

# Durham County



## Partnership for a Healthy Durham

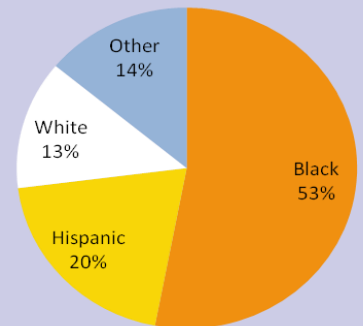
### Youth Risk Behavior Survey

#### 2011 Middle School Highlights



In the Spring of 2011, 494 6th, 7th, and 8th graders in Durham Public Schools completed the YRBS. This document presents the highlights of this survey.

Survey Participants



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)

#### Positive trends

- Reports of students in middle schools carrying and being threatened by weapons have decreased consistently since 2007. Fewer students report missing school due to safety concerns.
- Marijuana, cocaine, and inhalant use have decreased since 2007.
- Small increases are seen in healthy behaviors such as playing on sports teams and walking to school.

#### Areas for improvement

- The proportion of students reporting receiving dental care has declined since 2009.
- More students are reporting smoking cigarettes.
- More students report using electronic video games and computers for a non-school related reason more than 3 hours per school day.



# Youth Risk Behavior Survey

## 2011 Highlights

### Durham Middle School Students

#### Violence/Bullying

	Durham	NC
Have ever carried a weapon, such as a gun, knife, or club (decrease from 25% in 2009 and 29% in 2007).	19%*	34%
Report being threatened or injured by someone with a weapon on school property (6% in 2009; decrease from 9% in 2007).	6%	5%
Did not go to school in the past 30 days because they felt unsafe (4% in 2009; decrease from 6% in 2007).	4%	4%

#### 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. More Hispanic students (33%) reported these feelings. +	22%	24%

#### Tobacco and other drugs

	Durham	NC
Smoked a whole cigarette for the first time since before age 11 years (increase from 4% in 2009).	6%	6%
Ever used marijuana (decrease from 13% in 2009 and 15% in 2007).	9%	11%
Ever used any form of cocaine, including powder, crack, or freebase (decrease from 3% in 2009 and 4% in 2007).	2%	3%
Ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high (decrease from 12% in 2009 and 16% in 2007).	8%	12%

#### Physical Activity

	Durham	NC
Watched three or more hours per day of TV on an average school day. More Black students (54%) reported this behavior. +	44%	39%
Played on one or more sports teams in the last 12 months. Male students were more likely to play on sports teams (76%). +	66%	59%
Usually walk or ride a bike to school one or more days per week.	26%*	19%

#### Protective Factors

	Durham	NC
Got eight or more hours of sleep on an average school night.	51%*	59%
Told by a doctor or nurse that they had asthma. Black students were more likely to have been diagnosed with asthma (28%). +	22%	22%
Saw a dentist during the past year for a check-up, exam, or teeth cleaning. Fewer males (36%) reported receiving dental care. This is a decrease from 66% in 2009 and 57% in 2007.	52%*	63%

\*Statistically significant difference from state-wide result; +Statistically significant difference between subgroups.