

Appendix B

NC Department of Public Instruction 2001 Youth
Risk Behavior Survey

North Carolina Middle School Survey (2001)

	Latino	White	African American
Diet and Physical Fitness			
Describe Self as Slightly or Very Overweight	25.7	26.4	24.0
Trying to Lose Weight	45.6	41.2	39.6
Ate Fruit One or More Times Per Day During the Past Seven Days	34.3	23.6	24.4
Ate Vegetables One or More Times Per Day During Past Seven Days	19.4	23.7	21.2
Exercised or Participated in Physical Activities for At Least 20 Minutes that Made Them Sweat and Breathe Hard on Three or More of the Past Seven Days	67.2	79.5	67.9
Self-Perceived Health Status and Use of Health Services			
Rate Health Status as Poor	2.2	1.7	2.6
Rate Quality of Life as Poor	6.9	2.6	3.0
Consider Themselves to Have a Disability	15.3	11.4	10.2
Limited Activities in Any Way Because of Impairment or Health Problem	11.0	11.6	13.9
Saw a Doctor or Health Care Provider for a Check-Up or Physical Exam When Not Sick or Injured in Last 12 Months	48.3	61.4	51.8
Had Trouble Learning, Remembering or Concentrating Because of Impairment or Health Problem	3.1	4.6	3.7
Violence			
Carried a Weapon On School Property in Past 30 Days	8.3	3.8	6.4
Did Not Go To School Because Felt Unsafe At School or On Way To or From School in Past 30 days	11.2	6.6	11.0
Been Threatened or Injured on School Property One or More Times During Past 12 Months	11.0	9.9	11.9
Hurt in Physical Fight and Had to Be Treated by Nurse or Doctor	8.4	10.4	10.1
Agree or Strongly Agree that Violence is a Problem at Their School	30.8	30.0	37.1
Use of Tobacco			
Smoked Cigarettes on One or More Days in Past 30 Days	9.7	12.9	9.4
Smoked Cigarettes on 20 or More Days in Past 30 Days	0	3.1	1.0
Smoked More than 10 Cigarettes Per Day on the Days That They Smoked in the Past 30 Days	0	0.8	0.3

NC Department of Public Instruction. 2001 Youth Risk Behavior Survey. North Carolina Middle School Survey. Summary Tables.

North Carolina High School Survey (2001)

	Latino	White	African American
Diet and Physical Fitness			
At Risk of Overweight*	14.4	12.6	17.8
Overweight**	9.1	11.9	15.5
Trying to Lose Weight	33.4	46.6	35.6
Ate Five or More Servings of Fruits and Vegetables Per Day During Past Seven Days	20.5	17.2	18.9
Exercised or Participated in Physical Activities for At Least 20 Minutes that Made Them Sweat and Breathe Hard on Three or More of the Past Seven Days	63.1	66.2	60.0
No Vigorous or Moderate Physical Activity During the Past Seven Days	9.6	8.4	15.4
Self-Perceived Health Status and Use of Health Services			
Rate Health Status as Poor	10.4	3.1	4.4
Rate Quality of Life as Poor	10.2	3.3	5.2
Consider Themselves to Have a Disability	17.4	15.0	11.2
Limited Activities in Any Way Because of Impairment or Health Problem	8.2	8.3	6.7
Had Trouble Learning, Remembering or Concentrating Because of Any Impairment or Health Problem	5.1	8.6	6.3
Saw a Doctor or Health Care Provider for a Check-Up or Physical Exam When Not Sick or Injured in Last 12 Months	53.8	60.2	62.4
Violence			
Carried a Weapon Such as Gun, Knife, Club on One or More of Past 30 Days	20.6	20.2	13.4
Hurt in Physical Fight and Had to Be Treated by Nurse or Doctor	8.4	10.4	10.1
Use of Tobacco			
Smoked Cigarettes on One or More Days in Past 30 Days	26.5	31.9	19.2
Smoked Cigarettes on 20 or More Days in Past 30 Days	11.2	17.5	8.4
Smoked More than 10 Cigarettes Per Day on the Days That They Smoked in the Past 30 Days	3.8	4.9	1.5

NC Department of Public Instruction. 2001 Youth Risk Behavior Survey. North Carolina High School Survey. Summary Tables. *Students who were at or above the 85th percentile but below the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey. **Students who were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey.