

# 2015 Winston Salem/Forsyth County High School Youth Risk Behavior Survey Results

July, 2016



## Highlights!

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The Winston-Salem/Forsyth County School System &  
The Forsyth County Department of Public Health

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## Introduction & Overview

The Youth Risk Behavior Survey System (YRBSS) was developed by the Centers for Disease Control and Prevention (CDC)/Division of Adolescent and School Health (DASH) to monitor six health risk behaviors. These risk behaviors are unintentional injuries and violence, sexual behaviors, alcohol and other drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity.

The Youth Risk Behavior Survey (YRBS) is one component of the YRBSS. It has been modified to reflect the health behavior questions deemed pertinent to North Carolina high school students. North Carolina Healthy Schools has conducted the survey state wide every two years. The results of the survey can assist government agencies, schools, community organizations and other stakeholders to identify the critical health needs of children and adolescents and develop programs to mitigate them.

Parents could decline their children’s participation in the survey by returning the *Passive Parental Consent Form* that was sent home before the scheduled survey date. Students could refuse to participate or skip any question that they did not want to answer.

In 2015, the YRBS was administered to 2,197 students in 16 Winston-Salem/Forsyth County (WSFC) high schools. The response rate for schools was 100%, and the response rate for students was 79%. The survey questionnaire consisted of 98 questions. **Table 1** provides the demographic characteristics of the survey respondents.

**Table 1**

Recent trends in the 2015 WSFC High School YRBS results suggest that there has been very little change in *alcohol, tobacco, and other drug use* among high school students. A previously unasked question about the use of *electronic vapor products* show that 1 in 4 students (25%) reported using them at least once in the 30 days prior to the survey. The data also suggest that *texting/emailing while driving, gambling, electronic bullying, and mental health issues* persist among WSFC high school students.

This brief review of the data includes Appendix A that shows the relationship between select risk behaviors and academic achievement based on the 2015 survey responses. It also includes Appendix B that shows how WSFC High School YRBS results compare to those for the State of North Carolina and the United States on select behaviors.

The days or months referenced in the results is in relation to the day/date that students took the survey. For example, ‘in the past 30 days’ refers to the 30 days that preceded the date/day of the survey. The period referenced in the summary results were used in the associated survey questions.

Demographic Characteristics	Number of Students in this Subgroup*	Sampled Percentage
Gender		
Male	1,123	51.1
Female	1,074	48.9
Grade		
9 <sup>th</sup>	639	29.1
10 <sup>th</sup>	551	25.1
11 <sup>th</sup>	521	23.7
12 <sup>th</sup>	486	22.1
Other	2	0.1
Race/Ethnicity		
Black Non-Hisp.	663	30.2
Hispanic/Latino	400	18.2
White Non-Hisp.	989	45.0
All other races	46	2.1
Multiple races	99	4.5

\* Total count for each subgroup may be off due to rounding.

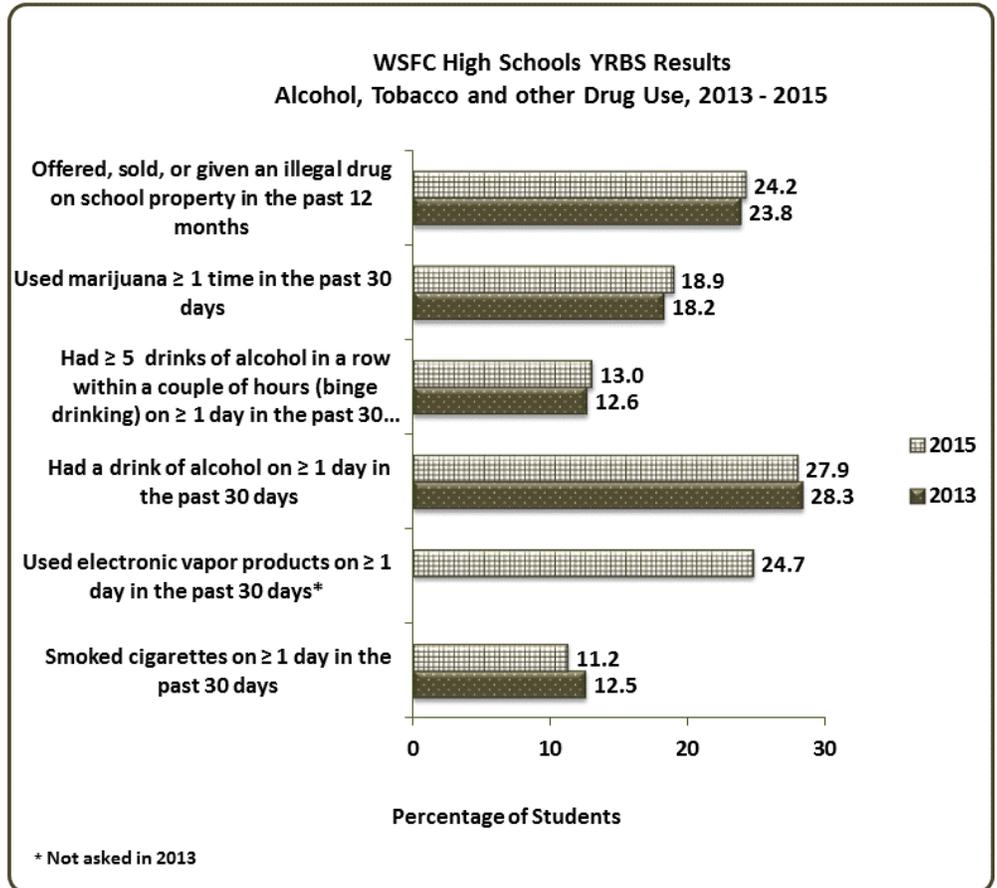
## Alcohol, Tobacco & other Drug Use

Based on the 2015 WSFC High School YRBS responses, *alcohol, tobacco and other drugs* were found to be negatively associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed that **11%** of WSFC high school students who earned mostly A's, **20%** who earned mostly B's, **25%** who earned mostly C's and **37%** who earned mostly D/F's *used marijuana one or more times in the past 30 days* (Appendix A).

**Figure 1**

**Figure 1** shows that in 2015, about:

- 1 in 4 (24.2%) was offered, sold, or given illegal drugs on school property during the last 12 months
- 1 in 5 (18.90%) reported that they had used marijuana on one or more times in the last 30 days
- 1 in 8 (13.0%) high school students reported that they had had 5 or more drinks of alcohol within a couple hours on one or more days in the last 30 days
- 1 in 4 (27.9%) high school students reported that they had had a drink of alcohol on one or more days in the last 30 days
- 1 in 4 (24.7%) reported that they had used electronic vapor products on one or more days in the last 30 days
- 1 in 9 (11.2%) high school students reported that they had smoked cigarettes on one or more days in the last 30 days



**Figure 1** also compares the trend in the prevalence rates of alcohol, tobacco, and other drug use among WSFC high school students between 2013 and 2015. Based on the results:

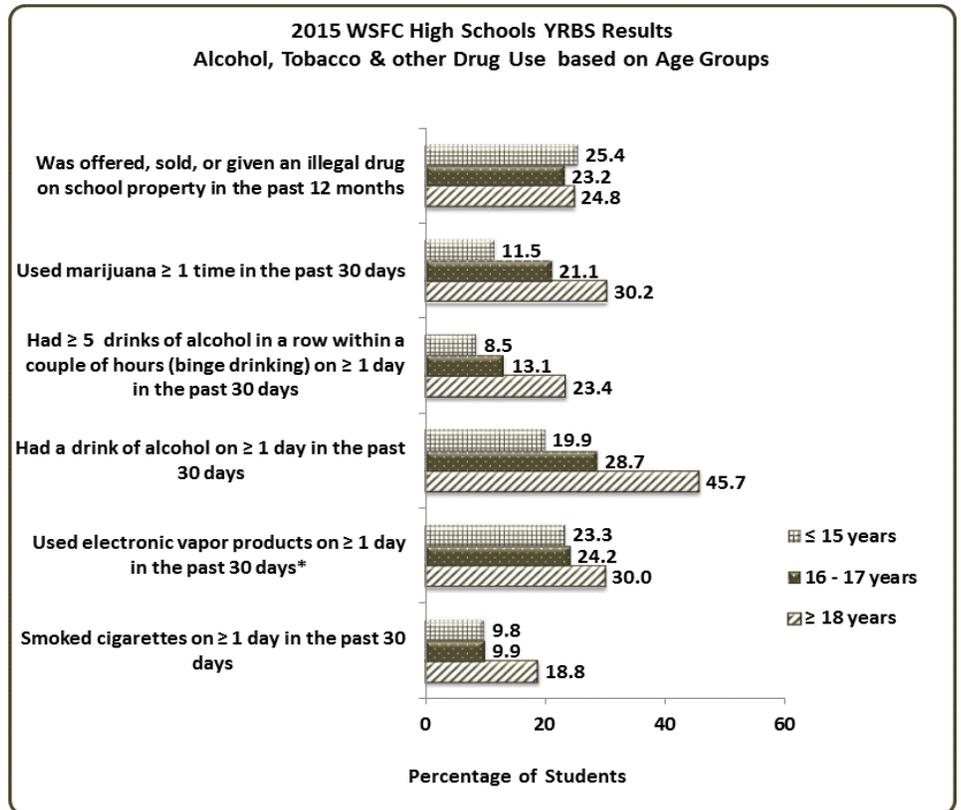
- There was a 1.7% increase in the prevalence rates for high school students who reported that they were offered, sold, or given an illegal drug on school property in the past 12 months.
- There was a 3.8% increase in the prevalence rates for high school students who used marijuana one or more times in the past 30 days.
- There was a 3.2% increase in the prevalence rates for high school students who had 5 or more drinks in a row within a couple of hours on one or more days in the past 30 days.
- There was a 1.4% decrease in the prevalence rates for high school students who drinking of alcohol on one or more days in the past 30 days.
- There was a 10.4% decrease in the prevalence rates for high school students who smoke cigarettes on one or more days in the past 30 days.

## Age Groups

**Figure 2**

**Figure 2** shows that WSFC high school students age 18 and older were more likely than any other age group to report that they:

- ◆ Had used marijuana one or more times in the past 30 days
- ◆ Had 5 or more drinks in a row within a couple of hours on one or more days in the past 30 days
- ◆ Had a drink of alcohol on one or more days in the past 30 days
- ◆ Used electronic vapor products on one or more days in the past 30 days
- ◆ Smoked cigarettes on one or more days in the past 30 days



**Figure 2 shows that among high school students age 15 and younger, about:**

- ◆ 1 in 4 (25.4%) was offered, given or sold illegal drugs on school property in the past 12 months
- ◆ 1 in 9 (11.5%) used marijuana one or more times in the past 30 days
- ◆ 1 in 12 (8.5%) binge drink on one or more days in the past 30 days
- ◆ 1 in 5 (19.9%) drank alcohol on one or more days in the past 30 days
- ◆ 1 in 4 (23.3%) used electronic vapor products on one or more days in the past 30 days
- ◆ 1 in 10 (9.8%) smoked a cigarette on one or more days in the past 30 days

**Figure 2 shows that among high school students age 16 - 17 years, about:**

- ◆ 1 in 4 (23.2%) was offered, given or sold illegal drugs on school property in the past 12 months
- ◆ 1 in 5 (21.1%) used marijuana one or more times in the past 30 days
- ◆ 1 in 8 (13.1%) binge drink on one or more days in the past 30 days
- ◆ 1 in 3 (28.7%) drank alcohol on one or more days in the past 30 days
- ◆ 1 in 4 (24.2%) used electronic vapor products on one or more days in the past 30 days
- ◆ 1 in 10 (9.9%) smoked a cigarette on one or more days in the past 30 days

**Figure 2 shows that among high school students age 18 years and older, about:**

- ◆ 1 in 4 (24.8%) was offered, given or sold illegal drugs on school property in the past 12 months
- ◆ 1 in 3 (30.2%) used marijuana one or more times in the past 30 days
- ◆ 1 in 4 (23.4%) binge drink on one or more days in the past 30 days
- ◆ 2 in 5 (45.7%) drank alcohol on one or more days in the past 30 days
- ◆ 1 in 3 (30.0%) used electronic vapor products on one or more days in the past 30 days
- ◆ 1 in 5 (18.8%) smoked a cigarette on one or more days in the past 30 days

## Race/Ethnicity

**Figure 3**

**Figure 3** shows that in 2015:

Hispanic/Latino high school students were more likely than Black or White high school students to report that they:

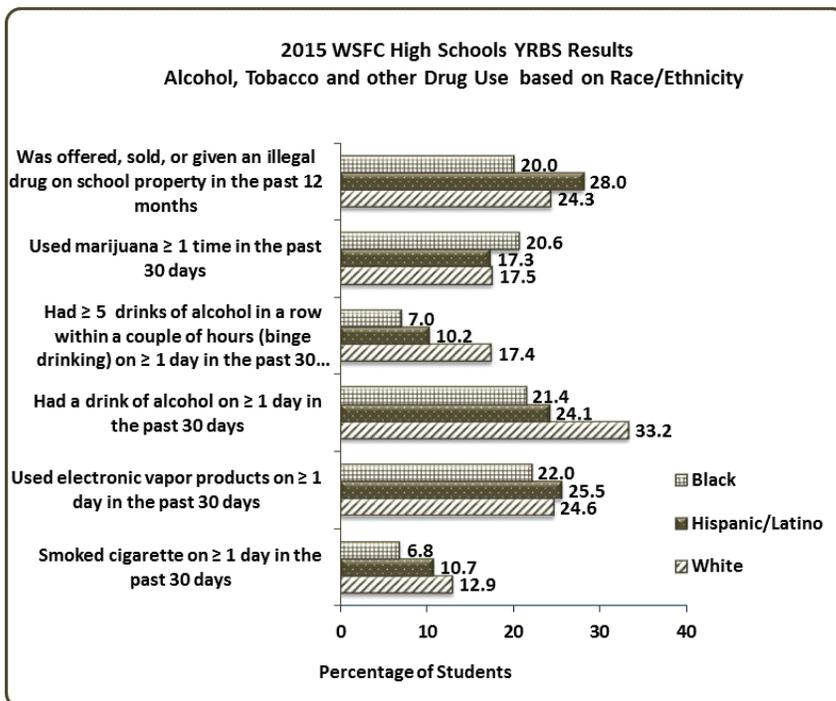
- ◆ Were offered, sold, or given an illegal drug on school property in the past 12 months
- ◆ Had used electronic vapor products on one or more of the past 30 days

Black high school students were more likely than White or Hispanic/Latino high school students to report that they:

- ◆ Had used marijuana on one or more days in the past 30 days

White high school students were more likely than Hispanic/Latino or Black high school students to report that they:

- ◆ Drank alcohol on one or more days in the past 30 days
- ◆ Binge drink on one or more days in the past 30 days
- ◆ Smoked cigarettes on one or more of the past 30 days



**Figure 3 shows that among Black high school students, about:**

- ◆ 1 in 5 (20.0%) was offered, given or sold illegal drugs on school property ...
- ◆ 1 in 5 (20.6%) used marijuana one or more times ...
- ◆ 1 in 14 (7.0%) binge drink on one or more days ...
- ◆ 1 in 5 (21.4%) drank alcohol on one or more days ...
- ◆ 1 in 5 (22.0%) used electronic vapor products on one or more days ...
- ◆ 1 in 15 (6.8%) smoked cigarettes on one or more days ...

**Figure 3 shows that, among Hispanic/Latino high school students, about:**

- ◆ 1 in 4 (28.0%) was offered, given or sold illegal drugs on school property ...
- ◆ 1 in 6 (17.3%) used marijuana one or more times ...
- ◆ 1 in 10 (10.2%) binge drink on one or more days ...
- ◆ 1 in 4 (24.1%) drank alcohol on one or more days ...
- ◆ 1 in 4 (25.5%) used electronic vapor products on one or more days ...
- ◆ 1 in 10 (10.7%) smoked cigarettes on one or more days ...

**Figure 3 shows that among White high school students, about:**

- ◆ 1 in 4 (24.3%) was offered, given or sold illegal drugs on school property ...
- ◆ 1 in 6 (17.5%) used marijuana one or more times ...
- ◆ 1 in 6 (17.4%) binge drink on one or more days ...
- ◆ 1 in 3 (33.2%) drank alcohol on one or more days ...
- ◆ 1 in 4 (24.6%) used electronic vapor products on one or more days ...
- ◆ 1 in 8 (12.9%) smoked cigarettes on one or more days ...

## Gender

**Figure 4**

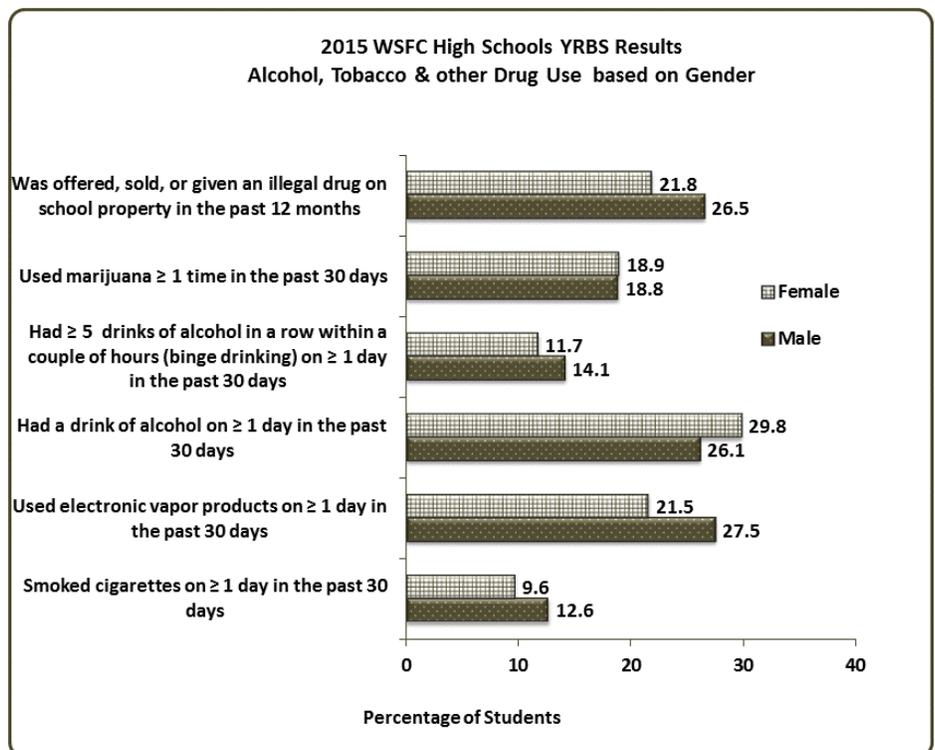
**Figure 4** shows that:

High school males were more likely than high school females to report that they:

- ◆ Were offered, sold, or given an illegal drug on school property in the past 12 months
- ◆ Binge drink
- ◆ Used electronic vapor products on one or more days in the past 30 days
- ◆ Smoked cigarettes on one or more days in the past 30 days

High school females were more likely than high school males to report that they:

- ◆ Had a drink of alcohol on at least one day in the past 30 days



High school males and females were equally likely to report that they had *used marijuana on one or more days in the past 30 days*.

**Figure 4 shows that among female high school students, about:**

- ◆ 1 in 5 (21.8%) was offered, given or sold illegal drugs on school property in the past 12 months
- ◆ 1 in 5 (18.9%) used marijuana one or more times in the past 30 days
- ◆ 1 in 9 (11.7%) binge drink on one or more days in the past 30 days
- ◆ 1 in 3 (29.8%) drank alcohol on one or more days in the past 30 days
- ◆ 1 in 5 (21.5%) used electronic vapor products on one or more days in the past 30 days
- ◆ 1 in 10 (9.6%) smoked cigarettes on one or more days in the past 30 days

**Figure 4 shows that among male high school students, about:**

- ◆ 1 in 4 (26.5%) was offered, given or sold illegal drugs on school property in the past 12 months
- ◆ 1 in 5 (18.8%) used marijuana one or more times in the past 30 days
- ◆ 1 in 7 (14.1%) binge drink on one or more days in the past 30 days
- ◆ 1 in 4 (26.1%) drank alcohol on one or more days in the past 30 days
- ◆ 1 in 4 (27.5%) used electronic vapor products on one or more days in the past 30 days
- ◆ 1 in 8 (12.6%) smoked a cigarette on one or more days in the past 30 days

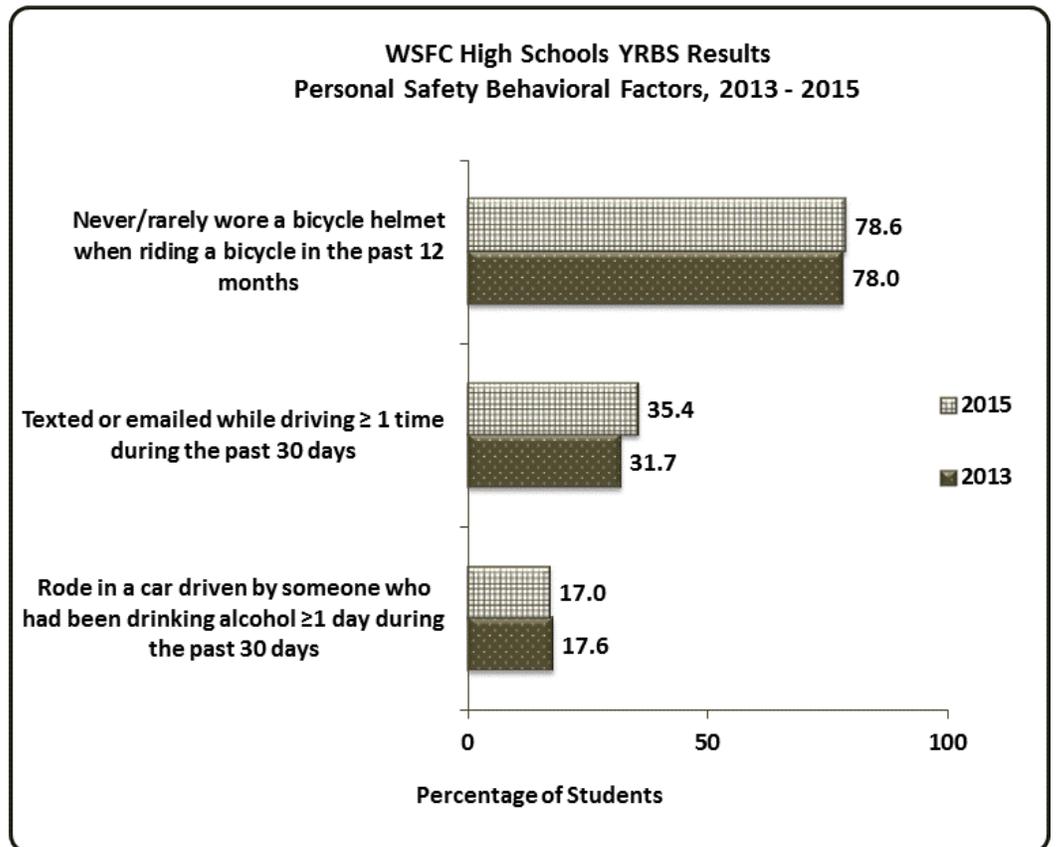
## Personal Safety

Based on the 2015 WSFC High School YRBS responses, most personal safety risk behaviors were found to be negatively associated with academic achievement. For example, analysis of the 2015 YRBS results showed that **15%** of students who earned mostly A's, **15%** who earned mostly B's, **19%** who earned mostly C's and **27%** who earned mostly D/F's *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days* (Appendix A).

**Figure 5**

**Figure 5** shows that in 2015, almost:

- ◆ 4 out of 5 (78.6%) WSFC high school students who rode bicycles reported that they *never or rarely wore a helmet when riding their bicycle*
- ◆ 1 in 3 (35.4%) high school students who drove cars in the past 30 days reported that they had *texted and/or emailed while driving one or more times*
- ◆ 1 in 6 (17.0%) reported that they *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*



**Figure 5** also compares the trend in the prevalence rates of personal safety risk behaviors among WSFC high school students between 2013 and 2015. Based on the results:

- ◆ The percentage for students who *never/rarely wore a helmet when riding a bicycle in the 12 months* remained relatively unchanged between 2013 and 2015.
- ◆ The prevalence rate for *texting/emailing while driving on one or more days in the past 30 days* increased by 11.7% between 2013 and 2015.
- ◆ Between 2013 and 2015, the prevalence rate decreased by 3.4% for high school students who *rode in a car driven by someone who had been drinking alcohol on one or more days during the 30 days*.

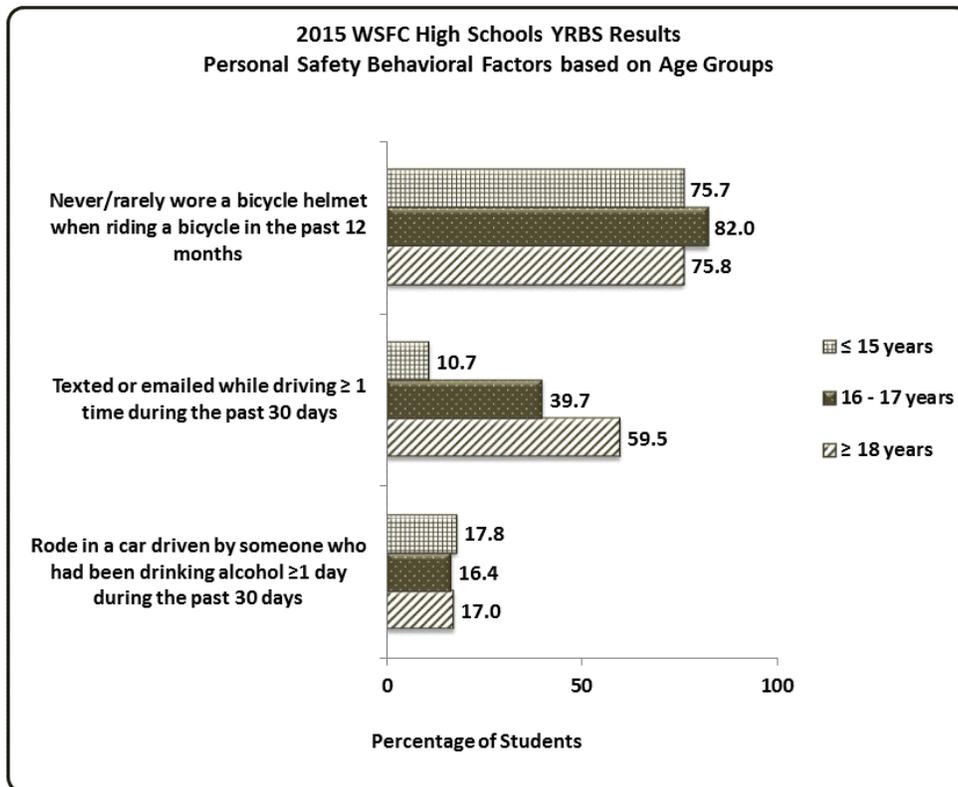
## Age Groups

**Figure 6**

**Figure 6** shows that high school students age 16 – 17 years were:

- ◆ More likely than other age groups to report that they had *never or rarely worn a bicycle helmet when riding a bicycle in the past 12 months*
- ◆ Less likely than students in other age groups to report that *they rode in a car driven by someone who had been drinking alcohol on one or more days during the past 30 days*

**Figure 6** also shows that high school students age 18 years and older were more likely than students in other age groups to *text or email one or more times while driving during the past 30 days*.



**Figure 6 shows that among high school students age 15 and younger, about:**

- ◆ 3 in 4 (75.7%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle in the past 12 months*
- ◆ 1 in 10 (10.7%) *texted and/or emailed while driving on one or more times in the past 30 days*
- ◆ 1 in 6 (17.8%) reported that they *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*

**Figure 6 shows that among high school students ages 16 - 17 years, about:**

- ◆ 4 in 5 (82.0%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle in the past 12 months*
- ◆ 1 in 3 (39.7%) *texted and/or emailed while driving on one or more times in the past 30 days*
- ◆ 1 in 6 (16.40%) reported that they *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*

**Figure 6 shows that among high school students age 18 and older, about:**

- ◆ 3 in 4 (75.8%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle in the past 12 months*
- ◆ 3 out of 5 (59.5%) *texted and/or emailed while driving on one or more times in the past 30 days* .
- ◆ 1 in 6 (17.0%) reported that they *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*



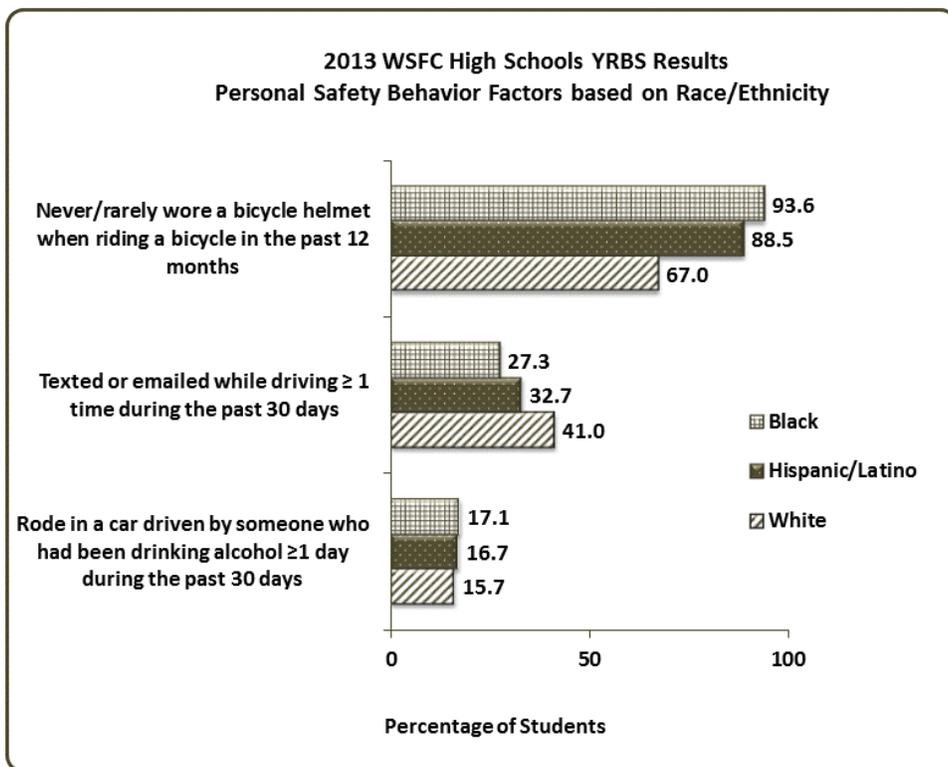
## Race/Ethnicity

Figure 7

Figure 7 shows that White high school students were less likely than Black or Hispanic/Latino high school students to report that they:

- ◆ Never or rarely wore a bicycle helmet when riding a bicycle
- ◆ Rode in a car driven by someone who had been drinking alcohol on one or more days during the past 30 days

Figure 7 also shows that Black high school students were less likely than Hispanic/Latino or White students to report that they had *texted or emailed one or more times while driving in the past 30 days*.



Black high school students were more likely than other race/ethnicities to report that they *rode in a car driven by someone who had been drinking alcohol on one or more days during the 30 days*.

**Figure 7 shows that among Black high school students, about:**

- ◆ 9 in 10 (93.6%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle*
- ◆ 1 in 4 (27.3%) *texted and/or emailed one or more times while driving in the past 30 days*
- ◆ 1 in 6 (17.1%) *rode in a car driven by someone who had been drinking alcohol on one or more days during the past 30 days*

**Figure 7 shows that among Hispanic/Latino high school students, about:**

- ◆ 9 in 10 (88.5%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle*
- ◆ 1 in 3 (32.7%) *texted and/or emailed one or more times while driving in the past 30 days*
- ◆ 1 in 6 (16.7%) *rode in a car driven by someone who had been drinking alcohol on one or more days during the past 30 days*

**Figure 7 shows that among White high school students, about:**

- ◆ 2 out of 3 (67.0%) reported that they *never or rarely worn a bicycle helmet when riding a bicycle*
- ◆ 2 out of 5 (41.0%) *texted and/or emailed one or more times while driving in the past 30 days*
- ◆ 1 out of 6 (15.7%) *rode in a car driven by someone who had been drinking alcohol on one or more days during the past 30 days*

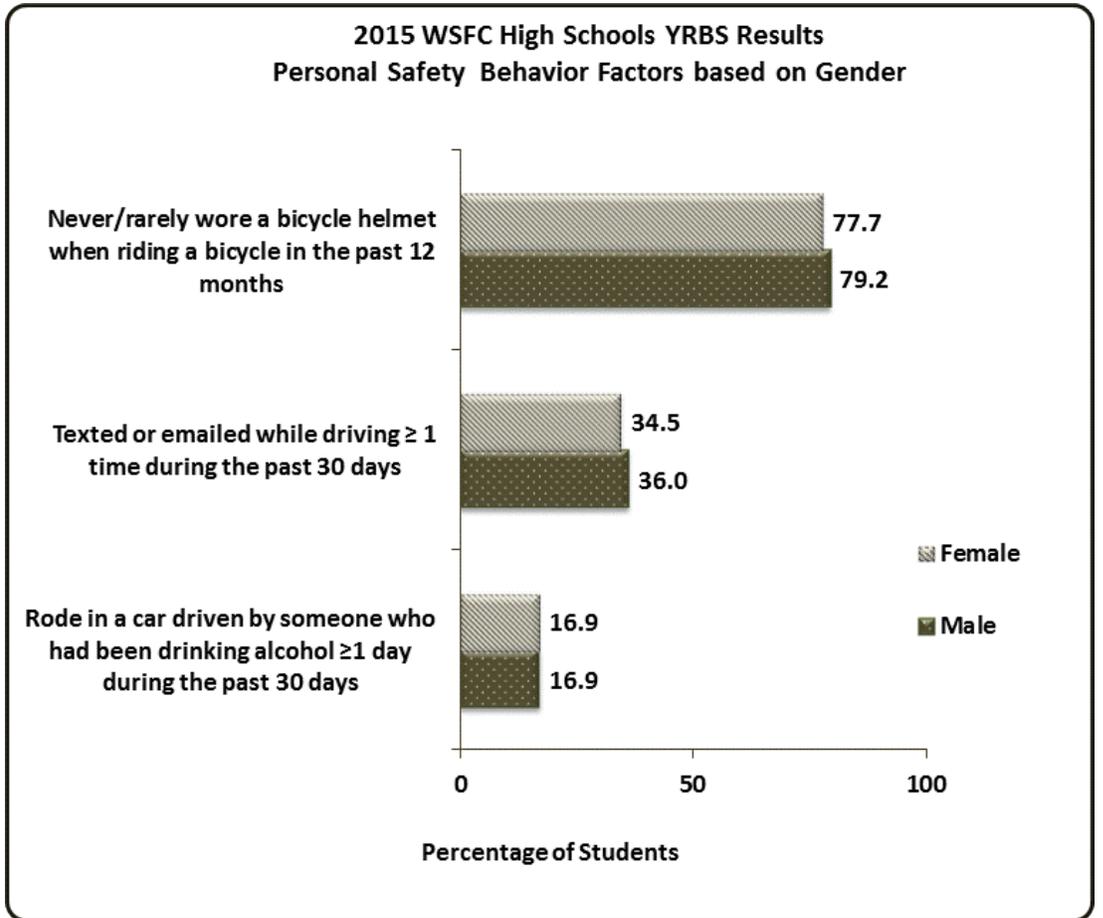
## Gender

**Figure 8**

**Figure 8** shows that high school males were more likely than high school females to report that they:

- ◆ Never or rarely wore a bicycle helmet when riding a bicycle in the past 12 months
- ◆ Texted and/or emailed while driving one or more times in the past 30 days

High school males and females were equally likely to report that they *rode in a car driven by someone who had been drinking alcohol on or more days in the past 30 days*.



**Figure 8** shows that among female high school students, about:

- ◆ 3 out of 4 (77.7%) reported that they *never or rarely wore a bicycle helmet when riding a bicycle*
- ◆ 1 out of 3 (34.5%) *texted and/or emailed while driving one or more times in the past 30 days*
- ◆ 1 in 6 (16.9%) *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*

**Figure 8** shows that among male high school students, about:

- ◆ 3 out of 4 (79.2%) reported that they *never or rarely wore a bicycle helmet when riding a bicycle*
- ◆ 1 out of 3 (36.0%) *texted and/or emailed while driving one or more times in the past 30 days*
- ◆ 1 in 6 (16.9%) *rode in a car driven by someone who had been drinking alcohol on one or more days in the past 30 days*

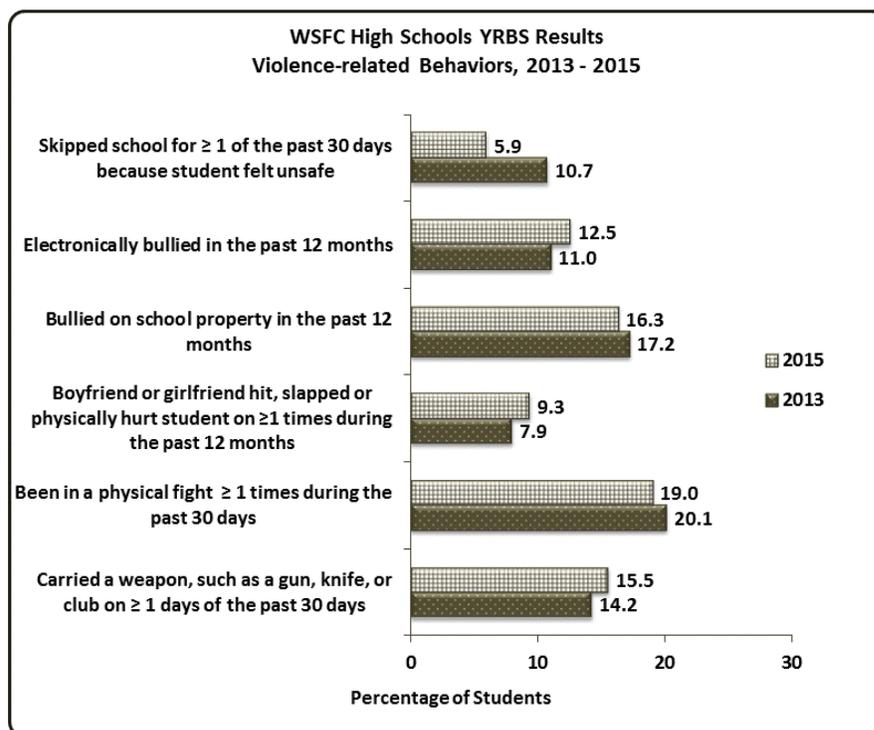
## Violence-related Behaviors

Based on the 2015 WSFC High School YRBS responses, violence-related behaviors were found to be negatively associated with academic achievement (Appendix A). For example, **13%** of WSFC high school students who earned mostly A's, **17%** who earned mostly B's, **29%** who earned mostly C's and **35%** who earned mostly D/F's reported that they had *been in a physical fight on one or more times in the past 30 days* (Appendix A).

**Figure 9**

**Figure 9** shows that in 2015, about:

- ◆ 1 in 20 (5.9%) WSFC high school students reported that they had *skipped school for one or more days in the past 30 days because they felt unsafe*
- ◆ 1 in 8 (12.5%) reported that they were *electronically bullied in the past 12 months*
- ◆ 1 in 6 (16.3%) reported that they were *bullied on school property in the past 12 months*
- ◆ 1 in 10 (9.3%) reported that their *boyfriend or girlfriend had deliberately physically hurt them one or more times during the past 12 months*
- ◆ 1 in 5 (19.0%) high school students had been in a *physical fight one or more times during the past 30 days*
- ◆ 1 in 6 (15.5%) reported that they had *carried a weapon, such as a gun, knife, or club on one or more days during the past 30 days*



**Figure 9** also compares the trend in the prevalence rates of violent-related behaviors among WSFC high school students between 2013 and 2015. Based on the results:

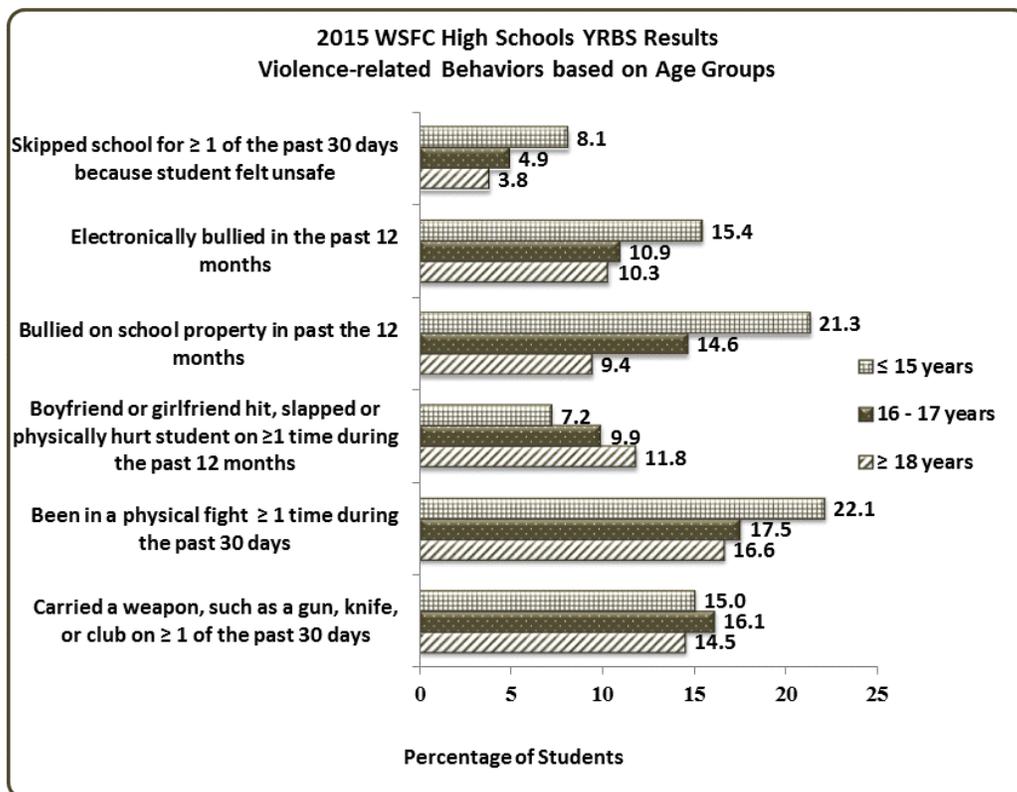
- ◆ There was a 44.9% decrease in the prevalence rate for high school students who *skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school*.
- ◆ The prevalence rate for high school students who reported that they were *electronically bullied in the past 12 months* increased by 13.6% from 2013 to 2015.
- ◆ The prevalence rate for high school students who reported that they were *bullied on school property during the past 12 months* decreased by 5.2% between 2013 and 2015.
- ◆ There was an 17.7% increase in the prevalence rate for high school students whose *boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months*.
- ◆ Between 2013 and 2015, the prevalence rate decreased by 5.5% for high school students who *had been in a physical fight on one or more times during the past 30 days*.
- ◆ There was a 9.2% increase in the prevalence rate for high school students who *carried a weapon, such as a gun, knife, or club on one or more days during the past 30 days*.

## Age Groups

**Figure 10**

**Figure 10** shows that High school students who were age 15 and younger were more likely than students of other age groups to report that they had:

- ◆ Skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ Been electronically bullied in the past 12 months
- ◆ Been bullied on school property in the past 12 months
- ◆ Been in a physical fight on one or more times during the past 30 days



**Figure 10 shows that among high school students age 15 and younger, about:**

- ◆ 1 in 12 (8.1%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 6 (15.4%) had been electronically bullied in the past 12 months
- ◆ 1 in 5 (21.3%) had been bullied on school property in the past 12 months
- ◆ 1 in 14 (7.2%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 5 (22.1%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 7 (15.0%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**Figure 10 shows that among high school students age 16 - 17 years, about:**

- ◆ 1 in 20 (4.9%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 10 (10.9%) had been electronically bullied in the past 12 months
- ◆ 1 in 7 (14.6%) had been bullied on school property in the past 12 months
- ◆ 1 in 10 (9.9%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 6 (17.5%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 6 (16.1%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**◆ Figure 10 shows that among high school students who age 18 and over, about:**

- ◆ 1 in 25 (3.8%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 10 (10.3%) had been electronically bullied in the past 12 months
- ◆ 1 in 11 (9.4%) had been bullied on school property in the past 12 months
- ◆ 1 in 8 (11.8%) reported that his or her boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 6 (16.6%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 7 (14.5%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

## Race/Ethnicity

**Figure 11**

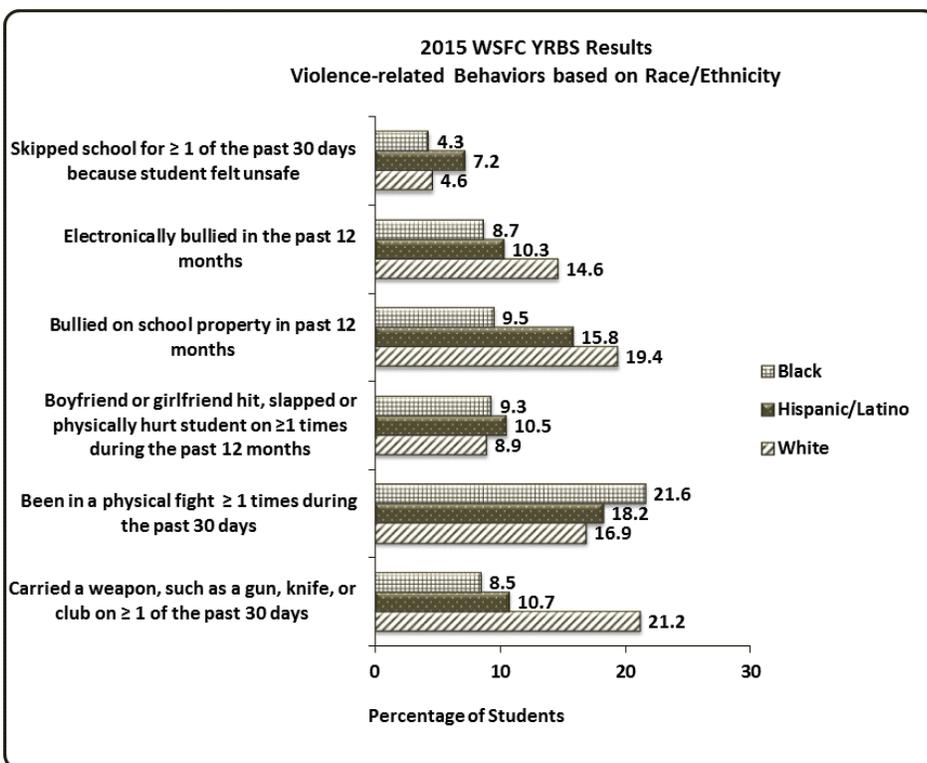
**Figure 11** shows that Hispanic/Latino high school students were more likely than other race/ethnicities to report that:

- ◆ They had skipped school on one or more days of the past 30 days because they felt unsafe at school or to and from school
- ◆ Their boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months

**White high school students** were more likely than other race/ethnicities to report that:

- ◆ They were electronically bullied in the past 12 months
- ◆ Had been bullied on school property in the past 12 months
- ◆ They had carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**Black high school students** were more likely than other race/ethnicities to report that they had been in a physical fight on one or more times during the past 30 days.



**Figure 11 shows that among Black high school students, about:**

- ◆ 1 in 25 (4.3%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 11 (8.7%) had been electronically bullied in the past 12 months
- ◆ 1 in 11 (9.5%) had been bullied on school property in the past 12 months
- ◆ 1 in 11 (9.3%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 5 (21.6%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 12 (8.5%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**Figure 11 shows that among Hispanic/Latino high school students, about:**

- ◆ 1 in 14 (7.2%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 10 (10.3%) had been electronically bullied in the past 12 months
- ◆ 1 in 6 (15.8%) had been bullied on school property in the past 12 months
- ◆ 1 in 10 (10.5%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 5 (18.2%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 10 (10.7%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**Figure 11 shows that among White high school students, about:**

- ◆ 1 in 20 (4.6%) skipped school on one or more days of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 7 (14.6%) had been electronically bullied in the past 12 months
- ◆ 1 in 5 (19.4%) had been bullied on school property in the past 12 months
- ◆ 1 in 11 (8.9%) reported that his or her boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 6 (16.9%) had been in been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 5 (21.2%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

## Gender

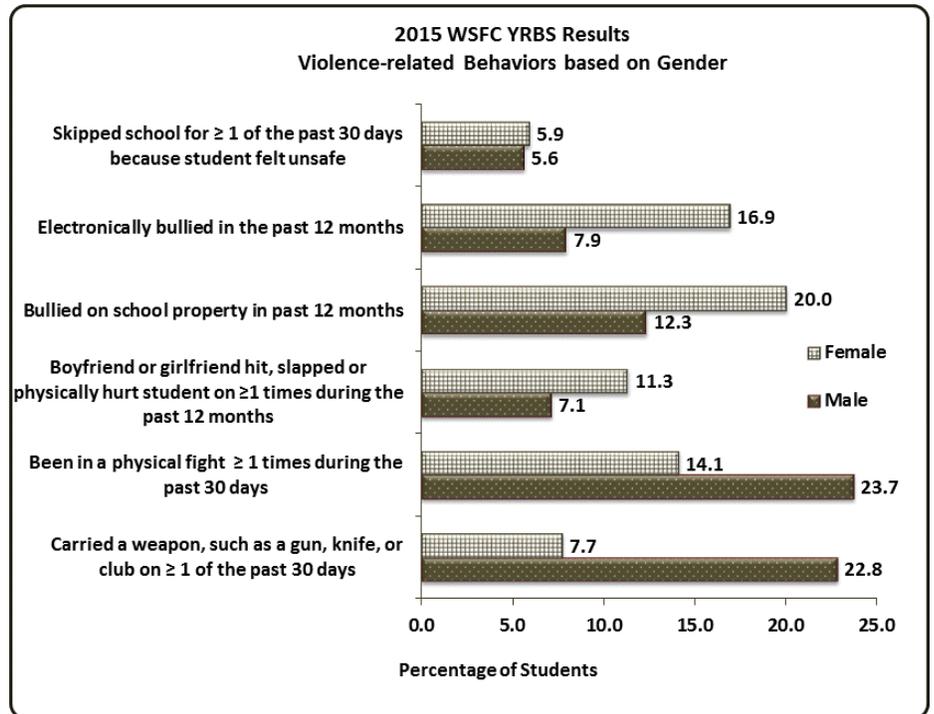
**Figure 12**

**Figure 12** shows that high school females were more likely than high school males to report that they had:

- ◆ Skipped school on one or more days of the past 30 days because they felt unsafe at school or to and from school
- ◆ Been bullied on school property in the past 12 months
- ◆ Been electronically bullied in the past 12 months
- ◆ Been hit, slapped or physically hurt by their boyfriend or girlfriend in other ways on one or more times during the past 12 months

**High school males** were more likely than high school females to have:

- ◆ Been in a physical fight one or more times during the past 30 days
- ◆ Carried a weapon, such as a gun, knife, or club on one or more of the past 30 days



**Figure 12 shows that among female high school students, about:**

- ◆ 1 in 17 (5.9%) skipped school on one or more of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 6 (16.9%) had been electronically bullied in the past 12 months
- ◆ 1 in 5 (20.0%) had been bullied on school property in the past 12 months
- ◆ 1 in 9 (11.3%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 7 (14.1%) had been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 13 (7.7%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

**Figure 12 shows that among male high school students, about:**

- ◆ 1 in 18 (5.6%) skipped school on one or more of the past 30 days because he or she felt unsafe at school or to and from school
- ◆ 1 in 13 (7.9%) had been electronically bullied in the past 12 months
- ◆ 1 in 8 (12.3%) had been bullied on school property in the past 12 months
- ◆ 1 in 14 (7.1%) boyfriend or girlfriend hit, slapped or physically hurt them in other ways on one or more times during the past 12 months
- ◆ 1 in 4 (23.7%) had been in a physical fight on one or more times during the past 30 days
- ◆ 1 in 4 (22.8%) carried a weapon, such as a gun, knife, or club on one or more of the past 30 days

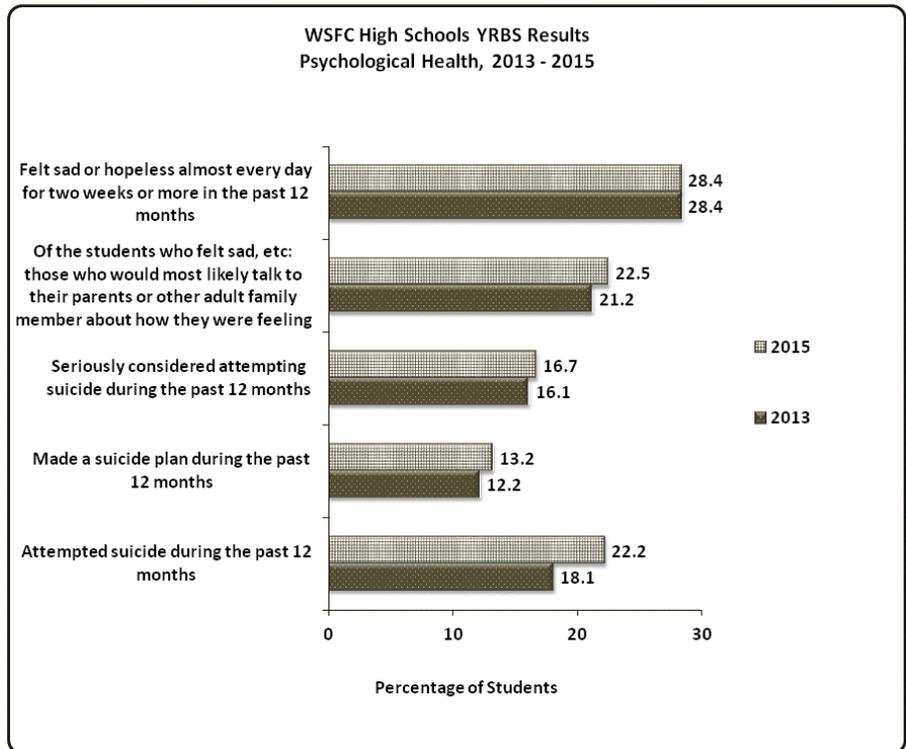
## Psychological Health

Based on the 2015 WSFC High School YRBS responses, psychological health risks were found to be negatively associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed, **23%** of WSFC high school students who earned mostly A's, **27%** who earned mostly B's, **35%** who earned mostly C's, and **43%** who earned mostly D/F's *felt sad or hopeless almost every day for two weeks or more in a row during the past 12 months which stopped them from doing some of their usual activities* (Appendix A).

**Figure 13**

**Figure 13** shows that in 2015, about:

- ◆ 1 in 4 (28.4%) WSFC high school students reported that they *felt sad or hopeless continuously for two weeks or more in the past 12 months*
- ◆ 1 in 5 (22.5%) of the students who felt sad or hopeless ... reported that *they would talk to their parents or other adult family member about how they felt*
- ◆ 1 in 6 (16.7%) reported that they *had seriously considered suicide in the past 12 months*
- ◆ 1 in 8 (13.2%) reported that they *had made a suicide plan in the past 12 months*
- ◆ 1 in 5 (22.2%) reported that they *had attempted suicide during the past 12 months*



**Figure 13** also compares the trend in prevalence rates for psychological health factors among WSFC high school students . Based on the results:

- ◆ There was no change in the prevalence rate for high school students who *felt sad or hopeless continuously for two weeks or more in the past 12 months*.
- ◆ There was a 6.1 % increase in the prevalence rate for high school students who *reported that they would talk to their parents or other adult in they felt sad or hopeless ...*
- ◆ The prevalence rate for *seriously considered attempting suicide during the past 12 months* increased by 3.7% between 2013 and 2015.
- ◆ There was an 8.2% increase in the prevalence rate for high school students who *made a suicide plan during the past 12 months*.
- ◆ Between 2013 and 2015, the prevalence rate increased by 22.7% for high school students who *attempted suicide during the past 12 months*.

## Age Group

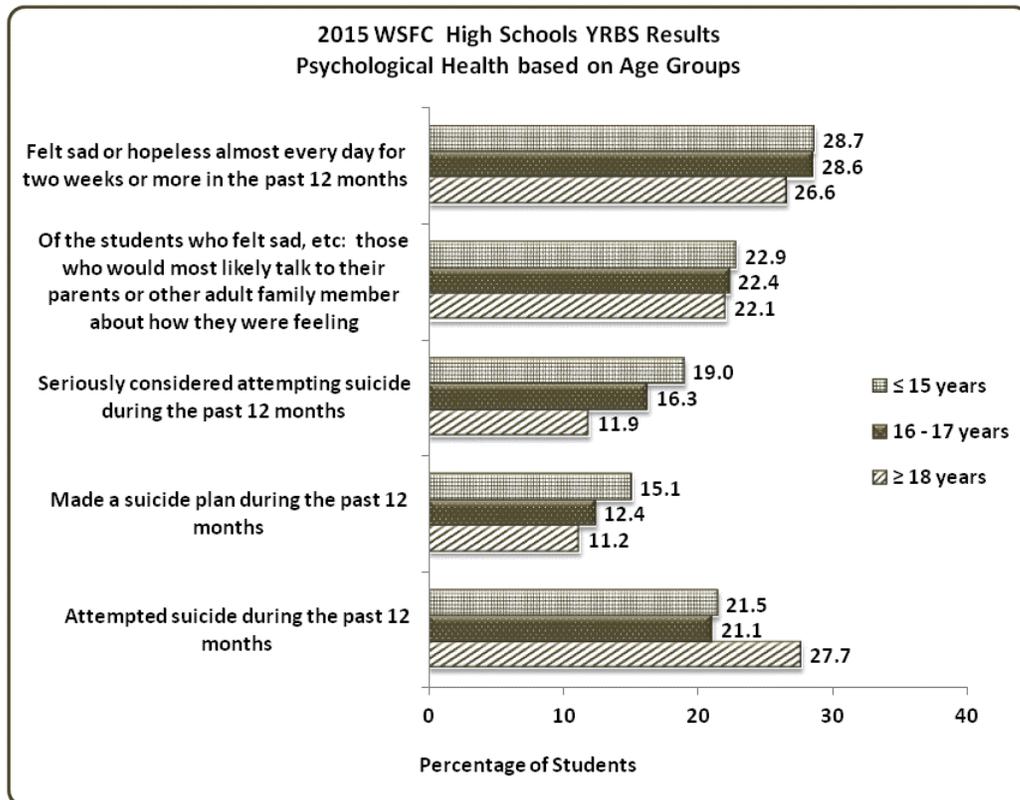
**Figure 14**

**Figure 14** shows that:

High school students age 15 and younger were more likely than other age groups to report that they:

- ◆ Felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ Would talk to their parents or other adult in they felt sad or hopeless ...
- ◆ Seriously considered attempting suicide during the past 12 months
- ◆ Made a suicide plan during past the 12 months

High school students age 18 years and older were more likely than other age groups to report that they attempted suicide during the past 12 months.



**Figure 14** shows that among high school students age 15 and younger, about:

- ◆ 1 in 4 (28.7%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 4 (22.9%) would talk to their parents or other adult in they felt sad or hopeless
- ◆ 1 in 5 (19.0%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 7 (15.1%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 5 (21.5%) reported that they had attempted suicide during the past 12 months

**Figure 14** shows that among high school students age 16 - 17 years, about:

- ◆ 1 in 4 (28.6%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 5 (22.4%) would talk to their parents or other adult in they felt sad or hopeless ...
- ◆ 1 in 6 (16.3%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 8 (12.4%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 5 (21.1%) reported that they had attempted suicide during the past 12 months

**Figure 14** shows that among high school students age 18 and older, about:

- ◆ 1 in 4 (26.6%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 5 (22.1%) would talk to their parents or other adult in they felt sad or hopeless
- ◆ 1 in 8 (11.9%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 9 (11.2%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 4 (27.7%) reported that they had attempted suicide during the past 12 months



## Race/Ethnicity

**Figure 15**

**Figure 15** shows that in 2015, Hispanic/Latino high school students were more likely than Black or White high school students to report that they:

- ◆ Had felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ Seriously considered attempting suicide in the past 12 months
- ◆ Made a suicide plan in the past 12 months

Black and White high school students were more likely than Hispanic/Latino students to report that if they felt sad or hopeless continuously for two weeks or more ... , they would speak to their parents or other adult family member about how they were feeling.

Based on the survey responses, Black high school students were more likely than White or Hispanic/Latino high school students to report that they had attempted suicide in the past 12 months.

**Figure 15 shows that among Black high school students, about:**

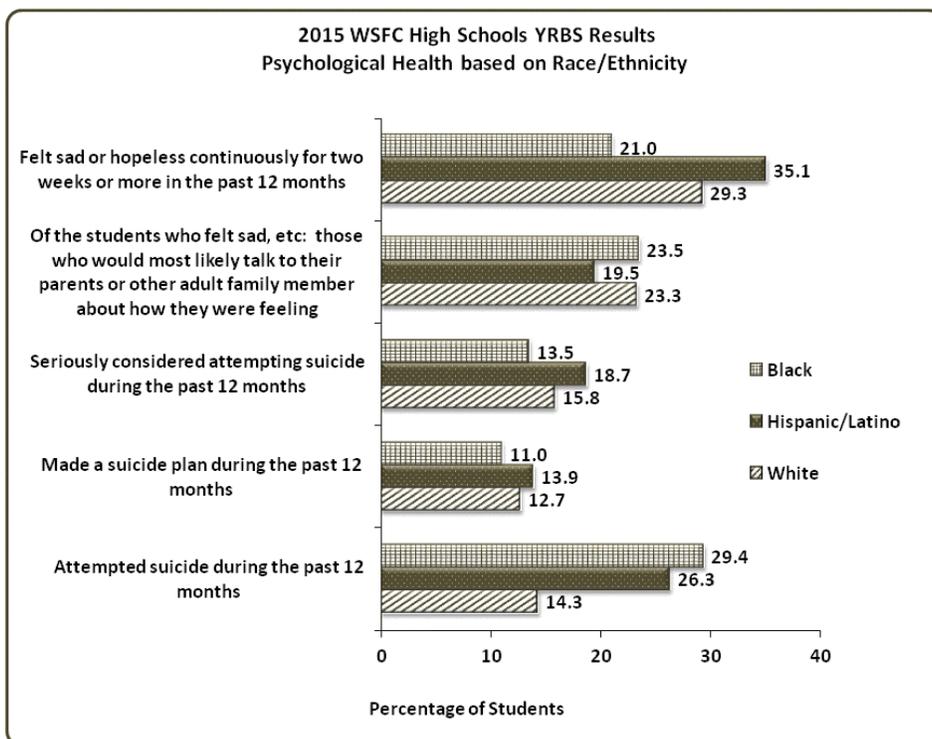
- ◆ 1 in 5 (21.0%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 4 (23.5%) would talk to their parents or other adult in they felt sad or hopeless ...
- ◆ 1 in 7 (13.5%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 9 (11.0%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 3 (29.4%) reported that they had attempted suicide during the past 12 months

**Figure 15 shows that among Hispanic/Latino high school students, about:**

- ◆ 1 in 3 (35.1%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 5 (19.5%) would talk to their parents or other adult in they felt sad or hopeless ...
- ◆ 1 in 5 (18.7%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 7 (13.9%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 4 (26.3%) reported that they had attempted suicide during the past 12 months

**Figure 15 shows that among White high school students, about:**

- ◆ 1 in 3 (29.3%) felt sad or hopeless continuously for two weeks or more in the past 12 months
- ◆ 1 in 4 (23.3%) would talk to their parents or other adult in they felt sad or hopeless ...
- ◆ 1 in 6 (15.8%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 8 (12.7%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 7 (14.3%) reported that they had attempted suicide during the past 12 months

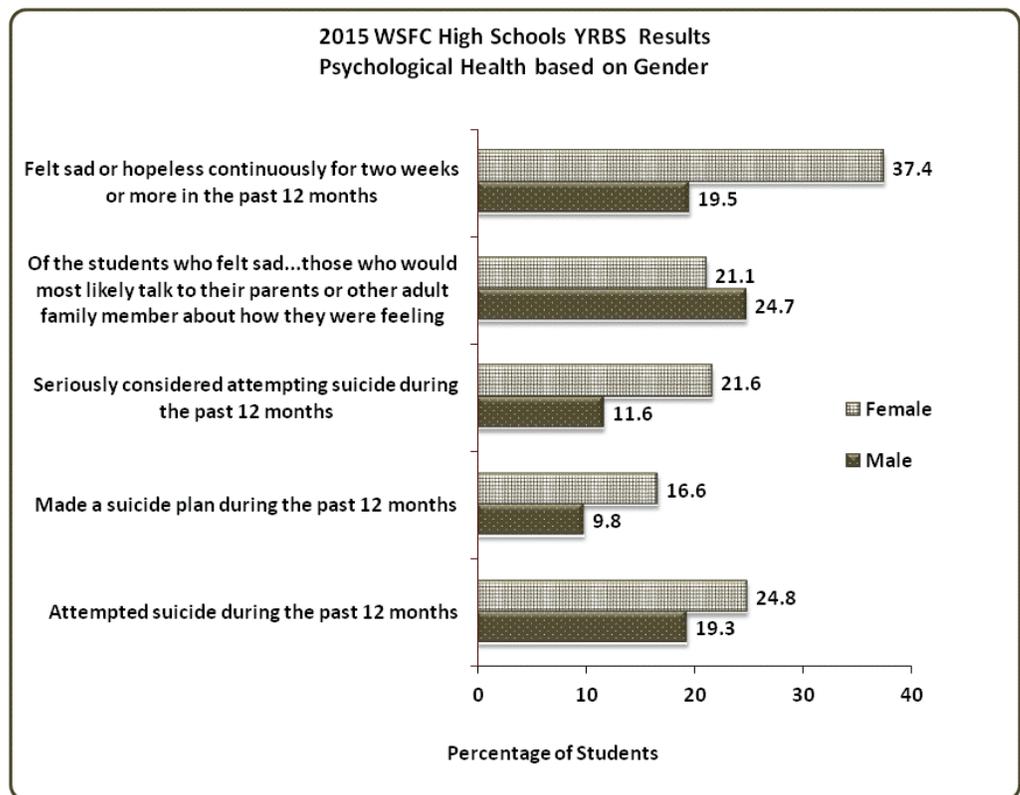


## Gender

**Figure 16**

**Figure 16** shows that in 2015, WSFC high school females were more likely than males to report that they had:

- ◆ Felt sad or hopeless continuously for two weeks or more during the past 12 months
- ◆ Seriously considered attempting suicide during the past 12 months
- ◆ Made a suicide plan during the past 12 months
- ◆ Attempted suicide during the past 12 months



**Figure 16 shows that among females, about:**

- ◆ 1 in 3 (37.4%) felt sad or hopeless continuously for two weeks or more in the 12 months
- ◆ 1 in 5 (21.1%) of those who felt sad or hopeless continuously ... would talk to their parents or other adult family member
- ◆ 1 in 5 (21.6%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 6 (16.6%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 4 (24.8%) reported that they had attempted suicide during the past 12 months

**Figure 16 shows that among males, about:**

- ◆ 1 in 5 (19.5%) felt sad or hopeless continuously for two weeks or more in the 12 months
- ◆ 1 in 4 (24.7%) of those who felt sad or hopeless continuously ... would talk to their parents or other adult family member
- ◆ 1 in 9 (11.6%) seriously considered attempting suicide during the past 12 months
- ◆ 1 in 10 (9.8%) reported that they had made a suicide plan during the past 12 months
- ◆ 1 in 5 (19.3%) reported that they had attempted suicide during the past 12 months

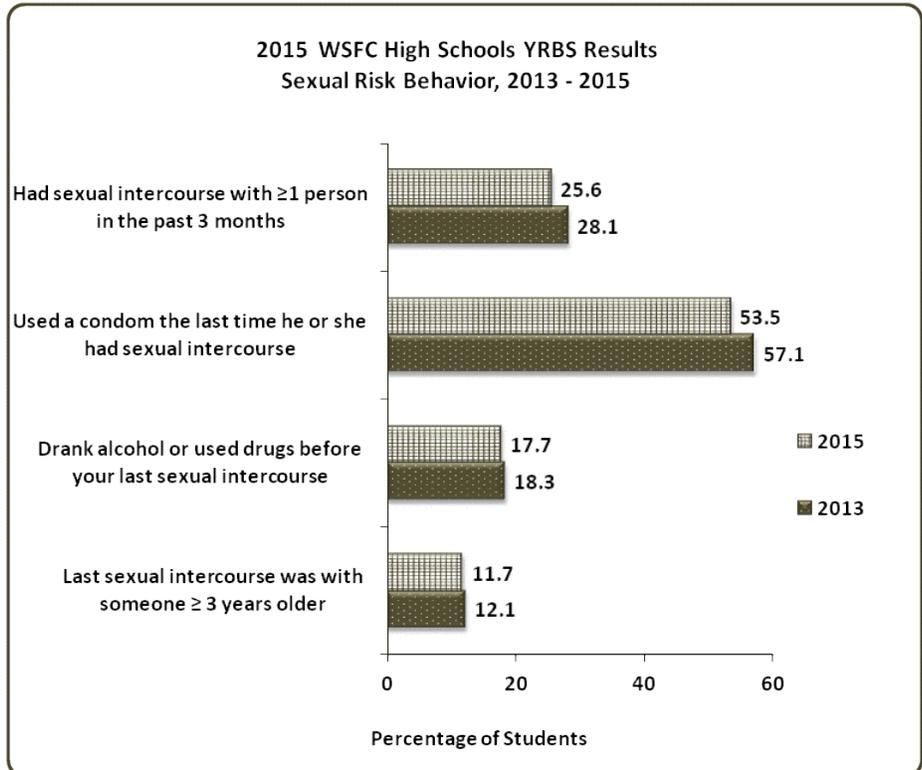
## Sexual Risk Behavior

Based on the 2015 WSFC High School YRBS responses, some sexual risk behaviors were negatively associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed that about **17%** of WSFC high school students who earned mostly A's, **27%** who earned mostly B's, **34%** who earned mostly C's, and **43%** who earned mostly D/F's *had sexual intercourse with one or more persons in the past 3 months* (Appendix A).

**Figure 17**

**Figure 17** shows that in 2015, about:

- ◆ 1 in 4 (25.6%) WSFC high school students who were sexually active reported that they had *had sex with one or more persons in the past 3 months*
- ◆ 1 in every 2 (53.5%) reported that they had *used a condom the last time that they had sexual intercourse*
- ◆ 1 in 6 (17.7%) reported that they *had drunk alcohol or used drugs before the last time that they had sexual intercourse*
- ◆ 1 in 9 (11.7%) reported that their *last sexual intercourse was with someone who was 3 years or more older than themselves*



**Figure 17** also compares the trend in the prevalence rates of sexual behavioral risks among WSFC high school students between 2013 and 2015. Based on the results:

- ◆ There was a 8.9% decrease in the prevalence rate for high school students who *had sexual intercourse with one or more persons in the past 3 months before the survey*.
- ◆ The prevalence rate for those who *used a condom the last time he or she had sexual intercourse* decreased by 6.3% between 2013 and 2015.
- ◆ Between 2013 and 2015, there was a 3.3% decrease in the prevalence rate of high school students who *drank alcohol or used drugs before having sexual intercourse the last time*.
- ◆ The prevalence rate decreased by 3.3% for high school students who *last had sexual intercourse with someone who was 3 or more years older than themselves*.

## Age Group

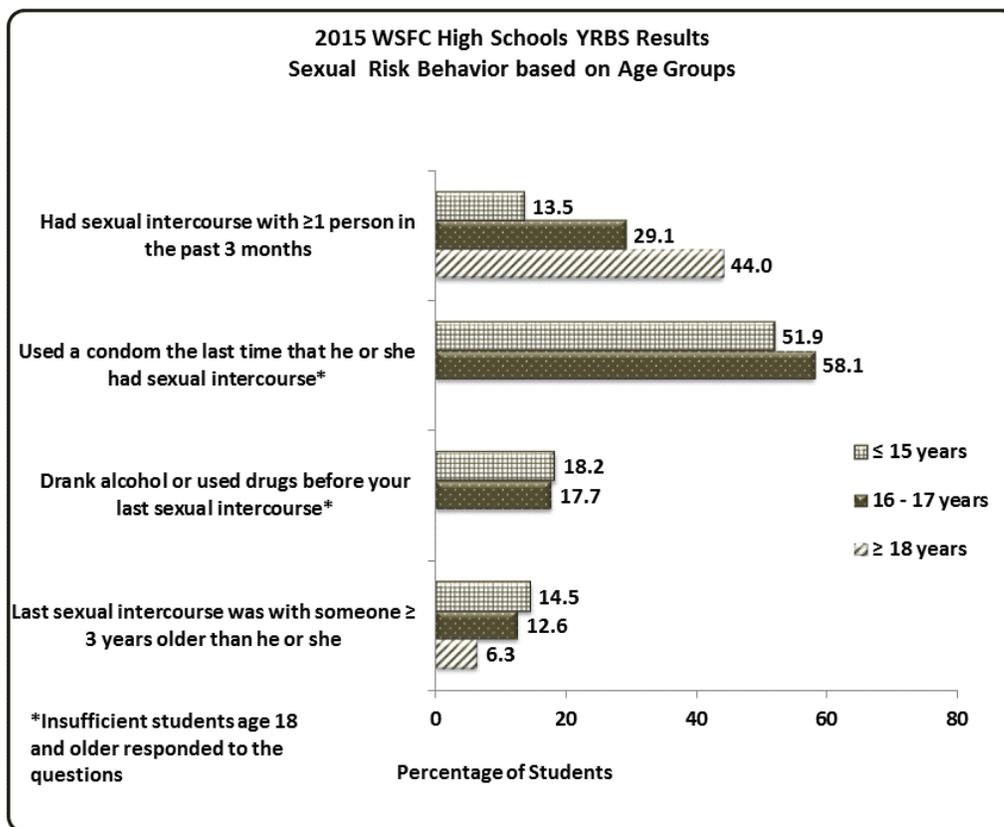
**Figure 18**

**Figure 18** shows that WSFC high school students age 15 and younger were more likely than students of other age groups to report that:

- ◆ They drank alcohol or used drugs before their last sexual intercourse
- ◆ Their last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 18** also shows that insufficient WSFC high school students age 18 and older responded to questions on:

- ◆ The use of a condom the last time that they had sexual intercourse
- ◆ The use of drugs or alcohol before their last sexual intercourse



**Figure 18** shows that among high school students age 15 and younger, about:

- ◆ 1 in 7 (13.5%) had sexual intercourse with one or more persons in the past 3 months
- ◆ 1 in 2 (51.9%) used of a condom the last time that they had sexual intercourse
- ◆ 1 in 5 (18.2%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 7 (14.5%) last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 18** shows that among high school students age 16 - 17 years, about:

- ◆ 1 in 3 (29.1%) had sexual intercourse with one or more persons in the past 3 months
- ◆ 1 in 2 (58.1%) used of a condom the last time that they had sexual intercourse
- ◆ 1 in 7 (17.7%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 8 (12.6%) last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 18** shows that among high school students age 18 and older, about:

- ◆ 1 in 2 (44.0%) had sexual intercourse with one or more persons in the past 3 months
- ◆ \*\*\*insufficient data
- ◆ \*\*\*insufficient data
- ◆ 1 in 16 (6.3%) last sexual intercourse was with someone who was at least 3 years older than themselves

## Race/Ethnicity

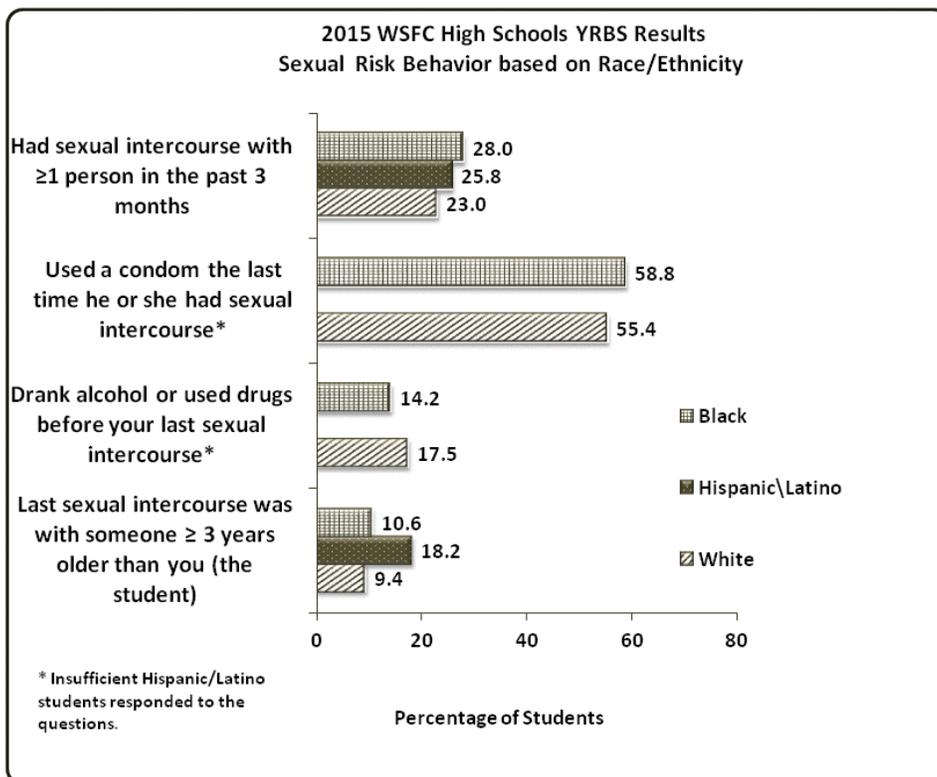
**Figure 19**

**Figure 19** shows that White high school students were less likely than other race/ethnicities to report that they:

- ◆ They had sexual intercourse with one or more person in the 3 months
- ◆ They used a condom the last time that they had sexual intercourse
- ◆ Their last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 19** also shows that insufficient Hispanic/Latino high school students responded to questions on:

- ◆ The use of a condom the last time that they had sexual intercourse
- ◆ Of those who are currently having sexual intercourse, the use of drugs or alcohol before their last sexual intercourse



**Figure 19** shows that among **Black** high school students, about:

- ◆ 1 in 4 (28.0%) reported that they had sexual intercourse with one or more person in the 3 months
- ◆ 1 in 2 (58.8%) used of a condom the last time that they had sexual intercourse ...
- ◆ 1 in 7 (14.2%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 10 (10.6%) last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 19** shows that among **Hispanic/Latino** high school students, about:

- ◆ 1 in 4 (25.8%) reported that they had sexual intercourse with one or more person in the 3 months before the survey
- ◆ \* \*\*insufficient data
- ◆ \*\*\*insufficient data
- ◆ 1 in 5 (18.2%) last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 19** shows that among **White** high school students, about:

- ◆ 1 in 4 (23.0%) reported that they had sexual intercourse with one or more person in the 3 months before the survey
- ◆ 1 in 2 (55.4%) used of a condom the last time that they had sexual intercourse ...
- ◆ 1 in 6 (17.5%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 11 (9.4%) last sexual intercourse was with someone who was at least 3 years older than themselves

## Gender

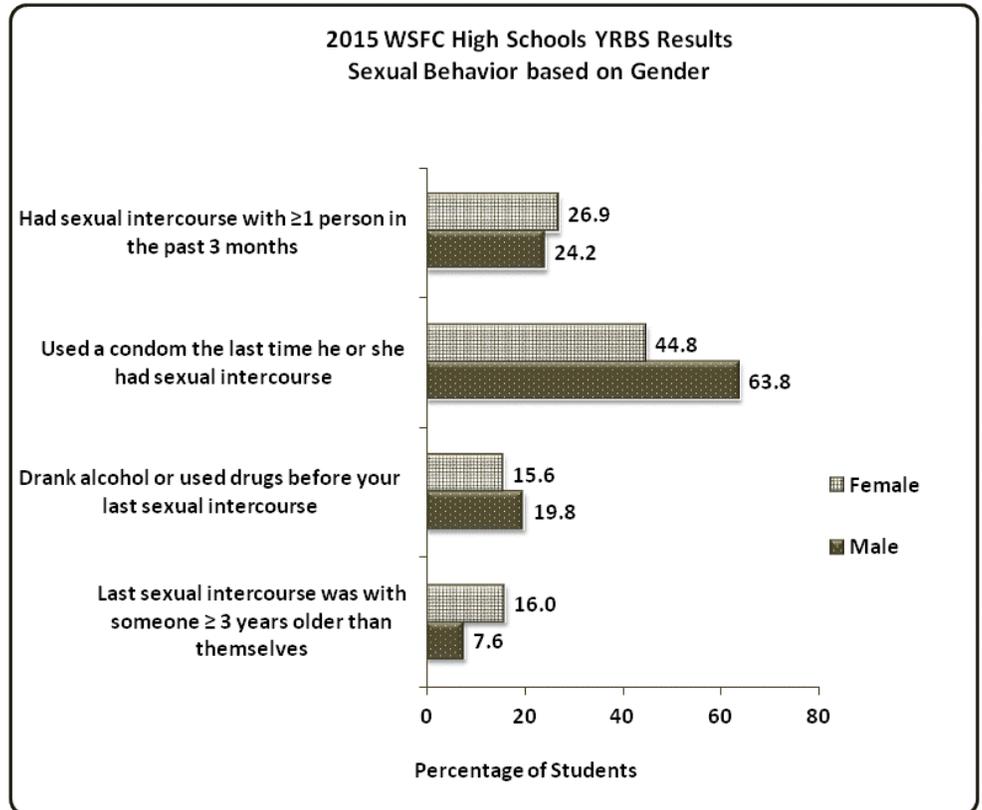
**Figure 20**

**Figure 20** shows that WSFC high school females were more likely than males to report that:

- ◆ They had sexual intercourse with one or more persons in the past 3 months
- ◆ Their last sexual intercourse was with someone who was 3 or more years older than themselves

**Figure 20** also shows that WSFC high school males were more likely than females to report that they:

- ◆ Used a condom during the last time they had sexual intercourse
- ◆ Drank alcohol or used drugs before their last sexual intercourse



**Figure 20** shows that among females, about:

- ◆ 1 in 4 (26.9%) had sexual intercourse with one or more persons in the past 3 months
- ◆ 2 in 5 (44.8%) used of a condom the last time that they had sexual intercourse
- ◆ 1 in 6 (15.6%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 6 (16.0%) last sexual intercourse was with someone who was at least 3 years older than themselves

**Figure 20** shows that among males, about:

- ◆ 1 in 4 (24.2%) had sexual intercourse with one or more persons in the past 3 months
- ◆ 2 in 3 (63.8%) used of a condom the last time that they had sexual intercourse
- ◆ 1 in 5 (19.8%) drank alcohol or used drugs before their last sexual intercourse
- ◆ 1 in 13 (7.6%) last sexual intercourse was with someone who was at least 3 years older than themselves

## Weight Management

Based on the 2015 WSFC High School YRBS responses, perception of body weight may be negatively associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed that about **12%** of WSFC high school students who earned mostly A's, **12%** who earned mostly B's, **20%** who earned mostly C's, and **28%** who earned mostly D/F's were obese ( $\geq$  95th percentile for BMI, by age and sex) (Appendix A).

Figure 21

Figure 21 shows that in 2015, about:

- ◆ 1 in 7 (14.3%) WSFC high school students *were obese* ( $\geq$  95th percentile for BMI, by age and sex)
- ◆ 1 in 6 (16.7%) WSFC high school students *were overweight*
- ◆ 2 in 5 (43.9%) were *trying to lose weight*
- ◆ 1 in 3 (39.5%) reported that they *ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during past the 30 days*
- ◆ 2 out of 3 (64.7%) high school students reported that they *exercised to lose or keep from gaining weight during the past 30 days*

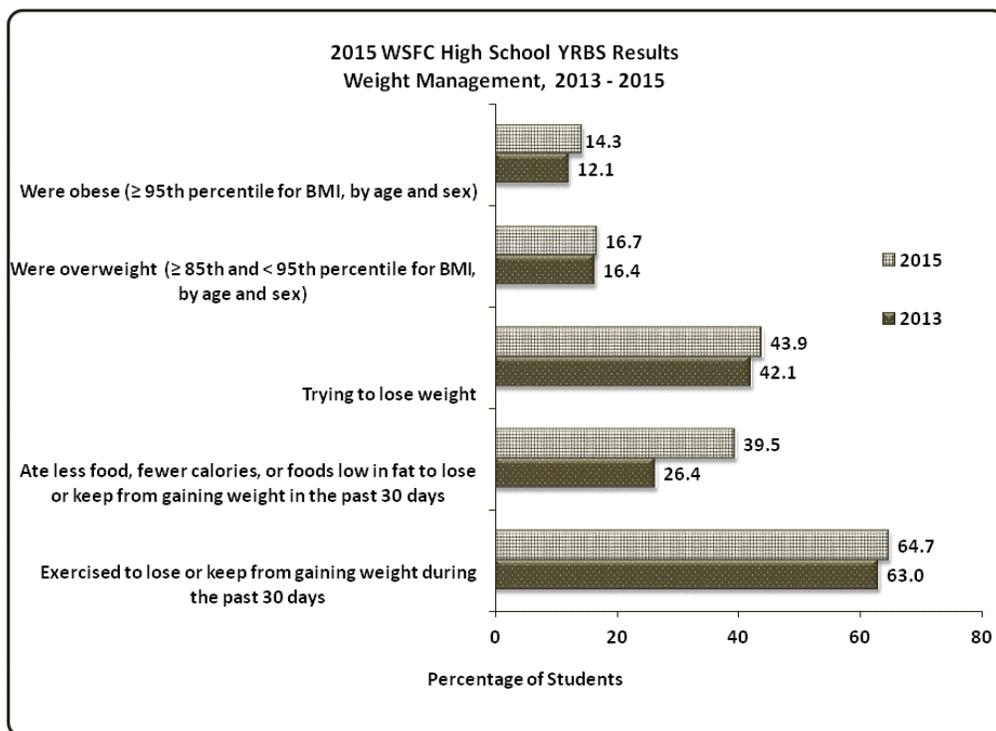


Figure 21 also compares the trend in the prevalence rates for weight and weight management practices among WSFC high school students between 2013 and 2015. Based on the results:

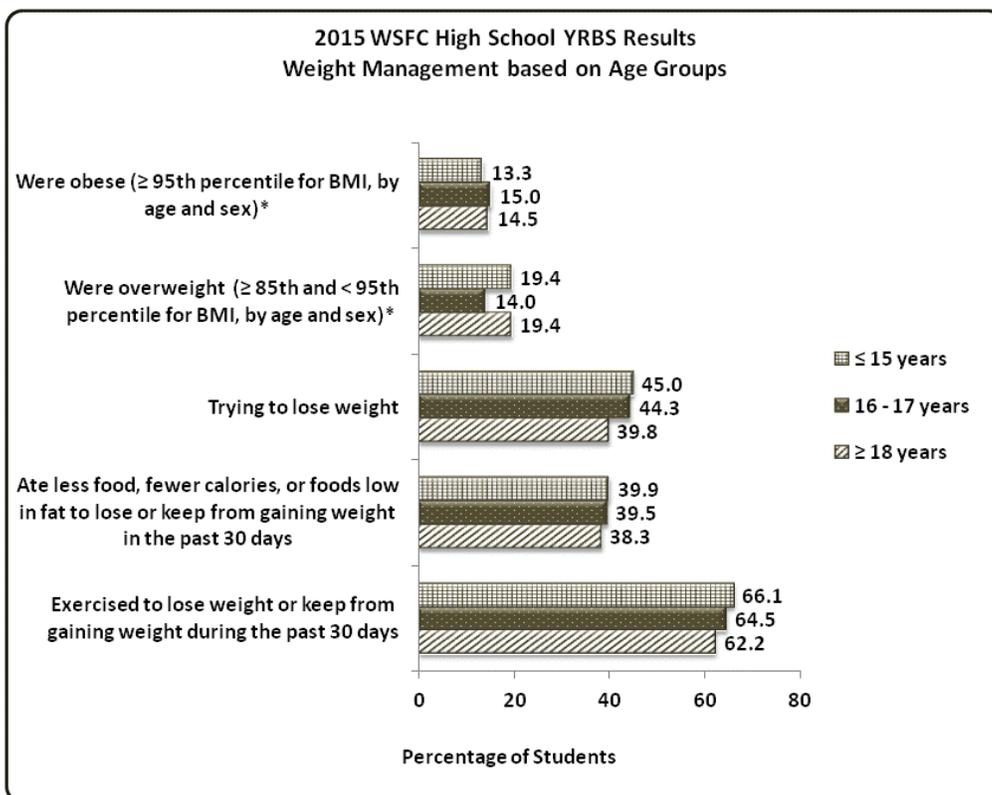
- ◆ There was an 18.2% increase in the prevalence rate for high school students who *were obese*.
- ◆ There was a 1.8% increase in the prevalence rate for high school students who *were overweight*.
- ◆ There was a 4.3% increase in the prevalence rate for high school students who *were trying to lose weight*.
- ◆ Between 2013 and 2015, there was a 49.6% increase in the prevalence rate for high school students who *ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the 30 days*.
- ◆ The prevalence rate for those who *exercised to lose or keep from gaining weight during the past 30 days* increased by 2.7% between 2013 and 2015.

## Age Groups

**Figure 22**

**Figure 22** shows that WSFC high school students age 15 and younger were more likely than other age groups to report that they:

- ◆ Were trying to lose weight
- ◆ Ate less food, fewer calorie, or foods low in fat to lose or keep from gaining weight in the 30 days
- ◆ Exercised to lose weight or keep from gaining weight during the past 30 days



**Figure 22** shows that among high school students age 15 and younger, about:

- ◆ 1 in 8 (13.3%) were obese
- ◆ 1 in 5 (19.4%) were overweight
- ◆ 2 in 5 (45.0%) reported that they were trying to lose weight
- ◆ 1 in 3 (39.9%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 2 in 3 (66.1%) reported that they exercised to lose or keep from gaining weight during the past 30 days

**Figure 22** shows that among high school students age 16 - 17 years, about:

- ◆ 1 in 7 (15.0%) were obese
- ◆ 1 in 7 (14.0%) were overweight
- ◆ 2 in 5 (44.3%) reported that they were trying to lose weight
- ◆ 1 in 3 (39.5%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 2 in 3 (64.5%) reported that they exercised to lose or keep from gaining weight during the past 30 days

**Figure 22** shows that among high school students age 18 years and older, about:

- ◆ 1 in 7 (14.5%) were obese a
- ◆ 1 in 5 (19.4%) were overweight
- ◆ 1 in 3 (39.8%) reported that they were trying to lose weight
- ◆ 1 in 3 (38.3%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 2 in 3 (62.2%) reported that they exercised to lose or keep from gaining weight during the past 30 days



## Race/Ethnicity

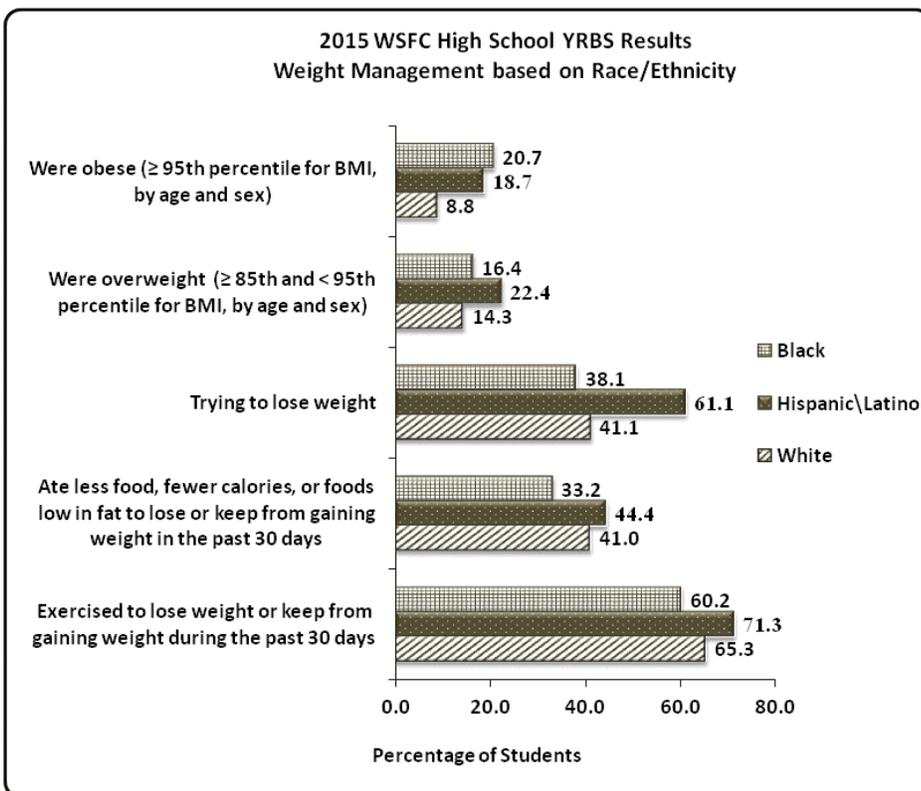
**Figure 23**

**Figure 23** shows that Black and Hispanic/Latino WSFC high school students were more likely than White high school students to be:

- ◆ Obese
- ◆ Overweight

Hispanic/Latino high school students were more likely than other race/ethnicities to report that they were:

- ◆ Trying to lose weight
- ◆ Ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ Exercised to lose or keep from gaining weight during the past 30 days



**Figure 23** shows that among **Black high school students**, about:

- ◆ 1 in 5 (20.7%) were obese
- ◆ 1 in 6 (16.4%) were overweight
- ◆ 1 in 3 (38.1%) reported that they were trying to lose weight
- ◆ 1 in 3 (33.2%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 3 in 5 (60.2%) reported that they exercised to lose or keep from gaining weight during the past 30 days

**Figure 23** shows that among **Hispanic/Latino high school students**, about:

- ◆ 1 in 5 (18.7%) were obese
- ◆ 1 in 5 (22.4%) were overweight
- ◆ 3 in 5 (61.1%) reported that they were trying to lose weight
- ◆ 1 in 2 (44.4%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 3 in 4 (71.3%) reported that they exercised to lose or keep from gaining weight during the past 30 days

**Figure 23** shows that among **White high school students**, about:

- ◆ 1 in 12 (8.8%) were obese
- ◆ 1 in 7 (14.3%) were overweight
- ◆ 2 out of 5 (41.1%) reported that they were trying to lose weight
- ◆ 2 out of 5 (41.0%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 2 out of 3 (65.3%) reported that they exercised to lose or keep from gaining weight during the past 30 days

## Gender

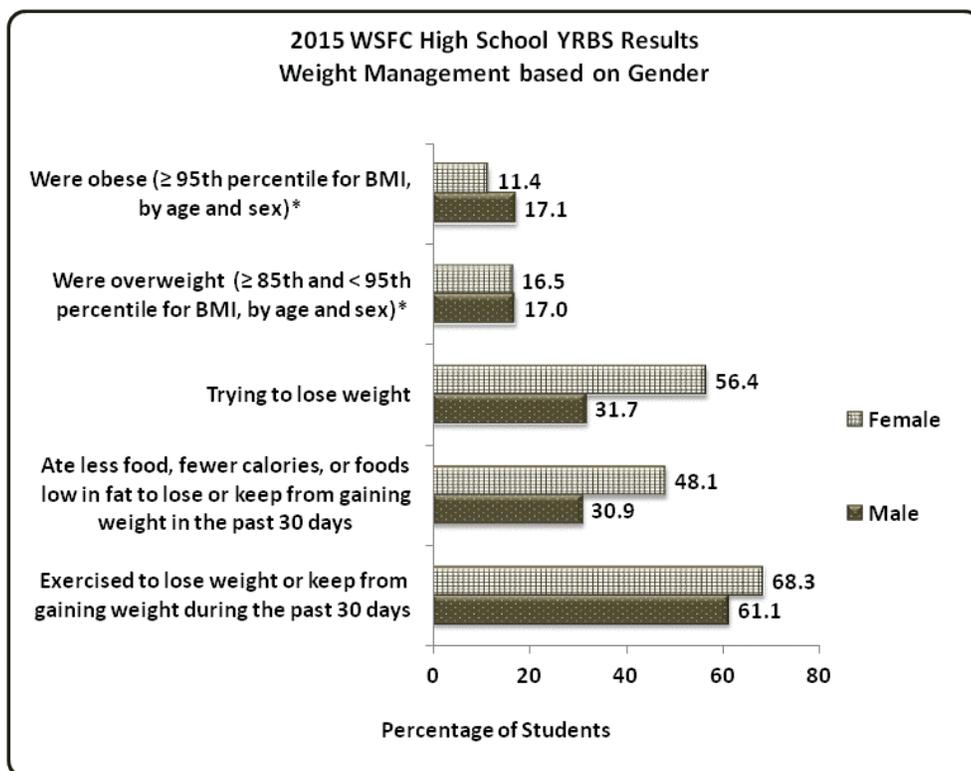
**Figure 24**

**Figure 24** shows that WSFC high school males were more likely than high school females to

- ◆ Be obese

**Figure 24** also shows that females were more likely than males to report:

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



**Figure 24** shows that among high school females, about:

- ◆ 1 in 10 (11.4%) were obese
- ◆ 1 in 6 (16.5%) were overweight
- ◆ 1 in 2 (56.4%) reported that they were trying to lose weight
- ◆ 1 in 2 (48.1%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 2 out of 3 (68.3%) reported that they exercised to lose or keep from gaining weight during the past 30 days

**Figure 24** shows that among high school males, about:

- ◆ 1 in 6 (17.1%) were obese
- ◆ 1 in 6 (17.0%) were overweight
- ◆ 1 in 3 (31.7%) reported that they were trying to lose weight
- ◆ 1 in 3 (30.9%) reported that they ate less food, fewer calories, or foods low in fat to lose or keep from gaining weight during the past 30 days
- ◆ 3 out of 5 (61.1%) reported that they exercised to lose or keep from gaining weight during the past 30 days

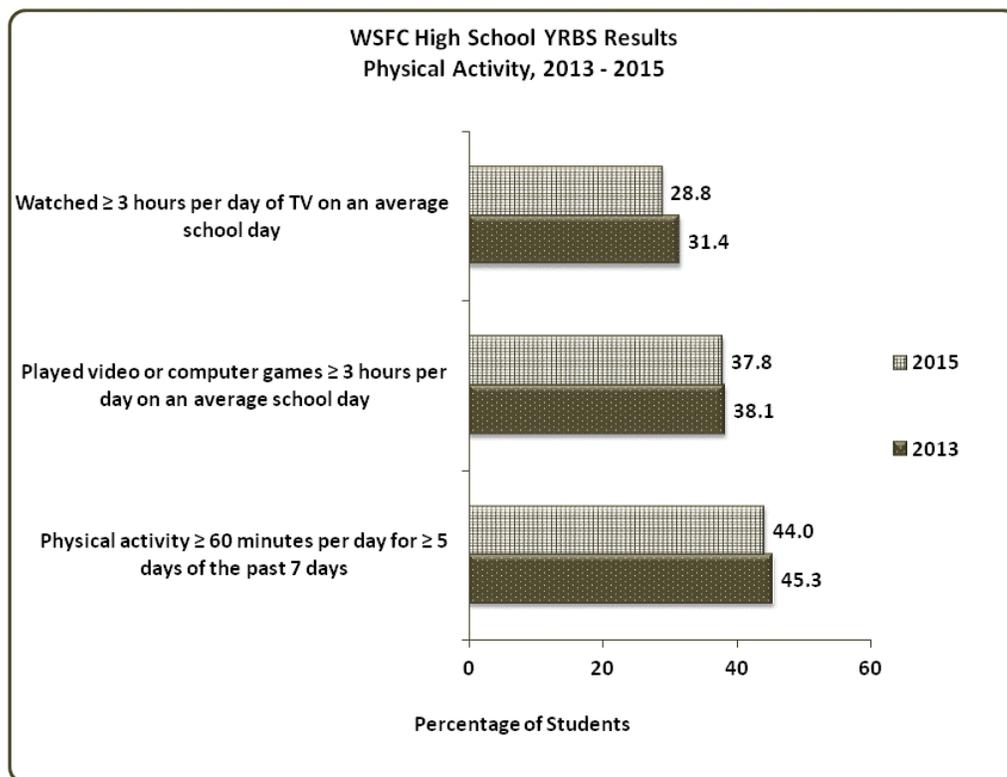
## Physical Activity

Based on the 2015 WSFC High School YRBS responses, physical activity may be positively associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed that about **53%** of WSFC high school students who earned mostly A's, **42%** who earned mostly B's, **36%** who earned mostly C's and **35%** who earned mostly D/F's were *physically active for 60 or minutes on 5 or more of the past 7 days* (Appendix A).

**Figure 25**

**Figure 25** shows that in 2015, about:

- ◆ 1 in 4 (28.8%) WSFC high school students reported that they *watched television for 3 or more hours on an average school day*
- ◆ 1 in 3 (37.8%) reported that they *played video or computer games for 3 or more hours on an average school day*
- ◆ 2 in 5 (44.0%) reported that they *were physically active for at least 60 minutes for 5 or more days of the past 7 days*



**Figure 25** also compares the trend in the prevalence rates for physical activity among WSFC high school students from 2013 to 2015. Based on the results:

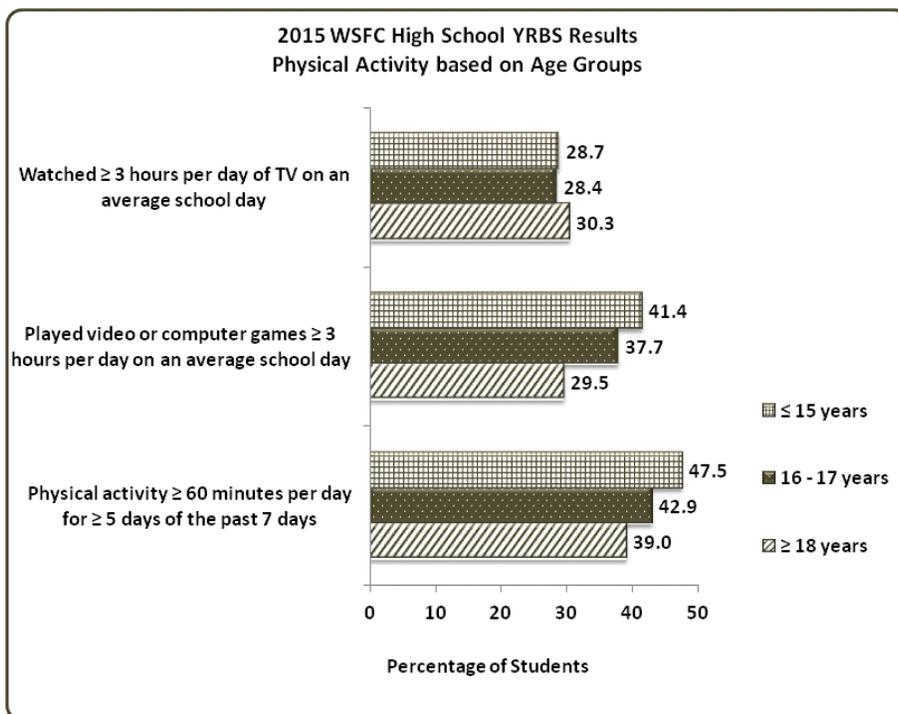
- ◆ Between 2013 and 2015, the prevalence rate decreased by 8.3% for high school students who *watched 3 or more hours of television on an average school day*.
- ◆ The prevalence rate for high school students who *played video/computer games for 3 or more hours per day on an average school day* remained relatively unchanged from 2013 to 2015.
- ◆ There was a 2.9% decrease in the prevalence rate for high school students who were *physically active for 60 or more minutes on 5 or more of the past 7 days*.

## Age Groups

**Figure 26**

**Figure 26** shows that WSFC high school students age 15 and younger were more likely than students of other age groups to report that they:

- ◆ Played video or computer games for 3 or more hours on an average school day
- ◆ Were physically active for at least 60 minutes for 5 or more days of the past 7 days



**Figure 26 shows that among high school students age 15 and younger, about:**

- ◆ 1 in 4 (28.7%) reported that they watched television for 3 or more hours on an average school day
- ◆ 2 in 5 (41.4%) reported that they played video or computer games for 3 or more hours on an average school day
- ◆ 1 in 2 (47.5%) reported that they were physically active for at least 60 minutes for 5 or more days of the past 7 days

**Figure 26 shows that among high school students age 16 - 17 years, about:**

- ◆ 1 in 4 (28.4%) reported that they watched television for 3 or more hours on an average school day
- ◆ 1 in 3 (37.7%) reported that they played video or computer games for 3 or more hours on an average school day
- ◆ 2 in 5 (42.9%) reported that they were physically active for at least 60 minutes for 5 or more days of the past 7 days

**Figure 26 shows that among high school students age 18 and older, about:**

- ◆ 1 in 3 (30.3%) reported that they watched television for 3 or more hours on an average school day
- ◆ 1 in 4 (29.5%) reported that they played video or computer games for 3 or more hours on an average school day
- ◆ 1 in 3 (39.0%) reported that they were physically active for at least 60 minutes for 5 or more days of the past 7 days

## Race/Ethnicity

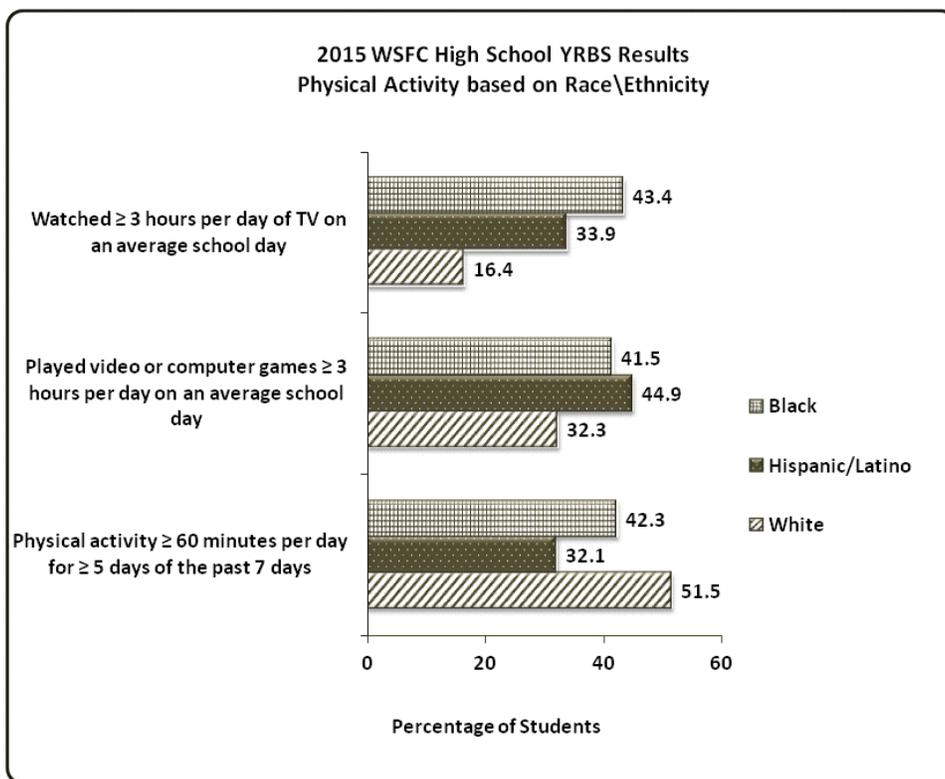
**Figure 27**

**Figure 27** shows that White high school students were less likely than Black or Hispanic/Latino high school students to report that they:

- ♦ Watched television for 3 or more hours on an average school day
- ♦ Played video or computer games for 3 or more hours on an average school day

White high school students were more likely than Black or Hispanic/Latino high school students to report that they:

- ♦ Were physically active for 60 or more minutes per day for 5 or more of the past 7 days



**Figure 27 shows that among Black high school students, about:**

- ♦ 2 in 5 (43.4%) reported that they watch television for 3 or more hours on an average school day
- ♦ 2 in 5 (41.5%) reported that they play video or computer games for 3 or more hours on an average school day
- ♦ 2 in 5 (42.3%) reported that they were physically active for 60 or more minutes per day for 5 or more of the past 7 days

**Figure 27 shows that among Hispanic/Latino high school students, about:**

- ♦ 1 in 3 (33.9%) reported that they watch television for 3 or more hours on an average school day
- ♦ 2 in 5 (44.9%) reported that they play video or computer games for 3 or more hours on an average school day
- ♦ 1 in 3 (32.1%) reported that they were physically active for 60 or more minutes per day for 5 or more of the past 7 days

**Figure 27 shows that among White high school students, about:**

- ♦ 1 in 6 (16.4%) reported that they watch television for 3 or more hours on an average school day
- ♦ 1 in 3 (32.3%) reported that they play video or computer games for 3 or more hours on an average school day
- ♦ 1 in 2 (51.5%) reported that they were physically active for 60 or more minutes per day for 5 or more of the past 7 days

## Gender

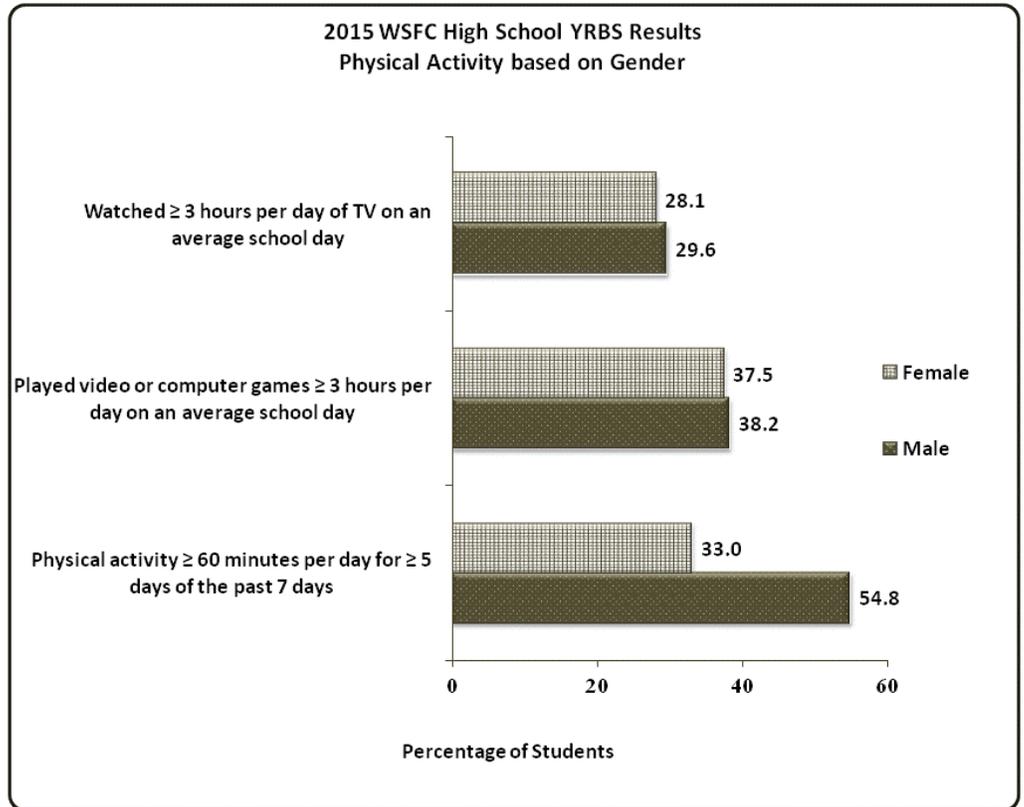
**Figure 28**

**Figure 28** shows that WSFC high school males were more likely than high school females to report that they were:

- ◆ Physically active for greater than 60 minutes per day for 5 or more days of the last 7 days

However, high school males and females were almost equally likely to report that they had:

- ◆ Watched television for 3 or more hours per day on an average school day
- ◆ Played video or computer games for 3 or more hours per day on an average school day



**Figure 28 shows that among female high school students, about:**

- ◆ 1 in 4 (28.1%) reported that they watch television for 3 or more hours on an average school day
- ◆ 1 in 3 (37.5%) reported that they play video or computer games for 3 or more hours on an average school day
- ◆ 1 in 3 (33.0%) reported that they were physically active for 60 or more minutes per day for 5 or more of the past 7 days

**Figure 28 shows that among male high school students, about:**

- ◆ 1 in 4 (29.6%) reported that they watch television for 3 or more hours on an average school day
- ◆ 1 in 3 (38.2%) reported that they play video or computer games for 3 or more hours on an average school day
- ◆ 1 in 2 (54.8%) reported that they were physically active for 60 or more minutes per day for 5 or more of the past 7 days

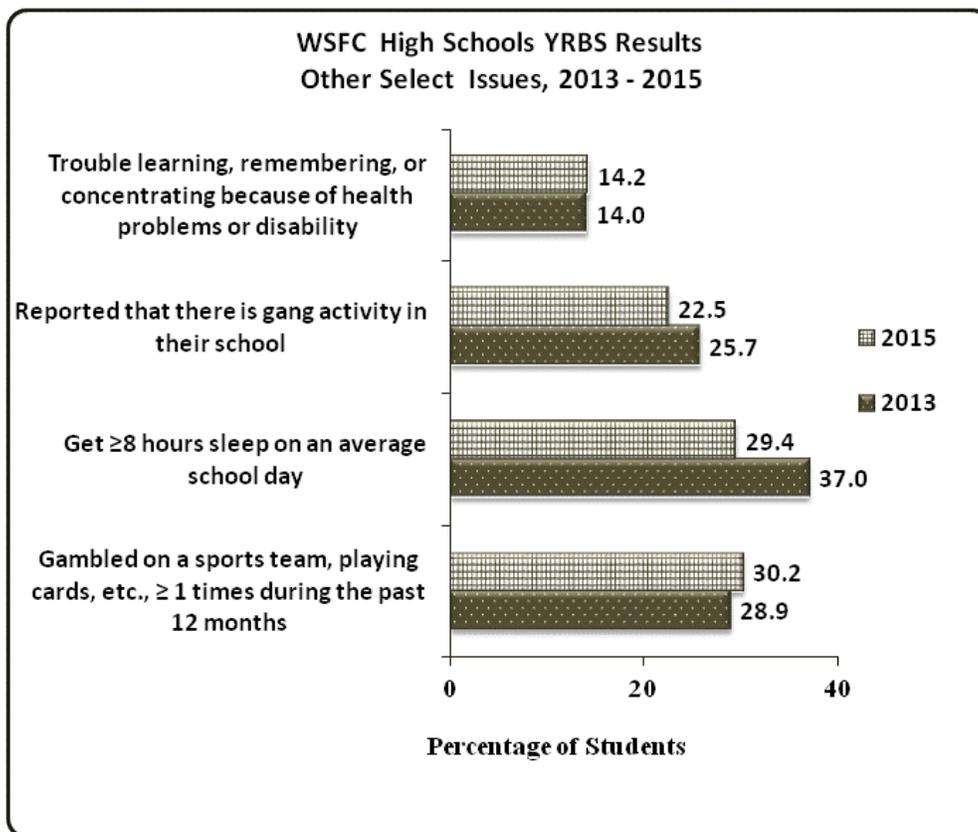
## Other Select Issues

Based on the 2015 WSFC High School YRBS responses, other issues such as *gambling* may be associated with academic achievement (Appendix A). For example, analysis of the 2015 YRBS results showed that among WSFC high school students, **27%** who earned mostly A's, **29%** who earned mostly B's, **38%** who earned mostly C's, and **35%** who earned mostly D/F's *gambled ... one or more times in the past 12 months* (Appendix A).

**Figure 29**

**Figure 29** shows that in 2015, about:

- ◆ 1 in 7 (14.2%) reported that they had trouble learning, remembering, or concentrating because of health problems or disability
- ◆ 1 in 5 (22.5%) reported that there is gang activity in their school
- ◆ 1 in 4 (29.4%) reported that they got 8 or more hours sleep on an average school day
- ◆ 1 in 3 (30.2%) gambled on a sports team, while playing cards, or similar endeavors on one or more times within the past 12 months



**Figure 29** also compares the trend in the prevalence rates for select issues among WSFC high school students between 2013 and 2015. Based on the results:

- ◆ There was a 1.4% increase in the prevalence rate for high school students who *had trouble learning, remembering or concentrating because of health problems or disability*.
- ◆ There was a 12.5% decrease in the prevalence rate for high school students who reported that there is gang activity in their school.
- ◆ There was a 20.5% decrease in the prevalence rate for high school students who reported getting *8 or more hours of sleep on an average school day*.
- ◆ Between 2013 and 2015, the prevalence rate increased by 4.5% for high school students who *gambled on a sports team, playing cards, ... on one or more times during the past 12 months*.

## Age Groups

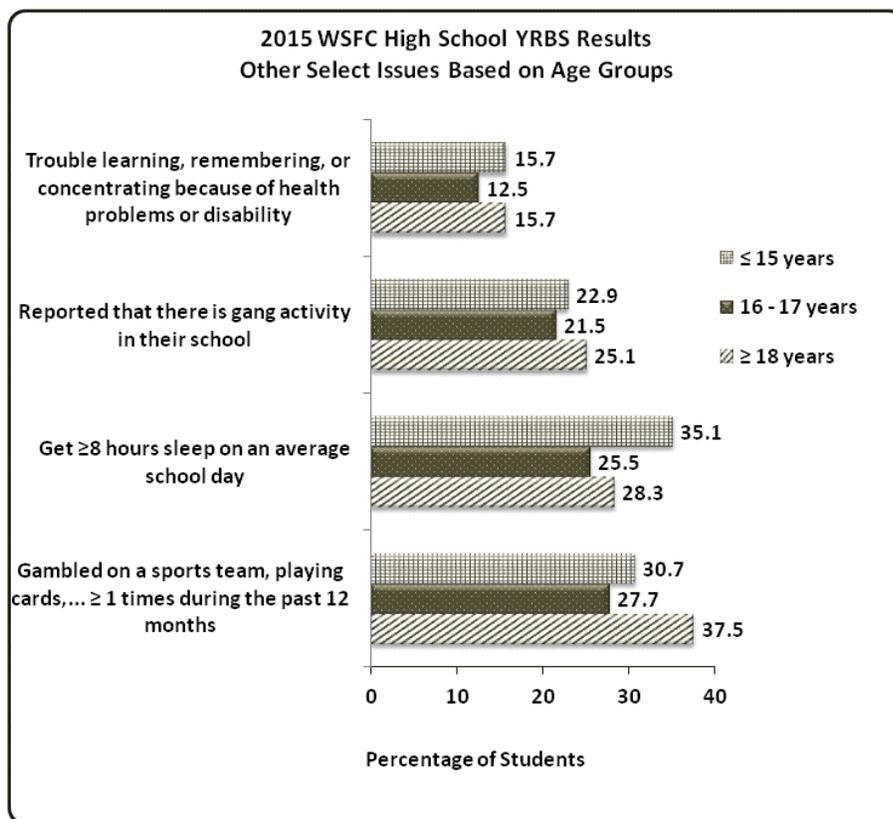
**Figure 30**

**Figure 30** shows that WSFC high school students age 15 and younger were more likely than other age groups to report that they:

- ◆ Received 8 or more hours sleep on an average school day

**Figure 30** also shows that WSFC high school students age 18 and older were more likely than other age groups to report that they:

- ◆ There is gang activity in their school
- ◆ Gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months



**Figure 30 shows that among high school students age 15 and younger, about:**

- ◆ 1 in 6 (15.7%) had trouble learning, remembering or concentrating because of a disability or health problems.
- ◆ 1 in 5 (22.9%) reported that there is gang activity in their school
- ◆ 1 in 3 (35.1%) received 8 or more hours sleep on an average school day
- ◆ 1 in 3 (30.7%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months

**Figure 30 shows that among high school students age 16 - 17 years, about:**

- ◆ 1 in 8 (12.5%) had trouble learning, remembering or concentrating because of a disability or health problems.
- ◆ 1 in 5 (21.5%) reported that there is gang activity in their school
- ◆ 1 in 4 (25.5%) received 8 or more hours sleep on an average school day
- ◆ 1 in 4 (27.7%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months

**Figure 30 shows that among high school students age 18 and older, about:**

- ◆ 1 in 6 (15.7%) had trouble learning, remembering or concentrating because of a disability or health problems.
- ◆ 1 in 4 (25.1%) reported that there is gang activity in their school
- ◆ 1 in 4 (28.3%) reported that they received 8 or more hours sleep on an average school day
- ◆ 1 in 3 (37.5%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months



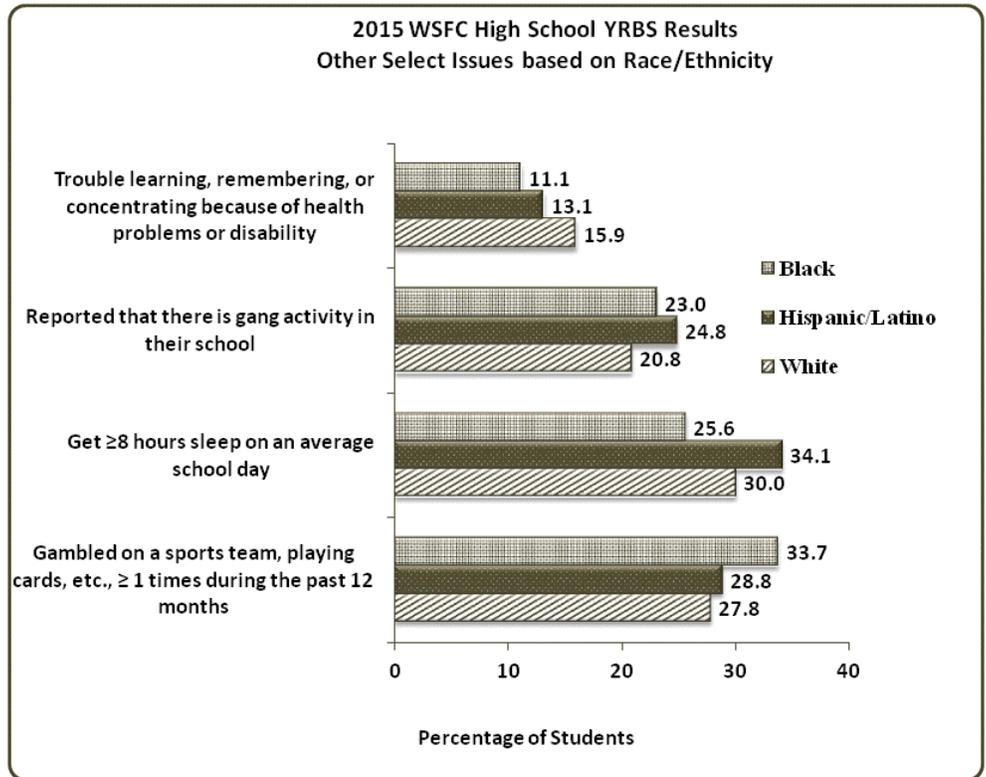
## Race/Ethnicity

**Figure 31**

**Figure 31** shows that White high school students were less likely than Black or Hispanic/Latino high school students to report that

- ◆ They had gambled on a sports team, while playing cards and similar activities on one or more times during the past 12 months
- ◆ There is gang activity in their school

**Figure 31** also shows that White school students were more likely than Hispanic/Latino or Black high school students to report that they had *trouble learning, remembering or concentrating because of a disability or health problems*.



**Figure 31 shows that among Black high school students, about:**

- ◆ 1 in 10 (11.1%) had trouble learning, remembering or concentrating because of a disability or health problems
- ◆ 1 in 4 (23.0%) reported that there is gang activity in their school
- ◆ 1 in 4 (25.6%) received 8 or more hours sleep on an average school day
- ◆ 1 in 3 (33.7%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months

**Figure 31 shows that among Hispanic/Latino high school students, about:**

- ◆ 1 in 8 (13.1%) had trouble learning, remembering or concentrating because of a disability or health problems
- ◆ 1 in 4 (24.8%) reported that there is gang activity in their school
- ◆ 1 in 3 (34.1%) received 8 or more hours sleep on an average school day
- ◆ 1 in 4 (28.8%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months

**Figure 31 shows that among White high school students, about:**

- ◆ 1 in 6 (15.9%) had trouble learning, remembering or concentrating because of a disability or health problems
- ◆ 1 in 5 (20.8%) reported that there is gang activity in their school
- ◆ 1 in 3 (30.0%) received 8 or more hours sleep on an average school day
- ◆ 1 in 4 (27.8%) gambled on a sports team, when playing on cards, and similar activities on one or more days during the 12 months

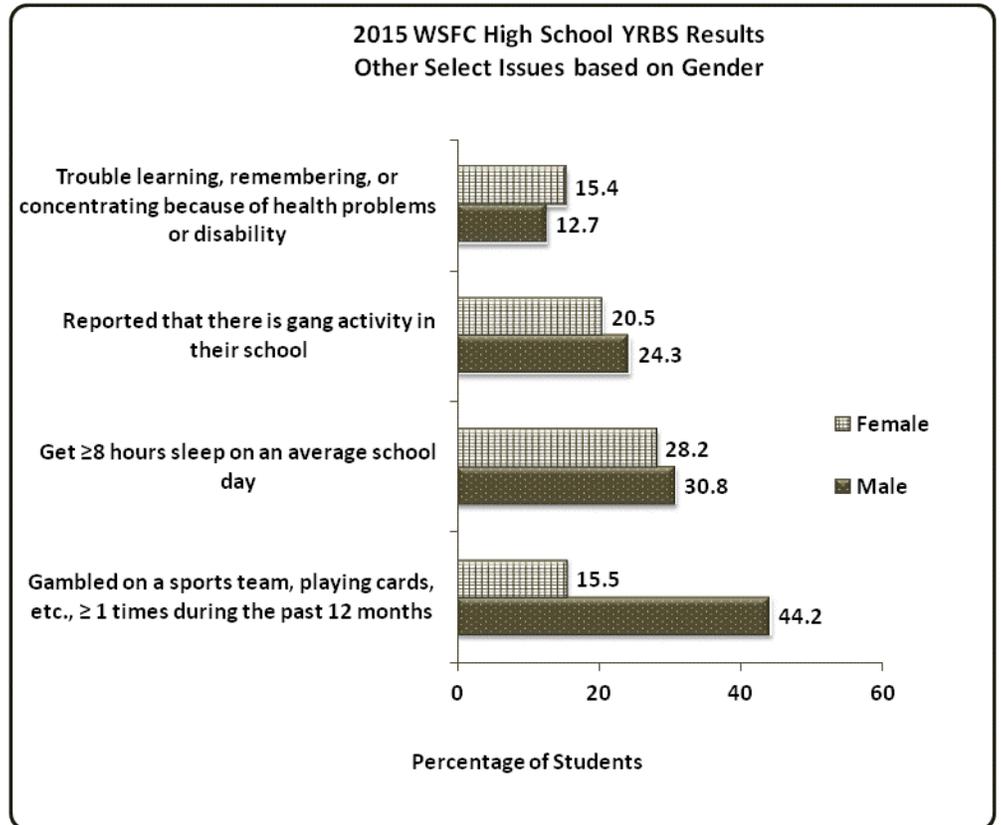
## Gender

**Figure 32**

**Figure 32** shows that high school females were more likely than high school males to report that they had *trouble learning, remembering, or concentrating because of health problems or disability*.

**Figure 32** also shows that high school males were more likely than high school females to report that:

- ◆ There is gang activity in their school
- ◆ They receive 8 or more hours sleep on an average school day
- ◆ They had gambled on a sports team, while playing cards and similar activities on one or more times during the past 12 months



**Figure 32 shows that among female high school students, about:**

- ◆ 1 in 6 (15.4%) reported that they had trouble learning, remembering or concentrating because of a disability or health problems
- ◆ 1 in 5 (20.5%) reported that they reported that there is gang activity in their school
- ◆ 1 in 4 (28.2%) reported that they were received 8 or more hours sleep on an average school day
- ◆ 1 in 6 (15.5%) reported that they gambled on a sports team, when playing on cards, and similar activities on one or more days during the past 12 months

**Figure 32 shows that among male high school students, about:**

- ◆ 1 in 8 (12.7%) reported that they had trouble learning, remembering or concentrating because of a disability or health problems
- ◆ 1 in 4 (24.3%) reported that they reported that there is gang activity in their school
- ◆ 1 in 3 (30.8%) reported that they were received 8 or more hours sleep on an average school day
- ◆ 2 in 5 (44.2%) reported that they gambled on a sports team, when playing on cards, and similar activities on one or more days during the past 12 months

# Appendix

## Appendix A

### 2015 Winston Salem/Forsyth County High School Youth Risk Behavior Survey Academic Achievement and Behavior

Health Risk Behavior	A's %	B's %	C's %	D/F's %	Significant Assoc*
<b>Alcohol, Tobacco &amp; other Drug Use</b>					
Percentage of students who had a drink of alcohol on ≥ 1 day (during the 30 days before the survey)	22.2	31.8	28.9	39.3	Yes
Percentage of students who ≥ 5 drinks of alcohol in a row within a couple of hours (binge drinking) on ≥ 1 day (during the 30 days before the survey)	10.6	14.3	13.9	17.5	Yes
Percentage of students who smoked cigarettes on ≥ 1 day (during the 30 days before the survey)	7.7	9.2	14.7	30.6	Yes
Percentage of students who currently used electronic vapor products (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, & hookah pens least 1 day during the 30 days before the survey)	15.9	23.3	36.4	46.2	Yes
Percentage of students who used marijuana ≥ 1 time (during the 30 days before the survey)	11.4	19.6	25.0	36.5	Yes
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	22.2	23.7	27.0	27.2	No
<b>Personal Safety</b>					
Percentage of students who rarely or never wore a bicycle helmet (among students who had ridden a bicycle during the 12 months before the survey)	66.3	81.5	92.1	88.5	Yes
Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)	14.9	15.4	18.8	26.8	Yes
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	33.3	40.4	33.7	38.0	No
<b>Violence-related Behavior</b>					
Percentage of students who carried a weapon (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)	11.5	14.1	19.8	19.6	Yes
Percentage of students who did not go to school because they felt unsafe at school/to or from school (on ≥ 1 day during the 30 days before the survey)	5.7	4.2	5.3	14.4	No
Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)	13.0	16.5	28.8	35.3	Yes
Percentage of students who experienced physical dating violence (≥1 times in the 12 months before the survey, including being hit, slammed into something, or injured with an object/weapon on purpose by someone they were dating/going out with among students who dated/go out with someone in the 12 mths before the survey)	6.7	6.7	11.7	27.7	Yes
Percentage of students who were bullied on school property (during the 12 months before the survey)	19.2	12.5	15.4	23.1	Yes
Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, websites, or texting during the 12 months before the survey)	12.5	10.1	14.5	21.3	Yes
<b>Psychological Health</b>					
Percentage of students who felt sad or hopeless (almost every day for ≥2 weeks in a row so that they stopped doing some usual activities/12 months before the survey)	23.1	26.9	35.0	43.1	Yes
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)	14.0	14.4	22.4	24.2	Yes

Health Risk Behavior	A's %	B's %	C's %	D/F's %	Significant Assoc*
<b>Psychological Health cont'd.</b>					
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)	9.7	12.3	17.8	22.4	Yes
Percentage of students who would 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)	28.6	20.2	20.2	9.9	Yes
<b>Sexual Behavior</b>					
Percentage of students who were currently sexually active (sexual intercourse with at least one person during the 3 months before the survey)	17.2	27.1	34.4	43.2	Yes
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)	12.3	20.2	14.1	23.2	No
Percentage of students who used a condom (during last sexual intercourse among students who were currently sexually active)	56.4	58.6	49.9	40.2	No
Percentage of students who reported their partners were three or more years older than themselves the last time they had sexual intercourse (among students who have had sexual intercourse)	9.5	9.7	11.0	18.2	Yes
<b>Weight Management/Dietary Behaviors</b>					
Percentage of students who were obese ( $\geq$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )	11.6	11.5	20.4	28.4	Yes
Percentage of students who were overweight ( $\geq$ 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart <sup>§</sup> )	13.3	18.2	18.2	18.3	Yes
Percentage of students who were trying to lose weight	43.2	42.3	47.1	51.3	Yes
Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)	66.3	64.9	66.3	58.2	No
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)	40.0	38.6	38.7	43.1	No
<b>Physical Activity</b>					
Percentage of students who were physically active at least 60 minutes per day on $\geq$ 5 (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	53.0	41.5	36.0	35.4	Yes
Percentage of students who watched television 3 or more hours per day (on an average school day)	22.3	30.3	36.4	38.0	Yes
Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)	30.8	38.1	45.2	46.8	Yes
<b>Other Issues</b>					
Percentage of students who reported that there is gang activity in their school	22.9	19.5	23.9	32.3	Yes
Percentage of students who have trouble learning, remembering, or concentrating because of a disability or health problem	13.6	13.1	14.0	28.7	Yes
Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game ( $\geq$ 1 times/12 months before the survey)	27.1	29.4	37.7	35.4	Yes
Percentage of students who had 8 or more hours of sleep (on an average school night)	32.8	28.4	28.2	23.3	No

† Confidence interval.

\*Based on logistic regression analysis controlling for sex, race/ethnicity, and grade in school,  $p < 0.05$ .

**Appendix B : Select Risk Behaviors**

**2013 - 2015 WSFC, North Carolina & U.S. High Schools**

<b>Alcohol, Tobacco &amp; other Drug Use</b>	<b>2015 WSFC</b>	<b>2015 NC</b>	<b>2015 US</b>	<b>2013 WSFC</b>	<b>2013 NC</b>	<b>2013 US</b>
Offered, sold, or given an illegal drug on school property in	24%	25%	22%	24%	24%	22%
Used marijuana $\geq$ 1 times in the past 30 days	19%	22%	22%	18%	23%	23%
Had $\geq$ 5 drinks in a row in a couple hours on $\geq$ 1 days in the	13%	14%	18%	13%	15%	21%
Had a drink of alcohol on $\geq$ 1 days in the past 30 days	28%	29%	33%	28%	32%	35%
Used electronic vapor products on $\geq$ 1 day in the past 30	25%	30%	24%	*	N/A	N/A
Smoked cigarettes on $\geq$ 1 days in the past 30 days	11%	13%	11%	13%	15%	16%
<b>Personal Safety</b>						
Never/rarely wore a bicycle helmet when riding a bicycle in	79%	85%	82%	78%	88%	88%
Texted or emailed while driving $\geq$ 1 time during the past 30	35%	38%	42%	32%	34%	41%
Rode in a car driven by someone who had been drinking	17%	17%	20%	18%	19%	22%
<b>Violence-related Behaviors</b>						
Skipped school for $\geq$ 1 of the past 30 days because student	6%	6%	6%	11%	7%	7%
Electronically bullied in the past 12 months	13%	12%	16%	11%	NA	N/A
Bullied on school property in the past 12 months	16%	16%	20%	17%	19%	20%
Boyfriend or girlfriend hit, slapped or physically hurt stu-	9%	8%	10%	8%	9%	10%
Been in a physical fight $\geq$ 1 times during the past 30 days	19%	21%	23%	20%	24%	25%
Carried a weapon, such as a gun, knife, or club on $\geq$ 1 days	16%	19%	16%	14%	21%	18%
<b>Psychological Health</b>						
Felt sad or hopeless continuously for two weeks or more in	28%	26%	30%	28%	29%	30%
Of the students who felt sad...those who would most likely talk to their parents or other adult family member about	23%	22%	N/A	21%	N/A	N/A
Seriously considered attempting suicide during the past 12	17%	16%	18%	16%	17%	17%

<b>Psychological Health , cont'd.</b>	<b>2015 WSFC</b>	<b>2015 NC</b>	<b>2015 US</b>	<b>2013 WSFC</b>	<b>2013 NC</b>	<b>2013 US</b>
Made a suicide plan during the past 12 months	13%	14%	15%	12%	13%	14%
Attempted suicide during the past 12 months	22%	N/A	9%	18%	N/A	8%
<b>Sexual Behavior</b>						
Had sexual intercourse with $\geq 1$ person in the past 3 months	26%	33%	30%	28%	32%	34%
Used a condom the last time he or she had sexual inter-	54%	61%	57%	57%	61%	59%
Drank alcohol or used drugs before your last sexual inter-	18%	17%	21%	18%	21%	22%
Last sexual intercourse was with someone $\geq 3$ years older	12%	13%	N/A	12%	17%	N/A
<b>Weight Management</b>						
Were obese ( $\geq 95$ th percentile for BMI, by age and sex)	14%	16%	14%	12%	13%	14%
Were overweight ( $\geq 85$ th and $< 95$ th percentile for BMI,	17%	16%	16%	16%	15%	17%
Trying to lose weight	44%	46%	46%	42%	46%	48%
Ate less food, fewer calories, or foods low in fat to lose or	40%	40%	N/A	32%	35%	N/A
Exercised to lose or keep from gaining weight during the	65%	62%	N/A	63%	61%	N/A
<b>Physical Activity</b>						
Physical activity $\geq 60$ minutes per day for $\geq 5$ days of the	29%	43%	49%	45%	47%	37%
Watched $\geq 3$ hours per day of TV on an average school day	38%	31%	25%	31%	33%	33%
Played video or computer games $\geq 3$ hours per day on an	44%	42%	42%	38%	42%	41%
<b>Other Select Health Issues</b>						
Trouble learning, remembering, or concentrating because	14%	16%	N/A	14%	13%	N/A
Get $\geq 8$ hours sleep on an average school day	29%	25%	27%	37%	28%	32%
Reported that there is gang activity in their school	23%	31%	N/A	26%	N/A	N/A
Gambled on a sports team, playing cards,... $\geq 1$ times dur-	30%	26%	N/A	29%	30%	N/A

