

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



SUMMARY REPORT

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

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Data Collection

Forsyth Co. Dept. of Public Health Staff and
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2009 OVERVIEW & HIGHLIGHTS

WSFCS Middle School Students

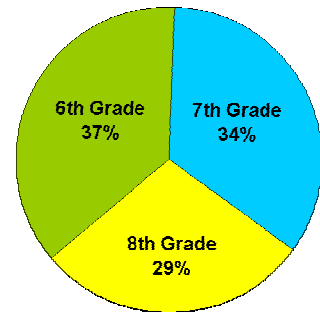


The Youth Risk Behavior Survey (YRBS) was produced by the Centers for Disease Control and Prevention (CDC) and modified to meet the needs of North Carolina. Statewide, North Carolina Healthy Schools administers the YRBS to a select sample of North Carolina middle and high school students. It is conducted 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 in **15 public middle schools** in Winston-Salem/Forsyth County (WSFC) to learn more about the health of Forsyth County teens. Among the **1,611 middle school students** participating:

- 52.1% were female.
- 47.9% were male.
- 43.0% were White, Non-Hispanic.
- 25.6% were Black, Non-Hispanic.
- 7.3% were Hispanic.
- 5.3% were Other Races.
- 18.9% were Multiple Responses .

Grade Level Distribution of Surveyed Students



2009 Middle School YRBS Topics

- Automobile & Bicycle Safety
- Violence-Related Behavior
- Sex Education
- Suicide-Related Attitudes & Behavior
- Body Weight & Dieting
- Physical Activity & Health
- Alcohol, Tobacco & Other Drugs Use
- Other Health Related Issues

2009 Middle 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

Positive Results

- 72% of students reported they have been taught about abstaining from sexual activity
- 74.3% of students either strongly agree or agreed that they feel good about themselves
- Over the past week (at the time of the survey), students reported an average of 4.5 days in which they were physically active for at least 60 minutes.

Areas for Improvement

- Among students who rode a bicycle, 55% reported never or rarely wearing a bicycle helmet
- 53% of students reported ever being in a physical fight
- 20% of students reported seriously considering attempting suicide
- 15.4% of students reported developing a suicide plan

RESULTS

The first local YRBS was administered during 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. Results from the WSFC Middle School highlight many positive findings and underscore certain behaviors that could lead to 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 middle schools. Caution should be taken when interpreting the data; trend (multi-year) analysis would be more reliable. The complete report is available: <http://www.forsyth.cc/Documents/>



For more information, please contact Ayo Ademoyero, Director of Epidemiology and Surveillance, at ademoyat@forsyth.cc.

Alcohol, Tobacco and Other Drugs	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Smoked cigarettes on one or more days in the past 30 days	7%	6%	6%	8%
Ever had a drink of alcohol, other than a few sips	29%	29%	33%	30%
Ever used marijuana	13%	9%	12%	10%
Been offered, sold or given an illegal drug on school property	12%	n/a	10%	9%

Automobile and Bicycle Safety	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Among students who rode a bicycle, never or rarely wore a bicycle helmet	55%	62%	74%	76%
Never or rarely wore a seat belt as a passenger	7%	7%	8%	7%
Rode in a car driven by someone who had been drinking alcohol	24%	24%	28%	27%
Rode in a car driven by someone who had been recklessly speeding	33%	n/a	n/a	38%

Violence-Related Behavior	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Ever carried a weapon such as a gun, knife, club	32%	32%	31%	39%
Ever in a physical fight	53%	60%	60%	53%
Bullied on school property in past 12 months	34%	n/a	39%	n/a
Electronically bullied in past 12 months	19%	n/a	18%	21%
Someone stole or damage student's property while at school	28%	29%	32%	28%

2009 YRBS Summary Report for WSFC Middle School Students

Sex Education	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Taught about abstaining from sexual activity	72%	n/a	70%	66%
Taught about AIDS or HIV infection	83%	58%	75%	69%

Suicide-Related Attitudes & Behavior	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Feelings of sadness or hopelessness day for two weeks or more in a row	26%	26%	23%	23%
Seriously considered attempting suicide	20%	15%	20%	19%
Made a suicide plan	15%	9%	14%	13%

Body Weight & Dieting	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Described themselves as slightly or very overweight	26%	23%	24%	26%
Are trying to lose weight	47%	39%	43%	46%
Ever exercised to lose weight or to keep from gaining weight	70%	68%	68%	71%
Eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining	43%	44%	45%	46%
Fasted for 24 hours or more to lose weight or to keep from gaining weight	15%	14%	n/a	15%

Physical Activity & Health	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	55%	47%	51%	60%
Played on one or more sports teams during the past 12 months	57%	62%	60%	62%
Watched three or more hours per day of TV on an average school day	41%	44%	45%	38%
Usually walked or rode their bike to school on one or more days per week	20%	n/a	20%	19%
Played video or computer games or use computer for something that is not school work for three or more hours per day on an average school day	28%	27%	27%	26%

Selected Health Issues	<i>2009 WSFCS</i>	<i>2008 Guilford</i>	<i>2009 Mecklenburg</i>	<i>2009 NC</i>
Ever been told by a doctor or nurse that they had asthma	20%	20%	18%	19%
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	58%	n/a	57%	58%
Seen a dentist in the past 12 months	61%	n/a	61%	63%
Get eight or more hours of sleep on an average school night	51%	n/a	60%	58%
Consider themselves to have a disability	11%	n/a	n/a	12%
Strongly agree or agree that illegal drugs are a problem at their school	34%	n/a	36%	29%