

Wayne
County
Youth
Risk
Behavior
Survey

2008

County level
monitoring of
health risk
behaviors
occurring
amongst Wayne
County youth

Acknowledgements

The Wayne County Health Department (WCHD) extends its sincere appreciation to all of the students who participated in the 2008 Wayne County Youth Risk Behavior Survey (WCYRBS). Their time and responses were integral to the successful completion of the survey and in the monitoring of health risk behaviors occurring amongst Wayne County youth. The WCHD also acknowledges the collaborative efforts of each public high school in the county for their efforts and time. Without their collaboration survey administration would not have been possible. Their time and help has been greatly appreciated in all efforts, with the special understanding that teachers administering the survey were able to successfully incorporate this into class plans. The surveys had to be administered during the instructional day and in more than one class per school. The care and effort given by each school official went well above and beyond their official duties to provide the WCHD with quality data. Thank you were your sincere efforts and time in supporting adolescent health in Wayne County.

The 2008 WCYRBS would also not have been possible with the help and collaborative efforts of school administrators working at the central office of Wayne County Public Schools. Without the contributions of numerous staff members at the central office the process of developing, administering, and analyzing the survey and data would not have been possible. Special thanks are necessary for the help and contributions of Allison Pridgen and Pat Noel throughout the entire survey process.

The Wayne County Health Department provided oversight for the survey development and overall process, with direct support and guidance given by the Wayne County Health Director, James Roosen. Survey development, sampling processes, and coordination of all data collection and verification was carried out by Andrew Justice, East Carolina University and Zene LLC. Andrew Justice was also the primary author of this report, which was compiled through his data analysis.

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Executive Summary

Excerpt taken from North Carolina Youth Risk Behavior Survey 2005. This report derived information from:

From Morbidity and Mortality Weekly Report: Youth Risk Behavior Surveillance-United States, 2005, June 9, 2006/Vol. 55/No. SS-5.

In the United States, 71% of all deaths among youth and young adults aged 10-24 years result from four causes: motor vehicle crashes (31%), other unintended injuries (14%), homicide (15%), and suicide (11%) (CDC, 2006). Substantial morbidity and social problems also result from the approximately 831,000 pregnancies among women aged 15-19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15-24 years and the estimated 4,842 cases of HIV/AIDS among persons aged 15-24 years that occur annually in the United States. Among adults aged 25 and older, 61% of all deaths results from cardiovascular diseases (38%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are inter-related and often are established during childhood and adolescence and extend into adulthood (MMWR, 2006).

To monitor priority health-risk behavior among youth and young adults, the 2008 Youth Risk Behavior Survey was produced by the Centers for Disease Control and Prevention (CDC) and modified to meet the needs of North Carolina and Wayne County. This survey was administered at the high school level during the months of March and April in 2008. The primary purposes of the survey are to monitor trends in health risk behaviors over time, to evaluate the impact of broad efforts to prevent high-risk behaviors, and to provide indicators for improving school health education policies and programs.

A random sample of 774 high school students drawn from 6 high schools across the county participated in the 2008 WCYRBS. The 2008 WCYRBS asked students to identify themselves by gender, age, grade, race/ethnicity. This report will focus primarily on differences and similarities between youth risk behaviors in Wayne County and the trends observed in North Carolina, as reported through the 2005 NCYRBS. Sampling procedures are described in the procedures section of the report.

Introduction

The 2008 Youth Risk Behavior Survey was produced by the Centers for Disease Control and Prevention and adapted for use in North Carolina by the North Carolina Department of Public Instruction. The collaborative efforts of the NCDPI led to development of a survey in its current form for use in Wayne County. The WCYRBS is used to assess health risk behaviors that contribute to the leading causes of death and injury among children and adolescents. This survey was administered at the high school level to randomly selected students from Southern Wayne HS, Eastern Wayne HS, Spring Creek HS, Goldsboro HS, Rosewood HS, and C.B. Aycock HS. The primary purpose of this survey was to collect data on youth risk behaviors occurring in Wayne County in order to compare these behaviors to the state trends to ascertain whether any serious disparities exist from the state level data. It is important to note that all comparisons are derived from the 2005 North Carolina Youth Risk Behavior Survey, and a full comprehension of the data obtained through the WCYRBS is best understood in conjunction with state youth risk behavior data. Information collected will help shape public health activity in addressing youth risk behaviors as well as mark the progress on the county level of achieving the National Healthy People and Healthy Carolinians objectives for the year 2010.

In 2005 the North Carolina State Secretary of Health and Human Services, Carmen Hooker Odom, stated that:

“The YRBS is intended to assess the health risk behaviors that contribute to some of the leading causes of death and injury among children and adolescents. This is the only North Carolina data source for us to know which risk behaviors (in addition to tobacco use) our adolescents are engaging in. It is critical to program planning, evaluation, and even grant writing. We need for all schools to participate in these surveys.”

The 2008 WCYRBS consisted of 92 items that addressed behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, health education experiences, sexual risk, and the perceived safety of the school environment. The items were mainly presented in a multiple-choice format and the entire survey could be completed in 45-50 minutes. A copy of the questionnaire for the 2008 WCYRBS is located in Appendix A.

Procedures

Sampling. The sample of students for this survey was drawn through random allocation within each individual high school. Lists of all first period classes were compiled by the Wayne County Public Schools central office. From this list first period classes were randomly chosen for administration of the test in order to incorporate the appropriate percentage of individuals from each school to represent the total population of students in all county public high schools. Sample sizes were determined using iSix Sigma Software[®].

The WCYRBS sample was drawn in a manner that, if the overall response rate is above 60%, the results of the survey can be generalized to the entire population of high school students in the county with a relatively high level of precision. The results attained were greater than 85% and can therefore be considered to be representative of the countywide high school population, which affords the opportunity for comparisons to be made with the statewide trends. The interpretation of results in this report focuses primarily on comparisons made between county level data and the state level data compiled in the 2005 NC YRBS.¹

Table 1. Sample sizes and response rate for the WCYRBS in 2008.

Year	Schools Participating	Students Participating	School Response Rate	Student Response Rate	Overall Response Rate
2008	6	889	100%	87%	87%

Parental Permission. Permission was required in order to satisfy the demands of the Pupil Protection Rights Amendment (PPRA) of 1994. The demands of this amendment primarily apply to required surveys funded by the federal Department of Education, but it also is applicable to any student survey regardless of the source of funding (2005 NC YRBS). The 2008 WCYRBS did ask sensitive questions to each individual student taking the survey, which necessitated ascertaining permission. Passive permission forms were used in order to assess a student's availability for survey needs. Students were asked to take home the permission form and return with it signed and dated if their parents did not wish for them to participate in the survey. Students who did not bring

¹ The data in this report was compared with state trends from the 2005 YRBS report because at the time of completion of the work for this document the 2007 NC YRBS results had not yet been released.

back this documentation were available to survey. Data has been found to support the use of passive permission due to findings that reveal higher response rates when this form is used (Frissell KC et al. 2004). This can be attributed to the fact that students often times forget to bring completed permission forms back to class, which does not allow for their parents to opt them out of the survey study. The passive permission slip used during the 2008 WCYRBS can be found in Appendix B.

For information on the PPRA visit: <http://www.ed.gov/policy/gen/guid/fpcol/index.html>

Data Collection. Six public high schools were selected to participate in the 2008 WCYRBS including: Southern Wayne HS, Eastern Wayne HS, Rosewood HS, Goldsboro HS, C.B. Aycock HS, and Spring Creek HS. Surveys were delivered to randomly selected first period classes at each high school through the school administrators at the central office. The surveys were administered during a single class period to the students in the sampled classes who were present the day of the survey administration. Students completed the survey instrument on a voluntary basis.

Data Processing. All surveys were returned to the central office after the administration of the survey. Surveys were then manually entered into a spreadsheet format manually in order to catalogue and check for anomalies before data analysis and processing occurred. Analysis of data was carried out using SPSS statistical software®.

Sample Characteristics. Students not only provided the Wayne County Health Department with valuable information relating to risk behaviors, but they also provided responses to questions about basic demographic information. Sampling procedures allowed for the demographic representation in the sample population to be similar to the overall demographic representation of high school students in Wayne County.

Table 2. Characteristics of students participating in the 2008 WCYRBS.

Sex		Grade					Race					
Female	Male	9th grade	10th grade	11th grade	12th grade	Ungraded or other grade	American Indian or Alaska Native	Asian	Black or African American	Native Hawaiian or Other Pacific Islander	White	Hispanic
55.2%	44.8%	19.3%	38.1%	23.8%	18.9%	.0%	1.6%	2.1%	43.7%	.6%	44.4%	7.1%

Table 3. Students grades in percentages for the previous school year

	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Mostly A's	31.5%	18.5%	25.7%	25.4%	21.1%	29.5%	30.3%	15.1%	35.4%	24.5%
Mostly B's	48.3%	46.5%	47.5%	37.7%	56.4%	47.7%	39.4%	52.9%	41.7%	58.5%
Mostly C's	16.0%	25.5%	20.2%	26.1%	16.7%	18.8%	23.2%	24.7%	17.1%	9.4%
Mostly D's	4.2%	6.8%	5.3%	5.1%	5.5%	4.0%	7.0%	6.1%	4.2%	7.5%
Mostly F's	.0%	2.8%	1.2%	5.8%	.4%	.0%	.0%	1.3%	1.5%	.0%

Interpretation of Results. The sampling design of the 2008 WCYRBS allows for estimates of health risk behaviors to be generated at an overall level as well as delineated by major demographic subgroups. Overall results have been reported in the same fashion and format as the 2005 NCYRBS in order to allow for comparisons between county and state trends. Overall and individual results are reported in this document under the following topical headings:

- Personal Safety
- Weight Management
- School Environment
- Violence
- Physical Health
- Disability
- Tobacco Use
- Nutrition
- Sexual Behavior
- Alcohol Use
- Physical Activity
- Prevention Related Indicators
- Other Drug Use
- Psychological Health

For comparisons beyond the scope of the state and county level the Youth Risk Behavior Surveillance – United States, 2005 Morbidity and Mortality Weekly Report 2004; 53 (SS-2): 1-29 should be consulted. To access the document navigate to the following webpage: <http://www.cdc.gov/healthyyouth/yrbs/>, which provides comparisons between the 2005 national data and NCYRBS data.

Personal Safety

The following excerpt was taken from the 2005 North Carolina Youth Risk Behavior Survey in order to provide background information for the significance of national and state level personal safety:

Each year over 600,000 people are treated in emergency departments for bicycle-related injuries and 824 die from this type of injury. Unintentional injuries are the leading cause of death among adolescents ages 15-19.¹ Head injury is the most common cause of death and serious disability in bicycle-related emergency department visits. Many of these nonfatal head injuries produce lifelong disability from irreversible brain damage. Bicycle helmets are a proven intervention that reduces the risk of bicycle related brain injury by about 65-88%, brain related deaths by 56%, and serious injuries in the upper and middle regions of the face by 65%.²

Motor-vehicle related injuries are the leading cause of death among adolescents ages 15-19 years.³ Two out of five deaths among U.S. teens are the results of a motor vehicle crash. In 2002, more than 5,000 teens ages 16-19 died of injuries caused by motor vehicle crashes.⁴ The risk of motor vehicle crashes is higher among 16-19 year olds than among any other age group.⁵

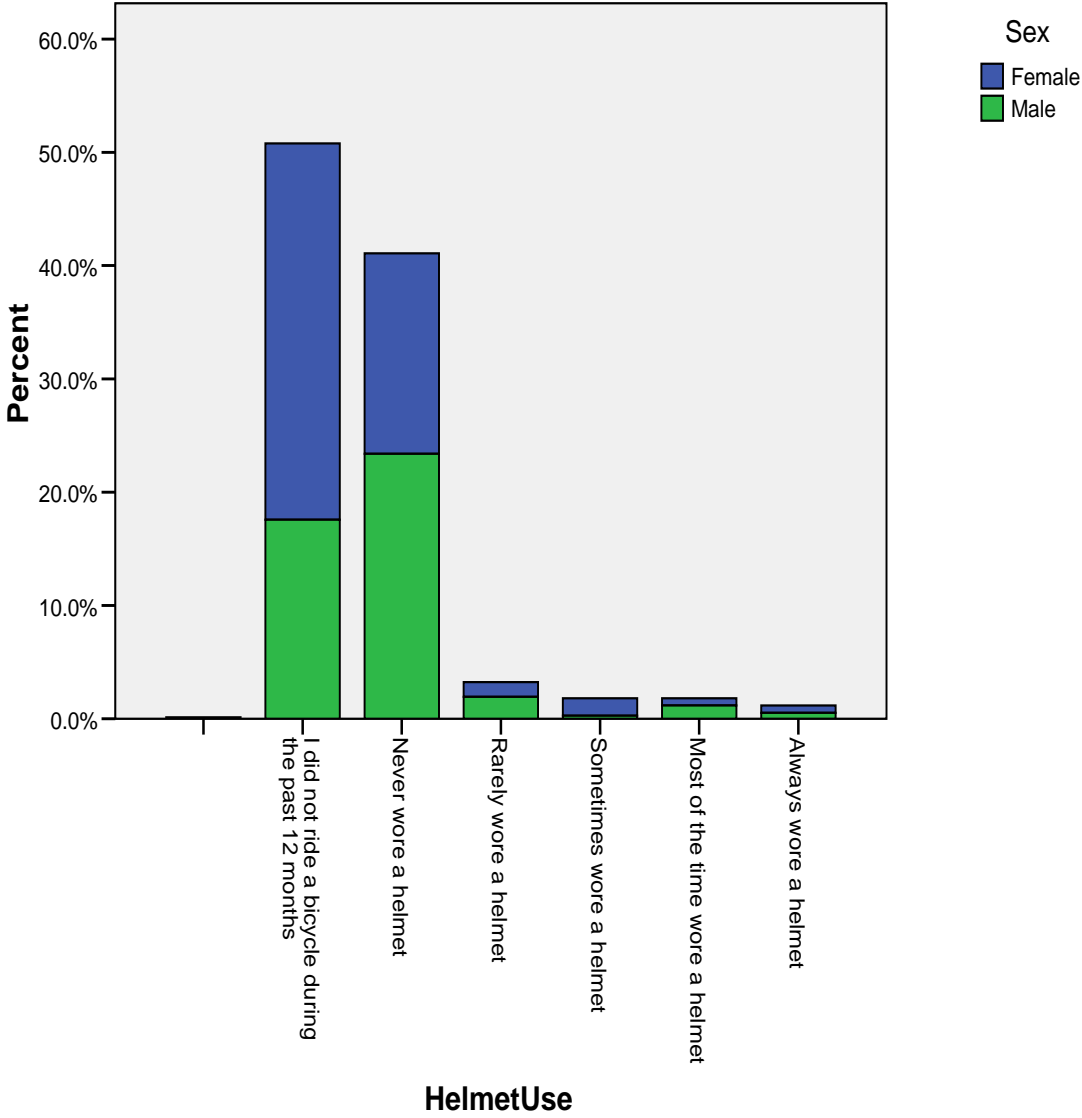
Compared with other age groups, teens have the lowest rate of seat belt use. Drivers and passengers can cut their risk of dying in a crash by half simply by buckling up.⁷ Proper use of lap and shoulder belts reduces the risk of fatal injury to passengers in the front seat by 45% and this risk of moderate-to-critical injury by 50%.² All drivers and front seat passengers ages 16 and older must wear their seat belts.

Motor vehicle crashes remain the leading cause of death for persons 34 years and younger nationwide. One in four deaths involve a driver who has consumed alcohol.⁹ In 2000, 5% of 15-20 year old drivers involved in crashes that resulted in injuries, and 22% that resulted in death had been drinking alcohol. Alcohol use is associated with 20% of fatalities among those under the age of 15 years.²

National Health Objectives for the Year 2010: Increase use of seatbelts to 92%, reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol to 30%.

North Carolina Health Objectives for the year 2010: Reduce deaths caused by motor vehicle crashes to 15.8%, reduce nonfatal injuries caused by motor vehicle crashes to 15.6%, reduce nonfatal alcohol-related motor vehicle crashes to 1.05%, reduce fatal alcohol-related motor vehicle crashes to 0.045%, Increase use of safety belts to 92%.

Helmet use percentages amongst students who rode a bicycle during the past 12 months

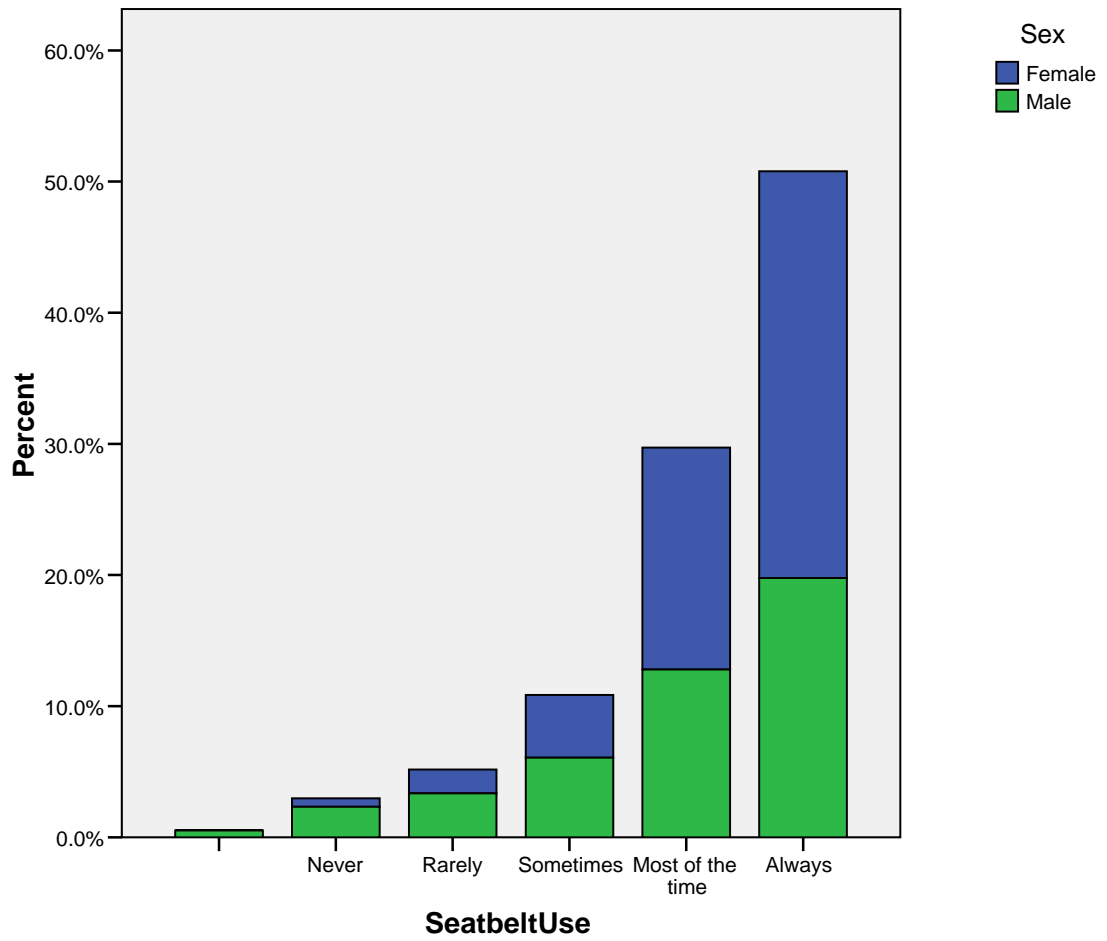


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Never wore a helmet	81.1%	85.8%	83.7%	85.2%	81.3%	81.3%	90.3%	85.1%	82.9%	84.4%
Rarely wore a helmet	5.9%	7.1%	6.6%	8.0%	4.5%	12.0%	3.2%	6.9%	6.7%	.0%
Sometimes wore a helmet	7.1%	.9%	3.7%	2.3%	5.2%	4.0%	1.6%	2.9%	3.7%	9.4%
Most of the time wore a helmet	3.0%	4.3%	3.7%	1.1%	6.5%	2.7%	1.6%	3.4%	4.3%	3.1%
Always wore a helmet	3.0%	1.9%	2.4%	3.4%	2.6%	.0%	3.2%	1.7%	2.4%	3.1%

State data was collected and reported in the percentage of individuals reporting that they never or rarely wore a helmet. The state percentage was found to be 86.4%, which was slightly higher than the national average of 83.4%. The percentage who never or rarely wore a helmet in Eastern North Carolina in 2005 was 84.7%.

The reported figure in Wayne County in 2008 was found to be 90.3%,. This figure relates only to individuals who had ridden a bicycle in the past 12 months. 50.8% of Wayne County students reported that they had not ridden a bicycle in the past 12 months.

Seatbelt use amongst students while riding in a car driven by someone else

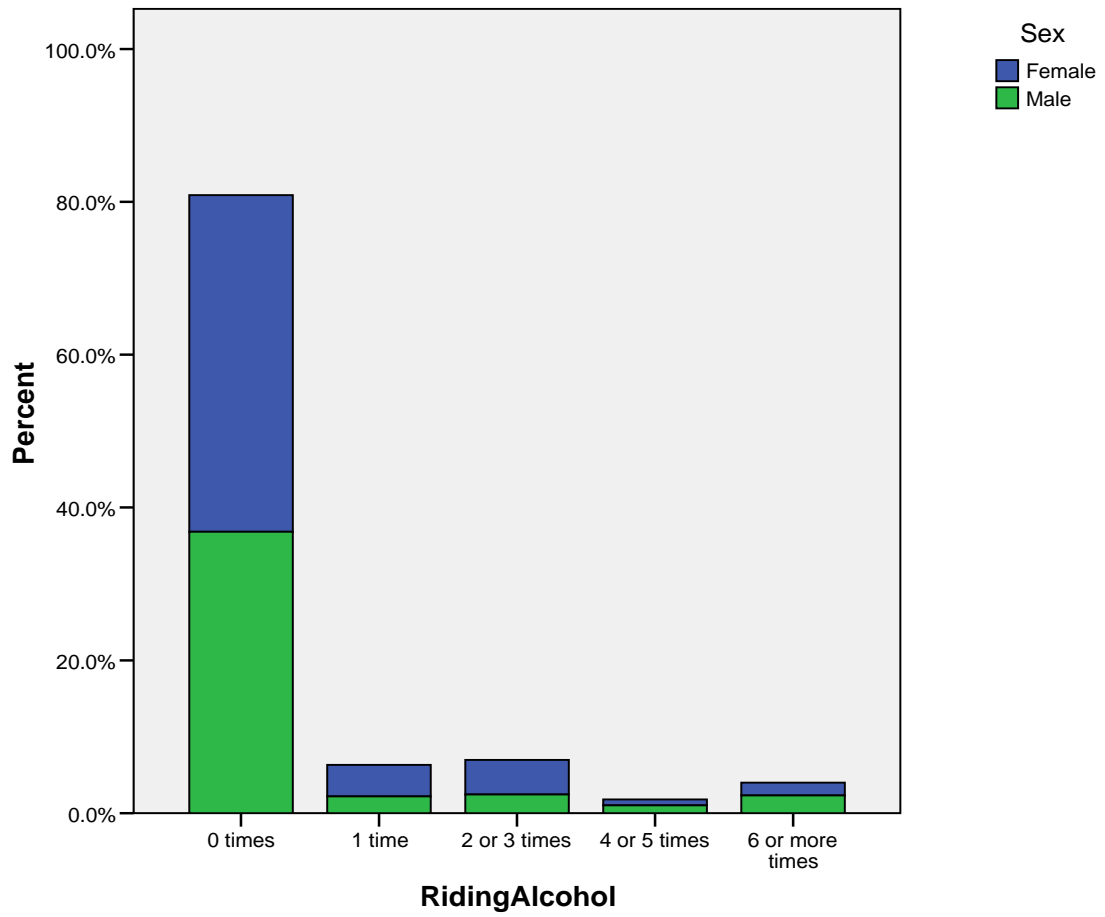


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Never	1.2%	5.2%	3.0%	4.7%	3.4%	1.1%	2.7%	4.7%	1.5%	1.8%
Rarely	3.3%	7.5%	5.2%	4.7%	5.1%	3.8%	7.5%	5.0%	3.8%	14.5%
Sometimes	8.7%	13.5%	10.9%	14.1%	8.1%	13.0%	10.3%	11.2%	10.2%	5.5%
Most of the time	30.7%	28.5%	29.7%	30.2%	28.5%	38.0%	21.2%	29.0%	31.4%	25.5%
Always	56.2%	44.1%	50.8%	45.0%	54.2%	44.0%	58.2%	49.4%	53.2%	50.9%

State and national data was calculated for students reporting rarely or never wearing a seatbelt. The state percentage was found to be 8.3%, while the national average for this data was 10.2%. Data specific to Eastern North Carolina revealed that the percentage in this region was 9.1%.

Wayne County data revealed that 8.2% of youth reported never or rarely wearing a seatbelt while someone else was driving a vehicle they were riding in. The majority of responses revealed that they always wore a seatbelt, with a rate of 50.8%.

Percent of students who rode in a car or other vehicle driven by someone who had been drinking alcohol during the past 30 days

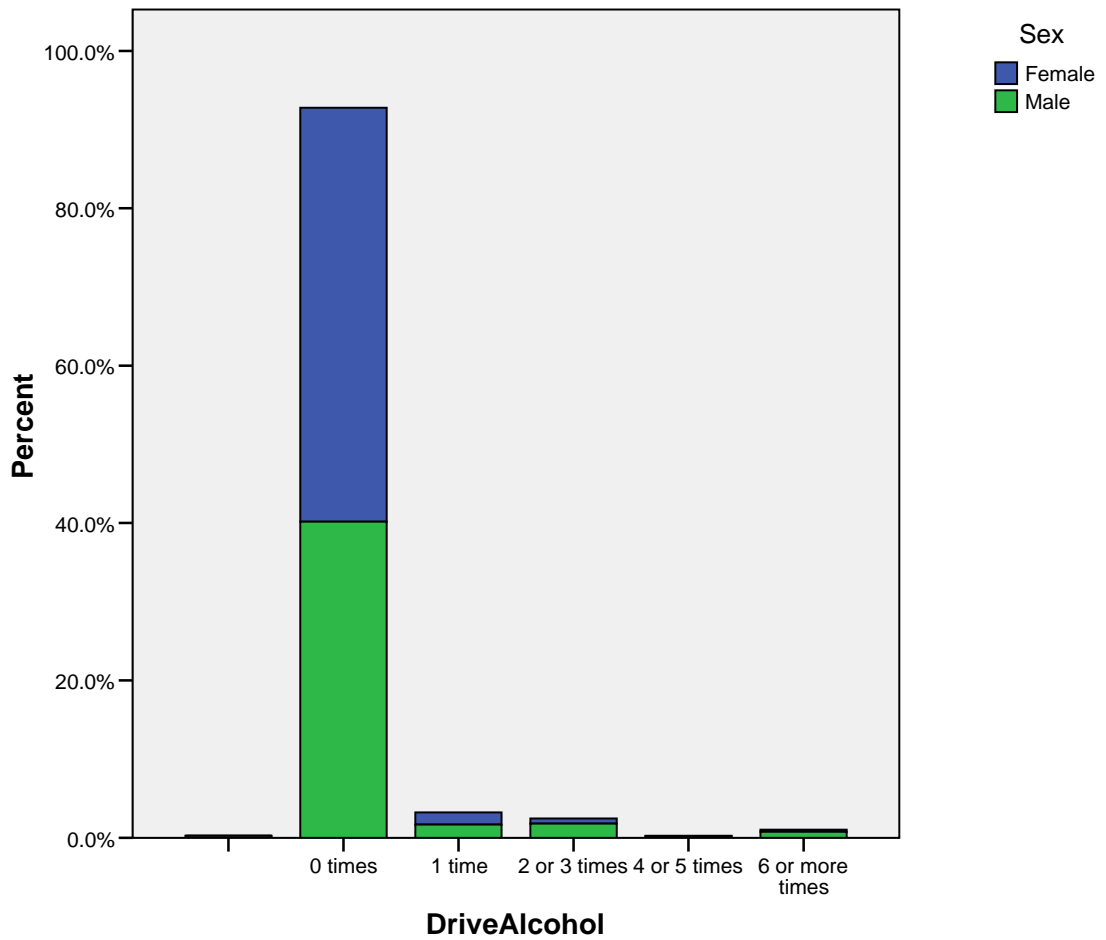


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	79.9%	82.1%	80.9%	84.6%	78.3%	82.1%	80.8%	79.3%	84.3%	78.2%
1 time	7.5%	4.9%	6.3%	4.7%	8.8%	4.9%	4.8%	3.3%	9.3%	5.5%
2 or 3 times	8.2%	5.5%	7.0%	6.0%	6.1%	6.0%	11.0%	10.7%	2.9%	7.3%
4 or 5 times	1.4%	2.3%	1.8%	2.7%	1.4%	1.6%	2.1%	1.8%	1.5%	3.6%
6 or more times	3.0%	5.2%	4.0%	2.0%	5.4%	5.4%	1.4%	5.0%	2.0%	5.5%

State and national data were calculated for students who had ridden in a car driven by someone who had been drinking alcohol in the past 30 days. The state percentage was found to be 25.3%, while the national percentage was 28.5%. Data specific to eastern North Carolina revealed that the rate in this region was 21.4%.

The percentage for Wayne County was found to be 19.1%.

Percent of students who drove a car or other vehicle when they had been drinking alcohol during the past 30 days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	95.3%	89.6%	92.8%	91.9%	94.2%	90.8%	93.2%	94.7%	91.9%	87.3%
1 time	2.8%	3.7%	3.2%	4.7%	2.0%	3.8%	3.4%	1.5%	4.1%	7.3%
2 or 3 times	1.2%	4.0%	2.5%	2.0%	2.0%	3.8%	2.1%	2.4%	2.9%	.0%
4 or 5 times	.2%	.3%	.3%	.0%	.7%	.0%	.0%	.6%	.0%	.0%
6 or more times	.5%	1.7%	1.0%	.0%	1.0%	1.6%	1.4%	.9%	.6%	5.5%

State and national percentages were calculated for individuals who had driven after they had been drinking alcohol one or more times during the past 30 days. The state percentage was found to be 9.4%, while the national percentage was found to be 9.9%. Data specific to eastern North Carolina revealed a region-specific percentage of 6.9%.

The Wayne County average was found to be 7.0%. Trends in Wayne County revealed that students identifying themselves as Hispanic were more likely to have driven after consuming alcohol than others.

Violence-Related Behavior

Following excerpt taken from 2005 North Carolina YRBS:

Youth violence results in preventable deaths and injuries each year. Highly associated with these injuries are physical fights and weapon possession. Physical fighting is an antecedent for many fatal and non-fatal injuries.¹ In 2004, more than 750,000 young people ages 10 to 24 were treated in emergency departments for injuries sustained due to violence.²

Homicide is the 2nd leading cause of death for young people ages 15 to 24 (9.4 per 100,000). Approximately 18% of all deaths among adolescents aged 10 to 24 years are from homicide. Nine of ten homicide victims in the U.S. are killed with a weapon, such as a gun, knife or club. In 2003, 5,570 young people ages 10 to 24 were murdered — an average of 15 each day. Of these victims, 82% were killed with firearms.³ The *FBI's Uniform Crime Reports* show that in 2004, 11% of murder victims were under the age of 18.⁴

Findings from the *2004 Indicators of School Crime and Safety Survey* reveal that students' ages 12 to 18 years were victims of about 309,000 serious violent crimes away from school, compared with about 88,000 at school. Between 1993 and 2003, the percent of students in grades 9 through 12 who reported being in a fight declined from 42% to 33%. In 2003, 5% of students ages 12 to 18 reported being victims of nonfatal crimes, 4% reported being victims of theft, and 1% reported being victims of violent incidents.⁵

According to the *2004 National Criminal Victimization Survey*, males were equally vulnerable to violence by strangers (50%) as by non-strangers (48%), while females were most often victimized by non-strangers (64%).⁴ Forced sexual intercourse has been associated with poorer physical and mental health among woman.²

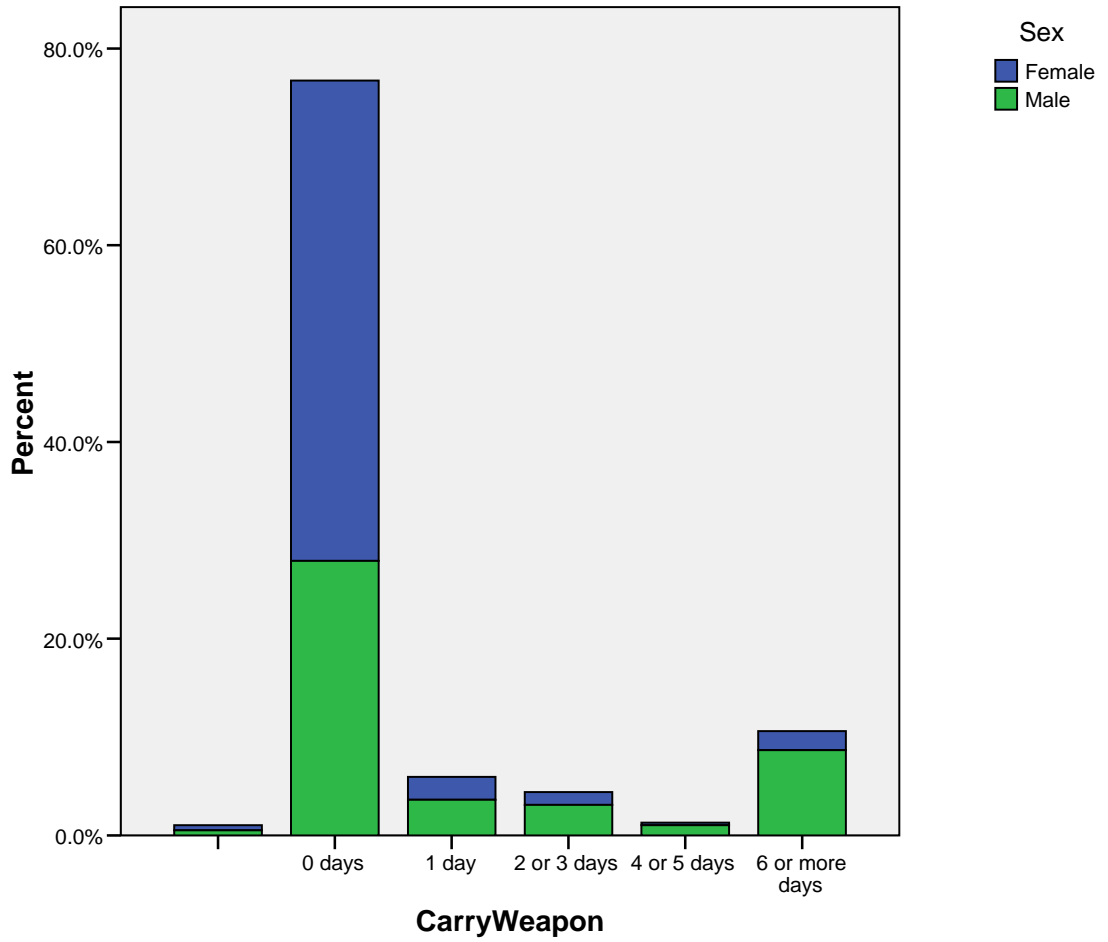
Of all violent deaths that occurred on school property between 1994 and 1999, 75% involved firearms. In 2001, about 1.2 million thefts of student property occurred at school.²

National Health Objectives for the Year 2010: Reduce weapon carrying by adolescents on school property to 4.9%, Reduce physical fighting among adolescents students to 32%.

North Carolina Health Objectives for the Year 2010: Reduce sexual assault, Reduce the rate of physical abuse by current or former intimate partners, Reduce homicides to 5.0 homicides per 100,000

*population, Reduce firearm-related deaths to 5 per100,000 population,
Reduce juvenile assault crime rate.*

Percent of Students who carried a weapon such as a gun, knife, or club in the past 30 days

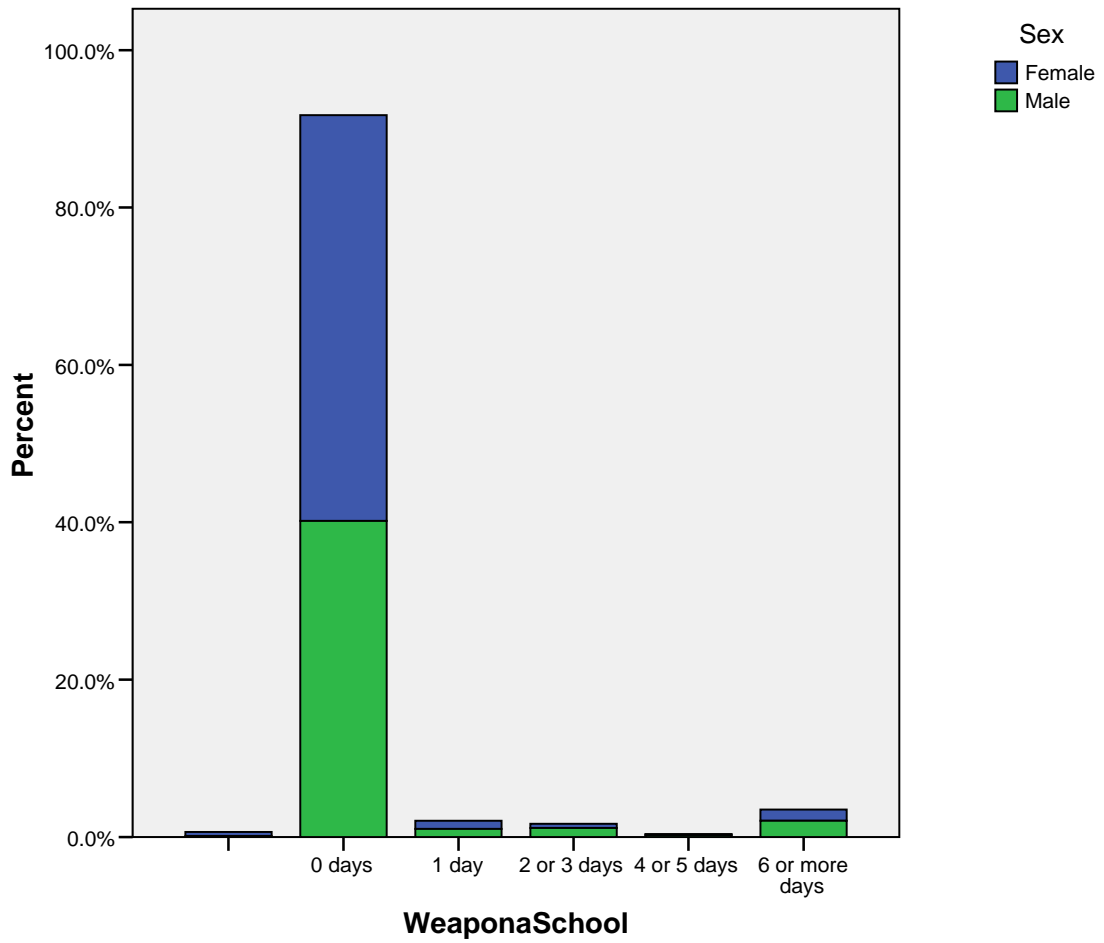


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	88.5%	62.2%	76.7%	76.5%	78.6%	73.9%	76.7%	77.2%	75.6%	81.8%
1 day	4.2%	8.1%	5.9%	6.0%	7.1%	4.9%	4.8%	10.1%	2.9%	.0%
2 or 3 days	2.3%	6.9%	4.4%	4.0%	5.1%	3.8%	4.1%	4.1%	3.2%	9.1%
4 or 5 days	.5%	2.3%	1.3%	2.0%	.3%	2.2%	1.4%	1.8%	.9%	.0%
6 or more days	3.5%	19.3%	10.6%	8.7%	8.5%	14.1%	12.3%	5.6%	17.4%	3.6%

The national and state calculations were based on students who carried a weapon one or more times in the past 30 days. The state percentage was 21.5%, while the national percentage was calculated to be 18.5%. Data specific to eastern North Carolina revealed that the percentage for this region of the state was 21.0%.

The Wayne County average was found to be 22.2%. Male students were significantly more likely to carry a weapon one or more times in Wayne County. Trends in Wayne County also reveal that students identifying themselves as white were more likely to carry a weapon for six or more days. Trends also revealed that upperclassmen were more likely to carry a weapon six or more days.

Percent of students who carried a weapon such as a gun, knife, or club on school property in the past 30 days

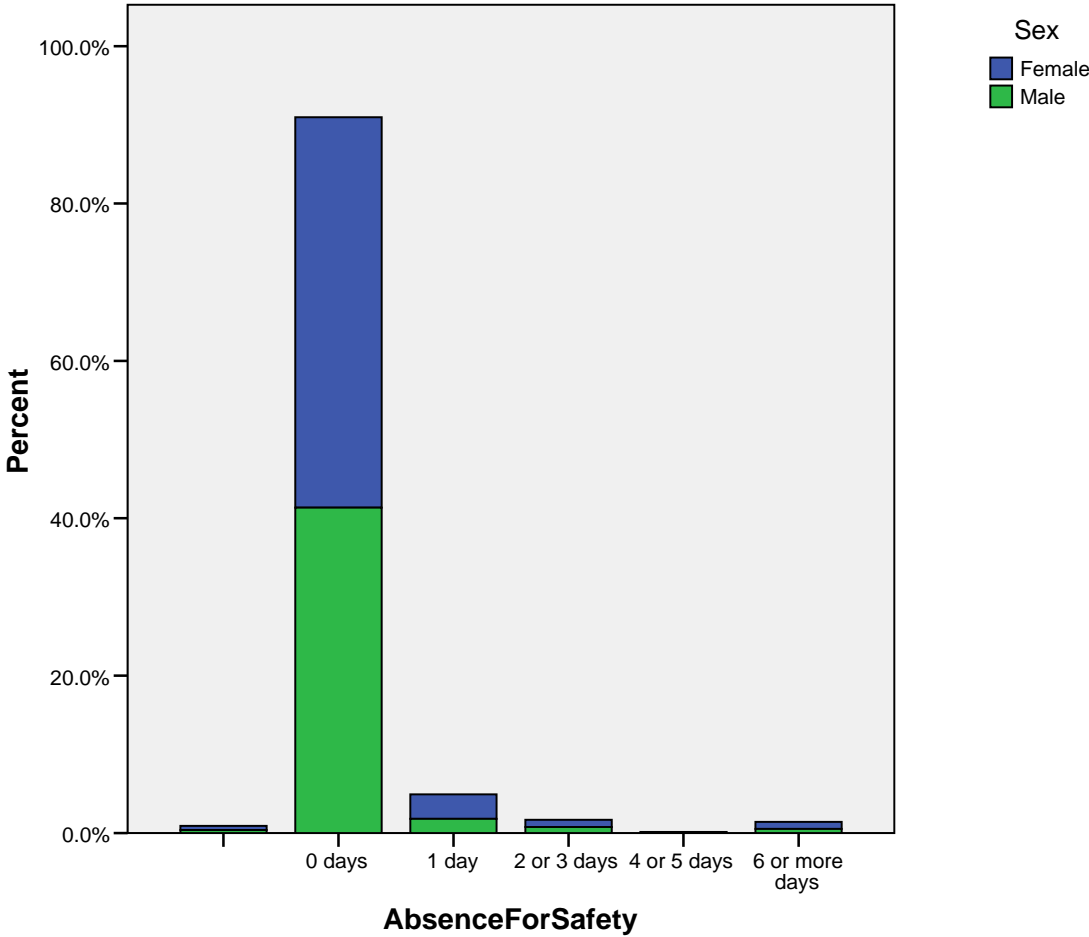


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	93.4%	89.6%	91.7%	93.3%	92.9%	88.0%	92.5%	92.0%	92.2%	89.1%
1 day	1.9%	2.3%	2.1%	.7%	2.7%	2.7%	1.4%	3.6%	.6%	1.8%
2 or 3 days	.9%	2.6%	1.7%	.7%	1.4%	3.3%	1.4%	1.2%	1.7%	1.8%
4 or 5 days	.2%	.6%	.4%	.0%	.7%	.5%	.0%	.3%	.3%	1.8%
6 or more days	2.6%	4.6%	3.5%	4.7%	2.0%	4.3%	4.1%	2.1%	5.2%	1.8%

State data was calculated for individuals carrying a weapon on school property one or more times in the past 30 days. The state percentage was found to be 6.4%. The region specific percentage for eastern North Carolina was found to be 3.9%.

The Wayne County average was found to be 7.7%. Trends in Wayne County revealed that males were more likely than females to carry a weapon at school in the past 30 days.

Percent of students who did not go to school because they felt unsafe at school or on their way to or from school in the past 30 days

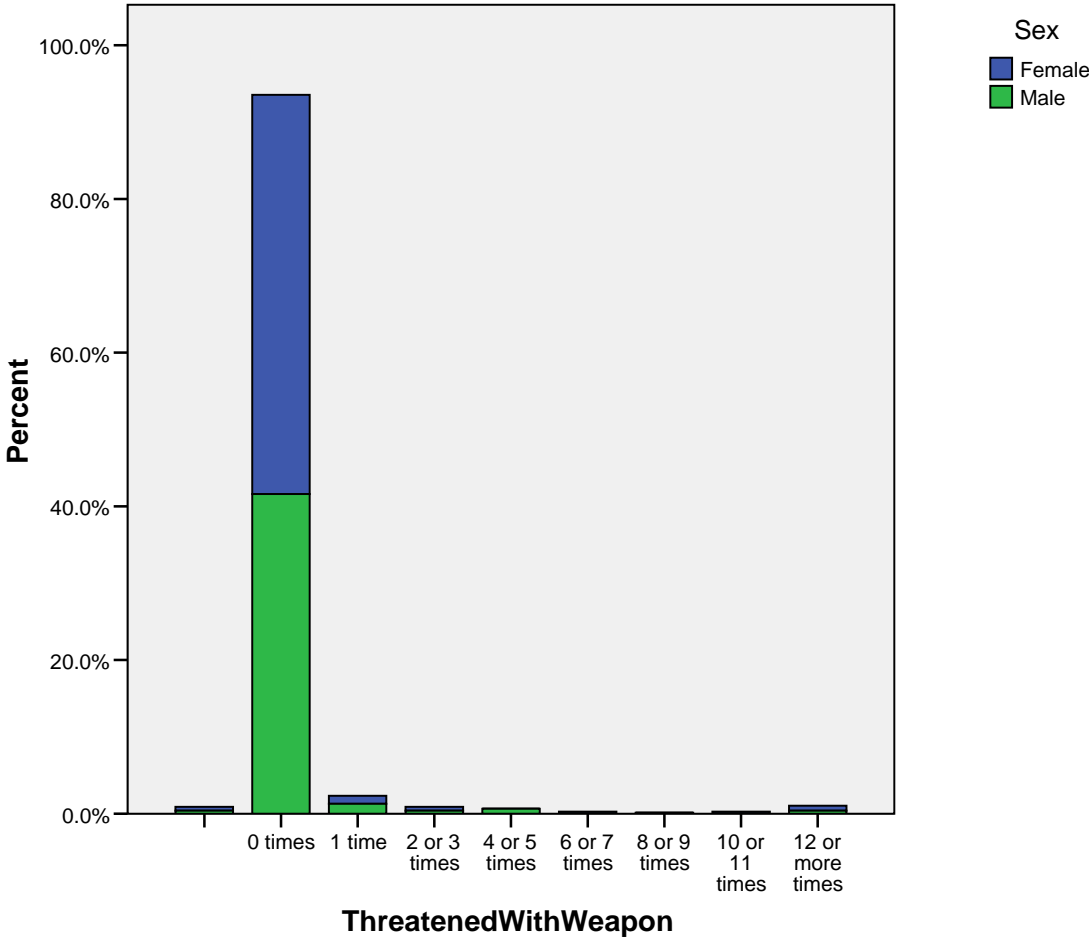


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	89.9%	92.2%	91.0%	92.6%	88.8%	92.4%	91.8%	91.1%	93.0%	83.6%
1 day	5.6%	4.0%	4.9%	3.4%	7.5%	3.3%	3.4%	5.0%	3.5%	9.1%
2 or 3 days	1.6%	1.7%	1.7%	2.0%	1.7%	.5%	2.7%	.6%	2.9%	.0%
4 or 5 days	.2%	.0%	.1%	.0%	.3%	.0%	.0%	.0%	.3%	.0%
6 or more days	1.6%	1.2%	1.4%	.0%	1.4%	2.7%	1.4%	2.4%	.3%	1.8%

State and national data was calculated for individuals missing one or more days of school in the past thirty days because they felt unsafe at school or on the way to or from school. The state percentage was 5.8%, while the national percentage was 6.0%. The percentage specific to eastern North Carolina was found to be 4.3%.

The Wayne County percentage was found to be 8.1%. Over 90% of students in Wayne County did not miss a day of school for these concerns, with the percentage being 91.0%.

Percent of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property in the past 12 months

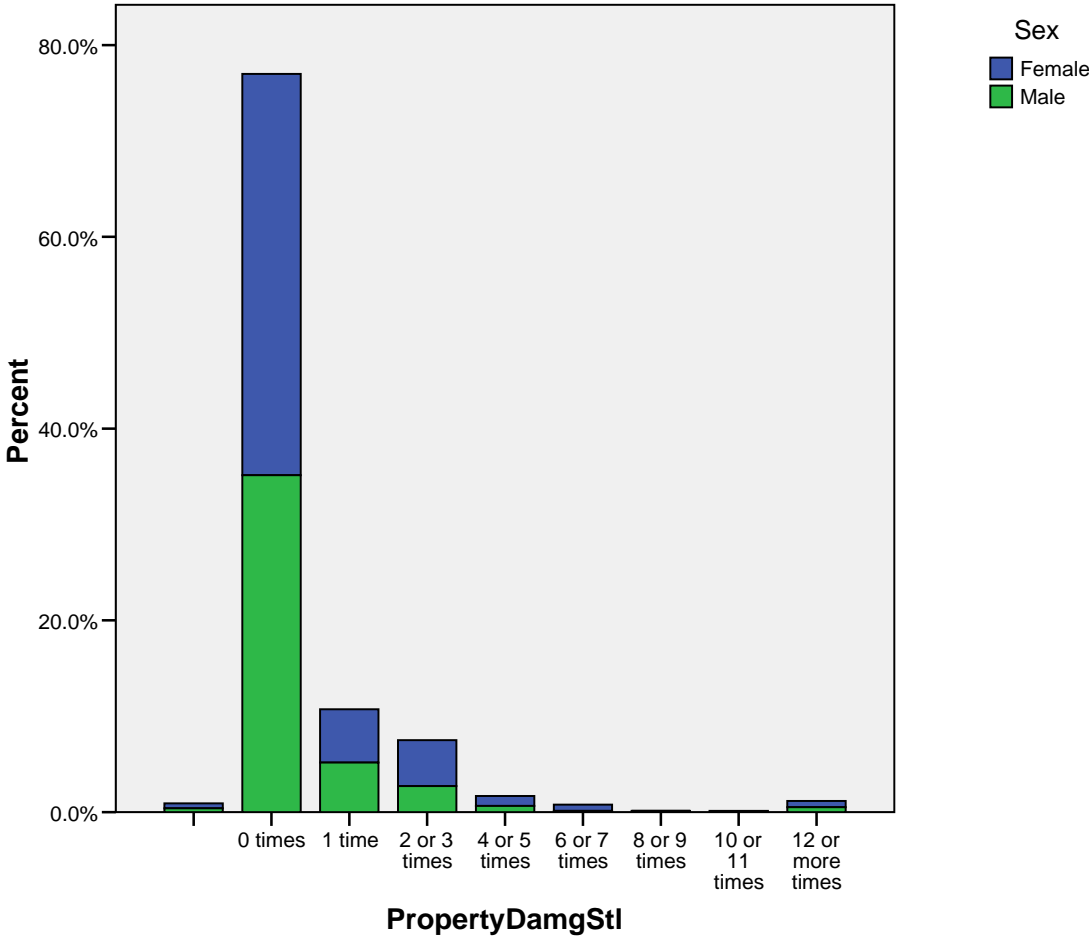


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	94.1%	92.8%	93.5%	94.0%	92.5%	93.5%	95.2%	92.0%	96.5%	90.9%
1 time	1.9%	2.9%	2.3%	2.0%	3.1%	2.2%	1.4%	2.7%	1.7%	.0%
2 or 3 times	.9%	.9%	.9%	.7%	1.7%	.0%	.7%	.6%	.9%	3.6%
4 or 5 times	.0%	1.4%	.6%	.0%	.7%	.5%	1.4%	.6%	.3%	.0%
6 or 7 times	.5%	.0%	.3%	.0%	.3%	.0%	.7%	.3%	.3%	.0%
8 or 9 times	.0%	.3%	.1%	.0%	.3%	.0%	.0%	.0%	.3%	.0%
10 or 11 times	.5%	.0%	.3%	.0%	.7%	.0%	.0%	.6%	.0%	.0%
12 or more times	1.2%	.9%	1.0%	1.3%	.3%	2.7%	.0%	2.4%	.0%	.0%

State data was calculated on the percentage of students who had been threatened with a weapon in the past 12 months one or more times. This percentage was found to be 7.9%. Data specific to eastern North Carolina yielded a percentage of 6.2%.

The Wayne County data was found to be 5.5%. The great majority of students in Wayne County had not been threatened at all. This percentage was well over 90%.

Percent of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property in the past 12 months

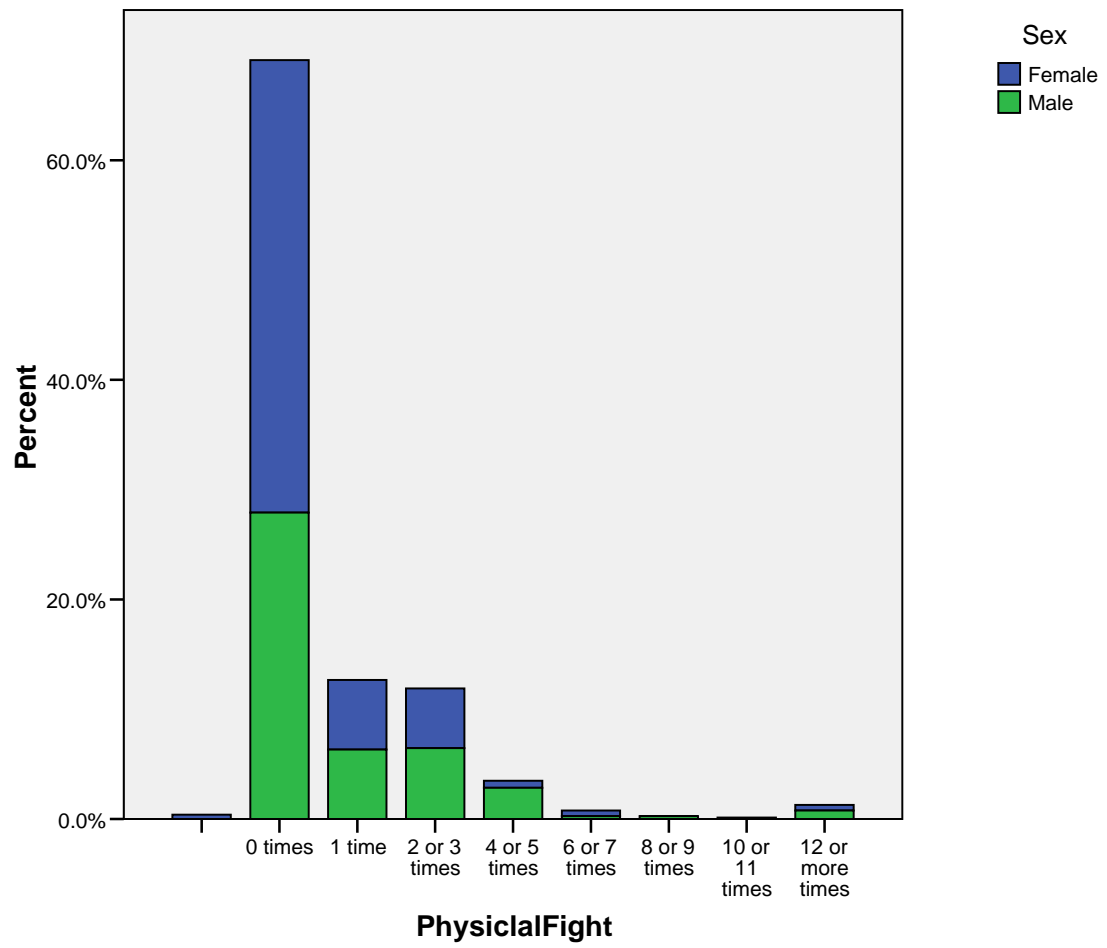


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	75.9%	78.4%	77.0%	73.2%	77.6%	78.3%	78.1%	74.0%	78.8%	85.5%
1 time	10.1%	11.5%	10.7%	12.8%	9.2%	11.4%	11.0%	9.5%	12.5%	3.6%
2 or 3 times	8.7%	6.1%	7.5%	10.7%	7.1%	4.3%	8.9%	9.5%	7.0%	3.6%
4 or 5 times	1.9%	1.4%	1.7%	1.3%	2.0%	2.2%	.7%	2.4%	.9%	.0%
6 or 7 times	1.2%	.3%	.8%	.0%	1.7%	.5%	.0%	1.5%	.3%	.0%
8 or 9 times	.0%	.3%	.1%	.0%	.3%	.0%	.0%	.0%	.0%	1.8%
10 or 11 times	.2%	.0%	.1%	.0%	.3%	.0%	.0%	.3%	.0%	.0%
12 or more times	1.2%	1.2%	1.2%	.0%	1.4%	2.2%	.7%	2.1%	.6%	.0%

State and national data were calculated for individuals whose property had been stolen or damaged on school property within the past 12 months. The state percentage was found to be 27.4%, while the national percentage was 29.8%. Data specific to eastern North Carolina revealed a percentage of 24.7%

The Wayne County percentage was found to be 22.1%.

Percent of students who were in a physical fight during the past 12 months

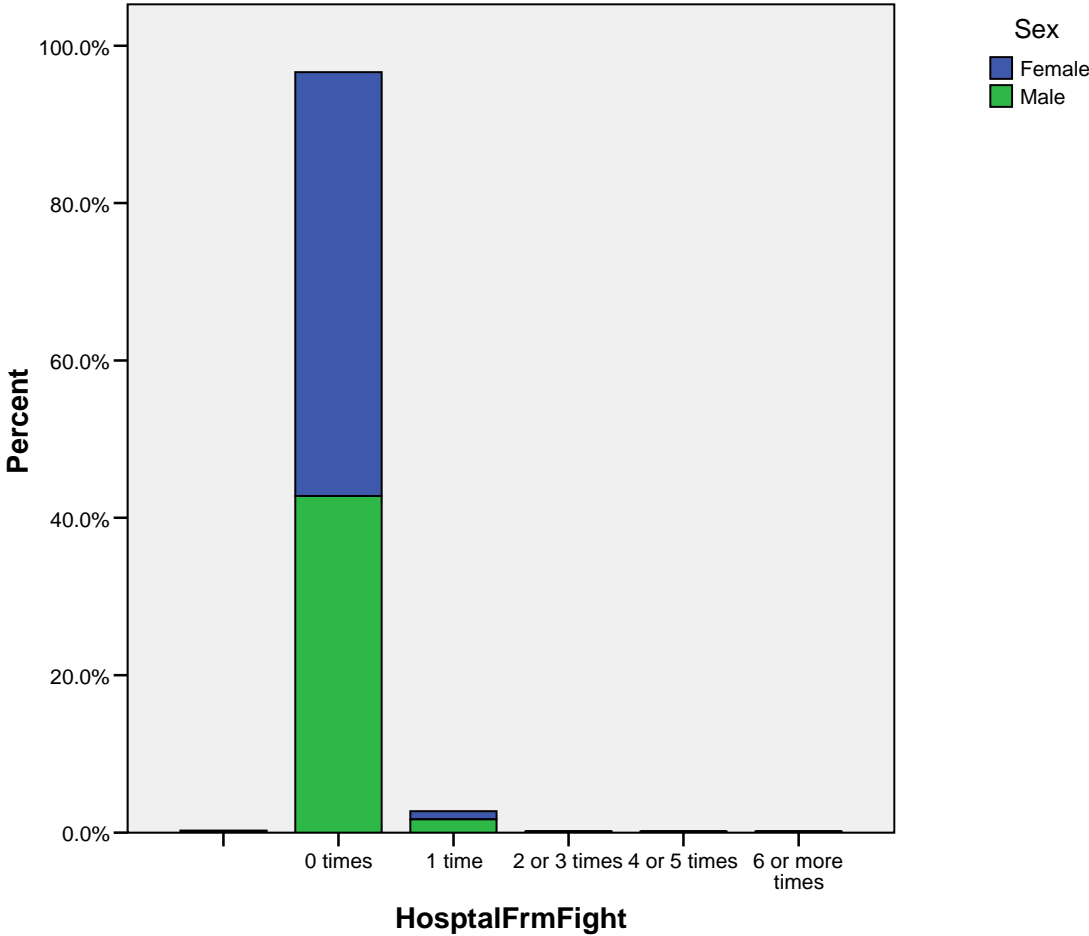


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	74.7%	62.2%	69.1%	69.1%	65.1%	77.7%	66.4%	62.4%	75.0%	70.9%
1 time	11.5%	14.1%	12.7%	16.1%	14.2%	9.8%	9.6%	13.9%	12.8%	3.6%
2 or 3 times	9.8%	14.4%	11.9%	12.8%	11.9%	9.2%	14.4%	16.9%	8.1%	9.1%
4 or 5 times	1.2%	6.3%	3.5%	2.0%	5.8%	.5%	4.1%	4.7%	1.5%	9.1%
6 or 7 times	.9%	.6%	.8%	.0%	1.0%	.5%	1.4%	.9%	.6%	.0%
8 or 9 times	.0%	.6%	.3%	.0%	.3%	.5%	.0%	.3%	.3%	.0%
10 or 11 times	.2%	.0%	.1%	.0%	.0%	.5%	.0%	.0%	.0%	.0%
12 or more times	.9%	1.7%	1.3%	.0%	1.7%	.0%	3.4%	.6%	1.7%	3.6%

State and national percentages were calculated for youth involved in a fight one or more times during the past 12 months. The state percentage was 29.9%, while the national percentage was 35.9%. Data specific to eastern North Carolina was used to calculate a percentage specific to the region, which was found to be 29.5%.

The Wayne County average was found to be 30.6%. Trends in Wayne County reveal that males were more likely than females to be involved in more than one fight. Trends also reveal that students identifying themselves as black were more likely than those identifying themselves as white to have been in a physical fight in the past 12 months. Students identifying themselves as Hispanic were also more likely than those identifying themselves as white to have been in a physical fight in the past 12 months.

Percent of students who were injured in a physical fight and had to be treated by a doctor or nurse during the past 12 months

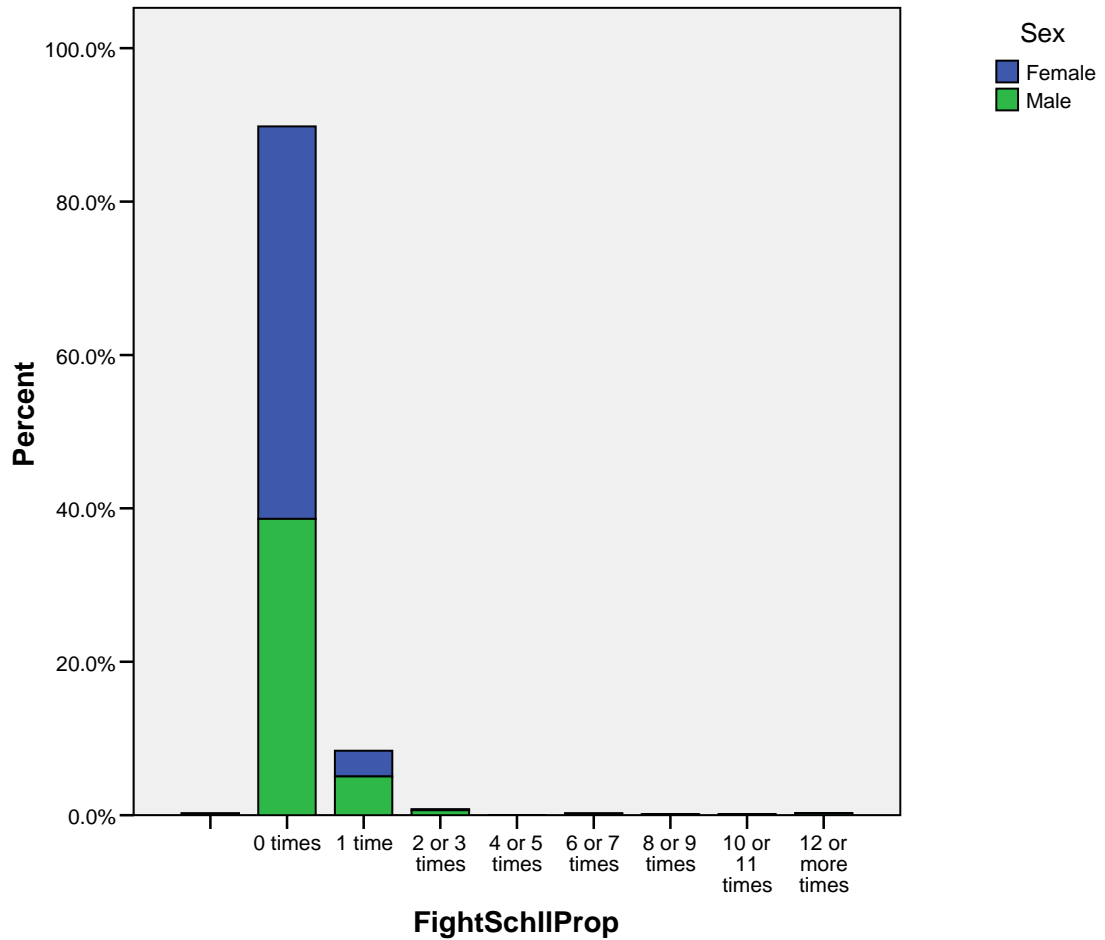


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	97.7%	95.4%	96.6%	97.3%	96.6%	95.7%	97.3%	97.3%	97.4%	89.1%
1 time	1.9%	3.7%	2.7%	2.7%	3.4%	2.7%	1.4%	2.7%	2.3%	5.5%
2 or 3 times	.0%	.3%	.1%	.0%	.0%	.5%	.0%	.0%	.0%	.0%
4 or 5 times	.0%	.3%	.1%	.0%	.0%	.0%	.7%	.0%	.3%	.0%
6 or more times	.0%	.3%	.1%	.0%	.0%	.0%	.7%	.0%	.0%	1.8%

State and national percentages were calculated for individuals requiring treatment by a doctor or nurse one or more times in the past 12 months, as a result from being in a physical fight. The state percentage was 4.1%, while the national percentage was 3.6%. The region specific percentage for eastern North Carolina was found to be 2.7%.

The Wayne County percentage was found to be 3.0%. Trends in Wayne County reveal that males were significantly more likely to require medical treatment as a result of being in a fight, with respect to females. Trends in Wayne County also show that those identifying themselves as Hispanics had a higher percentage of medical treatment after engaging in a physical fight.

Percent of students who were in a physical fight on school property during the past 12 months

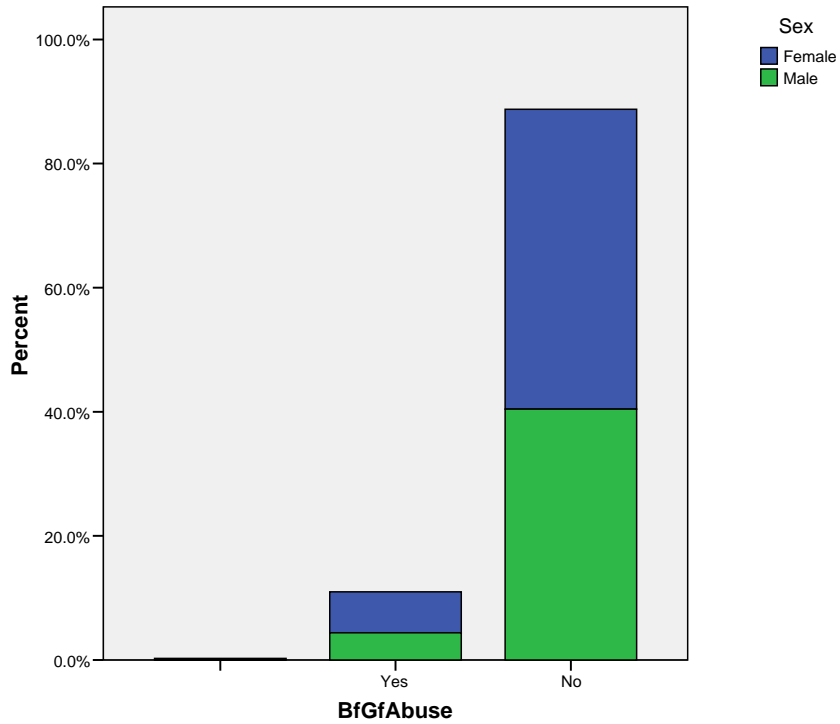


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	92.7%	86.2%	89.8%	86.6%	90.5%	90.8%	90.4%	87.6%	91.9%	90.9%
1 time	6.1%	11.2%	8.4%	11.4%	8.1%	7.1%	7.5%	11.2%	6.7%	3.6%
2 or 3 times	.2%	1.4%	.8%	1.3%	1.0%	.5%	.0%	.9%	.6%	.0%
4 or 5 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
6 or 7 times	.5%	.0%	.3%	.0%	.3%	.0%	.7%	.0%	.6%	.0%
8 or 9 times	.0%	.3%	.1%	.7%	.0%	.0%	.0%	.0%	.0%	.0%
10 or 11 times	.0%	.3%	.1%	.0%	.0%	.5%	.0%	.3%	.0%	.0%
12 or more times	.0%	.6%	.3%	.0%	.0%	.0%	1.4%	.0%	.3%	1.8%

State and national percentages were calculated for individuals fighting one or more times on school property in the past 12 months. The state percentage was 11.6%, while the national percentage was 13.6%. The region specific percentage for eastern North Carolina was found to be 10.1%.

The Wayne County average was found to be 10.0%. In Wayne County males were significantly more likely than females to have been in one or more fights on school property.

Percent of students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

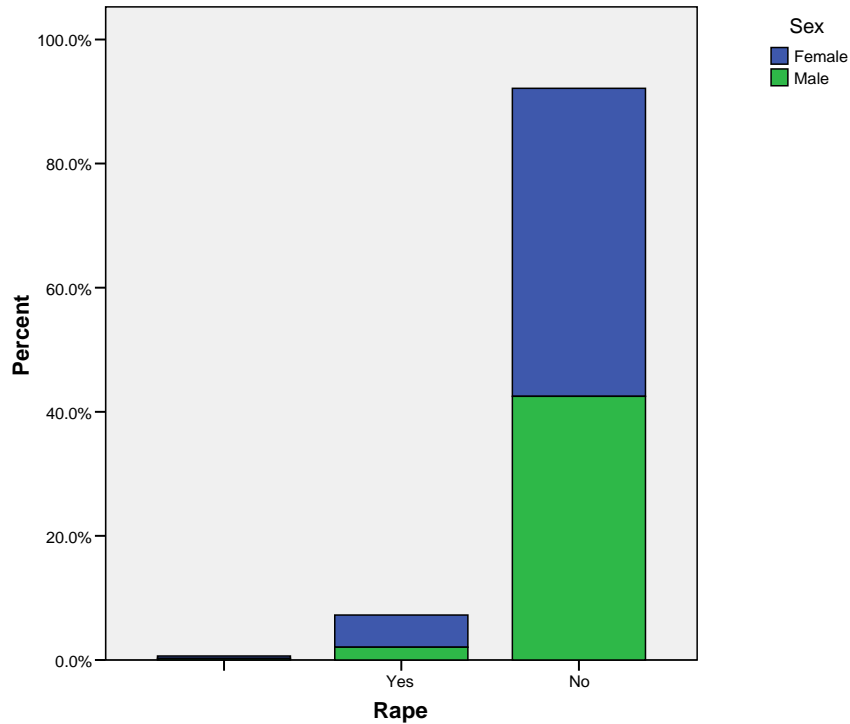


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	11.9%	9.8%	11.0%	4.7%	13.2%	13.0%	10.3%	13.6%	8.4%	10.9%
No	87.6%	90.2%	88.8%	95.3%	86.8%	85.9%	89.7%	86.4%	91.6%	85.5%

State and national percentages were calculated for students who were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend. The state percentage was 12.7%, while the national percentage was 9.2%. The region specific percentage for eastern North Carolina was 9.6%.

In Wayne County the average was 11.0%, with females and African-Americans more likely than others to identify as being hit, slapped, or physically hurt on purpose.

Percent of students who have ever been physically forced to have sexual intercourse when they did not want to



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	9.4%	4.6%	7.2%	6.7%	6.1%	8.2%	8.9%	8.3%	6.7%	3.6%
No	89.9%	94.8%	92.1%	92.6%	93.6%	90.8%	90.4%	90.8%	93.3%	92.7%

State and national percentages were calculated for individuals who have ever been forced to have sexual intercourse when they did not want to. The state percentage was 9.9%, while the national percentage was 7.5%. The region specific percentage was 7.6%.

The Wayne County percentage was found to be 7.2%. Females were significantly more likely to have been forced to have sexual intercourse. Trends in Wayne County also revealed that those identifying themselves as black were more likely to have been forced to have sexual intercourse when they did not want to.

Tobacco Use

The following excerpt was taken from the 2005 NC YRBS:

Tobacco remains one of the most significant public health concerns today in the U.S. and elsewhere. Cigarette smoking has been described as the “single most preventable cause of premature death in the United States.”¹ Tobacco use is considered the chief preventable cause of death in the U.S. with 18% of all deaths attributable to tobacco use.² Tobacco is the leading cause of death and disease in North Carolina, claiming an estimated 11,500 deaths a year. Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.³ Tobacco use in adolescence is associated with many other health risk behaviors, including higher risk sexual behavior and use of alcohol or other drugs.⁴

If current behavior patterns of smoking continue, an estimated 6.4 million people in the U.S., who were under the age of 18 in the year 2000 could die prematurely from smoking related-illnesses.¹ Everyday, 3,000 U.S. teens start smoking and approximately 1,000 will die of a smoking-related disease (FDA Statement, 1995). For any cross section of adults who smoke daily, 90% began using cigarettes before age 20. The average age people start smoking is 13 or 14. The earlier individuals start to smoke, the harder it will be to quit later, and the more likely they will die prematurely.

It is a federal violation to sell tobacco products to persons under the age of 18. In North Carolina, the Division of Alcohol Law Enforcement (ALE) enforces the new Food and Drug Administration (FDA) rules regarding tobacco sales to minors. When tobacco age restriction laws are enforced, tobacco sales to minors can be sharply reduced.⁵

National Health Objectives for the Year 2010

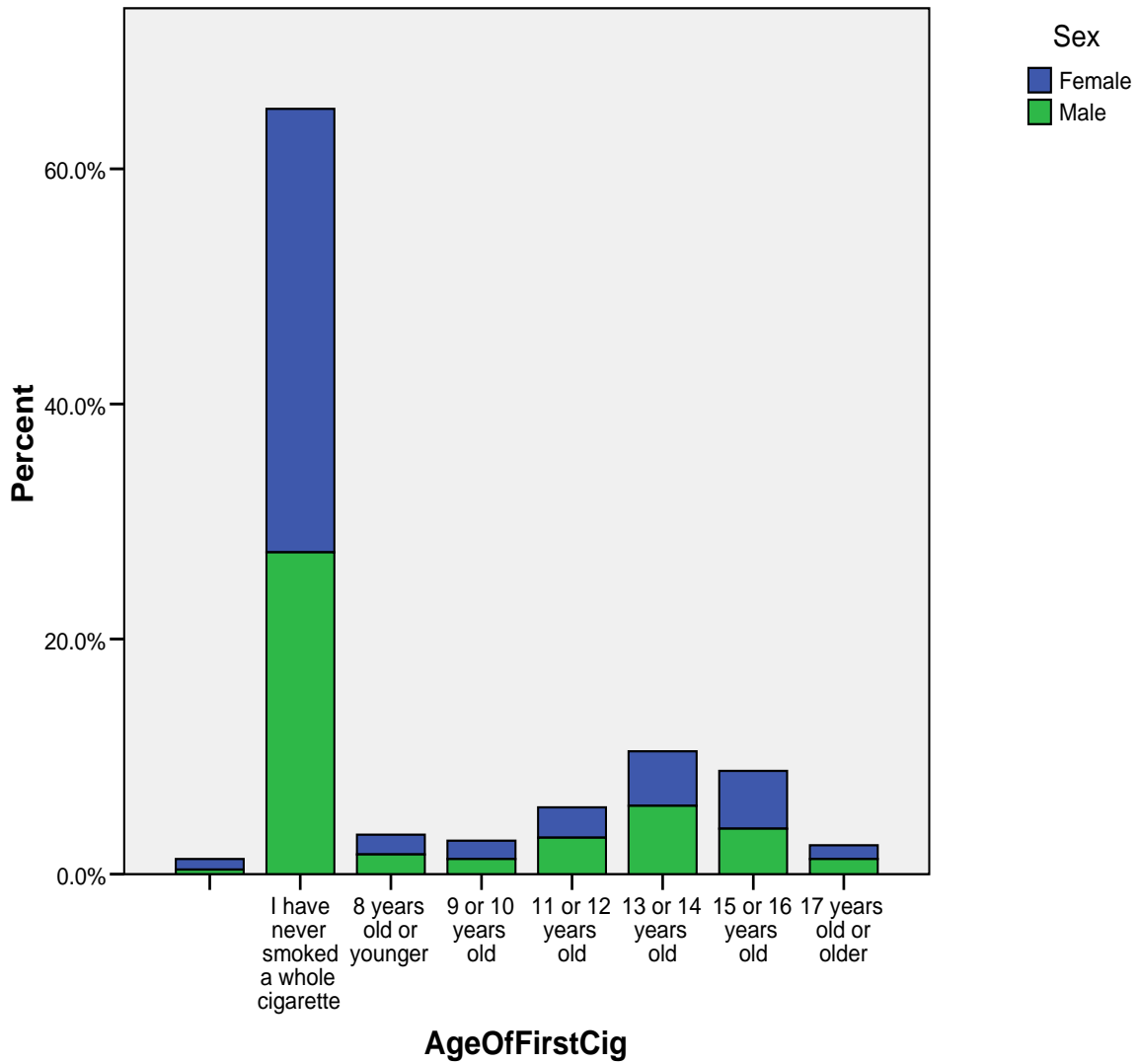
Reduce use of tobacco products in the past month by adolescents to 21%, reduce use of cigarettes in the past month by adolescents to 16%, increase tobacco use cessation attempts by adolescent smokers to 84%.

North Carolina 2010 Health Objectives

Reduce tobacco use by high school students, grades 9 through 12, to 19.1%, reduce cigarette smoking by high school students, grades 9 through 12, to 15.8%, reduce the percent of children

who begin to smoke before age 11 to 10%.

Ages of students the first time they smoked a whole cigarette

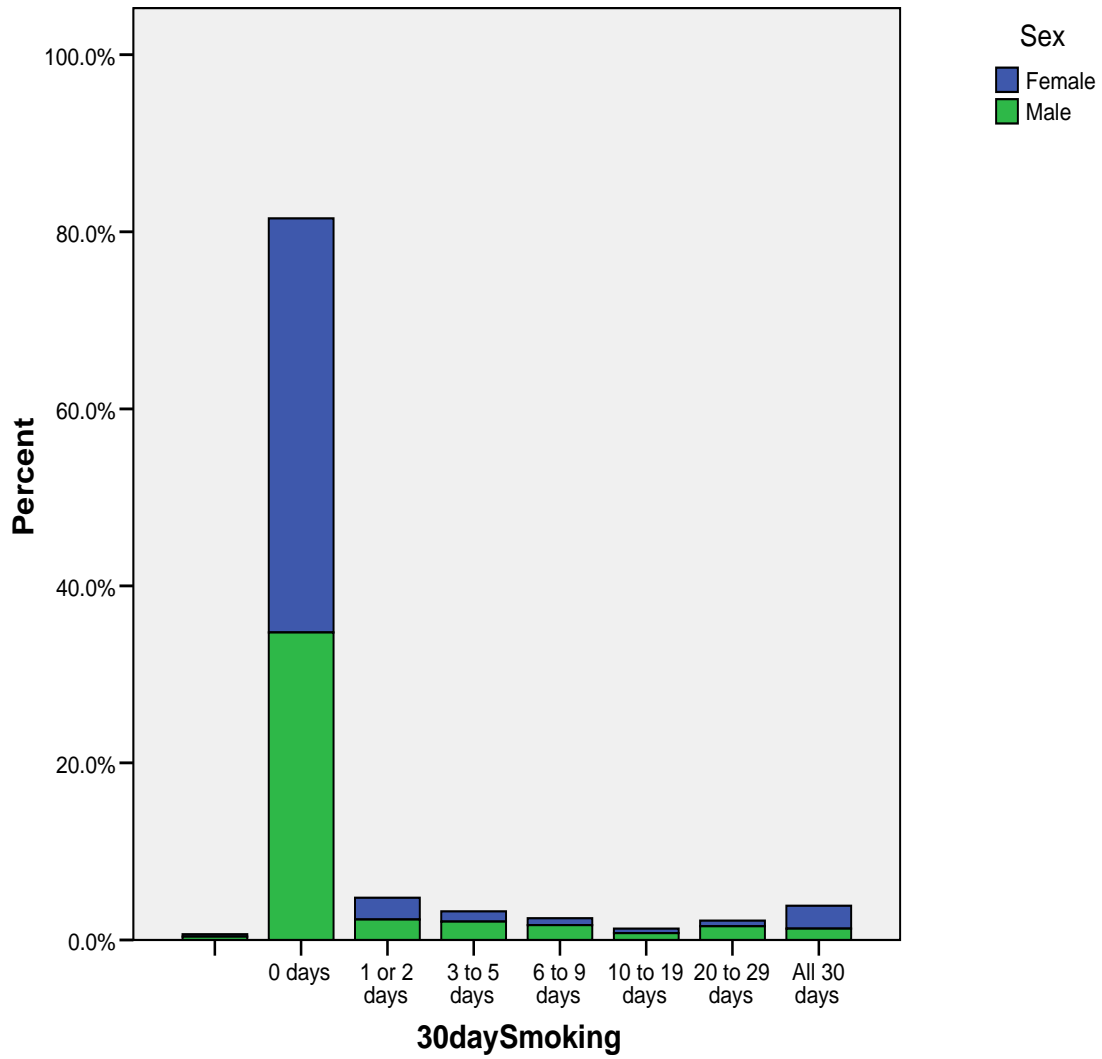


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I have never smoked a whole cigarette	68.4%	61.1%	65.1%	72.5%	69.8%	59.8%	54.8%	74.3%	55.5%	74.5%
8 years old or younger	3.0%	3.7%	3.4%	2.7%	2.7%	3.8%	4.8%	4.1%	2.0%	5.5%
9 or 10 years Old	2.8%	2.9%	2.8%	2.7%	2.7%	3.3%	2.7%	.9%	4.4%	.0%
11 or 12 years old	4.7%	6.9%	5.7%	8.1%	4.7%	4.9%	6.2%	5.3%	7.0%	.0%
13 or 14 years old	8.4%	13.0%	10.5%	8.7%	8.5%	14.7%	11.0%	6.5%	14.5%	10.9%
15 or 16 years old	8.9%	8.6%	8.8%	4.0%	10.2%	8.7%	11.0%	6.2%	12.2%	3.6%
17 years old or older	2.1%	2.9%	2.5%	.0%	.3%	3.3%	8.2%	.9%	3.8%	3.6%

State and national data was collected in respect to youth who had smoked their first whole cigarette before the age of 13. The state percentage was 18.4%, while the national percentage was 16.0%. The region specific percentage for eastern North Carolina was 18.1%

The Wayne County data yielded a percentage of 11.9%, which is significantly different from both the state and national average. Individuals identifying themselves as white were more likely to have smoked than those of other ethnicities in Wayne County.

Percent of students who smoked cigarettes on one or more of the past 30 days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	84.8%	77.5%	81.5%	84.6%	85.8%	78.3%	74.0%	89.6%	73.3%	85.5%
1 or 2 days	4.4%	5.2%	4.8%	4.7%	4.1%	6.5%	4.1%	3.3%	5.8%	3.6%
3 to 5 days	2.1%	4.6%	3.2%	4.0%	3.1%	2.7%	3.4%	.9%	5.2%	5.5%
6 to 9 days	1.4%	3.7%	2.5%	1.3%	3.1%	3.3%	1.4%	1.2%	3.8%	1.8%
10 to 19 days	.9%	1.7%	1.3%	.0%	.3%	2.2%	3.4%	1.2%	1.7%	.0%
20 to 29 days	1.2%	3.5%	2.2%	2.7%	1.0%	3.3%	2.7%	1.8%	2.6%	1.8%
All 30 days	4.7%	2.9%	3.9%	2.0%	1.7%	3.3%	11.0%	1.5%	6.7%	1.8%

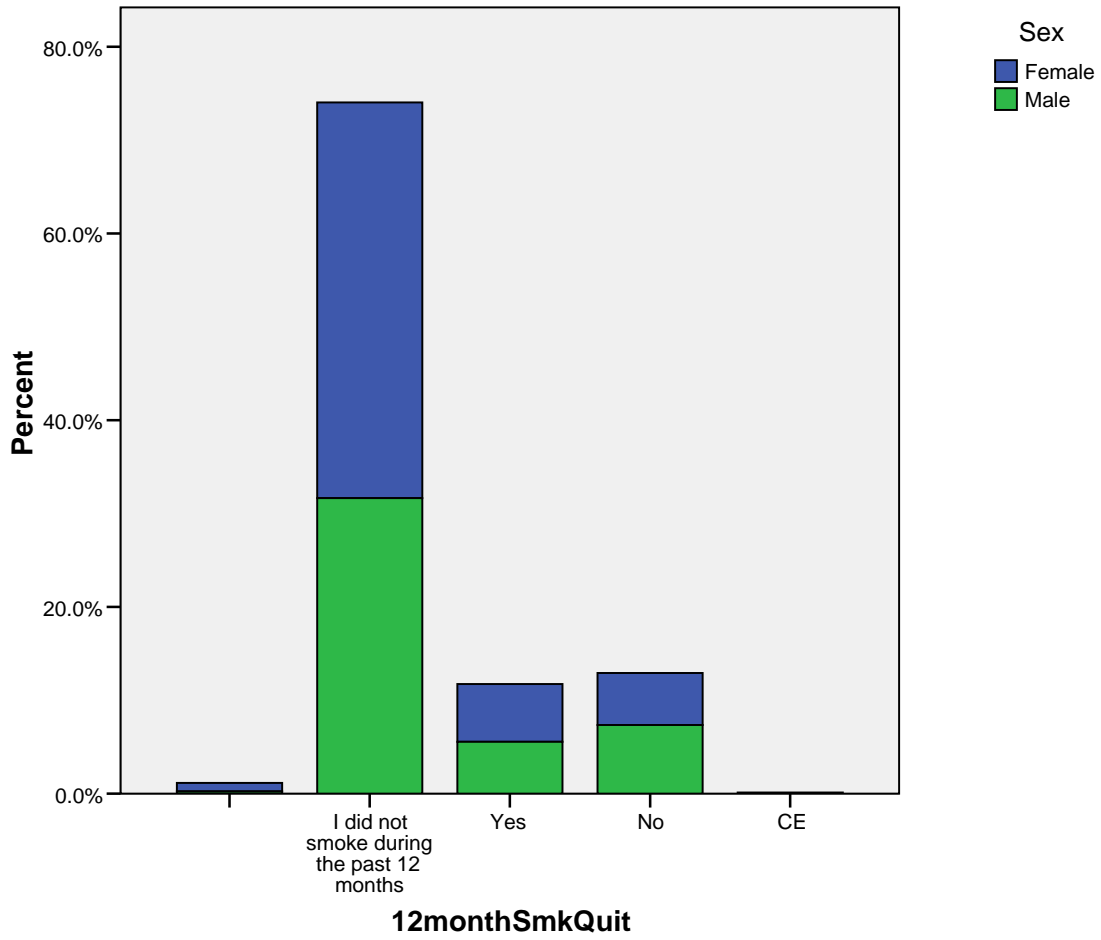
State and national percentages were calculated in respect to the percentage of students who smoked cigarettes on one or more days in the past month. The state percentage was 24.9%, while the national percentage was 23.0%. The region specific percentage for eastern North Carolina was 25.6%.

The Wayne County average for this data was found to be 17.9%. Students identifying themselves as white were significantly more likely to have smoked within the past thirty days.

State data was also calculated for students who smoked cigarettes on 20 or more days in the past month. The state percentage was 11.0%. The region specific percentage for eastern North Carolina was 11.8%.

The Wayne County data yielded a percentage of 6.1%. Individuals identifying themselves as white were more likely to have smoked more than 20 days in the past month in Wayne County.

Among students who are current smokers, the percent who tried to quit smoking during the past 12 months



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I did not smoke during the past 12 months	76.8%	70.6%	74.0%	72.5%	78.3%	72.3%	69.2%	82.0%	65.4%	83.6%
Yes	11.2%	12.4%	11.8%	11.4%	11.9%	8.7%	15.8%	8.9%	14.5%	10.9%
No	10.1%	16.4%	12.9%	12.8%	9.8%	16.8%	14.4%	8.6%	18.3%	3.6%

State and national percentages were calculated for the number of youth who have tried to quit smoking in the past year. The state percentage was 51.5%, while the national percentage was 54.6%. The region specific percentage for eastern North Carolina was 52.6%.

The data for Wayne County yielded a percentage of 47.6%. The percentage of youth in Wayne County reporting that they did not smoke in the past 12 months was 74.0%. Trends in Wayne County reveal that those identifying themselves as white were more likely to attempt to quit smoking in the past 12 months.

Alcohol Use

The following excerpt was taken from the 2005 NC YRBS:

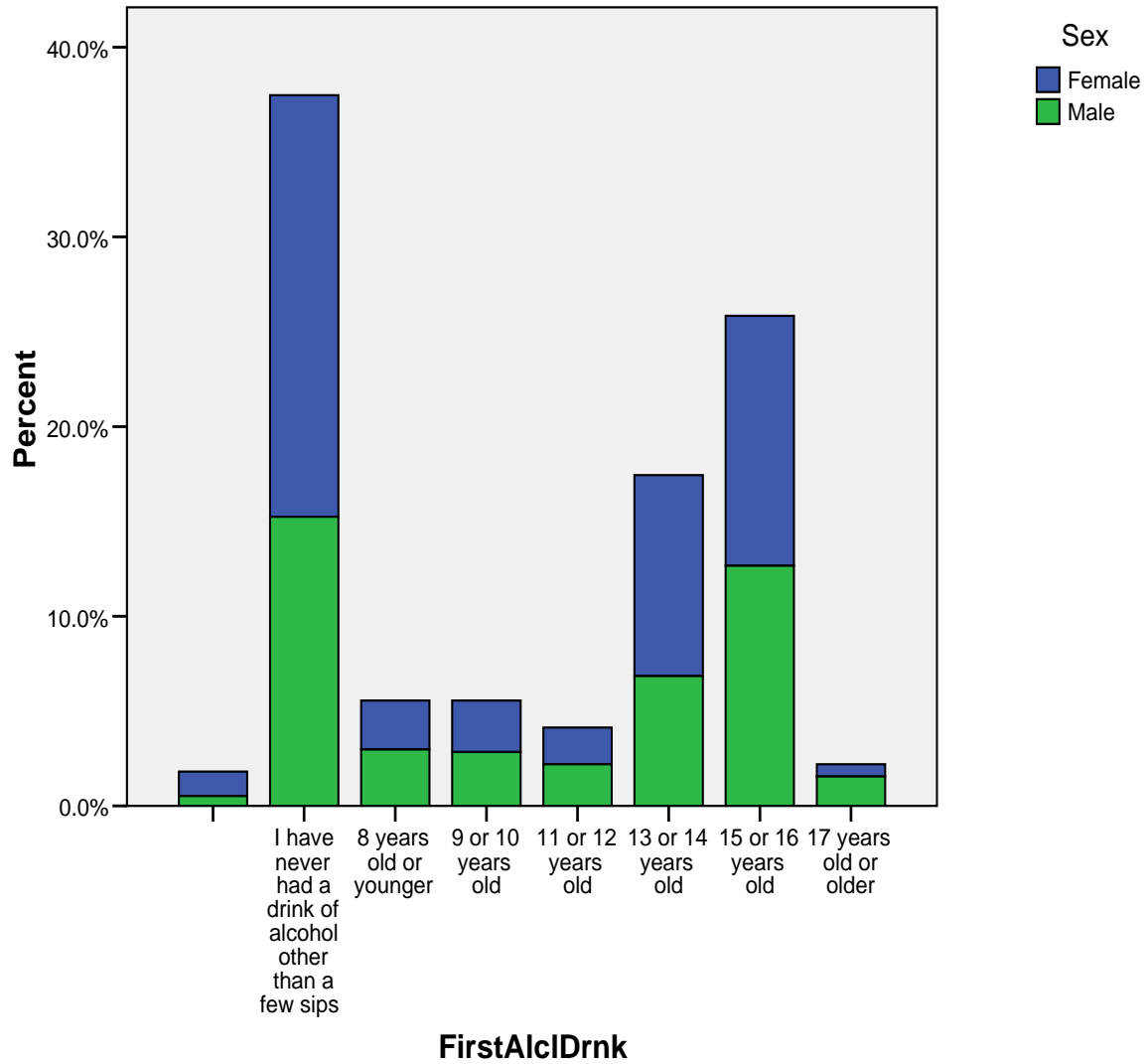
Alcohol is a factor in approximately 41% of all deaths from motor vehicle crashes.¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.² Alcohol abuse is the third leading preventable cause of death in the U.S.³ Long-term alcohol misuse is associated with liver disease, cancer, cardiovascular disease, and neurological damage as well as psychiatric problems such as depression, anxiety, and antisocial personality disorder. Drug use contributes directly and indirectly to the HIV epidemic, and alcohol and drug use contribute markedly to infant morbidity and mortality.⁴ Alcohol use is a leading risk factor in the three leading causes of death among youth: unintentional injuries (including motor vehicle crashes and drownings); suicides; and homicides. Other adverse consequences of underage drinking include risky sexual behavior and poor school performance.⁵

It is currently illegal for a person less than 21 years old to purchase, to attempt to purchase, or to possess alcohol.

National Health Objectives for the Year 2010: Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days.

North Carolina Health Objectives for the Year 2010: Reduce the percentage of high school students who consumed alcohol within the past 20 days to 28.8%, Reduce the percentage of high school students who had five or more drinks of alcohol within the past 30 days to 15%.

Ages of students having their first drink containing alcohol

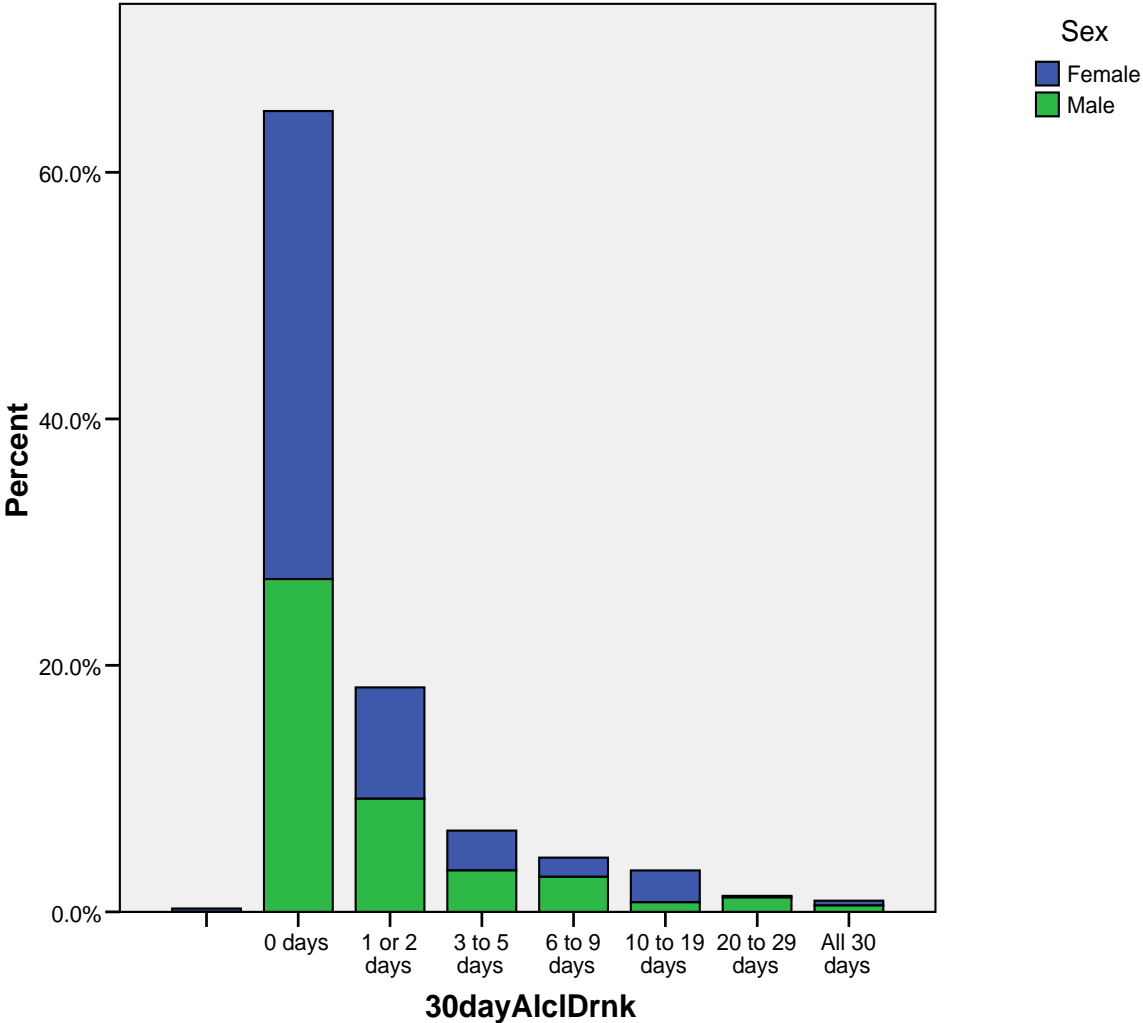


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I have never had a drink of alcohol other than a few sips	40.3%	34.0%	37.5%	52.3%	38.0%	29.3%	31.5%	40.5%	33.1%	49.1%
8 years old or younger	4.7%	6.6%	5.6%	4.7%	5.8%	6.0%	5.5%	8.0%	2.6%	7.3%
9 or 10 years old	4.9%	6.3%	5.6%	4.7%	7.5%	5.4%	2.7%	6.5%	3.8%	3.6%
11 or 12 years old	3.5%	4.9%	4.1%	8.1%	2.0%	4.9%	3.4%	3.3%	4.9%	5.5%
13 or 14 years old	19.2%	15.3%	17.4%	18.8%	19.0%	17.9%	12.3%	16.6%	19.5%	20.0%
15 or 16 years old	23.9%	28.2%	25.8%	7.4%	24.7%	34.8%	35.6%	22.5%	30.5%	14.5%
17 years old or older	1.2%	3.5%	2.2%	.0%	.7%	1.1%	8.9%	.6%	3.8%	.0%

State and National percentages were calculated for the percent of students who had their first drink of alcohol, other than a few sips, before the age of 13. The state percentage was 21.3%, while the national percentage was 25.6%. The region specific percentage for eastern North Carolina was 19.5%.

The calculated percentage for Wayne County was found to be 15.3%. Trends in Wayne County reveal that males are more likely than females to have their first drink containing alcohol before the age of 13.

Percent of students who had at least one drink of alcohol on one or more of the past 30 days

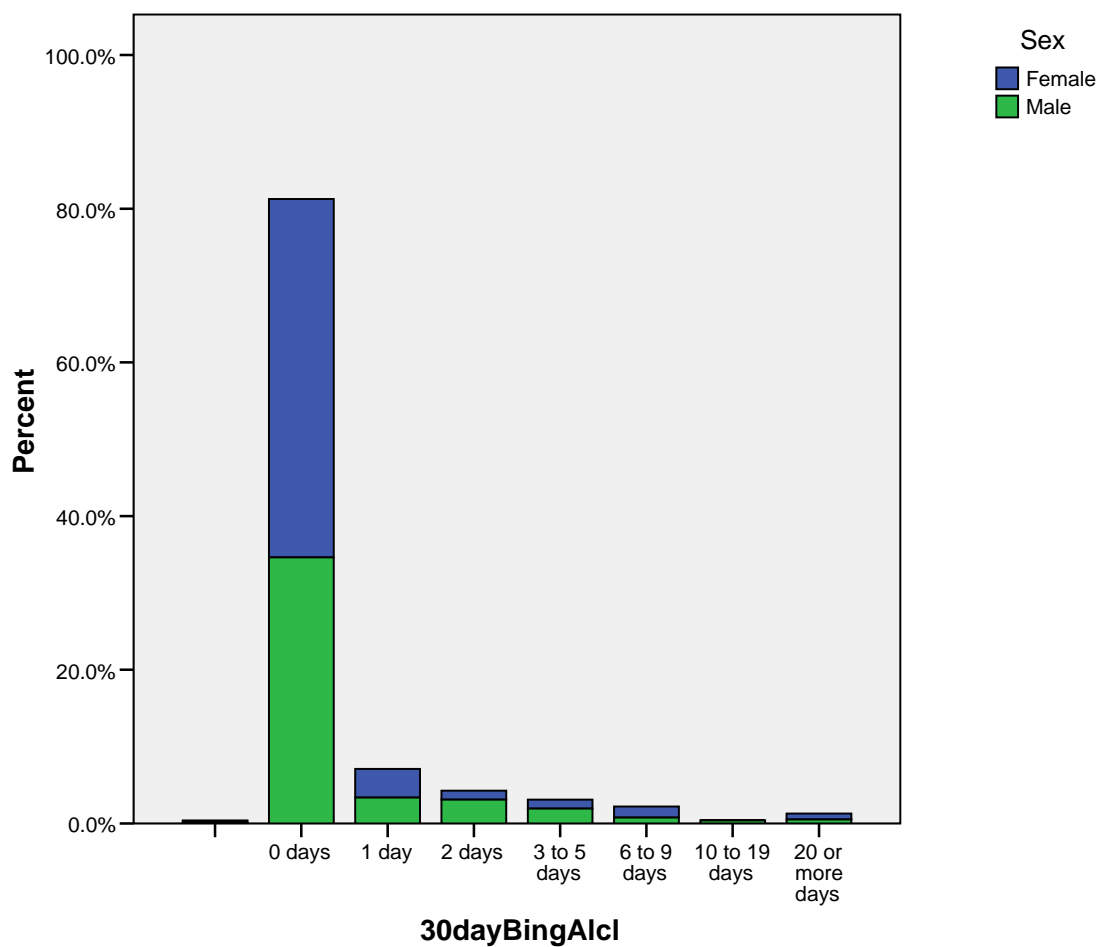


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	68.9%	60.2%	65.0%	75.2%	69.8%	54.3%	58.2%	69.8%	60.8%	65.5%
1 or 2 days	16.4%	20.5%	18.2%	13.4%	14.9%	27.7%	17.8%	14.5%	21.2%	14.5%
3 to 5 days	5.9%	7.5%	6.6%	4.0%	8.8%	4.3%	7.5%	5.9%	7.8%	3.6%
6 to 9 days	2.8%	6.3%	4.4%	4.7%	3.1%	7.1%	3.4%	3.6%	5.5%	3.6%
10 to 19 days	4.7%	1.7%	3.4%	2.0%	1.0%	5.4%	6.8%	3.8%	2.0%	9.1%
20 to 29 days	.2%	2.6%	1.3%	.0%	1.0%	.5%	4.1%	2.1%	.9%	.0%
All 30 days	.7%	1.2%	.9%	.0%	1.4%	.0%	2.1%	.3%	1.2%	3.6%

State and national percentages were calculated for the number of students having at least one or more drinks containing alcohol in the past 30 days. The state percentage was 42.3%, while the national percentage was 43.3%. The region specific percentage for eastern North Carolina was 38.1%.

The Wayne County average was found to be 34.8%. In Wayne County 65% of the youth surveyed responded that they had not had a drink containing alcohol in the past 30 days.

Percent of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

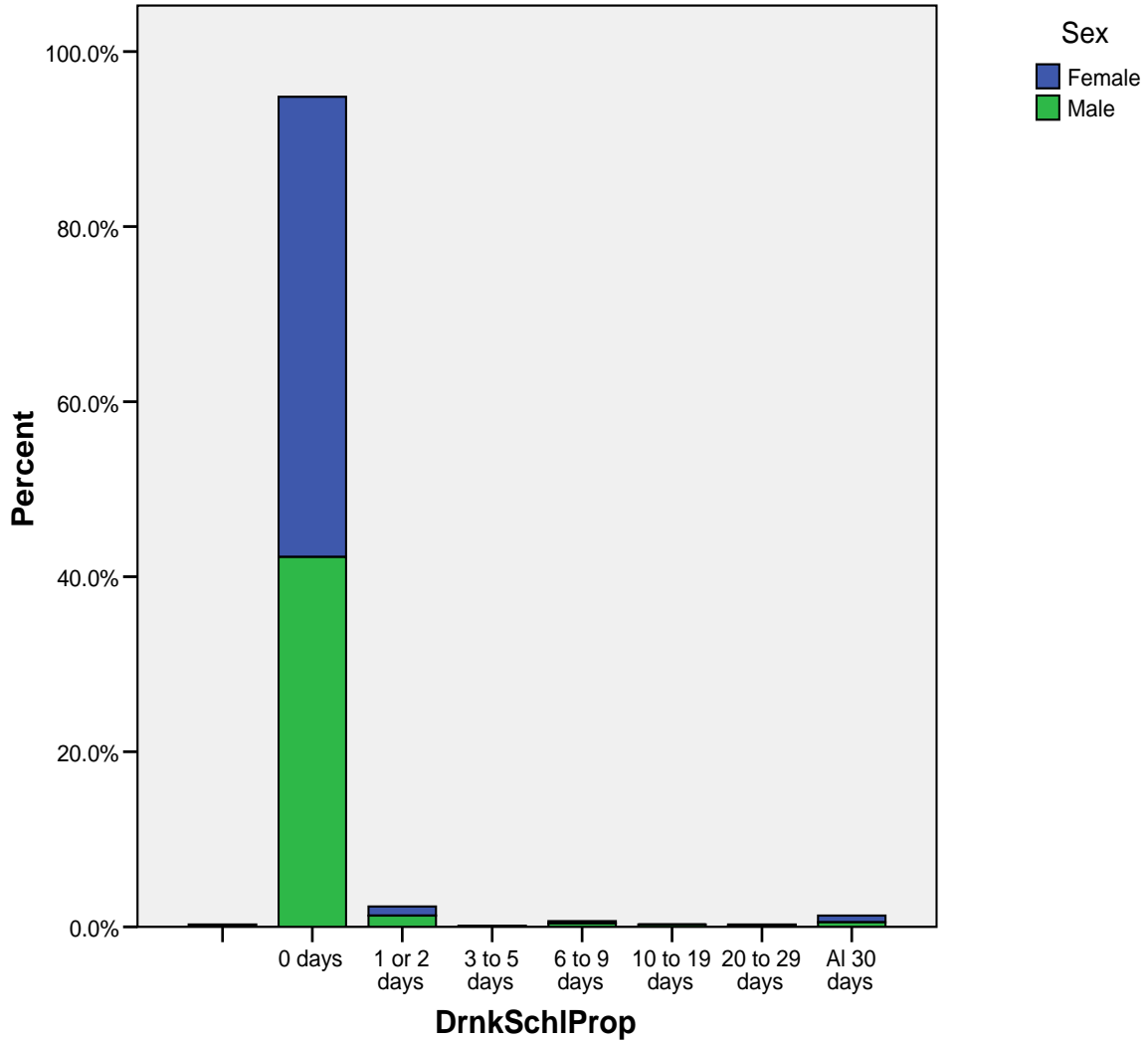


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	84.5%	77.2%	81.3%	86.6%	82.4%	80.4%	74.7%	85.2%	78.2%	80.0%
1 day	6.8%	7.5%	7.1%	6.0%	8.5%	6.5%	6.2%	4.1%	8.4%	12.7%
2 days	2.1%	6.9%	4.3%	5.4%	3.1%	2.7%	7.5%	3.0%	5.5%	3.6%
3 to 5 days	2.1%	4.3%	3.1%	.7%	2.7%	4.3%	4.8%	2.7%	3.8%	1.8%
6 to 9 days	2.6%	1.7%	2.2%	.7%	1.0%	2.7%	5.5%	2.1%	2.6%	.0%
10 to 19 days	.0%	.9%	.4%	.0%	.7%	.0%	.7%	.6%	.3%	.0%
20 or more days	1.4%	1.2%	1.3%	.0%	1.4%	2.7%	.7%	2.1%	.6%	1.8%

State and national data was calculated on the percentage of students who had five or more drinks within a couple of hours, on one or more of the past 30 days. The state percentage was 23.1%, while the national percentage was 25.5%. The region specific percentage for eastern North Carolina was 19.5%.

The percentage for Wayne County was found to be 18.4%. Trends in Wayne County reveal that students identifying themselves as white were more likely in Wayne County to have had five or more drinks in the past 30 days.

Percent of students who had at least one drink of alcohol on school property on one or more of the past 30 days

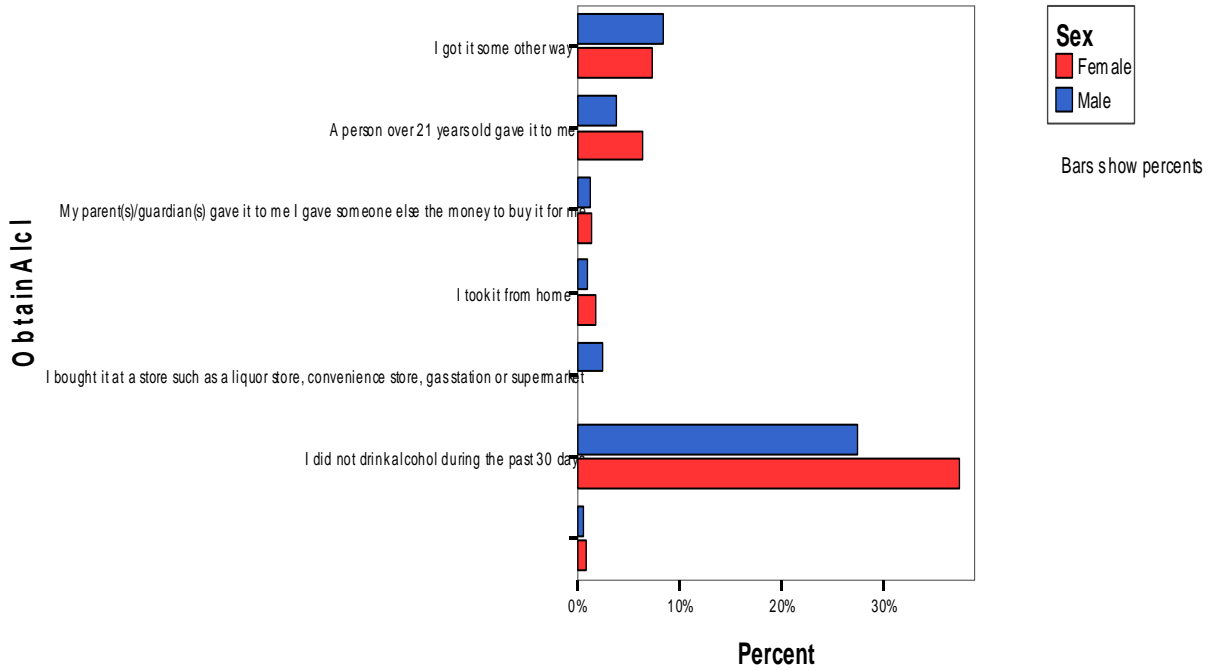


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	95.3%	94.2%	94.8%	96.0%	94.6%	95.1%	93.8%	94.7%	95.6%	96.4%
1 or 2 days	1.9%	2.9%	2.3%	2.7%	3.4%	1.1%	1.4%	1.8%	2.3%	.0%
3 to 5 days	.2%	.0%	.1%	.0%	.0%	.0%	.7%	.0%	.3%	.0%
6 to 9 days	.5%	.9%	.6%	.0%	.7%	.0%	2.1%	1.2%	.3%	.0%
10 to 19 days	.0%	.6%	.3%	.0%	.3%	.5%	.0%	.3%	.0%	1.8%
20 to 29 days	.2%	.3%	.3%	.0%	.3%	.5%	.0%	.3%	.3%	.0%
At 30 days	1.4%	1.2%	1.3%	.0%	.7%	2.7%	2.1%	1.5%	.9%	1.8%

State and national data was calculated for the percentage of students who had at least one drink of alcohol on school property in the past 30 days. The state average was 5.4%, while the national average was 4.3%. The region specific percentage for eastern North Carolina was 3.7%.

The Wayne County average was found to be 4.9%. This number is lower than the state average, but it is higher than the region specific percentage for eastern North Carolina.

Percent of students who usually got their alcohol during the past 30 days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I did not drink alcohol during the past 30 days	67.9%	61.4%	65.0%	75.2%	69.2%	56.0%	57.5%	70.1%	59.6%	70.9%
I bought it at a store such as a liquor store, convenience store, gas station or supermarket	.0%	5.5%	2.5%	1.3%	1.4%	3.8%	4.1%	3.3%	1.2%	1.8%
I bought it at a restaurant, bar, or club	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
I took it from home	3.3%	2.0%	2.7%	2.0%	1.7%	7.1%	.0%	1.8%	2.9%	3.6%
My parent(s) /guardian(s) gave it to me I gave someone else the money to buy it for me	2.6%	2.9%	2.7%	2.7%	1.7%	3.3%	4.1%	1.2%	4.9%	.0%
A person over 21 years old gave it to me	11.5%	8.4%	10.1%	3.4%	9.8%	12.0%	15.1%	9.8%	10.5%	9.1%
I got it some other way	13.3%	18.7%	15.8%	12.8%	15.6%	15.8%	19.2%	12.4%	20.1%	12.7%

Other Drug Use

The following excerpt was taken from the 2005 NC YRBS:

These questions measure lifetime and current use of various drugs including marijuana, cocaine, hallucinogens, ecstasy, heroin, steroids, methamphetamines, and the inhalation of various substances. The use of drugs is associated with many negative health and behavioral outcomes among adolescents. Drug use is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmissions of sexually transmitted diseases (STD), including human immunodeficiency virus (HIV) infection.¹ Among youth, the use of alcohol and other drugs has also been linked to unintentional injuries, physical fights, academic and occupational problems, and illegal behavior.²

Marijuana is the most commonly used illegal drug in the U.S. The short term effects of marijuana include memory and learning problems, distorted perception, and difficulty thinking or solving problems.³ Students who smoke marijuana get lower grades and are less likely to graduate from high school, compared with their nonsmoking peers.⁴

Cocaine is a powerfully addictive drug that is snorted, sniffed, injected, or smoked. Common health effects include heart attacks, respiratory failure, strokes, and seizures. Large amounts can cause bizarre and violent behavior, and even death.⁵

Methamphetamine is an addictive stimulant that has toxic effects on the central nervous system. Chronic long term use can lead to psychotic behavior, hallucinations, and stroke.⁶

Ecstasy is a human made drug that acts as both a stimulant and a hallucinogen. Adverse health effects include nausea, chills, sweating, teeth clenching, muscle cramping, and blurred vision.⁷

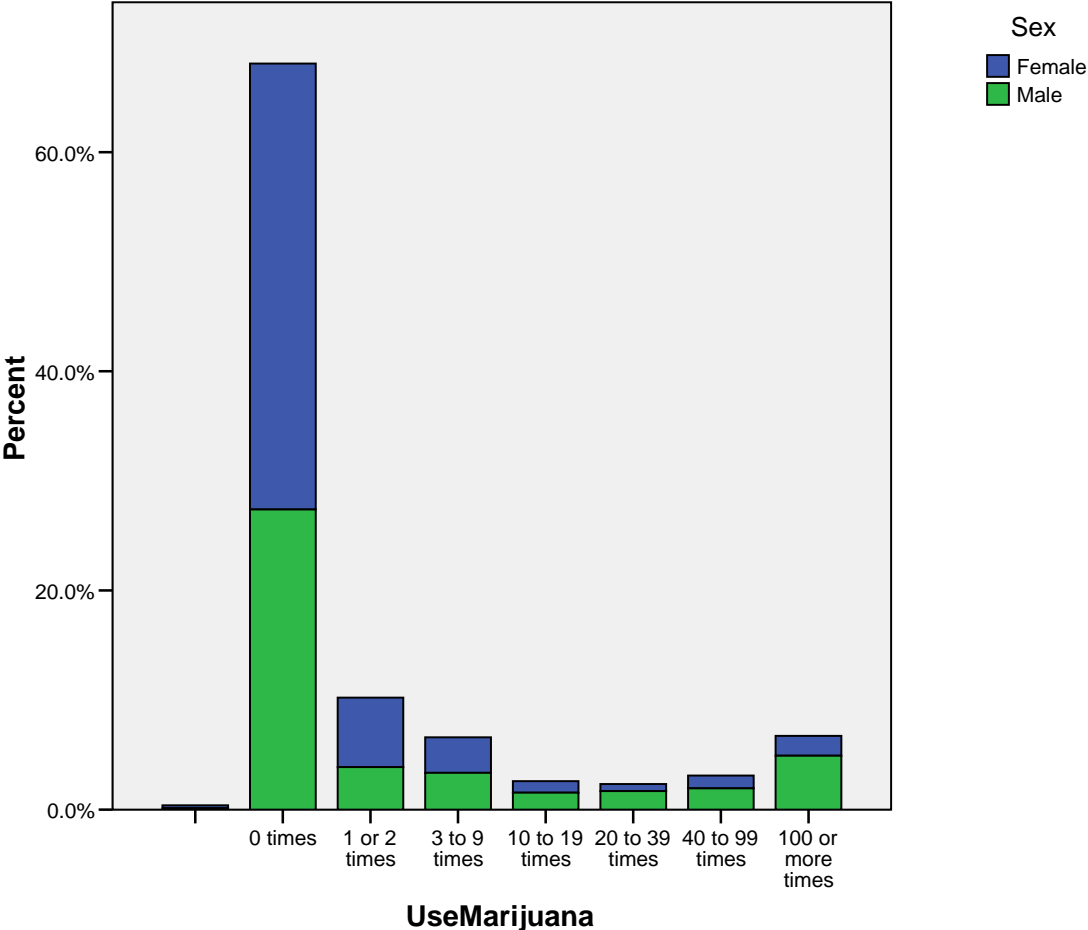
Steroid abuse can lead to serious and sometimes irreversible health problems. Major side effects include liver tumors and cancer, jaundice, high blood pressure, kidney tumors, severe acne, altered sex characteristics, and trembling. In teenagers, growth may be halted prematurely and permanently.⁸

Inhalants are among the first drugs that young kids use. Most solvents and gasses that are inhaled produce anesthesia, a loss of sensation, and even unconsciousness.⁹

National Health Objectives for the Year 2010: Increase the age and proportion of adolescents who remain alcohol and drug free, increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days, reduce steroid use among adolescents, reduce the proportion of adolescents who use inhalants.

North Carolina Health Objectives for the Year 2010: Reduce the percentage of high school students who used marijuana in the past 30 days to 16%, reduce the percentage of middle and high school students who sniffed glue or spray containers to get high at some time in their life to 13%, reduce the percentage of middle and high school students who have ever used any form of cocaine to 4%.

Student use of marijuana during their life

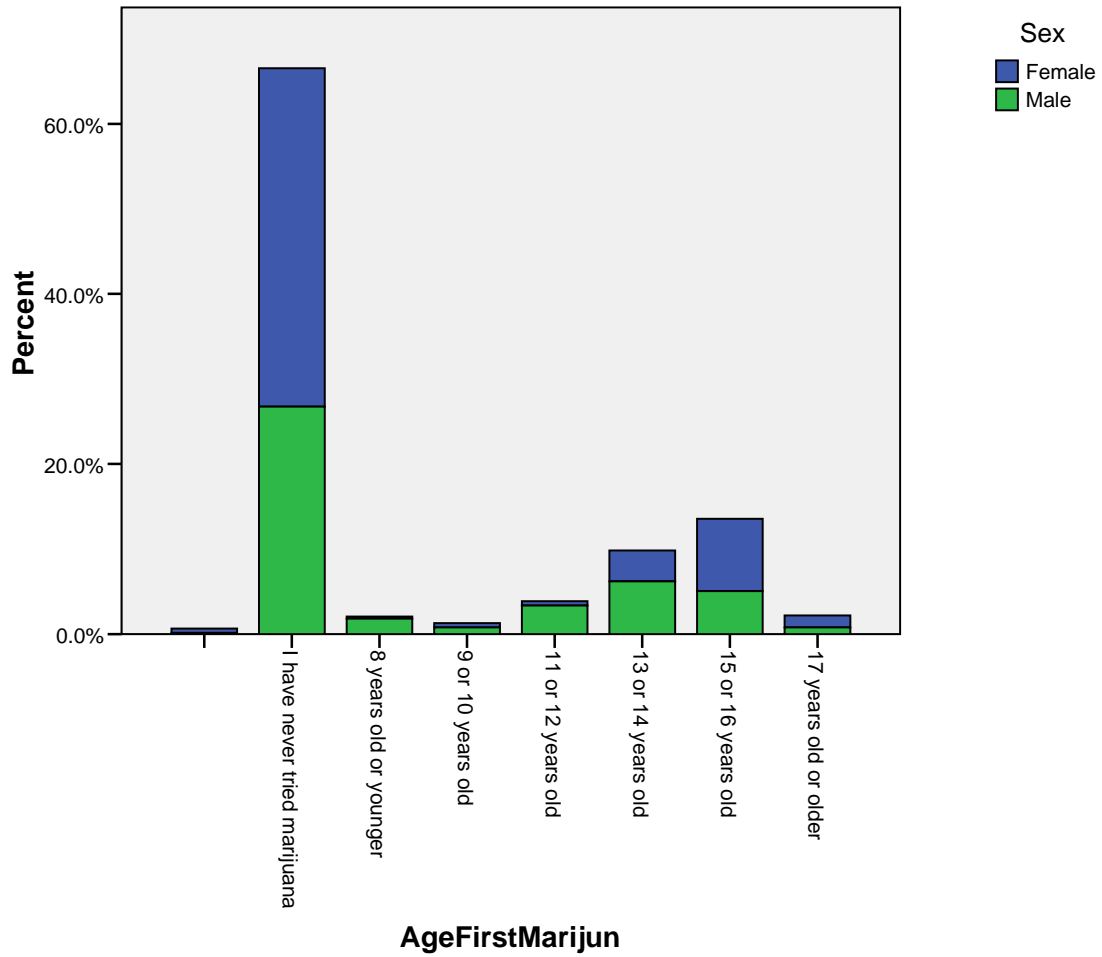


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	73.8%	61.1%	68.1%	76.5%	71.5%	65.8%	55.5%	68.6%	67.7%	74.5%
1 or 2 times	11.5%	8.6%	10.2%	5.4%	10.2%	11.4%	13.7%	10.7%	8.1%	10.9%
3 to 9 times	5.9%	7.5%	6.6%	4.7%	5.1%	8.7%	8.9%	6.8%	7.8%	.0%
10 to 19 times	1.9%	3.5%	2.6%	3.4%	1.7%	1.6%	4.8%	1.2%	3.8%	3.6%
20 to 39 times	1.2%	3.7%	2.3%	1.3%	2.7%	3.3%	1.4%	2.4%	2.0%	1.8%
40 to 99 times	2.1%	4.3%	3.1%	4.0%	2.0%	1.6%	6.2%	2.1%	4.7%	.0%
100 or more times	3.3%	11.0%	6.7%	4.0%	6.1%	7.6%	9.6%	7.7%	5.5%	9.1%

State and national data was calculated in respect to the percentage of students who had used marijuana one or more times in their lives. The state percentage was 40.1%, while the national percentage was found to be 38.4%. The region specific percentage for eastern North Carolina was 39.8%.

The Wayne County average was found to be 31.5%. Males were significantly more likely than females to have used marijuana. Trends in Wayne County also reveal that seniors were significantly more likely to have used marijuana than underclassmen.

Percentages of ages of students when trying marijuana for the first time

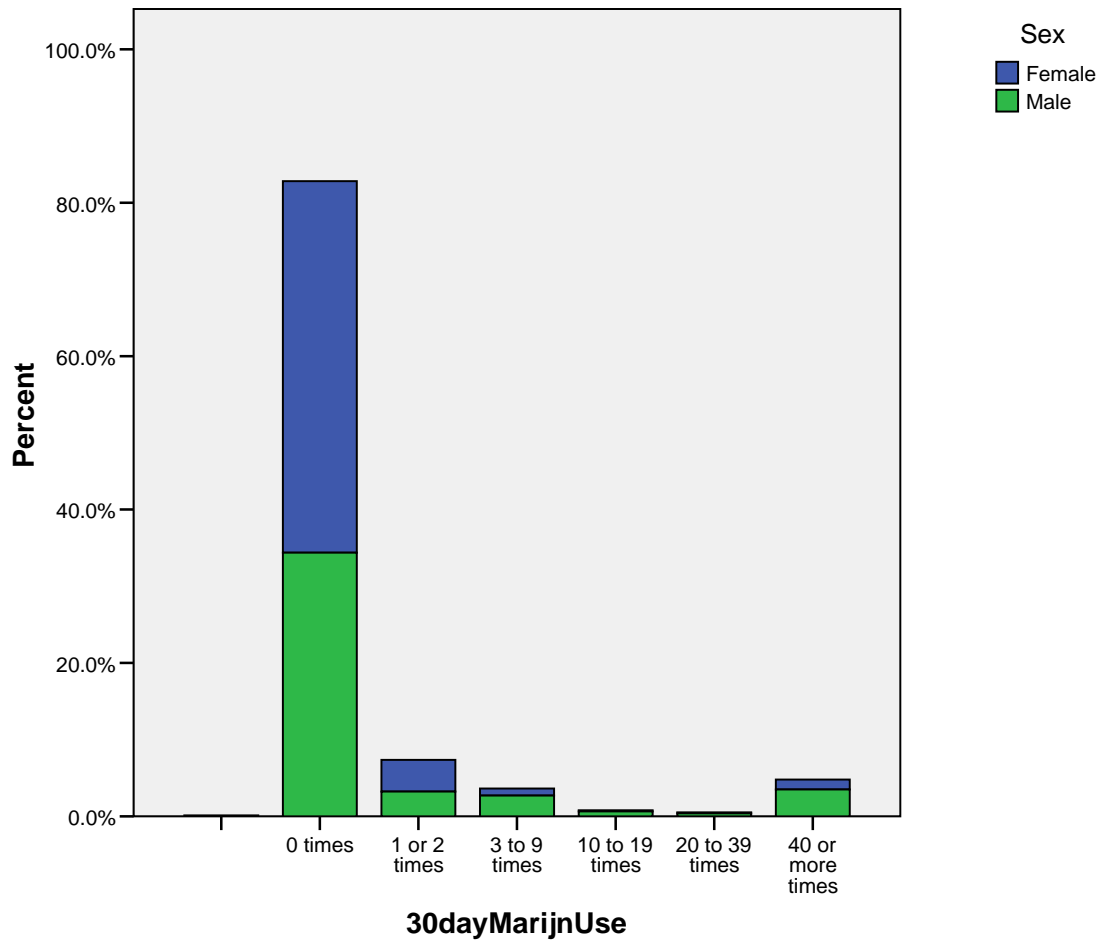


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I have never tried marijuana	72.1%	59.7%	66.5%	74.5%	71.2%	63.0%	53.4%	65.7%	67.7%	70.9%
8 years old or younger	.5%	4.0%	2.1%	1.3%	3.4%	.5%	2.1%	2.7%	1.2%	.0%
9 or 10 years old	.9%	1.7%	1.3%	1.3%	.0%	4.3%	.0%	2.7%	.3%	.0%
11 or 12 years old	.9%	7.5%	3.9%	2.7%	3.4%	3.3%	6.8%	5.9%	1.7%	3.6%
13 or 14 years old	6.6%	13.8%	9.8%	12.8%	6.8%	7.1%	16.4%	7.7%	11.0%	10.9%
15 or 16 years old	15.5%	11.2%	13.6%	6.0%	13.9%	20.1%	12.3%	11.8%	16.0%	9.1%
17 years old or older	2.6%	1.7%	2.2%	.0%	.7%	1.1%	8.9%	3.0%	1.7%	1.8%

State and national data was calculated in respect to students who tried marijuana for the first time before the age of 13. The state percentage was 9.1%, while the national percentage was 8.7%. The region specific percentage for eastern North Carolina was 8.0%.

The Wayne County percentage was found to be 7.3%. The majority of Wayne County students had never tried marijuana, which was found to be 66.5% of those surveyed. Males were significantly more likely than females to have tried marijuana before the age of 13. Trends in Wayne County also reveal that students identifying themselves as black were more likely to have tried marijuana before age 13.

The percent of students who used marijuana one or more times during the past 30 days

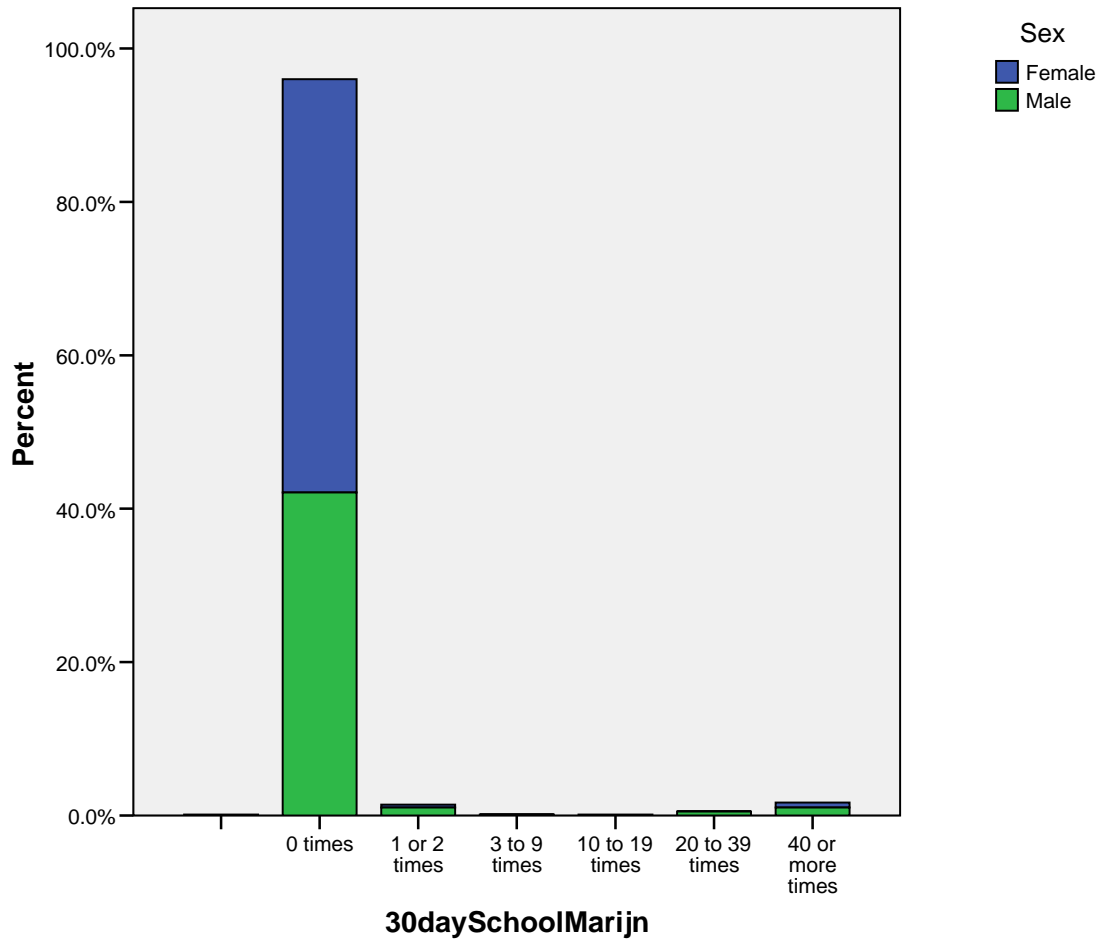


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	87.8%	76.7%	82.8%	86.6%	83.4%	83.2%	77.4%	80.5%	83.7%	92.7%
1 or 2 times	7.5%	7.2%	7.4%	6.0%	9.8%	3.3%	8.9%	6.8%	9.0%	1.8%
3 to 9 times	1.6%	6.1%	3.6%	4.7%	2.4%	4.3%	4.1%	5.0%	2.3%	1.8%
10 to 19 times	.2%	1.4%	.8%	.7%	.0%	1.6%	1.4%	1.2%	.3%	.0%
20 to 39 times	.2%	.9%	.5%	.0%	.0%	.5%	2.1%	.3%	.9%	.0%
40 or more times	2.3%	7.8%	4.8%	1.3%	4.4%	7.1%	6.2%	5.9%	3.8%	3.6%

State and national data was collected on individuals who used marijuana one or more times in the past 30 days. The state percentage was calculated to be 21.4%, while the national percentage was found to be 20.2%. The region specific percentage was found to be 21.3%.

The Wayne County average was calculated to be 17.1%. In Wayne County males were significantly more likely to use marijuana in the past 30 days more than those identifying themselves as females.

Percent of students who used marijuana on school property in the past 30 days

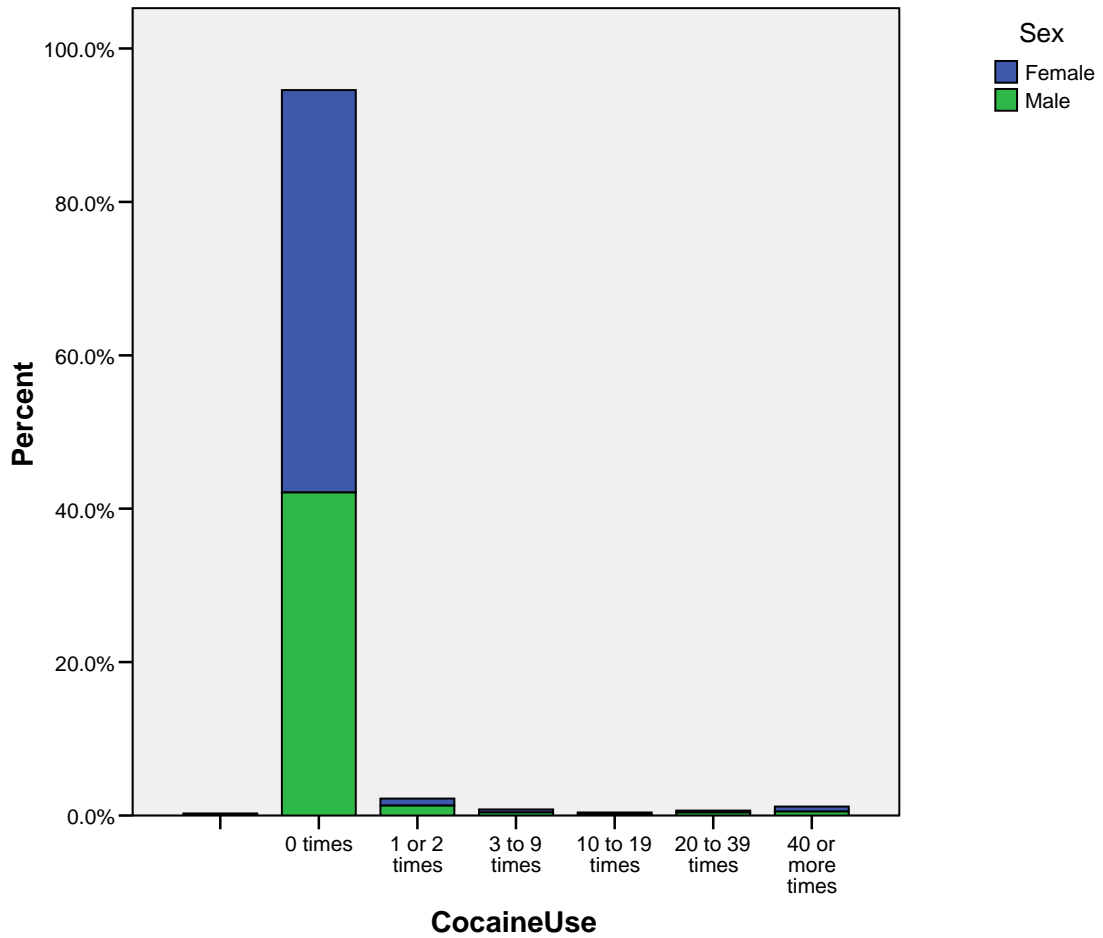


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	97.7%	93.9%	96.0%	98.7%	94.9%	95.7%	95.9%	95.0%	98.0%	96.4%
1 or 2 times	.7%	2.3%	1.4%	.7%	2.7%	1.1%	.0%	.6%	1.7%	.0%
3 to 9 times	.0%	.3%	.1%	.0%	.3%	.0%	.0%	.0%	.0%	1.8%
10 to 19 times	.2%	.0%	.1%	.0%	.0%	.5%	.0%	.3%	.0%	.0%
20 to 39 times	.0%	1.2%	.5%	.0%	.0%	.5%	2.1%	1.2%	.0%	.0%
40 or more times	1.2%	2.3%	1.7%	.0%	2.0%	2.2%	2.1%	2.7%	.3%	1.8%

State and national data was collected on marijuana use by students on school property in the past 30 days. The state percentage was 4.1%, while the national percentage was 4.5%. The region specific percentage was found to be 3.9%.

The percentage in Wayne County was found to be 3.8%. Males were significantly more likely than female students to have smoked marijuana on school property in the past 30 days.

Percent of students who used any form of cocaine, including powder, crack, or freebase one or more times in their life

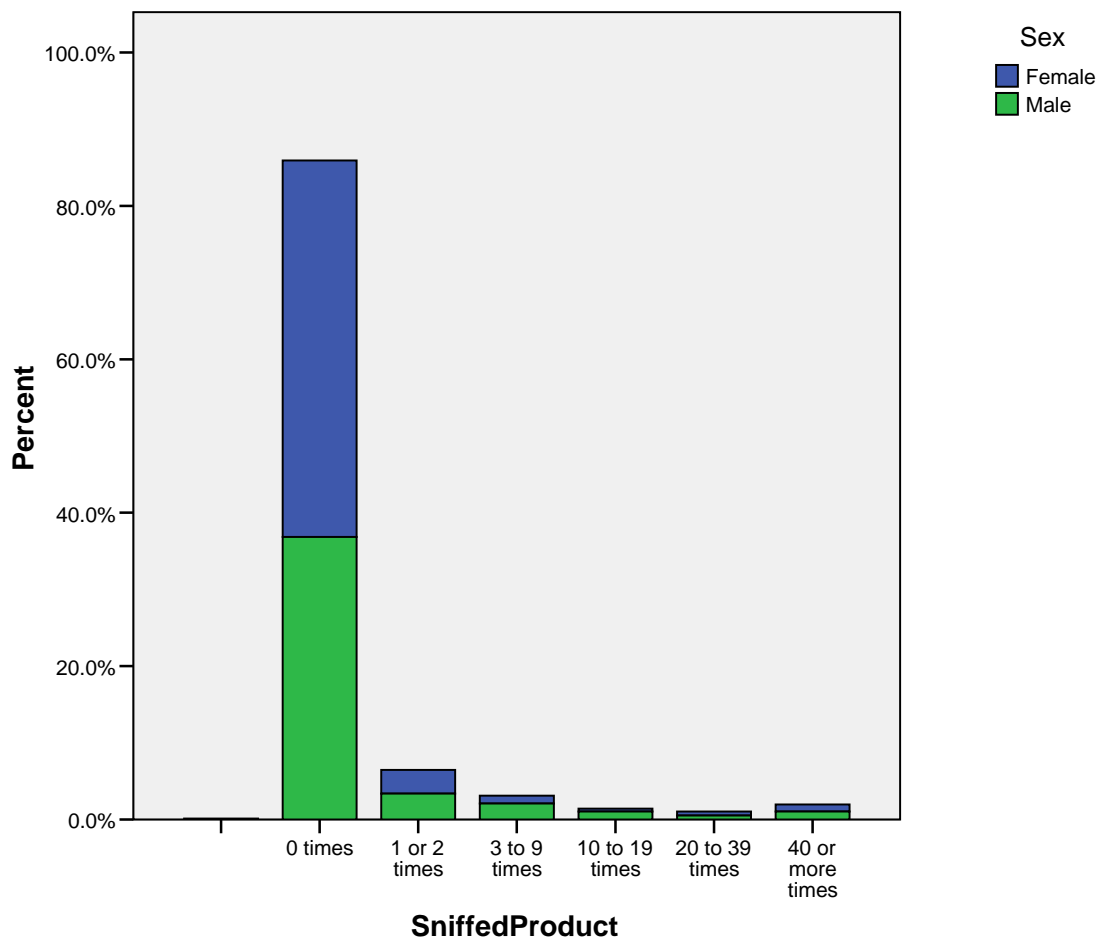


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	95.1%	93.9%	94.6%	96.6%	94.2%	94.0%	93.8%	95.0%	95.3%	89.1%
1 or 2 times	1.6%	2.9%	2.2%	.7%	2.7%	3.3%	1.4%	.9%	2.6%	3.6%
3 to 9 times	.7%	.9%	.8%	1.3%	1.0%	.0%	.7%	.6%	.3%	5.5%
10 to 19 times	.5%	.3%	.4%	.7%	.3%	.0%	.7%	.0%	.9%	.0%
20 to 39 times	.5%	.9%	.6%	.0%	.3%	.5%	2.1%	1.2%	.3%	.0%
40 or more times	1.2%	1.2%	1.2%	.0%	1.0%	2.2%	1.4%	1.8%	.6%	1.8%

State and national data was calculated into the percentages of students who had used any form of cocaine during their life. The state percentage was found to be 7.9%, while the national percentage was 7.6%. The region specific percentage for eastern North Carolina was 5.6%.

The Wayne County average was calculated to be 5.2%. Trends in Wayne County reveal that students identifying themselves as Hispanic were more likely to have tried cocaine during their life.

Percent of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high

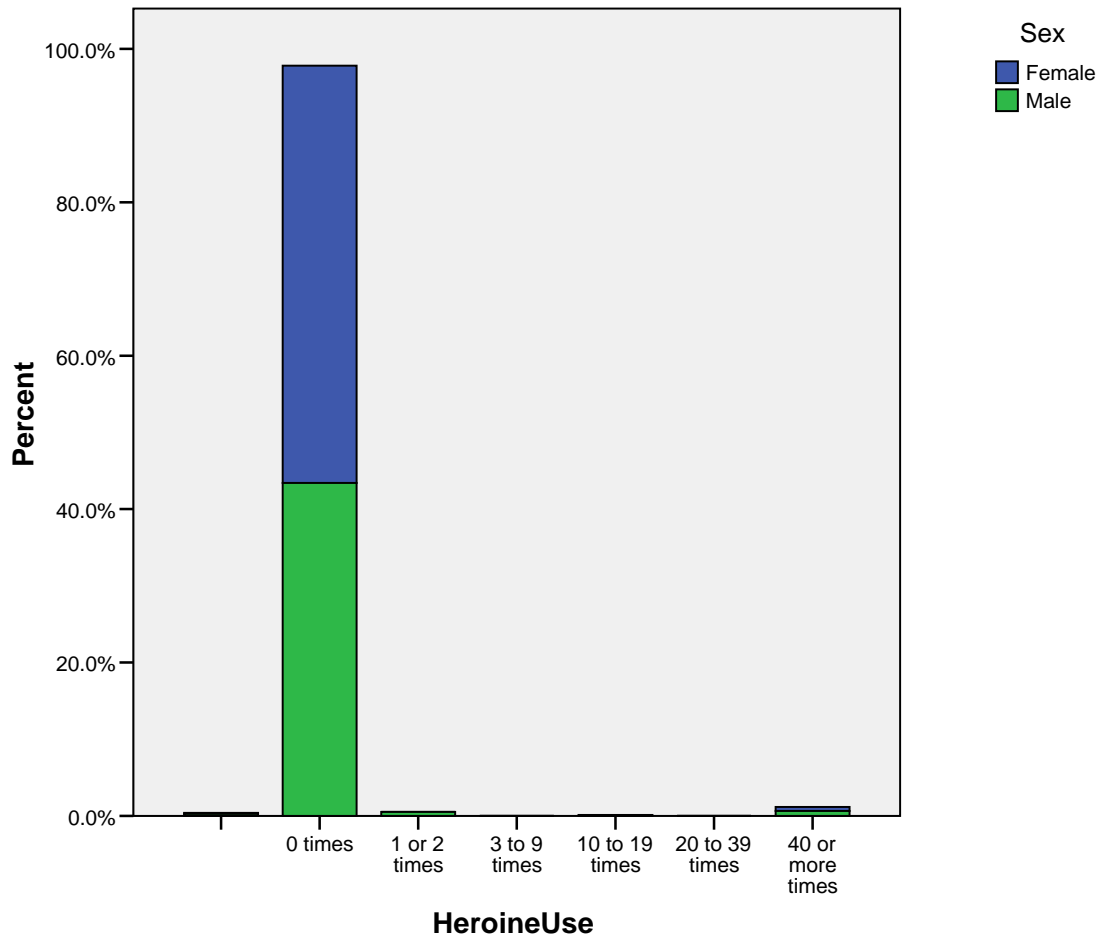


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	89.0%	82.1%	85.9%	83.2%	86.1%	84.8%	89.7%	84.9%	87.8%	85.5%
1 or 2 times	5.6%	7.5%	6.5%	8.1%	7.5%	7.1%	2.1%	7.1%	6.1%	5.5%
3 to 9 times	1.9%	4.6%	3.1%	3.4%	3.1%	2.2%	4.1%	2.7%	2.6%	5.5%
10 to 19 times	.7%	2.3%	1.4%	1.3%	.7%	1.6%	2.7%	1.8%	.9%	1.8%
20 to 39 times	.9%	1.2%	1.0%	3.4%	.3%	.5%	.7%	.9%	1.2%	.0%
40 or more times	1.6%	2.3%	1.9%	.7%	2.0%	3.8%	.7%	2.4%	1.5%	1.8%

State and national data was calculated for the percentage of students who had sniffed glue, aerosolized products, or inhaled paint to get high one or more times in their life. The state percentage was 11.9%, while the national percentage was 12.4%. The region specific percentage for eastern North Carolina was 10.4%.

The Wayne County average was calculated and found to be 13.9%. Trends in Wayne County reveal that males were more likely than females to have sniffed a product to get high during their life.

Percent of students who used heroin one or more time during their life

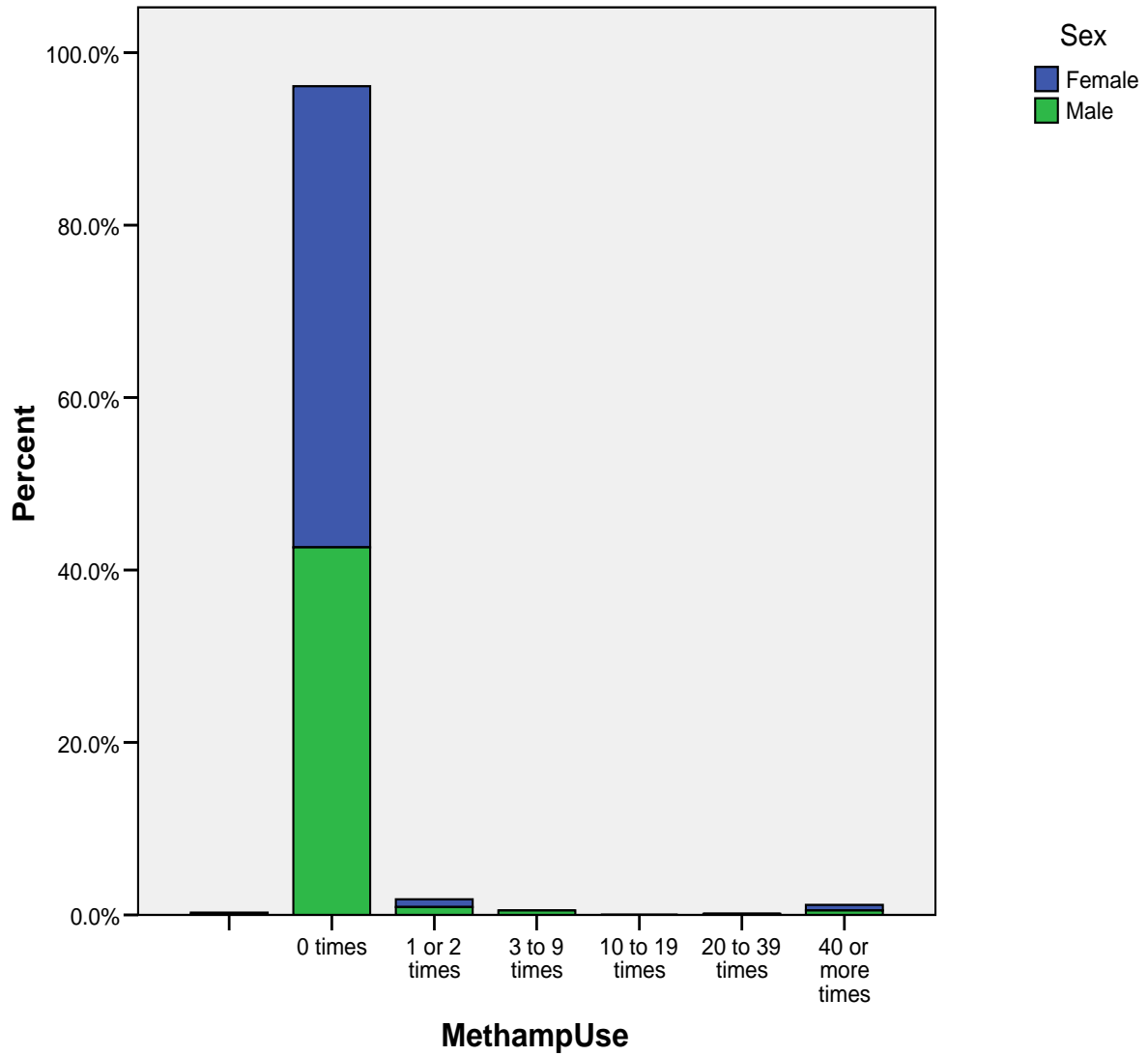


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	98.6%	96.8%	97.8%	98.0%	98.0%	97.3%	97.9%	97.9%	98.8%	94.5%
1 or 2 times	.0%	1.2%	.5%	.7%	.7%	.0%	.7%	.0%	.6%	1.8%
3 to 9 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
10 to 19 times	.2%	.0%	.1%	.0%	.0%	.0%	.7%	.0%	.3%	.0%
20 to 39 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
40 or more times	.9%	1.4%	1.2%	.0%	1.0%	2.7%	.7%	1.8%	.3%	1.8%

State and national data was collected and analyzed on the percent of students who used heroin one or more times during their life. The state percentage was 3.3%, while the national percentage was found to be 2.4%. The region specific percentage for eastern North Carolina was 1.2%.

The percentage of high school students in Wayne County was found to be 1.8%. Trends in Wayne County reveal that males were more likely to have used heroine during their lives than females. These same trends reveal that those who identify themselves as Hispanic were more likely to have used heroine during their lifetime.

Percent of students who used methamphetamines one or more time during their life

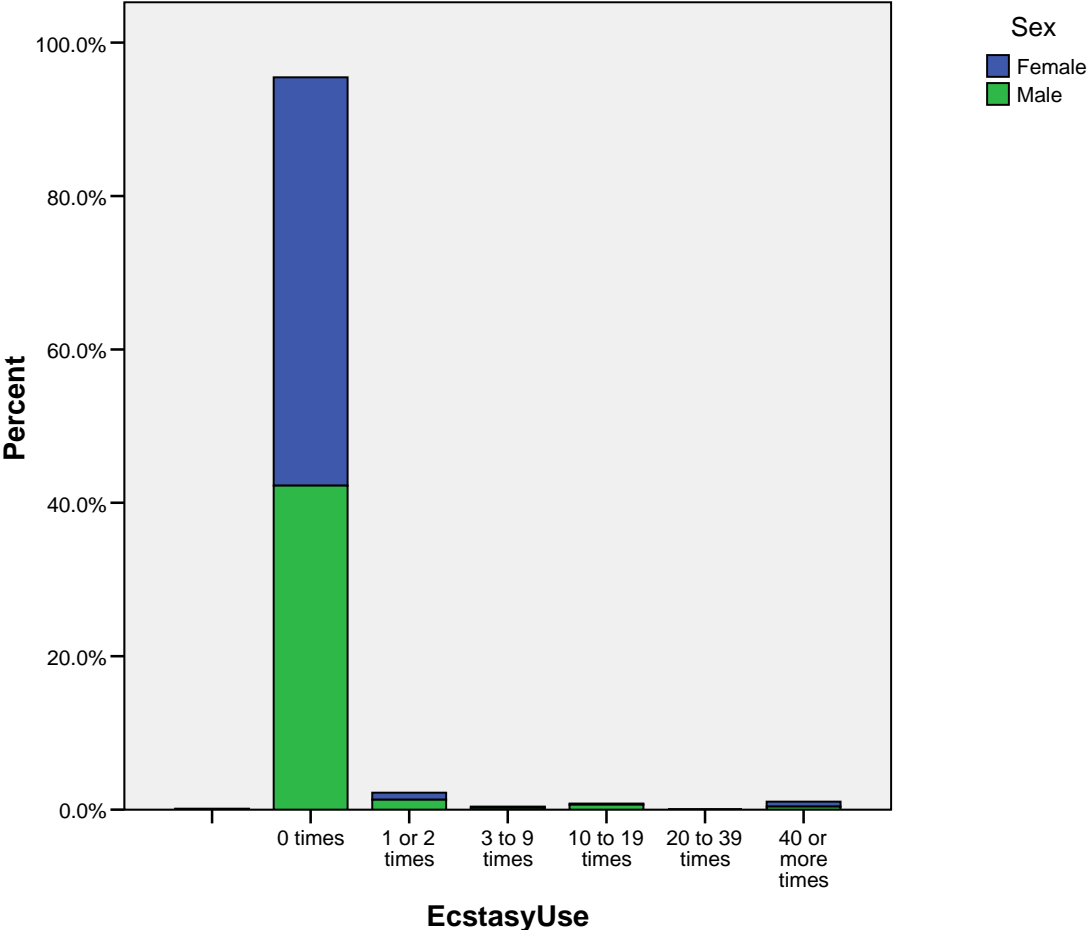


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	97.0%	95.1%	96.1%	97.3%	95.6%	95.1%	97.3%	95.9%	98.3%	90.9%
1 or 2 times	1.6%	2.0%	1.8%	2.0%	1.7%	1.6%	2.1%	.9%	1.2%	7.3%
3 to 9 times	.0%	1.2%	.5%	.7%	1.0%	.0%	.0%	.6%	.3%	.0%
10 to 19 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
20 to 39 times	.0%	.3%	.1%	.0%	.0%	.5%	.0%	.0%	.0%	.0%
40 or more times	1.2%	1.2%	1.2%	.0%	1.4%	2.2%	.7%	2.1%	.3%	1.8%

State and national percentages were calculated for the number of students who had used methamphetamines one or more times during their life. The state percentage was 6.5%, while the national percentage was 6.2%. The region specific percentage for eastern North Carolina was found to be 3.8%.

The average for Wayne County was found to be 3.6%. Trends in Wayne County reveal that students identifying themselves as Hispanic were significantly more likely to have used methamphetamines during their life.

Percent of students who used ecstasy one or more times during their life

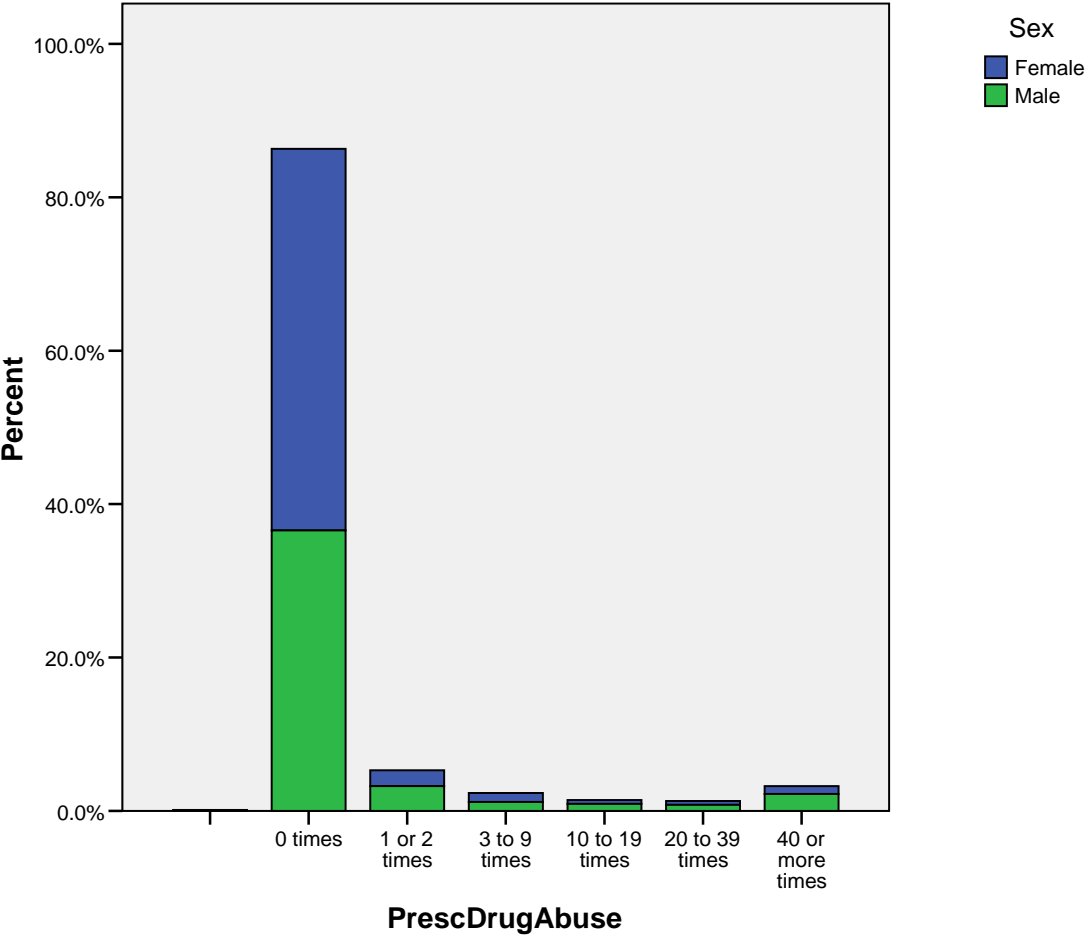


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	96.5%	94.2%	95.5%	97.3%	95.6%	94.0%	95.2%	95.3%	97.4%	87.3%
1 or 2 times	1.6%	2.9%	2.2%	.7%	2.7%	2.7%	2.1%	1.8%	1.5%	9.1%
3 to 9 times	.2%	.6%	.4%	1.3%	.3%	.0%	.0%	.0%	.3%	1.8%
10 to 19 times	.2%	1.4%	.8%	.0%	.3%	1.1%	2.1%	1.2%	.3%	.0%
20 to 39 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
40 or more times	1.2%	.9%	1.0%	.7%	.7%	2.2%	.7%	1.5%	.6%	1.8%

State and national percentages were calculated for the number of students who had used ecstasy one or more times during their life. The state percentage was 7.7%, while the national percentage was 6.3%. The region specific percentage for eastern North Carolina was found to be 3.8%.

The percentage for Wayne County was found to be 4.4%.

Percent of students who have taken a prescription drug such as OxyContin, Percocet, Demerol, Adoral, Ritalin, or Zanax without a doctor's prescription

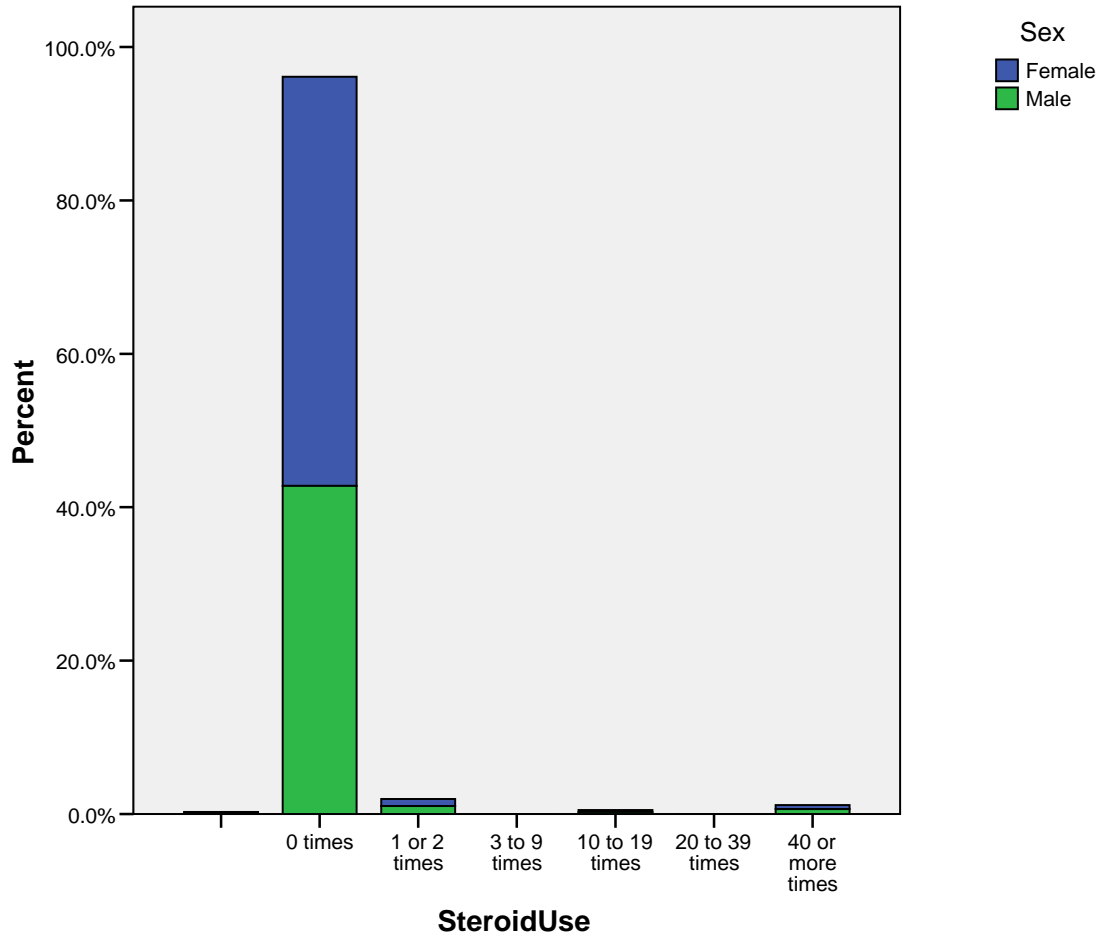


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	90.2%	81.6%	86.3%	89.3%	89.2%	84.8%	79.5%	89.1%	83.7%	85.5%
1 or 2 times	3.7%	7.2%	5.3%	5.4%	5.1%	7.1%	3.4%	4.4%	5.2%	9.1%
3 to 9 times	2.1%	2.6%	2.3%	1.3%	.7%	2.7%	6.2%	2.4%	2.6%	.0%
10 to 19 times	.9%	2.0%	1.4%	.0%	2.0%	.5%	2.7%	.0%	3.2%	.0%
20 to 39 times	.9%	1.7%	1.3%	2.0%	.7%	2.2%	.7%	.0%	2.0%	3.6%
40 or more times	1.9%	4.9%	3.2%	2.0%	2.0%	2.7%	7.5%	3.8%	3.2%	1.8%

A state percentage was calculated for the number of students who had taken a prescription drug without a doctor's prescription one or more times in their life. The state average was 17.1%. The region specific percentage for eastern North Carolina was 12.4%.

The Wayne County average was found to be 13.5%. Students identifying themselves as white were significantly more likely to have used prescription pills without a doctor's prescription during their life. Males were also significantly more likely than females to have used prescription pills without a doctor's prescription during their life.

Percent of students who took steroid pills or shots without a doctor's prescription one or more time in their life

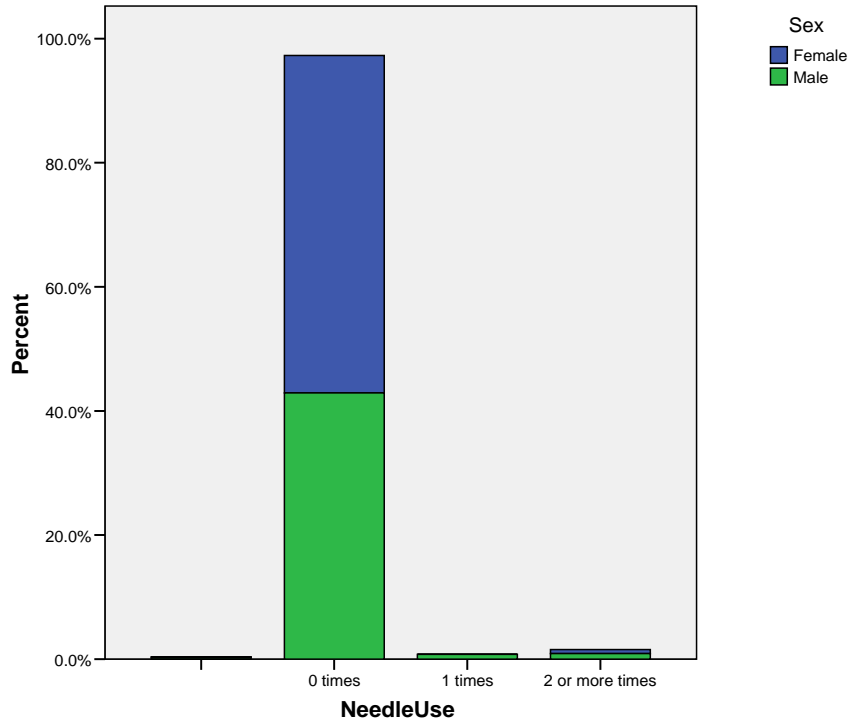


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	96.7%	95.4%	96.1%	96.0%	96.9%	95.7%	95.2%	96.2%	97.4%	92.7%
1 or 2 times	1.6%	2.3%	1.9%	1.3%	1.4%	1.6%	4.1%	1.8%	1.5%	3.6%
3 to 9 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
10 to 19 times	.5%	.6%	.5%	2.7%	.0%	.0%	.0%	.0%	.6%	1.8%
20 to 39 times	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%	.0%
40 or more times	.9%	1.4%	1.2%	.0%	1.0%	2.7%	.7%	1.8%	.3%	1.8%

State and national percentages were calculated for the number of students who took steroid pills or injections without a doctor's prescription. The state percentage was found to be 4.2%, while the national percentage was 4.0%. The region specific percentage in eastern North Carolina was 2.1%

The average in Wayne County was calculated to be 3.6%. Males were significantly more likely than females to have used steroid pills or shots without a doctor's prescription during their life. Trends in Wayne County also reveal that those identifying themselves as Hispanic were more likely to have used steroid pills or shots without a doctor's prescription during their lives.

Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

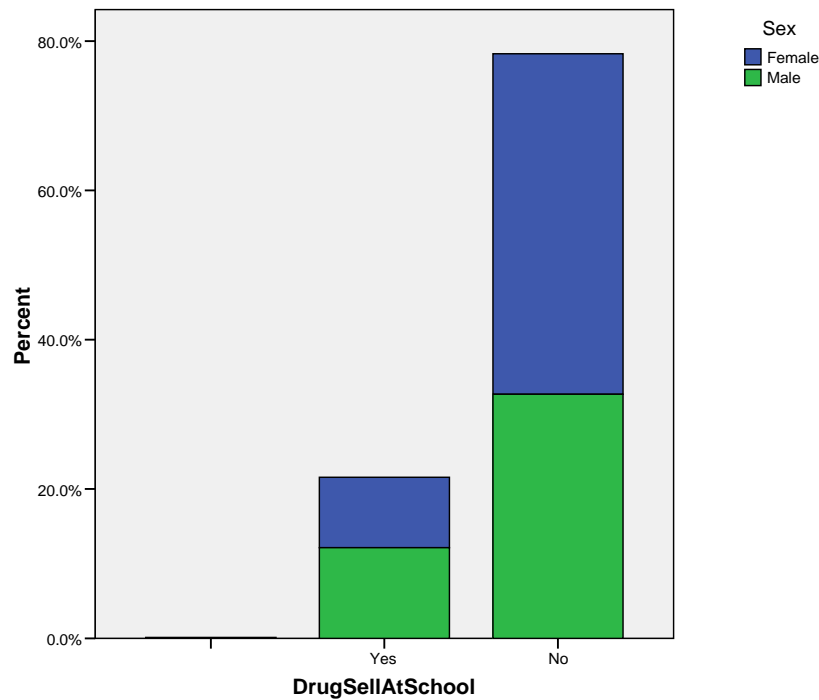


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	98.6%	95.7%	97.3%	97.3%	98.3%	96.7%	95.9%	97.3%	98.5%	94.5%
1 times	.0%	1.7%	.8%	2.0%	.7%	.0%	.7%	.0%	.6%	3.6%
2 or more times	1.2%	2.0%	1.6%	.7%	.3%	2.7%	3.4%	2.1%	.6%	1.8%

State and national percentages were calculated for the number of students using needles to inject any illegal drug into their body. The state percentage was 2.4%, while the national percentage was 2.1%. The region specific percentage for eastern North Carolina was 1.5%.

The average for Wayne County was calculated to be 2.4%. Trends in Wayne County reveal that males were more likely than females to have used needles to inject an illegal drug during their life. Those identifying themselves as Hispanic were also more likely to have used needles to inject an illegal drug during their life.

Percent of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	17.1%	27.1%	21.6%	24.8%	22.0%	20.7%	18.5%	20.7%	21.2%	20.0%
No	82.7%	72.9%	78.3%	75.2%	77.6%	79.3%	81.5%	79.0%	78.8%	80.0%

State and national percentages were calculated for the number of students who were offered, sold, or given any illegal drug at school. The state percentage was 27.4%, while the national percentage was 25.4%. The region specific percentage for eastern North Carolina was 23.8%.

The average for Wayne County was calculated to be 21.6%. Males were more likely than females to have been offered drugs while on school property.

Weight Management

The following excerpt was taken from the 2005 NC YRBS:

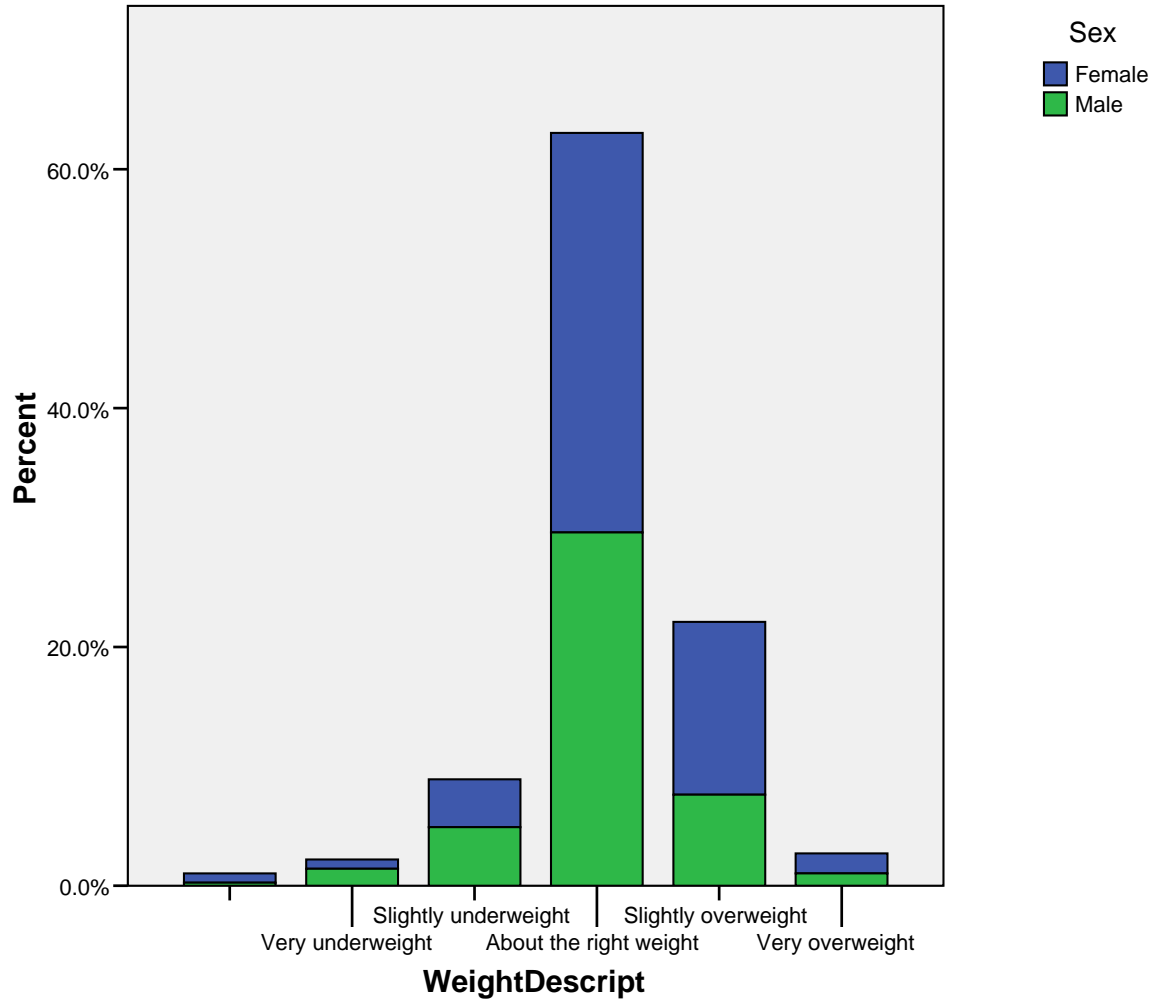
Self-reported height and weight data can be used to calculate Body Mass Index (BMI) and create a proxy measure to determine if students are overweight. While it is recognized that estimates of overweight prevalence from self-reported data are likely to be low¹, they can be useful in tracking trends over time. Prevalence trends from national surveys of adults using self-reported height and weight data have been consistent with trend data from national surveys using measured height and weight.²

Overweight and obesity are increasing in both genders and among all population groups. In 2001-2002, there were more than twice as many overweight children and more than three times as many overweight adolescents as there were in 1980.³ Approximately 400,000 deaths each year in the U.S. are associated with overweight and obesity. If this trend continues, it is expected to replace tobacco as the leading cause of death.⁴

Approximately 30.3% of children ages 6 to 11 years are overweight and 15.3% are obese. For adolescents ages 12 to 19 years, 30.4% are overweight and 15.5% are obese.⁵ In adolescence, obesity is associated with hyperlipidemia, hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.⁶ Data has shown that high perception of body dissatisfaction and dieting among adolescent females, with many participating in unhealthy weight control behaviors such as self-induced vomiting and fasting, can lead to abnormal physical and psychological development.⁷ It is estimated that seven to eight percent of females in the United States suffer from anorexia nervosa and/or bulimia nervosa during their lifetime.⁸

*North Carolina Health Objectives for the Year 2010:
Reduce the percent of children and adolescents who are
overweight or obese to 10%.*

Student self-description of their weight

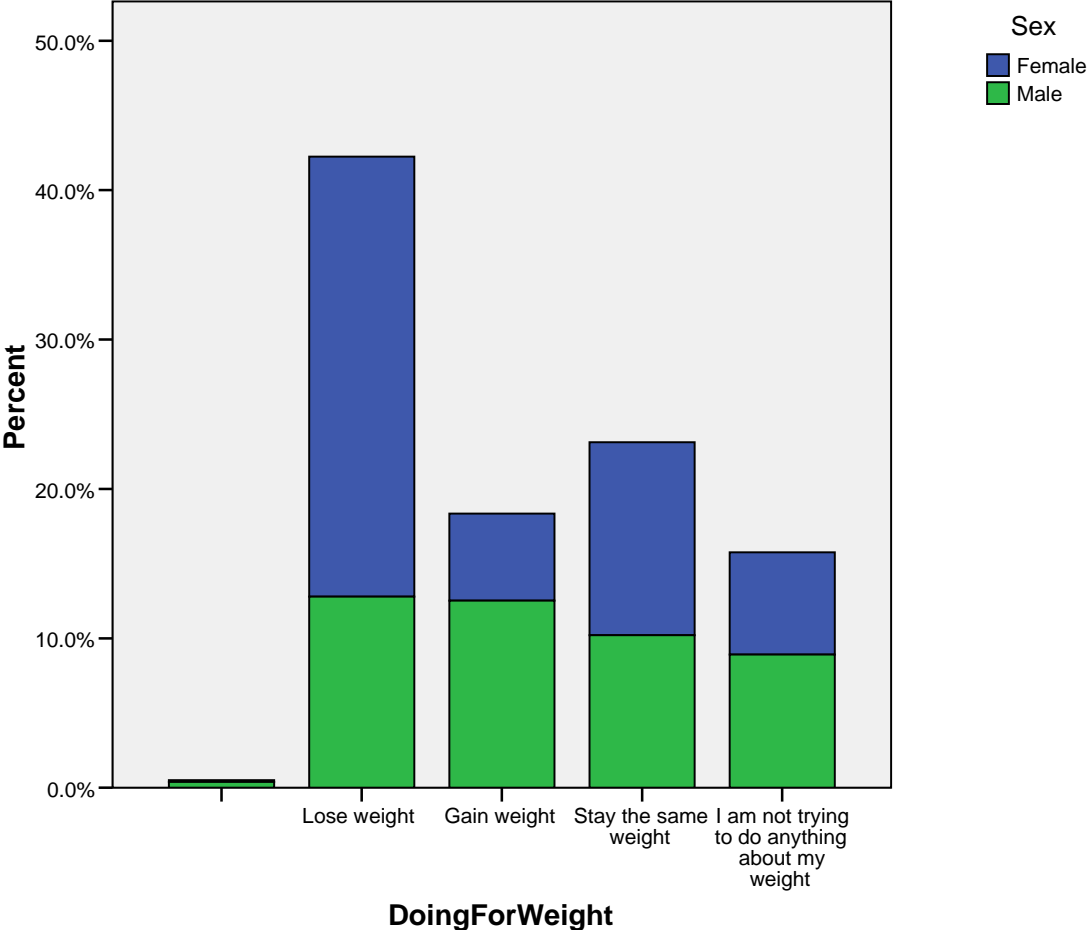


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Very underweight	1.4%	3.2%	2.2%	2.7%	.7%	1.6%	5.5%	2.4%	2.0%	1.8%
Slightly underweight	7.3%	11.0%	8.9%	9.4%	9.5%	8.7%	7.5%	5.6%	11.6%	12.7%
About the right weight	60.7%	66.0%	63.0%	67.1%	61.7%	67.4%	56.2%	67.5%	59.6%	67.3%
Slightly overweight	26.2%	17.0%	22.1%	14.8%	26.8%	18.5%	24.7%	20.1%	24.7%	12.7%
Very overweight	3.0%	2.3%	2.7%	2.0%	.7%	3.8%	6.2%	3.3%	1.2%	5.5%

State and national data was collected on students who claimed that they were overweight or slightly overweight. The state percentage was 29.9%, while the national percentage was 31.5%. The regional specific percentage for eastern North Carolina was 29.6%.

The Wayne County average was found to be 24.8%. Females were significantly more likely to claim to be overweight or slightly overweight than males.

Percent of students who were trying to lose weight

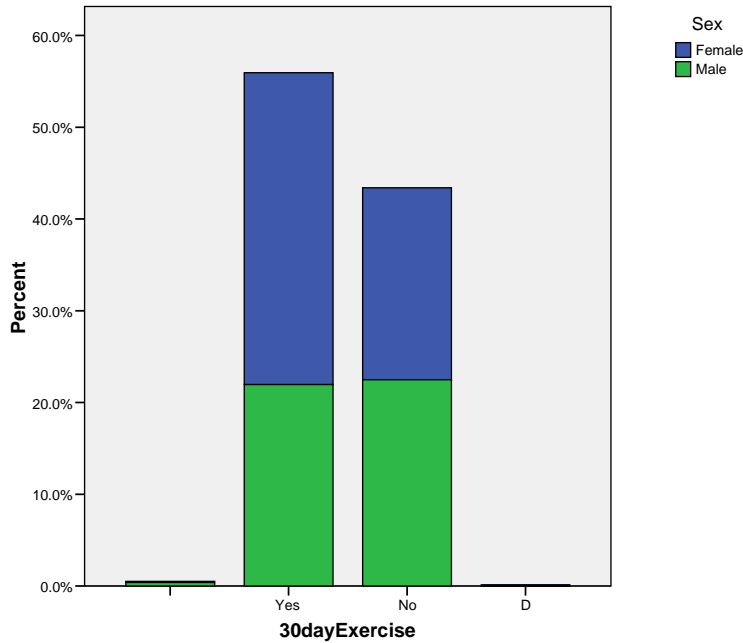


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Lose weight	53.4%	28.5%	42.2%	46.3%	41.4%	39.7%	43.2%	40.8%	44.2%	32.7%
Gain weight	10.5%	28.0%	18.3%	17.4%	18.0%	18.5%	19.9%	24.0%	14.5%	10.9%
Stay the same weight	23.4%	22.8%	23.1%	18.8%	26.8%	25.5%	17.1%	19.5%	23.0%	47.3%
I am not trying to do anything about my weight	12.4%	19.9%	15.8%	15.4%	13.6%	16.3%	19.9%	15.4%	18.0%	7.3%

State and national data was collected on the percentage of students trying to lose weight. The state percentage was 45.1%, while the national percentage was found to be 45.6%. The region specific percentage for eastern North Carolina was 44.5%.

The average for Wayne County was calculated to be 42.2%. Females were significantly more likely to be trying to lost weight than males.

Percent of students who exercised in order to lose weight or maintain their weight in the last 30 days

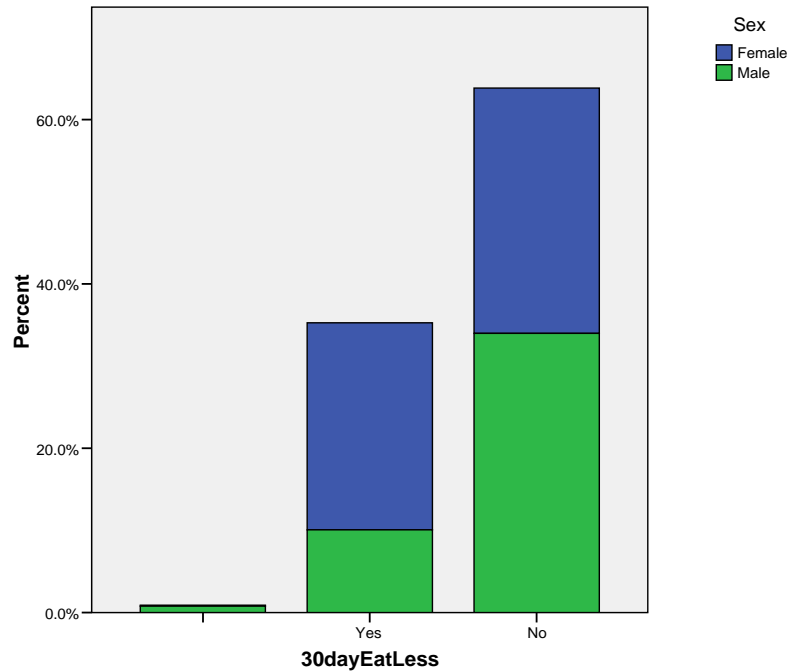


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	61.6%	49.0%	55.9%	57.7%	56.9%	53.8%	54.8%	47.0%	61.6%	70.9%
No	37.9%	50.1%	43.4%	41.6%	42.7%	44.6%	45.2%	52.1%	37.8%	29.1%

State and national percentages were calculated for the number of students who exercised in the past 30 days in order to lose weight or maintain their current weight. The state percentage was 61.5%, while the national percentage was 60%. The region specific percentage for eastern North Carolina was 59.1%.

The percentage for Wayne County was found to be 55.9%. Female were significantly more likely than males to exercise to lose weight.

Percent of students who ate less food, less calories, or foods low in fat in the past 30 days in order to lose weight or maintain their weight

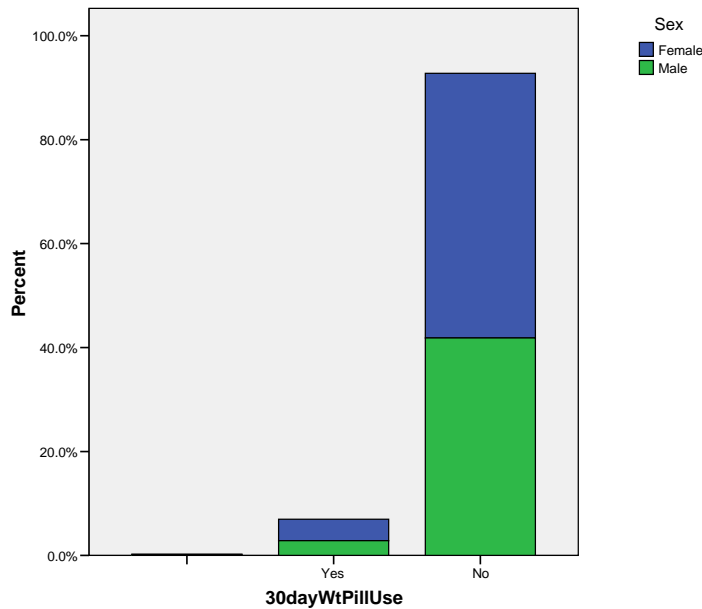


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	45.7%	22.5%	35.3%	30.9%	38.0%	34.8%	34.9%	27.5%	41.3%	36.4%
No	54.1%	75.8%	63.8%	68.5%	60.7%	65.2%	63.7%	71.9%	57.8%	61.8%

State and national percentages were calculated for students who ate less food, calories, or foods high in fat in order to lose weight or maintain their current weight. The state percentage was 40.8%, while the national percentage was 40.7%. The region specific percentage for eastern North Carolina was 40.1%.

The percentage for Wayne County was found to be 35.3%. Females were significantly more likely to eat less food calories, or foods high in fat in order to lost or maintain weight than males.

Percent of students who took diet pills, powders, or liquids without a doctor’s advice to lose weight in or to keep from gaining weight in the past 30 days.

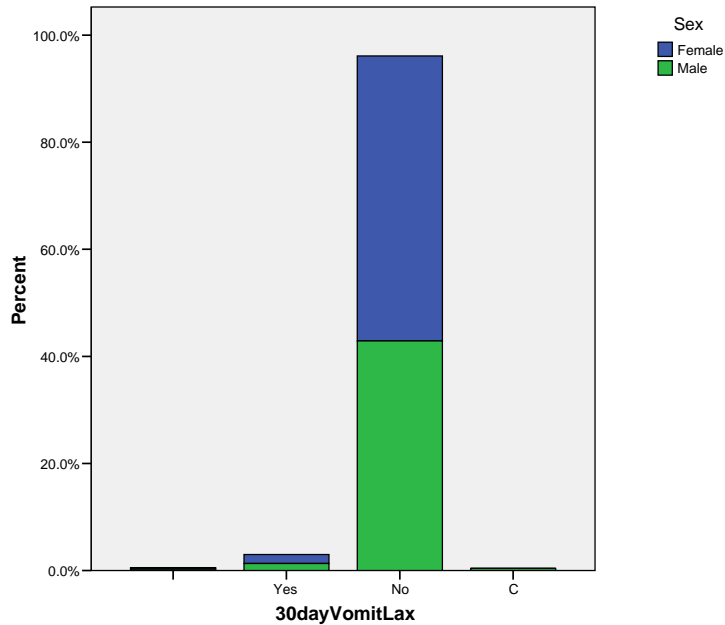


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	7.5%	6.3%	7.0%	3.4%	8.1%	7.1%	8.2%	4.4%	9.9%	3.6%
No	92.3%	93.4%	92.8%	96.0%	91.5%	92.9%	91.8%	95.0%	90.1%	96.4%

State and national percentages were calculated for students who took diet pills, powders, or liquids without advice from a doctor in order to lose weight or maintain their current weight. The state percentage was 6.7%, while the national percentage was 6.3%. The region specific percentage for eastern North Carolina was found to be 3.8%.

The percentage in Wayne County was found to be 7.0%. Trends in Wayne County reveal that individuals identifying themselves as white were more likely to have taken diet pills, powders, or liquids without advice from a doctor in order to lose weight or maintain their current weight.

Percent of students who vomited or took laxatives in order to lose weight or maintain their weight in the past 30 days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	3.0%	2.9%	3.0%	3.4%	3.1%	1.1%	4.8%	2.1%	3.2%	7.3%
No	96.5%	95.7%	96.1%	95.3%	95.6%	98.4%	95.2%	96.2%	96.8%	92.7%

State and national percentages were calculated in order to find the number of students taking laxatives or vomiting in order to lose weight or maintain their current weight. The state percentage was 5.6%, while the national percentage was 4.5%. The region specific percentage for eastern North Carolina was found to be 4.3%.

The percentage in Wayne County was found to be 3.0%.

Physical Health

The following excerpt was taken from the 2005 NC YRBS:

Access to Health Care

Among children under 18 years, only 70% visit a health care provider each year for a routine appointment, and fewer than half see a dentist each year.¹

Guidelines from the American Academy of Pediatrics and the American Academy of Family Physicians recommend that children ages one to six receive annual well child exams and children ages 7 to 17 receive exams every two years.²

The American Academy of Pediatric Dentistry recommends a dental check-up at least twice a year for most children. Some children need more frequent dental visits because of increased risk of tooth decay, unusual growth patterns or poor oral hygiene.

Asthma

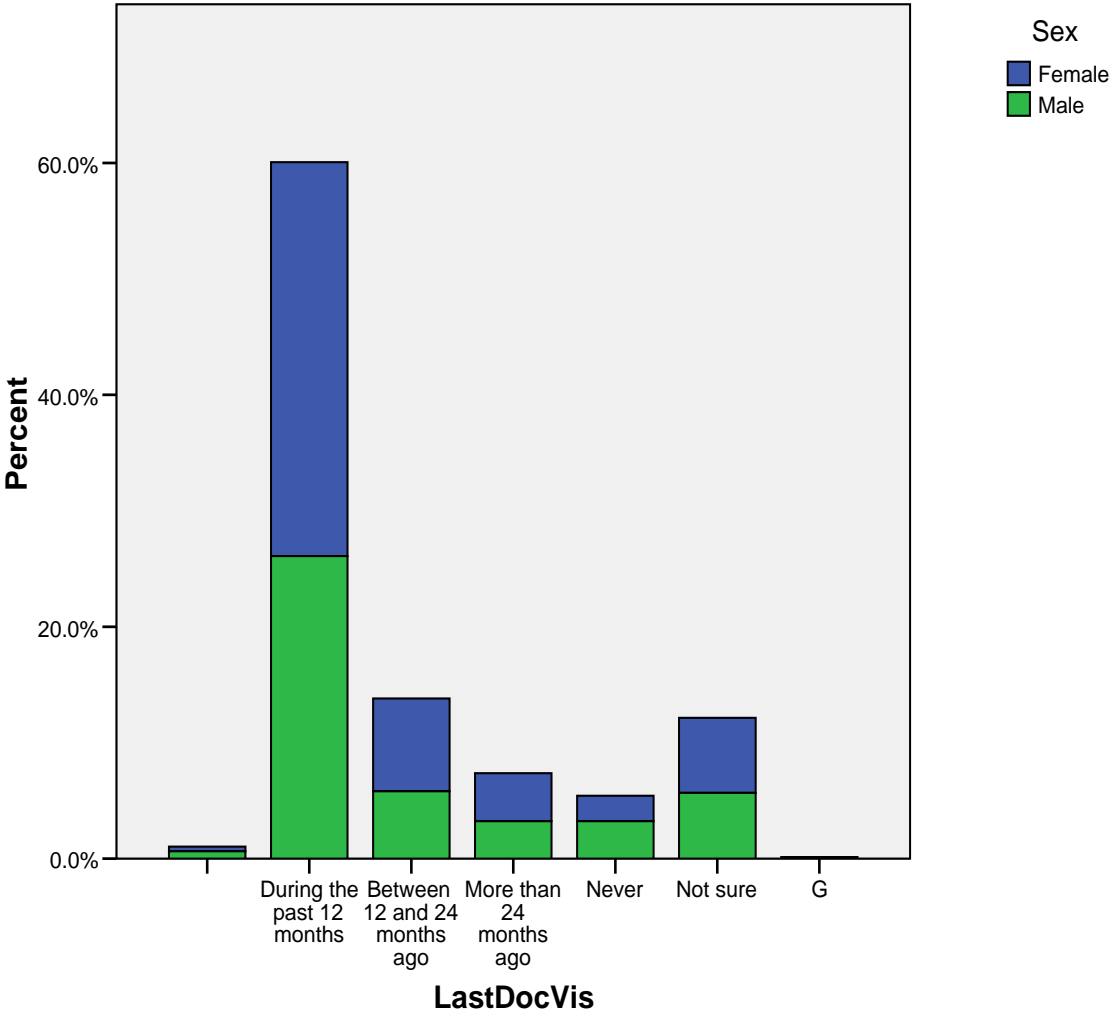
In 2001, 6.3 million (9%) U.S. children had asthma as diagnosed by a doctor or other health care professional. Additionally, children accounted for 4.6 million visits to doctors' offices and hospital outpatient departments, made 728,000 visits to hospital emergency departments, and had 214,000 hospitalizations due to asthma.²

It is estimated that 14 million lost school days are attributed to asthma among school aged youth.³ The impact of illness and death due to asthma is disproportionately higher among racial and ethnic minorities, low-income populations, and children living in inner cities than in the general population.

North Carolina Health Objectives for the Year 2010:

Increase the proportion of children under age 19 at or below 200 percent of the Federal Poverty Level who received any preventive dental service during the past year.

Percentage of students who have seen a doctor or healthcare provider in the past 12 months

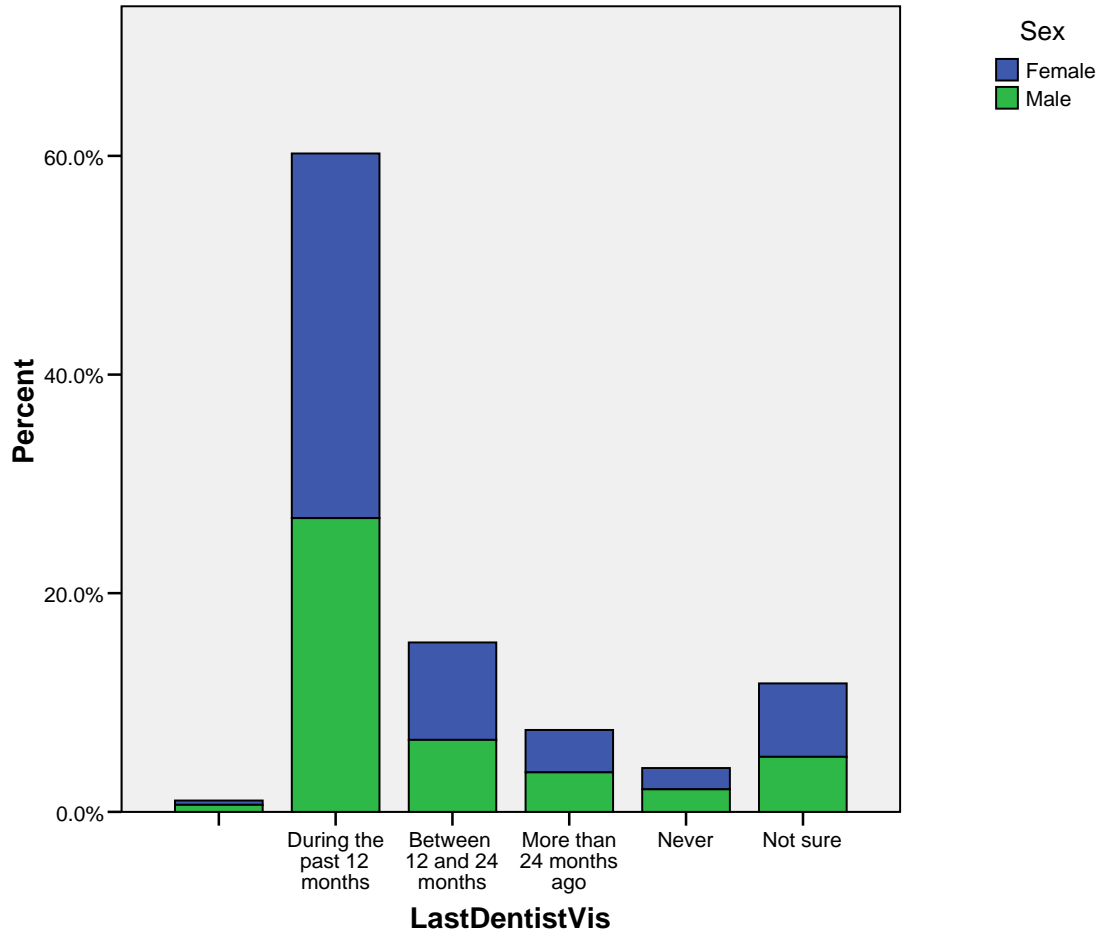


	Sex			Grade				Race		
	Female	Male	Total	9 th grade	10 th grade	11 th grade	12 th grade	Black or African American	White	Hispanic
During the past 12 months	61.6%	58.2%	60.1%	58.4%	66.1%	54.3%	56.8%	56.5%	62.8%	70.9%
Between 12 and 24 months ago	14.5%	13.0%	13.8%	16.1%	10.2%	13.6%	19.2%	14.2%	12.5%	23.6%
More than 24 months ago	7.5%	7.2%	7.4%	7.4%	4.7%	11.4%	7.5%	8.3%	7.0%	.0%
Never	4.0%	7.2%	5.4%	6.0%	3.7%	7.6%	5.5%	6.5%	4.4%	.0%
Not sure	11.7%	12.7%	12.1%	11.4%	13.6%	11.4%	11.0%	13.3%	11.9%	5.5%

A state percentage was calculated for the number of individuals who claimed that the last time they had seen a doctor during the past 12 months for a check-up or physical when they were not sick. The state percentage was found to be 62.0%. The region specific percentage for eastern North Carolina was 61.4%.

The percentage for Wayne County was 60.1%.

Percentage of students who have seen a dentist in the past 12 months

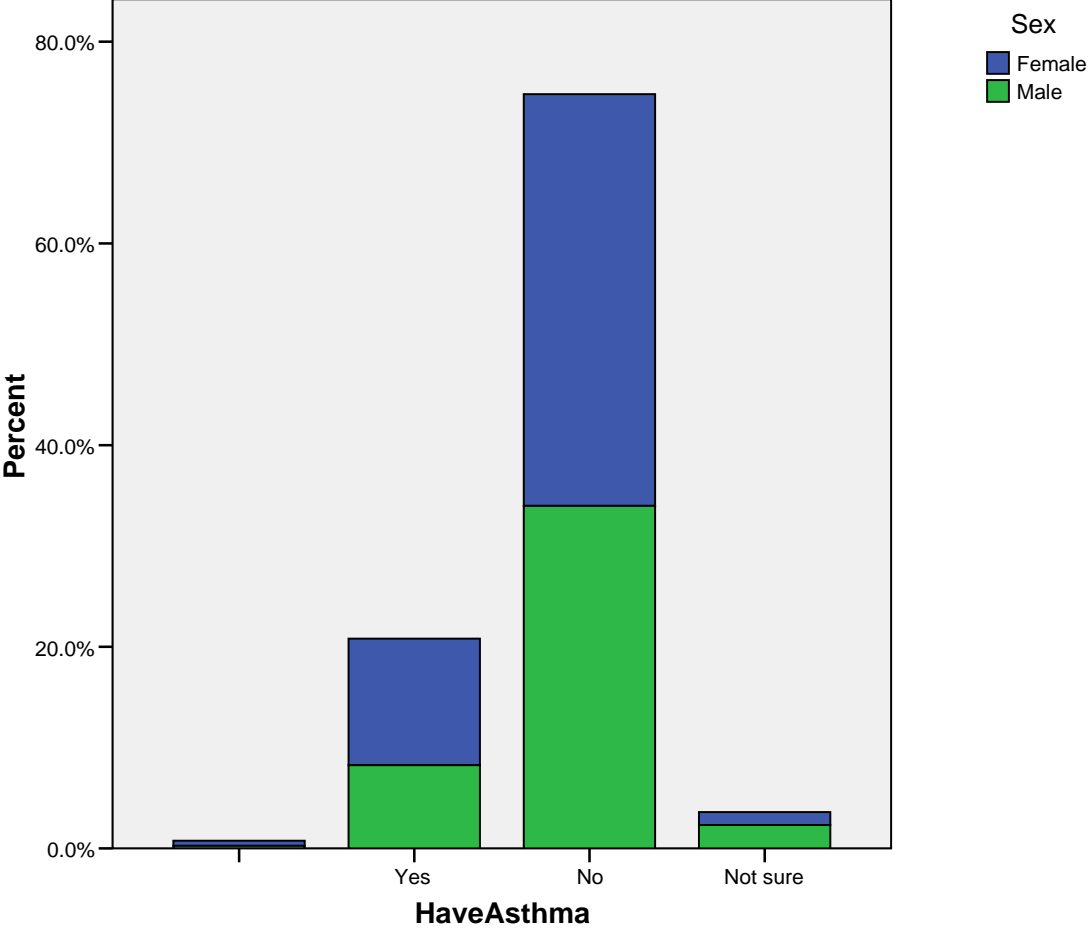


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
During the past 12 months	60.4%	59.9%	60.2%	61.7%	60.0%	54.3%	66.4%	45.6%	77.6%	47.3%
Between 12 and 24 months	16.2%	14.7%	15.5%	16.1%	14.6%	12.5%	20.5%	24.0%	6.7%	20.0%
More than 24 months ago	7.0%	8.1%	7.5%	6.7%	7.1%	9.8%	6.2%	10.1%	4.9%	3.6%
Never	3.5%	4.6%	4.0%	4.7%	1.0%	9.8%	2.1%	5.3%	1.5%	9.1%
Not sure	12.2%	11.2%	11.8%	10.1%	15.9%	12.0%	4.8%	13.9%	8.1%	20.0%

A state percentage was calculated for the number of students who visited a dentist within the past 12 months. The average was found to be 65.8%. The region specific percentage for eastern North Carolina was found to be 62.5%.

The percentage for Wayne County was 60.2%. In Wayne County students identifying themselves as Hispanic and Black were significantly less likely to have visited a dentist in the past 12 months, in comparison with those identifying themselves as white.

Percent of students who had ever been told they had asthma by a doctor or nurse



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	22.7%	18.4%	20.8%	25.5%	22.0%	21.7%	12.3%	21.9%	18.9%	27.3%
No	74.0%	75.8%	74.8%	71.1%	72.5%	75.0%	82.9%	73.4%	76.7%	72.7%
Not sure	2.3%	5.2%	3.6%	3.4%	4.4%	1.6%	4.8%	3.8%	3.5%	.0%

State and national percentages were calculated for the number of students who have been told by a doctor or nurse that they have asthma. The state percentage was found to be 20.1%, while the national percentage was 17.1%. The region specific percentage for eastern North Carolina was found to be 18.0%.

The percentage for Wayne County was 20.8%. Trends in Wayne County revealed that those identifying themselves as Black or Hispanic were more likely to report having been told by a doctor or nurse that they have asthma. Trends also reveal that females in Wayne County were also more likely to report having been told by a doctor or nurse that they have asthma.

Nutrition

The following excerpt was taken from the 2005 NC YRBS:

Along with inactivity, improper nutrition is a major factor in the obesity epidemic that has emerged in the U.S. in recent years. A poor diet, along with physical inactivity, is linked to diseases that account for an estimated three out of four deaths in the U.S. each year. The United States Department of Agriculture offers Dietary Guidelines that describe a healthy diet: one that emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products; includes lean meats and other protein sources; and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.¹

Chronic diseases linked to what we eat cause an estimated three out of four U.S. deaths each year. These diseases include heart disease, high blood pressure, stroke, some types of cancer, and diabetes. Eating a diet that contains 5 to 9 servings of fruits and vegetables a day as part of a healthy, active lifestyle lowers the risk for all of these diseases.² Fruits and vegetables are good sources of complex carbohydrates, vitamins, minerals, and other substances necessary for good health. There is some evidence to suggest that dietary behaviors with higher intakes of fruits and vegetables are associated with a decreased risk for some types of cancer³ and of being overweight.⁴

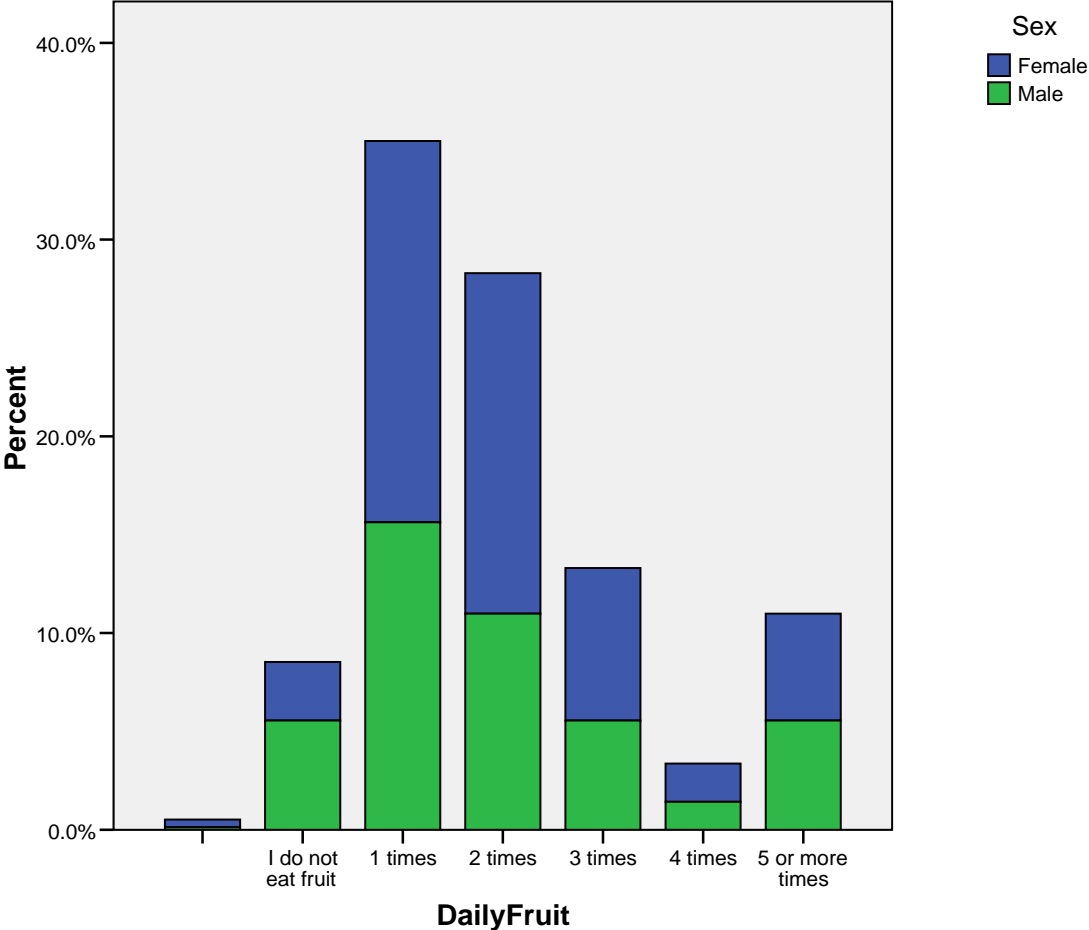
Children and adolescents nine years of age and older should consume three cups per day of fat-free or low-fat milk or equivalent milk products. Calcium is essential for the forming and maintaining healthy bones and teeth. Low calcium intake during the first two to three decades of life is an important risk factor in developing osteoporosis.⁵

The National Cancer Institute and the Centers for Disease Control and Prevention recommend the consumption of seven servings of fruit and vegetables each day for older kids and teen girls and nine servings for teen boys.

National Health Objectives for the Year 2010: Reduce the proportion of children and adolescents who are overweight or obese, increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit, increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange, increase the proportion of persons aged 2 years and older who meet dietary recommendations for calcium.

North Carolina Health Objectives for the Year 2010: Increase the percent of middle school and high school students who eat any fruit or fruit juice on a given day to 95%, increase the percent of middle school and high school students who eat any vegetables on a given day to 95%, decrease the percent of students who eat high-sugar snack foods on a given day to 50%.

Percent of students who eat fruit one or more times on a typical day



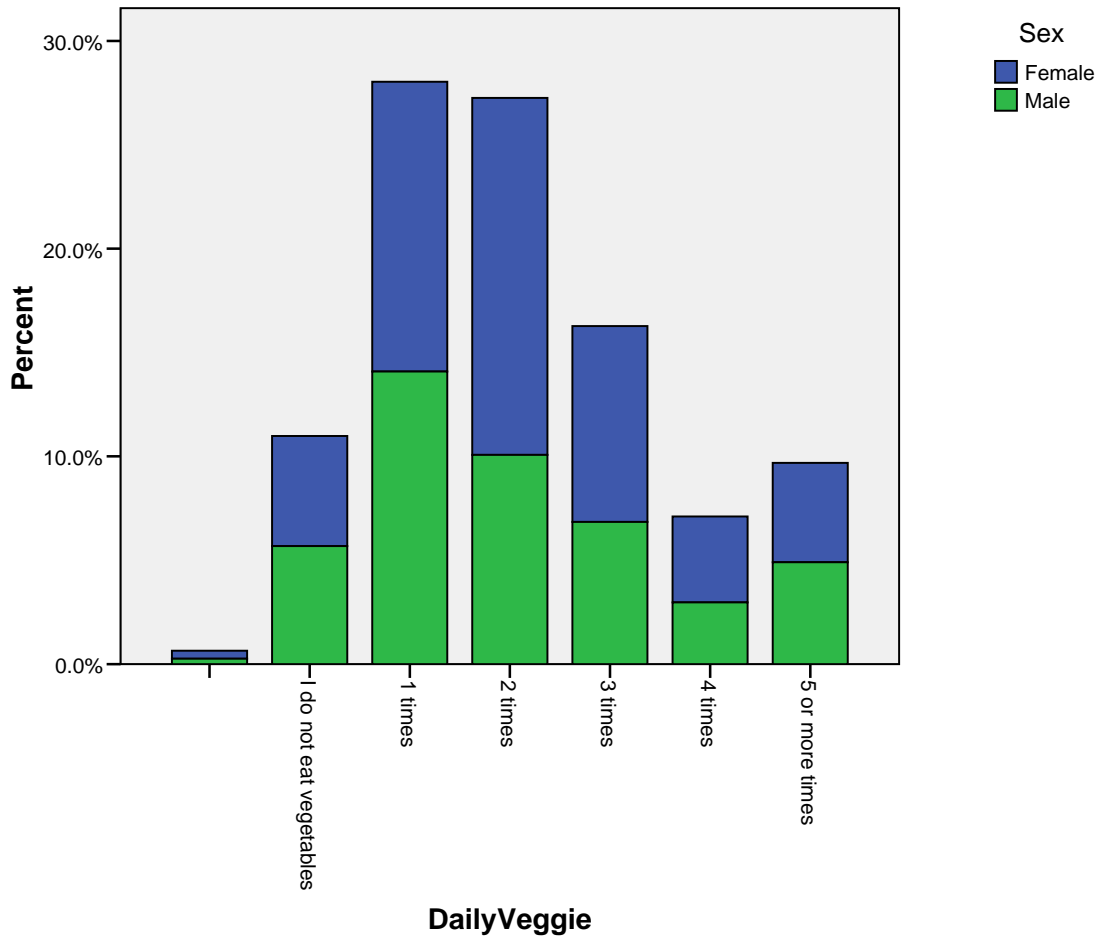
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not eat fruit	5.4%	12.4%	8.5%	12.1%	4.4%	8.2%	13.7%	4.7%	12.5%	7.3%
1 times	35.1%	34.9%	35.0%	24.2%	35.6%	40.8%	37.7%	31.4%	41.3%	20.0%
2 times	31.4%	24.5%	28.3%	31.5%	31.5%	23.9%	24.0%	28.4%	28.5%	32.7%
3 times	14.1%	12.4%	13.3%	20.8%	9.5%	9.8%	17.8%	17.5%	7.8%	21.8%
4 times	3.5%	3.2%	3.4%	1.3%	3.4%	5.4%	2.7%	3.6%	2.0%	5.5%
5 or more times	9.8%	12.4%	11.0%	9.4%	14.6%	12.0%	4.1%	14.2%	7.0%	12.7%

A state percentage was calculated for the number of students who ate fruit one or more times on a typical day. The state percentage was found to be 90.3%. The region specific percentage for eastern North Carolina was found to be 91.1%.

The percentage for Wayne County was 91.0%.

Percent of students who eat vegetables one or more times on a typical day



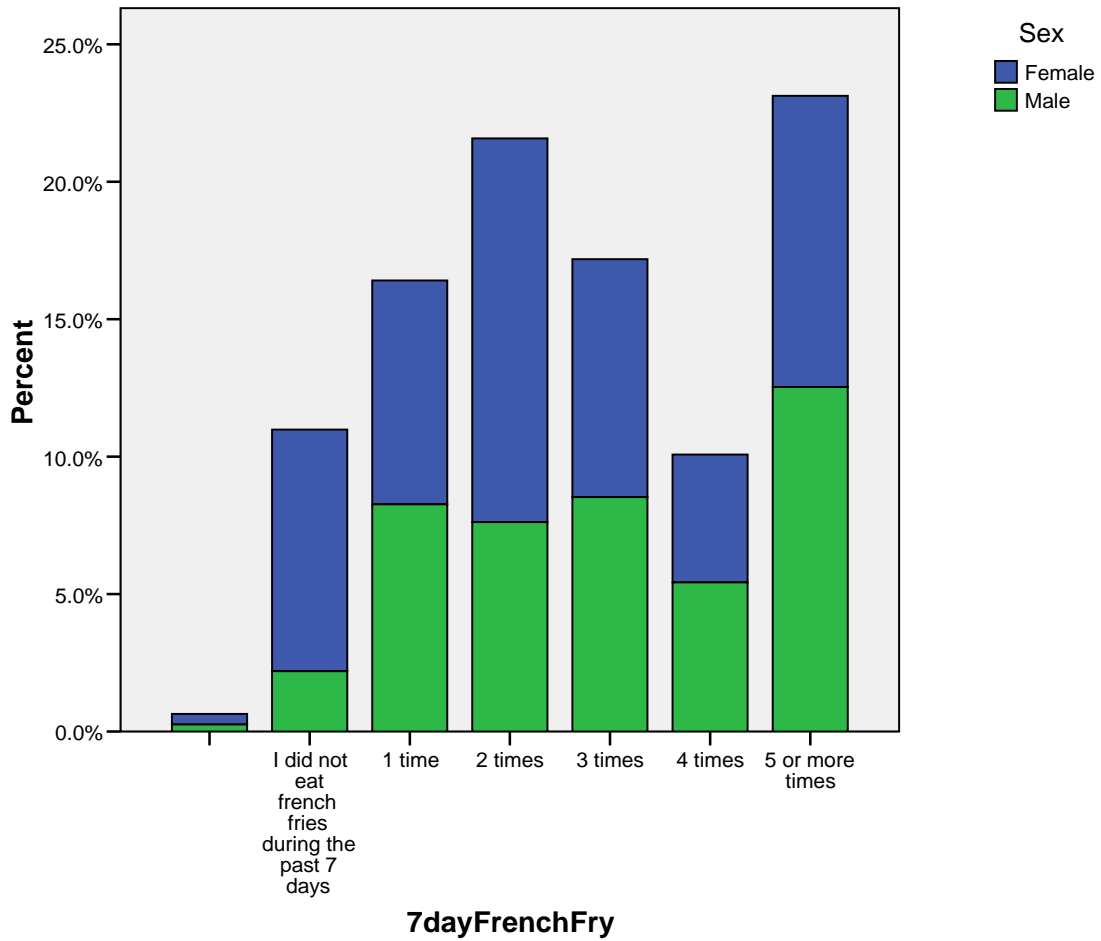
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not eat vegetables	9.6%	12.7%	11.0%	14.1%	8.1%	12.0%	12.3%	12.4%	9.9%	12.7%
1 times	25.3%	31.4%	28.0%	22.1%	31.9%	20.7%	35.6%	22.2%	33.1%	34.5%
2 times	31.1%	22.5%	27.3%	26.8%	21.4%	37.0%	27.4%	31.7%	23.8%	18.2%
3 times	17.1%	15.3%	16.3%	14.8%	13.9%	21.2%	16.4%	17.2%	16.0%	14.5%
4 times	7.5%	6.6%	7.1%	10.7%	8.8%	4.3%	3.4%	5.9%	8.7%	5.5%
5 or more times	8.7%	11.0%	9.7%	10.7%	14.6%	4.9%	4.8%	10.4%	7.3%	14.5%

A state percentage was calculated regarding the number of students who eat one or more vegetables on a typical day. The state percentage was found to be 88.9%. The region specific percentage was found to be 88.5%.

The percentage in Wayne County was 88.4%.

Percent of students who ate French fries one or more times during the past 7 days



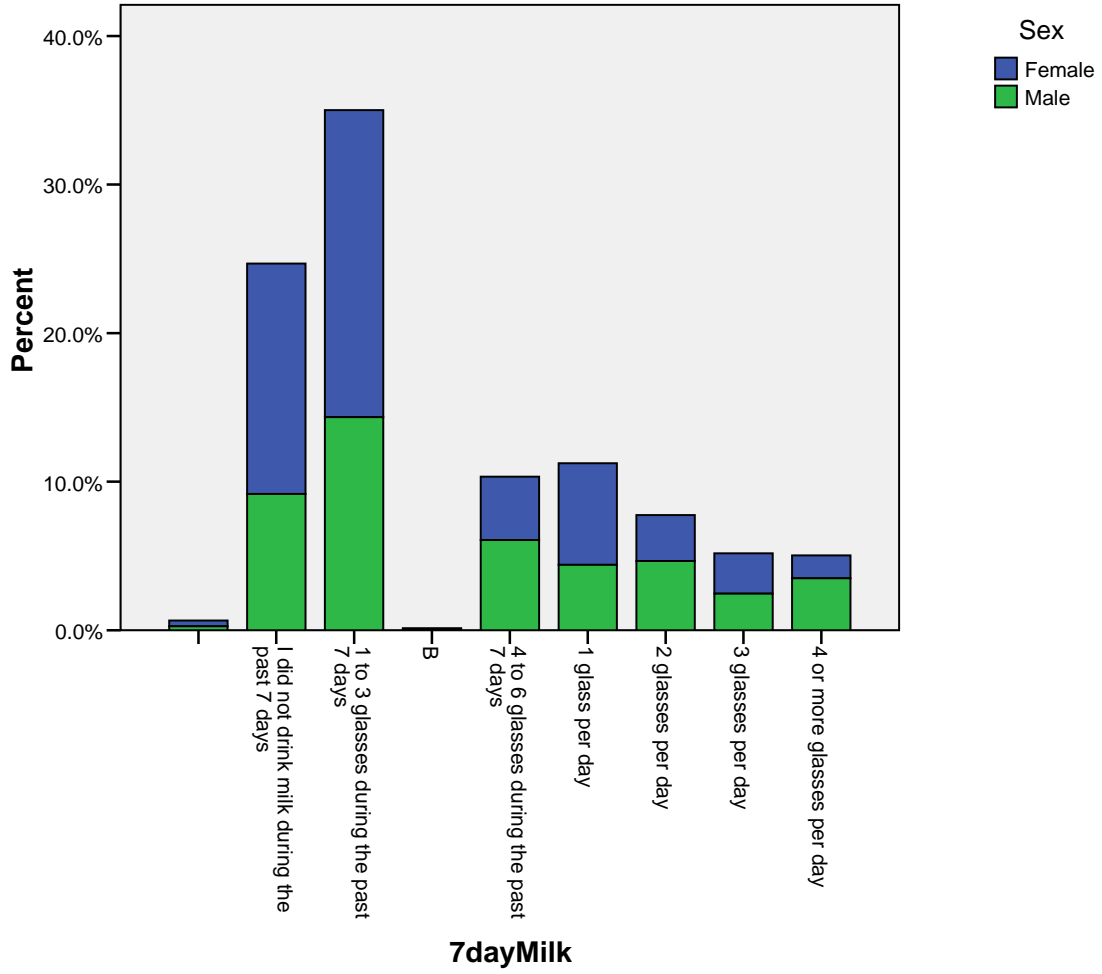
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I did not eat french fries during the past 7 days	15.9%	4.9%	11.0%	10.7%	8.5%	10.9%	16.4%	9.5%	10.8%	20.0%
1 time	14.8%	18.4%	16.4%	17.4%	16.3%	12.0%	21.2%	11.5%	18.0%	20.0%
2 times	25.3%	17.0%	21.6%	18.8%	26.1%	21.2%	15.8%	19.5%	23.8%	25.5%
3 times	15.7%	19.0%	17.2%	15.4%	14.2%	16.8%	25.3%	19.8%	17.2%	7.3%
4 times	8.4%	12.1%	10.1%	10.7%	9.8%	11.4%	8.2%	10.1%	10.5%	12.7%
5 or more times	19.2%	28.0%	23.1%	26.2%	23.7%	27.7%	13.0%	29.3%	18.6%	14.5%

A state percentage was calculated regarding the number of students who ate french fries one or more times in the past seven days. The state percentage was 84.4%. The region specific percentage for eastern North Carolina was 85.4%.

The percentage in Wayne County was 88.4%. Trends in Wayne County reveal that students identifying themselves as Hispanic were less likely to eat french fries one or more times in the past seven days. Trends also reveal that females were less likely than males to eat french fries in the past seven days.

Percent of students who drank 3 or more glasses of milk in the past seven days



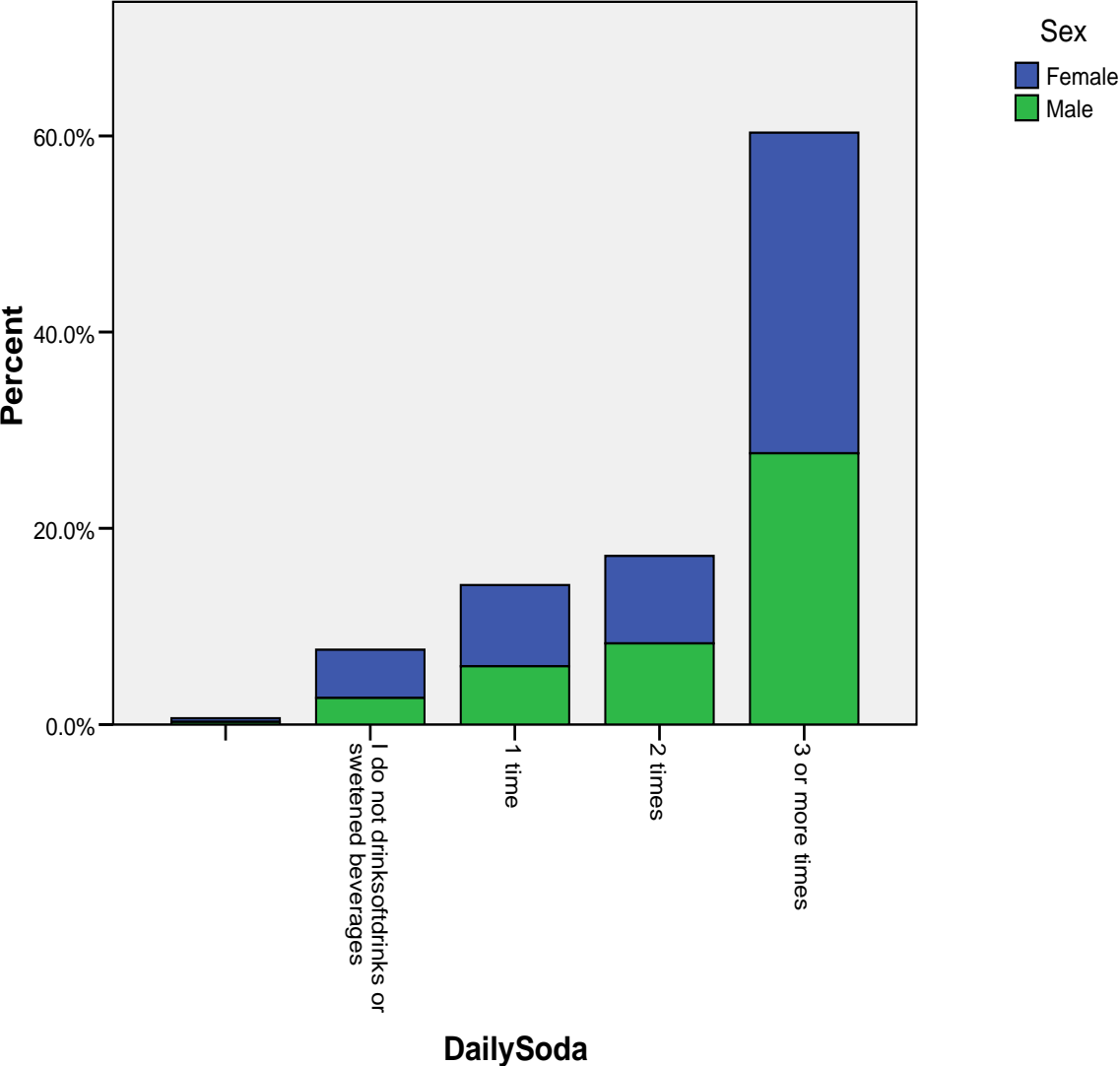
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I did not drink milk during the past 7 days	28.1%	20.5%	24.7%	20.1%	21.0%	27.2%	33.6%	29.9%	19.5%	27.3%
1 to 3 glasses during the past 7 days	37.5%	32.0%	35.0%	46.3%	37.6%	28.3%	26.7%	38.8%	32.0%	20.0%
4 to 6 glasses during the past 7 days	7.7%	13.5%	10.3%	10.7%	8.8%	10.3%	13.0%	8.9%	12.8%	5.5%
1 glass per day	12.4%	9.8%	11.2%	6.0%	10.2%	17.9%	10.3%	10.9%	12.5%	9.1%
2 glasses per day	5.6%	10.4%	7.8%	5.4%	10.2%	7.1%	6.2%	5.3%	8.7%	18.2%
3 glasses per day	4.9%	5.5%	5.2%	4.7%	6.1%	4.9%	4.1%	2.4%	7.6%	9.1%
4 or more glasses per day	2.8%	7.8%	5.0%	6.0%	4.4%	4.3%	6.2%	3.6%	5.5%	10.9%

State and national percentages were calculated for the number of students drinking three or more glasses of milk daily for the past seven days. The state percentage was found to be 11.5%, while the national percentage was 16.2%. The region specific percentage for eastern North Carolina was found to be 10.2%.

The percentage in Wayne County was 10.2%. Male students were significantly more likely than females to drink three or more glasses of milk daily for the past seven days. Trends in Wayne County also reveal that students identifying themselves as Hispanic were more likely to drink three glasses daily for the past seven days.

Percent of students who drank a soft drink or sweetened beverage one or more times on a typical day

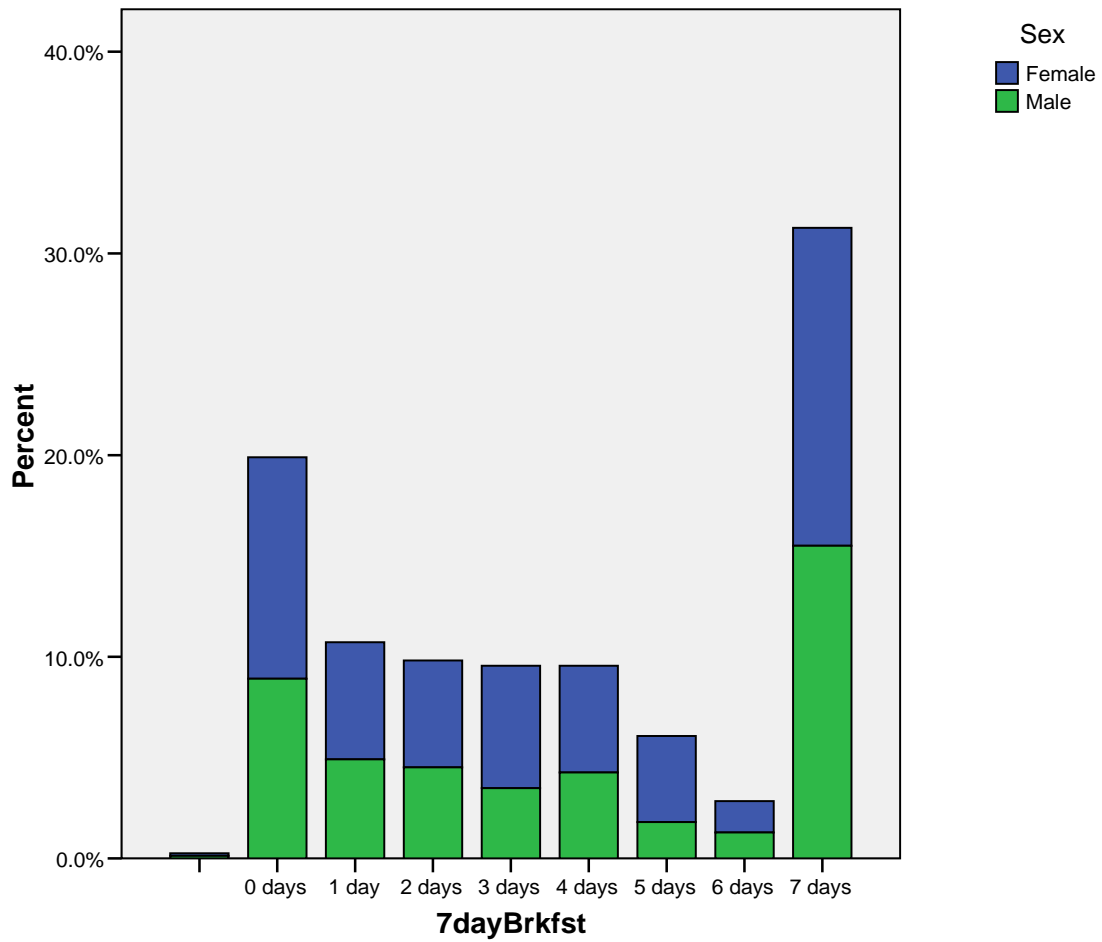


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not drink soft drinks or sweetened beverages	8.9%	6.1%	7.6%	8.1%	7.5%	8.2%	6.8%	4.1%	10.8%	10.9%
1 time	15.0%	13.3%	14.2%	15.4%	11.2%	17.9%	14.4%	5.9%	18.0%	23.6%
2 times	16.2%	18.4%	17.2%	22.1%	18.6%	17.4%	8.9%	14.2%	19.5%	23.6%
3 or more times	59.3%	61.7%	60.3%	53.7%	61.4%	56.5%	69.9%	75.4%	50.6%	41.8%

A state percentage was calculated for the number of students drinking a soft drink or sweetened drink one or more times daily. The state percentage was found to be 90.9%. The region specific percentage for eastern North Carolina was 94.2%.

The percentage in Wayne County was 91.7%.

Percent of students who ate breakfast on seven of the past seven days

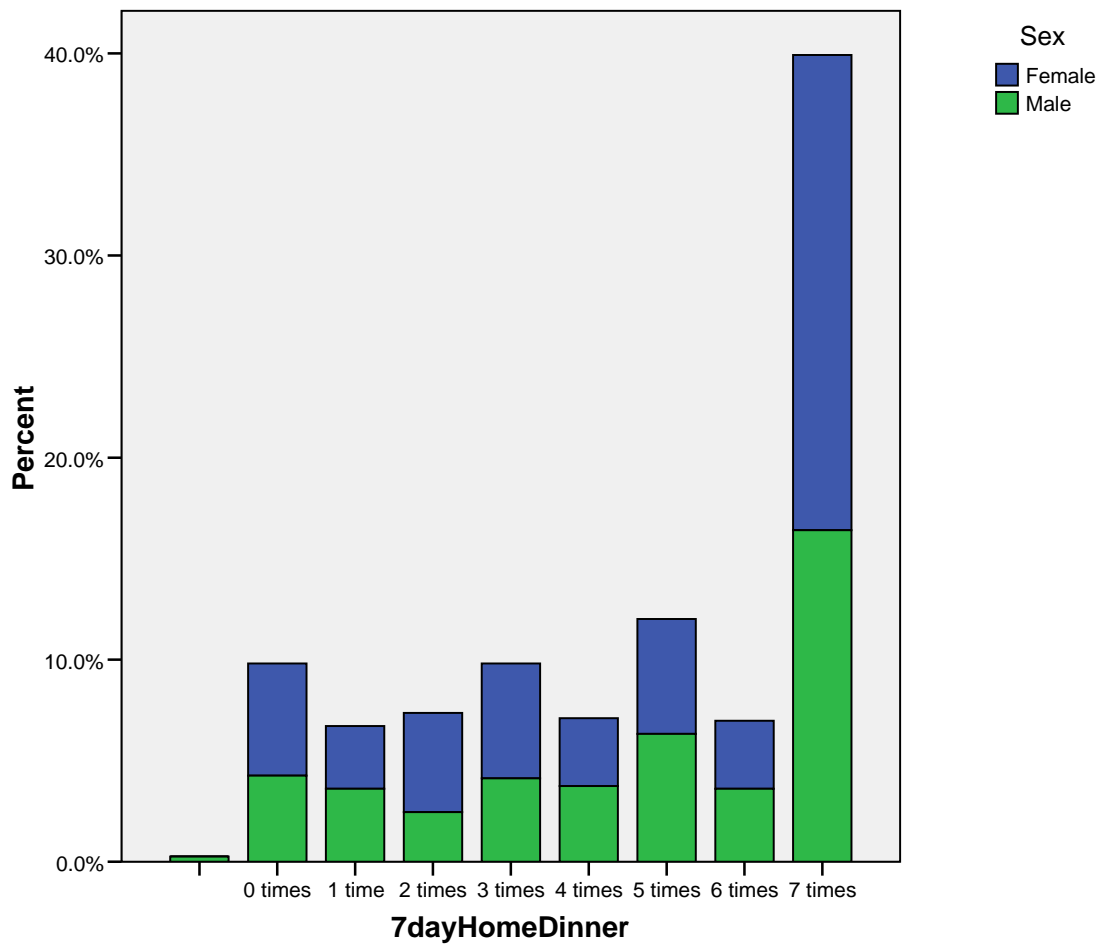


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	19.9%	19.9%	19.9%	20.1%	18.6%	22.8%	18.5%	23.7%	15.4%	27.3%
1 day	10.5%	11.0%	10.7%	14.1%	6.8%	9.2%	17.1%	9.8%	11.9%	9.1%
2 days	9.6%	10.1%	9.8%	10.1%	10.2%	10.9%	7.5%	9.5%	10.5%	7.3%
3 days	11.0%	7.8%	9.6%	6.0%	12.9%	10.9%	4.8%	13.9%	6.1%	.0%
4 days	9.6%	9.5%	9.6%	7.4%	12.5%	8.2%	7.5%	9.8%	7.8%	20.0%
5 days	7.7%	4.0%	6.1%	8.1%	4.7%	8.2%	4.1%	3.8%	7.8%	9.1%
6 days	2.8%	2.9%	2.8%	2.0%	2.4%	4.3%	2.7%	1.5%	2.3%	3.6%
7 days	28.6%	34.6%	31.3%	32.2%	31.5%	25.5%	37.0%	28.1%	37.5%	23.6%

A state percentage was calculated for students eating breakfast on seven of the previous seven days. The state percentage was found to be 34.2%. The region specific percentage for eastern North Carolina was 33.5%.

The percentage in Wayne County was 31.3%. Students identifying themselves as white were significantly more likely to have breakfast on seven or the previous seven days than those identifying themselves as Hispanic or Black. Trends in Wayne County also reveal that males were more likely to have breakfast on seven of the previous seven days than females.

Percent of students who ate dinner at home with their family four or more times in the past seven days

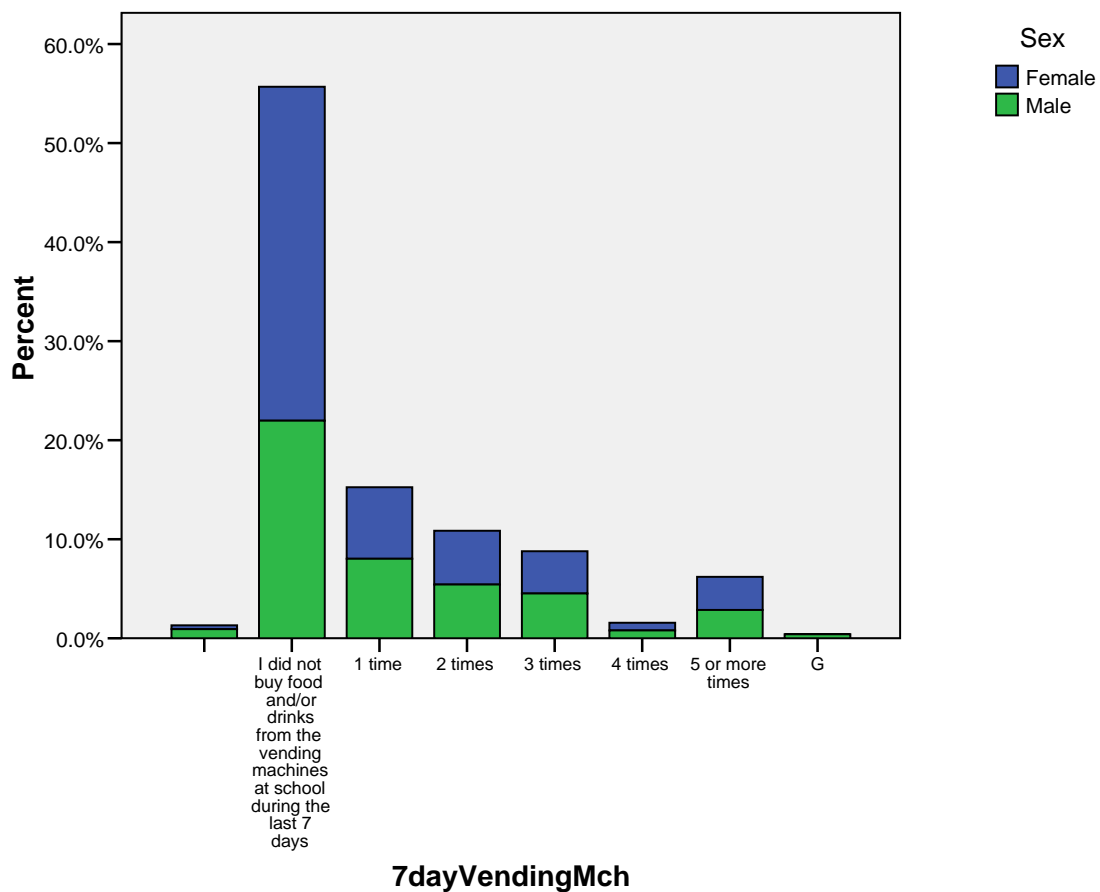


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	10.1%	9.5%	9.8%	6.0%	8.8%	10.3%	15.1%	11.5%	5.8%	18.2%
1 time	5.6%	8.1%	6.7%	8.1%	6.1%	9.2%	3.4%	8.3%	5.5%	3.6%
2 times	8.9%	5.5%	7.4%	6.7%	6.8%	7.1%	9.6%	7.7%	6.7%	12.7%
3 times	10.3%	9.2%	9.8%	10.7%	7.8%	14.1%	7.5%	8.0%	12.2%	1.8%
4 times	6.1%	8.4%	7.1%	6.7%	6.8%	4.9%	11.0%	6.2%	9.6%	1.8%
5 times	10.3%	14.1%	12.0%	7.4%	15.9%	7.1%	15.1%	8.6%	15.7%	7.3%
6 times	6.1%	8.1%	7.0%	4.7%	7.1%	4.9%	11.6%	5.0%	9.9%	5.5%
7 times	42.6%	36.6%	39.9%	49.7%	40.0%	42.4%	26.7%	44.4%	34.3%	49.1%

A state percentage was calculated for the number of students who ate dinner at home on four of the previous seven days. The state percentage was 62.5%. The region specific percentage for eastern North Carolina was 67.9%.

The percentage in Wayne County was 66.0%. Trends in Wayne County reveal that freshmen and sophomores were significantly more likely to eat dinner at home on four of the previous seven days.

Percent of students who bought food and/or drinks from vending machines at school one or more times in the previous seven days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I did not buy food and/or drinks from the vending machines at school during the last 7 days	61.1%	49.0%	55.7%	51.7%	49.5%	56.0%	71.9%	41.4%	64.5%	76.4%
1 time	13.1%	17.9%	15.2%	14.1%	17.6%	10.3%	17.8%	14.2%	16.9%	16.4%
2 times	9.8%	12.1%	10.9%	6.0%	12.5%	16.3%	5.5%	16.6%	7.3%	3.6%
3 times	7.7%	10.1%	8.8%	20.1%	7.5%	7.6%	1.4%	13.9%	5.2%	1.8%
4 times	1.4%	1.7%	1.6%	.0%	1.4%	3.8%	.7%	.6%	2.3%	.0%
5 or more times	6.1%	6.3%	6.2%	7.4%	7.8%	5.4%	2.7%	10.7%	2.6%	1.8%

A state percentage was calculated for the number of students buying food and/or drink from vending machines at school one or more times in the previous seven days. The state percentage was 58.2%. The region specific percentage for eastern North Carolina was 56.8%.

The percentage in Wayne County was 42.7%. Trends in Wayne County reveal that freshmen in high school are more likely than students from the other three grades to purchase food and/or drinks from vending machines in the past seven days.

Physical Activity

The following excerpt was taken from the 2005 NC YRBS:

Regular physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat. It also reduces feelings of depression and anxiety, while promoting psychological well-being.¹ Physical activity reduces the risk of premature mortality in general, and of coronary heart disease, hypertension, colon cancer, and diabetes mellitus in particular.² It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity on most days of the week, preferably daily. Through a quality physical education program, students learn a variety of skills to be physically active for a lifetime.

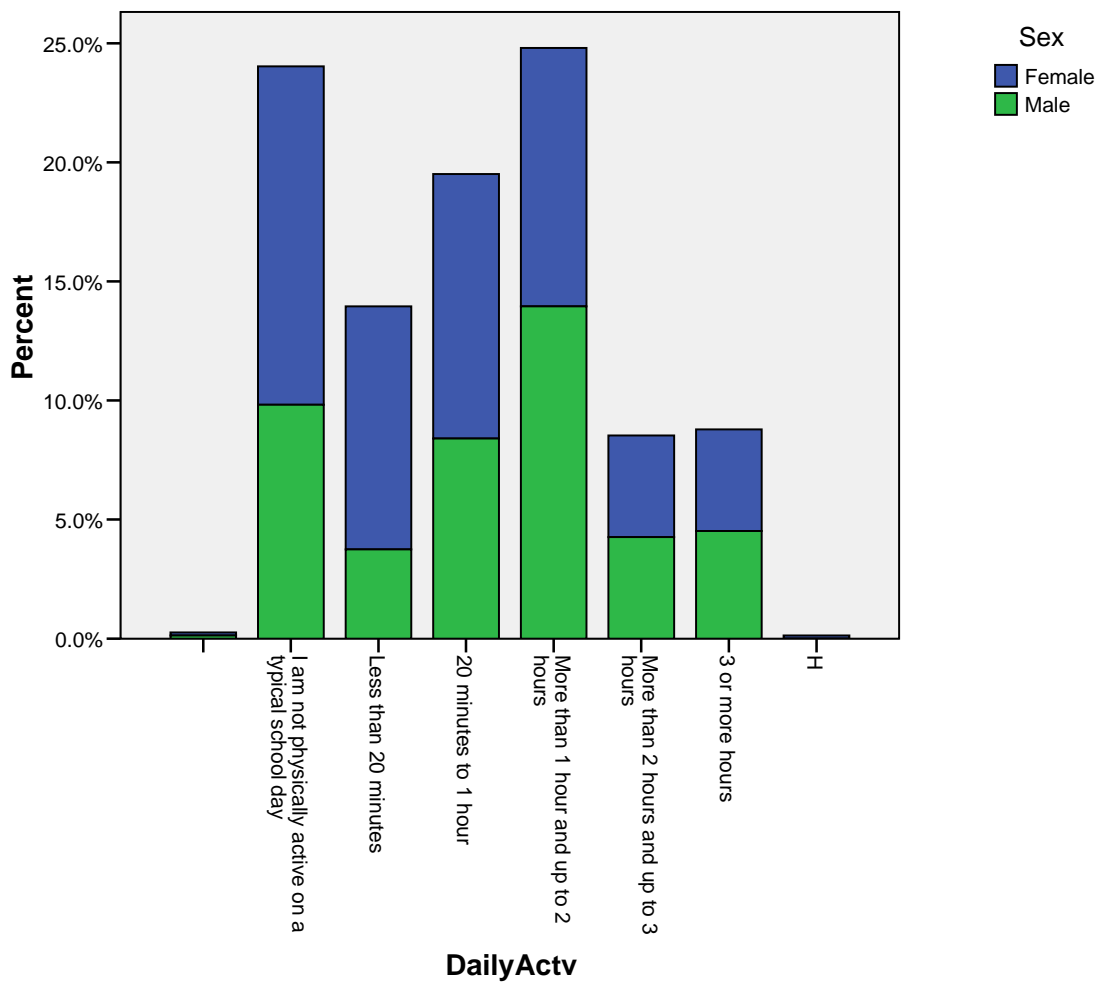
Despite the well-known benefits of physical activity, most adults and many children lead a relatively sedentary lifestyle and are not active enough to achieve these health benefits. A sedentary lifestyle is defined as follows, “engaging in no leisure-time physical activity (exercises, sports, physically active hobbies) in a two-week period.”⁴ Decreases in vigorous physical activity occur during grades 9 through 12, particularly for girls; by 11th grade, half of female high school students do not participate in sufficient levels of vigorous physical activity.⁵ Television viewing and using the computer, now referred to as “screen time,” is the principal sedentary leisure time behavior in the U.S and is linked to obesity in youth.⁶ Promoting physical activity and healthy eating are key strategies for preventing obesity.⁷

National Health Objectives for the Year 2010: Increase the proportion of adolescents who engage in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days to 35%, increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion to 85%, increase the proportion of adolescents who participate in daily school physical education to 50%, the proportion of adolescents who spend at least 50% of school physical education class time being physically active to 50%, increase the proportion of adolescents who view television 2 or fewer hours on a school day to 75%.

North Carolina Health Objectives for the Year 2010: Increase the proportion of middle and high school students who report participating in vigorous physical activity for at least 20 minutes on 3 or more of the previous 7 days to 80%, increase the proportion of middle and high school students who report participating in moderate physical activity for at least 30 minutes

on 5 or more of the previous 7 days.

Student time spent in physical activity on a typical school day

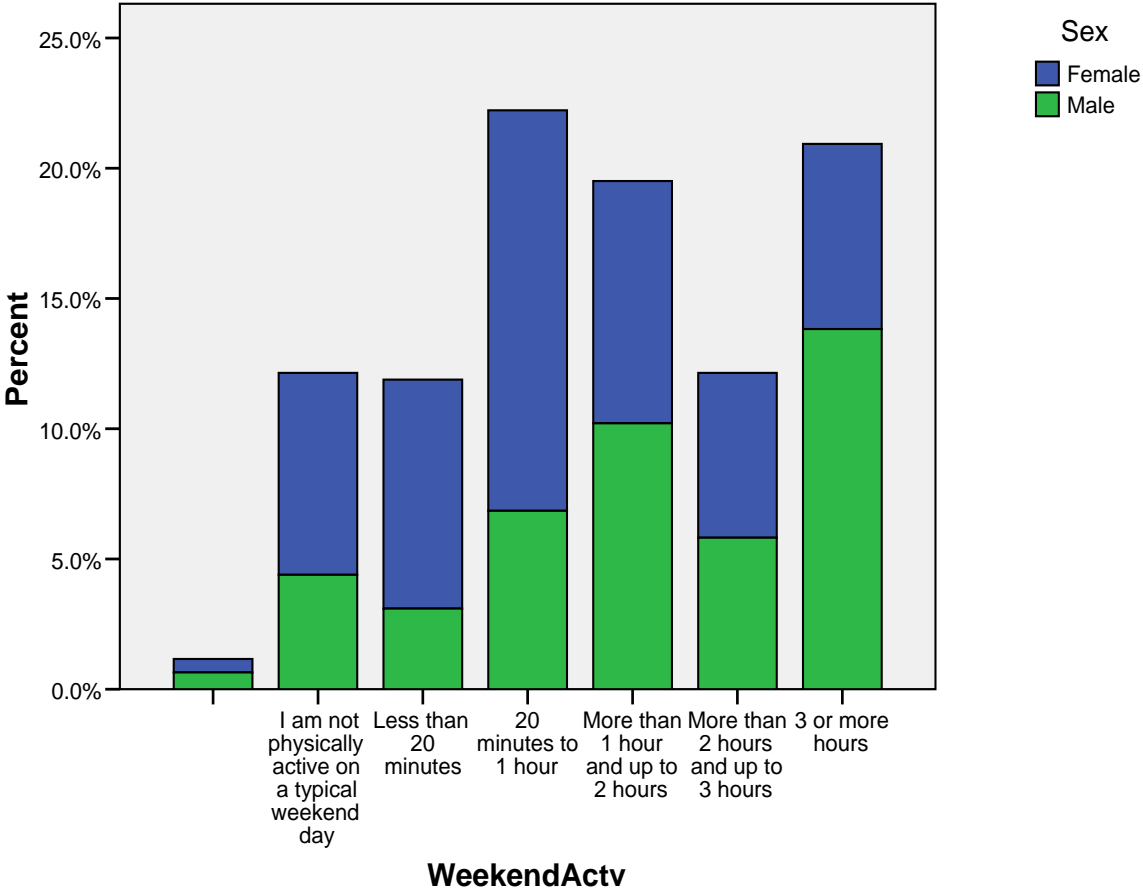


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I am not physically active on a typical school day	25.8%	21.9%	24.0%	23.5%	23.1%	21.7%	29.5%	28.4%	18.0%	23.6%
Less than 20 minutes	18.5%	8.4%	14.0%	9.4%	16.9%	13.6%	13.0%	14.5%	12.2%	21.8%
20 minutes to 1 hour	20.1%	18.7%	19.5%	20.1%	21.7%	15.2%	19.9%	14.8%	23.5%	27.3%
More than 1 hour and up to 2 hours	19.7%	31.1%	24.8%	28.2%	22.7%	26.6%	23.3%	28.7%	24.1%	10.9%
More than 2 hours and up to 3 hours	7.7%	9.5%	8.5%	7.4%	8.8%	12.5%	4.1%	5.6%	11.9%	5.5%
3 or more hours	7.7%	10.1%	8.8%	11.4%	6.4%	9.2%	10.3%	7.4%	9.9%	10.9%

A state percentage was calculated for the number of students who were physically active 20 or more minutes on a typical school day. The state percentage was found to be 70.1%. The region specific percentage for eastern North Carolina was 68.1%.

The percentage for Wayne County was 61.6%.

Student time spent in physical activity on a typical weekend day

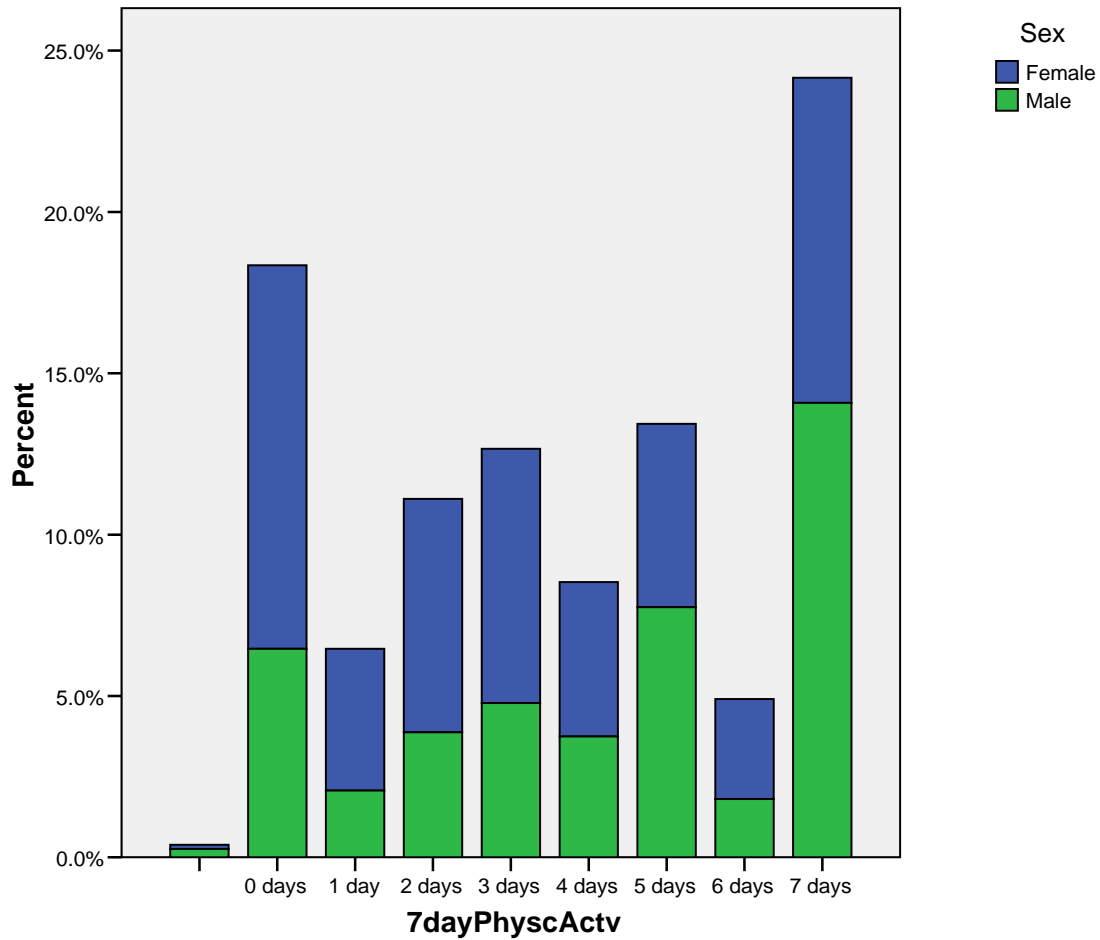


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	Hispanic	White
I am not physically active on a typical weekend day	14.1%	9.8%	12.1%	17.4%	10.2%	12.5%	10.3%	14.8%	7.3%	8.4%
Less than 20 minutes	15.9%	6.9%	11.9%	12.8%	11.9%	13.0%	9.6%	15.1%	10.9%	9.0%
20 minutes to 1 hour	27.9%	15.3%	22.2%	20.8%	19.0%	25.0%	26.7%	21.3%	25.5%	22.7%
More than 1 hour and up to 2 hours	16.9%	22.8%	19.5%	22.1%	20.0%	16.8%	19.2%	15.7%	12.7%	23.5%
More than 2 hours and up to 3 hours	11.5%	13.0%	12.1%	5.4%	16.9%	12.5%	8.9%	13.0%	16.4%	11.3%
3 or more hours	12.9%	30.8%	20.9%	21.5%	20.0%	19.0%	24.7%	18.3%	23.6%	24.7%

A state percentage was calculated for the number of students who were physically active twenty or more minutes on a typical weekend day. The state percentage was found to be 73.6%. The region specific percentage for eastern North Carolina was 71.3%.

The Wayne County percentage was 74.7%. Males were significantly more likely than females to be physically active for 20 or more minutes on a typical weekend day.

Percent of students who were physically active for a total of 60 minutes or more during the past 7 days

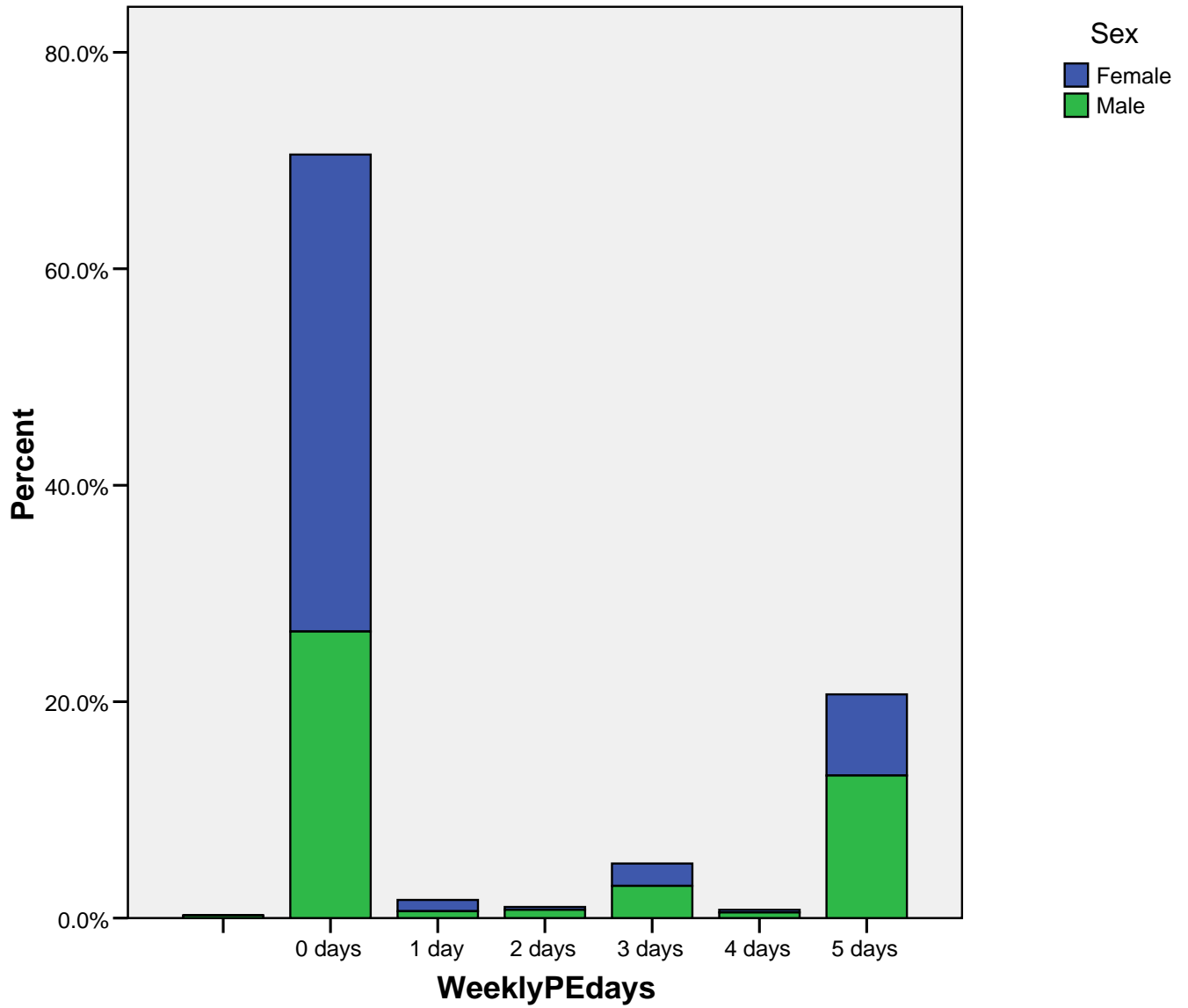


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	21.5%	14.4%	18.3%	17.4%	16.9%	21.7%	17.8%	20.4%	14.2%	16.4%
1 day	8.0%	4.6%	6.5%	4.7%	6.1%	8.7%	6.2%	6.8%	5.8%	7.3%
2 days	13.1%	8.6%	11.1%	13.4%	10.2%	11.4%	10.3%	10.9%	11.3%	5.5%
3 days	14.3%	10.7%	12.7%	11.4%	13.9%	13.0%	11.0%	11.5%	15.4%	7.3%
4 days	8.7%	8.4%	8.5%	8.1%	9.8%	6.5%	8.9%	9.5%	7.6%	10.9%
5 days	10.3%	17.3%	13.4%	17.4%	13.6%	8.7%	15.1%	16.0%	10.8%	18.2%
6 days	5.6%	4.0%	4.9%	2.0%	5.4%	6.5%	4.8%	3.6%	7.0%	3.6%
7 days	18.3%	31.4%	24.2%	25.5%	23.7%	22.3%	26.0%	20.7%	27.6%	30.9%

State and national percentages were calculated for the number of students who were physically active for 60 or more minutes on five of the previous seven days. The state percentage was found to be 45.9%, while the national percentage was 35.8%. The region specific percentage for eastern North Carolina was 44.6%.

The percentage in Wayne County was 42.5%. Males were significantly more likely to have been physically active for 60 or more minutes on five of the previous days than females.

Percentage of students who attend Physical Education (PE) classes on one or more days in an average week when they were in school



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	79.9%	59.1%	70.5%	48.3%	71.9%	75.5%	84.2%	62.7%	76.2%	78.2%
1 day	1.9%	1.4%	1.7%	2.0%	1.7%	2.2%	.7%	2.1%	1.2%	1.8%
2 days	.5%	1.7%	1.0%	1.3%	.7%	1.1%	1.4%	1.5%	.3%	.0%
3 days	3.7%	6.6%	5.0%	17.4%	3.7%	1.1%	.0%	5.0%	5.8%	3.6%
4 days	.5%	1.2%	.8%	2.7%	.7%	.0%	.0%	.9%	.9%	.0%
5 days	13.6%	29.4%	20.7%	28.2%	20.7%	20.1%	13.7%	27.5%	15.4%	16.4%

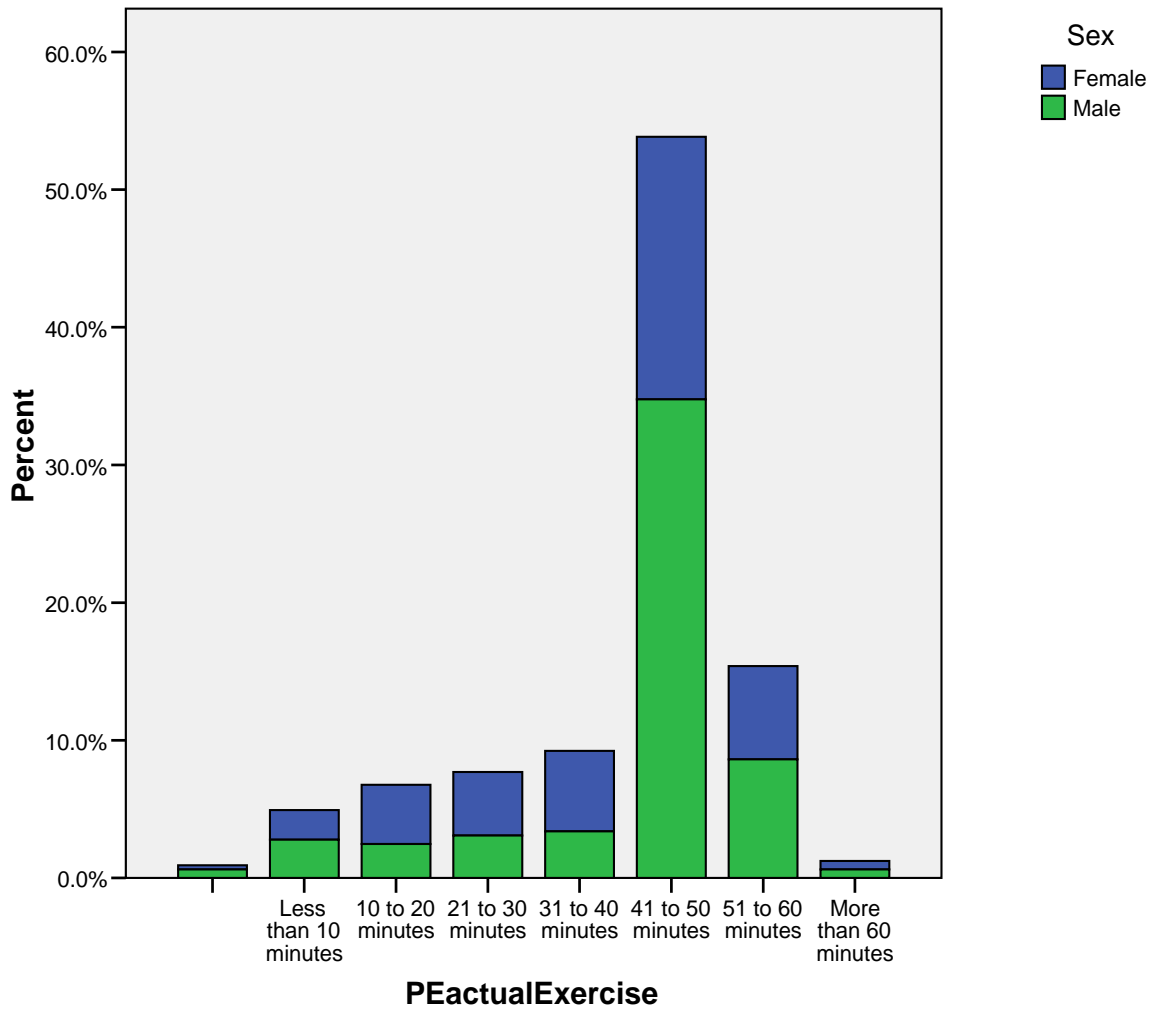
State and national percentages were calculated for the number of students attending one or more physical education classes a week during a regular school week. The state percentage was found to be 49.8%, while the national percentage was 54.2%. The region specific percentage for eastern North Carolina was 44.1%.

The percentage in Wayne County was 29.2%. This trend is much lower than national, state, and regional percentages. Trends in Wayne County also reveal that males were significantly more likely to have attended a physical education class one or more times during a typical week. Trends in Wayne County also reveal that students identifying themselves as Black were more likely than those identifying themselves as White or Hispanic to attend a physical education class on one or more days during a typical school week. Students identifying themselves as 9th graders were also significantly more likely to attend one or more days of physical education class during a typical school week.

State and national data was also calculated for the percentage of students who attended a physical education class daily during an average school week. The state percentage was 37.4%, while the national percentage was 33.0%. The region specific percentage for eastern North Carolina was 33.5%.

The Wayne County percentage was 20.7%. Students identifying themselves as 9th graders were significantly more likely to attend a physical education class daily during an average school week.

The percent of students who actually exercised or played sports among students enrolled in a Physical Education (PE) class

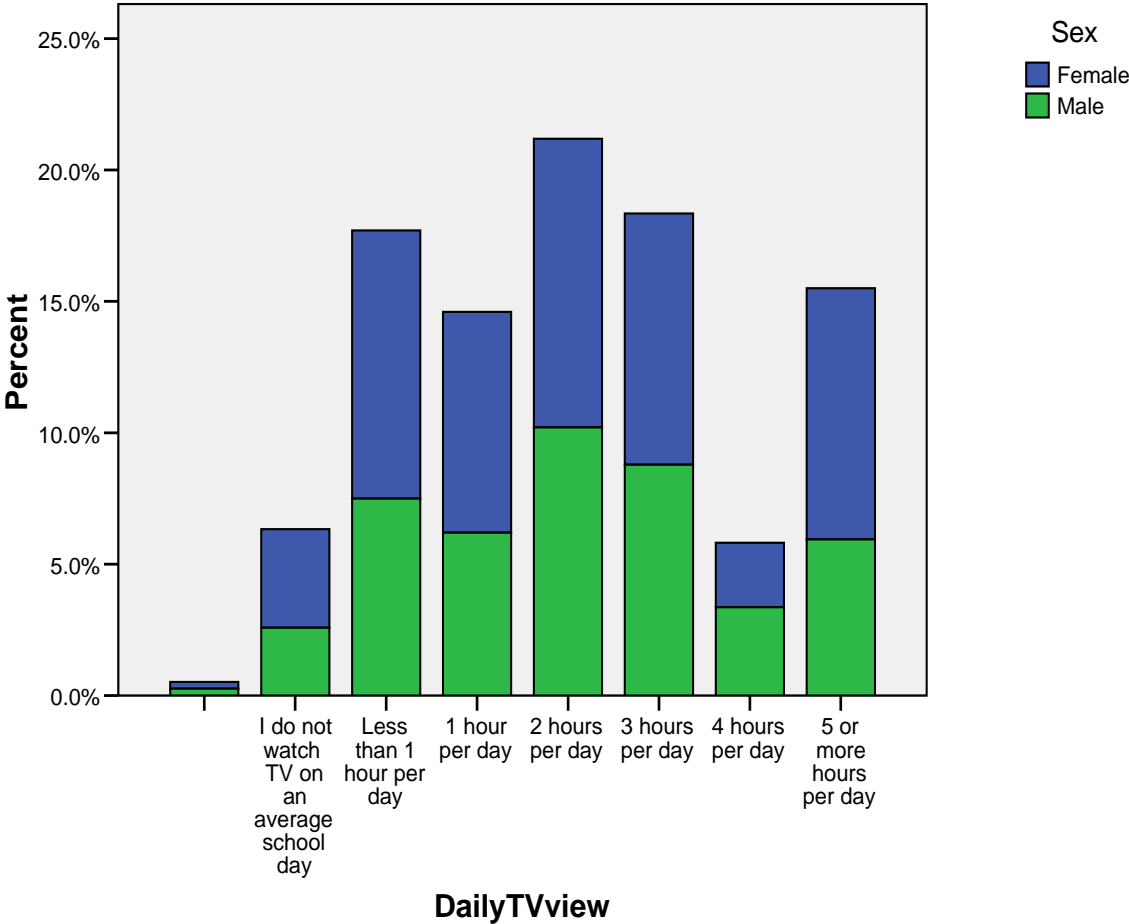


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Less than 10 minutes	5.0%	5.0%	5.0%	5.9%	2.7%	6.3%	6.7%	6.0%	2.3%	.0%
10 to 20 minutes	9.9%	4.4%	6.8%	9.8%	5.4%	6.3%	4.4%	8.3%	6.2%	.0%
21 to 30 minutes	10.6%	5.5%	7.8%	8.8%	4.5%	3.1%	20.0%	8.3%	5.4%	15.4%
31 to 40 minutes	13.5%	6.1%	9.3%	3.9%	10.8%	12.5%	13.3%	11.3%	7.8%	7.7%
41 to 50 minutes	44.0%	62.4%	54.3%	55.9%	59.5%	51.6%	42.2%	50.0%	62.0%	46.2%
51 to 60 minutes	15.6%	15.5%	15.5%	15.7%	15.3%	17.2%	13.3%	14.9%	16.3%	15.4%
More than 60 minutes	1.4%	1.1%	1.2%	.0%	1.8%	3.1%	.0%	1.2%	.0%	15.4%

State and national percentages were calculated for the number of individuals enrolled in a physical education class who actually exercised or played sports for 20 or more minutes during a typical physical education class. The state percentage was found to be 87.9%, while the national percentage was 84.0%. The region specific percentage for eastern North Carolina was 89.5%.

The percentage in Wayne County was 88.1%.

Student percentages of television viewing on an average school day

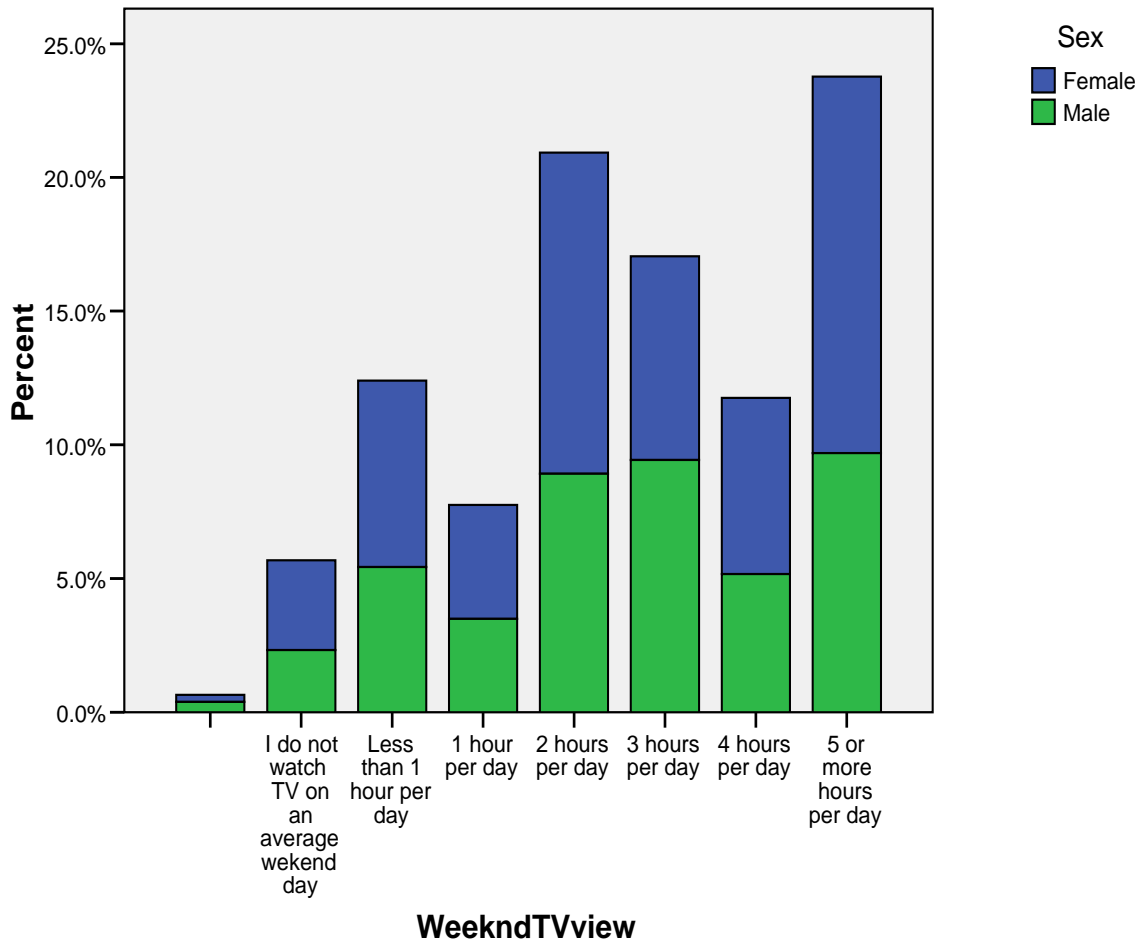


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not watch TV on an average school day	6.8%	5.8%	6.3%	9.4%	2.7%	8.2%	8.2%	5.9%	5.5%	9.1%
Less than 1 hour per day	18.5%	16.7%	17.7%	16.8%	19.3%	17.9%	15.1%	10.9%	24.4%	10.9%
1 hour per day	15.2%	13.8%	14.6%	14.8%	14.6%	10.9%	19.2%	9.8%	18.3%	20.0%
2 hours per day	19.9%	22.8%	21.2%	20.8%	17.6%	23.4%	26.0%	18.6%	24.1%	21.8%
3 hours per day	17.3%	19.6%	18.3%	14.1%	21.4%	16.3%	19.2%	17.8%	17.4%	29.1%
4 hours per day	4.4%	7.5%	5.8%	4.0%	8.1%	6.5%	2.1%	9.8%	3.2%	1.8%
5 or more hours per day	17.3%	13.3%	15.5%	20.1%	14.9%	16.8%	10.3%	26.6%	6.4%	7.3%

State and national percentages were calculated for the number of students who watched three or more hours of television on an average school day. The state percentage was 36.3%, while the national percentage was 37.2%. The region specific percentage for eastern North Carolina was 42.4%.

The percentage for Wayne County was 39.6%. Trends in Wayne County reveal that students identifying themselves as black were significantly more likely to watch three or more hours of television on an average school day than other students.

Student percentages of television viewing on an average weekend day



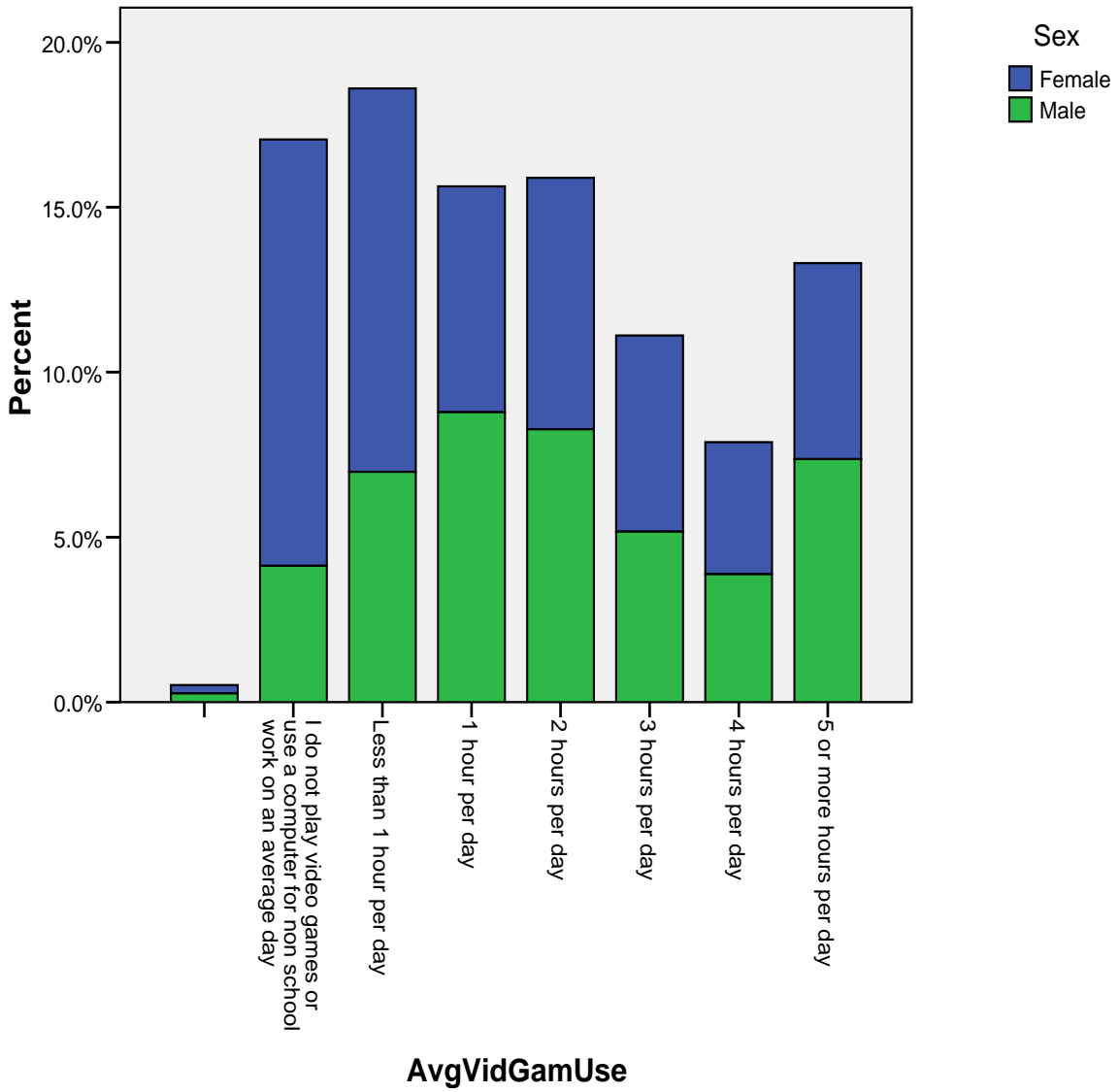
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not watch TV on an average weekend day	6.1%	5.2%	5.7%	7.4%	4.1%	5.4%	7.5%	5.0%	4.7%	14.5%
Less than 1 hour per day	12.6%	12.1%	12.4%	9.4%	11.5%	14.1%	15.1%	8.9%	14.2%	10.9%
1 hour per day	7.7%	7.8%	7.8%	8.1%	6.4%	9.2%	8.2%	4.7%	11.3%	3.6%
2 hours per day	21.8%	19.9%	20.9%	16.8%	21.0%	19.6%	26.7%	20.7%	23.8%	10.9%
3 hours per day	13.8%	21.0%	17.1%	20.1%	16.9%	13.0%	19.2%	14.5%	16.9%	30.9%
4 hours per day	11.9%	11.5%	11.8%	12.1%	12.2%	13.0%	8.9%	12.1%	11.9%	14.5%
5 or more hours per day	25.5%	21.6%	23.8%	26.2%	26.8%	24.5%	14.4%	33.4%	16.3%	14.5%

A state percentage was calculated for the number of students who watched three or more hours of television on a typical weekend day. The state percentage was found to be 51.2%. The region specific percentage for eastern North Carolina was 57.9%.

The percentage for Wayne County was 52.7%. Students identifying themselves as Black and as Hispanic were significantly more likely than those identifying themselves as white to watch three or more hours of television on an average weekend day.

Percentages of students video game and computer use for something that is not school work on an average day



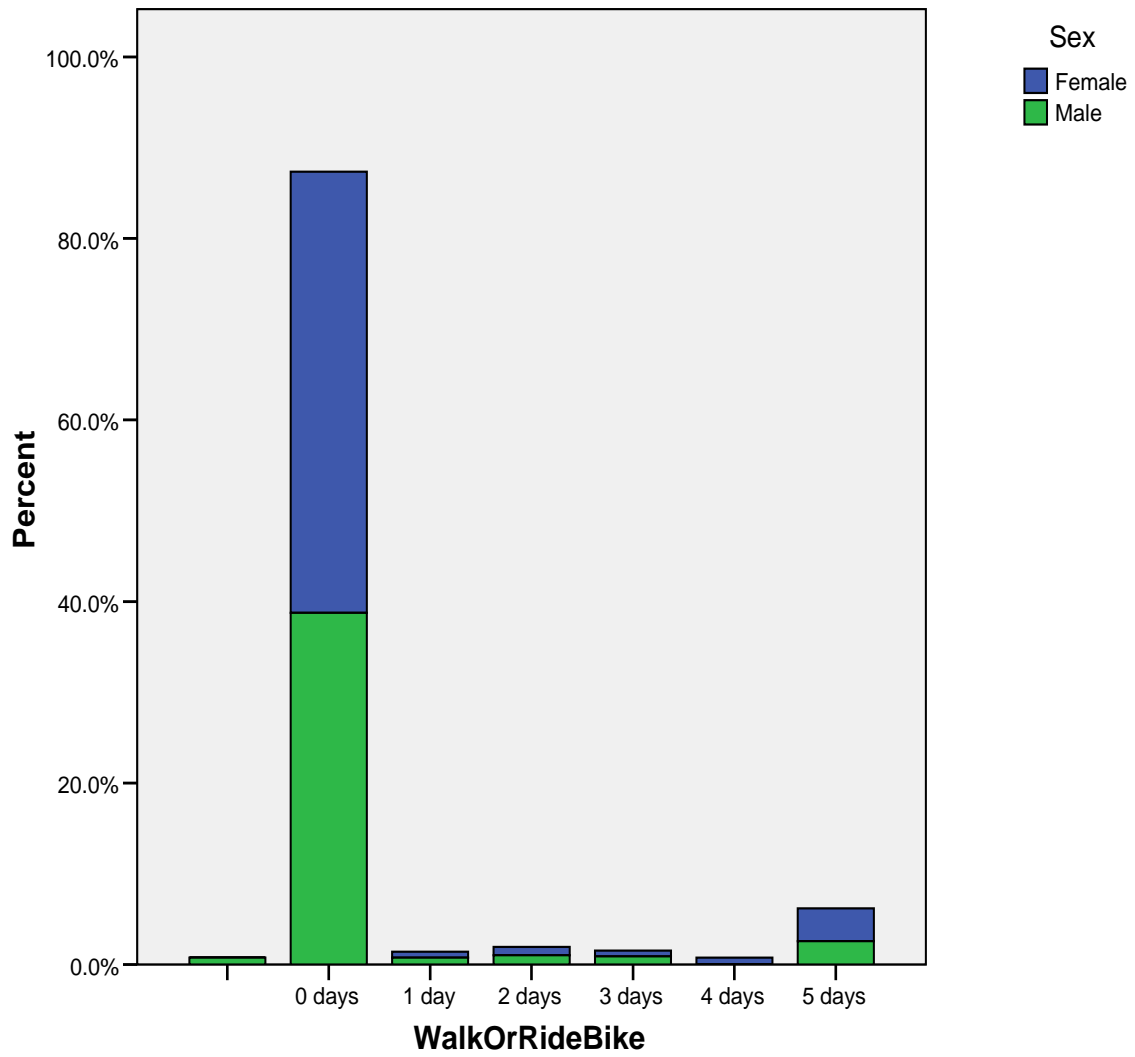
	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I do not play video games or use a computer for non school work on an average day	23.4%	9.2%	17.1%	14.1%	12.2%	26.6%	17.8%	18.3%	11.6%	25.5%
Less than 1 hour per day	21.1%	15.6%	18.6%	13.4%	21.4%	16.8%	20.5%	14.5%	23.0%	21.8%
1 hour per day	12.4%	19.6%	15.6%	14.8%	14.9%	18.5%	14.4%	12.7%	18.6%	16.4%
2 hours per day	13.8%	18.4%	15.9%	16.8%	15.9%	14.1%	17.1%	11.8%	20.1%	20.0%
3 hours per day	10.8%	11.5%	11.1%	7.4%	12.9%	10.9%	11.6%	12.1%	11.6%	7.3%
4 hours per day	7.3%	8.6%	7.9%	10.7%	8.8%	4.3%	7.5%	10.4%	6.4%	.0%
5 or more hours per day	10.8%	16.4%	13.3%	22.8%	12.9%	8.2%	11.0%	19.8%	7.8%	9.1%

A state percentage was calculated for the number of students who spent three or more hours on an average day playing a video game or using a computer for something that is not school work. The state percentage was found to be 20.3%. The region specific percentage for eastern North Carolina was 20.1%.

The percentage for Wayne County was 32.3%. Trends in Wayne County reveal that males were significantly more likely than females to spend three or more hours a day playing video games or using a computer for something other than school work.

Percent of students who walk or ride their bike to school



	Sex	Grade	Race
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	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 days	88.1%	86.5%	87.3%	85.2%	86.4%	89.1%	89.0%	83.1%	92.2%	85.5%
1 day	1.2%	1.7%	1.4%	3.4%	.3%	2.7%	.0%	1.8%	.3%	3.6%
2 days	1.6%	2.3%	1.9%	1.3%	3.1%	.5%	2.1%	2.4%	1.5%	3.6%
3 days	1.2%	2.0%	1.6%	1.3%	1.7%	2.2%	.7%	1.8%	.9%	1.8%
4 days	1.4%	.0%	.8%	.7%	1.0%	1.1%	.0%	.9%	.6%	.0%
5 days	6.6%	5.8%	6.2%	5.4%	6.8%	4.3%	8.2%	9.5%	4.1%	3.6%

A state percentage was calculated for the number of students who walk or ride their bike to school three or more days in an average week. The state percentage was found to be 5.2%. The region specific percentage for eastern North Carolina was 5.0%.

The percentage for Wayne County was 8.6%. Trends in Wayne County reveal that students identifying themselves as Black were significantly more likely to ride or walk to school three or more days a week than other students.

Psychological Health

The following excerpt was taken from the 2005 NC YRBS:

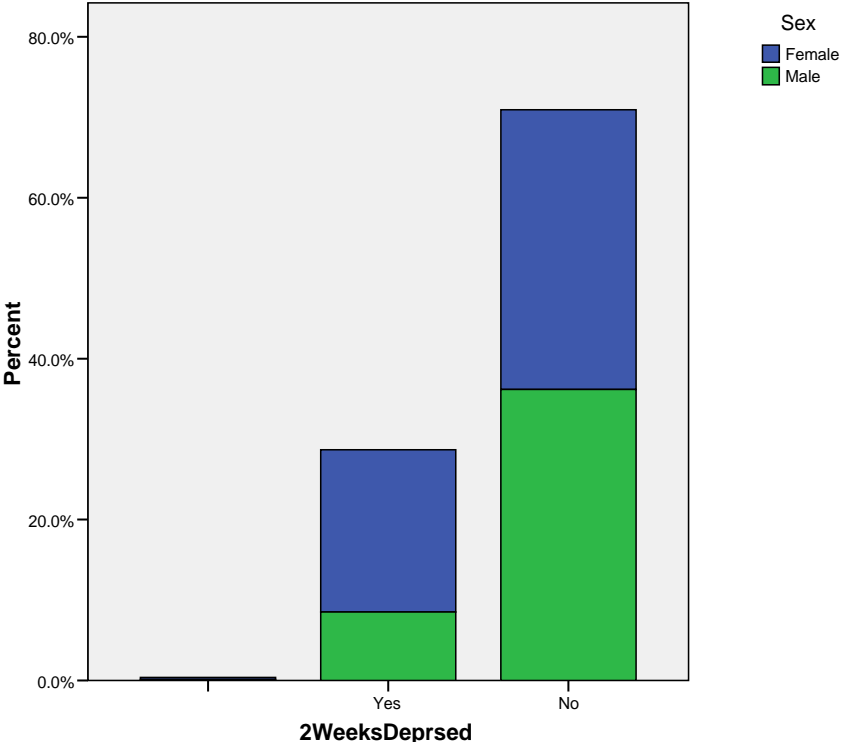
It is estimated that approximately one out of every ten children in the U.S. suffer from a mental or emotional illness severe enough to compromise their daily functioning.¹ Nearly 5%, or an estimated 2.7 million children, are reported by their parents to suffer from definite or severe emotional or behavioral difficulties. These problems may interfere with their family life, their ability to learn, and their formation of friendships. These difficulties may persist through a child's development and lead to lifelong disability, including more serious illness, more difficult to treat illness, and co-occurring mental illnesses.²

Untreated mental health disorders can be very costly to families, communities, and the health care system. Children with mental health conditions are at higher risk for a variety of negative outcomes, including school dropout, violence, and drug use.³ When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide.⁴ Suicide is the third leading cause of death among young people ages 15 to 19.⁵ Adolescents and young adults often experience stress, confusion, and depression from situations occurring in their families, schools, and communities. Such feelings can overwhelm young people and lead them to consider suicide as a "solution."⁶

National Health Objectives for the Year 2010: Reduce the rate of suicide attempts by adolescents to 1%.

North Carolina Health Objectives for the Year 2010: Increase the proportion of children and adolescents, birth to age 18, with serious emotional disturbances who receive treatment.

Percent of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the last 12 months

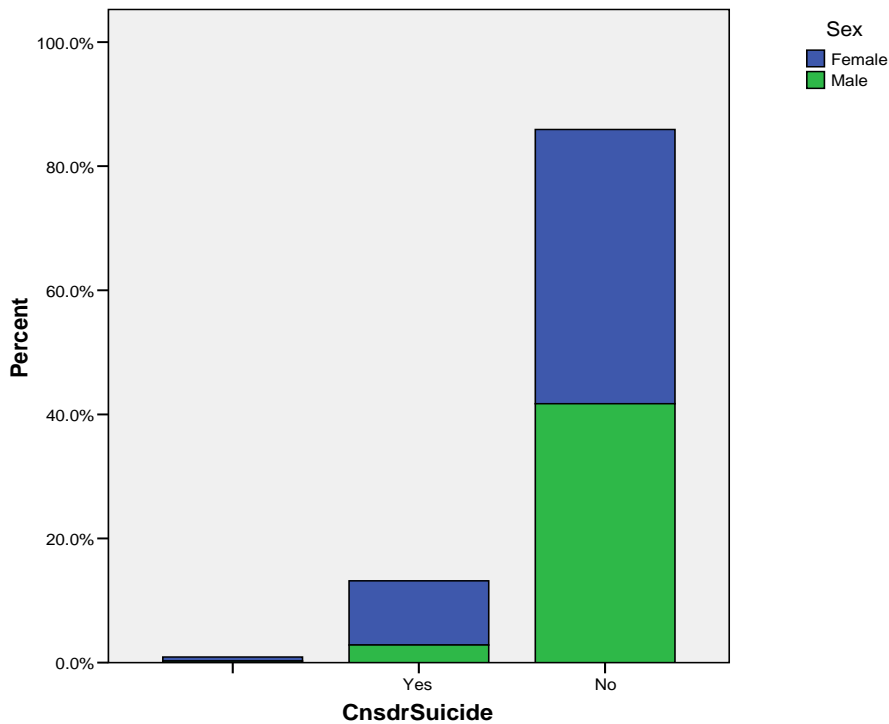


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	36.5%	19.0%	28.7%	36.2%	30.2%	24.5%	23.3%	27.2%	28.2%	34.5%
No	63.0%	80.7%	70.9%	63.8%	69.8%	73.9%	76.7%	72.5%	71.8%	61.8%

State and national percentages were calculated for the number of students who felt sad or hopeless almost every day for two weeks or more. The state percentage was 26.5%, while the national percentage was 28.5%. The region specific percentage for eastern North Carolina was 26.1%.

The percentage for Wayne County was 28.7%. Females were significantly more likely than males to have felt sad or hopeless for two weeks or more causing a cessation of normal activities.

Percent of students who seriously considered attempting suicide in the past 12 months

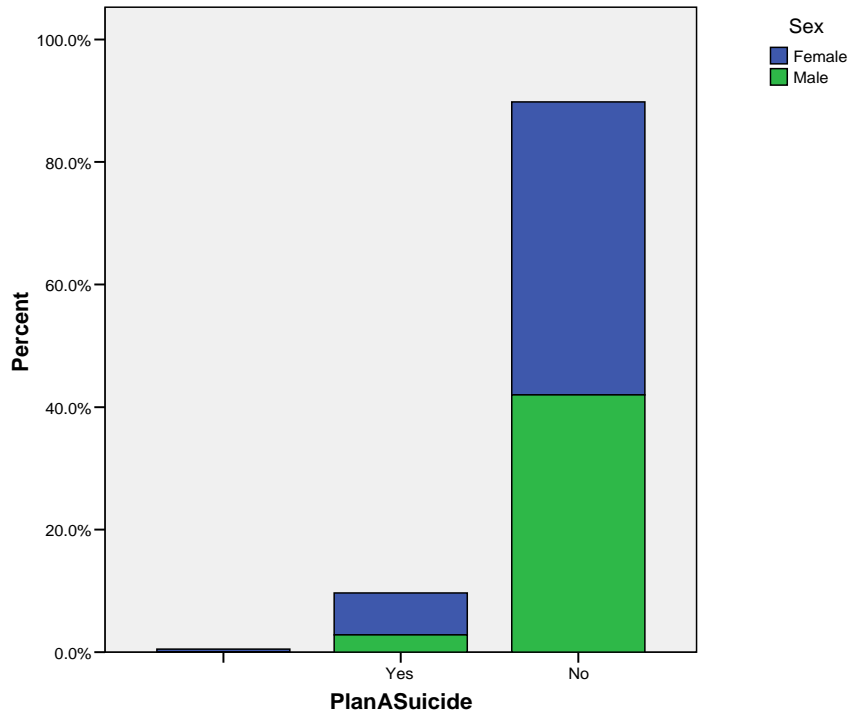


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	18.7%	6.3%	13.2%	14.8%	13.6%	13.0%	11.0%	13.6%	12.5%	12.7%
No	80.1%	93.1%	85.9%	83.9%	86.4%	84.8%	88.4%	85.8%	86.9%	81.8%

State and national percentages were calculated for the number of students who seriously considered attempting suicide in the past 12 months. The state average was found to be 15.6%, while the national average was 16.9%. The region specific percentage for eastern North Carolina was 14.3%.

The percentage for Wayne County was 13.2%. Females were significantly more likely than males to have seriously considered attempting suicide in the past 12 months.

Percent of students who made a plan about how they would attempt suicide in the past 12 months

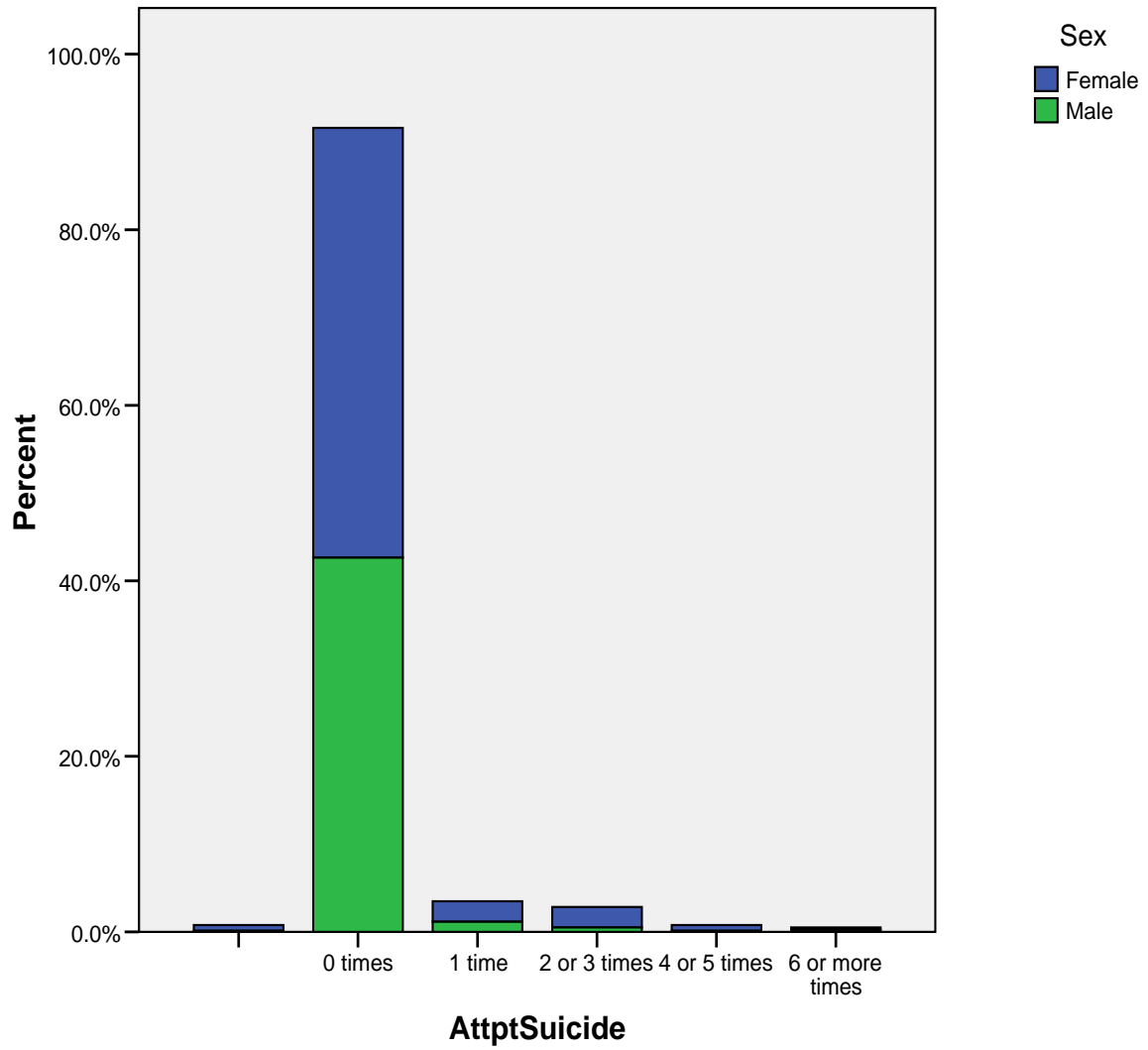


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	12.4%	6.3%	9.7%	10.7%	11.2%	9.8%	5.5%	10.4%	8.7%	9.1%
No	86.7%	93.7%	89.8%	87.9%	88.8%	89.1%	94.5%	89.3%	91.0%	87.3%

State and national percentages were calculated for the number of students who made a plan about how they would attempt suicide. The state percentage was 13.1%, while the national percentage was 13.0%. The region specific percentage for eastern North Carolina was 11.1%.

The percentage for Wayne County was 9.7%. Females were significantly more likely than males to have made a plan about how they would attempt suicide in the past 12 months.

Percent of students who actually attempted suicide one or more times in the past 12 months



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	88.8%	95.1%	91.6%	89.3%	92.9%	90.2%	93.2%	92.3%	93.3%	85.5%
1 time	4.2%	2.6%	3.5%	5.4%	3.1%	2.7%	3.4%	3.8%	2.0%	5.5%
2 or 3 times	4.2%	1.2%	2.8%	2.0%	2.7%	3.8%	2.7%	1.8%	2.9%	5.5%
4 or 5 times	1.2%	.3%	.8%	.7%	1.0%	1.1%	.0%	.9%	.6%	.0%
6 or more times	.5%	.6%	.5%	.7%	.3%	.5%	.7%	.6%	.6%	.0%

State and national percentages were calculated for the number of students who actually attempted to commit suicide during the past 12 months. The state percentage was found to be 13.1%, while the national percentages was 8.4%. The region specific percentage for eastern North Carolina was 10.7%.

The percentage for Wayne County was 7.6%.

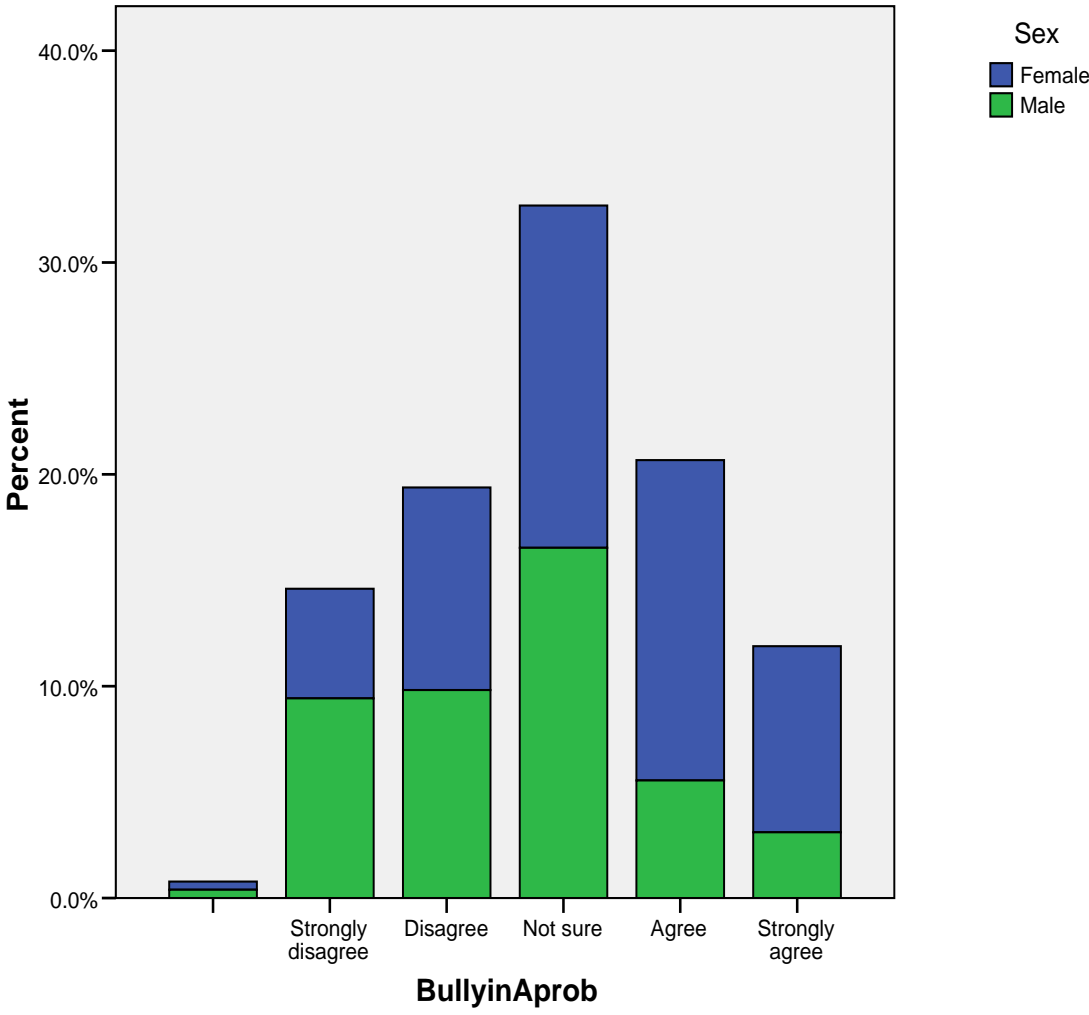
School Environment

The following excerpt was taken from the 2005 NC YRBS:

The presence of drugs and violence in school often has harmful effects on the learning environment and on students' perceptions of safety. During the 1990's, there was a national decline in the percentage of student's victimized by crime in school and the percentage of students who fear for their safety either in school or traveling to or from school. Despite these declines, students ages 12 to 18 were still the victims of 2.5 million crimes at school in 1999, including 186,000 rapes, sexual assaults, robberies, and aggravated assaults, and drug use and availability at school has generally remained steady since 1995. ¹

New anti-aggression programs can prevent up to half of all bullying which now affects one out of three children in grades six to ten and can lead to violent crime and death. For children in sixth through tenth grade, nearly one in six, 3.2 million, are victims of bullying each year. An additional 3.7 million bully other children. Kids who are bullied are five times more likely to be depressed than other kids, and also far more likely to be suicidal. Bullies are much more likely than other kids to carry a weapon to school. One expert commented that, "Bullying is a ticking time bomb in our schools and our society; America needs to defuse this problem before more children are harmed, killed or take their own lives." ²

Student opinion on the problem of bullying and harassment by other students at their school

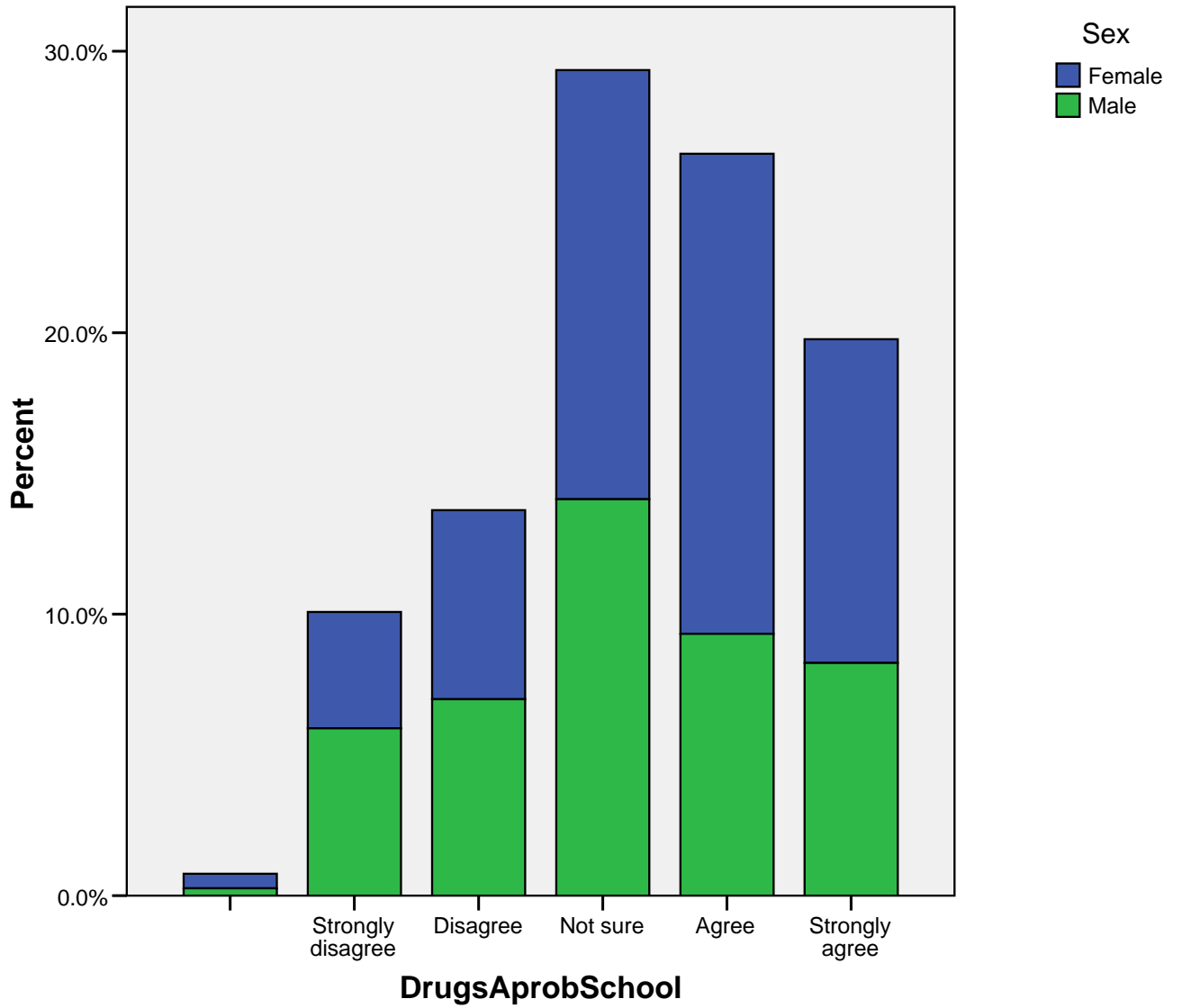


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Strongly disagree	9.4%	21.0%	14.6%	16.8%	10.8%	18.5%	15.1%	17.2%	12.2%	16.4%
Disagree	17.3%	21.9%	19.4%	27.5%	13.9%	20.7%	20.5%	16.0%	20.9%	25.5%
Not sure	29.3%	36.9%	32.7%	26.8%	36.3%	32.6%	31.5%	28.1%	37.2%	45.5%
Agree	27.4%	12.4%	20.7%	17.4%	25.1%	19.6%	16.4%	23.7%	18.3%	10.9%
Strongly agree	15.9%	6.9%	11.9%	11.4%	12.5%	7.6%	16.4%	14.2%	10.5%	1.8%

A state percentage was calculated for students who agreed or strongly agreed that bullying and harassment by other students was a problem at their school. The state percentage was found to be 32.5%. The region specific percentage for eastern North Carolina was 32.0%.

The percentage for Wayne County was 32.6%. Females were significantly more likely than males to agree or strongly agree that bullying or harassment by other students was a problem at their school. Trends in Wayne County also reveal that students identifying themselves as Black were more likely to agree or strongly agree that bullying or harassment by other students was a problem at their school.

Student opinions on whether drugs are a problem at their school

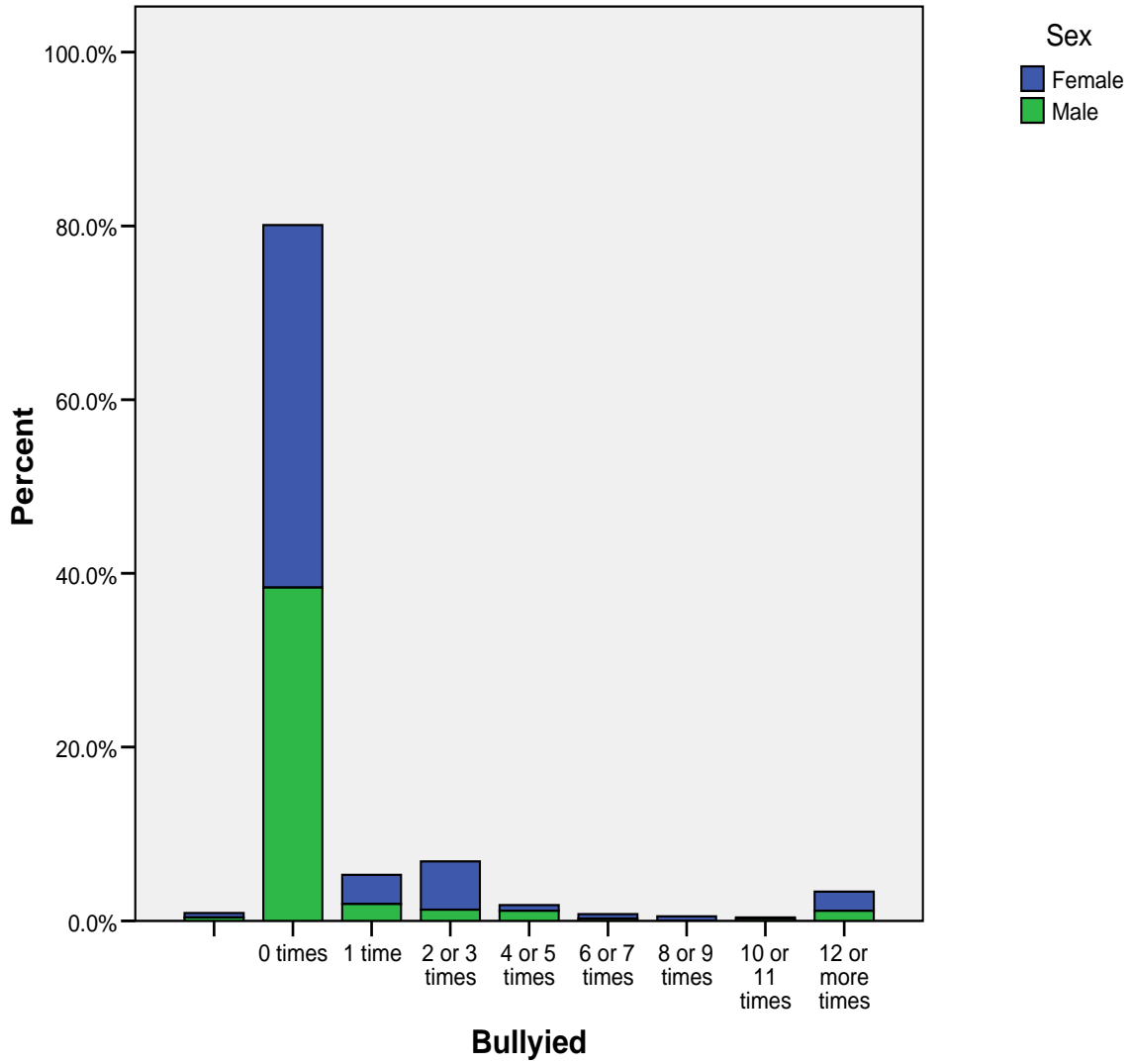


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Strongly disagree	7.5%	13.3%	10.1%	12.8%	8.8%	8.7%	11.6%	14.8%	5.2%	9.1%
Disagree	12.2%	15.6%	13.7%	13.4%	13.6%	13.0%	15.1%	17.8%	9.9%	9.1%
Not sure	27.6%	31.4%	29.3%	25.5%	29.5%	31.5%	30.1%	26.9%	29.7%	47.3%
Agree	30.9%	20.7%	26.4%	26.2%	29.8%	25.5%	20.5%	23.1%	28.8%	29.1%
Strongly agree	20.8%	18.4%	19.8%	21.5%	16.9%	20.7%	22.6%	16.9%	25.3%	5.5%

A state percentage was calculated for individuals who agreed or strongly agreed that drugs were a problem at their school. The state percentage was found to be 50.5%. The region specific percentage for eastern North Carolina was 47.6%.

The percentage for Wayne County was 46.2%. Students identifying themselves as white were significantly more likely to agree or strongly agree that drugs were a problem at their high school. Trends in Wayne County also reveal that females were more likely than males to agree or strongly agree that drugs were a problem at their school.

Percent of students who have been harassed or bullied on school property one or more times in the past 12 months

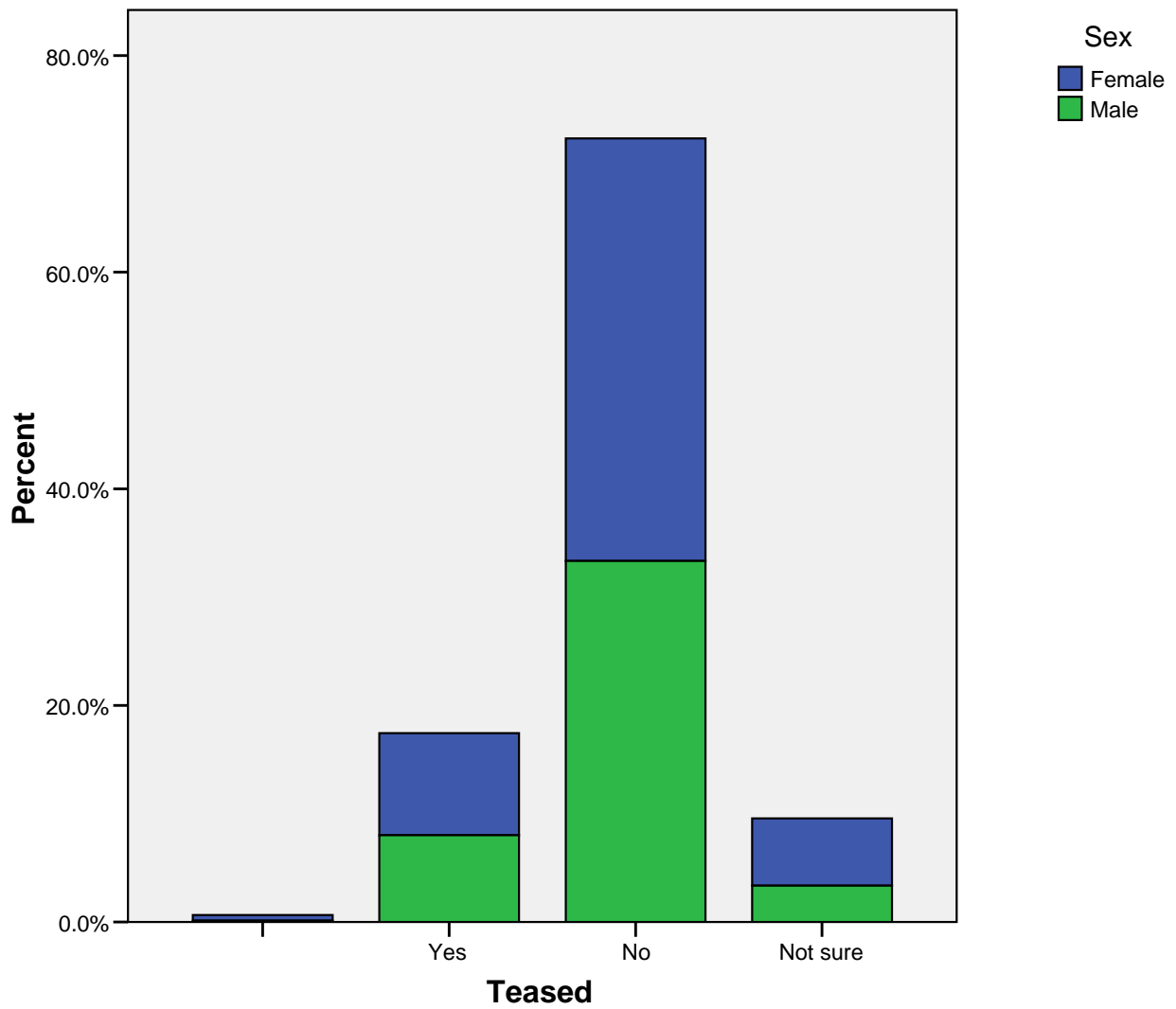


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
0 times	75.6%	85.6%	80.1%	73.8%	79.0%	81.0%	87.7%	79.9%	80.8%	85.5%
1 time	6.1%	4.3%	5.3%	10.7%	5.8%	3.3%	1.4%	5.9%	4.7%	1.8%
2 or 3 times	10.1%	2.9%	6.8%	6.7%	6.4%	9.8%	4.1%	6.5%	7.3%	3.6%
4 or 5 times	1.2%	2.6%	1.8%	2.7%	2.7%	1.1%	.0%	1.8%	2.0%	.0%
6 or 7 times	.9%	.6%	.8%	.0%	2.0%	.0%	.0%	1.2%	.6%	.0%
8 or 9 times	.9%	.0%	.5%	.0%	1.0%	.0%	.7%	.0%	1.2%	.0%
10 or 11 times	.2%	.6%	.4%	.7%	.0%	.0%	1.4%	.0%	.0%	1.8%
12 or more times	4.0%	2.6%	3.4%	3.4%	2.7%	3.8%	4.1%	3.8%	3.5%	1.8%

A state percentage was calculated for the number of individuals who had been bullied or harassed on school property one or more times in the past 12 months. The state percentage was found to be 25.9%. The region specific percentage for eastern North Carolina was 22.4%.

The percentage for Wayne County was 19.0%. Students in the 12th grade were significantly less likely to have been bullied or harassed on school property than other students.

Percent of students who have been the victim of teasing or name calling because of their weight, size, or physical appearance in the past 30 days



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	17.1%	17.9%	17.4%	26.8%	14.9%	17.4%	13.0%	20.4%	16.0%	5.5%
No	70.7%	74.4%	72.4%	63.1%	73.2%	72.3%	80.1%	70.1%	73.5%	85.5%
Not sure	11.2%	7.5%	9.6%	9.4%	11.5%	9.2%	6.2%	8.6%	10.5%	5.5%

A state average was calculated for the number of students who were teased or name called during the past 30 days because of their weight, size, or physical appearance. The state percentage was found to be 21.0%, while the region specific percentage for eastern North Carolina was 19.9%.

The percentage for Wayne County was 17.4%. Students in the 9th grade were significantly more likely to have been teased or name called in the past 30 days due to their weight, size, or physical appearance. Trends in Wayne County also reveal that students in the 12th grade were less likely to be named called or teased for these reasons. These trends also revealed that students identifying themselves as Black were more likely to be teased or named called as well.

Sun Safety

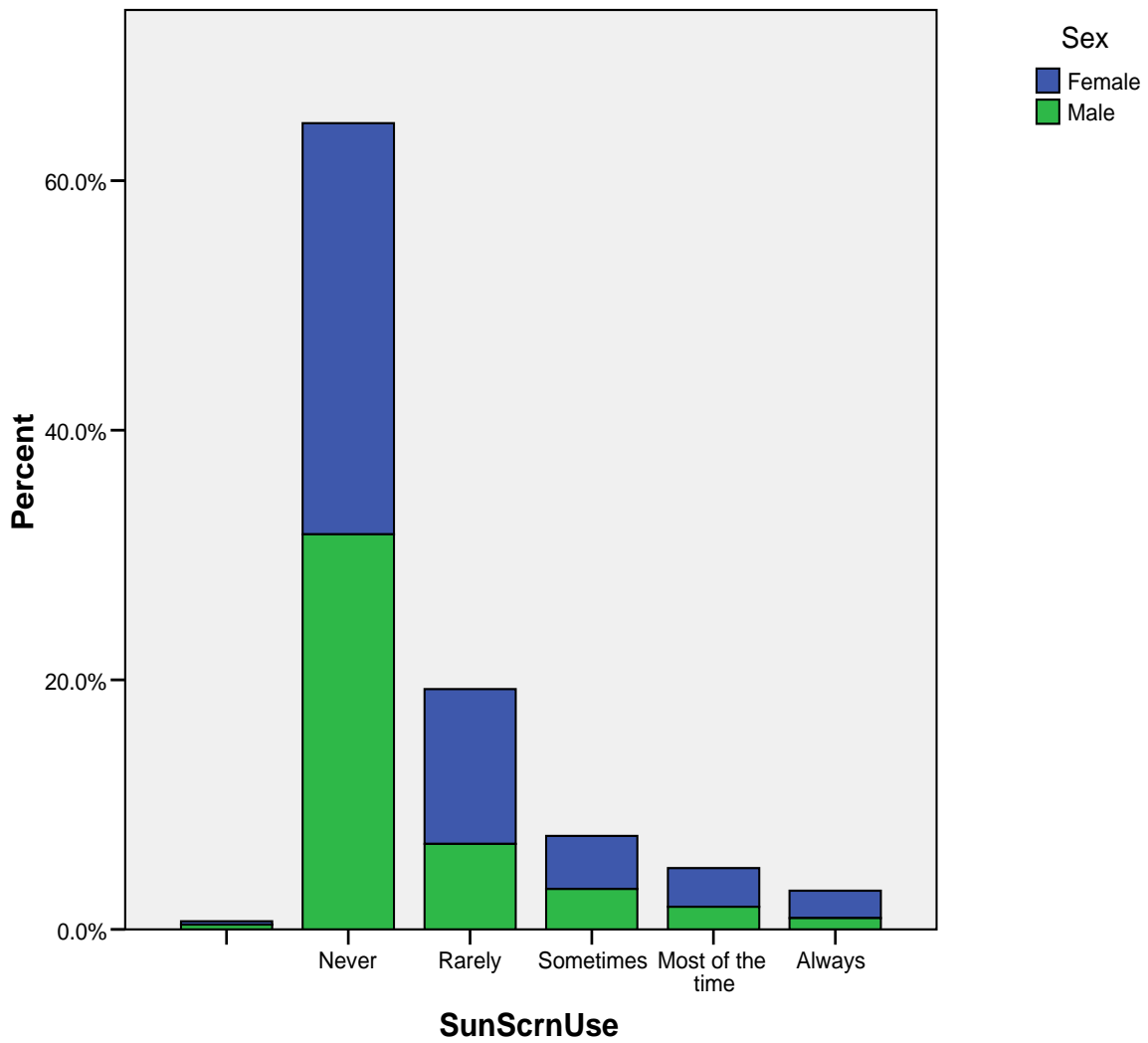
The following excerpt was taken from the 2005 NC YRBS:

Effective sun protection is practiced by less than one-third of U.S. youth. In a recent survey by the American Cancer Society of youth aged 11 to 18 years, routinely practiced sun-protection behaviors among young people on sunny days were wearing sunglasses (32%) or long pants (21%), staying in the shade (22%), and applying sunscreen (31%). Fifty-eight percent of those using sunscreen, used sunscreen with sun protection factor (SPF) of 15 or more when at the beach or pool.

Approximately 80% of sun exposure and potential skin damage occurs before the age of 18. One exposure to the sun causing burning and/or blistering increases someone's chance of developing skin cancer by as much as 50%. Sunscreen is a vital step in protecting oneself from the harmful effects of sun exposure, but not the most effective. Avoiding long term UV rays or covering up is more effective. Sunscreen should be worn on cloudy days and even in the winter months. UVA rays travel through glass, clouds, and reflect off of snow, water, and concrete. Sunscreens protect the skin by absorbing and reflecting UVA and UVB rays. It is recommended that one use a broad spectrum sunscreen with a SPF of 15 or higher.

A recent survey of parents of children under 12 years found that approximately 43% of white children experienced at least one sunburn in the past year. As a result of the growing concern about the importance of minimizing UV exposure during childhood and the rising incidence of skin cancer, the U.S. Centers for Disease Control and Prevention (CDC) developed the Guidelines for School Programs to Prevent Skin Cancer to help state and local education agencies and schools promote safety and help schools be safe places to learn.¹

Reported student use of an SPF sunscreen of 15 or higher when they were outside for more than one hour on a sunny day

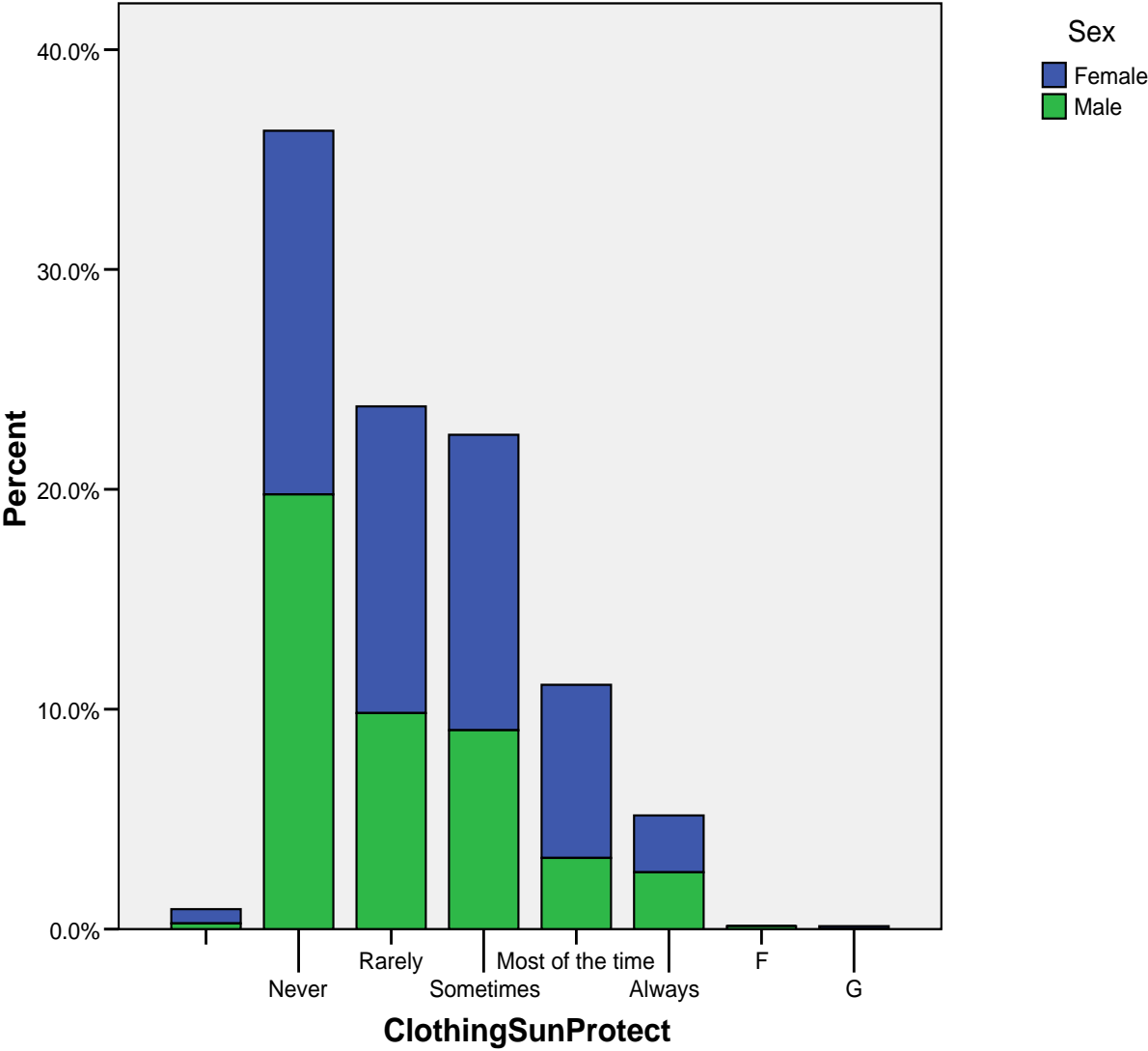


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Never	59.7%	70.6%	64.6%	65.1%	61.4%	67.9%	66.4%	76.0%	59.0%	41.8%
Rarely	22.5%	15.3%	19.3%	16.1%	19.7%	22.8%	17.1%	12.4%	22.4%	30.9%
Sometimes	7.7%	7.2%	7.5%	10.7%	8.1%	4.3%	6.8%	6.5%	8.1%	9.1%
Most of the time	5.6%	4.0%	4.9%	4.0%	6.8%	3.8%	3.4%	3.3%	5.2%	14.5%
Always	4.0%	2.0%	3.1%	3.4%	3.1%	.5%	6.2%	1.5%	4.1%	3.6%

A state percentage was calculated for students who never or rarely use an SPF 15 or higher sunscreen when they were outside for an hour or more on a sunny day. The state percentage was found to be 80.5%, while the regional specific percentage for eastern North Carolina was 81.8%.

The percentage for Wayne County was 83.9%. Students identifying themselves as Black were significantly more likely to never or rarely use an SPF 15 or higher sunscreen when outside for an hour or more on a sunny day.

Percent of students who stayed in the shade or wore long pants, long-sleeved shirt, or wore a hat that shades the face, ears, and neck when outside for more than an hour on a sunny day



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Never	30.0%	44.1%	36.3%	39.6%	34.6%	29.9%	44.5%	35.8%	42.2%	12.7%
Rarely	25.3%	21.9%	23.8%	28.2%	21.7%	26.6%	19.9%	17.8%	27.9%	29.1%
Sometimes	24.4%	20.2%	22.5%	18.1%	23.7%	27.2%	18.5%	25.1%	18.6%	34.5%
Most of the time	14.3%	7.2%	11.1%	6.7%	15.3%	10.3%	8.2%	13.9%	5.2%	21.8%
Always	4.7%	5.8%	5.2%	6.0%	3.7%	4.3%	8.2%	6.5%	4.4%	1.8%

A state percentage was calculated for students who never or rarely stayed in the shade or wore long pants, wore a long-sleeved shirt, or wore a hat that shades the face, ears, and neck when outside for more than one hour on a sunny day. The state percentage was 64.6%, while the region specific percentage for eastern North Carolina was 61.1%.

The percentage for Wayne County was 60.1%. Students identifying themselves as white were significantly more likely to never or rarely use these methods to protect themselves from the sun on a sunny day.

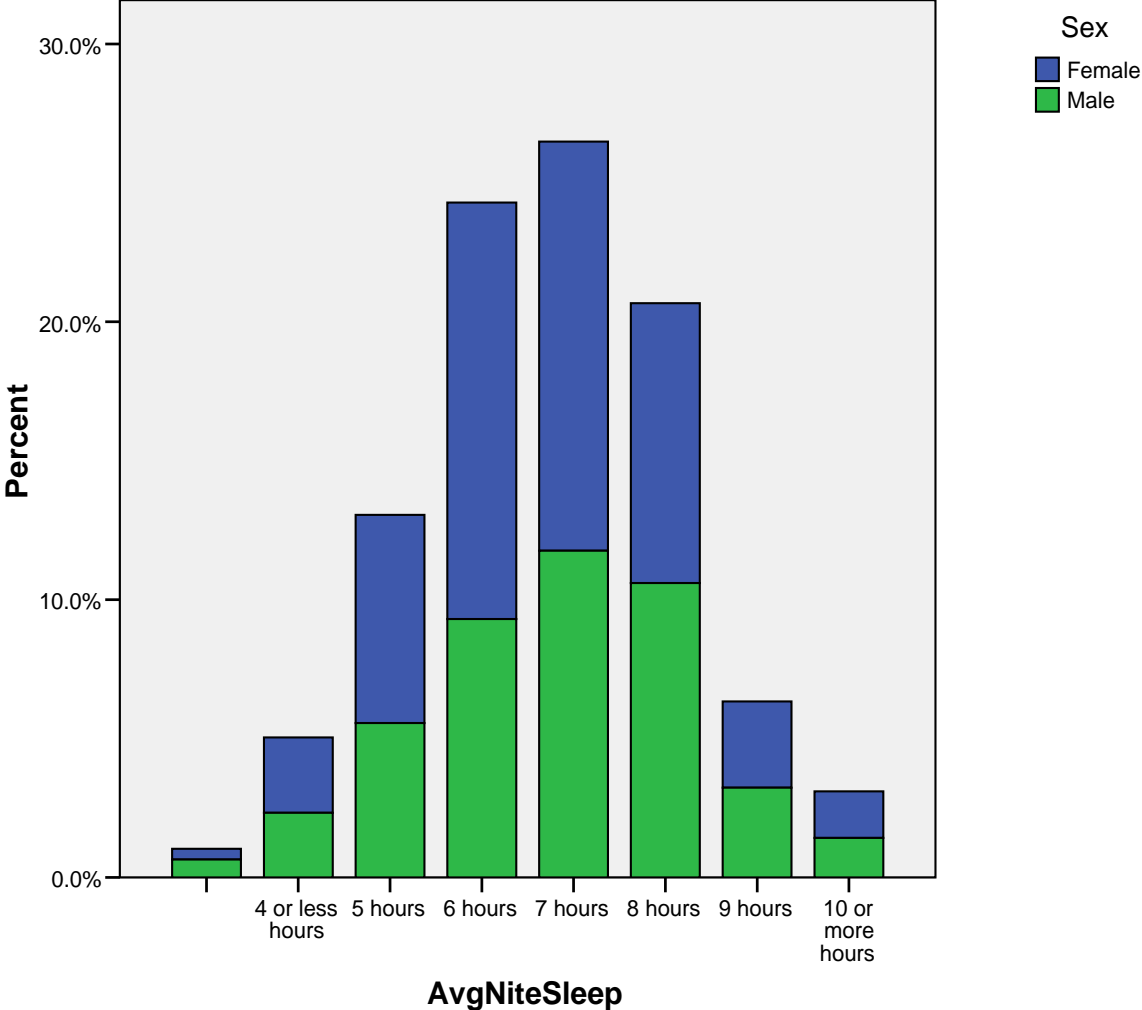
Selected Prevention-Related Indicators

The following excerpt was taken from the 2005 NC YRBS:

In addition to questions about health risk behaviors and related perceptions, the NCYRBS also measures selected factors associated with lower risk for engaging in negative health behaviors. These include characteristics of the home environment and how students use their free time.¹

According to findings from the National Sleep Foundation, adolescents need 8.5 to 9.25 hours of sleep a night.² The National Institutes of Health (NIH) have identified adolescents and young adults (ages 12 to 25 years) as a population at high risk for problem sleepiness. The most troubling consequences of sleepiness are injuries and deaths related to lapses in attention and delayed response times at critical moments, such as while driving. Drowsiness or fatigue has been identified as a principle cause in at least 100,000 police-reported traffic crashes each year, killing more than 1,500 Americans and injuring another 71,000, according to the National Highway Traffic Safety Administration (NHTSA, 1994). Young drivers age 25 or under are involved in more than one-half of fall-asleep crashes.³

Amount of sleep reported by students on an average school night

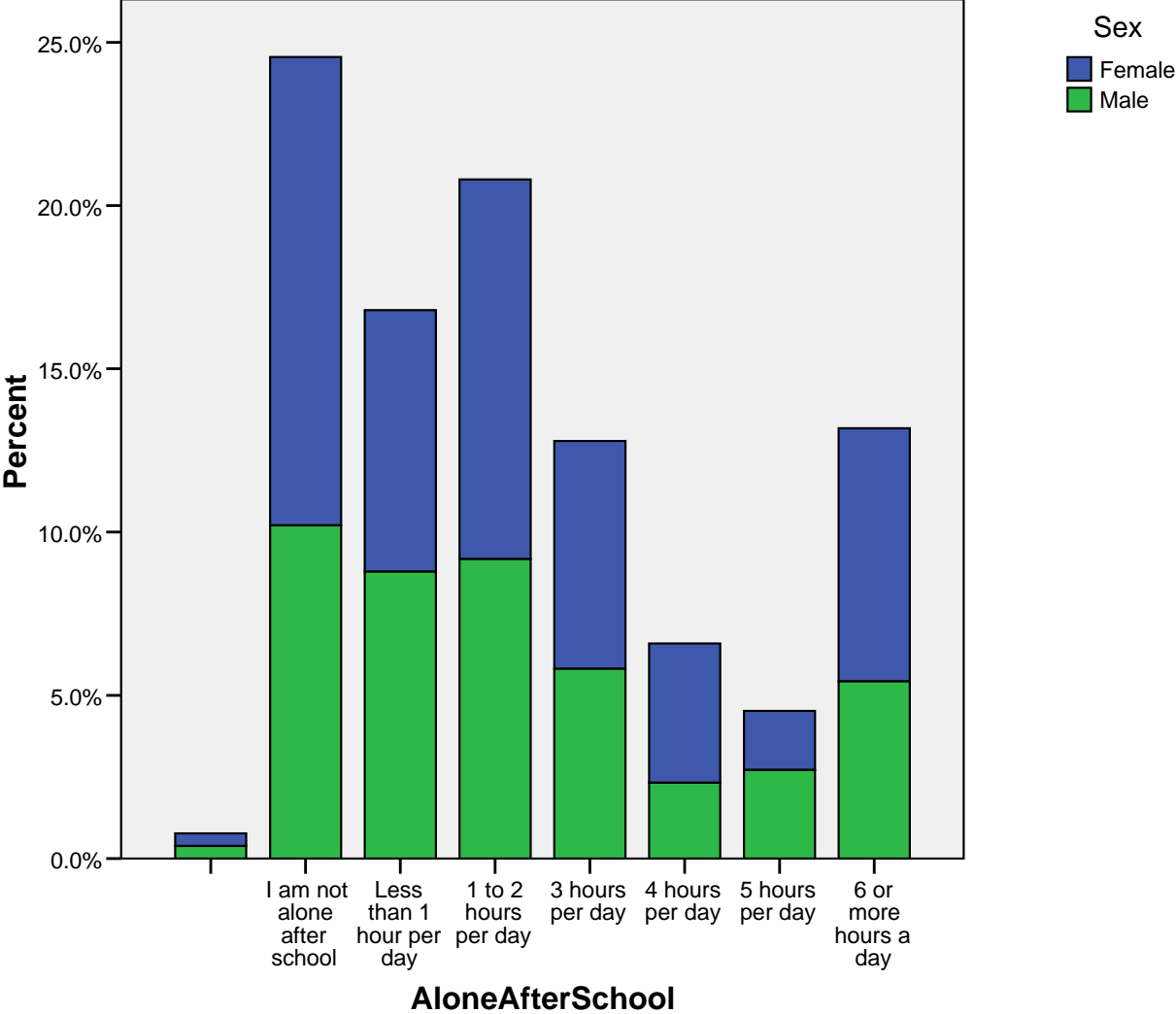


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
4 or less hours	4.9%	5.2%	5.0%	2.0%	6.1%	4.9%	6.2%	6.5%	3.8%	3.6%
5 hours	13.6%	12.4%	13.0%	11.4%	14.2%	10.3%	15.8%	17.8%	9.6%	7.3%
6 hours	27.2%	20.7%	24.3%	21.5%	19.7%	34.8%	23.3%	20.7%	25.0%	29.1%
7 hours	26.7%	26.2%	26.5%	23.5%	28.5%	26.6%	25.3%	19.5%	33.7%	32.7%
8 hours	18.3%	23.6%	20.7%	28.2%	19.7%	13.6%	24.0%	23.7%	18.9%	18.2%
9 hours	5.6%	7.2%	6.3%	8.1%	7.5%	4.3%	4.8%	5.6%	7.6%	5.5%
10 or more hours	3.0%	3.2%	3.1%	4.0%	3.4%	3.8%	.7%	5.3%	.6%	1.8%

A state percentage was calculated for the number of students getting seven or more hours of sleep on an average school night. The state percentage was found to be 60.3%, while the region specific percentage for eastern North Carolina was 63.9%.

The percentage for Wayne County was 56.6%. Trends in Wayne County reveal that students identifying themselves as Black were significantly less likely to get seven or more hours of sleep than other students.

Percent of students who are home alone without a parent or trusted adult for one or more hours on an average school day

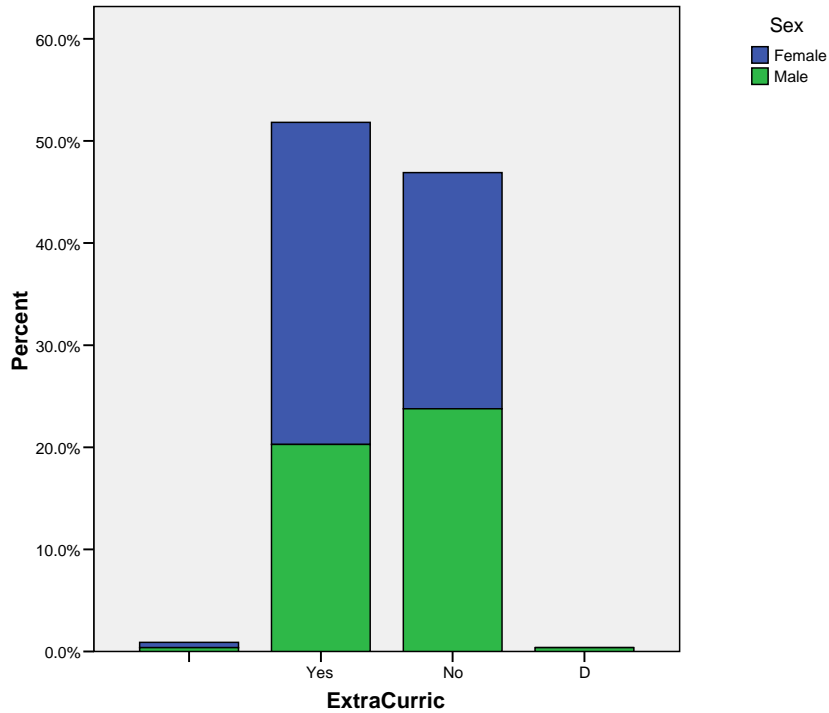


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I am not alone after school	26.0%	22.8%	24.5%	34.9%	24.1%	20.7%	19.9%	25.4%	22.4%	27.3%
Less than 1 hour per day	14.5%	19.6%	16.8%	10.1%	19.0%	18.5%	17.1%	12.7%	19.5%	21.8%
1 to 2 hours per day	21.1%	20.5%	20.8%	25.5%	22.4%	20.1%	13.7%	20.7%	19.2%	32.7%
3 hours per day	12.6%	13.0%	12.8%	9.4%	13.2%	12.0%	16.4%	11.5%	16.0%	5.5%
4 hours per day	7.7%	5.2%	6.6%	8.1%	5.8%	4.9%	8.9%	6.5%	7.6%	3.6%
5 hours per day	3.3%	6.1%	4.5%	2.0%	3.7%	6.5%	6.2%	6.2%	3.5%	1.8%
6 or more hours a day	14.1%	12.1%	13.2%	10.1%	10.5%	16.3%	17.8%	16.0%	11.0%	7.3%

A state percentage was calculated for students who were left alone after school for one or more hours without a parent or trusted friends. The state percentage was 57.5%, while the region specific percentage for eastern North Carolina was 55.5%.

The percentage for Wayne County was 57.9%. Trends in Wayne County reveal that students identifying themselves as Hispanic were less likely to be left at home for one or more hours without an adult or trusted friend. Students in 9th grade were less likely to be left at home for one or more hours a day.

Percent of students who participate in some type of extracurricular activities at school

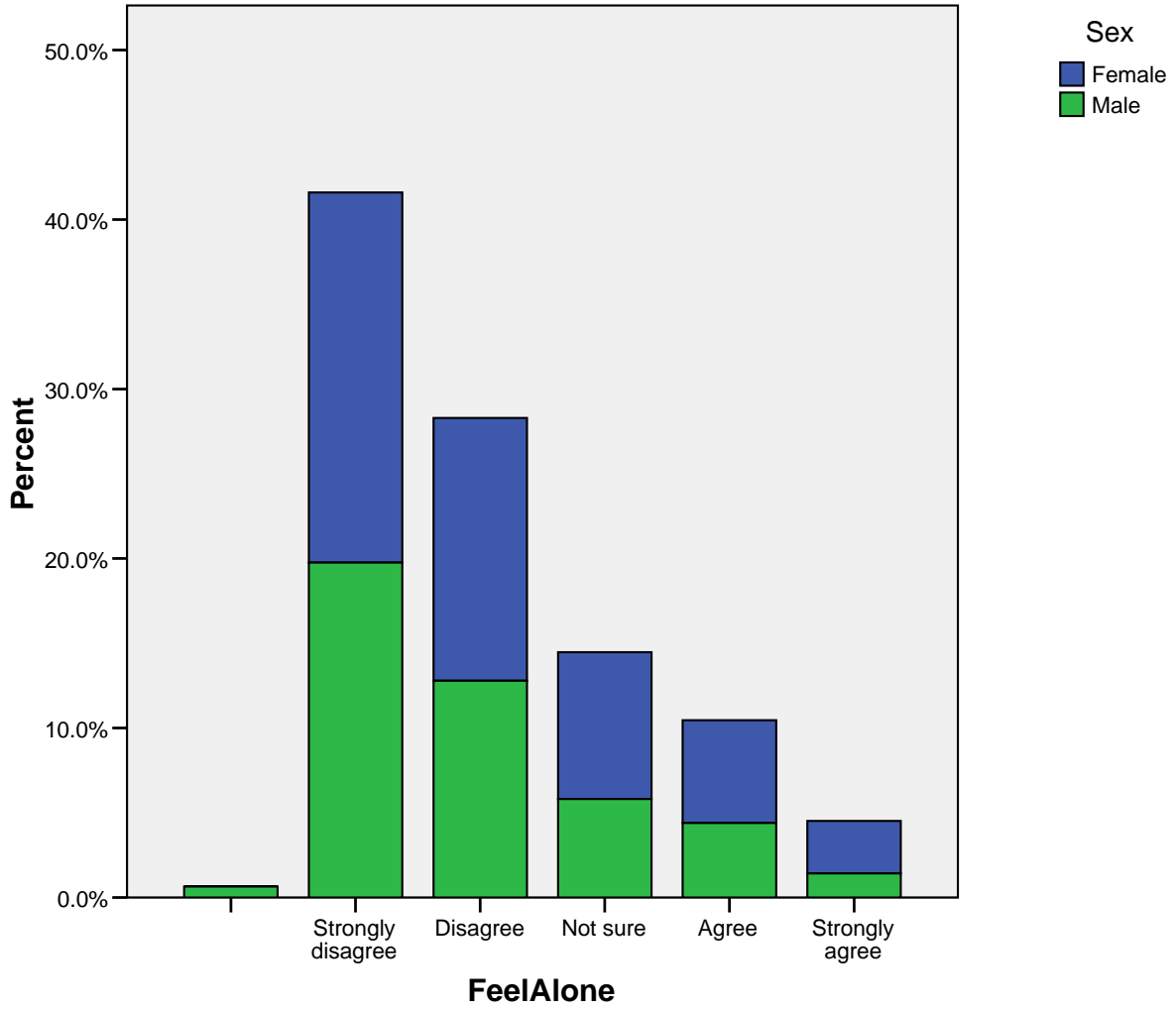


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	57.1%	45.2%	51.8%	45.0%	55.3%	62.0%	39.0%	47.3%	54.7%	58.2%
No	41.9%	53.0%	46.9%	54.4%	42.7%	37.0%	60.3%	50.9%	44.2%	41.8%

A state percentage was calculated for students engaging in extracurricular activities after school. The state percentage was 65.1%, while the region specific percentage for eastern North Carolina was 63.5%.

The percentage in Wayne County was 51.8%. Trends in Wayne County reveal that individuals identifying themselves as Black were less likely than other students to participate in extracurricular activities after school. Females were more likely than males to participate in extracurricular activities after school.

Student response to feeling alone in life

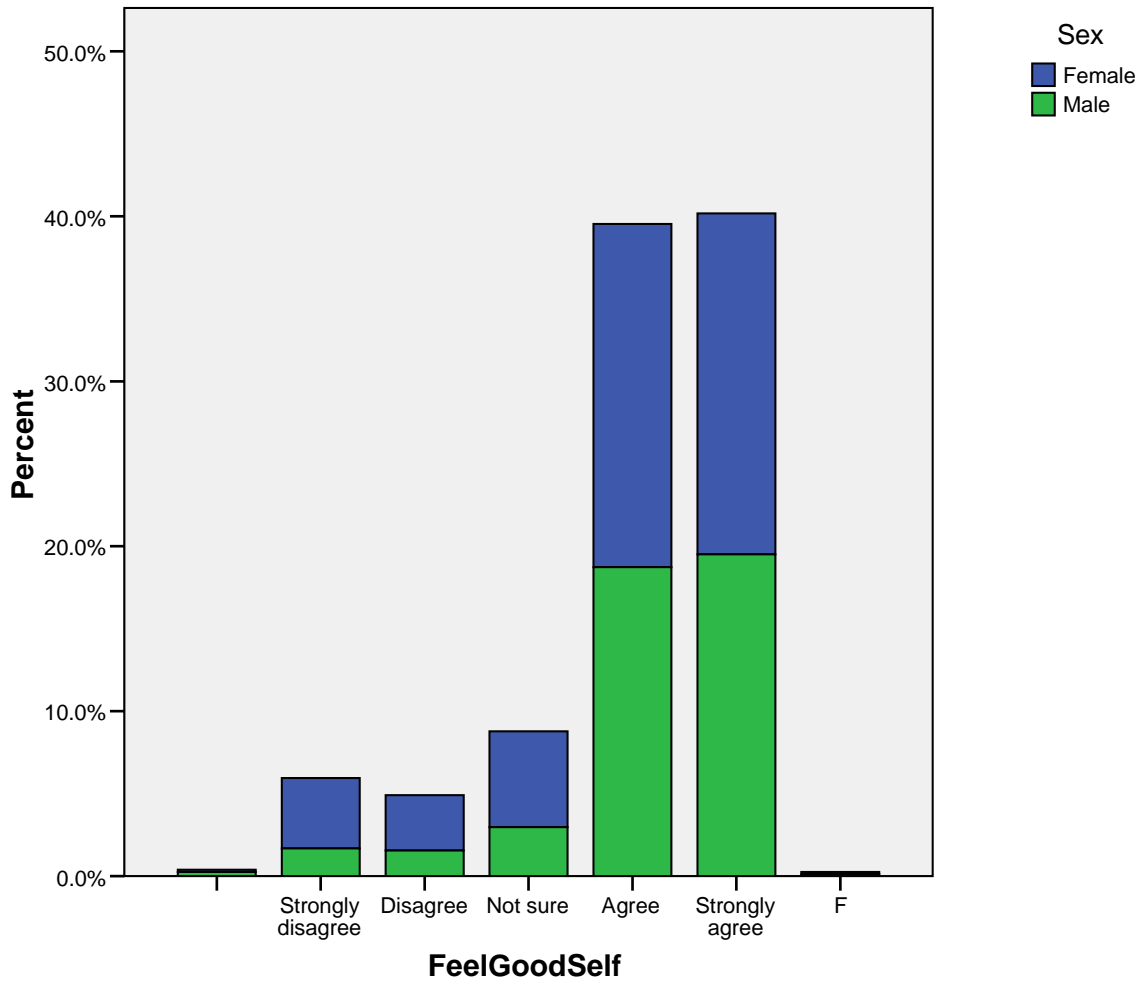


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Strongly disagree	39.6%	44.1%	41.6%	40.3%	41.0%	40.8%	45.2%	39.6%	43.0%	52.7%
Disagree	28.1%	28.5%	28.3%	24.8%	31.2%	27.7%	26.7%	29.0%	26.7%	29.1%
Not sure	15.7%	13.0%	14.5%	15.4%	13.9%	16.8%	11.6%	13.9%	16.0%	7.3%
Agree	11.0%	9.8%	10.5%	9.4%	10.2%	10.3%	12.3%	9.8%	11.6%	9.1%
Strongly agree	5.6%	3.2%	4.5%	8.7%	3.1%	3.8%	4.1%	7.4%	2.0%	.0%

A state percentage was calculated for students who agree or strongly agree that they feel alone in their life. The state percentage was 15.7%, while the region specific percentage for eastern North Carolina was 15.2%.

The percentage for Wayne County was 15.0%. Trends in Wayne County reveal that females and those identifying themselves as Black were more likely to agree or strongly agree that they felt alone in their life.

Student response to feeling good about themselves



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Strongly disagree	7.7%	3.7%	5.9%	10.1%	4.7%	5.4%	4.8%	7.1%	4.1%	5.5%
Disagree	6.1%	3.5%	4.9%	8.1%	5.1%	3.3%	3.4%	3.0%	6.7%	5.5%
Not sure	10.5%	6.6%	8.8%	12.1%	6.8%	9.2%	8.9%	4.1%	12.8%	5.5%
Agree	37.7%	41.8%	39.5%	36.2%	36.6%	41.3%	46.6%	33.4%	45.9%	41.8%
Strongly agree	37.5%	43.5%	40.2%	33.6%	46.1%	40.2%	34.9%	52.1%	29.4%	41.8%

A state percentage was calculated for students who agreed or strongly agreed that they felt good about themselves. The state percentage was 72.9%, while the region specific percentage for eastern North Carolina was 75.6%.

The percentage for Wayne County was 79.7%. Males were significantly more likely than females to agree or strongly agree that they felt good about themselves.

Sexual Behavior

The following excerpt was taken from the 2005 NC YRBS:

Unprotected sexual intercourse places young persons at risk for human immunodeficiency virus (HIV) infection, other sexually transmitted diseases (STDs), and unintended pregnancy. Three of the 28 focus areas for the Health People 2010 prevention agenda are family planning and sexual health, HIV, and STDs.² The age at first intercourse and number of sexual partners is associated with increased risk for unwanted pregnancy and other sexually transmitted diseases, including HIV infection.³

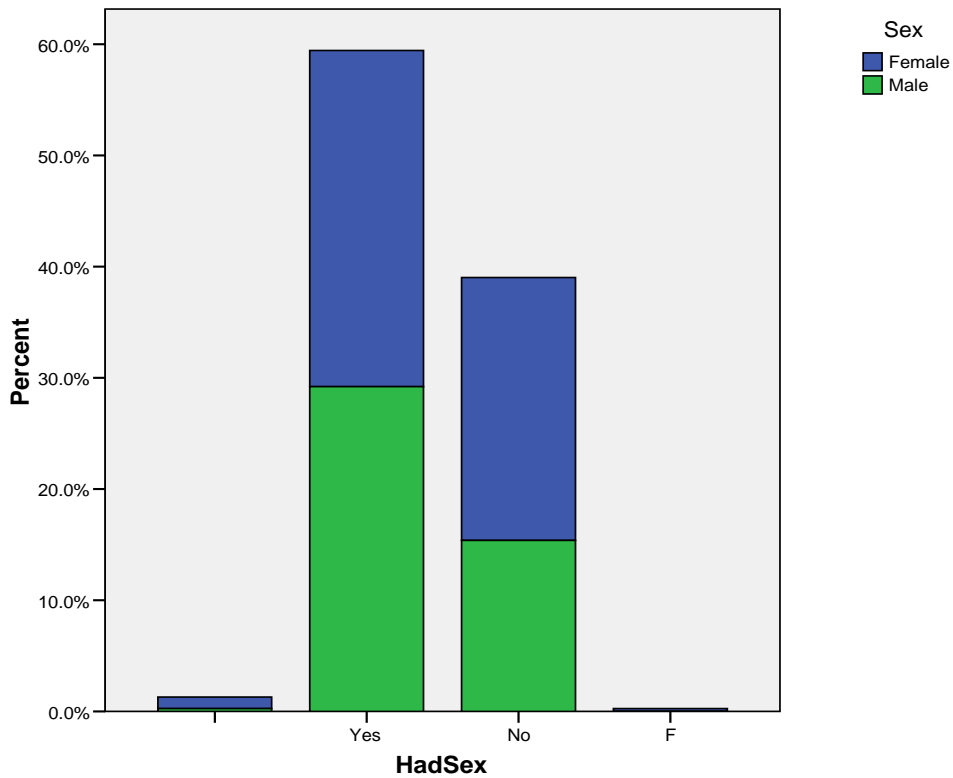
Each year, there are approximately 19 million new STD infections in the U.S., and almost half of them are among youth ages 15 to 24.⁴ The presence of an STD greatly increases a person's likelihood of acquiring or transmitting HIV. Some of the highest STD rates in the country are those among young people, especially those of minority races and ethnicities.⁶ In 2003, an estimated 2,050 young people received a diagnosis of AIDS (4.7% of the 43,171 estimated total with an AIDS diagnosis), and 237 young people with AIDS died.⁷ In 2004, 18,143 females ages 15-19 years became pregnant in North Carolina, a rate of 62.4 per 1,000.

According to the Centers for Disease Control and Prevention, school-based programs are critical for reaching youth before behaviors are established. Schools are in a unique position to provide medically accurate, skills based, age appropriate HIV/STD and teen pregnancy prevention education to all youth, regardless of the communities they come from or the communication, knowledge and comfort levels of their parents regarding sexuality education.⁸

National Health Objectives for the Year 2010: Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active to 95%

North Carolina Health Objectives for the Year 2010: Increase the proportion of adolescents who abstain from sexual intercourse to 50.8%, increase the proportion of adolescents who use condoms, if currently sexually active to 75%. reduce the rate of unplanned pregnancies in adolescent females ages 10 to 19, to 10 per 1000.

Percent of students who have had sexual intercourse



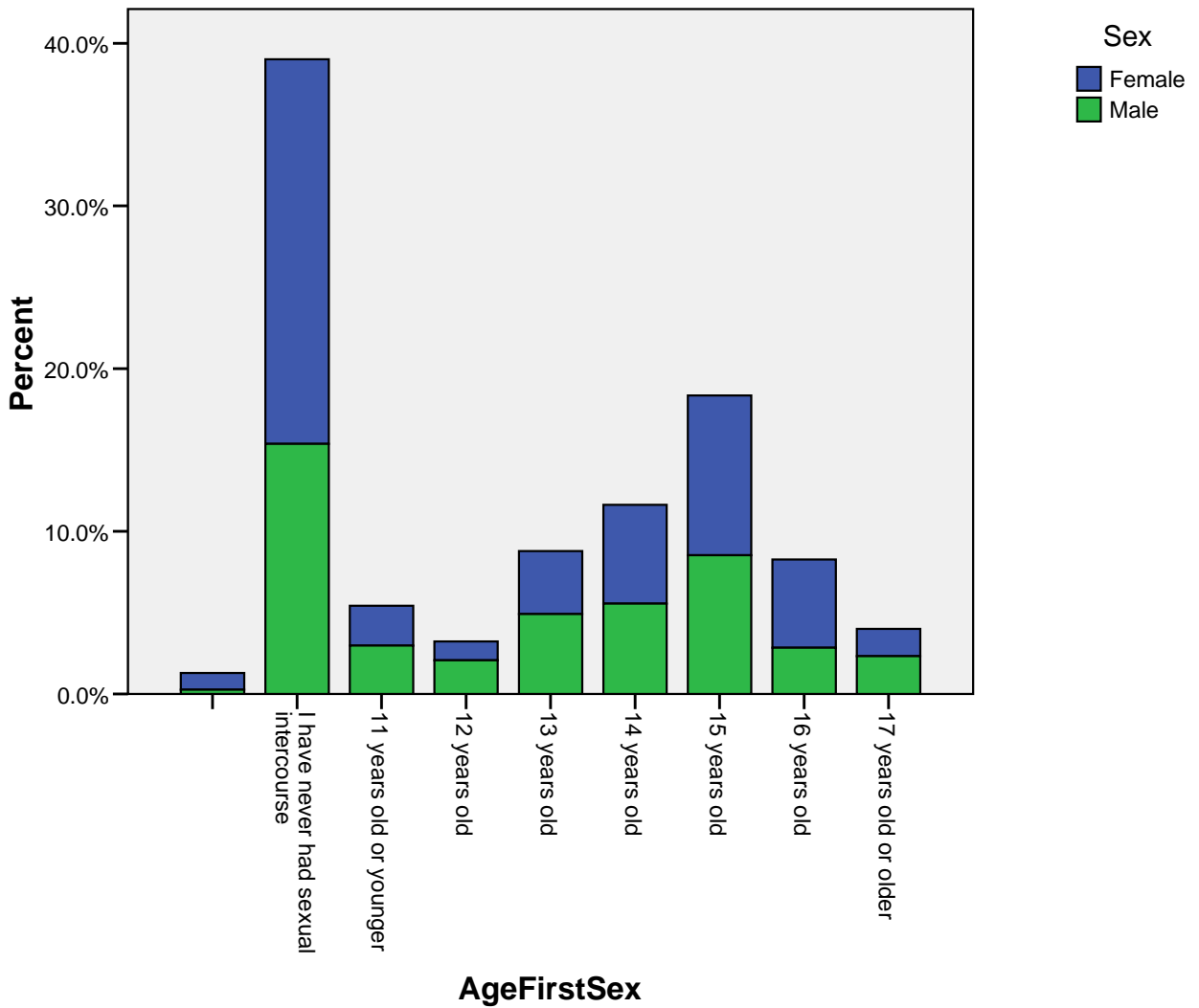
	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	54.8%	65.1%	59.4%	45.6%	57.6%	62.0%	74.0%	68.0%	52.6%	61.8%
No	42.9%	34.3%	39.0%	53.0%	40.7%	35.3%	26.0%	30.2%	46.2%	38.2%

State and national percentages were calculated for the number of students who had ever had sexual intercourse. The state percentage was 50.8%, while the national percentage was 46.8%. The region specific percentage for eastern North Carolina was 55.2%.

The percentage for Wayne County was 59.4%. Students identifying themselves as black were significantly more likely to have had sex than whites and Hispanic. Students identifying themselves as Hispanic were significantly more likely to have had sex than students identifying

themselves as white. Students in 9th grade were significantly less likely to have had sex than students in 10th, 11th, or 12th grade. Males were significantly more likely to have had sex than females.

Student age the first time they had sexual intercourse

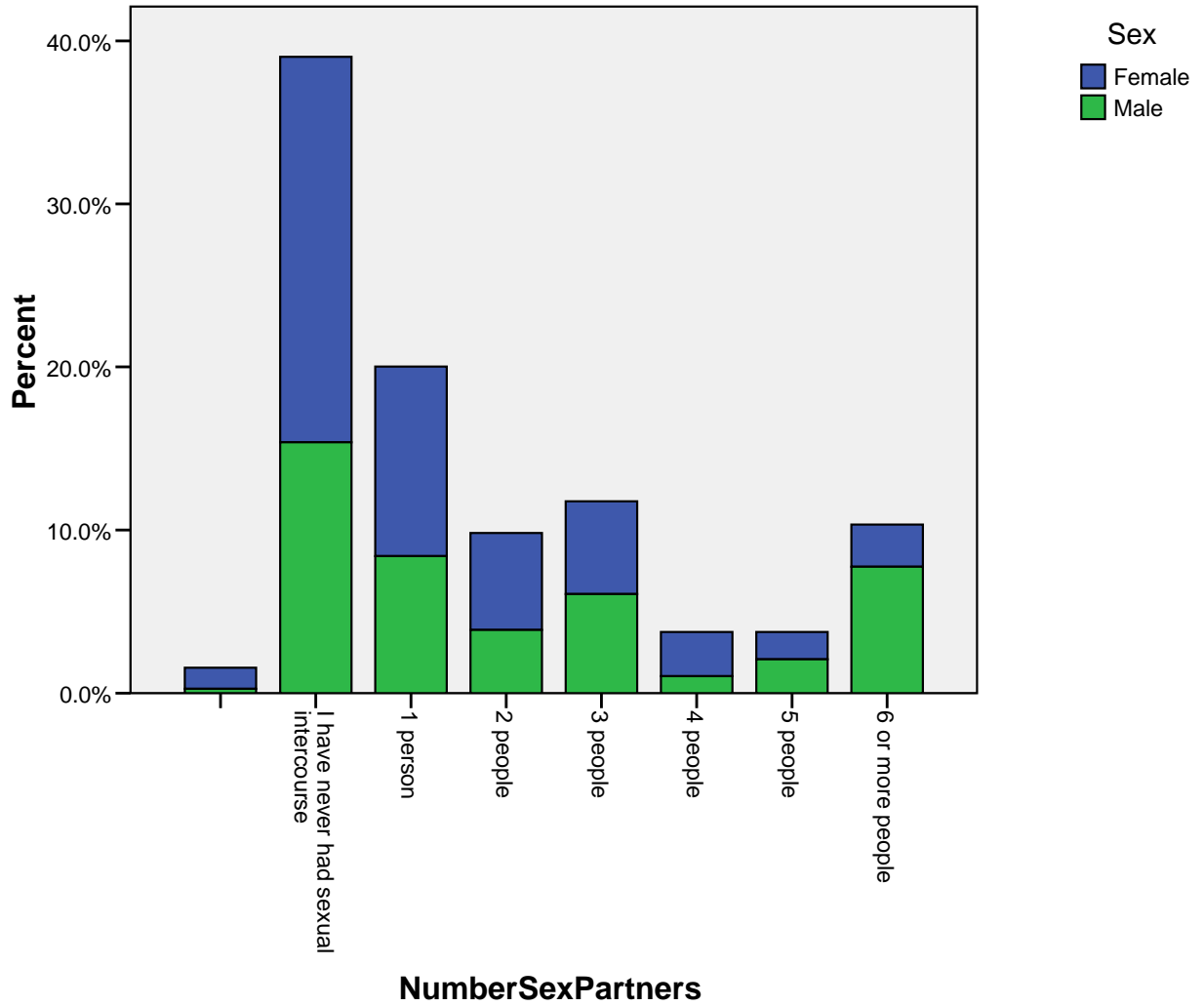


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I have never had sexual intercourse	42.9%	34.3%	39.0%	52.3%	41.7%	34.8%	25.3%	30.8%	46.5%	36.4%
11 years old or younger	4.4%	6.6%	5.4%	8.7%	7.5%	2.7%	1.4%	9.5%	1.7%	.0%
12 years old	2.1%	4.6%	3.2%	7.4%	1.0%	2.2%	4.8%	4.4%	2.0%	3.6%
13 years old	7.0%	11.0%	8.8%	8.7%	9.8%	10.3%	4.8%	14.5%	4.4%	3.6%
14 years old	11.0%	12.4%	11.6%	15.4%	13.9%	7.6%	8.2%	12.4%	11.6%	12.7%
15 years old	17.8%	19.0%	18.3%	6.0%	22.0%	19.0%	22.6%	18.0%	15.4%	40.0%
16 years old	9.8%	6.3%	8.3%	.0%	2.7%	15.8%	18.5%	8.0%	9.9%	1.8%
17 years old or older	3.0%	5.2%	4.0%	.0%	.3%	4.9%	14.4%	1.2%	7.3%	1.8%

State and national percentages were calculated for the number of students having sexual intercourse before the age of 13. The state percentage was 8.1%, while the national percentage was 6.2%. The region specific percentage for eastern North Carolina was 8.5%.

The percentage for Wayne County was 8.6%. Students identifying themselves as Black were significantly more likely to have had sex before the age of 13 than students identifying themselves as White or Hispanic. Males were significantly more likely to have had sex before the age of 13 than females.

Number of sexual partners of students

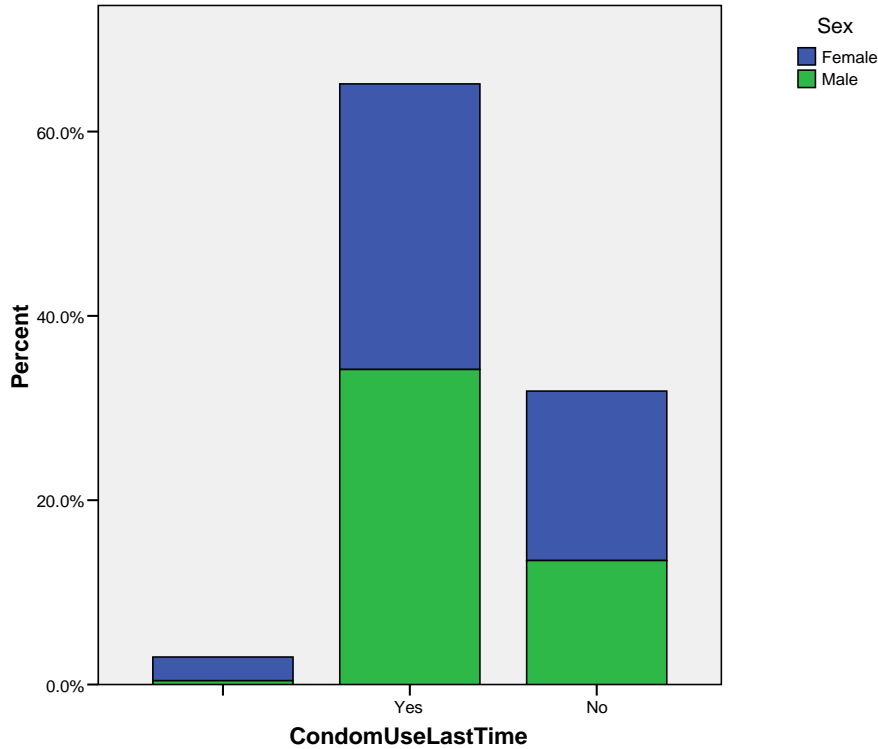


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
I have never had sexual intercourse	42.9%	34.3%	39.0%	52.3%	41.7%	34.8%	25.3%	30.8%	46.5%	36.4%
1 person	21.1%	18.7%	20.0%	13.4%	22.0%	21.7%	20.5%	15.4%	22.7%	36.4%
2 people	10.8%	8.6%	9.8%	10.7%	8.1%	9.2%	13.0%	12.1%	7.0%	10.9%
3 people	10.3%	13.5%	11.8%	8.7%	11.5%	9.2%	18.5%	16.0%	9.3%	5.5%
4 people	4.9%	2.3%	3.7%	3.4%	3.4%	6.0%	2.1%	3.8%	4.4%	.0%
5 people	3.0%	4.6%	3.7%	.7%	3.4%	5.4%	5.5%	3.8%	3.8%	5.5%
6 or more people	4.7%	17.3%	10.3%	9.4%	8.1%	10.9%	15.1%	16.3%	5.2%	5.5%

State and national percentages were calculated for the number of students who had sex with four or more partners during their life. The state percentage was 17.2%, while the national percentage was 14.3%. The region specific percentage for eastern North Carolina was 20.5%.

The percentage for Wayne County was 17.7%. Males were significantly more likely to have had sex with four or more partners in their life. Individuals identifying themselves as Black were significantly more likely to have had sex with four or more partners than individuals identifying themselves as White or Hispanic. Trends in Wayne County also reveal that students in the 9th and 10th grades were less likely to have had sex with four or more partners than those in the 11th or 12th grades.

Percent of students who used a condom the last time they had sexual intercourse



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	62.8%	71.7%	67.2%	80.3%	63.1%	64.9%	67.9%	69.3%	65.0%	74.3%
No	37.2%	28.3%	32.8%	19.7%	36.9%	35.1%	32.1%	30.7%	35.0%	25.7%

State and national percentages were calculated for the number of students using a condom the last time they had sexual intercourse. The state percentage was 62.8%, while the national percentage was 62.8%. The region specific percentage for eastern North Carolina was 64.0%.

The percentage in Wayne County was 67.2%. Males were significantly more likely than females to use a condom the last time they had intercourse. Students in the 9th grade were significantly more likely than those in 10th, 11th, or 12th grade to have used a condom the last time they had sexual intercourse.

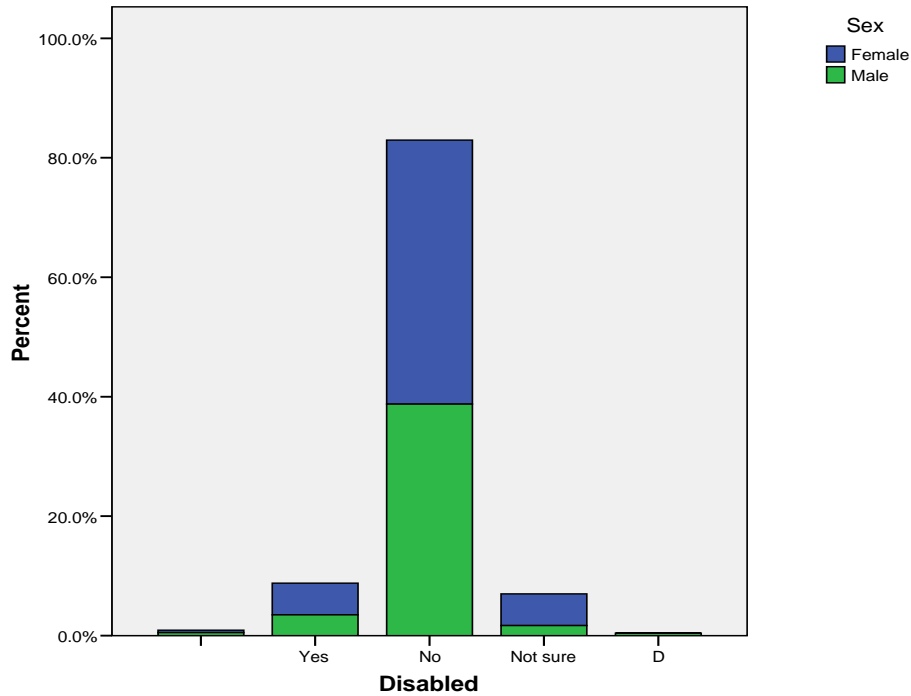
Disability

The following excerpt was taken from the 2005 NC YRBS:

Limited information on the prevalence and correlates of disability in the population has resulted in the growth of inclusion of questions on disability in censuses and national surveys. Data on health-risk behaviors among children and youth with disabilities has been a particular concern given functional limitations and susceptibility of this population.

Concepts and definitions of disability vary not only across disciplines, government agencies and service systems but also as a function of the age of the individual. This variability has contributed to a lack of consistent estimates of disability in the population. The publication of the International Classification of Functioning, Disability and Health-ICF by WHO (2001) has provided a universal framework and taxonomy for documenting dimensions of disability as an alternative to diagnosed health conditions. As such, functional limitations in learning, mobility and performance of activities of daily life as defined by the ICF, have served as the base for operationalizing items in surveys. The inclusion of items limitations of function in the YRBS, is important in that it can provide estimates of the school population at risk for experiencing difficulties in meeting the academic and/or social demands of the school. "

Percent of students who consider themselves to have a disability

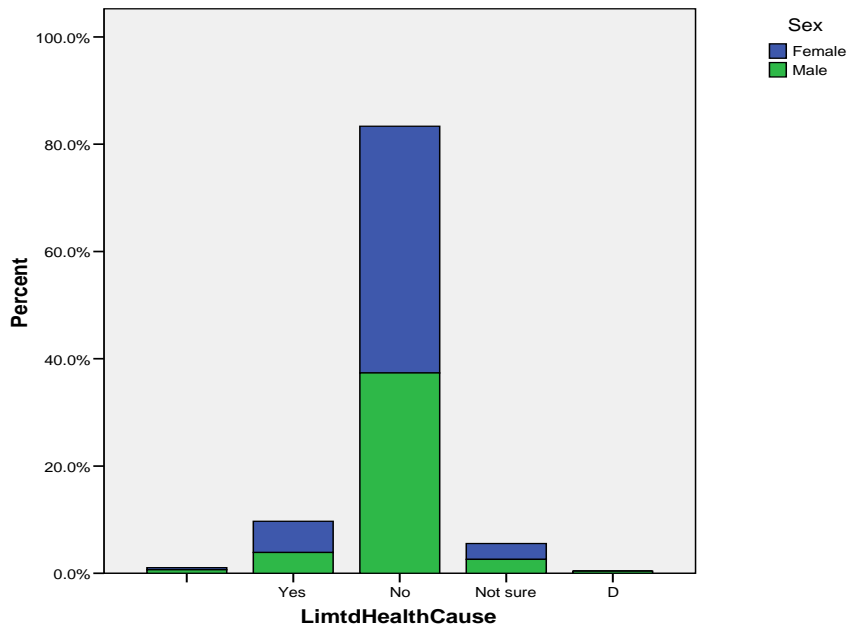


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	9.6%	7.8%	8.8%	8.7%	8.8%	7.6%	10.3%	8.3%	9.0%	5.5%
No	80.1%	86.5%	82.9%	79.2%	82.4%	88.0%	81.5%	81.1%	84.6%	89.1%
Not sure	9.6%	3.7%	7.0%	12.1%	7.8%	2.7%	5.5%	8.9%	5.5%	5.5%

A state percentage was calculated for the number of students who consider themselves to have a disability. The state percentage was 13.8%, while the region specific percentage for eastern North Carolina was 12.2%.

The percentage for Wayne County was 8.8%. Trends in Wayne County reveal that students identifying themselves as Hispanic were less likely to consider themselves to have a disability.

Percent of students who are limited in some way in some activities because of some impairment or health problem

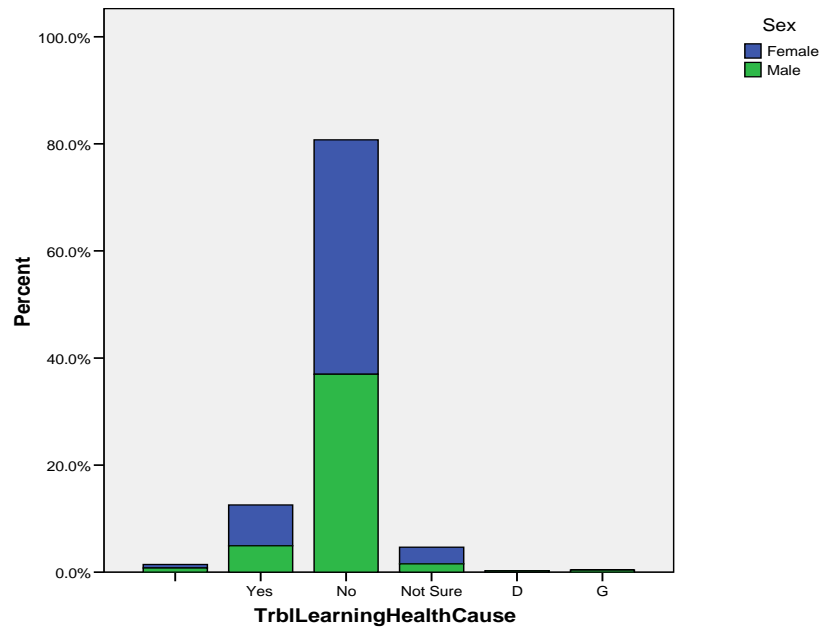


	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	10.5%	8.6%	9.7%	11.4%	9.8%	8.2%	9.6%	10.1%	11.6%	.0%
No	83.4%	83.3%	83.3%	83.2%	82.0%	83.2%	86.3%	82.2%	84.3%	80.0%
Not sure	5.4%	5.8%	5.6%	4.7%	6.8%	7.6%	1.4%	6.2%	2.6%	20.0%

A state percentage was calculated for the number of students who were limited in any way in any activities because of any impairment or health problem. The state percentage was 11.8%. The region specific percentage for eastern North Carolina was 9.5%.

The Wayne County percentage was 9.7%. Trends in Wayne County reveal that females were more likely than males to report being limited by any impairment or health problem.

Percent of students who have trouble learning, remembering, or concentrating because of some impairment or health problem



	Sex			Grade				Race		
	Female	Male	Total	9th grade	10th grade	11th grade	12th grade	Black or African American	White	Hispanic
Yes	13.8%	11.0%	12.5%	15.4%	12.2%	12.0%	11.0%	9.8%	14.8%	10.9%
No	79.4%	82.4%	80.7%	75.8%	80.0%	82.1%	85.6%	80.8%	81.4%	81.8%
Not Sure	5.6%	3.5%	4.7%	8.1%	4.7%	4.3%	1.4%	6.2%	2.6%	7.3%

A state percentage was calculated for the number of students having trouble learning, remembering, or concentrating due to a health problem or impairment. The state percentage was 12.4%. The region specific percentage for eastern North Carolina was 10.2%.

The percentage in Wayne County was 12.5%. Trends reveal that females were more likely than males to report having difficulty learning, concentrating, or remembering. Students in 9th grade were also more likely than students in the 10th, 11th, or 12th grade to have trouble. Students identifying themselves as White were more likely to have difficulty than those identifying themselves as Black or Hispanic.

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