2019 Youth Risk Behavior Survey
MIDDLE SCHOOL
Durham County, NC

This survey (YRBS) is part of a national school-based survey produced by the CDC and administered every other year by the Durham Public Schools.

PURPOSE: To assess the physical and mental well-being of middle and high school students in Durham County, NC

Demographics

1,329 total survey takers

51% 49%

Age at time of survey

8th grade 32%
7th grade 33%
6th grade 35%

Physical Health

45% exercise for >=60 minutes five days a week

Reasons for disparities:
Lower quality parks in neighborhoods where youth of color live may contribute to lower levels of physical activity and obesity

Nutrition

% eating breakfast everyday

2017 2019
Black 36% 34%
Hispanic or LatinX 35% 30%
White 58% 46%

Reasons for disparities:
Free breakfast is offered through schools but is stigmatized as being for low income families

Safety

19% reported gang activity.
7% reported missing school because they felt unsafe

Bullying

Reported being bullied 40%
Observed others being bullied 59%
Bullied for their sexual orientation 24%

Gang Activity

25% described themselves as overweight. Hispanic or LatinX and Black students were more likely to be overweight

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Hispanic or LatinX 33%
White 18%
Other 6%

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Mental Health

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SUICIDE

<table>
<thead>
<tr>
<th>Hispanic or LatinX</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>Considered</td>
<td>20%</td>
<td>27%</td>
</tr>
<tr>
<td>Made a Plan</td>
<td>15%</td>
<td>19%</td>
</tr>
<tr>
<td>Attempted</td>
<td>29%</td>
<td>19%</td>
</tr>
</tbody>
</table>

32% reported feelings of depression


% reporting feelings of depression

Hispanic or LatinX | Black | White |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>39%</td>
<td>31%</td>
<td>23%</td>
</tr>
</tbody>
</table>


Sexual Health

Males (14%) were more likely than females (10%) to report ever having sexual intercourse.

% of students reporting ever having sexual intercourse

<table>
<thead>
<tr>
<th>Black</th>
<th>Hispanic or LatinX</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>15%</td>
<td>14%</td>
<td>6%</td>
</tr>
</tbody>
</table>

12% of students reported ever having sexual intercourse. Students of color were more likely to report sexual intercourse.

Substance Use

23% reported drinking more than a few sips of alcohol

% of students using substances

<table>
<thead>
<tr>
<th>Cigarettes</th>
<th>Marijuana</th>
<th>E-Vape</th>
<th>Inhalents</th>
<th>Prescription</th>
<th>Cocaine</th>
</tr>
</thead>
<tbody>
<tr>
<td>7%</td>
<td>10%</td>
<td>13%</td>
<td>7%</td>
<td>7%</td>
<td>2%</td>
</tr>
</tbody>
</table>

E-Vape Use

<table>
<thead>
<tr>
<th>Hispanic or LatinX</th>
<th>Black</th>
<th>White</th>
</tr>
</thead>
<tbody>
<tr>
<td>16%</td>
<td>13%</td>
<td>7%</td>
</tr>
</tbody>
</table>

Reasons for disparities:
The density of vape shops is higher in census tracts with larger proportions of people of color.

Resources: