

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		95.6	92.4			87.1	86.0	86.4	88.8	84.1	Yes	Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else		15.2	8.2			9.5	10.9	8.3	7.9	7.0	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		33.3	28.7			23.9	23.5	25.3	24.7	20.7	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		12.7	11.5			9.3	9.3	9.4	9.2	8.2	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		26.8	22.4			18.3	19.2	21.5	21.2	19.6	Yes	Yes	
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		13.9	9.4			4.8	6.3	6.4	6.8	4.7	Yes	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		5.3	4.7			9.2	5.2	5.8	7.0	5.6	No	Yes	
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		9.5	8.0			7.6	7.2	7.9	6.6	6.8	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													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months		37.8	28.4			29.0	30.9	29.9	30.1	28.6	Yes	Yes	
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		3.7	2.6			2.8	3.8	4.1	3.7	3.7	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		14.5	12.0			10.7	10.7	11.6	10.4	9.4	Yes	No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								12.7	13.2	12.6	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								9.9	9.3	8.6	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						29.3	30.6	26.5	26.9	27.4	Yes	No	
Percentage of students who seriously considered attempting suicide during the past 12 months		24.2	19.8			18.1	18.1	15.6	12.5	13.2	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								13.1	9.5	10.1	Yes	Yes	
Percentage of students who actually attempted suicide one or more times during the past 12 months								13.1	13.3	9.9	Yes	Yes	

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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		29.8	25.4			26.5	23.7	18.4	17.3	12.4	Yes	Yes
Percentage of students who smoked cigarettes on one or more of the past 30 days		29.3	31.3			27.8	24.8	24.9	22.5	17.7	Yes	Yes
Percentage of students who smoked cigarettes on 20 or more of the past 30 days		14.1	15.5			14.5	12.4	11.0	9.3	6.3	Yes	Yes
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months						58.6	61.1	51.5	54.6	56.2	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		30.4	25.9			24.7	22.2	21.3	19.7	19.0		Yes	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		43.7	39.7			38.2	39.4	42.3	37.7	35.0		Yes	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	22.5			20.7	21.0	23.1	21.1	18.7		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									37.2	37.0		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days		5.4	5.0			4.3	3.6	5.4	4.7	4.1		No	No
Percentage of students who used marijuana one or more times during their life		29.0	36.2			40.3	42.7	40.1	36.4	37.0		Yes	Yes
Percentage of students who tried marijuana for the first time before age 13 years		7.1	6.1			10.5	10.8	9.1	8.3	8.1		Yes	Yes
Percentage of students who used marijuana one or more times during the past 30 days		14.8	21.7			20.8	24.3	21.4	19.1	19.8		No	Yes
Percentage of students who used marijuana on school property one or more times during the past 30 days		4.8	6.1			4.7	3.5	4.1	4.3	4.0		Yes	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life		4.4	4.7			6.7	8.4	7.9	7.0	5.5		Yes	Yes

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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			19.4			13.7	15.4	11.9	13.8	11.7		Yes	No
Percentage of students who used heroin one or more times during their life						2.3	3.0	3.3	2.8	2.5		No	No
Percentage of students who used methamphetamines one or more times during their life						7.8	6.6	6.5	4.7	3.4		Yes	No
Percentage of students who used ecstasy one or more times during their life							9.2	7.7	6.4	5.4		Yes	No
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life		3.6	2.0			5.0	5.2	4.2	3.9	3.8		Yes	Yes
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life			1.7			1.9	2.4	2.4	2.5	2.2		No	No
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months		28.9	29.8			32.8	31.9	27.4	28.5	30.2		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							52.5	50.8	52.1	51.1		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							10.0	8.1	8.3	7.5		Yes	No
Percentage of students who had sexual intercourse with four or more people during their life							17.1	17.2	16.1	15.7		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							37.9	37.1	37.5	36.6		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							18.1	23.9	20.7	19.3		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							62.1	62.8	61.5	60.7		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												
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)**						14.4	14.7	15.7	17.1	14.6	No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**						12.8	12.5	13.5	12.8	13.4	No	No
Percentage of students who described themselves as slightly or very overweight		33.4	28.1			29.2	28.5	29.9	26.3	28.0	Yes	No
Percentage of students who were trying to lose weight		39.8	39.4			42.8	42.2	45.1	44.7	46.2	Yes	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days			46.6			58.1	59.7	61.5	61.1	61.9	Yes	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								40.8	38.4	36.2	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						8.2	7.7	6.7	8.1	5.1	Yes	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days			4.7			5.6	5.6	5.6	4.9	4.8	No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days									75.8	78.1	No	
Percentage of students who ate fruit one or more times during the past seven days									79.3	82.5	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.

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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										54.0	56.4	No	
Percentage of students who ate potatoes one or more times during the past seven days										65.2	67.2	No	
Percentage of students who ate carrots one or more times during the past seven days										37.2	36.5	No	
Percentage of students who ate other vegetables one or more times during the past seven days										81.2	82.6	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										14.8	16.9	No	
Percentage of students who ate fruits two or more times per day during the past seven days										25.5	27.6	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										9.6	9.1	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										36.9	32.5	Yes	

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	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								45.9	44.3	46.0	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								36.3	35.3	36.2	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									21.2	23.5	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								20.1	20.3	21.8		No	No
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									9.5	10.8		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		95.3	91.6			86.3	87.2	86.9	90.6	85.7	Yes	Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else		20.4	11.0			12.9	12.8	10.2	10.4	7.8	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		35.4	31.2			26.4	24.1	26.9	25.8	20.2	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		18.2	13.4			12.3	12.3	12.6	11.1	10.6	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		44.3	36.4			29.1	29.7	35.2	32.4	32.0	Yes	Yes	
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		21.8	14.4			7.3	8.3	9.5	11.0	7.0	Yes	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		5.2	4.5			9.4	6.1	6.4	7.0	5.3	No	Yes	
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		13.0	10.1			9.7	8.2	10.0	8.2	8.4	Yes	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		46.5	35.2			37.1	38.6	38.9	38.5	38.1	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		5.1	3.2			3.7	5.8	6.1	4.8	5.2	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		20.9	16.0			14.4	14.5	15.5	13.1	13.0	Yes	No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								12.9	14.9	13.0	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								8.5	6.4	4.7	Yes	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						20.8	22.7	20.7	21.5	21.6	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months		17.7	15.3			14.3	13.2	12.5	9.2	10.3	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								10.8	7.8	8.6	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								12.7	12.8	9.9	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													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years		34.8	29.8			28.0	26.2	21.0	19.5	15.4	Yes	Yes	
Percentage of students who smoked cigarettes on one or more of the past 30 days		30.4	32.5			28.4	26.3	26.4	22.5	20.6	Yes	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days		15.0	16.7			15.2	13.9	13.0	9.2	7.3	Yes	Yes	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months						54.0	58.4	49.5	52.3	52.5	No	No	

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	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		36.4	30.2			27.8	25.5	25.5	23.5	22.5		Yes	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		47.9	40.9			40.5	41.5	44.4	37.8	37.8		Yes	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		30.0	26.6			22.8	25.1	26.0	22.1	21.8		Yes	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									28.5	33.1		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days		7.6	6.4			6.1	3.8	7.0	6.2	4.7		Yes	No
Percentage of students who used marijuana one or more times during their life		34.1	42.0			42.3	46.9	45.1	37.9	43.3		Yes	Yes
Percentage of students who tried marijuana for the first time before age 13 years		10.4	9.3			13.5	13.7	12.6	10.6	12.1		No	No
Percentage of students who used marijuana one or more times during the past 30 days		18.9	26.3			23.9	27.9	25.2	20.2	25.5		No	No
Percentage of students who used marijuana on school property one or more times during the past 30 days		7.5	8.9			7.1	4.9	5.9	6.1	5.7		Yes	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life		5.3	5.5			7.1	9.0	9.2	7.9	7.4		Yes	Yes

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	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			20.0			13.8	14.0	13.5	13.3	12.1	Yes	No	
Percentage of students who used heroin one or more times during their life						3.1	3.5	5.1	3.8	3.3	No	No	
Percentage of students who used methamphetamines one or more times during their life						8.3	6.5	8.2	5.8	4.6	Yes	No	
Percentage of students who used ecstasy one or more times during their life							9.7	9.1	7.1	6.7	Yes	No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life		5.7	2.8			6.5	6.4	5.7	5.2	5.3	No	No	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life			1.9			2.6	3.3	3.5	3.0	3.1	No	No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months		33.4	35.5			36.8	34.2	31.9	33.4	37.2	No	No	

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	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
Sexual Behaviors													
Percentage of students who ever had sexual intercourse							53.7	54.3	54.0	54.2		No	No
Percentage of students who had sexual intercourse for the first time before age 13 years							13.3	11.2	12.0	10.1		Yes	No
Percentage of students who had sexual intercourse with four or more people during their life							19.5	20.6	18.4	19.2		No	No
Percentage of students who had sexual intercourse with one or more people during the past three months							36.7	39.1	36.3	37.5		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							22.1	27.9	24.3	24.1		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							68.7	70.7	67.2	65.5		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)**						15.6	14.9	15.5	17.0	13.9	No	No	
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**						16.4	16.6	15.6	15.9	16.8	No	No	
Percentage of students who described themselves as slightly or very overweight		22.9	21.7			24.1	24.5	23.3	21.2	23.0	No	No	
Percentage of students who were trying to lose weight		24.1	23.7			27.2	28.8	32.3	30.5	29.8	Yes	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days			33.1			48.7	53.3	55.3	54.9	55.9	Yes	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								30.1	25.3	26.1	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						5.4	5.9	6.7	8.6	4.1	No	Yes	
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days			2.7			4.8	3.5	3.9	4.2	3.5	No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									77.6	79.7	No		
Percentage of students who ate fruit one or more times during the past seven days									75.8	83.1	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.

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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										48.6	51.6	No	
Percentage of students who ate potatoes one or more times during the past seven days										65.4	67.9	No	
Percentage of students who ate carrots one or more times during the past seven days										37.7	37.0	No	
Percentage of students who ate other vegetables one or more times during the past seven days										78.3	81.6	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										15.1	18.3	No	
Percentage of students who ate fruits two or more times per day during the past seven days										27.0	27.0	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										9.5	8.9	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										38.5	36.4	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Male													
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								56.4	54.0	56.7	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								36.8	36.5	37.1	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									23.8	28.2	Yes		

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina 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								21.8	20.1	22.3	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								6.4	9.3		Yes		

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		96.2	93.4			88.4	84.1	85.9	86.1	82.1	Yes	Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else		10.0	5.5			6.0	8.9	6.1	5.2	6.2	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		31.2	26.4			21.5	22.7	23.5	23.6	21.0	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		7.2	9.6			6.1	6.3	6.1	7.2	5.9	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		10.0	8.7			7.5	8.6	7.8	9.8	8.0	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		6.2	4.4			2.4	4.3	3.1	2.6	2.5	Yes	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		5.3	5.0			9.1	4.3	4.6	7.0	5.6	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		6.0	5.8			5.4	6.1	5.2	4.9	5.1	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		29.2	21.8			20.8	23.2	20.4	21.7	19.6	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		2.1	2.0			1.9	1.8	1.7	2.4	2.2	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		8.1	8.1			7.0	6.9	7.4	7.6	5.9	Yes	No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								12.3	11.4	12.2	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								11.3	12.3	12.4	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						38.0	38.4	32.3	32.4	32.8	Yes	No	
Percentage of students who seriously considered attempting suicide during the past 12 months		30.5	24.2			21.8	23.0	18.7	15.8	16.1	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								15.4	11.2	11.3	Yes	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								13.3	13.8	9.7	Yes	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		24.7	21.0			25.1	21.1	15.6	14.8	9.4	Yes	Yes
Percentage of students who smoked cigarettes on one or more of the past 30 days		28.0	30.2			27.2	23.3	23.0	22.2	14.9	Yes	Yes
Percentage of students who smoked cigarettes on 20 or more of the past 30 days		13.0	14.2			13.8	11.0	9.0	9.3	5.3	Yes	Yes
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months						63.1	64.1	54.2	56.7	61.3	No	No

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		24.3	21.6			21.4	18.9	16.8	15.7	15.7		Yes	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		39.7	38.4			35.9	37.3	40.1	37.6	32.4		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		16.2	18.3			18.7	16.7	20.2	19.9	15.7		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									45.8	41.0		No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days		3.3	3.7			2.5	3.4	3.6	3.3	3.5		No	No
Percentage of students who used marijuana one or more times during their life		24.0	30.5			38.2	38.4	35.1	34.7	31.2		Yes	Yes
Percentage of students who tried marijuana for the first time before age 13 years		3.8	2.9			7.4	7.7	5.4	5.9	4.4		Yes	Yes
Percentage of students who used marijuana one or more times during the past 30 days		10.9	17.2			17.8	20.7	17.5	17.9	14.5		Yes	Yes
Percentage of students who used marijuana on school property one or more times during the past 30 days		2.1	3.4			2.3	2.0	2.1	2.4	2.4		No	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life		3.5	3.9			6.2	7.6	6.6	5.8	3.7		No	Yes

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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			18.9			13.5	16.8	10.1	14.2	11.4	Yes	No	
Percentage of students who used heroin one or more times during their life						1.4	2.5	1.3	1.5	1.7	No	No	
Percentage of students who used methamphetamines one or more times during their life						7.3	6.6	4.4	3.4	2.2	Yes	No	
Percentage of students who used ecstasy one or more times during their life							8.7	6.1	5.4	4.1	Yes	No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life		1.4	1.2			3.5	4.0	2.4	2.4	2.3	Yes	Yes	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life			1.5			1.2	1.5	1.0	2.0	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		24.4	24.2			28.8	29.6	23.0	23.5	23.4	No	Yes	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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							51.4	47.6	50.3	48.2	No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years							6.8	5.0	4.4	5.1	Yes	No	
Percentage of students who had sexual intercourse with four or more people during their life							14.6	13.9	13.7	12.2	No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months							39.2	35.3	38.5	35.7	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							14.5	19.7	17.4	14.6	No	No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							56.0	54.7	56.7	56.0	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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)**						13.1	14.5	16.0	17.2	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)**						9.0	8.2	11.3	9.5	10.1	No	No	
Percentage of students who described themselves as slightly or very overweight		43.7	34.4			34.4	32.7	36.7	31.6	32.9	Yes	No	
Percentage of students who were trying to lose weight		55.2	55.0			58.7	55.9	58.1	59.1	61.8	Yes	No	
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days			60.0			67.7	66.1	67.7	67.4	67.5	Yes	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								51.6	51.5	45.8	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						10.9	9.4	6.5	7.5	6.0	Yes	No	
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days			6.7			6.4	7.7	7.0	5.7	6.1	No	No	
Percentage of students who drank 100% fruit juices one or more times during the past seven days									74.1	76.8	No		
Percentage of students who ate fruit one or more times during the past seven days									82.8	82.1	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 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										59.4	61.2	No	
Percentage of students who ate potatoes one or more times during the past seven days										64.9	66.5	No	
Percentage of students who ate carrots one or more times during the past seven days										36.4	36.2	No	
Percentage of students who ate other vegetables one or more times during the past seven days										84.1	83.9	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										14.3	15.5	No	
Percentage of students who ate fruits two or more times per day during the past seven days										23.9	28.3	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										9.5	9.3	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										35.2	28.8	Yes	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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								35.7	34.8	36.0	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								36.0	34.1	35.4	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									18.5	19.1	No		

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina 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								18.4	20.6	21.3		No	No
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									12.6	12.2		No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		95.1	91.1			86.7	81.8	84.5	85.9	80.8	Yes	No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else		13.9	7.7			9.4	10.3	7.2	6.4	6.1	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		32.2	28.8			24.2	21.5	23.7	23.6	20.1	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		13.3	12.2			10.7	10.5	10.1	10.3	9.3	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		26.3	23.3			20.2	20.8	23.6	22.7	21.8	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		13.9	9.8			4.8	6.0	5.9	6.3	4.9	Yes	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		5.0	3.9			7.0	3.2	4.1	5.3	3.9	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	6.9			8.2	6.7	6.0	5.2	6.7	Yes	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		36.1	26.4			28.1	29.7	27.2	26.9	25.5	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		3.0	2.1			2.9	3.6	3.4	3.2	2.8	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		12.8	10.2			9.2	8.2	10.1	8.8	7.9	Yes	No	
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								10.6	11.6	11.6	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								7.8	8.1	6.8	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						28.8	30.6	25.1	26.6	26.7	Yes	No	
Percentage of students who seriously considered attempting suicide during the past 12 months		25.7	21.8			20.1	18.8	15.2	13.2	13.0	Yes	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								13.0	9.7	9.4	Yes	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								11.5	12.5	8.1	Yes	Yes	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		31.6	28.9			28.8	24.5	17.7	17.3	12.0	Yes	Yes	
Percentage of students who smoked cigarettes on one or more of the past 30 days		33.4	37.5			31.9	28.4	29.0	26.7	21.3	Yes	Yes	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days		17.8	20.9			17.5	15.1	14.3	11.5	7.6	Yes	Yes	
Among students who reported current cigarette use, the percentage who ever tried to quit smoking cigarettes during the past 12 months						58.0	61.9	51.4	52.4	55.7	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		28.3	25.2			24.5	20.1	19.6	18.0	15.9	Yes	No
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		44.3	43.4			42.5	43.6	46.4	43.0	38.8	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		26.6	26.5			24.6	25.6	27.6	26.4	22.9	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									38.0	36.5	No	
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days		5.1	4.4			4.3	3.5	5.4	4.4	3.1	No	No
Percentage of students who used marijuana one or more times during their life		28.5	36.0			39.3	41.0	39.4	34.5	36.6	Yes	Yes
Percentage of students who tried marijuana for the first time before age 13 years		5.7	6.6			10.1	9.4	8.5	7.2	6.5	No	Yes
Percentage of students who used marijuana one or more times during the past 30 days		14.4	21.6			21.0	24.3	21.6	19.1	19.1	No	Yes
Percentage of students who used marijuana on school property one or more times during the past 30 days		4.3	6.0			4.0	3.0	3.9	3.8	3.4	Yes	No
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life		5.1	5.4			8.4	11.2	9.3	8.1	5.9	Yes	Yes

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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			21.8			16.5	16.9	13.9	14.8	12.1	Yes	No	
Percentage of students who used heroin one or more times during their life						2.5	2.9	2.7	2.7	1.9	No	No	
Percentage of students who used methamphetamines one or more times during their life						10.0	8.3	6.6	5.4	3.2	Yes	No	
Percentage of students who used ecstasy one or more times during their life							11.0	7.5	7.7	6.0	Yes	No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life		3.5	1.8			5.3	5.3	3.8	3.9	3.2	No	Yes	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life			1.7			2.0	2.3	1.6	2.3	1.7	No	No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months		29.8	33.6			32.6	33.2	27.4	28.7	31.2	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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							44.1	42.2	44.5	43.7	No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years							5.2	3.8	4.1	4.3	No	No	
Percentage of students who had sexual intercourse with four or more people during their life							11.8	10.6	10.8	10.5	No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months							31.5	32.0	33.6	31.6	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							20.6	24.3	24.2	22.7	No	No	
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							58.8	59.7	61.0	61.8	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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)**						12.6	14.1	12.6	13.4	11.9	No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**						11.9	9.9	11.0	10.9	10.7	No	No
Percentage of students who described themselves as slightly or very overweight		34.6	31.3			32.0	30.6	29.9	27.8	26.9	Yes	No
Percentage of students who were trying to lose weight		41.6	44.5			46.6	44.9	46.0	48.5	48.2	Yes	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days			52.2			62.0	62.8	63.4	67.0	64.1	Yes	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								43.3	44.6	41.6	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						8.4	8.4	6.2	7.6	5.0	Yes	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days			5.2			5.0	5.8	4.8	4.8	4.3	No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days									71.5	75.4	Yes	
Percentage of students who ate fruit one or more times during the past seven days									80.5	84.9	Yes	

*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 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										58.8	63.2	No	
Percentage of students who ate potatoes one or more times during the past seven days										71.5	72.2	No	
Percentage of students who ate carrots one or more times during the past seven days										43.6	42.4	No	
Percentage of students who ate other vegetables one or more times during the past seven days										84.7	85.5	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										13.1	14.0	No	
Percentage of students who ate fruits two or more times per day during the past seven days										21.5	24.9	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										39.1	35.3	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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								48.4	48.4	51.4	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								25.7	23.6	26.4	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									19.5	21.3	No		

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Carolina 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								16.2	18.6	19.9	Yes	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								8.6	9.9		No		

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		97.2	95.3			89.0	95.5	90.6	94.1	91.7	Yes	Yes	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else		16.5	8.5			9.7	12.1	9.1	9.3	8.2	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		35.0	26.4			22.9	27.2	28.2	24.9	19.7	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		10.5	9.3			5.5	6.6	7.6	5.4	5.7	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		27.3	19.3			13.4	14.6	18.0	17.3	14.5	Yes	Yes	
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		13.4	7.1			4.4	6.4	7.2	6.5	3.5	Yes	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		5.2	6.2			13.2	8.3	8.2	8.3	6.5	No	Yes	
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		10.2	9.8			4.9	7.3	10.9	7.2	5.8	Yes	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		41.2	29.7			30.0	33.0	34.8	33.5	32.5	No	Yes
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		5.3	3.1			1.7	3.5	5.0	3.4	3.8	No	No
Percentage of students who were in a physical fight on school property one or more times during the past 12 months		18.1	14.2			12.9	15.7	14.3	11.4	10.3	Yes	No
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months								16.4	15.4	13.4	No	No
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								13.7	9.8	10.7	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						30.3	30.0	28.3	24.8	26.2	Yes	No
Percentage of students who seriously considered attempting suicide during the past 12 months		19.7	13.8			13.4	15.7	16.1	8.9	12.0	Yes	No
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								12.8	7.7	9.7	No	Yes
Percentage of students who actually attempted suicide one or more times during the past 12 months								15.7	12.6	10.4	No	No

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		24.6	17.3			21.2	20.0	19.8	15.7	11.4	Yes	Yes
Percentage of students who smoked cigarettes on one or more of the past 30 days		18.9	18.6			19.2	15.4	17.3	14.8	11.0	Yes	No
Percentage of students who smoked cigarettes on 20 or more of the past 30 days		4.2	4.9			8.4	6.5	5.2	4.3	3.8	No	Yes

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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		34.1	25.2			24.5	25.2	24.2	20.2	21.8	Yes	No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days		42.4	31.4			28.7	30.3	35.4	27.2	27.8	Yes	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		14.4	13.4			12.2	10.3	15.1	10.1	10.0	Yes	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									39.3	40.7	No		
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days		5.7	5.9			4.0	3.4	5.2	3.8	4.6	No	No	
Percentage of students who used marijuana one or more times during their life		28.7	34.1			42.7	46.9	42.6	38.8	39.0	Yes	Yes	
Percentage of students who tried marijuana for the first time before age 13 years		8.3	4.0			10.2	12.7	9.7	8.3	9.7	Yes	No	
Percentage of students who used marijuana one or more times during the past 30 days		15.0	20.6			20.3	24.6	21.7	19.7	21.4	No	No	
Percentage of students who used marijuana on school property one or more times during the past 30 days		4.9	5.8			5.5	4.5	4.0	4.5	4.0	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	2.5			2.3	1.9	4.6	1.9	2.8	No	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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 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			13.6			7.6	11.5	7.4	10.0	9.4	No	No	
Percentage of students who used heroin one or more times during their life						1.3	2.4	3.7	1.1	2.7	No	No	
Percentage of students who used methamphetamines one or more times during their life						2.1	2.6	5.7	1.5	2.3	No	No	
Percentage of students who used ecstasy one or more times during their life							4.8	7.0	1.6	2.6	Yes	No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life		2.7	2.1			3.4	3.8	3.9	1.7	3.7	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			1.0	2.1	3.0	1.4	2.5	No	No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months		26.5	20.1			33.1	27.1	26.2	26.5	26.0	No	Yes	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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							72.4	69.0	67.8	64.6		Yes	No
Percentage of students who had sexual intercourse for the first time before age 13 years							21.3	15.9	15.4	11.7		Yes	No
Percentage of students who had sexual intercourse with four or more people during their life							28.8	30.5	26.2	25.4		Yes	No
Percentage of students who had sexual intercourse with one or more people during the past three months							53.9	49.9	46.9	44.7		Yes	No
Among students who had sexual intercourse during the past three months, the percentage who drank alcohol or used drugs before last sexual intercourse							14.7	22.0	13.4	15.3		No	No
Among students who had sexual intercourse during the past three months, the percentage who used a condom during last sexual intercourse							67.9	66.6	64.2	57.2		Yes	No

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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)**						18.0	15.0	21.8	24.0	19.3	Yes	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**						15.4	17.7	17.5	15.0	18.5	No	No
Percentage of students who described themselves as slightly or very overweight		30.7	22.7			23.8	22.5	28.1	23.5	29.7	No	Yes
Percentage of students who were trying to lose weight		35.8	30.2			35.6	36.1	41.3	37.1	42.9	Yes	No
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days			34.7			50.0	53.8	56.9	50.1	58.0	Yes	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								34.5	26.5	26.2	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						7.0	6.0	6.9	7.7	5.1	No	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days			3.8			6.4	5.2	6.8	4.8	5.0	No	Yes
Percentage of students who drank 100% fruit juices one or more times during the past seven days									82.3	82.1	No	
Percentage of students who ate fruit one or more times during the past seven days									76.0	76.6	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 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										43.9	41.7	No	
Percentage of students who ate potatoes one or more times during the past seven days										53.4	59.6	No	
Percentage of students who ate carrots one or more times during the past seven days										22.6	21.1	No	
Percentage of students who ate other vegetables one or more times during the past seven days										76.7	78.2	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										17.5	20.2	No	
Percentage of students who ate fruits two or more times per day during the past seven days										31.9	30.3	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										7.2	9.3	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	29.4	No	

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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								43.7	39.0	39.2	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								57.2	56.5	54.6	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									24.4	26.5	No		

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina 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								28.1	23.1	24.8	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma									11.7	12.5	No		

*Non-Hispanic.

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
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	94.6	88.7	No	No	
Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else						10.8	12.6	11.6	12.1	5.8	No	Yes	
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						34.8	27.7	27.0	28.4	26.2	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						12.8	8.6	10.3	12.7	7.6	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						20.6	12.7	14.6	19.7	20.9	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						8.1	5.5	5.0	8.5	6.0	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						18.7	7.8	8.1	11.3	11.6	No	Yes	
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						15.0	6.9	6.5	13.7	10.2	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Injury and Violence													
Percentage of students who were in a physical fight one or more times during the past 12 months						32.8	31.8	33.3	36.2	33.1	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						6.2	4.0	4.5	6.6	4.7	No	No	
Percentage of students who were in a physical fight on school property one or more times during the past 12 months						15.6	13.6	11.5	13.7	12.6	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								13.4	14.4	12.5	No	No	
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to								8.8	8.9	13.8	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						27.5	34.0	31.9	32.3	32.7	No	No	
Percentage of students who seriously considered attempting suicide during the past 12 months						17.4	21.4	15.9	17.0	13.2	No	No	
Percentage of students who made a plan about how they would attempt suicide during the past 12 months								14.3	9.0	10.4	No	No	
Percentage of students who actually attempted suicide one or more times during the past 12 months								13.7	18.3	11.7	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Tobacco Use													
Percentage of students who smoked a whole cigarette for the first time before age 13 years						34.3	28.5	13.4	23.0	18.2	Yes	No	
Percentage of students who smoked cigarettes on one or more of the past 30 days						26.5	23.3	17.4	20.2	18.7	No	No	
Percentage of students who smoked cigarettes on 20 or more of the past 30 days						11.2	6.3	5.4	11.4	5.0	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Alcohol and Other Drug Use													
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years						23.4	19.4	19.1	31.7	28.2	Yes	No	
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days						35.8	33.0	34.9	38.7	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						19.1	19.9	19.1	23.9	17.5	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									33.3	34.6	No		
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days						9.2	4.2	3.0	9.2	6.3	No	No	
Percentage of students who used marijuana one or more times during their life						44.0	29.6	31.2	36.3	36.6	No	No	
Percentage of students who tried marijuana for the first time before age 13 years						15.2	10.0	6.8	12.5	9.4	No	No	
Percentage of students who used marijuana one or more times during the past 30 days						20.2	15.1	14.5	14.5	17.7	No	No	
Percentage of students who used marijuana on school property one or more times during the past 30 days						9.4	2.2	3.4	5.9	7.1	No	Yes	
Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life						10.6	7.9	7.8	15.6	11.2	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
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						16.0	9.2	10.5	17.3	13.4	No	No	
Percentage of students who used heroin one or more times during their life						5.8	4.5	4.1	6.5	3.1	No	No	
Percentage of students who used methamphetamines one or more times during their life						13.5	4.3	5.0	7.9	6.7	No	No	
Percentage of students who used ecstasy one or more times during their life							5.5	8.0	10.6	7.5	No	No	
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life						12.8	7.7	5.7	6.6	4.4	No	No	
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life						5.0	4.8	2.9	5.9	4.4	No	No	
Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months						41.5	32.1	28.9	32.5	44.0	No	Yes	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Sexual Behaviors													
Percentage of students who ever had sexual intercourse							50.2	51.1	51.2	55.4	No	No	
Percentage of students who had sexual intercourse for the first time before age 13 years							9.4	10.9	11.6	11.2	No	No	
Percentage of students who had sexual intercourse with four or more people during their life							18.6	16.9	16.9	13.7	No	No	
Percentage of students who had sexual intercourse with one or more people during the past three months							32.4	29.6	29.3	38.2	No	No	

2009 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Carolina High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
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)**						14.4	25.6	15.5	20.0	15.4		No	No
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)**						9.1	12.8	18.3	16.7	12.8		No	No
Percentage of students who described themselves as slightly or very overweight						24.7	31.4	38.0	27.0	31.6		No	No
Percentage of students who were trying to lose weight						33.4	48.3	54.3	49.1	49.3		Yes	Yes
Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days						47.3	56.0	64.3	60.5	64.9		Yes	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								48.8	43.2	37.6		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						13.3	6.9	8.6	11.6	6.3		No	No
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days						9.9	9.4	5.8	4.0	8.8		No	No
Percentage of students who drank 100% fruit juices one or more times during the past seven days										80.1	85.5	No	
Percentage of students who ate fruit one or more times during the past seven days										83.3	87.2	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 High School Survey
Trend Analysis Report

Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Weight Management and Dietary Behaviors													
Percentage of students who ate green salad one or more times during the past seven days										52.1	58.8	No	
Percentage of students who ate potatoes one or more times during the past seven days										62.3	63.4	No	
Percentage of students who ate carrots one or more times during the past seven days										47.5	40.3	No	
Percentage of students who ate other vegetables one or more times during the past seven days										76.2	76.9	No	
Percentage of students who ate fruits and vegetables five or more times per day during the past seven days										18.4	25.0	No	
Percentage of students who ate fruits two or more times per day during the past seven days										31.3	40.0	No	
Percentage of students who ate vegetables three or more times per day during the past seven days										13.0	8.8	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										30.1	24.7	No	

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
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								35.3	34.5	36.2	No	No	
Percentage of students who watched three or more hours per day of TV on an average school day								38.5	39.3	37.3	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									20.0	21.3	No		

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Question	Prevalence Survey Year										Linear Change	Quadratic Change	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009			
Hispanic/Latino													
Other													
Percentage of students who had ever been told by a doctor or nurse that they had asthma								16.3	14.4	23.5	No	No	
Percentage of students who had been told by a doctor or nurse that they had asthma and who still have asthma								3.9	10.0	Yes			