



2019 YOUTH RISK BEHAVIOR SURVEY (YRBS)

Board of Health February 2022

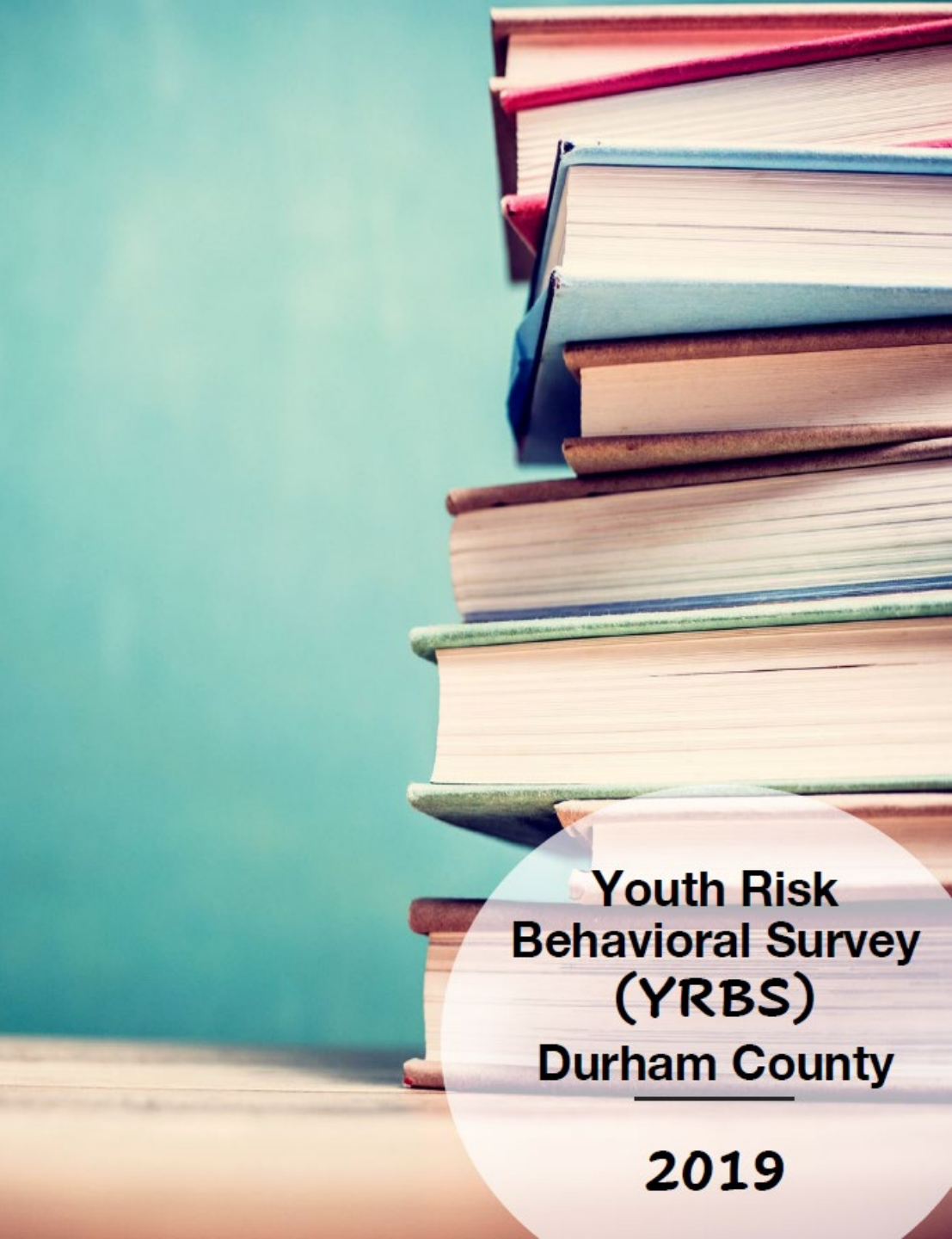
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Public Health Epidemiologist

Durham County Department of Public Health

What is the YRBS?

- Injury and Violence
- Sexual Behaviors
- Alcohol and other drug use
- Tobacco use
- Dietary behaviors
- Physical Activity

A stack of several books with various colored covers (red, blue, green, brown) is shown on a wooden surface. The background is a solid teal color. The books are stacked vertically, with the spines facing left.

**Youth Risk
Behavioral Survey
(YRBS)
Durham County**

2019

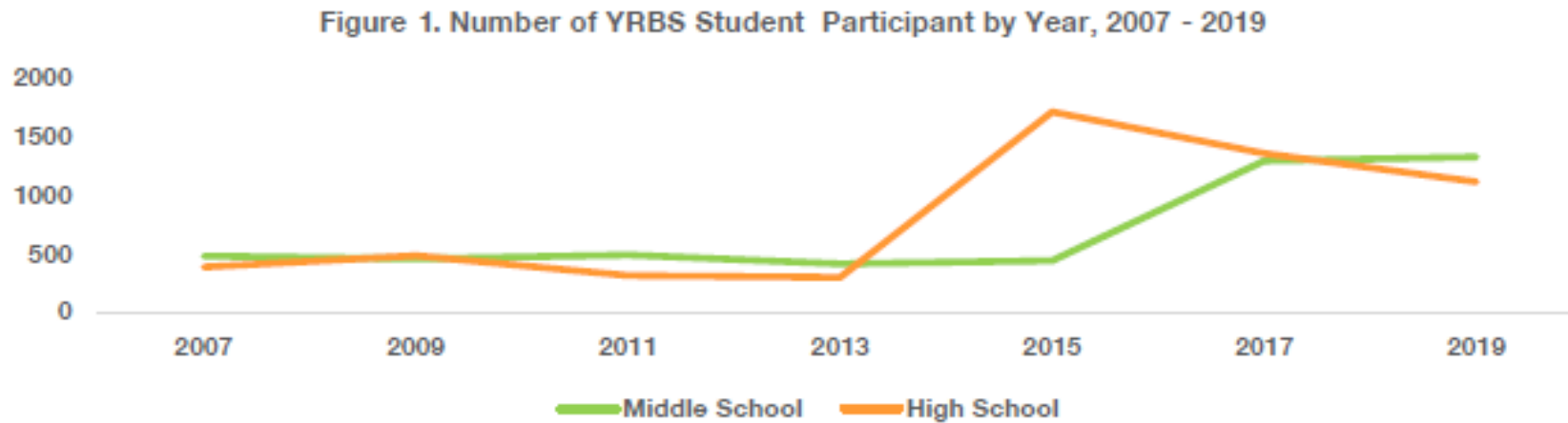
Methodology

- 70 question survey to middle schoolers
- 99 question survey to high schoolers
- 12 middle schools, 11 high schools randomly selected
- 70% (1,329) middle schoolers, 48% (1,117) high schoolers responded



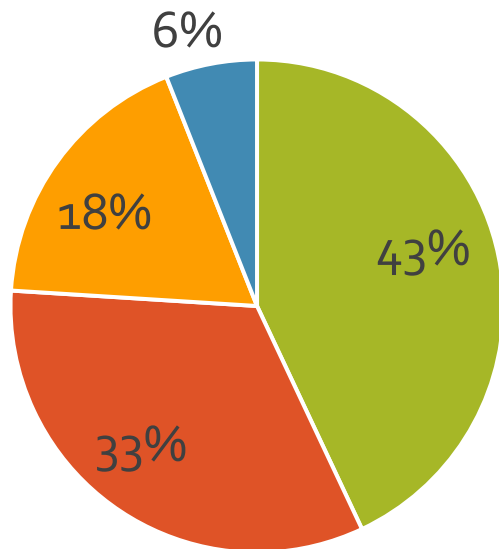
Middle School participation increased since 2017

High school participation decreased since 2017



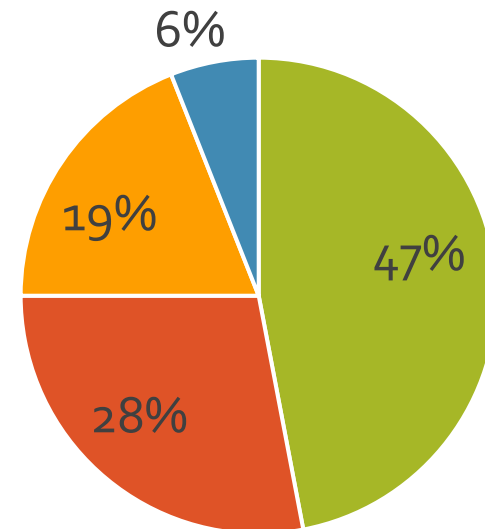
Respondent Demographics

Weighted Middle School Respondent Race/Ethnicity



■ Black or African American ■ Hispanic or Latin ■ White ■ Other

Weighted High School Respondent Race/Ethnicity



■ Black or African American ■ Hispanic or Latin ■ White ■ Other

Grade Level Participation

Figure 6. Percent of Middle School Survey Respondents by Grade

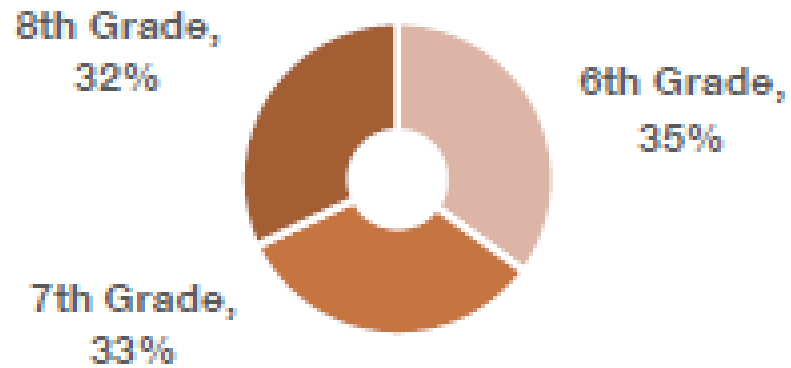
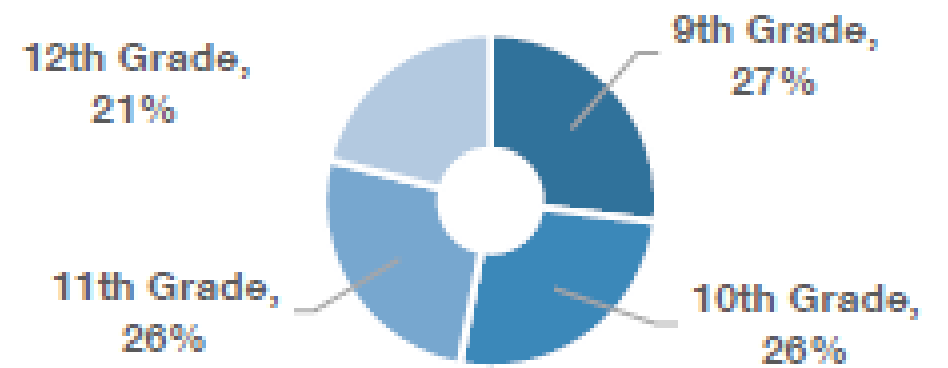
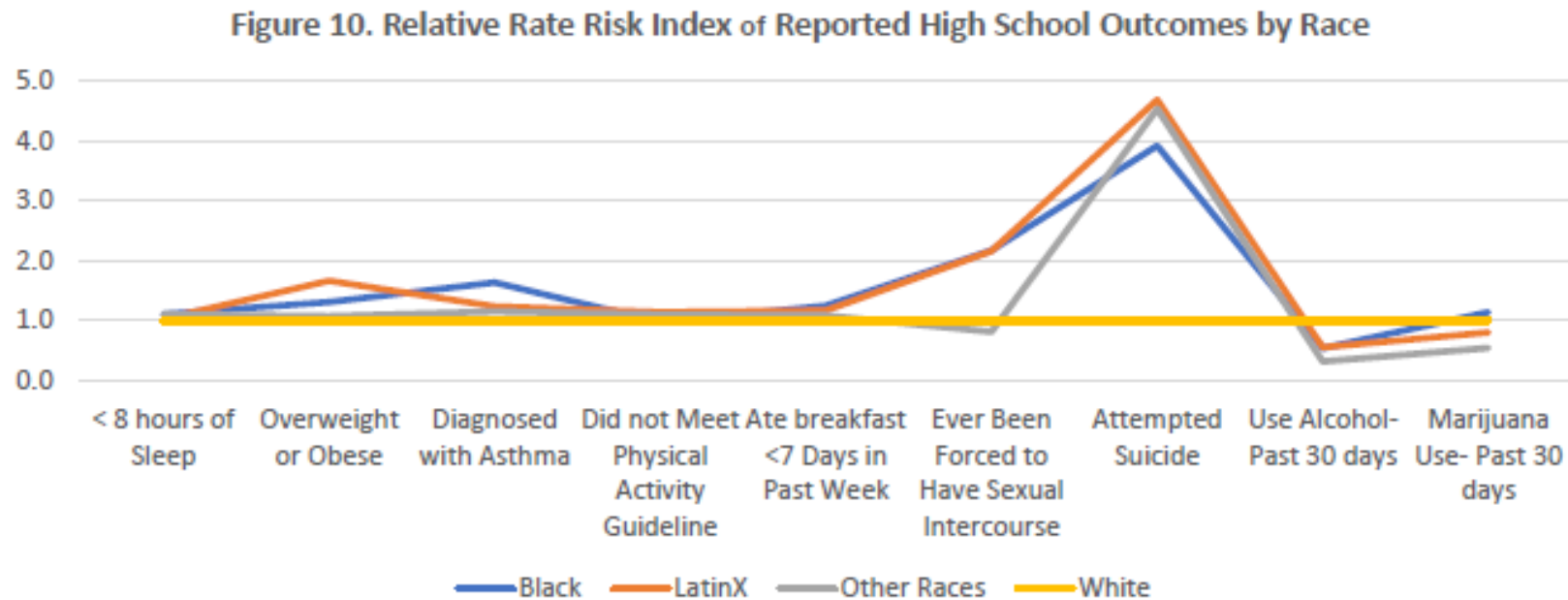


Figure 7. Percent of High School Survey Respondents by Grade



Racial Inequities

Except for alcohol use and marijuana, outcomes for students of color are worse compared to whites in every area.



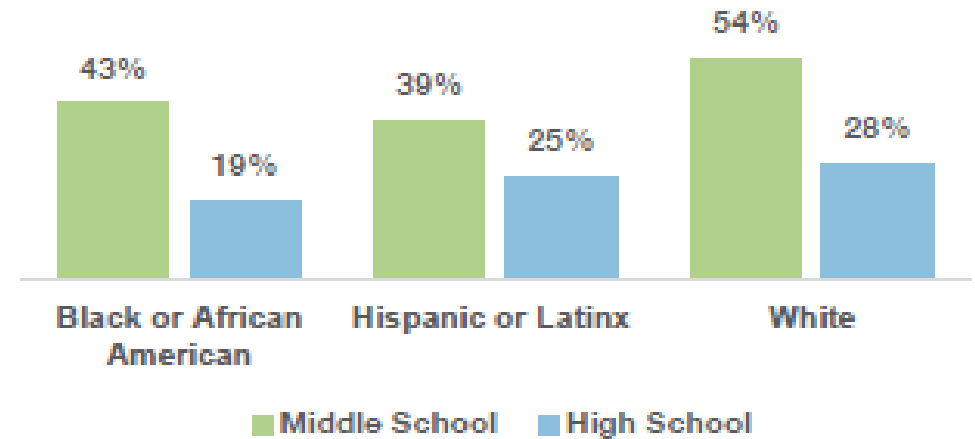
PHYSICAL HEALTH

Sleep, obesity, physical activity

Sleep

- Students that get 8 or more hours of sleep a decreased from 2017.
- Among high schoolers, Black or African American and Hispanic or Latinx students were significantly less likely than white students to get 8 or more hours of sleep a night

Figure 13. Students Reporting 8+ Hours of Sleep on Average School Day by Race/Ethnicity



Obesity

Obesity in high school students **decreased** from 2017

Reasons for disparities:

People of color are exposed to more fast food marketing and are more likely to live in areas without a nearby grocery store and have lower levels of access to fresh produce compared to whites

Figure 14. Overweight and Obesity by Race/Ethnicity among Middle School Students

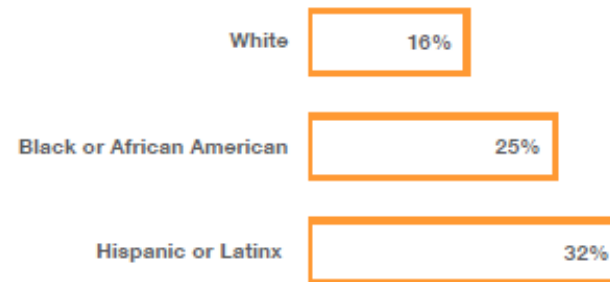
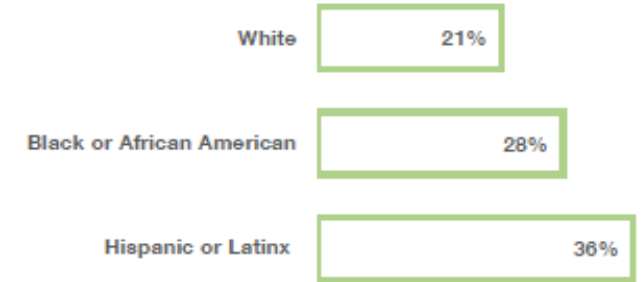


Figure 15. Overweight and Obesity by Race/Ethnicity among High School Students



Physical Activity

- 45% of middle schoolers and 31% of high schoolers reported being physically active for at least 60 minutes per day on 5 or more days of the past week
- Males were significantly more likely to meet the physical activity recommendation than females

Figure 18. Middle School Students who were Physically Active (≥ 60 Minutes ≥ 5 Days per Week)

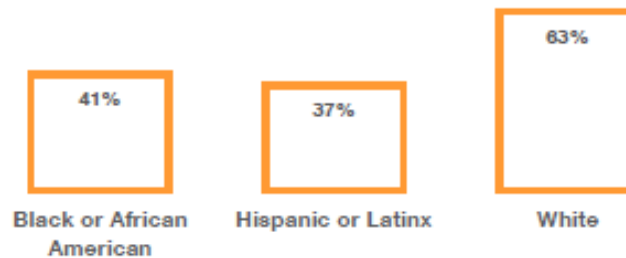
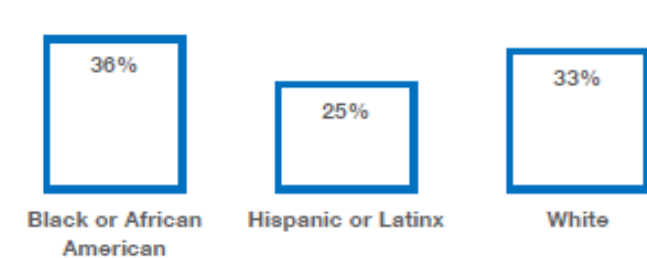


Figure 19. High School Students who were Physically Active (≥ 60 Minutes ≥ 5 Days per Week)



NUTRITION

Breakfast

Students eating breakfast on all 7 days **decreased** from 2017

Reasons for disparities:

Free breakfast is offered through schools but is stigmatized as being for low income families

Figure 20. Middle School Students who Ate Breakfast Every Day in Past Week

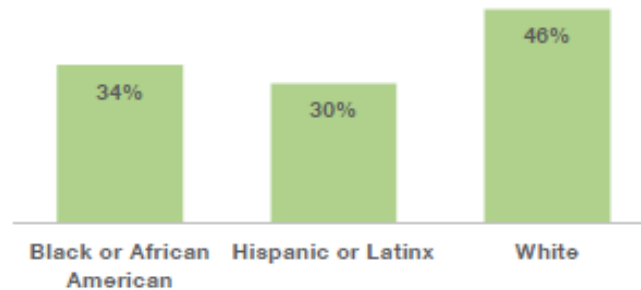
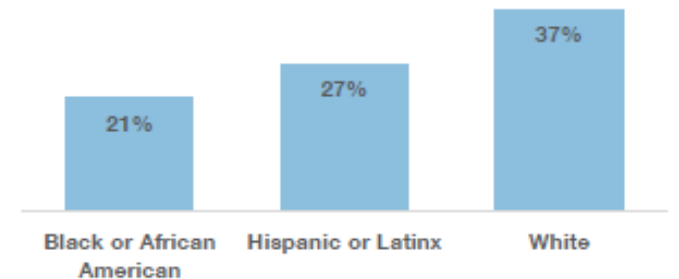


Figure 21. High School Students who Ate Breakfast Every Day in the Past Week



Hearst, M., Shanafelt, A., Wang, Q., Leduc, R., & Nanney, M. (2016). Barriers, benefits and behaviors related to breakfast consumption among rural adolescents. *Journal of School Health*, 187-194.

McDonnell, E., Probart, C., Weirich, E., Hartman, T., & Birkenshaw, P. (2004). School Breakfast Programs: Perceptions and Barriers. *School Nutrition Association*, 1-13

Sugar Sweetened Beverages

- Includes sports drinks, energy drinks, lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, and Sunny Delight
- High school student consumption of sweetened beverages **decreased** from 2017



SAFETY

Safety and Gang Activity

- 7% of middle schoolers and 12% of high schoolers reported that they did not go to school at least once in the past month leading up to the survey because they felt unsafe at school or going to or from school.
- 19% of middle schoolers and 34% of high schoolers reported gang activity in their schools.

Reasons for disparities:

Gang activity is associated with poverty, lack of resources, and crime; all of which are caused by systemic racism.

Figure 26. Middle School Students who Reported Gang Activity in School

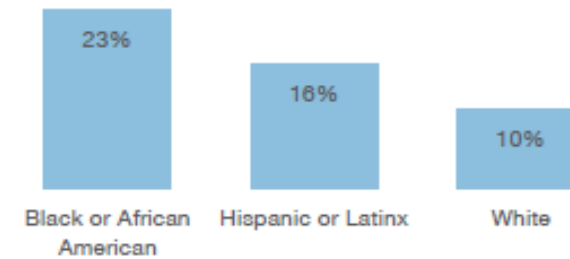
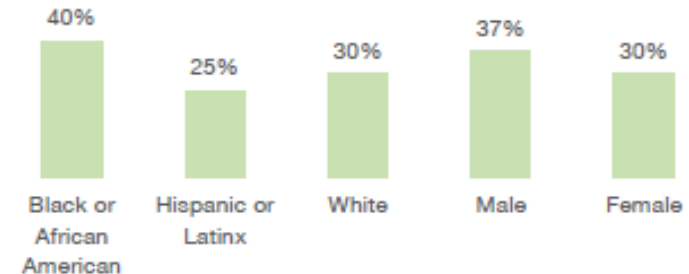


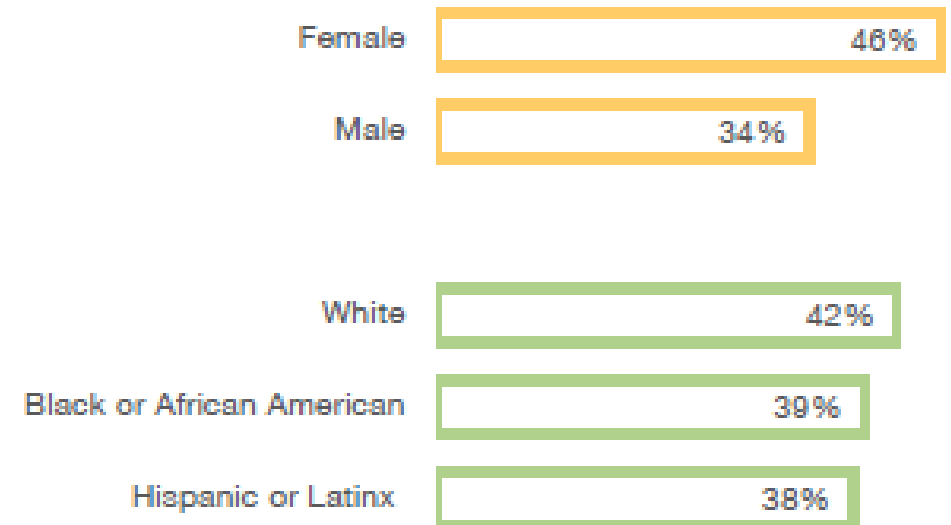
Figure 27. High School Students who Reported Gang Activity in School



Bullied at School

- Students reported being bullied more in person compared to being bullied online
- 5% increase in middle schoolers from 2017
- 19% decrease in high schoolers from 2017
- 24% of middle schoolers and 12% of high schoolers reported being teased or called names because someone thought they were gay, lesbian, or bisexual

Figure 24. Middle School Students who were Bullied on School Property



SEXUAL BEHAVIOR

Sexual activity

Sexual Activities

- 12% of middle schoolers and 43% of high schoolers reported that they had ever had sexual intercourse

Reasons for disparities:

- Research shows that adults perceive young Black girl as having more knowledge about sex compared to white girls
- Adults also perceive Black girls as young as five years old as being older than they are

Figure 20. Percent of Middle School Students who Reported Ever Having Sexual Intercourse

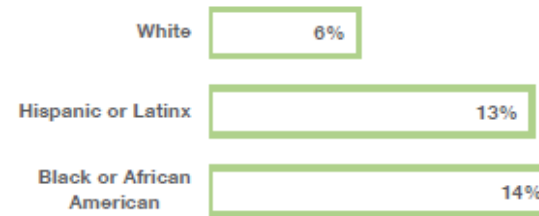


Figure 21. Percent of High School Student who Reported Ever Having Sexual Intercourse

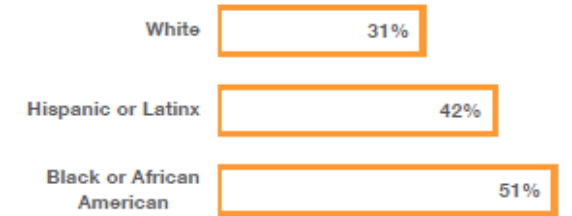
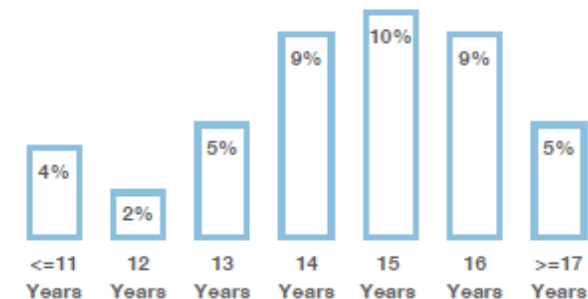


Figure 23. High School Students' Age of First Sexual Intercourse



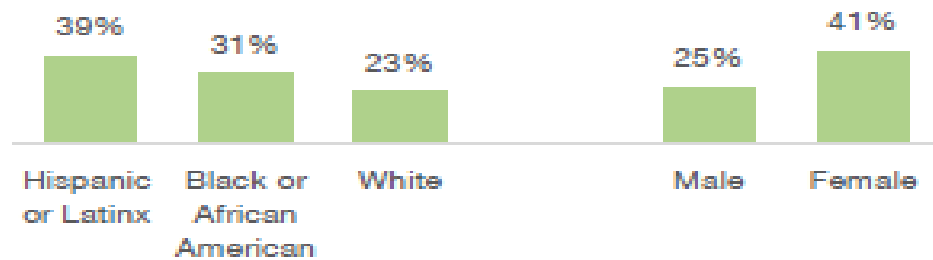
MENTAL HEALTH

Depression, Suicide

Feelings of depression

- 32% of middle schoolers and 35% of high schoolers reported feelings of depression
- High School students reporting depression **decreased** from 2017

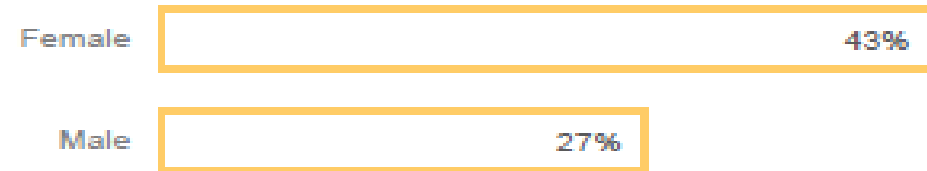
Figure 26. Middle School Students with Feelings of Depression



Reasons for Disparities:

Racism is positively associated with depression and anxiety among people of color.

Figure 27. High School Students with Feelings of Depression



Suicide

- Suicide consideration increased among middle schoolers and **decreased** among high schoolers since 2017

Reasons for Disparities:

- White Americans are less resilient than Black or African American and Hispanic or Latin Americans
 - Rates of suicide consideration may be higher among students of color compared to White students due to differences in access to mental health services
 - Racism is positively associated with feelings of depression and anxiety in people of color

Figure 28. Middle School Students who Considered Suicide, Made a Suicide Plan, and Attempted Suicide

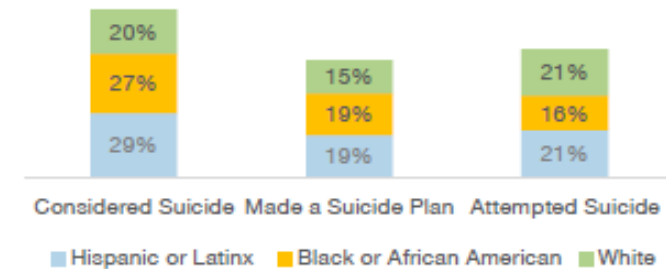
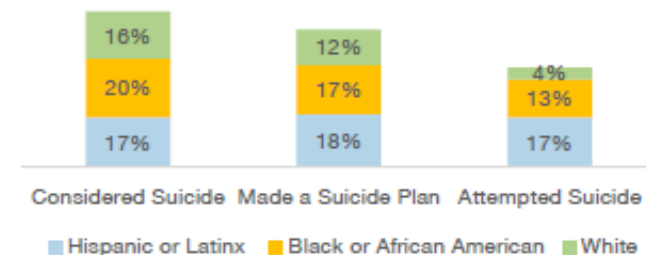


Figure 29. High School Students who Considered Suicide, Made a Suicide Plan, and Attempted Suicide



SUBSTANCE USE

Alcohol, tobacco, marijuana, cocaine, inhalants, prescription drugs

Current Substance Use

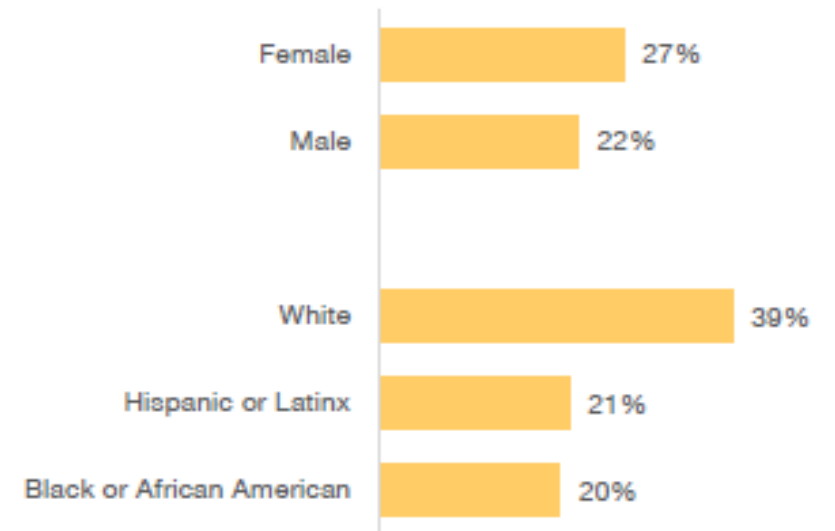
- E-vape products were reported as the most used substance within the month leading up to the survey for middle schoolers while marijuana was the most used substance among high schoolers
- E-vape use among middle schoolers **increased** by 30% since 2017
- Marijuana use among high schoolers **increased** by 18% since 2017



Alcohol use

- 23% of middle schoolers reported having ever drunk more than a few sips of alcohol
- Black or African American and Hispanic or Latin students were significantly more likely than White students to have tried alcohol during their lifetime
- Among high schoolers, Whites were significantly more likely than their peers to report drinking alcohol within the past month
- Alcohol use among Whites **increased** by 26% since 2017
- Females were significantly more likely to report drinking alcohol within the past month

Figure 32. High School Students who Reported Current Alcohol Use



Cigarette use

- 7% of middle schoolers and 6% of high schoolers reported current cigarette use (smoked at least once in the past month)
 - Current cigarette use **decreased** by 40% among high schoolers since 2017
- High school males were more likely to report current cigarette use
- White high school students were less likely to report current cigarette use



E-Vape use

- E-vaping has **increased** from 14% (2015) to 24% (2019) among high schoolers
- E-vaping has **increased** from 10% (2017) to 13% (2019) among middle schoolers

Reasons for disparities:

The density of vape shops is higher in census tracts with larger proportions of people of color

Figure 33. Middle School Students who Reported Current E-Vape Use

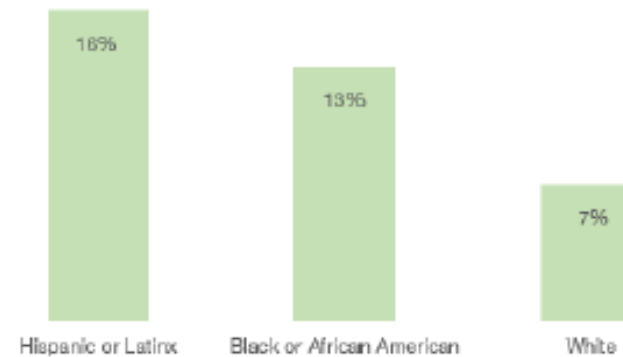
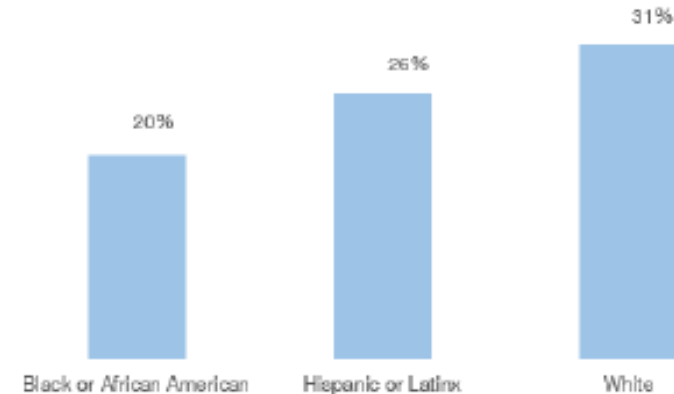


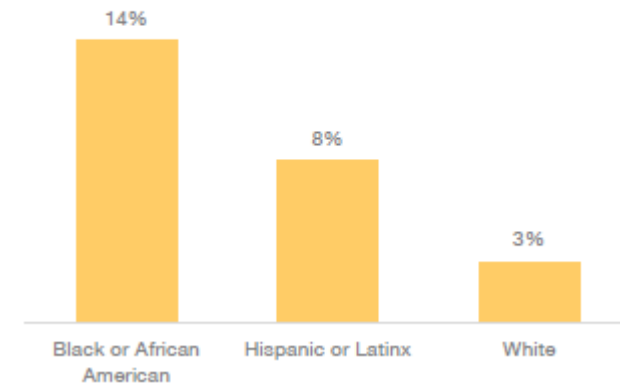
Figure 34. High School Students who Reported Current E-Vape Use



Marijuana Use

- 10% of middle schoolers and 26% of high schoolers reported current use of marijuana (at least one use in the past month)
- 17% **decrease** since 2017 of marijuana use among middle schoolers
- 18% **increase** since 2017 of marijuana use among high schoolers
- Black or African American middle schoolers were more likely to report current marijuana use

Figure 35. Middle School Students who Reported Current Marijuana Use



Acknowledgements

- Durham County Department of Public Health
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- Centers for Disease Control and Prevention – for analysis

Questions?

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