

# 2009 Youth Risk Behavior Survey Results

WSFCS Middle & High Schools



# Youth Risk Behavior Survey (YRBS)

- YRBSS 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

# Purposes of the YRBS

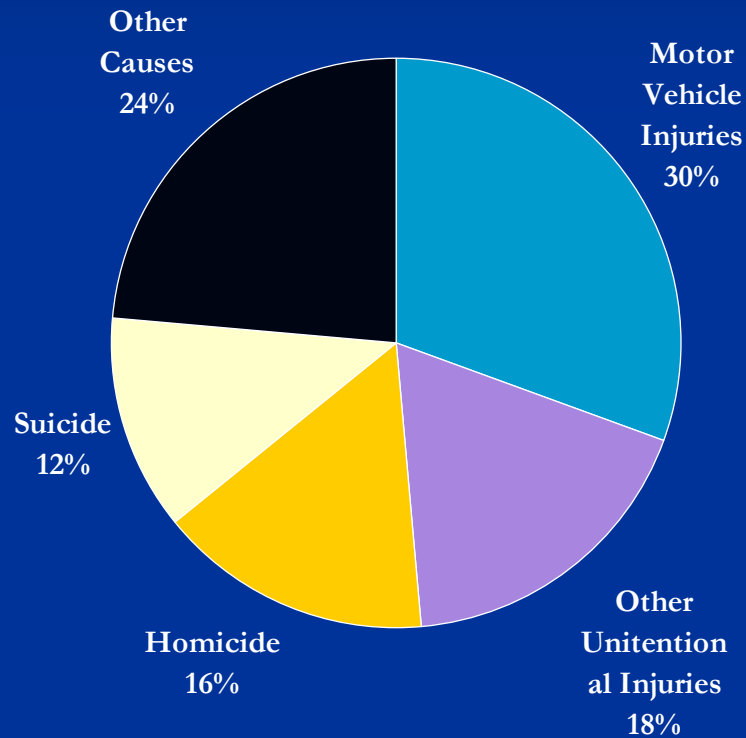
- Focus the nation on behaviors among youth causing the most important health problems
- Assess how risk behaviors change over time
- Provide comparable data

# Behaviors That Contribute to the Leading Causes of Morbidity & Mortality

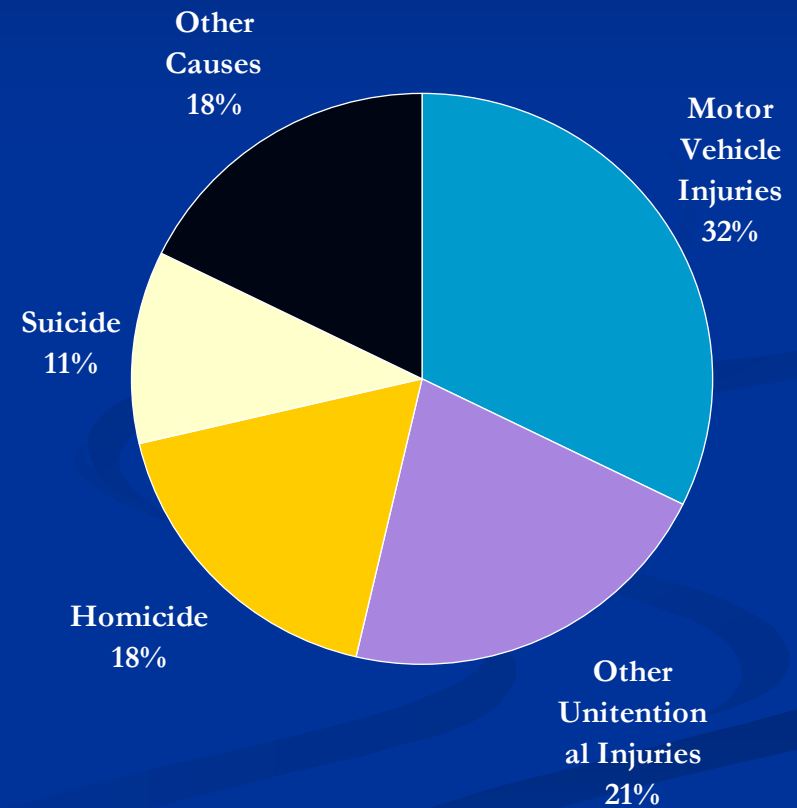
- Unintentional injuries and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors
- Unhealthy dietary behaviors
- Inadequate physical activity

# Leading Causes of Death Among Persons Aged 10-24 years

## 2008 North Carolina Mortality



## 2008 Forsyth County Mortality



# Impact of Sexual Behaviors

- In 2008, **781** pregnancies occurred in Forsyth County & 19,398 pregnancies in North Carolina among women aged 15-19 years.
- **990** cases of sexually transmitted diseases were reported among persons aged 10-19 years in Forsyth County and 17,887 cases in North Carolina, in 2008.
- In 2008, **3** cases of HIV Disease were diagnosed among persons aged 10-19 years in Forsyth County and 90 cases in North Carolina.

# Policy & Program Applications

- Describe risk behaviors
- Create awareness
- Set program goals
- Develop programs & policies
- Support health-related legislation
- Seek funding

# 2009 YRBS

Personal safety

Violence

Tobacco

Alcohol and other drugs

Nutrition and physical activity

Mental health and disability

Sexual behavior on high school only



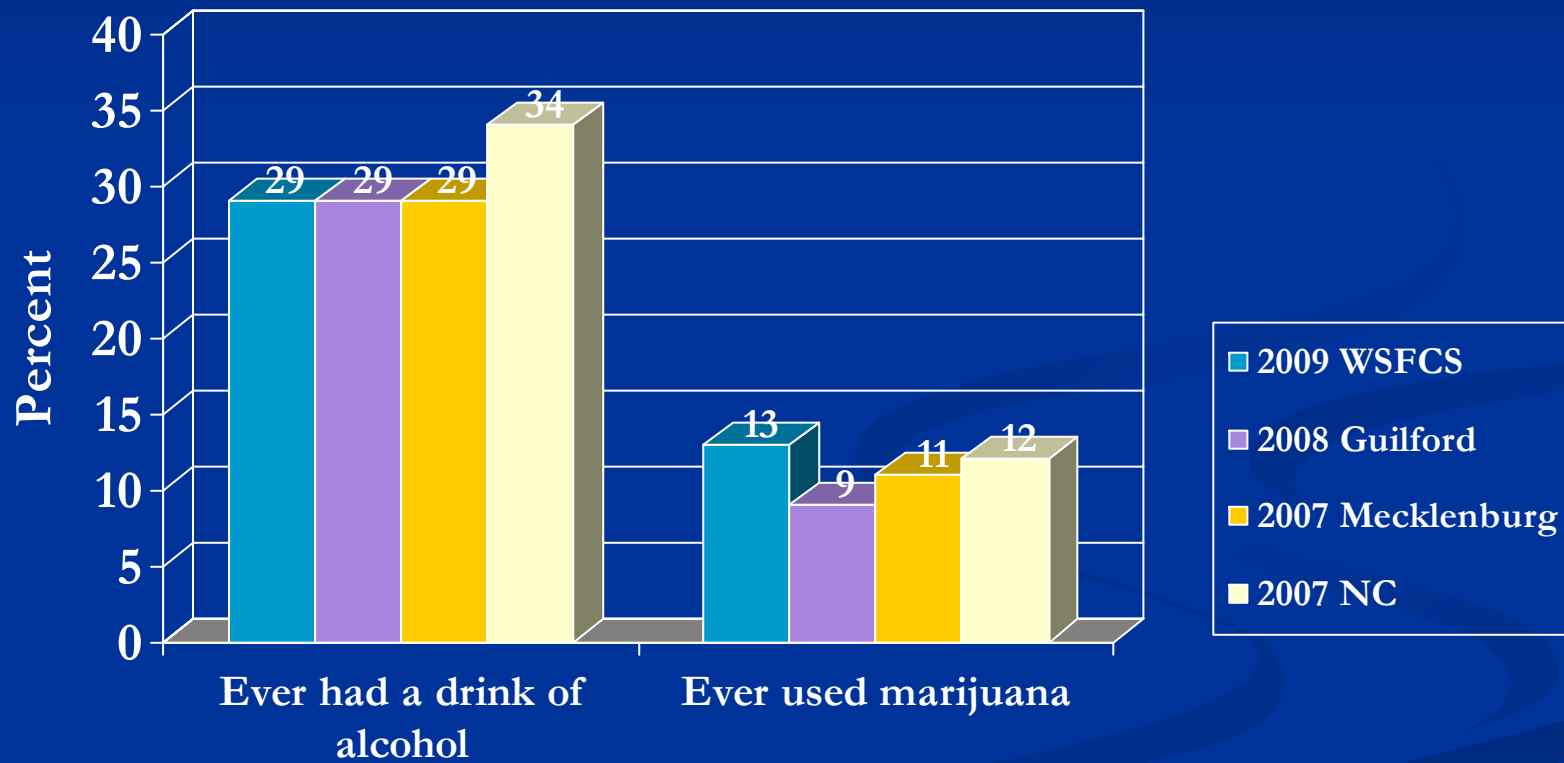
# 2009 YRBS in WSFCS

- 15 WSFCS Middle Schools: Grades 6<sup>th</sup> -8<sup>th</sup>
  - *2nd Period Middle School Classes*
  - *Passive Parental Consent*
  - *Self-administered, computer scannable answer sheet*
  - *Conducted March 10-12, 2009*
  - *1,611 Completed Middle School Surveys*
- 14 WSFCS High Schools: Grades 9<sup>th</sup>-12<sup>th</sup>
  - *2nd Period High School Classes*
  - *Passive Parental Consent*
  - *Self-administered, computer scannable answer sheet*
  - *Conducted March 17-19, 2009*
  - *1,582 Completed High School Surveys*



## Highlights from WSFC Middle School Students

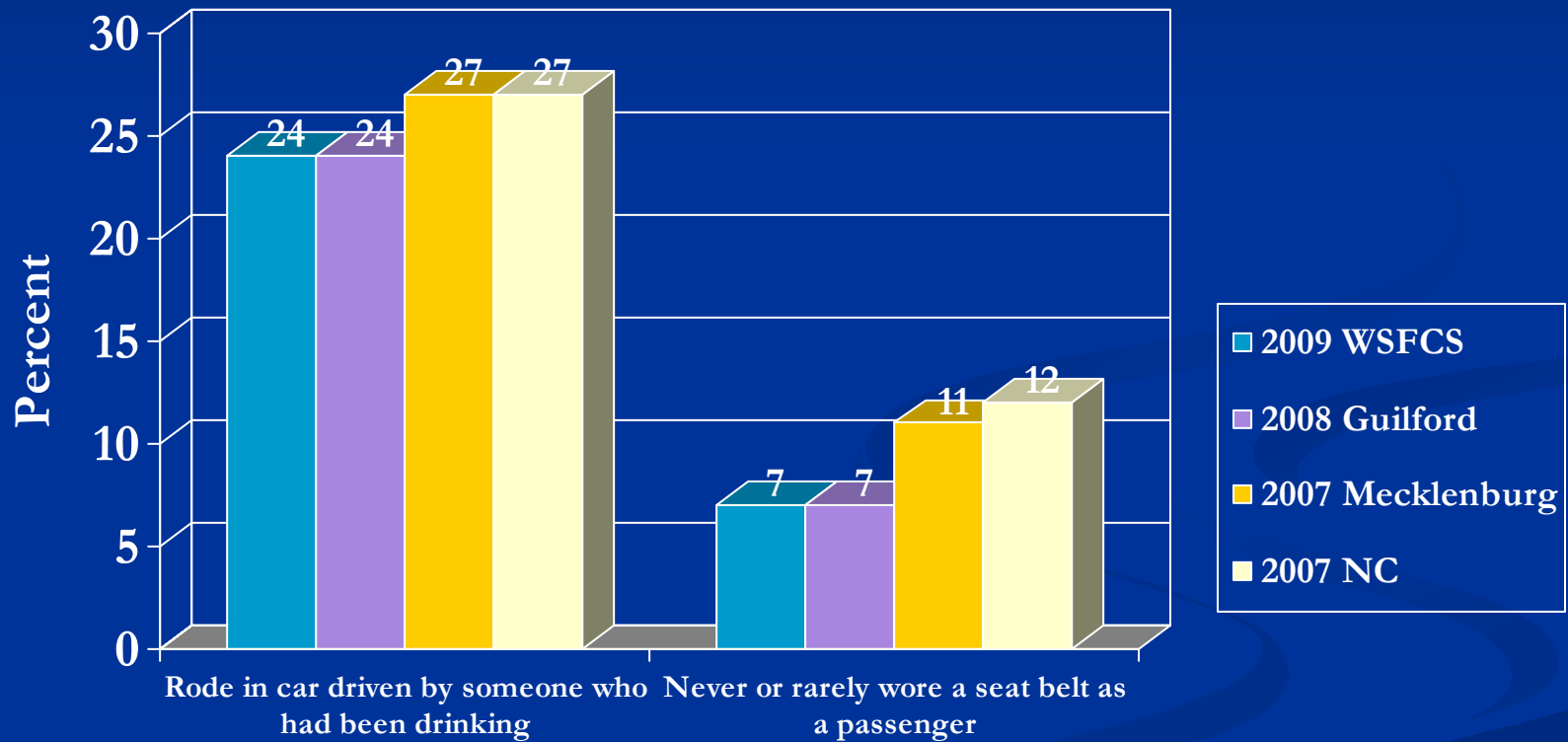
### Alcohol & Drug Use





## Highlights from WSFC Middle School Students

### Automobile Safety

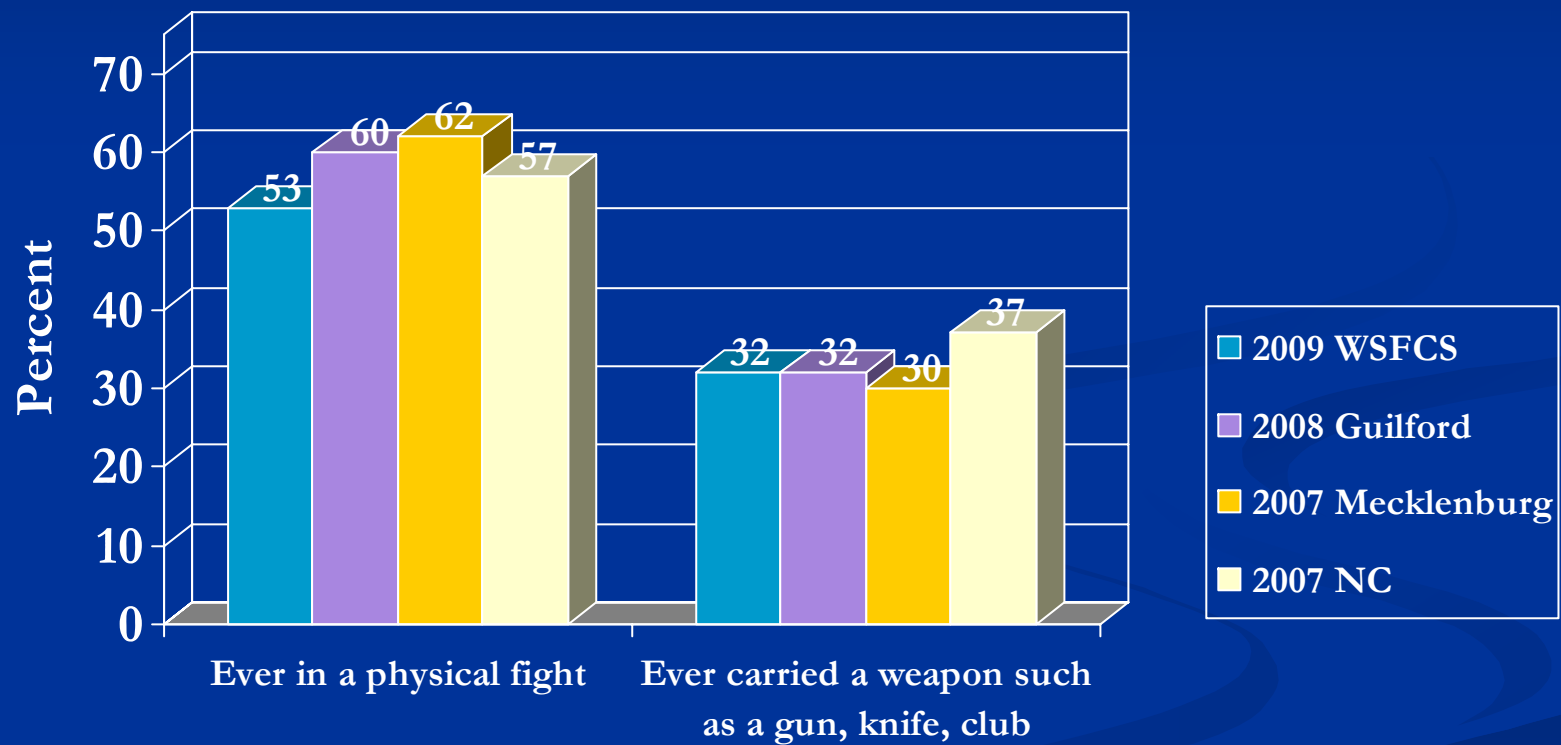


2009 YRBS



## Highlights from WSFC Middle School Students

### Violence-Related Behavior

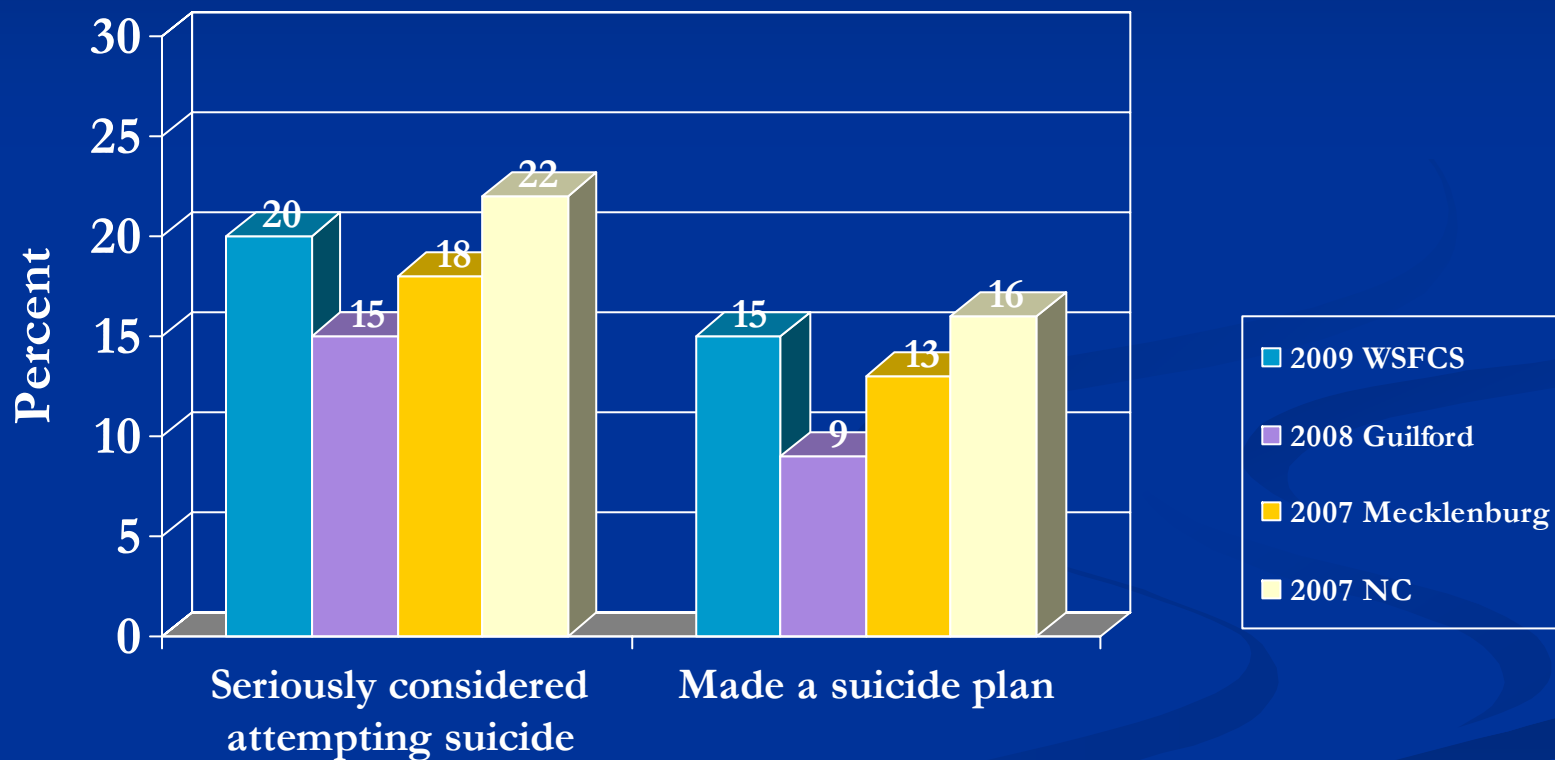


2009 YRBS



## Highlights from WSFC Middle School Students

### Suicide-Related Attitudes & Behavior

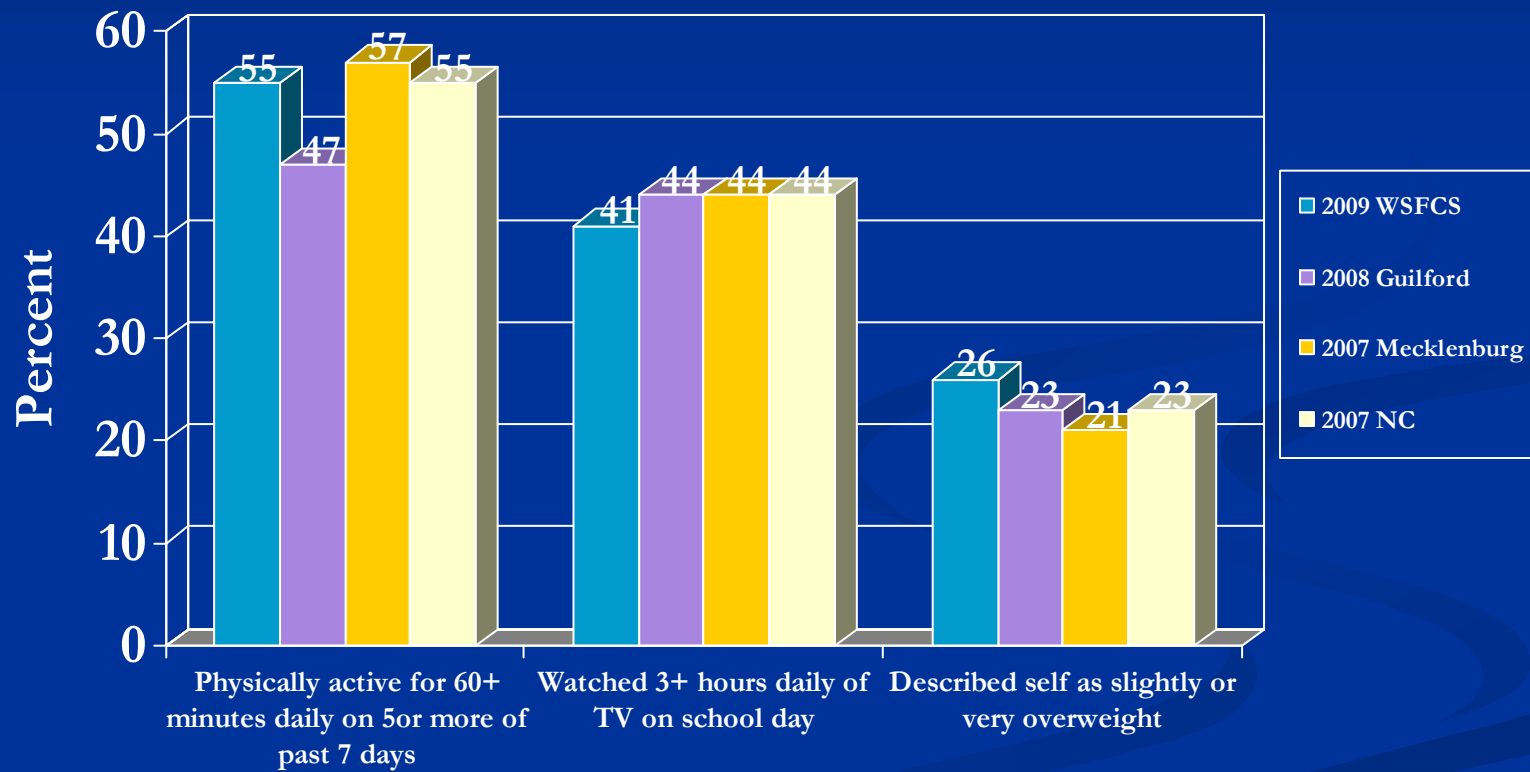


2009 YRBS



# Highlights from WSFC Middle School Students

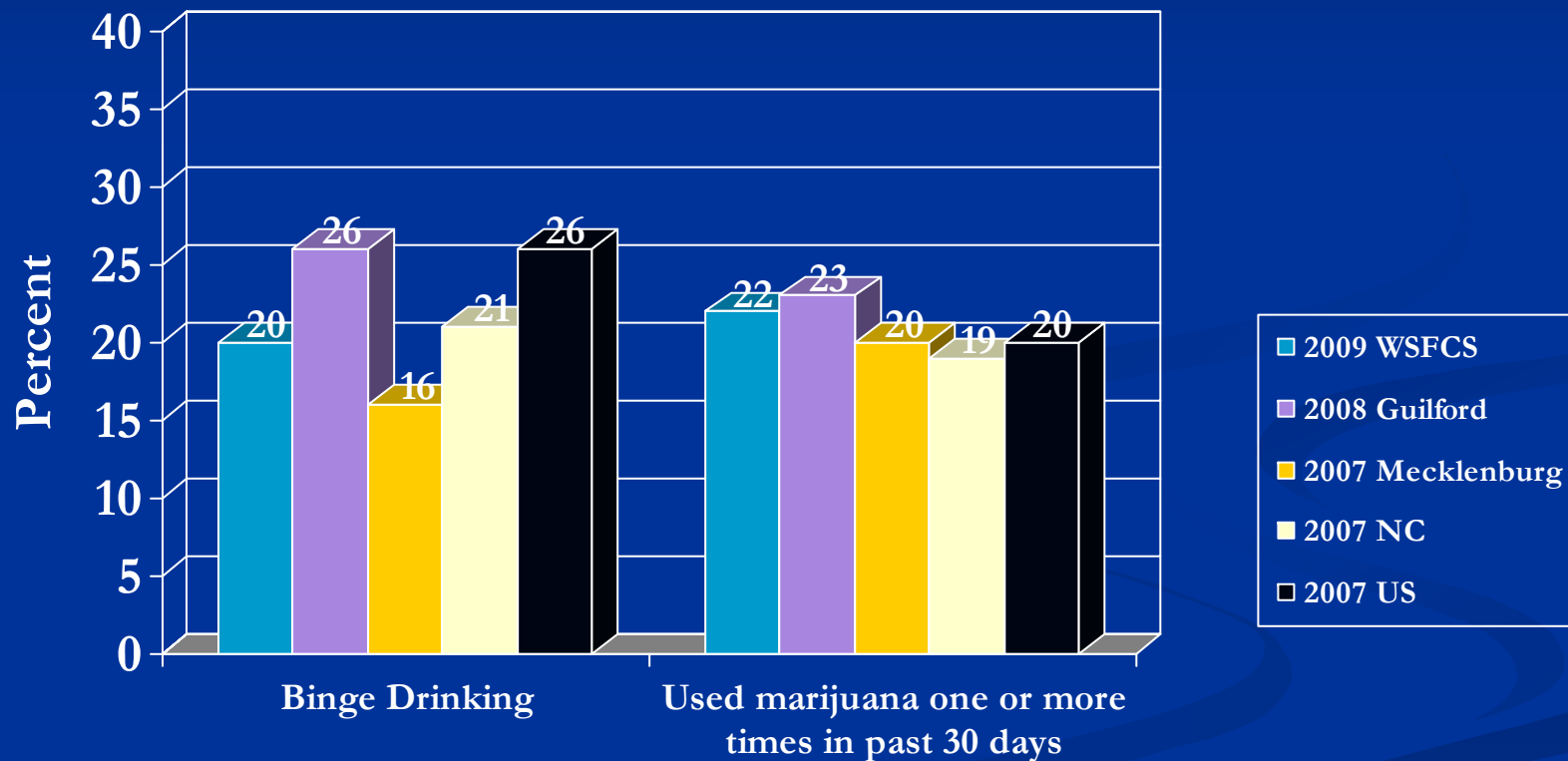
## Physical Activity, Body Weight & Health





## Highlights from WSFC High School Students

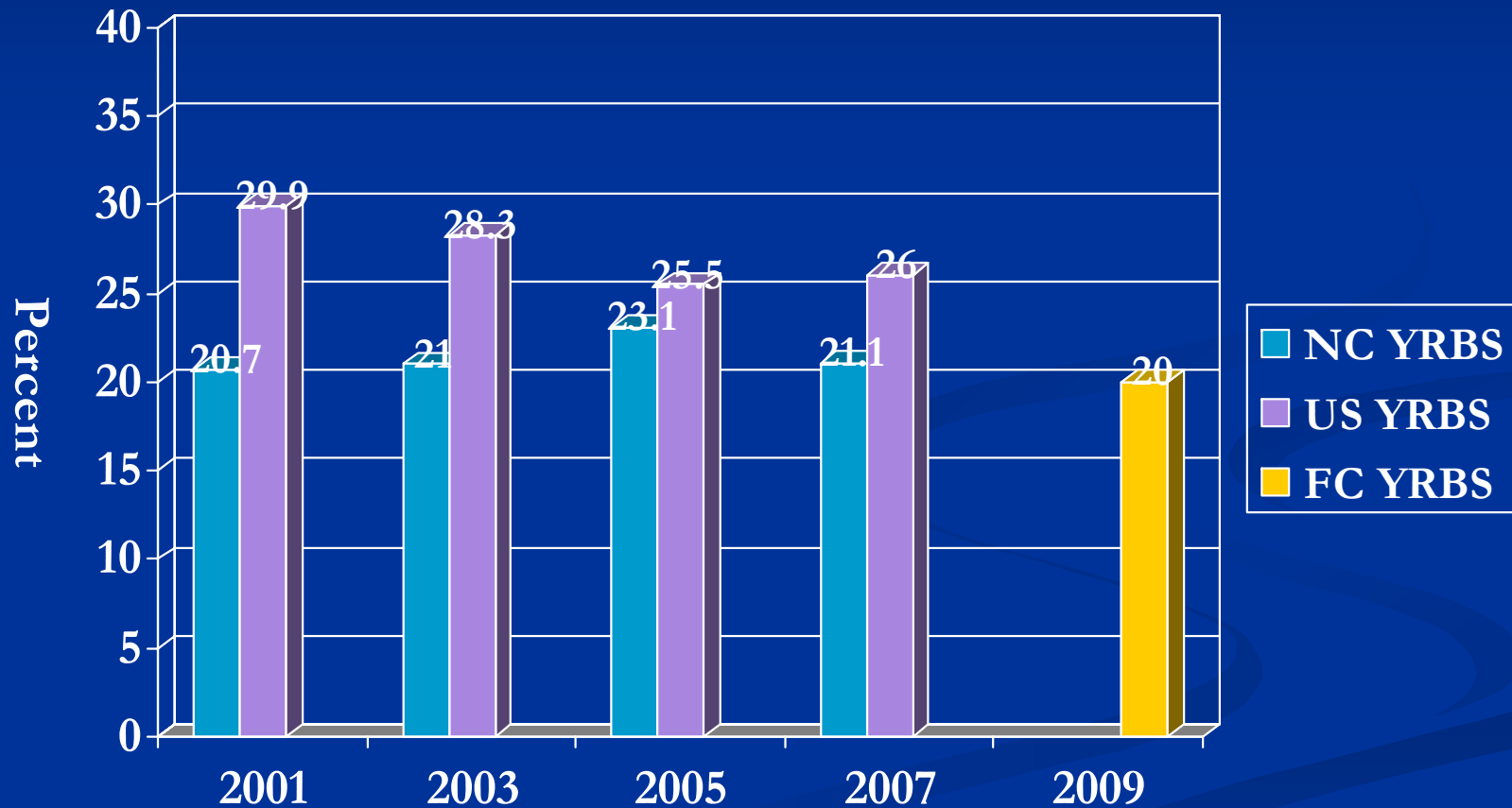
### Alcohol & Drug Use



2009 YRBS

Q38: Binge drinking: Had 5 or more drinks of alcohol in a row, on at least 1 day during the past 30 days

# Trends in the Prevalence of Binge Drinking



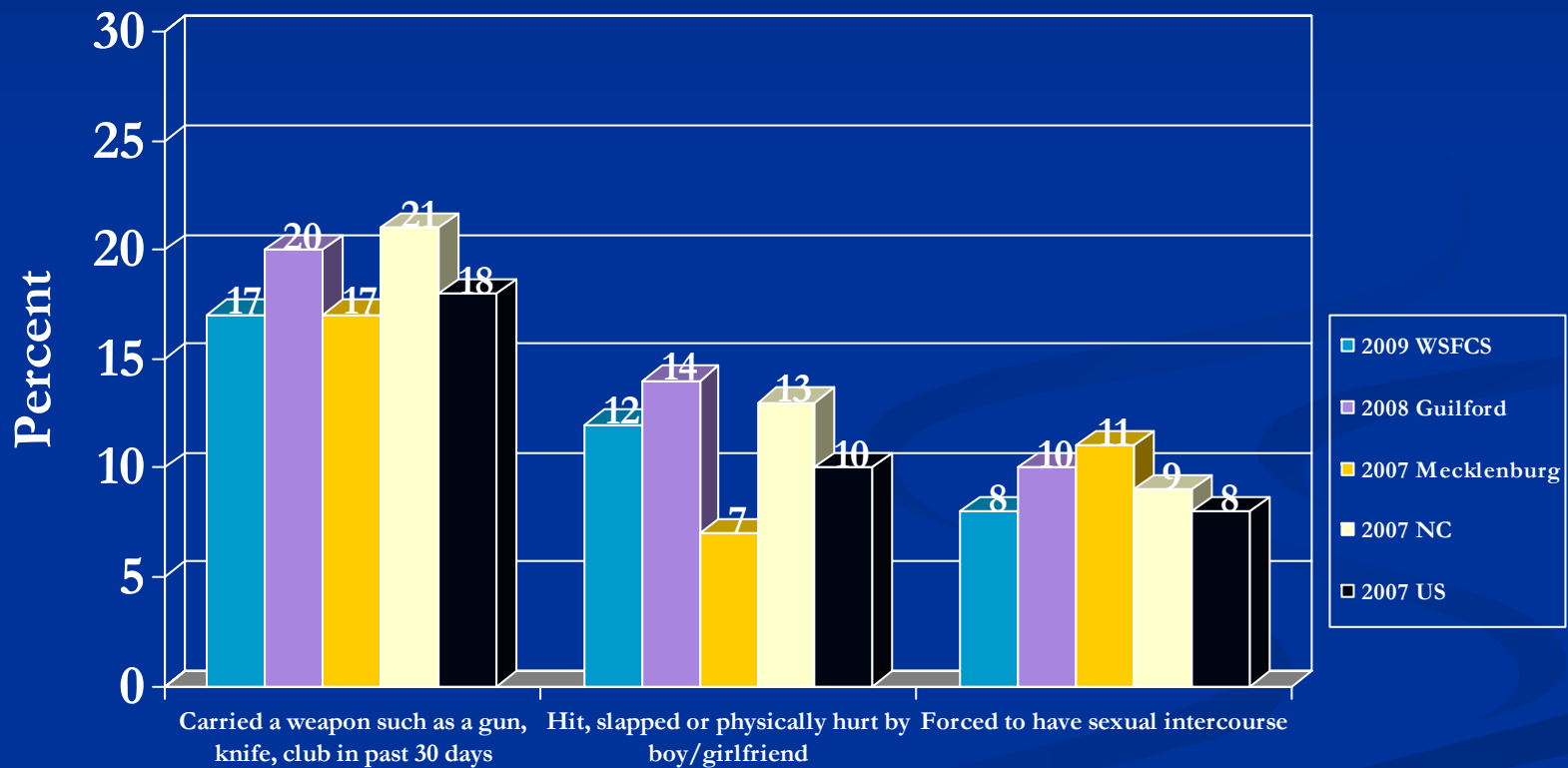
Q38: Had five or more drinks of alcohol in a row within a couple of hours on at least 1 day during the past 30 days





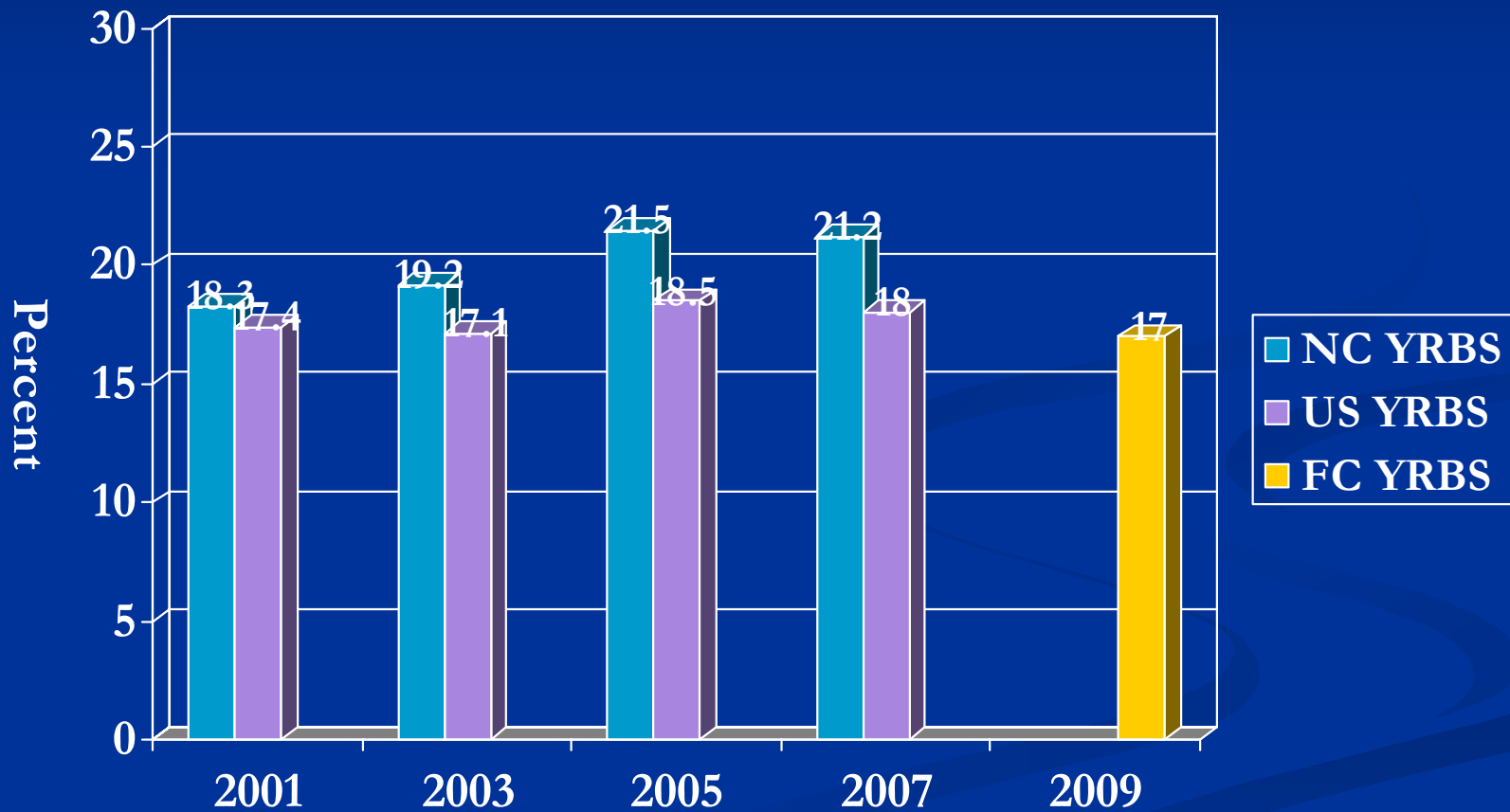
# Highlights from WSFC High School Students

## Violence-Related Behavior



2009 YRBS

# Trends in the Prevalence of Carried a Weapon

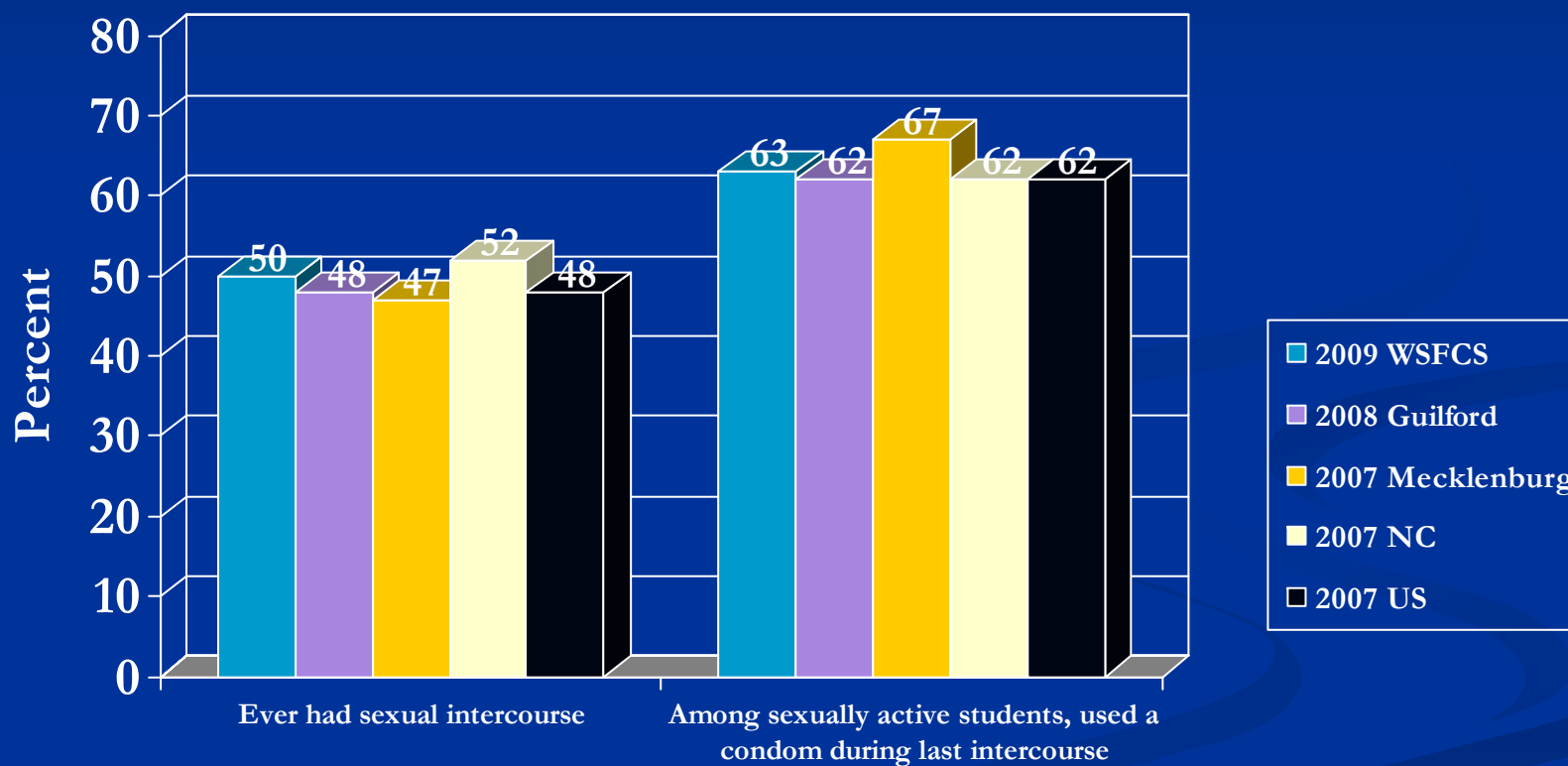


Q18: Carried a weapon such as a gun, knife, or club on at least 1 day during the past 30 days



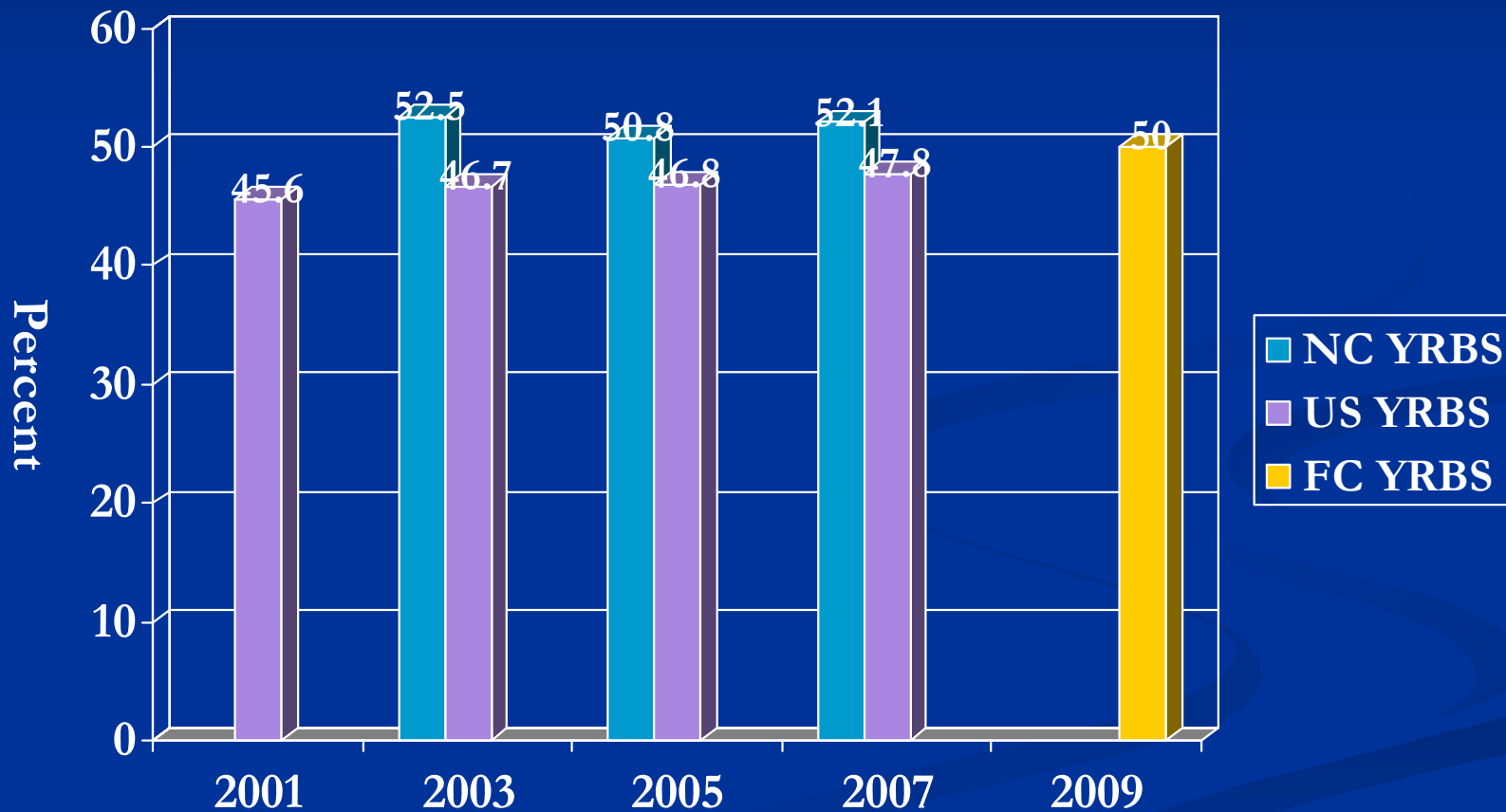
# Highlights from WSFC High School Students

## Sex Behavior



2009 YRBS

# Trends in the Prevalence of Ever had Sexual Intercourse

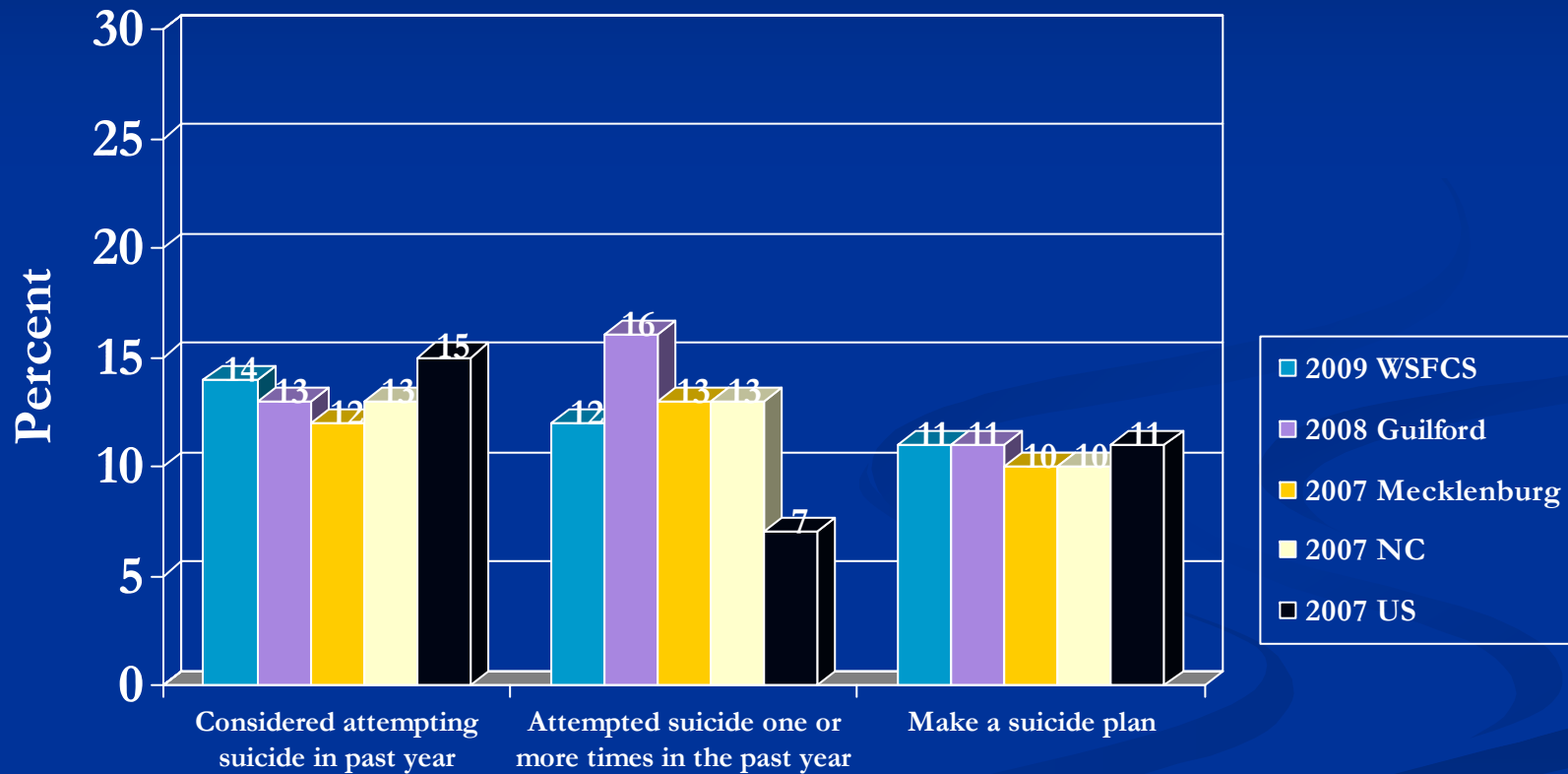


Q54:Have you ever sexual intercourse?



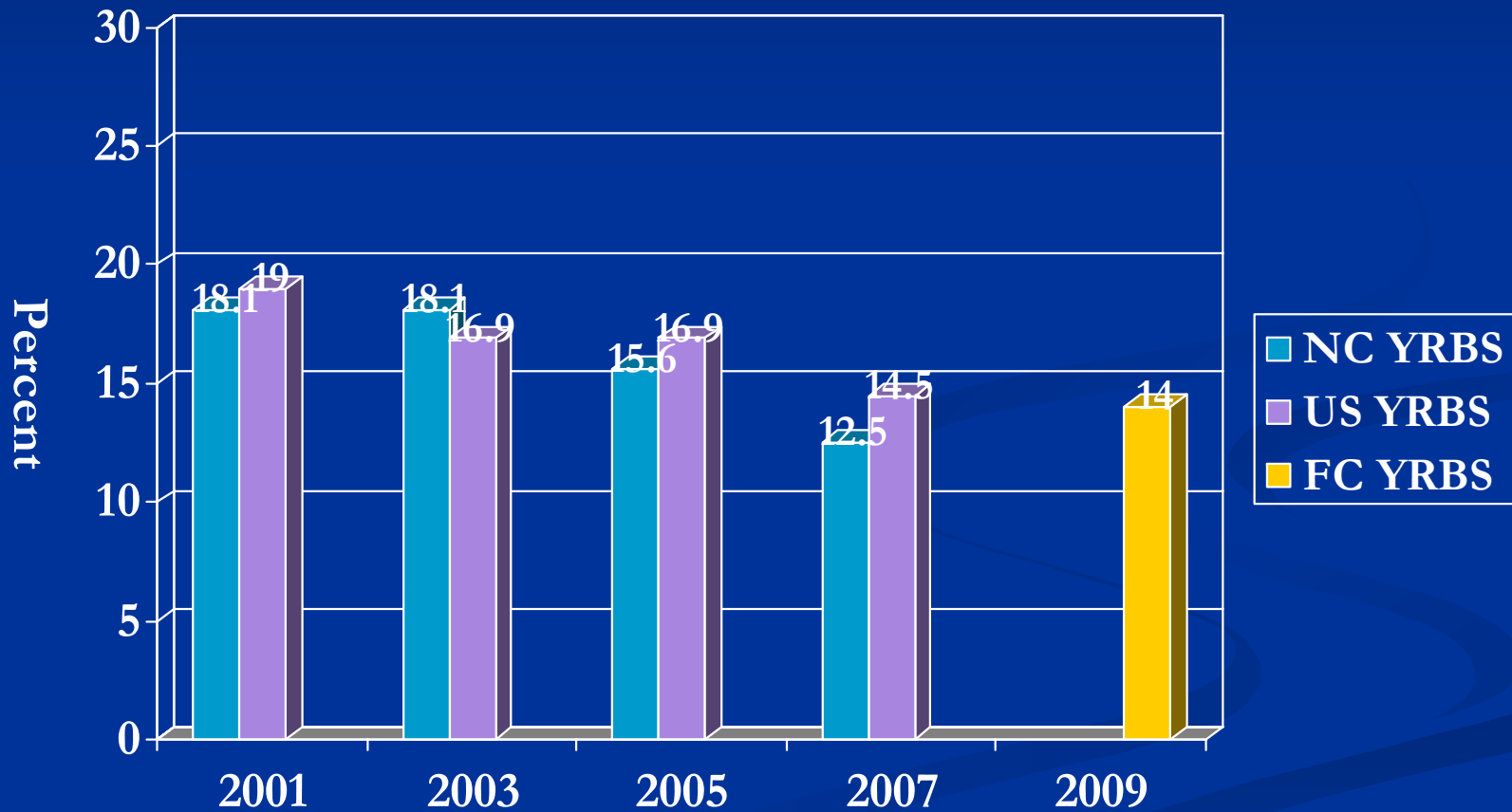
# Highlights from WSFC High School Students

## Suicide-Related Attitudes & Behavior



2009 YRBS

# Trends in the Prevalence of Seriously Considered Attempting Suicide

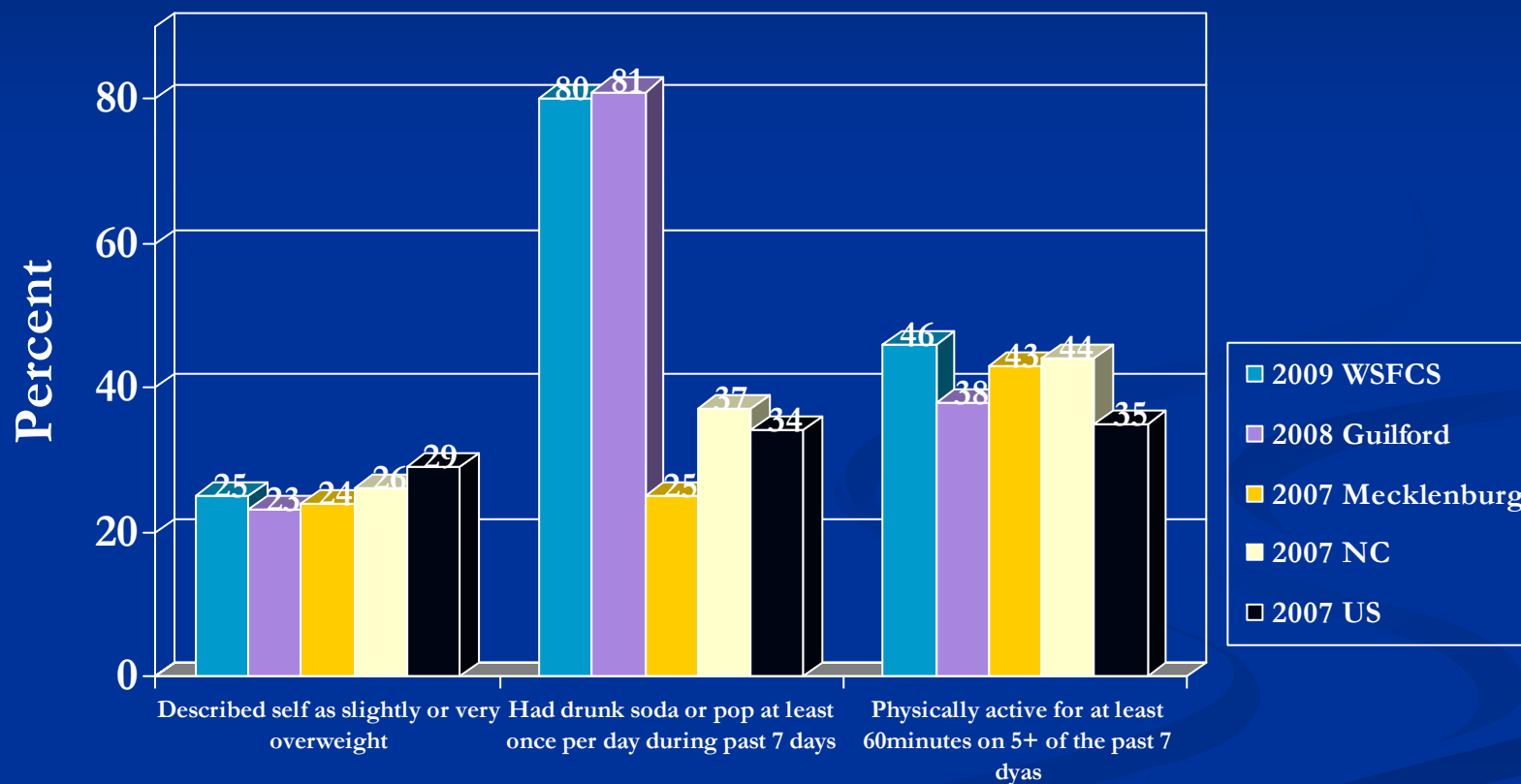


Q30: Students who seriously considered attempting suicide during the past 12 months



# Highlights from WSFC High School Students

## Weight Management, Nutrition, Physical Activity



2009 YRBS

# Special Thanks

## **Leadership & Support**

*Dr. Timothy Monroe FCDPH*

*Dr. Don Martin, WSFCS*

*Nancy Hoover, WSFCS*

*Dr. Ken Simington, WSFCS*

*School Health Advisory Council, WSFCS*

## **Data Collection, Summary Report & Preparation**

*Ayo Ademoyero, FCDPH*

*Jennifer Staten, FCDPH*

*FC Department of Public Health Staff*

*FC Healthy Community Coalition Members*

## **Data Analysis & Preparation of Full Report**

*Rothenbach Research & Consulting, LLC*