

2009 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	2009			
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	93.0	No	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	8.7	No	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	17.7	Yes	Yes	
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	8.6	No	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	23.0	No	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	4.8	No	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	6.2	No	No	
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	5.6	No	No	

2009 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	2009			
Total													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months								29.5	29.7	32.3	No	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	2.5	No	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	11.0	No	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	13.8	Yes	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								7.6	10.2	8.6	No	Yes	
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	26.1	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months								14.3	14.5	11.6	No	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								11.1	10.9	9.2	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								10.7	13.6	7.7	No	Yes	

2009 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	2009			
Total													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years								18.1	18.3	14.5	No	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								25.6	23.2	20.8	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								11.8	10.3	8.2	Yes	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	61.1	No	No	

2009 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	2009			
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	18.2		No	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	37.8		No	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	19.8		No	No
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days										36.8	38.7	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	4.5		No	No
Percentage of students who used marijuana one or more times during their life								39.8	42.3	38.5		No	No
Percentage of students who tried marijuana for the first time before age 13 years								8.0	9.5	8.6		No	No
Percentage of students who used marijuana one or more times during the past 30 days								21.3	23.7	20.7		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days								3.9	4.7	3.7		No	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	4.9		No	No

2009 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	2009			
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	12.6	No	Yes	
Percentage of students who used heroin one or more times during their life								1.2	2.5	2.1	No	No	
Percentage of students who used methamphetamines one or more times during their life								3.8	4.5	3.5	No	No	
Percentage of students who used ecstasy one or more times during their life								3.8	6.0	4.3	No	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	2.9	No	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	1.3	No	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	26.1	No	Yes	

2009 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	2009			
Total													
Sexual Behaviors													
Percentage of students who ever had sexual intercourse								55.2	58.7	61.7		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years								8.5	11.8	11.2		No	No
Percentage of students who had sexual intercourse with four or more people during their life								20.5	20.6	20.5		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months								40.7	41.1	43.2		No	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	19.8		No	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	62.1		No	No

2009 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	2009				
Total														
Weight Management and Dietary Behaviors														
Percentage of students who were 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	14.2		Yes	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**								13.5	15.4	16.6		No	No	
Percentage of students who described themselves as slightly or very overweight								29.6	27.2	27.7		No	No	
Percentage of students who were trying to lose weight								44.5	44.2	47.1		No	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								59.1	57.9	59.6		No	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	34.0		No	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	4.4		No	Yes	
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	4.3		No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									76.1	76.9		No		
Percentage of students who ate fruit one or more times during the past seven days									78.7	80.9		No		

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

2009 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	2009			
Total													
Weight Management and Dietary Behaviors													
Percentage of students who ate green salad one or more times during the past seven days										54.1	50.5	No	
Percentage of students who ate potatoes one or more times during the past seven days										64.3	63.2	No	
Percentage of students who ate carrots one or more times during the past seven days										31.4	29.7	No	
Percentage of students who ate other vegetables one or more times during the past seven days										79.7	80.8	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										16.1	15.6	No	
Percentage of students who ate fruits two or more times per day during the past seven days										25.3	26.6	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										10.4	7.6	Yes	
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days										42.1	40.6	No	

2009 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	2009			
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	44.7	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								42.4	39.4	41.7	No	No	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									19.7	23.7	No		

2009 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	2009			
Total													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								18.0	18.5	22.0	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									8.1	9.6	No		

2009 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	2009				
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	92.6		No	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	9.7		No	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	17.5		Yes	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	11.2		No	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	38.3		No	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	7.7		No	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	5.2		No	No	
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	7.4		No	No	

2009 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	2009			
Male													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months								38.1	38.1	43.2	No	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	4.2	No	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	15.3	No	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	14.0	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								5.5	6.8	5.5	No	No	
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	21.1	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months								9.0	11.3	9.2	No	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								8.8	9.1	9.2	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								9.1	13.1	8.2	No	Yes	

2009 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	2009				
Male														
Tobacco Use														
Percentage of students who smoked a whole cigarette for the first time before age 13 years								21.3	21.4	19.7		No	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								30.5	26.0	25.2		No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								15.6	12.9	11.4		No	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	58.2		No	No	

2009 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	2009			
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	22.6	No	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	39.5	No	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	24.2	No	No	
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days									28.1	30.3	No		
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								4.2	6.0	5.7	No	No	
Percentage of students who used marijuana one or more times during their life								43.4	44.7	46.4	No	No	
Percentage of students who tried marijuana for the first time before age 13 years								11.9	13.9	13.3	No	No	
Percentage of students who used marijuana one or more times during the past 30 days								26.8	26.1	28.5	No	No	
Percentage of students who used marijuana on school property one or more times during the past 30 days								5.1	6.5	5.5	No	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	7.2	No	No	

2009 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	2009				
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	13.3		No	No	
Percentage of students who used heroin one or more times during their life								1.7	3.4	2.9		No	No	
Percentage of students who used methamphetamines one or more times during their life								4.8	5.6	5.0		No	No	
Percentage of students who used ecstasy one or more times during their life								4.8	6.4	6.1		No	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	3.9		No	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	2.1		No	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	34.4		Yes	No	

2009 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	2009				
Male														
Sexual Behaviors														
Percentage of students who ever had sexual intercourse								56.9	60.1	64.2		No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years								13.1	15.8	16.9		No	No	
Percentage of students who had sexual intercourse with four or more people during their life								24.5	22.5	26.4		No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months								40.9	40.6	43.8		No	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	26.2		No	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	66.5		No	No	

2009 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	2009			
Male													
Weight Management and Dietary Behaviors													
Percentage of students who were 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	15.6	No	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**								16.2	18.6	18.0	No	No	
Percentage of students who described themselves as slightly or very overweight								23.4	21.4	24.2	No	No	
Percentage of students who were trying to lose weight								31.3	29.1	34.0	No	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								55.8	54.0	58.7	No	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	24.8	No	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	4.3	No	Yes	
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	3.3	No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									75.6	80.1	No		
Percentage of students who ate fruit one or more times during the past seven days									76.5	82.0	Yes		

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

2009 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	2009				
Male														
Weight Management and Dietary Behaviors														
Percentage of students who ate green salad one or more times during the past seven days										49.7	48.4	No		
Percentage of students who ate potatoes one or more times during the past seven days										65.0	63.2	No		
Percentage of students who ate carrots one or more times during the past seven days										33.0	33.2	No		
Percentage of students who ate other vegetables one or more times during the past seven days										78.3	78.3	No		
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										16.4	18.5	No		
Percentage of students who ate fruits two or more times per day during the past seven days										25.5	31.4	No		
Percentage of students who ate vegetables three or more times per day during the past seven days										10.2	8.2	No		
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days										44.5	42.0	No		

2009 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	2009			
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	56.1	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								40.7	39.1	45.0	No	No	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									23.3	28.6	No		

2009 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	2009			
Male													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								18.6	17.8	23.9	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								6.4	8.3		No		

2009 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	2009			
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	93.6	Yes	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	7.7	No	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	17.8	No	Yes	
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	5.9	No	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	7.7	No	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	1.8	No	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	7.2	No	No	
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	3.7	No	No	

2009 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	2009			
Female													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months								20.7	21.1	21.4	No	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	0.7	No	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	6.6	No	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	13.6	Yes	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								9.5	13.5	11.9	No	No	
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	31.1	No	Yes	
Percentage of students who seriously considered attempting suicide during the past 12 months								19.7	17.6	14.0	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								13.4	12.7	9.1	Yes	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.4	13.8	7.2	Yes	Yes	

2009 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	2009			
Female													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years								14.8	15.2	9.2	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								20.5	20.1	16.4	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								7.9	7.7	5.1	No	No	

2009 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	2009			
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	13.9		No	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	36.2		No	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	15.4		No	No
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days									45.4	48.3		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days								3.2	3.9	3.3		No	No
Percentage of students who used marijuana one or more times during their life								36.2	39.8	30.9		No	No
Percentage of students who tried marijuana for the first time before age 13 years								3.9	5.0	4.1		No	No
Percentage of students who used marijuana one or more times during the past 30 days								15.7	21.1	13.0		No	Yes
Percentage of students who used marijuana on school property one or more times during the past 30 days								2.4	2.8	1.9		No	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	2.5		Yes	Yes

2009 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	2009			
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	11.9	No	No	
Percentage of students who used heroin one or more times during their life								0.7	1.5	1.3	No	No	
Percentage of students who used methamphetamines one or more times during their life								2.7	3.2	1.9	No	No	
Percentage of students who used ecstasy one or more times during their life								2.9	5.3	2.5	No	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	1.9	No	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	0.4	No	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	17.9	No	Yes	

2009 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	2009				
Female														
Sexual Behaviors														
Percentage of students who ever had sexual intercourse								53.6	57.2	59.3		No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years								3.9	7.8	5.8		No	No	
Percentage of students who had sexual intercourse with four or more people during their life								16.6	18.7	14.7		No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months								40.4	41.6	42.6		No	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	13.4		No	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	57.8		No	No	

2009 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	2009				
Female														
Weight Management and Dietary Behaviors														
Percentage of students who were 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	12.7		Yes	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**								10.6	12.0	15.2		No	No	
Percentage of students who described themselves as slightly or very overweight								35.9	33.1	31.3		No	No	
Percentage of students who were trying to lose weight								57.7	59.6	60.2		No	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								62.5	61.9	60.5		No	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	43.3		No	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	4.6		No	Yes	
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	5.3		No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									76.4	73.7		No		
Percentage of students who ate fruit one or more times during the past seven days									80.8	79.8		No		

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

2009 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	2009			
Female													
Weight Management and Dietary Behaviors													
Percentage of students who ate green salad one or more times during the past seven days										58.7	52.6	No	
Percentage of students who ate potatoes one or more times during the past seven days										63.5	63.3	No	
Percentage of students who ate carrots one or more times during the past seven days										29.6	26.3	No	
Percentage of students who ate other vegetables one or more times during the past seven days										81.1	83.3	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										15.7	12.7	No	
Percentage of students who ate fruits two or more times per day during the past seven days										25.1	21.9	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										10.5	7.0	Yes	
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days										39.8	39.2	No	

2009 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	2009			
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	33.3	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								44.0	39.8	38.3	Yes	No	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									16.1	18.8	No		

2009 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	2009			
Female													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								17.4	19.1	20.3	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									9.7	11.0	No		

2009 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	2009			
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	90.0	No	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	8.8	No	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	17.8	No	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	9.7	No	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	26.5	No	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	5.4	No	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								3.3	4.3	6.4	No	No	
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	5.5	No	No	

*Non-Hispanic.

2009 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	2009			
White*													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months								26.3	26.3	27.0	No	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	1.9	No	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	8.1	No	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	12.7	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								6.6	7.6	6.7	No	No	
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	23.4	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months								15.7	14.5	11.0	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								11.8	10.8	8.2	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.1	12.1	5.0	Yes	Yes	

*Non-Hispanic.

2009 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	2009			
White*													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years								19.1	18.3	15.9	No	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								31.1	27.9	25.5	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								17.6	14.0	10.3	Yes	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	63.4	No	No	

*Non-Hispanic.

2009 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	2009			
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	16.8		No	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	43.6		No	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	25.9		No	No
Among students who reported current alcohol use, the percentage who usually got the alcohol they drank from someone who gave it to them during the past 30 days									32.4	37.5		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	3.4		No	No
Percentage of students who used marijuana one or more times during their life								36.7	41.1	37.0		No	No
Percentage of students who tried marijuana for the first time before age 13 years								6.5	8.9	7.7		No	No
Percentage of students who used marijuana one or more times during the past 30 days								22.3	22.6	19.0		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days								3.6	4.3	3.6		No	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	5.6		No	No

*Non-Hispanic.

2009 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	2009			
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	13.8	No	No	
Percentage of students who used heroin one or more times during their life								1.4	2.2	2.0	No	No	
Percentage of students who used methamphetamines one or more times during their life								5.0	5.0	4.7	No	No	
Percentage of students who used ecstasy one or more times during their life								5.2	7.3	5.3	No	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	3.2	No	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	1.6	No	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	29.4	No	No	

*Non-Hispanic.

2009 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	2009				
White*														
Sexual Behaviors														
Percentage of students who ever had sexual intercourse								45.7	50.2	53.7		Yes	No	
Percentage of students who had sexual intercourse for the first time before age 13 years								3.4	6.4	5.3		No	No	
Percentage of students who had sexual intercourse with four or more people during their life								12.0	12.7	14.0		No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months								34.9	36.0	40.8		No	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	21.0		No	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	61.6		No	No	

*Non-Hispanic.

2009 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	2009
White*												
Weight Management and Dietary Behaviors												
Percentage of students who were 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	13.4	No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**								11.2	13.4	10.3	No	No
Percentage of students who described themselves as slightly or very overweight								30.9	29.8	24.7	No	No
Percentage of students who were trying to lose weight								45.4	47.7	47.0	No	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								61.6	62.0	60.1	No	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	38.5	No	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	5.4	No	Yes
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	4.8	No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days									69.6	72.8	No	
Percentage of students who ate fruit one or more times during the past seven days									79.9	81.9	No	

*Non-Hispanic.

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

2009 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	2009			
White*													
Weight Management and Dietary Behaviors													
Percentage of students who ate green salad one or more times during the past seven days										58.7	58.5	No	
Percentage of students who ate potatoes one or more times during the past seven days										68.0	72.1	No	
Percentage of students who ate carrots one or more times during the past seven days										39.3	38.4	No	
Percentage of students who ate other vegetables one or more times during the past seven days										82.7	83.6	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										14.1	12.0	No	
Percentage of students who ate fruits two or more times per day during the past seven days										21.5	21.1	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										10.6	7.8	No	
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days										44.3	43.3	No	

*Non-Hispanic.

2009 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	2009			
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	51.8	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								27.5	25.2	31.0	No	No	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									17.4	20.6	No		

*Non-Hispanic.

2009 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	2009			
White*													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								15.7	16.6	20.6	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								6.8	9.0		No		

*Non-Hispanic.

2009 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	2009			
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	97.4	No	Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else								8.3	11.0	9.0	No	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	17.3	No	Yes	
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	7.3	Yes	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	17.3	No	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	3.6	No	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	5.1	No	No	
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	5.1	No	No	

*Non-Hispanic.

2009 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	2009				
Black*														
Injury and Violence														
Percentage of students who were in a physical fight one or more times during the past 12 months								33.2	33.1	39.6		Yes	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	3.1		No	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	14.3		No	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	14.5		Yes	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								8.9	12.5	10.5		No	No	
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	26.4		No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months								12.6	12.7	11.1		No	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								10.1	9.6	8.5		No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								8.5	14.3	11.0		No	Yes	

*Non-Hispanic.

2009 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	2009			
Black*													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years								16.5	16.6	11.1	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days								18.5	15.9	14.5	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days								4.5	4.6	5.4	No	No	

*Non-Hispanic.

2009 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	2009			
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	19.7		No	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	31.6		No	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	12.3		No	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	5.7		No	No
Percentage of students who used marijuana one or more times during their life								44.6	43.5	40.5		No	No
Percentage of students who tried marijuana for the first time before age 13 years								9.3	9.3	10.3		No	No
Percentage of students who used marijuana one or more times during the past 30 days								21.0	26.1	22.5		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days								4.1	5.2	3.1		No	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	2.6		No	No
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	9.0		No	No

*Non-Hispanic.

2009 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	2009			
Black*													
Alcohol and Other Drug Use													
Percentage of students who used heroin one or more times during their life								0.4	1.6	2.0		Yes	No
Percentage of students who used methamphetamines one or more times during their life								1.9	2.4	1.1		No	No
Percentage of students who used ecstasy one or more times during their life								1.8	3.0	2.3		No	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	2.3		No	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	0.8		No	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	21.1		No	Yes

*Non-Hispanic.

2009 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	2009			
Black*													
Sexual Behaviors													
Percentage of students who ever had sexual intercourse								69.6	70.5	72.4	No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years								16.0	19.8	18.7	No	No	
Percentage of students who had sexual intercourse with four or more people during their life								34.7	32.5	28.8	No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months								50.4	49.2	46.6	No	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	18.4	No	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	61.6	No	No	

*Non-Hispanic.

2009 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	2009
Black*												
Weight Management and Dietary Behaviors												
Percentage of students who were 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	14.5	Yes	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**								16.5	17.1	26.9	Yes	No
Percentage of students who described themselves as slightly or very overweight								27.5	21.9	30.5	No	Yes
Percentage of students who were trying to lose weight								43.3	39.2	46.8	No	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days								55.3	50.3	58.4	No	Yes
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	28.7	No	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	2.6	No	No
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	2.8	No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days									84.2	80.3	No	
Percentage of students who ate fruit one or more times during the past seven days									76.8	79.2	No	

*Non-Hispanic.

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

2009 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	2009			
Black*													
Weight Management and Dietary Behaviors													
Percentage of students who ate green salad one or more times during the past seven days										46.4	39.6	No	
Percentage of students who ate potatoes one or more times during the past seven days										59.3	52.0	No	
Percentage of students who ate carrots one or more times during the past seven days										20.8	17.0	No	
Percentage of students who ate other vegetables one or more times during the past seven days										77.1	76.7	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										18.8	19.8	No	
Percentage of students who ate fruits two or more times per day during the past seven days										30.3	33.3	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										10.4	7.4	No	
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days										40.6	37.8	No	

*Non-Hispanic.

2009 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	2009			
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	38.6	No	Yes	
Percentage of students who watched three or more hours per day of TV on an average school day								64.3	57.8	54.7	Yes	No	
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day									22.9	27.4	No		

*Non-Hispanic.

2009 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	2009			
Black*													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								22.1	19.4	25.0	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								9.0	11.3		No		

*Non-Hispanic.