

2009 Youth Risk Behavior Survey

Charlotte- Mecklenburg Middle School Students Summary Highlights



Assessing the Health of Charlotte-Mecklenburg Adolescents

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

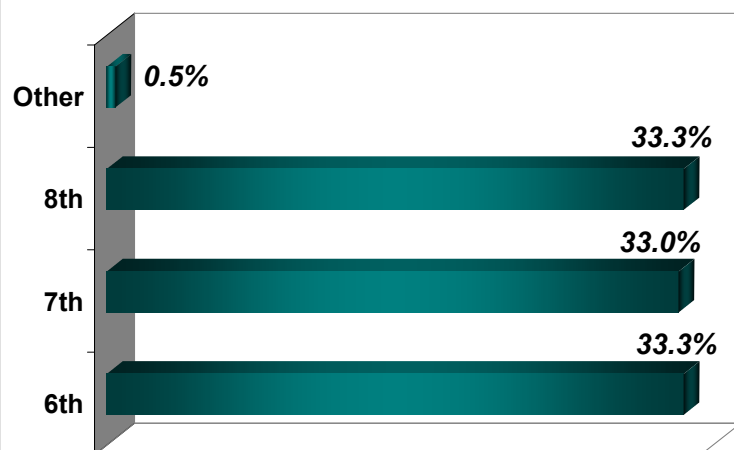
Charlotte-Mecklenburg Middle School Students

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 administered in 33 public middle schools in Charlotte-Mecklenburg County. Among the 2,791 middle school students participating:

- 49% were female
- 51% were male
- 44% were Black, non Hispanic
- 33% were White, non Hispanic
- 19% were Hispanic/ Latino
- 4% were of Other Races

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



2009 Data Highlights for the Charlotte Mecklenburg– Middle School YRBS

The survey content of the Middle and High School YRBS are similar with the exception that questions used in the middle school survey are worded differently to reflect appropriate reading levels of students. Participants in the survey completed a self-administered, anonymous questionnaire. Local parental permission procedures were followed before survey administration.

Organization of the Data

Survey data is divided into 9 categories:

- Personal Safety
- Bullying and Harassment
- Psychological Health
- Substance Abuse
- Sexual Behavior
- Weight Management and Nutrition
- Physical Activity
- Selected Health Issues
- Assets for Healthy Youth Development

Positive Trends



- Reports of never or rarely wearing a seat belt declined from the previous year.
- 65% of students have at least one teacher or other adult in school they could talk to if they had a problem.

Areas for Improvement



- The percentage of students reporting being bullied on school property increased from 26% in 2007 to 39% in 2009.
- One out of every five students reported seriously thinking about killing themselves.
- A third of students reported ever having had a drink of alcohol other than a few sips.



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The first local YRBS was administered in 2005 but only included Charlotte-Mecklenburg high school students. In the spring of 2007 the YRBS was administered to both middle and high school students. The results of the 2009 middle school survey show some encouraging findings, but also point to behavior practices among middle school youth that could result in serious health consequences.

Personal Safety

	2007		2009	
	CMS	NC	CMS	NC
Among students who rode a bicycle, never or rarely wore a bicycle helmet in the past year	69%	77%	74%	76%
Ever rode in a car driven by someone who had been drinking alcohol	27%	27%	28%	27%
Ever carried a weapon such as a gun, knife, club	30%	37%	31%	39%
Did not go to school because they felt unsafe at school or on their way to or from school	4%	6%	10%	4%
Had property, such as their clothing, or books stolen or deliberately damaged on school property one or more times in the past 12 months	32%	28%	32%	28%

Bullying and Harassment

	2007		2009	
	CMS	NC	CMS	NC
Ever been bullied on school property	26%	27%	39%	42%
Have ever bullied someone else on school property	N/A	N/A	34%	N/A
Have been the victim of teasing or name calling because of their weight, size, or physical appearance	35%	33%	52%	N/A
Have been the victim of teasing or name calling because of their race or ethnic background	15%	N/A	27%	N/A
Have ever been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging	N/A	N/A	18%	21%
Agree or strongly agree that harassment and bullying by other students is a problem at their school	53%	54%	59%	N/A

Psychological Health

	2007		2009	
	CMS	NC	CMS	NC
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	21%	23%	23%	23%
Seriously thought about killing themselves	18%	22%	20%	19%
Made a plan about how they would kill themselves	13%	16%	14%	13%
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	3%	N/A



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Substance Abuse

	2007		2009	
	CMS	NC	CMS	NC
Smoked cigarettes on one or more days in the past 30 days	7%	12%	6%	8%
Ever had a drink of alcohol, other than a few sips	29%	34%	33%	30%
Ever used marijuana	11%	12%	12%	10%
Agree or strongly agree that illegal drugs are a problem at their school	33%	32%	36%	29%
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%	14%	12%	12%

Sexual Behavior

	2007		2009	
	CMS	NC	CMS	NC
Have ever been taught about abstaining from sexual activity	74%	68%	N/A	66%
Parents or other adults in the students' family ever talked with the students about what they expect the students to do or not to do when it comes to sex	65%	62%	N/A	N/A
Have ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts	47%	44%	N/A	49%
Had ever been taught in school about AIDS or HIV infection	79%	71%	75%	69%

Weight Management/Nutrition

	2007		2009	
	CMS	NC	CMS	NC
Described themselves as slightly or very overweight	21%	23%	24%	26%
Are trying to lose weight	40%	44%	43%	46%
Ate breakfast on seven of the past seven days	43%	41%	50%	88%

Selected Health Issues

	2007		2009	
	CMS	NC	CMS	NC
Ever been told by a doctor or nurse that they had asthma	17%	20%	18%	19%
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	56%	52%	57%	58%
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	64%	57%	61%	63%
Get eight or more hours of sleep on an average school night	63%	30%	60%	58%



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Physical Activity

	2007		2009	
	CMS	NC	CMS	NC
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	57%	55%	51%	60%
Attended physical education (PE) classes on one or more days in an average week when they are in school	68%	79%	69%	N/A
Attended physical education (PE) classes daily in an average week when they are in school	13%	37%	7%	N/A
Played on one or more sports teams during the past 12 months	60%	61%	60%	62%
Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	22%	25%	27%	26%
Watched three or more hours per day of TV on an average school day	44%	44%	45%	38%

Assets for Healthy Youth Developments

	2007	2009
	CMS	CMS
Parents have rules about what the students do on the Internet	65%	62%
Parents have rules about what the students watch on TV	47%	47%
Agree or strongly agree that their parents or other adults in the students' family have clear rules and standards for the students' behavior	84%	85%
Agree or strongly agree that their school has clear rules and consequences for behavior	78%	N/A
Agree or strongly agree that they feel good about themselves	77%	82%
There was at least one teacher or other adult in this school that they could talk to if they had a problem	68%	65%
Agree or strongly agree that in their community they feel like they matter to people	51%	53%

NOTES

- **N/A:** Data for health indicator was not collected during this particular year.
- 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.
- Survey data for Developmental Assets in Middle School students were collected locally. State and National comparisons are not available.