

2023 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 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)														
	72.2	68.0	67.1	66.1	63.6	55.2	49.0	44.6	46.0	49.6	47.3	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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)														
	42.8	37.4	31.5	28.3	25.1	21.9	17.7	16.5	14.2	13.1	14.3	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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	5.0	4.5	Decreased, 2013-2023	No quadratic change	No change
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	55.4	56.5	No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change
QN12: 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)													
5.7	6.0	5.0	5.4	5.7	6.4	5.2	5.9	4.9	5.0	4.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
									4.9	7.1	Increased, 2021-2023	Not available [§]	Increased
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 do, one or more times during the 12 months before the survey)													
							8.7	9.2	9.4	9.5	No linear change	Not available	No change
QN24: 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	15.8	20.7	Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN25: 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	13.6	15.4	Decreased, 2011-2023	No quadratic change	No change
QN26: 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)													
20.8	20.3	17.1	22.9	23.8	25.4	27.2	28.9	30.5	36.0	35.0	Increased, 2003-2023	Decreased, 2003-2007 Increased, 2007-2023	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
13.6	15.4	10.4	12.4	14.7	16.1	16.2	16.7	18.8	18.6	17.5	Increased, 2003-2023	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.

2023 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 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)														
	11.3	12.2	8.1	10.5	12.1	13.5	13.5	14.5	15.3	14.8	15.5	Increased, 2003-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)														
	7.2	6.4	8.8	5.7	10.8	11.5	9.4	13.5	13.0	6.1	7.4	Increased, 2003-2023	Increased, 2003-2017 Decreased, 2017-2023	No change
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)														
			53.6	50.2	45.1	39.3	32.8	27.1	27.7	26.6	25.2	Decreased, 2007-2023	Decreased, 2007-2017 No change, 2017-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Injury and Violence											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN92: 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	64.4	66.4	No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
								45.5	49.6	49.6	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN94: 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	26.6	26.1	No linear change	Not available [§]	No change
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)													
									2.7	2.5	No linear change	Not available	No change
QN96: 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	11.0	12.2	Increased, 2013-2023	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.

2023 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 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN31: Percentage of students who smoked a cigarette (even one or two puffs)														
	61.5	55.9	49.1	46.5	44.1	41.4	35.1	30.5	29.3	22.3	20.1	Decreased, 2003-2023	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)														
	16.0	11.9	9.9	9.3	8.3	6.6	4.3	3.8	2.1	0.8	0.7	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)														
	12.3	8.0	7.0	6.7	6.0	3.9	3.2	3.0	1.4	0.7	0.5	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)														
	30.2	22.1	21.1	22.4	19.4	19.0	11.7	12.6	8.3	5.9	5.4	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	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, $p < 0.05$.

2023 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 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])													
						42.1	41.0	52.8	38.6	31.6	Decreased, 2015-2023	Not available [§]	Decreased
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	8.3	7.6	Increased, 2015-2023	Not available	No change
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	6.3	6.0	Increased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
						22.3	20.6	33.1	21.2	18.2	No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
							2.2	0.8	1.1	0.8	Decreased, 2017-2023	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
							1.8	0.6	0.8	0.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †											
Health Risk Behavior and Percentages																								
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023														
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											8.0	4.5	4.3	3.4	Decreased, 2017-2023	Not available [§]	No change							
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											1.7	1.2	0.7	1.9	1.0	1.2	1.0	0.8	1.0	0.3	1.0	Decreased, 2003-2023	No quadratic change	Increased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											1.2	0.7	0.6	1.4	0.8	0.9	0.7	0.5	0.6	0.2	0.7	Decreased, 2003-2023	No quadratic change	Increased

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

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

§Not enough years of data to calculate.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
32.2	25.0	24.1	25.9	23.2	21.6	15.7	14.9	10.5	7.0	6.7	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							17.6	11.9	8.9	7.6	Decreased, 2017-2023	Not available [§]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							27.0	34.7	23.0	19.6	Decreased, 2017-2023	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
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)														
						25.8	24.7	34.2	22.1	19.0	Decreased, 2015-2023	Not available [§]	No change	
QNTB9: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, 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	2.8	4.2	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change	
QNTB10: Percentage of students who tried to quit smoking cigarettes (among students who smoked cigarettes during the 12 months before the survey)														
57.6	64.2	58.2	54.9	54.0	56.5	54.2	50.3	54.0	30.9	37.2	Decreased, 2003-2023	Decreased, 2003-2019 Decreased, 2019-2023	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
25.4	19.7	19.7	19.9	16.7	15.2	12.4	14.5	12.9	12.1	11.4	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
54.2	49.0	46.1	43.3	38.8	35.3	30.8	29.1	27.6	23.7	19.5	Decreased, 2003-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							16.4	15.6	14.0	10.3	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Alcohol and Other Drug Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								27.2	23.3	22.8	Decreased, 2019-2023	Not available [§]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
7.9	6.7	5.4	6.4	6.3	5.6	5.3	5.6	5.0	4.1	3.8	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
20.6	15.5	14.8	16.9	15.3	15.9	15.2	15.5	12.5	10.7	11.4	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Alcohol and Other Drug Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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	10.2	9.2	Decreased, 2017-2023	Not available [§]	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
									7.0	5.3	No linear change	Not available	No change
QN100: 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	50.4	46.2	Decreased, 2007-2023	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									4.7	7.4	Increased, 2021-2023	Not available [§]	Increased
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									4.5	3.8	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN56: Percentage of students who ever had sexual intercourse														
42.8	41.2	42.6	44.6	44.8	44.9	38.9	36.6	38.3	36.6	35.2	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	No change	
QN59: 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	28.2	27.0	No linear change	Not available [§]	No change	
QN60: 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	14.8	11.7	Decreased, 2015-2023	Not available	No change	
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)														
						61.4	65.6	55.6	49.9	49.7	Decreased, 2015-2023	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.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									29.8	29.5	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [§]													
9.2	11.1	9.9	10.9	11.0	13.5	14.0	14.9	14.0	16.3	16.3	Increased, 2003-2023	No quadratic change	No change
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) [§]													
10.8	12.7	13.5	13.4	14.5	15.1	14.7	16.2	16.5	15.6	14.7	Increased, 2003-2023	Increased, 2003-2019 No change, 2019-2023	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
32.3	32.7	30.5	29.3	28.6	32.0	32.2	31.4	32.6	31.7	32.8	No linear change	No change, 2003-2009 Increased, 2009-2023	No change
QN67: Percentage of students who were trying to lose weight													
45.9	47.3	47.2	43.2	43.4	45.4	44.7	44.5	44.7	43.8	43.2	Decreased, 2003-2023	No quadratic change	No change

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

**Total
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
16.0	17.4	16.8	18.4	16.0	20.5	22.6	24.3	29.1	30.3	35.5	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
9.9	11.1	11.0	12.0	9.4	7.6	8.9	9.1	12.0	9.8	9.2	Decreased, 2003-2023	No quadratic change	No change
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)													
4.1	4.7	4.6	5.7	2.8	3.4	3.9	4.9	6.1	5.0	4.7	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
60.6	57.3	59.5	58.0	63.6	64.7	62.5	61.2	54.1	59.5	53.8	Decreased, 2003-2023	Increased, 2003-2013 Decreased, 2013-2023	Decreased
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)													
25.1	24.2	26.8	23.5	28.7	28.9	27.6	26.1	22.8	25.4	22.8	Decreased, 2003-2023	Increased, 2003-2013 Decreased, 2013-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
32.8	33.4	35.3	41.5	39.0	37.7	37.9	38.5	44.5	39.5	42.7	Increased, 2003-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Dietary Behaviors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 [†]	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)														
	17.1	19.4	23.6	23.1	23.1	26.3	27.9	28.8	31.5	31.2	32.6	Increased, 2003-2023	Increased, 2003-2007 Increased, 2007-2023	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)														
	41.7	44.7	44.5	50.0	47.8	46.9	51.7	47.1	49.9	48.7	52.5	Increased, 2003-2023	No quadratic change	Increased
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)														
	14.4	15.1	15.4	18.5	17.4	17.0	18.4	16.9	18.7	16.9	19.2	Increased, 2003-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
3.5	3.5	3.7	4.8	3.8	6.0	4.7	5.1	6.6	5.9	6.8	Increased, 2003-2023	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)													
68.6	65.2	62.7	58.6	60.6	62.8	58.5	60.9	57.1	61.3	58.9	Decreased, 2003-2023	Decreased, 2003-2009 No change, 2009-2023	No change
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)													
31.5	24.1	24.9	22.7	22.8	27.0	24.3	25.4	22.3	26.6	23.2	Decreased, 2003-2023	Decreased, 2003-2007 No change, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
14.3	10.1	10.8	8.0	10.8	12.0	11.1	11.3	10.1	13.3	10.8	No linear change	Decreased, 2003-2007 No change, 2007-2023	Decreased
QN74: 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, one or more times during the 7 days before the survey)													
		19.6	16.5	20.4	25.3	25.6	28.8	28.1	27.7	27.0	Increased, 2007-2023	Increased, 2007-2017 No change, 2017-2023	No change
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	16.6	18.5	Decreased, 2007-2023	Decreased, 2007-2019 Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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	8.3	9.6	Decreased, 2007-2023	No quadratic change	No change
QN75: 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	15.1	16.7	Increased, 2011-2023	No quadratic change	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	28.9	26.8	Decreased, 2011-2023	No change, 2011-2015 Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Total
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)											No linear change	Not available [§]	No change
							19.3	21.6	21.8				
QN106: 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)											Increased, 2017-2023	Not available	No change
							16.6	14.3	17.3	19.4			
QN109: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)											No linear change	No quadratic change	No change
					3.1	2.2	2.7	2.8	2.1	2.3			

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

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

§Not enough years of data to calculate.

2023 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 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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	56.5	54.5		Increased, 2011-2023	No quadratic change	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	10.9	11.6		No linear change	No quadratic change	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	30.3	29.2		Increased, 2011-2023	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.

2023 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 2021-2023 [†]		
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023						
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)														No linear change	Not available [§]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)														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.

2023 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 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)														
										26.6	25.7	No linear change	Not available [§]	No change
QN83: 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	75.7	74.9		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	1.3	1.9		No linear change	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)														
						30.0	29.5	31.8	29.5	24.5	27.5	Decreased, 2013-2023	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.

2023 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 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
								3.4	2.4	2.2	No linear change	Not available [§]	No change
QN88: Percentage of students who have lived in the United States less than one year													
								0.4	0.9		No linear change	Not available	No change
QN101: 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	24.3	23.7	Decreased, 2015-2023	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.

2023 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 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use														
										27.5	31.5	Increased, 2021-2023	Not available [§]	No change
QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)														
										56.7	67.9	Increased, 2021-2023	Not available	Increased
QN113: 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	7.4	5.5		Decreased, 2013-2023	Decreased, 2013-2017 Decreased, 2017-2023	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.

2023 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 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)														
								5.0	2.6	2.3		Decreased, 2019-2023	Not available [§]	No change
QN120: Percentage of students who most of the time or always feel safe and secure at school														
								79.0	72.9	78.4	72.7	Decreased, 2017-2023	Not available	Decreased
QN121: 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	3.2	4.7	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Demographic	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN65: Percentage of students who described themselves as transgender.														
										2.6	3.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Mental Health		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †	
		2003	2005	2007	2009	2011	2013	2015	2017	2019				2021
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)														
										28.7	30.6	No linear change	Not available [§]	No change
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)														
									35.4	44.4	46.6	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

Total Protective Factors		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
		2003	2005	2007	2009	2011	2013	2015	2017	2019			
QN118: 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	61.8	68.1	No linear change	Not available [§]	Increased
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							74.3	64.4	59.2	59.3	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Total Birth Control		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									10.2	8.1	No linear change	Not available [§]	No change	
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 with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									44.5	41.3	No linear change	Not available	No change	
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)														
									16.3	13.4	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Total Birth Control		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]	
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

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

**Total
HIV/STD/Pregnancy Prevention**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									61.7	64.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)													
75.6	73.2	70.9	69.8	66.2	58.8	50.7	47.5	47.7	53.8	51.6	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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)													
40.1	35.6	29.0	26.6	23.6	21.2	17.2	18.0	13.1	13.5	12.4	Decreased, 2003-2023	Decreased, 2003-2015 Decreased, 2015-2023	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)													
					12.4	9.9	8.1	6.1	6.1	4.5	Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					58.1	55.8	50.1	51.4	53.8	53.3	No linear change	Decreased, 2013-2017 No change, 2017-2023	No change
QN12: 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)													
9.6	9.5	8.3	8.5	8.3	9.6	8.0	9.4	6.5	8.1	5.3	Decreased, 2003-2023	No quadratic change	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
									4.0	6.3	No linear change	Not available [§]	No change

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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 do, one or more times during the 12 months before the survey)													
							4.0	3.9	4.8	5.5	No linear change	Not available [§]	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			19.4	20.6	23.6	19.0	19.7	16.9	15.1	17.6	Decreased, 2009-2023	No quadratic change	No change
QN25: 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)													
			11.8	11.9	9.3	10.7	11.0	10.4	10.9		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
14.8	15.5	11.4	15.6	16.6	18.2	19.6	20.4	20.3	24.6	24.1	Increased, 2003-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
9.8	11.9	8.2	8.8	10.0	11.5	12.2	9.7	11.9	13.0	13.9	Increased, 2003-2023	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
9.1	9.9	7.2	7.4	9.6	10.7	10.9	10.5	11.3	11.0	12.3	Increased, 2003-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
5.2	4.5	9.7	5.4	9.6	10.3	9.3	12.5	10.9	4.8	5.3	No linear change	Increased, 2003-2017 Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)													
		60.7	56.4	51.7	47.3	37.0	33.6	33.8	34.7	32.6	Decreased, 2007-2023	Decreased, 2007-2017 No change, 2017-2023	No change
QN92: 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)													
					68.4	62.0	54.4	58.3	63.7	64.4	No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
								44.9	48.2	46.6	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Injury and Violence**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN94: 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)													
							21.7	18.1	20.9	20.5	No linear change	Not available [§]	No change
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)													
									2.0	2.5	No linear change	Not available	No change
QN96: 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)													
			11.3	10.8	11.7	12.6	10.2	10.8			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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male Tobacco Use											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
60.2	56.8	47.8	47.1	45.9	41.4	37.8	32.1	29.6	24.2	20.7	Decreased, 2003-2023	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
14.6	12.0	8.9	10.3	8.2	6.6	4.1	4.1	2.6	1.0	1.2	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
11.5	8.2	6.3	7.4	6.1	4.1	3.4	2.6	1.9	1.0	0.9	Decreased, 2003-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
29.3	21.6	19.4	23.2	18.0	18.4	11.9	12.3	8.4	6.9	6.5	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])											Decreased, 2015-2023	Not available [§]	Decreased
						45.1	42.3	51.8	38.4	28.7			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
						3.4	5.8	12.4	8.9	6.6			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
						2.4	4.5	8.3	6.9	5.2			

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)											Decreased, 2015-2023	Not available [§]	No change
						25.3	22.0	34.3	20.7	16.4			
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
							4.0	1.5	1.8	1.3			
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)											Decreased, 2017-2023	Not available	No change
							3.4	1.1	1.5	1.3			

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use																								
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †											
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023														
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											12.8	7.5	7.5	5.5	Decreased, 2017-2023	Not available [§]	No change							
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											2.2	1.7	0.7	2.8	1.4	2.2	1.4	1.3	1.4	0.4	1.5	Decreased, 2003-2023	No quadratic change	Increased
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											1.7	1.1	0.7	2.1	1.1	1.6	1.2	0.9	1.1	0.3	1.0	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
32.4	26.1	24.3	28.8	23.8	22.6	18.2	15.4	11.5	8.9	8.4	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							20.1	14.2	12.2	9.8	Decreased, 2017-2023	Not available [§]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							29.0	35.8	23.5	18.0	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						28.1	25.3	35.2	21.9	17.4	Decreased, 2015-2023	Not available [§]	No change
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)													
17.0	16.2	15.3	17.5	17.6	16.6	13.2	10.7	7.4	4.7	6.1	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change
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)													
50.6	62.4	54.8	52.4	52.7	47.5	49.0	49.8	49.8	32.1	29.9	Decreased, 2003-2023	No change, 2003-2019 Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
29.4	22.5	21.0	23.3	19.7	17.4	15.3	16.6	13.7	13.7	11.4	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
52.6	49.6	42.9	44.0	37.9	34.7	31.9	26.4	26.2	22.9	17.2	Decreased, 2003-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							14.4	15.2	13.6	10.1	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								26.4	22.0	20.5	Decreased, 2019-2023	Not available [§]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
10.7	8.1	6.9	7.4	8.3	5.8	6.4	6.6	5.7	4.4	4.3	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
22.4	18.7	16.7	18.0	16.5	16.3	15.8	15.0	13.0	9.9	10.9	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							13.9	11.8	8.5	8.0	Decreased, 2017-2023	Not available [§]	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
									7.3	6.1	No linear change	Not available	No change
QN100: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)													
		71.8	71.2	67.6	63.7	60.4	56.3	52.5	46.4	40.4	Decreased, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									4.6	7.3	Increased, 2021-2023	Not available [§]	Increased
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									4.8	4.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Male Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
42.0	41.6	41.0	42.3	43.4	44.9	39.2	36.6	38.4	37.3	35.6	Decreased, 2003-2023	No quadratic change	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
						28.9	26.1	27.2	27.9	26.6	No linear change	Not available [§]	No change
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
						22.1	23.2	20.5	14.2	10.3	Decreased, 2015-2023	Not available	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
						62.5	71.4	60.5	52.2	55.3	Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									23.2	25.9	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [§]													
12.5	15.8	11.8	14.6	14.4	16.7	19.1	16.8	16.5	18.7	20.5	Increased, 2003-2023	No quadratic change	No change
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) [§]													
11.9	13.0	16.0	14.6	13.9	15.1	12.3	16.2	16.1	13.6	14.1	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
25.2	25.8	24.8	23.6	24.2	24.7	26.7	25.7	25.3	25.1	29.1	No linear change	No quadratic change	Increased
QN67: Percentage of students who were trying to lose weight													
27.1	27.7	28.2	28.9	28.9	30.0	29.5	30.9	31.9	30.2	29.8	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, $p < 0.05$.

§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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
15.6	17.1	16.0	19.9	14.8	18.9	22.1	22.9	25.7	26.3	28.0	Increased, 2003-2023	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
11.9	13.3	11.6	14.9	11.4	10.4	10.5	12.5	14.8	10.4	10.5	No linear change	No quadratic change	No change
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)													
5.1	5.8	5.0	8.0	3.3	4.6	4.6	8.0	7.1	4.9	4.3	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
58.0	58.4	59.2	57.1	61.7	63.0	60.7	61.4	54.7	61.8	60.0	No linear change	No quadratic change	No change
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)													
22.1	25.8	26.4	25.8	28.5	28.7	27.8	25.9	22.5	27.1	26.7	No linear change	Increased, 2003-2011 Decreased, 2011-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
39.4	38.4	40.3	48.3	45.1	41.7	41.4	44.6	51.1	41.9	46.8	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Male
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
16.3	18.4	22.2	21.9	23.6	23.9	25.7	27.7	30.4	27.6	28.7	Increased, 2003-2023	Increased, 2003-2007 Increased, 2007-2023	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
45.1	45.9	44.6	50.0	49.5	46.5	52.2	46.5	48.1	47.7	49.4	No linear change	No quadratic change	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
18.0	16.2	17.3	21.1	21.0	19.0	20.6	19.4	20.6	17.7	19.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
4.8	4.8	4.5	6.2	4.6	6.4	5.9	6.8	7.9	6.4	7.3	Increased, 2003-2023	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)													
65.9	65.2	60.1	59.4	57.7	63.6	57.6	60.0	57.1	62.7	60.9	No linear change	Decreased, 2003-2009 No change, 2009-2023	No change
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)													
29.9	24.9	24.9	23.2	22.7	28.9	23.4	26.5	21.1	28.1	25.0	No linear change	No change, 2003-2007 No change, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
13.5	11.1	10.9	9.4	11.3	12.4	12.1	11.4	9.5	14.8	12.3	No linear change	No change, 2003-2007 No change, 2007-2023	No change
QN74: 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, one or more times during the 7 days before the survey)													
		14.8	13.5	13.9	19.6	20.0	24.2	24.2	21.4	23.6	Increased, 2007-2023	Increased, 2007-2017 No change, 2017-2023	No change
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)													
		37.2	32.9	34.0	30.3	24.7	21.0	20.0	22.2	23.0	Decreased, 2007-2023	Decreased, 2007-2019 No change, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		22.3	21.3	22.5	19.8	16.2	12.7	11.4	11.7	12.0	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
				11.6	11.0	13.8	15.4	14.7	14.4	15.6	Increased, 2011-2023	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
				37.9	38.9	36.9	37.8	31.8	32.8	30.8	Decreased, 2011-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)											No linear change	Not available [§]	No change
							11.3	10.0	10.5				
QN106: 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)											Increased, 2017-2023	Not available	No change
							19.4	16.6	19.9	23.2			
QN109: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)											No linear change	No quadratic change	No change
					3.6	2.5	3.4	3.4	2.1	2.7			

*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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Physical Activity		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN76: 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)														
			52.9	55.4	59.3	60.8	57.9	65.0	63.4		Increased, 2011-2023	No quadratic change	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)														
			9.2	9.6	10.9	12.4	11.7	8.9	9.6		No linear change	Increased, 2011-2017 Decreased, 2017-2023	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)														
			29.4	30.0	34.5	34.1	32.5	40.9	37.3		Increased, 2011-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													
								17.1	17.1	19.6	No linear change	Not available [§]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)													
									71.3	74.7	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)														
										28.6	27.3	No linear change	Not available [§]	No change
QN83: 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)														
						75.5	76.1	77.4	74.2	74.3		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)														
						1.6	1.9	1.5	1.3	1.8		No linear change	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)														
						31.9	30.9	33.5	30.2	25.7	28.6	Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
								4.5	2.8	3.2	No linear change	Not available [§]	No change
QN88: Percentage of students who have lived in the United States less than one year													
								0.6	1.1		No linear change	Not available	No change
QN101: 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													
						24.8	24.4	24.3	20.4	19.8	Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use														
										23.4	28.3	No linear change	Not available [§]	No change
QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)														
										52.2	65.3	Increased, 2021-2023	Not available	Increased
QN113: 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)														
					8.5	4.3	4.9	4.6	4.1	3.7		Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Male Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)														
								5.7	3.0	2.7		Decreased, 2019-2023	Not available [§]	No change
QN120: Percentage of students who most of the time or always feel safe and secure at school														
								78.7	72.6	77.8	74.5	No linear change	Not available	No change
QN121: 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)														
								7.6	7.6	3.0	3.5	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
									3.1	3.7	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
								17.1	18.9		No linear change	Not available [§]	No change
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)													
						26.3	32.1	35.1			Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN118: 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													
							65.8	70.3	60.4	64.7	No linear change	Not available [§]	No change
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							73.9	68.3	59.9	59.1	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Male
Birth Control**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											Decreased, 2021-2023	Not available [§]	Decreased
									8.8	2.3			
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 with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											No linear change	Not available	No change
									34.9	30.6			
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)											No linear change	Not available	No change
									14.4	9.9			

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

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

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									13.7	10.3	No linear change	Not available [§]	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Male
HIV/STD/Pregnancy Prevention

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									65.5	66.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)													
68.4	62.3	63.1	62.1	60.7	51.3	47.3	41.3	44.3	45.0	43.0	Decreased, 2003-2023	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)													
45.7	39.2	34.1	30.0	26.5	22.6	18.2	14.8	15.3	12.3	16.2	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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)													
					8.9	5.5	4.9	4.9	3.9	4.4	Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					60.5	59.5	55.3	54.9	57.0	59.6	No linear change	Decreased, 2013-2019 Increased, 2019-2023	No change
QN12: 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)													
1.4	2.1	1.5	2.0	2.9	3.1	2.1	2.0	3.0	1.8	2.7	No linear change	No quadratic change	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
									5.8	8.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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 do, one or more times during the 12 months before the survey)													
							13.6	14.5	14.2	13.6	No linear change	Not available [§]	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			22.7	29.5	27.4	29.3	29.1	23.1	16.5	24.0	Decreased, 2009-2023	No change, 2009-2015 Decreased, 2015-2023	Increased
QN25: 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)													
				23.4	22.6	22.9	27.4	18.6	16.9	20.2	Decreased, 2011-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Injury and Violence													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
Q26: 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)													
27.3	25.3	23.2	30.6	31.2	33.0	35.2	37.9	40.8	47.9	46.4	Increased, 2003-2023	No change, 2003-2007 Increased, 2007-2023	No change
Q27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
17.6	18.9	12.8	16.0	19.4	21.0	20.4	24.0	25.5	24.3	21.0	Increased, 2003-2023	No quadratic change	No change
Q28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
13.7	14.6	9.0	13.8	14.5	16.5	16.1	18.7	19.4	18.5	19.0	Increased, 2003-2023	No quadratic change	No change
Q29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
8.9	8.3	7.6	5.9	12.0	12.6	9.6	14.2	15.0	7.4	9.6	Increased, 2003-2023	Increased, 2003-2019 Decreased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)													
	46.0	43.2	37.9	30.8	28.3	20.1	21.1	18.2	17.3		Decreased, 2007-2023	No quadratic change	No change
QN92: Percentage of students who talked on a cell phone while driving (on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
				67.2	60.8	58.2	61.3	65.2	68.2		Increased, 2013-2023	Decreased, 2013-2017 Increased, 2017-2023	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
							46.2	51.1	52.9		Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN94: 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)													
						32.6	32.8	32.6	32.0		No linear change	Not available [§]	No change
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)													
								3.5	2.5		No linear change	Not available	No change
QN96: Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)													
			7.8	8.5	10.9	10.1	11.5	13.9			Increased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
62.7	54.9	50.4	45.5	41.9	41.5	32.3	28.8	29.3	20.2	19.5	Decreased, 2003-2023	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
17.3	11.6	11.0	8.4	8.4	6.7	4.5	3.5	1.5	0.6	0.2	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
12.9	7.6	7.7	6.1	5.9	3.7	3.0	3.3	1.0	0.5	0.2	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
31.0	22.5	22.7	21.5	20.5	19.5	11.5	12.9	8.3	4.9	4.1	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])											No linear change	Not available [§]	No change
			39.0			39.4		53.9		38.8			
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
			1.1			2.3		11.9		7.7			
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
			0.6			0.8		8.3		5.7			

*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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)											No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)											Not available	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)											Not available	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Tobacco Use													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)													
							2.7	1.2	0.9	1.2	Decreased, 2017-2023	Not available [§]	No change
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)													
1.1	0.4	0.5	1.0	0.6	0.2	0.6	0.2	0.5	0.1	0.4	Decreased, 2003-2023	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)													
0.7	0.1	0.2	0.7	0.5	0.2	0.2	0.2	0.1	0.1	0.3	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Tobacco Use		Health Risk Behavior and Percentages									Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
31.9	23.7	23.8	22.6	22.1	20.5	13.0	14.3	9.5	5.1	5.0	Decreased, 2003-2023	Decreased, 2003-2017 Decreased, 2017-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							14.9	9.6	5.4	5.2	Decreased, 2017-2023	Not available [§]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							24.9	33.7	22.6	21.2	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						23.3	24.1	33.3	22.4	20.5	No linear change	Not available [§]	No change
QNTB9: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
8.5	7.7	7.1	6.7	9.1	6.4	4.9	5.5	2.8	0.9	2.1	Decreased, 2003-2023	No change, 2003-2011 Decreased, 2011-2023	Increased
QNTB99: Percentage of students who tried to quit smoking cigarettes (among students who smoked cigarettes during the 12 months before the survey)													
64.7	66.2	61.5	57.5	54.5	64.8	59.4	51.6	59.2	29.1	48.0	Decreased, 2003-2023	No quadratic change	Increased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
21.1	16.5	18.2	16.0	13.1	13.0	9.2	12.4	11.9	10.3	11.5	Decreased, 2003-2023	Decreased, 2003-2015 No change, 2015-2023	No change
QN42: 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)													
55.8	48.3	49.4	42.7	39.5	35.9	29.6	31.9	29.1	24.5	21.9	Decreased, 2003-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							18.5	16.1	14.5	10.5	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								28.0	24.6	25.1	No linear change	Not available [§]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
4.9	4.9	3.8	5.2	4.0	5.5	4.1	4.6	4.1	3.5	3.2	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
18.6	12.0	12.7	15.8	13.7	15.6	14.6	16.0	12.0	11.6	11.9	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							14.9	17.1	12.2	10.6	Decreased, 2017-2023	Not available [§]	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
									6.8	4.4	Decreased, 2021-2023	Not available	Decreased
QN100: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)													
		76.2	73.4	68.9	68.0	64.0	62.2	61.1	54.6	52.3	Decreased, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									4.9	7.4	No linear change	Not available [§]	No change
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									4.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
43.6	40.7	44.3	46.7	46.2	44.6	38.6	36.6	38.2	35.8	34.7	Decreased, 2003-2023	No change, 2003-2009 Decreased, 2009-2023	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
						30.5	27.9	31.9	28.7	27.4	No linear change	Not available [§]	No change
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
						15.1	18.6	13.7	15.3	13.2	No linear change	Not available	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
						60.2	60.6	51.9	47.7	44.0	Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									36.1	32.7	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [§]													
5.6	6.2	7.8	7.1	7.4	10.1	8.6	12.9	11.5	13.7	11.9	Increased, 2003-2023	No quadratic change	No change
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) [§]													
9.7	12.4	11.0	12.2	15.1	15.1	17.1	16.1	16.9	17.7	15.3	Increased, 2003-2023	Increased, 2003-2015 No change, 2015-2023	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
40.1	39.9	36.6	35.5	33.3	39.7	38.0	37.8	40.1	38.6	36.7	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
66.5	68.2	67.2	58.6	58.9	61.6	60.7	58.7	57.8	58.1	57.4	Decreased, 2003-2023	Decreased, 2003-2011 No change, 2011-2023	No change

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

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

§Overweight and obese prevalence estimates for 1999 differ slightly from previously published results because different BMI cut points were used in 1999 than in subsequent years. To make these prevalence estimates comparable, the 1999 prevalence estimates were recalculated using the updated BMI cut points. In addition, beginning in 2017, new, slightly different ranges were used to calculate biologically implausible responses to height and weight questions.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Dietary Behaviors											Linear Change*	Quadratic Change*	Change from 2021-2023 †
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
16.3	17.7	17.5	16.5	17.4	22.0	23.2	25.5	32.6	34.3	43.2	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
7.7	8.7	10.2	8.9	7.5	4.6	7.1	5.5	9.0	9.0	7.8	No linear change	No quadratic change	No change
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)													
3.0	3.5	4.2	3.0	2.3	2.2	3.1	1.6	4.8	4.8	5.1	No linear change	No change, 2003-2013 Increased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
63.3	56.2	59.9	59.1	65.3	66.6	64.4	61.1	53.7	57.6	47.5	Decreased, 2003-2023	Increased, 2003-2015 Decreased, 2015-2023	Decreased
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)													
28.4	22.6	27.0	21.2	28.5	29.1	27.3	26.4	23.2	23.8	18.6	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	Decreased
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
25.8	28.1	30.1	34.3	32.7	33.7	34.1	32.3	37.6	36.9	38.4	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Female
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
18.1	20.3	25.3	24.1	22.6	28.8	30.3	30.1	32.5	34.9	36.4	Increased, 2003-2023	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
38.2	43.2	44.5	50.0	46.3	47.3	51.0	47.8	51.5	49.6	55.7	Increased, 2003-2023	No quadratic change	Increased
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
10.6	13.8	13.3	15.7	13.7	15.0	16.1	14.3	16.6	15.8	18.7	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
2.1	2.0	2.8	3.2	2.9	5.5	3.5	3.4	5.0	5.3	6.4	Increased, 2003-2023	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)													
71.4	65.4	65.4	57.8	63.3	62.0	59.4	61.6	57.4	60.2	56.8	Decreased, 2003-2023	Decreased, 2003-2009 No change, 2009-2023	No change
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)													
33.0	23.4	24.9	22.0	22.7	25.1	25.3	24.0	23.6	25.1	21.4	Decreased, 2003-2023	Decreased, 2003-2007 No change, 2007-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
14.9	9.1	10.5	6.5	10.1	11.7	10.1	11.0	10.7	11.8	9.2	No linear change	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)													
		24.6	19.8	27.3	31.3	31.5	33.5	32.3	34.5	30.4	Increased, 2007-2023	Increased, 2007-2017 No change, 2017-2023	No change
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)													
		19.8	19.5	19.3	16.3	12.3	11.4	11.4	10.5	14.0	Decreased, 2007-2023	Decreased, 2007-2019 No change, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		11.2	11.1	12.3	8.8	7.1	6.6	6.3	4.6	7.2	Decreased, 2007-2023	No quadratic change	Increased
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
				8.7	9.9	10.0	11.5	14.0	15.7	18.0	Increased, 2011-2023	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
				38.2	36.3	38.4	33.3	29.8	24.9	22.6	Decreased, 2011-2023	No change, 2011-2015 Decreased, 2015-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)													
								27.3	33.8	33.7	Increased, 2019-2023	Not available [§]	No change
QN106: 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)													
							13.7	12.1	14.4	15.5	No linear change	Not available	No change
QN109: 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)													
			2.6	1.9	2.1	2.0	2.1	1.8			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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Female
Physical Activity**

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
			37.8	45.5	42.9	41.9	40.2	47.9	45.4		Increased, 2011-2023	No quadratic change	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)													
			15.7	12.1	13.5	14.3	16.8	12.7	13.7		No linear change	No quadratic change	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)													
			13.3	19.0	15.7	17.7	18.0	19.3	20.6		Increased, 2011-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													
								15.1	11.3	13.5	No linear change	Not available [§]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)													
									80.3	79.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)														
										24.5	24.3	No linear change	Not available [§]	No change
QN83: 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)														
						78.6	78.4	78.6	77.2	75.4		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)														
						1.2	0.9	2.0	1.4	1.9		No linear change	Not available	No change
QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)														
						28.0	28.1	30.2	29.0	23.4	26.5	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
								2.0	1.9	1.3	No linear change	Not available [§]	No change
QN88: Percentage of students who have lived in the United States less than one year													
								0.2	0.7		No linear change	Not available	Increased
QN101: 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													
						38.5	35.9	34.6	28.4	27.6	Decreased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Other		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use														
									32.0	34.9	No linear change	Not available [§]	No change	
QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)														
									61.5	70.5	Increased, 2021-2023	Not available	Increased	
QN113: 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)														
					31.1	20.6	11.7	9.4	10.7	7.4	Decreased, 2013-2023	Decreased, 2013-2017 Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)														
								3.9	2.2	1.9	No linear change	Not available [§]	No change	
QN120: Percentage of students who most of the time or always feel safe and secure at school														
								80.0	73.7	79.2	70.8	Decreased, 2017-2023	Not available	Decreased
QN121: 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)														
								8.3	10.8	3.4	5.9	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
									1.9	2.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
								40.9	42.6		No linear change	Not available [§]	No change
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)													
								44.3	57.3	58.5	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN118: 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													
							69.1	72.1	63.2	71.2	No linear change	Not available [§]	Increased
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							74.8	60.7	58.8	59.3	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Female Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									11.6	13.5	No linear change	Not available [§]	No change
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 with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									53.7	51.3	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									18.2	16.3	No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									7.4	10.6	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Female
HIV/STD/Pregnancy Prevention

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									57.8	61.7	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)													
71.4	65.2	65.5	64.4	62.2	53.8	46.1	42.7	42.8	47.0	45.0	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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)													
42.5	35.5	29.7	27.3	24.5	20.3	16.5	14.9	12.7	12.5	13.9	Decreased, 2003-2023	Decreased, 2003-2019 No change, 2019-2023	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)													
					9.9	7.6	6.5	5.4	5.0	4.2	Decreased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*													
Injury and Violence													
Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
			61.2		60.8	54.1	54.7	56.7	58.9		No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change
QN12: 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)													
5.1	5.5	4.7	4.8	5.7	5.9	4.9	6.0	4.0	5.5	3.7	No linear change	No quadratic change	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
								2.5	5.6		Increased, 2021-2023	Not available [¶]	Increased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
Injury and Violence													
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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 do, one or more times during the 12 months before the survey)											No linear change	Not available [¶]	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											Decreased, 2009-2023	Increased, 2009-2013 Decreased, 2013-2023	Increased
QN25: 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)											Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*													
Injury and Violence													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
19.6	18.5	16.1	21.4	22.4	24.4	24.7	28.6	28.2	32.6	32.6	Increased, 2003-2023	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
12.8	14.9	10.1	11.6	14.0	15.6	15.5	17.2	17.2	17.2	16.1	Increased, 2003-2023	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
10.3	11.6	7.7	9.9	11.4	12.4	11.8	14.3	13.5	14.2	14.0	Increased, 2003-2023	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
6.0	5.9	8.6	4.7	10.5	10.0	8.2	13.0	10.4	4.9	6.0	Increased, 2003-2023	Increased, 2003-2017 Decreased, 2017-2023	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)													
	51.4	47.6	44.4	38.7	31.7	25.7	26.9	26.3	25.0		Decreased, 2007-2023	Decreased, 2007-2017 No change, 2017-2023	No change
QN92: 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)													
					70.4	64.0	59.2	63.2	67.5	69.0	No linear change	Decreased, 2013-2017 Increased, 2017-2023	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
								46.0	50.1	49.9	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN94: 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)													
							25.3	22.1	25.6	25.8	No linear change	Not available [¶]	No change
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)													
								2.7	1.3		Decreased, 2021-2023	Not available	Decreased
QN96: 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)													
			9.4	8.6	10.3	10.9	10.4	11.2			No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White* Tobacco Use													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
59.4	51.6	45.5	42.5	39.4	38.0	31.1	27.2	25.5	19.3	17.8	Decreased, 2003-2023	No quadratic change	No change
QNFRCIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
15.2	10.3	8.3	8.0	7.4	6.0	3.7	3.1	1.7	1.0	0.6	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
11.6	6.7	5.5	5.6	5.2	3.5	2.6	2.3	1.1	0.9	0.5	Decreased, 2003-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
28.6	19.6	18.1	19.8	17.1	17.5	9.8	11.3	6.7	5.9	5.1	Decreased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])											Decreased, 2015-2023	Not available [¶]	Decreased
			41.0	39.8	52.1	38.3	29.4						
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
			1.7	4.7	13.0	8.3	7.4						
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)											Increased, 2015-2023	Not available	No change
			1.0	3.1	8.9	6.2	5.9						

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
					21.7	19.9	33.5	20.2	17.0		No linear change	Not available [¶]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
					2.6	0.8	1.2	0.5			Decreased, 2017-2023	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
					2.2	0.6	1.0	0.5			Decreased, 2017-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White* Tobacco Use																								
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]											
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023														
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											8.0	3.6	4.7	3.4	Decreased, 2017-2023	Not available [¶]	No change							
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											1.6	1.1	0.4	1.3	0.8	0.8	0.5	0.7	0.5	0.2	0.5	Decreased, 2003-2023	No quadratic change	No change
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											1.2	0.6	0.3	1.0	0.6	0.6	0.3	0.6	0.4	0.2	0.3	Decreased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*													
Tobacco Use													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
30.8	22.6	21.3	23.6	21.1	20.3	14.5	13.1	8.6	7.0	6.7	Decreased, 2003-2023	Decreased, 2003-2013 Decreased, 2013-2023	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							16.1	10.0	9.0	7.6	Decreased, 2017-2023	Not available [¶]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							25.7	34.9	22.3	18.4	Decreased, 2017-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						24.6	23.6	34.5	21.2	17.7	Decreased, 2015-2023	Not available [¶]	No change
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)													
13.3	11.6	11.2	11.9	13.0	11.4	8.7	7.6	4.6	2.8	3.9	Decreased, 2003-2023	No change, 2003-2013 Decreased, 2013-2023	No change
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)													
56.4	60.4	58.1	55.0	52.1	53.4	50.8	50.0	51.4	28.9	38.6	Decreased, 2003-2023	Decreased, 2003-2019 Decreased, 2019-2023	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
24.0	18.3	18.9	17.8	16.0	13.8	10.6	14.1	11.9	11.9	9.8	Decreased, 2003-2023	No quadratic change	No change
QN42: 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)													
54.5	47.7	44.3	43.0	38.5	35.1	31.0	30.2	29.3	25.1	20.1	Decreased, 2003-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							16.5	16.8	14.9	10.5	Decreased, 2017-2023	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								23.9	19.4	18.8	Decreased, 2019-2023	Not available [¶]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
6.3	5.1	3.8	3.2	4.2	3.2	2.7	3.5	2.9	2.1	2.2	Decreased, 2003-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
18.9	13.3	12.6	13.7	12.9	13.4	12.3	13.0	11.7	8.8	9.3	Decreased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)											Decreased, 2017-2023	Not available [¶]	No change
							13.2	11.9	9.0	7.4			
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)											No linear change	Not available	No change
									6.0	5.0			
QN100: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)											Decreased, 2007-2023	No quadratic change	No change
		73.0	72.4	68.3	66.1	62.8	61.1	58.2	52.2	47.0			

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									4.2	6.8	No linear change	Not available [¶]	No change
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									3.9	3.3	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White* Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
41.7	39.1	39.5	41.5	41.3	42.6	36.0	34.4	35.7	35.6	33.1	Decreased, 2003-2023	No quadratic change	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
						28.1	26.4	27.8	27.7	26.2	No linear change	Not available [¶]	No change
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
						15.8	18.7	16.6	15.0	9.3	Decreased, 2015-2023	Not available	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
						62.4	66.5	57.0	54.7	53.7	Decreased, 2015-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									30.0	28.0	No linear change	Not available [‡]	No change

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [¶]													
8.6	8.9	9.7	10.0	9.6	11.9	12.1	14.3	12.1	13.6	14.7	Increased, 2003-2023	No quadratic change	No change
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) [¶]													
10.3	12.5	12.9	12.9	14.2	14.6	13.7	14.6	15.0	14.3	13.7	Increased, 2003-2023	Increased, 2003-2011 No change, 2011-2023	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
31.5	31.4	29.4	28.3	27.2	31.1	30.9	30.1	30.0	29.2	30.6	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
45.6	45.4	45.9	42.0	42.7	43.4	43.0	42.9	41.3	41.2	40.9	Decreased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*													
Dietary Behaviors													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
15.7	17.0	17.1	17.5	15.8	20.2	23.6	25.3	30.4	32.0	37.1	Increased, 2003-2023	No change, 2003-2011 Increased, 2011-2023	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
9.7	10.1	10.4	10.2	8.8	7.5	8.1	8.7	10.1	9.6	7.9	No linear change	No quadratic change	No change
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)													
4.1	4.2	4.3	4.4	2.6	3.2	4.0	4.6	5.3	4.9	4.6	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*													
Dietary Behaviors													
Health Risk Behavior and Percentages											Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
60.1	58.1	59.7	59.3	64.2	65.2	61.8	59.8	54.1	59.6	54.7	Decreased, 2003-2023	Increased, 2003-2013 Decreased, 2013-2023	Decreased
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)													
24.3	23.6	26.5	23.4	28.4	28.1	25.5	24.7	21.6	24.9	22.2	No linear change	Increased, 2003-2013 Decreased, 2013-2023	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
32.9	32.8	35.5	40.3	38.4	37.1	36.8	37.1	42.1	38.8	40.2	Increased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

White* Dietary Behaviors											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
17.0	18.1	23.1	21.6	23.4	25.5	27.5	28.5	31.1	29.8	31.0	Increased, 2003-2023	Increased, 2003-2007 Increased, 2007-2023	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
41.5	42.5	45.0	48.2	47.4	45.7	50.9	47.2	47.0	47.0	50.3	Increased, 2003-2023	Increased, 2003-2009 No change, 2009-2023	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
14.5	13.7	15.2	17.7	16.3	15.9	17.2	15.7	16.8	16.8	17.9	Increased, 2003-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
3.5	3.0	3.5	3.8	3.9	5.4	4.0	4.8	5.8	5.9	6.3	Increased, 2003-2023	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)													
68.2	65.8	62.2	60.2	61.7	62.9	58.0	61.0	58.4	62.0	61.0	Decreased, 2003-2023	Decreased, 2003-2009 No change, 2009-2023	No change
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)													
30.5	25.3	24.5	23.2	23.0	26.5	23.0	25.0	23.0	26.2	22.2	Decreased, 2003-2023	Decreased, 2003-2007 No change, 2007-2023	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
13.3	10.6	10.1	7.9	9.9	11.5	9.9	10.3	9.9	12.0	10.2	No linear change	Decreased, 2003-2007 No change, 2007-2023	No change
QN74: 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, one or more times during the 7 days before the survey)													
		19.8	17.5	21.2	26.2	26.9	29.4	29.7	28.6	27.1	Increased, 2007-2023	Increased, 2007-2017 No change, 2017-2023	No change
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)													
		27.5	25.3	26.3	22.9	17.0	15.7	14.8	15.5	18.2	Decreased, 2007-2023	Decreased, 2007-2019 Increased, 2019-2023	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		15.5	15.3	16.5	13.8	10.1	9.3	8.3	7.5	9.1	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
			9.4	9.7	11.7	12.8	14.4	14.1	15.0		Increased, 2011-2023	No quadratic change	No change
QNBK7DAY: Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey)													
			40.0	39.1	38.3	37.0	33.2	31.7	29.1		Decreased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)											No linear change	Not available [‡]	No change
							17.3	19.2	19.3				
QN106: 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)											Increased, 2017-2023	Not available	No change
							15.5	14.2	16.3	19.3			
QN109: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)											No linear change	No quadratic change	No change
					2.6	1.5	2.3	1.9	1.5	1.6			

*Non-Hispanic.

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

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

[‡]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*

Physical Activity

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
			47.2	51.5	52.2	52.8	52.2	59.6	56.8		Increased, 2011-2023	No quadratic change	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)													
			11.4	10.2	11.0	12.1	12.7	10.7	9.9		No linear change	No quadratic change	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)													
			22.0	25.0	24.4	26.1	25.9	31.4	28.9		Increased, 2011-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White*
Physical Activity

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													
								16.2	14.5	16.1	No linear change	Not available [¶]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)													
								74.8	77.0		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)													
										15.5	15.7	No linear change	Not available [¶]	No change
	QN83: 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)													
						80.7	81.2	83.2	81.5	80.1		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)													
						0.9	0.8	0.8	0.8	1.2		No linear change	Not available	No change
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						31.4	29.1	32.4	31.5	26.6	29.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
								1.8	1.6	1.8	No linear change	Not available [¶]	No change
QN88: Percentage of students who have lived in the United States less than one year													
								0.0	0.5		Not available	Not available	Not available
QN101: 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													
						32.7	30.7	29.0	22.4	23.9	Decreased, 2015-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use														
										22.6	27.6	Increased, 2021-2023	Not available [¶]	Increased
QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)														
										59.6	71.1	Increased, 2021-2023	Not available	Increased
QN113: 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)														
					19.7	12.3	8.1	6.2	8.1	5.4		Decreased, 2013-2023	Decreased, 2013-2017 No change, 2017-2023	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)														
								3.7	1.7	1.7	Decreased, 2019-2023	Not available [¶]	No change	
QN120: Percentage of students who most of the time or always feel safe and secure at school														
								81.0	76.4	81.1	75.3	Decreased, 2017-2023	Not available	Decreased
QN121: 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)														
								7.3	7.9	2.7	3.9	Decreased, 2017-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Demographic

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
									2.2	3.1	No linear change	Not available [¶]	No change

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White* Mental Health											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
Health Risk Behavior and Percentages													
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
								27.4	29.9		No linear change	Not available [¶]	No change
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)													
								33.7	41.8	45.4	Increased, 2019-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Protective Factors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN118: 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													
							69.0	74.2	63.8	71.6	No linear change	Not available [¶]	Increased
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							74.9	67.2	60.6	60.7	Decreased, 2017-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Birth Control

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									9.0	7.8	No linear change	Not available [¶]	No change
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 with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									43.6	39.7	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									16.4	14.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*
Birth Control

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									7.4	8.6	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

White*

HIV/STD/Pregnancy Prevention

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									63.2	64.9	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)													
					60.4	60.4	41.3	49.7	43.4	44.4	No linear change	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)													
					15.3	9.6	11.8	11.9	9.5	9.7	No linear change	No quadratic change	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)													
							1.9	3.0	2.8	6.2	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					42.9	35.2	38.9	44.5	36.6		No linear change	Not available [¶]	No change
QN12: 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)													
					6.7	4.1	4.0	5.4	3.4	3.5	No linear change	No quadratic change	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
									9.8	8.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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 do, one or more times during the 12 months before the survey)											No linear change	Not available [¶]	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)											No linear change	No quadratic change	Increased
QN25: 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)											No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*

Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
					15.1	26.7	21.3	21.5	38.4	26.6	No linear change	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
					13.6	16.3	8.0	9.5	11.4	13.3	No linear change	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
					10.3	11.7	11.2	10.5	6.5	12.6	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
					17.5	11.3	13.0	11.5	1.9	9.1	No linear change	No quadratic change	Increased

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)													
					33.7	24.9	17.4	18.8	18.2		No linear change	Not available [¶]	No change
QN92: 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)													
					57.1	46.8	36.8	43.1	43.8	52.0	No linear change	No quadratic change	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
								29.5	42.0	43.0	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Injury and Violence

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN96: 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)													
					4.0	5.5	4.3	5.1	7.8	6.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
					28.6	32.3	24.5	28.5	15.5	11.0	Decreased, 2013-2023	No quadratic change	No change
QNFRICIG: Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey)													
					2.0	2.1	0.0	0.0	0.0	2.1	Not available	Not available [¶]	Not available
QNDAYCIG: Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)													
					2.0	2.1	0.0	0.0	0.0	2.1	Not available	Not available	Not available
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
					8.8	9.1	7.0	5.5	2.4	2.1	Decreased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])													
						36.2	38.0	43.7	21.6	14.6	Decreased, 2015-2023	Not available [¶]	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						3.5	0.9	6.1	1.3	3.5	No linear change	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						1.6	0.9	5.0	1.3	2.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [‡]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)													
						12.1	15.6	20.7	10.9	8.3	Decreased, 2015-2023	Not available [¶]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)													
						0.0	0.0	1.3	1.1		Not available	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)													
						0.0	0.0	0.0	1.1		Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]						
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023									
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											6.6	1.0	1.3	2.1	No linear change	Not available [¶]	No change		
QNFRFCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											4.2	3.6	1.1	0.0	0.0	2.8	Not available	Not available	Not available
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											1.8	3.6	1.1	0.0	0.0	2.8	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Tobacco Use**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
					11.4	9.1	9.5	5.5	2.4	3.3	Decreased, 2013-2023	No quadratic change	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
						12.6	5.5	2.4	3.3		No linear change	Not available [¶]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
						19.8	20.7	11.9	10.6		Decreased, 2017-2023	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Tobacco Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						16.1	17.0	20.7	11.9	9.3	Decreased, 2015-2023	Not available [¶]	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
					12.9	5.3	6.6	0.0	0.0	4.9	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
					9.6	15.6	9.0	9.8	8.2	12.2	No linear change	No quadratic change	No change
QN42: 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)													
					26.4	12.3	13.0	11.8	10.9	13.2	No linear change	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							8.4	6.4	0.9	6.0	No linear change	Not available [¶]	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								20.6	20.7	17.1	No linear change	Not available [¶]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
				7.6	6.7	8.3	6.7	3.6	1.2		Decreased, 2013-2023	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
					18.2	15.4	19.8	8.0	9.9	10.5	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							14.0	27.6	12.1	18.8	No linear change	Not available [¶]	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
									5.8	6.1	No linear change	Not available	No change
QN100: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)													
					45.4	41.8	32.8	31.4	25.6	29.0	Decreased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*

Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									1.2	3.2	No linear change	Not available [¶]	No change
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									0.0	5.9	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
						31.9	32.1	29.7	19.8	32.0	No linear change	Not available [¶]	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
						18.1	26.1	19.4	14.0	25.1	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [†]													
					12.8	15.4	16.0	12.1	23.0	5.1	No linear change	No change, 2013-2019 No change, 2019-2023	Decreased
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) [†]													
					11.7	16.5	18.3	16.3	11.7	23.5	No linear change	No quadratic change	Increased
QN66: Percentage of students who described themselves as slightly or very overweight													
					19.9	25.1	24.3	23.4	18.9	25.8	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
					27.0	40.4	40.4	41.3	32.7	29.7	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
					22.2	19.1	10.7	29.6	17.3	38.3	Increased, 2013-2023	No quadratic change	Increased
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
					14.0	10.1	10.9	18.2	12.0	18.1	No linear change	No quadratic change	No change
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)													
					8.2	5.5	2.5	8.0	5.6	9.1	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					60.0	71.5	76.2	51.4	65.5	49.6	Decreased, 2013-2023	No quadratic change	No change
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)													
					43.6	52.2	42.9	25.5	30.3	25.3	Decreased, 2013-2023	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
					37.1	54.4	58.6	58.6	42.8	48.2	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)													
					47.7	45.6	42.1	51.6	42.7	40.1	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)													
					58.2	57.8	53.8	63.2	61.5	71.0	No linear change	No quadratic change	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)													
					26.8	20.1	27.6	34.1	16.0	29.4	No linear change	No quadratic change	Increased

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
			12.2	10.1	15.1	16.8	8.7	15.2			No linear change	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)													
			47.6	55.5	58.9	44.6	55.8	50.9			No linear change	No quadratic change	No change
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)													
			25.9	27.6	31.7	20.1	31.6	25.9			No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					9.3	22.2	22.6	13.1	22.5	10.4	No linear change	No quadratic change	Decreased
QN74: 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, one or more times during the 7 days before the survey)													
					15.2	27.2	33.0	26.3	28.8	37.8	No linear change	No quadratic change	No change
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)													
					27.0	18.9	15.4	13.9	19.1	13.3	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Black*
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					21.8	11.9	7.9	9.9	15.4	8.7	No linear change	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
					14.9	6.7	13.7	13.6	13.6	16.0	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)													
					39.5	42.0	38.2	23.9	28.4	23.1	Decreased, 2013-2023	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

**Black*
Dietary Behaviors**

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)											No linear change	Not available [¶]	No change
QN106: 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)											No linear change	Not available	No change
QN109: Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)											No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black* Physical Activity		Health Risk Behavior and Percentages									Linear Change[†]	Quadratic Change[†]	Change from 2021-2023[§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
					47.2	47.2	39.7	42.5	51.0	50.3	No linear change	No quadratic change	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)													
					11.2	19.5	26.0	23.8	8.2	15.1	No linear change	No quadratic change	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)													
					33.8	30.5	23.8	25.6	27.2	27.8	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Physical Activity

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													
								10.5	17.4	14.1	No linear change	Not available [¶]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)													
								77.4	74.2		No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)													
									73.9	60.6	Decreased, 2021-2023	Not available [¶]	Decreased	
	QN83: 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)													
						51.0	52.9	53.3	53.9	44.7	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)													
						5.0	8.5	15.7	5.8	10.6	No linear change	Not available	No change	
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						28.9	23.3	34.1	25.2	18.7	24.4	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)												
								6.1	6.4	7.4	No linear change	Not available [¶]	No change
	QN88: Percentage of students who have lived in the United States less than one year												
								0.0	4.4		Not available	Not available	Not available
	QN101: 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												
						36.3	40.4	39.1	44.8	27.7	No linear change	Not available	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
	QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use												
									14.0	12.4	No linear change	Not available [¶]	No change
	QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)												
									49.5	56.2	No linear change	Not available	No change
	QN113: 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)												
					4.4	1.5	9.4	4.1	4.6	8.9	No linear change	No quadratic change	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black* Other	Health Risk Behavior and Percentages										Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)														
								3.7	5.4	7.0	No linear change	Not available [¶]	No change	
QN120: Percentage of students who most of the time or always feel safe and secure at school														
								63.3	66.5	69.1	57.9	No linear change	Not available	No change
QN121: 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)														
								7.6	18.5	0.0	4.6	Not available	Not available	Not available

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Demographic

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
									0.9	3.4	No linear change	Not available [¶]	No change

*Non-Hispanic.
[†]Based on trend analyses using a logistic regression model controlling for sex, race/ethnicity, and grade, p < 0.05.
[§]Based on t-test analysis, p < 0.05.
[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Mental Health

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]	
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023				
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)														
									26.2	15.8	No linear change	Not available [¶]	No change	
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)														
									27.0	34.6	24.4	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*
Protective Factors

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN118: 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													
							61.4	60.5	59.2	45.5	Decreased, 2017-2023	Not available [¶]	No change
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							66.8	61.7	59.8	56.6	No linear change	Not available	No change

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Black*

HIV/STD/Pregnancy Prevention

Health Risk Behavior and Percentages											Linear Change [†]	Quadratic Change [†]	Change from 2021-2023 [§]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									72.8	54.7	Decreased, 2021-2023	Not available [¶]	Decreased

*Non-Hispanic.

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

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

[¶]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN8: Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else)													
66.2	83.7	73.4	68.7	65.1	62.3	54.4	58.3	53.7	53.4	51.9	Decreased, 2003-2023	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)													
39.1	52.3	33.0	34.3	30.0	37.7	23.1	25.5	17.6	18.4	18.3	Decreased, 2003-2023	No quadratic change	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)													
					14.3	14.1	12.4	6.5	7.4	7.3	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Injury and Violence													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
					62.8	45.8	58.1	40.5	46.4	55.4	No linear change	Decreased, 2013-2019 No change, 2019-2023	No change
QN12: 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)													
13.6	9.7	24.1	16.3	12.7	15.9	5.4	6.5	11.3	10.3	6.3	No linear change	No quadratic change	No change
QN14: Percentage of students who did not go to school because they felt unsafe at school or on their way to or from school (on at least 1 day during the 30 days before the survey)													
									12.1	20.8	Increased, 2021-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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 do, one or more times during the 12 months before the survey)													
							11.9	15.2	14.8	16.1	No linear change	Not available [§]	No change
QN24: Percentage of students who were bullied on school property (ever during the 12 months before the survey)													
			20.3	24.4	31.9	34.3	21.0	22.3	20.4	25.7	No linear change	No quadratic change	No change
QN25: 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)													
			20.8	28.6	24.2	16.7	14.9	21.4	21.0		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN26: 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)													
26.0	31.8	31.9	31.4	23.2	31.6	39.8	33.0	33.8	45.7	44.6	No linear change	No quadratic change	No change
QN27: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)													
22.9	18.6	20.9	27.6	15.1	20.8	26.3	18.1	23.0	23.1	22.6	No linear change	No quadratic change	No change
QN28: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)													
15.8	16.3	19.6	23.2	18.0	19.6	24.6	16.8	17.8	17.9	20.1	No linear change	No quadratic change	No change
QN29: Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)													
15.5	10.5	23.9	19.1	12.8	17.7	17.6	17.9	18.8	10.5	13.8	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN89: Percentage of students who did not always wear a seat belt when driving (among students who drive a car)													
		68.6	55.1	57.3	41.4	27.1	42.7	33.3	30.8	27.1	Decreased, 2007-2023	No quadratic change	No change
QN92: 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)													
					62.4	44.1	51.1	46.4	58.8	59.8	No linear change	No change, 2013-2017 Increased, 2017-2023	No change
QN93: Percentage of students who used the Internet or apps on their cell phone while driving (not counting using their cell phone to get driving instructions or to determine their location, on at least 1 day during the 30 days before the survey, among students who drove a car or other vehicle)													
								38.9	41.3	46.3	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Injury and Violence

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN94: 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)													
							36.9	34.9	33.3	36.5	No linear change	Not available [§]	No change
QN95: Percentage of students who forced someone they were dating or going out with to do sexual things that they did not want to do (such things as kissing, touching, or physically forcing them to have sexual intercourse, among students who dated or went out with someone during the 12 months before the survey)													
									9.2	8.7	No linear change	Not available	No change
QN96: 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)													
					18.4	17.6	12.3	17.2	15.5	20.8	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN31: Percentage of students who smoked a cigarette (even one or two puffs)													
78.0	80.3	69.6	62.2	58.0	50.0	44.9	42.6	35.4	31.7	31.5	Decreased, 2003-2023	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)													
29.6	21.3	17.6	11.9	8.1	8.1	5.6	8.1	5.1	1.2	1.0	Decreased, 2003-2023	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)													
23.6	17.8	14.8	10.5	3.6	6.2	3.6	6.9	3.6	1.2	1.0	Decreased, 2003-2023	No quadratic change	No change
QN33: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)													
49.5	33.8	37.5	29.6	20.4	22.3	16.9	16.5	12.3	7.0	10.0	Decreased, 2003-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN35: Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu])													
						49.6	56.5	55.4	46.2	47.2	No linear change	Not available [§]	No change
QNFREVP: Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey)													
						4.7	4.2	9.2	13.8	9.8	Increased, 2015-2023	Not available	No change
QNDAYEVP: Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey)													
						3.8	3.1	7.7	10.1	8.9	Increased, 2015-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN36: Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey)											No linear change	Not available [§]	No change
QNFRSKL: Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)											No linear change	Not available	No change
QNDAYSKL: Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, or Camel Snus], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)											No linear change	Not available	No change

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

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

[§]Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN38: Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)											No linear change	Not available [§]	No change
							9.2	6.1	5.7	5.3			
QNFRCGR: Percentage of students who currently smoked cigars frequently (cigars, cigarillos, or little cigars, on 20 or more days during the 30 days before the survey)											No linear change	No quadratic change	No change
5.0	0.2	12.2	7.3	4.8	6.3	3.7	2.9	2.5	2.1	3.4			
QNDAYCGR: Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey)											No linear change	No quadratic change	No change
5.0	0.2	10.6	7.3	4.8	5.6	3.1	1.9	1.3	1.2	3.4			

*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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey

Trend Analysis Report

Hispanic Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNTB2: Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey)													
49.5	40.7	40.0	31.5	24.4	24.3	19.1	20.9	13.6	7.6	10.0	Decreased, 2003-2023	No quadratic change	No change
QNTB3: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco (on at least 1 day during the 30 days before the survey)													
							21.4	16.6	8.5	10.0	Decreased, 2017-2023	Not available [§]	No change
QNTB4: Percentage of students who currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products (on at least 1 day during the 30 days before the survey)													
							35.8	35.0	29.9	25.2	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Tobacco Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
						33.8	34.5	33.3	29.9	25.2	No linear change	Not available [§]	No change
QN39: Percentage of students who currently smoked cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods, on at least 1 day during the 30 days before the survey)													
18.9	18.0	30.3	19.8	19.1	16.5	11.7	14.0	5.1	7.3	6.4	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN41: Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)													
47.8	20.4	39.7	25.9	22.4	25.4	19.0	16.6	23.7	18.3	20.8	No linear change	No quadratic change	No change
QN42: 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)													
56.1	66.8	54.6	37.5	42.4	36.2	34.8	34.5	30.6	28.4	20.8	Decreased, 2003-2023	No quadratic change	No change
QN43: Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days before the survey)													
							19.5	11.7	18.5	13.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN46: Percentage of students who ever used marijuana (one or more times during their life)													
								38.0	37.5	35.4	No linear change	Not available [§]	No change
QN47: Percentage of students who tried marijuana for the first time before age 13 years													
25.9	9.8	22.7	15.6	19.8	17.4	13.9	12.6	12.9	11.6	11.1	No linear change	No quadratic change	No change
QN48: Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)													
43.4	27.2	35.5	25.8	22.3	26.1	23.6	25.0	14.1	17.6	17.8	Decreased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
							16.9	21.1	16.2	11.9	No linear change	Not available [§]	No change
QN51: Percentage of students who ever used inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high, one or more times during their life)													
									9.2	4.8	No linear change	Not available	No change
QN100: Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life)													
		80.7	68.8	69.0	67.8	57.4	60.5	58.0	49.9	52.3	Decreased, 2007-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Alcohol and Other Drug Use

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN103: Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life)													
									10.6	9.7	No linear change	Not available [§]	No change
QN104: Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life)													
									10.0	7.3	No linear change	Not available	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN56: Percentage of students who ever had sexual intercourse													
	66.2	57.5	58.1	40.2	56.0	52.9	45.6	52.2	43.0	50.5	No linear change	No quadratic change	No change
QN59: Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey)													
						36.8	35.0	37.6	36.8	30.7	No linear change	Not available [§]	No change
QN60: Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active)													
						23.6	33.3	17.7	22.7	22.3	No linear change	Not available	No change
QN61: Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active)													
						60.4	45.3	43.8	53.4	31.6	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Sexual Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN62: Percentage of students who used birth control pills before last sexual intercourse with opposite-sex partner (to prevent pregnancy, not counting emergency contraception such as Plan B or the "morning after" pill, among students who were currently sexually active)													
									25.9	19.7	No linear change	Not available [§]	No change

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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) [§]													
12.2	25.5	10.2	19.5	19.2	20.8	16.2	14.5	21.3	26.2	22.0	No linear change	No quadratic change	No change
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) [§]													
14.7	12.8	16.1	21.0	8.1	21.1	22.7	18.0	20.9	15.9	20.3	No linear change	No quadratic change	No change
QN66: Percentage of students who described themselves as slightly or very overweight													
31.9	33.7	25.8	38.1	33.3	34.9	38.3	28.7	35.4	44.1	42.1	No linear change	No quadratic change	No change
QN67: Percentage of students who were trying to lose weight													
41.7	59.8	35.9	53.8	42.1	49.7	49.4	40.3	53.5	50.7	53.5	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, $p < 0.05$.

§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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN68: Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey)													
6.9	25.3	22.6	23.9	20.7	25.9	20.6	22.1	29.5	24.4	30.0	No linear change	No quadratic change	No change
QN69: Percentage of students who did not eat fruit (one or more times during the 7 days before the survey)													
4.8	15.5	19.2	23.6	16.0	8.7	15.6	6.9	15.4	15.4	18.3	No linear change	No quadratic change	No change
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)													
2.5	6.5	15.4	14.0	10.3	4.8	3.8	5.8	6.2	6.2	7.5	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors													
Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
67.4	50.6	59.4	53.9	66.4	65.0	58.3	69.1	53.1	56.2	52.8	No linear change	No change, 2003-2017 No change, 2017-2023	No change
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)													
27.6	30.1	24.5	30.4	31.5	29.7	28.6	29.4	24.8	28.2	27.5	No linear change	No quadratic change	No change
QN70: Percentage of students who did not eat green salad (one or more times during the 7 days before the survey)													
27.0	27.3	35.4	54.8	38.3	34.3	39.6	44.8	48.6	38.3	49.6	Increased, 2003-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors		Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
		2003	2005	2007	2009	2011	2013	2015	2017	2019	2021			
QN71: Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey)														
	12.5	34.3	33.1	33.0	23.5	33.0	31.5	28.1	30.8	34.1	35.2	No linear change	No quadratic change	No change
QN72: Percentage of students who did not eat carrots (one or more times during the 7 days before the survey)														
	47.9	58.5	42.4	52.3	44.6	53.0	49.5	45.3	57.6	53.7	54.7	No linear change	No quadratic change	No change
QN73: Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey)														
	10.2	22.2	27.3	29.2	14.7	27.5	21.0	19.7	21.7	13.4	26.0	No linear change	No quadratic change	Increased

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

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

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
0.0	2.7	14.8	9.7	4.2	9.6	5.7	4.2	8.2	2.6	8.8	Not available	Not available [§]	Increased
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)													
69.8	57.0	52.5	46.5	60.0	61.3	62.3	59.3	53.8	66.5	54.3	No linear change	No quadratic change	No change
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)													
40.7	9.1	28.8	23.8	22.4	30.4	25.6	26.9	22.3	30.1	31.3	Increased, 2003-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
24.3	4.3	14.3	13.5	13.8	19.8	14.2	15.1	10.4	21.6	15.5	Increased, 2003-2023	No quadratic change	No change
QN74: 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, one or more times during the 7 days before the survey)													
		16.3	23.3	14.6	18.8	22.7	23.5	27.5	25.6	23.5	No linear change	No quadratic change	No change
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)													
		38.4	25.2	29.3	25.0	20.2	14.7	17.8	20.8	20.8	Decreased, 2007-2023	Decreased, 2007-2017 No change, 2017-2023	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
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)													
		26.0	18.3	24.0	17.5	12.0	7.9	12.0	12.4	12.0	Decreased, 2007-2023	No quadratic change	No change
QN75: Percentage of students who did not eat breakfast (during the 7 days before the survey)													
				12.9	13.3	16.4	15.2	13.4	14.9	22.2	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)													
				25.1	31.4	34.2	31.5	28.0	25.9	22.8	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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Dietary Behaviors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023†
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN105: Percentage of students who tried to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; smoking cigarettes; or skipping meals (during the 30 days before the survey)													
								21.0	28.8	35.2	No linear change	Not available§	No change
QN106: 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)													
							15.5	16.3	26.5	21.6	No linear change	Not available	No change
QN109: 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)													
			13.0	5.6	7.9	9.4	3.5	5.2			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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN76: 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)													
			39.1	39.0	49.6	49.4	44.1	47.9	46.2		No linear change	No quadratic change	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)													
			16.3	18.4	13.1	17.9	18.1	13.9	17.2		No linear change	No quadratic change	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)													
			23.8	17.1	30.5	25.9	20.3	23.3	24.2		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, $p < 0.05$.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Physical Activity

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN79: Percentage of students who had a concussion from playing a sport or being physically active (one or more times during the 12 months before the survey)													
								21.5	18.1	20.2	No linear change	Not available [§]	No change
QN110: Percentage of students who spent 3 or more hours of screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media, not counting time spent doing schoolwork)													
								73.3	78.1		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN23: Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life)													
									56.1	61.1	No linear change	Not available [§]	No change	
	QN83: 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)													
						65.5	69.9	63.0	59.9	56.6	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)													
						2.7	2.7	3.4	10.1	2.1	No linear change	Not available	Decreased	
	QN85: Percentage of students who got 8 or more hours of sleep (on an average school night)													
						27.5	30.3	28.6	23.3	18.9	26.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 [†]
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
	QN86: Percentage of students who experienced unstable housing (during the 30 days before the survey)													
								6.7	7.7	2.6		No linear change	Not available [§]	No change
	QN88: Percentage of students who have lived in the United States less than one year													
									4.9	3.5		No linear change	Not available	No change
	QN101: 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													
						25.3	30.3	26.8	26.3	25.8		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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 †	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
QN102: Percentage of students who ever lived with someone who was having a problem with alcohol or drug use														
										38.3	48.0	No linear change	Not available [§]	No change
QN112: Percentage of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured during the 12 months before the survey)														
										52.7	58.2	No linear change	Not available	No change
QN113: 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)														
					17.2	12.7	9.4	8.2	5.5	9.0		Decreased, 2013-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey Trend Analysis Report

Hispanic Other	Health Risk Behavior and Percentages										Linear Change*	Quadratic Change*	Change from 2021-2023 [†]	
	2003	2005	2007	2009	2011	2013	2015	2017	2019	2021				2023
	QN116: Percentage of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned (during the 30 days before the survey)													
								12.3	6.4	6.1	No linear change	Not available [§]	No change	
	QN120: Percentage of students who most of the time or always feel safe and secure at school													
								75.8	59.9	65.0	68.7	No linear change	Not available	No change
	QN121: 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)													
								10.2	14.3	10.1	7.2	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Demographic

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN65: Percentage of students who described themselves as transgender.													
									6.1	3.1	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Mental Health

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN84: Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)													
								33.2	38.0		No linear change	Not available [§]	No change
QN115: Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem)													
								37.8	56.3	52.4	Increased, 2019-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Protective Factors

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN118: 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													
							60.7	64.0	55.7	63.4	No linear change	Not available [§]	No change
QN119: Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior													
							71.0	55.1	51.2	56.6	Decreased, 2017-2023	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNIUDIMP: Percentage of students who used an IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon) before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									5.2	6.8	No linear change	Not available [§]	No change
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 with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									33.4	32.4	No linear change	Not available	No change
QNDUALBC: Percentage of students who used both a condom during last sexual intercourse and birth control pills; an IUD, or implant, or a shot, or patch, or birth control ring before last sexual intercourse with an opposite-sex partner (to prevent pregnancy, among students who were currently sexually active)													
									16.9	4.6	No linear change	Not available	Decreased

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

†Based on t-test analysis, p < 0.05.

§Not enough years of data to calculate.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
Birth Control

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QNBCNONE: Percentage of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)													
									17.1	23.0	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.

2023 YOUTH RISK BEHAVIOR SURVEY RESULTS

North Dakota High School Survey
Trend Analysis Report

Hispanic
HIV/STD/Pregnancy Prevention

Health Risk Behavior and Percentages											Linear Change*	Quadratic Change*	Change from 2021-2023 †
2003	2005	2007	2009	2011	2013	2015	2017	2019	2021	2023			
QN122: Percentage of students who have had sex education in school													
									58.0	56.9	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.