

**2007**

**Charlotte-Mecklenburg**

*Youth Risk Behavior Survey*

**High School Students**



# **SUMMARY REPORT**

*A collaborative report supported by:*  
**Charlotte Mecklenburg School System**

and

**Mecklenburg County Health Department**  
*Epidemiology Program*

*February 2008*

## 2007 Youth Risk Behavior Survey



### MECKLENBURG COUNTY

The Youth Risk Behavior Survey (YRBS), produced by the Centers for Disease Control and conducted every two years, assesses health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youth.

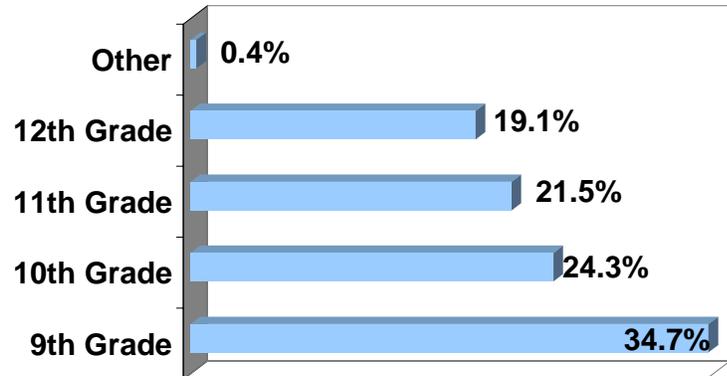
In 2007, the YRBS was completed by 1,484 students in 27 public high schools in Charlotte-Mecklenburg County. Among high school students participating in the survey:

- 50.3% were female
- 49.7% were male
- 44.8% were Black, non Hispanic
- 38.8% were White, non Hispanic
- 10.0% were Hispanic/ Latino
- 6.4% were of Other Races

# 2007 HIGHLIGHTS

## Charlotte-Mecklenburg High School Students

### 2007 YRBS: Grade Level Distribution CMS High School Participants



## Changes to the Report

### Developmental Assets

In 2007, several new questions were added to the local CMS survey to measure developmental assets. Developmental assets are the experiences and opportunities that all young people need to grow into healthy, responsible adults.

Highlights from the data include:

- ▶ 85% of high school students report that parents have clear rules for them.
- ▶ 88% report that they definitely or probably will enroll in a post high school program.

### Bullying and Harassment

National data point to a growing number of students experiencing bullying or harassment in schools. In order to better measure this indicator, questions related to bullying and harassment have been organized into a separate section. These questions were previously included in the Psychological Health section.

## Highlights from the Data

### Positive Trends

- Reports of binge drinking among students decreased from 20% in 2005 to 16% in 2007.
- Between 2005 and 2007, reports of physical activity among youth increased.
- Reports of cigarette smoking have declined among students
- Slight declines were reported in students ever having sexual intercourse.

### Areas for Improvement

- Students were more likely to report bullying/harassment being a problem at school in 2007 compared to 2005.
- 28% of high school students reported symptoms of depression.
- Reports of drinking on school property increased from 4% in 2005 to 6% in 2007.



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# 2007 HIGHLIGHTS

## Charlotte-Mecklenburg High School Students

In 2005, Charlotte-Mecklenburg High School students participated in the first local Youth Risk Behavior Survey. The survey was administered to 1,755 Charlotte-Mecklenburg students in 18 high schools. In the spring of 2007 the survey was administered to 1,424 students in 27 high schools. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation.

The following summary tables provide comparative local, state and national data for years 2005 and 2007, where data is available. National data will be released in the summer of 2008.

Personal Safety	2005			2007		
	CMS	NC	US	CMS	NC	US
Rode with a driver in a car or other vehicle who had been drinking alcohol in the past 30 days	25%	25%	29%	22%	25%	N/A
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	8%	9%	10%	7%	9%	N/A
Carried a weapon such as a gun, knife, club in the past 30 days	19%	22%	19%	17%	21%	N/A
Carried a weapon such as a gun, knife, club on school property in the past 30 days	5%	6%	7%	4%	7%	N/A
Was in a physical fight in the past year	31%	30%	36%	30%	30%	N/A
Was in a physical fight on school property in the past year	10%	12%	14%	9%	10%	N/A

Bullying and Harassment	2005			2007		
	CMS	NC	US	CMS	NC	US
Have been harassed or bullied on school property one or more times during the past 12 months	21%	26%	N/A	20%	22%	N/A
Have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days	21%	21%	N/A	21%	20%	N/A
Have been the victim of teasing or name calling because of their race or ethnic background during the past 30 days	NA	N/A	N/A	14%	N/A	N/A
Agree or strongly agree that harassment and bullying by other students is a problem at their school	28%	33%	N/A	40%	43%	N/A

Psychological Health	2005			2007		
	CMS	NC	US	CMS	NC	US
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year	27%	27%	29%	28%	27%	N/A
Seriously considered attempting suicide in the past year	13%	16%	17%	12%	13%	N/A
Made a plan about how they would attempt suicide in the past year	13%	13%	13%	10%	10%	N/A
Attempted suicide one or more times in the past year	12%	13%	8%	13%	13%	N/A
Agree or strongly agree that they feel alone in their life	15%	16%	N/A	18%	20%	N/A



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### Substance Abuse

	2005			2007		
	CMS	NC	US	CMS	NC	US
Smoked cigarettes on one or more days in the past 30 days	20%	25%	23%	15%	23%	N/A
Had at least one drink of alcohol on one or more days in the past 30 days	39%	42%	43%	34%	38%	N/A
Had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more days (binge drinking) in the past 30 days	20%	23%	26%	16%	21%	N/A
Had at least one drink of alcohol on school property on one or more days in the past 30 days	4%	5%	N/A	6%	5%	N/A
Used marijuana one or more times in the past 30 days	23%	21%	20%	20%	19%	N/A

### Sexual Behavior

	2005			2007		
	CMS	NC	US	CMS	NC	US
Ever had sexual intercourse	51%	51%	47%	47%	52%	N/A
Had sexual intercourse for the first time before age 13 years	11%	8%	6%	9%	8%	N/A
Had sexual intercourse with one or more people in the past 30 days	37%	37%	34%	33%	38%	N/A
Had sexual intercourse with four or more people during their lifetime	20%	17%	14%	16%	16%	N/A
Among those who had sexual intercourse, used a condom during last sexual intercourse	69%	63%	63%	67%	62%	N/A

### Weight Management/Nutrition

	2005			2007		
	CMS	NC	US	CMS	NC	US
At risk for becoming overweight (at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)	15%	16%	16%	17%	17%	N/A
Are overweight (at or above the 95th percentile for body mass index, by age and sex)	11%	14%	13%	10%	13%	N/A
Described themselves as slightly or very overweight	26%	30%	32%	24%	26%	N/A
Are trying to lose weight	43%	45%	46%	40%	45%	N/A
Vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days	5%	6%	6%	4%	5%	N/A



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# 2007 HIGHLIGHTS

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### Physical Activity

	CMS	2005 NC	US	CMS	2007 NC	US
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	39%	46%	36%	43%	44%	N/A
Attended physical education (PE) classes on one or more days in an average week when they are in school	56%	50%	54%	40%	42%	N/A
Attended physical education (PE) classes daily when they are in school	4%	37%	33%	22%	29%	N/A
Watched three or more hours per day of TV on an average school day	41%	36%	37%	37%	35%	N/A

### Selected Health Issues

	CMS	2005 NC	US	CMS	2007 NC	US
Had ever been told by a doctor or nurse that they had asthma	18%	20%	17%	18%	20%	N/A
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	63%	62%	N/A	61%	60%	N/A
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	68%	66%	N/A	66%	67%	N/A
Get eight or more hours of sleep on an average school night	N/A	N/A	N/A	23%	19%	N/A

### Assets for Healthy Youth Developments

	CMS	2005 NC	US	CMS	2007 NC	US
Parents or other adults in their family never or rarely talk with them about what they are doing in school	N/A	N/A	N/A	16%	N/A	N/A
Agree or strongly agree that their parents or other adults in the students' family have clear rules and standards for the students' behavior	N/A	N/A	N/A	85%	N/A	N/A
Agree or strongly agree that in their community they feel like they matter to people	N/A	N/A	N/A	46%	N/A	N/A
Received grades of mostly D's and F's in school during the past 12 months	10%	N/A	N/A	7%	N/A	N/A
Definitely not or probably not complete a post high school program such as a vocational training program, military service, community college, or -year college	N/A	N/A	N/A	8%	N/A	N/A