### 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina High School Survey**  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Question</th>
<th>Prevalence</th>
<th>Linear Change</th>
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</tr>
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<tbody>
<tr>
<td><strong>Total</strong></td>
<td>1991 1993 1995 1997 1999 2001 2003 2005 2007 2009</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Injury and Violence</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
<td>95.6 92.4</td>
<td>87.1 86.0 86.4 88.8 84.1</td>
<td>Yes Yes</td>
</tr>
<tr>
<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>15.2 8.2</td>
<td>9.5 10.9 8.3 7.9 7.0</td>
<td>Yes No</td>
</tr>
<tr>
<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>33.3 28.7</td>
<td>23.9 23.5 25.3 24.7 20.7</td>
<td>Yes No</td>
</tr>
<tr>
<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>12.7 11.5</td>
<td>9.3 9.3 9.4 9.2 8.2</td>
<td>Yes No</td>
</tr>
<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>26.8 22.4</td>
<td>18.3 19.2 21.5 21.2 19.6</td>
<td>Yes Yes</td>
</tr>
<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>13.9 9.4</td>
<td>4.8 6.3 6.4 6.8 4.7</td>
<td>Yes Yes</td>
</tr>
<tr>
<td>Percentage of students who did 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</td>
<td>5.3 4.7</td>
<td>9.2 5.2 5.8 7.0 5.6</td>
<td>No Yes</td>
</tr>
<tr>
<td>Percentage 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</td>
<td>9.5 8.0</td>
<td>7.6 7.2 7.9 6.6 6.8</td>
<td>Yes No</td>
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<tr>
<td><strong>Injury and Violence</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
<td>37.8 28.4</td>
<td>29.0 30.9 29.9 30.1 28.6</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse</td>
<td>3.7 2.6</td>
<td>2.8 3.8 4.1 3.7 3.7</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight on school property one or more times during the past 12 months</td>
<td>14.5 12.0</td>
<td>10.7 10.7 11.6 10.4 9.4</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months</td>
<td>12.7 13.2 12.6</td>
<td>12.7 13.2 12.6</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to</td>
<td>9.9 9.3 8.6</td>
<td>9.9 9.3 8.6</td>
<td>No</td>
</tr>
<tr>
<td>Percentage 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 past 12 months</td>
<td>29.3 30.6 26.5 26.9 27.4</td>
<td>29.3 30.6 26.5 26.9 27.4</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
<td>24.2 19.8</td>
<td>18.1 18.1 15.6 12.5 13.2</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</td>
<td>13.1 9.5 10.1</td>
<td>13.1 9.5 10.1</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
<td>13.1 13.3 9.9</td>
<td>13.1 13.3 9.9</td>
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<tbody>
<tr>
<td><strong>Tobacco Use</strong></td>
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<tr>
<td>Percentage of students who smoked a whole cigarette for the first time before age 13 years</td>
<td>29.8</td>
<td>25.4</td>
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<td>26.5</td>
<td>23.7</td>
<td>18.4</td>
<td>17.3</td>
<td>12.4</td>
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<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>29.3</td>
<td>31.3</td>
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<td>27.8</td>
<td>24.8</td>
<td>24.9</td>
<td>22.5</td>
<td>17.7</td>
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<tr>
<td>Percentage of students who smoked cigarettes on 20 or more of the past 30 days</td>
<td>14.1</td>
<td>15.5</td>
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<td>14.5</td>
<td>12.4</td>
<td>11.0</td>
<td>9.3</td>
<td>6.3</td>
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<td>Yes</td>
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<tr>
<td>Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months</td>
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<td><strong>Alcohol and Other Drug Use</strong></td>
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<tr>
<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
<td>30.4</td>
<td>25.9</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>43.7</td>
<td>39.7</td>
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<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>23.0</td>
<td>22.5</td>
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<tr>
<td>Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days</td>
<td>5.4</td>
<td>5.0</td>
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<td>No</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>29.0</td>
<td>36.2</td>
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<td>Yes</td>
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<tr>
<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>7.1</td>
<td>6.1</td>
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<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
<td>14.8</td>
<td>21.7</td>
<td></td>
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<td></td>
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<td>No</td>
<td>Yes</td>
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<tr>
<td>Percentage of students who used marijuana on school property one or more times during the past 30 days</td>
<td>4.8</td>
<td>6.1</td>
<td></td>
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<td></td>
<td></td>
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<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>4.4</td>
<td>4.7</td>
<td></td>
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<td></td>
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<tr>
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<tr>
<td></td>
<td>1991</td>
<td>1993</td>
<td>1995</td>
</tr>
<tr>
<td>Alcohol and Other Drug Use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage 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</td>
<td>19.4</td>
<td>13.7</td>
<td>15.4</td>
</tr>
<tr>
<td>Percentage of students who used heroin one or more times during their life</td>
<td>2.3</td>
<td>3.0</td>
<td>3.3</td>
</tr>
<tr>
<td>Percentage of students who used methamphetamines one or more times during their life</td>
<td>7.8</td>
<td>6.6</td>
<td>6.5</td>
</tr>
<tr>
<td>Percentage of students who used ecstasy one or more times during their life</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
<td>3.6</td>
<td>2.0</td>
<td>5.0</td>
</tr>
<tr>
<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>1.7</td>
<td>1.9</td>
<td>2.4</td>
</tr>
<tr>
<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>28.9</td>
<td>29.8</td>
<td>32.8</td>
</tr>
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<td><strong>Total</strong></td>
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<tr>
<td><strong>Sexual Behaviors</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ever had sexual intercourse</td>
<td>52.5 50.8 52.1 51.1</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>10.0 8.1 8.3 7.5</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse with four or more people during their life</td>
<td>17.1 17.2 16.1 15.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse with one or more people during the past three months</td>
<td>37.9 37.1 37.5 36.6</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse</td>
<td>18.1 23.9 20.7 19.3</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse</td>
<td>62.1 62.8 61.5 60.7</td>
<td>No</td>
<td>No</td>
</tr>
</tbody>
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<td><strong>Weight Management and Dietary Behaviors</strong></td>
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</tr>
<tr>
<td>Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**</td>
<td>14.4</td>
<td>14.7</td>
<td>15.7</td>
<td>17.1</td>
<td>14.6</td>
<td>No</td>
<td>No</td>
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</tr>
<tr>
<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>12.8</td>
<td>12.5</td>
<td>13.5</td>
<td>12.8</td>
<td>13.4</td>
<td>No</td>
<td>No</td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>33.4</td>
<td>28.1</td>
<td>29.2</td>
<td>28.5</td>
<td>29.9</td>
<td>26.3</td>
<td>28.0</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who were trying to lose weight</td>
<td>39.8</td>
<td>39.4</td>
<td>42.8</td>
<td>42.2</td>
<td>45.1</td>
<td>44.7</td>
<td>46.2</td>
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<td>No</td>
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<tr>
<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>46.6</td>
<td>58.1</td>
<td>59.7</td>
<td>61.5</td>
<td>61.1</td>
<td>61.9</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
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<tr>
<td>Percentage 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</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>40.8</td>
<td>38.4</td>
<td>36.2</td>
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<tr>
<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
<td>8.2</td>
<td>7.7</td>
<td>6.7</td>
<td>8.1</td>
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<tr>
<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
<td>4.7</td>
<td>5.6</td>
<td>5.6</td>
<td>5.6</td>
<td>4.9</td>
<td>4.8</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
<td>75.8</td>
<td>78.1</td>
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<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
<td>79.3</td>
<td>82.5</td>
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**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.**
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<tr>
<td>Weight Management and Dietary Behaviors</td>
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</tr>
<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
<td>54.0 56.4</td>
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<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
<td>65.2 67.2</td>
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<td>Percentage of students who ate carrots one or more times during the past seven days</td>
<td>37.2 36.5</td>
<td>No</td>
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<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
<td>81.2 82.6</td>
<td>No</td>
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<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
<td>14.8 16.9</td>
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<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
<td>25.5 27.6</td>
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<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
<td>9.6 9.1</td>
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<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>36.9 32.5</td>
<td>Yes</td>
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### 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina High School Survey**  
**Trend Analysis Report**

<table>
<thead>
<tr>
<th>Question</th>
<th>Prevalence Survey Year</th>
<th>Linear Change</th>
<th>Quadratic Change</th>
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<tbody>
<tr>
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<tr>
<td><strong>Physical Activity</strong></td>
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<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>45.9%</td>
<td>44.3%</td>
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<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
<td>36.3%</td>
<td>35.3%</td>
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<tr>
<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
<td>21.2%</td>
<td>23.5%</td>
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<td>Linear Change</td>
<td>Quadratic Change</td>
</tr>
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<tr>
<td></td>
<td>1991  1993  1995  1997</td>
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<td>Total</td>
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<td>Other</td>
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<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>9.5  10.8</td>
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<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
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<td>Question</td>
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<tr>
<td>Male</td>
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<tr>
<td>Injury and Violence</td>
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<td></td>
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<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
<td>95.3</td>
<td>91.6</td>
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<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>20.4</td>
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<tr>
<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>35.4</td>
<td>31.2</td>
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<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>18.2</td>
<td>13.4</td>
<td>12.3</td>
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<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>44.3</td>
<td>36.4</td>
<td>29.1</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>21.8</td>
<td>14.4</td>
<td>7.3</td>
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<td>Percentage of students who did 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</td>
<td>5.2</td>
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<td>9.4</td>
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<tr>
<td>Percentage 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</td>
<td>13.0</td>
<td>10.1</td>
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### Prevalence Survey Year

#### Male

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<th>2009</th>
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<th>Quadratic Change</th>
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<tbody>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
<td>46.5</td>
<td>35.2</td>
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<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
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<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
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<td>16.0</td>
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<tr>
<td>Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months</td>
<td></td>
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<td>Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to</td>
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<td>14.9</td>
<td>13.0</td>
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<td>Percentage 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 past 12 months</td>
<td>20.8</td>
<td>22.7</td>
<td>20.7</td>
<td>21.5</td>
<td>21.6</td>
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<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
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<td>15.3</td>
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<td>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</td>
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<td>7.8</td>
<td>8.6</td>
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<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
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<td>12.8</td>
<td>9.9</td>
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<tr>
<td>Percentage of students who smoked a whole cigarette for the first time before age 13 years</td>
<td>34.8</td>
<td>29.8</td>
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<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>30.4</td>
<td>32.5</td>
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<tr>
<td>Percentage of students who smoked cigarettes on 20 or more of the past 30 days</td>
<td>15.0</td>
<td>16.7</td>
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<tr>
<td>Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months</td>
<td>54.0</td>
<td>58.4</td>
<td>49.5</td>
<td>52.3</td>
<td>52.5</td>
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<td>Alcohol and Other Drug Use</td>
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<tr>
<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
<td>36.4</td>
<td>30.2</td>
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<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>47.9</td>
<td>40.9</td>
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<td>41.5</td>
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<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>30.0</td>
<td>26.6</td>
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<td>25.1</td>
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<td>21.8</td>
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<tr>
<td>Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days</td>
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<td>28.5</td>
<td>33.1</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days</td>
<td>7.6</td>
<td>6.4</td>
<td></td>
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<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>34.1</td>
<td>42.0</td>
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<td></td>
<td>42.3</td>
<td>46.9</td>
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<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
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<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
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<td>26.3</td>
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<td>23.9</td>
<td>27.9</td>
<td>25.2</td>
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<td>Percentage of students who used marijuana on school property one or more times during the past 30 days</td>
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<td>8.9</td>
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<td>7.1</td>
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<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>5.3</td>
<td>5.5</td>
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<td>7.4</td>
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### 2009 Youth Risk Behavior Survey Results

**North Carolina High School Survey**  
**Trend Analysis Report**

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<tr>
<td><strong>Alcohol and Other Drug Use</strong></td>
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<tr>
<td>Percentage 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</td>
<td>20.0</td>
<td>13.8</td>
<td>14.0</td>
<td>13.5</td>
<td>13.3</td>
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<td>Percentage of students who used heroin one or more times during their life</td>
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<td>Percentage of students who used methamphetamines one or more times during their life</td>
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<td>Percentage of students who used ecstasy one or more times during their life</td>
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<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
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<td>2.8</td>
<td>6.5</td>
<td>6.4</td>
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<td>5.3</td>
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<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>1.9</td>
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<td>3.5</td>
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<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>33.4</td>
<td>35.5</td>
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<td>34.2</td>
<td>31.9</td>
<td>33.4</td>
<td>37.2</td>
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### 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina High School Survey**

**Trend Analysis Report**

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<thead>
<tr>
<th>Question</th>
<th>Prevalence Survey Year</th>
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<tbody>
<tr>
<td><strong>Male</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>Sexual Behaviors</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who ever had sexual intercourse</td>
<td>53.7 54.3 54.0 54.2</td>
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<td>No</td>
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<tr>
<td>Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>13.3 11.2 12.0 10.1</td>
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<tr>
<td>Percentage of students who had sexual intercourse with four or more people during their life</td>
<td>19.5 20.6 18.4 19.2</td>
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<td>No</td>
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<tr>
<td>Percentage of students who had sexual intercourse with one or more people during the past three months</td>
<td>36.7 39.1 36.3 37.5</td>
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<td>No</td>
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<td>Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse</td>
<td>22.1 27.9 24.3 24.1</td>
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<td>No</td>
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<td>Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse</td>
<td>68.7 70.7 67.2 65.5</td>
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### 2009 Youth Risk Behavior Survey Results

North Carolina High School Survey

Trend Analysis Report

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<td><strong>Weight Management and Dietary Behaviors</strong></td>
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<tr>
<td>Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**</td>
<td>15.6</td>
<td>14.9</td>
<td>15.5</td>
<td>17.0</td>
<td>13.9</td>
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<tr>
<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>16.4</td>
<td>16.6</td>
<td>15.6</td>
<td>15.9</td>
<td>16.8</td>
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<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>22.9</td>
<td>21.7</td>
<td>24.1</td>
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<td>Percentage of students who were trying to lose weight</td>
<td>24.1</td>
<td>23.7</td>
<td>27.2</td>
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<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>33.1</td>
<td></td>
<td>48.7</td>
<td>53.3</td>
<td>55.3</td>
<td>54.9</td>
<td>55.9</td>
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<tr>
<td>Percentage 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</td>
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<td>30.1</td>
<td>25.3</td>
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<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
<td>5.4</td>
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<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
<td>2.7</td>
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<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
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<td>77.6</td>
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<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
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<td>75.8</td>
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**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.
## Weight Management and Dietary Behaviors

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<tbody>
<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
<td>48.6</td>
<td>51.6</td>
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<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
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<tr>
<td>Percentage of students who ate carrots one or more times during the past seven days</td>
<td>37.7</td>
<td>37.0</td>
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<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
<td>78.3</td>
<td>81.6</td>
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<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
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<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
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<td>27.0</td>
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<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
<td>9.5</td>
<td>8.9</td>
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<tr>
<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>38.5</td>
<td>36.4</td>
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## 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

### North Carolina High School Survey

#### Trend Analysis Report

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<tr>
<td><strong>Physical Activity</strong></td>
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<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>56.4</td>
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<td>56.7</td>
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<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
<td>36.8</td>
<td>36.5</td>
<td>37.1</td>
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<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
<td>23.8</td>
<td>28.2</td>
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## 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

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<tr>
<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>21.8</td>
<td>20.1</td>
<td>22.3</td>
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<tr>
<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
<td>6.4</td>
<td>9.3</td>
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<tr>
<td>Other</td>
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Linear Change: No
Quadratic Change: No

Yes
## 2009 Youth Risk Behavior Survey Results

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<tr>
<td><strong>Female</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td><strong>Injury and Violence</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
<td>96.2 93.4 88.4 84.1 85.9 86.1 82.1</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>10.0 5.5 6.0 8.9 6.1 5.2 6.2</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>31.2 26.4 21.5 22.7 23.5 23.6 21.0</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>7.2 9.6 6.1 6.3 6.1 7.2 5.9</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>10.0 8.7 7.5 8.6 7.8 9.8 8.0</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>6.2 4.4 2.4 4.3 3.1 2.6 2.5</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who did 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</td>
<td>5.3 5.0 9.1 4.3 4.6 7.0 5.6</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage 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</td>
<td>6.0 5.8 5.4 6.1 5.2 4.9 5.1</td>
<td>No</td>
<td>No</td>
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## 2009 Youth Risk Behavior Survey Results

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<tr>
<td>Injury and Violence</td>
<td></td>
<td></td>
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<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
<td>29.2 21.8</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse</td>
<td>2.1 2.0</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who were in a physical fight on school property one or more times during the past 12 months</td>
<td>8.1 8.1</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months</td>
<td>12.3 11.4 12.2</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to</td>
<td>11.3 12.3 12.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage 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 past 12 months</td>
<td>38.0 38.4 32.3 32.4 32.8</td>
<td>Yes</td>
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<tr>
<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
<td>30.5 24.2</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</td>
<td>15.4 11.2 11.3</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
<td>13.3 13.8 9.7</td>
<td>Yes</td>
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<td>Tobacco Use</td>
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<tr>
<td>Percentage of students who smoked a whole cigarette for the first time before age 13 years</td>
<td>24.7</td>
<td>21.0</td>
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<td>Yes</td>
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<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>28.0</td>
<td>30.2</td>
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<tr>
<td>Percentage of students who smoked cigarettes on 20 or more of the past 30 days</td>
<td>13.0</td>
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<tr>
<td>Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months</td>
<td>63.1</td>
<td>64.1</td>
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<td>56.7</td>
<td>61.3</td>
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<tr>
<td>Alcohol and Other Drug Use</td>
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<tr>
<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
<td>24.3 21.6</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>39.7 38.4</td>
<td>No</td>
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<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>16.2 18.3</td>
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<td>Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days</td>
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<td>45.8 41.0</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days</td>
<td>3.3 3.7</td>
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<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>24.0 30.5</td>
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<tr>
<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>3.8 2.9</td>
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<td>Yes</td>
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<tr>
<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
<td>10.9 17.2</td>
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<tr>
<td>Percentage of students who used marijuana on school property one or more times during the past 30 days</td>
<td>2.1 3.4</td>
<td>No</td>
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<tr>
<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>3.5 3.9</td>
<td>No</td>
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<tr>
<td>Percentage 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</td>
<td>18.9</td>
<td>13.5</td>
<td>16.8</td>
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<td>14.2</td>
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<td>Percentage of students who used heroin one or more times during their life</td>
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<td>Percentage of students who used methamphetamines one or more times during their life</td>
<td>7.3</td>
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<tr>
<td>Percentage of students who used ecstasy one or more times during their life</td>
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<td>5.4</td>
<td>4.1</td>
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<td>No</td>
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<tr>
<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
<td>1.4</td>
<td>1.2</td>
<td>3.5</td>
<td>4.0</td>
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<tr>
<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>1.5</td>
<td>1.2</td>
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<td>1.3</td>
<td>No</td>
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<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>24.4</td>
<td>24.2</td>
<td>28.8</td>
<td>29.6</td>
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<td>23.4</td>
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## 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina High School Survey**  
Trend Analysis Report

<table>
<thead>
<tr>
<th>Question</th>
<th>Prevalence Survey Year</th>
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<tr>
<td><strong>Female</strong></td>
<td>1991 1993 1995 1997 1999 2001 2003 2005 2007 2009</td>
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<tr>
<td><strong>Sexual Behaviors</strong></td>
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<tr>
<td>Percentage of students who ever had sexual intercourse</td>
<td>51.4 47.6 50.3 48.2</td>
<td>No</td>
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<tr>
<td>Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>6.8 5.0 4.4 5.1</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who had sexual intercourse with four or more people during their life</td>
<td>14.6 13.9 13.7 12.2</td>
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<tr>
<td>Percentage of students who had sexual intercourse with one or more people during the past three months</td>
<td>39.2 35.3 38.5 35.7</td>
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<td>Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse</td>
<td>14.5 19.7 17.4 14.6</td>
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<td>Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse</td>
<td>56.0 54.7 56.7 56.0</td>
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## 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

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<tbody>
<tr>
<td><strong>Weight Management and Dietary Behaviors</strong></td>
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<tr>
<td>Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**</td>
<td>13.1</td>
<td>14.5</td>
<td>16.0</td>
<td>17.2</td>
<td>15.2</td>
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<tr>
<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>9.0</td>
<td>8.2</td>
<td>11.3</td>
<td>9.5</td>
<td>10.1</td>
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<tr>
<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>43.7</td>
<td>34.4</td>
<td>34.4</td>
<td>32.7</td>
<td>36.7</td>
<td>31.6</td>
<td>32.9</td>
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<td>Percentage of students who were trying to lose weight</td>
<td>55.2</td>
<td>55.0</td>
<td>58.7</td>
<td>55.9</td>
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<td>59.1</td>
<td>61.8</td>
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<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>60.0</td>
<td>67.7</td>
<td>66.1</td>
<td>67.7</td>
<td>67.4</td>
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<td>Percentage 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</td>
<td>51.6</td>
<td>51.5</td>
<td>45.8</td>
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<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
<td>10.9</td>
<td>9.4</td>
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<tr>
<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
<td>6.7</td>
<td>6.4</td>
<td>7.7</td>
<td>7.0</td>
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<tr>
<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
<td>74.1</td>
<td>76.8</td>
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<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
<td>82.8</td>
<td>82.1</td>
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**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.**
### 2009 Youth Risk Behavior Survey Results

**North Carolina High School Survey**

#### Trend Analysis Report

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<th>Linear Change</th>
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<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
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<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
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<td>Percentage of students who ate carrots one or more times during the past seven days</td>
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<td>36.2</td>
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<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
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<td>83.9</td>
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<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
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<tr>
<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
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<td>28.3</td>
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<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
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<td>9.3</td>
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<tr>
<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>35.2</td>
<td>28.8</td>
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<tr>
<td><strong>Female</strong></td>
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<tr>
<td><strong>Physical Activity</strong></td>
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<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>35.7 34.8 36.0</td>
<td>No</td>
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<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
<td>36.0 34.1 35.4</td>
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<tr>
<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
<td>18.5 19.1</td>
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<tr>
<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
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<td></td>
<td>18.4</td>
<td>20.6</td>
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<tr>
<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
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<td>12.6</td>
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<td>Other</td>
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### 2009 Youth Risk Behavior Survey Results

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<tr>
<td><strong>Injury and Violence</strong></td>
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<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
<td>95.1</td>
<td>91.1</td>
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<td>86.7</td>
<td>81.8</td>
<td>84.5</td>
<td>85.9</td>
<td>80.8</td>
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<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>13.9</td>
<td>7.7</td>
<td></td>
<td></td>
<td>9.4</td>
<td>10.3</td>
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<td>6.4</td>
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<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>32.2</td>
<td>28.8</td>
<td></td>
<td></td>
<td>24.2</td>
<td>21.5</td>
<td>23.7</td>
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<td>20.1</td>
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<tr>
<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>13.3</td>
<td>12.2</td>
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<td>9.3</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>26.3</td>
<td>23.3</td>
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<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>13.9</td>
<td>9.8</td>
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<td>4.9</td>
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<td>Percentage of students who did 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</td>
<td>5.0</td>
<td>3.9</td>
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<td>3.9</td>
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<td>Percentage 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</td>
<td>8.9</td>
<td>6.9</td>
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<td>8.2</td>
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*Non-Hispanic.
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<tr>
<td>Percentage of students who were in a physical fight one or more times</td>
<td>36.1</td>
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<td>during the past 12 months</td>
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<td>Percentage of students who were in a physical fight one or more times</td>
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<td>2.1</td>
<td></td>
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<tr>
<td>in which they were injured and had to be treated by a doctor or nurse</td>
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<tr>
<td>Percentage of students who were in a physical fight on school property</td>
<td>12.8</td>
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<td></td>
<td></td>
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<tr>
<td>one or more times during the past 12 months</td>
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<td>Percentage of students who were ever hit, slapped, or physically</td>
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<td>11.6</td>
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*Non-Hispanic.
## North Carolina High School Survey
### Trend Analysis Report

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*Non-Hispanic.
### 2009 Youth Risk Behavior Survey Results

#### North Carolina High School Survey

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<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
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<td>Percentage of students who used marijuana one or more times during their life</td>
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*Non-Hispanic.
# 2009 Youth Risk Behavior Survey Results

## North Carolina High School Survey

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<td>Percentage 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</td>
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*Non-Hispanic.*
# North Carolina High School Survey
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### 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

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<td>Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**</td>
<td>12.6</td>
<td>14.1</td>
<td>12.6</td>
<td>13.4</td>
<td>11.9</td>
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<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>11.9</td>
<td>9.9</td>
<td>11.0</td>
<td>10.9</td>
<td>10.7</td>
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<tr>
<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>34.6</td>
<td>31.3</td>
<td>32.0</td>
<td>30.6</td>
<td>29.9</td>
<td>27.8</td>
<td>26.9</td>
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<tr>
<td>Percentage of students who were trying to lose weight</td>
<td>41.6</td>
<td>44.5</td>
<td>46.6</td>
<td>44.9</td>
<td>46.0</td>
<td>48.5</td>
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<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>52.2</td>
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<td>62.0</td>
<td>62.8</td>
<td>63.4</td>
<td>67.0</td>
<td>64.1</td>
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<td>Percentage 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</td>
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<td></td>
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<td></td>
<td>43.3</td>
<td>44.6</td>
<td>41.6</td>
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<td>No</td>
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<tr>
<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
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<td></td>
<td></td>
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<td></td>
<td>8.4</td>
<td>8.4</td>
<td>6.2</td>
<td>7.6</td>
<td>5.0</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
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<td></td>
<td>5.2</td>
<td>5.0</td>
<td>5.8</td>
<td>4.8</td>
<td>4.8</td>
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<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
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<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
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</tbody>
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*Non-Hispanic.

**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.
# 2009 Youth Risk Behavior Survey Results

## North Carolina High School Survey
Trend Analysis Report

<table>
<thead>
<tr>
<th>Question</th>
<th>1991</th>
<th>1993</th>
<th>1995</th>
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<tbody>
<tr>
<td><strong>Weight Management and Dietary Behaviors</strong></td>
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<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
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<td>63.2</td>
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<tr>
<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
<td>71.5</td>
<td>72.2</td>
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<tr>
<td>Percentage of students who ate carrots one or more times during the past seven days</td>
<td>43.6</td>
<td>42.4</td>
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<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
<td>84.7</td>
<td>85.5</td>
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<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
<td>13.1</td>
<td>14.0</td>
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<tr>
<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
<td>21.5</td>
<td>24.9</td>
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<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
<td>10.0</td>
<td>8.3</td>
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<tr>
<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>39.1</td>
<td>35.3</td>
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## 2009 Youth Risk Behavior Survey Results

### North Carolina High School Survey
#### Trend Analysis Report

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<thead>
<tr>
<th>Question</th>
<th>Prevalence Survey Year</th>
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<th>Quadratic Change</th>
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<tbody>
<tr>
<td><strong>White</strong>*</td>
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<tr>
<td>Physical Activity</td>
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<td></td>
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<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>48.4 48.4 51.4</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
<td>25.7 23.6 26.4</td>
<td>No</td>
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<tr>
<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
<td>19.5 21.3</td>
<td>No</td>
<td></td>
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<thead>
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<tbody>
<tr>
<td>White*</td>
<td>1991 1993 1995 1997 1999 2001 2003 2005 2007 2009</td>
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<td></td>
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<tr>
<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>16.2 18.6 19.9</td>
<td>Yes</td>
<td></td>
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<tr>
<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
<td>8.6 9.9</td>
<td>No</td>
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<tr>
<td>Other</td>
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<tbody>
<tr>
<td><strong>Black</strong>*</td>
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<tr>
<td><strong>Injury and Violence</strong></td>
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<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
<td>97.2</td>
<td>95.3</td>
<td></td>
<td>89.0</td>
<td>95.5</td>
<td>90.6</td>
<td>94.1</td>
<td>91.7</td>
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<tr>
<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>16.5</td>
<td>8.5</td>
<td></td>
<td>9.7</td>
<td>12.1</td>
<td>9.1</td>
<td>9.3</td>
<td>8.2</td>
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<tr>
<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>35.0</td>
<td>26.4</td>
<td></td>
<td>22.9</td>
<td>27.2</td>
<td>28.2</td>
<td>24.9</td>
<td>19.7</td>
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<tr>
<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>10.5</td>
<td>9.3</td>
<td></td>
<td>5.5</td>
<td>6.6</td>
<td>7.6</td>
<td>5.4</td>
<td>5.7</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>27.3</td>
<td>19.3</td>
<td></td>
<td>13.4</td>
<td>14.6</td>
<td>18.0</td>
<td>17.3</td>
<td>14.5</td>
<td>Yes</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>13.4</td>
<td>7.1</td>
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<td>4.4</td>
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<tr>
<td>Percentage of students who did 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</td>
<td>5.2</td>
<td>6.2</td>
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<td>13.2</td>
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<td>8.3</td>
<td>6.5</td>
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<td>Yes</td>
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<tr>
<td>Percentage 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</td>
<td>10.2</td>
<td>9.8</td>
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<td>4.9</td>
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<td>10.9</td>
<td>7.2</td>
<td>5.8</td>
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<td><strong>Injury and Violence</strong></td>
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<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
<td>41.2</td>
<td>29.7</td>
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<td>33.0</td>
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<td>Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse</td>
<td>5.3</td>
<td>3.1</td>
<td>1.7</td>
<td>3.5</td>
<td>5.0</td>
<td>3.4</td>
<td>3.8</td>
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<tr>
<td>Percentage of students who were in a physical fight on school property one or more times during the past 12 months</td>
<td>18.1</td>
<td>14.2</td>
<td>12.9</td>
<td>15.7</td>
<td>14.3</td>
<td>11.4</td>
<td>10.3</td>
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<tr>
<td>Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months</td>
<td>16.4</td>
<td>15.4</td>
<td>13.4</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to</td>
<td>13.7</td>
<td>9.8</td>
<td>10.7</td>
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<td>No</td>
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<tr>
<td>Percentage 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 past 12 months</td>
<td>30.3</td>
<td>30.0</td>
<td>28.3</td>
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<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
<td>19.7</td>
<td>13.8</td>
<td>13.4</td>
<td>15.7</td>
<td>16.1</td>
<td>8.9</td>
<td>12.0</td>
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<td>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</td>
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<td>7.7</td>
<td>9.7</td>
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<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
<td>15.7</td>
<td>12.6</td>
<td>10.4</td>
<td>No</td>
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*Non-Hispanic.
2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
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<tr>
<td>Black*</td>
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<tr>
<td>Tobacco Use</td>
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<tr>
<td>Percentage of students who smoked a whole cigarette for the first time before age 13 years</td>
<td>24.6 17.3 21.2 20.0 19.8 15.7 11.4</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>18.9 18.6 19.2 15.4 17.3 14.8 11.0</td>
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<td>No</td>
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<tr>
<td>Percentage of students who smoked cigarettes on 20 or more of the past 30 days</td>
<td>4.2 4.9 8.4 6.5 5.2 4.3 3.8</td>
<td>No</td>
<td>Yes</td>
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<tbody>
<tr>
<td>Alcohol and Other Drug Use</td>
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<tr>
<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
<td>34.1 25.2</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>42.4 31.4</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>14.4 13.4</td>
<td>Yes</td>
<td>No</td>
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<tr>
<td>Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days</td>
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<tr>
<td>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days</td>
<td>5.7  5.9</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>28.7 34.1</td>
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<td>Yes</td>
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<tr>
<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>8.3  4.0</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
<td>15.0 20.6</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who used marijuana on school property one or more times during the past 30 days</td>
<td>4.9  5.8</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>2.0  2.5</td>
<td>No</td>
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*Non-Hispanic.
**2009 YOUTH RISK BEHAVIOR SURVEY RESULTS**

**North Carolina High School Survey**

**Trend Analysis Report**

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<tr>
<td>Black* Alcohol and Other Drug Use</td>
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<tr>
<td>Percentage 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</td>
<td>13.6</td>
<td>7.6</td>
<td>11.5</td>
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<td>Percentage of students who used heroin one or more times during their life</td>
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<td>Percentage of students who used methamphetamines one or more times during their life</td>
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<td>2.3</td>
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<td>Percentage of students who used ecstasy one or more times during their life</td>
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<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
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<td>2.1</td>
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<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>1.3</td>
<td>1.0</td>
<td>2.1</td>
<td>3.0</td>
<td>1.4</td>
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<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>26.5</td>
<td>20.1</td>
<td>33.1</td>
<td>27.1</td>
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<tr>
<td>Sexual Behaviors</td>
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<tr>
<td>Percentage of students who ever had sexual intercourse</td>
<td>72.4</td>
<td>69.0</td>
<td>67.8</td>
<td>64.6</td>
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<td>Percentage of students who had sexual intercourse for the first time before age 13 years</td>
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<td>15.9</td>
<td>15.4</td>
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<tr>
<td>Percentage of students who had sexual intercourse with four or more people during their life</td>
<td>28.8</td>
<td>30.5</td>
<td>26.2</td>
<td>25.4</td>
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<tr>
<td>Percentage of students who had sexual intercourse with one or more people during the past three months</td>
<td>53.9</td>
<td>49.9</td>
<td>46.9</td>
<td>44.7</td>
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<tr>
<td>Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse</td>
<td>14.7</td>
<td>22.0</td>
<td>13.4</td>
<td>15.3</td>
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<tr>
<td>Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse</td>
<td>67.9</td>
<td>66.6</td>
<td>64.2</td>
<td>57.2</td>
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## 2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

### North Carolina High School Survey

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<tbody>
<tr>
<td><strong>Weight Management and Dietary Behaviors</strong></td>
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</tr>
<tr>
<td>Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**</td>
<td>18.0</td>
<td>15.0</td>
<td>21.8</td>
<td>24.0</td>
<td>19.3</td>
<td>Yes</td>
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<td></td>
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<tr>
<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>15.4</td>
<td>17.7</td>
<td>17.5</td>
<td>15.0</td>
<td>18.5</td>
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<tr>
<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>30.7</td>
<td>22.7</td>
<td>23.8</td>
<td>22.5</td>
<td>28.1</td>
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<td>Percentage of students who were trying to lose weight</td>
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<td>30.2</td>
<td>35.6</td>
<td>36.1</td>
<td>41.3</td>
<td>37.1</td>
<td>42.9</td>
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<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>34.7</td>
<td>50.0</td>
<td>53.8</td>
<td>56.9</td>
<td>50.1</td>
<td>58.0</td>
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<td>Percentage 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</td>
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<td>34.5</td>
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<tr>
<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
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<tr>
<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
<td>3.8</td>
<td>6.4</td>
<td>5.2</td>
<td>6.8</td>
<td>4.8</td>
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<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
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<td></td>
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<td>82.3</td>
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<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
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<td></td>
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<td>76.0</td>
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</tbody>
</table>

*Non-Hispanic.

**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.
## 2009 Youth Risk Behavior Survey Results

### North Carolina High School Survey

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<td><strong>Weight Management and Dietary Behaviors</strong></td>
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<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
<td>43.9 41.7</td>
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<tr>
<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
<td>53.4 59.6</td>
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<tr>
<td>Percentage of students who ate carrots one or more times during the past seven days</td>
<td>22.6 21.1</td>
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<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
<td>76.7 78.2</td>
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<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
<td>17.5 20.2</td>
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<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
<td>31.9 30.3</td>
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<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
<td>7.2 9.3</td>
<td>No</td>
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<tr>
<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>33.8 29.4</td>
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<tr>
<td><strong>Physical Activity</strong></td>
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<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
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<tr>
<td>43.7</td>
<td>39.0</td>
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<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
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<td>57.2</td>
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<td>54.6</td>
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<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
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<td>24.4</td>
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<tr>
<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td>28.1</td>
<td>23.1</td>
<td>24.8</td>
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<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
<td>11.7</td>
<td>12.5</td>
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<tr>
<td>Hispanic/Latino</td>
<td>1991 1993 1995 1997 2001 2003 2005 2007 2009</td>
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<tr>
<td><em>Injury and Violence</em></td>
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<tr>
<td>Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet</td>
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<tr>
<td>Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else</td>
<td>10.8 12.6 11.6 12.1 5.8</td>
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<tr>
<td>Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol</td>
<td>34.8 27.7 27.0 28.4 26.2</td>
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<td>Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol</td>
<td>12.8 8.6 10.3 12.7 7.6</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days</td>
<td>20.6 12.7 14.6 19.7 20.9</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days</td>
<td>8.1 5.5 5.0 8.5 6.0</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who did 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</td>
<td>18.7 7.8 8.1 11.3 11.6</td>
<td>No</td>
<td>Yes</td>
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<tr>
<td>Percentage 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</td>
<td>15.0 6.9 6.5 13.7 10.2</td>
<td>No</td>
<td>No</td>
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<tr>
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<tr>
<td>Injury and Violence</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months</td>
<td>32.8 31.8 33.3 36.2 33.1</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse</td>
<td>6.2 4.0 4.5 6.6 4.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were in a physical fight on school property one or more times during the past 12 months</td>
<td>15.6 13.6 11.5 13.7 12.6</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months</td>
<td>13.4 14.4 12.5</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to</td>
<td>8.8 8.9 13.8</td>
<td>No</td>
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</tr>
<tr>
<td>Percentage 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 past 12 months</td>
<td>27.5 34.0 31.9 32.3 32.7</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who seriously considered attempting suicide during the past 12 months</td>
<td>17.4 21.4 15.9 17.0 13.2</td>
<td>No</td>
<td>No</td>
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<tr>
<td>Percentage of students who made a plan about how they would attempt suicide during the past 12 months</td>
<td>14.3 9.0 10.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who actually attempted suicide one or more times during the past 12 months</td>
<td>13.7 18.3 11.7</td>
<td>No</td>
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</tbody>
</table>
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<tr>
<td><strong>Hispanic/Latino</strong></td>
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</tr>
<tr>
<td>Tobacco Use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who smoked a whole cigarette for the first time before age 13 years</td>
<td>34.3 28.5 13.4 23.0 18.2</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who smoked cigarettes on one or more of the past 30 days</td>
<td>26.5 23.3 17.4 20.2 18.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who smoked cigarettes on 20 or more of the past 30 days</td>
<td>11.2 6.3 5.4 11.4 5.0</td>
<td>No</td>
<td>No</td>
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### 2009 Youth Risk Behavior Survey Results

**North Carolina High School Survey**  
**Trend Analysis Report**

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<td></td>
</tr>
<tr>
<td>Percentage of students who had their first drink of alcohol other than a few sips before age 13 years</td>
<td>23.4 19.4 19.1 31.7 28.2</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had at least one drink of alcohol on one or more of the past 30 days</td>
<td>35.8 33.0 34.9 38.7 36.2</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days</td>
<td>19.1 19.9 19.1 23.9 17.5</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days</td>
<td></td>
<td>33.3 34.6</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days</td>
<td>9.2 4.2 3.0 9.2 6.3</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during their life</td>
<td>44.0 29.6 31.2 36.3 36.6</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who tried marijuana for the first time before age 13 years</td>
<td>15.2 10.0 6.8 12.5 9.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used marijuana one or more times during the past 30 days</td>
<td>20.2 15.1 14.5 14.5 17.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used marijuana on school property one or more times during the past 30 days</td>
<td>9.4 2.2 3.4 5.9 7.1</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life</td>
<td>10.6 7.9 7.8 15.6 11.2</td>
<td>No</td>
<td>No</td>
</tr>
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<tr>
<td><strong>Alcohol and Other Drug Use</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage 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</td>
<td>16.0 9.2 10.5 17.3 13.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used heroin one or more times during their life</td>
<td>5.8 4.5 4.1 6.5 3.1</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used methamphetamines one or more times during their life</td>
<td>13.5 4.3 5.0 7.9 6.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used ecstasy one or more times during their life</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life</td>
<td>12.8 7.7 5.7 6.6 4.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life</td>
<td>5.0 4.8 2.9 5.9 4.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months</td>
<td>41.5 32.1 28.9 32.5 44.0</td>
<td>No</td>
<td>Yes</td>
</tr>
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# 2009 Youth Risk Behavior Survey Results

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<tr>
<td>Hispanic/Latino</td>
<td>1991  1993  1995  1997  1999  2001  2003  2005  2007  2009</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sexual Behaviors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ever had sexual intercourse</td>
<td>50.2  51.1  51.2  55.4</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse for the first time before age 13 years</td>
<td>9.4  10.9  11.6  11.2</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse with four or more people during their life</td>
<td>18.6  16.9  16.9  13.7</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who had sexual intercourse with one or more people during the past three months</td>
<td>32.4  29.6  29.3  38.2</td>
<td>No</td>
<td>No</td>
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# 2009 Youth Risk Behavior Survey Results

## North Carolina High School Survey

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<th>1995</th>
<th>1997</th>
<th>1999</th>
<th>2001</th>
<th>2003</th>
<th>2005</th>
<th>2007</th>
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<tbody>
<tr>
<td><strong>Weight Management and Dietary Behaviors</strong></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Percentage of students who were overweight (i.e., at or above the 85th percentile for body mass index, by age and sex)**</td>
<td>14.4</td>
<td>25.6</td>
<td>15.5</td>
<td>20.0</td>
<td>15.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**</td>
<td>9.1</td>
<td>12.8</td>
<td>18.3</td>
<td>16.7</td>
<td>12.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who described themselves as slightly or very overweight</td>
<td>24.7</td>
<td>31.4</td>
<td>38.0</td>
<td>27.0</td>
<td>31.6</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who were trying to lose weight</td>
<td>33.4</td>
<td>48.3</td>
<td>54.3</td>
<td>49.1</td>
<td>49.3</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
<td></td>
<td></td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days</td>
<td>47.3</td>
<td>56.0</td>
<td>64.3</td>
<td>60.5</td>
<td>64.9</td>
<td>Yes</td>
<td>No</td>
<td></td>
<td></td>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Percentage 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</td>
<td>48.8</td>
<td>43.2</td>
<td>37.6</td>
<td>Yes</td>
<td>No</td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days</td>
<td>13.3</td>
<td>6.9</td>
<td>8.6</td>
<td>11.6</td>
<td>6.3</td>
<td>No</td>
<td>No</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days</td>
<td>9.9</td>
<td>9.4</td>
<td>5.8</td>
<td>4.0</td>
<td>8.8</td>
<td>No</td>
<td>No</td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who drank 100% fruit juices one or more times during the past seven days</td>
<td>80.1</td>
<td>85.5</td>
<td></td>
<td></td>
<td>No</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who ate fruit one or more times during the past seven days</td>
<td></td>
<td></td>
<td>83.3</td>
<td>87.2</td>
<td></td>
<td></td>
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**Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.**
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate green salad one or more times during the past seven days</td>
<td>52.1</td>
<td>58.8</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Percentage of students who ate potatoes one or more times during the past seven days</td>
<td>62.3</td>
<td>63.4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate carrots one or more times during the past seven days</td>
<td>47.5</td>
<td>40.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate other vegetables one or more times during the past seven days</td>
<td>76.2</td>
<td>76.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate fruits and vegetables five or more times per day during the past seven days</td>
<td>18.4</td>
<td>25.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate fruits two or more times per day during the past seven days</td>
<td>31.3</td>
<td>40.0</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who ate vegetables three or more times per day during the past seven days</td>
<td>13.0</td>
<td>8.8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days</td>
<td>30.1</td>
<td>24.7</td>
<td></td>
<td></td>
<td></td>
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<td>Hispanic/Latino</td>
<td>1991 1993 1995 1997 1999 2001 2003 2005 2007 2009</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Activity</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days</td>
<td>35.3 34.5 36.2</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who watched three or more hours per day of TV on an average school day</td>
<td>38.5 39.3 37.3</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day</td>
<td>20.0 21.3</td>
<td>No</td>
<td></td>
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<td>16.3</td>
<td>14.4</td>
<td>23.5</td>
</tr>
<tr>
<td>Percentage of students who had ever been told by a doctor or nurse that they had asthma</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma</td>
<td>3.9</td>
<td>10.0</td>
<td></td>
</tr>
</tbody>
</table>