

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) Middle School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Injury and Violence													
Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet								72.0	74.5	73.7	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car								8.8	12.4	5.8	Yes	Yes	
Percentage of students who ever rode in a car driven by someone who had been drinking alcohol								28.4	23.3	26.9	No	No	
Percentage of students who ever carried a weapon, such as a gun, knife, or club								47.5	42.8	45.6	No	No	
Percentage of students who have ever been in a physical fight								57.4	50.7	53.7	No	No	
Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse								8.0	5.6	6.2	No	No	
Percentage of students who ever seriously thought about killing themselves								20.3	20.9	18.7	No	No	
Percentage of students who ever made a plan about how they would kill themselves								13.4	15.5	12.8	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 11 years									7.6	7.5		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								12.0	11.6	7.9		Yes	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								2.2	2.7	1.6		No	No

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Alcohol and Other Drug Use													
Percentage of students who ever had a drink of alcohol, other than a few sips								32.2	29.7	30.7		No	No
Percentage of students who had their first drink of alcohol other than a few sips before age 11 years									14.9	9.5		No	
Percentage of students who ever used marijuana								11.7	9.5	10.1		No	No
Percentage of students who tried marijuana for the first time before age 11 years									3.2	2.5		No	
Percentage of students who ever used any form of cocaine, including powder, crack, or freebase								4.0	2.4	2.7		No	No
Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high								15.8	10.8	11.1		Yes	No
Percentage of students who ever used steroid pills or shots without a doctor's prescription										2.0	2.1	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Sexual Behaviors													
Percentage of students who had ever been taught in school about AIDS or HIV infection								68.4	65.2	68.5	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Weight Management and Dietary Behaviors													
Percentage of students who described themselves as slightly or very overweight								30.5	24.6	25.1		Yes	No
Percentage of students who were trying to lose weight								49.6	45.7	45.8		No	No
Percentage of students who had ever exercised to lose weight or to keep from gaining weight								72.1	71.8	71.8		No	No
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight								45.4	47.4	47.4		No	No
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight									14.9	15.7		No	
Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight								5.5	7.4	5.5		No	No
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight								6.5	7.1	6.0		No	No

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Physical Activity													
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								54.6	58.4	63.4	Yes	No	
Percentage of students who watched three or more hours per day of TV on an average school day								35.5	33.1	35.3	No	No	
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									22.2	24.2	No		
Percentage of students who played on one or more sports teams during the past 12 months									64.0	63.1	No		

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Total													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								18.9	21.5	20.1	No	No	

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North Carolina (Region 3) Middle School Survey
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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Injury and Violence													
Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet								75.0	75.3	77.4	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car								11.3	14.2	6.8	Yes	No	
Percentage of students who ever rode in a car driven by someone who had been drinking alcohol								28.4	23.5	26.5	No	No	
Percentage of students who ever carried a weapon, such as a gun, knife, or club								66.4	62.0	65.0	No	No	
Percentage of students who have ever been in a physical fight								73.1	65.4	68.4	No	No	
Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse								10.7	7.5	8.2	No	No	
Percentage of students who ever seriously thought about killing themselves								15.0	16.8	15.7	No	No	
Percentage of students who ever made a plan about how they would kill themselves								9.0	12.6	11.4	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 11 years									8.1	8.9		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								11.8	11.3	10.2		No	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								2.3	2.1	2.0		No	No

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Alcohol and Other Drug Use													
Percentage of students who ever had a drink of alcohol, other than a few sips								33.0	29.4	34.3		No	No
Percentage of students who had their first drink of alcohol other than a few sips before age 11 years									17.3	11.0		No	
Percentage of students who ever used marijuana								11.8	10.7	11.3		No	No
Percentage of students who tried marijuana for the first time before age 11 years									4.0	3.0		No	
Percentage of students who ever used any form of cocaine, including powder, crack, or freebase								3.5	1.4	2.9		No	Yes
Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high								16.3	10.1	8.6		Yes	No
Percentage of students who ever used steroid pills or shots without a doctor's prescription									1.4	2.5		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Sexual Behaviors													
Percentage of students who had ever been taught in school about AIDS or HIV infection								67.5	64.2	67.5	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Weight Management and Dietary Behaviors													
Percentage of students who described themselves as slightly or very overweight								28.9	24.9	25.7		No	No
Percentage of students who were trying to lose weight								41.4	39.2	37.2		No	No
Percentage of students who had ever exercised to lose weight or to keep from gaining weight								66.2	66.4	64.1		No	No
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight								35.6	38.9	34.8		No	No
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight									10.9	12.1		No	
Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight								3.1	6.6	4.5		No	No
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight								3.4	6.5	5.1		No	No

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Question	Prevalence Survey Year											Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009				
Male														
Physical Activity														
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								60.9	62.2	68.6		Yes	No	
Percentage of students who watched three or more hours per day of TV on an average school day								34.4	32.8	38.7		No	No	
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									27.8	27.6		No		
Percentage of students who played on one or more sports teams during the past 12 months									66.8	65.0		No		

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								20.7	24.3	22.8	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Injury and Violence													
Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet								68.7	73.6	69.6	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car								6.0	10.5	4.7	No	Yes	
Percentage of students who ever rode in a car driven by someone who had been drinking alcohol								28.4	23.1	27.1	No	No	
Percentage of students who ever carried a weapon, such as a gun, knife, or club								27.7	22.7	25.3	No	No	
Percentage of students who have ever been in a physical fight								41.0	35.6	38.5	No	No	
Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse								4.9	3.6	4.1	No	No	
Percentage of students who ever seriously thought about killing themselves								25.9	25.2	21.9	No	No	
Percentage of students who ever made a plan about how they would kill themselves								17.9	18.6	14.1	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 11 years									7.0	6.1		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								12.0	12.0	5.5		Yes	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								2.1	3.4	1.1		No	No

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Alcohol and Other Drug Use													
Percentage of students who ever had a drink of alcohol, other than a few sips								31.5	29.9	26.9		No	No
Percentage of students who had their first drink of alcohol other than a few sips before age 11 years									12.6	7.7		No	
Percentage of students who ever used marijuana								11.4	8.3	8.8		No	No
Percentage of students who tried marijuana for the first time before age 11 years									2.4	2.0		No	
Percentage of students who ever used any form of cocaine, including powder, crack, or freebase								4.4	3.3	2.6		No	No
Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high								15.2	11.6	13.8		No	No
Percentage of students who ever used steroid pills or shots without a doctor's prescription									2.5	1.8		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Sexual Behaviors													
Percentage of students who had ever been taught in school about AIDS or HIV infection								69.4	66.2	69.6	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Weight Management and Dietary Behaviors													
Percentage of students who described themselves as slightly or very overweight								32.1	24.4	24.5	Yes	No	
Percentage of students who were trying to lose weight								58.2	52.3	54.7	No	No	
Percentage of students who had ever exercised to lose weight or to keep from gaining weight								78.3	77.4	79.8	No	No	
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight								55.7	56.2	60.3	No	No	
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight									19.0	19.5	No		
Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight								8.0	8.3	6.5	No	No	
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight								9.6	7.6	6.9	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Physical Activity													
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								48.2	54.5	58.0	Yes	No	
Percentage of students who watched three or more hours per day of TV on an average school day								36.5	33.4	31.7	No	No	
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									16.3	20.6	No		
Percentage of students who played on one or more sports teams during the past 12 months									61.2	61.2	No		

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Female													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								16.9	18.7	17.2	No	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Injury and Violence													
Among students who rode a bicycle, the percentage who never or rarely wore a bicycle helmet								68.9	70.3	72.2	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car								6.9	11.2	4.7	Yes	Yes	
Percentage of students who ever rode in a car driven by someone who had been drinking alcohol								28.0	24.2	26.6	No	No	
Percentage of students who ever carried a weapon, such as a gun, knife, or club								49.4	46.0	46.7	No	No	
Percentage of students who have ever been in a physical fight								55.5	49.0	49.2	Yes	No	
Percentage of students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse								7.7	5.1	5.8	No	No	
Percentage of students who ever seriously thought about killing themselves								19.6	20.2	16.8	No	No	
Percentage of students who ever made a plan about how they would kill themselves								12.7	14.9	12.1	No	No	

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 11 years									7.3	7.6		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								11.3	10.8	7.8		No	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								2.1	2.6	1.9		No	No

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Alcohol and Other Drug Use													
Percentage of students who ever had a drink of alcohol, other than a few sips								31.6	27.7	29.2	No	No	
Percentage of students who had their first drink of alcohol other than a few sips before age 11 years									13.1	9.1	No		
Percentage of students who ever used marijuana								10.3	9.4	8.4	No	No	
Percentage of students who tried marijuana for the first time before age 11 years									2.9	2.7	No		
Percentage of students who ever used any form of cocaine, including powder, crack, or freebase								3.3	2.4	2.2	No	No	
Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high								15.8	11.5	10.8	Yes	No	
Percentage of students who ever used steroid pills or shots without a doctor's prescription										2.0	2.0	No	

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Sexual Behaviors													
Percentage of students who had ever been taught in school about AIDS or HIV infection								69.5	67.4	68.4	No	No	

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Weight Management and Dietary Behaviors													
Percentage of students who described themselves as slightly or very overweight								31.1	24.4	25.3	Yes	No	
Percentage of students who were trying to lose weight								49.9	45.1	45.7	No	No	
Percentage of students who had ever exercised to lose weight or to keep from gaining weight								73.8	70.7	71.7	No	No	
Percentage of students who had ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight								46.3	49.1	48.8	No	No	
Percentage of students who had ever gone without eating for 24 hours or more to lose weight or to keep from gaining weight									14.8	15.5	No		
Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight								5.6	7.7	5.2	No	No	
Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight								6.1	7.8	5.1	No	No	

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Physical Activity													
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								56.0	60.0	63.7	Yes	No	
Percentage of students who watched three or more hours per day of TV on an average school day								32.3	32.3	33.2	No	No	
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									23.0	23.6	No		
Percentage of students who played on one or more sports teams during the past 12 months									64.5	63.9	No		

*Non-Hispanic.

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
White*													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								17.7	22.1	18.6	No	No	

*Non-Hispanic.