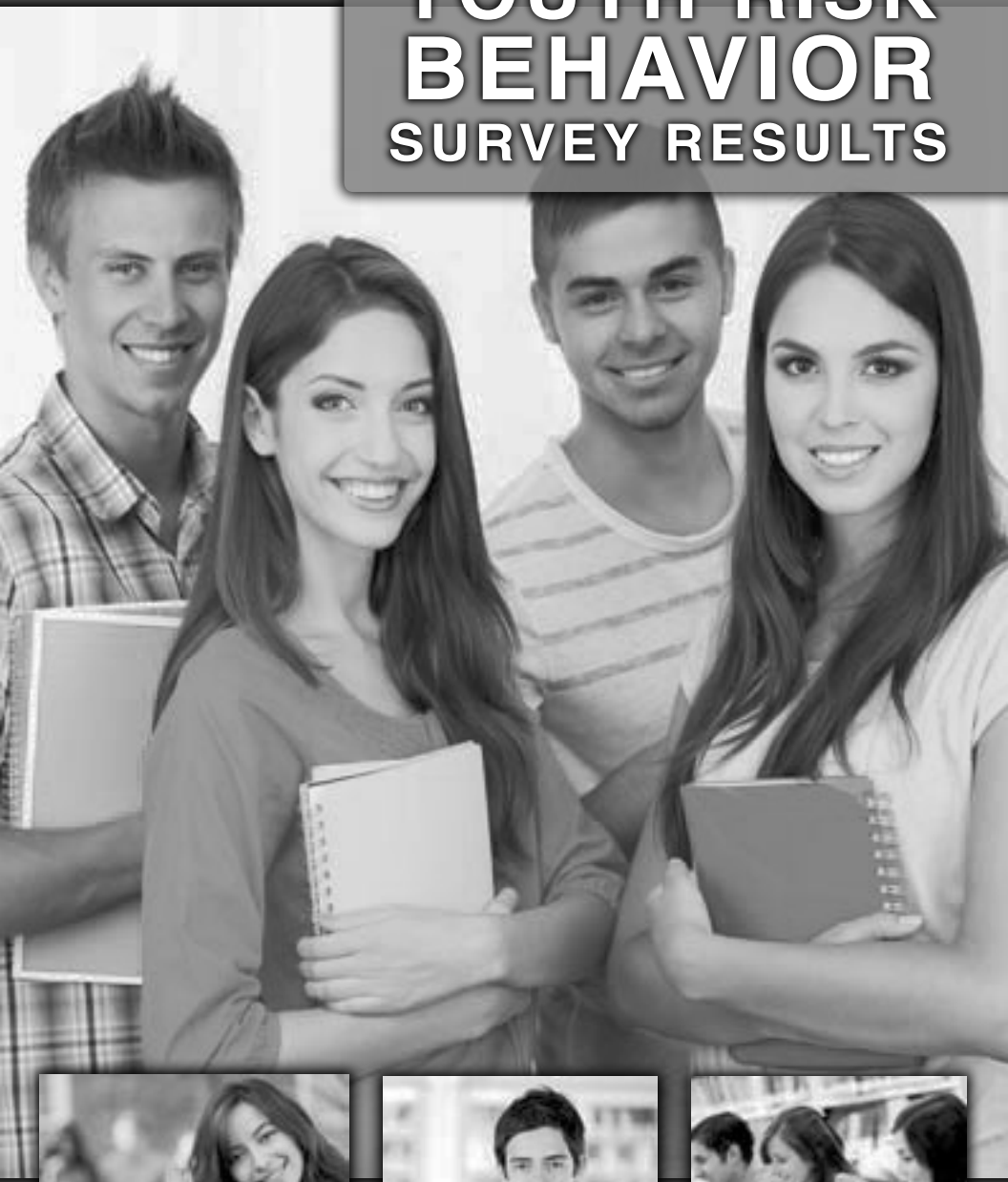
2013 NORTH DAKOTA YOUTH RISK BEHAVIOR SURVEY RESULTS



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HISTORY & PURPOSE

The Youth Risk Behavior Survey (YRBS) was developed in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. The YRBS was designed to monitor trends and compare state health risk behaviors to national health risk behaviors and is intended for use to plan, evaluate and improve school and community programs.

North Dakota began participating in the YRBS in 1995. Students in grades seven and eight and nine through 12 are surveyed each spring of odd years. The survey is voluntary and completely anonymous.

The six priority health risk behaviors, often established during childhood and early adolescence and resulting in unintentional and intentional injuries, include:

- Tobacco use
- Alcohol and other drug use
- Dietary behaviors
- Physical activity
- Violence/injury
- Sexual Behavior/STDs/HIV/AIDS/unintended pregnancies

During the spring of 2013, the North Dakota Department of Public Instruction and the North Dakota Department of Health conducted the tenth biennial YRBS. All public and non-public schools are invited to participate. Schools participating in the survey are divided into two categories: (1) selected and (2) voluntary. The selected schools provide a random, researched-based representation of the North Dakota student population in order to generate weighted data that is highly representative of all public school students (grades 7-8 and grades 9-12).

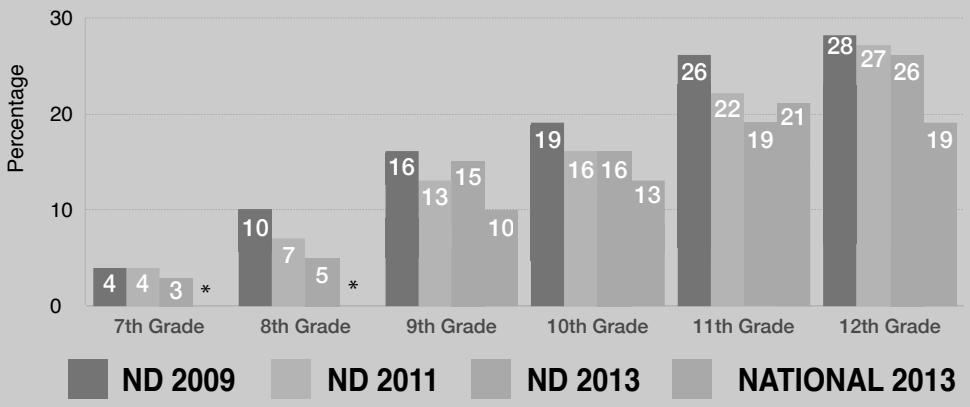
The YRBS results include weighted data from selected school buildings and classes that totaled 2,132 seventh and eighth grade students and 1,981 students in grades nine through 12. These results can be used to make important inferences about all North Dakota students in grades seven through 12 due to the selection process. Therefore, the statewide results do not have any limitations and can be used to: (1) project the results to all public high school students and (2) compare changes in data from one survey year to another.

The voluntary schools provide additional, non-weighted, data from 4,789 students in the seventh and eighth grade and 8,535 students in grades nine through 12.

The 2013 state data are compared to the 2013 national and 2011 and 2009 state weighted survey results to indicate trends where applicable. Other information sources are footnoted.

CIGARETTE SMOKING

CURRENTLY SMOKE



A current smoker is a person who has smoked on one or more of the past 30 days.

** Grades seven & eight do not have a national comparison.*

North Dakota In 2013...

Nearly 8% of students in grades nine through 12 smoked their first cigarette before age 13. During the past 12 months, 56% of current smokers in grades nine through 12 tried to quit.

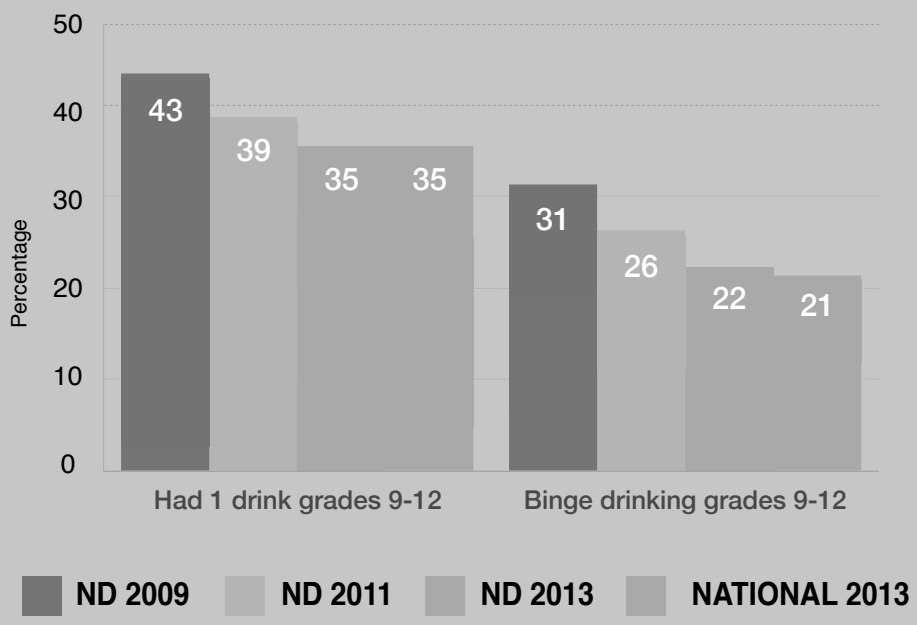
OTHER TOBACCO PRODUCTS

USED ON ONE OR MORE OF THE PAST 30 DAYS

	CHEWING TOBACCO			CIGARS		
ND Grades 7-8	**2009**	**2011**	**2013**	**2009**	**2011**	**2013**
Overall	5%	3%	4%	3%	3%	2%
Males	7%	5%	6%	3%	4%	3%
Females	2%	1%	1%	3%	2%	2%
ND Grades 9-12	**2009**	**2011**	**2013**	**2009**	**2011**	**2013**
Overall	15%	14%	14%	12%	14%	12%
Males	23%	22%	22%	18%	18%	17%
Females	7%	5%	5%	7%	9%	6%
National 9-12	**2009**	**2011**	**2013**	**2009**	**2011**	**2013**
Overall	9%	8%	9%	14%	13%	13%
Males	15%	13%	15%	19%	18%	17%
Females	2%	2%	3%	9%	8%	9%

ALCOHOL USE

ALCOHOL USE DURING THE 30 DAYS PRIOR TO THE SURVEY



Binge drinking is consuming 5 or more drinks within a couple of hours.

DRINKING & DRIVING

Students who rode with a driver who had been drinking alcohol or drove after drinking one or more times in the last 30 days

	Rode with a driver who had been drinking			Drove after drinking		
	2009	2011	2013	2009	2011	2013
ND Grade 9	24%	22%	19%	7%	5%	4%
ND Grade 10	25%	19%	21%	13%	9%	7%
ND Grade 11	30%	28%	22%	20%	14%	12%
ND Grade 12	34%	32%	24%	21%	19%	17%
ND Grades 9-12	28%	25%	22%	15%	12%	11%
National 9-12	28%	24%	22%	10%	8%	10%

DRUG USE

PRESCRIPTION DRUGS, INHALANTS, COCAINE & METHAMPHETAMINES AMONG NINTH THROUGH 12TH GRADE STUDENTS

Used prescription drugs without a doctor's prescription

Used inhalants one or more times during their lifetime

Used cocaine one or more times during their lifetime

Used methamphetamines one or more times during their lifetime

** No data for 2007 ** No data for 2011 ***No data for 2013*

North Dakota in 2013...

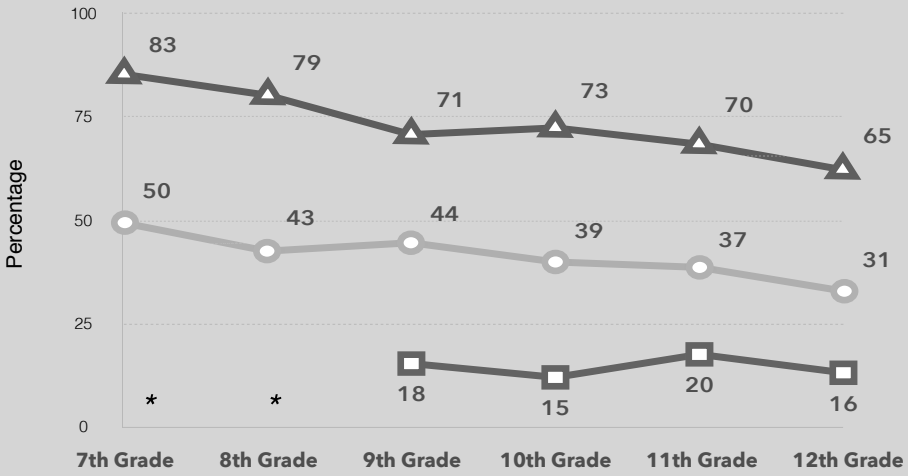
Sixteen percent of students in grades nine through 12 currently used marijuana (one or more times during the past 30 days), compared to 23% nationally.

"When we present evidence and facts to our students, they understand the consequences. It influences and impacts their decisions. Education about the potential effects of risky behavior works with our young people. It helps to change the culture. It helps to steer them toward a safer and healthier way of living."

– State Superintendent, Kirsten Baesler

DIETARY BEHAVIORS

FAMILY MEALS, BREAKFAST, FRUIT & VEGETABLE CONSUMPTION



Ate a meal with family three or more times in past seven days

Ate breakfast on all of the past seven days

Ate five or more servings of fruits and vegetables daily in the last seven days

** No data for grades seven and eight*

North Dakota in 2013...

Thirty-four percent of students in grades nine through 12 drank sugar-containing beverages one or more times per day during the past seven days.

BEVERAGE CHOICES

Students, who during the past 7 days, drank 3 or more glasses of milk per day

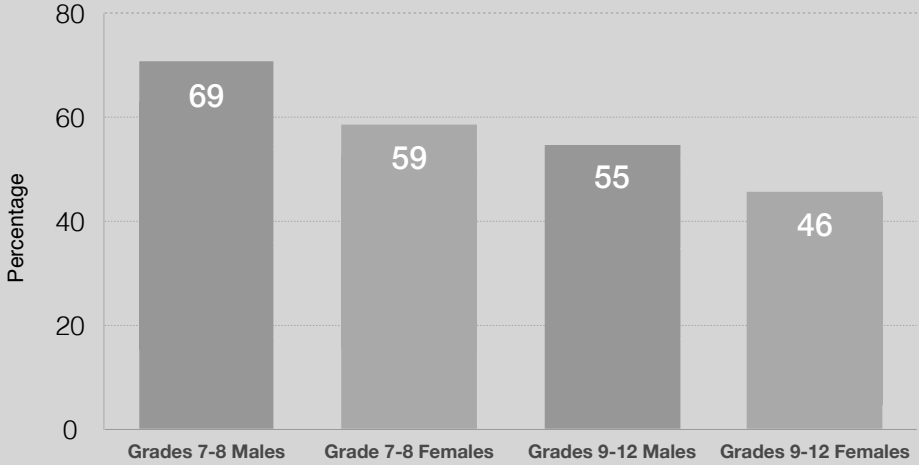
	Males			Females		
	2009	2011	2013	2009	2011	2013
ND Grades 7-8	41%	43%	35%	34%	31%	28%
ND Grades 9-12	26%	28%	26%	19%	18%	18%

Students, who during the past 7 days, drank 1 or more 100% fruit juice beverage

	Males			Females		
	2009	2011	2013	2009	2011	2013
ND Grades 9-12	80%	85%	81%	84%	83%	78%

PHYSICAL ACTIVITY

PHYSICALLY ACTIVE AT LEAST 60 MINUTES PER DAY ON FIVE OR MORE OF THE PAST SEVEN DAYS



North Dakota in 2013...

Twenty-seven percent of seventh and eighth graders and 21 percent of ninth through 12th graders watched three of more hours of TV on an average school day.

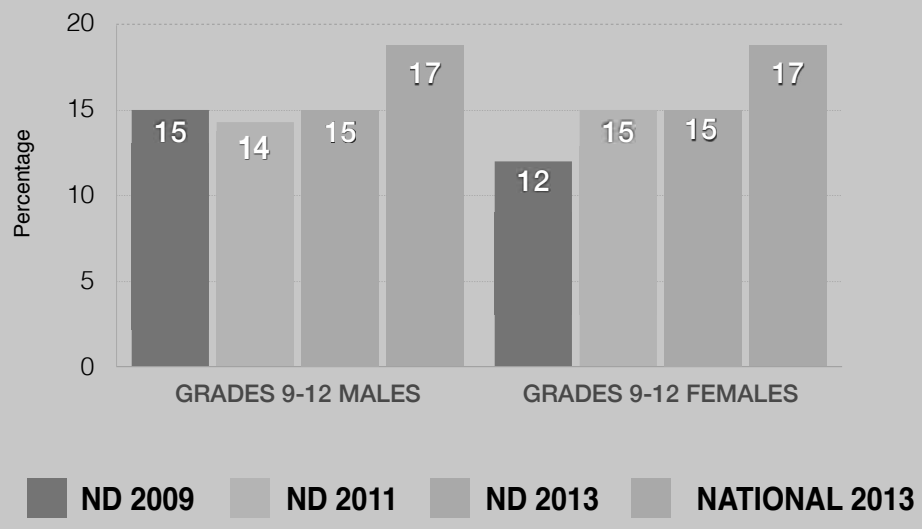
Thirty-four percent of seventh through 12th graders played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.

"The future success of North Dakota depends in large part upon the health and well-being of our youth. Understanding our young people, their choices, challenges and risk behaviors, is crucial to our ability to encourage them towards healthy habits and a fulfilling future. This survey will help guide our policies and inform our actions as educators and public health officials in supporting healthy lives for all of North Dakota's youth."

– State Health Officer, Terry Dwelle, M.D., M.P.H.T.M.

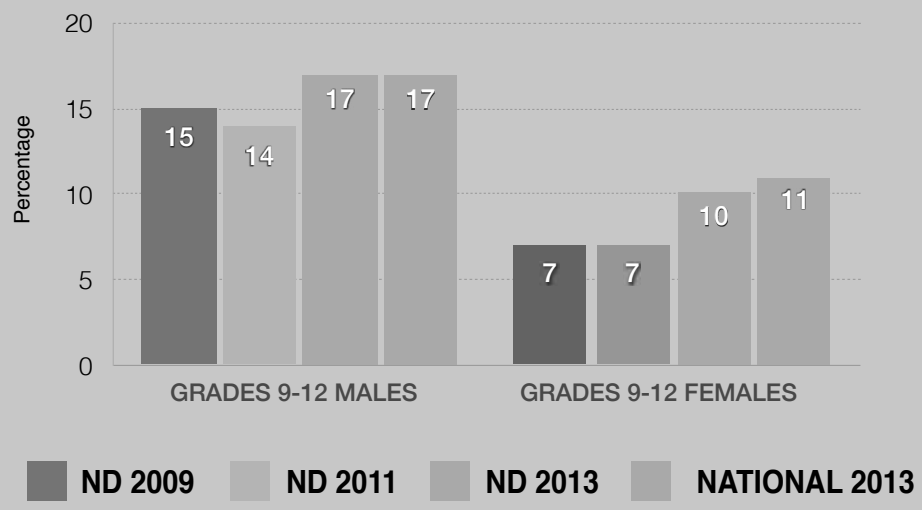
WEIGHT

STUDENTS WHO ARE OVERWEIGHT*



** 85th to 94th percentile for height and weight based on the CDC growth charts*

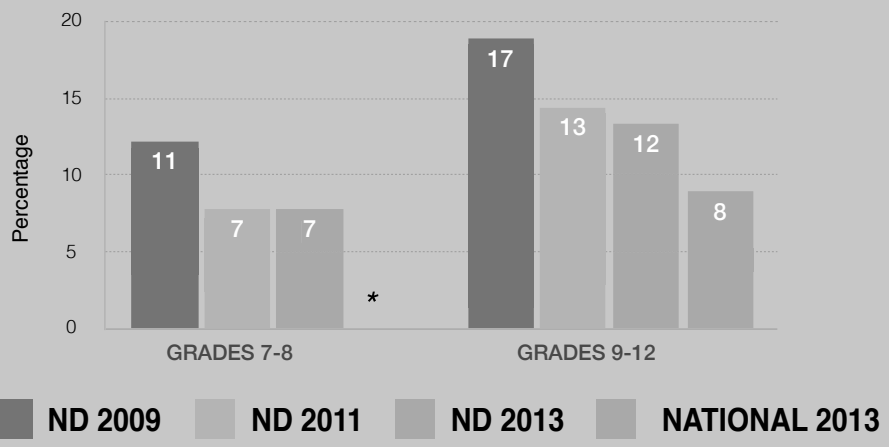
STUDENTS WHO ARE OBESE**



***95th percentile or greater for height and weight based on the CDC growth charts*

SEAT BELTS

RARELY OR NEVER WORE A SEAT BELT WHEN RIDING IN A CAR



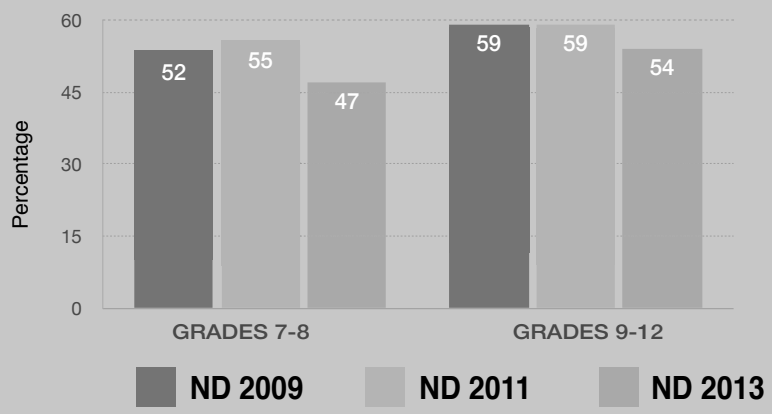
** Grades seven and eight have no national comparison*

North Dakota in 2013...

Among high school students who drove a vehicle during the past 30 days, 59 percent texted or emailed, compared to 41 percent nationally.

ORAL HEALTH

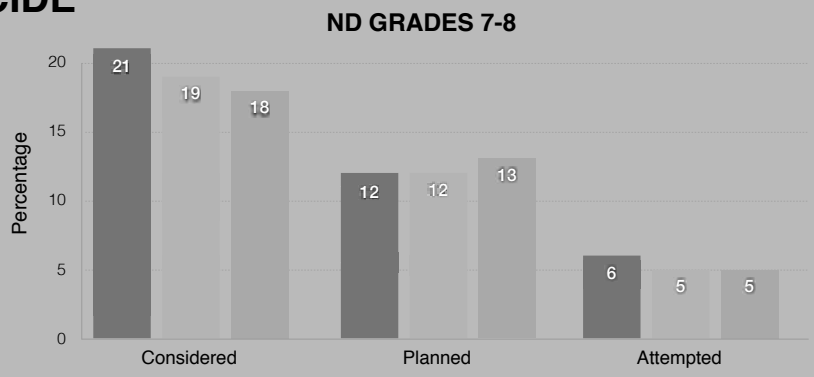
ONE OR MORE CAVITIES IN PERMANENT TEETH

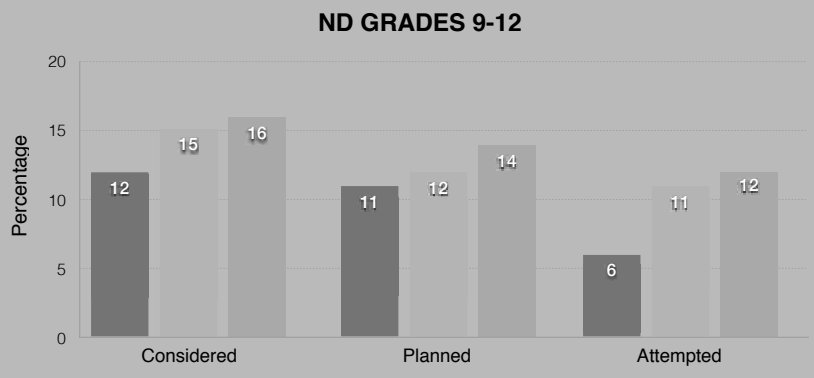


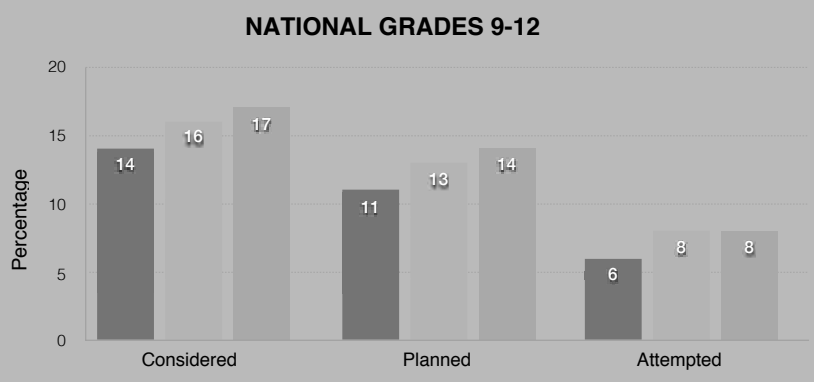
North Dakota in 2013...

Seventy-five percent of students in grades seven and eight and 74 percent of students in grades nine through 12 reported seeing the dentist in the past year.

SUICIDE







2009 RESULTS 2011 RESULTS 2013 RESULTS

North Dakota in 2013...

In grades nine through 12, females were more likely to seriously consider suicide compared to males (21%, 12%), plan suicide (17%, 11%), and attempt suicide (13%, 10%). This trend is also seen in grades seven and eight, with females more likely to consider suicide (24%, 12%), plan suicide (16%, 9%), and attempt suicide (7%, 4%) compared to males.

VIOLENCE

INVOLVED IN A PHYSICAL FIGHT ON SCHOOL PROPERTY ONE OR MORE TIMES DURING THE PAST 12 MONTHS

	Males			Females		
	2009	2011	2013	2009	2011	2013
ND Grades 7-8	22%	17%	15%	6%	6%	6%
ND Grades 9-12	10%	11%	12%	4%	5%	5%
National 9-12	15%	16%	11%	7%	8%	6%

BULLYING

BULLIED ON SCHOOL PROPERTY DURING THE PAST 12 MONTHS

	Males			Females		
	2009	2011	2013	2009	2011	2013
ND Grades 9-12	19%	21%	24%	23%	30%	27%
National 9-12	19%	18%	16%	21%	22%	24%

ELECTRONICALLY BULLIED DURING THE PAST 12 MONTHS

	Males			Females		
	2009	2011	2013	2009	2011	2013
ND Grades 9-12	9%	12%	12%	20%	23%	23%
National 9-12	*	11%	9%	*	22%	21%

** No data for 2009*

North Dakota in 2013...

In grades seven and eight, 52% of students had ever been bullied on school property. The percent who had ever been electronically bullied was 28% with a significant difference between females (39%) and males (17%).

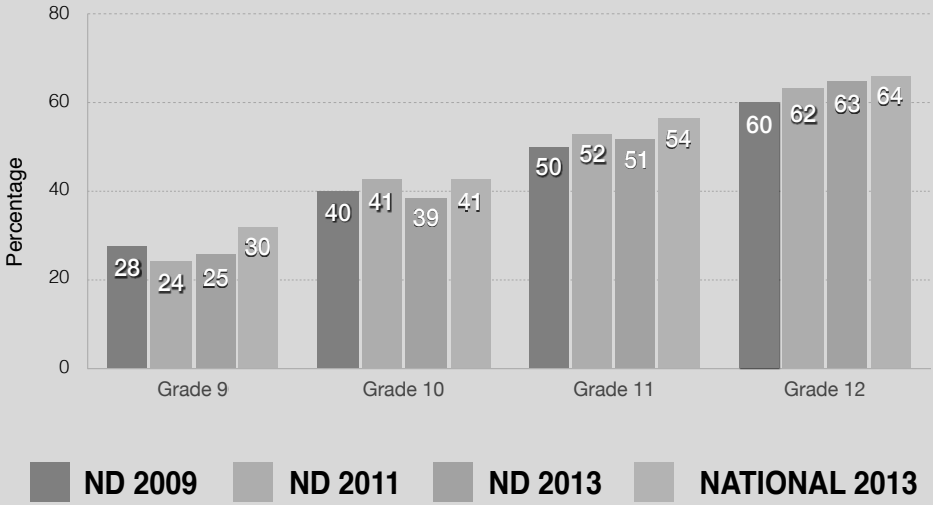
"I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being."

– Jackie Robinson

(First African American to play in Major League Baseball, Brooklyn Dodgers 1947)

SEXUAL BEHAVIOR

EVER HAD SEXUAL INTERCOURSE



North Dakota in 2013...

Forty-one percent of high school students have ever had oral sex

DESCRIBE THEMSELVES AS GAY, LESBIAN OR BISEXUAL

Grade	Males			Females		
	2009	2011	2013	2009	2011	2013
7th Grade	2%	2%	2%	4%	2%	3%
8th Grade	5%	3%	1%	5%	3%	6%
9th Grade	3%	4%	6%	5%	5%	10%
10th Grade	6%	4%	5%	4%	5%	9%
11th Grade	4%	3%	5%	6%	5%	4%
12th Grade	4%	3%	4%	6%	4%	7%

North Dakota in 2013...

Sixteen percent of seventh and eighth graders and ten percent of ninth through 12th graders report being the victim of teasing or name calling during the past 12 months because someone throught they were gay, lesbian, or bisexual.

The YRBS reports 45 percent of students in grades nine through 12 have had sex, and for some, unintended consequences...

TEEN PREGNANCIES

AGES 12-19*

	2007	2009	2011	2013
TEEN PREGNANCIES	829	803	759	645
LIVE BIRTHS	696	662	634	557

**Vital records, North Dakota Department of Health, 2013*

North Dakota in 2013...

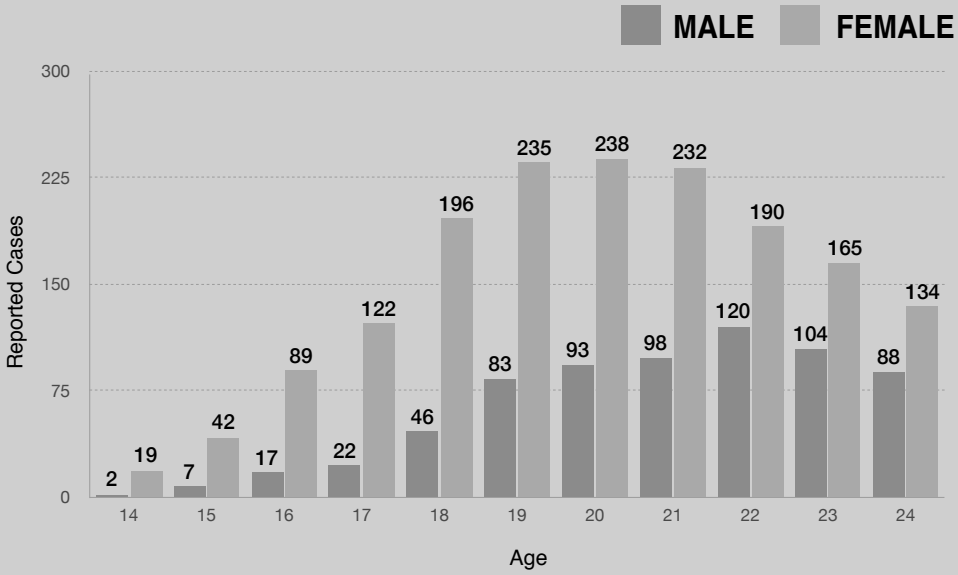
Fifty-eight percent of high school students reported that their parents or other adults in their family talked to them about sex.

Eight percent of high school students indicated they had been physically forced to have sexual intercourse when they did not want to.

Ten percent of high school students reported they had been physically hurt on purpose by someone they were dating or going out with during the past 12 months.

SEXUALLY TRANSMITTED DISEASES/INFECTIONS

STDS, CHLAMYDIA AND GONORRHEA, BY AGE AND SEX



**North Dakota Department of Health Surveillance Data, 2013*

The results of the Youth Risk Behavior Survey tell educational partners – the Department of Public Instruction, each local school district and parents – that we have serious work ahead of us to provide accurate research-based information to our students and youth to influence their decision making skills regarding risk behaviors.

THE DEPARTMENT OF PUBLIC INSTRUCTION …

As the state educational agency, the Department pledges to advocate for …

- Required health education at every grade where students receive age appropriate, timely and accurate information as to risk behaviors and short/long term health benefits.
- School nurses and school resource officers to work along side educators and administrators in creating and maintaining healthy students and safe school environments.
- Mental health training and services at the school and community level so earlier assessment, identification, referral and treatment can occur.
- Additional training on school climate and its advantages to academic gains.

THE LOCAL SCHOOL DISTRICT …

Each local school district should strive for …

- Increasing opportunities for comprehensive health education curriculum at all grades.
- Collaborating on the opportunities a school nurse or school resource officer will offer your district, staff and students.
- Engaging in district or school wide activities which support a positive school climate and culture, school connectiveness and trusting relationships with adults.
- Increasing training in mental health screenings, identification and referrals with youth of all ages.
- Opportunities to work with parents and community partners on school based activities which encourage self advocacy, peer connectiveness, positive climate and culture.

PARENTS …

Parents have incredible opportunities to influence their children's decisions by …

- Having frequent conversations about risk behaviors, healthy habits and a positive self esteem. Stay engaged in their activities and support involvement in a variety of positive school and community activities, groups or clubs. Contact the school district for resources.
- Participating in school related activities, meetings and clubs to network with other parents and be active in your children's hobbies and interests.
- Encouraging extracurricular involvement such as band, newspaper, sports and drama. Clubs and group activities are critical to school engagement and effective time management.
- Knowing when your children may be experiencing emotional difficulties and related warning signs; contact your school administrator, counselor, or a community resource for help.

Working together, we can decrease risk behaviors and promote safety and health among our youth. Reinforcing positive messages about health and safety can result in better academics and grades, school and adult connectiveness and healthier habits. Our right and responsibility to promote college and career ready citizens will only be as effective as we are by working together!

FOR MORE INFORMATION

YOUTH RISK BEHAVIOR SURVEYS

www.dpi.state.nd.us/health/YRBS/index.shtm
www.cdc.gov/HealthyYouth/yrbs/index.htm

Youth Risk Behavior Survey (YRBS) Resource Guide
www.dpi.state.nd.us/health/YRBS/guide.pdf

TOBACCO

www.ndhealth.gov/tobacco
http://breathend.com

ALCOHOL/DRUGS

www.nd.gov/dhs/services/mentalhealth/prevention/index.html

DIETARY BEHAVIORS/PHYSICAL ACTIVITY

www.ndhealth.gov/ch
www.healthynd.org
www.letsmove.gov
www.choosemyplate.gov

INJURY AND SUICIDE PREVENTION

www.ndhealth.gov/injury
www.suicidepreventionlifeline.org
www.ndcaws.org

SEXUAL BEHAVIOR/HIV/AIDS

www.ndhealth.gov/disease
www.ndhealth.gov/hiv
www.dpi.state.nd.us/health/HIV/index.shtm

BULLYING

www.stopbullying.gov
www.stopbullyingnow.com

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Family Health
701.328.2356

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