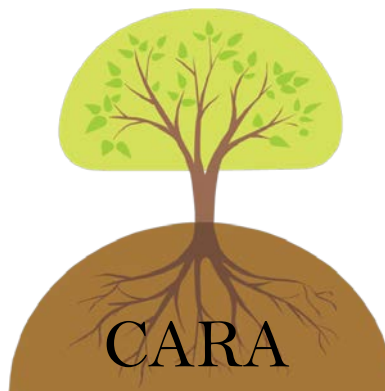


An Analysis of the
2011 Youth Risk Behavior Survey Results
for Macon County



The Richard L. Hoffman

Center for Assessment and Research Alliances

at Mars Hill College

Macon County Schools, Youth Risk Behavior Survey – Spring 2011

Report Preparation

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Executive Summary and Major Findings

The Youth Risk Behavior Survey (YRBS) is a national school-based survey developed by the Centers for Disease Control and Prevention (CDC) in 1990. At the national level, the survey is administered to adolescent youth every two years to monitor health risk behaviors that contribute to deaths, disability, and social problems among young Americans. For Macon County Schools, the YRBS is seen as a tool for needs assessment and curriculum planning. The Macon County School System administered the YRBS in the middle and high schools most recently in the spring of 2011.

The Macon Surveys

The middle school survey contained 96 questions and the high school survey contained 99 questions. YRBS questions address six general health risk areas: Alcohol and Drug Use, Injury & Violence (including suicide), Tobacco Use, Nutrition, Physical Activity, and Sexual Risk Behaviors. The high school survey solicited information about students' height and weight, which was used to calculate body mass indices.

Macon Demographics

A total of 1,406 students responded to the surveys in this report, 564 middle school students and 842 high school students. Both surveys were administered to high school and middle school students in Spring 2011. Participation was voluntary, giving students the opportunity to do other activities if they did not want to take the survey.

Analyses

In this report, 2011 results were compared with 2009 results. Further, trends from 2002, 2005, 2007, 2009, and 2011 data were analyzed. Macon results were also compared to the YRBS results from an independent sample of North Carolina students. Race and gender contingencies were analyzed. Body Mass Index and Perceptions of Weight percentages were calculated for high school students.

The Most Noteworthy Results

Significant findings are given for race and gender contingencies, 2011-2009 comparisons, long-term trends, and Macon-North Carolina comparisons. These results are reported first for the Middle School YRBS, and then for the High School YRBS. A summary of findings is also given for the 2011 Body Mass Index and Perceptions of Weight Study

Long-Term Trends for the Middle School YRBS, 2002-2011

Decreasing Trends of At-Risk Behavior

These trends indicate good news with double-digit decreases in the percentages of at-risk behavior. The data for 2002-2011 are reported in Tables 3-11. For example, the percentage of students who have been threatened or injured by a weapon on school property has decreased at the rate of 12.5%. In 2005, the percentage was 11.1, followed by 6.6, 6.9, and 6.5 in 2011. Notice the up and down fluctuation between years; but more important notice the long-term trend, which is captured by the compound annual growth rate, a geometric average of percentages. A fuller explanation of how the compound annual growth rate is calculated is given in Appendix C.

Violence-Related Behaviors

- The percentage of students who have been threatened or injured by a weapon on school property has decreased at the rate of 12.5%.
- The percentage of students who have ever been in a physical fight in which they were hurt has decreased at the rate of 10.3%.
- The percentage of students who have not gone to school because they felt unsafe has decreased at the rate of 14.9%.
- The percentage of students who have had property stolen or damaged on school property has decreased at the rate of 10.9%.
- The percentage of students who have been physically hurt by a boyfriend/girlfriend in a year has decreased at the rate of 17%.

Suicide

- The percentage of students who have made a plan about how they would kill themselves has decreased at the rate of 13.6%.

Tobacco Use

- The percentage of students who smoked a whole cigarette for the first time before or at age 11 has decreased at the rate of 26.3%.
- The percentage of students who have used chewing tobacco snuff, or dip during a year has decreased at the rate of 12.9%.

Alcohol and Drug Use

- The percentage of students who have had a drink of alcohol other than a few sips has decreased at the rate of 11.8%.
- The percentage of student who had their first drink of alcohol other than a few sips before or at age 12 decreased at the rate of 12.2%.
- The percentage of students who have used marijuana has decreased at the rate of 16.4%.
- The percentage of students who used marijuana during the past 30 days decreased at the rate of 24.2%.
- The percentage of students who have used marijuana on school property has decreased at the rate of 21.8%
- The percentage of students who have used any form of cocaine, including powder, crack, or free base, has decreased at the rate of 22.6%.
- The percentage of student who have used LSD, PCP, mushrooms, ecstasy, or other hallucinogens has decreased at the rate of 26.6%.
- The percentage of students who have used any form of inhalant to get high has decreased at the rate of 14.4%.
- The percentage of students who have used a needle to inject any illegal drug has decreased at the rate of 15.2%.
- The percentage of students who have taken prescription drugs without a doctor's prescription has decreased at the rate of 16.1%.
- The percentage of students who have been offered an illegal drug on school property in a year has decreased at the rate of 15.2%.

Sexual Behaviors

- The percentage of students who have had sexual intercourse has decreased at the rate of 16.6%.
- The percentage of students who were aged 12 or younger when they first had sexual intercourse has decreased at the rate of 13.6%.
- The percentage of students who have been pregnant or gotten someone pregnant has decreased at the rate of 15.1%.

- The percentage of students who have had sexual intercourse with four or more people has decreased at the rate of 14%.

Obesity and Diet

- The percentage of students who have taken diet pills without a doctor's prescription to lose weight or to keep from gaining weight has decreased at the rate of 15.5%.
- The percentage of students who ate junk food three or more times per day has decreased at the rate of 11.2%.
- The percentage of students who bought food/drinks from the school vending machine during the past seven days has decreased at the rate of 20.9%.

Physical Activity

- The percentage of students who attended PE class everyday during the average school week has increased at the rate of 26.6%.

Other Health-Related Behaviors

- The percentage of students who most of the time or always wear sunscreen when outside for one or more hours on a sunny day has increased at the rate of 14.7%.
- The percentage of student who are alone without a parent or adult for three or more hours on an average school day has decreased at the rate of 11.4%.

Increasing Trends of At-Risk Behavior

These trends indicate increases in the percentages of at-risk behavior:

Tobacco Use

- The percentage of students who tried to quit smoking in a year has decreased at the rate of 26.4%.

Sexual Behavior

- The percentage of students who have been taught about abstaining from sexual activity has decreased at the rate of 13%.
- The percentage of student who have been taught in school about AIDS or HIV infection has decreased at the rate of 18.1%.

- The percentage of students who have been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus/genital warts has decreased at the rate of 13.9%.

Physical Activity

- The percentage of students who participate in any extracurricular activities such as sports, band, drama, or clubs has decreased at the rate of 13.7%.

2011-2009 Comparisons for the Middle School YRBS

Since the 2009 YRBS, these comparisons indicate statistically significant **decreases** in at-risk behavior:

- 9.3% fewer students carried a weapon, such as a gun, knife, or club.
- 5% fewer students made a plan about how they would kill themselves.
- 6.4% fewer students smoked a whole cigarette for the first time before age 11.
- 6.9% fewer students smoked a whole cigarette for the first time before or at age 11.
- 5% fewer students smoked cigarettes on 1+ days of the past 30 days.
- 3.4% fewer students used chewing tobacco, snuff, or dip during the past 12 months.
- 6.3% fewer students had a drink of alcohol other than a few sips.
- 3.2% fewer students usually got alcohol from someone who gave it to them during the past 30 days.
- 8% fewer students had sexual intercourse.
- 4.5% fewer students were aged 12 or younger when they first had sexual intercourse.
- 6.8% more students exercised to lose weight or to keep from gaining weight.
- 7.8% fewer students ate junk food 3+ times/day.
- 8.1% more students were physically active for at least 60 min/day on 5+ out of seven days.
- 47.5% more students attended PE class 1+ days/week.
- 13.2% fewer students played video games or used computers not for school work 3+ hours/day on an average Saturday or Sunday.

- 13.4% fewer students had an episode of asthma or an asthma attack during the past 12 months.

Since the 2009 YRBS, these comparisons indicate statistically significant **increases** in at-risk behavior:

- 13.1% fewer students were taught about abstaining from sexual activity.
- 10.8% fewer students were taught in school about AIDS or HIV infection.
- 7.1% fewer students were taught about chlamydia, gonorrhea, syphilis, or human papilloma virus/genital warts.

Macon-North Carolina Comparisons for the Middle School YRBS (statistically significant)

Less At-Risk than North Carolina

- In 2011, 68.5% of Macon middle school students indicated that they never/rarely wore bicycle helmets, 8.9% less than North Carolina students (77.4%).
- In 2011, 20.7% of Macon middle school students indicated that they have had property stolen or damaged on school property, 5.8% less than North Carolina students (26.5%).
- In 2011, 26.8% of Macon middle school students indicated that they had been bullied on school property, 15.3% less than North Carolina students (42.1%).
- In 2011, 16% of Macon middle school students indicated that they seriously thought about killing themselves, 4.8% less than North Carolina students (20.8%).
- In 2011, 8.6% of Macon middle school students indicated that they had made a plan about how they would kill themselves, 4.5% less than North Carolina students (13.1%).
- In 2011, 3.2% of Macon middle school students indicated that they had smoked a whole cigarette for the first time before age 11, 3.2% less than North Carolina students (6.4%).
- In 2011, 4.4% of Macon middle school students indicated that they had smoked cigarettes on one or more times during a month, 3.2% less than North Carolina students (7.6%).
- In 2011, 7.7% of Macon middle school students indicated that they had ever used marijuana, 3.7% less than North Carolina students (11.4%).
- In 2011, 3.2% of Macon middle school students indicated that they had used marijuana during the past 30 days, 3.1% less than North Carolina students (6.3%).

- In 2011, 4.5% of Macon middle school students indicated that they had been offered an illegal drug on school property, 5.1% less than North Carolina students (9.6%).
- In 2011, 68.1% of Macon middle school students indicated that they were physically active for at least 60 minutes per day on five or more days in a week, 9% more than North Carolina students (59.1%).
- In 2011, 31% of Macon middle school students indicated that they watched three or more hours of TV on an average school day, 7.8% less than North Carolina students (38.8%).
- In 2011, 18.1% of Macon middle school students indicated that they play video games or use a computer not for school three or more hours on an average school day, 12.1% less than North Carolina students (30.2%).
- In 2011, 77.2% of Macon middle school students indicated that they exercised to lose weight or to keep from gaining weight, 9.3% more than North Carolina students (67.9%).

More At-Risk than North Carolina

- In 2011, 34% of Macon middle school students indicated that they had been taught about abstaining from sexual activity, 27.6% less than North Carolina students (61.6%).
- In 2011, 32.1% of Macon middle school students indicated that they had been taught in school about AIDS or HIV infection, 30.3% less than North Carolina students (62.4%).
- In 2011, 18.8% of Macon middle school students indicated that they had been taught about chlamydia, gonorrhea, syphilis, or Human Papilloma Virus/genital warts, 21.8% less than North Carolina students (40.6%).
- In 2011, 1.6% of Macon middle school students indicated that they usually talk with teachers/other adults at school about STD, HIV, AIDS, or pregnancy prevention, 4.4% less than North Carolina students (6%).

Middle School Race and Gender Contingencies

In the gender contingency table below, “X” indicates the population of students who are at-risk. For example, females were more at-risk than males, with regard to wearing helmets when riding four wheelers. In other words, females were less likely to wear helmets.

Statistically Significant Behavior × Gender Contingencies		
Macon County Middle Schools		
Behavior	More At-Risk	
	Male	Female
Wearing four wheeler helmets		X
Carry Weapons	X	
Electronically Bullied		X
Physical Fight	X	
Not Being Taught Abstinence	X	
General weight concern—trying to lose weight		X
General Weight Concern—trying to gain weight	X	
Playing 3 or More Hours of Video Games On An Average School Day	X	

Long-Term Trends for the High School YRBS, 2002-2011

Decreasing Trends of At-Risk Behavior

These trends indicate good news with double-digit decreases in the percentages of at-risk behavior:

Violence-Related Behaviors

- The percentage of students who never/rarely wore a seat belt when riding in a car driven by someone else has decreased at the rate of 11.9%.

Tobacco Use

- The percentage of students who smoked a whole cigarette for the first time before age 13 has decreased at the rate of 10.1%.
- The percentage of students who smoked cigarettes on 20+ days during the past 30 days has decreased at the rate of 12.3%.

Alcohol and Drug Use

- The percentage of students who typically obtain alcohol from parents during the past 30 days has decreased at the rate of 20.3%.
- The percentage of students who used heroin during their life has decreased at the rate of 10.2%.
- The percentage of students who used methamphetamines during their life has decreased at the rate of 20.9%.
- The percentage of students who used a needle to inject any illegal drug during their life has decreased at the rate of 11%.
- The percentage of students who bought food/drinks from school vending machines during the past 7 days has decreased at the rate of 10.8%.

Increasing Trends of At-Risk Behavior

These trends indicate increases in the percentages of at-risk behavior:

Violence-Related Behaviors

- The percentage of students who never/rarely wore a bicycle helmet when riding a bicycle has increased at the rate of 11%.

- The percentage of students who strongly agree/agree that harassment/bullying is a problem at their school has increased at the rate of 11.4%.

Sexual Behavior

- The percentage of students who had sexual intercourse with 2+ people during their life has increased at the rate of 13.1%.
- The percentage of students who used alcohol/drugs before last intercourse, among who had intercourse during the past 3 months has increased at the rate of 10%.

Nutrition

- The percentage of students who ate breakfast everyday for the past 7 days has decreased at the rate of 10.3%.

2011-2009 Comparisons for the High School YRBS

Since the 2009 YRBS, these comparisons indicate statistically significant **decreases** in at-risk behavior:

- 22.5% fewer students got alcohol from someone who gave it to them.
- 20% more students had a medical check-up/physical exam when not sick or injured.
- 21.9% more students had a dental check-up, exam, teeth cleaning, or other dental work.

Since the 2009 YRBS, these comparisons indicate statistically significant **increases** in at-risk behavior:

- 4.2% more students have been bullied on school property.
- 4.6% more students have been electronically bullied.
- 5.5% more students have been threatened or injured with a weapon on school property.
- 6.4% more students have been in a physical fight on school property.
- 12.3% more students, among those who had intercourse during the past 3 months, had a partner who was three or more years older in their last intercourse.
- 14.8% fewer students ate breakfast everyday for the past 7 days.
- 9.5% more students strongly agree/agree that harassment/bullying is a problem at their school.
- 6.9% more students strongly agree/agree that drugs are a problem at their school.

Macon-North Carolina Comparisons for the High School YRBS (statistically significant)

Less At-Risk than North Carolina

- In 2011, 89.5% of Macon high school students indicated that they ate fruit 1+ times during the past seven days, 5.9% more than North Carolina students (83.6%).
- In 2011, 92.5% of Macon high school students indicated that they ate vegetables 3+ days during the past 7 days, 10.3% more than North Carolina students (82.2%).
- In 2011, 25.2% of Macon high school students indicated that they watched TV 3+ hours per day on an average school day, 9.5% less than North Carolina students (34.7%).
- In 2011, 20.2% of Macon high school students indicated that they played video games or used a computer not for school work 3+ hours per day on an average school day, 7.6% less than North Carolina students (27.8%).
- In 2011, 32% of Macon high school students indicated that they get 8+ hours of sleep on an average school night, 5.3% more than North Carolina students (26.7%).
- In 2011, 16.9% of Macon high school students strongly agreed/agreed that gangs are a problem at their school, 23% less than North Carolina students (39.9%).
- In 2011, 68.9% of Macon high school students indicated that they exercised to lose/keep from gaining weight during the past 30 days, 8.5% more than North Carolina students (60.4%).

More At-Risk than North Carolina

- In 2011, 11.9% of Macon high school students indicated that they never/rarely wore a seat belt when riding in a car driven by someone else, 3.8% more than North Carolina students (8.1%).
- In 2011, 13.4% of Macon high school students indicated that they drove after drinking alcohol during the past 30 days, 7.1% more than North Carolina students (6.3%).
- In 2011, 19.9% of Macon high school students indicated that they have been electronically bullied, 4.2% more than North Carolina students (15.7%).
- In 2011, 29.7% of Macon high school students indicated that they carried a weapon on 1+ days during the past 30 days, 8.9% more than North Carolina students (20.8%).
- In 2011, 18.7% of Macon high school students indicated that they carried a weapon on 1+ days on school property during the past 30 days, 12.6% more than North Carolina students (6.1%).

- In 2011, 6.4% of Macon high school students indicated that they had been in a physical fight in which they were hurt, 2.7% more than North Carolina students (3.7%).
- In 2011, 17.4% of Macon high school students indicated that they had been in a physical fight on school property, 6.8% more than North Carolina students (10.6%).
- In 2011, 13.5% of Macon high school students indicated that they had been physically forced to have sexual intercourse, 4% more than North Carolina students (9.5%).
- In 2011, 12.3% of Macon high school students indicated that they had attempted suicide 1+ times during the past 12 months, 7.3% more than North Carolina students (5%).
- In 2011, 16.7% of Macon high school students indicated that they had smoked a whole cigarette for the first time before age 13, 4.3% more than North Carolina students (12.4%).
- In 2011, 26.5% of Macon high school students indicated that they had smoked cigarettes on 1 or more days during the past 30 days, 8.8% more than North Carolina students (17.7%).
- In 2011, 20.2% of Macon high school students indicated that they used chewing tobacco products in the past 30 days, 9.2% more than North Carolina students (11%).
- In 2011, 39.9% of Macon high school students indicated that they drank alcohol on 1 or more days during the past 30 days, 5.6% more than North Carolina students (34.3%).
- In 2011, 25.9% of Macon high school students indicated that they had 5+ drinks of alcohol within a couple of hours during the past 30 days, 8.3% more than North Carolina students (17.6%).
- In 2011, 8.8% of Macon high school students indicated that they had drunk alcohol on school property during the past 30 days, 3.3% more than North Carolina students (5.5%).
- In 2011, 24.2% of Macon high school students indicated that they ate breakfast everyday for the past 7 days, 13% less than North Carolina students (37.2%).
- In 2011, 74.3% of Macon high school students indicated that they strongly agree/agree that they feel good about themselves, 5.7% less than North Carolina students (80%).

High School Race and Gender Contingencies

In the gender contingency table below, "X" indicates the population of students who are at-risk. For example, males were more at-risk than females, with regard to driving a vehicle after drinking.

Significant Behavior × Gender Contingencies		
Macon County High School Results		
Behavior	More At-Risk	
	Male	Female
Driving a Vehicle After Drinking	X	
Being Electronically Bullied		X
Carrying a Weapon	X	
Carrying a Weapon on Campus	X	
Being Injured or Threatened on School Property	X	
Having Property Stolen or Damaged on School Property	X	
Being in a Physical Fight	X	
Being in a Fight on School Property	X	
Smoking Cigarettes at Age 13	X	
Chewing Tobacco at Least Once in the Past 30 Days	X	
Drinking at or Before Age 12	X	
Engaging in Sexual Intercourse Before Age 13	X	
Sexual Intercourse With Partner at Least 3 Years Difference In Age		X
Trying to Lose Weight		X
Trying to Gain Weight	X	
Exercising to Lose or Keep from Gaining Weight		X
Eating Less to Lose Weight or Keep From Gaining Weight		X
Skipping Meals to Lose Weight or to Keep from Gaining Weight		X
Not Attending a Physical Education Class in the Past 7 Days		X
Playing 3 or More Hours of Video Games On An Average School Day	X	
Agree or Strongly Agree to Gangs Being a Problem at Their School	X	

2011 Body Mass Index and Perceptions of Weight for High School Students

In the BMI study, 60.1% of the high school students are within the normal range. The percentage of students who are considered “underweight” and “obese” are close at 10.9% and 10.4% respectively. The remaining 18.6% consists of the students are considered to be overweight.

Macon County high School, BMI and Weight Perceptions			
BMI Categories	BMI % n=800	Perception % n=834	Perception Categories
Underweight BMI <18.5	10.9	13.9	Very or slightly underweight
Normal 18.5≤BMI≤24.9	60.1	57.5	About the right weight
Overweight 25≤BMI<30	18.6	23.9	Slightly overweight
Obese BMI≥30	10.4	4.7	Very overweight

When asked how they viewed their weight, more students answered being underweight or overweight than was actually the case when compared to the BMI results: 13.9% of students reported feeling as if they were very or slightly underweight, whereas 28.6% indicated they felt very or slightly overweight. More than half (57.5%) reported feeling they were about the right weight. Seemingly, some students think they are underweight, when they are actually within a normal BMI range; some students think they are slightly overweight, when it appears that that they are actually obese.

Discussion and Recommendations, Middle School

The striking impression left by the middle school YRBS findings is that Macon County is doing tremendously good work in combating at-risk behaviors. With regard to long-term trends, 2011-2009 comparisons, and Macon-NC comparisons, numerous indicators show decreasing instances of at-risk behaviors.

With regard to increases in at-risk behavior, indicators for education on sexual behavior seem to reflect, perhaps, curricular decisions that have been made about sex education. The percentage of students who report having been taught about abstaining from sexual activity, about AIDS and HIV, and about sexually transmitted diseases has trended downward over the long run. Moreover, these indicators were all significant, when comparing 2011 to 2009 data, and when comparing Macon to North Carolina data. These data, of course, may also reflect the 2011 Macon YRBS sample: 57% of all respondents were in the 6th grade, 27% were in the 7th grade, and only 15% were in the 8th grade. Please note: the school health educator stated that there were some concerns when the survey was conducted because the 7th and 8th grades had not yet had reproductive health. Some had been taught in 6th grade.

Discussion and Recommendations, High School

With regard to increases in at-risk behavior, many long-term trends, 2011-2009 comparisons, and Macon-NC comparisons indicate troubling patterns in violence-related behaviors. Since the 2009 YRBS, these comparisons indicate statistically significant **increases** in at-risk behavior:

- 4.2% more students have been bullied on school property.
- 4.6% more students have been electronically bullied.
- 5.5% more students have been threatened or injured with a weapon on school property.
- 6.4% more students have been in a physical fight on school property.

Comparing Macon to North Carolina, in 2011 Macon was more at-risk for the following indicators:

- In 2011, 19.9% of Macon high school students indicated that they have been electronically bullied, 4.2% more than North Carolina students (15.7%).
- In 2011, 29.7% of Macon high school students indicated that they carried a weapon on 1+ days during the past 30 days, 8.9% more than North Carolina students (20.8%).
- In 2011, 18.7% of Macon high school students indicated that they carried a weapon on 1+ days on school property during the past 30 days, 12.6% more than North Carolina students (6.1%).
- In 2011, 6.4% of Macon high school students indicated that they had been in a physical fight in which they were hurt, 2.7% more than North Carolina students (3.7%).
- In 2011, 17.4% of Macon high school students indicated that they had been in a physical fight on school property, 6.8% more than North Carolina students (10.6%).
- In 2011, 13.5% of Macon high school students indicated that they had been physically forced to have sexual intercourse, 4% more than North Carolina students (9.5%).

And, the percentage of students who strongly agree or agree that harassment or bullying is a problem at their school is trending upward, at the rate of 11.4%.

Gender contingencies for the following violence-related behaviors were significant: females were more at-risk for having been electronically bullied, and males were more at-risk for: carrying a weapon (in general), carrying a weapon to school, being injured or threatened on school property, having property stolen or damaged on school property, being in a physical fight (in general), and being in a fight on school property.

CARA recommends further investigation into these violence-related behaviors, with possible intervention programming developed.

An Overview of the Youth Risk Behavior Survey

What is the Youth Risk Behavior Survey?

The YRBS is a national school-based survey developed by the Centers for Disease Control and Prevention (CDC). First developed in 1990, the survey is typically administered to adolescent youth every two years to monitor health risk behaviors that contribute to deaths, disability, and social problems among youth in the United States. The CDC has grouped the behaviors often established during childhood and early adolescence into six general health risk areas:

- Alcohol and Drug Use
- Injury & Violence (including suicide)
- Tobacco Use
- Nutrition
- Physical Activity
- Sexual Risk Behaviors

Why conduct the Youth Risk Behavior Survey?

Practicing healthy behaviors, such as maintaining a diet that is low in fat, high in fruit and vegetables, getting regular physical activity, and refraining from tobacco and alcohol use would prevent many premature deaths. With health-related behaviors beginning during childhood, a healthy lifestyle needs to be promoted before unhealthy behaviors become a habit. The Youth Risk Behavior Survey enables educators and program planners to:

- Determine the prevalence of health risk behaviors;
- Create awareness about priority health risk behaviors and related health problems;
- Plan and implement programming for responding to trends in health risk behaviors;
- Set program goals and objectives and monitor progress toward those goals; and
- Provide comparable national, state, and local data.

YRBS Limitations, Validity and Reliability

Recognizing that data from the YRBS will be used to guide the development, implementation, and evaluation of interventions designed to prevent and reduce risky behaviors, it is important not only to understand how to interpret the findings, but also to have confidence in the validity and reliability of the data.

As with the statewide and national YRBS, the findings in this report are subject to several limitations. The survey may not accurately reflect the behaviors among youth who attend private school and those who have dropped out of school. Studies conducted among alternative education students and dropouts have shown a significantly higher incidence of behaviors that put children at risk.

One of the more significant limitations of the YRBS, whether conducted at the local, state, or national level, is that the data are self-reported by respondents, rather than the product of direct observation. However, direct observation of risk behaviors in young people would be difficult and random at best.

Although there is the possibility that students, intentionally or unintentionally, may inaccurately report information, survey experts believe that the number of students responding more or less than the true value is probably about the same and balance each other out. In previous studies, test/re-test reliability for YRBS has been acceptable to high for most survey items; further, YRBS items have been revised through the years to improve reliability.

The YRBS solicits self-reported descriptive data on the who, what, when, and where of health risk behaviors across six major categories. What is lacking, however, is information on the how and why of a particular behavior. These are important areas for further investigation and are of great importance in developing and establishing effective interventions for reducing the prevalence of unhealthy behaviors among adolescents living in Macon County.

Macon County Surveys for Middle and High School Students

For 2011, Macon County administered surveys for both middle and high school students. In all, the middle school survey included 96 questions covering demographics (i.e., age, gender, grade level, academic performance, and ethnicity); at-risk behaviors for personal safety, weapons, and violence; indicators of suicidal thoughts and actions; tobacco use; use of alcohol and other drugs; sexual activity and sexual education; nutrition, exercise and lifestyle; and perceptions of school as a safe place. See the complete middle school survey in Appendix A.

The high school survey contained 99 questions covering demographics (including height and weight questions used for calculating students' Body Mass Index and their perceptions of weight); at-risk behaviors for personal safety, weapons, violence, and abuse; indicators of suicidal thoughts and actions; tobacco use; use of alcohol, and other drugs; sexual activity and sexual education; nutrition, exercise and lifestyle; and perceptions of school as a safe place. As compared with the middle school survey, the high school YRBS included additional questions about tobacco, drug, and alcohol use; height and weight; and sexual activity. Moreover, the sections concerning tobacco, drugs & alcohol, and sexual activity are more detailed. See the complete high school survey in Appendix B.

Macon County Respondents for Middle and High School Surveys

A total of 1,406 students responded to the surveys in this report, 564 middle school respondents and 842 high school respondents. Both surveys were administered to high school and middle school students in Spring 2009. Participation was voluntary, giving students the opportunity to do other activities if they did not want to take the survey. Demographic profiles of middle school and high school respondents, giving counts according to grade and gender, are given below.

Table 1. Middle School Demographics			
Grade and Gender Counts			
<u>Grade</u>	<u># Female</u>	<u># Male</u>	<u># TOTAL</u>
6 th	162 (29%)	154 (28%)	316 (57%)
7 th	126 (23%)	24 (4%)	150 (27%)
8 th	67 (12%)	18 (3%)	85 (15%)
Not specified	0(0%)	2(.3%)	2 (.3%)
TOTAL	355 (64.2%)	198 (35.8%)	553 (100%)
Note. 564 respondents, with eleven not reporting gender.			

Table 2. High School Demographics			
Grade and Gender Counts			
<u>Grade</u>	<u># Female</u>	<u># Male</u>	<u># TOTAL</u>
9 th	126 (15%)	118 (14%)	244 (29%)
10 th	103 (12%)	102 (12%)	205 (25%)
11 th	116 (14%)	89 (11%)	205 (25%)
12 th	93 (11%)	79 (10%)	172 (21%)
Not specified	2 (0.2%)	0 (0%)	2 (0.2%)
TOTAL	440 (53.1%)	388 (46.9%)	828 (100%)
Note. 842 respondents, with fourteen students not reporting gender.			

2011 Analyses

- CARA first calculated the At-Risk percentages for 2011 Macon County middle and high school surveys. Then, the following differences in proportions were calculated:
 - 2011—2009 Macon County Middle Schools
 - 2011—2009 Macon County High Schools
 - 2011 Macon County—2011 North Carolina, Middle and High Schools
- Additionally, CARA constructed 95% confidence intervals for differences in proportions followed by Cohen's h for a measure of effect size for statistically significant confidence intervals.
- Compound annual growth rates were determined for three to four year trends.
- Behavior \times Gender contingencies were analyzed with crosstabs, the chi-square test, and standardized residuals.
- Body Mass Index and Perceptions of Weight percentages were calculated for high school students.
- See Appendix C for a technical explanation of analyses.

Important note for 2011 statistical analyses: Measures of statistical significance and effect size offer an important way to interpret survey results. However, the conventional guidelines for evaluating small, moderate, and large effect sizes offer arbitrary indices for examining the practical significance of findings. Knowledgeable users from Macon County will best understand the context, history, and practical significance of the findings in this report.

2011 Middle School Results

Percentages of At-Risk Behavior and Long-term Trends

2011 response percentages of at-risk indicators for all questions are given in Tables 3-11.

These tables also include percentages for 2002, 2005, 2007, and 2009. The compound average growth rate (CAGR) indicates overall trends in data from 2002-2011. See the highlighted CAGRs with rate changes of 10% or greater, signifying notable increases/decreases in at-risk behavior.

Table 3. Unintentional Injuries and Violence						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
07. Never/rarely wore a seat belt when riding in a car	10.5 n=562	9.1	13.8	12.2	16.7	-8.9
08. Never/rarely wore a bicycle helmet	68.5 n=449	73.1	75.6	NA	NA	-3.2
09. Never/rarely wore a helmet when riding a four-wheeler during the past 12 months	59.3 n=329	57.2	NA	59.2	NA	0.1
10. Rode in a car driven by someone who had been drinking alcohol	22.9 n=560	26.4	34	32	35.5	-8.4
11. Carried a weapon, such as a gun, knife, or club	36.1 n=559	45.4	48.1	51.1	NA	-8.3
12. Threatened or injured by a weapon on school property	6.5 n=560	6.9	6.6	11.1	NA	-12.5
13. Have ever been in a physical fight	50.8 n=561	54	55.3	NA	NA	-2.8
14. Have ever been in a physical fight in which they were hurt	7.5 n=562	6.5	7.5	8.4	12.9	-10.3
15. Did not go to school because they felt unsafe	3.8 n=560	4.6	4.1	9.8	8.5	-14.9
16. Have property stolen or damaged on school property	20.7 n=561	25.4	29.6	41.5	36.9	-10.9
17. Was physically hurt by boyfriend/girlfriend during the past 12 months	4.3 n=559	7.6	8.2	8.1	10.9	-17
18. Was forced to have sexual intercourse	6 n=554	5.1	6.7	5.5	7.7	-4.9
19. Have been bullied on school property	26.8 n=560	32.1	33.2	37.5	NA	-8.1
20. Have been electronically bullied	17.3 n=562	14.6	NA	NA	NA	NA
94. Agree/strongly agree harassment and bullying is a problem at school	46.6 n=489	51	58.3	49.6	NA	-1.6
95. Strongly agree/agree that gangs are a problem at their school	20.3 n=483	22.5	NA	NA	NA	-3.4

Table 4. Suicide						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
21. Felt sad or hopeless almost every day for 2+ weeks and stopped doing some usual activities	21.7 n=554	24	24.5	29.9	25.5	-1.6
22. Seriously thought about killing themselves	16 n=562	20	22.1	23.9	22.6	-6.7
23. Made a plan about how they would kill themselves	8.6 n=556	13.6	14.4	15.4	NA	-13.6
24. Usually talk with teachers or other adults at school when sad, empty, hopeless, angry, or anxious	3 n=438	2.2	NA	NA	NA	NA
87. All of the time/most of the time feel stress in life	25.4 n=492	23.4	27.3	27	24.6	0.6
91. Strongly agree/agree that they feel alone in their life	17.7 n=491	17.3	19.1	15.6	NA	3.2
92. Strongly agree/agree that they feel good about themselves	75 n=492	74.9	72.7	73	NA	0.7

Table 5. Tobacco Use						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
25. Smoked a whole cigarette for the first time before age 11	3.2 n=560	9.6	NA	NA	NA	NA
25. Smoked a whole cigarette for the first time before or at age 11	5.7 n=560	12.6	14.7	19.3	NA	-26.3
26. Smoked cigarettes on 1+ days of the past 30 days	4.4 n=562	9.4	12.8	15.4	NA	-26.9
26. Smoked cigarettes on 20+ days of the past 30 days	1.6 n=562	3.2	NA	NA	NA	NA
27. Tried to quit smoking cigarettes during the past 12 months	3.2 n=556	5.9	9.6	10.9	NA	-26.4
28. Usually get cigarettes from a gas station or store	.7 n=559	0.5	0.6	NA	NA	5.3
29. Used chewing tobacco, snuff, or dip during the past 12 months	4.6 n=560	8.0	7.1	8.7	9.2	-12.9

Table 6. Alcohol and Drug Use						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
30. Had a drink of alcohol other than a few sips	24.4 n=553	30.7	38.2	36.7	45.6	-11.8
31. Had their first drink of alcohol other than a few sips before age 11	12.9 n=560	13.1	NA	NA	NA	NA
31. Had their first drink of alcohol other than a few sips before or at age 12	21.4 n=560	24.9	29.7	30.5	40.9	-12.2
32. Usually got alcohol from purchase at a store	1.3 n=560	1.4	1	NA	NA	9.1
32. Usually got alcohol from someone who gave it to them during the past 30 days	2.9 n=560	6.1	NA	NA	NA	NA
33. Used marijuana	7.7 n=559	10.2	12.4	14.1	18.9	-16.4
34. Tried marijuana for the first time before age 11	3.2 n=563	4.6	NA	NA	NA	NA
35. Used marijuana during the past 30 days	3.2 n=564	5.1	5.4	7.6	12.8	-24.2
36. Used marijuana on school property during the past 30 days	.9 n=561	1.3	1.3	2.4	NA	-21.8
37. Used any form of cocaine, including powder, crack, or freebase	2.7 n=562	2.2	4.2	7.3	9.7	-22.6
38. Used LSD, PCP, mushrooms, ecstasy, or other hallucinogens	2.3 n=562	3.5	3.8	6.4	10.8	-26.6
39. Used any form of inhalant to get high	9 n=557	9.8	15.2	12.9	19.6	-14.4
40. Used synthetic drug, e.g., bath salts, black magic, or red magic .	3.9 n=559	NA	NA	NA	NA	NA
41. Used a needle to inject any illegal drug	1.6 n=558	1.4	2	3.1	NA	-15.2
42. Took a prescription drug without a doctor's prescription	5.4 n=552	6.0	6.7	10.9	NA	-16.1
44. Used methamphetamines	2.7 n=557	3.0	2.9	NA	NA	-2.4
45. Have been offered an illegal drug on school property during the past 12 months	4.5 n=551	6.6	8.7	8.7	NA	-15.2
96. Strongly agree/agree that drugs are a problem at their school	25.8 n=465	27.3	31.5	32.2	NA	-5.4

Table 7 reports inconclusive findings for the Gender × Acquisition contingency, $\chi^2_{df=5} = 3.901, p < 0.564$. Note that 92% of all students report that they did not take prescription drugs without supervision.

Table 7. At Risk for Acquiring Prescription Drugs			
Macon County Middle School Results			
If you took prescription drugs, without a doctor's prescription, where did you get them?	Male	Female	TOTAL
Did not take prescription drugs without a doctor's prescription.	320 (57.5%)	185 (33.2%)	505 (90.7%)
Home	17 (3%)	11 (2%)	28 (5%)
Someone else's home	1 (.2%)	1 (.2%)	2 (.4%)
Got it from someone	8 (1.4%)	3 (.5%)	11 (2%)
Bought it from someone	1 (.2%)	0 (0%)	1 (.1%)
Got it some other way	8 (1.4%)	2 (.4%)	10 (1.8%)
TOTAL	355 (63.7%)	202 (36.3%)	557 (100%)

Table 8. Sexual Behavior						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
46. Had sexual intercourse	8.5 n=554	16.5	20.8	19.1	21.1	-16.6
47. Aged 12 or younger when first had sexual intercourse	6.8 n=557	11.3	15.2	11.9	14.1	-13.6
48. Have been pregnant or gotten someone pregnant	2.2 n=550	2.6	3.6	2.4	5.0	-15.1
49. Had sexual intercourse with 4+ people	2.3 n=555	3.7	4.8	4.2	NA	-14
50. Have been taught about abstaining from sexual activity	34 n=550	47.1	45.2	59.4	NA	-13
51. Have been taught in school about AIDS or HIV infection	32.1 n=551	42.9	49.7	71.2	NA	-18.1
52. Have been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus/genital warts	18.8 n=549	25.9	35.8	34.2	NA	-13.9
53. Usually talk with teachers/other adults at school about STD, HIV, AIDS, or pregnancy prevention	1.6 n=548	1.6	NA	NA	NA	NA

Table 9. Obesity and Diet						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
54. Described themselves as slightly/very overweight	25.9 n=536	29.2	29.6	33.7	30.4	-3.2
55. Were trying to lose weight	48.5 n=550	48.2	46.7	49.1	44.4	1.8
56. Exercised to lose weight or to keep from gaining weight	77.2 n=544	70.4	72.8	74.2	66.5	3
57. Ate less calories to lose weight or to keep from gaining weight	50.4 n=544	46.4	51.3	51.3	36.7	6.6
58. Have been without eating for 24+ hours to lose weight or to keep from gaining weight	16 n=544	15.3	21.4	NA	NA	-9.2
59. Took diet pills without a doctor's advice to lose weight or to keep from gaining weight	4.3 n=540	5.9	7.5	6.3	10.0	-15.5
60. Vomited/took laxatives to lose weight or to keep from gaining weight	5.2 n=532	4.1	7.3	7.3	6.4	-4.1
61. Ate fruits 3+ times during the past 7 days	78.4 n=541	77	73.4	NA	NA	2.2
62. Ate vegetables 3+ times during the past 7 days	67.1 n=538	72.6	64.2	NA	NA	1.5
63. Ate junk food 3+ times/day	10.8 n=536	18.6	15.4	NA	NA	-11.2
64. Drank soda 1+ times/day	27.9 n=541	34.8	32.5	NA	NA	-5
65. Drank sweetened beverage 1+ times/day	30 n=537	36.2	34.6	NA	NA	-4.6
66. Drank milk 3+ times/day	16.1 n=529	20.4	23	23.1	NA	-8.6
67. Bought food/drinks from school vending machines during the past 7 days	19.5 n=534	23.2	24.8	49.7	NA	-20.9
68. Ate breakfast on seven of the past seven days	50.3 n=533	48.1	42.5	45.0	NA	2.8
69. Ate dinner prepared at home with their family on 3+ days of the past seven days	87.4 n=522	89	NA	NA	NA	NA
69. Ate dinner prepared at home with their family on 4+ days of the past seven days	78.2 n=522	75.5	75.4	79.1	NA	-0.3

Table 10. Physical Activity						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
70. Were physically active for at least 60 min/day on 5+ days of the past seven days	68.1 n=533	60	67.3	NA	NA	0.4
71. Attends PE class 1+ days/week	98.6 n=514	97.3	99	NA	NA	-0.1
71. Attends PE class everyday during the average school week	63.4 n=514	15.9	26.5	24.7	NA	26.6
72. Watched 3+ hours/day of TV on an average school day	31 n=519	30.8	36.1	31.6	NA	-0.5
73. Play video games or use computer not for school work 3+ hours/day on an average school day	18.1 n=526	23.3	20	NA	NA	-3.3
74. Play video games or use computer not for school work 3+ hours/day on an average Saturday or Sunday	38.5 n=525	51.7	NA	NA	NA	NA
75. Participated in 1+ sports teams during the past 12 months	64.8 n=508	62.1	61.6	NA	NA	1.7
75. Played on one or more sports teams during the past 12 months	64.8 n=508	62.1	NA	NA	NA	NA
81. Participate in any extracurricular activities such as sports, band, drama, clubs	45.7 n=488	41.6	71	NA	NA	-13.7
82. Participated in 2+ community service projects in the past 30 days	20.5 n=503	19.4	19.7	NA	NA	1.3

Table 11. Other Health Issues						
Macon County Middle Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
77. Most of the time/always wear sunscreen when outside for 1+ hours on a sunny day	15.7 n=517	11.3	10.4	NA	NA	14.7
78. Get 8 hours of sleep on an average school night	31.4 n=506	30.7	31.1	30.9	NA	0.4
78. Get 8+ hours of sleep on an average school night	63.4 n=506	58.5	NA	NA	NA	NA
79. Consider themselves to have a disability	11.8 n=501	11.3	12.4	10.9	9.6	4.2
80. Are alone without a parent or adult 3+ hours on an average school day	15.8 n=505	15.3	22.7	NA	NA	-11.4
83. Had medical check-up when not sick or injured during the past 12 months	57.7 n=503	55.1	55.5	55.2	54.9	1
84. Had dental check-up or dental work during the past 12 months	62.4 n=497	63.6	63	63.4	65.6	-1
85. Have been told by a doctor or nurse that they had asthma	17.6 n=495	21.6	18.8	NA	NA	-2.2
86. Had an episode of asthma or an asthma attack during the past 12 months	7.1 n=493	20.5	6.4	NA	NA	3.5
88. Self-rate health as fair/poor	9.7 n=494	8.7	11.3	NA	NA	-5
89. Most influenced by friends/peers about health decisions	15 n=487	12.7	16.6	18.7	21.6	-7
89. Most influenced by parents/family about health decisions	62.2 n=487	57.4	51.7	50.3	53.1	3.2
89. Most influenced by school about health decisions	7 n=487	9.0	6.6	6.2	5.7	4.2
90. Prefer to get health information from friends/peers	8.2 n=489	8.2	8.4	8.6	13.5	-9.5
90. Prefer to get health information from parents/family	47.6 n=489	44.6	41.1	37	53.7	-2.4
93. Strongly agree/agree that their teachers really care and give a lot of encouragement	60.4 n=482	57.2	NA	NA	NA	NA

Significant Differences for Middle School, 2011-2009

Statistically significant findings for Macon County middle school differences (2011-2009) are given in Tables 12-13. These tables report confidence intervals and effect sizes for differences in percentages. Table 12 indicates the instances of decreased at-risk behavior (i.e., 2011 was better than 2009). For example, there was a 9.3% decrease in students who carried a weapon, such as a gun, knife, or club— inferentially, the difference is between -1.6% and -16.9%. This difference, as indicated by the effect size, was small.

Table 12. Macon County Middle School Differences, 2011-2009					
Less Risk than 2009					
QUESTION	Macon %2011	Macon % 2009	2011-2009	95% Confidence Intervals	Effect Size
11. Carried a weapon, such as a gun, knife, or club	36.1	45.4	-9.3	-16.9 and -1.6	0.19
23. Made a plan about how they would kill themselves	8.6	13.6	-5.0	-9.2 and -.8	0.16
25. Smoked a whole cigarette for the first time before age 11	3.2	9.6	-6.4	-9.7 and -3.1	0.27
25. Smoked a whole cigarette for the first time before or at age 11	5.7	12.6	-6.9	-10.8 and -3.0	0.24
26. Smoked cigarettes on 1+ days of the past 30 days	4.4	9.4	-5.0	-8.5 and -1.5	0.20
29. Used chewing tobacco, snuff, or dip during the past 12 months	4.6	8.0	-3.4	-6.8 and -0.1	0.14
30. Had a drink of alcohol other than a few sips	24.4	30.7	-6.3	-12.2 and -0.4	0.14
32. Usually got alcohol from someone who gave it to them during the past 30 days	2.9	6.1	-3.2	-5.8 and -0.6	0.16
46. Had sexual intercourse	8.5	16.5	-8.0	-12.4 and -3.6	0.24
47. Aged 12 or younger when first had sexual intercourse	6.8	11.3	-4.5	-8.4 and -0.6	0.16
56. Exercised to lose weight or to keep from gaining weight	77.2	70.4	6.8	0.3 and 13.3	0.15
63. Ate junk food 3+ times/day	10.8	18.6	-7.8	-13.1 and -2.5	0.22
70. Were physically active for at least 60 min/day on 5+ days of the past seven days	68.1	60.0	8.1	-1.0 and 15.2	0.17
71. Attends PE class 1+ days/week	63.4	15.9	47.5	40.8 and 54.2	1.02
74. Play video games or use computer not for school work 3+ hours/day on an average Saturday or Sunday	38.5	51.7	-13.2	-20.6 and -5.8	0.27
86. Had an episode of asthma or an asthma attack during the past 12 months	7.1	20.5	-13.4	-18.3 and -8.5	0.40
<i>Note.</i> The effect sizes for these decreased indicators of at-risk behavior were small to large.					

Table 13 indicates all increases in at-risk behavior. For example, there was a 13.1% decrease in students who have been taught about abstaining from sexual activity—inferentially, the difference is between -6.4% and -19.8%. This difference, as indicated by the effect size, was small.

Table 13. Macon County Middle School Differences, 2011-2009					
More Risk than 2009					
QUESTION	Macon % 2011	Macon % 2009	2011-2009	95% Confidence Intervals % dif. is between	Effect Size
50. Have been taught about abstaining from sexual activity	34	47.1	-13.1	-19.8 and -6.4	0.27
51. Have been taught in school about AIDS or HIV infection	32.1	42.9	-10.8	-17.4 and -4.2	0.22
52. Have been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus/genital warts	18.8	25.9	-7.1	-12.8 and -1.4	0.17
<i>Note.</i> The effect sizes for these increased indicators of at-risk behavior were small.					

Macon County-North Carolina Middle School Comparisons

Tables 14 and 15 report the statistically significant differences between Macon County and North Carolina in 2011. Table 14 indicates the instances in which Macon County students were **less at-risk** than North Carolina students at-large. For example, 8.9% fewer Macon County students report that they never or rarely wear a bicycle helmet. This difference in proportions is statistically significant, with a small effect size.

Table 14. Macon County Middle Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN08 Never/rarely wore a bicycle helmet	68.5% n=449	77.4% n=1609	-8.9%	.06956	***	-.20
QN13 Have ever been in a physical fight	50.8% n=561	55.4% n=1913	-4.6%	.06869		
QN16 Have property stolen or damaged on school property	20.7% n=561	26.5% n=1909	-5.8%	.05692	***	-.14
QN19 Have been bullied on school property	26.8% n=560	42.1% n=1921	-15.3%	.04896	***	-.32
QN20 Have been electronically bullied	17.3% n=562	20.8% n=1925	-3.5%	.04134		
QN21 Felt sad or hopeless almost every day for 2+ weeks and stopped doing some usual activities	21.7% n=554	24.0% n=1645	-2.3%	.05104		
QN22 Seriously thought about killing themselves	16.0% n=562	20.8% n=1908	-4.8%	.04506	***	-.12
QN23 Made a plan about how they would kill themselves	8.6% n=556	13.1% n=1912	-4.5%	.03450	***	-.15
QN24 Usually talk with teachers or other adults at school when sad, empty, hopeless, angry, or anxious	3.0% n=438	2.4% n=1621	0.6%	.02246		
QN25 Smoked a whole cigarette for the first time before age 11	3.2% n=560	6.4% n=1902	-3.2%	.02400	***	-.15
QN26 Smoked cigarettes on 1+ days of the past 30 days	4.4% n=562	7.6% n=1922	-3.2%	.02718	***	-.14

Table 14 <i>continued</i> . Macon County Middle Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN27 Tried to quit smoking cigarettes during the past 12 months	3.2% n=556	5.1% n=1660	-1.9%	.02373		
QN29 Used chewing tobacco, snuff, or dip during the past 12 months	4.6% n=560	5.9% n=1925	-1.3%	.02667		
QN30 Had a drink of alcohol other than a few sips	24.4% n=553	29.2% n=1791	-4.8%	.05073		
QN32 Among those who drank, usually got alcohol from someone who gave it to them during the past 30 days	27.1% n=59	29.8% n=306	-2.7%	.15202		
QN33 Used marijuana	7.7% n=559	11.4% n=1844	-3.7%	.03369	***	-.13
QN34 Tried marijuana for the first time before age 11	3.2% n=563	3.9% n=1849	-0.7%	.02167		
QN35 Used marijuana during the past 30 days	3.2% n=564	6.3% n=1652	-3.1%	.02378	***	-.15
QN36 Used marijuana on school property during the past 30 days	0.9% n=561	1.6% n=1655	-0.7%	.01259		
QN37 Used any form of cocaine, including powder, crack, or freebase	2.7% n=562	3.1% n=1908	-0.4%	.02192		
QN39 Used any form of inhalant to get high	9.0% n=557	11.5% n=1918	-2.5%	.03922		
QN42 Took a prescription drug without a doctor's prescription	5.4% n=552	6.7% n=1906	-1.3%	.03104		
QN45 Have been offered an illegal drug on school property during the past 12 months	4.5% n=551	9.6% n=1653	-5.1%	.03168	***	-.20
QN56 Exercised to lose weight or to keep from gaining weight	77.2% n=544	67.9% n=1877	9.3%	.05641	***	.21

Table 14 <i>continued</i> . Macon County Middle Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN57 Ate less calories to lose weight or to keep from gaining weight	50.4% n=544	46.4% n=1654	4.0%	.06643		
QN59 Took diet pills without a doctor's advice to lose weight or to keep from gaining weight	4.3% n=541	4.7% n=1909	-0.4%	.02684		
QN60 Vomited/took laxatives to lose weight or to keep from gaining weight	5.2% n=534	6.3% n=1901	-1.1%	.02988		
QN68 Ate breakfast on seven of the past seven days	50.3% n=533	47.0% n=1906	3.3%	.06791		
QN70 Were physically active for at least 60 min/day on 5+ days of the past seven days	68.1% n=533	59.1% n=1905	9.0%	.06219	***	.19
QN72 Watched 3+ hours/day of TV on an average school day	31.0% n=519	38.8% n=1911	-7.8%	.06230	***	-.16
QN73 Play video games or use computer not for school work 3+ hours/day on an average school day	18.1% n=526	30.2% n=1910	-12.1%	.05327	***	-.28
QN75 Participated in 1+ sports teams during the past 12 months	64.8% n=508	58.7% n=1889	6.1%	.06464		
QN78 Had 8+ hours of sleep per night	63.4% n=506	59.0% n=1908	4.4%	.06497		
QN81 Participate in any extracurricular activities such as sports, band, drama, clubs	45.7% n=488	44.5% n=1629	1.2%	.06899		
QN83 Had medical check-up when not sick or injured during the past 12 months	57.7% n=503	54.7% n=1907	3.0%	.06660		
QN85 Have been told by a doctor or nurse that they had asthma	17.6% n=495	22.4% n=1904	-4.8%	.05264		

Table 14 <i>continued</i> . Macon County Middle Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon %	NC %	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN93 Strongly agree/agree that their teachers really care and give a lot of encouragement	60.4% n=482	58.6% n=1873	1.8%	.06600		
QN95 Strongly agree/agree that gangs are a problem at their school	20.3% n=483	22.5% n=1910	-2.2%	.05447		

Table 15 indicates the instances in which Macon County students were **more at-risk** than North Carolina students at-large. For example, 27.6% fewer Macon County students (compared with all of North Carolina) report that they have been taught about abstaining from sexual activity. This difference in proportion is statistically significant, with a moderate effect size.

Table 15. Macon County Middle Schools, <u>More</u> At-Risk than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN07 Never/rarely wore a seat belt when riding in a car	10.5% n=562	7.4% n=1925	3.1%	.04081		
QN10 Rode in a car driven by someone who had been drinking alcohol	22.9% n=560	22.8% n=1927	0.1%	.05778		
QN11 Carried a weapon, such as a gun, knife, or club	36.1% n=559	33.5% n=1910	2.6%	.06592		
QN12 Threatened or injured by a weapon on school property	6.5% n=560	5.2% n=1661	1.3%	.03368		
QN14 Have ever been in a physical fight in which they were hurt	7.5% n=562	5.1% n=1911	2.4%	.03495		
QN15 Did not go to school because they felt unsafe	3.8% n=560	3.6% n=1664	0.2%	.02659		
QN31 Had their first drink of alcohol other than a few sips before or at age 12	12.9% n=560	11.5% n=1773	1.4%	.03846		
QN50 Have been taught about abstaining from sexual activity	34.0% n=550	61.6% n=1650	-27.6%	.05865	***	-.56
QN51 Have been taught in school about AIDS or HIV infection	32.1% n=551	62.4% n=1901	-30.3%	.05690	***	-.62
QN52 Have been taught about chlamydia, gonorrhea, syphilis, or human papilloma virus/genital warts	18.8% n=549	40.6% n=1651	-21.8%	.05144	***	-.48

Table 15 <i>continued</i> . Macon County Middle Schools, <u>More At-Risk</u> than North Carolina						
Question	Macon %	NC %	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN53 Usually talk with teachers/other adults at school about STD, HIV, AIDS, or pregnancy prevention	1.6% n=548	6.0% n=1638	-4.4%	.01985	***	-.24
QN54 Described themselves as slightly/very overweight	25.9% n=536	25.2% n=1915	0.7%	.05748		
QN58 Have been without eating for 24+ hours to lose weight or to keep from gaining weight	16.0% n=544	15.1% n=1905	0.9%	.04770		
QN69 Ate dinner prepared at home with their family on 3+ days of the past seven days	87.4% n=522	87.9% n=1662	-0.5%	.04598		
QN79 Consider themselves to have a disability	11.8% n=501	9.8% n=1638	2.0%	.04344		
QN80 Are alone without a parent or adult 3+ hours on an average school day	15.8% n=505	13.6% n=1659	2.2%	.04910		
QN84 Had dental check-up or dental work during the past 12 months	62.4% n=497	62.9% n=1904	-0.5%	.06548		
QN91 Strongly disagree/disagree that they feel alone in their life	65.2% n=491	65.6% n=1642	-0.4%	.06460		
QN92 Strongly agree/agree that they feel good about themselves	75.0% n=492	76.7% n=1645	-1.7%	.05839		

Significant Middle School Contingencies for Behavior × Gender

Statistically significant crosstabs with X^2 results and standardized residuals greater than 2.0 are interpreted here. Table 16 summarizes the Behavior × Gender contingencies of middle school students. See Appendix D for analyses and graphs.

Table 16. Statistically Significant Behavior × Gender Contingencies		
Macon County Middle Schools		
Behavior	More At-Risk	
	Male	Female
Wearing four wheeler helmets		X
Carry Weapons	X	
Electronically Bullied		X
Physical Fight	X	
Not Being Taught Abstinence	X	
General weight concern—trying to lose weight		X
General Weight Concern—trying to gain weight	X	
Playing 3 or More Hours of Video Games On An Average School Day	X	
Note. See Appendix D for contingencies, chi-square statistics, and residuals.		

2011 High School Results

Percentages of At-Risk Behavior and Long-term Trends

2011 response percentages of at-risk indicators for all questions are given in Tables 17-24. These tables also include percentages for 2002, 2005, 2007, and 2009. The compound average growth rate (CAGR) indicates overall trends in data from 2002-2011. See the highlighted CAGRs with rate changes of 10% or greater, signifying notable increases/decreases in at-risk behavior.

Table 17. Unintentional Injuries and Violence						
Macon County High Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
8. Have grades with mostly D's or F's	6 n=840	7.1	6.3	8.0	7.3	-3.9
09. Never/rarely wore a bicycle helmet when riding a bicycle	86.6 n=471	89.9	88.1	48.8	51.3	11.0
10. Never/rarely wore a seat belt when riding in a car driven by someone else	11.9 n=837	12.9	12.3	14.0	22.4	-11.9
11. Rode in a vehicle driven by someone who had been drinking during the past 30 days	21.6 n=842	24.4	24.3	30.4	26.5	-4
12. Drove after drinking alcohol during the past 30 days	13.4 n=841	9.7	14.9	14.5	14.4	-1.4
13. Have been bullied on school property	20 n=828	15.8	24.0	29.2	NA	-9
14. Have been electronically bullied	19.9 n=829	15.3	NA	NA	NA	NA
15. Carried a weapon on 1+ days during the past 30 days	29.7 n=832	27.7	31.0	31.7	37.7	-4.7
16. Carried a weapon on 1+ days on school property during the past 30 days	18.7 n=835	18.3	21.1	20.3	25.2	-5.8
17. Did not go to school on 1+ days for feeling unsafe during the past 30 days	6.5 n=841	4.8	5.1	4.0	7.2	-2
18. Have been threatened or injured with a weapon on school property	10.7 n=839	5.2	6.3	6.9	11.5	-1.4
19. Had property stolen or damaged on school property	19.5 n=836	24.2	23.1	25.2	32.4	-9.7
20. Have been in a physical fight	29.1 n=841	25.7	29.9	28.8	32.8	-2.4
21. Have been in a physical fight in which they were hurt	6.4 n=838	3.8	5.2	3.0	5.6	2.7
22. Have been in a physical fight on school property	17.4 n=834	11.0	12.9	15.8	15.6	2.2
23. Have been physically abused by boyfriend/girlfriend	15.6 n=836	14.7	11.1	11.8	13.6	2.8

Table 17, continued. Unintentional Injuries and Violence						
Macon County High Schools						
QUESTION (NC state question number in parentheses)	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
24. Have been physically forced to have sexual intercourse	13.5 n=829	11.4	10.2	8.7	11.7	2.9
97. Strongly agree/agree that harassment/bullying is a problem at their school	48 n=825	38.5	38.2	30.0	28.0	11.4
98. Strongly agree/agree that gangs are a problem at their school	16.9 n=825	15.5	NA	NA	NA	NA

Table 18. Suicide						
Macon County High Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
25. Felt sad or hopeless almost every day for 2+ weeks and stopped doing some usual activities	25.8 n=821	24.8	30.0	27.4	34.0	-5.7
26. Seriously considered attempting suicide	16 n=829	12.0	17.0	17.0	22.7	-6.8
27. Made a plan about how they would attempt suicide	12.6 n=831	9.4	15.9	14.7	14.7	-3
28. Attempted suicide 1+ times	12.3 n=818	10.0	16.0	13.6	17.3	-6.6
29. Usually talk with teachers/other adults at this school when sad, empty, hopeless, angry, or anxious	2.1 n=585	0.8	NA	NA	NA	NA
94. Strongly agree/agree that they feel alone in their life	20.9 n=814	19.6	22.2	13.6	17.1	4.1
95. Strongly agree/agree that they feel good about themselves	74.3 n=824	72.4	68.5	71.7	NA	0.9

Table 19. Tobacco Use						
Macon County High Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
30. Smoked a whole cigarette for the first time before 13	16.7 n=837	17.8	24.8	25.4	28.5	-10.1
31. Smoked cigarettes on 1+ days during the past 30 days	26.5 n=837	27.5	29.3	32.7	NA	-5.1
31. Smoked cigarettes on 20+ days during the past 30 days	10.3 n=837	13.3	14.0	17.8	NA	-12.3
32. Tried to quit, among students who reported current cigarette use.	53.4 n=251	51.7	50.3	49.1	NA	2.1
33. Used chewing tobacco products in the past 30 days	20.2 n=835	17.6	16.3	14.5	NA	8.6

Table 20. Alcohol and Drug Use						
Macon County High Schools						
QUESTION	Macon %2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
34. Had first drink of alcohol other than a few sips before age 13	22.2 n=832	21.3	26.9	26.0	29.8	-5.7
35. Drunk alcohol on 1+ days during the past 30 days	39.9 n=832	40.3	45.3	48.3	50.7	-4.7
36. Had 5+ drinks of alcohol within a couple of hours during the past 30 days	25.9 n=837	27.8	28.5	33.0	32.1	-4.2
37. Drunk alcohol on school property during the past 30 days	8.8 n=833	5.9	9.6	6.1	9.8	-2.1
38. Got alcohol from someone who gave it to them during the past 30 days, among students who reported current alcohol use	25 n=308	47.5	NA	NA	NA	NA
38. Typically obtain alcohol some other way during the past 30 days	11.5 n=833	14.1	15.3	13.2	NA	-3.4
38. Typically obtain alcohol by being given by someone over 21 during the past 30 days	7 n=833	7.4	8.0	10.6	NA	-9.9
38. Typically obtain alcohol by giving someone else money to purchase it during the past 30 days	9.8 n=833	10.8	10.0	12.1	NA	-5.1
38. Typically obtain alcohol by taking it from home during the past 30 days	3.1 n=833	1.9	5.3	2.9	NA	1.7
38. Typically obtain alcohol from parents during the past 30 days	2.3 n=833	2.4	3.7	5.7	NA	-20.3
38. Typically obtain alcohol from purchase at a restaurant/bar/club during the past 30 days	.8 n=833	0.4	0.9	0.7	NA	3.4
38. Typically obtain alcohol from purchase at a store during the past 30 days	.2 n=833	1.2	1.7	2.0	NA	-43.8
39. Used marijuana during their life	38.1 n=829	35.4	38.0	37.5	42.7	-2.3
40. Used marijuana for the first time before age 13	10.5 n=831	10.4	14.2	13.7	12.3	-3.1
41. Used marijuana during the past 30 days	20.7 n=835	19.5	21.7	18.9	23.7	-2.7
42. Used marijuana on school property during the past 30 days	7.3 n=837	7.2	7.8	6.4	8.8	-3.7
43. Used a form of cocaine during their life	10.1 n=833	9.6	11.6	11.3	13.4	-5.5
44. Used a form of inhalant during their life	13.4 n=837	15.3	20.4	17.4	22.2	-9.6
45. Used heroin during their life	4.1 n=836	3.9	5.0	3.8	7.0	-10.2
46. Used methamphetamines during their life	4.8 n=826	5.5	8.0	8.4	15.5	-20.9
47. Used ecstasy during their life	8.5 n=837	7.2	11.5	10.2	NA	-4.5

Table 20, continued. Alcohol and Drug Use						
Macon County High Schools						
QUESTION	Macon % 2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
48. Used synthetic drug, e.g., bath salts, black magic, or red magic	19 n=836	NA	NA	NA	NA	NA
49. Used a needle to inject any illegal drug during their life	3.8 n=826	3.0	5.0	3.3	6.8	-11
50. Took a prescription drug without doctor's prescription during their life	20.7 n=837	21.9	NA	NA	NA	NA
52. Have been offered, sold, or given an illegal drug on school property	26.9 n=821	23.9	22.5	22.4	32.5	-3.7
99. Strongly agree/agree that drugs are a problem at their school	61.8 n=823	54.9	47.5	59.0	51.8	3.6

Table 21. Sexual Behavior						
Macon County High Schools						
QUESTION	Macon % 2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
53. Have ever had sexual intercourse	53.6 n=834	50.0	49.0	48.0	50.1	1.4
54. Had sexual intercourse for the first time before 13	9.5 n=835	6.4	8.3	7.9	9.7	-0.4
55. Had sexual intercourse with 2+ people during their life	35 n=829	32.6	32.0	20.2	18.9	13.1
55. Had sexual intercourse with 4+ people during their life	18.8 n=829	15.7	NA	NA	NA	NA
56. Had sexual intercourse during the past 3 months	38.8 n=835	34.9	34.5	33.2	NA	4
57. Used alcohol/drugs before last intercourse, among who had intercourse during the past 3 months	22.5 n=440	27.3	15	14.2	14.0	10
58. Used a condom during last intercourse, among who had intercourse during the past 3 months	58.9 n=448	62.3	NA	NA	NA	NA
59. Used birth-control pills to prevent pregnancy	11.4 n=830	9.7	8.5	9.4	10.2	2.3
59. Used condoms to prevent pregnancy	23 n=830	23.3	23.7	26.7	22.9	0.1
59. Used no method to prevent pregnancy	7.5 n=830	6.5	6.3	4.8	6.6	2.6
60. Have been pregnant or gotten someone pregnant	6.3 n=832	7.4	7.8	6.2	9.6	-8.1
61. Have been talked to by family adults about sexual behavior expectations	77.2 n=820	77.9	70.1	74.1	NA	1
62. Had a partner 3+ yrs older in last intercourse, for those who had intercourse during the past 3 months	23.6 n=454	11.3	NA	NA	NA	NA

Table 22. At Risk for Obesity and Diet Concerns						
Macon County High School Results						
QUESTION	Macon % 2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
63. Described themselves as slightly/very overweight	28.5 n=834	32.5	32.1	33.9	33.3	-3.1
64. Were trying to lose weight	47.8 n=825	48.3	47.6	49.3	47.3	0.2
65. Exercised to lose/keep from gaining weight during the past 30 days	68.9 n=820	64.1	61.1	65.3	53.2	5.3
66. Ate less calories to lose/keep from gaining weight during the past 30 days	43.1 n=821	40.7	42.3	42.3	38.7	2.2
67. Took diet pills without doctor's advice to lose/keep from gaining weight during the past 30 days	9.1 n=821	7.0	9.2	9.8	11.8	-5.1
68. Vomited/took laxatives to lose/keep from gaining weight during the past 30 days	8.1 n=817	6.6	6.4	4.7	6.6	4.2
69. Skipped meals to lose/keep from gaining weight during the past 30 days	21.9 n=808	23.3	NA	NA	NA	NA
70. Ate fruit 1+ times during the past seven days	89.5 n=826	90.1	NA	NA	NA	NA
70. Ate fruits 2+ times/day during the past 7 days	24.3 n=826	22.7	NA	NA	NA	NA
70. Ate fruits 3+ times/day during the past 7 days	9.8 n=826	10.5	9.6	26.0	NA	-21.7
71. Ate vegetables 3+ times/day during the past 7 days	10.7 n=830	13.3	NA	NA	NA	NA
73. Drank soda/pop 1+ times/day during the past 7 days	31.7 n=824	37.7	NA	NA	NA	NA
74. Drank sweetened beverage 1+ times/day during the past 7 days	36.2 n=831	40.8	NA	NA	NA	NA
75. Bought food/drinks from school vending machines during the past 7 days	42.9 n=825	45.7	54.5	67.8	NA	-10.8
76. Ate breakfast everyday for the past 7 days	24.2 n=824	39.0	34.8	37.4	NA	-10.3
77. Ate home-prepared dinner with family on 3+ days during the past 7 days	75 n=829	76.9	NA	NA	NA	NA
77. Ate home-prepared dinner with family on 4+ days during the past 7 days	62.6 n=829	65.3	60.5	63.8	NA	-0.5

Table 23. Physical Activity						
Macon County High Schools						
QUESTION	Macon % 2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
78. Were physically active for 60+ min/day on 5+ days during the past 7 days	51.6 n=825	52.4	NA	NA	NA	NA
79. Spend 60+ min being physically active on a typical school day	49.9 n=808	51.2	46.6	50.1	NA	-0.1
80. Spend 60+ min being physically active on a typical weekend day	44.3 n=44.3	47.9	41.2	53.1	NA	-4.4
81. Attend PE class 1+ days in an average school week	40.7 n=823	41.7	42.3	40.7	NA	0
81. Attend PE class 5 days in an average school week	21.4 n=823	26.3	26.5	24.7	25.3	-3.3
82. Watched TV 3+ hours/day on an average school day	25.2 n=820	27.2	28.3	24.6	NA	0.6
83. Play video games/use computer not for school work 3+ hours/day on an average school day	20.2 n=826	16.5	19.7	18.4	NA	2.4
84. Play video games/use computer not for school work 3+ hours/day on an average weekend day	38.9 n=822	40.3	NA	NA	NA	NA
89. Participate in extracurricular activities at school	66.7 n=796	63.6	61.8	63.7	65.8	.3

Table 24. Other Health Issues						
Macon County High Schools						
QUESTION	Macon % 2011	Macon % 2009	Macon % 2007	Macon % 2005	Macon % 2002	CAGR--%
85. Most of the time/always wear sunscreen when outside for 1+ hours on a sunny day	10 n=817	7.7	8.6	8.0	NA	5.7
86. Get 8+ hours of sleep on an average school night	32 n=827	29.6	25.8	28.9	NA	2.6
87. Consider themselves to have a disability	13.5 n=809	13.3	13.3	15.0	13.7	-0.3
88. Are alone without a parent or adult 3+ hours/day on an average school day	27.1 n=819	28.4	35.7	31.0	NA	-3.3
90. Had medical check-up/physical exam when not sick or injured (108) (CAGR is given for 2005-2011)	83 n=825	63.0	59.7	60.7	NA	8.1
91. Had dental check-up, exam, teeth cleaning, or other dental work	88.9 n=817	67.0	66.3	71.5	72.7	4.11
92. Had ever been told by a doctor or nurse that they had asthma	25.9 n=806	23.4	22.6	22.5	NA	3.6
93. Self-rate health as poor	1.5 n=823	2.3	2.8	1.9	NA	-5.7
96. Strongly agree/agree that their teachers really care and give a lot of encouragement	59 n=826	58.6	NA	NA	NA	NA

Significant Differences for High School, 2011-2009

Statistically significant findings for Macon County high school differences (2009-2011) are given in Tables 25-26. These tables report confidence intervals and effect sizes for the differences in percentages. Table 25 indicates the instances of decreased at-risk behavior. For example, there was a 20% increase in students who had a regular medical check-up. Inferentially, the difference is between 14.4% and 25.6%. This difference, as indicated by the effect size, was small to moderate.

Table 25 Macon County High School Differences, 2011-2009					
Less Risk than 2009					
QUESTION	Macon % 2011	Macon % 2009	2011-2009	95% Confidence Intervals	Effect Size
38. Got alcohol from someone who gave it to them during the past 30 days, among students who reported current alcohol use	25.0	47.5	-22.5	-30.2 and -14.8	0.47
90. Had medical check-up/physical exam when not sick or injured	83.0	63.0	20.0	14.4 and 25.6	0.46
91. Had dental check-up, exam, teeth cleaning, or other dental work	88.9	67.0	21.9	16.8 and 27.0	0.54
<i>Note.</i> The effect sizes for these decreased indicators of at-risk behavior were small to moderate.					

Table 26 indicates an increase in at-risk behavior. For example, there was a 6.9% increase in students who strongly agree/ agree that drugs are a problem at school—inferentially, the difference is between 0.7% and 13.1%. This difference, as indicated by the effect size, was small.

Table 26. Macon County High School Differences, 2011-2009					
More Risk than 2009					
QUESTION	Macon % 2011	Macon % 2009	2011-2009	95% Confidence Intervals % dif. is between	Effect Size
13. Have been bullied on school property	20.0	15.8	4.2	0.07 and 8.3	0.11
14. Have been electronically bullied	19.9	15.3	4.6	0.5 and 8.7	0.12
18. Have been threatened or injured with a weapon on school property	10.7	5.2	5.5	1.9 and 9.1	0.21
22. Have been in a physical fight on school property	17.4	11.0	6.4	6.4 and 11.1	0.18
62. Had a partner 3+ yrs older in last intercourse, for those who had intercourse during the past 3 months	23.6	11.3	12.3	6.0 and 18.6	0.33
76. Ate breakfast everyday for the past 7 days	24.2	39.0	-14.8	-20.8 and -8.8	0.32
97. Strongly agree/agree that harassment/bullying is a problem at their school	48	38.5	9.5	3.2 and 15.8	0.19
99. Strongly agree/agree that drugs are a problem at their school	61.8	54.9	6.9	0.7 and 13.1	0.14
<i>Note.</i> The effect sizes for these decreased indicators of at-risk behavior were small.					

Macon County-North Carolina High School Comparisons

Tables 27 and 28 report the statistically significant differences between Macon County and North Carolina in 2011. Table 27 indicates the instances in which Macon County students were **less at-risk** than North Carolina students at-large. For example, 0.2% fewer Macon County students report that they never or rarely wear a helmet when riding a bicycle. This difference in proportions is not statistically significant. Statistically significant differences are highlighted in the tables below.

Table 27. Macon County High Schools, <u>Less At-Risk</u> than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN09 Never/rarely wore a bicycle helmet when riding a bicycle	86.6% n=471	86.8% n=1159	-0.2%	.04641		
QN10 Never/rarely wore a seat belt when riding in a car driven by someone else	20.0% n=828	20.5% n=2241	-0.5%	.03655		
QN17 Did not go to school on 1+ days because felt unsafe during the past 30 days	6.5% n=841	6.8% n=2255	-0.3%	.02812		
QN25 Felt sad or hopeless almost every day for 2+ weeks and stopped doing some usual activities	25.8% n=821	28.3% n=2229	-2.5%	.04638		
QN27 Made a plan about how they would attempt suicide	12.6% n=831	13.5% n=2234	-0.9%	.03501		
QN29 Usually talk with teachers/other adults at this school when sad, empty, hopeless, angry, or anxious	2.1% n=585	1.0% n=1896	1.1%	.01636		
QN32 Tried to quit, among students who reported current cigarette use	53.4% n=251	50.0% n=400	3.4%	.10042		
QN38 Got alcohol from someone who gave it to them during the past 30 days, among students who reported current alcohol use	25.0% n=308	34.2% n=2062	-9.2%	.06902	***	-.20
QN39 Used marijuana during their life	38.1% n=829	42.9% n=2181	-4.8%	.04975		

Table 27 <i>continued</i> . Macon County High Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN41 Used marijuana during the past 30 days	20.7% n=835	24.2% n=2194	-3.5%	.04181		
QN46 Used methamphetamines during their life (no difference between MCHC and NC).	4.8% n=826	4.8% n=2261	0.0%	.02440		
QN52 Have been offered, sold, or given an illegal drug on school property	26.9% n=821	29.8% n=2239	-2.9%	.05122		
QN57 Used alcohol/drugs before last intercourse, among who had intercourse during the past 3 months	22.5% n=440	25.3% n=694	-2.8%	.07258		
QN61 Have been talked to by family adults about sexual behavior expectations	77.2% n=820	76.5% n=1899	0.7%	.04937		
QN70 Ate fruit 1+ times during the past seven days	89.5% n=826	83.6% n=2242	5.9%	.03616	***	.17
QN71 Ate vegetables 3+ times/day during the past 7 days	92.5% n=830	82.2% n=2228	10.3%	.03341	***	.32
QN77 Ate home-prepared dinner with family on 3+ days during the past 7 days	75.0% n=829	74.9% n=1895	0.1%	.04932		
QN78 Were physically active for 60+ min/day on 5+ days during the past 7 days	51.6% n=825	47.6% n=2223	4.0%	.05480		
QN82 Watched TV 3+ hours/day on an average school day	25.2% n=820	34.7% n=2215	-9.5%	.04903	***	-.21
QN83 Play video games/use computer not for school work 3+ hours/day on an average school day	20.2% n=826	27.8% n=2226	-7.6%	.04544	***	-.18

Table 27 <i>continued</i> . Macon County High Schools, <u>Less</u> At-Risk than North Carolina						
Question	Macon %	NC %	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN86 Get 8+ hours of sleep on an average school night	32.0% n=827	26.7% n=2204	5.3%	.03677	***	.12
QN88 Are alone without a parent or adult 3+ hours/day on an average school day	27.1% n=819	28.1% n=1878	-1.0%	.05024		
QN98 Strongly agree/agree that gangs are a problem at their school	16.9% n=825	39.9% n=1929	-23.0%	.04528	***	-.52

Table 28 indicates the instances in which Macon County students were **more at-risk** than North Carolina students at-large. For example, 3.8% more Macon County students report that they never or rarely wore a seat belt when riding in a car driven by someone else. This difference in proportion is statistically significant, with a small effect size. Statistically significant differences are highlighted in the tables below.

Table 28. Macon County High Schools, <u>More</u> At-Risk than North Carolina						
Question	Macon %	NC %	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN10 Never/rarely wore a seat belt when riding in a car driven by someone else	11.9% n=837	8.1% n=2263	3.8%	.03141	***	.13
QN11 Rode in a vehicle driven by someone who had been drinking during the past 30 days	21.6% n=842	21.0% n=2271	0.6%	.04136		
QN12 Drove after drinking alcohol during the past 30 days	13.4% n=841	6.3% n=2210	7.1%	.03205	***	.24
QN14 Have been electronically bullied	19.9% n=829	15.7% n=2240	4.2%	.03554	***	.11
QN15 Carried a weapon on 1+ days during the past 30 days	29.7% n=832	20.8% n=2235	8.9%	.05058	***	.21
QN16 Carried a weapon on 1+ days on school property during the past 30 days	18.7% n=835	6.1% n=2232	12.6%	.04046	***	.40

Table 28 <i>continued</i> . Macon County High Schools, <u>More At-Risk</u> than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN18 Have been threatened or injured with a weapon on school property	10.7% n=839	9.1% n=2272	1.6%	.03441		
QN20 Have been in a physical fight	29.1% n=841	27.6% n=2217	1.5%	.05141		
QN21 Have been in a physical fight in which they were hurt	6.4% n=838	3.7% n=2232	2.7%	.02625	***	.12
QN22 Have been in a physical fight on school property	17.4% n=834	10.6% n=2232	6.8%	.04114	***	.20
QN23 Have been physically abused by boyfriend/girlfriend	15.6% n=836	14.1% n=2245	1.5%	.04082		
QN24 Have been physically forced to have sexual intercourse	13.5% n=829	9.5% n=2238	4.0%	.03758	***	.13
QN26 Seriously considered attempting suicide	16.0% n=829	14.3% n=2239	1.7%	.03793		
QN28 Attempted suicide 1+ times	12.3% n=818	5.0% n=1907	7.3%	.03225	***	.27
QN30 Smoked a whole cigarette for the first time before age 13	16.7% n=837	12.4% n=2252	4.3%	.03658	***	.12
QN31 Smoked cigarettes on 1+ days during the past 30 days	26.5% n=837	17.7% n=2217	8.8%	.04315	***	.21
QN33 Used chewing tobacco products in the past 30 days	20.2% n=835	11.0% n=2270	9.2%	.03838	***	.26
QN34 Had first drink of alcohol other than a few sips before age 13	22.2% n=832	18.2% n=2250	4.0%	.04262		
QN35 Drunk alcohol on 1+ days during the past 30 days	39.9% n=832	34.3% n=2062	5.6%	.05136	***	.12
QN36 Had 5+ drinks of alcohol within a couple of hours during the past 30 days	25.9% n=837	17.6% n=2207	8.3%	.04424	***	.20
QN37 Drunk alcohol on school property during the past 30 days	8.8% n=833	5.5% n=2201	3.3%	.02821	***	.13

Table 28 <i>continued</i> . Macon County High Schools, <u>More At-Risk</u> than North Carolina						
Question	Macon % n	NC % n	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN40 Used marijuana for the first time before age 13	10.5% n=831	9.4% n=2198	1.1%	.03078		
QN42 Used marijuana on school property during the past 30 days	7.3% n=837	5.2% n=1880	2.1%	.02584		
QN43 Used a form of cocaine during their life	10.1% n=833	7.1% n=2248	3.0%	.03302		
QN44 Used a form of inhalant during their life	13.4% n=837	11.2% n=2265	2.2%	.03793		
QN50 Took a prescription drug without doctor's prescription during their life	20.7% n=837	20.4% n=2263	0.3%	.04594		
QN53 Have ever had sexual intercourse	53.6% n=834	49.3% n=2035	4.3%	.05760		
QN54 Had sexual intercourse for the first time before age 13	9.5% n=835	8.6% n=2046	0.9%	.03338		
QN55 Had sexual intercourse with 4+ people during their life	18.8% n=829	16.8% n=2034	2.0%	.04464		
QN56 Had sexual intercourse during the past 3 months	38.8% n=835	34.9% n=2044	3.9%	.05583		
58. Used a condom during last intercourse, for those who had intercourse during the past 3 months	58.9% n=448	53.7% n=688	5.2%	.08429		
QN62 Had a partner 3+ yrs older in last intercourse, among who had intercourse during the past 3 months	23.6% n=454	19.3% n=907	4.3%	.06695		
QN63 Described themselves as slightly/very overweight	28.5% n=834	27.1% n=2248	1.4%	.04903		

Table 28 <i>continued</i> . Macon County High Schools, <u>More</u> At-Risk than North Carolina						
Question	Macon %	NC %	Difference Macon-NC	Margin of Error	Statistical Significance ***	Effect Size Cohen's h
QN67 Took diet pills without doctor's advice to lose/keep from gaining weight during the past 30 days	9.1% n=821	6.1% n=2220	3.0%	.03026		
QN68 Vomited/took laxatives to lose/keep from gaining weight during the past 30 days	8.1% n=817	5.5% n=2208	2.6%	.02880		
QN73 Drank soda/pop 1+ times/day during the past 7 days	31.7% n=824	30.4% n=1898	1.3%	.05290		
QN74 Drank sweetened beverage 1+ times/day during the past 7 days	36.2% n=831	34.1% n=1892	2.1%	.05446		
QN76 Ate breakfast everyday for the past 7 days	24.2% n=824	37.2% n=1881	-13.0%	.05092	***	-.28
QN87 Consider themselves to have a disability	13.5% n=809	12.5% n=1881	1.0%	.03828		
QN92 Had ever been told by a doctor or nurse that they had asthma	25.9% n=806	22.8% n=2190	3.1%	.04801		
QN94 Strongly disagree/disagree that they feel alone in their life	66.6% n=814	70.5% n=1851	-3.9%	.05181		
QN95 Strongly agree/agree that they feel good about themselves	74.3% n=824	80.0% n=1878	-5.7%	.04697	***	-.14
QN96 Strongly agree/agree that their teachers really care and give a lot of encouragement	59.0% n=826	59.5% n=1874	-0.5%	.05416		

Significant High School Contingencies for Behavior × Gender

Statistically significant crosstabs with X^2 results and standardized residuals greater than 2.0 are interpreted here. Table 29 summarizes the Behavior × Gender contingencies of high school students. See Appendix E for analyses and graphs.

Table 29. Significant Behavior × Gender Contingencies		
Macon County High School Results		
Behavior	More At-Risk	
	Male	Female
Driving a Vehicle After Drinking	X	
Being Electronically Bullied		X
Carrying a Weapon	X	
Carrying a Weapon Campus	X	
Being Injured or Threatened on School Property	X	
Having Property Stolen or Damaged on School Property	X	
Being in a Physical Fight	X	
Being in a Fight on School Property	X	
Smoking Cigarettes at Age 14 or Younger	X	
Chewing Tobacco at Least Once in the Past 30 Days	X	
Drinking at or Before Age 12	X	
Engaging in Sexual Intercourse Before Age 13	X	
Sexual Intercourse With Partner at Least 3 Years Difference In Age		X
Trying to Lose Weight		X
Trying to Gain Weight	X	
Exercising to Lose or Keep from Gaining Weight		X
Eating Less to Lose Weight or Keep From Gaining Weight		X
Skiping Meals to Lose Weight or to Keep from Gaining Weight		X
Not Attending a Physical Education Class in the Past 7 Days		X

Table 29, continued. Significant Behavior × Gender Contingencies		
Macon County High School Results		
Behavior	More At-Risk	
Playing 3 or More Hours of Video Games On An Average School Day	X	
Agree or Strongly Agree to Gangs Being a Problem at Their School	X	
Note. See Appendix E for contingencies, chi-square statistics, and residuals.		

2011 Body Mass Index and Perceptions of Weight for High School Students

The Body Mass Index (BMI) is a number calculated from a person’s height and weight. The BMI is used as an indicator of body fatness for people. It does not measure body fat directly, but it does correlate with direct measures of body fat. The BMI is an inexpensive, easy-to-perform alternative for screening weight categories that may lead to health problems.

For this report, the BMI was calculated using the formula of: $\text{Weight (lbs)} / [\text{height(in)}]^2 \times 703$. For example, if one’s height is 5’1” and weight is 130 lbs, his/her BMI would look like this: $130 / (61)^2 \times 703 = 24.6$, putting this person’s BMI within the normal range.

The ranges for the BMI include underweight, normal, overweight, and obese. These ranges are as follows:

- Underweight – below 18.5
- Normal – 18.5-24.9
- Overweight – 25.0-29.9
- Obese – 30.0 or higher.

For Macon County schools, height and weight were only asked of high school respondents. Note from Table 30 that 60.1% of the high school students are within normal range according to the BMI. The percentage of students who are considered “underweight” and “obese” are close at 10.9% and 10.4% respectively. The remaining 18.6% consists of the students who are considered to be overweight.

Table 30. Macon County high School, BMI and Weight Perceptions			
BMI Categories	BMI % n=800	Perception % n=834	Perception Categories
Underweight BMI <18.5	10.9	13.9	Very or slightly underweight
Normal 18.5 ≤ BMI ≤ 24.9	60.1	57.5	About the right weight
Overweight 25 ≤ BMI < 30	18.6	23.9	Slightly overweight
Obese BMI ≥ 30	10.4	4.7	Very overweight

When asked how they viewed their weight, more students answered being underweight or overweight than was actually the case when compared to the BMI results: 13.9% of students reported feeling as if they were very or slightly underweight, whereas 28.6% (i.e., 23.9% + 4.7%) indicated they felt very or slightly overweight. More than half (57.5%) reported feeling they were about the right weight. Seemingly, some students think they are underweight, when they are actually within a normal BMI range; some students think they are slightly overweight, when it appears that that they are actually obese.

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Appendix A
Middle School Questionnaire

Appendix A

2011

MACON COUNTY

YOUTH RISK BEHAVIOR SURVEY

MIDDLE SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D
- To change your answer, erase your old answer completely.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? (**Select one or more responses.**)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White
6. During the past 12 months, how would you describe your grades in school?
 - A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure

The next 12 questions ask about personal safety and violence-related behaviors.

7. How often do you wear a seat belt when **riding** in a car?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
8. When you ride a **bicycle**, how often did you wear a helmet?
 - A. I do not ride a bicycle
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
9. When you rode a **four-wheeler** during the past 12 months, how often did you wear a helmet?
 - A. I did not ride a four-wheeler during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
 - A. Yes
 - B. No
 - C. Not sure
11. Have you ever carried a **weapon** such as a gun, knife, or club?
 - A. Yes
 - B. No
12. During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club **on school property**?
 - A. Yes
 - B. No
13. Have you ever been in a physical fight?
 - A. Yes
 - B. No

14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

- A. Yes
- B. No

15. During the past 30 days, did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. Yes
- B. No

16. During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, **on school property**?

- A. Yes
- B. No

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

- A. Yes
- B. No

18. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

19. During the past 12 months, have you been harassed or bullied **on school property**?

- A. Yes
- B. No

20. During the past 12 months, have you ever been **electronically bullied**, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?

- A. Yes
- B. No

The next 4 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

21. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?

- A. Yes
- B. No

22. Have you ever **seriously** thought about killing yourself?

- A. Yes
- B. No

23. Have you ever made a plan about how you would kill yourself?

- A. Yes
- B. No

24. When you feel sad, empty, hopeless, angry, or anxious, with whom do you **usually** talk?

- A. I do not feel sad, empty, hopeless, angry, or anxious
- B. Parent or other adult family member
- C. Teacher or other adult in this school
- D. Religious leader
- E. Doctor or nurse
- F. Other adult
- G. Friend or sibling
- H. Some other person

The next 5 questions ask about tobacco use.

25. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

26. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

27. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- A. I did not smoke cigarettes during the past 12 months
- B. Yes
- C. No

28. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response)

- A. I did not smoke cigarettes during the past 30 days.
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station.
- C. I bought them from a vending machine.
- D. I gave someone else money to buy them for me.
- E. I borrowed (or bummed) them from someone else.
- F. A person 18 years or older gave them to me.
- G. I took them from a store or family member.
- H. I got them some other way.

29. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 3 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

30. Have you ever had a drink of alcohol, other than a few sips?

- A. Yes
- B. No

31. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

32. If you drank alcohol during the past 30 days, how did you usually get your alcohol?

- A. I did not drink alcohol during the past 30 days
- B. I bought it at a store such as a liquor store, convenience store, gas station or supermarket
- C. I bought it at a restaurant, bar, or club
- D. I took it from home
- E. My parent(s)/guardian(s) gave it to me
- F. I gave someone else the money to buy it for me
- G. A person over 21 years old gave it to me
- H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

33. Have you ever used marijuana?

- A. Yes
- B. No

34. How old were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

35. During the past 30 days, did you use marijuana?

- A. Yes
- B. No

36. During the past 30 days, did you use marijuana **on school property**?

- A. Yes
- B. No

The next 9 questions ask about other drugs.

37. Have you ever used **any** form of cocaine, including powder, crack, or freebase?

- A. Yes
- B. No

38. Have you ever used LSD (acid), PCP (angel dust), mushrooms, ecstasy or other hallucinogens?

- A. Yes
- B. No

39. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- A. Yes
- B. No

40. Have you ever smoked, snorted, or injected a synthetic drug, including **bath salts, black magic, or red magic**?

- A. Yes
- B. No

41. Have you ever used a needle to inject any **illegal** drug into your body?

- A. Yes
- B. No

42. Have you ever taken a **prescription drug** such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax **without a doctor's prescription**?

- A. Yes
- B. No

43. If you took a **prescription drug without a doctor's prescription** during the past 12 months, how did you usually get it?

- A. I did not take a prescription drug without a doctor's prescription during the past 12 months
- B. I took it from home
- C. I took it from someone else's home
- D. I got it from someone
- E. I bought it from someone
- F. I got it some other way

44. Have you ever used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. Yes
- B. No

45. **During the past 12 months**, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

The next 4 questions ask about sexual behavior.

46. Have you ever had sexual intercourse?

- A. Yes
- B. No

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

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old or older

48. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

49. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

The next 4 questions ask about abstinence, AIDS and STD education.

50. Have you ever been taught about abstaining from sexual activity?

- A. Yes
- B. No
- C. Not sure

51. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

52. Have you ever been taught about chlamydia, gonorrhea, syphilis, or human papillomavirus, or genital warts?

- A. Yes
- B. No
- C. Not sure

53. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you **usually** talk?

- A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS or pregnancy prevention
- B. Parent or other adult family member
- C. Teacher or other adult in this school
- D. Religious leader
- E. Doctor or nurse
- F. Other adult
- G. Friend or sibling
- H. Some other person

The next 7 questions ask about body weight.

54. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

55. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

56. Have you ever **exercised** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

57. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

58. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or keep from gaining weight?

- A. Yes
- B. No

59. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

60. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 9 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

61. During the past 7 days, how many times do you eat **fruit**? (Include raw, cooked, frozen, canned or dried fruit and 100% fruit juice.)

- A. I do not eat fruit
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

62. During the past 7 days, how many times do you eat **vegetables**? (Include raw, cooked, frozen, canned vegetables, salad greens and 100% vegetable juice, BUT **do not count** french fries.)

- A. I do not eat vegetables
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

63. During the past 7 days, how many times did you eat junk food such as sweet or salty snack foods? (Include chips, crackers, cookies, candy, cakes, or donuts.)

- A. I did not eat junk food during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

64. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** include diet soda or diet pop.)

- A. I did not drink soda or pop during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

65. During the past 7 days, how many times do you drink a can, bottle, or glass of any other sweetened beverage? (Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy drinks, and sports drinks. Do **not** include diet or sugar-free drinks.)

- A. I did not drink any other sweetened beverages during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

66. During the past 7 days, how many **glasses of milk** did you drink (include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint milk served at school as equal to 1 glass.)

- A. I did not drink milk during the past 7 days
- B. 1 to 3 glasses during the past 7 days
- C. 4 to 6 glasses during the past 7 days
- D. 1 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

67. During the past 7 days, how many times did you buy food and/or drinks from vending machines at school?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

68. During the past 7 days, on how many days did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

69. During the past 7 days, how many times did you eat dinner prepared at home with your family?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 times
- G. 6 times
- H. 7 times

The next 7 questions ask about physical activity.

70. During the past 7 days on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

71. **In an average week** when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

72. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

73. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet)

- A. I do not play video or computer games or use a computer for non school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

74. On an average Saturday or Sunday, how many hours do you watch TV, play video games, or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- A. I do not watch TV, play video games, or use a computer on an average Saturday or Sunday
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

75. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

76. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

The next question asks about sun safety.

77. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

The next question asks about sleep.

78. On an average school night, approximately how many hours of sleep do you get?

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 or more hours

The next 12 questions are general items about you.

79. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

- A. Yes
- B. No
- C. Not sure

80. On an average school day, how long after school are you alone without a parent or trusted adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

81. Do you participate in school activities other than sports, such as band, drama, clubs, or student government?

- A. Yes
- B. No

82. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer (for example, serving meals to elderly, picking up litter, helping out at a hospital, building homes for the poor, etc.)?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

83. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

84. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

85. Has a doctor or nurse ever told you that you have asthma?

- A. Yes
- B. No
- C. Not sure

86. During the past 12 months, have you had an episode of asthma or an asthma attack?

- A. I do not have asthma
- B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- D. Not sure

87. How often do you feel stress in your life?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. All of the time

88. How would you rate your health in general?

- A. Excellent
- B. Very good
- C. Good
- D. Fair
- E. Poor

89. Based on your answers to this survey, which of the following **influences your decisions** about health the most? (**Choose One**)

- A. Parents/Family
- B. School
- C. Friends/Peers
- D. Church/Youth Groups
- E. Media:TV/Movies/Books/Magazines
- F. Computer/Internet
- G. Doctor
- H. Other

90. From which of the following would **you prefer** to get information about health? (**Choose One**)

- A. Parents/Family
- B. School
- C. Friends/Peers
- D. Church/Youth Groups
- E. Media:TV/Movies/Books/Magazines
- F. Computer/Internet
- G. Doctor
- H. Other

For the next 6 statements, indicate whether you agree or disagree with each statement.

91. Do you agree or disagree that you feel alone in your life?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

92. Do you agree or disagree that you feel good about yourself?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

93. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

94. Do you agree or disagree that harassment and bullying by other students is a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

95. Do you agree or disagree that gangs are a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

96. Do you agree or disagree that drugs are a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

This is the end of the survey
Thank you very much for your help

Appendix B
High School Questionnaire

Appendix B

2011 MACON COUNTY YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL QUESTIONNAIRE

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the circles completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions:

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D
- To change your answer, erase your old answer completely.

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older

2. What is your sex?
 - A. Female
 - B. Male

3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade

4. Are you Hispanic or Latino?
 - A. Yes
 - B. No

5. What is your race? (**Select one or more** responses.)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes on your answer sheet. Fill in the matching circles below each number.

Example

Height	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

7. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes on your answer sheet. Fill in the matching circles below each number.

Example

Weight		
Pounds		
1	5	3
●	⑩	⑩
②	①	①
③	②	②
	③	●
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

8. During the past 12 months, how would you describe your grades in school?
- A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure

The next 4 questions ask about personal safety.

9. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
 - B. Never wore a helmet
 - C. Rarely wore a helmet
 - D. Sometimes wore a helmet
 - E. Most of the time wore a helmet
 - F. Always wore a helmet
10. How often do you wear a seat belt when **riding in** a car driven by someone else?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
11. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

13. During the past 12 months, have you ever been bullied **on school property**?

- A. Yes
- B. No

14. During the past 12 months, have you ever been **electronically bullied**, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?

- A. Yes
- B. No

The next 10 questions ask about violence-related behaviors.

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

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

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

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

17. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

20. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

21. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

22. During the past 12 months, how many times were you in a physical fight **on school property?**

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

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

- A. Yes
- B. No

24. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

25. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more** in a row that you stopped doing some usual activities?

- A. Yes
- B. No

26. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

27. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

28. During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

29. When you feel sad, empty, hopeless, angry, or anxious, with whom do you **usually** talk?

- A. I do not feel sad, empty, hopeless, angry, or anxious
- B. Parent or other adult family member
- C. Teacher or other adult in this school
- D. Religious leader
- E. Doctor or nurse
- F. Other adult
- G. Friend or sibling
- H. Some other person

The next 4 questions ask about tobacco use.

30. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

31. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

32. During the past 12 months, did you ever try **to quit** smoking cigarettes?

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

33. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

34. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

35. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

36. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

37. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

38. If you drank alcohol during the past 30 days, how did you usually get your alcohol?

- A. I did not drink alcohol during the past 30 days
- B. I bought it at a store such as a liquor store, convenience store, gas station or supermarket
- C. I bought it at a restaurant, bar, or club
- D. I took it from home
- E. My parent(s)/guardian(s) gave it to me
- F. I gave someone else the money to buy it for me
- G. A person over 21 years old gave it to me
- H. I got it some other way

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

39. During your life, how many times have you used marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 to 99 times
- G. 100 or more times

40. How old were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

41. During the past 30 days, how many times did you use marijuana?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

42. During the past 30 days, how many times did you use marijuana **on school property**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

The next 10 questions ask about other drugs.

43. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

44. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

45. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

46. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

47. During your life, how many times have you used **ecstasy** (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

48. During your life, how many times have you smoked, snorted, or injected a synthetic drug, including **bath salts, black magic, or red magic**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

49. During your life, how many times have you used a needle to inject any **illegal** drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

50. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

51. If you took a **prescription drug without a doctor's prescription** during the past 12 months, how did you usually get it?

- A. I did not take a prescription drug without a doctor's prescription during the past 12 months
- B. I took it from home
- C. I took it from someone else's home
- D. I got it from someone
- E. I bought it from someone
- F. I got it some other way

52. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

The next 10 questions ask about sexual behavior.

53. Have you ever had sexual intercourse?

- A. Yes
- B. No

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

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

55. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

56. During the past 3 months, with how many people did you have sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

57. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. No

58. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

59. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- A. I have never had sexual intercourse
- B. No method was used to prevent pregnancy
- C. Birth control pills
- D. Condoms
- E. Depo-Provera (injectable birth control)
- F. Withdrawal
- G. Some other method
- H. Not sure

60. How many times have you been pregnant or gotten someone pregnant?

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

61. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?

- A. Yes
- B. No
- C. Not sure

62. The last time you had sexual intercourse, how old was your partner?

- A. I have never had sexual intercourse.
- B. 5 or more years younger
- C. 3 to 4 years younger
- D. About the same age
- E. 3 to 4 years older
- F. 5 or more years older
- G. Not sure

The next 7 questions ask about body weight.

63. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

64. Which of the following are you trying to do about your weight?

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

65. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

66. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

67. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

68. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

69. During the past 30 days, did you skip meals to lose weight or keep from gaining weight?

- A. Yes
- B. No

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

70. During the past 7 days, how many times do you eat **fruit**? (Do not count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

71. During the past 7 days, how many times do you eat **vegetables**? (Include raw, cooked, frozen, canned vegetables, salad greens and 100% vegetable juice, BUT **do not count** french fries.)

- A. I did not eat vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

72. During the past 7 days, how many times did you eat junk food such as sweet or salty snack foods? (Include chips, crackers, cookies, candy, cakes, or donuts.)

- A. I did not eat junk food during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

73. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do **not** include diet soda or diet pop.)

- A. I did not drink soda or pop during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

74. During the past 7 days, how many times do you drink a can, bottle, or glass of any other sweetened beverage? (Include sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy drinks, and sports drinks. Do **not** include diet or sugar-free drinks.)

- A. I did not drink any other sweetened beverage during the past 7 days.
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

75. During the past 7 days, how many times did you buy food and/or drinks from vending machines at school?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 or more times

76. During the past 7 days, on how many days did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

77. During the past 7 days, how many times did you eat dinner prepared at home with your family?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 times
- F. 5 times
- G. 6 times
- H. 7 times

The next 7 questions ask about physical activity.

78. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

79. On an average school day, how much total time do you spend being physically active? (Include all physical activity both in and out of school.)

- A. I am not physically active on a average school day
- B. Less than 30 minutes
- C. 30 minutes to 1 hour
- D. More than 1 hour and up to 2 hours
- E. More than 2 hours

80. On an average weekend day, how much total time do you spend being physically active?

- A. I am not physically active on an average weekend day
- B. Less than 30 minutes
- C. 30 minutes to 1 hour
- D. More than 1 hour and up to 2 Hours
- E. More than 2 hours

81. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

82. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

83. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, Play Station, Xbox, computer games, and the Internet)

- A. I do not play video or computer games or use a computer for non school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

84. On an average Saturday or Sunday, how many hours do you watch TV, play video games, or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- A. I do not watch TV, play video games, or use a computer on an average Saturday or Sunday
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

The next question asks about sun safety.

85. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

The next question asks about sleep.

86. On an average school night, how many hours of sleep do you get?

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 or more hours

The next 7 questions are general items about you.

87. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

- A. Yes
- B. No
- C. Not sure

88. On an average school day, how long after school are you alone without a parent or adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 1 to 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

89. Do you participate in any extracurricular activities at school (such as sports, band, drama, clubs)?

- A. Yes
- B. No

90. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

91. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

92. Has a doctor or nurse ever told you that you have asthma?

- A. Yes
- B. No
- C. Not sure

93. How do you rate your health in general?

- A. Excellent
- B. Very good
- C. Good
- D. Fair
- E. Poor

For the next 6 statements, indicate whether you agree or disagree.

94. Do you agree or disagree that you feel alone in your life?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

95. Do you agree or disagree that you feel good about yourself?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

96. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

97. Do you agree or disagree that harassment and bullying by other students is a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

98. Do you agree or disagree that gangs are a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

99. Do you agree or disagree that drugs are a problem at your school?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

**This is the end of the survey.
Thank you very much for your help.**

Appendix C
Technical Explanation of Analysis

Appendix C: Technical Explanation of 2011 Analyses

Crosstabs

Note that the 2 × 2 crosstab for wearing a helmet when riding a four-wheeler gives row percentages for gender. For example, 66.2% of females were at-risk for not wearing a helmet.

			At-Risk for Four Wheeler Helmet		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	139	71	210
		% within Gender	66.2%	33.8%	100.0%
		Std. Residual	1.3	-1.5	
	Male	Count	56	62	118
		% within Gender	47.5%	52.5%	100.0%
		Std. Residual	-1.7	2.0	
Total		Count	195	133	328
		% within Gender	59.5%	40.5%	100.0%

a. Pearson Chi-Square = 10.998 with 1 df, p = 0.001

Crosstab^a

Chi-Square

The Chi-square test of independence compares observed frequencies in a contingency table with expected frequencies, given a null hypothesis of independence (i.e., that one variable is not contingent upon another). In the helmet × gender question, the chi-square test for independence determines if helmet frequencies are independent of gender. A statistically significant chi-square value provides evidence that helmet-wearing frequencies are dependent on gender. In this case, the chi-square statistic of 10.998_{df=1} is significant with a p-value equal to 0.001. In this and all analyses, alpha = 0.05 was adopted to control for Type I error.

Standardized Residual Analyses

A statistically significant chi-square indicates that there is evidence for dependence *somewhere* in the table. By comparing cell-by-cell observed frequencies with expected frequencies residual analysis indicates the nature of that evidence. In so doing, the difference between observed and expected frequencies is called a residual. Standardized residuals can be interpreted like a z-statistic that has a mean of zero and a standard deviation of 1. In this report, a standardized residual greater than 1.99 provides evidence that a particular cell significantly contributes to the dependence that was detected by the chi-square test. For example, the standardized residuals of 1.3 for females and 2.0 for males indicate that females are for more at-risk for not wearing helmets when riding four wheelers.

Differences in Proportions/ Percentages for 2011-2009

Example: With regard to the percentage of middle school students who report that they carried a weapon, such as a gun, knife, or club, 2011 is 9.3 % less than 2009 (0.361-0.454).

Confidence Intervals for Differences in Proportions^{Note #1}

Confidence intervals were used to confirm statistical significance. For Macon County YRBS, 95% confidence intervals for differences in proportions (comparing 2011 to 2009) were calculated using the following general formula:

$$(p_1 - p_2) \pm CV \sqrt{p_1(1-p_1)/n_1 + p_2(1-p_2)/n_2}$$

in which p_1 is the proportion of 2011 students; p_2 is the proportion 2009 of students; CV is the critical value used to calculate the margin of error for 95% confidence (the Bonferroni correction is used in calculating multiple differences. For example, assuming $\alpha = 0.05$, the critical value for a series of questions, including 12 items in a set, would be 2.8653); n_1 is the total number of 2011 respondents and n_2 is the total number of 2009 respondents.

For example, the 95% confidence interval for the difference in proportions (comparing 2011 to 2009) of middle school students who carried a weapon is

$$-0.093 \pm 0.077$$

$$2.8653 \sqrt{(0.361(1-0.361)/559) + (0.454(1-0.454)/806)}$$

$$2.8653 \sqrt{0.00041 + 0.00031}$$

$$2.8653 \sqrt{0.00072}$$

$$2.8653 \times 0.02679$$

$$0.07675 = \text{margin of error}$$

In this case, the 95% confidence interval is statistically significant.

Confidence intervals can be interpreted much like score bands in testing. For example, a test score of 110 may have a score band that locates the student's performance somewhere between 104 and 116. Interpreting this statistically significant confidence interval for the difference between 2011 and 2009 proportions, we would say that we are 95% confident that the percentage of 2011 students who report that they carried weapons is between 1.6 and 16.9 percentage points less than 2009 students.

Cohen's h ^{Note #2}

The measure of effect size is a statistical computation that helps researchers evaluate the practical significance of their results: a result may be statistically significant but people generally want to know if

an effect is large enough to matter. Cohen's h is a measure of effect size calculated from proportions that have undergone arcsine transformations, making the differences in proportions comparable with regard to small, moderate, and large effect sizes. The formula for Cohen's h that was used for these analyses is

$$h = \text{the absolute value of } 2 \arcsin \sqrt{p_1} - 2 \arcsin \sqrt{p_2}.$$

For example the effect size for the difference in proportions between 2011 and 2009 middle school students who reported that they carried weapons was 0.19.

$$\text{find the absolute value of } 2 \arcsin \sqrt{0.361} - 2 \arcsin \sqrt{0.454}.$$

The following guidelines are used to interpret Cohen's h :

$$0.2 < h \leq 0.5 = \text{small effect}$$

$$0.5 < h \leq 0.8 = \text{medium effect}$$

$$h > 0.8 = \text{large effect}$$

In comparing the proportions of 2011 and 2009 middle school students who reported that they carried weapons, the effect size of 0.19 is small. Thus, the following interpretation might be made:

2011 is 9.3% less than 2009 with a 7.7% margin of error. The 95% confidence interval is significant. Although statistically significant, the effect size is small, Cohen's $h = .19$

Compound Annual Growth Rate^{Note#3}

Long-term trend analyses (i.e., 2002-2011) were calculated via compound annual growth rates (CAGR). The CAGR is the geometric average of multiple data points over time. As compared to differences in proportions (that are transformed to percentages), the compound annual growth rates report the rate of change from 2002 to 2011. For example, in 2002 the percentage of students who never or rarely wore seat belts was 16.7%. In 2011, the percentage had decreased to 10.5%. The difference in proportions between these two benchmark years (as reported in percentage form) is 6.2%. The rate of change, however, is 8.9%. Again, this rate is calculated by taking the geometric average of the five data points in years 2002, 2005, 2007, 2009, and 2011 using the following mathematical formula:

$$\text{CAGR} = \left(\frac{\text{Ending Value}}{\text{Beginning Value}} \right)^{\left(\frac{1}{\# \text{ of years}} \right)} - 1$$

$$-8.9 = [(10.5 \div 16.7)^{1/5}] - 1$$

IMPORTANT NOTE #1: The Bonferoni adjustment calculated for multiple comparisons controls for Type I error. For example, rather than calculating the margins of error using 1.96 as the critical value for violence-related comparisons, the Bonferoni adjustment sets the critical value to 2.8653. Although this adjustment controls for Type I error, the results may reflect an overly conservative bias. Accordingly, there may be some results that are worth considering, even if they are not reported as statistically significant.

IMPORTANT NOTE #2: Measures of effect size offer an important way to interpret statistical findings. However, the conventional guidelines for evaluating small, moderate, and large effects offer arbitrary indices for examining the practical significance of findings. Knowledgeable users will best understand context, history, and the practical significance of the findings in this report.

IMPORTANT NOTE #3: In this report, CAGRs with rates greater than or equal to 10% are highlighted in the Executive Summary. These trends since 2002 may be worth considering in the context for understanding the efficacy of Macon intervention strategies. The CAGR is a helpful index in that it reports the long-term average of multiple data points; the CAGR, however, does not report the fluctuations from year-to-year.

Appendix D
Middle School Gender Contingencies

Appendix D: Middle School Risk × Gender Contingencies

At-Risk for Four Wheeler Helmet * Gender

			At-Risk for Four Wheeler Helmet		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	139	71	210
		% within Gender	66.2%	33.8%	100.0%
		Std. Residual	1.3	-1.5	
	Male	Count	56	62	118
		% within Gender	47.5%	52.5%	100.0%
		Std. Residual	-1.7	2.0	
Total		Count	195	133	328
		% within Gender	59.5%	40.5%	100.0%

a. Pearson Chi-Square = 10.998 with 1 df, p = 0.001

At-Risk for Carry Weapon * Gender

			At-Risk for Carry Weapon		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	90	265	355
		% within Gender	25.4%	74.6%	100.0%
		Std. Residual	-3.4	2.5	
	Male	Count	111	90	201
		% within Gender	55.2%	44.8%	100.0%
		Std. Residual	4.5	-3.4	
Total		Count	201	355	556
		% within Gender	36.2%	63.8%	100.0%

a. Pearson Chi-Square = 49.613 with 1 df, p < 0.0005

At-Risk for Physical Fight * Gender

			At-Risk for Physical Fight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	146	211	357
		% within Gender	40.9%	59.1%	100.0%
		Std. Residual	-2.6	2.6	
	Male	Count	136	65	201
		% within Gender	67.7%	32.3%	100.0%
		Std. Residual	3.4	-3.5	
Total		Count	282	276	558
		% within Gender	50.5%	49.5%	100.0%

a. Pearson Chi-Square = 36.854 with 1 df, $p < 0.0005$

At-Risk for Being Electronically Bullied * Gender

			At-Risk for Being Electronically Bullied		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	83	275	358
		% within Gender	23.2%	76.8%	100.0%
		Std. Residual	2.6	-1.2	
	Male	Count	14	187	201
		% within Gender	7.0%	93.0%	100.0%
		Std. Residual	-3.5	1.6	
Total		Count	97	462	559
		% within Gender	17.4%	82.6%	100.0%

a. Pearson Chi-Square = 23.612 with 1 df, $p < 0.0005$

At-Risk for Not Being Taught to Abstain * Gender

			At-Risk for Not Being Taught to Abstain		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	119	139	258
		% within Gender	46.1%	53.9%	100.0%
		Std. Residual	-1.9	2.1	
Male	Male	Count	108	48	156
		% within Gender	69.2%	30.8%	100.0%
		Std. Residual	2.4	-2.7	
Total	Total	Count	227	187	414
		% within Gender	54.8%	45.2%	100.0%

a. Pearson Chi-Square = 20.958 with 1 df, $p < 0.0005$

At-Risk for Trying to Lose Weight * Gender

			At-Risk for Trying to Lose Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	202	156	358
		% within Gender	56.4%	43.6%	100.0%
		Std. Residual	2.4	-2.3	
Male	Male	Count	65	138	203
		% within Gender	32.0%	68.0%	100.0%
		Std. Residual	-3.2	3.1	
Total	Total	Count	267	294	561
		% within Gender	47.6%	52.4%	100.0%

a. Pearson Chi-Square = 30.934 with 1 df, $p < 0.0005$

At-Risk for Trying to Gain Weight * Gender

			At-Risk for Trying to Gain Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	17	341	358
		% within Gender	4.7%	95.3%	100.0%
		Std. Residual	-2.1	.6	
	Male	Count	27	176	203
		% within Gender	13.3%	86.7%	100.0%
		Std. Residual	2.8	-.8	
Total		Count	44	517	561
		% within Gender	7.8%	92.2%	100.0%

a. Pearson Chi-Square = 13.108 with 1 df, $p < 0.0005$

At-Risk for Playing 3 or More Hours of Video Games On An Average School Day *

Gender

			At-Risk for Playing 3 or More Hours of Video Games On An Average School Day		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	36	216	252
		% within Gender	14.3%	85.7%	100.0%
		Std. Residual	-2.8	1.5	
	Male	Count	58	107	165
		% within Gender	35.2%	64.8%	100.0%
		Std. Residual	3.4	-1.8	
Total		Count	94	323	417
		% within Gender	22.5%	77.5%	100.0%

a. Pearson Chi-Square = 24.863 with 1 df, $p < 0.0005$

Appendix E
High School Gender Contingencies

Appendix E: High School Risk × Gender Contingencies

At-Risk for Driving a Vehicle After Drinking At Least Once in Past 30 Days * Gender

			At-Risk for Driving a Vehicle After Drinking At Least Once in Past 30 Days		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	42	403	445
		% within Gender	9.4%	90.6%	100.0%
		Std. Residual	-2.2	.9	
	Male	Count	69	322	391
		% within Gender	17.6%	82.4%	100.0%
		Std. Residual	2.4	-.9	
Total		Count	111	725	836
		% within Gender	13.3%	86.7%	100.0%

a. Pearson Chi-Square = 12.180 with 1 df, $p < 0.0005$

At-Risk for Being Electronically Bullied * Gender

			At-Risk for Being Electronically Bullied		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	122	320	442
		% within Gender	27.6%	72.4%	100.0%
		Std. Residual	3.7	-1.8	
	Male	Count	41	340	381
		% within Gender	10.8%	89.2%	100.0%
		Std. Residual	-4.0	2.0	
Total		Count	163	660	823
		% within Gender	19.8%	80.2%	100.0%

a. Pearson Chi-Square = 36.537 with 1 df, $p < 0.0005$

At-Risk for Carrying a Weapon * Gender

			At-Risk for Carrying a Weapon		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	72	373	445
		% within Gender	16.2%	83.8%	100.0%
		Std. Residual	-5.4	3.6	
	Male	Count	181	210	391
		% within Gender	46.3%	53.7%	100.0%
		Std. Residual	5.8	-3.8	
Total		Count	253	583	836
		% within Gender	30.3%	69.7%	100.0%

a. Pearson Chi-Square = 89.418 with 1 df, $p < 0.0005$

At-Risk for Carrying a Weapon On Campus * Gender

			At-Risk for Carrying a Weapon On Campus		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	49	396	445
		% within Gender	11.0%	89.0%	100.0%
		Std. Residual	-3.9	1.9	
	Male	Count	111	280	391
		% within Gender	28.4%	71.6%	100.0%
		Std. Residual	4.2	-2.0	
Total		Count	160	676	836
		% within Gender	19.1%	80.9%	100.0%

a. Pearson Chi-Square = 40.612 with 1 df, $p < 0.0005$

At-Risk for Being Injured or Threatened on School Property * Gender

			At-Risk for Being Injured or Threatened On School Property		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	35	410	445
		% within Gender	7.9%	92.1%	100.0%
		Std. Residual	-1.9	.6	
Male	Male	Count	55	336	391
		% within Gender	14.1%	85.9%	100.0%
		Std. Residual	2.0	-.7	
Total		Count	90	746	836
		% within Gender	10.8%	89.2%	100.0%

a. Pearson Chi-Square = 8.332 with 1 df, p = 0.004

At-Risk for Having Property Damaged or Stolen on School Property * Gender

			At-Risk for Having Property Damaged or Stolen on School Property		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	66	379	445
		% within Gender	14.8%	85.2%	100.0%
		Std. Residual	-2.3	1.2	
Male	Male	Count	99	292	391
		% within Gender	25.3%	74.7%	100.0%
		Std. Residual	2.5	-1.2	
Total		Count	165	671	836
		% within Gender	19.7%	80.3%	100.0%

a. Pearson Chi-Square = 14.452 with 1 df, p < 0.0005

At-Risk for Being in a Physical Fight * Gender

			At-Risk fo Being in a Physical Fight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	98	347	445
		% within Gender	22.0%	78.0%	100.0%
		Std. Residual	-2.8	1.8	
	Male	Count	145	246	391
		% within Gender	37.1%	62.9%	100.0%
		Std. Residual	2.9	-1.9	
Total		Count	243	593	836
		% within Gender	29.1%	70.9%	100.0%

a. Pearson Chi-Square = 22.900 with 1 df, $p < 0.0005$

At-Risk for Being in a Fight on School Property

			At-Risk For Being in a Fight on School Property		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	60	385	445
		% within Gender	13.5%	86.5%	100.0%
		Std. Residual	-2.2	1.0	
	Male	Count	90	301	391
		% within Gender	23.0%	77.0%	100.0%
		Std. Residual	2.4	-1.1	
Total		Count	150	686	836
		% within Gender	17.9%	82.1%	100.0%

a. Pearson Chi-Square = 12.851 with 1 df, $p < 0.0005$

At-Risk for Smoking Cigarettes At Or Younger Than 14 Years of Age * Gender

			At-Risk for Smoking Cigarettes At Or Younger Than 14 Years of Age		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	119	326	445
		% within Gender	26.7%	73.3%	100.0%
		Std. Residual	-2.2	1.6	
	Male	Count	155	236	391
		% within Gender	39.6%	60.4%	100.0%
		Std. Residual	2.4	-1.7	
Total		Count	274	562	836
		% within Gender	32.8%	67.2%	100.0%

a. Pearson Chi-Square = 15.720 with 1 df, $p < 0.0005$

At-Risk for Chewing Tobacco for At Least One Day in the Past 30 Days * Gender

			At-Risk for Chewing Tobacco For At Least One Day in the Past 30 Days		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	33	412	445
		% within Gender	7.4%	92.6%	100.0%
		Std. Residual	-6.2	3.2	
	Male	Count	141	250	391
		% within Gender	36.1%	63.9%	100.0%
		Std. Residual	6.6	-3.4	
Total		Count	174	662	836
		% within Gender	20.8%	79.2%	100.0%

a. Pearson Chi-Square = 103.622 with 1 df, $p < 0.0005$

At-Risk for Having First Drink of Alcohol "Other than a few sips" Before or At Age 12 *

Gender

			At-Risk for Having First Drink of Alcohol "Other than a few sips" Before or At Age 12		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	67	223	290
		% within Gender	23.1%	76.9%	100.0%
		Std. Residual	-2.7	1.9	
	Male	Count	116	161	277
		% within Gender	41.9%	58.1%	100.0%
		Std. Residual	2.8	-1.9	
Total		Count	183	384	567
		% within Gender	32.3%	67.7%	100.0%

a. Pearson Chi-Square = 22.845 with 1 df, $p < 0.0005$

At-Risk for Engaging in Sexual Intercourse Before Age 13 * Gender

			At-Risk for Engaging in Sexual Intercourse Before Age 13		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	26	416	442
		% within Gender	5.9%	94.1%	100.0%
		Std. Residual	-2.3	.8	
	Male	Count	51	336	387
		% within Gender	13.2%	86.8%	100.0%
		Std. Residual	2.5	-.8	
Total		Count	77	752	829
		% within Gender	9.3%	90.7%	100.0%

a. Pearson Chi-Square = 13.036 with 1 df, $p < 0.0005$

At-Risk For Having Sexual Intercourse With Partner At Least 3 Years Older Or Younger * Gender

			At-Risk For Having Sexual Intercourse With Partner At Least 3 Years Older Or Younger		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	85	129	214
		% within Gender	39.7%	60.3%	100.0%
		Std. Residual	2.4	-1.6	
	Male	Count	48	170	218
		% within Gender	22.0%	78.0%	100.0%
		Std. Residual	-2.3	1.6	
Total		Count	133	299	432
		% within Gender	30.8%	69.2%	100.0%

a. Pearson Chi-Square = 15.880 with 1 df, $p < 0.0005$

At-Risk for Trying to Lose Weight * Gender

			At-Risk for Trying to Lose Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	259	186	445
		% within Gender	58.2%	41.8%	100.0%
		Std. Residual	3.4	-3.2	
	Male	Count	134	257	391
		% within Gender	34.3%	65.7%	100.0%
		Std. Residual	-3.7	3.5	
Total		Count	393	443	836
		% within Gender	47.0%	53.0%	100.0%

a. Pearson Chi-Square = 47.849 with 1 df, $p < 0.0005$

At-Risk for Trying to Gain Weight * Gender

			At-Risk for Trying to Gain Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	20	425	445
		% within Gender	4.5%	95.5%	100.0%
		Std. Residual	-4.9	1.9	
	Male	Count	88	303	391
		% within Gender	22.5%	77.5%	100.0%
		Std. Residual	5.3	-2.0	
Total		Count	108	728	836
		% within Gender	12.9%	87.1%	100.0%

a. Pearson Chi-Square = 60.022 with 1 df, $p < 0.0005$

At-Risk for Exercising to Lose or Keep from Gaining Weight * Gender

			At-Risk for Exercising to Lose or Keep from Gaining Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	340	101	441
		% within Gender	77.1%	22.9%	100.0%
		Std. Residual	2.1	-3.1	
	Male	Count	222	152	374
		% within Gender	59.4%	40.6%	100.0%
		Std. Residual	-2.2	3.3	
Total		Count	562	253	815
		% within Gender	69.0%	31.0%	100.0%

a. Pearson Chi-Square = 29.750 with 1 df, $p < 0.0005$

At-Risk for Eating Less to Lose Weight or Keep From Gaining Weight * Gender

			At-Risk for Eating Less to Lose Weight or Keep From Gaining Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	232	209	441
		% within Gender	52.6%	47.4%	100.0%
		Std. Residual	3.1	-2.7	
	Male	Count	119	256	375
		% within Gender	31.7%	68.3%	100.0%
		Std. Residual	-3.3	2.9	
Total		Count	351	465	816
		% within Gender	43.0%	57.0%	100.0%

a. Pearson Chi-Square = 36.027 with 1 df, $p < 0.0005$

At-Risk for Skipping Meals to Lose Weight or to Keep from Gaining Weight * Gender

			At-Risk for Skipping Meals to Lose Weight or to Keep from Gaining Weight		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	120	313	433
		% within Gender	27.7%	72.3%	100.0%
		Std. Residual	2.5	-1.3	
	Male	Count	57	315	372
		% within Gender	15.3%	84.7%	100.0%
		Std. Residual	-2.7	1.5	
Total		Count	177	628	805
		% within Gender	22.0%	78.0%	100.0%

a. Pearson Chi-Square = 17.911 with 1 df, $p < 0.0005$

Gender * At-Risk for Not Attending a Physical Education Class in the Past 7 Days

			At-Risk for Not Attending a Physical Education Class in the Past 7 Days		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	300	145	445
		% within Gender	67.4%	32.6%	100.0%
		Std. Residual	2.6	-3.0	
	Male	Count	186	205	391
		% within Gender	47.6%	52.4%	100.0%
		Std. Residual	-2.7	3.2	
Total		Count	486	350	836
		% within Gender	58.1%	41.9%	100.0%

a. Pearson Chi-Square = 33.679 with 1 df, $p < 0.0005$

At-Risk for Playing 3 or More Hours of Video Games On An Average School Day *

Gender

			At-Risk for Playing 3 or More Hours of Video Games On An Average School Day		Total
			At-Risk	Not At-Risk	
Gender	Female	Count	64	381	445
		% within Gender	14.4%	85.6%	100.0%
		Std. Residual	-2.5	1.3	
	Male	Count	101	290	391
		% within Gender	25.8%	74.2%	100.0%
		Std. Residual	2.7	-1.3	
Total		Count	165	671	836
		% within Gender	19.7%	80.3%	100.0%

a. Pearson Chi-Square = 17.222 with 1 df, $p < 0.0005$

**At-Risk for Reporting Agree or Strongly Agree to Gangs Being a Problem at Their
School * Gender**

			At-Risk for Reporting Agree or Strongly Agree to Gangs Being a Problem at Their School		
			At-Risk	Not At-Risk	Total
Gender	Female	Count	56	389	445
		% within Gender	12.6%	87.4%	100.0%
		Std. Residual	-1.9	.8	
Male	Male	Count	80	311	391
		% within Gender	20.5%	79.5%	100.0%
		Std. Residual	2.1	-.9	
Total		Count	136	700	836
		% within Gender	16.3%	83.7%	100.0%

a. Pearson Chi-Square = 9.478 with 1 df, p = 0.002