

2003 North Dakota Youth Risk Behaviors

"Health and success in school are interrelated. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially."

-National Association of State Boards of Education

The Youth Risk Behavior Survey (YRBS) monitors six categories of priority health-risk behaviors among youth and young adults. Data were obtained on behaviors that contribute to injuries, tobacco use, alcohol and other drug use, sexual behaviors, dietary behaviors, and physical activity.

During the spring of 2003, the North Dakota Department of Health and the North Dakota Department of Public Instruction conducted the sixth biennial YRBS. Weighted data were obtained from 1,818 seventh- and eighth- grade students and 1,666 students in grades nine through 12. These results can be used to make important inferences about all students in grades seven through 12 because of the random, research-based method of selection.

The 2003 North Dakota data is compared to the 2003 national and 2001 state weighted survey results to indicate trends.

Changes Over Time in North Dakota

The following statistically significant trends were identified for ninth- through 12th- grade students in North Dakota from 1995-2003:

Decreases Over Time

- Percentage of students who smoked cigarettes on one or more of the past 30 days (40% vs. 30%).
- Percentage of students who had at least one drink of alcohol on one or more of the past 30 days (61% vs. 54%).
- Percentage of students who seriously considered attempting suicide during the past 12 months (25% vs. 14%).
- Percentage of students who carried a weapon, such as a gun, knife or club on school property on one or more of the past 30 days (10% vs. 6%).

Increases Over Time

- Percentage of students who used marijuana one or more times during the past 30 days (15% vs. 21%).
- Percentage of students who have ever been taught about HIV or AIDS in school (88% vs. 92%).

Violence

Students who were involved in a physical fight during the last 12 months

	Males		Females	
	2001	2003	2001	2003
ND Grades 7-8	N/A*	48%	N/A*	28%
ND Grades 9-12	36%	33%	20%	21%
National 9-12	43%	41%	24%	25%

*Not available

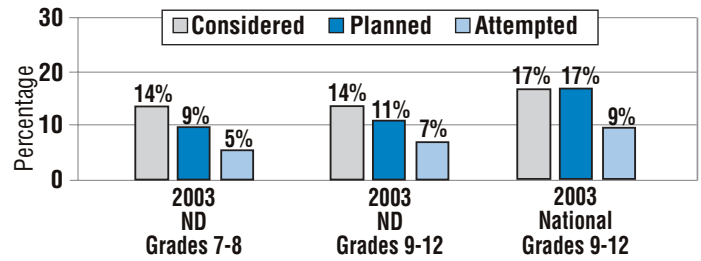
North Dakota in 2003...

Fifteen percent of ninth- through 12th-grade students and 9% of seventh- and eighth-grade students reported carrying a weapon, other than for hunting, during the previous 30 days.

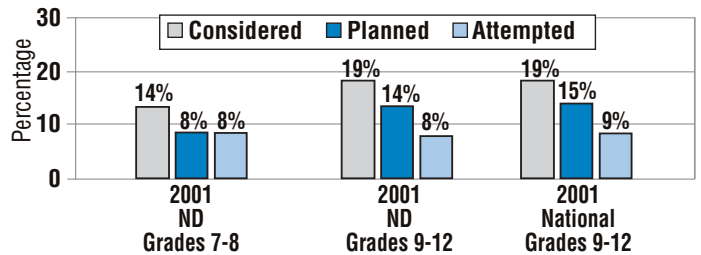
Two percent of seventh and eighth graders indicated they had carried a weapon on school property during the previous 30 days. A weapon is defined as a knife, gun, or club.

Suicide

Considered, planned, attempted suicide - 2003



Considered, planned, attempted suicide - 2001



In 2003 there were 6 reported suicides among people younger than 20 in North Dakota. For adolescents age 15 to 19, suicide is the second leading cause of death.

Drug Use

Students reported using the following substances during the past 30 days:

Grades 7-8

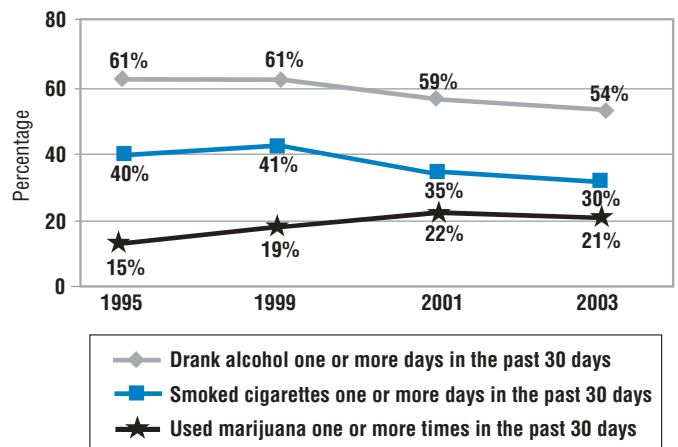
	ND 2001	ND 2003
Cocaine	3%	2%
Marijuana	6%	6%
Methamphetamines	2%	2%

Students reported using the following substances during their lifetime:

Grades 9-12

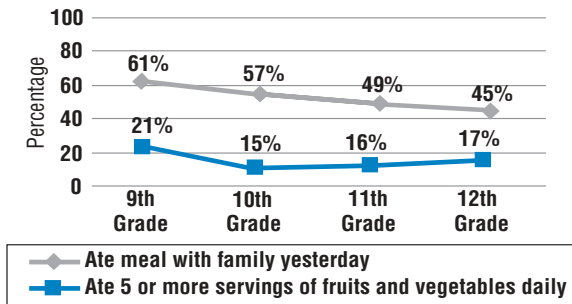
	ND 2001	ND 2003	National 2003
Cocaine	9%	10%	9%
Inhalants	15%	11%	12%
Methamphetamines	10%	9%	8%

Trends in Alcohol, Marijuana, and Tobacco Among 9-12th grade students, 1995-2003



Dietary Behaviors

Family Meals Eating Fruits and Vegetables



North Dakota in 2003...

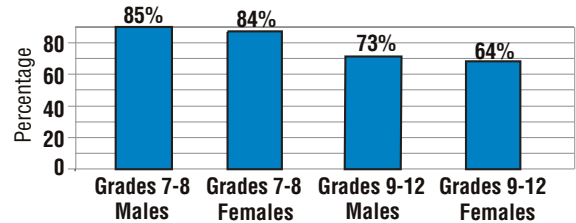
The percentage of teens eating at a fast food restaurant three or more times in the past week ranged from 12% of ninth graders to 27% of 12th graders.

Physical Activity

Students in grades nine through 12, especially females, are less likely to get the recommended amount of weekly physical activity than are students in grades seven and eight.

Recommended levels of activity: at least 20 minutes of vigorous physical activity on three or more of the past seven days or at least 30 minutes of moderate physical activity on five or more of the past seven days.

Students who achieved recommended amounts of weekly physical activity



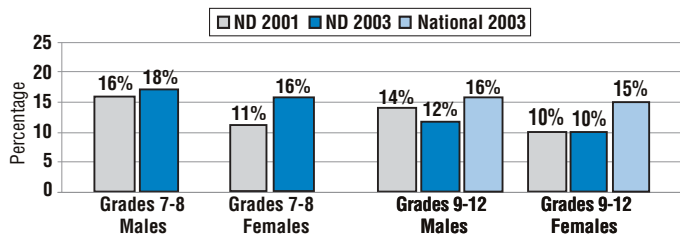
North Dakota in 2003...

Only about 37% of seventh through 12th graders attended daily physical education classes.

The percentage of students who watched three or more hours of TV on an average school day ranged from 31% of seventh and eighth graders to 21% of nine through 12th graders.

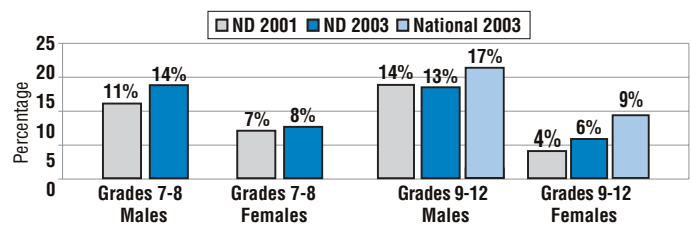
Weight Status

Students at risk of becoming overweight*



*85th- through 94th- percentile for height and weight

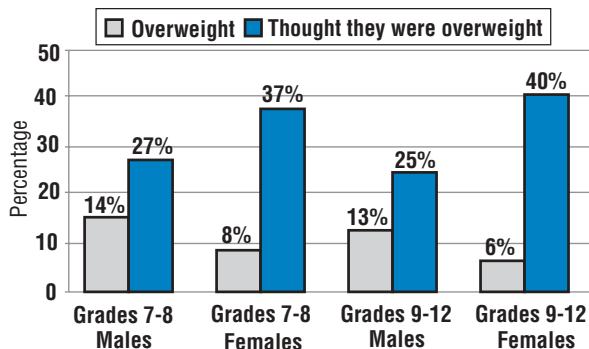
Students who are overweight**



**95th- percentile or greater for height and weight

Body Image

How students view their body



Beverage Choices

Milk consumption decreases and sugar-containing beverage intake increases as students get older.

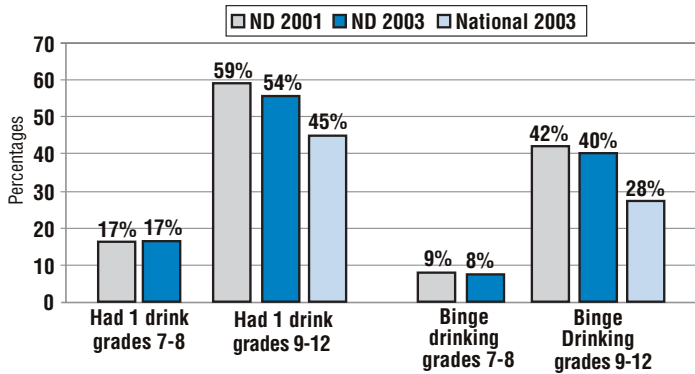
Drank 3 or more glasses of milk per day	Males		Females	
	2001	2003	2001	2003
ND Grades 7-8	54%	49%	39%	34%
ND Grades 9-12	37%	31%	21%	21%

Drank more than 12 oz sweetened bev. daily	Males		Females	
	2001	2003	2001	2003
ND Grades 7-8	53%	51%	41%	37%
ND Grades 9-12	63%	58%	43%	41%

Alcohol Use

In 2003, 59% of North Dakota seventh- and eighth- grade students and 27% of ninth- through 12th- grade students reported they had never consumed alcohol.

Alcohol use during 30 days prior to the survey



Binge drinking: Drinking five or more drinks of alcohol in a row within a couple of hours.

Drinking and Driving

Percentage of students who rode with a driver who had been drinking alcohol and/or drove after drinking during the 30 days prior to the survey.

	Rode with a driver who had been drinking		Drove after drinking	
	'01	'03	'01	'03
ND Grade 9	40%	35%	13%	16%
ND Grade 10	38%	39%	21%	22%
ND Grade 11	42%	41%	28%	27%
ND Grade 12	53%	56%	43%	43%
ND 9-12	44%	43%	27%	27%
National 9-12	31%	30%	13%	12%

North Dakota in 2003...

Sixty-percent of high school binge drinkers admitted to driving a car or vehicle when they had been drinking in the 30 days before the survey.

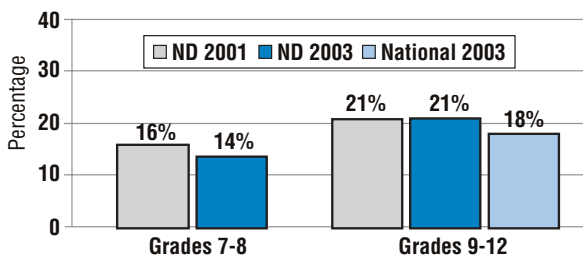
Of the 103 traffic fatalities in 2003, 47 occurred in alcohol related crashes.

The percentage of students in grades nine through 12 in North Dakota who reported drinking and driving was among the highest in the nation.

Safety/Prevention

Seat belts/Helmets

Students who RARELY or NEVER wore a Seat belt



Always wore a helmet

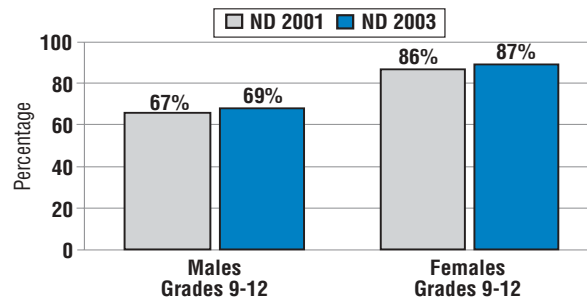
		2001	2003
Bicycle	ND 7-8	3%	4%
Rollerblade/Skateboard	ND 7-8	2%	2%
Motorcycle	ND 9-12	8%	9%

North Dakota in 2003...

Thirty percent of students in grades seven through eight reported they always wore a seat belt compared to 28% of students in grades nine through 12 who reported they always wore a seat belt while riding in a car.

Oral Health

Students who brush their teeth daily



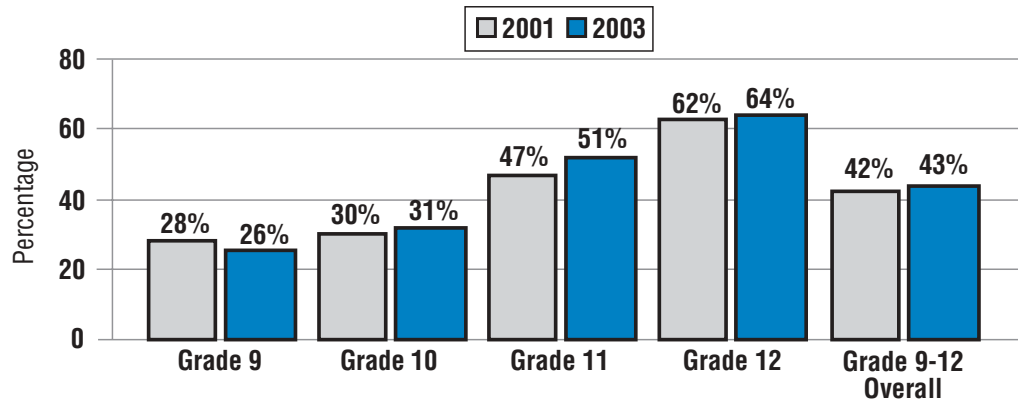
North Dakota in 2003...

Fifty-six percent of high school students reported one or more cavities in their permanent teeth.

Eighty-four percent of students in grades seven and eight visited a dentist within the past year compared to 76% of students in grades nine through 12.

Sexual Behavior

Percentage of North Dakota students in grades nine through 12 reporting intercourse during their lifetime



Twenty-four percent of North Dakota students in grades 9-12 feel that sexual abstinence is not important at all for them at this time in their life.

2003 North Dakota Teen Pregnancies

There were 794 teen pregnancies and 634 live births among 12-through 19-year-olds.

North Dakota in 2003...

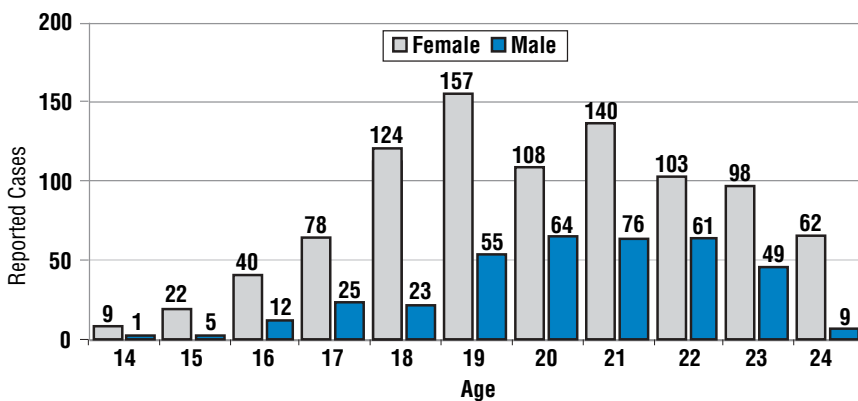
Thirty-three percent of students in grades nine through 12 reported drinking alcohol or using drugs before last sexual intercourse; this compares to 25% nationally.

Of the students who had sexual intercourse during the past three months, 66% indicated they used a condom.

For those high school students reporting sexual activity, 26% were age 15 or younger when they had sexual intercourse for the first time.

Sexually Transmitted Diseases/Infections

Number of STDs, including chlamydia and gonorrhea, by age and sex-North Dakota 2003*



In North Dakota 31 percent of all sexually transmitted diseases occur in 15-through 19-year-olds.*

Number of sexually transmitted diseases/infections reported in 15- to 19-year-olds*

	Chlamydia	Gonorrhea
1995	320	10
1996	304	11
1997	276	26
1998	349	25
1999	307	30
2000	329	23
2001	397	16
2002	371	28
2003	541	26

HIV/AIDS

North Dakota in 2003...

Ninety-two percent of high school students reported having been taught about HIV/AIDS in school.

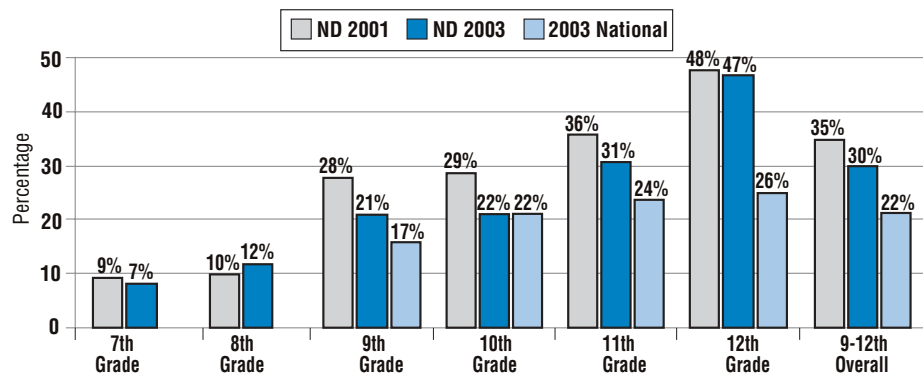
Forty-percent of high school students reported talking to their parents or other adult about HIV/AIDS.

Individuals age 15 through 24 accounted for 77% percent of gonorrhea and chlamydia cases.* This indicates that unprotected sexual activity, which is also a risk behavior for acquiring HIV, is occurring to a large degree among this group.

* North Dakota Department of Health Surveillance Data, 2003

Cigarette Smoking

Teens who currently smoke



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

North Dakota in 2003...

Thirty-seven percent of those who have ever used cigarettes in grades 9-12 smoked their first whole cigarette before the age of 13.

North Dakota ranks among the highest in the nation reporting current cigarette use for teens in grades 9-12.

Chewing Tobacco

Used chewing tobacco and/or snuff on one or more of the past 30 days:

ND Grades 7-8	2001	2003
Overall	6%	3%
Males	10%	5%
Females	2%	1%

ND Grades 9-12	2001	2003
Overall	13%	10%
Males	22%	16%
Females	4%	4%

National 9-12	2001	2003
Overall	8%	7%
Males	15%	11%
Females	2%	2%



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Primary Research Studies

North Dakota Youth Risk Behavior Survey. North Dakota Department of Public Instruction and North Dakota Department of Health, 2003 and 2001.

For more information:

Youth Risk Behavior Surveys

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

Tobacco

<http://www.ndtobaccoprevention.net>

Alcohol-Drugs

<http://www.state.nd.us/humanservices/services/mentalhealth/prevention.html>

Dietary Behaviors-Physical Activity

<http://www.health.state.nd.us/ch>
<http://www.health.state.nd.us/healthyND>

Violence-Suicide

<http://www.health.state.nd.us/ch>

Sexual Behavior-HIV/AIDS

<http://www.health.state.nd.us/disease/std>
<http://ndhiv.com>

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