



North Carolina
Youth Risk Behavior Survey

www.nchealthyschools.org

HIGH SCHOOL
2013 SURVEY RESULTS



Public Schools of North Carolina
State Board of Education | Department of Public Instruction



DEPARTMENT OF HEALTH AND HUMAN SERVICES



Acknowledgments

The North Carolina Department of Public Instruction (NCDPI) extends its sincere appreciation to all of the students who participated in the 2013 North Carolina Youth Risk Behavior Survey (NCYRBS). Without their responses, statewide monitoring of health risk behaviors among North Carolina youth would not be possible. NCDPI also acknowledges the collaborative and vital contributions of the dozens of school, school district, and local health department personnel from across the state that made it possible to successfully conduct the YRBS. Efforts included allowing their schools to participate in the NCYRBS, attending NCYRBS trainings, coordinating parent permission, administering the surveys, and delivering the resulting data and documentation to NCDPI. The surveys had to be administered during the instructional day and often in more than one class per school. The care and effort put forth by those individuals in going above and beyond their official duties to provide quality data for the NCYRBS are greatly appreciated. Thank you for supporting adolescent health.

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Executive Summary

From *Morbidity and Mortality Weekly Report: Youth Risk Behavior Surveillance-United States, 2009*, June 4, 2010 / Vol. 59 / No. SS-5

In the United States, 74% of all deaths among youth and young adults aged 10–24 years result from four causes: motor-vehicle crashes (30%), other unintentional injuries (16%), homicide (16%), and suicide (12%). Substantial morbidity and social problems also result from the approximately 757,000 pregnancies among women aged 15–19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15–24 years, and the estimated 6,610 cases of human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS) among persons aged 15–24 years that occur annually. Among adults aged 25 years or older, 59% of all deaths in the United States result from cardiovascular disease (35%) and cancer (24%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood (MMWR, 2010).

To monitor priority health-risk behaviors among youth and young adults, the 2013 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified to meet the needs of North Carolina. This survey is administered at the middle and/or high school level by individual states and select cities in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide indicators for improving school health education policies and programs. This report summarizes results from the 96 question 2013 High School NCYRBS and trends from 1993–2013 in selected risk behaviors. A random sample of 1,846 high school students drawn from 32 schools across the state participated in the 2013 NCYRBS. Data from the 2013 Middle School and High School NCYRBS can be found at www.nchealthyschools.org/data/yrbs.

The NCYRBS asks students to identify themselves by gender, age, grade and race/ethnicity. In addition to comparing the NCYRBS data to the nation as a whole, intra-comparisons can be made. While behaviors have changed since 1993, this report will focus primarily on statistically significant changes in behavior. Detailed sampling procedures are described on page two of this report.

Health Disparities

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

GENDER DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

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

- Never or rarely wear a seatbelt when riding in a car driven by someone else
- Drive a car or other vehicle one or more times during the past 30 days when they had been drinking
- Carry a weapon such as a gun, knife, or club on one or more of the past 30 days
- Carry a weapon such as a gun, knife, or club on school property on one or more of the past 30 days
- Have been in a physical fight one or more times during the past 12 months
- Have been in a physical fight on school property one or more times during the past 12 months
- Smoke a whole cigarette for the first time before age 13
- Smoked cigarettes on 20 or more of the past 30 days
- Use chewing tobacco, snuff, or dip on one or more of the past 30 days
- Have their first drink of alcohol other than a few sips before age 13
- Have 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
- Use marijuana one or more times during their life
- Have tried marijuana for the first time before age 13
- Use marijuana on one or more times during the past 30 days
- Use marijuana on school property one or more times during the past 30 days
- Use any form of cocaine, including powder, crack, or freebase one or more times during their life
- Use methamphetamines one or more times during their life
- Have taken steroid pills or shots without a doctor's prescription one or more times during this life
- Have taken a prescription drug (such as OxyContin, Percocet, Vicodine, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times in their life
- Be offered, sold, or given an illegal drug by someone on school property during the past 12 months
- Have sexual intercourse for the first time before age 13
- Have drank alcohol or used drugs before last sexual intercourse

Gender Disparities continued

- Eat fruits two or more times per day and eat vegetables three or more times per day during the past seven days
- Eat vegetables three or more times per day during the past seven days
- Be physically active for a total of at least 60 minutes per day on five or more of the past seven days
- Be physically active for a total of at least 60 minutes per day on seven of the past seven days
- Haven't gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs
- Participate in an official school sport or sports where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year
- Participate in an official school sport or sports where they play as an individual such as golf, track and field, diving, wrestling, or tennis during the current school year
- Gamble on a sports team, gamble when playing cards or when playing dice game, play the lottery or scratch off tickets, gamble on the internet, or bet on a game of personal skill such as pool or a video game one or more times during the past 12 months
- Strongly agree or agree that they feel good about themselves

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

- Have ever been physically forced to have sexual intercourse when they did not want to
- Have been electronically bullied during the past 12 months
- Feel 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
- Get alcohol from someone who gave it to them during the past 30 days
- Describe themselves as slightly or very overweight
- Try to lose weight
- Describe their grades as mostly A's or B's during the past 12 months
- See other students being bullied in their school during the past 12 months
- Have partners three or more years older the last time they had sexual intercourse
- Have parents or other adults in their family talk to them about what they expect them to do or not to do when it comes to sex
- Exercise to lose weight or to keep from gaining weight during the past 30 days
- Eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days

GRADE LEVEL DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

9th grade students were significantly more likely than **11th and 12th** grade students to:

- Have ever been bullied on school property during the past 12 months
- Get eight or more hours of sleep on an average school night

9th grade students were significantly more likely than **12th** grade students to:

- Seriously consider attempting suicide during the past 12 months

10th grade students were significantly more likely than **9th** grade students to:

- Have texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days

Grade Level Disparities continued

10th grade students were significantly more likely than **12th** grade students to:

- Be bullied on school property during the past 12 months
- Get eight or more hours of sleep on an average school night

11th grade students were significantly more likely than **9th** and **10th** grade students to:

- Have sexual intercourse with one or more people during the past three months
- Have texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days

11th grade students were significantly more likely than **9th** grade students to:

- Use marijuana one or more times during their life
- Have sexual intercourse
- Have sexual intercourse with four or more people during their life

12th grade students were significantly more likely than **9th** and **10th** grade students to:

- Have sexual intercourse
- Have sexual intercourse with four or more people during their life
- Have sexual intercourse with one or more people during the past three months
- Have texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days

12th grade students were significantly more likely than **11th** grade students to:

- Strongly agree or agree that they feel good about themselves

12th grade students were significantly more likely than **10th** grade students to:

- Have ever been tested for HIV, the virus that causes AIDS

12th grade students were significantly more likely than **9th** grade students to:

- Smoke cigarettes on one or more of the past 30 days
- Have at least one drink of alcohol on one or more of the past 30 days
- Use marijuana one or more times during their life

12th grade students were significantly more likely than **9th**, **10th** and **11th** grade students to:

- Be alone without a parent or adult three or more hours per day on an average school day

RACIAL/ETHNIC DISPARITIES IN ADOLESCENT RISK TAKING BEHAVIORS

Note: Students are allowed to select one or more races in which they identify

*Students that identify as **Black** were significantly more likely than students that identify as:*

White, Hispanic/Latino and students that identify as having as having **multiple** races to:

- Have sexual intercourse

White, Hispanic/Latino and students that identify as an **other** race to:

- Watch three or more hours per day of TV on an average school day

White students to:

- Be in a physical fight on school property one or more times during the past 12 months

Racial/Ethnic Disparities continued

- Have sexual intercourse for the first time before the age of 13 years
- Have sexual intercourse with four or more people during their life
- Be overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)
- Drink 100% fruit juices one or more times during the past seven days
- Play video or computer games or use a computer for something that was not school work three or more hours per day on an average school day
- Have ever been tested for HIV, the virus that causes AIDS

Students that identify as Hispanic/Latino were significantly more likely than those that identify as:

Black and White students to:

- Use any form of cocaine, including powder, crack, or freebase one or more times during their life

White and students that identify as having an **other** race to:

- Have seen students being bullied in their school during the past 12 months

Black students to:

- Have at least one drink of alcohol on one or more of the past 30 days
- Have 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
- Take steroid pills or shots without a doctor's prescription one or more times during their life
- Eat green salad one or more times during the past seven days
- Eat carrots one or more times during the past seven days

White students to:

- Never or rarely wear a seat belt when riding in a car driven by someone else
- Be in a physical fight on school property one or more times during the past 12 months
- Have their first drink of alcohol other than a few sips before age 13 years
- Have sexual intercourse with four or more people during their life

Students that identify as White were significantly more likely than students that identify as:

Black and Hispanic/Latino students to:

- Carry a weapon such as a gun, knife, or club on one or more of the past 30 days
- Describe their grades as mostly A's and B's during the past 12 months
- Text or e-mail while driving a car or other vehicle on one or more of the past 30 days
- Eat dinner at home with their family on three of the past seven days

Black and students that identify as having an **other** race to:

- Be physically active for a total of at least 60 minutes per day on five or more of the past seven days
- Be physically active for a total of at least 60 minutes per day on seven of the past seven days

Racial/Ethnic Disparities continued

Black students to:

- Use chewing tobacco, snuff, or dip on one or more of the past 30 days
- Have 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
- Have taken a prescription drug (such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life
- Eat fruit one or more times during the past seven days
- Eat green salad one or more times during the past seven days
- Eat potatoes one or more times during the past seven days
- Eat carrots one or more times during the past seven days
- Eat other vegetables one or more times during the past seven days
- Eat breakfast on seven of the past seven days

Students that identify as having an **other** race to:

- Have seen other students being bullied in their school during the past 12 months
- Disagree or strongly disagree that they feel alone in their life

Students that identify as having an other race were significantly more likely than those that identify as:

Black students to:

- Smoke cigarettes on 20 or more of the past 30 days
- Take steroid pills or shots without a doctor's prescription one or more times during their life
- Have taken a prescription drug (such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life
- Eat carrots one or more times during the past seven days

White students to:

- Never or rarely wear a seat belt when riding in a car driven by someone else
- 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
- Be in a physical fight on school property one or more times during the past 12 months
- Try marijuana for the first time before age 13 years
- Have sexual intercourse for the first time before the age 13 years

Students that identify as having multiple races were significantly more likely than those that identify as:

White and students that identify as having an **other** race to:

- Have seen other students being bullied in their school during the past 12 months

Black students to:

- Be bullied on school property during the past 12 months
- Be electronically bullied during the past 12 months
- Seriously attempt suicide during the past 12 months
- Have taken a prescription drug (such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life

Racial/Ethnic Disparities continued

White student to:

- Be in a physical fight one or more times during the past 12 months
- Have their first drink of alcohol other than a few sips before age 13 years
- Have at least one drink of alcohol on school property on one or more of the past 30 days
- Have sexual intercourse for the first time before age 13 years
- Watch three or more hours of TV on an average school day



Introduction

The 2013 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified by the North Carolina Department of Public Instruction (NCDPI) and their state collaborative partners. The NCYRBS is used to assess health risk behaviors that contribute to the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and high school level in the spring of odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purpose of the survey is to measure progress towards achieving the National Healthy People and North Carolina Health Objectives for the year 2020.

Additionally, education and health officials use NCYRBS data to fund programs and create policies that reduce health-risk behaviors among youth, as behaviors in youth often transcend into adulthood. State and local agencies and nongovernmental organizations use NCYRBS data to set health education and health promotion goals, support curricula or program modification, inform legislation relating to health, and to seek funding for new initiatives.

The 2013 High School NCYRBS consisted of 96 items that addressed behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, sexual risk, and the perceived safety of the school environment. The items were mainly presented in a multiple-choice format and the entire survey could be completed in 45–50 minutes, or one class period. A copy of the questionnaire used for the 2013 High School NCYRBS is located in Appendix A.



Procedures

Sampling. In 2013, the High School NCYRBS was administered for the tenth time since 1993¹. The sample of students chosen to participate in the survey was drawn through a two-stage process. First, a probability sample of public and charter high schools was drawn from all of the high schools in the state, serving at least one grade nine through twelve. The CDC was responsible for drawing the sample. Then, individual classes (e.g., Mrs. Johnson’s 2nd period Algebra class) was randomly sampled from within those schools. All of the students in those selected classes then comprised the sample.

The NCYRBS sample is drawn in such a manner that, if the overall response rate is above 60%, the results of the survey can be generalized to the entire population of high school students in the state with a relatively high level of precision. The overall response rate is a function of the percentage of sampled schools that participate as well as the percentage of students enrolled in the sampled classes that actually complete the survey. In every year except 1997 and 1999 an overall response rate of 60% or higher was achieved for the High School NCYRBS, meaning that those results can be considered to be representative of the statewide population of high school students in each of those years. In 1997, however, the overall response rate for the sample was below 60%, meaning that the data from that year cannot be considered to be representative of the state’s entire high school population, just those students surveyed (Tables 1-2). The NCYRBS was not implemented in 1999. Therefore, the interpretation of results in this report focuses primarily on changes between 1993, 1995, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 as well as differences between subgroups.

Table 1. Sample sizes and response rates for the High School NCYRBS, 1993–2013.

| Statewide YRBS | Number of Schools Participating | Number of Students Participating | School Response Rate | Student Response Rate | Overall Response Rate |
|-------------------------|--|---|-----------------------------|------------------------------|------------------------------|
| 1993 | 59 | 2,439 | 83% | 82% | 68% |
| 1995 | 51 | 1,779 | 71% | 84% | 60% |
| 1997² | 39 | 2,340 | 72% | 81% | 58% |
| 2001 | 62 | 2,548 | 86% | 84% | 73% |
| 2003 | 51 | 2,553 | 71% | 83% | 61% |
| 2005 | 66 | 3,874 | 73% | 87% | 64% |
| 2007 | 71 | 3,506 | 78% | 83% | 64% |
| 2009 | 73 | 5,702 | 73% | 82% | 60% |
| 2011 | 33 | 2,278 | 83% | 85% | 70% |
| 2013 | 32 | 1,846 | 80% | 82% | 66% |

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

² In 1997, the NCYRBS did not achieve a high enough response rate to generalize results for all North Carolina high school students, just those surveyed.

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

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

Data Collection. In the Fall of 2012, 40 schools were selected to participate in the 2013 High School NCYRBS⁵ from among all of the public schools statewide that served grades nine through twelve. Of those, 32 participated. NCYRBS Coordinators were identified by their principals to implement the survey. Information on standardized survey administration procedures as well as sets of materials for administering the survey were disseminated at regional training sessions held by NCDPI Healthy Schools. Coordinators then made arrangements with each school to conduct the survey during the spring semester of 2013 on a date that was convenient for the school. The surveys were administered during a single class period to the students in the sampled classes who were present on the day of administration. Observations of survey administrators as well as analyses of missing data patterns confirmed that students were easily able to complete the survey during the allotted time. Students completed the survey instrument on a **voluntary** basis.

Data Processing. NCYRBS Coordinators returned all student response sheets and other related information to NCDPI, where they were cataloged and checked for anomalies before being sent to CDC for scanning and processing in the summer of 2013. CDC staff then generated statistical weights to be applied to the data that allowed for the generation of statewide estimates based on the responses of the sampled students. CDC then provided separate analyses for each NCYRBS survey item to NCDPI in the winter of 2013-2014.

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

⁵ Juvenile justice schools, hospital schools, alternative and vocational schools and schools for students with severe disabilities were not included in the sampling frame.

Table 2. Characteristics of students participating in the High School NCYRBS, 1993 through 2013.

| | Male | Female | 9th | 10th | 11 th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|-------------|-------|--------|-------|-------|------------------|-------|-------|-------|---------------------|------------------|-------|
| 1993 | 49.3% | 50.7% | 29.8% | 27.7% | 24.0% | 17.5% | 66.5% | 28.5% | 1.2% | | 4.8% |
| 1995 | 45.8% | 54.2% | 27.6% | 22.0% | 26.7% | 23.7% | 61.5% | 32.4% | 1.2% | | 6.1% |
| 1997 | 50.4% | 49.6% | 32.7% | 26.3% | 22.0% | 19.0% | 55.0% | 35.3% | 2.5% | | 7.2% |
| 2001 | 49.6% | 50.4% | 34.2% | 25.6% | 24.5% | 15.7% | 62.1% | 24.1% | 4.5% | 5.7% | 3.6% |
| 2003 | 49.5% | 50.5% | 31.5% | 26.3% | 22.6% | 19.3% | 63.8% | 29.4% | 2.3% | 1.9% | 2.7% |
| 2005 | 50.4% | 49.6% | 31.5% | 26.0% | 22.4% | 19.8% | 60.6% | 30.8% | 5.5% | 1.2% | 1.9% |
| 2007 | 50.4% | 49.6% | 30.3% | 25.9% | 23.1% | 20.4% | 58.5% | 31.9% | 6.4% | 1.4% | 1.9% |
| 2009 | 51.3% | 48.7% | 31.2% | 25.3% | 22.8% | 20.6% | 56.9% | 31.9% | 5.1% | 3.2% | 2.9% |
| 2011 | 50.9% | 49.1% | 29.1% | 25.8% | 23.7% | 21.1% | 55.1% | 28.0% | 9.6% | 2.9% | 4.3% |
| 2013 | 49.0% | 51.0% | 34.7% | 28.8% | 18.3% | 18.3% | 48.9% | 23.8% | 13.8% | 7.1% | 6.4% |

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

Health and Academics: According to the CDC, adolescent academic success is strongly linked with their health. Many health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance and substance use, violence, and physical inactivity are consistently linked to academic failure and can impact school attendance, grades, test scores, and ability to pay attention in class. Additionally, academic success is an excellent indicator for the overall well-being of youth and a primary predictor and determinant of adult health outcomes. For more information about health and academics go to: http://www.cdc.gov/healthyyouth/health_and_academics/

Table 3. Percentage of students who received grades of mostly D's and F's in school during the past 12 months, 2001 through 2013.

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic | Multi- racial | Other |
|-------------|-------|-------|--------|-------|------|------|------|-------|-------|----------|------------------|-------|
| 2001 | 7.1% | 10.3% | 4.0% | 8.6% | 8.2% | 5.2% | 5.1% | 5.9% | 9.9% | 7.5% | 4.1% | |
| 2003 | 5.5% | 7.5% | 3.4% | 4.2% | 5.6% | 6.9% | 5.6% | 4.7% | 6.7% | 5.2% | 2.5% | |
| 2005 | 4.7% | 6.8% | 2.6% | 5.8% | 5.5% | 4.1% | 2.4% | 3.9% | 5.6% | 7.5% | 4.5% | 8.0% |
| 2007 | 6.1% | 7.8% | 4.2% | 10.0% | 6.3% | 3.8% | 2.5% | 5.4% | 7.1% | 5.6% | 4.5% | 13.8% |
| 2009 | 6.2% | 7.4% | 5.1% | 6.0% | 8.2% | 5.3% | 5.0% | 4.6% | 8.7% | 7.0% | 7.3% | 8.1% |
| 2011 | 6.1% | 7.9% | 4.2% | 8.2% | 6.1% | 4.7% | 3.2% | 4.9% | 6.7% | 9.1% | 8.6% | 8.2% |
| 2013 | 4.8% | 6.7% | 2.9% | 5.1% | 5.4% | 4.5% | 4.2% | 4.7% | 3.4% | 9.6% | 5.0% | 3.8% |

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

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

As mentioned previously, the results from 1997 were not based on a sufficient response rate (less than 60% combined school and student participation) to generalize those results to the state as a whole. Therefore, the interpretation of results focuses primarily on changes between 1993, 1995, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 as well as differences between subgroups.

Also, in many instances the differences highlighted in this document, in terms of trends over time or differences among subgroups of students, represent *statistically significant differences* when indicated as “significant.” Although many of the estimates in the figures may differ slightly from one another, the fact that they are based on a sample (rather than the responses of all high school students in the state) means that any discussion of differences between estimates must take into account some error due to sampling. Statistical significance tests have been applied to the estimates in this report that take this sampling error into account. The results of those tests provided information as to whether the observed differences likely reflected true differences in the student population from which the sample was drawn, rather than just peculiarities due to sampling.



Personal Safety

Deaths from unintentional injuries account for approximately two thirds of deaths from all injuries in the US.¹ The 2013 YRBS covered unintentional injury topics including *bicycle helmet use*, *seat belt use*, *alcohol use by drivers*, and *distracted driving*.

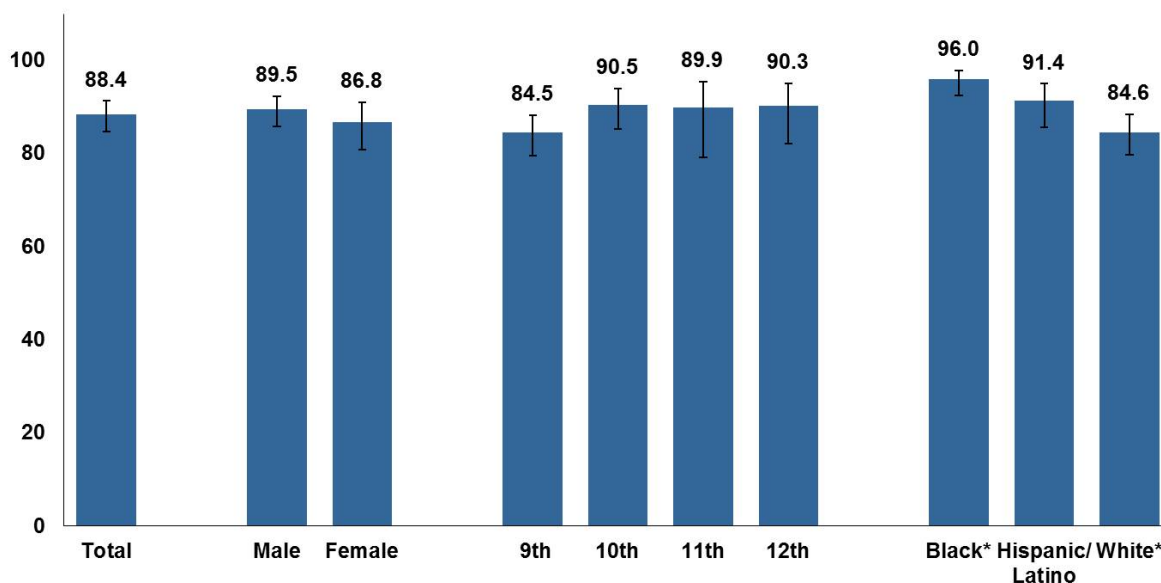
Bicycle crashes represent an important area for unintentional injury prevention. Most deaths due to bicycle crashes are caused by head injury, and using bicycle helmets is the single most effective way of reducing head injuries and fatalities. According to data summarized by the CDC, bicycle helmets could prevent 56% of bicycle-related deaths, 65%-88% of bicycle-related brain injuries, and 65% of serious facial injuries to the upper and middle regions of the face.²

Young drivers ages 15 to 20 years old are especially vulnerable to death and injury on roadways. Traffic crashes are the leading cause of death for teenagers in America. Mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers.³ The risk of motor vehicle crashes is higher among 16 to 19 year olds than among any other age group.⁴ These statistics are even more concerning because teens also have lower rates of seat belt use compared with other age groups. Proper use of lap and shoulder belts reduces the risk of fatal injury to passengers in the front seat by 45% and the risk of moderate-to-critical injury by 50%. All drivers and front seat passengers ages 16 and older must wear their seat belts.³

Alcohol use is associated with 24% of traffic fatalities among those less than 15 years old.² Distracted driving is another risk behavior associated with motor vehicle crashes: in 2008, there were over 500,000 injuries and 5,800 fatalities in crashes in which at least one type of driver distraction was reported. Compared with other age groups, young people under age 20 most likely to engage in distracted driving.³



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



*Non-Hispanic

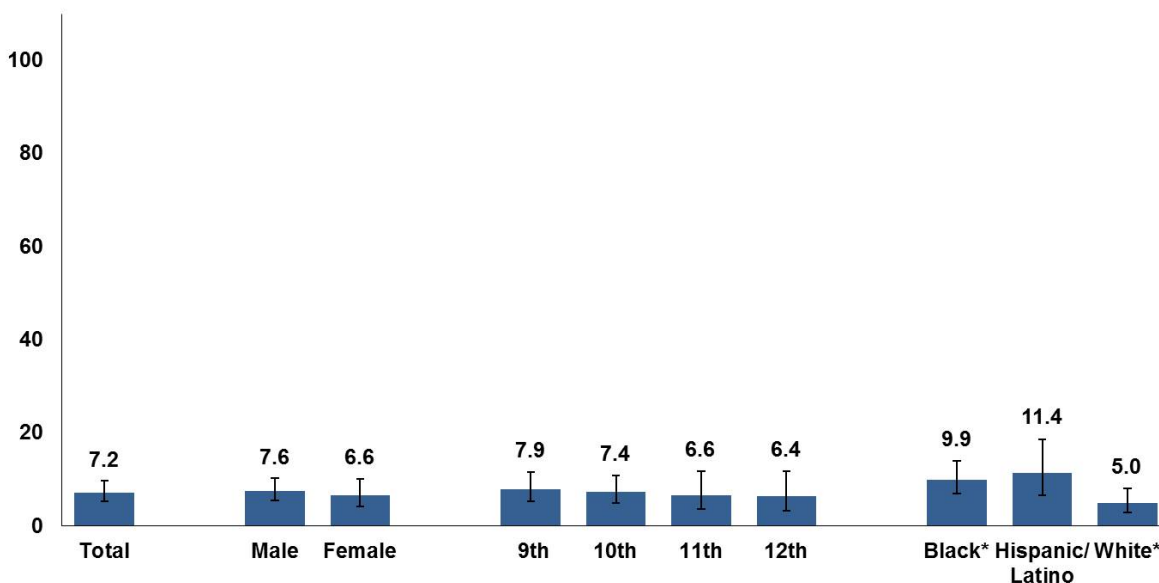
| | Total | Male | Female | 9th | 10th | 11 th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|------------------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 95.6% | | | | | | | | | | | |
| 1995 | 92.4% | 91.6% | 93.4% | 90.4% | 94.9% | 91.5% | 93.6% | 91.1% | 95.3% | | | |
| 1997 | 62.3% | 71.2% | 54.9% | 70.7% | 65.2% | 53.7% | 50.1% | 61.5% | 64.1% | | | 62.3% |
| 2001 | 87.1% | 86.3% | 88.4% | 85.6% | 86.4% | 88.5% | 90.6% | 86.7% | 89.0% | | | |
| 2003 | 86.0% | 87.2% | 84.1% | 85.9% | 87.5% | 87.5% | 81.7% | 81.8% | 95.5% | | | |
| 2005 | 86.4% | 86.9% | 85.9% | 85.4% | 86.8% | 86.4% | 87.6% | 84.5% | 90.6% | 83.2% | 84.8% | |
| 2007 | 88.8% | 90.6% | 86.1% | 87.4% | 87.1% | 91.2% | 92.2% | 85.9% | 94.1% | 94.6% | | |
| 2009 | 84.1% | 85.7% | 82.1% | 83.2% | 88.3% | 81.1% | 82.8% | 80.8% | 91.7% | 88.7% | 89.6% | 82.3% |
| 2011 | 86.8% | 87.4% | 85.9% | 87.3% | 85.2% | 89.2% | 85.6% | 83.9% | 91.8% | 94.2% | | |
| 2013 | 88.4% | 89.5% | 86.8% | 84.5% | 90.5% | 89.9% | 90.5% | 84.6% | 96.0% | 91.4% | | |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- In 2013, students that identify as Black were significantly more likely than students that identify as White to report that they never or rarely wore a bicycle helmet during the past 12 months.
- The percent of students that rode a bicycle and reported that they never or rarely wore a helmet during the past 12 months has decreased significantly from 1993-2013.



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



*Non-Hispanic

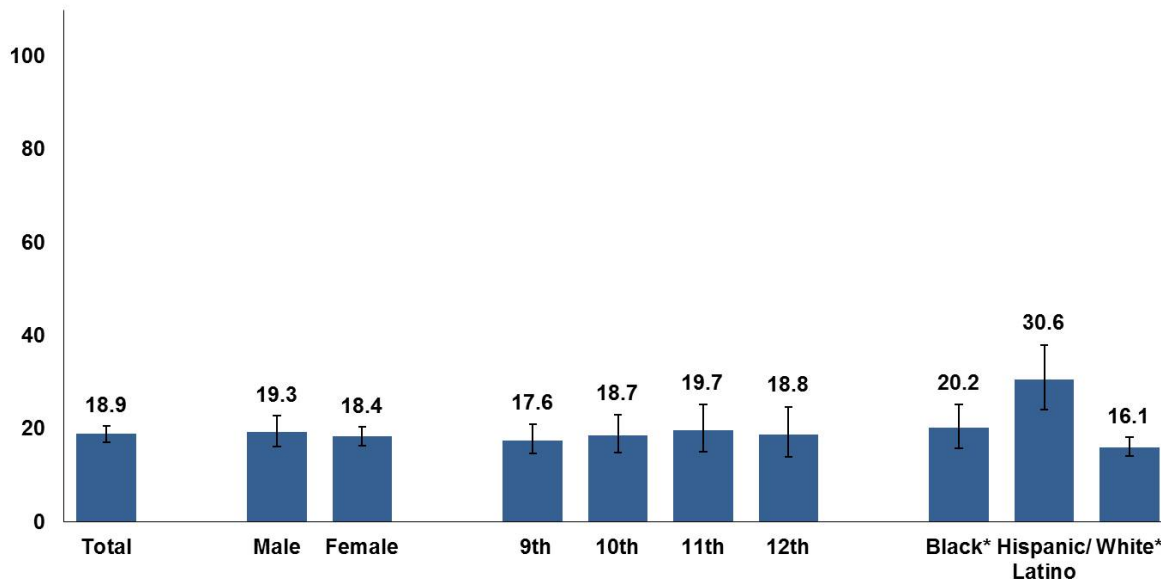
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 15.2% | 20.5% | 10.0% | 16.6% | 14.4% | 14.5% | 14.9% | 13.9% | 16.5% | | | 26.0% |
| 1995 | 8.2% | 11.0% | 5.5% | 7.1% | 9.7% | 7.5% | 8.3% | 7.7% | 8.5% | | | |
| 1997 | 10.6% | 15.4% | 6.3% | 9.6% | 9.3% | 10.6% | 12.4% | 10.7% | 9.2% | | | 12.8% |
| 2001 | 9.5% | 12.9% | 6.0% | 9.9% | 7.0% | 9.4% | 11.6% | 9.4% | 9.7% | 10.8% | 7.3% | |
| 2003 | 10.9% | 12.8% | 8.9% | 12.0% | 7.9% | 11.4% | 12.4% | 10.4% | 12.1% | 12.7% | 4.7% | 13.3% |
| 2005 | 8.3% | 10.2% | 6.1% | 8.1% | 8.6% | 5.9% | 9.6% | 7.2% | 9.1% | 11.6% | 8.7% | 18.8% |
| 2007 | 7.9% | 10.4% | 5.2% | 7.8% | 8.0% | 6.8% | 8.2% | 6.4% | 9.3% | 12.1% | 7.5% | 12.1% |
| 2009 | 7.0% | 7.8% | 6.2% | 7.3% | 7.2% | 5.3% | 7.7% | 6.1% | 8.2% | 5.8% | 5.7% | 7.6% |
| 2011 | 8.1% | 10.9% | 5.0% | 8.5% | 8.0% | 7.8% | 6.5% | 5.7% | 8.8% | 12.6% | 8.7% | 14.1% |
| 2013 | 7.2% | 7.6% | 6.6% | 7.9% | 7.4% | 6.6% | 6.4% | 5.0% | 9.9% | 11.4% | 5.0% | 9.3% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that never or rarely wore a seatbelt when riding in a car driven by someone else **decreased** significantly from 1993-2013.



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



*Non-Hispanic

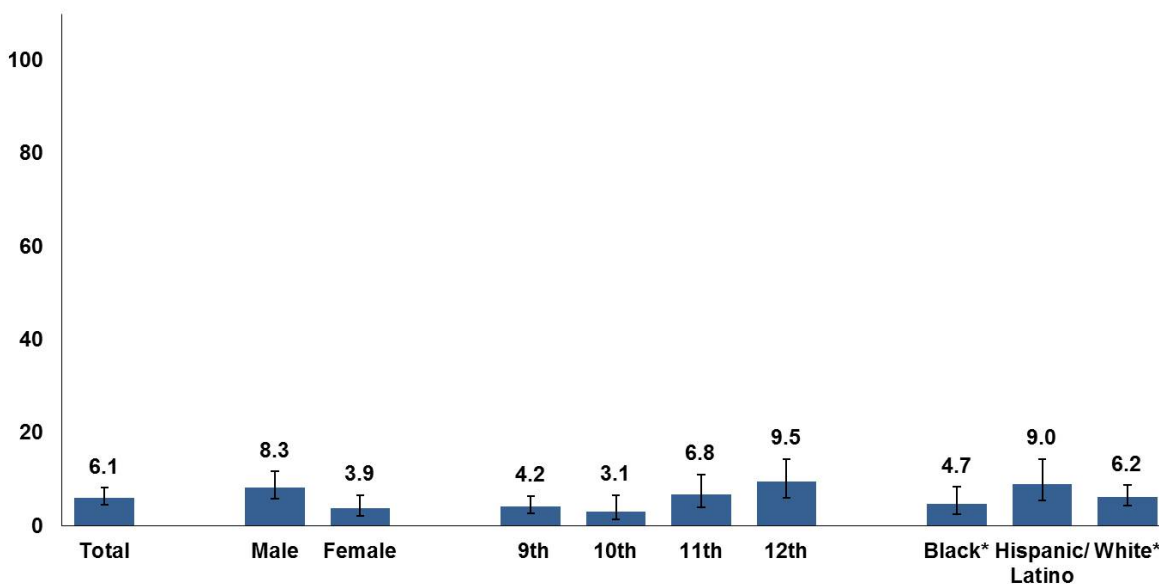
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 33.3% | 35.4% | 31.2% | 33.2% | 31.3% | 31.5% | 37.0% | 32.2% | 35.0% | | | 35.8% |
| 1995 | 28.7% | 31.2% | 26.4% | 28.3% | 33.3% | 27.9% | 24.0% | 28.8% | 26.4% | | | |
| 1997 | 28.9% | 32.0% | 26.1% | 29.2% | 28.0% | 27.1% | 31.1% | 30.0% | 26.5% | | | 29.1% |
| 2001 | 23.9% | 26.4% | 21.5% | 22.4% | 21.8% | 24.5% | 27.8% | 24.2% | 22.9% | 34.8% | 20.5% | |
| 2003 | 23.5% | 24.1% | 22.7% | 21.9% | 23.3% | 23.3% | 26.3% | 21.5% | 27.2% | 27.7% | 22.4% | 23.6% |
| 2005 | 25.3% | 26.9% | 23.5% | 25.7% | 24.3% | 26.4% | 23.7% | 23.7% | 28.2% | 27.0% | 22.7% | 26.4% |
| 2007 | 24.7% | 25.8% | 23.6% | 26.6% | 24.3% | 24.4% | 21.9% | 23.6% | 24.9% | 28.4% | 30.1% | 32.3% |
| 2009 | 20.7% | 20.2% | 21.0% | 18.9% | 20.5% | 19.6% | 24.3% | 20.1% | 19.7% | 26.2% | 23.1% | 19.9% |
| 2011 | 21.0% | 21.8% | 20.1% | 20.8% | 17.8% | 22.7% | 22.8% | 19.9% | 18.9% | 26.6% | 30.0% | 22.8% |
| 2013 | 18.9% | 19.3% | 18.4% | 17.6% | 18.7% | 19.7% | 18.8% | 16.1% | 20.2% | 30.6% | 20.1% | 12.5% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that rode in a car driven by someone who had been drinking alcohol in the past 30 days has **decreased significantly** from 1993-2013.
- In 2013, students that identified as Hispanic/Latino were **significantly more** likely than students that identified as White or as another race to have ridden in a car driven by someone who had been drinking alcohol in the past 30 days.



Percent of students who drove a car or other vehicle when they had been drinking alcohol one or more times during the past 30 days



*Non-Hispanic

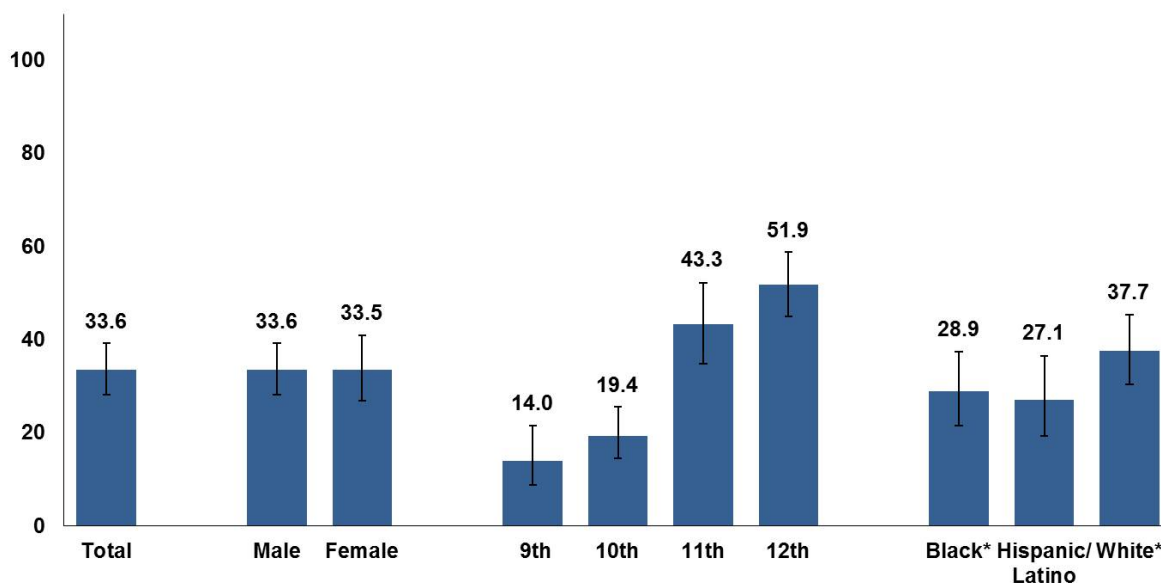
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 12.7% | 18.2% | 7.2% | 6.4% | 8.1% | 16.0% | 23.5% | 13.3% | 10.5% | | | 19.1% |
| 1995 | 11.5% | 13.4% | 9.6% | 6.4% | 12.0% | 11.9% | 17.7% | 12.2% | 9.3% | | | |
| 1997 | 10.8% | 13.6% | 8.3% | 6.8% | 10.7% | 12.6% | 17.5% | 12.9% | 6.9% | | | 10.0% |
| 2001 | 9.3% | 12.3% | 6.1% | 5.3% | 6.1% | 11.8% | 16.4% | 10.7% | 5.5% | 12.8% | 10.1% | |
| 2003 | 9.3% | 12.3% | 6.3% | 4.7% | 4.7% | 11.7% | 20.1% | 10.5% | 6.6% | 8.6% | 13.1% | 8.1% |
| 2005 | 9.4% | 12.6% | 6.1% | 5.6% | 7.8% | 11.8% | 14.2% | 10.1% | 7.6% | 10.3% | 12.2% | 13.5% |
| 2007 | 9.2% | 11.1% | 7.2% | 6.5% | 7.6% | 9.2% | 14.3% | 10.3% | 5.4% | 12.7% | 7.0% | 23.0% |
| 2009 | 8.2% | 10.6% | 5.9% | 4.7% | 6.7% | 8.8% | 14.7% | 9.3% | 5.7% | 7.6% | 9.1% | 7.9% |
| 2011 | 6.3% | 8.6% | 4.0% | 5.0% | 5.1% | 5.9% | 9.7% | 6.7% | 3.9% | 10.1% | 6.0% | 8.0% |
| 2013 | 6.1% | 8.3% | 3.9% | 4.2% | 3.1% | 6.8% | 9.5% | 6.2% | 4.7% | 9.0% | | |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that drove a car or other vehicle when they had been drinking alcohol in the past 30 days has **decreased significantly** from 1993-2013.



Percent of students who texted or e-mailed while driving a car or other vehicle on one or more of the past 30 days



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 34.5% | 37.3% | 31.5% | 15.5% | 23.5% | 46.6% | 60.6% | 39.9% | 27.4% | 26.9% | 29.6% | 34.4% |
| 2013 | 33.6% | 33.6% | 33.5% | 14.0% | 19.4% | 43.3% | 51.9% | 37.7% | 28.9% | 27.1% | | |

- In 2013, 11th and 12th grade students were significantly more likely than 9th and 10th grade students to text or email while driving a car or other vehicle on one or more times of the past 30 days.



Violence-Related Behavior

Youth violence results in numerous preventable deaths and injuries each year, often related to physical fights and the use of weapons. In 2008, more than 656,000 young people ages 10 to 24 were treated in emergency departments for injuries resulting from violence.¹

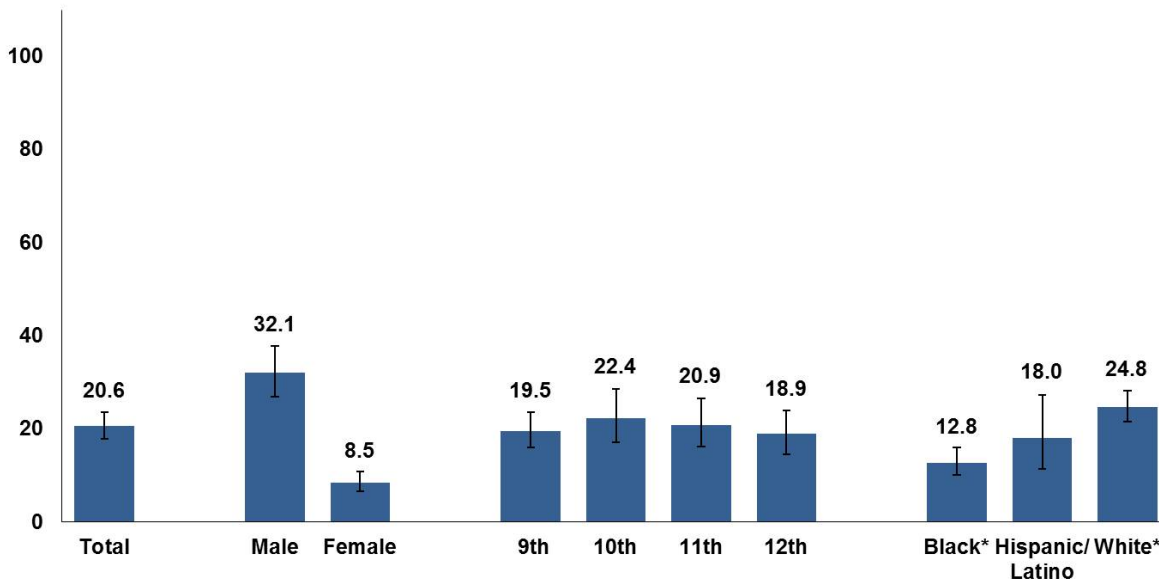
Homicide is the 2nd leading cause of death for young people ages 10 to 24 in the United States.¹⁻² In 2007, 5,764 young people ages 10 to 24 were murdered, representing an average of 16 youth homicides every day. More than eight out of ten homicide victims ages 10 to 24 are killed with a firearm.¹

According to the 2010 National Crime Victimization Survey, students ages 12 to 18 were about equally likely to experience serious violent crimes at school or away from school, with 4-5 serious violent victimizations per 1,000 students.³ In 2009, 11.1% of students in grades 9-12 reported being in a physical fight on school grounds in the prior 12 months; 5.6% reported carrying a weapon such as gun, knife, or club to school in the prior 30 days; and 7.7% reported being threatened or injured with a weapon on school grounds at least once in the prior 12 months.¹

The NCYRBS also includes a number of questions about interpersonal violence, covering topics such as experiences of physical violence from a boyfriend or girlfriend, forced sexual intercourse, and verbal abuse as a result of being perceived to be lesbian, gay, or bisexual. According to the CDC's Dating Matters Initiative, such interpersonal violence can have immediate negative impact on teens' mental and physical health and on their performance in school.⁴ In addition, such violence can have long-term effects for violence perpetration and/or victimization into adulthood.⁴



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



*Non-Hispanic

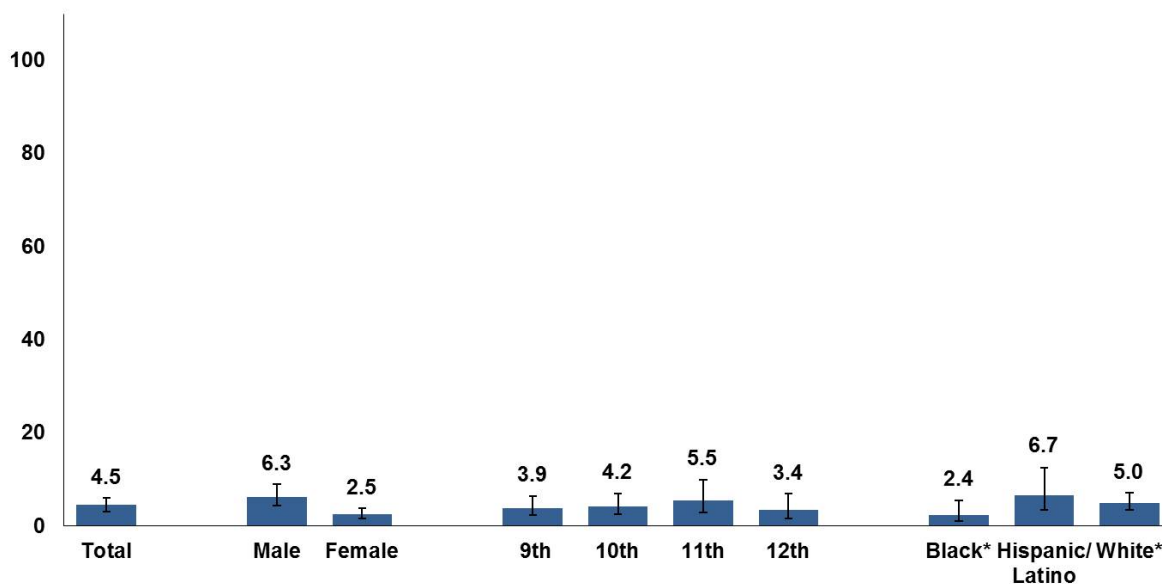
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 26.8% | 44.3% | 10.0% | 27.9% | 28.8% | 22.1% | 27.3% | 26.3% | 27.3% | | | 33.5% |
| 1995 | 22.4% | 36.4% | 8.7% | 20.5% | 26.2% | 22.0% | 20.3% | 23.3% | 19.3% | | | |
| 1997 | 21.4% | 37.4% | 8.0% | 23.3% | 24.1% | 18.3% | 15.4% | 22.7% | 17.7% | | | 26.1% |
| 2001 | 18.3% | 29.1% | 7.5% | 18.8% | 17.3% | 19.9% | 16.6% | 20.2% | 13.4% | 20.6% | 22.5% | |
| 2003 | 19.2% | 29.7% | 8.6% | 18.5% | 20.6% | 20.1% | 17.1% | 20.8% | 14.6% | 12.7% | 30.5% | 25.1% |
| 2005 | 21.5% | 35.2% | 7.8% | 23.1% | 22.1% | 19.5% | 19.1% | 23.6% | 18.0% | 14.6% | 32.2% | 20.1% |
| 2007 | 21.2% | 32.4% | 9.8% | 21.9% | 22.4% | 20.4% | 18.2% | 22.7% | 17.3% | 19.7% | 33.2% | 24.6% |
| 2009 | 19.6% | 32.0% | 8.0% | 20.1% | 22.4% | 18.0% | 17.0% | 21.8% | 14.5% | 20.9% | 24.3% | 17.6% |
| 2011 | 20.8% | 32.0% | 9.6% | 20.5% | 18.8% | 21.2% | 22.9% | 24.8% | 14.1% | 15.6% | 22.6% | 23.9% |
| 2013 | 20.8% | 32.0% | 9.6% | 20.5% | 18.8% | 21.2% | 22.9% | 24.8% | 14.1% | 15.6% | 22.6% | 23.9% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that carried a weapon such as a gun, knife, or club on one or more of the past 30 days has **decreased significantly** from 1993-2013.
- In 2013, males were **significantly more** likely than females to carry a weapon such as a gun, knife, or club on one or more of the past 30 days.
- In 2013, students that identify as White were **significantly more** likely than those that identify as Black to carry a weapon such as a gun, knife, or club on one or more of the past 30 days.



Percent 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



*Non-Hispanic

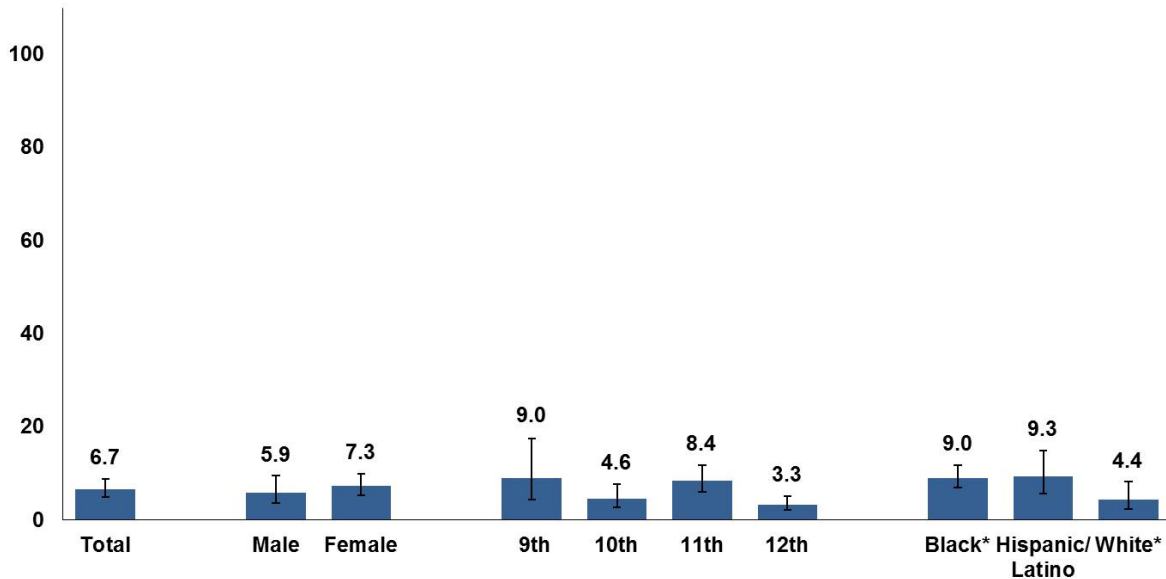
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 13.9% | 21.8% | 6.2% | 13.0% | 14.2% | 11.5% | 16.7% | 13.9% | 13.4% | | | 17.7% |
| 1995 | 9.4% | 14.4% | 4.4% | 9.0% | 11.1% | 8.6% | 8.2% | 9.8% | 7.1% | | | |
| 1997 | 8.0% | 13.2% | 3.3% | 8.7% | 7.9% | 7.2% | 6.3% | 8.5% | 5.3% | | | 11.8% |
| 2001 | 4.8% | 7.3% | 2.4% | 5.2% | 3.0% | 5.9% | 5.0% | 4.8% | 4.4% | 8.1% | 5.3% | |
| 2003 | 6.3% | 8.3% | 4.3% | 4.2% | 8.1% | 6.1% | 7.6% | 6.1% | 6.3% | 5.4% | 6.5% | 10.1% |
| 2005 | 6.4% | 9.5% | 3.1% | 6.9% | 5.6% | 6.5% | 5.7% | 5.9% | 7.2% | 5.0% | 18.0% | 9.5% |
| 2007 | 6.8% | 11.0% | 2.6% | 7.4% | 5.9% | 7.3% | 5.8% | 6.3% | 6.5% | 8.5% | 6.0% | 13.1% |
| 2009 | 4.7% | 7.0% | 2.5% | 4.2% | 4.9% | 5.0% | 4.9% | 4.9% | 3.5% | 6.0% | 3.0% | 6.2% |
| 2011 | 6.1% | 9.5% | 2.6% | 5.1% | 5.6% | 6.3% | 8.1% | 6.8% | 4.2% | 5.9% | 7.4% | 8.0% |
| 2013 | 4.5% | 6.3% | 2.5% | 3.9% | 4.2% | 5.5% | 3.4% | 5.0% | 2.4% | 6.7% | 6.8% | 2.8% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that carried a weapon on school property during the past 30 days has **decreased** significantly from 1993-2013.
- In 2013, males were significantly more likely than females to carry a weapon on school property during the past 30 days.



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



*Non-Hispanic

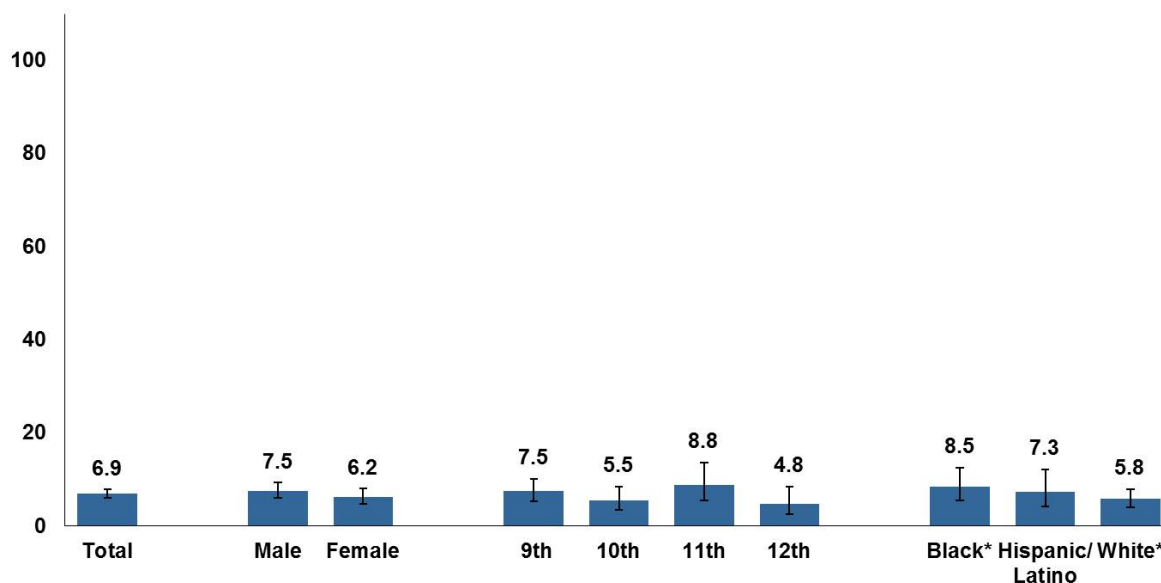
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 5.3% | 5.2% | 5.3% | 7.2% | 4.6% | 4.1% | 4.7% | 5.0% | 5.2% | | | 11.4% |
| 1995 | 4.7% | 4.5% | 5.0% | 4.5% | 5.9% | 3.8% | 4.1% | 3.9% | 6.2% | | | |
| 1997 | 5.4% | 5.5% | 5.2% | 5.2% | 7.3% | 4.6% | 4.2% | 4.0% | 6.4% | | | 8.4% |
| 2001 | 9.2% | 9.4% | 9.1% | 9.5% | 8.4% | 8.4% | 10.2% | 7.0% | 13.2% | 18.7% | 13.0% | |
| 2003 | 5.2% | 6.1% | 4.3% | 5.2% | 3.9% | 3.9% | 8.7% | 3.2% | 8.3% | 7.8% | 10.0% | 13.5% |
| 2005 | 5.8% | 6.4% | 4.6% | 7.2% | 8.8% | 7.5% | 6.8% | 6.0% | 10.9% | 6.5% | 17.0% | 17.4% |
| 2007 | 7.0% | 7.0% | 7.0% | 8.0% | 7.3% | 7.3% | 4.2% | 5.3% | 8.3% | 11.3% | 5.0% | 11.7% |
| 2009 | 5.6% | 5.3% | 5.6% | 6.0% | 6.0% | 4.3% | 5.6% | 3.9% | 6.5% | 11.6% | 5.9% | 7.9% |
| 2011 | 6.8% | 6.8% | 6.8% | 5.6% | 7.5% | 6.9% | 7.4% | 4.6% | 7.3% | 11.0% | 8.0% | 16.0% |
| 2013 | 6.7% | 5.8% | 7.3% | 8.9% | 4.6% | 8.4% | 3.3% | 4.5% | 9.0% | 9.3% | 9.3% | 9.9% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days has **not** significantly changed since 1993.
- In 2013, 12th grade students that identify as having an other race were significantly less likely than 11th grade students to not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days.



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



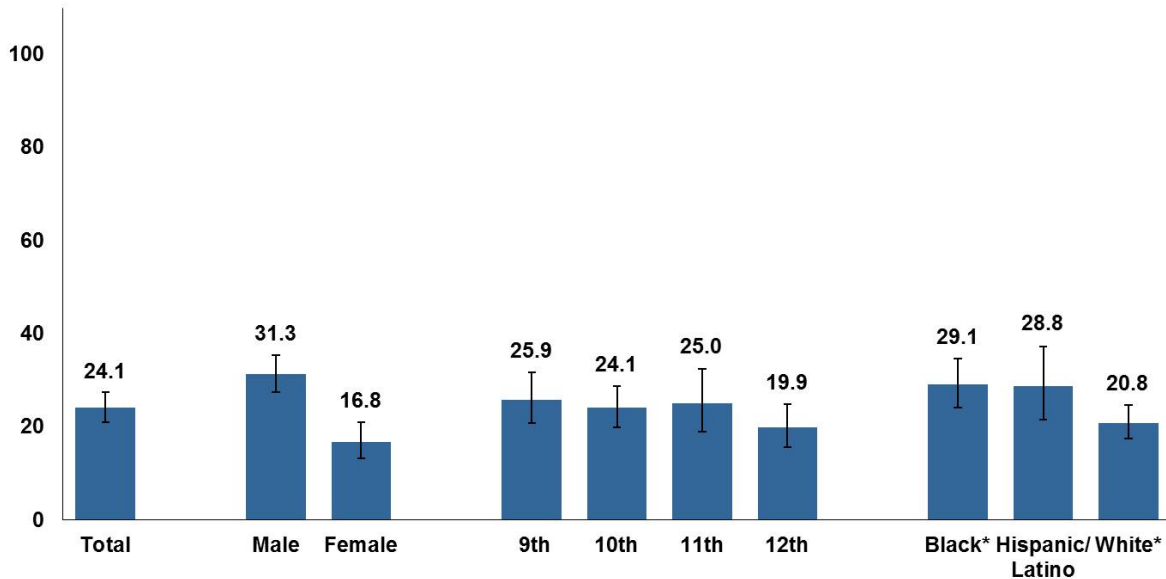
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|------|------|-------|-------|---------------------|--------------|-------|
| 1993 | 9.5% | 13.0% | 6.0% | 11.0% | 9.9% | 7.2% | 8.9% | 8.9% | 10.2% | | | 14.7% |
| 1995 | 8.0% | 10.1% | 5.8% | 7.8% | 9.7% | 6.8% | 6.7% | 6.9% | 9.8% | | | |
| 1997 | 8.1% | 10.3% | 6.1% | 9.0% | 9.8% | 6.7% | 5.2% | 8.5% | 6.8% | | | 9.0% |
| 2001 | 7.6% | 9.7% | 5.4% | 10.5% | 6.9% | 5.7% | 4.8% | 8.2% | 4.9% | 15.0% | 10.8% | |
| 2003 | 7.2% | 8.2% | 6.1% | 8.1% | 5.7% | 6.7% | 8.1% | 6.7% | 7.3% | 6.9% | 12.2% | 13.1% |
| 2005 | 7.9% | 10.0% | 5.2% | 7.2% | 8.8% | 7.5% | 6.8% | 6.0% | 10.9% | 6.5% | 17.0% | 17.4% |
| 2007 | 6.6% | 8.2% | 4.9% | 7.7% | 7.8% | 3.7% | 5.5% | 5.2% | 7.2% | 13.7% | 12.1% | 10.7% |
| 2009 | 6.8% | 8.4% | 5.1% | 7.8% | 7.3% | 5.8% | 5.5% | 6.7% | 5.8% | 10.2% | 6.5% | 8.8% |
| 2011 | 9.1% | 11.1% | 6.7% | 9.7% | 10.6% | 8.2% | 6.9% | 7.7% | 10.3% | 11.3% | 10.8% | 11.9% |
| 2013 | 6.9% | 7.5% | 6.2% | 7.5% | 5.5% | 8.8% | 4.8% | 5.8% | 8.5% | 7.3% | 8.9% | 8.9% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.



Percent of students who were in a physical fight one or more times during the past 12 months



*Non-Hispanic

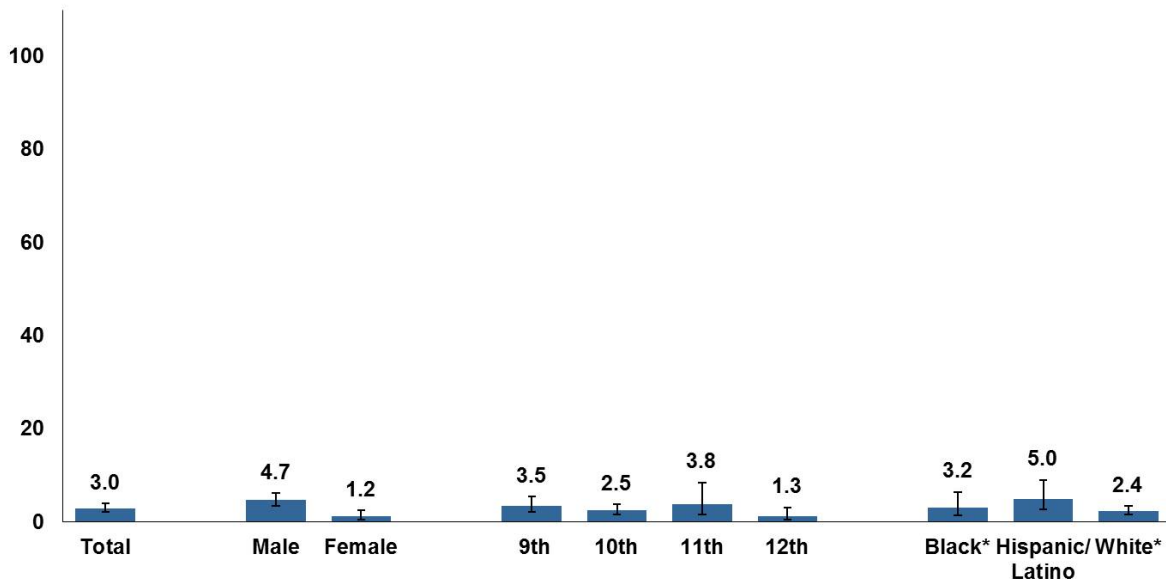
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 37.8% | 46.5% | 29.2% | 43.8% | 39.8% | 31.5% | 32.5% | 36.1% | 41.2% | | | 41.6% |
| 1995 | 28.4% | 35.2% | 21.8% | 33.4% | 33.1% | 21.9% | 20.9% | 26.4% | 29.7% | | | |
| 1997 | 33.1% | 41.5% | 25.8% | 40.3% | 36.6% | 25.2% | 20.7% | 31.1% | 34.0% | | | 39.1% |
| 2001 | 29.0% | 37.1% | 20.8% | 35.2% | 29.7% | 25.3% | 22.2% | 28.1% | 30.0% | 32.8% | 33.9% | |
| 2003 | 30.9% | 38.6% | 23.2% | 33.8% | 29.5% | 31.7% | 27.1% | 29.7% | 33.0% | 31.8% | 36.6% | 30.2% |
| 2005 | 29.9% | 38.9% | 20.4% | 34.2% | 32.1% | 28.3% | 21.2% | 27.2% | 34.8% | 33.3% | 26.9% | 29.3% |
| 2007 | 30.1% | 38.5% | 21.7% | 34.2% | 29.9% | 27.9% | 25.8% | 26.9% | 33.5% | 36.2% | 37.4% | 34.2% |
| 2009 | 28.6% | 38.1% | 19.6% | 31.3% | 31.7% | 27.5% | 21.7% | 25.5% | 32.5% | 33.1% | 35.9% | 25.1% |
| 2011 | 27.6% | 35.6% | 19.4% | 30.0% | 30.3% | 25.0% | 23.7% | 24.5% | 29.3% | 31.9% | 40.2% | 33.9% |
| 2013 | 24.1% | 31.3% | 16.8% | 25.9% | 24.1% | 25.0% | 19.9% | 20.8% | 29.1% | 28.8% | 30.7% | 21.6% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that have been in a physical fight one or more times during the past 12 months has **decreased significantly** from 1993-2013.
- In 2013, males were **significantly more** likely than females to have been in a physical fight one or more times during the past 12 months.



Percent of students who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months



*Non-Hispanic

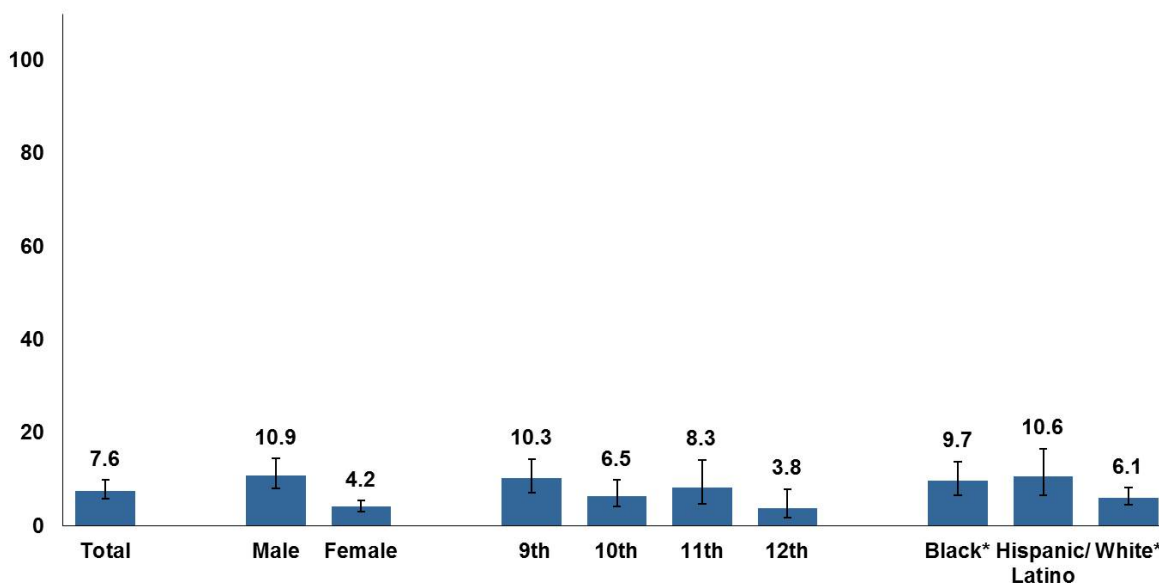
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|---------------------|------------------|-------|
| 1993 | 3.7% | 5.1% | 2.1% | 5.5% | 4.2% | 2.5% | 1.9% | 3.0% | 5.3% | | | 5.1% |
| 1995 | 2.6% | 3.2% | 2.0% | 2.4% | 3.4% | 2.5% | 1.5% | 2.1% | 3.1% | | | |
| 1997 | 3.4% | 4.9% | 1.9% | 4.0% | 4.3% | 2.3% | 1.5% | 2.2% | 3.9% | | | 8.6% |
| 2001 | 2.8% | 3.7% | 1.9% | 3.7% | 2.2% | 2.4% | 2.4% | 2.9% | 1.7% | 6.2% | 8.8% | |
| 2003 | 3.8% | 5.8% | 1.8% | 3.4% | 4.1% | 3.6% | 4.3% | 3.6% | 3.5% | 4.0% | 6.6% | 10.2% |
| 2005 | 4.1% | 6.1% | 1.7% | 4.5% | 4.7% | 3.4% | 2.8% | 3.4% | 5.0% | 4.5% | 9.7% | 8.2% |
| 2007 | 3.7% | 4.8% | 2.4% | 4.4% | 4.5% | 2.1% | 2.4% | 3.2% | 3.4% | 6.6% | 8.8% | 8.9% |
| 2009 | 3.7% | 5.2% | 2.2% | 3.5% | 3.1% | 3.5% | 4.2% | 2.8% | 3.8% | 4.7% | 7.7% | 6.7% |
| 2011 | 3.7% | 4.7% | 2.6% | 2.8% | 4.6% | 3.2% | 4.4% | 2.9% | 3.5% | 6.0% | 1.9% | 6.8% |
| 2013 | 3.0% | 4.7% | 1.2% | 3.5% | 2.5% | 3.8% | 1.3% | 2.4% | 3.2% | 5.0% | 5.0% | 1.2% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who have been in a physical fight in which they were hurt and had to be treated by a doctor or nurse in the past 12 months has **not** significantly changed since 1993.
- In 2013, males were significantly more likely than females to have been in a physical fight in which they were hurt and had to be treated by a doctor or nurse in the past 12 months.



Percent of students who were in a physical fight on school property one or more times during the past 12 months



*Non-Hispanic

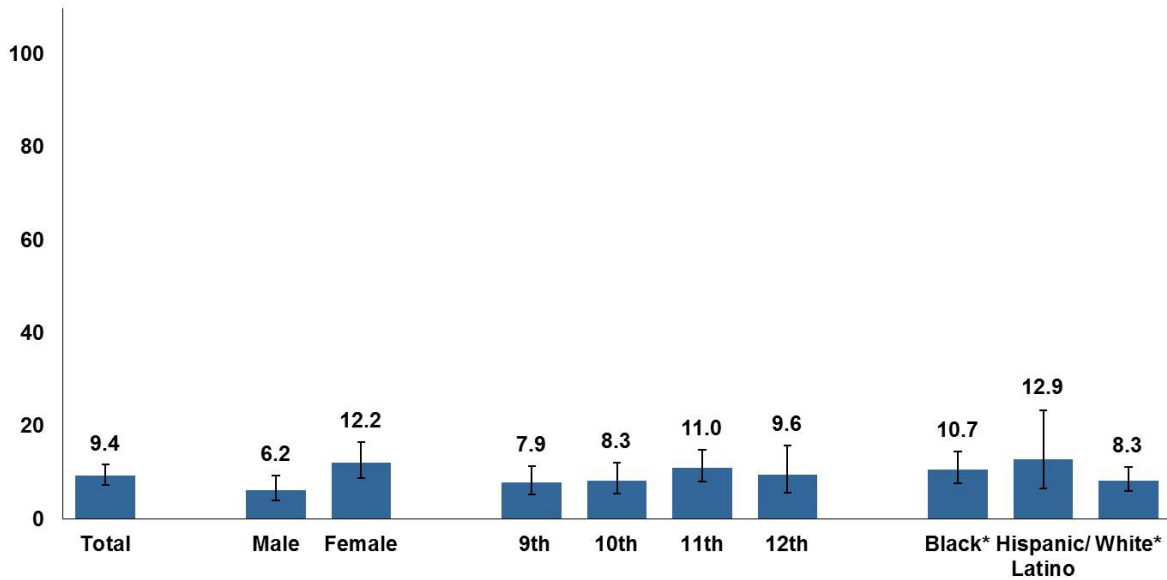
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|------|-------|-------|-----------------|--------------|-------|
| 1993 | 14.5% | 20.9% | 8.1% | 19.2% | 16.4% | 11.0% | 8.2% | 12.8% | 18.1% | | | 15.6% |
| 1995 | 12.0% | 16.0% | 8.1% | 13.3% | 15.7% | 9.2% | 7.8% | 10.2% | 14.2% | | | |
| 1997 | 13.3% | 19.2% | 8.4% | 17.5% | 14.6% | 9.9% | 5.8% | 11.8% | 13.8% | | | 13.5% |
| 2001 | 10.7% | 14.4% | 7.0% | 14.0% | 10.3% | 9.2% | 7.4% | 9.2% | 12.9% | 15.6% | 19.1% | |
| 2003 | 10.7% | 14.5% | 6.9% | 13.1% | 12.1% | 9.5% | 6.2% | 8.2% | 15.7% | 13.6% | 9.6% | 10.8% |
| 2005 | 11.6% | 15.5% | 7.4% | 15.1% | 11.7% | 10.4% | 6.1% | 10.1% | 14.3% | 11.5% | 17.6% | 12.8% |
| 2007 | 10.4% | 13.1% | 7.6% | 14.3% | 9.6% | 7.4% | 8.0% | 8.8% | 11.4% | 13.7% | 21.1% | 17.1% |
| 2009 | 9.4% | 13.0% | 5.9% | 11.6% | 9.4% | 7.8% | 7.5% | 7.9% | 10.3% | 12.6% | 15.2% | 10.1% |
| 2011 | 10.6% | 14.6% | 6.4% | 13.3% | 10.4% | 10.1% | 7.8% | 7.6% | 13.6% | 13.6% | 14.0% | 16.9% |
| 2013 | 7.6% | 10.9% | 4.2% | 10.3% | 6.5% | 8.3% | 3.8% | 6.1% | 9.7% | 10.6% | 9.0% | 6.7% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that had been in a physical fight on school property during the past 12 months has **decreased significantly** from 1993-2013.
- In 2013, males were **significantly more** likely than females to have been in a physical fight on school property during the past 12 months.



Percent of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

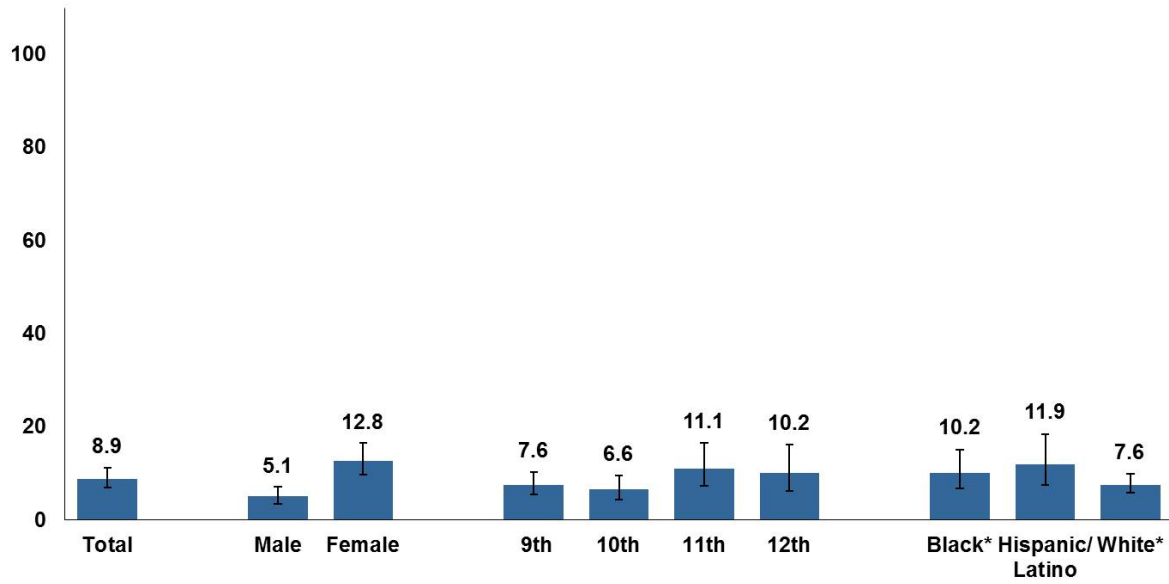


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 12.7% | 12.9% | 12.3% | 10.8% | 12.4% | 12.0% | 15.9% | 10.6% | 16.4% | 13.4% | 20.6% | 17.3% |
| 2007 | 13.2% | 14.9% | 11.4% | 12.6% | 11.3% | 13.3% | 15.3% | 11.6% | 15.4% | 14.4% | 17.9% | 18.7% |
| 2009 | 12.6% | 13.0% | 12.2% | 9.6% | 12.4% | 13.0% | 17.2% | 11.6% | 13.4% | 12.5% | 14.4% | 14.1% |
| 2011 | 14.1% | 14.7% | 13.3% | 11.3% | 12.2% | 18.7% | 14.7% | 12.1% | 16.8% | 16.0% | 14.1% | 13.2% |
| 2013 | 9.4% | 6.2% | 12.2% | 7.9% | 8.3% | 11.0% | 9.6% | 8.3% | 10.7% | 12.9% | | |



Percent of students who have ever been physically forced to have sexual intercourse when they did not want to



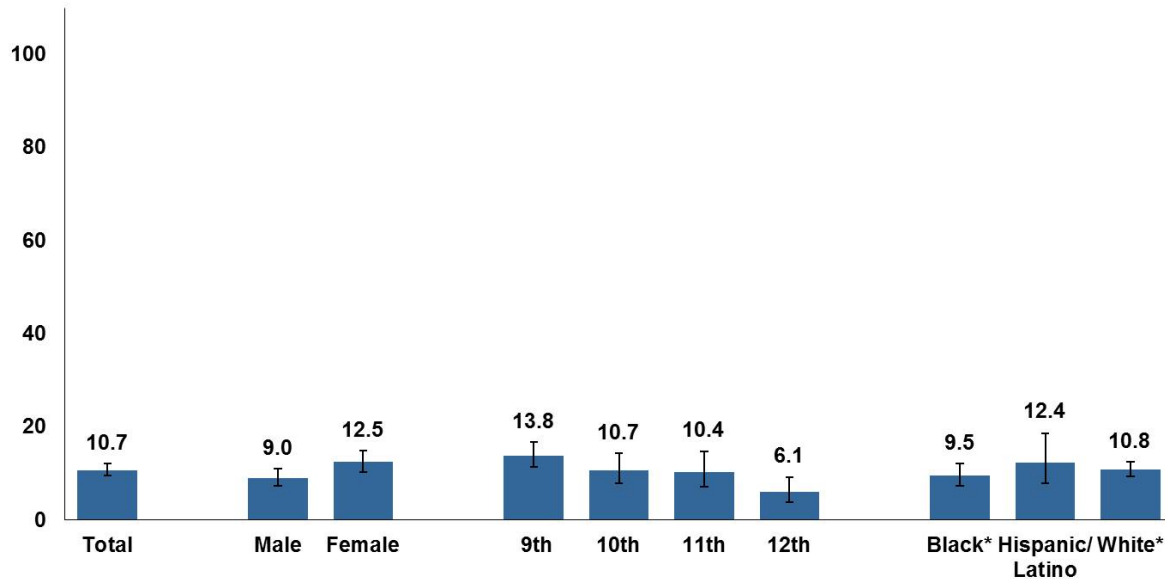
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 9.9% | 8.5% | 11.3% | 7.1% | 9.6% | 11.4% | 12.2% | 7.8% | 13.7% | 8.8% | 13.7% | 16.5% |
| 2007 | 9.3% | 6.4% | 12.3% | 8.1% | 7.6% | 9.3% | 12.6% | 8.1% | 9.8% | 8.9% | 26.6% | 22.9% |
| 2009 | 8.6% | 4.7% | 12.4% | 7.4% | 7.9% | 9.7% | 10.2% | 6.8% | 10.7% | 13.8% | 7.5% | 10.4% |
| 2011 | 9.5% | 6.6% | 12.3% | 9.6% | 9.0% | 10.1% | 9.0% | 7.2% | 11.9% | 12.5% | 14.2% | 11.8% |
| 2013 | 8.9% | 5.1% | 12.8% | 7.6% | 6.6% | 11.1% | 10.2% | 7.6% | 10.2% | 11.9% | 11.3% | 3.2% |

- In 2013, females were significantly **more** likely than males to have ever been physically forced to have sexual intercourse when they didn't want to.



Percent of students who have ever been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 12.6% | 14.1% | 11.0% | 15.1% | 13.1% | 9.2% | 12.1% | 12.4% | 12.1% | 13.3% | 16.9% | 12.9% |
| 2013 | 10.7% | 9.0% | 12.5% | 13.8% | 10.7% | 10.4% | 6.1% | 10.8% | 9.5% | 12.4% | 17.1% | 7.1% |

- In 2013, 9th grade students were significantly more likely than 12th grade students to have ever been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual.



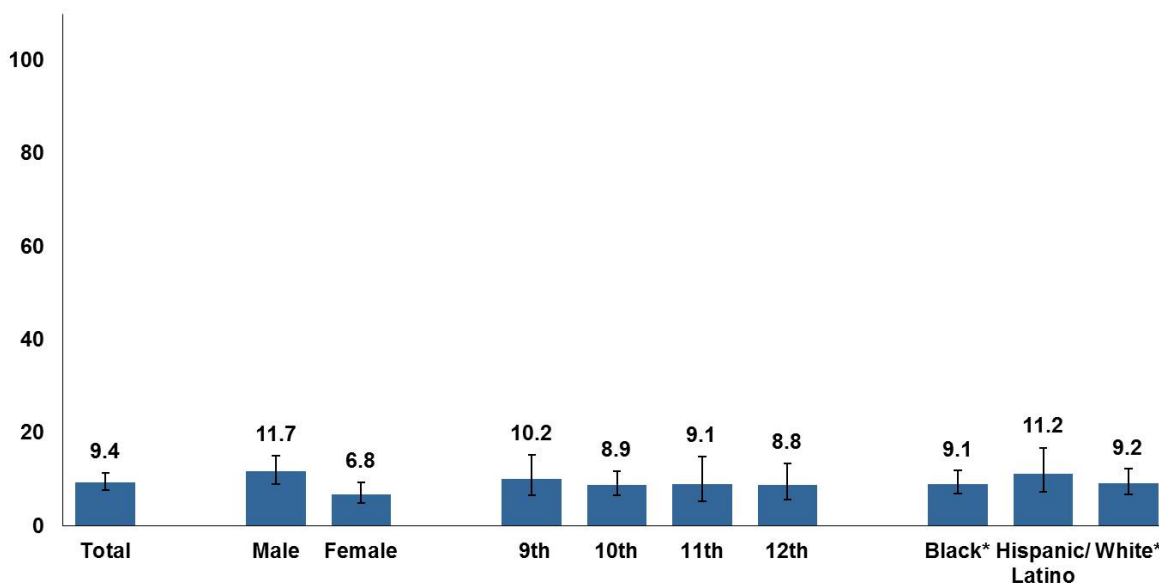
Tobacco Use

Tobacco use, including cigarette smoking, cigar smoking, and smokeless tobacco use, is the single leading preventable cause of death in the United States. According to the CDC, smoking causes an estimated 435,000 premature deaths each year and over 5 million years of potential life lost.¹ Cigarette smoking causes 87% of lung cancer deaths. Lung cancer is the leading cause of cancer death in both men and women. Smoking is also responsible for most cancers of the larynx, oral cavity and pharynx, esophagus, and bladder.²

8 in 10 adult smokers report that they began smoking before age 18. In addition, teen smokeless tobacco users are more likely than nonusers to become adult cigarette smokers.^{3,4} Every day, more than 3,800 youth under age 18 try their first cigarette, and about 1,000 youth under age 18 begin smoking on a daily basis.⁵



Percent of students who smoked a whole cigarette for the first time before the age of 13



*Non-Hispanic

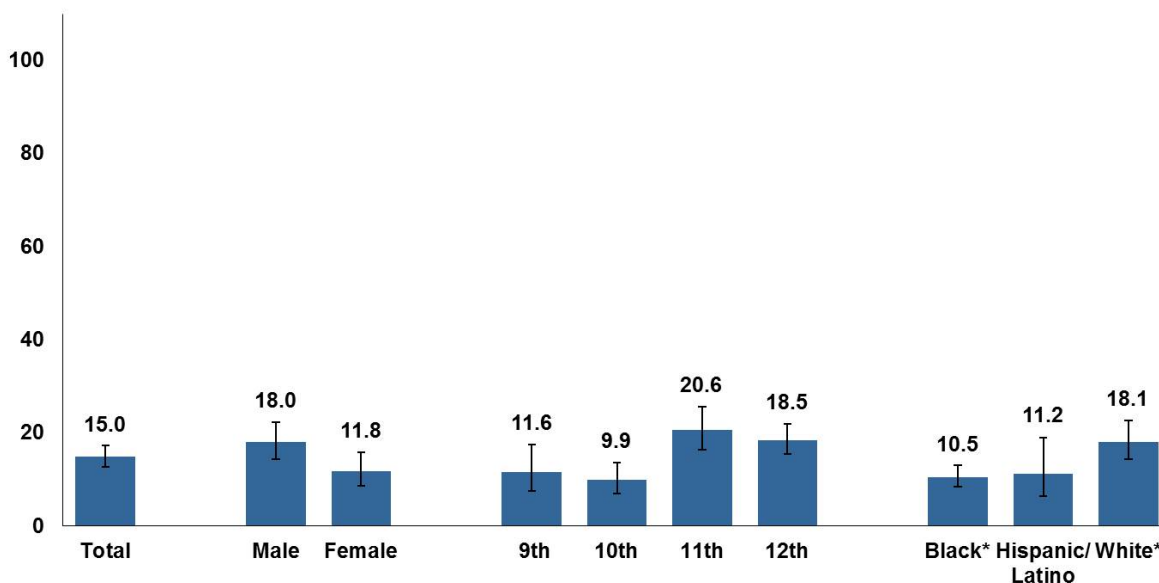
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 29.8% | 34.8% | 24.7% | 35.2% | 28.1% | 26.1% | 27.8% | 31.6% | 24.6% | | | 37.4% |
| 1995 | 25.4% | 29.8% | 21.0% | 27.4% | 29.9% | 22.5% | 19.2% | 28.9% | 17.3% | | | |
| 1997 | 27.3% | 31.7% | 23.3% | 31.9% | 28.3% | 22.9% | 19.8% | 32.1% | 17.9% | | | 33.1% |
| 2001 | 26.5% | 28.0% | 25.1% | 32.1% | 24.8% | 23.9% | 22.7% | 28.8% | 21.2% | 34.3% | 22.8% | |
| 2003 | 23.7% | 26.2% | 21.1% | 27.4% | 22.3% | 24.3% | 18.5% | 24.5% | 20.0% | 28.5% | 26.6% | 34.1% |
| 2005 | 18.4% | 21.0% | 15.6% | 21.7% | 19.6% | 15.3% | 13.5% | 17.7% | 19.8% | 13.4% | 22.5% | 27.5% |
| 2007 | 17.3% | 19.5% | 14.8% | 19.6% | 19.0% | 15.6% | 12.4% | 17.3% | 15.7% | 23.0% | 13.0% | 26.0% |
| 2009 | 12.4% | 15.4% | 9.4% | 10.9% | 13.1% | 15.6% | 9.4% | 12.0% | 11.4% | 18.2% | 14.1% | 11.0% |
| 2011 | 12.4% | 15.3% | 9.3% | 13.8% | 10.4% | 13.2% | 11.3% | 11.4% | 11.1% | 14.6% | 11.4% | 22.1% |
| 2013 | 9.4% | 11.7% | 6.8% | 10.2% | 8.9% | 9.1% | 8.8% | 9.2% | 9.1% | 11.2% | 6.7% | |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that smoked a whole cigarette for the first time before the age of 13 **decreased** significantly from 1993-2013.



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



*Non-Hispanic

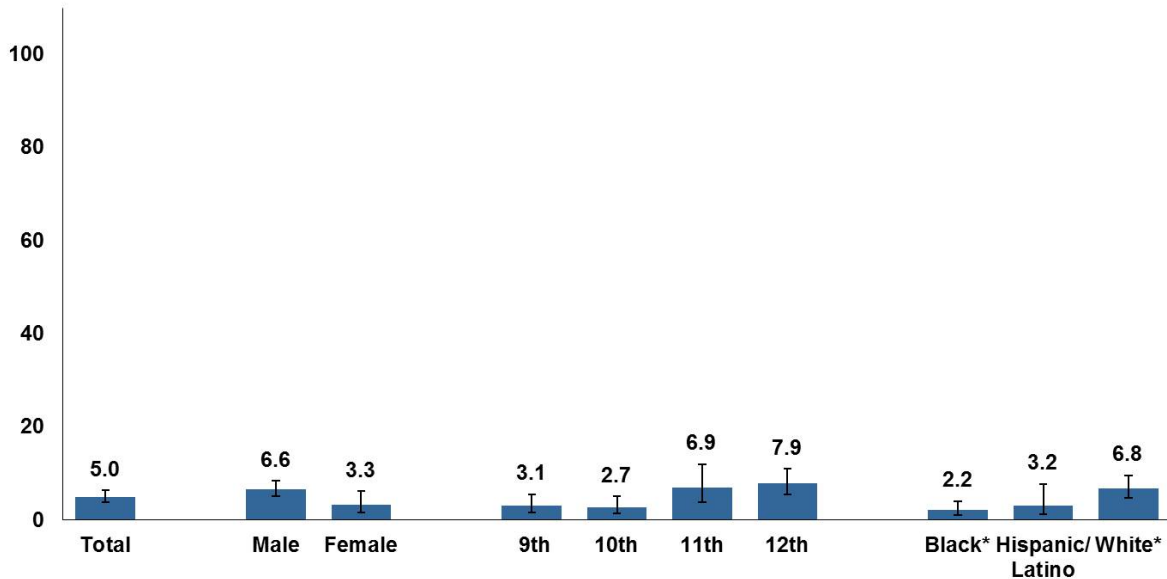
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 29.3% | 30.4% | 28.0% | 32.5% | 27.5% | 27.7% | 28.5% | 33.4% | 18.9% | | | 36.4% |
| 1995 | 31.3% | 32.5% | 30.2% | 28.3% | 34.2% | 32.1% | 31.0% | 37.5% | 18.6% | | | |
| 1997 | 35.8% | 37.6% | 34.1% | 34.5% | 33.5% | 36.7% | 38.8% | 42.9% | 24.5% | | | 34.9% |
| 2001 | 27.8% | 28.4% | 27.2% | 25.6% | 25.0% | 29.8% | 32.2% | 31.9% | 19.2% | 26.5% | 24.3% | |
| 2003 | 24.8% | 26.3% | 23.3% | 21.8% | 22.5% | 28.0% | 28.7% | 28.4% | 15.4% | 23.3% | 24.3% | 34.3% |
| 2005 | 24.9% | 26.4% | 23.0% | 20.7% | 24.5% | 28.0% | 27.7% | 29.0% | 17.3% | 17.4% | 36.8% | 31.2% |
| 2007 | 22.5% | 22.5% | 22.2% | 18.4% | 18.3% | 24.9% | 29.7% | 26.7% | 14.8% | 20.2% | 21.5% | 19.1% |
| 2009 | 17.7% | 20.6% | 14.9% | 12.5% | 18.4% | 20.3% | 21.2% | 21.3% | 11.0% | 18.7% | 15.2% | 18.7% |
| 2011 | 17.7% | 20.5% | 14.7% | 14.9% | 16.2% | 16.6% | 24.4% | 19.0% | 12.1% | 21.1% | 15.6% | 28.0% |
| 2013 | 15.0% | 18.0% | 11.8% | 11.6% | 9.9% | 20.6% | 18.5% | 18.1% | 10.5% | 11.2% | 13.3% | 10.5% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that smoked cigarettes on one or more of the past 30 days has **decreased significantly** from 1993-2013.
- In 2013, 10th grade students were significantly less likely than 11th and 12th grade students to have smoked cigarettes on one or more of the past 30 days.



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



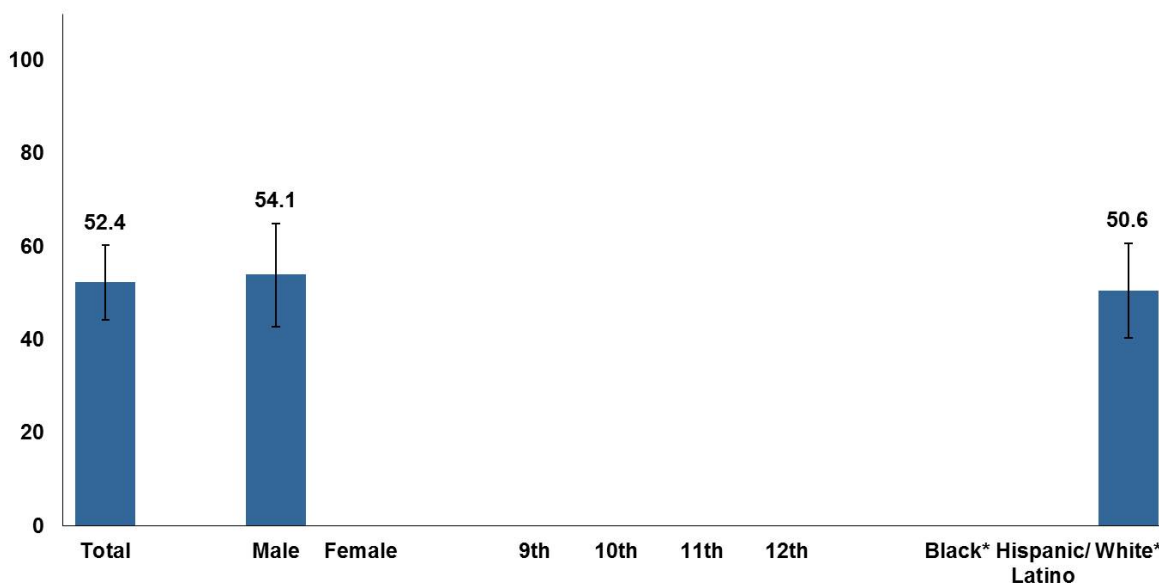
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 14.1% | | | 12.9% | 11.2% | 16.8% | 16.0% | 17.9% | 4.2% | | | 24.1% |
| 1995 | 15.5% | | | | | | | | | | | |
| 2001 | 14.5% | 15.2% | 13.8% | 10.5% | 13.0% | 18.0% | 18.5% | 17.5% | 18.4% | 11.2% | 9.6% | |
| 2003 | 12.4% | 13.9% | 11.0% | 7.6% | 10.5% | 15.9% | 18.7% | 15.1% | 6.5% | 6.3% | 12.9% | 18.2% |
| 2005 | 11.0% | 13.0% | 9.0% | 8.6% | 9.7% | 13.1% | 13.3% | 14.3% | 5.2% | 5.4% | 17.1% | 12.2% |
| 2007 | 9.3% | 9.2% | 9.3% | 5.5% | 7.5% | 11.2% | 13.7% | 11.5% | 4.3% | 11.4% | 13.2% | 11.4% |
| 2009 | 6.3% | 7.3% | 5.3% | 2.9% | 5.9% | 9.1% | 8.4% | 7.6% | 3.8% | 5.0% | 4.4% | 11.0% |
| 2011 | 6.8% | 9.1% | 4.3% | 4.9% | 5.8% | 6.9% | 10.2% | 7.9% | 3.4% | 6.7% | 5.0% | 15.1% |
| 2013 | 5.0% | 6.6% | 3.3% | 3.1% | 2.7% | 6.9% | 7.9% | 6.8% | 2.2% | 3.2% | 6.0% | 4.9% |

- The percent of students that have smoked cigarettes on 20 or more of the past 30 days has **decreased** significantly from 1993-2013.
- In 2013, 12th grade students were significantly **more** likely than 10th grade students to have smoked cigarettes on 20 or more of the past 30 days.
- In 2013, students that identify as White were significantly **more** likely than students that identify as Black to have smoked cigarettes on 20 or more of the past 30 days.



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



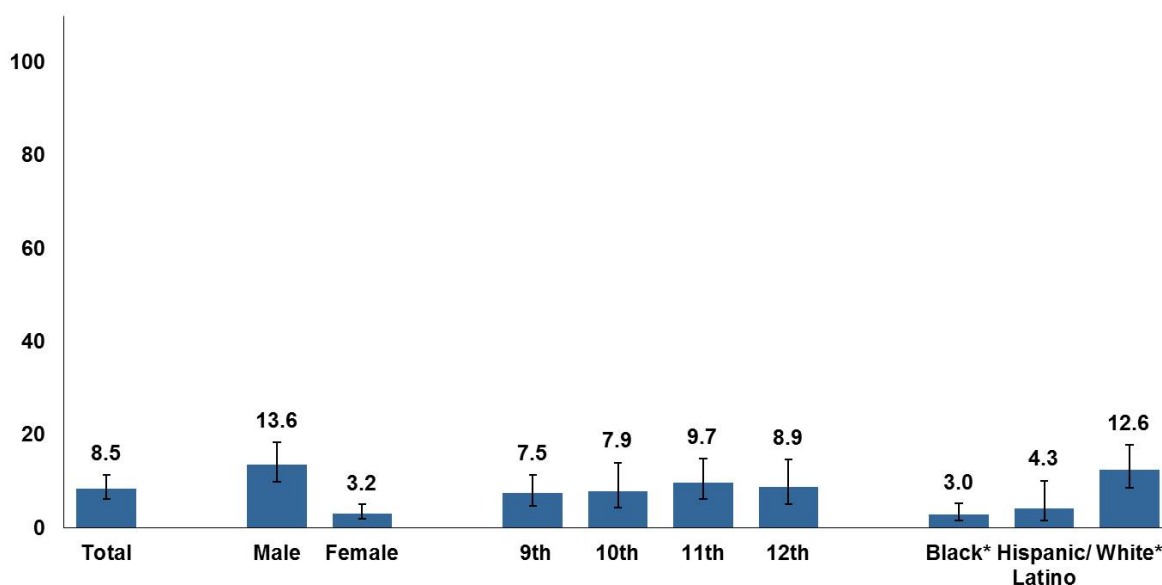
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|
| 2001 | 58.6% | 54.0% | 63.1% | 54.3% | 60.0% | 65.5% | 56.1% | 58.0% | 59.8% |
| 2003 | 61.1% | 58.4% | 64.1% | 65.2% | 61.9% | 68.9% | 47.3% | 61.9% | |
| 2005 | 51.5% | 49.5% | 54.2% | 48.1% | 53.2% | 57.8% | 47.6% | 51.4% | 50.8% |
| 2007 | 54.6% | 52.3% | 56.7% | 55.8% | 49.6% | 57.9% | 54.6% | 52.4% | |
| 2009 | 56.2% | 52.5% | 61.3% | 60.2% | 50.6% | 63.8% | 50.6% | 55.7% | 54.4% |
| 2011 | 50.0% | 44.6% | 57.7% | | 45.1% | | 49.5% | 45.1% | |
| 2013 | 52.4% | 54.1% | | | | | | 50.6% | |

- Among students who are current smokers, the percent who have tried to quit smoking in the past 12 months has **decreased** significantly from 2001-2013.



Percent of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 11.0% | 19.0% | 2.6% | 9.8% | 10.6% | 11.4% | 12.4% | 14.0% | 5.2% | 9.4% | 10.2% | 12.7% |
| 2013 | 8.5% | 13.6% | 3.2% | 7.5% | 7.9% | 9.7% | 8.9% | 12.6% | 3.0% | 4.3% | 3.6% | 2.5% |

- In 2013, males were significantly **more** likely than females to have used chewing tobacco, snuff, or dip on one or more of the past 30 days.
- In 2013, students that identify as White were significantly **more** likely than students that identify as Black to have used chewing tobacco, snuff, or dip on one or more of the past 30 days.

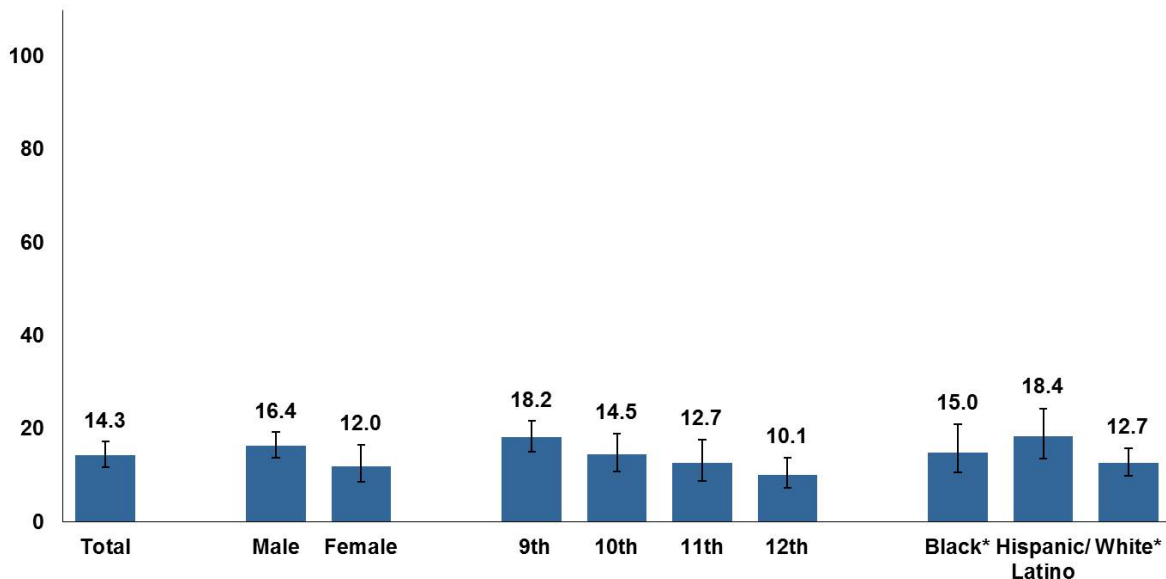


Alcohol Use

Alcohol abuse, including binge drinking and underage drinking, is the third leading preventable cause of death in the United States.¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.² Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as mental health problems. Drug use contributes directly and indirectly to the HIV epidemic, and alcohol and other drug use contribute markedly to infant morbidity and mortality.³ It is illegal for a person less than 21 years old to purchase, to attempt to purchase, or to possess alcohol.



Percent of students who had their first drink of alcohol other than a few sips before the age of 13



*Non-Hispanic

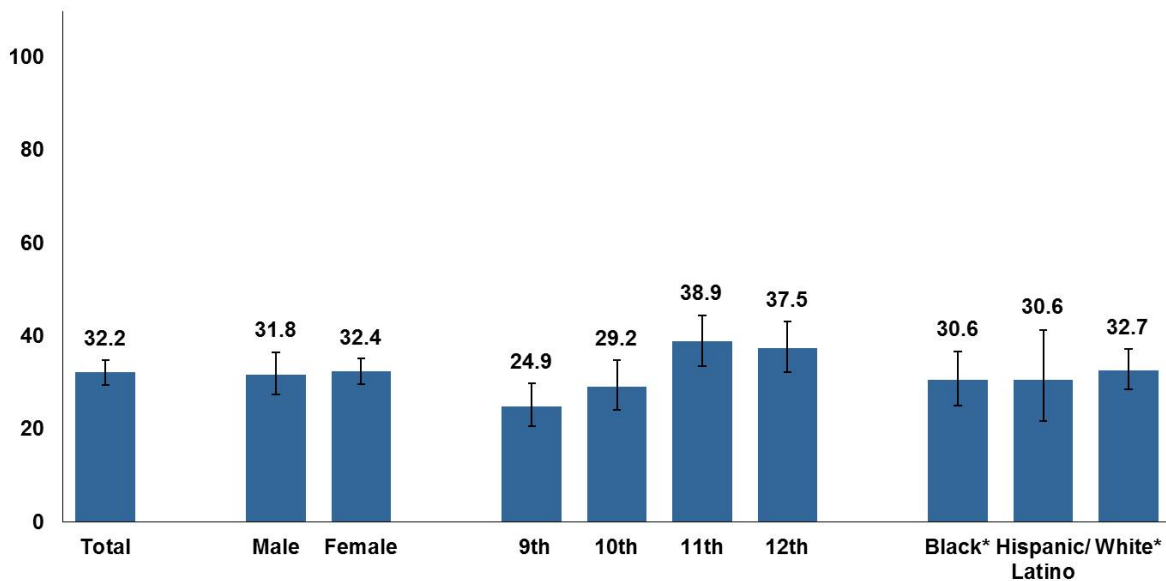
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 30.4% | 36.4% | 24.3% | 39.3% | 31.5% | 23.8% | 22.7% | 28.3% | 34.1% | | | 37.4% |
| 1995 | 25.9% | 30.2% | 21.6% | 28.9% | 31.1% | 20.5% | 19.7% | 25.2% | 25.2% | | | |
| 1997 | 31.0% | 37.8% | 25.5% | 37.4% | 34.8% | 24.6% | 20.3% | 28.6% | 33.4% | | | 33.1% |
| 2001 | 24.7% | 27.8% | 21.4% | 31.3% | 24.5% | 23.0% | 15.4% | 24.5% | 24.5% | 23.4% | 27.6% | |
| 2003 | 22.2% | 25.5% | 18.9% | 27.7% | 22.7% | 22.2% | 12.7% | 20.1% | 25.2% | 19.4% | 31.6% | 32.8% |
| 2005 | 21.3% | 25.5% | 16.8% | 28.4% | 22.1% | 15.7% | 13.6% | 19.6% | 24.2% | 19.1% | 30.0% | 30.5% |
| 2007 | 19.7% | 23.5% | 15.7% | 23.4% | 22.7% | 17.5% | 12.2% | 18.0% | 20.2% | 31.7% | 17.0% | 23.7% |
| 2009 | 19.0% | 22.5% | 15.7% | 21.8% | 21.3% | 17.7% | 13.6% | 15.9% | 21.8% | 28.2% | 25.8% | 18.9% |
| 2011 | 18.2% | 22.3% | 13.8% | 23.3% | 16.5% | 16.9% | 14.4% | 15.6% | 17.7% | 26.6% | 26.8% | 24.8% |
| 2013 | 14.3% | 16.4% | 12.0% | 18.2% | 14.5% | 12.7% | 10.1% | 12.7% | 15.0% | 18.4% | 16.4% | 14.8% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that had their first drink of alcohol other than a few sips before age 13 years has **decreased** significantly from 1993-2013.
- In 2013, 9th grade students were significantly more likely than 12th grade students to have had their first drink of alcohol other than a few sips before the age of 13.



Percent of students who had at least one drink of alcohol on one or more of the past 30 days



*Non-Hispanic

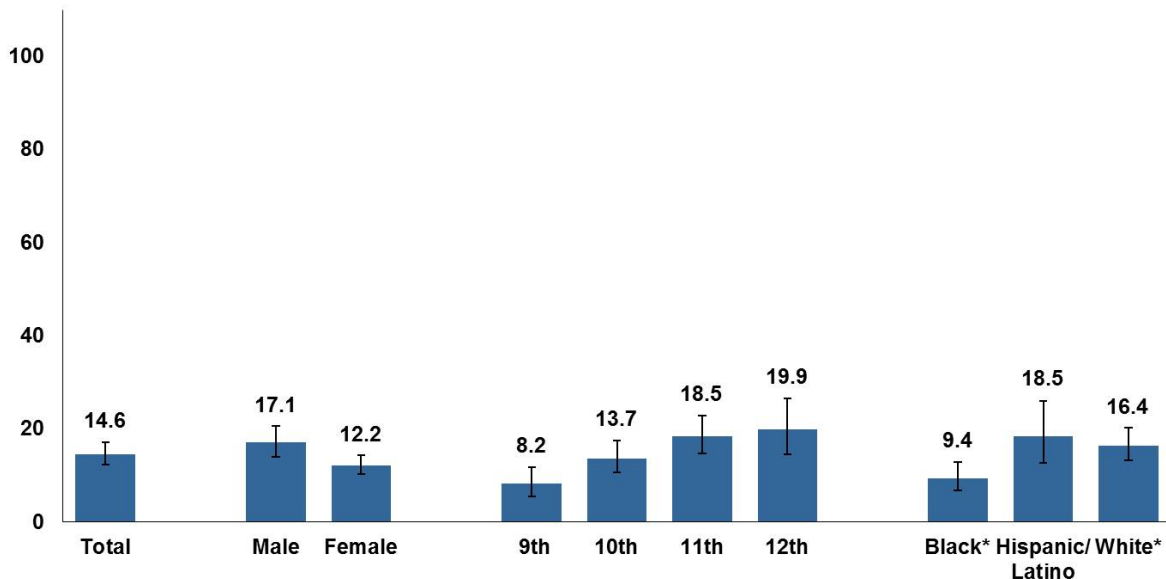
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 43.7% | 47.9% | 39.7% | 39.6% | 42.4% | 43.5% | 50.8% | 44.3% | 42.4% | | | 44.8% |
| 1995 | 39.7% | 40.9% | 38.4% | 31.7% | 44.3% | 40.6% | 45.0% | 43.4% | 31.4% | | | |
| 1997 | 42.7% | 46.1% | 39.6% | 37.5% | 45.0% | 44.4% | 48.6% | 49.2% | 32.5% | | | 38.0% |
| 2001 | 38.2% | 40.5% | 35.9% | 31.5% | 35.6% | 44.3% | 45.0% | 42.5% | 28.7% | 35.8% | 39.1% | |
| 2003 | 39.4% | 41.5% | 37.3% | 33.4% | 34.3% | 42.0% | 53.3% | 43.6% | 30.3% | 33.0% | 42.5% | 37.5% |
| 2005 | 42.3% | 44.4% | 40.1% | 34.2% | 42.8% | 44.2% | 51.7% | 46.4% | 35.4% | 34.9% | 45.2% | 39.0% |
| 2007 | 37.7% | 37.8% | 37.6% | 31.9% | 33.2% | 44.1% | 43.6% | 43.0% | 27.2% | 38.7% | 37.4% | 42.1% |
| 2009 | 35.0% | 37.8% | 32.4% | 24.9% | 36.0% | 39.6% | 43.7% | 38.8% | 27.8% | 36.2% | 37.1% | 24.7% |
| 2011 | 34.3% | 35.5% | 33.2% | 27.9% | 32.2% | 39.1% | 40.5% | 35.7% | 28.4% | 41.1% | 33.2% | 34.8% |
| 2013 | 32.2% | 31.8% | 32.4% | 24.9% | 29.2% | 38.9% | 37.5% | 32.7% | 30.6% | 30.6% | 38.6% | 25.2% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who had at least one drink of alcohol on one or more of the past 30 days has **decreased significantly** from 1993-2013.
- In 2013, 11th and 12th grade students were **significantly more** likely than 9th grade students to have been drinking alcohol in the past 30 days.



Percent 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



*Non-Hispanic

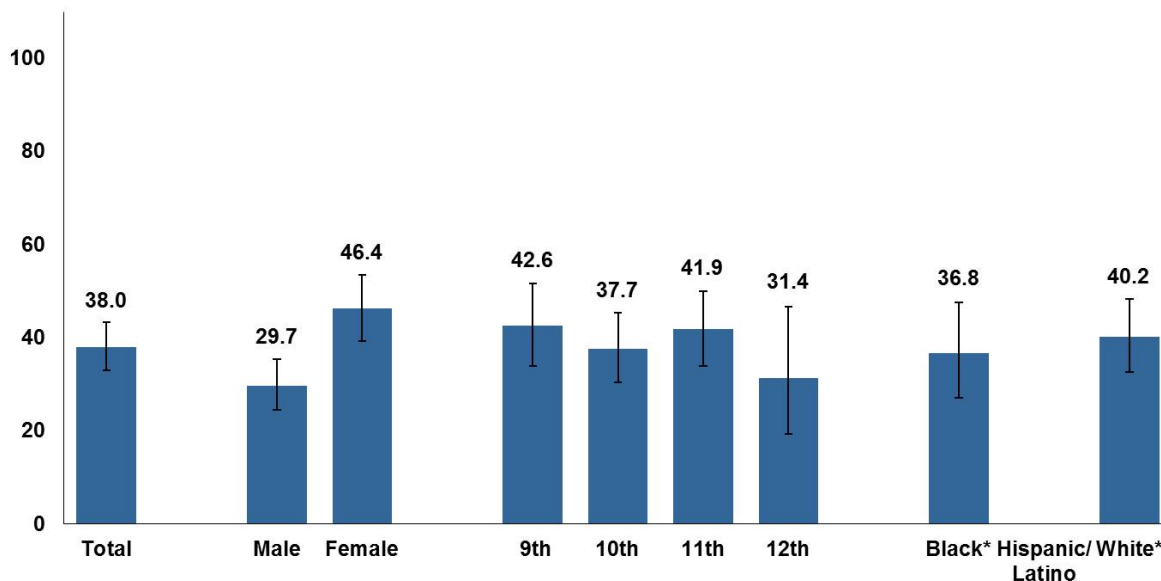
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 23.0% | 30.0% | 16.2% | 19.4% | 19.6% | 26.1% | 28.2% | 26.6% | 14.4% | | | 27.2% |
| 1995 | 22.5% | 26.6% | 18.3% | 18.1% | 24.0% | 23.2% | 26.2% | 26.5% | 13.4% | | | |
| 1997 | 22.9% | 28.2% | 18.1% | 19.2% | 22.3% | 24.4% | 29.1% | 29.2% | 12.4% | | | 21.9% |
| 2001 | 20.7% | 22.8% | 18.7% | 18.1% | 17.9% | 23.1% | 25.6% | 24.6% | 12.2% | 19.1% | 21.1% | |
| 2003 | 21.0% | 25.1% | 16.7% | 14.7% | 15.9% | 26.0% | 32.0% | 25.6% | 10.3% | 19.9% | 27.7% | 17.9% |
| 2005 | 23.1% | 26.0% | 20.2% | 15.6% | 23.0% | 25.1% | 32.3% | 27.6% | 15.1% | 19.1% | 27.6% | 17.3% |
| 2007 | 21.1% | 22.1% | 19.9% | 15.5% | 16.4% | 26.7% | 27.6% | 26.4% | 10.1% | 23.9% | 16.7% | 29.8% |
| 2009 | 18.7% | 21.8% | 15.7% | 11.8% | 19.5% | 21.6% | 24.5% | 22.9% | 10.0% | 17.5% | 26.5% | 15.0% |
| 2011 | 17.6% | 21.7% | 13.6% | 13.0% | 16.4% | 20.6% | 22.8% | 19.8% | 10.4% | 24.5% | 18.7% | 18.8% |
| 2013 | 14.6% | 17.1% | 12.2% | 8.2% | 13.7% | 18.5% | 19.9% | 16.4% | 9.4% | 18.5% | 16.6% | 11.8% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who have had five or more drinks in a row within a couple of hours during the past 30 days has **decreased significantly** from 1993-2013.
- In 2013, 11th and 12th grade students were **significantly more** likely than 9th grade students to have had five or more drinks in a row within a couple of hours during the past 30 days.
- In 2013, students that identify as White were **significantly more** likely than students who identify as Black to have had five or more drinks in a row within a couple of hours during the past 30 days.



Among students who reported current alcohol use, the percent who usually got the alcohol they drank from someone who gave it to them during the past 30 days.



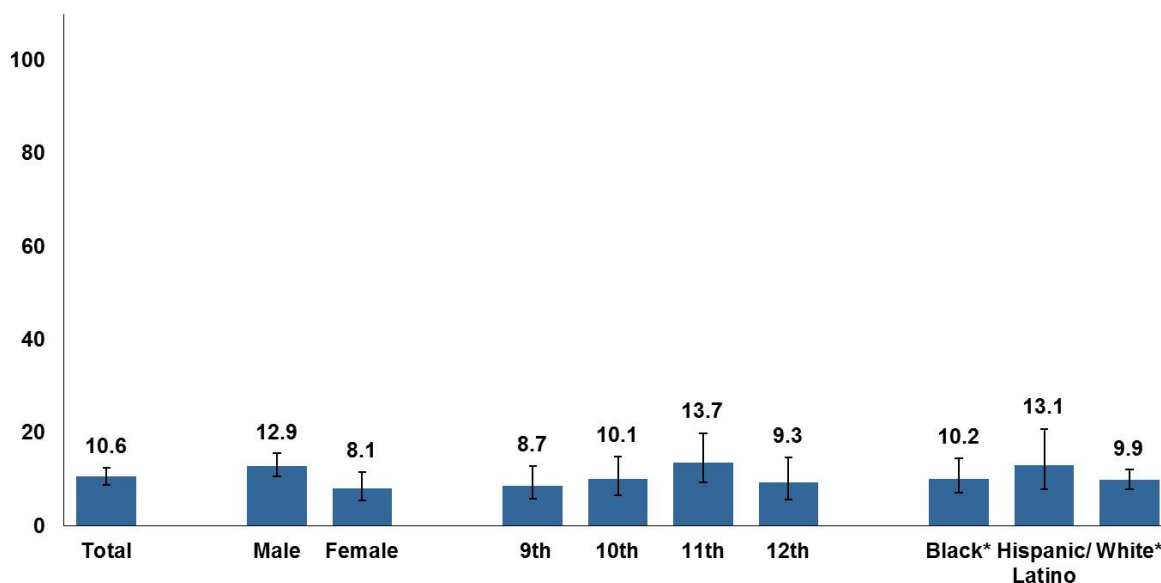
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|
| 2009 | 37.0% | 33.1% | 41.0% | 36.8% | 41.2% | 39.4% | 31.6% | 36.5% | 40.7% | 34.6% |
| 2011 | 34.2% | 27.8% | 41.1% | 30.9% | 36.7% | 35.7% | 33.3% | 35.4% | | |
| 2013 | 38.0% | 29.7% | 46.4% | 42.6% | 37.7% | 41.9% | 31.4% | 40.2% | 36.8% | |

- In 2013, female students were significantly **more** likely than male students to get the alcohol they drank from someone who gave it to them during the past 30 days.



Percent of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs.



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 17.1% | 22.0% | 12.0% | 16.4% | 14.2% | 21.4% | 16.6% | 17.0% | 14.3% | 19.1% | 17.2% | 24.2% |
| 2013 | 10.6% | 12.9% | 8.1% | 8.7% | 10.1% | 13.7% | 9.3% | 9.9% | 10.2% | 13.1% | 15.5% | 11.1% |

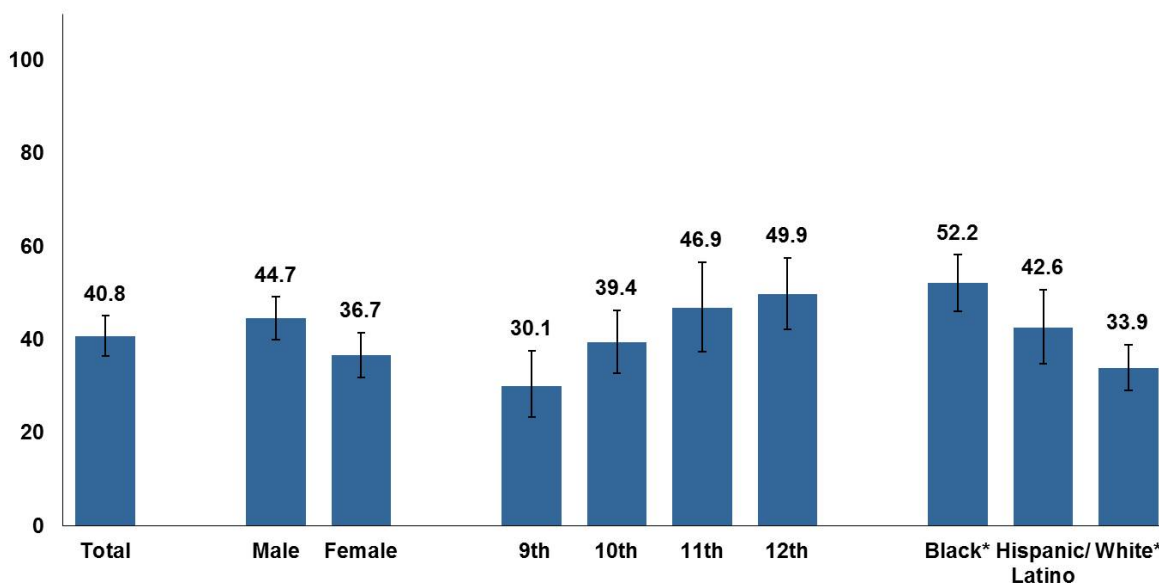


Other Drug Use

The NCYRBS asks several questions about lifetime and current use of various drugs including marijuana, cocaine, hallucinogens, ecstasy, heroin, steroids, methamphetamines, and inhaled substances. Drug use among young people is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted infections (STI), including human immunodeficiency virus (HIV).¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.²



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



*Non-Hispanic

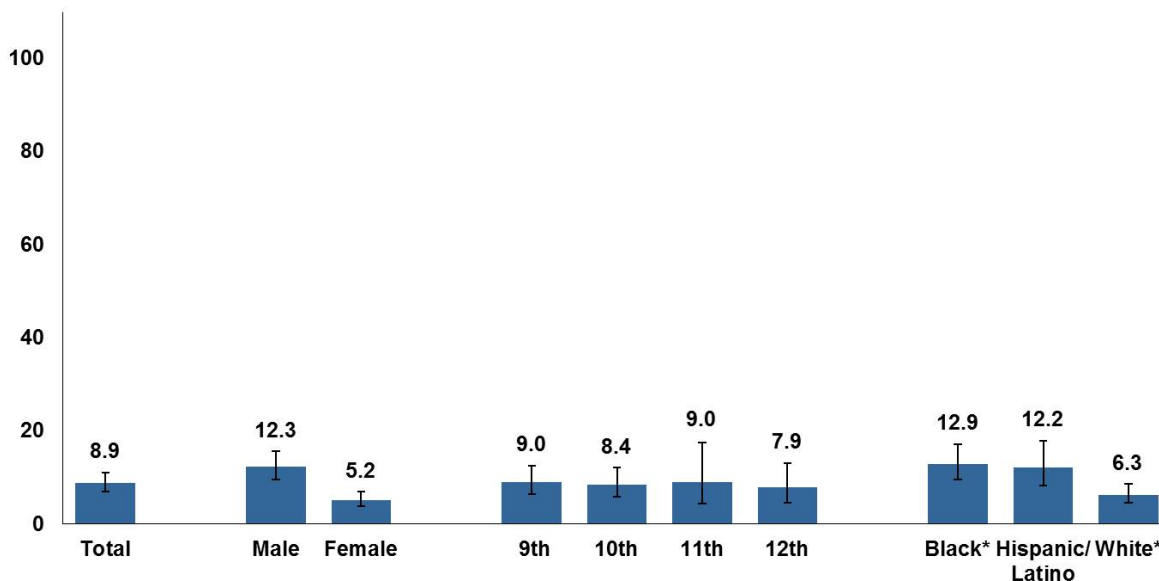
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 29.0% | 34.1% | 24.0% | 25.8% | 25.5% | 31.6% | 34.4% | 28.5% | 28.7% | | | 37.5% |
| 1995 | 36.2% | 42.0% | 30.5% | 31.5% | 38.7% | 36.5% | 39.9% | 36.0% | 34.1% | | | |
| 1997 | 43.0% | 48.6% | 38.2% | 36.0% | 46.8% | 49.0% | 45.8% | 42.1% | 42.9% | | | 46.5% |
| 2001 | 40.3% | 42.3% | 38.2% | 33.2% | 35.5% | 48.6% | 48.4% | 39.3% | 42.7% | 44.0% | 41.2% | |
| 2003 | 42.7% | 46.9% | 38.4% | 32.1% | 39.0% | 53.8% | 52.0% | 41.0% | 46.9% | 29.6% | 40.9% | 51.6% |
| 2005 | 40.1% | 45.1% | 35.1% | 31.4% | 42.7% | 43.7% | 45.4% | 39.4% | 42.6% | 31.2% | 45.8% | 47.4% |
| 2007 | 36.4% | 37.9% | 34.7% | 25.9% | 32.4% | 45.0% | 46.0% | 35.4% | 38.8% | 36.3% | 49.6% | 34.9% |
| 2009 | 37.0% | 43.3% | 31.2% | 24.4% | 39.3% | 44.0% | 45.0% | 36.6% | 39.0% | 36.6% | 38.4% | 22.6% |
| 2011 | 42.9% | 48.3% | 37.5% | 31.8% | 40.9% | 51.7% | 51.2% | 39.7% | 48.7% | 39.6% | 42.7% | 49.3% |
| 2013 | 40.8% | 44.7% | 36.7% | 30.1% | 39.4% | 46.9% | 49.9% | 33.9% | 52.2% | 42.6% | 48.0% | 44.4% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who used marijuana at least once has **increased significantly** from 1993-2013.
- In 2013, 12th grade students were **significantly more** likely than 9th grade students to have used marijuana at least once.
- In 2013, students that identify as Black were **significantly more** likely than students that identify as White to have used marijuana at least once.



Percent of students who tried marijuana for the first time before the age of 13



*Non-Hispanic

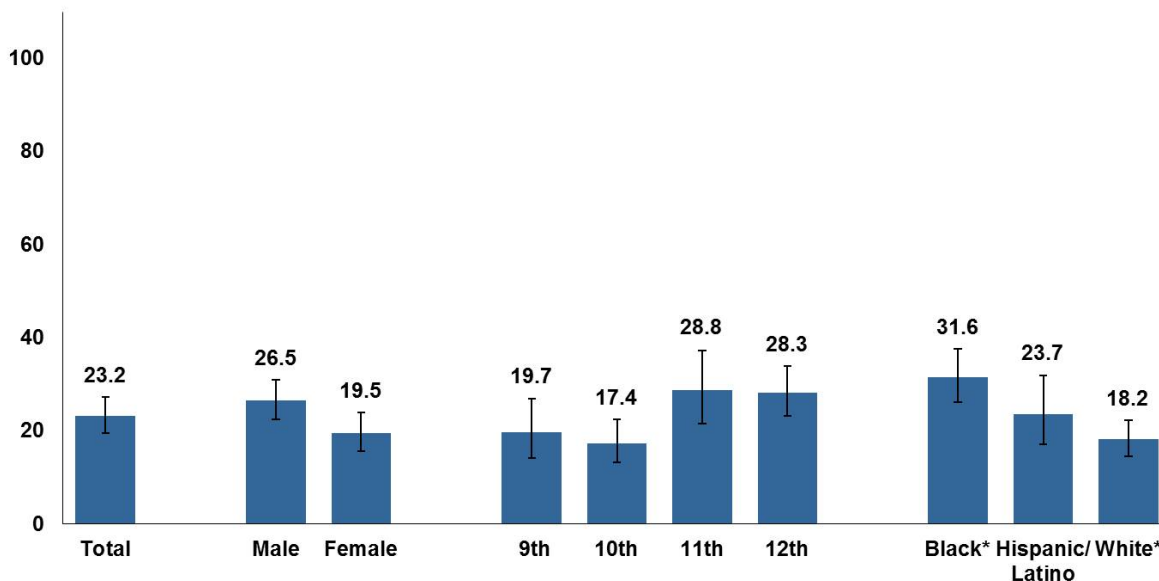
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|------------------|-------|
| 1993 | 7.1% | 10.4% | 3.8% | 8.4% | 6.6% | 6.5% | 6.1% | 5.7% | 8.3% | | | 18.4% |
| 1995 | 6.1% | 9.3% | 2.9% | 6.6% | 6.9% | 5.3% | 4.7% | 6.6% | 4.0% | | | |
| 1997 | 9.6% | 13.9% | 5.8% | 11.8% | 12.6% | 6.4% | 4.3% | 9.1% | 8.8% | | | 13.6% |
| 2001 | 10.5% | 13.5% | 7.4% | 13.4% | 9.0% | 9.2% | 8.5% | 10.1% | 10.2% | 15.2% | 15.6% | |
| 2003 | 10.8% | 13.7% | 7.7% | 11.7% | 10.0% | 12.2% | 8.4% | 9.4% | 12.7% | 10.0% | 16.3% | 17.2% |
| 2005 | 9.1% | 12.6% | 5.4% | 10.9% | 9.4% | 7.5% | 5.9% | 8.5% | 9.7% | 6.8% | 16.4% | 17.2% |
| 2007 | 8.3% | 10.6% | 5.9% | 9.1% | 10.5% | 7.4% | 4.3% | 7.2% | 8.3% | 12.5% | 10.8% | 18.8% |
| 2009 | 8.1% | 12.1% | 4.4% | 8.3% | 9.1% | 8.2% | 6.3% | 6.5% | 9.7% | 9.4% | 14.0% | 9.6% |
| 2011 | 9.4% | 12.3% | 6.1% | 12.4% | 7.7% | 6.3% | 10.7% | 6.6% | 11.6% | 10.1% | 14.7% | 19.5% |
| 2013 | 8.9% | 12.3% | 5.2% | 9.0% | 8.4% | 9.0% | 7.9% | 6.3% | 12.9% | 12.2% | 11.0% | 7.0% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- In 2013, males were significantly **more** likely than females to have first used marijuana prior to age 13.



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



*Non-Hispanic

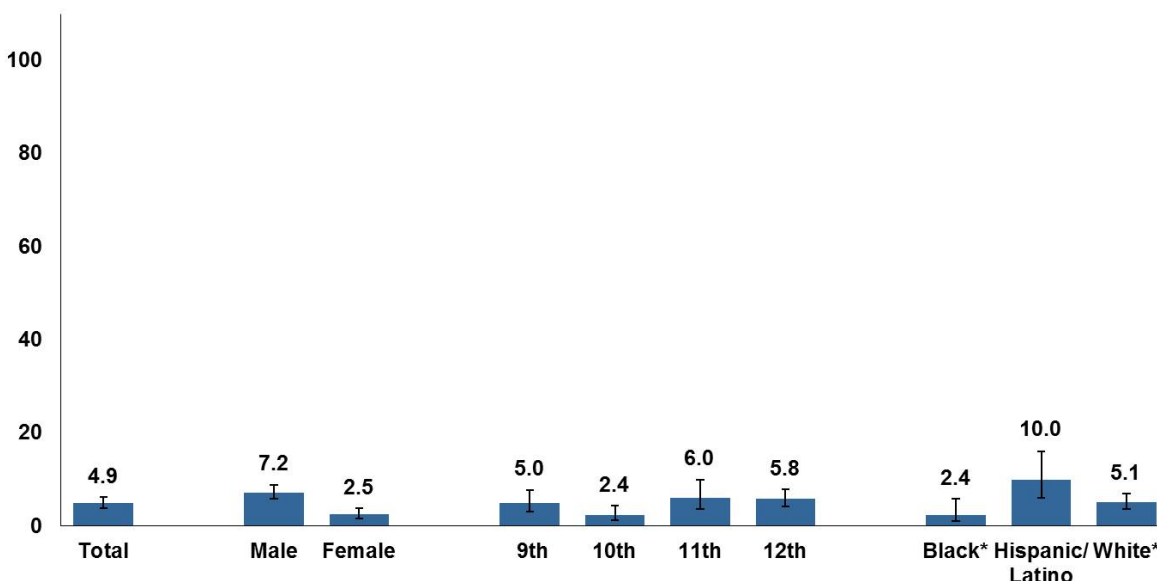
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 14.8% | 18.9% | 10.9% | 14.5% | 13.3% | 15.1% | 16.2% | 14.4% | 15.0% | | | 21.8% |
| 1995 | 21.7% | 26.3% | 17.2% | 19.0% | 24.7% | 20.3% | 23.2% | 21.6% | 20.6% | | | |
| 1997 | 24.9% | 29.7% | 20.9% | 22.9% | 26.2% | 26.0% | 26.0% | 25.2% | 23.1% | | | 28.7% |
| 2001 | 20.8% | 23.9% | 17.8% | 20.1% | 18.5% | 22.4% | 22.5% | 21.0% | 20.3% | 20.2% | 24.0% | |
| 2003 | 24.3% | 27.9% | 20.7% | 18.6% | 23.9% | 28.3% | 29.5% | 24.3% | 24.6% | 15.1% | 22.2% | 27.5% |
| 2005 | 21.4% | 25.2% | 17.5% | 17.6% | 20.9% | 23.3% | 24.7% | 21.6% | 21.7% | 14.5% | 30.2% | 24.0% |
| 2007 | 19.1% | 20.2% | 17.9% | 15.9% | 17.3% | 21.3% | 22.8% | 19.1% | 19.7% | 14.5% | 20.3% | 22.8% |
| 2009 | 19.8% | 25.5% | 14.5% | 11.6% | 20.7% | 25.4% | 24.7% | 19.1% | 21.4% | 17.7% | 18.6% | 16.9% |
| 2011 | 24.2% | 30.2% | 18.0% | 20.0% | 24.9% | 28.5% | 24.0% | 21.4% | 28.6% | 23.1% | 25.4% | 29.7% |
| 2013 | 23.2% | 26.5% | 19.5% | 19.7% | 17.4% | 28.8% | 28.3% | 18.2% | 31.6% | 23.7% | 30.0% | 24.6% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that used marijuana in the past 30 days has **increased significantly** from 1993-2013.
- In 2013, 12th grade students were **significantly more** likely than 10th grade students to have used marijuana in the past 30 days.
- In 2013, students that identify as Black were **significantly more** likely than students that identify as White to have used marijuana in the past 30 days.



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



*Non-Hispanic

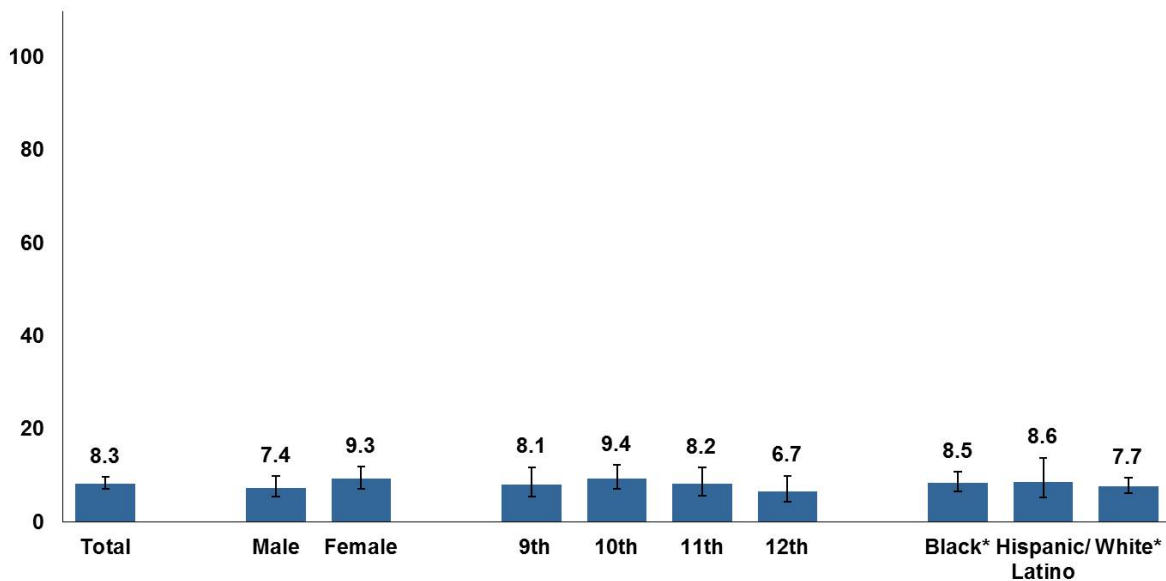
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 4.4% | 5.3% | 3.5% | 5.1% | 3.6% | 3.6% | 5.1% | 5.1% | 2.0% | | | 10.5% |
| 1995 | 4.7% | 5.5% | 3.9% | 2.3% | 5.8% | 5.0% | 6.3% | 5.4% | 2.5% | | | |
| 1997 | 6.5% | 8.3% | 4.9% | 5.8% | 7.9% | 4.7% | 7.6% | 8.4% | 2.5% | | | 8.9% |
| 2001 | 6.7% | 7.1% | 6.2% | 7.5% | 6.4% | 5.0% | 6.9% | 8.4% | 2.3% | 10.6% | 8.3% | |
| 2003 | 8.4% | 9.0% | 7.6% | 5.1% | 4.6% | 12.4% | 13.8% | 11.2% | 1.9% | 7.9% | 9.2% | 9.9% |
| 2005 | 7.9% | 9.2% | 6.6% | 6.3% | 8.2% | 9.0% | 7.8% | 9.3% | 4.6% | 7.8% | 17.9% | 14.7% |
| 2007 | 7.0% | 7.9% | 5.8% | 4.7% | 5.5% | 8.5% | 9.2% | 8.1% | 1.9% | 15.6% | 7.3% | 16.0% |
| 2009 | 5.5% | 7.4% | 3.7% | 4.2% | 4.9% | 6.2% | 7.5% | 5.9% | 2.8% | 11.2% | 9.0% | 7.6% |
| 2011 | 7.1% | 9.9% | 4.2% | 5.5% | 6.9% | 7.2% | 9.2% | 7.4% | 3.8% | 15.2% | 7.8% | 6.9% |
| 2013 | 4.9% | 7.2% | 2.5% | 5.0% | 2.4% | 6.0% | 5.8% | 5.1% | 2.4% | 10.0% | 5.8% | 5.0% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that used any form of cocaine one or more times during their life has **decreased significantly** from 2003-2013.
- In 2013, males were **significantly more** likely than females to have used any form of cocaine one or more times during their life.
- In 2013, students that identify as Hispanic/Latino were **significantly more** likely than students who identify as Black to have used any form of cocaine one or more times during their life.



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



*Non-Hispanic

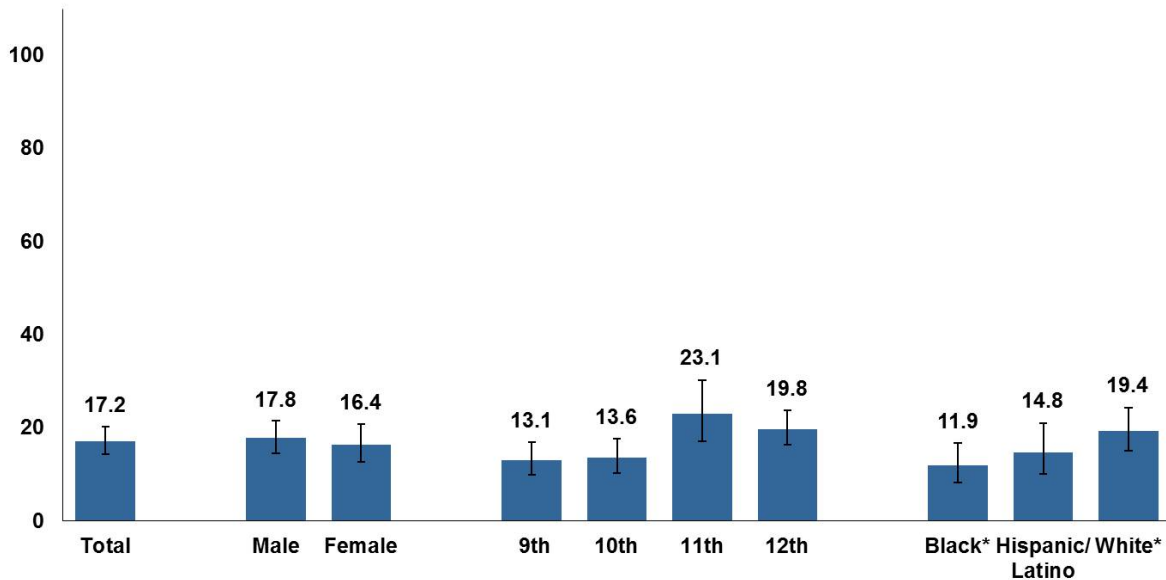
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1995 | 19.4% | 20.0% | 18.9% | 22.2% | 19.2% | 18.1% | 16.3% | 21.8% | 13.6% | | | |
| 1997 | 17.7% | 18.4% | 16.9% | 21.0% | 19.1% | 14.1% | 11.7% | 22.2% | 9.7% | | | 19.4% |
| 2001 | 13.7% | 13.8% | 13.5% | 15.2% | 14.3% | 13.8% | 10.0% | 16.5% | 7.6% | 16.0% | 14.7% | |
| 2003 | 15.4% | 14.0% | 16.8% | 16.2% | 17.4% | 11.5% | 15.8% | 16.9% | 11.5% | 9.2% | 20.2% | 19.9% |
| 2005 | 11.9% | 13.5% | 10.1% | 14.4% | 12.3% | 9.8% | 9.0% | 13.9% | 7.4% | 10.5% | 22.2% | 18.8% |
| 2007 | 13.8% | 13.3% | 14.2% | 16.6% | 13.7% | 13.4% | 9.5% | 14.8% | 10.0% | 17.3% | 18.3% | 21.2% |
| 2009 | 11.7% | 12.1% | 11.4% | 13.9% | 13.8% | 9.7% | 8.1% | 12.1% | 9.4% | 13.4% | 20.0% | 11.2% |
| 2011 | 11.2% | 12.4% | 9.7% | 11.4% | 10.9% | 12.0% | 10.2% | 11.1% | 8.5% | 15.2% | 14.2% | 15.6% |
| 2013 | 8.3% | 7.4% | 9.3% | 8.1% | 9.4% | 8.2% | 6.7% | 7.7% | 8.5% | 8.6% | 12.9% | 7.2% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that ever sniffed glue or breathed the contents of sprays or paints to get high during their life has **decreased** significantly from 1995-2013.



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



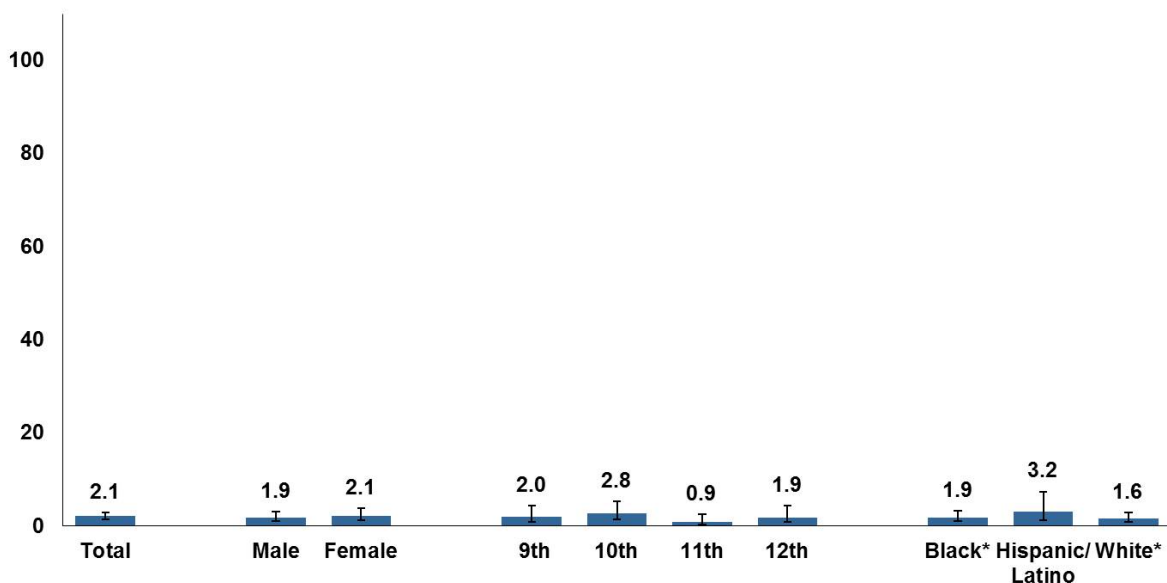
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 17.1% | 19.0% | 15.2% | 14.2% | 16.6% | 21.2% | 16.4% | 22.9% | 6.7% | 8.2% | 24.6% | 20.2% |
| 2007 | 17.0% | 17.1% | 16.8% | 13.0% | 15.9% | 20.6% | 18.6% | 22.9% | 4.6% | 15.4% | 22.2% | 21.9% |
| 2009 | 20.5% | 20.6% | 20.2% | 14.3% | 22.5% | 23.9% | 23.6% | 25.1% | 12.4% | 19.3% | 23.8% | 14.5% |
| 2011 | 20.4% | 24.1% | 16.5% | 18.9% | 20.2% | 19.0% | 24.8% | 23.5% | 12.0% | 21.1% | 26.5% | 25.0% |
| 2013 | 17.2% | 17.8% | 16.4% | 13.1% | 13.6% | 23.1% | 19.8% | 19.4% | 11.9% | 14.8% | 26.9% | 14.8% |

- In 2013, 11th grade students were significantly more likely than 9th grade students to have taken a prescription drug such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax without a doctor's prescription one or more times during their life.
- In 2013, students that identify as having multiple races were significantly more likely than those who identify as Black to have taken a prescription drug such as OxyContin, Percocet, Demerol, Adderall, Ritalin, or Xanax without a doctor's prescription one or more times during their life.



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



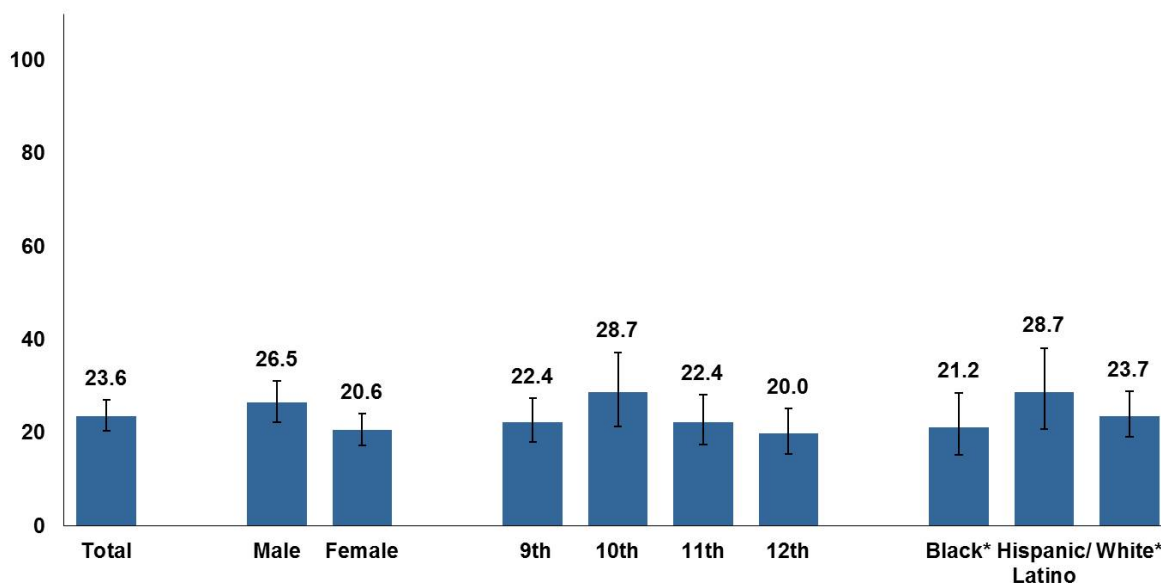
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|---------------------|------------------|-------|
| 1993 | 3.6% | 5.7% | 1.4% | 3.3% | 4.7% | 3.7% | 2.5% | 3.5% | 2.7% | | | 9.5% |
| 1995 | 2.0% | 2.8% | 1.2% | 1.4% | 2.1% | 2.0% | 2.1% | 1.8% | 2.1% | | | |
| 1997 | 4.0% | 6.2% | 1.9% | 3.7% | 5.3% | 4.2% | 1.7% | 3.9% | 3.4% | | | 6.1% |
| 2001 | 5.0% | 6.5% | 3.5% | 6.6% | 4.4% | 3.5% | 4.1% | 5.3% | 3.4% | 12.8% | 6.8% | |
| 2003 | 5.2% | 6.4% | 4.0% | 4.4% | 6.1% | 4.6% | 5.7% | 5.3% | 3.8% | 7.7% | 10.7% | 14.3% |
| 2005 | 4.2% | 5.7% | 2.4% | 3.5% | 4.5% | 3.8% | 4.3% | 3.8% | 3.9% | 5.7% | 11.0% | 12.5% |
| 2007 | 3.9% | 5.2% | 2.4% | 3.5% | 4.2% | 2.7% | 3.9% | 3.9% | 1.7% | 6.6% | 9.0% | 14.6% |
| 2009 | 3.8% | 5.3% | 2.3% | 3.7% | 3.8% | 4.0% | 3.8% | 3.2% | 3.7% | 4.4% | 4.4% | 8.4% |
| 2011 | 4.2% | 6.7% | 1.6% | 2.9% | 4.4% | 5.7% | 4.3% | 3.8% | 2.4% | 8.4% | 2.4% | 8.6% |
| 2013 | 2.1% | 1.9% | 2.1% | 2.0% | 2.8% | 0.9% | 1.9% | 1.6% | 1.9% | 3.2% | 3.3% | 2.6% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.



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



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 28.9% | 33.4% | 24.4% | 29.4% | 30.3% | 26.8% | 28.1% | 29.8% | 26.5% | | | 28.9% |
| 1995 | 29.8% | 35.5% | 24.2% | 28.0% | 38.2% | 23.4% | 28.2% | 33.6% | 20.1% | | | |
| 1997 | 31.2% | 37.7% | 25.8% | 32.9% | 35.6% | 29.4% | 23.9% | 33.1% | 27.1% | | | 29.8% |
| 2001 | 32.8% | 36.8% | 28.8% | 32.8% | 33.9% | 32.3% | 31.8% | 32.6% | 33.1% | 41.5% | 32.6% | |
| 2003 | 31.9% | 34.2% | 29.6% | 32.6% | 32.9% | 33.1% | 28.1% | 33.2% | 27.1% | 32.1% | 41.6% | 39.5% |
| 2005 | 27.4% | 31.9% | 23.0% | 29.8% | 26.5% | 28.1% | 23.0% | 27.4% | 26.2% | 28.9% | 37.5% | 35.0% |
| 2007 | 28.5% | 33.4% | 23.5% | 30.9% | 28.3% | 28.0% | 24.9% | 28.7% | 26.5% | 32.5% | 31.9% | 26.4% |
| 2009 | 30.2% | 37.2% | 23.4% | 27.8% | 35.3% | 29.0% | 28.3% | 31.2% | 26.0% | 44.0% | 25.7% | 31.1% |
| 2011 | 29.8% | 35.5% | 24.0% | 31.3% | 29.3% | 30.2% | 26.7% | 27.4% | 29.9% | 39.2% | 32.7% | 34.3% |
| 2013 | 23.6% | 26.5% | 20.6% | 22.4% | 28.7% | 22.4% | 20.0% | 23.7% | 21.2% | 28.7% | 30.2% | 15.9% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.



Sexual Behavior

Unprotected sexual intercourse puts young people at risk for human immunodeficiency virus (HIV) infection, other sexually transmitted infections (STI), and unintended pregnancy. Younger age at first intercourse and greater number of sexual partners is associated with increased risk for unwanted pregnancy and other sexually transmitted diseases, including HIV infection. Youth-serving organizations and programs can support youth in adopting behaviors that reduce their risk for negative health outcomes.

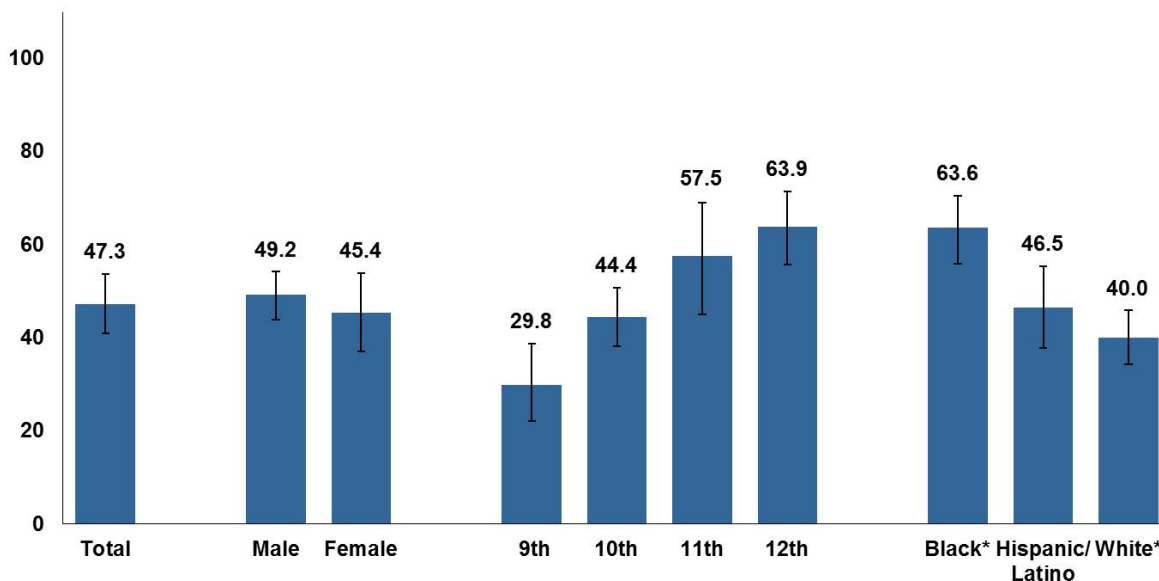
Each year, there are approximately 19 million new STI infections in the United States, and almost half of them are among youth ages 15 to 24.¹ Having an STI can increase a person's likelihood of acquiring or transmitting HIV. In 2009, an estimated 8,300 young people aged 13-24 in the 40 states reporting to CDC had HIV infection.²

North Carolina has made great progress in reducing teen pregnancy rates in the past several years. In 2010, the pregnancy rate among females ages 15 to 19 years in North Carolina was 49.7 per 1,000.³ This means that less than 5% of 15-19 year old girls in the state became pregnant in 2010.

According to the Centers for Disease Control and Prevention, school-based programs are a critical way to reach youth.⁴ Schools are in a unique position to provide medically accurate, skills-based, age appropriate HIV/STD and teen pregnancy prevention education to all youth, regardless of the communities they come from or the communication, knowledge and comfort levels of their parents around sexuality education.



Percent of students who ever had sexual intercourse



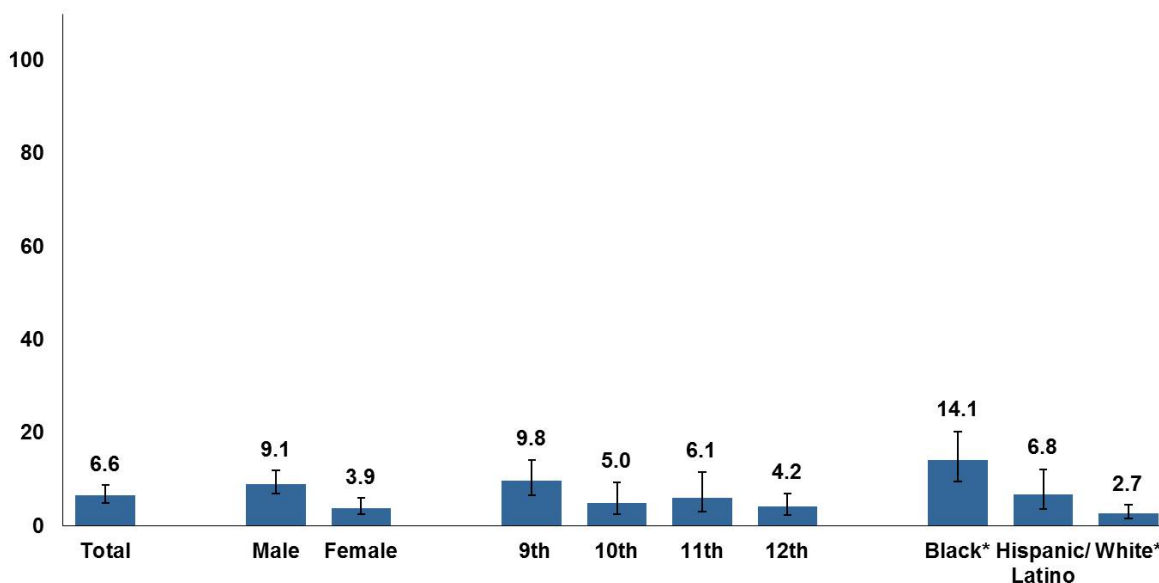
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|------------------|-------|
| 2003 | 52.5% | 53.7% | 51.4% | 39.9% | 45.4% | 61.2% | 73.5% | 44.1% | 52.8% | 50.2% | 54.3% | 52.8% |
| 2005 | 50.8% | 54.3% | 47.6% | 36.3% | 53.8% | 55.6% | 63.0% | 42.2% | 69.0% | 51.1% | 54.8% | 53.1% |
| 2007 | 52.1% | 54.0% | 50.3% | 38.4% | 44.4% | 62.8% | 69.1% | 44.5% | 67.8% | 51.2% | 55.2% | 43.1% |
| 2009 | 51.1% | 54.2% | 48.2% | 33.8% | 49.0% | 61.3% | 68.0% | 43.7% | 64.6% | 55.4% | 51.3% | 39.7% |
| 2011 | 49.3% | 51.4% | 47.1% | 35.7% | 43.4% | 58.6% | 64.0% | 44.0% | 61.1% | 44.4% | 44.8% | 53.5% |
| 2013 | 47.3% | 49.2% | 45.4% | 29.8% | 44.4% | 57.5% | 63.9% | 40.0% | 63.6% | 46.5% | 54.0% | |

- Percent of students who have ever had sexual intercourse has significantly **decreased** from 2003-2013.
- In 2013, students in the 11th and 12th grades were significantly **more** likely than 9th grade students to have had sexual intercourse.
- In 2013, students that identify as Black were significantly **more** likely than those that identify as White or Hispanic/Latino to have had sexual intercourse.



Percent of students who had sexual intercourse for the first time before the age of 13



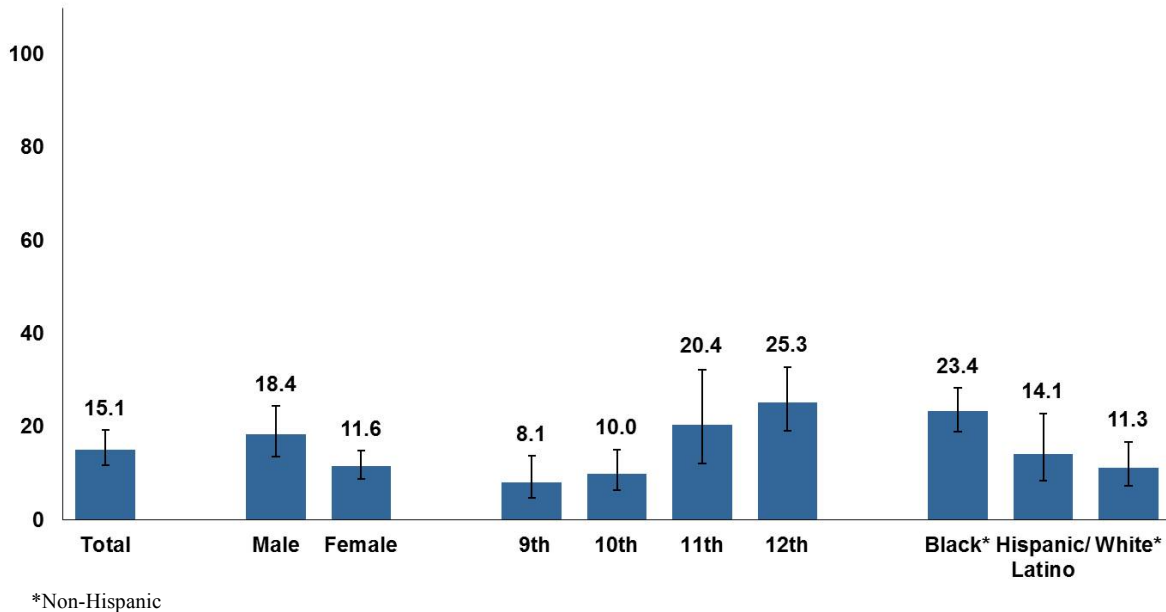
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|------|------|------|-------|-------|-----------------|--------------|-------|
| 2003 | 10.0% | 13.3% | 6.8% | 12.1% | 9.8% | 8.5% | 8.5% | 5.2% | 21.3% | 9.4% | 7.0% | 13.2% |
| 2005 | 8.1% | 11.2% | 5.0% | 10.1% | 8.9% | 8.8% | 2.1% | 3.8% | 15.9% | 10.9% | 15.1% | 15.9% |
| 2007 | 8.3% | 12.0% | 4.4% | 12.6% | 7.5% | 6.1% | 4.3% | 4.1% | 15.4% | 11.6% | 11.4% | 9.3% |
| 2009 | 7.5% | 10.1% | 5.1% | 8.8% | 6.8% | 7.6% | 6.2% | 4.3% | 11.7% | 11.2% | 15.1% | 8.4% |
| 2011 | 8.6% | 12.0% | 5.3% | 9.2% | 8.9% | 9.8% | 5.8% | 4.3% | 16.6% | 9.6% | 14.6% | 9.7% |
| 2013 | 6.6% | 9.1% | 3.9% | 9.8% | 5.0% | 6.1% | 4.2% | 2.7% | 14.1% | 6.8% | 8.8% | |

- The percent of students who had sexual intercourse for the first time before the age of 13 has significantly decreased from 2003-2013.
- In 2013, males were significantly more likely than females to have had sexual intercourse for the first time before the age of 13.
- In 2013, students that identify as Black were significantly more likely than those that identify as White to have had sexual intercourse for the first time before age 13 years.



Percent of students who had sexual intercourse with four or more people during their life

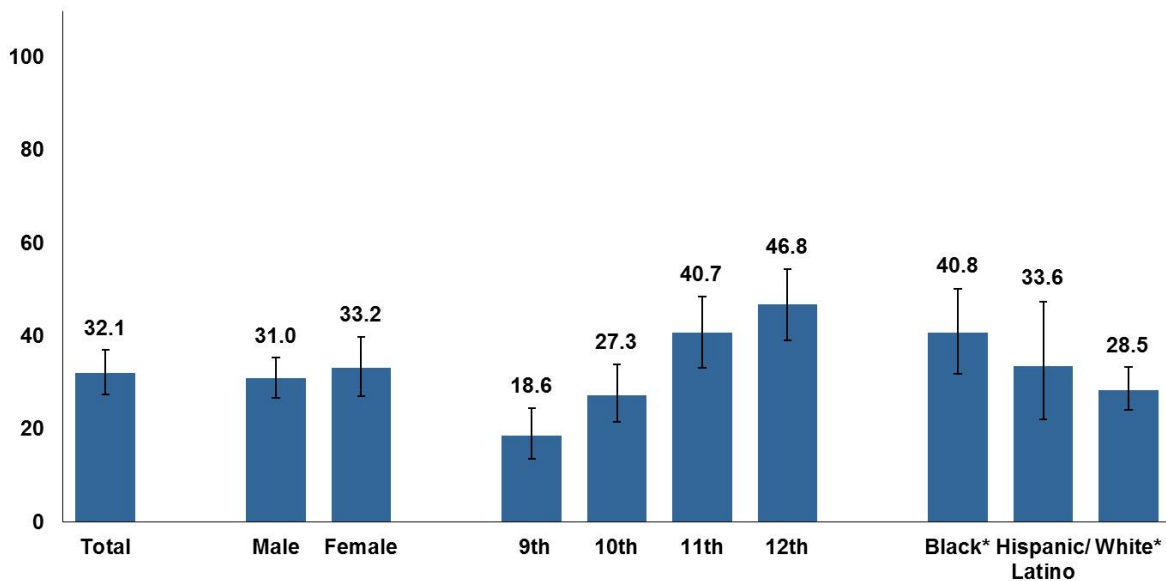


| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2003 | 17.1% | 19.5% | 14.6% | 11.4% | 15.1% | 22.5% | 22.2% | 11.8% | 28.8% | 18.6% | 17.4% | 23.4% |
| 2005 | 17.2% | 20.6% | 13.9% | 10.4% | 18.0% | 22.3% | 19.7% | 32.0% | 49.9% | 29.6% | 37.4% | 34.1% |
| 2007 | 16.1% | 18.4% | 13.7% | 10.6% | 11.7% | 20.0% | 24.9% | 10.8% | 26.2% | 16.9% | 19.6% | 16.7% |
| 2009 | 15.7% | 19.2% | 12.2% | 7.2% | 12.9% | 21.5% | 25.0% | 10.5% | 25.4% | 13.7% | 17.6% | 9.6% |
| 2011 | 16.8% | 18.9% | 14.6% | 10.4% | 12.3% | 22.4% | 23.9% | 11.3% | 26.4% | 20.2% | 19.3% | 16.3% |
| 2013 | 15.1% | 18.4% | 11.6% | 8.1% | 10.0% | 20.4% | 25.3% | 11.3% | 23.4% | 14.1% | 17.2% | |

- In 2013, 12th grade students were significantly more likely than 9th and 10th grade students to have had sexual intercourse with four or more people during their life.
- In 2013, students that identify as Black were significantly more likely than those that identify as White to have had sexual intercourse with four or more people during their life.



Percent of students who had sexual intercourse with one or more people during the past three months



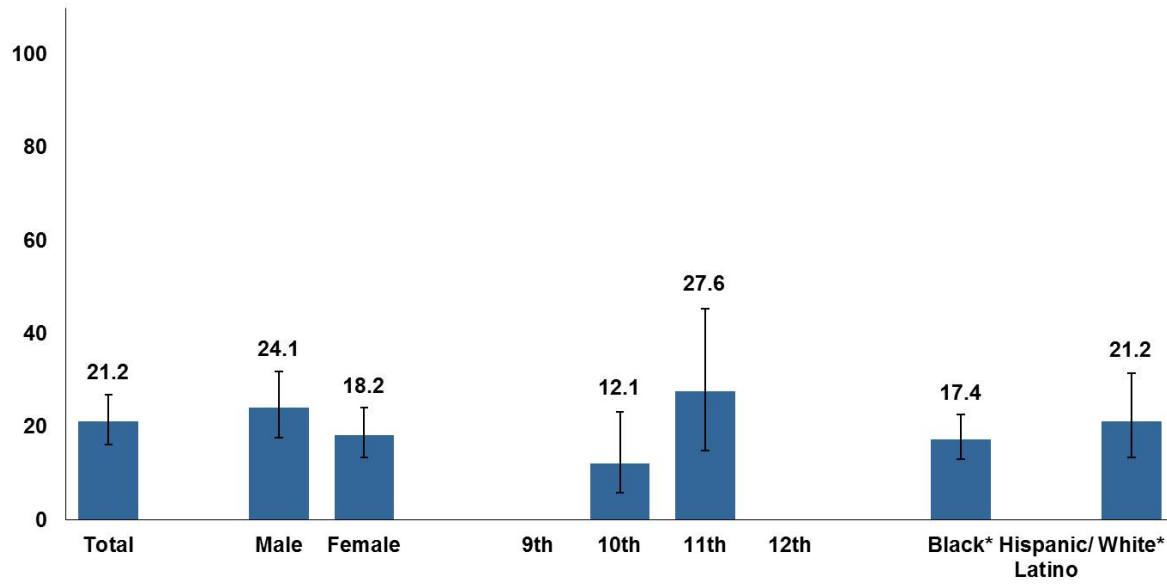
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2003 | 37.9% | 36.7% | 39.2% | 23.9% | 34.0% | 46.1% | 57.1% | 31.5% | 53.9% | 32.4% | 33.3% | 38.6% |
| 2005 | 37.1% | 39.1% | 35.3% | 22.8% | 38.3% | 42.4% | 51.4% | 32.0% | 49.9% | 29.6% | 37.4% | 34.1% |
| 2007 | 37.5% | 36.3% | 38.5% | 24.2% | 29.7% | 46.9% | 55.2% | 33.6% | 46.9% | 29.3% | 36.3% | 39.7% |
| 2009 | 36.6% | 37.5% | 35.7% | 21.1% | 32.1% | 46.8% | 53.9% | 31.6% | 44.7% | 38.2% | 42.4% | 30.9% |
| 2011 | 34.9% | 32.9% | 36.7% | 21.7% | 30.4% | 42.6% | 48.7% | 31.7% | 41.3% | 32.1% | 32.0% | 40.1% |
| 2013 | 32.1% | 31.0% | 33.2% | 18.6% | 27.3% | 40.7% | 46.8% | 28.5% | 40.8% | 33.6% | 31.8% | |

- Percent of students who had sexual intercourse with one or more people during the past three months has significantly decreased from 2003-2013.
- In 2013, 12th grade students were significantly more likely than 9th and 10th grade students to have had sexual intercourse with one or more people during the past three months.



Among students who had sexual intercourse during the past three months, the percent who drank alcohol or used drugs before last sexual intercourse

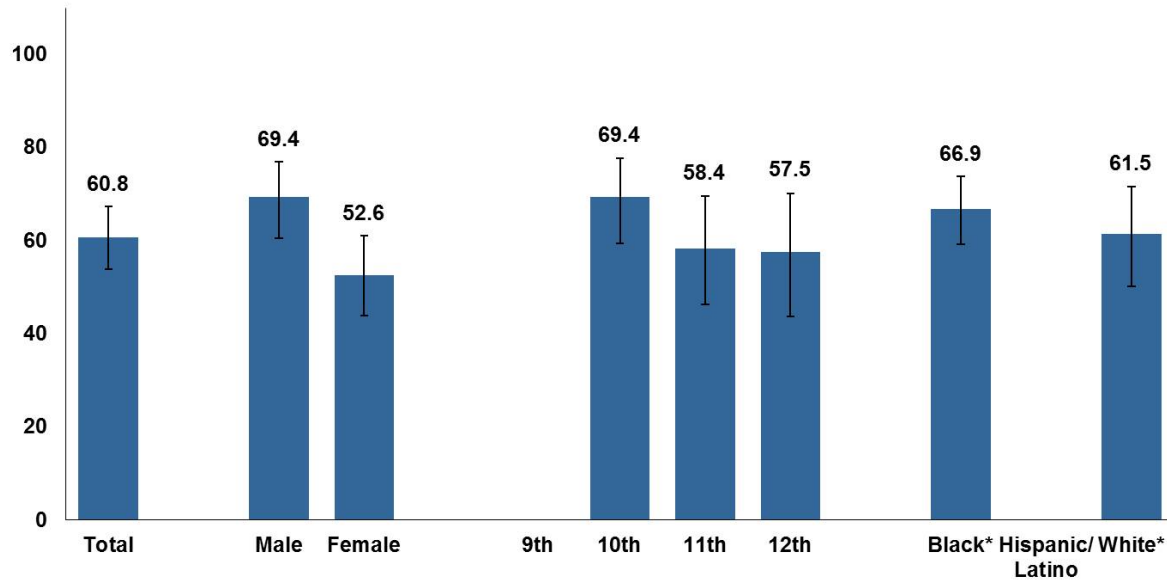


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|
| 2003 | 18.1% | 22.1% | 14.5% | 17.2% | 19.4% | 17.6% | 17.6% | 20.6% | 14.7% | |
| 2005 | 23.9% | 27.9% | 19.7% | 22.4% | 23.7% | 26.4% | 21.1% | 24.3% | 22.0% | |
| 2007 | 20.7% | 24.3% | 17.4% | 20.0% | 19.6% | 18.5% | 22.3% | 24.2% | 13.4% | |
| 2009 | 19.3% | 24.1% | 14.6% | 17.0% | 19.8% | 21.4% | 18.1% | 22.7% | 15.3% | 15.1% |
| 2011 | 25.3% | 33.1% | 18.6% | 26.1% | 25.3% | 24.4% | 25.7% | 25.9% | 22.7% | |
| 2013 | 21.2% | 24.1% | 18.2% | | 12.1% | 27.6% | | 21.2% | 17.4% | |



Among students who had sexual intercourse during the past three months, the percent who used a condom during last sexual intercourse

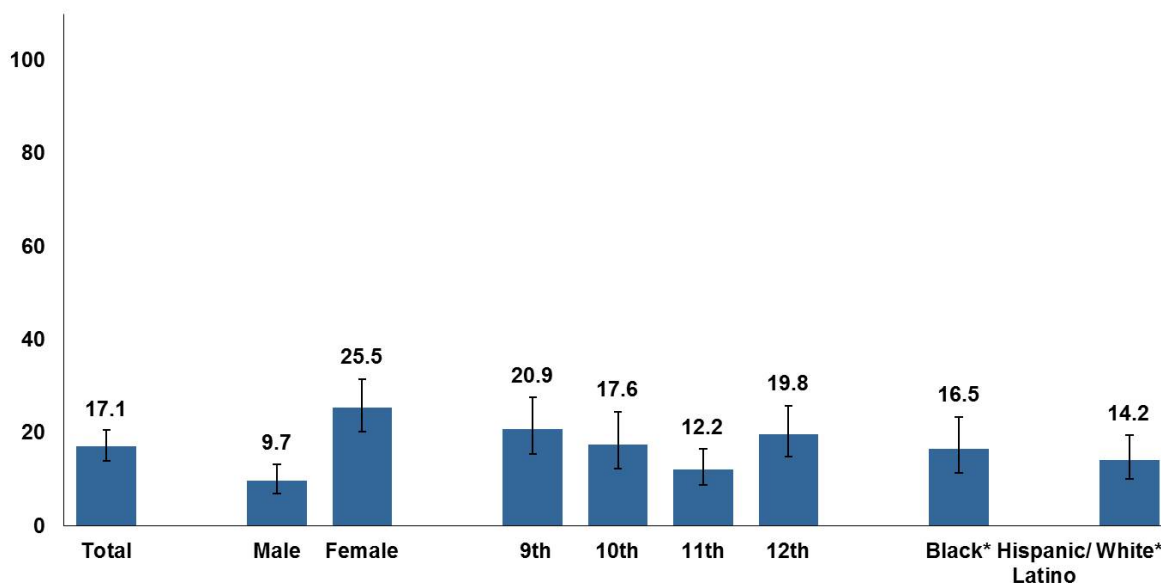


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|
| 2003 | 62.1% | 68.7% | 56.0% | 74.3% | 65.2% | 62.6% | 51.1% | 58.8% | 67.9% | |
| 2005 | 62.8% | 70.7% | 54.7% | 62.9% | 69.7% | 62.0% | 56.8% | 59.7% | 66.6% | |
| 2007 | 61.5% | 67.2% | 56.7% | 68.8% | 63.0% | 64.8% | 53.2% | 61.0% | 64.2% | |
| 2009 | 60.7% | 65.5% | 56.0% | 59.7% | 63.6% | 61.1% | 58.7% | 61.8% | 57.2% | 59.8% |
| 2011 | 53.7% | 58.4% | 49.4% | 55.3% | 61.5% | 49.6% | 50.6% | 57.3% | 52.1% | |
| 2013 | 60.8% | 69.4% | 52.6% | | 69.4% | 58.4% | 57.5% | 61.5% | 66.9% | |



Percent of students whose partner was three or more years older the last time they had sexual intercourse



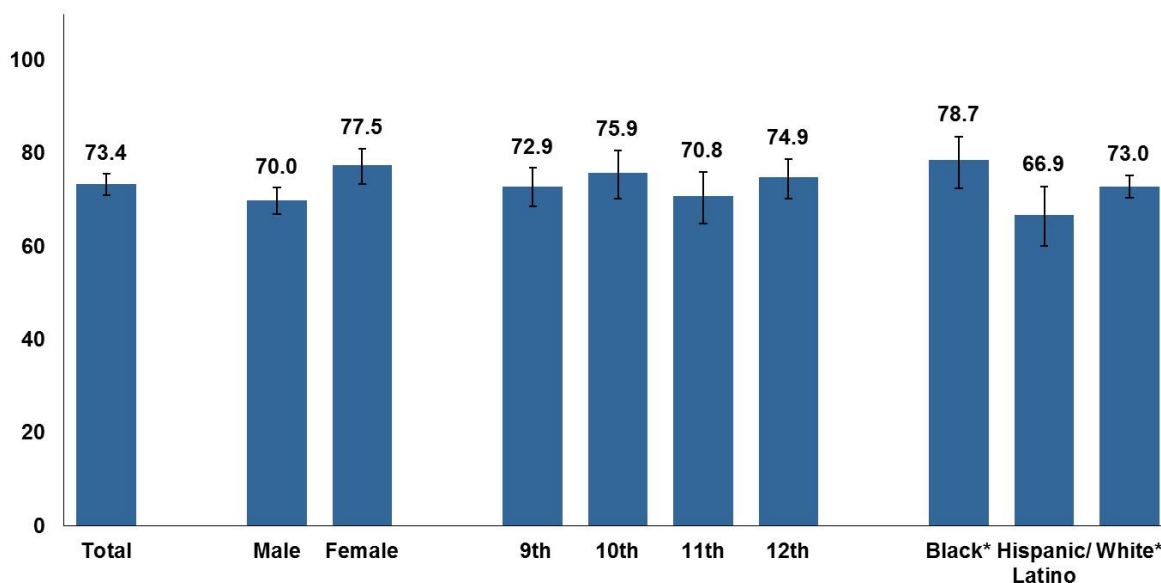
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 10.1% | 6.0% | 14.0% | 7.6% | 11.0% | 12.3% | 10.5% | 6.9% | 15.3% | 12.3% | 22.8% | 6.2% |
| 2011 | 19.3% | 10.6% | 29.0% | 20.2% | 19.8% | 19.8% | 17.8% | 19.9% | 16.7% | | | |
| 2013 | 17.1% | 9.7% | 25.5% | 20.9% | 17.6% | 12.2% | 19.8% | 14.2% | 16.5% | | | |

- In 2013, female students were significantly **more** likely than male students to have a partner three or more years older the last time they had sexual intercourse.



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

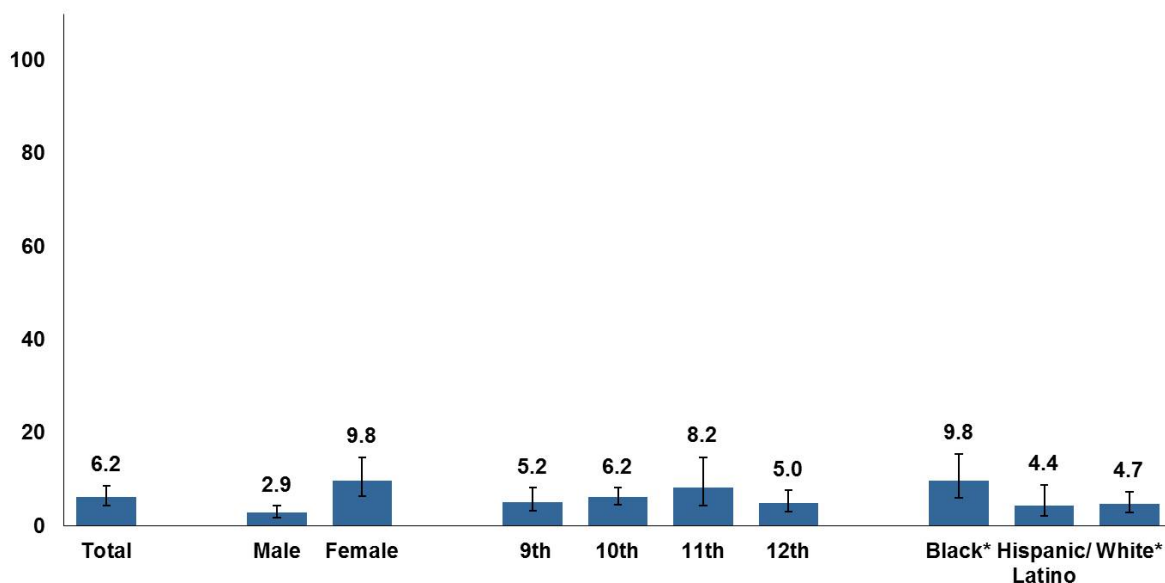


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 76.5% | 72.1% | 80.9% | 75.4% | 77.2% | 74.2% | 80.4% | 75.9% | 82.0% | 74.5% | 71.8% | 63.5% |
| 2013 | 73.4% | 70.0% | 77.5% | 72.9% | 75.9% | 70.8% | 74.9% | 73.0% | 78.7% | 66.9% | | |



Percent of students who describe themselves as lesbian, gay, or bisexual



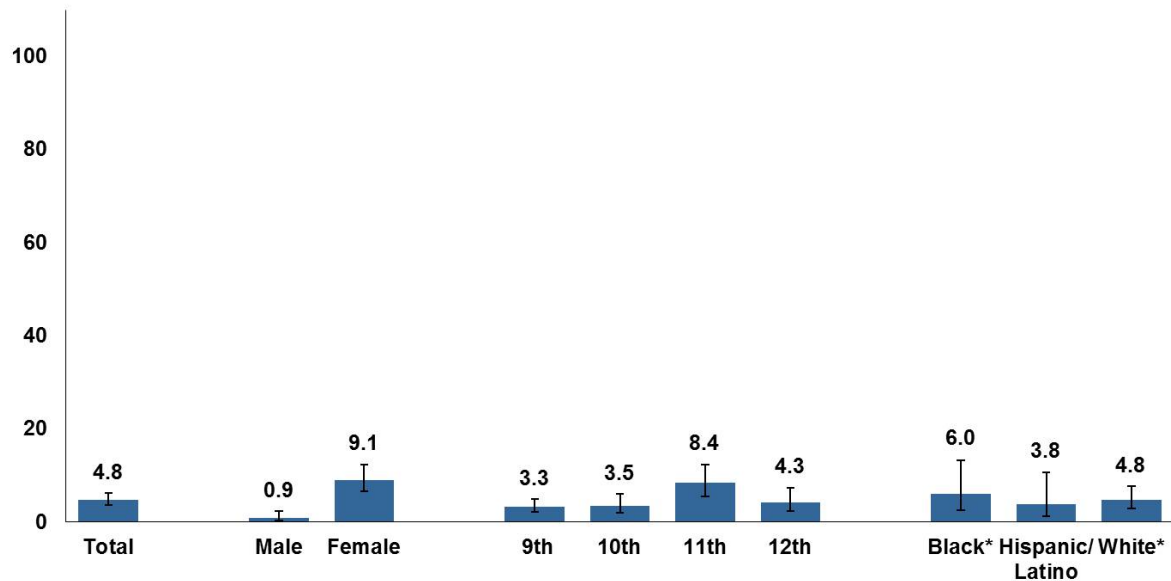
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|-----------------|--------------|-------|
| 2013 | 6.2% | 2.9% | 9.8% | 5.2% | 6.2% | 8.2% | 5.0% | 4.7% | 9.8% | 4.7% | 12.0% | |

- In 2013, female students were significantly **more** likely than male students to describe themselves as lesbian, gay, or bisexual.
- In 2013, students that identify as having multiple races were significantly **more** likely than students that identify as White to describe themselves as lesbian, gay, or bisexual.



Percent of students who have had sexual contact with males and females during their life



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|-----------------|--------------|-------|
| 2013 | 4.8% | 0.9% | 9.1% | 3.3% | 3.5% | 8.4% | 4.3% | 4.8% | 6.0% | 3.8% | | |

- In 2013, female students were significantly more likely than male students to report having had sexual contact with males and females during their life.
- In 2013, 11th grade students were significantly more likely than 9th grade students to report having had sexual contact with males and females during their life.



Weight Management

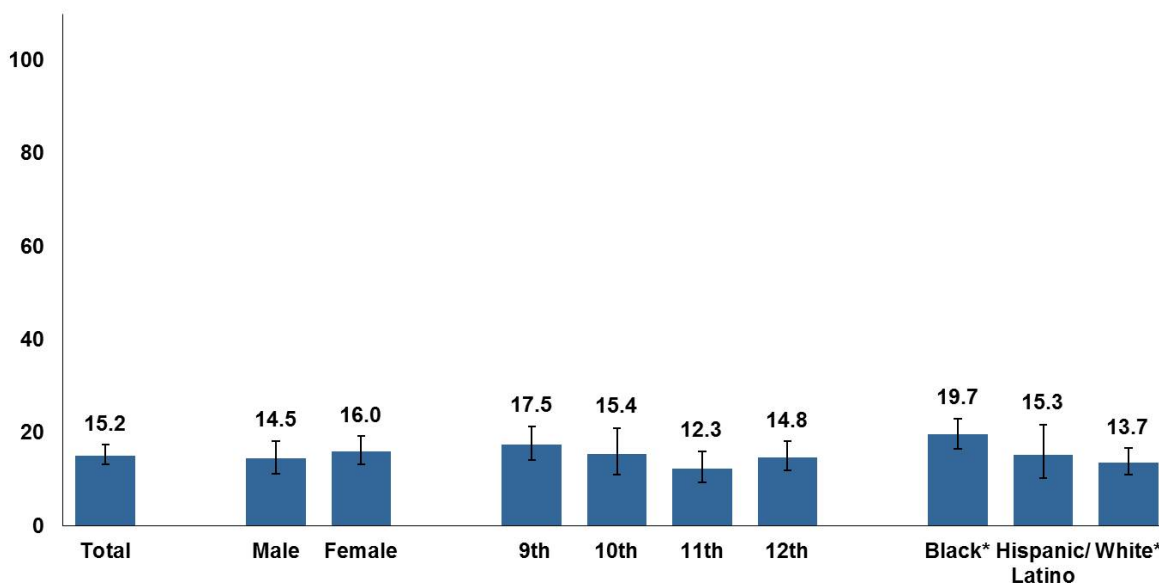
Overweight and obesity have been increasing in both genders and among all population groups for several decades. Approximately 400,000 deaths each year in the U.S. are associated with overweight and obesity. If this trend continues, it is expected to replace tobacco as the leading cause of death.¹

For children and youth, we use a percentile rank of Body Mass Index (BMI) for age and sex to assess whether students are overweight or obese. In the NCYRBS, the BMI percentiles are based on students' self-reported height and weight, their age, and their sex. Although self-reported data may result in underestimates of the prevalence of overweight,² the data can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight data have been consistent with trend data from national surveys using measured height and weight.³

In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁴ Data has shown that high perception of body dissatisfaction and high rates of dieting among adolescent females—with many participating in unhealthy weight control behaviors such as self-induced vomiting and fasting—can lead to abnormal physical and psychological development.⁵



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

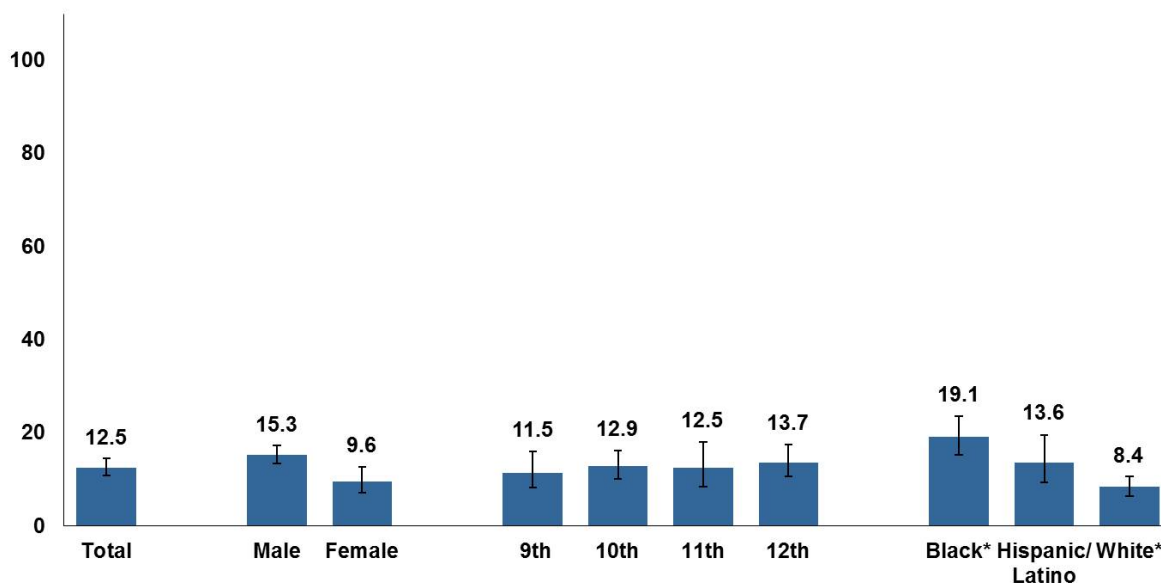


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2001 | 14.3% | 15.5% | 13.1% | 15.4% | 15.7% | 13.3% | 11.8% | 12.6% | 17.8% | 14.4% | 20.6% | |
| 2003 | 14.7% | 14.9% | 14.5% | 16.5% | 13.1% | 15.5% | 13.0% | 14.1% | 15.0% | 25.6% | 12.0% | |
| 2005 | 15.7% | 15.5% | 16.0% | 15.8% | 16.0% | 14.1% | 17.0% | 12.6% | 21.8% | 15.5% | 25.0% | 13.2% |
| 2007 | 17.1% | 17.0% | 17.2% | 17.0% | 20.6% | 15.0% | 15.4% | 13.4% | 24.0% | 20.0% | 13.7% | 9.7% |
| 2009 | 14.6% | 13.9% | 15.2% | 14.9% | 13.7% | 13.0% | 16.7% | 11.9% | 19.3% | 15.4% | 13.6% | 12.9% |
| 2011 | 15.9% | 15.5% | 16.4% | 18.2% | 15.5% | 14.8% | 14.1% | 14.2% | 19.9% | 15.9% | 20.8% | 11.5% |
| 2013 | 15.2% | 14.5% | 16.0% | 17.5% | 15.4% | 12.3% | 14.8% | 13.7% | 19.7% | 15.3% | 13.1% | 14.0% |



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



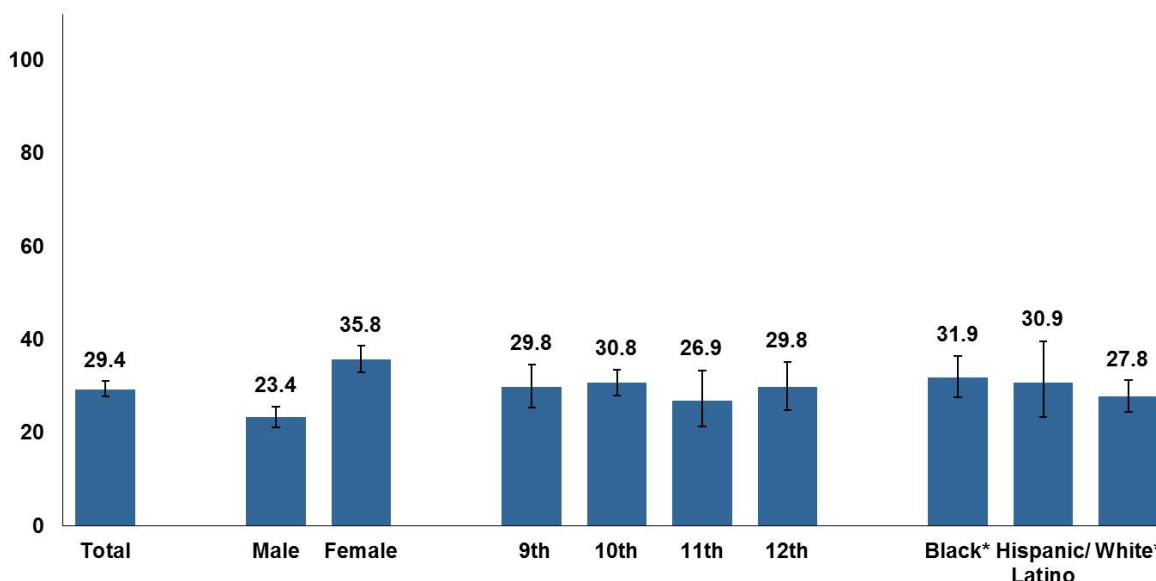
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2001 | 12.8% | 16.6% | 9.0% | 13.9% | 11.2% | 15.0% | 10.7% | 11.9% | 15.5% | 9.1% | 7.6% | |
| 2003 | 12.5% | 16.6% | 8.2% | 12.1% | 13.6% | 13.3% | 10.7% | 9.9% | 17.7% | 12.8% | 14.6% | |
| 2005 | 13.5% | 15.6% | 11.3% | 13.5% | 14.4% | 12.0% | 14.0% | 11.0% | 17.5% | 18.3% | 10.0% | 21.4% |
| 2007 | 12.8% | 15.9% | 9.5% | 14.4% | 12.6% | 12.4% | 10.8% | 10.9% | 15.0% | 16.7% | 11.4% | 19.3% |
| 2009 | 13.4% | 16.8% | 10.1% | 12.4% | 10.8% | 16.1% | 14.5% | 10.7% | 18.5% | 12.8% | 15.0% | 12.5% |
| 2011 | 12.9% | 14.8% | 10.9% | 13.5% | 13.0% | 15.0% | 8.9% | 9.7% | 17.1% | 16.5% | 16.5% | 14.7% |
| 2013 | 12.5% | 15.3% | 9.6% | 11.5% | 12.9% | 12.5% | 13.7% | 8.4% | 19.1% | 13.6% | 16.2% | 15.9% |

- In 2013, males were significantly more likely than females to be obese (i.e., at or above the 95th percentile for body mass index (BMI), by age and sex).
- In 2013, students that identify as Black were significantly more likely than students that identify as White to be obese (i.e., at or above the 95th percentile for body mass index (BMI), by age and sex).



Percent of students who described themselves as slightly or very overweight



*Non-Hispanic

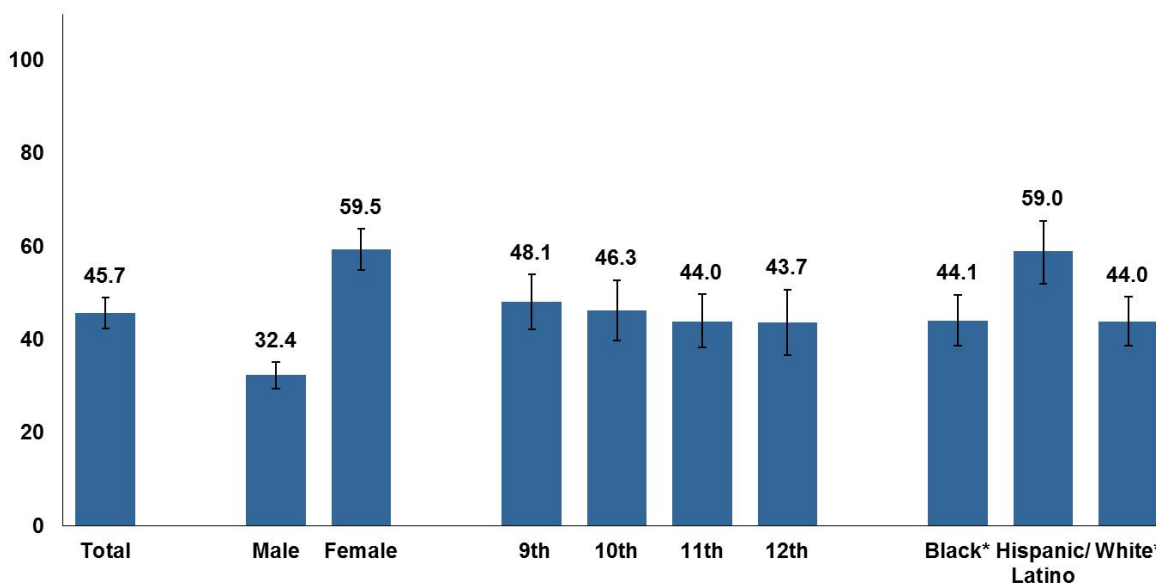
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1995 | 28.1% | 21.7% | 34.4% | 24.9% | 28.7% | 29.9% | 30.5% | 31.3% | 22.7% | | | |
| 1997 | 27.2% | 20.0% | 33.0% | 27.1% | 24.2% | 28.4% | 29.4% | 28.0% | 25.5% | | | 28.8% |
| 2001 | 29.2% | 24.1% | 34.4% | 26.7% | 29.0% | 29.6% | 32.6% | 32.0% | 23.8% | 24.7% | 26.6% | |
| 2003 | 28.5% | 24.5% | 32.7% | 27.4% | 28.8% | 29.0% | 29.6% | 30.6% | 22.5% | 31.4% | 31.8% | 37.8% |
| 2005 | 29.9% | 23.3% | 36.7% | 30.4% | 27.6% | 29.0% | 33.1% | 29.9% | 28.1% | 38.0% | 27.8% | 36.4% |
| 2007 | 26.3% | 21.2% | 31.6% | 28.0% | 25.4% | 26.3% | 24.8% | 27.8% | 23.5% | 27.0% | 26.9% | 26.7% |
| 2009 | 28.0% | 23.0% | 32.9% | 26.0% | 28.1% | 27.0% | 31.7% | 26.9% | 29.7% | 31.6% | 31.4% | 26.4% |
| 2011 | 27.1% | 20.9% | 33.4% | 25.7% | 27.3% | 29.8% | 25.8% | 26.2% | 26.9% | 30.4% | 38.5% | 23.2% |
| 2013 | 29.4% | 23.4% | 35.8% | 29.8% | 30.8% | 26.9% | 29.8% | 27.8% | 31.9% | 30.9% | 26.7% | 28.1% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students who describe themselves as slightly or very overweight has **decreased significantly** from 1995-2013.
- In 2013, females were significantly **more** likely than males to describe themselves as slightly or very overweight.



Percent of students who were trying to lose weight



*Non-Hispanic

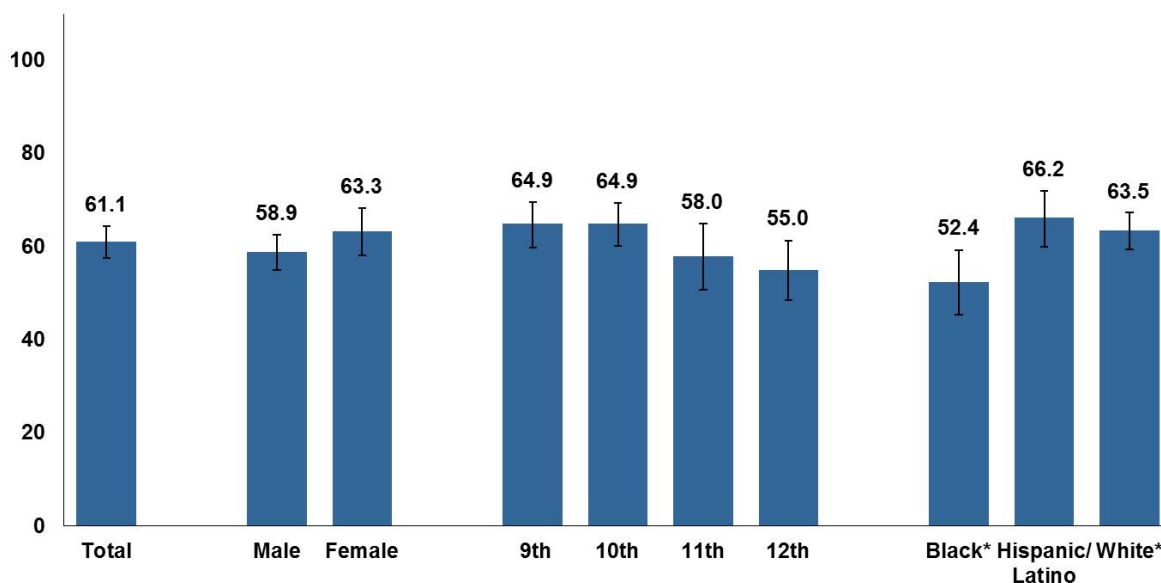
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 39.8% | 24.1% | 55.2% | 39.9% | 38.7% | 40.0% | 40.9% | 41.6% | 35.8% | | | 42.8% |
| 1995 | 39.4% | 23.7% | 55.0% | 39.0% | 40.5% | 39.9% | 38.0% | 44.5% | 30.2% | | | |
| 1997 | 42.3% | 23.9% | 58.1% | 44.0% | 38.1% | 44.7% | 41.9% | 44.2% | 39.3% | | | 47.2% |
| 2001 | 42.8% | 27.2% | 58.7% | 43.5% | 38.8% | 43.7% | 45.6% | 46.6% | 35.6% | 33.4% | 41.5% | |
| 2003 | 42.2% | 28.8% | 55.9% | 39.8% | 40.1% | 43.7% | 47.5% | 44.9% | 36.1% | 48.3% | 41.0% | 46.8% |
| 2005 | 45.1% | 32.3% | 58.1% | 43.9% | 46.1% | 45.4% | 45.9% | 46.0% | 41.3% | 54.3% | 57.5% | 67.3% |
| 2007 | 44.7% | 30.5% | 59.1% | 44.9% | 43.7% | 44.1% | 46.1% | 48.5% | 37.1% | 49.1% | 39.2% | 45.5% |
| 2009 | 46.2% | 29.8% | 61.8% | 45.7% | 46.5% | 42.7% | 50.2% | 48.2% | 42.9% | 49.3% | 37.1% | 48.9% |
| 2011 | 44.8% | 30.1% | 60.1% | 45.3% | 46.8% | 43.5% | 44.1% | 42.3% | 46.9% | 49.9% | 53.1% | 44.1% |
| 2013 | 45.7% | 32.4% | 59.5% | 48.1% | 46.3% | 44.0% | 43.7% | 44.0% | 44.1% | 59.0% | 42.9% | 44.5% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that were trying to lose weight has **increased significantly** from 1993-2013.
- In 2013, females were **significantly more** likely than males to be trying to lose weight.
- In 2013, students that identify as Hispanic/Latino were **significantly more** likely than students that identify as White, Black, or as having multiple races to describe themselves as slightly or very overweight.



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



*Non-Hispanic

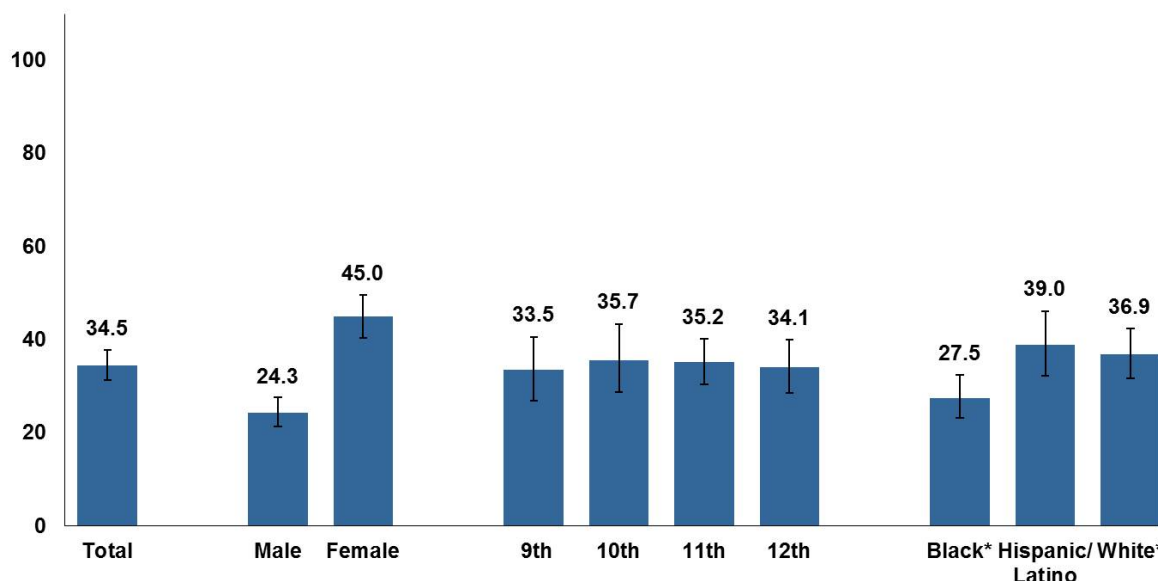
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1995 | 46.6% | 33.1% | 60.0% | 49.2% | 44.5% | 45.5% | 46.7% | 52.2% | 34.7% | | | |
| 1997 | 30.4% | 16.5% | 42.0% | 31.9% | 24.7% | 32.2% | 31.6% | 33.8% | 25.7% | | | 30.8% |
| 2001 | 58.1% | 48.7% | 67.7% | 60.7% | 57.1% | 57.6% | 55.6% | 62.0% | 50.0% | 47.3% | 55.4% | |
| 2003 | 59.7% | 53.3% | 66.1% | 63.6% | 59.3% | 56.4% | 58.3% | 62.8% | 53.8% | 56.0% | 63.1% | 51.8% |
| 2005 | 61.5% | 55.3% | 67.7% | 65.2% | 62.7% | 57.9% | 58.5% | 63.4% | 56.9% | 64.3% | 57.5% | 67.3% |
| 2007 | 61.1% | 54.9% | 67.4% | 65.7% | 61.6% | 57.1% | 58.4% | 67.0% | 50.1% | 60.5% | 53.8% | 62.3% |
| 2009 | 61.9% | 55.9% | 67.5% | 65.1% | 63.3% | 60.5% | 57.2% | 64.1% | 58.0% | 64.9% | 59.6% | 54.8% |
| 2011 | 60.4% | 51.0% | 70.0% | 62.4% | 63.6% | 58.9% | 56.0% | 60.9% | 59.8% | 56.3% | 67.8% | 58.0% |
| 2013 | 61.1% | 58.9% | 63.3% | 64.9% | 64.9% | 58.0% | 55.0% | 63.5% | 52.4% | 66.2% | 58.2% | 68.6% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that exercised to lose weight or keep from gaining weight during the past 30 days has **increased** significantly from 1995-2013.
- In 2013, students that identify as White or Hispanic/Latino were **significantly more** likely than students that identify as Black to exercise to lose weight or to keep from gaining weight during the past 30 days.



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



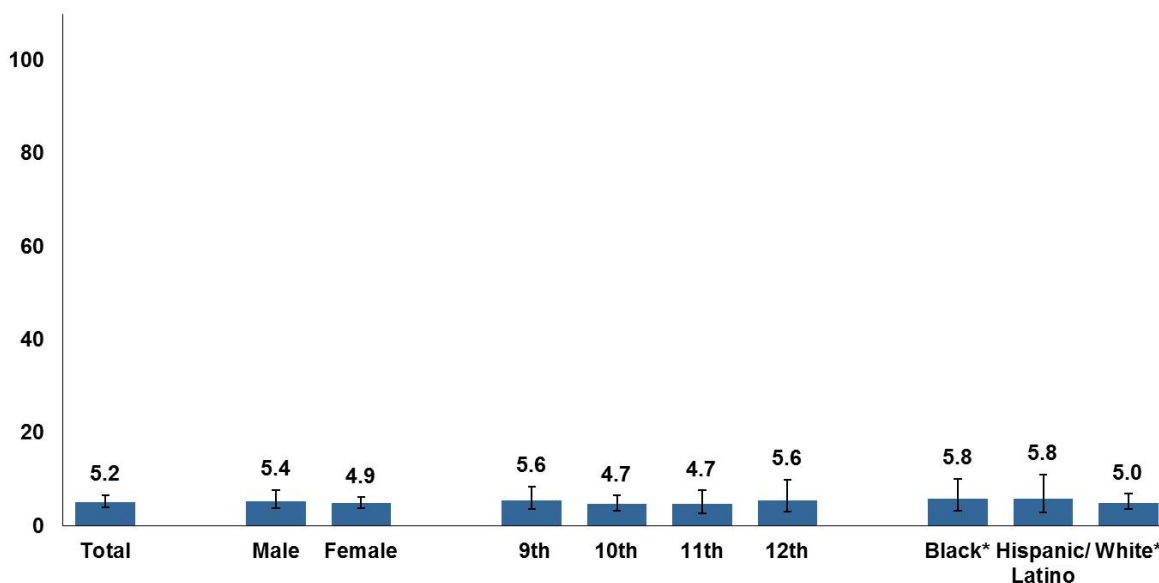
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 40.8% | 30.1% | 51.6% | 40.4% | 39.0% | 41.1% | 44.1% | 43.3% | 34.5% | 48.8% | 43.3% | 39.2% |
| 2007 | 38.4% | 25.3% | 51.5% | 39.1% | 36.1% | 36.5% | 42.2% | 44.6% | 26.5% | 43.2% | 31.4% | 35.1% |
| 2009 | 36.2% | 26.1% | 45.8% | 35.3% | 39.3% | 30.7% | 40.0% | 41.6% | 26.2% | 37.6% | 34.7% | 35.1% |
| 2011 | 39.6% | 27.0% | 52.2% | 37.5% | 41.5% | 41.1% | 39.4% | 40.0% | 37.0% | 39.9% | 42.7% | 41.9% |
| 2013 | 34.5% | 24.3% | 45.0% | 33.5% | 35.7% | 35.2% | 34.1% | 36.9% | 27.5% | 39.0% | 29.0% | 32.1% |

- The percent of students who ate less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight during the past 30 days has significantly **decreased** from 2005-2013.
- In 2013, females were significantly **more** likely than males to eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.



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



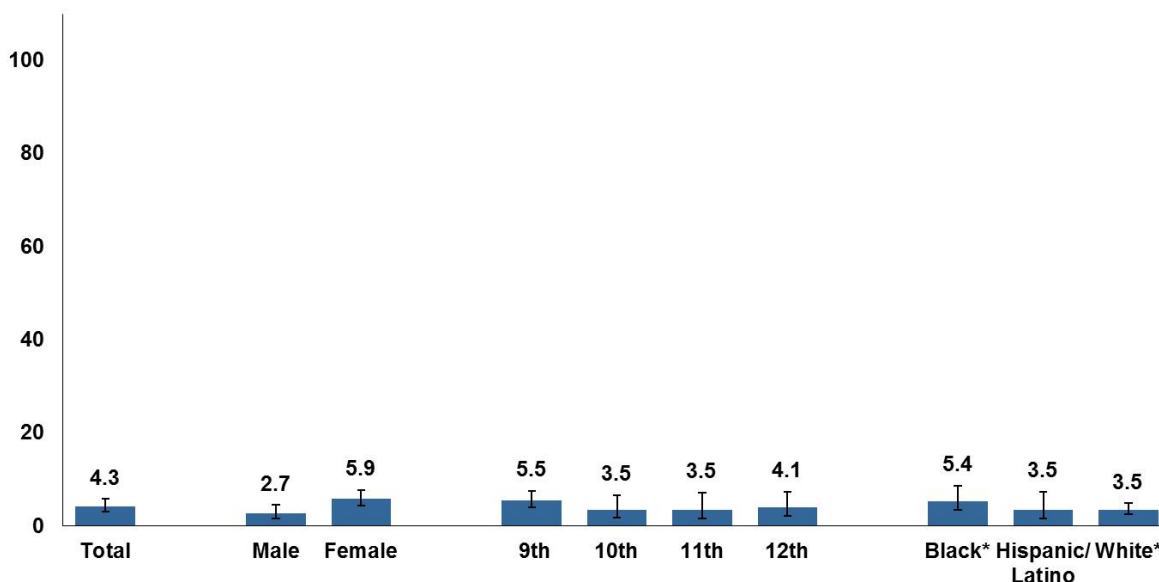
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|-------|-------|-------|-----------------|--------------|-------|
| 2001 | 8.2% | 5.4% | 10.9% | 6.7% | 7.3% | 8.6% | 10.6% | 8.4% | 7.0% | 13.3% | 11.2% | |
| 2003 | 7.7% | 5.9% | 9.4% | 4.9% | 8.2% | 8.6% | 10.5% | 8.4% | 6.0% | 6.9% | 6.6% | |
| 2005 | 6.7% | 6.7% | 6.5% | 6.2% | 6.8% | 6.8% | 6.9% | 6.2% | 6.9% | 8.6% | 7.9% | 13.0% |
| 2007 | 8.1% | 8.6% | 7.5% | 7.3% | 8.0% | 7.4% | 9.5% | 7.6% | 7.7% | 11.6% | 5.9% | 9.9% |
| 2009 | 5.1% | 4.1% | 6.0% | 4.1% | 5.0% | 5.4% | 6.4% | 5.0% | 5.1% | 6.3% | 2.5% | 5.0% |
| 2011 | 6.1% | 6.4% | 5.8% | 5.1% | 6.6% | 4.4% | 8.1% | 5.0% | 5.8% | 10.2% | 6.2% | 10.9% |
| 2013 | 5.2% | 5.4% | 4.9% | 5.6% | 4.7% | 4.7% | 5.6% | 5.0% | 5.8% | 5.8% | 3.1% | 4.3% |

- The percent of students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days has **decreased significantly** from 2001-2013.



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



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|-----------------|--------------|-------|
| 1995 | 4.7% | 2.7% | 6.7% | 3.3% | 6.9% | 4.1% | 4.3% | 5.2% | 3.8% | | | |
| 1997 | 6.2% | 4.2% | 7.9% | 7.6% | 5.8% | 5.5% | 4.2% | 7.0% | 4.9% | | | 6.3% |
| 2001 | 5.6% | 4.8% | 6.4% | 5.8% | 5.6% | 5.1% | 5.4% | 5.0% | 6.4% | 9.9% | 8.4% | |
| 2003 | 5.6% | 3.5% | 7.7% | 5.0% | 6.9% | 4.6% | 6.1% | 5.8% | 5.2% | 9.4% | 6.7% | 4.3% |
| 2005 | 5.6% | 3.9% | 7.0% | 6.1% | 4.6% | 5.3% | 5.8% | 4.8% | 6.8% | 5.8% | 7.0% | 13.0% |
| 2007 | 4.9% | 4.2% | 5.7% | 5.3% | 4.6% | 4.5% | 4.4% | 4.8% | 4.8% | 4.0% | 2.7% | 8.5% |
| 2009 | 4.8% | 3.5% | 6.1% | 5.2% | 4.3% | 4.5% | 5.3% | 4.3% | 5.0% | 8.8% | 2.2% | 4.8% |
| 2011 | 5.5% | 5.0% | 5.9% | 4.7% | 7.6% | 4.4% | 4.9% | 5.2% | 4.1% | 8.4% | 7.8% | 7.5% |
| 2013 | 4.3% | 2.7% | 5.9% | 5.5% | 3.5% | 3.5% | 4.1% | 3.5% | 5.4% | 3.5% | 6.1% | 7.0% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.



Physical Health

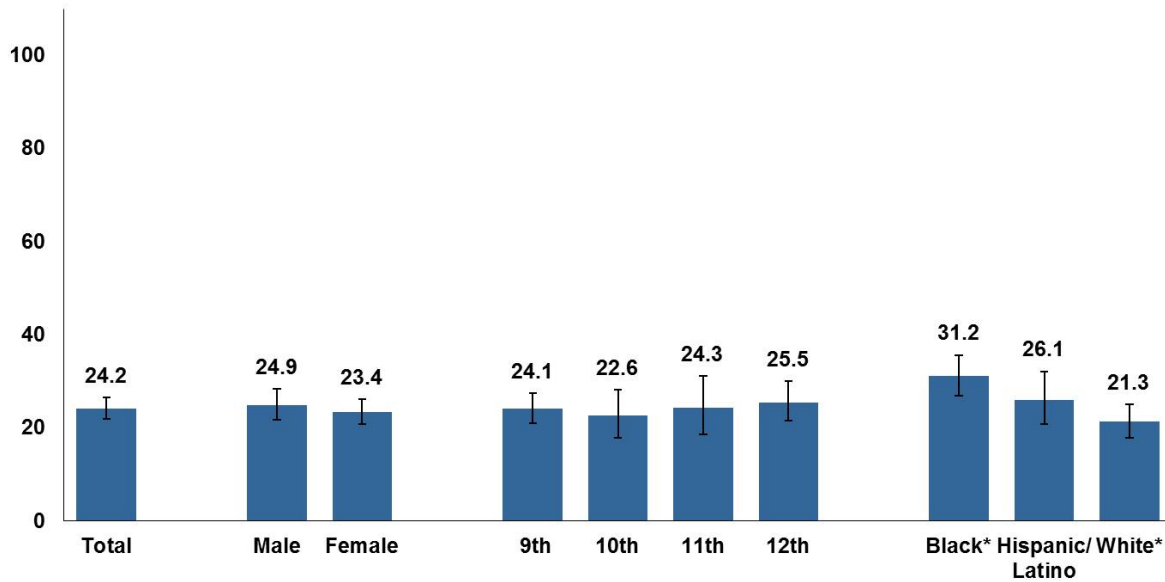
Guidelines from the American Academy of Pediatrics and the American Academy of Family Physicians recommend that children ages one to six receive a well-child exam every year and children ages 7 to 17 receive a well-child exam every two years. However, many children and adolescents in the U.S. do not receive regular preventive-care visits.¹ This makes it more difficult to diagnose and manage chronic conditions like asthma, and less likely that a young person would be tested for important infectious diseases such as HIV.

Asthma

Asthma is a leading chronic illness among children and youth in the United States. In 2009, 7.1 million school-aged children and youth were reported to currently have asthma.² Four million young people under age 18 had asthma attacks and were considered to be at risk for adverse outcomes such as emergency department visits or hospitalization.² The impact of illness and death due to asthma is disproportionately higher among racial and ethnic minorities and low-income populations than in the general population.



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



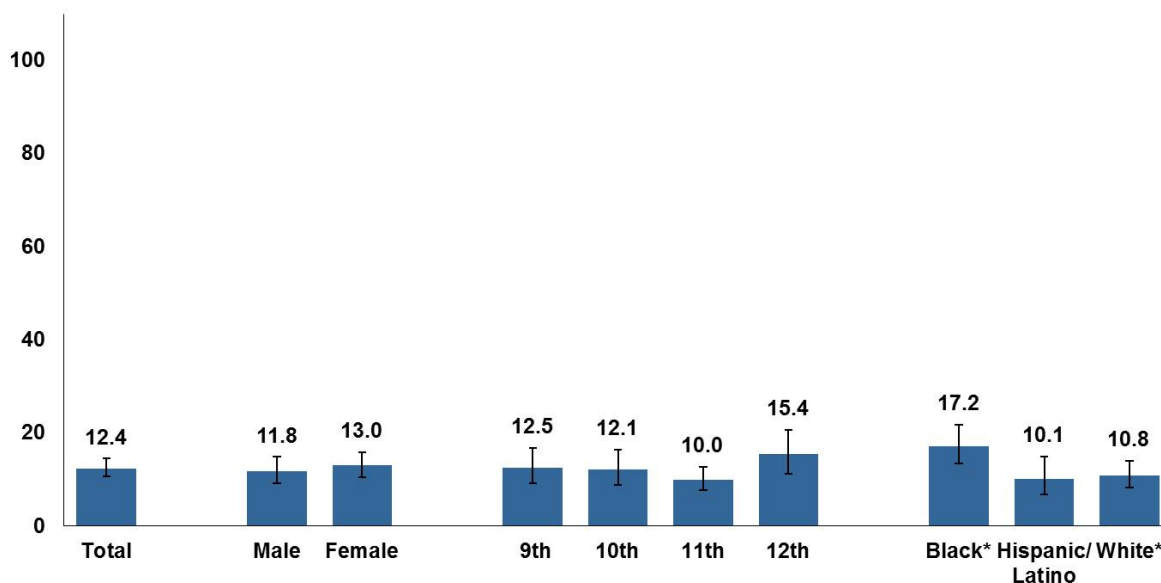
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 20.1% | 21.8% | 18.4% | 20.7% | 20.2% | 18.9% | 19.5% | 16.2% | 28.1% | 16.3% | 25.9% | 21.2% |
| 2007 | 20.3% | 20.1% | 20.6% | 21.9% | 22.2% | 19.7% | 15.9% | 18.6% | 23.1% | 14.4% | 28.3% | 30.7% |
| 2009 | 21.8% | 22.3% | 21.3% | 23.5% | 20.5% | 22.5% | 19.7% | 19.9% | 24.8% | 23.5% | 21.5% | 24.2% |
| 2011 | 22.8% | 22.7% | 22.9% | 22.6% | 24.3% | 19.2% | 25.3% | 22.1% | 25.8% | 19.1% | 29.2% | 15.7% |
| 2013 | 24.2% | 24.9% | 23.4% | 24.1% | 22.6% | 24.3% | 25.5% | 21.3% | 31.2% | 26.1% | 26.2% | 12.5% |

- Percent of students who had ever been told by a doctor or nurse that they had asthma has **increased** significantly from 2005-2013.
- In 2013, students that identify as Black were significantly **more** likely than students that identify as White or as an other race to have ever been told by a doctor or nurse that they had asthma.



Percent of students who have ever been told by a doctor or nurse that they had asthma and still have asthma (i.e., current asthma)



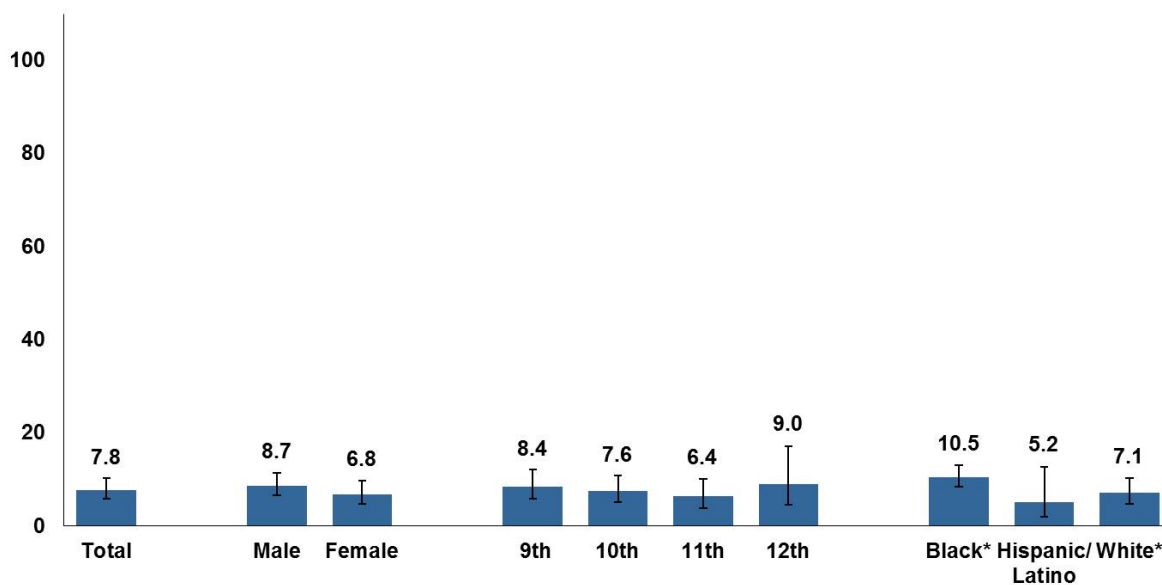
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 9.5% | 6.4% | 12.6% | 10.6% | 9.0% | 9.3% | 8.5% | 8.6% | 11.7% | 3.9% | 15.4% | 14.8% |
| 2009 | 10.8% | 9.3% | 12.2% | 12.4% | 9.5% | 10.6% | 10.4% | 9.9% | 12.5% | 10.0% | 11.2% | 13.5% |
| 2011 | 11.6% | 9.9% | 13.4% | 11.9% | 14.1% | 9.5% | 10.8% | 11.7% | 13.5% | 7.2% | 13.2% | 7.4% |
| 2013 | 12.4% | 11.8% | 13.0% | 12.5% | 12.1% | 10.0% | 15.4% | 10.8% | 17.2% | 10.1% | 15.7% | 5.6% |

- Percent of students who had ever been told by a doctor or nurse that they had asthma and still have asthma has **increased** significantly from 2007-2013.



Percent of students who have an asthma action/management plan on file at school

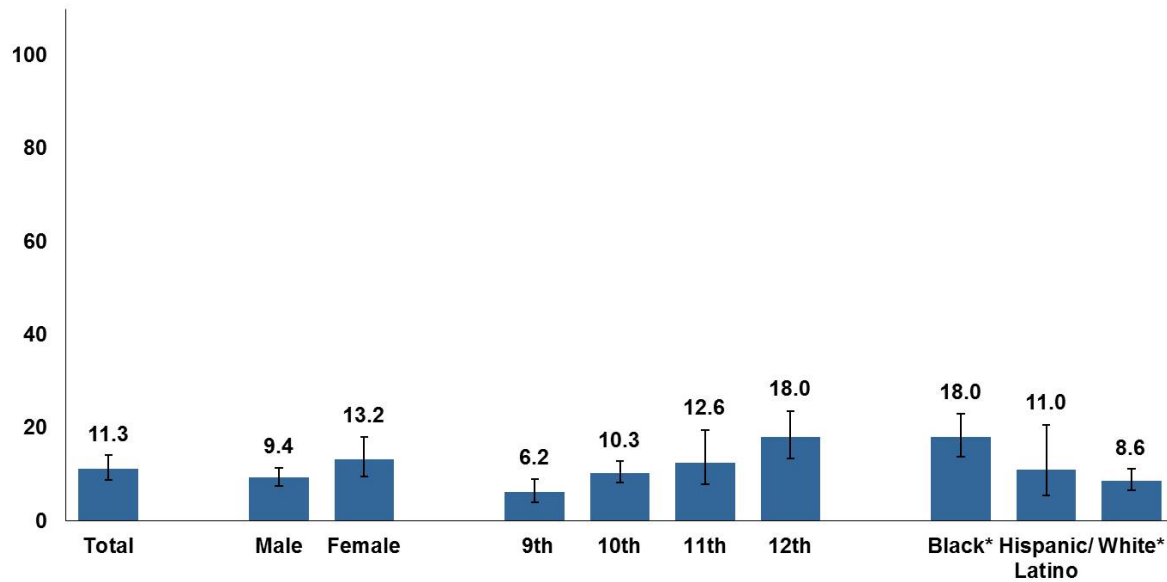


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|-------|------|------|-------|-------|-----------------|--------------|-------|
| 2011 | 8.0% | 8.9% | 7.1% | 8.4% | 10.5% | 5.4% | 6.6% | 6.0% | 11.4% | 9.1% | 8.6% | 10.0% |
| 2013 | 7.8% | 8.7% | 6.8% | 8.4% | 7.6% | 6.4% | 9.0% | 7.1% | 10.5% | 5.2% | 8.8% | 8.9% |



Percent of students who have ever been tested for HIV, the virus that causes AIDS



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 14.7% | 10.9% | 18.1% | 9.2% | 11.2% | 19.7% | 20.3% | 11.1% | 20.1% | 24.8% | 11.2% | 12.3% |
| 2011 | 13.4% | 11.4% | 15.4% | 10.8% | 10.0% | 13.2% | 21.5% | 10.1% | 20.7% | 15.7% | 17.9% | 17.8% |
| 2013 | 11.3% | 9.4% | 13.2% | 6.2% | 10.3% | 12.6% | 18.0% | 8.6% | 18.0% | 11.0% | 13.7% | 9.2% |

- Percent of students who have ever been tested for HIV, the virus that causes AIDS has significantly decreased from 2009-2013.
- In 2013, 12th grade students were significantly more likely than 9th grade students to be tested for HIV.
- In 2013, students that identify as Black were significantly more likely than those who identify as White to be tested for HIV.

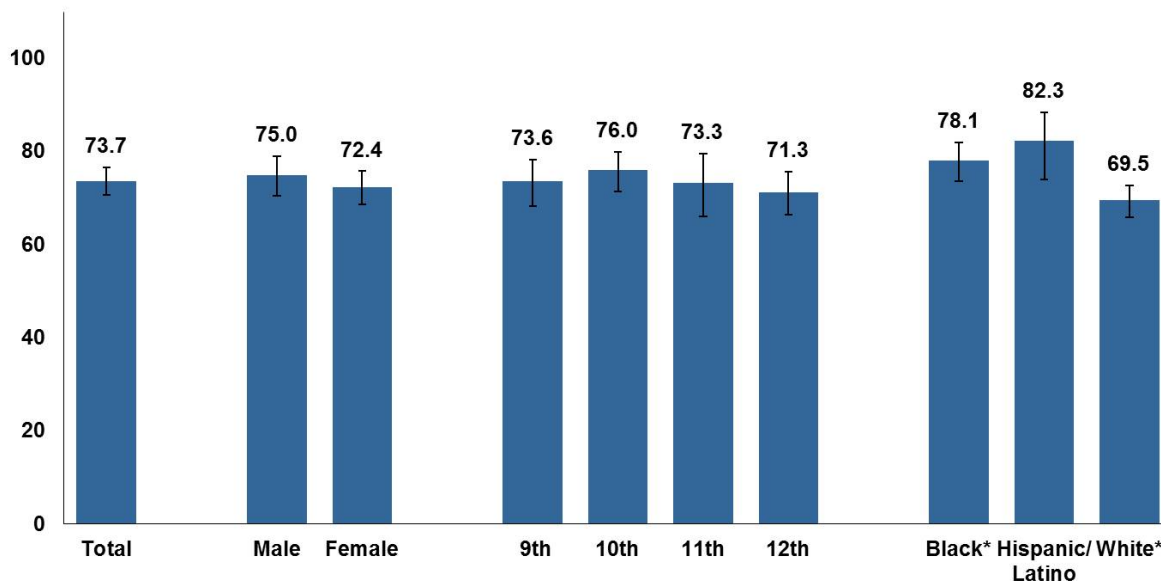


Nutrition

According to research compiled by the Centers for Disease Control (CDC), healthy eating is associated with reduced risk for many diseases, including several of the leading causes of death: heart disease, cancer, stroke, and diabetes.¹ Healthy eating in childhood and adolescence is important for proper growth and development and can prevent health problems such as obesity, dental caries, iron deficiency, and osteoporosis.^{1,2} The Dietary Guidelines for Americans recommend a diet rich in fruits and vegetables, whole grains, and fat-free and low-fat dairy products for persons aged 2 years and older. The guidelines also recommend that children, adolescents, and adults limit intake of solid fats (major sources of saturated and trans fatty acids), cholesterol, sodium, added sugars, and refined grains.³ Unfortunately, most young people are not following the recommendations set forth in the Dietary Guidelines for Americans.³⁻⁷ Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students. Schools provide students with opportunities to consume an array of foods and beverages throughout the school day and enable students to learn about and practice healthy eating behaviors.



Percent of students who drank 100% fruit juices one or more times during the past seven days



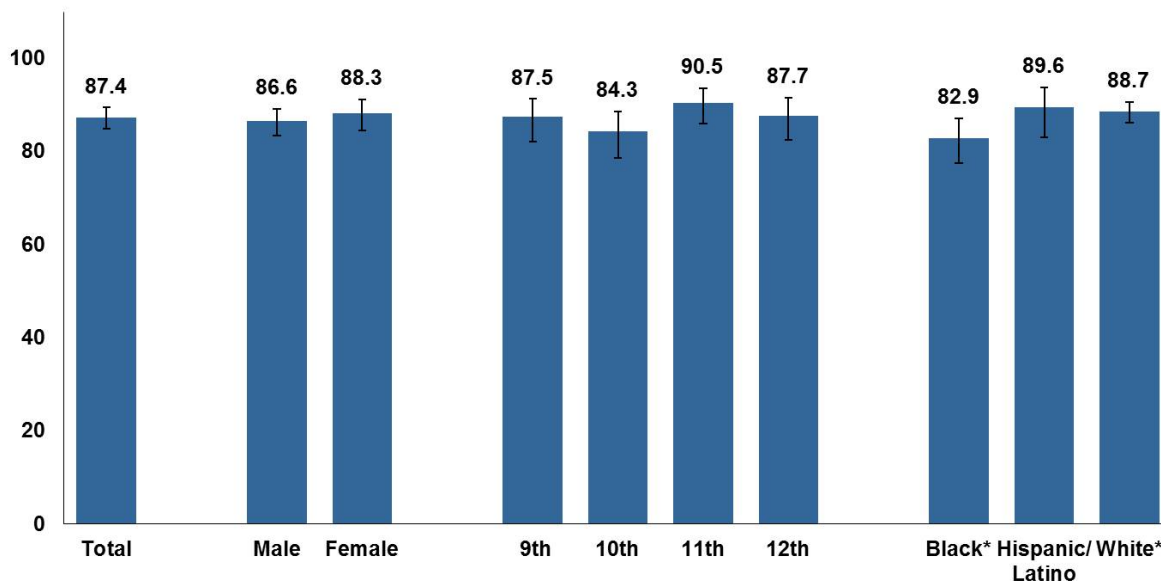
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 75.8% | 77.6% | 74.1% | 76.2% | 77.7% | 74.5% | 74.4% | 71.5% | 82.3% | 80.1% | 80.5% | 82.7% |
| 2009 | 78.1% | 79.7% | 76.8% | 75.8% | 76.9% | 79.0% | 82.2% | 75.4% | 82.1% | 85.5% | 76.3% | 72.0% |
| 2011 | 74.7% | 76.8% | 72.5% | 73.8% | 74.1% | 76.2% | 75.0% | 71.4% | 80.4% | 80.0% | 68.1% | 74.8% |
| 2013 | 73.7% | 75.0% | 72.4% | 73.6% | 76.0% | 73.3% | 71.3% | 69.5% | 78.1% | 82.3% | 79.6% | 75.1% |

- Percent of students who drank 100% fruit juices one or more times during the past seven days has significantly **decreased** from 2007-2013.
- In 2013, students that identify as Hispanic/Latino were significantly **more** likely than those that identify as White to drink 100% fruit juices one or more times during the past seven days.



Percent of students who ate fruit one or more times during the past seven days.



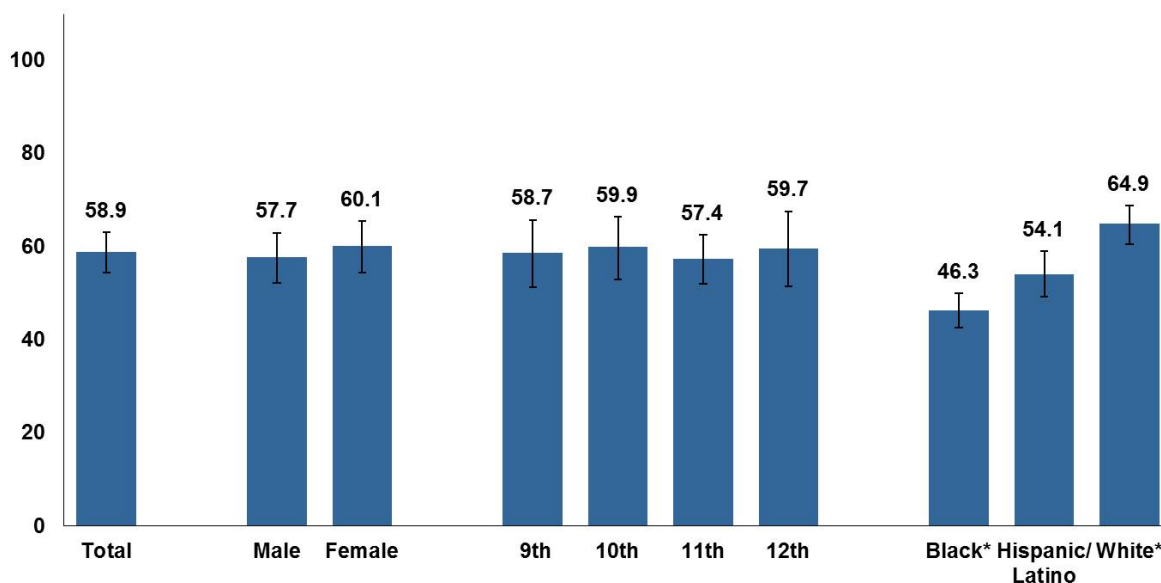
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|------------------|-------|
| 2007 | 79.3% | 75.8% | 82.8% | 81.9% | 80.1% | 78.0% | 75.5% | 80.5% | 76.0% | 83.3% | 81.7% | 81.5% |
| 2009 | 82.5% | 83.1% | 82.1% | 81.7% | 83.9% | 80.7% | 84.2% | 84.9% | 76.6% | 87.2% | 87.2% | 83.4% |
| 2011 | 83.6% | 82.6% | 84.7% | 81.8% | 84.4% | 84.6% | 84.1% | 87.5% | 76.4% | 85.1% | 84.7% | 79.8% |
| 2013 | 87.4% | 86.6% | 88.3% | 87.5% | 84.3% | 90.5% | 87.7% | 88.7% | 82.9% | 89.6% | 93.2% | 92.2% |

- Percent of students who ate fruit one or more times during the past seven days has **increased** significantly from 2007-2013.



Percent of students who ate green salad one or more times during the past seven days.



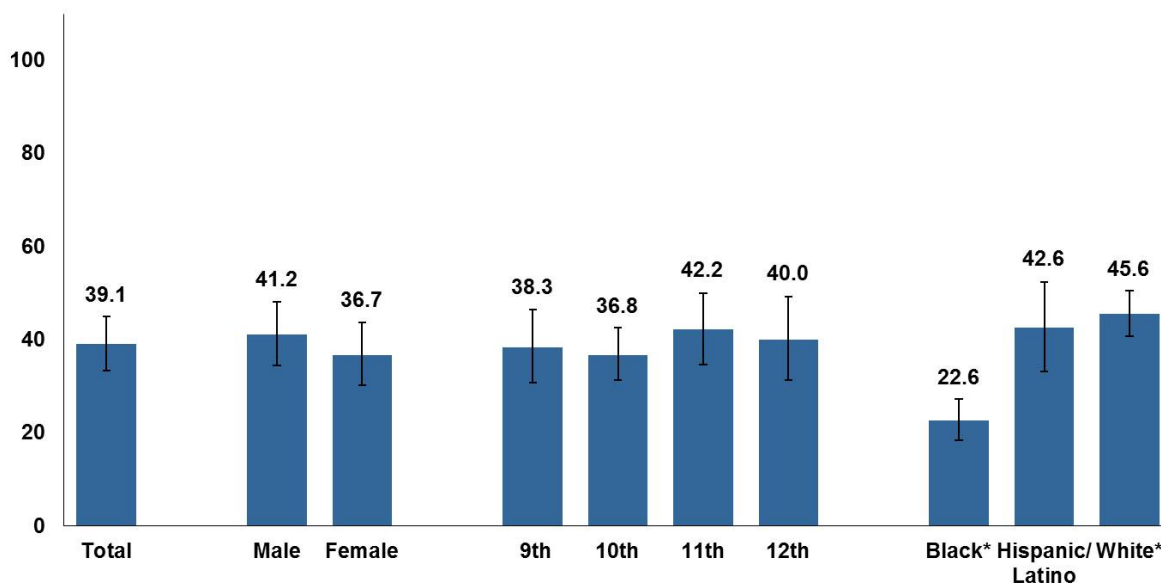
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 54.0% | 48.6% | 59.4% | 55.0% | 53.1% | 52.7% | 55.1% | 58.8% | 43.9% | 52.1% | 56.0% | 65.6% |
| 2009 | 56.4% | 51.6% | 61.2% | 53.4% | 52.6% | 58.1% | 63.0% | 63.2% | 41.7% | 58.8% | 56.3% | 65.2% |
| 2011 | 59.1% | 55.8% | 62.4% | 55.2% | 59.9% | 59.7% | 62.4% | 64.3% | 47.0% | 60.3% | 50.6% | 62.2% |
| 2013 | 58.9% | 57.7% | 60.1% | 58.7% | 59.9% | 57.4% | 59.7% | 64.9% | 46.3% | 54.1% | 70.5% | 53.1% |

- Percent of students who ate green salad one or more times during the past seven days has **increased significantly** from 2007-2013.
- In 2013, students that identify as White and as having multiple races were **significantly more** likely than those that identify as Black or Hispanic/Latino to eat green salad one or more times during the past seven days.



Percent of students who ate carrots one or more times during the past seven days.



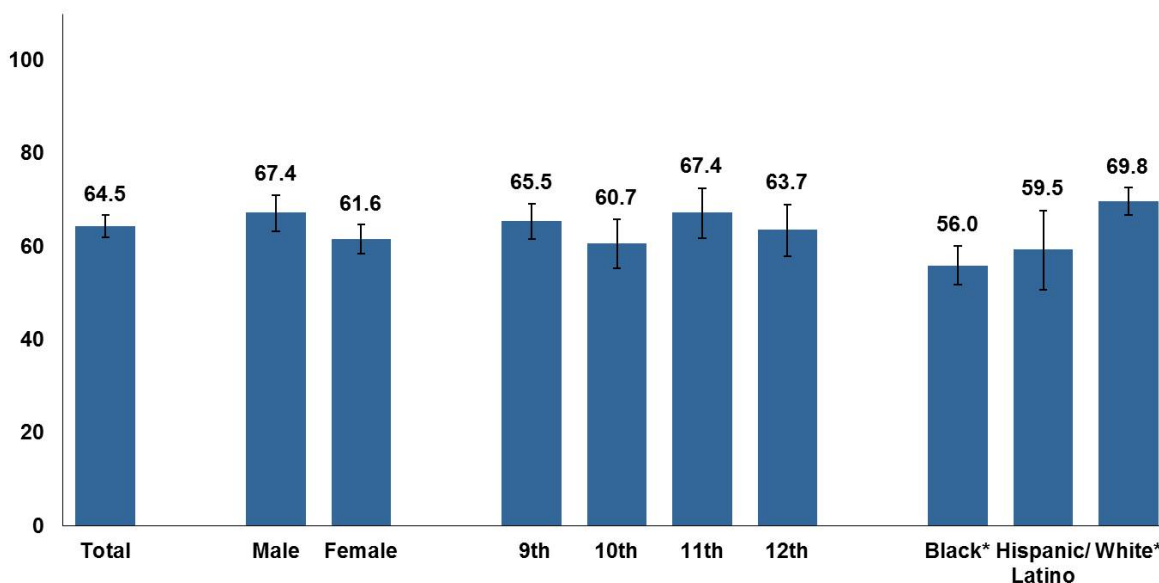
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 37.2% | 37.7% | 36.4% | 36.2% | 35.3% | 40.0% | 37.6% | 43.6% | 22.6% | 47.5% | 34.6% | 41.9% |
| 2009 | 36.5% | 37.0% | 36.2% | 37.9% | 34.5% | 32.7% | 40.9% | 42.4% | 21.1% | 40.3% | 39.7% | 51.6% |
| 2011 | 40.6% | 43.3% | 37.7% | 36.7% | 42.1% | 39.4% | 45.1% | 46.3% | 25.0% | 49.3% | 38.6% | 43.7% |
| 2013 | 39.1% | 41.2% | 36.7% | 38.3% | 36.8% | 42.2% | 40.0% | 45.6% | 22.6% | 42.6% | 42.7% | 45.3% |

- In 2013, students that identify as Hispanic/Latino, White, or as having multiple races were significantly **more** likely than those that identify as Black to eat carrots one or more times during the past seven days.



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



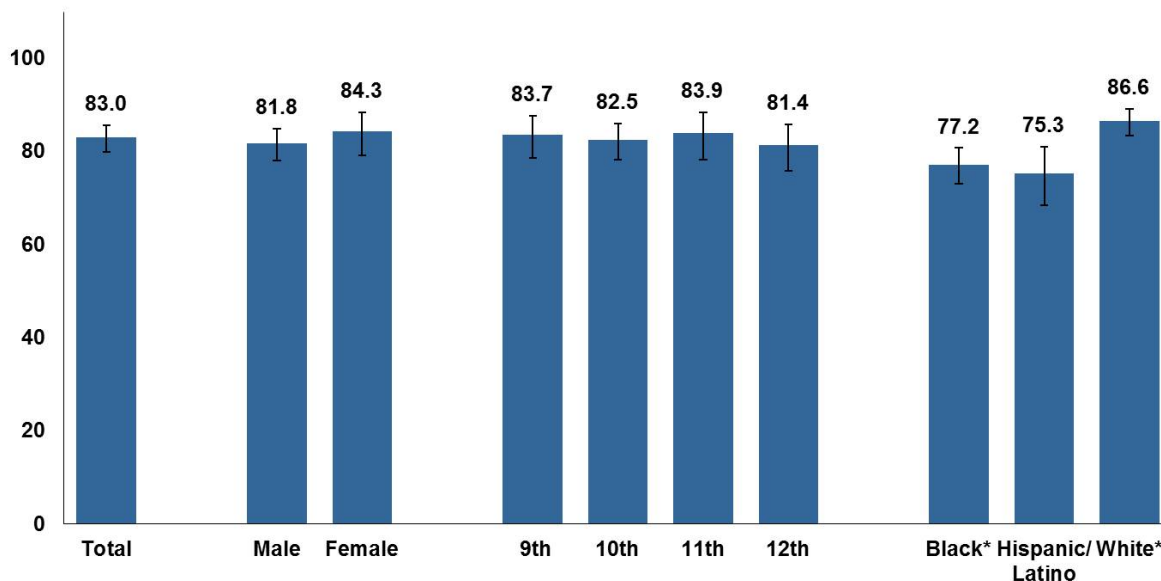
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 65.2% | 65.4% | 64.9% | 64.8% | 67.0% | 67.4% | 60.7% | 71.5% | 53.4% | 62.3% | 62.4% | 74.4% |
| 2009 | 67.2% | 67.9% | 66.5% | 69.2% | 65.6% | 67.5% | 65.5% | 72.2% | 59.6% | 63.4% | 56.3% | 63.4% |
| 2011 | 63.5% | 64.5% | 62.4% | 64.9% | 62.1% | 57.8% | 68.8% | 70.1% | 52.1% | 60.1% | 59.9% | 63.9% |
| 2013 | 64.5% | 67.4% | 61.6% | 65.5% | 60.7% | 67.4% | 63.7% | 69.8% | 56.0% | 59.5% | 71.6% | 53.2% |

- In 2013, students that identify as White or as having multiple races were significantly more likely than those that identify as Black to eat potatoes one or more times during the past seven days.



Percent of students who ate other vegetables one or more times during the past seven days.



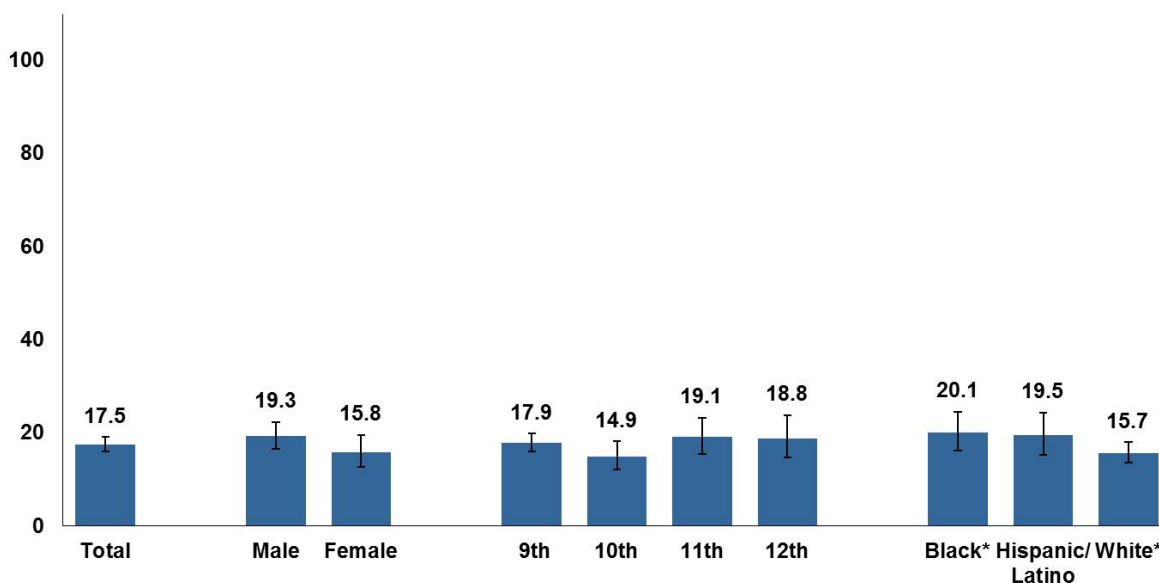
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 81.2% | 78.3% | 84.1% | 81.9% | 80.2% | 81.6% | 81.3% | 84.7% | 76.7% | 76.2% | 84.4% | 83.7% |
| 2009 | 82.6% | 81.6% | 83.9% | 81.3% | 81.1% | 84.3% | 85.0% | 85.5% | 78.2% | 76.9% | 82.2% | 86.8% |
| 2011 | 82.2% | 80.5% | 84.0% | 79.3% | 82.6% | 82.9% | 84.9% | 86.6% | 74.9% | 79.9% | 78.9% | 79.3% |
| 2013 | 83.0% | 81.8% | 84.3% | 83.7% | 82.5% | 83.9% | 81.4% | 86.6% | 77.2% | 75.3% | 88.3% | 85.6% |

- In 2013, students that identify as White or as having multiple races were significantly more likely than those that identify as Black to eat other vegetables one or more times during the past seven days.



Percent of students who ate fruits and vegetables five or more times per day during the past seven days



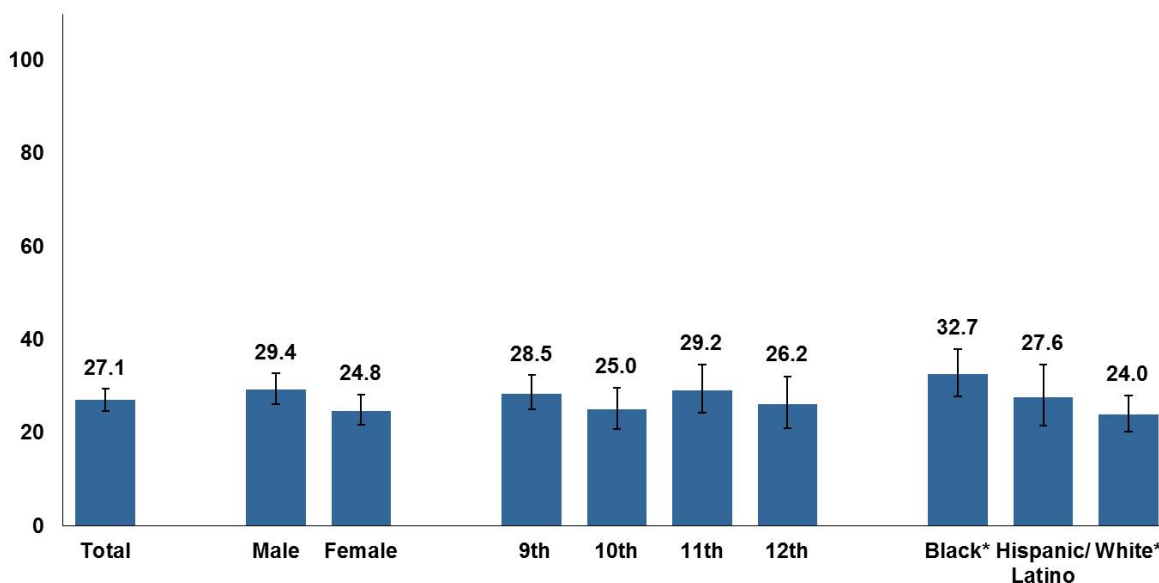
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 14.8% | 15.1% | 14.3% | 15.4% | 15.4% | 14.7% | 12.3% | 13.1% | 17.5% | 18.4% | 10.0% | 23.0% |
| 2009 | 16.9% | 18.3% | 15.5% | 18.0% | 16.5% | 15.5% | 16.8% | 14.0% | 20.2% | 25.0% | 22.0% | 19.1% |
| 2011 | 19.4% | 21.9% | 16.9% | 18.0% | 18.3% | 19.2% | 22.5% | 18.2% | 20.3% | 23.6% | 15.4% | 22.2% |
| 2013 | 17.5% | 19.3% | 15.8% | 17.9% | 14.9% | 19.1% | 18.8% | 15.7% | 20.1% | 19.5% | 24.8% | 15.0% |

- Percent of students who ate fruits and vegetables one or more times per day during the past seven days has **increased** significantly from 2007-2013.



Percent of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days

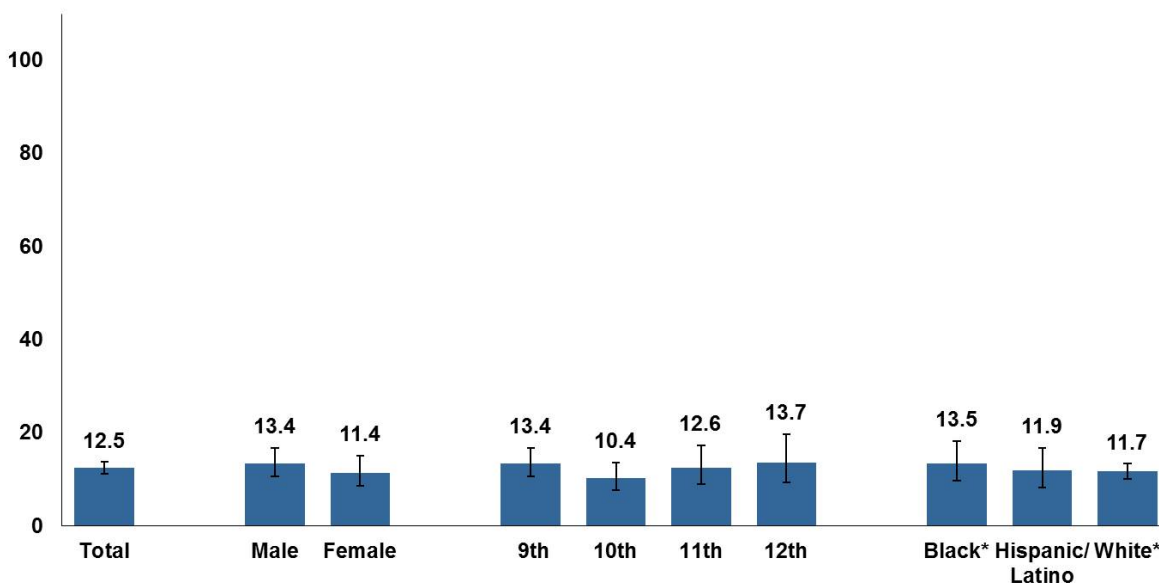


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/ Latino | Multi- racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|---------------------|------------------|-------|
| 2009 | 27.6% | 27.0% | 28.3% | 31.3% | 27.1% | 22.4% | 28.2% | 24.9% | 30.3% | 40.0% | 25.4% | 31.7% |
| 2011 | 30.1% | 31.0% | 29.1% | 29.2% | 30.3% | 30.6% | 30.3% | 27.2% | 33.8% | 32.3% | 31.2% | 37.5% |
| 2013 | 27.1% | 29.4% | 24.8% | 28.5% | 25.0% | 29.2% | 26.2% | 24.0% | 32.7% | 27.6% | 33.4% | 32.8% |



Percent of students who ate vegetables three or more times per day during the past seven days



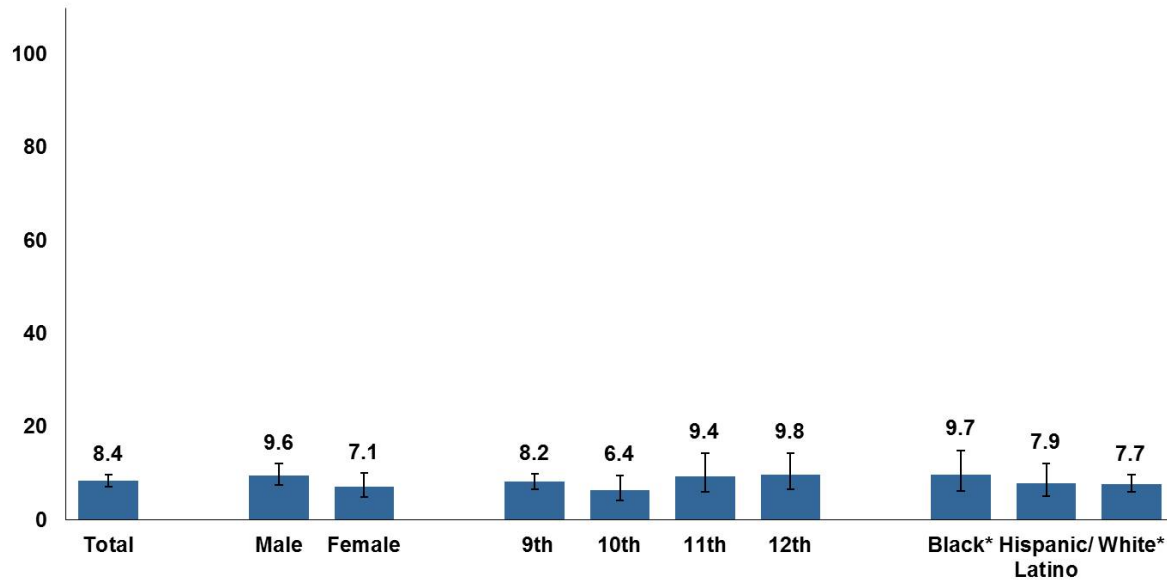
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 9.1% | 8.9% | 9.3% | 9.1% | 8.5% | 9.6% | 9.1% | 8.3% | 9.3% | 8.8% | 13.0% | 17.5% |
| 2011 | 13.3% | 16.0% | 10.5% | 13.3% | 12.0% | 12.2% | 16.0% | 13.3% | 11.0% | 15.2% | 14.1% | 20.9% |
| 2013 | 12.5% | 13.4% | 11.4% | 13.4% | 10.4% | 12.6% | 13.7% | 11.7% | 13.5% | 11.9% | 15.3% | 11.8% |

- Percent of students who ate vegetables three or more times per day during the past seven days has **increased significantly** from 2009-2013



Percent of students who ate fruits or drank 100% fruit juices two or more times per day and ate vegetables three or more times per day during the past seven days

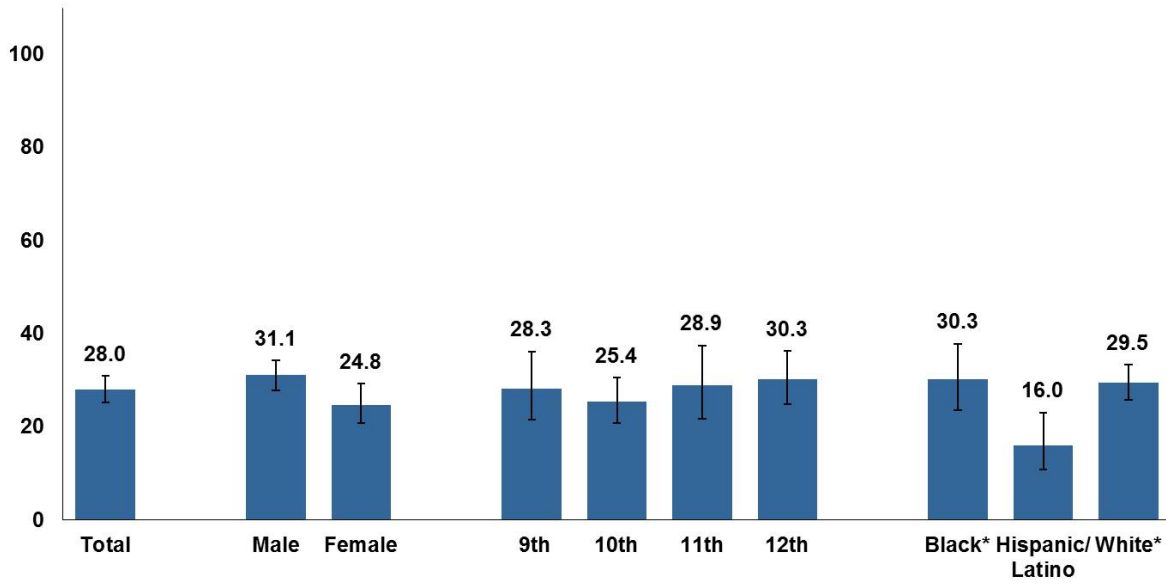


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|------|------|------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 8.7% | 10.8% | 6.5% | 8.3% | 7.4% | 8.8% | 10.6% | 8.3% | 8.2% | 9.8% | 8.8% | 12.4% |
| 2013 | 8.4% | 9.6% | 7.1% | 8.2% | 6.4% | 9.4% | 9.8% | 7.7% | 9.7% | 7.9% | 11.0% | 8.5% |



Percent of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.



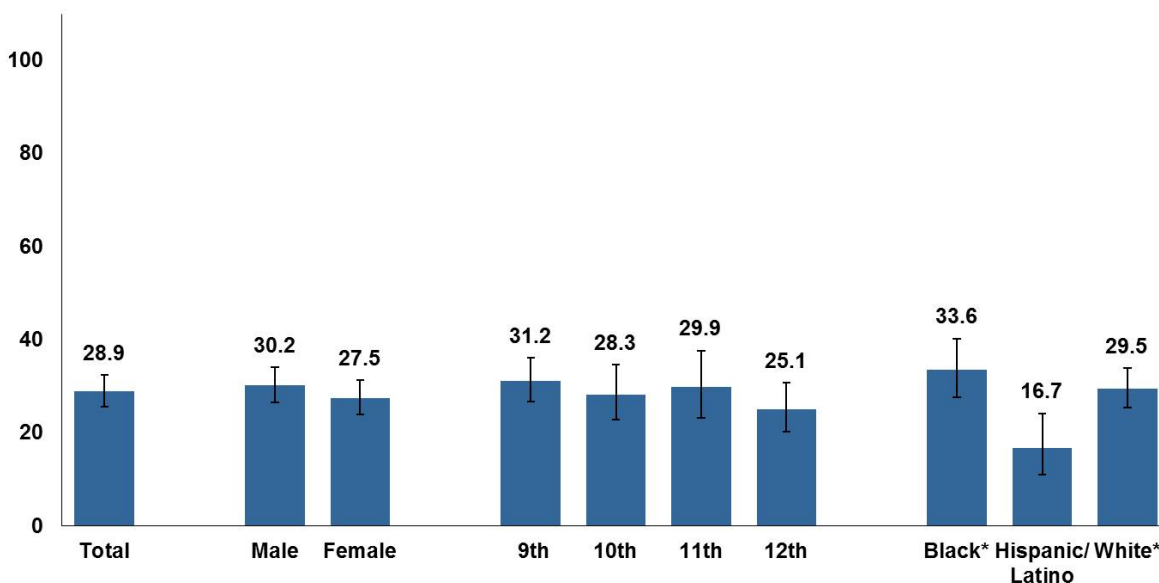
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 36.9% | 38.5% | 35.2% | 36.0% | 38.4% | 37.6% | 35.2% | 39.1% | 33.8% | 30.1% | 33.2% | 37.8% |
| 2009 | 32.5% | 36.4% | 28.8% | 31.8% | 35.8% | 30.2% | 32.4% | 35.3% | 29.4% | 24.7% | 26.6% | 30.7% |
| 2011 | 30.4% | 34.5% | 26.3% | 30.5% | 31.1% | 32.2% | 27.1% | 32.0% | 27.2% | 27.8% | 35.7% | 26.7% |
| 2013 | 28.0% | 31.1% | 24.8% | 28.3% | 25.4% | 28.9% | 30.3% | 29.5% | 30.3% | 16.0% | 30.6% | 24.3% |

- Percent of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days has **decreased** significantly from 2007-2013.
- In 2013, students that identify as Hispanic/Latino were significantly less likely than students that identify as Black or White to have had a can, bottle, or glass of soda or pop one or more times per day during the past seven days.



Percent of students who drank a can, bottle, or glass of any other sweetened beverage one or more times per day during the past seven days



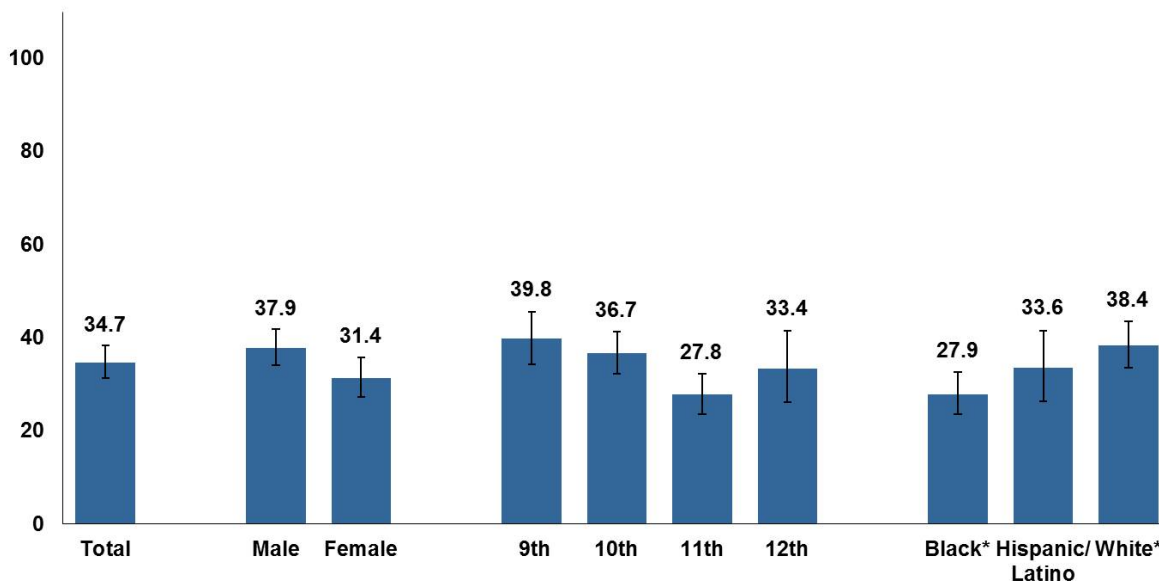
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 38.8% | 40.3% | 37.2% | 39.6% | 36.0% | 39.5% | 40.2% | 37.7% | 42.9% | 30.9% | 36.2% | 38.3% |
| 2009 | 38.9% | 43.5% | 34.6% | 38.9% | 44.6% | 38.0% | 33.6% | 38.5% | 41.9% | 29.3% | 48.0% | 28.8% |
| 2011 | 34.1% | 37.4% | 30.7% | 36.6% | 34.1% | 32.0% | 32.6% | 34.4% | 37.7% | 28.0% | 29.3% | 26.8% |
| 2013 | 28.9% | 30.2% | 27.5% | 31.2% | 28.3% | 29.9% | 25.1% | 29.5% | 33.6% | 16.7% | 27.8% | 20.9% |

- The percent of students who drank a can, bottle, or glass of any other sugar-sweetened beverage one or more times per day during the past seven days has significantly decreased from 2007-2013.
- In 2013, students that identify as Hispanic/Latino were significantly less likely than those who identify as Black or White to drink a can, bottle, or glass of any other sweetened beverage one or more times per day during the past seven days.



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



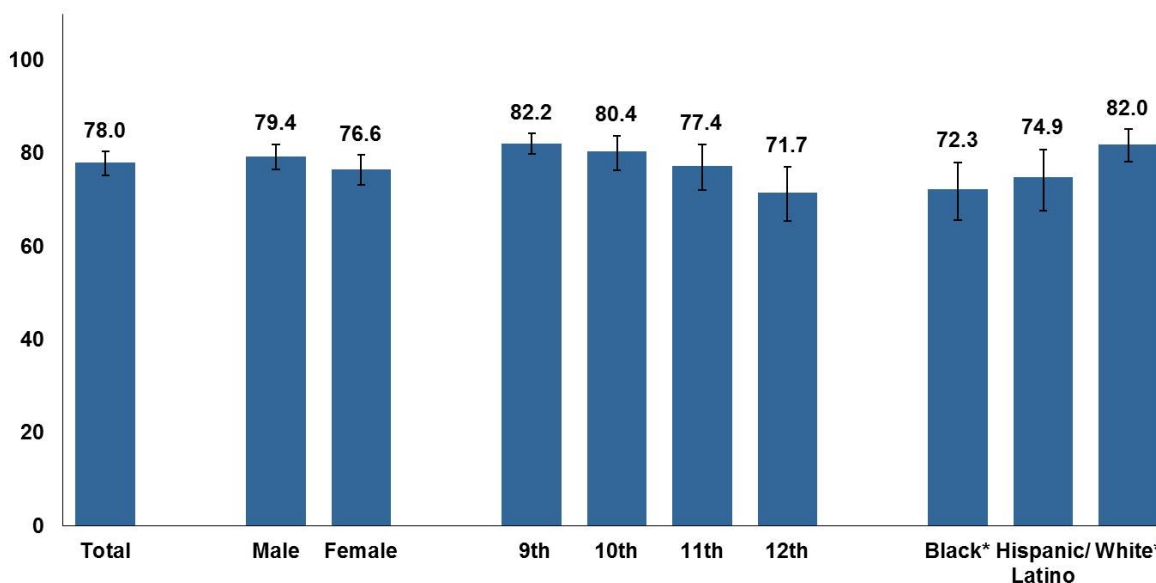
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 32.4% | 33.9% | 31.3% | 33.7% | 31.7% | 33.1% | 31.4% | 38.0% | 22.9% | 23.8% | 35.1% | 29.3% |
| 2007 | 31.9% | 36.6% | 27.3% | 34.5% | 33.1% | 28.3% | 31.2% | 36.1% | 24.5% | 28.6% | 33.3% | 38.0% |
| 2009 | 34.2% | 35.9% | 32.5% | 39.7% | 34.0% | 30.1% | 30.7% | 39.4% | 25.3% | 36.0% | 27.7% | 30.7% |
| 2011 | 37.2% | 38.6% | 35.9% | 38.0% | 40.5% | 36.6% | 32.3% | 41.0% | 29.8% | 34.1% | 39.3% | 32.1% |
| 2013 | 34.7% | 37.9% | 31.4% | 39.8% | 36.7% | 27.8% | 33.4% | 38.4% | 27.9% | 33.6% | 35.6% | 33.2% |

- The percent of students who ate breakfast on seven of the past seven days significantly increased from 2005-2013.
- In 2013, students that identify as White were significantly more likely than those that identify as Black to eat breakfast on seven of the past seven days.
- In 2013, 9th grade students were significantly more likely than 11th grade students to eat breakfast on seven of the past seven days.



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



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 75.0% | 74.2% | 75.9% | 79.6% | 78.5% | 71.6% | 68.5% | 78.9% | 69.5% | 72.2% | 73.3% | 71.5% |
| 2011 | 74.9% | 73.7% | 76.1% | 76.6% | 79.4% | 70.7% | 71.4% | 78.1% | 68.9% | 69.5% | 76.1% | 70.0% |
| 2013 | 78.0% | 79.4% | 76.6% | 82.2% | 80.4% | 77.4% | 71.7% | 82.0% | 72.3% | 74.9% | 71.8% | 68.7% |

- The percent of students who ate dinner at home with their family three or more times during the past seven days has **increased** significantly from 2009-2013.
- In 2013, students that identify as White were **significantly more** likely than those that identify as Black to eat dinner at home with their family three or more times during the past seven days.
- In 2013, 9th grade students were **significantly more** likely than 12th grade students to eat dinner at home with their family three or more times during the past seven days.



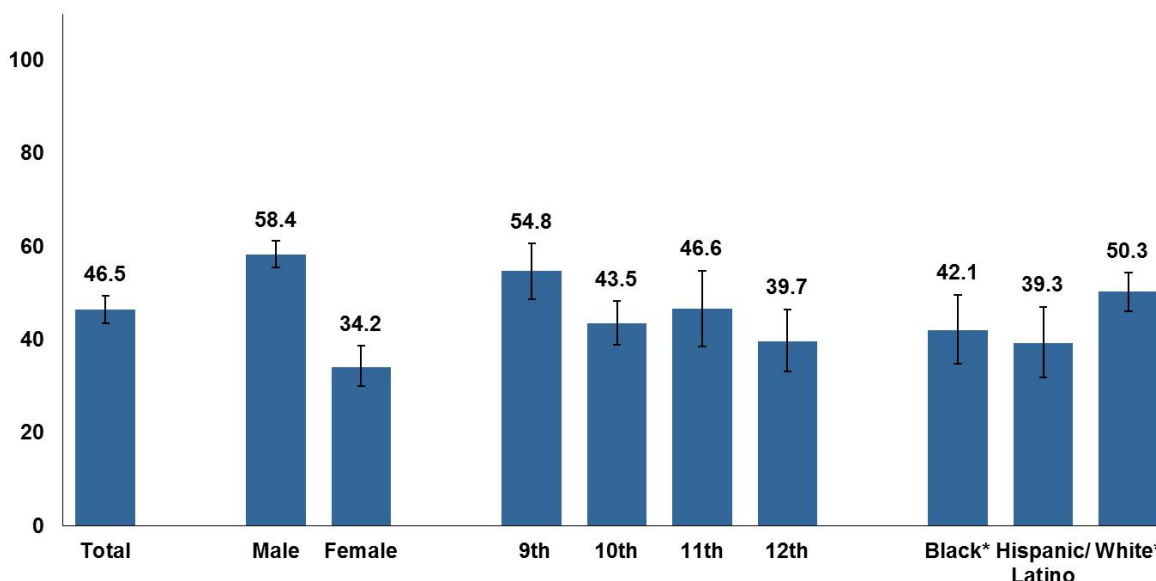
Physical Activity

Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.¹ The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.²

In 2009, only 18% of high school students had participated in at least 60 minutes per day of physical activity, and only 33% attended physical education class daily.³ Schools can promote physical activity through comprehensive school physical activity programs, including recess, classroom-based physical activity, intramural physical activity clubs, interscholastic sports, and physical education. Regular physical activity may also help improve students' academic performance including academic achievement and grades, behaviors such as time on task and Schools should ensure that physical education is provided to all students in all grades and is taught by qualified teachers.



Percent of students who were physically active for a total of 60 minutes or more per day on 5 or more of the past seven days



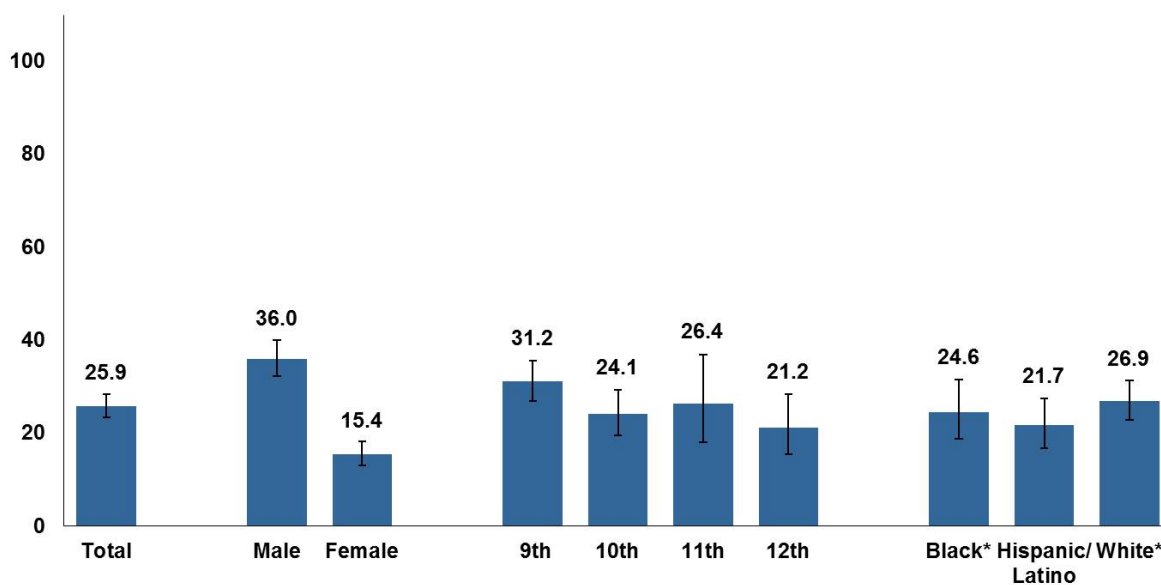
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 45.9% | 56.4% | 35.7% | 49.9% | 46.9% | 41.6% | 44.2% | 48.4% | 43.7% | 35.3% | 46.0% | 30.4% |
| 2007 | 44.3% | 54.0% | 34.8% | 50.3% | 46.1% | 40.4% | 38.1% | 48.4% | 39.0% | 34.5% | 54.2% | 46.3% |
| 2009 | 46.0% | 56.7% | 36.0% | 51.4% | 44.6% | 44.9% | 41.2% | 51.4% | 39.2% | 36.2% | 42.1% | 44.2% |
| 2011 | 47.6% | 56.0% | 39.1% | 52.9% | 43.5% | 47.0% | 46.8% | 53.5% | 39.4% | 44.5% | 42.1% | 38.1% |
| 2013 | 46.5% | 58.4% | 34.2% | 54.8% | 43.5% | 46.6% | 39.7% | 50.3% | 42.1% | 39.3% | 52.9% | 41.0% |

- In 2013, males were significantly **more** likely than females to be physically active for a total of 60 minutes or more per day on five or more of the past seven days.
- In 2013, 9th grade students were significantly **more** likely than 12th grade students to be physically active for a total of 60 minutes or more per day on five or more of the past seven days.



Percent of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days



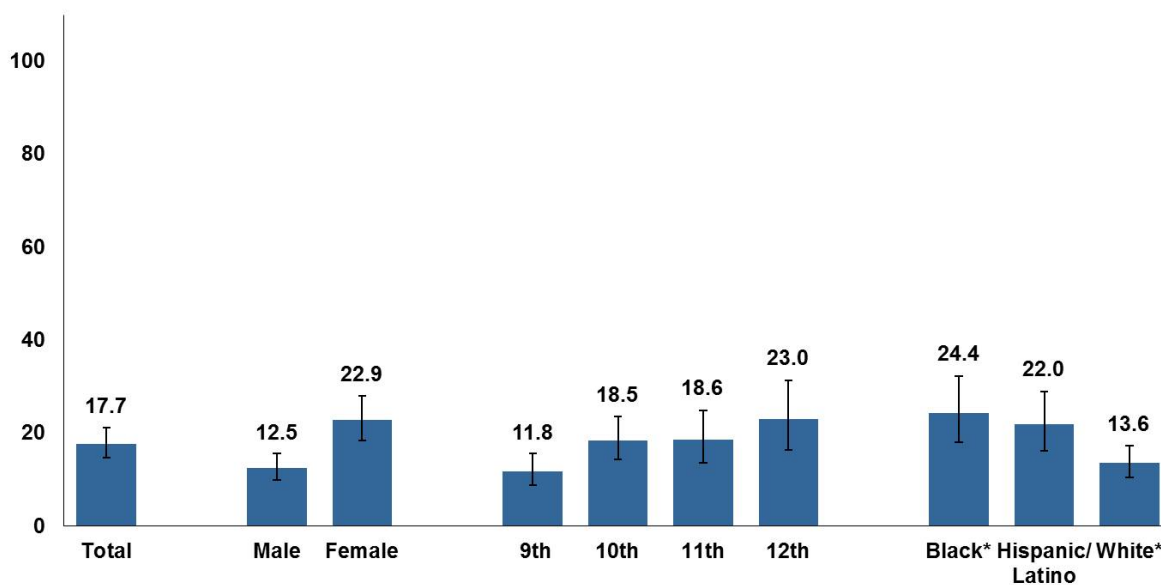
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 26.0% | 33.6% | 18.4% | 27.1% | 23.6% | 28.5% | 25.1% | 29.7% | 20.4% | 23.0% | 25.4% | 24.4% |
| 2013 | 25.9% | 36.0% | 15.4% | 31.2% | 24.1% | 26.4% | 21.2% | 26.9% | 24.6% | 21.7% | 33.9% | 24.0% |

- In 2013, males were significantly more likely than females to be physically active for a total of 60 minutes or more per day on seven of the past seven days.



Percent of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days



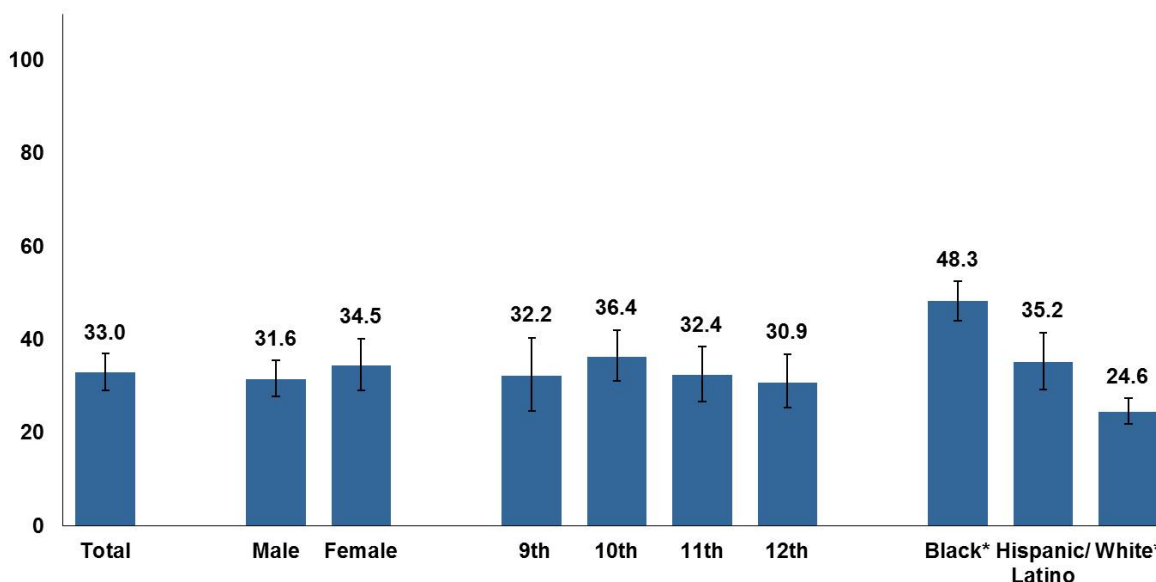
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 15.5% | 12.5% | 18.4% | 13.5% | 17.0% | 16.2% | 15.3% | 13.7% | 17.4% | 16.5% | 14.2% | 19.4% |
| 2013 | 17.7% | 12.5% | 22.9% | 11.8% | 18.5% | 18.6% | 23.0% | 13.6% | 24.4% | 22.0% | 17.6% | 17.6% |

- In 2013, females were significantly **more** likely than males to be physically active for a total of 60 minutes or more per day on 0 of the past seven days.
- In 2013, students that identify as Black were significantly **more** likely than students that identify as White to be physically active for a total of 60 minutes or more per day on seven of the past seven days.



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



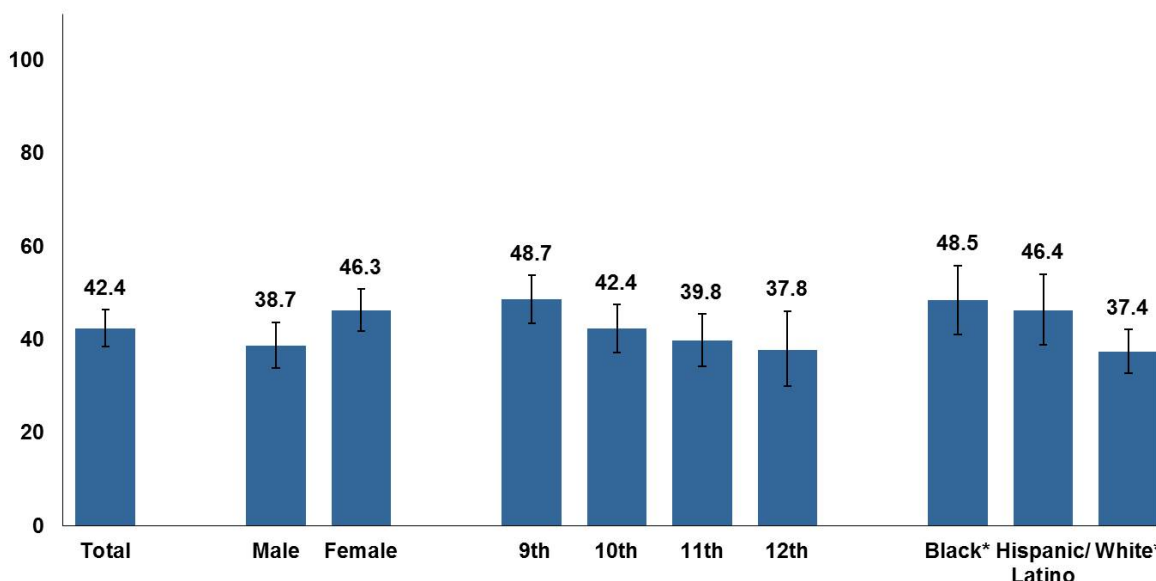
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 36.3% | 36.8% | 36.0% | 36.4% | 39.2% | 34.9% | 34.7% | 25.7% | 57.2% | 38.5% | 37.4% | 41.6% |
| 2007 | 35.3% | 36.5% | 34.1% | 37.4% | 34.3% | 35.1% | 33.6% | 23.6% | 56.5% | 39.3% | 25.6% | 44.7% |
| 2009 | 36.2% | 37.1% | 35.4% | 37.2% | 38.6% | 33.7% | 34.5% | 26.4% | 54.6% | 37.3% | 43.4% | 23.9% |
| 2011 | 34.7% | 35.7% | 33.8% | 37.5% | 32.7% | 33.6% | 34.8% | 26.8% | 49.9% | 36.1% | 38.9% | 31.6% |
| 2013 | 32.9% | 31.6% | 34.5% | 32.3% | 36.4% | 32.3% | 30.9% | 24.6% | 48.2% | 35.2% | 37.4% | 31.8% |

- The percent of students who watched three or more hours per day of TV on an average school day has significantly decreased from 2005-2013.
- In 2013, students that identify as White were significantly less likely than those that identify as Hispanic/Latino, Black, or as having multiple races to watch three or more hours per day of TV on an average school day.
- In 2013, students that identify as Hispanic/Latino were significantly less likely than those that identify as Black to watch three or more hours per day of TV on an average school day.



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



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 21.2% | 23.8% | 18.5% | 26.0% | 19.5% | 19.2% | 18.1% | 19.5% | 24.4% | 20.0% | 19.7% | 27.7% |
| 2009 | 23.5% | 28.2% | 19.1% | 26.3% | 24.9% | 19.4% | 21.9% | 21.3% | 26.5% | 21.3% | 29.1% | 37.4% |
| 2011 | 27.8% | 31.5% | 24.2% | 31.9% | 28.0% | 23.4% | 27.2% | 24.5% | 35.5% | 25.4% | 29.6% | 29.6% |
| 2013 | 42.4% | 38.7% | 46.3% | 48.7% | 42.4% | 39.8% | 37.8% | 37.4% | 48.5% | 46.4% | 26.2% | 12.5% |

- Percent of students who spend three or more hours per day playing video games or using a computer for something that is not school work on an average school day has **increased significantly** from 2007-2013.
- In 2013, students who identify as Black were **significantly more** likely than those who identify as White or as an other race to spend three or more hours per day playing video games or using a computer for something that is not school work on an average day.



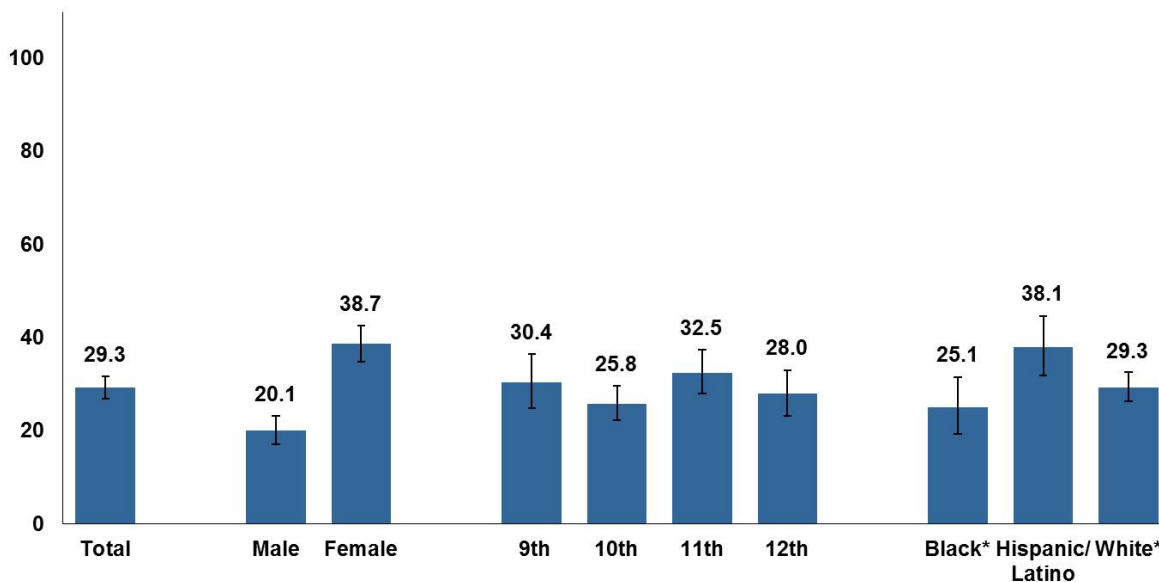
Psychological Health

Even though most American children and youth experience normal, healthy development, approximately 6 to 9 million have serious emotional disturbances.¹ Research shows that one of five children and adolescents aged 9 to 17 experience symptoms of mental health problems that cause some level of impairment in a given year.² However, fewer than 20 percent who need mental health service receive them.³

Estimates of spending for behavioral health services for children and youth conservatively range from \$11.7 Billion to \$14.07 billion.^{4,5} Left untreated, mental health disorders in children and adolescents lead to higher rates of suicide, violence, school dropout, family dysfunction, juvenile incarcerations, alcohol and other drug use, and unintentional injuries. Schools can play a vital role in creating safe, nurturing school environments and providing care to students with emotional or behavioral problems.



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



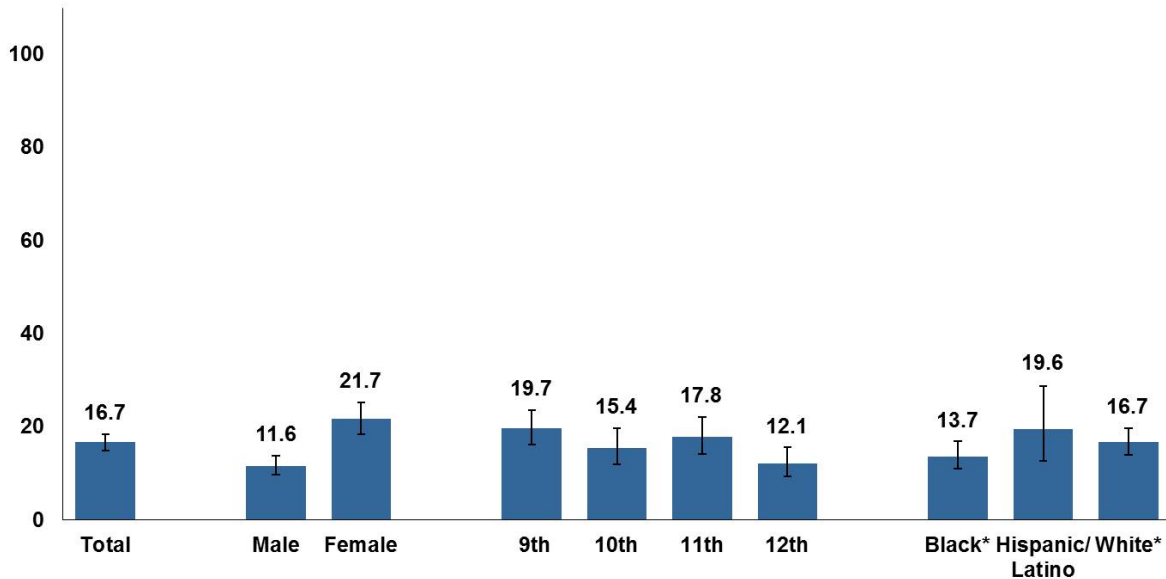
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2001 | 29.3% | 20.8% | 38.0% | 30.1% | 28.7% | 27.5% | 30.3% | 28.8% | 30.3% | 27.5% | 30.4% | |
| 2003 | 30.6% | 22.7% | 38.4% | 30.8% | 30.4% | 33.0% | 28.0% | 30.6% | 30.0% | 34.0% | 31.6% | |
| 2005 | 26.5% | 20.7% | 32.3% | 25.1% | 27.9% | 30.1% | 21.8% | 25.1% | 28.3% | 31.9% | 31.5% | 23.1% |
| 2007 | 26.9% | 21.5% | 32.4% | 26.1% | 25.6% | 28.2% | 27.35 | 26.6% | 24.8% | 32.3% | 48.1% | 35.5% |
| 2009 | 27.4% | 21.6% | 32.8% | 24.1% | 30.1% | 28.7% | 27.9% | 26.7% | 26.2% | 32.7% | 32.5% | 29.5% |
| 2011 | 28.3% | 24.0% | 32.6% | 29.1% | 30.7% | 27.6% | 25.4% | 26.3% | 30.0% | 29.2% | 32.8% | 33.1% |
| 2013 | 29.3% | 20.1% | 38.7% | 30.4% | 25.8% | 32.5% | 28.0% | 29.3% | 25.1% | 38.1% | 35.9% | 24.0% |

- In 2013, females were significantly **more** likely than males to have felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities.
- In 2013, students that identify as Hispanic/Latino were significantly **more** likely than students that identify as Black to have felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities.



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



*Non-Hispanic

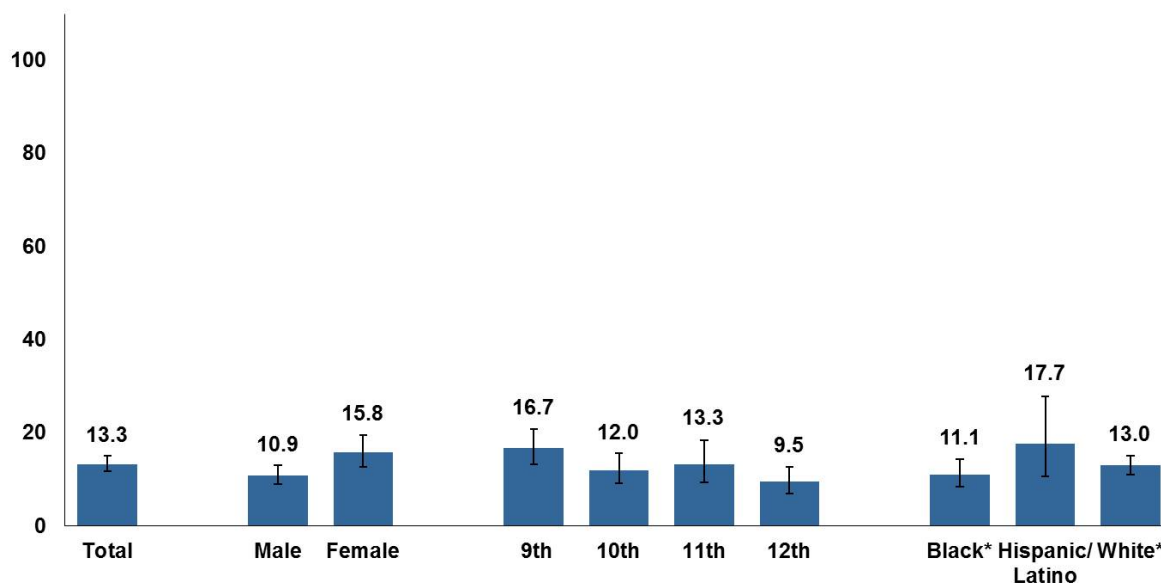
| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 1993 | 24.2% | 17.7% | 30.5% | 28.5% | 23.4% | 22.7% | 20.8% | 25.7% | 19.7% | | | 31.6% |
| 1995 | 19.8% | 15.3% | 24.2% | 18.9% | 24.0% | 17.2% | 17.6% | 21.8% | 13.8% | | | |
| 1997 | 22.6% | 17.6% | 26.8% | 25.5% | 22.9% | 20.2% | 18.1% | 24.3% | 17.1% | | | 35.4% |
| 2001 | 18.1% | 14.3% | 21.8% | 19.3% | 15.8% | 17.7% | 19.0% | 20.1% | 13.4% | 17.4% | 19.1% | |
| 2003 | 18.1% | 13.2% | 23.0% | 17.2% | 21.5% | 18.9% | 14.2% | 18.8% | 15.7% | 21.4% | 21.3% | 16.3% |
| 2005 | 15.6% | 12.5% | 18.7% | 17.2% | 16.1% | 17.1% | 10.0% | 15.2% | 16.1% | 15.9% | 22.2% | 18.5% |
| 2007 | 12.5% | 9.2% | 15.8% | 14.8% | 10.4% | 14.4% | 8.2% | 13.2% | 8.9% | 17.0% | 26.6% | 21.8% |
| 2009 | 13.2% | 10.3% | 16.1% | 12.9% | 13.9% | 14.2% | 11.9% | 13.0% | 12.0% | 13.2% | 15.4% | 22.8% |
| 2011 | 14.3% | 13.5% | 15.1% | 17.5% | 15.6% | 11.6% | 11.3% | 14.4% | 12.9% | 14.6% | 23.1% | 15.1% |
| 2013 | 16.7% | 11.6% | 21.7% | 19.7% | 15.4% | 17.8% | 12.1% | 16.7% | 13.7% | 19.6% | 24.4% | 16.9% |

For 1997, results cannot be generalized for all the students in North Carolina, just those participating in the survey.

- The percent of students that who seriously thought about attempting suicide during the past 12 months **decreased** significantly from 1993-2013.
- In 2013, 9th grade students were significantly **more** likely than 12th grade students to have seriously thought about attempting suicide during the past 12 months.
- In 2013, students that identify as having multiple races were significantly **more** likely than those who identify as Black to have seriously thought about attempting suicide during the past 12 months.



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



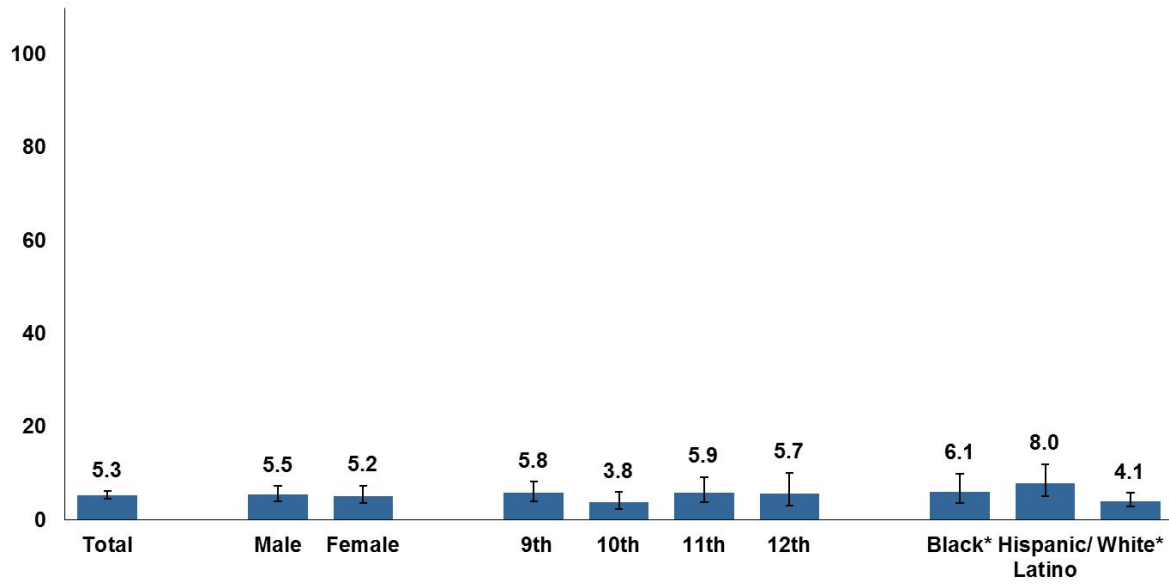
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2005 | 13.1% | 10.8% | 15.4% | 13.8% | 13.5% | 12.4% | 12.1% | 13.0% | 12.8% | 14.3% | 19.4% | 17.6% |
| 2007 | 9.5% | 7.8% | 11.2% | 11.3% | 7.9% | 10.2% | 6.9% | 9.7% | 7.7% | 9.0% | 24.5% | 21.5% |
| 2009 | 10.1% | 8.6% | 11.3% | 9.4% | 11.5% | 10.4% | 8.9% | 9.4% | 9.7% | 10.4% | 11.2% | 15.4% |
| 2011 | 13.5% | 13.6% | 13.2% | 15.2% | 13.1% | 12.0% | 13.4% | 13.1% | 13.7% | 11.9% | 19.6% | 15.1% |
| 2013 | 13.3% | 10.9% | 15.8% | 16.7% | 12.0% | 13.3% | 9.5% | 13.0% | 11.1% | 17.7% | 18.9% | 13.1% |

- In 2013, 9th grade students were significantly more likely than 12th grade students to have made a plan about how they would attempt suicide during the past 12 months.



Percent of students who made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|------|------|-------|-------|-----------------|--------------|-------|
| 2011 | 5.0% | 6.1% | 3.8% | 5.2% | 5.6% | 4.2% | 4.3% | 4.5% | 4.5% | 8.7% | 8.2% | 5.9% |
| 2013 | 5.3% | 5.5% | 5.2% | 5.8% | 3.8% | 5.9% | 5.7% | 4.1% | 6.1% | 8.0% | 2.2% | 4.7% |



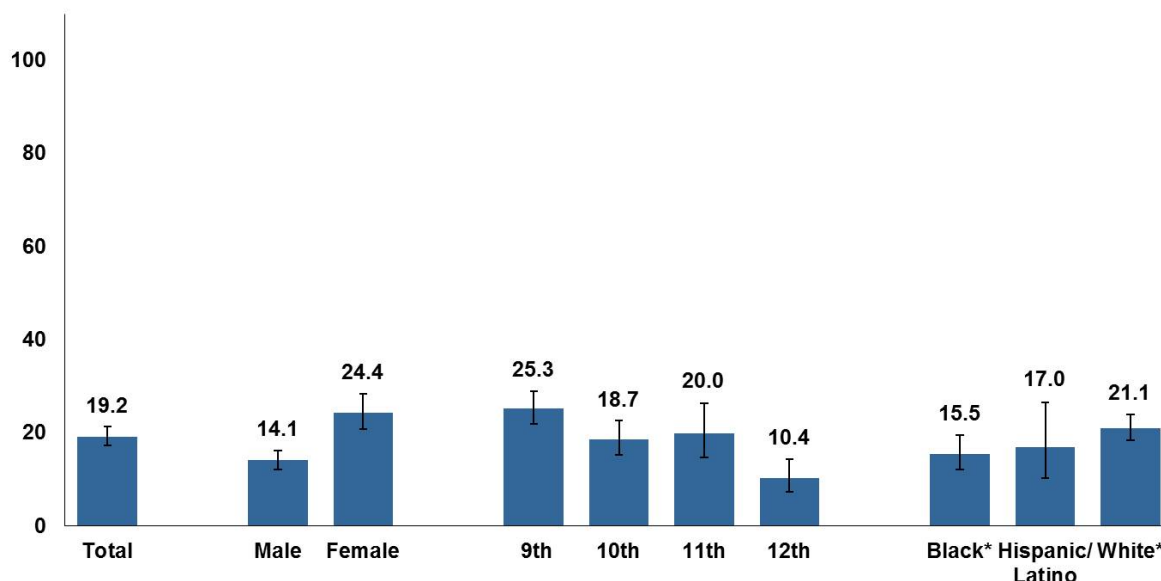
School Environment

In order to be ready and able to learn, students need to feel physically and emotionally safe at school. Concerns about vulnerability to attacks by others at school and on the way to and from school may have a damaging effect on the school environment and on student learning.¹

According to the National School Safety Center, bullying is defined as hurtful or aggressive act toward an individual or group that is intentional and repeated.¹ It often includes a real or perceived imbalance of physical power, a social network, or verbal skills that favor the perpetrator(s). The CDC reports that an estimated 30% of all US students in grades sixth through tenth were either a bully or a target of bullying.²



Percent of students who have been bullied on school property during the past 12 months



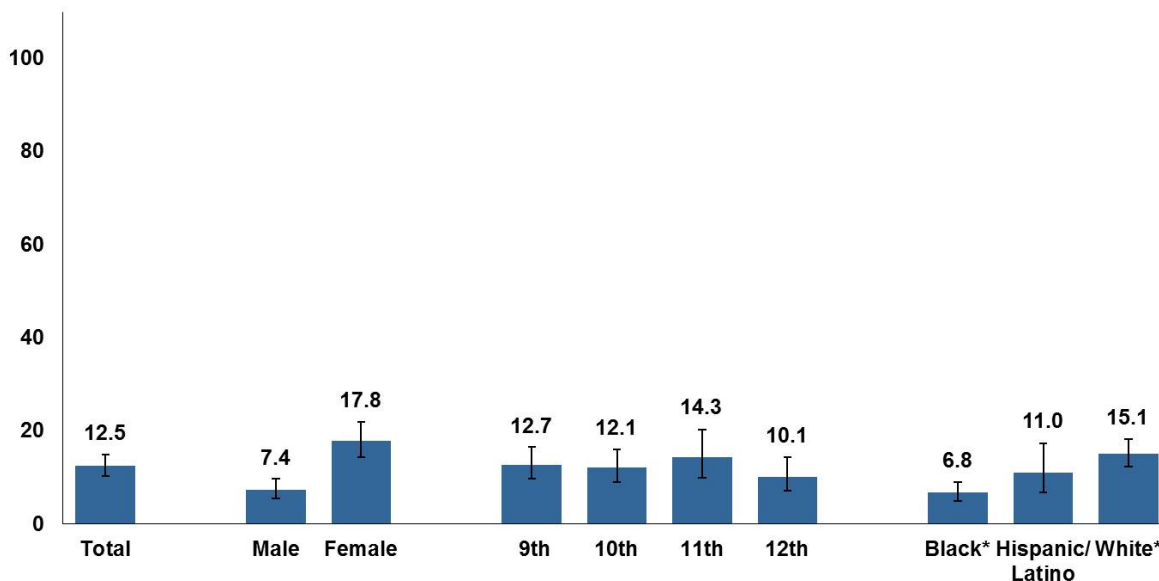
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 16.6% | 13.7% | 19.2% | 21.0% | 18.5% | 11.6% | 13.1% | 19.1% | 11.0% | 18.1% | 21.9% | 18.5% |
| 2011 | 20.5% | 18.2% | 22.6% | 25.2% | 23.0% | 17.5% | 13.6% | 21.4% | 15.6% | 20.0% | 34.1% | 19.6% |
| 2013 | 19.2% | 14.1% | 24.4% | 25.3% | 18.7% | 20.0% | 10.4% | 21.1% | 15.5% | 17.0% | 26.4% | 13.1% |

- The percent of students who have been bullied on school property during the past 12 months has **increased significantly** from 2009-2013.
- In 2013, 9th grade students were **significantly more** likely than 12th grade students to have been bullied on school property during the past 12 months.
- In 2013, female students were **significantly more** likely than male students to have been bullied on school property during the past 12 months.
- In 2013, students that identify as having multiple races were **significantly more** likely than those that identify as Black to have been bullied on school property during the past 12 months.



Percent of students who have been electronically bullied during the past 12 months



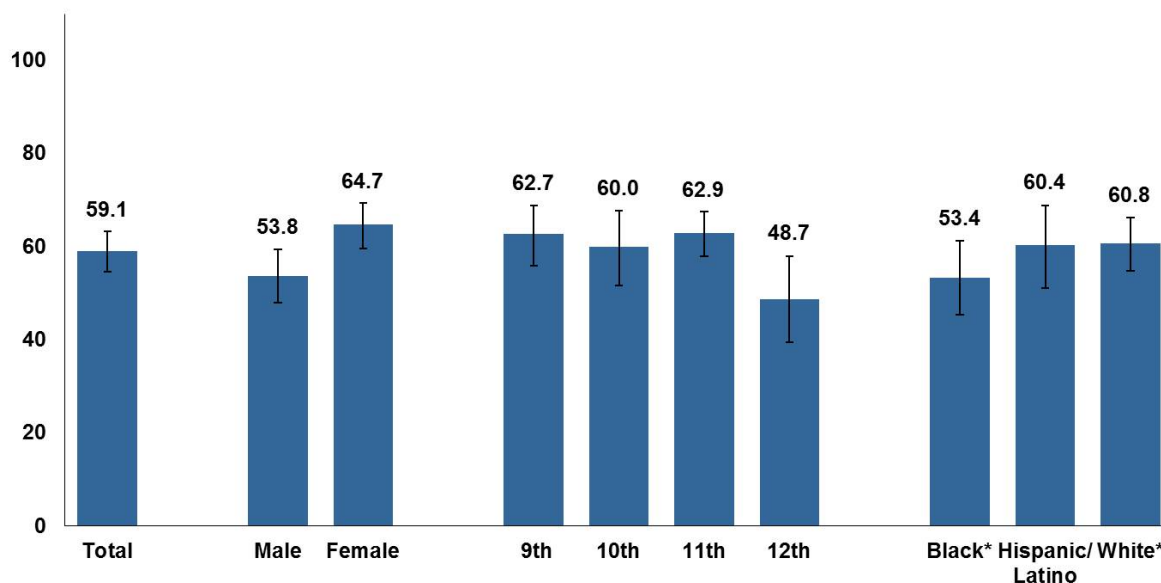
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 15.7% | 10.6% | 20.7% | 15.5% | 17.5% | 14.6% | 14.6% | 17.1% | 12.0% | 12.9% | 21.9% | 16.8% |
| 2013 | 12.5% | 7.4% | 17.8% | 12.7% | 12.1% | 14.3% | 10.1% | 15.1% | 6.8% | 11.0% | 22.0% | 7.0% |

- The percent of students who have been electronically bullied during the past 12 months has **decreased significantly** from 2011-2013.
- In 2013, female students were significantly **more** likely than male students to be electronically bullied during the past 12 months.
- In 2013, students that identify as White or as having multiple races were significantly **more** likely than Black students to be electronically bullied during the past 12 months.



Percent of students who have seen other students being bullied in their school during the past 12 months



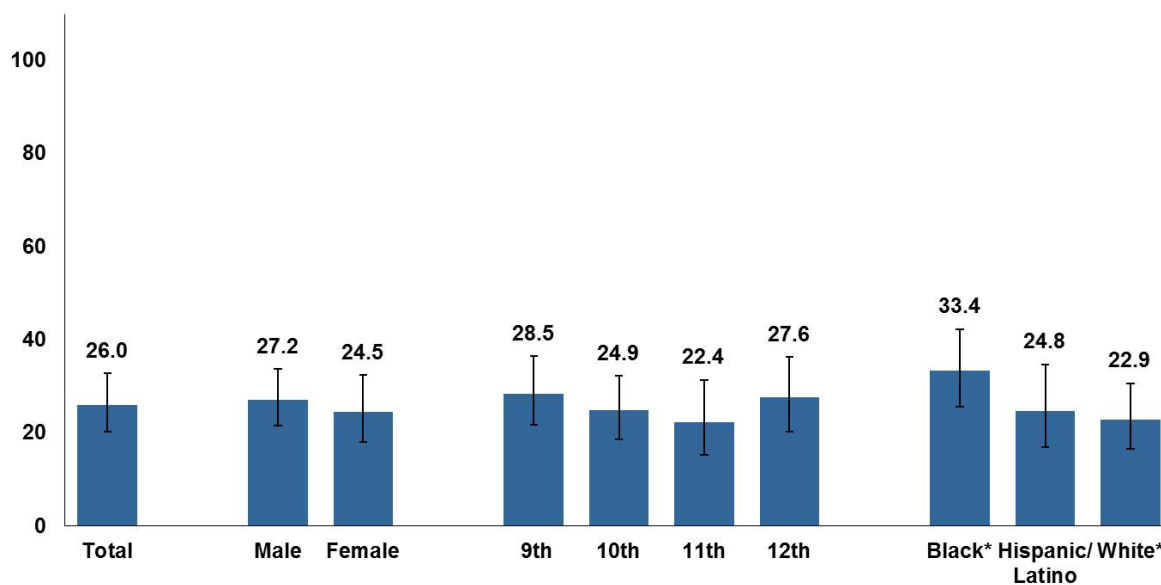
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 62.5% | 61.1% | 63.9% | 65.0% | 64.0% | 58.8% | 61.9% | 65.4% | 58.3% | 59.7% | 59.2% | 58.6% |
| 2011 | 62.8% | 57.7% | 67.8% | 60.4% | 62.9% | 68.1% | 60.7% | 64.8% | 56.2% | 66.7% | 71.6% | 50.9% |
| 2013 | 59.1% | 53.8% | 64.7% | 62.7% | 60.0% | 62.9% | 48.7% | 60.8% | 53.4% | 60.4% | 67.3% | 59.0% |

- In 2013, female students were significantly **more** likely than male students to have seen other students being bullied in their school during the past 12 months.



Percent of students in whose school is gang activity

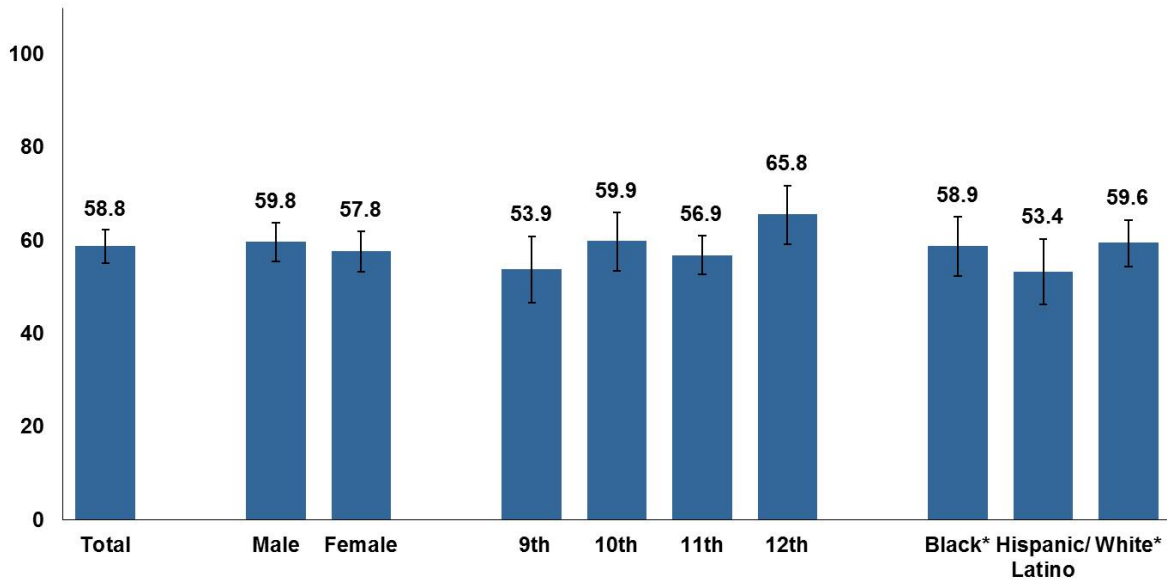


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 39.9% | 44.0% | 35.8% | 37.3% | 34.6% | 49.8% | 40.9% | 36.2% | 48.8% | 42.6% | 45.7% | 41.7% |
| 2013 | 26.0% | 27.2% | 24.5% | 28.5% | 24.9% | 22.4% | 27.6% | 22.9% | 33.4% | 24.8% | 35.3% | 15.8% |

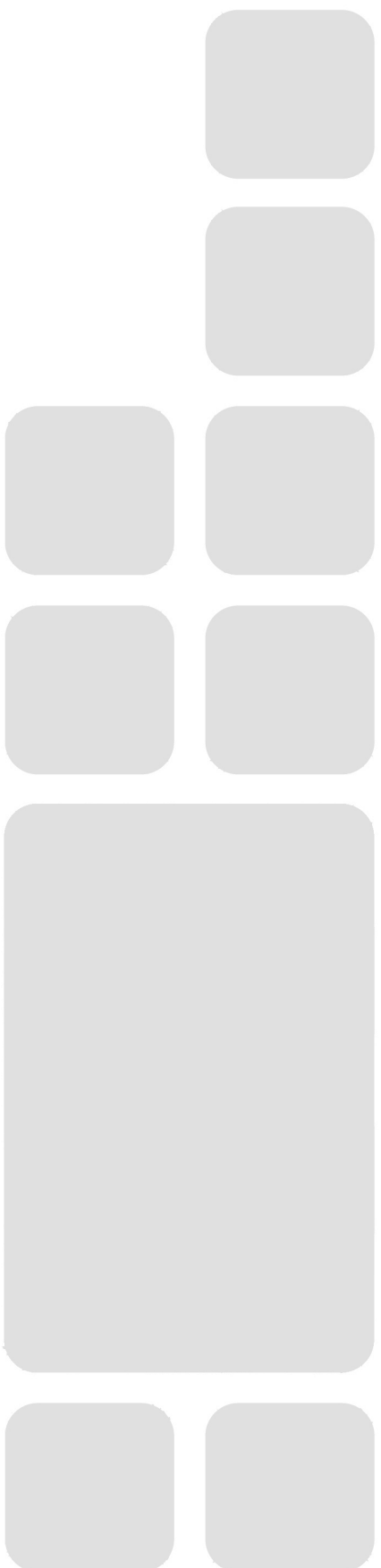


Percent of students who strongly agreed or agreed that their teachers really care about them and give them a lot of encouragement



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2009 | 54.5% | 55.2% | 53.9% | 57.8% | 48.3% | 53.5% | 58.6% | 56.1% | 50.9% | 58.2% | 53.0% | 56.1% |
| 2011 | 59.5% | 59.9% | 59.2% | 56.7% | 59.9% | 60.7% | 62.7% | 61.2% | 57.9% | 57.7% | 56.5% | 53.3% |
| 2013 | 58.8% | 59.8% | 57.8% | 53.9% | 59.9% | 56.9% | 65.8% | 59.6% | 58.6% | 53.4% | 53.6% | 64.0% |

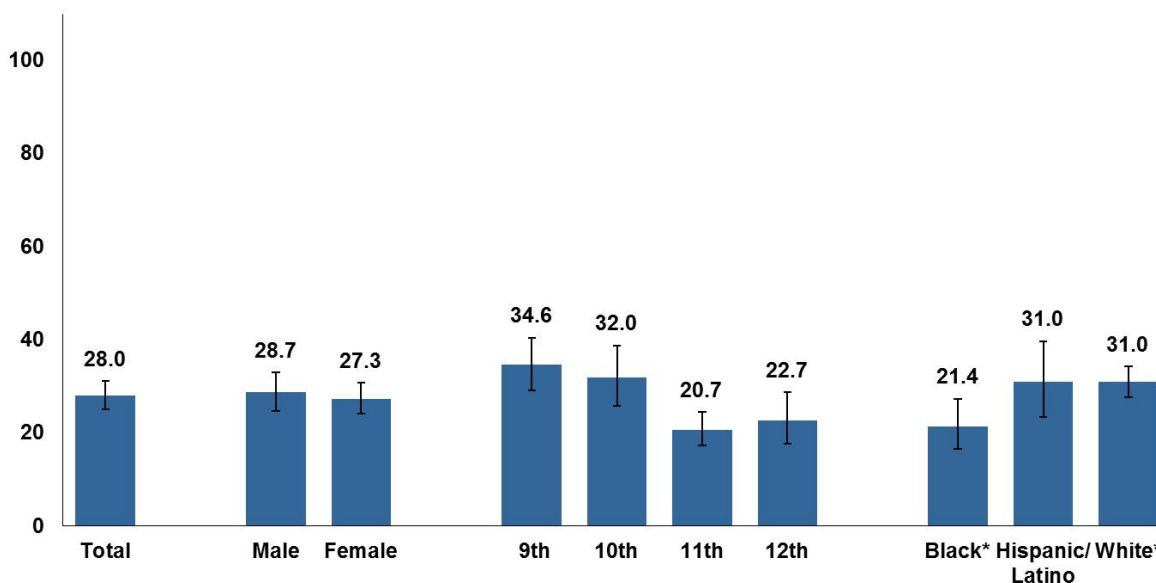


Selected Prevention-Related Indicators

In addition to health risk behaviors and related perceptions, the NCYRBS also measures selected protective factors associated with lower likelihood of engaging in negative health behaviors. These include sleep habits, characteristics of the home environment, perceptions of social and emotional support, and how students use their free time.



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



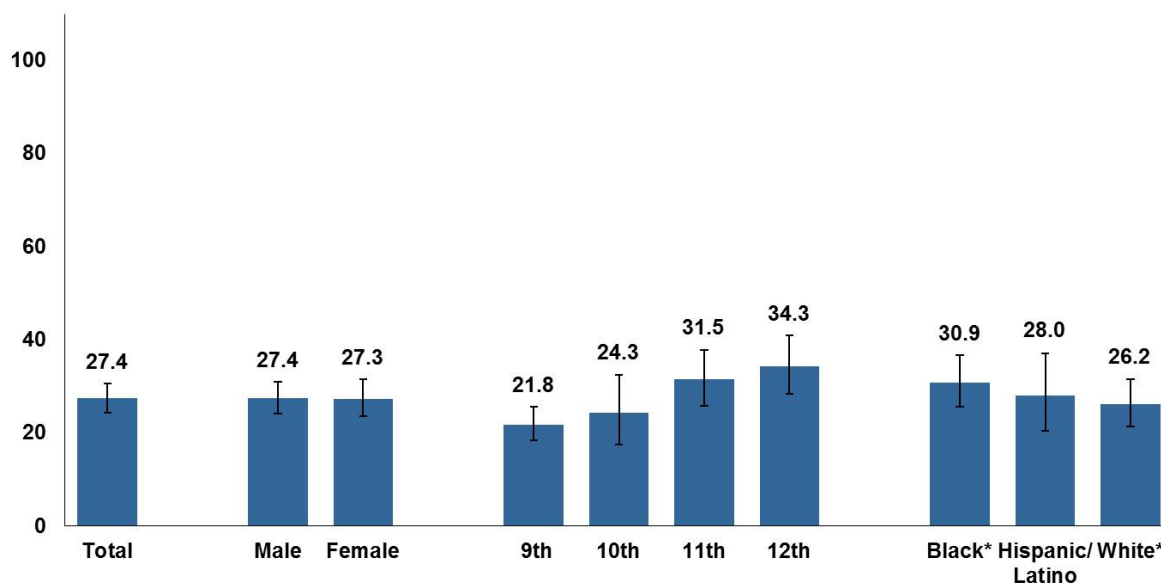
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 18.9% | 20.3% | 17.5% | 23.0% | 20.2% | 16.8% | 14.2% | 20.0% | 15.6% | 25.7% | 15.4% | 14.2% |
| 2009 | 28.8% | 29.1% | 28.6% | 37.7% | 28.8% | 23.1% | 21.3% | 32.0% | 23.6% | 33.3% | 23.7% | 23.9% |
| 2011 | 26.7% | 26.5% | 27.0% | 33.1% | 30.6% | 23.5% | 17.6% | 28.9% | 24.3% | 23.1% | 27.4% | 25.9% |
| 2013 | 28.0% | 28.7% | 27.3% | 34.6% | 32.0% | 20.7% | 22.7% | 31.0% | 21.4% | 31.0% | 26.7% | 25.1% |

- In 2013, 9th grade students were significantly **more** likely than 11th and 12th grade students to get eight hours of sleep on an average school night.
- In 2013, 10th grade students were significantly **more** likely than 11th grade students to get eight hours of sleep on an average school night.
- In 2013, students that identify as White were significantly **more** likely than students that identify as Black to get eight hours of sleep on an average school night.



Percent of students who are alone after school without a parent or adult for three or more hours per day on an average school day



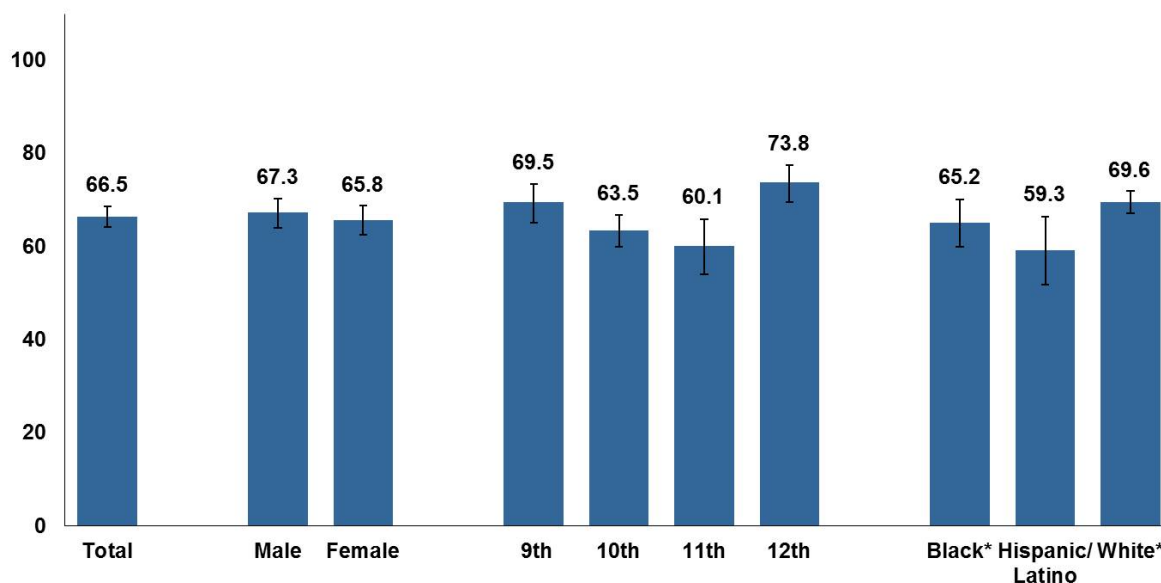
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2007 | 32.4% | 33.2% | 31.4% | 27.4% | 30.0% | 37.3% | 36.8% | 29.9% | 36.6% | 35.9% | 37.3% | 35.3% |
| 2009 | 26.4% | 27.3% | 25.4% | 17.7% | 27.4% | 30.0% | 34.2% | 22.1% | 34.8% | 25.2% | 28.1% | 27.0% |
| 2011 | 28.1% | 28.5% | 27.6% | 21.7% | 24.2% | 29.7% | 39.9% | 27.4% | 30.7% | 22.0% | 27.7% | 31.8% |
| 2013 | 27.4% | 27.4% | 27.3% | 21.8% | 24.3% | 31.5% | 34.3% | 26.2% | 30.9% | 28.0% | 24.4% | 27.8% |

- The percent of students who are alone after school without a parent or adult for three or more hours per day on an average school day has significantly decreased from 2007-2013.
- In 2013, 11th and 12th grade students were significantly more likely than 9th grade students to be alone after school without a parent or adult three or more hours per day on an average school day.



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



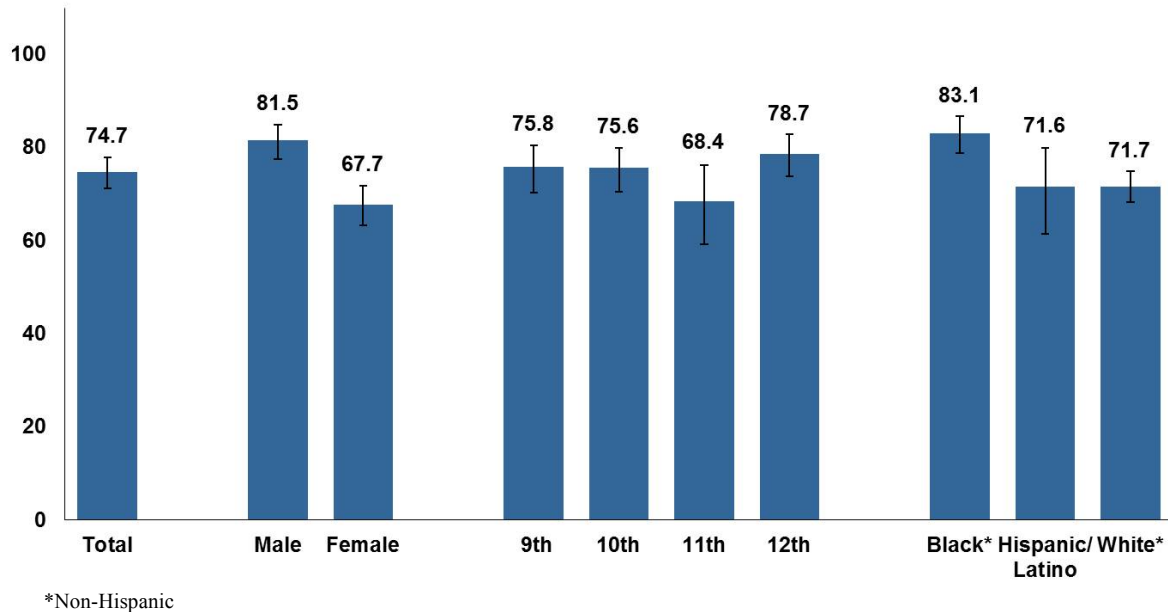
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 70.5% | 70.6% | 70.7% | 68.8% | 70.3% | 71.4% | 73.2% | 73.1% | 69.3% | 68.7% | 59.3% | 57.1% |
| 2013 | 66.5% | 67.3% | 65.8% | 69.5% | 63.5% | 60.1% | 73.8% | 69.6% | 65.2% | 59.3% | 57.8% | 59.2% |

- In 2013, 12th grade students are significantly more likely than 10th grade students to disagree or strongly disagree that they feel alone in their life.
- In 2013, students that identify as White are significantly more likely than those who identify Hispanic/Latino to disagree or strongly disagree that they feel alone in their life.



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

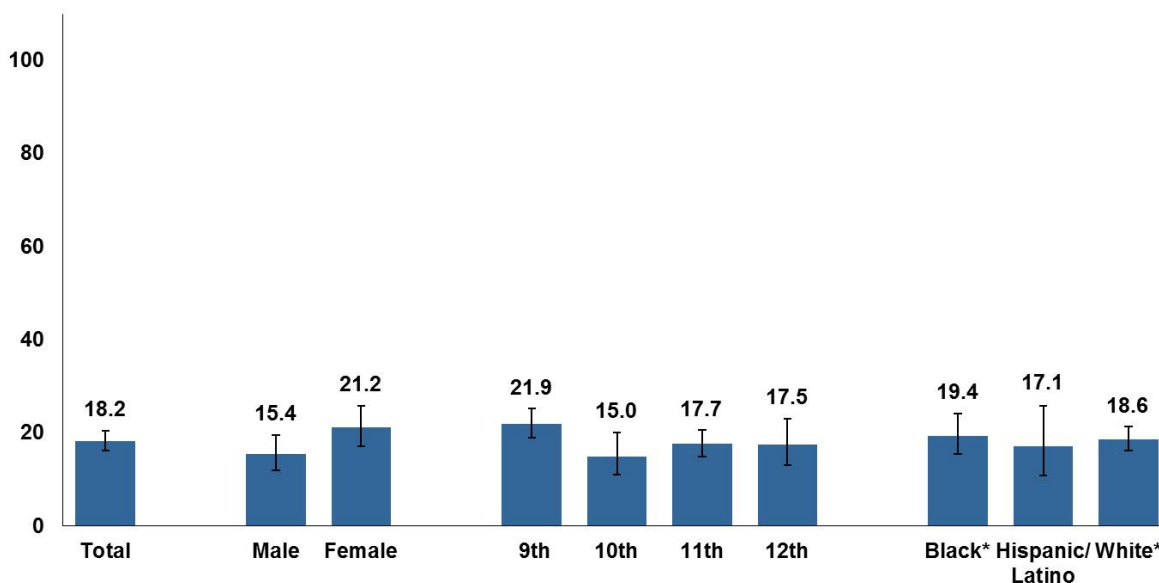


| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2001 | 76.4% | 79.1% | 73.8% | 75.5% | 78.6% | 75.3% | 76.9% | 76.8% | 76.9% | 75.6% | 70.5% | |
| 2003 | 74.1% | 76.2% | 72.0% | 75.8% | 73.4% | 72.8% | 73.7% | 71.3% | 80.5% | 71.3% | 82.5% | |
| 2005 | 72.9% | 75.3% | 71.1% | 75.6% | 68.5% | 70.9% | 78.0% | 72.0% | 76.1% | 69.7% | 65.8% | 67.2% |
| 2007 | 75.3% | 79.9% | 70.7% | 71.2% | 78.0% | 75.9% | 77.8% | 73.6% | 80.2% | 67.5% | 70.3% | 74.7% |
| 2009 | 76.7% | 82.5% | 71.3% | 77.3% | 76.9% | 73.5% | 79.2% | 73.8% | 82.5% | 79.5% | 76.7% | 70.8% |
| 2011 | 80.0% | 85.4% | 74.7% | 79.1% | 78.8% | 77.3% | 86.1% | 79.4% | 83.8% | 78.8% | 79.8% | 76.4% |
| 2013 | 74.7% | 81.5% | 67.7% | 75.8% | 75.6% | 68.4% | 78.7% | 71.7% | 83.1% | 71.6% | 70.0% | 80.5% |

- In 2013, males were significantly **more** likely than females to agree or strongly agree that they feel good about themselves.
- In 2013, students that identify as Black were significantly **more** likely than students that identify as White to agree or strongly agree that they feel good about themselves.



Percent of students who would most likely talk with their parent or other adult family member about their feelings when they feel sad, empty, hopeless, angry, or anxious

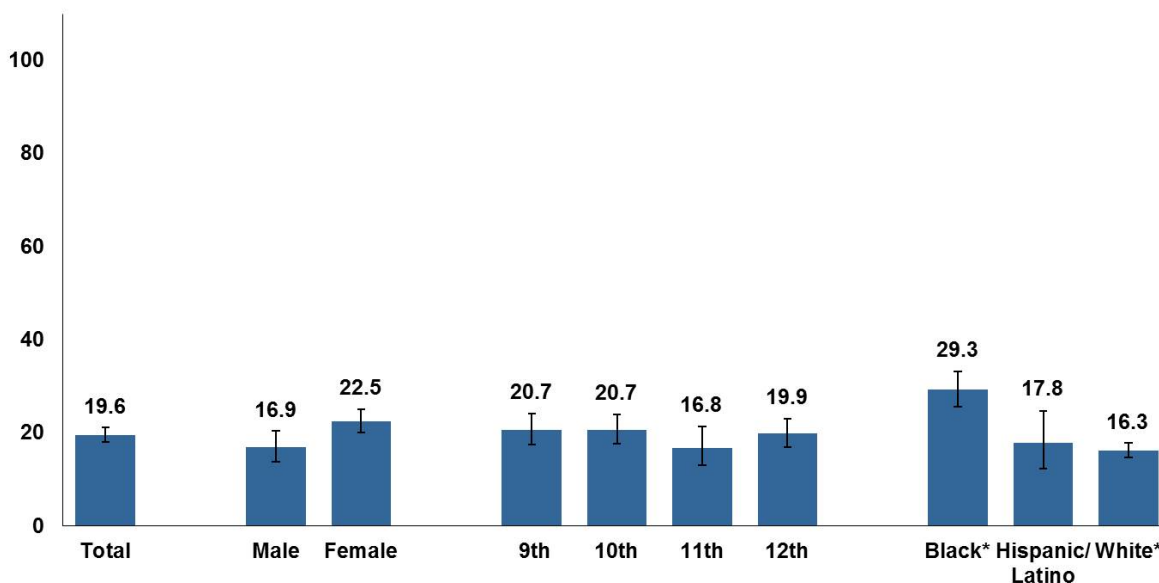


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2013 | 18.2% | 15.4% | 21.2% | 21.9% | 15.0% | 17.7% | 17.5% | 18.6% | 19.4% | 17.1% | 14.9% | 7.0% |



Percent of students who usually talk with their parent or other adult family member when they have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention



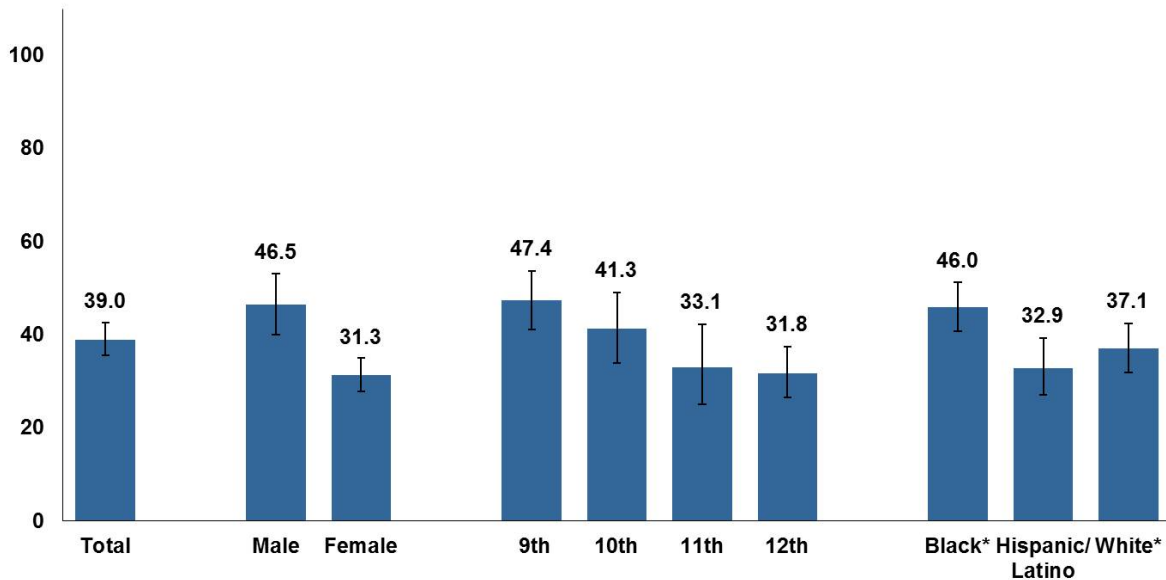
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2013 | 19.6% | 16.9% | 22.5% | 20.7% | 20.7% | 16.8% | 19.9% | 16.3% | 29.3% | 17.8% | 13.6% | 12.7% |

- In 2013, students that identify as Black were **significantly more** likely than students that identify as White or Hispanic/Latino to usually talk with their parent or other adult family member when they have questions about sexually transmitted diseases, HIV, AIDS, or pregnancy prevention.



Percent of students who participate in an official school sport or sports where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year



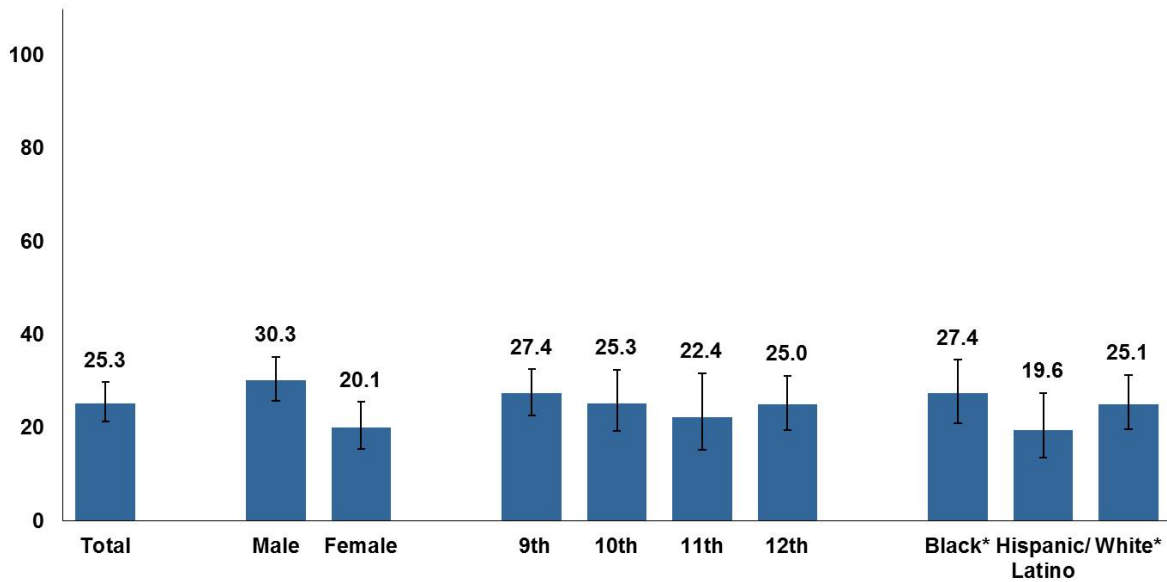
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 41.5% | 48.0% | 35.1% | 44.1% | 39.7% | 42.9% | 39.0% | 41.6% | 42.3% | 45.1% | 34.5% | 33.3% |
| 2013 | 39.0% | 46.5% | 31.3% | 47.4% | 41.3% | 33.1% | 31.8% | 37.1% | 46.0% | 32.9% | 39.2% | 34.6% |

- In 2013, males were significantly more likely than females to participate in an official school sport or sports where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year.
- In 2013, 9th grade students were significantly more likely than 12th grade students to participate in an official school sport or sports where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year.
- In 2013, students that identify as Black were significantly more likely than students that identify as Hispanic/Latino to participate in an official school sport or sports where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year.



Percent of students who participate in an official school sport or sports where they play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis during the current school year



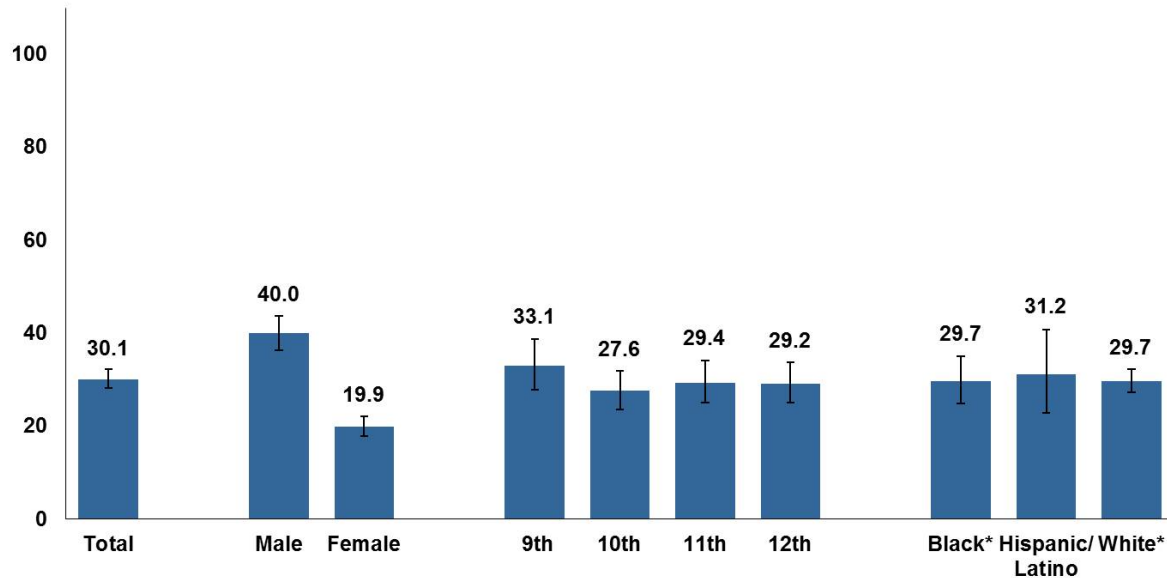
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 25.2% | 31.2% | 19.5% | 24.2% | 24.3% | 26.2% | 26.6% | 25.6% | 26.0% | 20.6% | 25.2% | 26.3% |
| 2013 | 25.3% | 30.3% | 20.1% | 27.4% | 25.3% | 22.4% | 25.0% | 25.1% | 27.4% | 19.6% | 25.3% | 23.7% |

- In 2013, males were significantly more likely than females to participate in an official school sport or sports where they play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis during the current school year.



Percent of students who have gambled on a sports team, gambled when playing cards or when playing a dice game, played the lottery or scratch off tickets, gambled on the internet, or bet on a game of personal skill such as pool or a video game one or more times during the past 12 months



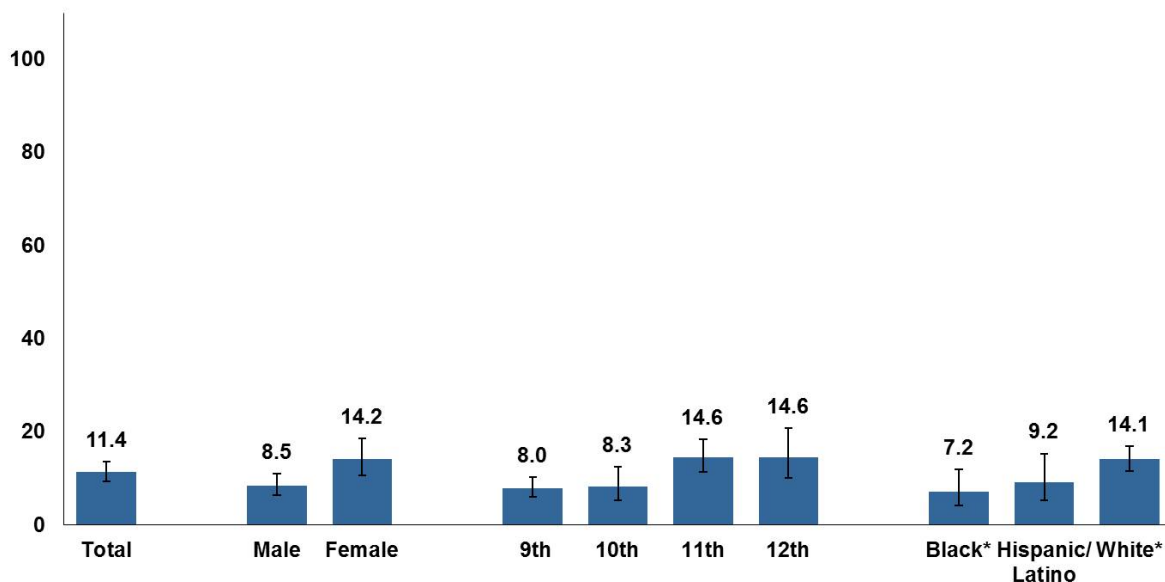
*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 32.2% | 46.9% | 17.6% | 33.0% | 29.8% | 32.8% | 33.1% | 30.8% | 31.4% | 37.8% | 36.7% | 40.1% |
| 2013 | 30.1% | 40.0% | 19.9% | 33.1% | 27.6% | 29.4% | 29.2% | 29.7% | 29.7% | 31.2% | 32.5% | 31.8% |

- In 2013, males were significantly **more** likely than females to gamble on a sports team, gamble when playing cards or when playing a dice game, play the lottery or scratch off tickets, gamble on the internet, or bet on a game of personal skill such as pool or a video game one or more times during the past 12 months.




Percent of students who used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|------|--------|------|------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2013 | 11.4% | 8.5% | 14.2% | 8.0% | 8.3% | 14.6% | 14.6% | 14.1% | 7.2% | 9.2% | 7.9% | 9.6% |

- In 2013, 11th grade students were significantly **more** likely than 9th grade students to have used an indoor tanning device such as a sunlamp, sunbed, or tanning booth one or more times during the past 12 months.



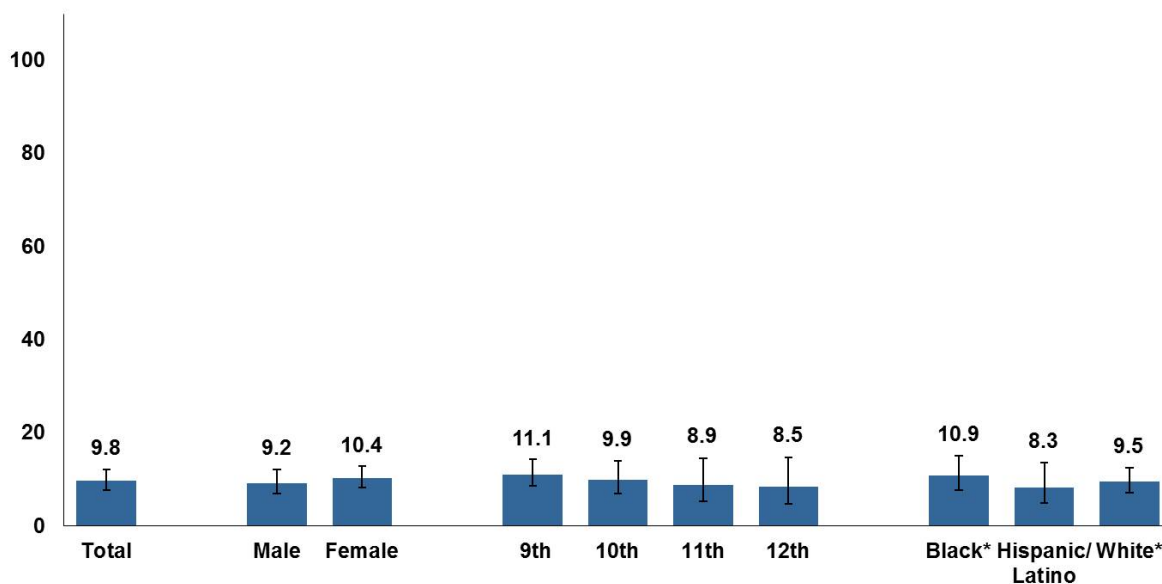
Disability

Limited information on the prevalence and correlates of disability in the population has resulted in the growth of inclusion of questions on disability in censuses and national surveys. Data on health-risk behaviors among children and youth with disabilities has been a particular concern given functional limitations and susceptibility of this population. Concepts and definitions of disability vary not only across disciplines, government agencies and service systems but also as a function of the age of the individual. This variability has contributed to a lack of consistent estimates of disability in the population. A 2001 publication of the International Classification of Functioning (ICF), Disability and Health by the World Health Organization (WHO) has provided a universal framework and taxonomy for documenting dimensions of disability as an alternative to diagnosed health conditions. As such, functional limitations in learning, mobility and performance of activities of daily life as defined by the ICF, have served as the base for operationalizing items in surveys. Data can provide estimates of the school population at risk for experiencing difficulties in meeting the academic and/or social demands of the school.

According to the CDC, since the Americans with Disabilities Act was enacted in 1990, many social barriers have been removed or reduced for people with disabilities. More work needs to be done for people with disabilities to become more independent and involved in their world. Good health is important to be able to work, learn, and be engaged within a community. People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community.



Percent of students who consider themselves to have a disability

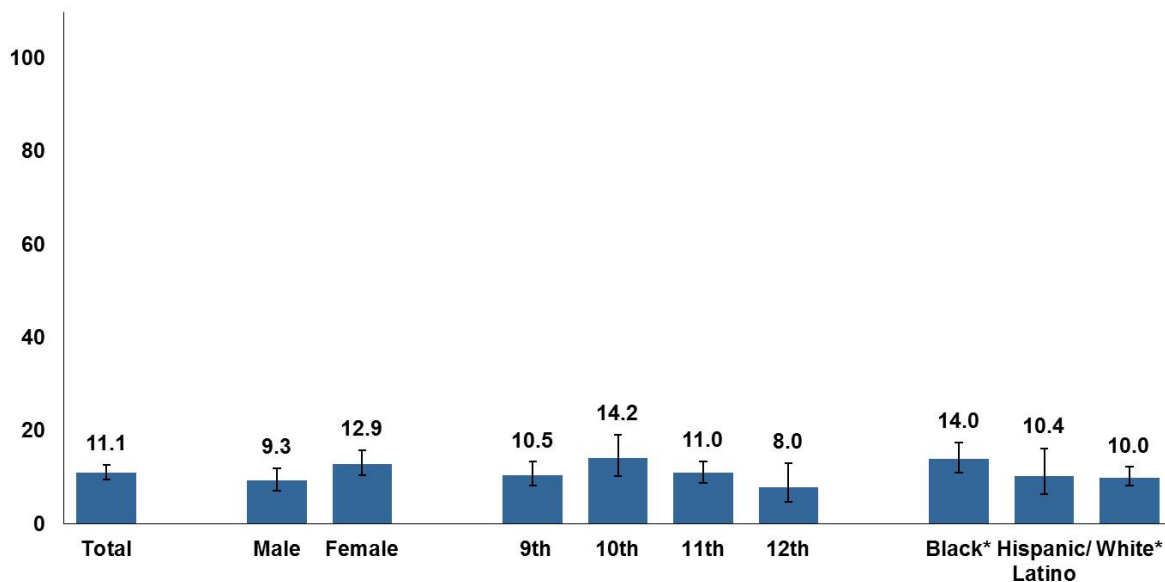


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2003 | 15.3% | 15.2% | 15.3% | 13.6% | 16.6% | 14.8% | 15.9% | 17.3% | 11.2% | 7.8% | 16.8% | 16.2% |
| 2005 | 13.8% | 14.8% | 12.8% | 15.2% | 12.6% | 15.7% | 9.4% | 13.1% | 14.3% | 17.2% | 10.3% | 20.7% |
| 2007 | 13.2% | 13.0% | 13.3% | 10.5% | 15.5% | 13.7% | 13.4% | 10.5% | 12.7% | 13.4% | 30.2% | 26.5% |
| 2009 | 11.4% | 10.5% | 12.0% | 13.4% | 11.7% | 9.1% | 10.1% | 11.0% | 10.4% | 14.5% | 13.4% | 18.4% |
| 2011 | 12.5% | 13.3% | 11.6% | 11.1% | 12.1% | 14.0% | 12.9% | 10.5% | 15.1% | 17.3% | 19.3% | 11.7% |
| 2013 | 9.8% | 9.2% | 10.4% | 11.1% | 9.9% | 8.9% | 8.5% | 9.5% | 10.9% | 8.3% | 12.8% | 6.4% |



Percent of students who are limited in any way in any activities because of disability or health problem

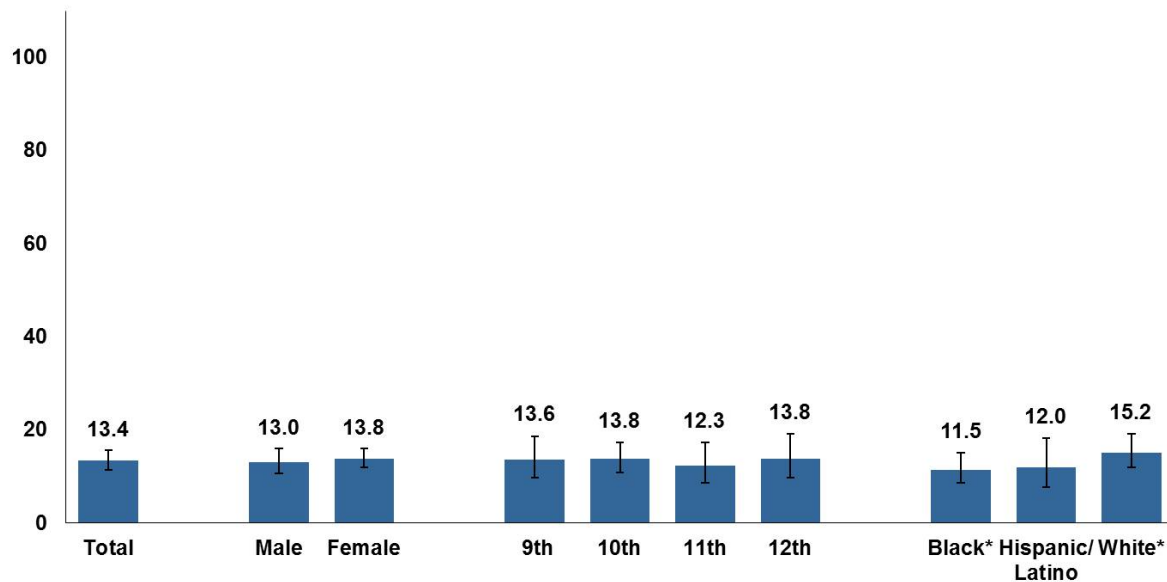


*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 11.4% | 11.6% | 11.2% | 12.4% | 11.2% | 10.5% | 10.9% | 11.1% | 9.9% | 15.7% | 14.2% | 14.3% |
| 2013 | 11.1% | 9.3% | 12.9% | 10.5% | 14.2% | 11.0% | 8.0% | 10.0% | 14.0% | 10.4% | 10.0% | 11.3% |



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



*Non-Hispanic

| | Total | Male | Female | 9th | 10th | 11th | 12th | White | Black | Hispanic/Latino | Multi-racial | Other |
|------|-------|-------|--------|-------|-------|-------|-------|-------|-------|-----------------|--------------|-------|
| 2011 | 13.2% | 12.3% | 14.1% | 14.0% | 15.1% | 12.3% | 10.5% | 13.1% | 12.3% | 13.8% | 15.3% | 14.6% |
| 2013 | 13.4% | 13.0% | 13.8% | 13.6% | 13.8% | 12.3% | 13.8% | 15.2% | 11.5% | 12.0% | 11.1% | 6.1% |

- In 2013, students that identify as White were significantly **more** likely than students that identify as an other race to have trouble learning, remembering, or concentrating because of a disability or health problem.

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2013 North Carolina Youth Risk Behavior Survey High School Questionnaire

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

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

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

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

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

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

- How old are you?
 - 12 years old or younger
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older
- What is your sex?
 - Female
 - Male
- In what grade are you?
 - 9th grade
 - 10th grade
 - 11th grade
 - 12th grade
 - Ungraded or other grade
- Are you Hispanic or Latino?
 - Yes
 - No
- What is your race? **(Select one or more responses)**
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White

- How tall are you without your shoes on?
Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

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

- How much do you weigh without your shoes on?
Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

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

- Which of the following best describes you?
 - Heterosexual (straight)
 - Gay or lesbian
 - Bisexual
 - Not sure

9. During the past 12 months, how would you describe your grades in school?
- A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure

The next 5 questions ask about safety.

10. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
11. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
12. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
13. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. I did not drive a car or other vehicle during the past 30 days
 - B. 0 times
 - C. 1 time
 - D. 2 or 3 times
 - E. 4 or 5 times
 - F. 6 or more times

14. During the past 30 days, on how many days did you **text or e-mail** while **driving** a car or other vehicle?
- A. I did not drive a car or other vehicle during the past 30 days
 - B. 0 days
 - C. 1 or 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 to 29 days
 - H. All 30 days

The next 11 questions ask about violence-related behaviors.

15. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days
17. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
- A. 0 days
 - B. 1 day
 - C. 2 or 3 days
 - D. 4 or 5 days
 - E. 6 or more days

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
19. During the past 12 months, how many times were you in a physical fight?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
21. During the past 12 months, how many times were you in a physical fight **on school property**?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
22. Have you ever been physically forced to have sexual intercourse when you did not want to?
- Yes
 - No

23. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
- I did not date or go out with anyone during the past 12 months
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
24. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
- I did not date or go out with anyone during the past 12 months
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
25. Is there gang activity in your school?
- Yes
 - No
 - Not sure

The next 4 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

26. During the past 12 months, have you ever been bullied on **school property**?
- Yes
 - No
27. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)
- Yes
 - No

28. During the past 12 months, have you ever seen other students being bullied in your school?
A. Yes
B. No

29. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?
A. Yes
B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, which is, taking some action to end their own life.

30. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
A. Yes
B. No
31. When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?
A. I do not feel sad, empty, hopeless, angry, or anxious
B. Parent or other adult family member
C. Teacher or other adult in this school
D. Other adult
E. Friend
F. Sibling
G. Not sure
32. During the past 12 months, did you ever **seriously** consider attempting suicide?
A. Yes
B. No
33. During the past 12 months, did you make a plan about how you would attempt suicide?
A. Yes
B. No

34. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
A. **I did not attempt suicide** during the past 12 months
B. Yes
C. No

The next 4 questions ask about tobacco use.

35. How old were you when you smoked a whole cigarette for the first time?
A. I have never smoked a whole cigarette
B. 8 years old or younger
C. 9 or 10 years old
D. 11 or 12 years old
E. 13 or 14 years old
F. 15 or 16 years old
G. 17 years old or older
36. During the past 30 days, on how many days did you smoke cigarettes?
A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days
37. During the past 12 months, did you ever try **to quit** smoking cigarettes?
A. I did not smoke during the past 12 months
B. Yes
C. No
38. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days

The next 4 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

39. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
40. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
41. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 to 5 days
 - E. 6 to 9 days
 - F. 10 to 19 days
 - G. 20 or more days

42. During the past 30 days, how did you **usually** get the alcohol you drank?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar, or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

43. During your life, how many times have you used marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 to 99 times
 - G. 100 or more times
44. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older
45. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 6 questions ask about other drugs.

46. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
47. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
48. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
49. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
50. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
 - B. No

51. Have you ever gotten into trouble with your family or friends, missed school, or gotten into fights, while using alcohol or drugs?
- A. Yes
 - B. No

The next 10 questions ask about sexual behavior.

52. Have you ever had sexual intercourse?
- A. Yes
 - B. No
53. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old
 - H. 17 years old or older
54. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
55. During the past 3 months, with how many people did you have sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 3 months
 - C. 1 person
 - D. 2 people
 - E. 3 people
 - F. 4 people
 - G. 5 people
 - H. 6 or more people

56. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
57. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
58. The **last time** you had sexual intercourse, how many years younger or older than you was your partner?
- A. I have never had sexual intercourse
 - B. 5 or more years younger
 - C. 3 to 4 years younger
 - D. About the same age
 - E. 3 to 4 years older
 - F. 5 or more years older
 - G. Not sure
59. During your life, with whom have you had sexual contact?
- A. I have never had sexual contact
 - B. Females
 - C. Males
 - D. Females and males
60. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you **usually** talk?
- A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
 - B. Doctor or nurse
 - C. Parent or other adult family member
 - D. Teacher or other adult in this school
 - E. Religious leader
 - F. Friend or sibling
 - G. Other adult
 - H. Not sure

61. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
- A. Yes
 - B. No
 - C. Not sure

The next 6 questions ask about body weight.

62. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
63. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight
64. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
65. During the past 30 days, did **you eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
66. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** count meal replacement products such as Slim Fast.)
- A. Yes
 - B. No
67. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The next 10 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

68. During the past 7 days, how many times did you drink **100% fruit juices** such as orange juice, apple juice, or grape juice? (Do **not** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

- A. I did not drink 100% fruit juice during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

69. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

70. During the past 7 days, how many times did you eat **green salad**?

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

71. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

72. During the past 7 days, how many times did you eat **carrots**?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

73. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

74. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
- A. I did not drink soda or pop during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
75. During the past 7 days, how many times did you drink a **can, bottle, or glass of any other sugar-sweetened beverage?** (Count sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy drinks, and sports drinks. Do **not** count diet or sugar-free drinks.)
- A. I did not drink sugar-sweetened beverages during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
76. During the past 7 days, on how many days did you eat **breakfast?**
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
77. During the past 7 days, on how many days did you eat dinner at home with your family?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 5 questions ask about physical activity.

78. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day?** (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
79. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
80. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

81. During the current school year, do you participate in an official school sport or sports where you play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer?
- A. Yes
 - B. No
82. During the current school year, do you participate in an official school sport or sports where you play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis?
- A. Yes
 - B. No

The next 3 questions ask about disabilities. A disability can be physical, mental, emotional, or communication-related.

83. Do you consider yourself to have a disability?
- A. Yes
 - B. No
 - C. Not sure
84. Are you limited in any way in any activities because of disability or health problem?
- A. Yes
 - B. No
 - C. Not sure
85. Do you have trouble learning, remembering, or concentrating because of disability or health problem?
- A. Yes
 - B. No
 - C. Not sure

The next question asks about gambling. Gambling involves betting anything of value such as money, a watch, a soda, or other possessions.

86. During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or when playing a dice game, played the lottery or scratch off tickets, gambled on the internet, or bet on a game of personal skill such as pool or a video game?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 10 questions ask about other health-related topics.

87. Have you ever been tested for HIV, the virus that causes AIDS? (Do **not** count tests done if you donated blood.)
- A. Yes
 - B. No
 - C. Not sure
88. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
89. Do you still have asthma?
- A. I have never had asthma
 - B. Yes
 - C. No
 - D. Not sure
90. An asthma action/management plan contains instructions about how to care for your asthma. Do you have a written asthma action plan or asthma management plan on file at school?
- A. I do not have asthma
 - B. Yes
 - C. No
 - D. Not sure

91. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours
92. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do **not** count getting a spray-on tan.)
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
93. On an average school day, how long after school are you alone without a parent or adult?
- A. I am not alone after school
 - B. Less than 1 hour per day
 - C. 1 or 2 hours per day
 - D. 3 hours per day
 - E. 4 hours per day
 - F. 5 hours per day
 - G. 6 or more hours per day

94. Do you agree or disagree that you feel good about yourself?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
95. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
96. Do you agree or disagree that you feel alone in your life?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

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