

2011-2012



YOUTH RISK BEHAVIOR SURVEY



GUILFORD COUNTY | NORTH CAROLINA



Dear Community Members:

Guilford Education Alliance is pleased to present the 2011 Youth Risk Behavior Survey (YRBS) results from our Guilford County Schools middle and high school students. The YRBS is a national questionnaire developed by the Centers for Disease Control and Prevention to assess the risk behaviors of our youth through an anonymously answered survey. We can use these data to better understand the behaviors of our youth and incorporate this understanding into developing stronger prevention and intervention programs that are tailored to the needs of our community.

This is the third time the YRBS has been administered locally to students within Guilford County Schools. Consequently, we have both comparative Guilford County data to review as well as North Carolina findings from the Department of Public Instruction's administration of the YRBS to students across the state. This data collection and report were made possible from a grant from the Cone Health Foundation and additional in-kind support from the Guilford County Department of Public Health, faculty and graduate students from UNC Greensboro's Department of Public Health Education and Health & Human Sciences Office of Research and staff of Guilford Education Alliance.

With the combined resources of the School Health Advisory Committee, Guilford County Schools, the Guilford County Department of Public Health, the larger community of non-profits, businesses and faith based organizations and the advocacy of Guilford Education Alliance, we can work to provide all youth in our county the opportunity to develop to their full potential.

Sincerely,
Margaret Bourdeaux Arbuckle, Ph.D.
Executive Director
Guilford Education Alliance



Guilford Education Alliance is a county wide non-profit organization whose mission is to facilitate support and commitment so that education is the TOP priority for Guilford County. For more information about Guilford Education Alliance, call 336-841-4332 or visit www.guilfordeducationalliance.org.

GUILFORD COUNTY



HEALTHY CAROLINIANS

Guilford County Department of Public Health's Guilford County Healthy Carolinians (GCHC) is a partnership of community organizations and individuals working together to create a healthier Guilford County through assessment and collaboration. GCHC works toward achieving goals inspired by the national Healthy People 2020 objectives and the Healthy North Carolina 2020 objectives. For more information, contact Laura Mroska at 641-6113 or Mark Smith at 641-6844 or visit www.guilfordhealth.org.

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Guilford County Youth Risk Behavior Survey Overview

What's Up with Youth Today?

It depends on who you ask and where you look. For generations, adults have grumbled that “teens today” are disrespectful, self-centered and make poor choices.

Much of today's media reinforces that negative stereotype of youth. In fact, one study of how modern film portrays youth found that youth are often portrayed as self-absorbed, violent, and disconnected from their parents.¹ This image is not new; whether you are a baby-boomer or a Gen X'er, there are iconic teen images from films like *Rebel Without A Cause*, *The Breakfast Club*, *Boyz in the Hood* and *Project X* that reinforce this negative stereotype as well as other racial and gender stereotypes.

But do youth live up to this stereotype or does it put up walls between youth and adults? According to a recent *New York Times* article, the current teen generation is actually less likely to engage in risk behaviors than their predecessors, including smoking, alcohol use and sex.² These conclusions are based on several nationwide surveys (e.g., Monitoring the Future, the Youth Risk Behavior Survey) that have tracked the prevalence of adolescents' behaviors and attitudes for several decades.

These studies allow us to move beyond perceptions of adolescents to identify actual trends in specific behaviors across the entire country. For example, what risk behaviors appear to be decreasing over time? Are there other behaviors that are remaining stagnant or even increasing over time? In some cases, states like North Carolina and local communities like Guilford County have started conducting their own studies to determine the prevalence of risk behaviors in their own communities as well as any state or local trends in behaviors.

What Does the Youth Risk Behavior Survey Tell Us ?

The Youth Risk Behavior Survey (YRBS) is the primary survey tool developed by the Centers for Disease Control and Prevention (CDC) to aid communities in defining and measuring risk behaviors of youth in 6th – 12th grade. This survey tool, which has proven reliability, is widely used throughout the country.

To gather a statewide perspective, NC Healthy Schools, which is supported and coordinated by the NC Department of Public Instruction (NCDPHI) and the NC Department of Health and Human Services, administers the YRBS to a select sample of NC middle and high school students in odd numbered years, most recently in spring 2011. These repeated surveys provide information on the current risk behaviors of North Carolina youth and on trends in their risk behaviors over time.

What is the YRBS?

The YRBS, or Youth Risk Behavior Survey, is a national questionnaire used to assess the health behaviors of teens.

In 2011, it was given to a sample of Guilford County middle and high school students to learn more about the health of Guilford County teens.

Because the YRBS is used at both the state and national levels, we can compare the frequency of risk behaviors among local youth with youth in other communities. However, one of the limitations of the state administered YRBS is that it does not provide county-level YRBS data; all the data is aggregated at a state level thus limiting insights into the behaviors of our local youth.

¹ Stern, Susannah R. Self-Absorbed, Dangerous and Disengaged: What Popular Films Tell Us about Teenagers. *Mass Communication & Society*, Volume 8, Issue 1, 2005).

² Parker-Pope, Tara. *New York Times*, 2/2/12. The Kids Are More than Alright. <http://well.blogs.nytimes.com/2012/02/02/the-kids-are-more-than-all-right/>.

Why is Collecting Information on Health Behaviors of Guilford County Youth Important?

The health behaviors that Guilford County teens adopt during their adolescent years become their life habits and impact their health now and into their futures. It is important that adults in our community, schools and health/social service organizations understand teen health behaviors so that we can effectively guide and support our youth toward healthy development. Our goal is for our young people to become healthy, capable adults!

Therefore, as a proactive measure to determine the health and resilience of our youth, Guilford Education Alliance, Guilford County Schools (GCS) and Guilford County Healthy Carolinians recommended that the YRBS be administered to a representative sample of Guilford County middle and high school students every few years. This 2011 YRBS report provides important information on the health behaviors of GCS youth as compared to GCS youth in 2003 and 2008 and North Carolina teens in 2011.

SURVEY PARTNERS
Guilford Education Alliance
Guilford County Department of Public Health
Guilford County Schools
Cone Health Foundation
Department of Public Health Education, UNC Greensboro

Guilford Education Alliance partnered with faculty and graduate students from the Department of Public Health Education and the Health and Human Sciences Office of Research at the University of North Carolina Greensboro and is grateful to them and staff from the Guilford County Department of Public Health for the survey administration, the analysis of the data and the development of this report to the community.

Is the Glass Half Full or Half Empty?

The YRBS asks questions about important health and safety topics, including: physical activity, nutrition, body weight, personal and vehicle safety, violence related behaviors, bullying, tobacco use, alcohol and other drug use, sexuality education and behavior, mental health, asthma and other issues. Although these topics are important markers of the health of GCS youth, they don't provide a complete picture.

Because the questions primarily focus on "risk" behaviors it is easy to focus solely on the negative, seeing the glass as half empty, potentially perpetuating a negative image of youth. We have tried to combat this negative view by highlighting some of the positive results throughout the report, because in many ways, the glass is half full.

SURVEY TOPICS
Physical Activity
Nutrition
Body Weight
Safety
Violence-Related Behaviors
Bullying
Tobacco, Alcohol and Other Drug Use
Sexuality Education and Behavior
Mental Health
Asthma
Disability

In many cases, teens in GCS are doing better than teens in NC, and in some cases, there is evidence of declines in negative behaviors and increases in positive behaviors. To illustrate how this data can be interpreted, we invited middle and high school youth participating in the Adolescent Health Advocacy Day to take photography to illustrate the YRBS topics and a few samples of this photography are showcased within this report. This photography also provides a tangible example of the talent and insight of local Guilford County youth.

We do want to caution the reader, however, that the YRBS does not collect comprehensive data on developmental assets that can serve as protective factors for youth identified by the Search Institute. These include internal assets (e.g., commitment to learning, positive values, social competencies and positive identity) and external assets (e.g., family and social support, empowerment, boundaries and expectations, and positive use of time).

Interested in Building Youth Assets?

For more information about how you can help to build developmental assets in our youth, go to www.thesearchinstitute.org

Survey Methodology

How was the survey administered?

The survey, which took students about 45 minutes to complete, was administered during the first few weeks of November 2011 using the 2011 NCDPI YRBS survey questions. School counselors were the primary point of contact within each school. Prior to administration, counselors were trained to provide students with instruction in how to complete the survey, and to distribute, monitor and collect the surveys. Surveys were administered in the students' regular classroom. Counselors were encouraged, but not required, to ask the classroom teachers to leave the classroom so that students would feel more comfortable answering sensitive questions.

How were participants selected?

To decide who would be invited to participate, every second period class at each Guilford County middle and high school was essentially “thrown into a hat.” Then, between 1 and 11 classes were randomly selected from the “hat,” and all of the students in that class were invited to participate (with more classes selected from larger schools). This approach gave almost every middle and high school student in the district an equal chance to be selected to participate in the survey. The only students who were not eligible to be selected were those who were not in a second period class or were taking classes online during second period. No individual students were singled-out to participate in the survey. A total of 3,144 middle school students and 3,230 high school students were randomly selected to participate in the survey.

Why weren't all middle and high school students asked to participate in the survey?

GCS is the third largest district in North Carolina, so it would be very inefficient in terms of time and money to have all students complete the survey. Therefore, only a small percentage of GCS middle and high school students were invited participate.

Can these results tell us about *all* middle and high school students in GCS?

Although only a percentage of GCS middle and high school students completed the survey, we can statistically analyze their survey results to estimate what percentage of GCS middle and high school students engage in these specific behaviors. We can generalize these results to all students because participants were randomly selected and because most students who were invited to participate actually completed the survey.

The process used here is similar to the process used in many national polls. Even though only a small percentage of people in the country might participate in a particular poll, we can get a rough estimate of how many other people in the country feel the same way (as long as the poll is conducted in an unbiased way with good questions!)

Of course, these results don't tell us *exactly* how many GCS students are engaging in particular behaviors. As with national polls, there is always some margin of error around these estimates. The reader should always keep this potential for error in mind when interpreting the results and not interpret the results as “absolute” numbers. However, the percentages provide very good estimates of how many GCS students are engaging in that behavior.

Who completed the YRBS survey?

As with the past two administrations of this survey (2003 and 2008), the survey sample was drawn from randomly selected second period classes, across almost all of the District's middle and high schools. Only three GCS middle schools who had participated in the 2011 NC state-level YRBS survey the previous spring did not participate in the GCS survey. This decision was made to reduce burden on those schools that had recently participated in the NC YRBS administration. In all, 19 GCS middle schools and 27 GCS high schools participated. Given the anonymous participation in the survey, passive consent was used to gain parental permission and youth assent.

Middle School: Overall, 2,752 middle school students completed the survey, which is 87% of the middle school students who were randomly selected to participate. Of the middle school students who did not complete a survey, 4% were absent on the day of the survey and 5% either refused to participate or had a parent who declined to let them participate. The exact reason was not reported for the remaining 4% of the non-participants.

SURVEY SAMPLE
2 nd Period Middle & High School Classes
Passive Parental Consent
2,752 Completed Middle School Surveys
2,497 Completed High School Surveys

High School: Overall, 2,497 high school students completed the survey, which is 77% of those who were randomly selected to participate. The lower participation rate among the high school students was the result of problems with survey administration in four of the high schools. In these schools, 2-3 entire classrooms were not given the survey, and these classrooms accounted for 7% of the missing data. Of the other high school students who did not complete a survey, 7% were absent on the day of the survey and 4% either refused to participate or had a parent who declined to let them participate. The exact reason was not reported for the remaining 5% of the non-participants.

The gender, age and race/ethnicity characteristics of the sample correspond to those of all GCS middle and high school students. Overall, 87.2% of middle school students and 77.2% of high school students who were randomly selected to participate completed a survey. Almost all (92.9%) middle school students were between the ages of 11 and 13 and almost all (95.2%) high school students were between the ages of 14 and 17. The following tables provide the number and percent of survey respondents for the middle schools and high schools, broken down by gender, race and ethnicity. There is a discrepancy in the number of surveys reported overall and the numbers reported for gender and race because some students did not completely fill out all questions on the survey.

Gender	Middle School Number	Middle School Percent	High School Number	High School Percent
Female	1374	50.1%	1298	52.7%
Male	1370	49.9%	1165	47.3%

Race	Middle School Number	Middle School Percent	High School Number	High School Percent
White	1047	40.2%	1042	44.6%
Black/African American	985	37.8%	893	38.2%
Asian	193	7.4%	152	6.5%
Other (American Indian, Alaska Native, Native Hawaiian, Other Pacific Islander, or Multiple races)	380	14.6%	250	10.7%

Ethnicity	Middle School Number	Middle School Percent	High School Number	High School Percent
Hispanic/Latino	405	15.0%	260	10.7%

Many of the questions are sensitive. Do the students answer them honestly?

Research indicates that data of this nature may be gathered as reliably from youth as from adults. To encourage truthful responses, all responses are anonymous and when possible, teachers were asked to leave the classroom while students complete the survey. We also used reliability checks (described below) to identify the small percentage of youth who potentially falsified their answers.

We followed the CDC's recommendations about how to identify and handle unreliable responses. We first removed all invalid responses (e.g., answering "C" to a question that only had two possible responses; providing two answers to one question) and inconsistent responses (e.g., a student indicated that he had never had sexual intercourse but then indicated that he had intercourse with 3 people in the past 3 months; a student reported that she was 14 years old and then indicated that she smoked her first cigarette at age 16). Unreliable responses can happen for several reasons: students may have answered carelessly, given random responses or intentionally falsified their answers. We then identified entire surveys where it appeared that a high percentage of the responses were unreliable and removed these surveys prior to analyzing the data. We used the following criteria to decide which surveys to remove:

- Surveys in which the responses formed "patterns" (N = 4 high school surveys were removed).
- Surveys that included 15 or more identical responses in a row, e.g., answering "C" 15 or more times in a row (N = 5 high school surveys were removed).
- Surveys from students who provided fewer than 20 valid answers (N = 20 middle school surveys and N = 9 high school surveys were removed).
- Surveys with responses to more questions than were on the survey, e.g., all 99 items on the high school answer sheet were bubbled in even though there were only 95 questions on the survey (N = 2 middle school surveys and N = 54 high school surveys were removed).
- Surveys in which more than 10% of the total responses were invalid (N = 14 middle school surveys and N = 90 surveys were removed).

A total of 35 middle school surveys (1.3%) and 126 high school surveys (5.0%) were removed for one or more of the reasons above (note: Many surveys that were removed fit more than one criteria of a problematic survey, thus the numbers above do not sum to the numbers given here).

How has the survey changed over the past 3 administrations of the survey?

Each year, a few new questions are added to the YRBS to capture recent trends in health-risk behaviors. For example, some of the new questions on the 2011 YRBS survey include questions about bullying, prescription drug use, and texting while driving. At the same time, other items have been dropped to make room for these new questions. Typically, we did not include results from items that were asked in previous surveys but were not asked in the 2011 report. Readers should refer to the 2008 and 2003 reports for these older results.

Occasionally, wording of the items also changed over time. For example, the CDC versions of the middle school and high school surveys were used in 2008. These versions differ slightly from the surveys used by the NCDPHI and Department of Public Health which were used in 2003 and 2011. We have noted places where the wording of an item has changed over time, so that readers can properly interpret cross-year comparisons.

Who owns the 2011 GCS YRBS data?

Data ownership will remain with the Guilford Education Alliance which will work collaboratively with interested groups, organizations, and community members to provide more detailed analyses, appropriate to their interests. However, results of this survey are reported for the county as a whole and it is not possible to identify individual students or schools in any analysis. For more information or copies of this report, please contact Guilford Education Alliance at 336-841-4332 or GEA@GuilfordEducationAlliance.org.

How to Read this Report: An Explanation

Below is a sample key outlining the rating and comparative descriptions:

The Purple Text provides the name of indicator being measured: Followed by a more detailed description of that indicator being measured in the same language as the 2011 NC YRBS to allow for comparisons, (MS = middle school) and (HS =high school). In some cases such as the one below, the indicator is slightly different from the middle school (MS) and high school (HS).

The comparative descriptions indicate:

- Green + sign: A measure of improvement of 5% or more.
- Grey - sign: An area of concern, a disparity, or a move in the wrong direction of 5% or more.
- Blue vertical bar: A neutral statement indicating neither an improvement or concern, but a neutral statement of note.

2011 NC Comparison: Statement comparing GCS (Guilford County School) students to NC students (Note: this comparison may be found in the +, - or neutral category).

Binge Drinking in the Past Month (HS): Had 5+ drinks of alcohol in a row, that is, within a couple of hours, on 1+ of the past 30 days

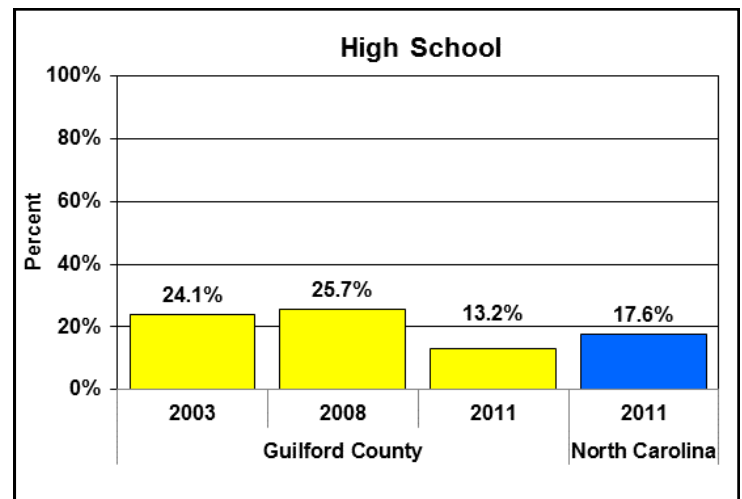
- A lower percentage of GCS high school students reported binge drinking in the past month in 2011 (13.2%) as compared to 2008 (25.7%) and 2003 (24.1%).
- 13% of GCS high school students reported binge drinking in the past month.
- **2011 NC Comparison:** About as many GCS high school students as NC high school students reported binge drinking in the past month.

Below is a sample chart and explanations:

Had 5+ drinks in a row within a couple of hours on 1+ of the past 30 days

High School Students		
Gender	Male	15.1%
	Female	11.6%
Race	White	18.5%
	Black/African American	6.6%
	Asian	8.3%
	Other	15.6%
Ethnicity ¹	Hispanic/Latino	15.9%

N respondents = 2337
Full results available on page 101 of the appendix



For consistency, all charts and tables highlighting middle school data are in green and purple and all charts and tables highlighting high school data are in blue and yellow. Charts have three placeholders for Guilford County data for 2003, 2008 and 2011 and one for NC for 2011. Charts are blank when no data is available for the indicated years.

We charted all data on a 100% scale so you can get a true sense of proportion visually. While a 3% difference between data points may be statistically significant, it might not be socially significant. When charted on a 100% scale, the fact that 3% is a small difference becomes clearer visually.

Directly beside or below the charts, we provide percentages by gender, race and ethnicity. The race and ethnicity categories match those used in the 2008 report to facilitate comparisons. The other race category includes American Indian/Alaska Native, Native Hawaiian/Pacific Islander and students who identified themselves as two or more races. These groups were combined because the sample was not large enough to provide a stable estimate of prevalence separately for each group. Hispanic/Latino was a question separate from race, because it can include any category of race. Students who identified as Latino and some other race are represented in both categories.

Because the number of respondents varied from question to question for each indicator, the number of respondents is listed as (N respondents = 2337) below the tables. For more detailed results, including the specific number and percentage of respondents by gender, race and ethnicity, simply turn to the page of the indicator in the Appendix. Results for most of the indicators can be found in Appendix A (beginning on page 95). Results for indicators where a more detailed breakdown of responses is shown (e.g., Where did you usually get the alcohol that you drank? How old were you when you first had sexual intercourse?) can be found in Appendix B (beginning on page 106).

Additional Note to Readers

In any detailed report like this one, readers need to be very careful so as not to draw unwarranted conclusions. Please take these cautions seriously when interpreting the data:

- In some cases we now have 3 data points in a specific direction, which allows us to begin inferring information about trends. However, without having a longer time period, we have a difficult time saying that things are definitely getting better or worse.
- For some indicators, we only have data from two years and two data points do not make a trend. Differences between two data points could signal a larger trend in the behavior pattern over time or it could be the result of small differences in the student samples who completed each survey.
- In a self-report survey, where questions ask about potentially illegal or other behaviors viewed as inappropriate by the broader culture, one cannot read the data value point as an absolute value. One needs to look at overall trends upward or downward over a period of several years.
- We encourage readers to look at multiple questions in a category to see if a pattern emerges, rather than consider any individual question as absolute. If all of the questions are going in a certain direction (e.g., up or down), then we have a little more confidence that things are getting better or worse. We need more years in the series before we start drawing conclusions about improving or worsening trends.
- For all data, care should be taken to involve the persons providing the information in the data interpretation. It will be very important to put these data before groups of students, and have them help adults understand the conditions behind the data.
- Some caution is warranted when drawing comparisons between the NC state data and the GCS data. The NC state YRBS survey was administered to students during the spring semester in 2011, whereas the GCS YRBS survey was administered to students during the following fall semester. In many cases, there may be differences in past month behavior, with more students engaging in risky behaviors (e.g., drinking, drug use) during the spring semester than during the fall. In addition, because the state survey was given in the spring, the students in that survey tended to be older.

How Can We Use the Results of This Survey?

These data are valuable for parents, teachers, religious leaders, funders, health professionals and community organizations. We strongly encourage our community to use these data to:

- Assess whether behaviors increase, decrease, or remain the same over time;
- Enhance awareness and focus attention on specific youth behaviors;
- Compare local youth behavior patterns to county, state and national data;
- Look at multiple risk behaviors among youth;
- Develop and support best practice interventions to address specific behaviors and identify the best timing for interventions; and
- Monitor progress toward achieving the *Healthy People 2020* and Healthy NC 2020 objectives and the National Education goals. For more information on each of these respectively, go to: www.healthypeople.gov, publichealth.nc.gov/hnc2020 and govinfo.library.unt.edu/negp/page3.htm

This is a Call to Action!

The YRBS data should serve as a **call to action** and guide what we can do to help our youth be healthy and successful.

Youth and adults should use these data to highlight issues of concern, such as the way students highlighted the 2008 YRBS data in the 2009 5th Adolescent Health Advocacy Day Photovoice Project and are spotlighting the 2011 YRBS issues in the 2012 6th Adolescent Health Advocacy Video and Photovoice Project. Please see Appendix C for a more complete description of this process.

Youth-serving agencies and organizations should use this information as a means to inform their activities and programs addressing the needs of youth. Guilford County Schools Support Services Division should use these data in developing appropriate interventions and prevention activities for our middle and high school students. Discussion groups with small groups of students, review of the data by grade level teaching teams, review of the data by school psychologists, social workers and school nurses should occur in order to deepen understanding of the data reported and to use the data to more effectively address the identified concerns of our youth.

The YRBS is a reliable and informative tool for all youth-serving adults, whether elected officials, school administrators/teachers, faith or non-profit leaders, to use to plan and more effectively implement programs that can address the concerns of our youth.

Physical Activity

Regular physical activity is associated with many benefits, including increased bone density and muscle mass, improved cardiovascular health, weight maintenance, increased self-efficacy and reduced anxiety.¹ Physical activity is also associated with improved cognitive function, and may benefit academic performance and behavior conducive to academic success (e.g., concentration and focus in the classroom).² Despite this research, many youth lead sedentary lives, which increases their risk of chronic conditions such as obesity, diabetes, and heart disease.

To promote better physical activity and nutrition, the 2010 Dietary Guidelines issued a “Call to Action”³: “Ultimately, Americans make their own food and physical activity choices at the individual (and family) level. In order for Americans to make healthy choices, however, they need to have *opportunities* to purchase and consume healthy foods and engage in physical activity. Although individual behavior change is critical, a truly effective and sustainable improvement in the Nation’s health will require a multi-sector approach ... This type of approach emphasizes the development of coordinated partnerships, programs, and policies to support healthy eating and active living. Interventions should extend well beyond providing traditional education to individuals and families about healthy choices, and should help build skills, reshape the environment, and re-establish social norms to facilitate individuals’ healthy choices....”² Throughout this report, we highlight some of the recommended strategies that different educators, communities, and policymakers can use to support individuals and families.

Participated in Team Sports (MS): Played on 1+ sports teams during the past 12 months (including teams run by their school or community groups)



- Over 60% of GCS middle school students participated in team sports.

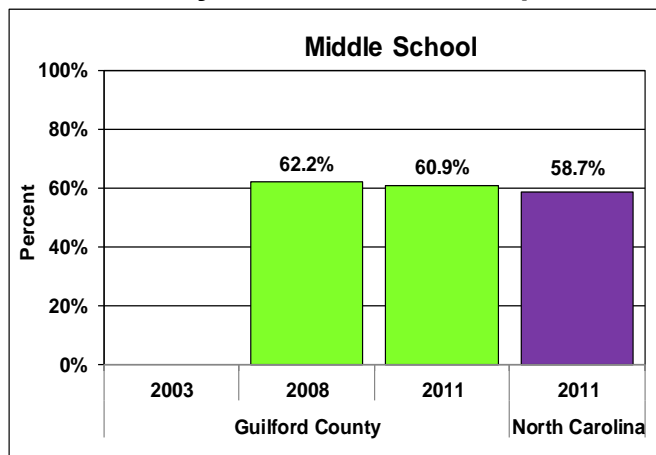


- Female GCS middle school students (55.6%) were much less likely to participate in team sports than male GCS middle school students (66.3%).



- **2011 NC Comparison:** About as many GCS middle school students as NC middle school students participated in team sports.

Played on one or more sports teams during the past 12 months



Middle School Students		
Gender	Male	66.3%
	Female	55.6%
Race	White	70.4%
	Black/African American	58.5%
	Asian	48.5%
	Other	53.8%
Ethnicity	Hispanic/Latino	52.9%

N respondents = 2615

Full results available on page 95 of the appendix

¹ US Department of Health and Human Services. (2008). Physical Activity Guidelines Advisory Committee Report.

² Centers for Disease Control and Prevention. (2010). The Association Between School Based Physical Activity, Including Physical Education, and Academic Performance.. Atlanta, GA: U.S. Department of Health and Human Services.

³ US Dept. of Agriculture, US Dept. of Health & Human Services. (2010). Dietary Guidelines for Americans, 7th Edition. Washington, DC. US Government Printing Office.

Participated in Team School Sports (HS): Participated in official school sport(s) where they play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer during the current school year

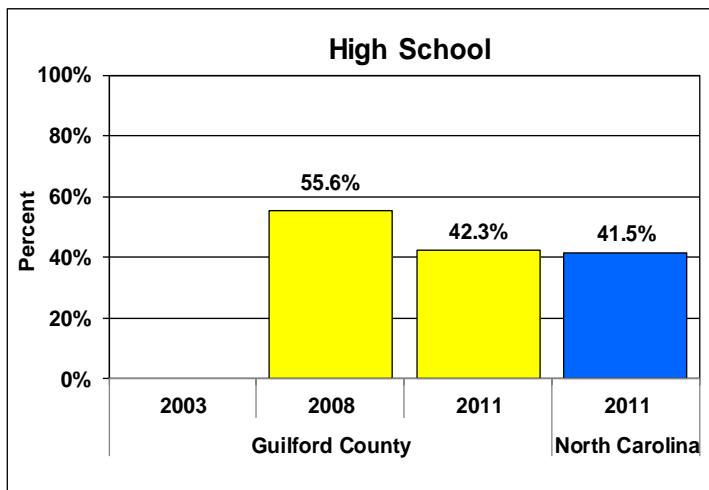


- Over 40% of GCS high school students participated in team school sports.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students participated in team school sports.

Participated in official school sports where they play as part of a team during the current school year



High School Students		
Gender	Male	47.0%
	Female	38.2%
Race	White	47.1%
	Black/African American	41.3%
	Asian	22.5%
	Other	39.2%
Ethnicity	Hispanic/Latino	38.2%

N respondents = 2276
Full results available on page 95 of the appendix

Note: The wording of this item has changed between 2008 and 2011. In 2008, high school students were asked: "During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups)". By contrast, in 2011, students were asked specifically about team school sports and individual school sports during the current school year. We provide the 2008 data here, but readers should be cautious when interpreting any difference between the 2008 and 2011 results.

Participated in Individual School Sports (HS): Participated in official school sport(s) where they play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis during the current school year



- **2011 NC Comparison:** About as many GCS high school students (24.8%) participated in individual school sports as NC high school students (25.2%).

N respondents = 2,275; Full results available on page 95 of the appendix

Walk or Bike to School at Least Once a Week (MS): Usually walk or ride their bike to school 1+ days per week



- 1 in 5 (20.1%) of GCS middle school students walked or biked to school at least once a week.



- **2011 NC Comparison:** About as many GCS middle school students (20.1%) as NC middle school students (18.9%) walked or biked to school.

N respondents = 2607; Full results available on page 95 of the appendix

“A Ride a Day Keeps Diabetes Away”

58.9% of GCS middle school students and 44.6% of GCS high school students reported being physically active for at least 60 minutes 5 or more days of the past 7 days in 2011.



Ayrton Menjivar, 10th grade, Grimsley High School, Tobacco Reality Unfiltered (TRU) Youth Advisory Board

Policy on Physical Education in the Public Schools⁴

According to the NC State Board of Education policy on physical education in public schools:

- Elementary schools should move toward having 150 minutes per week with a certified physical education teacher throughout the 180-day school year.
- Middle schools should move toward having 225 minutes per week of Healthful Living Education with certified health and physical education teachers throughout the 180-day school year.
- Structured/unstructured recess and other physical activity shall not be taken away from students as a form of punishment and severe and/or inappropriate exercise may not be used as a form of punishment for students.
- A minimum of 30 minutes of moderate to vigorous physical activity shall be provided by schools for all K-8 students daily. This requirement can be achieved through a regular physical education class and/or through activities such as recess, dance, classroom energizers, or other curriculum based physical education activity programs. This activity must involve physical exertion of at least a moderate to vigorous intensity level and for a duration sufficient to provide a significant health benefit to students.

For more information about the Healthy Active Children policy, go to:
<http://www.nhealthyschools.org/components/healthyactivechildrenpolicy>

⁴NC Healthy Schools. (2005). NC State Board of Education: Healthy Active Children. Available at: www.nhealthyschools.org/components/healthyactivechildrenpolicy

Regular Physical Activity: Physically active for a total of at least 60 minutes per day on 5+ of the past 7 days



• A higher percentage of GCS middle school students engaged in regular physical activity in 2011 (58.9%) as compared to 2008 (47.3%). The same was true for GCS high school students in 2011 (44.6%) as compared to 2008 (38.1%).

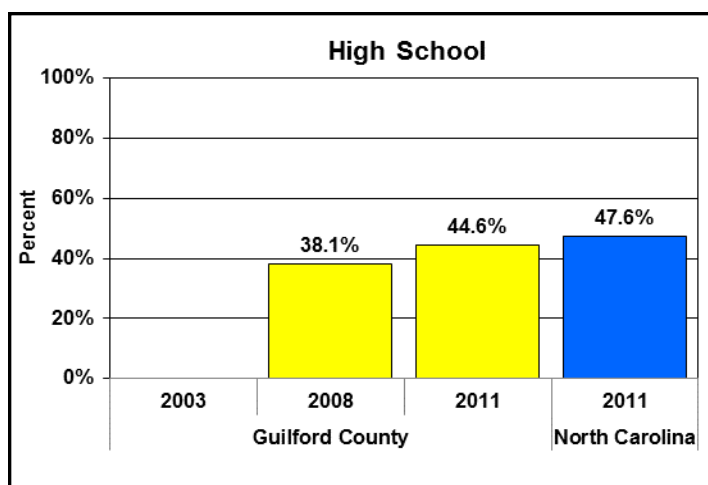
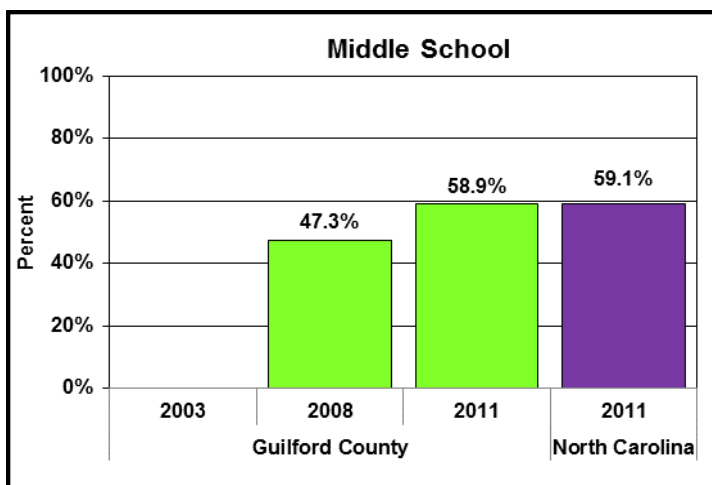


• 2 out 5 (41.1%) GCS middle school students and over half (55.4%) of GCS high school students did not engage in regular physical activity.
 • Fewer GCS high school students (44.6%) than GCS middle school students (58.9%) engaged in regular physical activity.



• **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students engaged in regular physical activity.

Physically active for a total of at least 60 minutes per day on 5+ of the past 7 days



Middle School Students		
Gender	Male	66.2%
	Female	51.7%
Race	White	68.4%
	Black/African American	54.8%
	Asian	48.8%
	Other	53.1%
Ethnicity	Hispanic/Latino	53.7%

N respondents = 2643
 Full results available on page 95 of the appendix

High School Students		
Gender	Male	55.8%
	Female	35.1%
Race	White	48.0%
	Black/African American	40.6%
	Asian	34.6%
	Other	46.8%
Ethnicity	Hispanic/Latino	45.3%

N respondents = 2287
 Full results available on page 95 of the appendix

The Physical Activity Guidelines for Americans recommend that children and adolescents between the ages of 6 and 17 years old should have 60 minutes or more of physical activity each day. This activity should be composed of:⁵

- **Aerobic Activities:** Most of the 60+ minutes should be moderate- or vigorous-intensity aerobic physical activity, with at least 3 days a week of vigorous-intensity activity. Examples of moderate intensity activities include brisk walking, bike riding, hiking, skateboarding, and rollerblading. Examples of vigorous intensity activities include bike riding, running, active games (e.g., tag), and sports such as soccer, basketball, swimming, and tennis.
- **Muscle-strengthening Activities:** At least 3 days of the week. Examples include sit-ups, resistance exercises using body weight or resistance bands, modified push-ups (with knees on the floor).
- **Bone-strengthening Activities:** At least 3 days of the week. Examples include jumping, running, and sports such as gymnastics, basketball, volleyball, and tennis.

⁵U.S. Department of Health & Human Services. (2008). Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health & Human Services. Available at: health.gov/paguidelines/guidelines/chapter3.aspx.

Played 3+ Hours of Video Games on School Days: Played video or computer games or used a computer for something that was not school work 3+ hours per day on an average school day

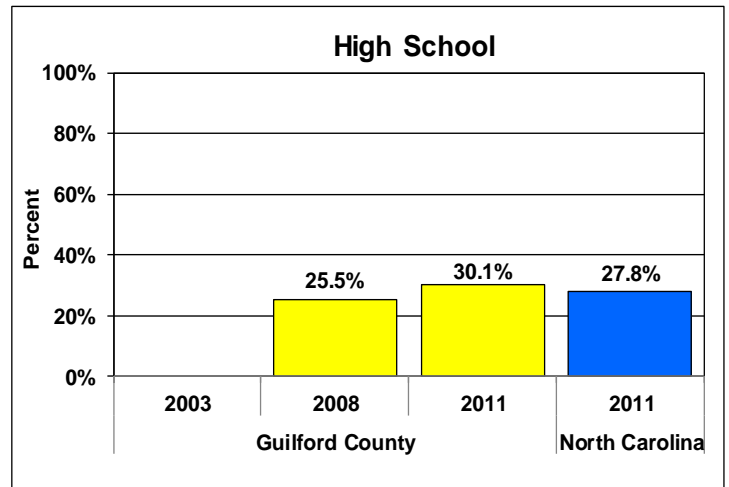
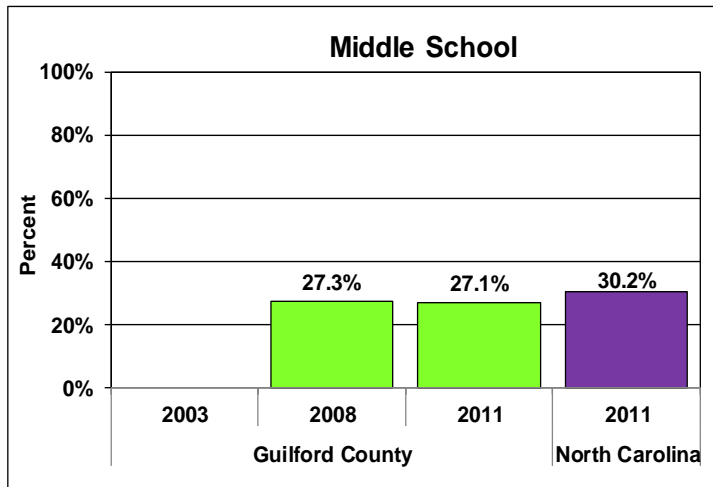


- 1 in 3 GCS middle and high school students played 3+ hours of video games on school days.



- **2011 NC Comparison (HS):** About as many GCS middle and high school students as NC middle and high school students played 3+ hours of video games on school days.

Played video or computer games or used computer for something that was not school work for 3 hours or more per day on an average school day



Middle School Students		
Gender	Male	28.8%
	Female	25.3%
Race	White	18.3%
	Black/African American	35.1%
	Asian	25.7%
	Other	28.3%
Ethnicity	Hispanic/Latino	27.8%

N respondents = 2628
Full results available on page 95 of the appendix

High School Students		
Gender	Male	33.7%
	Female	27.2%
Race	White	22.5%
	Black/African American	36.6%
	Asian	33.3%
	Other	34.5%
Ethnicity	Hispanic/Latino	32.9%

N respondents = 2290
Full results available on page 95 of the appendix

The High Costs of Physical Inactivity

According to a recent economic analysis, physical inactivity was responsible for over \$46 million in annual health care costs for youth in North Carolina in 2010.⁶ That same year, physical inactivity was responsible for \$3.7 billion in annual health care costs and \$4.7 billion in lost productivity, for adults in North Carolina.⁶

⁶ Be Active North Carolina. (2012). Tipping the Scales. The High Cost of Unhealthy Behavior in North Carolina. Available at: www.beactivenc.org/tippingthescales/

Watched 3+ Hours of TV on School Days: Watched 3+ hours per day of TV on an average school day



- A lower percentage of GCS middle school students watched 3+ hours of TV on school days in 2011 (33.4%) as compared to 2008 (43.9%).
- **2011 NC Comparison (MS):** Fewer GCS middle school students (33.4%) watched 3+ hours of TV on school days as compared to NC middle school students (38.8%).

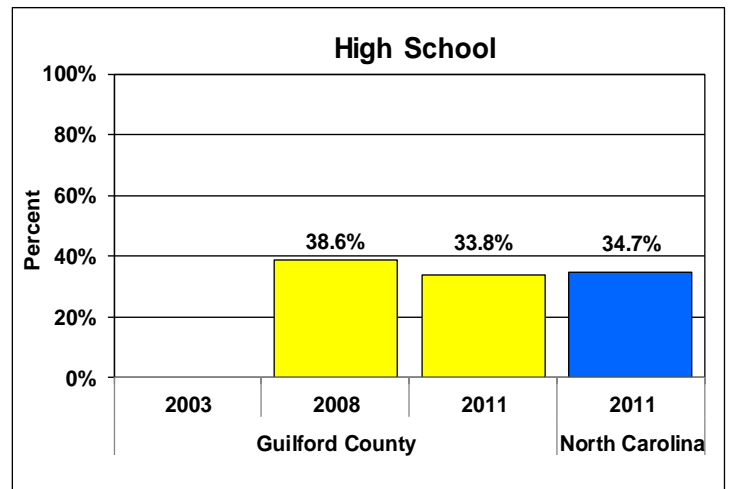
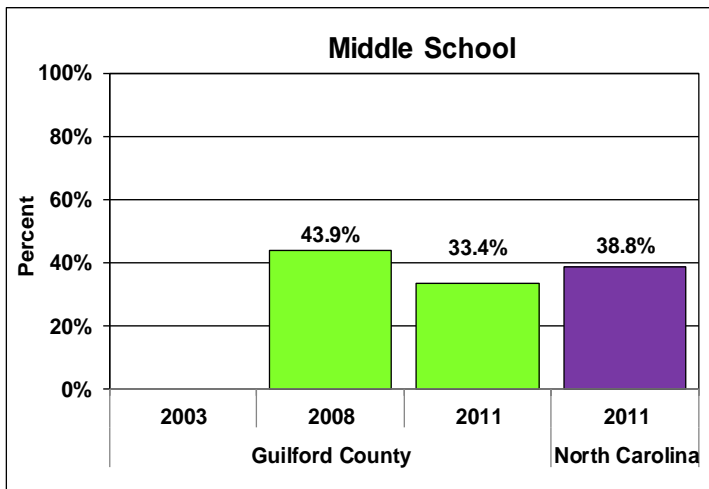


- One third of GCS middle (33.4%) and high (33.8%) school students watched 3+ hours of TV on school days.
- About 50% of Black / African American GCS middle and high school students watched 3+ hours of TV on school days, as compared to 17-35% of all other racial and ethnic groups of GCS middle and high school students (exact percentages given in the table below).



- **2011 NC Comparison (HS):** About as many GCS high school students as NC high school students watched 3+ hours of TV on school days.

Watched 3+ hours per day of TV on an average school day



Middle School Students		
Gender	Male	32.3
	Female	34.5
Race	White	17.1
	Black/African American	51.2
	Asian	20.4
	Other	35.1
Ethnicity	Hispanic/Latino	34.3

N respondents = 2640
Full results available on page 95 of the appendix

High School Students		
Gender	Male	35.9%
	Female	32.1%
Race	White	21.4%
	Black/African American	50.3%
	Asian	26.4%
	Other	33.9%
Ethnicity	Hispanic/Latino	31.6%

N respondents = 2278
Full results available on page 95 of the appendix

Want to Get Youth Moving?

One resource that highlights strategies that schools, families and communities can use to support youth physical activity is the Youth Physical Activity Guidelines Toolkit developed by the CDC.

For more information, go to www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm⁷

⁷ Centers for Disease Control and Prevention. Youth Physical Activity Guidelines Kit. Available at: www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm

Nutrition

Healthy eating is critical for healthy growth and development as well as reducing obesity and other chronic health concerns, like heart disease, cancer, stroke and diabetes.¹ According to the 2010 Dietary Guidelines for Americans, those who are 2 years and older should have a diet rich in fruits and vegetables, whole grains, fat-free and low-fat dairy products and should limit their intake of solid fats, cholesterol, sodium, added sugars and refined grains.¹

To meet these guidelines, individuals and families should eat less by avoiding oversized portions of food, making sure that half of their plate is filled with fruits and vegetables, making sure at least half of the grains they eat are whole grains, switching to fat-free or low-fat (1%) milk, choosing foods with less sodium and drinking water rather than soda or other sugar-sweetened drinks.

Drank Soda Every Day: Drank a can, bottle, or glass of soda or pop 1+ times per day during the past 7 days



- Fewer GCS high school students drank soda every day in 2011 (23.6%) as compared to 2008 (31.0%).
- **2011 NC Comparison:** Fewer GCS high school students (23.6%) than NC high school students (30.4%) drank soda every day.

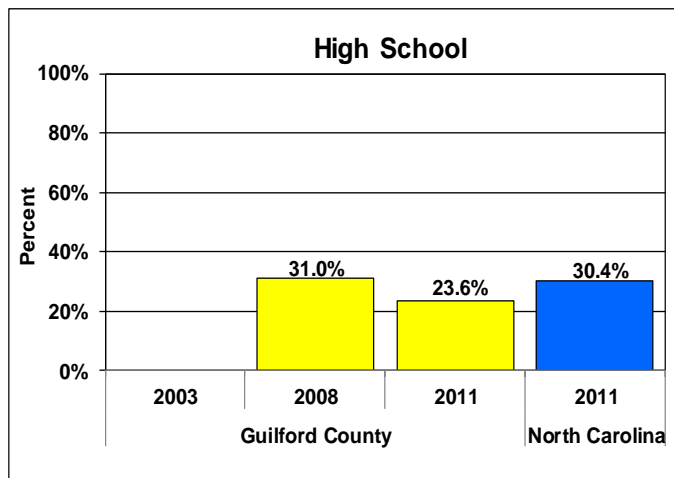


- Almost 1 in 4 (23.6%) GCS high school students drank soda every day.

Drank a can, bottle, or glass of soda or pop 1+ times per day during the past 7 days

High School Students		
Gender	Male	26.1%
	Female	21.6%
Race	White	25.8%
	Black/African American	24.2%
	Asian	11.5%
	Other	22.3%
Ethnicity ¹	Hispanic/Latino	20.3%

N respondents = 2319
Full results available on page 95 of the appendix



Call to Action

One of the three guiding principles of the 2010 Dietary Guidelines' Call to Action is²:

Ensure that all Americans have access to nutritious foods and opportunities for physical activities

Suggested action steps include:

- Improve access to grocery stores, farmers markets, and other places that sell healthy foods
- Ensure all people have access to safe and affordable healthy foods and opportunities for physical activity
- Develop local-, state-, and national-level plans to allow individuals, families, and communities to achieve the Dietary and Physical Activity Guidelines
- Promote nutrition assistance programs to improve food security for all

¹US Dept. of Agriculture, US Dept. of Health & Human Services. (2010). Dietary Guidelines for Americans, 7th Edition. Washington, DC. US Government Printing Office.

² National Prevention Council. (2011). National Prevention Strategy, US Dept. of Health and Human Services, Office of the Surgeon General.

Drank 100% Fruit Juice in the Past Week: Drank 100% fruit juices, such as orange juice, apple juice, or grape juice, 1+ times during the past 7 days

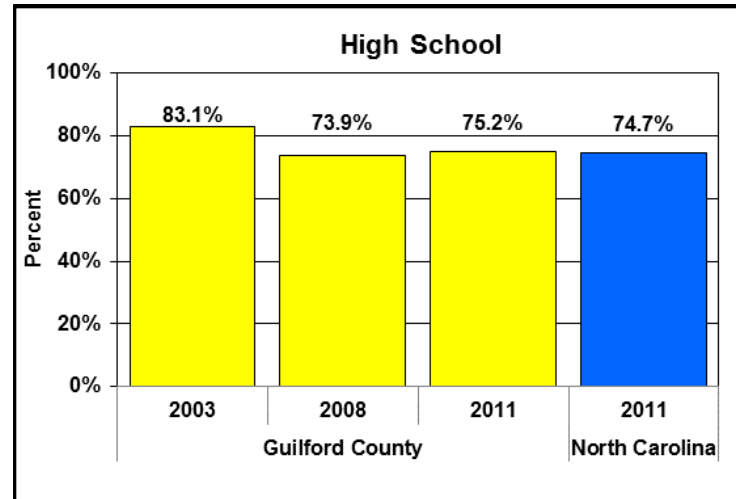


- **2011 NC Comparison:** About the same percentage of GCS high school students as NC high school students drank 100% fruit juice in the past week.

Drank 100% fruit juice 1+ times during the past 7 days.

High School Students		
Gender	Male	76.0%
	Female	74.6%
Race	White	73.2%
	Black/African American	77.8%
	Asian	67.4%
	Other	77.3%
Ethnicity ¹	Hispanic/Latino	81.7%

N respondents = 2326
Full results available on page 95 of the appendix



Drank Other Sugar Sweetened Beverages Every Day: Drank a can, bottle, or glass of any other sugar-sweetened beverage 1+ times per day during the past 7 days (including sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy, drinks, and sports drink, but not diet or sugar free drinks)

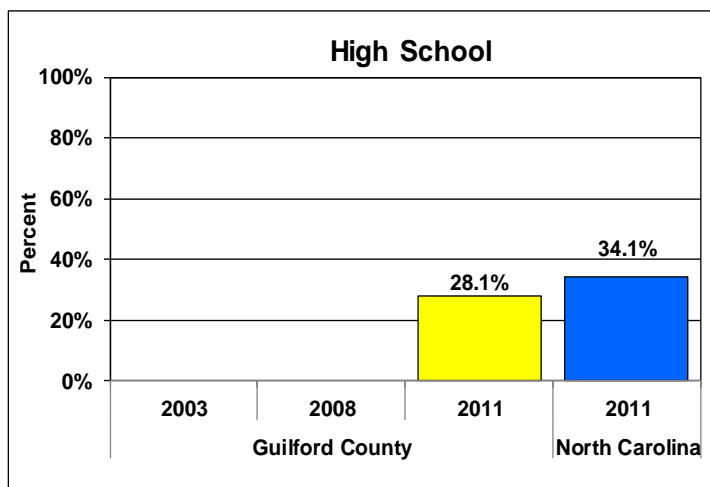


- **2011 NC Comparison:** A lower percentage of GCS high school students (28.1%) than NC high school students (34.1%) drank other sugar sweetened beverages every day.



- Over 1 in 4 (28.1%) GCS high school students drank other sugar sweetened beverages every day.

Drank a can, bottle, or glass of any other sugar-sweetened beverage 1+ times per day during the past 7 days



High School Students		
Gender	Male	29.8%
	Female	26.7%
Race	White	24.4%
	Black/African American	35.4%
	Asian	15.2%
	Other	26.9%
Ethnicity ¹	Hispanic/Latino	27.1%

N respondents = 2304
Full results available on page 95 of the appendix

Ate Green Salad in the Past Week (HS): Ate green salad 1+ times during the past 7 days



- The percentage of GCS high school students who ate green salad in the past week in 2011 (57.4%) was relatively unchanged compared to GCS high school students in 2008 (58.1%), but was slightly lower than the GCS high school students in 2003 (65.6%).
- **2011 NC comparison:** About the same percentage of GCS high school students ate green salad (57.4%) in the past week as compared to NC high school students (59.1%).

N respondents = 2314; Full results available on page 96 of the appendix

Ate Carrots in the Past Week (HS): Ate carrots 1+ times during the past 7 days



- The percentage of GCS high school students who ate carrots in the past week in 2011 (40.7%) was relatively unchanged compared to GCS high school students in 2008 (40.1%) and 2003 (41.5%).
- **2011 NC Comparison:** About the same percentage of GCS high school students (40.7%) ate carrots in the past week as compared to NC students (40.6%).

N respondents = 2314; Full results available on page 96 of the appendix

Ate Potatoes in the Past Week (HS): Ate potatoes (not counting French fries, fried potatoes, or potato chips) 1+ times during the past 7 days



- The percentage of GCS high school students who ate potatoes in the past week in 2011 (61.3%) was relatively unchanged compared to GCS high school students in 2008 (64.9%) and 2003 (66.1%).
- **2011 NC Comparison:** About the same percentage of GCS high school students (61.3%) ate potatoes in the past week as compared to NC high school students (63.5%).

N respondents = 2322; Full results available on page 96 of the appendix

In 2011, 10% of GCS high school students were currently overweight and 15% were at risk of becoming overweight (based on their reported height and weight).



Jade Hubbard, 11th grade, Eastern High School, Teens Taking Action

Ate Other Vegetables in the Past Week (HS): Ate other vegetables (not counting carrots, green salad, or potatoes) 1+ times during the past 7 days



- The majority of GCS high school students (85.5%) ate other vegetables in the past week.

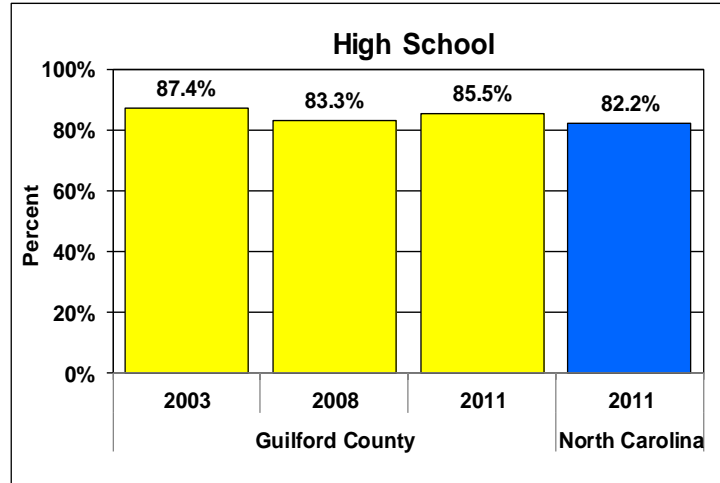


- 2011 NC Comparison:** About the same percentage of GCS high school students as NC high school students ate other vegetables in the past week.

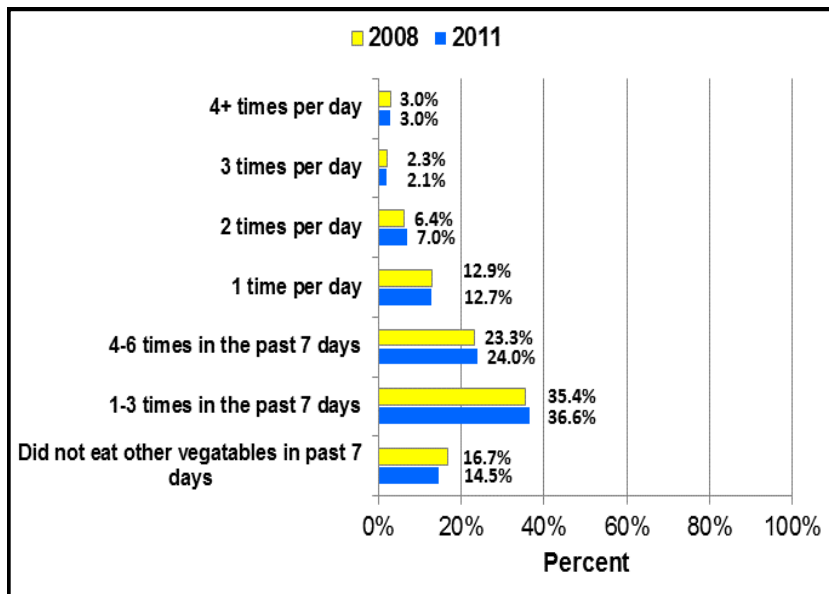
Ate other vegetables 1+ times during the past 7 days

High School Students		
Gender	Male	83.4%
	Female	87.2%
Race	White	90.4%
	Black/African American	81.2%
	Asian	89.4%
	Other	81.0%
Ethnicity	Hispanic/Latino	79.7%

N respondents = 2312
Full results available on page 96 of the appendix



During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots)



Full results available on page 106 of the appendix

How Can Families Stretch Their Fruits & Vegetables Budget?³

The CDC offers many suggestions:

- Cook enough for several meals, then freeze the leftovers
- Buy canned fruits and vegetables (select fruit that is in 100% fruit juice and items that do not have added salt)
- Make homemade soup and freeze leftovers
- Buy store-brand
- Buy frozen fruits and vegetables in large bags (avoid those that have added sugar, salt, or sauce)
- Store fruits and vegetables in the refrigerator or freezer right after you shop, so they last longer

For more information, see www.fruitsandveggiesmatter.gov/publications/index.html

³Center for Disease Control & Prevention (2009). Stretching Tips for your Fruit & Vegetable Budget. Available at www.fruitsandveggiesmatter.gov/publications/index.html

Ate Fruit in the Past Week (HS): Ate fruit 1+ times during the past 7 days (not including fruit juice)



- More than 80% of GCS high school students ate fruit in the past week.

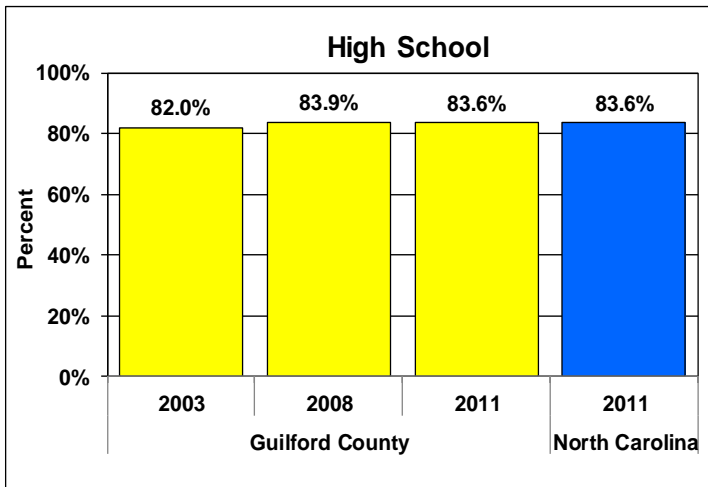


- Over 16% of GCS high school students did not eat any fruit in the past week.
- 39.7% of GCS high school students only ate fruit 1-3 times in the past week (see full chart below).



- **2011 NC Comparison:** About the same percentage of GCS high school students as NC high school students ate fruit in the past week.

Ate fruit 1+ times during the past 7 days



High School Students		
Gender	Male	83.7%
	Female	83.5%
Race	White	88.0%
	Black/African American	77.9%
	Asian	87.1%
	Other	83.2%
Ethnicity ¹	Hispanic/Latino	86.7%

N respondents = 2327
Full results available on page 96 of the appendix

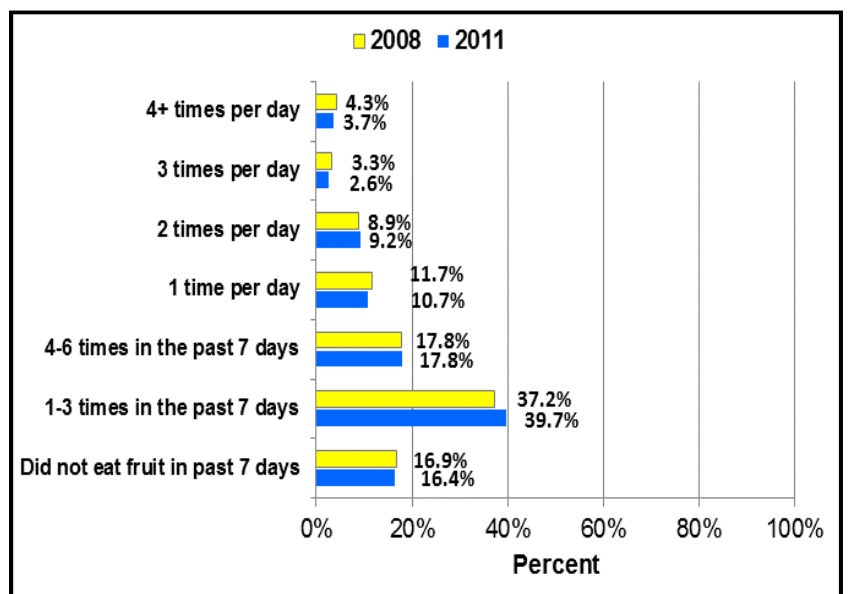
What can Schools Do to Promote Healthy Eating?⁴

The National Prevention Council recommends that schools can implement the following actions to promote healthy eating in their communities:

- Implement and enforce policies that increase the availability of healthy foods, including a la carte lines, school stores, vending machines, and fundraisers
- Update cafeteria equipment (e.g., remove deep fryers, add salad bars) to support provision of healthier foods
- Eliminate high-calorie, low-nutrition drinks from vending machines, cafeterias, and school stores
- Provide easy access to water
- Implement policies that restrict marketing of unhealthy foods
- Provide nutrition education

⁴ National Prevention Council. (2011). National Prevention Strategy, US Dept. of Health and Human Services, Office of the Surgeon General.

During the past 7 days, how many times did you eat fruits?



Full results available on page 106 of the appendix

Ate Breakfast Every Day: Ate breakfast on all of the past 7 days



- **2011 NC Comparison:** More GCS middle school students (53.6%) than NC middle school students (47.0%) ate breakfast every day.

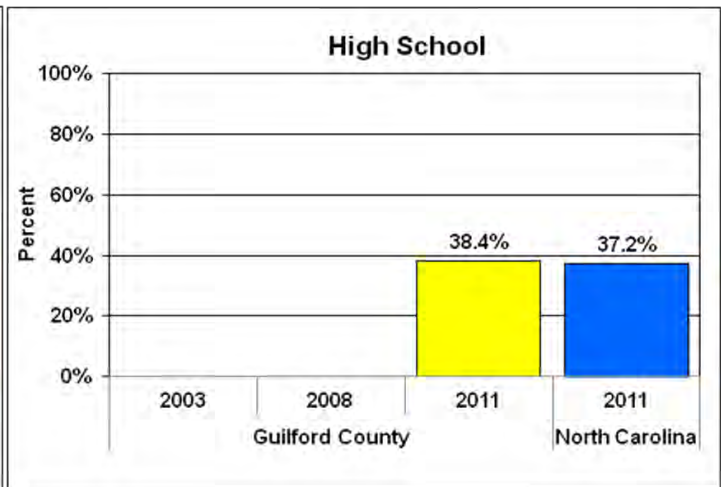
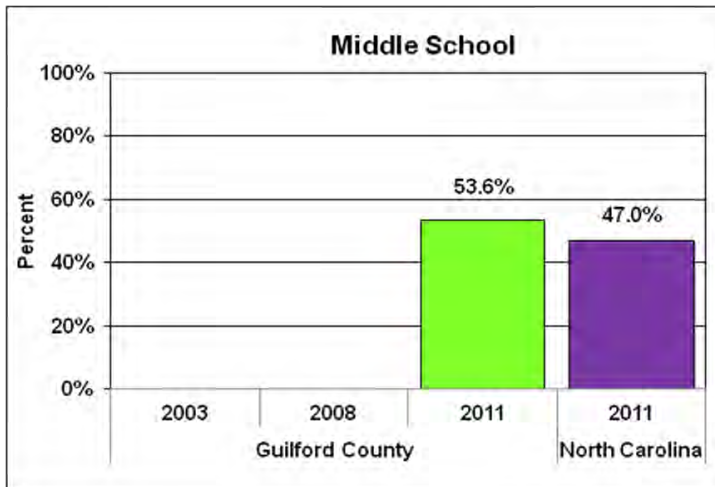


- Only half (53.6%) of GCS middle school students and one third (38.4%) of GCS high school students ate breakfast every day.
- Fewer GCS high school students (38.4%) ate breakfast every day as compared to GCS middle school students (53.6%).



- **2011 NC Comparison:** About as many GCS high school students as NC high school students ate breakfast every day.

Ate breakfast on all of the past 7 days



Middle School Students		
Gender	Male	59.8%
	Female	47.5%
Race	White	59.8%
	Black/African American	51.4%
	Asian	48.8%
	Other	47.4%
Ethnicity	Hispanic/Latino	48.1%

N respondents = 2631
Full results available on page 96 of the appendix

High School Students		
Gender	Male	43.4%
	Female	34.0%
Race	White	46.8%
	Black/African American	30.4%
	Asian	34.6%
	Other	34.6%
Ethnicity	Hispanic/Latino	33.3%

N respondents = 2294
Full results available on page 96 of the appendix

Ate Dinner at Home 3+ Days in the Past Week: Ate dinner at home with their family on 3+ of the past 7 days



- 9 in 10 (89.6%) GCS middle school students and 8 in 10 (79.2%) GCS high school students ate dinner at home 3+ days in the past week.



- **2011 NC Comparison:** About as many GCS middle school students (89.6%) as NC middle school students (87.9%) ate dinner at home 3+ days in the past week. The same was true for GCS high school students (79.2%) as compared to NC high school students (74.9%)

N respondents = 2649 (MS) and 2297 (HS); Full results available on page 96 of the appendix

Body Weight

The nationwide obesity epidemic has drawn our attention to the physical activity and nutrition of our youth. Youth are paying attention, too. Although many students report using a relatively healthy strategy such as exercise (when not done obsessively) to lose or maintain their weight, some choose unhealthy strategies – such as going without eating for 24 hours or more, using weight loss supplements, vomiting or taking laxatives. These strategies can negatively impact health and often only create temporary results.

Communities, schools, and families share responsibility for providing youth with opportunities for safe and constructive physical activity, helping them develop and maintain healthy eating habits and building environments that are supportive of active lifestyles and good nutrition.

View Themselves as Overweight: Described themselves as slightly or very overweight

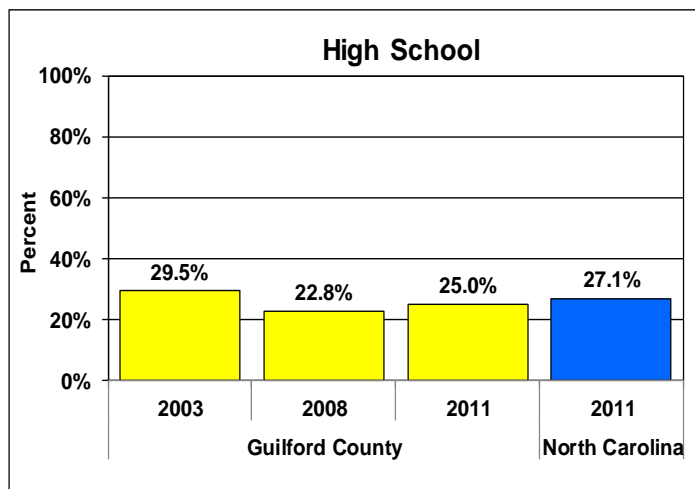
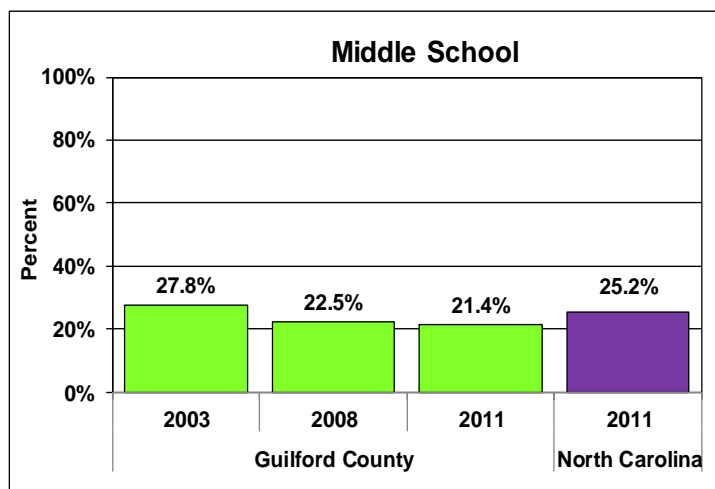


- About 1 in 5 (21.4%) GCS middle school students and 1 in 4 (25.0%) GCS high school students view themselves as overweight.



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students view themselves as overweight.

Described themselves as slightly or very overweight



Middle School Students		
Gender	Male	19.6%
	Female	23.0%
Race	White	20.0%
	Black/African American	20.5%
	Asian	16.8%
	Other	26.7%
Ethnicity	Hispanic/Latino	29.3%

N respondents = 2658
Full results available on page 96 of the appendix

High School Students		
Gender	Male	18.9%
	Female	30.4%
Race	White	26.1%
	Black/African American	24.5%
	Asian	22.0%
	Other	24.4%
Ethnicity	Hispanic/Latino	25.2%

N respondents = 2340
Full results available on page 96 of the appendix

At Risk for Becoming Overweight: At or above the 85th percentile but below the 95th percentile for body mass index (BMI)^{1,2}, by age and sex

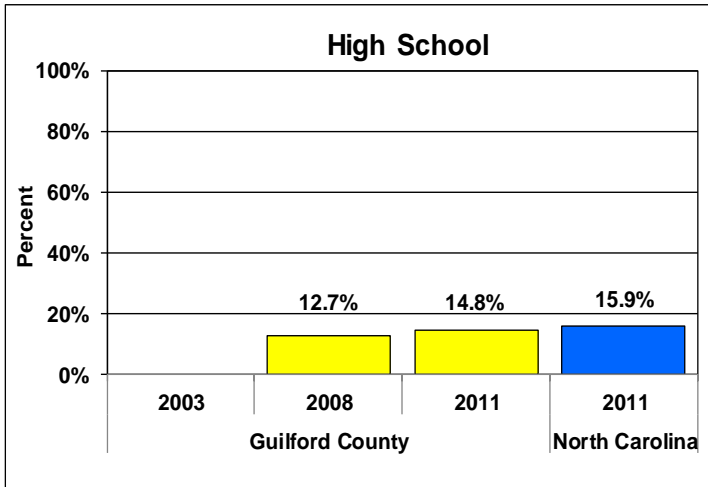


- About 15% of GCS high school students are at risk for becoming overweight.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students are at risk for becoming overweight.

At or above the 85th percentile but below the 95th percentile for BMI, by age and sex



High School Students		
Gender	Male	15.4%
	Female	14.2%
Race	White	11.6%
	Black/African American	16.7%
	Asian	12.2%
	Other	18.3%
Ethnicity	Hispanic/Latino	18.2%

N respondents = 2322
Full results available on page 96 of the appendix

Overweight: At or above the 95th percentile for BMI^{1,2}, by age and sex

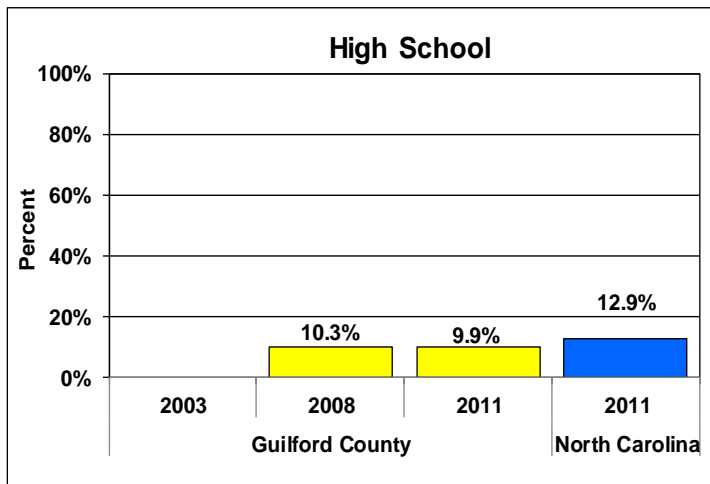


- About 1 in 10 (9.9%) GCS high school students are overweight.
- About 10-14% of GCS high school students who identified themselves as Black / African American, Other race, or Latino ethnicity were overweight, as compared to about 4-7% of GCS high schools students who identified as White or Asian (exact percentages given in the table below).



- **2011 NC Comparison:** A slightly lower percentage of GCS high school students (9.9%) are at risk for becoming overweight as compared to NC high school students (12.9%).

At or above the 85th percentile but below the 95th percentile for BMI, by age and sex



High School Students		
Gender	Male	11.5%
	Female	8.4%
Race	White	7.3%
	Black/African American	13.7%
	Asian	3.8%
	Other	10.0%
Ethnicity	Hispanic/Latino	9.7%

N respondents = 2322
Full results available on page 97 of the appendix

¹Body Mass Index (BMI): A measure of body fat based on a person's height and weight. BMI is computed as weight in kilograms divided by height in meters squared (kg/m²).

²Based on reference data from the 2000 CDC Growth Charts.

Trying to Lose Weight

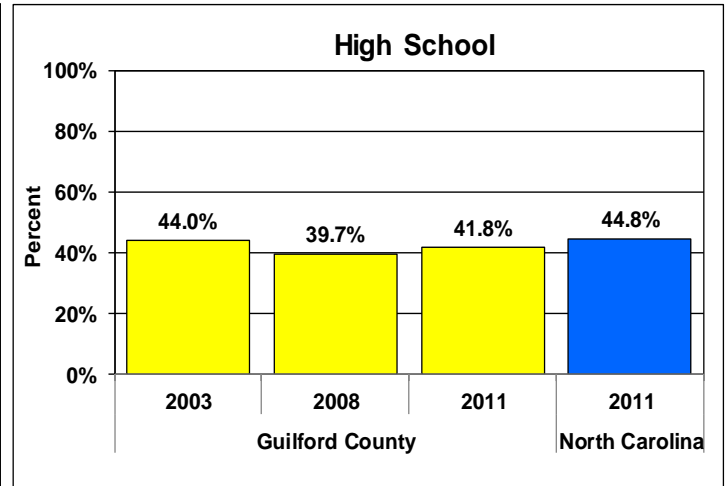
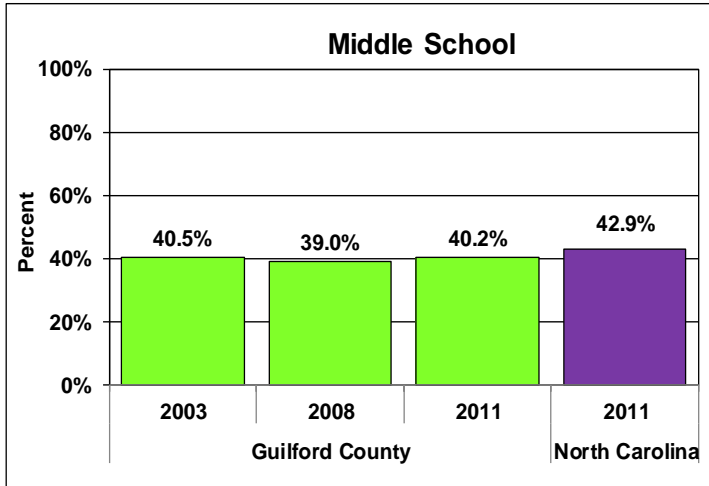


- About 40% of GCS middle and high school students are trying to lose weight.
- More female GCS middle school students (46.0%) are trying to lose weight as compared to male GCS middle school students (34.5%). The same was true for female GCS high school students (54.1%) as compared to male GCS high school students (27.5%).



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students are trying to lose weight.

Trying to lose weight



Middle School Students		
Gender	Male	34.5%
	Female	46.0%
Race	White	33.4%
	Black/African American	40.8%
	Asian	38.1%
	Other	51.0%
Ethnicity	Hispanic/Latino	52.6%

N respondents = 2662
Full results available on page 97 of the appendix

High School Students		
Gender	Male	27.5%
	Female	54.1%
Race	White	44.8%
	Black/African American	36.9%
	Asian	35.3%
	Other	46.9%
Ethnicity	Hispanic/Latino	51.0%

N respondents = 2344
Full results available on page 97 of the appendix

Are There Healthy Strategies Youth Can Use to Control Their Weight?³

Instead of using unhealthy strategies to control their weight, we can encourage youth to replace unhealthy habits with healthier ones. Five behaviors that can help youth to achieve or maintain a healthy weight are:

1. Exercise regularly to burn calories and build muscle
2. Reduce screen time (TV, computer and video games)
3. Watch portion sizes
4. Eat at least 5 servings of fruits and veggies a day
5. Don't skip breakfast

³Nemours Foundation. (2012). Teens Health: Staying at a Healthy Weight. Available at: kidshealth.org/teen/food_fitness/dieting/healthy_weight.html#cat20131

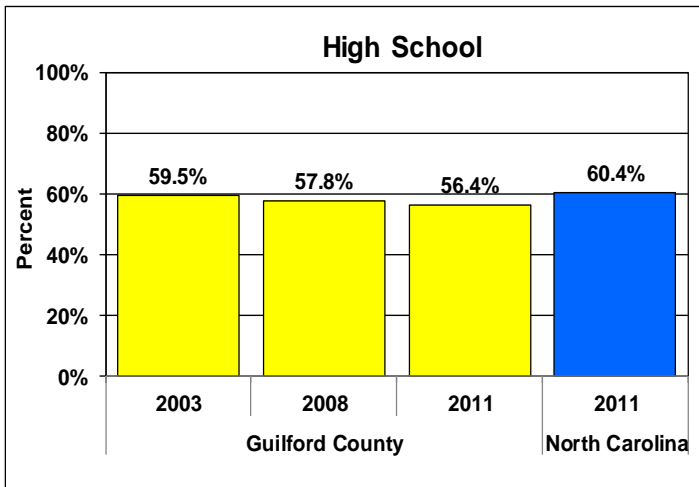
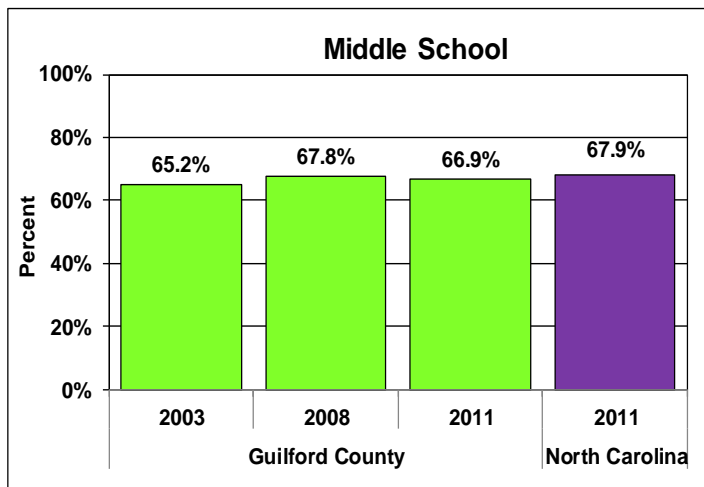
Exercised to Control Their Weight: Exercised to lose weight or to keep from gaining weight (MS = ever, HS = past 30 days)



- 2 out of 3 (66.9%) GCS middle school students have ever exercised to control their weight.
- About half (56.4%) of GCS high school students have exercised to control their weight in the past 30 days.
- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students have exercised to control their weight.

Ever exercised to lose weight or keep from gaining weight

Exercised to lose weight or keep from gaining weight during the past 30 days



Middle School Students		
Gender	Male	64.0%
	Female	69.8%
Race	White	63.1%
	Black/African American	69.0%
	Asian	61.4%
	Other	71.7%
Ethnicity	Hispanic/Latino	73.6%

N respondents = 2631
Full results available on page 97 of the appendix

High School Students		
Gender	Male	51.4%
	Female	60.6%
Race	White	60.7%
	Black/African American	50.8%
	Asian	43.6%
	Other	62.2%
Ethnicity	Hispanic/Latino	67.2%

N respondents = 2322
Full results available on page 97 of the appendix

Call to Action:

Another one of the three guiding principles of the 2010 Dietary Guidelines' Call to Action is:⁴
Facilitate individual behavior changes through environmental strategies

Many people lack the information or motivation needed to help their families engage in healthy nutrition and physical activity. Although more consumer education is important, information alone does not lead to behavior change. People also need to value the outcomes and believe that they can fit the needed changes into their lifestyles. Their environment also needs to support healthy behavior change with cultural sensitivity. Suggested action steps include:

- Empower individuals and families with improved nutrition literacy, gardening, and cooking skills to increase their enjoyment of preparing and eating healthy foods
- Create partnerships with food producers, suppliers, and retailers that can improve the availability of appropriate portions of affordable, nutritious food products in food retail and foodservice establishments
- Develop legislation, policies, and systems in key sectors such as public health, health care, retail, school foodservice, recreation/fitness, transportation, and nonprofit/volunteer to prevent and reduce obesity
- Support research that helps to develop and identify best practices and facilitate adoption of those practices

⁴US Dept. of Agriculture & US Dept. of Health and Human Services. (2010). Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: US Government Printing Office. Available at: health.gov/dietaryguidelines/2010.asp

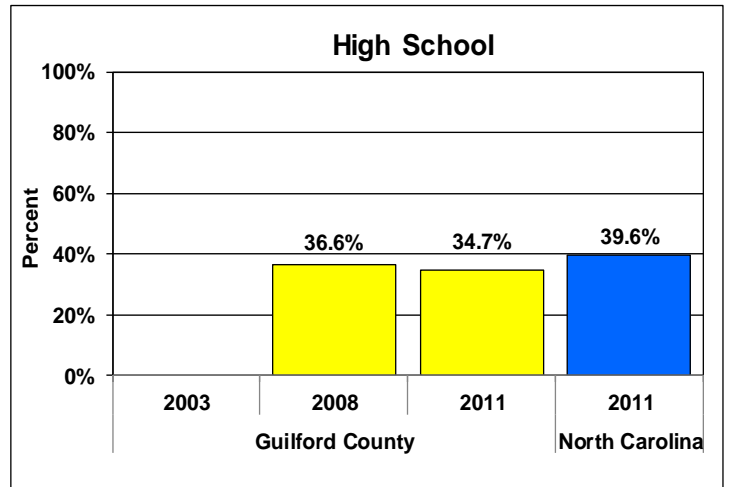
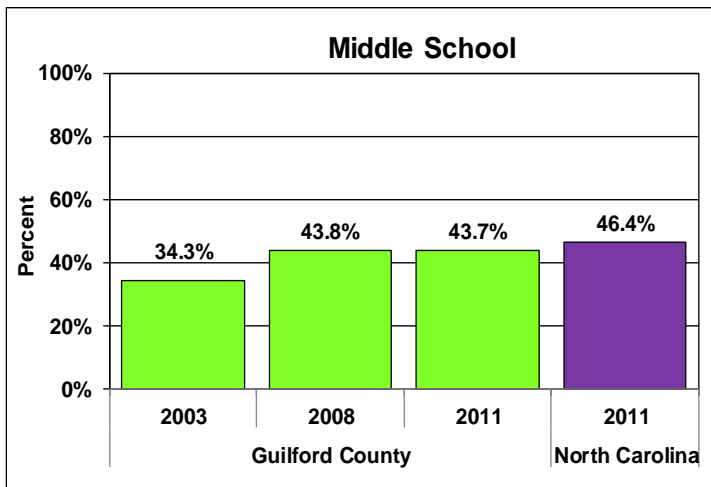
Modified Their Food Intake to Control Their Weight: Eaten less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight (MS = ever, HS = past 30 days)



- Almost 45% of GCS middle school students and 35% of GCS high school students have modified their food intake to control their weight.
- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students have modified their food intake to control their weight.

Ever eaten less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight

Eaten less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight during the past 30 days



Middle School Students		
Gender	Male	38.6%
	Female	48.7%
Race	White	40.4%
	Black/African American	75.4%
	Asian	48.8%
	Other	49.3%
Ethnicity	Hispanic/Latino	49.9%

N respondents = 2661
Full results available on page 97 of the appendix

High School Students		
Gender	Male	23.7%
	Female	44.0%
Race	White	37.7%
	Black/African American	30.4%
	Asian	25.6%
	Other	38.3%
Ethnicity	Hispanic/Latino	40.2%

N respondents = 2331
Full results available on page 97 of the appendix

Used Weight Loss Supplements to Control Their Weight: Taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight (MS = ever, HS = past 30 days)



- There has been a small downward trend from 2003 to 2011 in the percentage of GCS middle school students who have used weight loss supplements to control their weight (5.1% in 2003 vs. 4.0% in 2008 vs. 2.8% in 2011).
- There has been a similar downward trend in the percentage of GCS high school students who used weight loss supplements to control their weight in the past 30 days (7.1% in 2003 vs. 5.8% in 2008 vs. 3.4% in 2011).



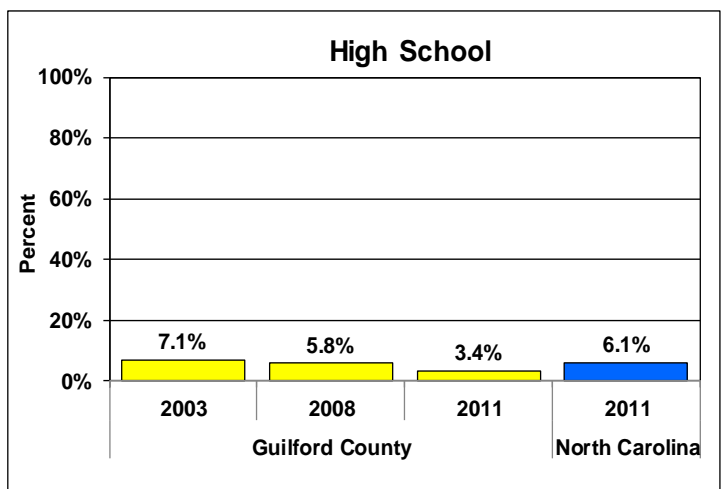
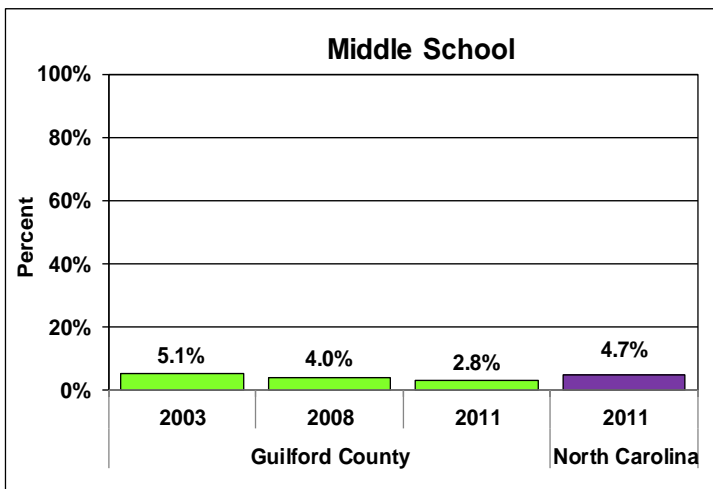
- 2.8% of GCS middle school students have used weight loss supplements to control their weight.
- 3.4% of GCS high school students used weight loss supplements to control their weight in the past 30 days.



- **2011 NC Comparison:** About as many GCS middle and high school students have used weight loss supplements to control their weight as NC middle and high school students.

Ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight

Taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days



Middle School Students		
Gender	Male	2.4%
	Female	3.1%
Race	White	1.9%
	Black/African American	3.1%
	Asian	1.2%
	Other	4.1%
Ethnicity	Hispanic/Latino	4.9%

N respondents = 2654
Full results available on page 97 of the appendix

High School Students		
Gender	Male	2.9%
	Female	3.8%
Race	White	4.1%
	Black/African American	2.7%
	Asian	0.8%
	Other	3.5%
Ethnicity	Hispanic/Latino	3.8%

N respondents = 2329
Full results available on page 97 of the appendix

Vomited or Taken Laxatives to Control Their Weight: Vomited or took laxatives to lose weight or to keep from gaining weight (MS = ever, HS = past 30 days)

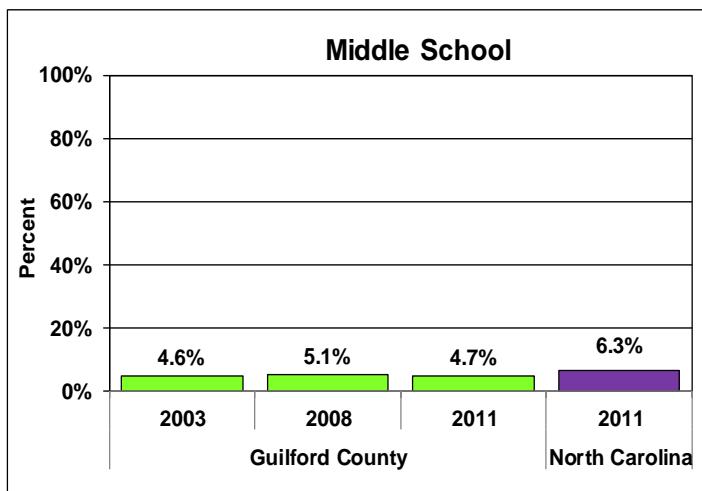


- 4.7% of GCS middle school students have vomited or taken laxatives to control their weight.
- 3.7% of GCS high school students have vomited or taken laxatives to control their weight in the past 30 days.

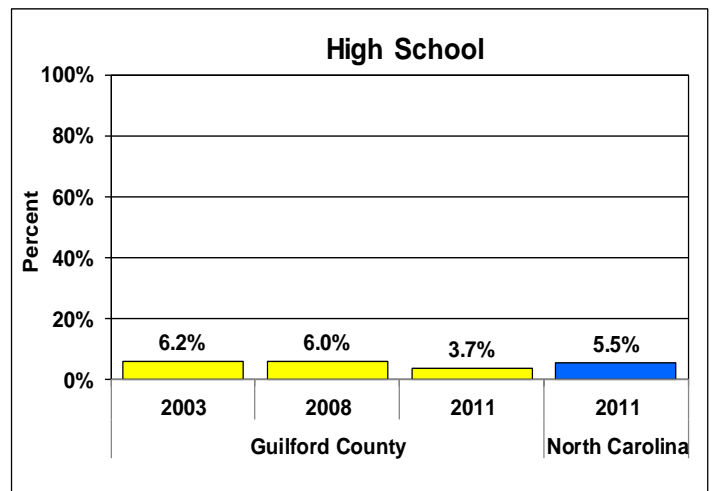


- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students have vomited or taken laxatives to control their weight.

Ever vomited or took laxatives to lose weight or to keep from gaining weight



Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days



Middle School Students		
Gender	Male	3.9%
	Female	5.6%
Race	White	2.8%
	Black/African American	6.2%
	Asian	4.8%
	Other	5.7%
	Ethnicity	Hispanic/Latino

N respondents = 2646
Full results available on page 97 of the appendix

High School Students		
Gender	Male	2.7%
	Female	4.5%
Race	White	4.0%
	Black/African American	3.0%
	Asian	2.3%
	Other	3.8%
	Ethnicity	Hispanic/Latino

N respondents = 2322
Full results available on page 97 of the appendix

Skipped Meals to Lose Weight in the Past Month (MS): Skipped meals to lose weight or keep from gaining weight in the past 30 days



- **2011 NC Comparison:** Fewer GCS middle school students (13.3%) as compared to NC middle school students (19.9%) have skipped meals to lose weight in the past month.



- Over 1 in 8 (13.3%) GCS middle school students have skipped meals to lose weight in the past month

N respondents = 2629; Full results available on page 97 of the appendix

Fasted for 24+ Hours to Control Their Weight: Gone without eating for 24 hours or more to lose weight or keep from gaining weight

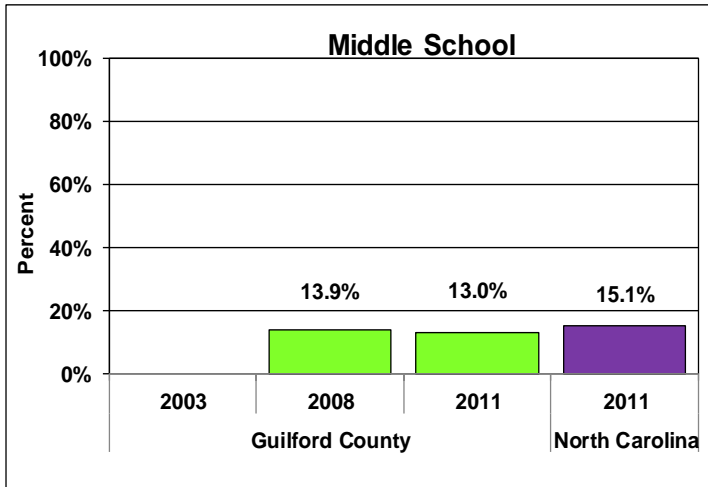


• Over 1 in 8 (13.0%) GCS middle school students have fasted for 24+ hours to control their weight.



• **2011 NC Comparison:** About the same percentage of GCS middle school as NC middle school students have fasted for 24+ hours to control their weight.

Gone without eating for 24 hours or more to lose weight or keep from gaining weight.



Category	Sub-category	Percent
Gender	Male	11.1%
	Female	14.8%
Race	White	7.3%
	Black/African American	16.7%
	Asian	18.5%
	Other	15.2%
Ethnicity	Hispanic/Latino	14.6%

N respondents = 2629

Full results available on page 97 of the appendix

Many students have used diets and weight loss systems, which can be an unhealthy way to control weight. 13% of middle school students have gone without eating for 24 hours or more to lose weight or keep from gaining weight.

“Drink your Pounds Away”



Imani Upsher, 9th grade, Western High School, Alcohol and Drug Services' Community Awareness Recreation Education for Students (CARES)

Safety

Personal safety is critical for all of our youth to prevent unintentional injury, or injury that is not caused on purpose. Most unintentional injuries are preventable. For example, if all youth between the ages of 4 and 15 always wore a helmet when riding their bikes, there would be between 39,000 and 45,000 fewer head injuries, and 18,000 to 55,000 fewer scalp and face injuries each year.¹ The estimated cost of bicycle related injuries and deaths is \$8 billion per year.¹ In addition, more than 10,000 people died in alcohol-impaired driving crashes in 2010, which is about 1 every 51 minutes.²

We can reduce the risks by improving the physical and social environments that can negatively impact individual behaviors. We can also encourage our youth to make choices that help to keep them safe, such as wearing seatbelts and bike helmets, not texting while driving and never driving after drinking or riding with someone who has been drinking.

Never or Rarely Wore a Helmet While Rollerblading or Skateboarding (MS): Among students who used rollerblades or rode a skateboard, those who never or rarely wore a helmet

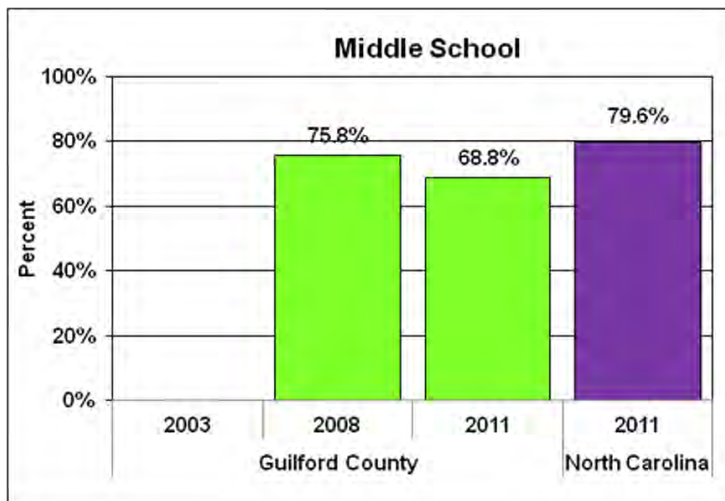


- **2011 NC Comparison:** A lower percentage of GCS middle school students (68.8%) than NC students (79.6%) never or rarely wore a helmet while rollerblading or skateboarding.
- A lower percentage of GCS middle school students never or rarely wore a helmet while rollerblading or skateboarding in 2011 (68.8%) as compared to 2008 (75.8%).



- 2 out of 3 (68.8%) GCS middle students never or rarely wore a helmet while rollerblading or skateboarding.

Among students who used rollerblades or rode a skateboard, those who never or rarely wore a helmet



Middle School Students		
Gender	Male	71.0%
	Female	66.2%
Race	White	53.9%
	Black/African American	82.6%
	Asian	66.3%
	Other	73.2%
Ethnicity	Hispanic/Latino	72.3%

N respondents = 1328 (students who answered that they "do not rollerblade or ride a skateboard" were excluded from this analysis)
Full results available on page 97 of the appendix

¹NC Department of Transportation. (2009). Child Bicycle Safety Act/Bicycle Helmet Law of North Carolina. Available at: www.ncdot.gov/bikeped/download/bikeped_laws_Helmet_Law.pdf

²National Highway Traffic Safety Administration. (2012). Impaired Driving. Available at: www.nhtsa.gov/Impaired

Never or Rarely Wore a Helmet While Biking: Among students who rode a bicycle, those who never or rarely wore a bicycle helmet



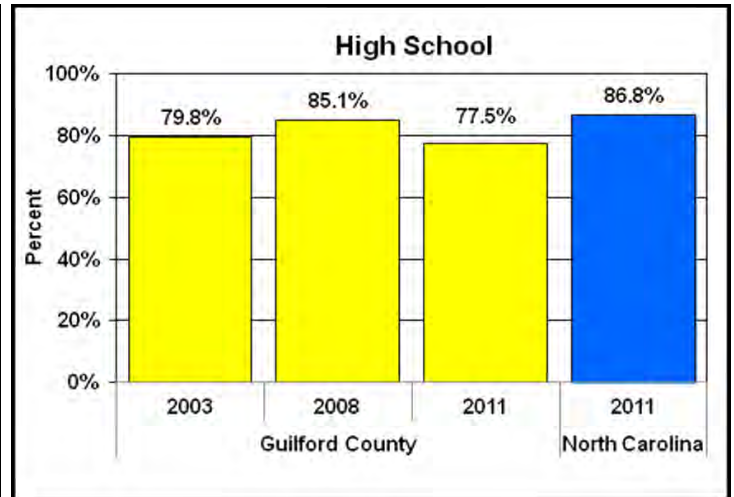
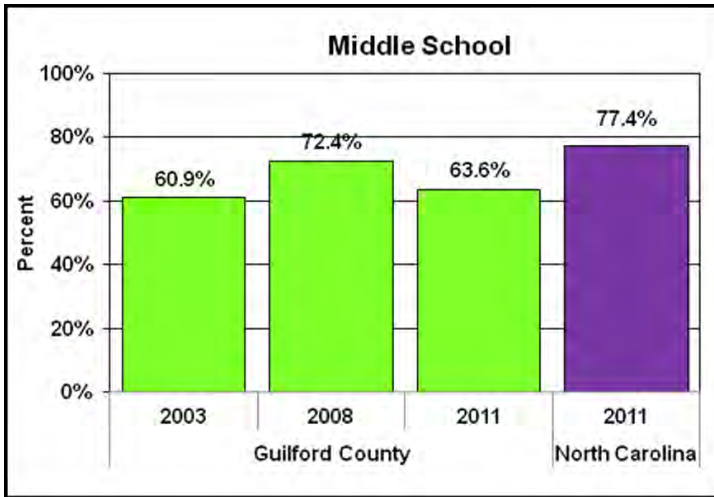
- A lower percentage of GCS middle school students never or rarely wore a helmet while biking in 2011 (63.6%) as compared to 2008 (72.4%).
- **2011 NC Comparison:** Fewer GCS middle school students (63.6%) never or rarely wore a helmet while biking than NC middle school students (77.4%). The same was true for GCS high school students (77.5%) as compared to NC high school students (86.8%).



- Almost 2 out of 3 (63.6%) GCS middle school students never or rarely wore a helmet while biking.
- 3 out of 4 (77.5%) GCS high school students never or rarely wore a helmet while biking during the past year.

Among students who rode a bicycle, those who never or rarely wore a bicycle helmet

Among students who rode a bicycle during the past 12 months, those who never or rarely wore a bicycle helmet



Middle School Students		
Gender	Male	67.0%
	Female	60.0%
Race	White	41.4%
	Black/African American	82.9%
	Asian	53.8%
	Other	73.6%
Ethnicity	Hispanic/Latino	72.8%

N respondents = 2253 (students who answered that they "do not ride a bicycle" were excluded from this analysis)
Full results available on page 98 of the appendix

High School Students		
Gender	Male	80.7%
	Female	73.9%
Race	White	65.4%
	Black/African American	93.2%
	Asian	75.6%
	Other	83.6%
Ethnicity	Hispanic/Latino	84.5%

N respondents = 1465 (students who answered that they "did not ride a bike in the past 12 months" were excluded from this analysis)
Full results available on page 98 of the appendix

What is the Child Bicycle Safety Act?³

In 2001, NC enacted the Child Bicycle Safety Act. This law requires every person under 16 years old to wear an approved bicycle helmet when operating a bicycle on any public road, public bicycle path or other public right-of-way. Research shows that helmets prevent 60% of head injury deaths and reduce the overall risk of head injuries by 85%.

For more info about the Child Bicycle Safety Act, go to: www.ncdot.gov/bikeped/lawspolicies/laws/

³NC Department of Transportation. (2009). Child Bicycle Safety Act/Bicycle Helmet Law of North Carolina. Available at: www.ncdot.gov/bikeped/download/bikeped_laws_Helmet_Law.pdf

Never or Rarely Wore a Seatbelt: Never or rarely wore a seat belt in a car



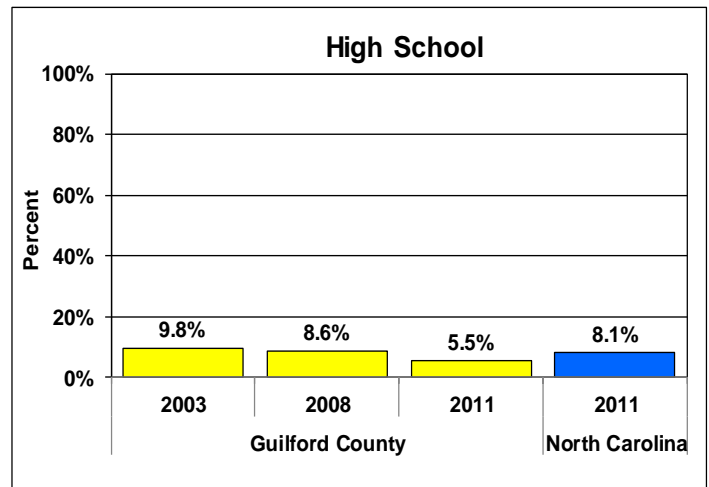
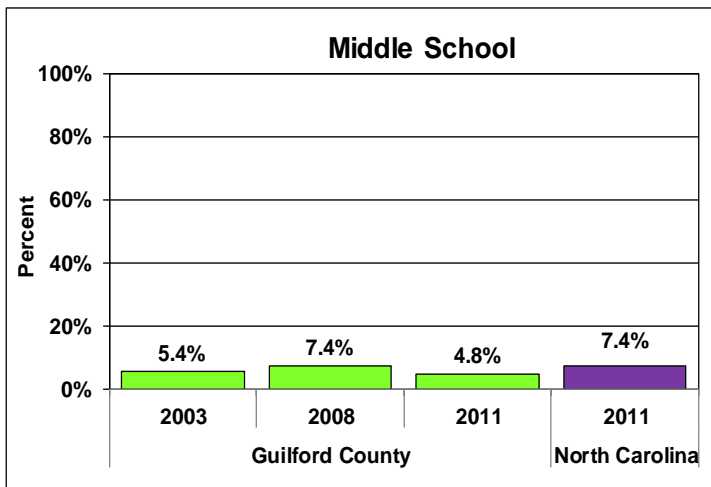
- About 5% of GCS middle and high school students reported that they never or rarely wore a seatbelt.



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students never or rarely wore a seatbelt.

Never or rarely wore a seat belt when riding in a car

Never or rarely wore a seat belt when riding in a car driven by someone else



Middle School Students		
Gender	Male	5.5%
	Female	4.0%
Race	White	2.1%
	Black/African American	6.7%
	Asian	5.3%
	Other	5.9%
Ethnicity	Hispanic/Latino	6.0%

N respondents = 2701
Full results available on page 98 of the appendix

High School Students		
Gender	Male	6.6%
	Female	4.4%
Race	White	3.5%
	Black/African American	6.6%
	Asian	6.6%
	Other	6.4%
Ethnicity	Hispanic/Latino	5.7%

N respondents = 2366
Full results available on page 98 of the appendix

North Carolina Law on Seat Belt Use^{4,5}

According to NC Seat Belt Law, ALL drivers and passengers ages 16 and older must wear their seat belts. This includes back seat passengers. Drivers and front seat passengers in violation will receive a \$25 fine, while back seat passengers will receive a \$10 fine. Additional court costs may be as much as \$130.

Youth under 16 years of age, protected by the NC Child Passenger Safety Law, must be properly secured when riding in a vehicle. Children up to age 8 and weighing less than 80 pounds must be secured in a safety seat, while older children must use booster seats before graduating to an adult safety belt. Drivers who fail to properly secure children face \$125 in fines and court costs, in addition to a two-point penalty on their driving record.

For more information about seat belts and child restraints, go to:
www.ncdot.gov/travel/roadrules/ or www.buckleup.nc.org

⁴North Carolina Child Passenger Safety Resource Center. (2011). NC Seat Belt Law. Available at: www.buckleupnc.org/laws_belts.cfm

⁵North Carolina Department of Transportation. (2012). Road Rules. Available at: www.ncdot.gov/travel/roadrules/

Ever Ridden with a Reckless Driver (MS): Ever ridden in a car or other vehicle driven by someone who had been recklessly speeding



- **2011 NC Comparison:** A lower percentage of GCS middle school students (27.0%) have ever ridden with a reckless driver as compared to NC middle school students. (33.9%)



- Over 1 in 4 (27.0%) GCS middle school students have ever ridden with a reckless driver.

N respondents = 2705; Full results available on page 98 of the appendix

Ridden with a Drunk Driver: Rode in a car driven by someone who had been drinking alcohol (MS = ever; HS = 1+ times during past 30 days)



- There was a downward trend from 2003 to 2011 among both GCS middle school and high school students that have ridden with a drunk driver.
- **2011 NC Comparison:** Fewer GCS middle school students (16.0%) have ever ridden with a drunk driver as compared to NC middle school students (22.8%).



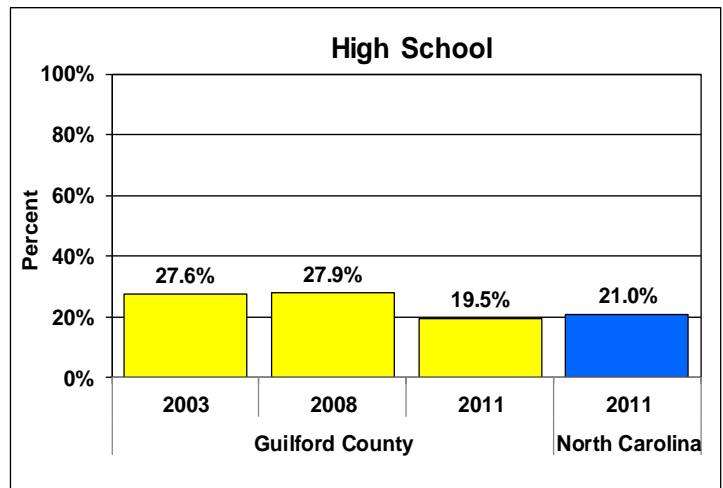
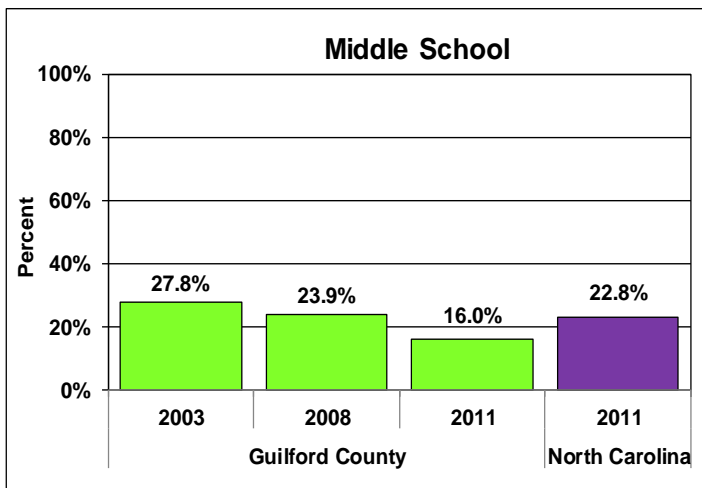
- 16.0% of GCS middle school students have ever ridden with a drunk driver.
- 19.5% of GCS high school students have ridden with a drunk driver in the past 30 days.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students have ridden with a drunk driver in the past 30 days.

Ever rode in a car driven by someone who had been drinking

Rode 1+ times in the past 30 days in a car driven by someone who had been drinking



Middle School Students		
Gender	Male	15.9
	Female	15.8
Race	White	15.4
	Black/African American	15.0
	Asian	13.6
	Other	19.2
Ethnicity	Hispanic/Latino	21.3

N respondents = 2709
Full results available on page 98 of the appendix

High School Students		
Gender	Male	18.1%
	Female	20.8%
Race	White	18.9%
	Black/African American	18.2%
	Asian	19.1%
	Other	23.9%
Ethnicity	Hispanic/Latino	25.2%

N respondents = 2366
Full results available on page 98 of the appendix

Drinking and Driving in the Past Month (HS): Drove a car or other vehicle 1+ times during the past 30 days when they had been drinking



- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who reported drinking and driving in the past month (13.9% in 2003 vs. 11.8% in 2008 vs. 4.6% in 2011).



- Almost 5% of GCS high school students reported drinking and driving in the past month.

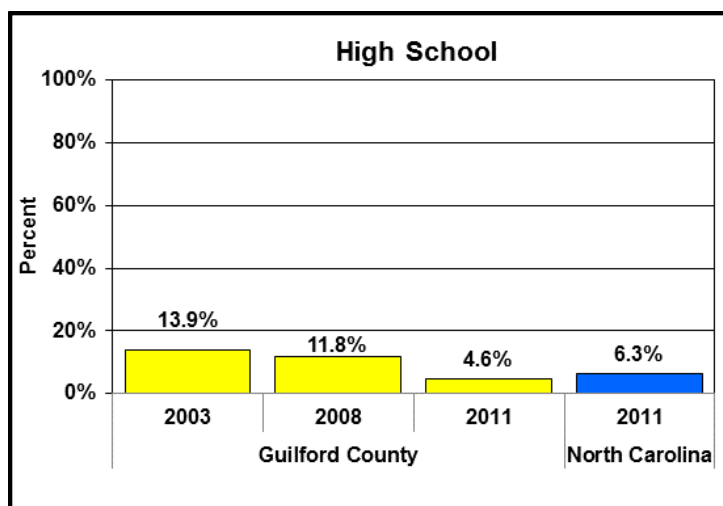


- **2011 NC Comparison:** About as many GCS high school students as NC high school students reported drinking and driving in the past month.

Drove a car or other vehicle 1+ times during the past 30 days when they had been drinking

High School Students		
Gender	Male	5.0%
	Female	4.3%
Race	White	5.5%
	Black/African American	3.4%
	Asian	3.7%
	Other	5.4%
Ethnicity	Hispanic/Latino	7.0%

N respondents = 2343
Full results available on page 98 of the appendix



In 2011, 4.6% of GCS high school students reported driving a car one or more times during the past month when they had been drinking. In addition, 16% of GCS middle school students reported ever riding in a car with someone who had been drinking and 19.5% of GCS high school students reported riding in a car with someone who had been drinking one or more times in the past 30 days.

“Things Can Go Wrong”



Tony Pierce, 9th grade, Southeast High School, CARES

Did you know?

From 2006 - 2010, motor vehicle injuries were the 3rd leading cause of death in Guilford County for youth under the age of 19.⁶

⁶North Carolina State Center for Health Statistics (2012). County Health Databook, Available at: www.schs.state.nc.us/SCHS/data/databook/

Texting While Driving in the Past Month: Texted or e-mailed while driving a car or other vehicle on 1+ of the past 30 days



- **2011 NC Comparison:** A lower percentage of GCS high school students reported texting while driving in the past month (23.4%) as compared to NC high school students (34.5%).

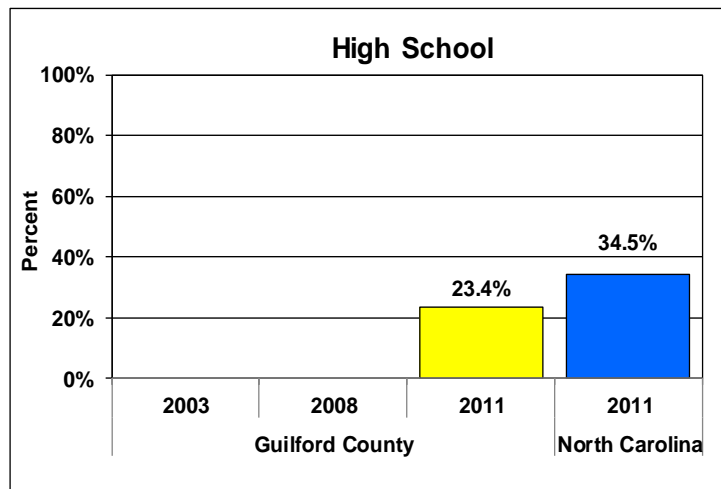


- Almost 1 in 4 (23.4%) of GCS high school students reported texting while driving in the past month.
- A higher percentage of White GCS high school students (30.4%) reported texting while driving in the past month as compared to all other race and ethnic groups (exact percentages in table below).
- Over 1 in 3 high school students who are 16, 17 or 18 years old reported texting while driving in the past month (see more detailed breakdown by age of texting while driving below).

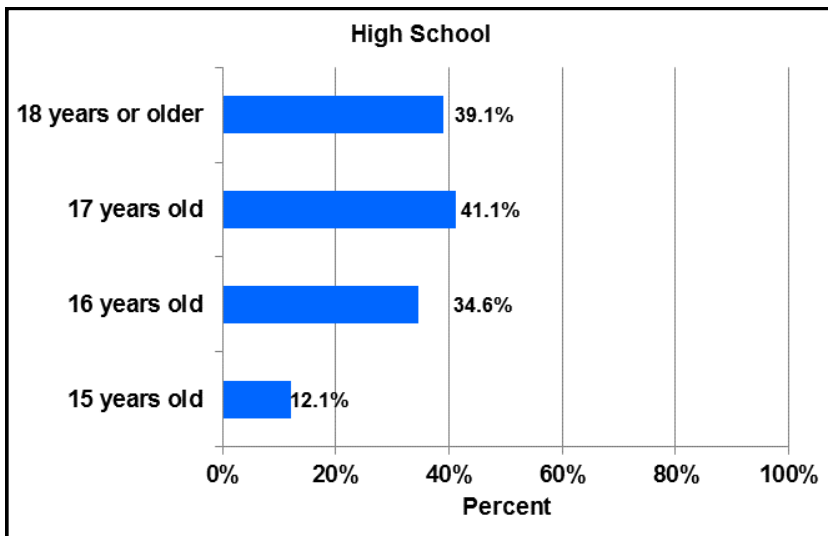
Texted or e-mailed while driving a car or other vehicle on 1+ of the past 30 days

High School Students		
Gender	Male	23.0%
	Female	23.8%
Race	White	30.4%
	Black/African American	18.7%
	Asian	15.4%
	Other	20.0%
Ethnicity	Hispanic/Latino	20.1%

N respondents = 2355
Full results available on page 98 of the appendix



Percentage of Students in Each Age Group Who Reported Driving and Texting in the past 30 days¹



Full results available on page 106 of the appendix

¹Many respondents in the sample were not old enough to drive. Therefore, this chart provides the percentage of students within each age group who reported driving and texting within the past 30 days, focusing only on students who were old enough to drive. Note, no questions were asked to determine whether a respondent actually had their driver's permit or license. Therefore, these percentages may underestimate the prevalence of texting while driving in the past month among GCS high school drivers.

NC Policy on Mobile Device Use While Driving⁷

According to NC law, NO ONE under the age of 18 is permitted to use a cell phone or any technology associated with a cell phone while a vehicle is in motion. This includes ANY other technology that provides access to digital media, such as digital cameras, email, the internet, music, or games. Minors in violation will receive a \$25 fine. Exceptions include talking with an emergency response operator, health care provider, ambulance service, parent, legal guardian or spouse.

NC law also prohibits ANY driver from texting or reading a text while their vehicle is in motion (except for those performing official duties as a law enforcement officer). Those in violation face \$100 fine + applicable court fees.

⁷NCDOT. (2011). Motor Vehicles. Available at: www.ncleg.net/EnactedLegislation/Statutes/HTML/ByChapter/Chapter_20.html

Bullying

Bullying is a violent behavior that involves the repeated actual or threat of physical, verbal or psychological attack with the intent of causing fear or harm. It can be something as seemingly innocuous as teasing, or more aggressive in nature, like hitting. Bullying can also include relational or psychological attacks in which the bully may take measures to socially isolate the victim (e.g. spreading rumors, sharing embarrassing photos via text or the internet). The impact of bullying can cause physical and emotional trauma and an increased risk of depression and anxiety among those who are victimized. Those who bully are more likely to have problems with academic performance, substance abuse and violence later in life.¹

Bullying can occur in person or through the use of technology. The latter has received increased public attention recently, especially due to the increased use of electronic devices and social networking internet sites. Bullies are more likely to have severe parenting, poor impulse control and tend to be more accepting of violent behavior. Youth who are more passive, have a lower self-esteem and challenges with friends are more likely to be targets. Guilford County Schools has taken an assertive stand against any type of bullying behavior through its policy on student harassment and bullying and its attempt to create a discrimination-free environment.²

Electronic bullying includes email, texting, instant messaging, and websites. In 2011, 15.1% of GCS middle school students reported ever being electronically bullied and almost 12% of GCS high school students reported being electronically bullied in the past 12 months.

“Bullying Hurts”



Kourtney Cox, 11th grade, The Academy at Smith, Smart Girls Leadership Academy

How Does GCS Define Bullying?²

According to GCS policy: Bullying or harassing behavior includes, but is not limited to acts of disrespect, intimidation, threats or any pattern or gesture which takes place on school property, at any school sponsored function, or otherwise related to school which is reasonably perceived as being motivated by any actual or perceived differentiating characteristic. Further, such behavior either places a student or school employee in actual and reasonable fear of harm to his or her person or damage to his or her property or creates a hostile educational environment, which does, or is certain to substantially interfere with or impair a student's educational performance, opportunities or benefits or an employee's ability to function successfully in the work place.

¹Centers for Disease Control and Prevention. (2011). Understanding Bullying Fact Sheet. Available at: www.cdc.gov/violenceprevention/pdf/Bullying_Factsheet-a.pdf

²Gay Straight Advocates for Education. (2008). Guilford County Board of Education Board Policy: Student Harassment, Bullying and Discrimination Free Environment. Available at: <http://www.gsafeg.org/Resources/GCSPolicy.aspx>

Been Electronically Bullied: Been electronically bullied (MS = ever, HS = during the past 12 months)



• **2011 NC Comparison:** Fewer GCS middle school students (15.1%) than NC middle school students (20.8%) have been electronically bullied.



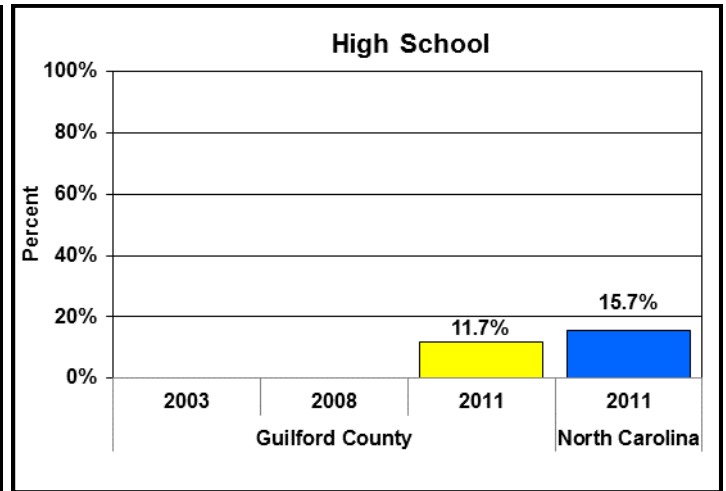
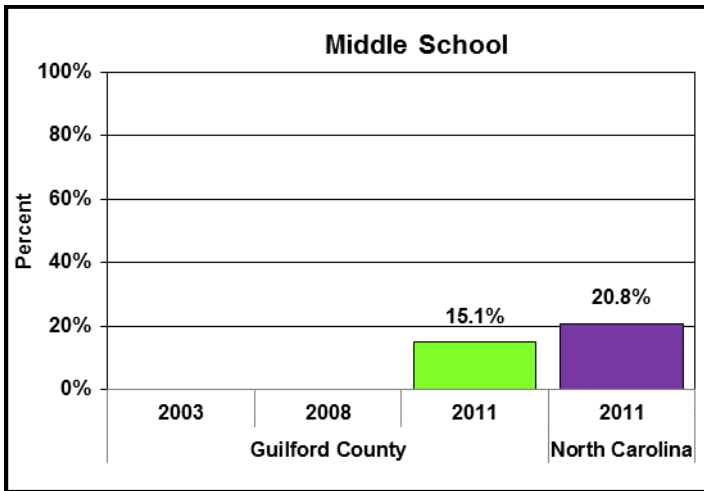
• A higher percentage of female GCS middle school students have been electronically bullied (19.3%) as compared to male GCS middle school students (10.8%). The same was true for female GCS high school students (15.6%) as compared to male GCS high school students (7.3%)



• **2011 NC Comparison:** About as many GCS high school students as NC high school students have been electronically bullied.

Ever been electronically bullied

Been electronically bullied during the past 12 months



Middle School Students		
Gender	Male	10.8%
	Female	19.3%
Race	White	16.9%
	Black/African American	11.3%
	Asian	14.3%
	Other	20.7%
Ethnicity	Hispanic/Latino	16.0%

N respondents = 2700
Full results available on page 98 of the appendix

High School Students		
Gender	Male	7.3%
	Female	15.6%
Race	White	15.7%
	Black/African American	8.7%
	Asian	5.9%
	Other	11.1%
Ethnicity	Hispanic/Latino	10.2%

N respondents = 2354
Full results available on page 98 of the appendix

GCS Policy Overview²

It is the policy of the GCBOE to maintain a learning environment that is free from harassment, bullying, and discrimination. Students are prohibited from engaging in harassment, bullying, or discrimination based on an individual's real or perceived race, color, sex, religion, creed, political belief, age, national origin, linguistic and language differences, sexual orientation, gender identity/expression, socioeconomic status, height, weight, physical characteristics, marital status, parental status, disability, or any other characteristic or feature that becomes the focus of unwanted and unwelcome behavior as described [on the following pages]. Similarly, the Board prohibits harassment, bullying and discrimination based on a student or employee's association with others. Students who violate this policy shall be disciplined pursuant to policy JD, the Student Code of Conduct and students may be reassigned where appropriate.

Bullied at School: Bullied on school property (MS = ever, HS = during the past 12 months)



• **2011 NC Comparison:** A lower percentage of GCS middle school students (35.8%) than NC middle school students (42.1%) have been bullied at school (35.8%).

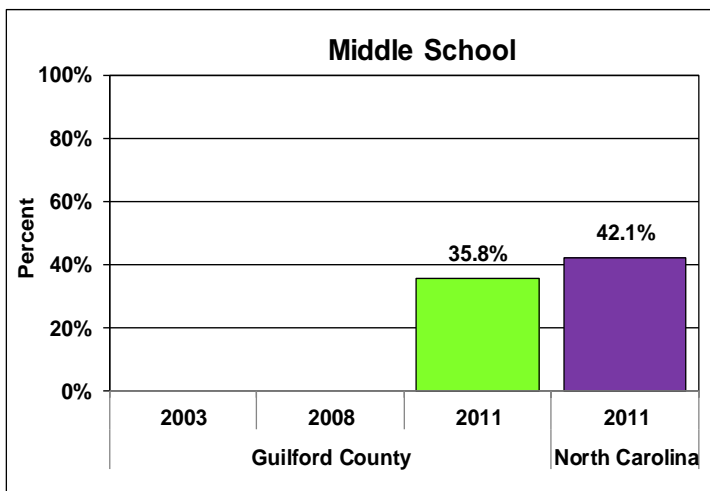


• Over 1 in 3 (35.8%) GCS middle school students have ever been bullied at school.
 • Almost 1 in 5 (17.8%) GCS high school students have been bullied at school in the past 12 months.

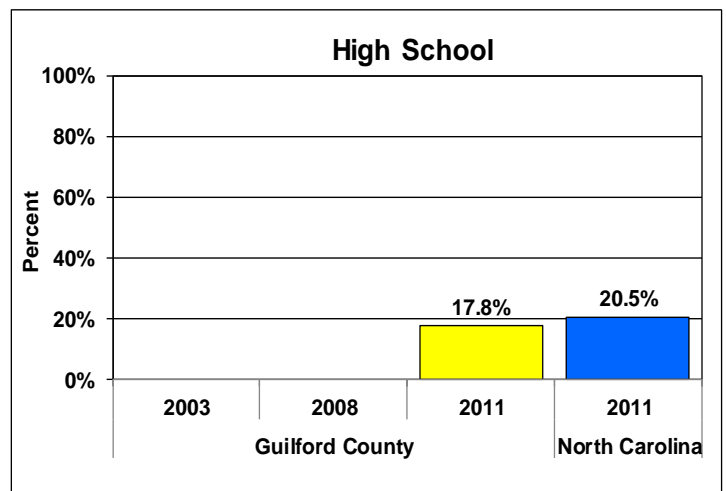


• **2011 NC Comparison:** About as many GCS high school students as NC high school students have been bullied at school in the past 12 months.

Ever been bullied on school property



Bullied on school property during the past 12 months



Middle School Students		
Gender	Male	33.4%
	Female	38.0%
Race	White	40.6%
	Black/African American	31.2%
	Asian	30.8%
	Other	36.0%
Ethnicity	Hispanic/Latino	36.7%

N respondents = 2702
 Full results available on page 98 of the appendix

High School Students		
Gender	Male	16.4%
	Female	19.1%
Race	White	21.3%
	Black/African American	15.4%
	Asian	8.9%
	Other	18.0%
Ethnicity	Hispanic/Latino	18.0%

N respondents = 2357
 Full results available on page 98 of the appendix

What Should Students do if They Have Been Bullied?²

According to GCS Policy: Persons who believe they have been bullied, harassed or discriminated against shall inform a teacher, counselor or the school principal and all staff persons observing behavior have a duty to report such conduct to the principal. Students may anonymously report inappropriate activity; however, anonymous reports cannot be the sole basis of student discipline and consequently are not encouraged. The principal will follow the procedures accompanying this policy in JCDAD-P and promptly assure that all allegations are investigated. If a GCS employee knowingly fails to report or take proper action, or knowingly provides false information in an incident of student bullying, harassment or discrimination the employee will be subject to disciplinary action.

Seen Other Students Bullied at School: Seen other students being bullied in their school during the past 12 months



- **2011 NC Comparison:** A lower percentage of GCS middle school students (63.4%) than NC middle school students (72.9%) have seen other students bullied at school.

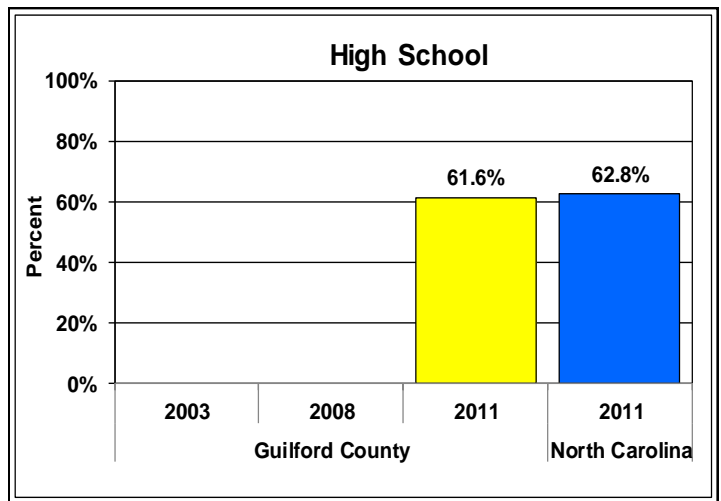
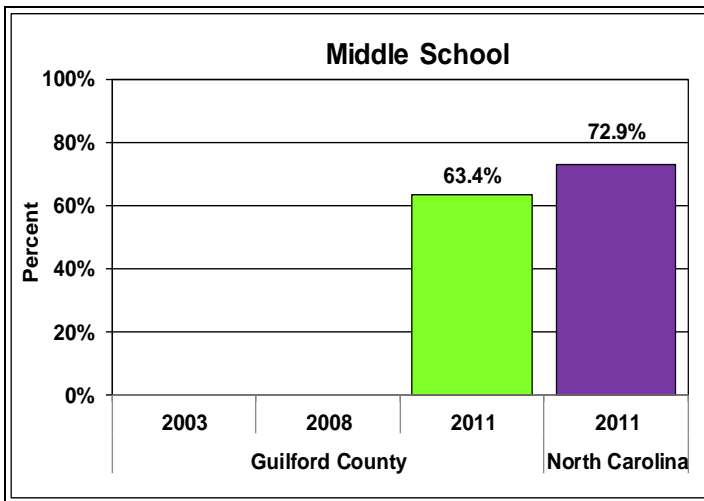


- Over 60% of GCS middle and high school students have seen other students bullied at school.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students have seen other students bullied at school.

Have seen other students being bullied in their school during the past 12 months



Middle School Students		
Gender	Male	61.1%
	Female	65.7%
Race	White	66.7%
	Black/African American	63.8%
	Asian	56.5%
	Other	60.8%
Ethnicity	Hispanic/Latino	59.5%

N respondents = 2704
Full results available on page 98 of the appendix

High School Students		
Gender	Male	58.3%
	Female	64.5%
Race	White	66.9%
	Black/African American	58.1%
	Asian	45.5%
	Other	62.1%
Ethnicity	Hispanic/Latino	60.4%

N respondents = 2363
Full results available on page 98 of the appendix

What Happens if a GCS Student Reports Bullying?²

According to GCS Policy: Persons who report bullying, harassment or discrimination pursuant to this policy have a right to know the outcome of the investigation of the allegations within the bounds of the law, unless the report was anonymous. Additionally, any person who reported conduct pursuant to this policy who is not satisfied with the outcome of the investigation has a right to file a grievance pursuant to policy JCE (Grievances by Students and Parents). No one is permitted to retaliate against persons who allege a violation of this policy. GCS will take steps to prevent a recurrence of the conduct and will take steps to correct any discriminatory effects, including reassignment of students where necessary.

Teased Because of Their Perceived Sexuality: Been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual



- **2011 NC Comparison:** A lower percentage of GCS middle school students (16.8%) have been teased because of their perceived sexuality as compared to NC middle school students (21.9%).

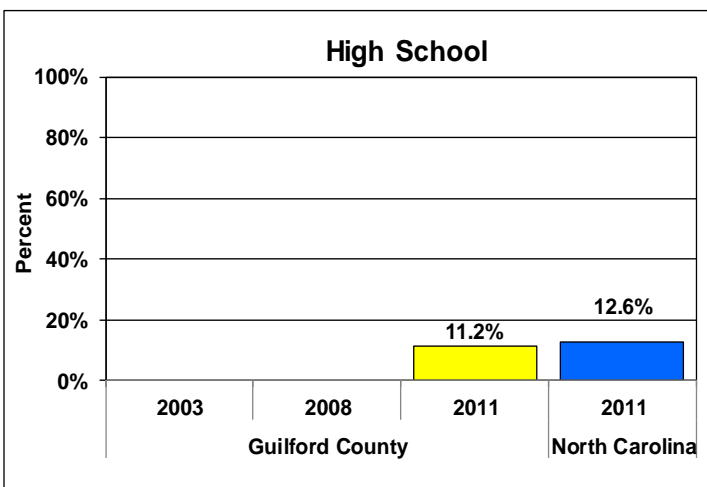
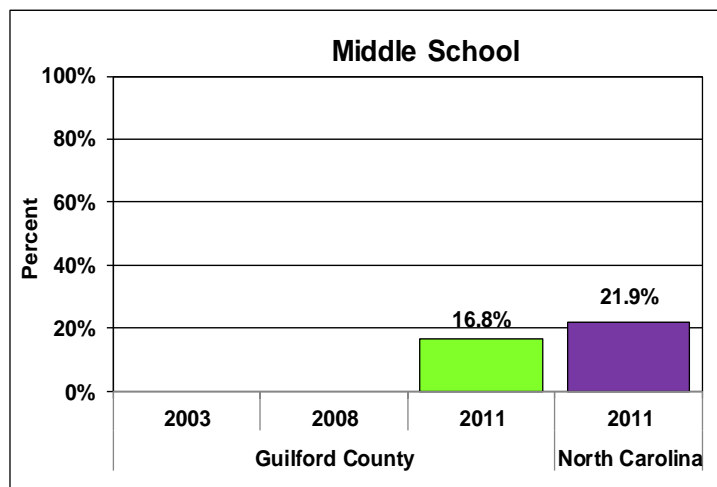


- 16.8% of GCS middle school students and 11.2% of GCS high school students have been teased because of their perceived sexuality.
- More male GCS middle school students (19.8%) have been teased because of their perceived sexuality as compared to female GCS middle school students (13.8%).



- **2011 NC Comparison:** About as many GCS high school students as NC high school students have been teased because of their perceived sexuality.

Been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual



Middle School Students		
Gender	Male	19.8%
	Female	13.8%
Race	White	15.9%
	Black/African American	17.5%
	Asian	13.7%
	Other	17.6%
Ethnicity	Hispanic/Latino	15.3%

N respondents = 2705
Full results available on page 99 of the appendix

High School Students		
Gender	Male	11.3%
	Female	11.1%
Race	White	10.8%
	Black/African American	9.8%
	Asian	7.4%
	Other	14.7%
Ethnicity	Hispanic/Latino	10.6%

N respondents = 2365
Full results available on page 99 of the appendix

Violence Related Behaviors

Both witnessing and experiencing violence has a profound impact on the health and well-being of our youth. The effects can include physical trauma, such as broken bones, cuts or gunshot wounds, or can be psychological in nature, such as post traumatic stress disorder. These psychological impacts can then cause problems with concentration, attention and lack of motivation. Risk factors that may make some youth more vulnerable include poverty, substance use, past history of violence, family dysfunction, lower academic success, and association with peers who are delinquent.¹

We know that nationally 1 in 3 teens is physically, sexually or emotionally abused by a dating partner² and locally, homicide was the 6th leading cause of death in Guilford County for youth 0 to 19 years of age from 2006-2010.³ We must work to reduce the experience of violence perpetrated by others in the lives of our youth.

Been in a Fight at School in the Past Year (HS): Been in a physical fight on school property 1+ times during the past 12 months



- A lower percentage of GCS high school students have been in a fight at school in the past year in 2011 (7.5%) as compared to 2008 (14.4%) and 2003 (11.0%).



- 7.5% of GCS high school students have been in a fight at school in the past year.

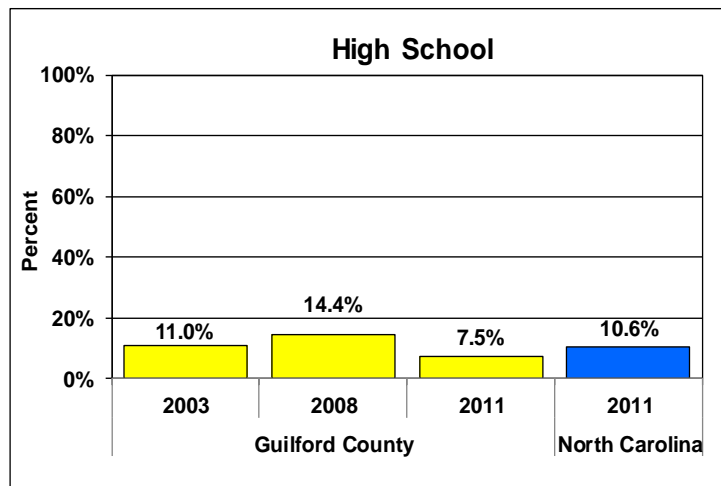


- **2011 NC Comparison:** About as many GCS high school students as NC high school students have been in a fight at school in the past year.

Been in a physical fight on school property 1+ times during the past 12 months

High School Students		
Gender	Male	9.3%
	Female	5.9%
Race	White	5.4%
	Black/African American	9.4%
	Asian	3.7%
	Other	10.1%
Ethnicity	Hispanic/Latino	10.2%

N respondents = 2348
Full results available on page 99 of the appendix



¹ Centers for Disease Control and Prevention. (2011). Youth Violence Risk and Protective Factors. Available at: www.cdc.gov/ViolencePrevention/youthviolence/riskprotectivefactors.html

² Davis, Antoinette, MPH. (2008). Interpersonal and Physical Dating Violence among Teens. The National Council on Crime and Delinquency Focus. Available at: www.nccdcrc.org/nccd/pubs/2008_focus_teen_dating_violence.pdf.

³ North Carolina Department of Health and Human Services State Center for Health Statistics and the Office of Healthy Carolinians/Health Education. (2012). County Health Data Book: Death Counts and Crude Death Rates per 100,000 Population for Leading Causes of Death by Age. Available at: www.schs.state.nc.us/SCHS/data/databook/

Been in a Physical Fight: Been in a physical fight (MS = ever; HS = 1+ times during past 12 months)



- Half (50.5%) of GCS middle school students had ever been in a physical fight and 1 in 4 (25.7%) GCS high school students had been in a physical fight in the past year.
- Male GCS middle school students (65.4%) were much more likely to have ever been in a physical fight than female GCS middle school students (35.8%). The same was true for male GCS high school students (33.4%) as compared to female GCS high school students (19.1%).



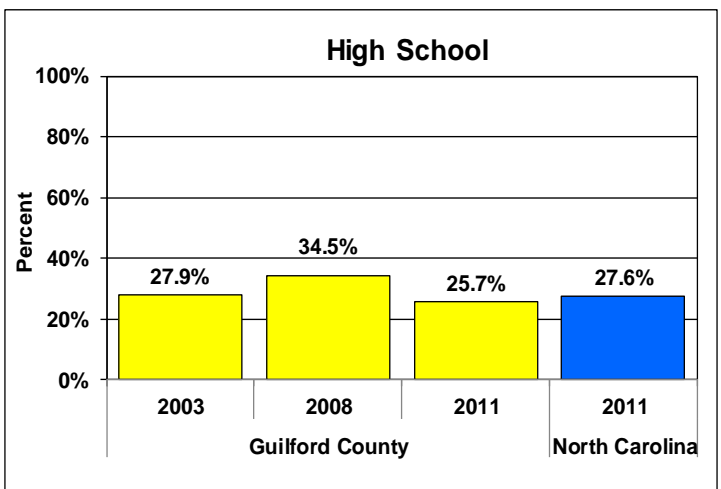
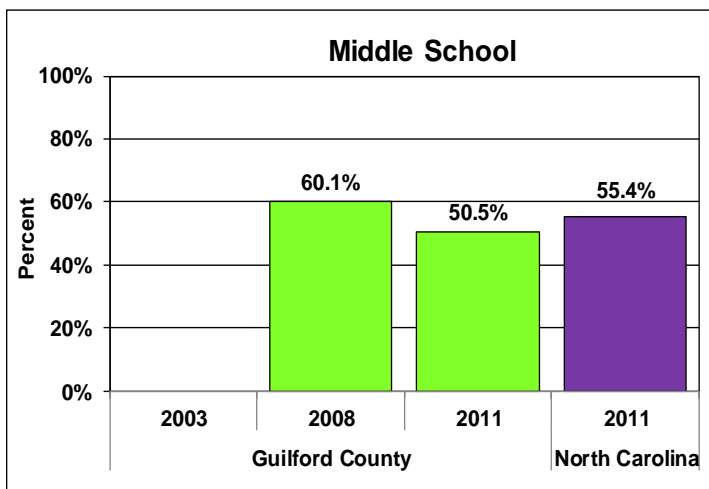
- A lower percentage of GCS middle school students had ever been in a physical fight in 2011 (50.5%) as compared to 2008 (60.1%).
- A lower percentage of GCS high school students had been in a physical fight in the past 12 months in 2011 (25.7%) as compared to 2008 (34.5%).



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students had been in a physical fight.

Ever been in a physical fight

Been in a physical fight 1+ times during the past 12 months



Middle School Students		
Gender	Male	65.4%
	Female	35.8%
Race	White	39.1%
	Black/African American	65.0%
	Asian	42.7%
	Other	52.3%
Ethnicity	Hispanic/Latino	47.4%

N respondents = 2695
Full results available on page 99 of the appendix

High School Students		
Gender	Male	33.4%
	Female	19.1%
Race	White	21.0%
	Black/African American	28.6%
	Asian	16.3%
	Other	33.6%
Ethnicity	Hispanic/Latino	32.2%

N respondents = 2339
Full results available on page 99 of the appendix

Injured in a Physical Fight: In a physical fight in which they were hurt and had to be treated by a doctor or nurse (MS = ever; HS = 1+ times during the past 12 months)



- There has been a downward trend from 2003 to 2011 in the percentage of GCS middle school students who had been injured in a physical fight (8.1% in 2003 vs. 6.1% in 2008 vs. 3.4% in 2011).



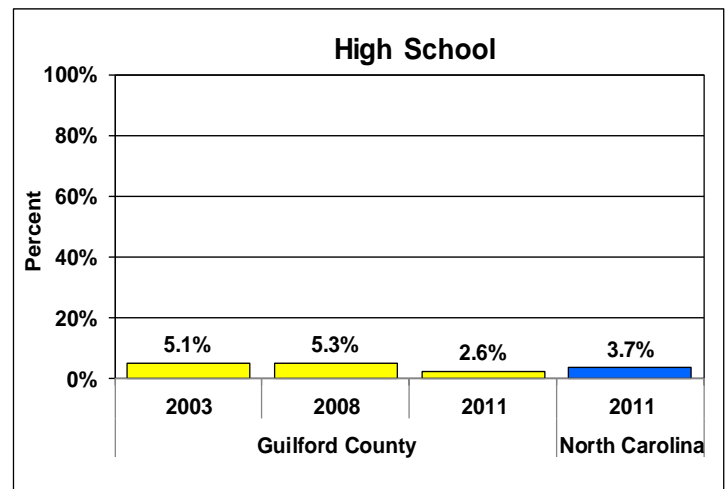
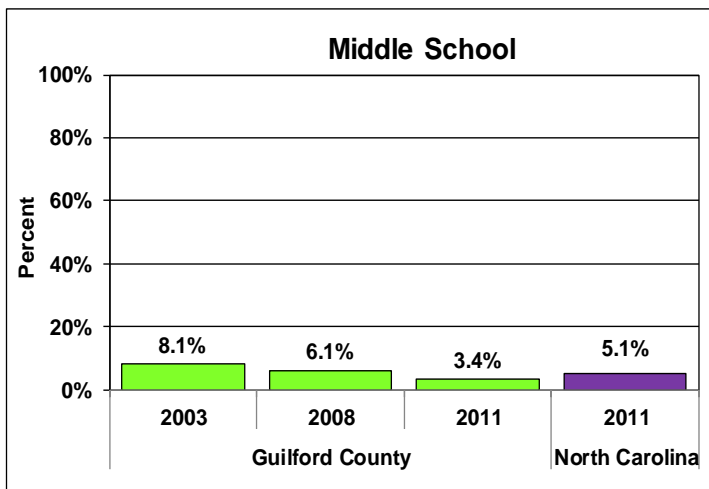
- 3.4% of GCS middle school students had ever been injured in a physical fight.
- 2.6% of GCS high school students had been injured in a physical fight in the past year.



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students had been injured in a physical fight.

Ever been in a physical fight in which they were hurt and had to be treated by a doctor or nurse

In a physical fight 1+ times during the past 12 months in which they were injured and had to be treated by a doctor or nurse



Middle School Students		
Gender	Male	4.9%
	Female	2.0%
Race	White	1.9%
	Black/African American	4.7%
	Asian	2.4%
	Other	3.8%
Ethnicity	Hispanic/Latino	3.8%

N respondents = 2688
Full results available on page 99 of the appendix

High School Students		
Gender	Male	3.3%
	Female	2.0%
Race	White	2.3%
	Black/African American	2.6%
	Asian	1.5%
	Other	3.9%
Ethnicity ¹	Hispanic/Latino	3.3%

N respondents = 2351
Full results available on page 99 of the appendix

Youth Violence Prevention Strategies

According to the CDC, identified youth violence prevention strategies include:⁴

- Parent- and family-based programs to improve family relations
- Social-development strategies that teach children how to handle tough social situations
- Mentoring programs
- Physical and social environmental changes

⁴Centers for Disease Control and Prevention. (2011). Youth Violence Prevention Strategies. Available at: www.cdc.gov/ViolencePrevention/youthviolence/prevention.html

Carried a Weapon: Carried a weapon, such as a gun, knife, or club (MS = ever, HS = 1+ of the past 30 days)



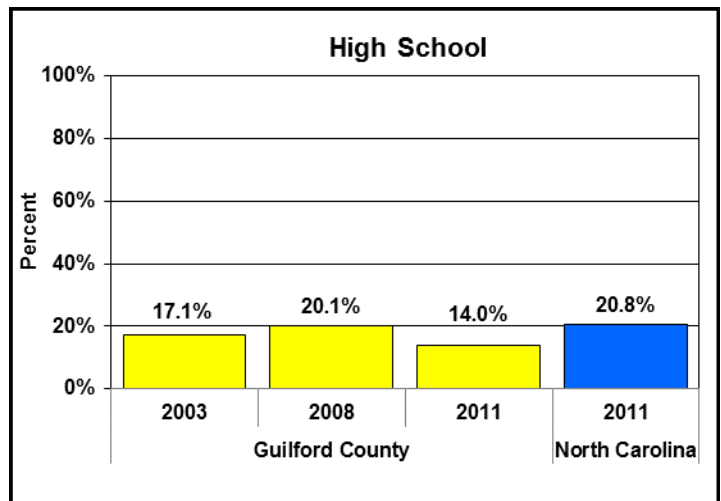
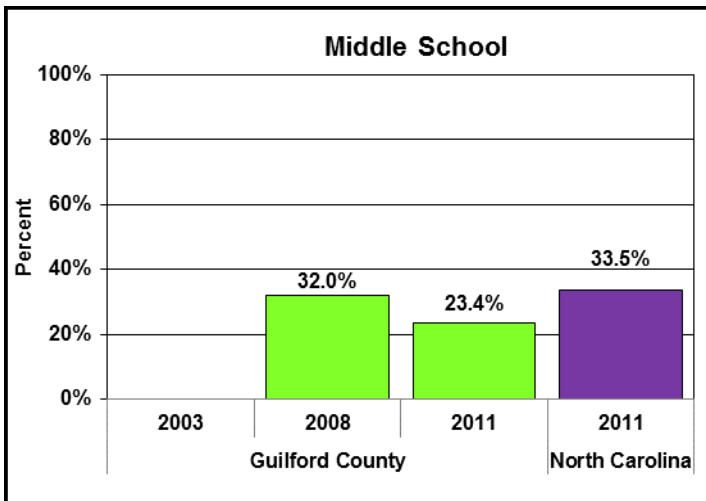
- A lower percentage of GCS middle school students had ever carried a weapon in 2011 (23.4%) as compared to 2008 (32.0%). Similarly, a lower percentage of GCS high school students had carried a weapon in 2011 (14.0%) as compared to 2008 (20.1%) and 2003 (17.1%).
- 2011 NC Comparison:** A lower percentage of GCS middle school students (23.4%) than NC middle school students (33.5%) had ever carried a weapon. The same was true for GCS high school students (14.0%) who had carried a weapon in the past 30 days as compared to NC high school students (20.8%).



- Almost 1 in 4 (23.4%) GCS middle school students had ever carried a weapon.
- 1 in 7 (14.0%) GCS high school students had carried a weapon in the past 30 days.

Ever Carried a Weapon

Carried a weapon on one or more of the past 30 days



Middle School Students		
Gender	Male	35.4%
	Female	11.5%
Race	White	30.3%
	Black/African American	16.4%
	Asian	12.1%
	Other	25.9%
Ethnicity ¹	Hispanic/Latino	25.1%

N respondents = 2615
Full results available on page 99 of the appendix

High School Students		
Gender	Male	22.4%
	Female	6.9%
Race	White	18.5%
	Black/African American	9.7%
	Asian	5.9%
	Other	14.3%
Ethnicity ¹	Hispanic/Latino	12.7%

N respondents = 2357
Full results available on page 99 of the appendix

Carried a Weapon at School in the Past Month (HS): Carried a weapon such as a gun, knife, or club on school property on 1+ of the past 30 days



- Fewer GCS high school students had carried a weapon at school in the past month in 2011 (2.1%) as compared to 2008 (7.4%) or 2003 (6.5%).
- 2011 NC Comparison:** A lower percentage of GCS high school students (2.1%) than NC high school students (6.1%) carried a weapon at school in the past month.



- 2.1% of GCS high school students had carried a weapon at school in the past month.

N respondents = 2354; Full results available on page 99 of the appendix

Gang Activity at Their School



- **2011 NC Comparison:** A lower percentage of GCS middle school students (12.6%) than NC middle school students (22.5%) reported gang activity at their school. The same was true for GCS high school students (31.0%) as compared to NC high school students (39.9%).



- 1 in 8 (12.6%) GCS middle school students and 1 in 3 GCS (31.0%) GCS high school students reported gang activity at their school.
- GCS middle and high school students who identified as Black / African American, Other race, or Latino ethnicity were more likely to report gang activity at their school as compared to GCS middle and high school students who identified as White or Asian (exact percentages given in the table below).

Middle School Students		
Gender	Male	15.5%
	Female	9.7%
Race	White	9.5%
	Black/African American	16.3%
	Asian	7.1%
	Other	13.2%
Ethnicity	Hispanic/Latino	12.4%

N respondents = 2691
Full results available on page 99 of the appendix

High School Students		
Gender	Male	32.4%
	Female	29.7%
Race	White	24.3%
	Black/African American	41.0%
	Asian	12.5%
	Other	33.2%
Ethnicity	Hispanic/Latino	34.3%

N respondents = 2368
Full results available on page 99 of the appendix

1 in 8 (12.6%) GCS middle school students and 1 in 3 GCS high school students reported gang activity at their school.

“Don’t Do the Crime If You Can’t Do the Time”



Gabriella Edwards, 9th grade, Grimsley High School, Smart Girls Leadership Academy

Threatened at School in the Past Year: Threatened or injured by someone with a weapon such as a gun, knife, or club on school property during the past 12 months



- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who had been threatened at school in the past year (9.9% in 2003 vs. 7.2% in 2008 vs. 4.6% in 2011).
- **2011 NC Comparison:** A lower percentage of GCS high school students (4.6%) than NC high school students (9.1%) had been threatened at school in the past year.

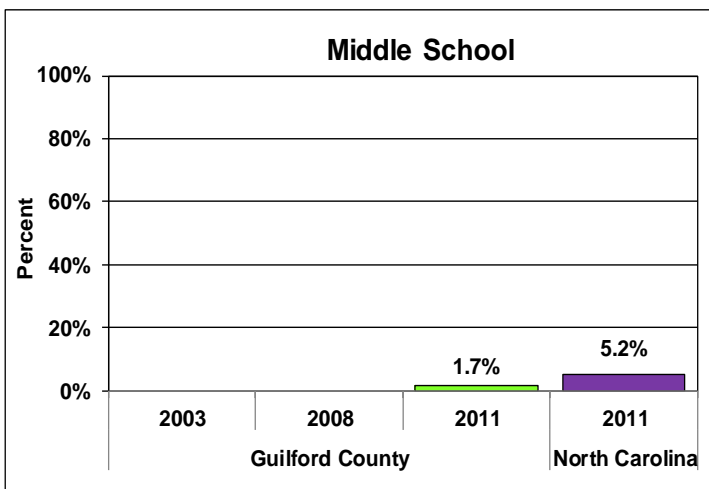


- 1.7% of GCS middle school students and 4.6% of GCS high school students had been threatened at school in the past year.

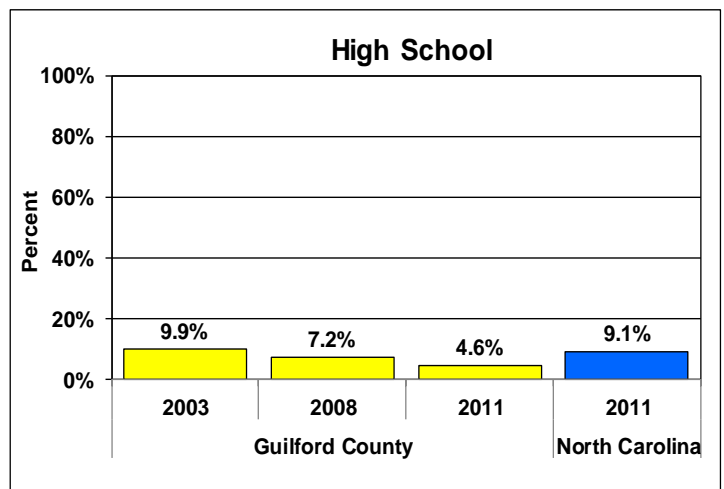


- **2011 NC Comparison:** About as many GCS middle school students as NC middle school students had been threatened at school in the past year.

Ever been threatened or injured with a weapon such as a gun, knife, or club on school property during the past 12 months



Been threatened or injured with a weapon such as a gun, knife, or club on school property 1+ times during the past 12 months



Middle School Students		
Gender	Male	2.4%
	Female	0.9%
Race	White	1.4%
	Black/African American	1.4%
	Asian	1.2%
	Other	2.4%
Ethnicity	Hispanic/Latino	2.8%

N respondents = 2640
Full results available on page 99 of the appendix

High School Students		
Gender	Male	6.4%
	Female	3.1%
Race	White	3.8%
	Black/African American	4.9%
	Asian	4.4%
	Other	6.4%
Ethnicity	Hispanic/Latino	5.3%

N respondents = 2368
Full results available on page 99 of the appendix

Missed School in the Past Month Because They Felt Unsafe: Did not go to school because they felt they would be unsafe at school or on their way to or from school during the past 30 days



• There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who missed school in the past month because they felt unsafe (8.8% in 2003 vs. 6.1% in 2008 vs. 3.2% in 2011).



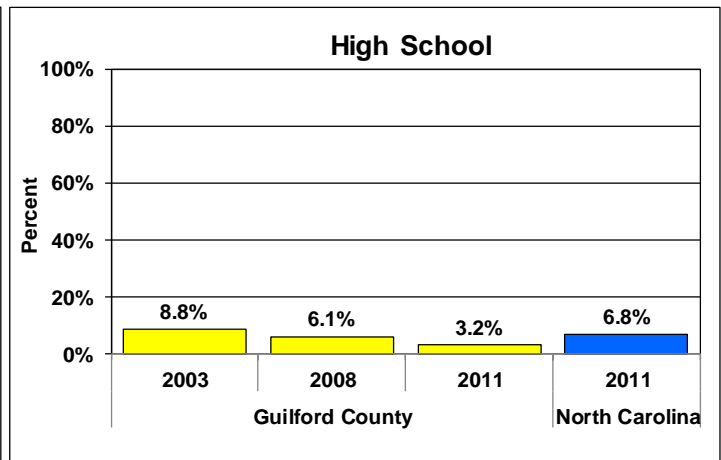
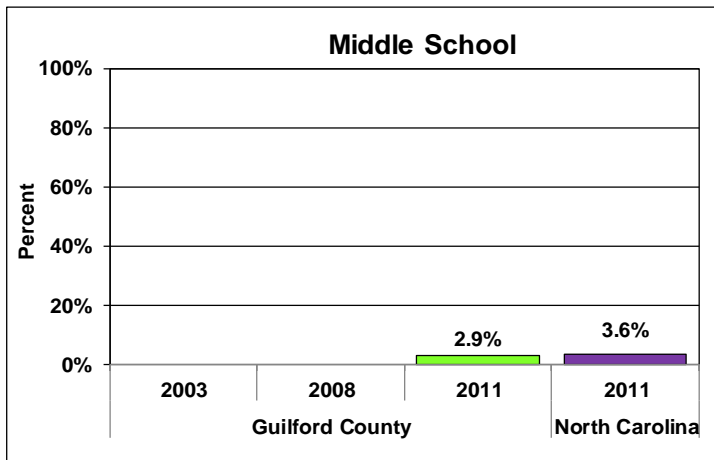
• 2.9% of GCS middle school students and 3.2% of GCS high school students have missed school in the past month because they felt unsafe at school.



• **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students had missed school in the past month because they felt unsafe.

Did not go to school because they felt they would be unsafe at school or on their way to or from school during the past 30 days

Did not go to school on 1+ of the past 30 days because they felt they would be unsafe at school or on their way to or from school



Middle School Students		
Gender	Male	2.9%
	Female	2.9%
Race	White	1.5%
	Black/African American	3.0%
	Asian	2.4%
	Other	4.9%
Ethnicity ¹	Hispanic/Latino	5.0%

N respondents = 2710
Full results available on page 99 of the appendix

High School Students		
Gender	Male	3.0%
	Female	3.4%
Race	White	2.2%
	Black/African American	3.7%
	Asian	3.0%
	Other	4.7%
Ethnicity	Hispanic/Latino	5.0%

N respondents = 2333
Full results available on page 99 of the appendix

Property Stolen at School in the Past Year: Property, such as clothing or books, had been stolen or deliberately damaged on school property during the past 12 months



• **2011 NC Comparison:** A lower percentage of GCS middle school students than NC middle school students (26.5%) have had property stolen at school in the past year (20.2%).



• One in five (20.2%) of GCS middle school students have had property stolen at school in the past year.

N respondents = 2699; Full results available on page 100 of the appendix

Experienced Relationship Violence in the Past Year: Were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months



- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who had experienced relationship violence in the past year (15.8% in 2003 vs. 14.0% in 2008 vs. 9.1% in 2011).
- **2011 NC Comparison:** A lower percentage of GCS high school students (9.1%) than NC high school students (14.1%) had experienced relationship violence in the past year.

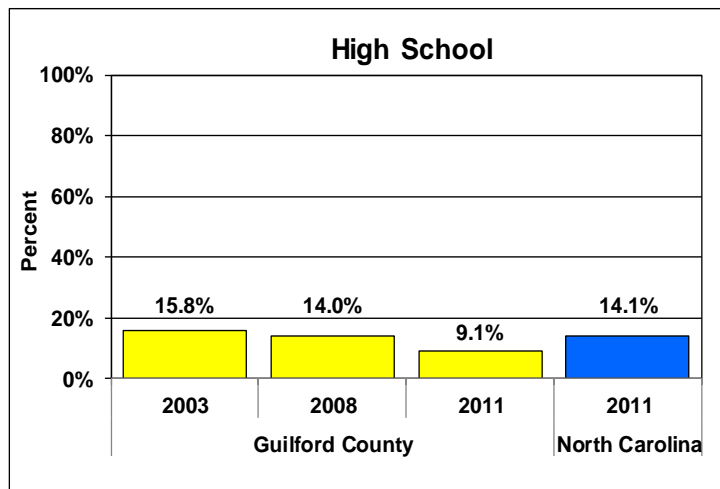


- 9.1% of GCS high school students had experienced relationship violence in the past year.

Ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

High School Students		
Gender	Male	8.5%
	Female	9.6%
Race	White	7.7%
	Black/African American	9.9%
	Asian	3.7%
	Other	11.9%
Ethnicity	Hispanic/Latino	9.8%

N respondents = 2363
Full results available on page 100 of the appendix



What is Teen Dating Violence?

Behavior that is aggressive, controlling and abusive within a romantic relationship is considered to be teen dating violence. It can include verbal, physical, emotional and / or sexual abuse. Both girls and boys can be victimized or be abusers. Girls who are abusive tend to slap, scratch or kick, yell more or make threats to harm themselves. Boys are more likely to punch their partner, harm girls more or force them to engage in sexual activity.⁵

⁵National Center of Victims of Crime. Teen Tools, Help for Teenage Victims of Crime. Dating Violence. Available at: www.ncvc.org

Getting the Help You Need!

Get help right away if you think you are in an abusive relationship. No one **ever** deserves to be abused and it is not your fault.

Things you can do:

- Talk to a trusted family member, a friend or the parent of a friend. Be aware that some adults are required to report abuse or neglect, which means they are legally required to report that abuse to the police or child protective services.⁶
- Be proactive about your safety - have a safe place you can go, money and someone you can call to help you if you need it.

⁶National Center of Victims of Crime. Teen Tools, Help for Teenage Victims of Crime. Dating Violence. Available at: www.ncvc.org

Love is Respect

Loveisrespect.org is a great online resource, hosted by Break the Cycle and the National Dating Abuse Helpline, that provides teen friendly information to support healthy dating attitudes and relationships and a safe, confidential space for young people to access information and support.⁷

⁷Break the Cycle and National Dating Abuse Helpline. Love is Respect. Available at: www.loveisrespect.org

Ever Been Sexually Assaulted: Ever been physically forced to have sexual intercourse when they did not want to



- 7.2% of GCS high school students have ever been sexually assaulted.
- Female GCS high school students were much more likely (10.1%) to have ever been sexually assaulted as compared to male GCS high school students (3.8%).

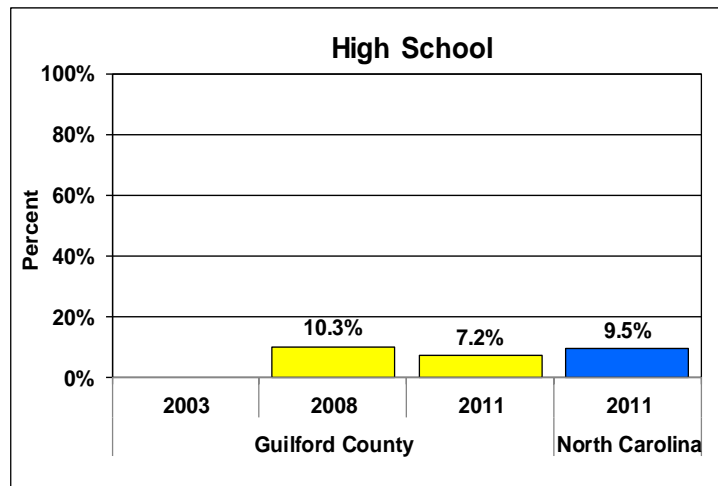


- **2011 NC Comparison:** About as many GCS high school students as NC high school students have ever been sexually assaulted.

Ever been physically forced to have sexual intercourse when they did not want to

High School Students		
Gender	Male	3.8%
	Female	10.1%
Race	White	5.7%
	Black/African American	9.0%
	Asian	2.2%
	Other	8.2%
Ethnicity	Hispanic/Latino	8.2%

N respondents = 2349
Full results available on page 100 of the appendix



What is Sexual Violence?

According to the CDC, sexual violence is defined as any sexual activity in which consent is not freely given. Sexual violence includes: Verbal sexual harassment, abusive sexual contact, child sexual abuse and attempted or completed sex acts that are either against a person's will or perpetrated against someone who is unable to give consent (e.g., due to physical or mental incapacity, including but not limited to being under the influence of drugs and alcohol).^{8,9}

A person who has experienced sexual violence may have long term mental and physical health concerns as a result. Survivors may face post traumatic stress disorder (PTSD), fear, flashbacks, anxiety and depression and may have difficulty trusting others. A person who has experienced sexual violence may also be at risk for sexually transmitted infections, be more likely to use alcohol or drugs to cope and may have sleep disruptions and/or chronic physical pain as a result. A female survivor may also have concerns about becoming pregnant.^{8, 10}

Need Help?

If you are, or know someone who is, the victim of sexual violence, contact the Rape, Abuse, and Incest National Network (RAINN) hotline at 1-800-656-HOPE or contact your local emergency services at 9-1-1.

⁸Centers for Disease Control and Prevention: Sexual Violence is a Serious Public Health Problem. Available at: www.cdc.gov/Features/SexualViolence/

⁹North Carolina State Women's Center. Sexual Violence Definitions. Available at: studentaffairs.ncsu.edu/womens-center/interpersonal-violence-services/sexual-violence/sexual-violence-definitions

¹⁰Rape, Abuse and Incest National Network. <http://www.rainn.org/get-information/effects-of-sexual-assault>

Tobacco Use

Evidence of the negative impact of tobacco use is generally accepted by our society. Thanks in part to the Teen Tobacco Use Prevention and Cessation Initiative of the NC Health and Wellness Trust Fund, statewide smoking has dropped by 51.6% among middle school youth and by 30.4% among high school youth over the past 9 years, translating into 53,000 fewer smokers.¹ Despite these gains, some youth still begin smoking. Unfortunately, the Health and Wellness Trust Fund, which held a portion of North Carolina's share of the national tobacco settlement, has been eliminated by lawmakers and there is uncertainty about whether tobacco prevention and cessation programs will receive funding beyond the current fiscal year. As a community, we must continue to support youth tobacco prevention efforts, reduce access to tobacco products, eliminate exposure to second hand smoke and encourage people to quit.

Current Cigarette Use: Smoked cigarettes on 1+ days in the past 30 days

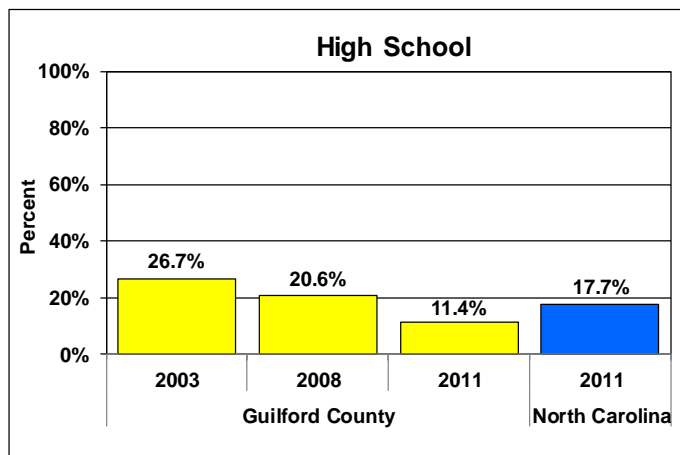
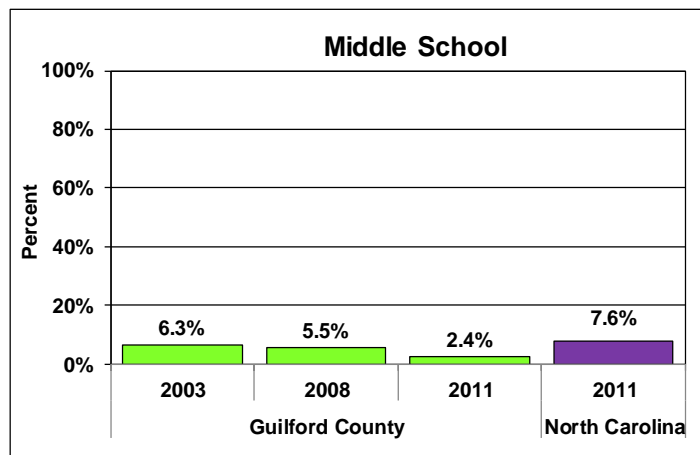


- There was a downward trend from 2003 to 2011 in current cigarette use among both GCS middle school and high school students.
- **2011 NC Comparison:** Fewer GCS middle school students (2.4%) than NC middle school students (7.6%) reported current cigarette use. The same was true for GCS high school students (11.4%) compared to NC high school students (17.7%).



- Over 1 in 10 (11.4%) GCS high school students reported current cigarette use.
- 2.4% of GCS middle school students reported current cigarette use.

Smoked cigarettes on 1+ days in the past 30 days



Middle School Students		
Gender	Male	2.9%
	Female	1.9%
Race	White	2.0%
	Black/African American	2.7%
	Asian	0.6%
	Other	3.0%
Ethnicity	Hispanic/Latino	2.5%

N respondents = 2686
Full results available on page 100 of the appendix

High School Students		
Gender	Male	12.3%
	Female	10.6%
Race	White	14.5%
	Black/African American	7.7%
	Asian	4.5%
	Other	14.4%
Ethnicity	Hispanic/Latino	13.7%

N respondents = 2325
Full results available on page 100 of the appendix

¹ North Carolina Health and Wellness Trust Fund. Available at:

www.healthwellinc.com/

Current Smokeless Tobacco Use: Used chewing tobacco, snuff, or dip 1+ days in the past 30 days



- **2011 NC Comparison:** A lower percentage of GCS high school students reported current smokeless tobacco use (3.9%) as compared to NC high school students (11.0%). There is a similar, but smaller, difference in the percentage of GCS middle school students (2.5%) and NC middle school students (5.9%) who reported current smokeless tobacco use.



- 2.5% of GCS middle school students and 3.9% of GCS high school students reported current smokeless tobacco use.
- More male GCS high school students (6.9%) reported current smokeless tobacco use as compared to female GCS high school students (1.4%).



- The percentage of GCS middle school students (2.5%) who reported current smokeless tobacco use in 2011 has remained relatively stable since 2008 (3.1%).
- A slightly lower percentage of GCS high school students reported current smokeless tobacco use in 2011 (3.9%) as compared to 2008 (7.1%).

N respondents = 2689 (MS) and 2360 (HS)
Full results available on page 100 of the appendix

2.4 % of Guilford County middle school students and 11.4% of high school students reported smoking cigarettes one or more of the past 30 days.

“One in the Hand is Worth Two in the Lung”



Ayrton Menjivar, 10th grade, Grimsley High School, TRU Youth Advisory Board

North Carolina’s Law about Tobacco Sales and Minors

Since 1997, the NC tobacco law has prohibited the sale and distribution of tobacco product to minors. Law revisions make it illegal for anyone under age 18 to buy, to attempt to buy, to receive or to use a false or misleading proof of age identification to buy tobacco products. It also prohibits any person to send, assist, aid or assist a person underage to purchase, attempt to purchase, or receive tobacco products.

Retail merchants must check photo identification of customers trying to buy tobacco products if the customer looks to be under age 18. They must also train their sales employees about law requirements and prominently display a sign near the point of sale that states that *“NC Law strictly prohibits the purchase of tobacco products by persons under the age of 18. Proof of age required.”*

It is also illegal to distribute tobacco products in vending machines, unless the establishment is only open to persons 18 years of age and older, or provides continuous control by the owner, licensee of the premises, or employee to start the machine prior to each purchase.

For more information about the NC Tobacco Law, go to: www.nccrimecontrol.org
²NC Department of Public Safety. NC Tobacco Law. Available at: www.nc.crimecontrol.org

First Cigarette Before Age 11 (MS): Smoked a whole cigarette for the first time before age 11 years



- There has been a small downward trend from 2003 to 2011 in the percentage of GCS middle school students who had their first cigarette before age 11 (6.2% in 2003 vs. 4.9% in 2008 vs. 3.5% in 2011).

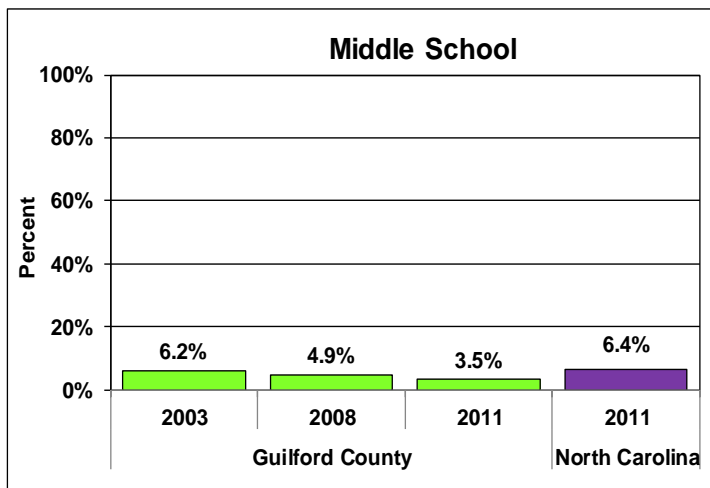


- Almost 4% of GCS middle school students had their first cigarette before age 11.



- **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (3.5%) than NC middle school students (6.4%) had their first cigarette before age 11.

Smoked a whole cigarette for the first time before age 11 years



Middle School Students		
Gender	Male	4.8%
	Female	2.3%
Race	White	2.2%
	Black/African American	4.1%
	Asian	2.4%
	Other	4.8%
Ethnicity	Hispanic/Latino	4.6%

N respondents = 2648
Full results available on page 100 of the appendix

Did You Know?

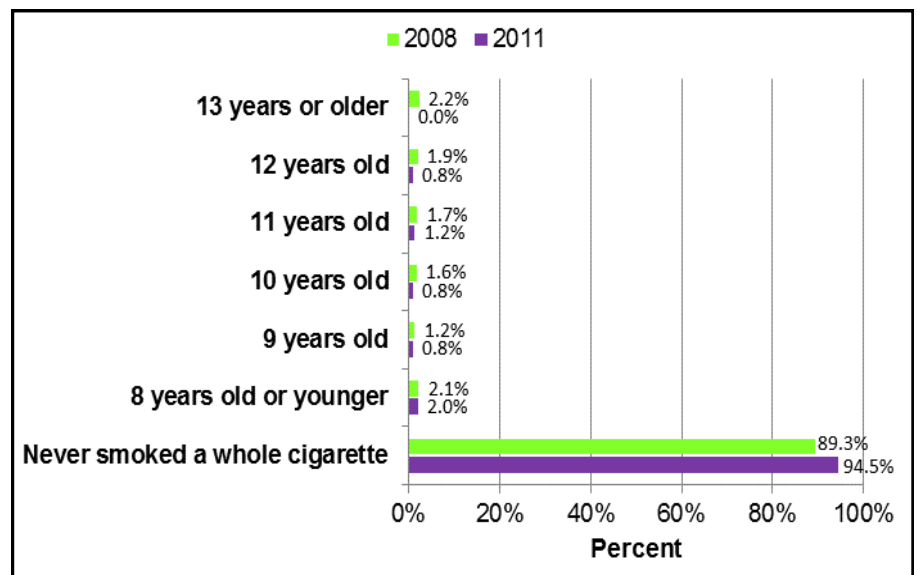
Tobacco use usually begins before teens graduate from high school¹ Specifically, 88% of adult smokers first began smoking before they were 18 years old.³

In addition, the younger kids are when they try smoking, the more likely they are to become regular smokers, the less likely they are to successfully quit, and the more likely they are to experience lung cancer or other health problems as adults.⁴

³Campaign for Tobacco-Free Kids. (2009). The Path to Smoking Addiction Starts at Very Young Ages. Available at: www.tobaccofreekids.org/facts_issues/fact_sheets/toll/tobacco_kids/

⁴ US Dept of Health & Human Services. Preventing Tobacco Use Among Youth and Young Adults: A Report of the Surgeon General. (2012). Available from www.surgeongeneral.gov/library/reports/preventing-youth-tobacco-use/exec-summary.pdf

How old were you when you smoked a whole cigarette for the first time?



Full results available on page 106 of the appendix

First Cigarette Before Age 13 (HS): Smoked a whole cigarette for the first time before age 11 years

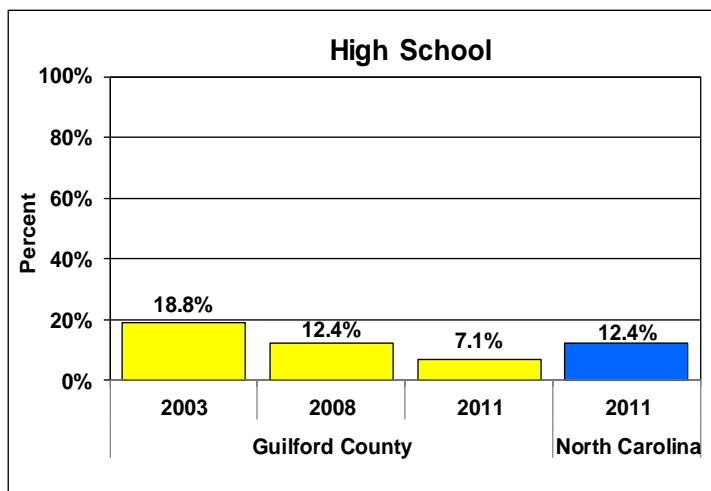


- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who had their first cigarette before age 13 (18.8% in 2003 vs. 12.4% in 2008 vs. 7.1% in 2011).
- **2011 NC Comparison:** A lower percentage of GCS high school students (7.1%) than NC high school students (12.4%) had their first cigarette before age 13.



- 7.1% of GCS high school students had their first cigarette before age 13.

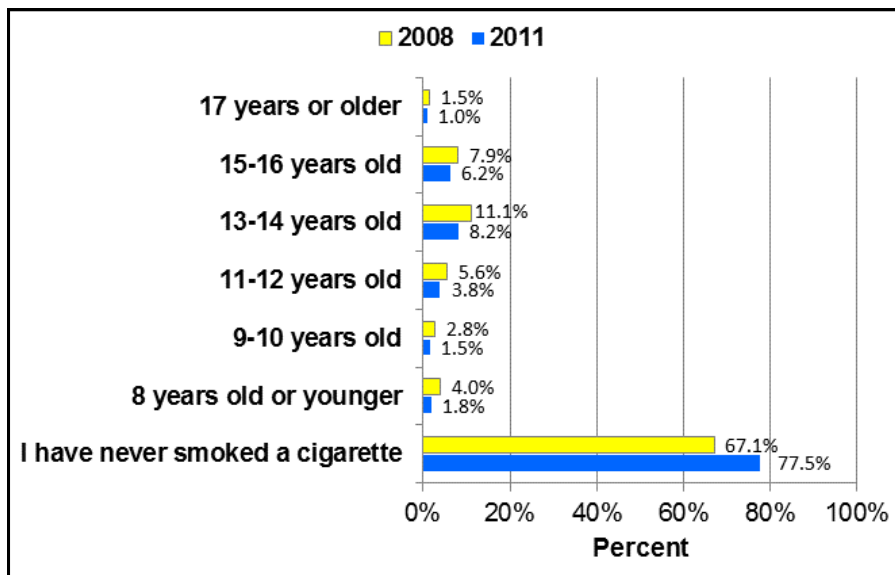
Smoked a whole cigarette for the first time before age 13 years



High School Students		
Gender	Male	8.4%
	Female	6.0%
Race	White	5.6%
	Black/African American	6.0%
	Asian	8.2%
	Other	12.4%
Ethnicity	Hispanic/Latino	12.7%

N respondents = 2344
Full results available on page 100 of the appendix

How old were you when you had you smoked a whole cigarette for the first time?



Full results available on page 106 of the appendix

What Can Be Done to Reduce Smoking?

Several strategies that can effectively reduce adolescent smoking include:⁵

- Counter-advertising mass-media campaigns (i.e., TV commercials, posters, and other media messages targeted toward youth to counter pro-tobacco marketing)
- School-based tobacco-use prevention policies and programs (e.g., tobacco-free campuses)
- Community interventions that reduce advertising, promotions, and availability of tobacco products
- Higher costs for tobacco products through increased taxes

⁵Center for Disease Control and Prevention. (2012). Youth and Tobacco Use. Available at: www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

Tried to Quit Smoking in the Past Year (MS): Ever tried to quit smoking cigarettes during the past 12 months



- Over half (59.6%) of GCS middle school students who are current smokers have tried to quit smoking in the past year.



- 40.4% of GCS middle school students who are current smokers have not tried to quit smoking in the past year.

N respondents = 2667, Full results available on page 100 of the appendix

Note: We do not provide 2011 NC comparison data for the question above, because the state calculated the indicator differently. The state calculated the percentage of middle school students who have ever tried to quit smoking in the past 12 months (5.1%), regardless of their current smoking status. The comparable percentage of GCS middle school students was 2.0%. At first glance, it appears that fewer GCS middle school students have tried to quit smoking in the past year as compared to NC middle school students. However, this difference reflects the fact that fewer GCS middle school students have smoked in the past 30 days as compared to NC middle school students, and therefore fewer students have been in a position to try to quit smoking.

Tried to Quit Smoking in the Past Year (HS): Among students who reported current cigarette use, those who ever tried to quit smoking cigarettes during the past 12 months

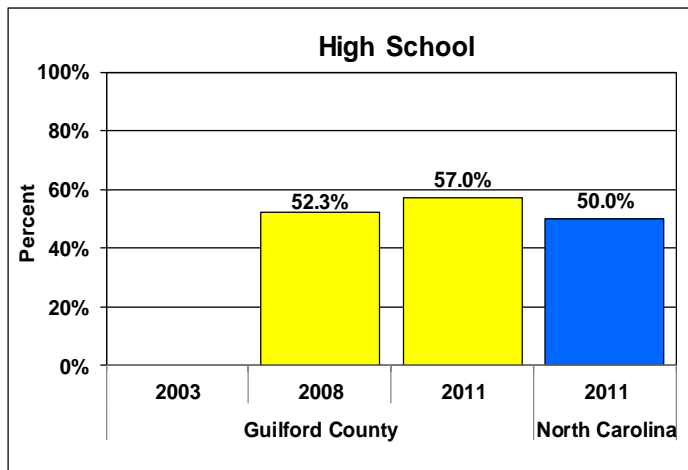


- A higher percentage of GCS high school students had tried to quit smoking in 2011 (57.0%) as compared to 2008 (52.3%).
- **2011 NC Comparison:** A higher percentage of GCS high school students (57.0%) have tried to quit smoking in the past year as compared to NC high school students (50.0%).



- 43% of GCS high school students who are current smokers have not tried to quit smoking in the past year.

Among students who reported current cigarette use, those who ever tried to quit smoking cigarettes during the past 12 months



High School Students		
Gender	Male	56.3%
	Female	57.7%
Race	White	50.0%
	Black/African American	63.2%
	Asian	85.7%
	Other	62.5%
Ethnicity	Hispanic/Latino	59.4%

N respondents = 258
Full results available on page 100 of the appendix

The Bad News...

Nationally, about 3 out of 4 students who smoke regularly have tried to quit, but failed. In addition, although only 3% of high school students who smoke daily believe that they will still be smoking 5 years later, over 60% of these student are still regular daily smokers 7-9 years later.⁶

⁶Campaign for Tobacco-Free Kids. (2009). The Path to Smoking Addiction Starts at Very Young Ages. Available at: http://www.tobaccofreekids.org/facts_issues/fact_sheets/toll/tobacco_kids/

The Good News...

Many people do quit smoking and there are many immediate and long-term benefits to quitting.

If you or someone you know wants to quit smoking, the following resources can help:

Call 1-800-QUIT-NOW

or visit smokefree.gov, SmokeFreeWomen.gov, or the CDC's "How to Quit" resource page (www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

Alcohol Use

It is illegal for middle and high school youth to purchase, possess, or use alcohol. Yet, according to the Office of Juvenile Justice and Delinquency Prevention, youth between the ages of 12 and 20 years old drink 11% of all alcohol that is consumed in the US.¹ Unfortunately, the vast majority of the alcohol consumed by this age group is done so in a risky fashion. Binge drinking (4-5 drinks in a single sitting) occurs at a much higher rate among underage youth than among adults.

Youth who drink are more likely to experience social and health consequences compared to youth who do not drink. These consequences include: missing school, poor or failing grades, fighting, legal problems such as being arrested for driving under the influence or hurting someone while drunk, unwanted, unplanned or unprotected sexual activity, memory problems, alcohol-related vehicle accidents, unintentional injuries, and long-term changes in brain development. Alcohol use is not just a problem for youth.² Nationwide, approximately 80,000 deaths each year can be attributed to excessive alcohol use¹, making alcohol the 3rd leading lifestyle-related cause of death in the US. The economic cost associated with alcohol problems is an estimated \$184 billion each year.³

Ever Had Alcohol (MS): Ever had a drink of alcohol, other than a few sips

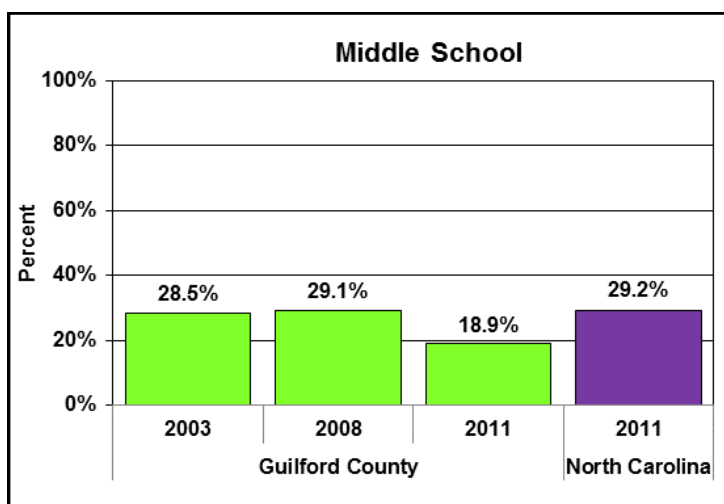


- A lower percentage of GCS middle school students had ever had alcohol in 2011 (18.9%) as compared to 2008 (29.1%) or 2003 (28.5%).
- **2011 NC Comparison:** Fewer GCS middle school students (18.9%) had ever had alcohol as compared to NC middle school students (29.2%).



- Almost 1 in 5 (18.9%) GCS middle school students had ever had alcohol.

Ever had a drink of alcohol, other than a few sips



Middle School Students		
Gender	Male	21.0%
	Female	16.7%
Race	White	13.9%
	Black/African American	21.6%
	Asian	9.7%
	Other	24.7%
Ethnicity	Hispanic/Latino	25.1%

N respondents = 2600
Full results available on page 100 of the appendix

¹ Office of Juvenile Justice and Delinquency Prevention. (2005). Drinking in America: Myths, Realities, and Prevention Policy. Washington, DC: Available at: www.udetc.org/documents/Drinking_in_America.pdf

² Center for Disease Control and Prevention. (2010). Underage Drinking Fact Sheets. Available at: www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm

³ Center for Disease Control and Prevention. (2010). Alcohol Use and Health Fact Sheet. Available at: www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm

First Drink of Alcohol Before Age 11 (MS): Had first drink of alcohol, other than a few sips, before age 11



- A lower percentage of GCS middle school students had their first drink of alcohol before age 11 in 2011 (7.6%) as compared to 2008 (15.0%) or 2003 (13.4%).

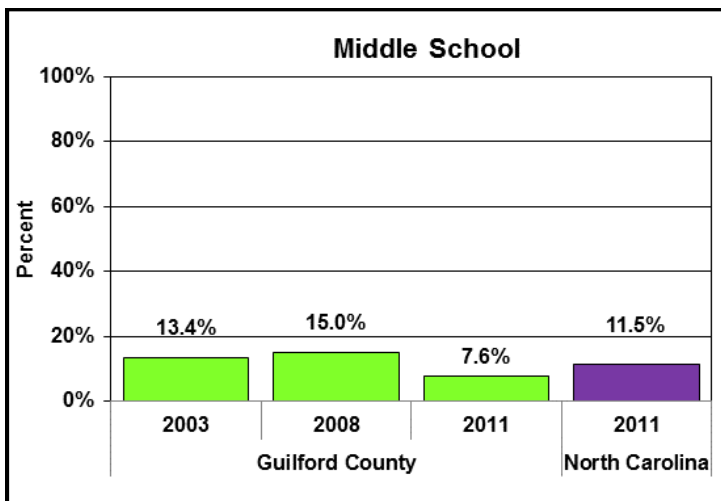


- Almost 8% of GCS middle school students had their first drink of alcohol before age 11.



- **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (7.6%) had their first drink of alcohol before age 11 as compared to NC middle school students (11.5%).

First drink of alcohol before age 11



Middle School Students		
Gender	Male	9.0%
	Female	6.2%
Race	White	4.4%
	Black/African American	9.1%
	Asian	5.0%
	Other	11.3%
Ethnicity	Hispanic/Latino	10.3%

N respondents = 2501

Full results available on page 100 the appendix

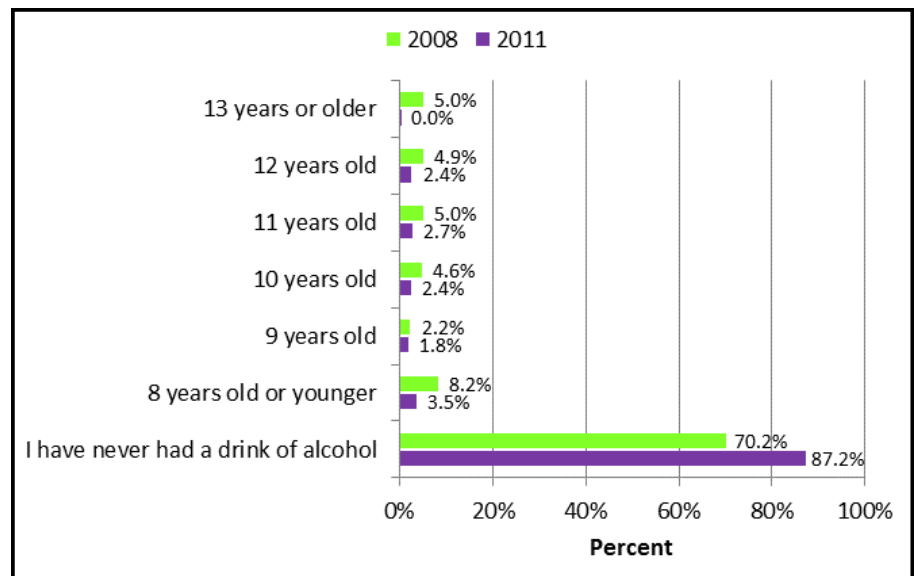
How old were you when you had your first drink of alcohol, other than a few sips?

Did You Know?

Youth who start drinking before age 15 are 5 times more likely to become alcohol dependent or to abuse alcohol later in life than those who begin drinking when they are age 21 or older.⁴

Nationwide, there were 190,000 emergency room visits by youth under the age of 21 for injuries or other conditions related to alcohol in 2008 alone.⁴

⁴ Center for Disease Control and Prevention. (2010). Underage Drinking Fact Sheets. Available at: www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm



Full results available on page 106 of the appendix

First Drink of Alcohol Before Age 13 (HS): Had first drink of alcohol, other than a few sips, before age 13



- A lower percentage of GCS high school students had their first drink of alcohol before age 13 in 2011 (14.8%) as compared to 2008 (23.8%) or 2003 (19.9%).



- About 15% of GCS high school students had their first drink of alcohol before age 13.
- Over 20% of GCS high school students who identified as Other race or Latino ethnicity had their first drink of alcohol before age 13 as compared to 12-14% of GCS high school students who identified as White, African American, or Asian.

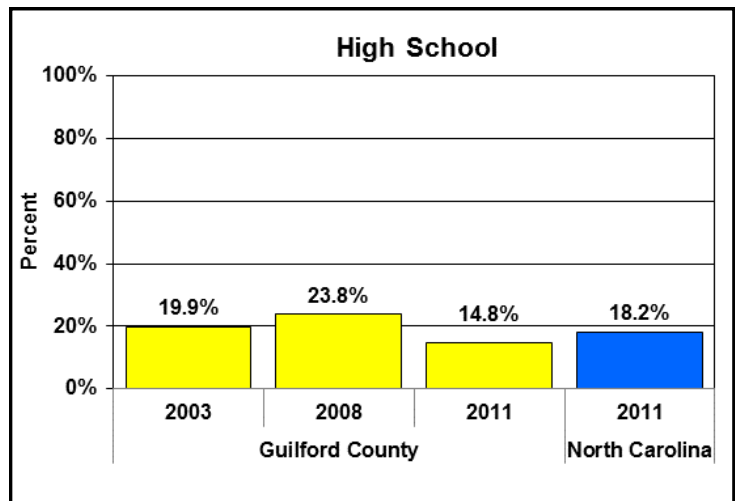


- **2011 NC Comparison:** A slightly lower percentage of GCS high school students had their first drink of alcohol before age 13 as compared to NC high school students.

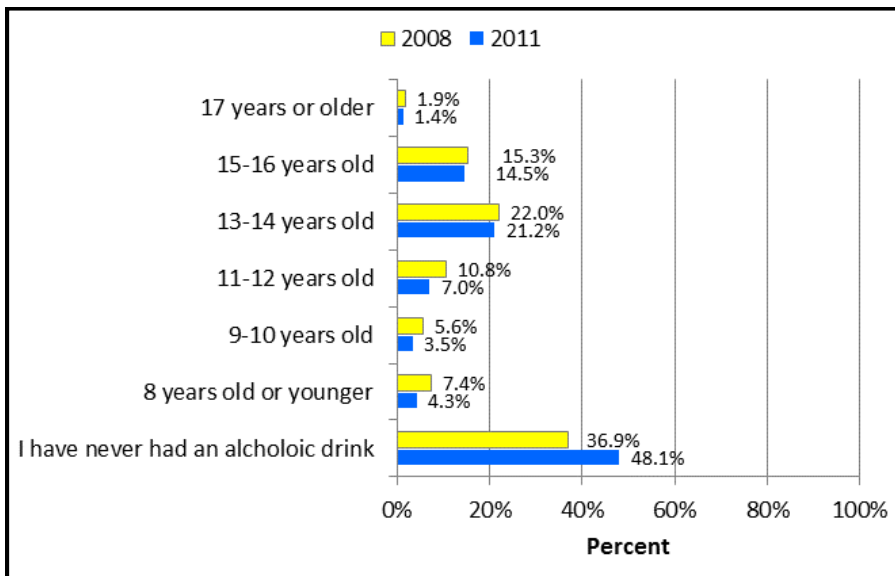
First drink of alcohol before age 13

High School Students		
Gender	Male	16.2%
	Female	13.7%
Race	White	11.9%
	Black/African American	14.1%
	Asian	13.4%
	Other	22.8%
Ethnicity	Hispanic/Latino	20.7%

N respondents = 2339
Full results available on page 100 of the appendix



How old were you when you had your first drink of alcohol, other than a few sips?



Full results available on page 106 of the appendix

What Can Be Done to Reduce Underage Drinking?

Several effective strategies for reducing underage drinking include:⁵

- Enforcing the age 21 minimum drinking age
- Enforcing laws that ban the sale of alcohol to minors
- Increasing alcohol excise taxes
- Limiting the density of locations that can sell alcohol
- Reduce youth's exposure to alcohol marketing

⁵Center for Disease Control and Prevention. (2010). Age 21 Minimum Legal Drinking Age Fact Sheets Available at: www.cdc.gov/alcohol/fact-sheets/mla.htm

Drank Alcohol in the Past Month (HS): At least one drink of alcohol on 1+ of the past 30 days



- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who drank in the past month (41.4% in 2003 vs. 39.0% in 2008 vs. 26.4% in 2011).
- **2011 NC Comparison:** A lower percentage of GCS high school students (26.4%) than NC high school students (34.3%) drank alcohol in the past month.

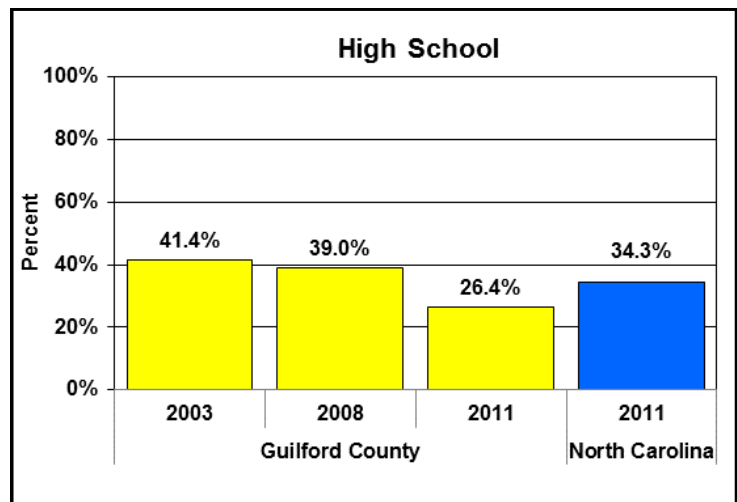


- 1 in 4 (26.4%) GCS high school students drank in the past month.
- Almost 1 in 3 White, Other race and Latino students drank alcohol in the past month compared to 1 in 5 African American students and 1 in 6 Asian students.

At least one drink of alcohol on 1+ of the past 30 days

High School Students		
Gender	Male	26.5%
	Female	26.4%
Race	White	30.9%
	Black/African American	21.1%
	Asian	15.4%
	Other	30.0%
Ethnicity	Hispanic/Latino	31.5%

N respondents = 2230
Full results available on page 101 of the appendix



“Drink”

In 2011, 13.2% of GCS high school students reported drinking 5 or more drinks of alcohol in a row within a couple of hours, or binge drinking, in the past 30 days.



Belliqwa Litte, 12th grade, GTCC Middle College at Greensboro, TRU Youth Advisory Board

Binge Drinking in the Past Month (HS): Had 5+ drinks of alcohol in a row, that is, within a couple of hours, on 1+ of the past 30 days



- A lower percentage of GCS high school students reported binge drinking in the past month in 2011 (13.2%) as compared to 2008 (25.7%) and 2003 (24.1%).

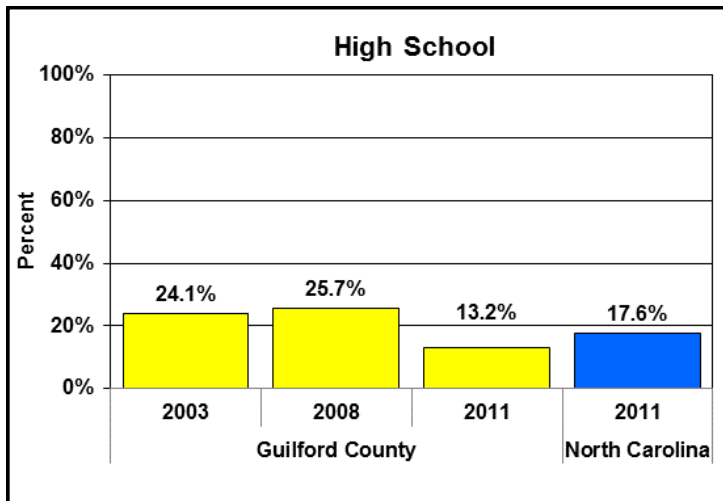


- 13.2% of GCS high school students reported binge drinking in the past month.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students reported binge drinking in the past month.

Had 5+ drinks in a row within a couple of hours on 1+ of the past 30 days



High School Students		
Gender	Male	15.1%
	Female	11.6%
Race	White	18.5%
	Black/African American	6.6%
	Asian	8.3%
	Other	15.6%
Ethnicity	Hispanic/Latino	15.9%

N respondents = 2337
Full results available on page 101 of the appendix

Consequences of Binge Drinking

Binge drinking is typically defined as drinking 5 or more alcoholic drinks within a short period of time (for men) and 4 or more alcoholic drinks within a short period of time (for women).

Binge drinking can lead to:

- Car accidents or other motor vehicle crashes
- Violence against others
- Suicide
- Unplanned pregnancy
- Spread of HIV and other sexually transmitted diseases
- Alcohol Dependence

⁶Centers for Disease Control and Prevention. (2008). Alcohol Binge Drinking: Nationwide Problem, Local Solutions. Available at: www.cdc.gov/vitalsigns/BingeDrinking/index.html

Did You Know?

According to the CDC, excessive alcohol use contributes to an average of 4,700 deaths per year among youth under the age of 21.

In North Carolina, excessive alcohol use contributes to an average of 156 deaths per year among youth under the age 21.⁷

⁷Centers for Disease Control and Prevention. (2008). Alcohol Related Disease Impact (ARDI) Application. Available at: apps.nccd.cdc.gov/DACH_ARDI/Default.aspx.

Drank on School Property in the Past Month (HS): Had at least one drink of alcohol on school property on 1+ of the past 30 days

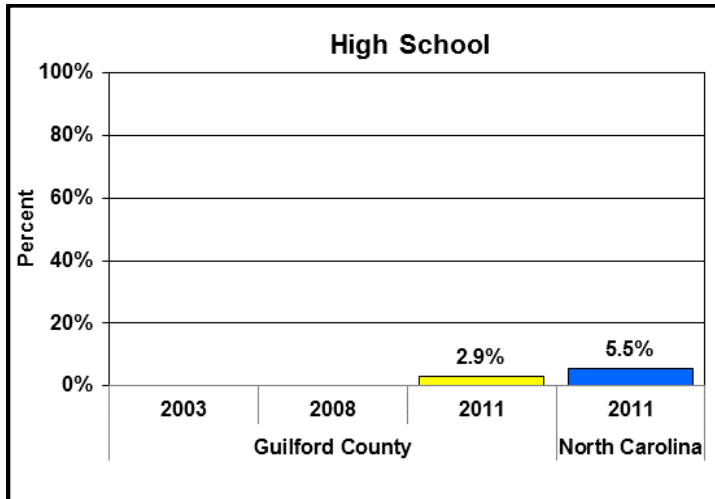


- 2.9% of GCS high school students drank on school property in the past month.



- **2011 NC Comparison:** A slightly lower percentage of GCS high school students drank on school property in the past month (2.9%) as compared to NC high school students (5.5%).

At least one drink of alcohol on 1+ of the past 30 days



High School Students		
Gender	Male	3.2%
	Female	2.6%
Race	White	2.8%
	Black/African American	2.9%
	Asian	0.0%
	Other	3.8%
Ethnicity	Hispanic/Latino	3.7%

N respondents = 2340
Full results available on page 101 of the appendix

NC Policy on Underage Drinking and Sales to Minors

According to NC General Statute 18B-302, alcoholic beverages may not be:⁸

- Sold or served to persons less than 21 years of age or
- possessed or consumed by persons less than 21 years of age.

It is also against the law for a person under or over the age of 21 to help someone sell or serve to persons under the legal drinking age or to purchase or help someone underage buy or possess alcohol. This includes the use of fraudulent or "fake" identification or allowing someone to use your identification.⁸

Consequences could include misdemeanor conviction, loss of driver's license, and significant fees.

For more information about the NC Alcohol Law, go to: www.nccrimecontrol.org

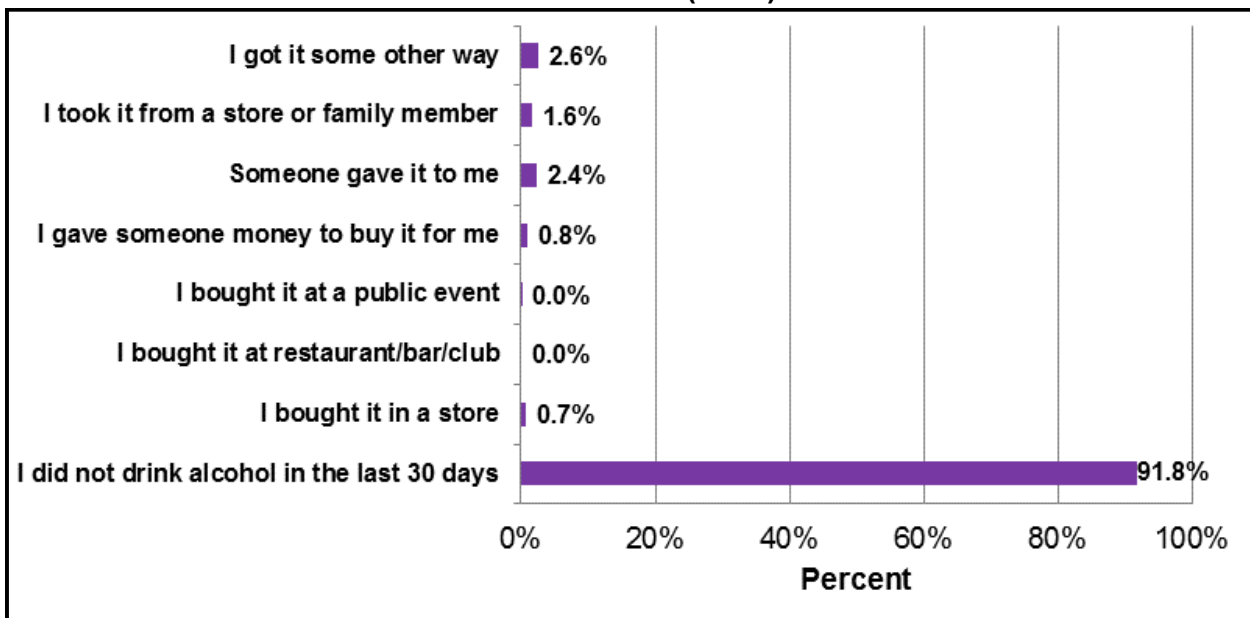
⁸NC Department of Public Safety. (2012). Alcohol Law Enforcement. Available at: www.nccrimecontrol.org/index2.cfm?a=000003,000005

Source of Alcohol: Among students who had at least one drink of alcohol in the past 30 days, where they usually got the alcohol they drank

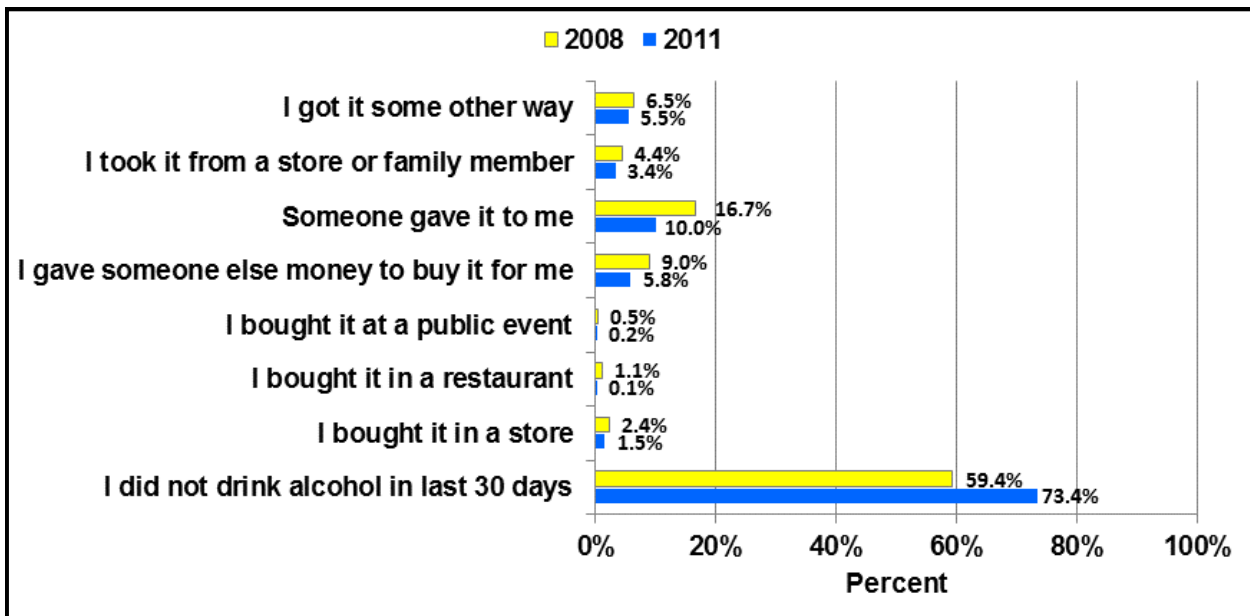


- Among GCS middle school students who drank alcohol in the past 30 days, the three most common sources of this alcohol were:
 - (1) Some other way (not listed among the choices)
 - (2) Someone giving it to them
 - (3) Stealing it (i.e., taking it from a store or family member)
- Among GCS high school students who drank alcohol in the past 30 days, the three most common sources of this alcohol were:
 - (1) Someone gave it to me
 - (2) Gave someone else money to buy it for them
 - (3) Some other way (not listed among the choices)

Middle School (2011)



High School (2008 & 2011)



Full results available on page 107 of the appendix

Other Drug Use

Although alcohol continues to be the most commonly used substance among Guilford County youth, some Guilford County youth are experimenting with illicit drugs. The most commonly used illicit drug is marijuana, which is often perceived as relatively harmless but can have significant consequences. Marijuana can be addictive, or change the chemical makeup of a young person's brain and negatively impact academic performance. Those who drive under the influence are more likely to be injured or killed and those who smoke are more likely to have unwanted and unprotected sex.¹

There is also increasing concern regarding use of prescription drugs without a personal prescription. Prescription medications most commonly abused by youth include pain relievers, tranquilizers, stimulants, and depressants and each group has different health consequences.¹ While some can cause anxiety and panic others slow the brain's activity.¹ Abusing prescription medication, including sharing prescription drugs with friends, is illegal.

Some youth also use inhalants, which are common household products that give off mind-altering chemical fumes when sniffed. Inhalants alter brain chemistry and can permanently damage the brain and central nervous system.¹ Inhalants can also cause heart attack and Sudden Sniffing Death (SSD), which essentially causes the user to suffocate.² Use of cocaine, steroids and meth among Guilford County youth is relatively low.

Ever Used Prescription Drugs: Ever taken a prescription drug, such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax, without a doctor's prescription

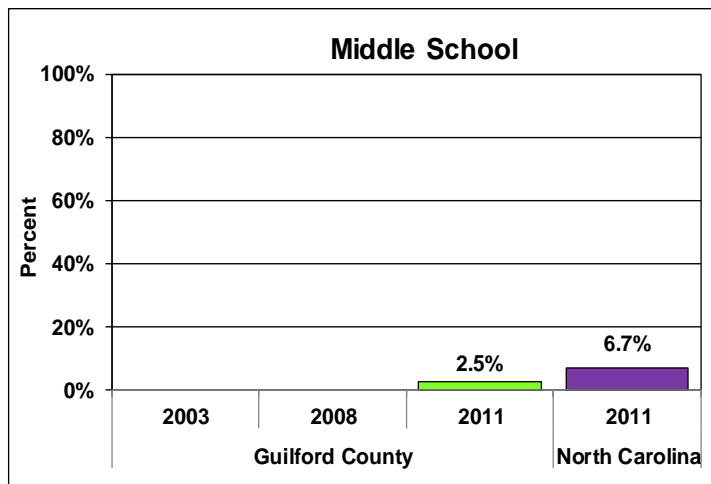


- **2011 NC Comparison:** Fewer GCS middle school students (2.5%) than NC middle school students (6.7%) had ever used prescription drugs.



- 2.5% of GCS middle school students had ever used prescription drugs.

Have ever taken a prescription drug without a doctor's prescription



Middle School Students		
Gender	Male	3.1%
	Female	1.9%
Race	White	2.4%
	Black/African American	2.1%
	Asian	1.8%
	Other	3.4%
Ethnicity	Hispanic/Latino	3.0%

N respondents = 2672

Full results available on page 101 of the appendix

¹ National Institute on Drug Abuse for Teens. (2012). Facts on Drugs, Available at: teens.drugabuse.gov/facts/index.php

² National Inhalant Prevention Coalition. (2012). About Inhalants. Available at: www.inhalants.org/about.htm

Ever Used Prescription Drugs: Taken a prescription drug, such as Oxy-Contin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax, without a doctor's prescription, 1+ times during their life

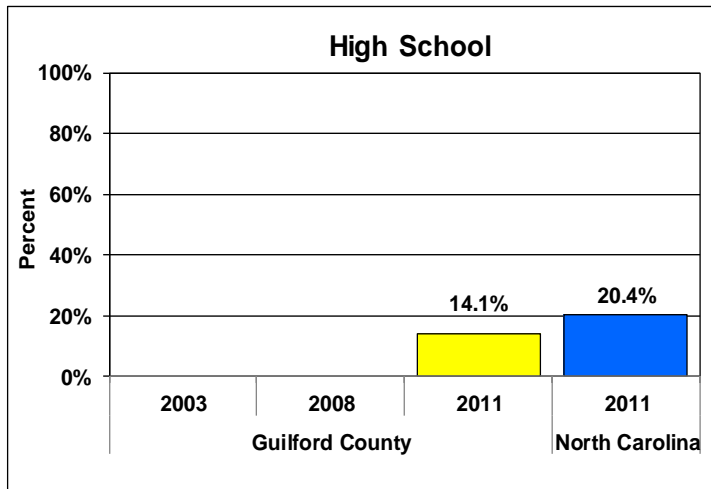


• **2011 NC Comparison:** Fewer GCS high school students (14.1%) than NC high school students (20.4%) had ever used prescription drugs.



• 1 in 7 (14.1%) GCS high school students had ever used prescription drugs.

Taken a prescription drug without a doctor's prescription 1+ times during their life



Category	Sub-category	Percent
Gender	Male	15.2%
	Female	13.1%
Race	White	18.9%
	Black/African American	10.1%
	Asian	5.3%
	Other	13.3%
Ethnicity	Hispanic/Latino	9.8%

N respondents = 2351
Full results available on page 101 of the appendix

What Can Parents Do?
Parents can help reduce teens' access to prescription drug use by monitoring their medicine cabinets, keeping track of their refills, and disposing of unused medicine.

How Should Unused Prescription Medications Be Disposed?
Contrary to popular belief, many prescription drugs should *not* be flushed down the toilet. The FDA's guidelines for drug disposal are summarized below³:

- Follow the disposal instructions listed on the label. Do not flush prescription drugs down the toilet unless the labels indicates that this is okay.
- Check whether there are community drugs drops near you where you can drop off any unused prescription medications. For example, check Operation Medicine Drop at www.umd-nc.org/
- If there are no instructions and you cannot take advantage of a community drug drop, you can mix them with kitty litter or coffee grounds, seal them in a bag or empty container, and then put them in the trash.

³Food & Drug Administration. (2012). How to Dispose of Unused Medicines. Available at www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm

"Self Medicating"



Emmanuel Osuji ,12th grade, Page High School
TRU Youth Advisory Board

In 2011, 14.1% of GCS high school students took a prescription drug without a doctor's prescription.

Ever Used Marijuana: Used marijuana (MS = Ever; HS = 1+ times during their life)



- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who had ever used marijuana (43.1% in 2003 vs. 37.5% in 2008 vs. 33.4% in 2011).
- There has been a similar, but smaller, downward trend in the percentage of GCS middle school students who had ever used marijuana (10.4% in 2003 vs. 9.1% in 2008 vs. 7.6% in 2011).
- **2011 NC Comparison:** Fewer GCS high school students (33.4%) had ever used marijuana than NC high school students (42.9%). There was a similar, but smaller, difference between GCS middle school students (7.6%) and NC middle school students (11.4%)



- Almost 1 in 10 (7.6%) GCS middle school students have ever used marijuana.
- 1 in 3 (33.4%) GCS high school students have ever used marijuana.

N respondents = 2622 (MS) and 2318 (HS); Full results available on page 101 of the appendix

Current Marijuana Use: Used marijuana during the past 30 days (MS = ever, HS = 1+ times during the past 30 days)

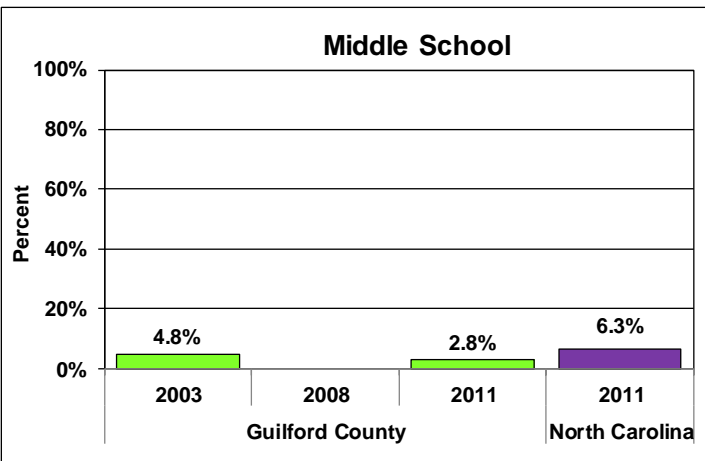


- There has been a slight downward trend from 2003 to 2011 in the percent of GCS high school who reported current marijuana use (25.2% in 2003 vs. 22.7% in 2008 vs. 18.7% in 2011).
- **2011 NC Comparison:** Fewer GCS high school students (18.7%) than NC high school students (24.2%) reported current marijuana use. There was a similar, but smaller, difference between GCS middle school students (2.8%) and NC middle school students (6.3%)

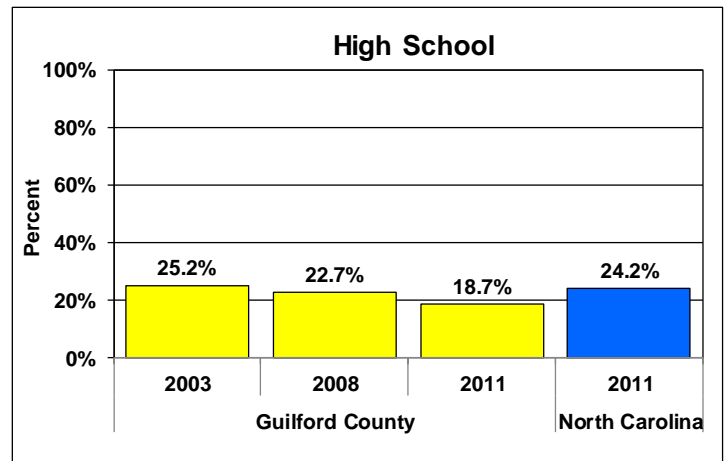


- Almost 1 in 5 (18.7%) GCS high school students reported current marijuana use.
- 2.8% of GCS middle school students reported current marijuana use.

Used marijuana during the past 30 days



Used marijuana 1+ times in the past 30 days



Middle School Students		
Gender	Male	3.5%
	Female	2.1%
Race	White	1.7%
	Black/African American	3.9%
	Asian	1.2%
	Other	3.5%
Ethnicity	Hispanic/Latino	2.8%

N respondents = 2658
Full results available on page 101 of the appendix

High School Students		
Gender	Male	20.5%
	Female	17.2%
Race	White	18.0%
	Black/African American	19.5%
	Asian	9.0%
	Other	23.0%
Ethnicity	Hispanic/Latino	21.0%

N respondents = 2334
Full results available on page 101 of the appendix

Used Marijuana at School in the Past Month: Used marijuana on school property during the past 30 days



- Almost no (<1%) GCS middle school students have used marijuana at school in the past 30 days.
- A lower percentage of GCS high school students had use marijuana at school in the past month in 2011 (3.8%) as compared to 2008 (8.3%) or 2003 (6.9%).



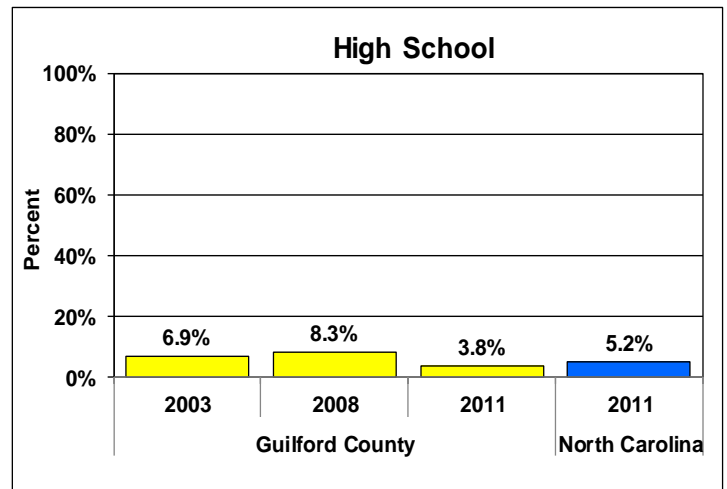
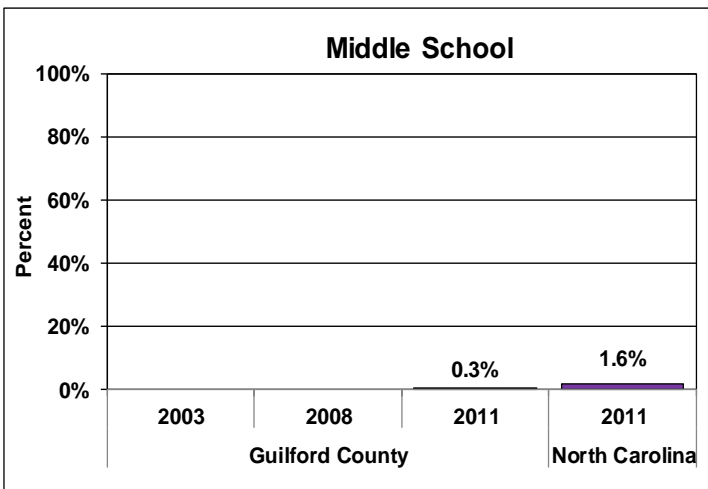
- 3.8% of GCS high school students had used marijuana at school in the past month.



- **2011 NC Comparison:** About as many GCS middle and high school students as NC middle and high school students had used marijuana on school property in the past month.

Used marijuana on school property during the past 30 days

Used marijuana on school property 1+ times during the past 30 days



Middle School Students		
Gender	Male	0.5%
	Female	0.1%
Race	White	0.1%
	Black/African American	0.3%
	Asian	0.0%
	Other	0.5%
Ethnicity	Hispanic/Latino	0.5%

N respondents = 2672
Full results available on page 101 of the appendix

High School Students		
Gender	Male	5.5%
	Female	2.4%
Race	White	3.4%
	Black/African American	4.9%
	Asian	0.8%
	Other	3.8%
Ethnicity	Hispanic/Latino	3.3%

N respondents = 2344
Full results available on page 101 of the appendix

Tried Marijuana Before Age 11 (MS): Tried marijuana for the first time before age 11

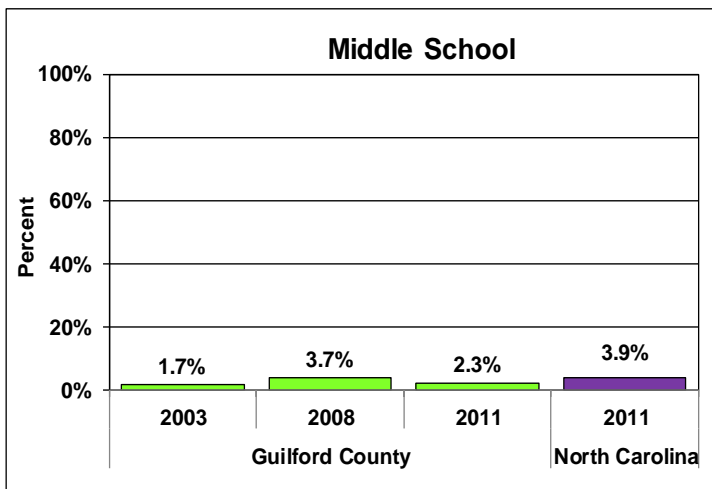


• 2.3% of GCS middle school students had tried marijuana before age 11.



• **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (2.3%) than NC middle school students (3.9%) had tried marijuana before age 11.

Tried marijuana for the first time before age 11 years



Middle School Students		
Gender	Male	3.1%
	Female	1.4%
Race	White	1.1%
	Black/African American	3.5%
	Asian	1.2%
	Other	2.8%
Ethnicity	Hispanic/Latino	2.9%

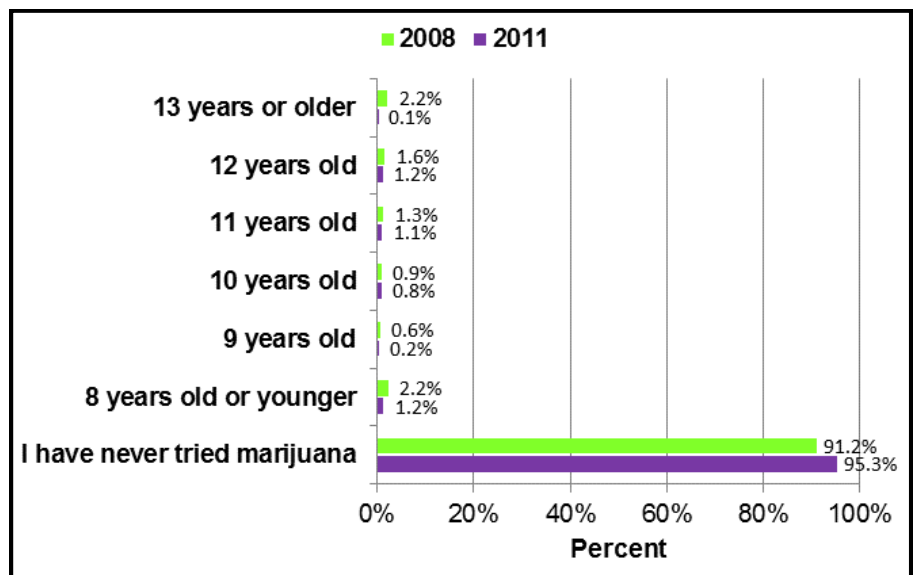
N respondents = 2579
Full results available on page 101 of the appendix

Cognitive and Physical Effects of Marijuana Use

Marijuana affects cognitive functioning by distorting perceptions, impairing coordination and compromising problem solving. For chronic users, the effects on learning and memory can last for days or weeks. Like tobacco use, those who smoke marijuana can have respiratory problems such as daily cough and an increased risk of lung infections.⁴

⁴ National Institute on Drug Abuse. Info Facts: Marijuana. Available at: www.drugabuse.gov/publications/infofacts/marijuana

How old were you when you tried marijuana for the first time?



Full results available on page 107 of the appendix

Tried Marijuana Before Age 13 (HS): Tried marijuana for the first time before age 13



- A lower percentage of GCS high school students had tried marijuana before age 13 in 2011 (6.4%) as compared to 2008 (10.7%) or 2003 (8.7%).

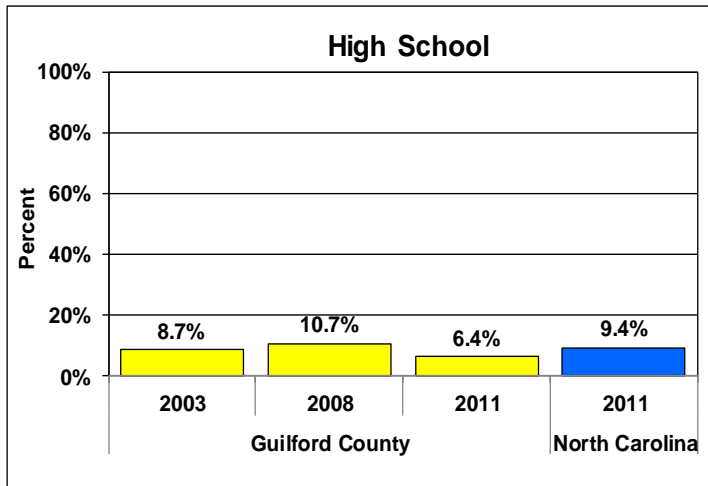


- 6.4% of GCS high school students had tried marijuana before age 13.
- Male GCS high school students (9.0%) were more likely to have tried marijuana before age 13 than female GCS high school students (4.2%).



- **2011 NC Comparison:** A slightly lower percentage of GCS high school students (6.4%) than NC high school students (9.4%) had tried marijuana before age 13.

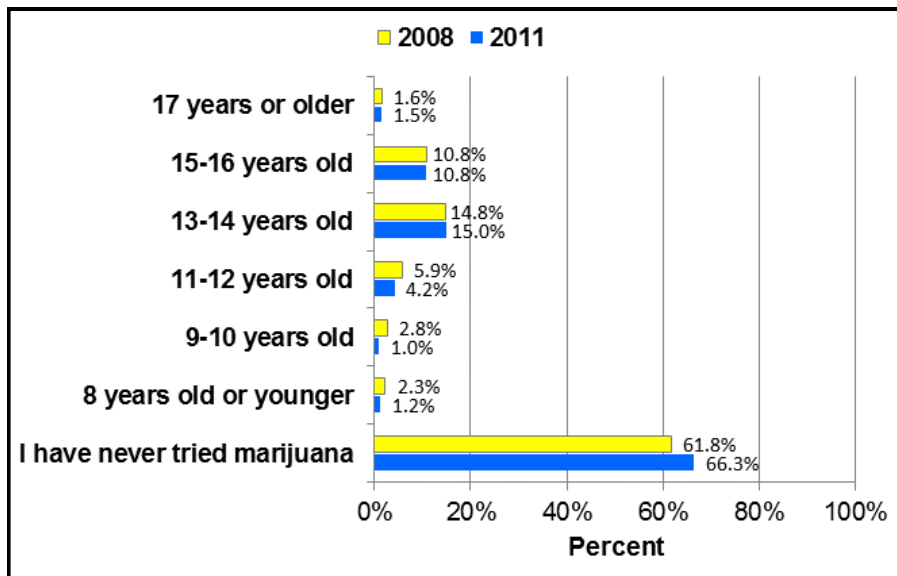
Tried marijuana for the first time before age 13 years



High School Students		
Gender	Male	9.0%
	Female	4.2%
Race	White	4.2%
	Black/African American	7.6%
	Asian	3.8%
	Other	10.4%
Ethnicity	Hispanic/Latino	9.5%

N respondents = 2320
Full results available on page 101 of the appendix

How old were you when you tried marijuana for the first time?



Other Effects of Marijuana Use

It is estimated that about 9% of marijuana users become addicted. The risk of addiction is higher for those who start using at a younger age (17%) or use on a daily basis (25-50%). According to 2008 treatment statistics, 17% of admissions were attributed to primary marijuana abuse and of those in treatment for marijuana abuse, 56% began using by age 14.⁵

⁵ National Institute on Drug Abuse. Info Facts: Marijuana. Available at: www.drugabuse.gov/publications/infofacts/marijuana

Full results available on page 107 of the appendix

Ever Used Cocaine: Used any form of cocaine, including powder, crack, or freebase



- There has been a small, but steady, downward trend from 2003 to 2011 in the percentage of GCS middle school students who had ever used cocaine (4.1% in 2003 vs. 3.3% in 2008 vs. 1.2% in 2011).
- There has been a similar downward trend from 2003 to 2011 in the percentage of GCS high school students who had ever used cocaine (6.9% in 2003 vs. 5.8% in 2008 vs. 3.1% in 2011).

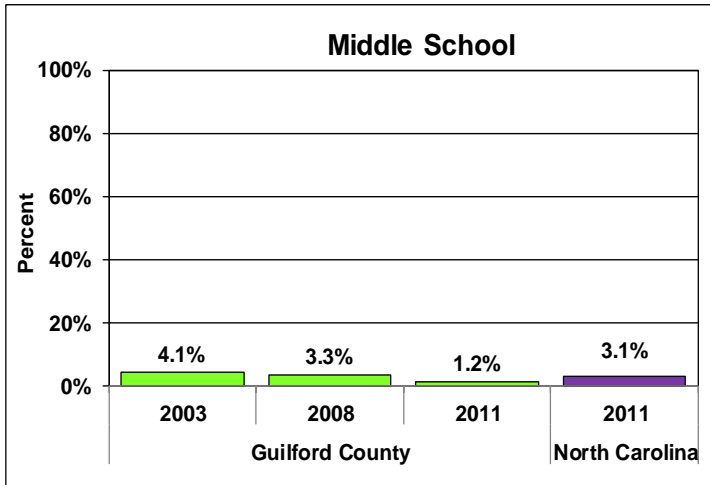


- 1.2% of GCS middle school students and 3.1% of GCS high school students had ever used cocaine.

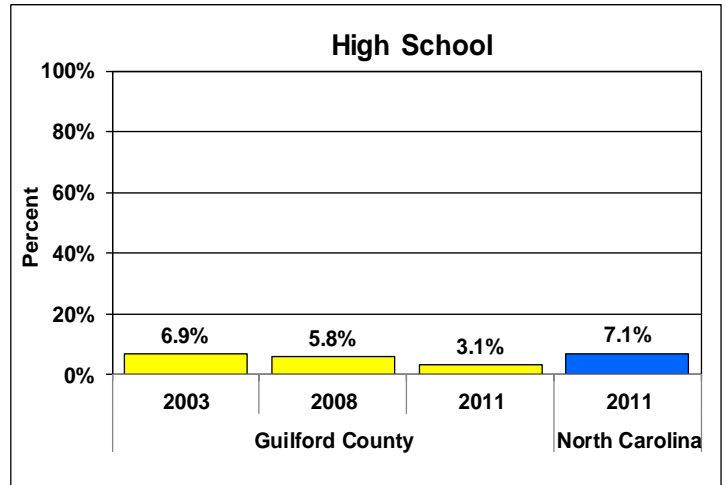


- **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (1.2%) than NC middle school students (3.1%) had ever used cocaine. The same was true for GCS high school students (3.1%) as compared to NC high school students (7.1%).

Ever used any form of cocaine, including powder, crack, or freebase



Used any form of cocaine, including powder, crack, or freebase 1+ times during their life



Middle School Students		
Gender	Male	1.5%
	Female	0.9%
Race	White	1.2%
	Black/African American	0.8%
	Asian	0.6%
	Other	1.9%
Ethnicity	Hispanic/Latino	1.8%

N respondents = 2672
Full results available on page 101 of the appendix

High School Students		
Gender	Male	3.9%
	Female	2.4%
Race	White	4.4%
	Black/African American	0.9%
	Asian	2.3%
	Other	4.5%
Ethnicity	Hispanic/Latino	5.0%

N respondents = 2341
Full results available on page 101 of the appendix

Ever Used Inhalants: Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high



- There has been a small downward trend from 2003 to 2011 in the percentage of GCS high school students who had ever used inhalants (14.7% in 2003 vs. 11.1% in 2008 vs. 9.0% in 2011).
- **2011 NC Comparison:** Fewer GCS middle school students (6.7%) than NC middle school students (11.5%) had ever used inhalants.

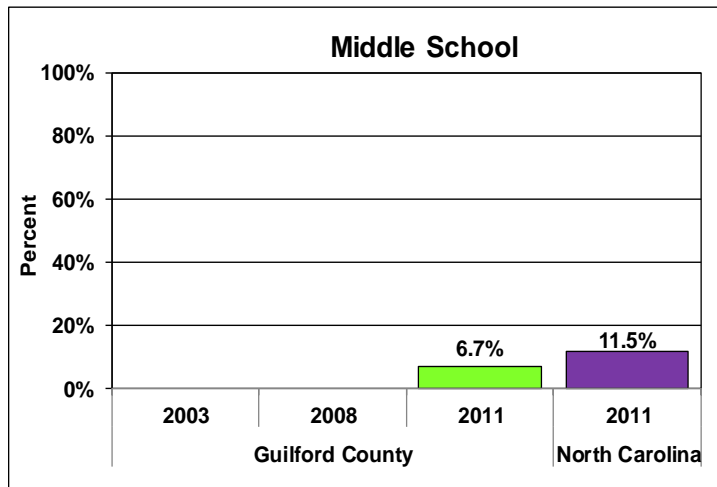


- 6.7% of GCS middle school students and 9.0% of GCS high school students had ever used inhalants.

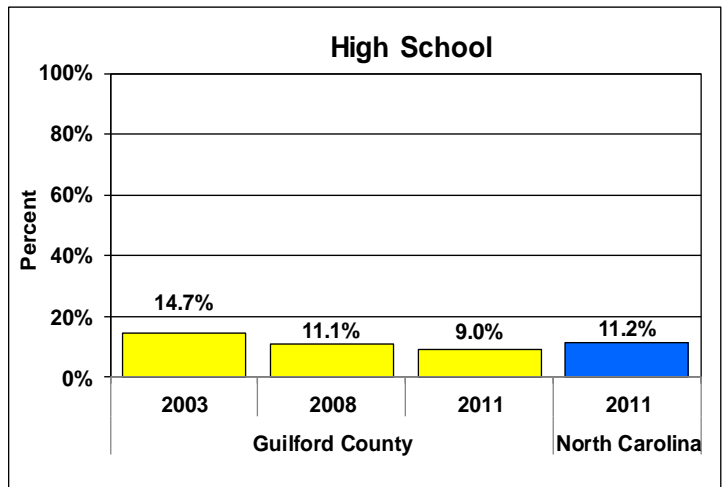


- **2011 NC Comparison:** About as many GCS high school students as NC high school students had ever used inhalants.

Ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high



Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high 1+ times during their life



Middle School Students		
Gender	Male	6.1%
	Female	7.2%
Race	White	5.6%
	Black/African American	5.8%
	Asian	4.8%
	Other	9.6%
Ethnicity	Hispanic/Latino	8.4%

N respondents = 2685
Full results available on page 102 of the appendix

High School Students		
Gender	Male	7.8%
	Female	10.2%
Race	White	8.0%
	Black/African American	9.6%
	Asian	6.0%
	Other	10.4%
Ethnicity	Hispanic/Latino	10.2%

N respondents = 2354
Full results available on page 102 of the appendix

Ever Used Steroids: Taken steroid pills or shots without a doctor's prescription



- There has been a small downward trend from 2003 to 2011 in the percentage of GCS high school students who had ever used steroids (5.2% in 2003 vs. 4.7% in 2008 vs. 1.7% 2011).
- There has been a similar, but smaller, downward trend from 2003 to 2011 in the percentage of GCS middle school students who had ever used steroids (3.7% in 2003 vs. 2.5% in 2008 vs. 1.3% in 2011).



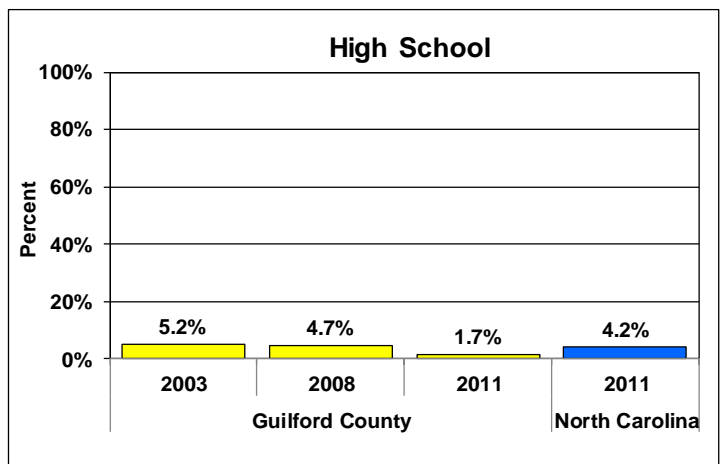
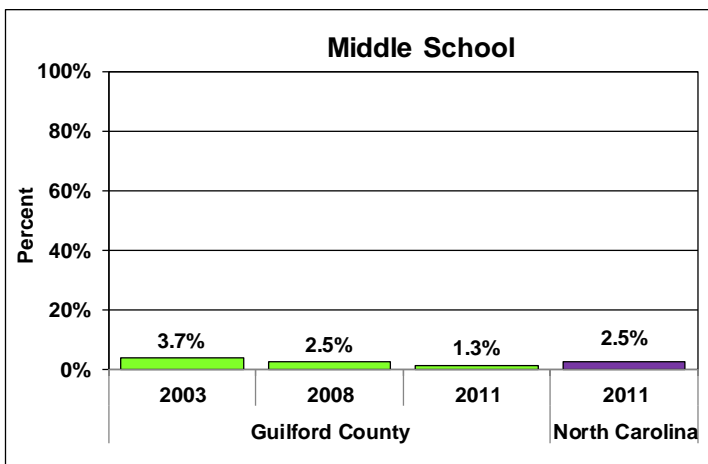
- 1-2% of GCS middle and high school students had ever used steroids.



- **2011 NC Comparison:** A slightly smaller percentage of GCS middle school students (1.3%) than NC middle school students (2.5%) had ever used steroids. The same was true for GCS high school students as compared to NC high school students (4.2%)

Ever taken steroid pills or shots without a doctor's prescription

Taken steroid pills or shots without a doctor's prescription 1+ times during their life



Middle School Students		
Gender	Male	1.7%
	Female	0.9%
Race	White	0.4%
	Black/African American	1.6%
	Asian	1.8%
	Other	1.9%
	Ethnicity ¹	Hispanic/Latino

N respondents = 2678
Full results available on page 102 of the appendix

High School Students		
Gender	Male	2.4%
	Female	1.2%
Race	White	2.2%
	Black/African American	1.4%
	Asian	0.8%
	Other	1.5%
	Ethnicity ¹	Hispanic/Latino

N respondents = 2351
Full results available on page 102 of the appendix

Ever Used Meth (HS): Used methamphetamine 1+ times in their life



- Fewer GCS high school students had ever used methamphetamine in 2011 (1.5%) as compared to 2008 (5.4%).



- 1.5 % of GCS high school students had ever used methamphetamine.



- **2011 NC Comparison:** Slightly fewer GCS high school students (1.5%) than NC high school students (4.8%) had ever used methamphetamine.

N respondents = 2352; Full results available on page 102 of the appendix

Offered, Sold, or Given Drugs at School in the Past Year: Been offered, sold, or given an illegal drug on school property during the past 12 months

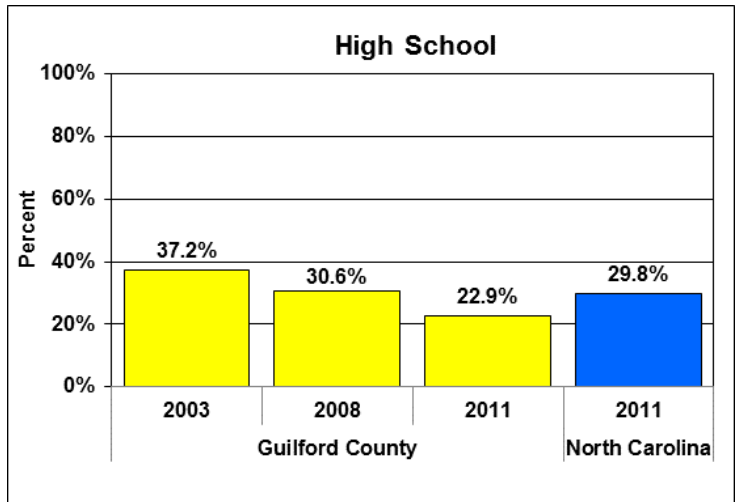
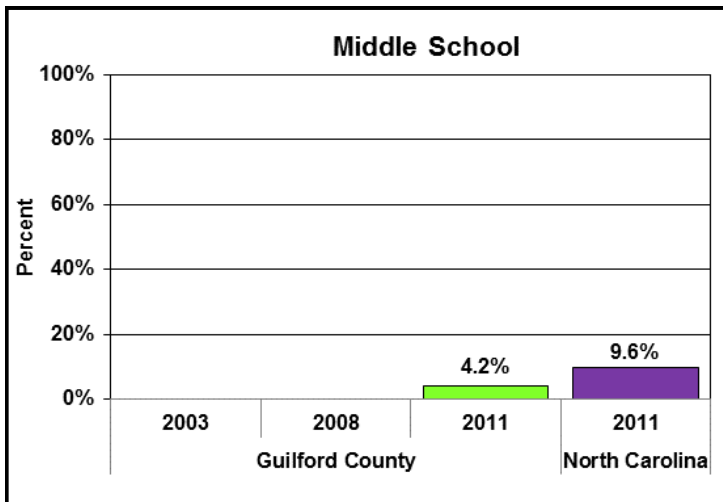


- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who had been offered, sold, or given drugs at school in the past year.
- **2011 NC Comparison:** Fewer GCS middle and high school students than NC middle and high school students had been offered, sold, or given drugs at school in the past year.



- Over 1 in 5 (22.9%) GCS high school students had been offered, sold, or given drugs at school in the past year.
- The percentage of students who had been offered, sold, or given drugs at school in the past year was higher among GCS high school students (22.9%) than among GCS middle school students (4.2%).

Been offered, sold, or given an illegal drug on school property during the past 12 months



Middle School Students		
Gender	Male	5.4%
	Female	3.0%
Race	White	3.5%
	Black/African American	4.8%
	Asian	3.6%
	Other	4.2%
Ethnicity	Hispanic/Latino	4.3%

N respondents = 2663
Full results available on page 102 of the appendix

High School Students		
Gender	Male	27.9%
	Female	18.6%
Race	White	21.7%
	Black/African American	20.8%
	Asian	21.1%
	Other	32.1%
Ethnicity	Hispanic/Latino	33.2%

N respondents = 2350
Full results available on page 102 of the appendix

Gotten into Trouble Because of Their Drug Use (HS): Ever gotten into trouble with their family or friends, missed school, or gotten into fights while using alcohol or drugs



- 13.0% of GCS high school students have gotten into trouble because of their drug use.



- **2011 NC Comparison:** About as many GCS high school students (13.0%) have gotten into trouble because of their drug use as NC high school students (17.1%).

N respondents = 2336; Full results available on page 102 of the appendix

Sexuality Education and Behavior

Youth who engage in early sexual behaviors risk unintended physical, emotional and economic consequences. Sexually transmitted infections (STIs) disproportionately affect young people. In 2009, there were 904 cases of Chlamydia and 255 cases of gonorrhea among Guilford County teens between the ages of 13 to 19.¹ Teens also accounted for 7.3% of all new HIV infections in Guilford County that same year.¹ On a positive note, GCS high school students are less likely to have had sexual intercourse than they were a few years ago and teen pregnancy rates continue to drop, both within Guilford County, and across the state. Despite this good news, 807 Guilford County girls between the ages of 10 to 19 got pregnant in 2010.² In addition, there is a connection with early sexual activity and other youth risk behaviors including history of violence and delinquency, poor academic performance and drug and alcohol use.³

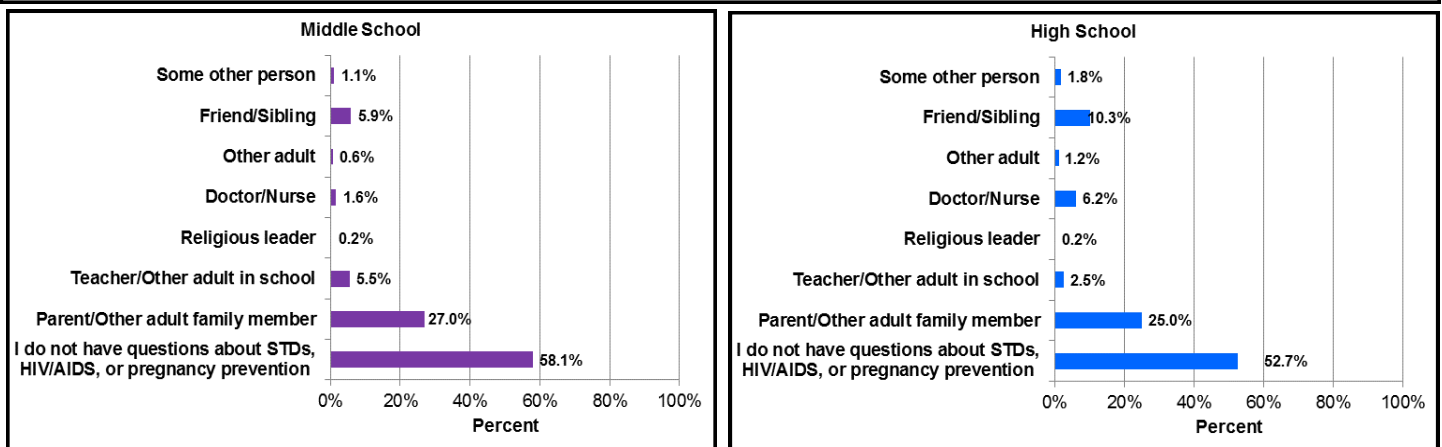
Today's youth receive mixed messages about sexuality and relationships, thus, factual sexuality education and open, direct parent communication about sexuality and expectations about behavior are essential for reducing sexual risk among our youth. Abstinence is an important method for preventing pregnancies and eliminating the risks of AIDS and Sexually Transmitted Infections (STIs). However, for sexually active youth, education about ways that they can minimize risk is essential to protect their health and the health of their partners.

Who Students Talk To: Who do students usually talk to when they have questions about STDs, HIV, AIDS, or pregnancy prevention?



- Among students who have questions about STDs, HIV, AIDS, or pregnancy prevention, the most common people that they talk to are parents or other adult family members. A smaller percentage of students talk to friends or siblings, particularly in high school. Some students also talk to a doctor or nurse or to teachers or other adults in their school.

When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you *usually* talk?



Full results available on page 107 of the appendix

¹ Guilford County Department of Public Health. (2010). Health Status of Guilford County Databook. Available at: www.guilfordhealth.org

² North Carolina Department of Health and Human Services State Center for Health Statistics and the Office of Healthy Carolinians/Health Education. (2012). 2012 County Health Data Book . Available at: www.schs.state.nc.us/SCHS/data/databook/

³ The National Campaign to Prevent Teen and Unplanned Pregnancy. (1999). Get Organized: A Guide to Preventing Teen Pregnancy. Available at: www.thenationalcampaign.org/resources/getorganized/ch01.pdf

Discussed Expectations About Sex With Parents / Family: Parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex



- 3 out of 4 (73.4%) GCS high school students and half (50.6%) of GCS middle school students had discussed expectations about sex with parents or family.
- 60.9% of African American GCS middle school students and 80.2% of African American GCS high school students had discussed expectations about sex with parents or family.

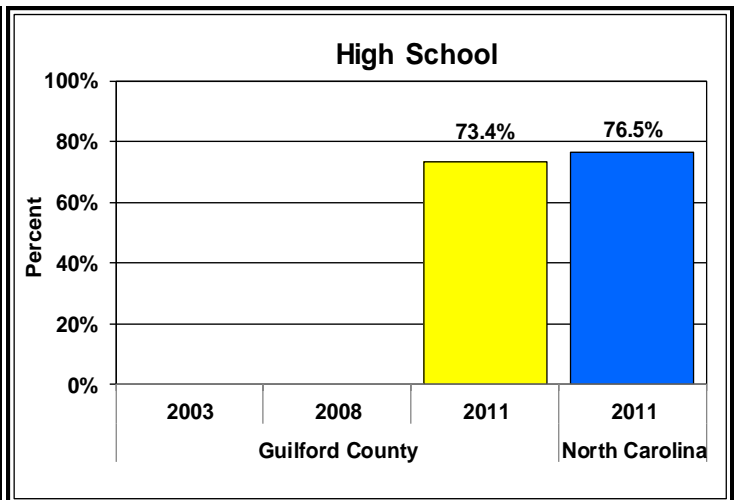
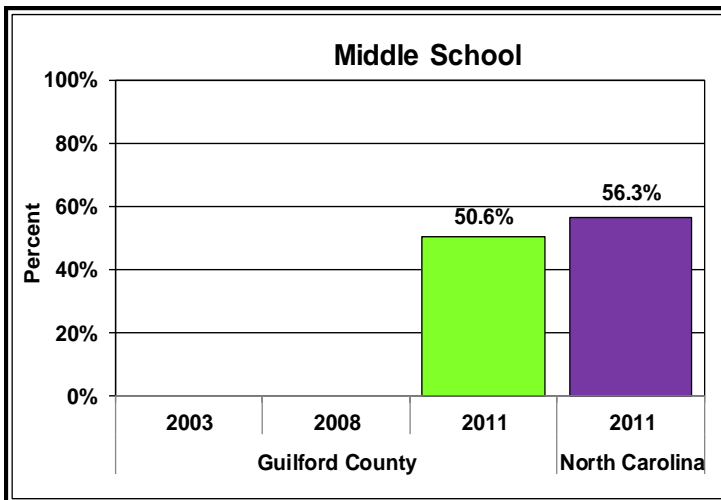


- Less than a quarter (22.6%) of Asian GCS middle school students and less than half (44.6%) of Asian GCS high school students had discussed expectations about sex with parents or family.
- 49.4% of GCS middle school students and 26.6% of GCS high school students had not discussed expectations about sex with parents or family.
- **2011 NC Comparison:** A lower percentage of GCS middle school students (50.6%) than NC middle school students (56.3%) had discussed expectations about sex with parents or family.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students had discussed expectations about sex with parents or family.

Parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex



Middle School Students		
Gender	Male	47.2%
	Female	54.1%
Race	White	47.5%
	Black/African American	60.9%
	Asian	22.6%
	Other	49.1%
Ethnicity	Hispanic/Latino	44.3%

N respondents = 2642
Full results available on page 102 of the appendix

High School Students		
Gender	Male	69.4%
	Female	76.9%
Race	White	73.1%
	Black/African American	80.2%
	Asian	44.6%
	Other	71.1%
Ethnicity	Hispanic/Latino	69.7%

N respondents = 2326
Full results available on page 102 of the appendix

Parents Matter!

Research tells us that a close parent-child relationship, with open communication and quality time together helps to protect teens from early sexual activity and teen pregnancy. And talking about sex is important. In particular, teens whose parents communicate their expectations about sexual behavior, especially as it relates to abstinence and the risks of unprotected sex, are more likely to delay having sex and use contraceptives if they become sexually active.⁴

⁴National Campaign to Prevent Teen Pregnancy. (2001). Parent Power: What Parents Need to Know and Do to Prevent Teen Pregnancy. Available at: www.thenationalcampaign.org/resources/pdf/pubs/ParentPwr.pdf

Ever Been Taught About Abstinence, HIV/AIDS, and Sexually Transmitted Diseases (MS)

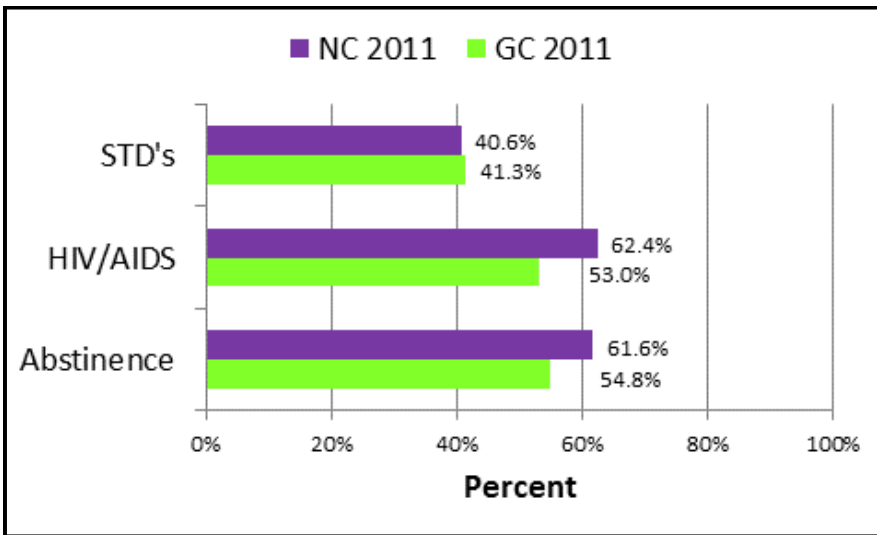


- Over half of GCS middle school students had been taught about abstaining from sexual activity (54.8%) and HIV/AIDS (53.0%).



- Less than half (41.3%) of GCS middle school students had been taught about STDs.
- 2011 NC Comparison:** Fewer GCS middle school students (53.0%) than NC middle school students (62.4%) had been taught about HIV/AIDS.

Have you ever been taught about ... Chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts? AIDS or HIV infection in school? Abstaining from sexual activity?



STDs		
Gender	Male	40.7%
	Female	41.9%
Race	White	42.6%
	Black/African American	43.0%
	Asian	33.3%
	Other	39.6%
Ethnicity	Hispanic/Latino	38.3%

N respondents = 2659
Full results available on page 102 of the appendix

HIV/AIDS		
Gender	Male	53.3%
	Female	52.6%
Race	White	54.9%
	Black/African American	54.7%
	Asian	44.6%
	Other	51.1%
Ethnicity	Hispanic/Latino	49.0%

N respondents = 2657
Full results available on page 102 of the appendix

Abstinence		
Gender	Male	53.6%
	Female	56.1%
Race	White	57.0%
	Black/African American	59.8%
	Asian	39.8%
	Other	49.4%
Ethnicity	Hispanic/Latino	47.4%

N respondents = 2656
Full results available on page 102 of the appendix

What is the Healthy Youth Act?

The NC General Assembly passed the Healthy Youth Act in 2009, which provides public school students with fact-based sexuality education so they can make safe decisions about their bodies, sex and relationships as they transition into young adulthood.⁵

The Healthy Youth Act requires that information taught is accurate, objective and based upon peer reviewed scientific research, requiring that students learn⁵:

- Abstinence is the safest choice and the expected standard for all schoolchildren
- All FDA-approved methods of contraception
- HIV/STD risks and prevention
- Sexual assault and sexual abuse risks and prevention

For more information about the Healthy Youth Act, go to:
www.appcnc.org/nhealthy-youth-act/

⁵Adolescent Pregnancy Prevention Campaign of North Carolina, (APPCNC). 2009. Healthy Youth Act, Available at: appcnc.org/nhealthy-youth-act/

Ever Had Sexual Intercourse

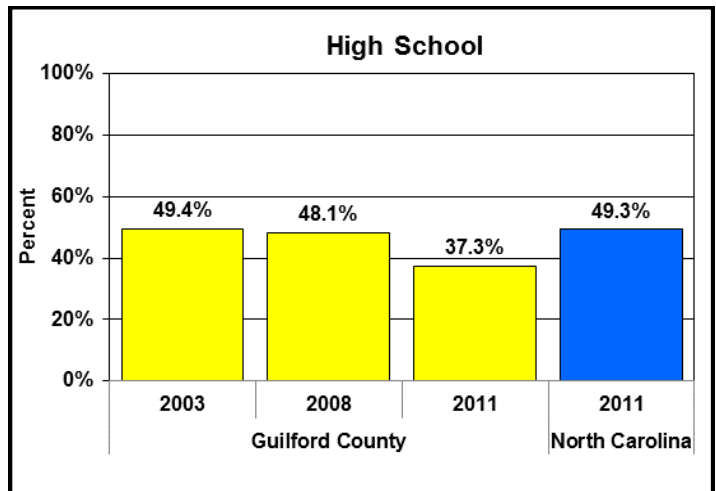
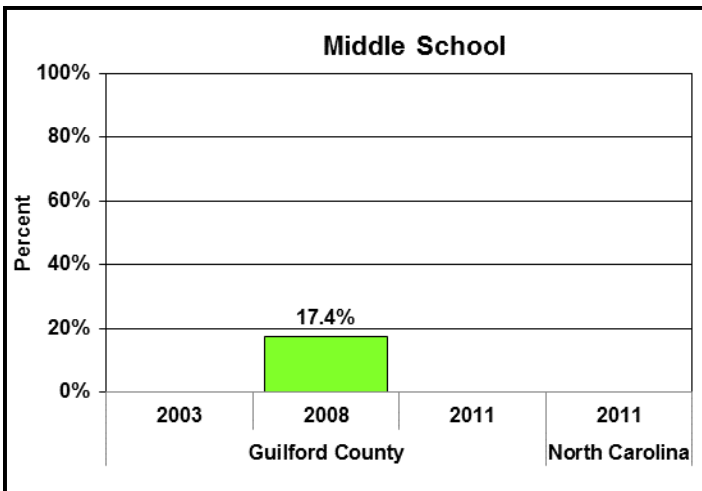


- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who have ever had sexual intercourse (49.4% in 2003 vs. 48.1% in 2008 vs. 37.3% in 2011).
- **2011 NC Comparison:** A lower percentage of GCS high school students (37.3%) than NC high school students (49.3%) have ever had sexual intercourse.



- 2 out of 5 (37.3%) GCS high school students had ever had sexual intercourse.
- In 2008 (most recent data available), 17.4% of GCS middle school student had ever had sexual intercourse.
- 40-50% of Black/African American, Other race, and Latino ethnicity GCS high school students have ever had sexual intercourse, as compared to under 30% of White and Asian GCS high school students (exact percentages given in the table below).

Ever had sexual intercourse



Note: For the 2011 YRBS survey administration in GCS, the decision was made to use the same survey that was used at the NC state level. This decision was made to facilitate comparisons between GCS students and NC students. Regrettably, the state decided to leave the question about ever having sex off the middle school survey. The concern was that some schools would refuse to participate if this question was included in the state survey. However, this question was included on the 2008 GCS survey. Therefore, given the importance of this behavior for our youth's health and in the absence of any updated data, we decided to include the 2008 data for this question in this year's report.

High School Students		
Gender	Male	38.9%
	Female	36.0%
Race	White	28.4%
	Black/African American	48.7%
	Asian	17.6%
	Other	43.7%
Ethnicity	Hispanic/Latino	42.8%

N respondents = 2186
Full results available on page 103 of the appendix

Ever Tested for HIV (HS): Ever been tested for HIV, the virus that causes AIDS (not counting tests done if they donated blood)



- Only 10.9% of GCS high school students have ever been tested for HIV, even though 37.3% of GCS high school students have had sexual intercourse.



- **2011 NC Comparison:** About the same percentage of GCS high school students (10.9%) as NC high school students (13.4%) have ever been tested for HIV.

N respondents = 2263; Full results available on page 103 of the appendix

First Had Sexual Intercourse Before Age 13 (HS): Had sexual intercourse for the first time before age 13 years



- A lower percentage of GCS high school students first had sexual intercourse before age 13 in 2011 (7.0%) as compared to 2008 (12.1%) and 2003 (9.4%).

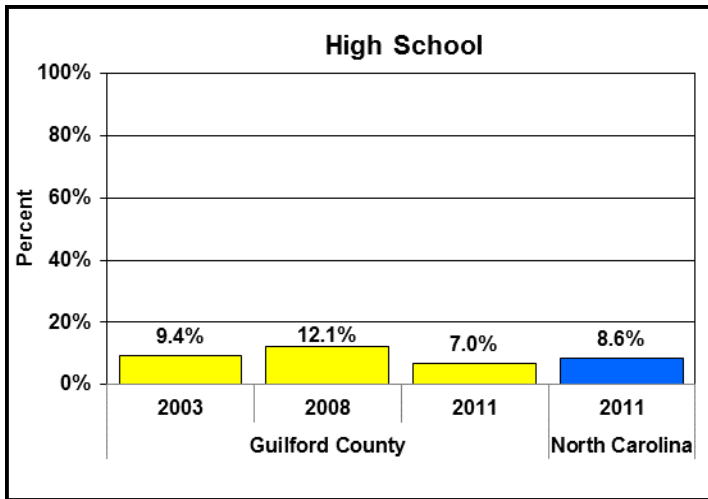


- 1 out of 14 (7.0%) GCS high school students first had sexual intercourse before age 13.
- Over 1 in 10 Black / African American, Other race, and Latino ethnicity GCS high school students first had sexual intercourse before age 13 as compared to fewer than 1 in 20 Asian and White GCS high school students.
- Male GCS high school students were much more likely (11.3%) than female GCS high school students (3.4%) to have first had sexual intercourse before age 13.



- **2011 NC Comparison:** About as many GCS high school students first had sexual intercourse before age 13 as compared to NC high school students.

Had sexual intercourse for the first time before age 13 years



High School Students		
Gender	Male	11.3%
	Female	3.4%
Race	White	2.1%
	Black/African American	11.3%
	Asian	4.0%
	Other	11.1%
Ethnicity	Hispanic/Latino	12.5%

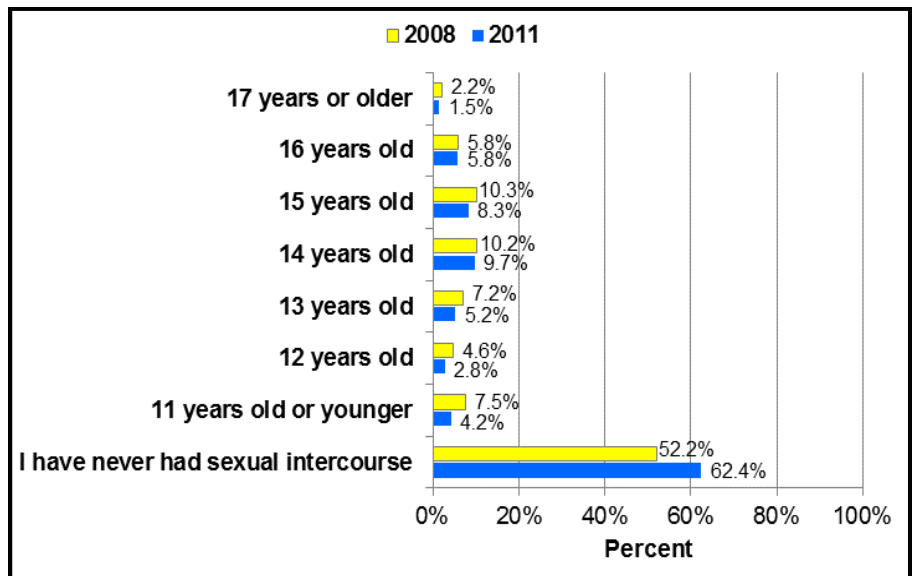
N respondents = 2194
Full results available on page 103 of the appendix

The Benefits of Waiting

Research shows that compared to youth who have sex at an earlier age, those who delay initiation or wait to have sex until they are older are less likely to have a pregnancy, contract a sexually transmitted infection and have fewer sexual partners. They are also less likely to be in a coercive sexual relationship and regret the timing of their first sexual experience.⁶

⁶Elizabeth Terry-Humen, M.P.P., Jennifer Manlove, Ph.D., and Sarah Cottingham. Child Trends Research Brief, Trends and Recent Estimates: Sexual Activity Among U.S. Teens, Publication #2006-8. Available at: www.childtrends.org/

How old were you when you had sexual intercourse for the first time?



Full results available on page 107 of the appendix

4+ Lifetime Sex Partners (HS): Had sexual intercourse with 4+ people during their life



- A slightly lower percentage of GCS high school students have had 4+ lifetime sex partners in 2011 (12.0%) as compared to 2008 (16.5%) and 2003 (13.7%).
- **2011 NC Comparison:** Fewer GCS high school students (12.0%) than NC middle school students (16.8%) have had 4+ lifetime sex partners.

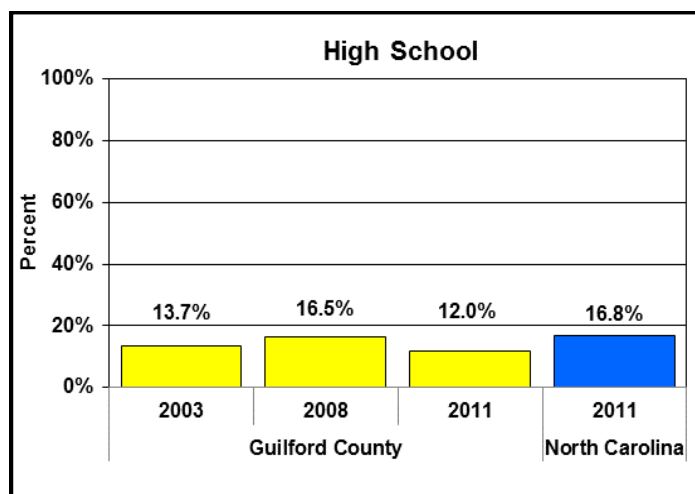


- About 16% of GCS high school students have had 4+ lifetime sex partners.
- Male GCS high school students were more likely to have had 4+ lifetime sex partners (15.7%) as compared to female GCS high school students (8.9%).
- A higher percentage of Black / African American, Other race, and Latino ethnicity GCS high school students have had 4+ lifetime sex partners as compared to White and Asian GCS high school students.

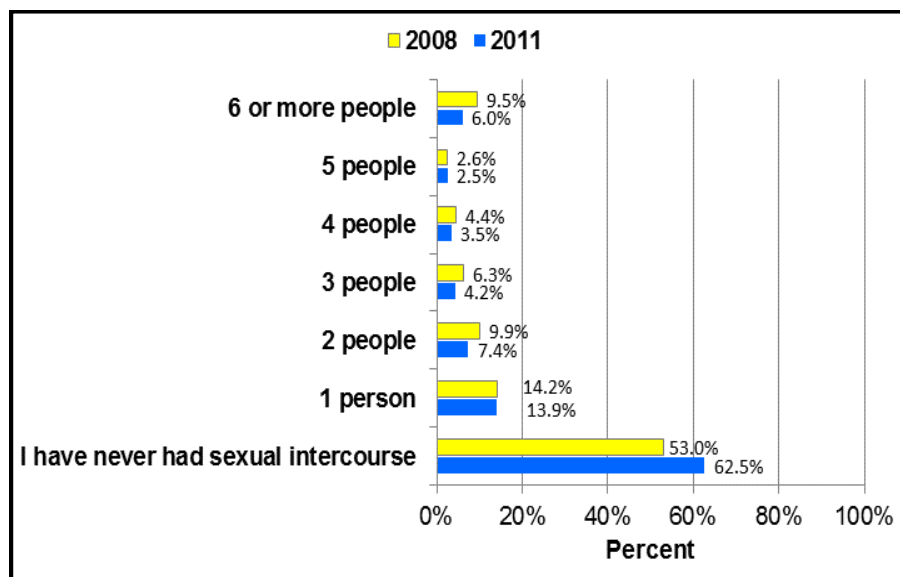
Had sexual intercourse with 4+ people during their life

High School Students		
Gender	Male	15.7%
	Female	8.9%
Race	White	6.9%
	Black/African American	18.1%
	Asian	5.6%
	Other	14.0%
Ethnicity	Hispanic/Latino	14.5%

N respondents = 2186
Full results available on page 103 of the appendix



During your life, with how many people have you had sexual intercourse?



Full results available on page 107 of the appendix

Risks of Multiple Sex Partners

It is no surprise that as number of sexual partners increases, so does the risk for a sexually transmitted infection. Compared to adolescents who have only one sexual partner, adolescents who have had multiple sex partners were more likely to report contracting sexually transmitted infection. This can have long terms effects on reproductive health.⁷

⁷Elizabeth Terry-Humen, M.P.P., Jennifer Manlove, Ph.D., and Sarah Cottingham. Child Trends Research Brief, Trends and Recent Estimates: Sexual Activity Among U.S. Teens, Publication #2006-8. Available at: www.childtrends.org/files/SexualActivityRB.pdf

Currently Sexually Active (HS): Had sexual intercourse with 1+ people during the past 3 months



- A lower percentage of GCS high school students were currently sexually active in 2011 (24.2%) as compared to 2008 (32.6%) and 2003 (32.7%).
- **2011 NC Comparison:** A lower percentage of GCS high school students (24.2%) than NC high school students (34.9%) were currently sexually active.
- The majority of GCS high school students who are currently sexually active have only had 1 sexual partner in the past 3 months (see full results in the bar chart below).

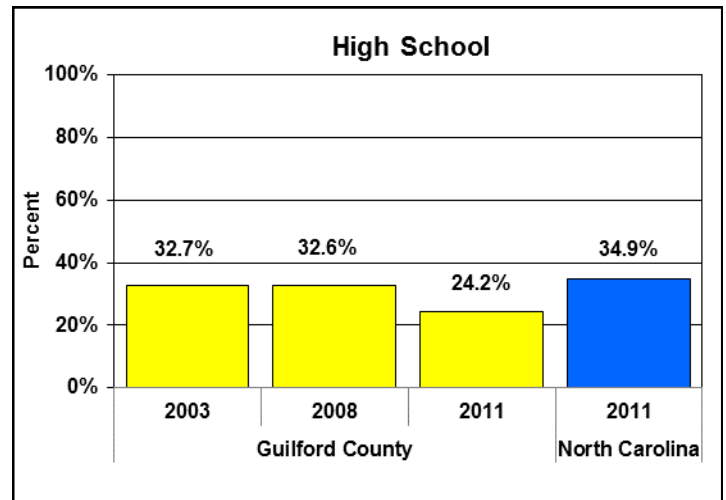


- About 1 in 4 (24.2%) GCS high school students is currently sexually active.

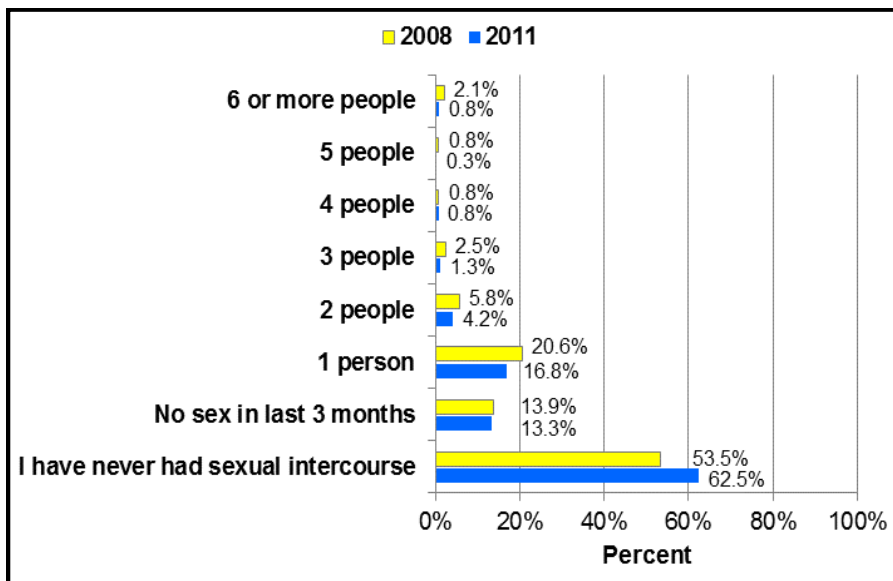
Had sexual intercourse with 1+ people during the past 3 months

High School Students		
Gender	Male	24.5%
	Female	23.9%
Race	White	20.1%
	Black/African American	29.3%
	Asian	12.0%
	Other	28.1%
Ethnicity	Hispanic/Latino	26.2%

N respondents = 2190
Full results available on page 103 of the appendix



During the past 3 months, with how many people did you have sexual intercourse?



Full results available on page 107 of the appendix

The Good News!

Both NC and Guilford County continue to see major reductions in teen pregnancy! The 2010 NC pregnancy rate for girls ages 15-19 was 49.7 out of every 1,000 15-19 year old girls, down 11%. Guilford County saw similar success; the teen pregnancy rate dropped from 49.9 out of every 1,000 girls ages 15-19 in 2009 to 41.7 in 2010. The Adolescent Pregnancy Prevention Campaign of NC credits investments in evidence-based programs and comprehensive education with supporting key behavioral changes, an increase in contraceptive use and an increase in the number of teens delaying sexual activity.⁸

⁸APPCNC. (2011). Pregnancy Statistics Available at: <http://appcnc.org/statistics>

Last Sexual Partner was 3+ Years Older Than Them (HS): Among students who have had sexual intercourse, those whose partners were 3+ years older than themselves the last time they had sexual intercourse

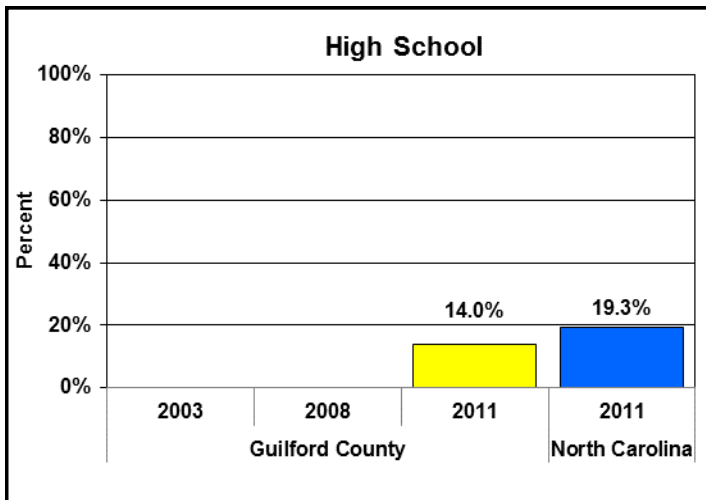


- **2011 NC Comparison:** A lower percentage of GCS high school students (14.0%) than NC high school students (19.3%) reported that their last sexual partner was 3+ years older than them.
- Most students who have had sexual intercourse reported that their last partner was about the same age as them (see full results in the bar chart below).



- 1 in 7 (14.0%) GCS high school students reported that their last sexual partner was 3+ years older than them.
- Female GCS high school students (19.8%) were much more likely to report that their last sexual partner was 3+ years older than them than male GCS high school students (7.7%).

Among students who have had sexual intercourse, those whose partners were 3+ years older than themselves the last time they had sexual intercourse



High School Students		
Gender	Male	7.7%
	Female	19.8%
Race	White	16.1%
	Black/African American	12.1%
	Asian	17.4%
	Other	14.8%
Ethnicity	Hispanic/Latino	14.6%

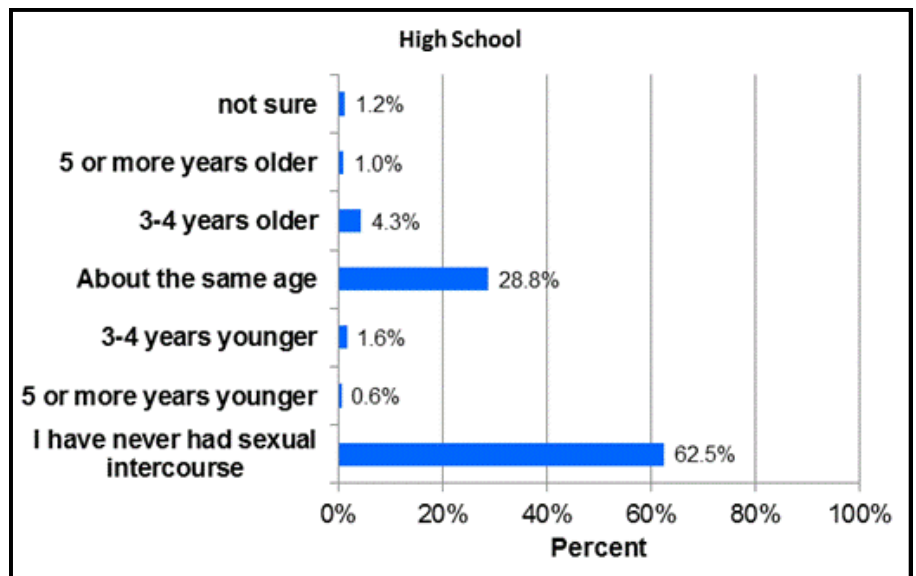
N respondents = 821
Full results available on page 103 of the appendix

Does Age Difference in Relationships Matter?

Yes, it does – in fact, the greater the difference in age, the more likely sex is involved. According to national research, 13% of same age relationships among adolescents ages 12 to 14 include sexual intercourse. In comparison, if the partner is two years older, 26% of the relationships include sex; 33% if the partner is three or more years older.⁹

⁹Albert, B., Brown, S., & Flanigan, C. (eds.) (2003). *14 and Younger: The Sexual Behavior of Young Adolescents*. Washington, DC: National Campaign to Prevent Teen Pregnancy.

The last time you had sexual intercourse, how many years younger or older than you was your partner?



Full results available on page 108 of the appendix

“The Costs of Teen Pregnancy”



Ashlea Brown, 9th grade, Bennett Middle College
Teens Taking Action

In 2011, 37.3% of
GCS high school
students reported ever
having sex.

In Guilford County in 2010:

15 girls age 10-14 became pregnant

792 girls age 15-19 became pregnant

¹⁰North Carolina Department of Health and Human Services
State Center for Health Statistics and the Office of Healthy
Carolínians/Health Education. (2012). 2012 County Health
Data Book . Available at: [http://www.schs.state.nc.us/
SCHS/data/databook/](http://www.schs.state.nc.us/SCHS/data/databook/)

Did You Know?

According to the National Campaign to Prevent Teen and Unplanned Pregnancy, teen pregnancy costs taxpayers almost \$11 billion per year in the United States. This analysis included the public sector costs of public health care through Medicaid and the Child Health Insurance Program, child welfare costs, increased incarceration rates among children of teen parents and lost tax dollars due to lower earnings and spending.⁸ This same analysis estimated costs of teen childbearing in North Carolina were at least \$392 million in 2008 alone.⁹

Research shows that having a pregnancy and becoming a teen parent can have the negative impact on educational attainment, subsequently decreasing earnings and spending as described above. One study, which looked at educational attainment by early 20s, found that only about half of teen mothers earned a high school diploma by 22 years of age, as compared to about 90% of young women who did not have a teen birth.¹⁰ This study did not look beyond that age to determine if these teen moms later went on to achieve greater educational success. Because they are less established financially than older mothers, younger mothers are also more likely to rely on public assistance after giving birth, and as the TV series, “Teen Mom” illustrates, may have more instability in their family structures.¹⁰

The generational cycle of teen pregnancy is also a danger, as the children of teenage mothers are more likely become a teen parent, have lower academic achievement and drop out of high school themselves. They also have more health problems, are more likely to be incarcerated during their teen years and face unemployment as they transition to adulthood.¹¹

¹¹National Campaign to Prevent Teen and Unplanned Pregnancy. (2012). Counting It Up. The Public Costs of Childbearing. Available at: www.thenationalcampaign.org/costs

¹² National Campaign to Prevent Teen and Unplanned Pregnancy. (2008). Counting It Up. The Public Costs of Childbearing in North Carolina. Available at: www.thenationalcampaign.org/costs/pdf/counting-it-up/fact-sheet-north-carolina.pdf

¹³ Perper, K., Peterson, K., Manlove, J. (2010). Diploma Attainment Among Teen Mothers, Child Trends Fact Sheet #2010-01. Available at: www.childtrends.org/Files/Child_Trends-2010_01_22_FS_DiplomaAttainment.pdf

¹⁴Hoffman SD, & Maynard RA (Eds.). (2008). Kids having kids: Economic costs and social consequences of teen pregnancy (2nd ed.). Washington, DC: The Urban Institute Press.

Among Students Who Had Sex in the Past 3 Months (HS):

Those Who Used a Condom the Last Time They Had Sex



- **2011 NC Comparison:** A higher percentage of GCS high school students (64.8%) than NC high school students (53.7%) had used a condom the last time they had sex.

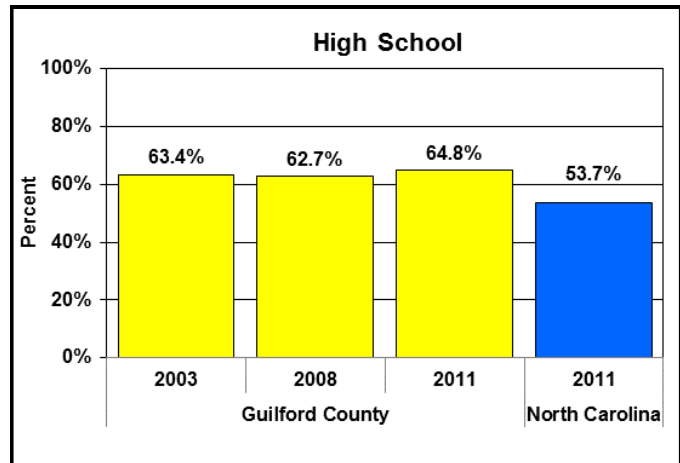


- 35% of students who were currently sexually active had not used a condom the last time they had sex.
- A lower percentage of Latino ethnicity GCS high school students had used a condom the last time they had sex (49.2%) as compared to 55%-71% of all other racial and ethnic groups.

Among students who had sexual intercourse in the past three months, those who used a condom during the last sexual intercourse

High School Students		
Gender	Male	69.4%
	Female	60.7%
Race	White	69.6%
	Black/African American	65.6%
	Asian	71.4%
	Other	55.8%
Ethnicity	Hispanic/Latino	49.2%

N respondents = 526
Full results available on page 103 of the appendix



Those Who Drank Alcohol or Used Drugs the Last Time They Had Sex



- **2011 NC Comparison:** A lower percentage of GCS high school students (20.3%) than NC high school students (25.3%) drank or used drugs the last time they had sex.

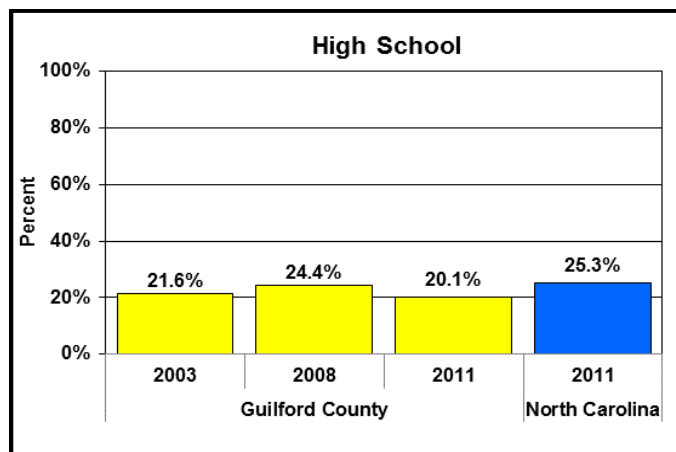


- 1 in 5 currently sexually active GCS high school students drank or used drugs the last time they had sex.
- Male GCS high school students were more likely (24.0%) to report that they drank or used drugs the last time they had sex as compared to female GCS high school students (16.8%).
- White GCS high school students were more likely (25.8%) to report that they drank or used drugs the last time they had sex compared to less than 20% of all other race and ethnic groups.

Among students who had sexual intercourse in the past 3 months, those who drank alcohol or used drugs at last sexual intercourse

High School Students		
Gender	Male	24.0%
	Female	16.8%
Race	White	25.8%
	Black/African American	16.6%
	Asian	13.3%
	Other	18.1%
Ethnicity	Hispanic/Latino	18.3%

N respondents = 533
Full results available on page 103 of the appendix



Asthma

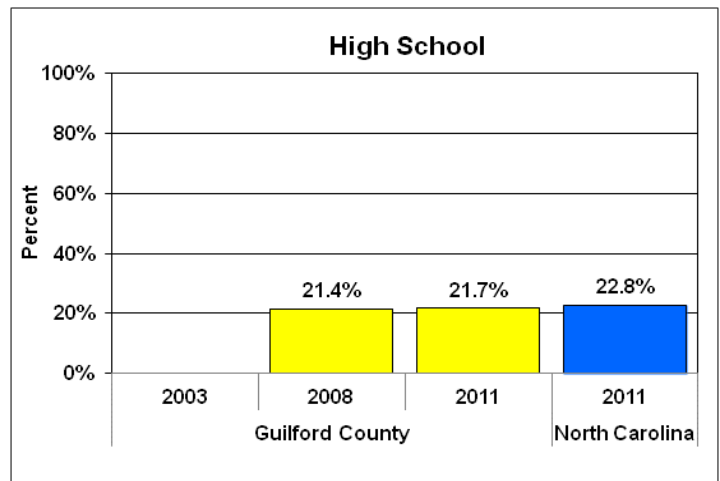
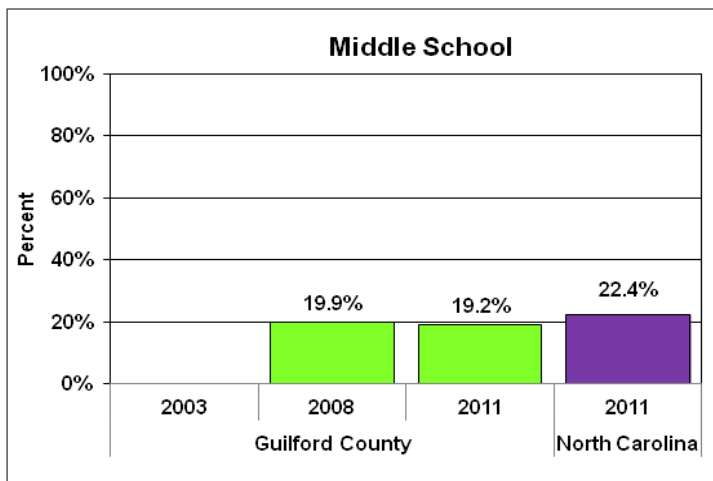
Asthma is a chronic condition that is characterized by attacks of inflammation and narrowing of small airways that can cause coughing, shortness of breath, wheezing and chest pain. Attacks can be triggered by exercise, weather changes and exposure to environmental triggers, such as tobacco smoke, pollen, animal dander and dust mites.¹ Although some individuals have only minor symptoms, others can have severe attacks that require complicated, costly medical interventions. In addition, asthma is one of the leading causes of school absenteeism. Collectively we can reduce these types of costly interventions and school absenteeism by:

- Making sure young people with asthma are being followed by asthma care clinicians
- Providing asthma education to staff, family and students
- Advocating for asthma-friendly schools that reduce environmental triggers and offer school health services and safe physical activity options and to students with asthma²

Ever Been Diagnosed with Asthma: Ever been told by a doctor or nurse that they had asthma

- 1 in 5 GCS middle school (19.9%) and high school (21.4%) students have ever been diagnosed with asthma.
- **2011 NC comparison:** About the same percentage of GCS middle and high school students as NC middle and high school students have ever been diagnosed with asthma.

Ever been told by a doctor or nurse that they had asthma



Middle School Students		
Gender	Male	20.9%
	Female	17.6%
Race	White	15.9%
	Black/African American	25.3%
	Asian	9.7%
	Other	18.7%
	Ethnicity	Hispanic/Latino

N respondents = 2610
Full results available on page 103 of the appendix

High School Students		
Gender	Male	23.3%
	Female	20.3%
Race	White	20.0%
	Black/African American	23.3%
	Asian	13.3%
	Other	24.5%
	Ethnicity	Hispanic/Latino

N respondents = 2261
Full results available on page 103 of the appendix

¹Centers for Disease Control & Prevention. (2012). Asthma. Available at: www.cdc.gov/asthma

Currently Have Asthma: Still have asthma

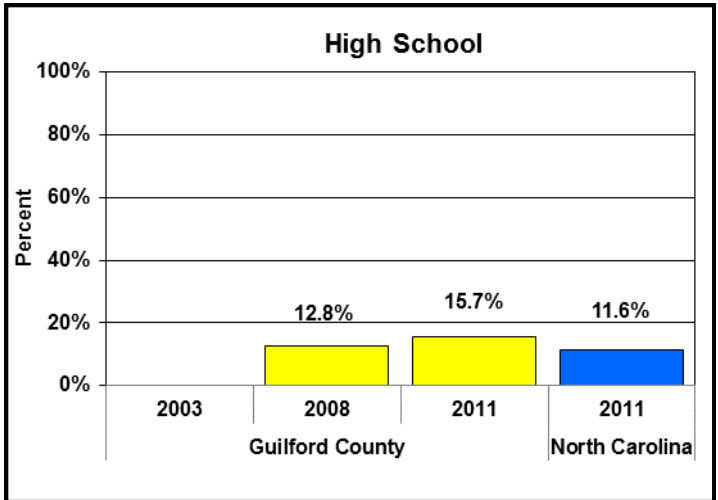
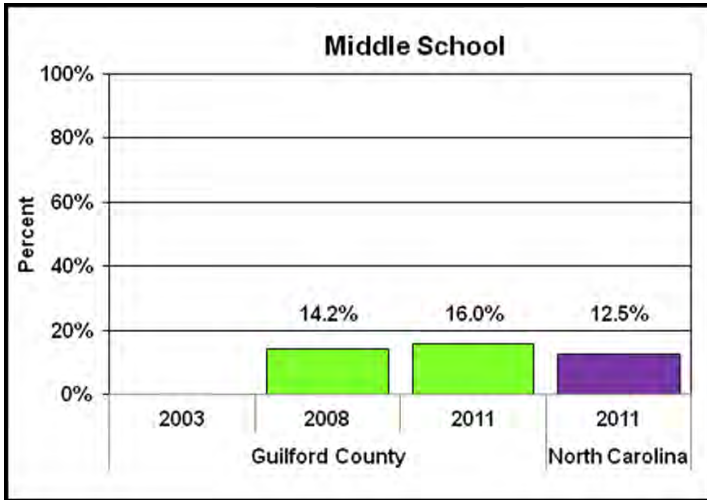


- About 16% of GCS middle and high school students currently have asthma.



- **2011 NC comparison:** About the same percentage of GCS and NC middle school students currently have asthma. The same was true for GCS and NC high school students.

Currently with asthma



Middle School Students		
Gender	Male	17.5%
	Female	14.5%
Race	White	12.1%
	Black/African American	21.1%
	Asian	11.9%
	Other	16.3%
Ethnicity	Hispanic/Latino	13.4%

N respondents = 2388
Full results available on page 104 of the appendix

High School Students		
Gender	Male	16.5%
	Female	14.9%
Race	White	13.8%
	Black/African American	18.3%
	Asian	8.6%
	Other	16.8%
Ethnicity	Hispanic/Latino	13.4%

N respondents = 2272
Full results available on page 104 of the appendix

In 2011, about 16% of GCS middle and high school students reported that they currently have asthma.

"Breathe"



Lanier Gray, 11th grade, Grimsley High School, TRU Youth Advisory Board

Have an Asthma Action Plan at School: Have an asthma action plan or asthma management plan on file at school

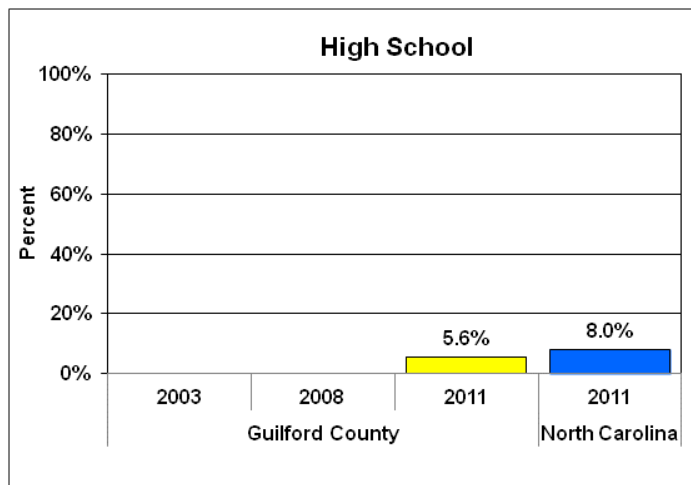
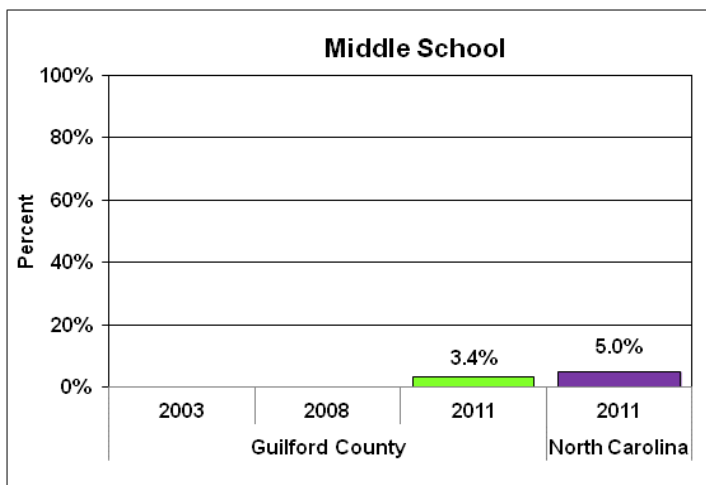


- 3.4% of GCS middle school students and 5.6% of GCS high school students have an asthma action plan at school. This means that only 20-35% of GCS students who currently have asthma have an asthma action plan.



- **2011 NC comparison:** About the same percentage of GCS and NC middle school students have an asthma action plan. The same was true for GCS and NC high school students.

Have an asthma action plan or asthma management plan on file at school (An asthma action/management plan contains instructions about how to care for their asthma)



Middle School Students		
Gender	Male	3.6%
	Female	3.1%
Race	White	2.0%
	Black/African American	4.7%
	Asian	1.2%
	Other	3.9%
Ethnicity	Hispanic/Latino	2.6%

N respondents = 2581
Full results available on page 104 of the appendix

High School Students		
Gender	Male	6.6%
	Female	4.7%
Race	White	4.3%
	Black/African American	6.9%
	Asian	3.9%
	Other	6.6%
Ethnicity	Hispanic/Latino	5.6%

N respondents = 2262
Full results available on page 104 of the appendix

What is an Asthma Action Plan?

One of the things that schools can do to help students with asthma is to work with parents or guardians to create a written action plan for every student who has asthma.³ This plan should include:

- A list of the student's medications, including a list of medications needed for school activities that are off-site or off-hours
- Emergency contact information
- Specific plan for school staff in case the student experiences an acute episode
- A list of triggers that make asthma worse

³U.S. Department of Health & Human Services. National Institutes of Health National Heart, Lung, and Blood Institute. (2003). Managing Asthma: An Action Guide for Schools. Available at: www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.pdf

Mental Health

Sound mental health is central to a healthy productive life and relationships. However, many of our youth are in a period of high stress and have lifestyles and experiences that present risk to their social and emotional well being. It is estimated that 1 in 5 youth are affected by mental health disorders in their lifetime, yet many do not receive the treatment that they need.^{1,2} Youth with undiagnosed and untreated mental health issues are more likely to engage in risk behaviors, including substance use, violent behavior, including suicide. Mental health concerns can also contribute to lower academic performance and family conflict. The development of social supports and age-appropriate supportive interventions to promote positive coping behaviors is needed.

About 80% of Guilford County middle and high school students reported that they agree or strongly agree that they feel good about themselves.

“Don’t Worry, Be Happy”



Quaneisha Payne, 9th grade, The Middle College at UNC Greensboro, Smart Girls Leadership Academy

Feel Good About Themselves: Do you agree or disagree that you feel good about yourself?



• The majority of GCS middle school (80.7%) and high school (78.4%) students feel good about themselves.



• Female GCS middle school students (77.1%) were much less likely to report feeling good about themselves than male GCS middle school students (84.4%). The same was true for female high school students (73.1%) as compared to male high school students (84.5%).



• **2011 NC Comparison:** About as many GCS middle school students (80.7%) as NC middle school students (82.8%) feel good about themselves. The same was true for GCS high school students (78.4%) as compared to NC high school students (80.0%).

N respondents = 2595 (MS) and 2265 (HS); Full results available on page 104 of the appendix

¹ Merikangas KR, He J, Burstein M, et al. (2010). Lifetime Prevalence of Mental Disorders in U.S. Adolescents: Results from the National Comorbidity Study–Adolescent Supplement (NCS-A). *Journal of American Academy Child and Adolescent Psychiatry*, 49(10):980–989.

² U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion. (2012). *Healthy People 2020*. Washington, DC. Available at: healthypeople.gov/2020/1hi/mentalHealth.aspx.

At Risk of Depression in the Past Year: During the past 12 months, felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities

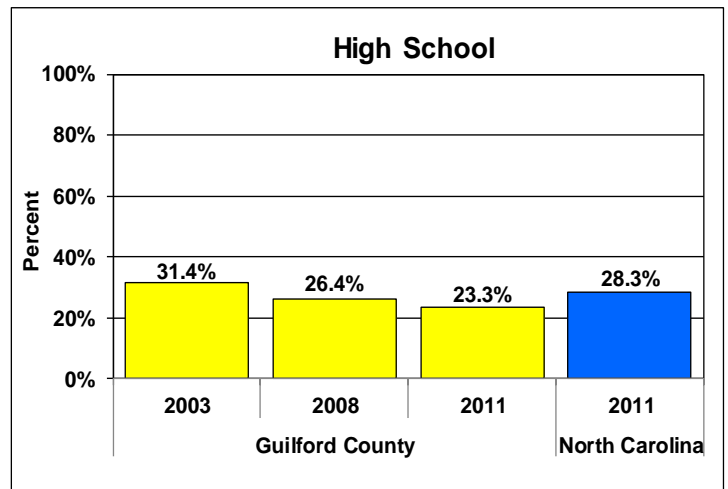
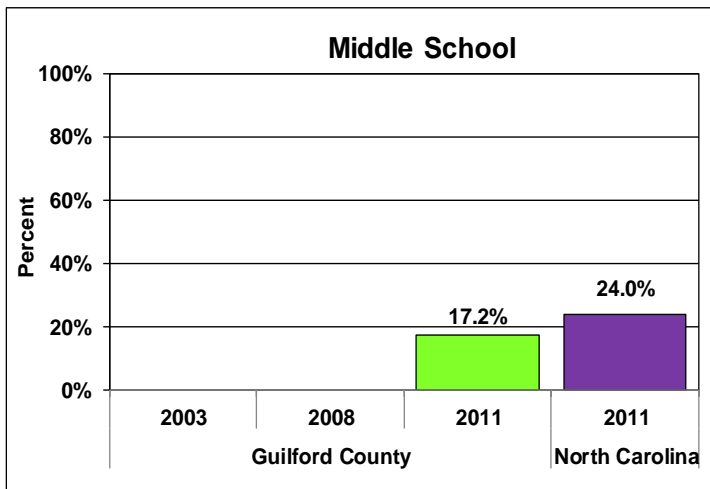


- There has been a downward trend from 2003 to 2011 in the percentage of GCS high school students who were at risk of depression in the past year (31.4% in 2003 vs. 26.4% in 2008 vs. 23.3% in 2011).
- **NC Comparison:** Fewer GCS middle school students (17.2%) than NC middle school students (24.0%) were at risk of depression in the past year. The same was true for GCS high school students (23.3%) as compared to NC high school students (28.3%).



- About 1 in 6 (17.2%) GCS middle school students and 1 in 4 (23.3%) GCS high school students were at risk of depression in the past year.
- Female GCS middle school students (20.4%) were much more likely to be at risk of depression in the past year than male GCS middle school students (14.0%). The same was true for female GCS high school students (28.6%) as compared to male GCS high school students (17.3%).

During the past 12 months, felt so sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities



Middle School Students		
Gender	Male	14.0%
	Female	20.4%
Race	White	12.5%
	Black/African American	18.6%
	Asian	18.9%
	Other	20.9%
Ethnicity ¹	Hispanic/Latino	21.5%

N respondents = 2689
Full results available on page 104 of the appendix

High School Students		
Gender	Male	17.3%
	Female	28.6%
Race	White	21.3%
	Black/African American	23.8%
	Asian	18.8%
	Other	28.6%
Ethnicity ¹	Hispanic/Latino	29.4%

N respondents = 2343
Full results available on page 104 of the appendix

Feel Alone: Do you agree or disagree that you feel alone in your life?



- The majority of GCS middle school (70.8%) and high school (68.6%) students disagree or strongly disagree that they feel alone in their lives.
- 2011 NC Comparison:** More GCS middle school students (70.8%) than NC middle school students (65.6%) disagree or strongly disagree that they feel alone in their lives.



- 13.1% of GCS middle school students and 18.1% of GCS high school students agree or strongly agree that they feel alone in their lives.



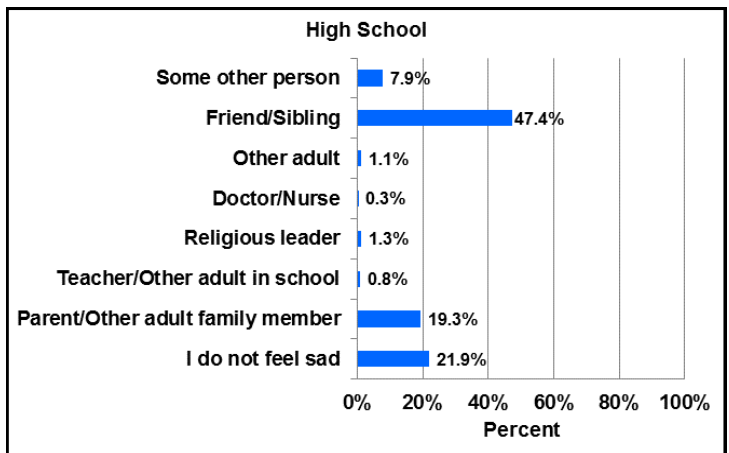
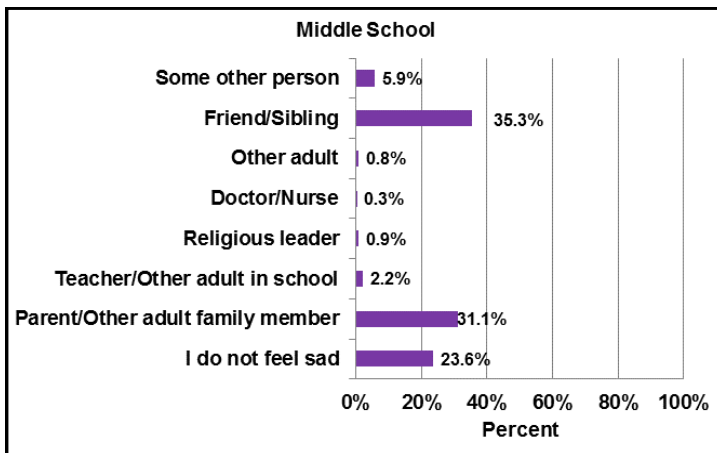
- 2011 NC Comparison:** About as many GCS high school students (68.6%) disagree or strongly disagree that they feel alone in their lives as NC high school students (70.5%).

N respondents = 2584 (MS) and 2221 (HS); Full results available on page 104 of the appendix

Who Students Talk To: Who do students usually talk to when they feel sad, empty, hopeless, angry, or anxious?



- When GCS middle school students feel sad, they are about equally likely to talk to a friend or sibling (35.3%) as they are to talk to a parent or other adult family member (31.1%).
- When GCS high school students feel sad, they are more likely to talk to a friend or sibling (47.4%) than they are to talk to a parent or other adult family member (19.3%).
- A small percentage of GCS middle school students (2.2%) and high school students (0.8%) usually talk to a teacher or other adult in the school when they feel sad.



Full results available on page 108 of the appendix

Teachers Really Care About Them: Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?



- The majority of GCS middle school (64.3%) and high school (59.1%) students agree or strongly agree that their teachers really care about them.
- 2011 NC Comparison:** More GCS middle school students (64.3%) than NC middle school students (58.6%) agree or strongly agree their teachers really care about them.



- 13.3% of GCS middle school students and 15.2% of GCS high school students disagree or strongly disagree that their teachers really care about them.



- 2011 NC Comparison:** About as many GCS high school students (59.1%) as NC high school students (59.5%) agree or strongly agree their teachers really care about them.

N respondents = 2518 (MS) and 2253 (HS); Full results available on page 104 of the appendix

Ever Seriously Considered Suicide (MS): Ever seriously thought about killing themselves

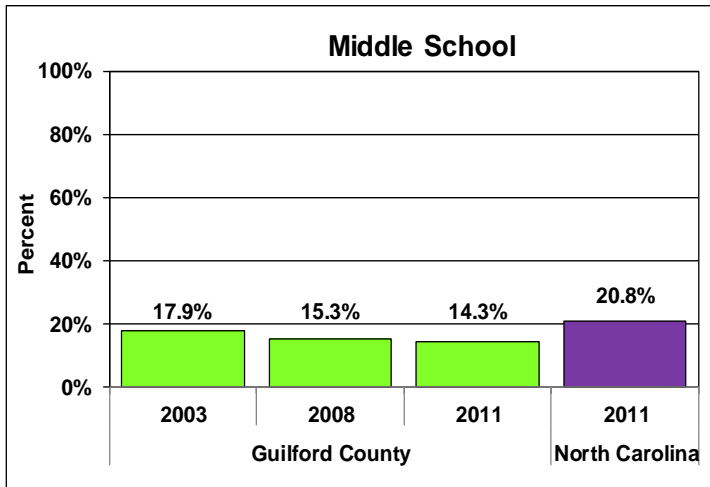


- **2011 NC Comparison:** Fewer GCS middle school students (14.3%) than NC middle school students (20.8%) have ever seriously considered suicide.



- 1 in 7 (14.3%) GCS middle school students have ever seriously considered suicide.

Ever seriously thought about killing themselves



Middle School Students		
Gender	Male	11.3%
	Female	17.3%
Race	White	9.6%
	Black/African American	16.2%
	Asian	15.4%
	Other	18.4%
Ethnicity	Hispanic/Latino	18.1%

N respondents = 2687

Full results available on page 104 of the appendix

Seriously Considered Suicide in the Past Year (HS): Seriously considered attempting suicide during the past 12 months

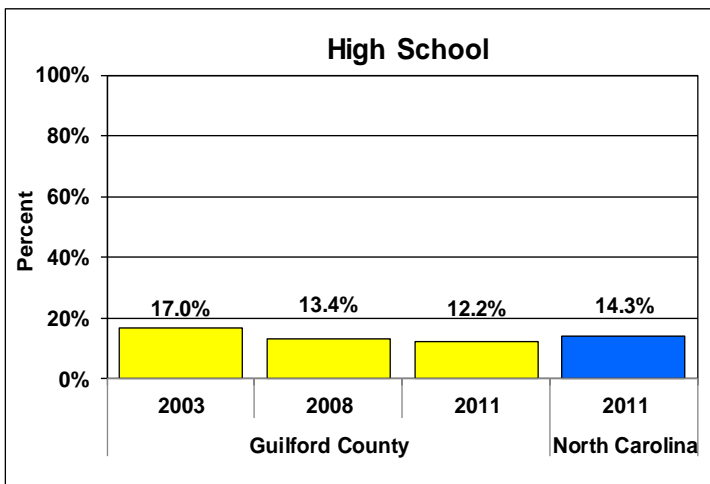


- Over 1 in 8 (12.2%) GCS high school students have seriously considered suicide in the past year.
- Female GCS high school students (15.0%) were much more likely to have seriously considered suicide in the past year than male GCS high school students (9.0%).



- **2011 NC Comparison:** About as many GCS high school students as NC high school students have seriously considered suicide in the past year.

Seriously considered attempting suicide during the past 12 months



High School Students		
Gender	Male	9.0%
	Female	15.0%
Race	White	10.9%
	Black/African American	13.1%
	Asian	9.8%
	Other	14.0%
Ethnicity	Hispanic/Latino	11.8%

N respondents = 2348

Full results available on page 104 of the appendix

Ever Made a Plan for Suicide (MS): Ever made a plan about how they would kill themselves

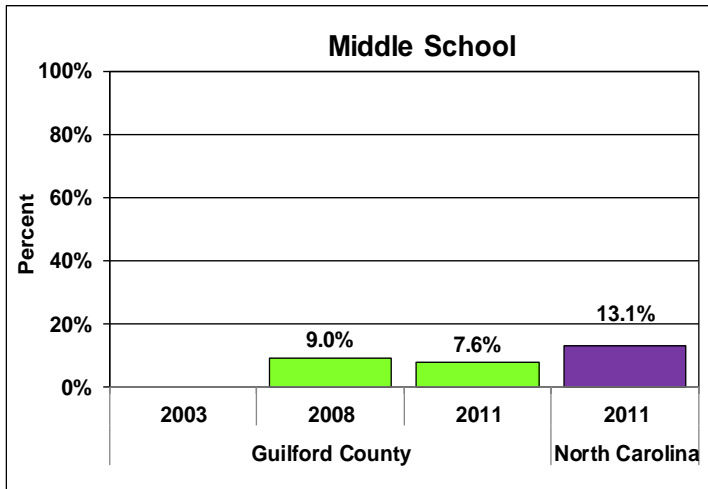


• **2011 NC Comparison:** A lower percentage of GCS middle school students (7.6%) than NC middle school students (13.1%) have ever made a plan for suicide.



• 7.6% of GCS middle school students have ever made a plan for suicide.

Ever made a plan about how they would kill themselves



Middle School Students		
Gender	Male	5.8%
	Female	9.5%
Race	White	5.4%
	Black/African American	7.8%
	Asian	5.3%
	Other	11.4%
Ethnicity	Hispanic/Latino	12.1%

N respondents = 2694

Full results available on page 104 of the appendix

Ever Tried to Kill Themselves (MS)

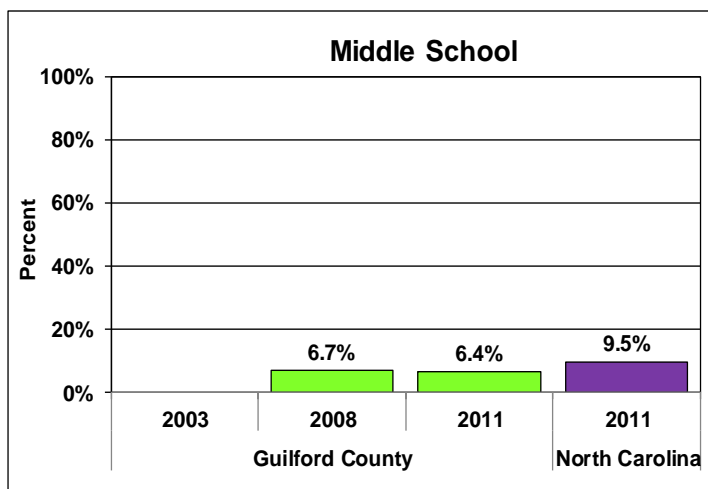


• 6.4% of GCS middle school students have ever tried to kill themselves.



• **2011 NC Comparison:** About as many GCS middle school students as NC middle school students have ever tried to kill themselves.

Ever tried to kill themselves



Middle School Students		
Gender	Male	5.1%
	Female	7.6%
Race	White	3.5%
	Black/African American	7.7%
	Asian	5.4%
	Other	8.8%
Ethnicity	Hispanic/Latino	9.1%

N respondents = 2682

Full results available on page 104 of the appendix

Made a Plan for Suicide in the Past Year (HS): Made a plan about how they would attempt suicide during the past 12 months

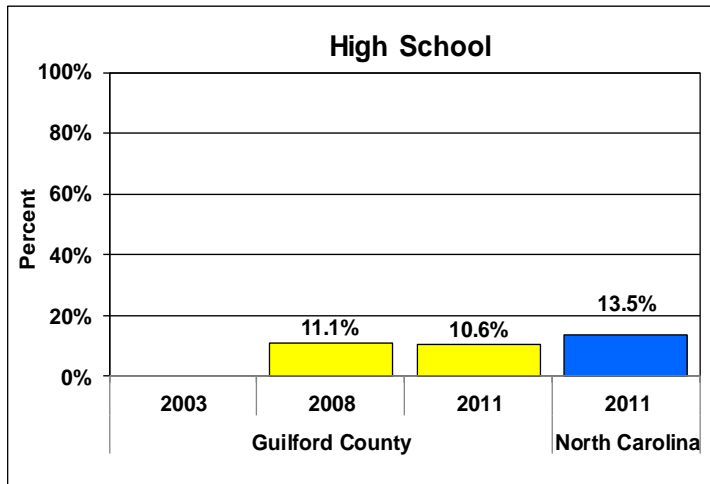


- 1 in 10 (10.6%) GCS high school students had made a plan for suicide in the past year.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students had made a plan for suicide in the past year.

Made a plan about how they would attempt suicide during the past 12 months



Gender	Male	9.1%
	Female	11.8%
Race	White	9.7%
	Black/African American	10.7%
	Asian	9.3%
	Other	12.0%
Ethnicity ¹	Hispanic/Latino	7.8%

N respondents = 2327

Full results available on page 104 of the appendix

Potential Signs of a Suicide Plan

It is important to know potential signs that may indicate a young person is not only contemplating but planning to commit suicide. Recognize and seek help right away if you hear a young person:

- Actually say, “I’m thinking of committing suicide” or “I want to kill myself” or “I wish I could die”
- Give verbal hints that could point out suicidal thoughts or plans; such as “I want you to know something, in case something happens to me” or “I won’t trouble you anymore”
- Gives away their favorite possessions, or promises them to friends and family
- Throws away important possessions
- Act very cheerful after a period of depression
- Writes suicide notes
- Expresses strange thoughts on occasion

Teens often share their thoughts and feelings in a desperate attempt to be validated and find help. Teen suicide is a very real danger, and heeding the warning signs can truly save a life. Don’t wait to act. ³

³ Teen Suicide. (2005). Teen Suicide Warning Signs. Teen Suicide. Available at: www.teensuicide.us/articles2.html

Suicide Attempt that Resulted in Injury in the Past Year (HS): Made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

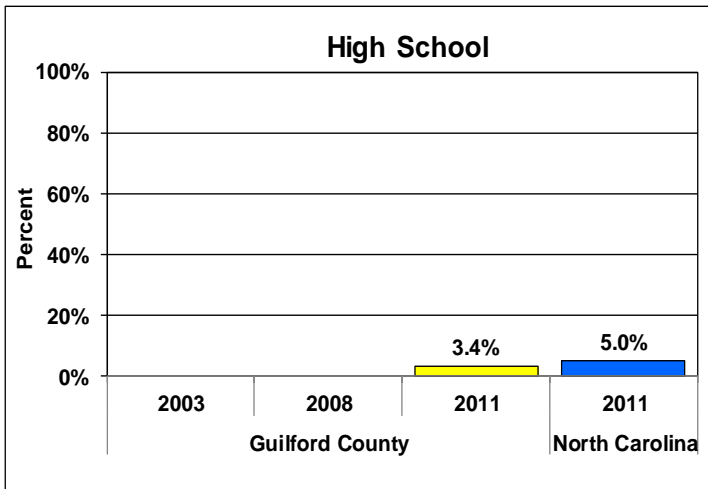


- 3.4% GCS high school students reported a suicide attempt that resulted in injury in the past year.



- **2011 NC Comparison:** About as many GCS high school students as NC high school students reported a suicide attempt that resulted in injury in the past year.

Made a suicide attempt during the past 12 months that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse



High School Students		
Gender	Male	3.8%
	Female	3.0%
Race	White	2.2%
	Black/African American	4.1%
	Asian	3.8%
	Other	4.0%
Ethnicity	Hispanic/Latino	4.5%

N respondents = 2349
Full results available on page 104 of the appendix

Other Health Indicators

The YRBS asks questions about a range of other behaviors that may adversely influence the health or academic performance of our youth. Although the list of questions is far from exhaustive, GCS students were asked about having a disability, the amount of time they spend unsupervised after school, how much sleep they typically get on a school night, and if they had gambled in the last year. Students were also asked if they had received a medical or dental check up in the last 12 months, a general indicator about their access to care.

Medical Check Up in the Past Year (MS): Saw a doctor or nurse for a check-up or physical exam during the past 12 months when they were not sick or injured

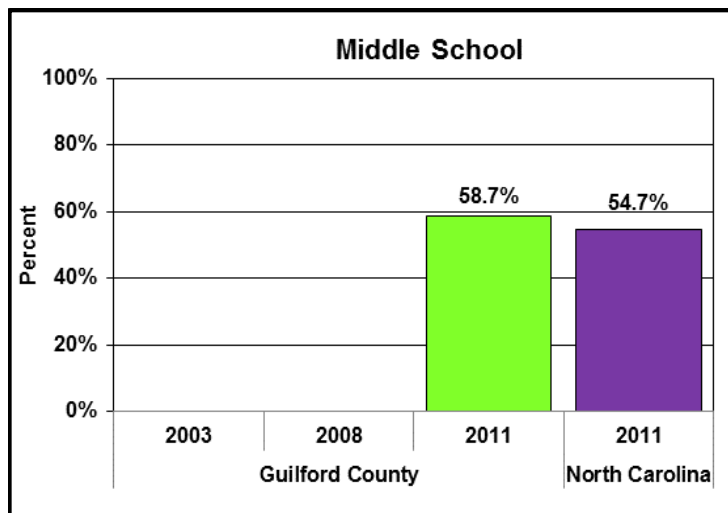


• **2011 NC Comparison:** A higher percentage of GCS middle school students (58.7%) than NC middle school students (54.7%) had a medical check up in the past year.



• About 4 out of 10 GCS middle school students have not had a medical check up in the past year.
 • 7 out of 10 White GCS middle school students have had a medical check up in the past year, compared to less than 6 out of 10 students in every other racial or ethnic group.

Saw a doctor or nurse for a check-up or physical exam during the past 12 months when they were not sick or injured



Gender	Male	60.6%
	Female	56.7%
Race	White	70.4%
	Black/African American	51.6%
	Asian	47.6%
	Other	55.2%
Ethnicity	Hispanic/Latino	52.9%

N respondents = 2614
 Full results available on page 105 of the appendix

Dental Check Up in the Past Year (MS): Saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months



• 37.6% of GCS middle school students have not had a dental check up in the past year.
 • 8 out of 10 (79.4%) White GCS middle school students have had a dental check up in the past year compared to less than 6 out of 10 students in every other racial or ethnic group.



• **2011 NC Comparison:** About the same percentage of GCS middle school students (62.3%) and NC middle school students (62.9%) have had a dental check up in the past year (exact percentages given in the appendix).

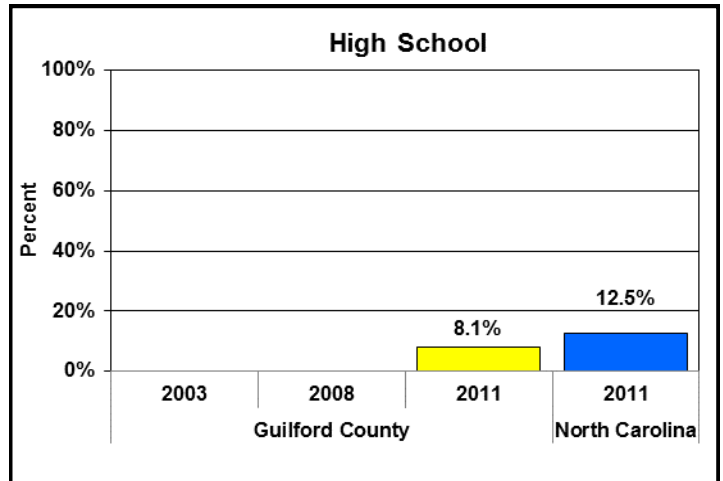
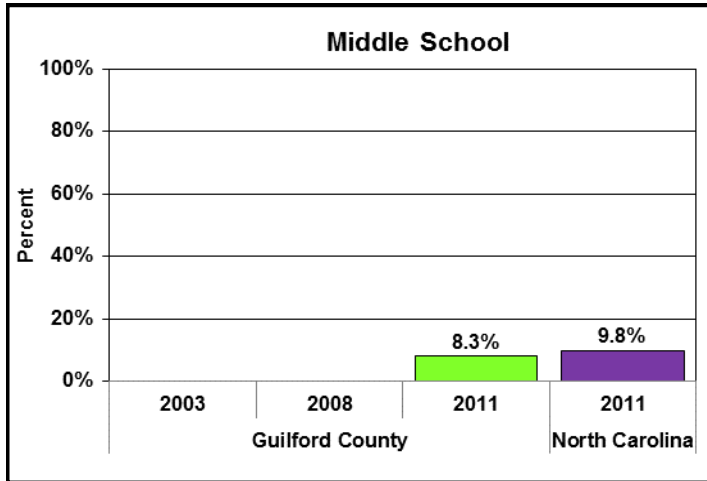
N respondents = 2607; Full results available on page 105 of the appendix

Perceive Themselves to Have a Disability: Consider yourself to have a physical, mental, emotional or communication-related disability



- **2011 NC Comparison:** About the same percentage of GCS middle and high school students as NC middle and high school students perceived themselves to have a disability.

Consider yourself to have a disability



Middle School Students		
Gender	Male	8.6%
	Female	8.1%
Race	White	7.4%
	Black/African American	9.3%
	Asian	3.7%
	Other	8.8%
Ethnicity	Hispanic/Latino	8.8%

N respondents = 2578
Full results available on page 105 of the appendix

High School Students		
Gender	Male	9.3%
	Female	7.0%
Race	White	8.0%
	Black/African American	7.5%
	Asian	2.3%
	Other	11.2%
Ethnicity	Hispanic/Latino	9.9%

N respondents = 2281
Full results available on page 105 of the appendix

Limited Due to Disability: Limited in any way in any activities because of disability or health problem



- 7.3% of GCS middle school students and 9.6% of GCS high school students were limited due to disability.



- **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (7.3%) than NC middle school students (8.7%) were limited due to disability. The same was true for GCS high school students (9.6%) as compared to NC high school students (11.4%).

N respondents = 2597 (MS) and 2281 (HS); Full results available on page 105 of the appendix

Trouble Learning Due to Disability: Trouble learning, remembering, or concentrating because of disability or health problem



- 8.9% of GCS middle school students and 10.7% of GCS high school students have trouble learning due to disability.



- **2011 NC Comparison:** A slightly lower percentage of GCS middle school students (8.9%) have trouble learning due to disability than NC middle school students (13.5%). The same was true for GCS high school students (10.7%) as compared to NC high school students (13.3%).

N respondents = 2589 (MS) and 2269 (HS); Full results available on page 105 of the appendix

Alone After School 3+ Hours per Day: Alone without a parent or adult 3+ hours per day on an average school day



- **2011 NC comparison:** Fewer GCS middle school students (10.7%) than NC middle school students (13.6%) reported being alone after school 3+ hours per day. The same was true for GCS high school students (19.1%) as compared to NC high school students (28.1%).



- 1 in 10 (10.7%) GCS middle school students reported being alone after school 3+ hours per day.
- 1 in 5 (19.1%) GCS high school students reported being alone after school 3+ hours per day.

N respondents = 2613 (MS) and 2266 (HS); Full results available on page 105 of the appendix

Gambled in the Past Year (HS): Gambled 1+ times in the past 12 months

Gambling include: Gambling on a sports team, when playing cards or when playing a dice game; playing the lottery or scratch off tickets, gambling on the internet, or betting on a game of personal skill such as pool or a video game



- **2011 NC Comparison:** Fewer GCS high school students (27.2%) than NC high school students (32.2%) gambled in the past year.



- About 1 in 3 (27.2%) GCS high school students gambled in the past year.
- Male GCS high school students (39.8%) were much more likely to have gambled in the past year than female GCS middle school students (16.4%).

N respondents = 2275; Full results available on page 105 of the appendix

At Least 8 Hours of Sleep: Get 8+ hours of sleep on average school night



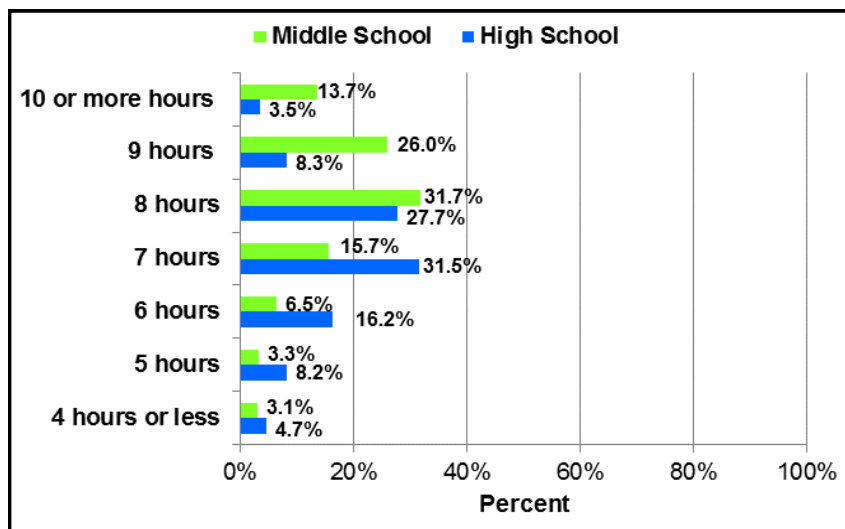
- 71.4% of GCS middle school students get at least 8 hours of sleep per night.
- **2011 NC comparison:** More GCS middle school students (71.4%) get at least 8 hours of sleep per night than NC middle school students (59.0%). The same was true for GCS high school students (39.5%) as compared to NC high school students (26.7%).



- 28.6% of GCS middle school students and 60.5% of GCS high school students do not get at least 8 hours of sleep.

N respondents = 2617 (MS) and 2256 (HS); Full results available on page 105 of the appendix

On an average school night, how many hours of sleep do you get?



Full results available on page 108 of the appendix

How Much Sleep Do Teens Need?

According to the National Sleep Foundation, adolescents between the ages of 10 and 17 need 8.5 to 9.25 hours of sleep per night.¹

There are many consequences of not getting enough sleep. For example, reports indicate that more than half of the designated “fall-asleep” crashes involved young people under the age of 25.¹

¹National Sleep Foundation. (2000). Adolescent Sleep Needs and Patterns: Research Report and Resource Guide. Available at www.sleepfoundation.org/article/hot-topics/adolescent-sleep-needs-and-patterns

Appendix A

Indicator: Physical Activity

Middle School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Participated in Team Sports							
Male	855	1289	66.3	White	655	930	70.4
Female	735	1321	55.6	Black / AA	502	858	58.5
Total	1592	2615	60.9	Asian	81	167	48.5
				Other	325	604	53.8
				Latino	203	384	52.9

Walk or Bike to School at Least Once a Week							
Male	276	1286	21.5	White	130	929	14.0
Female	246	1316	18.7	Black / AA	224	855	26.2
Total	523	2607	20.1	Asian	33	166	19.9
				Other	122	602	20.3
				Latino	83	384	21.6

Regular Physical Activity							
Male	865	1306	66.2	White	640	936	68.4
Female	689	1333	51.7	Black / AA	477	871	54.8
Total	1557	2643	58.9	Asian	82	168	48.8
				Other	326	614	53.1
				Latino	209	389	53.7

Played 3+ Hours of Video Games on School Days							
Male	373	1296	28.8	White	171	934	18.3
Female	336	1327	25.3	Black / AA	304	866	35.1
Total	711	2628	27.1	Asian	43	167	25.7
				Other	171	605	28.3
				Latino	107	385	27.8

Watched 3+ Hours of TV on School Days							
Male	421	1303	32.3	White	160	937	17.1
Female	460	1332	34.5	Black / AA	445	869	51.2
Total	882	2640	33.4	Asian	34	167	20.4
				Other	214	610	35.1
				Latino	133	388	34.3

High School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Participated in Team Sports							
Male	487	1036	47.0	White	449	953	47.1
Female	472	1234	38.2	Black / AA	318	770	41.3
Total	963	2276	42.3	Asian	29	129	22.5
				Other	151	385	39.2
				Latino	89	233	38.2

Participated in Individual School Sports							
Male	292	1037	28.2	White	249	954	26.1
Female	272	1232	22.1	Black / AA	197	767	25.7
Total	565	2275	24.8	Asian	25	128	19.5
				Other	86	387	22.2
				Latino	51	235	21.7

Regular Physical Activity							
Male	583	1045	55.8	White	461	960	48.0
Female	434	1236	35.1	Black / AA	312	769	40.6
Total	1020	2287	44.6	Asian	44	127	34.6
				Other	181	387	46.8
				Latino	106	234	45.3

Played 3+ Hours of Video Games on School Days							
Male	353	1048	33.7	White	216	959	22.5
Female	336	1236	27.2	Black / AA	284	775	36.6
Total	689	2290	30.1	Asian	43	129	33.3
				Other	133	386	34.5
				Latino	77	234	32.9

Watched 3+ Hours of TV on School Days							
Male	374	1043	35.9	White	205	958	21.4
Female	395	1229	32.1	Black / AA	385	766	50.3
Total	770	2278	33.8	Asian	34	129	26.4
				Other	130	383	33.9
				Latino	73	231	31.6

Indicator: Nutrition

Drank Soda Every Day							
Male	276	1057	26.1	White	248	963	25.8
Female	271	1256	21.6	Black / AA	189	782	24.2
Total	548	2319	23.6	Asian	15	131	11.5
				Other	89	400	22.3
				Latino	49	241	20.3

Drank 100% Fruit Juices in the Past Week							
Male	807	1062	76.0	White	706	965	73.2
Female	938	1258	74.6	Black / AA	611	785	77.8
Total	1750	2326	75.2	Asian	89	132	67.4
				Other	309	400	77.3
				Latino	197	241	81.7

Drank Other Sugar Sweetened Beverages Every Day							
Male	313	1049	29.8	White	235	962	24.4
Female	333	1249	26.7	Black / AA	275	777	35.4
Total	648	2304	28.1	Asian	20	132	15.2
				Other	105	390	26.9
				Latino	64	236	27.1

Indicator: Nutrition

Middle School							
Gender	#	Total	%	Race/Ethn.	#	Total	%

High School							
Gender	#	Total	%	Race/Ethn.	#	Total	%

Ate Green Salad in the Past Week							
Male	565	1061	53.3	White	615	960	64.1
Female	761	1247	61.0	Black / AA	401	780	51.4
Total	1329	2314	57.4	Asian	79	132	59.8
				Other	217	398	54.5
				Latino	145	241	60.2

Ate Carrots in the Past Week							
Male	446	1055	42.3	White	488	962	50.7
Female	492	1253	39.3	Black / AA	211	779	27.1
Total	942	2314	40.7	Asian	59	131	45.0
				Other	166	398	41.7
				Latino	113	241	46.9

Ate Potatoes in the Past Week							
Male	654	1061	61.6	White	678	964	70.3
Female	766	1255	61.0	Black / AA	409	782	52.3
Total	1424	2322	61.3	Asian	68	133	51.1
				Other	248	399	62.2
				Latino	146	241	60.6

Ate Other Vegetables in the Past Week							
Male	879	1054	83.4	White	869	961	90.4
Female	1092	1252	87.2	Black / AA	634	781	81.2
Total	1976	2312	85.5	Asian	118	132	89.4
				Other	319	394	81.0
				Latino	189	237	79.7

Ate Fruit in the Past Week							
Male	890	1063	83.7	White	849	965	88.0
Female	1051	1258	83.5	Black / AA	613	787	77.9
Total	1946	2327	83.6	Asian	115	132	87.1
				Other	332	399	83.2
				Latino	208	240	86.7

Ate Breakfast Every Day							
Male	777	1299	59.8	White	557	931	59.8
Female	630	1327	47.5	Black / AA	447	870	51.4
Total	1410	2631	53.6	Asian	82	168	48.8
				Other	288	608	47.4
				Latino	185	385	48.1

Ate Breakfast Every Day							
Male	454	1045	43.4	White	448	958	46.8
Female	423	1243	34.0	Black / AA	236	776	30.4
Total	880	2294	38.4	Asian	45	130	34.6
				Other	134	387	34.6
				Latino	77	231	33.3

Ate Dinner at Home 3+ Days in the Past Week							
Male	1178	1307	90.1	White	865	936	92.4
Female	1191	1337	89.1	Black / AA	777	874	88.9
Total	2373	2649	89.6	Asian	138	168	82.1
				Other	541	614	88.1
				Latino	351	390	90.0

Ate Dinner at Home 3+ Days in the Past Week							
Male	850	1049	81.0	White	793	960	82.6
Female	964	1242	77.6	Black / AA	601	775	77.5
Total	1819	2297	79.2	Asian	98	131	74.8
				Other	297	390	76.2
				Latino	183	235	77.9

Indicator: Body Weight

View Themselves as Overweight							
Male	259	1319	19.6	White	187	935	20.0
Female	307	1334	23.0	Black / AA	180	879	20.5
Total	568	2658	21.4	Asian	28	167	16.8
				Other	166	621	26.7
				Latino	115	392	29.3

View Themselves as Overweight							
Male	203	1073	18.9	White	252	966	26.1
Female	383	1261	30.4	Black / AA	195	796	24.5
Total	586	2340	25.0	Asian	29	132	22.0
				Other	98	401	24.4
				Latino	61	242	25.2

At Risk For Becoming Overweight							
Male	170	1106	15.4	White	110	949	11.6
Female	173	1216	14.2	Black / AA	134	801	16.7
Total	343	2322	14.8	Asian	16	131	12.2
				Other	73	399	18.3
				Latino	43	236	18.2

Indicator: Body Weight

Middle School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Trying to Lose Weight							
Male	456	1323	34.5	White	313	937	33.4
Female	613	1334	46.0	Black / AA	358	878	40.8
Total	1070	2662	40.2	Asian	64	168	38.1
				Other	317	622	51.0
				Latino	206	392	52.6
Exercised to Control Their Weight							
Male	838	1310	64.0	White	582	923	63.1
Female	919	1316	69.8	Black / AA	602	872	69.0
Total	1759	2631	66.9	Asian	102	166	61.4
				Other	441	615	71.7
				Latino	285	387	73.6
Modified Food Intake to Control Their Weight							
Male	510	1320	38.6	White	377	934	40.4
Female	651	1336	48.7	Black / AA	380	504	75.4
Total	1163	2661	43.7	Asian	82	168	48.8
				Other	304	617	49.3
				Latino	194	389	49.9
Used Weight Loss Supplements to Control Weight							
Male	32	1312	2.4	White	18	936	1.9
Female	41	1337	3.1	Black / AA	27	876	3.1
Total	73	2654	2.8	Asian	2	168	1.2
				Other	25	617	4.1
				Latino	19	389	4.9
Vomited or Taken Laxatives to Control Their Weight							
Male	51	1310	3.9	White	26	933	2.8
Female	74	1331	5.6	Black / AA	54	878	6.2
Total	125	2646	4.7	Asian	8	168	4.8
				Other	35	613	5.7
				Latino	18	387	4.7
Skipped Meals to Lose Weight							
Male	146	1301	11.2	White	96	932	10.3
Female	204	1323	15.4	Black / AA	107	869	12.3
Total	350	2629	13.3	Asian	24	167	14.4
				Other	116	606	19.1
				Latino	72	381	18.9
Fasted for 24+ Hours to Lose Weight							
Male	146	1319	11.1	White	68	935	7.3
Female	198	1334	14.8	Black / AA	147	882	16.7
Total	345	2658	13.0	Asian	31	168	18.5
				Other	94	617	15.2
				Latino	57	390	14.6

High School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Overweight							
Male	127	1106	11.5	White	69	949	7.3
Female	102	1216	8.4	Black / AA	110	801	13.7
Total	229	2322	9.9	Asian	5	131	3.8
				Other	40	399	10.0
				Latino	23	236	9.7
Trying to Lose Weight							
Male	295	1074	27.5	White	433	967	44.8
Female	684	1264	54.1	Black / AA	294	796	36.9
Total	980	2344	41.8	Asian	47	133	35.3
				Other	189	403	46.9
				Latino	124	243	51.0
Exercised to Control Their Weight							
Male	547	1064	51.4	White	586	965	60.7
Female	759	1253	60.6	Black / AA	399	785	50.8
Total	1310	2322	56.4	Asian	58	133	43.6
				Other	247	397	62.2
				Latino	160	238	67.2
Modified Food Intake to Control Their Weight							
Male	252	1064	23.7	White	363	963	37.7
Female	555	1261	44.0	Black / AA	241	793	30.4
Total	809	2331	34.7	Asian	34	133	25.6
				Other	153	399	38.3
				Latino	97	241	40.2
Used Weight Loss Supplements to Control Weight							
Male	31	1067	2.9	White	40	966	4.1
Female	48	1256	3.8	Black / AA	21	788	2.7
Total	79	2329	3.4	Asian	1	133	0.8
				Other	14	399	3.5
				Latino	9	240	3.8
Vomited or Taken Laxatives to Control Their Weight							
Male	29	1058	2.7	White	39	963	4.0
Female	56	1258	4.5	Black / AA	24	787	3.0
Total	85	2322	3.7	Asian	3	133	2.3
				Other	15	396	3.8
				Latino	10	238	4.2

Indicator: Safety

Rarely Wore Helmet While Rollerblading/Skateboarding							
Male	511	720	71.0	White	258	479	53.9
Female	401	606	66.2	Black / AA	351	425	82.6
Total	914	1328	68.8	Asian	57	86	66.3
				Other	229	313	73.2
				Latino	133	184	72.3

Indicator: Safety

Middle School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Never or Rarely Wore a Helmet While Biking							
Male	777	1159	67.0	White	345	833	41.4
Female	655	1091	60.0	Black / AA	605	730	82.9
Total	1434	2253	63.6	Asian	71	132	53.8
				Other	380	516	73.6
				Latino	235	323	72.8
Never or Rarely Wore a Seatbelt							
Male	74	1345	5.5	White	20	944	2.1
Female	54	1352	4.0	Black / AA	60	901	6.7
Total	129	2701	4.8	Asian	9	170	5.3
				Other	37	630	5.9
				Latino	24	398	6.0
Ever Ridden with a Reckless Drive							
Male	376	1346	27.9	White	213	942	22.6
Female	352	1355	26.0	Black / AA	268	904	29.6
Total	730	2705	27.0	Asian	43	169	25.4
				Other	191	632	30.2
				Latino	110	398	27.6
Ridden with a Drunk Driver							
Male	215	1350	15.9	White	146	945	15.4
Female	216	1365	15.8	Black / AA	136	906	15.0
Total	433	2709	16.0	Asian	23	169	13.6
				Other	122	634	19.2
				Latino	85	400	21.3

High School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Never or Rarely Wore a Helmet While Biking							
Male	631	782	80.7	White	435	665	65.4
Female	503	681	73.9	Black / AA	397	426	93.2
Total	1136	1465	77.5	Asian	65	86	75.6
				Other	214	256	83.6
				Latino	136	161	84.5
Never or Rarely Wore a Seatbelt							
Male	72	1093	6.6	White	34	967	3.5
Female	56	1267	4.4	Black / AA	53	808	6.6
Total	129	2366	5.5	Asian	9	136	6.6
				Other	26	407	6.4
				Latino	14	245	5.7
Ridden with a Drunk Driver							
Male	198	1093	18.1	White	183	967	18.9
Female	263	1267	20.8	Black / AA	147	809	18.2
Total	462	2366	19.5	Asian	26	136	19.1
				Other	97	406	23.9
				Latino	62	246	25.2
Drinking and Driving in the Past Month							
Male	54	1080	5.0	White	53	960	5.5
Female	54	1258	4.3	Black / AA	27	798	3.4
Total	108	2343	4.6	Asian	5	134	3.7
				Other	22	404	5.4
				Latino	17	243	7.0
Texted While Driving in the Past Month							
Male	249	1084	23.0	White	292	961	30.4
Female	301	1265	23.8	Black / AA	151	806	18.7
Total	551	2355	23.4	Asian	21	136	15.4
				Other	81	404	20.0
				Latino	49	244	20.1

Indicator: Bullying

Been Electronically Bullied							
Male	145	1344	10.8	White	160	944	16.9
Female	261	1352	19.3	Black / AA	102	903	11.3
Total	407	2700	15.1	Asian	24	168	14.3
				Other	108	521	20.7
				Latino	64	399	16.0
Bullied at School							
Male	450	1346	33.4	White	384	945	40.6
Female	514	1352	38.0	Black / AA	282	904	31.2
Total	966	2702	35.8	Asian	52	169	30.8
				Other	226	628	36.0
				Latino	145	395	36.7
Seen Other Students Bullied at School							
Male	820	1343	61.1	White	630	944	66.7
Female	891	1357	65.7	Black / AA	577	905	63.8
Total	1714	2704	63.4	Asian	95	168	56.5
				Other	383	630	60.8
				Latino	237	398	59.5

Been Electronically Bullied							
Male	79	1086	7.3	White	151	963	15.7
Female	197	1262	15.6	Black / AA	70	802	8.7
Total	276	2354	11.7	Asian	8	135	5.9
				Other	45	406	11.1
				Latino	25	245	10.2
Bullied at School							
Male	179	1091	16.4	White	205	962	21.3
Female	241	1260	19.1	Black / AA	124	807	15.4
Total	420	2357	17.8	Asian	12	135	8.9
				Other	73	406	18.0
				Latino	44	244	18.0
Seen Other Students Bullied at School							
Male	636	1091	58.3	White	648	968	66.9
Female	817	1266	64.5	Black / AA	469	807	58.1
Total	1455	2363	61.6	Asian	61	134	45.5
				Other	252	406	62.1
				Latino	148	245	60.4

Indicator: Bullying

Middle School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Teased Because of Their Perceived Sexuality							
Male	267	1347	19.8	White	150	943	15.9
Female	187	1354	13.8	Black / AA	158	905	17.5
Total	455	2705	16.8	Asian	23	168	13.7
				Other	111	632	17.6
				Latino	61	399	15.3

High School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Teased Because of Their Perceived Sexuality							
Male	123	1092	11.3	White	104	965	10.8
Female	141	1267	11.1	Black / AA	79	809	9.8
Total	264	2365	11.2	Asian	10	136	7.4
				Other	60	407	14.7
				Latino	26	245	10.6

Indicator: Violence Related

Been in a Physical Fight							
Male	876	1339	65.4	White	368	942	39.1
Female	484	1352	35.8	Black / AA	584	899	65.0
Total	1362	2695	50.5	Asian	50	117	42.7
				Other	329	629	52.3
				Latino	188	397	47.4
Injured in a Physical Fight							
Male	65	1337	4.9	White	18	939	1.9
Female	27	1347	2.0	Black / AA	42	897	4.7
Total	92	2688	3.4	Asian	4	167	2.4
				Other	24	627	3.8
				Latino	15	398	3.8
Carried a Weapon							
Male	459	1297	35.4	White	280	923	30.3
Female	151	1314	11.5	Black / AA	142	866	16.4
Total	611	2615	23.4	Asian	20	165	12.1
				Other	158	610	25.9
				Latino	96	383	25.1

Been in a Fight at School in the Past Year							
Male	101	1082	9.3	White	52	962	5.4
Female	74	1260	5.9	Black / AA	75	798	9.4
Total	177	2348	7.5	Asian	5	136	3.7
				Other	41	406	10.1
				Latino	25	245	10.2
Been in a Physical Fight							
Male	360	1079	33.4	White	202	960	21.0
Female	239	1254	19.1	Black / AA	227	794	28.6
Total	601	2339	25.7	Asian	22	135	16.3
				Other	136	405	33.6
				Latino	79	245	32.2
Injured in a Physical Fight							
Male	36	1087	3.3	White	22	962	2.3
Female	25	1258	2.0	Black / AA	21	803	2.6
Total	62	2351	2.6	Asian	2	134	1.5
				Other	16	407	3.9
				Latino	8	246	3.3
Carried a Weapon							
Male	242	1082	22.4	White	179	965	18.5
Female	87	1269	6.9	Black / AA	78	804	9.7
Total	329	2357	14.0	Asian	8	136	5.9
				Other	58	405	14.3
				Latino	31	244	12.7
Carried a Weapon at School in the Past Month							
Male	25	1082	2.3	White	23	962	2.4
Female	24	1266	1.9	Black / AA	18	804	2.2
Total	49	2354	2.1	Asian	1	136	0.7
				Other	7	406	1.7
				Latino	1	244	0.4

Gang Activity at Their School							
Male	208	1345	15.5	White	89	941	9.5
Female	130	1342	9.7	Black / AA	146	896	16.3
Total	339	2691	12.6	Asian	12	169	7.1
				Other	83	628	13.2
				Latino	49	396	12.4
Threatened at School in the Past Year							
Male	32	1315	2.4	White	13	931	1.4
Female	12	1321	0.9	Black / AA	12	874	1.4
Total	44	2640	1.7	Asian	2	167	1.2
				Other	15	615	2.4
				Latino	11	388	2.8
Missed School in Past Month Because Felt Unsafe							
Male	39	1350	2.9	White	14	946	1.5
Female	40	1356	2.9	Black / AA	27	904	3.0
Total	79	2710	2.9	Asian	4	170	2.4
				Other	31	633	4.9
				Latino	20	400	5.0

Gang Activity at Their School							
Male	354	1092	32.4	White	235	967	24.3
Female	377	1270	29.7	Black / AA	332	810	41.0
Total	733	2368	31.0	Asian	17	136	12.5
				Other	135	407	33.2
				Latino	84	245	34.3
Threatened at School in the Past Year							
Male	70	1092	6.4	White	37	968	3.8
Female	40	1270	3.1	Black / AA	40	809	4.9
Total	110	2368	4.6	Asian	6	136	4.4
				Other	26	408	6.4
				Latino	13	246	5.3
Missed School in Past Month Because Felt Unsafe							
Male	32	1078	3.0	White	21	958	2.2
Female	42	1249	3.4	Black / AA	29	793	3.7
Total	74	2333	3.2	Asian	4	135	3.0
				Other	19	402	4.7
				Latino	12	242	5.0

Indicator: Violence Related

Middle School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Property Stolen at School in the Past Year							
Male	282	1345	21.0	White	173	943	18.3
Female	263	1350	19.5	Black / AA	208	900	23.1
Total	546	2699	20.2	Asian	27	170	15.9
				Other	127	631	20.1
				Latino	76	399	19.0

High School							
Gender	#	Total	%	Race/Ethn.	#	Total	%
Property Stolen at School in the Past Year							
Male	93	1090	8.5	White	74	965	7.7
Female	121	1267	9.6	Black / AA	80	809	9.9
Total	215	2363	9.1	Asian	5	136	3.7
				Other	48	405	11.9
				Latino	24	244	9.8

Experienced Relationship Violence in the Past Year							
Male	93	1090	8.5	White	74	965	7.7
Female	121	1267	9.6	Black / AA	80	809	9.9
Total	215	2363	9.1	Asian	5	136	3.7
				Other	48	405	11.9
				Latino	24	244	9.8

Ever Been Sexually Assaulted							
Male	41	1083	3.8	White	55	962	5.7
Female	127	1260	10.1	Black / AA	72	800	9.0
Total	169	2349	7.2	Asian	3	135	2.2
				Other	33	404	8.2
				Latino	20	243	8.2

Indicator: Tobacco Use

Current Cigarette Use							
Male	39	1337	2.9	White	19	940	2.0
Female	26	1345	1.9	Black / AA	24	897	2.7
Total	65	2686	2.4	Asian	1	169	0.6
				Other	19	626	3.0
				Latino	10	393	2.5

Current Cigarette Use							
Male	131	1063	12.3	White	138	954	14.5
Female	133	1257	10.6	Black / AA	61	796	7.7
Total	264	2325	11.4	Asian	6	132	4.5
				Other	57	397	14.4
				Latino	33	241	13.7

Current Smokeless Tobacco							
Male	39	1339	2.9	White	19	942	2.0
Female	27	1346	2.0	Black / AA	22	897	2.5
Total	66	2689	2.5	Asian	2	168	1.2
				Other	21	629	3.3
				Latino	15	398	3.8

Current Smokeless Tobacco							
Male	75	1087	6.9	White	63	968	6.5
Female	18	1267	1.4	Black / AA	5	806	0.6
Total	93	2360	3.9	Asian	0	134	0.0
				Other	23	405	5.7
				Latino	15	244	6.1

First Cigarette Before Age 11							
Male	63	1322	4.8	White	20	928	2.2
Female	30	1322	2.3	Black / AA	36	879	4.1
Total	94	2648	3.5	Asian	4	168	2.4
				Other	30	622	4.8
				Latino	18	390	4.6

First Cigarette Before Age 13							
Male	91	1078	8.4	White	54	965	5.6
Female	75	1260	6.0	Black / AA	48	797	6.0
Total	166	2344	7.1	Asian	11	134	8.2
				Other	50	403	12.4
				Latino	31	244	12.7

Tried to Quit Smoking in the Past Year							
Male	30	1330	2.3	White	14	935	1.5
Female	24	1334	1.8	Black / AA	25	890	2.8
Total	54	2667	2.0	Asian	0	166	0.0
				Other	14	625	2.2
				Latino	4	391	1.0

Tried to Quit Smoking in the Past Year							
Male	72	128	56.3	White	68	136	50.0
Female	75	130	57.7	Black / AA	36	57	63.2
Total	147	258	57.0	Asian	6	7	85.7
				Other	35	56	62.5
				Latino	19	32	59.4

Indicator: Alcohol Use

Ever Had Alcohol							
Male	270	1283	21.0	White	127	914	13.9
Female	220	1314	16.7	Black / AA	186	863	21.6
Total	491	2600	18.9	Asian	16	165	9.7
				Other	150	608	24.7
				Latino	97	387	25.1

Ever Had Alcohol							
Male	174	1074	16.2	White	115	964	11.9
Female	172	1259	13.7	Black / AA	112	792	14.1
Total	346	2339	14.8	Asian	18	134	13.4
				Other	92	403	22.8
				Latino	50	242	20.7

First Drink of Alcohol Before Age 11							
Male	112	1242	9.0	White	39	882	4.4
Female	78	1256	6.2	Black / AA	75	828	9.1
Total	191	2501	7.6	Asian	8	161	5.0
				Other	66	583	11.3
				Latino	38	368	10.3

First Drink of Alcohol Before Age 13							
Male	174	1074	16.2	White	115	964	11.9
Female	172	1259	13.7	Black / AA	112	792	14.1
Total	346	2339	14.8	Asian	18	134	13.4
				Other	92	403	22.8
				Latino	50	242	20.7

Indicator: Alcohol Use

Middle School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Drank Alcohol in the Past Month							
Male	271	1021	26.5	White	288	931	30.9
Female	318	1203	26.4	Black / AA	159	753	21.1
Total	589	2230	26.4	Asian	20	130	15.4
				Other	112	373	30.0
				Latino	70	222	31.5
Binge Drinking in the Past Month							
Male	162	1076	15.1	White	178	962	18.5
Female	146	1255	11.6	Black / AA	53	799	6.6
Total	308	2337	13.2	Asian	11	133	8.3
				Other	62	397	15.6
				Latino	38	239	15.9
Drank on School Property in the Past Month							
Male	34	1079	3.2	White	27	965	2.8
Female	33	1255	2.6	Black / AA	23	797	2.9
Total	67	2340	2.9	Asian	0	132	0.0
				Other	15	400	3.8
				Latino	9	241	3.7

High School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Drank Alcohol in the Past Month							
Male	271	1021	26.5	White	288	931	30.9
Female	318	1203	26.4	Black / AA	159	753	21.1
Total	589	2230	26.4	Asian	20	130	15.4
				Other	112	373	30.0
				Latino	70	222	31.5
Binge Drinking in the Past Month							
Male	162	1076	15.1	White	178	962	18.5
Female	146	1255	11.6	Black / AA	53	799	6.6
Total	308	2337	13.2	Asian	11	133	8.3
				Other	62	397	15.6
				Latino	38	239	15.9
Drank on School Property in the Past Month							
Male	34	1079	3.2	White	27	965	2.8
Female	33	1255	2.6	Black / AA	23	797	2.9
Total	67	2340	2.9	Asian	0	132	0.0
				Other	15	400	3.8
				Latino	9	241	3.7

Indicator: Other Drug Use

Ever Used Prescription Drugs							
Male	41	1324	3.1	White	22	936	2.4
Female	25	1343	1.9	Black / AA	19	887	2.1
Total	66	2672	2.5	Asian	3	168	1.8
				Other	21	625	3.4
				Latino	12	394	3.0
Ever Used Marijuana							
Male	124	1306	9.5	White	43	921	4.7
Female	73	1312	5.6	Black / AA	89	869	10.2
Total	198	2622	7.6	Asian	5	163	3.1
				Other	58	614	9.4
				Latino	36	386	9.3
Current Marijuana Use							
Male	47	1325	3.5	White	16	934	1.7
Female	28	1329	2.1	Black / AA	34	882	3.9
Total	75	2658	2.8	Asian	2	165	1.2
				Other	22	625	3.5
				Latino	11	393	2.8
Used Marijuana at School							
Male	6	1326	0.5	White	1	937	0.1
Female	2	1342	0.1	Black / AA	3	887	0.3
Total	8	2672	0.3	Asian	0	168	0.0
				Other	3	626	0.5
				Latino	2	394	0.5
Tried Marijuana Before Age 11							
Male	40	1283	3.1	White	10	903	1.1
Female	18	1292	1.4	Black / AA	30	857	3.5
Total	59	2579	2.3	Asian	2	164	1.2
				Other	17	603	2.8
				Latino	11	378	2.9
Ever used any form of cocaine							
Male	20	1325	1.5	White	11	939	1.2
Female	12	1343	0.9	Black / AA	7	887	0.8
Total	32	2672	1.2	Asian	1	168	0.6
				Other	12	621	1.9
				Latino	7	391	1.8

Ever Used Prescription Drugs							
Male	164	1080	15.2	White	183	966	18.9
Female	166	1265	13.1	Black / AA	81	803	10.1
Total	331	2351	14.1	Asian	7	131	5.3
				Other	54	405	13.3
				Latino	24	244	9.8
Ever Used Marijuana							
Male	379	1063	35.7	White	305	959	31.8
Female	395	1249	31.6	Black / AA	279	786	35.5
Total	775	2318	33.4	Asian	21	131	16.0
				Other	154	396	38.9
				Latino	87	240	36.3
Current Marijuana Use							
Male	220	1073	20.5	White	173	963	18.0
Female	216	1255	17.2	Black / AA	155	796	19.5
Total	436	2334	18.7	Asian	12	133	9.0
				Other	91	396	23.0
				Latino	50	238	21.0
Used Marijuana at School							
Male	59	1075	5.5	White	33	966	3.4
Female	30	1263	2.4	Black / AA	39	801	4.9
Total	89	2344	3.8	Asian	1	131	0.8
				Other	15	400	3.8
				Latino	8	241	3.3
Tried Marijuana Before Age 13							
Male	96	1062	9.0	White	40	959	4.2
Female	53	1253	4.2	Black / AA	60	787	7.6
Total	149	2320	6.4	Asian	5	132	3.8
				Other	41	396	10.4
				Latino	23	241	9.5
Ever used any form of cocaine							
Male	42	1071	3.9	White	42	964	4.4
Female	30	1264	2.4	Black / AA	7	796	0.9
Total	72	2341	3.1	Asian	3	132	2.3
				Other	18	402	4.5
				Latino	12	242	5.0

Indicator: Other Drug Use

Middle School								
Gender	#	Total	%	Race/Ethn.	#	Total	%	
Ever Used Inhalants								
Male	81	1336	6.1	White	53	939	5.6	
Female	97	1345	7.2	Black / AA	52	893	5.8	
Total	179	2685	6.7	Asian	8	168	4.8	
					Other	60	628	9.6
					Latino	33	395	8.4
Ever Used Steroids								
Male	22	1328	1.7	White	4	936	0.4	
Female	12	1345	0.9	Black / AA	14	891	1.6	
Total	34	2678	1.3	Asian	3	168	1.8	
					Other	12	626	1.9
					Latino	8	387	2.1

Offered, Sold, or Given Drugs at School								
Male	71	1319	5.4	White	33	936	3.5	
Female	40	1339	3.0	Black / AA	42	883	4.8	
Total	112	2663	4.2	Asian	6	168	3.6	
					Other	26	619	4.2
					Latino	16	374	4.3

High School								
Gender	#	Total	%	Race/Ethn.	#	Total	%	
Ever Used Inhalants								
Male	84	1083	7.8	White	77	968	8.0	
Female	129	1265	10.2	Black / AA	77	802	9.6	
Total	213	2354	9.0	Asian	8	133	6.0	
					Other	42	405	10.4
					Latino	25	244	10.2
Ever Used Steroids								
Male	26	1080	2.4	White	21	967	2.2	
Female	15	1265	1.2	Black / AA	11	801	1.4	
Total	41	2351	1.7	Asian	1	133	0.8	
					Other	6	405	1.5
					Latino	5	244	2.0

Ever Used Meth								
Male	20	1080	1.9	White	20	967	2.1	
Female	15	1266	1.2	Black / AA	4	801	0.5	
Total	35	2352	1.5	Asian	1	133	0.8	
					Other	10	405	2.5
					Latino	4	244	1.6

Offered, Sold, or Given Drugs at School								
Male	301	1078	27.9	White	209	965	21.7	
Female	236	1266	18.6	Black / AA	167	802	20.8	
Total	539	2350	22.9	Asian	28	133	21.1	
					Other	130	405	32.1
					Latino	81	244	33.2

Gotten into Trouble Because of Their Drug Use								
Male	167	1073	15.6	White	146	962	15.2	
Female	136	1257	10.8	Black / AA	71	797	8.9	
Total	303	2336	13.0	Asian	12	131	9.2	
					Other	66	402	16.4
					Latino	41	242	16.9

Indicator: Sexuality Education and Behavior

Discussed Expectations About Sex With Family								
Male	617	1308	47.2	White	444	934	47.5	
Female	719	1329	54.1	Black / AA	531	872	60.9	
Total	1337	2642	50.6	Asian	38	168	22.6	
					Other	301	613	49.1
					Latino	170	384	44.3

Ever Been Taught About Abstinence								
Male	705	1316	53.6	White	532	933	57.0	
Female	749	1336	56.1	Black / AA	527	882	59.8	
Total	1456	2656	54.8	Asian	66	166	39.8	
					Other	306	619	49.4
					Latino	186	392	47.4

Ever Been Taught About HIV/AIDS								
Male	701	1316	53.3	White	510	929	54.9	
Female	703	1336	52.6	Black / AA	485	886	54.7	
Total	1408	2657	53.0	Asian	75	168	44.6	
					Other	316	619	51.1
					Latino	191	390	49.0

Ever Been Taught About STDs								
Male	537	1318	40.7	White	397	931	42.6	
Female	560	1336	41.9	Black / AA	380	883	43.0	
Total	1098	2659	41.3	Asian	56	168	33.3	
					Other	247	623	39.6
					Latino	150	392	38.3

Discussed Expectations About Sex With Family								
Male	741	1067	69.4	White	705	964	73.1	
Female	964	1253	76.9	Black / AA	633	789	80.2	
Total	1707	2326	73.4	Asian	58	130	44.6	
					Other	285	401	71.1
					Latino	168	241	69.7

Indicator: Sexuality Education and Behavior

Middle School

Gender	#	Total	%	Race/Ethn.	#	Total	%
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High School

Gender	#	Total	%	Race/Ethn.	#	Total	%
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Ever had sex

Male	387	994	38.9	White	261	919	28.4
Female	427	1187	36.0	Black / AA	361	741	48.7
Total	815	2186	37.3	Asian	22	125	17.6
				Other	160	366	43.7
				Latino	95	222	42.8

Tested for HIV

Male	99	1032	9.6	White	68	952	7.1
Female	148	1226	12.1	Black / AA	118	763	15.5
Total	247	2263	10.9	Asian	6	127	4.7
				Other	52	380	13.7
				Latino	22	230	9.6

Had Sexual Intercourse Before Age 13

Male	113	998	11.3	White	19	918	2.1
Female	41	1191	3.4	Black / AA	84	744	11.3
Total	154	2194	7.0	Asian	5	126	4.0
				Other	41	369	11.1
				Latino	28	224	12.5

4+ Lifetime Sex Partners

Male	156	992	15.7	White	63	917	6.9
Female	106	1189	8.9	Black / AA	134	742	18.1
Total	263	2186	12.0	Asian	7	126	5.6
				Other	51	364	14.0
				Latino	32	220	14.5

Currently Sexually Active

Male	244	995	24.5	White	185	920	20.1
Female	285	1190	23.9	Black / AA	218	743	29.3
Total	530	2190	24.2	Asian	15	125	12.0
				Other	103	366	28.1
				Latino	58	221	26.2

Last Sexual Partner was 3+ Years Older Than Them

Male	30	391	7.7	White	42	261	16.1
Female	85	429	19.8	Black / AA	44	364	12.1
Total	115	821	14.0	Asian	4	23	17.4
				Other	24	162	14.8
				Latino	14	96	14.6

Used a Condom the Last Time They Had Sex

Male	170	245	69.4	White	128	184	69.6
Female	170	280	60.7	Black / AA	141	215	65.6
Total	341	526	64.8	Asian	10	14	71.4
				Other	58	104	55.8
				Latino	29	59	49.2

Drank Alcohol/Used Drugs the Last Time Had Sex

Male	59	246	24.0	White	48	186	25.8
Female	48	286	16.8	Black / AA	36	217	16.6
Total	107	533	20.1	Asian	2	15	13.3
				Other	19	105	18.1
				Latino	11	60	18.3

Indicator: Asthma

Ever Diagnosed with Asthma

Male	270	1293	20.9	White	148	932	15.9
Female	232	1317	17.6	Black / AA	217	859	25.3
Total	503	2615	19.2	Asian	16	165	9.7
				Other	113	605	18.7
				Latino	56	386	14.5

Ever Diagnosed with Asthma

Male	240	1031	23.3	White	190	951	20.0
Female	249	1225	20.3	Black / AA	177	761	23.3
Total	490	2261	21.7	Asian	17	128	13.3
				Other	93	380	24.5
				Latino	50	231	21.6

Indicator: Asthma								Indicator: Asthma							
Middle School				High School				Middle School				High School			
Gender	#	Total	%	Race/Ethn.	#	Total	%	Gender	#	Total	%	Race/Ethn.	#	Total	%
Currently Have Asthma								Currently Have Asthma							
Male	206	1177	17.5	White	106	874	12.1	Male	171	1039	16.5	White	132	954	13.8
Female	176	1211	14.5	Black / AA	162	769	21.1	Female	183	1228	14.9	Black / AA	140	767	18.3
Total	382	2393	16.0	Asian	18	151	11.9	Total	356	2272	15.7	Asian	11	128	8.6
				Other	90	553	16.3					Other	64	382	16.8
				Latino	48	358	13.4					Latino	31	232	13.4
Have an Asthma Action Plan at School								Have an Asthma Action Plan at School							
Male	46	1278	3.6	White	19	927	2.0	Male	68	1037	6.6	White	41	952	4.3
Female	41	1303	3.1	Black / AA	40	845	4.7	Female	58	1225	4.7	Black / AA	53	766	6.9
Total	87	2586	3.4	Asian	2	165	1.2	Total	127	2267	5.6	Asian	5	127	3.9
				Other	23	597	3.9					Other	25	381	6.6
				Latino	10	378	2.6					Latino	13	232	5.6

Indicator: Mental Health								Indicator: Mental Health							
Middle School				High School				Middle School				High School			
Gender	#	Total	%	Race/Ethn.	#	Total	%	Gender	#	Total	%	Race/Ethn.	#	Total	%
Feel Good About Themselves								Feel Good About Themselves							
Male	1082	1282	84.4	White	781	932	83.8	Male	874	1034	84.5	White	712	953	74.7
Female	1008	1308	77.1	Black / AA	697	848	82.2	Female	896	1226	73.1	Black / AA	656	764	85.9
Total	2094	2595	80.7	Asian	115	163	70.6	Total	1775	2265	78.4	Asian	87	127	68.5
				Other	459	596	77.0					Other	289	380	76.1
				Latino	290	379	76.5					Latino	177	231	76.6
Risk of Depression in the Past Year								Risk of Depression in the Past Year							
Male	187	1335	14.0	White	118	943	12.5	Male	188	1085	17.3	White	204	956	21.3
Female	276	1350	20.4	Black / AA	167	896	18.6	Female	358	1252	28.6	Black / AA	190	800	23.8
Total	463	2689	17.2	Asian	32	169	18.9	Total	547	2343	23.3	Asian	25	133	18.8
				Other	131	626	20.9					Other	116	406	28.6
				Latino	85	395	21.5					Latino	72	245	29.4
Disagree that They Feel Alone								Disagree that They Feel Alone							
Male	939	1278	73.5	White	706	926	76.2	Male	713	1010	70.6	White	686	939	73.1
Female	887	1301	68.2	Black / AA	605	843	71.8	Female	807	1206	66.9	Black / AA	495	746	66.4
Total	1829	2584	70.8	Asian	94	165	57.0	Total	1523	2221	68.6	Asian	75	126	59.5
				Other	389	596	65.3					Other	240	370	64.9
				Latino	243	378	64.3					Latino	146	227	64.3
Teachers Really Care About Them								Teachers Really Care About Them							
Male	796	1249	63.7	White	613	911	67.3	Male	614	1028	59.7	White	581	950	61.2
Female	819	1264	64.8	Black / AA	530	824	64.3	Female	717	1220	58.8	Black / AA	456	760	60.0
Total	1618	2518	64.3	Asian	96	160	60.0	Total	1332	2253	59.1	Asian	66	126	52.4
				Other	352	572	61.5					Other	207	377	54.9
				Latino	227	364	62.4					Latino	123	228	53.9
Ever Seriously Considered Suicide								Seriously Considered Suicide in the Past Year							
Male	152	1341	11.3	White	90	941	9.6	Male	98	1084	9.0	White	104	958	10.9
Female	232	1342	17.3	Black / AA	145	896	16.2	Female	189	1258	15.0	Black / AA	105	801	13.1
Total	385	2687	14.3	Asian	26	169	15.4	Total	287	2348	12.2	Asian	13	133	9.8
				Other	115	626	18.4					Other	57	408	14.0
				Latino	71	393	18.1					Latino	29	246	11.8
Ever Made a Plan for Suicide								Made a Plan for Suicide in the Past Year							
Male	78	1342	5.8	White	51	942	5.4	Male	98	1072	9.1	White	93	959	9.7
Female	128	1348	9.5	Black / AA	70	897	7.8	Female	148	1250	11.8	Black / AA	85	792	10.7
Total	206	2694	7.6	Asian	9	170	5.3	Total	246	2327	10.6	Asian	12	129	9.3
				Other	72	630	11.4					Other	48	401	12.0
				Latino	48	397	12.1					Latino	19	244	7.8
Ever Tried to Kill Themselves								Suicide Attempt Resulting in Injury the Past Year							
Male	68	1335	5.1	White	33	940	3.5	Male	41	1081	3.8	White	21	963	2.2
Female	102	1343	7.6	Black / AA	69	895	7.7	Female	38	1262	3.0	Black / AA	33	801	4.1
Total	171	2682	6.4	Asian	9	168	5.4	Total	79	2349	3.4	Asian	5	132	3.8
				Other	55	624	8.8					Other	16	405	4.0
				Latino	36	396	9.1					Latino	11	245	4.5

Indicator: Other Health Indicators

Middle School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Medical Check Up in the Past Year							
Male	781	1289	60.6	White	658	935	70.4
Female	749	1320	56.7	Black / AA	441	854	51.6
Total	1534	2614	58.7	Asian	78	164	47.6
				Other	334	605	55.2
				Latino	203	384	52.9
Dental Check Up in the Past Year							
Male	811	1288	63.0	White	741	933	79.4
Female	813	1314	61.9	Black / AA	447	851	52.5
Total	1625	2607	62.3	Asian	79	165	47.9
				Other	336	602	55.8
				Latino	211	383	55.1
Perceive Themselves to Have a Disability							
Male	109	1274	8.6	White	69	931	7.4
Female	105	1300	8.1	Black / AA	78	839	9.3
Total	215	2578	8.3	Asian	6	163	3.7
				Other	52	591	8.8
				Latino	33	377	8.8
Limited Due to Disability							
Male	98	1281	7.7	White	56	936	6.0
Female	92	1312	7.0	Black / AA	77	846	9.1
Total	190	2597	7.3	Asian	7	163	4.3
				Other	44	596	7.4
				Latino	22	378	5.8
Trouble Learning Due to Disability							
Male	114	1280	8.9	White	80	932	8.6
Female	115	1305	8.8	Black / AA	70	844	8.3
Total	230	2589	8.9	Asian	10	165	6.1
				Other	60	594	10.1
				Latino	27	377	7.2
Alone After School 3+ Hours per Day							
Male	153	1291	11.9	White	48	935	5.1
Female	127	1317	9.6	Black / AA	132	855	15.4
Total	280	2613	10.7	Asian	17	164	10.4
				Other	78	606	12.9
				Latino	46	385	11.9

At Least 8+ Hours of Sleep

Gender	#	Total	%	Race/Ethn.	#	Total	%
Male	915	1289	71.0	White	698	933	74.8
Female	948	1323	71.7	Black / AA	595	860	69.2
Total	1868	2617	71.4	Asian	112	164	68.3
				Other	421	604	69.7
				Latino	273	383	71.3

High School

Gender	#	Total	%	Race/Ethn.	#	Total	%
Perceive Themselves to Have a Disability							
Male	97	1040	9.3	White	76	955	8.0
Female	86	1235	7.0	Black / AA	58	771	7.5
Total	185	2281	8.1	Asian	3	128	2.3
				Other	43	385	11.2
				Latino	23	233	9.9
Limited Due to Disability							
Male	86	1041	8.3	White	87	953	9.1
Female	131	1229	10.7	Black / AA	75	767	9.8
Total	219	2275	9.6	Asian	6	128	4.7
				Other	47	386	12.2
				Latino	27	234	11.5
Trouble Learning Due to Disability							
Male	110	1035	10.6	White	120	952	12.6
Female	131	1229	10.7	Black / AA	61	767	8.0
Total	242	2269	10.7	Asian	2	127	1.6
				Other	51	382	13.4
				Latino	30	231	13.0
Alone After School 3+ Hours per Day							
Male	215	1037	20.7	White	139	954	14.6
Female	217	1224	17.7	Black / AA	174	767	22.7
Total	432	2266	19.1	Asian	27	127	21.3
				Other	82	378	21.7
				Latino	47	231	20.3
Gambled in the Past Year							
Male	414	1041	39.8	White	259	955	27.1
Female	201	1229	16.4	Black / AA	211	767	27.5
Total	618	2275	27.2	Asian	34	128	26.6
				Other	104	384	27.1
				Latino	63	234	26.9
At Least 8+ Hours of Sleep							
Male	406	1031	39.4	White	394	953	41.3
Female	483	1220	39.6	Black / AA	286	758	37.7
Total	891	2256	39.5	Asian	38	125	30.4
				Other	156	379	41.2
				Latino	100	230	43.5

Appendix B
Indicator: Nutrition

High School		
Ate Other Vegetables in Past Week	#	%
Didn't eat other veggies in past 7 days	336	14.5
1-3 times in the past 7 days	846	36.6
4-6 times in the past 7 days	556	24.0
1 time per day	294	12.7
2 times per day	161	7.0
3 times per day	49	2.1
4+ times per day	70	3.0
High School		
Ate Other Fruit in the Past Week	#	%
Didn't eat other fruit in past 7 days	381	16.4
1-3 times in the past 7 days	924	39.7
4-6 times in the past 7 days	415	17.8
1 time per day	249	10.7
2 times per day	213	9.2
3 times per day	60	2.6
4+ times per day	85	3.7

Indicator: Safety

Texting While Driving the Past Month		
	#	%
0 Days	1804	76.6
1-2 Days	185	7.9
3-5 Days	75	3.2
6-9 Days	53	2.3
10-19 Days	68	2.9
20-29 Days	58	2.5
All 30 Days	112	4.8
Texting While Driving the Past Month		
	#	%
15 years old	81	12.1
16 years old	226	34.6
17 years old	166	41.1
18 years or older	34	39.1

Indicator: Tobacco Use

First Cigarette Before Age 11			First Cigarette Before Age 13		
	#	%		#	%
Never smoked a whole cigarette	2502	94.5	Never smoked a whole cigarette	1817	77.5
8 years old or younger	52	2.0	8 years old or younger	42	1.8
9 years old	22	0.8	9-10 years old	34	1.5
10 years old	20	0.8	11-12 years old	90	3.8
11 years old	32	1.2	13-14 years old	192	8.2
12 years old	20	0.8	15-16 years old	145	6.2
13 years or older	76	2.9	17 years or older	24	1.0

Indicator: Alcohol Use

First Drink of Alcohol Before Age 11			First Drink of Alcohol Before Age 13		
	#	%		#	%
I have never had a drink of alcohol	2180	87.2	I have never had a drink of alcohol	1125	48.1
8 years old or younger	88	3.5	8 years old or younger	101	4.3
9 years old	44	1.8	9-10 years old	81	3.5
10 years old	59	2.4	11-12 years old	164	7.0
11 years old	68	2.7	13-14 years old	495	21.2
12 years old	61	2.4	15-16 years old	340	14.5
13 years or older	1	0.0	17 years or older	33	1.4

Indicator: Alcohol Use

Middle School		
Source of Alcohol	#	%
I did not drink alcohol in last 30 days	2421	91.8
I bought it in a store	19	0.7
I bought it at restaurant/bar/club	0	0.0
I bought it at a public event	1	0.0
Gave someone money to buy it for me	22	0.8
Someone gave it to me	64	2.4
I took it from a store/family member	42	1.6
I got it some other way	69	2.6

High School		
Source of Alcohol	#	%
I did not drink alcohol in last 30 days	1633	73.4
I bought it in a store	34	1.5
I bought it in a restaurant	3	0.1
I bought it at a public event	4	0.2
Gave someone money to buy it for me	130	5.8
Someone gave it to me	223	10.0
I took it from a store/family member	75	3.4
I got it some other way	122	5.5

Indicator: Other Drug Use

Tried Marijuana Before Age 11		
	#	%
I have never tried marijuana	2459	95.3
8 years old or younger	32	1.2
9 years old	6	0.2
10 years old	21	0.8
11 years old	28	1.1
12 years old	31	1.2
13 years or older	2	0.1

Tried Marijuana Before Age 13		
	#	%
I have never tried marijuana	1538	66.3
8 years old or younger	28	1.2
9-10 years old	24	1.0
11-12 years old	97	4.2
13-14 years old	348	15.0
15-16 years old	251	10.8
17 years or older	34	1.5

Indicator: Sexuality Education and Behavior

Who Students Talk To		
	#	%
I do not have questions about STDs	1534	58.1
Parent/Other adult family member	712	27.0
Teacher/Other adult in school	146	5.5
Religious leader	5	0.2
Doctor/Nurse	41	1.6
Other adult	17	0.6
Friend/Sibling	156	5.9
Some other person	29	1.1

Who Students Talk To		
	#	%
I do not have questions about STDs	1225	52.7
Parent/Other adult family member	580	25.0
Teacher/Other adult in school	59	2.5
Religious leader	5	0.2
Doctor/Nurse	145	6.2
Other adult	27	1.2
Friend/Sibling	240	10.3
Some other person	42	1.8

First Sexual Intercourse Before 13		
	#	%
I have never had sexual intercourse	1369	62.4
11 years old or younger	92	4.2
12 years old	62	2.8
13 years old	114	5.2
14 years old	213	9.7
15 years old	183	8.3
16 years old	128	5.8
17 years or older	33	1.5

4+ Lifetime Sex Partners		
	#	%
I have never had sexual intercourse	1367	62.5
1 person	303	13.9
2 people	161	7.4
3 people	92	4.2
4 people	76	3.5
5 people	55	2.5
6 or more people	132	6.0

Currently Sexually Active		
	#	%
I have never had sexual intercourse	1368	62.5
No sex in last 3 months	292	13.3
1 person	368	16.8
2 people	92	4.2
3 people	28	1.3
4 people	17	0.8
5 people	7	0.3
6 or more people	18	0.8

Indicator: Sexuality Education and Behavior

Middle School			High School		
			Last Sexual Partner 3+ Years Older	#	%
			I have never had sexual intercourse	1367	62.5
			5 or more years younger	13	0.6
			3-4 years younger	36	1.6
			About the same age	630	28.8
			3-4 years older	94	4.3
			5 or more years older	21	1.0
			not sure	27	1.2

Indicator: Mental Health

Who Students Talk To When Sad			Who Students Talk To When Sad		
	#	%		#	%
I do not feel sad	627	23.6	I do not feel sad	506	21.9
Parent/Other adult family member	826	31.1	Parent/Other adult family member	447	19.3
Teacher/Other adult in school	58	2.2	Teacher/Other adult in school	18	0.8
Religious leader	24	0.9	Religious leader	30	1.3
Doctor/Nurse	7	0.3	Doctor/Nurse	6	0.3
Other adult	21	0.8	Other adult	26	1.1
Friend/Sibling	939	35.3	Friend/Sibling	1097	47.4
Some other person	157	5.9	Some other person	183	7.9

Indicator: Other Health Indicators

At Least 8 Hours of Sleep			At Least 8 Hours of Sleep		
	#	%		#	%
4 hours or less	82	3.1	4 hours or less	105	4.7
5 hours	86	3.3	5 hours	184	8.2
6 hours	169	6.5	6 hours	366	16.2
7 hours	412	15.7	7 hours	710	31.5
8 hours	830	31.7	8 hours	625	27.7
9 hours	680	26.0	9 hours	187	8.3
10 or more hours	358	13.7	10 or more hours	79	3.5

Appendix C

Below are two examples of how youth and adults can work together to highlight issues of concern, moving the data toward action that will serve the interests of young people.

Award Winning 2009 Adolescent Health Advocacy Day Photovoice Project

Following the spring 2009 release of the 2008 YRBS data to the Board of Education and the community, teens from several youth groups reviewed the data and learned to use photos to visually express their views of the data. The teens then showcased over 50 of their photos at the 5th AHAD event with over 100 elected officials, community members, parents and teens in attendance.

After the event, photos were displayed at 15 local and statewide conferences and received several awards, including the 2010 Youth Achievement Award from Adolescent Pregnancy Prevention Campaign of NC and the NC Society of Public Health Education's Kathy Kerr Outstanding Health Education Project Award in 2010.

AHAD Photovoice co-chairs, Laura Mrosia and Michelle Gill-Moffat also presented the project at the 2010 NC Public Health Association Conference and received Star awards from the Guilford Coalition to Prevent Adolescent Pregnancy (GCAPP).

What is AHAD?

Adolescent Health Advocacy Day (AHAD) is an advocacy event that invites state and local elected officials to talk with youth on pressing health issues that impact teens.

AHAD is planned and sponsored by local community agencies that work directly with youth in Guilford County.

2012 AHAD Video & Photovoice Project

Building on the success of the 2009 AHAD event, a 2012 AHAD event is planned for May 2012 after Guilford Education Alliance's official release of 2011 YRBS data. The goals of the AHAD Video and Photovoice Project include promoting the use of these new YRBS data, incorporating the youth perspective and advocating for health issues that impact young people.

In preparation for the 2012 AHAD event, teens from 5 youth groups reviewed the 2011 YRBS topics and questions and took photos to visually represent their perspective of these issues. Notably, the 2012 process was different from the process used in 2009; while in 2009 the photos were the teens' reactions to the actual *results* from the 2008 YRBS, for 2012, the pictures represent teens'

interpretation to the *broad topics and types* of questions that were on the survey and *not* the data itself. We have included a sample of the teens' photos in this report and matched their photos with relevant data, offering the youths' perspective on the YRBS topics alongside the results, along with additional policy information and resources to further promote adolescent health.

Just before the 2012 YRBS data release, a few select youth worked with Eric Rowles, a nationally known trainer with Leading to Change, to create a 90 second video highlighting a few youth photos and YRBS data points. This video and all selected teen photography will be unveiled at the 6th AHAD event in mid-May and used to promote the YRBS data. Because the data had not been

officially released, great precautions were taken to protect the security of the data during the video production. It is our hope that others will find innovative approaches to using the 2011 YRBS data as a call to action for change.

For more information about the AHAD Photovoice Project, contact
Laura Mrosia at lmrosia@co.guilford.nc.us or
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2012 AHAD Youth Groups

Guilford County Department of Public Health's
Tobacco Reality Unfiltered (TRU) Youth Advisory Board
& Smart Girls Leadership Academy
Planned Parenthood Health Systems' Teens Taking Action
Alcohol and Drug Services' Community Awareness
Recreation Education for Students (CARES)
Children's Home Society/Family Life Council's
Wise Guys Male Responsibility Program

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Adolescent Health Advocacy Day Youth Photography

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Grace Ekoja, "An Apple a Day"

Lanier Gray, "Looking Up"

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