

YOUTH RISK BEHAVIOR

Middle School 2001 Survey Results

Public Schools of North Carolina
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2001 North Carolina Youth Risk Behavior Survey (YRBS)

Middle School Results



Public Schools of North Carolina
State Board of Education/Department of Public Instruction
Office of Instructional and Accountability Services
Division of Accountability Services

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Bradley McMillen, Senior Research and Evaluation Consultant at NCDPI and Sherry Lehman, AIDS/HIV Consultant at NCDPI, oversaw the survey development and sampling processes, conducted training of survey administrators, and coordinated all data collection and verification efforts.

The survey instrument used in 2001 was developed by a group charged with modifying the National YRBS Questionnaire to reflect priorities specific to education and health constituencies in North Carolina and with outreach efforts designed to encourage and facilitate schools' participation in the survey. The members of the group included Phil Bors, Madge Cohen, Carol Council, Sarah McCracken, Judy Owen-O'Dowd, Becky Procter, and Michael Sanderson, of NCDHHS; Janey McMillen and Rune Simeonsson of the Frank Porter Graham Child Development Center at the University of North Carolina-Chapel Hill; Dave Currey of the Pacific Institute for Research and Evaluation; and Dorothea Brock, Alan Collins, Paula Collins, Fred Haynie, Sherry Lehman, Bradley McMillen, and Rhonda Turner of NCDPI.

Bradley McMillen was the primary author of this report. Laura Weakland, NCDPI Lead Graphic Artist, illustrated the cover of this report.

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Executive Summary

The 2001 Youth Risk Behavior Survey (YRBS) was produced by the National Centers for Disease Control and Prevention (CDC) and is intended to assess health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and/or high school level by individual states in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide targets for improving school health education policies and programs (CDC, 2001).

The 2001 North Carolina YRBS Middle School Survey consisted of 63 items addressing topics such as personal safety, violence-related behavior, tobacco use, alcohol use, other drug use, health education experiences, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment. A sample of 2,197 middle school students drawn from 60 schools across the state participated in the 2001 YRBS. Their responses to the survey items are used to examine the current prevalence of health risk behaviors among North Carolina middle school students. In addition, since some of the survey items have remained unchanged since the survey was first administered in 1995, the YRBS also provides information on trends of some behaviors over time.

Overall, results from the North Carolina YRBS Middle School Survey indicate that the majority of the changes in health behaviors between 1995 and 2001 were positive in nature, particularly with respect to tobacco use, alcohol use, marijuana use, and suicidal ideation. The prevalence of some health risk behaviors measured by the YRBS remain high, however. In particular, a large percentage of North Carolina middle school students appear to be overweight compared to national norms. Also, drug use trends (other than tobacco and alcohol) have generally not improved since 1995.

There are also disparities among gender, grade, and ethnic subgroups on several indicators. For example, tobacco, alcohol, and other drug use is much more common at higher grade levels. With respect to gender, male students are more likely to engage in violence-related behavior and to initiate substance abuse at an early age, while females are more likely to report undesirable weight control behaviors. Also, the majority of the differences seen between students of different ethnic backgrounds imply that non-White students are at higher risk for negative physical and psychological health outcomes.

The results of the 2001 North Carolina Middle School YRBS as well as the results of future YRBS administrations should help North Carolina health professionals, educators, and policymakers to focus and intensify their efforts to reduce health risk behaviors among North Carolina middle school students.

Positive Trends

Between 1995 and 2001, there was a **statistically significant decrease** among North Carolina middle school students on each of the following indicators:

- Never or rarely wearing a bicycle helmet (Figure 2);
- Riding in a car with a drinking driver (Figure 4);
- Smoking a cigarette in the past 30 days (Figure 10);
- Smoking a cigarette prior to age 11 (Figure 11);
- Smoking two or more cigarettes on the days they did smoke (Figure 12);
- Consuming alcohol (Figure 13);
- Consuming alcohol prior to age 11 (Figure 14);
- Using marijuana (Figure 16);
- Sniffing glue, sprays or paints to get high (Figure 20);
- Seriously thinking about committing suicide (Figure 49).

Indicators Showing No Change

Between 1995 and 2001, there was essentially **no change** among North Carolina middle school students on each of the following indicators:

- Never or rarely wearing a seatbelt when riding in a car (Figure 3);
- Using marijuana prior to age 11 (Figure 17);
- Using cocaine (Figure 19);
- Being taught about AIDS or HIV infection in school (Figure 23);
- Describing themselves as overweight (Figure 27);
- Trying to lose weight (Figure 28);
- Vomiting or taking laxatives to control weight (Figure 30);
- Dieting to control weight (Figure 31);
- Attending physical education classes at least three days per week (Figure 45).

Negative Trends

Between 1995 and 2001, there was a **statistically significant increase** among North Carolina middle school students on each of the following indicators:

- Being injured in a fight (Figure 8);
- Using steroids (Figure 21).

Gender Disparities

- In 2001, males were more likely than females to report:
 - Rarely or never wearing a helmet (Figure 2);
 - Carrying a weapon at school (Figure 5);
 - Being injured in a fight (Figure 8);
 - Being in a fight at school (Figure 9);
 - Smoking a cigarette prior to age 11 (Figure 11);

- Consuming alcohol prior to age 11 (Figure 14);
 - Ever using marijuana (Figure 16);
 - Using marijuana prior to age 11 (Figure 17);
 - Being overweight based on Body Mass Index (Figure 26);
 - Drinking milk daily (Figure 42);
 - Participating in strenuous physical activity (Figure 43).
- In 2001, females were more likely than males to report:
- Trying to lose weight (Figure 28);
 - Exercising to control their weight (Figure 29);
 - Vomiting or taking laxatives to control their weight (Figure 30);
 - Dieting to control their weight (Figure 31);
 - Eating vegetables (Figure 41);
 - Feeling depressed (Figure 48).

Grade Level Disparities

- In 2001, students in higher grades were more likely than students in lower grades to report:
- Riding in a car with a drinking driver (Figure 4);
 - Smoking a cigarette in the past 30 days (Figure 10);
 - Smoking two or more cigarettes on the days they did smoke (Figure 12);
 - Ever consuming alcohol (Figure 13);
 - Consuming alcohol in the past 30 days (Figure 15);
 - Ever using marijuana (Figure 16);
 - Using marijuana in the past 30 days (Figure 18);
 - Using cocaine (Figure 19);
 - Being offered, sold, or given illegal drugs in school (Figure 22);
 - Being taught about sexually transmitted diseases in school (Figure 24);
 - Taking diet pills, powders or liquids to control their weight (Figure 32);
 - Visiting a doctor for a check-up or physical exam (Figure 33);
 - Problems with drugs at their school (Figure 54);

Ethnic Disparities

- In 2001, White students were more likely than Black students to report:
- Smoking two or more cigarettes on the days they did smoke (Figure 12);
 - Exercising to control their weight (Figure 29);
 - Visiting a doctor for a check-up or physical exam (Figure 33);
 - Visiting a dentist (Figure 34);
 - Drinking milk daily (Figure 42);
 - Participating in strenuous physical activity (Figure 43);
 - Participating in moderate physical activity (Figure 44);
 - Problems with harassment and bullying at their school (Figure 53).
- In 2001, Black students were more likely than White students to report:

- Being in a fight at school (Figure 9);
 - Being overweight based on Body Mass Index (Figure 26);
 - Eating potatoes (Figure 39);
 - Feeling depressed (Figure 48).
- In 2001, Hispanic students were more likely than White students to report:
 - Consuming alcohol prior to age 11 (Figure 14);
 - Using steroids (Figure 21);
 - Feeling depressed (Figure 48);
 - Not feeling good about themselves (Figure 50).
- In 2001, White students were more likely than Hispanic students to report:
 - Visiting a dentist (Figure 34);
 - Participating in strenuous physical activity (Figure 43);
 - A good overall quality of life (Figure 51);
 - Problems with harassment and bullying at their school (Figure 53).
- In 2001, Hispanic students were more likely than Black students to report:
 - Drinking milk daily (Figure 42);
 - Feeling depressed (Figure 48).
- In 2001, Black students were more likely than Hispanic students to report rarely or never wearing a bicycle helmet (Figure 2).
- In 2001, Hispanic students were less likely than students from all other ethnic groups to report being taught about AIDS or HIV infection in school (Figure 23).

Other Findings

- North Carolina middle school students are disproportionately overweight compared to national standards. The percentage of North Carolina middle school students who are overweight or at risk for becoming overweight based on Body Mass Index (BMI) is 29%, compared to only 15% nationally.

Introduction

The 2001 Youth Risk Behavior Survey (YRBS) was produced by the National Centers for Disease Control and Prevention (CDC) and is intended to assess health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This survey is typically administered at the middle and/or high school level by individual states in odd-numbered years to coincide with the national high school administration of the YRBS conducted by CDC. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide targets for improving school health education policies and programs (CDC, 2001).

The 2001 North Carolina YRBS Middle School Survey consisted of 63 items addressing topics such as personal safety, violence-related behavior, tobacco use, alcohol use, other drug use, health education experiences, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment. The items are mainly presented in a multiple-choice format, and the entire survey can usually be completed in 30-40 minutes. Copies of the questionnaires used in 1995, 1997 and 2001 are located in Appendices A through C, respectively.

Procedures

Sampling. In 2001, the YRBS Middle School Survey was administered in North Carolina for the third time since 1995¹. The sample of students chosen to participate in the survey is drawn through a two-stage process. First, a probability sample of middle schools is drawn from all of the middle schools in the state. Then, individual classes (e.g., Mr. Smith's 2nd period English class, etc.) are sampled from within those schools. All of the students in those selected classes then comprise the sample.

This sample is drawn in such a manner that, if the overall response rate is above 60%, the results of the survey can be generalized with a relatively high level of precision to the entire population of middle school students in the state. The overall response rate is a function of the number of sampled schools who decide to participate as well as the numbers of students enrolled in the sampled classes that actually complete the survey on the day it is administered. In both 1995 and 2001, an overall response rate of at least 60% was achieved, meaning that the results from those years can be considered to be representative of the statewide population of middle school students. In 1997, however, the overall response rate for the sample was too low, meaning that the data from that year cannot be considered to be representative of the state's middle school population (Table 1). Therefore, the interpretation of results in this report focuses primarily on changes between 1995 and 2001 as well as differences between subgroups in those years.

¹ The YRBS was not conducted in North Carolina in 1999 because the participation rate for the sampled schools would have been too low to generate valid statewide estimates.

Table 1. Sample sizes and response rates for the North Carolina Middle School YRBS, 1995-2001

	Number of Schools Participating	Number of Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
1995	53	2,227	74%	86%	64%
1997	62	2,372	72%	82%	59%
2001	60	2,197	83%	90%	75%

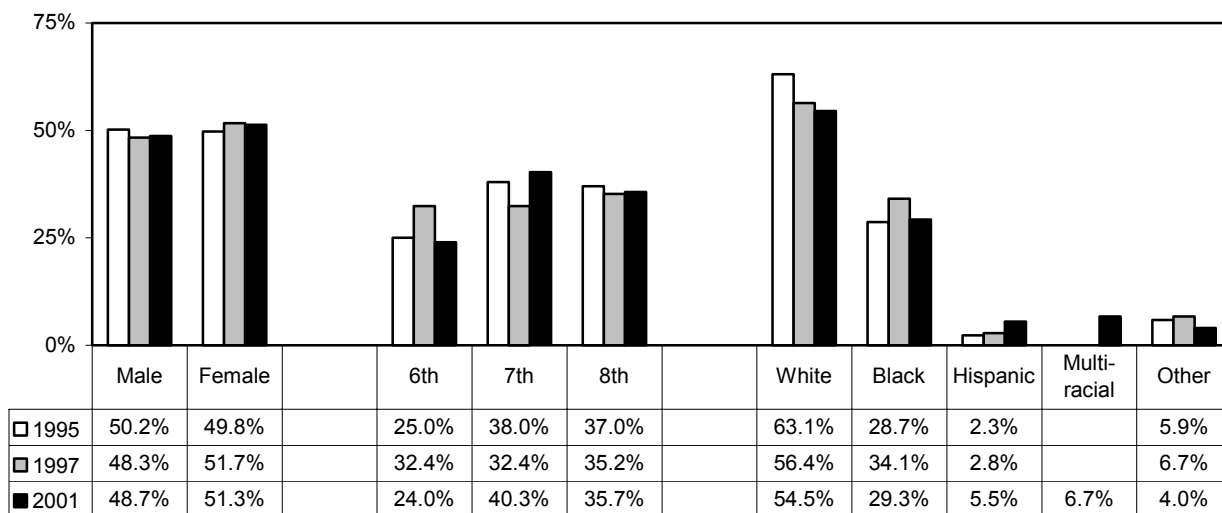
Note: The overall response rate is calculated by multiplying the percentage of sampled schools participating in the survey by the number of enrolled students in each classroom who completed the survey.

Data Collection. In the Fall of 2000, 72 schools were sampled from among all of the schools statewide that served grades 6 through 8 to participate in the 2001 YRBS Middle School Survey. Of those, 60 agreed to participate. YRBS administrators were recruited from education and health agencies at the state and local levels to administer the survey in these 60 schools. Information regarding standardized procedures as well as sets of required materials for administering the survey were disseminated at regional training sessions held by staff from the North Carolina Department of Public Instruction (NCDPI). Administrators then made arrangements with each school to conduct the surveys between February and April 2001 on a date that was convenient for the school. The surveys were administered during a single class period to the students in the sampled classes in each school. In most cases, students were easily able to complete the survey during the allotted time.

Data Processing. Administrators returned all student response sheets and other related information to NCDPI, where they were cataloged before being sent to CDC for scanning and processing in the Spring of 2001. CDC staff then generated statistical weights to be applied to the data that allowed for the generation of statewide estimates based on the responses of the sampled students. CDC then provided disaggregated analyses for each YRBS survey item to NCDPI in the Fall of 2001.

Sample Characteristics. In addition to providing responses to survey items focused on various health risk behaviors, students completing the YRBS also respond to questions about basic demographic information. Because of the sampling procedures employed for the YRBS, the sample of students participating in the Middle School Survey each year has been basically proportional to the overall statewide middle school student population in terms of demographics (Figure 1).

Figure 1. Characteristics of students participating in the North Carolina Middle School Youth Risk Behavior Survey, 1995, 1997, and 2001.



Notes: Percentages in this figure are unweighted. In 1995 and 1997, the number of students in the sample identifying themselves as Hispanic was too small to provide accurate subgroup estimates. The survey did not give students the option of identifying themselves as Multi-racial until 2001.

The sampling design of the YRBS allows for estimates of health risk behaviors to be generated at an overall level as well as disaggregated by major demographic subgroups (e.g., by gender, by ethnicity, by grade level, etc.). Overall and disaggregated results are reported for each item on the survey, grouped under the following topical headings:

- Personal Safety
- Violence-Related Behavior
- Tobacco Use
- Alcohol Use
- Other Drug Use
- Health Education
- Weight Management
- Physical Health
- Nutrition
- Physical Activity
- Psychological Health
- School Environment

Interpretation of Results. As mentioned previously, the results from 1997 were not based on a sufficiently high response rate to generalize those results to the state as a whole. Therefore, the interpretation of results focuses primarily on changes between 1995 and 2001 as well as differences between subgroups within those years.

Also, all of the differences highlighted in this document, in terms of trends over time or differences among subgroups of students, represent *statistically significant differences*.

Although many of the estimates in the figures presented are not exactly equal, the fact that they are based on a sample (rather than the responses of all middle school students in the state) means that any discussion of differences between estimates must take into account measurement error due to sampling. Statistical significance tests have been applied to the estimates in this report that take this sampling error into account. The results of those tests provided information as to whether the observed differences likely reflect true differences in the student population from which the sample was drawn, rather than just idiosyncrasies due to sampling.

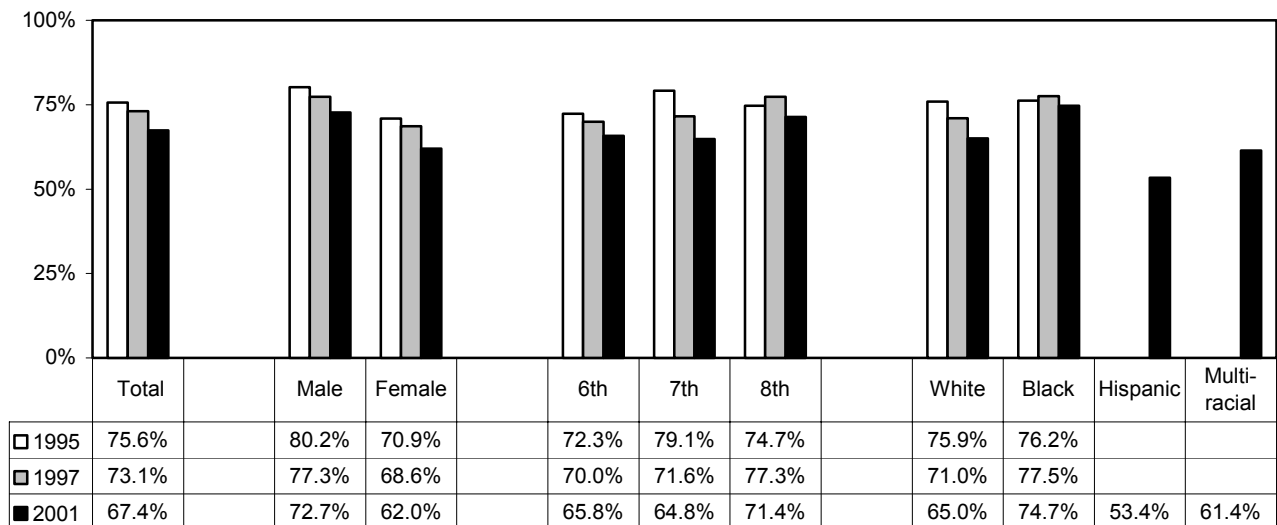
Readers interested in specific information about sampling errors for overall and subgroup estimates or who are interested in other subgroup comparisons not addressed in this document can access this and other information in the supplementary documentation provided at http://www.ncpublicschools.org/accountability/evaluation/youth_risk_behavior/yrbsindex.html.

These documents include measures of sampling error (design effects, confidence intervals, etc.) from the 2001 survey that can be used for further analysis. In addition, data on selected indicators from North Carolina's 2001 YRBS can be compared to figures for other states and the nation as a whole in the national 2001 YRBS report (CDC, 2002a), which can be found at <http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5104a1.htm>.

Personal Safety

Bicycle Helmet Use. Approximately 140,000 children are treated in U. S. hospital emergency rooms each year for bicycle-related head injuries (Sosin, Sacks, & Webb, 1996). Wearing a helmet while riding a bicycle reduces the risk of serious head injury by as much as 85% and the risk for brain injury by as much as 88% (Thompson, Rivara, & Thompson, 1989). In response to figures such as these, 20 states including North Carolina have adopted laws requiring children of certain ages to wear helmets while riding bicycles (Bicycle Helmet Safety Institute, 2002) North Carolina’s law, passed in 2001, requires all children under 16 to wear a helmet when riding a bicycle (NC Session Law 2001-268, House Bill 63, Section 1). Figure 2 presents data on the frequency of bicycle helmet use by North Carolina middle school students.

Figure 2. Percentage of North Carolina middle school students reporting that they never or rarely wore a helmet while riding a bicycle during the past 12 months.



Note. In 1995, this item was worded more generally and did not ask students to base their responses specifically on the past 12 months. In addition, some students each year reported that they did not ride a bicycle; therefore, these figures would be even higher if the analysis was limited only to those students who reported riding bicycles.

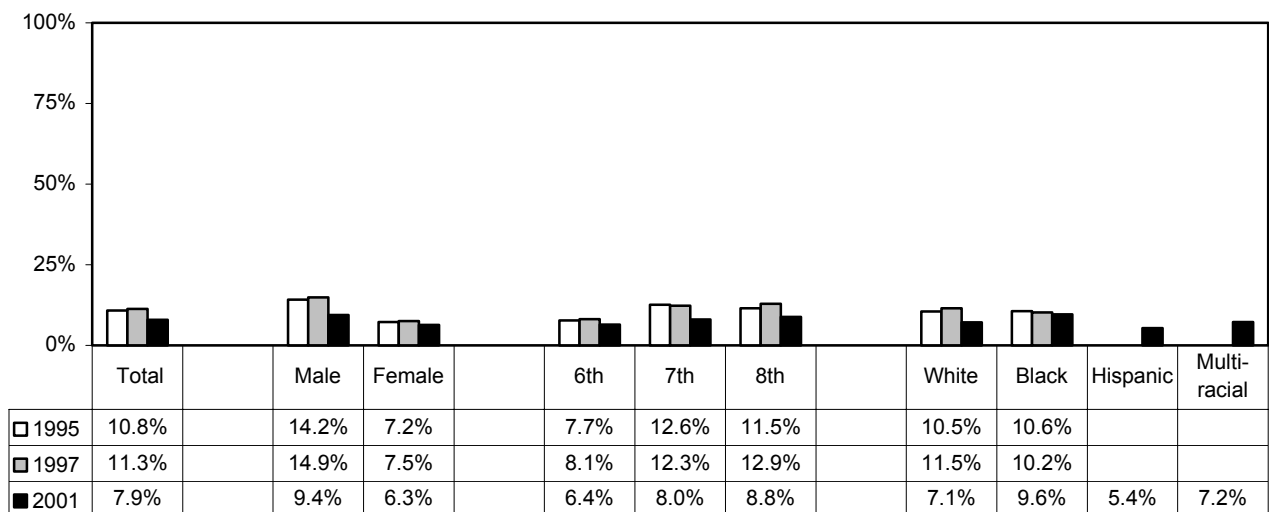
- The majority of North Carolina middle school students reported in 2001 that they rarely or never wore a helmet while riding a bicycle.²
- The percentage of students reporting that they rarely or never wore a helmet while riding a bicycle declined significantly between 1995 and 2001. This decline was also seen among several subgroups including males, females, 7th graders, and White students.
- Males were more likely than females to report rarely or never wearing a helmet in 2001.
- Black students were more likely than Hispanic students to report rarely or never wearing a helmet in 2001.

² It should be noted that North Carolina’s helmet use law was not in effect when these data were collected. Data in future YRBS surveys will provide some evidence as to whether the passage of this law is having an impact on bicycle helmet use.

Motor Vehicle Safety. Taking standard precautions to avoid injury while riding in a car are critical health behaviors for everyone, especially children. Motor vehicle accidents were the leading cause of death among children ages 5 to 14 in North Carolina in 2000 (North Carolina State Center for Health Statistics, 2001). The deaths in this category accounted for 29% of all deaths in this age group.

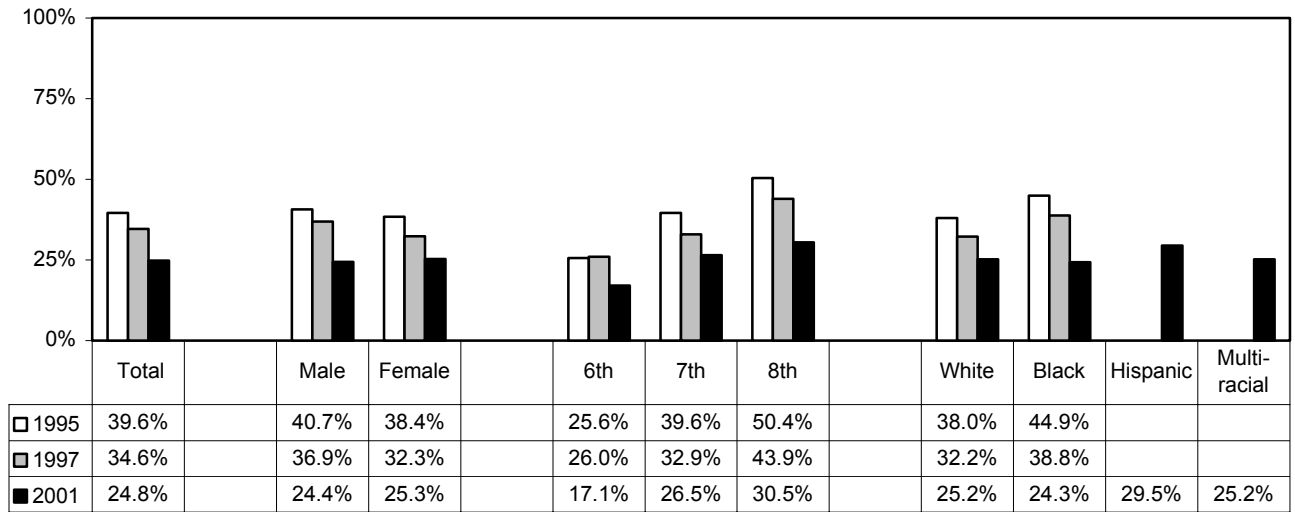
Many motor vehicle-related deaths could be prevented through reducing the incidence of drinking and driving and through the use of seatbelts. Approximately one-fourth of children under the age of 14 who die in motor vehicle accidents are killed in alcohol-related crashes, most commonly in cases where the child is riding in the car with an impaired driver (Quinlan, Brewer, Sleet, & Dellinger, 2000). In addition, the majority of children under the age of 15 who are killed in fatal motor vehicle crashes are unrestrained (i.e., not in a proper child safety seat or not wearing a seatbelt; National Highway Traffic Safety Administration, 1999). Figures 3 and 4 provide data on the frequency of seatbelt use and riding with drinking drivers among North Carolina middle school students.

Figure 3. Percentage of North Carolina middle school students reporting that they never or rarely wear a seatbelt when riding in a car.



- Few North Carolina middle school students reported in 2001 that they rarely or never wore a seatbelt when riding in a car.
- There was no significant change in the overall percentage of North Carolina middle school students reporting that they rarely or never wore a seatbelt when riding in a car between 1995 and 2001. However, the percentage of male students who reported rarely or never wearing a seatbelt when riding in a car did decline between 1995 and 2001.

Figure 4. Percentage of North Carolina middle school students reporting that they had ridden in a car driven by someone who had been drinking alcohol.

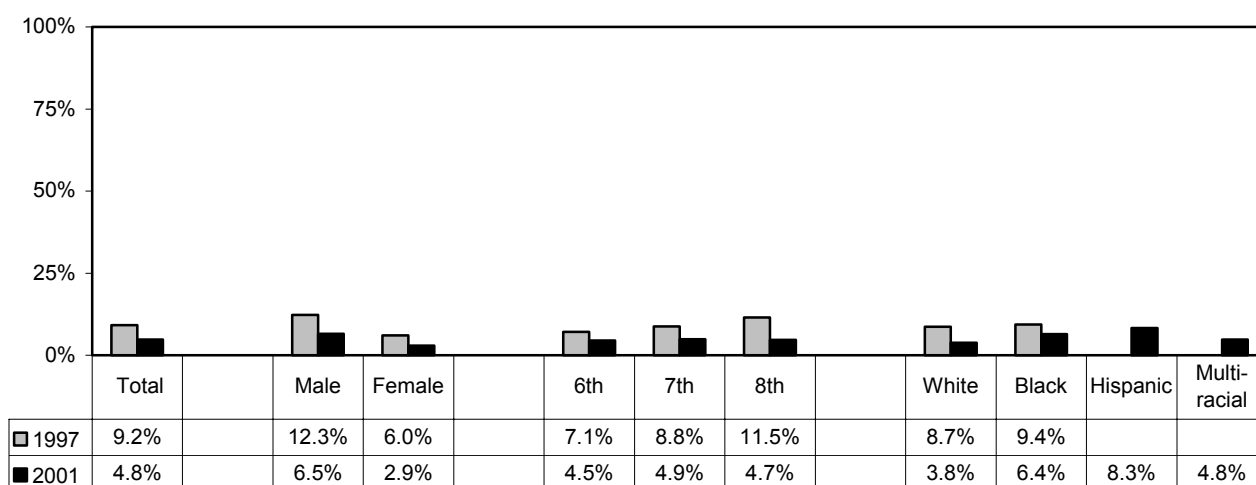


- About one-fourth of North Carolina middle school students reported in 2001 that they had ridden in a car driven by someone who had been drinking alcohol.
- The percentage of students reporting that they had ridden in a car driven by someone who had been drinking alcohol declined significantly between 1995 and 2001. This decline was also seen among all subgroups surveyed in both years.
- In both 1995 and 2001, 6th grade students were less likely than students in higher grades to report that they had ridden in a car driven by someone who had been drinking alcohol.

Violence-Related Behavior

Recent incidents such as the highly-publicized school shootings in both the United States and Germany have focused public attention on the need to prevent youth violence. Data from the National Crime Victimization Survey demonstrates that children under the age of 18 are twice as likely as adults to be victims of serious violent crime, and are three times as likely to be victims of assault (Office of Juvenile Justice and Delinquency Prevention, 2000). Trend data on school-based violence, however, indicate that crimes, fights, and weapon-carrying at school have either remained steady or declined in recent years, and that students are much more likely to be victims of violent crimes outside of school than in school (U. S. Department of Education, 2001). The North Carolina YRBS asks students several questions regarding fighting, carrying weapons, and being victimized at school (Figures 5 through 9).

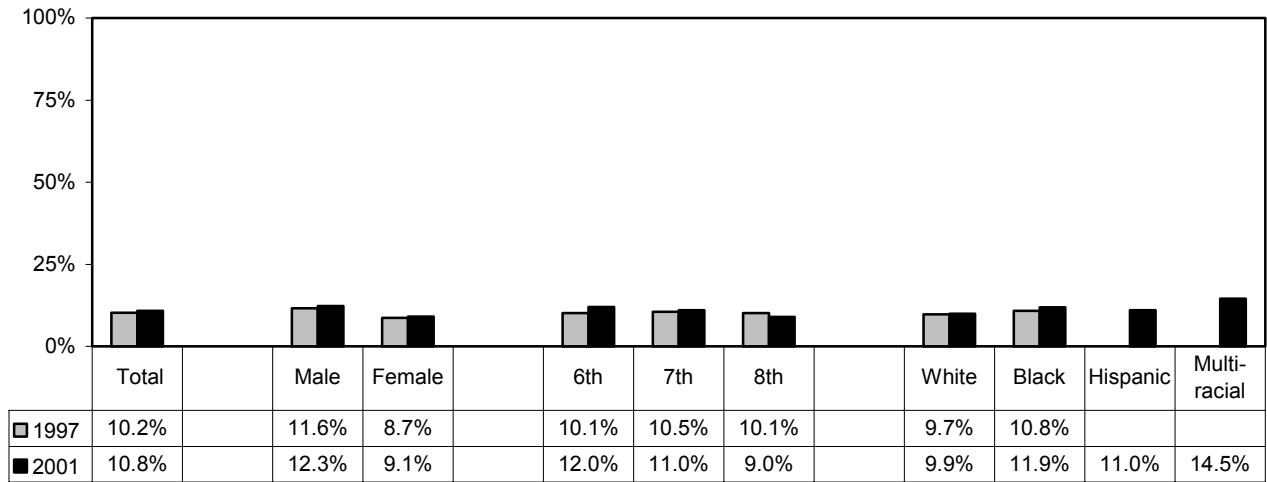
Figure 5. Percentage of North Carolina middle school students reporting that they had carried a weapon on school property during the past 30 days.



Note. In 1997 and 2001, the survey included a single item asking carrying *any* weapon on school property. In 1995, the survey asked two separate questions about carrying weapons at school that were not compatible with the format of the 1997 and 2001 versions.

- About one out of every 20 North Carolina middle school students reported in 2001 that they had carried a weapon on school property during the past 30 days.
- In 2001, male students were more likely than female students to report having carried a weapon on school property.

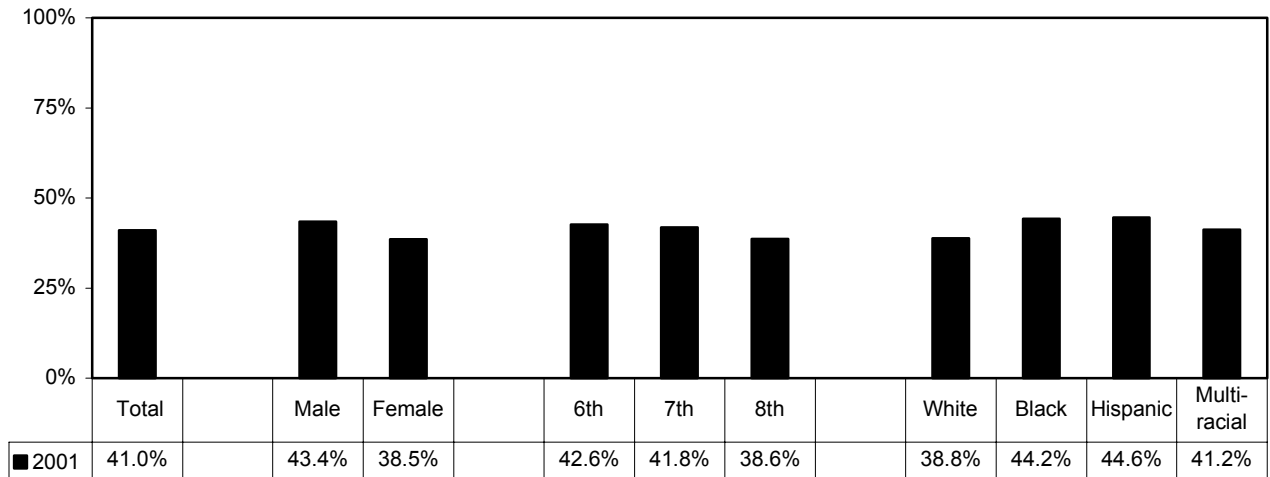
Figure 6. Percentage of North Carolina middle school students reporting that they had been threatened or injured with a weapon on school property during the past 12 months.



Note. In 1995, this item was worded more generally and did not ask students to base their responses specifically on the past 12 months, rendering it incompatible with the data from 1997 and 2001.

- About one out of every 10 North Carolina middle school students reported in 2001 that they had been threatened or injured with a weapon on school property during the past year.
- There were no significant differences between students of different genders, grade levels or ethnicities in 2001.

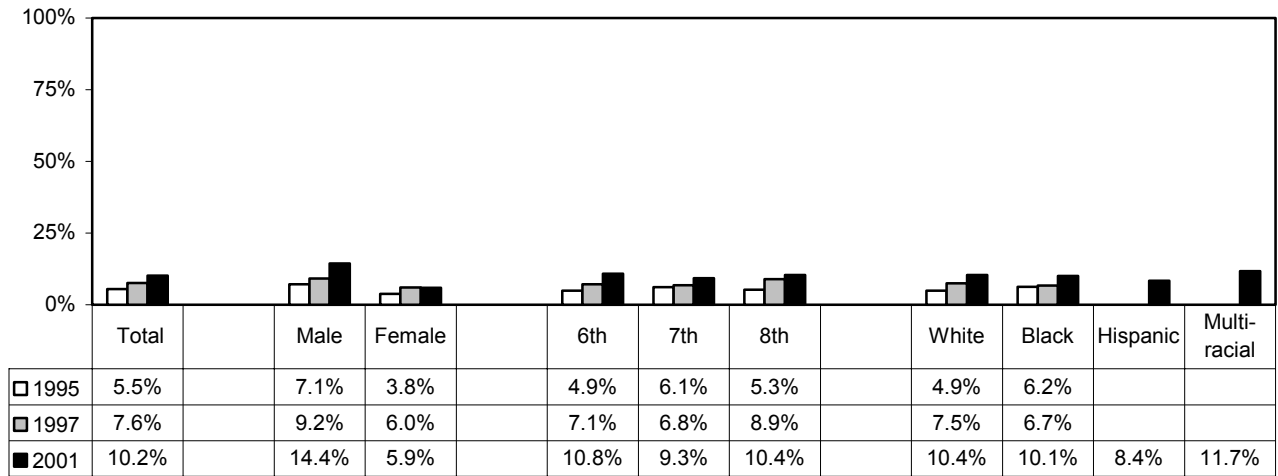
Figure 7. Percentage of North Carolina middle school students reporting that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.



Note. Question not asked in 1995 or 1997 surveys.

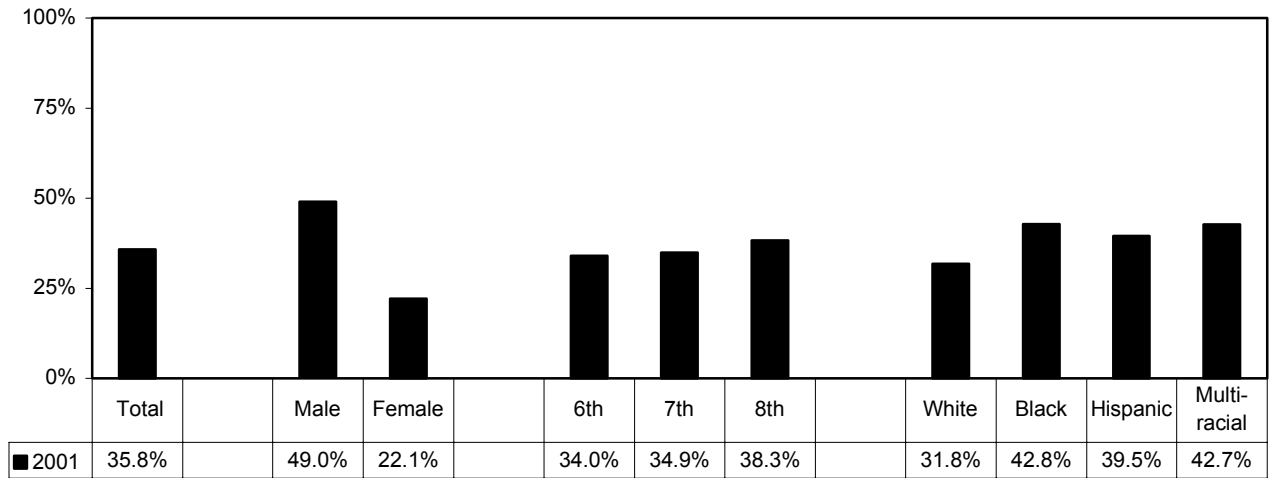
- About four out of every 10 North Carolina middle school students reported in 2001 that someone had stolen or deliberately damaged their possessions on school property during the past 12 months.
- There were no significant differences between students of different genders, grade levels or ethnicities in 2001.

Figure 8. Percentage of North Carolina middle school students reporting that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse.



- The overall percentage of North Carolina middle school students reporting that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse increased significantly between 1995 and 2001. This increase was also evident among various subgroups, including 6th and 8th grade students, White students, and male students.
- In both 1995 and 2001, male students were more likely than female students to report that they had been in a physical fight in which they were hurt and had to be treated by a doctor or nurse.

Figure 9. Percentage of North Carolina middle school students reporting that they had ever been in a physical fight on school property.



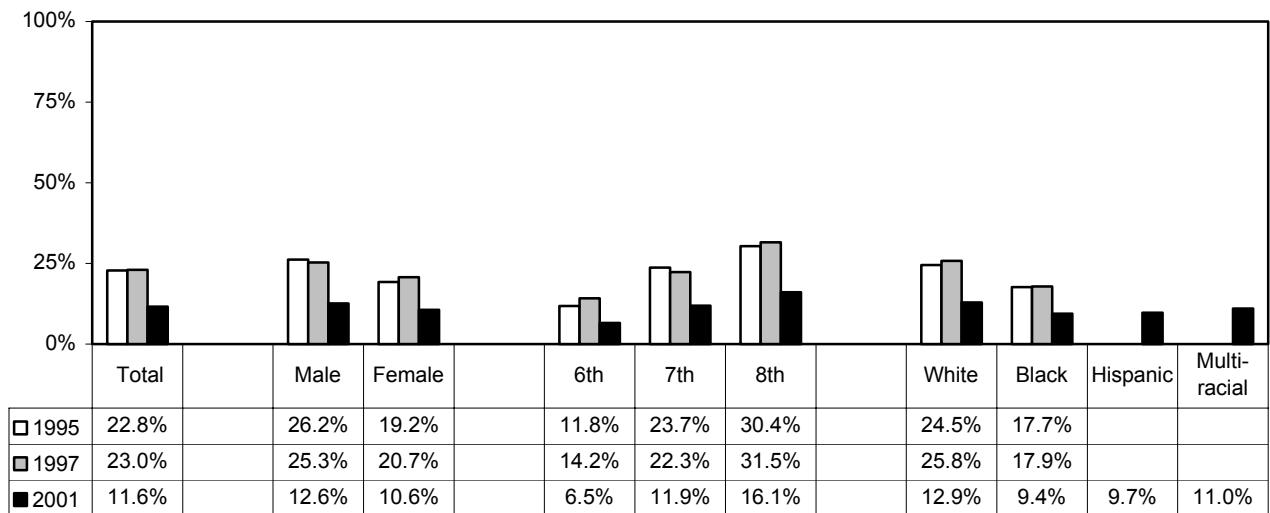
Note. Question not asked in 1995 or 1997 surveys.

- Just over one-third of North Carolina middle school students reported in 2001 that they had been in a physical fight on school property.
- Male students were more likely than female students to report that they had been in a physical fight on school property.
- Black students were more likely than White students to report that they had been in a physical fight on school property.

Tobacco Use

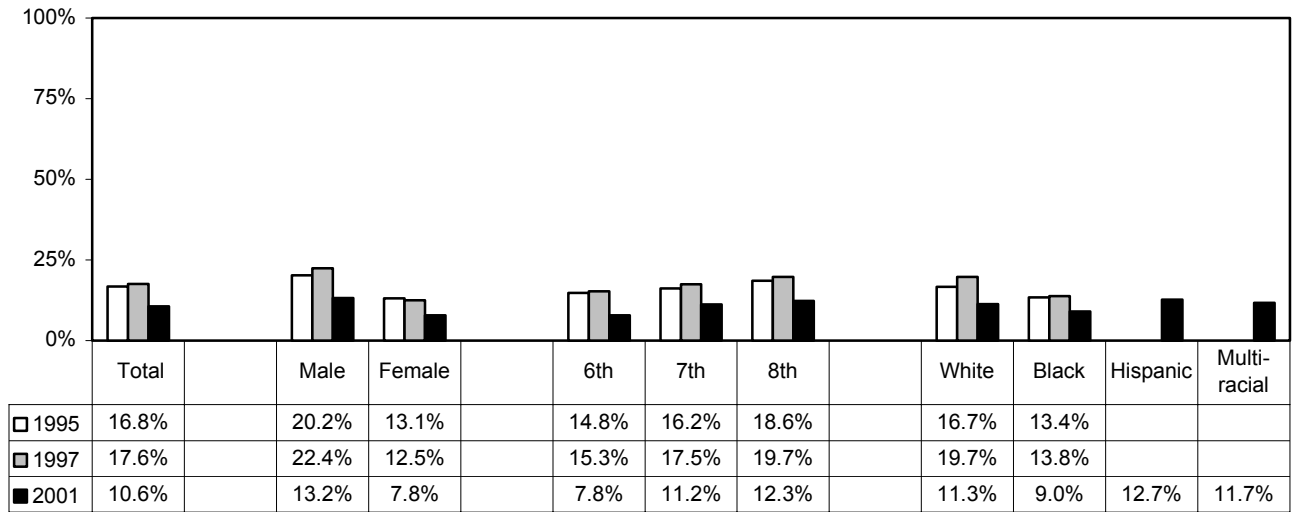
Tobacco addiction remains one of the most significant public health concerns today in the U. S. and elsewhere. Cigarette smoking has been described as the “single most preventable cause of premature death in the United States” (CDC, 2002). Smoking has been identified as a primary catalyst behind several of the leading causes of death, and is responsible for approximately 20% of all deaths in the U. S. (CDC, 1993). Among youth, smoking is also associated with short-term adverse health consequences as well as mental health problems (Arday et al., 1995). Figures 10 through 12 present trend data on the frequency and onset of smoking among North Carolina middle school students.

Figure 10. Percentage of North Carolina middle school students reporting that they smoked a cigarette during the past 30 days.



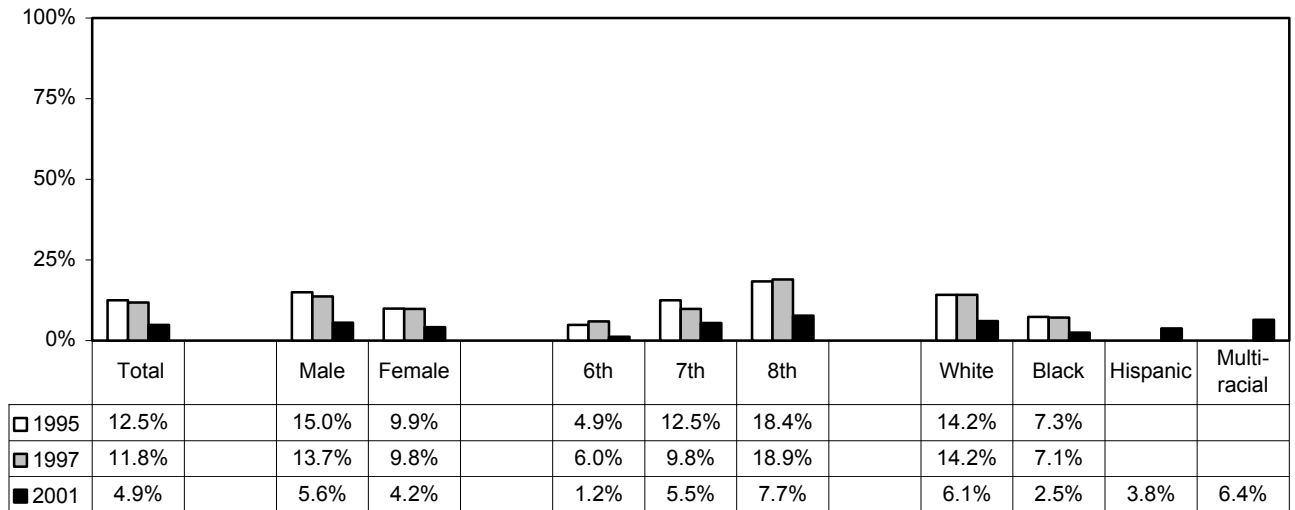
- The percentage of North Carolina middle school students who reported smoking cigarettes on one or more of the past 30 days declined significantly between 1995 and 2001. This decline was evident among all subgroups surveyed in both years except 6th graders.
- In 2001, 6th graders were less likely to report smoking cigarettes in the past 30 days than 8th graders.

Figure 11. Percentage of North Carolina middle school students reporting that they first smoked a cigarette prior to age 11.



- The percentage of North Carolina middle school students who reported having smoked a whole cigarette prior to age 11 declined significantly between 1995 and 2001. This decline was also evident among both gender subgroups, White students, and 6th graders.
- In both 1995 and 2001, males were more likely than females to report having smoked a whole cigarette prior to age 11.

Figure 12. Percentage of North Carolina middle school students reporting that they smoked two or more cigarettes on the days they did smoke during the past 30 days.

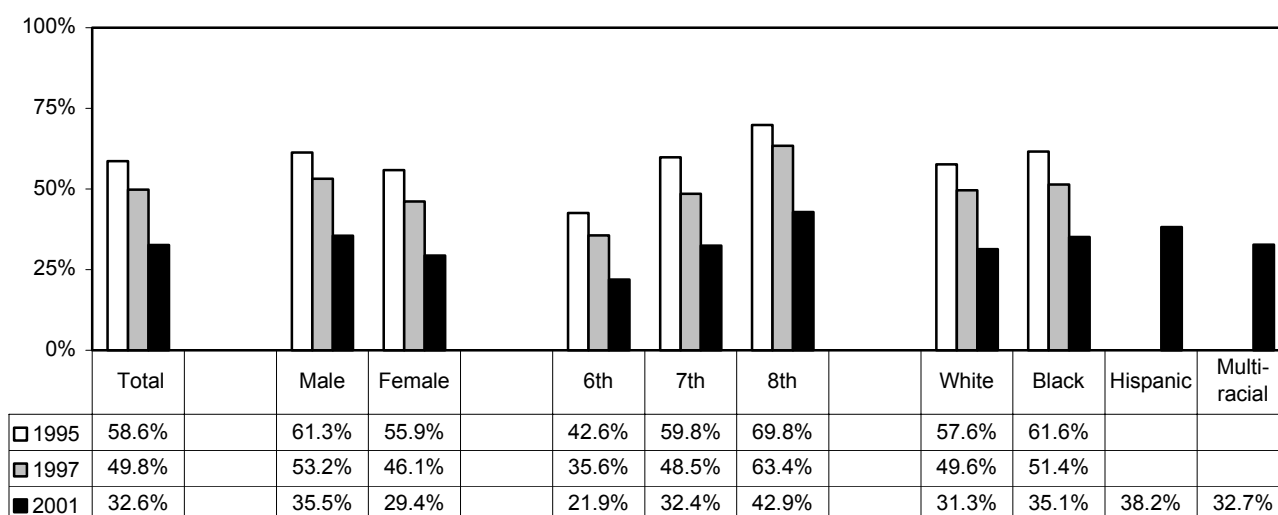


- The percentage of North Carolina middle school students who reported having smoked two or more cigarettes on the days they did smoke declined significantly between 1995 and 2001. This decline was also evident among all subgroups surveyed in both years.
- In both 1995 and 2001, 6th graders were less likely than students in other grade levels to report having smoked two or more cigarettes on the days they did smoke.
- In both 1995 and 2001, White students were more likely than Black students to report having smoked two or more cigarettes on the days they did smoke.

Alcohol Use

Alcohol is a major contributing factor in approximately half of all homicides, suicides, and motor vehicle crashes (CDC, 1991), events which are all among the leading causes of death of youth ages 5-24 in North Carolina (North Carolina State Center for Health Statistics, 2001). Heavy drinking among youth has also been linked to other health risk behaviors, such as having multiple sexual partners and using marijuana, as well as poor academic performance (Wechsler et al., 1995). Figures 13 through 15 provide information on trends in alcohol consumption among North Carolina middle school students between 1995 and 2001.

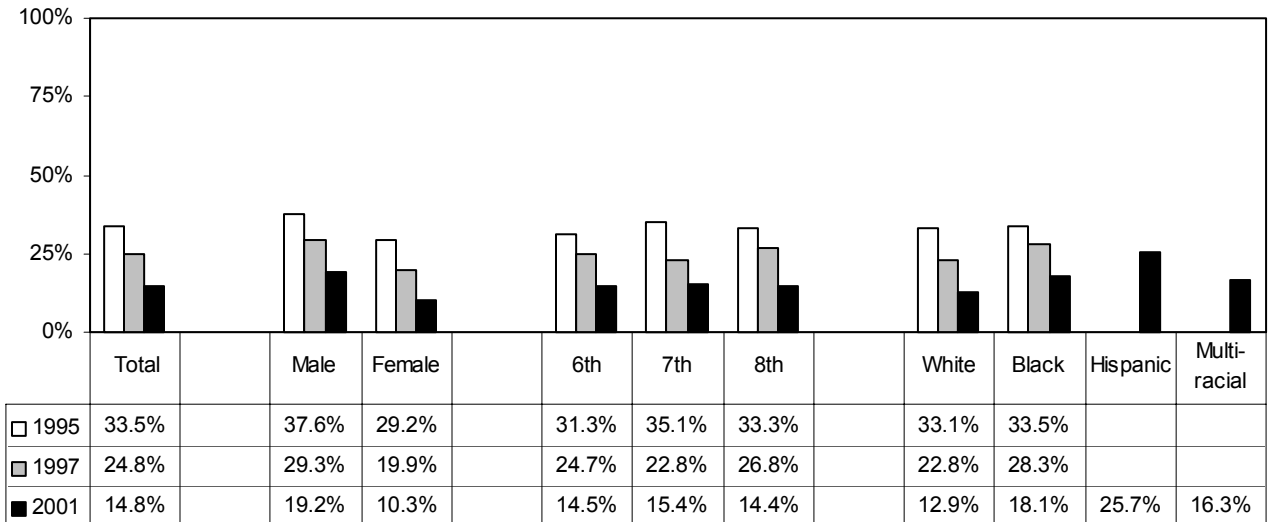
Figure 13. Percentage of North Carolina middle school students reporting that they had ever consumed alcohol.



Note. Consumption of alcohol in this case does not include consumption for religious purposes.

- The percentage of North Carolina middle school students who reported having ever consumed alcohol declined significantly between 1995 and 2001. This decline was also evident among all subgroups surveyed in both years.
- In both 1995 and 2001, the likelihood of students reporting that they had ever consumed alcohol increased significantly across each set of contiguous grade levels (6th to 7th and 7th to 8th).

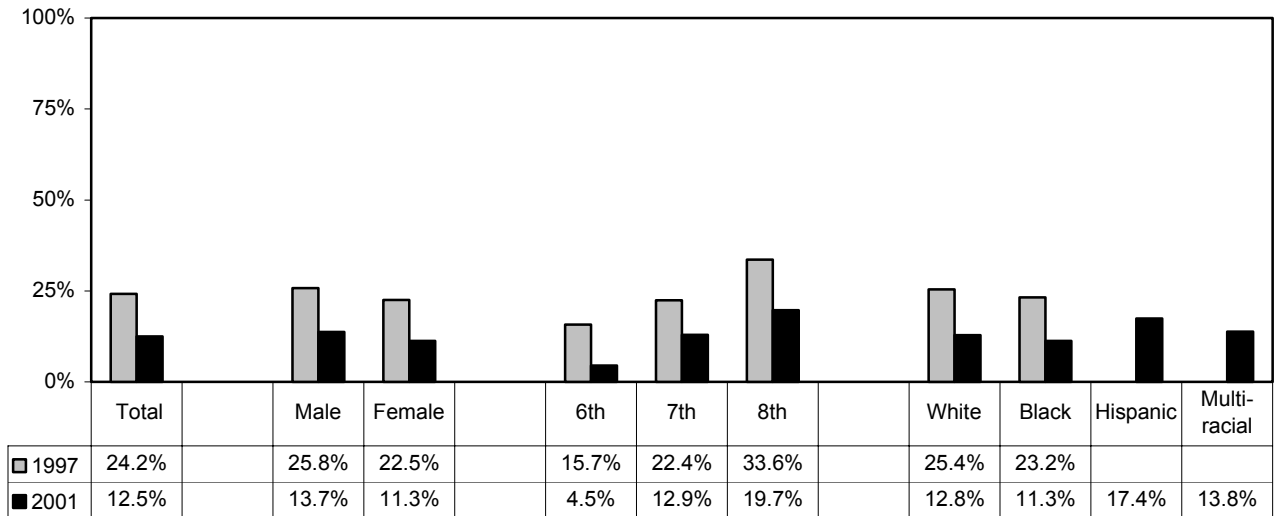
Figure 14. Percentage of North Carolina middle school students reporting that they had consumed alcohol prior to age 11.



Note. Consumption of alcohol in this case does not include consumption for religious purposes.

- The percentage of North Carolina middle school students who reported having consumed alcohol for the first time prior to age 11 declined significantly between 1995 and 2001. This decline was also evident among all subgroups surveyed in both years.
- In both 1995 and 2001, male students were more likely than female students to report having consumed alcohol for the first time prior to age 11.
- In 2001, Hispanic students were more likely than White students to report having consumed alcohol for the first time prior to age 11.

Figure 15. Percentage of North Carolina middle school students reporting that they had consumed alcohol during the past 30 days.



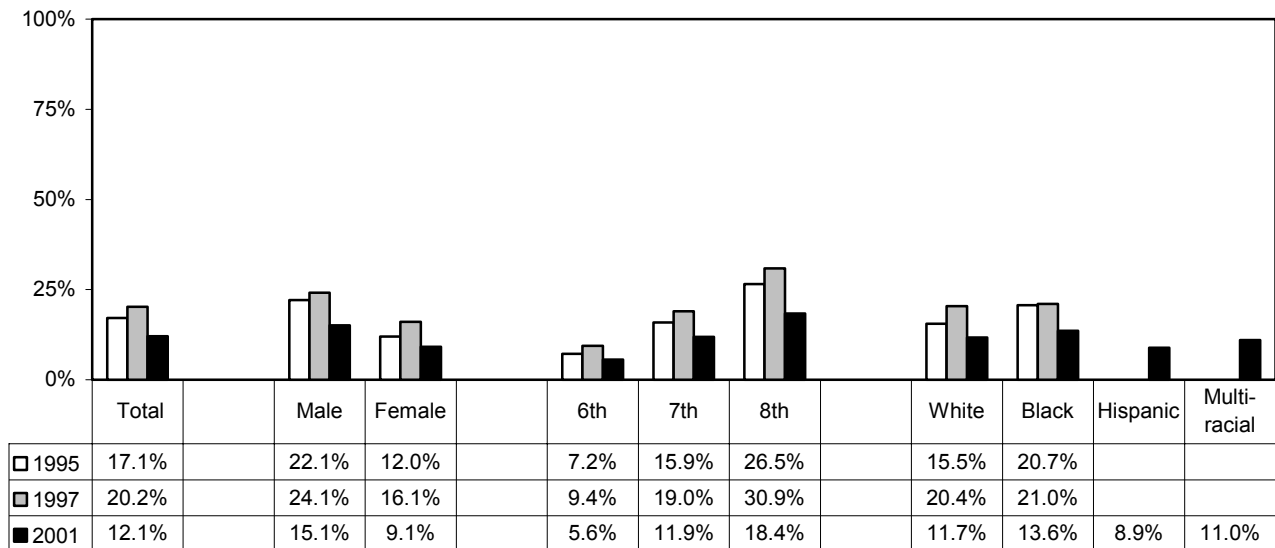
Note. Question was not asked in the 1995 survey. Consumption of alcohol in this case does not include consumption for religious purposes.

- In both 1995 and 2001, the likelihood of students reporting that they had consumed alcohol on one or more of the past 30 days increased significantly across each set of contiguous grade levels (6th to 7th and 7th to 8th).

Other Drug Use

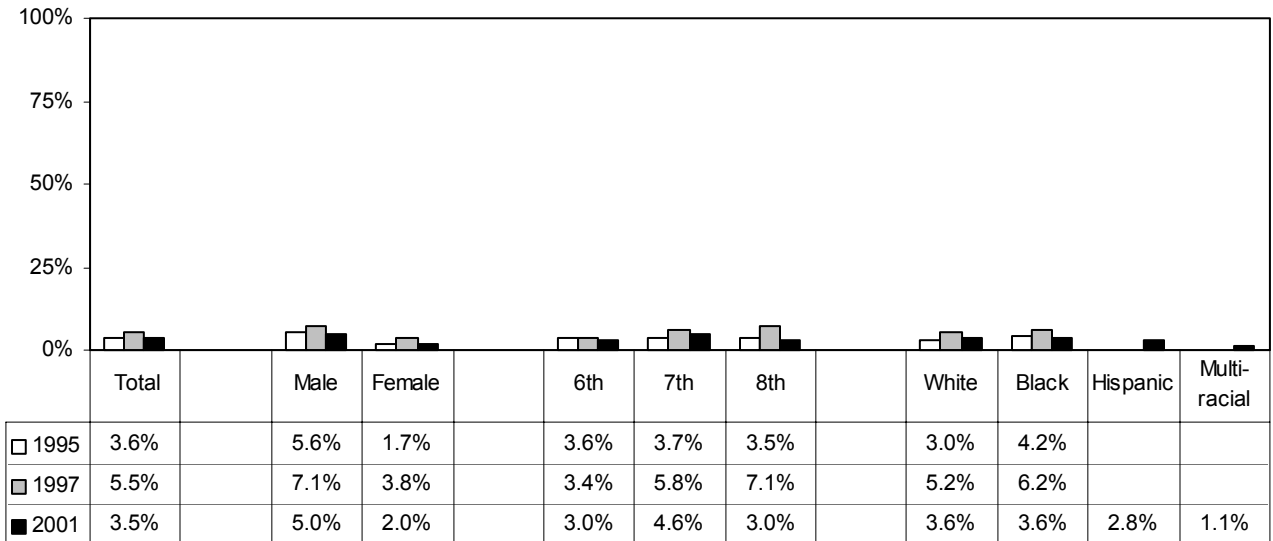
The use of illicit drugs such as marijuana, cocaine, and other substances is associated with a rash of negative health and behavioral outcomes among children. Some of these outcomes include increased propensity to engage in violence (U. S. Department of Health and Human Services, 2001a), lower academic achievement (Beauvais et al., 1996; North Carolina Department of Public Instruction, 1999), and emotional and behavioral difficulties (U. S. Department of Health and Human Services, 1999). Some of the most commonly-cited factors associated with drug use among youth include individual beliefs about the risks associated with drug use, parental attitudes toward drug use, and the perceived availability of drugs (U. S. Department of Health and Human Services, 2001b). The NC YRBS includes several items addressing drug use and perceived availability of drugs, the results of which are summarized in Figures 16 through 22.

Figure 16. Percentage of North Carolina middle school students reporting that they had ever used marijuana.



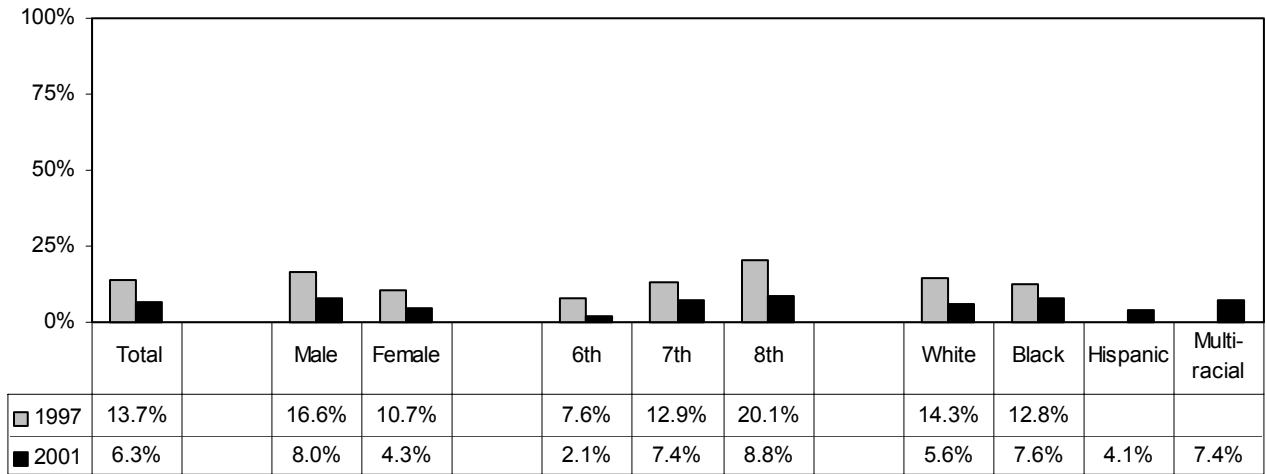
- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had ever used marijuana declined significantly. This decline was also evident among males, 8th graders, and Black students.
- In both 1995 and 2001, male students were more likely than females to report having ever used marijuana.
- In both 1995 and 2001, 6th graders were less likely than either 7th or 8th graders to report having ever used marijuana.

Figure 17. Percentage of North Carolina middle school students reporting that they had first used marijuana prior to age 11.



- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had first used marijuana prior to age 11 did not change. This was true for all subgroups that were surveyed during both years.
- In both 1995 and 2001, Male students were more likely than females to report having used marijuana for the first time prior to age 11.

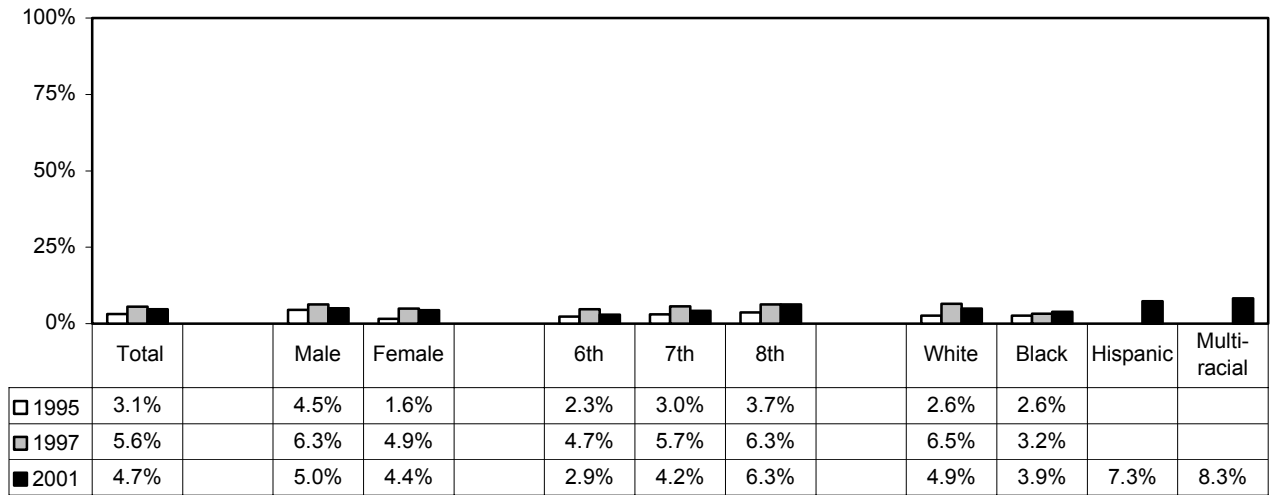
Figure 18. Percentage of North Carolina middle school students reporting that they had used marijuana during the past 30 days.



Note. Question was not asked in the 1995 survey.

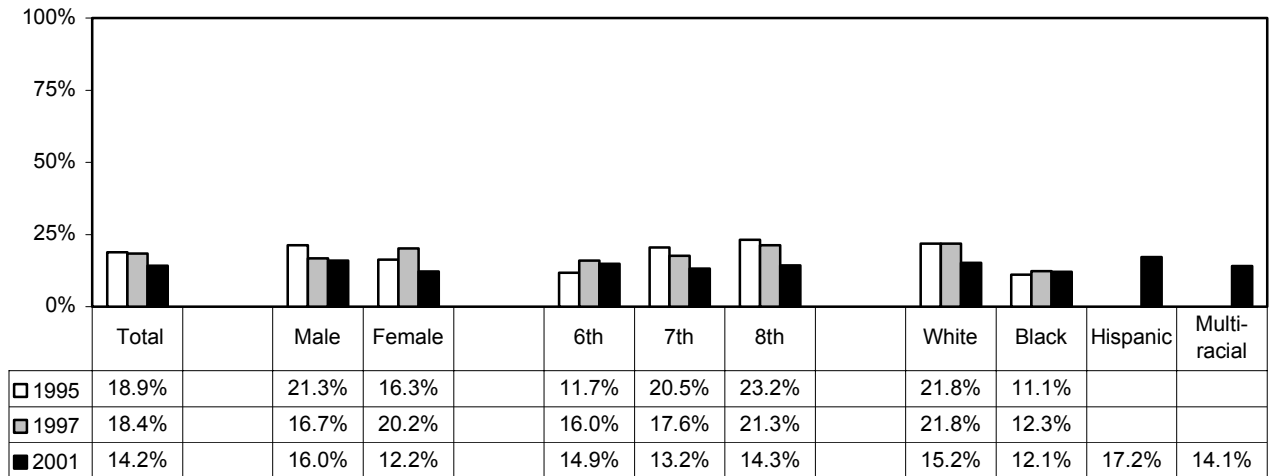
- In 2001, Male students were more likely than females to report having used marijuana during the past 30 days.
- In 2001, 6th graders were less likely than either 7th or 8th graders to report having used marijuana during the past 30 days.

Figure 19. Percentage of North Carolina middle school students reporting that they had ever used cocaine.



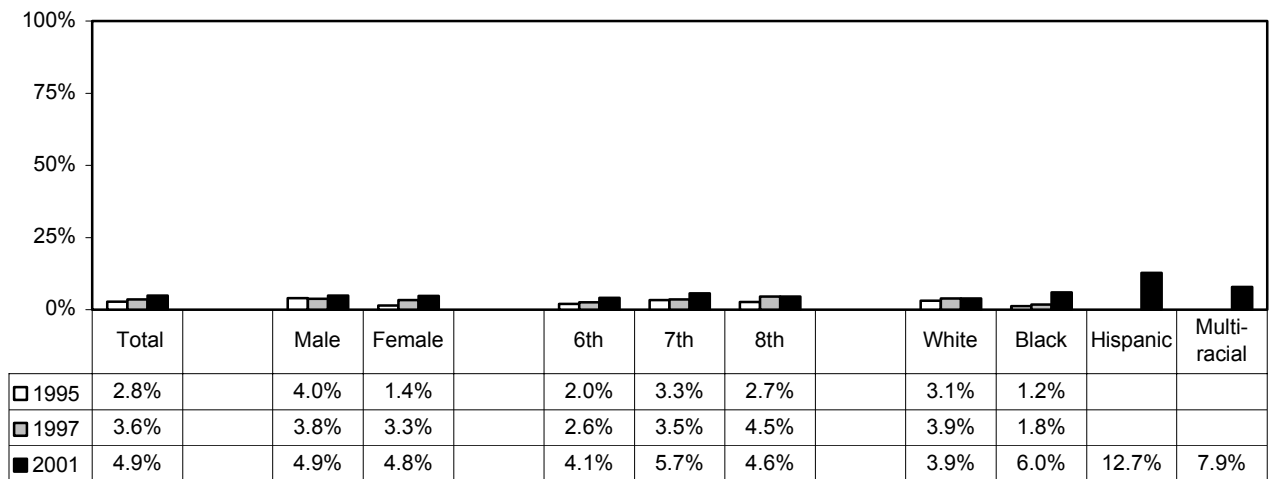
- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had ever used cocaine did not change. This was true for all subgroups that were surveyed during both years except females.
- In 1995, male students were more likely than females to report having used cocaine. In 2001, however, there was no difference between male and female students due to a significant increase in cocaine use among females.
- In 2001, 6th graders were less likely than 8th graders to report having used cocaine.

Figure 20. Percentage of North Carolina middle school students reporting that they had ever sniffed glue or breathed the contents of sprays or paints to get high.



- The percentage of North Carolina middle school students who reported having ever sniffed glue or breathed the contents of sprays or paints to get high declined significantly between 1995 and 2001. This decline was also evident among 7th graders and 8th graders.
- In 1995, 6th grade students were less likely than 7th or 8th graders to report having ever sniffed glue or breathed the contents of sprays or paints to get high. In 2001, however, there was no difference between these groups due to the significant decrease among 7th and 8th graders.
- In 1995, Black students were less likely than White students to report having ever sniffed glue or breathed the contents of sprays or paints to get high. In 2001, however, there was no difference between these groups due to the significant decrease among White students.

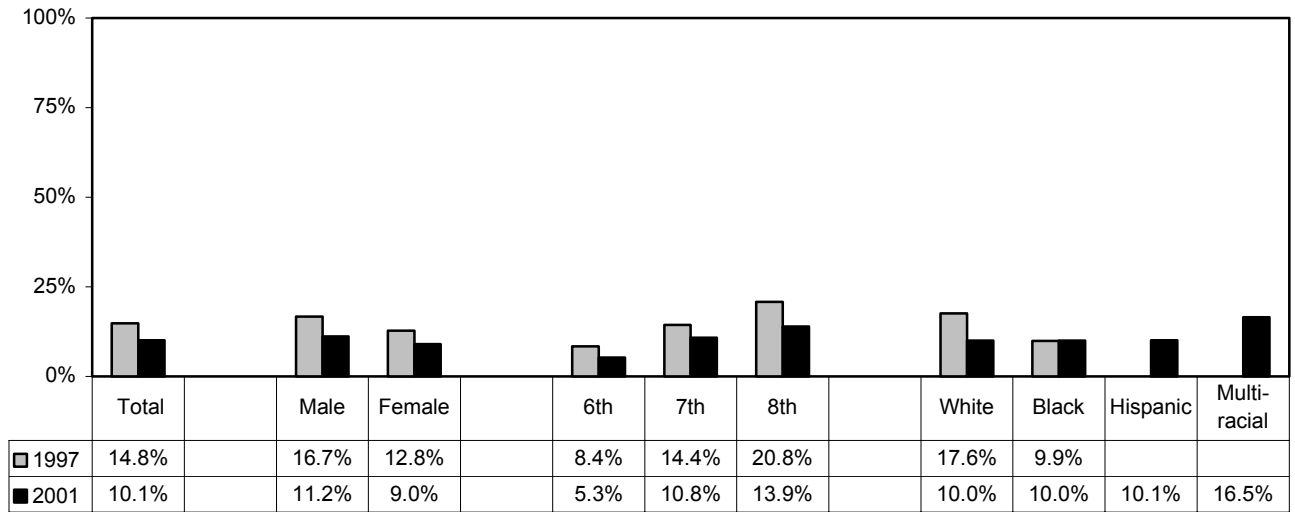
Figure 21. Percentage of North Carolina middle school students reporting that they had ever used steroids.



Note. In 1997 and 2001, this question asked about steroid use in the absence of a doctor's prescription. In 1995, however, the question did not distinguish between legitimately prescribed and illicit steroid use. Had that distinction not been made in the 1997 and 2001 surveys, the figures for those years may have actually been higher.

- The percentage of North Carolina middle school students who reported having ever used steroids increased significantly between 1995 and 2001. This increase was also evident among females and Black students.
- In 2001, Hispanic students were more likely than White students to report having used steroids without a doctor's prescription.

Figure 22. Percentage of North Carolina middle school students reporting that someone had offered, sold or given them an illegal drug on school property during the past 12 months.



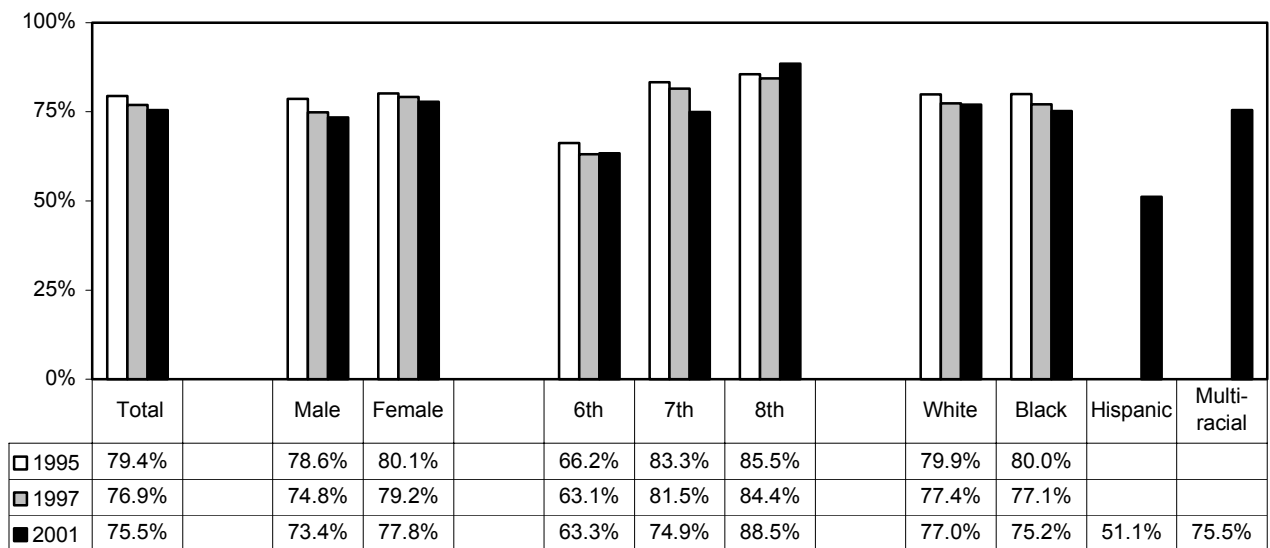
Note. Question not asked in the 1995 survey.

- In 2001, one out of every 10 North Carolina middle school students reported that they were offered, sold, or given an illegal drug on school property during the past 12 months.
- In 2001, 6th grade students were less likely than 7th or 8th graders to report having been offered, sold, or given an illegal drug on school property during the past 12 months.

Health Education

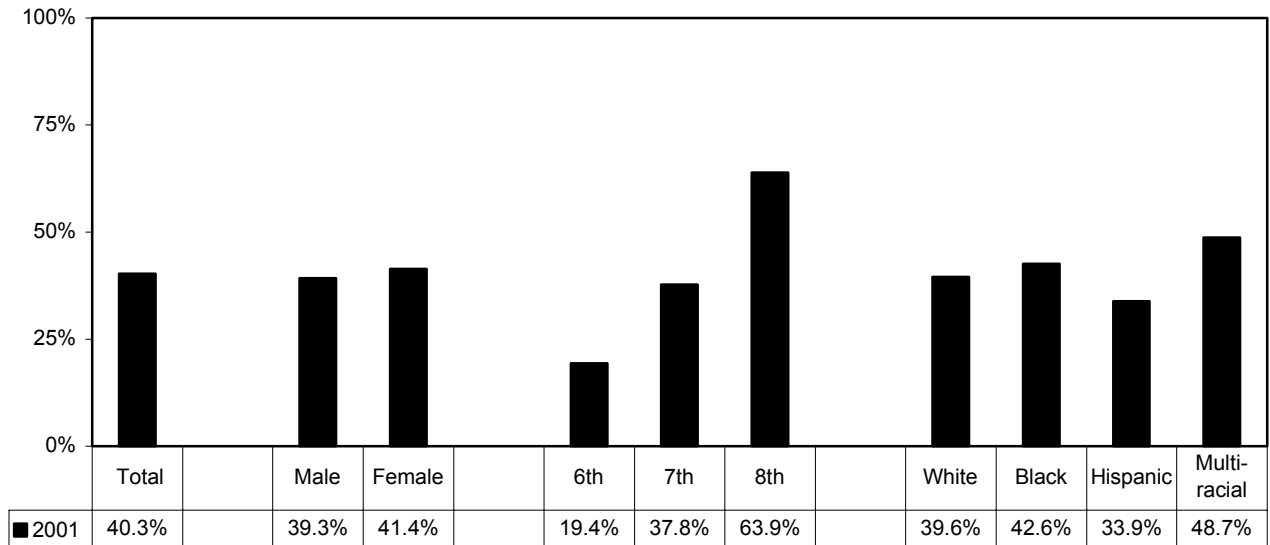
The majority of schools and districts across the U. S. require some form of health education at the elementary, middle, and high school levels. Topics related to the prevention of sexually-transmitted disease and HIV infection in particular are most likely to be taught at the middle or high school level (CDC, 2001b). Studies of health education programs have indicated that they can be a useful tool for discouraging students from engaging in risky sexual behaviors (Jemmott, Jemmott, & Fong, 1992; Kirby et al., 1991; Main et al., 1994). Figures 23 and 24 provide information on the extent to which North Carolina middle school students receive information about HIV/AIDS and sexually transmitted diseases in school.

Figure 23. Percentage of North Carolina middle school students reporting that they had ever been taught about AIDS or HIV infection in school.



- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had been taught about AIDS or HIV infection in school did not change. This was true for all subgroups that were surveyed during both years except 7th graders.
- Between 1995 and 2001, the percentage of 7th grade students reporting that they had been taught about AIDS or HIV infection in school declined.
- In 2001, the likelihood of students reporting that they had been taught AIDS or HIV infection in school increased significantly across each set of contiguous grade levels (6th to 7th and 7th to 8th). In 1995, this finding was the same except that there was no difference between 7th and 8th graders.
- In 2001, Hispanic students were less likely to report that they had been taught AIDS or HIV infection in school than each of the other ethnic groups.

Figure 24. Percentage of North Carolina middle school students reporting that they had ever been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus.



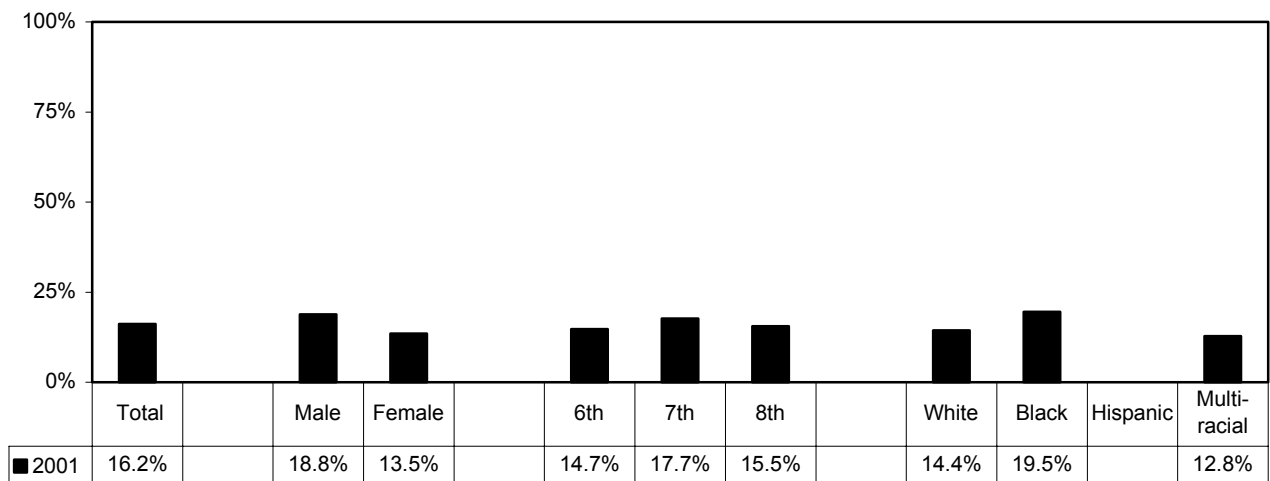
Note. Question not asked in 1995 or 1997 surveys.

- In 2001, approximately four out of 10 North Carolina middle school students reported having been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus.
- In 2001, the likelihood of students reporting that they had been taught about chlamydia, gonorrhea, syphilis, or human pappilloma virus increased significantly across each set of contiguous grade levels (6th to 7th and 7th to 8th).

Weight Management

The percentage of children and adolescents who are defined as overweight has more than doubled since the early 1970s (Troiano & Flegal, 1998). Over 13 percent of youth between the ages of 6 and 19 in the U. S. are now overweight (CDC, 2001c). Overweight and obese individuals are at increased risk for a wide variety of physical and psychological disorders, including heart disease, stroke, diabetes, high blood pressure, high cholesterol, and depression (Stunkard & Wadden, 1993). Figures 25 through 32 illustrate students' responses to a variety of questions regarding their weight and weight control activities.

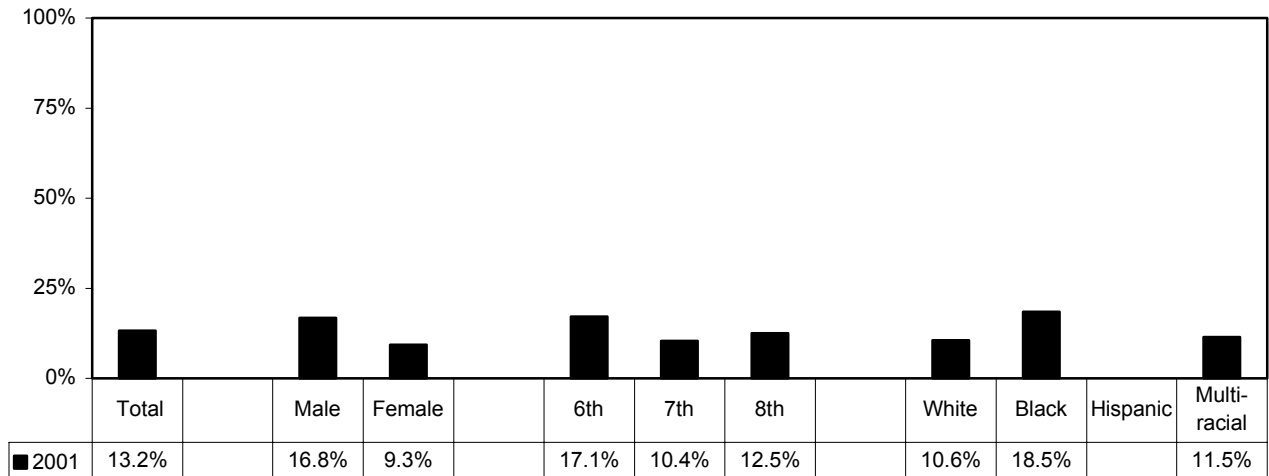
Figure 25. Percentage of North Carolina middle school students who are at risk for becoming overweight based on body mass index (BMI).



Notes. BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls between the 85th and 95th percentile of the normative distribution based on those reference data is considered to be "at risk for becoming overweight". Only 98 Hispanic students reported data for this calculation, which was not a sufficient number to generate a statewide estimate for that group. Data on students' height and weight were not collected in the 1995 and 1997 surveys.

- In 2001, almost one out of every six North Carolina middle school students was at-risk for becoming overweight based on their current BMI.

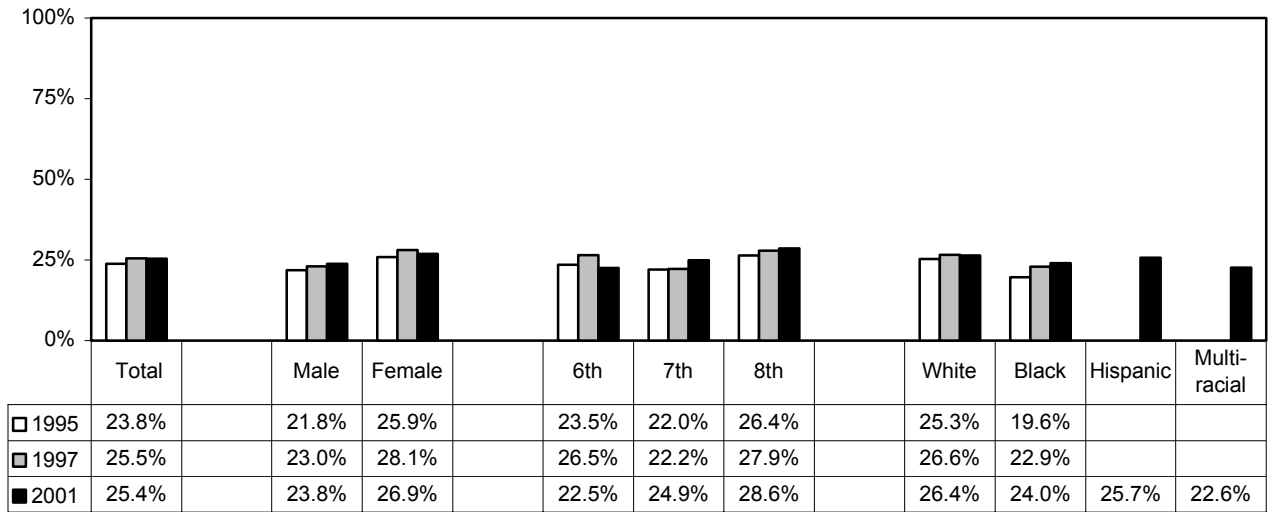
Figure 26. Percentage of North Carolina middle school students who are overweight based on body mass index (BMI).



Notes. BMI was calculated by dividing a student's self-reported weight (in pounds) by the square of their self-reported height (in inches), and then multiplying that total by 703. Each student's BMI was then compared to reference data from the National Health and Nutrition Examination Survey I for children of the same age and gender. Any student whose BMI falls above 95th percentile of the normative distribution based on those reference data is considered to be "overweight". Only 98 Hispanic students reported data for this calculation, which was not a sufficient number to generate a statewide estimate for that group. Data on students' height and weight were not collected in the 1995 and 1997 surveys.

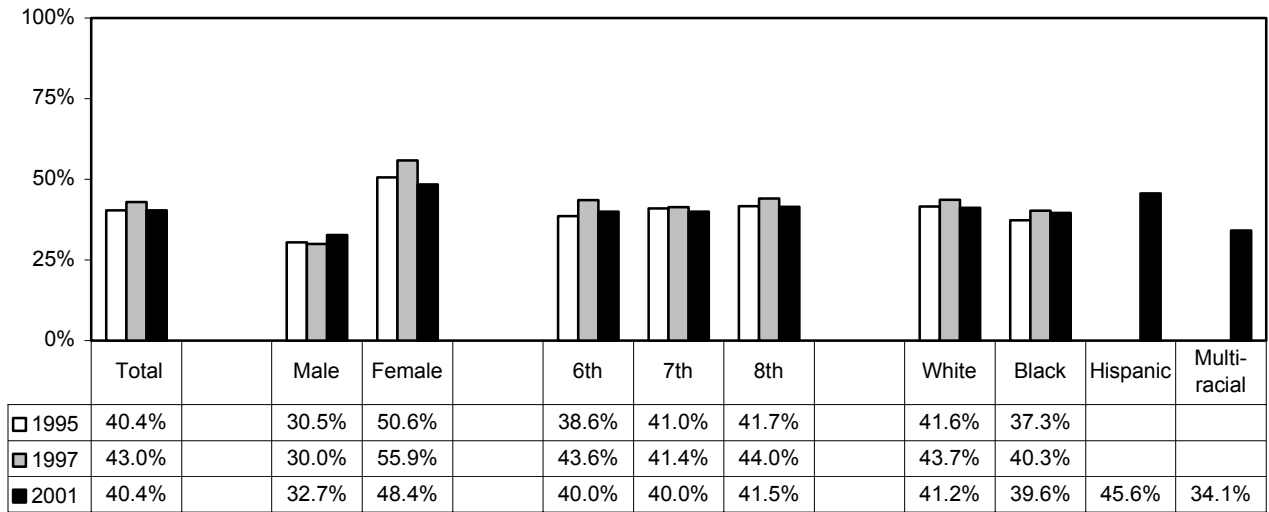
- In 2001, almost one out of every seven North Carolina middle school students was overweight based on their current BMI.
- In 2001, Male students were more likely than females to be overweight based on their current BMI.
- In 2001, Black students were more likely than White students to be overweight based on their current BMI.

Figure 27. Percentage of North Carolina middle school students who describe themselves as slightly or very overweight.



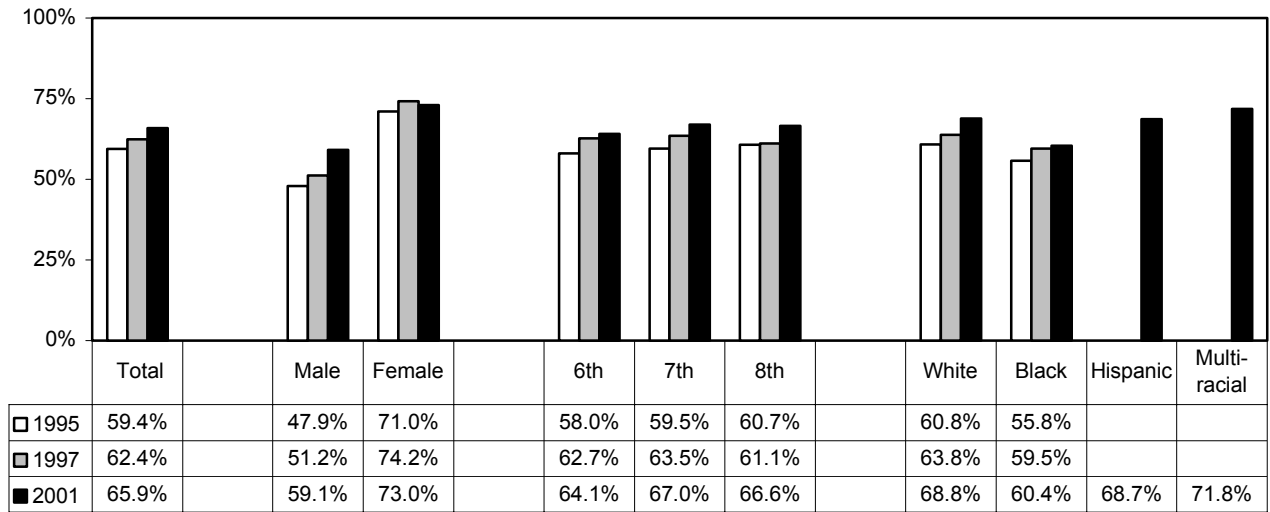
- Between 1995 and 2001, the percentage of North Carolina middle school students describing themselves as slightly or very overweight did not change. This was true for all subgroups that were surveyed during both years.
- In both 1995 and 2001, approximately one-fourth of North Carolina middle school students described themselves as slightly or very overweight.

Figure 28. Percentage of North Carolina middle school students who reported that they were trying to lose weight.



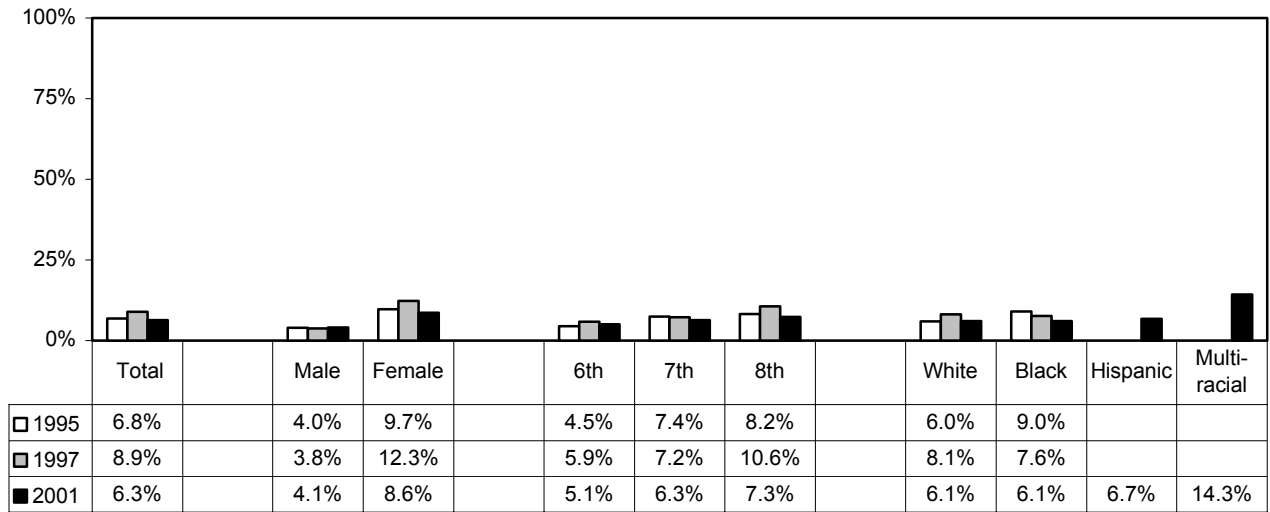
- Between 1995 and 2001, the percentage of North Carolina middle school students who reported that they were trying to lose weight did not change. This was true for all subgroups that were surveyed during both years.
- In both 1995 and 2001, approximately four out of 10 North Carolina middle school students reported that they were trying to lose weight.
- In both 1995 and 2001, female students were more likely than males to report that they were trying to lose weight.

Figure 29. Percentage of North Carolina middle school students who reported that they had exercised to lose weight or to keep from gaining weight.



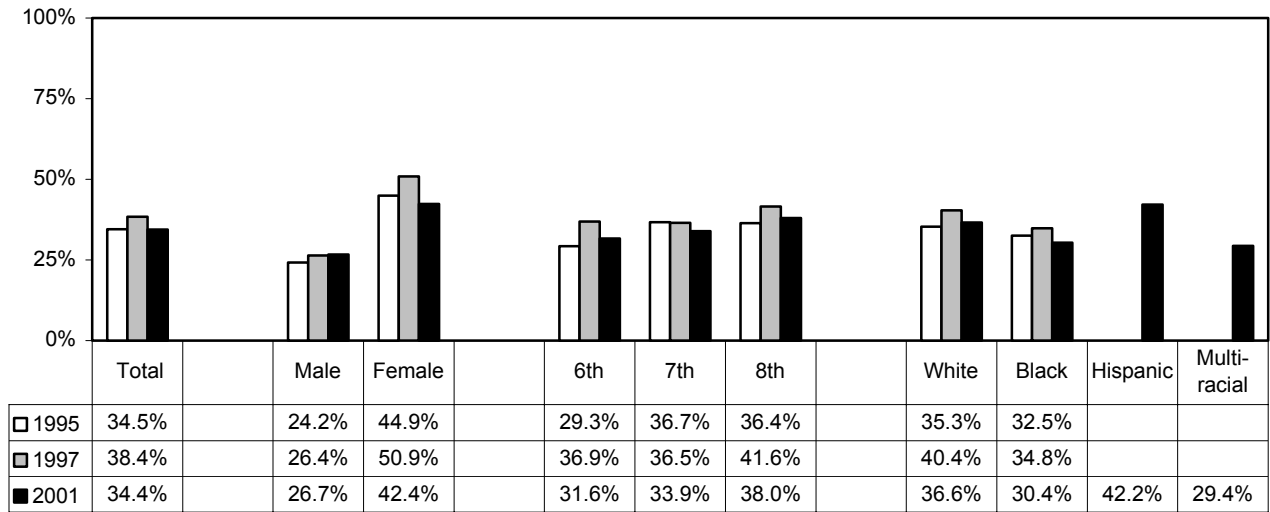
- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had exercised to lose weight or to keep from gaining weight increased. This increase was also evident among some subgroups such as male students, 7th graders, and White students.
- In both 1995 and 2001, female students were more likely than males to report that they had exercised to lose weight or to keep from gaining weight.
- In 2001, White students were more likely than Black students to report that they had exercised to lose weight or to keep from gaining weight.

Figure 30. Percentage of North Carolina middle school students who reported that they had vomited or taken laxatives to lose weight or to keep from gaining weight.



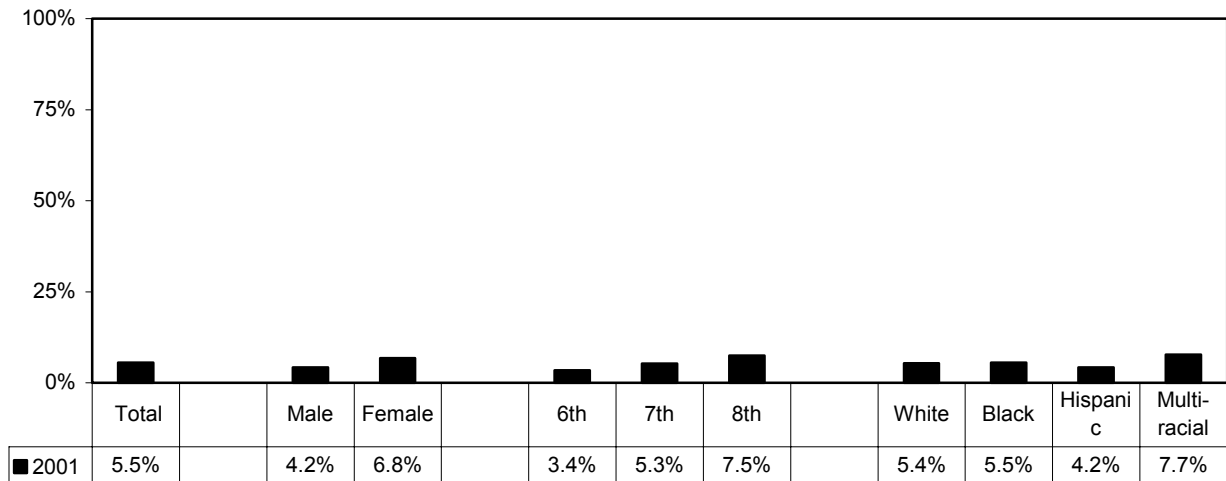
- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had vomited or taken laxatives to lose weight or to keep from gaining weight did not change. This was true for all subgroups that were surveyed during both years.
- In both 1995 and 2001, female students were more likely than males to report that they had vomited or taken laxatives to lose weight or to keep from gaining weight.

Figure 31. Percentage of North Carolina middle school students who reported that they had dieted to lose weight or to keep from gaining weight.



- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had dieted to lose weight or to keep from gaining weight did not change. This was true for all subgroups that were surveyed during both years.
- In both 1995 and 2001, female students were more likely than males to report that they had dieted to lose weight or to keep from gaining weight.

Figure 32. Percentage of North Carolina middle school students who reported that they had taken diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight.



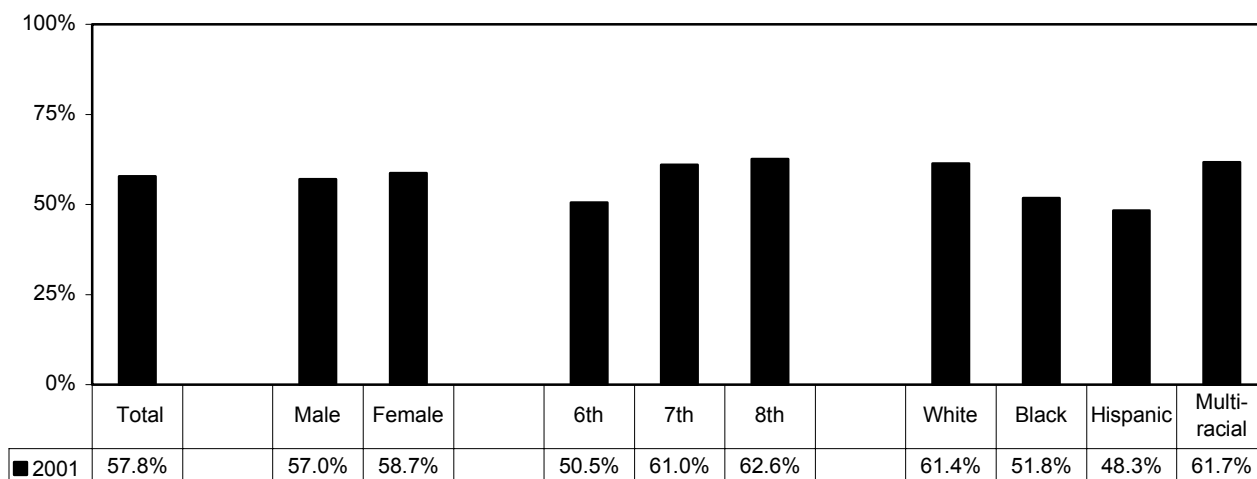
Note. In the 1995 and 1997 surveys, this question asked only about diet pills (not powders or liquids) and did not include the qualifier about not having a doctor’s advice, rendering those data incompatible with the 2001 survey.

- In 2001, over five percent of North Carolina middle school students reported that they had taken diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight.
- In 2001, 8th grade students were more likely than 6th graders to report that they had taken diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight.

Physical Health

Most children in the U. S. under the age of 17 have a usual source that they use for health care; however, access to health care tends to decline as children get older (Weigers, Welnick, & Cohen, 1998). Among children under 18, only 70 percent visit a health care provider each year for a routine appointment, and fewer than half see a dentist each year (Agency for Healthcare Research and Quality, 2002; Krauss, Machlin, & Kass, 1999). In addition, certain subgroups of children (e.g., Black, Hispanic, uninsured, or poor children) tend to have less access to regular sources of health care and are less likely to use health or dental services for preventive or emergency reasons (Agency for Healthcare Research and Quality, 2002; Krauss et al., 1999; Watson, Manski, & Mancek, 2001; Weigers et al., 1998). Black and Hispanic children are also less likely to be rated as being in “good” health overall (Weigers et al., 1998). Figures 33 through 35 present data on health care utilization and health status for North Carolina middle school students.

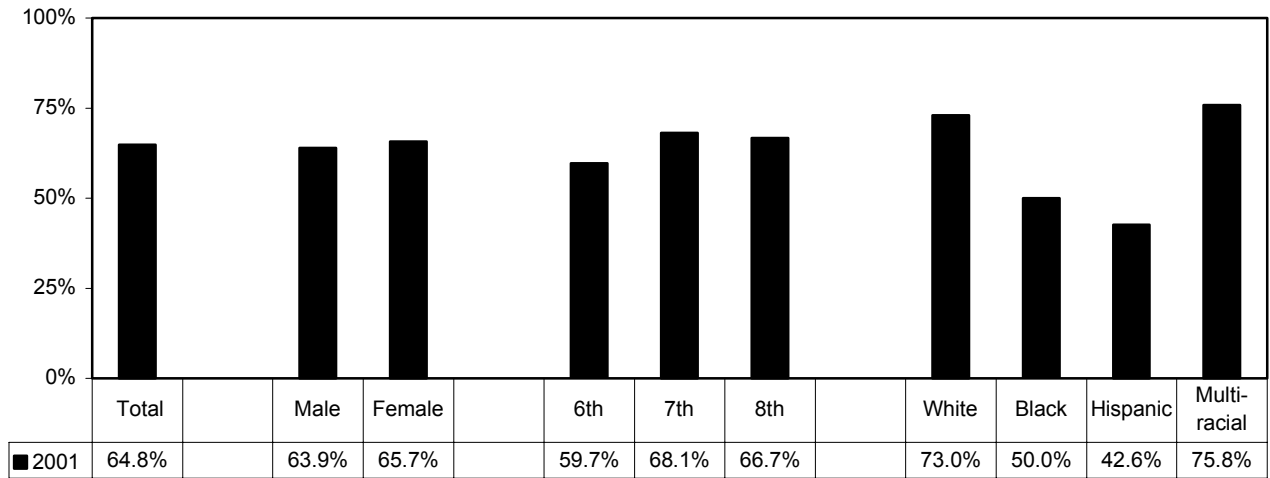
Figure 33. Percentage of North Carolina middle school students who reported seeing a doctor or other health care provider for a check-up or physical exam during the past 12 months when they were not sick or injured.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, over half of North Carolina middle school students reported that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months.
- In 2001, White students were more likely than Black students to report that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months.
- In 2001, 6th grade students were less likely than either 7th or 8th grade students to report that they had seen a doctor or other health care provider for a check-up or physical exam during the past 12 months.

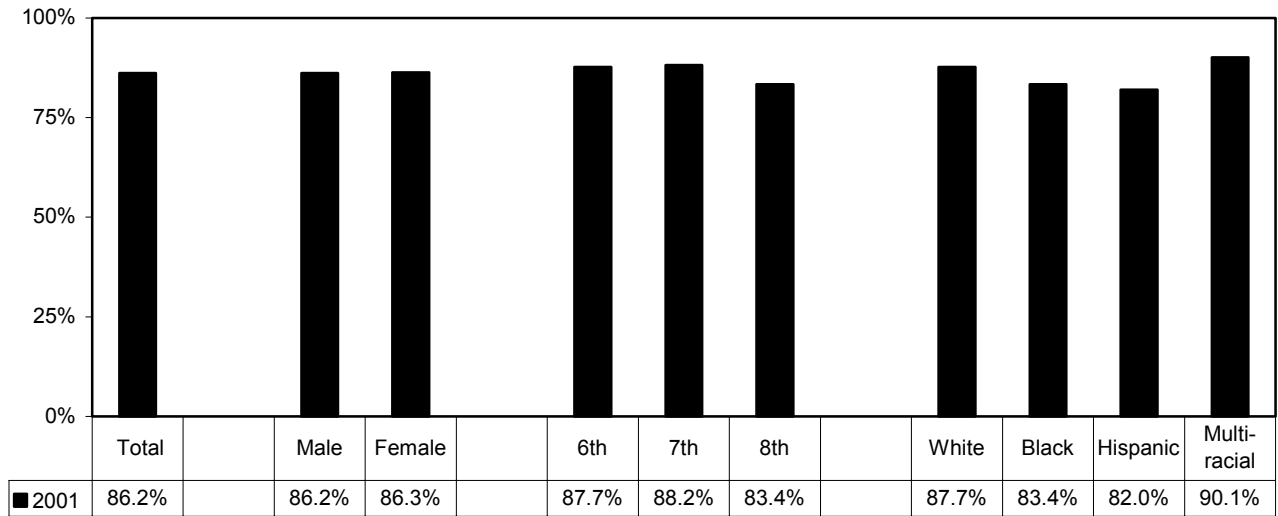
Figure 34. Percentage of North Carolina middle school students who reported seeing a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, less than two-thirds of North Carolina middle school students reported that they had seen a dentist during the past 12 months.
- In 2001, White and Multi-racial students were more likely than either Black or Hispanic students to report that they had seen a dentist during the past 12 months.

Figure 35. Percentage of North Carolina middle school students who rated their overall health as good or better.



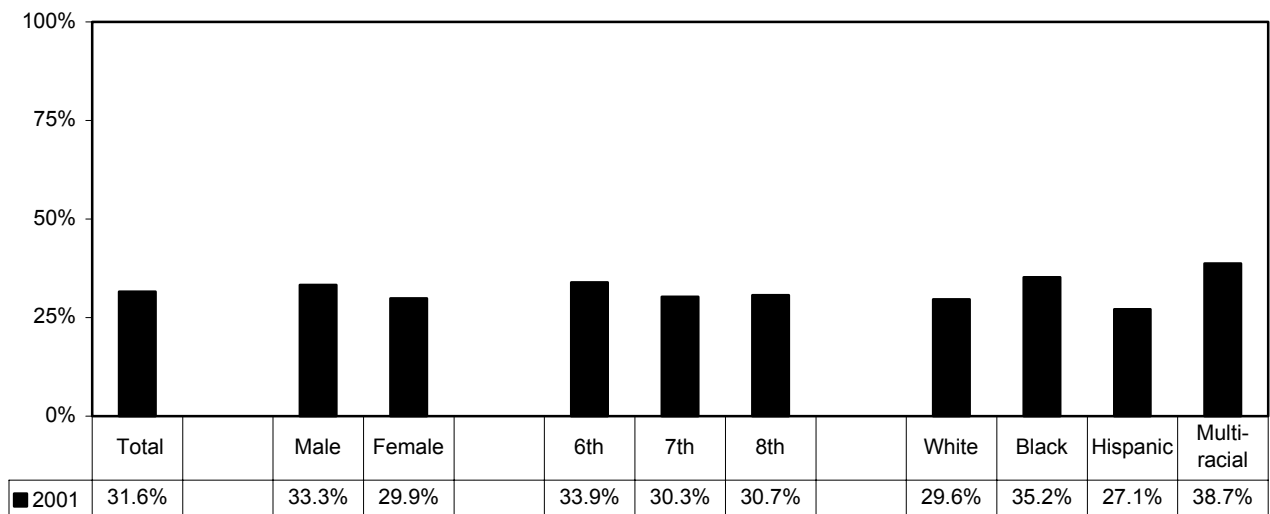
Note. Question not asked in 1995 or 1997 surveys.

- In 2001, over 86 percent of North Carolina middle school students rated their overall health as “good” or better.

Nutrition

Along with inactivity, improper nutrition is the other major factor behind the obesity epidemic that has emerged in the U. S. in recent years. The U. S. Department of Agriculture (2000) recommends a diet high in grains, vegetables, fruits, and lean meats, and low in saturated fats. Currently, however, the dietary patterns of Americans of all ages falls far short of this ideal, and far short of the targets established under the Healthy People 2010 initiative (U. S. Department of Health and Human Services, 2000). Figures 36 through 42 detail the reported daily dietary patterns of North Carolina middle school students.

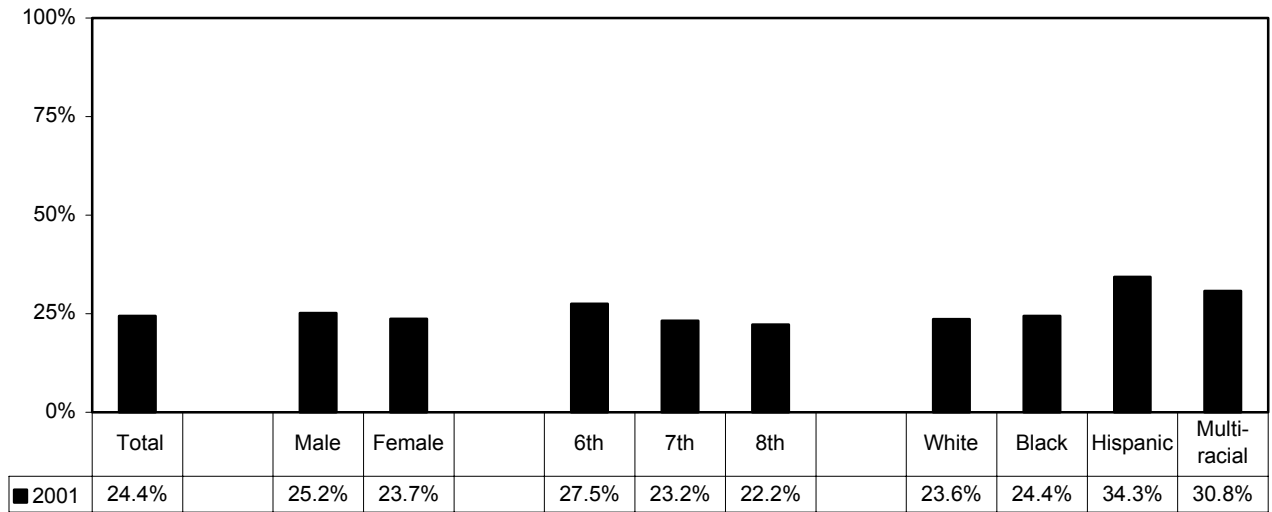
Figure 36. Percentage of North Carolina middle school students who reported drinking 100% fruit juice at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, less than one-third of North Carolina middle school students reported drinking 100% fruit juice at least daily during the past seven days prior to the survey.

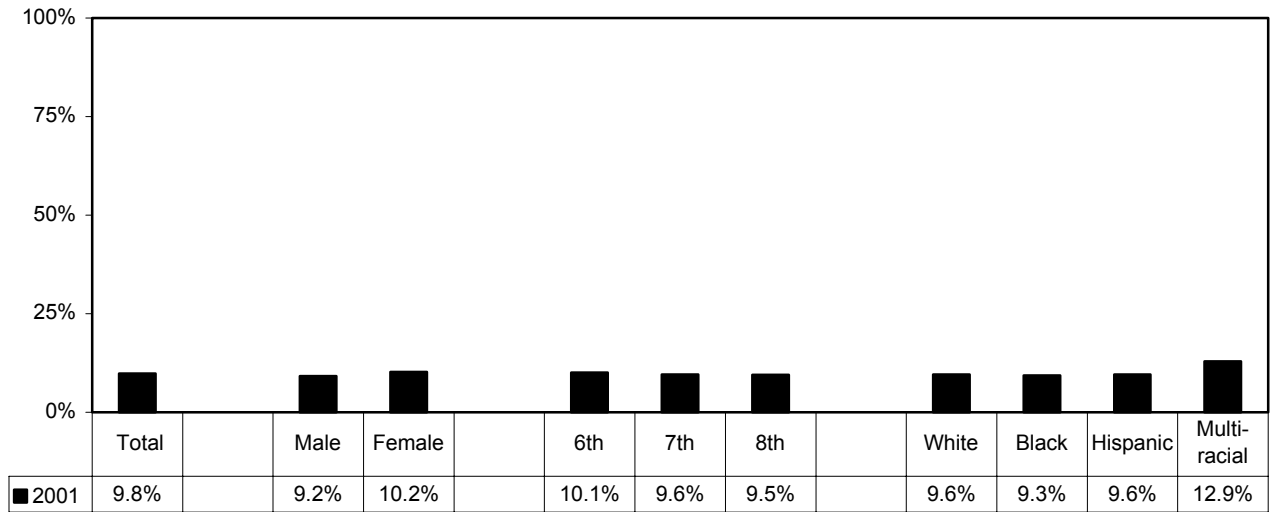
Figure 37. Percentage of North Carolina middle school students who reported eating fruit at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, approximately one-fourth of North Carolina middle school students reported eating fruit at least daily during the past seven days prior to the survey.

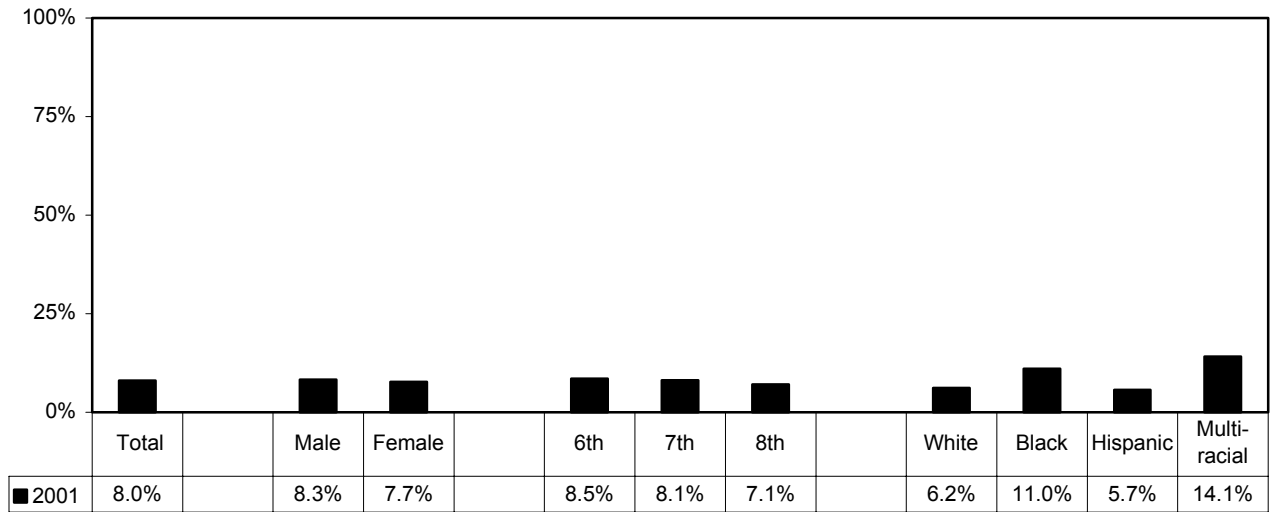
Figure 38. Percentage of North Carolina middle school students who reported eating green salad at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, approximately one out of 10 North Carolina middle school students reported eating green salad at least daily during the past seven days prior to the survey.

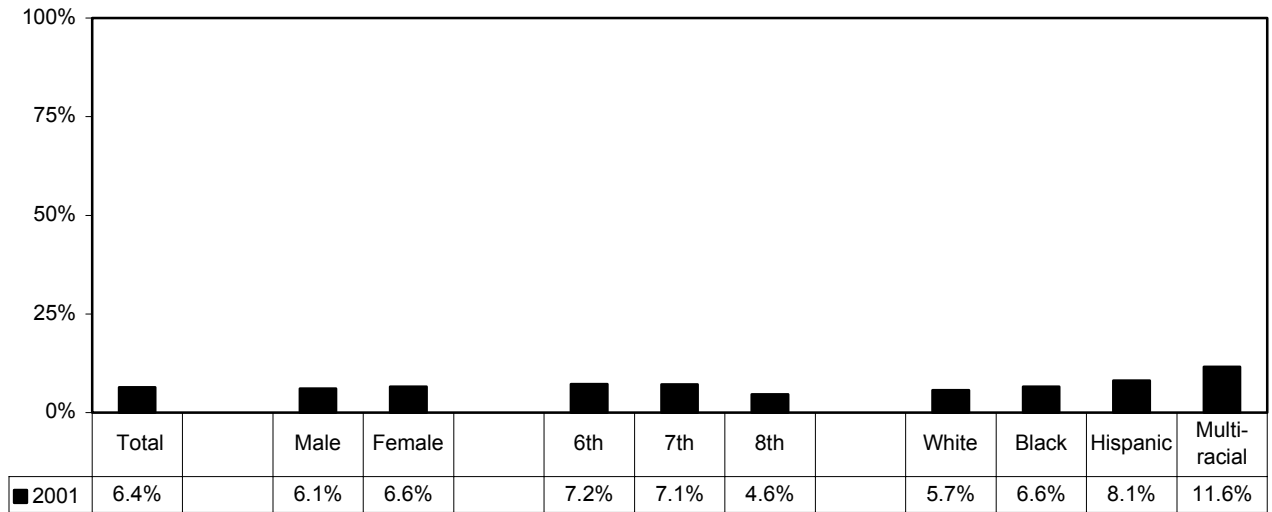
Figure 39. Percentage of North Carolina middle school students who reported eating potatoes at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys. “Potatoes” in this item did not include French fries, fried potatoes, or potato chips.

- In 2001, less than one out of every 10 North Carolina middle school students reported eating potatoes at least daily during the past seven days prior to the survey.
- In 2001, Black students were more likely than White students to report that they eaten potatoes during the past seven days.

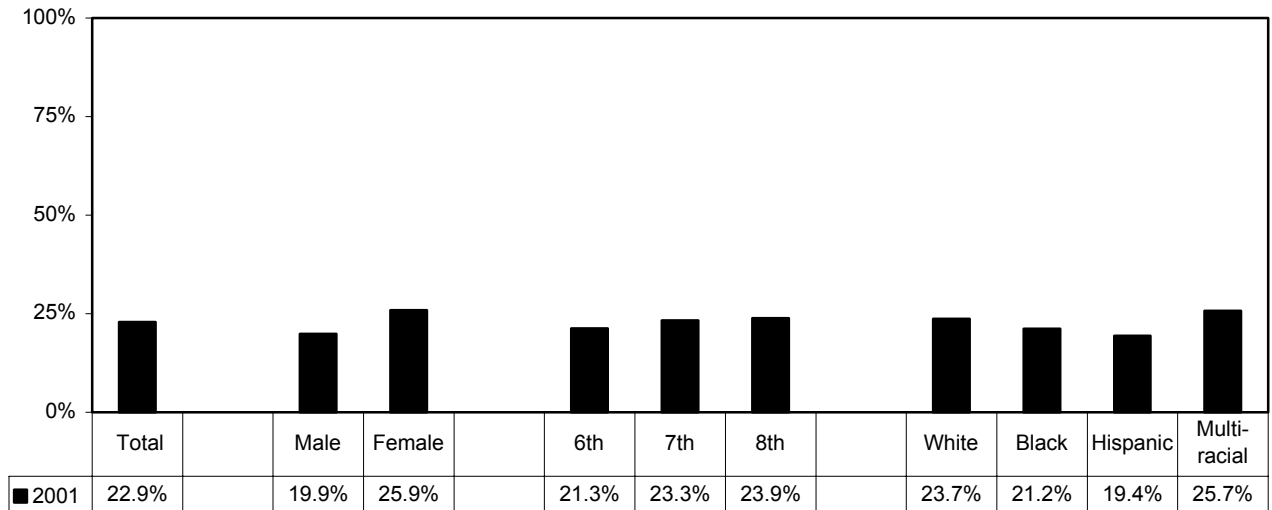
Figure 40. Percentage of North Carolina middle school students who reported eating carrots at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, less than seven percent of North Carolina middle school students reported eating carrots at least daily during the past seven days prior to the survey.

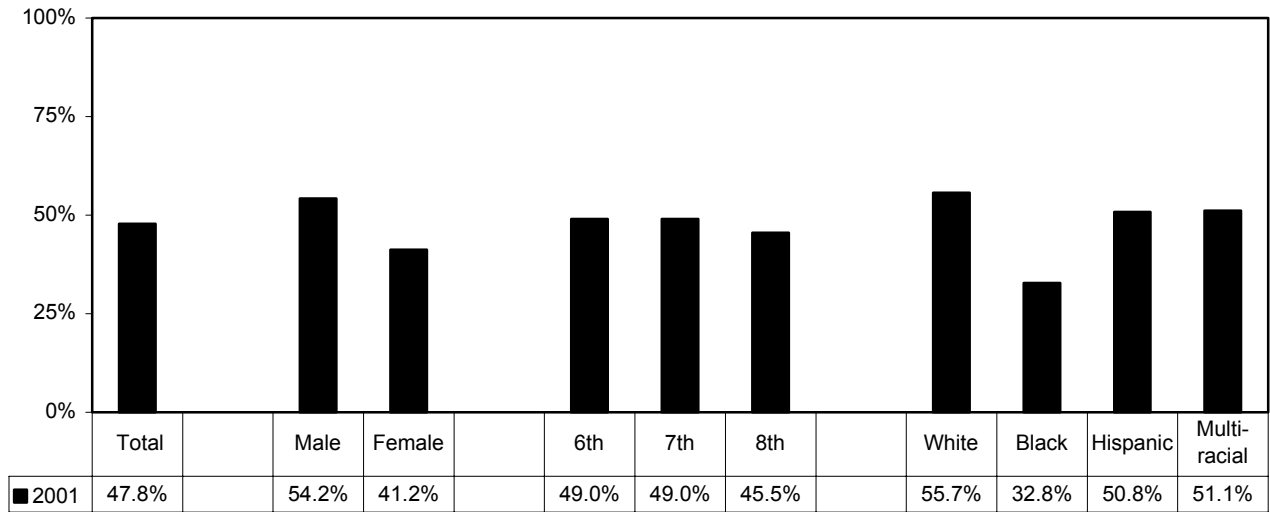
Figure 41. Percentage of North Carolina middle school students who reported eating other vegetables (other than salad, potatoes, and carrots) at least daily during the past seven days.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, less than one-fourth of North Carolina middle school students reported eating vegetables other than salad, potatoes, or carrots at least daily during the past seven days prior to the survey.
- In 2001, female students were more likely than male students to report eating vegetables other than salad, potatoes, or carrots at least daily during the past seven days.

Figure 42. Percentage of North Carolina middle school students who reported drinking at least one glass of milk daily during the past seven days.



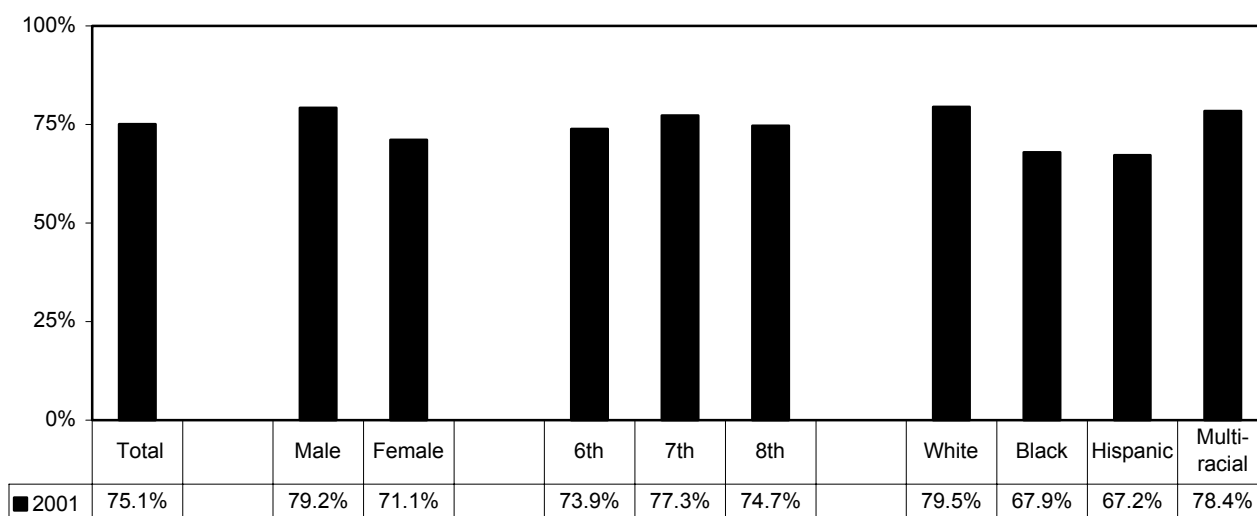
Note. Question not asked in 1995 or 1997 surveys.

- In 2001, less than half of North Carolina middle school students reported drinking at least one glass of milk daily during the past seven days prior to the survey.
- In 2001, female students were less likely than males to report drinking at least one glass of milk daily during the past seven days.
- In 2001, Black students were less likely than students of other ethnicities to report drinking at least one glass of milk daily during the past seven days.

Physical Activity

In addition to being an important factor in preventing obesity, regular physical activity can also help prevent many health problems including heart disease, hypertension, diabetes, and colon cancer. Unfortunately only half of youth ages 12 to 21 in the U. S. engage in regular physical activity, and the percentage of children attending daily physical education classes in school has declined dramatically (U. S. Department of Health and Human Services, 1996). Figures 43 through 47 present data on the physical activity levels of North Carolina middle school students.

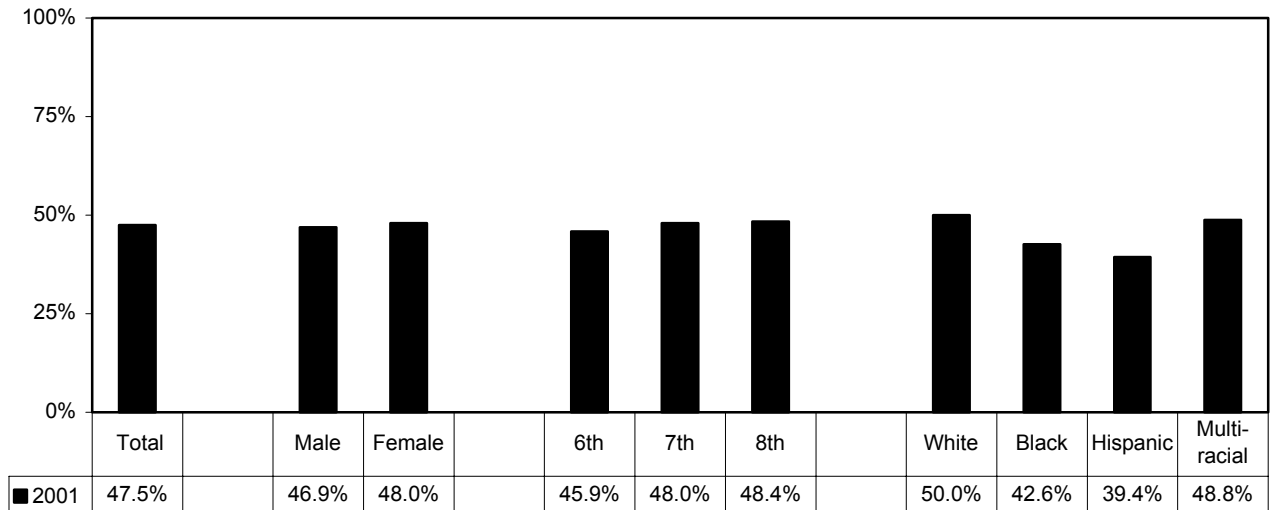
Figure 43. Percentage of North Carolina middle school students who reported participating in strenuous physical activity for at least 20 minutes on three or more of the past seven days.



Note. “Strenuous” physical activity is defined as activity that results in sweating or hard breathing, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities. Wording of question changed between 1997 and 2001 surveys, rendering those data incompatible with 2001 results.

- In 2001, about three-fourths of North Carolina middle school students reported participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey.
- In 2001, male students were more likely than females to report participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey.
- In 2001, White students were more likely than students of other ethnicities to report participating in strenuous physical activity for at least 20 minutes on three or more of the seven days prior to the survey.

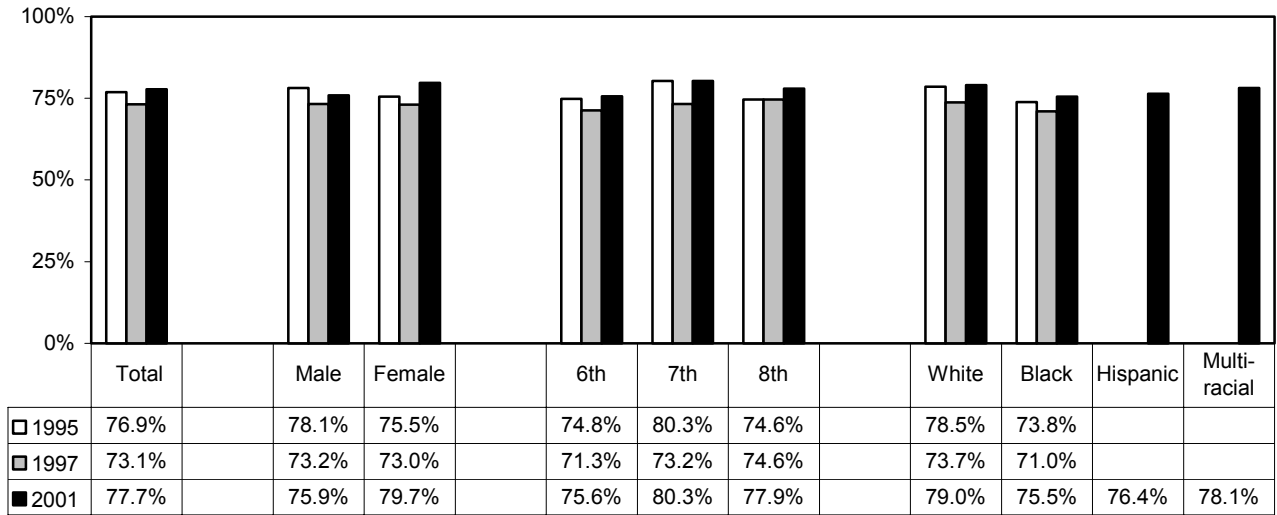
Figure 44. Percentage of North Carolina middle school students who reported participating in moderate physical activity for at least 30 minutes on three or more of the past seven days.



Note. “Moderate” physical activity is defined as activity that does not result in sweating or hard breathing, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors. Wording of question changed between 1997 and 2001 surveys, rendering earlier trend data incompatible with 2001 results.

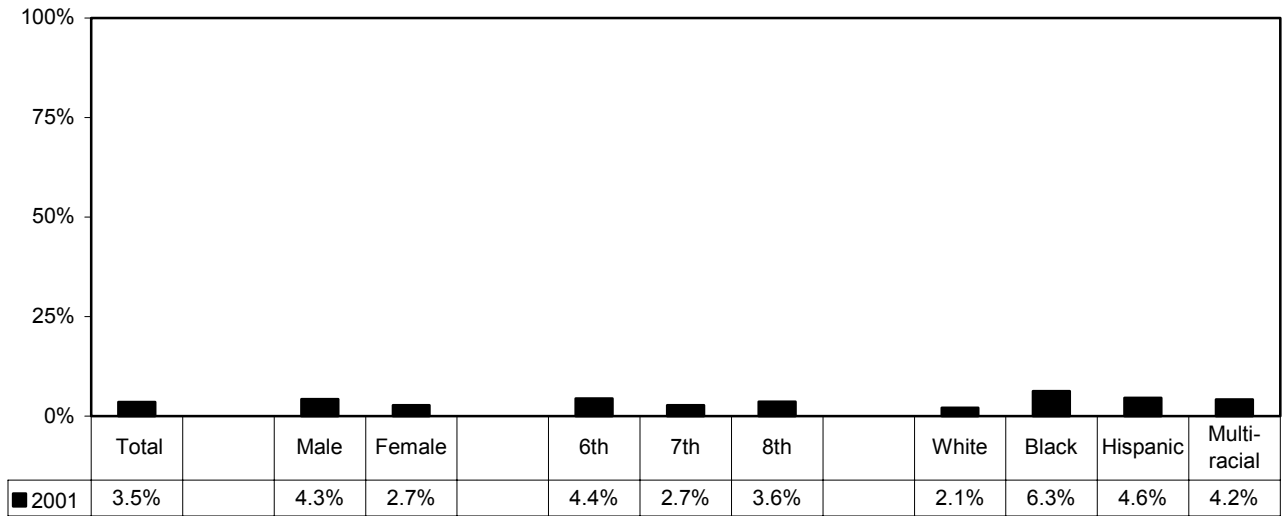
- In 2001, less than half of North Carolina middle school students reported participating in moderate physical activity for at least 30 minutes on three or more of the seven days prior to the survey.
- In 2001, White students were more likely than Black students to report participating in moderate physical activity for at least 30 minutes on three or more of the seven days prior to the survey.

Figure 45. Percentage of North Carolina middle school students who reported attending physical education or gym class at least three days per week.



- Between 1995 and 2001, the overall percentage of North Carolina middle school students reporting that they attended physical education classes at least three days per week did not change. This was also true for each of the subgroups surveyed during both years.

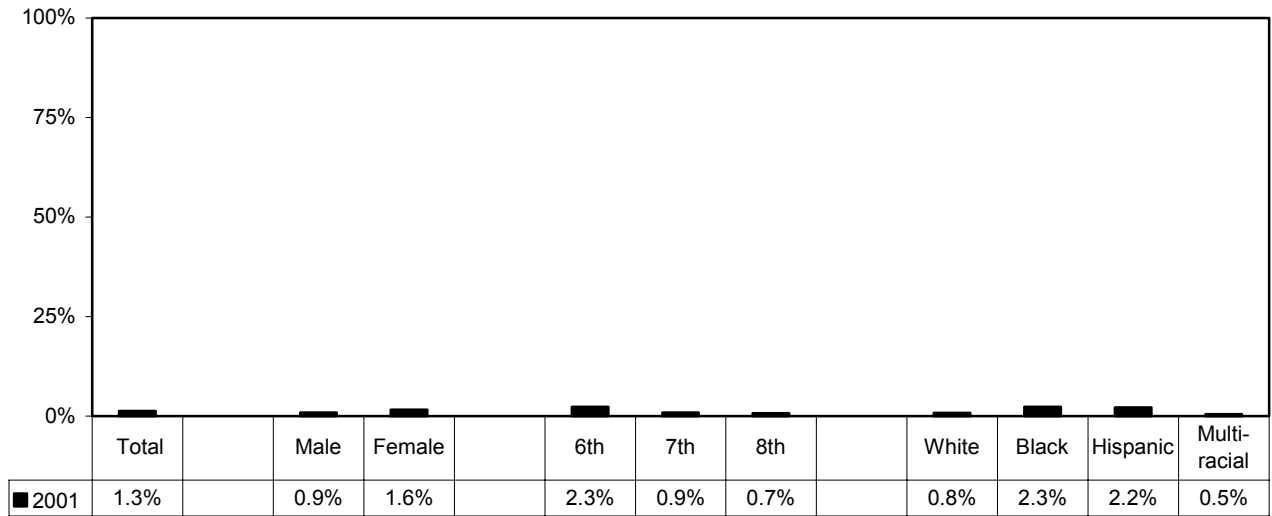
Figure 46. Percentage of North Carolina middle school students who reported walking to school five days per week.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, only one out of every 30 North Carolina middle school students reported that they walked to school five days per week.

Figure 47. Percentage of North Carolina middle school students who reported riding a bicycle to school five days per week.



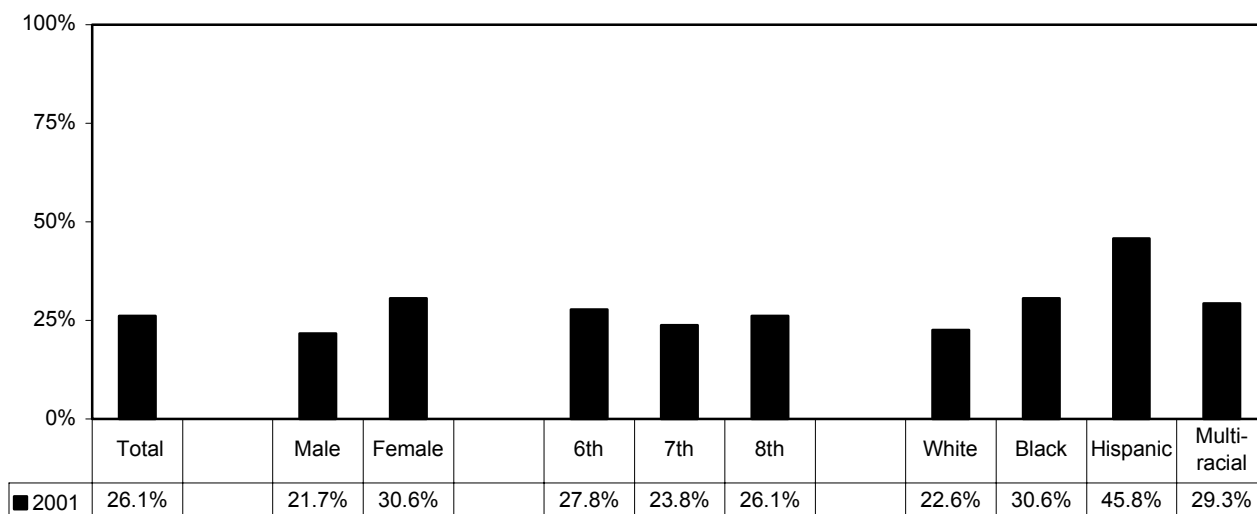
Note. Question not asked in 1995 or 1997 surveys.

- In 2001, only about one out of every 75 North Carolina middle school students reported that they biked to school five days per week.

Psychological Health

It is estimated that approximately one out of every ten children in the United States suffers from a mental or emotional illness severe enough to compromise their daily functioning (Colpe, 2000; National Institute of Mental Health, 2001). Children with mental health conditions are at higher risk for a variety of negative outcomes, including suicide, school dropout, violence, and drug use (e.g., Brandenburg, Friedman, & Silver, 1990). Figures 48 through 51 present data on selected indicators of the mental health status of North Carolina middle school students.

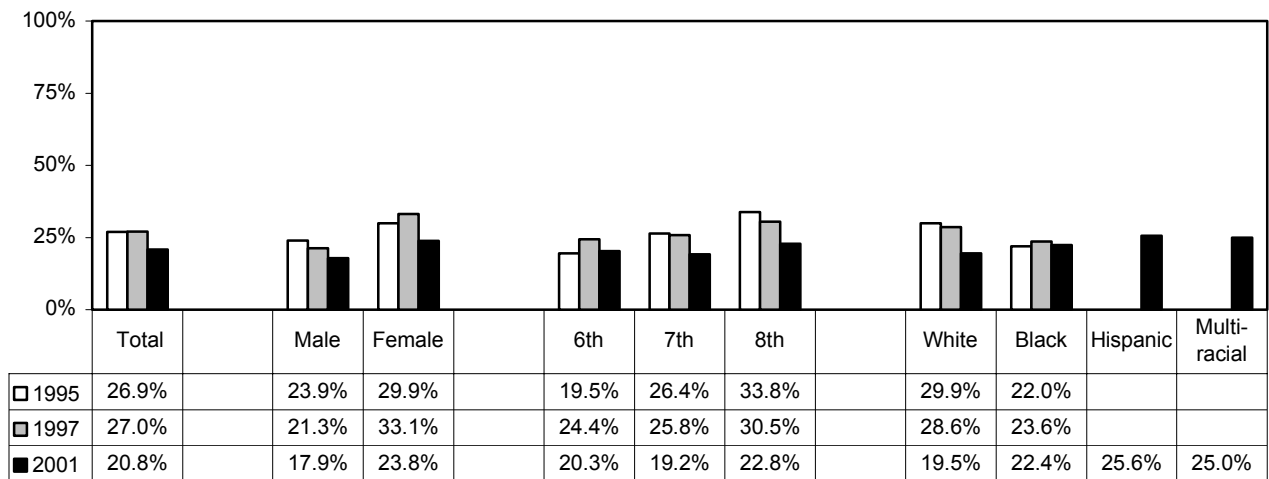
Figure 48. Percentage of North Carolina middle school students who reported feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months that they stopped doing some usual activities.



Note. Question not asked in 1995 or 1997 surveys.

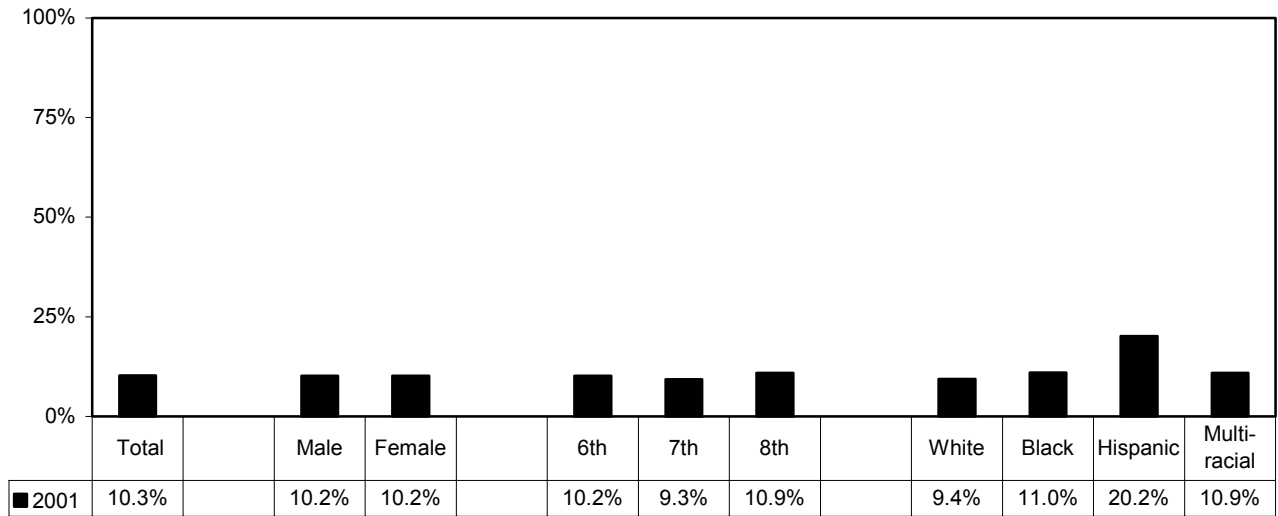
- In 2001, more than one-fourth of North Carolina middle school students reported feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.
- In 2001, female students were more likely than males to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.
- In 2001, Hispanic students were more likely than either Black or White students to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.
- In 2001, Black students were more likely than White students to report feeling so sad or hopeless almost every day for two consecutive weeks during the past 12 months prior to the survey that they stopped doing some usual activities.

Figure 49. Percentage of North Carolina middle school students who reported that they had seriously thought about killing themselves.



- Between 1995 and 2001, the percentage of North Carolina middle school students reporting that they had seriously thought about killing themselves declined. This decline was also seen among male students, 7th and 8th graders, and White students.
- In 1995, female students were more likely than males to report that they had seriously thought about killing themselves. In 2001, however, the difference between males and females was not significant.
- In 1995, the likelihood of students reporting that they had seriously thought about killing themselves increased between 6th and 7th grade, and between 7th and 8th grade. In 2001, however, there were no differences among students at different grade levels.
- In 1995, White students were more likely than Black students to report that they had seriously thought about killing themselves. In 2001, however, there was no difference between White and Black students.

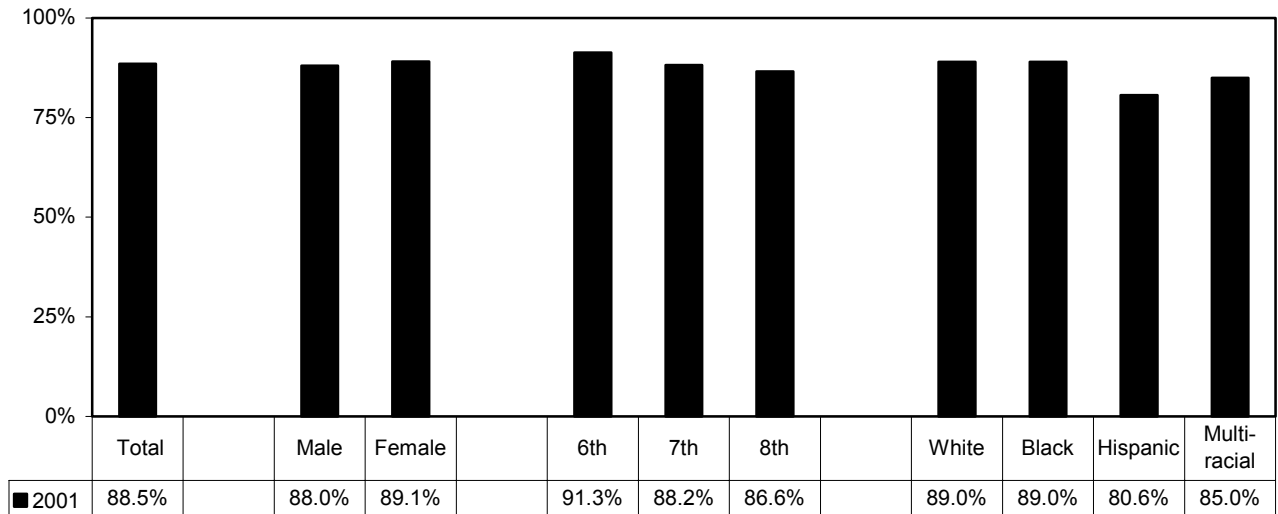
Figure 50. Percentage of North Carolina middle school students who disagreed or strongly disagreed that they felt good about themselves.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, about one out of every 10 North Carolina middle school students disagreed with the statement “I feel good about myself”.
- In 2001, Hispanic students were more likely than White students to disagree with the statement “I feel good about myself”.

Figure 51. Percentage of North Carolina middle school students who rated the quality of their life as good or better.



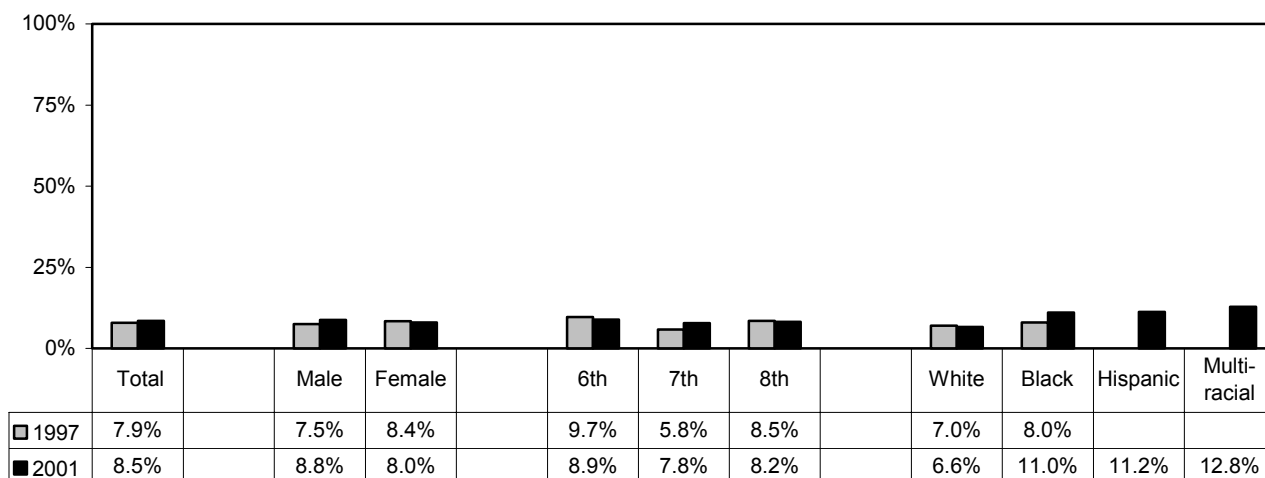
Note. Question not asked in 1995 or 1997 surveys.

- In 2001, almost nine of every 10 North Carolina middle school students rated their quality of life as “good” or better.
- In 2001, Hispanic students were less likely than White students to rate the quality of their life as “good” or better.

School Environment

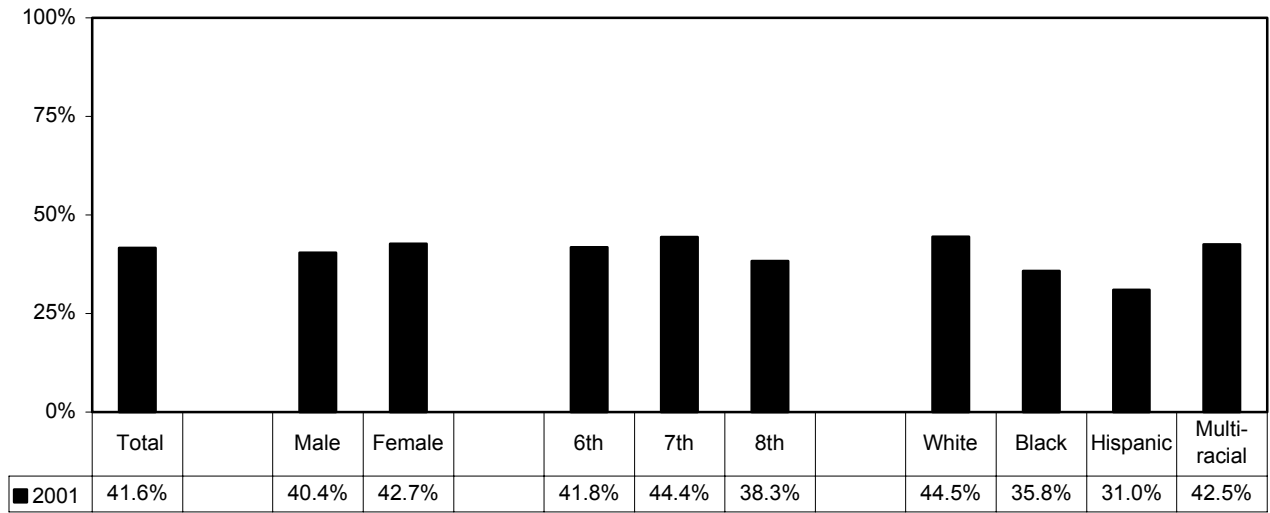
The presence of drugs and violence in school often has deleterious effects on the learning environment and on students' perceptions of safety. During the 1990's, there was a decline nationally in the percentage of students victimized by crime in school and in the percentage of students who fear for their safety either in school or while traveling to or from school. Despite these declines, students ages 12 to 18 were still the victims of 2.5 million crimes at school in 1999, including 186,000 rapes, sexual assaults, robberies, and aggravated assaults, and drug use and availability at school has generally remained steady since 1995 (U. S Department of Education, 2001). Figures 52 through 55 detail North Carolina middle school students' perceptions of school safety.

Figure 52. Percentage of North Carolina middle school students reporting that they had not gone to school at least once during the past 30 days because they felt unsafe either in school or on their way to or from school.



- In 2001, about one out of every 12 North Carolina middle school students did not go to school at least once during the 30 days prior to the survey because they felt unsafe either in school or on their way to or from school.

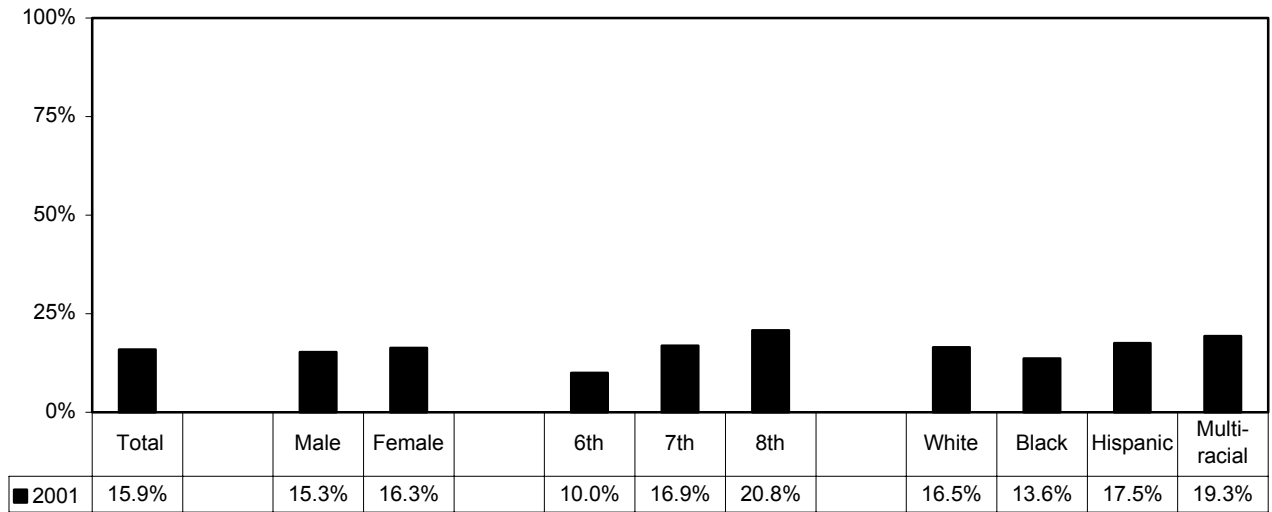
Figure 53. Percentage of North Carolina middle school students who reported that harassment and bullying by other students is a problem at their school.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, over 40 percent of North Carolina middle school students reported that harassment and bullying by other students is a problem at their school.
- In 2001, White students were more likely than either Black or Hispanic students to report that harassment and bullying by other students is a problem at their school.

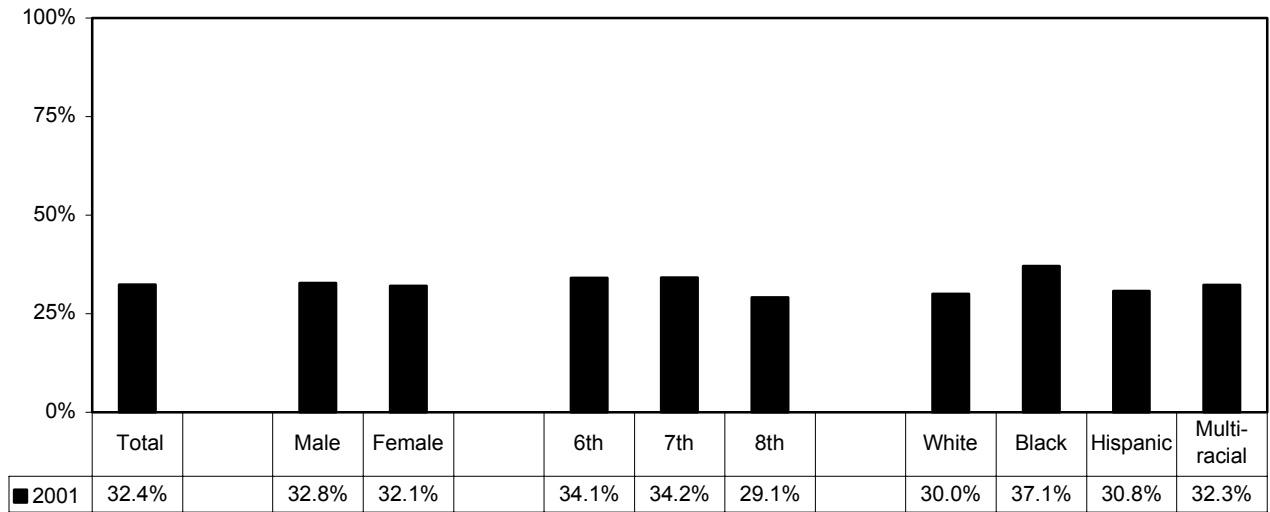
Figure 54. Percentage of North Carolina middle school students who reported that drugs are a problem at their school.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, about one out of every six North Carolina middle school students reported that drugs are a problem at their school.
- In 2001, 6th graders were less likely than either 7th or 8th graders to report that drugs are a problem at their school.

Figure 55. Percentage of North Carolina middle school students who reported that violence is a problem at their school.



Note. Question not asked in 1995 or 1997 surveys.

- In 2001, almost one-third of North Carolina middle school students reported that violence is a problem at their school.

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Appendix A

1995 NC Middle School YRBS Questionnaire

Appendix B

1997 NC Middle School YRBS Questionnaire

Appendix C

2001 NC Middle School YRBS Questionnaire