

2019

Charlotte-Mecklenburg Youth Risk Behavior Survey



*Data Summary and Trends Report
For
Middle School Students*



MECKLENBURG COUNTY
North Carolina
Public Health

2019

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.

Demographic Profiles

The first MS YRBS was administered in 2007 and included 23 middle schools in the county. While participation varies from year to year, the survey has expanded. However, in 2015 the MS YRBS was not administered in the middle schools. The 2019 Charlotte-Mecklenburg YRBS was administered again in 40 public and charter middle schools to 1,879 middle school students.

Characteristics of Students Participating in Charlotte-Mecklenburg Middle School YRBS Total Number of Student Surveyed 1,879		
Gender	Number	Weighted Percentage
Male	899	51.2%
Female	969	48.8%
Race/Ethnicity		
Asian	100	3.6%
Black	540	38.2%
Hispanic/Latino	526	26.6%
White	480	26.4%
All other races	25	1.0%
Multiple races	118	4.2%
Grade		
6th	603	33.2%
7th	534	33.2%
8th	722	33.3%
Ungraded or other grade	6	0.3%
Age Group		
≤ 11 years	195	10.5%
12 years	574	32.6%
13 years	585	32.0%
≥ 14 years	521	24.9%

Trends for Select Health Indicators

2019 Positive Trends



- Reports of riding with a driver who had been drinking decreased from 28% in 2009 to about 20% in 2019.
- Physical fighting decreased from 60% in 2011 to 50% in 2019.
- Cigarette smoking remained stable at around 4%.
- Reports of ever having a drink of alcohol other than a few sips decreased from 28% in 2013 to 21% in 2019.
- Ever having sexual intercourse decreased from 20% from 2011 to 10% in 2019.
- Students who reported that they are more likely to talk with a parent or other adult family member about their feelings increased from 22% in 2011 to 31% in 2019.

2019 Areas for Improvement



- More than 40% of students have been bullied on school property.
- Reports of 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 increased by almost 40% from 23% in 2009 to 32% in 2019.
- Almost 13% of students report ever trying to kill themselves.
- The percentage of students who reported being physically active for 60 minutes per day on 5 out of 7 days decreased from 58% in 2013 to 47% in 2019.
- Use of a computer more than 3 hours a day for something that wasn't for school work increased by over 70% from 2009 to 2017 (27% vs 57%).

Charlotte-Mecklenburg MIDDLE SCHOOL Students

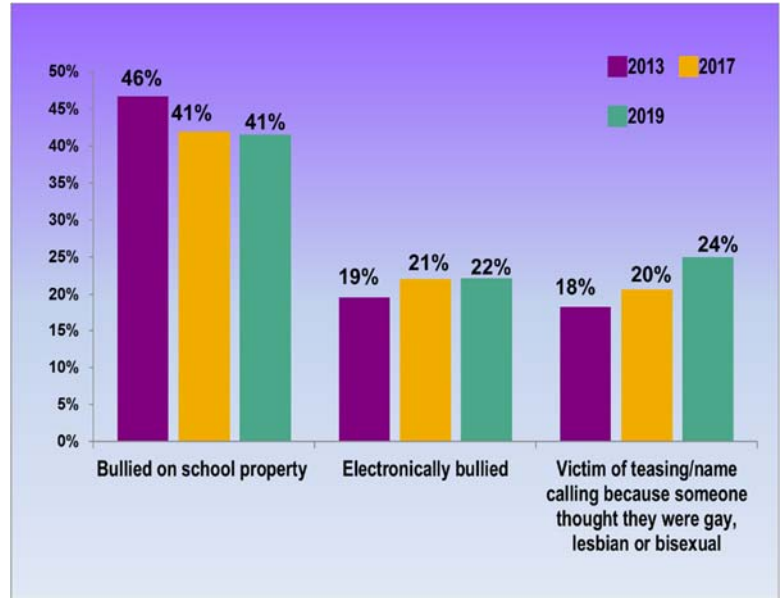
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Bullying on School Property

- The percentage of students who reported being bullied on school property remained steady at 41% in 2019.
- Approximately 22% of students reported being electronically bullied.
- Over 60% of students have seen other students being bullied in their school.
- Reports of being bullied because someone thought they were gay, lesbian or bisexual increased from 16% in 2011 to 24% in 2019.

Figure 1. Bullying and Harassment



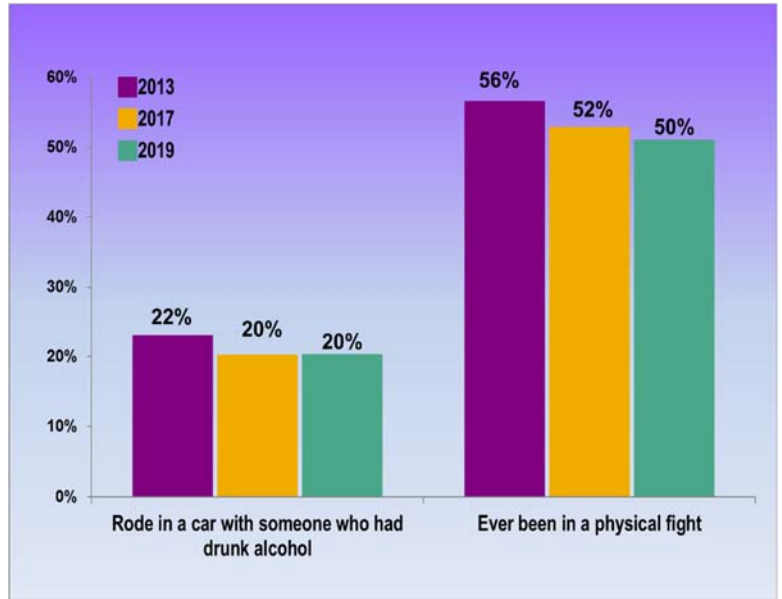
Bullying and Harassment

	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Ever been bullied on school property	39%	42%	45%	42%	46%	43%	41%	44%	41%	43%
Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual	N/A		16%	22%	18%	19%	20%	20%	24%	25%
Have ever been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging	18%	14%	19%	21%	19%	19%	21%	22%	22%	22%
Have seen other students being bullied in their school	N/A						62%	63%	61%	57%

Unintentional Injury and Violence

- Students reporting riding in a car driven by someone who had been drinking alcohol decreased from 28% in 2009 to 20% in 2019.
- Physical fighting decreased from 60% in 2011 to 50% in 2019.
- Students carrying a weapon remained stable around 27%.
- Students who reported having had been threatened or injured by a weapon increased slightly from 6% in 2009 to 7% in 2019.

Figure 2. Unintentional Injury and Violence

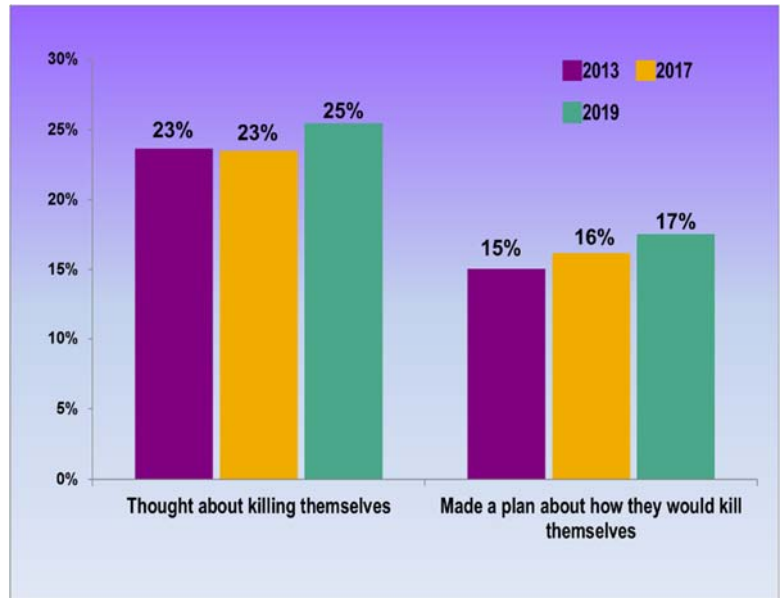


Unintentional Injury and Violence	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
	Never or rarely wore a seat belt when riding in a car driven by someone else	8%	7%	8%	7%	8%	6%	7%	5%	5%
Ever rode in a car driven by someone who had been drinking alcohol	28%	27%	24%	23%	22%	19%	20%	20%	20%	19%
Ever carried a weapon such as a gun, knife, club	31%	39%	30%	34%	28%	35%	28%	34%	27%	31%
Someone stolen or deliberately damaged your property such as your car, clothing, or books on school property in the past 12 months	32%	28%	31%	27%	26%	22%	N/A		N/A	
Had been threatened or injured by a weapon	6%	5%	N/A	5%	5%	4%	8%	6%	7%	5%
Ever been in a physical fight	60%	53%	60%	55%	56%	51%	52%	46%	50%	47%
Did not go to school because they felt unsafe at school or on their way to or from school	10%	4%	11%	4%	12%	4%	6%	6%	7%	6%

Psychological Health

- Reports of 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 increased by almost 40% from 23% in 2009 to 32% in 2019.
- Students who seriously thought about killing themselves increased from 20% in 2009 to 25% in 2019.
- Approximately 17% of students report making a plan about how they would kill themselves.
- Almost 13% of students report ever trying to kill themselves.

Figure 3. Psychological Health



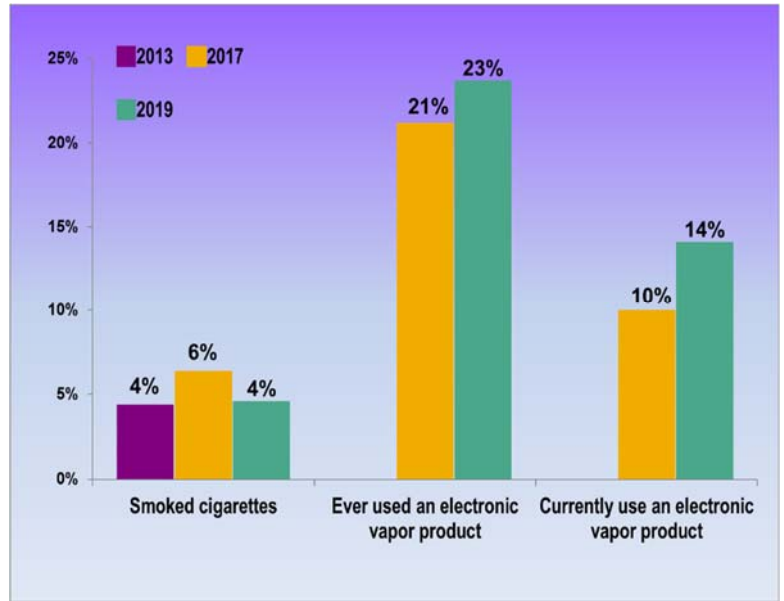
Psychological Health	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
	Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	23%	23%	N/A	24%	25%	23%	25%	25%	32%
Seriously thought about killing themselves	20%	19%	24%	21%	23%	19%	23%	21%	25%	23%
Made a plan about how they would kill themselves	14%	13%	17%	13%	15%	14%	16%	14%	17%	16%
Ever tried to kill themselves	N/A		11%	10%	12%	11%	12%	10%	13%	12%

Tobacco Use

In 2017, questions about use of electronic vapor products (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens) were added to the middle school survey.

- Cigarette smoking among middle school students remained stable around 4%.
- More than one fifth of students report ever using an electronic vapor product.
- About 14% students report currently using an electronic vapor product.

Figure 4. Tobacco Use

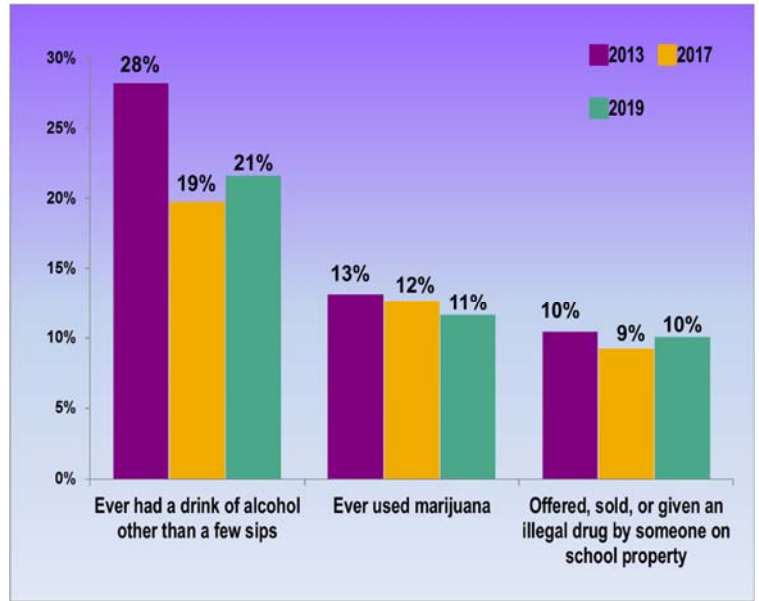


Tobacco Use	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Smoked cigarettes on one or more days in the past 30 days	6%	8%	5%	8%	4%	6%	6%	5%	4%	4%
Ever used an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens)	N/A						21%	19%	23%	25%
Currently use an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens)	N/A						10%	10%	14%	14%

Substance Abuse

- Reports of ever having a drink of alcohol other than a few sips decreased from 28% in 2013 to 21% in 2019.
- Over 11% of students report ever using marijuana.
- About 8% of students report having ever sniffed glue, breathed the contents of aerosol spray or inhaled any paints or sprays to get high.
- Approximately 1 in 10 students reported having been offered, sold or given drugs on school property.

Figure 5. Substance Abuse

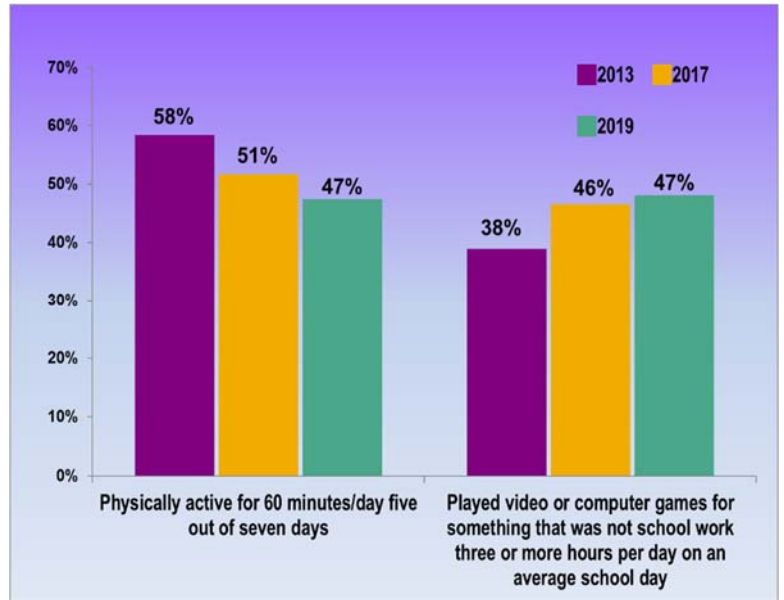


Substance Abuse	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Ever had a drink of alcohol other than a few sips	33%	30%	31%	29%	28%	26%	19%	21%	21%	20%
Ever used marijuana	12%	10%	12%	11%	13%	13%	12%	11%	11%	11%
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	12%	12%	11%	12%	10%	8%	6%	7%	8%	7%
Offered, sold, or given an illegal drug by someone on school property	10%	9%	11%	10%	10%	9%	9%	7%	10%	7%

Physical Activity

- The percentage of students who reported being physically active for 60 minutes per day on five out of seven days decreased from about 58% in 2013 to 47% in 2019.
- Over 47% of students reported playing video or computer games for something that was not schoolwork three or more hours per day on an average school day in 2019, an increase of 74% from 2009 (27%).
- About 22% of students reported watching three or more hours of TV per day on an average school day, a decrease of 51% from 2009 (45%).

Figure 6. Physical Activity



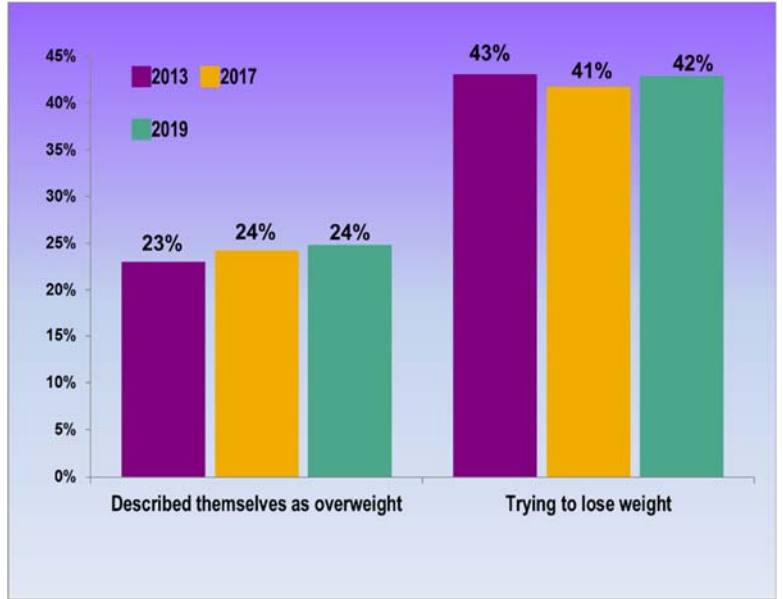
Physical Activity	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	51%	60%	53%	53%	58%	57%	51%	56%	47%	55%
Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	27%	26%	31%	30%	38%	41%	46%	45%	47%	49%
Watched three or more hours per day of TV on an average school day	45%	38%	42%	39%	38%	37%	27%	27%	22%	26%

Weight Management and Nutrition

Body weight perception is an important predictor of weight control behaviors among teenagers. Students who incorrectly judge their body weight may practice unhealthy weight control measures to lose weight or place themselves at greater risk for obesity.

- Almost a fourth of students described themselves as slightly or very overweight.
- More than 40% of students reported that they are trying to lose weight.

Figure 7. Weight Management and Nutrition



Weight Management

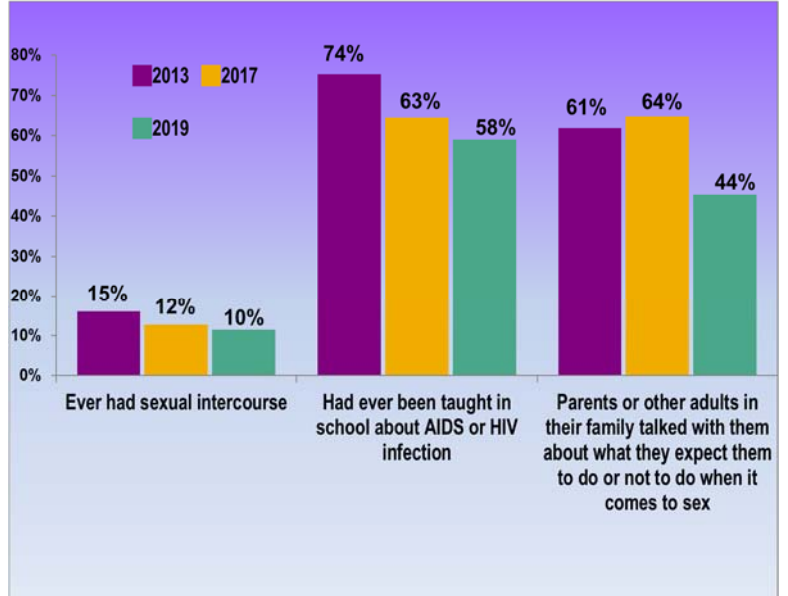
	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Described themselves as slightly or very overweight	24%	26%	23%	25%	23%	26%	24%	27%	24%	28%
Are trying to lose weight	43%	46%	42%	43%	43%	44%	41%	42%	42%	46%

Sexual Behavior

In 2011, questions about ever having sexual intercourse was added to the middle school survey.

- Approximately 10% of students reported ever having had sexual intercourse, down from 20% in 2011.
- About 58% of students have ever been taught in school about AIDS or HIV infection.
- Almost 44% of students report that their parents or other adults in their family have talked to them about what they expect them to do or not to do when it comes to sex, down from 61% in 2013.

Figure 8. Sexual Behavior



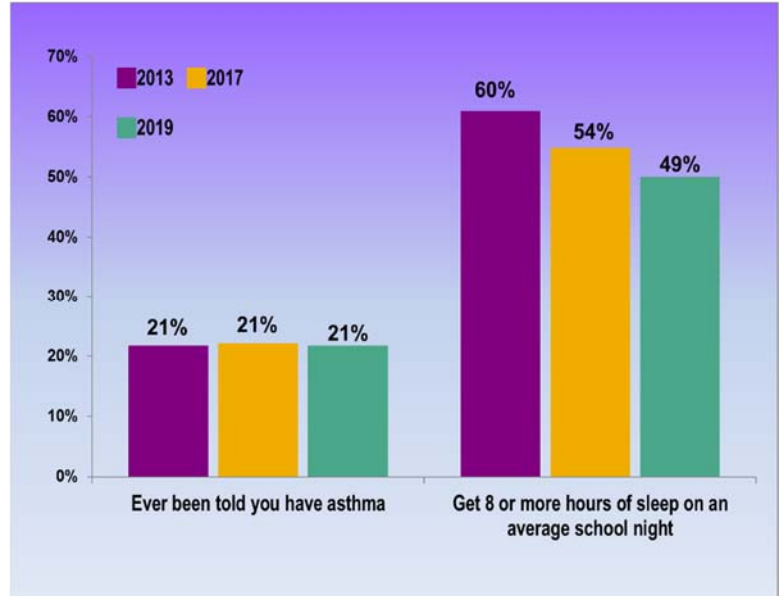
Sexual Behavior

	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Ever had sexual intercourse	N/A		20%	15%	15%	11%	12%	10%	10%	10%
Had ever been taught in school about AIDS or HIV infection	75%	69%	73%	62%	74%	67%	63%	60%	58%	59%
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	68%	N/A	63%	56%	61%	N/A	64%	44%	44%	43%

Selected Health Issues

- More than a fifth of students report ever being told they have asthma.
- More than 63% of students last saw a doctor or nurse during the past year for a check-up or physical exam when they were not sick or injured.
- About half of students report getting 8 or more hours of sleep on an average school night, down from 60% in 2013.

Figure 9. Selected Health Issues



Selected Health Issues

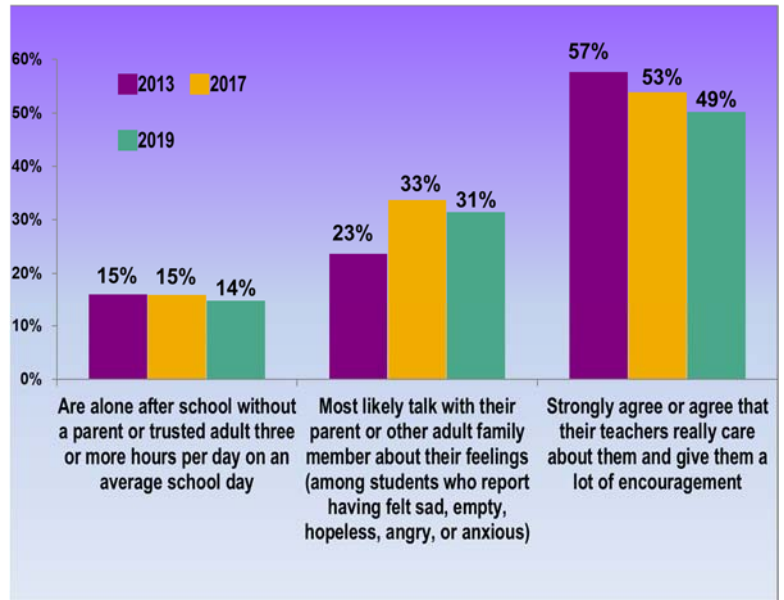
	2009		2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Ever been told by a doctor or nurse that they had asthma	18%	19%	21%	22%	21%	22%	21%	23%	21%	23%
Last saw a doctor or nurse during the past 12 months for a check-up or physical exam when they were not sick or injured	57%	58%	57%	55%	N/A	56%	63%	62%	61%	63%
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	61%	63%	66%	63%	N/A	66%	69%	68%	68%	70%
Get 8 or more hours of sleep on an average school night	N/A		58%	59%	60%	56%	54%	50%	49%	50%

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 students who reported being alone after school without a parent or trusted adult three or more hours per day on an average school day remained stable around 14-15%.
- Students who reported that there are more likely to talk with a parent or other adult family member about their feelings increased from 22% in 2011 to 31% in 2017.
- Approximately half of students agree that their teachers really care about them and give them a lot of encouragement.

Figure 10. Developmental Assets



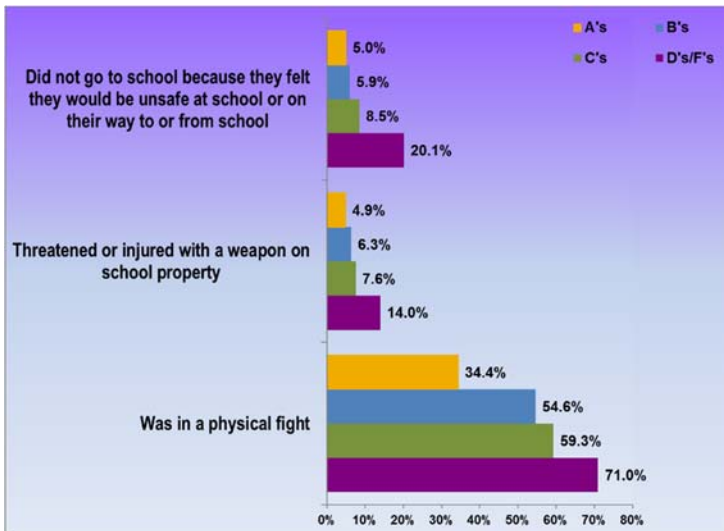
Developmental Assets	2011		2013		2017		2019	
	Meck	NC	Meck	NC	Meck	NC	Meck	NC
Are alone without a parent three or more hours per day on an average school day	16%	14%	15%	15%	15%	17%	14%	15%
Most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)	22%	N/A	23%	27%	33%	24%	31%	22%
Strongly agree or agree that their teachers really care about them and give them a lot of encouragement	51%	59%	57%	60%	53%	55%	49%	56%

Charlotte-Mecklenburg MIDDLE SCHOOL Students

Health Behaviors and Academics

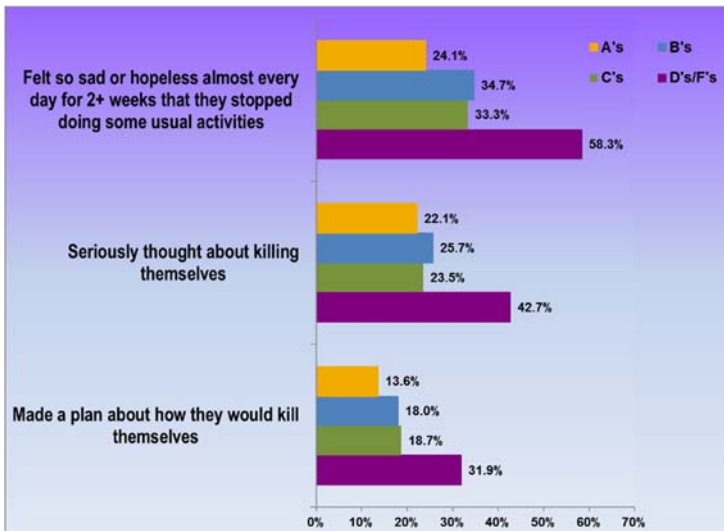
Data from the 2019 Charlotte Mecklenburg High School Youth Risk Behavior Survey suggest that students who report high academic achievement are less likely to engage in risk behaviors than those students who report lower academic achievement. However, it is important to note that the association between academic achievement and risk behaviors do not necessarily prove causation.

Unintentional Injury and Violence



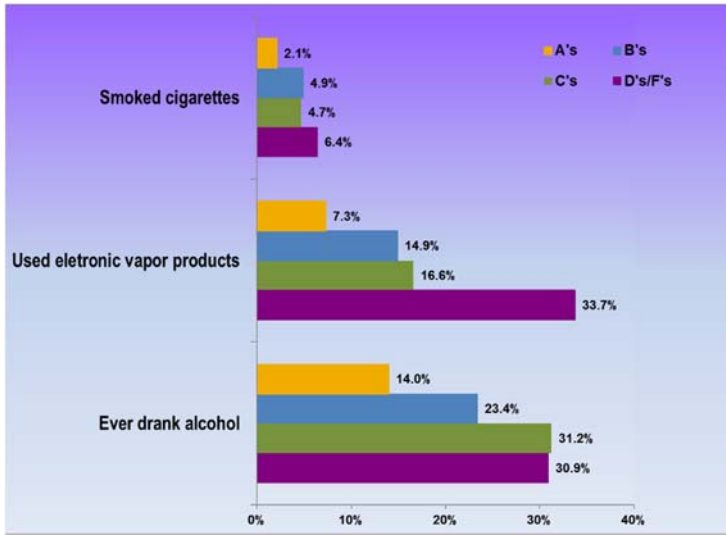
- More than two thirds of students with mostly D/F’s was in a physical fight, compared to about a third of students with mostly A’s.
- About 14% with mostly D/F’s have threatened or injured with a weapon on school property.
- Approximately 20% of students with D/F’s did not go to school because they felt they would be unsafe at school or on their way to school.

Psychological Health



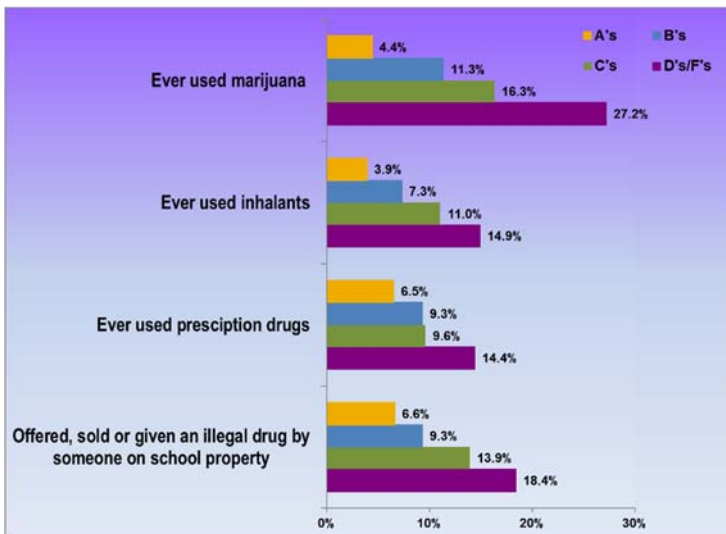
- More than half of students with D/F’s felt so sad or hopeless almost every day for more than two weeks that they stopped doing some usual activities compared to about a fourth of students with mostly A’s.
- About 43% of students with D/F’s seriously thought about killing themselves.
- Over 30% of students with D/F’s planned about how they would kill themselves.

Tobacco Use and Alcohol



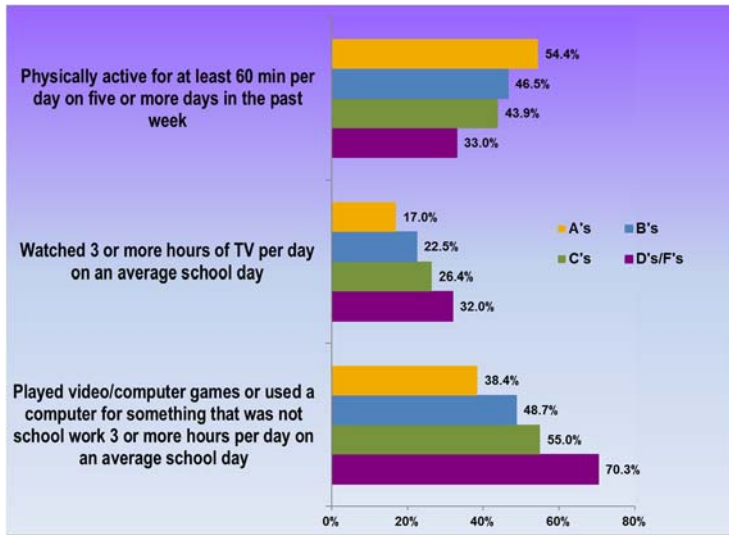
- More than 6% students with mostly D/F's currently smoke cigarettes, compared to 2% of students with mostly A's.
- Approximately a third of students with mostly D/F's currently use electronic vapor products, compared to 7% of students with mostly A's.
- Over 30% of students with D/F's have ever drank alcohol, compared to 14% of students with mostly A's.

Substance Abuse



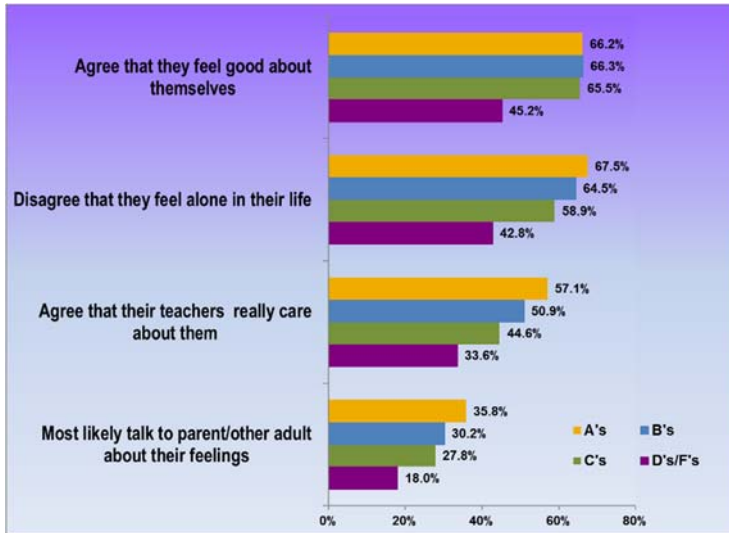
- About 27% of students with mostly D/F's have ever used marijuana, compared to about 4% of students with mostly A's.
- More than 14% of students with mostly D/F's use prescription drugs without a doctor's prescription.

Physical Activity



- Over half of students with mostly A's were physically active for at least 60 minutes per day on 5+ day in the past week, compared to a third of students with mostly D/F's.
- More than half students with mostly D/F's played video/computer games or used a computer for something that was not school work 3+ hours per day on an average school day.

Assets for Healthy Development



- About two thirds of students with mostly A's agree that they feel good about themselves, compared to 45% of students with mostly D/F's.
- Approximately 57% of students with mostly A's agree that their teachers really care about them, compared to 34% of students with mostly D/F's.
- Around a third of students with mostly A's most likely will talk to a parent or other adult about their feelings compared to 18% of students with mostly D/F's.