

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
				31.9	20.7	21.4	17.4	15.0	17.0	13.4	11.6	8.5	Decreased, 1999-2015	No quadratic change	Decreased
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	48.7			48.0	43.5	42.8	37.4	31.5	28.3	25.1	21.9	17.7	Decreased, 1995-2015	Decreased, 1995-2003 Decreased, 2003-2015	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											10.7	7.8	No linear change	Not available§	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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**Total
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †										
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015													
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													59.3	57.6	No linear change	Not available [§]	No change								
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													9.7	7.5	6.4	5.7	6.0	5.0	5.4	5.7	6.4	5.2	Decreased, 1995-2015	Decreased, 1995-2003 No change, 2003-2015	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)													11.6	10.0	11.1	8.6	10.7	9.6	7.4	8.2	8.8	5.4	Decreased, 1995-2015	No quadratic change	Decreased
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													8.6	8.8	7.1	7.1	6.5	6.4	7.7	6.3	Decreased, 2001-2015	No quadratic change	No change		

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

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**Total
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Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)												No linear change	Not available [§]	No change		
								9.7	7.6							
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)												No linear change	Not available	No change		
								21.1	24.9	25.4	24.0					
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)												No linear change	Not available	No change		
								17.4	17.1	15.9						
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)												No linear change	Decreased, 1999-2007 Increased, 2007-2015	No change		
				25.0	25.9	20.8	20.3	17.1	22.9	23.8	25.4	27.2				

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

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Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)															
	25.4		18.8	19.0	13.6	15.4	10.4	12.4	14.7	16.1	16.2		Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															
	19.9		14.3	13.9	11.3	12.2	8.1	10.5	12.1	13.5	13.5		Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
	7.5		6.4	7.5	7.2	6.4	8.8	5.7	10.8	11.5	9.4		Increased, 1995-2015	No change, 1995-2005 Increased, 2005-2015	Decreased

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)															
				73.1	67.9	61.5	55.9	49.1	46.5	44.1	41.4	35.1	Decreased, 1999-2015	Decreased, 1999-2011 Decreased, 2011-2015	Decreased
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
				22.0	25.4	18.7	17.3	13.8	12.3	8.6	7.9	7.2	Decreased, 1999-2015	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
		39.6		40.6	35.3	30.2	22.1	21.1	22.4	19.4	19.0	11.7	Decreased, 1995-2015	No quadratic change	Decreased
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
		19.8		20.5	18.7	16.0	11.9	9.9	9.3	8.3	6.6	4.3	Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
		14.7		15.4	13.9	12.3	8.0	7.0	6.7	6.0	3.9	3.2	Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	No change

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

†Based on t-test analysis, p < 0.05.

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North Dakota High School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													Decreased, 2001-2015	No quadratic change	Increased
				14.7	14.5	13.1	11.8	8.4	9.7	7.8	16.9				
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													Decreased, 2001-2015	No quadratic change	No change
				58.1	57.8	65.1	56.6	53.2	52.8	55.5	47.4				
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													No linear change	No quadratic change	Decreased
				15.1	13.2	10.3	11.2	11.7	15.3	13.6	13.8	10.6			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
					13.0	12.2	11.4	12.4	13.5	11.7	9.2				
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
					35.7	30.0	29.7	31.9	29.7	27.5	20.9				

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**North Dakota High School Survey
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**Total
Tobacco Use**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)												Decreased, 2003-2015	No quadratic change	Decreased	
						33.3	26.6	25.6	26.7	24.4	22.8	16.3			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)												Increased, 2003-2015	No quadratic change	Increased	
						65.9	72.3	72.6	69.4	71.7	74.3	80.2			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)												Increased, 2003-2015	No quadratic change	Increased	
						67.8	75.0	75.9	74.1	76.8	78.4	84.3			

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Dakota High School Survey
Trend Analysis Report**

Total Alcohol and Other Drug Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													Decreased, 2007-2015	Not available [§]	No change
	32.3		28.9	29.8	25.4	19.7	19.7	19.9	16.7	15.2	12.4		Decreased, 1995-2015	No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	Decreased
	60.7		60.5	59.2	54.2	49.0	46.1	43.3	38.8	35.3	30.8		Decreased, 1995-2015	No quadratic change	Decreased
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													Decreased, 1999-2015	No quadratic change	Decreased
			46.2	41.5	39.5	33.8	32.5	30.7	25.6	21.9	17.6		Decreased, 1999-2015	No quadratic change	Decreased
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													Increased, 2007-2015	Not available	No change
							32.4	35.7	33.5	37.0	41.3		Increased, 2007-2015	Not available	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	5.3			6.5	6.9	7.9	6.7	5.4	6.4	6.3	5.6	5.3	Decreased, 1995-2015	Increased, 1995-2003 Decreased, 2003-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	14.9			18.8	22.0	20.6	15.5	14.8	16.9	15.3	15.9	15.2	Decreased, 1995-2015	Increased, 1995-2001 Decreased, 2001-2015	No change
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									15.0	16.2	17.6	14.5	No linear change	Not available [§]	Decreased
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	27.6			24.0	27.3	21.3	19.6	18.7	19.5	20.8	14.1	18.2	Decreased, 1995-2015	No quadratic change	Increased

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Total
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													No linear change	No quadratic change	Decreased
				42.0	42.8	41.2	42.6	44.6	44.8	44.9	38.9				
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 1995-2015	No quadratic change	No change
	5.9		3.9	4.4	4.2	3.3	3.0	3.5	3.7	3.8	2.6				

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				11.6	12.2	10.8	12.7	13.5	13.4	14.5	15.1	14.7	Increased, 1999-2015	No quadratic change	No change
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				7.2	9.2	9.2	11.1	9.9	10.9	11.0	13.5	14.0	Increased, 1999-2015	No quadratic change	No change
QN69: Percentage of students who described themselves as slightly or very overweight															
	34.6			34.1	31.9	32.3	32.7	30.5	29.3	28.6	32.0	32.2	Decreased, 1995-2015	Decreased, 1995-2011 Increased, 2011-2015	No change
QN70: Percentage of students who were trying to lose weight															
	46.2			43.8	47.5	45.9	47.3	47.2	43.2	43.4	45.4	44.7	No linear change	No quadratic change	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															
					13.7	16.0	17.4	16.8	18.4	16.0	20.5	22.6	Increased, 2001-2015	No quadratic change	No change

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

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§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

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Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	No change
					12.6	9.9	11.1	11.0	12.0	9.4	7.6	8.9			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	No quadratic change	No change
					4.5	4.1	4.7	4.6	5.7	2.8	3.4	3.9			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2001-2015	No change, 2001-2005 Increased, 2005-2015	No change
					61.7	60.6	57.3	59.5	58.0	63.6	64.7	62.5			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					28.1	25.1	24.2	26.8	23.5	28.7	28.9	27.6			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					17.2	14.3	13.7	15.6	13.6	16.2	16.3	15.1			

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Total															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
					31.1	32.8	33.4	35.3	41.5	39.0	37.7	37.9	Increased, 2001-2015	Increased, 2001-2009 Decreased, 2009-2015	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
					18.1	17.1	19.4	23.6	23.1	23.1	26.3	27.9	Increased, 2001-2015	No quadratic change	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
					43.4	41.7	44.7	44.5	50.0	47.8	46.9	51.7	Increased, 2001-2015	No quadratic change	Increased
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
					14.8	14.4	15.1	15.4	18.5	17.4	17.0	18.4	Increased, 2001-2015	No quadratic change	No change

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Weight Management and Dietary Behaviors																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change	
2.6	3.5	3.5	3.7	4.8	3.8	6.0	4.7									
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	Decreased	
66.4	68.6	65.2	62.7	58.6	60.6	62.8	58.5									
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	Decreased, 2001-2009 No change, 2009-2015	No change	
28.7	31.5	24.1	24.9	22.7	22.8	27.0	24.3									
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	Decreased, 2001-2009 Increased, 2009-2015	No change	
11.4	14.3	10.1	10.8	8.0	10.8	12.0	11.1									

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Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)													Increased, 2007-2015	Not available [§]	No change
								19.6	16.5	20.4	25.3	25.6			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	Decreased
								28.6	26.3	26.8	23.4	18.7			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								16.8	16.3	17.5	14.5	11.7			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)													Decreased, 2007-2015	Not available	No change
								9.0	7.6	8.8	6.9	5.8			

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Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
				7.6	9.2	10.3	9.1	8.7	8.1	9.3	11.1	13.9	Increased, 1999-2015	No change, 1999-2011 Increased, 2011-2015	Increased
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
				66.8	60.5	58.7	60.0	61.3	57.6	59.0	56.4	51.6	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
				54.5	48.2	46.6	46.0	46.2	42.2	44.4	42.4	35.8	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)															
				33.8	28.9	26.1	26.9	25.4	22.4	23.4	22.2	16.7	Decreased, 1999-2015	No quadratic change	Decreased
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										10.2	10.5	11.9	No linear change	Not available [§]	No change

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										38.2	37.7	37.6	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Physical Activity													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													Increased, 2011-2015	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													Increased, 2011-2015	Not available	No change
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 1999-2015	No quadratic change	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								18.6	18.4	25.1	34.4	38.6	Increased, 2007-2015	Not available [§]	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015	
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)																	
												30.0	29.5	No linear change	Not available [§]	No change	
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)																	
												72.0	73.6	74.9	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN90: Percentage of students who never or rarely wear a seat belt when driving (among students who drive a car)															
							14.8	17.9	13.3	12.2	9.6		Decreased, 2007-2015	Not available [§]	No change
QN91: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)															
											67.9	61.4	Decreased, 2013-2015	Not available	Decreased
QN92: Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)															
										29.8	28.7		No linear change	Not available	No change
QN93: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)															
										9.6	9.7		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN96: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)															
									13.3	11.2	10.9	7.3	Decreased, 2009-2015	Not available [§]	Decreased
QN97: Percentage of students who used synthetic drugs (also called K2, Spice, or Bath Salts, one or more times during their life)															
											10.6	5.7	Decreased, 2013-2015	Not available	Decreased
QN98: Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)															
											9.9	8.6	No linear change	Not available	No change
QN99: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)															
		56.1		57.8	60.8	57.8	60.8	62.7	61.1	60.6	63.5	60.4	Increased, 1995-2015	No quadratic change	No change
QN100: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)															
				39.2	41.5	41.3	38.5	39.4	38.4	39.3	41.8	38.3	No linear change	No quadratic change	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN101: Percentage of students who drank sugar-containing beverages (one or more times per day during the 7 days before the survey)										37.2	37.6	33.6	27.8	Decreased, 2009-2015	Not available [§]	Decreased
QN102: Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey)										70.4	72.3	69.7	69.8	No linear change	Not available	No change
QN103: Percentage of students who ate at least one meal or snack from a convenience store or a fast food restaurant on three or more days (such as McDonald's, Taco Bell, or KFC, during the 7 days before the survey)												22.7	23.4	No linear change	Not available	No change
QN104: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)												3.1	2.2	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2013-2015 †		
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNI05: Percentage of students who spent more than 20 minutes actually exercising or playing sports (during an average physical education (PE) class)							44.0	47.9	59.5	59.7	59.7	60.5	51.1	Increased, 2003-2015	Increased, 2003-2007 Decreased, 2007-2015	Decreased
QNI06: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)											71.5	71.5	71.0	No linear change	Not available [§]	No change
QNI07: Percentage of students who have had three or less cavities in their permanent teeth									78.2	83.0	79.5	82.4	82.2	Increased, 2007-2015	Not available	No change
QNI08: Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)												11.2	12.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Site-Added	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013			
QN109: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)															
											19.6	12.2	Decreased, 2013-2015	Not available [§]	Decreased
QN113: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school (during the 12 months before the survey)															
										16.7	14.8	12.6	Decreased, 2011-2015	Not available	No change
QN117: Percentage of students who had oral sex															
										41.3	37.4		Decreased, 2013-2015	Not available	No change
QN118: Percentage of students who have ever been tested for a sexually transmitted disease (STD) including HIV (the virus that causes AIDS)															
									11.9	11.9	12.8	9.1	Decreased, 2009-2015	Not available	Decreased
QN119: Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex															
										60.8	58.4	55.2	Decreased, 2011-2015	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN120: Percentage of students who have had sex education in school															
											74.0	71.0	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male																
Injury and Violence																
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													Decreased, 1999-2015	Decreased, 1999-2003 Decreased, 2003-2015	Decreased	
	43.9	28.8	25.4	23.6	18.4	21.2	16.6	14.5	10.1							
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	Decreased	
	48.8	49.3	43.6	40.1	35.6	29.0	26.6	23.6	21.2	17.2						
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available [§]	No change	
								12.4	9.9							
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)													No linear change	Not available	No change	
								58.1	55.8							

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Injury and Violence															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	16.8		12.6	10.2	9.6	9.5	8.3	8.5	8.3	9.6	8.0		Decreased, 1995-2015	Decreased, 1995-2003 No change, 2003-2015	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	18.3		14.1	16.6	11.3	14.6	13.7	10.2	11.1	12.2	7.5		Decreased, 1995-2015	No quadratic change	Decreased
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
				7.5	7.4	5.9	4.3	4.1	3.0	4.5	3.0		Decreased, 2001-2015	No quadratic change	No change
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
										7.3	5.6		No linear change	Not available [§]	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available [§]	Decreased
								19.4	20.6	23.6	19.0				
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available	No change
								11.8	11.9	9.3					
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Decreased, 1999-2007 Increased, 2007-2015	No change
				17.6	20.1	14.8	15.5	11.4	15.6	16.6	18.2	19.6			
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1995-2015	Decreased, 1995-2009 Increased, 2009-2015	No change
		20.3		13.4	15.7	9.8	11.9	8.2	8.8	10.0	11.5	12.2			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															
		16.5		11.2	10.0	9.1	9.9	7.2	7.4	9.6	10.7	10.9	Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
		5.5		4.2	5.7	5.2	4.5	9.7	5.4	9.6	10.3	9.3	Increased, 1995-2015	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)															
				76.2	68.7	60.2	56.8	47.8	47.1	45.9	41.4	37.8	Decreased, 1999-2015	Decreased, 1999-2007 Decreased, 2007-2015	No change
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)															
				25.5	28.5	20.0	19.7	13.6	14.1	9.3	8.2	8.5	Decreased, 1999-2015	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)															
		38.4		40.2	34.7	29.3	21.6	19.4	23.2	18.0	18.4	11.9	Decreased, 1995-2015	No quadratic change	Decreased
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)															
		20.5		19.9	17.4	14.6	12.0	8.9	10.3	8.2	6.6	4.1	Decreased, 1995-2015	No quadratic change	Decreased
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)															
		16.1		15.7	13.2	11.5	8.2	6.3	7.4	6.1	4.1	3.4	Decreased, 1995-2015	No quadratic change	No change

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

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													Decreased, 2001-2015	No change, 2001-2005 Decreased, 2005-2015	No change
				53.8	50.3	62.3	55.0	50.8	50.0	43.6	41.8				
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													No linear change	No quadratic change	Decreased
				25.1	22.4	15.9	18.3	19.8	23.2	22.2	22.0	17.6			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													No linear change	No quadratic change	No change
						17.0	16.2	15.3	17.5	17.6	16.6	13.2			
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
						38.1	34.1	33.9	37.5	34.9	32.0	27.3			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
						33.9	28.4	26.5	29.6	25.4	24.1	19.5			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	No change
						64.0	68.9	69.5	63.7	66.8	70.3	74.7			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	Increased
						67.6	73.9	75.7	71.2	76.2	77.4	81.8			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male																											
Alcohol and Other Drug Use																											
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †												
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015															
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													71.8	71.2	67.6	63.7	60.4	Decreased, 2007-2015			Not available [§]	No change					
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													40.4	35.4	34.5	29.4	22.5	21.0	23.3	19.7	17.4	15.3	Decreased, 1995-2015			No quadratic change	No change
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													62.4	62.6	61.7	52.6	49.6	42.9	44.0	37.9	34.7	31.9	Decreased, 1995-2015			No quadratic change	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													50.0	45.5	40.1	36.2	31.4	32.1	26.9	22.5	19.3	Decreased, 1999-2015			No quadratic change	No change	
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													23.5	32.6	26.6	32.5	34.9	Increased, 2007-2015			Not available	No change					

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male															
Alcohol and Other Drug Use															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	7.4			8.3	9.5	10.7	8.1	6.9	7.4	8.3	5.8	6.4	Decreased, 1995-2015	Increased, 1995-2003 Decreased, 2003-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	17.5			19.2	25.1	22.4	18.7	16.7	18.0	16.5	16.3	15.8	Decreased, 1995-2015	Increased, 1995-2001 Decreased, 2001-2015	No change
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									13.8	15.9	17.6	16.6	No linear change	Not available [§]	No change
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	31.1			26.8	31.5	25.5	22.9	19.0	21.6	21.5	15.5	20.0	Decreased, 1995-2015	No quadratic change	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male Sexual Behaviors													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													No linear change	No quadratic change	No change
				43.0	42.0	41.6	41.0	42.3	43.4	44.9	39.2				
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 1995-2015	Decreased, 1995-2003 No change, 2003-2015	No change
		9.5		4.7	6.3	5.1	4.7	4.4	4.8	4.4	5.8	4.3			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													No linear change	No quadratic change	No change
				14.7	14.1	11.9	13.0	16.0	14.6	13.9	15.1	12.3			
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])													Increased, 1999-2015	No quadratic change	No change
				10.4	13.8	12.5	15.8	11.8	14.6	14.4	16.7	19.1			
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	No quadratic change	No change
		26.3		27.9	22.4	25.2	25.8	24.8	23.6	24.2	24.7	26.7			
QN70: Percentage of students who were trying to lose weight													Increased, 1995-2015	No quadratic change	No change
		23.7		25.7	27.2	27.1	27.7	28.2	28.9	28.9	30.0	29.5			
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change
				14.7	15.6	17.1	16.0	19.9	14.8	18.9	22.1				

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

†Based on t-test analysis, $p < 0.05$.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	No change
					15.4	11.9	13.3	11.6	14.9	11.4	10.4	10.5			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	No quadratic change	No change
					6.1	5.1	5.8	5.0	8.0	3.3	4.6	4.6			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					60.5	58.0	58.4	59.2	57.1	61.7	63.0	60.7			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					28.7	22.1	25.8	26.4	25.8	28.5	28.7	27.8			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					18.3	12.9	14.4	16.0	15.6	18.0	16.1	16.0			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
					36.0	39.4	38.4	40.3	48.3	45.1	41.7	41.4	Increased, 2001-2015	Increased, 2001-2009 Decreased, 2009-2015	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
					16.2	16.3	18.4	22.2	21.9	23.6	23.9	25.7	Increased, 2001-2015	No quadratic change	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
					42.9	45.1	45.9	44.6	50.0	49.5	46.5	52.2	Increased, 2001-2015	No quadratic change	Increased
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
					15.6	18.0	16.2	17.3	21.1	21.0	19.0	20.6	Increased, 2001-2015	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change
					3.3	4.8	4.8	4.5	6.2	4.6	6.4	5.9			
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	Decreased
					66.9	65.9	65.2	60.1	59.4	57.7	63.6	57.6			
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	Decreased, 2001-2009 No change, 2009-2015	Decreased
					30.1	29.9	24.9	24.9	23.2	22.7	28.9	23.4			
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	No quadratic change	No change
					12.5	13.5	11.1	10.9	9.4	11.3	12.4	12.1			

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

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)															
								14.8	13.5	13.9	19.6	20.0	Increased, 2007-2015	Not available [§]	No change
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
								37.2	32.9	34.0	30.3	24.7	Decreased, 2007-2015	Not available	Decreased
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
								22.3	21.3	22.5	19.8	16.2	Decreased, 2007-2015	Not available	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
								12.0	10.7	11.3	9.4	8.0	Decreased, 2007-2015	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male															
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
				5.2	5.9	8.2	5.9	7.1	7.5	7.3	7.4	12.0	Increased, 1999-2015	No quadratic change	Increased
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
				73.2	67.6	62.6	66.4	66.5	60.7	63.6	63.1	57.1	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
				62.5	55.5	51.5	53.6	53.0	46.7	49.4	49.1	42.0	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)															
				42.5	36.6	30.6	33.0	31.7	25.9	28.3	26.2	21.9	Decreased, 1999-2015	No quadratic change	Decreased
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										11.6	11.0	13.8	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Weight Management and Dietary Behaviors															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)															
										37.9	38.9	36.9	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male																								
Physical Activity																								
Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015												
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													52.9	55.4	59.3	Increased, 2011-2015	Not available [§]	No change						
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													9.2	9.6	10.9	No linear change	Not available	No change						
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													29.4	30.0	34.5	No linear change	Not available	No change						
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													31.2	31.6	24.4	26.5	29.0	31.2	24.1	23.2	20.9	Decreased, 1999-2015	No quadratic change	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male													Linear Change*	Quadratic Change*	Change from 2013-2015 †
Physical Activity															
Health Risk Behavior and Percentages															
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								21.8	23.0	29.5	36.5	39.7	Increased, 2007-2015	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male Other	Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013				2015
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)																
											31.9	30.9	No linear change	Not available [§]	No change	
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)																
											65.5	69.2	66.6	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who never or rarely wear a seat belt when driving (among students who drive a car)													Decreased, 2007-2015	Not available [§]	No change
						19.7	22.3	17.6	15.5	13.0					
QN91: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													Decreased, 2013-2015	Not available	Decreased
									68.4	62.0					
QN92: Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)													No linear change	Not available	No change
									31.0	34.6					
QN93: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
									11.3	10.8					

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN96: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													Decreased, 2009-2015	Not available [§]	Decreased
								10.9	12.0	11.0	7.4				
QN97: Percentage of students who used synthetic drugs (also called K2, Spice, or Bath Salts, one or more times during their life)													Decreased, 2013-2015	Not available	Decreased
										11.7	5.9				
QN98: Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)													No linear change	Not available	No change
										11.2	10.3				
QN99: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)													Increased, 1995-2015	No quadratic change	No change
		36.4		44.1	45.3	42.3	46.8	50.9	51.5	51.3	51.9	51.5			
QN100: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													Increased, 1999-2015	No quadratic change	No change
				21.4	22.8	22.8	24.3	21.5	23.8	25.7	28.8	25.2			

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN101: Percentage of students who drank sugar-containing beverages (one or more times per day during the 7 days before the survey)													Decreased, 2009-2015	Not available [§]	Decreased
QN102: Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey)													No linear change	Not available	No change
QN103: Percentage of students who ate at least one meal or snack from a convenience store or a fast food restaurant on three or more days (such as McDonald's, Taco Bell, or KFC, during the 7 days before the survey)													No linear change	Not available	No change
QN104: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN105: Percentage of students who spent more than 20 minutes actually exercising or playing sports (during an average physical education (PE) class)													Increased, 2003-2015	Increased, 2003-2007 Decreased, 2007-2015	Decreased
						47.9	53.8	67.1	64.5	65.8	64.1	54.9			
QN106: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)													No linear change	Not available [§]	No change
										62.7	65.0	63.3			
QN107: Percentage of students who have had three or less cavities in their permanent teeth													No linear change	Not available	No change
								80.5	85.1	80.8	81.3	83.4			
QN108: Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)													No linear change	Not available	No change
											7.1	8.2			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015							
QN109: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													8.5	4.3	Decreased, 2013-2015	Not available [§]	Decreased		
QN113: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school (during the 12 months before the survey)													16.1	14.3	13.0	Decreased, 2011-2015	Not available	No change	
QN117: Percentage of students who had oral sex													43.1	39.3	No linear change	Not available	No change		
QN118: Percentage of students who have ever been tested for a sexually transmitted disease (STD) including HIV (the virus that causes AIDS)													9.4	7.0	9.9	7.7	No linear change	Not available	No change
QN119: Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex													56.7	54.2	50.2	Decreased, 2011-2015	Not available	No change	

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN120: Percentage of students who have had sex education in school															
											73.7	71.7	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
				19.3	11.7	17.2	10.8	11.5	12.2	10.0	8.5	6.9	Decreased, 1999-2015	No quadratic change	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	48.5			46.7	43.1	45.7	39.2	34.1	30.0	26.5	22.6	18.2	Decreased, 1995-2015	No change, 1995-2003 Decreased, 2003-2015	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											8.9	5.5	Decreased, 2013-2015	Not available [§]	Decreased
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											60.5	59.5	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	2.4		2.2	2.2	1.4	2.1	1.5	2.0	2.9	3.1	2.1		No linear change	No quadratic change	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	5.0		5.7	5.1	5.7	6.3	5.4	4.4	4.9	5.2	3.2		No linear change	No quadratic change	No change
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
				9.4	10.1	8.4	10.1	9.0	10.2	11.1	9.8		No linear change	No quadratic change	No change
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
										11.9	9.6		No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

**Female
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)															
									22.7	29.5	27.4	29.3	No linear change	Not available [§]	No change
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)															
									23.4	22.6	22.9		No linear change	Not available	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)															
				32.7	31.6	27.3	25.3	23.2	30.6	31.2	33.0	35.2	No linear change	Decreased, 1999-2005 Increased, 2005-2015	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)															
	30.3			24.3	22.0	17.6	18.9	12.8	16.0	19.4	21.0	20.4	Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															
		23.1		17.5	17.5	13.7	14.6	9.0	13.8	14.5	16.5	16.1	Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
		9.0		8.5	9.0	8.9	8.3	7.6	5.9	12.0	12.6	9.6	No linear change	No change, 1995-2007 Increased, 2007-2015	No change

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)																
				70.0	66.8	62.7	54.9	50.4	45.5	41.9	41.5	32.3	Decreased, 1999-2015	No quadratic change	Decreased	
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)																
				18.4	22.0	17.1	14.8	13.8	10.1	7.6	7.5	5.9	Decreased, 1999-2015	No change, 1999-2003 Decreased, 2003-2015	No change	
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																
				40.5	41.0	35.5	31.0	22.5	22.7	21.5	20.5	19.5	11.5	Decreased, 1995-2015	No quadratic change	Decreased
QNFRCIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)																
				18.8	21.1	19.8	17.3	11.6	11.0	8.4	8.4	6.7	4.5	Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																
				13.1	15.0	14.4	12.9	7.6	7.7	6.1	5.9	3.7	3.0	Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	No change

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Tobacco Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)												Decreased, 2001-2015	No quadratic change	Decreased	
				62.1	65.2	68.2	58.3	55.6	54.9	66.8	53.1				
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)												No linear change	No quadratic change	No change	
				4.6	3.5	4.1	3.4	3.2	6.8	4.6	5.1	3.1			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)												Decreased, 2003-2015	No quadratic change	No change	
						8.5	7.7	7.1	6.7	9.1	6.4	4.9			
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)												Decreased, 2003-2015	No quadratic change	Decreased	
						32.9	25.5	25.1	25.6	24.0	22.6	14.0			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)												Decreased, 2003-2015	No quadratic change	Decreased	
						32.5	24.6	24.6	23.4	23.1	21.4	13.0			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	Increased
						68.1	76.0	75.8	75.5	77.1	78.5	86.0			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	Increased
						68.1	76.3	76.2	77.4	77.9	79.5	87.0			

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													Decreased, 2007-2015	Not available [§]	No change
	24.6		22.1	24.8	21.1	16.5	18.2	16.0	13.1	13.0	9.2		Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	Decreased
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 1995-2015	Decreased, 1995-2007 Decreased, 2007-2015	Decreased
	59.0		58.2	56.4	55.8	48.3	49.4	42.7	39.5	35.9	29.6				
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													Decreased, 1999-2015	Decreased, 1999-2009 Decreased, 2009-2015	Decreased
			42.3	37.2	38.7	31.2	33.4	29.1	24.0	21.3	15.7				
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													No linear change	Not available	No change
							40.9	39.1	40.6	41.6	48.6				

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	2.8			4.5	4.0	4.9	4.9	3.8	5.2	4.0	5.5	4.1	No linear change	No quadratic change	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	12.3			18.4	18.4	18.6	12.0	12.7	15.8	13.7	15.6	14.6	Decreased, 1995-2015	No quadratic change	No change
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									16.2	16.3	17.6	12.2	No linear change	Not available [§]	Decreased
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	24.3			21.0	22.6	16.8	16.1	18.5	16.9	20.2	12.2	16.3	Decreased, 1995-2015	No quadratic change	Increased

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
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Female
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													No linear change	No change, 2001-2011 Decreased, 2011-2015	No change
				40.9	43.6	40.7	44.3	46.7	46.2	44.6	38.6				
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 1995-2015	No quadratic change	Decreased
	2.6		3.2	2.2	3.4	1.7	1.5	2.1	3.0	1.9	0.9				

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				8.3	10.1	9.7	12.4	11.0	12.2	15.1	15.1	17.1	Increased, 1999-2015	No quadratic change	No change
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [§])															
				3.8	4.3	5.6	6.2	7.8	7.1	7.4	10.1	8.6	Increased, 1999-2015	No quadratic change	No change
QN69: Percentage of students who described themselves as slightly or very overweight															
	42.3			40.6	42.0	40.1	39.9	36.6	35.5	33.3	39.7	38.0	Decreased, 1995-2015	No quadratic change	No change
QN70: Percentage of students who were trying to lose weight															
	67.7			62.7	68.7	66.5	68.2	67.2	58.6	58.9	61.6	60.7	Decreased, 1995-2015	No quadratic change	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															
				12.7	16.3	17.7	17.5	16.5	17.4	22.0	23.2		Increased, 2001-2015	No quadratic change	No change

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

†Based on t-test analysis, $p < 0.05$.

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	No change
				9.7	7.7	8.7	10.2	8.9	7.5	4.6	7.1				
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	No quadratic change	No change
				2.8	3.0	3.5	4.2	3.0	2.3	2.2	3.1				
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2001-2015	Decreased, 2001-2005 Increased, 2005-2015	No change
				62.6	63.3	56.2	59.9	59.1	65.3	66.6	64.4				
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
				27.5	28.4	22.6	27.0	21.2	28.5	29.1	27.3				
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
				16.2	15.9	13.0	15.2	11.6	14.2	16.6	14.0				

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

†Based on t-test analysis, $p < 0.05$.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
					26.1	25.8	28.1	30.1	34.3	32.7	33.7	34.1	Increased, 2001-2015	No quadratic change	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
					20.0	18.1	20.3	25.3	24.1	22.6	28.8	30.3	Increased, 2001-2015	No quadratic change	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
					43.9	38.2	43.2	44.5	50.0	46.3	47.3	51.0	Increased, 2001-2015	No quadratic change	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
					13.7	10.6	13.8	13.3	15.7	13.7	15.0	16.1	Increased, 2001-2015	No quadratic change	No change

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change
				1.9	2.1	2.0	2.8	3.2	2.9	5.5	3.5				
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	No change
				65.6	71.4	65.4	65.4	57.8	63.3	62.0	59.4				
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	Decreased, 2001-2009 No change, 2009-2015	No change
				26.9	33.0	23.4	24.9	22.0	22.7	25.1	25.3				
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	No quadratic change	No change
				9.9	14.9	9.1	10.5	6.5	10.1	11.7	10.1				

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

†Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2007-2015	Not available [§]	No change	
								24.6	19.8	27.3	31.3	31.5			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	Decreased	
								19.8	19.5	19.3	16.3	12.3			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								11.2	11.1	12.3	8.8	7.1			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change	
								5.8	4.3	6.1	4.2	3.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
				10.1	12.7	12.7	12.3	10.2	8.5	11.5	14.9	15.9	Increased, 1999-2015	No change, 1999-2009 Increased, 2009-2015	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
				60.2	53.1	54.4	53.5	55.8	54.5	54.0	49.6	45.8	Decreased, 1999-2015	No quadratic change	No change
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
				46.3	40.4	41.3	38.2	39.1	37.4	38.9	35.5	29.2	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)															
				24.7	21.0	21.3	20.6	18.9	18.6	18.3	18.0	11.1	Decreased, 1999-2015	No quadratic change	Decreased
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										8.7	9.9	10.0	No linear change	Not available [§]	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015											
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												37.8	45.5	42.9	Increased, 2011-2015	Not available [§]	No change						
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												15.7	12.1	13.5	No linear change	Not available	No change						
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)												13.3	19.0	15.7	No linear change	Not available	No change						
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)												24.1	20.4	18.0	22.1	20.5	19.7	25.8	18.6	16.7	Decreased, 1999-2015	No quadratic change	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								15.0	13.7	20.3	32.3	37.4	Increased, 2007-2015	Not available [§]	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)																
											28.0	28.1	No linear change	Not available [§]	No change	
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)																
											79.0	78.4	83.9	Increased, 2011-2015	Not available	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who never or rarely wear a seat belt when driving (among students who drive a car)															
							9.6	12.7	8.6	8.8	6.0		Decreased, 2007-2015	Not available [§]	No change
QN91: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)															
										67.2	60.8		Decreased, 2013-2015	Not available	No change
QN92: Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)															
										27.9	18.7		No linear change	Not available	No change
QN93: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)															
										7.8	8.5		No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN96: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													Decreased, 2009-2015	Not available [§]	Decreased
								15.7	10.1	10.9	7.2				
QN97: Percentage of students who used synthetic drugs (also called K2, Spice, or Bath Salts, one or more times during their life)													Decreased, 2013-2015	Not available	Decreased
										9.4	5.6				
QN98: Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)													No linear change	Not available	No change
										8.5	6.8				
QN99: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)													Decreased, 1995-2015	No quadratic change	Decreased
		75.0		72.0	77.0	74.6	75.9	74.9	71.5	70.3	75.5	69.9			
QN100: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													Decreased, 1999-2015	No quadratic change	No change
				57.8	61.0	61.3	53.5	57.8	53.9	53.6	55.4	52.1			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN101: Percentage of students who drank sugar-containing beverages (one or more times per day during the 7 days before the survey)													Decreased, 2009-2015	Not available [§]	Decreased
QN102: Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey)													No linear change	Not available	No change
QN103: Percentage of students who ate at least one meal or snack from a convenience store or a fast food restaurant on three or more days (such as McDonald's, Taco Bell, or KFC, during the 7 days before the survey)													No linear change	Not available	No change
QN104: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN105: Percentage of students who spent more than 20 minutes actually exercising or playing sports (during an average physical education (PE) class)													Increased, 2003-2015	Increased, 2003-2009 No change, 2009-2015	Decreased
					39.9	41.9	51.5	54.9	53.3	56.6	47.1				
QN106: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)													No linear change	Not available [§]	No change
								81.0	78.2	79.1					
QN107: Percentage of students who have had three or less cavities in their permanent teeth													Increased, 2007-2015	Not available	No change
							76.0	80.9	78.3	83.6	81.0				
QN108: Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)													No linear change	Not available	No change
										15.4	17.0				

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015							
QN109: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													31.1	20.6	Decreased, 2013-2015	Not available [§]	Decreased		
QN113: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school (during the 12 months before the survey)													17.4	15.3	12.1	Decreased, 2011-2015	Not available	No change	
QN117: Percentage of students who had oral sex													39.3	35.4	No linear change	Not available	No change		
QN118: Percentage of students who have ever been tested for a sexually transmitted disease (STD) including HIV (the virus that causes AIDS)													14.7	17.1	15.7	10.6	Decreased, 2009-2015	Not available	Decreased
QN119: Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex													65.2	62.8	60.5	No linear change	Not available	No change	

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN120: Percentage of students who have had sex education in school															
											74.2	70.4	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)															
				31.1	19.8	20.8	15.6	14.0	15.4	12.5	10.3	7.7	Decreased, 1999-2015	Decreased, 1999-2003 Decreased, 2003-2015	Decreased
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)															
	48.6			47.9	43.6	42.5	35.5	29.7	27.3	24.5	20.3	16.5	Decreased, 1995-2015	Decreased, 1995-2003 Decreased, 2003-2015	Decreased
QN11: Percentage of students who drove when drinking alcohol (one or more times during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											9.9	7.6	No linear change	Not available [¶]	No change
QN12: Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)															
											61.2	60.8	No linear change	Not available	No change

*Non-Hispanic.

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

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)															
	8.7		6.4	5.6	5.1	5.5	4.7	4.8	5.7	5.9	4.9		Decreased, 1995-2015	Decreased, 1995-2003 No change, 2003-2015	No change
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)															
	11.0		9.1	9.1	7.8	9.9	8.9	5.6	7.0	7.5	3.7		Decreased, 1995-2015	No quadratic change	Decreased
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)															
				7.3	8.4	6.6	7.1	5.9	6.0	6.9	5.1		Decreased, 2001-2015	No quadratic change	No change
QN22: Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)															
										8.7	6.5		No linear change	Not available [¶]	No change

*Non-Hispanic.

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

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Dakota High School Survey
Trend Analysis Report**

**White*
Injury and Violence**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)													No linear change	Not available [¶]	No change
									20.9	24.7	26.0	23.1			
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)													No linear change	Not available	No change
										17.0	16.9	15.2			
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)													No linear change	Decreased, 1999-2007 Increased, 2007-2015	No change
				24.7	24.6	19.6	18.5	16.1	21.4	22.4	24.4	24.7			
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
		24.7		17.5	17.6	12.8	14.9	10.1	11.6	14.0	15.6	15.5			

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)															
		19.1		13.4	12.9	10.3	11.6	7.7	9.9	11.4	12.4	11.8	Decreased, 1995-2015	Decreased, 1995-2007 Increased, 2007-2015	No change
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)															
		6.8		5.9	6.0	6.0	5.9	8.6	4.7	10.5	10.0	8.2	Increased, 1995-2015	No change, 1995-2003 Increased, 2003-2015	No change

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**White*
Tobacco Use**

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)												Decreased, 1999-2015	Decreased, 1999-2007 Decreased, 2007-2015	Decreased	
				70.8	67.0	59.4	51.6	45.5	42.5	39.4	38.0	31.1			
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)												Decreased, 1999-2015	No quadratic change	No change	
				19.5	24.2	16.5	14.5	11.4	8.5	6.6	6.2	5.7			
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)												Decreased, 1995-2015	No quadratic change	Decreased	
		38.7		38.2	33.8	28.6	19.6	18.1	19.8	17.1	17.5	9.8			
QNFRSIG: Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)												Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	Decreased	
		19.0		19.3	17.7	15.2	10.3	8.3	8.0	7.4	6.0	3.7			
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)												Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	No change	
		13.9		14.8	12.7	11.6	6.7	5.5	5.6	5.2	3.5	2.6			

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN35: Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)													No linear change	Decreased, 2001-2011 No change, 2011-2015	Increased
				15.1	12.5	7.9	10.1	8.0	9.3	4.4	18.6				
QN36: Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)													Decreased, 2001-2015	No quadratic change	Decreased
				56.4	57.3	60.9	56.2	52.1	49.1	52.7	42.7				
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													No linear change	No quadratic change	No change
				14.4	12.6	9.5	10.2	11.0	13.3	12.2	12.4	10.3			
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
					13.3	11.6	11.2	11.9	13.0	11.4	8.7				
QNTOB3: Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
					33.8	27.5	27.0	28.9	26.9	25.5	19.7				

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNTOB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Decreased, 2003-2015	No quadratic change	Decreased
						31.7	24.2	22.9	24.1	22.6	21.2	15.0			
QNNOTOB3: Percentage of students who did not currently use cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	Increased
						67.6	74.7	75.4	72.0	74.7	75.9	81.2			
QNNOTOB2: Percentage of students who did not currently smoke cigarettes or cigars (on at least 1 day during the 30 days before the survey)													Increased, 2003-2015	No quadratic change	Increased
						69.2	77.4	78.7	76.4	78.9	79.7	85.5			

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN41: Percentage of students who ever drank alcohol (at least one drink of alcohol on at least 1 day during their life)													Decreased, 2007-2015	Not available [¶]	No change
	31.5		26.8	29.4	24.0	18.3	18.9	17.8	16.0	13.8	10.6		Decreased, 1995-2015	No quadratic change	Decreased
QN43: Percentage of students who currently drank alcohol (at least one drink of alcohol on at least 1 day during the 30 days before the survey)													Decreased, 1995-2015	No change, 1995-2001 Decreased, 2001-2015	No change
	60.8		60.7	59.0	54.5	47.7	44.3	43.0	38.5	35.1	31.0		Decreased, 1999-2015	No quadratic change	No change
QN44: Percentage of students who drank five or more drinks of alcohol in a row (within a couple of hours on at least 1 day during the 30 days before the survey)													Decreased, 1999-2015	No quadratic change	No change
			46.6	41.2	39.7	33.0	31.0	30.2	24.9	21.4	17.6		Decreased, 1999-2015	No quadratic change	No change
QN46: Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)													Increased, 2007-2015	Not available	No change
							34.3	37.0	34.3	39.7	42.3		Increased, 2007-2015	Not available	No change

*Non-Hispanic.

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

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN48: Percentage of students who tried marijuana before age 13 years (for the first time)															
	4.1		4.3	5.3	6.3	5.1	3.8	3.2	4.2	3.2	2.7		Decreased, 1995-2015	Increased, 1995-2003 Decreased, 2003-2015	No change
QN49: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)															
	13.8		17.5	20.0	18.9	13.3	12.6	13.7	12.9	13.4	12.3		Decreased, 1995-2015	Increased, 1995-2001 Decreased, 2001-2015	No change
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)															
									13.2	15.3	16.7	13.9	No linear change	Not available [¶]	Decreased
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)															
	26.1		22.8	26.3	20.7	18.1	18.2	18.2	19.9	13.0	16.8		Decreased, 1995-2015	No quadratic change	Increased

*Non-Hispanic.

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

[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN60: Percentage of students who ever had sexual intercourse													No linear change	No quadratic change	Decreased
				40.5	41.7	39.1	39.5	41.5	41.3	42.6	36.0				
QN61: Percentage of students who had sexual intercourse before age 13 years (for the first time)													Decreased, 1995-2015	No quadratic change	No change
	4.5		3.1	3.9	3.4	2.6	2.2	2.3	2.5	2.5	1.7				

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNOWT: Percentage of students who were overweight (\geq 85th percentile but $<$ 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [†])															
				11.6	11.9	10.3	12.5	12.9	12.9	14.2	14.6	13.7	Increased, 1999-2015	No quadratic change	No change
QNOBESE: Percentage of students who were obese (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart [†])															
				6.7	7.9	8.6	8.9	9.7	10.0	9.6	11.9	12.1	Increased, 1999-2015	No quadratic change	No change
QN69: Percentage of students who described themselves as slightly or very overweight															
		35.1		34.7	32.3	31.5	31.4	29.4	28.3	27.2	31.1	30.9	Decreased, 1995-2015	Decreased, 1995-2011 Increased, 2011-2015	No change
QN70: Percentage of students who were trying to lose weight															
		47.2		44.1	47.5	45.6	45.4	45.9	42.0	42.7	43.4	43.0	Decreased, 1995-2015	No quadratic change	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)															
					13.4	15.7	17.0	17.1	17.5	15.8	20.2	23.6	Increased, 2001-2015	No quadratic change	Increased

*Non-Hispanic.

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

[§]Based on t-test analysis, $p < 0.05$.

[¶]Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	No change
					12.9	9.7	10.1	10.4	10.2	8.8	7.5	8.1			
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	No quadratic change	No change
					4.7	4.1	4.2	4.3	4.4	2.6	3.2	4.0			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change
					61.4	60.1	58.1	59.7	59.3	64.2	65.2	61.8			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					27.6	24.3	23.6	26.5	23.4	28.4	28.1	25.5			
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	No quadratic change	No change
					16.4	13.4	12.9	14.8	13.1	15.6	15.0	13.1			

*Non-Hispanic.

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

[§]Based on t-test analysis, p < 0.05.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)															
					30.9	32.9	32.8	35.5	40.3	38.4	37.1	36.8	Increased, 2001-2015	Increased, 2001-2009 Decreased, 2009-2015	No change
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)															
					18.1	17.0	18.1	23.1	21.6	23.4	25.5	27.5	Increased, 2001-2015	No quadratic change	No change
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
					42.9	41.5	42.5	45.0	48.2	47.4	45.7	50.9	Increased, 2001-2015	No quadratic change	Increased
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
					15.0	14.5	13.7	15.2	17.7	16.3	15.9	17.2	Increased, 2001-2015	No quadratic change	No change

*Non-Hispanic.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Increased, 2001-2015	No quadratic change	No change
				2.7	3.5	3.0	3.5	3.8	3.9	5.4	4.0				
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	Decreased
				66.5	68.2	65.8	62.2	60.2	61.7	62.9	58.0				
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													Decreased, 2001-2015	No quadratic change	Decreased
				27.5	30.5	25.3	24.5	23.2	23.0	26.5	23.0				
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)													No linear change	No quadratic change	No change
				10.5	13.3	10.6	10.1	7.9	9.9	11.5	9.9				

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												Increased, 2007-2015	Not available [¶]	No change	
								19.8	17.5	21.2	26.2	26.9			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	Decreased	
								27.5	25.3	26.3	22.9	17.0			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	Decreased	
								15.5	15.3	16.5	13.8	10.1			
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												Decreased, 2007-2015	Not available	No change	
								8.6	6.6	7.9	5.8	4.7			

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
				7.3	9.3	10.4	8.7	7.2	6.4	8.9	10.5	12.7	Increased, 1999-2015	No change, 1999-2009 Increased, 2009-2015	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
				68.1	61.5	59.8	63.4	63.6	61.1	62.0	59.0	54.3	Decreased, 1999-2015	No quadratic change	No change
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
				56.0	49.0	48.5	49.1	48.7	45.0	46.5	45.1	38.6	Decreased, 1999-2015	No quadratic change	Decreased
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)															
				35.0	29.7	26.9	29.1	27.5	23.9	24.4	23.6	17.6	Decreased, 1999-2015	No quadratic change	Decreased
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)															
										9.4	9.7	11.7	Increased, 2011-2015	Not available [¶]	No change

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[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available [¶]	No change

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[§]Based on t-test analysis, p < 0.05.

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													Increased, 2011-2015	Not available [¶]	No change
										47.2	51.5	52.2			
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)													No linear change	Not available	No change
										11.4	10.2	11.0			
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)													No linear change	Not available	No change
										22.0	25.0	24.4			
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)													Decreased, 1999-2015	No quadratic change	No change
				27.4	25.7	20.2	22.9	24.0	25.6	23.9	19.2	17.7			

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
								18.0	18.1	24.0	33.4	37.8	Increased, 2007-2015	Not available [¶]	Increased

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[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Other

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)																
											31.4	29.1	No linear change	Not available [¶]	No change	
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)																
											75.4	77.3	78.7	No linear change	Not available	No change

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN90: Percentage of students who never or rarely wear a seat belt when driving (among students who drive a car)													Decreased, 2007-2015	Not available [¶]	No change
						14.1	15.9	12.8	11.5	9.0					
QN91: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													Decreased, 2013-2015	Not available	Decreased
									70.4	64.0					
QN92: Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)													No linear change	Not available	No change
									26.5	24.3					
QN93: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													No linear change	Not available	No change
									9.4	8.6					

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN96: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													Decreased, 2009-2015	Not available [¶]	Decreased
									11.3	10.1	10.5	6.5			
QN97: Percentage of students who used synthetic drugs (also called K2, Spice, or Bath Salts, one or more times during their life)													Decreased, 2013-2015	Not available	Decreased
											9.8	4.6			
QN98: Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)													No linear change	Not available	No change
											8.6	7.8			
QN99: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)													Increased, 1995-2015	No quadratic change	No change
		56.1		57.6	60.5	56.6	60.3	61.9	60.5	61.4	62.1	59.8			
QN100: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													No linear change	No quadratic change	No change
				39.5	41.8	41.2	38.3	38.2	38.2	39.6	41.3	37.6			

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[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN101: Percentage of students who drank sugar-containing beverages (one or more times per day during the 7 days before the survey)													Decreased, 2009-2015	Not available [¶]	Decreased
						37.4	37.7	33.0	27.6						
QN102: Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey)													No linear change	Not available	No change
						72.2	73.4	70.5	70.9						
QN103: Percentage of students who ate at least one meal or snack from a convenience store or a fast food restaurant on three or more days (such as McDonald's, Taco Bell, or KFC, during the 7 days before the survey)													No linear change	Not available	No change
								22.9	23.1						
QN104: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
								2.6	1.5						

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN105: Percentage of students who spent more than 20 minutes actually exercising or playing sports (during an average physical education (PE) class)															
						44.7	49.3	61.0	60.4	61.3	60.7	50.5	Increased, 2003-2015	Increased, 2003-2007 Decreased, 2007-2015	Decreased
QN106: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)															
										74.1	72.1	71.7	No linear change	Not available [¶]	No change
QN107: Percentage of students who have had three or less cavities in their permanent teeth															
							78.9	82.7	80.7	83.5	83.7		Increased, 2007-2015	Not available	No change
QN108: Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)															
											11.5	13.9	Increased, 2013-2015	Not available	Increased

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[§]Based on t-test analysis, p < 0.05.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**White*
Site-Added**

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]				
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015							
QN109: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													19.7	12.3	Decreased, 2013-2015	Not available [¶]	Decreased		
QN113: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school (during the 12 months before the survey)													15.3	13.9	10.5	Decreased, 2011-2015	Not available	Decreased	
QN117: Percentage of students who had oral sex													41.1	37.2	No linear change	Not available	No change		
QN118: Percentage of students who have ever been tested for a sexually transmitted disease (STD) including HIV (the virus that causes AIDS)													10.2	10.4	10.3	7.2	Decreased, 2009-2015	Not available	Decreased
QN119: Percentage of students who reported their parents or other adults in their family talked with them about what they expect them to do or not to do when it comes to sex													60.6	59.7	56.9	Decreased, 2011-2015	Not available	No change	

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2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Site-Added

Health Risk Behavior and Percentages													Linear Change [†]	Quadratic Change [†]	Change from 2013-2015 [§]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN120: Percentage of students who have had sex education in school													No linear change	Not available [¶]	No change
											76.7	73.0			

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[§]Based on t-test analysis, $p < 0.05$.

[¶]Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN9: Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)													No linear change	Not available [§]	No change
QN10: Percentage of students who rode with a driver who had been drinking alcohol (in a car or other vehicle one or more times during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
QN15: Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least 1 day during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
QN20: Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)													Decreased, 2013-2015	Not available	Decreased
QN21: Percentage of students who were ever physically forced to have sexual intercourse (when they did not want to)													No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN24: Percentage of students who were bullied on school property (during the 12 months before the survey)															
											31.9	34.3	No linear change	Not available [§]	No change
QN25: Percentage of students who were electronically bullied (including being bullied through e-mail, chat rooms, instant messaging, websites, or texting during the 12 months before the survey)															
											28.6	24.2	No linear change	Not available	No change
QN26: Percentage of students who felt sad or hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)															
											31.6	39.8	No linear change	Not available	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)															
											20.8	26.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Injury and Violence

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													No linear change	Not available [§]	No change
											19.6	24.6			
QN29: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)													No linear change	Not available	No change
											17.7	17.6			

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Tobacco Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN31: Percentage of students who ever tried cigarette smoking (even one or two puffs)													No linear change	Not available [§]	No change
QN32: Percentage of students who smoked a whole cigarette before age 13 years (for the first time)													No linear change	Not available	No change
QN37: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least 1 day during the 30 days before the survey)													Decreased, 2013-2015	Not available	Decreased
QN38: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Alcohol and Other Drug Use

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN42: Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)													No linear change	Not available [§]	No change
											25.4	19.0			
QN57: Percentage of students who ever took prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax, one or more times during their life)													No linear change	Not available	No change
											24.5	21.4			
QN59: Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)													No linear change	Not available	No change
											27.5	27.3			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN69: Percentage of students who described themselves as slightly or very overweight													No linear change	Not available [§]	No change
QN70: Percentage of students who were trying to lose weight													No linear change	Not available	No change
QN71: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													No linear change	Not available	No change
QN72: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													No linear change	Not available	No change
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (during the 7 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the 7 days before the survey)													No linear change	Not available [§]	No change
						65.0	58.3								
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						29.7	28.6								
QNFR3: Percentage of students who ate fruit or drank 100% fruit juices three or more times per day (during the 7 days before the survey)													No linear change	Not available	No change
						19.5	17.8								
QN73: Percentage of students who did not eat salad (during the 7 days before the survey)													No linear change	Not available	No change
						34.3	39.6								
QN74: Percentage of students who did not eat potatoes (during the 7 days before the survey)													No linear change	Not available	No change
						33.0	31.5								

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN75: Percentage of students who did not eat carrots (during the 7 days before the survey)															
											53.0	49.5	No linear change	Not available [§]	No change
QN76: Percentage of students who did not eat other vegetables (during the 7 days before the survey)															
											27.5	21.0	No linear change	Not available	No change
QNVEG0: Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
											9.6	5.7	No linear change	Not available	No change
QNVEG1: Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)															
											61.3	62.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QNVEG2: Percentage of students who ate vegetables two or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)												No linear change	Not available [§]	No change		
						30.4					25.6					
QNVEG3: Percentage of students who ate vegetables three or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the 7 days before the survey)												No linear change	Not available	No change		
						19.8					14.2					
QN77: Percentage of students who did not drink a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change		
						18.8					22.7					
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the 7 days before the survey)												No linear change	Not available	No change		
						25.0					20.2					

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
											17.5	12.0	No linear change	Not available [§]	No change
QNSODA3: Percentage of students who drank a can, bottle, or glass of soda or pop three or more times per day (not including diet soda or diet pop, during the 7 days before the survey)															
											10.8	6.9	No linear change	Not available	No change
QN78: Percentage of students who did not drink milk (during the 7 days before the survey)															
											18.4	17.2	No linear change	Not available	No change
QNMILK1: Percentage of students who drank one or more glasses per day of milk (during the 7 days before the survey)															
											51.8	39.0	Decreased, 2013-2015	Not available	Decreased
QNMILK2: Percentage of students who drank two or more glasses per day of milk (during the 7 days before the survey)															
											33.6	26.8	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino

Weight Management and Dietary Behaviors

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QNMILK3: Percentage of students who drank three or more glasses per day of milk (during the 7 days before the survey)													No linear change	Not available [§]	No change
QN79: Percentage of students who did not eat breakfast (during the 7 days before the survey)													No linear change	Not available	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Hispanic/Latino
Physical Activity**

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015				
QN80: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												39.0	49.6	No linear change	Not available [§]	No change
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)												18.4	13.1	No linear change	Not available	No change
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time (during the 7 days before the survey)												17.1	30.5	Increased, 2013-2015	Not available	Increased
QN81: Percentage of students who watched television 3 or more hours per day (on an average school day)												27.4	21.2	No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Physical Activity

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN82: Percentage of students who played video or computer games or used a computer 3 or more hours per day (for something that was not school work on an average school day)															
											40.1	34.0	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Other

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN88: Percentage of students who had 8 or more hours of sleep (on an average school night)															
											27.5	30.3	No linear change	Not available [§]	No change
QN89: Percentage of students who made mostly A's or B's in school (during the 12 months before the survey)															
											56.1	58.5	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic/Latino Site-Added

Health Risk Behavior and Percentages												Linear Change*	Quadratic Change*	Change from 2013-2015 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN93: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)												No linear change	Not available [§]	No change	
												18.4	17.6		
QN96: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)												No linear change	Not available	No change	
												19.8	17.5		
QN97: Percentage of students who used synthetic drugs (also called K2, Spice, or Bath Salts, one or more times during their life)												No linear change	Not available	No change	
												14.4	16.5		
QN98: Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)												No linear change	Not available	No change	
												22.0	13.3		
QN99: Percentage of students who exercised to lose weight or to keep from gaining weight (during the 30 days before the survey)												No linear change	Not available	No change	
												63.2	59.9		

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Hispanic/Latino
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN100: Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight (during the 30 days before the survey)													No linear change	Not available [§]	No change
QN101: Percentage of students who drank sugar-containing beverages (one or more times per day during the 7 days before the survey)													No linear change	Not available	No change
QN102: Percentage of students who ate a meal with their family on three or more days (during the 7 days before the survey)													Increased, 2013-2015	Not available	Increased
QN103: Percentage of students who ate at least one meal or snack from a convenience store or a fast food restaurant on three or more days (such as McDonald's, Taco Bell, or KFC, during the 7 days before the survey)													No linear change	Not available	No change

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

†Based on t-test analysis, $p < 0.05$.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

**North Dakota High School Survey
Trend Analysis Report**

**Hispanic/Latino
Site-Added**

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN104: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)													No linear change	Not available [§]	No change
						13.0	5.6								
QN105: Percentage of students who spent more than 20 minutes actually exercising or playing sports (during an average physical education (PE) class)													No linear change	Not available	No change
						54.9	56.4								
QN106: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)													No linear change	Not available	No change
						60.2	72.2								
QN107: Percentage of students who have had three or less cavities in their permanent teeth													No linear change	Not available	No change
						78.3	80.1								
QN108: Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)													No linear change	Not available	No change
						13.1	5.2								

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2015 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic/Latino
Site-Added

Health Risk Behavior and Percentages													Linear Change*	Quadratic Change*	Change from 2013-2015 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015			
QN109: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)													No linear change	Not available [§]	No change
											17.2	12.7			
QN113: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school (during the 12 months before the survey)													No linear change	Not available	No change
											16.7	24.5			

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.