

Durham County



Partnership for a Healthy Durham

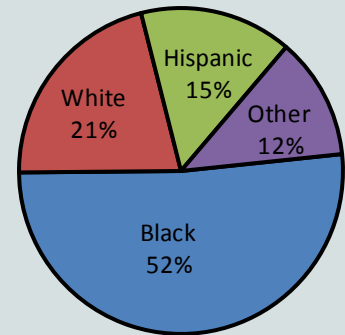
Youth Risk Behavior Survey

2009 Middle School Highlights



In the Spring of 2009, 460 6th, 7th, and 8th graders in Durham Public Schools completed the YRBS. This document presents the highlights, many of which are statistically significant.

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 72-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

Positive Results in Durham

Compared to North Carolina...

- Durham middle school students are less likely to carry/use weapons.
- Durham middle school students are more likely to receive sexual health education.
- Durham middle school students are less likely to abuse prescription drugs.

Areas for Improvement in Durham

Compared to North Carolina...

- Durham middle school students reported having a poorer diet and lower levels of physical activity.
- Durham middle school students reported getting less sleep.
- Durham middle school students have a higher perception that gangs are a problem in the schools.
- Durham middle school students were more likely to report spending at least three hours unsupervised after school.
- Durham middle school students were more likely to report that they had asthma.



Youth Risk Behavior Survey

2009 Highlights

Durham Middle School Students

Violence/Personal Safety		
	Durham	NC
*Perception that gang activity is a problem in school	37.2%	29.1%
*Alone after school without a parent or trusted adult three or more hours per day on an average school day	25.4%	15.0%

Mental Health		
	Durham	NC
Strongly agree that they feel good about themselves * White (80.6%) and male students (84%), more than expected, agreed that they feel good about themselves * Hispanic students disagreed (67.6%), more than expected, that they feel good about themselves	77.9%	75.6%

Tobacco/Drugs/Alcohol		
	Durham	NC
Smoke cigarettes on one or more days in the past 30 days	5.8%	7.5%
Began smoking before age 11	4.2%	6.3%
Ever used any form of cocaine	2.8%	3.3%
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	12.2%	12.3%

Nutrition		
	Durham	NC
*Ate breakfast on seven of the past seven days	38.9%	45.3%

Physical Activity		
	Durham	NC
*Watched three or more hours per day of TV on an average school day * Black students were more likely than expected to watch at least 5 hours of TV whereas white students watched one hour or less of TV	52.1%	37.8%

Protective Factors		
	Durham	NC
*Received eight or more hours of sleep on an average school night	51.1%	57.6%
*Told by a doctor or nurse that they had asthma and still have asthma * Black students were more likely (25.6%) than expected to have been told by a doctor or nurse that they have asthma	19.3%	11.2%
Saw a dentist during the past year for a check-up, exam, or teeth cleaning * White students were more likely (85.9%) than expected to have had a dental check-up in the past 12 months * Hispanic students were more likely (47.9%) than expected to have never had a dental check-up	65.6%	62.9%

*Statistically significant data