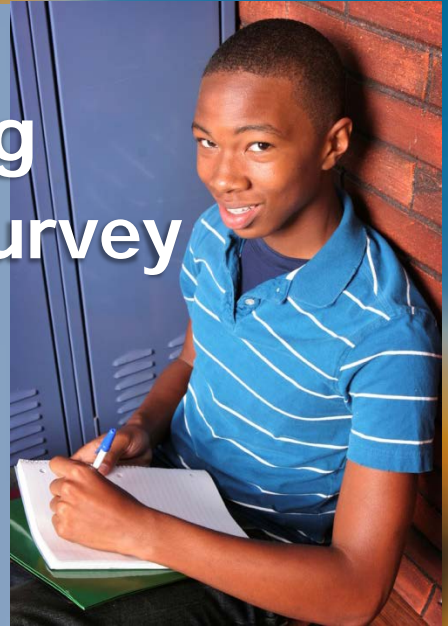


2011

Charlotte Mecklenburg Youth Risk Behavior Survey

**Health Risk Behaviors
For Middle School Students**



A collaborative report from
Charlotte Mecklenburg Schools and
Mecklenburg County Health Department

Release Date: May 2012

2011

Charlotte Mecklenburg Youth Risk Behavior Survey

Introduction

The Youth Risk Behavior Survey (YRBS), produced by the Centers for Disease Control and conducted every two years, assesses health risk behaviors that contribute to some of the leading causes of morbidity and mortality in youth.

The survey measures behaviors such as: unintentional injuries and violence; tobacco, alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; nutrition; and physical activity. The YRBS also measures self-reported height and weight to allow calculation of body mass index.

New Questions for 2011

Several new questions were added to the local CMS survey in 2011. New questions that were asked included:

- Bullied or harassed because of being gay, lesbian or bisexual
- Fasting (going with food for 24 hours or more)
- Support when feeling sad, empty, hopeless, angry, or anxious
- Suicide attempts
- Sexual intercourse
- Teacher Support

The complete list of questions can be found on page 11 of this report.

Table 1. Demographic Profile for Charlotte Mecklenburg Middle School Students

Characteristics of Students Participating in the Charlotte Mecklenburg Middle School YRBS		
<i>Total Number of Students Surveyed 1,591</i>		
Gender	Number	Weighted Percentage
Male	798	50.7%
Female	789	49.3%
Race/Ethnicity		
Black	546	42.9%
Hispanic/Latino	281	15.9%
White	433	31.6%
All other races	121	4.0%
Multiple races	170	5.6%
Grade		
6th	470	33.1%
7th	576	33.8%
8th	530	32.7%
Ungraded or other grade	7	0.4%
Age Group		
≤ 11 years	150	10.6%
12 years	495	31.3%
13 years	563	34.1%
≥14 years	381	24.1%

Charlotte-Mecklenburg MIDDLE SCHOOL Students

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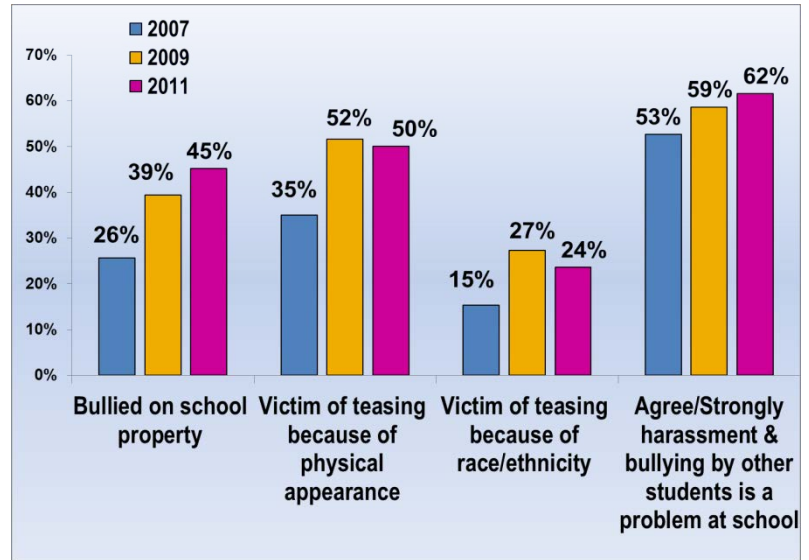
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Bullying on School Property

In 2009 the Centers for Disease Control modified questions on bullying. Current questions exclude the term harassment while adding a definition for bullying. Due to these changes in survey questions, caution should be used in comparing 2009 data with previous years.

- The percentage of preteens who reported being bullied on school property increased from 2009 to 2011 (39.4% and 45.2% respectively).
- Being bullied or teased because of race decreased from 27.3% in 2007 to 23.6% in 2011.
- More than 60% of preteens reported that harassment and bullying by other students is a problem at their school.
- More than 16% of preteens reported being bullied because someone thought they were gay, lesbian or bisexual. This was a new question in the Charlotte-Mecklenburg survey for 2011 and there is no NC comparison.

Figure 1. Bullying and Harassment

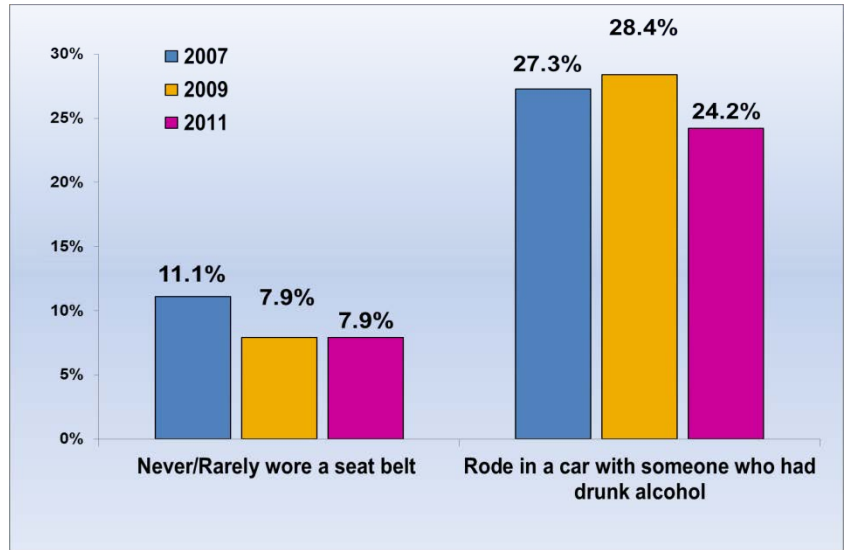


Bullying and Harassment	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Ever been bullied on school property	26%	27%	39%	42%	45%	42%
Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual	N/A	N/A	N/A	N/A	16%	22%
Have ever been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging	N/A	N/A	18%	14%	19%	21%

Unintentional Injury and Violence

- The percentage of preteens who reported never or rarely wearing a seat belt while riding in car decreased in 2011 to about 8 %, down from 11% in 2007.
- Almost a quarter of preteens reported having ridden in a car with someone who had drunk alcohol.

Figure 2. Unintentional Injury and Violence

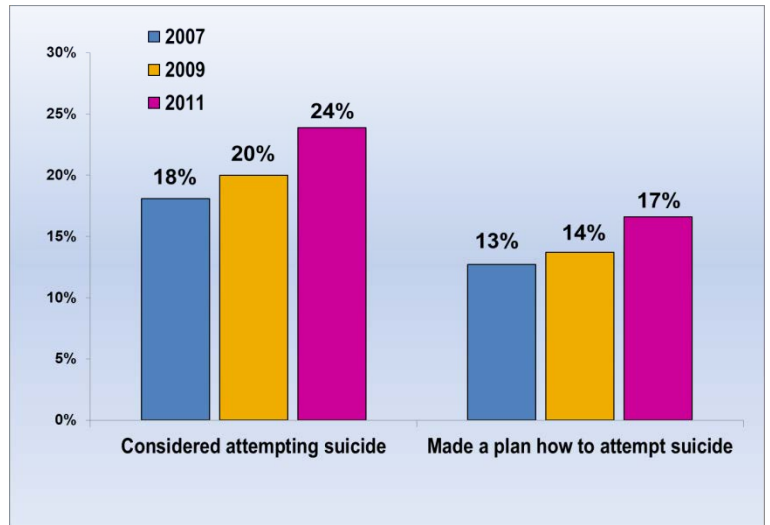


Unintentional Injury and Violence	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Never or rarely wore a seat belt when riding in a car driven by someone else	11%	12%	8%	7%	8%	7%
Ever rode in a car driven by someone who had been drinking alcohol	27%	27%	28%	27%	24%	23%
Ever carried a weapon such as a gun, knife, club	30%	37%	31%	39%	30%	34%
Someone stolen or deliberately damaged your property such as your car, clothing, or books on school property in the past 12 months	32%	28%	32%	28%	31%	27%
Had been threatened or injured by a weapon	7%	8%	6%	5%	N/A	5%
Ever been in a physical fight	62%	57%	60%	53%	60%	55%
Did not go to school because they felt unsafe at school or on their way to or from school	4%	6%	10%	4%	11%	4%

Psychological Health

- In 2011 almost 24% of preteens considered attempting suicide, an increase from 18% in 2007.
- The percentage of preteens who reported having made a plan to attempt suicide also increased from 12.7% in 2007 to approximately 17% in 2011.
- A question about suicide attempts was added for the first time in 2011 in the Charlotte-Mecklenburg Middle School YRBS.
- Approximately 11% of preteen reported ever trying to kill themselves.

Figure 3. Psychological Health

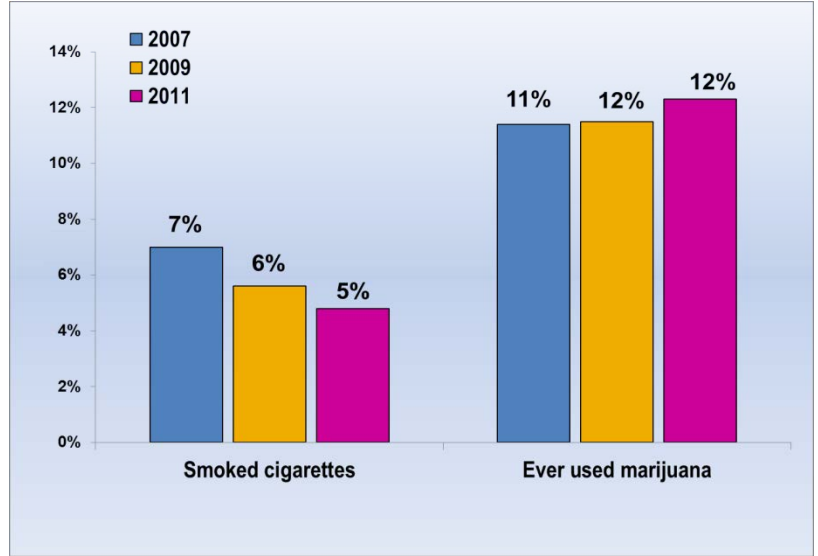


Psychological Health	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	21%	23%	23%	23%	N/A	24%
Most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry or anxious	N/A	N/A	N/A	N/A	35%	N/A
Seriously thought about killing themselves	18%	22%	20%	19%	24%	21%
Made a plan about how they would kill themselves	13%	13%	14%	13%	17%	13%
Ever tried to kill themselves	N/A	N/A	N/A	N/A	11%	10%

Substance Abuse

- Reports of cigarette smoking decreased from 7% in 2007 to about 5% in 2011.
- The percentage of preteens having ever used marijuana increased slightly from 11.4% in 2007 to 12.3% in 2011.

Figure 4. Substance Abuse

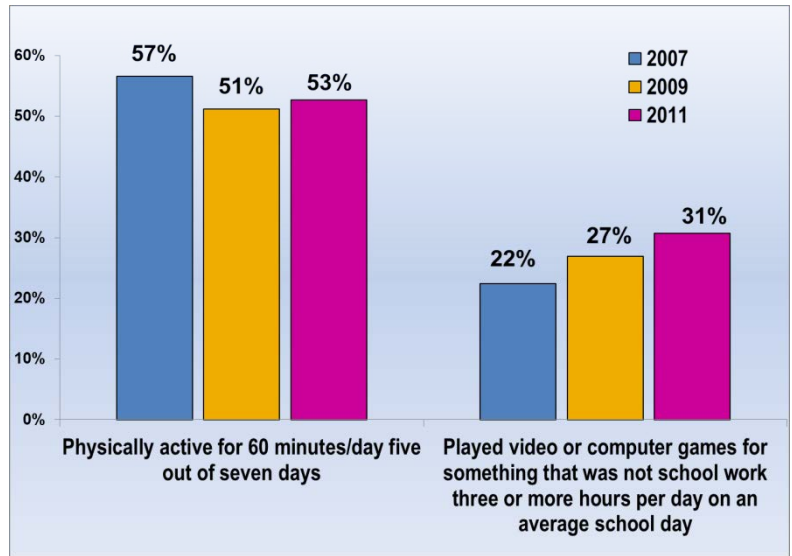


Substance Abuse	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Smoked cigarettes on one or more days in the past 30 days	7%	12%	6%	8%	5%	8%
Ever had a drink of alcohol other than a few sips	29%	34%	33%	30%	31%	29%
Ever used marijuana	11%	12%	12%	10%	12%	11%
Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life	13%	14%	12%	12%	11%	12%
Offered, sold, or given an illegal drug by someone on school property	12%	12%	10%	9%	11%	10%

Physical Activity

- The percentage of preteens who reported being physically active for 60 minutes per day on five out of seven days decreased from about 57% in 2007 to almost 53% in 2011.
- Over a 30% of preteens reported playing video or computer games for something that was not school work three or more hours per day on an average school day in 2011, an increase from 2007 (22.4%).

Figure 5. Physical Activity



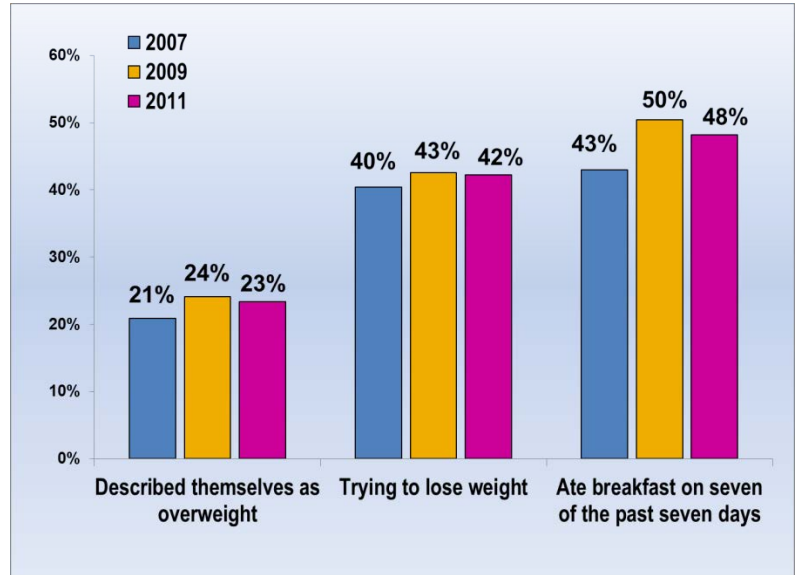
Physical Activity	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Physically active for a total of 60 minutes or more per day on five or more of the past seven days	57%	55%	51%	60%	53%	53%
Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day	22%	25%	27%	26%	31%	30%
Watched three or more hours per day of TV on an average school day	44%	44%	45%	38%	42%	39%

Weight Management and Nutrition

The Middle School YRBS Questionnaire does not collect height or weight data so BMI for preteens cannot be calculated.

- About 23% of preteens described themselves as overweight.
- Approximately 42% are trying to lose weight.
- Almost half of all preteens reported eating breakfast every day.
- A question about fasting was added to the Middle School YRBS for the first time in 2011. About 17.8% of preteens went without eating for 24 hours or more to lose weight or to keep from gaining weight.

Figure 6. Weight Management and Nutrition

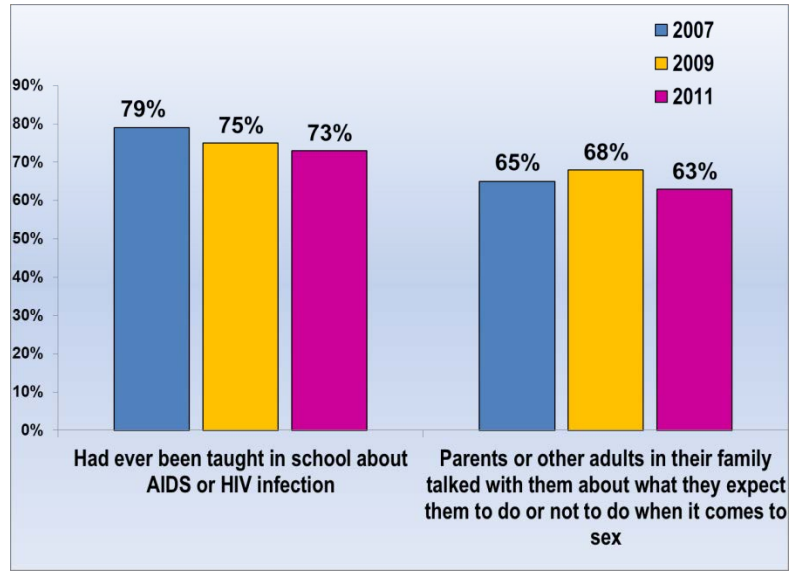


Weight Management & Nutrition	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Described themselves as slightly or very overweight	21%	23%	24%	26%	23%	25%
Are trying to lose weight	40%	44%	43%	46%	42%	43%

Sexual Behavior

- In 2011, 20% of all preteens reported ever having sexual intercourse. This question was new to the Youth Risk Behavior Survey for Charlotte-Mecklenburg preteens. North Carolina data is not available for comparison.
- Approximately 73% of preteens had ever been taught in school about AIDS or HIV infection. This was a decrease, down from 79% in 2007.
- 63% of preteens reported that their parents or other adults talked with them about what they expected them to do or not to do when it comes to sex. This was slightly lower than reports for 2007, 65%.

Figure 7. Sexual Behavior

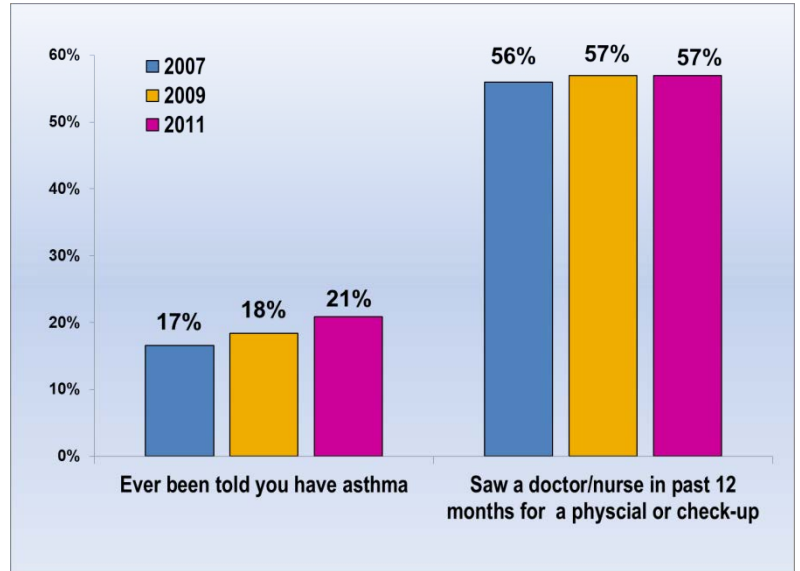


Sexual Behavior	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Had ever been taught in school about AIDS or HIV infection	79%	71%	75%	69%	73%	62%
Parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex	65%	62%	68%	N/A	63%	56%

Selected Health Conditions

- In 2011 about 21% of preteens reported ever being told that they have asthma. This was an increase since 2007 when the percentage was 17%.
- The percentage of teens that saw a doctor or nurse within the past 12 months for a physical or check-up (without being sick) has remained relatively stable between 2007 and 2011.

Figure 8. Selected Health Conditions



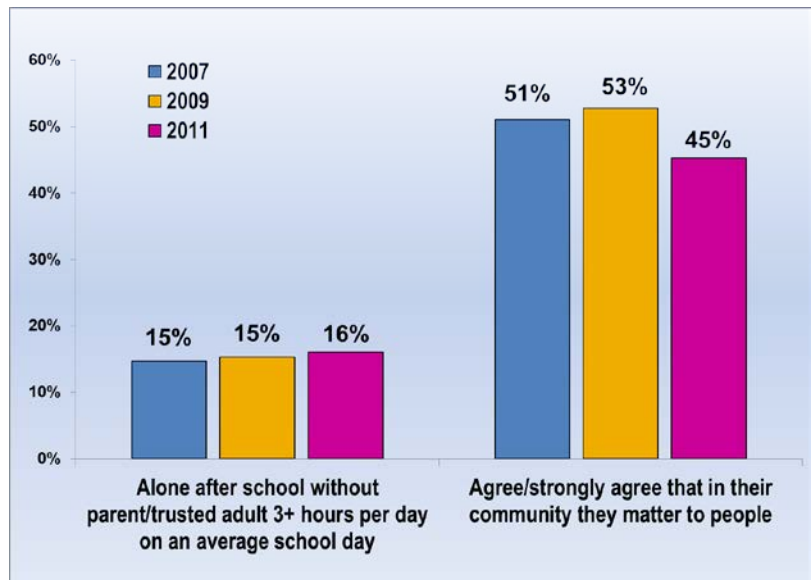
Selected Health Issues	2007		2009		2011	
	Meck	NC	Meck	NC	Meck	NC
Ever been told by a doctor or nurse that they had asthma	17%	20%	18%	19%	21%	22%
Last saw a doctor or nurse during the past 12 months for a check-up or physical exam when they were not sick or injured	56%	52%	57%	58%	57%	55%
Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work	64%	57%	61%	63%	66%	63%

Developmental Assets

Developmental assets are the experiences and opportunities that all young people need to grow into healthy, responsible adults. Research has shown that the more assets young people have, the less likely they are to engage in high-risk behaviors.

- The percentage of preteens who reported being alone after school without a parent or trusted adult three or more hours per day on an average school day increased slightly from about 15% in 2007 to 16.1% in 2011.
- More than 45% of preteens report that in their community they feel like they matter to people, a decrease from 51% in 2007.
- New questions were added to the Charlotte Mecklenburg Middle School YRBS that addressed teens having the emotional support when needed.
 - More than 35% of preteens most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry or anxious.
 - Nearly 28% of preteens talked to a teacher or other adult in their school about a personal problem they had during the past 12 months.
 - More than half of preteens agree or strongly agree that their teachers really care about them and give them a lot of encouragement.
 - Over three quarters of preteens (77%) would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting life.

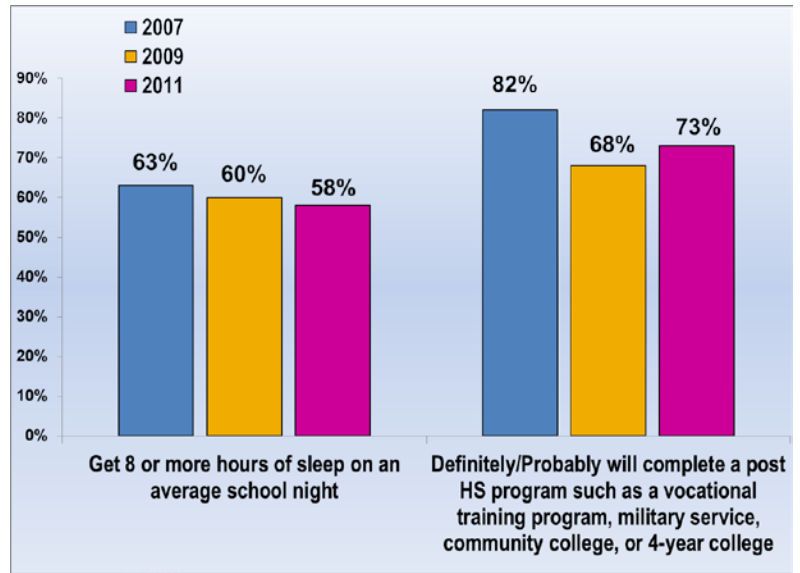
Figure 9. Developmental Assets: Parental/ Community Support



Developmental Assets

- The percentage of preteens who report getting eight or more hours of sleep on an average school night has declined slightly, from 63% in 2007 to 58% in 2011.
- In 2011, 73% of preteens reported either probably or definitely they will complete a post high school program such as a vocational training program, military, community college, or a 4-year college.

Figure 10. Developmental Assets



Assets for Healthy Youth Developments	2007	2009	2011
	Meck	Meck	Meck
Are alone after school without a parent or trusted adult three or more hours per day on an average school day	15%	15%	16%
Agree/Strongly Agree that their parents or other adults in the student's family have clear rules and standards for the student's behavior	84%	85%	N/A
Agree or strongly agree that in their community they feel like they matter to people	51%	53%	45%
Ate breakfast on seven of the past seven days	43%	50%	48%
Get eight or more hours of sleep on an average school night	63%	60%	58%
Definitely/Probably will complete a post high school program such as a vocational training program, military service, community college, or 4-year college	82%	68%	73%



Charlotte-Mecklenburg MIDDLE SCHOOL Students

New Questions for 2011 YRBS

New Questions for 2011 YRBS Charlotte-Mecklenburg Middle Schools	
Bullying and Harassment	%
Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual	16.4%
Psychological	
Ever tried to kill themselves	11.2%
Weight Management	
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	17.8%
Sexual Behavior	
Ever had sexual intercourse	20.1%
Assets for Healthy Development	
Most of the time or always get the kind of help they need when they feel sad, empty, hopeless, angry or anxious	35.1%
Talked to a teacher or other adult in their school about a personal problem they had during the past 12 months	27.5%
Agree or strongly agree that their teachers really care about them and give them a lot of encouragement	50.9%
Would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life	76.9%

NOTES:

The above questions were added to the Charlotte-Mecklenburg School survey in 2011. These questions were added locally; North Carolina or United States data do not exist for comparison.