

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

**Total
Injury and Violence**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
	95.6	92.4			87.1	86.0	86.4	88.8	84.1	86.8	88.4	84.7	Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
	15.2	8.2			9.5	10.9	8.3	7.9	7.0	8.1	7.2	6.5	Decreased, 1993-2015	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	33.3	28.7			23.9	23.5	25.3	24.7	20.7	21.0	18.9	16.9	Decreased, 1993-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											6.1	4.3	No linear change	Not available [§]	No change
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											33.6	37.6	No linear change	Not available	No change
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	26.8	22.4			18.3	19.2	21.5	21.2	19.6	20.8	20.6	19.3	Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	13.9	9.4			4.8	6.3	6.4	6.8	4.7	6.1	4.5	3.9	Decreased, 1993-2015	Decreased, 1993-2001 Decreased, 2001-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

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Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)															
	5.3	4.7			9.2	5.2	5.8	7.0	5.6	6.8	6.7	6.2	No linear change	No quadratic change	No change
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
	9.5	8.0			7.6	7.2	7.9	6.6	6.8	9.1	6.9	4.9	Decreased, 1993-2015	No quadratic change	Decreased
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															
	37.8	28.4			29.0	30.9	29.9	30.1	28.6	27.6	24.1	20.7	Decreased, 1993-2015	Decreased, 1993-2011 Decreased, 2011-2015	No change
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)															
	3.7	2.6			2.8	3.8	4.1	3.7	3.7	3.7	3.0	2.7	No linear change	No quadratic change	No change

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Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	14.5	12.0			10.7	10.7	11.6	10.4	9.4	10.6	7.6	6.9	Decreased, 1993-2015	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
						9.9	9.3	8.6	9.5	8.9	6.6		Decreased, 2005-2015	No quadratic change	No change
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
										9.4	8.3		No linear change	Not available [§]	No change
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
										9.8	7.8		No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available [§]	No change
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													Decreased, 2011-2015	Not available	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1993-2015	Decreased, 1993-2009 Increased, 2009-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															
						13.1	9.5	10.1	13.5	13.3	14.1		Increased, 2005-2015	Decreased, 2005-2009 Increased, 2009-2015	No change
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
										5.0	5.3	9.3	Increased, 2011-2015	Not available‡	Increased

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‡Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
	29.8	25.4			26.5	23.7	18.4	17.3	12.4	12.4	9.4	8.8	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
	29.3	31.3			27.8	24.8	24.9	22.5	17.7	17.7	15.0	13.1	Decreased, 1993-2015	Decreased, 1993-2005 Decreased, 2005-2015	No change
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
	14.1	15.5			14.5	12.4	11.0	9.3	6.3	6.8	5.0	3.8	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
	10.1	11.5			11.4	8.9	8.5	6.8	4.5	5.3	3.8	3.1	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)															
					58.6	61.1	51.5	54.6	56.2	50.0	52.4	45.5	Decreased, 2001-2015	No quadratic change	No change

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North Carolina High School Survey
Trend Analysis Report

Total
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)															
										11.0	8.5	8.6	No linear change	Not available [§]	No change

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

Total Alcohol and Other Drug Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													Decreased, 1993-2015	No quadratic change	No change
	30.4	25.9			24.7	22.2	21.3	19.7	19.0	18.2	14.3	14.0			
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 1993-2015	No change, 1993-2005 Decreased, 2005-2015	No change
	43.7	39.7			38.2	39.4	42.3	37.7	35.0	34.3	32.2	29.2			
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													Decreased, 1993-2015	No change, 1993-2007 Decreased, 2007-2015	No change
	23.0	22.5			20.7	21.0	23.1	21.1	18.7	17.6	14.6	13.9			
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available [§]	No change
								37.2	37.0	34.2	38.0	37.3			
QN47: Percentage of students who ever used marijuana (one or more times during their life)													Increased, 1993-2015	Increased, 1993-2001 No change, 2001-2015	No change
	29.0	36.2			40.3	42.7	40.1	36.4	37.0	42.9	40.8	41.2			

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Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	7.1	6.1			10.5	10.8	9.1	8.3	8.1	9.4	8.9	8.3	No linear change	Increased, 1993-2001 Decreased, 2001-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	14.8	21.7			20.8	24.3	21.4	19.1	19.8	24.2	23.2	22.3	Increased, 1993-2015	No quadratic change	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)															
	4.4	4.7			6.7	8.4	7.9	7.0	5.5	7.1	4.9	4.5	No linear change	Increased, 1993-2003 Decreased, 2003-2015	No change
QN51: Percentage of students who ever used inhalants (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)															
		19.4			13.7	15.4	11.9	13.8	11.7	11.2	8.3	7.9	Decreased, 1995-2015	No quadratic change	No change

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Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													No linear change	Increased, 1993-2003 Decreased, 2003-2015	Increased
	3.6	2.0			5.0	5.2	4.2	3.9	3.8	4.2	2.1	3.9			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													Decreased, 2009-2015	Not available§	No change
									20.5	20.4	17.2	17.9			
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)													Decreased, 1993-2015	Increased, 1993-2001 Decreased, 2001-2015	No change
	28.9	29.8			32.8	31.9	27.4	28.5	30.2	29.8	23.6	24.5			

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Total Sexual Behaviors	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN60: Percentage of students who ever had sexual intercourse						52.5	50.8	52.1	51.1	49.3	47.3	43.5	Decreased, 2003-2015	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)						10.0	8.1	8.3	7.5	8.6	6.6	5.1	Decreased, 2003-2015	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)						17.1	17.2	16.1	15.7	16.8	15.1	12.5	Decreased, 2003-2015	No quadratic change	No change
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)						37.9	37.1	37.5	36.6	34.9	32.1	32.7	Decreased, 2003-2015	No quadratic change	No change
QN64: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)						18.1	23.9	20.7	19.3	25.3	21.2	17.0	No linear change	No change, 2003-2011 Decreased, 2011-2015	No change

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Total Sexual Behaviors													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN65: Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)													No linear change	No quadratic change	No change
						62.1	62.8	61.5	60.7	53.7	60.8	60.5			
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)													Decreased, 2009-2015	Not available [§]	No change
									14.7	13.4	11.3	10.6			

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Total															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				14.2	14.5	15.6	17.0	14.4	15.9	15.2	15.9		No linear change	No quadratic change	No change
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				12.8	12.4	13.4	12.7	13.2	12.9	12.5	16.4		No linear change	No quadratic change	Increased
QN69: Percentage of students who described themselves as slightly or very overweight															
33.4	28.1			29.2	28.5	29.9	26.3	28.0	27.1	29.4	27.6		Decreased, 1993-2015	No quadratic change	No change
QN70: Percentage of students who were trying to lose weight															
39.8	39.4			42.8	42.2	45.1	44.7	46.2	44.8	45.7	45.7		Increased, 1993-2015	No quadratic change	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															
							24.2	21.9	25.3	26.3	30.0		Increased, 2007-2015	Not available [¶]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

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§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

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Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2007-2015	Not available [§]	No change
						20.7	17.5	16.4	12.6	15.3					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	Increased
						10.1	7.2	7.7	6.1	9.0					
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2007-2015	Not available	No change
						51.4	54.9	55.5	57.3	58.0					
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						25.5	27.6	30.1	27.1	27.3					
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						15.8	17.3	19.8	17.8	17.0					

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
						46.0	43.6	40.9	41.1	42.0			No linear change	Not available [§]	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
						34.8	32.8	36.5	35.5	38.7			Increased, 2007-2015	Not available	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
						62.8	63.5	59.4	60.9	60.6			No linear change	Not available	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
						18.8	17.4	17.8	17.0	18.7			No linear change	Not available	No change

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1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
								7.8	5.7	7.9	6.4	8.9	No linear change	Not available [§]	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
								55.9	58.8	60.4	61.3	59.2	No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
								21.1	21.8	25.7	26.0	26.6	Increased, 2007-2015	Not available	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
								9.6	9.1	13.3	12.5	12.5	Increased, 2007-2015	Not available	No change

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Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													Increased, 2007-2015	Not available [§]	No change
								18.3	17.9	21.1	21.5	23.1			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								36.9	32.5	30.4	28.0	26.8			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								27.2	23.6	22.3	21.4	19.1			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								15.8	15.4	14.0	12.1	12.3			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						17.6	17.4	12.4	13.0	14.2	14.1		Decreased, 2005-2015	Decreased, 2005-2009 No change, 2009-2015	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						32.4	31.9	34.2	37.2	34.7	35.5		Increased, 2005-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Total Physical Activity													Linear Change*	Quadratic Change*	Change from 2013-2015 †									
Health Risk Behavior and Percentages																								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015												
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													45.9	44.3	46.0	47.6	46.5	43.4				No linear change	No quadratic change	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													15.9	17.4	15.4	15.5	17.7	17.6				No linear change	No quadratic change	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													25.9	24.5	24.1	26.0	25.9	24.3				No linear change	No quadratic change	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													36.3	35.3	36.2	34.7	33.0	30.5				Decreased, 2005-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total Physical Activity													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
							21.2	23.5	27.8	42.4	42.3		Increased, 2007-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma															
						20.1	20.3	21.8	22.8	24.2	25.9			Increased, 2005-2015	No quadratic change	No change
	QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)															
						29.4	24.3	28.8	26.7	28.0	25.0			No linear change	No quadratic change	No change
	QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)															
					64.4	66.7	69.7	67.3	67.0	69.4	68.0	75.1		Increased, 2001-2015	No quadratic change	Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN90: Percentage of students who reported that there is gang activity in their school																
											39.9	26.0	30.6	No linear change	Not available [§]	No change
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)																
											62.8	59.1	53.0	Decreased, 2011-2015	Not available	Decreased
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)																
											12.6	10.7	11.5	No linear change	Not available	No change
QN93: Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)																
											19.3	17.1	13.2	Decreased, 2011-2015	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)																
			46.6			58.1	59.7	61.5	61.1	61.9	60.4	61.1	61.7	Increased, 1995-2015	Increased, 1995-2003 No change, 2003-2015	No change
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)																
							40.8	38.4	36.2	39.6	34.5	38.9		Decreased, 2005-2015	Decreased, 2005-2009 No change, 2009-2015	Increased
QN98: Percentage of students who consider themselves to have a disability																
											12.5	9.8	11.5	No linear change	Not available [§]	No change
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem																
											11.4	11.1	13.1	No linear change	Not available	No change
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem																
											13.2	13.4	15.5	Increased, 2011-2015	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)													No linear change	Not available [§]	No change
										40.3	37.1				
QN104: Percentage of students who reported their 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													Decreased, 2011-2015	Not available	No change
										76.5	73.4	70.1			
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma													Increased, 2007-2015	Not available	No change
								9.5	10.8	11.6	12.4	11.4			
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs													No linear change	Not available	Increased
										17.1	10.6	17.0			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)																
												11.4	8.8	No linear change	Not available [§]	No change
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day																
							31.8	32.4	26.4	28.1	27.4	24.3		Decreased, 2005-2015	No quadratic change	No change
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)																
												23.4	21.7	No linear change	Not available	No change
QN110: Percentage of students who strongly agree or agree that they feel good about themselves																
								75.3	76.7	80.0	74.7	71.0		Decreased, 2007-2015	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													No linear change	Not available [§]	No change
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													Decreased, 2007-2015	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
	95.3	91.6			86.3	87.2	86.9	90.6	85.7	87.4	89.5	86.9	Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
	20.4	11.0			12.9	12.8	10.2	10.4	7.8	10.9	7.6	8.0	Decreased, 1993-2015	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	35.4	31.2			26.4	24.1	26.9	25.8	20.2	21.8	19.3	18.4	Decreased, 1993-2015	No quadratic change	No change
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											8.3	6.0	No linear change	Not available‡	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

‡Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											33.6	36.5	No linear change	Not available [§]	No change
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	44.3	36.4			29.1	29.7	35.2	32.4	32.0	32.0	32.1	28.5	Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	21.8	14.4			7.3	8.3	9.5	11.0	7.0	9.5	6.3	5.4	Decreased, 1993-2015	Decreased, 1993-2001 Decreased, 2001-2015	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)															
	5.2	4.5			9.4	6.1	6.4	7.0	5.3	6.8	5.9	6.2	No linear change	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male															
Injury and Violence															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
	13.0	10.1			9.7	8.2	10.0	8.2	8.4	11.1	7.5	5.9	Decreased, 1993-2015	No quadratic change	No change
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															
	46.5	35.2			37.1	38.6	38.9	38.5	38.1	35.6	31.3	24.8	Decreased, 1993-2015	Decreased, 1993-2011 Decreased, 2011-2015	Decreased
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)															
	5.1	3.2			3.7	5.8	6.1	4.8	5.2	4.7	4.7	3.3	No linear change	No quadratic change	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	20.9	16.0			14.4	14.5	15.5	13.1	13.0	14.6	10.9	8.7	Decreased, 1993-2015	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
							8.5	6.4	4.7	6.6	5.1	4.4	Decreased, 2005-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male Injury and Violence													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available [§]	No change
											6.2	7.3			
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change
											5.1	4.4			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	No change
									13.7	18.2	14.1	14.0			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available	No change
										10.6	7.4	7.9			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	No change, 2001-2011 Decreased, 2011-2015	No change
				20.8	22.7	20.7	21.5	21.6	24.0	20.1	17.5				
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1993-2015	No quadratic change	No change
	17.7	15.3			14.3	13.2	12.5	9.2	10.3	13.5	11.6	10.7			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	No quadratic change	No change
						10.8	7.8	8.6	13.6	10.9	10.5				
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													Increased, 2011-2015	Not available [§]	Increased
										6.1	5.5	9.6			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
	34.8	29.8			28.0	26.2	21.0	19.5	15.4	15.3	11.7	10.2	Decreased, 1993-2015	Decreased, 1993-2003 Decreased, 2003-2015	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
	30.4	32.5			28.4	26.3	26.4	22.5	20.6	20.5	18.0	14.9	Decreased, 1993-2015	Decreased, 1993-2005 Decreased, 2005-2015	No change
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
	15.0	16.7			15.2	13.9	13.0	9.2	7.3	9.1	6.6	4.5	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
	11.3	12.3			11.3	10.4	10.1	6.7	5.1	7.1	5.0	3.8	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)															
					54.0	58.4	49.5	52.3	52.5	44.6	54.1	50.3	No linear change	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)															
										19.0	13.6	14.9	No linear change	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male															
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)															
	36.4	30.2			27.8	25.5	25.5	23.5	22.5	22.3	16.4	16.4	Decreased, 1993-2015	No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)															
	47.9	40.9			40.5	41.5	44.4	37.8	37.8	35.5	31.8	27.1	Decreased, 1993-2015	Decreased, 1993-2009 Decreased, 2009-2015	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)															
	30.0	26.6			22.8	25.1	26.0	22.1	21.8	21.7	17.1	13.0	Decreased, 1993-2015	Decreased, 1993-2011 Decreased, 2011-2015	Decreased
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)															
								28.5	33.1	27.8	29.7	27.2	No linear change	Not available [§]	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)															
	34.1	42.0			42.3	46.9	45.1	37.9	43.3	48.3	44.7	41.0	Increased, 1993-2015	Increased, 1993-2001 No change, 2001-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	10.4	9.3			13.5	13.7	12.6	10.6	12.1	12.3	12.3	11.1	No linear change	Increased, 1993-2001 No change, 2001-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	18.9	26.3			23.9	27.9	25.2	20.2	25.5	30.2	26.5	22.8	No linear change	No quadratic change	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)															
	5.3	5.5			7.1	9.0	9.2	7.9	7.4	9.9	7.2	5.1	No linear change	Increased, 1993-2005 Decreased, 2005-2015	Decreased
QN51: Percentage of students who ever used inhalants (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)															
		20.0			13.8	14.0	13.5	13.3	12.1	12.4	7.4	7.3	Decreased, 1995-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)															
	5.7	2.8			6.5	6.4	5.7	5.2	5.3	6.7	1.9	3.9	Decreased, 1993-2015	Increased, 1993-2003 Decreased, 2003-2015	Increased
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									20.6	24.1	17.8	16.5	Decreased, 2009-2015	Not available [§]	No change
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	33.4	35.5			36.8	34.2	31.9	33.4	37.2	35.5	26.5	28.5	Decreased, 1993-2015	No change, 1993-2009 Decreased, 2009-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse												Decreased, 2003-2015	No quadratic change	No change	
						53.7	54.3	54.0	54.2	51.4	49.2	45.8			
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)												Decreased, 2003-2015	No quadratic change	No change	
						13.3	11.2	12.0	10.1	12.0	9.1	7.8			
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)												No linear change	No quadratic change	No change	
						19.5	20.6	18.4	19.2	18.9	18.4	15.8			
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)												Decreased, 2003-2015	No quadratic change	No change	
						36.7	39.1	36.3	37.5	32.9	31.0	33.0			
QN64: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)												No linear change	No change, 2003-2011 Decreased, 2011-2015	No change	
						22.1	27.9	24.3	24.1	33.1	24.1	16.3			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male Sexual Behaviors													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN65: Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)													No linear change	No quadratic change	No change
						68.7	70.7	67.2	65.5	58.4	69.4	65.3			
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)													No linear change	Not available [§]	No change
									10.9	11.4	9.4	10.3			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				15.5	14.8	15.5	17.0	13.8	15.5	14.5	14.6				
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No change, 2001-2011 Increased, 2011-2015	Increased
				16.6	16.6	15.6	15.9	16.7	14.8	15.3	20.2				
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	No quadratic change	No change
	22.9	21.7		24.1	24.5	23.3	21.2	23.0	20.9	23.4	23.3				
QN70: Percentage of students who were trying to lose weight													Increased, 1993-2015	No quadratic change	No change
	24.1	23.7		27.2	28.8	32.3	30.5	29.8	30.1	32.4	33.5				
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2007-2015	Not available [¶]	No change
							22.4	20.3	23.2	25.0	29.0				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male																					
Weight Management and Dietary Behaviors																					
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015									
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													24.2	16.9	17.4	13.4	17.2	Decreased, 2007-2015		Not available [§]	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													12.1	7.0	8.0	7.3	10.4	No linear change		Not available	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													52.5	56.5	56.8	58.9	58.1	Increased, 2007-2015		Not available	No change
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													27.0	27.0	31.0	29.4	25.5	No linear change		Not available	No change
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													16.3	18.7	21.0	19.6	16.9	No linear change		Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
						51.4	48.4	44.2	42.3	48.3			No linear change	Not available [§]	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
						34.6	32.1	35.5	32.6	36.8			No linear change	Not available	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
						62.3	63.0	56.7	58.8	59.4			No linear change	Not available	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
						21.7	18.4	19.5	18.2	22.1			No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male																
Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available [§]	No change	
						9.3		6.7		8.9		6.9	10.5			
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change	
						53.1		60.1		61.2		61.4	58.5			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2007-2015	Not available	No change	
						20.9		21.1		28.6		28.7	26.9			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2007-2015	Not available	No change	
						9.5		8.9		16.0		13.4	13.4			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													Increased, 2007-2015	Not available [§]	No change
								16.8	16.2	18.7	21.5	19.2			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								38.5	36.4	34.5	31.1	29.8			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								29.0	27.4	25.5	22.8	21.6			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								16.9	18.2	17.1	11.8	13.6			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						17.6	15.5	12.5	13.4	12.8	14.0		No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						33.9	36.6	35.9	38.6	37.9	40.2		Increased, 2005-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Male																
Physical Activity																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																
						56.4	54.0	56.7	56.0	58.4	53.1		No linear change	No quadratic change	Decreased	
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)																
						11.7	11.9	10.4	12.5	12.5	13.5		No linear change	No quadratic change	No change	
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)																
						35.1	31.5	33.6	33.6	36.0	33.8		No linear change	No quadratic change	No change	
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)																
						36.8	36.5	37.1	35.7	31.6	31.0		Decreased, 2005-2015	No quadratic change	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male																
Physical Activity																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)																
								23.8	28.2	31.5	38.7	42.2	Increased, 2007-2015	Not available [§]	No change	

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015	
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma																
							21.8	20.1	22.3	22.7	24.9	27.5		Increased, 2005-2015	No quadratic change	No change	
	QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)																
							30.8	26.3	29.1	26.5	28.7	29.3		No linear change	No quadratic change	No change	
	QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)																
							56.9	59.8	62.0	60.6	60.6	63.2	62.0	70.9	Increased, 2001-2015	No quadratic change	Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who reported that there is gang activity in their school													No linear change	Not available [§]	No change
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)													Decreased, 2011-2015	Not available	No change
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
QN93: Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)													No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)															
		33.1			48.7	53.3	55.3	54.9	55.9	51.0	58.9	58.0	Increased, 1995-2015	Increased, 1995-2003 No change, 2003-2015	No change
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)															
						30.1	25.3	26.1	27.0	24.3	29.0		No linear change	No change, 2005-2011 No change, 2011-2015	No change
QN98: Percentage of students who consider themselves to have a disability															
										13.3	9.2	11.6	No linear change	Not available [§]	No change
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem															
										11.6	9.3	11.1	No linear change	Not available	No change
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem															
										12.3	13.0	14.8	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)																
											41.8	34.9	No linear change	Not available [§]	No change	
QN104: Percentage of students who reported their 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																
											72.1	70.0	68.7	No linear change	Not available	No change
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma																
								6.4	9.3	9.9	11.8	11.7	Increased, 2007-2015	Not available	No change	
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs																
											22.0	12.9	18.3	No linear change	Not available	Increased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													No linear change	Not available [§]	No change
											8.5	6.3			
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day													Decreased, 2005-2015	No quadratic change	No change
						34.7	33.2	27.3	28.5	27.4	24.7				
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)													No linear change	Not available	No change
											22.7	25.8			
QN110: Percentage of students who strongly agree or agree that they feel good about themselves													No linear change	Not available	No change
							79.9	82.5	85.4	81.5	82.4				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													No linear change	Not available [§]	No change
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
	96.2	93.4			88.4	84.1	85.9	86.1	82.1	85.9	86.8	82.4	Decreased, 1993-2015	Decreased, 1993-2003 No change, 2003-2015	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
	10.0	5.5			6.0	8.9	6.1	5.2	6.2	5.0	6.6	4.8	Decreased, 1993-2015	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	31.2	26.4			21.5	22.7	23.5	23.6	21.0	20.1	18.4	15.3	Decreased, 1993-2015	No quadratic change	No change
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											3.9	2.5	No linear change	Not available‡	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

‡Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)												No linear change	Not available [§]	No change		
	10.0	8.7			7.5	8.6	7.8	9.8	8.0	9.6	8.5	9.7	33.5	38.4		
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)												No linear change	No quadratic change	No change		
	10.0	8.7			7.5	8.6	7.8	9.8	8.0	9.6	8.5	9.7				
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)												Decreased, 1993-2015	No quadratic change	No change		
	6.2	4.4			2.4	4.3	3.1	2.6	2.5	2.6	2.5	2.3				
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)												No linear change	No quadratic change	No change		
	5.3	5.0			9.1	4.3	4.6	7.0	5.6	6.8	7.3	5.9				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
	6.0	5.8			5.4	6.1	5.2	4.9	5.1	6.7	6.2	3.6	No linear change	No quadratic change	Decreased
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															
	29.2	21.8			20.8	23.2	20.4	21.7	19.6	19.4	16.8	16.2	Decreased, 1993-2015	No quadratic change	No change
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)															
	2.1	2.0			1.9	1.8	1.7	2.4	2.2	2.6	1.2	2.0	No linear change	No quadratic change	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	8.1	8.1			7.0	6.9	7.4	7.6	5.9	6.4	4.2	4.9	Decreased, 1993-2015	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
							11.3	12.3	12.4	12.3	12.8	8.8	No linear change	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available [§]	No change	
								12.2			9.2					
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)													No linear change	Not available	No change	
								14.5			11.1					
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available	Decreased	
							19.2		22.6		24.4		16.8			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available	No change	
								20.7		17.8		16.2				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Decreased, 2001-2007 No change, 2007-2015	No change
	30.5	24.2		21.8	23.0	18.7	15.8	16.1	15.1	21.7	20.5		Decreased, 1993-2015	Decreased, 1993-2009 Increased, 2009-2015	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													Increased, 2005-2015	Decreased, 2005-2009 Increased, 2009-2015	No change
					15.4	11.2	11.3	13.2	15.8	17.3			Increased, 2011-2015	Not available [§]	No change
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)															
									3.8	5.2	8.8		Increased, 2011-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
	24.7	21.0			25.1	21.1	15.6	14.8	9.4	9.3	6.8	7.3	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
	28.0	30.2			27.2	23.3	23.0	22.2	14.9	14.7	11.8	10.9	Decreased, 1993-2015	Decreased, 1993-2007 Decreased, 2007-2015	No change
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
	13.0	14.2			13.8	11.0	9.0	9.3	5.3	4.3	3.3	2.9	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
	8.8	10.7			11.5	7.5	6.9	6.8	3.9	3.4	2.6	2.1	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)															
										2.6	3.2	1.8	No linear change	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)															
	24.3	21.6			21.4	18.9	16.8	15.7	15.7	13.8	12.0	11.4	Decreased, 1993-2015	No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)															
	39.7	38.4			35.9	37.3	40.1	37.6	32.4	33.2	32.4	31.2	Decreased, 1993-2015	No quadratic change	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)															
	16.2	18.3			18.7	16.7	20.2	19.9	15.7	13.6	12.2	14.8	Decreased, 1993-2015	Increased, 1993-2007 Decreased, 2007-2015	No change
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)															
								45.8	41.0	41.1	46.4	46.4	No linear change	Not available [§]	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)															
	24.0	30.5			38.2	38.4	35.1	34.7	31.2	37.5	36.7	40.9	Increased, 1993-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	3.8	2.9			7.4	7.7	5.4	5.9	4.4	6.1	5.2	5.3	No linear change	Increased, 1993-2001 Decreased, 2001-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	10.9	17.2			17.8	20.7	17.5	17.9	14.5	18.0	19.5	21.6	Increased, 1993-2015	No quadratic change	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)															
	3.5	3.9			6.2	7.6	6.6	5.8	3.7	4.2	2.5	3.5	Decreased, 1993-2015	Increased, 1993-2003 Decreased, 2003-2015	No change
QN51: Percentage of students who ever used inhalants (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)															
		18.9			13.5	16.8	10.1	14.2	11.4	9.7	9.3	8.1	Decreased, 1995-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)															
	1.4	1.2			3.5	4.0	2.4	2.4	2.3	1.6	2.1	3.5	No linear change	No quadratic change	No change
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									20.2	16.5	16.4	18.8	No linear change	Not available [§]	No change
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	24.4	24.2			28.8	29.6	23.0	23.5	23.4	24.0	20.6	19.9	Decreased, 1993-2015	Increased, 1993-2001 Decreased, 2001-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													Decreased, 2003-2015	No quadratic change	No change
						51.4	47.6	50.3	48.2	47.1	45.4	41.4			
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 2003-2015	No quadratic change	No change
						6.8	5.0	4.4	5.1	5.3	3.9	2.5			
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)													Decreased, 2003-2015	No quadratic change	No change
						14.6	13.9	13.7	12.2	14.6	11.6	9.1			
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)													Decreased, 2003-2015	No quadratic change	No change
						39.2	35.3	38.5	35.7	36.7	33.2	32.4			
QN64: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													No linear change	No quadratic change	No change
						14.5	19.7	17.4	14.6	18.6	18.2	17.1			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN65: Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)															
						56.0	54.7	56.7	56.0	49.4	52.6	55.5	No linear change	No quadratic change	No change
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)															
									18.1	15.4	13.2	11.0	Decreased, 2009-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				12.8	14.3	15.7	17.0	15.0	16.4	16.0	17.2				
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				9.0	8.1	11.1	9.4	9.9	10.9	9.6	12.5				
QN69: Percentage of students who described themselves as slightly or very overweight													Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
	43.7	34.4			34.4	32.7	36.7	31.6	32.9	33.4	35.8	32.1			
QN70: Percentage of students who were trying to lose weight													Increased, 1993-2015	No quadratic change	No change
	55.2	55.0			58.7	55.9	58.1	59.1	61.8	60.1	59.5	58.3			
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2007-2015	Not available [¶]	No change
								25.9	23.2	27.5	27.6	30.8			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2007-2015	Not available [§]	No change
						17.2	17.9	15.3	11.7	12.7					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	No change
						8.1	7.3	7.4	4.9	7.1					
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2007-2015	Not available	No change
						50.2	53.3	54.1	55.6	58.3					
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						23.9	28.3	29.1	24.8	29.2					
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						15.3	15.9	18.5	16.0	17.1					

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)												No linear change	Not available [§]	No change	
						40.6	38.8	37.6	39.9	35.4					
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)												Increased, 2007-2015	Not available	No change	
						35.1	33.5	37.6	38.4	40.7					
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)												No linear change	Not available	No change	
						63.6	63.8	62.3	63.3	61.7					
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)												No linear change	Not available	No change	
						15.9	16.1	16.0	15.7	14.8					

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available [§]	No change
							6.3	4.5	7.1	6.0	7.1				
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
							58.5	57.9	59.4	61.0	60.0				
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
							21.3	22.5	22.7	23.2	26.3				
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
							9.5	9.3	10.5	11.4	11.7				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2007-2015	Not available [§]	No change	
								19.8	19.6	23.4	21.5	26.8			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								35.2	28.8	26.3	24.8	23.9			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								25.4	19.9	19.1	19.9	16.6			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change	
								14.6	12.6	10.9	12.4	11.2			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						17.6	19.3	12.2	12.5	15.6	13.6		Decreased, 2005-2015	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						31.1	27.3	32.5	35.9	31.4	31.1		No linear change	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						35.7	34.8	36.0	39.1	34.2	33.7				
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						20.0	23.0	20.1	18.4	22.9	21.6				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	No quadratic change	No change
						16.8	17.7	15.2	18.4	15.4	14.8				
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													No linear change	No quadratic change	No change
						36.0	34.1	35.4	33.8	34.5	30.3				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								18.5	19.1	24.2	46.3	42.3	Increased, 2007-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma															
						18.4	20.6	21.3	22.9	23.4	24.5		Increased, 2005-2015	No quadratic change	No change
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)															
						28.3	22.2	28.6	27.0	27.3	20.8		No linear change	No quadratic change	Decreased
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)															
					71.9	73.8	76.9	74.2	72.9	75.8	74.4	79.5	Increased, 2001-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who reported that there is gang activity in their school													No linear change	Not available [§]	No change
						35.8	24.5	25.9							
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)													Decreased, 2011-2015	Not available	No change
						67.8	64.7	59.7							
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
						11.0	12.5	11.8							
QN93: Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)													Decreased, 2011-2015	Not available	No change
						29.0	25.5	19.5							

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)													No linear change	Increased, 1995-2011 No change, 2011-2015	No change
		60.0			67.7	66.1	67.7	67.4	67.5	70.0	63.3	65.4			
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													Decreased, 2005-2015	No quadratic change	No change
						51.6	51.5	45.8	52.2	45.0	48.7				
QN98: Percentage of students who consider themselves to have a disability													No linear change	Not available [§]	No change
										11.6	10.4	11.5			
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem													No linear change	Not available	No change
										11.2	12.9	14.7			
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem													No linear change	Not available	No change
										14.1	13.8	16.2			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)													No linear change	Not available [§]	No change
											39.3	39.1			
QN104: Percentage of students who reported their 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													Decreased, 2011-2015	Not available	Decreased
											80.9	77.5	71.3		
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma													No linear change	Not available	No change
								12.6	12.2	13.4	13.0	11.2			
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs													No linear change	Not available	Increased
											12.0	8.1	15.4		

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													No linear change	Not available [§]	No change
							29.1	31.4	25.4	27.6	27.3	24.1	Decreased, 2005-2015	No quadratic change	No change
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day													No linear change	Not available	No change
													Decreased, 2007-2015	Not available	Decreased
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)													No linear change	Not available	No change
													Decreased, 2007-2015	Not available	Decreased
QN110: Percentage of students who strongly agree or agree that they feel good about themselves													No linear change	Not available	No change
							70.7	71.3	74.7	67.7	59.8		Decreased, 2007-2015	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													No linear change	Not available [§]	No change
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													No linear change	Not available	Decreased

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
	95.1	91.1			86.7	81.8	84.5	85.9	80.8	83.9	84.6	81.2	Decreased, 1993-2015	Decreased, 1993-2003 No change, 2003-2015	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
	13.9	7.7			9.4	10.3	7.2	6.4	6.1	5.7	5.0	2.9	Decreased, 1993-2015	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	32.2	28.8			24.2	21.5	23.7	23.6	20.1	19.9	16.1	14.1	Decreased, 1993-2015	No quadratic change	No change
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											6.2	4.7	No linear change	Not available [¶]	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											37.7	40.2	No linear change	Not available [¶]	No change
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	26.3	23.3			20.2	20.8	23.6	22.7	21.8	24.8	24.8	23.1	No linear change	No quadratic change	No change
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	13.9	9.8			4.8	6.0	5.9	6.3	4.9	6.8	5.0	3.4	Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)															
	5.0	3.9			7.0	3.2	4.1	5.3	3.9	4.6	4.4	3.6	No linear change	No quadratic change	No change

*Non-Hispanic.

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[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
	8.9	6.9			8.2	6.7	6.0	5.2	6.7	7.7	5.8	3.4	Decreased, 1993-2015	No quadratic change	No change
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															
	36.1	26.4			28.1	29.7	27.2	26.9	25.5	24.5	20.8	16.9	Decreased, 1993-2015	Decreased, 1993-2011 Decreased, 2011-2015	No change
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)															
	3.0	2.1			2.9	3.6	3.4	3.2	2.8	2.9	2.4	1.4	No linear change	No change, 1993-2005 Decreased, 2005-2015	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	12.8	10.2			9.2	8.2	10.1	8.8	7.9	7.6	6.1	4.1	Decreased, 1993-2015	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
						7.8	8.1	6.8	7.2	7.6	6.0		No linear change	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)																
											8.3	7.8	No linear change	Not available [¶]	No change	
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)																
											10.6	7.5	No linear change	Not available	No change	
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)																
								19.1	21.4	21.1	19.9		No linear change	Not available	No change	
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)																
											17.1	15.1	15.8	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	No quadratic change	No change
	28.8	30.6	25.1	26.6	26.7	26.3	29.3	26.1							
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1993-2015	Decreased, 1993-2009 No change, 2009-2015	No change
	25.7	21.8		20.1	18.8	15.2	13.2	13.0	14.4	16.7	15.9				
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													Increased, 2005-2015	Decreased, 2005-2009 Increased, 2009-2015	No change
					13.0	9.7	9.4	13.1	13.0	14.5					
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													No linear change	Not available [¶]	No change
								4.5	4.1	5.5					

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
	31.6	28.9			28.8	24.5	17.7	17.3	12.0	11.4	9.2	8.6	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
	33.4	37.5			31.9	28.4	29.0	26.7	21.3	19.0	18.1	14.6	Decreased, 1993-2015	Decreased, 1993-2005 Decreased, 2005-2015	No change
QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
	17.8	20.9			17.5	15.1	14.3	11.5	7.6	7.9	6.8	5.2	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
	12.6	15.7			13.9	11.0	11.0	8.9	5.3	5.9	4.9	4.0	Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)															
					58.0	61.9	51.4	52.4	55.7	45.1	50.6	42.0	Decreased, 2001-2015	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													No linear change	Not available [¶]	No change

*Non-Hispanic.

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[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)															
	28.3	25.2			24.5	20.1	19.6	18.0	15.9	15.6	12.7	12.7	Decreased, 1993-2015	No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)															
	44.3	43.4			42.5	43.6	46.4	43.0	38.8	35.7	32.7	32.9	Decreased, 1993-2015	No change, 1993-2005 Decreased, 2005-2015	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)															
	26.6	26.5			24.6	25.6	27.6	26.4	22.9	19.8	16.4	16.6	Decreased, 1993-2015	No change, 1993-2007 Decreased, 2007-2015	No change
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)															
								38.0	36.5	35.4	40.2	33.3	No linear change	Not available [¶]	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)															
	28.5	36.0			39.3	41.0	39.4	34.5	36.6	39.7	33.9	39.4	No linear change	Increased, 1993-2001 No change, 2001-2015	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	5.7	6.6			10.1	9.4	8.5	7.2	6.5	6.6	6.3	6.3	No linear change	Increased, 1993-2001 Decreased, 2001-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	14.4	21.6			21.0	24.3	21.6	19.1	19.1	21.4	18.2	19.9	No linear change	Increased, 1993-2001 No change, 2001-2015	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)															
	5.1	5.4			8.4	11.2	9.3	8.1	5.9	7.4	5.1	2.9	Decreased, 1993-2015	Increased, 1993-2003 Decreased, 2003-2015	Decreased
QN51: Percentage of students who ever used inhalants (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)															
		21.8			16.5	16.9	13.9	14.8	12.1	11.1	7.7	7.0	Decreased, 1995-2015	No quadratic change	No change

*Non-Hispanic.

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[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)												No linear change	Increased, 1993-2001 Decreased, 2001-2015	No change	
	3.5	1.8			5.3	5.3	3.8	3.9	3.2	3.8	1.6				2.5
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)												Decreased, 2009-2015	Not available [¶]	No change	
									25.1	23.5	19.4				19.5
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)												Decreased, 1993-2015	No change, 1993-2001 Decreased, 2001-2015	No change	
	29.8	33.6			32.6	33.2	27.4	28.7	31.2	27.4	23.7				24.2

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													No linear change	No quadratic change	No change
					44.1	42.2	44.5	43.7	44.0	40.0	40.4				
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													No linear change	No quadratic change	No change
					5.2	3.8	4.1	4.3	4.3	2.7	3.3				
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)													No linear change	No quadratic change	No change
					11.8	10.6	10.8	10.5	11.3	11.3	8.5				
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)													No linear change	No quadratic change	No change
					31.5	32.0	33.6	31.6	31.7	28.5	31.2				
QN64: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													No linear change	No quadratic change	No change
					20.6	24.3	24.2	22.7	25.9	21.2	16.2				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN65: Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)															
					58.8	59.7	61.0	61.8	57.3	61.5	57.5		No linear change	No quadratic change	No change
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)															
								11.1	10.1	8.6	8.2		No linear change	Not available [¶]	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [¶])															
				12.5	14.0	12.4	13.4	11.7	14.2	13.7	18.1		Increased, 2001-2015	No change, 2001-2009 Increased, 2009-2015	Increased
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [¶])															
				11.9	9.8	10.9	10.9	10.5	9.7	8.4	12.4		No linear change	No quadratic change	Increased
QN69: Percentage of students who described themselves as slightly or very overweight															
	34.6	31.3			32.0	30.6	29.9	27.8	26.9	26.2	27.8	27.3	Decreased, 1993-2015	No quadratic change	No change
QN70: Percentage of students who were trying to lose weight															
	41.6	44.5			46.6	44.9	46.0	48.5	48.2	42.3	44.0	44.5	No linear change	Increased, 1993-2007 No change, 2007-2015	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															
								28.5	24.6	28.6	30.5	35.7	Increased, 2007-2015	Not available**	Increased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

**Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2007-2015	Not available [¶]	No change
								19.5	15.1	12.5	11.3	13.7			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	Increased
								10.4	7.6	6.8	6.2	9.6			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2007-2015	Not available	No change
								47.2	53.8	54.5	55.7	57.2			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
								21.5	24.9	27.2	24.0	24.7			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
								11.9	13.5	15.8	14.5	12.4			

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
								41.2	36.8	35.7	35.1	37.0	No linear change	Not available [¶]	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
								28.5	27.8	29.9	30.2	33.7	Increased, 2007-2015	Not available	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
								56.4	57.6	53.7	54.4	56.8	No linear change	Not available	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
								15.3	14.5	13.4	13.4	16.3	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available [¶]	No change
							5.7	3.7	5.2	4.7	6.5				
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
							60.1	63.3	65.0	67.0	62.3				
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2007-2015	Not available	No change
							23.4	23.6	27.6	26.8	28.8				
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2007-2015	Not available	No change
							10.0	8.3	13.3	11.7	12.8				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey

Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2007-2015	Not available [¶]	No change	
								17.8	18.7	20.6	23.4	23.1			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								39.1	35.3	32.0	29.5	29.4			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								28.1	24.1	23.3	21.8	21.0			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								16.3	14.7	14.5	10.5	12.2			

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						14.4	13.7	9.7	10.8	11.7	12.4		No linear change	Decreased, 2005-2009 No change, 2009-2015	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						38.0	36.1	39.4	41.0	38.4	38.3		No linear change	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						48.4	48.4	51.4	53.5	50.3	49.0				
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						13.5	12.9	10.9	13.7	13.6	13.8				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	No quadratic change	No change
						26.3	26.5	27.0	29.7	26.9	27.4				
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													No linear change	No quadratic change	No change
						25.7	23.6	26.4	26.8	24.6	23.0				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								19.5	21.3	24.5	37.4	39.2	Increased, 2007-2015	Not available [¶]	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma															
						16.2	18.6	19.9	22.1	21.3	24.4		Increased, 2005-2015	No quadratic change	No change
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)															
						31.6	25.9	32.0	28.9	31.0	25.0		No linear change	No quadratic change	Decreased
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)															
					71.2	72.8	76.5	74.3	75.6	78.9	72.6	78.4	No linear change	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who reported that there is gang activity in their school													No linear change	Not available [¶]	No change
						36.2	22.9	28.5							
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)													No linear change	Not available	No change
						64.8	60.8	59.4							
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
						12.4	10.8	12.8							
QN93: Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)													Decreased, 2011-2015	Not available	No change
						19.9	14.2	11.4							

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)															
		52.2			62.0	62.8	63.4	67.0	64.1	60.9	63.5	63.6	Increased, 1995-2015	Increased, 1995-2003 No change, 2003-2015	No change
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)															
						43.3	44.6	41.6	40.0	36.9	40.0		Decreased, 2005-2015	No quadratic change	No change
QN98: Percentage of students who consider themselves to have a disability															
										10.5	9.5	14.6	Increased, 2011-2015	Not available [¶]	Increased
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem															
										11.1	10.0	15.5	Increased, 2011-2015	Not available	Increased
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem															
										13.1	15.2	17.5	Increased, 2011-2015	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)																
											38.7	38.5	No linear change	Not available [¶]	No change	
QN104: Percentage of students who reported their 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																
											75.9	73.0	71.0	Decreased, 2011-2015	Not available	No change
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma																
								8.6	9.9	11.7	10.8	9.3	No linear change	Not available	No change	
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs																
											17.0	9.9	16.8	No linear change	Not available	Increased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]						
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015									
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													14.1	10.1	Decreased, 2013-2015	Not available [¶]	Decreased				
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day													30.4	29.9	22.1	27.4	26.2	23.0	Decreased, 2005-2015	No quadratic change	No change
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)													23.9	20.5	No linear change	Not available	No change				
QN110: Percentage of students who strongly agree or agree that they feel good about themselves													73.6	73.8	79.4	71.7	65.9	Decreased, 2007-2015	Not available	Decreased	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													No linear change	Not available [¶]	No change
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													No linear change	Not available	Decreased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Black*
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
	97.2	95.3			89.0	95.5	90.6	94.1	91.7	91.8	96.0	90.3	Decreased, 1993-2015	No quadratic change	Decreased
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
	16.5	8.5			9.7	12.1	9.1	9.3	8.2	8.8	9.9	13.8	No linear change	Decreased, 1993-2009 No change, 2009-2015	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	35.0	26.4			22.9	27.2	28.2	24.9	19.7	18.9	20.2	21.2	Decreased, 1993-2015	No quadratic change	No change
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											4.7	1.7	Decreased, 2013-2015	Not available [¶]	Decreased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Black*

Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available [¶]	No change	
	28.9	29.5														
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													Decreased, 1993-2015	Decreased, 1993-2001 No change, 2001-2015	No change	
	27.3	19.3			13.4	14.6	18.0	17.3	14.5	14.1	12.8	14.7				
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													Decreased, 1993-2015	No quadratic change	No change	
	13.4	7.1			4.4	6.4	7.2	6.5	3.5	4.2	2.4	3.0				
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													No linear change	No quadratic change	No change	
	5.2	6.2			13.2	8.3	8.2	8.3	6.5	7.3	9.0	8.1				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Black*

Injury and Violence

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)															
	10.2	9.8			4.9	7.3	10.9	7.2	5.8	10.3	8.5	7.1	No linear change	No quadratic change	No change
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)															
	41.2	29.7			30.0	33.0	34.8	33.5	32.5	29.3	29.1	28.0	Decreased, 1993-2015	No quadratic change	No change
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)															
	5.3	3.1			1.7	3.5	5.0	3.4	3.8	3.5	3.2	4.5	No linear change	No quadratic change	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	18.1	14.2			12.9	15.7	14.3	11.4	10.3	13.6	9.7	12.4	Decreased, 1993-2015	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
							13.7	9.8	10.7	11.9	10.2	5.1	Decreased, 2005-2015	No quadratic change	Decreased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

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Black*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
											10.7	7.2	No linear change	Not available [¶]	No change
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
											7.8	5.6	No linear change	Not available	No change
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)															
								11.0	15.6	15.5	9.5		No linear change	Not available	Decreased
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)															
										12.0	6.8	7.3	Decreased, 2011-2015	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

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Black*
Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	No quadratic change	No change
				30.3	30.0	28.3	24.8	26.2	30.0	25.1	27.6				
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1993-2015	No quadratic change	No change
	19.7	13.8			13.4	15.7	16.1	8.9	12.0	12.9	13.7	13.9			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	No quadratic change	No change
						12.8	7.7	9.7	13.7	11.1	12.5				
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													Increased, 2011-2015	Not available [¶]	Increased
									4.5	6.1	13.6				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
	24.6	17.3			21.2	20.0	19.8	15.7	11.4	11.1	9.1	9.8	Decreased, 1993-2015	No change, 1993-2005 Decreased, 2005-2015	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
	18.9	18.6			19.2	15.4	17.3	14.8	11.0	12.1	10.5	10.8	Decreased, 1993-2015	No quadratic change	No change
QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
	4.2	4.9			8.4	6.5	5.2	4.3	3.8	3.4	2.2	1.6	Decreased, 1993-2015	Increased, 1993-2001 Decreased, 2001-2015	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
	3.1	3.4			6.4	4.3	4.1	2.0	3.0	3.2	2.0	1.4	Decreased, 1993-2015	Increased, 1993-2001 Decreased, 2001-2015	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)															
										5.2	3.0	4.9	No linear change	Not available [¶]	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)															
	34.1	25.2			24.5	25.2	24.2	20.2	21.8	17.7	15.0	14.9	Decreased, 1993-2015	No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)															
	42.4	31.4			28.7	30.3	35.4	27.2	27.8	28.4	30.6	25.2	Decreased, 1993-2015	No quadratic change	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)															
	14.4	13.4			12.2	10.3	15.1	10.1	10.0	10.4	9.4	9.6	Decreased, 1993-2015	No quadratic change	No change
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)															
											36.8	51.2	No linear change	Not available [¶]	No change
QN47: Percentage of students who ever used marijuana (one or more times during their life)															
	28.7	34.1			42.7	46.9	42.6	38.8	39.0	48.7	52.2	47.4	Increased, 1993-2015	No quadratic change	No change

*Non-Hispanic.

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

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Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	8.3	4.0			10.2	12.7	9.7	8.3	9.7	11.6	12.9	11.6	Increased, 1993-2015	No quadratic change	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	15.0	20.6			20.3	24.6	21.7	19.7	21.4	28.6	31.6	27.9	Increased, 1993-2015	No quadratic change	No change
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)															
	2.0	2.5			2.3	1.9	4.6	1.9	2.8	3.8	2.4	5.7	Increased, 1993-2015	No quadratic change	Increased
QN51: Percentage of students who ever used inhalants (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)															
		13.6			7.6	11.5	7.4	10.0	9.4	8.5	8.5	8.5	Decreased, 1995-2015	No quadratic change	No change

*Non-Hispanic.

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[§]Based on t-test analysis, p < 0.05.

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Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)															
	2.7	2.1			3.4	3.8	3.9	1.7	3.7	2.4	1.9	4.5	No linear change	No quadratic change	Increased
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									12.4	12.0	11.9	15.8	No linear change	Not available [¶]	No change
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	26.5	20.1			33.1	27.1	26.2	26.5	26.0	29.9	21.2	21.2	No linear change	Increased, 1993-2001 Decreased, 2001-2015	No change

*Non-Hispanic.

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													Decreased, 2003-2015	No quadratic change	No change
						72.4	69.0	67.8	64.6	61.1	63.6	54.9			
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 2003-2015	No quadratic change	No change
						21.3	15.9	15.4	11.7	16.6	14.1	8.5			
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)													Decreased, 2003-2015	No quadratic change	No change
						28.8	30.5	26.2	25.4	26.4	23.4	21.2			
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)													Decreased, 2003-2015	No quadratic change	No change
						53.9	49.9	46.9	44.7	41.3	40.8	39.9			
QN64: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													No linear change	No quadratic change	No change
						14.7	22.0	13.4	15.3	22.7	17.4	14.1			

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

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Black*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN65: Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)													No linear change	Decreased, 2003-2011 Increased, 2011-2015	No change
					67.9	66.6	64.2	57.2	52.1	66.9	70.5				
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)													No linear change	Not available [¶]	No change
								20.1	20.7	18.0	17.5				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Black*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [¶])												No linear change	Increased, 2001-2007 Decreased, 2007-2015	Decreased	
				17.6	14.9	21.6	23.8	19.3	19.9	19.7	12.0				
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [¶])												Increased, 2001-2015	No quadratic change	No change	
				15.4	17.6	17.3	14.9	18.5	17.1	19.1	25.6				
QN69: Percentage of students who described themselves as slightly or very overweight												No linear change	No quadratic change	Decreased	
	30.7	22.7		23.8	22.5	28.1	23.5	29.7	26.9	31.9	25.4				
QN70: Percentage of students who were trying to lose weight												Increased, 1993-2015	No quadratic change	No change	
	35.8	30.2		35.6	36.1	41.3	37.1	42.9	46.9	44.1	42.4				
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)												Increased, 2007-2015	Not available**	No change	
						17.7	17.9	19.6	21.9	23.5					

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

**Not enough years of data to calculate.

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2007-2015	Not available [¶]	No change
							24.0	23.4	23.6	17.1	19.5				
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	No change
							9.9	6.2	8.6	6.1	8.3				
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
							57.2	53.9	55.8	59.0	56.0				
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
							31.9	30.3	33.8	32.7	31.1				
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
							21.5	22.7	26.1	23.0	23.2				

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[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
							56.1	58.3	53.0	53.7	55.9		No linear change	Not available [¶]	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
							46.6	40.4	47.9	44.0	47.3		No linear change	Not available	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
							77.4	78.9	75.0	77.4	75.6		No linear change	Not available	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
							23.3	21.8	25.1	22.8	25.8		No linear change	Not available	No change

*Non-Hispanic.

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

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North Carolina High School Survey Trend Analysis Report

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]								
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015											
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													11.2	9.2	13.4	9.1	15.4				No linear change	Not available [¶]	Increased
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													48.3	50.9	49.1	51.5	47.7				No linear change	Not available	No change
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													16.0	15.7	19.7	23.7	20.0				Increased, 2007-2015	Not available	No change
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													7.2	9.3	11.0	13.5	11.5				Increased, 2007-2015	Not available	No change

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available [¶]	No change	
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change	
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change	
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change	

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

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Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						22.2	22.6	15.6	16.1	16.7	18.5		Decreased, 2005-2015	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						22.9	24.5	25.3	29.8	27.9	31.1		Increased, 2005-2015	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

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Black*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						43.7	39.0	39.2	39.4	42.1	39.4				
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						19.4	25.4	23.0	17.4	24.4	24.5				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	No quadratic change	No change
						26.9	22.6	19.7	20.4	24.6	22.7				
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2005-2015	No quadratic change	No change
						57.2	56.5	54.6	49.9	48.3	48.4				

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

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Black*
Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								24.4	26.5	35.5	48.5	49.9	Increased, 2007-2015	Not available [¶]	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
	QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma														
						28.1	23.1	24.8	25.8	31.2	29.4		No linear change	No quadratic change	No change
	QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)														
						24.1	19.4	23.6	24.3	21.4	20.7		No linear change	No quadratic change	No change
	QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)														
					48.9	55.1	58.3	56.4	55.3	57.8	62.5	68.2	Increased, 2001-2015	No quadratic change	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

**Black*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who reported that there is gang activity in their school													No linear change	Not available [¶]	No change
						48.8					33.4	38.3			
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)													Decreased, 2011-2015	Not available	Decreased
						56.2					53.4	43.6			
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
						12.1					9.5	10.5			
QN93: Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)													No linear change	Not available	No change
						16.7					16.5	13.8			

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)															
		34.7			50.0	53.8	56.9	50.1	58.0	59.8	52.4	56.7	Increased, 1995-2015	Increased, 1995-2003 No change, 2003-2015	No change
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)															
						34.5	26.5	26.2		37.0	27.5	32.9	No linear change	No quadratic change	No change
QN98: Percentage of students who consider themselves to have a disability															
										15.1	10.9	8.6	Decreased, 2011-2015	Not available [¶]	No change
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem															
										9.9	14.0	10.5	No linear change	Not available	No change
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem															
										12.3	11.5	14.2	No linear change	Not available	No change

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)															
											45.4	33.5	Decreased, 2013-2015	Not available [¶]	Decreased
QN104: Percentage of students who reported their 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															
										82.0	78.7	72.0	Decreased, 2011-2015	Not available	No change
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma															
								11.7	12.5	13.5	17.2	15.8	No linear change	Not available	No change
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs															
										14.3	10.2	18.0	No linear change	Not available	Increased

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													No linear change	Not available [¶]	No change
							7.2	7.3							
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day													Decreased, 2005-2015	No quadratic change	No change
						36.1	36.6	34.8	30.7	30.9	30.0				
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)													No linear change	Not available	No change
							24.2	23.6							
QN110: Percentage of students who strongly agree or agree that they feel good about themselves													No linear change	Not available	No change
						80.2	82.5	83.8	83.1	81.4					

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Black*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													Increased, 2009-2015	Not available [¶]	No change
									50.9	57.9	58.9	57.0			
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													No linear change	Not available	Decreased
									64.5	64.0	69.3	65.2	56.3		

*Non-Hispanic.

[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Hispanic/Latino
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN8: Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)															
						83.2	94.6	88.7	94.2	91.4	93.2		No linear change	No quadratic change	No change
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
					10.8	12.6	11.6	12.1	5.8	12.6	11.4	6.0	No linear change	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
					34.8	27.7	27.0	28.4	26.2	26.6	30.6	17.4	Decreased, 2001-2015	No quadratic change	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											9.0	4.6	No linear change	Not available‡	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

‡Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											27.1	39.5	Increased, 2013-2015	Not available [§]	No change
QN13: Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
					20.6	12.7	14.6	19.7	20.9	15.6	18.0	15.0	No linear change	No quadratic change	No change
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
					8.1	5.5	5.0	8.5	6.0	5.9	6.7	7.8	No linear change	No quadratic change	No change
QN16: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)															
					18.7	7.8	8.1	11.3	11.6	11.0	9.3	11.2	No linear change	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN17: Percentage of students who were threatened or injured with a weapon on school property (such as a gun, knife, or club one or more times during the 12 months before the survey)													No linear change	No quadratic change	No change
				15.0	6.9	6.5	13.7	10.2	11.3	7.3	5.3				
QN18: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)													Decreased, 2001-2015	No change, 2001-2011 Decreased, 2011-2015	No change
				32.8	31.8	33.3	36.2	33.1	31.9	28.8	19.3				
QN19: Percentage of students who were injured in a physical fight (one or more times during the 12 months before the survey; injuries had to be treated by a doctor or nurse)													No linear change	No quadratic change	No change
				6.2	4.0	4.5	6.6	4.7	6.0	5.0	3.7				
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)													No linear change	No quadratic change	No change
				15.6	13.6	11.5	13.7	12.6	13.6	10.6	7.1				
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													No linear change	No quadratic change	No change
						8.8	8.9	13.8	12.5	11.9	11.5				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)																
											12.9	12.3	No linear change	Not available [§]	No change	
QN23: Percentage of students who experienced sexual dating violence (one or more times during the 12 months before the survey, including kissing, touching, or being physically forced to have sexual intercourse when they did not want to by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)																
											11.8	12.6	No linear change	Not available	No change	
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)																
								18.1	20.0	17.0	10.9		Decreased, 2009-2015	Not available	No change	
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)																
											12.9	11.0	8.7	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	No quadratic change	Decreased
				27.5	34.0	31.9	32.3	32.7	29.2	38.1	27.4				
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													No linear change	No quadratic change	No change
				17.4	21.4	15.9	17.0	13.2	14.6	19.6	17.4				
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	No quadratic change	No change
						14.3	9.0	10.4	11.9	17.7	16.9				
QN30: Percentage of students who attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)													No linear change	Not available [§]	Increased
										8.7	8.0	14.0			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
					34.3	28.5	13.4	23.0	18.2	14.6	11.2	6.8	Decreased, 2001-2015	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
					26.5	23.3	17.4	20.2	18.7	21.1	11.2	14.9	Decreased, 2001-2015	No quadratic change	No change
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
					11.2	6.3	5.4	11.4	5.0	6.7	3.2	2.9	Decreased, 2001-2015	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
					9.4	4.7	4.0	8.0	3.9	5.4	2.7	2.9	No linear change	No quadratic change	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)															
										9.4	4.3	7.4	No linear change	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													No linear change	Increased, 2001-2009 Decreased, 2009-2015	No change
					23.4	19.4	19.1	31.7	28.2	26.6	18.4	15.6			
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 2001-2015	No change, 2001-2011 Decreased, 2011-2015	No change
					35.8	33.0	34.9	38.7	36.2	41.1	30.6	24.2			
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													No linear change	No change, 2001-2011 Decreased, 2011-2015	No change
					19.1	19.9	19.1	23.9	17.5	24.5	18.5	12.6			
QN47: Percentage of students who ever used marijuana (one or more times during their life)													No linear change	No quadratic change	No change
					44.0	29.6	31.2	36.3	36.6	39.6	42.6	36.6			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)													No linear change	No quadratic change	No change
					15.2	10.0	6.8	12.5	9.4	10.1	12.2	9.5			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													Increased, 2001-2015	No quadratic change	No change
				20.2	15.1	14.5	14.5	17.7	23.1	23.7	22.4				
QN50: Percentage of students who ever used cocaine (any form of cocaine, such as powder, crack, or freebase, one or more times during their life)													No linear change	Increased, 2001-2011 Decreased, 2011-2015	No change
				10.6	7.9	7.8	15.6	11.2	15.2	10.0	7.0				
QN51: Percentage of students who ever used inhalants (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)													No linear change	No change, 2001-2011 Decreased, 2011-2015	No change
				16.0	9.2	10.5	17.3	13.4	15.2	8.6	8.3				
QN56: Percentage of students who ever took steroids without a doctor's prescription (pills or shots, one or more times during their life)													No linear change	No quadratic change	No change
				12.8	7.7	5.7	6.6	4.4	8.4	3.2	7.4				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available‡	No change
					41.5	32.1	28.9	32.5	44.0	39.2	28.7	32.4	No linear change	No quadratic change	No change
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

‡Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse															
						50.2	51.1	51.2	55.4	44.4	46.5	36.7	Decreased, 2003-2015	No quadratic change	No change
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)															
						9.4	10.9	11.6	11.2	9.6	6.8	5.4	Decreased, 2003-2015	No quadratic change	No change
QN62: Percentage of students who had sexual intercourse with four or more persons (during their life)															
						18.6	16.9	16.9	13.7	20.2	14.1	11.5	No linear change	No quadratic change	No change
QN63: Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)															
						32.4	29.6	29.3	38.2	32.1	33.6	26.6	No linear change	No quadratic change	No change
QN85: Percentage of students who were ever tested for HIV (not including tests done when donating blood)															
									24.8	15.7	11.0	7.8	Decreased, 2009-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				14.4	25.4	15.5	19.7	15.0	15.9	15.3	17.0				
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				9.1	12.7	18.3	16.5	12.6	16.5	13.6	14.9				
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	No quadratic change	No change
				24.7	31.4	38.0	27.0	31.6	30.4	30.9	33.4				
QN70: Percentage of students who were trying to lose weight													Increased, 2001-2015	No quadratic change	No change
				33.4	48.3	54.3	49.1	49.3	49.9	59.0	58.9				
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													No linear change	Not available [¶]	No change
							19.9	14.5	20.0	17.7	22.8				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

¶Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available [§]	No change
						16.7	12.8	14.9	10.4	12.9					
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	No change
						8.8	5.4	7.2	5.0	8.9					
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						56.1	67.9	60.9	58.8	62.5					
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						31.3	40.0	32.3	27.6	31.7					
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						22.8	28.7	23.8	21.4	23.4					

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
						47.9	41.2	39.7	45.9	40.2			No linear change	Not available [§]	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
						37.7	36.6	39.9	40.5	41.7			No linear change	Not available	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
						52.5	59.7	50.7	57.4	52.9			No linear change	Not available	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
						23.8	23.1	20.1	24.7	18.7			No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available [§]	No change
						12.0	7.4	8.2	11.5	7.2					
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						52.5	53.3	61.3	52.4	61.3					
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						22.8	24.5	28.3	21.7	26.3					
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Not available	No change
						13.0	8.8	15.2	11.9	10.0					

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015												
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available [§]	No change										
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												16.4	17.3	23.0	21.2	23.9								
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change										
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												30.1	24.7	27.8	16.0	17.1								
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change										
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												18.2	17.6	18.1	12.3	9.4								
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change										
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												8.0	9.5	11.5	8.7	5.7								

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
						23.3	22.7	15.7	15.0	17.7	12.3		Decreased, 2005-2015	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
						23.8	28.6	36.0	34.1	33.6	32.4		No linear change	Increased, 2005-2009 No change, 2009-2015	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Hispanic/Latino
Physical Activity**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Increased, 2005-2011 Decreased, 2011-2015	No change
						35.3	34.5	36.2	44.5	39.3	35.2				
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	No quadratic change	No change
						20.7	20.5	17.7	16.5	22.0	20.8				
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	No quadratic change	No change
						18.7	16.8	20.8	23.0	21.7	18.6				
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 2005-2015	No change, 2005-2011 Decreased, 2011-2015	Decreased
						38.5	39.3	37.3	36.1	35.2	25.1				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								20.0	21.3	25.4	46.4	42.4	Increased, 2007-2015	Not available [§]	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN87: Percentage of students who had ever been told by a doctor or nurse that they had asthma													No linear change	No quadratic change	Decreased
						16.3	14.4	23.5	19.1	26.1	18.1				
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)													No linear change	No quadratic change	No change
						35.6	32.8	33.3	23.1	31.0	32.8				
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)													Increased, 2001-2015	No change, 2001-2011 Increased, 2011-2015	Increased
					56.9	61.3	57.4	63.4	58.4	58.4	58.0	74.2			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who reported that there is gang activity in their school															
						42.6	24.8	26.1					Decreased, 2011-2015	Not available [§]	No change
QN91: Percentage of students who have seen other students being bullied in their school (during the 12 months before the survey)															
						66.7	60.4	45.9					Decreased, 2011-2015	Not available	Decreased
QN92: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)															
						13.3	12.4	7.3					Decreased, 2011-2015	Not available	No change
QN94: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)															
				47.3	56.0	64.3	60.5	64.9	56.3	66.2	66.8		Increased, 2001-2015	No quadratic change	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Hispanic/Latino
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN95: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													No linear change	Decreased, 2005-2009 No change, 2009-2015	No change
						48.8	43.2	37.6	39.9	39.0	45.8				
QN98: Percentage of students who consider themselves to have a disability													Decreased, 2011-2015	Not available [§]	No change
										17.3	8.3	6.1			
QN99: Percentage of students who are limited in any way in any activities because of a disability or health problem													Decreased, 2011-2015	Not available	No change
										15.7	10.4	7.2			
QN100: Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem													No linear change	Not available	No change
										13.8	12.0	11.0			

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Hispanic/Latino
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN103: Percentage 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 (among students who have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention)																
											36.3	40.1	No linear change	Not available [§]	No change	
QN104: Percentage of students who reported their 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																
											74.5	66.9	63.6	Decreased, 2011-2015	Not available	No change
QN105: Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma																
								3.9	10.0	7.2	10.1	8.5	No linear change	Not available	No change	
QN106: Percentage of students who have ever gotten into trouble with their family or friends, missed school, or gotten into fights, while using alcohol or drugs																
											19.1	13.1	17.9	No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN107: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													No linear change	Not available [§]	No change
											9.2	4.4			
QN108: Percentage of students who are alone without a parent or adult three or more hours per day on an average school day													No linear change	No quadratic change	No change
						23.6	35.9	25.2	22.0	28.0	21.7				
QN109: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)													No linear change	Not available	No change
											22.9	20.1			
QN110: Percentage of students who strongly agree or agree that they feel good about themselves													No linear change	Not available	No change
							67.5	79.5	78.8	71.6	69.8				

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
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Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN111: Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement													No linear change	Not available [§]	No change
QN112: Percentage of students who disagree or strongly disagree that they feel alone in their life													No linear change	Not available	No change

*Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.