

2009 Youth Risk Behavior Survey Winston-Salem/Forsyth County High School Students



SUMMARY REPORT

A collaborative report supported by:
Winston-Salem/Forsyth County School System
and
Forsyth County Department of Public Health

Updated July 2010



Special thanks for the following:

Data Collection

Forsyth Co. Dept. of Public Health Staff and
Forsyth Co. Healthy Community Coalition Members

Summary Report Preparation

Ayotunde Ademoyero, MPH, Director
Jennifer Staten, Research Assistant
FCDPH Division of Epidemiology & Surveillance

Data Analysis & Preparation of Full Report

Rothenbach Research & Consulting, LLC

Leadership & Support

Dr. Timothy Monroe, *FCDPH*
Dr. Don Martin, *WSFCS*
Dr. Ken Simington, *WSFCS*
Nancy Hoover, *WSFCS*
WSFCS School Administrators and Teachers

2009 OVERVIEW & HIGHLIGHTS

WSFCS High School Students

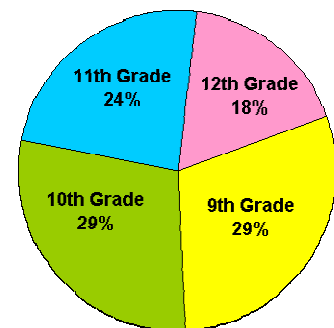


The Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified to meet the needs of North Carolina. Statewide, North Carolina Healthy Schools administers the YRBS to a select sample of North Carolina middle and high school students. It is conducted every two years to assess health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youths.

In 2009, the YRBS was administered for the first time in **14 public high schools** in Winston-Salem/Forsyth County School System to learn more about the health of Forsyth County teens. Among the **1,582 high school students** participating:

- 48.0% were female.
- 52.0% were male.
- 47.5% were White, Non-Hispanic.
- 31.6% were Black, Non-Hispanic.
- 6.0% were Hispanic.
- 3.6% were Other Races.
- 11.4% were Multiple Responses.

Grade Level Distribution of Surveyed Students



2009 High School YRBS Topics

- Automobile & Bicycle Safety
- Violence & Bullying
- Sex Behavior
- Suicide-Related Attitudes & Behavior
- Weight Management & Nutrition
- Physical Activity & Health
- Alcohol, Tobacco & Other Drugs Use
- Other Health Related Issues

2009 High School YRBS Sampling Details

- Classes from participating schools were randomly selected to take survey.
- The survey was given during 2nd Period in each class.
- Parents could decline their child's participation in survey by returning the Passive Parental Consent Form that was sent home before the scheduled survey day.

Highlights from the Data

- 20% reported binge drinking, which is consuming 5 or more drinks of alcohol in a row, on at least 1 day during the past 30 day.
- 80% had drunk a can, bottle, or glass of soda or pop at least once per day during past 7 days.
- 12% of female students and 5% of male students reported having been physically forced to have sexual intercourse.
- 29% have been in a physical fight, 10% on school property.
- 54% of male students and 47% of female students have had sexual intercourse; among the sexually active students, 63% reported the use of condom.
- 30% reported being offered, sold, or given an illegal drug on school property.
- 21% rode in a car driven by someone who had been drinking alcohol.
- 14% reported seriously considering attempting suicide; and 12% had attempted suicide one or more times in the past year.
- Compared to male students, females reported substantially higher rates of suicide-related attitudes and behavior.

RESULTS

The first local YRBS was administered in March 2009 in both middle and high schools within the WSFCS System. The purpose of this report is to identify prevalence of specific health risk behaviors; compare local youth behavior patterns to county & state data; and develop interventions to address such behaviors. The result of the High School surveys shows some positive findings and highlights behaviors that could result in serious health consequences.



The summary tables compare results from the most recent surveys in demographically similar counties and the state to the 2009 results for WSFCS high schools. Caution should be taken when interpreting the data, trend (multi-year) analysis would be more reliable. For full report, check this site: <http://www.forsyth.cc/Documents/>



For more information, please contact Ayo Ademoyero at ademoyat@forsyth.cc.

Alcohol, Tobacco, & Other Drugs	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Smoked cigarettes on one or more days in the past 30 days	19%	21%	13%	18%	20%
Had at least one drink of alcohol on one or more days in the past 30 days	37%	39%	33%	35%	42%
Had 5 or more drinks of alcohol in a row, on at least 1 day during the past 30 day: binge drinking	20%	26%	14%	19%	24%
Used marijuana one or more times in the past 30 days	22%	23%	21%	20%	21%
Been offered, sold, or given illegal drugs on school property	30%	31%	38%	30%	23%

Automobile & Bicycle Safety	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Among students who rode a bicycle, never or rarely wore a bicycle helmet	44%	58%	83%	84%	85%
Rarely or never worn a seat belt when riding in a car driven by someone else	8%	9%	8%	7%	10%
Rode with a driver in a car or other vehicle who had been drinking alcohol in the past 30 days	21%	28%	23%	21%	28%
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	8%	12%	6%	8%	10%

Violence-Related Behavior	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Carried a weapon such as a gun, knife, club in past 30 days	17%	20%	14%	20%	18%
Ever in a physical fight	29%	35%	31%	29%	32%
Bullied on school property in past 12 months	14%	n/a	16%	17%	20%
Had not gone to school on one or more of the past days because felt unsafe	5%	6%	5%	6%	5%
Boyfriend or girlfriend hit, slapped, or physically hurt student	12%	14%	12%	13%	10%
Forced to have sexual intercourse	8%	10%	7%	9%	7%

2009 YRBS Summary Report for WSFCS High School Students

Sex Behavior	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Ever had sexual intercourse	50%	48%	50%	51%	46%
Had sexual intercourse for the first time before age 13 years	10%	7%	8%	8%	6%
Had sexual intercourse with four or more people during their lifetime	16%	n/a	17%	16%	14%
Among sexually active students, used a condom during last sexual intercourse	63%	62%	66%	62%	61%

Suicide-Related Attitudes Behavior	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Feelings of sadness or hopelessness every day for two weeks or more in a row	25%	26%	28%	27%	26%
Seriously considered attempting suicide in the past year	14%	13%	14%	13%	14%
Made a suicide plan	11%	11%	10%	10%	11%
Attempted suicide one or more times in the past year	12%	16%	14%	10%	6%

Weight Management & Nutrition	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Described themselves as slightly or very overweight	25%	23%	28%	28%	28%
Body Mass Index in the 85 th to 94 th percentile: Overweight	14%	13%	17%	15%	16%
Body Mass Index in the 95 th to 100 th percentile: Obese	12%	10%	12%	13%	12%
Are trying to lose weight	43%	40%	44%	46%	44%
Ever exercised to lose weight or to keep from gaining weight	59%	58%	60%	62%	62%
Vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days	5%	6%	5%	5%	4%
Had drunk a can, bottle, or glass of soda or pop at least once per day during past 7 days	80%	81%	n/a	33%	29%
Had eaten fruit and vegetables 5 or more per day during past 7 days	9%	n/a	n/a	17%	22%

Physical Activity & Health	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Physically active for a total of at least 60 minutes on five or more of the past seven days	46%	38%	43%	46%	37%
Watched three or more hours per day of TV on an average school day	35%	39%	42%	36%	33%
Played video games or used computer for something that was not school work for 3 hours or more a school day	23%	26%	26%	24%	25%

Selected Health Issues	2009 WSFCS	2008 Guilford	2009 Mecklenburg	2009 NC	2009 US
Ever been told by a doctor or nurse that they had asthma	22%	21%	19%	22%	22%
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	65%	n/a	62%	64%	n/a
Seen a dentist in the past 12 months	68%	n/a	67%	69%	n/a
Get eight or more hours of sleep on an average school night	34%	n/a	21%	29%	31%