

2013 Youth Risk Behavior Survey Winston-Salem/Forsyth County High School Students



Summary Report

May 2014
Supported By:

Winston-Salem/Forsyth County School System &
Forsyth County Department of Public Health



Special Thanks:

Data Collection: Forsyth County Department of Public Health Staff,
Forsyth County Healthy Community Coalition Members and Community Volunteers
Data Analysis: Division of Adolescent and School Health,
Centers for Disease Control & Prevention

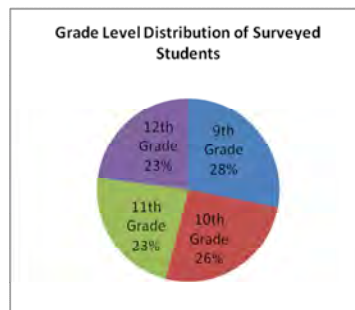
Introduction & Overview

The Youth Risk Behavior Survey System (YRBSS) was developed by the Centers for Disease Control and Prevention (CDC)/Division of Adolescent and School Health (DASH) to monitor health risk behaviors. The Youth Risk Behavior Survey (YRBS) is one component of the YRBSS. It has been modified to reflect the health questions deemed pertinent to North Carolina high school students. North Carolina Healthy Schools has conducted the survey state wide every two years. The results of the survey is meant to assist stakeholders in identifying the critical health needs of adolescents and develop programs to mitigate them.

In 2013, the YRBS was administered for the in 19 public high schools in Winston-Salem/Forsyth County School System to and a total of 1,370 high school students completed the survey. The questionnaire consisted of 94 questions. The response rate for schools was 100% and the response rate for students was 80%. The results are representative of all students in grades 9-12. The weighted demographic characteristics of the sample are as follows:

Demographics

- 50.5% were Male.
- 49.5% were Female
-
- 31.2% were Black, Non-Hispanic
- 46.5% were White, Non-Hispanic
- 6.6% were Other Races
- 15.7% were Hispanic
- 36% were age ≤ 15 years
- 48% were age 16 or 17
- 16% were age ≥ 18 years



Health Risk Behaviors Monitored

- Alcohol, tobacco and other drug use
- Personal safety
- Violence-related behavior
- Weight Management & Nutrition
- Physical Activity
- Psychological Health
- Sexual Behavior

Highlights from the Data

Positive Results

- The percent of students who smoked cigarettes on one or more days in the past 30 days has gradually decreased since 2009 with a **28% decrease** from 2011 to 2013
- The percent of students who had 5 or more drinks of alcohol in a row on at least 1 day during the past 30 days: binge drinking has gradually decreased since 2009 with a **22% decrease** from 2011 to 2013.
- There was a **31% decrease** among percent of students who used marijuana one or more times in the past 30 days from 2011 to 2013.
- There was a **44% decrease** among percent of students drove a car or other vehicle when they had been drinking alcohol in the past 30 days from 2011 to 2013.
- There was a **46% decrease** among percent of students were in a physical fight on school property in past 12 months from 2011 to 2013
- There was a **28% decrease** among percent of students who reported gang activity at their schools from 2011 to 2013

Areas for Improvement

- There was a slight **increase, 7%** among percent of students who texted or emailed while driving a car or other vehicle in the past 30 days from 2011 to 2013.
- The percent of students who reported that they had played video games or used computer for something that was not school work for 3 or more hours on a school day has gradually increased since 2009 with a **36% increase** from 2011 to 2013
- The percent of students who reported drinking alcohol or using drugs before their last sexual intercourse in the last 3 months has gradually increased since 2009 with a **63% increase** from 2011 to 2013
- There was a **40% increase** among percent of students who reported that they had attempted suicide during past 12 months that resulted in an injury, poisoning, or overdose from 2011 to 2013.

These highlights should be interpreted with caution. Trend and (multi-year) analysis would be more reliable. For more information, please contact Ayotunde Ademoyero, Director of Epidemiology Division, Forsyth County Department of Public Health at ademoyat@forsyth.cc

Alcohol, Tobacco & Other Drugs	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Smoked cigarettes on one or more days in the past 30 days	13%	15%	18%	18%	19%	18%
Had at least one drink of alcohol on one or more days in the past 30 days	28%	32%	36%	34%	37%	35%
Had 5 or more drinks of alcohol in a row, on at least 1 day during the past 30 day: binge drinking	13%	15%	19%	18%	20%	19%
Used marijuana one or more times in the past 30 days	18%	23%	26%	24%	22%	20%
Were offered, sold, or given an illegal drug on school property in past 12 months	24%	24%	28%	30%	30%	30%
Personal Safety	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Rode a bicycle, never or rarely wore a helmet	78%	88%	79%	87%	79%	84%
Rarely or never worn a seat belt when riding in a car driven by someone else	4%	7%	8%	8%	8%	7%
Rode with a driver or other vehicle who had been drinking alcohol in the past 30 days	18%	19%	21%	21%	21%	21%
Drove a car or other vehicle when they had been drinking alcohol in the past 30 days	5%	6%	9%	6%	8%	8%
Texted or emailed while driving a car or other vehicle in the past 30days	32%	34%	30%	35%	n/a	n/a
Violence-Related Behavior	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Carried a weapon such as a gun, knife, or club on school property in the past 30days	3%	5%	5%	6%	4%	5%
Been threatened or injured with a weapon on school property during past 12 months	6%	7%	6%	9%	6%	7%
Were in a physical fight on school property in past 12 months	6%	8%	11%	11%	10%	9%
Hit, slapped, or physically hurt on purpose by boyfriend or girlfriend in past 12 months	8%	9%	11%	14%	12%	13%
Physically forced to have sexual intercourse when did not want to	9%	9%	8%	10%	8%	9%
Been bullied on school property in past 12 months	17%	19%	17%	21%	15%	17%
Been electronically bullied on school property in past 12 months	11%	13%	13%	16%	13%	n/a
Presence of gang activity in school	26%	26%	36%	40%	32%	n/a

Sexual Behavior	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Ever had sexual intercourse	42%	47%	48%	49%	50%	51%
Had sexual intercourse for the first time before age 13 years	6%	7%	11%	9%	10%	8%
Had sexual intercourse with four or more people during their lifetime	15%	15%	18%	17%	16%	16%
Among sexually active students, drank alcohol or used drugs before last sexual intercourse in past 3 months	18%	21%	11%	25%	10%	19%
Among sexually active students, used a condom during last sexual intercourse in past 3 months	57%	61%	54%	54%	63%	61%
Weight Management & Nutrition	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Described themselves as slightly or very overweight	28%	29%	27%	27%	25%	28%
Are trying to lose weight	42%	46%	45%	45%	43%	46%
Vomited or took laxatives to lose weight or to keep from gaining weight in the past 30 days	4%	4%	5%	6%	5%	5%
Ate fruits and vegetable five or more times per day during past seven days	19%	18%	n/a	19%	n/a	17%
Drank a can, bottle, or glass of soda or pop at least once per day during past 7 days	23%	28%	23%	30%	36%	33%
Physical Activity	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Physically active for a total of at least 60 minutes daily on 5 or more of the past seven days	45%	47%	50%	48%	46%	46%
Watched three or more hours per day of TV on an average school day	31%	33%	35%	35%	35%	36%
Played video games or used computer for something that was not school work for 3 hours or more a school day	38%	42%	28%	28%	23%	24%
Psychological Health	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Feelings of sadness or hopelessness every day for two week or more in a row	28%	29%	26%	28%	25%	27%
Seriously considered attempting suicide in the past 12 months	16%	17%	14%	14%	14%	13%
Made a suicide plan in the past 12 months	12%	13%	12%	14%	11%	10%
Attempted suicide during past 12 months that resulted in an injury, poisoning, or overdose	7%	5%	5%	5%	n/a	n/a
Selected Health Issues	2013 WSFCS	2013 NC	2011 WSFCS	2011 NC	2009 WSFCS	2009 NC
Consider themselves to have a disability	10%	10%	10%	13%	12%	11%
Have trouble learning, remembering, or concentrating because of disability	14%	13%	13%	13%	n/a	n/a
Ever been told by a doctor or nurse that they had asthma	10%	24%	23%	23%	22%	22%

n/a= not available