

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



Highlights!

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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 1,726 students in 17 Winston-Salem/Forsyth County (WSFC) middle schools. The response rate for schools was 100%, and the response rate for students was 83%. The survey questionnaire consisted of 77 questions. **Table 1** provides the demographic characteristics of the survey respondents.

Table 1

Detail analysis of the 2015 WSFC Middle School YRBS results based on race/ethnicity was excluded from the data analysis that Westat/Rothenbach Research and Consulting, LLC completed. Also, unlike the 2013 WSFC middle school YRBS results data that were weighted, the survey results in this data set is not weighted. Thus, these highlights are limited to the 2015 survey results, and exclude observations on race/ethnicity.

Additionally, these highlights do not include a comparison of the WSFC Middle School YRBS results to those of the State of North Carolina and the United States on select behaviors because both jurisdictions did not compile Middle School YRBS reports for 2015.

The days or months referenced in the results is in relation to the day/date that students took the survey. For example, ‘during the past 12 months’ refers to the 12 months 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	859	49.9
Female	861	50.1
Grade		
6 th	566	32.8
7 th	462	26.8
8 th	698	40.4
Race/Ethnicity		
Black Non-Hisp.	419	24.5
Hispanic/Latino	180	10.5
White Non-Hisp.	700	40.9
All other races	90	5.2
Multiple races	322	18.8

Alcohol, Tobacco and other Drug Use

Table 2
Table 2 shows, that among WSFCS Middle School students, about:

- ◆ 1 in 25 (4.1%) smoke cigarettes in the past 30 days
- ◆ 1 in 7 (14.5%) used an electronic vapor product ...
- ◆ 1 in 10 (10.7%) drank alcohol ...
- ◆ 1 in 18 (5.9%) used marijuana ...
- ◆ 1 in 18 (6.3%) was offered, sold or given an illegal drug on school property in the past 12 months

WSFC Middle Schools YRBS Results Alcohol, Tobacco and other Drug Use, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Smoked cigarettes on ≥ 1 day in the past 30 days	4.1	4.1	3.3	4.7	3.6	4.6
Used electronic vapor products on ≥ 1 day in the past 30 days	14.5	12.0	10.4	19.3	13.0	16.0
Had a drink of alcohol on ≥ 1 day in the past 30 days	10.7	7.1	8.6	15.1	11.5	9.8
Used marijuana ≥ 1 time in the past 30 days	5.9	3.8	4.1	8.8	5.6	6.2
Offered, sold, or given an illegal drug on school property in the past 12 months	6.3	4.3	7.0	7.5	5.5	7.1

Table 2 shows, among **6th graders**, about:

- ◆ 1 in 25 (4.1%) smoked cigarettes in the past 30 days
- ◆ 1 in 8 (12.0%) used an electronic vapor product ...
- ◆ 1 in 14 (7.1%) drank alcohol ...
- ◆ 1 in 25 (3.8%) used marijuana ...
- ◆ 1 in 25 (4.3%) was offered, sold or given an illegal drug on school property in the past 12 months

Table 2 shows, among **7th graders**, about:

- ◆ 1 in 33 (3.3%) smoked cigarettes in the past 30 days
- ◆ 1 in 10 (10.4%) used an electronic vapor product ...
- ◆ 1 in 12 (8.6%) drank alcohol ...
- ◆ 1 in 25 (4.1%) used marijuana ...
- ◆ 1 in 13 (7.0%) was offered, sold or given an illegal drug on school property in the past 12 months

Table 2 shows, among **8th graders**, about:

- ◆ 1 in 20 (4.7%) smoked cigarettes in the past 30 days
- ◆ 1 in 5 (19.3%) used an electronic vapor product ...
- ◆ 1 in 7 (15.1%) drank alcohol ...
- ◆ 1 in 11 (8.8%) used marijuana ...
- ◆ 1 in 13 (7.5%) was offered, sold or given an illegal drug on school property in the past 12 months

Table 1 shows that **8th graders** were more likely than 6th and 7th graders to smoke, use electronic vapor products, drink alcohol, use marijuana and were offered, sold or given illegal drugs on school campus. **Table 1** also shows that **females** were more likely than males to have had a drink of alcohol in the past 30 days, and **males** were more likely than females to use electronic vapor products in the past 30 days.

Table 2 shows that among **female** middle school students, about:

- ◆ 1 in 25 (3.6%) smoked cigarettes 30 days prior to the survey
- ◆ 1 in 7 (13.0%) used an electronic vapor product ...
- ◆ 1 in 8 (11.5%) drank alcohol ...
- ◆ 1 in 18 (5.6%) used marijuana ...
- ◆ 1 in 18 (5.5%) was offered, sold or given an illegal drug on school property in the past 12 months

Table 2 shows that among **male** middle school students, about:

- ◆ 1 in 20 (4.6%) smoked cigarettes 30 days prior to the survey
- ◆ 1 in 6 (16.0%) used an electronic vapor product ...
- ◆ 1 in 10 (9.8%) drank alcohol ...
- ◆ 1 in 16 (6.2%) used marijuana ...
- ◆ 1 in 14 (7.1%) was offered, sold or given an illegal drug on school property in the past 12 months

Personal Health

Table 3 Table 3 shows that among WSFCS Middle School students, about:	WSFC Middle Schools YRBS Results Personal Safety, 2015						
	Health/Behavioral Factors	Percentage of Students					
		All	6th grade	7th grade	8th grade	Female	Male
<ul style="list-style-type: none"> ◆ 2 in 3 (65.2%) never/rarely wore a helmet when riding a bicycle 	Of those who ride a bicycle, the % who never/rarely wore a helmet when riding a bicycle	65.2	60.3	62.3	71.8	61.7	68.3
<ul style="list-style-type: none"> ◆ 1 in 6 (18.0%) rode in a car driven by someone who had been drinking alcohol 	Rode in a car driven by someone who had been drinking alcohol	18.0	14.1	17.3	21.6	20.2	15.7
<ul style="list-style-type: none"> ◆ 3 in 4 (77.6%) never/rarely wore a helmet when riding on a skateboard 	Of those who ride a skateboard, the % who never/rarely wore a helmet when riding on a skateboard	77.60	72.20	73.90	84.80	77.60	77.10

Table 3 shows, among **6th graders**, about:

- ◆ 3 in 5 (60.3%) never/rarely wore a helmet when riding a bicycle
- ◆ 1 in 7 (14.1%) rode in a car driven by someone who had been drinking alcohol
- ◆ 3 in 4 (72.2%) never/rarely wore a helmet when riding on a skateboard

Table 3 shows, among **7th graders**, about:

- ◆ 2 in 3 (62.3%) never/rarely wore a helmet when riding a bicycle
- ◆ 1 in 6 (17.3%) rode in a car driven by someone who had been drinking alcohol
- ◆ 3 in 4 (73.9%) never/rarely wore a helmet when riding on a skateboard

Table 3 shows, among **8th graders**, about:

- ◆ 3 in 4 (71.8%) never/rarely wore a helmet when riding a bicycle
- ◆ 1 in 5 (21.6%) rode in a car driven by someone who had been drinking alcohol
- ◆ 4 in 5 (84.8%) never/rarely wore a helmet when riding on a skateboard

Table 3 shows that about two-thirds or more of **6th, 7th, and 8th graders** *never/rarely wear a helmet when riding a bicycle or a skateboard*. **Table 3** also shows that **females** were more likely than males to *ride in a car driven by someone who had been drinking alcohol* but were equally likely as males to *never/rarely wear a helmet when riding on a skateboard*.

Table 3 shows that among **female** middle school students, about:

- ◆ 2 in 3 (61.7%) never/rarely wore a helmet when riding a bicycle
- ◆ 1 in 5 (20.2%) rode in a car driven by someone who had been drinking alcohol
- ◆ 3 in 4 (77.6%) never/rarely wore a helmet when riding on a skateboard

Table 3 shows that among **male** middle school students, about:

- ◆ 2 in 3 (68.3%) never/rarely wore a helmet when riding a bicycle
- ◆ 1 in 6 (15.7%) rode in a car driven by someone who had been drinking alcohol
- ◆ 3 in 4 (77.1%) never/rarely wore a helmet when riding on a skateboard

Violence-related Behaviors

Table 4

WSFC Middle Schools YRBS Results Violence-related Behaviors, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Ever carried a weapon, such as a gun, knife, or club	29.8	25.7	29.0	33.6	17.2	42.4
Ever been in a physical fight	45.5	46.1	45.7	45.0	31.4	59.7
Ever been bullied on school property	36.0	37.0	36.4	34.8	41.1	30.9
Ever been electronically bullied	19.8	19.5	21.1	19.2	27.7	11.9
Someone stole or damaged student's property on school property during past 12 months	17.0	15.7	15.9	18.7	15.1	18.9

Table 4 shows that among WSFCS Middle School students, about:

- ◆ 1 in 3 (29.8%) had carried a weapon, such as a gun, knife, or club
- ◆ 1 in 2 (45.5%) had been in a physical fight
- ◆ 1 in 3 (36.0%) had been bullied on school property
- ◆ 1 in 5 (19.8%) had been electronically bullied
- ◆ 1 in 6 (17.0%) had experienced someone stealing or damaging his or her property on school ground in the past 12 months

Table 4 shows, among **6th graders**, about:

- ◆ 1 in 4 (25.7%) had carried a weapon, such as a gun, knife, or club
- ◆ 1 in 2 (46.1%) had been in a physical fight
- ◆ 1 in 3 (37.0%) had been bullied on school property
- ◆ 1 in 5 (19.5%) had been electronically bullied
- ◆ 1 in 6 (15.7%) had experienced someone stealing or damaging his or her property on school ground in

Table 4 shows, among **7th graders**, about:

- ◆ 1 in 3 (29.0%) had carried a weapon, such as a gun, knife, or club
- ◆ 1 in 2 (45.7%) had been in a physical fight
- ◆ 1 in 3 (36.4%) had been bullied on school property
- ◆ 1 in 5 (21.1%) had been electronically bullied
- ◆ 1 in 6 (15.9%) had experienced someone stealing or damaging his or her property on school ground

Table 4 shows, among **8th graders**, about:

- ◆ 1 in 3 (33.6%) had carried a weapon, such as a gun, knife, or club
- ◆ 1 in 2 (45.0%) had been in a physical fight
- ◆ 1 in 3 (34.8%) had been bullied on school property
- ◆ 1 in 5 (19.2%) had been electronically bullied
- ◆ 1 in 6 (18.7%) had experienced someone stealing or damaging his or her property on school ground

Table 4 shows that **6th, 7th, and 8th graders** were almost equally likely to have *been in a physical fight, bullied on school property, and electronically bullied*. **Table 4** also shows that **females** were two times more likely than **males** to have *been electronically bullied*. **Males** were about two times more likely than females to have *carried a weapon, and to have been in a physical fight*.

Table 4 shows, among **female** middle school students, about:

- ◆ 1 in 6 (17.2%) had carried a weapon, such as a gun, knife, or club
- ◆ 1 in 3 (31.4%) had been in a physical fight
- ◆ 2 in 5 (41.1%) had been bullied on school property
- ◆ 1 in 4 (27.7%) had been electronically bullied
- ◆ 1 in 7 (15.1%) had experienced someone stealing or damaging his or her property on school ground in the past 12 months

Table 4 shows, among **male** middle school students, about:

- ◆ 2 in 5 (42.4%) had carried a weapon, such as a gun, knife, or club
- ◆ 3 in 5 (59.7%) had been in a physical fight
- ◆ 1 in 3 (30.9%) had been bullied on school property
- ◆ 1 in 8 (11.9%) had been electronically bullied
- ◆ 1 in 6 (18.9%) had experienced someone stealing or damaging his or her property on school ground in the past 12 months

Psychological Health

Table 5

Table 5 shows that among WSFCS Middle School students, about:

- ◆ 1 in 5 (21.9%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 6 (16.5%) felt alone in his or her life
- ◆ 1 in 2 (52.7%) usually talks to parents, other adult family member or older sibling when he or she feels sad, empty, hopeless, angry, or anxious
- ◆ 1 in 5 (19.7%) seriously considered attempting suicide
- ◆ 1 in 7 (13.7%) made a suicide plan
- ◆ 1 in 11 (9.1%) attempted suicide

WSFC Middle Schools YRBS Results Psychological Behavior, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Felt sad or hopeless continuously for two weeks or more in a row during the past 12 months	21.9	21.9	22.0	21.7	29.7	13.9
Strongly agree/agree that you feel alone in life	16.5	14.1	17.0	18.0	18.7	14.2
Usually talk to parents, other adult family member or sibling when you feel sad, empty, hopeless, angry, or anxious	52.7	49.9	58.0	51.3	61.5	43.5
Ever seriously considered attempting suicide	19.7	17.9	19.2	21.5	26.5	12.9
Ever made a suicide plan	13.8	11.7	11.9	16.7	18.7	8.8
Ever attempted suicide	9.1	8.5	8.4	10.0	11.9	6.2

Table 5 shows that among **6th graders**, about:

- ◆ 1 in 5 (21.9%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 7 (14.1%) felt alone in his or her life
- ◆ 1 in 2 (49.9%) would talk to his or her parents or adult family member if he or she felt sad, empty, hopeless, angry, or anxious
- ◆ 1 in 6 (17.9%) had seriously considered attempting suicide
- ◆ 1 in 8 (11.7%) had made a suicide plan
- ◆ 1 in 12 (8.5%) had attempted suicide

Table 5 shows that among **7th graders**, about:

- ◆ 1 in 5 (22.0%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 6 (17.0%) felt alone in his or her life
- ◆ 1 in 2 (58.0%) would talk to his or her parents or adult family member if he or she felt sad, empty, hopeless, angry, or anxious
- ◆ 1 in 5 (19.2%) had seriously considered attempting suicide
- ◆ 1 in 8 (11.9%) had made a suicide plan
- ◆ 1 in 12 (8.4%) had attempted suicide

Table 5 shows that among **8th graders**, about:

- ◆ 1 in 5 (21.7%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 6 (18.0%) felt alone in his or her life
- ◆ 1 in 2 (51.3%) would talk to his or her parents or adult family member if he or she felt sad, empty, hopeless, angry, or anxious
- ◆ 1 in 5 (21.5%) had seriously considered attempting suicide
- ◆ 1 in 6 (16.7%) had made a suicide plan
- ◆ 1 in 10 (10.0%) had attempted suicide

Table 5 shows that **8th graders** were more likely than 6th and 7th graders to feel alone, seriously consider committing suicide, made a suicide plan and attempt suicide. **Table 5** also shows that **females** were about two times more likely than **males** to have *felt sad or hopeless continuously for two weeks or more in a row during the past 12 months, seriously consider committing suicide, made a suicide plan and attempted suicide.*

Table 5 shows that among **females**, about:

- ◆ 1 in 3 (29.7%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 6 (18.7%) felt alone in his or her life
- ◆ 3 in 5 (61.5%) would talk to his or her parents or adult family member if he or she felt sad, empty, hopeless, angry, or anxious
- ◆ 1 in 4 (26.5%) had seriously considered attempting suicide
- ◆ 1 in 6 (18.7%) had made a suicide plan
- ◆ 1 in 8 (11.9%) had attempted suicide

Table 5 shows that among **males**, about:

- ◆ 1 in 7 (13.9%) felt sad or hopeless continuously for two weeks or more in a row during the past 12 months
- ◆ 1 in 7 (14.2%) felt alone in his or her life
- ◆ 2 in 5 (43.5%) would talk to his or her parents or adult family member if he or she felt sad, empty, hopeless, angry, or anxious
- ◆ 1 in 8 (12.9%) had seriously considered attempting suicide
- ◆ 1 in 11 (8.8%) had made a suicide plan
- ◆ 1 in 16 (6.2%) had attempted suicide

Health Education

Table 6

Table 6 shows that among WSFC middle school students, about:

- ◆ 1 in 10 (9.9%) has had sexual intercourse
- ◆ 2 in 3 (61.2%) were taught about abstaining from sexual activity
- ◆ 3 in 4 (73.3%) report that they were taught about AIDS and HIV infection in school
- ◆ 1 in 2 (44.6%) report that they were taught about Chlamydia, gonorrhea, ... genital warts
- ◆ 1 in 5 (22.4%) would talk his or her parents or adult household member if he or she had questions about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 1 in 2 (50.5%) reported that his or her parents or adults spoke with him or her about what they expect when it comes to sex

WSFC Middle Schools YRBS Results Health Education/Sexual Behavior, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Have had sexual intercourse	9.9	6.6	9.5	12.8	5.5	14.3
Taught about abstaining from sexual activity	61.2	39.4	64.8	76.6	64.7	57.6
Taught about AIDS or HIV infection in school	73.3	48.8	81.6	87.5	74.0	72.6
Taught about chlamydia, gonorrhea, syphilis, HPV or genital warts	44.6	12.5	44.2	70.7	44.3	44.9
Usually talked with parents or other adult family member when you have questions about STDs, HIV, AIDS, or pregnancy prevention	22.4	20.5	24.3	22.8	24.0	20.9
Parents or other adults in your family talked with you about what they expect you to do or not to do when it comes to sex	50.5	41.2	49.5	58.7	54.6	46.3

Table 6 shows that among **6th graders**, about:

- ◆ 1 in 15 (6.6%) has had sexual intercourse
- ◆ 1 in 3 (39.4%) were taught about abstaining from sexual activity
- ◆ 1 in 2 (48.8%) were taught about AIDS and HIV infection in school
- ◆ 1 in 8 (12.5%) were taught about Chlamydia, gonorrhea, ...genital warts
- ◆ 1 in 5 (20.5%) would talk to his or her parents ... about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 2 in 5 (41.2%) reported that his or her parents or adults spoke with him or her about ... sex

Table 6 shows that among **7th graders**, about:

- ◆ 1 in 11 (9.5%) has had sexual intercourse
- ◆ 2 in 3 (64.8%) were taught about abstaining from sexual activity
- ◆ 4 in 5 (81.6%) were taught about AIDS and HIV infection in school
- ◆ 2 in 5 (44.2%) were taught about Chlamydia, gonorrhea, ...genital warts
- ◆ 1 in 4 (24.3%) would talk to his or her parents ... about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 1 in 2 (49.5%) reported that his or her parents or adults spoke with him or her about ... sex

Table 6 shows that among **8th graders**, about:

- ◆ 1 in 8 (12.8%) has had sexual intercourse
- ◆ 3 in 4 (76.6%) were taught about abstaining from sexual activity
- ◆ 9 in 10 (87.5%) were taught about AIDS and HIV infection in school
- ◆ 7 in 10 (70.7%) were taught about Chlamydia, gonorrhea, ...genital warts
- ◆ 1 in 4 (22.8%) would talk to his or her parents ... about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 1 in 2 (58.7%) reported that his or her parents or adults spoke with him or her about ... sex

Table 6 shows that shows that the percentage of **6th graders** who would talk to their parents or adult household member if they had questions about STDs, HIV, AIDS, or pregnancy prevention were almost equal to that of **7th and 8th graders**. **Table 6** also shows that **females** were more likely than **males** to be told what their parents or adults expect of them when it comes to sex.

Table 6 shows that among **females**, about:

- ◆ 1 in 18 (5.5%) has had sexual intercourse
- ◆ 2 in 3 (64.7%) were taught about abstaining from sexual activity
- ◆ 3 in 4 (74.0%) were taught about AIDS and HIV infection in school
- ◆ 2 in 5 (44.3%) were taught about Chlamydia, gonorrhea, ... genital warts
- ◆ 1 in 4 (24.0%) would talk to his or her parents ... about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 1 in 2 (54.6%) their parents or adults spoke with them about ... sex

Table 6 shows that among **males**, about:

- ◆ 1 in 7 (14.3%) has had sexual intercourse
- ◆ 1 in 2 (57.6%) were taught about abstaining from sexual activity
- ◆ 3 in 4 (72.6%) were taught about AIDS and HIV infection in school
- ◆ 2 in 5 (44.9%) were taught about Chlamydia, gonorrhea, ... genital warts
- ◆ 1 in 5 (20.9%) would talk to his or her parents ... about STDs, HIV, AIDS, or pregnancy prevention
- ◆ 1 in 2 (46.3%) their parents or adults spoke with them about ... sex

Weight Management

Table 7

WSFC Middle Schools YRBS Results Weight Management, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Described themselves as slightly/very overweight	28.1	26.3	28.6	29.3	31.7	24.7
Trying to lose weight	47.0	47.5	47.8	46.2	56.3	37.5
Ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	49.3	43.9	53.2	51.0	56.6	41.7
Ever gone without eating \geq 24 hours to lose weight or to keep from gaining weight	16.8	15.8	15.7	18.4	21.9	11.5
Did you skip meals to lose weight or to keep from gaining weight during the past 30 days	20.9	20.2	22.2	20.7	27.0	14.5
Ever exercised to lose or keep from gaining weight	72.3	72.7	72.3	72.1	76.9	67.9

Table 7 shows that among WSFC middle school students, about:

- ◆ 1 in 4 (28.1%) described themselves as slightly/very overweight
- ◆ 1 in 2 (47.0%) was trying to lose weight
- ◆ 1 in 2 (49.3%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 6 (16.8%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 5 (20.9%) skipped meals to lose weight or to keep from gaining weight during the past 30 days
- ◆ 3 in 4 (72.3%) exercised to lose or keep from gaining weight

Table 7 shows that among 6th graders, about:

- ◆ 1 in 4 (26.3%) described themselves as slightly/very overweight
- ◆ 1 in 2 (47.5%) was trying to lose weight
- ◆ 2 in 5 (43.9%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 6 (15.8%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 5 (20.2%) skipped meals to lose weight or to keep from gaining weight during the past 30 days
- ◆ 3 in 4 (72.7%) exercised to lose or keep from gaining weight

Table 7 shows that among 7th graders, about:

- ◆ 1 in 3 (28.6%) described themselves as slightly/very overweight
- ◆ 1 in 2 (47.8%) was trying to lose weight
- ◆ 1 in 2 (53.2%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 6 (15.7%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 5 (22.2%) skipped meals to lose weight or to keep from gaining weight during the past 30 days
- ◆ 3 in 4 (72.3%) exercised to lose or keep from gaining weight

Table 7 shows that among 8th graders, about:

- ◆ 1 in 3 (29.3%) described themselves as slightly/very overweight
- ◆ 1 in 2 (46.2%) was trying to lose weight
- ◆ 1 in 2 (51.0%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 6 (18.4%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 5 (20.7%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 3 in 4 (72.1%) exercised to lose or keep from gaining weight

- ◆ Table 7 shows that about one-half of 6th, 7th, and 8th graders was trying to lose weight, and almost three-fourths of each grade had exercised to lose or keep from gaining weight. Table 7 also shows that **females** were more likely than **males** to described themselves as slightly/very overweight; were trying to lose weight; ate less food, fewer calories, ... to keep from gaining weight; went without eating \geq 24 hours to lose weight ... from gaining weight; skipped meals to lose weight or ...; and exercised to lose or keep from gaining weight.

Table 7 shows that among **females**, about:

- ◆ 1 in 3 (31.7%) described themselves as slightly/very overweight
- ◆ 1 in 2 (56.3%) was trying to lose weight
- ◆ 1 in 2 (56.6%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 5 (21.9%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 4 (27.0%) skipped meals to lose weight or to keep from gaining weight during the past 30 days
- ◆ 3 in 4 (76.9%) exercised to lose or keep from gaining weight

Table 7 shows that among **males**, about:

- ◆ 1 in 4 (24.7%) described themselves as slightly/very overweight
- ◆ 1 in 3 (37.5%) was trying to lose weight
- ◆ 2 in 5 (41.7%) ate less food, fewer calories, ... to keep from gaining weight
- ◆ 1 in 9 (11.5%) went without eating \geq 24 hours to lose weight ... from gaining weight
- ◆ 1 in 7 (14.5%) skipped meals to lose weight or to keep from gaining weight during the past 30 days
- ◆ 2 in 3 (67.9%) exercised to lose or keep from gaining weight

Nutrition/Physical Activity/Sedentary Lifestyle

Table 8

Table 8 shows that among WSFC middle school students, about:

- ◆ 1 in 8 (12.1%) did not eat breakfast in the last 7 days
- ◆ 1 in 2 (46.5%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (36.5%) watched ≥ 3 hours per day of TV ... school day
- ◆ 1 in 2 (57.9%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 6 (16.5%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 1 in 2 (56.8%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

WSFC Middle Schools YRBS Results						
Nutrition/Physical Activity/Sedentary Lifestyle, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Ate breakfast on zero of the last 7 days	12.1	10.7	9.8	14.8	13.9	10.3
Played video or computer games ≥ 3 hours per day on an average school day	46.5	38.5	48.7	51.7	47.4	45.5
Watched ≥ 3 hours per day of TV on an average school day	36.5	36.7	34.2	37.9	37.5	35.7
Played on ≥ 1 sports teams during the past 12 months	57.9	61.0	60.0	53.8	52.5	63.2
Walked or rode bike to school on ≥ 1 day of the last 7 days	16.5	19.2	14.8	15.5	14.5	18.6
Physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days	56.8	59.6	56.6	54.7	48.4	65.0

Table 8 shows that among **6th graders**, about:

- ◆ 1 in 10 (10.7%) did not eat breakfast in the last 7 days
- ◆ 1 in 3 (38.5%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (36.7%) watched ≥ 3 hours per day of TV ... school day
- ◆ 2 in 3 (61.0%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 5 (19.2%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 3 in 5 (59.6%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

Table 8 shows that among **7th graders**, about:

- ◆ 1 in 10 (9.8%) did not eat breakfast in the last 7 days
- ◆ 1 in 2 (48.7%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (34.2%) watched ≥ 3 hours per day of TV ... school day
- ◆ 3 in 5 (60.0%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 7 (14.8%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 1 in 2 (56.6%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

Table 8 shows that among **8th graders**, about:

- ◆ 1 in 7 (14.8%) did not eat breakfast in the last 7 days
- ◆ 1 in 2 (51.7%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (37.9%) watched ≥ 3 hours per day of TV ... school day
- ◆ 1 in 2 (53.9%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 6 (15.5%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 1 in 2 (54.7%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

Table 8 shows that **8th graders** were more likely than **7th** and **6th graders** to play video or computer games ≥ 3 hours per day ... school day. **Table 8** also shows that in general, **males** were more active than **females**.

Table 8 shows that among **females**, about:

- ◆ 1 in 7 (13.9%) did not eat breakfast in the last 7 days
- ◆ 1 in 2 (47.4%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (37.5%) watched ≥ 3 hours per day of TV ... school day
- ◆ 1 in 2 (52.5%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 7 (14.5%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 1 in 2 (48.4%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

Table 8 shows that among **males**, about:

- ◆ 1 in 10 (10.3%) did not eat breakfast in the last 7 days
- ◆ 1 in 2 (45.5%) played video or computer games ≥ 3 hours per day ... school day
- ◆ 1 in 3 (35.7%) watched ≥ 3 hours per day of TV ... school day
- ◆ 2 in 3 (63.2%) played on ≥ 1 sports teams ... 12 months
- ◆ 1 in 6 (18.6%) walked or rode a bike to school on ≥ 1 day of the last 7 days
- ◆ 2 in 3 (65.0%) participated in physical activity ≥ 60 minutes per day for ≥ 5 days of the past 7 days

Other Health Issues

Table 9

Table 9 shows that among WSFCS Middle School students, about:

- ◆ 1 in 7 (15.1%) reported that there is gang activity in their school
- ◆ 1 in 8 (11.9%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 6 (15.6%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (67.2%) had seen a dentist in the past 12 months
- ◆ 2 in 3 (62.1%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 5 (20.9%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day

WSFC Middle Schools YRBS Results Other Health Issues, 2015						
Health/Behavioral Factors	Percentage of Students					
	All	6th grade	7th grade	8th grade	Female	Male
Gang activity in your school	15.1	14.0	13.9	16.8	13.1	17.1
Trouble learning, remembering, or concentrating because of health problems or disability	11.9	12.0	11.2	12.4	12.1	11.6
Get ≤ 5 hours sleep on an average school day	15.6	12.4	13.7	19.6	17.0	14.1
Seen a dentist in the past 12 months	67.2	63.0	68.5	69.8	69.8	64.7
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	62.1	55.9	65.9	64.6	64.2	59.9
Without parent/adult supervision for ≥ 3 hours after getting home on an average school day	20.9	17.2	21.6	23.8	20.9	20.7

Table 9 shows that among 6th graders, about:

- ◆ 1 in 7 (14.0%) reported that there is gang activity in their school
- ◆ 1 in 8 (12.0%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 8 (12.4%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (63.0%) had seen a dentist in the past 12 months
- ◆ 1 in 2 (55.9%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 6 (17.2%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day

Table 9 shows that among 7th graders, about:

- ◆ 1 in 7 (13.9%) reported that there is gang activity in their school
- ◆ 1 in 9 (11.2%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 7 (13.7%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (68.5%) had seen a dentist in the past 12 months
- ◆ 2 in 3 (65.9%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 5 (21.6%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day

Table 9 shows that among 8th graders, about:

- ◆ 1 in 6 (16.8%) reported that there is gang activity in their school
- ◆ 1 in 8 (12.4%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 5 (19.6%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (69.8%) had seen a dentist in the past 12 months
- ◆ 2 in 3 (64.6%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 4 (23.8%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day

Table 9 shows that about two-thirds of 6th, 7th, and 8th graders had seen a dentist in the past 12 months. **Table 9** also shows that one in five females and males were without parent/adult supervision for ≥ 3 hours after getting home on an average school day.

Table 9 shows that among females, about:

- ◆ 1 in 8 (13.1%) reported that there is gang activity in their school
- ◆ 1 in 8 (12.1%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 6 (17.0%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (69.8%) had seen a dentist in the past 12 months
- ◆ 2 in 3 (64.2%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 5 (20.9%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day

Table 9 shows that among males, about:

- ◆ 1 in 6 (17.1%) reported that there is gang activity in their school
- ◆ 1 in 8 (11.6%) had trouble learning, ... because of health problems or disability
- ◆ 1 in 7 (14.1%) got ≤ 5 hours sleep on an average school day
- ◆ 2 in 3 (64.7%) had seen a dentist in the past 12 months
- ◆ 3 in 5 (59.9%) had seen a doctor or nurse for a check-up or physical exam in the past 12 months
- ◆ 1 in 5 (20.7%) were without parent/adult supervision for ≥ 3 hours after getting home on an average school day