

2017

Charlotte Mecklenburg Youth Risk Behavior Survey

MIDDLE SCHOOL TREND REPORT



A collaborative report from

**Charlotte Mecklenburg Schools and
Mecklenburg County Health Department**

2017

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.

Demographic Profiles

The first MS YRBS was administered in 2007 and included 23 middle schools in the county. While participation varies from year to year, the survey has expanded. However, in 2015 the MS YRBS was not administered in the middle schools. The 2017 Charlotte-Mecklenburg YRBS was administered again in 43 schools to 2,188 middle school students.

| Characteristics of Students Participating in Charlotte-Mecklenburg Middle School YRBS Total Number of Student Surveyed 2,188 | | |
|---|--------|---------------------|
| Gender | Number | Weighted Percentage |
| Male | 1022 | 50.8% |
| Female | 1154 | 49.2% |
| Race/Ethnicity | | |
| Black | 701 | 38.8% |
| Hispanic/Latino | 581 | 23.3% |
| White | 527 | 28.9% |
| All other races | 122 | 4.2% |
| Multiple races | 154 | 4.8% |
| Grade | | |
| 6th | 887 | 33.6% |
| 7th | 609 | 31.8% |
| 8th | 675 | 34.0% |
| Ungraded or other grade | 10 | 0.6% |
| Age Group | | |
| ≤ 11 years | 34 | 13.0% |
| 12 years | 761 | 32.4% |
| 13 years | 643 | 32.2% |
| ≥ 14 years | 434 | 22.4% |

Trends for Select Health Indicators

2017 Positive Trends



- Reports of riding with a driver who had been drinking decreased from 28% in 2009 to about 20% in 2017.
- Physical fighting decreased from 60% in 2011 to 52% in 2017.
- Cigarette smoking remained stable at around 6%.
- Use of inhalants (sniffed glue, paints or sprays to get high) decreased from 11% in 2011 to 6% in 2017.
- Ever having sexual intercourse decreased by 40% from 2011 to 2017.
- Students who reported that they are more likely to talk with a parent or other adult family member about their feelings increased from 22% in 2011 to 33% in 2017.

2017 Areas for Improvement



- More than 40% of students have been bullied on school property.
- About a fourth of teens reported not doing some regular activities during the past year because they felt sad or hopeless almost every day for two weeks or more in a row.
- Almost 12% of students report ever trying to kill themselves.
- The percentage of students who reported being physically active for 60 minutes per day on 5 out of 7 days decreased from 58% in 2013 to 51% in 2017.
- Use of a computer more than 3 hours a day for something that wasn't for school work increased by over 33% from 2011 to 2017.

Charlotte-Mecklenburg MIDDLE SCHOOL Students

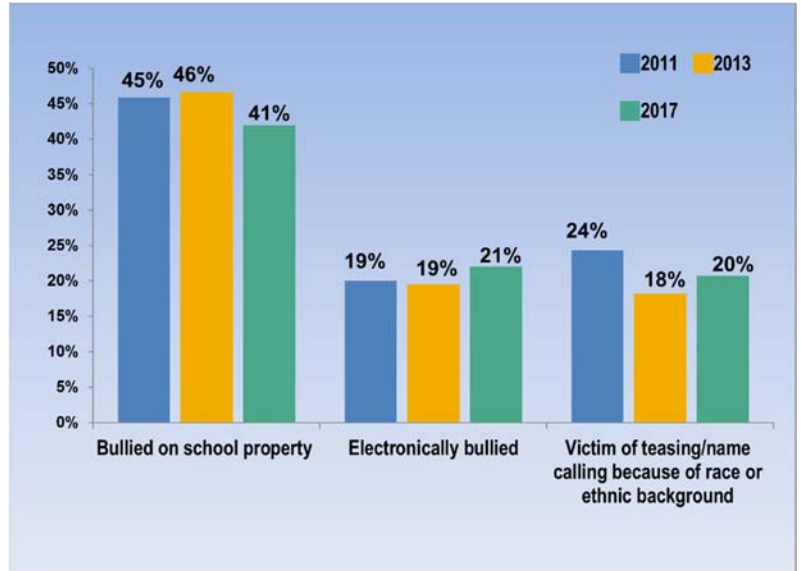
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Bullying on School Property

- The percentage of students who reported being bullied on school property slightly decreased from 45% in 2007 to 41% in 2015.
- Approximately 21% of students reported being electronically bullied.
- Almost two thirds of students have seen other students being bullied in their school.
- Twenty percent of students report being bullied because someone thought they were gay, lesbian or bisexual.

Figure 1. Bullying and Harassment

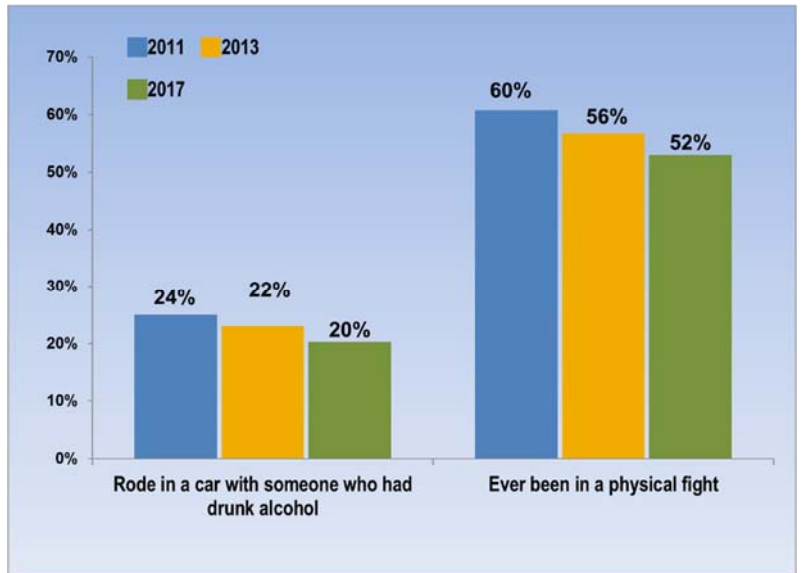


| Bullying and Harassment | 2009 | | 2011 | | 2013 | | 2017 | |
|---|--------------------------------------|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| | Ever been bullied on school property | 39% | 42% | 45% | 42% | 46% | 43% | 41% |
| Have ever been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual | N/A | | 16% | 22% | 18% | 19% | 20% | 20% |
| Have ever been electronically bullied, such as through email, chat rooms, instant messaging, Web sites, or text messaging | 18% | 14% | 19% | 21% | 19% | 19% | 21% | 22% |
| Have seen other students being bullied in their school | N/A | | | | | | 62% | 63% |

Unintentional Injury and Violence

- Students reporting riding in a car driven by someone who had been drinking alcohol decreased from 28% in 2009 to 20% in 2017.
- Physical fighting decreased from 60% in 2011 to 52% in 2017.
- Students carrying a weapon remained stable around 28%.
- Students who reported having had been threatened or injured by a weapon increased slightly from 6% in 2009 to 8% in 2017.

Figure 2. Unintentional Injury and Violence

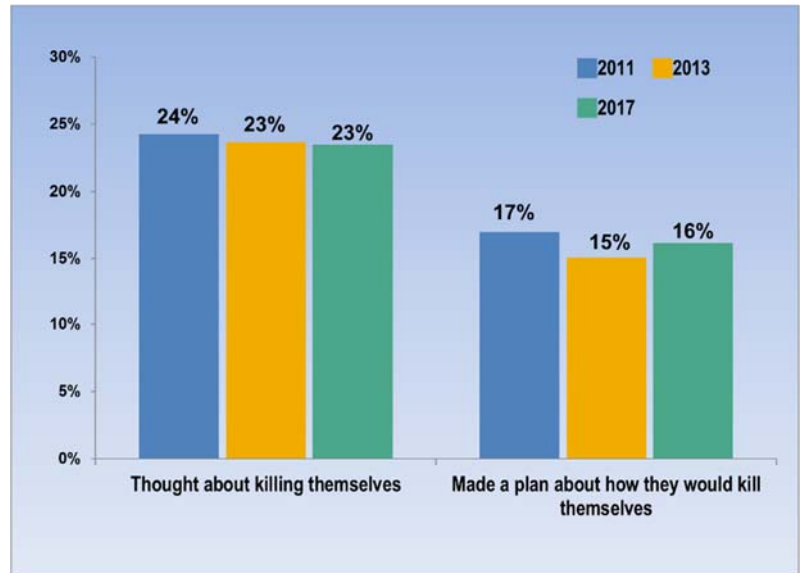


| Unintentional Injury and Violence | 2009 | | 2011 | | 2013 | | 2017 | |
|--|--|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| | Never or rarely wore a seat belt when riding in a car driven by someone else | 8% | 7% | 8% | 7% | 8% | 6% | 7% |
| Ever rode in a car driven by someone who had been drinking alcohol | 28% | 27% | 24% | 23% | 22% | 19% | 20% | 20% |
| Ever carried a weapon such as a gun, knife, club | 31% | 39% | 30% | 34% | 28% | 35% | 28% | 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% | 31% | 27% | 26% | 22% | N/A | |
| Had been threatened or injured by a weapon | 6% | 5% | N/A | 5% | 5% | 4% | 8% | 6% |
| Ever been in a physical fight | 60% | 53% | 60% | 55% | 56% | 51% | 52% | 46% |

Psychological Health

- About 25% of teens reported not doing some regular activities during the past year because they felt sad or hopeless almost every day for two weeks or more in a row.
- Students who seriously thought about killing themselves remained stable around 23%.
- Approximately 16% of students report making a plan about how they would kill themselves.
- Almost 12% of students report ever trying to kill themselves.

Figure 3. Psychological Health



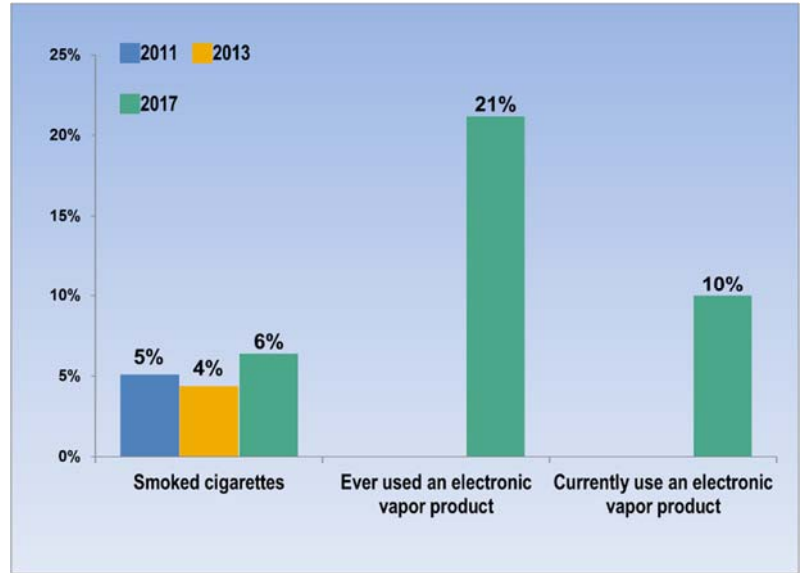
| Psychological Health | 2009 | | 2011 | | 2013 | | 2017 | |
|--|---|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| | Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months | 23% | 23% | N/A | 24% | 25% | 23% | 25% |
| Seriously thought about killing themselves | 20% | 19% | 24% | 21% | 23% | 19% | 23% | 21% |
| Made a plan about how they would kill themselves | 14% | 13% | 17% | 13% | 15% | 14% | 16% | 14% |
| Ever tried to kill themselves | N/A | | 11% | 10% | 12% | 11% | 12% | 10% |

Tobacco Use

In 2017, questions about use of electronic vapor products (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens) were added to the middle school survey.

- Cigarette smoking among middle school students remained stable around 6%.
- More than one fifth of students report ever using an electronic vapor product.
- One in ten students report currently using an electronic vapor product.

Figure 4. Tobacco Use

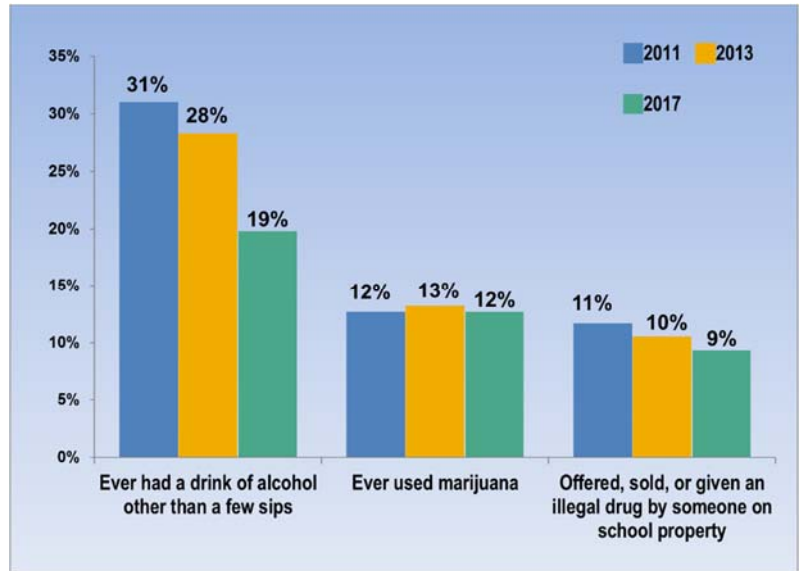


| Tobacco Use | 2009 | | 2011 | | 2013 | | 2017 | |
|---|------|----|------|----|------|----|------|-----|
| | Meck | | NC | | Meck | | NC | |
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| Smoked cigarettes on one or more days in the past 30 days | 6% | 8% | 5% | 8% | 4% | 6% | 6% | 5% |
| Ever used an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens) | N/A | | | | | | 21% | 19% |
| Currently use an electronic vapor product (e-cigs, e-cigars, vape pipes, e-hookahs and hookah pens) | N/A | | | | | | 10% | 10% |

Substance Abuse

- Reports of ever having a drink of alcohol other than a few sips decreased from 33% in 2009 to 19% in 2017.
- Over 12% of students report ever using marijuana.
- About 6% of students report having ever sniffed glue, breathed the contents of aerosol spray or inhaled any paints or sprays to get high.
- Approximately 9% of students reported having been offered, sold or given drugs on school property, down from about 11% in 2011.

Figure 5. Substance Abuse

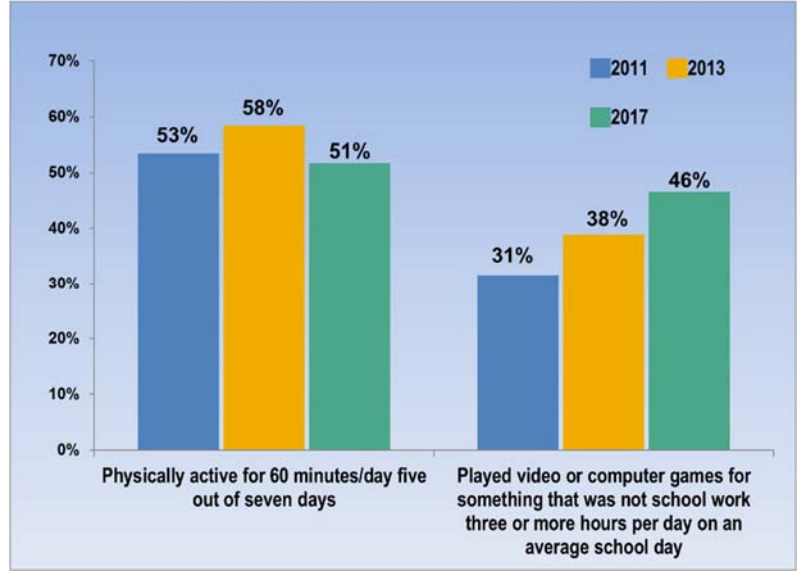


| Substance Abuse | 2009 | | 2011 | | 2013 | | 2017 | |
|--|------|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| Ever had a drink of alcohol other than a few sips | 33% | 30% | 31% | 29% | 28% | 26% | 19% | 21% |
| Ever used marijuana | 12% | 10% | 12% | 11% | 13% | 13% | 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 | 12% | 12% | 11% | 12% | 10% | 8% | 6% | 7% |
| Offered, sold, or given an illegal drug by someone on school property | 10% | 9% | 11% | 10% | 10% | 9% | 9% | 7% |

Physical Activity

- The percentage of students who reported being physically active for 60 minutes per day on five out of seven days decreased from about 58% in 2013 to 51% in 2017.
- Over 46% of students 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 2017, an increase of 70% from 2009 (27%).
- About 27% of students reported watching three or more hours of TV per day on an average school day.

Figure 6. Physical Activity



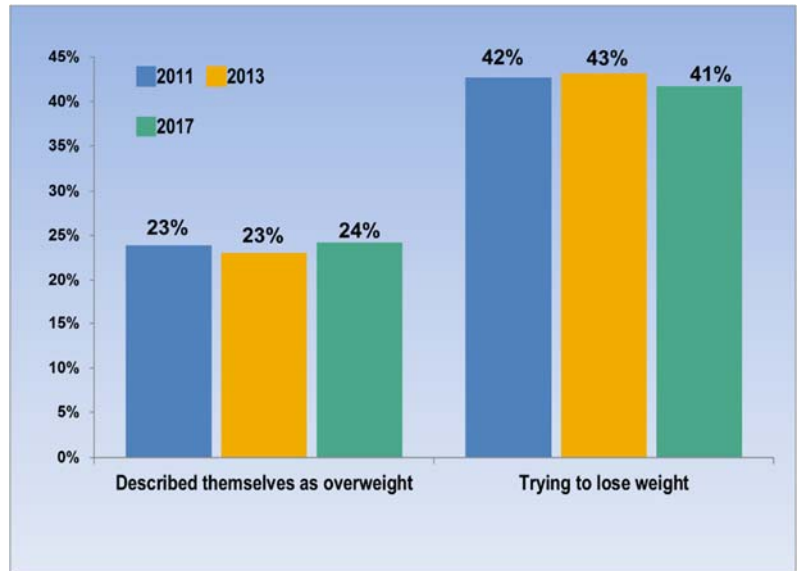
| Physical Activity | 2009 | | 2011 | | 2013 | | 2017 | |
|---|--|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| | Physically active for a total of 60 minutes or more per day on five or more of the past seven days | 51% | 60% | 53% | 53% | 58% | 57% | 51% |
| 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 | 27% | 26% | 31% | 30% | 38% | 41% | 46% | 45% |
| Watched three or more hours per day of TV on an average school day | 45% | 38% | 42% | 39% | 38% | 37% | 27% | 27% |

Weight Management and Nutrition

Body weight perception is an important predictor of weight control behaviors among teenagers. Students who incorrectly judge their body weight may practice unhealthy weight control measures to lose weight or place themselves at greater risk for obesity.

- Almost a fourth of students described themselves as slightly or very overweight.
- More than 40% of students reported that they are trying to lose weight.

Figure 7. Weight Management and Nutrition



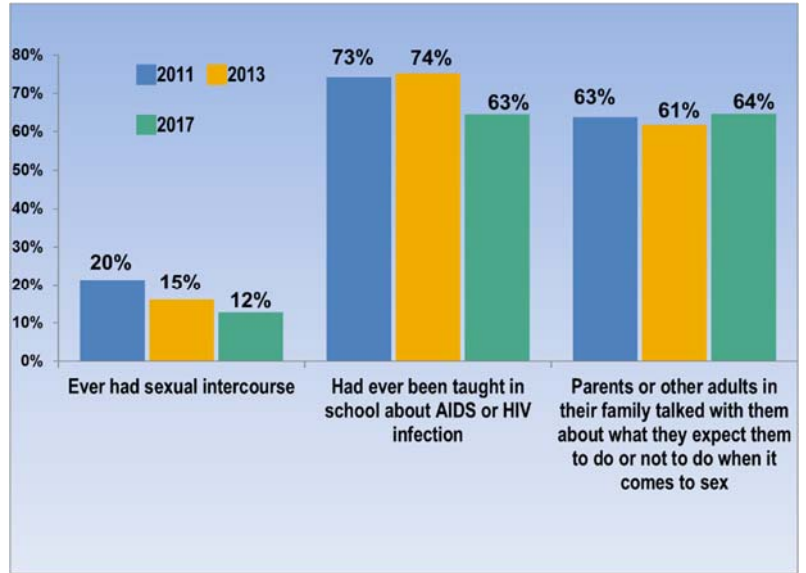
| Weight Management | 2009 | | 2011 | | 2013 | | 2017 | |
|---|------|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| Described themselves as slightly or very overweight | 24% | 26% | 23% | 25% | 23% | 26% | 24% | 27% |
| Are trying to lose weight | 43% | 46% | 42% | 43% | 43% | 44% | 41% | 42% |

Sexual Behavior

In 2011, questions about ever having sexual intercourse was added to the middle school survey.

- Approximately 12% of students reported ever having had sexual intercourse, down from 20% in 2011.
- More than 63% of students have ever been taught in school about AIDS or HIV infection.
- Almost two thirds of students report that their parents or other adults in their family have talked to them about what they expect them to do or not to do when it comes to sex.

Figure 8. Sexual Behavior

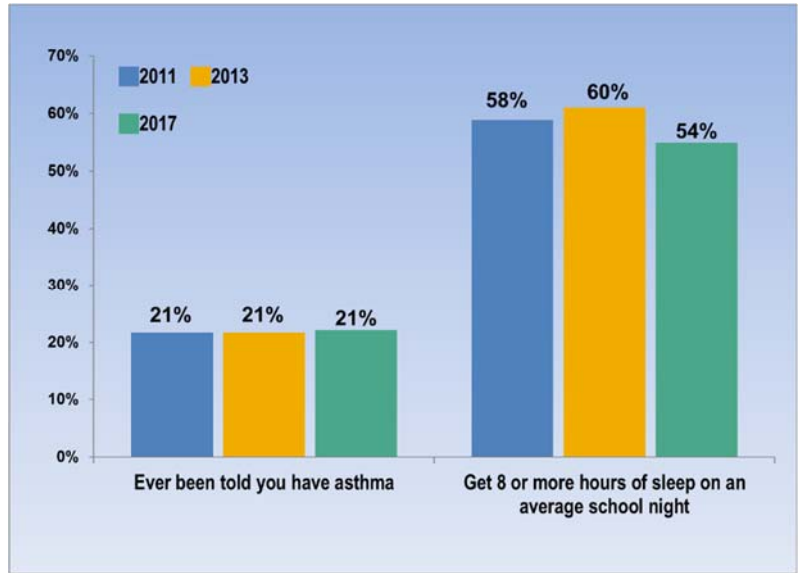


| Sexual Behavior | 2009 | | 2011 | | 2013 | | 2017 | |
|--|------|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| Ever had sexual intercourse | N/A | | 20% | 15% | 15% | 11% | 12% | 10% |
| Had ever been taught in school about AIDS or HIV infection | 75% | 69% | 73% | 62% | 74% | 67% | 63% | 60% |
| 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 | 68% | N/A | 63% | 56% | 61% | N/A | 64% | 44% |

Selected Health Conditions

- More than a fifth of students report ever being told they have asthma.
- More than 63% of students last saw a doctor or nurse during the past year for a check-up or physical exam when they were not sick or injured.
- Over half of students report getting 8 or more hours of sleep on an average school night.

Figure 9. Selected Health Conditions



Selected Health Issues

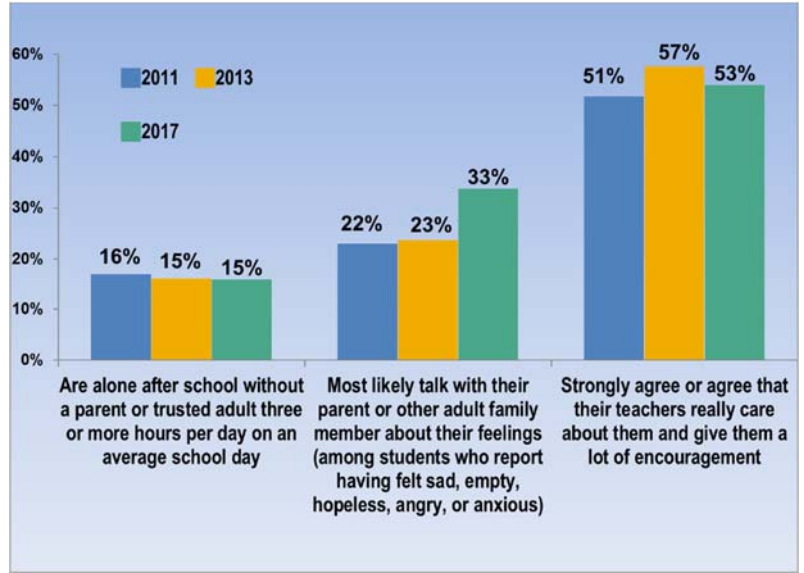
| | 2009 | | 2011 | | 2013 | | 2017 | |
|---|------|-----|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC | Meck | NC |
| Ever been told by a doctor or nurse that they had asthma | 18% | 19% | 21% | 22% | 21% | 22% | 21% | 23% |
| Last saw a doctor or nurse during the past 12 months for a check-up or physical exam when they were not sick or injured | 57% | 58% | 57% | 55% | N/A | 56% | 63% | 62% |
| Last saw a dentist during the past 12 months for a check-up, exam, teeth cleaning or other dental work | 61% | 63% | 66% | 63% | N/A | 66% | 69% | 68% |
| Get 8 or more hours of sleep on an average school night | 60% | 58% | 58% | 59% | 60% | 56% | 54% | 50% |

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, the less likely they are to engage in high-risk behaviors.

- The percentage of students who reported being alone after school without a parent or trusted adult three or more hours per day on an average school day remained stable around 15%.
- Students who reported that there are more likely to talk with a parent or other adult family member about their feelings increased from 22% in 2011 to 33% in 2017.
- Over half of students agree that their teachers really care about them and give them a lot of encouragement.

Figure 10. Developmental Assets



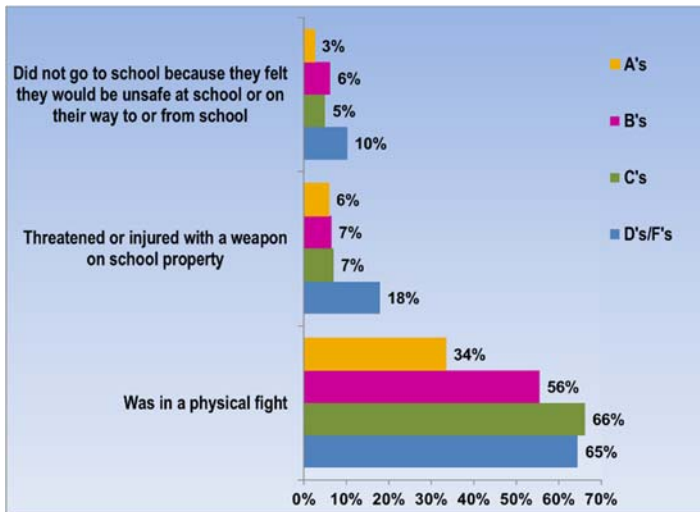
| Developmental Assets | 2011 | | 2013 | | 2017 | |
|--|------|-----|------|-----|------|-----|
| | Meck | NC | Meck | NC | Meck | NC |
| Are alone without a parent three or more hours per day on an average school day | 16% | 14% | 15% | 15% | 15% | 17% |
| Most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious) | 22% | N/A | 23% | 27% | 33% | 24% |
| Strongly agree or agree that their teachers really care about them and give them a lot of encouragement | 51% | 59% | 57% | 60% | 53% | 55% |

Charlotte-Mecklenburg MIDDLE SCHOOL Students

Health Behaviors and Academics

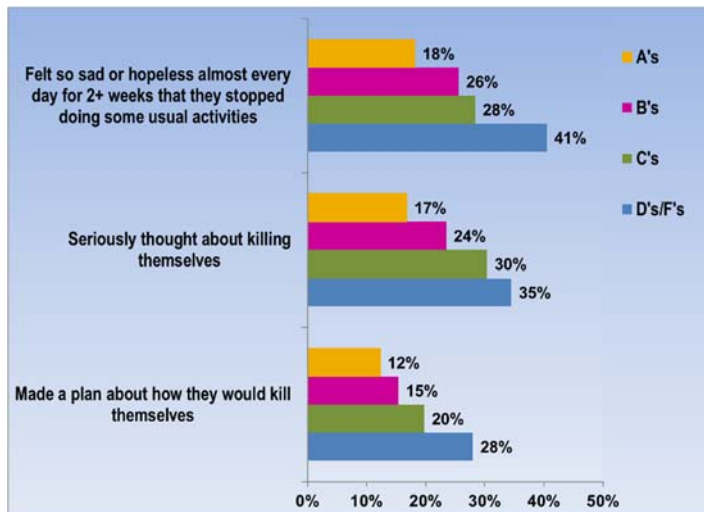
Data from the 2017 Charlotte Mecklenburg High School Youth Risk Behavior Survey suggest that students who report high academic achievement are less likely to engage in risk behaviors than those students who report lower academic achievement. However, it is important to note that the association between academic achievement and risk behaviors do not necessarily prove causation.

Unintentional Injury and Violence



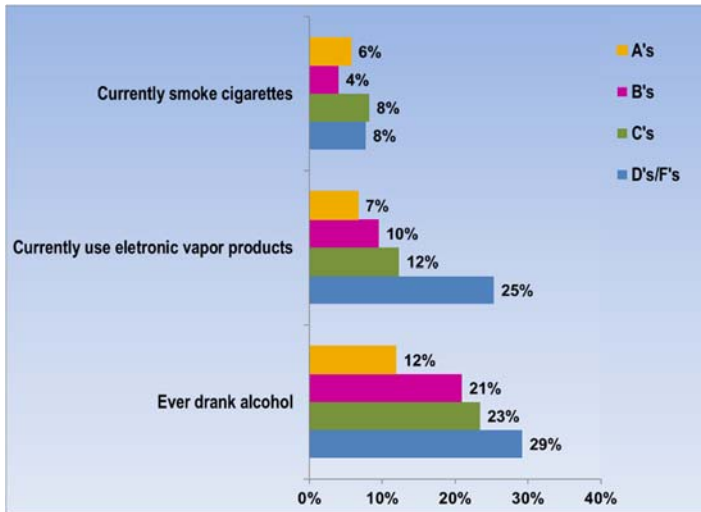
- Almost two thirds of students with mostly D/F's was in a physical fight, compared to a third of students with mostly A's.
- About 18% with mostly D/F's have threatened or injured with a weapon on school property.
- Approximately 10% of students with D/F's did not go to school because they felt they would be unsafe at school or on their way to school.

Psychological Health



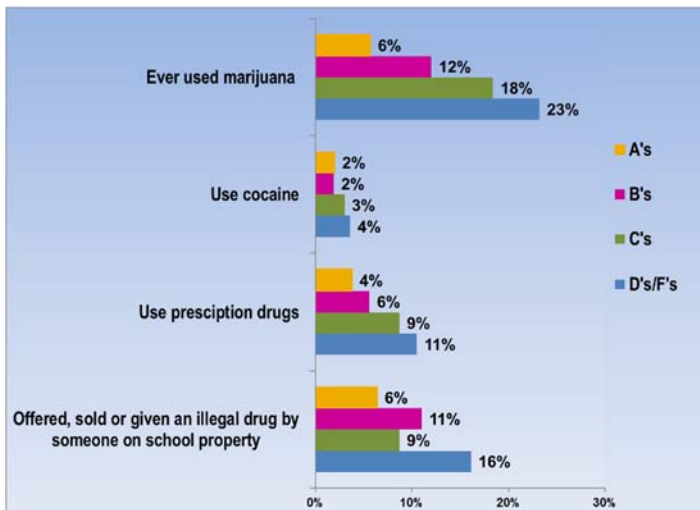
- Almost two thirds of students with mostly D/F's was in a physical fight, compared to a third of students with mostly A's.

Tobacco Use and Alcohol



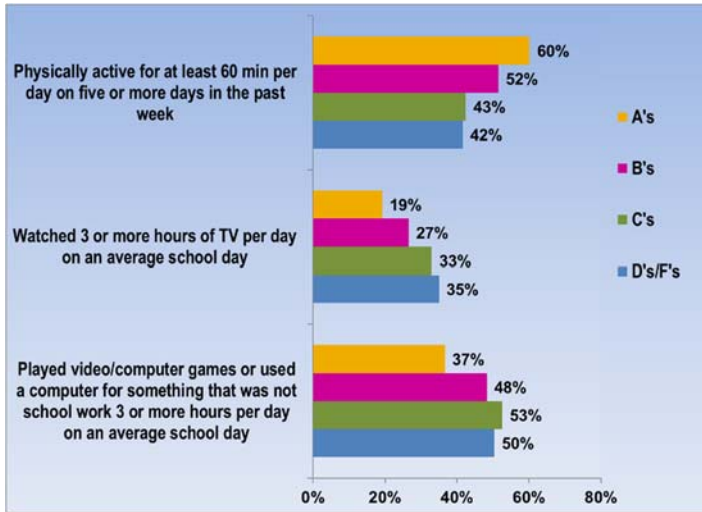
- Nearly 8% students with mostly D/F's currently smoke cigarettes, compared to 6% of students with mostly A's.
- Over a fourth of students with mostly D/F's currently use electronic vapor products, compared to 7% of students with mostly A's.
- Almost 30% of students with D/F's have ever drank alcohol, compared to 12% of students with mostly A's.

Substance Abuse



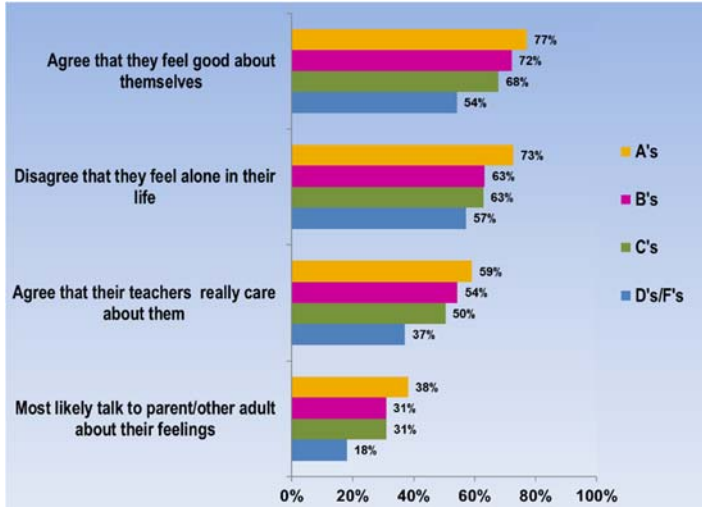
- Over 23% of students with mostly D/F's have ever used marijuana, compared to 6% of students with mostly A's.
- About 11% of students with mostly D/F's use prescription drugs without a doctor's prescription, compared to 4% of students with mostly A's.

Physical Activity



- Over 60% of students with mostly A's were physically active for at least 60 minutes per day on 5+ day in the past week, compared to 42% of students with mostly D/F's.
- More than half students with mostly D/F's played video/computer games or used a computer for something that was not school work 3+ hours per day on an average school day.

Assets for Healthy Development



- Almost 80% of students with mostly A's agree that they feel good about themselves, compared to 54% of students with mostly D/F's.
- Nearly 60% of students with mostly A's agree that their teachers really care about them, compared to 37% of students with mostly D/F's.
- Approximately 38% of students with mostly A's most likely will talk to a parent or other adult about their feelings.