

**ALLEGHANY COUNTY SCHOOLS**

**2014 MIDDLE AND HIGH SCHOOL  
YOUTH RISK BEHAVIOR SURVEY  
(YRBS)**

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## **Introduction**

**The purpose of this assessment was to gather accurate, reliable information regarding the health behaviors and needs of Middle School (8<sup>th</sup>) and high school (10<sup>th</sup> and 12<sup>th</sup> grades) students in the Alleghany County Schools. Specifically, the assessment recorded the frequency and prevalence of alcohol, tobacco and other drug usage activities, exercise and dietary behaviors, violence-related activities, sexual behaviors, and a variety of other health and safety related activities among these students.**

### **Questions**

**The specific questions addressed by this assessment are:**

- ◆ What is the current level of risk-taking behaviors among middle and high school students?**
- ◆ How do the current levels of self-reported behavior among Alleghany County high school students compare with their national counterparts (2013 CDC YRBS)?**
- ◆ What are the health related needs for the middle and high school in Alleghany County Schools?**

### **Instrumentation and Administration**

**The Centers for Disease Control (CDC) Youth Risk Behavior Survey (YRBS) was adapted for distribution to Alleghany County middle school (8th grade) students (Middle School Survey) and high school students (10<sup>th</sup> and 12th grade) students (High School survey). The surveys were adapted to (1) procure information on the CORE measures (Alcohol, Tobacco, Marijuana, and Prescription Drugs: 30 day use; perception of peer disapproval; perception of harm; and perception of parental disapproval) and to procure data focusing on risk**

behaviors. The middle school adapted YRBS contained 102 questions and the high school YRBS contained 119 questions.

All questionnaires were multiple choice instruments. It is anticipated that the data gathered from the administration of these surveys will provide school and health department personnel with useful, reliable, and valid data which should help in future planning and resource allocation.

The YRBS was administered to all of Alleghany County School 8<sup>h</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students during November, 2014. Completed opscans were returned to Drs. Kerry Redican (Virginia Tech) and David Sallee (Radford University) for processing, data analysis (SPSS 11.0) and reporting.

This report will highlight important frequencies with respect to risk taking behaviors of the respondents. In addition to a summarization of findings, complete frequency data can be found in Tabs 1-5.

**Tab 1: 8th grade data by Grade**

**Tab 2: 8th grade data by Gender**

**Tab 3: 10<sup>th</sup> and 12th grade data by Grade**

**Tab 4: 10th and 12th grade data by Gender**

**Tab 5: Comparison to 2010 Alleghany Data and 2011 National Data**

*Middle School (8<sup>th</sup> Grade)*

One hundred and sixty-two (n=162) middle school students (8<sup>th</sup> grade) completed the YRBS. A little over 60% (61.1%, n=99) were 13 years of age, 34.6% (n=56) were 14 and 3.7% (n=6) were 15. In terms of gender, 51.2% (n=83) were girls and 48.8% (n=70) were boys. A little over eighty percent (81.3%, n=130) of the 8th grade students described themselves as White; 4.4% (n=7) African American; 5% (n=8) American Indian; and 8.1% (n=13) Multiracial. Finally 56% (n=89) described their grades were mostly As and Bs.

*Middle School Results*

Of the Alleghany County Middle Schools completing the YRBS:

- ✓ 79.2% (n=95) rode a bicycle, motorcycle, or ATV during the past 12 months and never or rarely wore a bicycle helmet (84.9%, 2012);
- ✓ 10.6% (n=17) rarely wore a seat belt when riding in a car driven by someone else (22.1%, 2012);
- ✓ 27.3% (n=44) had ever ridden in a car with someone who had been drinking alcohol (30.4%, 2012);
- ✓ 51.9% (n=82) had ever carried a weapon (58.2%, 2012);
- ✓ 44.4% (n= 71) had ever been in a physical fight (45%, 2012);
- ✓ 6.9% (n=11) had ever been in a physical fight and had to be treated by a doctor or nurse (8.1%, 2012);
- ✓ 25.8% (n=41) had been physically harmed by someone in their home (33.7%, 2012);
- ✓ 21.8% (n=35) saw or heard someone in their home being physically harmed (27.3%, 2012);
- ✓ 6.3% (n=10) were aware of gang activity in their school (8.7%, 2012);

- ✓ **5.6% (n=9) had been approached to join a gang in gang activities (11.6%, 2012);**
- ✓ **34% (n=54) got impatient immediately when things did not go their way (39.5%, 68);**
- ✓ **27.7% (n=44) had ever 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 past 12 months (31.6%, 2012);**
- ✓ **18.4% (n=29) seriously considered attempting suicide during the past 12 months (18.6%, 2012);**
- ✓ **4.4% (n=7) made a plan about how they would attempt suicide during the past 12 months (8.1%, 2012);**
- ✓ **5.1% (n=8) had ever tried to kill themselves (4.1%, 2012);**
- ✓ **31.4% (n=50) intentionally cut, pinched, burned or bruised themselves (22.7%, 2012);**
- ✓ **15.1% (n=24) intentionally cut, pinched, burned or bruised themselves in the past 30 days (15.8%, 2012);**
- ✓ **68.6% (n=109) knew others who intentionally cut, pinched, burned, or bruised themselves (58.2% , 2012);**
- ✓ **93.8% (n=151) felt that there is moderate to great risk in smoking a pack or more of cigarettes a day (88.9%, 2012);**
- ✓ **49.4% (n=78) felt it would be fairly easy or very easy to get cigarettes (46.5% , 2012);**
- ✓ **93.7% (n=149) felt that their parents would feel it would be wrong or very wrong for them to smoke cigarettes (91.8%, 2012);**
- ✓ **71.5% (n=113) felt that their friends would feel it would be wrong or very wrong to smoke cigarettes (NA 2012);**
- ✓ **28.1% (n=45) had every tried cigarette smoking (24.7%, 2012);**
- ✓ **5%(n=8) smoked cigarettes on 1 or more of the past 30 days (8.2%, 2012);**
- ✓ **1.3% (n=2) smoked 2 or more cigarettes per day on the days they smoked during the past 30 days (3.5%, 2012);**

- ✓ **16.9% (n=27) used chewing tobacco or snuff on 1 or more of the past 30 days (18.7%, 2012);**
- ✓ **63.5% (n=101) felt that there was moderate to great risk in drinking one or two drinks of an alcoholic beverage nearly every day (63.2%, 2012);**
- ✓ **40% (n=64) had at least one drink of alcohol on 1 or more days during their life (40.4%, 2010);**
- ✓ **82.5% (n=132) felt that their parents would feel it would be wrong or very wrong for them to drink alcohol regularly (74.3%, 2012);**
- ✓ **19.9% (n=32) had at least one drink of alcohol on 1 or more of the past 30 days (17.5%, 2012);**
- ✓ **0% of those where are current drinkers usually bought their own alcohol in a store in the past 30 days (20%, n=8, 2012);**
- ✓ **19.9% (n=32) had at least one drink of alcohol on school property on 1 or more of the past 30 days (4.7%, 2012);**
- ✓ **44.3% (n=70) felt it would be fairly easy or very easy to get alcohol if they wanted some (46.4%, 2012);**
- ✓ **59.5% (n=94) felt that their friend would feel it would be wrong or very wrong for them to drink alcohol regularly (NA 2012);**
- ✓ **82.5% (n=132) felt that their parents would feel it would be wrong or very wrong for them to drink alcohol regularly (74.3%, 2012);**
- ✓ **63.5% (n=101) felt that their family has clear rules about alcohol use (62.9%,2012);**
- ✓ **76.4% (n=123) felt that there is moderate to great risk in smoking marijuana (74.3%,2012);**
- ✓ **91.9% (n=147) felt that their parents would feel it would be wrong or very wrong for them to smoke marijuana (90.6%, 2012);**
- ✓ **72.5% (n=116) felt that their friends would feel it would be wrong or very wrong for them to smoke marijuana (NA 2012);**
- ✓ **15.1% (n=24) used marijuana on one or more days during their life (18.9%, 2012);**

- ✓ **6.9% (n=11) used marijuana one or more times during the past 30 days (13.5%, 2012);**
- ✓ **3.7% (n=6) had used K2, Spice, or other synthetic marijuana (9.9%, 2012);**
- ✓ **2.5% (n=4) had used any form of cocaine one or more times during their life (4.7%, 2012);**
- ✓ **11.9% (n=19) used inhalants one or more times during their life (18.9%, 2012);**
- ✓ **2.5% (n=4) used methamphetamines one or more times during their life (8.8%, 2012);**
- ✓ **1.9% (n=3) had ever used ecstasy ( 5.3%, 2012);**
- ✓ **<1% (n=1) took steroid pills or shots without a doctor's prescription one or more times during their life (4.1%, 2012);**
- ✓ **1.3% (n=2) had used a needle to inject any illegal drug into their body one or more times during their life (1.2%, 2012);**
- ✓ **5% (n=8) took over the counter drugs to get high (3%, 2012);**
- ✓ **95.7% (n=154) felt that there was moderate to great risk in using prescription drugs to get high (95.9%, 2012);**
- ✓ **89.3% (n=142) felt that their friends would feel it would be wrong or very wrong for them to use prescription drugs to get high (NA 2012);**
- ✓ **98.8% (n=159) felt that their parents would feel it would be wrong or very wrong for them to use prescription drugs to get high (97.1%, 2012);**
- ✓ **3.1% (n=5) used prescription drugs to get high one or more times during the past 30 days (NA 2012);**
- ✓ **86.2% (n=137) reported that their family has clear rules about drug use (76%, 2012);**
- ✓ **5.1% (n=8) strongly disagreed that engaging in high risk behaviors such as smoking, alcohol and substance use will have a negative effect on their future health (NA 2012);**
- ✓ **16.3% (n=26) had ever had sexual intercourse (20.6%, 2012);**

- ✓ **8.8% (n=14) had sexual intercourse for the first time before age 13 (14.9%, 2012);**
- ✓ **1.3% (n=2) had sexual intercourse with four or more people during their life (5.3%, 2012);**
- ✓ **21.7% (n=5) used alcohol or drugs before they had sexual intercourse during the past three months (33.3%, 2012);**
- ✓ **56.5% (n=13) used a condom during the last sexual intercourse during the past three months (64.3%, 2012);**
- ✓ **28.8% (n=46) described themselves as slightly or very overweight (15.5%, 2012);**
- ✓ **50% (n=80) are trying to lose weight (NA 2012);**
- ✓ **11.9% (n=19) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (21.7%, 2012);**
- ✓ **5% (n=8) took diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days (6.7%, 2012);**
- ✓ **5.6% (n=9) vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days (6.6%, 2012);**
- ✓ **73.8% (n=118) participated in physical activity for a total of 60 minutes on 3 or more of the past 7 days (70.3%, 2012);**
- ✓ **68.1% (n=109) played on one or more sports teams during the past 12 months (67.5%, 2012);**
- ✓ **29.6% (n=47) watched television for three or more hours on an average school day (NA 2012);**
- ✓ **37.5% (n=60) played computer games for three or more hours on an average school day (NA 2012);**
- ✓ **90.6% (n=145) had Facebook, Twitter, or other web-based technology that they currently use (82.9%, 2012);**
- ✓ **35.4% (n=56) texted, blogged, or chatted for three or more hours on an average school day (NA 2012);**
- ✓ **27.5% (n=44) received threatening or intimidating messages online or through cell phones (31.9%, 2012);**

- ✓ **17% (n=27) sent threatening or intimidating messages online or through cell phones (19.3%, 2012);**
- ✓ **18.9% (n=30) sent sexually inappropriate pictures or messages using a cell phone or computer (26.8%, 2012);**
- ✓ **33.5% (n=53) felt that their parents would be nervous if they knew what they did on the internet or via cell phone (27.7%, 2012);**
- ✓ **88.1% (n=140) felt very informed about safety and using the internet (81%, 2012);**
- ✓ **56.3% (n=90) had been bullied (50.9%,2012);**
- ✓ **42.7% (n=67) had been a bystander while someone else was being bullied (46.7%, 2012);**
- ✓ **26.6% (n=42) bullied someone (28.4%, 2012);**
- ✓ **13.9% (n=22) had been bullied daily or several times a day (16.1%, 2012);**
- ✓ **10.1% (n=16) missed school because of bullying (14.2%, 2012);**
- ✓ **95.6% (n=153) felt that their parents would feel it would be wrong or very wrong for them to break the law (95.3%, 2012);**
- ✓ **91.1% (n=143) felt that there are many chances to get involved in school activities outside of class (87.4%, 2012);**
- ✓ **55.7% (n=88) felt that the school (teachers, coaches, counselors, or principal) would let them or their parents know if they did something well (55% 2012);**
- ✓ **87.4% (n=139) felt there are adults in their life who are not their parents that encourage them to do their best (79.9%, 2012);**
- ✓ **59.1% (n=94) volunteer in their community (61.3%, 2012);**
- ✓ **91.9% (n=147) felt that one of their parents would know where they are and who they are with when they are not at home (82.8%, 2012);**
- ✓ **87.9% (n=138) indicated that their parents would know if they came home on time (87.4%, 2012);**
- ✓ **7.6% (n=12) never ate a meal together with their family in the past 7 days (NA 2012);**

- ✓ 6.9% (n=11) indicated that they did not eat vegetables in the past 7 days (NA 2012);
- ✓ 8.1% (n=13) drank a sugar sweetened beverage 4 or more times in the past 7 days (NA 2012).

### *Middle School Data by Gender*

Few differences by gender for middle school students were noted. It did appear that middle school males reported a greater frequency of carrying weapons, involvement or awareness of gang activity; fighting; and drug use. Middle school females appeared to have a greater frequency of suicide ideation/attempts. Specific middle school data by gender can be found under Tab 2.

### *Middle School Conclusions*

1. Safety related behaviors have improved since 2012.
2. There have been decreases in the reported frequency of violence related behaviors since 2012.
3. There appears to be an decrease in reported depression and suicide ideation since 2012.
4. Self injury behaviors (cutting behavior and burning behaviors) in the past 30 days is lower than 2012;
6. In general there are decreases in substance use since 2012.
7. There are decreases in sexual-related behaviors since 2012.
8. Dieting behaviors since 2012 are lower.
9. Bullying behaviors are trending downward since 2012.
10. Students appear active in their communities and are supported by their communities.

**High School (10<sup>th</sup> and 12<sup>th</sup> Grades)**

Three hundred and thirty-six (n=336) 10<sup>th</sup> and 12<sup>th</sup> grade students completed the high school YRBS. The grade break down was as follows: 10<sup>th</sup> grade (n=157, 48.6%) and 12<sup>th</sup> grade (n=166, 49.4%). Age breakdown at the time they completed the survey was as follows: ninety-seven (n=97, 29% ) were 15 years of age; sixty two (n=62, 18.5%) were 16 years old; and one hundred and sixteen (n=116, 34.6%) were 17 years of age; and fifty seven (n=57, 17%) were 18. In terms of gender, 50.6% (n=168) were girls and 49.4% (n=164) were boys. A little over 86% (86.8%, n=290) of the high school students described themselves as White; 4.2% (n=14) as Multiracial; 3.6% (n=12) as Black or African American; and 3.6% (n=12) as American Indian. Almost fifty two (52.4% (n=176) described their grades as mostly A's and B's. Finally, 94.6% (n=317) reported that they had been students in Alleghany County Schools for 2 or more years which essentially means that these high school students had taken the YRBS in 2012.

*High School Results*

Of the Alleghany High School students completing the YRBS:

- ✓ **85.5% (n=201) of students who rode a bicycle, motorcycle or ATV during the past 12 months never or rarely wore a bicycle helmet (84.6%, 2012; NA National);**
- ✓ **17.3% (n=56) of students never or rarely wore a seat belt when riding in a car driven by someone else (17.7%, 2012; 7.6% National);**
- ✓ **20.2% (n=65) during the past 30 days rode 1 or more times in a vehicle driven by someone who had been drinking alcohol (23.1%, 2012; 21.9% National);**
- ✓ **8.1% (n=26) during the past 30 days drove a vehicle 1 or more times when they had been drinking alcohol (10.2%, 2012; 10% National);**
- ✓ **32% (n=103) carried a weapon on 1 or more of the past 30 days (28.7%, 2012; 17.9% National);**
- ✓ **5.3% (n=17) did not go to school on 1 or more of the past 30 days because they felt unsafe (3.2%, 2012; 7.1% National);**
- ✓ **7.7% (n=25) had been threatened or injured with a weapon on school property 1 or more times during the past 12 months (7.8%, 2012; 6.9% National);**
- ✓ **22.6% (n=73) were in a physical fight 1 or more times during the past 12 months (24.2%, 2012; 24.7%, National);**
- ✓ **4% (n=13) had been in a physical fight during the past 12 months that resulted in being treated by a doctor or nurse 1 or more times (5.7%, 2012; 3.1%,National);**
- ✓ **12.4% (n=40) had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months (8.9%, 2012; 10.4%, National);**
- ✓ **21.4% (n=659) reported being harmed by someone in their home (20.8%, 2012; NA National);**
- ✓ **19.2% (n=62) saw or heard someone in their home being physically harmed (19.%, 2012; NA National);**

- ✓ **10.2% (n=33) were aware of gang activity in their school (17.8%, 2012; NA National);**
- ✓ **10.2% (n=33) had been approached to join a gang in gang activities (11.1%, 2012; NA National);**
- ✓ **40.6% (n=131) get impatient immediately when things do not go their way (44.4%,2012; NA National);**
- ✓ **73% (n=233) preferred receiving \$75dollars in three days as opposed to \$115 dollars in 3 months;**
- ✓ **27.6% (n=89) had 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 past 12 months (23.5%, 2012; 29.9% National);**
- ✓ **15.2% (n=49) seriously considered attempting suicide during the past 12 months (14%, 2012; 17% National);**
- ✓ **10.6% (n=49) made a plan about how they would attempt suicide during the past 12 months (8.9%, 2012; 13.6% National);**
- ✓ **10.5% (n=34) attempted suicide 1 or more times during the past 12 months (13.5%, 2012; 8% National);**
- ✓ **1.5% (n=5) whose attempted suicide resulted in treatment by a doctor or nurse (2.4%, 2012; 2.7% National);**
- ✓ **25.7% (n=83) intentionally cut, pinched, burned, or bruised themselves (28.8%, 2012; NA National);**
- ✓ **12.1% (n=39) intentionally cut, pinched, burned or bruised themselves in the past 30 days (9.1%, 2012; NA National);**
- ✓ **57.3% (n=185) knew others who intentionally cut, pinched, burned, or bruised themselves (69%, 2012; NA National);**
- ✓ **91% (n=293) felt that there was moderate to great risk in smoking a pack or more of cigarettes a day (88.6%, 2012; NA National);**
- ✓ **83% (n=268) felt it would be fairly easy or very easy to get cigarettes (84.6%, 2012; NA National);**
- ✓ **87.3% (n=282) felt that their parents would feel it would be wrong or very wrong for them to smoke cigarettes (86.8%, 2012; NA National);**

- ✓ **50.5% (n=163) felt that their friends would feel it would be wrong or very wrong for them to smoke cigarettes (NA 2012 and National);**
- ✓ **41.3% (n=132) had tried cigarette smoking (46.1%, 2012; 41.1%, National);**
- ✓ **13.9% (n=45) smoked cigarettes on 1 or more of the past 30 days (16.7%, 2012: 15.7%, National);**
- ✓ **5.9% (n=19) smoked 2 or more cigarettes per day on the days they smoked during the past 30 days (9.2%, 2012; NA National);**
- ✓ **4.7% (n=15) smoked cigarettes on school property on 1 or more of the past 30 days (5.4%, 2012;3.8% National);**
- ✓ **59.3% (n=32) of those who were current smokers tried to quit smoking during the past 12 months (47.9%, 2012; 48% National);**
- ✓ **21.6% (n=69) used chewing tobacco or snuff on 1 or more of the past 30 days (16.1% , 2012; 8.8%, National);**
- ✓ **52% (n=168) felt that there is moderate to great risk in drinking one or two drinks of alcohol nearly every day (57.7%, 2012; NA National);**
- ✓ **70.9% (n=229) had a least one drink of alcohol on 1 or more days during their life (72.1%, 2012; 66.2%, National);**
- ✓ **70.4% (n=226) felt that their parents would feel it would be wrong or very wrong for them to drink alcohol regularly (72%, 2012; NA National);**
- ✓ **42.9% (n=138) had at least one drink of alcohol on 1 or more of the past 30 days (38%, 2012; 34.9% National);**
- ✓ **29.3% (n=94) had 5 or more drinks of alcohol in a row on 1 or more of the past 30 days (25.4%,2012; 20.8% National);**
- ✓ **3.7% (n=5) of those who were current drinkers who usually bought their own alcohol in a store in the past 30 days (8.1%, 2012; NA National);**
- ✓ **4.6% (n=15) had at least one drink of alcohol on school property on 1 or more of the past 30 days (8.5%, 2012; NA National);**
- ✓ **80.8% (n=261) felt it would be fairly easy or very easy to get alcohol if they wanted some (79.6% , 2012; NA National);**
- ✓ **24.5% (n=79) felt that their friends would feel it would be wrong or very wrong for them to drink alcohol regularly (NA 2012, NA National);**

- ✓ **72.9% (n=234) felt that their parents would feel it would be wrong or very wrong for them to drink alcohol regularly (72%, 2012; NA National);**
- ✓ **14% (n=45) felt that their parents would try not much or not at all to keep them from using alcohol (15.5%, 2012; NA National);**
- ✓ **66.8% (n=209) felt that their family has clear rules about alcohol use (70.6%, 2012; NA National);**
- ✓ **48.4% (n=156) felt that there is moderate to great risk in smoking marijuana (63.5%, 2012; NA National);**
- ✓ **83.5% (n=269) felt that their parents would feel it would be wrong or very wrong for them to smoke marijuana (85.3%, 2012; NA National);**
- ✓ **47.5% (n=153) felt that their friends would feel it would be wrong or very wrong for them to smoke marijuana (NA 2012 and National);**
- ✓ **37.3% (n=119) used marijuana 1 or more times during their life (31.6%, 2012; 40.7% National);**
- ✓ **18.4% (n=59) used marijuana 1 or more times during the past 30 days (16.5%, 2012; 23.4% National);**
- ✓ **7.8% (n=25) used marijuana on school property 1 or more times during the past 30 days (8.1%,2012; NA National);**
- ✓ **12.8% (n=41) used K2, Spice or other synthetic marijuana (19.1%, 2012; NA National);**
- ✓ **9.9% (n=32) used any form of cocaine 1 or more times during their life (10.1%, 2012; 5.5% National);**
- ✓ **3.5% (n=11) used any form of cocaine 1 or more times during the past 30 days (4.7%, 2012; NA National);**
- ✓ **12.7% (n=40) used inhalants to get high 1 or more times during their life (14.1%, 2012; 8.9% National);**
- ✓ **5.7% (n=18) used inhalants to get high 1 or more times during the past 30 days (4.9%, 2012);**
- ✓ **4.7% (n=15) used heroin 1 or more times during their life (4.9%, 2012; 2.2% National);**

- ✓ **6% (n=19) used methamphetamines 1 or more times during their life (5.2%, 2012; 3.2% National);**
- ✓ **8.5% (n=27) have used ecstasy (6.2%, 2012; 6.6% National);**
- ✓ **6% (n=19) used steroid pills or shots without a doctor's prescription 1 or more times during their life (4.6%, 2012; 3.2% National);**
- ✓ **4.1% (n=13) used a needle to inject any illegal drug into their body 1 or more times during their life (3.3%, 2012; 1.7% National);**
- ✓ **20.1% (n=63) had someone offer, sell, or give them an illegal drug on school property during the past 12 months (24%, 2012; 22.1% National);**
- ✓ **25.6% (n=81) had someone offer, sell, or give them an illegal drug in their neighborhood or community during the past 12 months (25.3%, 2012; NA National);**
- ✓ **16.6% (n=52) took over-the-counter drugs to get high (17.9%, 2012; NA National);**
- ✓ **91.8% (n=292) felt there was moderate to great risk in using prescription drugs to get high (95.7%, 2012; NA National);**
- ✓ **34.8% (n=110) felt that their friends would feel it would be wrong or very wrong for them to use prescription drugs to get high (NA 2012 and National);**
- ✓ **96.5% (n=305) felt that their parents would feel it would be wrong or very wrong for them to use prescription drugs to get high (97%, 2012; NA National).**
- ✓ **7.6% (n=24) used prescription drugs to get high 1 or more times during the past 30 days (NA 2012 and National);**
- ✓ **83.1% (n=261) reported that their family has clear rules about drug use (87.6%, 2012; NA National);**
- ✓ **2.9% (n=9) reported that they strongly disagree that engaging in high risk behaviors such as smoking, alcohol and substance use will have a negative effect on their future health (NA 2012 and National);**
- ✓ **56.2% (n=176) had ever had sexual intercourse (62.4%, 2012; 46.8% National);**

- ✓ **8.7% (n=28) had sexual intercourse for the first time before age 13 (7.7%, 2012; 5.6% National);**
- ✓ **13.1% (n=41) had sexual intercourse with 4 or more people during their life (16.4%, 2012; 15% National);**
- ✓ **42.3% (n=132) had sexual intercourse during the past 3 months (44.5%, 2012; 34% National);**
- ✓ **21.3% (n=38) of students who had sexual intercourse during the past 3 months drank alcohol or use drugs before the last intercourse (20.4%, 2012; 22.4% National);**
- ✓ **57.5% (n=174) used a condom during the last sexual intercourse in the past 3 months (57.7%, 2012; 59.1% National);**
- ✓ **10.1% (n=31) had ever been forced to have sexual intercourse when they did not want to (12.8%, 2012; 7.3% National);**
- ✓ **18.6% (n=33) of sexually active students used birth control pills to prevent pregnancy during their last sexual intercourse (17.9%, 2012; 19% National);**
- ✓ **5.4% (n=17) had been pregnant or gotten someone pregnant 1 or more times (11.5%, 2012; NA National);**
- ✓ **30.3% (n=96) described themselves as slightly or very overweight (31.3%, 2012; 31.1% National);**
- ✓ **43% (n=136) reported that they are trying to lose weight (NA 2012 and National);**
- ✓ **11.5% (n=36) went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days (13.5%, 2012; 13% National);**
- ✓ **5.7% (n=18) took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days (9.8%, 2012; 5% National);**
- ✓ **7.4% (n=23) vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days (6.3%, 2012; 4.4% National);**
- ✓ **58% (n=184) participated in physical activity for a total of 60 minutes on 3 or more of the past 7 days (63.4%, 2012; NA National);**

- ✓ **50.2% (n=158) played on 1 or more sports teams during the past 12 months (58%, 2012; 54% National);**
- ✓ **25.7% (n=81) watched television for three or more hours on an average school day (NA 2012 and National);**
- ✓ **38.4% (n=121) played computer games for three or more hours on an average school day (NA 2012 and National);**
- ✓ **93.9% (n=293) had Facebook, Twitter, or other web-based technology that they currently use (89.1%, 2012; NA National);**
- ✓ **54.9% (n=174) texted, blogged, or chatted for three or more hours on an average school day (NA 2012 and National);**
- ✓ **31.7% (n=100) received threatening or intimidating messages online or through cell phones (30.5%, 2012; NA National);**
- ✓ **22.4% (n=70) sent threatening or intimidating messages online or through cell phones (26.2%, 2012; NA National);**
- ✓ **44.9% (n=140) sent sexually inappropriate pictures or messages using a cell phone or computer (44.1%, 2012; NA National);**
- ✓ **36.2% (n=113) reported that their parents would be nervous if they know what they did on the Internet or via cell phone (34.4%, 2012; NA National);**
- ✓ **38% (n=119) texted while driving (38.5%, 2012; NA National);**
- ✓ **87.4% (n=271) felt very informed about safety and using the internet (85.3%, 2012; NA National);**
- ✓ **46.3% (n=145) had been bullied (51.9%, 2012; NA National);**
- ✓ **53% (n=167) were a bystander while someone else was being bullied (59.6%, 2012; NA National);**
- ✓ **31.3% (n=97) bullied someone (44.2%, 2012; NA National);**
- ✓ **9% (n=28) were bullied daily or several times a day (11.6%, 2012; NA National);**
- ✓ **27.3% (n=86) would not report bullying to anyone if they were being bullied (23.3%, 2012; NA National);**
- ✓ **9.6% (n=30) missed school because of bullying (9%, 2012; NA National);**

- ✓ **93.3% (n=293) indicated that their parents would feel it would be wrong or very wrong for them to break the law (93%, 2012; NA National);**
- ✓ **87.2% (n=272) felt that there were many chances to get involved in school activities outside of class (88.4%, 2012; NA National);**
- ✓ **49.4% (n=154) reported that people in their school (teachers, coaches, counselors, or principal) lets their parents know when they have done something well (58.1%, 2012: NA National);**
- ✓ **87.6% (n=269) reported that there are adults in their life who are not their parents that encourage them to do their best (88.4%, 2012; NA National);**
- ✓ **34% (n=107) volunteer in their community (42.1%, 2012; NA National);**
- ✓ **84.9% (n=264) reported that one of their parents would know where they are and who they are with when they are not at home (80.2%, 2012; NA National);**
- ✓ **82.4% (n=258) reported that their parents would know if they came home on time (81.4%, 2012; NA National);**
- ✓ **18% (n=57) reported that their family never ate a meal together in the past 7 days (NA 2012 and National);**
- ✓ **9.8% (n=31) did not eat vegetables in the past 7 days (NA 2012 and National);**
- ✓ **22% (n=67) drank a sugar sweetened beverage 4 or more times per day in the past 7 days (NA 2012 and National).**

#### **High School Data by Gender**

Like with the middle school data, gender differences between high school males and females were not alarming. A few are worth mentioning. High school males appeared to fight more and use drugs in higher frequencies than high school females. Females reported more depression and suicide ideation. All high school data by gender can be found under Tab 4.

### High School Conclusions

1. There have been decreases in the frequency of safety and violence related behaviors since 2012.
2. Reported domestic violence is about the same since 2012.
3. Improvement was noted with respect to reported depression, suicide ideation and attempted suicide since 2012.
4. Intentional injury behaviors (cutting and burning) in the past 30 days is lower than 2012;
5. Marginal improvement in drug use since 2012 was noted, but like in 2012 alcohol and marijuana use remains a problem.
6. Sexual behaviors have decreased in frequency since 2012.
7. Bullying behaviors are trending downward.

### CORE Measures

CORE measures data is as follows:

	Alcohol	Tobacco	Marijuana	Prescription Drugs
30 Day Use	MS 19.9%(n=32) HS 42.9% (n=138)	MS 5% (n=8) HS 13.9%(n=45)	MS 6.9% (n=11) HS 18.4% (n=59)	MS 3.1% (n=5) HS 7.6% (n=24)
Perception of Peer Disapproval	MS 59.5% (n=94) HS 24.5% (n=79)	MS 71.5% (n=113) HS 50.5%(n=163)	MS 72.5% (n=116) HS 47.5% (n=153)	MS 89.3% (n=142) HS 34.8% (n=110)
Perception of Harm	MS 63.5% (n=101) HS 52% (n=168)	MS 93.8% (n=151) HS 91% (n=293)	MS 76.4% (n=123) HS 48.4% (n=156)	MS 95.7% (n=154) HS 91.8% (n=292)
Perception of Parental Disapproval	MS 82.5% (n=132) HS 70.4%(n=226)	MS 93.7% (n=149) HS 87.3% (n=282)	MS 91.9% (n=147) HS 83.5% (n=269)	MS 98.8% (n=159) HS 96.5% (n=305)

### **Recommendations - Middle School and High School**

**The following recommendations are offered based on the data reported in this assessment:**

- 1. The activities and efforts that have taken place in Alleghany County Schools since 2012 should continue.**
- 2. Health education and information should be a part of a County wide comprehensive and coordinated effort.**
- 3. The counseling efforts that have focused on suicide, substance use, and violent behaviors should continue.**
- 4. Monitoring of student's health related behaviors should continue and should serve as a springboard for changes in the curriculum or services provided when appropriate.**