

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							83.2	84.7	81.7	82.0		No	No
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else							9.8	7.4	9.2	6.9		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							18.8	23.0	20.5	21.1		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							7.2	10.2	10.0	9.5		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							25.8	25.7	24.1	26.2		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							8.8	8.7	7.3	9.4		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							2.4	3.7	5.5	5.8		Yes	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							7.2	6.8	8.4	7.9		No	No

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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							28.8	27.8	30.5	28.6	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							3.5	3.5	4.4	4.0	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months							12.9	11.9	11.5	10.8	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								11.6	13.9	14.6	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								9.4	8.4	10.0	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							29.1	28.3	28.9	29.4	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months							19.3	16.1	13.0	13.8	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								12.8	11.3	10.8	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								14.0	12.5	10.6	Yes	No	

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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							23.4	20.0	19.5	14.5		Yes	No
Percentage of students who smoked cigarettes on one or more of the past 30 days							26.0	25.8	23.9	21.7		Yes	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days							11.8	12.3	8.2	8.1		Yes	No
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months							52.5	52.7	51.2	53.1		No	No

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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							20.5	21.5	20.8	17.6		No	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days							38.7	40.9	39.2	37.0		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							22.5	23.9	25.3	22.1		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										37.7	32.3	No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days							4.4	5.1	5.6	6.3		No	No
Percentage of students who used marijuana one or more times during their life							37.2	36.4	35.0	35.8		No	No
Percentage of students who tried marijuana for the first time before age 13 years							8.6	9.2	9.3	8.0		No	No
Percentage of students who used marijuana one or more times during the past 30 days							18.5	18.8	17.0	18.2		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days							3.9	4.2	4.5	4.2		No	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life							7.5	9.0	10.7	7.9		No	No

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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							16.2	15.7	15.9	14.9		No	No
Percentage of students who used heroin one or more times during their life							3.2	3.3	4.9	2.9		No	No
Percentage of students who used methamphetamines one or more times during their life							8.9	8.0	8.0	4.3		Yes	No
Percentage of students who used ecstasy one or more times during their life							6.9	8.5	9.0	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							6.4	4.8	6.3	4.0		Yes	No
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life							2.7	2.9	2.3	2.6		No	No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months							31.6	25.8	27.9	27.7		No	No

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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							44.9	48.1	47.4	47.6		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							6.0	6.7	7.0	6.2		No	No
Percentage of students who had sexual intercourse with four or more people during their life							12.1	13.9	12.2	12.7		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							34.3	34.9	33.5	34.9		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							17.2	21.0	22.2	21.7		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							53.0	59.1	57.8	58.0		No	No

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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)**							13.6	15.3	15.4	16.3		No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**							15.2	14.3	12.5	14.2		No	No
Percentage of students who described themselves as slightly or very overweight							33.5	32.8	26.6	31.9		No	No
Percentage of students who were trying to lose weight							47.3	47.8	46.8	47.9		No	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days							63.5	64.1	65.9	64.2		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								42.0	43.2	38.6		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							11.1	7.4	9.0	5.9		Yes	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days							3.8	5.1	6.2	4.9		No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days										76.3	76.2	No	
Percentage of students who ate fruit one or more times during the past seven days										81.7	83.0	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.

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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										58.9	60.6	No	
Percentage of students who ate potatoes one or more times during the past seven days										73.2	70.2	No	
Percentage of students who ate carrots one or more times during the past seven days										44.6	42.7	No	
Percentage of students who ate other vegetables one or more times during the past seven days										84.6	82.6	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										13.4	15.4	No	
Percentage of students who ate fruits two or more times per day during the past seven days										22.9	26.2	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										11.5	10.2	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										38.4	37.4	No	

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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								50.1	46.1	50.9	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								30.5	26.4	30.4	No	Yes	
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									18.4	21.9	No		

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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								19.6	20.6	23.4	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									10.1	11.4	No		

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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							84.4	85.9	83.1	83.3	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else							12.6	8.8	13.6	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							19.5	22.8	23.1	22.3	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							9.9	12.5	12.5	12.2	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							42.2	41.4	38.6	41.5	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							14.7	13.8	11.8	13.8	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							3.3	3.4	5.9	6.3	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							8.9	9.1	9.7	11.5	No	No	

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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							37.4	35.1	40.6	36.5	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							5.2	4.9	4.6	4.6	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months							17.4	15.2	16.5	14.0	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								10.4	15.9	15.0	Yes	Yes	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								6.2	6.2	8.0	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							24.0	19.3	23.6	23.1	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months							17.8	10.4	11.4	10.8	Yes	Yes	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								8.4	11.1	10.3	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								14.6	14.5	11.1	No	No	

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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							28.3	21.4	22.4	17.4	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days							27.2	26.1	22.7	23.2	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days							12.7	12.1	7.0	7.9	Yes	No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months								42.8	47.4	46.3	No	No	

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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							26.1	26.4	25.3	22.3	No	No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days							43.3	42.9	39.9	39.4	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							28.6	28.0	25.5	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										30.0	28.7	No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days							6.4	7.4	8.5	9.1	No	No	
Percentage of students who used marijuana one or more times during their life							41.9	39.5	38.9	36.6	No	No	
Percentage of students who tried marijuana for the first time before age 13 years							13.6	11.3	10.8	10.9	No	No	
Percentage of students who used marijuana one or more times during the past 30 days							21.8	21.7	19.0	19.9	No	No	
Percentage of students who used marijuana on school property one or more times during the past 30 days							6.5	6.0	5.9	5.8	No	No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life							8.5	10.4	11.6	9.7	No	No	

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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							16.5	17.2	15.6	17.3		No	No
Percentage of students who used heroin one or more times during their life							4.1	5.0	7.2	4.2		No	No
Percentage of students who used methamphetamines one or more times during their life							10.2	9.1	8.9	5.2		Yes	No
Percentage of students who used ecstasy one or more times during their life							8.9	10.2	10.3	7.0		No	No
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life							8.2	6.4	8.9	5.5		No	No
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life							3.7	3.7	3.8	3.8		No	No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months							35.0	28.5	33.5	29.9		No	No

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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							46.1	46.7	48.1	47.7		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							10.9	8.6	8.8	7.9		No	No
Percentage of students who had sexual intercourse with four or more people during their life							15.4	15.6	13.2	13.6		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							33.9	33.5	31.1	32.2		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							24.3	26.7	27.8	28.2		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse								60.6	66.0	60.6		No	No

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	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)**							14.7	15.1	17.1	14.5	No	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**							19.6	16.4	16.4	18.2	No	No	
Percentage of students who described themselves as slightly or very overweight							29.0	24.4	24.1	27.3	No	No	
Percentage of students who were trying to lose weight							34.3	32.6	35.7	35.2	No	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days							55.5	54.8	62.8	59.4	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								27.8	32.5	28.0	No	Yes	
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							10.0	6.6	9.7	6.2	No	No	
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days							3.0	3.0	6.1	3.4	No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									74.9	74.9	No		
Percentage of students who ate fruit one or more times during the past seven days									79.3	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.

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	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										51.9	53.5	No	
Percentage of students who ate potatoes one or more times during the past seven days										71.7	72.5	No	
Percentage of students who ate carrots one or more times during the past seven days										45.8	42.5	No	
Percentage of students who ate other vegetables one or more times during the past seven days										83.9	78.9	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										14.1	16.3	No	
Percentage of students who ate fruits two or more times per day during the past seven days										22.8	25.9	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										12.2	11.9	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										42.6	40.9	No	

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	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								60.1	57.8	60.4	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								32.8	30.9	32.7	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									20.7	27.5	Yes		

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	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								20.3	19.8	24.2		No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									8.8	10.4		No		

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	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							81.4	82.8	80.6	80.1	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else							6.8	6.0	4.2	4.8	Yes	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							18.0	23.1	17.6	19.6	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							4.4	7.8	7.0	6.5	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							9.2	9.5	9.0	10.6	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							2.8	3.4	2.9	4.6	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							1.5	3.7	4.4	4.8	Yes	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							5.5	4.3	6.5	3.9	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							20.0	20.4	20.0	20.7	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							1.7	2.0	3.6	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							8.2	8.5	6.4	7.3	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								13.0	11.9	14.2	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								12.8	10.6	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							34.5	37.6	34.4	35.9	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months							20.8	22.1	14.6	16.9	No	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								17.3	11.5	11.4	Yes	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								13.2	10.5	9.8	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							18.5	18.4	16.0	11.1	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days							24.8	25.4	24.4	20.1	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days							10.9	12.6	8.9	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							57.1	63.0	53.4	61.2	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							14.8	16.2	16.5	12.5	No	No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days							33.9	38.6	38.3	34.2	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							16.4	19.8	24.6	18.2	No	Yes	
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									45.3	37.1	No		
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days							2.4	2.3	2.3	3.2	No	No	
Percentage of students who used marijuana one or more times during their life							32.6	33.3	30.6	35.1	No	No	
Percentage of students who tried marijuana for the first time before age 13 years							3.5	6.8	7.1	5.2	No	Yes	
Percentage of students who used marijuana one or more times during the past 30 days							15.2	15.9	14.7	16.6	No	No	
Percentage of students who used marijuana on school property one or more times during the past 30 days							1.2	2.2	2.6	2.5	No	No	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life							6.5	7.4	9.3	5.9	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							15.9	14.2	15.6	12.3		No	No
Percentage of students who used heroin one or more times during their life							2.3	1.5	2.0	1.5		No	No
Percentage of students who used methamphetamines one or more times during their life							7.5	6.9	6.5	3.1		Yes	No
Percentage of students who used ecstasy one or more times during their life							4.9	6.6	6.9	5.1		No	No
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life							4.5	3.2	3.1	2.3		Yes	No
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life							1.6	2.0	0.8	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							28.0	23.0	22.6	25.2		No	No

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							43.6	49.6	46.5	47.3		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							1.1	4.8	5.3	4.4		Yes	Yes
Percentage of students who had sexual intercourse with four or more people during their life							8.8	12.3	11.3	11.6		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							34.8	36.4	35.4	37.3		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							10.1	15.7	18.0	15.2		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							49.9	57.7	52.4	55.7		No	No

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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)**							12.4	15.6	13.6	18.2	No	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**							10.7	12.1	8.2	9.9	No	No	
Percentage of students who described themselves as slightly or very overweight							38.2	41.4	29.5	36.9	No	No	
Percentage of students who were trying to lose weight							60.7	63.7	58.3	61.1	No	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days							71.7	73.7	69.0	69.2	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								56.7	53.9	49.5	Yes	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							12.3	8.2	8.2	5.5	Yes	No	
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days							4.6	7.3	6.3	6.3	No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days										77.2	77.4	No	
Percentage of students who ate fruit one or more times during the past seven days										83.7	85.1	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 3) 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										66.0	67.9	No	
Percentage of students who ate potatoes one or more times during the past seven days										74.6	67.6	No	
Percentage of students who ate carrots one or more times during the past seven days										43.1	42.9	No	
Percentage of students who ate other vegetables one or more times during the past seven days										85.5	86.3	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										11.9	14.4	No	
Percentage of students who ate fruits two or more times per day during the past seven days										22.2	26.4	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										10.0	8.3	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										33.8	33.9	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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								39.9	34.5	41.3	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								28.2	22.0	28.0	No	Yes	
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									15.4	16.1	No		

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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								18.7	21.3	22.4	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									11.2	12.5	No		

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							81.9	83.6	81.6	81.9	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else							9.4	6.3	8.4	6.5	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							18.6	22.0	19.7	19.8	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							7.8	9.6	9.8	9.0	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							25.1	27.0	23.9	27.5	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							8.4	9.0	6.8	9.0	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							1.7	2.9	4.5	4.6	Yes	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							6.6	6.4	7.3	7.5	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							27.2	26.8	28.4	26.9	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							3.5	3.6	3.9	3.6	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months							11.7	11.8	11.0	10.6	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								11.3	13.4	13.5	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								8.1	8.5	8.8	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							29.6	26.7	28.5	29.5	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months							19.5	14.6	12.7	12.9	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								11.4	11.3	10.1	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.3	11.4	9.3	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							24.5	19.3	19.1	14.5	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days							26.6	25.5	25.1	22.2	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days							12.2	12.6	8.6	8.4	Yes	No	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months							51.7	51.7	48.9	50.4	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							19.6	20.0	19.1	15.9		No	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days							38.6	40.1	40.9	37.4		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							23.0	24.1	26.5	22.7		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										39.0	32.4	No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days							4.3	4.6	5.6	5.6		No	No
Percentage of students who used marijuana one or more times during their life							36.1	34.9	33.7	34.7		No	No
Percentage of students who tried marijuana for the first time before age 13 years							7.9	8.1	8.1	7.4		No	No
Percentage of students who used marijuana one or more times during the past 30 days							17.8	17.3	17.0	17.4		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days							3.6	3.7	4.4	4.3		No	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life							8.0	9.2	9.8	7.5		No	No

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							15.8	15.7	16.0	15.1		No	No
Percentage of students who used heroin one or more times during their life							3.3	2.7	4.5	2.9		No	No
Percentage of students who used methamphetamines one or more times during their life							9.5	7.9	7.6	4.2		Yes	No
Percentage of students who used ecstasy one or more times during their life							6.9	7.9	8.5	6.4		No	No
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life							6.3	4.1	5.7	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							2.9	2.5	1.9	2.6		No	No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months							32.5	24.9	28.1	26.2		No	No

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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							42.9	44.5	45.1	45.2		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							4.0	5.0	4.8	5.7		No	No
Percentage of students who had sexual intercourse with four or more people during their life							9.8	10.6	10.4	11.3		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							32.3	32.2	31.9	33.9		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							19.6	19.5	22.7	20.6		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							51.8	59.4	56.5	58.6		No	No

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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)**							13.4	14.5	13.9	15.2		No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**							15.3	13.5	12.5	14.8		No	No
Percentage of students who described themselves as slightly or very overweight							33.9	32.1	27.1	32.6		No	Yes
Percentage of students who were trying to lose weight							47.5	47.6	47.6	48.2		No	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days							64.9	65.0	66.6	64.4		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								42.6	44.6	40.4		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							11.3	7.5	9.1	5.6		Yes	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days							3.7	4.1	6.1	4.2		No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days										76.4	76.3	No	
Percentage of students who ate fruit one or more times during the past seven days										84.0	84.5	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 3) 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										61.2	61.8	No	
Percentage of students who ate potatoes one or more times during the past seven days										76.4	73.3	No	
Percentage of students who ate carrots one or more times during the past seven days										46.9	44.6	No	
Percentage of students who ate other vegetables one or more times during the past seven days										86.7	84.0	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										13.2	14.5	No	
Percentage of students who ate fruits two or more times per day during the past seven days										22.6	24.8	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										11.4	9.7	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										39.8	39.6	No	

*Non-Hispanic.

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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								51.7	47.7	53.1	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								27.6	24.6	28.2	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									18.8	21.0	No		

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina (Region 3) 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								19.5	19.9	24.0	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									10.4	11.3	No		

*Non-Hispanic.