

2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

| Total Injury and Violence | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † |
|--|------|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN8: Percentage of students who never or rarely wore a seat belt when riding in a car | | | | | | | | | | | | | | |
| | 24.8 | | | 21.3 | 16.2 | 14.1 | 11.0 | 9.1 | 11.1 | 7.3 | 7.2 | Decreased, 1995-2013 | No quadratic change | No change |
| QN9: Percentage of students who ever rode in a car driven by someone who had been drinking alcohol | | | | | | | | | | | | | | |
| | | | | | | | | 34.9 | 36.4 | 31.7 | 27.5 | Decreased, 2007-2013 | Not available [§] | Decreased |
| QN13: Percentage of students who had ever been bullied on school property | | | | | | | | | | | | | | |
| | | | | | | | | | | 50.4 | 52.2 | No linear change | Not available | No change |
| QN14: Percentage of students who had ever been electronically bullied | | | | | | | | | | | | | | |
| | | | | | | | | | | 25.8 | 27.7 | No linear change | Not available | No change |
| QN15: Percentage of students who ever seriously thought about killing themselves | | | | | | | | | | | | | | |
| | | | | | | | 17.5 | 20.7 | 19.2 | 17.8 | | 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.

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|--|------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN16: Percentage of students who ever made a plan about how they would kill themselves | | | | | | | | | | | | No linear change | Not available [§] | No change |
| | | | | | | | | 10.9 | 12.3 | 11.5 | 12.5 | | | |
| QN17: Percentage of students who ever tried to kill themselves | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | 5.9 | 6.0 | 5.0 | 5.1 | | | |

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

| Total Tobacco Use | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † |
|---|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN18: Percentage of students who ever tried cigarette smoking, even one or two puffs | | | | | | | | | | | | | | |
| | | | | 43.6 | 38.0 | 32.9 | 31.6 | 23.4 | 21.1 | 17.7 | 17.0 | Decreased, 1999-2013 | No quadratic change | No change |
| QN19: Percentage of students who smoked a whole cigarette for the first time before age 11 years | | | | | | | | | | | | | | |
| | | | | | | | | 5.3 | 4.3 | 3.5 | 3.2 | Decreased, 2007-2013 | Not available [§] | No change |
| QN20: Percentage of students who smoked cigarettes on one or more of the past 30 days | | | | | | | | | | | | | | |
| | 19.7 | | | 13.4 | 10.0 | 9.5 | 8.9 | 5.7 | 7.3 | 5.6 | 4.2 | Decreased, 1995-2013 | No quadratic change | No change |
| QN24: Percentage of students who smoked cigarettes on 20 or more of the past 30 days | | | | | | | | | | | | | | |
| | 6.9 | | | 4.6 | 3.2 | 2.8 | 1.9 | 2.2 | 1.8 | 1.4 | 1.1 | Decreased, 1995-2013 | No quadratic change | No change |
| QN24: Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days | | | | | | | | | | | | | | |
| | | | | | | | | | 4.7 | 3.2 | 3.5 | No linear change | Not available | No change |

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|--|------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN25: Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days | | | | | | | | | | | | | | |
| | | | | | | 4.1 | 3.8 | 3.3 | 2.9 | 2.7 | 2.1 | Decreased, 2003-2013 | No quadratic change | No change |
| QNANYTOB: Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days | | | | | | | | | | | | | | |
| | | | | | | | | | 9.6 | 7.6 | 6.7 | Decreased, 2009-2013 | Not available [§] | No change |

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| Total Alcohol and Other Drug Use | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † |
|---|------|------|------|------|------|------|------|------|------|------|------|-----------------------|----------------------------|--------------------------------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN26: Percentage of students who ever had a drink of alcohol, other than a few sips | | | | | | | | | | | | No linear change | Not available [§] | No change |
| | | | | | | | | 28.2 | 24.8 | | | | | |
| QN27: Percentage of students who had their first drink of alcohol other than a few sips before age 11 years | | | | | | | | | | | | Decreased, 2007-2013 | Not available | No change |
| | | | | | | 9.9 | 12.1 | 8.3 | 7.2 | | | | | |
| QN29: Percentage of students who tried marijuana for the first time before age 11 years | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | 1.9 | 2.3 | 2.4 | 2.9 | | | | | |
| QN31: Percentage of students who ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | 7.4 | 6.5 | | | | | |
| QN33: Percentage of students who ever took a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription | | | | | | | | | | | | No linear change | Not available | No change |
| | | | | | | | | 4.7 | 5.0 | | | | | |

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Sexual Behaviors | Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † | | |
|---|--------------------------------------|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|---------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | | 2013 | |
| QN34: Percentage of students who ever had sexual intercourse | | | | | | | | | | | 8.8 | 8.0 | No linear change | Not available [§] | No change | |
| QN35: Percentage of students who had sexual intercourse for the first time before age 11 years | | | | | | | | | | | 1.5 | 1.5 | No linear change | Not available | No change | |
| QN37: Among students who ever had sexual intercourse, the percentage who used a condom during last sexual intercourse | | | | | | | | | | | 72.3 | 66.1 | No linear change | Not available | No change | |
| QN49: Percentage of students who had ever been taught in school about AIDS or HIV infection | | | | | | | | | | | 74.9 | 72.8 | 71.0 | No linear change | Not available | No change |

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| Total | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † |
|---|------|------|------|------|------|------|------|------|------|------|------|-----------------------|--|--------------------------------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QN38: Percentage of students who described themselves as slightly or very overweight | | | | | | | | | | | | | | |
| | 28.6 | | | 33.0 | 32.3 | 31.5 | 29.8 | 27.2 | 26.7 | 27.1 | 26.8 | Decreased, 1995-2013 | Increased, 1995-2001 Decreased, 2001-2013 | No change |
| QN39: Percentage of students who were trying to lose weight | | | | | | | | | | | | | | |
| | 45.3 | | | 43.9 | 46.2 | 47.6 | 46.2 | 44.1 | 45.7 | 45.2 | 45.9 | No linear change | No quadratic change | No change |
| QN41: Percentage of students who had ever taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight | | | | | | | | | | | | | | |
| | | | | | | | | 4.9 | 4.0 | 3.1 | 4.0 | No linear change | Not available [§] | No change |
| QN42: Percentage of students who had ever vomited or taken laxatives to lose weight or to keep from gaining weight | | | | | | | | | | | | | | |
| | | | | | | | | 4.1 | 4.3 | 4.3 | 4.2 | No linear change | Not available | No change |
| QN43: Percentage of students who ate breakfast on all of the past seven days | | | | | | | | | | | | | | |
| | | | | | | | | 48.2 | 48.3 | 46.4 | | No linear change | Not available | No change |

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| Total | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † | |
|---|------|------|------|------|------|------|------|------|------|------|----------------|-------------------|----------------------------|-----------|
| Weight Management and Dietary Behaviors | | | | | | | | | | | | | | |
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | |
| QNNOBKFT: Percentage of students who ate breakfast on none of the past seven days | | | | | | | | | | | | | | |
| | | | | | | | | | 7.3 | 8.2 | 8.2 | No linear change | Not available [§] | No change |

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| Total Physical Activity | | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † | | | | | | | | |
|--|------|------|------|------|------|------|------|------|------|------|------|-----------------------|--------------------------|--------------------------------|------|----------------------|----------------------------|-----------|------|----------------------|---------------------|-----------|
| Health Risk Behavior and Percentages | | | | | | | | | | | | | | | | | | | | | | |
| 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | 2013 | | | | | | | | | | | |
| QN44: Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days | | | | | | | | | | | | 63.1 | 62.0 | 60.0 | 63.7 | No linear change | Not available [§] | Increased | | | | |
| QNPA0DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 0 of the past seven days | | | | | | | | | | | | 5.0 | 5.5 | 4.3 | 4.9 | No linear change | Not available | No change | | | | |
| QNPA7DAY: Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days | | | | | | | | | | | | 35.7 | 34.6 | 31.7 | 33.4 | No linear change | Not available | No change | | | | |
| QN45: Percentage of students who watched three or more hours per day of TV on an average school day | | | | | | | | | | | | 39.0 | 30.2 | 30.9 | 31.2 | 30.2 | 33.1 | 29.8 | 27.1 | Decreased, 1999-2013 | No quadratic change | No change |
| QN46: Percentage of students who 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 | | | | | | | | | | | | 21.8 | 25.0 | 29.5 | 33.9 | Increased, 2007-2013 | Not available | Increased | | | | |

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2013 YOUTH RISK BEHAVIOR SURVEY RESULTS

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| Total Site-Added | Health Risk Behavior and Percentages | | | | | | | | | | | Linear Change* | Quadratic Change* | Change from 2011-2013 † |
|--|--------------------------------------|------|------|------|------|------|------|------|------|------|------|----------------------|----------------------------|-------------------------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | |
| QN51: Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months | | | | | | | | | | | | | | |
| | | | | | | | | | | 76.4 | 74.7 | No linear change | Not available [§] | No change |
| QN52: Percentage of students who have had an all terrain vehicle (ATV) accident that had to be treated by a doctor or nurse during the past 12 months | | | | | | | | | | | | | | |
| | | | | | | | | | | 3.9 | 4.7 | No linear change | Not available | No change |
| QN54: Percentage of students who ever carried a weapon, such as a gun, knife, or club, on school property | | | | | | | | | | | | | | |
| | | | | | | | | 6.7 | 9.2 | 5.2 | 5.8 | Decreased, 2007-2013 | Not available | No change |
| QN55: Percentage of students who were in a physical fight on school property during the past 12 months | | | | | | | | | | | | | | |
| | | | | | | | | 13.2 | 13.8 | 11.4 | 10.2 | Decreased, 2007-2013 | Not available | No change |
| QN57: Percentage of students who used dissolvable tobacco products such as Ariva, Stonewall, Camel Orbs, Strips, or Sticks, on one or more of the past 30 days | | | | | | | | | | | | | | |
| | | | | | | | | | | 1.3 | 1.1 | No linear change | Not available | No change |

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|---|--------------------------------------|------|------|------|------|------|------|------|------|------|------|------------------|----------------------------|--|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | | 2013 |
| QN59: Percentage of students who disagree that in their community, drinking among teenagers is acceptable | | | | | | | | | | | | | | | |
| | | | | | | | | | | 60.7 | 64.7 | No linear change | Not available [§] | No change | |
| QN60: Percentage of students who have ever taken an over-the-counter drug to get high | | | | | | | | | | | | | | | |
| | | | | | | | | | 4.6 | 3.5 | 4.7 | No linear change | Not available | No change | |
| QN62: Percentage of students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight | | | | | | | | | | | | | | | |
| | | | | | | | | 43.9 | 42.4 | 43.3 | 43.1 | No linear change | Not available | No change | |
| QN63: Percentage of students who drank three or more glasses of milk per day during the past seven days | | | | | | | | | | | | | | | |
| | | | | | | 46.2 | 41.9 | 41.1 | 41.3 | 37.6 | 36.9 | 31.6 | Decreased, 2001-2013 | No quadratic change | Decreased |
| QNMILK0: Percentage of students who drank 0 glasses per day of milk during the past seven days | | | | | | | | | | | | | | | |
| | | | | | | 5.8 | 4.7 | 5.2 | 4.7 | 4.7 | 5.6 | 6.8 | No linear change | No change, 2001-2009 Increased, 2009-2013 | No change |

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|--|--------------------------------------|------|------|------|------|------|------|------|------|------|------|----------------|----------------------|----------------------------|-----------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | | 2013 |
| QNMILK1: Percentage of students who drank one or more glasses per day of milk during the past seven days | | | | | | 69.5 | 70.1 | 70.3 | 70.8 | 68.5 | 68.8 | 64.8 | Decreased, 2001-2013 | No quadratic change | Decreased |
| QNMILK2: Percentage of students who drank two or more glasses per day of milk during the past seven days | | | | | | 62.6 | 61.2 | 60.5 | 60.8 | 58.3 | 59.5 | 52.7 | Decreased, 2001-2013 | No quadratic change | Decreased |
| QN64: Percentage of students who ate fruit one or more times during the past seven days | | | | | | 86.7 | 87.0 | 88.1 | 92.3 | 93.3 | 93.8 | 93.9 | Increased, 2001-2013 | No quadratic change | No change |
| QN65: Percentage of students who ate vegetables one or more times during the past seven days | | | | | | | | | 91.5 | 89.9 | 91.3 | 91.0 | No linear change | Not available [§] | No change |
| QN66: Percentage of students who ate a meal with their family on three or more of the past seven days | | | | | | | | | | 79.0 | 81.6 | 80.8 | No linear change | Not available | No change |

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| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | |
| QN67: Percentage of students who most of the time or always went hungry during the past 30 days because there was not enough food in their home | | | | | | | | | | | | | | |
| | | | | | | | | | 3.2 | 2.6 | 2.9 | No linear change | Not available [§] | No change |
| QN68: Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months | | | | | | | | | | | | | | |
| | | | | | | | | | 72.0 | 74.9 | 74.6 | No linear change | Not available | No change |
| QN69: Percentage of students who brushed their teeth on all of the past seven days | | | | | | | | | | | | | | |
| | | | | | | | | | | 66.4 | 65.0 | No linear change | Not available | No change |
| QN70: Percentage of students who have had no more than three cavities in their permanent teeth | | | | | | | | | | | | | | |
| | | | | | | | | 82.2 | 84.8 | 85.6 | 83.1 | No linear change | Not available | Decreased |
| QN72: Percentage of students who received help from a resource teacher, speech therapist, or other special education teacher at school during the past 12 months | | | | | | | | | | | | | | |
| | | | | | | | | | | 14.0 | 17.5 | Increased, 2011-2013 | Not available | Increased |

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|---|--------------------------------------|------|------|------|------|------|------|------|------|------|----------------------|----------------------|----------------------------|----------------------------|
| | 1991 | 1993 | 1995 | 1997 | 1999 | 2001 | 2003 | 2005 | 2007 | 2009 | 2011 | | | |
| QN73: Percentage of students who have any long term health problems | | | | | | | | | | | | | | |
| | | | | | | | | | | 10.7 | 14.4 | Increased, 2011-2013 | Not available [§] | Increased |
| QN74: Percentage of students who describe themselves as gay or lesbian or bisexual | | | | | | | | | | | | | | |
| | | | | | | | | | 3.8 | 2.4 | 3.1 | No linear change | Not available | No change |
| QN75: Percentage of students whose 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 | | | | | | | | | | | | | | |
| | | | | | | | | | 45.2 | 41.1 | Decreased, 2011-2013 | Not available | No change | |

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