

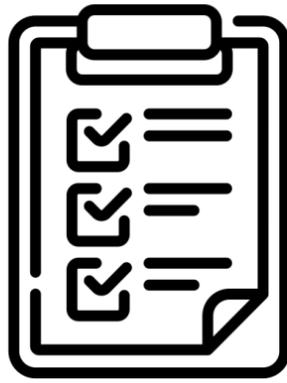
2019 Youth Risk Behavior Survey

MIDDLE SCHOOL

Durham County, NC

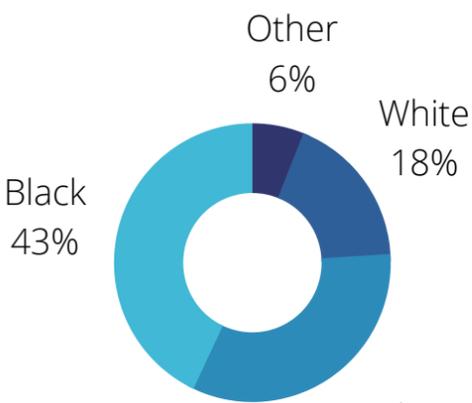
This survey (YRBS) is part of a national school-based survey produced by the CDC and administered every other year by the Durham Public Schools.

PURPOSE: To assess the physical and mental well-being of middle and high school students in Durham County, NC

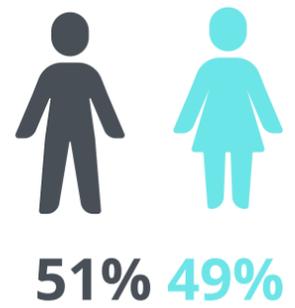


- Physical Health
- Physical Activity
- Nutrition
- Safety
- Sexual Behavior
- Bullying
- Mental Health
- Substance Use

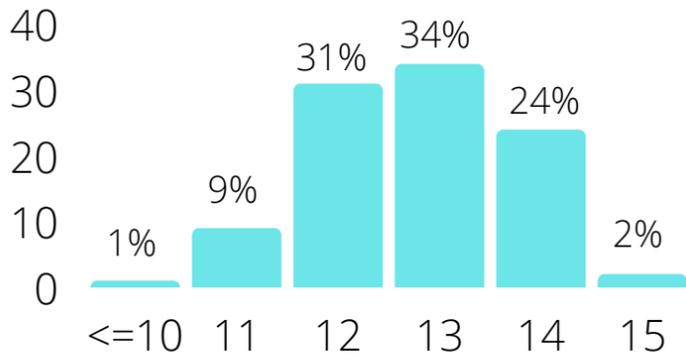
Demographics



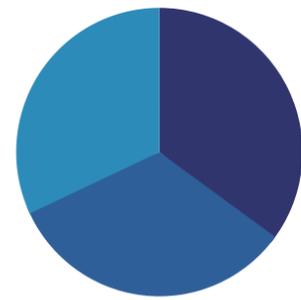
1,329 total survey takers



Age at time of survey



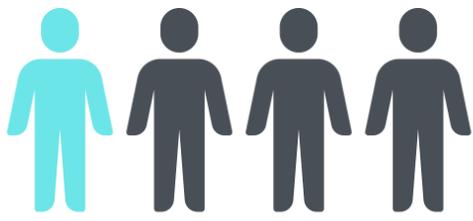
8th grade 32%



6th grade 35%

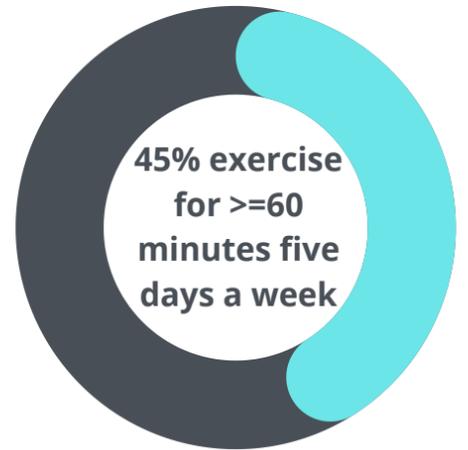
7th grade 33%

Physical Health



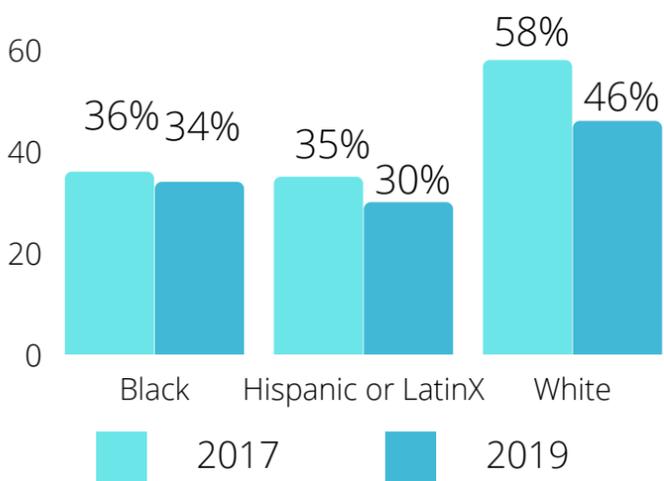
25% described themselves as overweight. Hispanic or LatinX and Black students were more likely to be overweight

Reasons for disparities:
Lower quality parks in neighborhoods where youth of color live may contribute to lower levels of physical activity and obesity



Nutrition

% eating breakfast everyday



Reasons for disparities:
Free breakfast is offered through schools but is stigmatized as being for low income families^{3,4}

Safety

Gang Activity



19% reported gang activity. 7% reported missing school because they felt unsafe

Bullying

40% Reported being bullied

59% Observed others being bullied

24% Bullied for their sexual orientation

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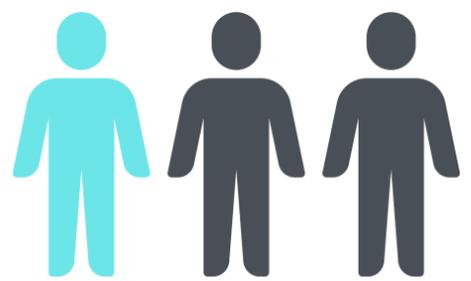
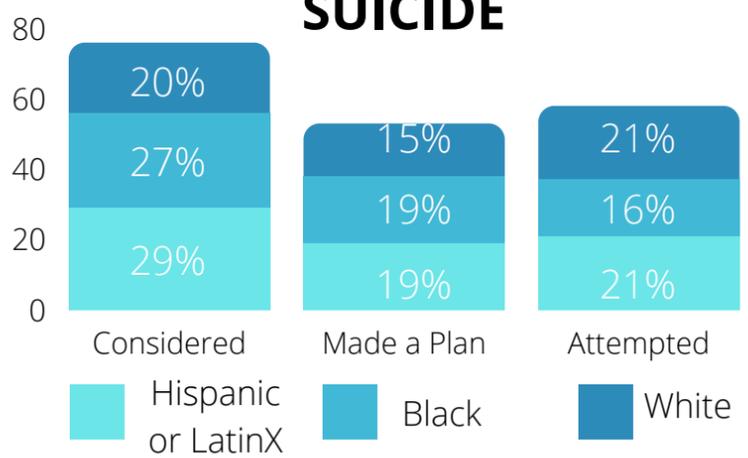
Durham County, NC

Mental Health

Reasons for disparities:

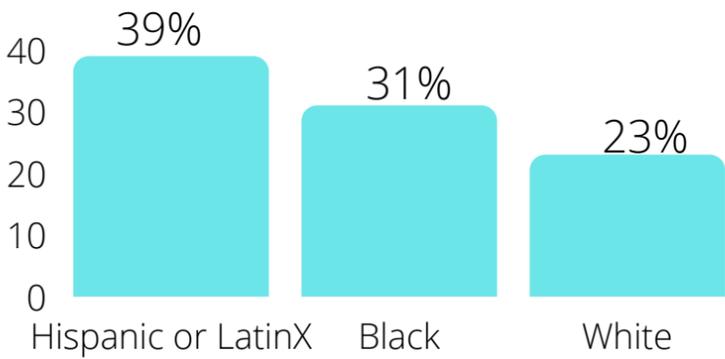
Racism is positively associated with depression and anxiety among people of color.⁶ Rates of suicide consideration may be higher among students of color due to differences in access to mental health services.⁵

SUICIDE



32% reported feelings of depression

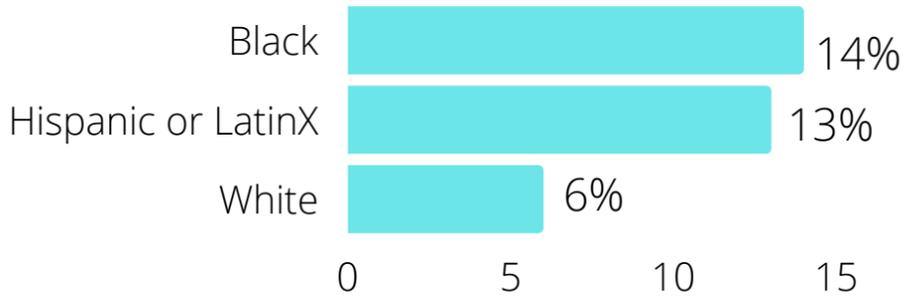
% reporting feelings of depression



Sexual Health

% of students reporting ever having sexual intercourse

Males (14%) were more likely than females (10%) to report ever having sexual intercourse

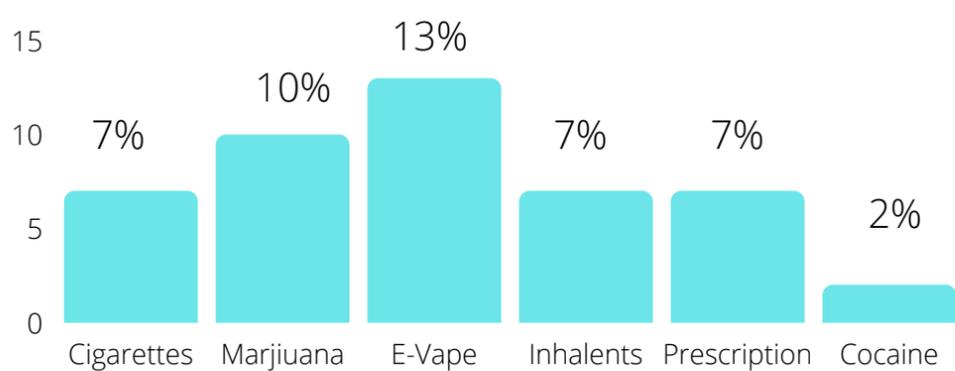


12% of students reported ever having sexual intercourse. Students of color were more likely to report sexual intercourse



Substance Use

% of students using substances



E-Vape Use



Reasons for disparities:

The density of vape shops is higher in census tracts with larger proportions of people of color⁷

Marijuana use decreased by 17% since 2017. Black or African American students were more likely to report current marijuana use

Resources: **1** Suminski, R., Connolly, E., May, L., & Wasserman, J. A. (2012). Park quality in racial/ethnic minority neighborhoods. *Environmental Justice*, 271-278. **2** Taylor, S., Romley, J., Malcolm, L., & Brown, A. (2006, February). Racial/Ethnic Disparities in Likelihood of Physical Activity: The Role of Neighborhood Characteristics. Retrieved from Active Living Research: <https://www.activelivingresearch.org/raciaethnic-disparities-likelihood-physical-activity-role-neighborhood-characteristics>. **3** 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. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4825869/>. **4** McDonnell, E., Probart, C., Weirich, E., Hartman, T., & Birkenshaw, P. (2004). School Breakfast Programs: Perceptions and Barriers. *School Nutrition Association*, 1-13. **5** 48. Le Cook, B., Trinh, N. H., Zhihui, L., Shu Yeu Hou, S., & Progovac, A. (2016). Trends in racial ethnic disparities in access to mental health care, 2004-2012. *Psychiatric Services*, 68(1), 9-16. **6** Williams DR. Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race related Stressors. *J Health Soc Behav*. 2018;59(4):466-485. doi:10.1177/0022146518814251. **7** Dai, H., Hao, J., & Catley, D. (2017). Vape shop density and socio-demographic disparities: a US census tract analysis. *Nicotine & Tobacco Research*.