

# Youth Risk Behavior

HIGH SCHOOL  
2003 SURVEY RESULTS

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## ***Executive Summary***

The 2003 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and is intended to assess health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and/or high school level by individual states in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide indicators for improving school health education policies and programs (CDC, 2003).

The 2003 North Carolina High School YRBS consisted of 93 items addressing demographics and topics such as personal safety, violence-related behavior, tobacco use, alcohol use, other drug use, health education experiences, physical health, nutrition, physical activity, psychological health, perceived safety of the school environment and sexual behavior. A random sample of 2,553 high school students drawn from 51 schools across the state participated in the 2003 YRBS. Their responses to the survey items are used to examine the current prevalence of health risk behaviors among North Carolina high school students. In addition, since some of the survey items have remained unchanged since the survey was first administered in 1993, the YRBS also provides information on trends of some behaviors over time.

Overall, results from the 2003 North Carolina High School YRBS indicate that the majority of the changes in health risk behaviors between 1993 and 2003 were positive in nature, particularly with respect to:

- motor vehicle safety;
- feeling safe at school;
- having possessions damaged or stolen at school;
- fighting;
- current tobacco use and attempting to quit smoking;
- alcohol use;
- marijuana use at school;
- cocaine use;
- steroid use;
- use of hallucinogens;
- learning more about AIDS and HIV;
- exercising to lose weight;
- attending physical education class;
- having adult supervision at home after school;
- receiving poor grades;
- using alcohol or drugs prior to sexual activity.

The prevalence of some health risk behaviors measured by the YRBS remain high, however. In particular, a large percentage of North Carolina high school students begin smoking cigarettes at an early age, use inhalants, do not consume appropriate amounts of fruits, vegetables and milk, and do not engage in at least moderate physical exercise.

Compared to national indicators, results for North Carolina high school students were mixed. North Carolina students were less likely than students nationally to engage in various risk behaviors related to motor vehicle safety, alcohol, cocaine and steroids use, and fighting. However, they were more likely than students nationwide to try cigarettes at an early age, were less likely to consume fruits, vegetables and milk on a regular basis, were more likely to have sexual intercourse at an early age, and were more likely to become pregnant or get someone pregnant. On many other measures of health risk behaviors, North Carolina high school students did not differ from students nationally.

There were also gender, grade level, and ethnic disparities in North Carolina on several indicators. For example, males were more likely than females to report engaging in violent behavior, engaging in unsafe motor vehicle behaviors, abusing alcohol and most other drugs and using them at an earlier age, and engaging in sexual activity. Females were more likely than males to report undesirable weight control behaviors and psychological distress. Males were more likely to be overweight, but females were more likely to see themselves as being overweight. Males were also more likely than females to report engaging in physical activity.

In general, students in higher grade levels were more likely to report drinking alcohol, smoking marijuana, drinking and driving, and engaging in sexual activity. Students in lower grade levels were more likely to report being involved in violence, but were also more likely to report engaging in physical activity. Several differences between ethnic groups were also evident. For example, Black students were generally less likely than students of other races and ethnicities to report abusing tobacco, alcohol and most other drugs; however, they were more likely to engage in sexual activity but were also less likely to eat healthier foods, and engage in physical activity. Hispanic students were less likely to have parents with at least a high school diploma.

The results of the 2003 North Carolina High School YRBS, as well as the results of future YRBS administrations, will help North Carolina health professionals, educators, and policymakers to focus and intensify their efforts to reduce health risk behaviors among North Carolina high school students.

## ***Positive Trends***

**Between 1993 and 2003 there was a decrease among North Carolina high school students on each of the following indicators:**

- Not wearing a bicycle helmet (Figure 2);
- Riding in a car with a drinking driver (Figure 4);
- Drinking while driving (Figure 5)
- Not going to school because they felt unsafe (Figure 8);
- Being threatened or injured with a weapon at school (Figure 9);
- Having their possessions damaged or stolen at school (Figure 10);
- The extent of smoking in the last month (Figure 17);
- Current smokers not trying to quit (Figure 18);
- Drinking alcohol for the first time prior to age 13 (Figure 19);
- Current alcohol consumption (Figure 20);
- Binge drinking (Figure 21);
- Drinking at school (Figure 22);
- Using marijuana at school (Figure 26);
- Current cocaine use (Figure 28);
- Use of hallucinogens (Figure 29)\*;
- Steroid use (Figure 33);
- Injecting an illegal substance (Figure 35);
- Not learning about AIDS and HIV (Figure 37);
- Not attending physical education daily (Figure 63);
- Not having an adult at home when they return from school (Figure 78)\*;
- Students receiving poor grades (Figure 82);
- Alcohol or drug use before intercourse (Figure 88).

\*Data available for 2001 and 2003 only

## ***Negative Trends***

**Between 1993 and 2003, there was an increase among North Carolina high school students on each of the following indicators:**

- The 'at least one time' use of cocaine among older high school students (Figure 27);
- Non daily consumption of fruits and vegetables (Figure 56);
- Non daily consumption of milk (Figure 57).

## ***National Comparisons***

**Compared to data from the National YRBS, North Carolina high school students in 2003 were significantly more likely to:**

- Wear a helmet when riding a bicycle (Figure 2);
- Wear a seatbelt when riding in a car driven by someone else (Figure 3);
- Smoke cigarettes for the first time prior to age 13 (Figure 14);
- Use inhalants during their life (Figure 32);
- Learn about AIDS and HIV in school (Figure 37);
- Attend physical education class daily (Figure 63);
- Have had sexual intercourse before age 13 (Figure 84);
- Have been pregnant or gotten someone else pregnant (Figure 91).

**However, North Carolina high school students in 2003 were significantly less likely to:**

- Ride in a car driven by a drinking driver (Figure 4);
- Drive under the influence of alcohol (Figure 5);
- Be threatened or injured with a weapon on school property (Figure 9);
- Have possessions stolen or damaged on school property (Figure 10);
- Be in a physical fight on school property (Figure 13);
- Drink alcohol for the first time prior to age 13 (Figure 19);
- Drink alcohol in the past 30 days (Figure 20);
- Engage in binge drinking (Figure 21);
- Drink alcohol on school property (Figure 22);
- Use marijuana on school property (Figure 26);
- Currently use cocaine (Figure 28);
- Use steroids (Figure 33);
- Inject an illegal substance (Figure 35);
- Drink fruit juice (Figure 50);
- Eat fruit (Figure 51);
- Eat five or more servings of fruit or vegetables in the past week (Figure 56);
- Drink three or more glasses of milk per day (Figure 57);
- Participate in strenuous physical activity for 20 minutes and moderate physical activity for 20 minutes on five or more of the past seven days (Figures 60 and 61);
- Attend physical education class one or more days per week (Figure 62);
- Drink alcohol or use drugs before intercourse (Figure 88).

## ***Gender Disparities***

**In 2003, males in North Carolina high schools were more likely than females to report:**

- Not wearing a helmet while riding a bicycle or motorcycle (Figure 2);
- Not wearing a seatbelt when riding in a car driven by someone else (Figure 3);
- Driving under the influence of alcohol (Figure 5);
- Carrying a weapon (Figure 6);
- Carrying a weapon at school (Figure 7);
- Being threatened or injured with a weapon at school (Figure 9);
- Being in a fight (Figure 11);
- Being in a fight requiring medical attention (Figure 12);
- Being in a fight at school (Figure 13);
- Smoking, drinking and using marijuana for the first time prior to age 13 (Figures 14,19, & 24);
- Binge drinking (Figure 21);
- Current marijuana use and extent of use (Figures 23 & 25);
- Smoking marijuana at school (Figure 26);
- Hallucinogen use (Figure 29);
- Using steroids (Figure 33);
- Injecting illegal substances (Figure 35);
- Being offered, sold or given an illegal drug at school (Figure 36);
- Being overweight based on Body Mass Index (Figure 40);
- Daily fruit and vegetable consumption (Figure 56);
- Drinking three or more glasses of milk per day (Figure 57);
- Participating in strenuous and moderate physical activity (Figures 58-61);
- Attending physical education classes (Figure 62 & 63);
- Exercising or playing sports during physical education classes for more than 20 minutes (Figure 64);
- Receiving grades of “D” or below in school (Figure 82);
- Having had sexual intercourse (Figure 83);
- Having had sexual intercourse before age 13 (Figure 84);
- Having had multiple sexual partners (Figure 86);
- Not having sexual intercourse in the last 3 months (Figure 87);
- Using alcohol or drugs before sexual intercourse (Figure 88);
- Using a condom (Figure 89);
- Having some trouble learning, remembering, or concentrating because of any impairment or health problems (Figure 93).

**In 2003, females in North Carolina high schools were more likely than males to report:**

- They had quit smoking (figure 18);
- Using inhalants (Figure 32);
- Feeling overweight (Figure 41);
- Trying to lose weight (Figure 42);
- Exercising to lose weight or keep from gaining weight (Figure 43);
- Vomiting or taking laxatives to lose weight (Figure 44);



- Fasting to lose weight (Figure 45);
- Taking diet pills or products to lose weight or keep from gaining weight (Figure 46);
- Seeing a dentist (Figure 48);
- Eating green salad (Figure 52);
- Eating vegetables (Figure 53-56);
- Feeling stress (Figure 67);
- Considering suicide (Figure 68);
- Feeling sad or hopeless (Figure 69);
- Feeling alone (Figure 72);
- That harassment, bullying, drugs, and violence are problems at school (Figures 73, 75, & 76);
- Planning to go to college (Figure 77);
- Performing community service (Figure 80);
- Having sexual intercourse with one or people in last 3 months (Figure 86);
- Using birth control pills (Figure 90);
- Having been pregnant (Figure 91).

## ***Grade Level Disparities***

**In 2003, North Carolina high school students in higher grades were more likely than students in lower grades to report:**

- Not wearing a helmet when riding a bicycle (Figure 2);
- Driving under the influence of alcohol (Figure 5);
- Current smoking and extent of smoking (Figures 15 & 16);
- Smoking on school property (Figure 17);
- Current alcohol use (Figure 20);
- Binge drinking (Figure 21);
- Using marijuana (Figures 23 & 25);
- Cocaine use (Figures 27 & 28);
- Hallucinogen use (Figure 29);
- Ecstasy use (Figure 30);
- Methamphetamine use (Figure 34);
- Trying to lose weight (Figure 42);
- Taking pills, powders, and liquids for weight loss (Figure 46);
- Higher daily consumption of fruits and vegetables (Figure 56);
- Not participating in strenuous or moderate physical activity (Figure 60);
- Teachers caring about them (Figure 74);
- Planning to pursue post secondary education (Figure 77);
- That an adult is never present when they get home from school (Figure 78);
- Performing community service (Figure 80);
- Having had sexual intercourse (Figure 83);
- Sexual intercourse with multiple partners (Figure 85);
- Having had sexual intercourse within the last three months (Figure 86);
- Using of birth control pills (Figure 90);
- Being pregnant or getting someone pregnant (Figure 91).

**In 2003, North Carolina high school students in lower grades were more likely than students in higher grades to report:**

- Being in a fight at school (Figure 13);
- Drinking for the first time prior to age 13 (Figure 19);
- Using inhalants (Figure 32);
- Being overweight (Figure 40);
- Exercising to lose weight (Figure 43);
- Fasting to lose weight (Figure 45);
- Physical exam (Figure 47);
- Drinking milk daily (Figure 57);
- Participating in strenuous physical activity (Figures 58 & 60);
- Attending physical education classes (Figure 63);
- Exercising during physical education classes for at least 20 minutes (Figure 64);
- Harassment and bullying, drugs, and violence as school problems (Figures 73, 75, & 76);
- Sexual intercourse prior to age 13 (Figure 84);
- Had sexual intercourse but not in the last three months (Figure 87);
- Used a condom during last sexual intercourse (figure 89).

## ***Ethnic Disparities***

**In 2003, White students were more likely than Black students to report:**

- Driving under the influence of alcohol (Figure 5);
- Carrying a weapon (Figure 6);
- First smoking a cigarette prior to age 13 (Figure 14);
- Smoking cigarettes (Figure 15);
- Smoking two or more cigarettes on the days they did smoke (Figure 16);
- Smoking cigarettes at school (Figure 17);
- Drinking alcohol (Figure 20);
- Binge drinking (Figure 21);
- Ever using cocaine (Figure 27);
- Using cocaine in the past month (Figure 28);
- Using hallucinogens (Figure 29);
- Using ecstasy (Figure 30);
- Using inhalants (Figure 32);
- Using methamphetamines (Figure 34);
- Being offered, sold, or given illegal drugs at school (Figure 36);
- Feeling overweight (Figure 41);
- Trying to lose weight (Figure 42);
- Exercising to lose weight or keep from gaining weight (Figure 43);
- Taking pills, powders or liquids for weight loss (Figure 46);
- Seeing a dentist (Figure 48);
- Good or better quality of health (Figure 49);
- Eating fruit (Figure 51);

- Eating green salad (Figure 52);
- Eating potatoes (Figure 53);
- Eating carrots (Figure 54);
- Eating other vegetables (Figure 55);
- Drinking three or more glasses of milk per day (Figure 57);
- Participating in moderate and/or strenuous physical activity (Figures 58 & 59);
- Feeling stress (Figure 67);
- Seriously considering suicide (Figure 68);
- Quality of life is good or better (Figure 70);
- That harassment and bullying is a problem at school (Figure 73);
- Teachers care (Figure 74);
- Drugs are a school problem (Figure 75);
- No adult home after school (Figure 78);
- Participating in volunteer service activities (Figure 79);
- Had sexual intercourse but not in the last three months (Figure 87)
- Alcohol or drug prior to sexual intercourse (Figure 88);
- Using birth control pills (Figure 90).

**In 2003, Black students were more likely than White students to report:**

- Not wearing a bicycle helmet (Figure 2);
- Riding in a car with a drinking driver (Figure 4);
- Not going to school because of safety concerns (Figure 8);
- A physical fight (Figure 11);
- A physical fight at school (Figure 13);
- Drinking alcohol prior to age 13 (Figure 19);
- Using marijuana (Figure 23);
- Using marijuana prior to age 13 (Figure 24);
- Being Overweight based on BMI (Figure 40);
- Drinking fruit juice (Figure 50);
- Eating daily servings of fruits and vegetables (Figure 56);
- Not participating in strenuous or moderate physical activity (Figures 60& 61);
- Attending physical education class (Figures 62 & 63);
- Exercising or playing sports during physical education class for more than 20 minutes (Figure 64);
- Walking to school (Figure 65);
- Feeling good about themselves (Figure 71);
- Violence as a school problem (Figure 76);
- Poor grades (Figure 82);
- Having sexual intercourse (Figure 83);
- Having sexual intercourse prior to age 13 (Figure 84);
- Having sexual intercourse with multiple partners (Figure 85);
- Having sexual intercourse in the last three months (Figure 86);
- Using a condom (Figure 89);
- Having been pregnant or gotten someone pregnant (Figure 91).

**In 2003, White students were more likely than Hispanic students to report:**

- Not wearing a seatbelt (Figure 3);
- Carrying a weapon (Figure 6);
- Smoking in the last 30 days (Figure 15);
- Smoking two or more cigarettes in the last 30 days (Figure 16);
- Smoking at school (Figure 17);
- Using alcohol in the last 30 days (Figure 20);
- Binge drinking (Figure 21);
- Using marijuana (Figure 23);
- Marijuana use in the last 30 days (Figure 25);
- Used cocaine (Figure 27);
- Using hallucinogens (Figure 29);
- Using ecstasy (Figure 30);
- Using inhalants (Figure 32);
- Using methamphetamines (Figure 34);
- Being taught about HIV/AIDS in school (Figure 37);
- Being taught about STD's (Figure 38);
- Trying to lose weight (Figure 42);
- Exercising to lose weight or keep from gaining weight (Figure 43);
- Taking pills, powders, liquids for weight control (Figure 46);
- Seeing a doctor (Figure 47);
- Seeing a dentist (Figure 48);
- Eating green salad (Figure 52);
- Eating potatoes (Figure 53);
- Eating carrots (Figure 54);
- Eating vegetables (Figure 55);
- Drinking milk (Figure 57);
- Participating in strenuous or moderate physical activity (Figure 58 & 59);
- Attendance in physical education class (Figures 62 & 63);
- Feeling stress (Figure 67);
- Their quality of life as good or better (Figure 70);
- Drugs are a problem at school (Figure 75);
- Planning post secondary education (Figure 77);
- Participation in extracurricular activities (79);
- Participating in community service (Figure 80).

**In 2003, Hispanic students were more likely than White students to report:**

- Not wearing a seatbelt (Figure 3);
- Riding with a drinking driver (Figure 4);
- Not going to school because of safety concerns (Figure 8);
- Fighting at school (Figure 13);
- Smoking prior to age 13 (Figure 14);
- Injecting an illegal substance (Figure 35);
- Being at risk of being overweight (Figure 39);
- Being overweight based on BMI (Figure 40);
- Trying to lose weight (Figure 42);

- Vomiting or taking laxatives to lose weight (Figure 44);
- Fasting to lose weight (Figure 45);
- Daily consumption of fruits and vegetables (Figure 56);
- Not participating in strenuous or moderate exercise (Figure 60 & 61);
- Walking to school (Figure 65);
- Feeling sad or hopeless (Figure 69);
- Harassment or bullying at school (Figure 73);
- That their parent(s) had not graduated from high school (Figure 81);
- Having sexual intercourse (Figure 83);
- Having sexual intercourse prior to age 13 (Figure 84);
- Having sexual intercourse with multiple partners (Figure 85);
- Being pregnant or gotten someone pregnant (Figure 91).

**In 2003, White students were more likely than Multi-racial students to report:**

- Not wearing a seatbelt (Figure 3);
- Smoking two or more cigarettes daily (Figure 16);
- Smoking at school (Figure 17);
- Using hallucinogens (Figure 29);
- Using methamphetamines (Figure 34);
- Trying to lose weight (Figure 42);
- Going to a dentist (Figure 48);
- Eating vegetables other than salad, potatoes, carrots (Figure 55);
- Non-participation in strenuous or moderate exercise (Figure 60);
- Attendance in physical education class (Figure 62);
- Their quality of life good or better (Figure 70);
- The pursuit of post secondary education (Figure 77);
- Participating community service (Figure 80).

**In 2003, Multi-racial students were more likely than White students to report:**

- Carrying a weapon (Figure 6);
- Feeling unsafe at school (Figure 8);
- Being threatened or injured with a weapon at school (Figure 9);
- Having their possessions damaged or stolen at school (Figure 10);
- Being in a fight (Figure 11);
- Being injured in a fight requiring medical attention (Figure 12);
- Being in a fight at school (Figure 13);
- Drinking alcohol prior to age 13 (Figure 19);
- Trying marijuana prior to age 13 (Figure 24);
- Using inhalants (Figure 32);
- Using steroids (Figure 33);
- Being offered, selling, or given an illegal substance at school (Figure 36);
- Being at risk of being overweight (Figure 39);
- Being overweight based on BMI (Figure 40);
- Fasting to lose weight (Figure 45);
- Eating carrots (Figure 54);

- The daily consumption of fruits and vegetables (Figure 56);
- The daily consumption of milk (Figure 57);
- Participating in moderate to strenuous physical activity (Figure 58, 59 & 61);
- Daily attendance in physical education class (Figure 63);
- Riding a bicycle to school (Figure 66);
- Seriously thinking about suicide (Figure 68);
- Feeling good about themselves (Figure 71);
- That drugs are a school problem (Figure 75);
- That violence is a school problem (Figure 76);
- Never having an adult home after school (Figure 78);
- Participating in extracurricular activities (Figure 79);
- Having sexual intercourse (Figure 83);
- Having sexual intercourse with multiple partners (Figure 85);
- Having been pregnant or gotten someone pregnant (Figure 91);
- Having some trouble learning, remembering, or concentrating because of any impairment or health problems (Figure 93).

**In 2003, Hispanic students were more likely than Black students to report:**

- Riding with a drinking driver (Figure 4);
- Smoking prior to age 13 (Figure 14);
- Smoking in the past month (Figure 15);
- Binge drinking (Figure 21);
- Cocaine use (Figure 27);
- Using hallucinogens (Figure 29);
- Using steroids (Figure 33);
- Injecting an illegal substance (Figure 35);
- Being offered, sold, or given an illegal substance (Figure 36);
- Being at risk of being overweight based on BMI (Figure 39);
- Being overweight (Figure 41);
- Trying to lose weight (Figure 42);
- Vomiting or taking laxatives to lose weight (Figure 44);
- Fasting to lose weight (Figure 45);
- Their quality of health is good or better (Figure 49);
- Eating fruit (Figure 51);
- Eating carrots (Figure 54);
- Drinking three or more glasses of milk per day (Figure 57);
- Non-participation in strenuous or moderate exercise (Figure 60);
- Feeling stress (Figure 67);
- Seriously thinking about suicide (Figure 68);
- Feeling sad or hopeless (Figure 69);
- Harassment and bullying as a school problem (Figure 73);
- Having no adult at home after school (Figure 78);
- That their parents do not have a high school diploma (Figure 81).

**In 2003, Black students were more likely than Multi-racial students to report:**

- Not wearing a bicycle helmet (Figure 2);
- Not wearing a seatbelt (Figure 3);
- Riding with a drinking driver (Figure 4);
- Fighting at school (Figure 13);
- Using marijuana (Figure 23);
- Being overweight based on BMI (Figure 40);
- Drinking fruit juice (Figure 50);
- Non-participation in strenuous or moderate exercise (Figure 60);
- Attendance in physical education class (Figures 62 & 63);
- Walking to school (Figure 65);
- That violence is a problem at school (Figure 75);
- Planning to pursue post secondary education (Figure 77);
- That parents do not have a high school diploma (Figure 81);
- Receiving poor grades (82);
- Having sexual intercourse prior to age 13 (Figure 84);
- Having had sexual intercourse with multiple partners (Figure 85);
- Having had sexual intercourse in the past three months (Figure 86);
- Having been pregnant or gotten someone pregnant (Figure 91).

**In 2003, Multi-racial students were more likely than Black students to report:**

- Carrying a weapon (Figure 6);
- Being threatened or injured by a weapon at school (Figure 9);
- Having their possessions stolen or damaged at school (Figure 10);
- Being in a physical fight (Figure 11);
- Being injured in a fight requiring medical attention (Figure 12);
- Smoking prior to age 13 (Figure 14);
- Smoking in the last month (Figure 15);
- Smoking at least two cigarettes in the last 30 days (Figure 16);
- Using alcohol prior to age 13 (Figure 19);
- The consumption of alcohol in the last 30 days (Figure 20);
- Binge drinking (Figure 21);
- Drinking at school (Figure 22);
- Using marijuana prior to age 13 (Figure 24);
- Ever using cocaine (Figure 28);
- Using hallucinogens (Figure 29);
- Using ecstasy (Figure 30);
- Using inhalants (Figure 32);
- Using steroids (Figure 33);
- Using methamphetamines (Figure 34);
- Being offered, selling, given illegal drugs at school (Figure 36);
- Being overweight (Figure 41);
- Trying to lose weight (Figure 42);
- Exercising to lose weight (Figure 43);
- Fasting to lose weight (Figure 45);
- Visiting a dentist (Figure 48);

- Their quality of health as good (Figure 49);
- Eating fruit (Figure 51);
- Eating green salad (Figure 52);
- Eating potatoes (Figure 53);
- Eating carrots (Figure 54);
- Eating other vegetables (Figure 55);
- Eating fruits and vegetables daily (Figure 56);
- Drinking milk (Figure 57);
- Strenuous and moderate physical activity (Figure 58 & 59);
- Riding a bicycle to school (Figure 66);
- Feeling stress (Figure 67);
- Seriously thinking about suicide (Figure 68);
- Harassment and bullying a school problem (Figure 73);
- That drugs are a school problem (Figure 75);
- Never having an adult home after school (Figure 78);
- Participating in extracurricular activities (Figure 79);
- Participating in community service (Figure 80).

**In 2003, Hispanic students were more likely than Multi-racial students to report:**

- Rarely wearing a seatbelt (Figure 3);
- Riding in a car with a drinking driver (Figure 4);
- Being in a physical fight at school (Figure 13);
- Injecting an illegal substance (Figure 35);
- Being at risk of becoming overweight based on BMI (39);
- Trying to lose weight (Figure 42);
- Vomiting or taking laxatives to lose weight (Figure 44);
- Eating fruit (Figure 51);
- Non-participation in moderate or strenuous exercise (Figure 60);
- Walking to school (Figure 65);
- Harassment and bullying as a school problem (Figure 73);
- That their parent(s) had not graduated from high school (Figure 80);
- Receiving poor grades (Figure 82).

## ***Other Findings***

In comparisons between the 2001 and 2003 administrations of the YRBS in North Carolina, the only behaviors that show statistically significant changes were: 1) a significant decrease in the percentage of students who did not go to school because of feeling unsafe; and 2) a significant decrease in the percentage of students eating potatoes.



## ***Introduction***

The 2003 Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and is intended to assess health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and/or high school level by individual states in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health-risk behaviors over time, to evaluate the impact of broad efforts to prevent high risk behaviors, and to provide indicators for improving school health education policies and programs (CDC, 2001a).

The 2003 North Carolina High School YRBS consisted of 93 items addressing topics such as personal safety, violence-related behavior, tobacco use, alcohol use, other drug use, physical health, nutrition, physical activity, psychological health, health education experiences, sexual behavior, and the perceived safety of the school environment. The items were mainly presented in a multiple-choice format, and the entire survey could be completed in 45-50 minutes. A copy of the 2003 questionnaire used for the North Carolina High School YRBS is located in Appendices A.

## ***Procedures***

Sampling. In 2003, the North Carolina High School YRBS was administered for the fifth time since 1993<sup>1</sup>. The sample of students chosen to participate in the survey was drawn through a two-stage process. First, a probability sample of high schools was drawn from all of the high schools in the state. Then, individual classes (e.g., Mrs. Johnson's 2<sup>nd</sup> period Algebra class, etc.) were sampled from within those schools. All of the students in those selected classes then comprised the sample.

The YRBS sample is usually drawn in such a manner that, if the overall response rate is above 60%, the results of the survey can be generalized to the entire population of high school students in the state with a relatively high level of precision. The overall response rate is a function of the percentage of sampled schools who decide to participate as well as the percentage of students enrolled in the sampled classes that actually complete the survey on the day it is administered. In every year except 1997, an overall response rate of 60% or higher was achieved for the North Carolina High School YRBS, meaning that those results can be considered to be representative of the statewide population of high school students in each of those years. In 1997, however, the overall response rate for the sample was below 60%, meaning that the data from that year cannot be considered to be representative of the state's entire high school population (Table 1). Therefore, the interpretation of results in this report focuses primarily on changes between 1993, 1995, 2001 and 2003 as well as differences between subgroups in each of those years.

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<sup>1</sup> The YRBS was not conducted in North Carolina in 1999 because the participation rate for the sampled schools would have been too low to generate valid statewide estimates.

**Table 1.** Sample sizes and response rates for the North Carolina High School YRBS, 1993-2003

	Number of Schools Participating	Number of Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
1993	59	2,439	83%	82%	68%
1995	51	1,779	71%	84%	60%
1997	39	2,340	72%	81%	58%
2001	62	2,548	86%	84%	73%
2003	51	2,553	71%	83%	61%

Note: The overall response rate is calculated by multiplying the percentage of sampled schools participating in the survey by the overall percentage of enrolled students across each classroom who completed the survey.

Data Collection. In the Fall of 2003, 72 schools were sampled from among all of the public schools statewide that served grades 9 through 12 to participate in the 2003 YRBS High School Survey<sup>2</sup>. Of those, 51 agreed to participate. YRBS administrators were recruited from education and health agencies at the state and local levels to administer the survey in these 51 schools. Information on standardized survey administration procedures as well as sets of materials for administering the survey were disseminated at regional training sessions held by staff from the North Carolina Department of Public Instruction (NCDPI) and the North Carolina School Health Training Center (NCSHTC). Administrators then made arrangements with each school to conduct the surveys during the winter and spring of 2003-2004 on a date that was convenient for the school. The surveys were administered during a single class period to the students in the sampled classes who were present on the day of administration. Observations of survey administrators as well as analyses of missing data patterns confirmed that students were easily able to complete the survey during the allotted time. Students completed the survey instrument on a voluntary basis.

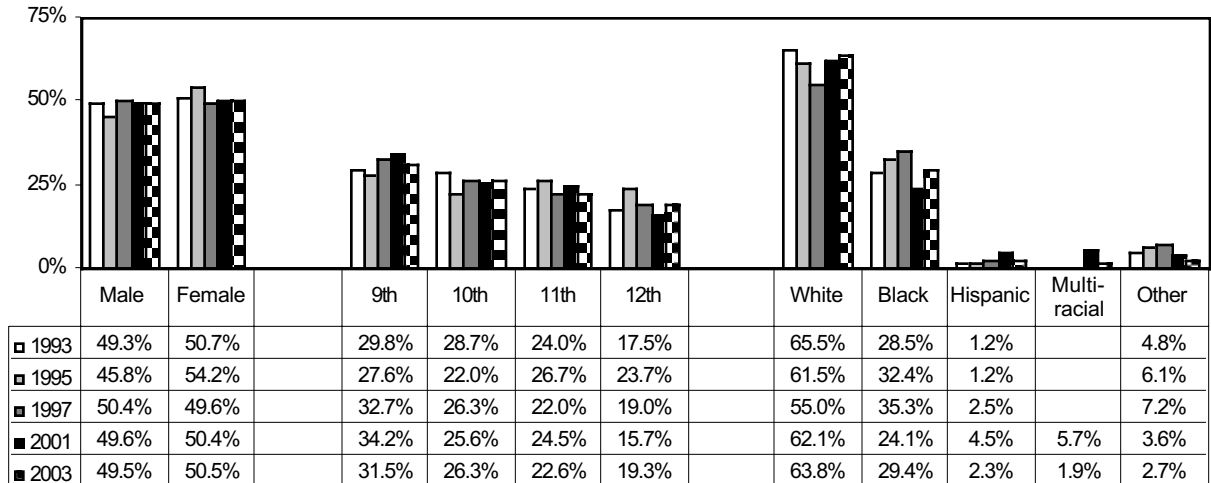
Data Processing. Survey administrators returned all student response sheets and other related information to NCSHTC, where they were cataloged and checked for anomalies before being sent to CDC for scanning and processing in the winter of 2004. CDC staff then generated statistical weights to be applied to the data that allowed for the generation of statewide estimates based on the responses of the sampled students. CDC then provided separate analyses for each YRBS survey item to NCDPI in the spring of 2004.

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

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

**Figure 1.** Characteristics of students participating in the North Carolina High School YRBS, 1993 through 2003.



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

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

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

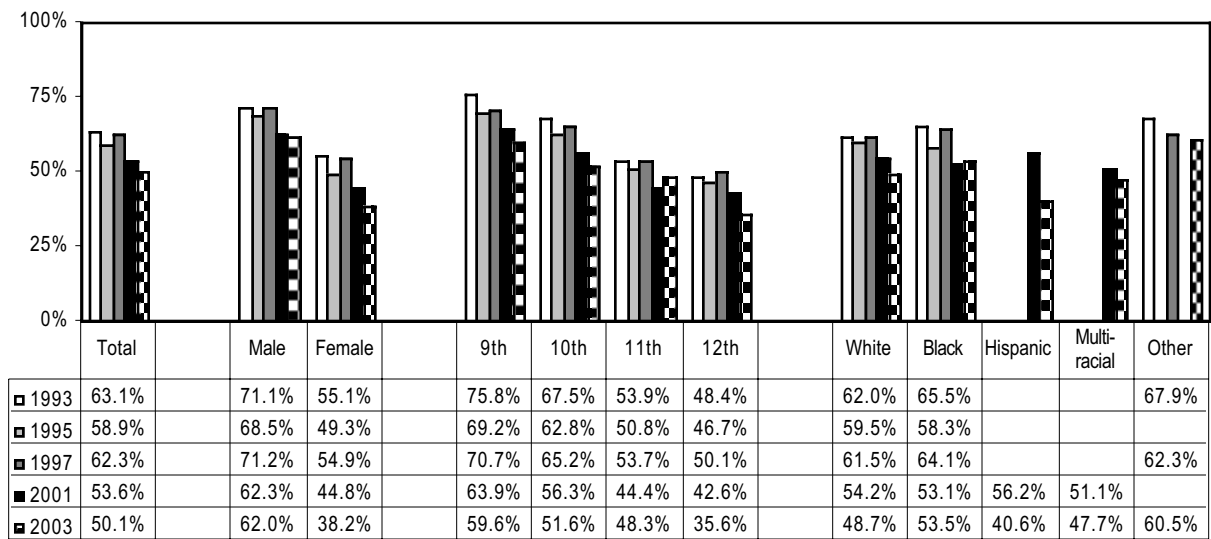
As mentioned previously, the results from 1997 were not based on a sufficiently high response rate to generalize those results to the state as a whole. Therefore, the interpretation of results focuses primarily on changes between 1993, 1995, 2001, and 2003 as well as differences between subgroups within those years.

Also, in many instances the differences highlighted in this document, in terms of trends over time or differences among subgroups of students, represent *statistically significant differences* when indicated. Although many of the estimates in the figures may differ slightly from one another, the fact that they are based on a sample (rather than the responses of all high school students in the state) means that any discussion of differences between estimates must take into account error due to sampling. Statistical significance tests have been applied to the estimates in this report that take this sampling error into account. The results of those tests provided information as to whether the observed differences likely reflected true differences in the student population from which the sample was drawn, rather than just peculiarities due to sampling. Because not all of the myriad subgroup comparisons are addressed in this document, readers interested in more information are referred to the supplementary documentation at [http://www.ncpublicschools.org/accountability/evaluation/youth\\_risk\\_behavior/yrbsindex.html](http://www.ncpublicschools.org/accountability/evaluation/youth_risk_behavior/yrbsindex.html). These documents include measures of sampling error (design effects, confidence intervals, etc.) and estimates for other student subgroups that can be used for further analysis. At present, this website includes data through 2001. The [Youth Risk Behavior Surveillance—United States, 2003](#) *Morbidity & Mortality Weekly Report* 2004; 53(SS-2):1-29 is available at the following website: <http://www.cdc.gov/healthyyouth/yrbs/> and provides comparisons between the 2003 national and North Carolina survey data.

## Personal Safety

**Bicycle Helmet Use.** Approximately 140,000 youth are treated in U.S. hospital emergency rooms each year for bicycle-related head injuries (Sosin, Sacks, & Webb, 1996). Wearing a helmet while riding a bicycle reduces the risk of serious head injury by as much as 85% and the risk for brain injury by as much as 88% (Thompson, Rivara, & Thompson, 1989). In response to figures such as these, 20 states including North Carolina have adopted laws requiring children of certain ages to wear helmets while riding bicycles (Bicycle Helmet Safety Institute, 2002). North Carolina's law, passed in 2001, requires all children under 16 to wear a helmet when riding a bicycle (NC Session Law 2001-268, House Bill 63, Section 1). Figure 2 presents data on the frequency of bicycle helmet use by North Carolina high school students.

**Figure 2.** Percentage of North Carolina high school students who never or rarely wore a helmet while riding a bicycle during the past 12 months.



**Note.** Some students each year reported that they did not ride a bicycle; therefore, these figures would be even higher if the analysis was limited only to those students who reported riding bicycles.

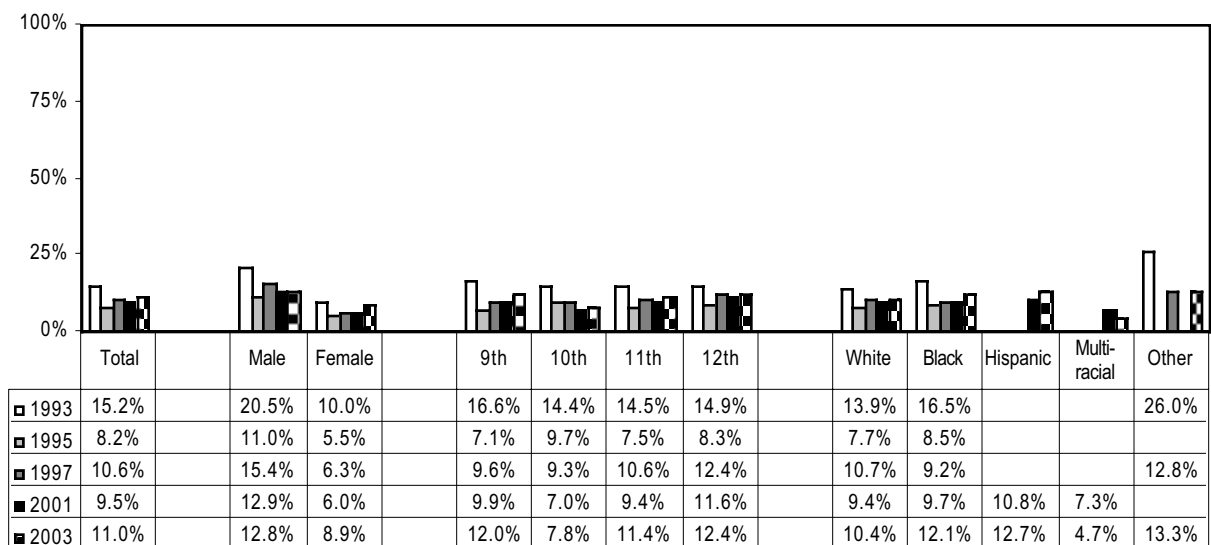
- In 2003, 50.1% of North Carolina high school students reported that they never or rarely wore a helmet while riding a bicycle during the past 12 months. This percentage is significantly less than the national percentage (85.9%; Grunbaum et al., 2004). This overall percentage has declined between 1993 and 2003<sup>3</sup> and was also evident among males, females, 9<sup>th</sup> graders, 10<sup>th</sup> graders, 12<sup>th</sup> graders, white, Hispanic, multi-racial, and other racial/ethnic groups.
- In 1993, 1995, 2001, and 2003 male students were more likely than females to report never or rarely wearing a helmet while riding a bicycle.

<sup>3</sup> It should be noted that North Carolina's helmet use law went into effect in 2001. The 2003 data will provide some evidence as to whether the passage of this law is having an impact on bicycle helmet use.

- In 1993, 1995, 2001, and 2003 9<sup>th</sup> and 10<sup>th</sup> graders were more likely than 11<sup>th</sup> and 12<sup>th</sup> graders to report never or rarely wearing a helmet while riding a bicycle.

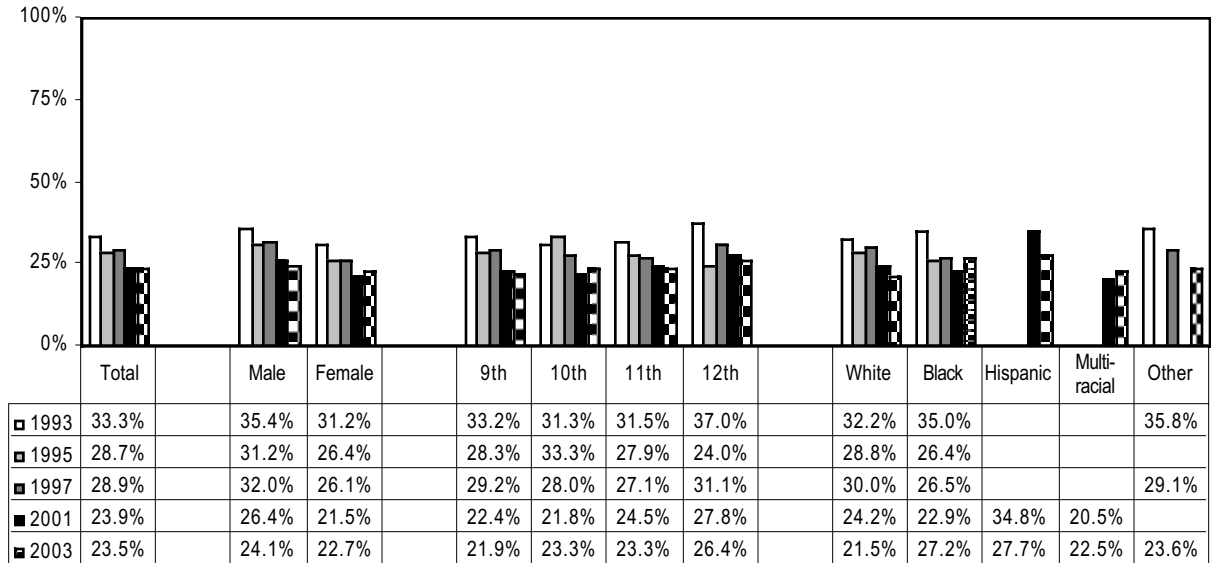
Motor Vehicle Safety. Standard precautions to avoid injury while riding in a car are critical health behaviors for everyone, especially teens. Motor vehicle accidents were the leading cause of death among youth ages 15 to 24 in North Carolina in 2000 (North Carolina State Center for Health Statistics, 2001). The deaths in this category accounted for 29% of all deaths in this age group. Many motor vehicle-related deaths could be prevented through better utilization of legally-mandated safety precautions including motorcycle helmet use, reducing the incidence of drinking and driving, and increasing the use of seatbelts. Figures 3 through 5 provide data on behaviors related to motor vehicle safety among North Carolina high school students.

**Figure 3.** Percentage of North Carolina high school students who never or rarely wear a seatbelt when riding in a car driven by someone else.



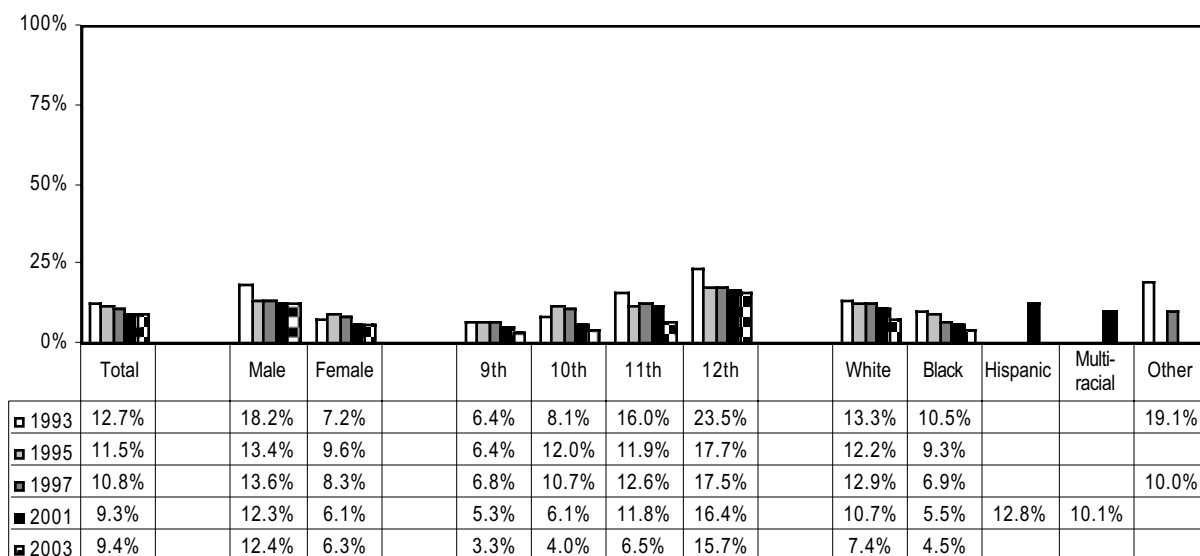
- In 2003, the percentage of North Carolina high school students reporting that they never or rarely wear a seatbelt when riding in a car driven by someone else was significantly lower than the national percentage (18.2%; Grunbaum et al., 2004).
- The overall percentage of North Carolina high school students reporting that they never or rarely wear a seatbelt when riding in a car driven by someone else increased between 2001 and 2003. This increase was also evident among female students, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders, and Black, White, and Hispanic students.
- The percentage of multi-racial student groups reporting that they never or rarely wear a seatbelt when riding in a car driven by someone else was lower in 2003 than in 2001.
- The percentage of males representing that they never or rarely wear a seatbelt when riding in a car driven by someone else remained virtually the same between 2001 and 2003.

**Figure 4.** Percentage of North Carolina high school students who rode in a car driven by someone who had been drinking alcohol in the past 30 days.



- In 2003, the percentage of North Carolina high school students reporting that they had ridden in a car driven by someone who had been drinking alcohol in the past 30 days was significantly lower than the national percentage (30.2%; Grunbaum et al., 2004). This was also true in 2001 and 1995.
- The percentage of North Carolina high school students reporting that they had ridden in a car driven by someone who had been drinking alcohol in the past 30 days was lower in 2003 than in 1993, 1995, and slightly lower than in 2001. This pattern is also evident among 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade students.
- The percentage of males, White students, Black students, and other racial groups reporting that they had ridden in a car driven by someone who had been drinking alcohol in the past 30 days also declined between 1993 and 2003.
- The percentage of 9<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders reporting that they had ridden in a car driven by someone who had been drinking alcohol in the past 30 days declined between 1993 and 2003. The corresponding figure in 2003, however, was not significantly different from either the 1993 or 2001 estimates.
- In 2003, Black and Hispanic students were more likely than either White, multi-racial students, or other racial/ethnic groups to report having ridden in a car driven by someone who had been drinking alcohol in the past 30 days.

**Figure 5.** Percentage of North Carolina high school students who drove a car or other vehicle when they had been drinking alcohol during the past 30 days.



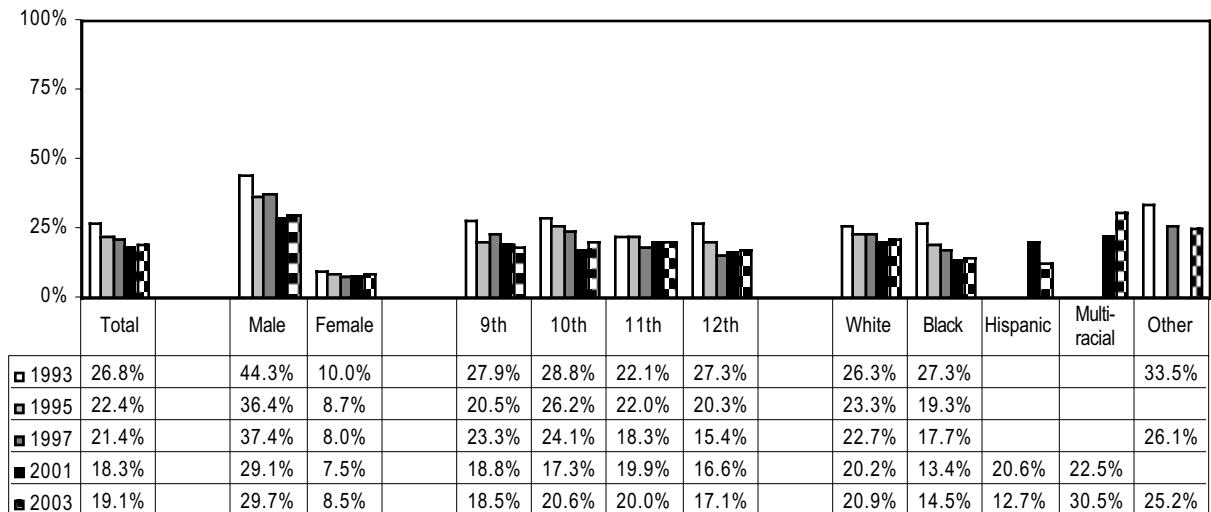
- In 2003, the percentage of North Carolina high school students reporting that they had driven a car or other vehicle when they had been drinking alcohol in the past 30 days was significantly lower than the corresponding national percentage (12.1%; Grunbaum et al., 2004).
- Between 1993 and 2003, the percentage of males and Black students reporting that they had driven when they had been drinking alcohol in the past 30 days declined.
- In both 1993 and 2003, males were more likely than females to report that they had driven when they had been drinking alcohol in the past 30 days.
- In 2003, White students were more likely than Black students to report that they had driven when they had been drinking alcohol in the past 30 days.
- In 1993, 1995, 2001, and 2003, 11<sup>th</sup> and 12<sup>th</sup> graders were more likely than 9<sup>th</sup> graders to report that they had driven when they had been drinking alcohol in the past 30 days.
- In 1993, 2001, and 2003, 11<sup>th</sup> and 12<sup>th</sup> graders were more likely than 10<sup>th</sup> graders to report that they had driven when they had been drinking alcohol in the past 30 days.
- Between 2001 and 2003, the percentage of 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders to report that they had driven when they had been drinking alcohol in the past 30 days dropped significantly.



## Violence-Related Behavior

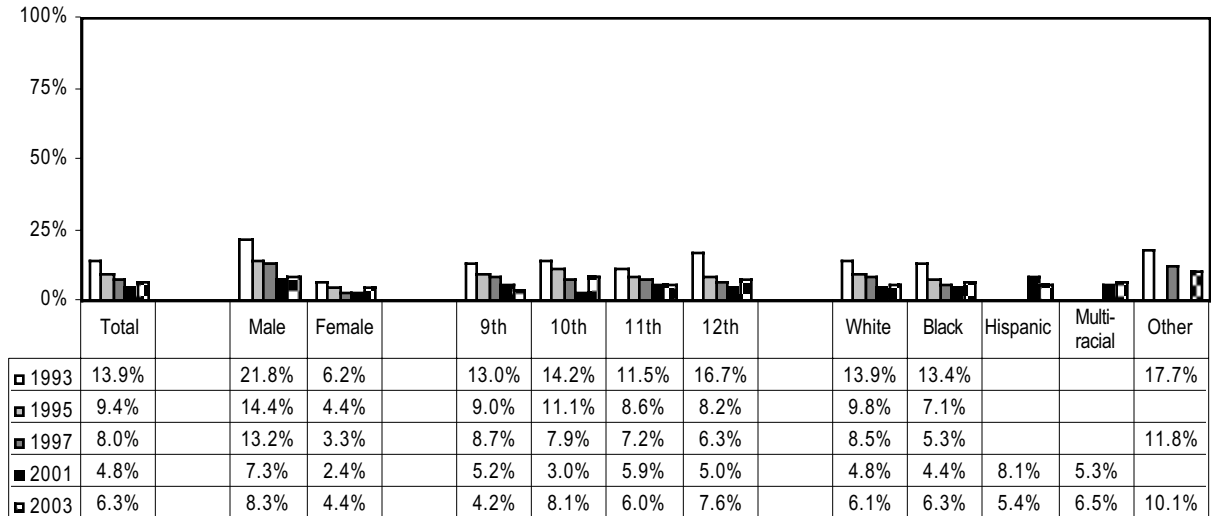
Recent incidents such as the highly-publicized school shootings in both the United States and Germany have focused public attention on the need to prevent youth violence. Data from the National Crime Victimization Survey demonstrates that youth under the age of 18 are twice as likely as adults to be victims of serious violent crime, and are three times as likely to be victims of assault (Office of Juvenile Justice and Delinquency Prevention, 2000). Trend data on school-based violence, however, indicate that crimes, fights, and weapon-carrying at school have either remained steady or declined in recent years, and that students are much more likely to be victims of violent crimes outside of school than in school (U. S. Department of Education, 2001). The North Carolina YRBS asks students several questions regarding fighting, carrying weapons, and being victimized at school (Figures 6-13).

**Figure 6.** Percentage of North Carolina high school students who carried a weapon such as a gun, knife, or club during the past 30 days.



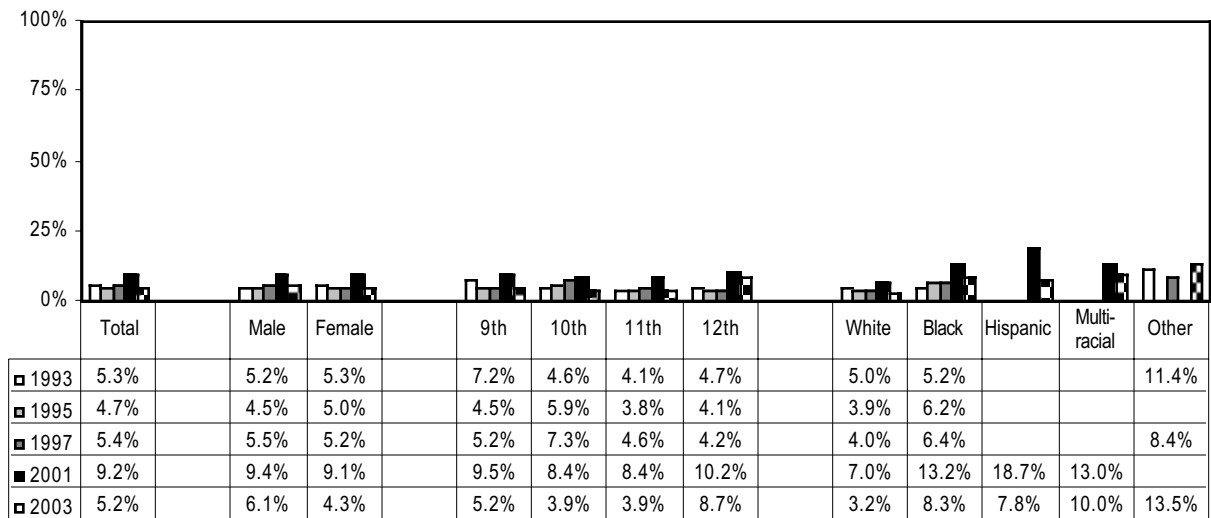
- In 2003, the percentage of North Carolina high school students reporting that they had carried a weapon during the past 30 days was consistent with the national percentage (17.1%; Grunbaum et al., 2004). This was also true in 1993 and 2001.
- Between 1993 and 2003, there was a decrease in the overall percentage of North Carolina high school students that reported carrying a weapon during the past 30 days. This trend is also found among males, 9<sup>th</sup> and 10<sup>th</sup> graders, White, and Black students.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report carrying a weapon on one or more of the past 30 days.
- In 2003, White students were more likely than Black and Hispanic students to report carrying a weapon during the past 30 days.

**Figure 7.** Percentage of North Carolina high school students who carried a weapon such as a gun, knife, or club on school property during the past 30 days.



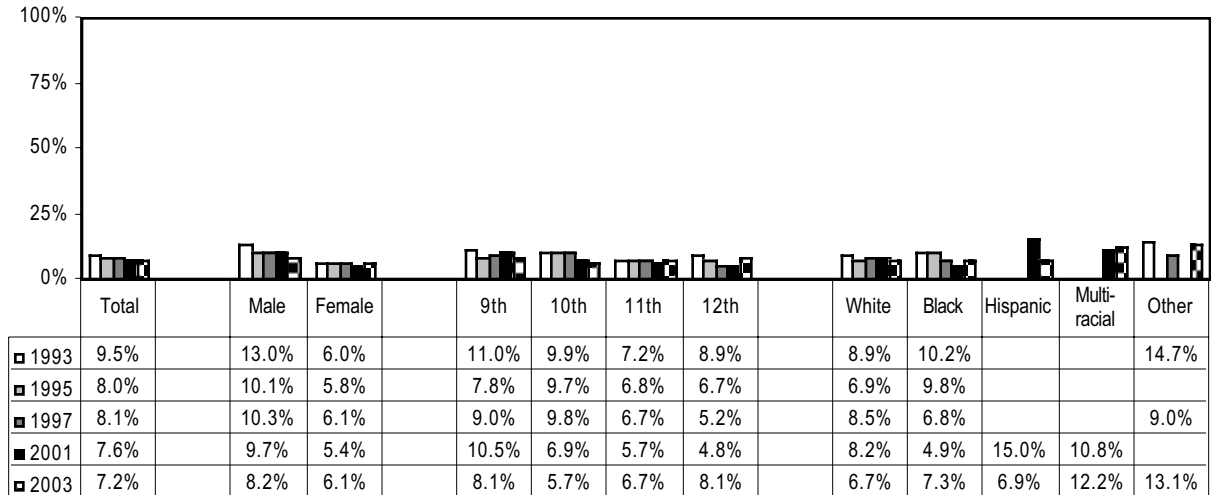
- In 2003, the percentage of North Carolina high school students reporting that they had carried a weapon on school property during the past 30 days was not significantly different than the national percentage (6.1%; Grunbaum et al., 2004). This was also true in 2001.
- The overall percentage of North Carolina high school students reporting that they had carried a weapon on school property during the past 30 days declined between 1993 and 2001, then rose between 2001 and 2003. This pattern is also evident among male and female students.
- In 2003, the percentage of 9<sup>th</sup> graders reporting that they had carried a weapon on school property during the past 30 days was lower than both the 1993, 1995, and 2001 figures.
- The percentage of 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders reporting that they had carried a weapon on school property during the past 30 days increased between 2001 and 2003. This was also true among White and Black students. This represents a departure from the general decline at all grade levels for 1993 and 2001.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report carrying a weapon on school property during the past 30 days.

**Figure 8 .** Percentage of North Carolina high school students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.



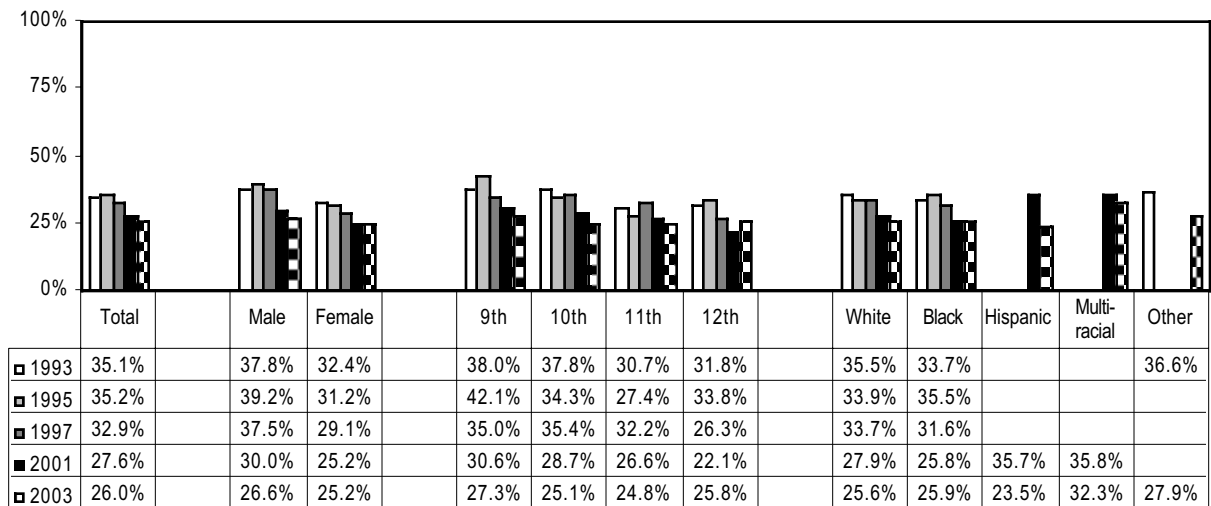
- In 2003, the percentage of North Carolina high school students who reported not going to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school was not significantly different than the national percentage (5.4%, Grunbaum et al., 2004). This was also true in 1993 and 1995.
- In 2003, the overall percentage of students who reported not going to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school was lower than the 1993 and 2001 figures.
- Between 1995 and 2001, the percentage of females who reported not going to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school increased. This percentage declined by over 50 percent between 2001 and 2003. A similar decline between 2001 and 2003 is evident among 10<sup>th</sup> graders, White, and Black students.
- In 2003, Black , Hispanic, multi-racial, and students of other races and ethnicities were more likely than White students to report not going to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.

**Figure 9.** Percentage of North Carolina high school students who were threatened or injured with a weapon on school property during the past 12 months.



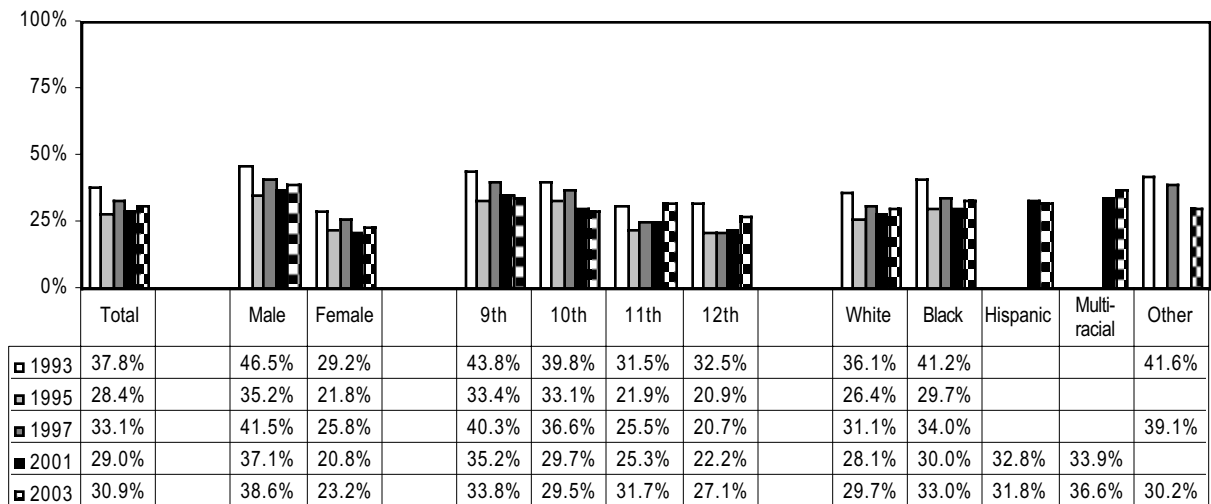
- In 2003, the percentage of North Carolina high school students who reported being threatened or injured with a weapon on school property during the past 12 months was significantly less than the national percentage (9.2%, Grunbaum et al., 2004). This has been a general pattern since 1995.
- The percentage of Black students who reported being threatened or injured with a weapon on school property during the past 12 months increased between 2001 and 2003.
- In 2003, 9<sup>th</sup> graders were more likely than either 10<sup>th</sup> or 11<sup>th</sup> graders to report being threatened or injured with a weapon on school property during the past 12 months.
- In 1993 and 2003, males were more likely than females to report being threatened or injured with a weapon on school property during the past 12 months.

**Figure 10.** Percentage of North Carolina high school students whose possessions had been stolen or deliberately damaged on school property during the past 12 months.



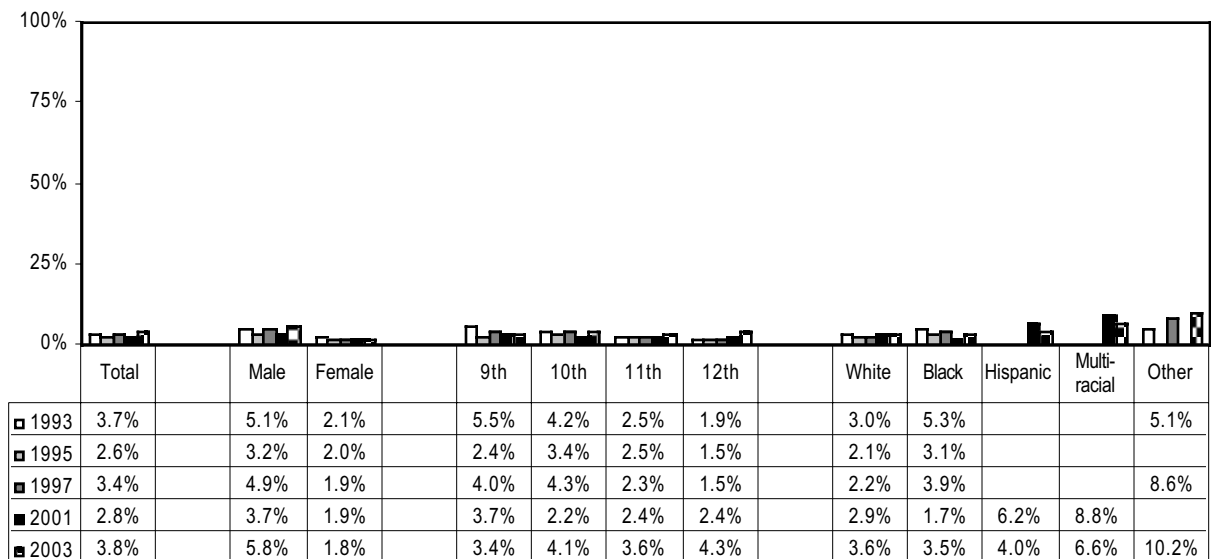
- In 2003, the percentage of North Carolina high school students who reported their possessions had been stolen or deliberately damaged on school property during the past 12 months was significantly less than the national percentage (29.8%; Grunbaum et al., 2004).
- Between 1995 and 2003, the overall percentage of North Carolina high school students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months declined. This decline was also evident among males, 9<sup>th</sup> graders, and White students.
- Between 1993 and 2001, the percentage of female students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months declined. This percentage was the same for females between 2001 and 2003.
- Since 1993, 9<sup>th</sup> graders were more likely than other 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders to report that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.

**Figure 11.** Percentage of North Carolina high school students who had been in a physical fight during the past 12 months.



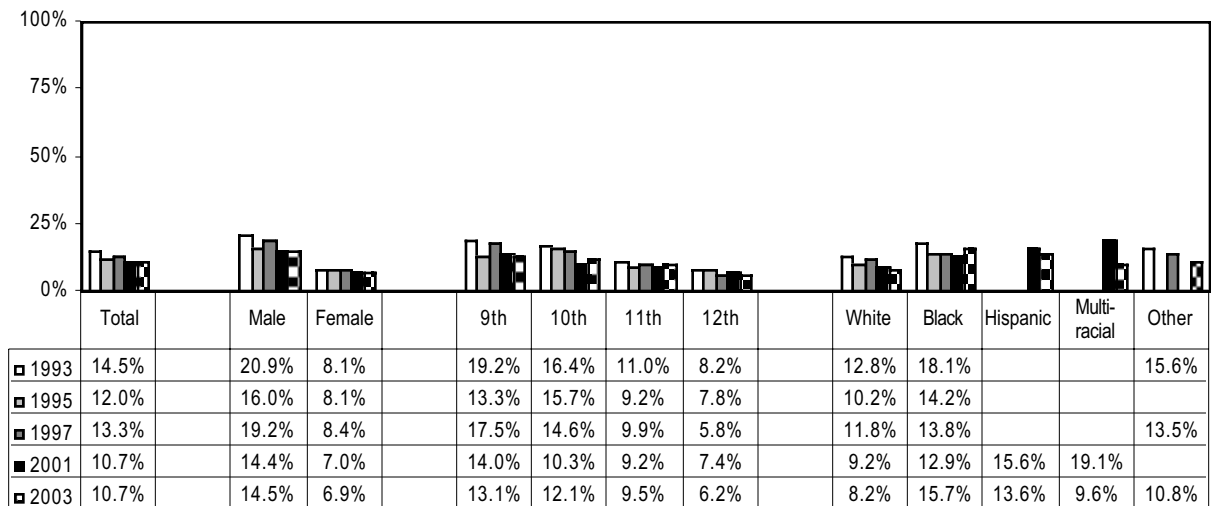
- In 2003, The percentage of North Carolina high school students reporting that they had been in a physical fight during the past 12 months was not significantly different than the national percentage (33.0%; Grunbaum et al., 2004).
- The overall percentage of North Carolina high school students reporting that they had been in a physical fight during the past 12 months declined between 1993 and 2001 but showed little difference between 2001 and 2003. A similar pattern is also evident among male and female students, White students, and Black students through 2001. In 2003, there is an increase in the percentage of physical fighting in the last 12 months among females and Black students.
- Between 1995 and 2003, the percentage of 9<sup>th</sup> graders reporting that they had been in a physical fight during the past 12 months declined. However, for each survey administration, 9<sup>th</sup> graders were more likely than 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> graders to report being in a physical fight during the past 12 months.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report being in a physical fight during the past 12 months.

**Figure 12.** Percentage of North Carolina high school students who were in a physical fight during the past 12 months and had to be treated by a doctor or nurse.



- In 2003, the overall percentage of North Carolina high school students reporting that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse in the past 12 months was not significantly different from the national percentage (4.2%; Grunbaum et al., 2004). This was also true in 1993 and 2001. In 1995, however, the percentage for North Carolina was lower than the national percentage.
- Between 1993 and 2003, the percentage of North Carolina 9<sup>th</sup> graders who reported being injured in a physical fight and having to be treated by a doctor or a nurse during the past 12 months declined.
- Between 1993 and 2001, the percentage of Black students who reported being injured in a physical fight and having to be treated by a doctor or a nurse during the past 12 months declined. That percentage increased in 2003.
- In all survey years, males were more likely than females to report being injured in a physical fight and having to be treated by a doctor or a nurse during the past 12 months.
- In 2003, 10<sup>th</sup> and 12<sup>th</sup> graders were more likely to report being injured in a physical fight and having to be treated by a doctor or a nurse during the past 12 months.
- In 2001 and 2003, Multi-racial and Hispanic students were more likely than White or Black students to report being injured in a physical fight and having to be treated by a doctor or a nurse during the past 12 months.

**Figure 13.** Percentage of North Carolina high school students who were in a physical fight on school property during the past 12 months.



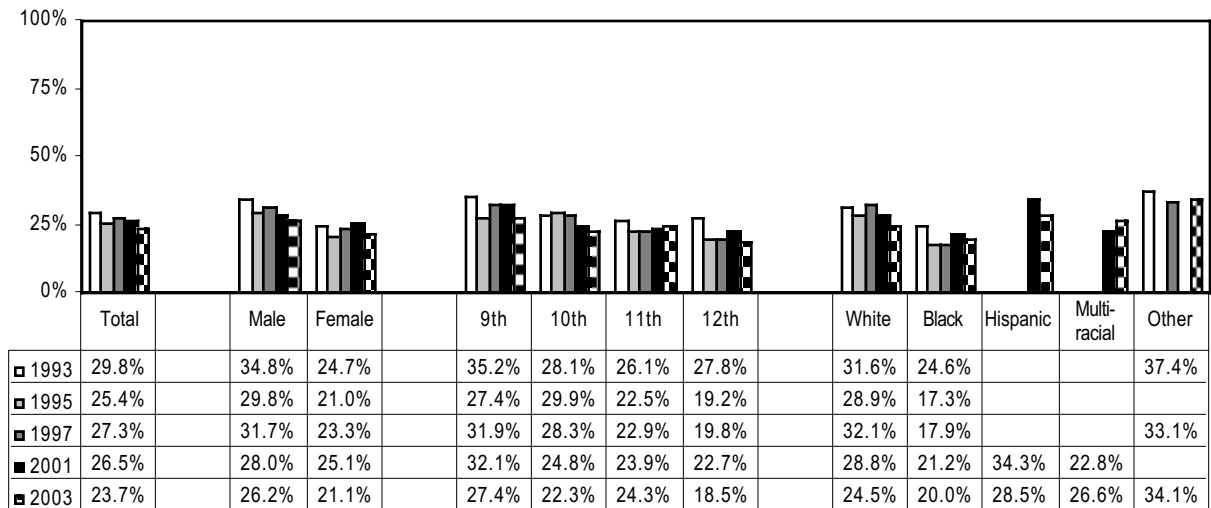
- In 2003, the percentage of North Carolina high school students reporting that they had been in a physical fight on school property during the past 12 months was significantly less than the national percentage (12.8%; Grunbaum et al., 2004). This was also true in 1993, 1995, and 2001.
- Between 1993 and 2001, the percentage of North Carolina high school students reporting that they had been in a physical fight on school property during the past 12 months declined. The percentage between 2001-2003 remained the same. A similar pattern was also seen among male students.
- In 1993, 1995, 2001, and 2003 males were more likely than females to report being in a physical fight on school property in the past 12 months.
- In 1993 and 1995, 10<sup>th</sup> graders were more likely than 12<sup>th</sup> graders to report being in a physical fight on school property in the past 12 months.
- In 1993 and 2001, 9<sup>th</sup> graders were more likely than 12<sup>th</sup> graders to report being in a physical fight on school property in the past 12 months.
- In 1993, 9<sup>th</sup> graders were more likely than 11<sup>th</sup> graders to report being in a physical fight on school property in the past 12 months.
- In 2001, Multi-racial students were more likely than White students to report being in a physical fight on school property in the past 12 months. That percentage declined in 2003.
- In 2003, Blacks and Hispanics were more likely than other racial/ethnic groups to be in a physical fight on school property during the past 12 months for each of the years under study.
- 11<sup>th</sup> and 12<sup>th</sup> graders are less likely to report being in a physical fight on school property in then past 12 months than 9<sup>th</sup> or 10<sup>th</sup> graders for all survey years.
- With exception of 1995, 9<sup>th</sup> graders are more likely than 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> graders to report that they were in a physical fight on school property during the past 12 months.



## Tobacco Use

Tobacco addiction remains one of the most significant public health concerns today in the U. S. and elsewhere. Cigarette smoking has been described as the “single most preventable cause of premature death in the United States” (CDC, 2002). Smoking has been identified as a primary catalyst behind several of the leading causes of death, and is responsible for approximately 20 percent of all deaths in the U. S. (CDC, 1993). Among youth, smoking is also associated with short-term adverse health consequences as well as mental health problems (Arday et al., 1995). Figures 14 through 18 present trend data on the frequency and onset of smoking among North Carolina high school students.

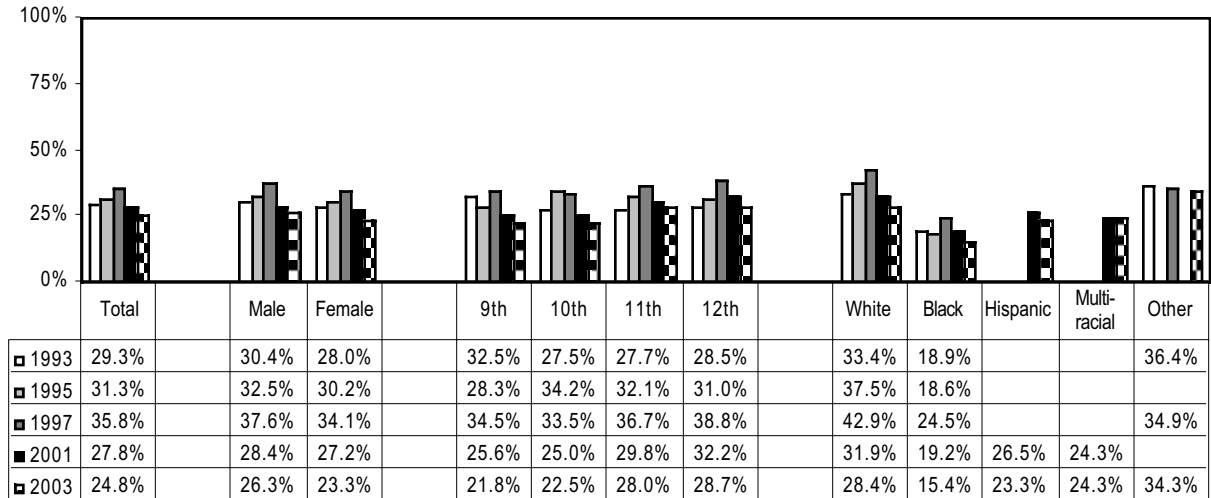
**Figure 14.** Percentage of North Carolina high school students reporting who first smoked a cigarette prior to age 13.



In 2003, the percentage of North Carolina high school students who reported having smoked a whole cigarette prior to age 13 was significantly higher than the national percentage (18.3%; Grunbaum et al., 2004) but less than it had been in 2001. There was no significant difference, however, between the North Carolina and national percentages in 1993 and 1995.

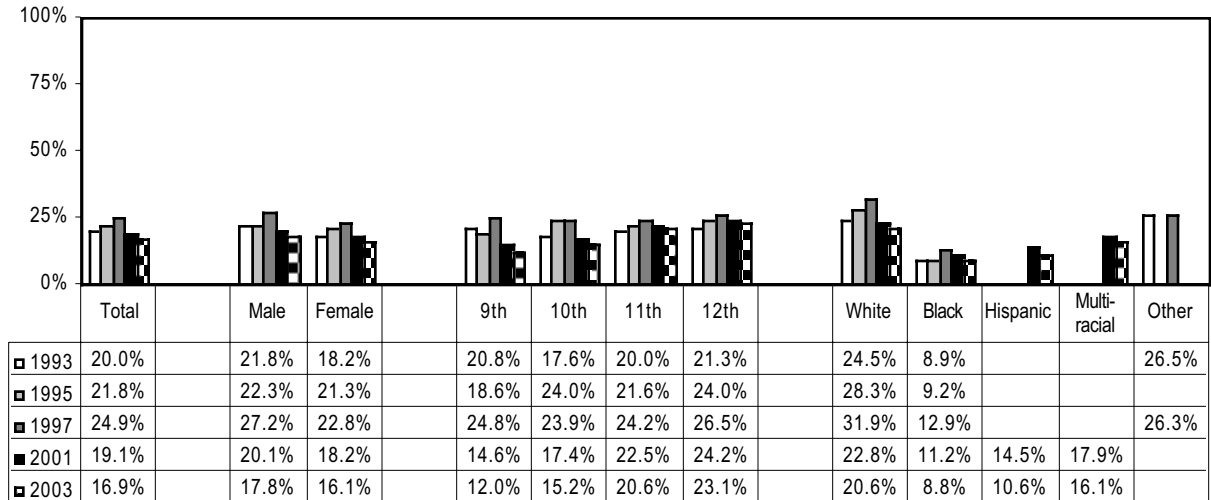
- Between 1993 and 2003, the percentage of male students reporting that they first smoked a whole cigarette prior to age 13 continued to decline.
- For each year of the study, males were more likely than females to report having first smoked a whole cigarette prior to age 13.
- For each year of the study, 9th graders were more likely than 12<sup>th</sup> graders to report having first smoked a whole cigarette prior to age 13.
- In 1993, 1995, 2001, and 2003 Black students were less likely than other racial/ethnic groups to report having first smoked a whole cigarette prior to age 13.
- While the percentage decreased between 2001 and 2003, the percentage of Hispanic high school students reporting having first smoked a cigarette prior to age 13 was higher than other racial/ethnic groups. The aggregate “other” racial/ethnic groups reflects the highest percent of students reporting having first smoked a cigarette prior to age 13.

**Figure 15.** Percentage of North Carolina high school students who smoked cigarettes on one or more of the past 30 days.



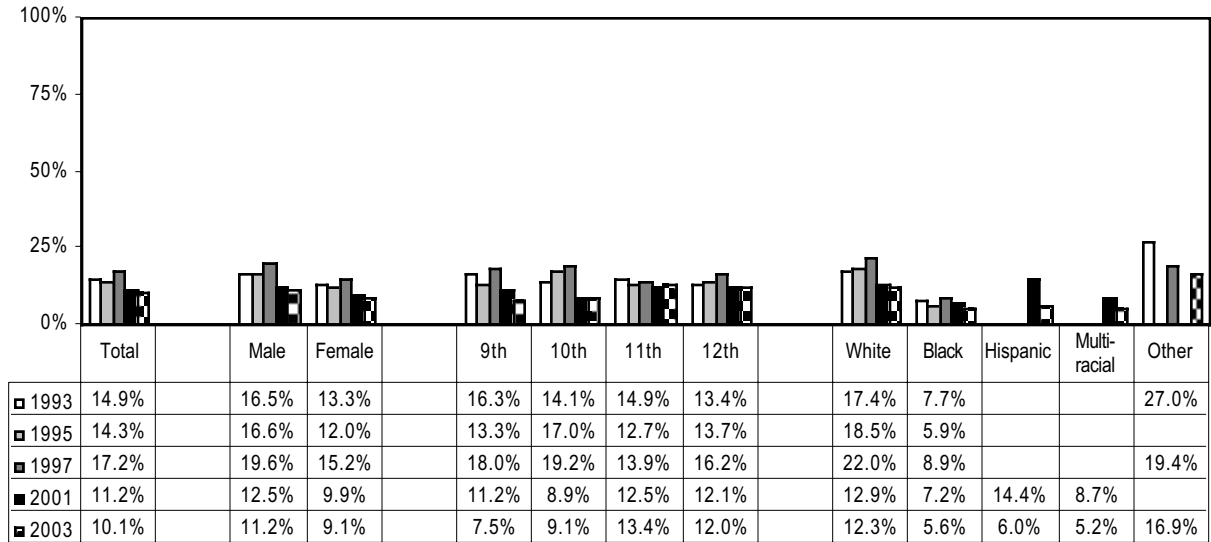
- In 2003, the percentage of North Carolina high school students reporting that they smoked cigarettes on one or more of the past 30 days was not significantly different than the national percentage (21.9%; Grunbaum et al., 2004). This percentage was significantly higher than the national percentage in 1993, 1995, and 2001.
- In 1993, 1995, and 2001, White students were more likely than Black students to report smoking cigarettes on one or more of the past 30 days.
- In 2003, the aggregate “other” racial/ethnic groups and white students were more likely to smoke cigarettes on one of more of the past 30 days than other racial/ethnic groups.

**Figure 16.** Percentage of North Carolina high school students who smoked two or more cigarettes on the days they did smoke during the past 30 days.



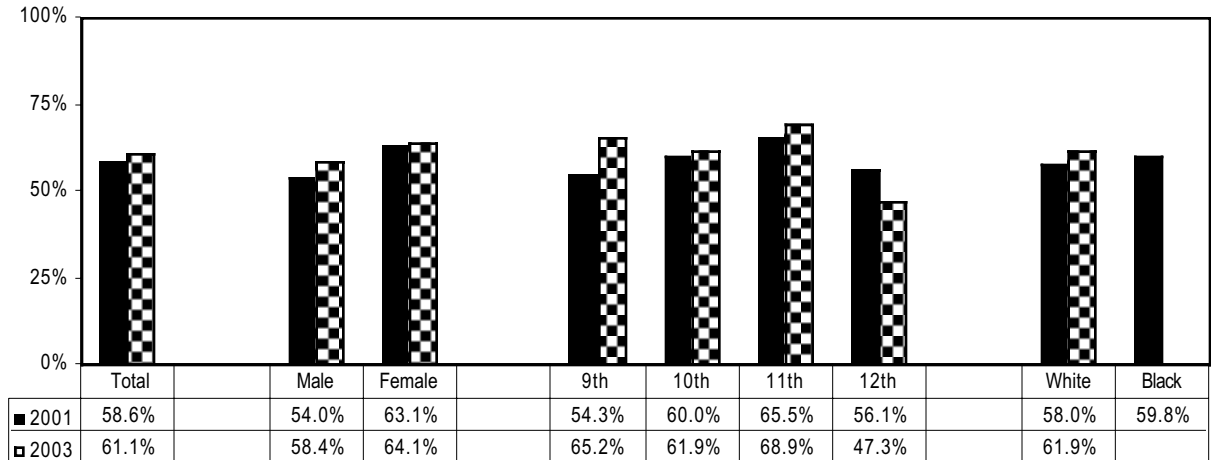
- In 2003, the percentage of North Carolina high school students reporting having smoked two or more cigarettes per day on the days they did smoke during the past 30 days was less than the national percentage reported in 2001 (19.4%; Grunbaum et al., 2002) and represents a general pattern between 1995 and 2003.
- In 1993, 1995, 2001, and 2003, White students were more likely than Black students to report smoking two or more cigarettes on the days they did smoke during the past 30 days.
- In 2001 and 2003, the percentage of high school students who smoked 2 or more cigarettes on the days they did smoke during the last 30 days increased by grade level.

**Figure 17.** Percentage of North Carolina high school students who smoked cigarettes on school property during the past 30 days.



- In 2003, the percentage of North Carolina high school students who reported smoking cigarettes on school property during the past 30 days was not significantly different than the national percentage (8.0%; Grunbaum et al., 2004). This percentage is less than those reported in 1993, 1995, and 2001.
- Between 1993 and 2003, the percentage of 9<sup>th</sup> graders who reported smoking on school property during the past 30 days declined.
- In 1993, 1995, 2001, and 2003, White students were more likely than Black students to report smoking on school property during the past 30 days.
- In 2003, students of “other” races and ethnicities were more likely than all other racial/ethnic groups to report smoking on school property during the past 30 days.
- For all administrations of the survey between 1993 and 2003, males are more likely than females to report smoking cigarettes on school property during the past 30 days.

**Figure 18.** Percentage of North Carolina high school students who were current smokers and who tried to quit smoking during the past 12 months.



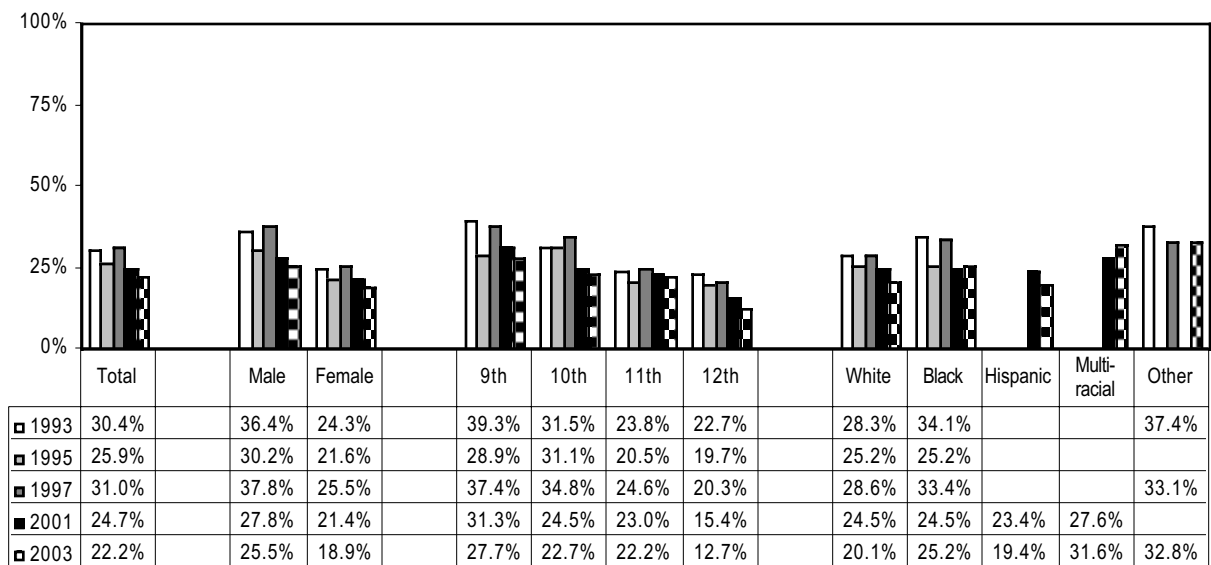
Note. The wording of the YRBS smoking cessation item changed in 2001, rendering 2001 and 2003 data incompatible with data from previous years. Percentages are based only on data from students who are current smokers, which is defined as students who reported smoking during the past 12 months. Percentages are not available for Hispanic, Black, and Multi-racial student groups because of the low number of smokers in these groups in the sample.

- In 2003, the percentage of North Carolina high school students who were current smokers and who reported that they had tried to quit smoking in the past 12 months was higher than the percentage in 2001 when it was significantly higher than the national percentage (57.4%; Grunbaum et al., 2002).
- In 2003, the percent of North Carolina high school students who were current smokers who tried to quit during the past 12 months increased for males and females, 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders and for White students.

## Alcohol Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes (CDC, 1991), events which are all among the leading causes of death of youth ages 5-24 in North Carolina (North Carolina State Center for Health Statistics, 2001). Heavy drinking among youth has also been linked to other negative behaviors, such as having multiple sexual partners, using marijuana, and poor academic performance (Wechsler et al., 1995). Figures 19 through 22 provide information on trends in alcohol consumption among North Carolina high school students between 1993 and 2003.

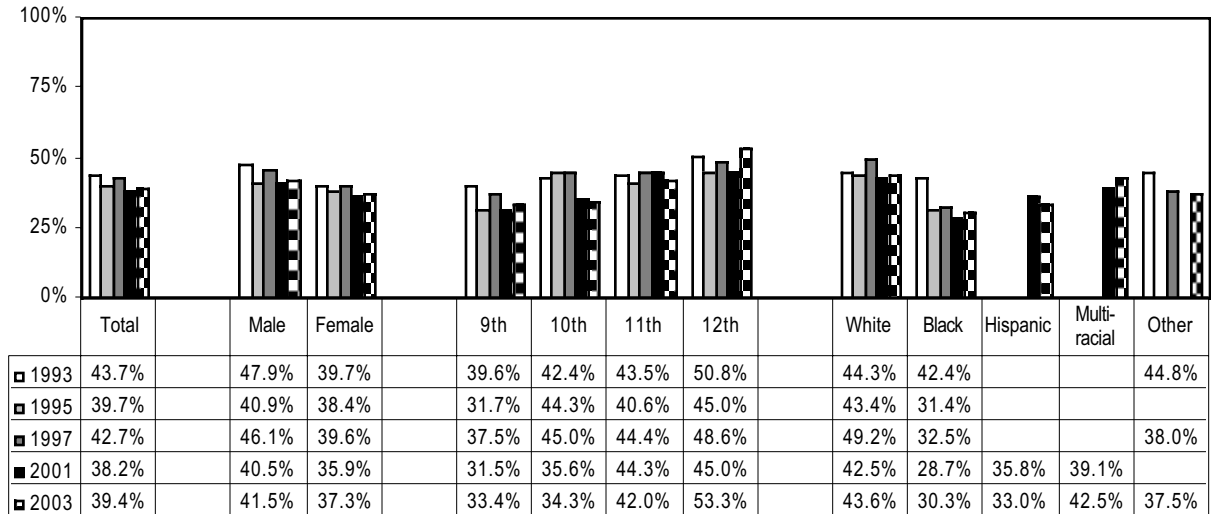
**Figure 19.** Percentage of North Carolina high school students who consumed alcohol for the first time prior to age 13.



**Note.** Consumption of alcohol in this case does not include consumption for religious purposes.

- In 2003, the percentage of North Carolina high school students who reported consuming alcohol for the first time prior to age 13 was significantly lower than the national percentage (27.8%; Grunbaum et al., 2004).
- Between 1993 and 2003, the overall percentage of North Carolina high school students who reported consuming alcohol for the first time prior to age 13 declined. This decline was also seen among male students.
- Between 2001 and 2003, the percentage of North Carolina high school students who consumed alcohol for the first time prior to age 13 declined for all categories except Black and multi-racial students.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report consuming alcohol for the first time prior to age 13.
- In 1993, 1995, 2001, and 2003, 9<sup>th</sup> graders were more likely than either 11<sup>th</sup> or 12<sup>th</sup> graders to report consuming alcohol for the first time prior to age 13.
- In 1993, 1995, 2001, and 2003, 10<sup>th</sup> graders were more likely than 12<sup>th</sup> graders to report consuming alcohol for the first time prior to age 13.

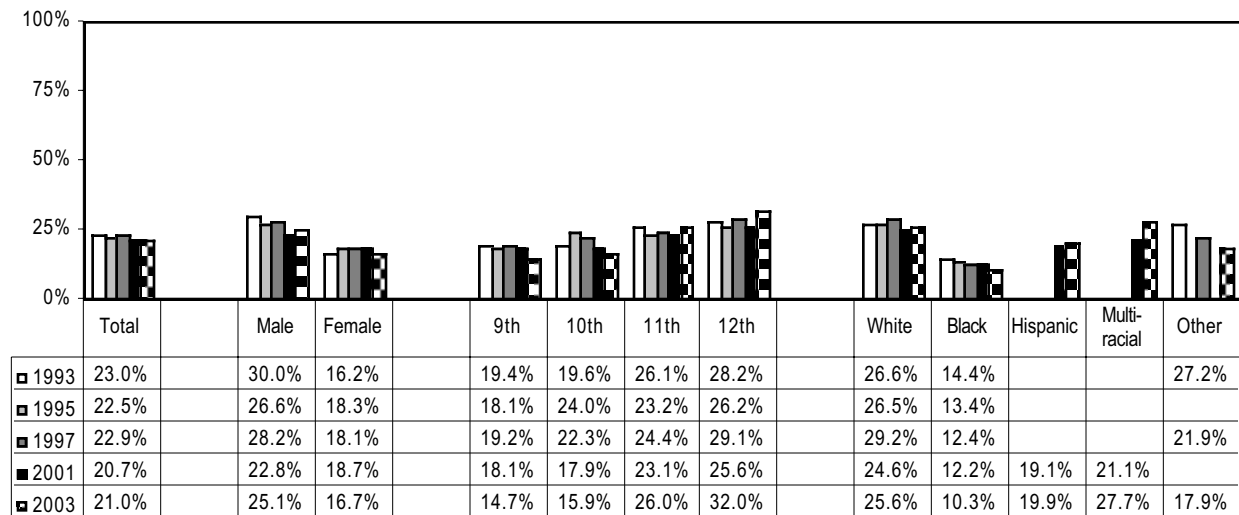
**Figure 20.** Percentage of North Carolina high school students who consumed at least one drink of alcohol during the past 30 days.



Note. Consumption of alcohol in this case does not include consumption for religious purposes.

- In 2003, the percentage of North Carolina high school students who reported drinking alcohol in the past 30 days was significantly lower than the national percentage (44.9%; Grunbaum et al., 2004).
- Between 2001 and 2003, the percentage of North Carolina high school students who consumed at least one drink of alcohol during the past 30 days increased for males and females, 9<sup>th</sup> and 12<sup>th</sup> graders, and White, Black, and multi-racial students.
- In 2001 and 2003, 11<sup>th</sup> and 12<sup>th</sup> graders were more likely than 9<sup>th</sup> and 10<sup>th</sup> graders to report drinking alcohol in the past 30 days.
- In 2001, 10<sup>th</sup> graders were more likely than 9<sup>th</sup> graders to report drinking alcohol in the past 30 days.
- In 2001 and 2003, White students were more likely than other racial/ethnic groups to report drinking alcohol in the past 30 days.

**Figure 21.** Percentage of North Carolina high school students who had five or more drinks of alcohol in a row within a couple of hours on one or more of the past 30 days.

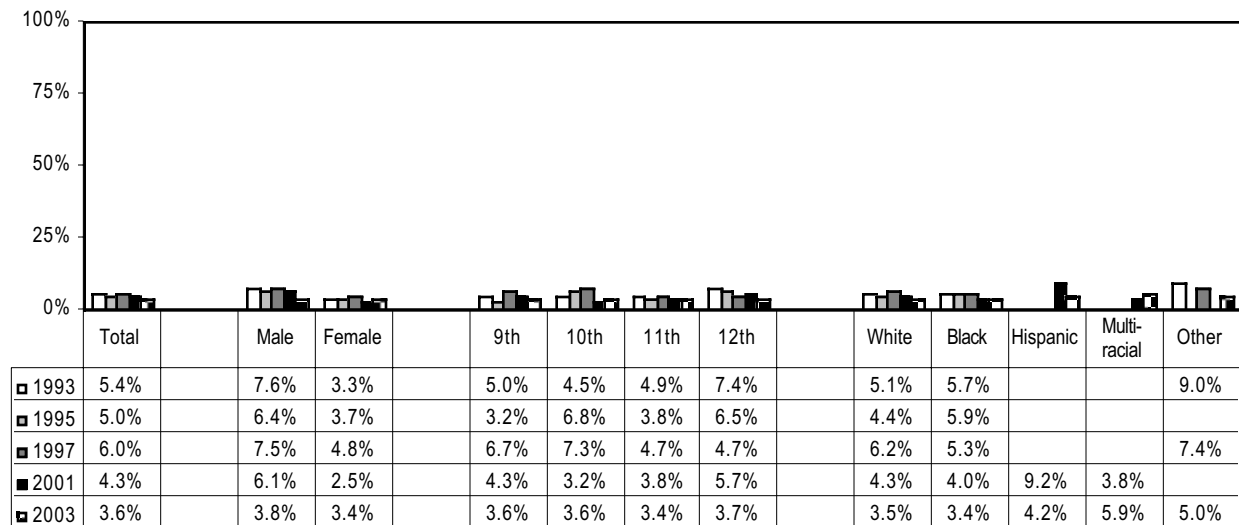


Note. Consumption of alcohol in this case does not include consumption for religious purposes.

- In 2003, the percentage of North Carolina high school students who reported having five or more drinks in a row within a couple of hours during the past 30 days was significantly lower than the national percentage (28.3%; Grunbaum et al., 2004). This was also true in 1993 and 1995.
- In all years, males were more likely than females to report having five or more drinks in a row within a couple of hours during the past 30 days.
- In 1993, 1995, 2001, and 2003, White students were more likely than Black students to report having five or more drinks in a row within a couple of hours during the past 30 days.
- In 2003, students whose ethnicity was coded as multi-racial were more likely than all other racial/ethnic groups to report having five or more drinks in a row within a couple of hours during the past 30 days.



**Figure 22.** Percentage of North Carolina high school students who had at least one drink of alcohol on school property during one or more of the past 30 days.

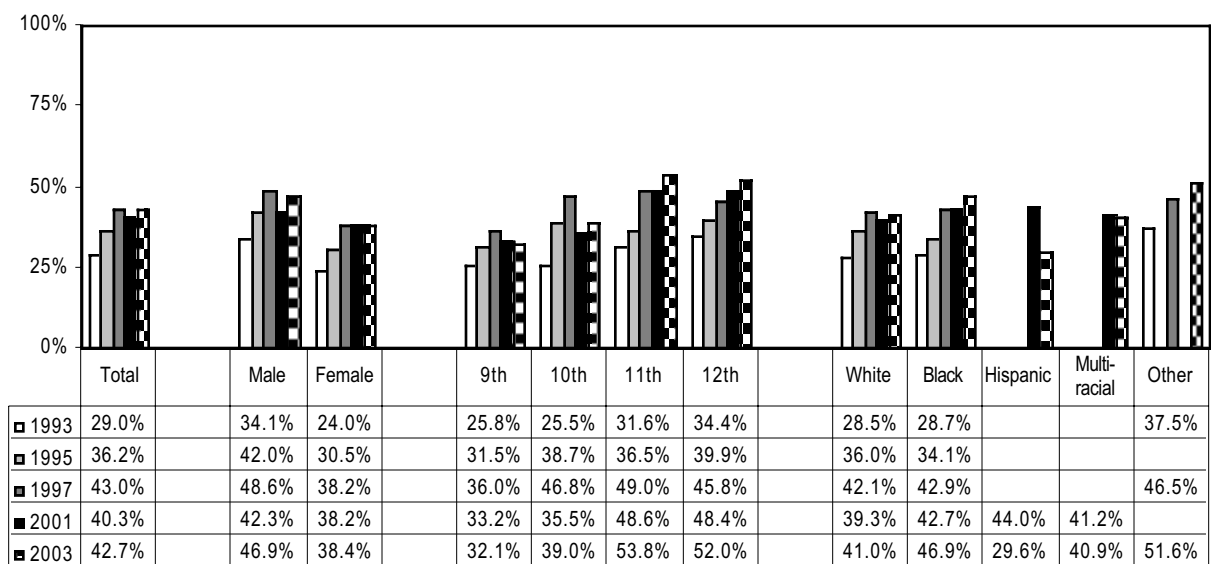


- In 2003, the percentage of North Carolina high school students who reported consuming at least one drink of alcohol on school property during the past 30 days was significantly lower than the national percentage (5.2%; Grunbaum et al., 2004).
- In 1993, 1995, and 2001, males were more likely than females to report consuming at least one drink of alcohol on school property during one or more of the past 30 days. There was virtually no difference between males and females in 2003.
- Considering all survey dates, with the exception of females, 10<sup>th</sup> graders and multi-racial students, there was a decrease in the percentage of North Carolina high school students who had at least one drink of alcohol on school property during one or more of the past 30 days.

## Other Drug Use

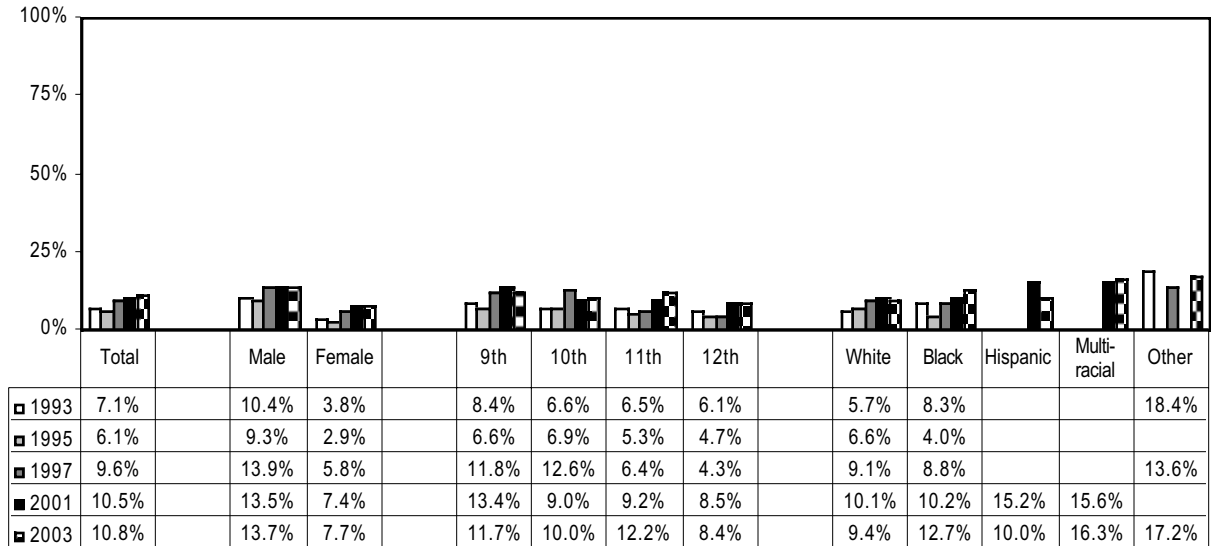
The use of illicit drugs such as marijuana, cocaine, and other substances is associated with a rash of negative health and behavioral outcomes among children and youth. Some of these outcomes include increased propensity to engage in violence (U.S. Department of Health and Human Services, 2001a), lower academic achievement (Beauvais et al., 1996; North Carolina Department of Public Instruction, 1999), and emotional and behavioral difficulties (U. S. Department of Health and Human Services, 1999). Some of the factors most commonly associated with drug use among youth include individual beliefs about the risks associated with drug use, parental attitudes toward drug use, and the perceived availability of drugs (Substance Abuse and Mental Health Services Administration, 2001a). The North Carolina YRBS includes several items addressing drug use and perceived availability of drugs, the results of which are summarized in Figures 23 through 36.

**Figure 23.** Percentage of North Carolina high school students who used marijuana one or more times during their life.



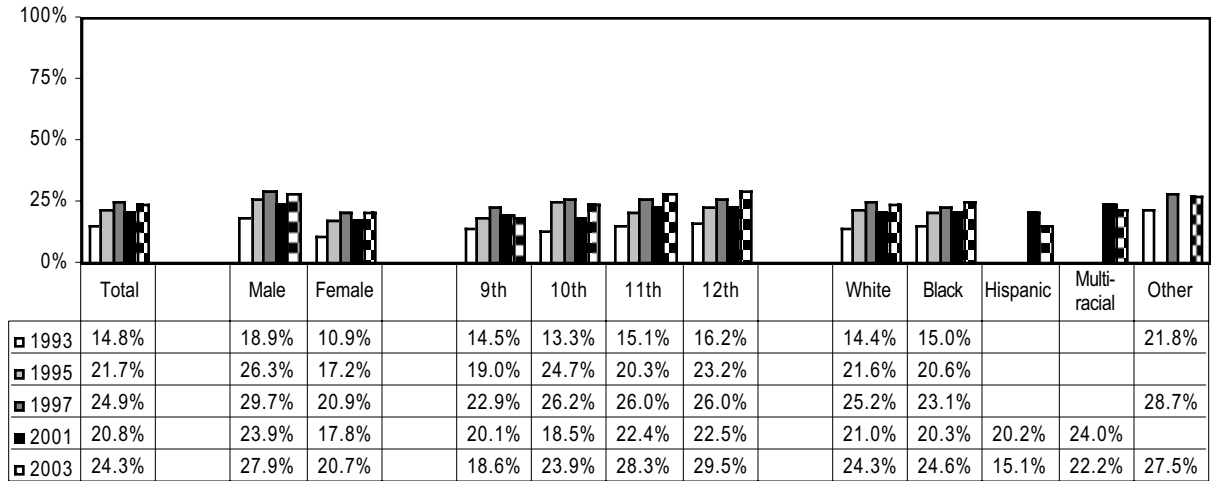
- In 2003, the percentage of North Carolina high school students who reported that they had used marijuana at least once was not significantly different than the national percentage (40.2%; Grunbaum et al., 2004). This was also true in 1993, 1995, and 2001.
- The overall percentage of North Carolina high school students who reported that they had used marijuana at least once increased between 1993 and 2003.
- Between 1993 and 2003, the percentage of females who reported that they had used marijuana at least once increased then leveled off in 2003. A similar increase is seen among 11<sup>th</sup> and 12<sup>th</sup> graders, White students and Black students peaking in 2003.
- In all sample years, males were more likely than females to report that they had used marijuana at least once.
- In 2003, 11<sup>th</sup> and 12<sup>th</sup> graders were more likely than 9<sup>th</sup> or 10<sup>th</sup> graders to report that they had used marijuana at least once.

**Figure 24.** Percentage of North Carolina high school students who tried marijuana for the first time before age 13.



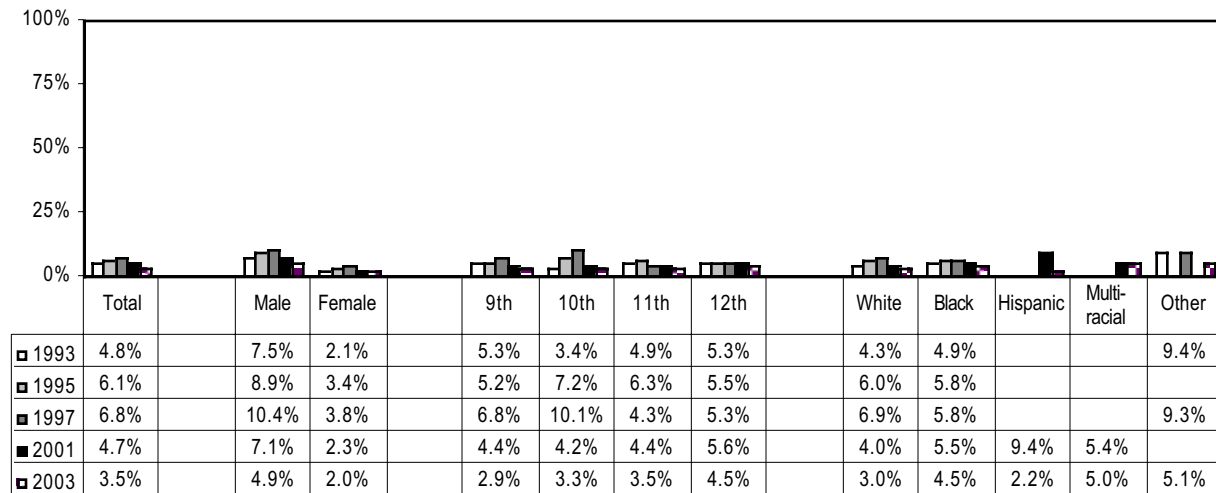
- In 2003, the percentage of North Carolina high school students reporting that they had first used marijuana prior to age 13 was not significantly different from the national percentage (9.9%; Grunbaum et al., 2004). This was also true in 1993 and 1995.
- The percentage of females reporting that they had first used marijuana prior to age 13 in 2003 was higher than the percentage in either 1993 or 1995 and virtually the same as in 2001.
- Between 1995 and 2001, the percentage of 9<sup>th</sup> graders reporting that they had first used marijuana prior to age 13 increased and leveled off in 2003.
- Between 1993 and 2001, the percentage of White students reporting that they had first used marijuana prior to age 13 increased and leveled off in 2003.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report that they had first used marijuana prior to age 13.
- In 2003, students of other races and ethnicities or multi-racial were more likely than either White, Black, or Hispanic students to report that they had first used marijuana prior to age 13.

**Figure 25.** Percentage of North Carolina high school students who used marijuana one or more times during the past 30 days.



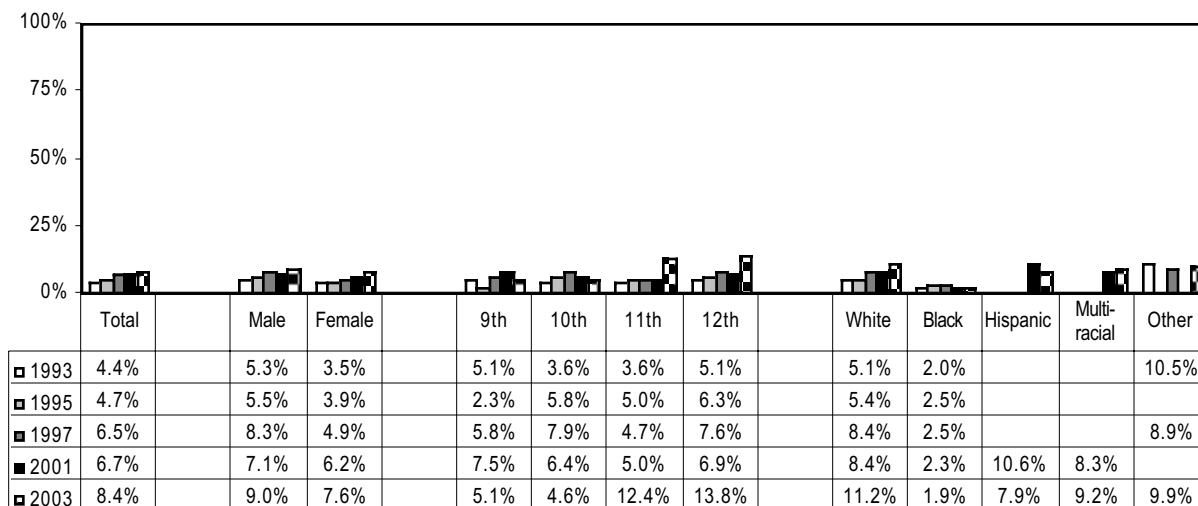
- In 2003, the percentage of North Carolina high school students who reported using marijuana in the past 30 days was not significantly different from the national percentage (22.4%; Grunbaum et al., 2004). This was also true in 1993 and 1995.
- Between 1993 and 1995, the overall percentage of North Carolina high school students who reported using marijuana in the past 30 days increased, decreased in 2001, and increased in 2003.
- With the exception of 9<sup>th</sup> graders, Hispanic, and multi-racial students, the percentage of North Carolina high school students who report using marijuana one or more times during the past 30 days increased in all categories in 2003.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report having used marijuana in the past 30 days.

**Figure 26.** Percentage of North Carolina high school students who used marijuana on school property one or more times during the past 30 days.



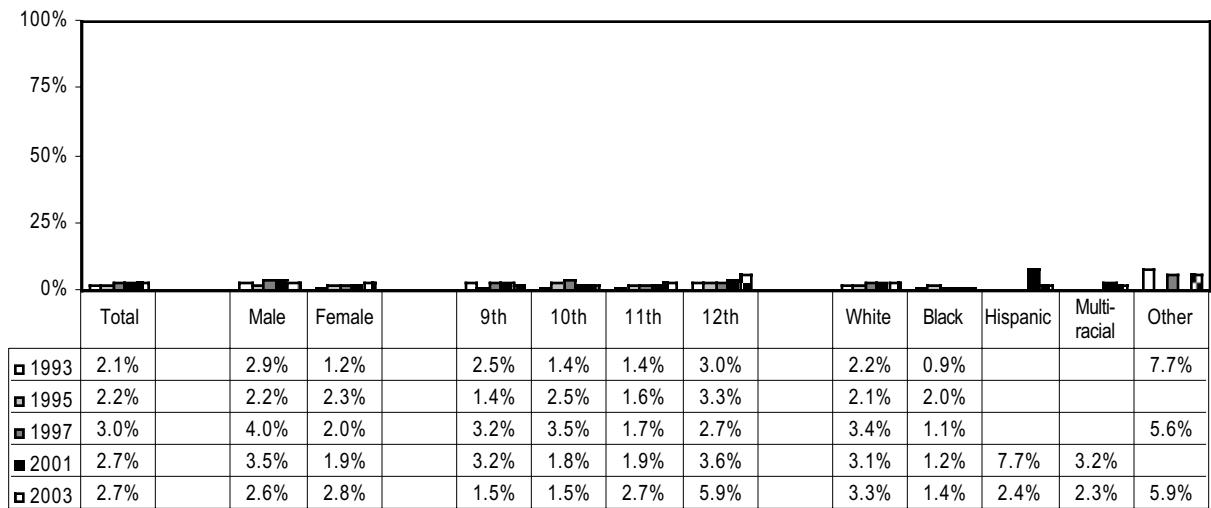
- In 2003, the percentage of North Carolina high school students who reported using marijuana on school property during the past 30 days was significantly less than the national percentage (5.8%; Grunbaum et al., 2004). This was also true in 1993 and 1995.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report using marijuana on school property during the past 30 days.
- Between 2001 and 2003, the percentage of North Carolina high school students who reported using marijuana on school property one or more times during the past 30 days decreased in all categories.

**Figure 27.** Percentage of North Carolina high school students who used any form of cocaine including powder, crack, or freebase one or more times during their life.



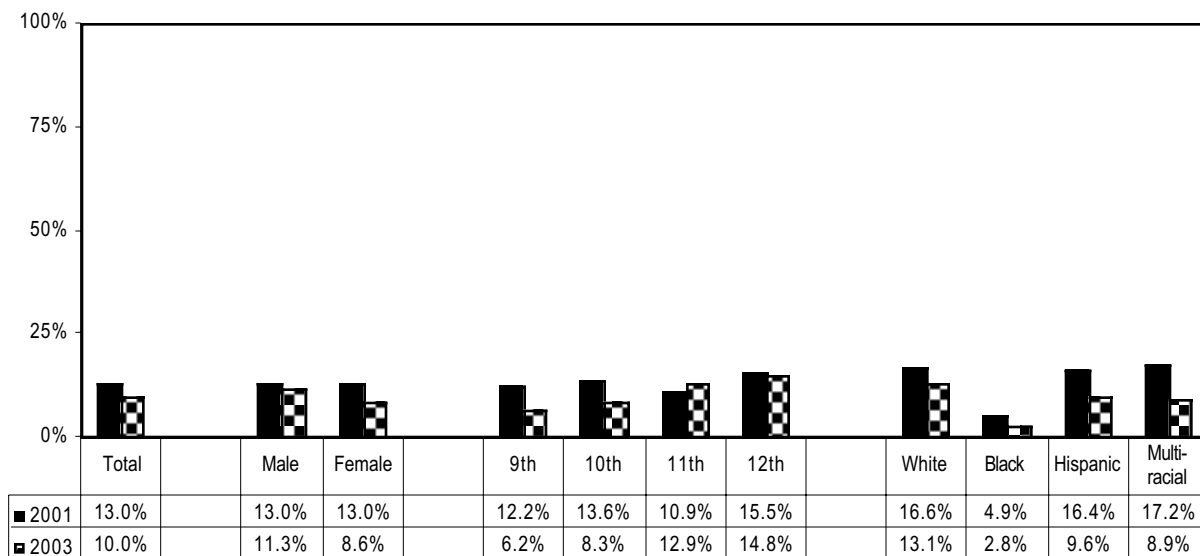
- In 2003, the number of North Carolina high school students who reported using any form of cocaine one or more times during their life was not significantly different than the national percentage (8.7%; Grunbaum et al., 2004).
- Between 1993 and 2003, the overall percentage of North Carolina high school students who reported using any form of cocaine one or more times during their life increased. This increase was also evident among females, 11<sup>th</sup> and 12<sup>th</sup> graders, and White students.
- In 1993, 1995, 2001 and 2003, White students were more likely than Black students to report using any form of cocaine one or more times during their life.
- In 2001 and 2003, Multi-racial students were more likely than Black students to report using any form of cocaine one or more times during their life.
- While the percentage of Hispanics reporting the use of any form of cocaine including powder, crack or freebase one or more times during their life was greater than any other ethnic group in 2001, White students gained that distinction in 2003.
- The percentage of North Carolina high school students who used any form of cocaine including powder, crack or freebase one of more times during their life doubled among 11<sup>th</sup> and 12<sup>th</sup> graders between 2001 and 2003 while decreasing in grades 9 and 10.

**Figure 28.** Percentage of North Carolina high school students who used any form of cocaine including powder, crack, or freebase one or more times during the past 30 days.



- In 2003, the percentage of North Carolina high school students who reported using any form of cocaine one or more times during the past 30 days was significantly less than the national percentage (4.1%; Grunbaum et al., 2004). This was also true in 1993 and 1995.
- In 1993, 2001, and 2003, White students were more likely than Black students to report using any form of cocaine during the past 30 days.
- In 2001, While Hispanic students were more likely to report using any form of cocaine including power, crack, or freebase one or more times during the past 30 days than other racial/ethnic group in 2001, the percentage for Hispanic students declined sharply in 2003.
- In 2003, the percentage of females, and 11<sup>th</sup> and 12<sup>th</sup> graders reporting using any form of cocaine including powder, crack or freebase one or more times during the past 30 days increased from 2001.

**Figure 29.** Percentage of North Carolina high school students who had used LSD, PCP, mushrooms, or other hallucinogens during their life.



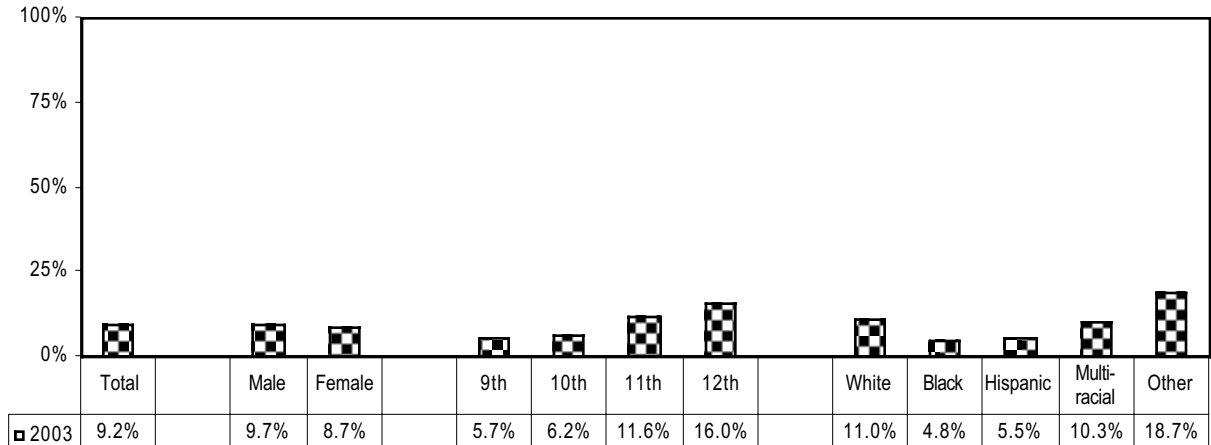
**Note.** Question was not asked prior to 2001.

**Note.** Question in 2001 data identifies Ecstasy as a hallucinogen. In 2003, the use of Ecstasy is asked in an individual question and could explain why the overall percentage is higher in 2001.

- In 2003, approximately one out of every ten North Carolina high school students reported using hallucinogens during their life. This percentage is less than reported in 2001.
- In 2003, Black students were less likely than students from all other racial/ethnic groups to report using hallucinogens during their life.
- Between 2001 and 2003 the percentage of males, females, and 9<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students reporting they had used hallucinogens during their life decreased.



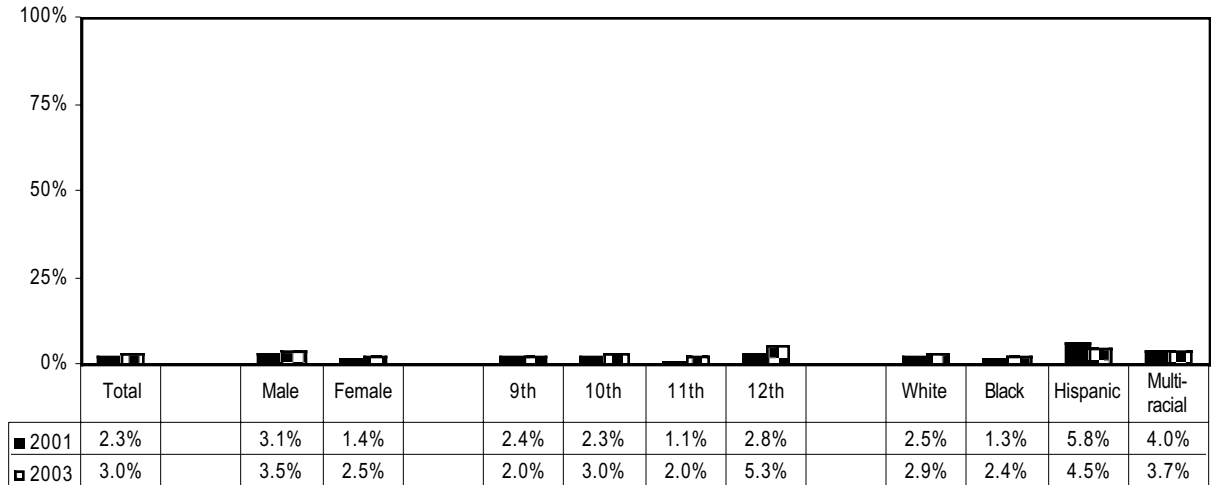
**Figure 30.** Percentage of North Carolina high school students who have used ecstasy one or more times during their life.



Note. In the 2001 survey, ecstasy was listed among other hallucinogens. In 2003, ecstasy use is treated as a separate question and could explain why the overall percentage is higher in 2001

- In 2003, approximately one in ten North Carolina high school students report that they have used ecstasy one or more times in their life. This percentage was not significantly different than the national percentage (11.1%; Grunbaum, et al., 2004).
- The reported percentage of ecstasy use is higher among males than females, 11<sup>th</sup> and 12<sup>th</sup> graders as compared to 9<sup>th</sup> and 10<sup>th</sup> graders.
- The reported percentage of ecstasy use is lowest among Blacks and Hispanics as compared to other racial/ethnic groups.

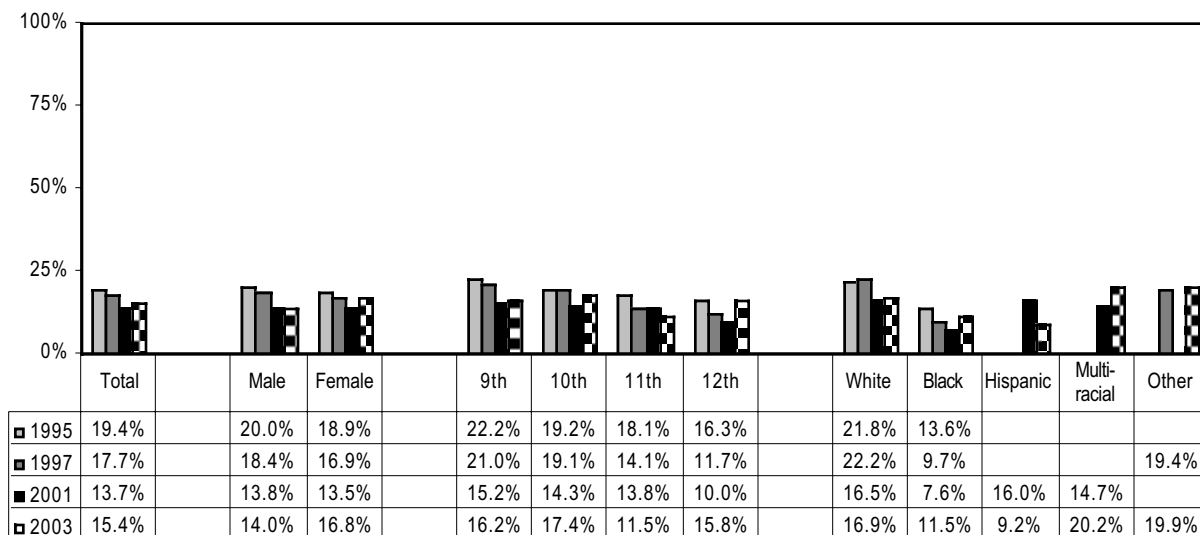
**Figure 31.** Percentage of North Carolina high school students who used heroin one or more times during their life.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported using heroin one or more times during their life was not significantly different from the national percentage (3.3%; Grunbaum et al., 2004).
- Between 2001 and 2003, the percentage of North Carolina high school students who reported using heroin one or more times during their life increased among females, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders and Black students.

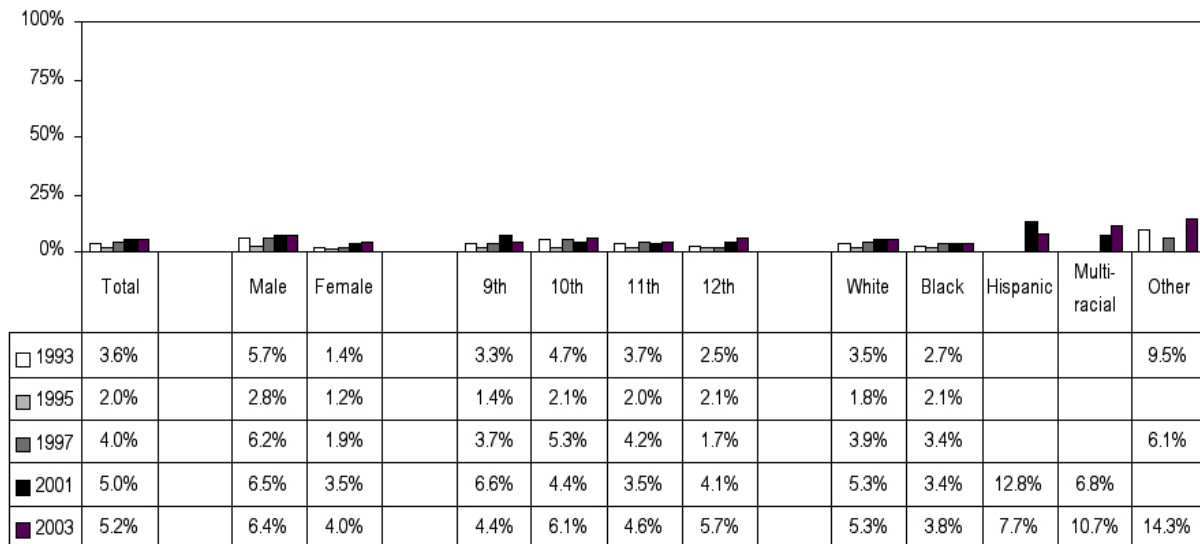
**Figure 32.** Percentage of North Carolina high school students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life.



**Note.** Question was not asked prior to 1995.

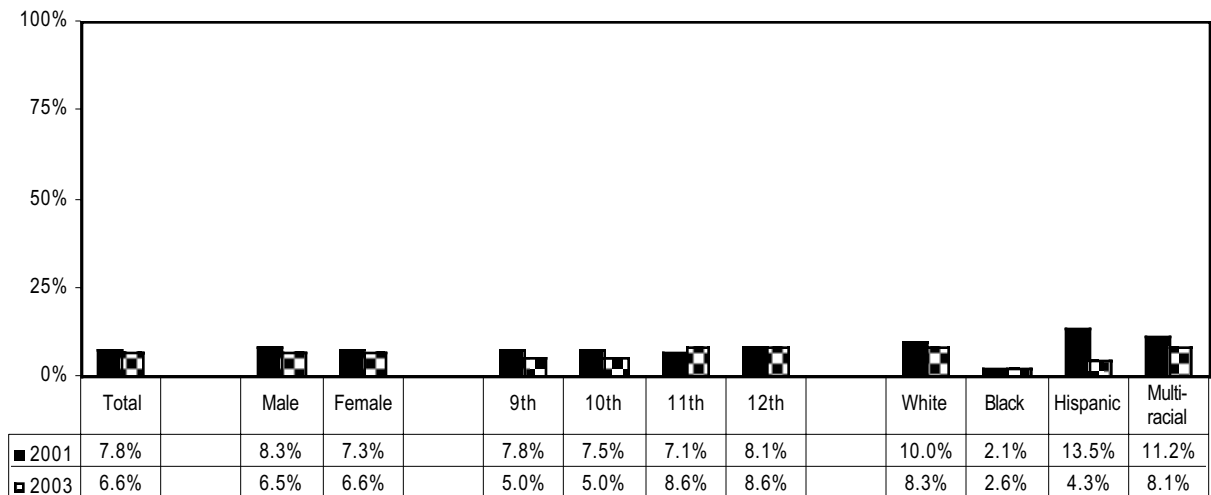
- In 2003, the percentage of North Carolina high school students who reported having ever sniffed glue or breathed the contents of sprays or paints to get high during their life was significantly greater than the national percentage (12.1%; Grunbaum et al., 2004). This represents a departure from the decline noted between 1995 and 2001.
- Between 1995 and 2003, the percentage of North Carolina high school students who reported ever having sniffed glue or breathed the contents of sprays or paints to get high during their life declined among 11<sup>th</sup> graders.
- In 1995, 2001, and 2003, White students were more likely than Black students to report ever having sniffed glue or breathed the contents of sprays or paints to get high during their life.
- In 2003, the percentage of North Carolina high school students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life was highest for the multiracial group.

**Figure 33.** Percentage of North Carolina high school students who used steroid pills or shots without a doctor's prescription one or more times during their life.



- In 2003, the percentage of North Carolina high school students who reported having ever used steroids without a prescription during their life was significantly lower than the national percentage (6.8%; Grunbaum et al., 2004). The North Carolina percentage was higher than the corresponding national percentage in 1993, but was lower in 1995.
- Between 1993 and 1995, the overall percentage of North Carolina high school students who reported using steroid pills or shots without a prescription during their life decreased. However, it then increased between 1995 and 2003. This same pattern is seen among males, Black students, and 12<sup>th</sup> graders.
- The percentage of female students who reported using steroid pills or shots without a prescription during their life in 2003 was higher than in 1993, 1995, and 2001.
- In 1993, 2001, and 2003 males were more likely than females to report using steroid pills or shots without a prescription during their life.
- In 2003, students of other races and ethnicities were more likely than all other racial/ethnic groups to report using steroid pills or shots without a prescription during their life.

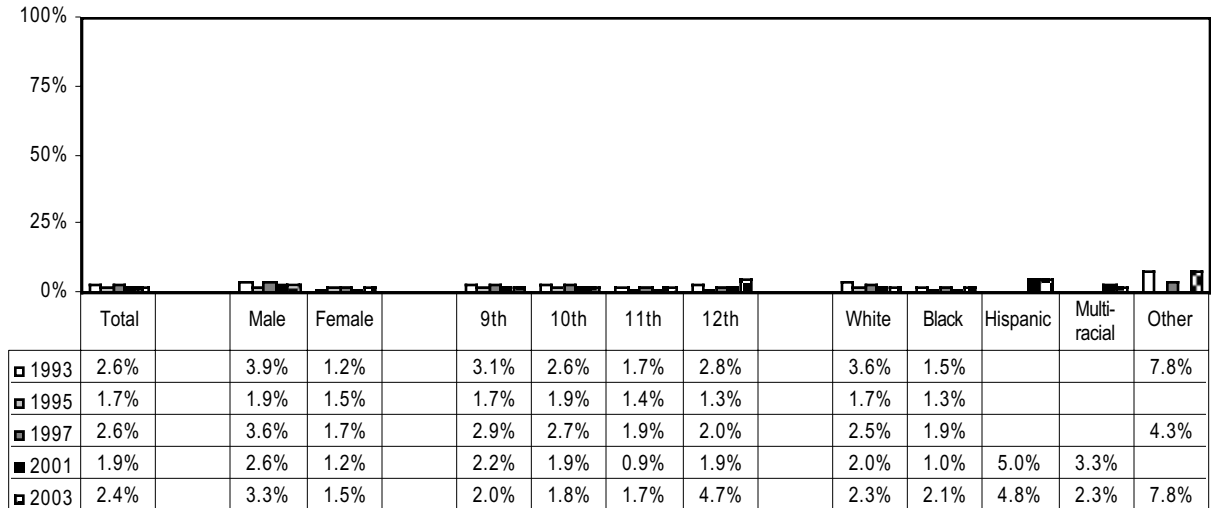
**Figure 34.** Percentage of North Carolina high school students who had used methamphetamines one or more times during their life.



Note. Question was not asked prior to 2001.

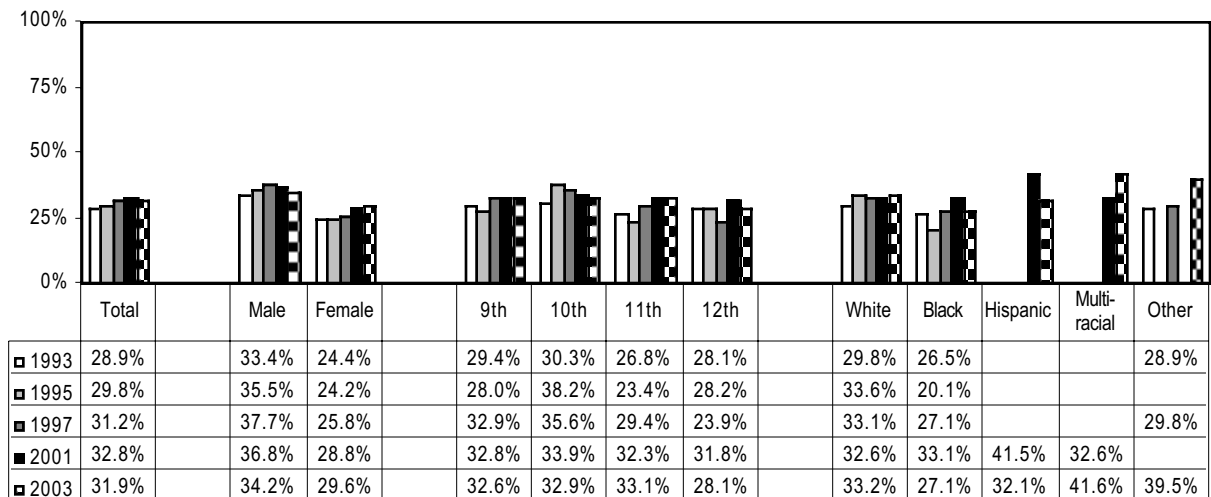
- In 2003, the percentage of North Carolina high school students who reported using methamphetamines one or more times during their life was not significantly different than the national percentage (7.6%; Grunbaum et al., 2004).
- In 2003, Black students were less likely than students from all other racial/ethnic groups to report using methamphetamines one or more times during their life.
- Between 2001 and 2003, the percentage of males, females, 9<sup>th</sup> and 10<sup>th</sup> graders, Whites, Hispanics, and multiracial groups reporting the use of methamphetamines one or more times during their life decreased.

**Figure 35.** Percentage of North Carolina high school students who used a needle to inject any illegal drug into their body during their life.



- In 2003, the percentage of North Carolina high school students who reported using a needle to inject any illegal drug into their body during their life was significantly less than the national percentage (3.2%; Grunbaum et al., 2004). These differences were not significantly different in 1995 and 2001.
- Males were more likely than females to report using a needle to inject any illegal drug into their body during their life for all survey dates.
- Between 2001 and 2003 the percentage of 12<sup>th</sup> graders and Black students who reported using a needle to inject any illegal drug into their body during their life increased.

**Figure 36.** Percentage of North Carolina high school students who had been offered, sold or given an illegal drug on school property during the past 12 months.

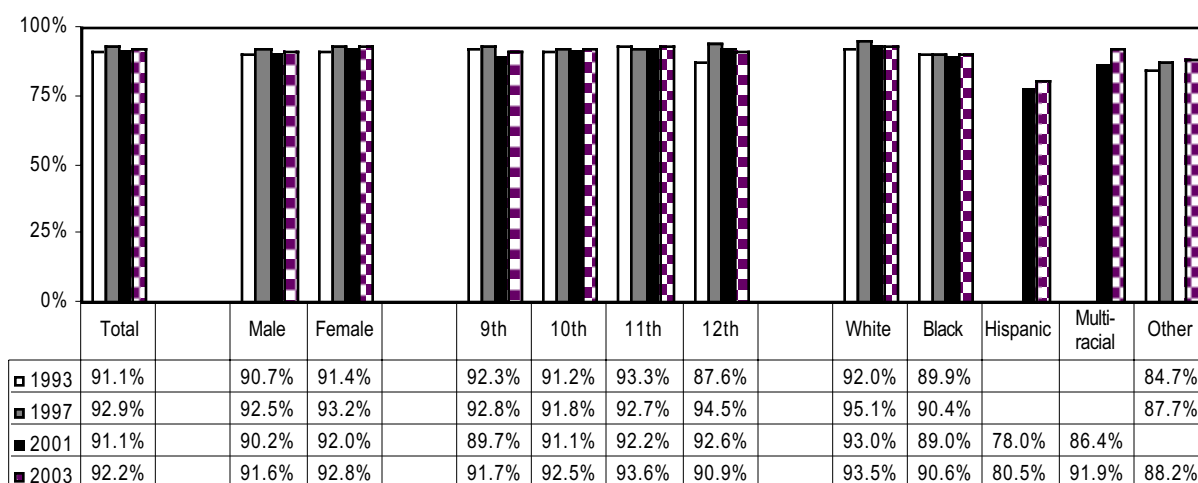


- In 2003, the percentage of North Carolina high school students who reported that they were offered, sold, or given an illegal drug on school property during the past 12 months was not significantly different than the national percentage (28.8%; Grunbaum et al., 2004).
- Between 2001 and 2003, the percentage of Black and Hispanic students who reported that they were offered, sold, or given an illegal drug on school property during the past 12 months decreased.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report that someone had offered, sold, or given them an illegal drug on school property during the past 12 months.
- In 2003, Multiracial students were more likely than other racial/ethnic groups to report that someone had offered, sold, or given them an illegal drug on school property during the past 12 months.

## Health Education

The majority of schools and districts across the U.S. require some form of health education at the high school level. Topics related to the prevention of sexually-transmitted disease and HIV infection in particular are most likely to be taught at the middle or high school level (CDC, 2001b). Studies of health education programs have indicated that they can be useful for discouraging students from engaging in risky sexual behaviors (Jemmott, Jemmott, & Fong, 1992; Kirby et al., 1991; Main et al., 1994). Figures 37 and 38 provide information on the extent to which North Carolina high school students receive information about HIV/AIDS and sexually transmitted diseases in school.

**Figure 37.** Percentage of North Carolina high school students who reported that they had ever been taught about AIDS or HIV infection in school.

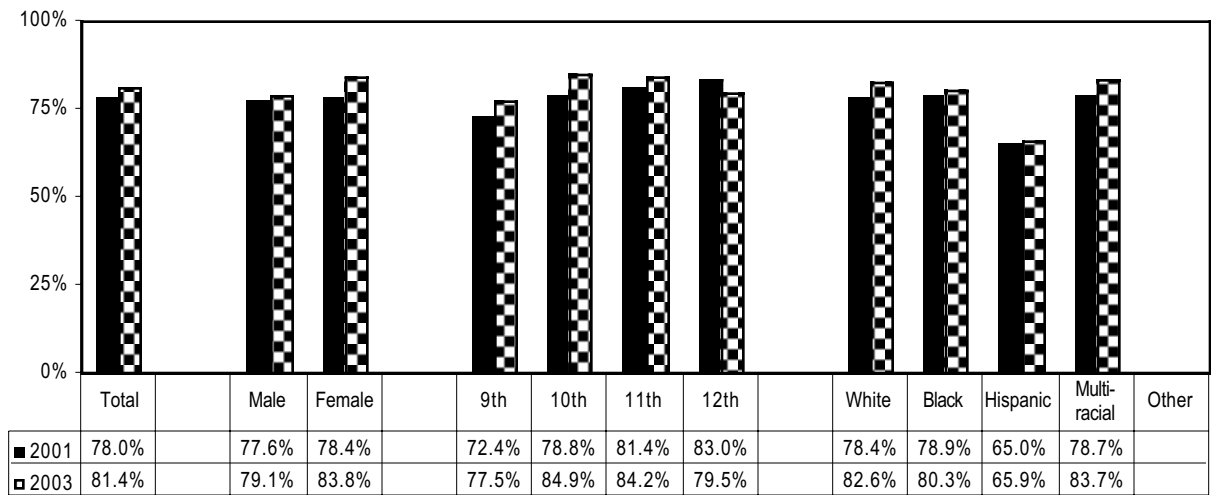


**Note.** Data not available from 1995.

- In 2003, the percentage of North Carolina high school students who reported that they had been taught about AIDS or HIV infection in school was significantly higher than the national percentage (87.9%; Grunbaum et al., 2004). In 1993, the North Carolina percentage was higher than the national percentage.
- In 2003, White students were more likely than other racial/ethnic groups to report that they had been taught about AIDS or HIV infection in school. Hispanic students were least likely to report being taught about AIDS or HIV infection in school.



**Figure 38.** Percentage of North Carolina high school students who had ever been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus (HPV) in school.



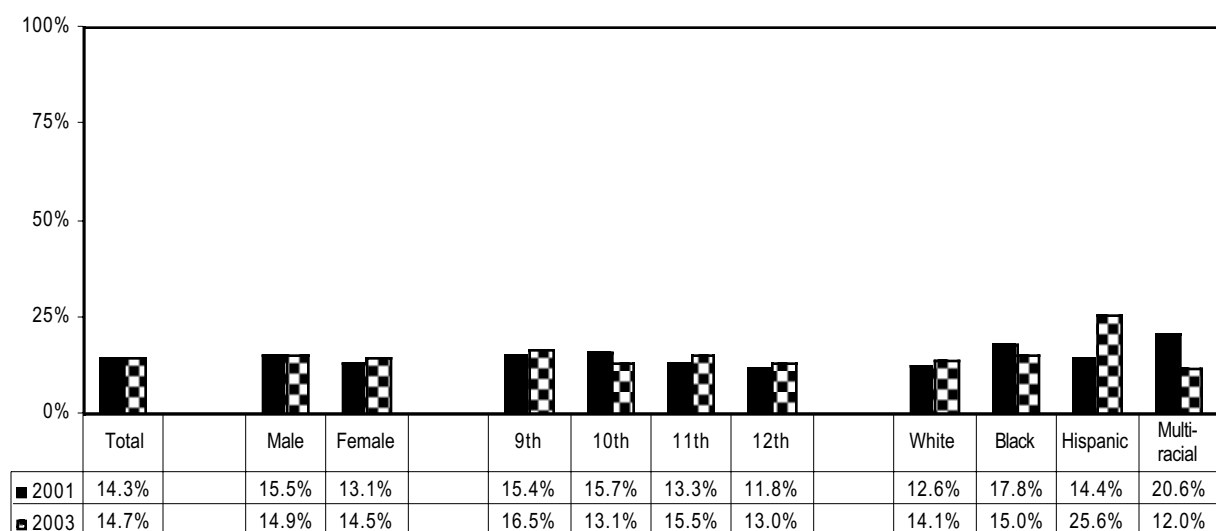
Note. Question was not asked prior to 2001.

- In 2003, over 80% of North Carolina high school students reported having been taught about chlamydia, gonorrhea, syphilis, or HPV in school.
- In 2003, 10<sup>th</sup> and 11<sup>th</sup> graders were more likely than 9<sup>th</sup> or 12<sup>th</sup> graders to report having been taught about chlamydia, gonorrhea, syphilis, or HPV in school.
- Between 2001 and 2003 all racial/ethnic groups report an increase in having been taught about chlamydia, gonorrhea, syphilis, or HPV in school.

## Weight Management

The percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s (Troiano & Flegal, 1998). Over 13 percent of youth between the ages of 6 and 19 in the U. S. are now overweight (CDC, 2001c). Overweight and obese individuals are at increased risk for a wide variety of physical and psychological disorders, including heart disease, stroke, diabetes, high blood pressure, high cholesterol, and depression (Stunkard & Wadden, 1993). Figures 39 through 46 illustrate North Carolina high school students' responses to a variety of questions regarding their weight and weight control activities.

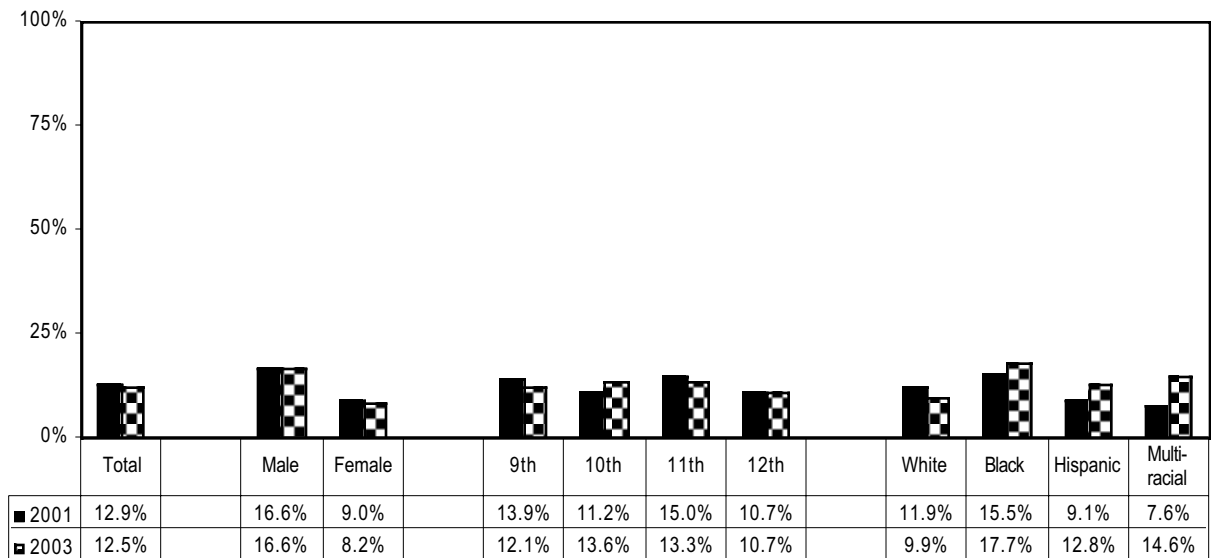
**Figure 39.** Percentage of North Carolina high school students who are at risk for becoming overweight based on Body Mass Index (BMI).



**Note.** BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls between the 85<sup>th</sup> and 95<sup>th</sup> percentile of the normative distribution based on those reference data is considered to be "at risk for becoming overweight". Data on students' height and weight were not collected prior to 2001.

- In 2003, the percentage of North Carolina high school students at risk for becoming overweight based on BMI was not significantly different than the national percentage (15.4%; Grunbaum et al., 2004).

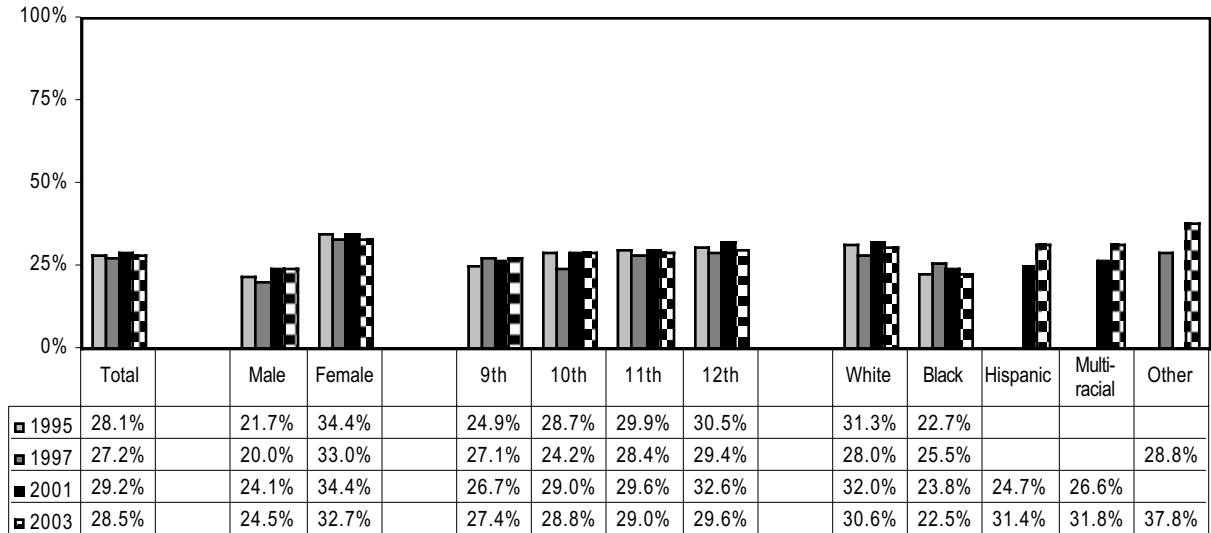
**Figure 40.** Percentage of North Carolina high school students who are overweight based on Body Mass Index (BMI).



**Note.** BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls above 95<sup>th</sup> percentile of the normative distribution based on those reference data is considered to be "overweight". Data on students' height and weight were not collected prior to 2001.

- In 2003, the percentage of North Carolina high school students who were overweight based on BMI was not significantly different than the national percentage (13.5%; Grunbaum et al., 2004).
- In 2003, males were more likely than females to be overweight based on BMI.
- In 2003, Black and Multi-racial students were more likely to be overweight based on BMI than White and Hispanic students.

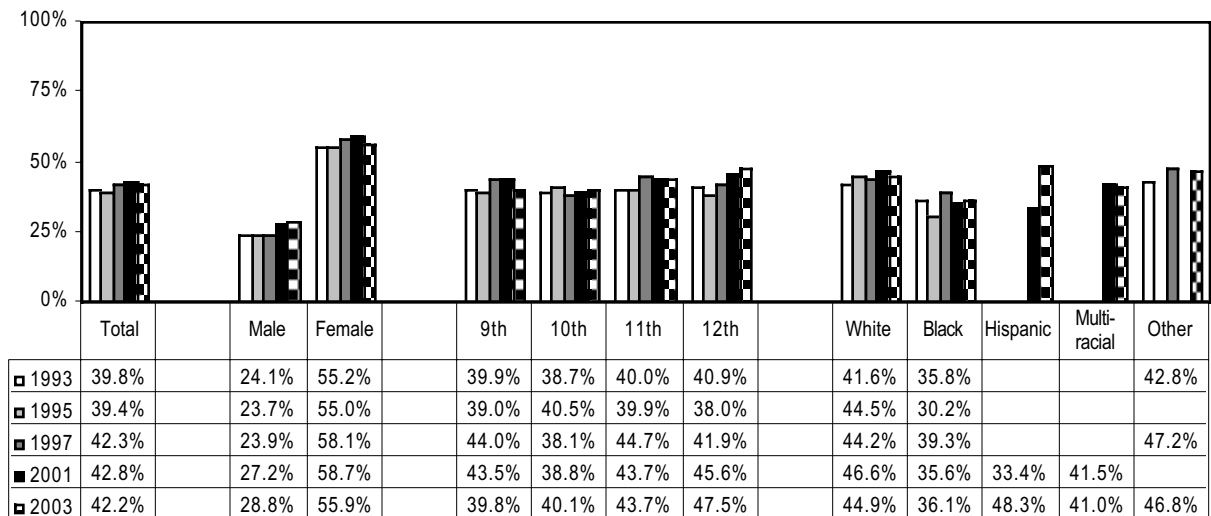
**Figure 41.** Percentage of North Carolina high school students who describe themselves as slightly or very overweight.



Note. Question was not asked in 1993.

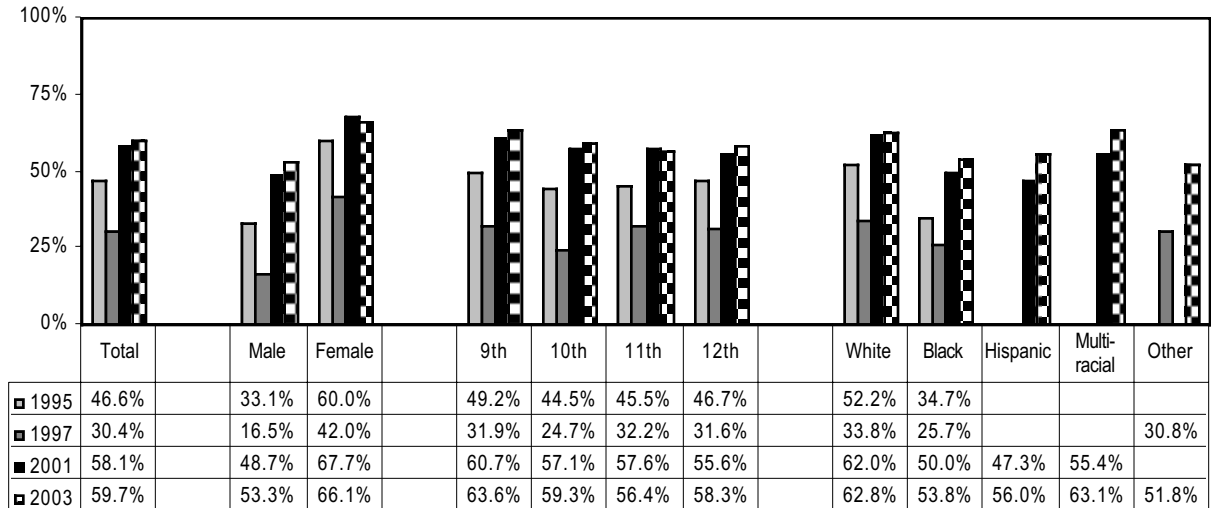
- In 2003, the percentage of North Carolina high school students who described themselves as slightly or very overweight was not significantly different from the national percentage (29.6%; Grunbaum et al., 2004). This was also true in 1995 and 2001.
- In 1995, 2001, and 2003 females were more likely than males to describe themselves as slightly or very overweight.
- In 2001 and 2003, Black students were less likely than other racial/ethnic groups to describe themselves as slightly or very overweight.

**Figure 42.** Percentage of North Carolina high school students who were trying to lose weight.



- In 2003, the percentage of North Carolina high school students who reported that they were trying to lose weight was not significantly different than the national percentage (43.8%; Grunbaum et al., 2004).
- While the percentage of White students who reported that they were trying to lose weight increased between 1993 and 2001, that percentage leveled off in 2003.
- In 1993, 1995, 2001, and 2003, female students were more likely than males to report trying to lose weight.
- In 1993, 1995, 2001, and 2003, White students were more likely than Black students to report trying to lose weight.
- In 2003, Hispanic students were more likely than White students to report trying to lose weight.

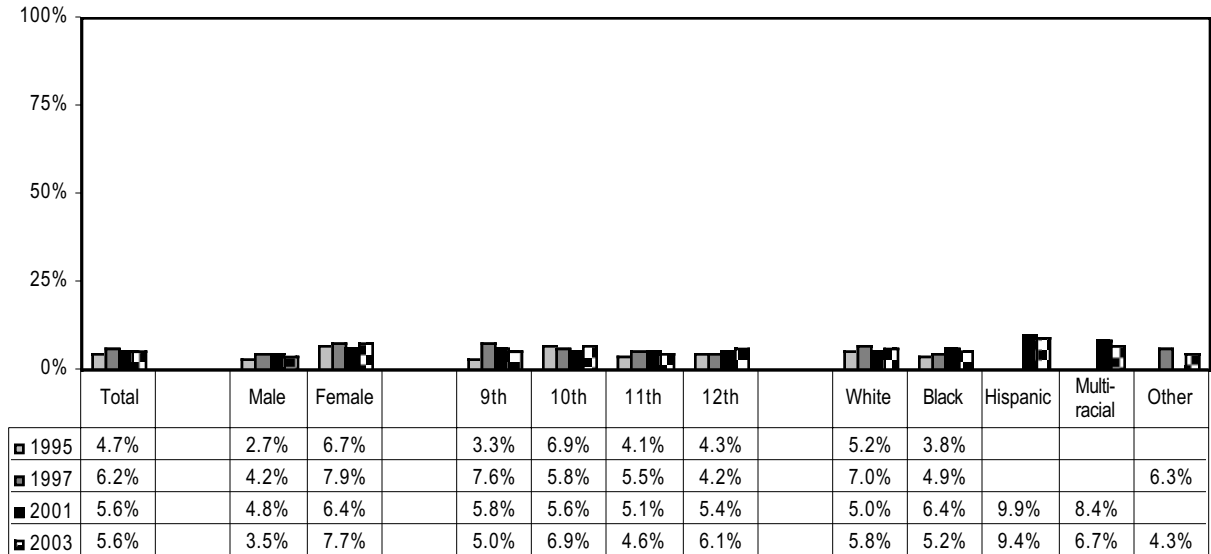
**Figure 43.** Percentage of North Carolina high school students who exercised to lose weight or to keep from gaining weight during the past 30 days.



**Note.** The wording of this question changed between 1993 and 1995, rendering the 1993 estimates incompatible with those in subsequent years.

- In 2003, the percentage of North Carolina high school students who reported that they had exercised to lose weight or to keep from gaining weight during the past 30 days was not significantly different than the national percentage (57.1%; Grunbaum et al., 2004).
- Between 1995 and 2003, the overall percentage of North Carolina high school students who reported that they had exercised to lose weight or to keep from gaining weight increased. This increase was also seen among all subgroups surveyed in all three years except females and 11<sup>th</sup> graders.
- In 1995, 2001, and 2003 female students were more likely than males to report that they had exercised to lose weight or to keep from gaining weight.
- In 2001 and 2003, White and Multiracial students were more likely than other racial/ethnic groups to report that they had exercised to lose weight or to keep from gaining weight.

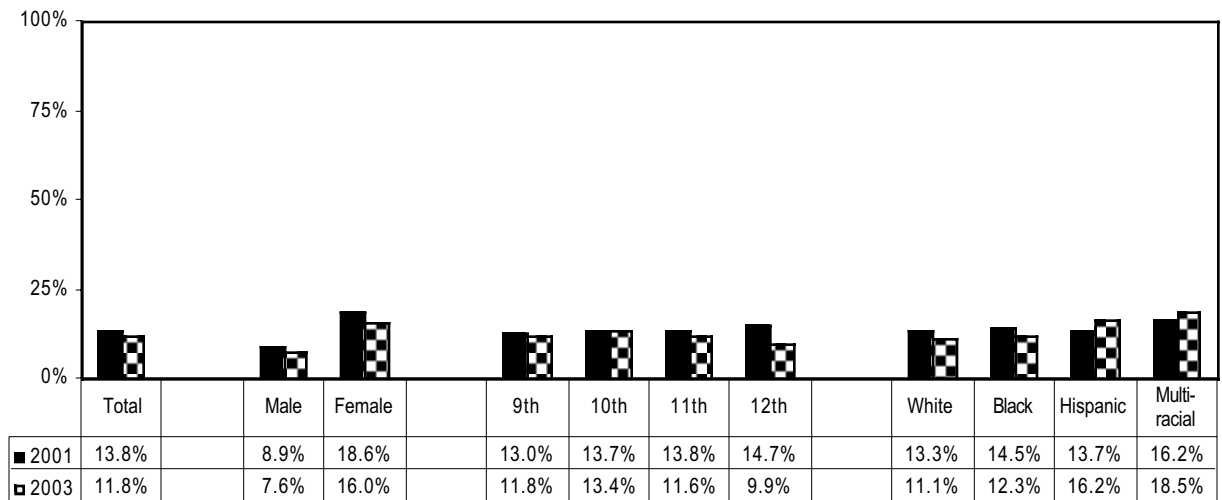
**Figure 44.** Percentage of North Carolina high school students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



**Note.** The wording of this question changed between 1993 and 1995, rendering the 1993 estimates incompatible with those in subsequent years.

- In 2003, the percentage of North Carolina high school students who reported vomiting or taking laxatives to lose weight or to keep from gaining weight during the past 30 days was not significantly different than the national percentage (6.0%; Grunbaum et al., 2004).
- In 2003, females were more likely than males to report that they had vomited or taken laxatives to lose weight or to keep from gaining weight.

**Figure 45.** Percentage of North Carolina high school students who went without eating for 24 hours or more to lose weight during the past 30 days.

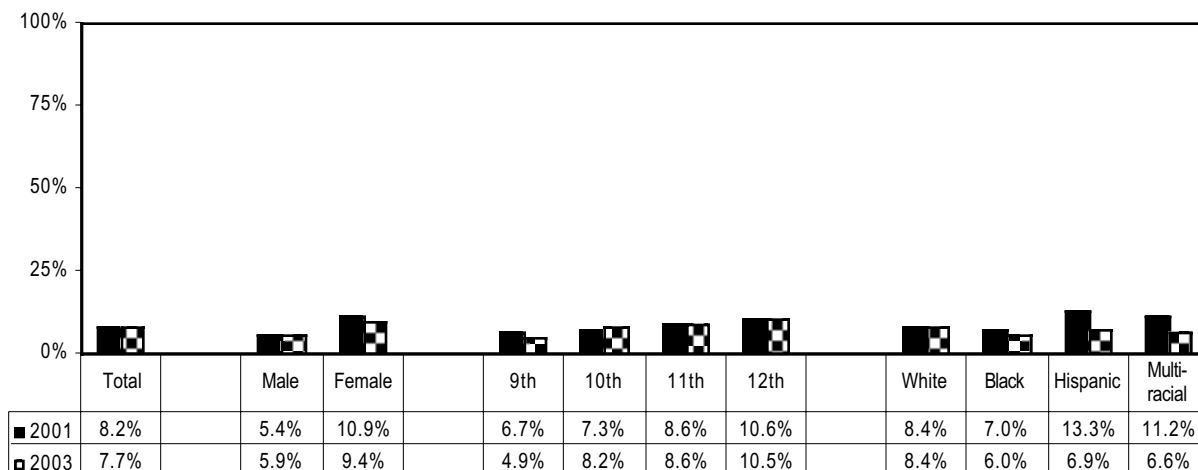


Note. Question was not asked prior to 2001.

- In 2003, approximately one out of eight North Carolina high school students reported that they had gone without eating for 24 hours or more to lose weight during the past 30 days. The overall percentage is not significantly different than the national percentage (13.3%; Grunbaum et al., 2004)
- In 2003, the percentage of females more than doubled the percentage of males who reported going without eating for 24 hours or more to lose weight during the past 30 days.



**Figure 46.** Percentage of North Carolina high school students who took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.



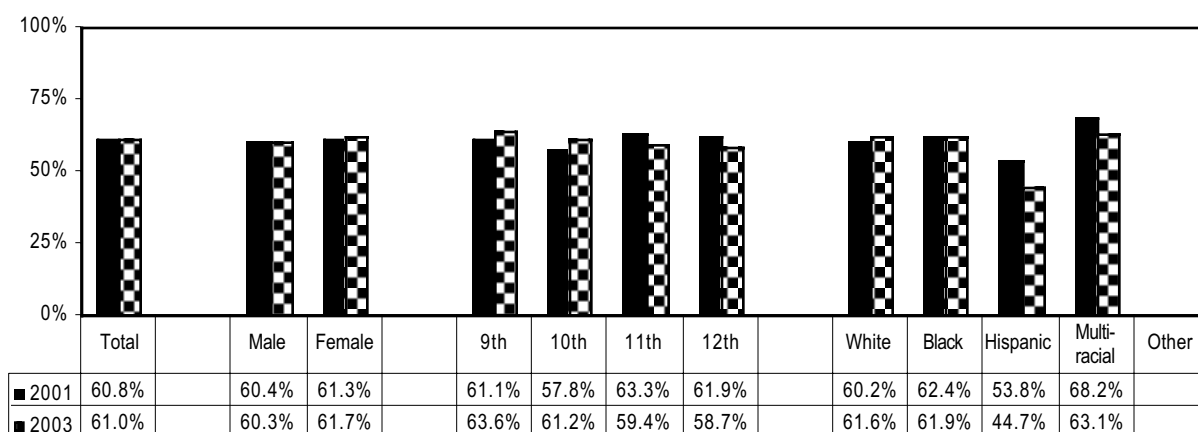
**Note.** Prior to 2001, this question asked only about diet pills (not powders or liquids) and did not include the qualifier about not having a doctor's advice, rendering those data incomparable with the 2001 data.

- In 2003, the percentage of North Carolina high school students who reported that they had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days was not significantly different than the national percentage (9.2%; Grunbaum et al, 2004).
- In both 2001 and 2003, females were more likely than males to report taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.
- In both 2001 and 2003, the percentage of North Carolina high school students reporting taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days increased by grade level.
- With the exception of White students, there is a decline between 2001 and 2003 in the percentage among racial/ethnic groups reporting taking diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.

## Physical Health

Most children in the U.S. under the age of 17 have a usual source for health care. However, access to health care tends to decline as children get older (Weigers, Welnick, & Cohen, 1998). Among children under 18, only 70 percent visit a health care provider each year for a routine appointment, and fewer than half see a dentist each year (Agency for Healthcare Research and Quality, 2002; Krauss, Machlin, & Kass, 1999). In addition, certain subgroups of children (e.g., Black, Hispanic, uninsured, or poor children) tend to have less access to regular sources of health care and are less likely to use health or dental services for preventive or emergency reasons (Agency for Healthcare Research and Quality, 2002; Krauss et al., 1999; Watson, Manski, & Mancek, 2001; Weigers et al., 1998). Black and Hispanic youth are also less likely to be rated as being in good health overall by their parents (Weigers et al., 1998). Figures 47 through 49 present data on health care utilization and health status for North Carolina high school students.

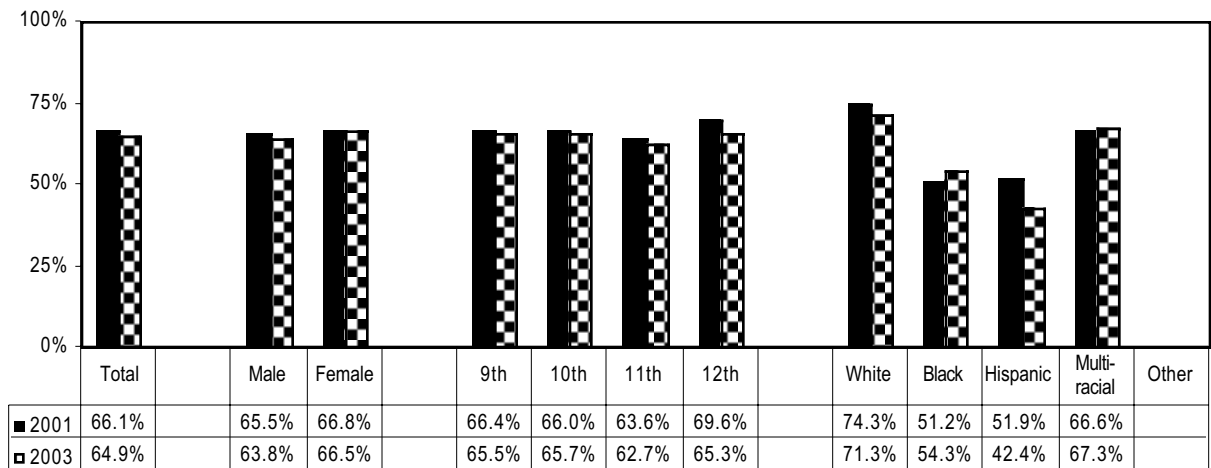
**Figure 47.** Percentage of North Carolina high school students who saw a doctor or health care provider for a check-up or physical exam when they were not sick or injured during the past 12 months.



Note. Question was not asked prior to 2001.

- In 2003, approximately six out of every ten North Carolina high school students reported that they had seen a doctor or health care provider for a check-up or physical exam when they were not sick or injured during the past 12 months.
- In both 2001 and 2003, the percentage of Hispanic students reporting seeing a doctor or health care provider for a checkup or physical exam when they were not sick or injured during the past 12 months was less than other racial/ethnic groups.

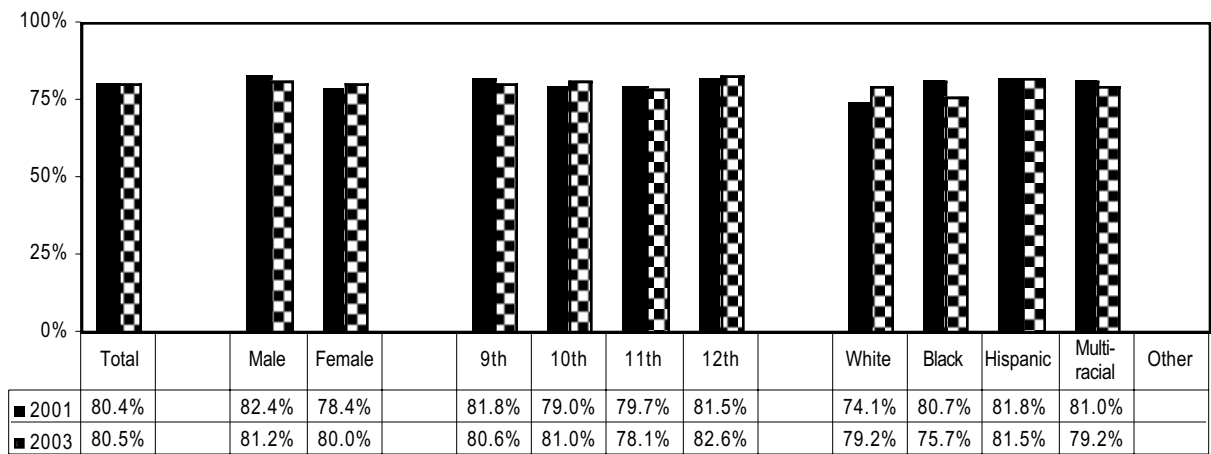
**Figure 48.** Percentage of North Carolina high school students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.



Note. Question was not asked prior to 2001.

- In 2003, almost two-thirds of North Carolina high school students reported that they had seen a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.
- In 2003, White students were more likely than Black, Hispanic, or Multi-racial students to report having seen a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.
- In 2003, Multi-racial students were more likely than Black and Hispanic students to report having seen a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.

**Figure 49.** Percentage of North Carolina high school students who rate the quality of their health as good or better.



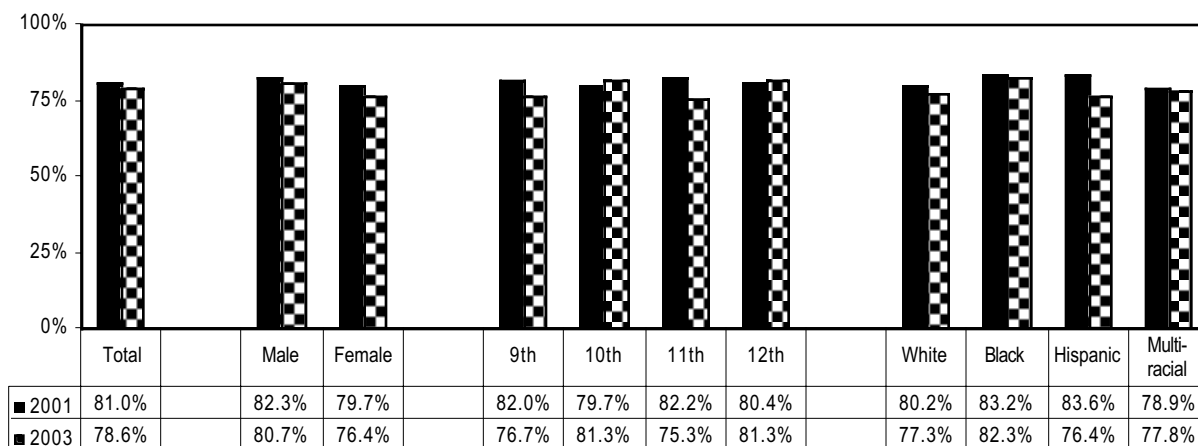
Note. Question was not asked prior to 2001.

- In 2003, approximately four out of five North Carolina high school students reported that the quality of their health was good or better.

## Nutrition

Along with inactivity, improper nutrition is the other major factor behind the obesity epidemic that has emerged in the U.S. in recent years. The U.S. Department of Agriculture (2000) recommends a diet high in grains, vegetables, fruits, and lean meats, and low in saturated fats. Currently, however, the dietary patterns of Americans of all ages falls far short of this ideal, and far short of the targets established under the Healthy People 2010 initiative (U.S. Department of Health and Human Services, 2000). Figures 50 through 57 detail the reported dietary patterns of North Carolina high school students.

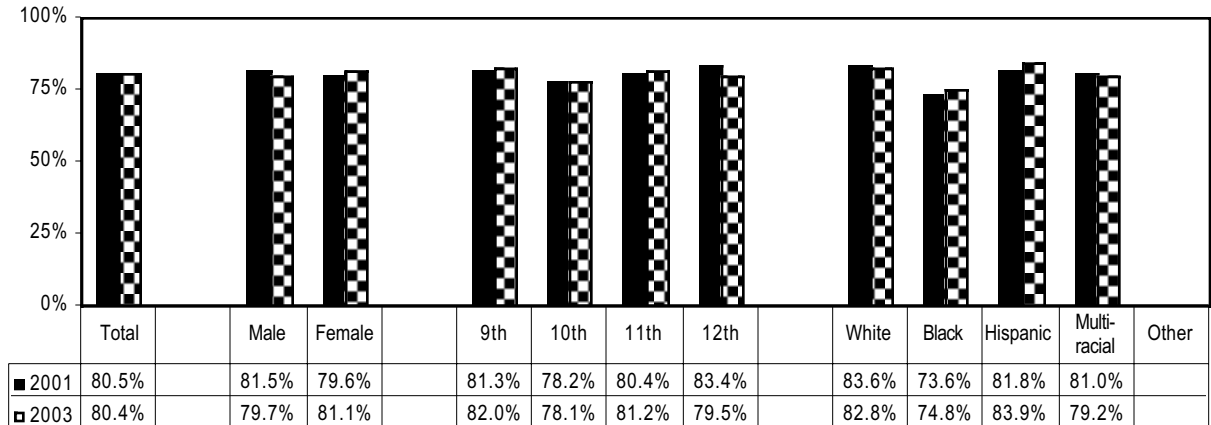
**Figure 50.** Percentage of North Carolina high school students who drank 100% fruit juice one or more times during the past seven days.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported drinking 100% fruit juice during the past seven days was less than in 2001 when it was significantly below the national percentage (83.0%; Grunbaum et al., 2002).

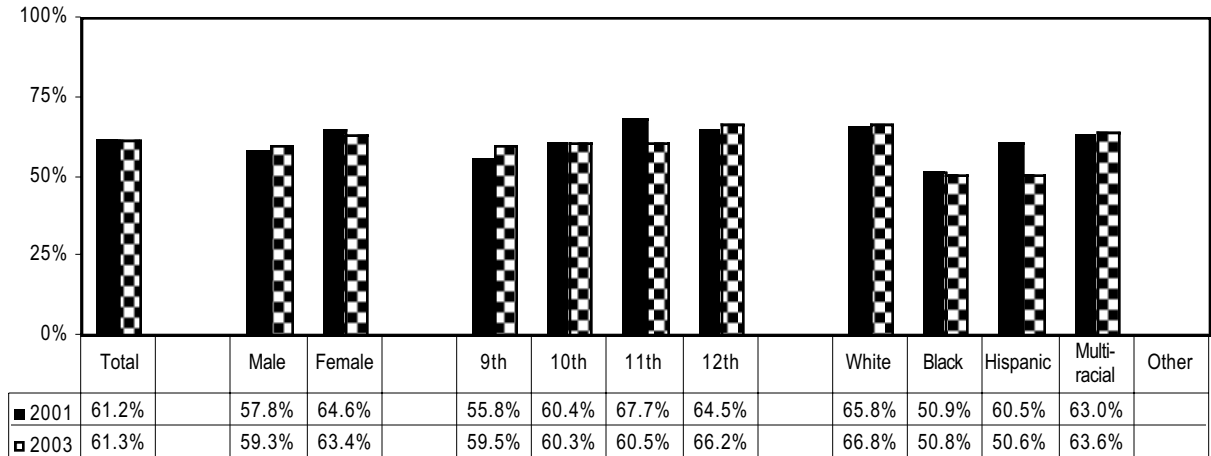
**Figure 51.** Percentage of North Carolina high school students who ate fruit one or more times during the past seven days.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported eating fruit during the past seven days was the same as it was in 2001 when it was lower than the national percentage (84.4%; Grunbaum et al., 2002).
- In 2003, White and Hispanic students were more likely than Black students to report eating fruit one or more times during the past seven days.

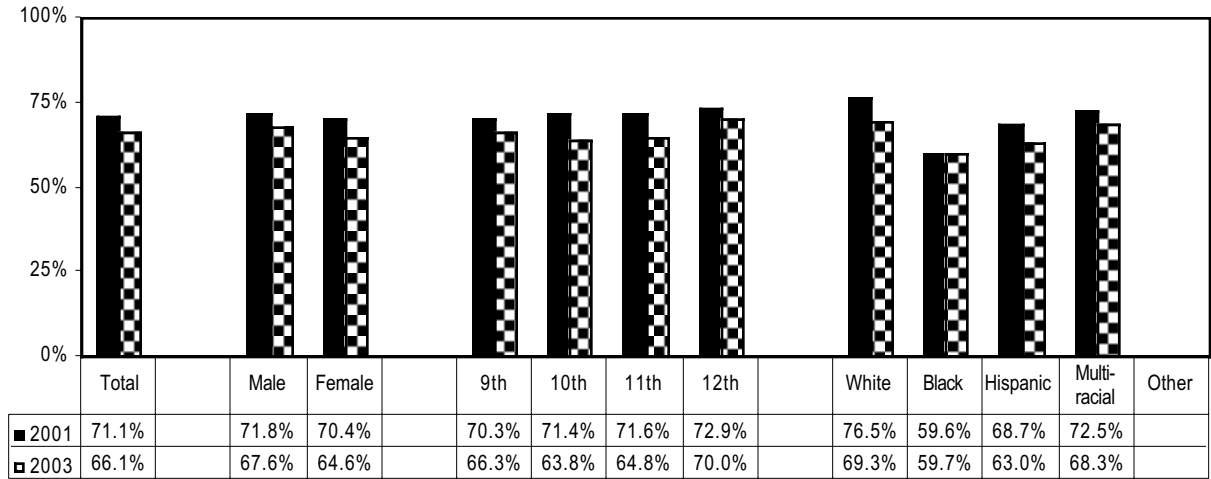
**Figure 52.** Percentage of North Carolina high school students who ate green salad one or more times during the past seven days.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported eating green salad during the past seven days was the same as reported in 2001 when it was lower than the national percentage (67.1%; Grunbaum et al., 2002).
- In 2001 and 2003, females were more likely than males to report eating green salad on one or more of the past seven days.
- While in 2001, 11<sup>th</sup> graders were more likely than 9<sup>th</sup> graders to report eating green salad on one or more of the past seven days, in 2003 12<sup>th</sup> graders were more likely to report eating green salad on one or more of the past seven days than their counterparts in other grade levels.
- In 2001 and 2003, White and multi-racial students were more likely than Black and Hispanic students to report eating green salad on one or more of the past seven days.

**Figure 53.** Percentage of North Carolina high school students who ate potatoes one or more times during the past seven days.

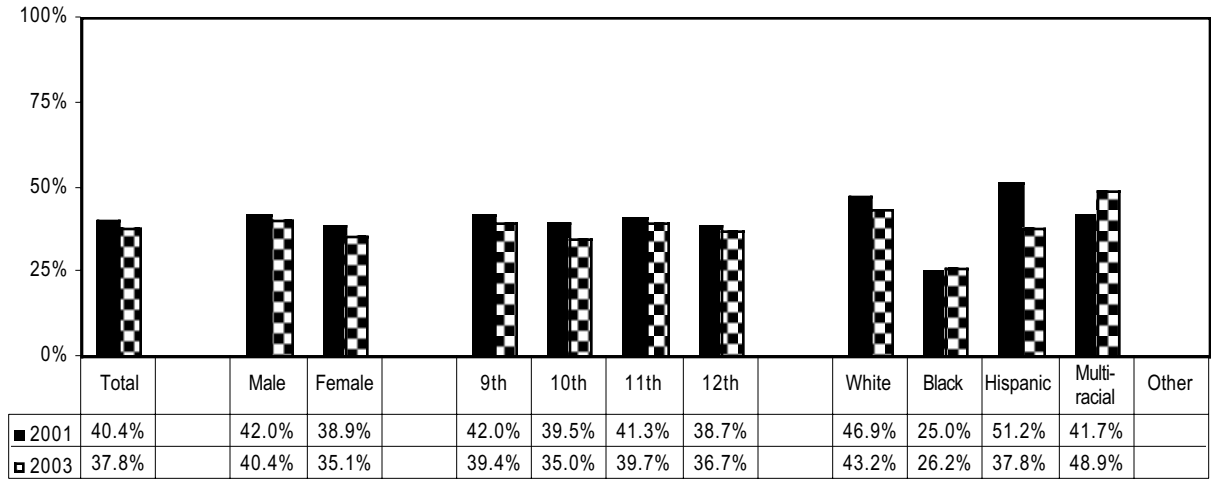


**Note.** Question was not asked prior to 2001. “Potatoes” did not include French fries, fried potatoes, or potato chips.

- In 2003, the percentage of North Carolina high school students who reported eating potatoes during the past seven days was less than reported in 2001 when it was below the national percentage (72.6%; Grunbaum et al., 2002).
- In 2001 and 2003, White and multi-racial students were more likely than Black and Hispanic students to report eating potatoes one or more times during the past seven days.



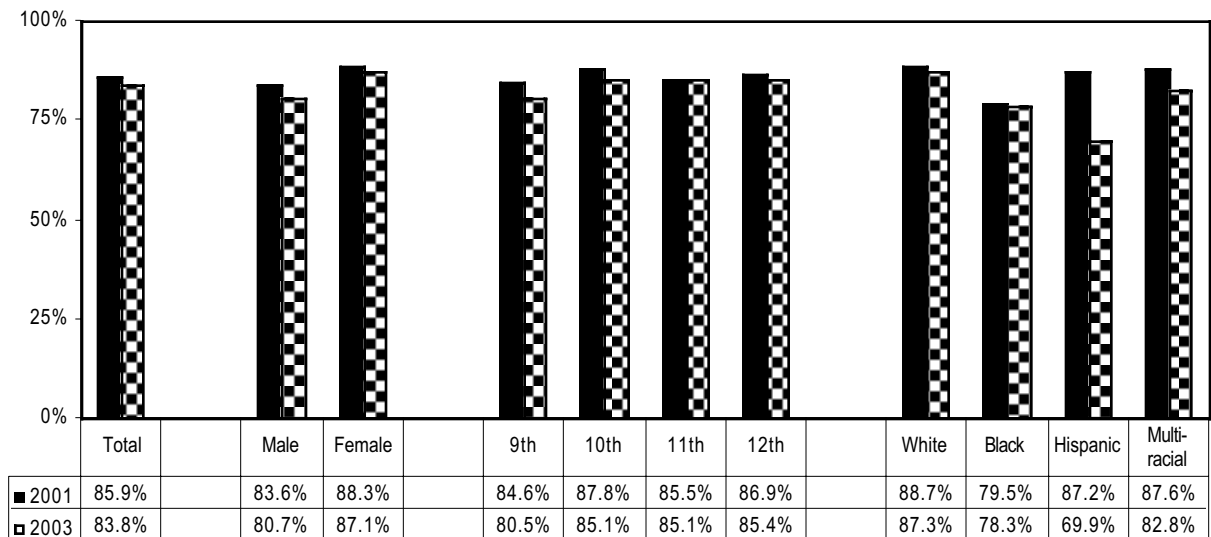
**Figure 54.** Percentage of North Carolina high school students who ate carrots one or more times during the past seven days.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported that they ate carrots during the past seven days was lower than reported in 2001 when it was below the national percentage (47.2%; Grunbaum et al., 2002).
- In 2001 and 2003, Black students were less likely than students from all other racial/ethnic groups to report eating carrots during the past seven days.

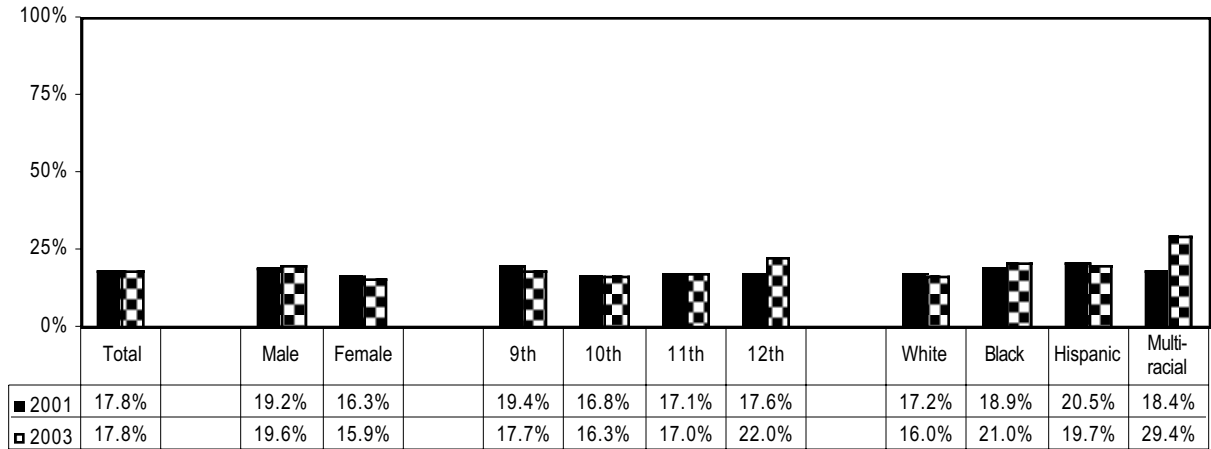
**Figure 55.** Percentage of North Carolina high school students who ate other vegetables (other than salad, potatoes, and carrots) one or more times during the past seven days.



Note. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported eating vegetables other than salad, potatoes, or carrots during the past seven days was less than reported in 2001 when it was not significantly different than the national percentage (85.2%; Grunbaum et al., 2002).
- In 2001 and 2003, White students were more likely than Black students to report eating vegetables other than salad, potatoes, or carrots during the past seven days.

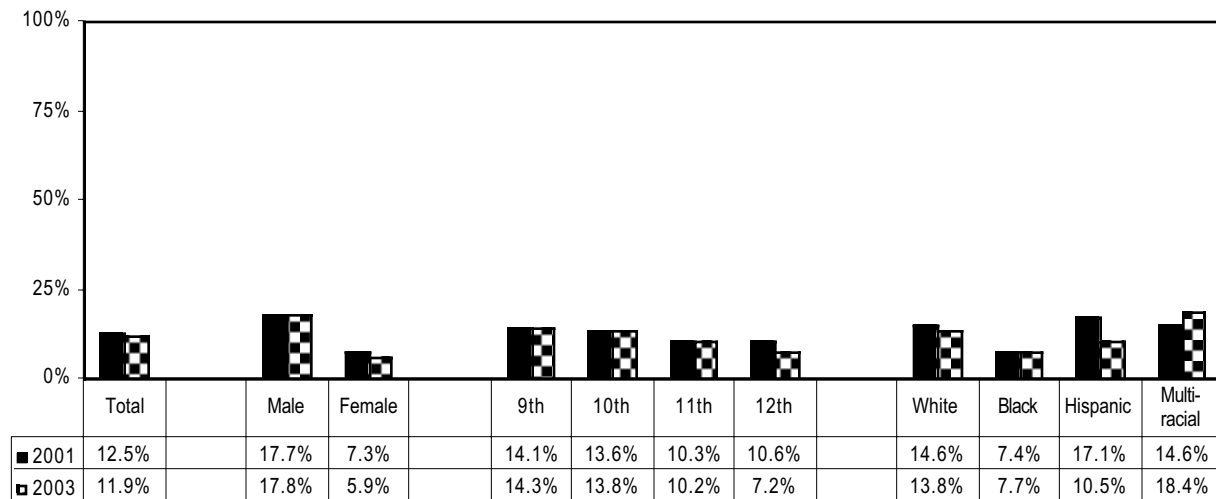
**Figure 56.** Percentage of North Carolina high school students who ate five or more servings of fruits and vegetables per day during the past seven days.



Note. Questions that were used to generate these data were not asked prior to 2001.

- In 2001 and 2003, the percentage of North Carolina high school students who reported eating five or more servings of fruits and vegetables per day during the past seven days was lower than the national percentage (22.0%; Grunbaum et al., 2004).

**Figure 57.** Percentage of North Carolina high school students who drank three or more glasses of milk daily during the past seven days.



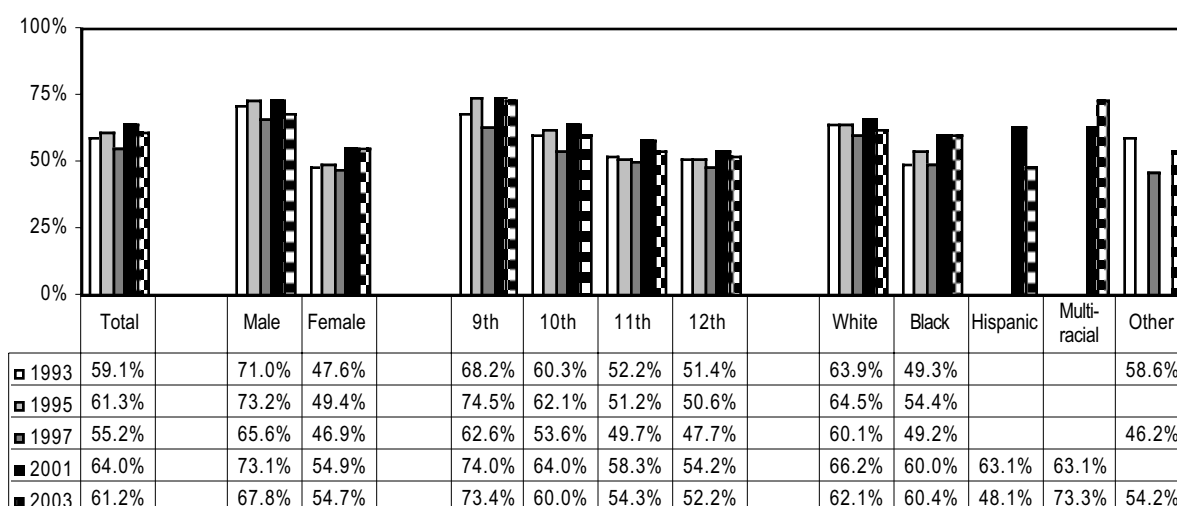
Note. Question was not asked prior to 2001.

- In 2001 and 2003, the percentage of North Carolina high school students who reported that they drank three or more glasses of milk daily during the past seven days was significantly lower than the national percentage (17.1%; Grunbaum et al., 2004).
- In 2001 and 2003, males were more likely than females to report drinking three or more glasses of milk per day during the past seven days.
- In 2001 and 2003, Black students were less likely than other racial/ethnic groups to report drinking three or more glasses of milk per day during the past seven days.

## Physical Activity

In addition to preventing obesity, regular physical activity can help prevent many health problems including heart disease, hypertension, diabetes, and colon cancer. Unfortunately, only half of youth ages 12 to 21 in the U.S. engage in regular physical activity, and the percentage of children attending daily physical education classes in school has declined dramatically (U.S. Department of Health and Human Services, 1996). Figures 58 through 66 present data on the physical activity levels of North Carolina high school students.

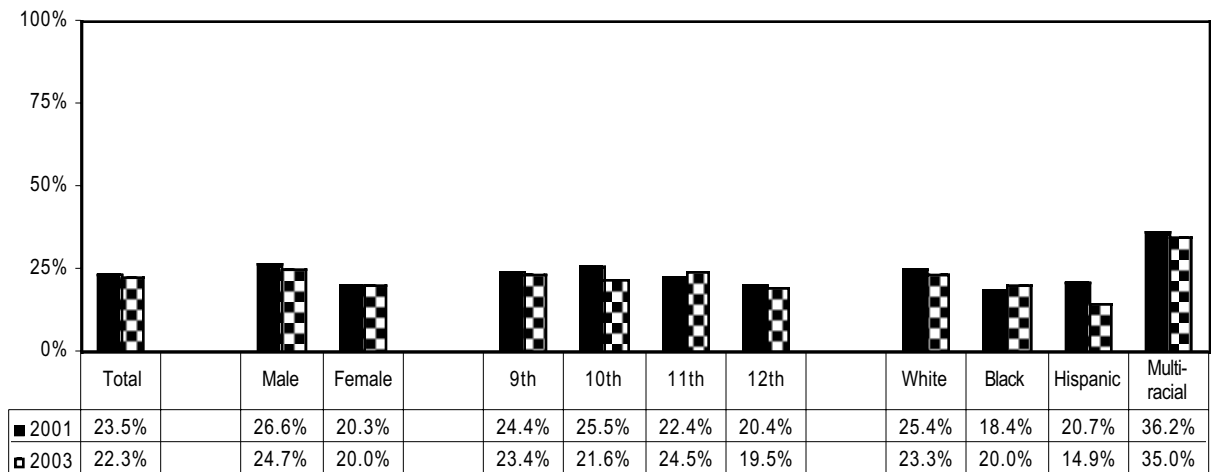
**Figure 58.** Percentage of North Carolina high school students who participated in strenuous physical activity for at least 20 minutes on three or more of the past seven days.



**Note.** “Strenuous” physical activity is defined as activity that results in sweating or hard breathing, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities.

- In 2003, the percentage of North Carolina high school students who reported participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days was not significantly different than the national percentage (62.6%; Grunbaum et al., 2004).
- Between 1993 and 2003, the percentage of Black students participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days increased.
- In 1993, 1995, 2001, and 2003, males were more likely than females to report participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days.
- In 1993, 1995, 2001, and 2003, 9<sup>th</sup> graders were more likely than 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders to participate in strenuous physical activity for at least 20 minutes on three or more of the past seven days.
- In 1993, 1995, 2001, and 2003, 10<sup>th</sup> graders were more likely than 11<sup>th</sup> and 12<sup>th</sup> graders to report participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days.
- In all survey years, White students were more likely than Black students to participate in strenuous physical activity for at least 20 minutes on three or more of the past seven days.
- In 2003, Multi-racial students are more likely than any other racial/ethnic group to participate in strenuous physical activity for at least 20 minutes on three or more of the past seven days.

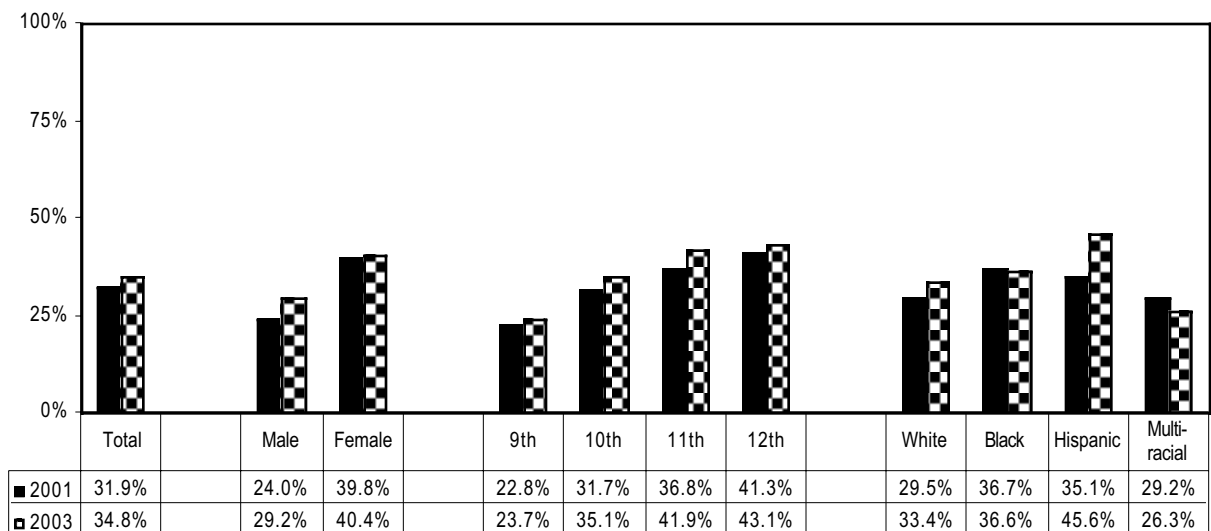
**Figure 59.** Percentage of North Carolina high school students who participated in moderate physical activity for at least 30 minutes on five or more of the past seven days.



**Note.** “Moderate” physical activity is defined as activity that does not result in sweating or hard breathing, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors. Question was not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported participating in moderate physical activity for at least 30 minutes on five or more of the seven days was significantly less than the national percentage (24.7%; Grunbaum et al., 2004).
- In 2001 and 2003, males were more likely than females to report participating in moderate physical activity for at least 30 minutes on five or more of the seven days.
- In 2001 and 2003, White students were more likely than Black students to report participating in moderate physical activity for at least 30 minutes on five or more of the seven days.
- In 2001 and 2003, Multi-racial students were more likely than White or Black students to report participating in moderate physical activity for at least 30 minutes on five or more of the seven days.

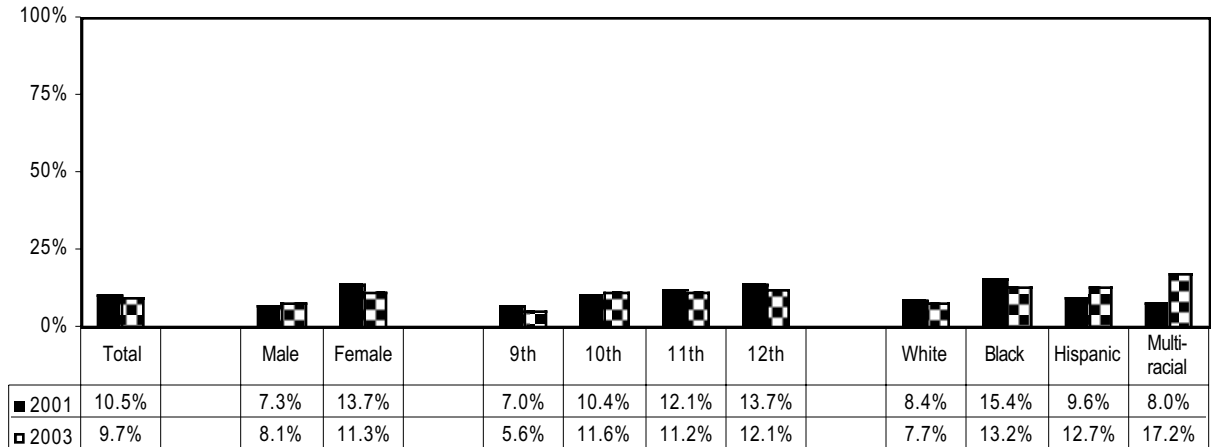
**Figure 60.** Percentage of North Carolina high school students who did not participate in at least 20 minutes of strenuous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days.



Note. Questions that were used to generate these data not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported that they did not participate in at least 20 minutes of strenuous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days was higher than the national percentage (33.4%; Grunbaum et al., 2004).
- In 2001 and 2003, females were more likely than males to report that they did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days.
- In 2001 and 2003, 9<sup>th</sup> graders were less likely than students in higher grade levels to report that they did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days.
- In 2001 and 2003, 10<sup>th</sup> graders were less likely than 12<sup>th</sup> graders to report that they did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days.
- In 2001 and 2003, White students were less likely than Black and Hispanic students to report that they did not participate in at least 20 minutes of vigorous physical activity on three or more of the past seven days and did not do at least 20 minutes of moderate physical activity on five or more of the past seven days.

**Figure 61.** Percentage of North Carolina high school students who participated in no strenuous or moderate physical activity during the past seven days.

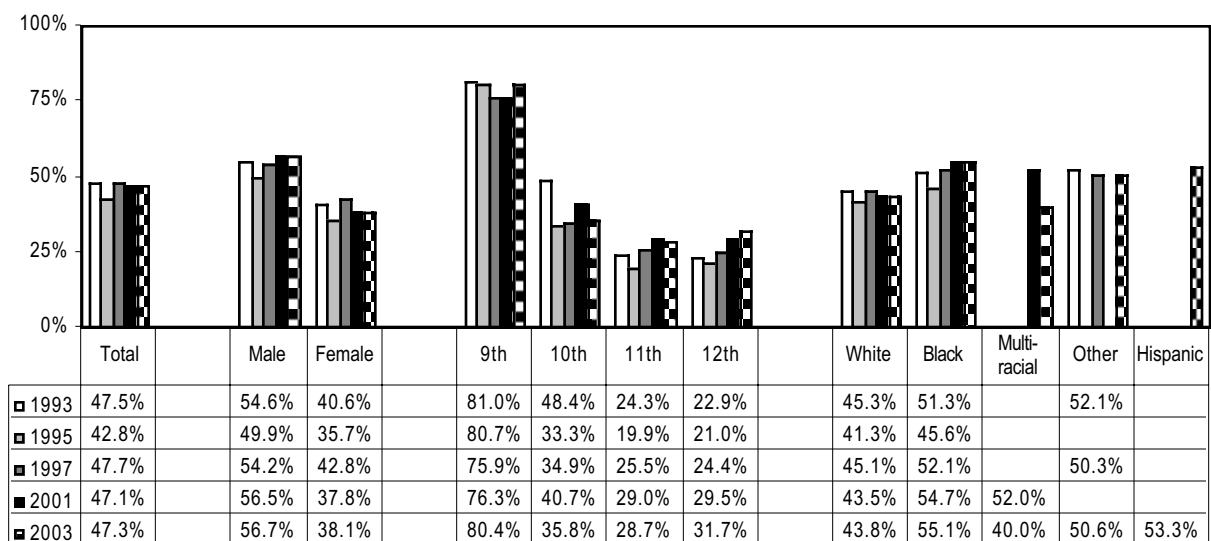


Note. Questions that were used to generate these data not asked prior to 2001.

- In 2003, the percentage of North Carolina high school students who reported that they participated in no physical activity during the past seven days was lower than the national percentage (11.5%; Grunbaum et al., 2004).
- In 2001 and 2003, females were more likely than males to report participating in no physical activity during the past seven days.
- In 2001 and 2003, Black students were more likely than White and Hispanic students to report participating in no physical activity during the past seven days.



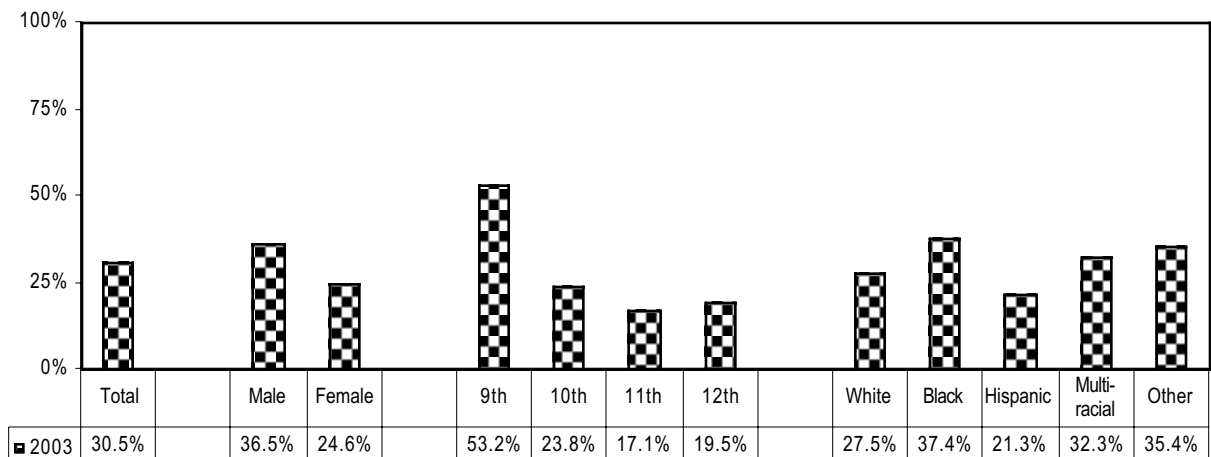
**Figure 62.** Percentage of North Carolina high school students who attended physical education classes one or more days during an average school week.



**Note.** Not enough Hispanic students responded to this item in 2001 to generate a statewide estimate.

- In 2001 and 2003, the percentage of North Carolina high school students who reported that they attended physical education classes at least one day per week was significantly less than the national percentage (55.7%; Grunbaum et al., 2004).
- In 1993, 1995, 2001, and 2003, males were more likely than females to report attending physical education classes at least once per week.
- In 1993, 1995, 2001, and 2003, 9<sup>th</sup> graders were more likely than students in higher grade levels to report attending physical education classes at least once per week.
- In 1993, 1995, 2001, and 2003, 10<sup>th</sup> graders were more likely than 11<sup>th</sup> and 12<sup>th</sup> graders to report attending physical education classes at least once per week.

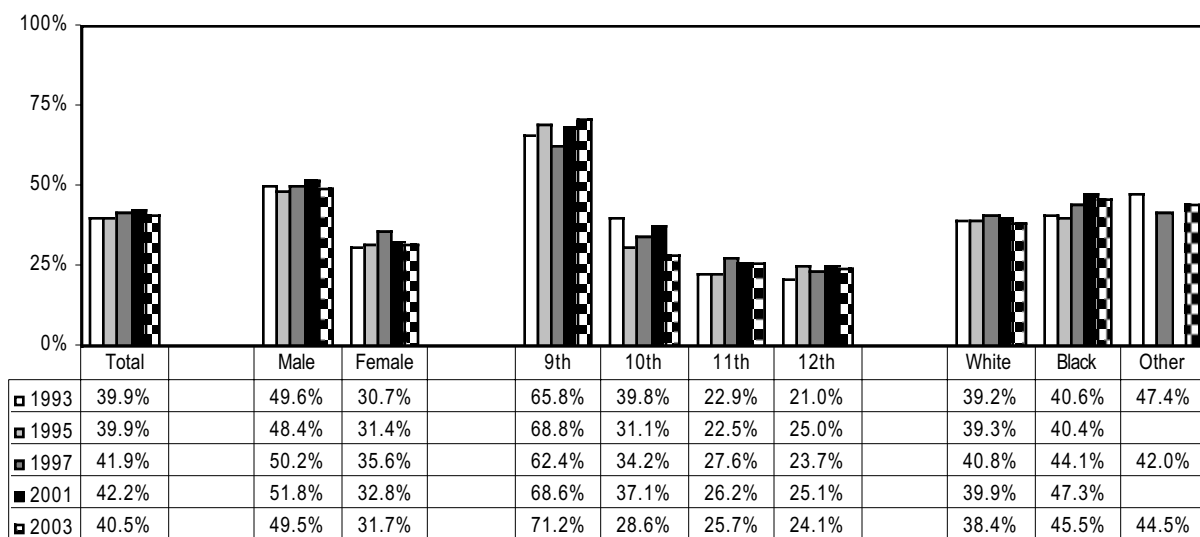
**Figure 63.** Percentage of students who attended physical education (PE) class daily.



This question was not asked in previous surveys

- In 2003, the percentage of students who attended physical education (PE) class daily was higher than the national percentage (28.4%; Grunbaum et al., 2004).
- In 2003, the percentage of males reporting attending physical education classes daily was higher than females; higher for 9<sup>th</sup> graders as compared to 10<sup>th</sup>, 11<sup>th</sup>, and 12 graders, and highest among Black students as compared to other ethnic/racial groups.

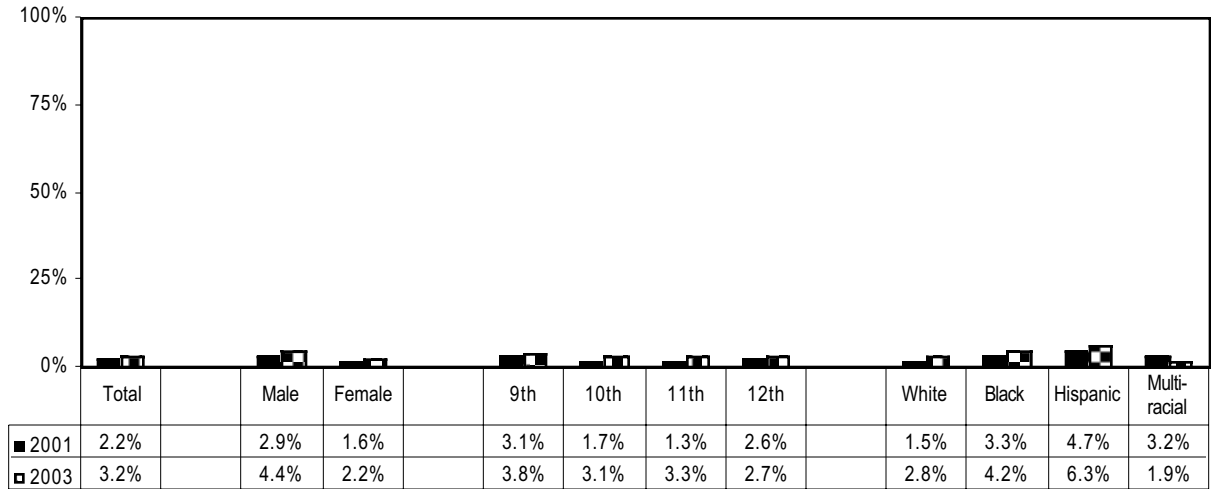
**Figure 64.** Percentage of North Carolina high school students who exercised or played sports for more than 20 minutes during an average physical education class.



**Note.** Not enough Hispanic or Multi-racial students responded to this item in 2001 to generate statewide estimates. Percentages are based on all students regardless of whether they were enrolled in physical education classes. Some students each year reported that they did not attend physical education classes; therefore, these figures would be even higher if the analysis was limited only to those students who reported attending physical education classes.

- In 2003, approximately four out of ten North Carolina high school students reported exercising or playing sports for more than 20 minutes during an average physical education class. This percentage is lower than the national percentage (80.3%; Grunbaum et al., 2004)
- In 1993, 1995, 2001, and 2003, males were more likely than females to report exercising or playing sports for more than 20 minutes during an average physical education class.
- In 1993, 1995, 2001, and 2003, 9<sup>th</sup> graders were more likely than students in higher grade levels to report exercising or playing sports for more than 20 minutes during an average physical education class.
- In all survey years, Black students were more likely than other racial/ethnic groups to report exercising or playing sports for more than 20 minutes during an average physical education class.

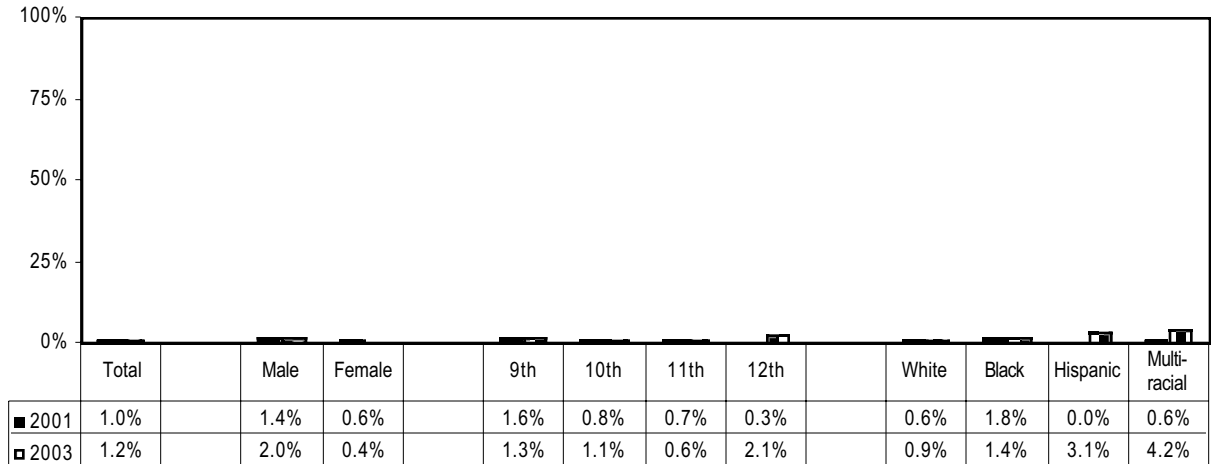
**Figure 65.** Percentage of North Carolina high school students who walk to school three or more days per week.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, only one out of every 50 North Carolina high school students reported that they walked to school at least three days per week.

**Figure 66.** Percentage of North Carolina high school students who ride a bicycle to school three or more days per week.



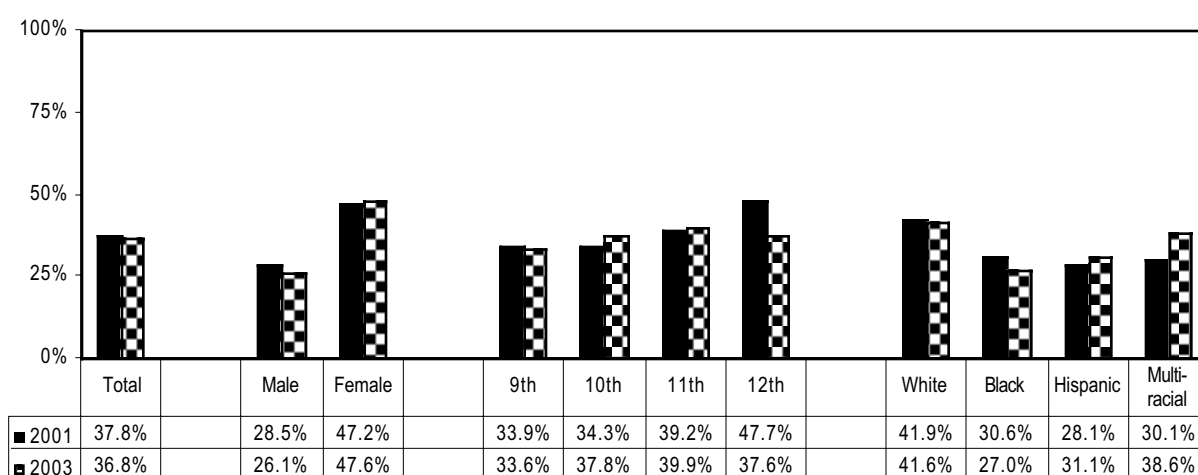
Note. Question was not asked prior to 2001.

- In 2001 and 2003, only one percent of North Carolina high school students reported that they biked to school at least three days per week.

## Psychological Health

It is estimated that approximately one out of every ten children in the United States suffer from a mental or emotional illness severe enough to compromise their daily functioning (Colpe, 2000; National Institute of Mental Health, 2001). Children with mental health conditions are at higher risk for a variety of negative outcomes, including suicide, school dropout, violence, and drug use (e.g., Brandenburg, Friedman, & Silver, 1990). Figures 67 through 72 present data on selected indicators of the psychological health of North Carolina high school students.

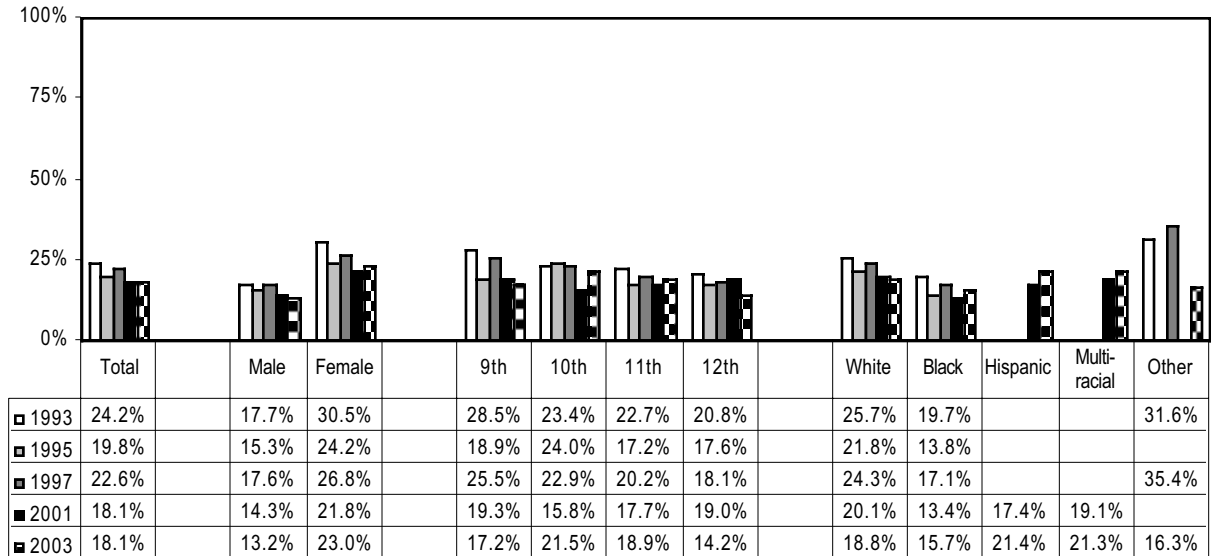
**Figure 67.** Percentage of North Carolina high school students who feel stress in their life most or all of the time.



Note. Question was not asked prior to 2001.

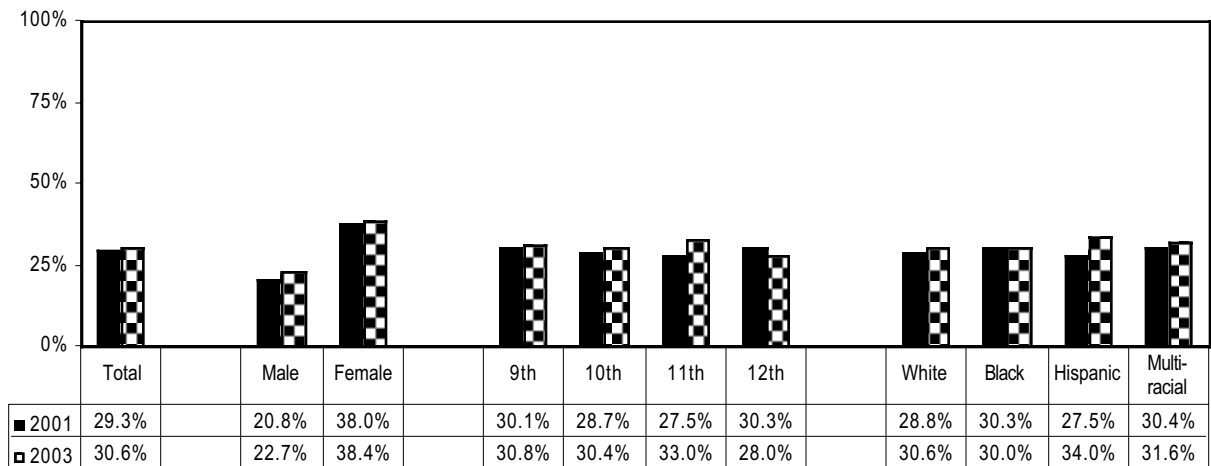
- In 2001 and 2003, more than one-third of all North Carolina high school students reported feeling stress in their life most or all of the time.
- In 2001 and 2003, females were more likely than males to report feeling stress in their life most or all of the time.
- In 2001 12<sup>th</sup> graders were more likely than 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> graders to report feeling stress in their life most or all of the time. That level of stress appears significantly reduced among 12<sup>th</sup> graders in 2003.
- In 2001 and 2003, White students were more likely than students of other racial/ethnic groups to report feeling stress in their life most or all of the time.

**Figure 68.** Percentage of North Carolina high school students who had seriously thought about attempting suicide during the past 12 months.



- In 2001 and 2003, the percentage of North Carolina high school students who had seriously thought about attempting suicide during the past 12 months was not significantly different than the national percentage (16.9%; Grunbaum et al., 2004).
- Between 1993, 2001, and 2003, the overall percentage of North Carolina high school students who reported seriously considering attempting suicide decreased. The overall percentage remained constant between 2001 and 2003. A decline was also evident among White students between 1993 and 2003.
- Between 1993 and 1995, the percentage of 9<sup>th</sup> graders who reported that they seriously considering attempting suicide declined, leveled off in 2001, and declined in 2003. This pattern is also found among White students.
- In 1993, 1995, 2001, and 2003, females were more likely than males to report that they had seriously thought about attempting suicide.
- In 1993, 1995, 2001, and 2003, White students were more likely than Black students to report that they had seriously thought about attempting suicide.
- Between 2001 and 2003, the percentage of females, 10<sup>th</sup> and 11<sup>th</sup> graders, Black, Hispanic, and Multi-racial students who had serious thoughts about suicide during the past 12 months increased.

**Figure 69.** Percentage of North Carolina high school students who felt so sad or hopeless almost every day for two weeks or more in a row during the past 12 months that they stopped doing some usual activities.

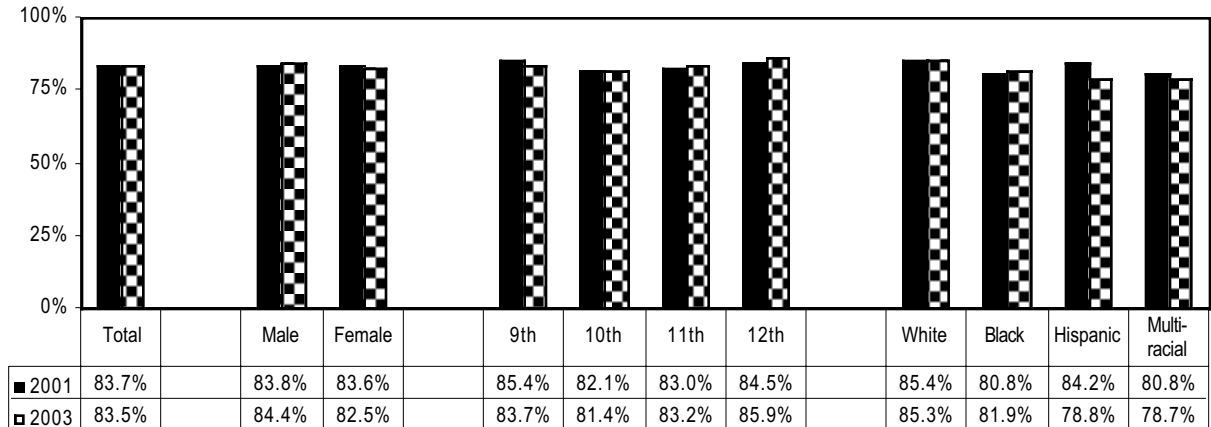


Note. Question was not asked prior to 2001.

- In 2001 and 2003, the percentage of North Carolina high school students who reported feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months that they stopped doing some usual activities was not significantly different than the national percentage (28.6%; Grunbaum et al., 2004).
- In 2001 and 2003, females were more likely than males to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months that they stopped doing some usual activities.
- Between 2001 and 2003, the percentage of males, 10<sup>th</sup> and 11<sup>th</sup> graders, and Hispanic students who report feeling so sad or hopeless almost everyday for two consecutive weeks during the past 12 months that they stopped doing some usual activities increased.



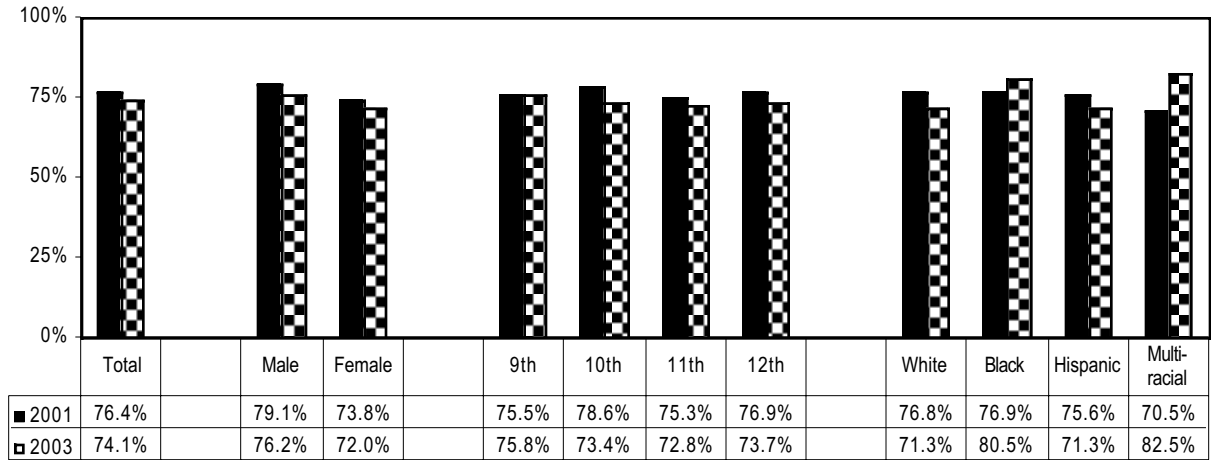
**Figure 70.** Percentage of North Carolina high school students who rate the quality of their life as good or better.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately four out of five North Carolina high school students reported that they would rate the quality of their life as good or better.

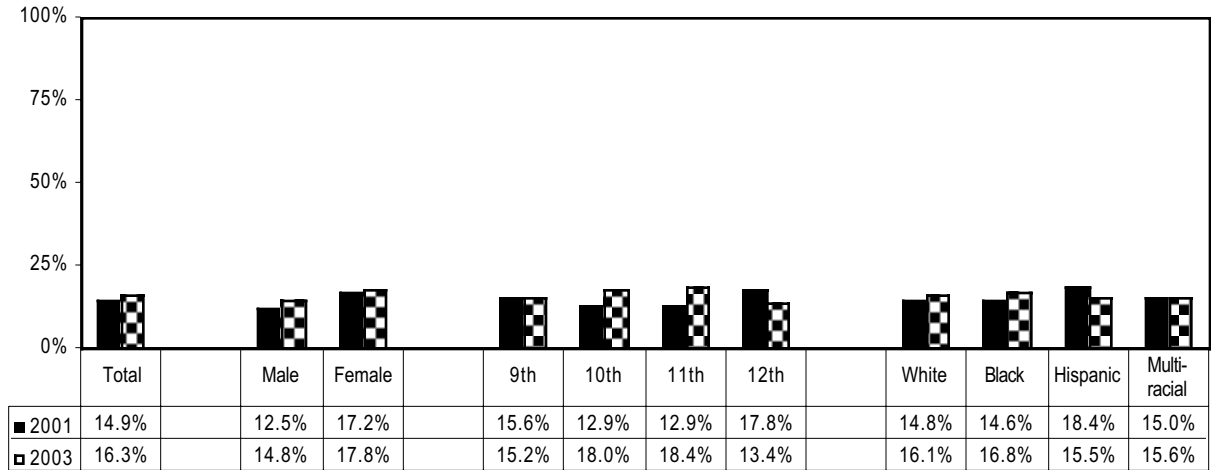
**Figure 71.** Percentage of North Carolina high school students who agree that they feel good about themselves.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately three-fourths of North Carolina high school students agreed or strongly agreed that they felt good about themselves.

**Figure 72.** Percentage of North Carolina high school students who feel alone in their life.



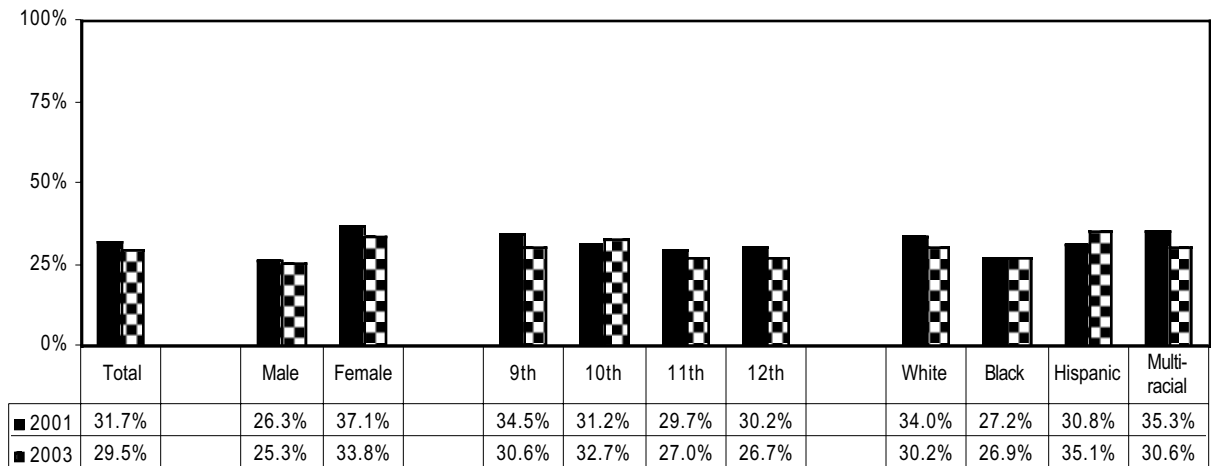
Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately one out of seven of North Carolina high school students reported that they felt alone in their life.
- In 2001 and 2003, females were more likely than males to report feeling alone in their life.

## School Environment

The presence of drugs and violence in school often has harmful effects on the learning environment and on students' perceptions of safety. During the 1990's, there was a national decline in the percentage of students victimized by crime in school and in the percentage of students who fear for their safety either in school or while traveling to or from school. Despite these declines, students ages 12 to 18 were still the victims of 2.5 million crimes at school in 1999, including 186,000 rapes, sexual assaults, robberies, and aggravated assaults, and drug use and availability at school has generally remained steady since 1995 (U.S. Department of Education, 2001). Figures 73 through 76 detail North Carolina high school students' perceptions of their school environments.

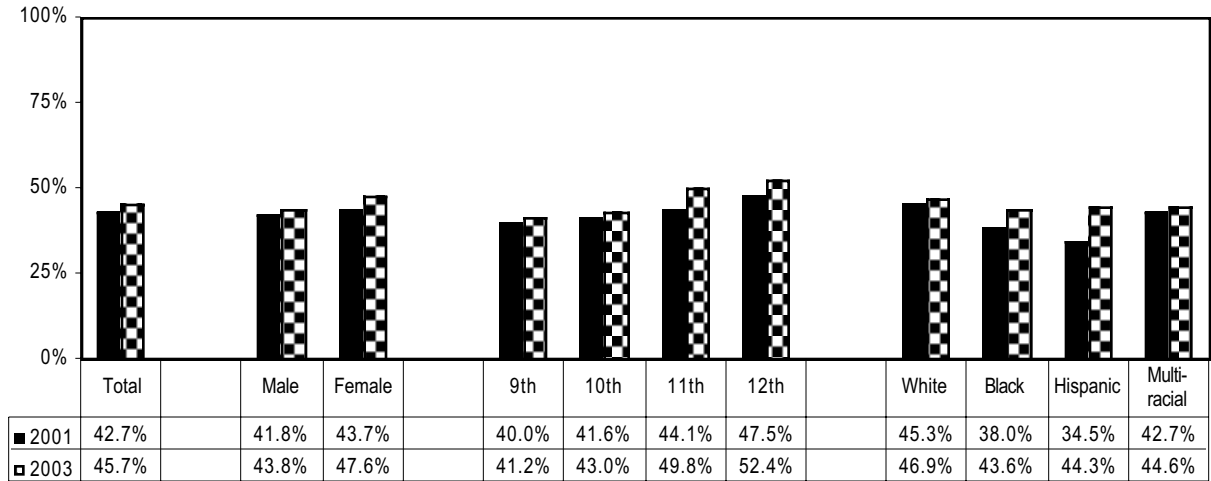
**Figure 73.** Percentage of North Carolina high school students who agree that harassment and bullying by other students is a problem at their school.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, almost one out of every three North Carolina high school students reported that harassment and bullying by other students is a problem at their school.
- In 2001 and 2003, females were more likely than males to report that harassment and bullying by other students is a problem at their school.
- In 2001, White students were more likely than Black and Hispanic students to report that harassment and bullying by other students is a problem at their school.
- In 2003, Hispanic students are more likely than other racial/ethnic groups to report that harassment and bullying by other students is a problem at their school.

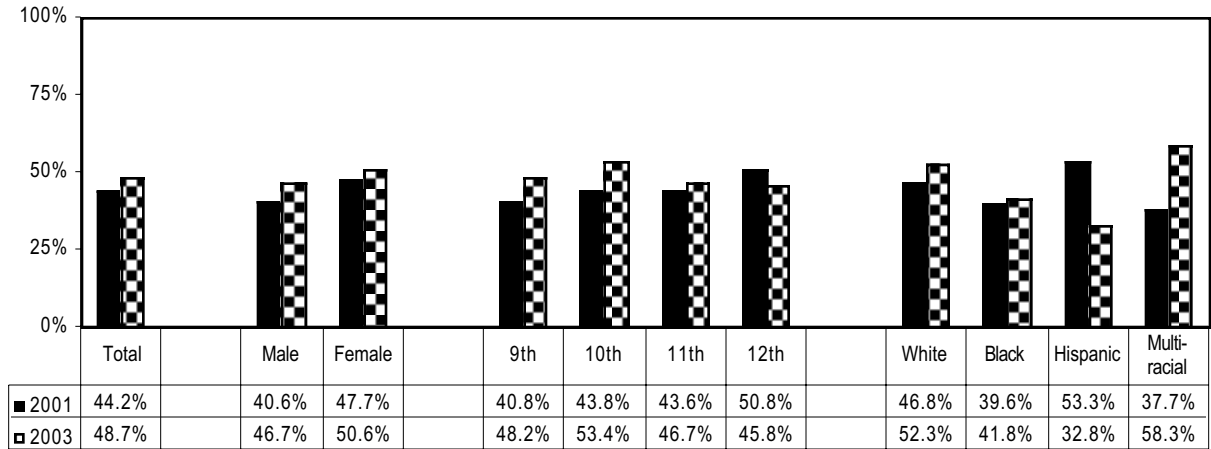
**Figure 74.** Percentage of North Carolina high school students who agree that their teachers care about them.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately four out of every ten North Carolina high school students reported that their teachers cared about them.

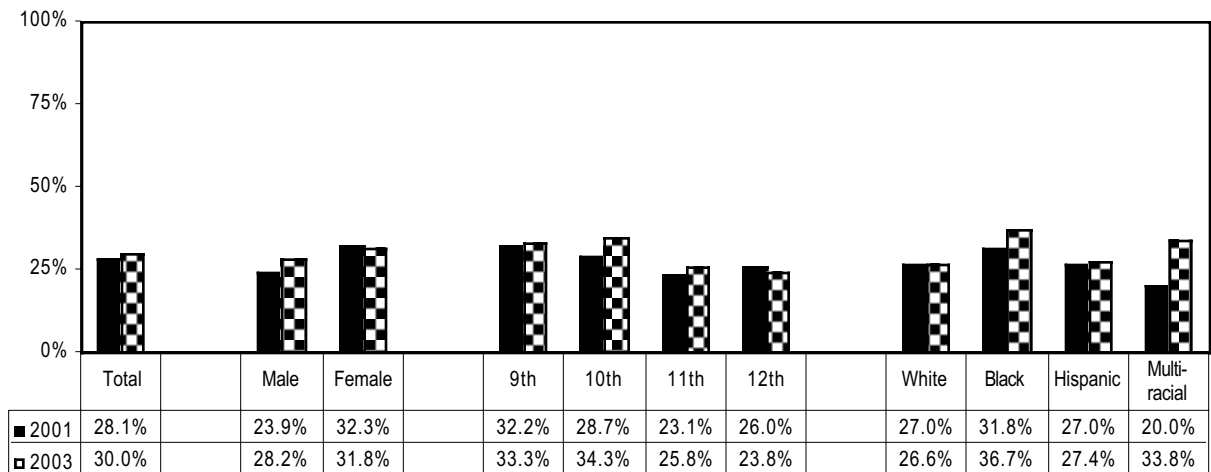
**Figure 75.** Percentage of North Carolina high school students who agree that drugs are a problem at their school.



Note. Question was not asked prior to 2001.

- In 2003, almost 50% of North Carolina high school students reported that drugs were a problem at their school.

**Figure 76.** Percentage of North Carolina high school students who agree that violence is a problem at their school.



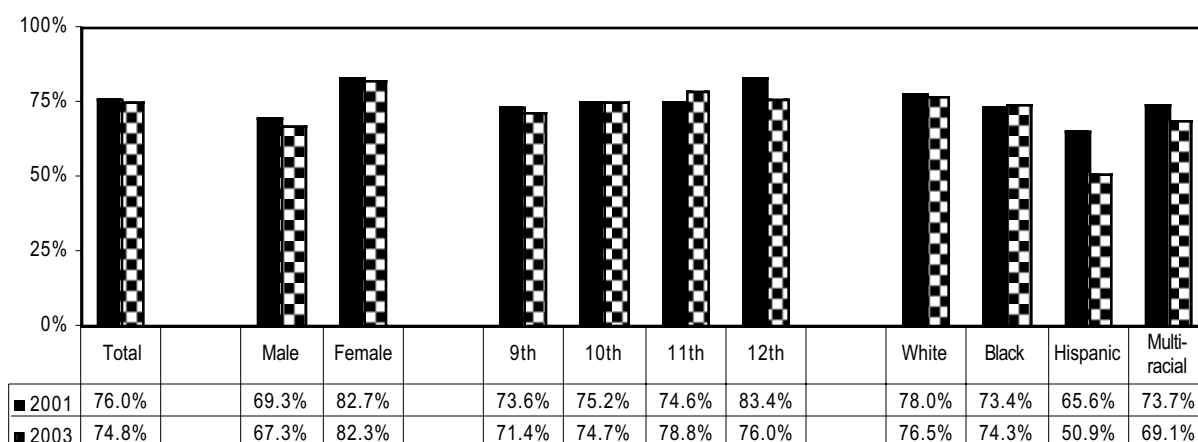
Note. Question was not asked prior to 2001.

- In 2001, approximately one-fourth of North Carolina high school students reported that violence is a problem at their school. In 2003, approximately one-third of North Carolina high school students reported that violence is a problem at their school.
- In 2001 and 2003, females were more likely than males to report that violence is a problem at their school.
- In 2001 and 2003, Black students were more likely than other racial/ethnic groups to report that violence is a problem at their school.

## Selected Prevention-Related Indicators

In addition to questions about health risk behaviors and related perceptions, the North Carolina YRBS also measures selected factors associated with lower risk for engaging in negative health behaviors. These include characteristics of the home environment, academic performance indicators, and measures of how students use their free time (Hawkins et al., 1998; McMillen, McMillen, Simeonsson, & Lollar, 2002; Substance Abuse and Mental Health Services Administration, 2001a, 2001b). Figures 77 through 82 display data from North Carolina high school students on these and other indicators.

**Figure 77.** Percentage of North Carolina high school students who plan to pursue post-secondary education.

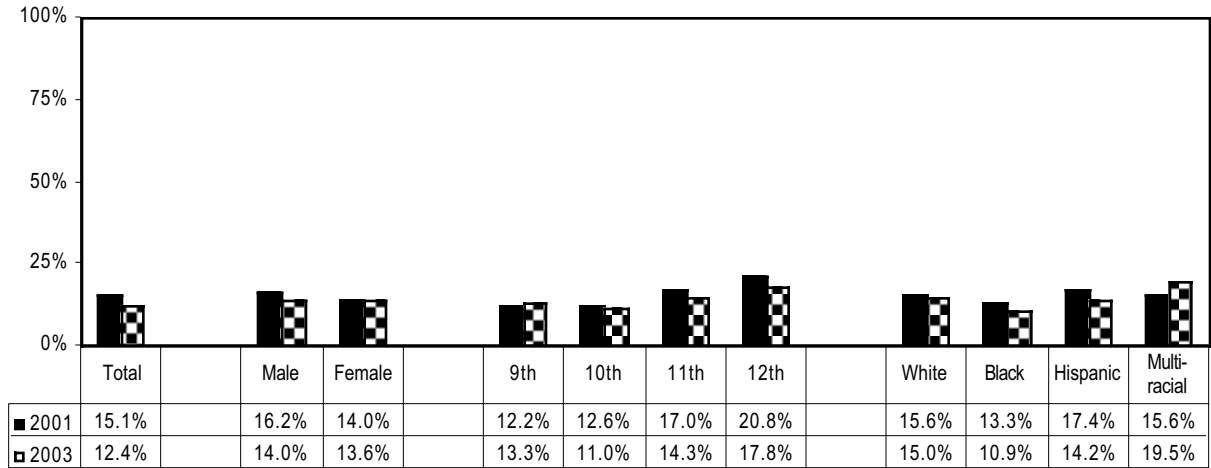


Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately three-fourths of North Carolina high school students reported that they planned to pursue post-secondary education of some kind.
- In 2001 and 2003, females were more likely than males to report that they planned to pursue post-secondary education of some kind.
- In 2001 and 2003, Hispanic students are less likely than other racial/ethnic groups to report that they planned to pursue post-secondary education of some kind.



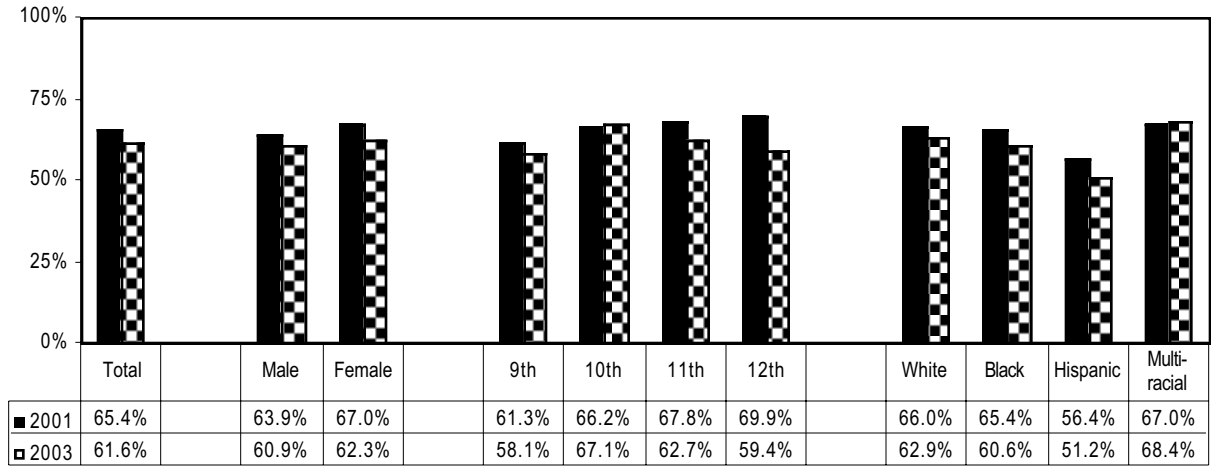
**Figure 78.** Percentage of North Carolina high school students reporting that there is never an adult home in the afternoon when they return from school.



Note. Question was not asked prior to 2001.

- In 2001, approximately one out of seven North Carolina high school students reported that an adult is never home in the afternoon when they return from school. That ratio dropped to one out of eight in 2003.
- In 2001 and 2003, 12<sup>th</sup> graders were more likely than either 9<sup>th</sup> or 10<sup>th</sup> graders to report that an adult is never home in the afternoon when they return from school.
- In 2001 and 2003, Black students are less likely to report that an adult is never home in the afternoon when they return from school.

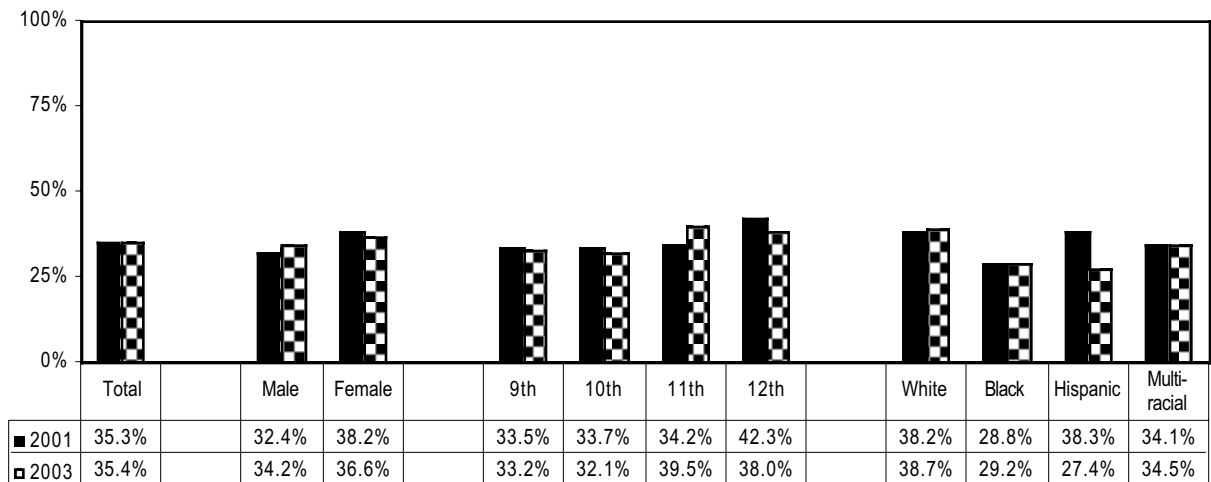
**Figure 79.** Percentage of North Carolina high school students who participate in extracurricular activities at school.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, nearly two-thirds of North Carolina high school students reported that they participated in extracurricular activities at school.

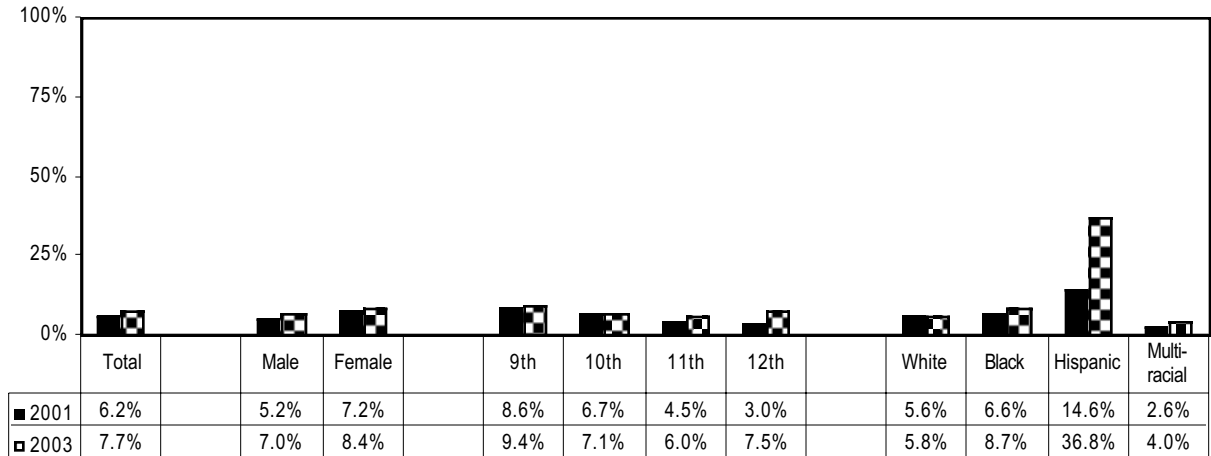
**Figure 80.** Percentage of North Carolina high school students who performed any organized community service as a non-paid volunteer one or more times during the past 30 days.



Note. Question was not asked prior to 2001.

- In 2001 and 2003, approximately one-third of North Carolina high school students reported that they performed organized community service as a non-paid volunteer one or more times during the past 30 days.
- In 2003, White students were more likely than other racial/ethnic groups to report that they performed organized community service as a non-paid volunteer one or more times during the past 30 days.

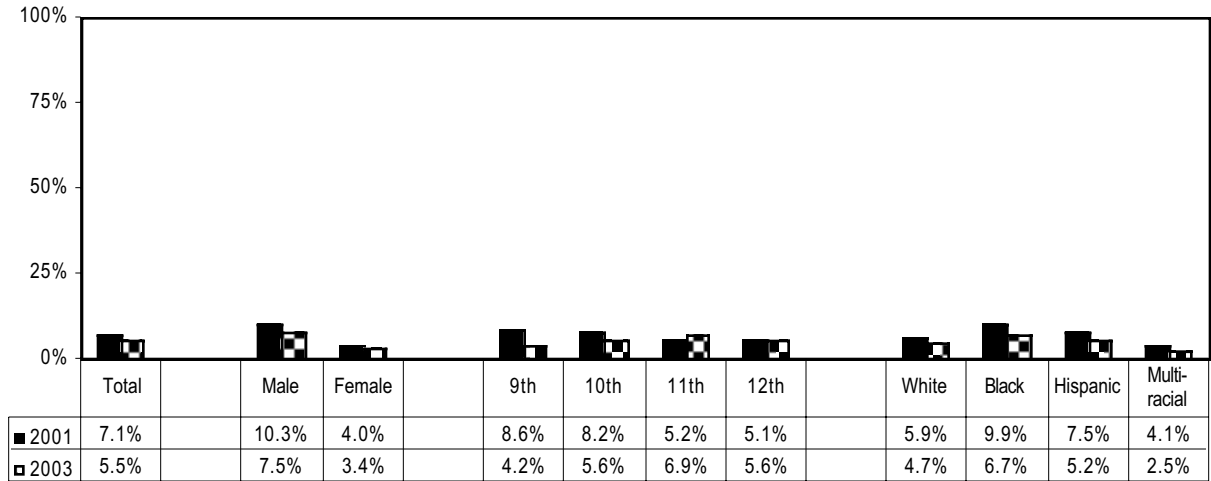
**Figure 81.** Percentage of North Carolina high school students whose parent(s) do not have at least a high school diploma.



Note. Question was not asked prior to 2001. Question references the highest level of education attained by any parent or other adult with whom the student lives.

- In 2003, approximately seven percent of North Carolina high school students reported that their parent(s) had not graduated from high school.
- In 2001 and 2003, 9<sup>th</sup> graders were more likely than 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders to report that their parent(s) had not graduated from high school.
- In 2001 and 2003, Hispanic students were more likely than White or Multi-racial students to report that their parent(s) had not graduated from high school.

**Figure 82.** Percentage of North Carolina high school students who described their grades in school during the past 12 months as mostly “D”s or below.



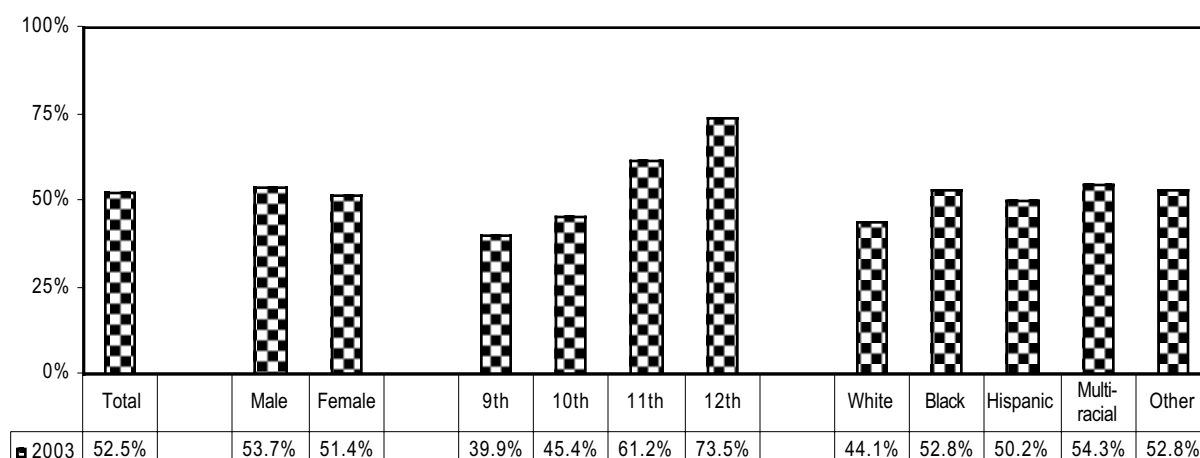
Note. This question was not asked prior to 2001

- In 2003, the percentage of North Carolina high school students who reported that they had received grades of “D” or below in school during the past 12 months was less than the percentage reported in 2001 in North Carolina and nationally (6.3%; Grunbaum et al., 2002).
- In 2001 and 2003, males were more likely than females to report that they had received grades of “D” or below in school during the past 12 months.
- In 2001 and 2003, Black students were more likely to report that they had received grades of “D” or below in school in the past 12 months than other racial/ethnic groups.

## Sexual Behavior

This section measures the prevalence of sexual activity, number of sexual partners, age of first intercourse, alcohol and drug use related to sexual activity, condom use, and whether high school students have received HIV prevention education. Unprotected sexual intercourse places young persons at risk for human immunodeficiency virus (HIV) infection, other sexually transmitted diseases (STDs), and unintended pregnancy. Responsible sexual behavior among adolescents is one of the 10 leading health indicators of the national health objectives for 2010 (CDC, 2002). Figures 83 through 92 present data about the sexual activity of North Carolina high school students.

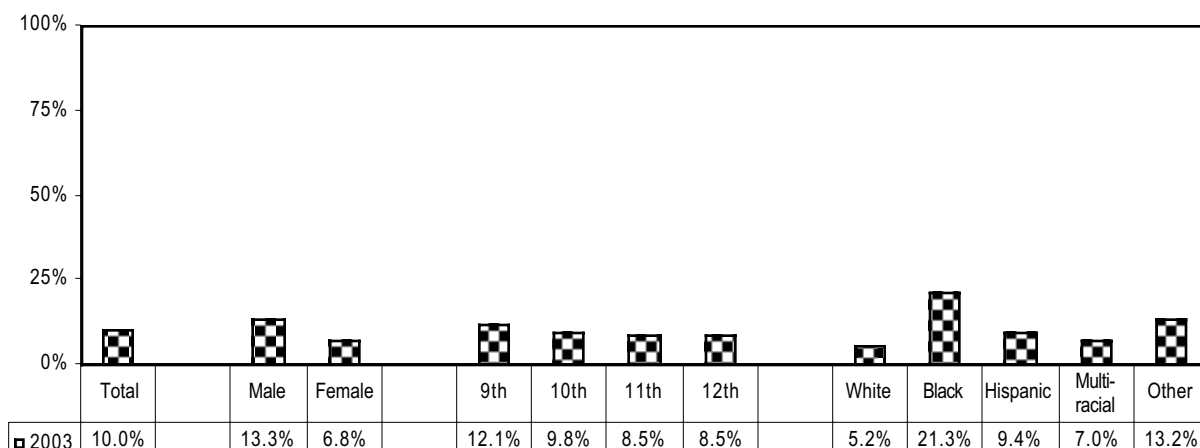
**Figure 83.** Percentage of North Carolina high school students who reported that they have had sexual intercourse



Note. This question was not asked in previous surveys

- In 2003, 52.5% or five out of every ten North Carolina high school students reported that they have had sexual intercourse. This percentage is not significantly different than the national percentage (46.7%; Grunbaum et al., et al., 2004).
- Males are more likely to report having had sexual intercourse than females.
- The reported percentage of sexual intercourse increases with higher grade levels.
- White students report a smaller percentage of sexual intercourse than other ethnic/racial groups.

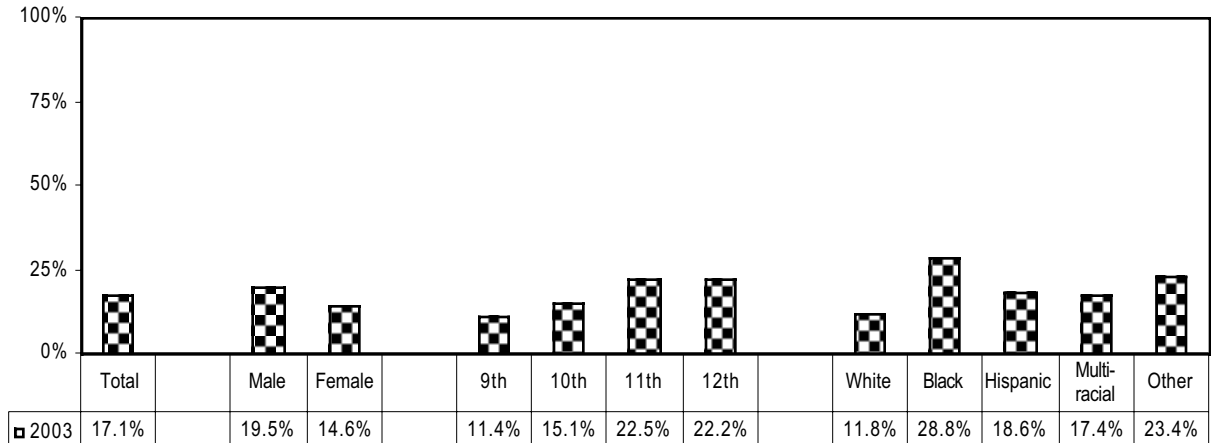
**Figure 84.** Percentage of students who have had sexual intercourse for the first time before age 13.



Note. This question was not asked in previous surveys.

- Overall, one in ten North Carolina high school students reported having had sexual intercourse for the first time before age 13. This figure is significantly higher than the nationwide percentage (7.4%; Grunbaum et al., 2004).
- Males are more likely than females to report having had sexual intercourse for the first time before age 13.
- A higher percentage of 9<sup>th</sup> graders report having had sexual intercourse for the first time before age 13 is greater than 10<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> graders.
- Black students are more likely to report having had sexual intercourse before the age of 13 than other racial/ethnic groups.

**Figure 85.** Percentage of students who have had sexual intercourse with four or more people during their life.

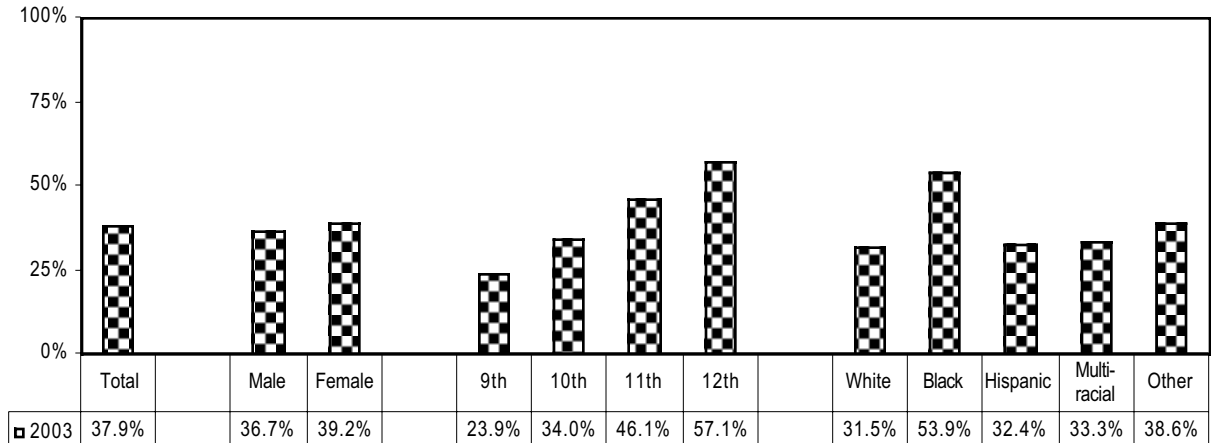


Note. This question was not asked in previous surveys.

- Overall, approximately 17.1 percent of North Carolina high school students reported that they have had sexual intercourse with four or more people during their life. This percentage is not significantly different than the national percentage (14.4%; Grunbaum et al., 2004).
- The percentage of males reporting that they have had sexual intercourse with four or more people during their life is greater than females.
- The percentage of students reporting that they have had sexual intercourse with four or more people during their life increases with grade level.
- The percentage of White students reporting that they have had sexual intercourse with four or more people during their life is less than other racial/ethnic groups.



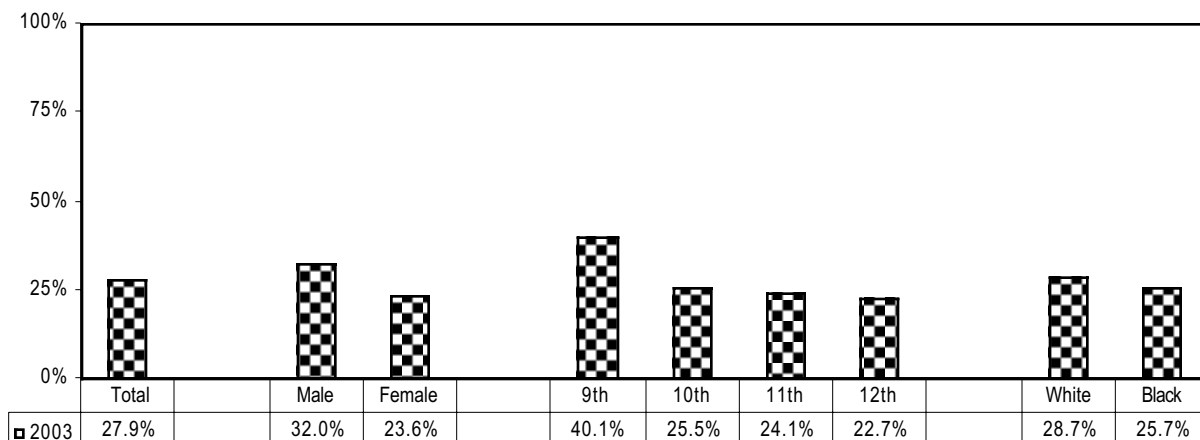
**Figure 86.** Percentage of students who had sexual intercourse with one or more people during the past three months.



Note. This question was not asked in previous surveys.

- In 2003, 37.9% of North Carolina students report that they have had sexual intercourse with one or more people during the past three months. This percentage is not significantly different than the national percentage (34.3%; Grunbaum et al., 2004).
- In 2003, the percentage of students who report sexual intercourse with one or more people during the past three months increases by grade level.
- The percentage of Black students who report sexual intercourse with one or more people during the past three months is greater than other racial/ethnic groups.

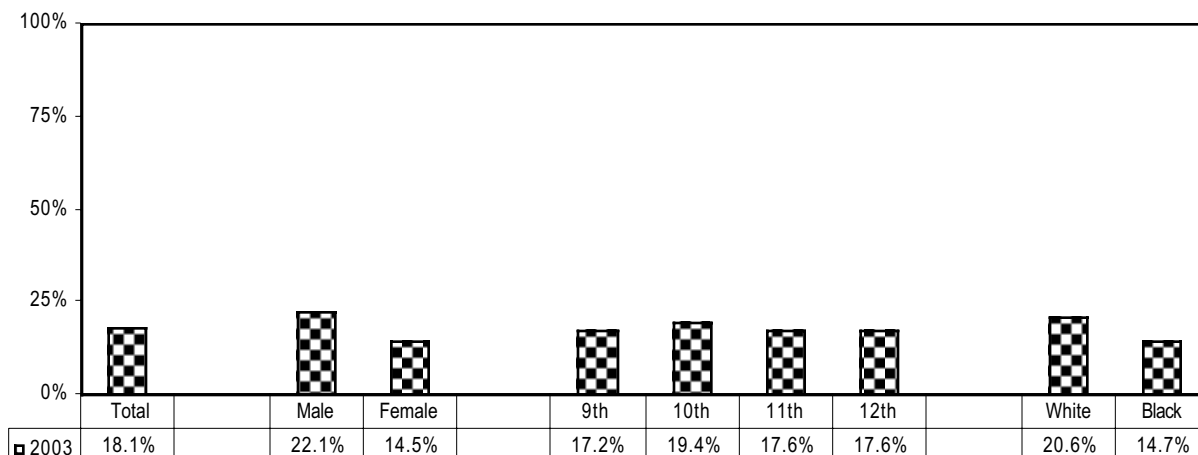
**Figure 87.** Percentage of students who have ever had sexual intercourse but have not had sexual intercourse during the past three months.



Note. This question was not asked in previous surveys.

- In 2003, approximately one in four of North Carolina high school students who have ever had sexual intercourse report that they have not had sexual intercourse during the past three months.
- The percentage of males who have ever had sexual intercourse report that they have not had sexual intercourse during the past three months is greater than females.
- There is an inverse relationship between grade level and students who report having had sexual intercourse but have not had sexual intercourse during the past three months.
- The percentage of White students who report having had sexual intercourse but have not had sexual intercourse in the past three months is greater than Black students.

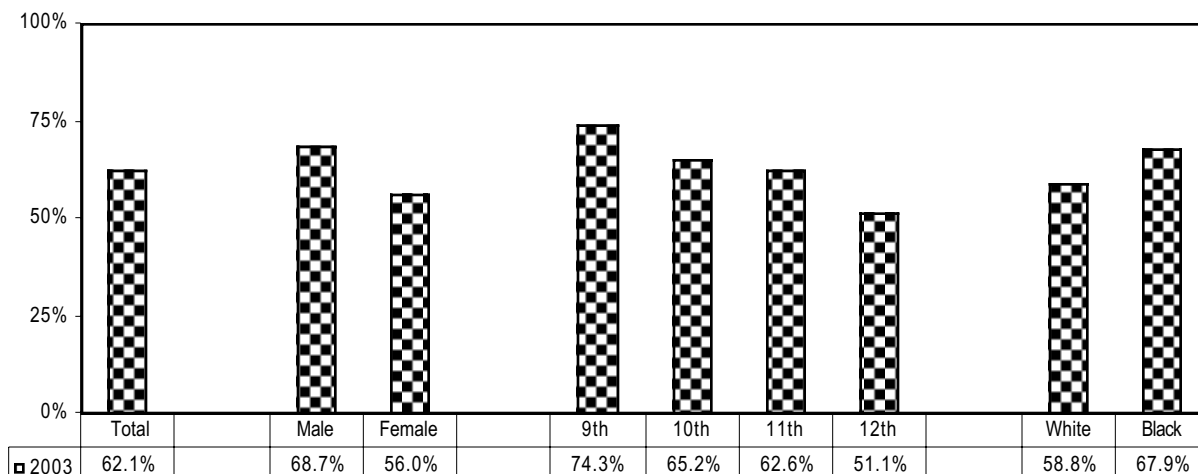
**Figure 88.** Of students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse.



Note. This question was not asked in previous surveys.

- In 2003, 18.1% of North Carolina students who reported having sexual intercourse during the past three months, drank alcohol or used drugs before their last sexual intercourse. This percentage is significantly less than the national average (25.4%; Grunbaum et al., 2004).
- In 2003, 10<sup>th</sup> graders who had sexual intercourse during the past three months, report a higher percentage who drank alcohol or used drugs before their last sexual intercourse than 9<sup>th</sup>, 11<sup>th</sup>, or 12<sup>th</sup> graders.
- The percentage of White students who had sexual intercourse during the past three months and reported drinking alcohol or using drugs before their last sexual intercourse is greater than Black students.

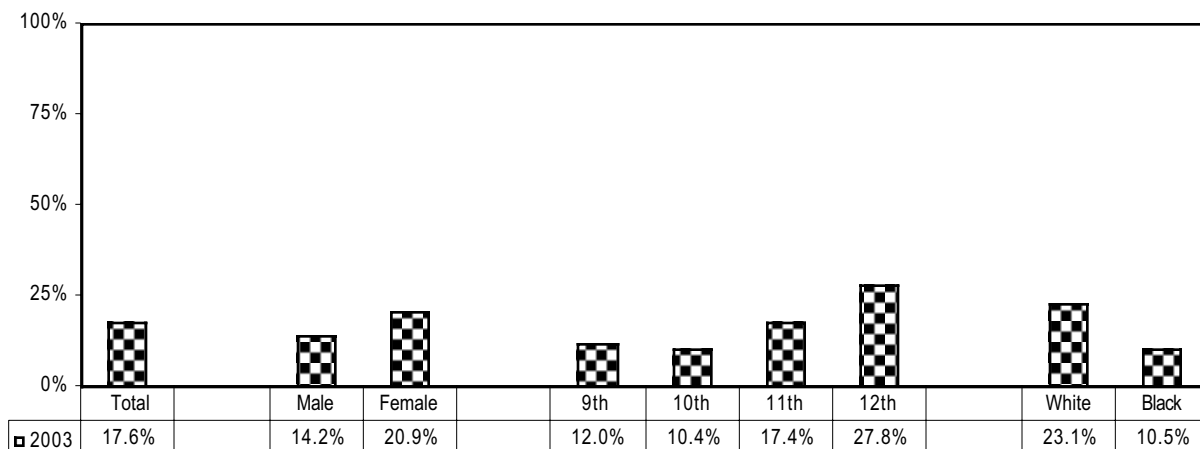
**Figure 89.** Of students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse.



Note. This question was not asked in previous surveys.

- In 2003, the overall percentage of North Carolina high school students who had sexual intercourse during the past three months and used a condom during last sexual intercourse is not significantly different than the national average (63.0%; Grunbaum et al., 2004).
- In 2003, the percentage of 9<sup>th</sup> graders who report having had sexual intercourse during the past three months and used a condom is higher than 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders.
- In 2003, the percentage of Black students who had sexual intercourse during the past three months and used a condom during sexual intercourse is higher than White students.

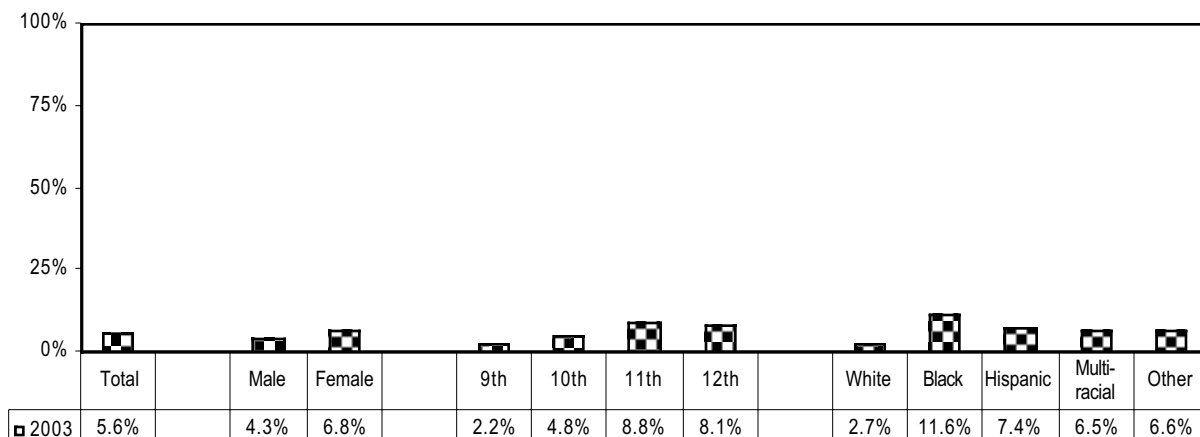
**Figure 90.** Of students who had sexual intercourse during the past three months, the percentage who used birth control pills during last sexual intercourse.



Note: This question was not asked in previous surveys

- In 2003, 17.6% of North Carolina High School students who had sexual intercourse during the past three months, used birth control pills during last sexual intercourse. This percentage is not significantly different than the national percentage (17.0%; Grunbaum et al., 2004).
- Of students who had sexual intercourse during the last three months, the percentage of 12<sup>th</sup> graders who reported using birth control pills during last sexual intercourse is higher than 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> graders
- Of students who had sexual intercourse during the past three months, the percentage of White students reporting the use of birth control pills is twice the number of Black students.

**Figure 91.** Percentage of students who had been pregnant or gotten someone pregnant one or more times.



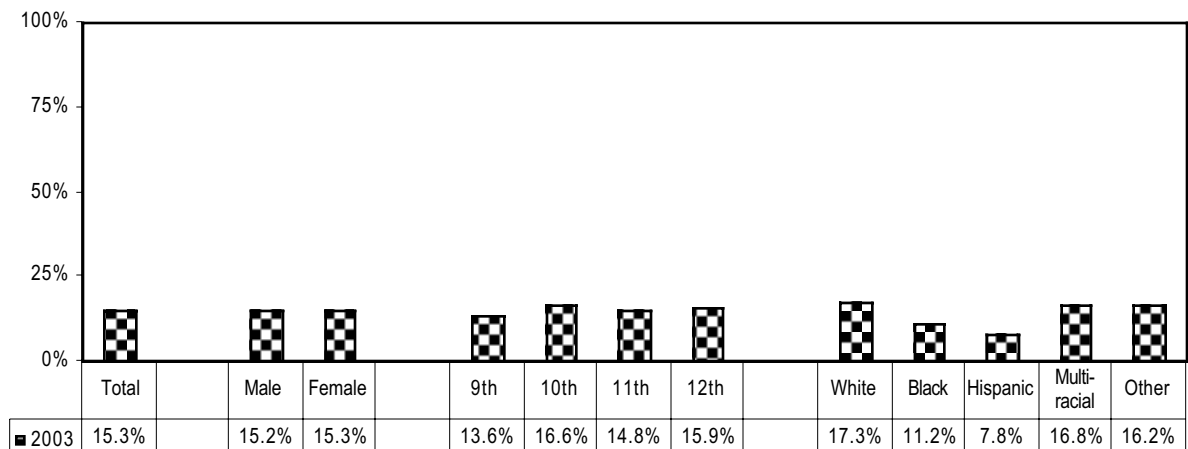
This question was not asked in previous surveys

- In 2003, the overall percentage of North Carolina high schools students who reported having been pregnant or gotten someone else pregnant one or more times is 5.6%. This percentage is significantly higher than the national percentage (4.2%; Grunbaum et al., 2004).
- In 2003, the percentage of 11<sup>th</sup> and 12<sup>th</sup> grade students who had been pregnant or gotten someone else pregnant one or more times is greater than 9<sup>th</sup> and 10<sup>th</sup> grade students.
- In 2003, the percentage of White students who report having been pregnant or gotten someone pregnant one or more times is less than other racial/ethnic groups.
- In 2003, the percentage of Black students reporting that they had been pregnant or gotten someone pregnant one or more times is higher than other racial/ethnic groups.

## Disability

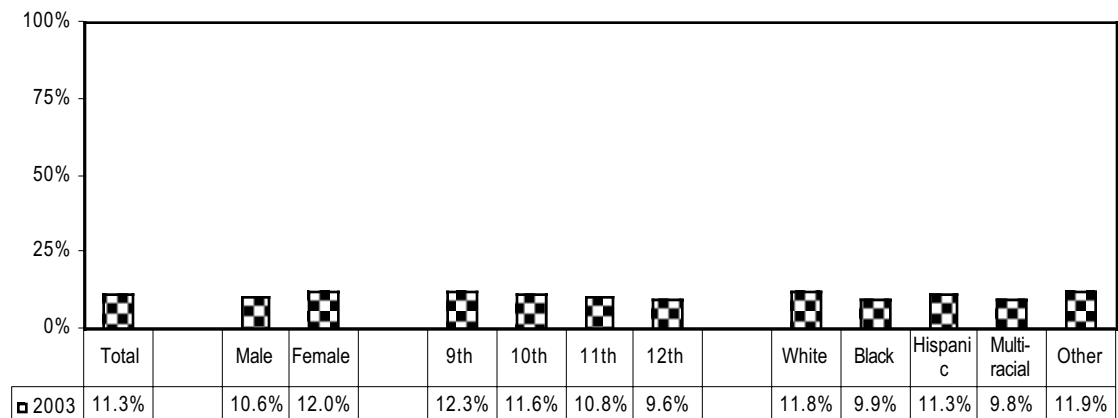
Limited information on the prevalence and correlates of disability in the population has resulted in the growth of inclusion of questions on disability in censuses and national surveys. Data on health-risk behaviors among children and youth with disabilities has been a particular concern given functional limitations and susceptibility of this population. In 2001, the state of North Carolina included disability indicators in the Middle and High School YRBS to estimate the prevalence of risk behaviors for students with and without disabilities. Results indicated that students with disabilities were more likely to report engaging in behaviors that result in injuries (not wearing seatbelts or bicycle helmets, riding with a drinking driver, carrying weapons, fighting); feeling depressed or considering suicide; using alcohol, tobacco, marijuana, and other drugs; and engaging in unhealthy weight loss behaviors. Students with disabilities were also more likely to report having had property stolen or damaged at school, a low quality of life, and poor health status. Figures 92 through 94 present data about North Carolina high school students' personal experience with disability.

**Figure 92.** Percentage of North Carolina high school students who consider themselves to have a disability.



- In 2003, approximately 15% or one in seven North Carolina high school students reported that they had a disability
- White students, Multi-racial students, and students of other races and ethnicities were more likely than Hispanic and Black students to report that they had a disability.

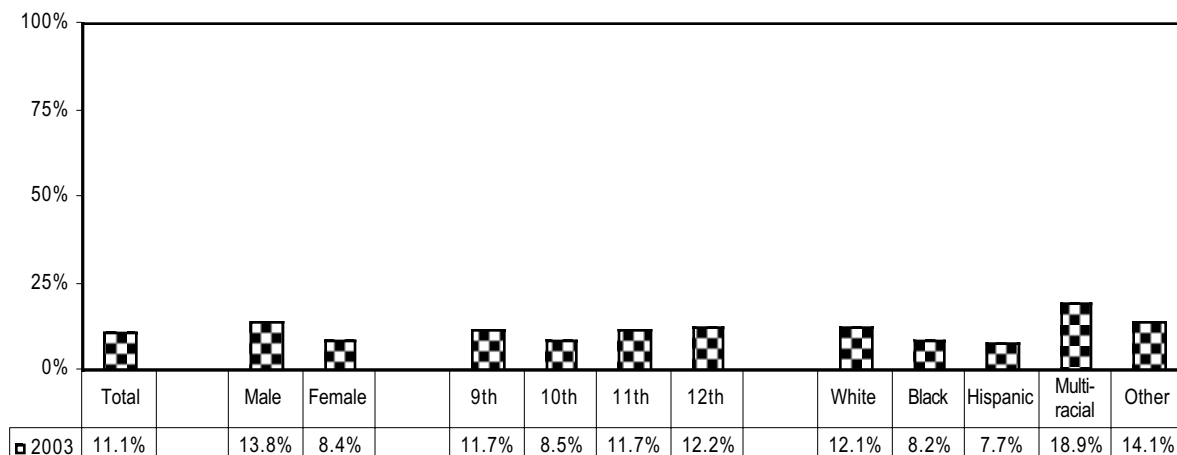
**Figure 93.** Percentage of North Carolina high school students who are limited in any way in any activities because of any impairment or health problems.



- In 2003, approximately one in ten of North Carolina high school students reported that they were limited in any way in any activities because of any impairment or health problems.
- Female students were more likely than male students to report that they were limited in some activities because of any impairment or health problems.
- White students, Hispanic students, and students of other races and ethnicities were more likely to report that they were limited in any way in any activities because of any impairment or health problems than Black or Multi-racial students.



**Figure 94 .** Percentage of North Carolina high school students who have some trouble learning, remembering, or concentrating because of any impairment or health problems.



- In 2003, approximately one in ten North Carolina high school students reported that they had some trouble learning, remembering, or concentrating because of any impairment or health problems.
- Males were more likely than females to report having some trouble learning, remembering, or concentrating because of any impairment or health problems
- Multi-racial students were more likely than other racial-ethnic groups to report having some trouble learning, remembering, or concentrating because of any impairment or health problems
- Ninth graders, 11<sup>th</sup> graders, and 12<sup>th</sup> graders were less likely than 10<sup>th</sup> graders to report having some trouble learning, remembering, or concentrating because of any impairment or health problems

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## Appendix A

### 2003 North Carolina Youth Risk Behavior Survey High School Questionnaire

# **2003 NORTH CAROLINA YOUTH RISK BEHAVIOR SURVEY**

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

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

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

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

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

***Thank you very much for your help.***

Directions

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

1. How old are you?

- A. 12 years old or younger
- B. 13 years old
- C. 14 years old
- D. 15 years old
- E. 16 years old
- F. 17 years old
- G. 18 years old or older

2. What is your sex?

- A. Female
- B. Male

3. In what grade are you?

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded or other grade

4. How do you describe yourself? (Select one or more responses.)

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Hispanic or Latino
- E. Native Hawaiian or Other Pacific Islander
- F. White

5. Using the following educational levels, what is the highest level completed by the parent(s) or adults (s) that you live with?

- A. Did not finish high school
- B. High school graduate
- C. Community, technical, or junior college graduate
- D. Four-year graduate
- E. Graduate school degree

6. How tall are you without your shoes on?

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

Example

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



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

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

Example

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

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

**The next 4 questions ask about personal safety.**

9. How often do you wear a seat belt when **riding in** a car driven by someone else?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

10. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?

- A. I did not ride a bicycle during the past 12 months
- B. Never wore a helmet
- C. Rarely wore a helmet
- D. Sometimes wore a helmet
- E. Most of the time wore a helmet
- F. Always wore a helmet

11. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

**The next 8 questions ask about violence-related behaviors.**

13. During the past 30 days, on how many days did you carry **a weapon** such as a gun, knife, or club?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

15. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

17. During the past 12 months, how many times have you been threatened or physically abused (such as slapped, shoved, hit, or restrained) by someone you were dating or going out with?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

18. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

21. During the past 12 months, how many times were you in a physical fight **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

**The next 2 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.**

22. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

23. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?

- A. Yes
- B. No

**The next 5 questions ask about tobacco use.**

24. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

25. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

26. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

- A. I did not smoke cigarettes during the past 30 days
- B. Less than 1 cigarette per day
- C. 1 cigarette per day
- D. 2 to 5 cigarettes per day
- E. 6 to 10 cigarettes per day
- F. 11 to 20 cigarettes per day
- G. More than 20 cigarettes per day

27. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

28. During the past 30 days, on how many days did you smoke cigarettes **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

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

29. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

30. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

31. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

32. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

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

33. How old were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

34. During your life, how many times have you used marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 to 99 times
- G. 100 or more times

35. During the past 30 days, how many times did you use marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

36. During the past 30 days, how many times did you use marijuana **on school property**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

**The next 10 questions ask about other drugs.**

37. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

38. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

39. During your life, how many times have you used ecstasy (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

40. During your life, how many times have you used LSD (acid), PCP (angel dust), mushrooms, or other hallucinogens?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

41. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

42. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

43. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

44. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

45. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

46. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

**The next 8 questions ask about sexual behavior.**

47. Have you ever had sexual intercourse?

- A. Yes
- B. No

48. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

49. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

50. During the past 3 months, with how many people did you have sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

51. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. No

52. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

53. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo-Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

54. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

**The next 2 questions ask about AIDS or STD education and information.**

55. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

56. Have you ever been taught about chlamydia, gonorrhea, syphilis, or Human Papilloma Virus/genital warts (HPV) in school?

- A. Yes
- B. No
- C. Not sure

**The next 6 questions ask about body weight.**

57. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

58. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

59. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

60. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

61. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

62. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?

- A. Yes
- B. No

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

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

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

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

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

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

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

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

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

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

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

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

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



69. During the past 7 days, how many **glasses of milk** did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

**The next 4 questions ask about physical activity.**

70. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

71. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

72. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

73. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?

- A. I do not take PE
- B. Less than 10 minutes
- C. 10 to 20 minutes
- D. 21 to 30 minutes
- E. 31 to 40 minutes
- F. 41 to 50 minutes
- G. 51 to 60 minutes
- H. More than 60 minutes

**The next 12 questions are general items about you**

74. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

- A. Yes
- B. No
- C. Not sure

75. Are you limited in any way in any activities because of any impairment or health problem?

- A. Yes
- B. No
- C. Not sure

76. Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating?

- A. Yes
- B. No
- C. Not sure

77. What do you plan to do when you finish high school?
- A. Get a job
  - B. Enlist in the military services
  - C. Enroll in a business or trade school
  - D. Enroll in a community, technical, or private junior college
  - E. Enroll in a four-year college
  - F. I don't plan to finish high school
  - G. Undecided
  - H. Other
78. Is there usually an adult at your home in the afternoon when you return from school?
- A. Never
  - B. Sometimes
  - C. Always
79. Do you participate in any extracurricular activities at school (such as sports, band, drama, clubs, S.O.S., etc.)?
- A. Yes
  - B. No
80. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer (for example, serving meals to elderly, picking up litter, helping out at a hospital, building homes for the poor, etc.)?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times

81. When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured?
- A. During the past 12 months
  - B. Between 12 and 24 months ago
  - C. More than 24 months ago
  - D. Never
  - E. Not sure
82. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
- A. During the past 12 months
  - B. Between 12 and 24 months ago
  - C. More than 24 months ago
  - D. Never
  - E. Not sure
83. How often do you feel stress in your life?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. All of the time
84. In general, how would you rate your health?
- A. Poor
  - B. Fair
  - C. Good
  - D. Very good
  - E. Excellent
85. In general, how would you rate the quality of your life?
- A. Poor
  - B. Fair
  - C. Good
  - D. Very good
  - E. Excellent

**For the next 6 statements, indicate whether you agree or disagree.**

86. I feel alone in my life.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

87. I feel good about myself.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

88. Harassment and bullying by other students is a problem at my school.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

89. My teachers really care about me.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

90. Drugs are a problem at my school.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

91. Violence is a problem at my school.

- A. Strongly disagree
- B. Disagree
- C. Not sure
- D. Agree
- E. Strongly agree

**The next 2 questions ask about getting to school and about your responses to this survey.**

92. On how many days per week do you usually walk to school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

93. On how many days per week do you usually ride a bicycle to school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

**This is the end of the survey.**