.0%	11.0%	8.9%	9.6%	10.6%	8.4%	13.1%		10.8%	
2005	10.9%	10.5%	11.2%	10.2%	11.1%	11.2%	9.9%	13.7%	8.8%	12.6%	10.7%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

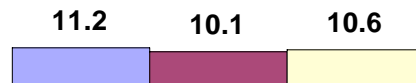
- In 2005, students that identify as Hispanic were **less** likely than all other students to report that they are limited in some way in some activities because of some impairment or health problem, although not significantly.

REGIONAL RESULTS

Percent of students who are limited in some way in some activities because of some impairment or health problem



■ Western
■ Central
■ Eastern



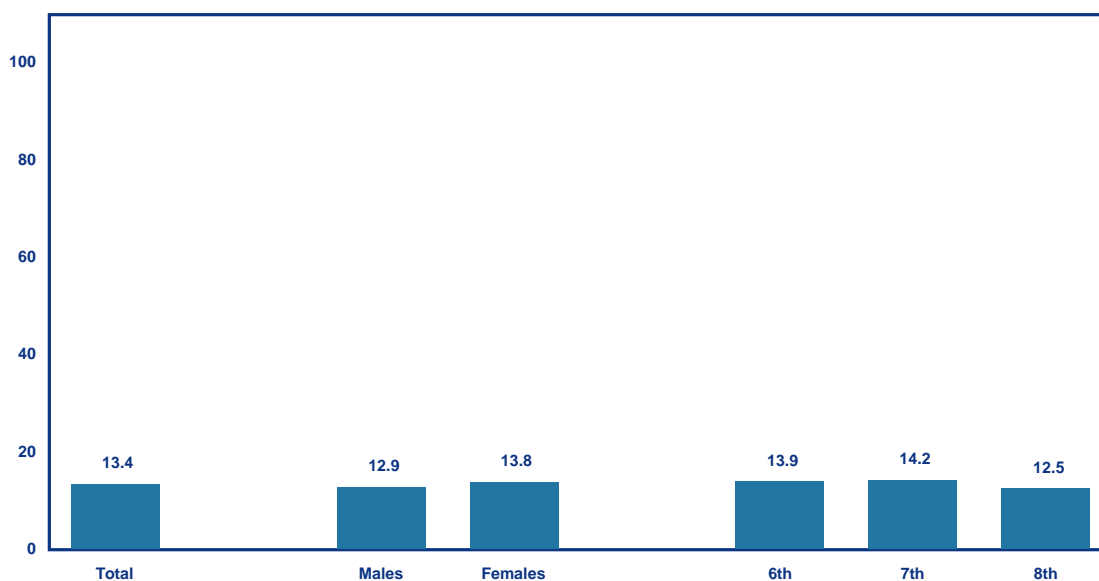
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	9.6%	8.3%	10.7%	5.6%	9.2%	12.4%	9.0%				
*2005	11.2%	11.1%	11.2%	10.5%	11.9%	10.8%	11.1%				
Central											
2003	8.7%	7.9%	9.7%		8.1%	10.0%	6.5%	11.0%			
2005	10.1%	10.8%	9.2%	8.7%	12.5%	8.8%	8.7%	13.2%			11.9%
Eastern											
*2003	11.4%	11.3%	11.5%	14.8%	9.2%	9.8%	8.7%	14.15			
*2005	10.6%	9.6%	11.5%	10.2%	8.3%	13.3%	8.3%	14.2%	5.6%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report that they are limited in some way in some activities because of some impairment or health problem, although not significantly.



Percent of students who have trouble learning, remembering, or concentrating, because of some impairment or health problem



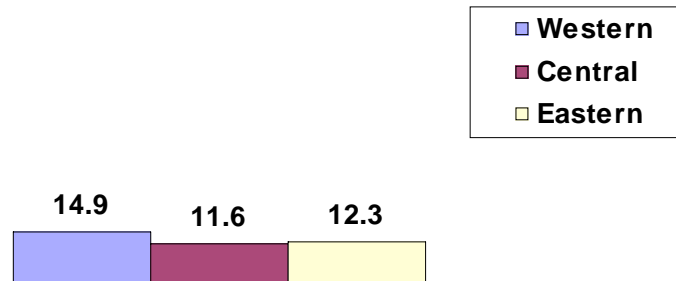
	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
2003	13.9%	14.9%	12.9%	12.5%	12.1%	16.4%	13.6%	13.2%		20.7%	
2005	10.9%	10.5%	11.2%	10.2%	11.1%	11.2%	9.9%	13.7%	8.8%	12.6%	10.7%

In 2003 and 2005, the Middle School NCYRBS did not achieve a high enough response rate to generalize results for all middle school students, just those surveyed.

- In 2005, students were **less** likely than in 2003 to report that they have trouble learning, remembering, or concentrating, because of some impairment or health problem, although not significantly.

REGIONAL RESULTS

Percent of students who have trouble learning, remembering, or concentrating, because of some impairment or health problem



	Total	Male	Female	6th	7th	8th	White	Black	Hispanic	Multi-racial	Other
Western											
2003	13.9%	14.5%	13.0%	12.5%	10.3%	18.0%	13.1%				
*2005	14.9%	15.2%	14.7%	15.5%	16.5%	13.2%	15.6%				
Central											
2003	13.8%	15.4%	12.0%		11.6%	16.8%	13.8%	14.5%			
2005	11.6%	11.8%	11.3%	13.8%	11.4%	9.9%	13.8%	7.6%			9.3%
Eastern											
*2003	13.6%	15.3%	11.8%	13.5%	12.4%	14.9%	13.6%	13.2%			
*2005	12.3%	11.6%	12.8%	11.2%	13.2%	12.6%	11.5%	12.3%	15.4%		

**Indicates that results in this region can be generalized results for all middle school students in that region for that year.*

- In 2005, students in the Western region were **more** likely than students in the Central and Eastern regions to report that they have trouble learning, remembering, or concentrating, because of some impairment or health problem, although not significantly.



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Selected Prevention-Related Indicators

1. Hawkins, JD, Herrenkohl, TI, Farrington, DP, Brewer, D., Catalano, RF, Harachi, T. 1998. A review of predictors of youth violence. In R. Loeber and DP Farrington (Eds.), *Serious and violent juvenile offenders: Risk factors and successful interventions* (p 106-146.) Thousand Oaks, CA: Sage.
2. http://www.sleepfoundation.org/_content/hottopics/sleep_and_teens_report1.pdf
3. <http://www.sleepfoundation.org/hottopics/index.php?secid=18&id=185>

2005
NORTH CAROLINA
YOUTH RISK BEHAVIOR SURVEY
MIDDLE SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

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 this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask 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. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B C D.
- To change your answer, erase completely.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Other
4. How do you describe yourself?
(Select one or more responses.)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Hispanic or Latino
 - E. Native Hawaiian or Other Pacific Islander
 - F. White

5. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes on your answer sheet. Fill in the matching circle below each number.

Example

Height	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

7. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes on your answer sheet. Fill in the matching circle below each number.

Example

Weight Pounds		
1	5	3
●	①	①
②	①	①
③	②	②
	③	●
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 9 questions ask about personal safety and violence-related behaviors.

8. How often do you wear a seat belt when **riding in** a car?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
9. When you ride a bicycle, how often do you wear a helmet?
- A. I do not ride a bicycle
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
- A. Yes
 - B. No
 - C. Not sure
11. Have you ever carried a weapon, such as a gun, knife, or club?
- A. Yes
 - B. No
12. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times
13. Have you ever been in a physical fight?
- A. Yes
 - B. No
14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
- A. Yes
 - B. No

15. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
16. During the past 12 months, how many times has someone stolen or deliberately damaged your property, such as your clothing or books, **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

The next two questions ask about bullying.

17. During the past 12 months, how many times have you been harassed or bullied **on school property**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

18. During the past 30 days, have you been the victim of teasing or name calling because of your weight, size, or physical appearance?
- A. Yes
 - B. No
 - C. Not sure

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

19. Have you ever **seriously** thought about killing yourself?
- A. Yes
 - B. No
20. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?
- A. Yes
 - B. No
21. Have you ever made a plan about how you would kill yourself?
- A. Yes
 - B. No

The next 3 questions ask about tobacco use.

22. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old
 - H. 14 years old or older
23. **During the past 30 days**, on how many days did you smoke cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
24. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke cigarettes during the past 12 months
 - B. Yes
 - C. No

The next 3 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

25. Have you ever had a drink of alcohol, other than a few sips?
- A. Yes
 - B. No

26. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old
 - H. 14 years old or older
27. If you drank alcohol during the past 30 days, how did you usually get your alcohol?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it at a store such as a liquor store, convenience store, gas station or supermarket
 - C. I bought it at a restaurant, bar, or club
 - D. I took it from home
 - E. My parent(s)/guardian(s) gave it to me
 - F. I gave someone else the money to buy it for me
 - G. A person over 21 years old gave it to me
 - H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

28. Have you ever used marijuana?
A. Yes
B. No
29. How old were you when you tried marijuana for the first time?
A. I have never tried marijuana
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old
H. 14 years old or older
30. During the past 30 days, how many times did you use marijuana?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
31. During the past 30 days, how many times did you use marijuana on school property?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

The next 5 questions ask about other drugs.

32. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
A. Yes
B. No

33. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
A. Yes
B. No
34. Have you ever used **steroids**?
A. Yes
B. No
35. Have you ever used a needle to inject any **illegal** drug into your body?
A. Yes
B. No
36. During your life, how many times have you taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax **without a doctor's prescription**?
A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times
37. **During the past 12 months**, has anyone offered, sold, or given you an illegal drug **on school property**?
A. Yes
B. No

The next 4 questions ask about abstinence, AIDS and STD education and information you have learned in school.

38. Have you ever been taught about abstaining from sexual activity?
A. Yes
B. No
C. Not sure

39. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
40. Have you ever been taught about chlamydia, gonorrhea, syphilis, or Human Papillomavirus/genital warts (HPV)?
- A. Yes
 - B. No
 - C. Not sure
41. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
- A. Yes
 - B. No

The next 6 questions ask about body weight.

42. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
43. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight
44. Have you ever **exercised** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

45. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
46. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
47. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

48. On a typical day, how many times do you eat **fruit**? (Include raw, cooked, frozen, canned or dried fruit and 100% fruit juice.)
- A. I do not eat fruit
 - B. 1 time
 - C. 2 times
 - D. 3 times
 - E. 4 times
 - F. 5 or more times

49. During the past 7 days, how many times did you eat **french fries**?
A. I did not eat french fries during the past 7 days
B. 1 time
C. 2 times
D. 3 times
E. 4 times
F. 5 or more times
50. On a typical day, how many times do you eat **vegetables**? (Include raw, cooked, frozen, canned vegetables, salad greens and 100% vegetable juice, **BUT do not count** french fries.)
A. I do not eat vegetables
B. 1 time
C. 2 times
D. 3 times
E. 4 times
F. 5 or more times
51. On a typical day, how many times do you drink a **soft drink or sweetened beverage**? (Include sodas, fruit drinks, sweet tea, punch, Kool-Aid and sports drinks.)
A. I do not drink soft drinks or sweetened beverages
B. 1 time
C. 2 times
D. 3 or more times

52. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in glass or cup, from a carton, or with cereal. Count the half pint milk served at school as equal to 1 glass.)
A. I did not drink milk during the past 7 days
B. 1 to 3 glasses during the past 7 days
C. 4 to 6 glasses during the past 7 days
D. 1 glass per day
E. 2 glasses per day
F. 3 glasses per day
G. 4 or more glasses per day
53. During the past 7 days, how many times did you buy food and/or drinks from vending machines at school?
A. I did not buy food and/or drinks from the vending machines at school during the last 7 days
B. 1 time
C. 2 times
D. 3 times
E. 4 times
F. 5 or more times
54. During the past 7 days, on how many days did you eat breakfast?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days

55. During the past 7 days, how many times did you eat dinner at home with your family?
- A. 0 times
 - B. 1 time
 - C. 2 times
 - D. 3 times
 - E. 4 times
 - F. 5 times
 - G. 6 times
 - H. 7 times

The next 8 questions ask about physical activity.

56. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
57. On a typical school day, how much total time do you spend being physically active?
- A. I am not physically active on a typical school day
 - B. Less than 20 minutes
 - C. 20 minutes to 1 hour
 - D. More than 1 hour and up to 2 hours
 - E. More than 2 hours and up to 3 hours
 - F. 3 or more hours

58. On a typical weekend day, how much total time do you spend being physically active?
- A. I am not physically active on a typical weekend day
 - B. Less than 20 minutes
 - C. 20 minutes to 1 hour
 - D. More than 1 hour and up to 2 hours
 - E. More than 2 hours and up to 3 hours
 - F. 3 or more hours
59. **In an average week** when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
60. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
- A. I do not take PE
 - B. Less than 10 minutes
 - C. 10 to 20 minutes
 - D. 21 to 30 minutes
 - E. 31 to 40 minutes
 - F. 41 to 50 minutes
 - G. 51 to 60 minutes
 - H. More than 60 minutes
61. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

62. On an average weekend day, how many hours do you watch TV?
- A. I do not watch TV on an average weekend day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
63. On an average day, how much total time do you spend playing video games or using a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, computer games, and the Internet)
- A. I do not play video games or use a computer for non school work on an average day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

The next two questions ask about sun safety.

64. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

65. When you are outside for more than one hour on a sunny day, how often do you do **one or more** of the following to protect yourself from the sun: stay in the shade, wear long pants, wear a long-sleeved shirt, or wear a hat that shades your face, ears, and neck?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next question asks about sleep.

66. On an average school night, approximately how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours

The next 10 questions are general items about you.

67. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?
- A. Yes
 - B. No
 - C. Not sure
68. Are you limited in any way in any activities because of any impairment or health problem?
- A. Yes
 - B. No
 - C. Not sure

69. Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating?
- A. Yes
 - B. No
 - C. Not sure
70. On an average school day, how long after school are you alone without a parent or trusted adult?
- A. I am not alone after school
 - B. Less than 1 hour per day
 - C. 2 hours per day
 - D. 3 hours per day
 - E. 4 hours per day
 - F. 5 hours per day
 - G. 6 or more hours per day
71. Do you participate in any extracurricular activities (such as sports, band, drama, clubs, S.O.S., etc.)?
- A. Yes
 - B. No
72. When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured?
- A. During the past 12 months
 - B. Between 12 and 24 months ago
 - C. More than 24 months ago
 - D. Never
 - E. Not sure
73. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
- A. During the past 12 months
 - B. Between 12 and 24 months ago
 - C. More than 24 months ago
 - D. Never
 - E. Not sure

74. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
75. During the past 12 months, have you had an episode of asthma or an asthma attack?
- A. I do not have asthma
 - B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
 - C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
 - D. Not sure
76. How do you describe your health in general?
- A. Excellent
 - B. Very good
 - C. Good
 - D. Fair
 - E. Poor

For the next 4 statements, indicate whether you agree or disagree with each statement.

77. I feel good about myself.
- A. Strongly disagree
 - B. Disagree
 - C. Not sure
 - D. Agree
 - E. Strongly agree
78. I feel alone in my life.
- A. Strongly disagree
 - B. Disagree
 - C. Not sure
 - D. Agree
 - E. Strongly agree

79. Drugs are a problem at my school.
A. Strongly disagree
B. Disagree
C. Not sure
D. Agree
E. Strongly agree
80. Harassment and bullying by other students is a problem at my school.
A. Strongly disagree
B. Disagree
C. Not sure
D. Agree
E. Strongly agree

The next question asks about getting to school.

81. On how many days per week do you usually walk or ride your bike to school?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days

**This is the end of the survey
Thank you very much for your help.**

