

**Healthy
Carolinians of**



**Macon
County**

Youth Risk Behavior Surveillance Survey

Summary of selected results of the
first county-wide administration

Macon County
November 6, 2002

Presented By: Charlie Vargas, M.D.

YRBSS

Macon County - 2002

- A National School-Based Survey developed by the Center of Disease Control
- Conducted to assess the prevalence of health risk behaviors of youth
- Strict Confidentiality
- Voluntary

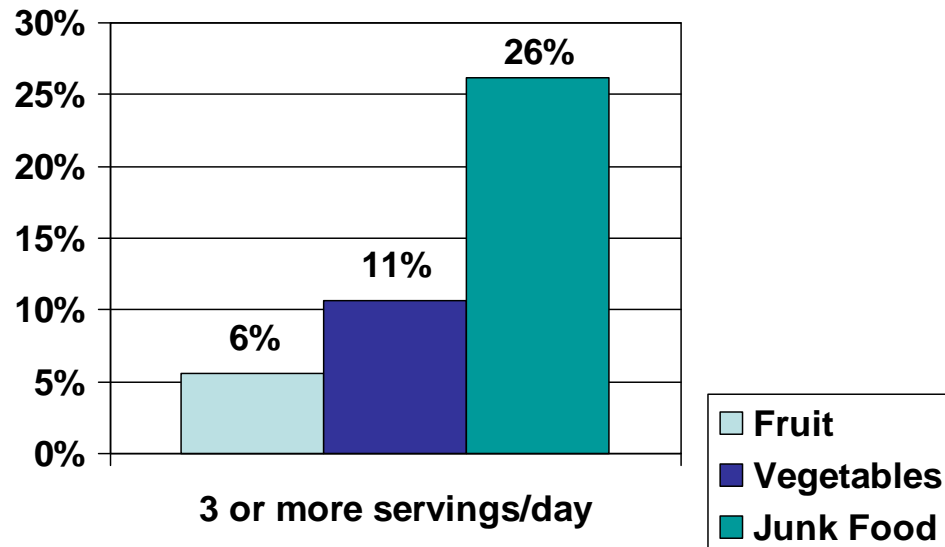
YRBSS

Macon County - 2002

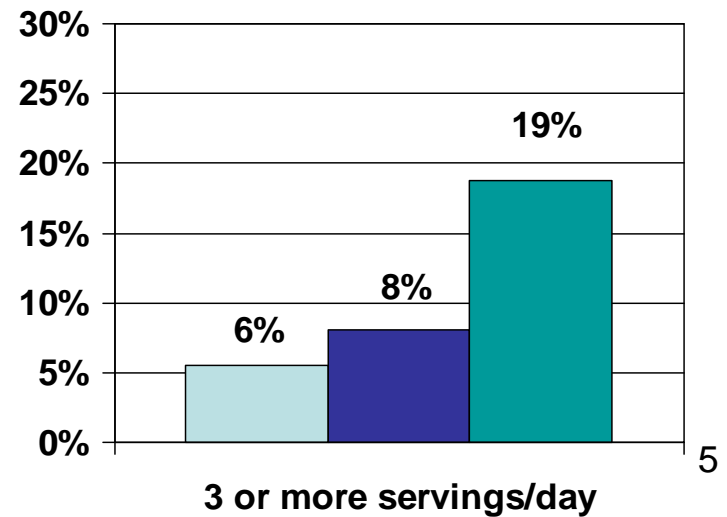
- Administered April & May of 2002
- Total of 1,594 respondents of 2,224 enrolled students a (71.7% response rate).
- High School – Total=885, M=437, F=443
- Middle School – Total=709, M=361, F=347
- Topics: dietary habits, physical activity, tobacco, alcohol and drug use, violence, sexual behavior, safety, and depression

% of Students Who Eat 3 or More Servings Per Day

High School

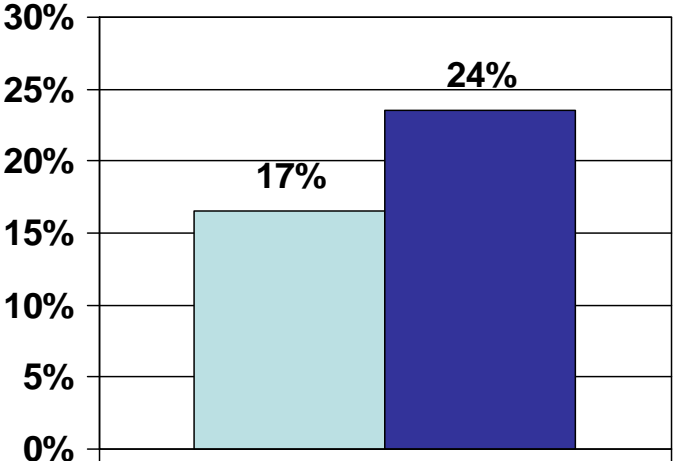


Middle School



% of Students Who Drink 3 or More Servings Per Day

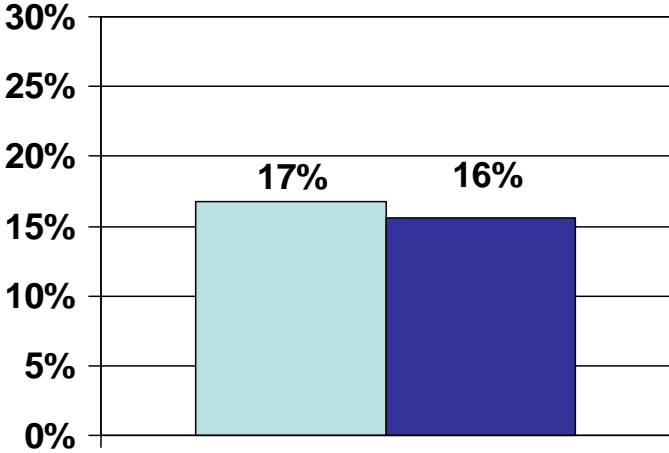
High School



3 or more servings/day

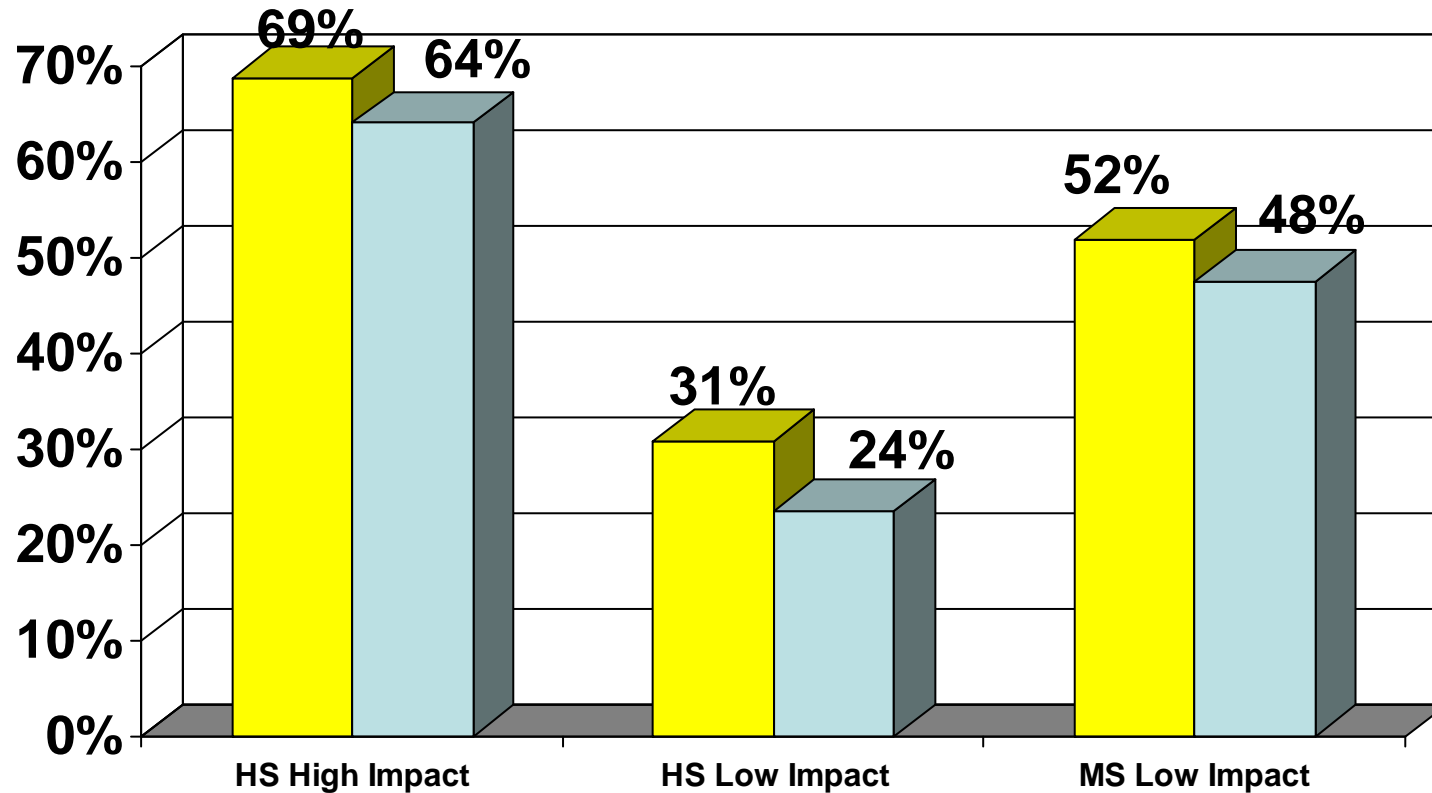


Middle School



3 or more servings/day

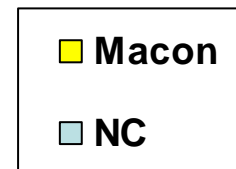
Physical Activity



HS High Impact = 20 min. for 3 or more out of 7 days

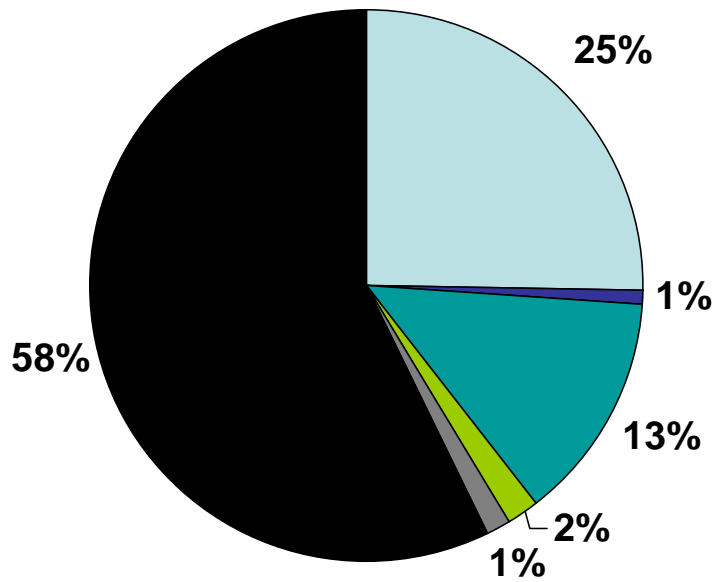
HS Low Impact = 30 min. for 5 or more out of 7 days

MS Low Impact = 30 min. for 3 or more out of 7 days

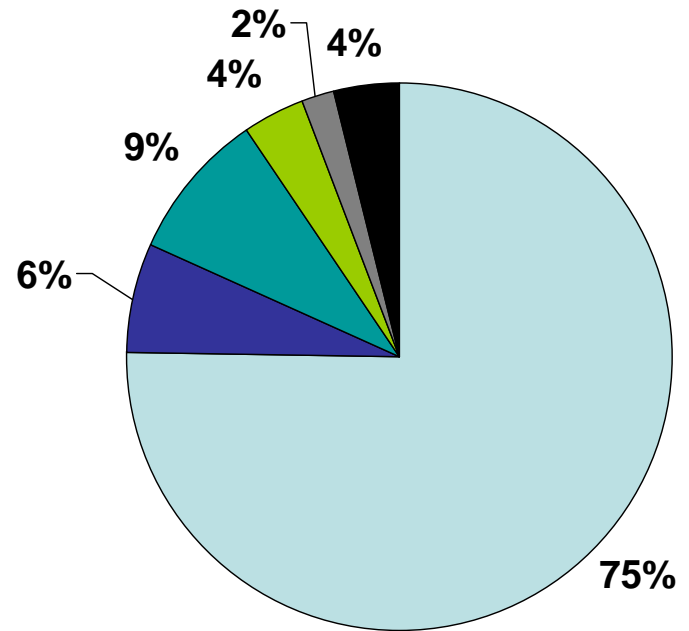


of Days/Week in PE Class

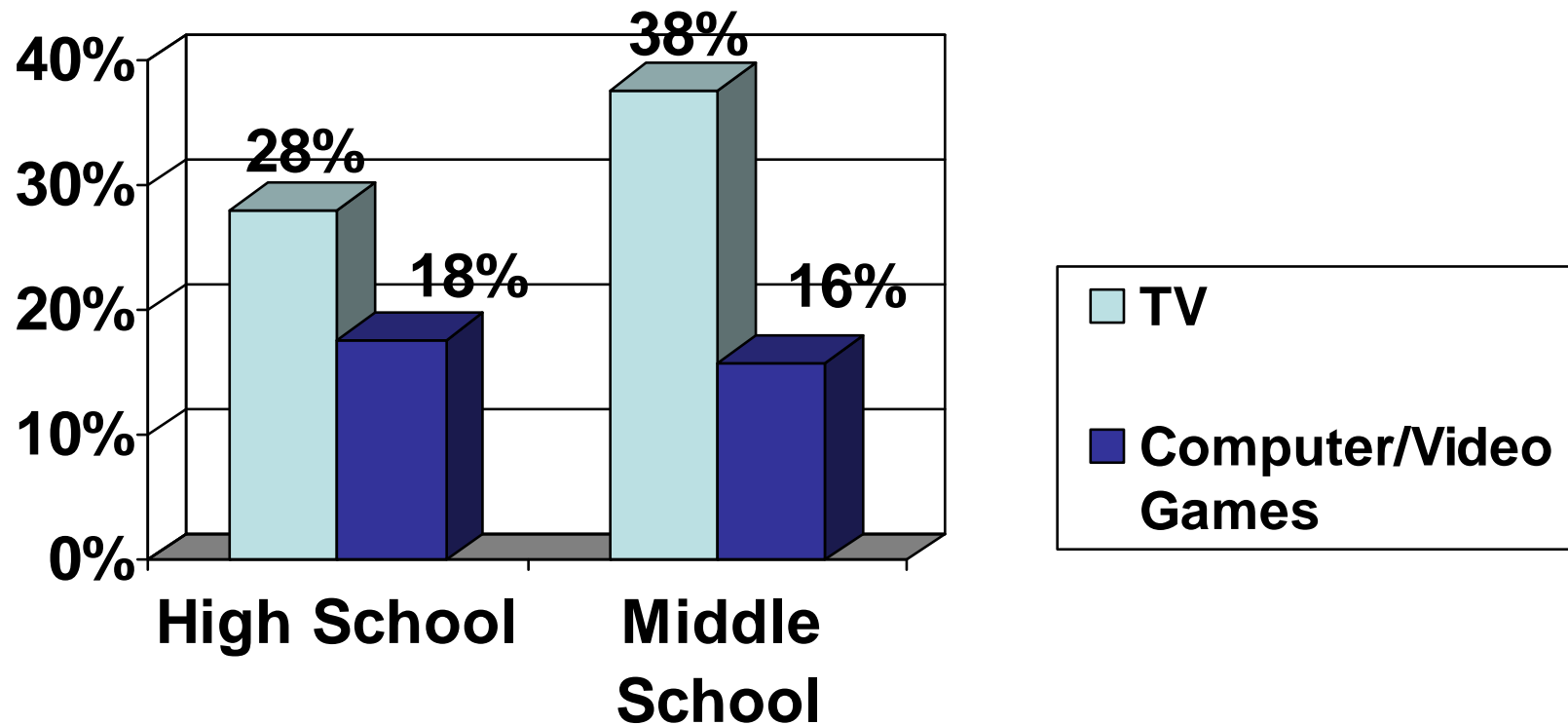
High School



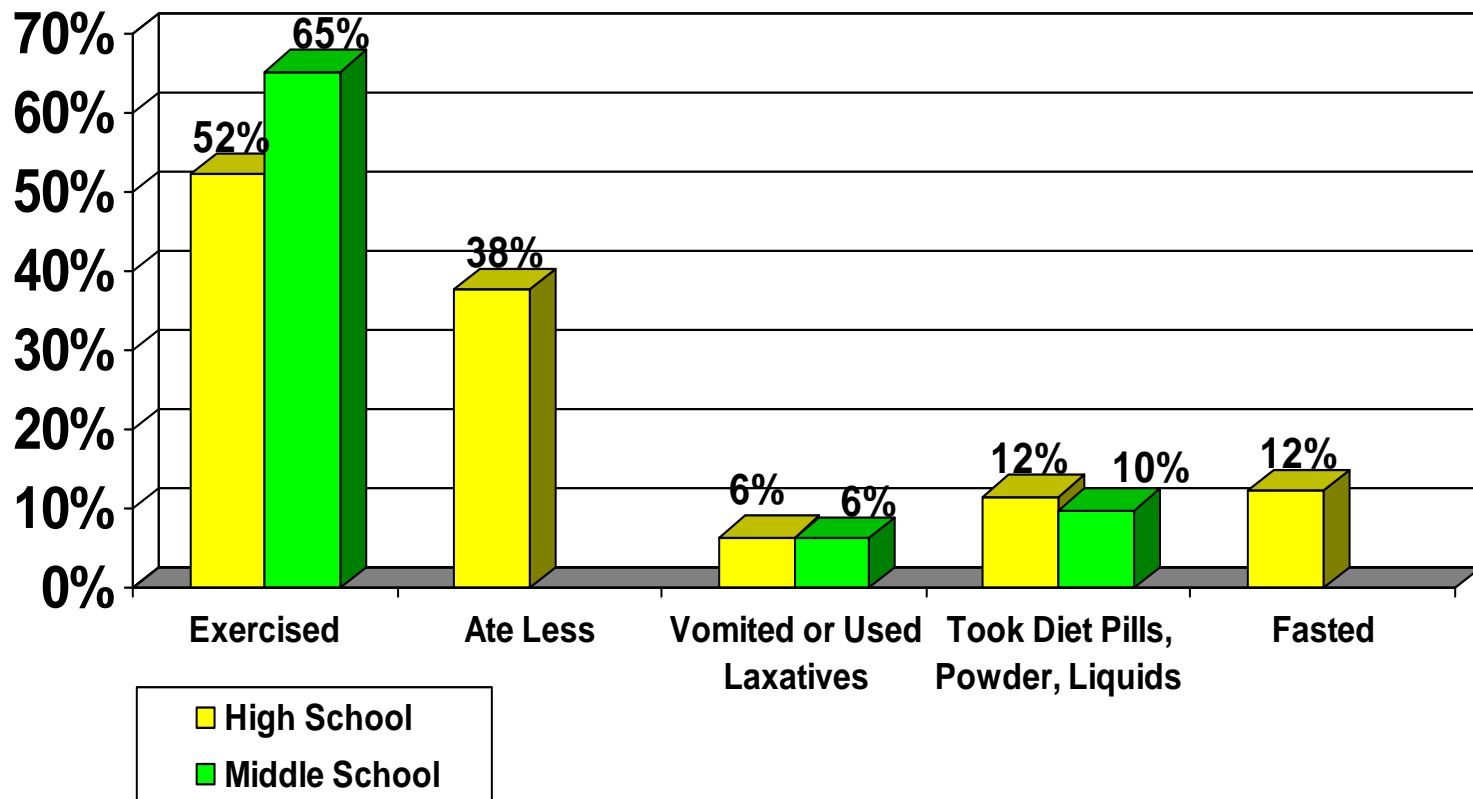
Middle School



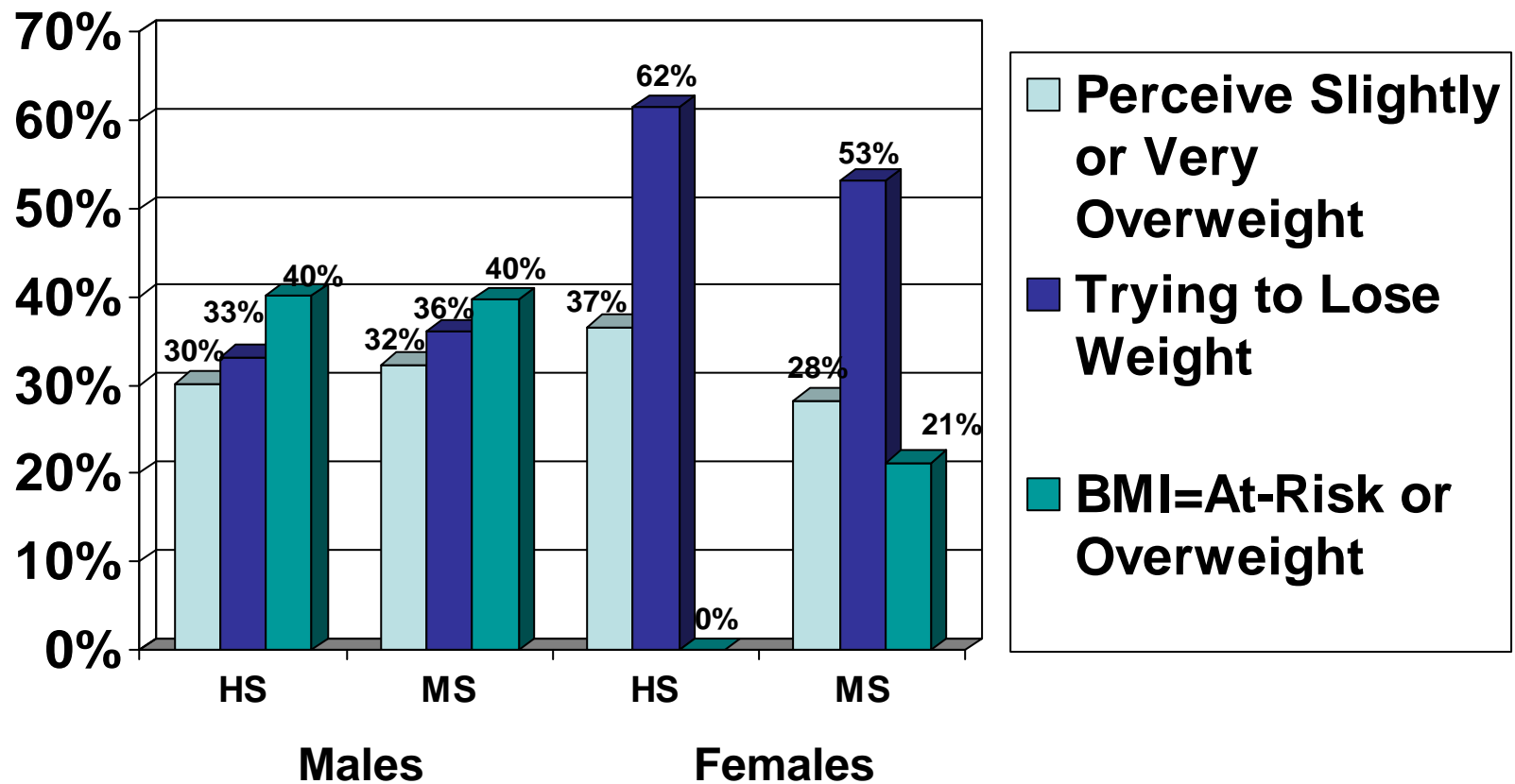
TV & Computer/Video Game Usage 3 or More Hours on an Avg. School Day



Methods of Losing Weight

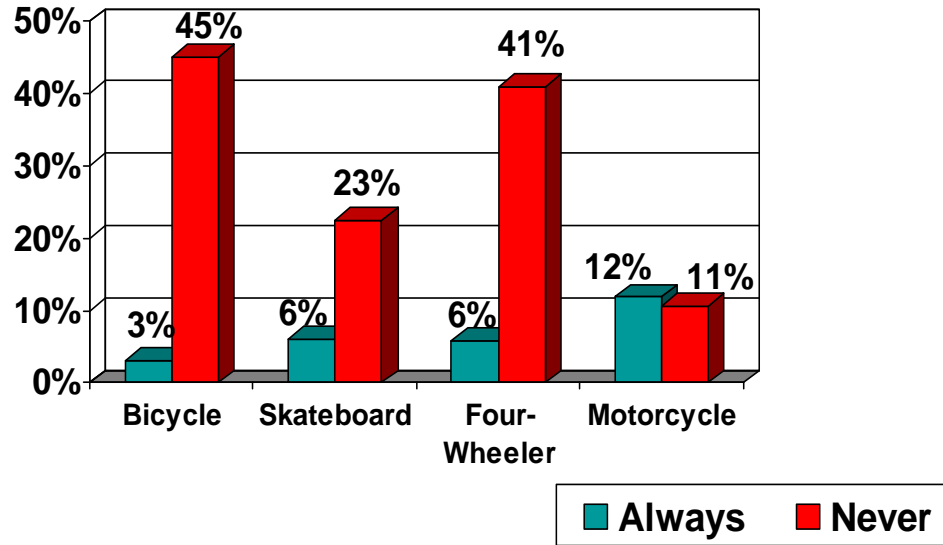


Weight Perceptions

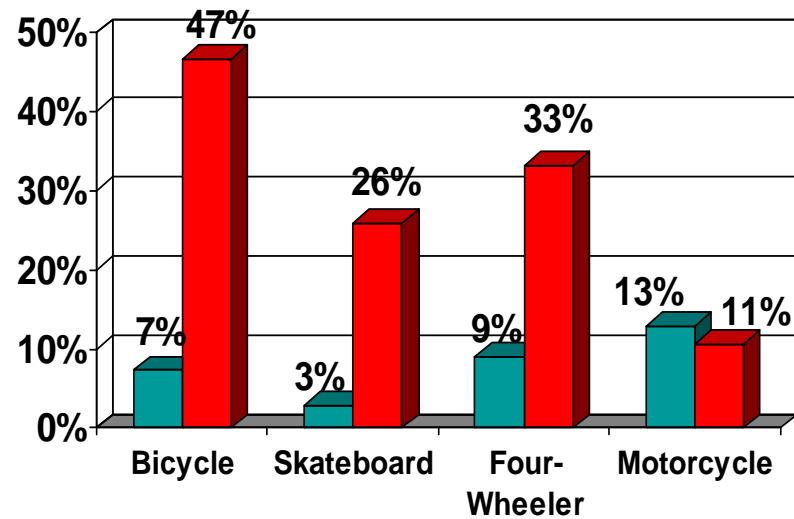


Helmet Usage

High School

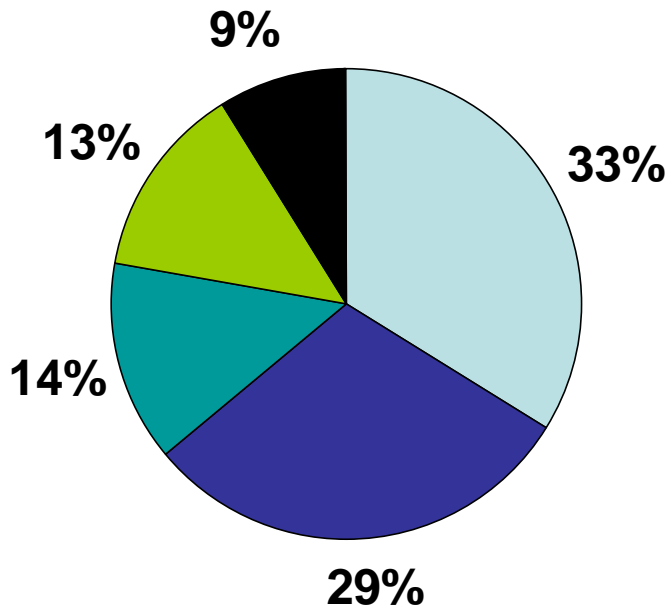


Middle School

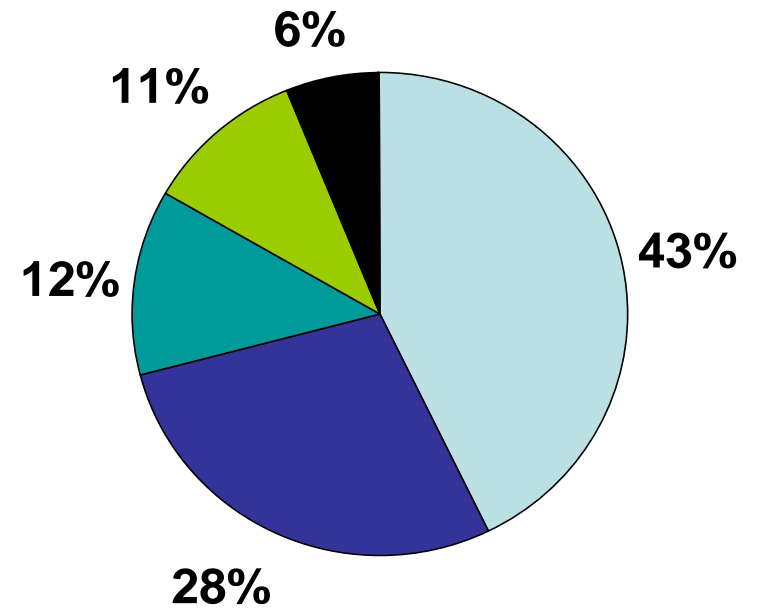


“How often do you wear your seatbelt when riding in a car?”

High School

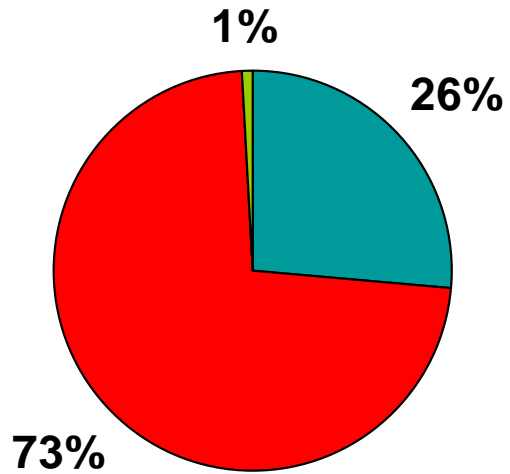


Middle School

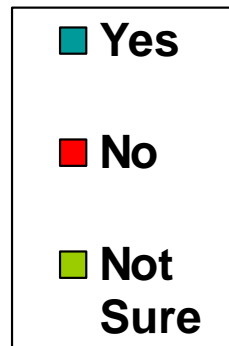
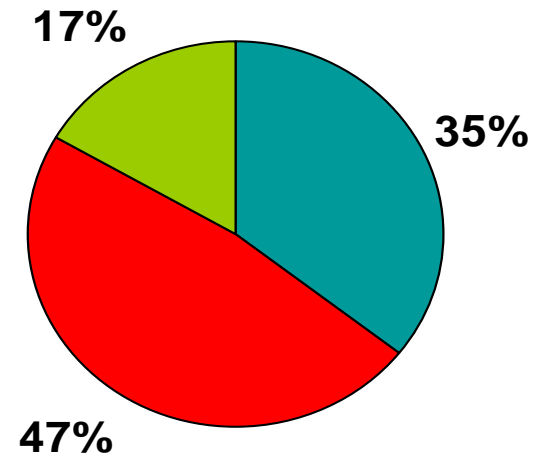


**“Have you ever ridden in a car driven
by someone who had been drinking alcohol?”**

High School



Middle School



“During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?”

- **0 days = 62%**
- **> 1 days = 38% (> 6 days = 25%)**
- **HS exceeds state average by 100%**

“During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?”

- **0 days = 74%**
- **> 1 days = 26% (> 6 days = 16%)**
- **HS exceeds state average (5%) by 425%**
- **MS exceeds state average (5%) by 100%**

Also higher than state averages:

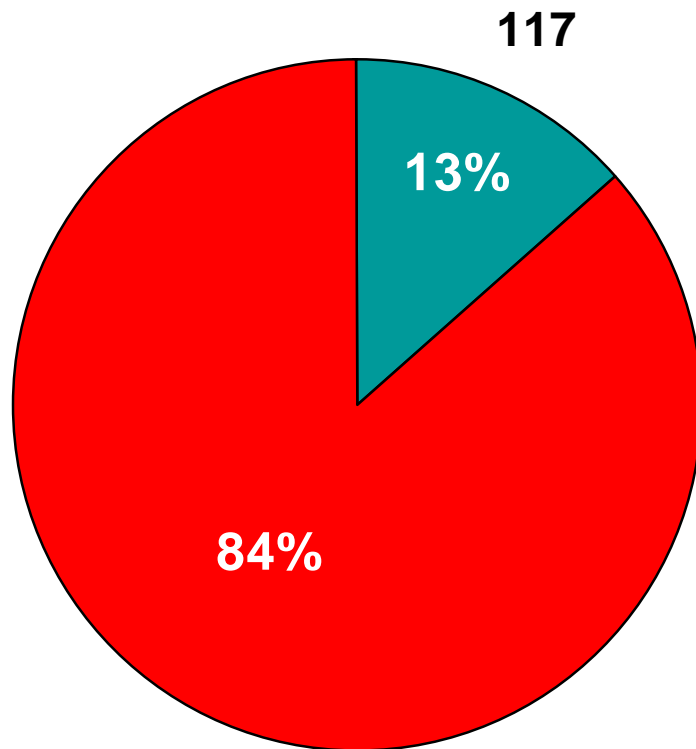
- Injured in fight, treated (past 12 months)
=100% (3% vs. 6%)
- Threatened/injured with weapon (≥ 1 day on school property) =51% (8% vs. 12%)
- Physical fight (≥ 1 day on school property)
=46% (11% vs. 16%)

However, Macon County Students on average feel safer...

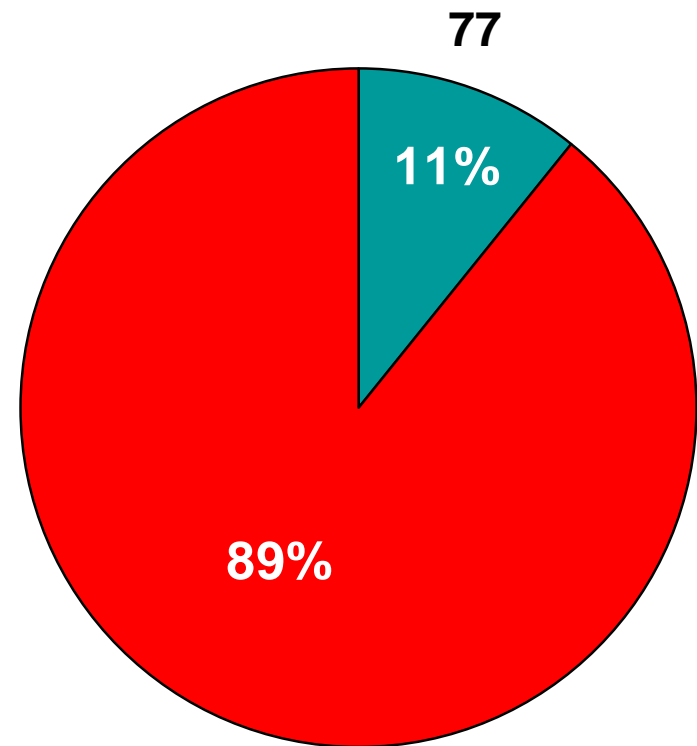
- HS, violence is a problem at school=14%
(below state average by 48%)
- HS, harassment/bullying is a problem at
school=28% (below state average by 12%)
- MS, violence is a problem at school=27%
(below state average by 10%)

“During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?”

High School

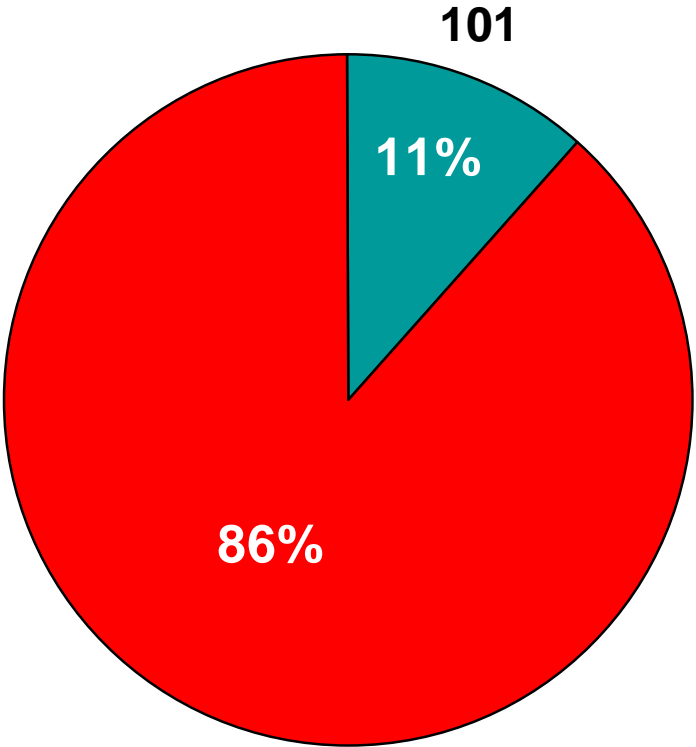


Middle School

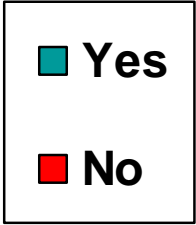
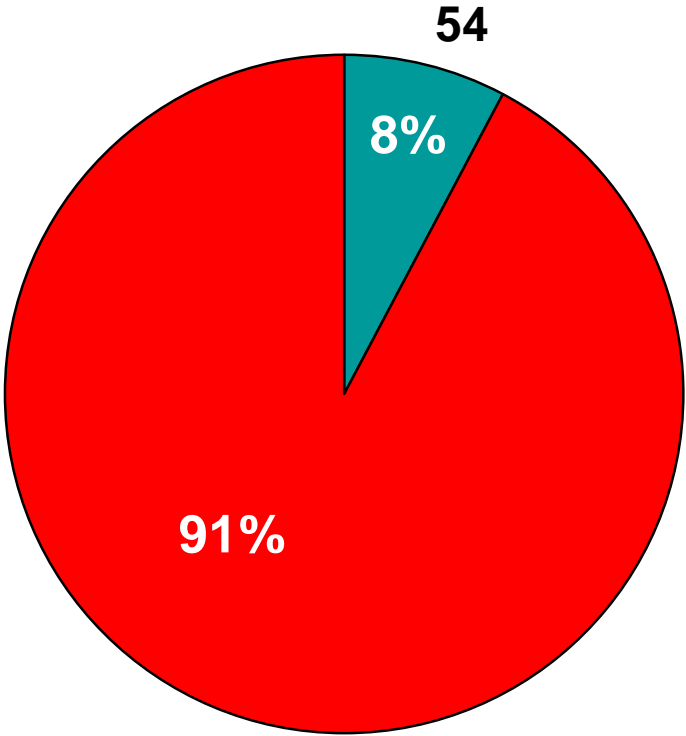


“Have you ever been physically forced to have sexual intercourse when you did not want to?”

High School



Middle School

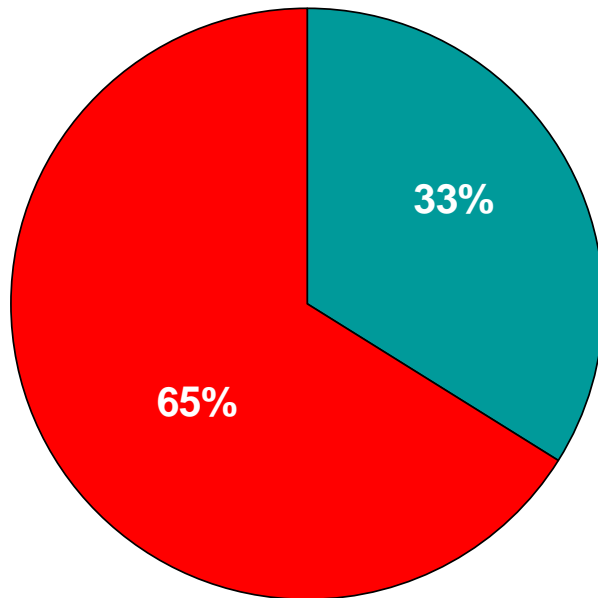


How do you feel? I feel...

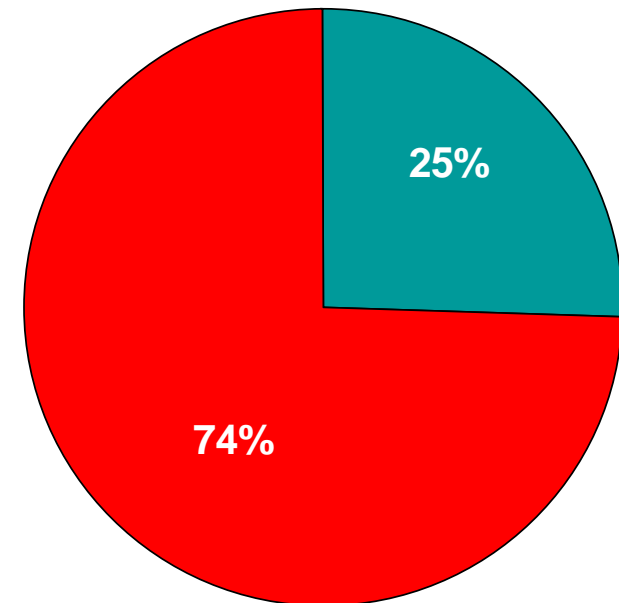
- Stressed
 - Most of the time =5% HS, 12% MS
 - Never =24% HS, 18% MS
- Alone
 - Agree =16% HS
 - Disagree =68% HS
- Good about myself
 - Agree =67% HS, 70% MS
 - Disagree =15% HS, 12% MS

“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?”

High School



Middle School



During the past 12 months, have you...?

- Seriously considered (ideation) suicide=
22% HS (197), 22% MS (158)
- Made a plan (gesture)=16% HS (139)
- Actually attempted=17% HS (151)
- 82% have not considered suicide

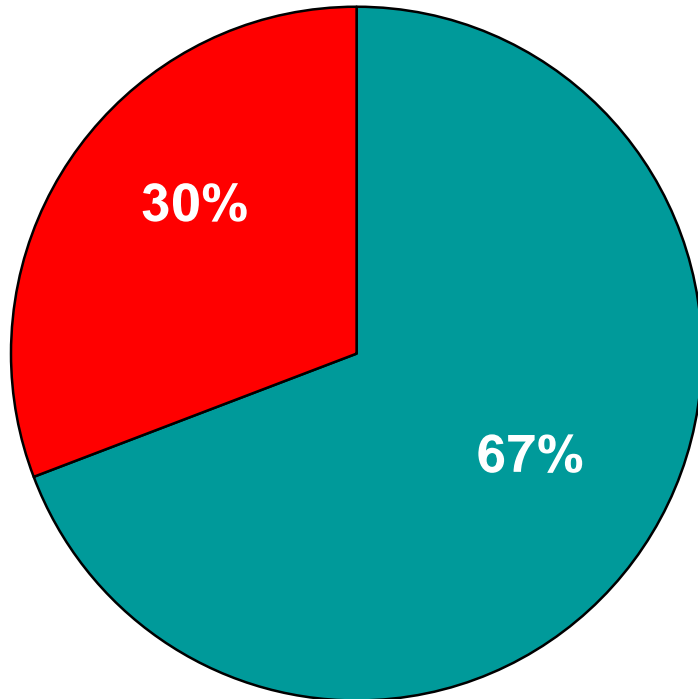
Of those who claim they actually attempted suicide (17%)...

- 1 time =59% (90)
- 2 or 3 times =14% (20)
- 4 or 5 times =11% (14)
- \geq 6 times =18% (27)

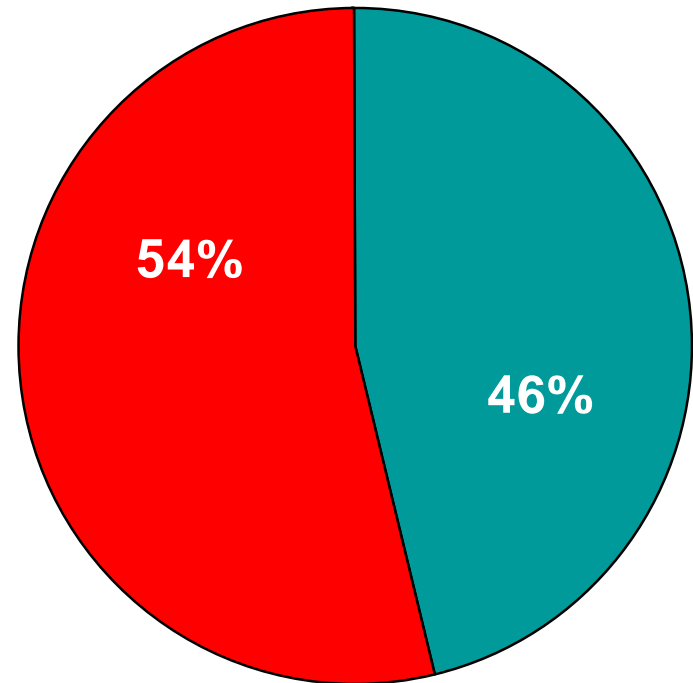
* HS exceeds state average for seriously considering suicide by 25%

“Have you ever tried cigarette smoking, even one or two puffs?”

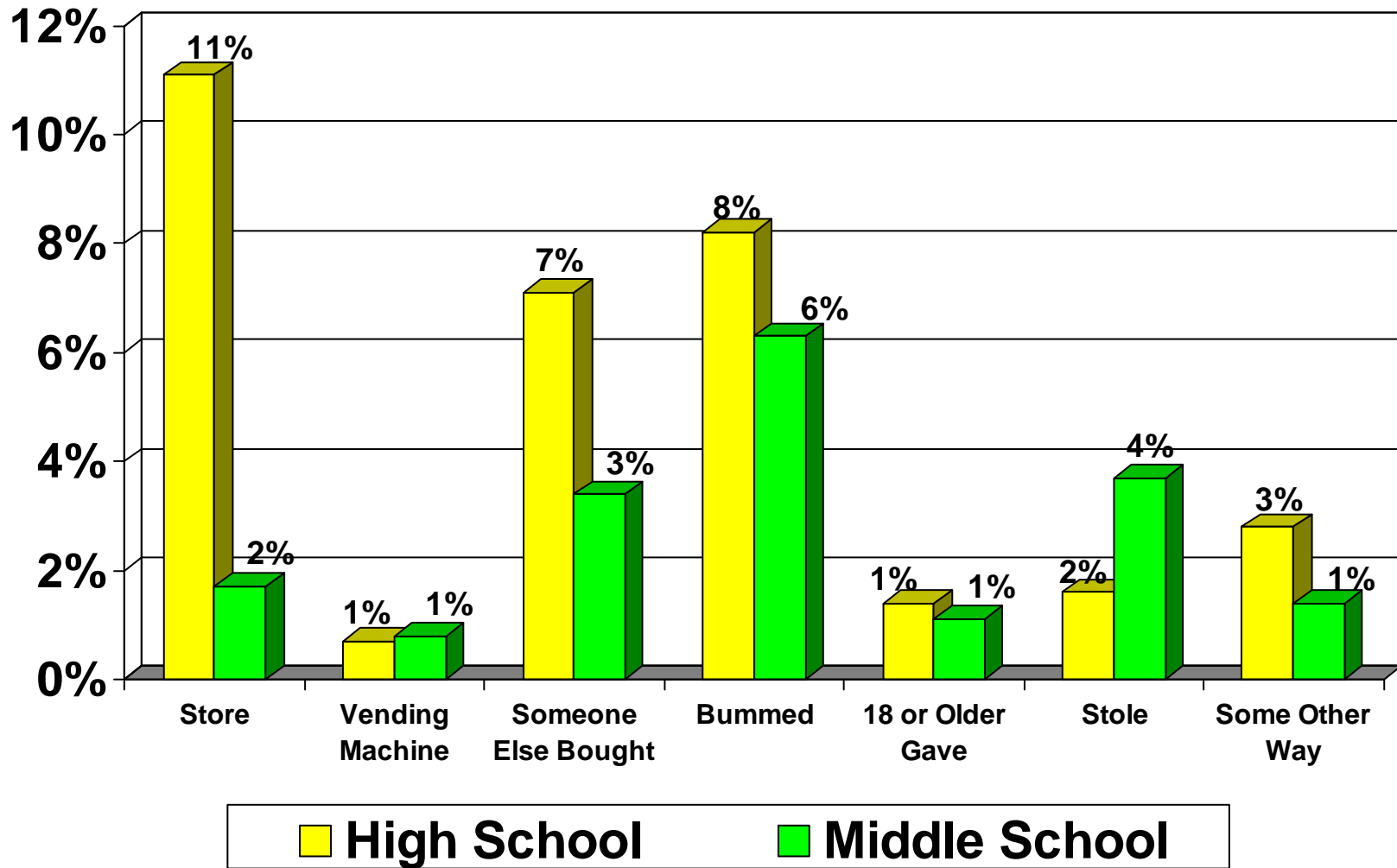
High School



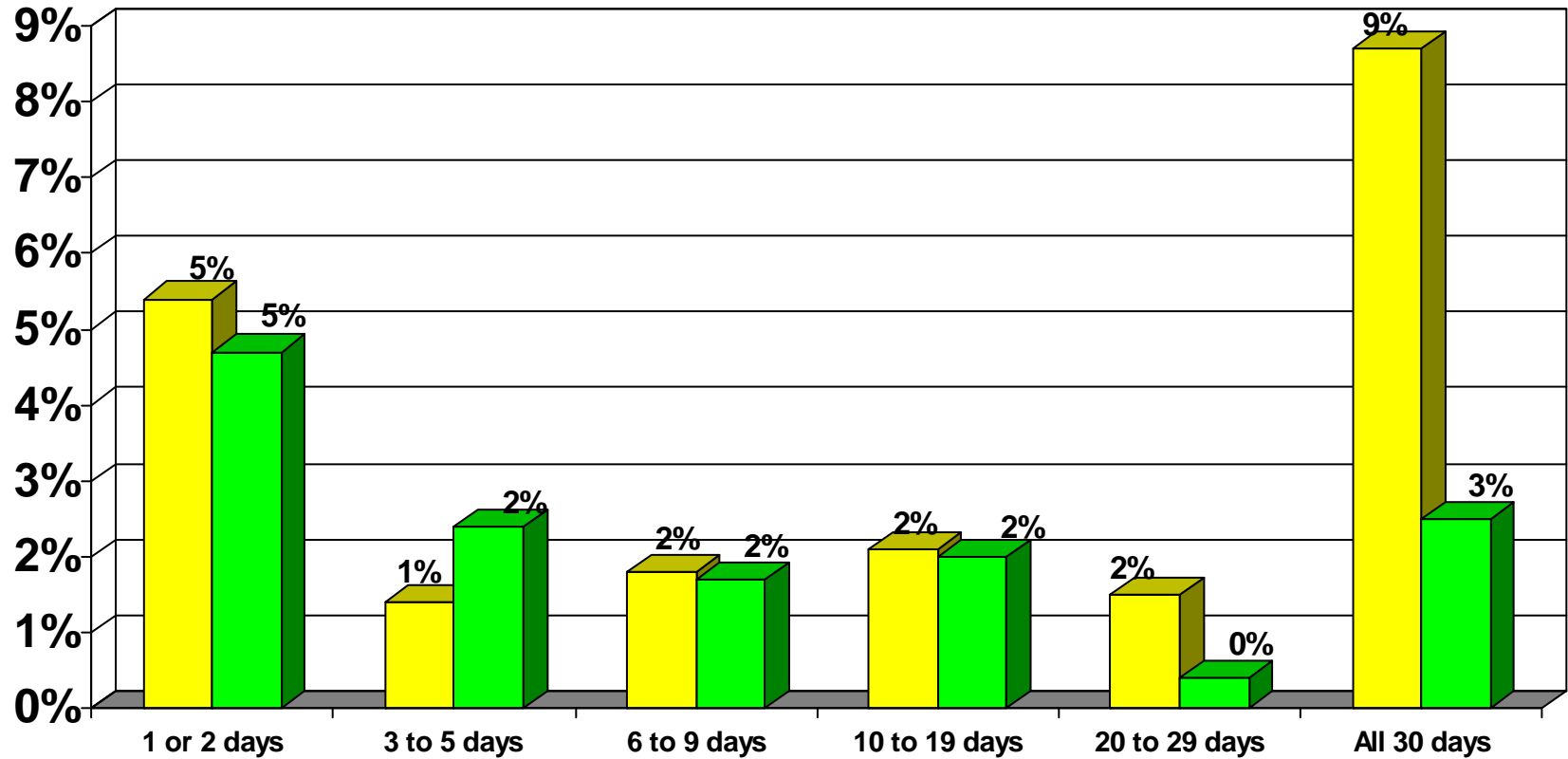
Middle School



“During the past 30 days, how did you usually get your own cigarettes?”



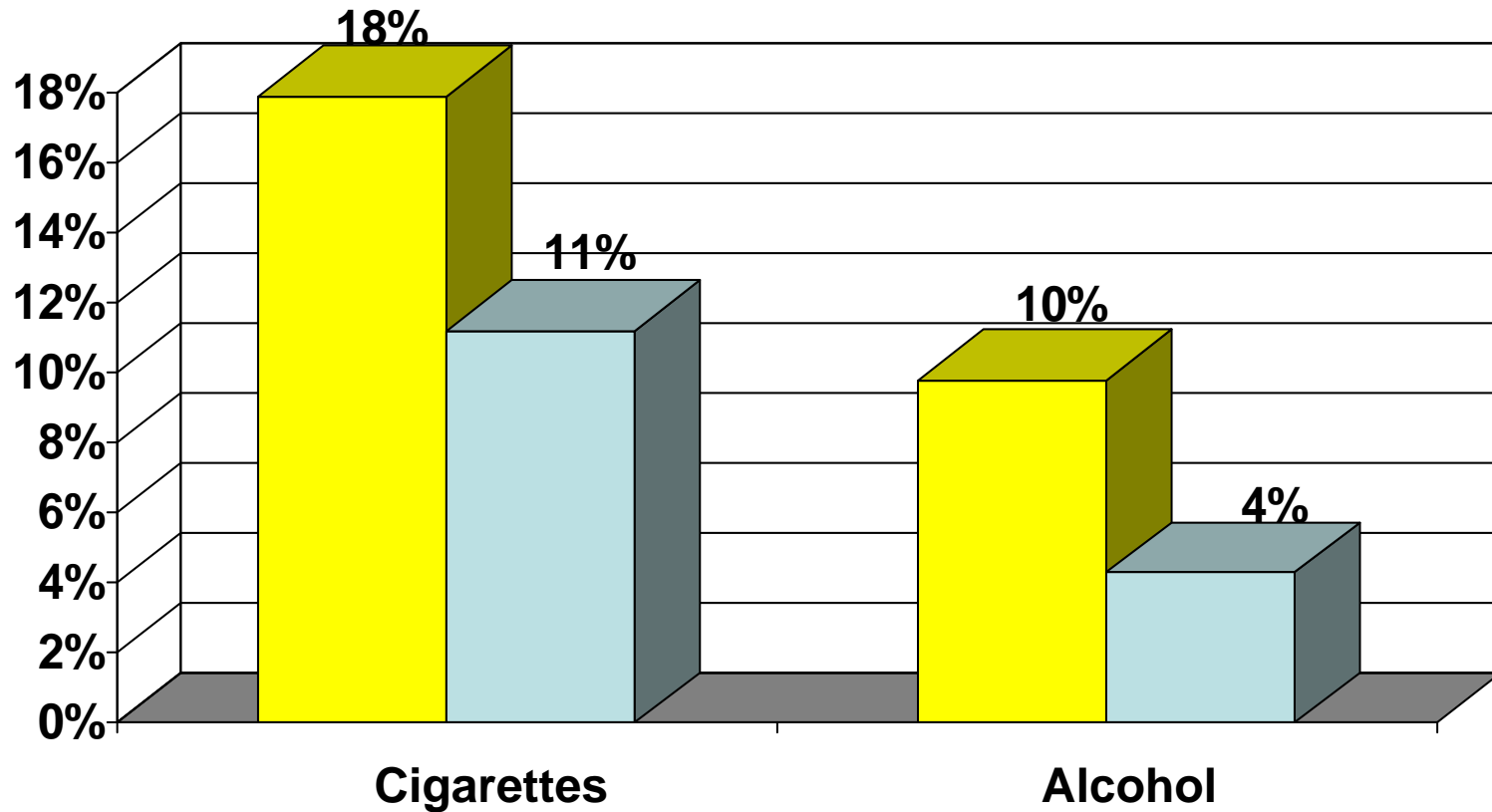
“During the past 30 days, on how many days did you use smokeless tobacco?”



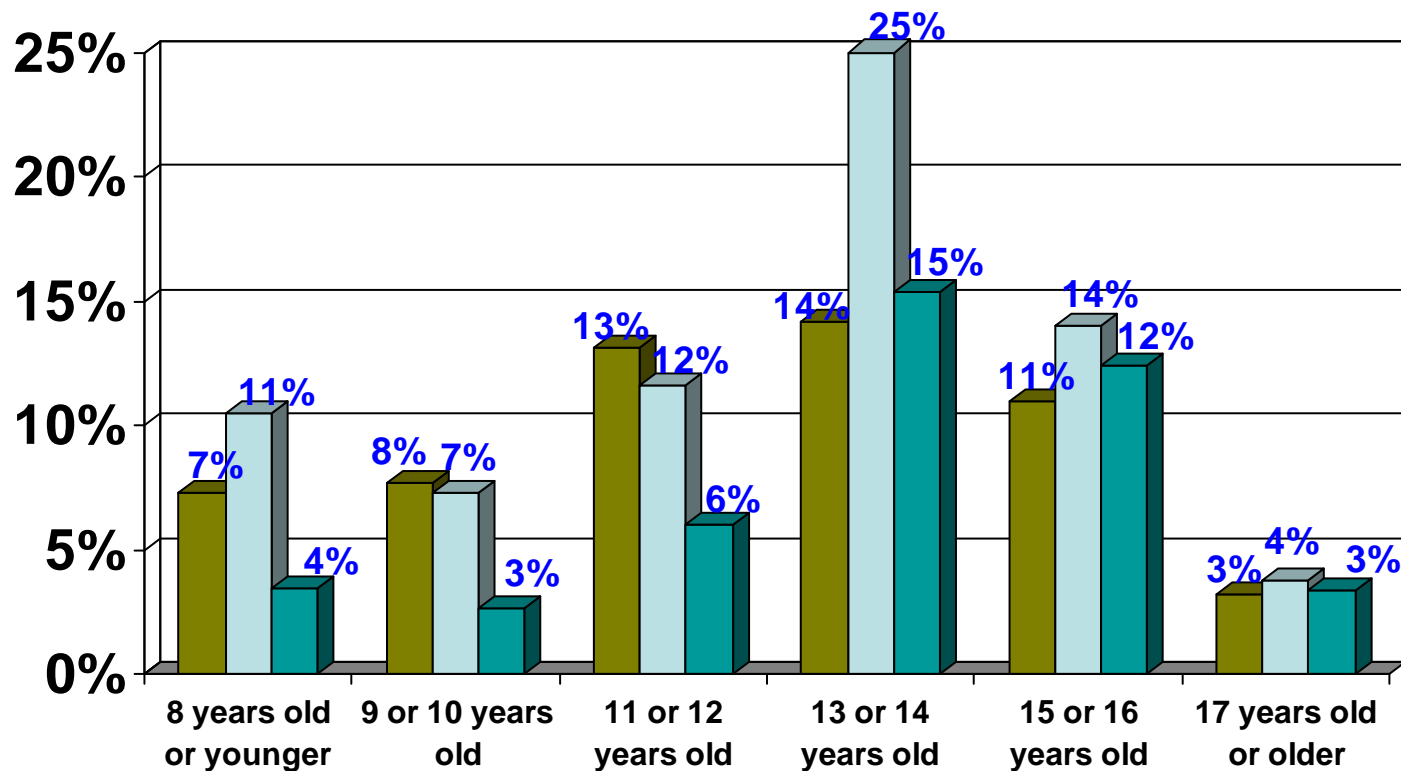
■ High School
■ Middle School

Never – 78% HS, 85% MS

Cigarettes and Alcohol 1 or More Days on High School Property



How old were you the first time...? High School

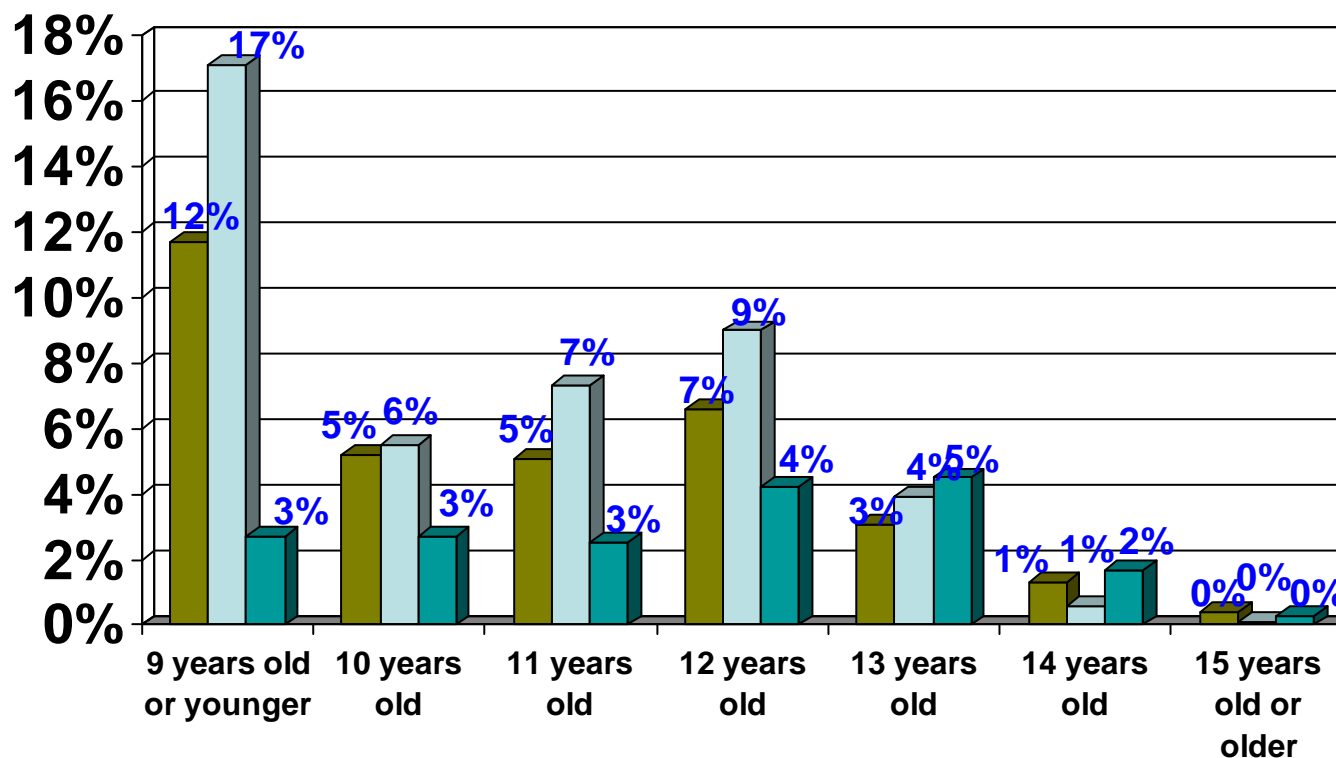


- Cigarettes
- Alcohol
- Marijuana

Never – 42% Cigarettes, 27% Alcohol, 56% Marijuana

How old were you the first time...?

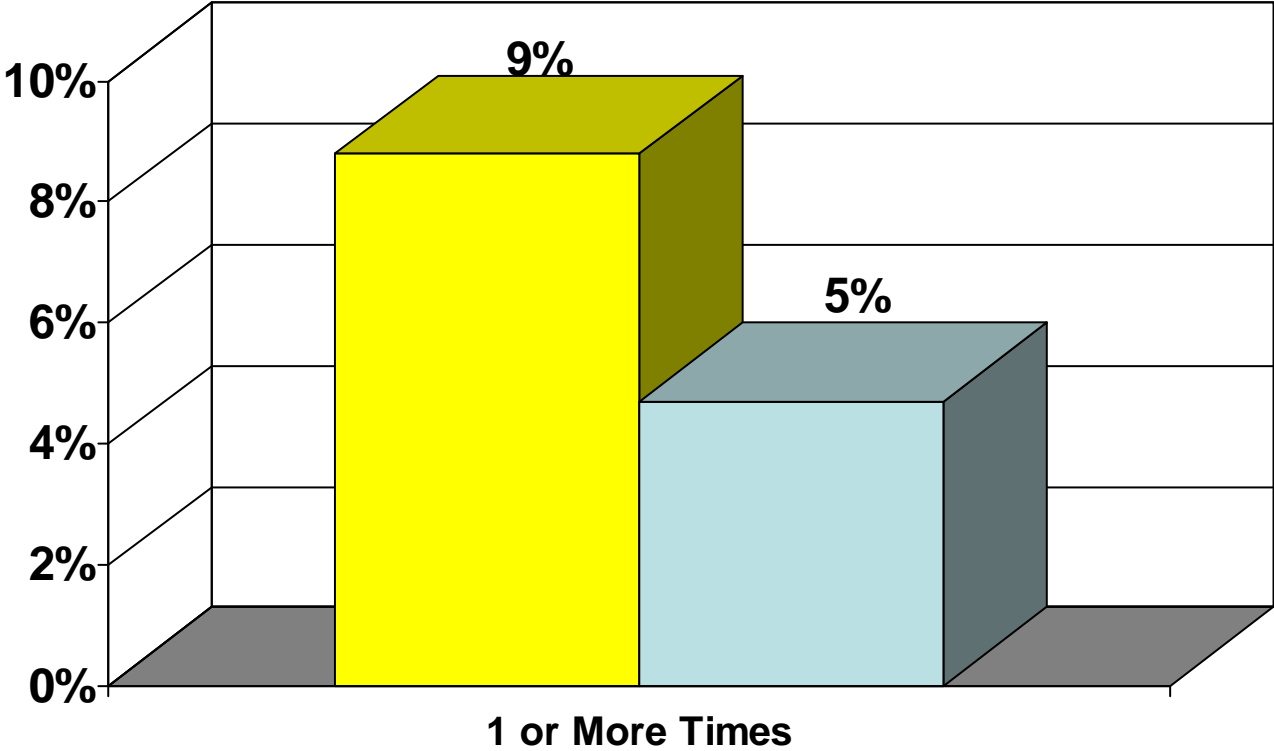
Middle School



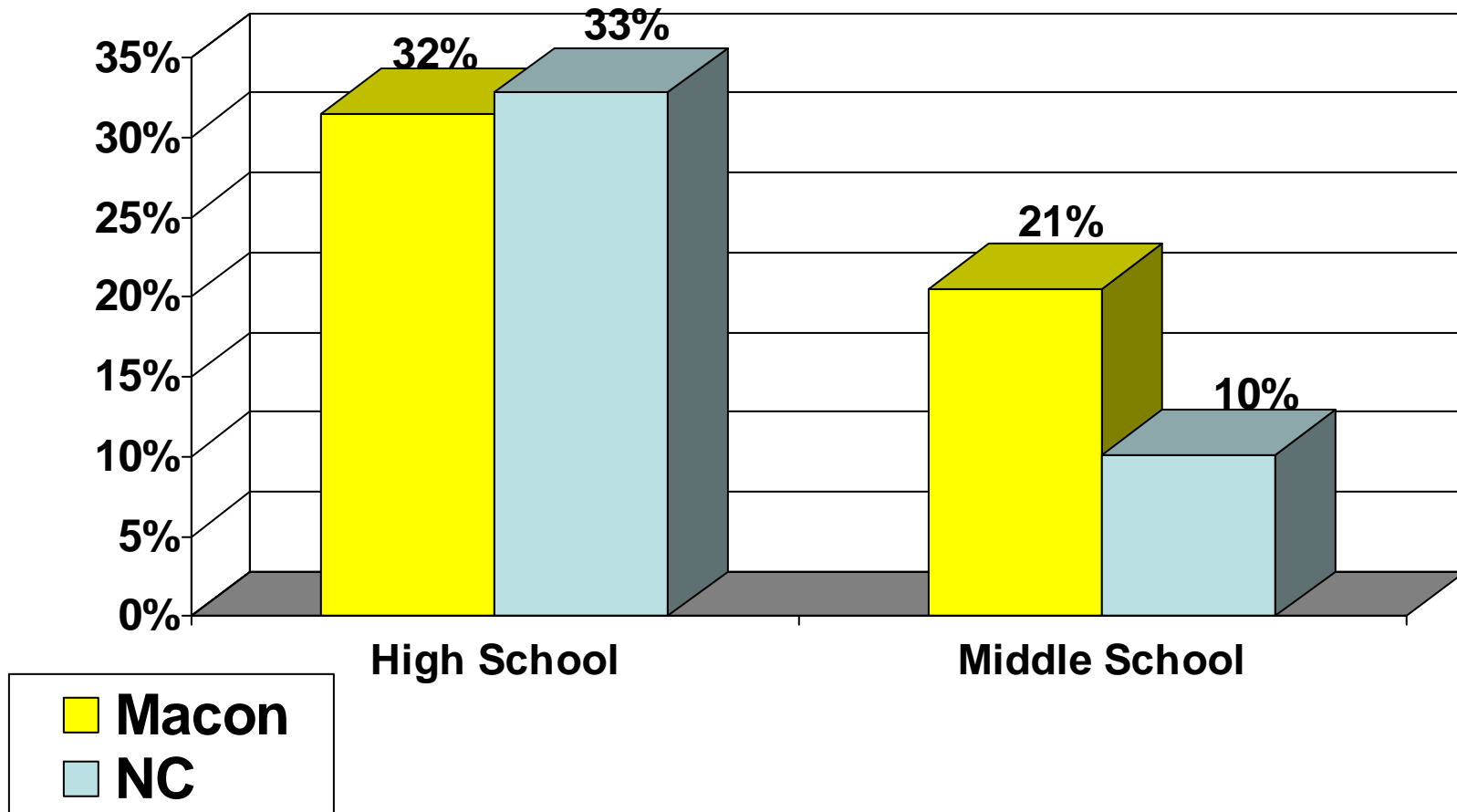
- Cigarettes
- Alcohol
- Marijuana

Never – 64% Cigarettes, 52% Alcohol, 80% Marijuana

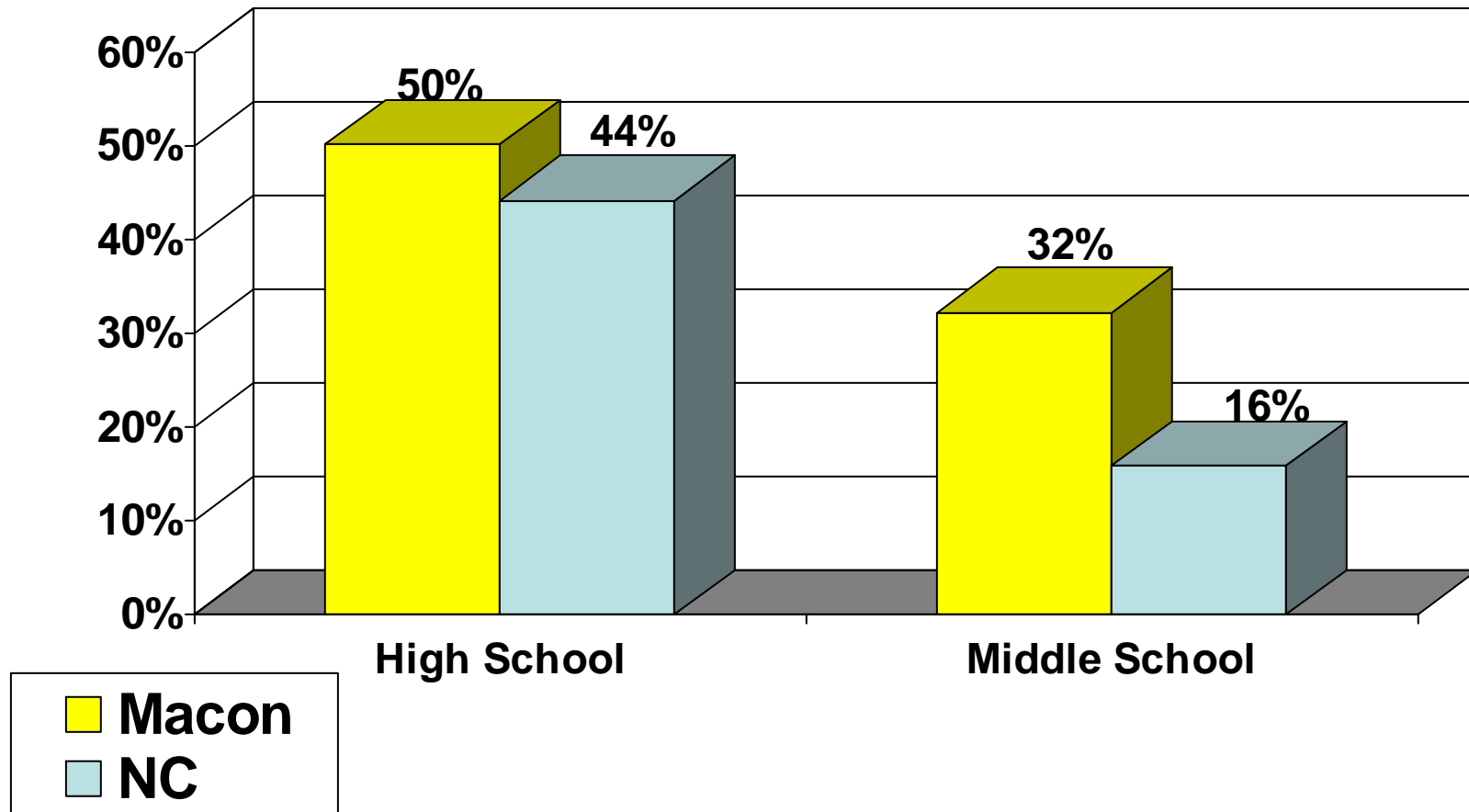
Marijuana 1 or More Times on High School Property



Yes, I have been offered illegal drugs on school property.

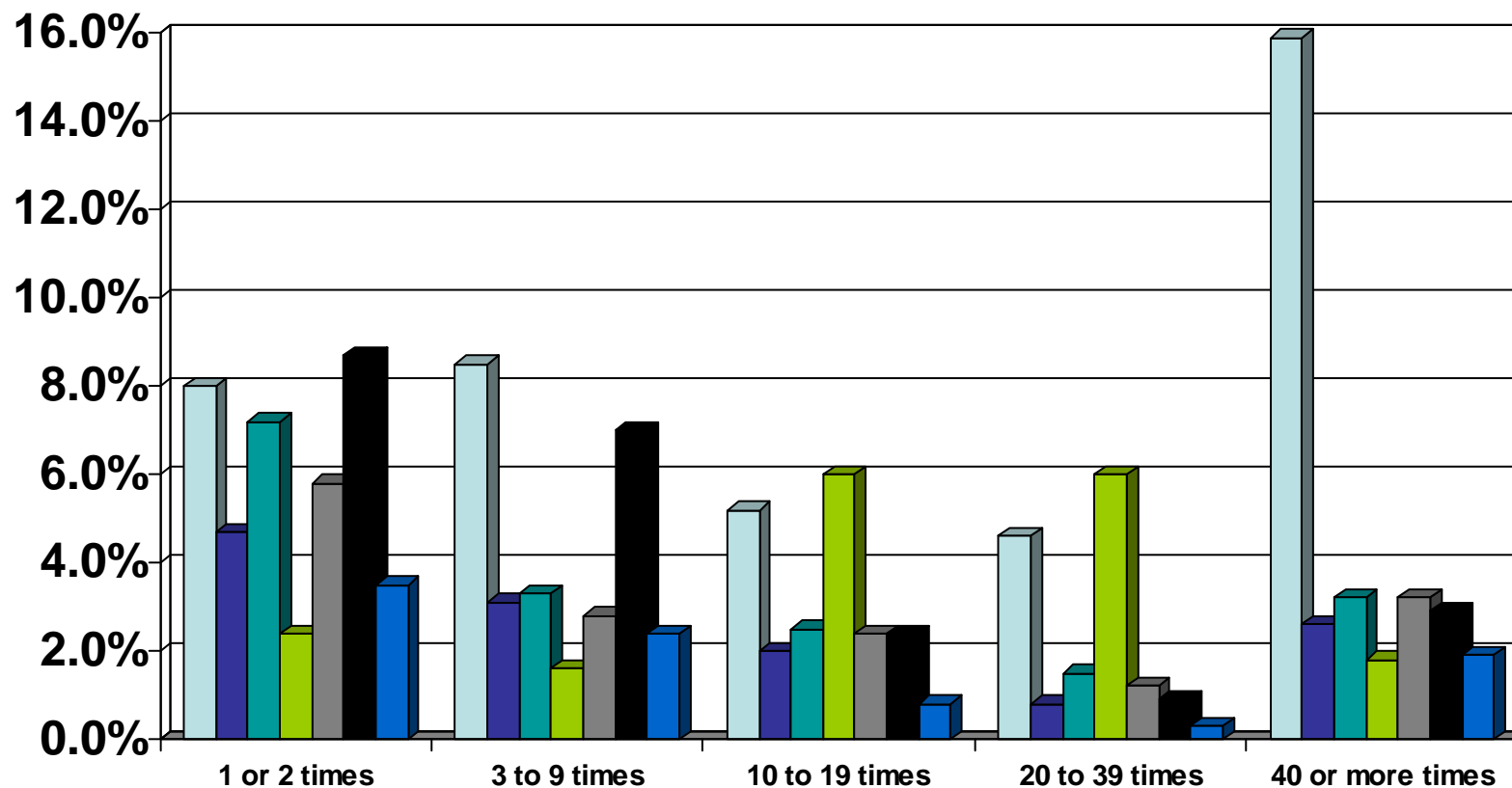


Yes, drugs are a problem at my school.

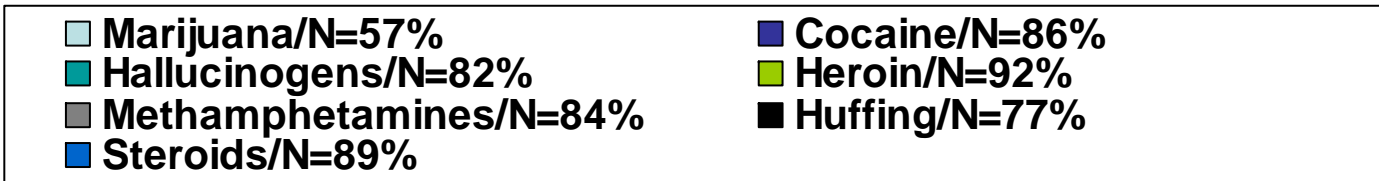


During your life, how many times have you...?

High School

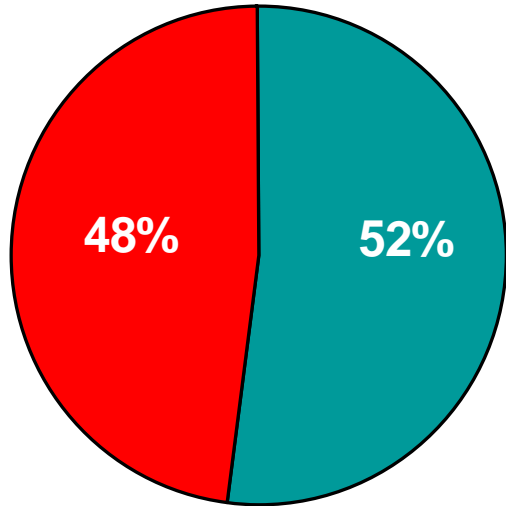


Never

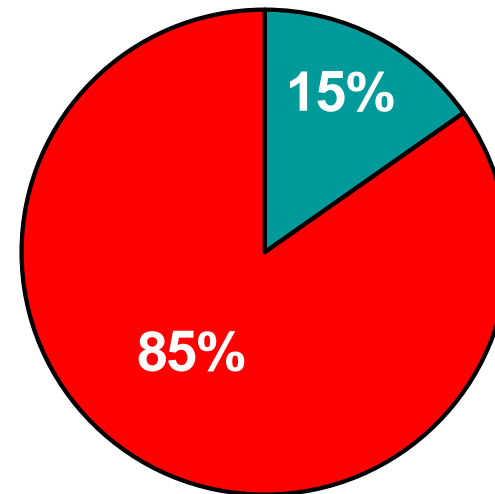
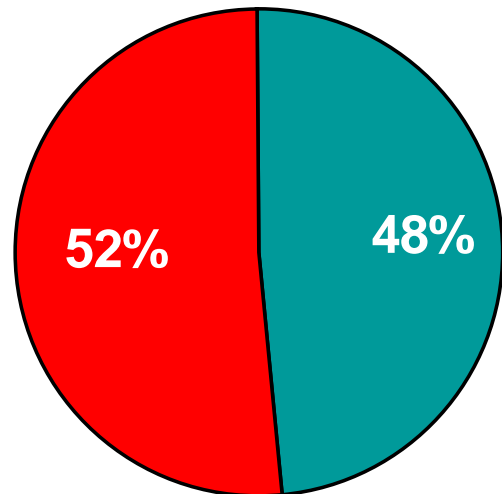
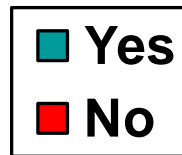
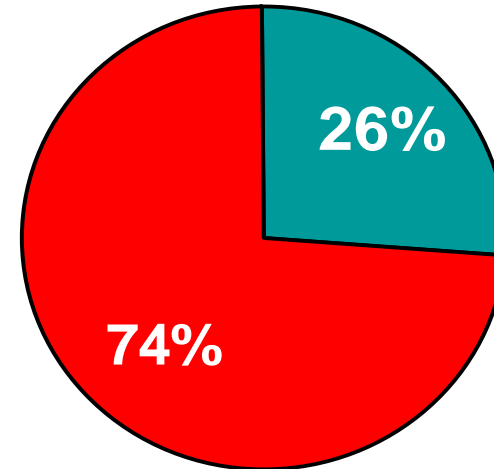


Percentage of Youth Who Ever Had Sexual Intercourse

High School Males



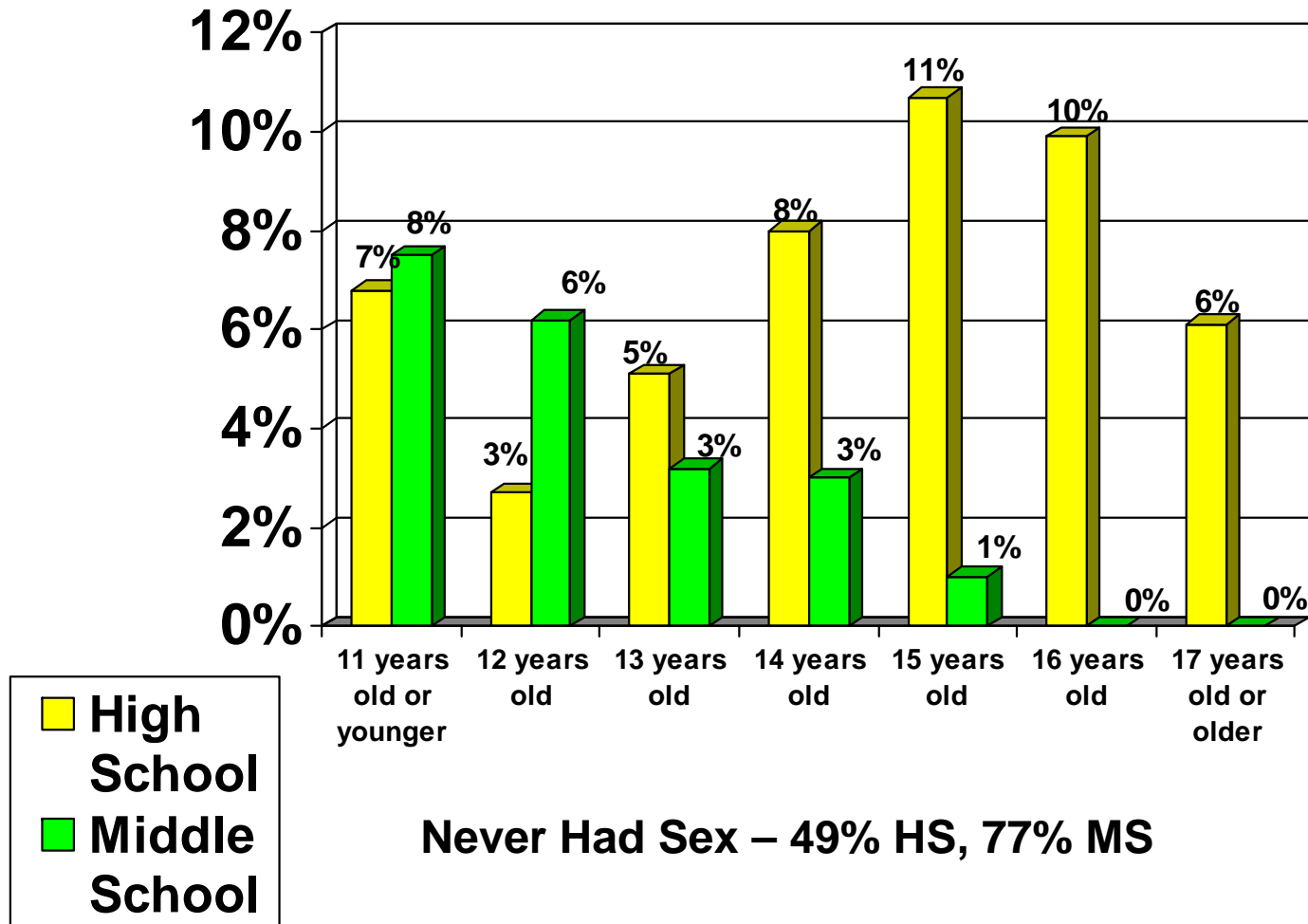
Middle School Males



High School Females

Middle School Females

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



Of high school students having sex...

- ≥ 1 partner = 49% (with 8% reporting have ≥ 6 partners)
- Prior alcohol/drugs = 29%
- Condom use = 39%
 - (former Surgeon General fired over this issue)

“How many times have you been pregnant or gotten someone pregnant?”

- ≥ 1 or more times = HS 6% (53), MS 3% (21)
- Not Sure = HS 3% (30), MS 2% (14)

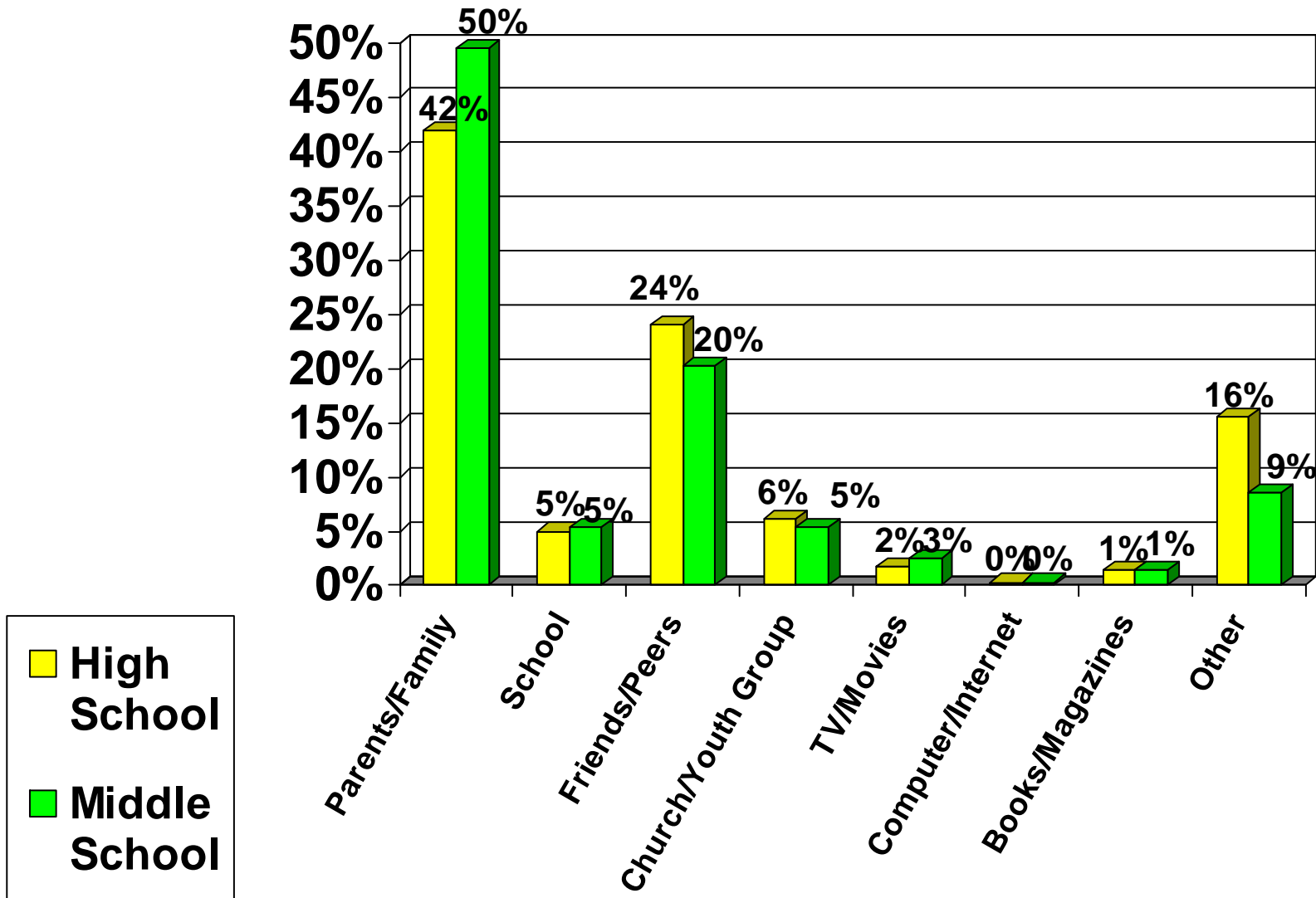
The Good News...

- High School
 - Adults home after school
 - Less smokers 20+ days of prior month
 - Helmet use on motorcycles/bikes
 - Less perception that violence is a problem at school
 - Less avoidance of school for feeling unsafe
 - Less harassing/bullying at school

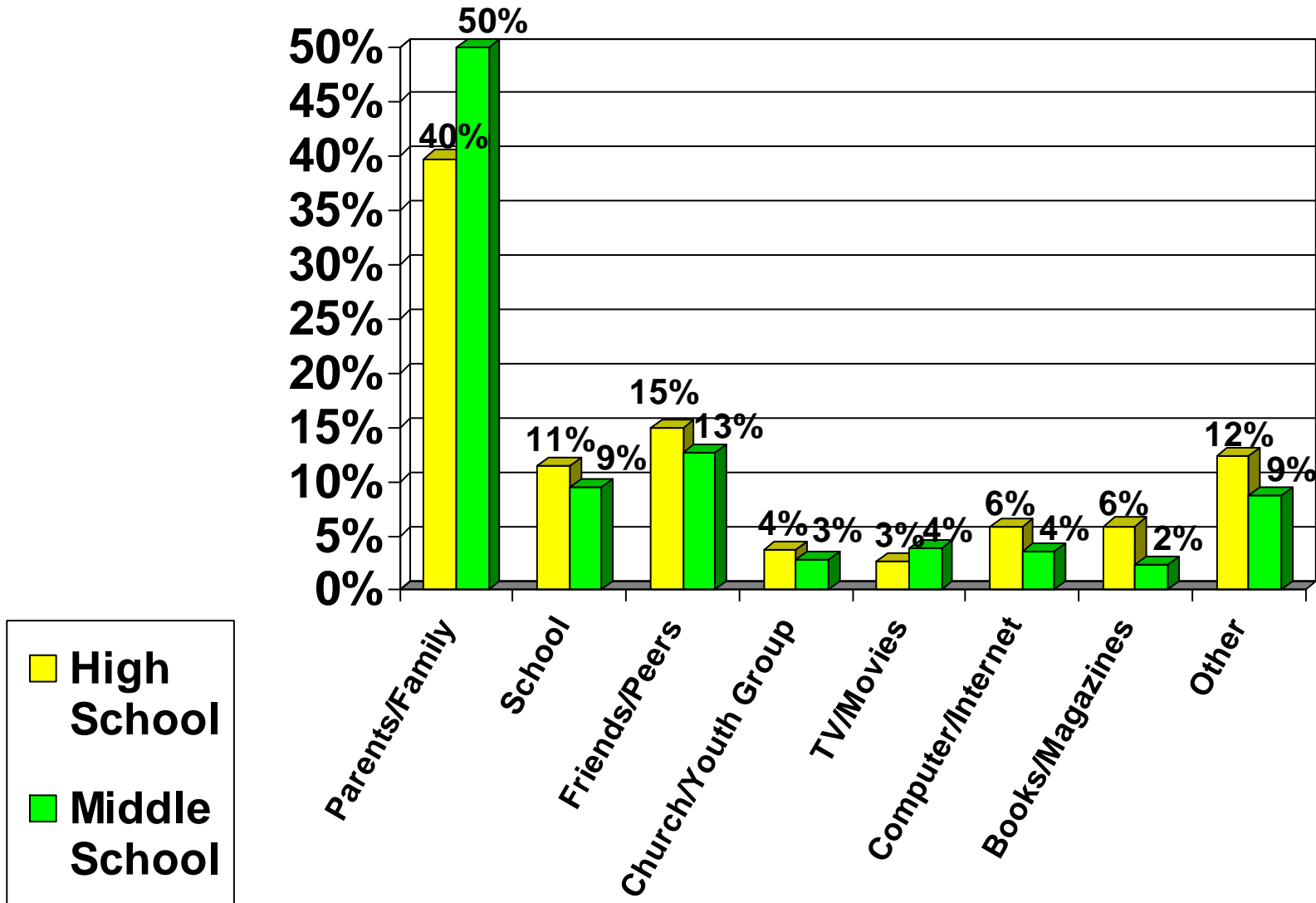
The Good News...

- Middle School
 - Less overweight/less at risk
 - Wearing helmets on bikes
 - Less perception that violence is a problem at school
 - Less stolen/damaged property

"Which of the following influences your decisions about health the most?"



"From which of the following would you prefer to get information about health?"



Next Steps

- Continue to share data (school, youth, parents, community, health services, etc.)
- Open discussion of interpretation/implication of results
- Focus groups
- Involve community youth at all levels
- Creation/adaptations of new/existing resources
- Evaluate measures
- Future administration of YRBSS to follow trends
- Continue to share data...

Thank You to...

- Healthy Carolinians of Macon County
- Macon County Board of Education
- Macon County School System
- Macon County Public Health Center
- Angel Medical Center and Medical Staff
- Highlands-Cashiers Hospital
- Macon Program for Progress
- Smoky Mountain Counseling Center
- Macon Co. Dept. of Social Services
- Macon County Students
- Members of Several PTOs
- CARA and Dr. Tom Plaut of Mars Hill College

*Financial support came from a variety of local private/public resources; no funds were sought from the Macon County School System.

**For More Information about the
CDC's Youth Risk Behavior
Surveillance Survey:**

www.cdc.gov/YRBSS

**For More Information about the
2002 Macon County YRBSS, Contact:**

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Healthy Carolinians of Macon County, Inc.

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