

2013 Youth Risk Behavior Survey Winston-Salem/Forsyth County Middle School Students



Summary Report

May 2014

Supported By:

Winston-Salem/Forsyth County School System &
Forsyth County Department of Public Health



Special Thanks:

Data Collection: Forsyth County Department of Public Health Staff,
Forsyth County Healthy Community Coalition Members and Community Volunteers
Data Analysis: Division of Adolescent and School Health,
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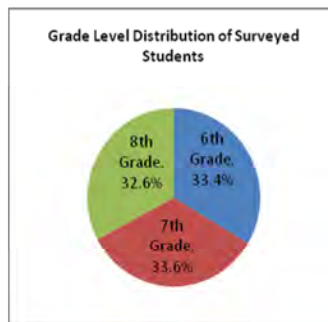
Introduction & Overview

The Youth Risk Behavior Survey System (YRBSS) was developed by the Centers for Disease Control and Prevention (CDC)/Division of Adolescent and School Health (DASH) to monitor health risk behaviors. The Youth Risk Behavior Survey (YRBS) is one component of the YRBSS. It has been modified to reflect the health questions deemed pertinent to North Carolina middle school students. North Carolina Healthy Schools has conducted the survey state wide every two years. The results of the survey is meant to assist stakeholders in identifying the critical health needs of children and adolescents and develop programs to mitigate them.

In 2013, the YRBS was administered in 19 public middle schools in the Winston-Salem/Forsyth County (WSFC) School System and a total of 1683 students completed the survey. The questionnaire consisted of 74 questions. The response rate for schools was 100% and the response rate for students was 87%. The results are representative of all students in grades 6-8. The weighted demographic characteristics of the sample are as follows:

Demographics

- 48.9% were Female
- 51.1% were Male
- 28.5% were Black, non-Hispanic
- 21.0% were Hispanic/Latino
- 43.7% were White, non-Hispanic
- 2.6% were Other races
- 4.1% were Multiple races



Health Risk Behaviors Monitored

- Alcohol, tobacco and other drug use
- Psychological health
- Weight management & Nutrition
- Physical activity
- Health education
- Personal safety
- Violence-related behavior

Highlights from the Data

Positive Results

- The percentage of students who had a drink of alcohol other than a few sips has gradually decreased since 2009 with a **21% decrease** from 2011 to 2013.
- There was a **17% decrease** among percent of students who were offered, sold or given an illegal drug on school property from 2011 to 2013.
- There was an **8% decrease** among percent of students who had seen other students being bullied in their school from 2011 to 2013
- There was a **33% decrease** among percent of students who observed gang activity in school from 2011 to 2013

Areas for Improvement

- There was an **11% increase** among percent of students who carried a weapon, such as a gun, knife or club from 2011 to 2013
- There was a **7% increase** among percent of students who were bullied on school property from 2011 to 2013
- There was a **17% decrease** among percent of students who reported being taught about abstaining from sex activity from 2011 to 2013
- There was a **22% decrease** among percent of students who reported being taught about chlamydia, gonorrhea, syphilis, from 2011 to 2013
- There was a **22% increase** among percent of students who tried to kill themselves from 2011 to 2013
- There was a **24% increase** among percent of students who played video/computer games, use computer for other than school ≥ 3 hours on school day from 2011 to 2013

These highlights should be interpreted with caution. Trend and (multi-year) analysis would be more reliable. For more information, please contact Ayotunde Ademoyero, Director of Epidemiology Division, Forsyth County Department of Public Health at ademoyat@forsyth.cc

Alcohol, Tobacco & Other Drugs	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Smoked cigarettes on one or more days in the past 30 days	5%	6%	7%	7%	7%	8%
Had a drink of alcohol, other than a few sips	22%	26%	28%	29%	29%	29%
Used marijuana	13%	13%	13%	11%	13%	10%
Offered, sold or given an illegal drug on school property	10%	9%	12%	10%	12%	9%
Personal Safety	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Never/rarely wear a helmet when riding a bicycle	71%	73%	72%	77%	70%	76%
Rode in a car w/someone who had been drinking alcohol	18%	19%	19%	23%	24%	27%
Never/rarely wore a seat belt when riding in a car	7%	6%	7%	7%	7%	7%
Violence-Related Behavior	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Carried a weapon, such as a gun, knife or club	29%	35%	26%	34%	32%	39%
Been in a physical fight	50%	51%	50%	55%	53%	53%
Bullied on school property	33%	43%	31%	42%	34%	42%
Electronically bullied	16%	19%	16%	21%	19%	21%
Seen other students being bullied in their school	60%	68%	65%	73%	64%	74%
Books or clothing stolen/damaged on school property	25%	22%	24%	27%	28%	28%
Health Education	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Taught about abstaining from sexual activity	67%	60%	75%	62%	72%	66%
Taught about AIDS or HIV	78%	67%	82%	62%	83%	69%
Taught about chlamydia, gonorrhea, syphilis, etc.	46%	40%	59%	41%	55%	49%
Weight Management & Nutrition	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Perceived themselves as slightly overweight or very overweight	25%	26%	26%	25%	26%	26%
Are trying to lose weight	46%	44%	46%	43%	47%	46%
Exercise to lose weight or keep from gaining weight	69%	70%	71%	68%	70%	71%
Eaten less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight	46%	45%	49%	46%	43%	46%
Fasted for 24 hours or more to lose weight or keep from gaining weight	16%	17%	14%	15%	15%	15%

Psychological Health	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Feelings of sadness or hopelessness for two weeks or more	22%	23%	21%	24%	26%	23%
Ever seriously thought about killing themselves	20%	19%	19%	21%	20%	19%
Ever made a plan about how they would kill themselves	14%	14%	13%	13%	15%	13%
Ever tried to kill themselves	11%	11%	9%	10%	n/a	n/a
Physical Activity	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Physically active 60m or more per day for 5 or more of past 7 days	59%	57%	57%	59%	55%	60%
Played on 1 or more sports teams during the past 12 months	59%	60%	59%	59%	57%	62%
Watched TV for \geq 3 hours per day on an average school day	40%	37%	40%	39%	41%	38%
Played video/computer games, use computer for other than school \geq 3 hours on school day	41%	42%	33%	30%	28%	26%
Walked or rode bicycle to school on one or more days per week	20%	19%	20%	19%	20%	19%
Select Health Issue	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Told by doctor or nurse that they had asthma	23%	22%	21%	22%	20%	19%
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	57%	56%	58%	55%	58%	58%
Seen a dentist in the past 12 months	63%	66%	64%	63%	61%	63%
Got 8 or more hours of sleep on an average school night	53%	56%	49%	59%	41%	58%
Consider themselves to have a disability	11%	11%	11%	10%	11%	12%
Home alone without parent or adult supervision \geq 3 hours on average school day	22%	15%	20%	14%	16%	15%
Observed gang activity at school	20%	20%	30%	23%	n/a	29%

n/a=Not Available