

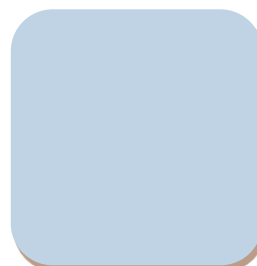
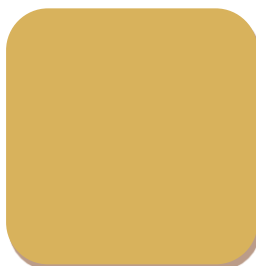
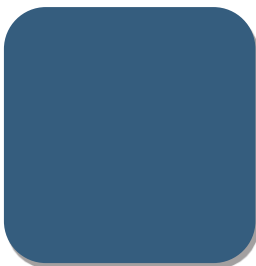


Youth Risk Behavior Survey

Durham County | 2015 Report



Partnership for a Healthy Durham





INTRODUCTION

The Durham County Youth Risk Behavior Survey (YRBS) is part of a national school-based survey produced by the Centers for Disease Control and Prevention (CDC) and administered every other year by the Durham Public Schools. The purpose of this survey is to assess health risk behaviors that can contribute to injury and leading causes of death among the adolescent population.

In the spring of 2015, Durham Public Schools, the Durham County Department of Public Health and the Partnership for a Healthy Durham collected 446 middle school and 1,713 high school surveys from students enrolled in Durham Public Schools.

The YRBS results are used by state and local education and public health officials to develop and track goals, seek funding for programs, implement strategies and inform policies that promote prevention and health promotion among youth.

ACKNOWLEDGEMENTS

The Partnership for a Healthy Durham led the collaborative effort of the 2015 Durham County YRBS, with Durham Public Schools leading the survey sampling and data collection and the Durham County Department of Public Health providing oversight in the data analysis and reporting. The Partnership for a Healthy Durham would like to thank the Durham Public School students who participated in the 2015 survey and the Durham Public Schools staff who supported the data collection. In addition, the leadership and support from the following people is gratefully acknowledged:

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National YRBS data: <http://www.cdc.gov/healthyouth/data/yrbs/results.htm>

North Carolina YRBS data: <http://www.nchealthyschools.org/data/yrbs>

OUR METHODS

Questionnaire

Questions used in the Durham County Youth Risk Behavior Survey (YRBS) were designed and validated by the Centers for Disease Control and Prevention. The 2015 Durham County middle school YRBS consisted of 77 questions addressing the topics below; the high school YRBS consisted of 98 questions relating to the same topics in the middle school survey with extended questions on substance use and sexual activity. In 2015, questions about using electronic vapor products was added to both the middle school and high school YRBS.

- Personal Safety
- Violence-Related Behavior
- Substance Use (*adding electronic vapor products*)
- Physical Health
- Psychological Health
- Nutrition
- Physical Activity
- Body Weight
- Health Education
- Disabilities
- School Environment
- Selected Prevention-Related Indicators

Sampling

Since 2007, the Partnership for a Healthy Durham, the Durham County Department of Public Health and Durham Public Schools have administered the YRBS with large enough samples to be representative of Durham County. In the spring of 2015, the Durham County YRBS was administered to randomly selected middle and high school students in the Durham Public Schools. To achieve a representative sample of all Durham Public School students, a random sample of classrooms was drawn from 9 middle schools and 11 high schools. Survey methods were designed to protect students' privacy by allowing for anonymous and voluntary participation, and no identifying information was collected. In addition, prior to survey administration, parents and guardians were given a permission form for their student to opt out of the survey. The Durham County YRBS was administered by Durham Public Schools staff during one class period and students recorded their responses directly on a bubble answer sheet.

Analysis

With oversight from the Durham County Department of Public Health, the North Carolina Institute for Public Health (NCIPH), part of the Gillings School of Global Public Health at the University of North Carolina at Chapel Hill scanned and analyzed the 2015 Durham YRBS data. NCIPH analyzed the data with SAS 9.2 (Cary, NC), reporting total number and percent for each survey question, as well as by major demographic subgroups (gender and race/ethnicity). Data was also compared to the most recent Durham YRBS results (2009, 2011 and 2013). Statistical significance tests were used to identify statistically significant differences, providing information on whether the observed differences likely reflected true differences in the sampled student population.

Notes on analysis:

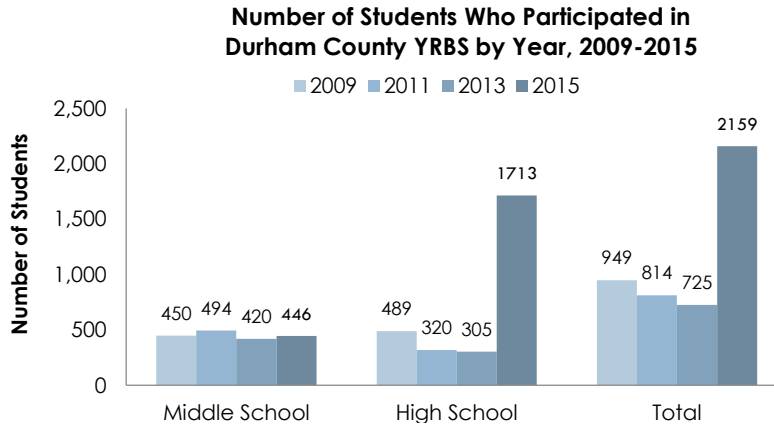
- Results in this report appear in data tables, charts and graphs with explanatory text. The percentages in some charts may not total to 100% due to rounding.
- If the number of students in a given group was less than 10, results were not shown to protect confidentiality.
- For the purposes of analysis, the "Other Race" category was created to include: Asian, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander or multiple races.
- If a student reported Hispanic ethnicity, they were grouped as Hispanic; therefore, White should be understood as White non-Hispanic, and African American as African American non-Hispanic; therefore White, Hispanic and African-American are mutually exclusive categories for the purposes of this data analysis.

Limitations

Similar to the statewide and national YRBS, the findings in this report has some limitations. First, data from this survey comes from youth in Durham Public Schools who attended school on the survey days. While this sample is representative of the majority of youth in this age group in Durham County, the sample does not include information from youth not in public schools. Second, all data are self-reported by the students who participated; therefore, under- and over-reporting of risk behaviors is possible. Lastly, a large enough sample size was not achieved for the 2015 statewide middle school YRBS and results were only representative of those who took the survey. Therefore, the 2015 Durham County middle school YRBS comparisons are made to the 2013 statewide middle school YRBS data.

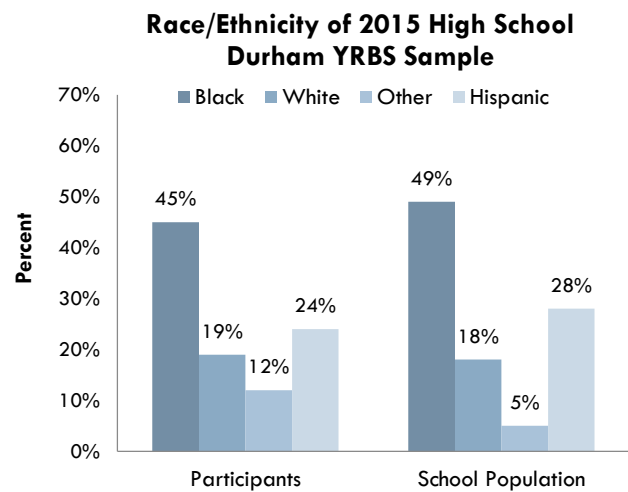
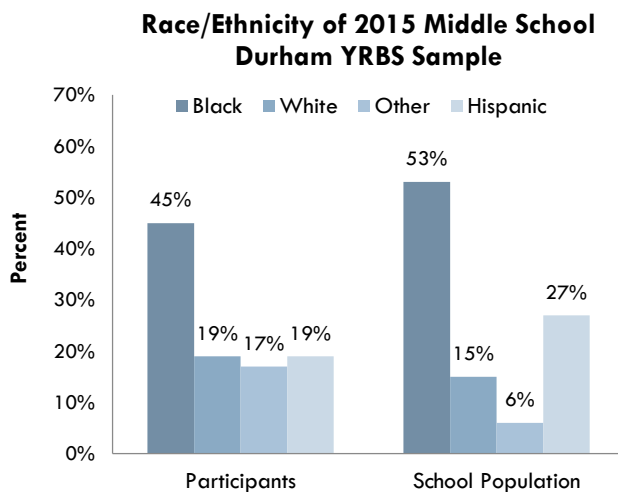
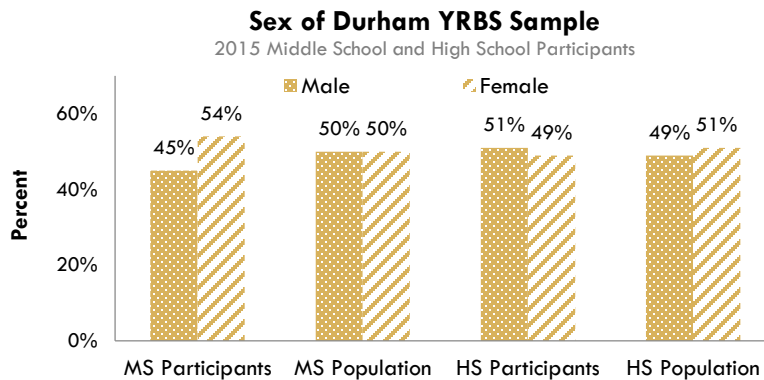
CHARACTERISTICS OF SURVEY PARTICIPANTS

A total of 2,159 Durham Public School (DPS) students participated in the 2015 Durham County YRBS (446 middle school students and 1,713 high school students). In 2015, DPS was able to collect surveys from all 11 high schools.



Overall, the Durham County YRBS sample was representative of the racial and ethnic makeup of the DPS population, where approximately half of students were African American and one-quarter were Hispanic. The 2015 middle school YRBS survey had a slight overrepresentation of females (54% compared to the DPS population of 50%) and Other Race (17% compared to the DPS population of 6%), which could influence overall percentages reported for middle school survey questions.

Among high school students sampled for the Durham County YRBS, 84% identified as heterosexual, followed by bisexual (8%), not sure/missing (5%) and gay or lesbian (4%).



Note: The "Other Race" category includes: Asian, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander, or multiple races.



PHYSICAL HEALTH

The 2015 Durham County YRBS included physical health topics such as *hours of sleep*, *well-child exams*, *dental check-ups* and *self-reported height and weight* for calculating Body Mass Index (BMI).

- The CDC's sleep guidelines include 9 to 10 hours each night for teenagers.¹ Beginning in the 2016-17 school year, DPS will be changing the bell schedule to allow high school students to get more sleep.
- Annual well-child exams provide disease prevention, track growth and development and allow providers to connect with families to build a medical home. These check-ups also allow teens the opportunity to address important questions about substance use, sexual activity and emotional health.²
- The percentage of adolescents aged 12-19 years who are obese has more than quadrupled, from 5% in 1980 to nearly 21% in 2012. Obese youth are more likely to have risk factors for cardiovascular disease such as high cholesterol or high blood pressure.³



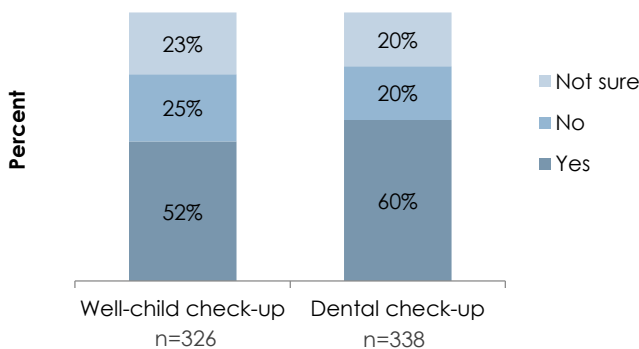
Sleep

In 2015, almost half of Durham County middle school students (49%) and 19% of high school students got 8 or more hours of sleep on an average school night.

- Among middle school students, there were no significant differences by race/ethnicity or gender. Among high school students, African American students had the lowest percent reporting 8 or more hours of sleep (14%), compared to 21% for Whites, 19% Other Race and 24% Hispanic.

Middle School Students Who Had a Routine Well-Child Check-Up or Dental Exam in the past year

2015 Durham County Middle School YRBS



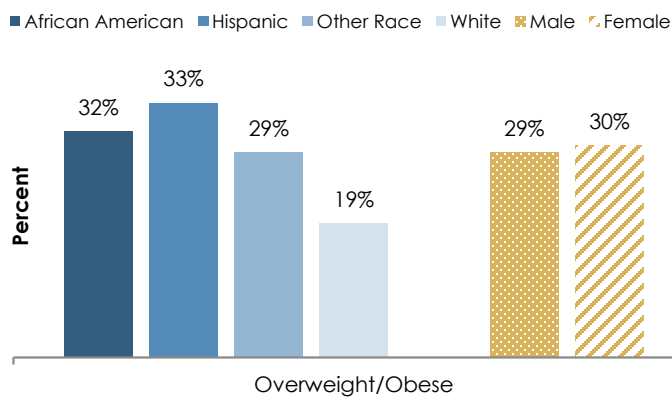
Routine Check-Ups

Sixty percent of Durham middle school students in 2015 received a dental check-up in the past year. Approximately half of middle school students (52%) received a routine well-child check-up in the past year, which was a significant decrease from 60% in 2011.

There were no significant differences by race/ethnicity or gender.

High School Students Who are Overweight or Obese

2015 Durham County High School YRBS (n=1,528)



Overweight and Obesity

High school students self-reported height and weight for the 2015 Durham County YRBS. In 2015, approximately 30% of Durham County high school students were either overweight or obese (BMI=>25) and 12% were obese (BMI=>30).

Overall, the percent of White students with a BMI of overweight or obese (19%) was lower than their peers.



PERSONAL SAFETY

From 2010-2014, unintentional injuries and motor vehicle injuries were the 4th and 5th leading causes of death among Durham County children from birth to age 19.⁴ The 2015 Durham County YRBS covered unintentional injury topics including *bicycle helmet use, seat belt use, alcohol use by drivers and distracted driving.*

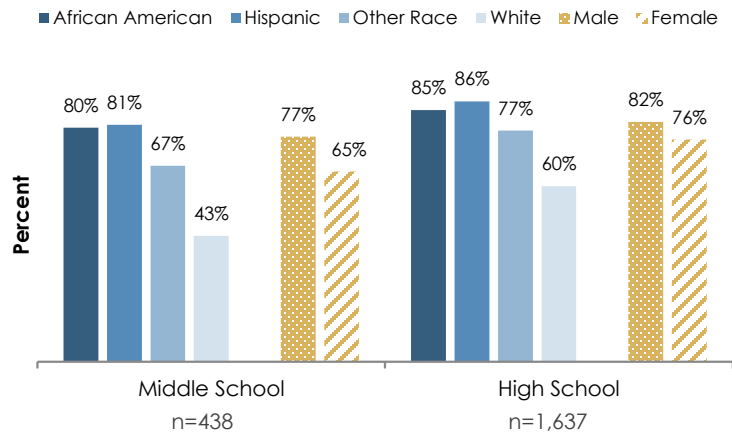
Bicycle Helmet Use

In 2015, approximately 3 out of 4 (78%) Durham County middle school students and over half (64%) of high school students reported using a bicycle in the past year. Of those students, 70% of middle school students and 79% of high school students reported never or rarely wearing a bicycle helmet.

- White middle school students more commonly reported helmet use than their peers.
- Among both middle school and high school students, the percent of males reporting rarely or never wearing a helmet was higher than females.

Percentage of Students Who Rarely or Never Wear a Bike Helmet

2015 Durham County Middle School and High School YRBS



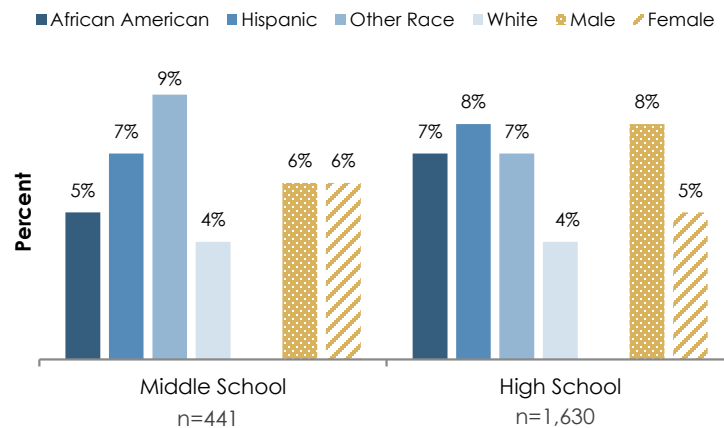
Seat Belt Use

The majority of Durham County middle school students (79%) and high school students (82%) wear a seat belt when riding in the car with someone else always or most of the time.

- The percent of high school students who reported never or rarely wearing a seat belt decreased from 17% in 2013 to 7% in 2015.
- Seat belt use varied by race and ethnicity for both middle school and high school students, where Whites more commonly reported always wearing their seat belt compared to their peers.
- Among high school students, seat belt use also varied by gender. The percent of males who reported never or rarely wearing a seat belt was 8% compared to 5% for females.

Percentage of Students Who Rarely or Never Wear a Seat Belt When Riding in the Car with Someone Else

2015 Durham County Middle School and High School YRBS



Texting or Emailing While Driving

In 2015, almost 1 out of 3 Durham County high school students who drive (29%) reported texting or emailing while driving in the past month, a decrease from 50% in 2013. Texting or emailing while driving did not vary by race/ethnicity, but did vary by gender where approximately 31% of high school males texted or emailed while driving in the past month compared to 26% of females.



VIOLENCE-RELATED BEHAVIOR

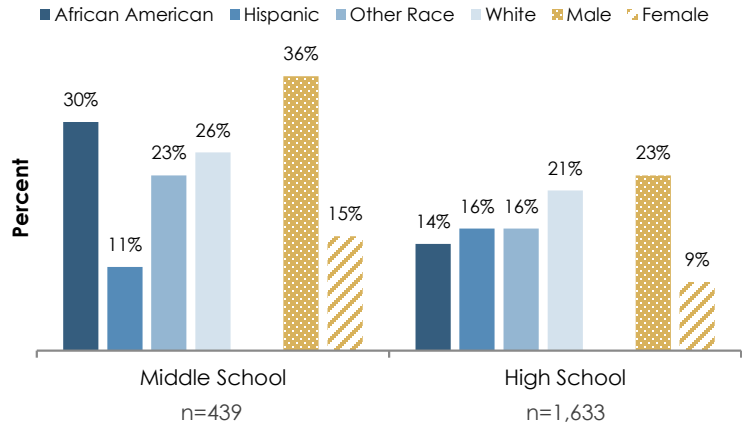
From 2010-2014, homicide was the 3rd leading cause of death among Durham County children from birth to age 19.⁴ The 2015 Durham County YRBS covered violence-related behavior including *physical fighting, bullying* and the *use of weapons*. Bullying is one type of youth violence that can result in physical injuries, social and emotional difficulties and academic problems.⁵ Electronic bullying or “cyber-bullying” happens through email, chat rooms, instant message, a website, text message or social media.⁵

Carrying Weapons

In 2015, approximately 76% of Durham County middle school students and 84% of high school students had not carried a weapon such as a gun, knife or club in the past month. The percent of high school students carrying a weapon decreased by almost half from 24% in 2013 to 16% in 2015.

- Overall, middle school and high school males were more likely to carry weapons compared to females.
- Carrying weapons also varied by race/ethnicity among middle school students, where Hispanic students were least likely to carry than their peers.

Students Who Have Carried a Weapon in the Past Month
2015 Durham County Middle School and High School YRBS



Felt Unsafe at School

Approximately 5% of Durham County middle school students in 2015 did not go to school in the past month because they felt unsafe at school or going to/from school. For high school students, 8% felt unsafe at school, which was a decrease from 18% in 2013. For both middle and high school students, there were no significant differences by race/ethnicity or gender.

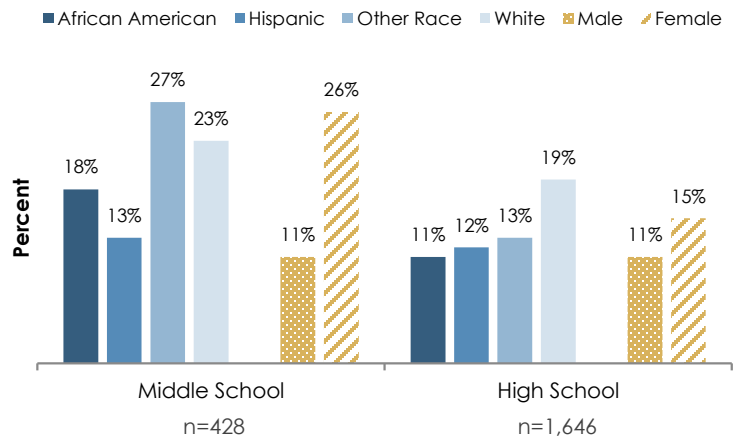
Bullying

In 2015, 65% of Durham County middle school students reporting seeing another student bullied at school, a significant decrease from 80% in 2013. For high school students, 54% reporting seeing bullying at school.

- Among both middle school and high school students, females were significantly more likely to report seeing other students being bullied at school than males.

In 2015, the majority of Durham County middle school students (81%) and high school students (87%) were not electronically bullied. However, both middle school and high school females were more likely than males to report being electronically bullied.

Students Who Have Been Electronically Bullied in the Past Year
2015 Durham County Middle School and High School YRBS



Gangs

Almost 1 out of 3 Durham County middle school students (30%) and half of high school students (49%) reported in 2015 that there is gang activity in their school. Among middle school students, males were more likely to report gang activity. Among high school students reporting gang activity varied by race/ethnicity, where the percent of Hispanic students was lower than their peers.



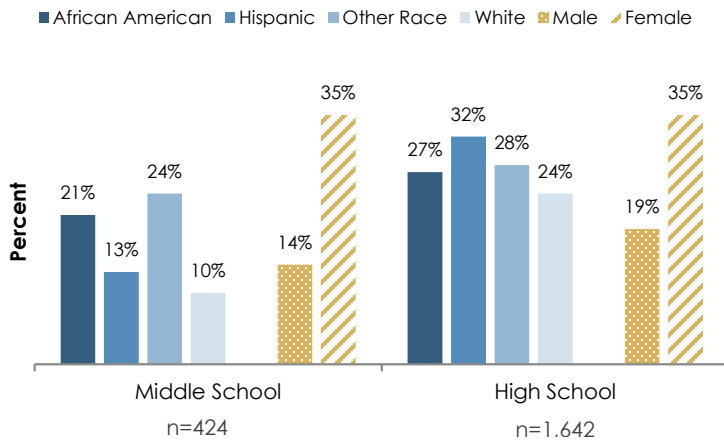
MENTAL HEALTH

Nationally, among children and youth ages 3-17 years, up to 1 out of 5 (13%-20%) experience a mental health disorder in a given year.⁶ Without early diagnosis and treatment, adolescents living with mental disorders can have problems at home, in school and in forming friendships and can lead to higher rates of suicide, violence, dropouts, family dysfunction, juvenile incarcerations, alcohol/substance use and injuries.^{6,7} The 2015 Durham YRBS covers feelings of depression and attempted suicide.



Students Who Feel So Sad or Hopeless Almost Every Day for 2 Weeks or More in a Row That They Stopped Doing Usual Activities in the Past Year

2015 Durham County Middle School and High School YRBS



Feelings of Depression

The Durham YRBS assesses feelings of depression as *feeling so sad or helpless that they stopped doing usual activities almost every day for 2 weeks or more*. In 2015, over 1 in 4 Durham County middle school students (26%) and high school students (28%) reported feelings of depression.

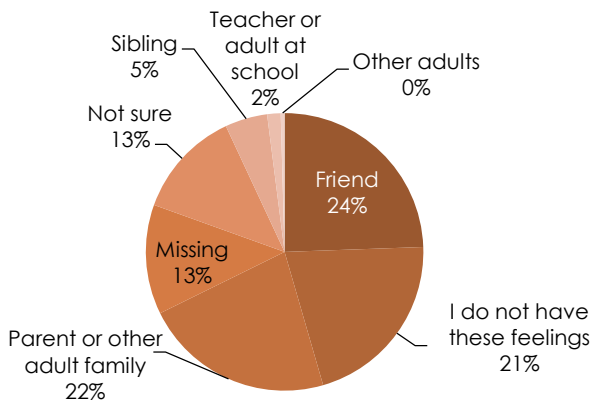
For both middle school and high school students, females were more likely to report feelings of depression than their male peers.

Who to Talk To

When asked who students would go to if they were feeling sad, empty, hopeless, angry or anxious, the majority of middle school and high school students talk to their friend, followed by parent or other adult family member.

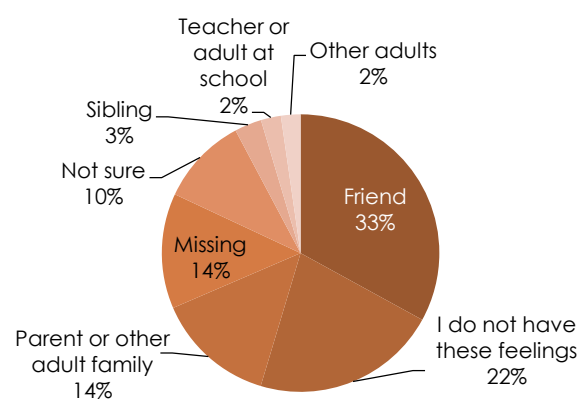
Who Middle School Students Talk To When They Feel Sad, Empty, Hopeless, Angry, or Anxious

2015 Durham County High School YRBS (n=446)



Who High School Students Talk To When They Feel Sad, Empty, Hopeless, Angry, or Anxious

2015 Durham County High School YRBS (n=1,713)



Planned Suicide

Approximately 18% of Durham County middle school students and 14% of high school students reported making a plan to attempt suicide. Among middle school students, females (23%) were almost twice as likely to report making a plan to attempt suicide than males (12%). Among high school students, making plans to attempt suicide varied by race/ethnicity, where the percent was lowest among African Americans compared to their peers.



SUBSTANCE USE

The 2015 Durham County YRBS covered a variety of substance use topics including tobacco, alcohol, prescription abuse and other drugs. In addition, new questions were added to the middle and high school survey to cover electronic vapor products which include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs and hookah pens.



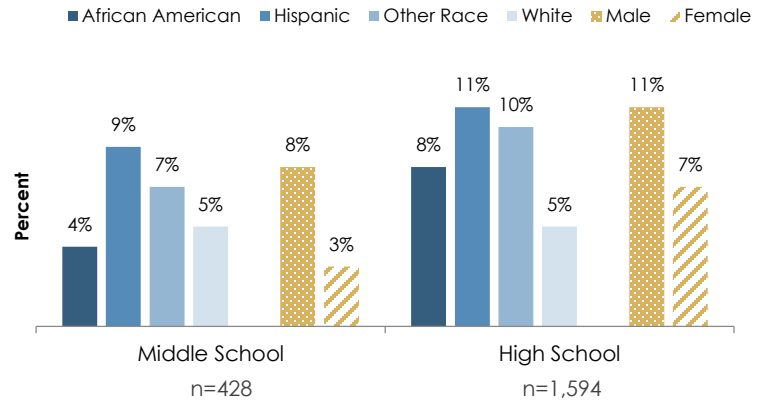
Cigarette Use

In 2015, approximately 95% of Durham County middle school students and 91% of high school students did not report current cigarette use.

- The percent of current smokers among high school students decreased from 19% in 2013 to 9% in 2015.
- Among middle school and high school students, there were no significant differences by race/ethnicity.
- For both middle school and high school students, males reported higher current cigarette use.

Students Who Have Smoked Cigarettes in the Past Month

2015 Durham County Middle School and High School YRBS



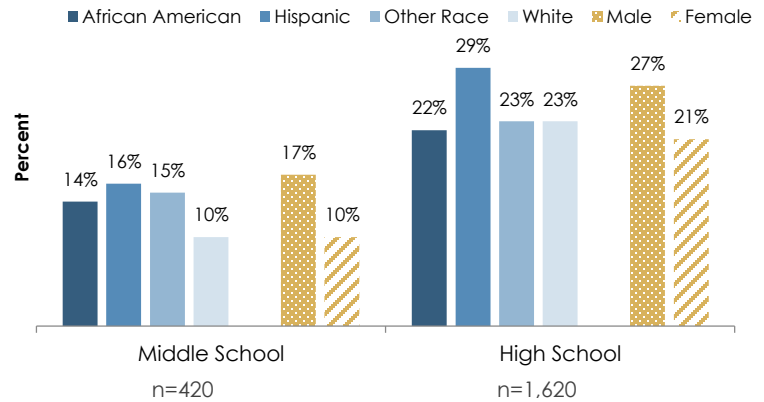
Electronic Vapor Products

For this first-time assessment of electronic vapor product use, approximately 24% of Durham County high school students and 13% of middle school students reported current use.

- Among middle school and high school students, there were no significant differences by race/ethnicity or gender. However, both middle school and high school males reported a higher use of electronic vapor products.

Students Who Have Used Electronic Vapor Products in the Past Month

2015 Durham County Middle School and High School YRBS



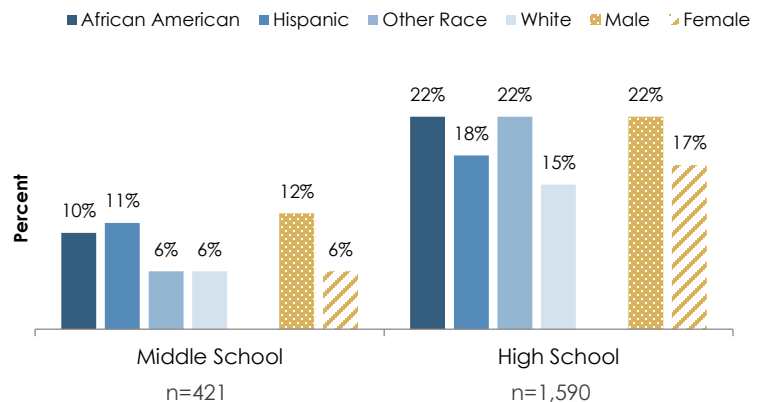
Marijuana

Approximately 9% of Durham County middle school and 20% of high school students reported smoking marijuana in the past month.

- The percent of middle school students increased from 7% in 2013, while the percent of high school students decreased from 35% in 2013.
- Among middle school and high school students, there were no significant differences by race/ethnicity.
- For both middle school and high school students, males reported higher current marijuana use.

Students Who Have Smoked Marijuana in the Past Month

2015 Durham County Middle School and High School YRBS

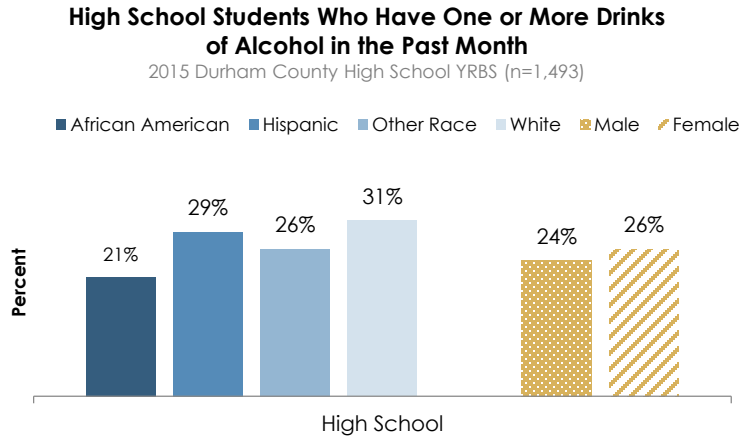


SUBSTANCE USE, CONTINUED

Alcohol

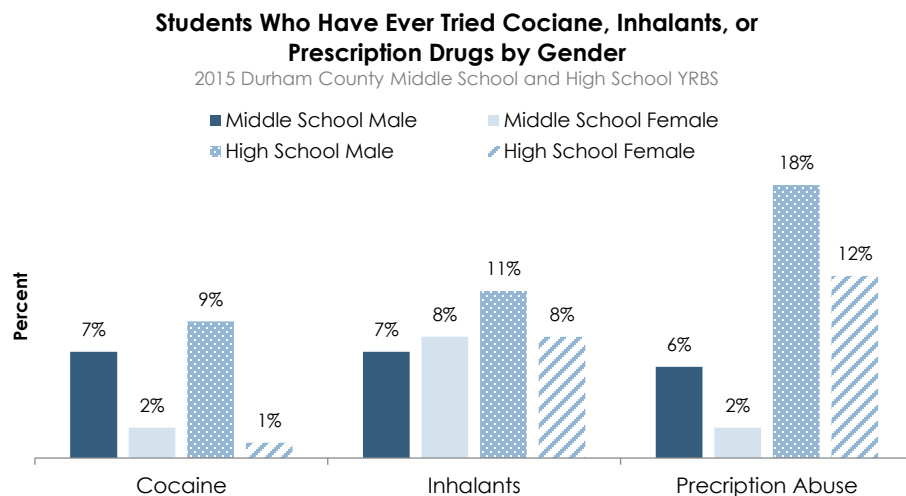
Durham County middle school students were asked whether they had ever had more than a few sips of alcohol, and approximately 70% reported never drinking alcohol. Approximately 3 out of 4 Durham County high school students (75%) were not current alcohol users (one or more drinks within the past month), an increase from 68% reported in 2013.

- Of high school students who reported current alcohol use (22%), African American students reported the lowest percent compared to their peers.
- High school females reported current alcohol use slightly more than males.



Cocaine, Inhalants, and Prescription Drug Abuse

- In 2015, approximately 4% of Durham County middle school students and 7% of high school students had ever tried cocaine, including powder, crack or freebase.
 - High school males were more likely than females to have tried cocaine (9% compared to 4%).
 - Hispanic high school students had a higher percentage of ever trying cocaine (11%) compared to their peers (5% for African Americans, 6% for Other Race and 4% for White).
- Eight percent of middle school students and 10% of high school students have ever sniffed glue, breathed the contents of spray cans or inhaled any paints or sprays to get high, which was an increase from 4% reported in 2013 for middle school students, and a decrease from 19% for high school students.
 - For both middle and high school students, there were no significant differences by race/ethnicity or gender.
- Four percent of middle school students and 15% of high school students had used prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin or Xanax) without a doctor's prescription.
 - The percent of high school students using prescription drugs without a doctor's prescription decreased significantly from 25% in 2013 to 15% in 2015.
 - Among both middle and high school students, males were significantly more likely than females to use prescription drugs without a doctor's prescription.





SEXUAL BEHAVIOR

Sexual risk behaviors can place adolescents at risk for HIV infection, other sexually transmitted diseases (STDs) and unintended pregnancies. Although teen pregnancies have been decreasing steadily in Durham County, in 2014 there were 100 pregnancies among 15-17 year old girls in Durham County.⁸ Sexual health topics were covered for high school students participating in the 2015 Durham County YRBS.



Sexual Activity

In 2015, approximately 38% of Durham County high school students reported that they have ever had sexual intercourse, a decrease from 51% in 2013. Of those students, 28% reported having sexual intercourse for the first time by the age of 14.

Only the high school students reporting that they had ever had sexual intercourse (31%) responded to the following questions.

Condom Use

Over half of sexually active Durham County high school students (59%) reported using a condom the last time they had sexual intercourse. There were no significant differences by race/ethnicity. Although not statistically significant, the percent of males reporting condom use was higher than females.

Alcohol or Drugs before Sex

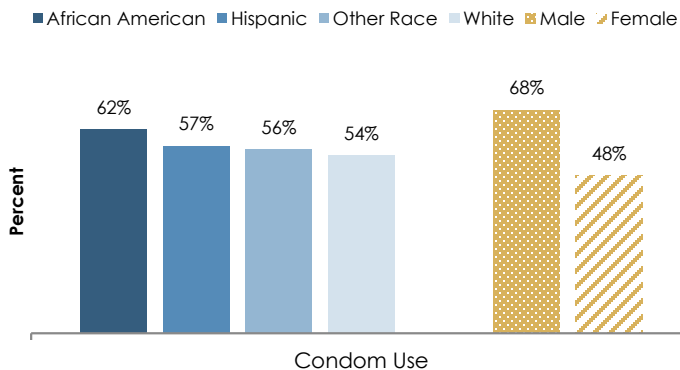
Of those sexually active high school students, 19% reported drinking alcohol or using drugs before the last time they had sexual intercourse, a decrease from 33% in 2013. Although there were no significant differences by race, ethnicity or gender, the percent of Whites reporting alcohol or drug use before sexual intercourse was higher than peers, as well as males.

Forced Intercourse

Approximately 9% of Durham County high school students have been physically forced to have sexual intercourse when they did not want to. Of those students, 41% were African American and the majority (59%) were female.

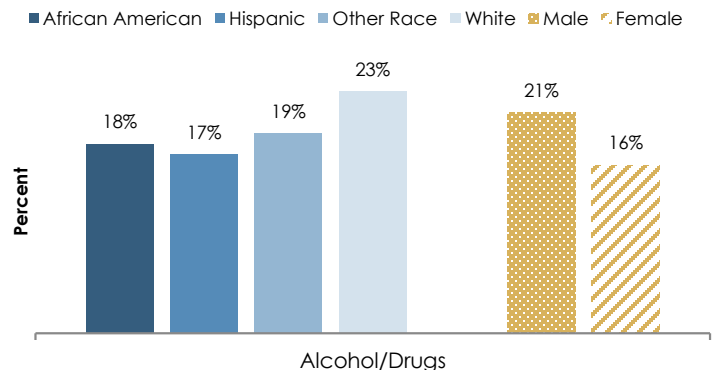
Among High School Students Who are Sexually Active, Those Who Used a Condom the Last Time They Had Sexual Intercourse

2015 Durham County High School YRBS (n=509)



Among High School Students Who are Sexually Active, Those Who Used Alcohol/Drugs Before the Last Time They Had Sexual Intercourse

2013 Durham County High School YRBS (n=516)





PHYSICAL ACTIVITY

Physical activity helps maintain strong bones and muscles, decrease the likelihood of developing obesity and risk factors for chronic disease, promote positive mental health and improve academic performance.⁹ Children and youth aged 6-17 years should participate in at least 60 minutes of physical activity each day.¹⁰ The 2015 Durham County YRBS covered physical activity topics including *physical activity*, *sports* and *screen time*. The DPS wellness policy provides guidance that schools must provide at least 30 minutes of vigorous physical activity for all K-8 students each day (3021.7), which can be found in full at: <http://durham.schoolwires.net/Page/261>.

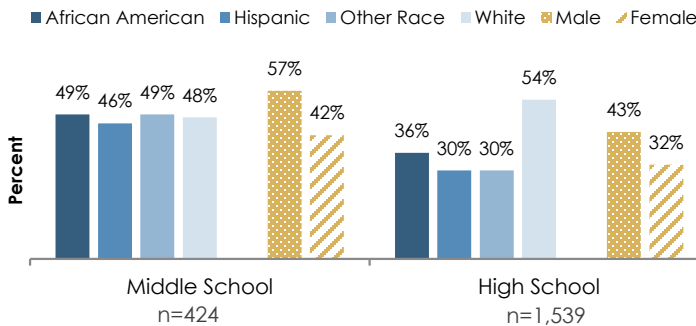


Physical Activity and Sports

- In 2015, approximately half of Durham County middle school students (48%) and about 1 in 3 high school students (37%) were physically active 60 minutes or more at least 5 days a week.
 - For both middle school and high school students, physical activity was higher among males.
 - Compared to their peers, White high school students were more likely to be physically active.
- The 2015 YRBS asked middle school students about sports participation (school or community teams).
 - Middle school males in Durham County were more likely to participate in sports teams, and the percent of Hispanic middle school students participating in sports teams was lower compared to their peers.

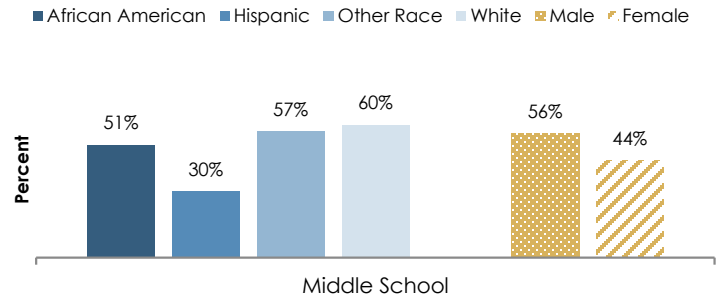
**Students Who Are Physically Active
(60 minutes or more at least 5 days a week)**

2015 Durham County Middle School and High School YRBS



Middle School Students Who Participated in a Sports Team in the Past Year

2013 Durham County Middle School YRBS (n=397)

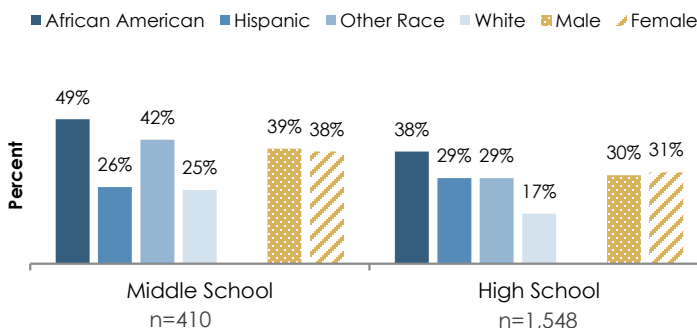


TV and Computer Screen Time

- In 2015, 39% of Durham County middle school students and 30% of high school students watch TV for more than 3 hours on an average school day.
 - TV watching varied by race for both middle school and high school students, where the percent of African American students was higher than their peers.
- Over 1 out of 3 Durham County middle school students (38%) and high school students (41%) use the computer for entertainment for more than 3 hours on an average school day.
 - High school females were more likely to engage in computer time more than 3 hours a day than males.
 - Although not statistically significant, African American middle school students engaged in computer time more than their peers.

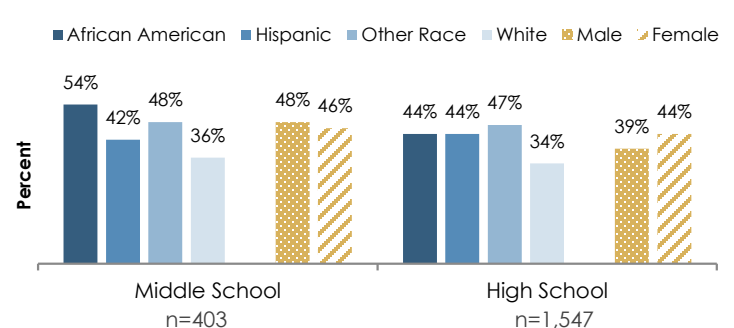
Students Who Watch TV 3 or More Hours Per Day, Average School Day

2015 Durham County Middle School and High School YRBS



Students Who Use Computer Not School-Related More than 3 Hours Per Day, Average School Day

2015 Durham County Middle School and High School YRBS





NUTRITION

The benefits of healthy eating among adolescents includes optional growth and development, the prevention of high cholesterol and high blood pressure, and the decreased risk of developing chronic diseases, obesity, iron deficiency and dental cavities.¹¹ Schools are in a unique position to promote healthy eating and to provide access to nutritious foods and beverages. Consumption of *fruits, vegetables, soda* and *sugar-sweetened beverages* were covered for high school students participating in the 2015 Durham County YRBS.



Since 2011, Durham Public Schools removed soda from school vending machines. In addition, the DPS wellness policy provides nutrition guidelines for all foods on DPS campuses, including all food and beverages sold or served to students from cafeterias, vending machines, school stores, after school events, celebrations, fundraisers and a la carte items sold during school meals (3021.4), which can be found in full at: <http://durham.schoolwires.net/Page/261>.

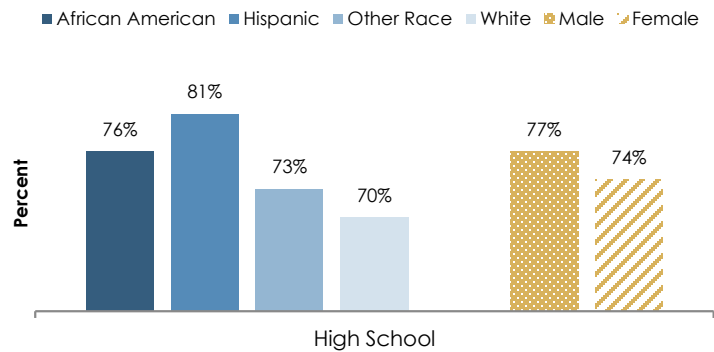
Soda

Drinking soda and other sugar-sweetened beverages can result in weight gain, overweight and obesity.¹¹ In 2015, over 2 out of 3 Durham County high school students (76%) reported drinking soda one or more times per week.

- Soda consumption varied by race/ethnicity, where the percent of those who drank soda was highest among Hispanic students compared to their peers.

High School Students Who Had Soda One or More Times per Week

2015 Durham County High School YRBS (n=1,542)



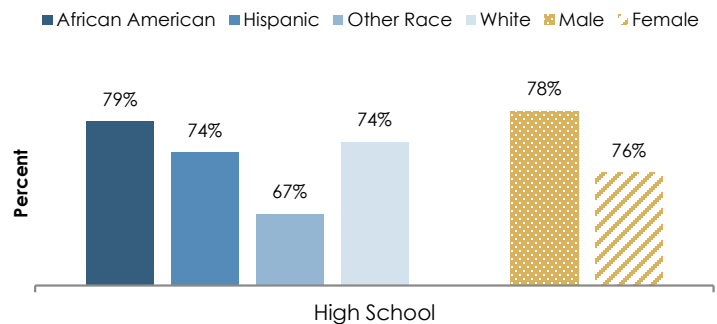
Other Sugar Sweetened Beverages

Similar to soda, approximately 2 out of 3 Durham County high school students (77%) reported drinking other sugar sweetened beverages one or more times per week.

- Sugar sweetened beverage consumption varied gender, where males were more likely to consume these beverages than females.
- In addition, students who identified as Other Race had the lowest percent of consumption compared to their peers.

High School Students Who Had Other Sugar Sweetened Beverages One or More Times per Week

2015 Durham County High School YRBS (n=1,596)



MIDDLE SCHOOL SUMMARY

Durham County YRBS Highlights: Middle School	Durham County (2015)	NC (2013)
Physical Health		
Students who get 8 or more hours of sleep on an average school night*	49%	28%
Students who have seen a doctor or nurse for a routine health check-up in the past year	52%	56%
Students who have seen a dentist for a routine check-up in the past year*	60%	66%
Personal Safety		
Among students who rode a bicycle, those who never or rarely wore bicycle helmet ¹	70%	73%
Students who rarely/ never wear a seatbelt when riding in a car driven by someone else ¹	6%	6%
Violence-related Behavior		
Students who have ever carried a weapon (such as a gun, knife or club) ^{1,2*}	24%	35%
Students who did not feel safe at school or going to school in the past 30 days	5%	4%
Students who have seen other students being bullied at school ²	65%	68%
Students who have ever been electronically bullied ²	19%	19%
Mental Health		
Students who reported depression in the past year (feeling so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing usual activities) ²	26%	23%
Students who made a plan to attempt suicide ^{2*}	18%	14%
Substance Use (Tobacco, Alcohol, Marijuana and Other Drugs)		
Students who have smoked cigarettes in the past 30 days	5%	6%
Students who have used electronic vapor products in the past 30 days	13%	N/A
Students who have smoked marijuana in the past 30 days ²	9%	6%
Students who have ever used cocaine, including powder, crack or freebase ^{2*}	4%	2%
Students who have ever sniffed glue, breathed the contents of spray cans or inhaled any paints or sprays to get high	8%	7%
Students who have ever taken a prescription drug without a prescription ²	4%	5%
Physical Activity		
Students who are physically active 60 minutes or more at least 5 days a week ^{2*}	48%	57%
Students who watch 3 or more hours per day of TV on an average school day ¹	39%	37%
Students who play computer/video games or use the computer for something that is not school work for more than 3 hours per day on an average school day	38%	41%
¹ Statistically significant difference between race/ethnicity ² Statistically significant difference between genders *Statistically significant difference from statewide result		
<i>Note: For the North Carolina Middle School data, the most recent year of data publicly available is 2013.</i>		

HIGH SCHOOL SUMMARY

Durham County YRBS Highlights: High School	Durham County (2015)	NC (2015)
Physical Health		
Students who get 8 or more hours of sleep on an average school night ^{1*}	19%	21%
Students who are overweight or obese (self-reported body mass index ≥ 25) ¹	30%	31%
Students who are obese (self-reported body mass index ≥ 30) ^{1*}	12%	14%
Personal Safety		
Among students who rode a bicycle, those who never or rarely wore bicycle helmet ^{2*}	79%	84%
Students who rarely or never wear a seat belt when riding in a car driven by someone else ²	7%	7%
Students who texted or emailed while driving a car or other vehicle in the past 30 days ^{2*}	29%	35%
Violence-related Behavior		
Students who have carried a weapon (such as a gun, knife or club) in the past 30 days ^{2*}	16%	19%
Students who did not feel safe at school or going to school in the past 30 days	8%	8%
Students who have seen other students being bullied at school ^{2*}	54%	55%
Students who have been electronically bullied in the past year ^{2*}	13%	14%
Mental Health		
Students who reported depression in the past year (feeling so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing usual activities) ^{2*}	28%	30%
Students who made a plan to attempt suicide ¹	14%	15%
Substance Use (Tobacco, Alcohol, Marijuana and Other Drugs)		
Students who have smoked cigarettes in the past 30 days*	9%	21%
Students who have used electronic vapor products in the past 30 days*	24%	28%
Students who have one or more drinks of alcohol in the past 30 days ^{1,2*}	25%	30%
Students who have smoked marijuana in the past 30 days ^{2*}	20%	22%
Students who have ever used cocaine, including powder, crack or freebase ^{1,2}	7%	7%
Students who have ever sniffed glue, breathed the contents of spray cans or inhaled any paints or sprays to get high	10%	10%
Students who have taken a prescription drug without a prescription ^{2*}	15%	19%
Sexual Behavior		
Among students who are sexually active, those who used a condom the last time they had sexual intercourse	59%	58%
Among students who are sexually active, those who used alcohol or drugs before the last time they had sexual intercourse	19%	20%
Students who have been physically forced to have sexual intercourse	9%	9%
Physical Activity		
Students who are physically active 60 minutes or more at least 5 days a week ^{1,2*}	37%	40%
Students who watch 3 or more hours per day of TV on an average school day ¹	30%	30%
Students who play computer/video games or use the computer for something that is not school work for more than 3 hours on an average school day ^{1,2*}	41%	42%
Nutrition		
Students who drank soda one or more times per week ^{1*}	76%	76%
Students who drank other sugar sweetened beverages one or more times per week ^{1,2*}	77%	77%
¹ Statistically significant difference between race/ethnicity ² Statistically significant difference between genders *Statistically significant difference from statewide result		



GET INVOLVED!

We hope you will use these data to learn about your community, to inform your conversations and actions, and to advocate for improvement with community leaders.

- Share this information with your friends, parents, children, teachers, PTA and others!
- Become involved with your child's schooling and other activities.
- Volunteer with, work for and support organizations caring for youth in the Durham Community.
- Advocate for increased support for youth in Durham County.



The Partnership for a Healthy Durham is a coalition of local organizations and community members with the goal of collaboratively improving the physical, mental and social health and well-being of Durham's residents.

For more information about the Durham County YRBS and previous reports, visit the Partnership for a Healthy Durham website at: <http://www.healthydurham.org>.



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