

# Durham County



## Partnership for a Healthy Durham

### Youth Risk Behavior Survey

#### 2011 High School Highlights



The Youth Risk Behavior Survey (YRBS) is a national school-based survey produced by the Centers for Disease Control and is administered every other year. It monitors health risk behaviors affecting the adolescent population.

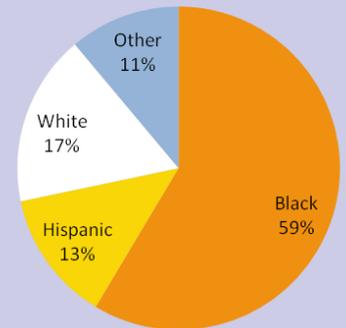
This 95-question survey asks questions on:

- ◆ Violence
- ◆ Personal Safety
- ◆ Physical Activity
- ◆ Nutrition
- ◆ Mental Health
- ◆ Tobacco/Drugs/Alcohol
- ◆ Protective Factors
- ◆ Sexual Behavior

For electronic copies of this summary and additional YRBS data, visit:  
[www.healthydurham.org](http://www.healthydurham.org)

In the Spring of 2011, 320 9th, 10th, 11th, and 12th graders in Durham Public Schools completed the YRBS. This document presents the highlights of this survey.

Survey Participants



#### Positive trends

- More students report eating healthy foods and fewer report drinking sweet beverages since 2009.

#### Areas for improvement

- More students report fighting at school.
- Males are more likely to have multiple sex partners. Males are also less likely to talk with adult family members about sex. Females are more likely to have sex with older partners.
- Marijuana, cocaine, methamphetamine, and steroid misuse have all increased significantly since 2009.
- The use of non-prescription substances and forced vomiting or laxatives to aid in weight loss has increased slightly. Students are reporting fewer healthy eating behaviors than elsewhere in the state.



# Youth Risk Behavior Survey

## 2011 Highlights

### Durham High School Students

#### Violence/Bullying

	Durham	NC
Strongly agree or agree that gang activity is a problem at their school.	58%*	40%
Had been in one or more physical fights at school in the past 12 months (increase from 12% in 2009).	19%*	11%
Seen other students bullied at school (decrease from 67% in 2009).	56%	63%

#### Mental Health

	Durham	NC
Have ever felt so sad or hopeless almost every day for two weeks or more that they stopped doing usual activities. Reported more frequently by females (32%). <sup>+</sup>	24%	29%
Have ever vomited or taken laxatives in order to lose weight or keep from gaining weight.	11%*	6%
Report taking non-prescribed diet pills or substances to lose or prevent weight gain in last 30 days. More Hispanic students (21%) reported this activity. <sup>+</sup>	10%	6%

#### Tobacco and other drugs

	Durham	NC
Tried marijuana at least once before age 13 (increase from 9% in 2009).	16%*	9%
Used any form of cocaine, including powder, crack, or freebase, one or more times in their life (increase from 4% in 2009).	13%*	7%
Used methamphetamines one or more times in their life (increase from 4% in 2009).	12%*	5%
Took steroid pills or shots without a doctor's prescription one or more times in their life (increase from 3% in 2009).	10%*	4%

#### Sexual Behavior

	Durham	NC
Had sexual intercourse for the first time before age 13.	17%*	9%
Had sexual intercourse with four or more partners in their life. Reported more frequently by males (29%). <sup>+</sup>	20%	17%
Had intercourse with partner who was three or more years older the last time they had intercourse. Reported more frequently by females (26%). <sup>+</sup>	17%	19%

#### Physical Activity

	Durham	NC
Watched three or more hours per day of TV on an average school day. Reported by more Black students (33%). <sup>+</sup>	38%	35%
Play video or computer games 3 or more hours per school day.	28%	28%
Physically active for a total of 60 minutes per day or 5 or more of the past 7 days.	41%	48%

#### Protective Factors

	Durham	NC
Ate carrots one or more times in the past 7 days.	62%	64%
Ate dinner with family three or more times in the last week.	67%*	75%
Ate breakfast every day in the past week.	26%*	37%
Have ever been tested for HIV. Testing was reported more frequently by Black students (33%). <sup>+</sup>	26%*	13%
Get 8 or more hours of sleep on an average school night.	20%*	27%

\*Statistically significant difference from state-wide result; <sup>+</sup>Statistically significant difference between subgroups.