

2013 Key Findings for High School Students Youth Risk Behavior Survey (YRBS)

The 2013 Youth Risk Behavior Survey (YRBS) was completed by 1,606 students in 39 public high schools in South Carolina during the spring of 2013. The school response rate was 78% and the student response rate was 78%. The results are representative of all students in grades 9-12. A comparison of the 2013 results with previous data reveals improvements in several of the high school measures; however, a percentage of the state's adolescents continue to engage in behaviors that place them at risk for serious health problems. The public education system must work with parents, community agencies, health agencies, and public policy makers in a coordinated approach to implement evidence-based policies, programs, and practices to improve the health and educational outcomes of our students.

Causes for Celebration

- 21.3%** of high school students had, during the past 30 days, **ridden in a vehicle** driven by someone who had been **drinking alcohol** (down from 39.3% in 1991).
- 3.7%** had **carried a weapon** such as a gun, knife or club on school property on one or more of the past 30 days (down from 14.3% in 1993).
- 26.7%** had been in a **physical fight** in the past 12 months (down from 41.7% in 1991).
- 42.7%** had tried **cigarette smoking**, even one or two puffs (downward trend continues, 73.9% in 1991, 63.4% in 2005, and 57.7% in 2011).
- 23.2%** had smoked **cigarettes or cigars or used chewing tobacco, snuff or dip** in the past 30 days (down from 41.5% in 1999).
- 19.8%** had their **first drink before age 13** (down from 37.2% in 1993).
- 63.2%** had **tried** at least **one drink** in their life (down from 77.9% in 1991).
- 28.9%** had at least **one drink of alcohol in the past 30 days** (down from 39.7% in 2011).
- 14.7%** had **five or more drinks** of alcohol in a row within a couple of hours (down from 27% in 1991).
- 24.5%** were **offered, sold, or given an illegal drug** by someone on **school property** during the past 12 months (down from 29.3% in 2011).
- 10.7%** had sniffed glue, breathed the contents of aerosol spray cans, or inhaled, any paints or sprays to get high one or more times during their life (down from 19.0% in 1995, 14.5% in 2011).
- 47.5%** had ever engaged in **sexual intercourse** (down from 65.9% in 1991). For the first time since the early 90's this percentage was less than half of students.
- 6.6%** had **sexual intercourse** for the first time **before age 13** (down from 18.6% in 1991).
- 42.8%** were **physically active** for a total of at least 60 minutes per day on five or more of the past seven days (up from 29.8% in 2005).

Areas of Concern

- 20.2%** had been **bullied on school property** during the past 12 months (up from 2009 at 15.1%).
- 13.8%** were **electronically bullied** during the past 12 months (no linear change since 2011 at 15.6%).
- 10.0%** had ever been **physically forced to have sexual intercourse** when they did not want to (no linear change since 2005 at 11.2%).
- 8.0%** had **tried marijuana** for the first time before age 13 years (no linear change, 7.4% in 1991).
- 19.6%** **used marijuana** one or more times during **the past 30 days** (12.2% in 1991).
- 6.8%** **used ecstasy** one or more times during their life (6.2% in 2005, no linear change).
- 17.6%** had taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life (no linear change since 2011 at 20.9%).
- 5.2%** had used **any form of cocaine** one or more times during their life. Cocaine use remains the same overall (5.2% in 1995, 5.2% in 2013).
- 9.4%** had **attempted suicide** during the past 12 months (no linear change, 9.9% in 1995, 9.4% in 2013).
- 26.6%** **felt so sad or hopeless** almost every day for two weeks or more in a row that they stopped doing usual activities during the past 12 months (no improvement, also 26.6% in 1999).
- 16.8%** had a BMI that measured as **overweight** (no improvement, 12.7% in 1999).
- 13.9%** had a BMI which was considered **obese** (no improvement, 11.5% in 1999, 13.3% in 2011).
- 27.5%** described themselves as **slightly or very overweight** (no linear change, 27.7% in 2005).
- 54.4%** of students **ate vegetables** one or more times per day during the past seven days (down from 56.9% in 1999).
- 20.5%** drank a **soda or pop** two or more times per day during the past seven days (no linear change since 2007).

Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, $p < 0.05$.