

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total
Injury and Violence

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN8: Percentage of students who rarely or never wore a seat belt (when riding in a car)																	
				21.3	16.2	14.1	11.0	9.1	11.1	7.3	7.2	5.1	4.4	5.5	Decreased, 1999-2019	No quadratic change	No change
QN9: Percentage of students who ever rode with a driver who had been drinking alcohol (in a car)																	
								34.9	36.4	31.7	27.5	25.6	24.8	23.2	Decreased, 2007-2019	No quadratic change	No change
QN12: Percentage of students who were ever bullied on school property																	
										50.4	52.2	47.7	43.8	39.8	Decreased, 2011-2019	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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Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN13: Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media)															No linear change	Not available [§]	No change
								25.8	27.7	27.8	24.7	25.0					
QN14: Percentage of students who ever seriously thought about killing themselves															No linear change	No quadratic change	Increased
								17.5	20.7	19.2	17.8	19.8	19.2	22.1			
QN15: Percentage of students who ever made a plan about how they would kill themselves															Increased, 2007-2019	No quadratic change	Increased
								10.9	12.3	11.5	12.5	13.0	13.2	15.7			
QN16: Percentage of students who ever tried to kill themselves															Increased, 2007-2019	No change, 2007-2013 Increased, 2013-2019	Increased
								5.9	6.0	5.0	5.1	7.2	6.3	10.3			

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†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN17: 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	16.2	10.9	10.9	Decreased, 1999-2019	No quadratic change	No change
QN19: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)																	
				13.4	10.0	9.5	8.9	5.7	7.3	5.6	4.2	3.6	2.9	3.6	Decreased, 1999-2019	No quadratic change	No change
QNFRSIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)																	
				4.6	3.2	2.8	1.9	2.2	1.8	1.4	1.1	0.6	0.4	0.3	Decreased, 1999-2019	No quadratic change	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)																	
				2.9	2.4	1.8	1.4	1.2	1.1	1.0	0.7	0.5	0.2	0.2	Decreased, 1999-2019	No quadratic change	No change

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

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North Dakota Middle School Survey Trend Analysis Report

**Total
Tobacco Use**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN21: Percentage of students who ever used an electronic vapor product															15.5	13.1	20.4	Increased, 2015-2019			Not available [§]			Increased
QN22: Percentage of students who currently used an electronic vapor product (on at least 1 day during the 30 days before the survey)															4.7	10.3	Increased, 2017-2019			Not available			Increased	
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)															0.5	1.2	Increased, 2017-2019			Not available			Increased	
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)															0.2	0.6	Increased, 2017-2019			Not available			No change	

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Tobacco Use**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019											
QN24: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)														2.5	2.6	No linear change	Not available [§]	No change							
QN25: Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars, on at least 1 day during the 30 days before the survey)														4.1	3.8	3.3	2.9	2.7	2.1	1.5	2.0	2.2	Decreased, 2003-2019	No quadratic change	No change

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[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total
Alcohol and Other Drug Use

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN26: Percentage of students who ever drank alcohol (other than a few sips)															Decreased, 2011-2019	Not available [§]	No change
								28.2	24.8	21.0	19.2	22.5					
QN27: Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips)															Decreased, 2007-2019	Decreased, 2007-2015 No change, 2015-2019	Increased
								9.9	12.1	8.3	7.2	6.5	6.1	8.2			
QN29: Percentage of students who tried marijuana for the first time before age 11 years															Decreased, 2007-2019	No quadratic change	No change
								1.9	2.3	2.4	2.9	1.9	1.7	2.0			
QN30: Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, Oxycontin, hydrocodone, and Percocet)															Increased, 2017-2019	Not available	Increased
													4.3	6.8			

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

**Total
Sexual Behaviors**

	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN34: Percentage of students who ever had sexual intercourse											8.8	8.0	5.2	5.1	5.5	Decreased, 2011-2019	Not available [§]	No change
QN37: Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse)														61.9	62.1	No linear change	Not available	No change

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey
Trend Analysis Report

Total Weight Management and Dietary Behaviors															Linear Change*	Quadratic Change*	Change from 2017-2019 †						
Health Risk Behavior and Percentages																							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019									
QN38: Percentage of students who described themselves as slightly or very overweight																							
				33.0	32.3	31.5	29.8	27.2	26.7	27.1	26.8	27.0	28.5	27.9	Decreased, 1999-2019	Decreased, 1999-2009 No change, 2009-2019	No change						
QN39: Percentage of students who were trying to lose weight																							
				43.9	46.2	47.6	46.2	44.1	45.7	45.2	45.9	41.7	41.1	43.1	Decreased, 1999-2019	No quadratic change	No change						
QN40: Percentage of students who did not eat breakfast (during the 7 days before the survey)																							
															7.3	8.2	8.2	9.2	9.2	9.3	No linear change	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																							
															48.2	48.3	46.4	45.8	45.1	42.6	Decreased, 2009-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 †	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN41: Percentage of students who were physically active at least 60 minutes per day on 5 or more days (in 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	No quadratic change	No change	
						63.1	62.0	60.0	63.7	63.3	62.8	60.4					
QNPA0DAY: Percentage of students who did not participate in at least 60 minutes of physical activity on at least 1 day (in 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	No change, 2007-2015 Increased, 2015-2019	No change	
						5.0	5.5	4.3	4.9	4.1	5.8	7.0					
QNPA7DAY: Percentage of students who were physically active at least 60 minutes per day on all 7 days (in 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	No quadratic change	Decreased	
						35.7	34.6	31.7	33.4	34.6	36.7	33.1					

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North Dakota Middle School Survey Trend Analysis Report

**Total
Physical Activity**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN42: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
				39.0	30.2	30.9	31.2	30.2	33.1	29.8	27.1	22.9	20.6	18.6	Decreased, 1999-2019	Decreased, 1999-2011 Decreased, 2011-2019	No change
QN43: Percentage of students who played video or computer games or used a computer 3 or more hours per day (counting time spent on things such as playing games, watching videos, texting, or using social media on their smartphone, computer, Xbox, PlayStation, iPad, or other tablet, for something that was not school work, on an average school day)																	
								21.8	25.0	29.5	33.9	41.8	43.8	49.1	Increased, 2007-2019	No quadratic change	Increased

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey

Trend Analysis Report

Total Other	Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
	QN49: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																	
											76.4	74.7	73.1	74.5	76.0	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN51: Percentage of students who felt sad or hopeless (almost every day for >=2 weeks in a row so that they stopped doing some usual activities, ever during the 12 months before the survey)														23.6	26.2	No linear change	Not available [§]	No change	
QN52: 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)														7.8	9.0	No linear change	Not available	No change	
QN53: Percentage of students who ever had 5 or more drinks of alcohol in a row (within a couple of hours)														6.4	8.1	10.0	Increased, 2015-2019	Not available	No change
QN54: Percentage of students who ever used marijuana (one or more times during their life)														8.3	8.2	8.5	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota Middle School Survey Trend Analysis Report

**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 [†]
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN57: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
				13.3	13.0	11.9	7.7	6.7	6.2	6.1	6.4	6.0	6.5		Decreased, 2001-2019	Decreased, 2001-2011 No change, 2011-2019	No change
QN58: Percentage of students who did not eat vegetables (not counting french fries, fried potatoes, or potato chips, one or more times during the 7 days before the survey)																	
							8.5	10.1	8.7	9.0	9.6	10.4	11.2		No linear change	No quadratic change	No change
QN59: 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)																	
								3.2	2.6	2.9	2.5	2.2	2.6		Decreased, 2009-2019	No quadratic change	No change
QN60: Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher)																	
													29.0	25.8	No linear change	Not available [§]	No change

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[§]Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Site-Added**

Health Risk Behavior and Percentages															Linear Change*	Quadratic Change*	Change from 2017-2019 †									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019												
QN61: Percentage of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work, during the 12 months before the survey)															70.3	72.0	74.9	74.6	72.1	76.7	75.6	Increased, 2007-2019			No quadratic change	No change
QN62: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)															66.4	65.0	63.1	63.3	64.6	No linear change			Not available [§]	No change		
QN63: Percentage of students who had a sunburn (counting even a small part of the skin turning red or hurting for 12 hours or more after being outside in the sun or after using a sunlamp or other indoor tanning device, one or more times during the 12 months before the survey)															59.1	62.8	51.5	Decreased, 2015-2019			Not available	Decreased				

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§Not enough years of data to calculate.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

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**Total
Site-Added**

Health Risk Behavior and Percentages														Linear Change*	Quadratic Change*	Change from 2017-2019 [†]			
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN64: Percentage of students who have any long-term health problems (such as asthma, epilepsy, or life threatening allergies; 6 months or more)														14.7	15.3	No linear change	Not available [§]	No change	
QN67: Percentage of students who reported their parents or other adults in their family most of the time or always ask where they are going or with whom they will be														81.7	79.2	No linear change	Not available	No change	
QN68: Percentage of students who would most likely talk with their parent or other adult family member about their feelings (among students who report having felt sad, empty, hopeless, angry, or anxious)														33.3	34.6	31.9	No linear change	Not available	No change
QN69: Percentage of students who participate in school activities one or more hours (such as sports, band, drama, or clubs, during an average week when they are in school)														78.9	79.0	76.1	No linear change	Not available	No change

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[§]Not enough years of data to calculate.

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North Dakota Middle School Survey
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Total
Site-Added

Health Risk Behavior and Percentages

Linear Change*

Quadratic Change*

Change from
2017-2019 †

1991 1993 1995 1997 1999 2001 2003 2005 2007 2009 2011 2013 2015 2017 2019

QN70: Percentage of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem

70.9 65.2 Decreased, 2017-2019 Not available[§] Decreased

QN72: Percentage of students who described themselves as gay or lesbian or bisexual

6.3 8.8 Increased, 2017-2019 Not available Increased

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

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