



# Data Trends

DATA AND ACCOUNTABILITY DEPARTMENT

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## North Carolina Youth Risk Behavior Survey: 2013 WCPSS Middle School Results

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### Abstract

The 2013 North Carolina Youth Risk Behavior Survey was administered to a sample of Wake County Public School System (WCPSS) middle school students in the spring of 2013 to measure behaviors relating to drugs and alcohol use, personal safety and violence, physical health and activity, and nutrition. Middle school students in WCPSS and middle school students across the state responded similarly to nearly all North Carolina Youth Risk Behavior Survey items. Some differences by subgroup were identified, although no significant differences were detected among 8<sup>th</sup> grade students, Black students, or Hispanic/Latino students within WCPSS and across NC. Within WCPSS, responses to some items varied by gender, grade level, and race/ethnicity.

### Executive Summary

The 2013 North Carolina Youth Risk Behavior Survey (NCYRBS) was developed by the Centers for Disease Control and Prevention (CDC) and adapted by the North Carolina Department of Public Instruction (NCDPI) to monitor health-risk behaviors and to measure progress toward achieving Healthy North Carolina 2020 objectives. The survey, administered in the spring of 2013 to a stratified sample of students in grades 6-12, measures behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment.

Analysis of differences in subgroups within WCPSS identified several items in which responses varied according to gender, grade level, or race/ethnicity. Male students were more likely to be involved in a fight, carry a weapon, and be physically active more frequently than female students. Female students were more likely to have been bullied, to not feel good about themselves, and to try to lose weight than male students. Students in 7<sup>th</sup> and 8<sup>th</sup> grade were more likely to have tried drugs and alcohol than students in 6<sup>th</sup> grade. Black and

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Hispanic/Latino students were less likely to have visited a doctor or dentist for a check-up or cleaning than White students. A full list of statistically significant differences ( $p < .05$ ) is presented below.

### Gender Disparities:

**Male** students were significantly **more likely** than **female** students to:

- Have ever carried a weapon such as a gun, knife, or club
- Have ever been in a physical fight

**Female** students were significantly **more likely** than **male** students to:

- Have been bullied on school property
- Have been electronically bullied
- Try to lose weight
- Eat less food, fewer calories, or foods low in fat to lose weight or keep from gaining weight
- Have vomited or taken laxatives to lose weight or to keep from gaining weight
- Feel so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
- Have seriously thought about killing themselves
- Not feel good about themselves

**Female** students were significantly **less likely** than **male** students to:

- Have been physically active for at least 60 minutes a day on at least five of the last seven days

### Grade-Level Disparities:

**6<sup>th</sup> grade** students were significantly **less likely** than:

- **7<sup>th</sup> and 8<sup>th</sup> grade** students to have ever been taught about abstaining from sexual activity
- **7<sup>th</sup> and 8<sup>th</sup> grade** students to have ever been taught about AIDS or HIV infection in school
- **7<sup>th</sup> and 8<sup>th</sup> grade** students to have ever been taught about Chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts

**7<sup>th</sup> grade** students were significantly **more likely** than:

- **6<sup>th</sup> grade** students to have been teased or called names because someone thought that they were gay, lesbian, or bisexual
- **6<sup>th</sup> grade** students to have had a drink of alcohol other than a few sips
- **6<sup>th</sup> grade** students to have been given the alcohol they drank
- **6<sup>th</sup> grade** students to have ever used marijuana
- **6<sup>th</sup> grade** students to have been offered, sold, or given drugs on school property
- **6<sup>th</sup> grade** students to have been told that they have asthma by a doctor or nurse

- **6<sup>th</sup> grade** students to get less than eight hours of sleep on an average school night
- **6<sup>th</sup> grade** students to have seriously thought about killing themselves
- **6<sup>th</sup> grade** students to not feel that their teachers really care about them and give them a lot of encouragement

**8<sup>th</sup> grade** students were significantly **more likely** than:

- **6<sup>th</sup> grade** students to have ridden in a car driven by someone who had been drinking alcohol
- **6<sup>th</sup> grade** students to have had a drink of alcohol other than a few sips
- **6<sup>th</sup> grade** students to have been given the alcohol they drank
- **6<sup>th</sup> grade** students to have ever used marijuana
- **6<sup>th</sup> grade** students to have used marijuana within the past 30 days
- **6<sup>th</sup> grade** students to have been offered, sold, or given drugs on school property
- **6<sup>th</sup> grade** students to get less than eight hours of sleep on an average school night
- **6<sup>th</sup> grade** students to feel so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
- **6<sup>th</sup> grade** students to have seriously thought about killing themselves
- **6<sup>th</sup> grade** students to not feel that their teachers really care about them and give them a lot of encouragement

**8<sup>th</sup> grade** students were significantly **less likely** than:

- **6<sup>th</sup> grade** students to wear a seat belt when riding in a car

### **Racial/Ethnic Disparities:**

Students that identify as **Black** were significantly **more likely** than students that identify as:

- **White** to have ever been in a physical fight
- **White** to have ever used marijuana
- **White** to have gone without eating for 24 hours or more to lose weight or to keep from gaining weight
- **White** to have been told that they have asthma by a doctor or nurse
- **White** to have tried to kill themselves
- **White** to get less than eight hours of sleep on an average school night

Students that identify as **Black** were significantly **less likely** than students that identify as:

- **White** to wear a bicycle helmet when riding a bicycle
- **White** to wear a seat belt when riding in a car
- **White** to have been physically active for at least 60 minutes a day on at least five of the last seven days
- **White** to have seen a doctor or nurse for a check-up or physical exam during the past year
- **White** to have seen a dentist for a check-up, exam, teeth cleaning, or other dental work in the past year

Students that identify as **Hispanic/Latino** were significantly **more likely** than students that identify as:

- **White** to have ever been in a physical fight
- **Black** and **White** to have had a drink of alcohol other than a few sips
- **Black** and **White** to have been given the alcohol they drank
- **White** to have ever used marijuana
- **White** to have used marijuana within the past 30 days
- **Black** and **White** to have been offered, sold, or given drugs on school property
- **White** to try to lose weight
- **White** to have gone without eating for 24 hours or more to lose weight or to keep from gaining weight
- **White** to feel so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
- **White** to have seriously thought about killing themselves
- **White** to have tried to kill themselves
- **White** to get less than eight hours of sleep on an average school night
- **White** to be alone without a parent or adult for three or more hours on an average school day
- **Black** to not feel good about themselves

Students that identify as **Hispanic/Latino** were significantly **less likely** than students that identify as:

- **White** to wear a bicycle helmet when riding a bicycle
- **White** to wear a seat belt when riding in a car
- **Black** to have ever been taught about abstaining from sexual activity
- **White** to have been physically active for at least 60 minutes a day on at least five of the last seven days
- **White** to have seen a doctor or nurse for a check-up or physical exam during the past year
- **White** to have seen a dentist for a check-up, exam, teeth cleaning, or other dental work in the past year

Students that identify as **White** were significantly **more likely** than students that identify as:

- **Black** and **Hispanic/Latino** to have been bullied on school property

Overall, student responses within WCPSS were similar to those across the state. WCPSS students were more likely to wear a bicycle helmet than students across the state, and White students in WCPSS were less likely to drink alcohol, fast to lose weight, or get less than eight hours of sleep than White students across the state. As listed below, some differences by subgroup were identified, although no significant differences were detected among 8<sup>th</sup> grade students, Black students, or Hispanic/Latino students within WCPSS and across NC.



**Comparing WCPSS to NC:**

Overall, **students within WCPSS** were significantly **more likely** than **students across NC** to:

- Wear a bicycle helmet when riding a bicycle

**Male students within WCPSS** were significantly **more likely** than **male students across NC** to:

- Wear a bicycle helmet when riding a bicycle

**Male students within WCPSS** were significantly **less likely** than **male students across NC** to:

- Have carried a weapon such as a gun, knife, or club

**Female students within WCPSS** were significantly **more likely** than **female students across NC** to:

- Wear a bicycle helmet when riding a bicycle

**6<sup>th</sup> grade student within WCPSS** were significantly **less likely** than **6<sup>th</sup> grade students across NC** to:

- Have been in a physical fight
- To feel so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

**7<sup>th</sup> grade students within WCPSS** were significantly **more likely** than **7<sup>th</sup> grade students across NC** to:

- Wear a bicycle helmet when riding a bicycle

**White students within WCPSS** were significantly **more likely** than **White students across NC** to:

- Wear a bicycle helmet when riding a bicycle
- Have seen a doctor or nurse for a physical or check-up during the past 12 months

**White students within WCPSS** were significantly **less likely** than **White students across NC** to:

- Have had a drink of alcohol other than a few sips
- Have gone without eating for 24 hours or more to lose weight or to keep from gaining weight
- Get less than eight hours of sleep on an average school night

## Introduction

The 2013 North Carolina Youth Risk Behavior Survey (NCYRBS) was developed by the Centers for Disease Control and Prevention (CDC) and adapted by the North Carolina Department of Public Instruction (NCDPI) to monitor health-risk behaviors and to measure progress toward achieving Healthy North Carolina 2020 objectives. The NCYRBS was further modified by Wake County Public School System (WCPSS) to eliminate items deemed too personal or sensitive to administer to students. The survey, administered to a stratified sample of WCPSS middle school students in the spring of 2013, contained 73 items measuring behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment. A copy of the survey administered to WCPSS middle school students in the spring of 2013 is available in the Appendix. This report summarizes the results of selected items from the 2013 NCYRBS.

## Methods

The NCYRBS was completed by 1,506 middle school students (response rate of 66%) in WCPSS in the spring of 2013. Participation in the survey was voluntary, and all responses were anonymous. After completion of the survey, student responses were sent to NCDPI to be catalogued, then sent to the CDC for scanning and analysis. The CDC calculated statistical weights to apply to the data to allow for district-wide estimates and conducted analyses on each survey item. Table 1 presents the weighted demographics of the WCPSS and North Carolina middle school respondents, as well as the demographics of WCPSS students in grades 6-8. North Carolina results are independent of those of WCPSS. The gender and ethnicity of WCPSS survey respondents were similar to that of survey respondents across the state and were representative of the WCPSS 6-8 population.

**Table 1**  
***Gender and Ethnicity of Youth Risk Behavior Survey Respondents, Grades 9-12, 2013***

	WCPSS grades 6-8 (n = 35,871)	WCPSS Survey Respondents (n = 1,506)	NC Survey Respondents (n = 1,410)
Male	50.9%	50.7%	51.1%
Female	49.1%	49.3%	48.9%
Black	26.5%	26.2%	26.5%
Hispanic/Latino	14.7%	14.7%	13.3%
White	47.9%	48.3%	52.9%

## Results

### Personal Safety

The NCYRBS included several items related to personal safety. Selected survey items presented below include bicycle helmet use, seat belt use, and riding in a car with a driver who has been drinking alcohol. WCPSS students were more likely to wear a bicycle helmet than students across the state. Within WCPSS, White students were more likely to wear a bicycle helmet and wear a seat belt than were Black or Hispanic/Latino students.

#### When you ride a bicycle, how often do you wear a helmet?

Over half (56.2%) of WCPSS middle school students reported that they rarely or never wore a helmet when riding a bicycle. Within subgroups, about four out of five Black (81.3%) and Hispanic/Latino (81.5%) students reported rarely or never wearing a helmet. Fewer students in WCPSS reported that they rarely or never wear a helmet than did students across the state (see Figure 1).

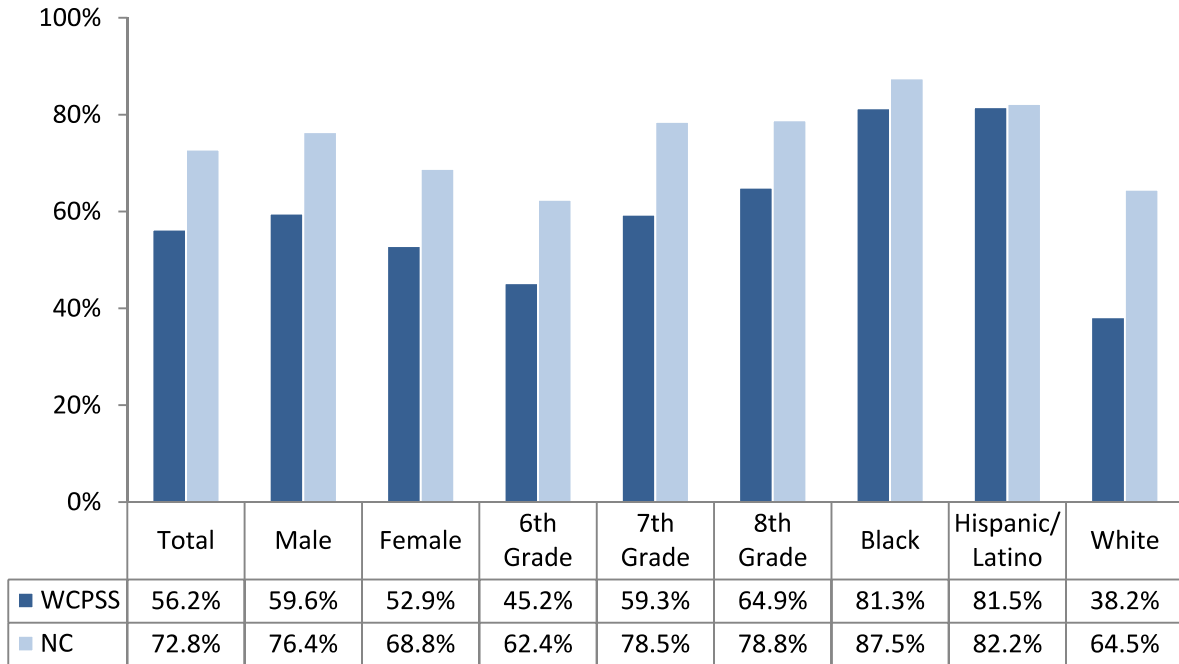
Comparing WCPSS to NC:

- Overall, **students within WCPSS** were significantly more likely to wear a bicycle helmet than **students across the state**.
- Both **male** and **female students within WCPSS** were significantly more likely to wear a bicycle helmet than **male** and **female students across the state**.
- **7<sup>th</sup> grade students within WCPSS** were significantly more likely to wear a bicycle helmet than **7<sup>th</sup> grade students across the state**.
- **White students within WCPSS** were significantly more likely to wear a bicycle helmet than **White students across the state**.

Within WCPSS:

- **Black** and **Hispanic/Latino** students were significantly less likely to wear a bicycle helmet than **White** students.

**Figure 1**  
**Percent of Middle School Students Who Rarely or Never Wore a Helmet, 2013**



**How often do you wear a seat belt when riding in a car?**

As presented in Figure 2, 6.4% of WCPSS middle school students reported rarely or never wearing a seatbelt when riding in a car. Results varied by grade level, with more 6<sup>th</sup> graders indicating the use of a seat belt than 8<sup>th</sup> graders, and by race/ethnicity, with more White students indicating the use of a seat belt than Black or Hispanic/Latino students. WCPSS responses were comparable to those of the state.

Comparing WCPSS to NC:

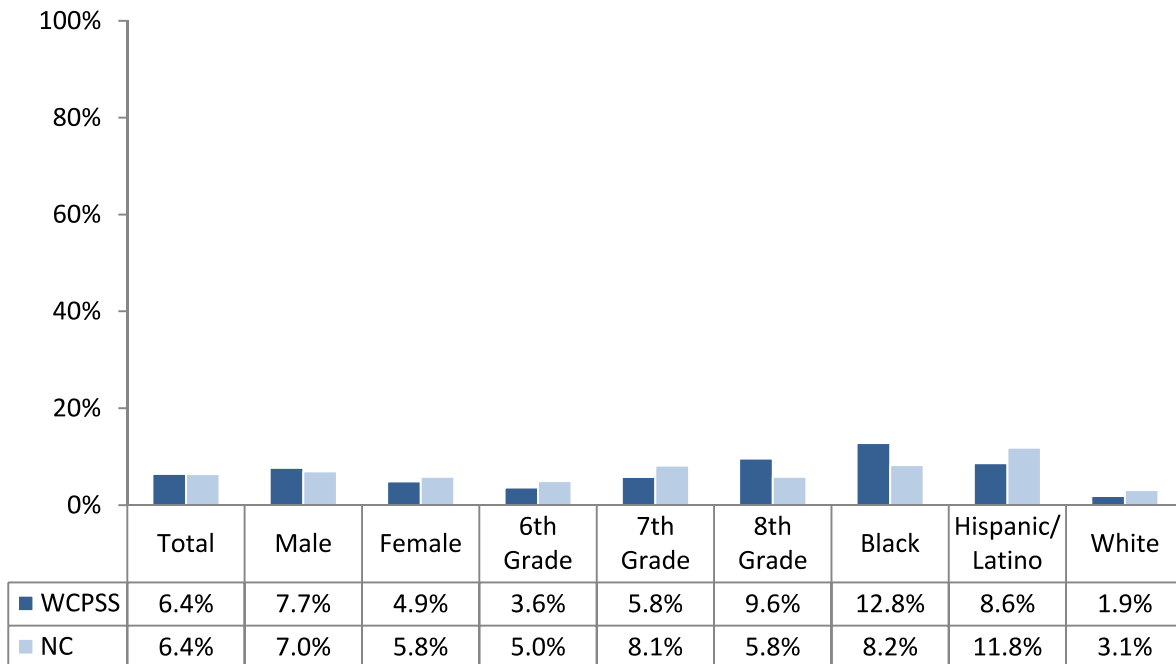
- No significant differences were detected.

Within WCPSS:

- Students in **8<sup>th</sup> grade** were significantly less likely to wear a seat belt than students in **6<sup>th</sup> grade**.
- **Black** and **Hispanic/Latino** students were significantly less likely to wear a seat belt than **White** students.

**Figure 2**

**Percent of Middle School Students Who Rarely or Never Wore a Seat Belt When Riding in a Car, 2013**



**Have you ever ridden in a car driven by someone who had been drinking alcohol?**

Almost one in five (18.1%) WCPSS middle school students reported riding in a car driven by someone who had been drinking alcohol. As shown in Figure 3, WCPSS responses were similar to those across the state.

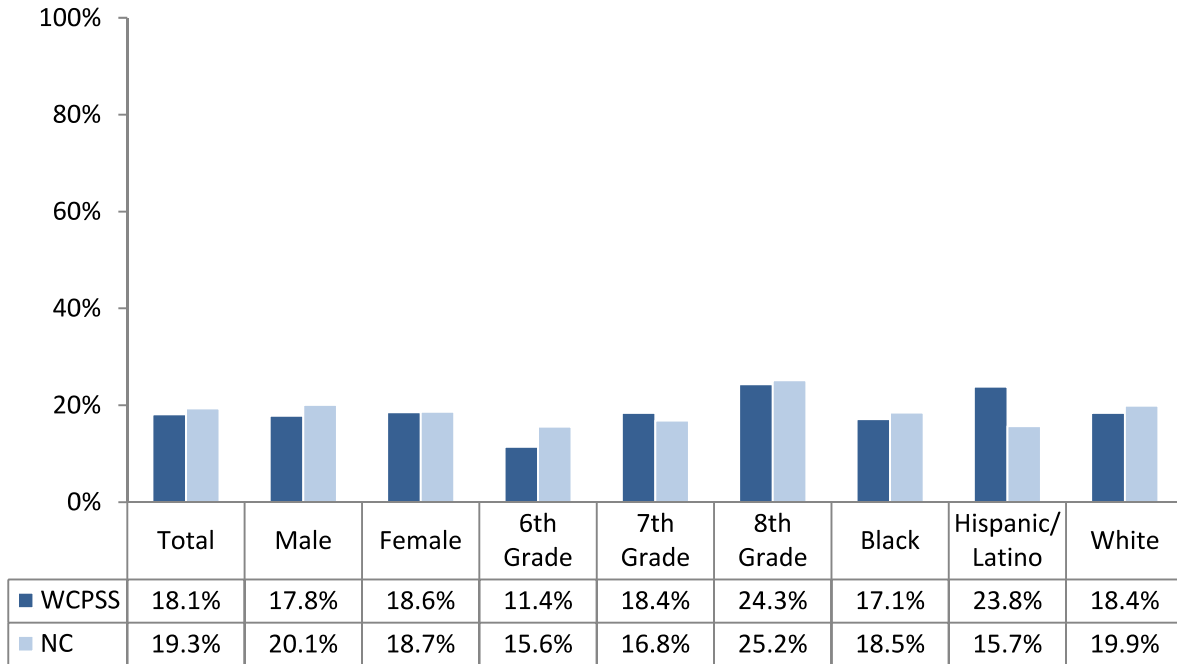
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **8<sup>th</sup> grade** were significantly more likely to have ridden in a car driven by someone who had been drinking alcohol than students in **6<sup>th</sup> grade**.

**Figure 3**  
**Percent of Middle School Students Who Rode in a Car Driven by Someone Who Had Been Drinking Alcohol, 2013**



## Violent or Aggressive Behavior

The NCYRBS included items related to violent or aggressive behavior, including topics such as carrying weapons and participation in physical fights. Items presented below include carrying a weapon, participation in a physical fight, and theft or vandalism. Male students were more likely than female students to exhibit violent or aggressive behavior by carrying a weapon or participating in a physical fight.

### **Have you ever carried a weapon, such as a gun, knife, or club?**

Almost one third (30.2%) of WCPSS middle school students reported that they had ever carried a weapon. Within WCPSS, a higher percentage of male students reported carrying a weapon than female students (42.5% compared to 17.4%, respectively). As shown in Figure 4, a higher percentage of male students across the state reported carrying a weapon than male students within WCPSS (52.1% compared to 42.5%, respectively).

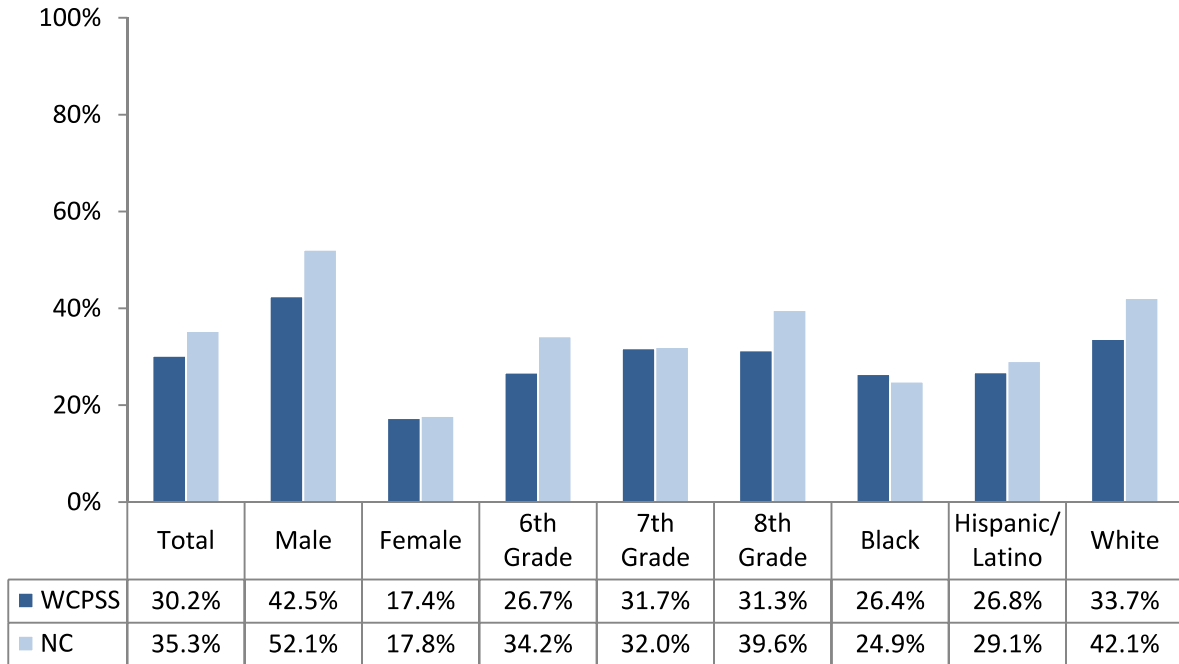
Comparing WCPSS to NC:

- **Male students within WCPSS** were significantly less likely to have carried a weapon than **male students across the state**.

Within WCPSS:

- **Male** students were significantly more likely to have carried a weapon than **female** students.

**Figure 4**  
**Percent of Middle School Students Who Carried a Weapon, 2013**





**Have you ever been in a physical fight?**

Nearly half (45.1%) of WCPSS middle school students reported having been in a physical fight. Within WCPSS, responses varied by gender and race/ethnicity (see Figure 5).

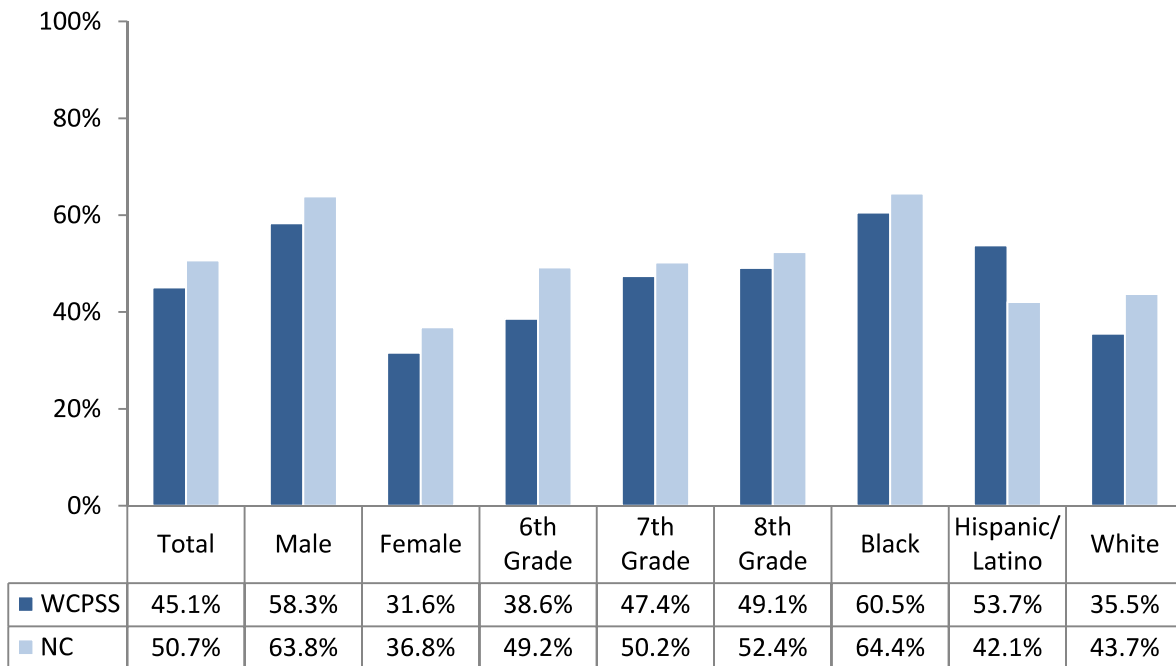
Comparing WCPSS to NC:

- **6<sup>th</sup> grade students within WCPSS** were significantly less likely to have been in a physical fight than **6<sup>th</sup> grade students across the state**.

Within WCPSS:

- **Male** students were significantly more likely to have been in a physical fight than **female** students.
- **Black** students and **Hispanic/Latino** students were significantly more likely to have been in a physical fight than **White** students.

**Figure 5**  
**Percent of Middle School Students Who Have Been in a Physical Fight, 2013**



**During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, on school property?**

About one in four (26.0%) WCPSS middle school students reported having property stolen or damaged at school during the past year. Responses were similar across subgroups. As shown in Figure 6, WCPSS responses were comparable to those across the state.

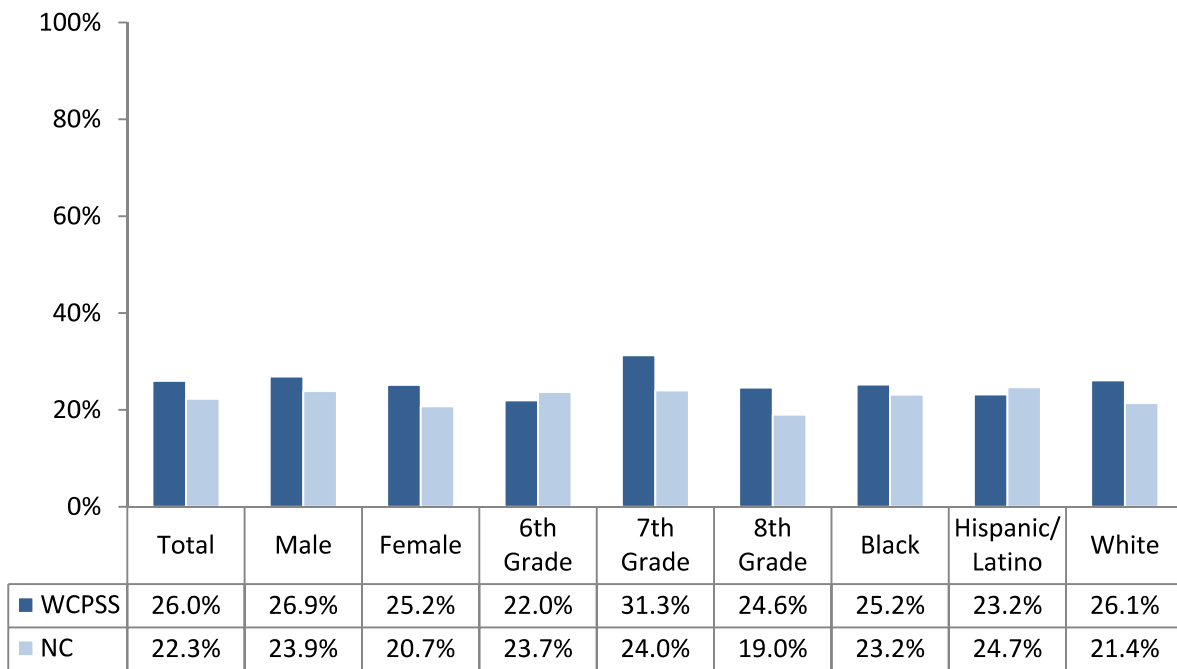
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences among subgroups were detected.

**Figure 6**  
**Percent of Middle School Students Who Had Property Stolen or Damaged on School Property during the past 12 Months, 2013**



## Psychological Health

Results presented below cover items related to the psychological health of students, including feelings of sadness or hopelessness, thoughts of suicide, and suicide attempts. Female students reported feelings of sadness and thoughts of suicide at a greater rate than male students. Hispanic/Latino students were more likely to report feelings of sadness and thoughts of suicide than White students, and Black and Hispanic/Latino students were more likely to attempt suicide than White students.

### **During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?**

As presented in Figure 7, 18.7% of WCPSS middle school students reported feeling so sad or hopeless that they stopped doing usual activities during the past year. Responses varied by gender, grade level, and race/ethnicity. About one in four female students (23.8%), 8<sup>th</sup> grade students (24.1%), and Hispanic/Latino students (26.3%) reported these feelings.

Comparing WCPSS to NC:

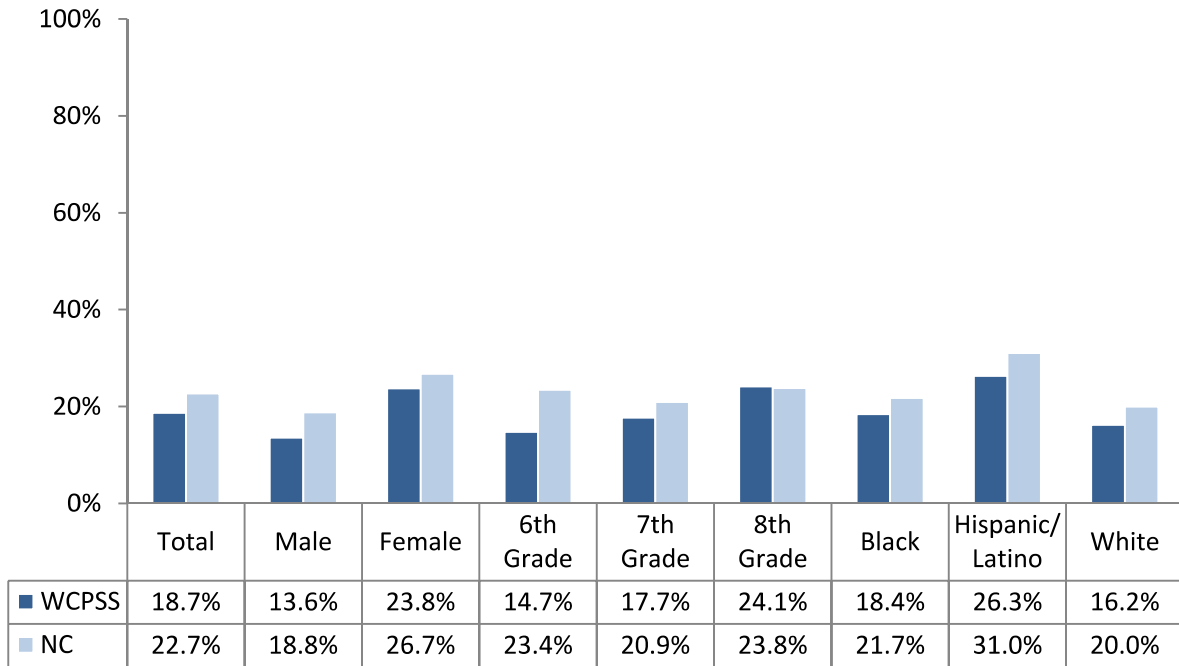
- **6<sup>th</sup> grade students in WCPSS** were significantly less likely to stop doing their usual activities due to feeling sad or hopeless than **6<sup>th</sup> grade students across the state**.

Within WCPSS:

- **Female** students were significantly more likely to stop doing their usual activities due to feeling sad or hopeless than **male** students.
- Students in **8<sup>th</sup> grade** were significantly more likely to stop doing their usual activities due to feeling sad or hopeless than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to stop doing their usual activities due to feeling sad or hopeless than **White** students.

**Figure 7**

***Percent of Middle School Students Who 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, 2013***



**Have you ever seriously thought about killing yourself?**

As presented in Figure 8, 16.4% of WCPSS middle school students had seriously thought about killing themselves. Responses varied by gender, grade level, and race/ethnicity. About one in five female students (20.6%), 8<sup>th</sup> grade students (20.1%), and Hispanic/Latino students (21.6%) reported seriously considering suicide. Responses within WCPSS were similar to those across the state.

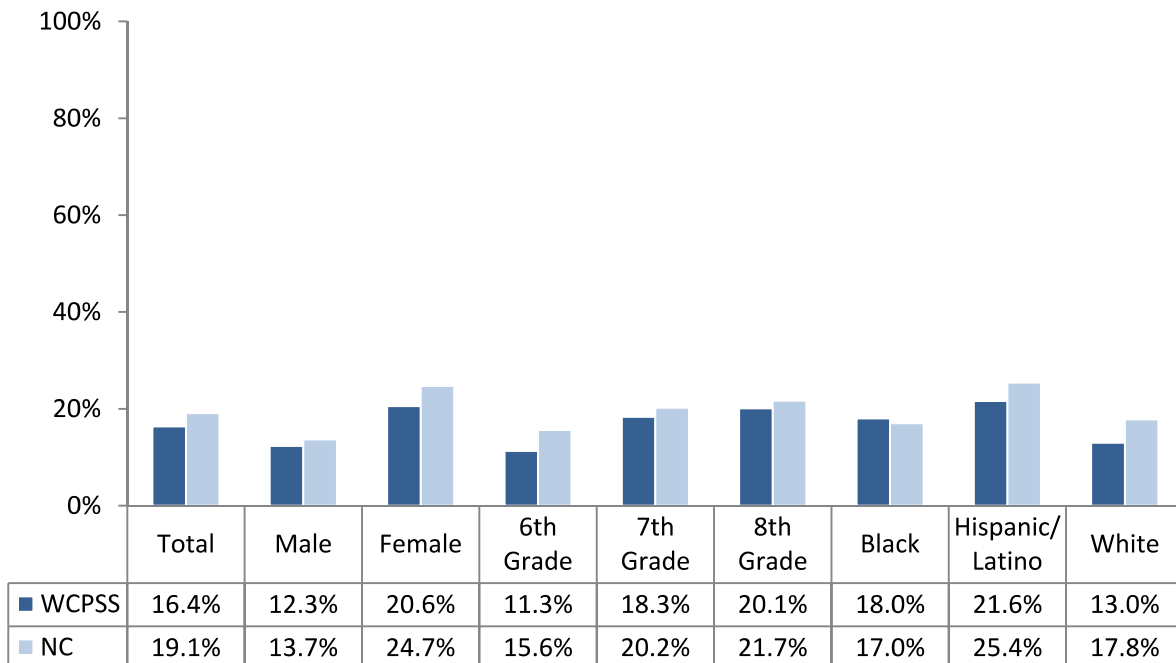
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to seriously think about suicide than **male** students.
- Students in **7<sup>th</sup>** and **8<sup>th</sup> grade** were significantly more likely to seriously think about suicide than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to seriously think about suicide than **White** students.

**Figure 8**  
*Percent of Middle School Students Who Seriously Thought about Killing Themselves, 2013*



**Have you ever tried to kill yourself?**

About one in 10 (9.4%) WCPSS middle school students reported that they had tried to kill themselves. Responses varied by race/ethnicity, with more Hispanic/Latino students and Black students reporting a suicide attempt than White students (13.8% and 12.5%, respectively, compared to 6.6%) (see Figure 9).

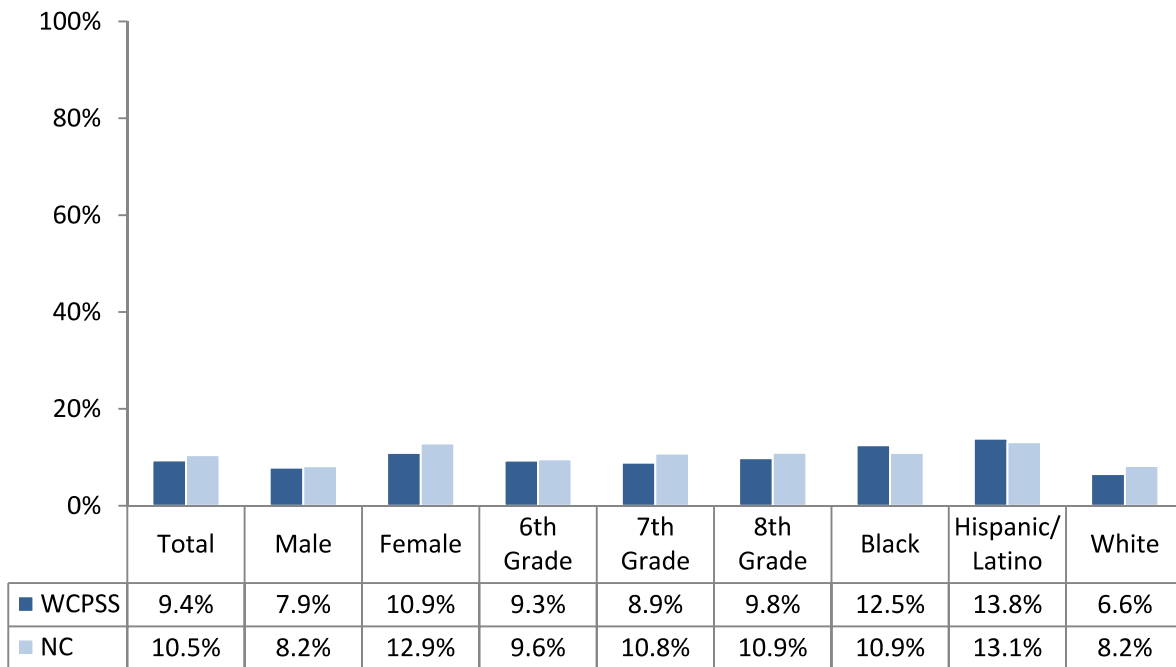
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Black** and **Hispanic/Latino** students were significantly more likely to have attempted suicide than **White** students.

**Figure 9**  
*Percent of Middle School Students Who Tried to Kill Themselves, 2013*



## Drug, Alcohol, and Tobacco Use

The NCYRBS asked several questions about drug, alcohol, and tobacco use. Items presented in this section address cigarette use, alcohol use, marijuana use, and the transfer of drugs on school property. Hispanic/Latino students were more likely to have drunk alcohol and to have been given or sold drugs on school property than Black or White students, and Black and Hispanic/Latino students were more likely to have used marijuana than White students.

### During the past 30 days, on how many days did you smoke cigarettes?

As presented in Figure 10, 4.4% of WCPSS middle school students reported smoking a cigarette during the past 30 days. Responses were similar across subgroups.

Comparing WCPSS to NC:

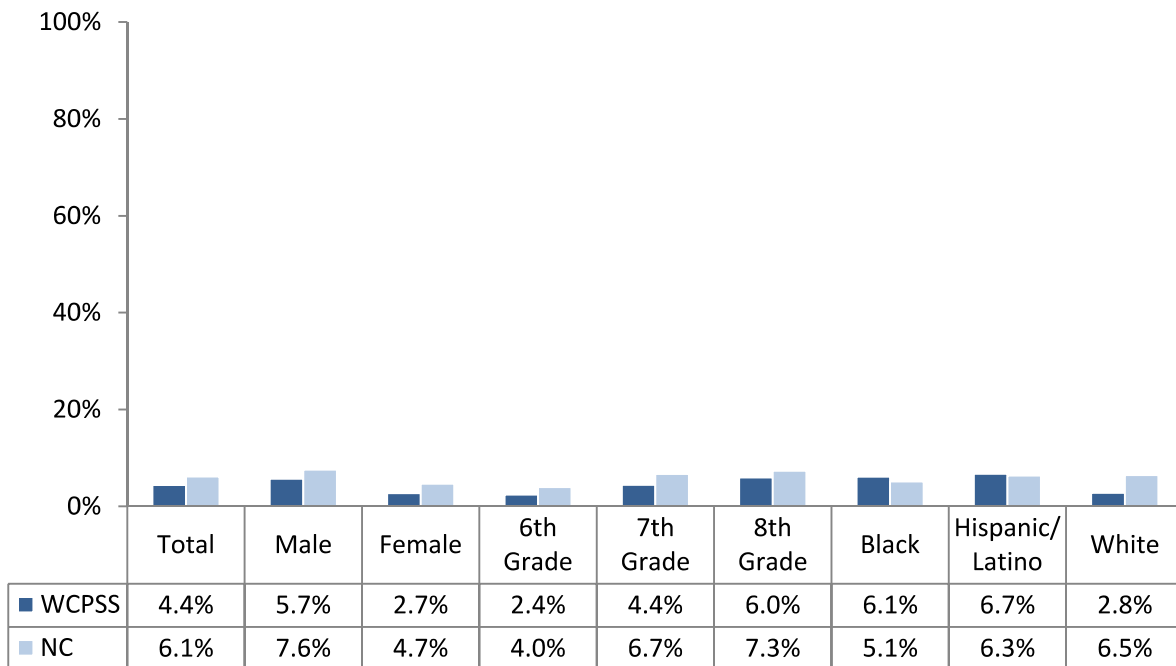
- No significant differences were detected.

Within WCPSS:

- No significant differences among subgroups were detected.

**Figure 10**

**Percent of Middle School Students Who Smoked Cigarettes at Least Once in the past 30 Days, 2013**



**Have you ever had a drink of alcohol, other than a few sips?**

About one in five (19.0%) WCPSS middle school students reported having a drink of alcohol other than a few sips. Responses varied by grade level and race/ethnicity, with a greater percentage of 7<sup>th</sup> and 8<sup>th</sup> grade students reporting drinking alcohol than 6<sup>th</sup> grade students, and a greater percentage of Hispanic/Latino students reporting drinking alcohol than Black or White students. Comparing WCPSS responses to the state, a smaller percentage of White students within WCPSS reported drinking alcohol than did White students throughout North Carolina (see Figure 11).

Comparing WCPSS to NC:

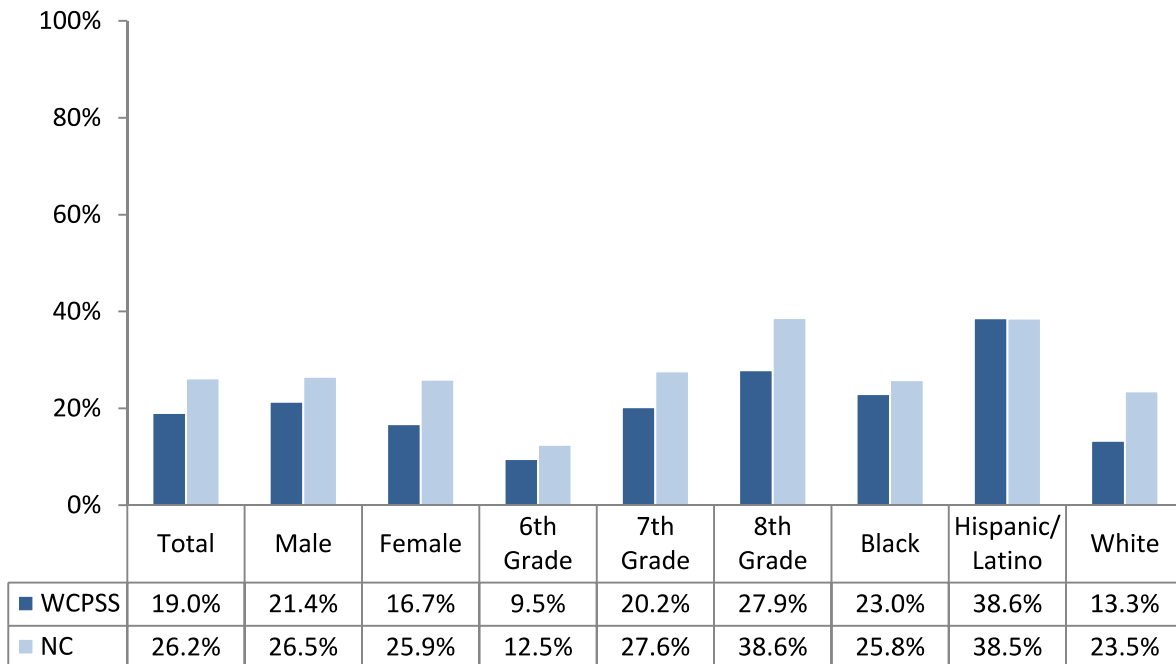
- **White students within WCPSS** were significantly less likely to have had a drink of alcohol than **White students across the state**.

Within WCPSS:

- Students in **7<sup>th</sup> and 8<sup>th</sup> grade** were significantly more likely to have had a drink of alcohol than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to have had a drink of alcohol than **Black or White** students.

**Figure 11**

**Percent of Middle School Students Who Had a Drink of Alcohol Other Than a Few Sips, 2013**





**During the past 30 days, how did you usually get the alcohol you drank?**

A small percentage of WCPSS middle school students (3.5%) reported being given the alcohol they drank. Responses varied by grade level and race/ethnicity. WCPSS results were similar to those across the state (see Figure 12).

Comparing WCPSS to NC:

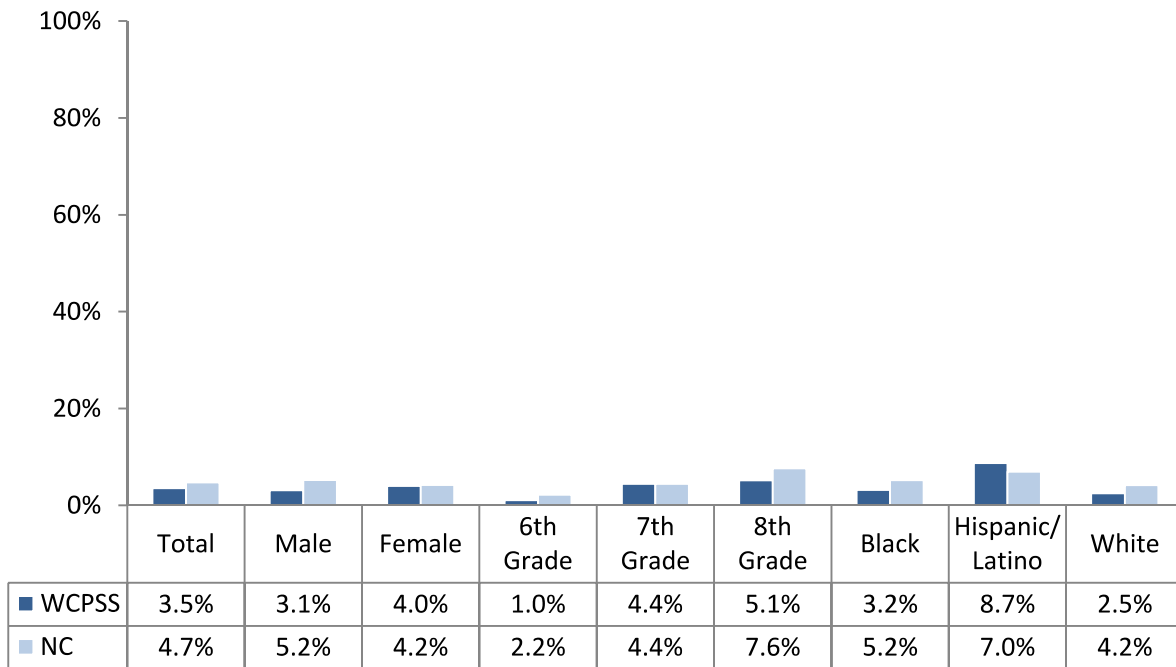
- No significant differences were detected.

Within WCPSS:

- Students in **7<sup>th</sup>** and **8<sup>th</sup> grade** were significantly more likely to have been given alcohol than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to have been given alcohol than **Black** or **White** students.

**Figure 12**

**Percent of Middle School Students Who Usually Got the Alcohol They Drank from Someone Who Gave It to Them during the past 30 Days, 2013**



**Have you ever used marijuana?**

One in 10 (10.1%) WCPSS middle school students reported having tried marijuana. Responses varied by grade level, with a larger percentage of 7<sup>th</sup> and 8<sup>th</sup> grade students reporting using marijuana than 6<sup>th</sup> grade students, and by race/ethnicity, with a larger percentage of Black and Hispanic/Latino students reporting using marijuana than White students. As presented in Figure 13, WCPSS responses were similar to those across the state.

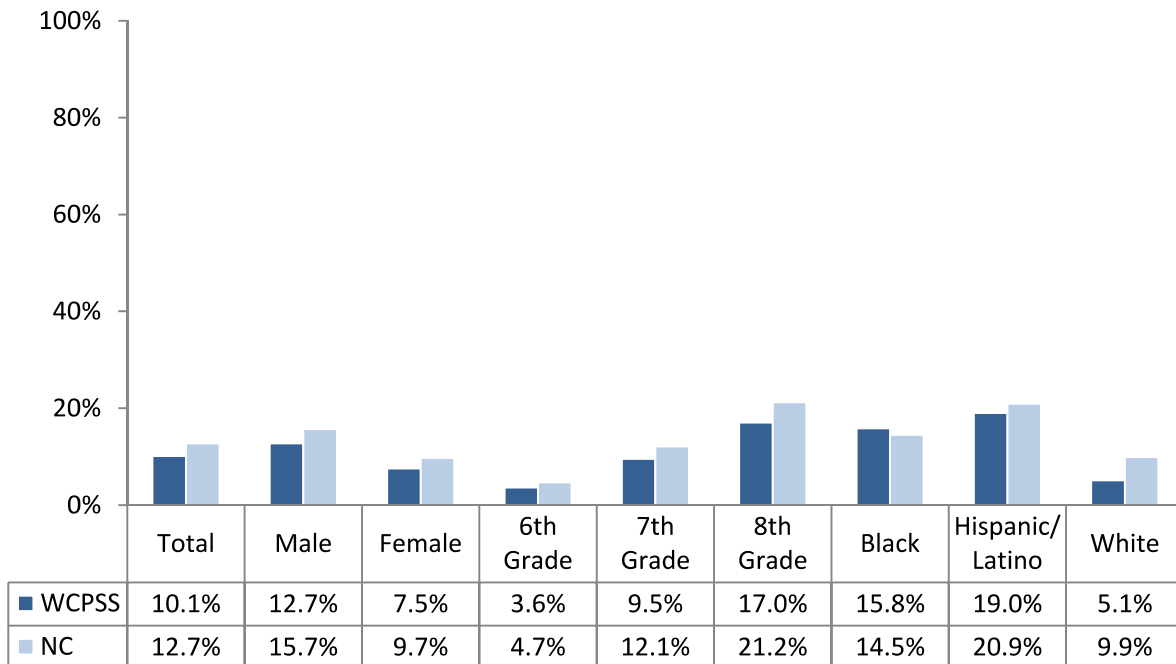
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in 7<sup>th</sup> and 8<sup>th</sup> grade were significantly more likely to have used marijuana than students in 6<sup>th</sup> grade.
- **Black** students and **Hispanic/Latino** students were significantly more likely to have used marijuana than **White** students.

**Figure 13**  
*Percent of Middle School Students Who Used Marijuana, 2013*



**During the past 30 days, did you use marijuana?**

One in 20 (5.0%) WCPSS middle school students reported using marijuana during the past 30 days. Responses varied by grade level and by race/ethnicity. Responses within WCPSS were similar to those across the state (see Figure 14).

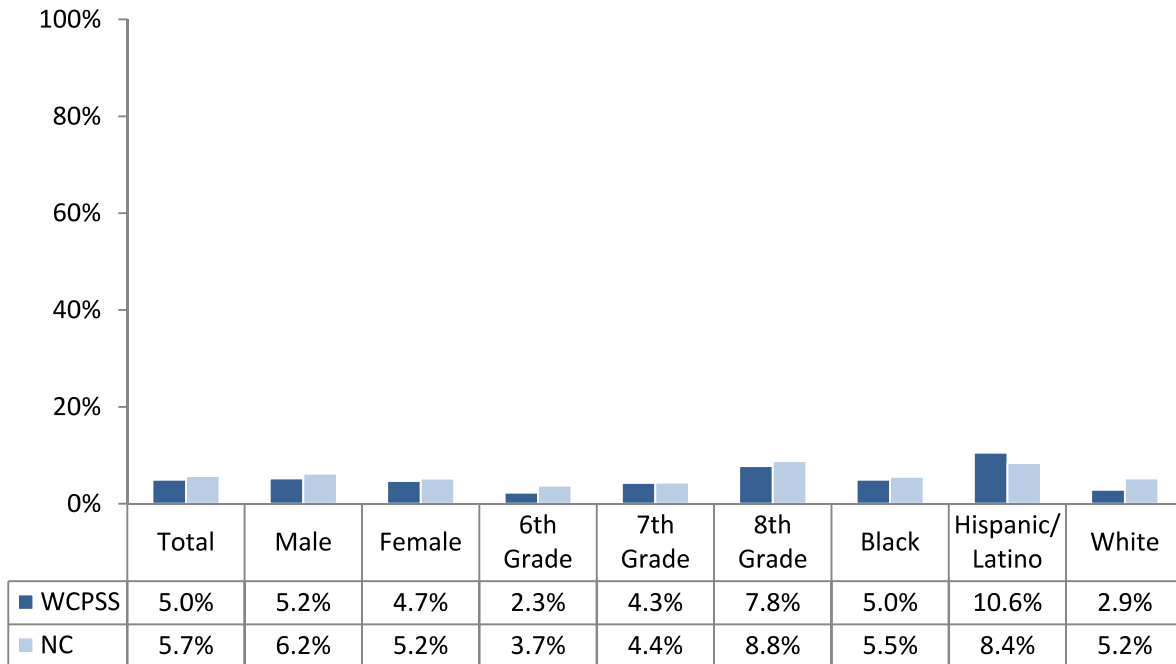
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **8<sup>th</sup> grade** were significantly more likely to have used marijuana within the last 30 days than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to have used marijuana within the last 30 days than **White** students.

**Figure 14**  
*Percent of Middle School Students Who Used Marijuana during the past 30 Days, 2013*



**During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?**

As presented in Figure 15, 8.4% of WCPSS middle school students reported being offered, sold, or given an illegal drug on school property during the past year. Responses varied by grade level and by race/ethnicity. WCPSS responses were comparable to those across the state.

Comparing WCPSS to NC:

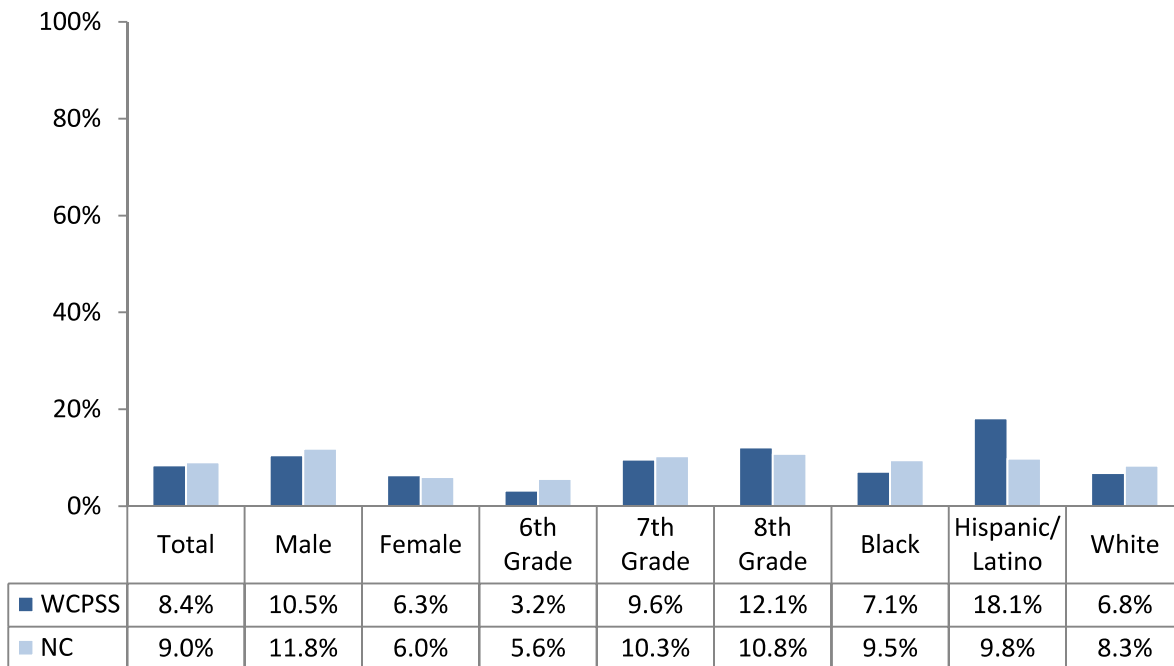
- No significant differences were detected.

Within WCPSS:

- Students in **7<sup>th</sup>** and **8<sup>th</sup> grade** were significantly more likely to have been offered, sold, or given drugs on school property than students in **6<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly more likely to have been offered, sold, or given drugs on school property than **Black** or **White** students.

**Figure 15**

**Percent of Middle School Students Who Were Offered, Sold, or Given Drugs on School Property during the past 12 Months, 2013**



## Health Education

The items presented below cover topics covered in health classes in middle school, including abstinence, AIDS or HIV, and other sexually transmitted diseases. From the survey results, it is evident that these topics are more familiar to students in 7<sup>th</sup> and 8<sup>th</sup> grade than they are to students in 6<sup>th</sup> grade.

### Have you ever been taught about abstaining from sexual activity?

Over half (58.7%) of WCPSS middle school students reported having been taught about abstaining from sexual activity. A larger percentage of Black students reported being taught about abstinence than White or Hispanic/Latino students (65.3% compared to 61.2% and 49.0%, respectively). As shown in Figure 16, WCPSS responses were comparable to those across the state.

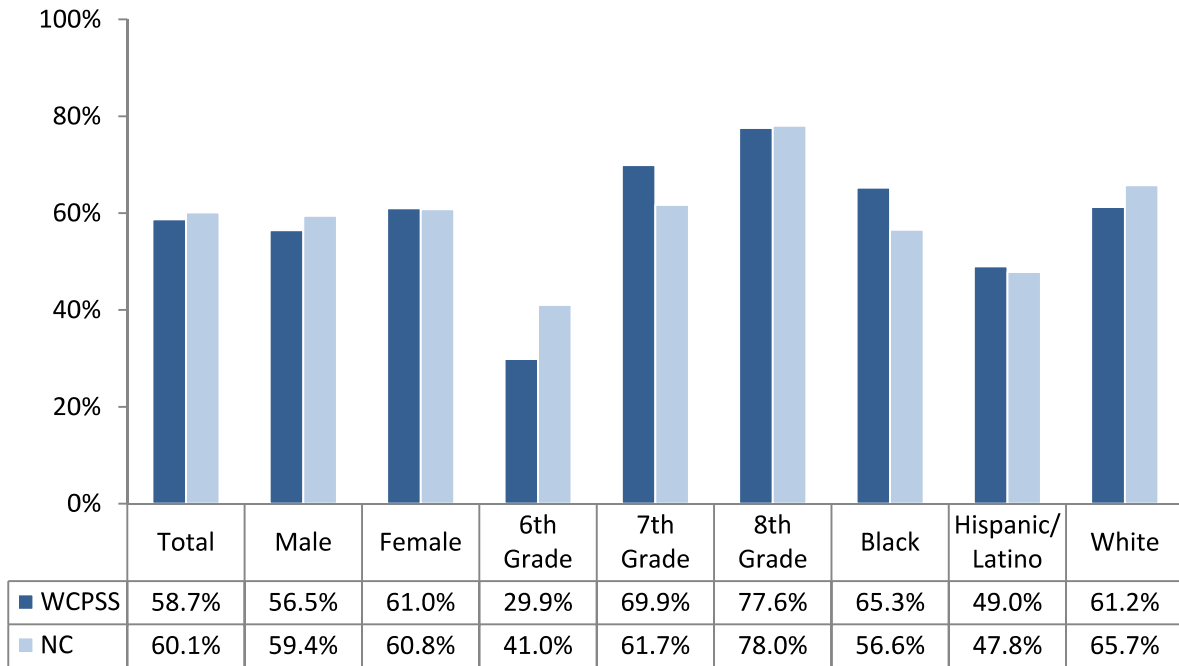
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **6<sup>th</sup> grade** were significantly less likely to have been taught about abstaining from sexual activity than students in **7<sup>th</sup> and 8<sup>th</sup> grade**.
- **Hispanic/Latino** students were significantly less likely to have been taught about abstaining from sexual activity than **Black** students.

**Figure 16**  
**Percent of Middle School Students Who Had Been Taught about Abstaining from Sexual Activity, 2013**



**Have you ever been taught about AIDS or HIV infection in school?**

About two out of three (64.7%) WCPSS middle school students reported having been taught about AIDS or HIV in school. A larger percentage of students in 7<sup>th</sup> and 8<sup>th</sup> grade reported having been taught about AIDS or HIV than students in 6<sup>th</sup> grade (82.4% and 89.8%, respectively, compared to 23.9%). As presented in Figure 17, responses within WCPSS were similar to those across the state.

Comparing WCPSS to NC:

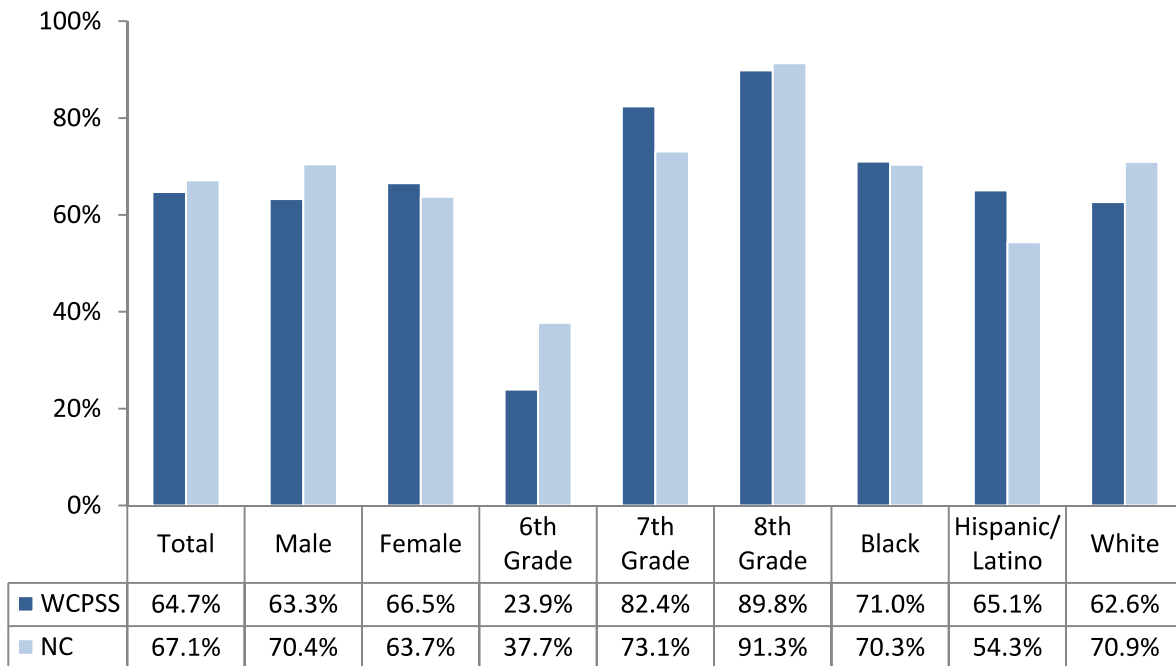
- No significant differences were detected.

Within WCPSS:

- Students in **6<sup>th</sup> grade** were significantly less likely to have been taught about AIDS or HIV in school than students in **7<sup>th</sup>** and **8<sup>th</sup> grade**.

**Figure 17**

**Percent of Middle School Students Who Had Been Taught in School about AIDS or HIV Infection, 2013**



**Have you ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts?**

Nearly half (47.9%) of WCPSS middle school students reported having been taught about STDs. Responses varied by grade level. As shown in Figure 18, responses within WCPSS were comparable to those across the state.

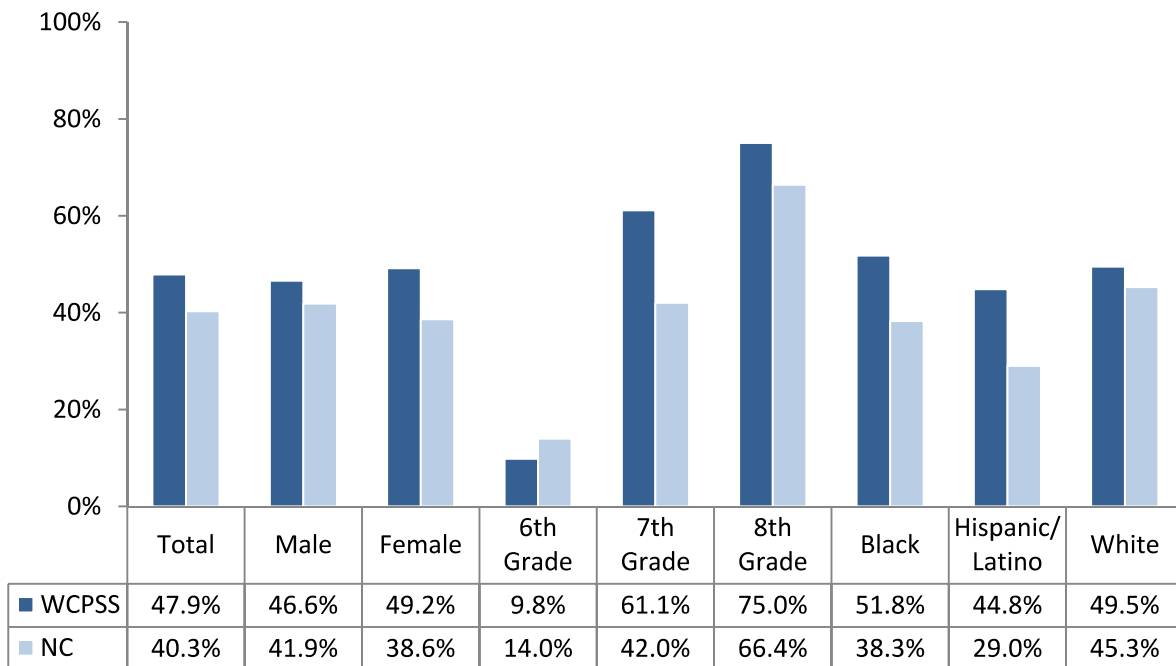
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **6<sup>th</sup> grade** were significantly less likely to have been taught about STDs than students in **7<sup>th</sup>** and **8<sup>th</sup> grade**.

**Figure 18**  
**Percent of Middle School Students Who Had Been Taught About Chlamydia, Gonorrhea, Syphilis, Human Papillomavirus, or Genital Warts, 2013**





## Weight Management

The items presented below address students’ attempts to lose weight. Female students were more likely to express a desire to lose weight and to report attempting to do so by eating less or by vomiting or taking laxatives than male students.

### Which of the following are you trying to do about your weight?

Two of five (40.6%) WCPSS middle school students reported that they were trying to lose weight. About half (51.2%) of female students reported trying to lose weight, compared to 30.7% of male students. As shown in Figure 19, responses within WCPSS were similar to those across the state.

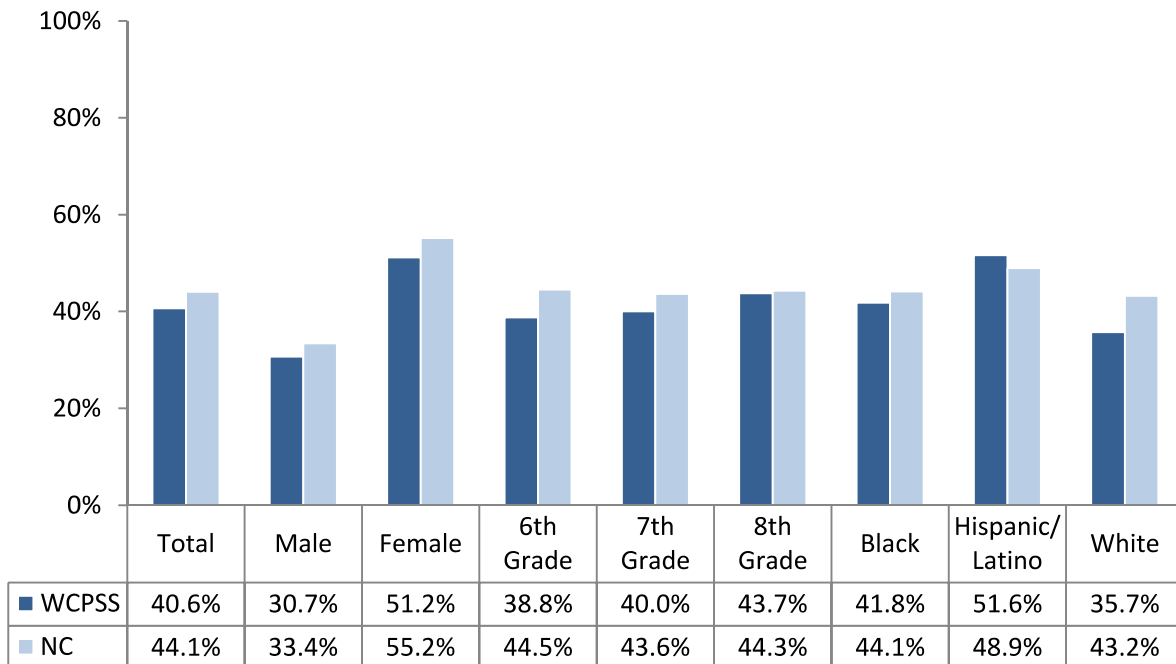
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to try to lose weight than **male** students.
- **Hispanic/Latino** students were significantly more likely to try to lose weight than **White** students.

**Figure 19**  
*Percent of Middle School Students Who Were Trying to Lose Weight, 2013*



**Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?**

As presented in Figure 20, 44.7% of WCPSS middle school students reported eating less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight. Over half (53.1%) of female students reported eating less to lose weight or to keep from gaining weight. WCPSS responses were similar to those across the state.

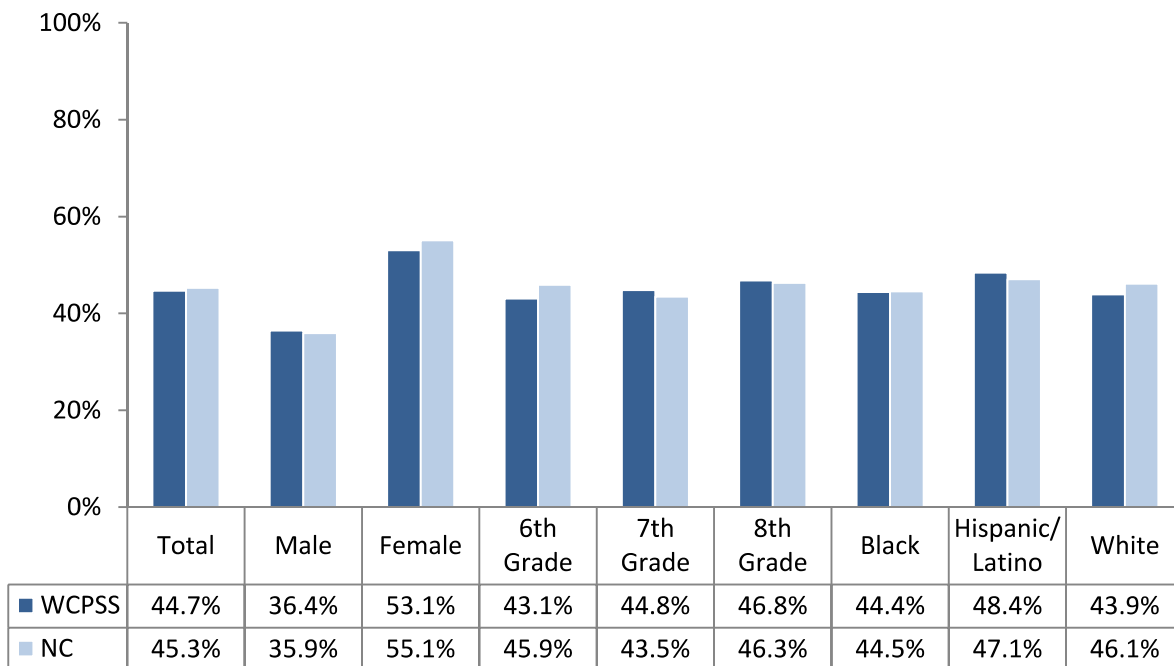
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to eat less to try to lose or maintain their weight than **male** students.

**Figure 20**  
**Percent of Middle School Students Who Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight, 2013**



**Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?**

As shown in Figure 21, 12.5% of WCPSS middle school students reported going without eating for 24 hours or more in an effort to lose weight or to keep from gaining weight. A larger percentage of Black and Hispanic/Latino students reported fasting to lose or maintain their weight than White students. A smaller percentage of White students within WCPSS reported fasting than did White students across the state.

Comparing WCPSS to NC:

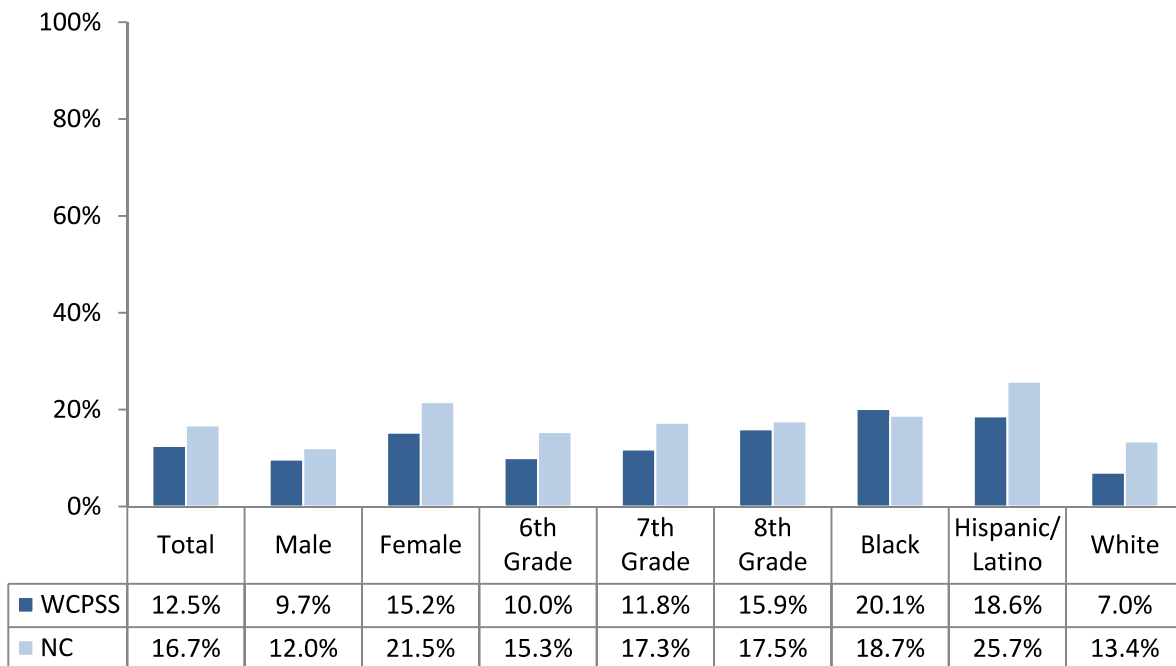
- **White students within WCPSS** were significantly less likely to have fasted to lose weight or keep from gaining weight than **White students across the state**.

Within WCPSS:

- **Black and Hispanic/Latino** students were significantly more likely to have fasted to lose weight or to keep from gaining weight than **White** students.

**Figure 21**

**Percent of Middle School Students Who Had Gone Without Eating for 24 Hours or More to Lose Weight or to Keep from Gaining Weight, 2013**



**Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?**

About one in 20 (5.5%) WCPSS middle school students reported having vomited or taken laxatives to lose weight or keep from gaining weight. Responses varied by gender. As shown in Figure 22, WCPSS responses were similar to those of the state.

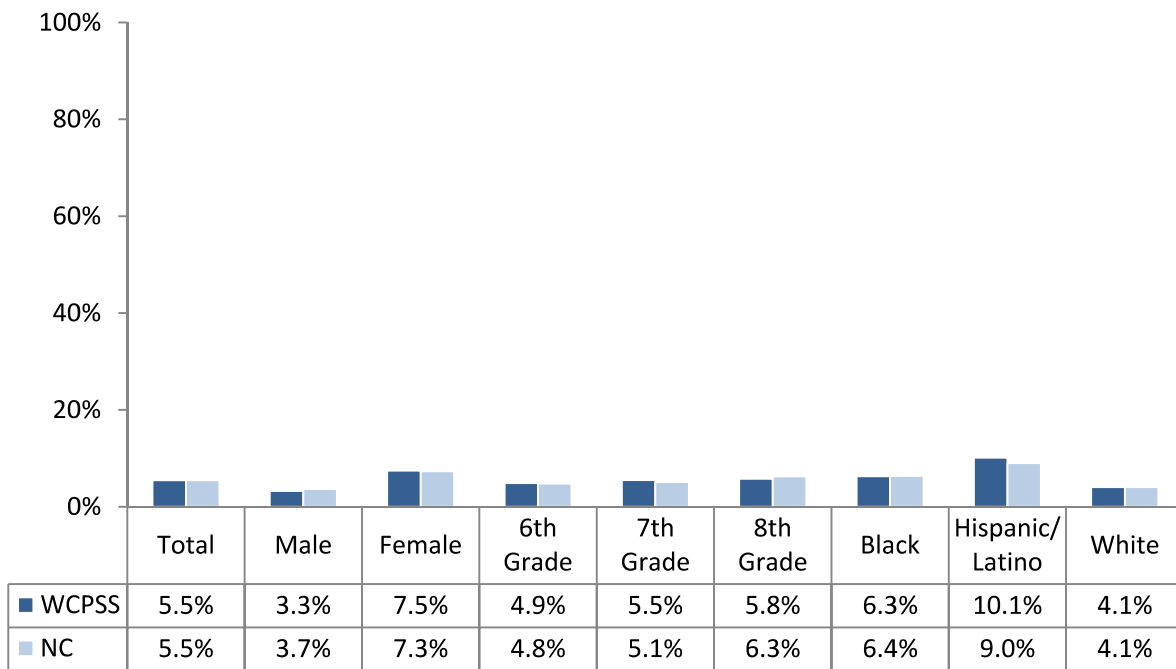
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to have vomited or taken laxatives to lose weight than **male** students.

**Figure 22**  
**Percent of Middle School Students Who Vomited or Took Laxatives to Lose Weight or to Keep From Gaining Weight, 2013**



## School Environment

This section presents student responses to items related to gang activity, bullying, and teacher encouragement. Female students were more likely than male students, and White students were more likely than Black or Hispanic/Latino students, to be the victim of bullying. Students in 7<sup>th</sup> and 8<sup>th</sup> grade were less likely to feel encouraged by their teachers than students in 6<sup>th</sup> grade.

### Is there gang activity in your school?

As presented in Figure 23, 17.9% of WCPSS middle school students reported gang activity at their school. Responses were similar across subgroups, and WCPSS responses were comparable to those across the state.

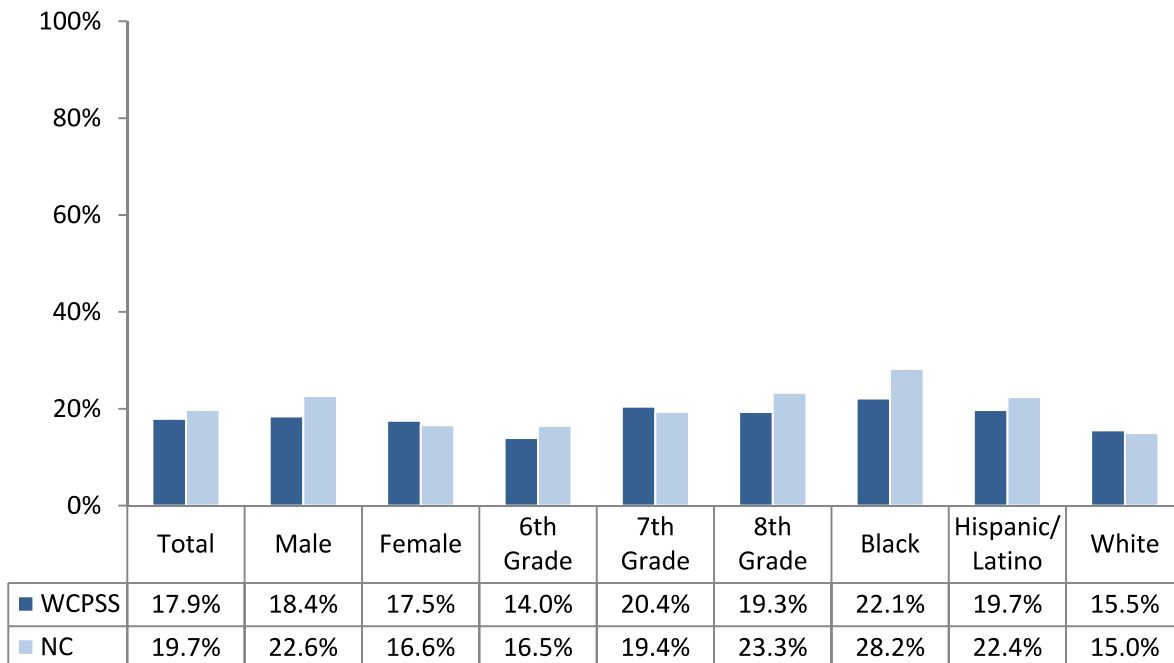
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences among subgroups were detected.

**Figure 23**  
**Percentage of Middle School Students Who Report Gang Activity at Their School, 2013**



**Have you ever been bullied on school property?**

Two out of five (40.8%) WCPSS middle school students reported being bullied at school. Responses varied by gender and race/ethnicity, with nearly half of female (46.6%) students and White (46.4%) students reporting being bullied on school property. Responses within WCPSS were similar to those across the state (see Figure 24).

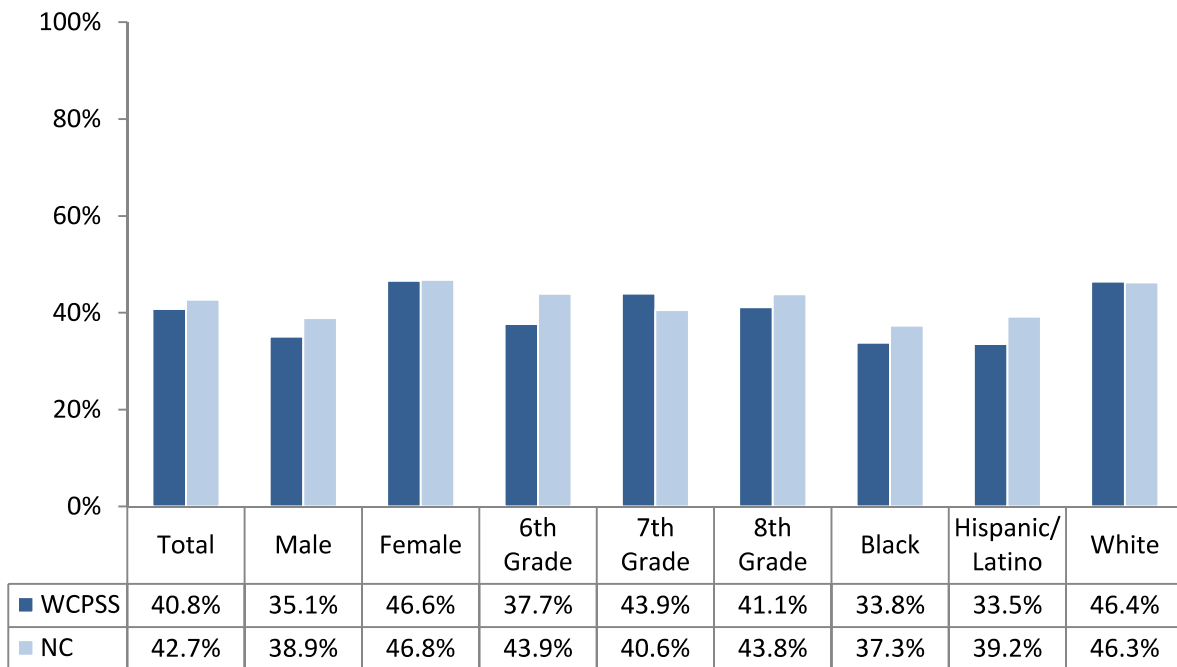
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to have been bullied on school property than **male** students.
- **White** students were significantly more likely to have been bullied on school property than **Black** or **Hispanic/Latino** students.

**Figure 24**  
*Percent of Middle School Students Who Have Been Bullied on School Property, 2013*



**Have you ever been electronically bullied?**

One in five (20.4%) WCPSS middle school students reported being electronically bullied. A larger percentage of female students reported being electronically bullied than male students. As shown in Figure 25, WCPSS responses were similar to those across the state.

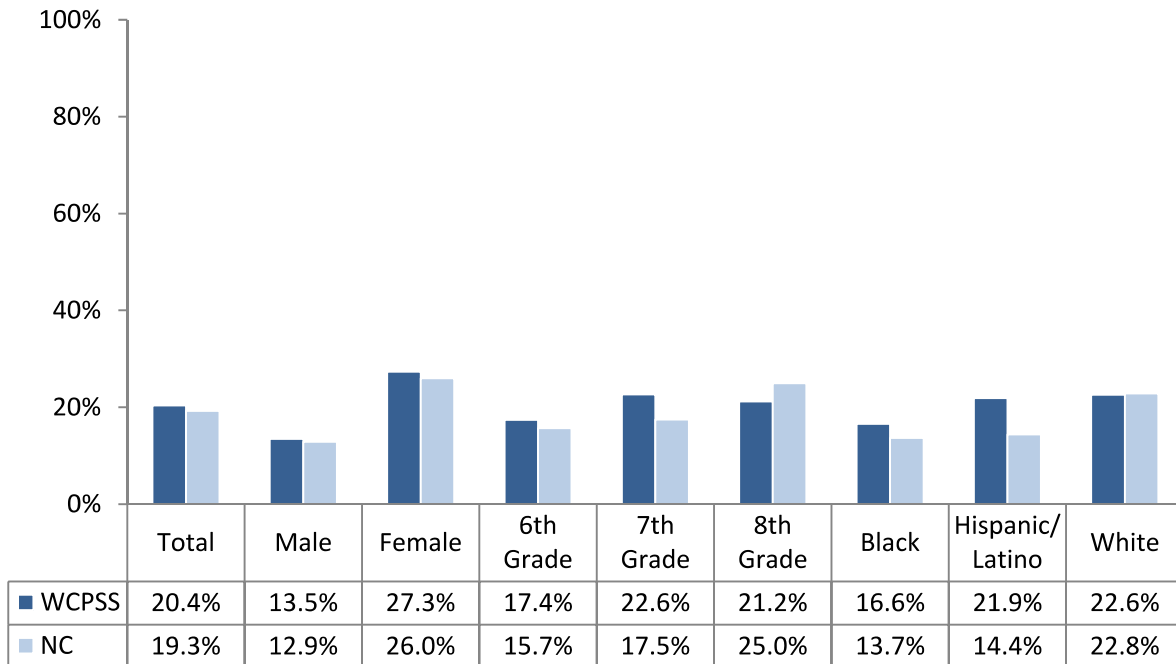
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to have been electronically bullied than **male** students.

**Figure 25**  
*Percent of Middle School Students Who Have Been Electronically Bullied, 2013*



**Have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?**

As shown in Figure 26, 18.9% of WCPSS middle school students reported that they had been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual. Responses varied by grade level, with students in 7<sup>th</sup> grade the most likely to report teasing (22.2%). WCPSS responses were comparable to those across the state.

Comparing WCPSS to NC:

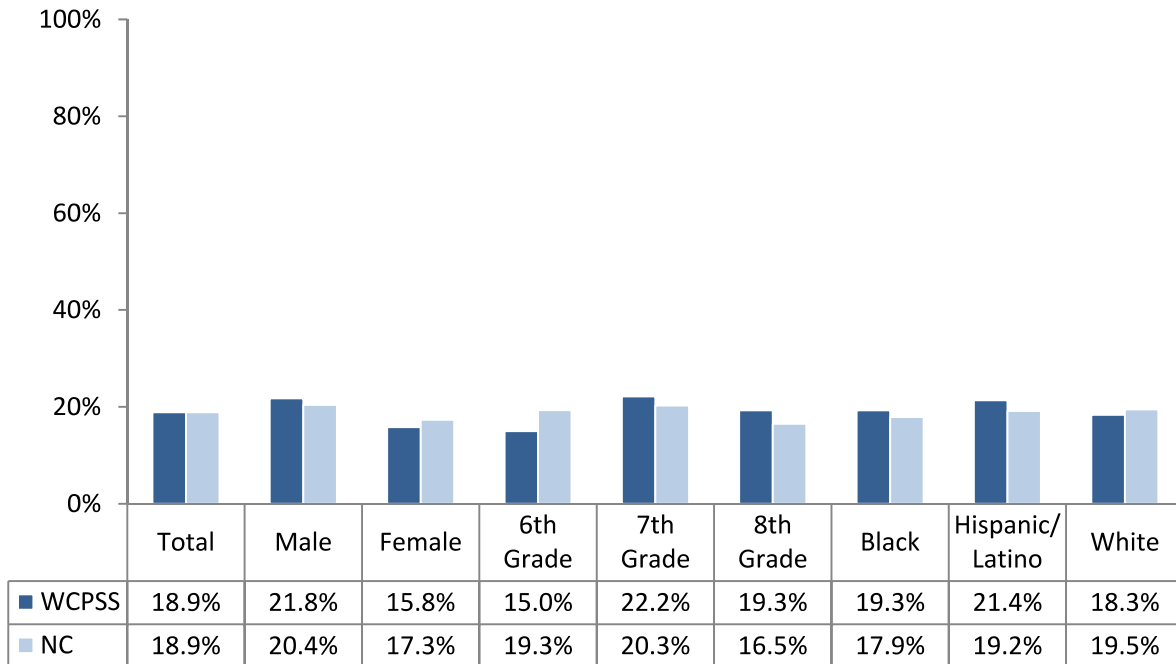
- No significant differences were detected.

Within WCPSS:

- Students in 7<sup>th</sup> grade were significantly more likely to have been teased or called names because someone thought that they were gay, lesbian, or bisexual than students in 6<sup>th</sup> grade.

**Figure 26**

**Percent of Middle School Students Who Have Been Teased or Called Names Because Someone Thought They Were Gay, Lesbian, or Bisexual, 2013**





**Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?**

Two out of five (39.5%) WCPSS middle school students strongly disagreed, disagreed, or were not sure that their teachers care about them and give them encouragement. As presented in Figure 27, responses varied by grade level. WCPSS responses were similar to responses across the state.

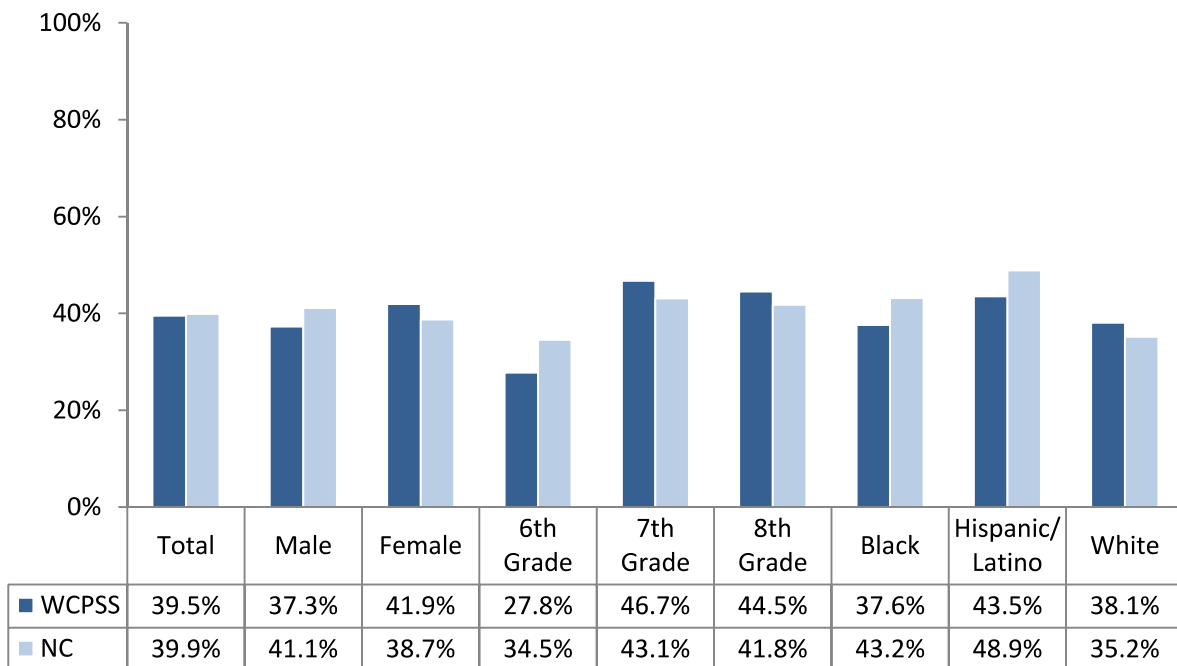
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in 7<sup>th</sup> and 8<sup>th</sup> grade were significantly less likely to feel encouraged by their teachers than students in 6<sup>th</sup> grade.

**Figure 27**  
**Percent of Middle School Students Who Strongly Disagree, Disagree, or Are Not Sure that Teachers Really Care About Them and Give Them a Lot of Encouragement, 2013**



## Physical Health

Topics relating to physical health include being diagnosed with asthma, visits to the doctor and dentist, physical activity, and sleep. Black and Hispanic/Latino students were less likely to have seen a doctor or dentist for a check-up in the past year than White students, and Black students were more likely to have been diagnosed with asthma than White students. Black and Hispanic/Latino students were also less likely to get eight hours of sleep on an average school night than White students.

### Has a doctor or nurse ever told you that you have asthma?

One in five (19.9%) WCPSS middle school students reported being told that they have asthma by a doctor or nurse. Responses varied by grade level and race/ethnicity. About one in four Black students (27.0%) and 7<sup>th</sup> grade students (24.3%) reported being told that they have asthma. Responses within WCPSS were similar to those across the state (see Figure 28).

Comparing WCPSS to NC:

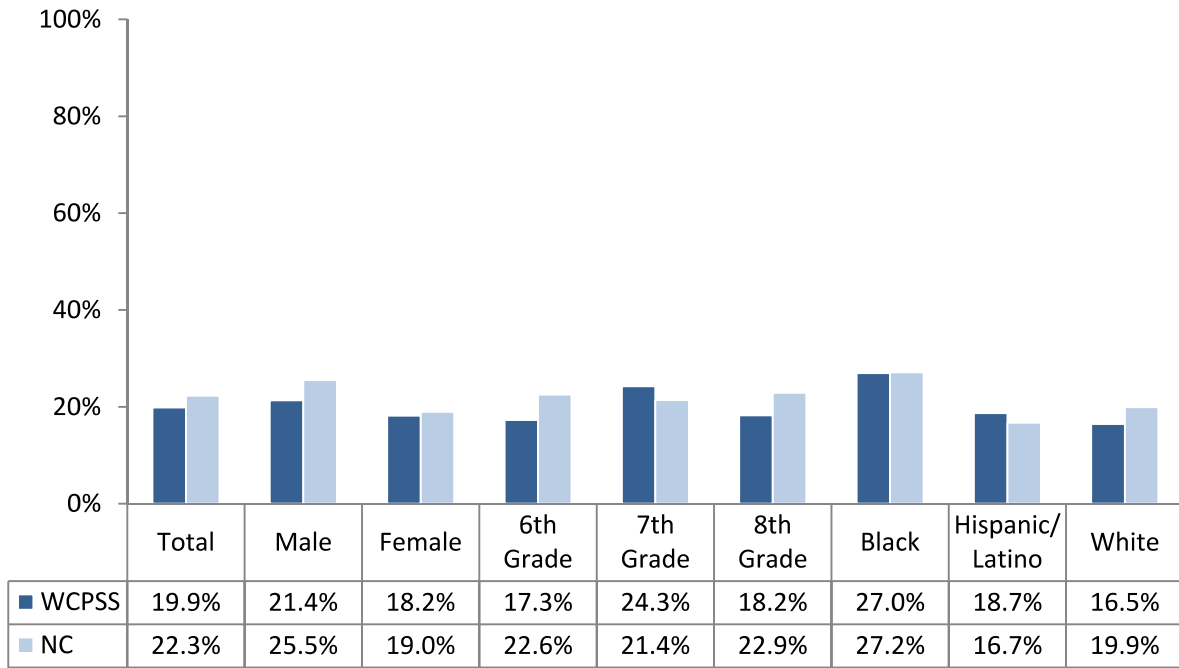
- No significant differences were detected.

Within WCPSS:

- Students in **7<sup>th</sup> grade** were significantly more likely to have been told that they have asthma than students in **6<sup>th</sup> grade**.
- **Black** students were significantly more likely to have been told that they have asthma than **White** students.

**Figure 28**

**Percent of Middle School Students Who Have Been Told by a Doctor or Nurse They Have Asthma, 2013**



**Do you have trouble learning, remembering, or concentrating because of a disability or health problem?**

As shown in Figure 29, 13.5% of WCPSS middle school students reported having difficulty learning, remembering, or concentrating because of a disability or health problem. Responses were similar across subgroups, and WCPSS responses were comparable to those of the state.

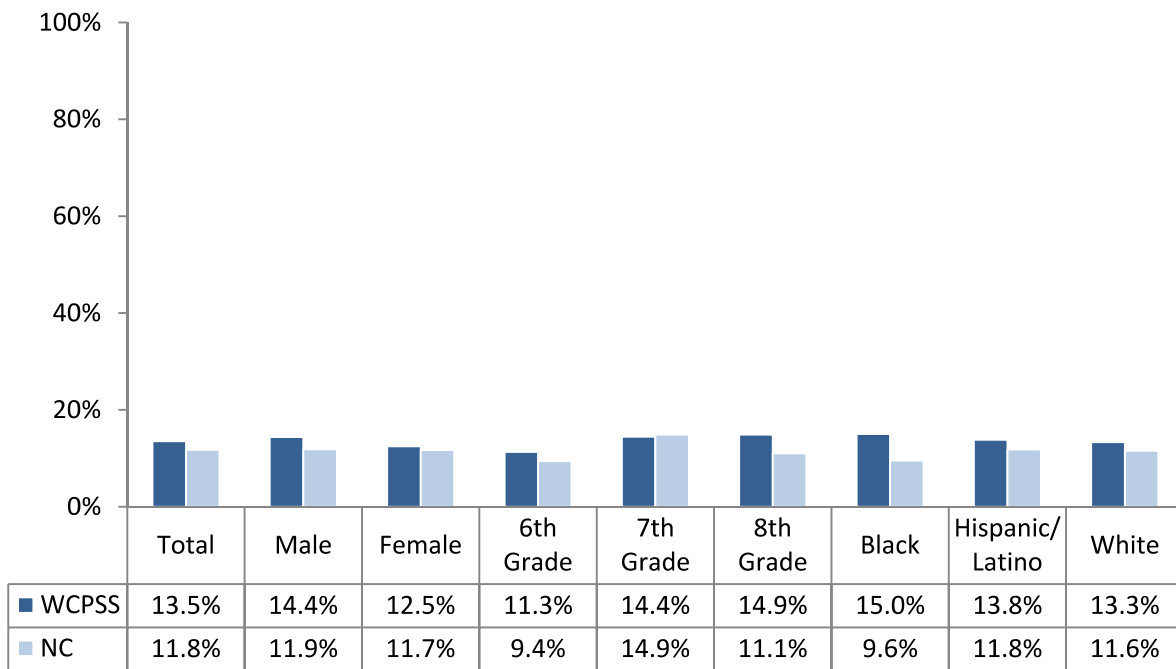
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 29**  
**Percent of Middle School Students Who Have Trouble Learning, Remembering, or Concentrating Because of Disability or Health Problem, 2013**



**When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?**

Over one third (36.9%) of WCPSS middle school students reported that they had not seen a doctor or nurse for a check-up or physical exam during the past year. As shown in Figure 30, a larger percentage of Black and Hispanic/Latino students reported not getting a check-up or physical exam during the past year than White students (41.9% and 48.3%, respectively, compared to 29.5%). A smaller percentage of White students within WCPSS reported not getting a check-up or physical exam during the past year than White students across the state (29.5% compared to 39.1%).

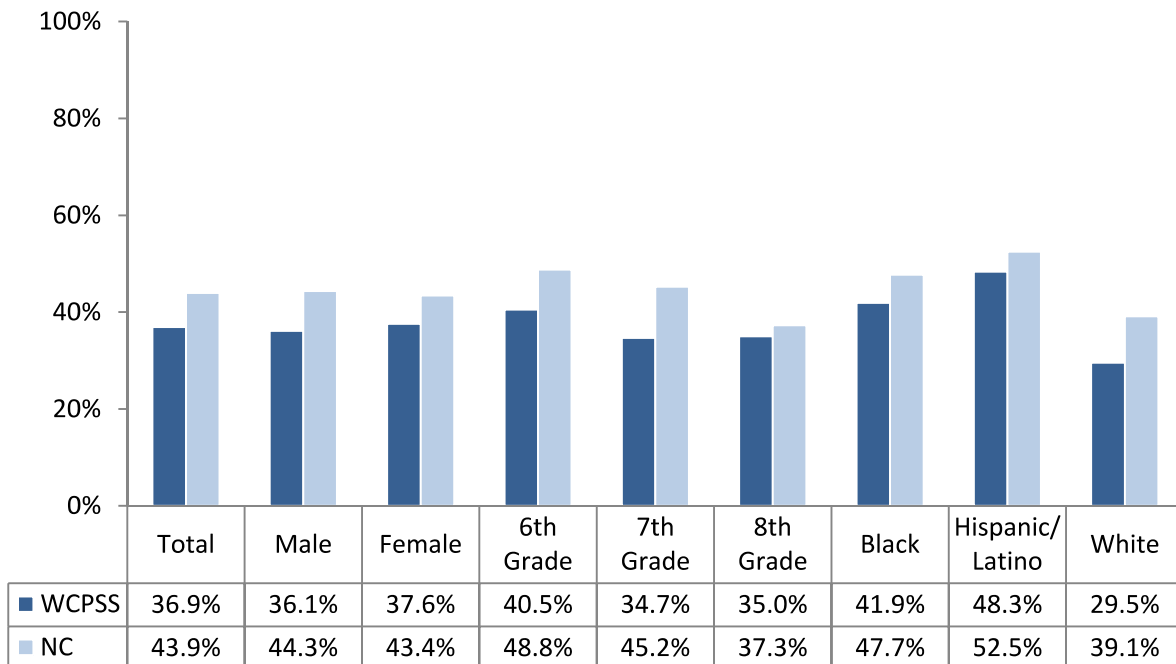
Comparing WCPSS to NC:

- **White students within WCPSS** were significantly less likely to report not having seen a doctor for a check-up in the past year than **White students across the state**.

Within WCPSS:

- **Black and Hispanic/Latino** students were significantly more likely to report not having seen a doctor for a check-up in the past year than **White** students.

**Figure 30**  
**Percent of Middle School Students Who Have Not Seen a Doctor or Nurse for a Check-up or Physical Exam in the Past 12 Months When Not Sick or Injured, 2013**



**When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?**

As presented in Figure 31, about one fourth (27.6%) of WCPSS middle school students reported that they had not received seen a dentist for a check-up, exam, teeth cleaning, or other dental work in the past year. Responses varied by race/ethnicity. Responses within WCPSS were similar to those across the state.

Comparing WCPSS to NC:

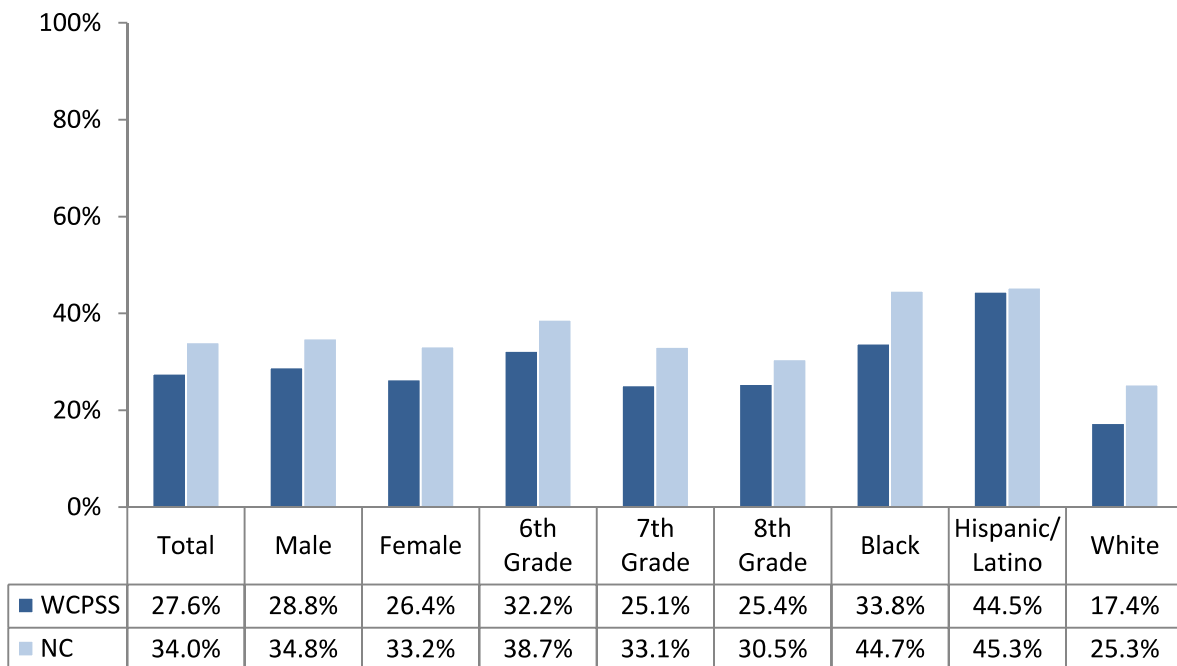
- No significant differences were detected.

Within WCPSS:

- **Black** and **Hispanic/Latino** students were significantly more likely to report not having seen a dentist for a check-up in the past year than **White** students.

**Figure 31**

**Percent of Middle School Students Who Have Not Seen a Dentist for a Check-up, Exam, Teeth Cleaning, or Other Dental Work in the past 12 Months, 2013**



**During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?**

As shown in Figure 32, over one third of WCPSS middle school students (37.5%) were physically active for a total of 60 minutes per day less than five days per week. A larger percentage of female students did not meet this level of activity than male students (41.4% compared to 33.3%, respectively), and a larger percentage of Black and Hispanic/Latino students did not meet this level of activity than White students (45.0% and 42.2%, respectively, compared to 29.6%).

Comparing WCPSS to NC:

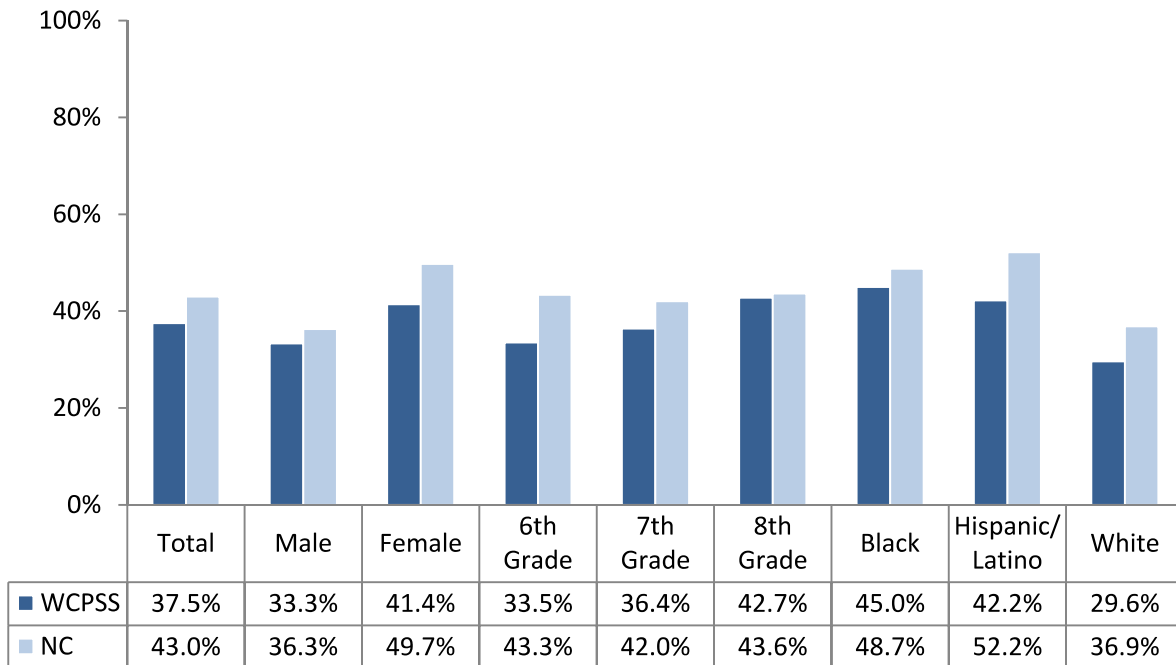
- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly less likely to have been physically active for a total of at least 60 minutes per day on at least five of the past seven days than **male** students.
- **Black** and **Hispanic/Latino** students were significantly less likely to have been physically active for a total of at least 60 minutes per day on at least five of the past seven days than **White** students.

**Figure 32**

**Percent of Middle School Students Who Were Physically Active for a Total of at Least 60 Minutes per Day on Fewer than Five of the Past Seven Days, 2013**



### On an average school night, how many hours of sleep do you get?

Two out of five (40.4%) WCPSS middle school students reported getting less than eight hours of sleep on an average school night. Responses varied by grade level and race/ethnicity. As shown in Figure 33, a smaller percentage of White students within WCPSS reported getting less than eight hours of sleep than did White students across the state (30.7% compared to 41.5%, respectively).

Comparing WCPSS to NC:

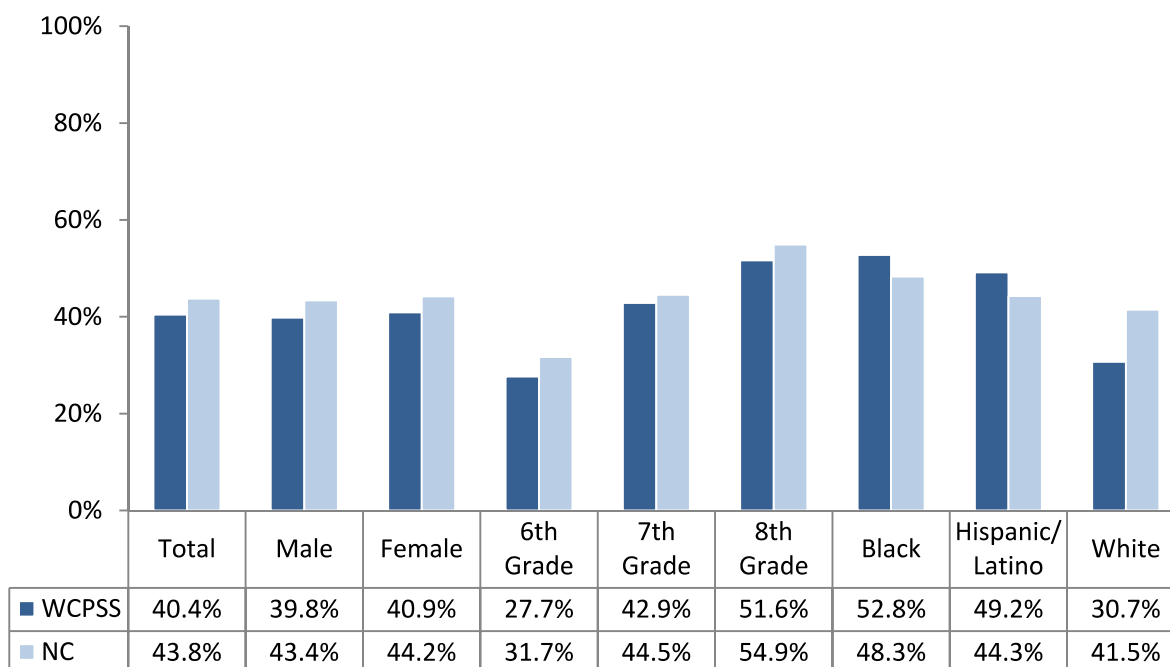
- **White students within WCPSS** were significantly less likely to get fewer than eight hours of sleep on a school night than **White students across the state**.

Within WCPSS:

- Students in **7<sup>th</sup>** and **8<sup>th</sup>** grade were significantly more likely to get fewer than eight hours of sleep on a school night than students in **6<sup>th</sup>** grade.
- **Black** and **Hispanic/Latino** students were significantly more likely to get fewer than eight hours of sleep on a school night than **White** students.

**Figure 33**

**Percent of Middle School Students Who Get Fewer Than Eight Hours of Sleep on an Average School Night, 2013**





## Other Prevention-Related Behaviors

Items presented here do not clearly fall into prior categories but represent important measures of well-being. Results include time spent alone without an adult and feeling good about oneself. Hispanic/Latino students were more likely to be alone than White students and less likely to feel good about themselves than Black students. Female students were less likely than male students to agree that they feel good about themselves.

### On an average school day, how long after school are you alone without a parent or adult?

As shown in Figure 34, 15.7% of WCPSS middle school students reported being alone without a parent or adult for three or more hours on an average school day. Responses varied by race/ethnicity, with one in four (24.4%) Hispanic/Latino students reported being alone for at least three hours on an average school day compared to 11.7% of White students. WCPSS responses were comparable to those across the state.

Comparing WCPSS to NC:

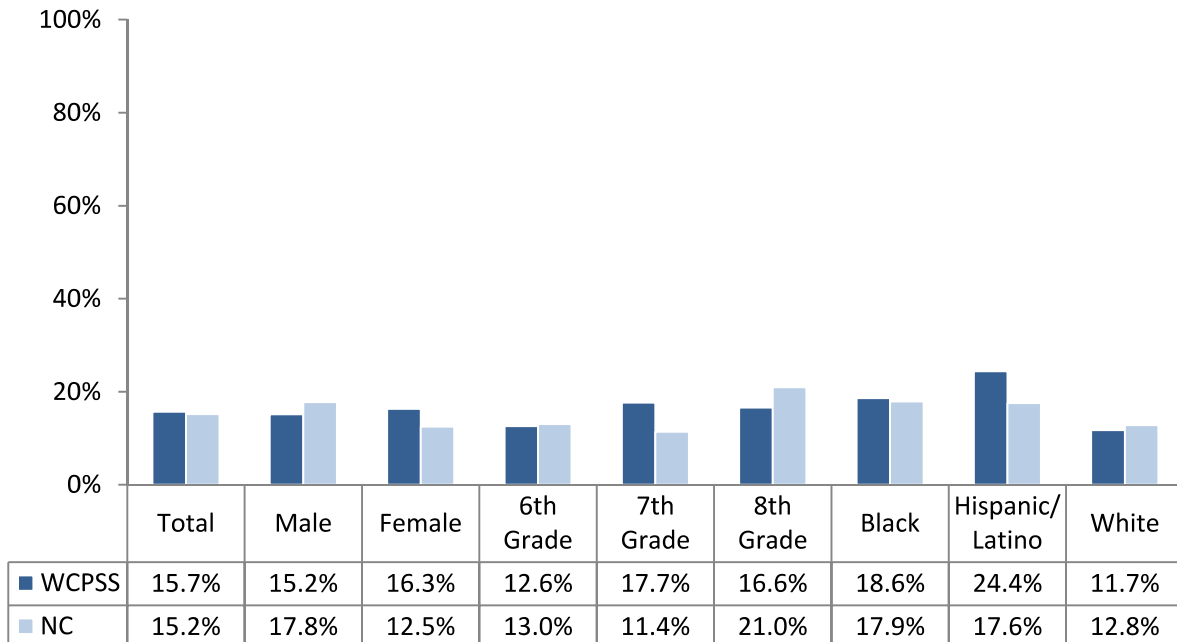
- No significant differences were detected.

Within WCPSS:

- **Hispanic/Latino** students were significantly more likely to be alone without a parent for three or more hours on a school day than **White** students.

**Figure 34**

**Percent of Middle School Students Who Are Alone Without a Parent or Adult Three or More Hours per Day on an Average School Day, 2013**



**Do you agree or disagree that you feel good about yourself?**

About one in four (24.2%) WCPSS middle school students strongly disagreed, disagreed, or were not sure that they felt good about themselves. A larger percentage of female students indicated that they did not feel good about themselves than male students (34.3% compared to 14.4%). WCPSS responses were similar to those of the state (see Figure 35).

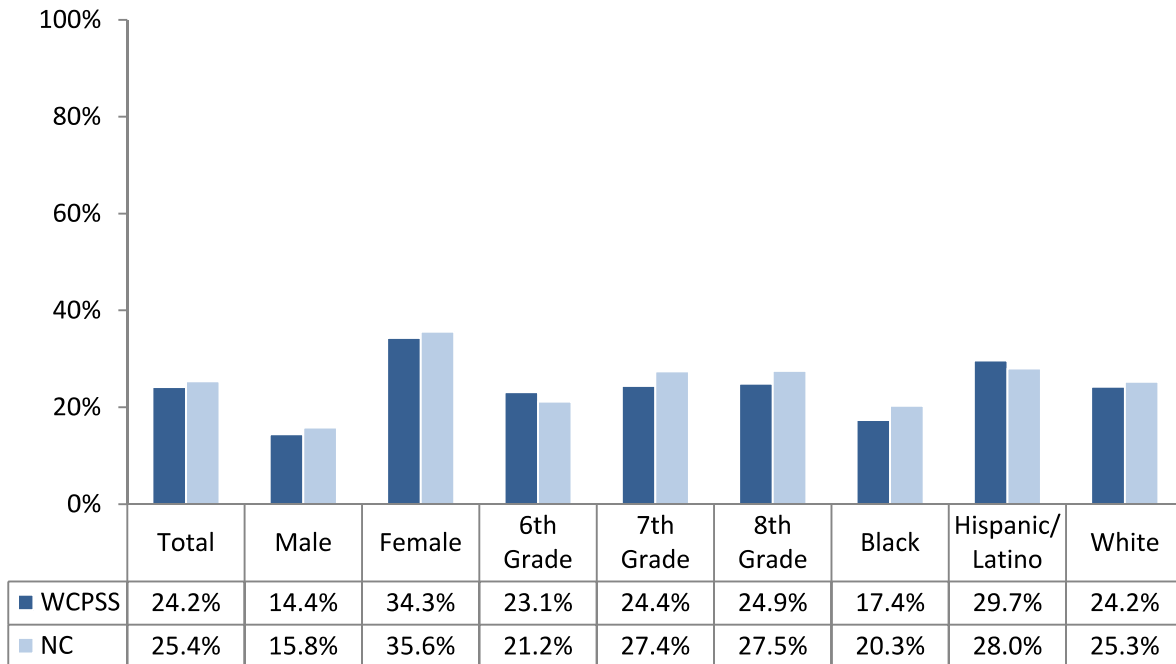
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to indicate that they do not feel good about themselves than **male** students.
- **Hispanic/Latino** students were significantly more likely to indicate that they do not feel good about themselves than **Black** students.

**Figure 35**  
**Percent of Middle School Students Who Strongly Disagree, Disagree, or Are Not Sure That They Feel Good About Themselves, 2013**



**Appendix**  
**2013 Wake County North Carolina Youth Risk Behavior Survey Middle School**  
**Questionnaire**

1. How old are you?
  - A. 10 years old or younger
  - B. 11 years old
  - C. 12 years old
  - D. 13 years old
  - E. 14 years old
  - F. 15 years old
  - G. 16 years old or older
  
2. What is your sex?
  - A. Female
  - B. Male
  
3. In what grade are you?
  - A. 6th grade
  - B. 7th grade
  - C. 8th grade
  - D. Ungraded or other grade
  
4. Are you Hispanic/Latino or Latino?
  - A. Yes
  - B. No
  
5. What is your race? (Select one or more responses.)
  - A. American Indian or Alaska Native
  - B. Asian
  - C. Black or African American
  - D. Native Hawaiian or Other Pacific Islander
  - E. White
  
6. During the past 12 months, how would you describe your grades in school?
  - A. Mostly A's
  - B. Mostly B's
  - C. Mostly C's
  - D. Mostly D's
  - E. Mostly F's
  - F. None of these grades
  - G. Not sure
  
7. When you ride a bicycle, how often do you wear a helmet?

- A. I do not ride a bicycle
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

8. When you rollerblade or ride a skateboard, how often do you wear a helmet?

- A. I do not rollerblade or ride a skateboard
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

9. How often do you wear a seat belt when riding in a car?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

- A. Yes
- B. No
- C. Not sure

11. Have you ever carried a weapon, such as a gun, knife, or club?

- A. Yes
- B. No

12. During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club on school property?

- A. Yes
- B. No

13. Have you ever been in a physical fight?

- A. Yes
- B. No

14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

- A. Yes
- B. No

15. During the past 30 days, did you not go to school because you felt you would be unsafe at school or on your way to or from school?

- A. Yes
- B. No

16. During the past 12 months, has someone stolen or deliberately damaged your property such as your clothing or books on school property?

- A. Yes
- B. No

17. Is there gang activity in your school?

- A. Yes
- B. No
- C. Not sure

18. Have you ever been bullied on school property?

- A. Yes
- B. No

19. Have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)

- A. Yes
- B. No

20. Have you seen other students being bullied in your school?

- A. Yes
- B. No
- C. Not sure

21. Have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?

- A. Yes
- B. No

22. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- A. Yes
- B. No

23. When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?

- A. I do not feel sad, empty, hopeless, angry, or anxious
- B. Parent or other adult family member

- C. Teacher or other adult in this school
- D. Other adult
- E. Friend
- F. Sibling
- G. Not sure

24. Have you ever seriously thought about killing yourself?

- A. Yes
- B. No

25. Have you ever made a plan about how you would kill yourself?

- A. Yes
- B. No

26. Have you ever tried to kill yourself?

- A. Yes
- B. No

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

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

28. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

29. During the past 12 months, did you ever try to quit smoking cigarettes?

- A. I did not smoke cigarettes during the past 12 months
- B. Yes
- C. No

30. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- A. 0 days

- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

31. Have you ever had a drink of alcohol, other than a few sips?

- A. Yes
- B. No

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

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

33. During the past 30 days, how did you usually get the alcohol you drank?

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- C. I bought it at a restaurant, bar, or club
- D. I bought it at a public event such as a concert or sporting event
- E. I gave someone else money to buy it for me
- F. Someone gave it to me
- G. I took it from a store or family member
- H. I got it some other way

34. Have you ever used marijuana?

- A. Yes
- B. No

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

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

36. During the past 30 days, did you use marijuana?

- A. Yes
- B. No

37. Have you ever used any form of cocaine, including powder, crack, or freebase?

- A. Yes
- B. No

38. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- A. Yes
- B. No

39. Have you ever taken steroid pills or shots without a doctor's prescription?

- A. Yes
- B. No

40. Have you ever taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. Yes
- B. No

41. During the past 12 months, has anyone offered, sold, or given you any illegal drug on school property?

- A. Yes
- B. No

42. Have you ever been taught about abstaining from sexual activity?

- A. Yes
- B. No
- C. Not sure

43. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

44. Have you ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts?

- A. Yes
- B. No
- C. Not sure



45. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you usually talk?
- A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
  - B. Doctor or nurse
  - C. Parent or other adult family member
  - D. Teacher or other adult in this school
  - E. Religious leader
  - F. Friend or sibling
  - G. Other adult
  - H. Not sure
46. How do you describe your weight?
- A. Very underweight
  - B. Slightly underweight
  - C. About the right weight
  - D. Slightly overweight
  - E. Very overweight
47. Which of the following are you trying to do about your weight?
- A. Lose weight
  - B. Gain weight
  - C. Stay the same weight
  - D. I am not trying to do anything about my weight
48. Have you ever exercised to lose weight or to keep from gaining weight?
- A. Yes
  - B. No
49. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?
- A. Yes
  - B. No
50. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
  - B. No
51. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?
- A. Yes
  - B. No
52. During the past 30 days, did you skip meals to lose weight or to keep from gaining weight?

- A. Yes
- B. No

53. During the past 7 days, on how many days did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

54. During the past 7 days, on how many days did you eat dinner at home with your family?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

55. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

56. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

57. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day

- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

58. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the internet.)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

59. How many days per week do you usually walk or ride your bike to school?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

60. Has a doctor or nurse ever told you that you have asthma?

- A. Yes
- B. No
- C. Not sure

61. Do you still have asthma?

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

62. An asthma action/management plan contains instructions about how to care for your asthma. Do you have a written asthma action plan or asthma management plan on file at school?

- A. I do not have asthma
- B. Yes
- C. No

D. Not sure

63. On an average school night, how many hours of sleep do you get?

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 or more hours

64. On an average school day, how long after school are you alone without a parent or adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 1 or 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

65. Do you participate in school activities other than sports, such as band, drama, clubs, or student government?

- A. Yes
- B. No

66. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

67. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

68. Do you consider yourself to have a disability?

- A. Yes
- B. No

C. Not sure

69. Are you limited in any way in any activities because of any disability or health problem?

A. Yes

B. No

C. Not sure

70. Do you have trouble learning, remembering, or concentrating because of a disability or health problem?

A. Yes

B. No

C. Not sure

71. Do you agree or disagree that you feel alone in your life?

A. Strongly agree

B. Agree

C. Not sure

D. Disagree

E. Strongly disagree

72. Do you agree or disagree that you feel good about yourself?

A. Strongly agree

B. Agree

C. Not sure

D. Disagree

E. Strongly disagree

73. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?

A. Strongly agree

B. Agree

C. Not sure

D. Disagree

E. Strongly disagree

This is the end of the survey.  
Thank you very much for your help.