

# Youth Risk Behavior Survey

**Durham County  
2013 Report**



**Partnership for a Healthy Durham**

# INTRODUCTION

The Youth Risk Behavior Survey (YRBS) is a national school-based survey administered every other year. The survey monitors the health risk behaviors affecting the adolescent population. Questions are designed and validated by the Centers for Disease Control and Prevention (CDC).

Survey results are used by state and local education and public health officials to develop goals, seek funding, implement strategies and inform policies aimed toward reducing behaviors that create health risks among youth.

Durham Public Schools, the Durham County Department of Public Health, and the Partnership for a Healthy Durham collaborated to survey 725 middle school and high school students in Durham Public Schools during the spring of 2013.



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# ACKNOWLEDGEMENTS

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## HOW WAS THIS INFORMATION COLLECTED AND REPORTED?

Although Durham County is often randomly selected in the biannual state sample of the YRBS, few classrooms are selected and there is not enough data to learn about Durham youth. To address this, in 2007 the Partnership for a Healthy Durham and the Durham County Department of Public Health began a collaboration with Durham Public Schools to perform the YRBS with a sample representative of Durham County.

The Durham County middle school YRBS consisted of 75 questions relating to the categories below; the Durham County high school YRBS consisted of 96 questions relating to the same topics in the middle school survey with extended questions on substance use and sexual activity.

- Personal Safety
- Violence-Related Behavior
- Substance Use
- Physical Health
- Psychological Health
- Nutrition
- Physical Activity
- Body Weight
- Health Education
- Disabilities
- School Environment
- Selected Prevention-Related Indicators

### Sampling

In the spring of 2013, the Durham County Youth Risk Behavior Survey (YRBS) was administered to randomly selected Durham Public Schools middle and high school students. A random sample of classrooms was drawn from three middle schools and three high schools chosen to reflect district diversity of race/ethnicity and income level. Survey methods were designed to protect students' privacy by allowing for anonymous and voluntary participation. Before survey administration, parents were given the opportunity to complete a permission form for their student to opt out of the survey. Students completed the self-administered questionnaire during one class period and recorded their responses directly on a bubble answer sheet. No identifying information was collected.

### Analysis

Answer sheets were provided to and scanned by 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. NCIPH analyzed the data, reporting total number and percent for each survey question. Data were also analyzed by major demographic subgroups (gender and race/ethnicity) and compared to previous Durham YRBS data (2007, 2009 and 2011). The 2007 Durham County high school data was not generated from a random sample of classrooms; therefore results are not comparable and are excluded from this report. 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.

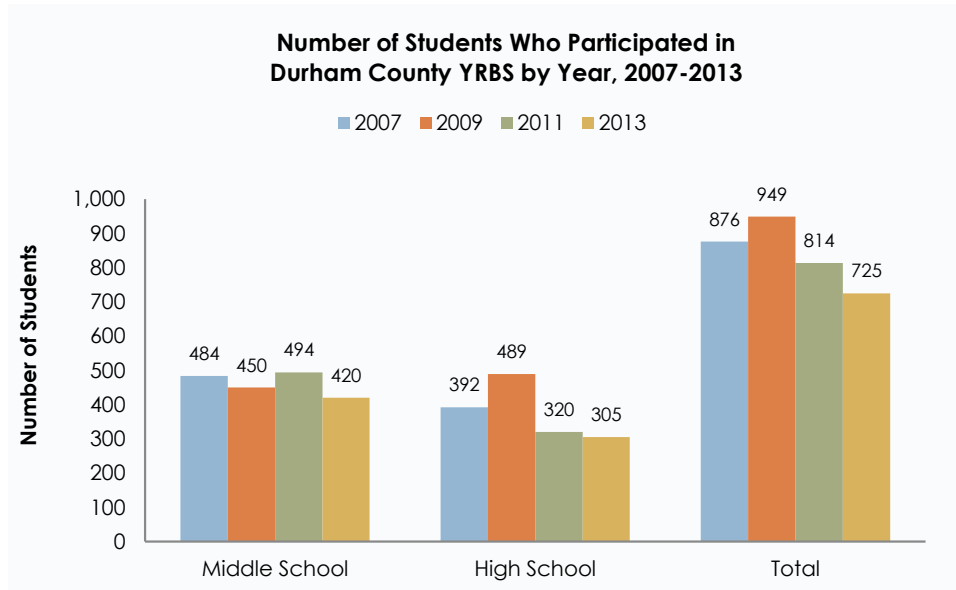
- Results in this report appear in data tables, charts and graphs with explanatory text. The percentages in some charts may not total to 100% due to rounding.
- If a student reported Hispanic ethnicity, they were grouped as Hispanic; therefore, White should be understood as White non-Hispanic, and African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

### Limitations

As with the statewide and national YRBS, the findings have some limitations. Data from this survey comes from youth in Durham County 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. In addition, all data are self-reported by the students who participated; therefore, under- and over-reporting is possible.

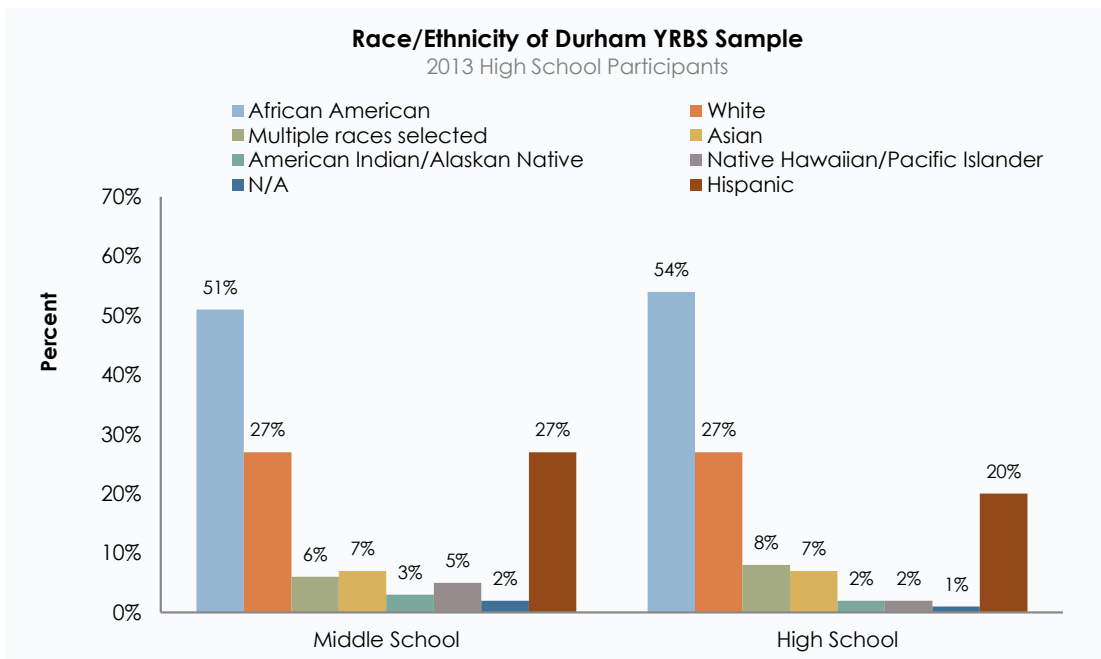
# CHARACTERISTICS OF SURVEY PARTICIPANTS

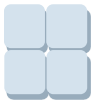
In 2013, a total of 725 students participated in the Durham County YRBS (420 middle school students and 305 high school students).



Over half of students surveyed in 2013 were African American, followed by White and other races/ethnicities. Approximately one in four middle school students and one in five high school students were Hispanic. Among high school students, 91% identified as heterosexual, followed by bisexual (3%), not sure (3%), and gay or lesbian (2%).

Overall, the survey sample was representative of the racial and ethnic makeup of the Durham Public School (DPS) population. The 2013 high school YRBS survey had an overrepresentation of males (64%) compared to the DPS population (50%), which could influence overall percentages reported for high school survey questions. For questions for which male and female response patterns differ significantly, results are provided for males and females separately.





# PHYSICAL HEALTH

The Durham County YRBS covered a variety of physical health topics including *hours of sleep, well-child exams, dental check-ups, and self-reported height and weight* to calculate Body Mass Index (BMI). The CDC recommends that teenagers receive between 9 and 10 hours of sleep each night.<sup>1</sup> Childhood obesity has more than quadrupled in adolescents in the past 30 years and obese youth are more likely to have risk factors for cardiovascular disease such as high cholesterol or high blood pressure.<sup>2</sup> Well-child exams and routine dental check-ups can help prevent or manage chronic conditions. Guidelines from the American Academy of Pediatrics and the American Academy of Family Physicians recommend that children ages 7 to 17 receive a well-child exam every 2 years.<sup>3</sup>



## Sleep

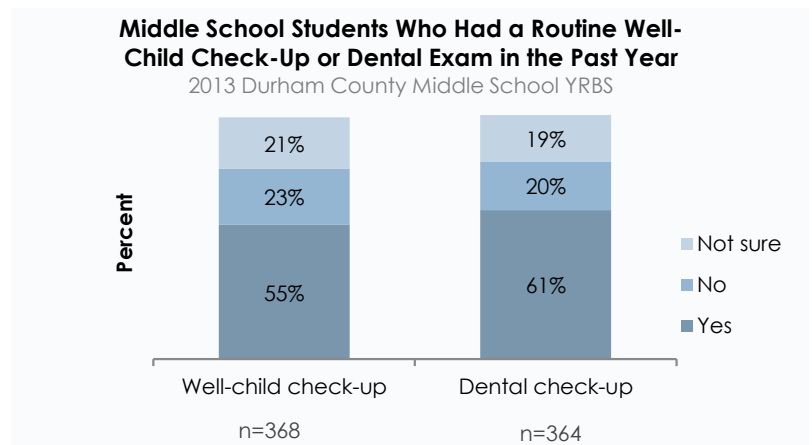
In 2013, 45% of Durham County middle school students and 16% of high school students reported getting 8 or more hours of sleep on an average school night.

- Although there were no significant differences by race or ethnicity, Hispanic middle school students (53%) and Hispanic high school students (25%) were most likely to report getting 8 or more hours of sleep. In addition, there were no significant differences by gender.

## Routine Check-Ups

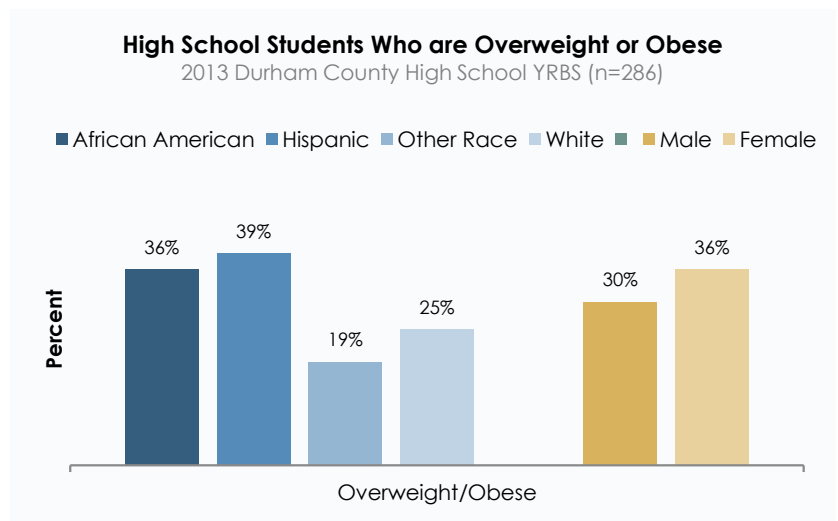
In 2013, over half of Durham County middle school students had a well-child check-up (55%) and routine dental exam (61%) in the past year.

- White middle school students were significantly more likely to have a well-child check-up (73%) and a routine dental exam (83%) in the past year compared to their peers of other races/ethnicities.
- The proportion of middle school students reporting a dental exam in the past year increased from 53% in 2007 to 61% in 2013.
- High school students were not asked about routine exams in 2013.



## Overweight and Obesity

According to self-reported height and weight, 32% of Durham County high school students were overweight or obese (BMI=>25) and 11% were obese (BMI>=30). These results are similar to 2009 and did not differ significantly by race, ethnicity, or gender.





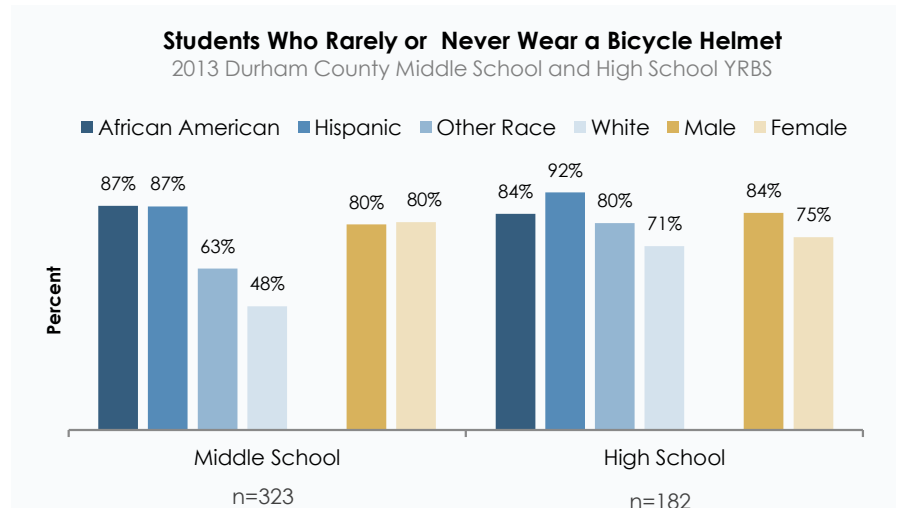
## PERSONAL SAFETY

Unintentional injuries are the 3<sup>rd</sup> leading cause of death among Durham County children from birth to age 19.<sup>3</sup> Unintentional injuries include, but are not limited to, those that result from motor vehicle crashes and sport or recreational-related activities. The 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 2013, 80% of Durham County middle school students and 62% of high school students reported riding a bicycle in the past year. Of these, 66% of middle school students and 81% of high school students reported rarely or never wearing a helmet.

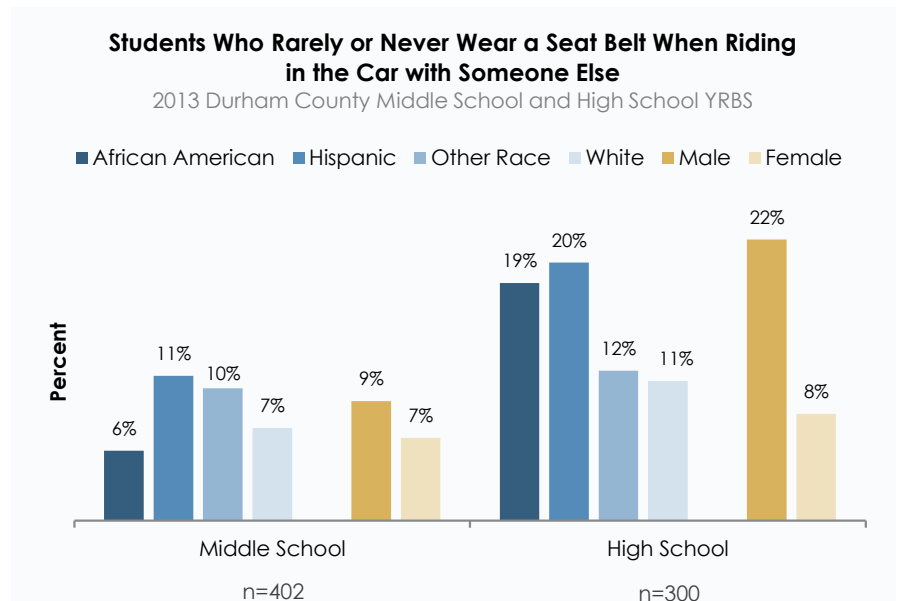
- From 2011 to 2013, there was a significant increase among middle school students who never or rarely wear a bicycle helmet.
- African American or Hispanic middle school students were significantly less likely to wear a helmet (87% reporting never or rarely wearing a helmet) than those students who identify as White (48%).



### Seat Belt Use

When riding in a car driven by someone else, 68% of high school students and 78% of middle school students in Durham County wore a seat belt always or most of the time.

- Among high school students, the percent of males rarely or never wearing a seat belt was significantly higher (22%) than females (8%).



### Texting or Emailing While Driving

In 2013, half (50%) of high school students who drove reported that they texted or emailed while driving in the past 30 days, an increase from the 32% reported in 2011. There were no significant differences by race, ethnicity, or gender.





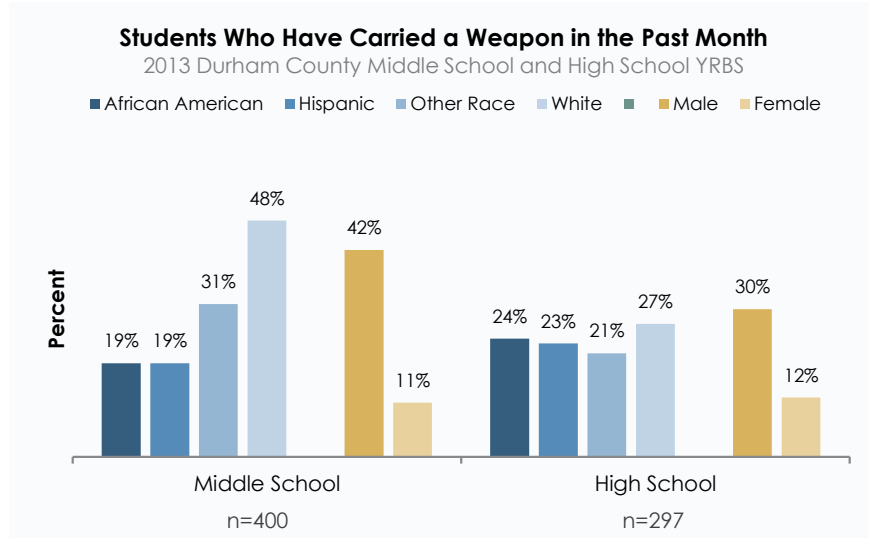
# VIOLENCE-RELATED BEHAVIOR

Youth violence includes physical fighting, bullying, and the use of weapons. Homicide is the 4<sup>th</sup> leading cause of death among Durham County children from birth to age 19.<sup>4</sup> In addition to deaths resulting from youth violence, many young people need care for violence-related injuries including cuts, bruises, broken bones, and gunshot wounds. Violence can also affect the overall health of a community by increasing health care costs, decreasing property values, and increasing the need for social services.<sup>5</sup>

## Carrying Weapons

In 2013, 74% of Durham County middle school students and 76% of high school students had not carried a weapon such as a gun, knife, or club in the past month.

- White middle school students (48%) were significantly more likely to carry a weapon in the past month than students who identify as African American (19%), Hispanic (19%), or some other race (31%).
- Males were significantly more likely to have carried a weapon than females, in middle school (42% of males and 11% of females) and in high school (30% of males and 12% of females).



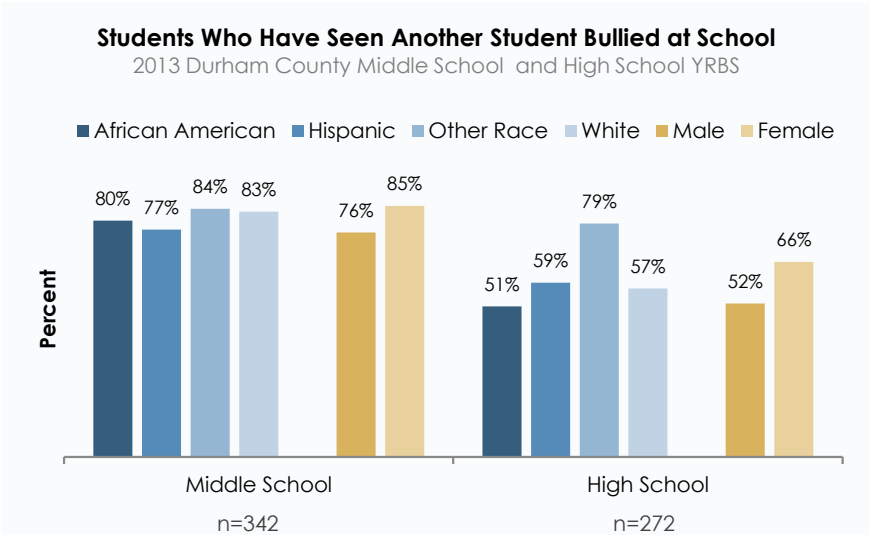
## Felt Unsafe at School

In 2013, 6% of Durham County middle school students and 18% of high school students did not go to school in the past month because they felt unsafe at school or going to/from school. There were no significant differences by race, ethnicity, or gender.

## Bullying

In 2013, 80% of Durham County middle school students and 57% of high school students reported seeing another student bullied at school.

- Females were significantly more likely than males to report seeing other students bullied at school, in middle school (85% of females compared to 76% of males) and in high school (66% of females compared to 52% of males).
- High school students who identify as Asian, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander, or multiple races (79%) were significantly more likely to report seeing another student bullied at school.



The majority of Durham County of high school (85%) and middle school (82%) students have not been electronically bullied through email, chat rooms, instant messaging, websites, or texting. Among high school students, females (22%) were more likely than males (10%) to report having been electronically bullied.

## Gangs

In 2013, 32% of Durham County middle school students and 55% of high school students report that there is gang activity in their school.



# MENTAL HEALTH

Mental health is an integral part of individual health and well-being. Among all children ages 3-17 years in the U.S., 13%-20% experience a mental health disorder in a given year.<sup>6</sup> Left untreated, mental health disorders can lead to higher rates of suicide, violence, school dropouts, family dysfunction, juvenile incarcerations, alcohol and substance use, and injuries.<sup>3</sup> The YRBS assesses *depression (feeling so sad or helpless that they stopped doing usual activities almost every day for 2 weeks or more)* and *thoughts of suicide*.



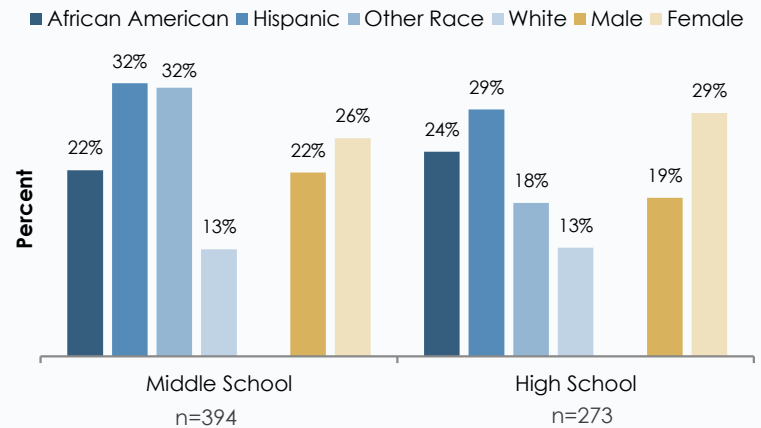
## Feelings of Depression

In 2013, the majority of Durham County middle school students (76%) and high school students (76%) did not report depression during the past year. Twenty-four percent of middle school students and 24% of high school students reported depression. The proportion reporting these feelings has not significantly changed since 2009.

- Middle school students who identify as Hispanic or who identify as being of other race/ethnicities were significantly more likely (32%) to report depression than those students who identify as White (13%) or African American (22%).
- Among high school students, feelings of depression were significantly higher among females (29%) than males (19%).

### 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

2013 Durham County Middle School and High School YRBS

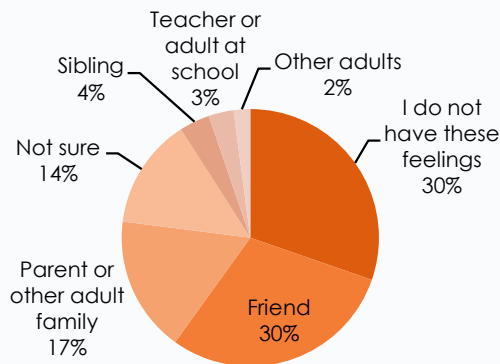


## Who to Talk To

When asked who students would go to if they were feeling sad, empty, hopeless, angry or anxious, approximately one-third of Durham County high school males (30%) and 44% of female students would talk to a friend or sibling, followed by parent or other adult family member, and others. Almost one out of six high school males (14%) are not sure who they would talk to, compared to 9% of females. There were no significant differences by race or ethnicity for both middle school and high school students surveyed.

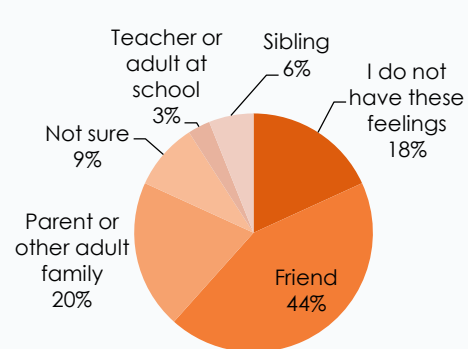
### Who Male High School Students Talk To When They Feel Sad, Empty, Hopeless, Angry, or Anxious

2013 Durham County High School YRBS (n=181)



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

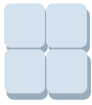
2013 Durham County High School YRBS (n=104)



## Planned Suicide

In 2013, 13% of Durham County middle school students and 12% of high school students had made a plan to attempt suicide. There were no significant differences by race, ethnicity, or gender for middle school or high school students. Changes in the survey questions make data on actual suicide attempts difficult to interpret; therefore, these data are not presented.





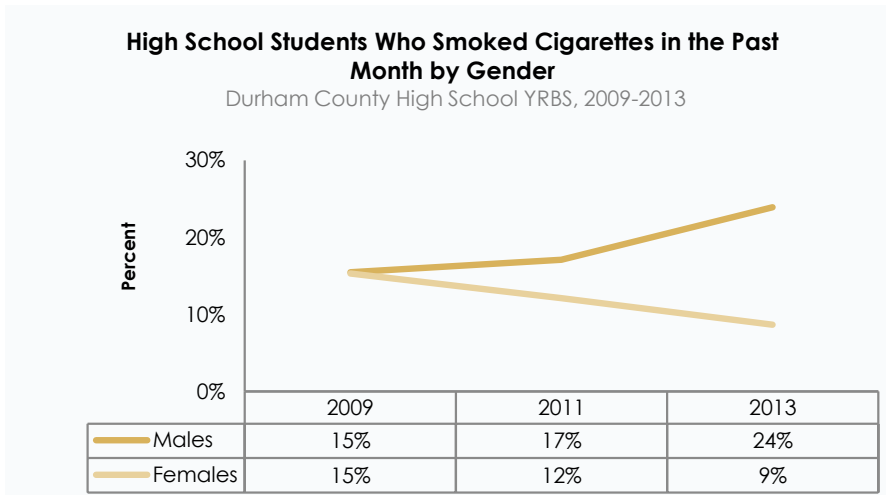
# SUBSTANCE USE

Substance use and abuse can increase the risk for injuries, violence, HIV infection, and other diseases.<sup>7</sup> The Durham County YRBS covered a variety of substance use topics including *tobacco*, *alcohol*, *prescription abuse*, and *other drugs*.

## Tobacco

In 2013, 94% of Durham County middle school students and 81% of high school students did not report current tobacco use.

- Middle school males (9%) and high school males (24%) were significantly more likely to smoke cigarettes than their female peers. There were no significant differences by race or ethnicity.
- The proportion of high school males who smoke cigarettes has increased since 2009, while the proportion of females has decreased.



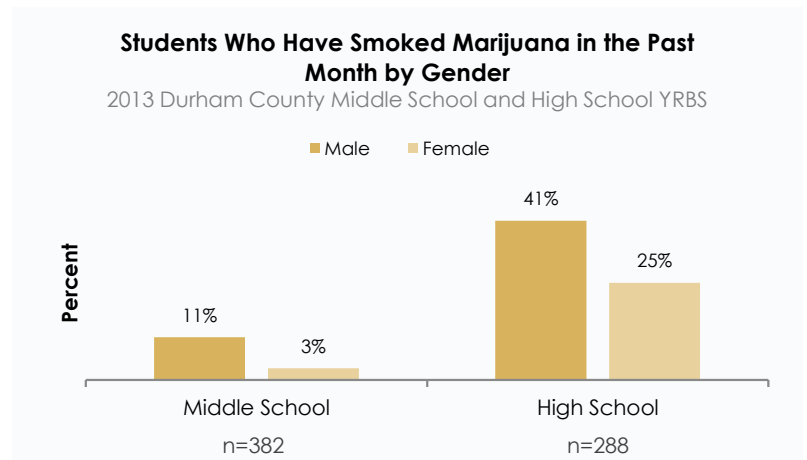
## Alcohol

Approximately 2 out of 3 Durham County high school students (68%) did not report current alcohol use (one or more drinks within the past month). There were no significant differences by race, ethnicity, or gender. Middle school students were asked whether they had ever had more than a few sips of alcohol; 27% reported ever drinking alcohol.

## Marijuana

In 2013, 7% of Durham County middle school students and 35% of high school students smoked marijuana in the past month.

- Among middle school students, males (11%) were significantly more likely to smoke marijuana than females (3%).
- High school males (41%) were also significantly more likely than females (25%) to smoke marijuana. In addition, African American high school students (45%) were significantly more likely to smoke marijuana than their Hispanic (31%), White (26%), or other race peers (16%).

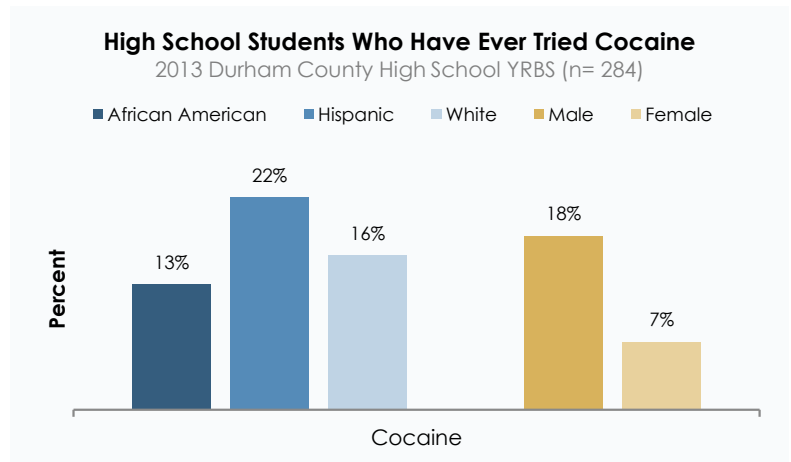


# SUBSTANCE USE, CONTINUED

## Cocaine

Two percent of Durham County middle school students and 15% of high school students reported ever using cocaine, including powder, crack, or freebase. Because very few middle school students used these drugs, results are presented by sub-group for high school only.

- Cocaine use among middle school students has decreased steadily since 2007.
- High school males (18%) were significantly more likely than females (7%) to have ever used cocaine.



## Inhalants

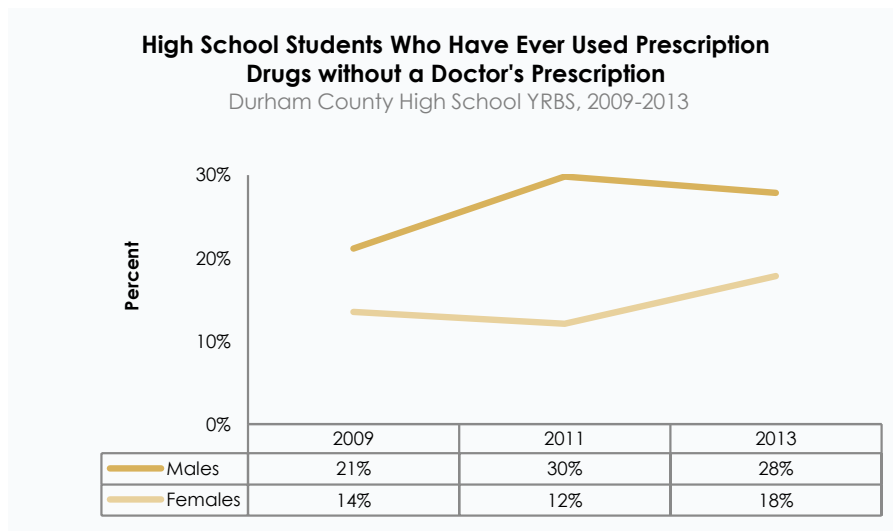
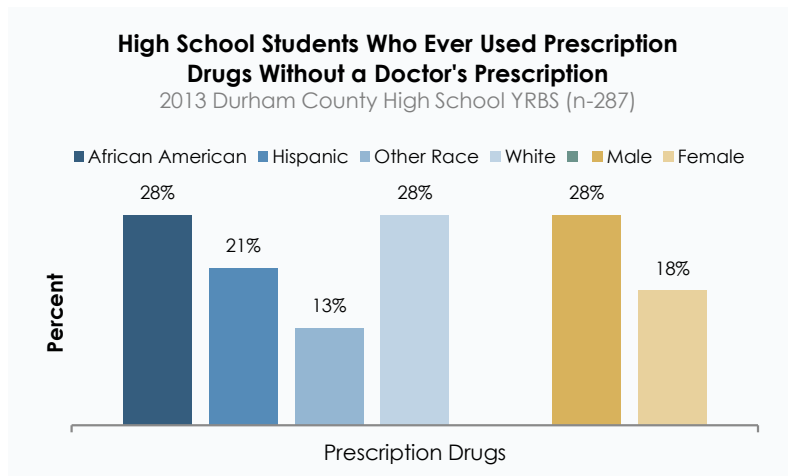
In 2013, 4% of Durham County middle school students and 19% of high school students have sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high.

- Inhalant use among middle school students has decreased steadily since 2007.
- High school males (24%) were significantly more likely than females (8%) to use inhalants.

## Prescription Drug Abuse

In 2013, 5% of middle school students and 25% of high school students had used prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription.

- Middle school males (7%) were significantly more likely than females (3%) to abuse prescription drugs. Male high school students were also more likely to abuse prescription drugs than female students.
- Overall, the proportion of high school males and females who have abused prescription drugs has slightly increased since 2009.





# SEXUAL BEHAVIOR

Many young people engage in sexual risk behaviors that can result in unintended health outcomes including HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies. Estimates suggest that even though young people aged 15–24 years represent only 25% of the sexually active population, they acquire nearly half of all new STDs.<sup>8</sup> In Durham County, teen pregnancies have been decreasing over the past 5 years. Approximately 3% of 15-17 year old females in Durham County became pregnant in 2012.<sup>9</sup>



## Age

Of the Durham County high school students who participated in the 2013 YRBS, 49% reported having sexual intercourse for the first time by the age of 14 and 65% by the age of 15.

Only the high school students reporting that they had ever had sexual intercourse (47%) responded to the following questions.

## Condom Use

The majority of sexually active Durham County high school students (63%) used a condom during the last time they had sexual intercourse. Although there were no significant differences by race or ethnicity, African American high school students were most likely to report using condoms (72%). There were no significant differences by gender.

## Alcohol or Drugs before Sex

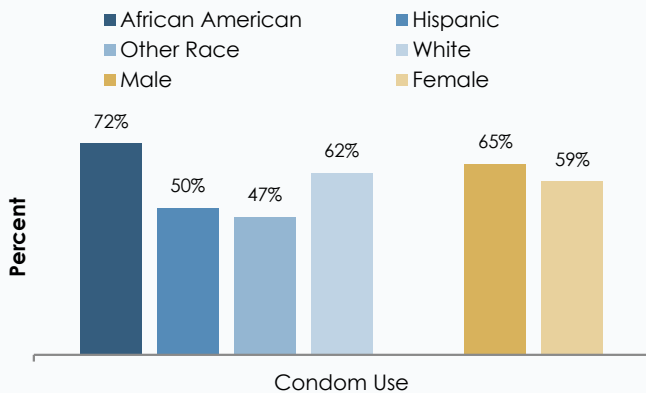
Among sexually active Durham County high school students, 33% drank alcohol or used drugs before the last time they had sexual intercourse. There were no significant differences by race, ethnicity, or gender.

## Forced Intercourse

In 2013, over 1 in 10 Durham County high school students (13%) have been physically forced to have sexual intercourse when they did not want to. Of those students, 58% identified as African American although there were no significant differences by race or ethnicity. In addition, there were no significant differences by gender.

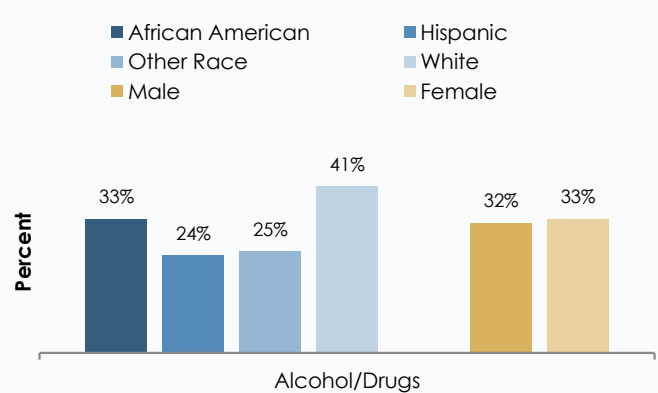
**Among High School Students Who are Sexually Active, Those Who Used a Condom the Last Time They Had Sexual Intercourse**

2013 Durham County High School YRBS (n=157)



**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=153)





## PHYSICAL ACTIVITY

Regular physical activity among adolescents can help build and maintain healthy bones, reduce the risk of developing obesity, promote psychological well-being, and improve academic performance.<sup>10</sup> The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.<sup>11</sup>

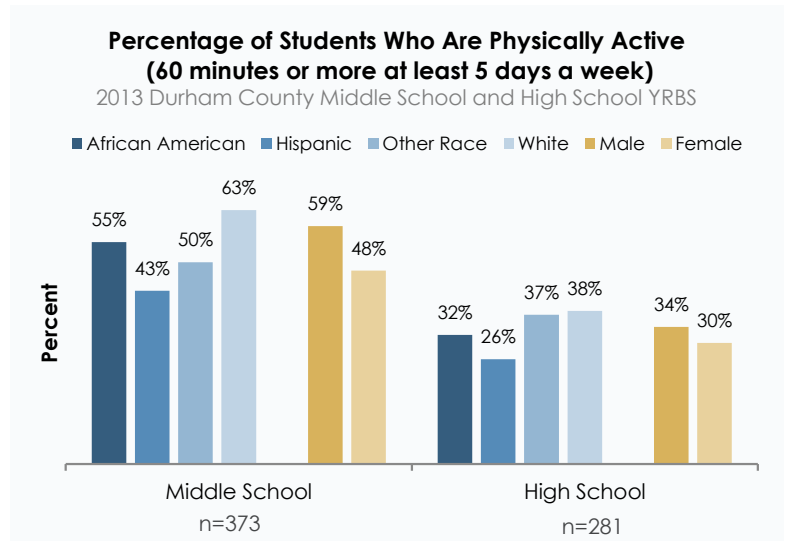
According to the DPS wellness policy, schools must provide 30 minutes of moderate to vigorous physical activity for all K-8 students daily. The DPS wellness policy can be found in full at: <http://www.dpsnc.net/about-dps/district-policies/523/3021-school-wellness-policy>.



### Physical Activity

In 2013, over half of Durham County middle school students (53%) and one third of high school students (32%) were physically active 60 minutes or more per day for at least 5 of the past 7 days.

- Among middle school students, males were significantly more likely to be physically active (59%) compared to females (48%).
- There were no significant differences by race or ethnicity among middle school or high school students.



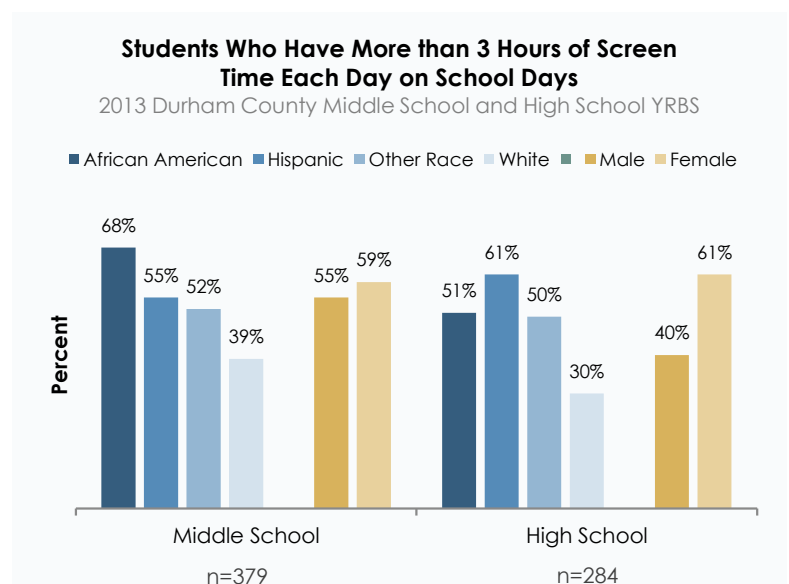
### Sports

Sixty-five percent of Durham County middle school students and 48% of high school students participated in organized sports at school in the past year. Both middle school and high school males (71% and 54%, respectively) were significantly more likely to participate in organized sports than females (57% and 36%, respectively). There were no significant differences by race or ethnicity.

### Screen Time

Time spent in inactive activities can decrease the time available for physical activity. In 2013, 56% of middle school students and 48% of high school students had 3 or more hours a day of screen time on school days, including television and computer use not related to school work. Overall, the trend of 3 or more hours per day of television is going down while the trend of 3 or more hours of computer time is increasing.

- Middle school and high school students who identify as White were significantly less likely to report 3 hours or more of screen time (TV and computer) than their peers.
- Among high school students, females were significantly more likely (61%) to report more than 3 hours of screen time than males (40%).



# NUTRITION

Healthy eating not only promotes optimal growth and development for children and adolescents, but also helps reduce one's risk for developing obesity, chronic diseases, osteoporosis, iron deficiency, and dental cavities. Empty calories from added sugars and fats contribute to 40% of the daily calories for children and adolescents aged 2-18 years.<sup>12</sup> Soda and fruit drinks are sources that contribute to these empty calories. The Durham County high school YRBS covered nutrition topics including *soda* and *sugar sweetened beverage consumption*.



The DPS wellness policy addresses nutrition and can be found in full at: <http://www.dpsnc.net/about-dps/district-policies/523/3021-school-wellness-policy>.

## Soda

In 2013, approximately 2 out of 3 high school students (67%) drink soda one or more times per week.

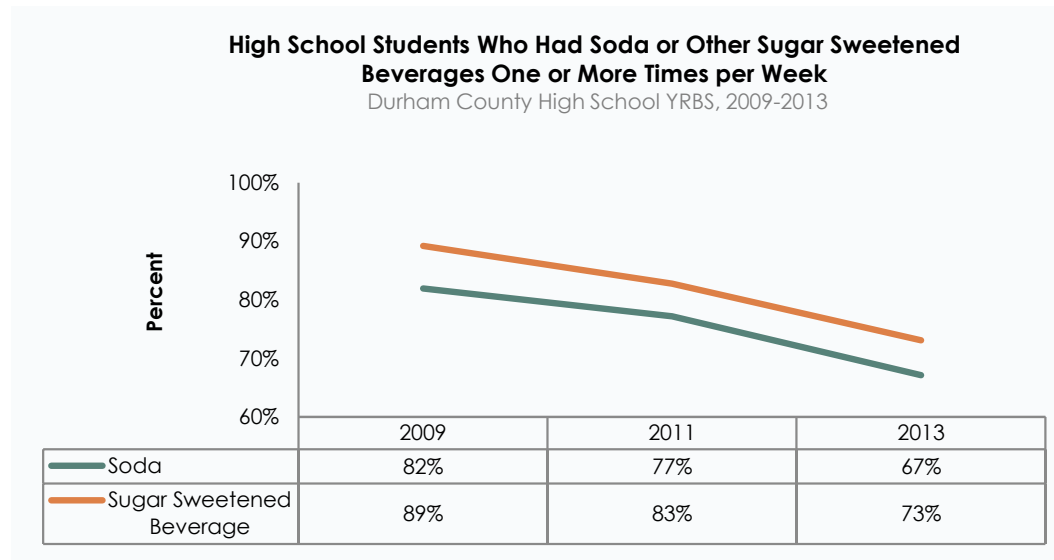
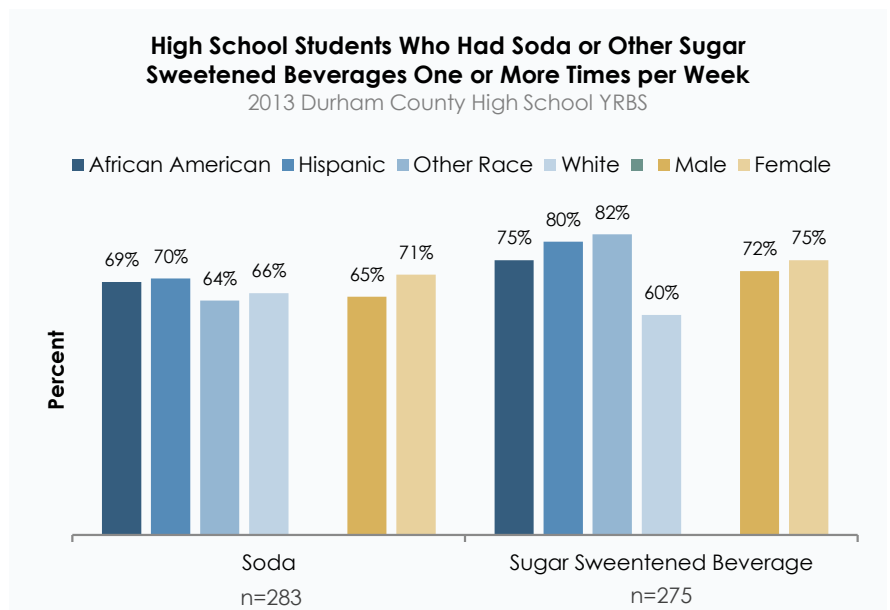
- There were no significant differences by race, ethnicity, or gender.

## Other Sugar Sweetened Beverages

Among Durham County high school students, almost 3 out of 4 (73%) drink other sugar sweetened beverages one or more times per week.

- High school students who identify as White were significantly less likely to drink other sugar sweetened beverages compared to their peers of other races/ethnicities. There were no significant differences by gender.

Efforts are being made to create a healthier environment for Durham's youth; for example, Durham Public Schools removed soda from school vending machines in 2011. Since 2009, there has been a steady decrease in the percent of Durham County high school students who drink soda or other sugar sweetened beverages one or more times per week.



# HIGH SCHOOL SUMMARY

Durham County YRBS Highlights: High School	Durham County (2013)	NC
<b>Physical Health</b>		
Students who get 8 or more hours of sleep on an average school night	16%*	28%
Students who are overweight or obese (self-reported body mass index $\geq 25$ )	32%*	28%
Students who are obese (self-reported body mass index $\geq 30$ )	11%	13%
<b>Personal Safety</b>		
Among students who rode a bicycle, those who never or rarely wore bicycle helmet	81%*	88%
Students who rarely or never wear a seat belt when riding in a car driven by someone else	17%*	7%
Students who texted or emailed while driving a car or other vehicle in the past 30 days	50%*	34%
<b>Violence-related Behavior</b>		
Students who have carried a weapon (such as a gun, knife or club) in the past 30 days <sup>^</sup>	24%	21%
Students who did not feel safe at school or going to school in the past 30 days	18%	19%
Students who have seen other students being bullied at school <sup>^†</sup>	57%	59%
Students who have been electronically bullied in the past year <sup>^</sup>	15%	13%
<b>Mental Health</b>		
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) <sup>^</sup>	24%*	30%
Students who made a plan to attempt suicide	12%	14%
<b>Substance Use (Tobacco, Alcohol, Marijuana and Other Drugs)</b>		
Students who have smoked cigarettes in the past 30 days <sup>^</sup>	19%*	15%
Students who have one or more drinks of alcohol in the past 30 days	32%	32%
Students who have smoked marijuana in the past 30 days <sup>^†</sup>	35%*	23%
Students who have ever used cocaine, including powder, crack, or freebase <sup>^</sup>	15%*	5%
Students who have ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high <sup>^</sup>	19%*	8%
Students who have taken a prescription drug without a prescription	25%*	17%
<b>Sexual Behavior</b>		
Among students who are sexually active, those who used a condom the last time they had sexual intercourse	63%	61%
Among students who are sexually active, those who used alcohol or drugs before the last time they had sexual intercourse	33%*	21%
Students who have been physically forced to have sexual intercourse	13%*	9%
<b>Physical Activity</b>		
Students who are physically active 60 minutes or more at least 5 days a week	32%*	47%
Students who watch 3 or more hours per day of TV on an average school day <sup>^†</sup>	34%	33%
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 <sup>^</sup>	35%*	42%
<b>Nutrition</b>		
Students who drank soda one or more times per week	67%*	79%
Students who drank other sugar sweetened beverages one or more times per week <sup>†</sup>	73%*	83%
<p><sup>†</sup>Statistically significant difference between race/ethnicity  <sup>^</sup>Statistically significant difference between genders  *Statistically significant difference from statewide result</p>		

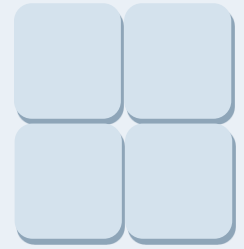
# MIDDLE SCHOOL SUMMARY

Durham County YRBS Highlights: Middle School	Durham County (2013)	NC
<b>Physical Health</b>		
Students who get 8 or more hours of sleep on an average school night	45%*	28%
Students who have seen a doctor or nurse for a routine health check-up in the past year†	55%	56%
Students who have seen a dentist for a routine check-up in the past year†	61%	66%
<b>Personal Safety</b>		
Among students who rode a bicycle, those who never or rarely wore bicycle helmet†	66%*	73%
Students who rarely or never wear a seatbelt when riding in a car driven by someone else	8%	6%
<b>Violence-related Behavior</b>		
Students who have ever carried a weapon (such as a gun, knife or club)∧†	26%*	35%
Students who did not feel safe at school or going to school in the past 30 days	6%	4%
Students who have seen other students being bullied at school ^	80%*	68%
Students who have ever been electronically bullied	18%	19%
<b>Mental Health</b>		
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)†	24%	23%
Students who made a plan to attempt suicide	13%	14%
<b>Substance Use (Tobacco, Alcohol, Marijuana and Other Drugs)</b>		
Students who have smoked cigarettes in the past 30 days^	6%	6%
Students who have smoked marijuana in the past 30 days^	7%*	6%
Students who have ever used cocaine, including powder, crack, or freebase	2%	2%
Students who have ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high	4%*	7%
Students who have ever taken a prescription drug without a prescription^	5%	5%
<b>Physical Activity</b>		
Students who are physically active 60 minutes or more at least 5 days a week	53%	57%
Students who watch 3 or more hours per day of TV on an average school day†	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†	40%	41%
†Statistically significant difference between race/ethnicity ∧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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