

## North Dakota 2023 Middle School (Grades 7-8) Statewide 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 middle school students (Grades 7-8) from eligible<sup>1</sup>, public middle 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 middle school students and (2) compare changes in results from one survey year to another.**

#### Contact Information for the Statewide Results

The 2023 Middle 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  
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<sup>1</sup> During the 2020-2023 school year, roughly 17,647 students (Grades 7-8) attended “eligible” North Dakota public middle schools. To be eligible for the 2023 YRBS Middle School Survey, a school building was required to have at least 10 students enrolled in Grades 7-8. The North Dakota YRBS survey was completed by 7,737 middle school students (Grades 7-8) from 87 North Dakota middle schools during the late winter/early spring of 2023, of which 2,360 were students from schools/classes that were “selected” for the statewide CDC sample and 5,377 were students from schools/classes that “voluntarily” participated in the YRBS. Data from all middle school student surveys are included in the Winkelman Consulting results.

# North Dakota 2023 Middle School (Grades 7-8) Statewide 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, 7,737 middle school students (Grades 7-8) participated in the 2023 North Dakota Middle School YRBS, of which 5,377 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** middle school students (Grades 7-8) from eligible, public middle 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 middle 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  
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## School Results, Limitations, and Contact Information

### Parameters for School Results

Schools that met the requirements<sup>2</sup> received a similar report that included their 2023 YRBS middle school (Grades 7-8) 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 any questions about their school results or desire additional analysis (tables by grade/gender<sup>3</sup>, 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).

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<sup>2</sup> Due to federal and state confidentiality requirements, YRBS middle school (Grades 7-8) results will be provided **only** to schools that **both** requested the larger “voluntary” sample **and** returned at least 10 completed middle school surveys. If your school did not participate in the larger “voluntary” sample and/or did not return at least 10 completed middle school surveys, they will not receive middle school results for their school. However, they can still access the 2023 North Dakota Statewide Middle School YRBS results on the Department of Health & Human Services website (<https://www.hhs.nd.gov/health/YRBS>).

<sup>3</sup> 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.

# North Dakota 2023 Middle School (Grades 7-8) Statewide 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 [NDMqn# (or NDMqnname)] 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 Middle School (Grades 7-8) 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	Question	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 James-town 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 rarely or never wore a bicycle helmet (among students who had ridden a bicycle) (NDMqpn8, CDC QN6)	82.3%	76.1%	91.1%	74.0%	72.4%	78.0%	67.6%	77.4%	71.1%	86.2%
	Percentage of students who did not always wear a seat belt (when riding in a car driven by someone else) (NDMqpn9, CDC QN8)	55.7%	46.3%	64.6%	41.1%	33.7%	50.5%	39.1%	46.5%	38.9%	55.7%
	Percentage of students who ever rode with a driver who had been drinking alcohol (in a car) (NDMqpn10, CDC QN9)	22.3%	21.5%	36.2%	19.5%	17.5%	27.0%	20.7%	26.2%	19.8%	28.6%

Violence	Question	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 James-town 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 someone did sexual things to them that they did not want to do by pressuring them, lying to them, making promises about the future, threatening to end their relationship, or threatening to spread rumors about them (during the 12 months before the survey) (NDMqpn11, CDC QN50)	10.6%	8.6%	11.3%	9.2%	7.2%	8.3%	8.7%	9.9%	8.8%	8.6%
	Percentage of students who reported that someone they were dating or going out with purposely tried to control them or emotionally hurt them (counting 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) (NDMqpn12, CDC QN51)	11.8%	8.7%	12.4%	8.1%	6.9%	10.5%	8.5%	11.1%	9.4%	7.9%

Bullying or Harassment	Question	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 James-town 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 ever bullied on school property (NDMqpn14, CDC QN13)	49.6%	42.8%	46.6%	39.3%	41.3%	41.8%	39.3%	45.8%	41.3%	45.3%
	Percentage of students who were ever electronically bullied (counting being bullied through texting, Instagram, Facebook, or other social media) (NDMqpn15, CDC QN14)	34.9%	30.2%	37.9%	24.5%	27.6%	35.0%	26.0%	29.6%	29.0%	30.6%

## Injury to Oneself & Suicide

Question	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 James-town 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 seriously thought about killing themselves (NDMqpn17, CDC QN15)	23.8%	28.5%	25.3%	26.9%	22.5%	20.7%	27.4%	23.1%	22.5%	23.8%	23.5%
Percentage of students who ever made a plan about how they would kill themselves (NDMqpn18, CDC QN16)	18.1%	21.3%	19.1%	21.2%	18.9%	14.7%	21.5%	16.8%	16.0%	18.0%	17.4%
Percentage of students who ever tried to kill themselves (NDMqpn19, CDC QN17)	10.8%	11.7%	11.2%	14.4%	10.3%	7.2%	11.0%	10.3%	9.5%	10.1%	9.8%

## Tobacco Use

Question	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 James-town 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 smoked a cigarette (even one or two puffs) (NDMqpn20, CDC QN18)	8.9%	9.1%	7.1%	19.9%	5.9%	3.7%	8.8%	8.0%	9.7%	6.8%	9.9%
Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey) (NDMqpn21, CDC QN20)	2.6%	2.7%	2.3%	5.5%	1.9%	0.6%	2.3%	2.2%	2.8%	1.8%	3.0%
Percentage of students who currently smoked cigarettes frequently (on 20 or more days during the 30 days before the survey) (NDMqpn21, CDC QN20)	0.5%	0.3%	0.3%	1.2%	0.2%	0.1%	0.2%	0.3%	0.6%	0.2%	0.5%
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey) (NDMqpn21, CDC QN20)	0.5%	0.3%	0.2%	1.0%	0.2%	0.1%	0.2%	0.3%	0.6%	0.2%	0.5%

## Tobacco Use (continued)

Electronic Vapor Products	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 James-town 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 an electronic vapor product (NDMq22, CDC QN22)	14.5%	21.4%	12.6%	27.5%	13.7%	9.0%	13.3%	13.2%	15.4%	13.9%	14.5%
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) (NDMq23, CDC QN23)	7.6%	10.2%	7.1%	16.6%	8.2%	3.6%	6.2%	5.5%	7.5%	6.9%	7.5%
Percentage of students who currently used electronic vapor products frequently (on 20 or more days during the 30 days before the survey) (NDMqfirevp, CDC QNFREVP; calculated using NDMq23, CDC Q23)	1.9%	2.0%	1.7%	5.1%	1.9%	0.6%	1.2%	1.0%	1.2%	1.4%	1.9%
Percentage of students who currently used electronic vapor products daily (on all 30 days during the 30 days before the survey) (NDMqdayevp, CDC QNDAYEVP; calculated using NDMq23, CDC Q23)	1.4%	1.2%	1.5%	3.1%	1.3%	0.5%	0.7%	0.8%	0.8%	0.9%	1.4%

Other Tobacco (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 James-town 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 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) (NDMq24, CDC QN24)	1.2%	1.8%	1.1%	2.5%	0.8%	0.6%	0.5%	1.5%	1.8%	1.1%	1.5%
Percentage of students who currently used smokeless tobacco frequently (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 20 or more days during the 30 days before the survey) (NDMqfrskl, CDC QNFRSKL; calculated using NDMq24, CDC Q24)	0.2%	0.0%	0.3%	0.1%	0.3%	0.1%	0.2%	0.5%	0.6%	0.2%	0.4%
Percentage of students who currently used smokeless tobacco daily (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 all 30 days during the 30 days before the survey) (NDMqdayskl, CDC QNDAYSKL; calculated using NDMq24, CDC Q24)	0.2%	0.0%	0.3%	0.1%	0.3%	0.1%	0.2%	0.4%	0.6%	0.2%	0.4%

## Tobacco Use (continued)

Other Tobacco (continued from the previous page)	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 James- town Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
<b>North Dakota Statewide Results</b>										
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) (NDMqnt5, CDC QN25)	1.5%	1.0%	3.9%	1.1%	0.4%	0.9%	1.5%	1.6%	1.1%	1.7%
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) (NDMqntfrgr, CDC QNFRRCGR; calculated using NDMq25, CDC Q25)	0.0%	0.2%	1.2%	0.2%	0.2%	0.4%	0.3%	0.6%	0.3%	0.5%
Percentage of students who currently smoked cigars daily (cigars, cigarillos, or little cigars, on all 30 days during the 30 days before the survey) (NDMqndaycgr, CDC QNDAYCGR; calculated using NDMq25, CDC Q25)	0.0%	0.2%	0.7%	0.2%	0.2%	0.2%	0.3%	0.6%	0.2%	0.5%
Percentage of students who currently smoked cigarettes or used electronic vapor products (on at least 1 day during the 30 days before the survey) (NDMqntb5, CDC QNTB5; calculated using NDMq21, CDC Q20 & NDMq24, CDC Q24)	10.2%	7.7%	16.9%	8.4%	3.7%	6.9%	6.0%	8.1%	7.1%	8.0%
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) (NDMqntb4, CDC QNTB4; calculated using NDMq21, CDC Q20; NDMq23, CDC Q23; NDMq24, CDC Q24; & NDMq25, CDC Q25)	11.4%	8.1%	17.7%	8.9%	4.0%	7.5%	6.8%	8.7%	7.5%	8.9%
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) (NDMqntb3, CDC QNTB3; calculated using NDMq21, CDC Q20; NDMq24, CDC Q24; & NDMq25, CDC Q25)	4.6%	3.2%	7.5%	2.8%	1.2%	2.8%	3.4%	3.4%	2.7%	4.2%
Percentage of students who currently smoked cigarettes or cigars (on at least 1 day during the 30 days before the survey) (NDMqntb2, CDC QNTB2; calculated using NDMq21, CDC Q20 & NDMq25, CDC Q25)	3.4%	2.6%	6.6%	2.3%	0.8%	2.5%	2.9%	3.0%	2.1%	3.6%

## Alcohol and Other Drug Use

	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 James-town 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 drank alcohol (other than a few sips) (NDMqn26, CDC QN26)	19.1%	26.6%	16.8%	27.0%	15.6%	12.9%	20.5%	18.1%	23.8%	17.5%	20.0%
Percentage of students who drank alcohol for the first time before age 11 years (other than a few sips) (NDMqn27, CDC QN27)	6.5%	11.0%	6.2%	10.9%	6.1%	5.0%	7.8%	7.8%	7.6%	7.0%	7.4%
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) (NDMqn28, CDC QN53)	7.2%	10.7%	5.6%	9.3%	5.4%	4.0%	6.2%	6.5%	8.3%	6.1%	6.6%
Percentage of students who ever had 5 or more drinks of alcohol in a row (within a couple of hours) (NDMqn29, CDC QN54)	5.9%	8.4%	4.5%	9.7%	5.3%	2.8%	6.6%	4.6%	8.1%	4.9%	6.3%

	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 James-town 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) (NDMqn31, CDC QN55)	7.8%	9.1%	7.1%	18.8%	6.5%	3.4%	5.8%	7.1%	7.5%	6.9%	7.7%
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey) (NDMqn32, CDC QN56)	3.7%	5.7%	3.6%	11.0%	3.7%	1.3%	3.6%	3.1%	4.0%	3.5%	4.4%
Percentage of students who tried marijuana for the first time before age 11 years (NDMqn30, CDC QN29)	1.8%	1.5%	1.6%	6.9%	1.3%	0.8%	1.8%	1.7%	2.4%	1.5%	2.7%

	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 James-town 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, Oxycotin, hydrocodone, and Percocet) (NDMqn33, CDC QN30)	8.5%	10.8%	8.3%	10.6%	7.8%	5.9%	10.4%	7.3%	8.7%	7.5%	9.2%
Percentage of students who ever used cocaine (any form of cocaine, including powder, crack, or freebase) (NDMqn34, CDC QN31)	1.2%	2.0%	0.5%	1.5%	0.7%	0.6%	1.2%	0.8%	2.2%	0.9%	1.2%

## Sex Education & Wellness, Sexual Identity, & Sexual Behavior

Sex Education & Wellness	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 James-town 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 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) (NDMqns8, CDC QN69)	41.3%	39.9%	31.1%	45.3%	50.7%	41.2%	45.9%	40.9%	40.8%	42.6%	39.3%

Sexual Identity	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 James-town 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 (NDMqns4, QN variable not calculated by CDC for CDC Q67)	1.8%	3.0%	1.9%	2.3%	2.3%	2.0%	2.0%	1.6%	1.9%	2.3%	1.7%
Percentage of students who describe themselves as gay or lesbian or bisexual (NDMqns5, QN variable not calculated by CDC for CDC Q68)	8.7%	9.7%	10.4%	8.3%	10.9%	9.3%	8.2%	8.0%	7.0%	10.2%	7.1%

Sexual Behavior	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 James-town 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 (NDMqns6, CDC QN33)	6.1%	7.0%	4.1%	9.7%	6.2%	3.1%	4.6%	4.4%	7.5%	5.1%	4.8%
Percentage of students who used a condom during last sexual intercourse (among students who ever had sexual intercourse) (NDMqns7, CDC QN36)	55.4%	46.3%	51.3%	48.3%	45.5%	44.4%	52.0%	65.2%	64.7%	49.4%	53.5%

## 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 James-town 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 described themselves as slightly or very overweight (NDMqns35, CDC QN37)	30.5%	35.1%	27.7%	37.3%	27.1%	28.4%	30.3%	29.1%	28.7%	29.3%	30.9%
Percentage of students who were trying to lose weight (NDMqns36, CDC QN38)	45.2%	54.7%	42.2%	52.9%	42.2%	40.8%	44.3%	45.8%	48.9%	44.6%	45.8%

## Dietary Behaviors (continued)

Question	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 did not eat fruit (one or more times during the 7 days before the survey) (NDMqn37, CDC QN57)	6.8%	9.8%	7.5%	8.8%	7.4%	5.7%	5.8%	6.6%	8.3%	6.8%	7.8%
Percentage of students who did not eat vegetables (not counting french fries, fried potatoes, or potato chips, one or more times during the 7 days before the survey) (NDMqn38, CDC QN58)	12.1%	12.6%	11.3%	13.7%	13.1%	10.5%	10.6%	11.8%	8.3%	10.9%	12.8%
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) (NDMqnwater3, CDC QNWATER3; calculated using NDMqn39, CDC QN59)	62.6%	65.7%	60.8%	58.6%	58.7%	60.6%	58.9%	61.6%	65.8%	61.5%	59.9%
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) (NDMqnwater2, CDC QNWATER2; calculated using NDMqn39, CDC QN59)	76.9%	76.8%	77.1%	72.3%	74.0%	76.4%	73.8%	75.8%	76.7%	75.9%	74.9%
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) (NDMqnwater1, CDC QNWATER1; calculated using NDMqn39, CDC QN59)	83.2%	82.5%	84.0%	78.7%	81.5%	84.0%	81.0%	83.3%	84.0%	83.1%	81.9%
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) (NDMqn39, CDC QN59)	2.1%	1.5%	1.2%	2.7%	1.5%	1.5%	2.0%	1.6%	2.4%	1.7%	1.6%

Question	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 did not eat breakfast (during the 7 days before the survey) (NDMqn40, CDC QN39)	15.9%	25.0%	16.4%	12.6%	16.2%	12.9%	13.9%	15.9%	18.0%	16.8%	12.7%
Percentage of students who ate breakfast on all 7 days (during the 7 days before the survey) (NDMqn41, CDC QN39)	31.3%	27.0%	31.6%	26.9%	33.6%	36.5%	31.6%	32.3%	29.1%	32.6%	31.7%
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) (NDMqn42, CDC QN60)	13.7%	14.8%	12.4%	12.5%	14.3%	12.3%	11.1%	12.6%	14.8%	14.1%	9.9%
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) (NDMqn42, CDC QN61)	3.6%	2.6%	3.7%	2.5%	3.4%	3.1%	3.9%	3.3%	2.6%	3.0%	3.6%

## Physical Activity

Physical Activity	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 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) (NDMqnpa7day, CDC QNPA7DAY; calculated using NDMq43, CDC Q40)	32.6%	33.2%	33.8%	29.3%	29.8%	30.5%	33.2%	32.2%	37.4%	31.9%	31.8%
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) (NDMqnp43, CDC QN40)	58.3%	58.5%	62.0%	51.6%	51.7%	56.5%	60.7%	56.4%	63.4%	57.2%	56.8%
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) (NDMqnpa0day, CDC QNPA0DAY; calculated using NDMq43, CDC Q40)	6.6%	8.3%	8.2%	10.7%	7.3%	7.8%	4.6%	6.5%	8.9%	7.5%	8.4%
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) (NDMqnp44, CDC QN62)	70.6%	68.7%	70.9%	72.9%	73.7%	71.8%	65.3%	69.5%	69.0%	72.0%	67.4%
Percentage of students who reported that some of their classroom teachers provide short physical activity breaks during regular class time (not counting their physical education teacher) (NDMqnp45, CDC QN63)	20.4%	15.5%	19.3%	18.3%	29.1%	19.4%	32.6%	21.3%	22.4%	22.9%	18.3%

## 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 usually did not sleep in their parent's or guardian's home (during the 30 days before the survey) (NDMqnp52, CDC QN47)	1.7%	2.0%	1.2%	2.4%	2.1%	1.2%	0.9%	1.7%	1.2%	1.6%	1.5%

## Social Capital (Connections with Others) (continued)

Connections with People at School	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 James-town 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 reported there is at least one teacher or other adult in their school that they can talk to if they have a problem (NDMqn50, CDC QN65)	58.5%	52.2%	54.2%	54.2%	58.9%	59.3%	59.1%	57.6%	61.0%	58.4%	54.8%
Question Percentage of students who felt that they were ever treated badly or unfairly in school because of their race or ethnicity (during their life) (NDMqn13, CDC QN12)	33.9%	44.1%	34.9%	40.4%	32.6%	34.4%	30.6%	36.3%	43.7%	38.0%	31.7%

## Other

Perceived Academic Performance in School	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 James-town 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 described their grades in school as mostly A's or B's (during the 12 months before the survey) (NDMqn7, CDC QN48)	74.2%	67.0%	72.9%	68.9%	78.3%	75.3%	79.9%	78.7%	66.1%	74.5%	74.0%

Mental & Physical Health Issues	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 James-town 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 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) (NDMqn16, CDC QN52)	30.9%	38.4%	31.9%	37.5%	30.7%	26.4%	32.5%	29.2%	31.7%	31.2%	30.0%
Question 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) (NDMqn48, CDC QN45)	24.3%	28.2%	24.6%	26.2%	24.8%	20.2%	27.9%	24.2%	24.2%	24.6%	22.4%
Question 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) (NDMqn49, CDC QN64)	25.2%	20.4%	24.1%	21.4%	28.3%	29.2%	26.5%	26.4%	20.3%	27.1%	22.5%
Question 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) (NDMqn46, CDC QN43)	20.5%	24.5%	18.0%	24.8%	16.4%	15.3%	19.8%	18.9%	23.7%	18.9%	18.5%
Question Percentage of students who use social media several times a day (NDMqn47, CDC QN44)	65.3%	63.2%	65.9%	74.5%	66.7%	67.0%	66.9%	66.1%	66.3%	66.3%	68.7%
Question Percentage of students who got 8 or more hours of sleep (on an average school night) (NDMqn51, CDC QN46)	47.1%	40.5%	46.4%	46.5%	47.3%	53.8%	47.3%	49.2%	43.3%	48.9%	47.2%

**Other (continued)**

Question	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 James- town Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)
Oral Health	CDC North Dakota Statewide Results									
	76.4%	73.1%	66.9%	74.4%	77.4%	76.4%	75.8%	71.3%	74.2%	73.4%
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) (NDMq53, CDC QN66)	66.9%	73.1%	66.9%	74.4%	77.4%	76.4%	75.8%	71.3%	74.2%	73.4%
Percentage of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) (NDMqmodnt, CDC QNNODNT; calculated using NDMq53, CDC Q66)	2.4%	1.4%	1.2%	1.5%	1.7%	1.2%	1.2%	2.0%	1.5%	1.6%

Question	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 James- town Area	Region 7 Bismarck Area	Region 8 Dickinson Area	Urban Towns (1,000+ in K-12)	Rural Towns (<1,000 in K-12)	
Demographics	CDC North Dakota Statewide Results										
	15.3%	18.1%	16.0%	19.3%	17.0%	18.0%	19.4%	8.5%	18.1%	15.4%	
How old are you? (NDMq1, CDC Q1)	50.7%	48.8%	49.0%	47.9%	49.8%	49.9%	49.3%	46.7%	49.3%	48.8%	
	32.1%	31.8%	31.0%	31.6%	32.3%	30.5%	29.5%	41.2%	31.2%	33.6%	
	1.7%	1.1%	3.6%	1.1%	0.7%	1.1%	1.6%	3.4%	1.2%	1.9%	
	48.8%	51.6%	46.1%	47.9%	50.1%	50.9%	48.5%	52.3%	50.3%	48.1%	
	51.2%	49.8%	53.9%	52.1%	49.9%	49.1%	51.5%	47.7%	49.7%	51.9%	
	49.5%	52.0%	49.3%	52.0%	48.2%	53.8%	53.9%	44.9%	51.1%	50.0%	
	50.4%	47.8%	50.4%	47.9%	51.8%	46.0%	45.9%	55.1%	48.8%	49.9%	
	0.1%	0.2%	0.3%	0.1%	0.0%	0.2%	0.3%	0.0%	0.1%	0.1%	
	American Indian or Alaska Native	5.1%	9.2%	42.9%	4.2%	2.5%	2.5%	7.3%	4.7%	5.6%	14.9%
	Asian	1.1%	1.4%	0.2%	2.6%	3.0%	1.3%	0.4%	1.9%	2.2%	0.6%
	Black or African American	5.9%	3.3%	0.6%	5.9%	10.2%	3.4%	3.4%	2.7%	7.2%	1.3%
	Native Hawaiian or other Pacific Islander	0.6%	0.4%	0.6%	1.1%	0.6%	0.2%	1.3%	0.6%	0.8%	0.5%
	White	64.5%	69.4%	39.8%	67.4%	74.1%	82.6%	74.5%	72.4%	68.9%	70.8%
	Hispanic or Latino	0.6%	0.3%	0.0%	0.3%	0.4%	0.4%	0.2%	1.2%	0.4%	0.4%
	Multiple – Hispanic	11.1%	10.0%	5.7%	12.0%	4.7%	4.8%	5.4%	9.5%	8.1%	5.4%
Multiple – Non-Hispanic	10.9%	5.9%	10.2%	6.5%	4.5%	4.8%	7.6%	7.0%	6.9%	6.1%	
Less than 1 year	0.3%	0.2%	0.3%	0.3%	0.5%	0.4%	0.6%	0.4%	0.5%	0.3%	
1 to 3 years	0.7%	1.0%	0.0%	1.2%	0.9%	0.2%	1.0%	1.0%	1.1%	0.3%	
4 to 6 years	1.2%	1.0%	0.7%	1.2%	1.6%	1.1%	1.3%	2.2%	1.7%	0.7%	
> 6 years, but not whole life	3.0%	7.3%	1.3%	4.1%	3.9%	2.5%	2.6%	3.0%	4.9%	2.0%	
Always	94.8%	90.5%	97.6%	93.2%	93.2%	95.9%	94.5%	93.3%	91.9%	96.7%	

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

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