

2005 NORTH DAKOTA

# YOUTH RISK BEHAVIOR



SURVEY RESULTS

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## HISTORY & PURPOSE...

The Youth Risk Behavior Survey was developed in 1990 by the U.S. Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the United States. The YRBS was designed to monitor trends and compare state health risk behaviors to national health risk behaviors and is intended for use to plan, evaluate and improve school and community programs.

North Dakota began participating in the YRBS survey in 1995. Students in grades seven and eight and nine through 12 are surveyed in the spring of odd years. The survey is voluntary and completely anonymous.

**The six priority health risk behaviors, often established during childhood and early adolescence and resulting in unintentional and intentional injuries, include:**

- Tobacco use
- Dietary behaviors
- Physical activity
- Alcohol and other drug use
- Sexual Behavior/STDs/HIV/AIDS/unintended pregnancies
- Violence/injury

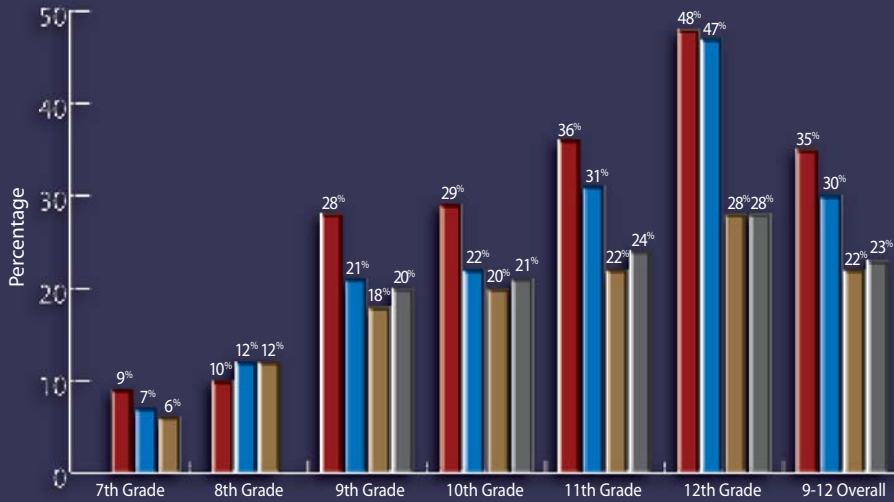
During the spring of 2005, the North Dakota Department of Public Instruction and the North Dakota Department of Health conducted the seventh biennial YRBS. Weighted data were obtained from 1,239 seventh and eighth grade students and students in grades nine through 12. These results can be used to make important inferences about all North Dakota students in grades seven through 12 due to the random, research-based selection process.

The 2005 data are compared to the 2005 national and 2003 and 2001 state weighted survey results to indicate trends where applicable. Other information sources are footnoted.

# CIGARETTE SMOKING...

■ ND 2001   
 ■ ND 2003   
 ■ ND 2005   
 ■ 2005 NATIONAL

## STUDENTS WHO CURRENTLY SMOKE



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

### North Dakota in 2005...

Nearly 20,000 students in grades nine through 12 had tried cigarettes, and almost 6,000 of those smoked their first cigarette before age 13.

During the past 12 months, 65 percent of current smokers in grades nine through 12 tried to quit.

## OTHER TOBACCO PRODUCTS...

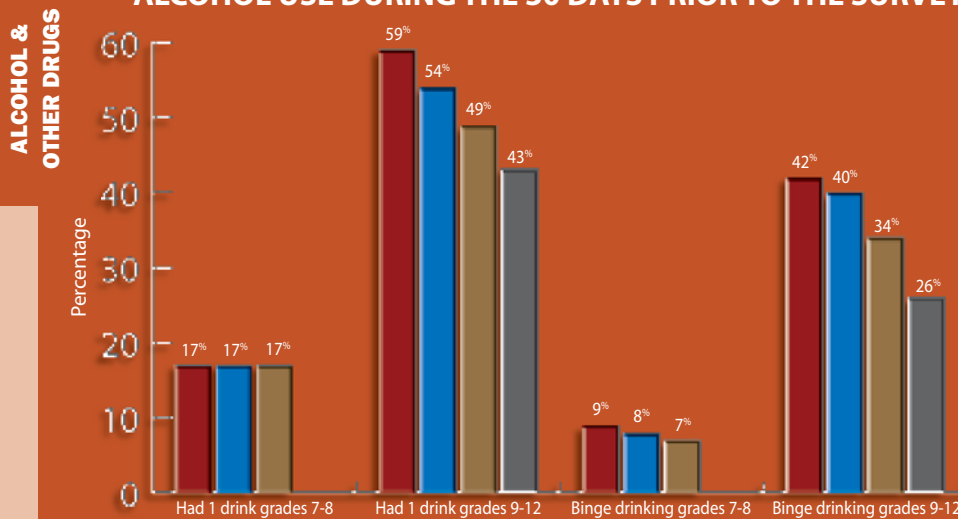
*Used chewing tobacco (including snuff and/or dip) or cigars on one or more of the past 30 days.*

	Chewing Tobacco			Cigars		
	ND Grades 7-8	2001	2003	2005	2003	2005
Overall		7%	3%	5%	4%	4%
Males		10%	5%	7%	4%	5%
Females		2%	1%	4%	4%	3%
	ND Grades 9-12	2001	2003	2005	2003	2005
Overall		13%	10%	11%	13%	12%
Males		22%	16%	18%	17%	16%
Females		4%	4%	3%	9%	8%
	National 9-12	2001	2003	2005	2003	2005
Overall		8%	7%	8%	15%	14%
Males		15%	11%	14%	20%	19%
Females		2%	2%	2%	9%	9%

## ALCOHOL USE...



### ALCOHOL USE DURING THE 30 DAYS PRIOR TO THE SURVEY



“North Dakota kids are leaders in the nation in education, in graduation rates and in ***underage drinking***. Only one parent in three hundred believes his or her child drinks to excess. The data in this survey provides the awareness needed at the state level to encourage our children to adopt healthier lifestyles. The more education we can provide our youth on the dangers of these unhealthy behaviors, the better their chances of excelling in the future.”

- First Lady, Mikey Hoeven  
Healthy North Dakota Spokeswoman

## DRINKING & DRIVING...

Percentage of students who rode with a driver who had been drinking alcohol and/or drove after drinking one or more times in the last 30 days.

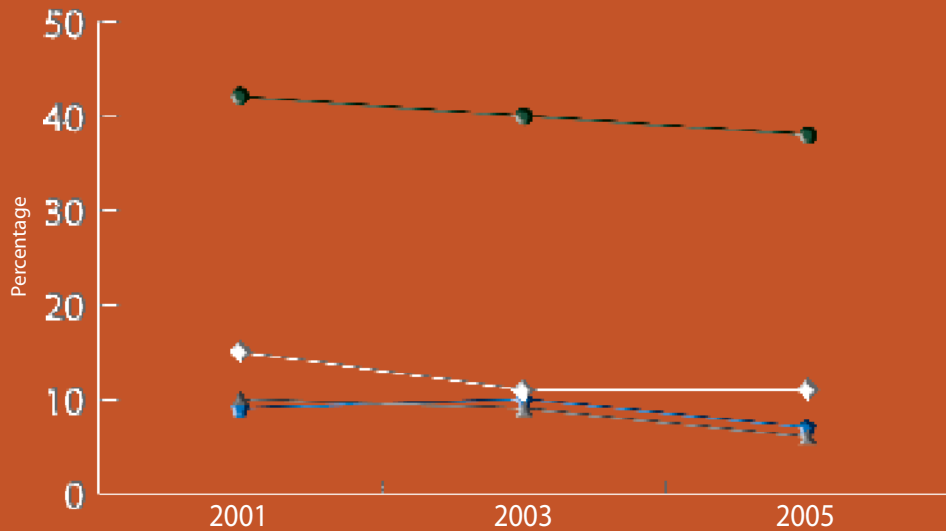
	Rode with a driver who had been drinking			Drove while drinking		
	2001	2003	2005	2001	2003	2005
<b>ND Grade 9</b>	40%	35%	31%	13%	16%	10%
<b>ND Grade 10</b>	38%	39%	31%	21%	22%	16%
<b>ND Grade 11</b>	42%	41%	40%	28%	27%	27%
<b>ND Grade 12</b>	53%	56%	48%	43%	43%	36%
<b>ND Grade 9-12</b>	44%	43%	37%	27%	27%	22%
<b>National 9-12</b>	31%	30%	29%	13%	12%	10%

### North Dakota in 2005...

Of the 18 traffic fatalities from ages 10 to 19 in 2005, seven were alcohol-related accidents.

## DRUG USE...

TRENDS IN MARIJUANA, METHAMPHETAMINES, INHALANTS & COCAINE AMONG NINTH THROUGH 12TH GRADE STUDENTS, 2001-2005

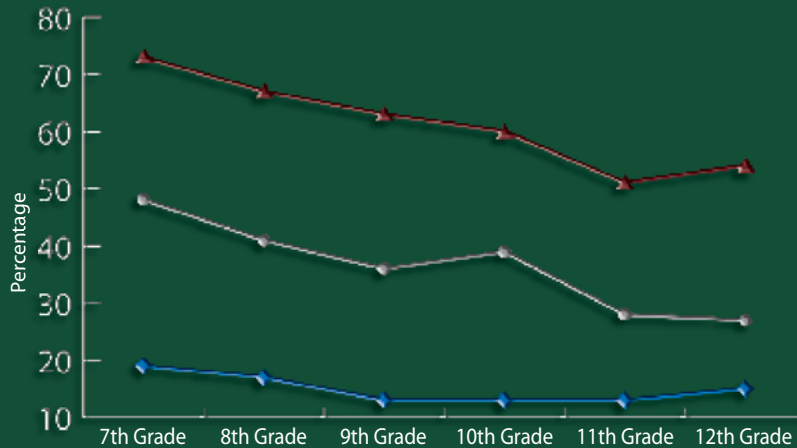


- Used marijuana one or more times during their lifetime
- ▲ Used methamphetamines one or more times during their lifetime
- ◆ Used inhalants one or more times during their lifetime
- ⬠ Used cocaine one or more times during their lifetime

ALCOHOL &  
OTHER DRUGS

## DIETARY BEHAVIORS...

### BREAKFAST, FAMILY MEALS, FRUITS & VEGETABLES



- ▲ Ate a meal with family yesterday
- Ate breakfast last seven days of the week
- ◆ Ate five or more servings of fruits and vegetables daily

#### North Dakota in 2005...

Seventy percent of students in grades nine through 12 ate at a fast food restaurant one or more times in the past week.

## BEVERAGE CHOICES...

### MILK CONSUMPTION AND SUGAR-CONTAINING BEVERAGES

#### DRANK THREE GLASSES OF MILK PER DAY

	Males			Females		
	2001	2003	2005	2001	2003	2005
<b>ND Grades 7-8</b>	54%	49%	48%	39%	34%	34%
<b>ND Grades 9-12</b>	37%	31%	33%	21%	21%	21%

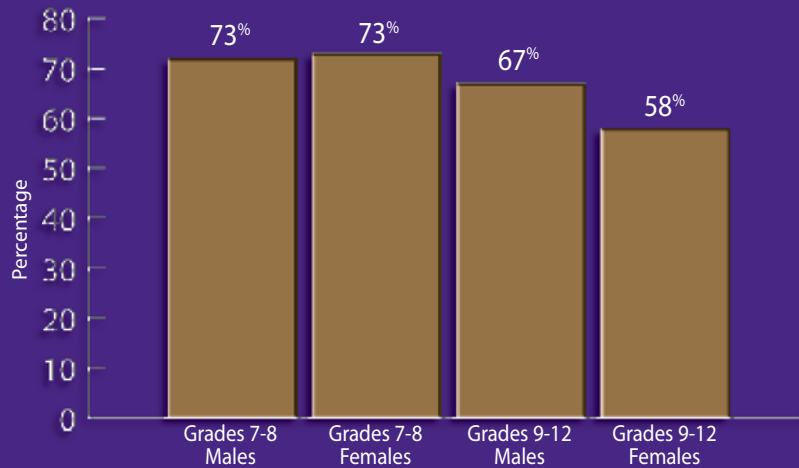
#### DRANK MORE THAN 12 OZ. OF SWEETENED BEVERAGES DAILY

	Males			Females		
	2001	2003	2005	2001	2003	2005
<b>ND Grades 7-8</b>	53%	51%	48%	41%	37%	39%
<b>ND Grades 9-12</b>	63%	58%	54%	43%	41%	40%

## 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.

### OBTAINED AT LEAST 20 MINS. OF VIGOROUS PHYSICAL ACTIVITY ON THREE OR MORE OF THE PAST SEVEN DAYS.



### North Dakota in 2005...

Thirty-four percent of students in grades seven through 12 attended daily physical education classes.

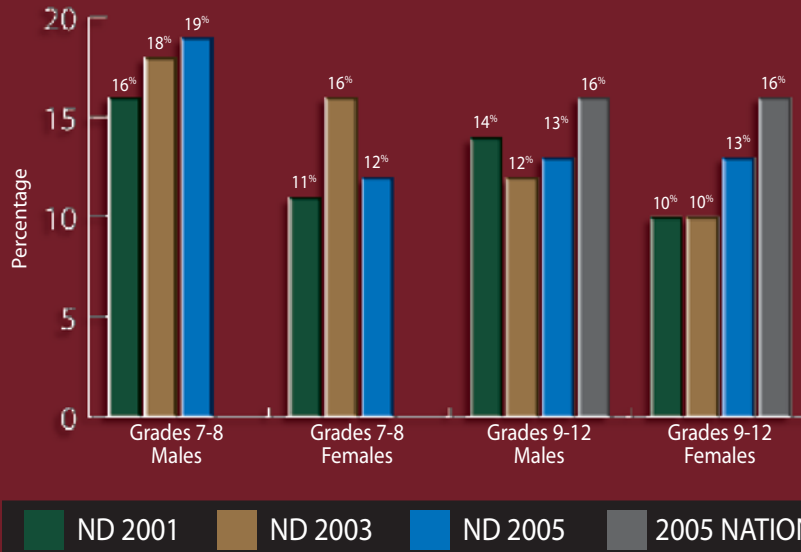
On average, 31 percent of seventh and eighth graders and 22 percent of ninth through 12th graders watched three or more hours of TV during a school day.

"Active youth are healthy youth who grow into healthy adults. Unfortunately, many North Dakota young people are not physically active enough, increasing their chances of becoming overweight or obese. We must all work together to create environments at home, in our schools and in our communities that encourage and promote physical activity and healthy lifestyles. Our children deserve nothing less."

- State Health Officer, Terry Dwelle, M.D., M.P.H.T.M.

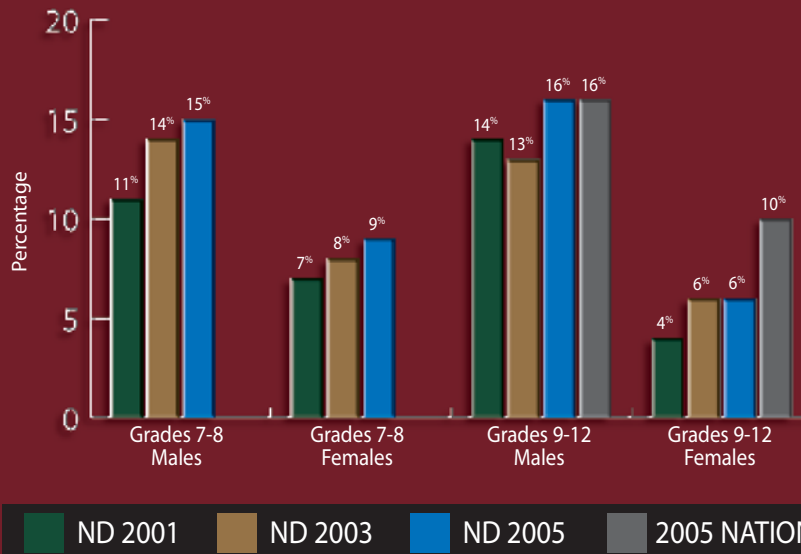
# WEIGHT...

## STUDENTS AT RISK OF BECOMING OVERWEIGHT\*



\* 85th to 94th percentile for height and weight

## STUDENTS WHO ARE OVERWEIGHT\*\*

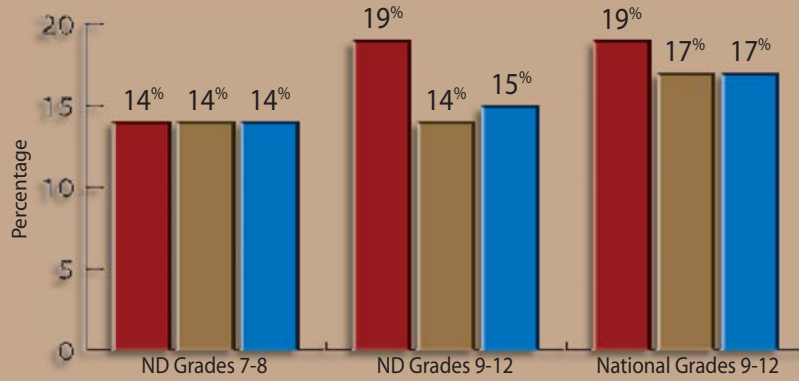


\*\*95th percentile or greater for height and weight

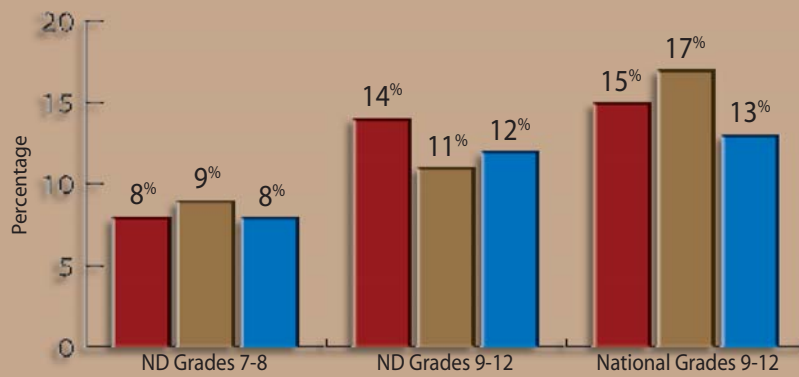
WEIGHT

# SUICIDE...

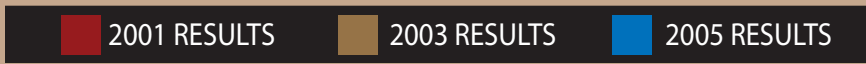
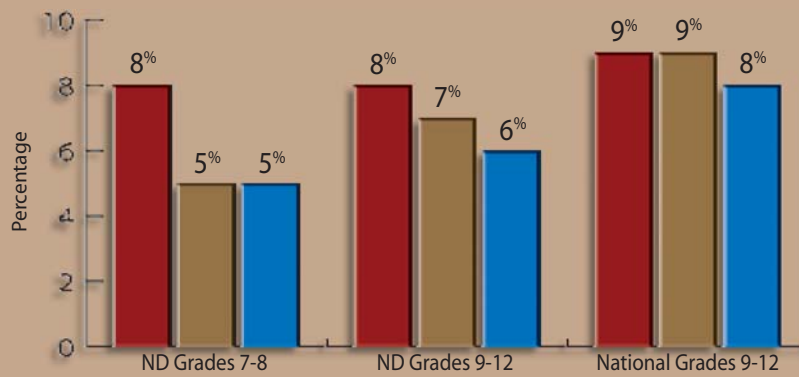
## CONSIDERED



## PLANNED



## ATTEMPTED



*In 2005, there were 15 reported suicides ages 10 through 19. All individuals were male.*

## VIOLENCE...

**STUDENTS WHO WERE INVOLVED IN A PHYSICAL FIGHT ON SCHOOL PROPERTY ONE OR MORE TIMES DURING THE LAST 12 MONTHS**

	Males			Females		
	2001	2003	2005	2001	2003	2005
<b>ND Grades 7-8</b>	N/A*	N/A*	30%	N/A*	N/A*	12%
<b>ND Grades 9-12</b>	17%	11%	15%	5%	6%	6%
<b>National 9-12</b>	18%	17%	18%	7%	8%	9%

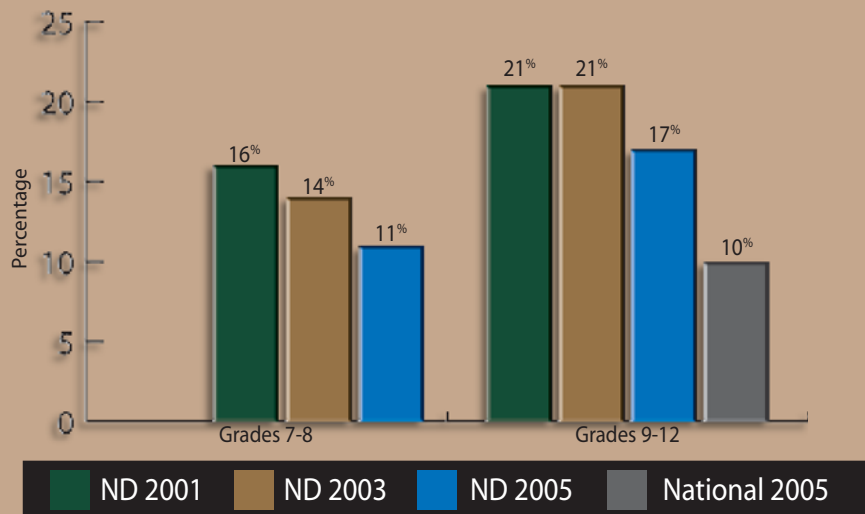
\* Not available

### North Dakota in 2005...

Four percent of high school students did not go to school because they felt unsafe at school or on their way to school.

## SEAT BELTS/HELMETS...

**STUDENTS WHO RARELY OR NEVER WORE A SEAT BELT**



VIOLENCE/INJURY

### ALWAYS WORE A HELMET

		2001	2003	2005
<b>BICYCLE</b>	<b>ND 7-8</b>	3%	4%	4%
<b>MOTORCYCLE</b>	<b>ND 9-12</b>	8%	9%	11%

### North Dakota in 2005...

Thirty-three percent of seventh and eighth graders and 32 percent of high school students reported that they always wear a seat belt when riding in a car.

## ORAL HEALTH...

### STUDENTS WHO REPORTED ONE OR MORE CAVITIES IN THEIR PERMANENT TEETH



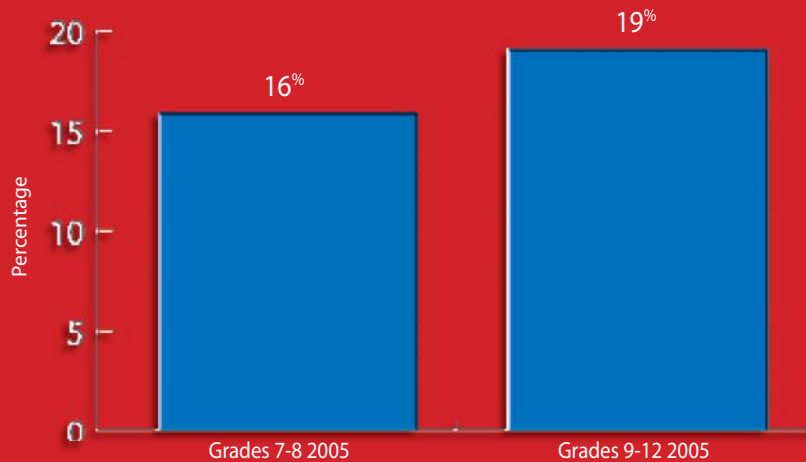
### North Dakota in 2005...

Seventy-six percent of high school students brush their teeth on a daily basis.

Eighty percent of students in grades seven and eight and 77 percent of students in grades nine through 12 reported visiting the dentist in the past year.

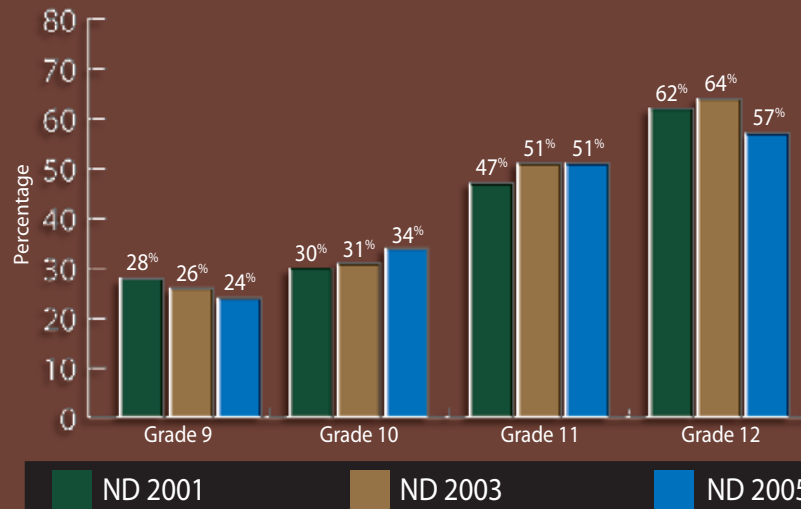
## ASTHMA...

### STUDENTS WHO HAVE BEEN TOLD THEY HAVE ASTHMA



## SEXUAL BEHAVIOR...

### PERCENTAGE OF NORTH DAKOTA STUDENTS IN GRADES NINE THROUGH 12 REPORTING INTERCOURSE DURING THEIR LIFETIME



Twenty-two percent of North Dakota students in high school felt that sexual abstinence is NOT important at all for them at this time in their life.

"The overwhelming weight of scientific evidence is that sexuality education based on abstinence that includes contraceptive information and practice in decision-making and communication skills can be very effective both in delaying initial intercourse and increasing the use of contraception among sexually active adolescents."

- The Sexuality Education Challenge  
by Judy Drolet and Kay Clark

Research shows us that 41 percent of North Dakota youth are having sex and the results of their actions include...

## TEEN PREGNANCIES...

AGES 12-19\*

	2001	2003	2005
<b>TEEN PREGNANCIES</b>	<b>889</b>	<b>794</b>	<b>806</b>
<b>LIVE BIRTHS</b>	<b>712</b>	<b>634</b>	<b>631</b>

\*Vital records, North Dakota Department of Health, 2005

### North Dakota in 2005...

Thirty percent of students in high school reported drinking alcohol or using drugs before their last sexual intercourse.

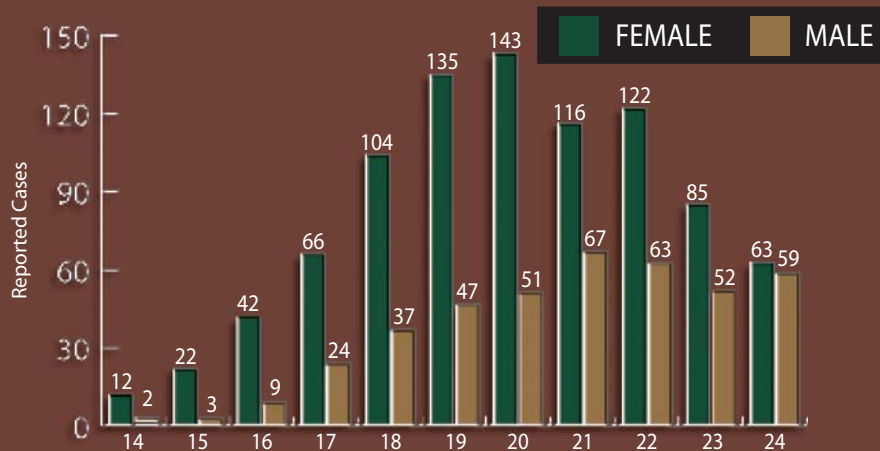
Seven percent of high school students indicated they had been forced to have sexual intercourse when they did not want to.

Nine percent of high school students reported they had been hit, slapped or physically hurt by a boyfriend or girlfriend in the last 12 months.

## SEXUALLY TRANSMITTED DISEASES/INFECTIONS...

NORTH DAKOTA 2005\*

NUMBER OF STDs, INCLUDING CHLAMYDIA AND GONORRHEA, BY AGE AND SEX



In North Dakota 37 percent of all sexually transmitted diseases occur in 15- through 19-year-olds.\*

\*North Dakota Department of Health Surveillance Data, 2005

## NUMBER OF SEXUALLY TRANSMITTED DISEASES/ INFECTIONS REPORTED IN 15- TO 19-YEAR-OLDS\*

	Chlamydia	Gonorrhea
<b>1995</b>	320	10
<b>1996</b>	304	11
<b>1997</b>	276	26
<b>1998</b>	349	25
<b>1999</b>	307	30
<b>2000</b>	329	23
<b>2001</b>	397	16
<b>2002</b>	371	28
<b>2003</b>	541	26
<b>2004</b>	557	26
<b>2005</b>	466	24

*\*North Dakota Department of Health Surveillance Data, 2005*

### North Dakota in 2005...

Eleven percent of high school students reported they have had sex with four or more people in their lifetime.

Sixty-three percent of high school students indicated they used a condom during their last sexual intercourse, and 25 percent of high school females used birth control pills.

### HIV/ AIDS...

**Individuals age 15 through 24 accounted for 67 percent of the gonorrhea and chlamydia cases.\* This indicates that unprotected sexual activity, which is also a risk behavior for acquiring HIV, is occurring at a very large degree among this group.**

*\*North Dakota Department of Health Surveillance Data, 2005*

## PRIMARY RESEARCH STUDIES

North Dakota Youth Risk Behavior Survey  
North Dakota Department of Public Instruction  
North Dakota Department of Health  
2001, 2003 and 2005.

## FOR MORE INFORMATION

### **Youth Risk Behavior Surveys**

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

### **Tobacco**

<http://www.ndhealth.gov/tobacco>

### **Alcohol/Drugs**

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

### **Dietary Behaviors/Physical Activity**

<http://www.ndhealth.gov/ch>

### **Suicide Prevention**

<http://www.ndhealth.gov/ch>

### **Sexual Behavior/HIV/AIDS**

<http://www.ndhealth.gov/disease>  
<http://ndhiv.com>

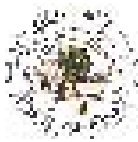
### **Asthma**

<http://www.ndhealth.gov/asthma>

### **Resource Guide for School & Community Development**

<http://www.dpi.state.nd.us/health/YRBS/guide.doc>





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