

2009 Youth Risk Behavior Survey

Charlotte- Mecklenburg High School Students Summary Highlights



Assessing the Health of Charlotte-Mecklenburg Teens

A collaborative report supported by:
Charlotte Mecklenburg Schools
and
Mecklenburg County Health Department
Epidemiology Program

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Youth Risk Behavior Survey 2009 HIGHLIGHTS

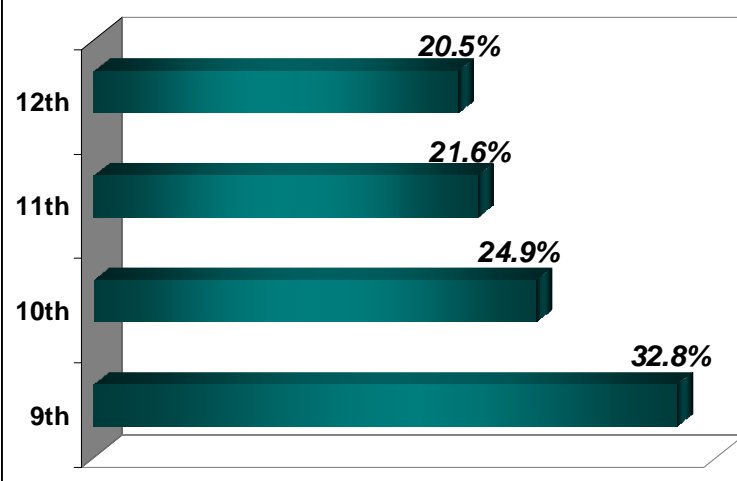
Charlotte-Mecklenburg High School Students

The Youth Risk Behavior Survey (YRBS), produced by the Centers for Disease Control and conducted every two years, assesses health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youth.

In 2009, the YRBS was completed by 1,713 students in 32 public high schools in Charlotte-Mecklenburg County. Among high school students participating in the survey:

- 51% were female
- 49% were male
- 45% were Black, non Hispanic
- 36% were White, non Hispanic
- 15% were Hispanic/ Latino
- 4% were of Other Races

**2009 YRBS: Grade Level Distribution
CMS High School Participants**



2009 Report Changes and Highlights for the Charlotte Mecklenburg– YRBS

Developmental Assets

Several new questions were added to the local CMS survey in 2007 to measure developmental assets. Developmental assets are the experiences and opportunities that all young people need to grow into healthy, responsible adults. Data from these questions were once again collected in 2009.

Bullying and Harassment

In 2009 the Centers for Disease Control modified questions on bullying. Current questions exclude the term harassment while adding a definition for bullying. Due to these changes in survey questions, caution should be used in comparing 2009 data with previous years. The 2009 YRBS report also includes a new question on cyber-bullying.

Gang Activity

A new question was added to measure gang activity in schools. Previously students were asked if they were a member of a gang. In 2009, students were also asked if they are aware of gang activity in their schools.

Positive Trends

- Reports of being bullied on school property decreased from 20% in 2007 to 16% in 2009.
- The percentage of students who reported carrying a weapon decreased from 17% in 2007 to 14% in 2009.
- Reports of cigarette smoking continue

Areas for Improvement

- Although reports of bullying have decreased, almost half of students still think that bullying by other students is a problem at their school.
- The percentage of students reporting symptoms of depression remains constant at 28%.
- Over half of students reported gang activity in their school.



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Personal Safety

	2007			2009		
	CMS	NC	US	CMS	NC	US
Rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol during the past 30 days	22%	25%	29%	23%	21%	28%
Drove a car or other vehicle when they had been drinking alcohol during the past 30 days	7%	9%	11%	6%	8%	10%
Carried a weapon such as a gun, knife, club on one or more of the past 30 days	17%	21%	18%	14%	20%	18%
Carried a weapon such as a gun, knife, club on school property on one or more of the past 30 days	4%	7%	6%	4%	5%	6%
Was in a physical fight on school property one or more times in the past 12 months	9%	10%	12%	9%	9%	11%
Have been a member of a gang during the past 12 months	10%	N/A	N/A	6%	N/A	N/A
Did not go to school because they felt they would be unsafe at school or on their way to or from school on one or more of the past 30 days	5%	7%	6%	5%	6%	5%

Bullying and Harassment

	2007			2009		
	CMS	NC	US	CMS	NC	US
Had ever been bullied on school property during the past 12 months	20%	22%	N/A	16%	17%	20%
Have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 12 months	21%	20%	N/A	27%	N/A	N/A
Have been the victim of teasing or name calling because of their race or ethnic background during the past 12 months	14%	N/A	N/A	18%	N/A	N/A
Agree or strongly agree that harassment and bullying by other students is a problem at their school	40%	43%	N/A	45%	N/A	N/A
Have been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging during the past 12 months	N/A	N/A	N/A	12%	14%	N/A



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High School Students*

Psychological Health

	2007			2009		
	CMS	NC	US	CMS	NC	US
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%	27%	29%	28%	27%	26%
Seriously considered attempting suicide in the past 12 months	12%	13%	15%	14%	13%	14%
Made a plan about how they would attempt suicide in the past 12 months	10%	10%	11%	10%	10%	11%
Attempted suicide one or more times in the past 12 months	13%	13%	7%	14%	10%	6%
Would most likely talk to a teacher or other adult in this school when they feel sad, empty, hopeless, angry or anxious	N/A	N/A	N/A	2%	1%	N/A

Substance Abuse

	2007			2009		
	CMS	NC	US	CMS	NC	US
Smoked cigarettes on one or more of the past 30 days	15%	23%	20%	13%	18%	20%
Had at least one drink of alcohol on one or more days of the past 30 days	34%	38%	45%	33%	35%	42%
Had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days (binge drinking)	16%	21%	26%	14%	19%	24%
Had at least one drink of alcohol on school property on one or more of the past 30 days	6%	5%	4%	4%	4%	5%
Used marijuana one or more times during the past 30 days	20%	19%	20%	21%	20%	21%
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	12%	14%	13%	11%	12%	12%

Sexual Behavior

	2007			2009		
	CMS	NC	US	CMS	NC	US
Ever had sexual intercourse	47%	52%	48%	50%	51%	46%
Had sexual intercourse for the first time before age 13 years	9%	8%	7%	8%	8%	6%
Had sexual intercourse with one or more people during the past three months	33%	38%	35%	35%	37%	34%
Had sexual intercourse with four or more people during their lifetime	16%	16%	15%	17%	16%	14%
Among those who had sexual intercourse, used a condom during last sexual intercourse	67%	62%	62%	66%	61%	61%



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Weight Management/Nutrition

	2007			2009		
	CMS	NC	US	CMS	NC	US
Are overweight (at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)	17%	17%	16%	17%	15%	16%
Are obese (at or above the 95th percentile for body mass index, by age and sex)	10%	13%	13%	12%	13%	12%
Described themselves as slightly or very overweight	24%	26%	29%	28%	28%	28%
Are trying to lose weight	40%	45%	45%	44%	46%	44%
Ate breakfast on seven of the past seven days	33%	32%	N/A	34%	34%	N/A

Physical Activity

	2007			2009		
	CMS	NC	US	CMS	NC	US
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	43%	44%	35%	43%	46%	37%
Attended physical education (PE) classes on one or more days in an average week when they are in school	40%	42%	54%	46%	N/A	56%
Attended physical education (PE) classes daily in an average week when they are in school	22%	29%	30%	26%	N/A	33%
Spend more than 20 minutes actually exercising or playing sports during an average physical education (PE) class	N/A	N/A	N/A	51%	N/A	N/A
Watched three or more hours per day of TV on an average school day	37%	35%	35%	42%	36%	33%
Played video games 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%	21%	25%	26%	24%	25%

Selected Health Issues

	2007			2009		
	CMS	NC	US	CMS	NC	US
Had ever been told by a doctor or nurse that they had asthma	18%	20%	20%	19%	22%	22%
Last saw a doctor or nurse during the past 12 months for a check up or physical exam when they were not sick or injured	61%	60%	N/A	62%	64%	N/A
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	66%	67%	N/A	67%	69%	N/A
Get eight or more hours of sleep on an average school night	23%	19%	N/A	21%	29%	31%



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Assets for Healthy Youth Developments

	2007			2009		
	CMS	NC	US	CMS	NC	US
Agree or strongly agree that their parents or other adults in the students' family have clear rules and standards for the students' behavior	85%	N/A	N/A	87%	N/A	N/A
Have one or more adults besides their parents that they would feel comfortable seeking help from if they had an important question affecting their life	N/A	N/A	N/A	85%	N/A	N/A
Alone after school without a parent or trusted adult three or more hours on an average school day	33%	32%	N/A	33%	26%	N/A
Agree or strongly agree that they feel good about themselves	75%	75%	N/A	82%	77%	N/A
Agree or strongly agree that in their community they feel like they matter to people	46%	N/A	N/A	42%	N/A	N/A
Participate in any extracurricular activities at school such as sports, band, drama, or clubs	58%	62%	N/A	59%	N/A	N/A
Think they definitely will complete a post high school program such as vocational training program, military service, community college or 4-year college	71%	N/A	N/A	61%	N/A	N/A

NOTES

- **N/A:** Data for health indicator was not collected during this particular year.
- National, state, and local school-based survey data apply only to youth who attend school and, therefore, are not representative of all persons in this age group.
- With the exception of a few questions, survey data for Developmental Assets were collected locally.