

Charlotte-Mecklenburg High School Students

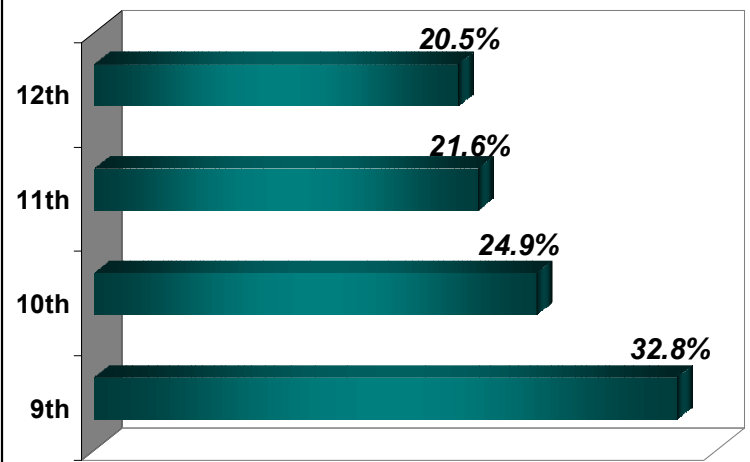


The Youth Risk Behavior Survey (YRBS), produced by the Centers for Disease Control and conducted every two years, assesses health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youth.

In 2009, the YRBS was completed by 1,713 students in 32 public high schools in Charlotte-Mecklenburg County. Among high school students participating in the survey:

- 51% were female
- 49% were male
- 45% were Black, non Hispanic
- 36% were White, non Hispanic
- 15% were Hispanic/ Latino
- 4% were of Other Races

**2009 YRBS: Grade Level Distribution
CMS High School Participants**



2009 Report Changes and Highlights for the Charlotte Mecklenburg- YRBS

Developmental Assets

Several new questions were added to the local CMS survey in 2007 to measure developmental assets. Developmental assets are the experiences and opportunities that all young people need to grow into healthy, responsible adults. Data from these questions were once again collected in 2009.

Bullying and Harassment

In 2009 the Centers for Disease Control modified questions on bullying. Current questions exclude the term harassment while adding a definition for bullying. Due to these changes in survey questions, caution should be used in comparing 2009 data with previous years. The 2009 YRBS report also includes a new question on cyber-bullying.

Gang Activity

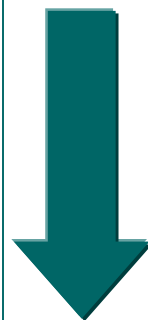
A new question was added to measure gang activity in schools. Previously students were asked if they were a member of a gang. In 2009, students were also asked if they are aware of gang activity in their schools.

Positive Trends



- Reports of being bullied on school property decreased from 20% in 2007 to 16% in 2009.
- The percentage of students who reported carrying a weapon decreased from 17% in 2007 to 14% in 2009.
- Reports of cigarette smoking continue to decline among students.

Areas for Improvement



- Although reports of bullying have decreased, almost half of students still think that bullying by other students is a problem at their school.
- The percentage of students reporting symptoms of depression remains constant at 28%.
- Over half of students report gang activity in their school.



Personal Safety

	2005	2007	2009
Rode with a driver in a car or other vehicle who had been drinking alcohol in the past 30 days	25%	22%	23%
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	8%	7%	6%
Carried a weapon such as a gun, knife, club in the past 30 days	19%	17%	14%
Carried a weapon such as a gun, knife, club on school property in the past 30 days	5%	4%	4%
Was in a physical fight on school property in the past year	10%	9%	9%
Have been a member of a gang during the past 12 months	N/A	10%	6%
Gang activity is in the school	N/A	N/A	59%
Did not go to school because they felt unsafe at school or on their way to or from school one or more times in the past 30 days	7%	5%	5%

Bullying and Harassment

	2005	2007	2009
Have been harassed or bullied on school property one or more times during the past 12 months	21%	20%	16%
Have been the victim of teasing or name calling because of their weight, size, or physical appearance during the past 30 days	21%	21%	27%
Have been the victim of teasing or name calling because of their race or ethnic background during the past 30 days	N/A	14%	18%
Agree or strongly agree that harassment and bullying by other students is a problem at their school	28%	40%	45%
Have been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging during the past year	N/A	N/A	12%

Psychological Health

	2005	2007	2009
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%	28%	28%
Seriously considered attempting suicide in the past year	13%	12%	14%
Made a plan about how they would attempt suicide in the past year	13%	10%	10%
Attempted suicide one or more times in the past year	12%	13%	14%
Would most likely talk to a teacher or other adult in this school when they feel sad, empty, hopeless, angry or anxious	N/A	N/A	2%



Substance Abuse

	2005	2007	2009
Smoked cigarettes on one or more days in the past 30 days	20%	15%	13%
Had at least one drink of alcohol on one or more days in the past 30 days	39%	34%	33%
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%	16%	14%
Had at least one drink of alcohol on school property on one or more days in the past 30 days	4%	6%	4%
Used marijuana one or more times in the past 30 days	23%	20%	21%
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	10%	12%	11%

Sexual Behavior

	2005	2007	2009
Ever had sexual intercourse	51%	47%	50%
Had sexual intercourse for the first time before age 13 years	11%	9%	8%
Had sexual intercourse with one or more people in the past three months	37%	33%	35%
Had sexual intercourse with four or more people during their lifetime	20%	16%	17%
Among those who had sexual intercourse, used a condom during last sexual intercourse	69%	67%	66%

Weight Management/Nutrition

	2005	2007	2009
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%	17%	17%
Are overweight (at or above the 95th percentile for body mass index, by age and sex)	11%	10%	12%
Described themselves as slightly or very overweight	26%	24%	28%
Are trying to lose weight	43%	40%	44%
Ate breakfast on seven of the past seven days	33%	33%	34%



Physical Activity

	2005	2007	2009
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	39%	43%	43%
Attended physical education (PE) classes on one or more days in an average week when they are in school	56%	40%	46%
Attended physical education (PE) classes daily when they are in school	4%	22%	26%
Watched three or more hours per day of TV on an average school day	41%	37%	42%
Spend three or more hours per day playing video games or using a computer for something that is not school work on an average day	21%	20%	26%

Selected Health Issues

	2005	2007	2009
Had ever been told by a doctor or nurse that they had asthma	18%	18%	19%
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%	61%	62%
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	68%	66%	67%
Get eight or more hours of sleep on an average school night	N/A	23%	21%

Assets for Healthy Youth Developments

	2005	2007	2009
Agree or strongly agree that their parents or other adults in the students' family have clear rules and standards for behavior	N/A	85%	87%
Have one or more adults besides their parents that they would feel comfortable seeking help from if they had an important question affecting their life	N/A	N/A	85%
Alone after school without a parent or trusted adult three or more hours per day on an average school day	N/A	33%	33%
Agree or strongly agree that in their community they feel like they matter to people	N/A	46%	42%

N/A: Data for health indicator was not collected during this particular year