

North Dakota 2023 High School (Grades 9-12) YRBS Results (Including breakdowns by region and urban/rural)

Background Information

The Youth Risk Behavior Survey (YRBS) was developed by the Division of Adolescent and School Health (DASH), National Center for Chronic Disease Prevention and Health Promotion, and the Center for Disease Control and Prevention (CDC) in collaboration with several representatives from state and local health education agencies and other federal agencies.

The YRBS is designed to focus on behaviors related to the leading causes of death and disability among youth and young adults and to assess how these risk behaviors change over time.

It is a self-reporting survey to measure priority health-risk behaviors that fall mainly into eight categories:

- Unintentional injuries and violence
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors (*that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies*)
- Dietary behaviors
- Physical activity
- Social capital (*connections with others*)
- Other health factors

These behaviors are often established during youth and extend into adulthood and are frequently interrelated.

The YRBS and Youth Tobacco Survey (YTS) are conducted biannually in the late winter/early spring of odd years. Therefore, this study will be conducted again in the late winter/early spring of 2025, 2027, 2029, etc. **To avoid the risk of overburdening your teachers and students with surveys, we strongly recommend you encourage the schools in your area to reserve January and February of odd years for conducting the YRBS and YTS only!**

North Dakota Statewide Results, Limitations, and Contact Information

Statewide Results & Limitations

The statewide data is collected by randomly selecting school buildings, as well as classes within each building. Given that these schools/classes were selected at random and a high participation rate was achieved, the CDC was able to generate weighted data that is highly representative of all high school students (Grades 9-12) from eligible¹, public high schools in the state of North Dakota. Therefore, **the statewide results do not have any limitations and can be used to (1) project the results to all public high school students and (2) compare changes in results from one survey year to another.**

Contact Information for the Statewide Results

The 2023 High School Youth Risk Behavior Survey (YRBS) statewide results are available on the Department of Health & Human Services website at: <https://www.hhs.nd.gov/health/YRBS>

If you have any questions about the statewide YRBS information or desire additional information, please feel free to contact:

Matt Schmidt
YRBS Program Coordinator
ND Department of Health & Human Services
Email: matschmidt@nd.gov
Telephone: 701-328-1384

¹ During the 2022-2023 school year, roughly 34,105 students (Grades 9-12) attended "eligible" North Dakota public high schools. To be eligible for the 2023 YRBS High School Survey, a school building was required to have at least 10 students enrolled in Grades 9-12. The North Dakota YRBS survey was completed by 8,596 high school students (Grades 9-12) from 76 North Dakota high schools during the late winter/early spring of 2023, of which 1,955 were students from schools/classes that were "selected" for the statewide CDC sample and 6,641 were students from schools/classes that "voluntarily" participated in the YRBS. Data from all high school student surveys are included in the Winkelman Consulting results.

North Dakota 2023 High School (Grades 9-12) YRBS Results

(Including breakdowns by region and urban/rural)

Regional and Urban-Rural Results, Limitations, and Contact Information

Regional and Urban-Rural Results & Limitations

The regional and urban-rural data apply only to those schools/classes participating in the survey during that year. We **cannot** say the results that include “voluntary” data represent **all** schools/students within a region or segment; we can simply say they represent **mainly** the schools/classes that **volunteered** to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another **may not** represent true changes in behavior within the region or segment. The changes **may** simply result because of differences between the kinds of schools/classes that chose to participate in one survey year versus another.

As was noted in the footnote on the previous page, 8,596 high school students (Grades 9-12) participated in the 2023 North Dakota High School YRBS, of which 6,641 were students from schools/classes that “voluntarily” participated in the YRBS. Therefore, the vast majority of the data used for the regional and urban-rural results was not collected from randomly selected school buildings and/or classes. Given that most of these schools/classes “volunteered” to participate and were not selected at random, even though a high participation rate was achieved, Winkelman Consulting is not able to generate weighted data that is representative of **all** high school students (Grades 9-12) from eligible, public high schools in either the state or an individual region or segment. Because of this, **the regional and urban-rural data cannot be used to (1) project the results to all public high school students in a region or segment or (2) compare changes in results for a region or segment from one survey year to another. Also, noticeable differences may be seen between the results for a region/segment and the statewide data simply because the students from schools/classes that completed “voluntary” YRBS surveys are more (or less) likely to have a certain behavior than the “average” student represented by the random, weighted, representative statewide data.**

Contact Information for the Regional and Urban-Rural Results

If you have any questions about the enclosed regional or urban-rural results or desire additional detail, please feel free to contact:

Mark Winkelman
Winkelman Consulting
Email: MRWinkelman@gmail.com
Mobile: 701-799-0877

School Results, Limitations, and Contact Information

Parameters for School Results

Schools that met the requirements² received a similar report that included their 2023 YRBS high school (Grades 9-12) results. To receive results for an individual question, however, three or more students from the school must have reported the behavior being measured by that question.

Contact Information for School Results

If any schools have questions about their school results or desire additional analysis (tables by grade/gender³, significance tests, or data weighting as noted in the footnotes below), please feel free to have them contact Mark Winkelman at Winkelman Consulting (see the contact information above).

² Due to federal and state confidentiality requirements, YRBS high school (Grades 9-12) results will be provided **only** to schools that **both** requested the larger “voluntary” sample **and** returned at least 10 completed high school surveys. If a school did **not** participate in the larger “voluntary” sample and/or did **not** return at least 10 completed high school surveys, they will **not** receive high school results for their school. However, they can still access the 2023 North Dakota Statewide High School YRBS results on the Department of Health & Human Services website (<https://www.hhs.nd.gov/health/YRBS>).

³ To receive additional analysis by grade, gender, etc. for a minimal fee, there must be at least 10 countable surveys in each grade segment, gender segment, etc. If a grade or gender segment does not have 10 countable surveys, grade segments can be combined to attain the required number of countable surveys. For example, if Grade 10 had seven countable surveys and Grade 11 had six countable surveys, a segment that combines Grades 10-11 could be provided.

North Dakota 2023 High School (Grades 9-12) YRBS Results

(Including breakdowns by region and urban/rural)

Format, Question Order, Abbreviations & a Reminder Related to “Voluntary” Data

At the end of each question (or calculated variable) on the following pages, we have provided both a ND [NDHqn# (or NDHqnname)] and a CDC [CDC QN# (or CDC QNname)] question number or variable name. The ND question number indicates the question number as it appeared on the 2023 North Dakota High School (Grades 9-12) YRBS questionnaire. The CDC question number (or variable name) indicates the question number (or variable name) assigned to the question (or variable) by the CDC. Please note that the results on the following pages are listed in an order similar to that in which the statewide results will be presented on the Department of Health & Human Services website.

Remember, when looking at the Region or Urban-Rural data, please note that we cannot say the results that include “voluntary” data represent all schools/students within a region or segment; we can simply say they represent mainly the schools/classes that volunteered to participate in the survey. Therefore, changes that occur within a region or segment from one survey year to another may not represent true changes in behavior within the region or segment. The changes may simply result because of differences between the kinds of schools that chose to participate in one survey year versus another.

Prior to 2013, Department of Human Services regions were used for the regional results. Beginning in 2013, however, YRBS stakeholders decided to use Regional Education Association (REA) regions for the regional results. Beginning in 2023, Department of Health & Human Services regions are again used for the regional results. Therefore, the Region/Urban-Rural data is presented for the following categories:

- Department of Health & Human Services regions
 - Region 1: Williston Area
 - Region 2: Minot Area
 - Region 3: Devils Lake Area
 - Region 4: Gand Forks Area
 - Region 5: Fargo Area
 - Region 6: Jamestown Area
 - Region 7: Bismarck Area
 - Region 8: Dickinson Area
- Urban-Rural categories
 - Urban Towns: 1,000 or more students in grades K-12 within the community
 - Rural Towns: Less than 1,000 students in grades K-12 within the community

The last page of this report provides a list of Department of Health & Human Services regions and the counties within each region. Results for each Regional Education Association (REA) are available upon request.

CDC Changes to 2023 YRBS Variable Names, Calculations and Descriptive Text

When reviewing the 2023 YRBS results, please note that, in some years, CDC made many changes to (1) the names (variable labels) it assigned to variables, (2) the manner in which results for a variable were calculated, and/or (3) the text used to describe the context for the results of a question. This will make it difficult for a school (if not impossible) to easily make direct apples-to-apples comparisons to their YRBS results from previous survey years. **Therefore, in roughly four to eight weeks, Winkelman Consulting will send each participating school a second YRBS report that re-analyzes all of their past data using CDC’s 2023 analysis parameters.** This will make it very easy for each participating school to identify the changes in their 2023 YRBS results compared to previous survey years. If there is anything else we can do to assist you (or a school in your area) in better understanding and analyzing current and past YRBS results, feel free to contact Winkelman Consulting at any time!

Unintentional Injuries and Violence

Safety & Injury Prevention		Winkelman Consulting Results									
Question	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) (NDHqn10, CDC QN8)	47.3%	54.5%	51.6%	66.2%	55.3%	42.1%	59.1%	48.2%	54.8%	42.2%	62.9%
Percentage of students who did not always wear a seat belt when driving (among students who drive a car) (NDHqn11, CDC QN89)	25.2%	30.5%	27.6%	38.3%	29.1%	21.5%	33.6%	24.9%	34.4%	19.6%	38.1%
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) (NDHqn12, CDC QN9)	14.3%	16.9%	13.3%	19.3%	16.0%	12.5%	11.8%	17.4%	14.0%	12.5%	17.9%
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) (NDHqn13, CDC QN10)	4.5%	4.4%	4.8%	5.1%	5.8%	4.3%	3.6%	6.0%	5.1%	4.0%	6.2%
Percentage of students who rode in a car or other vehicle driven by someone who had been using marijuana (also called pot or weed, one or more times during the 30 days before the survey) (NDHqn14, CDC QN90)	11.8%	14.6%	13.9%	18.0%	13.8%	9.7%	10.3%	14.7%	7.8%	12.6%	12.3%
Percentage of students who drove a car or other vehicle when they had been using marijuana (also called pot or weed, 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) (NDHqn15, CDC QN91)	7.3%	8.9%	9.1%	8.6%	7.5%	5.5%	7.5%	9.0%	3.9%	7.2%	7.6%
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) (NDHqn16, CDC QN11)	56.5%	57.2%	55.3%	59.6%	59.4%	54.3%	59.8%	62.1%	56.7%	55.7%	60.3%
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) (NDHqn17, CDC QN92)	66.4%	64.0%	62.4%	63.8%	66.8%	64.9%	68.1%	71.6%	66.8%	66.5%	66.1%
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) (NDHqn18, CDC QN93)	49.6%	46.8%	47.0%	56.9%	54.2%	48.0%	47.5%	52.8%	50.4%	48.1%	52.6%

Unintentional Injuries and Violence (continued)

School Violence & Safety	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqn19, CDC QN12)	4.0%	5.9%	3.5%	2.6%	4.2%	2.8%	4.6%	4.7%	8.0%	3.5%	4.9%
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) (NDHqn20, CDC QN14)	7.1%	11.0%	8.7%	11.4%	8.5%	6.1%	5.4%	9.1%	8.1%	8.0%	8.1%

Violence	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqn21, CDC QN20)	9.5%	11.7%	10.8%	10.1%	9.0%	8.4%	9.9%	12.1%	7.8%	10.5%	9.1%
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) (NDHqn22, CDC QN94)	26.1%	31.1%	29.5%	29.1%	29.1%	23.7%	24.8%	31.6%	24.9%	28.7%	26.0%
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) (NDHqn23, CDC QN95)	2.5%	1.8%	2.5%	3.2%	4.7%	2.4%	2.7%	3.3%	4.8%	3.1%	2.7%
Percentage of students who reported a revealing or sexual photo of them had been texted, e-mailed, or posted electronically without their permission (during the 30 days before the survey) (NDHqn85, CDC QN117)	2.3%	4.5%	3.8%	2.8%	3.3%	2.6%	2.4%	3.3%	2.0%	2.9%	3.3%

Unintentional Injuries and Violence (continued)

Bullying or Harassment	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who were bullied on school property (ever during the 12 months before the survey) (NDHqn25, CDC QN24)	20.7%	24.0%	22.9%	23.6%	20.5%	20.9%	19.6%	22.3%	23.2%	20.8%	23.5%
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) (NDHqn26, CDC QN25)	15.4%	16.1%	18.2%	19.6%	17.3%	15.7%	13.6%	16.9%	17.2%	16.5%	16.9%
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) (NDHqn27, CDC QN96)	12.2%	15.9%	14.0%	13.3%	9.7%	12.2%	11.0%	14.1%	13.8%	13.3%	12.5%

Injuries to Oneself and Suicide

Injury to Oneself & Suicide	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who did something to purposely hurt themselves without wanting to die (such as cutting or burning themselves on purpose one or more times during the 12 months before the survey) (NDHqn28, CDC QN97)	19.7%	24.8%	21.0%	20.7%	20.4%	17.8%	18.6%	22.4%	18.8%	20.9%	19.1%
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey) (NDHqn30, CDC QN27)	17.5%	21.1%	18.3%	20.3%	17.8%	15.3%	16.4%	19.2%	14.1%	17.6%	17.3%
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey) (NDHqn31, CDC QN28)	15.5%	17.5%	15.7%	18.3%	15.8%	12.9%	14.0%	17.3%	10.5%	15.0%	15.0%
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey) (NDHqn32, CDC QN29)	7.4%	10.6%	9.0%	10.3%	9.3%	7.0%	5.4%	8.9%	8.2%	8.3%	8.2%
Percentage of students who asked for help from someone before their suicide attempt (such as a doctor, counselor, or hotline, during the 12 months before the survey, among students who attempted suicide during the 12 months before the survey) (NDHqn33, CDC QN98)	19.4%	14.0%	20.1%	25.5%	19.3%	17.4%	22.8%	22.0%	20.5%	19.5%	20.4%

Tobacco Use

	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Question											
Percentage of students who smoked a cigarette (even one or two puffs) (NDHqn34, CDC QN31)	20.1%	27.3%	19.8%	24.6%	18.2%	13.2%	20.9%	21.4%	18.5%	16.1%	23.1%
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) (NDHqndaycig, QN33)	5.4%	7.1%	4.5%	5.6%	4.8%	3.9%	7.3%	7.9%	7.1%	4.8%	7.0%
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) (NDHqnfrcig, CDC QNFRFCIG; calculated using NDHq35, CDC Q33)	0.7%	2.4%	0.7%	0.8%	0.7%	0.8%	1.4%	1.1%	1.5%	0.9%	1.3%
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) (NDHqndaycig, CDC QNDAYCIG; calculated using NDHq35, CDC Q33)	0.5%	2.0%	0.6%	0.6%	0.5%	0.7%	0.9%	0.8%	1.5%	0.8%	1.0%
Percentage of students who tried to quit smoking cigarettes (among students who smoked cigarettes during the 12 months before the survey) (NDHq36, CDC QN99)	37.2%	43.7%	36.2%	50.0%	33.3%	31.5%	43.7%	38.8%	36.6%	35.8%	40.2%

	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Question											
Percentage of students who ever used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigs, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu]) (NDHqn37, CDC QN35)	31.6%	44.3%	35.4%	39.1%	30.6%	23.8%	31.3%	36.4%	29.3%	29.5%	35.6%
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigs, 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) (NDHqn38, CDC QN36)	18.2%	29.0%	19.5%	23.9%	16.6%	13.0%	18.9%	22.9%	14.8%	16.6%	21.7%
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) (NDHqnfrcvp, CDC QNFREVP; calculated using NDHq38, CDC Q36)	7.6%	14.6%	8.5%	9.2%	6.0%	5.8%	9.8%	10.0%	5.5%	7.8%	8.9%
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) (NDHqndayevp, CDC QNDAYEVP; calculated using NDHq38, CDC Q36)	6.0%	13.1%	6.0%	7.4%	5.1%	4.1%	7.6%	8.2%	4.8%	6.1%	7.0%

Tobacco Use (continued)

Other Tobacco	Winkelman Consulting Results									
	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
	North Dakota Statewide Results									
Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as <i>Copenhagen</i> , <i>Grizzly</i> , <i>Skoal</i> , <i>Camel Snus</i> , or <i>Yelo Nicotine Lozenges</i>], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey) (NDHqn39, CDC QN38)	3.4%	3.6%	2.4%	3.1%	2.3%	3.1%	4.9%	7.1%	3.0%	4.5%
Percentage of students who currently used smokeless tobacco frequently (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, not counting any electronic vapor products, on 20 or more days during the 30 days before the survey) (NDHqfrskl, CDC QNFRSKL; calculated using NDHq39, CDC Q38)	0.8%	0.5%	0.6%	1.0%	0.5%	0.1%	1.2%	2.5%	0.7%	1.0%
Percentage of students who currently used smokeless tobacco daily (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, not counting any electronic vapor products, on all 30 days during the 30 days before the survey) (NDHqndayskl, CDC QNDAYSKL; calculated using NDHq39, CDC Q38)	0.8%	0.3%	0.6%	1.0%	0.5%	0.1%	1.1%	2.4%	0.6%	0.9%
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) (NDHqmq40, CDC QN39)	4.2%	4.1%	4.2%	4.4%	3.0%	3.8%	6.3%	6.2%	3.6%	5.5%
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) (NDHqmqfgr, CDC QNFRCGR; calculated using NDHq40, CDC Q39)	1.0%	0.4%	0.6%	1.4%	0.6%	0.3%	0.9%	1.8%	0.7%	0.8%
Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) (NDHqmqdayegr, CDC QNDAYCGR; calculated using NDHq40, CDC Q39)	0.7%	0.3%	0.6%	0.8%	0.5%	0.1%	0.8%	1.5%	0.5%	0.7%
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) (NDHqmtb5, CDC QNTB5; calculated using NDHq35, CDC QN33 & NDHqn38, CDC QN36)	19.0%	19.8%	25.2%	17.6%	13.5%	19.6%	24.1%	16.7%	17.4%	22.6%
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) (NDHqmtb4, CDC QNTB4; calculated using NDHq35, CDC Q33; NDHqn38, CDC QNTB6; NDHqn39, CDC QN38; & NDHq40, CDC Q39)	19.6%	21.0%	26.5%	17.8%	14.0%	19.9%	25.4%	18.9%	18.1%	23.8%
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) (NDHqmtb3, CDC QNTB3; calculated using NDHq35, CDC Q33; NDHqn39, CDC QN38; & NDHq40, CDC Q39)	7.6%	8.0%	9.1%	7.3%	6.0%	8.7%	11.8%	10.6%	7.3%	10.6%
Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) (NDHqmtb2, CDC QNTB2; calculated using NDHq35, CDC Q33 & NDHq40, CDC Q39)	6.7%	7.0%	7.9%	6.8%	5.4%	7.9%	10.7%	9.2%	6.5%	9.4%

Alcohol and Other Drug Use

Alcohol	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips) (NDHqp41, CDC QN41)	11.4%	22.2%	13.7%	12.6%	12.5%	9.4%	10.3%	12.8%	13.2%	11.0%	14.2%
Percentage of students who ever drank alcohol (at least one drink of alcohol, on at least 1 day during their life) (NDHqp42, CDC QN100)	46.2%	58.8%	47.0%	48.2%	48.3%	42.3%	42.6%	53.2%	45.7%	45.3%	50.4%
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) (NDHqp43, CDC QN42)	19.5%	26.9%	18.1%	19.7%	19.9%	15.3%	17.6%	24.5%	19.0%	17.9%	21.7%
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) (NDHqp44, CDC QN43)	10.3%	16.1%	10.9%	12.2%	12.3%	8.1%	10.2%	14.6%	11.3%	10.1%	13.2%
Percentage of students who usually got the alcohol they drank by someone giving it to them (during the 30 days before the survey, among students who currently drank alcohol) (NDHqp45, CDC QN45)	38.4%	37.8%	37.3%	33.0%	34.5%	41.1%	32.6%	44.8%	35.3%	39.7%	38.4%
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 (NDHqp46, CDC QN101)	23.7%	19.3%	24.1%	19.5%	21.7%	22.4%	25.9%	25.2%	21.5%	24.7%	20.4%
Percentage of students who ever lived with someone who was having a problem with alcohol or drug use (NDHqp47, CDC QN102)	31.5%	44.1%	34.9%	41.2%	30.7%	27.2%	32.3%	32.6%	29.5%	31.3%	34.0%

Marijuana	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who ever used marijuana (one or more times during their life) (NDHqp48, CDC QN46)	22.8%	33.8%	27.0%	30.3%	19.0%	16.4%	19.9%	26.1%	16.3%	21.7%	23.8%
Percentage of students who tried marijuana for the first time before age 13 years (NDHqp49, CDC QN47)	3.8%	7.1%	5.4%	8.6%	4.3%	2.1%	4.1%	4.3%	2.9%	3.4%	5.3%
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) (NDHqp50, CDC QN48)	11.4%	14.4%	15.3%	15.5%	10.9%	8.1%	10.7%	14.5%	7.1%	11.4%	12.0%
Percentage of students who used synthetic marijuana (also called Spice, fake weed, K2, or Black Mamba, one or more times during their life) (NDHqp51, CDC QN103)	7.4%	10.7%	8.1%	7.4%	7.0%	4.7%	7.9%	8.3%	4.6%	6.8%	7.1%

Alcohol and Other Drug Use (continued)

Question	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqn52, CDC QN49)	9.2%	13.4%	11.4%	9.4%	10.2%	7.4%	8.0%	10.3%	10.6%	8.8%	10.6%
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase, one or more times during their life) (NDHqn53, CDC QN50)	2.2%	3.4%	2.4%	1.9%	3.6%	1.1%	2.6%	2.5%	2.0%	1.9%	2.5%
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) (NDHqn54, CDC QN51)	5.3%	9.5%	6.7%	8.1%	6.1%	4.6%	5.8%	6.1%	4.9%	4.7%	7.9%
Percentage of students who ever used heroin (also called "smack," "junk," or "China White," one or more times during their life) (NDHqn55, CDC QN52)	1.0%	1.7%	1.3%	1.5%	1.9%	0.7%	0.7%	1.1%	2.0%	1.0%	1.3%
Percentage of students who have taken over-the-counter drugs to get high (one or more times during their life) (NDHqn56, CDC QN104)	3.8%	4.9%	4.6%	4.2%	3.9%	3.0%	3.9%	5.0%	3.1%	3.9%	4.1%

Sex Education & Wellness, Sexual Identity, & Sexual Behavior

Question	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who have had sex education in school (NDHqn90, CDC QN122)	64.1%	51.3%	62.4%	59.1%	53.4%	69.9%	58.5%	62.5%	77.9%	63.5%	63.9%
Percentage of students who received the most information about sexual health from an adult at school, such as a teacher or school nurse (among students who received sexual health information during the 12 months before the survey) (NDHqn91, CDC QN123)	29.6%	19.6%	23.4%	27.0%	26.4%	35.3%	27.7%	28.3%	29.4%	29.7%	27.9%
Percentage of students who would prefer an online source, such as a website or social media, or an adult at school, such as a teacher or nurse, or a parent, guardian or other trusted adult outside of school for sexual health info (NDHqn92, CDC QN124)	45.2%	40.9%	49.0%	47.9%	42.8%	48.2%	43.8%	47.3%	41.5%	47.6%	44.8%

Sex Education, Sexual Identity, & Sexual Behavior (continued)

Sexual Identity	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who are transgender (NDHqn93, QN variable <u>not</u> calculated by CDC for CDC Q65)	3.0%	2.4%	2.1%	2.5%	2.7%	3.1%	2.2%	2.9%	4.1%	3.3%	2.0%
Percentage of students who describe themselves as gay or lesbian or bisexual (NDHqn94, QN variable <u>not</u> calculated by CDC for CDC Q64)	11.9%	10.6%	11.5%	12.0%	8.4%	10.9%	8.1%	10.8%	9.4%	11.2%	9.6%

Sexual Behavior (continued on the next page)	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who ever had sexual intercourse (NDHqn95, CDC QN56)	35.2%	48.3%	37.2%	36.6%	33.9%	29.5%	33.4%	34.0%	29.8%	33.7%	34.5%
Percentage of students who were currently sexually active (had sexual intercourse with at least one person, during the 3 months before the survey) (NDHqn96, CDC QN59)	27.0%	37.4%	26.9%	23.7%	24.0%	22.3%	24.4%	25.3%	20.5%	25.0%	25.1%
Percentage of students who drank alcohol or used drugs before last sexual intercourse (among students who were currently sexually active) (NDHqn97, CDC QN60; calculated using NDHq96, CDC Q59)	11.7%	16.8%	17.3%	11.0%	17.1%	13.0%	16.4%	22.6%	21.7%	16.3%	17.0%
Percentage of students who used a condom during last sexual intercourse (among students who were currently sexually active) (NDHqn98, CDC QN61; calculated using NDHq96, CDC Q59)	49.7%	50.5%	54.2%	48.4%	51.6%	56.7%	47.9%	58.9%	59.0%	53.7%	55.1%
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) (NDHqn99, CDC QN62; calculated using NDHq96, CDC Q59)	29.5%	25.8%	28.7%	24.4%	27.3%	29.1%	22.6%	27.4%	19.0%	27.4%	26.4%
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) (NDHqniudimp, CDC qniudimp; calculated using NDHq96, CDC Q59 & NDHq99, CDC Q62)	8.1%	5.3%	7.1%	8.7%	3.3%	10.6%	7.5%	7.3%	1.7%	8.6%	6.3%
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) (NDHqnothpl, CDC qnothpl; calculated using NDHq96, CDC Q59 & NDHq99, CDC Q62)	41.3%	34.7%	40.7%	38.6%	32.2%	43.1%	34.0%	38.9%	24.1%	39.6%	37.0%

Sex Education, Sexual Identity, & Sexual Behavior (continued)

Sexual Behavior (continued from the previous page)	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqn4albc, CDC Q61; & NDHq99, CDC Q62)	13.4%	11.4%	16.4%	11.8%	11.4%	17.2%	12.4%	18.4%	5.2%	16.4%	13.2%
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) (NDHqbnone, CDC qbnone; calculated using NDHq96, CDC Q59; NDHq98, CDC Q61; & NDHq99, CDC Q62)	10.5%	7.4%	10.1%	12.6%	13.2%	7.5%	13.8%	11.6%	10.3%	9.1%	11.4%
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) (NDHqn89, CDC QN121)	4.7%	7.1%	3.5%	5.0%	4.0%	3.5%	3.9%	3.9%	4.5%	4.1%	3.9%

Dietary Behaviors

Weight	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqnbese, CDC QNOBES; calculated using NDHq1, CDC Q1; NDHq2, CDC Q2; NDHq6, CDC Q6; & NDHq7, CDC Q7)	16.3%	19.0%	16.9%	23.4%	19.1%	13.5%	15.6%	13.7%	15.1%	14.3%	18.1%
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) (NDHqnowt, CDC QNOWT; calculated using NDHq1, CDC Q1; NDHq2, CDC Q2; NDHq6, CDC Q6; & NDHq7, CDC Q7)	14.7%	18.3%	14.4%	16.1%	12.8%	15.8%	13.5%	15.2%	16.1%	15.2%	15.6%
Percentage of students who described themselves as slightly or very overweight (NDHqps57, CDC QN66)	32.8%	38.4%	34.6%	37.1%	35.6%	30.5%	33.2%	31.7%	34.4%	32.0%	34.9%
Percentage of students who were trying to lose weight (NDHqps58, CDC QN67)	43.2%	47.9%	45.2%	47.7%	45.1%	41.1%	40.9%	42.4%	42.9%	42.4%	44.6%
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) (NDHqps59, CDC QN105)	21.8%	26.8%	23.3%	22.3%	21.6%	20.3%	19.5%	22.2%	22.0%	22.2%	21.3%

Dietary Behaviors (continued)

Dietary Intake (continued on the next page)	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqnf2, CDC QNFR2; calculated using NDHq60, CDC Q68 & NDHq61, CDC Q69)	22.8%	20.2%	19.4%	23.8%	25.7%	23.0%	24.0%	23.4%	25.5%	23.9%	21.4%
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) (NDHqnf1, CDC QNFR1; calculated using NDHq60, CDC Q68 & NDHq61, CDC Q69)	53.8%	49.8%	50.5%	53.9%	54.5%	54.9%	56.0%	54.3%	53.6%	54.5%	52.6%
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) (NDHqnf0, CDC QNFR0; calculated using NDHq60, CDC Q68 & NDHq61, CDC Q69)	4.7%	7.3%	6.8%	5.3%	6.8%	5.9%	6.5%	5.3%	5.7%	6.1%	6.0%
Percentage of students who did not drink fruit juice (100% fruit juices one or more times during the 7 days before the survey) (NDHqnf60, CDC QN68)	35.5%	32.5%	32.9%	32.7%	35.3%	37.9%	33.9%	36.5%	36.1%	36.7%	33.7%
Percentage of students who did not eat fruit (one or more times during the 7 days before the survey) (NDHq61, CDC QN69)	9.2%	13.6%	11.0%	10.5%	12.4%	9.5%	9.8%	9.5%	9.4%	10.3%	10.2%
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) (NDHqnv63, CDC QNVEG3; calculated using NDHq62, CDC Q70 to NDHq65, CDC Q73)	10.8%	14.0%	9.7%	11.8%	11.5%	11.3%	10.5%	10.4%	15.2%	11.7%	10.7%
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) (NDHqnv62, CDC QNVEG2; calculated using NDHq62, CDC Q70 to NDHq65, CDC Q73)	23.2%	24.1%	20.5%	23.0%	22.8%	23.1%	23.0%	22.1%	30.1%	23.0%	23.0%
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) (NDHqnv61, CDC QNVEG1; calculated using NDHq62, CDC Q70 to NDHq65, CDC Q73)	58.9%	58.6%	56.3%	56.4%	55.7%	58.3%	58.5%	56.8%	64.2%	57.5%	58.3%
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) (NDHqnv60, CDC QNVEG0; calculated using NDHq62, CDC Q70 to NDHq65, CDC Q73)	6.8%	7.7%	7.7%	7.7%	6.7%	6.9%	6.3%	6.1%	6.5%	7.2%	6.5%
Percentage of students who did not eat green salad (one or more times during the 7 days before the survey) (NDHq62, CDC QN70)	42.7%	42.6%	43.9%	44.3%	46.9%	41.9%	38.4%	40.7%	38.8%	42.5%	41.3%
Percentage of students who did not eat potatoes (one or more times during the 7 days before the survey) (NDHq63, CDC QN71)	32.6%	33.2%	35.3%	27.6%	29.5%	34.5%	34.6%	33.4%	29.0%	35.0%	30.3%

Dietary Behaviors (continued)

Dietary Intake (continued from the previous page)	Winkelman Consulting Results										
	North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who did not eat carrots (one or more times during the 7 days before the survey) (NDHqn64, CDC QN72)	52.5%	51.6%	53.9%	57.7%	54.6%	51.4%	53.7%	52.9%	47.6%	52.0%	53.7%
Percentage of students who did not eat other vegetables (one or more times during the 7 days before the survey) (NDHqn65, CDC QN73)	19.2%	20.2%	20.3%	23.1%	20.5%	18.8%	19.1%	17.7%	18.4%	19.1%	19.6%
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) (NDHqn66, CDC QN74)	27.0%	22.1%	26.4%	28.1%	27.9%	29.4%	26.6%	24.4%	24.7%	27.3%	25.9%
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) (NDHqnsoda1, CDC QNSODA1; calculated using NDHq66, CDC Q74)	18.5%	21.7%	16.3%	17.5%	21.5%	15.5%	17.1%	17.2%	19.0%	16.8%	18.0%
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) (NDHqnsoda2, CDC QNSODA2; calculated using NDHq66, CDC Q74)	9.6%	12.6%	8.9%	10.7%	11.8%	7.7%	9.9%	9.2%	10.3%	8.8%	10.2%
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) (NDHqn67, CDC QN106)	19.4%	23.4%	21.5%	18.7%	18.8%	16.7%	17.8%	19.4%	22.5%	18.9%	19.4%
Percentage of students who drank a bottle or glass of plain water three or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater3, CDC QNwater3, calculated using NDHq68, CDC Q107)	51.0%	50.3%	51.7%	52.3%	47.1%	51.0%	53.1%	49.3%	51.0%	50.3%	51.3%
Percentage of students who drank a bottle or glass of plain water two or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater2, CDC QNwater2, calculated using NDHq68, CDC Q107)	68.3%	66.6%	68.4%	64.0%	62.7%	67.8%	69.4%	67.0%	69.7%	67.4%	67.0%
Percentage of students who drank a bottle or glass of plain water one or more times per day (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqnwater1, CDC QNwater1, calculated using NDHq68, CDC Q107)	77.6%	74.4%	77.3%	72.0%	72.9%	78.1%	77.0%	77.0%	78.7%	77.6%	75.3%
Percentage of students who did not drink a bottle or glass of plain water (counting tap, bottled, and unflavored sparkling water, during the 7 days before the survey) (NDHqn68, CDC QN107)	2.9%	5.1%	2.6%	3.9%	4.8%	2.9%	2.2%	3.0%	2.8%	3.2%	3.1%

Dietary Behaviors (continued)

Meal Habits & Food Security	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) (NDHqnbk7day, CDC QNBK7DAY; calculated using NDHqg69, CDC Q75)	26.8%	23.6%	26.6%	22.0%	25.6%	28.2%	27.4%	24.2%	27.2%	27.2%	24.4%
Percentage of students who did not eat breakfast (during the 7 days before the survey) (NDHqg69, CDC QN75)	16.7%	21.0%	17.6%	17.1%	19.3%	15.5%	17.9%	15.7%	17.0%	17.1%	16.5%
Percentage of students who ate at least one meal or snack from a fast food restaurant (such as McDonald's, Taco Bell, or KFC, on three or more days during the 7 days before the survey) (NDHqn70, CDC QN108)	19.8%	17.9%	16.7%	13.3%	15.9%	17.7%	16.8%	24.9%	15.7%	23.4%	10.7%
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) (NDHqn71, CDC QN109)	2.3%	4.5%	3.0%	3.1%	2.2%	2.2%	1.5%	3.1%	3.7%	2.8%	2.7%

Physical Activity

Physical Activity	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqnpa7day, CDC QNPA7DAY; calculated using NDHq72, CDC Q76)	29.2%	30.2%	27.7%	27.1%	24.6%	27.4%	30.8%	30.5%	34.1%	29.1%	28.3%
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) (NDHqnp72, CDC QN76)	54.5%	54.9%	52.2%	49.9%	53.1%	52.9%	58.3%	56.8%	59.6%	54.3%	54.7%
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) (NDHqnpa0day, CDC QNPA0DAY; calculated using NDHq72, CDC Q76)	11.6%	15.4%	11.0%	12.1%	13.7%	12.9%	11.4%	10.4%	10.9%	12.0%	12.1%
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) (NDHqn73, CDC QN110)	77.2%	75.8%	78.1%	79.5%	77.6%	77.4%	73.5%	76.5%	66.7%	77.4%	74.8%
Percentage of students who reported some of their classroom teachers provide short physical activities during classroom time or integrate physical activity into lessons (not counting their physical education teacher) (NDHqn74, CDC QN111)	15.5%	17.4%	13.4%	15.0%	19.1%	13.8%	13.6%	14.0%	17.2%	15.5%	13.5%

Social Capital (Connections with Others)

Connections with Family	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Percentage of students who experienced unstable housing (during the 30 days before the survey) (NDHqn83, CDC QN86)	2.2%	2.6%	2.1%	2.6%	2.9%	1.5%	1.5%	2.5%	3.1%	2.0%	2.4%
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) (NDHqn84, CDC QN116)	2.3%	4.5%	2.8%	4.9%	3.8%	1.7%	1.6%	3.0%	2.6%	2.5%	3.1%

Connections with People at School	CDC North Dakota Statewide Results	Winkelman Consulting Results									
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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 (NDHqn86, CDC QN118)	68.1%	62.1%	64.0%	65.7%	66.2%	72.9%	72.0%	69.0%	68.3%	68.7%	69.0%
Percentage of students who strongly agree or agree that their school has clear rules and consequences for behavior (NDHqn87, CDC QN119)	59.3%	50.2%	51.8%	58.0%	60.2%	62.1%	60.8%	61.5%	55.7%	60.6%	56.1%
Percentage of students who most of the time or always feel safe and secure at school (NDHqn88, CDC QN120)	72.7%	65.5%	68.9%	73.6%	79.2%	76.8%	74.4%	72.9%	70.7%	72.2%	75.4%
Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life) (NDHqn24, CDC QN23)	25.7%	35.1%	28.7%	26.8%	26.0%	23.7%	16.9%	25.6%	27.5%	26.6%	24.2%

Other

Perceived Academic Performance in School	CDC North Dakota Statewide Results	Winkelman Consulting Results								
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)
Question Percentage of students who described their grades in school as mostly A's or B's (during the 12 months before the survey) (NDHqn8, CDC QN87)	76.8%	66.8%	77.7%	76.5%	72.2%	77.7%	81.6%	77.0%	76.2%	78.5%

Oral Health	CDC North Dakota Statewide Results	Winkelman Consulting Results								
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)
Question 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) (NDHqn76, CDC QN83)	74.9%	61.2%	74.3%	70.5%	72.0%	80.0%	79.7%	76.3%	77.0%	74.8%
Question Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) (NDHqnodnt, CDC QNNODNT; calculated using NDHq76, CDC Q83)	1.9%	1.5%	1.0%	1.5%	2.4%	1.6%	1.3%	2.0%	1.6%	1.3%

Skin Protection	CDC North Dakota Statewide Results	Winkelman Consulting Results								
		Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)
Question 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) (NDHqn78, CDC QN113)	5.5%	7.9%	7.3%	5.5%	6.0%	5.1%	6.3%	8.0%	6.2%	5.8%

Other (continued)

Mental & Physical Health Issues	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
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) (NDHqn29, CDC QN26)	35.0%	41.0%	37.7%	38.2%	33.3%	31.0%	33.5%	37.8%	31.2%	35.8%	33.5%
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) (NDHqn79, CDC QN84)	30.6%	31.6%	32.8%	32.8%	31.5%	29.0%	28.7%	34.0%	29.1%	32.5%	29.0%
Percentage of students who most of the time or always get the kind of help they need (among students who report having felt sad, empty, hopeless, angry, or anxious) (NDHqn80, CDC QN114)	20.1%	17.2%	19.7%	19.4%	19.7%	21.7%	19.8%	20.1%	22.8%	20.7%	19.8%
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) (NDHqn75, CDC QN79)	16.6%	21.0%	16.3%	18.2%	16.6%	14.2%	12.7%	18.7%	18.7%	16.3%	16.7%
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) (NDHqn77, CDC QN112)	67.9%	53.2%	65.3%	61.3%	70.3%	75.9%	68.3%	67.6%	69.1%	69.3%	67.8%
Percentage of students who have serious difficulty concentrating, remembering, or making decisions (because of a physical, mental, or emotional problem) (NDHqn81, CDC QN115)	46.6%	48.6%	49.3%	47.3%	47.4%	42.8%	45.2%	46.7%	40.9%	46.2%	44.7%
Percentage of students who got 8 or more hours of sleep (on an average school night) (NDHqn82, CDC QN85)	27.5%	22.1%	24.0%	31.4%	29.2%	31.1%	33.5%	26.4%	27.5%	27.5%	29.8%

Demographics (continued on the next page)	Winkelman Consulting Results										
	CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Question	Responses	7.4%	10.5%	8.0%	11.4%	9.9%	8.8%	8.4%	8.4%	9.1%	9.5%
How old are you? (NDHq1, CDC Q1)	14 years old	27.5%	27.2%	23.4%	28.4%	27.6%	33.0%	24.3%	26.9%	26.9%	27.2%
	15 years old	26.2%	23.2%	29.1%	20.2%	25.2%	26.3%	25.1%	23.2%	25.7%	24.1%
	16 years old	22.6%	24.5%	25.6%	25.5%	23.3%	20.8%	25.5%	24.8%	23.7%	25.0%
	17 years old	16.1%	14.2%	13.9%	14.3%	13.9%	11.1%	16.6%	16.0%	14.5%	13.9%
What is your sex? (NDHq2, CDC Q2)	Female	48.6%	51.6%	50.7%	50.9%	49.5%	47.6%	50.9%	49.4%	49.8%	50.0%
	Male	51.4%	48.4%	49.3%	49.1%	50.5%	52.4%	49.1%	50.6%	50.2%	50.0%
In what grade are you? (NDHq3, CDC Q3)	9 th grade	27.3%	26.9%	25.6%	35.7%	28.9%	30.6%	25.7%	31.8%	27.4%	30.0%
	10 th grade	26.0%	27.7%	27.8%	18.2%	25.5%	32.6%	23.5%	24.3%	26.3%	24.8%
	11 th grade	23.9%	23.2%	23.2%	21.6%	25.4%	19.5%	24.9%	23.6%	24.3%	24.0%
	12 th grade	22.7%	16.3%	22.1%	23.2%	24.6%	17.3%	25.8%	19.8%	22.0%	20.9%
Ungraded or other grade	0.0%	0.2%	0.2%	0.0%	0.0%	0.1%	0.0%	0.0%	0.5%	0.0%	0.2%

Other (continued)

Question	Responses	Winkelman Consulting Results										
		CDC North Dakota Statewide Results	Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Race/Ethnicity (NDHraceth, CDC RACEETH; calculated using NDHq4, CDC Q4 and NDHq5, CDC Q5)	American Indian or Alaska Native	11.4%	7.9%	11.3%	34.1%	2.0%	1.6%	1.2%	7.8%	4.0%	2.8%	13.7%
	Asian	0.5%	1.0%	1.3%	0.6%	1.2%	2.5%	0.0%	0.9%	1.3%	1.8%	0.8%
	Black or African American	6.3%	2.9%	2.6%	0.8%	2.0%	6.2%	1.2%	1.8%	0.9%	4.6%	0.9%
	Native Hawaiian or other Pacific Islander	0.0%	0.5%	0.6%	0.2%	0.3%	0.1%	0.0%	0.9%	0.7%	0.4%	0.5%
	White	74.0%	63.6%	68.8%	49.8%	74.7%	79.5%	88.3%	77.9%	78.4%	76.7%	71.8%
	Hispanic or Latino	0.9%	4.0%	1.6%	0.5%	2.9%	0.6%	0.3%	0.9%	2.9%	1.8%	0.6%
	Multiple – Hispanic	5.1%	12.8%	8.5%	3.7%	11.6%	4.5%	4.9%	3.9%	8.3%	6.1%	6.4%
	Multiple – Non-Hispanic	1.7%	7.3%	5.3%	10.3%	5.1%	5.0%	4.1%	5.8%	3.6%	5.8%	5.2%
	Less than 1 year	0.9%	1.5%	0.9%	0.8%	0.7%	1.2%	0.8%	0.6%	2.5%	1.1%	0.9%
	1 to 3 years	1.0%	1.5%	0.8%	0.2%	1.0%	1.0%	0.1%	0.3%	0.5%	0.9%	0.4%
4 to 6 years	1.2%	1.9%	1.0%	0.3%	1.4%	1.4%	0.5%	0.9%	1.1%	1.4%	0.6%	
> 6 years, but not whole life	4.4%	4.4%	4.9%	1.4%	4.7%	3.6%	1.4%	1.9%	2.5%	4.1%	1.7%	
Always	92.5%	90.7%	92.4%	97.3%	92.2%	92.9%	97.2%	96.3%	93.3%	92.4%	96.4%	

North Dakota Department of Health & Human Services Regions used for the 2023 YRBS Regional Data

Region 1 Williston Area	Region 2 Minot Area	Region 3 Devils Lake Area	Region 4 Grand Forks Area	Region 5 Fargo Area	Region 6 Jamestown Area	Region 7 Bismarck Area	Region 8 Dickinson Area
Region 1 Counties: <ul style="list-style-type: none"> • Divide • McKenzie • Williams 	Region 2 Counties: <ul style="list-style-type: none"> • Bottineau • Burke • McHenry • Mountrail • Pierce • Renville • Ward 	Region 3 Counties: <ul style="list-style-type: none"> • Benson • Cavalier • Eddy • Ramsey • Rolette • Towner 	Region 4 Counties: <ul style="list-style-type: none"> • Grand Forks • Nelson • Pembina • Walsh 	Region 5 Counties: <ul style="list-style-type: none"> • Cass • Ransom • Richland • Sargent • Steele • Traill 	Region 6 Counties: <ul style="list-style-type: none"> • Barnes • Dickey • Foster • Griggs • LaMoure • Logan • McIntosh • Stutsman • Wells 	Region 7 Counties: <ul style="list-style-type: none"> • Burlleigh • Emmons • Grant • Kidder • McLean • Mercer • Morton • Oliver • Sheridan • Sioux 	Region 8 Counties: <ul style="list-style-type: none"> • Adams • Billings • Bowman • Dunn • Golden Valley • Hettinger • Slope • Stark