

# Durham County Department of Public Health

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## 2023 Youth Risk Behavior Survey & 2024 SOTCH Report

Durham County Board  
of County  
Commissioners  
September 2, 2025  
Savannah Carrico,  
MPH







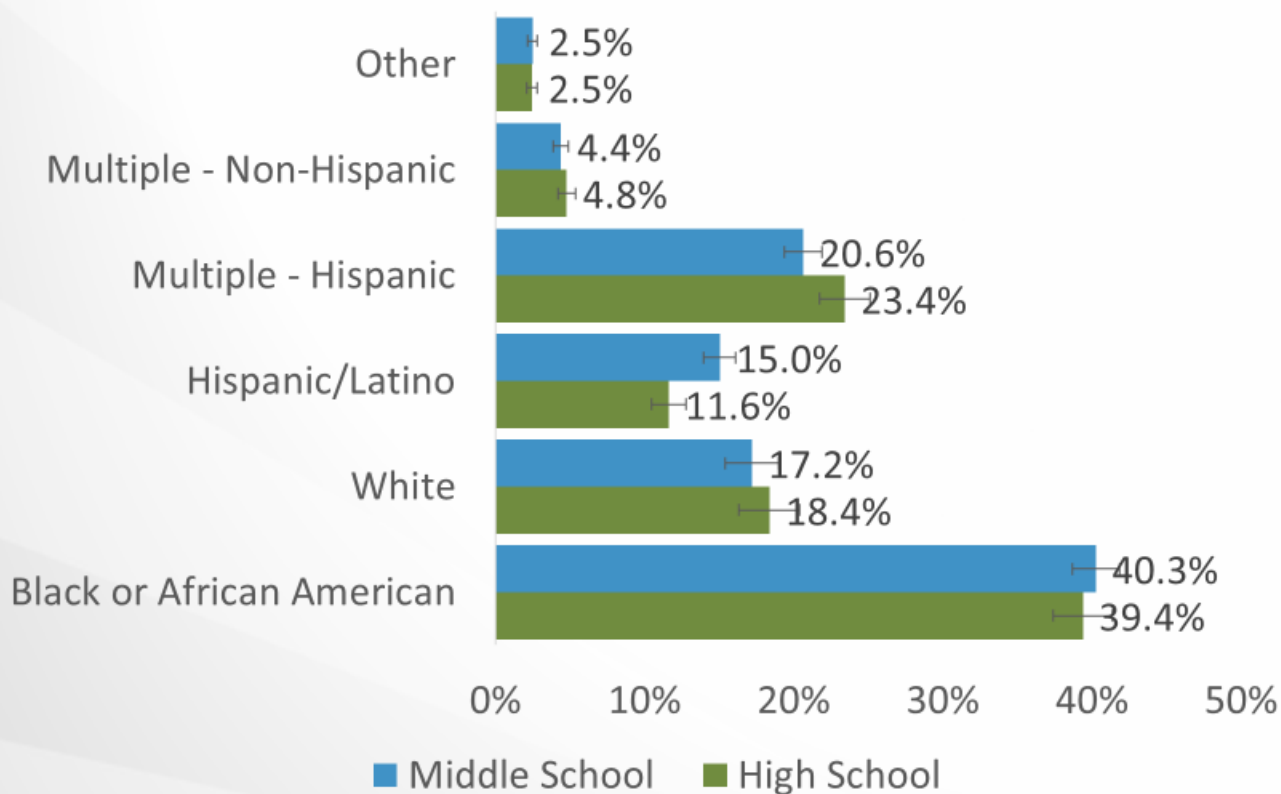
# About the YRBS

- National (CDC) survey done every two years
  - last conducted in Spring 2023.
- Covers multiple health related topics including physical health, mental health, personal health, school support, and more.
- Durham is an oversampled county.
  - All eligible middle and high schools participated in 2023.



# Demographics

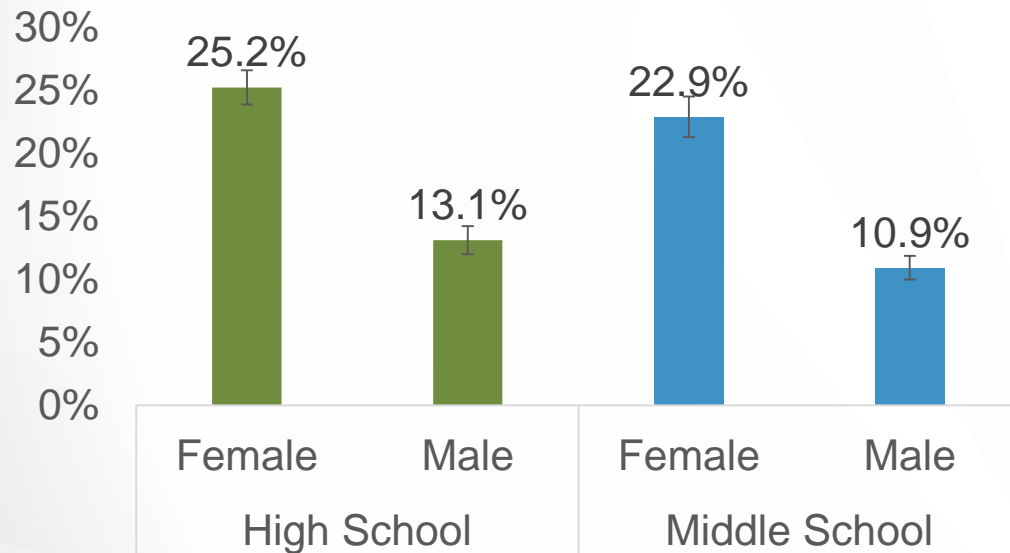
Race and ethnicity for middle and high school students



- 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders were equally represented.
- 9<sup>th</sup> graders were over-represented.
- Genders were equal for both middle and high school students.

# Mental Health

Yes, in the past 12 months I felt so sad or hopeless almost every day for two weeks in a row or more that I stopped doing some usual activities.

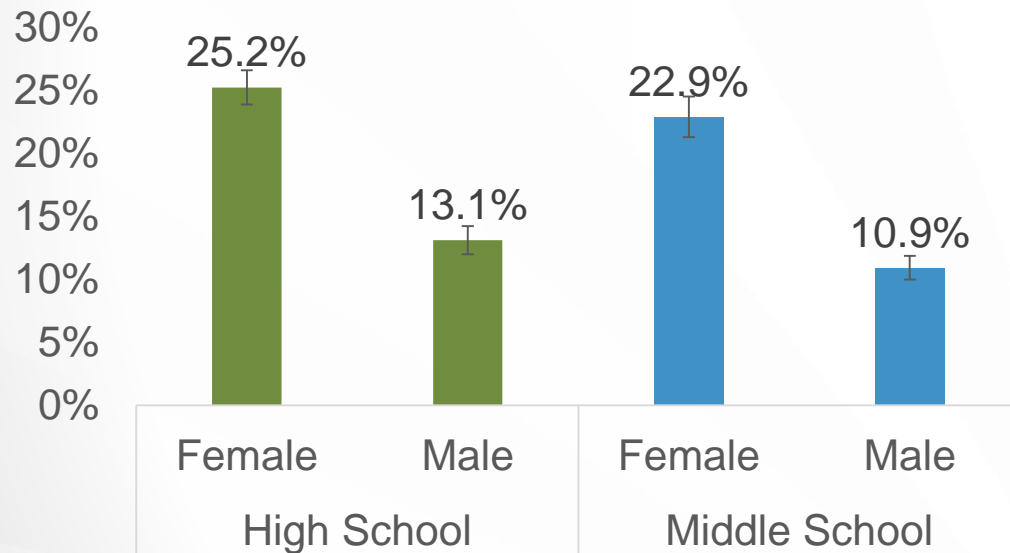


- Students that experience depression are 5 times more likely to consider suicide.\*
- Students that experience depression are 2.7 times more likely to make a suicide plan.\*
- Students that experience depression are over 1.5 times more likely to consume alcohol or marijuana in the past 30 days.\*

\*Statistically significant

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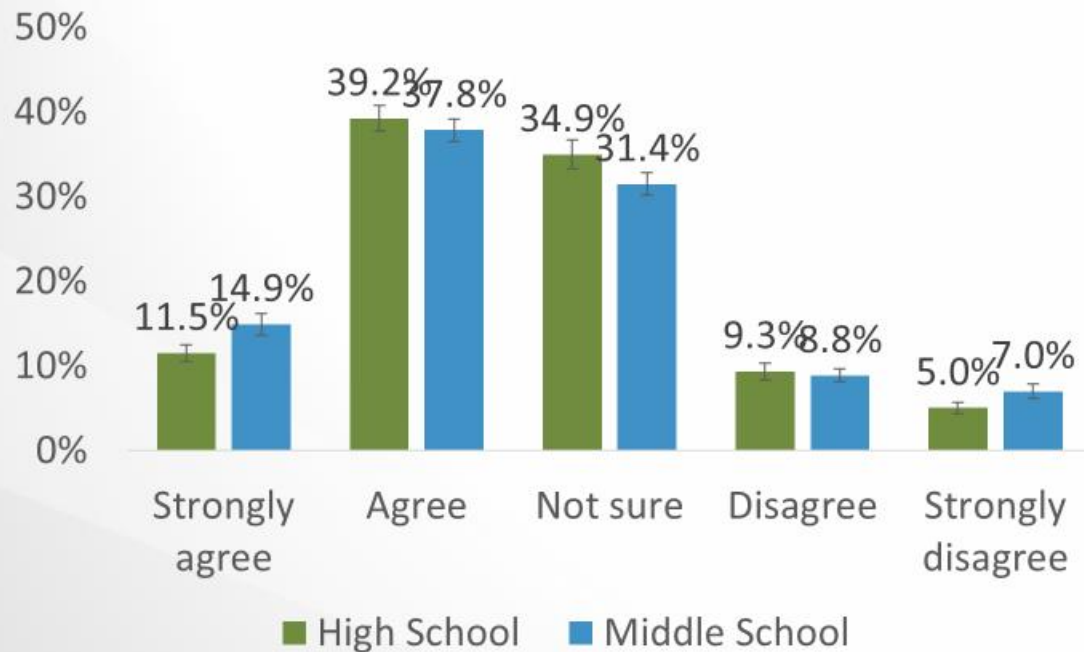
# Physical Activity and Nutrition

- One in five high schoolers reported never eating breakfast in the past week and one in four students reported eating breakfast every day of the week.
- Middle schoolers are 24% more likely to eat breakfast every day than high schoolers.
- High school students are more likely to report they did not exercise at all than they were to report they exercised every days. The opposite is true for middle schoolers.



# School Support

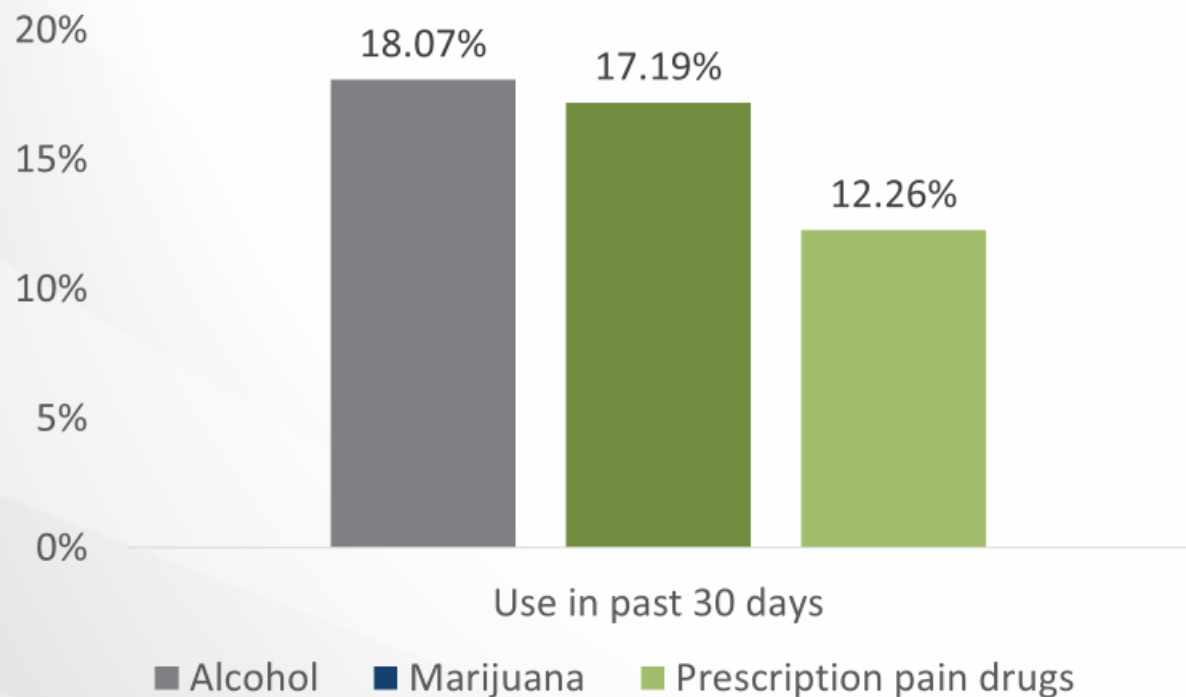
Do you feel like you belong at your school?



- Students feeling like they belong in school is a great indicator of what Adverse Childhood Events (ACEs) trends are occurring.
- Over one in five high school students reported that they agree their teachers give them support and encouragement.

# Substance Use

High School: Alcohol, Marijuana and Prescription pain medicine use in past 30 days



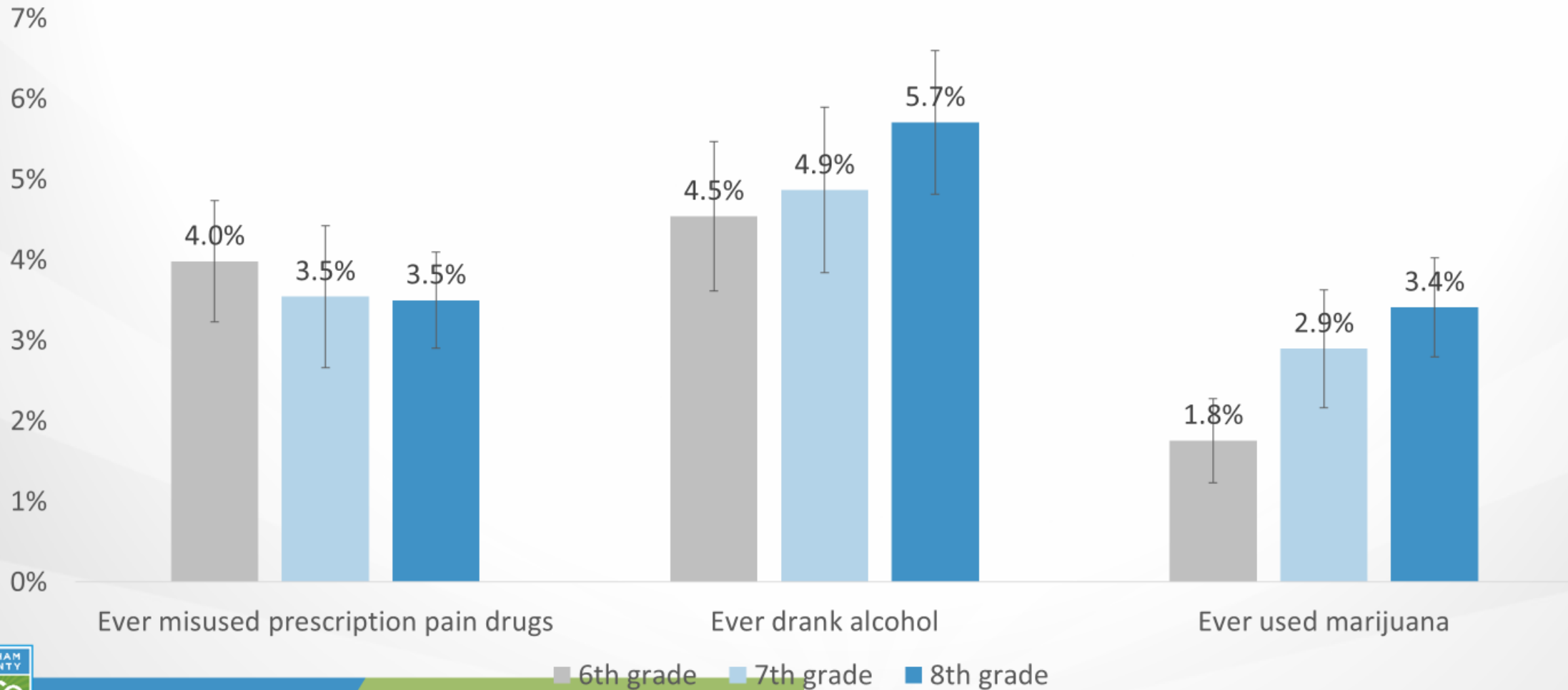
- From 2021 to 2023, alcohol use among high schoolers decreased\*
- High schoolers that reported ever using a vape were 5.2 times as likely to use cigarettes and 7.2 times as likely to use marijuana in the past 30 days. Similar with alcohol use.

\*Statistically significant

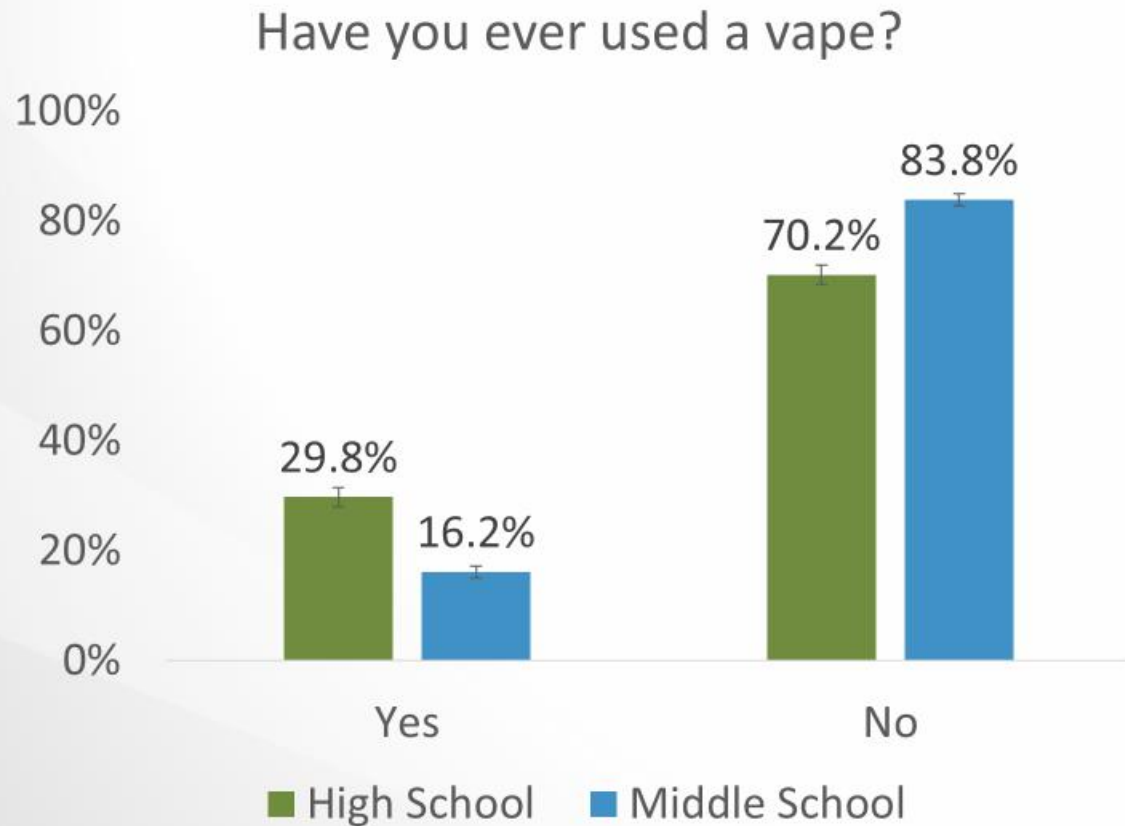


# Substance Use

Middle School: Alcohol, Marijuana, and Prescription pain medicine misuse.



# Tobacco Use

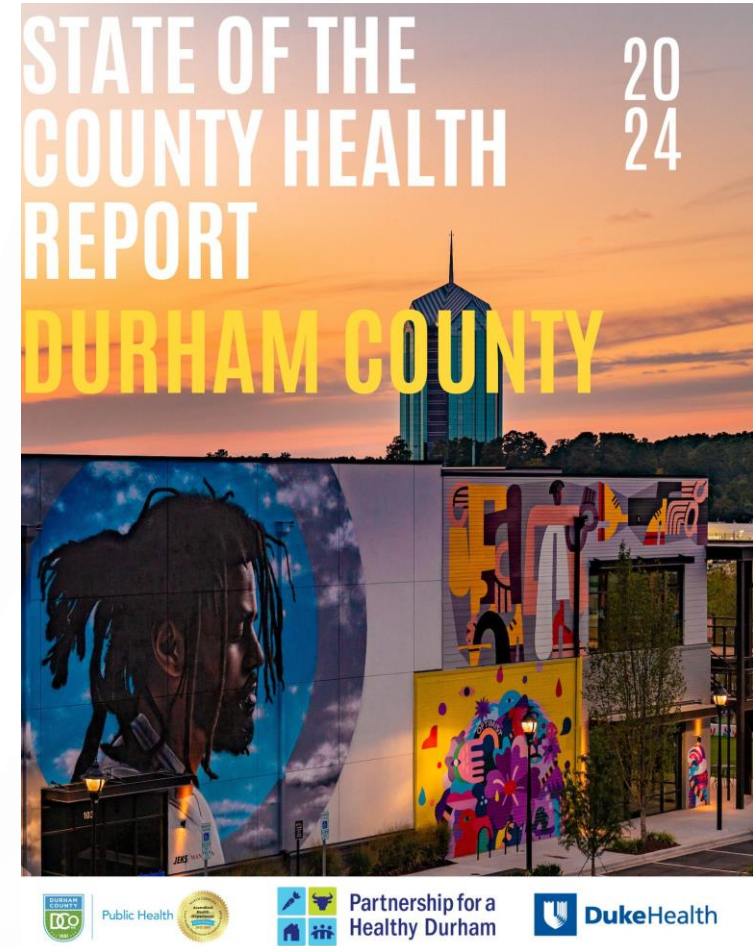


- Middle schoolers ever trying a vape decreased from 2021 to 2023.
- Vaping is more common in high schoolers.

# 2024 State of the County Health Report

The SOTCH report provides an update on priority issues identified in the Community Health Assessment (CHA), identifies emerging issues, and identifies new initiatives.

Released every year that a CHA is not submitted.







# Durham County Health Priorities

1. Affordable Housing
2. Access to Healthcare and Health Insurance
3. Community Safety and Wellbeing
4. Mental Health
5. Physical Activity, Nutrition, and Food Access



# Emerging Issues & New Initiatives

Durham residents vote to improve transportation infrastructure through bond referendums.

The total number of unsheltered people in Durham has doubled since 2020.

Durham takes action to reduce drug overdoses and substance misuse.

# Demographics & Life Expectancy

## Durham County Population by Race and Ethnicity, 2019-2023

Report Area	White	Black	Asian	American Indian or Alaska Native	Native Hawaiian or Pacific Islander	Some Other Race	Multiple Races	Hispanic or Latino
Durham County, NC	45.5%	33.1%	5.2%	0.5%	0.1%	7.1%	8.6%	15.3%
North Carolina	63.3%	20.6%	3.2%	1.1%	0.1%	4.8%	7.1%	11.0%
United States	63.4%	12.4%	5.8%	0.9%	0.2%	6.6%		19.0%

Source: NC Data Portal • Created with Datawrapper



# Leading Causes of Death Infant Mortality

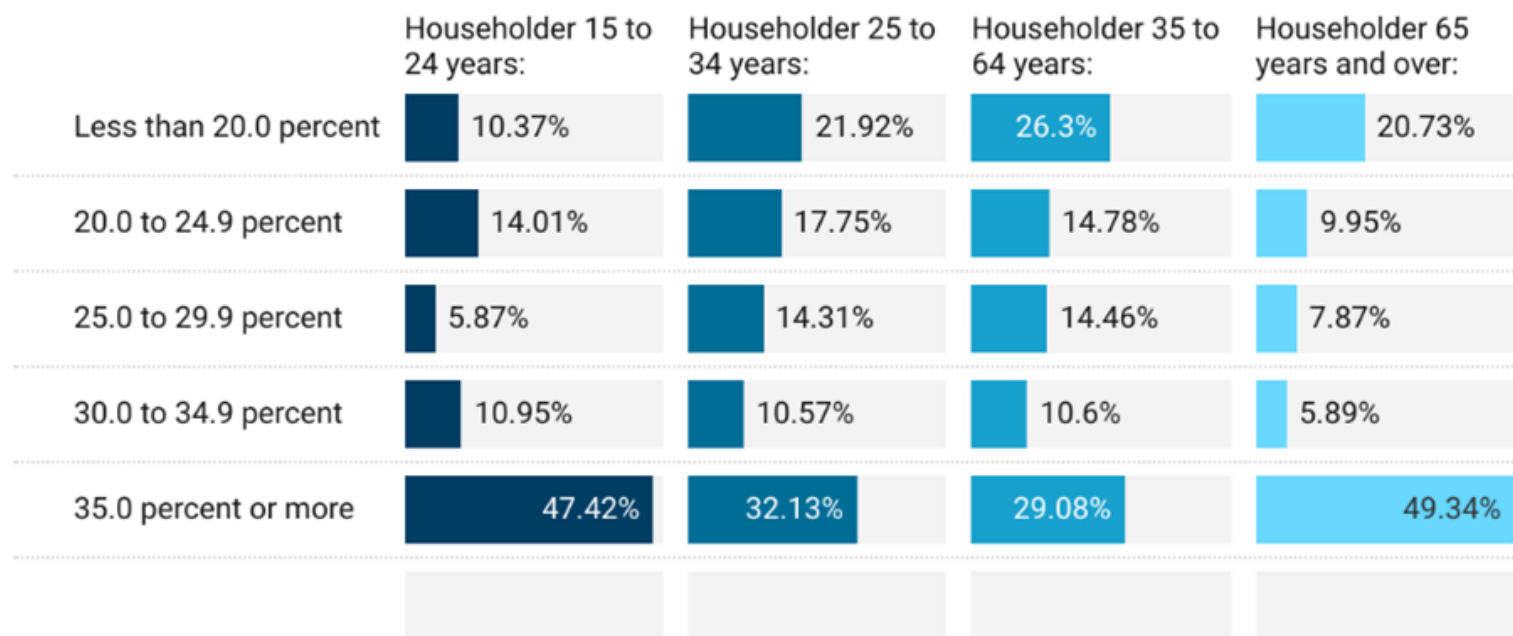
## Infant Mortality in Durham County, 2018-2022

	Durham Total deaths	Durham Total rate (per 100,000)	NC Total Rate (per 100,000)
Resident Infant Death Rates	123.0	6.0	6.8
Infant death rates Black or African America	69.0	11.4	12.6
Infant death rates white	22.0	2.8	4.8
Infant death rates Hispanic or Latino	22.0	4.6	5.3

Table: Durham County Public Health • Source: NCDHHS • Created with Datawrapper

# Changes in Data: Affordable Housing

## % Of Income Renters used on Housing by Age



Percent of Income

Chart: Durham County Public Health • Source: ACS • Created with Datawrapper

# Changes in Data: Access to Healthcare and Health Insurance

## Insured Population, 2022

	Total Population (For Whom Insurance Status is Determined)	Population with Health Insurance	Percentage with Private Insurance	Percentage with Public Insurance
Durham County, NC	319,748	283,203	80	32
North Carolina	10,256,318	9,178,860	75	39
United States	326,147,510	297,832,418	74	39

Table: Durham County Public Health • Source: NC Data Portal • Created with Datawrapper



# Changes in Data: Community Safety and Wellbeing

## 2024 Crime Index for Durham and its comparable County

The Total Crime Index provides an assessment of the relative risk of seven major crime types: murder, rape, robbery, assault, burglary, larceny, and motor vehicle theft. It is modeled using data from the FBI Uniform Crime Report and demographic data from the Census and AGS

County Name	Total 2024 Crime Index	% Diabetes prevalence	2024 Assault Index	2024 Property Crime Index	2024 Robbery Index	2024 Motor Vehicle Theft Index	2024 Burglary Index	2024 Rape Index	2024 Personal Crime Index	2024 Larceny Index	2024 Murder Index
Buncombe	126	9	101	131	75	93	160	89	95	132	87
Durham	155	11	160	152	230	108	175	104	169	154	197
Forsyth	158	11	259	149	94	101	174	82	205	152	168
Guilford	142	11	167	140	160	110	165	67	156	139	205
Mecklenburg	153	10	168	152	183	116	139	68	161	160	146
New Hanover	123	10	103	126	94	76	176	106	102	124	126
Union	78	10	69	80	52	57	98	82	67	80	71

See Crime Indexes for more information.

Table: Durham County Population Health • Source: ESRI • Created with Datawrapper

# Changes in Data: Mental Health

## Deaths of Despair, Crude Rate (Per 100,000) by Race and Ethnicity 2018-2022

■ Durham County, NC ■ North Carolina ■ United States

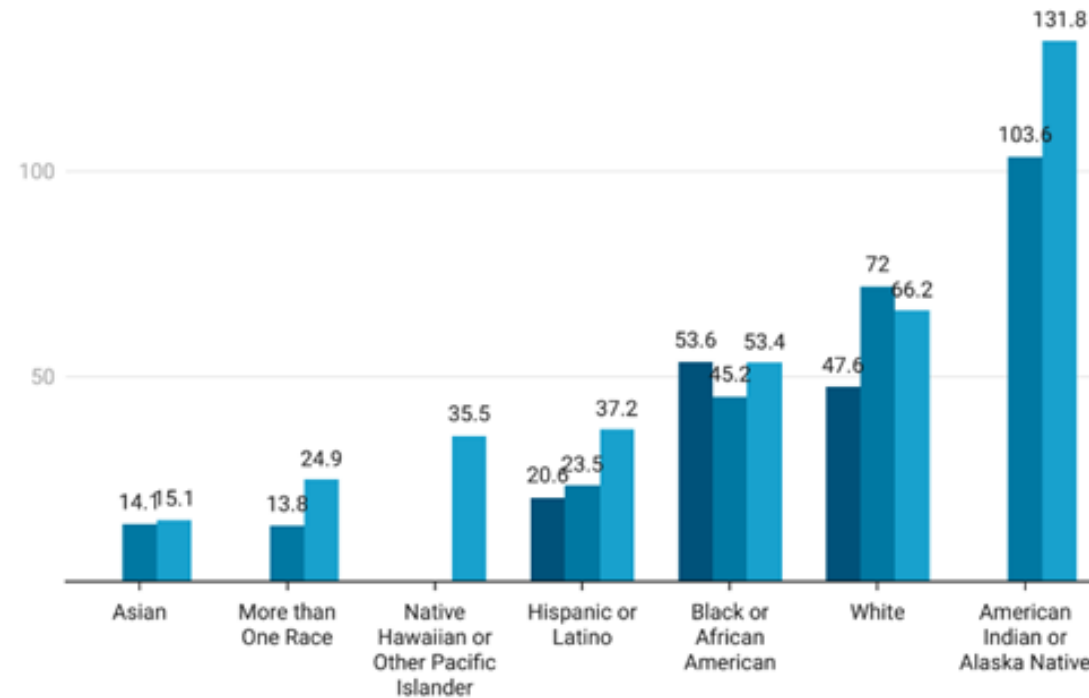


Chart: Durham County Public Health • Source: NC Data Portal • Created with Datawrapper

# Changes in Data: Physical Activity, Nutrition, and Food Access

**Food Security-Related Trends in Durham County, 2017-2022**

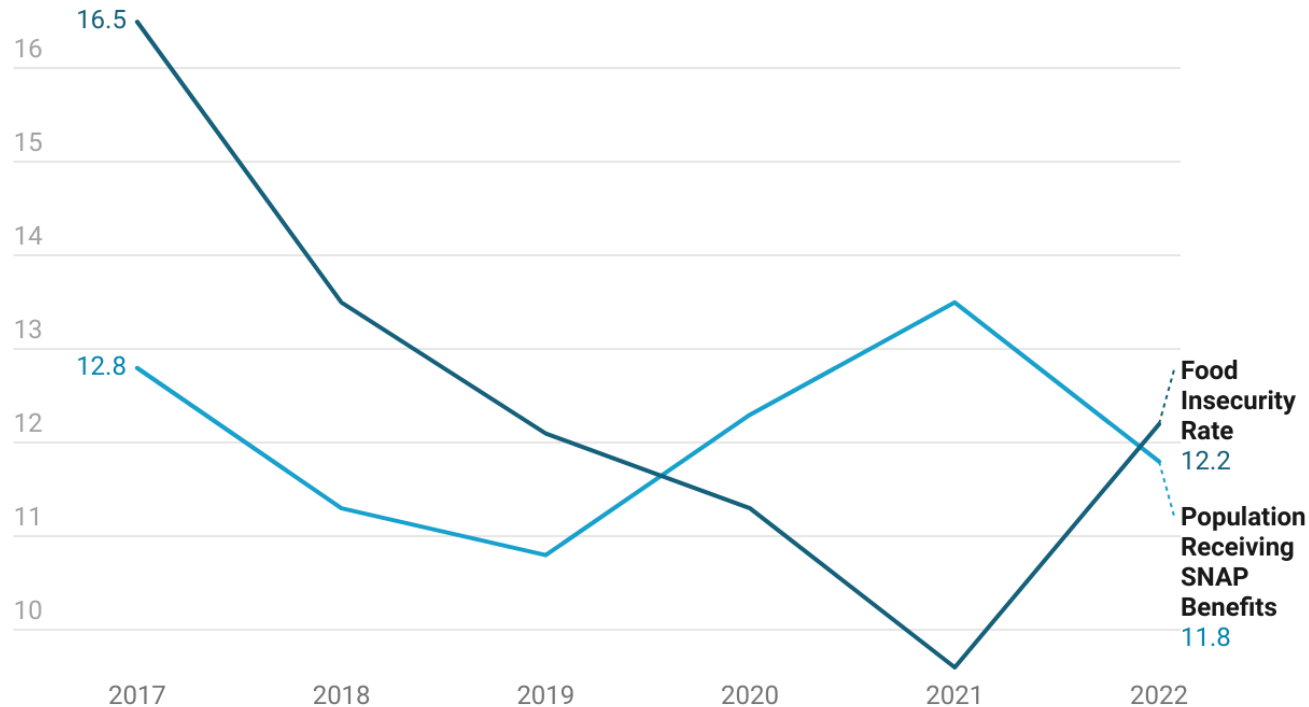


Chart: Durham County Public Health • Source: NC Data Portal • Created with Datawrapper





**988**  
SUICIDE  
& CRISIS  
LIFELINE



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# Questions?

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Thank You!



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