

2019 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 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 driven by someone else)																	
				31.9	20.7	21.4	17.4	15.0	17.0	13.4	11.6	8.5	8.1	5.9	Decreased, 1999-2019	No quadratic change	No change
QN9: 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	16.5	14.2	Decreased, 1995-2019	Decreased, 1995-2003 Decreased, 2003-2019	No change
QN10: Percentage of students who drove a car or other vehicle when they had been 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	6.5	5.5	Decreased, 2013-2019	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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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																
QN11: 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	52.6	53.0	Decreased, 2013-2019			Not available [§]			No change					
QN13: 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	5.9	4.9	Decreased, 1995-2019 Decreased, 1995-2003 No change, 2003-2019			No change
QN18: 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	7.2	7.1	Decreased, 1995-2019 No quadratic change			No change

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[§]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 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN20: Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)																	
													8.7	9.2	No linear change	Not available [§]	No change
QN23: Percentage of students who were bullied on school property (ever during the 12 months before the survey)																	
								21.1	24.9	25.4	24.0	24.3	19.9		No linear change	Increased, 2009-2013 Decreased, 2013-2019	Decreased
QN24: Percentage of students who were electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media, ever during the 12 months before the survey)																	
										17.4	17.1	15.9	18.8	14.7	No linear change	Not available	Decreased

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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			
QN25: 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)																	
				25.0	25.9	20.8	20.3	17.1	22.9	23.8	25.4	27.2	28.9	30.5	Increased, 1999-2019	Decreased, 1999-2007 Increased, 2007-2019	No change
QN26: Percentage of students who seriously considered attempting suicide (ever 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	16.7	18.8	Decreased, 1995-2019	Decreased, 1995-2007 Increased, 2007-2019	No change
QN27: 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	14.5	15.3	Decreased, 1995-2019	Decreased, 1995-2007 Increased, 2007-2019	No change
QN28: 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	13.5	13.0	Increased, 1995-2019	No change, 1995-2005 Increased, 2005-2019	No change

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High 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			
QN30: 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	30.5	29.3	Decreased, 1999-2019	Decreased, 1999-2013 Decreased, 2013-2019	No change
QN32: 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	12.6	8.3	Decreased, 1995-2019	No quadratic change	Decreased
QNFRDIG: Percentage of students who currently smoked cigarettes frequently (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	3.8	2.1	Decreased, 1995-2019	No change, 1995-2001 Decreased, 2001-2019	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	3.0	1.4	Decreased, 1995-2019	No change, 1995-2001 Decreased, 2001-2019	Decreased

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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			
QN34: Percentage of students who ever used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo])																	
												42.1	41.0	52.8	Increased, 2015-2019	Not available [§]	Increased
QN35: Percentage of students who currently used an electronic vapor product (including e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens [such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo], on at least 1 day during the 30 days before the survey)																	
												22.3	20.6	33.1	Increased, 2015-2019	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)																	
												2.3	4.1	12.1	Increased, 2015-2019	Not available	Increased

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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			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)																	
												1.6	2.8	8.3	Increased, 2015-2019	Not available [§]	Increased
QNTB5: Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey)																	
												26.9	25.7	34.7	Increased, 2015-2019	Not available	Increased
QN36: Percentage of students who usually got their own electronic vapor products by buying them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store, during the 30 days before the survey, among students who currently used electronic vapor products and who were aged <18 years)																	
												6.0	4.9		No linear change	Not available	No change

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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												
QN37: 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)															8.0	4.5	Decreased, 2017-2019	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)															13.0	12.2	11.4	12.4	13.5	11.7	9.2	8.2	5.2	Decreased, 2003-2019	No change, 2003-2013 Decreased, 2013-2019	Decreased
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)															33.3	26.6	25.6	26.7	24.4	22.8	16.3	15.2	10.7	Decreased, 2003-2019	Decreased, 2003-2013 Decreased, 2013-2019	Decreased

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2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High 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				
QN40: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)																		
	32.3			28.9	29.8	25.4	19.7	19.7	19.9	16.7	15.2	12.4	14.5	12.9	Decreased, 1995-2019	No quadratic change	No change	
QN41: 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)																		
	60.7			60.5	59.2	54.2	49.0	46.1	43.3	38.8	35.3	30.8	29.1	27.6	Decreased, 1995-2019	No quadratic change	No change	
QN42: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row for female students or five or more drinks of alcohol in a row for male students, within a couple of hours, on at least 1 day during the 30 days before the survey)																		
													16.4	15.6	No linear change	Not available [§]	No change	
QN46: Percentage of students who tried marijuana for the first time before age 13 years																		
	5.3			6.5	6.9	7.9	6.7	5.4	6.4	6.3	5.6	5.3	5.6	5.0	Decreased, 1995-2019	Increased, 1995-2003 Decreased, 2003-2019	No change	

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

[§]Not enough years of data to calculate.

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Total																Linear Change*	Quadratic Change*	Change from 2017-2019[†]
Alcohol and Other Drug Use																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QN47: 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	15.5	12.5		Decreased, 1995-2019	Increased, 1995-2001 Decreased, 2001-2019	No change	
QN49: 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, one or more times during their life)																		
												14.4	14.5		No linear change	Not available [§]	No change	
QN52: Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life)																		
												1.2	1.4	1.3	No linear change	Not available	No change	

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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				
QN53: Percentage of students who ever used methamphetamines (also called "speed," "crystal meth," "crank," "ice," or "meth," one or more times during their life)														2.6	1.6	Decreased, 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
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			
QN58: Percentage of students who ever had sexual intercourse																	
				42.0	42.8	41.2	42.6	44.6	44.8	44.9	38.9	36.6	38.3		Decreased, 2001-2019	No change, 2001-2011 Decreased, 2011-2019	No change
QN61: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)																	
											29.7	27.0	29.6		No linear change	Not available [§]	No change
QN62: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)																	
											18.7	20.7	16.7		No linear change	Not available	No change
QN63: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)																	
											61.4	65.6	55.6		No linear change	Not available	Decreased

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2019 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 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019					
QN64: Percentage of students who used birth control pills before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)															20.9	30.5	Increased, 2017-2019	Not available [§]	Increased
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)															2.8	6.4	Increased, 2017-2019	Not available	Increased
QNSHPARG: Percentage of students who used a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active))															3.6	3.6	No linear change	Not available	No change

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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			
QNOTHHPL: Percentage of students who used birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
												27.3	40.4		Increased, 2017-2019	Not available [§]	Increased
QNQUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); or a shot (such as Depo-Provera), patch (such as OrthoEvra), or birth control ring (such as NuvaRing) before last sexual intercourse (to prevent pregnancy, among students who were currently sexually active)																	
												11.2	14.5		No linear change	Not available	No change
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse (among students who were currently sexually active)																	
												9.3	8.4		No linear change	Not available	No change

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Total																Linear Change*	Quadratic Change*	Change from 2017-2019[†]
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
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 charts) [§]																		
				11.6	12.2	10.8	12.7	13.5	13.4	14.5	15.1	14.7	16.1	16.5	Increased, 1999-2019	No quadratic change	No change	
QNOBESE: Percentage of students who had obesity (\geq 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts) [§]																		
				7.2	9.2	9.2	11.1	9.9	10.9	11.0	13.5	14.0	15.2	14.0	Increased, 1999-2019	No quadratic change	No change	
QN67: 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	31.4	32.6	Decreased, 1995-2019	Decreased, 1995-2011 No change, 2011-2019	No change	
QN68: 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	44.5	44.7	No linear change	No quadratic change	No change	

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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. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

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Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN69: 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	24.3	29.1		Increased, 2001-2019	Increased, 2001-2011 Increased, 2011-2019	Increased
QN70: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)																	
				12.6	9.9	11.1	11.0	12.0	9.4	7.6	8.9	9.1	12.0		Decreased, 2001-2019	Decreased, 2001-2015 Increased, 2015-2019	Increased
QNFR0: Percentage of students who did not eat fruit or drink 100% fruit juices (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
				4.5	4.1	4.7	4.6	5.7	2.8	3.4	3.9	4.9	6.1		No linear change	No change, 2001-2013 Increased, 2013-2019	No change
QNFR1: Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
				61.7	60.6	57.3	59.5	58.0	63.6	64.7	62.5	61.2	54.1		No linear change	Increased, 2001-2015 Decreased, 2015-2019	Decreased

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Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNFR2: Percentage of students who ate fruit or drank 100% fruit juices two or more times per day (such as orange juice, apple juice, or grape juice, during the 7 days before the survey)																	
				28.1	25.1	24.2	26.8	23.5	28.7	28.9	27.6	26.1	22.8		No linear change	No quadratic change	Decreased
QN71: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)																	
				31.1	32.8	33.4	35.3	41.5	39.0	37.7	37.9	38.5	44.5		Increased, 2001-2019	No quadratic change	Increased
QN72: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)																	
				18.1	17.1	19.4	23.6	23.1	23.1	26.3	27.9	28.8	31.5		Increased, 2001-2019	No quadratic change	No change
QN73: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)																	
				43.4	41.7	44.7	44.5	50.0	47.8	46.9	51.7	47.1	49.9		Increased, 2001-2019	No quadratic change	No change

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Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN74: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)																	
				14.8	14.4	15.1	15.4	18.5	17.4	17.0	18.4	16.9	18.7		Increased, 2001-2019	No quadratic change	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)																	
				2.6	3.5	3.5	3.7	4.8	3.8	6.0	4.7	5.1	6.6		Increased, 2001-2019	No quadratic change	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)																	
				66.4	68.6	65.2	62.7	58.6	60.6	62.8	58.5	60.9	57.1		Decreased, 2001-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total																Linear Change*	Quadratic Change*	Change from 2017-2019 †
Weight Management and Dietary Behaviors																		
Health Risk Behavior and Percentages																		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
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)																		
				28.7	31.5	24.1	24.9	22.7	22.8	27.0	24.3	25.4	22.3		Decreased, 2001-2019	Decreased, 2001-2009 No change, 2009-2019	Decreased	
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)																		
				11.4	14.3	10.1	10.8	8.0	10.8	12.0	11.1	11.3	10.1		Decreased, 2001-2019	No quadratic change	No change	
QN75: Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																		
							19.6	16.5	20.4	25.3	25.6	28.8	28.1		Increased, 2007-2019	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 High School Survey Trend Analysis Report

Total															Linear Change*	Quadratic Change*	Change from 2017-2019[†]
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNSODA1: Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
								28.6	26.3	26.8	23.4	18.7	16.3	15.9	Decreased, 2007-2019	No quadratic change	No change
QNSODA2: Percentage of students who drank a can, bottle, or glass of soda or pop two or more times per day (such as Coke, Pepsi, or Sprite, not counting diet soda or diet pop, during the 7 days before the survey)																	
								16.8	16.3	17.5	14.5	11.7	9.8	9.0	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	No change
QN76: 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	14.9	20.5	Increased, 1999-2019	No change, 1999-2011 Increased, 2011-2019	Increased	
QNMILK1: Percentage of students who drank one or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, 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	48.3	40.8	Decreased, 1999-2019	Decreased, 1999-2013 Decreased, 2013-2019	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.

2019 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total															Linear Change*	Quadratic Change*	Change from 2017-2019[†]
Weight Management and Dietary Behaviors																	
Health Risk Behavior and Percentages																	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QNMILK3: Percentage of students who drank three or more glasses per day of milk (counting the milk they drank in a glass or cup, from a carton, or with cereal and counting the half pint of milk served at school as equal to one glass, 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	16.1	11.1	Decreased, 1999-2019	Decreased, 1999-2013 Decreased, 2013-2019	Decreased
QN77: Percentage of students who did not eat breakfast (during the 7 days before the survey)																	
										10.2	10.5	11.9	13.5	14.4	Increased, 2011-2019	Not available [§]	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)																	
										38.2	37.7	37.6	35.5	30.6	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.

2019 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 2017-2019 [†]							
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019										
QN78: 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)															45.7	50.6	51.3	51.5	49.0	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 (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)															12.4	10.9	12.1	13.4	14.3	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 (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)															21.8	24.7	25.4	26.1	25.2	Increased, 2011-2019			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 High 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			
QN79: Percentage of students who watched television 3 or more hours per day (on an average school day)																	
				27.7	26.3	21.3	24.4	25.0	25.6	24.8	21.0	18.9	18.8	18.8	Decreased, 1999-2019	No quadratic change	No change
QN80: 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 Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work, on an average school day)																	
								18.6	18.4	25.1	34.4	38.6	43.9	45.3	Increased, 2007-2019	Increased, 2007-2015 Increased, 2015-2019	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 High 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				
QN86: 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)																			
												77.0	77.1	77.8		No linear change	Not available [§]	No change	
QNNODNT: Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)																			
												1.4	1.4	1.8		No linear change	Not available	No change	
QN88: Percentage of students who got 8 or more hours of sleep (on an average school night)																			
												30.0	29.5	31.8	29.5	No linear change	Not available	No change	
QN89: Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey)																			
												72.0	73.6	74.9	75.2	79.5	Increased, 2011-2019	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.

2019 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 2017-2019 †		
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019				
QNWATER1: Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														74.9	75.9	No linear change	Not available [§]	No change
QNWATER2: Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														66.7	66.5	No linear change	Not available	No change
QNWATER3: Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)														50.2	48.9	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.

2019 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 2017-2019 †
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN90: Percentage of students who rarely or never wear a seat belt when driving (among students who drive a car)																	
								14.8	17.9	13.3	12.2	9.6	7.0	6.1	Decreased, 2007-2019	No change, 2007-2011 Decreased, 2011-2019	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	56.2	59.6	Decreased, 2013-2019	Not available [§]	No change
QN93: Percentage of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them one or more times (such things as being told who they could and could not spend time with, being humiliated in front of others, or being threatened if they did not do what they wanted, during the 12 months before the survey, among students who dated or went out with someone during the 12 months before the survey)																	
												27.2	25.2	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.

2019 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 2017-2019 [†]	
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN94: 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	11.4	11.6	Increased, 2013-2019	Not available [§]	No change
QN95: 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 smoked cigarettes during the 30 days before the survey and who were aged <18 years)																		
														7.5	13.2	No linear change	Not available	No change
QN96: Percentage of students who tried to quit smoking cigarettes (among students who smoked cigarettes during the 12 months before the survey)																		
					59.5	57.6	64.2	58.2	54.9	54.0	56.5	54.2	50.3	54.0	Decreased, 2001-2019	No quadratic change	No change	
QN97: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)																		
								73.9	72.3	68.3	65.8	62.1	59.2	56.6	Decreased, 2007-2019	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.

[§]Not enough years of data to calculate.

2019 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
2017-2019 †

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

QN98: Percentage of students who think people greatly risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice each weekend

31.5 30.0 29.3 No linear change Not available[§] No change

QN102: Percentage of students who drank a can, bottle, or glass of a sugar-sweetened beverage (such as sports drinks (for example, Gatorade or PowerAde), energy drinks (for example, Red Bull or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight, not counting soda or pop or 100% fruit juice, one or more times per day during the 7 days before the survey)

16.6 14.3 No linear change Not available No change

QN103: Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey)

2.5 3.6 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.

2019 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 2017-2019 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
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	2.7	2.8		No linear change	Not available [§]	No change
QN105: 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)																		
													13.1	14.0		No linear change	Not available	No change
QN106: Percentage of students who have been tested for a sexually transmitted disease (STD) including HIV, the virus that causes AIDS (not counting tests done if they donated blood, during the 12 months before the survey)																		
													8.1	9.4		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.

2019 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 2017-2019 [†]
	1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN107: Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)																		
											71.5	71.5	71.0	69.1	66.8	Decreased, 2011-2019	Not available [§]	No change
QN108: Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not counting getting a spray-on tan], one or more times during the 12 months before the survey)																		
											19.6	12.2	8.3	7.0	Decreased, 2013-2019	Not available	No change	
QN109: 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)																		
											66.5	69.5	56.3	Decreased, 2015-2019	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.

2019 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 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN114: Percentage of students who have any long-term health problems (such as asthma, epilepsy, or life threatening allergies; 6 months or more)																	
												17.1	16.7		No linear change	Not available [§]	No change
QN115: Percentage of students who gambled on a sports team, gambled when playing cards or a dice game, played one of their state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game (one or more times during the 12 months before the survey)																	
												29.4	26.6	20.2	Decreased, 2015-2019	Not available	Decreased
QN116: 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	70.7	71.1		No linear change	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.

2019 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 2017-2019 [†]									
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019											
QN117: 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)														20.6	24.6	25.0	Increased, 2015-2019			Not available [§]			No change		
QN118: 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														77.0	78.4	No linear change			Not available			No change			
QN119: 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)														70.3	68.8	69.6	No linear change			Not available			No change		
QN120: 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														67.3	71.1	Increased, 2017-2019			Not available			Increased			

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

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

[§]Not enough years of data to calculate.

2019 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 2017-2019 [†]	
1991	1993	1995	1997	1999	2001	2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN121: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior																	
												74.3	64.4	Decreased, 2017-2019	Not available [§]	Decreased	
QN122: Percentage of students who most of the time or always feel safe and secure at school																	
												79.0	72.9	Decreased, 2017-2019	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.