

Youth Risk Behavior

MIDDLE SCHOOL
2003 SURVEY RESULTS

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Table of Contents

Executive Summary.....	i
Introduction.....	1
Procedures.....	1
Results	
Personal Safety	5
Violence-Related Behavior	9
Tobacco Use	14
Alcohol Use.....	17
Other Drug Use.....	20
Health Education	27
Weight Management.....	29
Physical Health.....	37
Nutrition	40
Physical Activity.....	47
Psychological Health	52
School Environment.....	56
Disability	60
After School Care	63
Community Service	64
References.....	65

Appendices

A. 2003 North Carolina Youth Risk Behavior Survey – Middle School Questionnaire

List of Tables

Table 1. Sample sizes and response rates for the North Carolina Middle School YRBS, 1995-2003	2
--	---

List of Figures

<u>Figure 1.</u>	Characteristics of students participating in the North Carolina Middle School Youth Risk Behavior Survey, 1995, 1997, 2001, and 2003.....	3
<u>Figure 2.</u>	Percentage of North Carolina middle school students reporting that they never or rarely wore a helmet while riding a bicycle during the past 12 months	5
<u>Figure 3.</u>	Percentage of North Carolina middle school students reporting that they never or rarely wear a seatbelt when riding in a car	7
<u>Figure 4.</u>	Percentage of North Carolina middle school students reporting that they had ridden in a car driven by someone who had been drinking alcohol	8
<u>Figure 5.</u>	Percentage of North Carolina middle school students reporting that they had carried a weapon on school property during the past 30 days	9
<u>Figure 6.</u>	Percentage of North Carolina middle school students reporting that they had been threatened or injured with a weapon on school property during the past 12 months.....	10
<u>Figure 7.</u>	Percentage of North Carolina middle school students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.....	11
<u>Figure 8.</u>	Percentage of North Carolina middle 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.....	12
<u>Figure 9.</u>	Percentage of North Carolina middle school students reporting that they had ever been in a physical fight on school property	13
<u>Figure 10.</u>	Percentage of North Carolina middle school students reporting that they smoked a cigarette during the past 30 days.....	14
<u>Figure 11.</u>	Percentage of North Carolina middle school students reporting that they first smoked a cigarette prior to age 11.....	15
<u>Figure 12.</u>	Percentage of North Carolina middle school students reporting that they smoked two or more cigarettes on the days they did smoke during the past 30 days	16
<u>Figure 13.</u>	Percentage of North Carolina middle school students reporting that they had ever consumed alcohol	17

<u>Figure 14.</u> Percentage of North Carolina middle school students reporting that they had consumed alcohol prior to age 11	18
<u>Figure 15.</u> Percentage of North Carolina middle school students reporting that they had consumed alcohol during the past 30 days	19
<u>Figure 16.</u> Percentage of North Carolina middle school students reporting that they had ever used marijuana.....	20
<u>Figure 17.</u> Percentage of North Carolina middle school students reporting that they had first used marijuana prior to age 11.....	21
<u>Figure 18.</u> Percentage of North Carolina middle school students reporting that they had used marijuana during the past 30 days.....	22
<u>Figure 19.</u> Percentage of North Carolina middle school students reporting that they had ever used cocaine	23
<u>Figure 20.</u> Percentage of North Carolina middle school students reporting that they had ever sniffed glue or breathed the contents of sprays or paints to get high	24
<u>Figure 21.</u> Percentage of North Carolina middle school students reporting that they had ever used steroids	25
<u>Figure 22.</u> Percentage of North Carolina middle school students reporting that someone had offered, sold or given them an illegal drug on school property during the past 12 months.....	26
<u>Figure 23.</u> Percentage of North Carolina middle school students reporting that they had ever been taught about AIDS or HIV infection in school	27
<u>Figure 24.</u> Percentage of North Carolina middle school students reporting that they had ever been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus	28
<u>Figure 25.</u> Percentage of North Carolina middle school students who are at risk for becoming overweight based on body mass index (BMI).....	29
<u>Figure 26.</u> Percentage of North Carolina middle school students who are overweight based on body mass index (BMI)	30
<u>Figure 27.</u> Percentage of North Carolina middle school students who describe themselves as slightly or very overweight.....	31
<u>Figure 28.</u> Percentage of North Carolina middle school students who reported that they were trying to lose weight	32

<u>Figure 29.</u> Percentage of North Carolina middle school students who reported that they had exercised to lose weight or to keep from gaining weight	33
<u>Figure 30.</u> Percentage of North Carolina middle school students who reported that they had vomited or taken laxatives to lose weight or to keep from gaining weight.....	34
<u>Figure 31.</u> Percentage of North Carolina middle school students who reported that they had dieted to lose weight or to keep from gaining weight.....	35
<u>Figure 32.</u> Percentage of North Carolina middle 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.....	36
<u>Figure 33.</u> Percentage of North Carolina middle school students who reported seeing a doctor or other health care provider for a check-up or physical exam during the past 12 months when they were not sick or injured.....	37
<u>Figure 34.</u> Percentage of North Carolina middle school students who reported seeing a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.....	38
<u>Figure 35.</u> Percentage of North Carolina middle school students who rated their overall health as good or better.....	39
<u>Figure 36.</u> Percentage of North Carolina middle school students who reported drinking 100% fruit juice at least daily during the past seven days.....	40
<u>Figure 37.</u> Percentage of North Carolina middle school students who reported eating fruit at least daily during the past seven days.....	41
<u>Figure 38.</u> Percentage of North Carolina middle school students who reported eating green salad at least daily during the past seven days	42
<u>Figure 39.</u> Percentage of North Carolina middle school students who reported eating potatoes at least daily during the past seven days.....	43
<u>Figure 40.</u> Percentage of North Carolina middle school students who reported eating carrots at least daily during the past seven days	44
<u>Figure 41.</u> Percentage of North Carolina middle school students who reported eating other vegetables (other than salad, potatoes, and carrots) at least daily during the past seven days	45
<u>Figure 42.</u> Percentage of North Carolina middle school students who reported drinking at least one glass of milk daily during the past seven days	46

<u>Figure 43.</u> Percentage of North Carolina middle school students who reported participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days	47
<u>Figure 44.</u> Percentage of North Carolina middle school students who reported participating in moderate physical activity for at least 30 minutes on three or more of the past seven days	48
<u>Figure 45.</u> Percentage of North Carolina middle school students who reported attending physical education or gym class at least three days per week	49
<u>Figure 46.</u> Percentage of North Carolina middle school students who reported walking to school five days per week	50
<u>Figure 47.</u> Percentage of North Carolina middle school students who reported riding a bicycle to school five days per week	51
<u>Figure 48.</u> Percentage of North Carolina middle 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.....	52
<u>Figure 49.</u> Percentage of North Carolina middle school students who reported that they had seriously thought about killing themselves.....	53
<u>Figure 50.</u> Percentage of North Carolina middle school students who disagreed or strongly disagreed that they felt good about themselves.....	54
<u>Figure 51.</u> Percentage of North Carolina middle school students who rated the quality of their life as good or better	55
<u>Figure 52.</u> Percentage of North Carolina middle school students reporting that they had not gone to school at least once during the past 30 days because they felt unsafe either in school or on their way to or from school	56
<u>Figure 53.</u> Percentage of North Carolina middle school students who reported that harassment and bullying by other students is a problem at their school.....	57
<u>Figure 54.</u> Percentage of North Carolina middle school students who reported that drugs are a problem at their school.....	58
<u>Figure 55.</u> Percentage of North Carolina middle school students who reported that violence is a problem at their school	59
<u>Figure 56.</u> Percentage of North Carolina middle school students who reported that they have a disability	60

<u>Figure 57.</u> Percentage of North Carolina middle school students who reported that they are limited in some activities because of an impairment or health problem	61
<u>Figure 58.</u> Percentage of North Carolina middle school students who reported that they had trouble learning, remembering, or concentrating because of impairment.....	62
<u>Figure 59.</u> Percentage of North Carolina middle school students who reported that there is usually an adult at home when they return from school.....	63
<u>Figure 60.</u> Percentage of North Carolina middle school students who reported that that they performed organized community service during the past 30 days.....	64

Executive Summary

The 2003 Youth Risk Behavior Survey (YRBS) was produced by the National Centers for Disease Control and Prevention (CDC) 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 targets for improving school health education policies and programs (CDC, 2001).

The 2003 North Carolina YRBS Middle School Survey consisted of 62 items addressing 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, and the perceived safety of the school environment. A sample of 2,018 middle school students drawn from 52 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 middle school students. In addition, since some of the survey items have remained unchanged since the survey was first administered in 1995, the YRBS also provides information on trends of some behaviors over time.

Overall, the results of the 2003 North Carolina YRBS Middle School Survey indicate that the majority of the changes in health behaviors between 2001 and 2003 were disturbing. Although it should be kept in mind that the response rate was not large enough for the results to be generalized to other middle schools in the state, surveys were completed by over 2000 students attending 52 of North Carolina's middle schools. Consideration of the information included in the report will likely leave readers pondering what can be done to strengthen efforts of health educators and other stakeholders to better provide opportunities for the healthy development of all young adolescents.

There are many disparities among gender, grade, and ethnic subgroups on almost all indicators included in the survey. For example, as shown on the following pages, drug use, suicidal ideation, and numerous other negative trends were much more common in Multi-racial, Black, and Hispanic students than in White students. There are also indicators that males are at higher risk than females on many of the risk indicators.

Although overall results are summarized in this executive summary, readers are encouraged to investigate the more detailed information found in the full report. The results of the 2003 North Carolina Middle School YRBS, as well as the results of future YRBS administrations, should help North Carolina health professionals, educators, and policymakers to focus and intensify their efforts to reduce health risk behaviors among North Carolina middle school students.

Positive Trends

Note: Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

Between 2001 and 2003:

- The percentage of middle school students reporting that they rarely or never wore a helmet while riding a bicycle declined (Figure 2).
- The percentage of middle school students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months declined somewhat (Figure 7).
- The percentage of middle school students at-risk for becoming overweight based on their current BMI decreased (Figure 25).
- The percentage of middle school students who reported that they walked to school five days per week slightly increased (Figure 46).

Indicators Showing Little or No Change

Note: Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

Between 2001 and 2003:

- The percentage of middle school students reporting that they had been threatened or injured with a weapon on school property during the past year did not change (Figure 6).
- The percentage of middle 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 did not change (Figure 8).
- The percentage of middle school students who reported that they smoked two or more cigarettes on the days they did smoke during the past 30 days remained about the same (Figure 12).
- The percentages of middle school students reporting that they had first used marijuana prior to age 11 remained about the same (Figure 17).
- The percentage of middle school students reporting that they had ever used cocaine increased slightly (Figure 19).
- The percentage of middle school students who reported having ever used steroids remained about the same (Figure 21).
- The percentage of middle school students describing themselves as slightly or very overweight did not change (Figure 27).
- The percentage of middle school students reporting that they had exercised to lose weight or to keep from gaining weight remained about the same (Figure 29).
- The percentage of middle school students reporting that they had vomited or taken laxatives to lose weight or to keep from gaining weight did not change (Figure 30).
- The percentage of middle schools students who reported that they biked to school five days per week did not change (Figure 47).
- The percentage of middle school students reporting that they had seriously thought about killing themselves stayed the same (Figure 49).

- The percentage of middle school students who disagreed or strongly disagreed with the statement “I feel good about myself” did not change (Figure 50).
- The percentage of middle school students who reported that they did not go to school at least once during the 30 days prior to the survey because they felt unsafe either in school or on their way to or from school remained about the same (Figure 52).
- The percentage of middle school students who reported that harassment and bullying by other students at their school slightly increased (Figure 53).

Negative Trends

Note: Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

Between 2001 and 2003:

- The percentage of middle school students that reported rarely or never wearing a seatbelt when riding in a car increased (Figure 3).
- The percentage of middle school students reporting that they had ridden in a car driven by someone who had been drinking alcohol increased slightly in 2003 (Figure 4).
- The percentage of middle school students reporting that they had carried a weapon on school property during the past 30 days increased (Figure 5).
- The percentage of middle school students reporting that they had been in a physical fight on school property increased (Figure 9).
- The percentage of middle school students who reported smoking cigarettes on one or more of the past 30 days increased somewhat (Figure 10).
- The percentage of middle school students who reported having smoked a whole cigarette prior to age 11 increased slightly (Figure 11).
- The percentage of middle school students who reported having ever consumed alcohol increased slightly (Figure 13).
- The percentage of middle school students who reported having consumed alcohol for the first time prior to age 11 increased (Figure 14).
- The percentage of middle schools students reporting that they had consumed alcohol on one or more of the past 30 days increased (Figure 15).
- The percentage of middle school students reporting that they had ever used marijuana increased slightly (Figure 16).
- The percentage of middle school students reporting having used marijuana during the past 30 days increased (Figure 18).
- The percentage of middle school students who reported having ever sniffed glue or breathed the contents of sprays or paints to get high increased somewhat (Figure 20).
- The percentage of middle school students who reported that they were offered, sold, or given an illegal drug on school property during the past 12 months increased (Figure 22).
- The percentage of middle school students reported having been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus decreased (Figure 24).
- The percentage of middle school students who were overweight based on their current BMI increased slightly (Figure 26).
- The percentage of middle 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 increased slightly (Figure 32).

- The percentage of middle school students who reported that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months decreased (Figure 33).
- The percentage of middle school students who reported that they had seen a dentist during the past 12 months decreased (Figure 34).
- The percentage of middle school students reported participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey decreased (Figure 43).
- The percentage of middle school students who reported participating in moderate physical activity for at least 30 minutes on three or more of the seven days prior to the survey decreased (Figure 44).
- The percentage of middle school students reporting that they attended physical education classes at least three days per week decreased (Figure 45).
- The percentage of middle school students reporting feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities increased (Figure 48).
- The percentage of middle school students who rated their quality of life as “good” or better decreased (Figure 51).
- The percentage of middle school students who reported that drugs are a problem at their school increased (Figure 54).
- The percentage of middle school students who reported that violence is a problem at their school increased (Figure 55).

Nutrition Trends

- The percentage of middle school students who reported drinking 100% fruit juice at least daily decreased (Figure 36).
- The percentage of middle school students who reported eating fruit at least daily during the past seven days decreased (Figure 37).
- The percentage of middle school students who reported eating green salad at least daily during the past seven days slightly decreased (Figure 38).
- The percentage of middle school students who reported eating potatoes at least daily during the past seven days decreased (Figure 39).
- The percentage of middle school students who reported eating carrots at least daily during the past seven days decreased (Figure 40).
- The percentage of middle school students who reported eating other vegetables (other than salad, potatoes, and carrots) at least daily during the past seven days decreased (Figure 41).
- The percentage of middle school students who reported drinking at least one glass of milk daily during the past seven days decreased (Figure 42).

Gender Disparities

- **In 2003, males were more likely than females to report:**
 - Rarely or never wearing a helmet (Figure 2);
 - Rarely or wearing a seat belt when riding in a car (Figure 3);
 - Carrying a weapon at school (Figure 5);
 - Being threatened or injured with a weapon on school property (Figure 6);
 - Having their possessions stolen or deliberately damaged on school property (Figure 7);
 - Being hurt in a fight at school (Figure 8);
 - Being involved in fights at school (Figure 9);
 - Smoking a cigarette prior to age 11 (Figure 11);
 - Consuming alcohol prior to age 11 (Figure 14);
 - Ever using marijuana (Figure 16);
 - Using marijuana prior to age 11 (Figure 17);
 - Having ever used cocaine (Figure 19);
 - Having someone offer, sell, or give them illegal drugs on school property (Figure 22);
 - Being overweight based on Body Mass Index (Figure 26);
 - Seeing a doctor or other health care provider for a check-up (Figure 33);
 - Rating their overall health as good or better (Figure 35);
 - Eating carrots (Figure 40);
 - Drinking milk (Figure 42);
 - Participating in strenuous physical activity (Figure 43);
 - Their quality of life as being good or better (Figure 51);
 - Having trouble learning, remembering, or concentrating because of an impairment (Figure 58); and,
 - Usually have an adult at home when they return from school (Figure 60).

- **In 2003, females were more likely than males to report:**
 - Being overweight (Figure 27);
 - Trying to lose weight (Figure 28);
 - Having exercised to lose weight or keep from gaining weight (Figure 29);
 - Having vomited or taken laxatives to lose weight or keep from gaining weight (Figure 30);
 - Having dieted to lose weight or keep from gaining weight (Figure 31);
 - Taking diet pills, powders, or liquids without a doctor's advise to lose weight or keep from gaining weight (Figure 32);
 - Eating fruit daily (Figure 37);
 - Feeling sad or hopeless (Figure 48);
 - Having seriously thought about killing themselves (Figure 49);
 - Disagreeing or strongly disagreeing that they felt good about themselves (Figure 50);
 - That harassment and bullying by other students at their schools is a problem (Figure 53);
 - Drugs are a problem at their school (Figure 54);
 - Having a disability (Figure 56); and,
 - Believing they are limited in some activities because of an impairment or health problem (Figure 57).

Grade Level Disparities

- **In 2003, students in higher grades were more likely than students in lower grades to report:**
 - Rarely or never wearing a helmet while riding a bicycle (Figure 2);
 - Rarely or never wearing a seat belt while riding in a car (Figure 3);
 - Riding in a car with a drinking driver (Figure 4);
 - Carrying a weapon at school (Figure 5);
 - Being in a physical fight at school (Figure 9);
 - Smoking a cigarette in the past 30 days (Figure 10);
 - Smoking two or more cigarettes on the days they did smoke (Figure 12);
 - Ever consuming alcohol (Figure 13);
 - Consuming alcohol in the past 30 days (Figure 15);
 - Ever using marijuana (Figure 16);
 - Using marijuana in the past 30 days (Figure 18);
 - Using cocaine (Figure 19);
 - Being offered, sold, or given illegal drugs in school (Figure 22);
 - Being taught about HIV/AIDS in school (Figure 23);
 - Being taught about sexually transmitted diseases in school (Figure 24);
 - Having vomited or taken laxatives to lose weight or keep from gaining weight (Figure 30);
 - Taking diet pills, powders or liquids to control their weight (Figure 32);
 - Visiting a doctor for a check-up or physical exam (Figure 33);
 - Eating green salads (Figure 38);
 - Participating in moderate physical activity for at least 30 minutes on three or more of the past seven days (Figure 44);
 - Having seriously thought about killing themselves (Figure 49);
 - Disagreeing or strongly disagreeing that they felt good about themselves (Figure 50);
 - Feeling that drugs are a problem at their school (Figure 54);
 - Having trouble learning, remembering, or concentrating because of impairment (Figure 58); and,
 - Usually having an adult at home when they return from school (Figure 59).

Racial/Ethnic Disparities

- **In 2003, White students were more likely than Black students to report:**
 - Being in a physical fight (Figure 8);
 - Smoking two or more cigarettes on the days they did smoke (Figure 12);
 - Consuming alcohol during the past 30 days (Figure 15);
 - Ever sniffing glue or breathing the contents of sprays or spray paints to get high (Figure 20);
 - Having someone offer, sell, or give them illegal drugs at school (Figure 22);
 - Being slightly or very overweight (Figure 27);
 - Exercising to control their weight (Figure 29);
 - Dieting to lose weight or keep from gaining weight (Figure 31);
 - Taking diet pills, powders, or liquids to lose weight or keep from gaining weight (Figure 32);

- Seeing a doctor or other health care professional for a check-up (Figure 33);
- Visiting a dentist (Figure 34);
- Rating their overall health as good or better (Figure 35);
- Eating fruit daily (Figure 37);
- Eating vegetables daily (Figure 41);
- Drinking milk daily (Figure 42);
- Participating in strenuous physical activity for at least 20 minutes (Figure 43);
- Attending physical education or gym class at least three times per week (Figure 45);
- Rating the quality of their life as good or better (Figure 51);
- Problems with harassment and bullying at their school (Figure 53).
- Drugs are a problem at their school (Figure 54); and,
- Performing community service (Figure 60).

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

- Rarely or never wearing a helmet when riding a bicycle (Figure 2);
- Rarely or never wearing a seat belt when riding in a car (Figure 3);
- Having been threatened or injured with a weapon on school property (Figure 6);
- Having possessions stolen or damaged at school (Figure 7);
- Being in a fight at school (Figure 9);
- Ever consuming alcohol (Figure 13);
- Consuming alcohol prior to age 11 (Figure 14);
- Ever using marijuana (Figure 16);
- Using marijuana prior to age 11 (Figure 17);
- Ever being taught about AIDS or HIV (Figure 23);
- Being taught about sexually transmitted diseases (Figure 24);
- Being overweight based on body mass index (Figure 26);
- Drinking fruit juice daily (Figure 36);
- Eating potatoes daily (Figure 39);
- Participating in moderate physical activity for at least 30 minutes in past seven days (Figure 44);
- Walking to school five days per week (Figure 46);
- Feeling sad and hopeless (Figure 48);
- Having thought seriously about killing themselves (Figure 49);
- Believing that violence is a problem at their school (Figure 55);
- Having a disability (Figure 56);
- Being limited in some activities because of an impairment or health problem (Figure 57); and,
- Usually having an adult at home when they return from school (Figure 59).

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

- Carrying a weapon on school property (Figure 5);
- Being threatened or injured with a weapon at school (Figure 6);
- Having someone steal or damage their possessions at school (Figure 7);
- Having ever consumed alcohol (Figure 13);
- Consuming alcohol prior to age 11 (Figure 14);
- Feeling sad or hopeless (Figure 48); and,
- Having not gone to school because they felt unsafe (Figure 52);

- **In 2003, Hispanic students were more likely than Black students to report:**
 - Carrying a weapon at school (Figure 5);
 - Having been threatened or injured by a weapon on school property (Figure 6);
 - Having someone steal or damage their possessions at school (Figure 7);
 - Feeling sad and hopeless (Figure 48); and,
 - Having not gone to school because they felt unsafe (Figure 52).

- **In 2003, White students were more likely than Multi-racial students to report:**
 - Ever using cocaine (Figure 19);
 - Having ever been taught about AIDS or HIV (Figure 23);
 - Having ever been taught about sexually transmitted diseases (Figure 24);
 - Seeing a doctor for a check-up (Figure 33);
 - Seeing a dentist (Figure 34);
 - Rating their overall health as good or better (Figure 35);
 - Drinking fruit juice daily (Figure 36);
 - Eating carrots daily (Figure 40);
 - Drinking milk daily (Figure 42);
 - Rating their quality of life as good or better (Figure 51); and,
 - Performing community service (Figure 60).

- **In 2003, Multi-racial students were more likely than White students to report:**
 - Rarely or never wearing a helmet when riding a bicycle (Figure 2);
 - Rarely or never wearing a seat belt when riding in a car (Figure 3);
 - Riding in a car driven by someone who has been drinking alcohol (Figure 4);
 - Being threatened or injured with a weapon at school (Figure 6);
 - Having someone steal or damage their possessions at school (Figure 7);
 - Being injured in a physical fight (Figure 8);
 - Being in a physical fight at school (Figure 9);
 - Smoking in the past 30 days (Figure 10);
 - Smoking a cigarette prior to age 11 (Figure 11);
 - Having ever consumed alcohol (Figure 13);
 - Consuming alcohol prior to age 11 (Figure 14);
 - Using marijuana prior to age 11 (Figure 17);
 - Using marijuana in the past 30 days (Figure 18);
 - Having ever sniffed glue or breathed the contents of sprays or paints to get high (Figure 20);
 - Ever used steroids (Figure 21);
 - Trying to lose weight (Figure 28);
 - Vomiting or taking laxatives to lose weight or keep from gaining weight (Figure 30);
 - Ever dieting to lose weight or keep from gaining weight (Figure 31);
 - Taking diet pills, powders, or liquids to lose weight or to keep from gaining weight (Figure 32);
 - Eating potatoes daily (Figure 39);
 - Participating in moderate physical activity (Figure 44);
 - Attending physical education or gym class at least three days per week (Figure 45);
 - Feeling sad or hopeless (Figure 48);
 - Thinking seriously about killing themselves (Figure 49);
 - Disagreeing or strongly disagreeing about feeling good about themselves (Figure 50);
 - Not going to school because of feeling unsafe (Figure 52);

- Believing violence is a problem at their school (Figure 55)
- Having a disability (Figure 56);
- Being limited in some activities because of an impairment or health problem (Figure 57); and,
- Having trouble learning, remembering, or concentrating because of an impairment (Figure 58).

Other Findings

- The percentage of middle school students reporting that they were trying to lose weight slightly increased (Figure 28)
- The percentage of middle school students reporting that they had dieted to lose weight or to keep from gaining weight increased Figure 31).
- The percentage of middle school students who rated their overall health as “good” or better decreased slightly (Figure 35).
- Approximately one third of middle school students reported that they have a disability (Figure 56).
- One in ten middle school students reported that they are limited in some activities because of impairment or health problem (Figure 57).
- Approximately fourteen percent of middle school students reported that they had trouble learning, remembering, or concentrating because of an impairment (Figure 58).
- Approximately eight percent of middle school students reported that there is usually an adult at home when they return from school (Figure 59).
- Over one-third of middle school students reported that they preformed community service during the past thirty days (Figure 60).

Introduction

The 2003 Youth Risk Behavior Survey (YRBS) was produced by the National 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 targets for improving school health education policies and programs (CDC, 2001).

The 2003 North Carolina YRBS Middle School Survey consisted of 62 items addressing 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, and the perceived safety of the school environment. The items are mainly presented in a multiple-choice format, and the entire survey can usually be completed in 30-40 minutes. A copy of the questionnaire used in 2003 is located in Appendices A.

Procedures

Sampling. In the spring of 2003, the YRBS Middle School Survey was administered in North Carolina for the fourth time since 1995¹. The sample of students chosen to participate in the survey is drawn through a two-stage process. First, a probability sample of middle schools is drawn from all of the middle schools in the state. Then, individual classes (e.g., Mr. Smith's 2nd period English class, etc.) are sampled from within those schools. All of the students in those selected classes then comprise the sample.

This sample is drawn in such a manner that, if the overall response rate is above 60%, the results of the survey can be generalized with a relatively high level of precision to the entire population of middle school students in the state. The overall response rate is a function of the number of sampled schools who decide to participate as well as the numbers of students enrolled in the sampled classes that actually complete the survey on the day it is administered. In both 1995 and 2001, an overall response rate of at least 60% was achieved, meaning that the results from those years can be considered to be representative of the statewide population of middle school students. In 1997 and 2003, however, the overall response rates for the samples were too low, meaning that the data from these years cannot be considered to be representative of the state's entire middle school population (Table 1). Therefore, the reader should understand that data from the 2003 study cannot be assumed to be representative of other middle schools in North Carolina.

¹ 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 Middle School YRBS, 1995-2003

	Number of Schools Participating	Number of Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
1995	53	2,227	74%	86%	64%
1997	62	2,372	72%	82%	59%
2001	60	2,197	83%	90%	75%
2003	52	2,018	72%	80%	58%

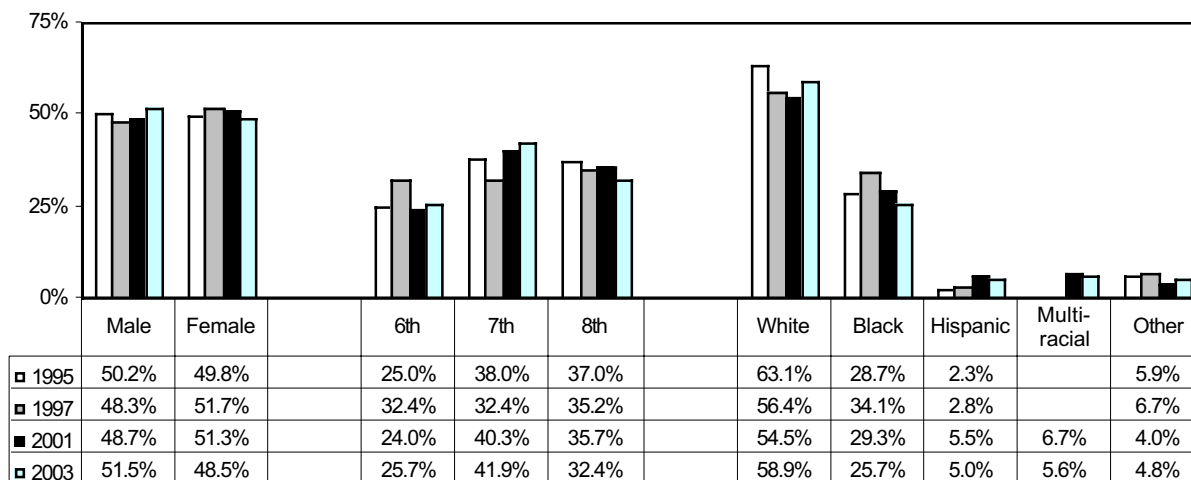
Note: The overall response rate is calculated by multiplying the percentage of sampled schools participating in the survey by the number of enrolled students in each classroom who completed the survey.

Data Collection. In the Fall of 2002, 72 schools were sampled from among all of the schools statewide that served grades 6 through 8 to participate in the 2003 YRBS Middle School Survey. Of those, 52 agreed to participate. YRBS administrators were recruited from education and health agencies at the state and local levels to administer the survey in these 52 schools. Information regarding standardized procedures as well as sets of required 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 Comprehensive School Health Training Center, Appalachian State University (NCCSHTC). Administrators then made arrangements with each school to conduct the surveys between February and April 2003 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 in each school. In most cases, students were easily able to complete the survey during the allotted time.

Data Processing. Administrators returned all student response sheets and other related information to the North Carolina Comprehensive School Health Training Center, where they were cataloged before being sent to the CDC for scanning and processing in the spring of 2003. CDC staff 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 disaggregated analyses for each YRBS survey item to NCDPI in the fall of 2003.

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 Middle School Survey each year has been basically proportional to the overall statewide middle school student population in terms of demographics (Figure 1).

Figure 1. Characteristics of students participating in the North Carolina Middle School Youth Risk Behavior Survey, 1995, 1997, 2001 and 2003.



Notes: Percentages in this figure are unweighted. In 1995 and 1997, 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.

The sampling design of the YRBS allows for estimates of health risk behaviors to be generated at an overall level as well as disaggregated by major demographic subgroups (e.g., by gender, by ethnicity, by grade level, etc.). Overall and disaggregated results are reported for each item on the survey, grouped 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
- Disabilities
- After School Care

Interpretation of Results. As mentioned previously, the results from 2003 are not based on a sufficiently high response rate to generalize those results to the state as a whole.

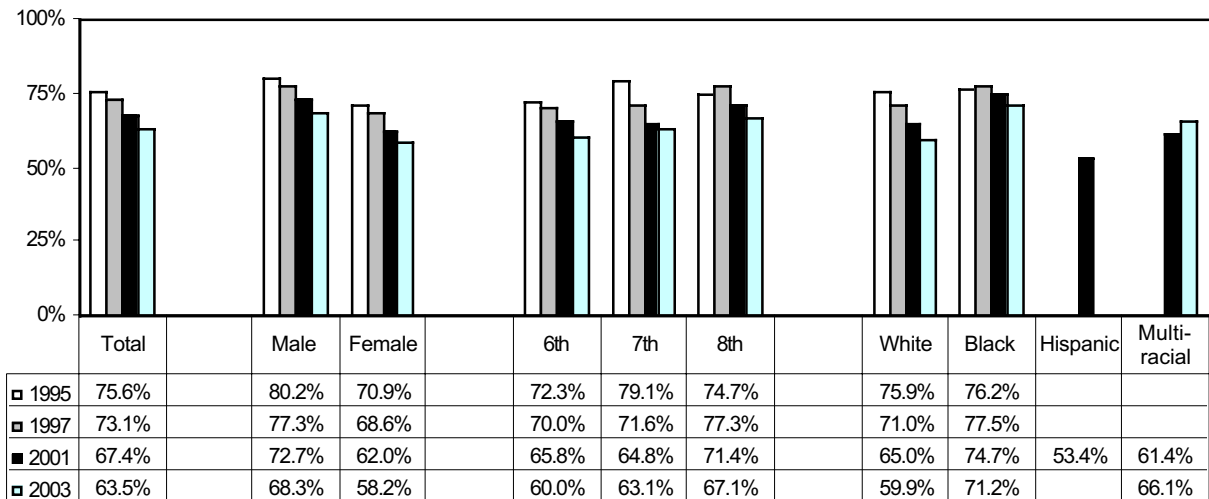
Readers interested in specific information about sampling errors for overall and subgroup estimates or who are interested in other subgroup comparisons not addressed in this document can access this and other information in the supplementary documentation provided at http://www.ncpublicschools.org/accountability/evaluation/youth_risk_behavior/yrbsindex.html.

These documents include measures of sampling error (design effects, confidence intervals, etc.) from the 2003 survey that can be used for further analysis. In addition, data on selected indicators from North Carolina's 2003 YRBS can be compared to figures for other states and the nation as a whole in the national 2003 YRBS report (CDC, 2002a), which can be found at <http://www.nhealthyschools.org/nhealthyschools/index.html>.

Personal Safety

Bicycle Helmet Use. *Approximately 140,000 children 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 middle school students.*

Figure 2. Percentage of North Carolina middle school students reporting that they never or rarely wore a helmet while riding a bicycle during the past 12 months.



Note. In 1995, this item was worded more generally and did not ask students to base their responses specifically on the past 12 months. In addition, some students each year reported that they did not ride a bicycle.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

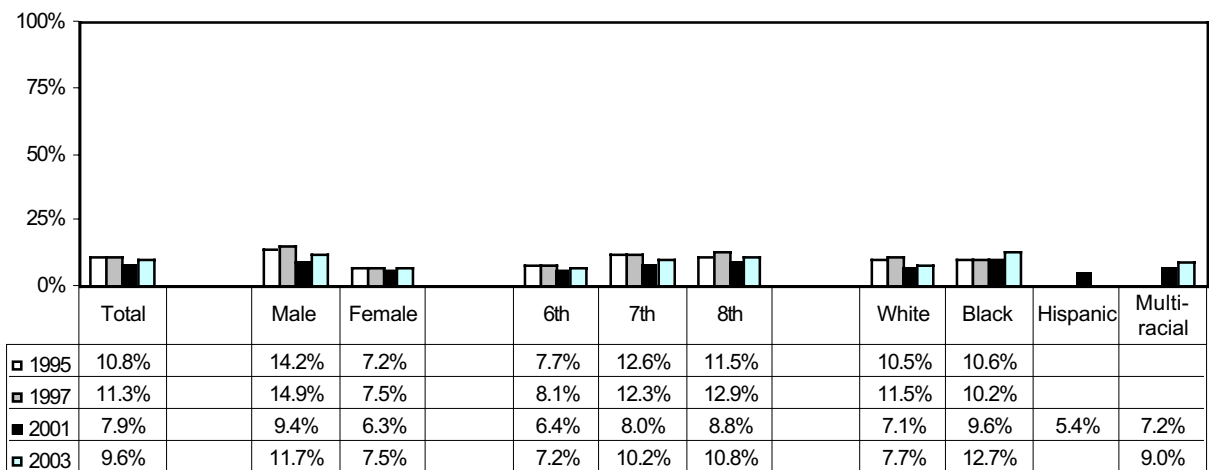
- The majority of North Carolina middle school students reported in 2003 that they rarely or never wore a helmet while riding a bicycle.
- With the exception of multi-racial students, the percentage of middle school students reported that they rarely or never wore a helmet while riding a bicycle has declined since 1995.
- Males were more likely than females to report rarely or never wearing a bicycle helmet in 2003. This result was also found in the three previous Youth Risk Behavior Surveys.
- Black students were more likely than multi-racial students to report rarely or never wearing a helmet in 2003.
- The percentage of students reporting never or rarely wearing a helmet while riding a bicycle declined at all grade levels.

- With the exception of Multi-racial students, the percentage of middle school students reporting that they rarely or never wore a helmet while riding a bicycle has declined since 1995.

Motor Vehicle Safety. Taking standard precautions to avoid injury while riding in a car are critical health behaviors for everyone, especially children. Motor vehicle accidents were the leading cause of death among children ages 5 to 14 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 reducing the incidence of drinking and driving and through the use of seatbelts. Approximately one-fourth of children under the age of 14 who die in motor vehicle accidents are killed in alcohol-related crashes, most commonly in cases where the child is riding in the car with an impaired driver (Quinlan, Brewer, Sleet, & Dellinger, 2000). In addition, the majority of children under the age of 15 who are killed in fatal motor vehicle crashes are unrestrained (i.e., not in a proper child safety seat or not wearing a seatbelt; National Highway Traffic Safety Administration, 1999). Figures 3 and 4 provide data on the frequency of seatbelt use and riding with drinking drivers among North Carolina middle school students.

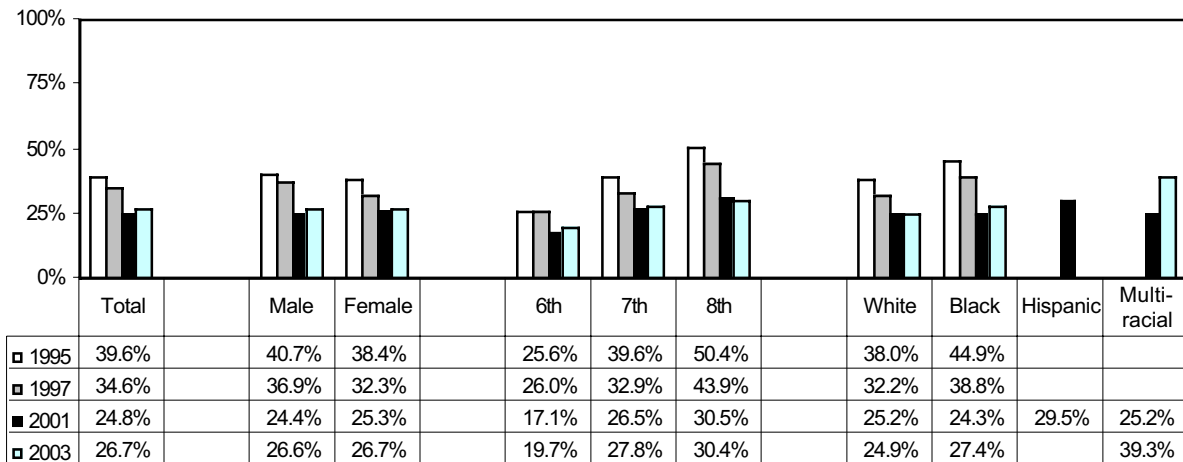
Figure 3. Percentage of North Carolina middle school students reporting that they never or rarely wear a seatbelt when riding in a car.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- About one in ten North Carolina middle school students reported in 2003 that they rarely or never wore a seatbelt when riding in a car.
- In 2003, male middle school students were more likely than female students to report rarely or never wearing a seatbelt when riding in a car.
- The percentage of middle school students in all subgroups that reported rarely or never wearing a seatbelt when riding in a car has increased since 2001. Data were not available in 2003 for Multi-ethnic students.
- In 2003, the percentage of Black and Multi-racial students who reported that they rarely or never wear a seatbelt when riding in a car was higher than that of White students.

Figure 4. Percentage of North Carolina middle school students reporting that they had ridden in a car driven by someone who had been drinking alcohol.



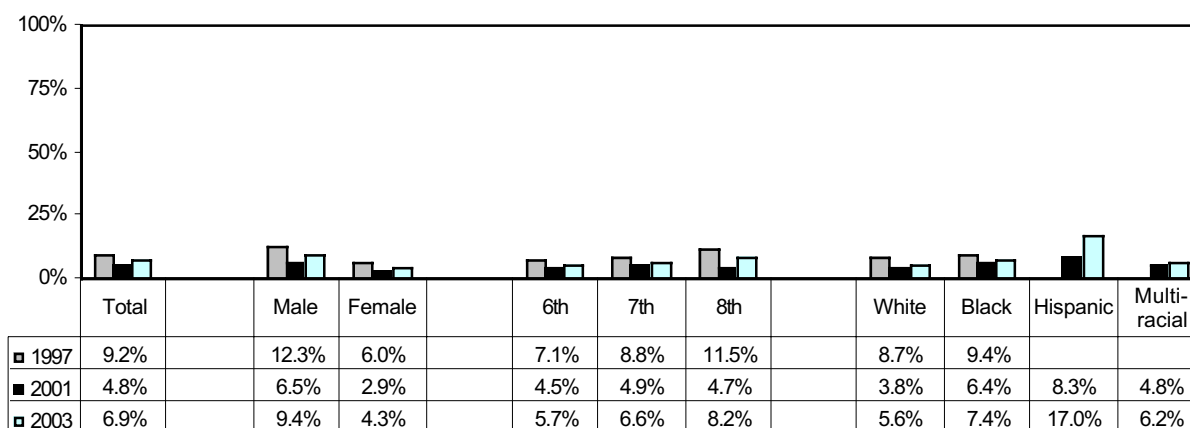
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- About one-fourth of North Carolina middle school students reported in 2003 that they had ridden in a car driven by someone who had been drinking alcohol.
- The percentage of middle school students reporting that they had ridden in a car driven by someone who had been drinking alcohol declined between 1995 and 2001, but increased slightly in 2003. This increase was found among all subgroups with the exception of White students and eighth graders.
- In 2003 and in all previous Youth Risk Behavior Surveys, sixth grade students were less likely than students in higher grades to report that they had ridden in a car driven by someone who had been drinking alcohol.
- Multi-racial and Black students in 2003 were more likely than White students to report that they had ridden in a car driven by someone who had been drinking alcohol.

Violence-Related Behavior

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 children 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 5 through 9).

Figure 5. Percentage of North Carolina middle school students reporting that they had carried a weapon on school property during the past 30 days.

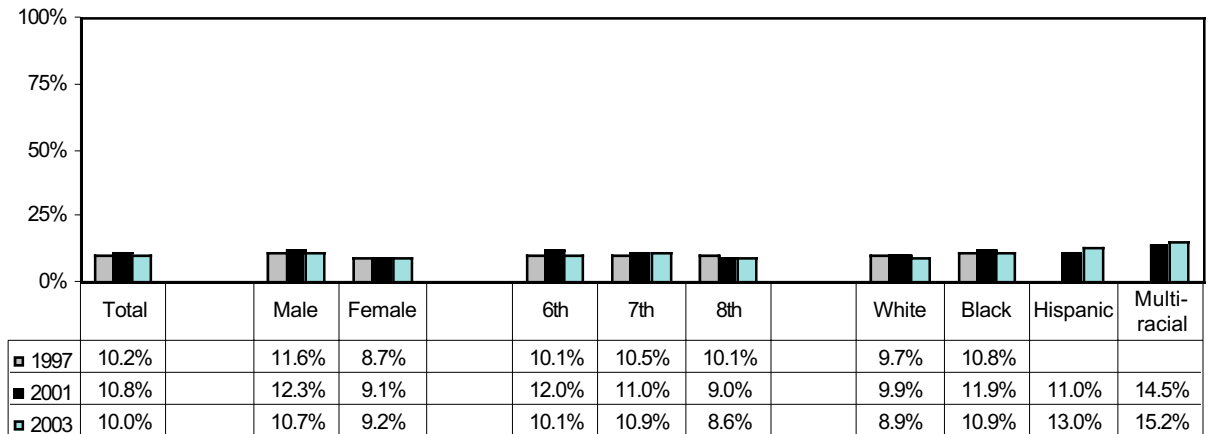


Note. In 1997, 2001, and 2003, the survey included a single item asking about carrying any weapon on school property. In 1995, the survey asked two separate questions about carrying weapons at school that were not compatible with the format of the 1997 and 2001 versions.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of middle school students reporting in 2003 that they had carried a weapon on school property during the past 30 days, after decreasing from 1997 to 2001, increased overall and in all subgroups included in the study.
- In 2003, higher percentages of male than female students reported that they had carried a weapon on school property during the past 30 days. This pattern reflected results from the 1997 and 2001 studies.
- Higher percentages of Black, Hispanic, and Multi-racial students than White students reported in 2003 that they had carried a weapon on school property during the past 30 days.

Figure 6. Percentage of North Carolina middle school students reporting that they had been threatened or injured with a weapon on school property during the past 12 months.

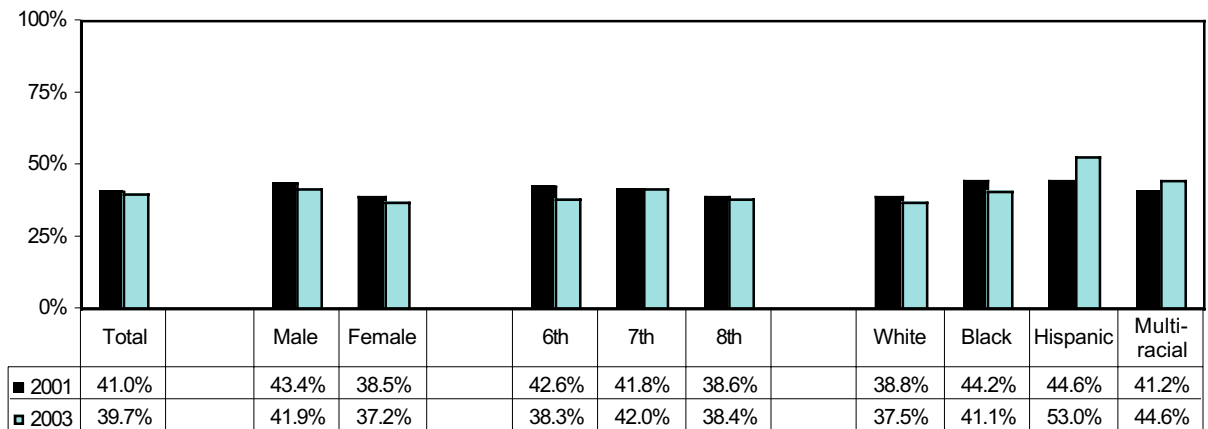


Note. In 1995, this item was worded more generally and did not ask students to base their responses specifically on the past 12 months, rendering it incompatible with the data from 1997, 2001 and 2003.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- One out of every 10 North Carolina middle school students reported in 2003 that they had been threatened or injured with a weapon on school property during the past year.
- In 2003, higher percentages of Black, Hispanic, and Multi-racial students than White students reported that they had been threatened or injured with a weapon on school property during the past year. This data reflected trends found in the 1997 and 2001 studies.

Figure 7. Percentage of North Carolina middle school students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.

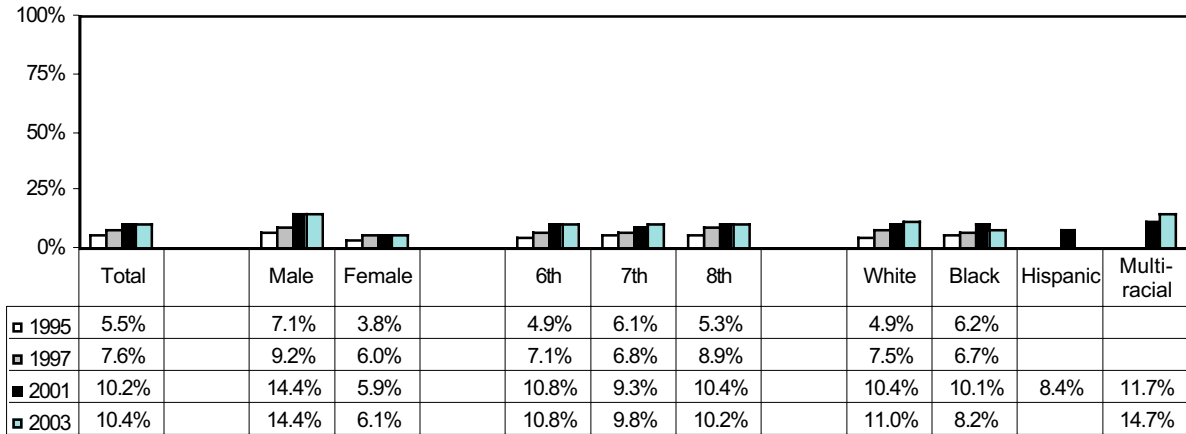


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- About four out of every 10 North Carolina middle school students reported in 2001 and 2003 that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.
- Higher percentages of Black, Hispanic, and Multi-racial students than White students reported in 2003 that someone had stolen or deliberately damaged their possessions on school property during the past 12 months. This was also the case in 2001.
- In 2003, the majority of Hispanic students reported that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.
- In 2001 and 2003, more male than female students reported that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.

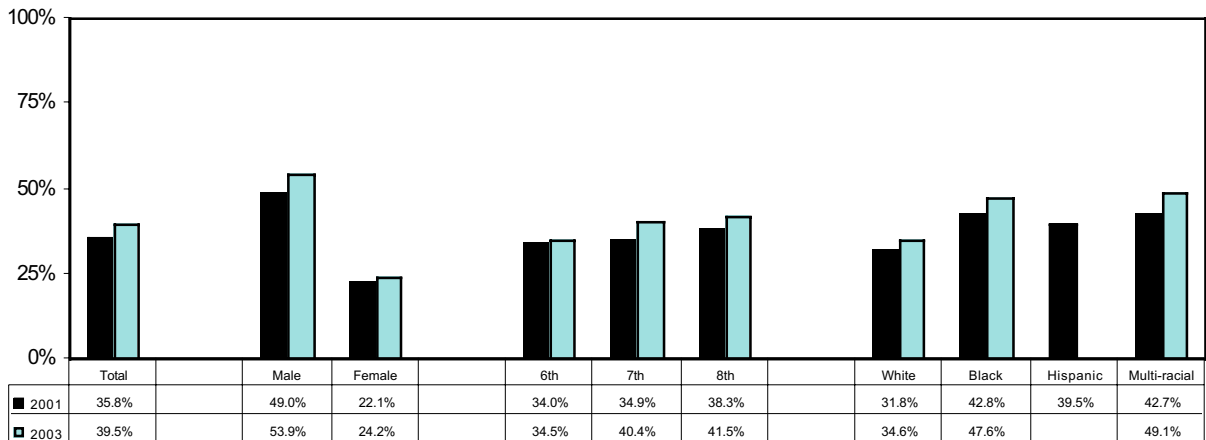
Figure 8. Percentage of North Carolina middle school students reporting that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- About one in ten North Carolina middle school students reported in 2001 and 2003 that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse. This percentage is higher than was reported in the 1995 and 1997 Youth Risk Behavior Surveys.
- There was little change in percentages reported for all subgroups in the 2001 and 2003 studies.
- Results from all four Youth Risk Behavior Surveys revealed that higher percentages of boys than girls report that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse.

Figure 9. Percentage of North Carolina middle school students reporting that they had ever been in a physical fight on school property.



Note. Question not asked in 1995 or 1997 surveys.

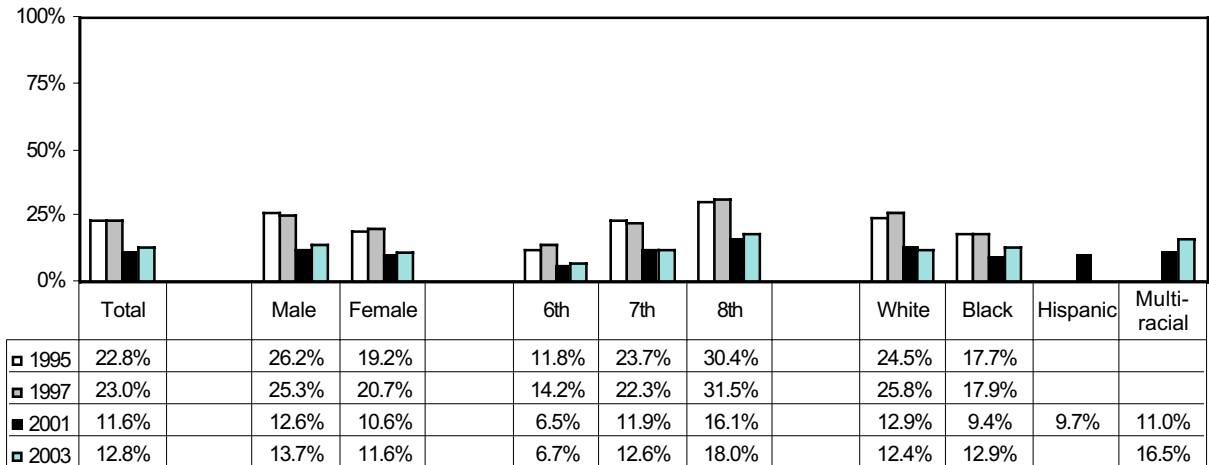
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- About four in ten North Carolina middle school students reported in 2003 that they had been in a physical fight on school property. This is an increase over results obtained in the 2001 study.
- Male students were more likely than female students to report in 2001 and 2003 that they had been in a physical fight on school property.
- In 2001 and 2003, Black and Multi-racial students were more likely than White students to report that they had been in a physical fight on school property.
- The percentage of Black students reporting that they had ever been in a physical fight on school property decreased from 2001 to 2003.

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% of all deaths in the United States (CDC, 1993). Among youth, smoking is also associated with short-term adverse health consequences (Arday et al., 1995). Figures 10 through 12 present trend data on the frequency and onset of smoking among North Carolina middle school students.

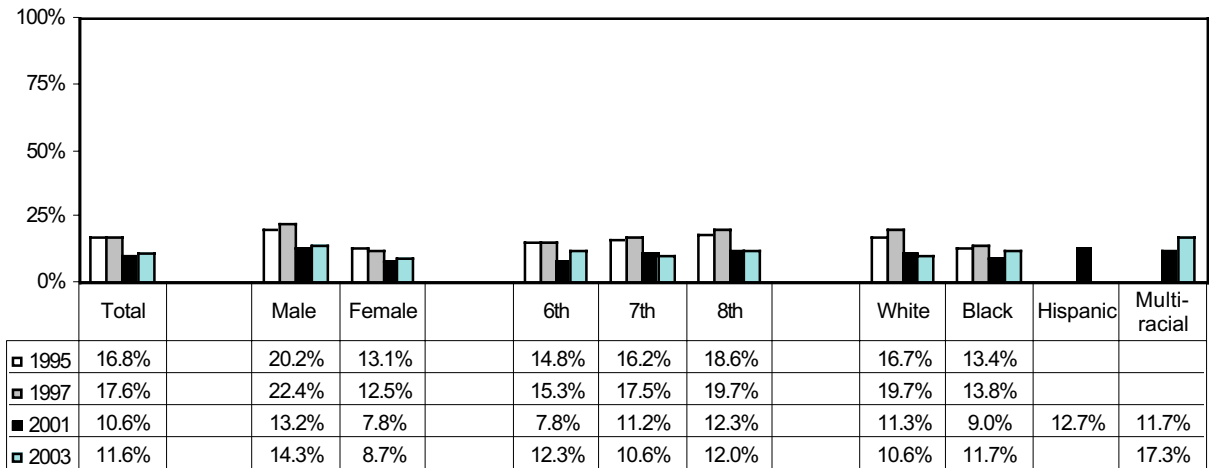
Figure 10. Percentage of North Carolina middle school students reporting that they smoked a cigarette during the past 30 days.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students in 2003 who reported smoking cigarettes on one or more of the past 30 days increased slightly after declining between 1995 and 2001.
- A higher percentage of males than females in 2003 reported smoking cigarettes on one or more of the past 30 days. This result was also found in the previous Youth Risk Behavior Surveys.
- Sixth graders were less likely than seventh or eighth graders in 2003 to report smoking cigarettes in one or more of the past 30 days. This result was also found in the previous Youth Risk Behavior Surveys.
- The percent of Multi-racial students in 2001 and 2003 who reported smoking cigarettes on one or more of the past 30 days was higher than that of Black students.

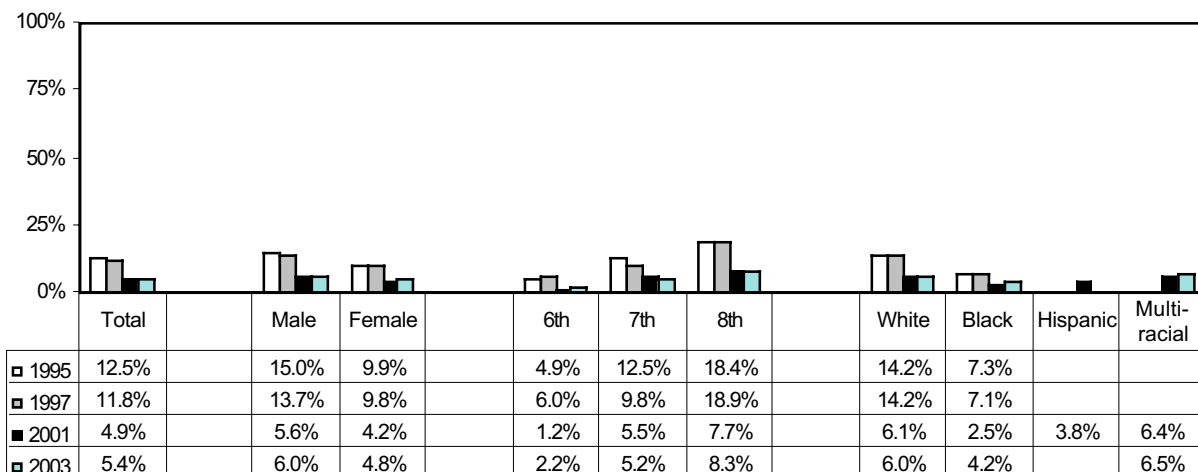
Figure 11. Percentage of North Carolina middle school students reporting that they first smoked a cigarette prior to age 11.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported having smoked a whole cigarette prior to age 11 increased slightly after declining between 1995 and 2001.
- The categories of middle school students that showed increases included males, females, and sixth graders as well as Black, and Multi-racial students.
- In 2003, as well as the other three Youth Risk Behavior Surveys, males were more likely than females to report having smoked a whole cigarette prior to age 11.

Figure 12. Percentage of North Carolina middle school students reporting that they smoked two or more cigarettes on the days they did smoke during the past 30 days.



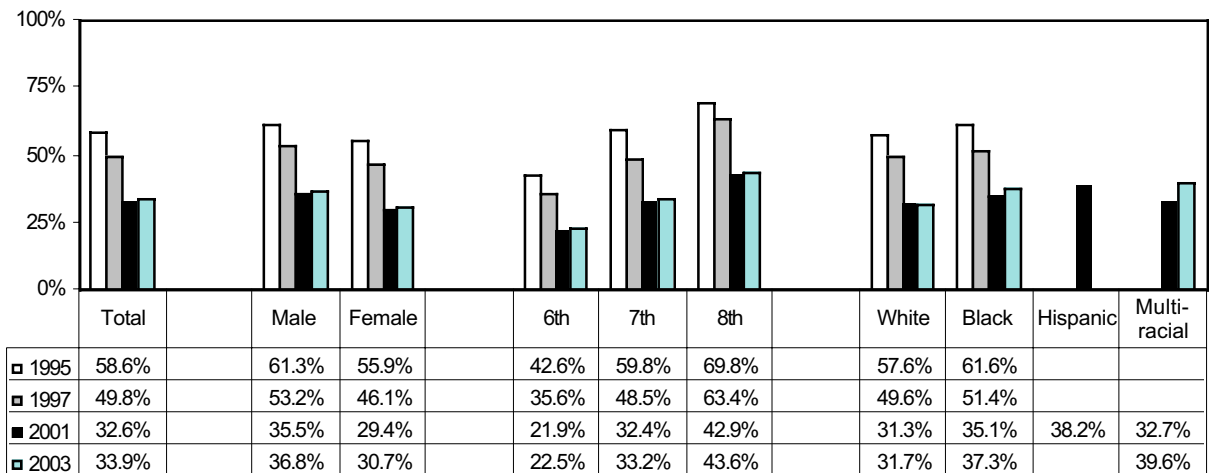
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported that they smoked two or more cigarettes on the days they did smoke during the past 30 days increased slightly after declining between 1995, 1997, and 2001.
- Results from all four Youth Risk Behavior Surveys revealed that sixth graders were less likely to report they smoked two or more cigarettes on the days they did smoke during the past 30 days than were seventh and eighth grade students.
- In 2003 and in previous Youth Risk Behavior Surveys, Multi-racial and White students were more likely than Black students to report that they smoked two or more cigarettes on the days they did smoke during the past 30 days. Black students were less likely than White students to report they smoked two or more cigarettes on the days they did smoke during the past 30 days in all four Youth Risk Behavior Surveys.

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 health risk behaviors, such as having multiple sexual partners and using marijuana, as well as poor academic performance (Wechsler et al., 1995). Figures 13 through 15 provide information on trends in alcohol consumption among North Carolina middle school students between 1995 and 2001.

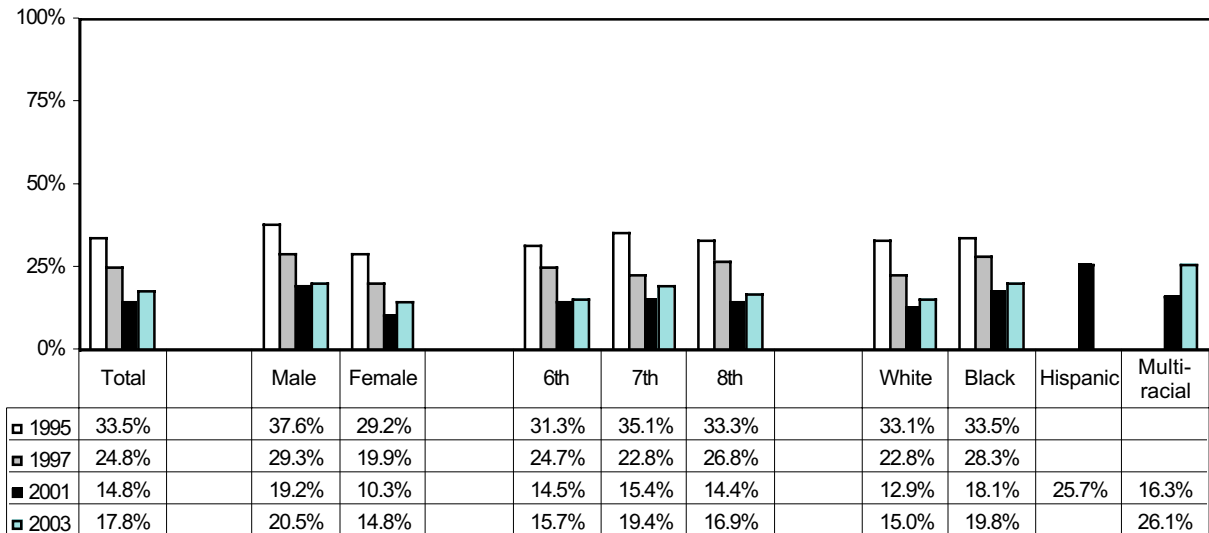
Figure 13. Percentage of North Carolina middle school students reporting that they had ever consumed alcohol.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students in 2003 who reported having ever consumed alcohol increased slightly after declining between 1997 and 2001. This result was true of all subgroups in the study.
- In 2003, as in the three previous Youth Risk Behavior Surveys, the likelihood of students reporting that they had ever consumed alcohol increased across each set of contiguous grade levels.
- Higher percentages of Multi-racial and Black students than White students in 2003 reported having ever consumed alcohol.

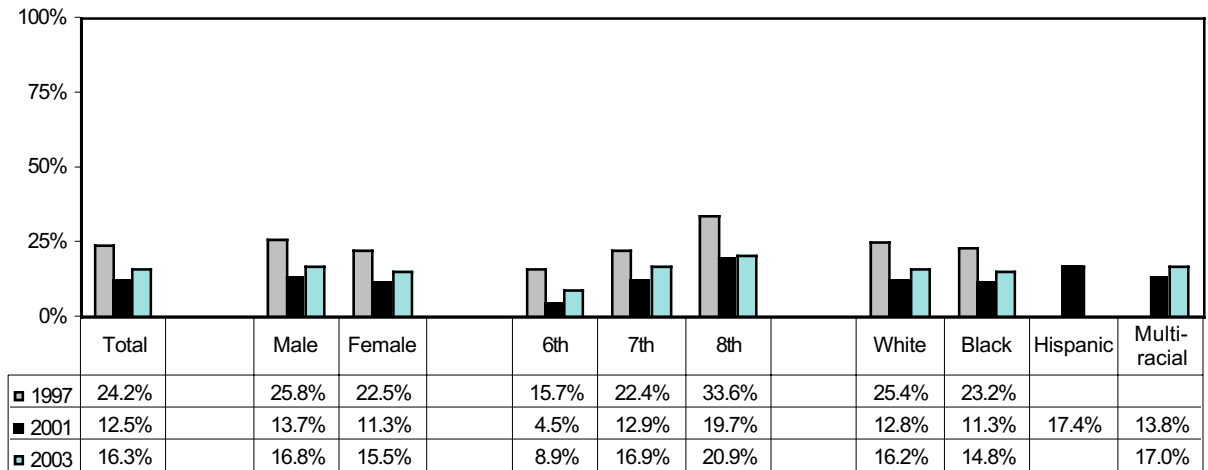
Figure 14. Percentage of North Carolina middle school students reporting that they had consumed alcohol prior to age 11.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported having consumed alcohol for the first time prior to age 11 increased between 2001 and 2003. This increase was found in all subgroups.
- In 2003, the percentage of females who reported having consumed alcohol for the first time prior to age 11 was higher than that reported by males. Males were more likely than females to report they had consumed alcohol for the first time prior to age 11.
- In 2003, Multi-racial and Black students were more likely than White students to report having consumed alcohol for the first time prior to age 11.
- A higher percentage of seventh grade students than sixth or eighth grade students in 2003 reported having consumed alcohol for the first time prior to age 11.

Figure 15. Percentage of North Carolina middle school students reporting that they had consumed alcohol during the past 30 days.



Note. Question was not asked in the 1995 survey. Consumption of alcohol in this case does not include consumption for religious purposes.

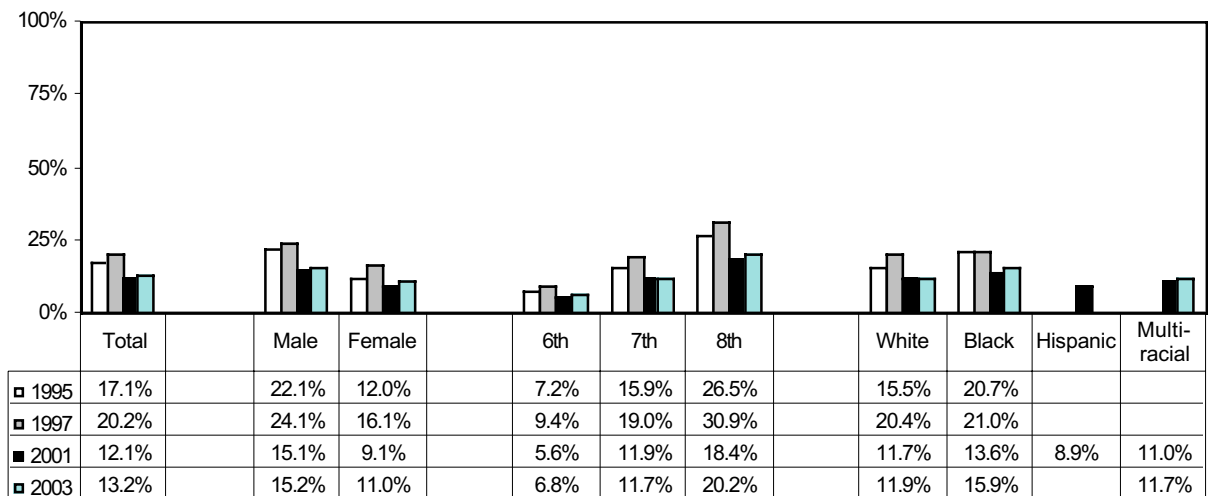
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reporting that they had consumed alcohol on one or more of the past 30 days increased between 2001 and 2003. This increase was found in all subgroups.
- In all three Youth Risk Behavior Surveys, the likelihood of students reporting that they had consumed alcohol on one or more of the past 30 days increased across each set of contiguous grade levels.
- Higher percentages of Multi-racial and White students than Black students in 2003 reported that they had consumed alcohol on 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. 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 most commonly-cited factors 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 (U. S. Department of Health and Human Services, 2001b). The NC YRBS includes several items addressing drug use and perceived availability of drugs, the results of which are summarized in Figures 16 through 22.

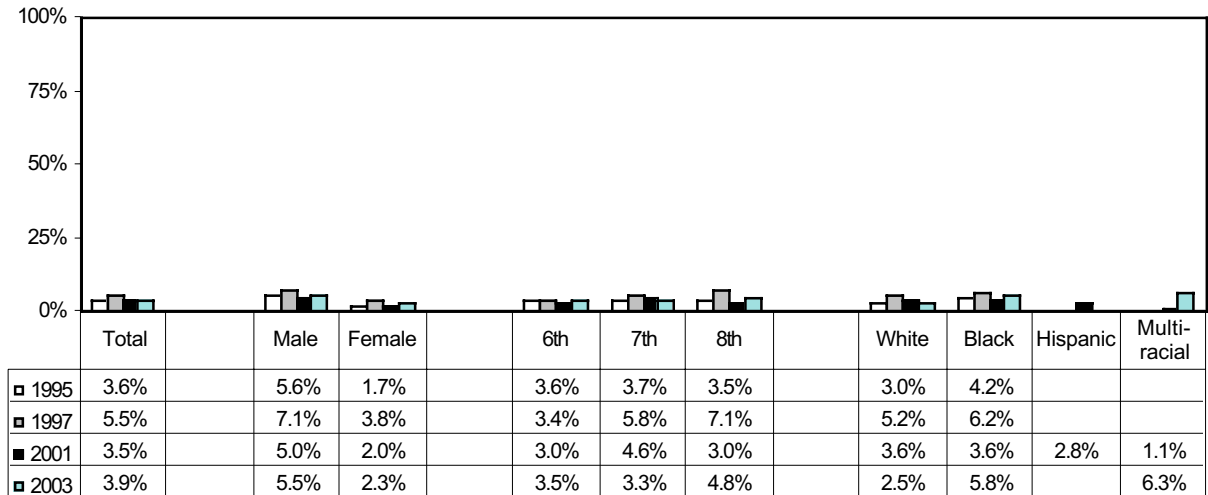
Figure 16. Percentage of North Carolina middle school students reporting that they had ever used marijuana.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- After declining between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had ever used marijuana increased slightly between 2001 and 2003.
- The percentage of boys who reported they had ever used marijuana in 2003 was higher than that for girls. However, the increase from 2001 to 2003 was larger for females than for males.
- The percentage of Black students reporting they had ever used marijuana was higher in 2003 than that of White and Multi-racial students.
- In all four Youth Risk Behavior Surveys, the likelihood of students reporting that they had ever used marijuana increased across each set of contiguous grade levels.

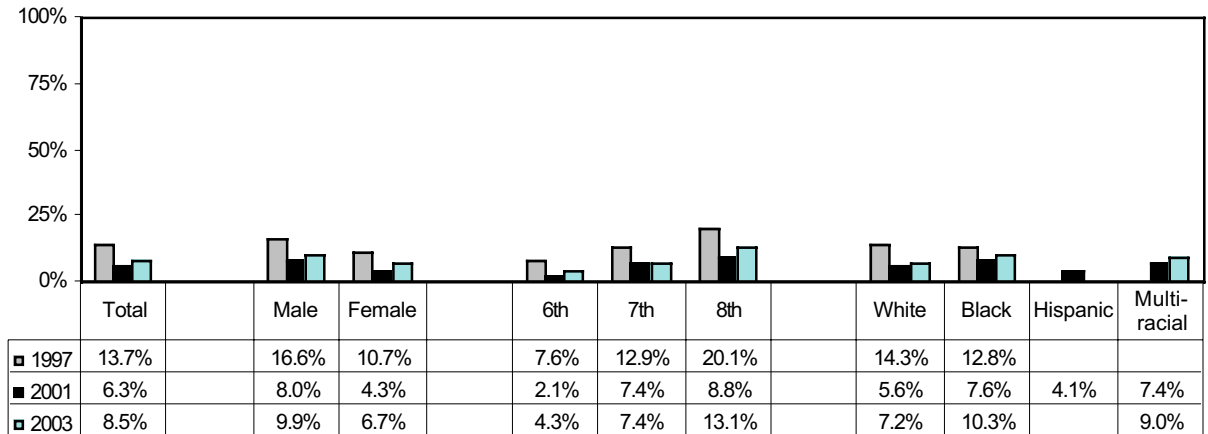
Figure 17. Percentage of North Carolina middle school students reporting that they had first used marijuana prior to age 11.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- When results from 2001 and 2003 were compared, no major changes in the percentage of middle school students reporting that they had first used marijuana prior to age 11 were found.
- In 2003, as in the three earlier Youth Risk Behavior Surveys, higher percentages of males than females reported that they had first used marijuana prior to age 11.
- Higher percentages of Multi-racial and Black students than White students in 2003 reported that they had first used marijuana prior to age 11.

Figure 18. Percentage of North Carolina middle school students reporting that they had used marijuana during the past 30 days.

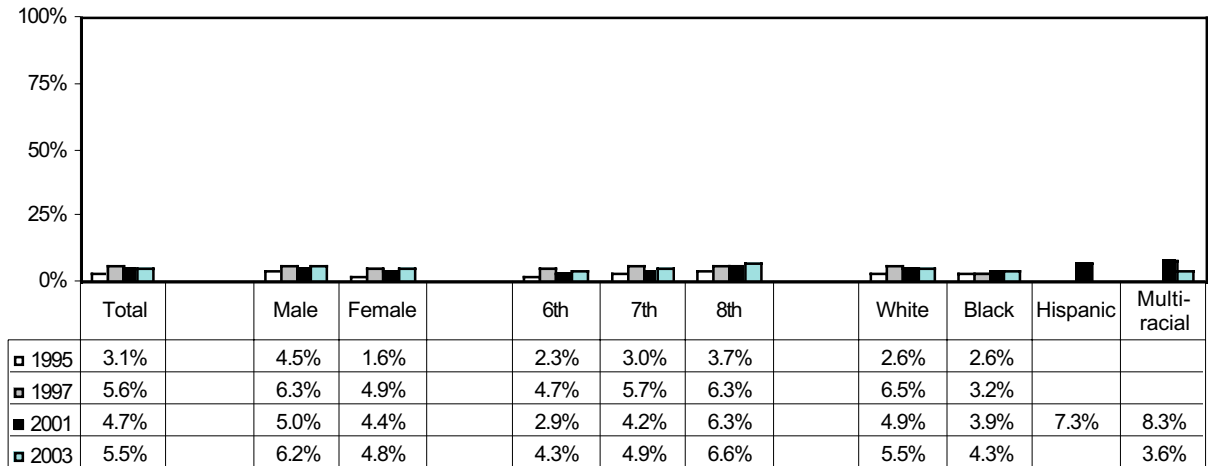


Note. Question was not asked in the 1995 survey.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reporting having used marijuana during the past 30 days increased from 2001 to 2003. With the exception of seventh graders, this increase was found in all subgroups.
- In 2003, as well as in 1997 and 2001, male students were more likely than females to report having used marijuana during the past 30 days.
- In 2003, sixth graders were less likely than either seventh or eighth graders to report having used marijuana during the past 30 days. This was also true in the earlier Youth Risk Behavior Surveys.

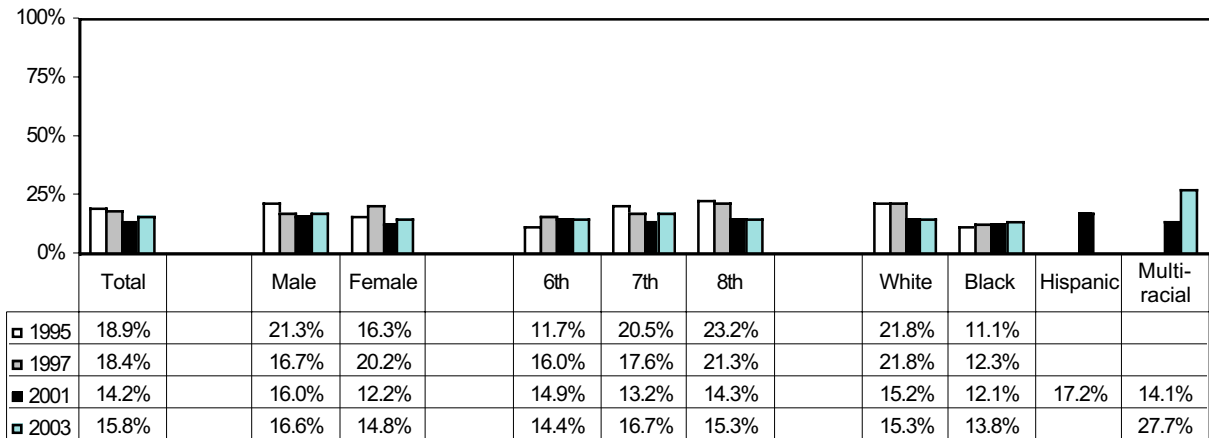
Figure 19. Percentage of North Carolina middle school students reporting that they had ever used cocaine.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had ever used cocaine increased slightly. This was true for all subgroups that were surveyed during both years with the exception of Multi-racial students who showed a decrease.
- In 2003, male students were more likely than female students to report having used cocaine.
- Sixth and seventh graders were less likely than eighth graders in 2003 to report having used cocaine.

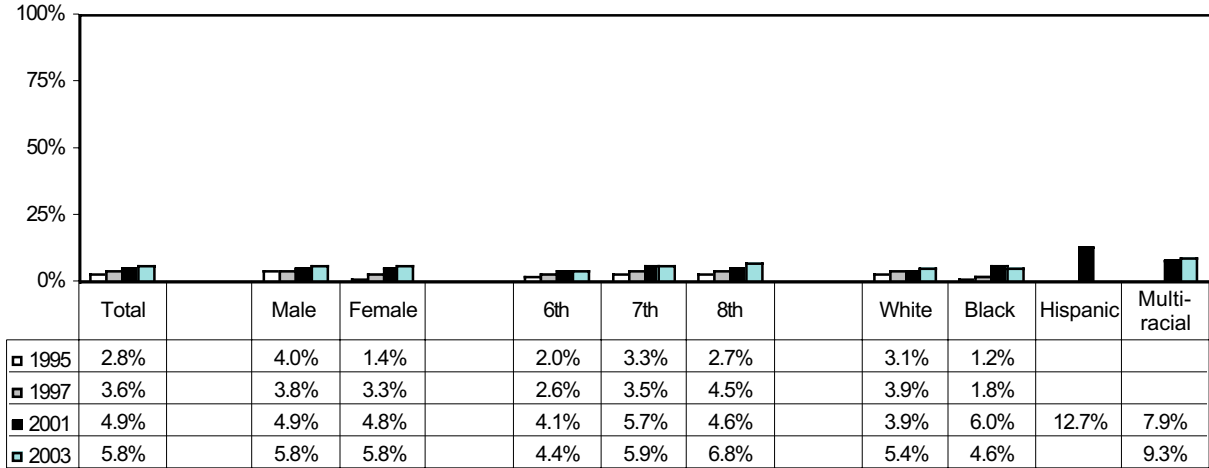
Figure 20. Percentage of North Carolina middle school students reporting that they had ever sniffed glue or breathed the contents of sprays or paints to get high.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported having ever sniffed glue or breathed the contents of sprays or paints to get high increased slightly from 2001 to 2003. This small increase was found predominantly in female and Multi-racial students.
- In 2003, the percentage of sixth and eighth graders who reported having ever sniffed glue or breathed the contents of sprays or paints to get high stayed the same while an increase was found among seventh grade students.

Figure 21. Percentage of North Carolina middle school students reporting that they had ever used steroids.

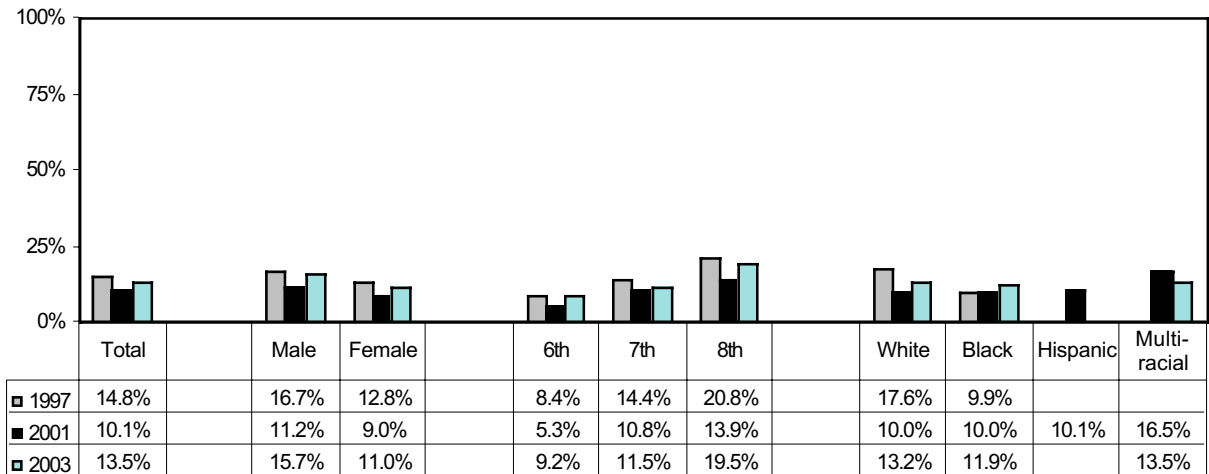


Note. In 1997 and 2001, this question asked about steroid use in the absence of a doctor's prescription. In 1995, however, the question did not distinguish between legitimately prescribed and illicit steroid use.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported having ever used steroids in 2003 remained about the same as found in 2001. Small increases were found in all subgroups with the exception of Black students who showed a decrease.
- In 2003, Multi-racial and White students were more likely than Black students to report having used steroids without a doctor's prescription.

Figure 22. Percentage of North Carolina middle school students reporting that someone had offered, sold or given them an illegal drug on school property during the past 12 months.



Note. Question not asked in the 1995 survey.

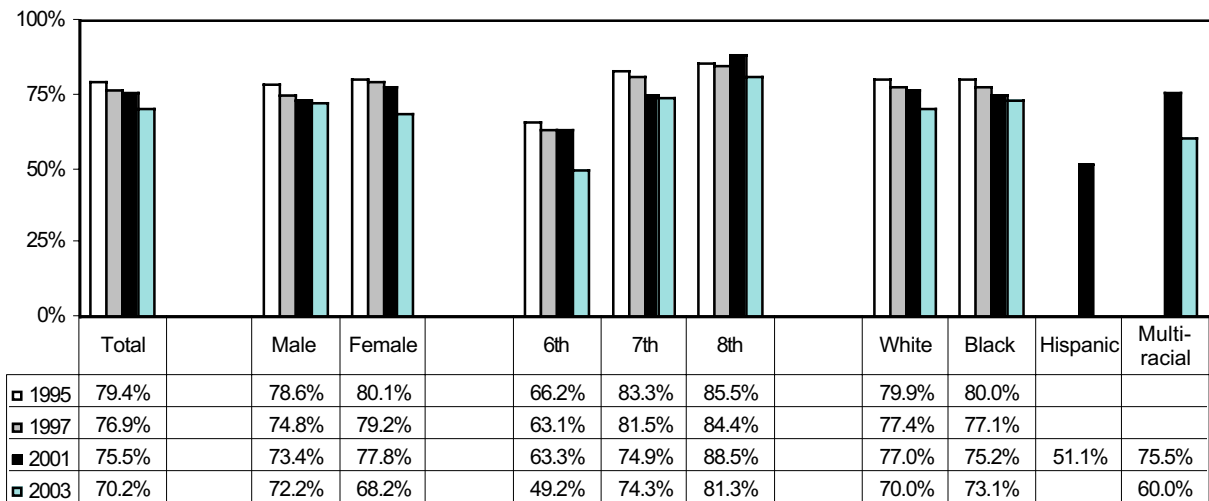
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of middle school students who reported that they were offered, sold, or given an illegal drug on school property during the past 12 months increased from 2001 to 2003. This increase was found in all subgroups with the exception of Multi-racial students.
- In 2003, sixth and seventh grade students were less likely than eighth grade students to report having been offered, sold, or given an illegal drug on school property during the past 12 months.
- In 2003, White and Multi-racial students were more likely than Black students to report that they were offered, sold, or given 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 elementary, middle, and high school levels. Topics related to the prevention of sexually transmitted diseases 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 a useful tool for discouraging students from engaging in risky sexual behaviors (Jemmott, Jemmott, & Fong, 1992; Kirby et al., 1991; Main et al., 1994). Figures 23 and 24 provide information on the extent to which North Carolina middle school students receive information about HIV/AIDS and sexually transmitted diseases in school.

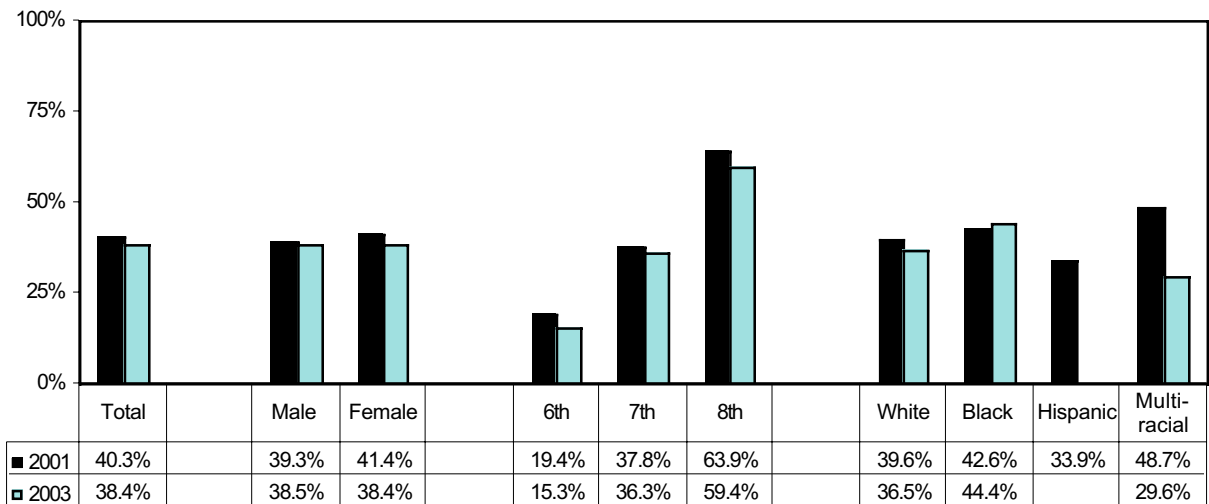
Figure 23. Percentage of North Carolina middle school students reporting that they had ever been taught about AIDS or HIV infection in school.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had been taught about AIDS or HIV infection in school decreased. This was true for all subgroups that were surveyed.
- In 2003, the likelihood of students reporting that they had not been taught AIDS or HIV infection in school increased across each set of contiguous grade levels.
- In 2003, Black and White students were more likely than Multi-racial students to report that they had been taught AIDS or HIV infection in school.

Figure 24. Percentage of North Carolina middle school students reporting that they had ever been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus.



Note. Question not asked in 1995 or 1997 surveys.

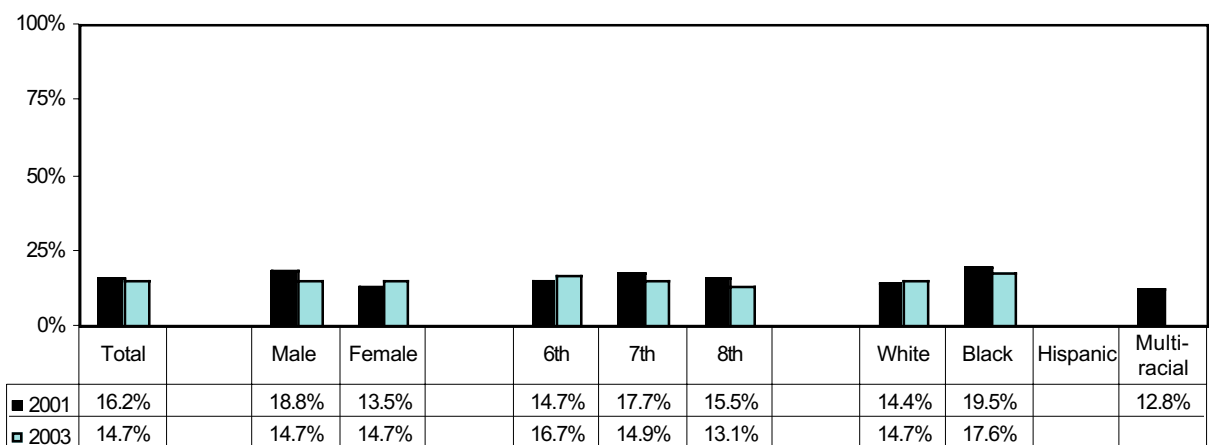
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reported having been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus decreased from 2001 to 2003. This was true of all subgroups with the exception of Black students.
- The percentage of Black students who reported having been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus increased between 2001 and 2003.
- Multi-racial students were less likely than White or Black students in 2003 to report having been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus.
- In 2003, the likelihood of students reporting that they had been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus increased significantly across each set of contiguous grade levels.

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 25 through 32 illustrate students' responses to a variety of questions regarding their weight and weight control activities.

Figure 25. Percentage of North Carolina middle school students who are at risk for becoming overweight based on body mass index (BMI).

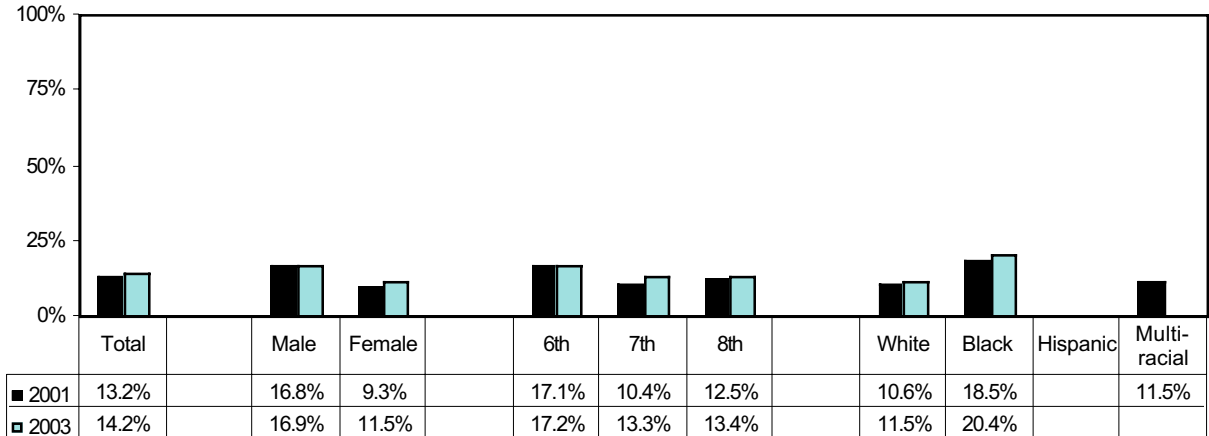


Notes. BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls between the 85th and 95th percentile of the normative distribution based on those reference data is considered to be "at risk for becoming overweight". Only 98 Hispanic students reported data for this calculation, which was not a sufficient number to generate a statewide estimate for that group. Data on students' height and weight were not collected in the 1995 and 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students at-risk for becoming overweight based on their current BMI decreased.
- In 2003, the percentage of male students at-risk for becoming overweight based on their current BMI decreased while the percentage of female students increased somewhat.
- In 2003, Black students were more likely than White students to be at risk for becoming overweight based on their current BMI.

Figure 26. Percentage of North Carolina middle school students who are overweight based on body mass index (BMI).

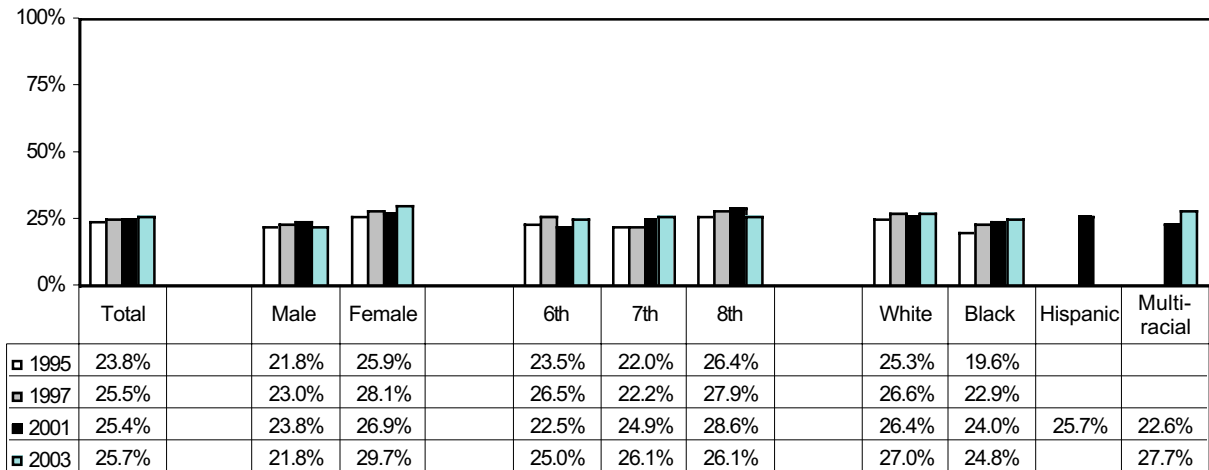


Notes. BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls above 95th percentile of the normative distribution based on those reference data is considered to be "overweight". Only 98 Hispanic students reported data for this calculation, which was not a sufficient number to generate a statewide estimate for that group. Data on students' height and weight were not collected in the 1995 and 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who were overweight based on their current BMI remained about the same between 2001 and 2003.
- In 2001 and 2003, male students were more likely than female students to be overweight based on their current BMI.
- In 2001 and 2003, Black students were more likely than White students to be overweight based on their current BMI.
- Sixth grade students in 2001 and 2003 were more likely than seventh or eighth graders to be overweight based on their current BMI.

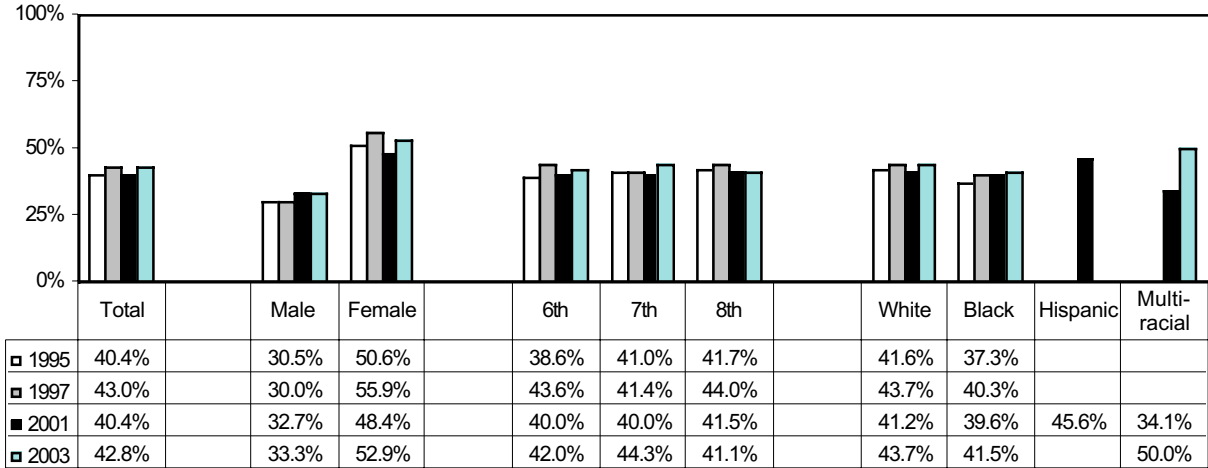
Figure 27. Percentage of North Carolina middle school students who describe themselves as slightly or very overweight.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students describing themselves as slightly or very overweight did not change.
- In 2003, as in previous Youth Risk Behavior Surveys, about one in four students described themselves as slightly or very overweight.
- Male students were less likely than female students to describe themselves as slightly or very overweight in 2003.
- In 2003, White and Multi-racial students were more likely than Black students to describe themselves as slightly or very overweight.

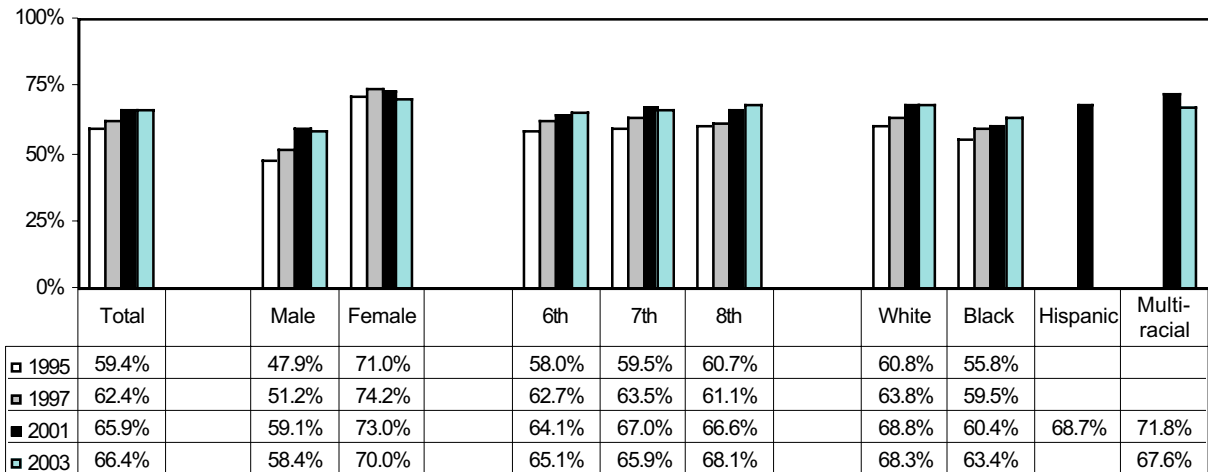
Figure 28. Percentage of North Carolina middle school students who reported that they were trying to lose weight.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students who reported that they were trying to lose weight slightly increased. This was true for all subgroups with the exception of eighth grade students where no change was found.
- In 2003, as well as in previous Youth Risk Behavior Surveys, approximately four out of 10 middle school students reported that they were trying to lose weight.

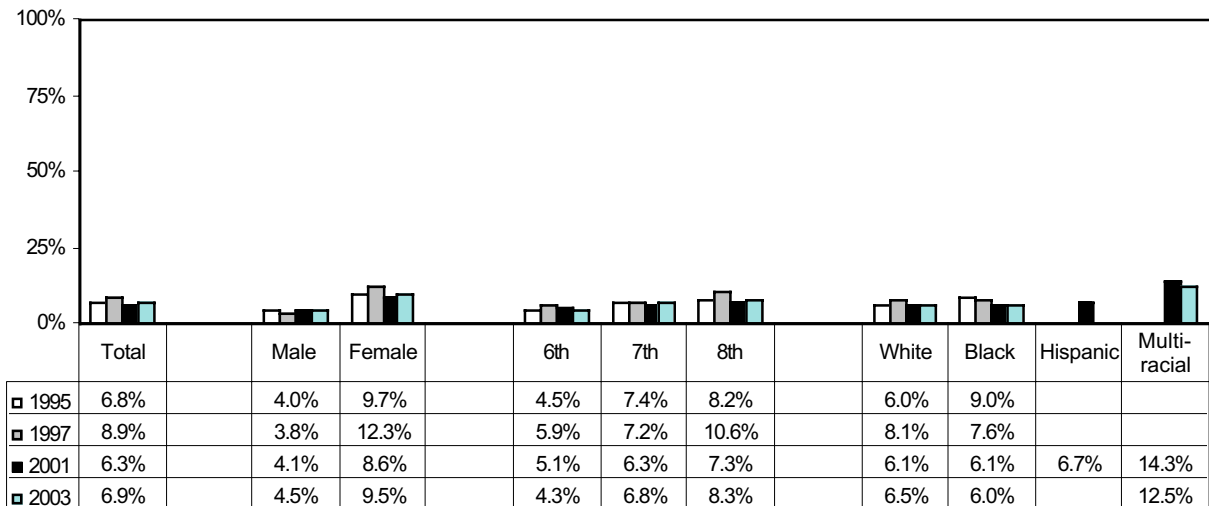
Figure 29. Percentage of North Carolina middle school students who reported that they had exercised to lose weight or to keep from gaining weight.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had exercised to lose weight or to keep from gaining weight remained about the same.
- In 2003, as in the previous Youth Risk Behavior Surveys, female students were more likely than male students to report that they had exercised to lose weight or to keep from gaining weight.
- In 2003, Multi-racial and White students were more likely than Black students to report that they had exercised to lose weight or to keep from gaining weight.

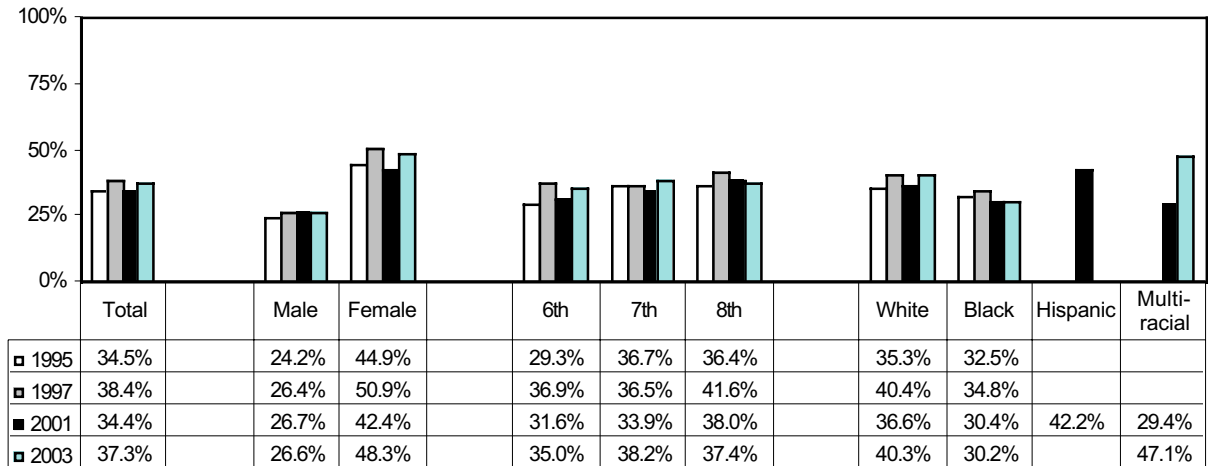
Figure 30. Percentage of North Carolina middle school students who reported that they had vomited or taken laxatives to lose weight or to keep from gaining weight.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had vomited or taken laxatives to lose weight or to keep from gaining weight did not change.
- In 2003, as well as in the previous Youth Risk Behavior Surveys, female students were more likely than male students to report that they had vomited or taken laxatives to lose weight or to keep from gaining weight.
- In 2003, Multi-racial students were more likely than Black or White students to report that they had vomited or taken laxatives to lose weight or to keep from gaining weight.

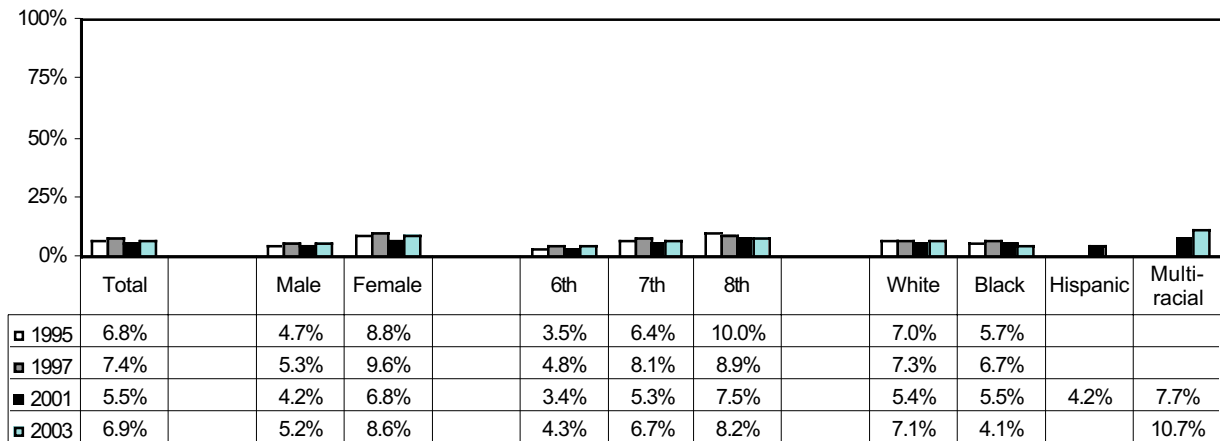
Figure 31. Percentage of North Carolina middle school students who reported that they had dieted to lose weight or to keep from gaining weight.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had dieted to lose weight or to keep from gaining weight increased.
- In 2003, as well as the previous Youth Risk Behavior Surveys, female students were much more likely than male students to report that they had dieted to lose weight or to keep from gaining weight.
- In 2003, Multi-racial and White students were more likely than Black students to report that they had dieted to lose weight or to keep from gaining weight.

Figure 32. Percentage of North Carolina middle 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.



Note. In the 1995 and 1997 surveys, 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 incompatible with the 2001 survey.

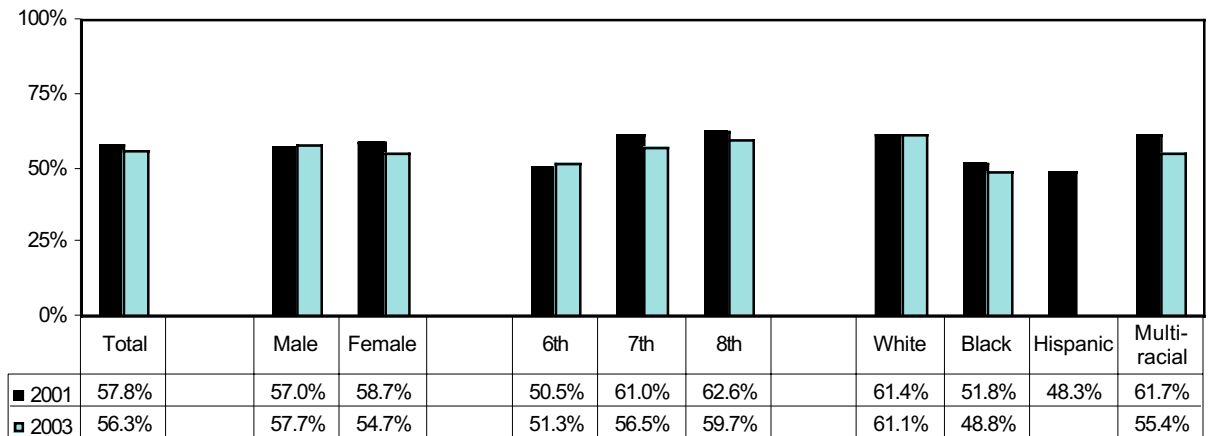
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- There was a small increase between 2001 and 2003 in the percentage of North Carolina middle 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.
- In 2003, as well as in the earlier Youth Risk Behavior Surveys, female students were more likely than male students to report that they had taken diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight.
- The percentages of 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 increased across each set of contiguous grade levels.
- In 2001 and 2003, Multi-racial and White students were more likely than Black students to report that they had taken diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight.

Physical Health

Most children in the U. S. under the age of 17 have a usual source that they use 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 children are also less likely to be rated as being in “good” health overall (Weigers et al., 1998). Figures 33 through 35 present data on health care utilization and health status for North Carolina middle school students.

Figure 33. Percentage of North Carolina middle school students who reported seeing a doctor or other health care provider for a check-up or physical exam during the past 12 months when they were not sick or injured.

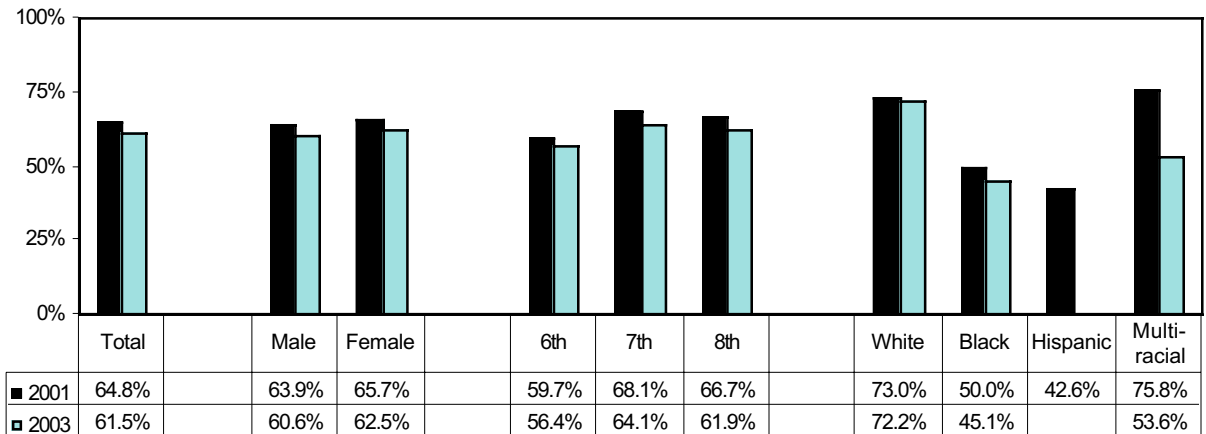


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In both 2001 and 2003, over half of North Carolina middle school students reported that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months.
- In 2003, the percentage of female students who reported that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months increased while the percentage for male students remained the same.
- White and Multi-racial students were more likely than Black students in both 2001 and 2003 to report that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months.

Figure 34. Percentage of North Carolina middle school students who reported seeing a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.

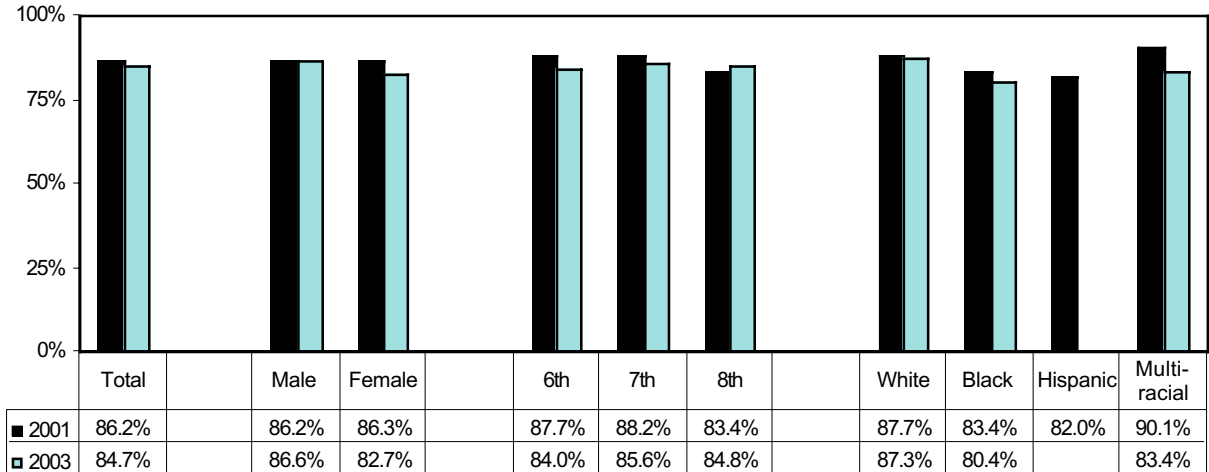


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of middle school students who reported that they had seen a dentist during the past 12 months decreased from 2001 to 2003. This was true of all subgroups.
- In both 2001 and 2003, White and Multi-racial students were more likely than Black students to report that they had seen a dentist during the past 12 months.

Figure 35. Percentage of North Carolina middle school students who rated their overall health as good or better.



Note. Question not asked in 1995 or 1997 surveys.

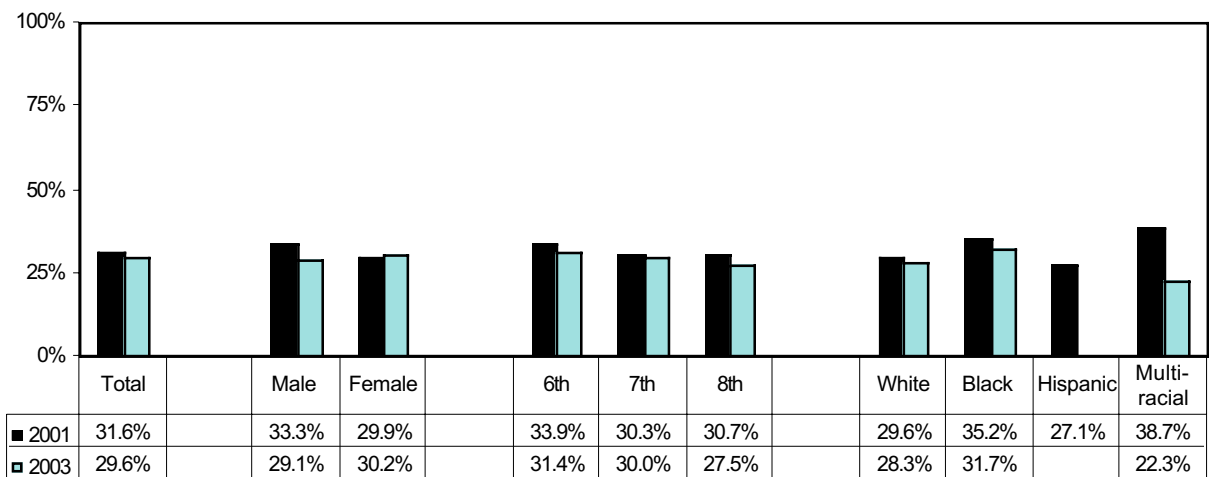
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who rated their overall health as “good” or better decreased slightly from 2001 to 2003.
- White students were somewhat more likely than Black or Multi-racial students in 2003 to rate their overall health as “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 fall 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 36 through 42 detail the reported daily dietary patterns of North Carolina middle school students.

Figure 36. Percentage of North Carolina middle school students who reported drinking 100% fruit juice at least daily during the past seven days.

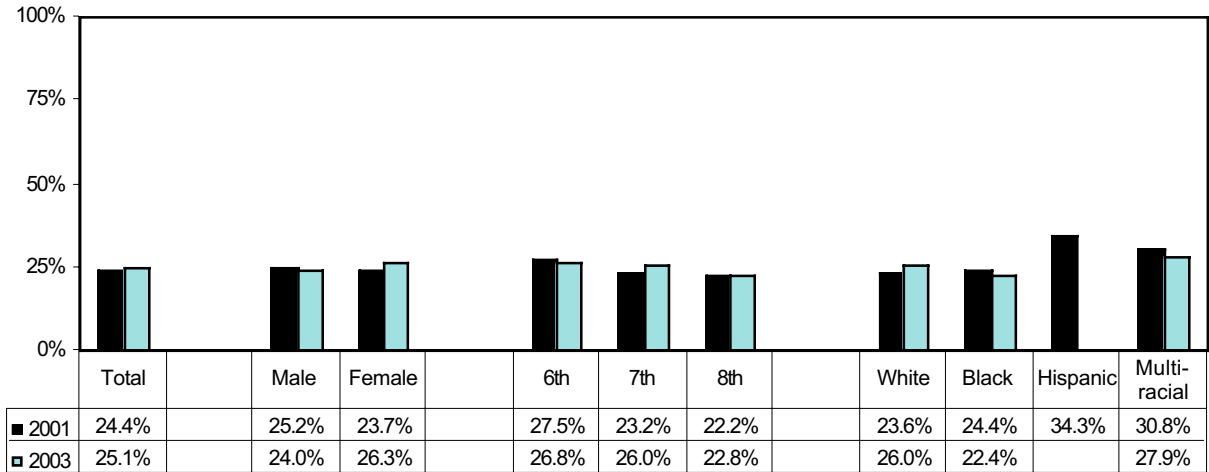


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, less than one-third of North Carolina middle school students reported drinking 100% fruit juice at least daily during the past seven days prior to the survey.
- Students were somewhat less likely to report drinking 100% fruit juice at least daily in 2003 than in 2001.

Figure 37. Percentage of North Carolina middle school students who reported eating fruit at least daily during the past seven days.

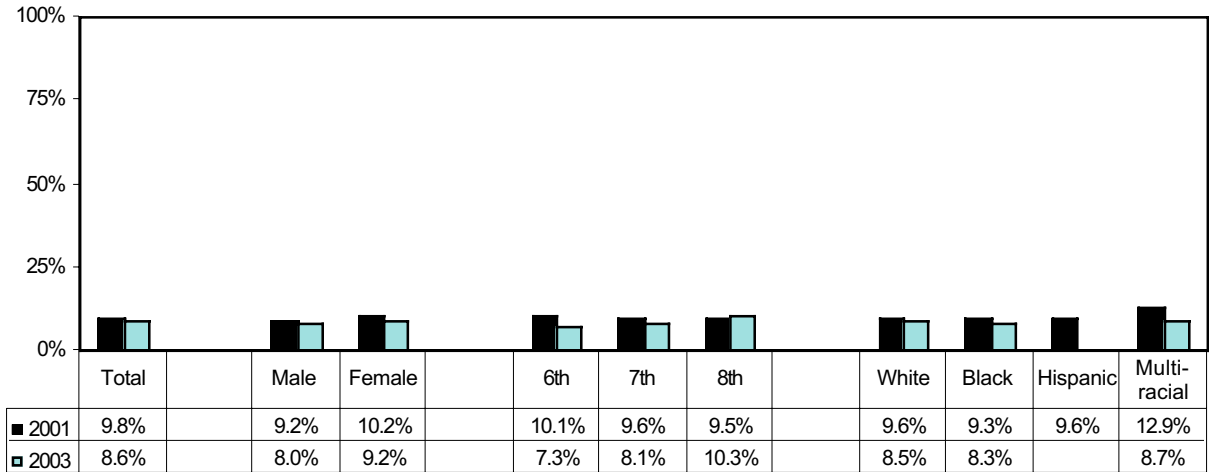


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, approximately one-fourth of North Carolina middle school students reported eating fruit at least daily during the past seven days prior to the survey.
- White and Multi-racial students were more likely than Black students in 2003 to report eating fruit at least daily during the past seven days prior to the survey.

Figure 38. Percentage of North Carolina middle school students who reported eating green salad at least daily during the past seven days.

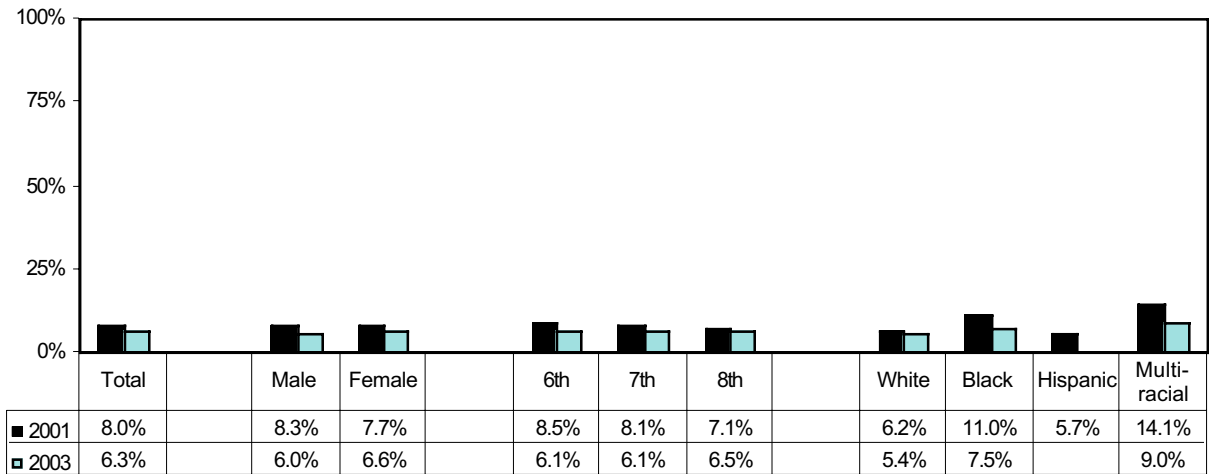


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, approximately the same percentage of North Carolina middle school students reported eating green salad at least daily during the past seven days prior to the survey. With the exception of eighth grade students, this was true in all subgroups.
- The percentage of middle school students reporting eating green salad at least daily during the past seven days decreased between 2001 and 2003. With the exception of eighth grade, this was true of all subgroups.

Figure 39. Percentage of North Carolina middle school students who reported eating potatoes at least daily during the past seven days.

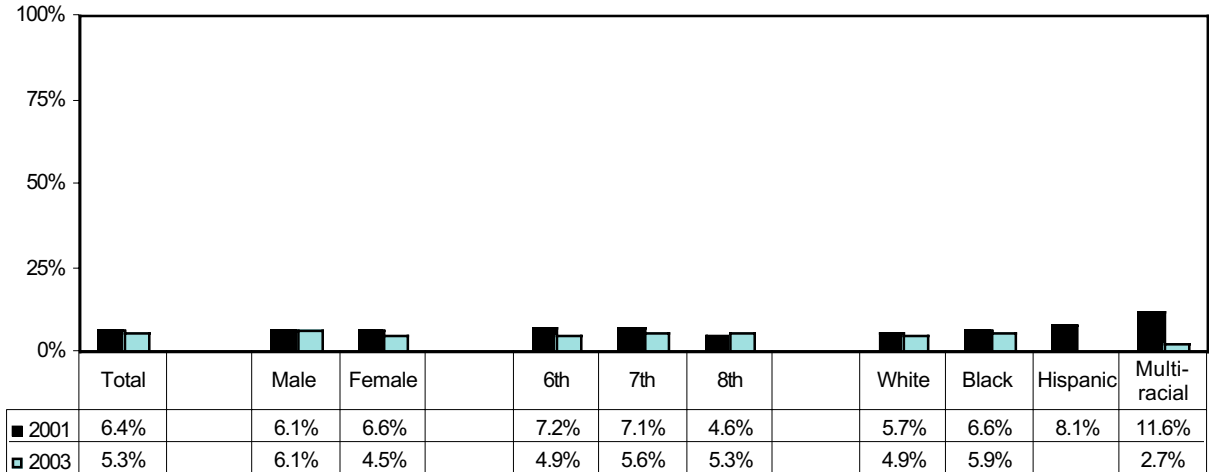


Note. Question not asked in 1995 or 1997 surveys. “Potatoes” in this item did not include French fries, fried potatoes, or potato chips.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reported eating potatoes at least daily during the past seven days prior to the survey decreased from 2001 to 2003.
- In 2001 and 2003, Black students were more likely than White students to report that they had eaten potatoes during the past seven days.

Figure 40. Percentage of North Carolina middle school students who reported eating carrots at least daily during the past seven days.

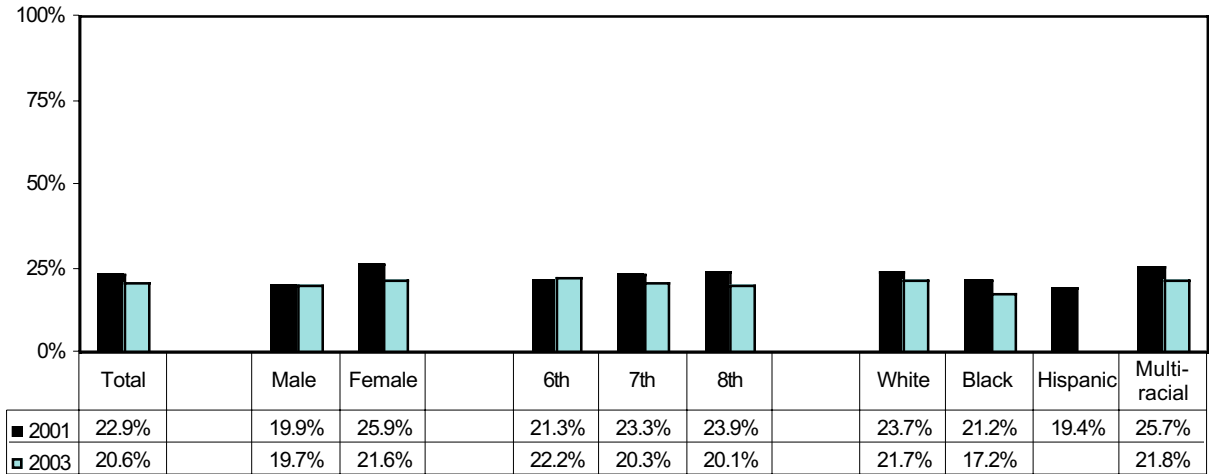


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported eating carrots at least daily during the past seven days prior to the survey decreased slightly between 2001 and 2003.

Figure 41. Percentage of North Carolina middle school students who reported eating other vegetables (other than salad, potatoes, and carrots) at least daily during the past seven days.

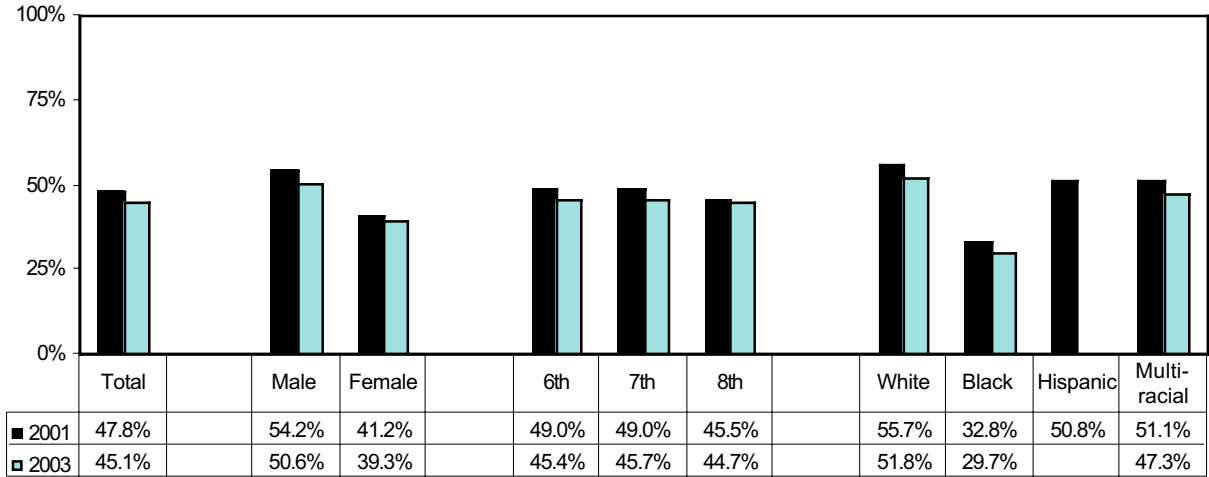


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, less than one-fourth of North Carolina middle school students reported eating vegetables other than salad, potatoes, or carrots at least daily during the past seven days prior to the survey.
- A smaller percentage of students in 2003 than in 2001 reported eating vegetables other than salad, potatoes, or carrots at least daily during the past seven days prior to the survey.

Figure 42. Percentage of North Carolina middle school students who reported drinking at least one glass of milk daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

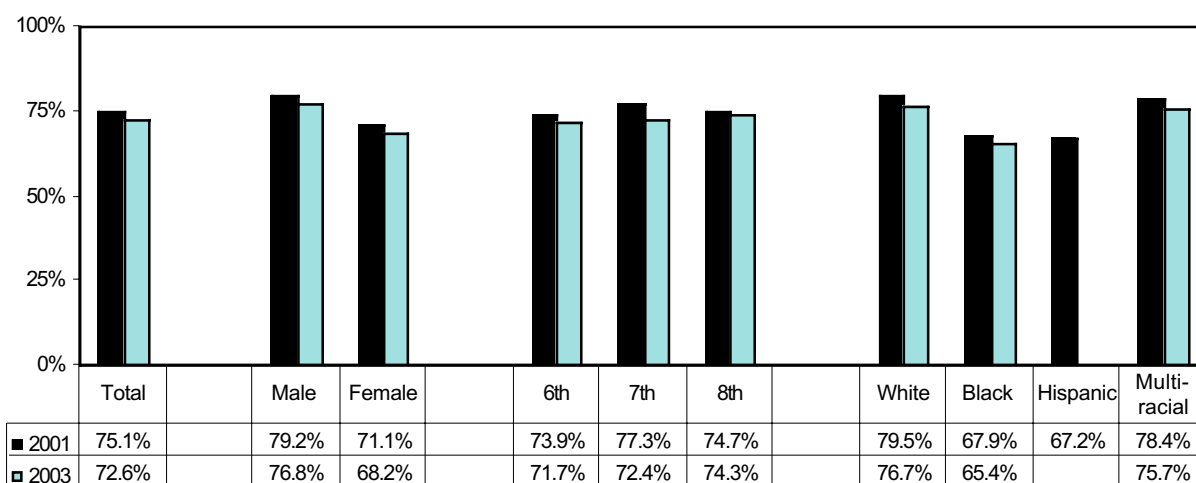
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, less than half of North Carolina middle school students reported drinking at least one glass of milk daily during the past seven days prior to the survey.
- The percentage of students who reported drinking at least one glass of milk daily during the past seven days decreased from 2001 to 2003.
- In both 2001 and 2003, female students were less likely than males to report drinking at least one glass of milk daily during the past seven days.
- Black students in 2001 and 2003 were less likely than White and Multi-racial students to report drinking at least one glass of milk daily during the past seven days.

Physical Activity

In addition to being an important factor in preventing obesity, regular physical activity can also 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 43 through 47 present data on the physical activity levels of North Carolina middle school students.

Figure 43. Percentage of North Carolina middle school students who reported participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days.

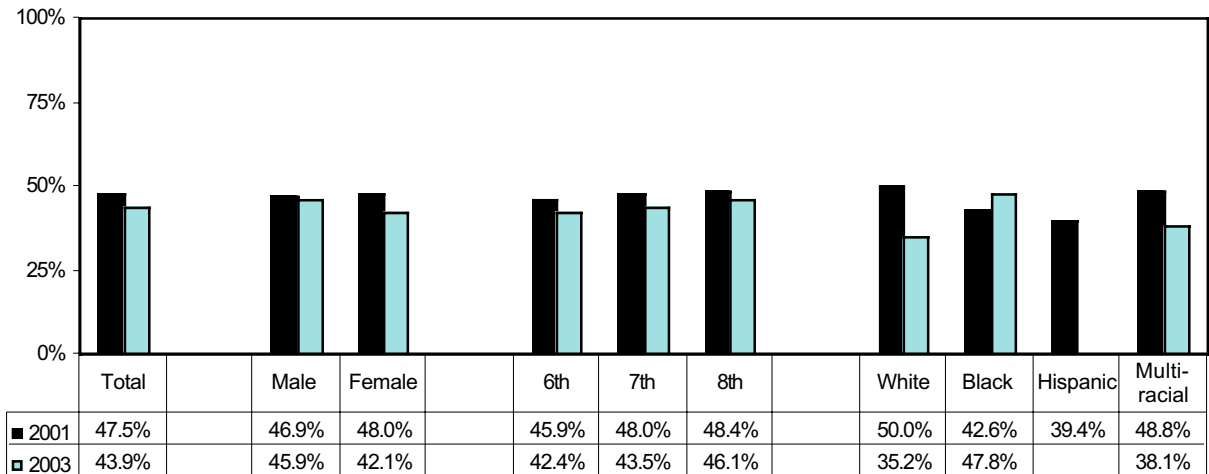


Note. “Strenuous” physical activity is defined as activity that results in sweating or hard breathing, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities. Wording of question changed between 1997 and 2001 surveys, rendering those data incompatible with 2001 results.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reported participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey decreased from 2001 to 2003. With the exception of eighth grade students, this was true of all subgroups.
- In both 2001 and 2003, male students were more likely than female students to report participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey.
- In 2003, White students and Multi-racial students were more likely than Black students to report participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey.

Figure 44. Percentage of North Carolina middle school students who reported participating in moderate physical activity for at least 30 minutes on three or more of the past seven days.

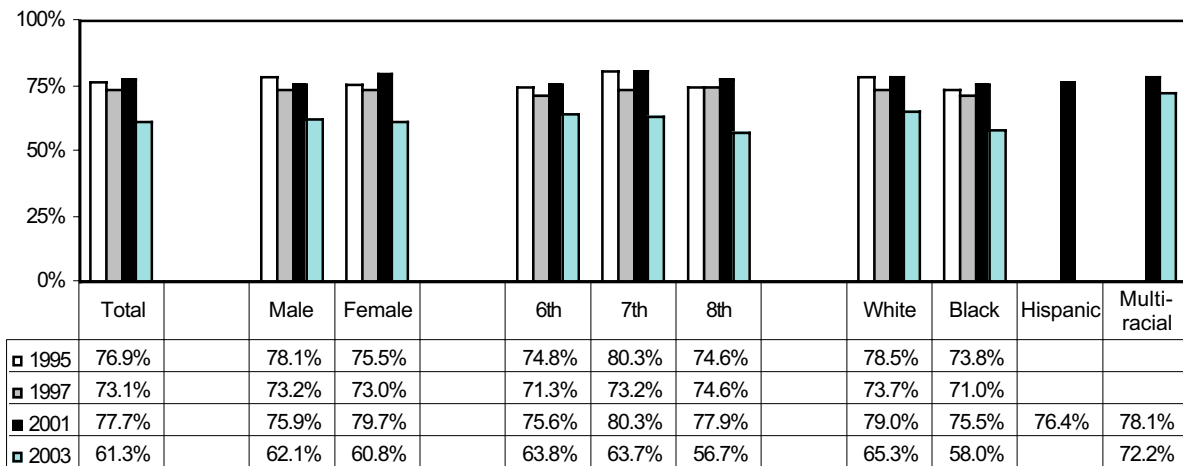


Note. “Moderate” physical activity is defined as activity that does not result in sweating or hard breathing, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors. Wording of question changed between 1997 and 2001 surveys, rendering earlier trend data incompatible with 2001 results.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported participating in moderate physical activity for at least 30 minutes on three or more of the seven days prior to the survey decreased from 2001 to 2003.
- The percentage of White and Multi-racial students who reported participating in moderate physical activity for at least 30 minutes on three or more of the seven days prior to the survey decreased while the percentage of Black students increased.

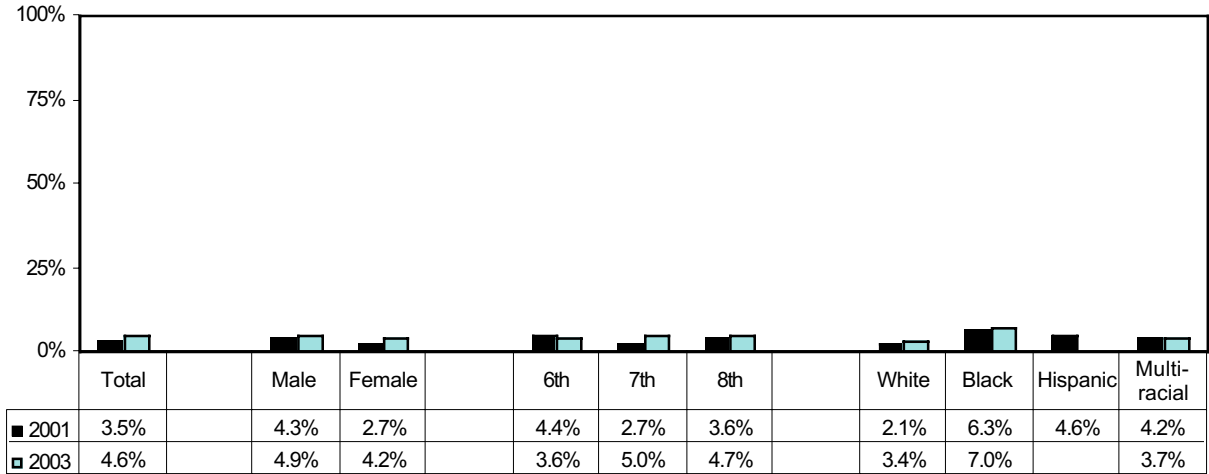
Figure 45. Percentage of North Carolina middle school students who reported attending physical education or gym class at least three days per week.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students reporting that they attended physical education classes at least three days per week decreased from 2001 to 2003. This was true for each of the subgroups surveyed.

Figure 46. Percentage of North Carolina middle school students who reported walking to school five days per week.

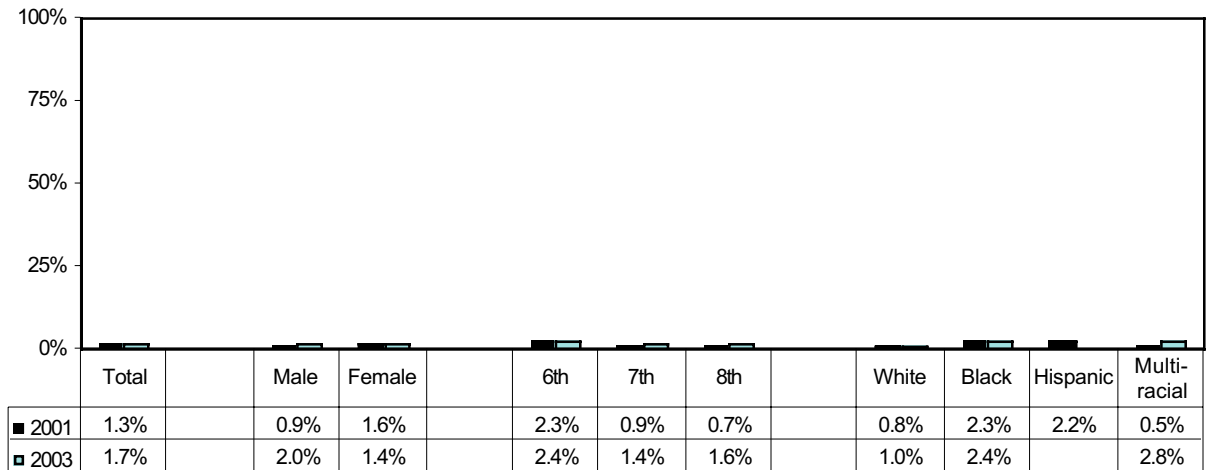


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported that they walked to school five days per week increased somewhat from 2001 to 2003. With the exception of sixth grade and Multi-racial students, this was true of all subgroups.
- In both 2001 and 2003, Black students were more likely to report they walked to school five days a week than were White and Multi-racial students.

Figure 47. Percentage of North Carolina middle school students who reported riding a bicycle to school five days per week.



Note. Question not asked in 1995 or 1997 surveys.

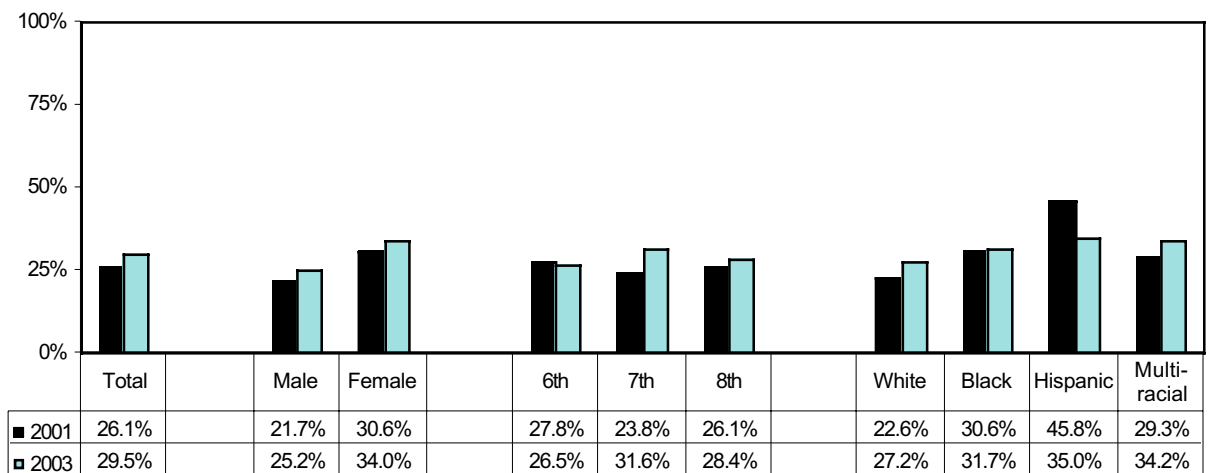
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, less than two percent of North Carolina middle school students reported that they biked to school five days per week.

Psychological Health

It is estimated that approximately one out of every ten children in the United States suffers 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 48 through 51 present data on selected indicators of the mental health status of North Carolina middle school students.

Figure 48. Percentage of North Carolina middle 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.

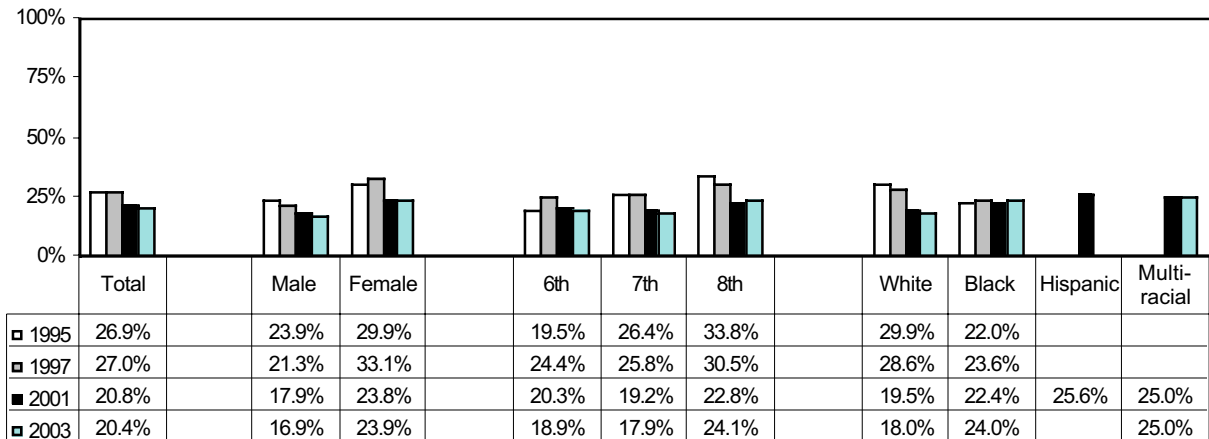


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, more than one-fourth of North Carolina middle school students reported feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.
- In 2001 and 2003, female students were more likely than male students to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.
- In 2003, White students were less likely than Black, Hispanic, and Multi-racial students to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.

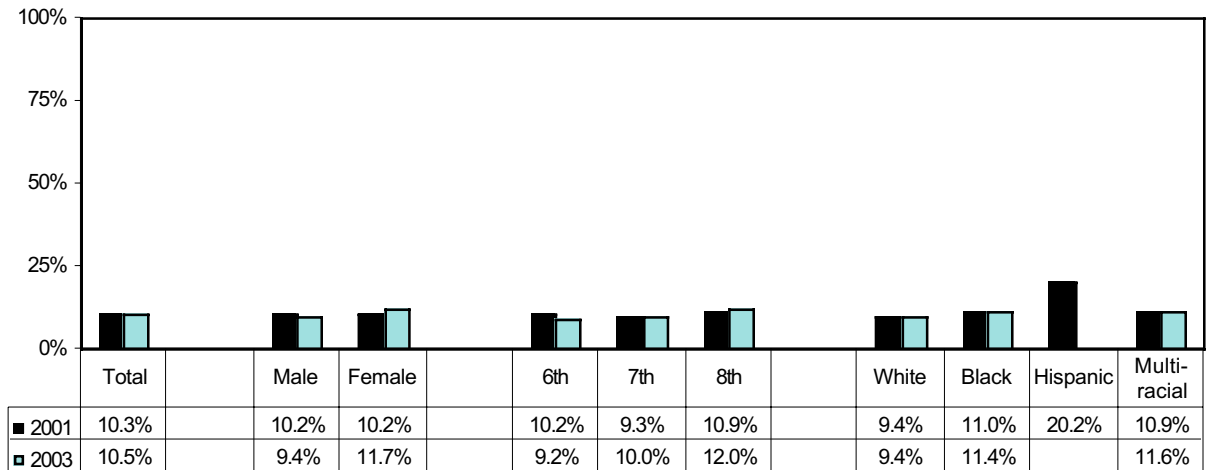
Figure 49. Percentage of North Carolina middle school students who reported that they had seriously thought about killing themselves.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- Between 2001 and 2003, the percentage of North Carolina middle school students reporting that they had seriously thought about killing themselves stayed the same.
- In 2003, as in the previous Youth Risk Behavior Surveys, female students were more likely than male students to report that they had seriously thought about killing themselves.
- In 2003, fewer White students than Black and Multi-racial students reported that they had seriously thought about killing themselves.

Figure 50. Percentage of North Carolina middle school students who disagreed or strongly disagreed that they felt good about themselves.

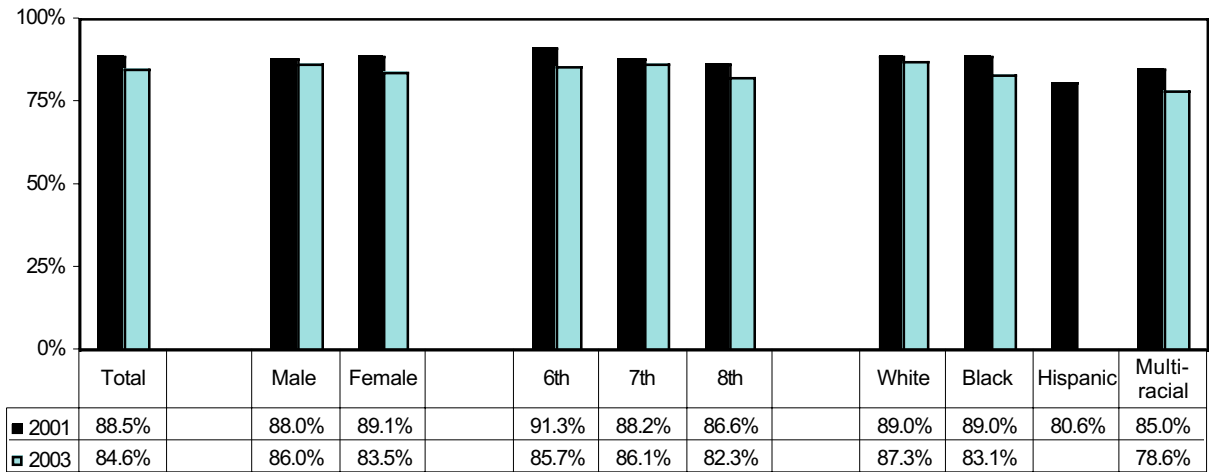


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In both 2001 and 2003, about one out of every 10 North Carolina middle school students disagreed with the statement “I feel good about myself.”
- In 2003, female students were somewhat more likely than male students to disagree with the statement “I feel good about myself.”
- In 2003, Black students and Hispanic students were somewhat more likely to disagree with the statement “I feel good about myself” than were White students.

Figure 51. Percentage of North Carolina middle school students who rated the quality of their life as good or better.



Note. Question not asked in 1995 or 1997 surveys.

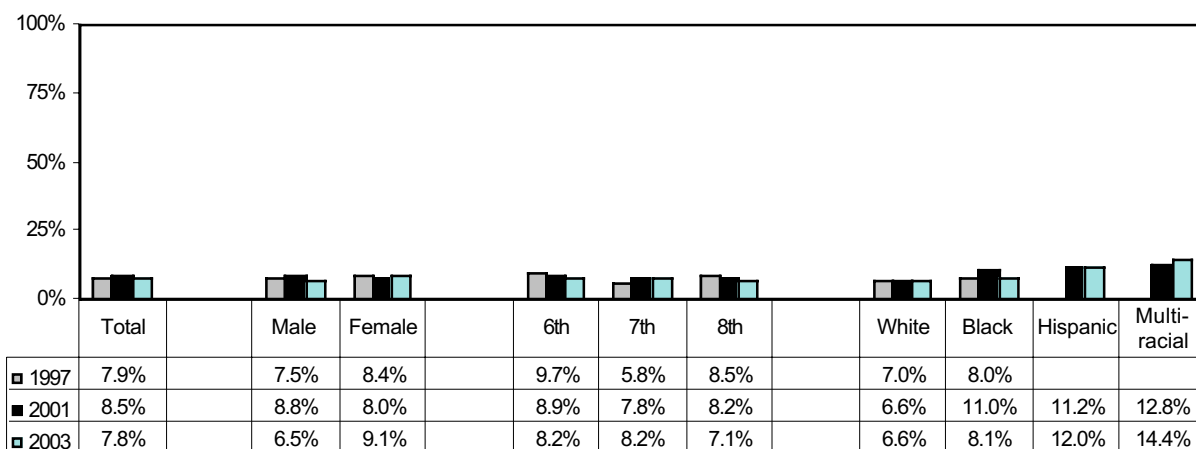
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who rated their quality of life as “good” or better decreased from 2001 to 2003. This was true of all subgroups.
- In 2003, White students were more likely than Black or Multi-racial students to rate the quality of their life as “good” or better.
- In 2003, male students were more likely than female students to rate the quality of their life as “good” or better.

School Environment

The presence of drugs and violence in school often has deleterious effects on the learning environment and on students' perceptions of safety. During the 1990's, there was a decline nationally 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 52 through 55 detail North Carolina middle school students' perceptions of school safety.

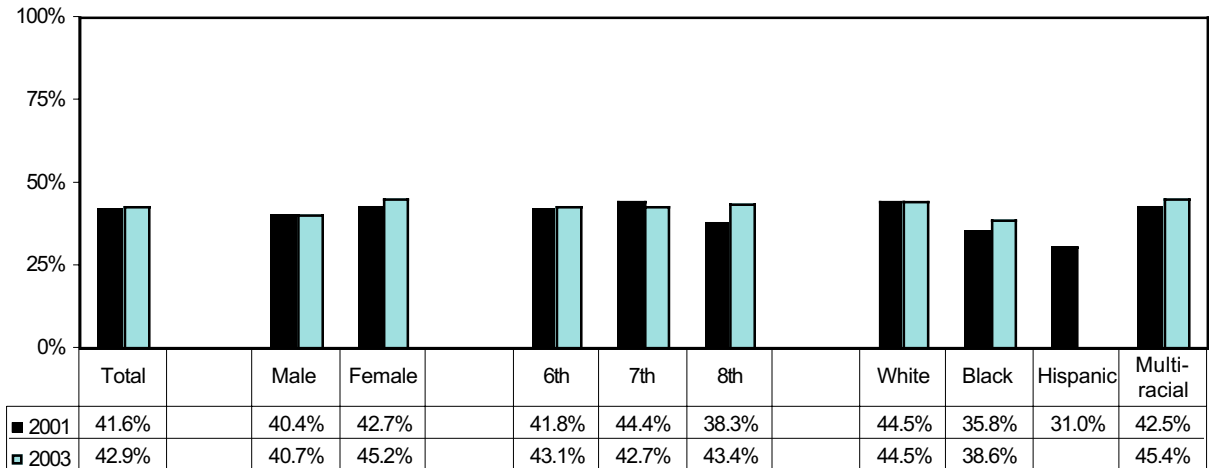
Figure 52. Percentage of North Carolina middle school students reporting that they had not gone to school at least once during the past 30 days because they felt unsafe either in school or on their way to or from school.



Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported that they did not go to school at least once during the 30 days prior to the survey because they felt unsafe either in school or on their way to or from school remained about the same between 2001 and 2003.
- In 2003, female students were more likely than male students to report that they did not go to school at least once during the 30 days prior to the survey because they felt unsafe either in school or on their way to or from school.
- In both 2001 and 2003, Multi-racial, Hispanic, and Black students were more likely than White students to report that they did not go to school at least once during the 30 days prior to the survey because they felt unsafe either in school or on their way to or from school.

Figure 53. Percentage of North Carolina middle school students who reported that harassment and bullying by other students is a problem at their school.

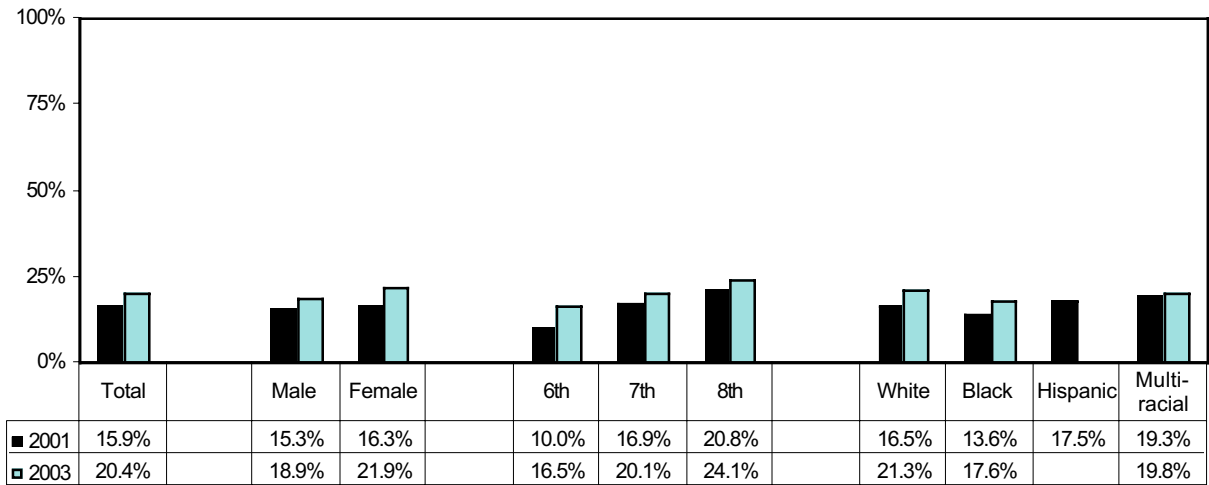


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2001 and 2003, over 40 percent of North Carolina middle school students reported that harassment and bullying by other students is a problem at their school.
- In 2003, female students were more likely than male students to report that harassment and bullying by other students is a problem at their school.
- In 2003, White students and Multi-racial students were more likely than Black students to report that harassment and bullying by other students is a problem at their school.

Figure 54. Percentage of North Carolina middle school students who reported that drugs are a problem at their school.

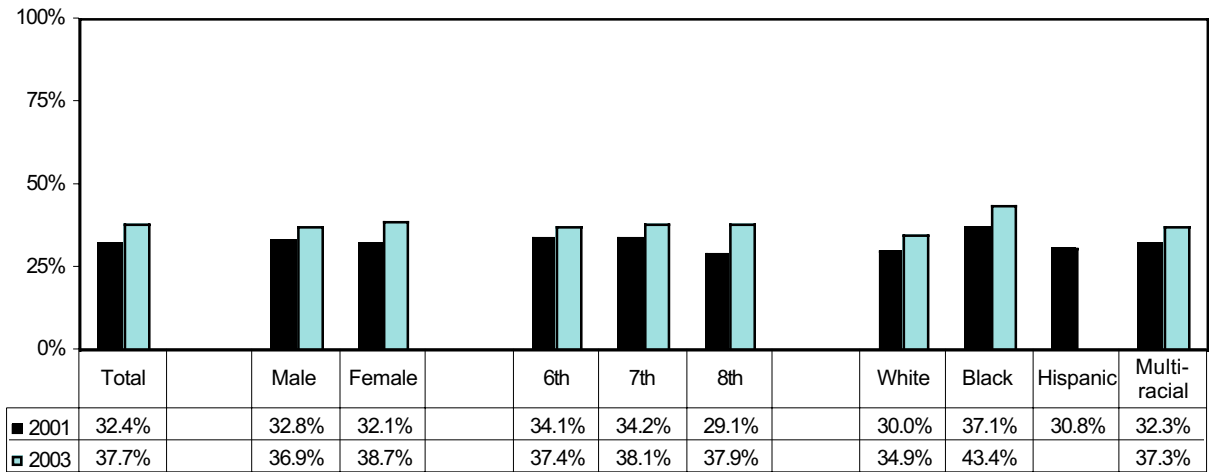


Note. Question not asked in 1995 or 1997 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, two out of ten North Carolina middle school students reported that drugs are a problem at their school.
- In 2003, female students were more likely than male students to report that drugs are a problem at their school.
- White and Multi-racial students in 2003 were more likely than Black students to report that drugs are a problem at their school.
- In both 2001 and 2003, the percentage of students who reported that drugs are a problem at their school increased at each consecutive grade level.

Figure 55. Percentage of North Carolina middle school students who reported that violence is a problem at their school.



Note. Question not asked in 1995 or 1997 surveys.

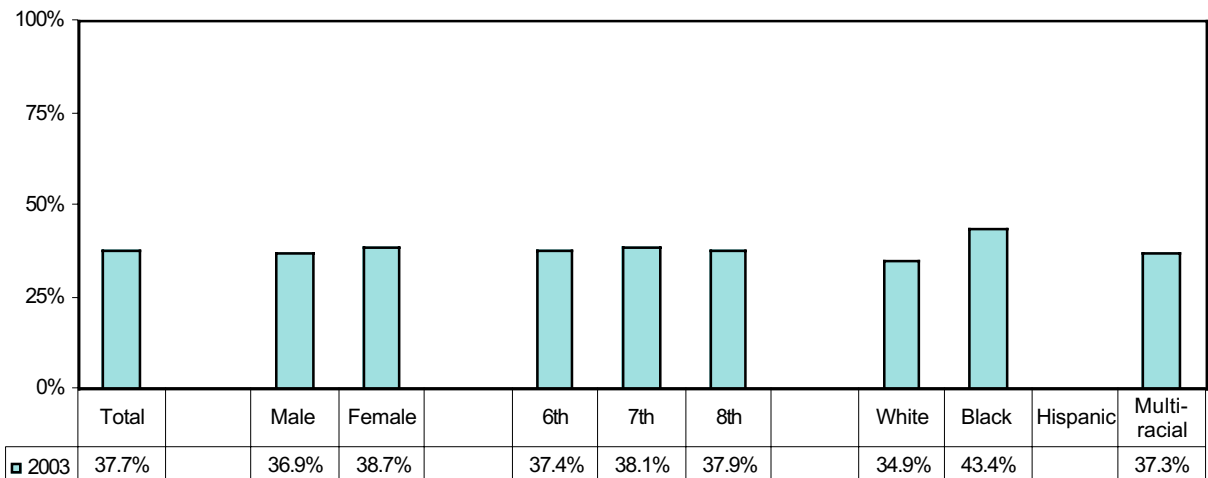
Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- The percentage of North Carolina middle school students who reported that violence is a problem at their school increased from 2001 to 2003. This was true of all subgroups.
- Black students were more likely than Multi-racial and White students in 2003 to report that violence is a problem at their school.

Disability

Limited information on the prevalence and correlation 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.

Figure 56. Percentage of North Carolina middle school students who reported that they have a disability.

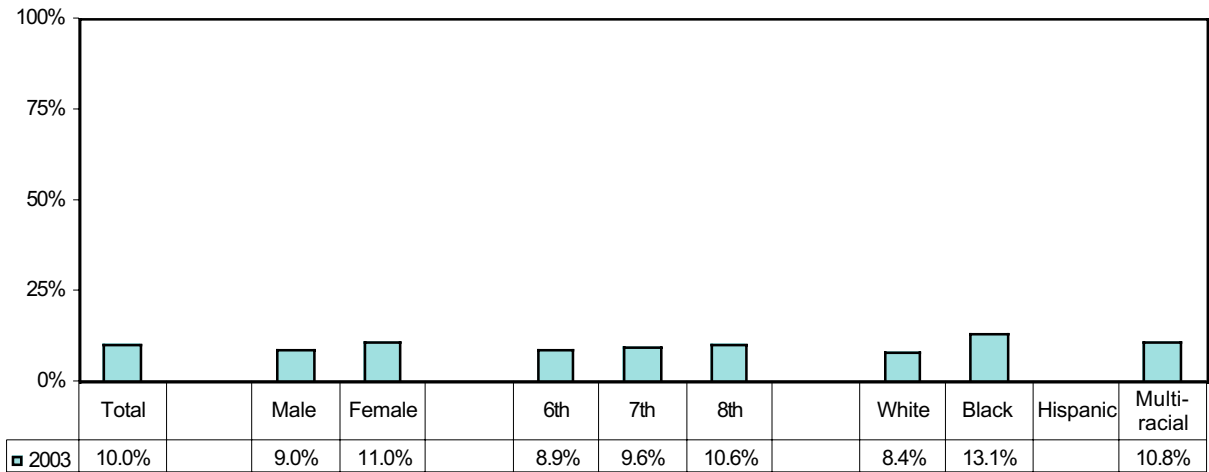


Note. Question not asked in 1995, 1997 or 2001 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, approximately one-third of North Carolina middle school students reported that they have a disability.
- Black students were more likely than White or Multi-racial students in 2003 to report that they have a disability.

Figure 57. Percentage of North Carolina middle school students who reported that they are limited in some activities because of an impairment or health problem.

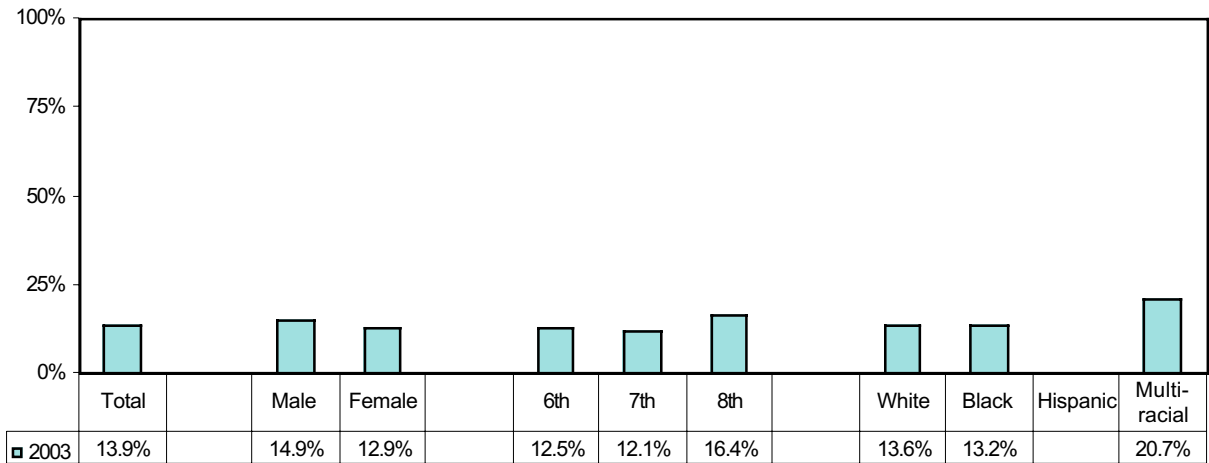


Note. Question not asked in 1995, 1997 or 2001 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, one in ten of North Carolina middle school students reported that they are limited in some activities because of an impairment or health problem.
- Black students and Multi-racial students were more likely than White students in 2003 to report that they are limited in some activities because of an impairment or health problem.
- Female students were more likely than male students in 2003 to report that they are limited in some activities because of an impairment or health problem.

Figure 58. Percentage of North Carolina middle school students who reported that they had trouble learning, remembering, or concentrating because of impairment.

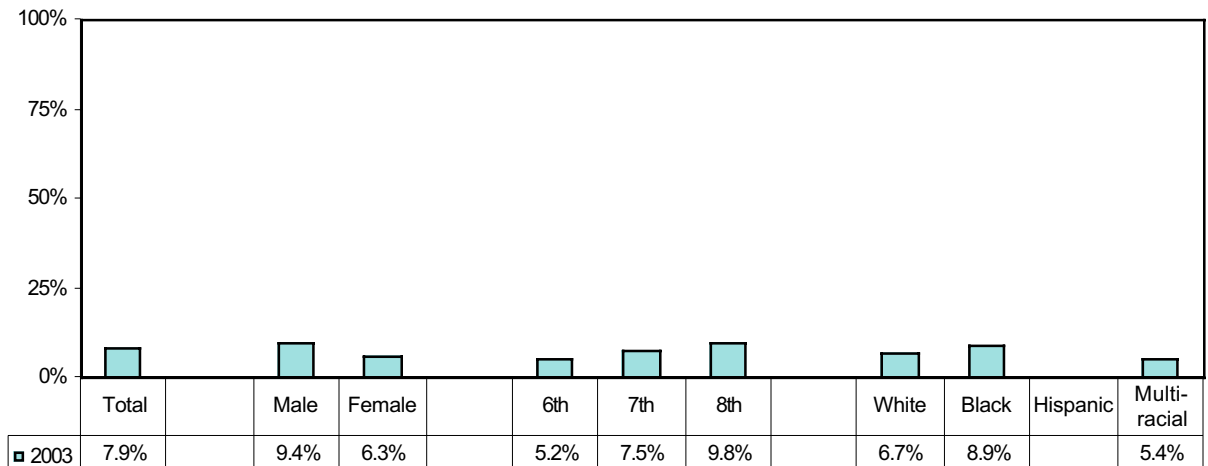


Note. Question not asked in 1995, 1997 or 2001 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, approximately 14% of North Carolina middle school students reported that they had trouble learning, remembering, or concentrating because of impairment.
- Eighth grade students were more likely than sixth or seventh grade students in 2003 to report that they had trouble learning, remembering, or concentrating because of impairment.
- In 2003, Multi-racial students were more likely than White or Black students to report that they had trouble learning, remembering, or concentrating because of impairment.

Figure 59. Percentage of North Carolina middle school students who reported that there is usually an adult at home when they return from school.

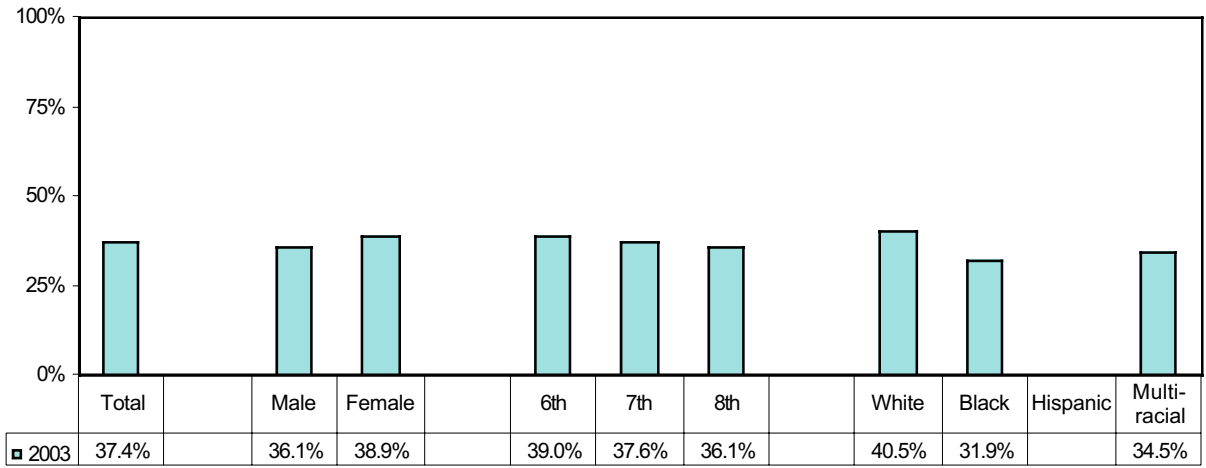


Note. Question not asked in 1995, 1997 or 2001 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, approximately 8% of North Carolina middle school students reported that there is usually an adult at home when they return from school.
- Male students were more likely than female students in 2003 to report that there is usually an adult at home when they return from school.
- In 2003, the percentage of students who reported that there is usually an adult at home when they return from school increased at each higher grade level.
- Black students were more likely than White and Multi-racial students in 2003 to report that there is usually an adult at home when they return from school.

Figure 60. Percentage of North Carolina middle school students who reported that they performed organized community service during the past 30 days.



Note. Question not asked in 1995, 1997 or 2001 surveys.

Results presented below are not based on a sufficiently high response rate to be generalized to the state as a whole.

- In 2003, over one-third of North Carolina middle school students reported that they performed community service during the past 30 days.
- White students were more likely than Black and Multi-racial students in 2003 to report that they performed community service during the past 30 days.

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2003

NORTH CAROLINA
YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to 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. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
 2. What is your sex?
 - A. Female
 - B. Male
 3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Other
 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 adult(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 circle below each number.

Example

HEIGHT	
Feet	Inches
5	11
②	⑩
③	①
④	②
⑤	③
⑥	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 circle below each number.

Example

Weight		
Pounds		
1	5	2
Ⓐ	Ⓐ	Ⓐ
Ⓑ	Ⓑ	Ⓑ
Ⓒ	Ⓒ	Ⓒ
	Ⓓ	Ⓓ
	Ⓔ	Ⓔ
	⓫	⓫
	⓬	⓬
	⓭	⓭
	⓮	⓮
	⓯	⓯
	⓰	⓰

The next 4 questions ask about personal safety.

8. How often do you wear a seat belt when riding in a car?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

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

- A. I did not ride a bicycle in 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

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
- A. Yes
 - B. No
 - C. Not sure
11. **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

The next 5 questions ask about violence-related behavior

12. 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
13. 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

14. During the past 12 months, how many times has someone stolen or deliberately damaged your property, such as your 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
15. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
- A. Yes
 - B. No
16. Have you ever been in a physical fight **on school property**?
- A. Yes
 - B. No

The next question asks about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

17. Have you ever **seriously** thought about killing yourself?
- A. Yes
 - B. No

The next 3 questions ask about tobacco use.

18. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - B. 9 years old or younger
 - C. 10 years old
 - D. 11 years old
 - E. 12 years old
 - F. 13 years old
 - G. 14 years old
 - H. 15 years old or older

19. **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

20. **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

The next 2 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.

21. 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. 9 years old or younger
- C. 10 years old
- D. 11 years old
- E. 12 years old
- F. 13 years old
- G. 14 years old
- H. 15 years old or older

22. 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

The next 2 questions ask about marijuana use. Marijuana also is called grass or pot.

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

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

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

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

The next 4 questions ask about other drugs.

25. Have you ever used **any** form of cocaine, including powder, crack, or freebase?

- A. Yes
- B. No

26. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- A. Yes
- B. No

27. 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
28. **During the past 12 months**, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
 - B. No

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

29. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
30. Have you ever been taught about chlamydia, gonorrhea, syphilis, or Human Pappilloma Virus/genital warts (HPV)
- A. Yes
 - B. No
 - C. Not sure

The next 6 questions ask about body weight.

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

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

32. 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

33. Have you ever **exercised** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

34. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

35. Have you ever **taken 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

36. Have you ever dieted 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.

37. 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

38. 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

39. 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
40. 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
41. 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

42. 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
43. During the past 7 days, how many glasses of milk did you drink (include the milk you drank in glass or cup, from a carton, or with cereal. Count the half pint milk served at school as equal to 1 glass.)
- A. I did not drink milk during the past 7 days
 - B. 1-3 glasses during the past 7 days
 - C. 4-6 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 3 questions ask about physical activity.

44. **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

45. **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

46. How many days per week do you usually go to physical education (PE) or gym class?

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

The next 10 questions are general items about you

47. 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

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

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

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

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

50. Is there usually an adult at your home in the afternoon when you return from school?

- A. Never
- B. Sometimes
- C. Always

51. 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
52. 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
53. 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
54. 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

55. In general, how would you rate your health?

- A. Poor
- B. Fair
- C. Good
- D. Very good
- E. Excellent

56. 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 4 statements, indicate whether you agree or disagree with each statement.

57. I feel good about myself.

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

58. 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

59. Drugs are a problem at my school.

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

60. 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.

61. 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

62. 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