

# 2017

# Charlotte Mecklenburg Youth Risk Behavior Survey

## HIGH SCHOOL TREND REPORT



A collaborative report from

**Charlotte Mecklenburg Schools and  
Mecklenburg County Health Department**

2017

# Charlotte Mecklenburg Youth Risk Behavior Survey

## Introduction

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.

The survey measures behaviors such as: unintentional injuries and violence; tobacco, alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies; nutrition; and physical activity. The YRBS also measures self-reported height and weight to allow calculation of body mass index.

## Demographic Profiles

The first YRBS was administered in 2005 and included 18 high schools in the county. While participation varies from year to year, the survey has expanded. The 2017 Charlotte-Mecklenburg YRBS was administered in 28 schools to 2,233 high school students.

<b>Characteristics of Students Participating in Charlotte-Mecklenburg High School YRBS</b> Total Number of Student Surveyed 2,233		
Gender	Number	Weighted Percentage
Male	1061	50.3%
Female	1151	49.7%
Race/Ethnicity		
Asian	126	3.8%
Black	686	41.4%
Hispanic/Latino	521	20.2%
White	655	29.7%
All other races	22	0.7%
Multiple races	145	4.3%
Grade		
9th	666	28.6%
10th	582	27.0%
11th	557	22.9%
12th	402	21.0%
Ungraded or other grade	8	0.6%
Age Group		
≤ 15 years	864	37.8%
16-17 years	1097	48.7%
≥ 18 years	262	13.6%

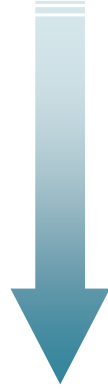
## Trends for Select Health Indicators

### 2017 Positive Trends



- Reports of being bullied on school property decreased from 20% in 2007 to 17% in 2017.
- Reports of drinking while driving decreased from 7.5% in 2013 to 4.3% in 2017.
- Cigarette smoking continues to decline among students, from 15% in 2007 to approximately 8% in 2017.
- Reports of alcohol consumption has decreased slightly from 33% in 2009 to 25% in 2017.
- Ever having sexual intercourse has decreased by 20% to 38% in 2017.
- Watching TV more than 3 hours a day decreased by almost 40%.

### 2017 Areas for Improvement



- Although reports of bullying have decreased, almost half of students have seen other students being bullied at their school.
- More than 30% of students reported feeling sad or hopeless so they stopped doing some usual activities.
- Students who seriously considered suicide and those who made a plan about how they would attempt suicide has increased in the past 10 years.
- Over 20% of students reported having used marijuana one or more times in the past month.
- Use of a computer more than 3 hours a day for something that wasn't for school work increased by almost 50% in the past 10 years.

# Charlotte-Mecklenburg HIGH SCHOOL Students

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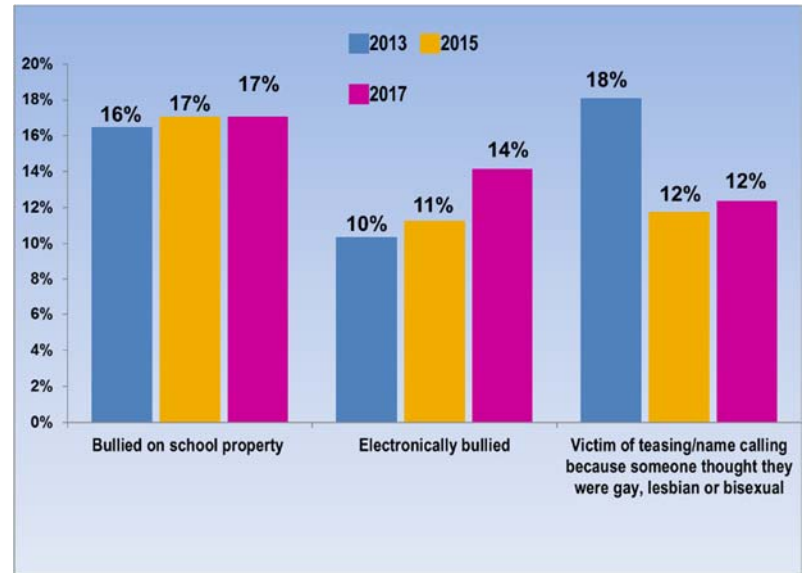


## Bullying on School Property

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 2007 data with other years of information.

- The percentage of teens who reported being bullied on school property remained stable to around 17%.
- Reports of being electronically bullied increased slightly from 10% in 2013 to 14% in 2017.
- Almost half of students report having seen other students being bullied in their school.

Figure 1. Bullying and Harassment



## Bullying and Harassment

	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Been bullied on school property in the past 12 months	16%	17%	20%	19%	21%	20%	16%	19%	20%	17%	16%	20%	17%	19%	19%
Have ever been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual*	N/A						10%	11%	N/A	12%	12%	N/A	12%	13%	N/A
Have been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging in the past month	12%	14%	N/A	16%	16%	16%	10%	13%	15%	11%	12%	16%	14%	14%	15%
Have seen other students being bullied in their school in the past month*	N/A						N/A	59%	N/A	52%	53%	N/A	48%	51%	N/A

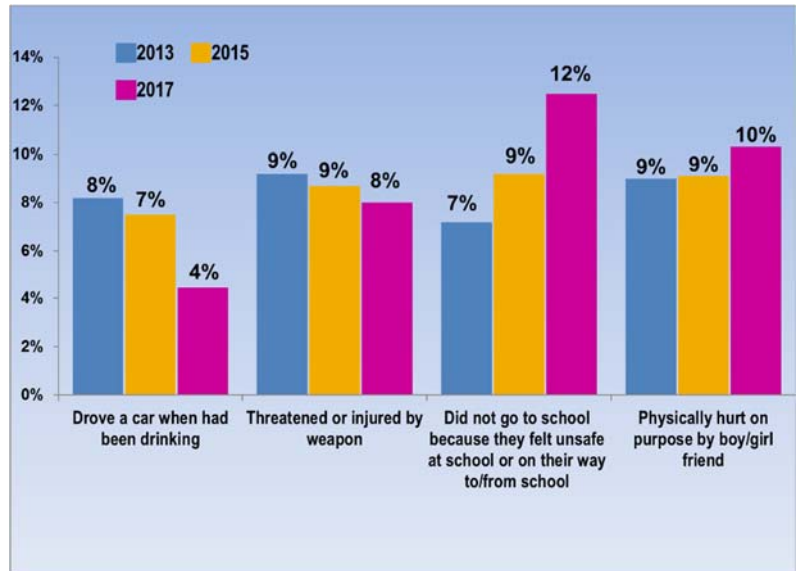
\*Data not available for 2009 and 2011

## Unintentional Injury and Violence

In 2013 dating and intimate partner violence questions were modified to include persons teens were dating or going out with on one or more times during the past 12 months. Prior to this time, dating/intimate partner violence was surveyed through abuse perpetrated by boyfriends or girlfriends of teens. Due to these changes, data from 2007 through 2011 are not directly comparable to 2013.

- Teens reporting never or rarely wearing a seat belt while riding in a car decreased from 11% in 2011 to 7% in 2017.
- Physical fighting decreased from 31% in 2009 to 25% in 2017.
- Nearly a third of teens reported either texting or emailing while driving a car or other vehicle within the past month.
- Students who reported not going to school because they felt unsafe increased from 5% in 2009 to 12% in 2017.

Figure 2. Unintentional Injury and Violence



- Domestic violence among teens remains an issue of concern. In 2017, 10% of teens reported being physically hurt by someone they were dating or going out with one or more times in the past 12 months.

### Unintentional Injury and Violence

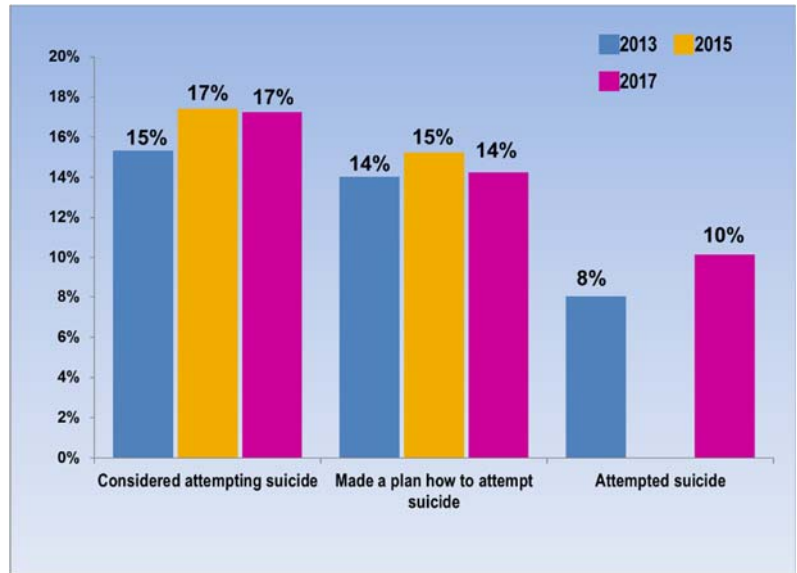
	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Never or rarely wore a seat belt when riding in a car driven by someone else	8%	7%	10%	11%	8%	8%	7%	7%	8%	7%	7%	6%	7%	7%	6%
Rode in a car driven by someone who had been drinking alcohol in the past month	23%	21%	28%	24%	21%	24%	24%	19%	22%	22%	17%	20%	19%	15%	17%
Drove a car or other vehicle when they had been drinking alcohol in the past month	6%	8%	10%	8%	6%	8%	8%	6%	10%	7%	4%	8%	4%	4%	6%
Texted or emailed while driving in the past month	N/A			30%	35%	33%	39%	34%	41%	35%	38%	42%	33%	25%	39%
Carried a weapon such as a gun, knife, club in the past month	14%	20%	18%	16%	21%	17%	13%	21%	18%	13%	19%	16%	14%	18%	16%
Had been threatened or injured by a weapon in the past 12 months	8%	7%	8%	10%	9%	7%	9%	7%	7%	9%	5%	6%	8%	7%	6%
Been in a physical fight in the past 12 months	31%	29%	32%	32%	28%	33%	26%	24%	25%	22%	21%	23%	25%	22%	24%
Physically hurt on purpose by their boyfriend or girlfriend in the past 12 months	N/A						9%	9%	10%	9%	8%	10%	10%	6%	8%
Did not go to school because they felt unsafe at school or on their way to or from school in the past month	5%	6%	5%	8%	7%	6%	7%	7%	7%	9%	6%	6%	12%	10%	7%



### Psychological Health

- Approximately 31% of teens reported not doing some regular activities during the past year because they felt sad or hopeless almost every day for two weeks or more in a row.
- Teens reporting that they considered attempting suicide increased from 15% in 2007 to 17% in 2015.
- About 10% of students reported having attempted suicide.

Figure 3. Psychological Health



Psychological Health	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	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%	26%	30%	28%	29%	29%	29%	30%	32%	26%	30%	31%	29%	32%
Seriously considered attempting suicide in the past 12 months	14%	13%	14%	15%	14%	16%	15%	17%	17%	17%	16%	18%	17%	16%	17%
Made a plan about how they would attempt suicide in the past 12 months	10%	10%	11%	13%	14%	13%	14%	13%	14%	14%	14%	15%	14%	14%	14%
Attempted suicide one or more times in the past 12 months	14%	10%	6%	15%	5%	8%	8%	N/A	8%	N/A	9%		10%	8%	7%

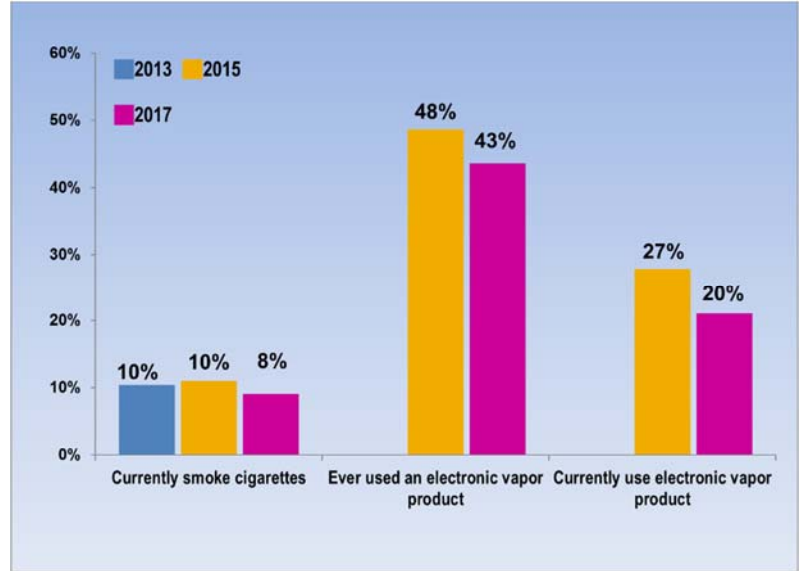
\*Attempted suicide data not available for years 2013 and 2015.

## Tobacco Use

In 2015, questions about use of electronic vapor products (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens) were added to the survey.

- Cigarette smoking continues to decline among students, from 13% in 2009 to almost 8% in 2017.
- More than 40% of students report ever having used an electronic vapor product.
- Approximately 20% of students report currently using an electronic vapor product.

Figure 4. Tobacco Use

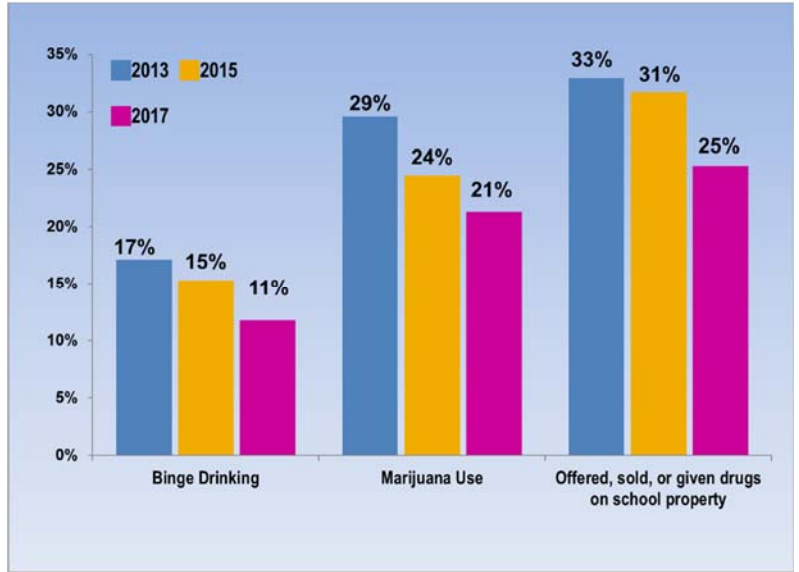


Tobacco Use	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Smoked cigarettes on one or more days in the past 30 days	13%	18%	20%	14%	18%	10%	10%	15%	16%	10%	13%	11%	8%	12%	9%
Ever used an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens)	N/A						48%	49%	45%	43%	44%	42%			
Currently use an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens)	N/A						27%	30%	24%	20%	22%	13%			

**Substance Abuse**

- Binge drinking among teens decreased slightly between 2009 and 2017 (14% to 11%).
- Marijuana use decreased among teens from 2013 to 2017 from 29% in 2013 to 21% in 2017.
- Approximately 25% of teens reported having been offered, sold or given drugs on school property, down from about 38% in 2011.

Figure 5. Substance Abuse



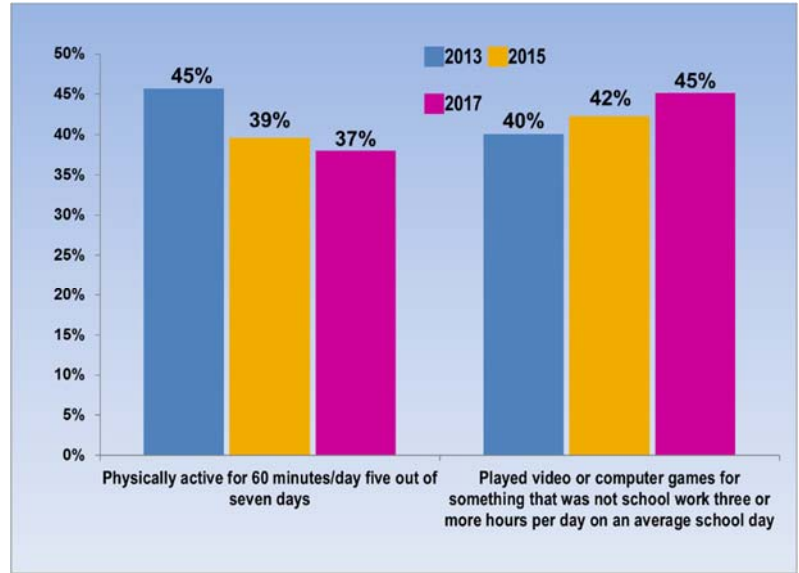
**Substance Abuse**

	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Had at least one drink of alcohol on one or more days in the past 30 days	33%	35%	42%	34%	34%	39%	34%	32%	35%	32%	29%	33%	25%	27%	30%
Had 5 or more drinks of alcohol in a row within a couple of hours (binge drinking) in the past month	14%	19%	24%	16%	18%	22%	17%	15%	21%	15%	13%	18%	11%	12%	14%
Used marijuana one or more times in the past month	21%	20%	21%	28%	24%	40%	29%	23%	23%	24%	22%	22%	21%	19%	20%
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	11%	12%	12%	12%	11%	11%	10%	8%	9%	8%	8%	7%	10%	9%	6%
Offered, sold, or given an illegal drug by someone on school property in the past 12 months	38%	30%	23%	38%	30%	26%	33%	24%	22%	31%	25%	22%	25%	22%	20%

## Physical Activity

- The percentage of teens who reported being physically active for 60 minutes per day on five out of seven days increased from about 43% in 2009 to 37% in 2017.
- Over 40% of teens reported playing video/computer games or used a computer for something that was not school work three or more hours per day on an average school day in 2015, an increase of more than 70% from 2009 (26%).
- About 26% of teens reported watching three or more hours of TV per day on an average school day.

Figure 6. Physical Activity



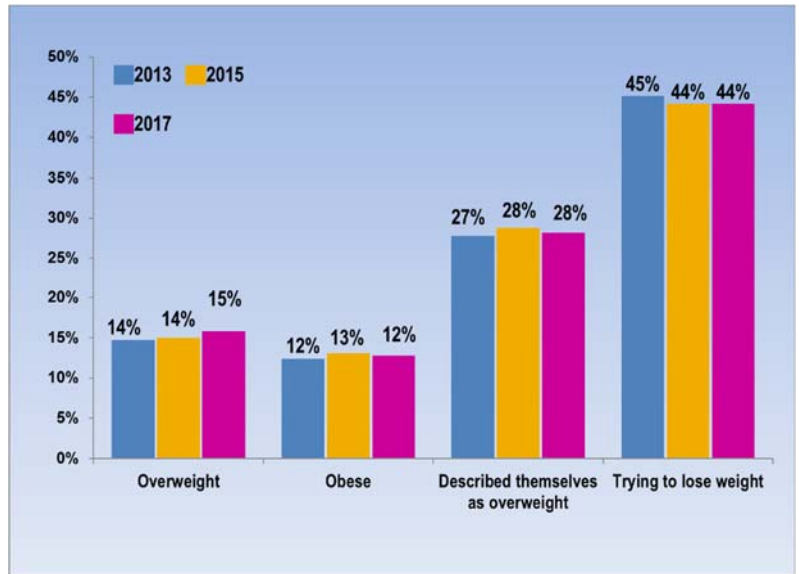
## Physical Activity

	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	43%	46%	37%	40%	48%	50%	45%	47%	47%	39%	43%	49%	37%	42%	47%
Attended physical education (PE) classes on one or more days in an average week when they are in school	46%	N/A	56%	36%	N/A	52%	40%	N/A	48%	37%	40%	52%	38%	40%	52%
Attended physical education (PE) classes daily in an average week when they are in school	26%	N/A	33%	18%	N/A	32%	19%	N/A	29%	18%	25%	30%	19%	25%	30%
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	26%	24%	25%	34%	28%	31%	40%	42%	41%	42%	42%	42%	45%	42%	43%
Watched three or more hours per day of TV on an average school day	42%	36%	33%	37%	35%	32%	37%	33%	33%	29%	31%	25%	26%	23%	21%

## Weight Management and Nutrition

- Body weight perception is an important predictor of weight control behaviors among teenagers. Teens who incorrectly judge their body weight may practice unhealthy weight control measures to lose weight or place themselves at greater risk for obesity.
  - According to BMI data, 15% of teens were reported as being overweight and 12% are obese. However, 28% of teens described themselves as slightly or very overweight.
  - 44% of teens reported that they are trying to lose weight.

Figure 7. Weight Management and Nutrition



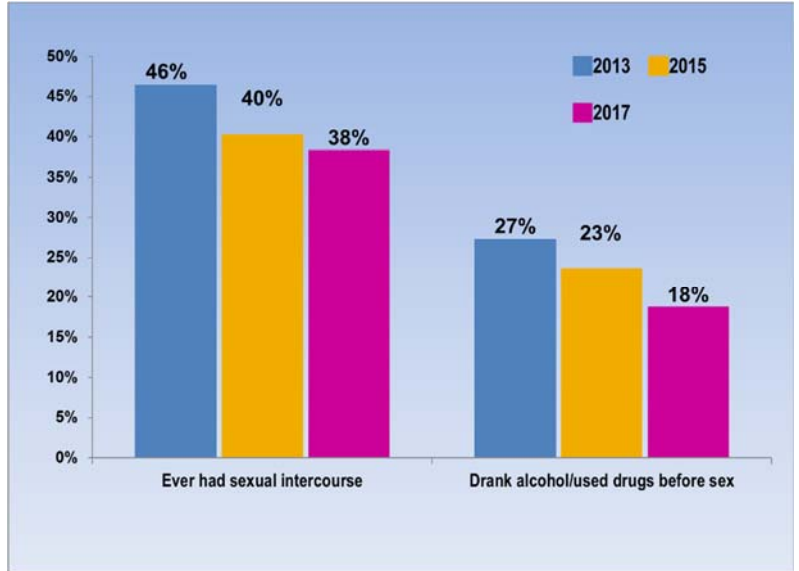
### Weight Management

	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Overweight (at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)	17%	15%	16%	15%	16%	15%	14%	15%	17%	14%	16%	16%	15%	16%	16%
Obese (at or above the 95th percentile for body mass index, by age and sex)	11%	13%	12%	13%	13%	13%	12%	13%	14%	13%	16%	14%	12%	15%	15%
Described themselves as slightly or very overweight	28%	28%	28%	26%	27%	29%	27%	29%	31%	28%	28%	32%	28%	30%	32%
Are trying to lose weight	44%	46%	44%	42%	45%	46%	45%	46%	48%	44%	46%	46%	44%	44%	47%

## Sexual Behavior

- Approximately 38% of teens reported ever having had sexual intercourse.
- Over one fourth of students surveyed had sexual intercourse with one or more people in the past three months.
- In 2017, 8% of teens reported having had sexual intercourse with four or more people in their lifetime. This was a decrease, down from 20% in 2011.
- Approximately 13% of teens described themselves as gay, lesbian or bisexual.

Figure 8. Sexual Behavior



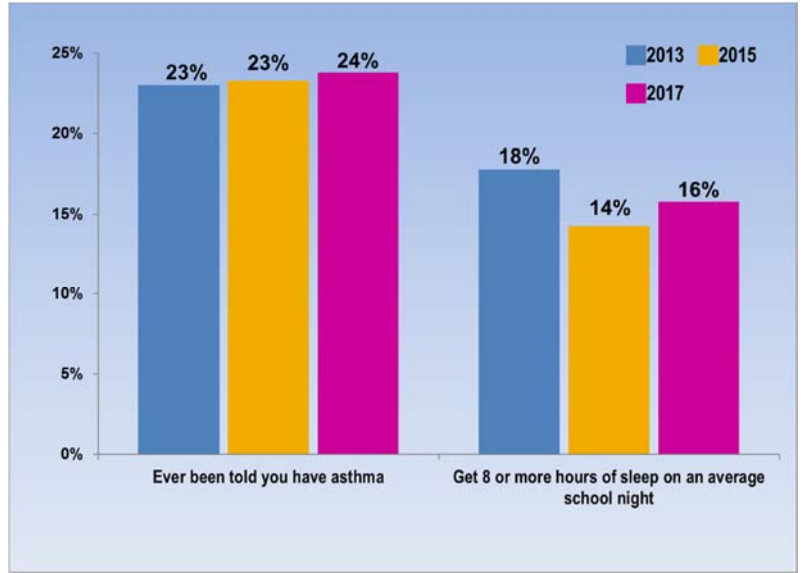
## Sexual Behavior

	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Ever had sexual intercourse	50%	51%	46%	50%	49%	47%	46%	47%	47%	40%	44%	41%	38%	38%	40%
Currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	35%	37%	34%	35%	35%	34%	31%	32%	34%	26%	33%	30%	25%	25%	29%
Had sexual intercourse with four or more people during their lifetime	17%	13%	14%	20%	17%	15%	16%	15%	15%	12%	13%	12%	8%	9%	10%
Drank alcohol or used drugs before last sexual intercourse	19%	28%	22%	26%	25%	22%	16%	21%	22%	12%	17%	21%	18%	N/A	19%
Parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex	78%	46%	N/A	N/A	77%	N/A	27%	73%	N/A	67%	70%	N/A	64%	61%	N/A

### Selected Health Conditions

- In 2017 about 24% of teens reported ever being told that they have asthma. This was an increase from 2007 when the percentage was 19%.
- The percent of teens reporting 8 or more hours of sleep on an average school night has declined from 21% in 2009 to 16% in 2017.

Figure 8. Selected Health Conditions



### Selected Health Conditions

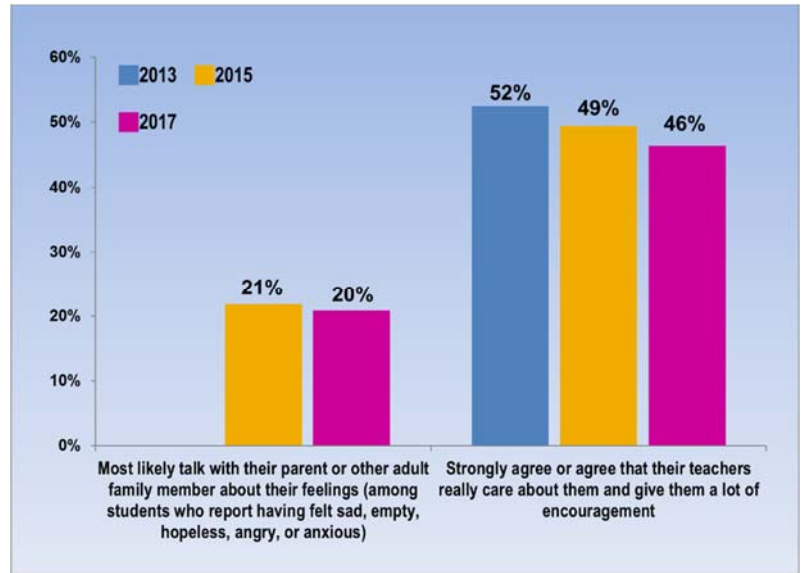
	2009			2011			2013			2015			2017		
	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US	Meck	NC	US
Ever been told by a doctor or nurse that they had asthma	19%	22%	22%	24%	23%	23%	23%	24%	21%	23%	26%	23%	24%	25%	23%
Get eight or more hours of sleep on an average school night	21%	29%	31%	21%	N/A	31%	18%	28%	32%	14%	25%	27%	16%	24%	25%

## Developmental Assets

Developmental assets are the experiences and opportunities that all young people need to grow into healthy, responsible adults. Research has shown that the more assets young people, the less likely they are to engage in high-risk behaviors.

- The percentage of teens who reported that their teachers really care about them and give them a lot of encouragement decreased slightly from 52% in 2009 to almost 46% in 2017.
- Almost 70% of students report that they feel good about themselves.
- Among students who report having felt sad, empty, hopeless, angry, or anxious, 20% will most likely talk with their parent or other adult family member about their feelings.

Figure 9. Developmental Assets



Developmental Assets	2013		2015		2017	
	Meck	NC	Meck	NC	Meck	NC
Strongly agree or agree that they feel good about themselves	76%	75%	69%	71%	69%	68%
Disagree or strongly disagree they they feel alone in their life	N/A	67%	58%	61%	56%	57%
Most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)	N/A	18%	21%	22%	20%	22%
Strongly agree or agree that their teachers really care about them and give them a lot of encouragement	52%	59%	49%	55%	46%	55%
Are alone without a parent or adult three or more hours per day on an average school day	35%	27%	33%	24%	34%	25%

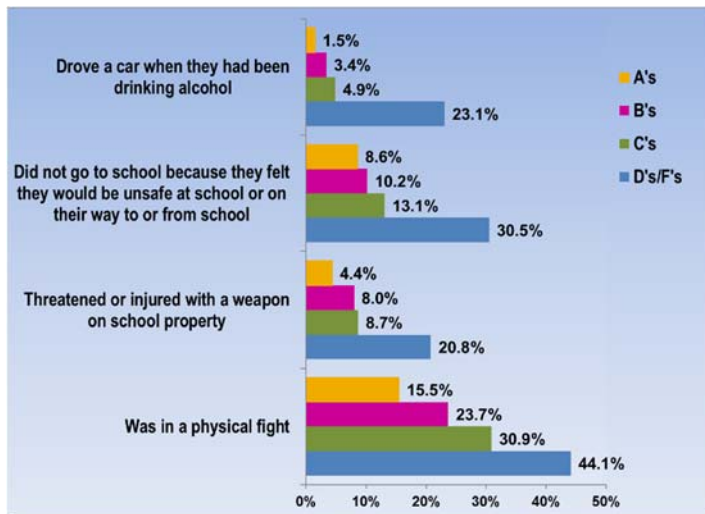


# **Charlotte-Mecklenburg HIGH SCHOOL Students**

## Health Behaviors and Academics

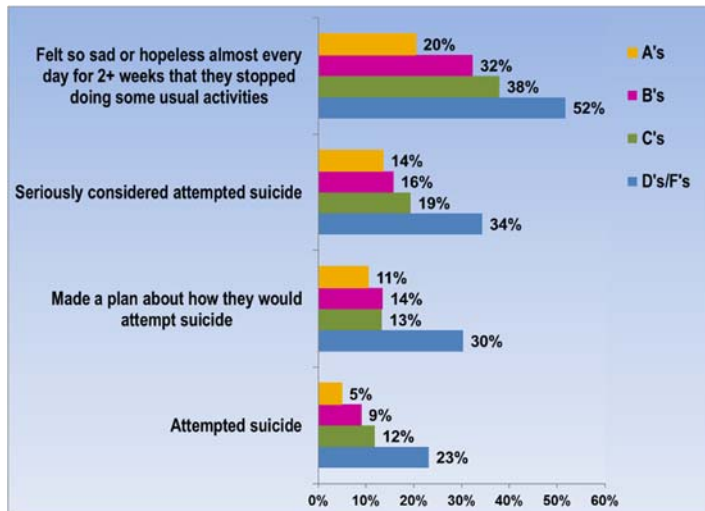
Data from the 2017 Charlotte Mecklenburg High School Youth Risk Behavior Survey suggest that students who report high academic achievement are less likely to engage in risk behaviors than those students who report lower academic achievement. However, it is important to note that the association between academic achievement and risk behaviors do not necessarily prove causation.

### Unintentional Injury and Violence



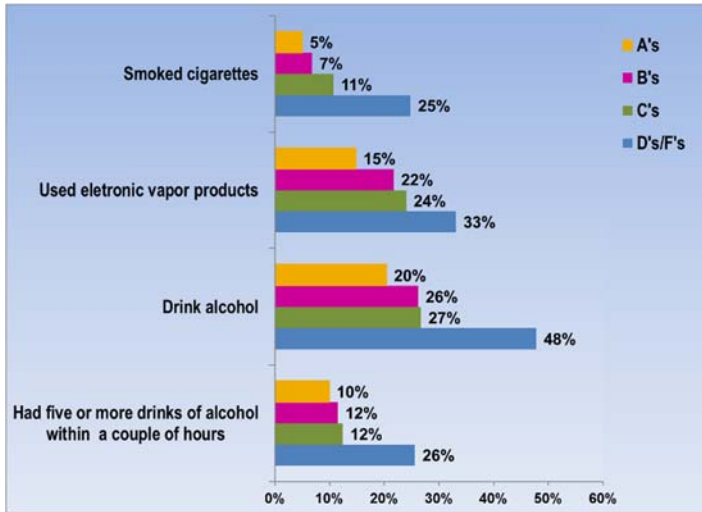
- More than 23% of teens with mostly D/F's drove a car when they had been drinking alcohol, compared to about 2% of teens with mostly A's.
- Approximately 21% of teens with mostly D/F's had been threatened or injured with a weapon on school property, compared to 4% of teens with mostly A's.

### Psychological Health



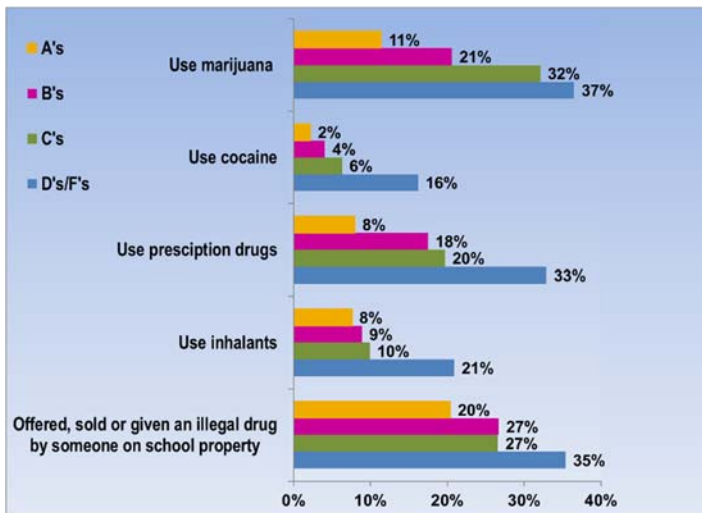
- Over 50% of teens with mostly D/F's felt so sad or hopeless almost every day for 2+ weeks that they stopped doing some usual activities, compared to a fifth of teens with mostly A's.
- Over 20% of teens with mostly D/F's attempted suicide, compared to 5% of teens with mostly A's.

## Tobacco Use and Alcohol



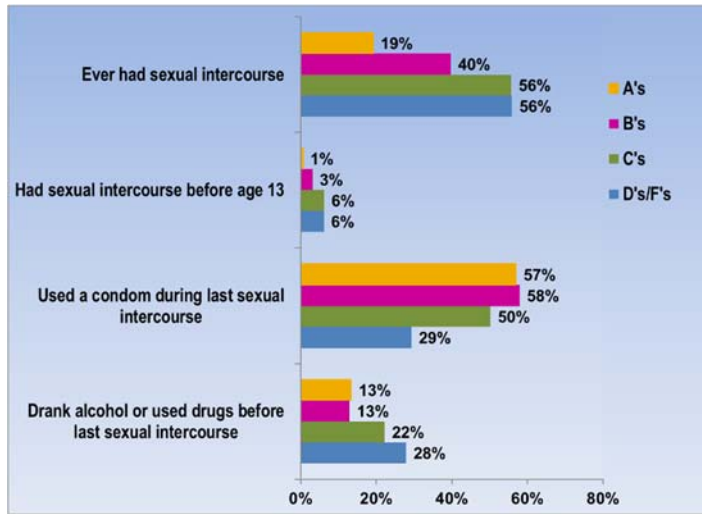
- A fourth of teens with mostly D/F's smoked cigarettes in the past month, compared to 5% of teens with mostly A's.
- Almost half of teens with mostly D/F's drank alcohol in the past month, compared to a fourth of teens with mostly A's.

## Substance Abuse



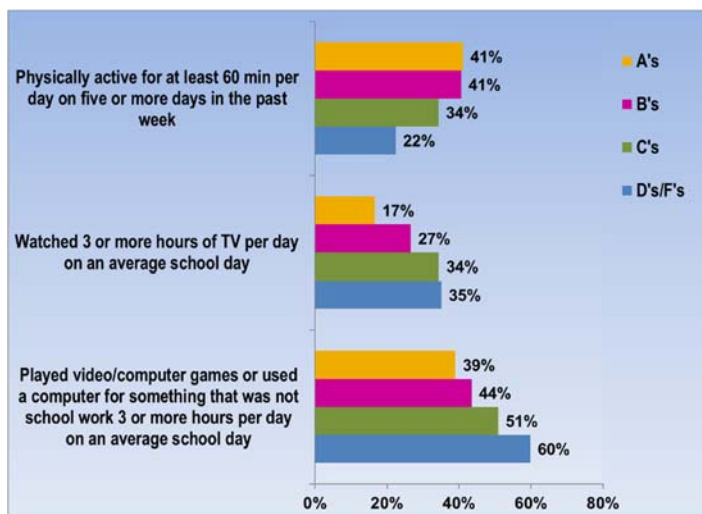
- More than a third of teens with mostly D/F's used marijuana in the past month, compared to over 10% of teens with mostly A's.
- A third of teens with mostly D/F's have used prescription drugs during their lifetime, compared to 8% of teens with mostly A's.
- Approximately 16% of teens with mostly D/F's have used cocaine (including powder, crack and freebase) during their lifetime, compared with 2% of mostly A's.

## Sexual Behavior



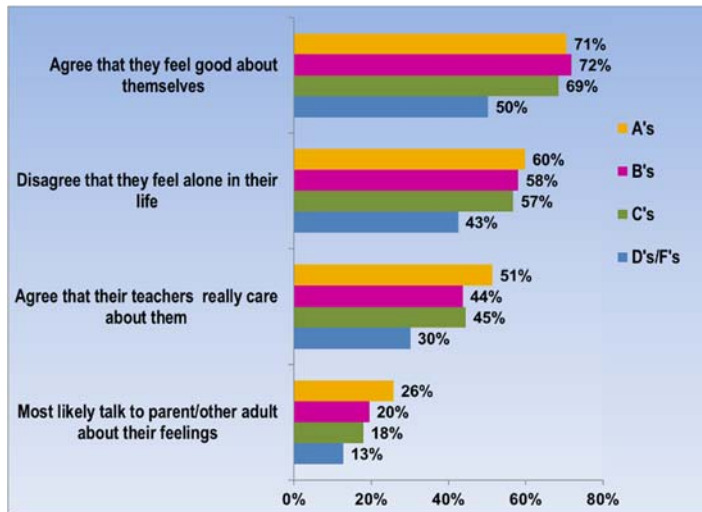
- Over 50% of teens with mostly D/F's have ever had sexual intercourse, compared to almost 20% of teens with mostly A's.
- Almost 60% of teens with mostly A's used a condom during last sexual intercourse, compared to about 30% of teens with mostly D/F's.

## Physical Activity



- More than 40% of teens with mostly A's were physically active for at least 60 minutes per day on five or more days in the past week, compared to over a fifth of teen with mostly D/F's.
- About 60% of teens with mostly D/F's played video/computer games or used a computer for something that was not school work 3+ hours per day, compared to almost 40% of teens with mostly A's.

## Assets for Healthy Development



- Over 70% of teens with mostly A's agree that they feel good about themselves, compared to half of teens with mostly D/F's.
- More than 50% of teens with mostly A's agree that their teachers really care about them, compared to 30% of teens with mostly D/F's.
- Over a fourth of teens with mostly A's will most likely talk to a parent or other adult about their feelings, compared to around 13% of teens with mostly D/F's.