

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Injury and Violence												
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								89.8	92.2		No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								9.1	9.4		No	
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								21.4	25.0		No	
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol								6.9	9.6		No	
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								21.0	23.7		No	
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								3.9	7.0		Yes	
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								4.3	5.5		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Injury and Violence												
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								6.2	7.0		No	
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months								24.7	25.9		No	
Percentage of students who were in a physical fight one or more times during the past 12 months								29.5	29.7		No	
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								2.7	3.9		Yes	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months								10.1	10.6		No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								9.6	13.6		Yes	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								7.6	10.2		Yes	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Injury and Violence												
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months								26.1	27.8		No	
Percentage of students who seriously considered attempting suicide during the past 12 months								14.3	14.5		No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								11.1	10.9		No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								10.7	13.6		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Tobacco Use												
Percentage of students who smoked a whole cigarette for the first time before age 13 years								18.1	18.3		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								25.6	23.2		No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								11.8	10.3		No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months								52.6	58.8		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Alcohol and Other Drug Use												
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								19.5	21.5		No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								38.1	40.0		No	
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								19.5	23.3		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								3.7	5.0		No	
Percentage of students who used marijuana one or more times during their life								39.8	42.3		No	
Percentage of students who tried marijuana for the first time before age 13 years								8.0	9.5		No	
Percentage of students who used marijuana one or more times during the past 30 days								21.3	23.7		No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								3.9	4.7		No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								5.6	6.6		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Alcohol and Other Drug Use												
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life								10.4	14.1			Yes
Percentage of students who used heroin one or more times during their life								1.2	2.5			No
Percentage of students who used methamphetamines one or more times during their life								3.8	4.5			No
Percentage of students who used ecstasy one or more times during their life								3.8	6.0			Yes
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								2.1	3.1			No
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								1.5	2.3			No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								23.8	28.8			Yes

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Sexual Behaviors												
Percentage of students who ever had sexual intercourse								55.2	58.7		No	
Percentage of students who had sexual intercourse for the first time before age 13 years								8.5	11.8		No	
Percentage of students who had sexual intercourse with four or more people during their life								20.5	20.6		No	
Percentage of students who had sexual intercourse with one or more people during the past three months								40.7	41.1		No	
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse								19.9	20.7		No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								64.0	61.4		No	
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse								17.5	15.7		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Weight Management and Dietary Behaviors												
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**								17.9	19.0		No	
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)**								13.5	15.4		No	
Percentage of students who described themselves as slightly or very overweight								29.6	27.2		No	
Percentage of students who were trying to lose weight								44.5	44.2		No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								59.1	57.9		No	
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days								40.1	36.3		No	
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								3.8	7.9		Yes	

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

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Weight Management and Dietary Behaviors												
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								4.3	4.7		No	
Percentage of students who drank three or more glasses per day of milk during the past seven days								10.2	8.4		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Physical Activity												
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								44.6	40.2		No	
Percentage of students who watched three or more hours per day of TV on an average school day								42.4	39.4		No	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								44.1	40.0		No	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								33.5	26.0		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Total												
Other												
Percentage of students who had ever been told by a doctor or nurse that they had asthma								18.0	18.5		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Injury and Violence												
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								92.1	92.6		No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								10.9	11.4		No	
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								23.3	25.1		No	
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol								9.2	11.7		No	
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								35.7	37.7		No	
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								6.2	11.4		Yes	
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								4.2	5.2		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Injury and Violence												
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								8.2	8.6		No	
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months								26.1	27.7		No	
Percentage of students who were in a physical fight one or more times during the past 12 months								38.1	38.1		No	
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								3.9	5.9		No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months								13.9	13.0		No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								9.8	14.1		Yes	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								5.5	6.8		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Injury and Violence												
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months								20.2	18.3		No	
Percentage of students who seriously considered attempting suicide during the past 12 months								9.0	11.3		No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								8.8	9.1		No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								9.1	13.1		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Tobacco Use												
Percentage of students who smoked a whole cigarette for the first time before age 13 years								21.3	21.4		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								30.5	26.0		No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								15.6	12.9		No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months								47.4	57.1		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Alcohol and Other Drug Use												
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								23.2	26.9		No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								40.2	40.6		No	
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								22.6	25.9		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								4.2	6.0		No	
Percentage of students who used marijuana one or more times during their life								43.4	44.7		No	
Percentage of students who tried marijuana for the first time before age 13 years								11.9	13.9		No	
Percentage of students who used marijuana one or more times during the past 30 days								26.8	26.1		No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								5.1	6.5		No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								6.2	7.2		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Alcohol and Other Drug Use												
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life								12.1	15.5			No
Percentage of students who used heroin one or more times during their life								1.7	3.4			No
Percentage of students who used methamphetamines one or more times during their life								4.8	5.6			No
Percentage of students who used ecstasy one or more times during their life								4.8	6.4			No
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								2.6	3.7			No
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								2.2	2.7			No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								27.3	30.7			No

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Sexual Behaviors												
Percentage of students who ever had sexual intercourse								56.9	60.1		No	
Percentage of students who had sexual intercourse for the first time before age 13 years								13.1	15.8		No	
Percentage of students who had sexual intercourse with four or more people during their life								24.5	22.5		No	
Percentage of students who had sexual intercourse with one or more people during the past three months								40.9	40.6		No	
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse								22.3	25.0		No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								74.3	66.8		No	
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse								16.3	13.8		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Weight Management and Dietary Behaviors												
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**								17.0	18.4			No
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)**								16.2	18.6			No
Percentage of students who described themselves as slightly or very overweight								23.4	21.4			No
Percentage of students who were trying to lose weight								31.3	29.1			No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								55.8	54.0			No
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days								30.6	26.2			No
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								3.4	8.9			No

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

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Weight Management and Dietary Behaviors												
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								3.2	4.9		No	
Percentage of students who drank three or more glasses per day of milk during the past seven days								15.5	11.0		No	

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	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Male												
Physical Activity												
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								58.0	51.0		No	
Percentage of students who watched three or more hours per day of TV on an average school day								40.7	39.1		No	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								51.8	46.1		No	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								39.4	31.1		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007				
Male													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma									18.6	17.8		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Injury and Violence												
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								86.6	91.5		No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								7.1	7.2		No	
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								19.4	24.8		No	
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol								4.6	7.3		No	
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								6.5	9.6		No	
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								1.6	2.2		No	
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								4.1	5.6		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Injury and Violence												
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								4.1	4.9		No	
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months								23.2	23.7		No	
Percentage of students who were in a physical fight one or more times during the past 12 months								20.7	21.1		No	
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								1.3	1.9		No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months								6.3	8.1		No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								9.4	13.1		No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								9.5	13.5		No	

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	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Injury and Violence												
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months								32.2	37.2		No	
Percentage of students who seriously considered attempting suicide during the past 12 months								19.7	17.6		No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								13.4	12.7		No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.4	13.8		No	

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	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Tobacco Use												
Percentage of students who smoked a whole cigarette for the first time before age 13 years								14.8	15.2		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								20.5	20.1		No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								7.9	7.7		No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months								60.9	61.0		No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Alcohol and Other Drug Use												
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								15.7	15.8		No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								36.0	39.4		No	
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								16.5	20.6		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								3.2	3.9		No	
Percentage of students who used marijuana one or more times during their life								36.2	39.8		No	
Percentage of students who tried marijuana for the first time before age 13 years								3.9	5.0		No	
Percentage of students who used marijuana one or more times during the past 30 days								15.7	21.1		No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								2.4	2.8		No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								4.8	5.6		No	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Alcohol and Other Drug Use												
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life								8.5	12.6		Yes	
Percentage of students who used heroin one or more times during their life								0.7	1.5		No	
Percentage of students who used methamphetamines one or more times during their life								2.7	3.2		No	
Percentage of students who used ecstasy one or more times during their life								2.9	5.3		Yes	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								1.2	2.4		No	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								0.6	1.8		Yes	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								20.4	26.8		Yes	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Sexual Behaviors												
Percentage of students who ever had sexual intercourse								53.6	57.2		No	
Percentage of students who had sexual intercourse for the first time before age 13 years								3.9	7.8		Yes	
Percentage of students who had sexual intercourse with four or more people during their life								16.6	18.7		No	
Percentage of students who had sexual intercourse with one or more people during the past three months								40.4	41.6		No	
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse								17.5	16.8		No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								54.0	56.3		No	
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse								18.8	17.6		No	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Weight Management and Dietary Behaviors												
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**								18.8	19.5			No
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)**								10.6	12.0			No
Percentage of students who described themselves as slightly or very overweight								35.9	33.1			No
Percentage of students who were trying to lose weight								57.7	59.6			No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								62.5	61.9			No
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days								49.6	46.7			No
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								4.3	6.9			No

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

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Weight Management and Dietary Behaviors												
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								5.3	4.6		No	
Percentage of students who drank three or more glasses per day of milk during the past seven days								4.8	5.8		No	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Physical Activity												
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								31.1	29.4		No	
Percentage of students who watched three or more hours per day of TV on an average school day								44.0	39.8		No	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								36.6	33.8		No	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								27.7	20.8		Yes	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Female												
Other												
Percentage of students who had ever been told by a doctor or nurse that they had asthma								17.4	19.1		No	

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Injury and Violence												
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								85.9	91.8		Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								9.7	7.1		No	
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								21.8	23.1		No	
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol								8.6	11.6		No	
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								24.1	25.8		No	
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								3.4	7.0		Yes	
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								3.3	4.3		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Injury and Violence												
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								5.8	5.4		No	
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months								21.4	25.8		No	
Percentage of students who were in a physical fight one or more times during the past 12 months								26.3	26.3		No	
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								2.0	3.1		No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months								8.9	9.2		No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								9.1	11.7		No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								6.6	7.6		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Injury and Violence												
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months								24.1	26.9		No	
Percentage of students who seriously considered attempting suicide during the past 12 months								15.7	14.5		No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								11.8	10.8		No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.1	12.1		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Tobacco Use												
Percentage of students who smoked a whole cigarette for the first time before age 13 years								19.1	18.3		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								31.1	27.9		No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								17.6	14.0		No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months								53.9	53.1		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Alcohol and Other Drug Use												
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								18.0	21.2		No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								46.1	45.9		No	
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								27.6	30.0		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								3.1	4.6		No	
Percentage of students who used marijuana one or more times during their life								36.7	41.1		No	
Percentage of students who tried marijuana for the first time before age 13 years								6.5	8.9		No	
Percentage of students who used marijuana one or more times during the past 30 days								22.3	22.6		No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								3.6	4.3		No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								7.4	8.5		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Alcohol and Other Drug Use												
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life								13.2	16.3		No	
Percentage of students who used heroin one or more times during their life								1.4	2.2		No	
Percentage of students who used methamphetamines one or more times during their life								5.0	5.0		No	
Percentage of students who used ecstasy one or more times during their life								5.2	7.3		No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								2.4	2.9		No	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								1.3	1.9		No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								24.1	30.2		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Sexual Behaviors												
Percentage of students who ever had sexual intercourse								45.7	50.2		No	
Percentage of students who had sexual intercourse for the first time before age 13 years								3.4	6.4		Yes	
Percentage of students who had sexual intercourse with four or more people during their life								12.0	12.7		No	
Percentage of students who had sexual intercourse with one or more people during the past three months								34.9	36.0		No	
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse								26.4	23.0		No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								61.4	62.6		No	
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse								24.4	21.0		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Weight Management and Dietary Behaviors												
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**								13.1	16.3		No	
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)**								11.2	13.4		No	
Percentage of students who described themselves as slightly or very overweight								30.9	29.8		No	
Percentage of students who were trying to lose weight								45.4	47.7		No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								61.6	62.0		No	
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days								43.6	41.9		No	
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								3.6	8.3		Yes	

*Non-Hispanic.

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

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Weight Management and Dietary Behaviors												
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								3.6	4.2		No	
Percentage of students who drank three or more glasses per day of milk during the past seven days								13.4	10.0		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Physical Activity												
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								48.7	46.6		No	
Percentage of students who watched three or more hours per day of TV on an average school day								27.5	25.2		No	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								40.1	32.7		No	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								31.7	24.4		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
White*												
Other												
Percentage of students who had ever been told by a doctor or nurse that they had asthma								15.7	16.6		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Injury and Violence												
Among students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet								95.6	92.0		No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								8.3	11.0		No	
Percentage of students who rode one or more times during the past 30 days in a car or other vehicle driven by someone who had been drinking alcohol								21.0	25.7		No	
Percentage of students who drove a car or other vehicle one or more times during the past 30 days when they had been drinking alcohol								4.2	5.2		No	
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days								16.9	20.7		No	
Percentage of students who carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days								4.8	5.8		No	
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school								5.4	5.7		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Injury and Violence												
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months								6.7	8.2		No	
Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months								29.4	25.0		No	
Percentage of students who were in a physical fight one or more times during the past 12 months								33.2	33.1		No	
Percentage of students who were in a physical fight one or more times during the past 12 months in which they were injured and had to be treated by a doctor or nurse								3.1	4.5		No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months								12.3	11.1		No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								9.8	15.5		Yes	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								8.9	12.5		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Injury and Violence												
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months								28.1	26.9		No	
Percentage of students who seriously considered attempting suicide during the past 12 months								12.6	12.7		No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								10.1	9.6		No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								8.5	14.3		Yes	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Tobacco Use												
Percentage of students who smoked a whole cigarette for the first time before age 13 years								16.5	16.6		No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								18.5	15.9		No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								4.5	4.6		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Alcohol and Other Drug Use												
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years								21.5	20.1		No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days								27.5	31.2		No	
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days								8.2	13.3		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								4.8	4.0		No	
Percentage of students who used marijuana one or more times during their life								44.6	43.5		No	
Percentage of students who tried marijuana for the first time before age 13 years								9.3	9.3		No	
Percentage of students who used marijuana one or more times during the past 30 days								21.0	26.1		No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								4.1	5.2		No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life								2.0	2.9		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Alcohol and Other Drug Use												
Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life								6.0	10.9		Yes	
Percentage of students who used heroin one or more times during their life								0.4	1.6		No	
Percentage of students who used methamphetamines one or more times during their life								1.9	2.4		No	
Percentage of students who used ecstasy one or more times during their life								1.8	3.0		No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life								1.1	2.8		No	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life								1.2	1.9		No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months								22.4	26.2		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Sexual Behaviors												
Percentage of students who ever had sexual intercourse								69.6	70.5		No	
Percentage of students who had sexual intercourse for the first time before age 13 years								16.0	19.8		No	
Percentage of students who had sexual intercourse with four or more people during their life								34.7	32.5		No	
Percentage of students who had sexual intercourse with one or more people during the past three months								50.4	49.2		No	
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse								13.7	17.3		No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								68.1	61.2		No	
Among students who had sexual intercourse during the past three months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse								10.0	11.2		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Weight Management and Dietary Behaviors												
Percentage of students who were at risk for becoming overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)**								25.1	21.7		No	
Percentage of students who were overweight (i.e., at or above the 95th percentile for body mass index, by age and sex)**								16.5	17.1		No	
Percentage of students who described themselves as slightly or very overweight								27.5	21.9		No	
Percentage of students who were trying to lose weight								43.3	39.2		No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								55.3	50.3		No	
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days								34.9	28.4		No	
Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days								4.1	6.6		No	

*Non-Hispanic.

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

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Weight Management and Dietary Behaviors												
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days								5.5	5.2		No	
Percentage of students who drank three or more glasses per day of milk during the past seven days								5.8	6.9		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Physical Activity												
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days								40.6	31.0		Yes	
Percentage of students who watched three or more hours per day of TV on an average school day								64.3	57.8		No	
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school								48.9	48.1		No	
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school								35.4	27.1		No	

*Non-Hispanic.

2007 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 1) High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change
	1991	1993	1995	1997	1999	2001	2003	2005	2007			
Black*												
Other												
Percentage of students who had ever been told by a doctor or nurse that they had asthma								22.1	19.4		No	

*Non-Hispanic.